Adult Mental Health JSNA: Nottingham City and Nottinghamshire County

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Context

This document presents an analysis for the Joint Strategic Needs Assessment, focussing on individuals with common mental health disorders (CMDs) and low mental wellbeing.

Key indicators (sourced from Fingertips)
- QOF Depression prevalence (18+)
- High anxiety, low happiness, low life satisfaction and low worthwhile scores.

Scope
Time period: 2016/17 to 2022/23
Population: Individuals aged 16+ residing in Nottingham and Nottinghamshire

Analysis
The analysis shows trend over time and compares Nottingham and Nottinghamshire with national and regional averages, as well as statistical neighbours. The analysis for Nottinghamshire County includes district level insights where data is available.

Overview of depression prevalence in England

- Depression prevalence among population aged 18+ in England has steadily increased, rising from **8.3%** in 2016/17 to **13.2%** in 2022/23.

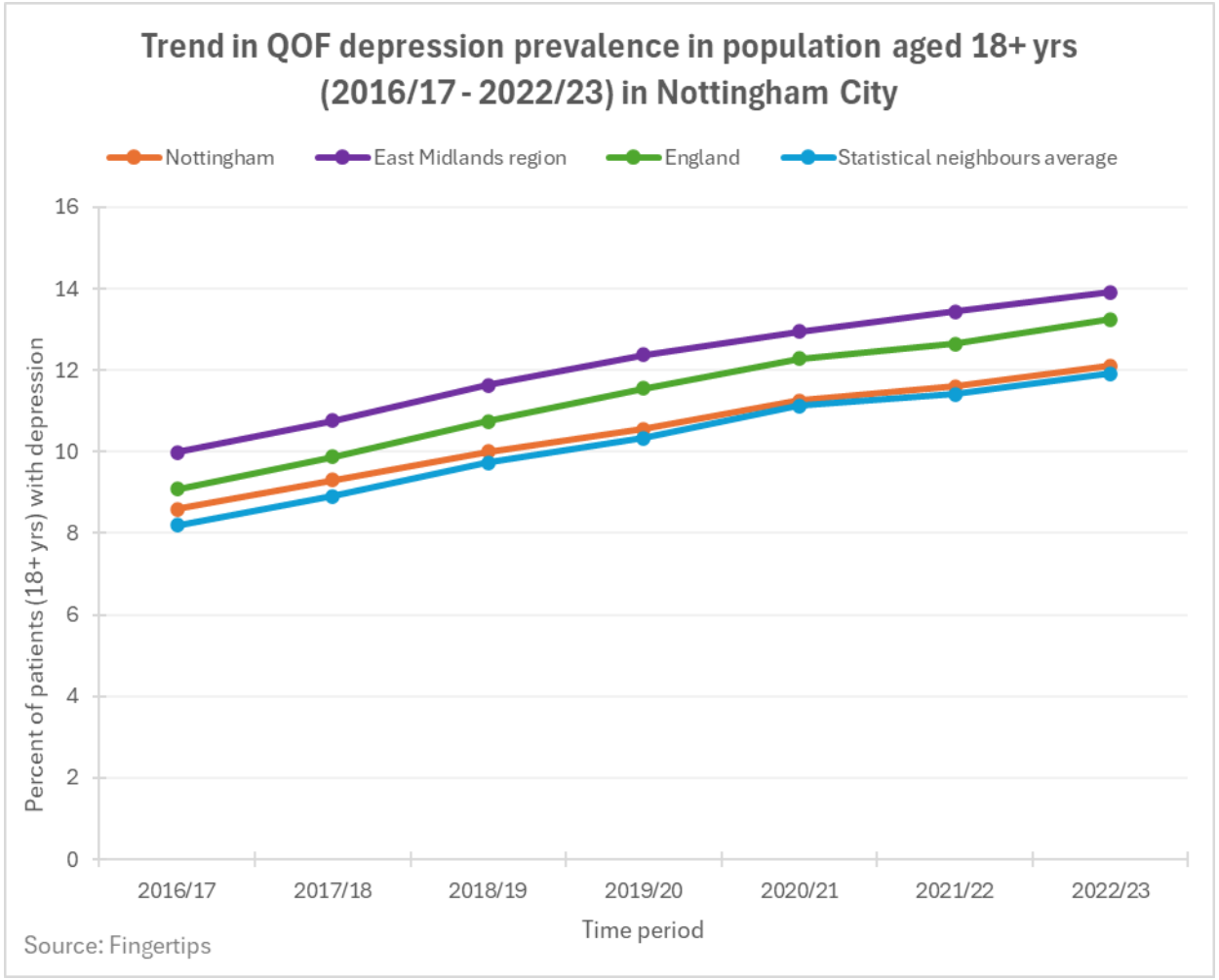
- As of 2022/23, **27.9%** of registered patients 18+, diagnosed with depression since April 2006 and whose condition is still unresolved, reside in the **20%** most deprived areas (districts and unitary authorities).

- In contrast, **25.1%** of patients with depression live in the **20%** least deprived areas.

Trends in prevalence of depression: Nottingham City

- Depression prevalence among population aged 18+ in Nottingham increased from **8.6%** in 2016/17 to **12.1%** in 2022/23.
- This figure remained consistently lower than the national average and the East Midlands regional average during this period.
- While Nottingham's prevalence stayed below the national and regional averages, the overall trend was upward.
- Nottingham consistently showed a higher prevalence than the average of its statistical neighbours throughout the same period.

Figure 1. Trend in QOF depression prevalence in population aged 18+ yrs (2016/17 - 2022/23) in Nottingham City

