Severe Mental Illness (SMI) (schizophrenia, bipolar disorder and other psychoses)

**Person**
- 40% people with Severe Mental Illness smoke (70% people in psychiatric units)
- Black men are more likely to have psychotic disorder (3.2%) than white (0.3%) or Asian men (1.3%)
- Less likely to self-manage long-term condition or attend health checks

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

**Environment**
- 45.6% variation in prevalence of people with Severe Mental Illness in Suffolk can be explained by deprivation

**Physical health**
- Serious mental illness reduces life expectancy by 15-20 years
- 60% of this excess mortality is estimated to be due to physical illness (not suicide), and is mostly from cardiovascular disease

People with Severe Mental Illness have:
- Twice the risk of obesity & diabetes
- Twice the risk of heart attack or stroke
- Increased prevalence of asthma, coronary heart disease, COPD, and heart failure
- Worse cancer survival rates: 74% higher risk of death over 4-5 years (NB - not higher incidence, nor later diagnosis)
- 3 times more likely to have Metabolic Syndrome

People with psychotic illness & diabetes more likely to die early than people with diabetes
- Psychotropic medication can make diabetes more difficult to manage, increase the risk of falls, and increase the risk of sudden death
- 3-4 times higher death rates for people with schizophrenia - include respiratory, endocrine, gastrointestinal and cardiovascular disease
- 30-40% people with schizophrenia have Metabolic Syndrome
- People aged 15 to 34 with Severe Mental Illness are more likely to have asthma, diabetes, hypertension and obesity than other people of the same age
- People aged 15 to 34 with Severe Mental Illness are five times more likely to have two or more physical health conditions than other people of the same age

**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

**Statistics**
- 6,770 people are recorded as having severe mental illness in Suffolk.
- 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)
- 45% people with a mental health condition have a long-term condition

**Gaps**
- Better integrate mental health and general health services so information is shared and health problems recognised
- 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 (CBT) - Suffolk Wellbeing

**Useful links**
- Promoting health ... in minority ethnic groups NICE (QS167)
- Multimorbidity NICE (NG56)

**Suffolk needs assessments & information**
- Physical health and mental health
- Severe Mental Illness
- Common Mental Disorders

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This is a copy of a dynamic, interactive page. For latest version, go to [https://infograph.venngage.com/ps/1tuD2iEvUs/sm-smi-physical-health-suffolk-mhna-1-0](https://infograph.venngage.com/ps/1tuD2iEvUs/sm-smi-physical-health-suffolk-mhna-1-0)

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