Chronic disease & mental health

Person
- Smokes (37% of people with a long-term mental health issue)
- Less likely to self-manage long-term condition or attend health checks
- Common risk factors for mental illness and long-term conditions: obesity, smoking, alcohol misuse, lack of exercise, poor diet
- Higher rates of anxiety & depression in Gypsy & Irish traveller groups - may be linked to more poor health & limiting long-term illness
- Higher prevalence in women, and in older people
- May also have chronic pain, or frailty

Family & Friends
- May be receiving care from family
- May feel unable to talk to friends or family about illness

Environment
- More people in poorer areas have multiple long-term conditions
- The effect of multiple illnesses on mental health increases if deprivation present
- Young and middle-aged people in deprived areas have prevalence rates of chronic disease similar to those of people 10-15 years older than them but living in affluent areas

Physical health
- Around half of all hospital inpatients also have a mental health condition
- Mental illness increases the risk of: stroke, cancer, musculoskeletal problems, irritable bowel syndrome, diabetes, asthma, or cardiovascular diseases
- People with long-term conditions, such as diabetes, cardiovascular diseases, or chronic obstructive pulmonary disease are 2-3 times more likely to have depression
- 50% more acute exacerbations in people who have cardiovascular disease and depression
- Mental ill health increases death rates from heart attacks, heart failure and bypass surgery
- Serious mental illness reduces life expectancy by 15-20 years
- 3-4 times higher death rates for people with schizophrenia

Improving mental health can improve the physical health of people with long-term conditions:
- saving £1,337 per person per year for angina patients
- Cognitive Behaviour Therapy can reduce use of health services in patients with chronic obstructive pulmonary disease

Patients with depression have increased risks of long-term physical conditions:
- up to 60% increased risk of myocardial infarction
- 34-63% excess risk of stroke
- 60% increased risk of diabetes
- 1.5-1.9 times more likely to get coronary heart disease
- up to 3.5 times more likely to die from myocardial infarction
- Increased readmissions for cardiovascular disease

Needs
- Parity of esteem - value mental health equally with physical health
- Integrate mental health support with primary care chronic disease management
- Tailored support to quit smoking
- Improving emotional wellbeing can improve physical health

Statistics
- 30% people with long-term condition have a mental health condition
- 45% people with a mental health condition have a long-term condition
- 45 - 75% cost increase to care for long-term conditions with mental health condition
- Suffolk mortality rate for people under 75 with Severe Mental Illness is significantly higher than England (1,718 per 100,000 v. 1,319 per 100,000) and the general Suffolk population (293 per 100,000)
- Estimate 56,000 people in Suffolk may have both mental and physical health problems
- Estimated 45-75% increased cost in caring for a long-term condition if there is also mental illness

Gaps
- Improve detection, recognition and care of mental health difficulties in people with long-term conditions
- Better integrate mental health and general health services so information is shared and health problems recognised
- Promote emotional well-being in the general population
- Liaison psychiatry

Current support
- Health Checks
- OneLife Suffolk (healthy lifestyle service)
- 5 Ways to Wellbeing
- Suffolk’s needs met (MIND)
- Norfolk & Suffolk NHS Foundation Trust
- Primary Care - GPs
- Cognitive Behavioural Therapy - Suffolk Wellbeing

Useful links
- Cardiovascular disease (CG181)
- Promoting health and preventing premature mortality in black, Asian and other minority ethnic groups (QS167)
- Common mental health problems (CG123)
- Multimorbidity NICE (NG56)

Suffolk needs assessments & information
- Physical health and mental health (part of Mental Health Needs Assessment)
- Projecting mental illness
- Severe mental illness

This infographic is part of the Suffolk Mental Health Needs Assessment. Please see Healthy Suffolk for more details.

This infographic is intended to help people who commission services to understand needs in Suffolk and to reduce inequalities. Not all people with chronic disease and mental ill health will have these traits or experiences.

My husband has talk support and I attend Sue Ryder daycare once a week due to my MS. Otherwise we are alone' (Carer)

#averydifferentconversation Full Report

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