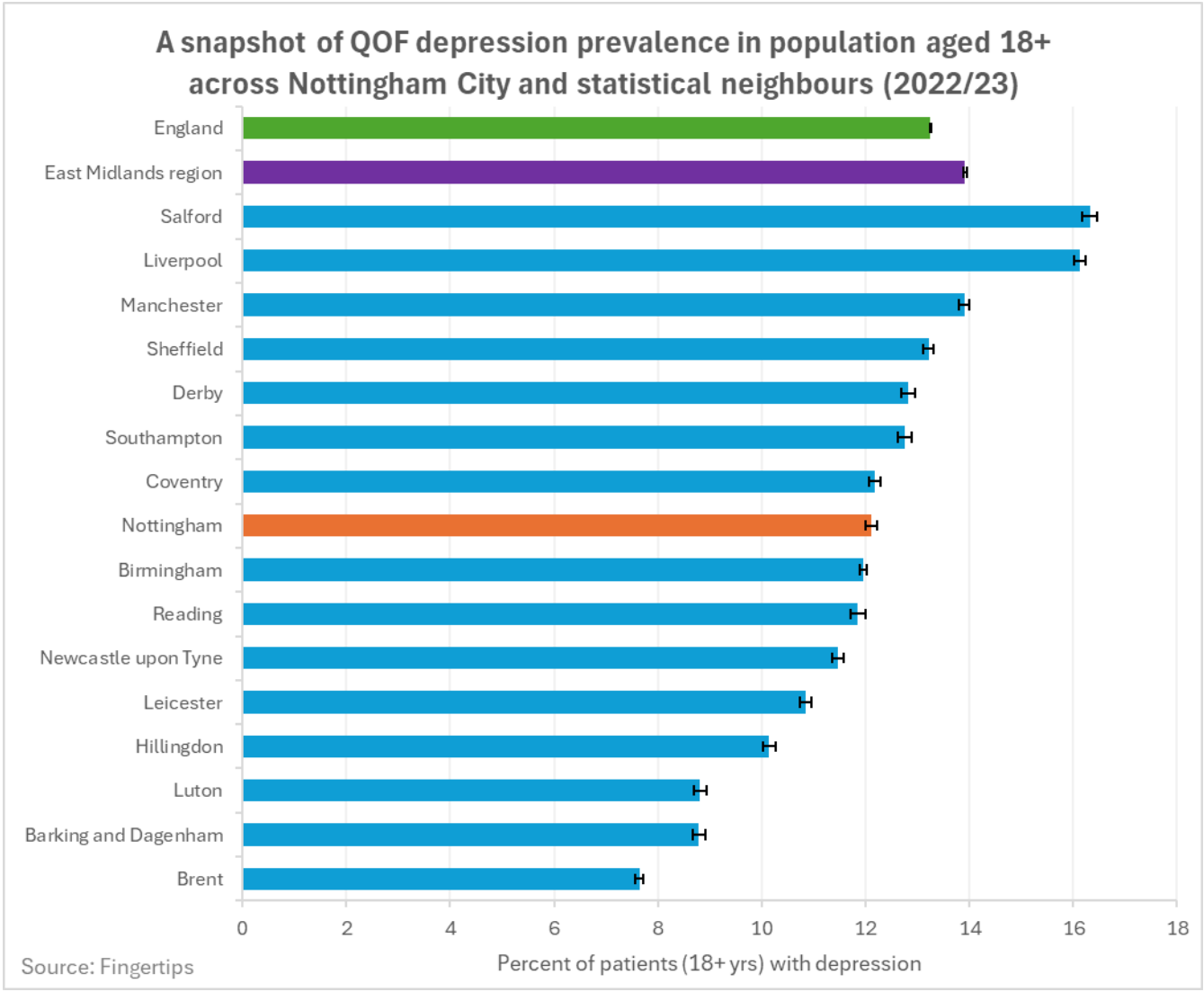


Prevalence of depression: Nottingham City and statistical neighbours

- Depression prevalence in Nottingham's 18+ population in 2022/23 was **12.1%**, significantly lower than the England's average (**13.2%**) and the East Midlands average (**13.9%**).

- Nottingham ranks as the 8th highest in depression prevalence compared to its statistical neighbours, with Salford having the highest rate (**16.3%**) and Brent the lowest (**7.6%**).

Figure 2. A snapshot of QOF depression prevalence in population aged 18+ across Nottingham City and statistical neighbours (20222/23)



Overview of high anxiety score in England

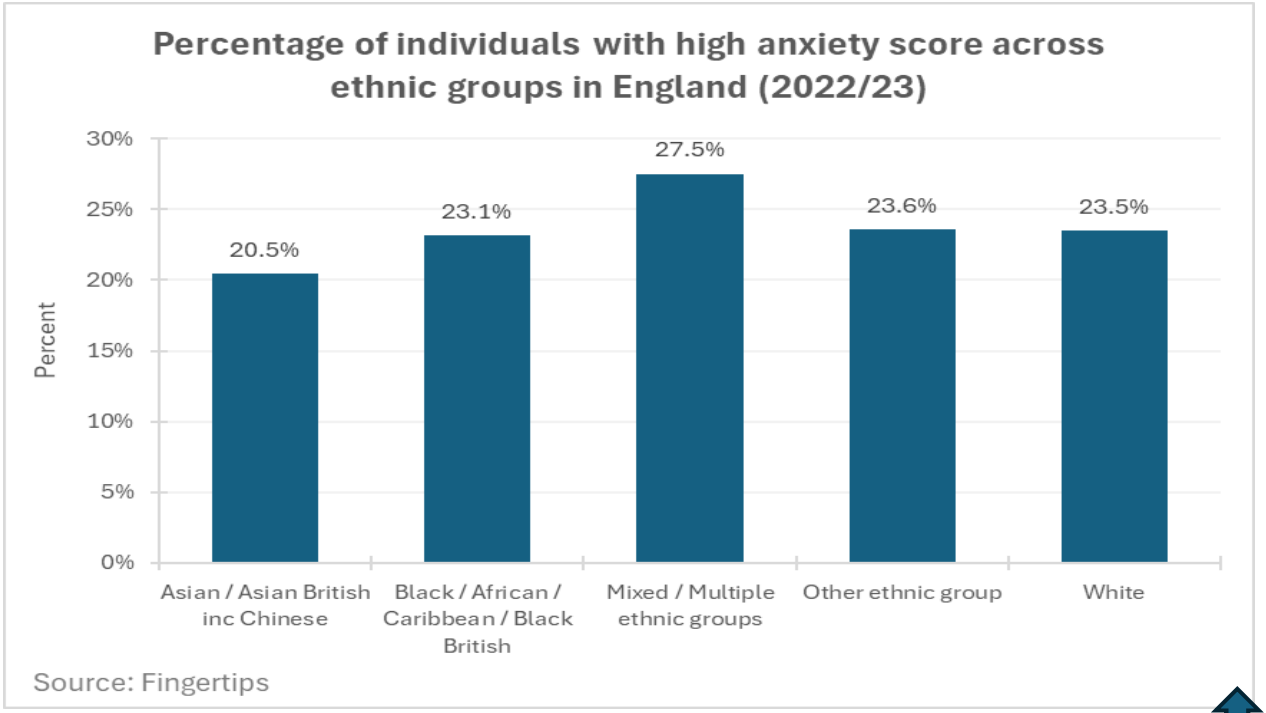
- According to the Annual Population Survey (APS), the percentage of people aged 16+ with high anxiety score in England increased from **19.9%** in 2016/17 to **21.9%** in 2019/20, spiked to **24.1%** in 2020/21 during the pandemic, and then gradually declined to **23.3%** in 2022/23.

In 2022/23, high anxiety scores were reported by **25.6%** of economically inactive people, **26.3%** of unemployed and **21.2%** of employed individuals.

Among disabled individuals **35.6%** had high anxiety scores in 2022/23, compared to **18.2%** of those who were not disabled.

In 2022/23, **26.6%** of females and **20.0%** of males had high anxiety scores.

Figure 5. Percentage of individuals with high anxiety score across ethnic groups in England (2022/23)



Additionally, the percentage of people with high anxiety scores varied across different ethnic groups, as shown in Figure 5.

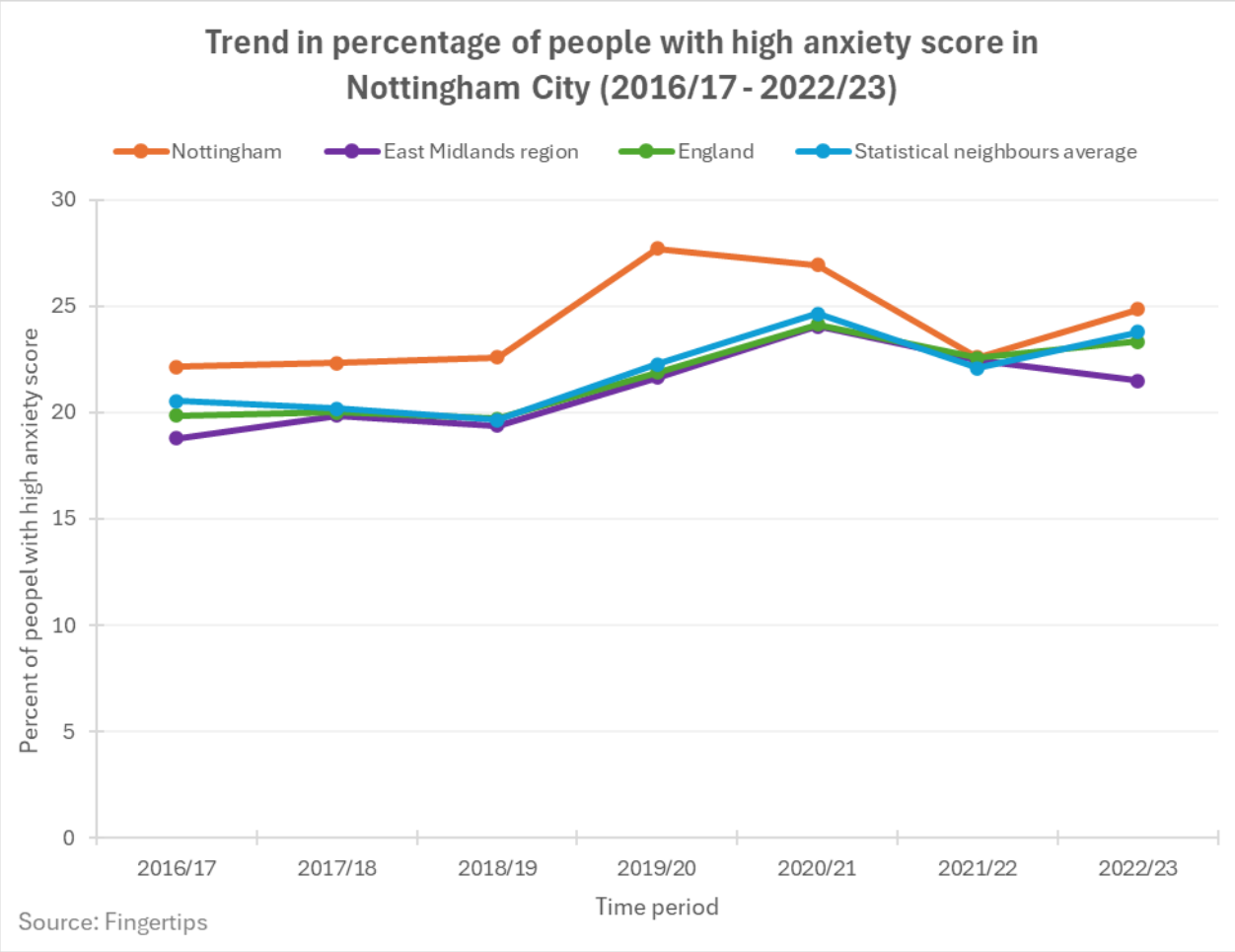
High anxiety score: Nottingham City

- The percentage of people in Nottingham with high anxiety scores increased from **22.1%** in 2016/17 to a peak of **27.7%** in 2019/20, before slightly decreasing to **24.8%** in 2022/23.

- Nottingham consistently recorded a higher percentage of individuals with high anxiety scores compared to national, regional and statistical neighbours' averages.

- The largest gap occurred in 2019/20, when Nottingham prevalence of **27.7%** was more than 5 percentage points higher than the averages for England (**21.9%**), East Midlands (**21.7%)** and the statistical neighbours (**22.2%**).

Figure 6. Trend in percentage of people with high anxiety score in Nottingham City (2016/17 - 2022/23)

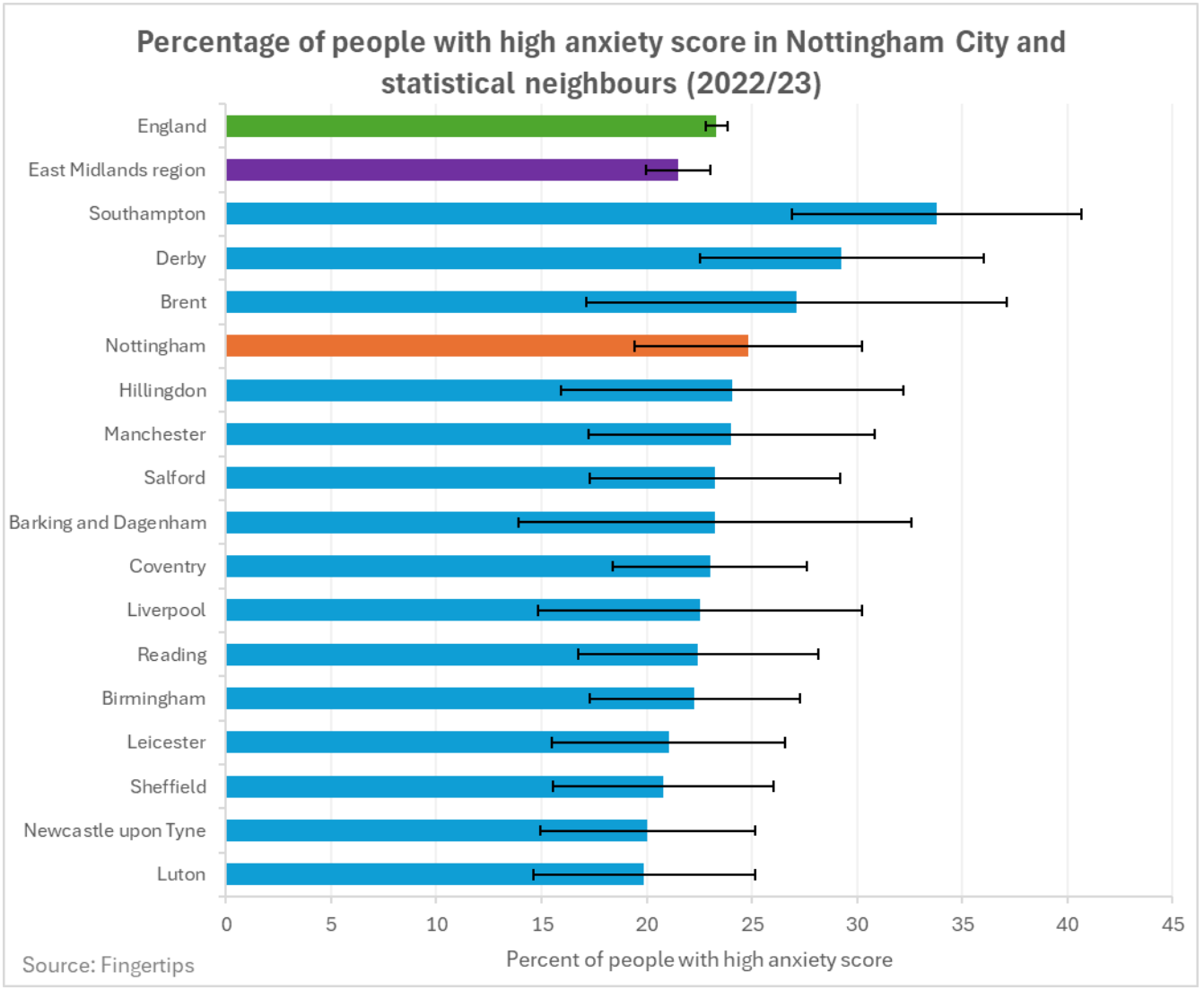


High anxiety score: Nottingham City and statistical neighbours

- In 2022/23, the percentage of people with a high anxiety score in Nottingham was **24.8%**, which is higher than the England average of **23.3%** and East Midlands average of **21.5%** but not significantly so.

- Among its statistical neighbours, Nottingham ranks 4th highest in high anxiety scores, with Luton being the lowest (**19.9%**) and Southampton the highest (**33.8%**).

Figure 7. Percentage of people with high anxiety score in Nottingham City and statistical neighbours (2022/23)



Overview of low happiness score in England

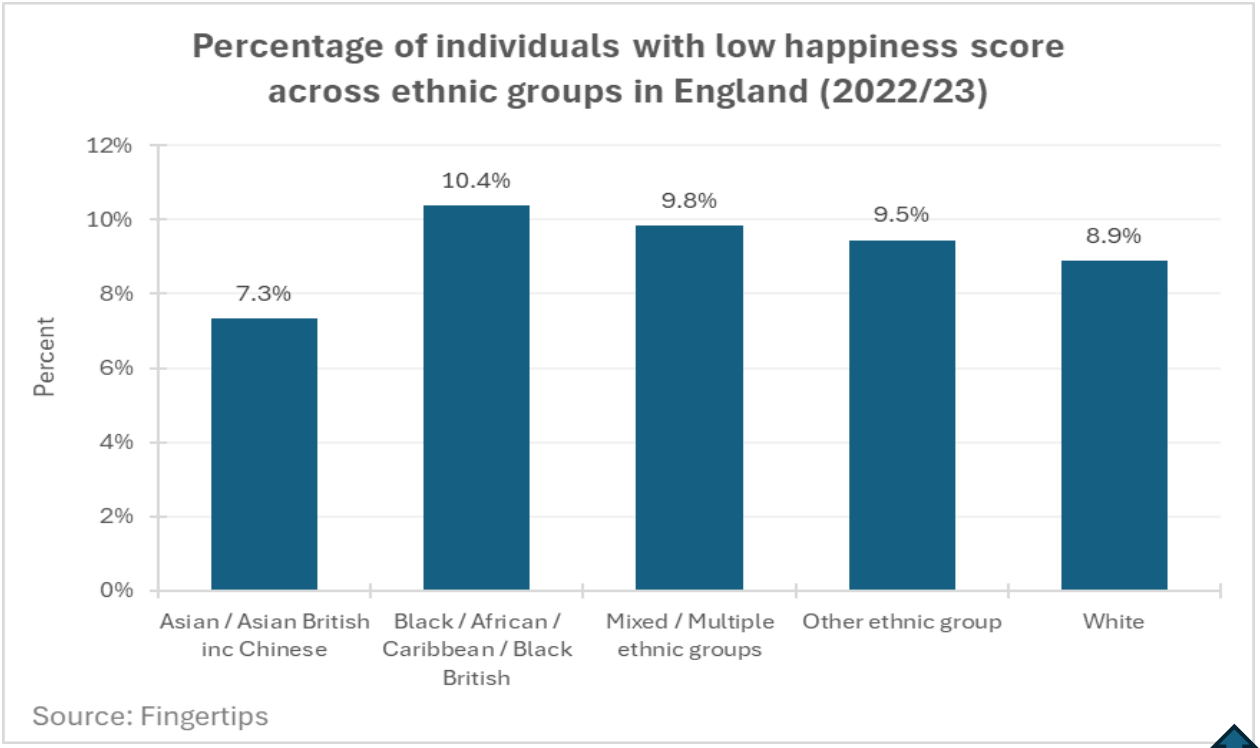
- According to the APS, the percentage of people aged 16+ with low happiness score in England fluctuated between 2016/17 and 2022/23, peaking at **9.2%** in 2020/21 and slightly declining to **8.9%** in 2022/23.

In 2022/23, low happiness scores were reported by **11.1%** of economically inactive people, **12.1%** of unemployed and **7.4%** of employed individuals.

Among disabled individuals **17.4%** had low happiness scores in 2022/23, compared to **5.5%** of those who were not disabled.

In 2022/23, **9.2%** of females and **8.5%** of males had low happiness scores.

Figure 8. Percentage of individuals with low happiness score across ethnic groups in England (2022/23)

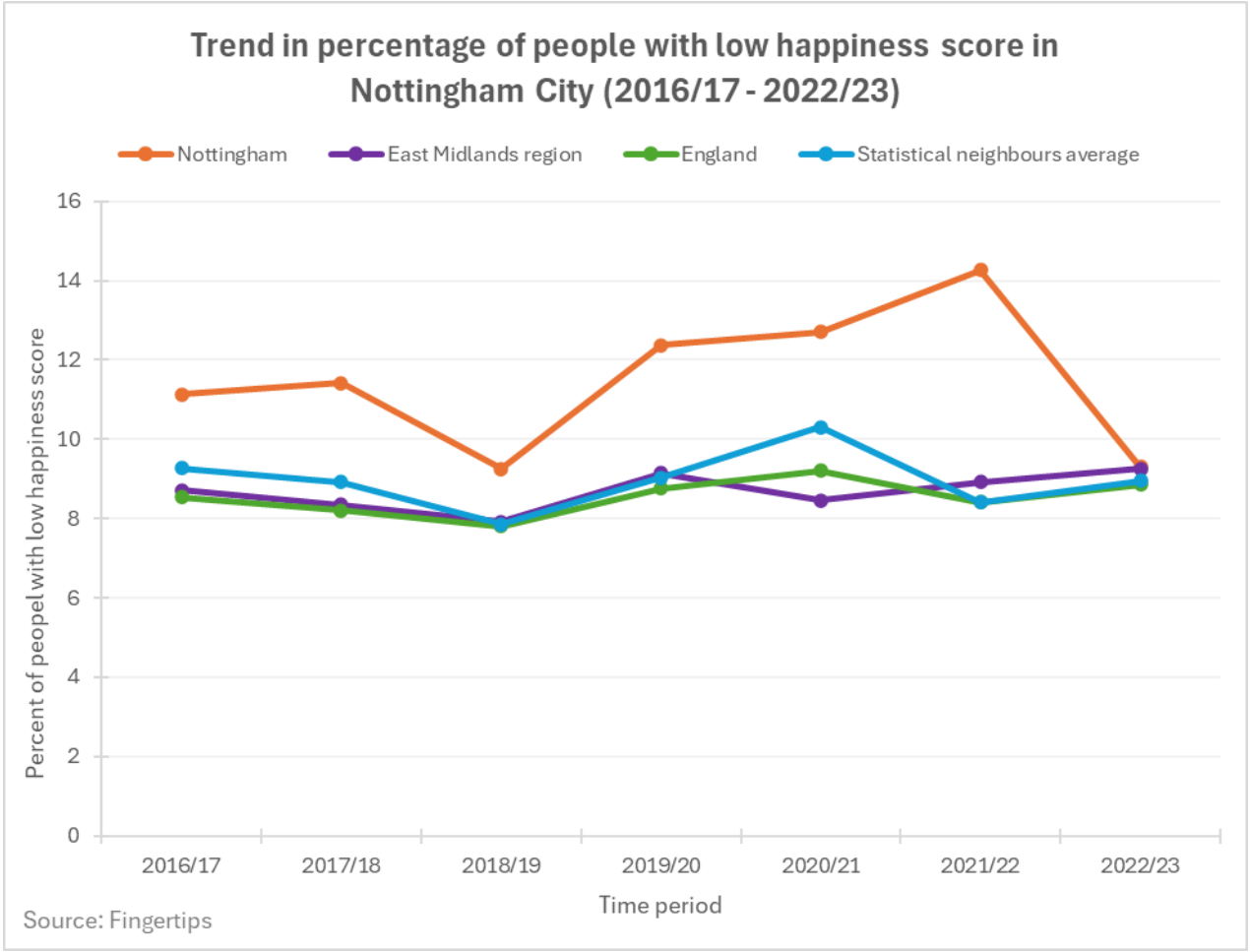


Additionally, in 2022/23, the percentage of people with low happiness scores varied across different ethnic groups, as shown in Figure 8.

Low happiness score: Nottingham City

- The percentage of people with low happiness scores in Nottingham fluctuated between **11.1%** in 2016/17 and a peak of **14.3%** in 2021/22, dropping to **9.3%** in 2022/23.
- Nottingham consistently had a higher prevalence of low happiness scores compared to the averages for England, East Midlands and statistical neighbours.
- The most significant gap occurred in 2021/22, with Nottingham **14.3%** far exceeding the averages for England (**8.9%**), East Midlands (**9.3%**) and statistical neighbours (**8.4%**).

Figure 9. Trend in percentage of people with low happiness score in Nottingham City (2016/17 - 2022/23)



Low happiness score: Nottingham City and statistical neighbours

- In 2022/23, the percentage of individuals with a low happiness score in Nottingham was **9.3%**, which is higher than both the England average of **8.9%** and the East Midlands average of **9.3%** but the difference was not statistically significant.

- Among its statistical neighbours, Nottingham ranks 7th highest in low happiness scores, with Liverpool having the lowest score at **5.8%** and Southampton reporting the highest at **13.1%**.

Figure 10. Percentage of people with low happiness score in Nottingham City and statistical neighbours (2022/23)



Overview of low satisfaction score in England

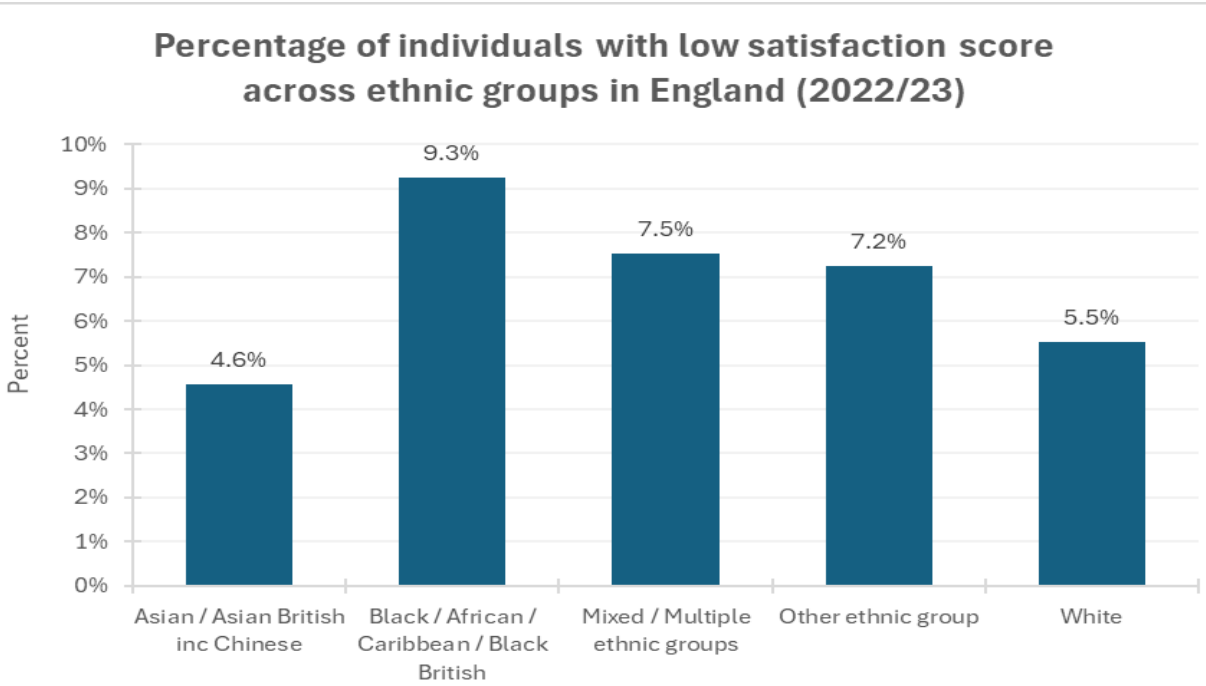
- According to the APS, the percentage of people aged 16+ with low satisfaction scores in England fluctuated between 2016/17 and 2022/23, peaking at **6.1%** in 2020/21 and decreasing to **5.6%** in 2022/23.

In 2022/23, low satisfaction scores were reported by **8.7%** of economically inactive people, **13.0%** of unemployed and **3.6%** of employed individuals.

Among disabled individuals **13.4%** had low satisfaction scores in 2022/23, compared to **2.5%** of those who were not disabled.

In 2022/23, **5.5%** of females and **5.8%** of males had low satisfaction scores.

Figure 11. Percentage of individuals with low satisfaction score across ethnic groups in England (2022/23)



Source: Fingertips

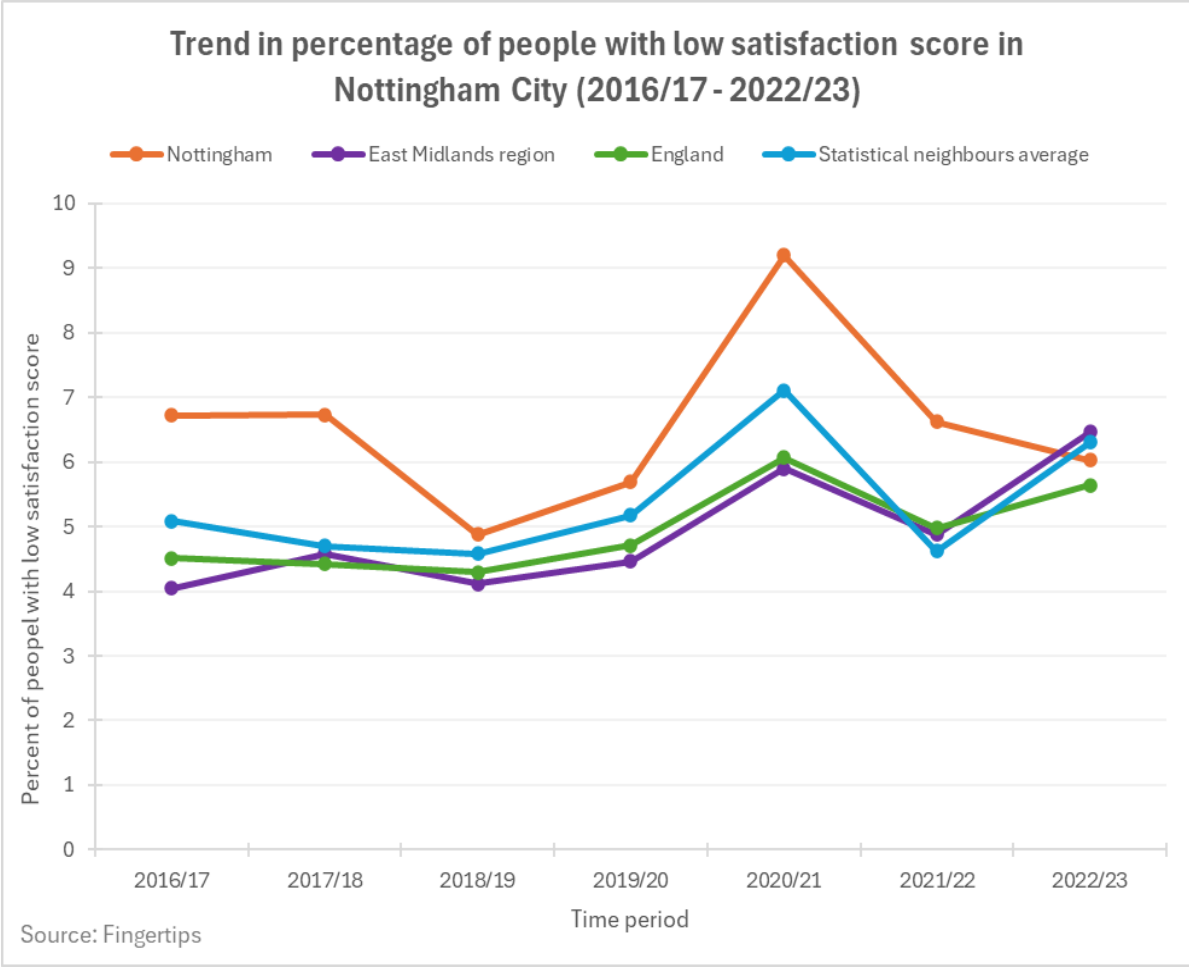
In 2022/23, the percentage of people with low satisfaction scores varied across different ethnic groups, as shown in Figure 11.

Low satisfaction score: Nottingham City

- The percentage of individuals reporting low satisfaction scores in Nottingham varied from **6.7%** in 2016/17 to a peak of **9.2%** in 2020/21, then decreasing to **6.0%** in 2022/23.

- Over time, Nottingham consistently exhibited higher levels of low satisfaction scores compared to national, regional and statistical neighbours' averages. However, in 2022/23 it dropped below both the regional and statistical neighbours' averages but remained above the national average.

Figure 12. Trend in percentage of people with low satisfaction score in Nottingham City (2016/17 - 2022/23)

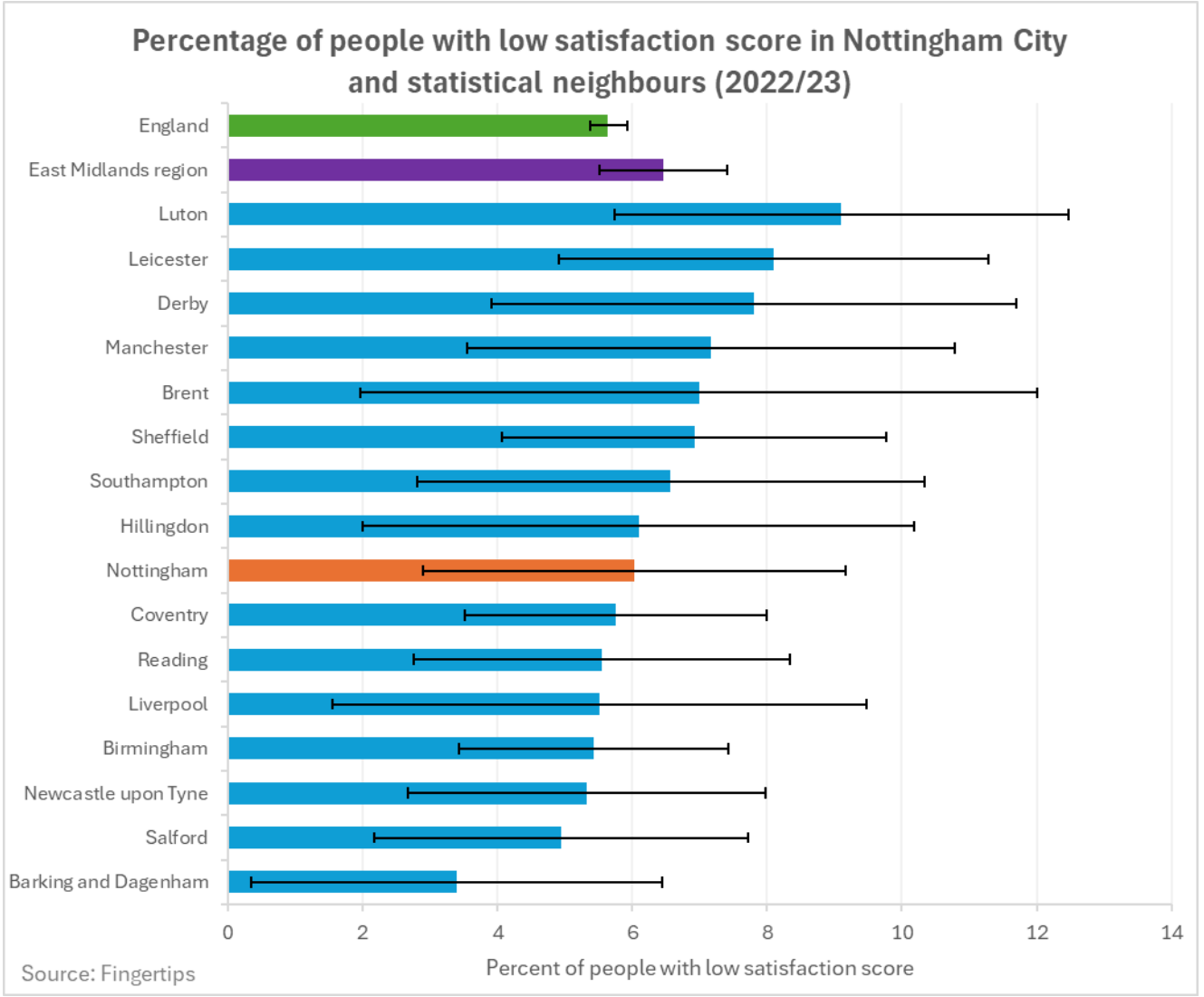


Low satisfaction score: Nottingham City and statistical neighbours

- In 2022/23, the percentage of individuals with low satisfaction score in Nottingham was **6.0%** , higher than the England average of **5.6%** but lower than the East Midlands average of **6.5%**. However, the difference was not significant.

- Among its statistical neighbours, Nottingham ranked 8th lowest with Luton (**9.1%**) being the highest and Barking and Dagenham the lowest (**3.4%**).

Figure 13. Percentage of people with low satisfaction score in Nottingham City and statistical neighbours (2022/23)



Overview of low worthwhile score in England

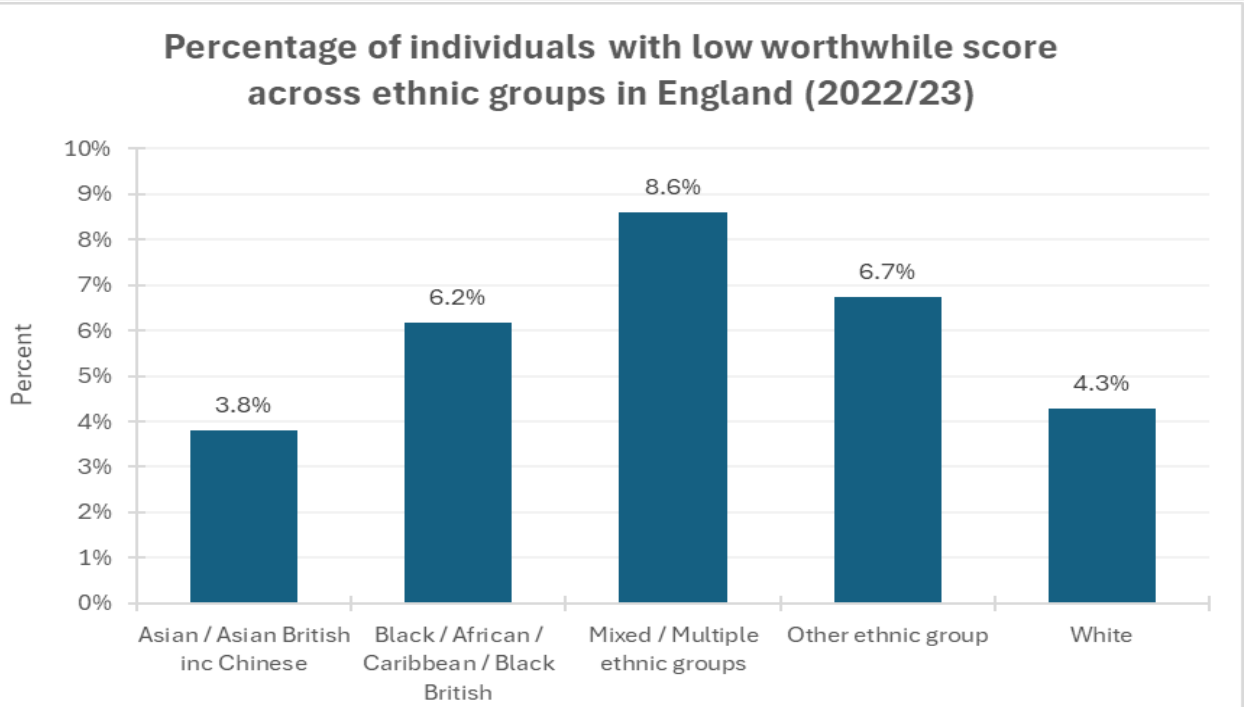
- According to the APS, the percentage of people aged 16+ with low worthwhile scores in England remained relatively stable (**below 4.0%**) from 2016/17 to 2019/20 and again in 2021/22, peaking at **4.4%** in 2020/21 and 2022/23.

In 2022/23, low worthwhile scores were reported by **6.8%** of economically inactive people, **10.0%** of unemployed and **2.8%** of employed individuals.

Among disabled individuals **10.4%** had low worthwhile scores in 2022/23, compared to **2.0%** of those who were not disabled.

In 2022/23, **4.1%** of females and **4.7%** of males had low worthwhile scores.

Figure 14. Percentage of individuals with low worthwhile score across ethnic groups in England (2022/23)



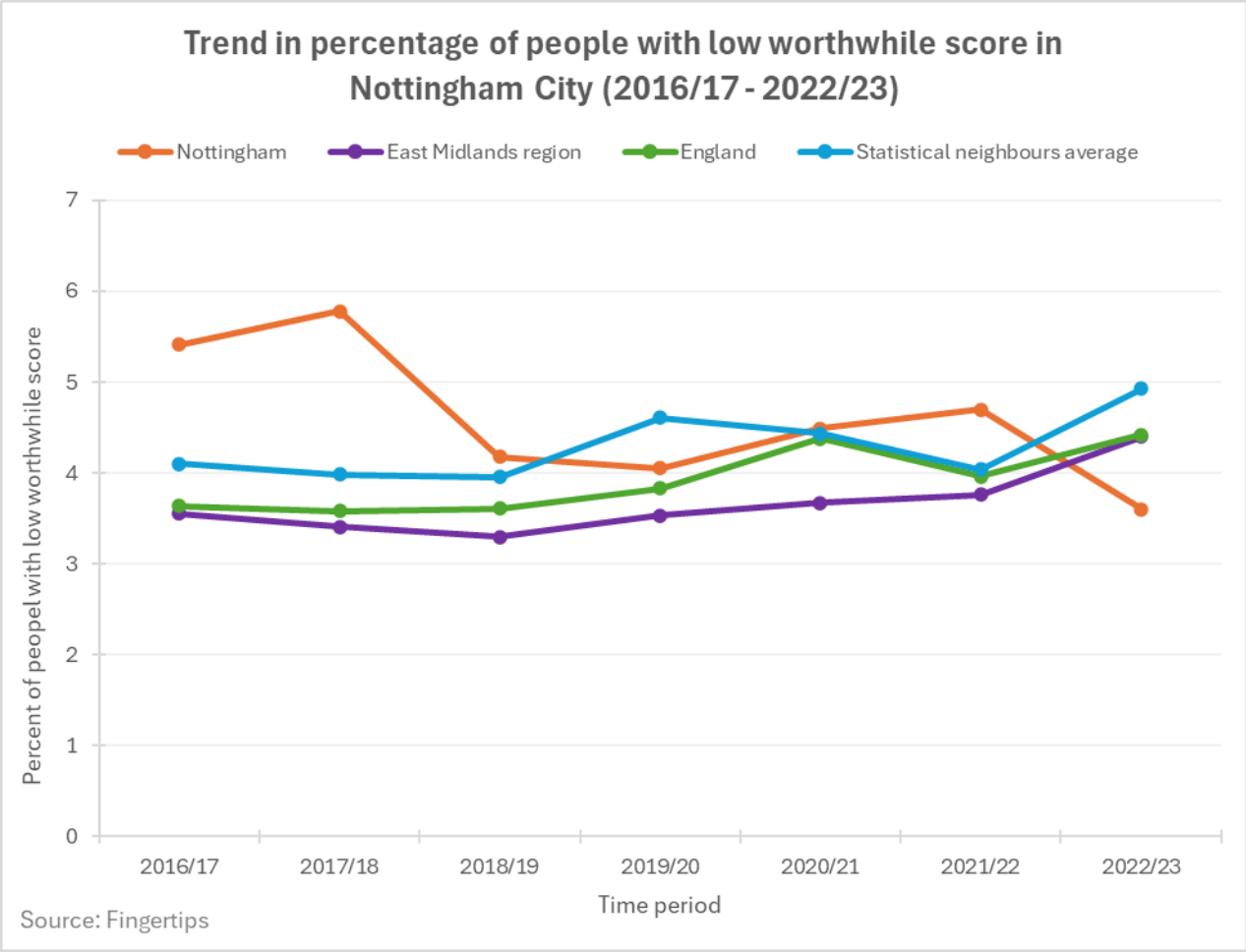
Source: Fingertips

In 2022/23, the percentage of people with low worthwhile scores varied across different ethnic groups, as shown in Figure 11.

Low worthwhile score: Nottingham City

- The percentage of individuals reporting a low worthwhile score fluctuated from **5.4%** in 2016/17 to **3.6%** in 2022/23, peaking at **5.8%** in 2017/18.
- Nottingham's figures were consistently higher than the national and regional averages but fell below both by 2022/23.
- Comparisons with statistical neighbours show fluctuations with no clear trend. Nottingham started with a higher percentage in 2016/17 but ended lower than its statistical neighbours at the end of the report period in 2022/23.

Figure 15. Trend in percentage of people with low worthwhile score in Nottingham City (2016/17 - 2022/23)

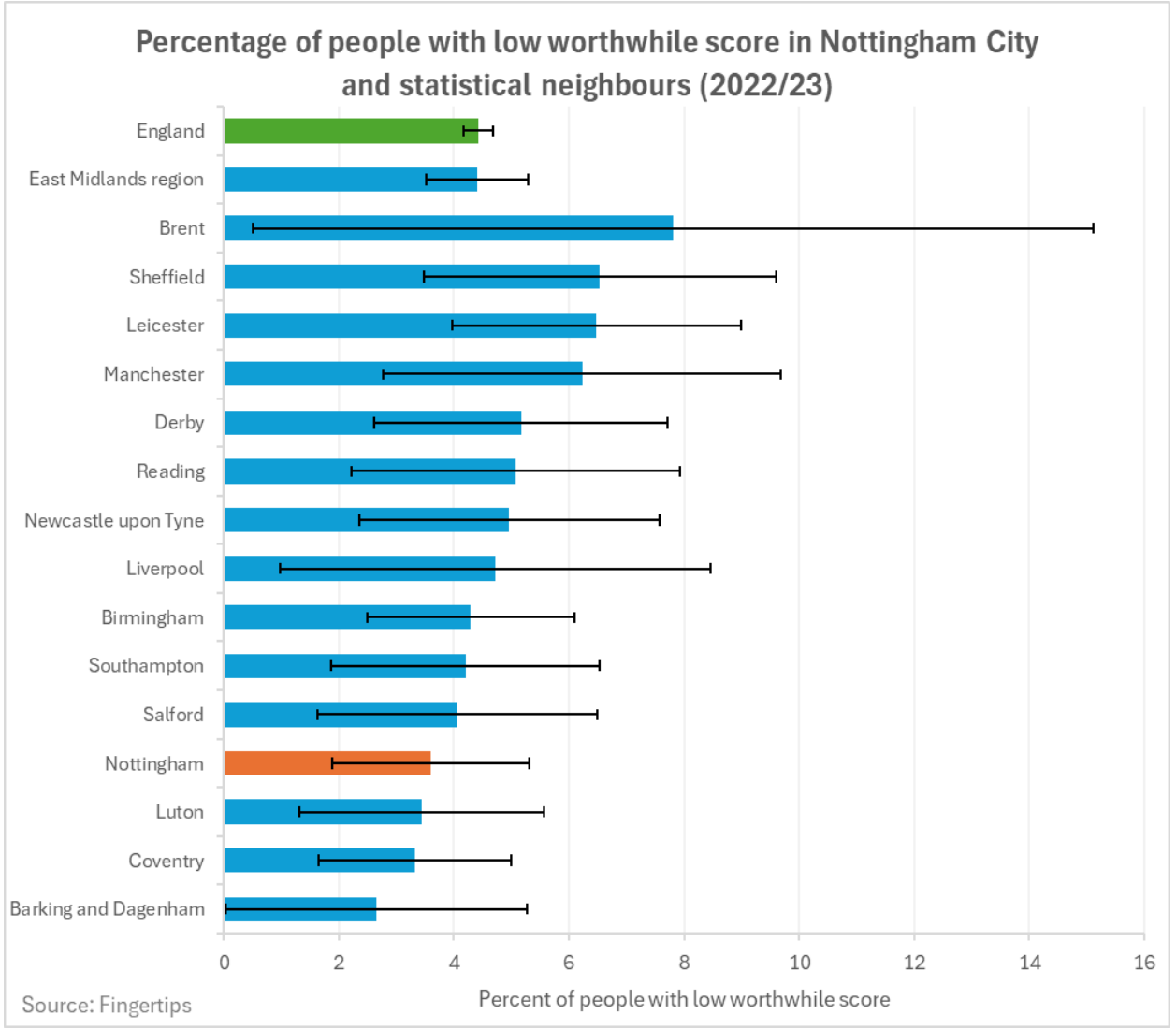


Low worthwhile score: Nottingham City and statistical neighbours

- In 2022/23, Nottingham had **3.6%** people with a low worthwhile score, which is higher than the England average of **4.4%** and East Midlands average of **4.4%** but the difference was not statistically significant.

- Among its statistical neighbours Nottingham ranked 4th lowest, after Barking and Dagenham, Coventry and Luton.

Figure 16. Percentage of people with low worthwhile score in Nottingham City and statistical neighbours (2022/23)



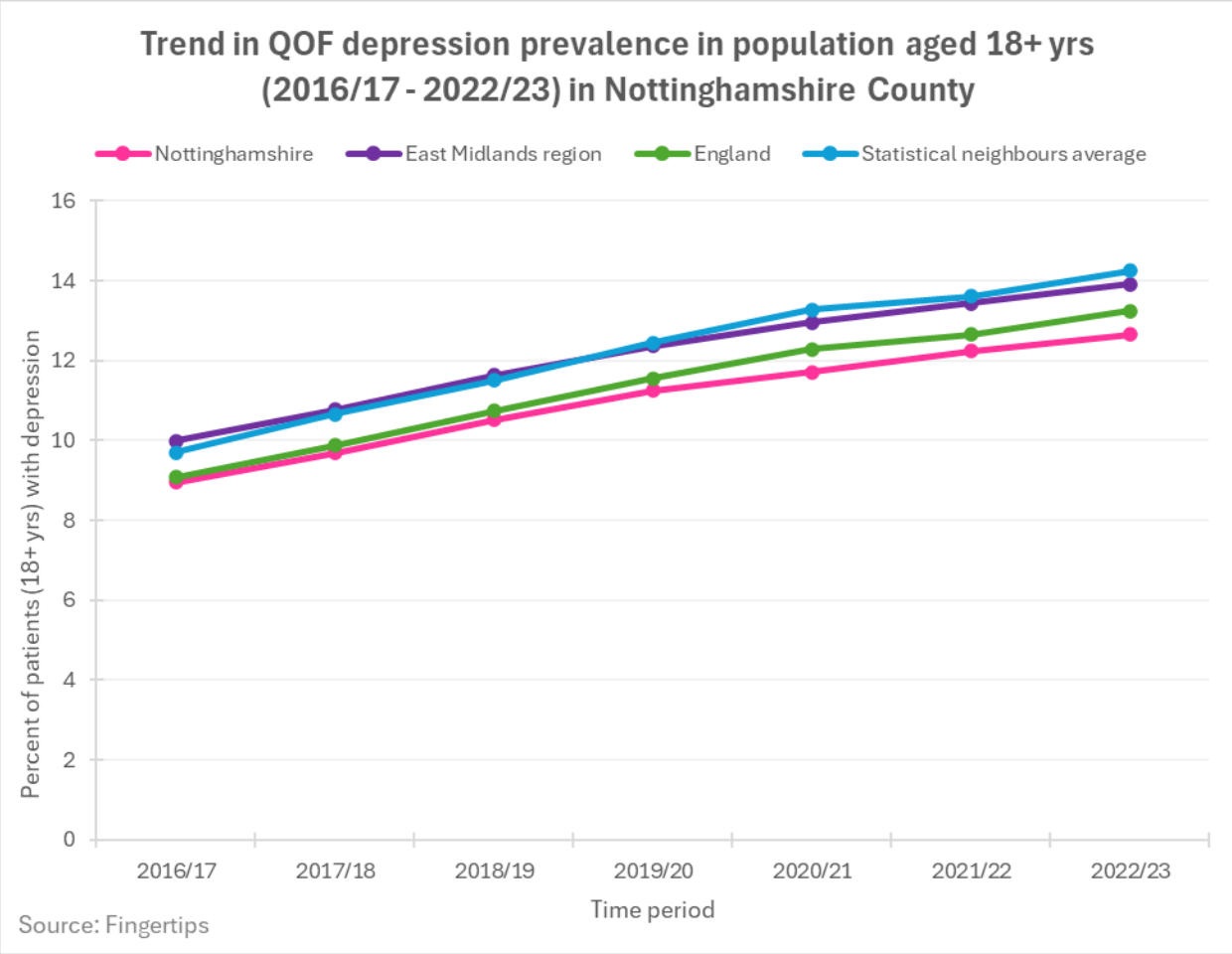
Nottinghamshire County

Trends in prevalence of depression: Nottinghamshire County

- Depression prevalence among population aged 18+ in Nottinghamshire increased from **8.9%** in 2016/17 to **12.7%** in 2022/23.

- While it remained lower than the averages for England, East Midlands and statistical neighbours, the trend showed a clear upward trajectory.

Figure 17. Trend in QOF depression prevalence in population aged 18+ yrs (2016/17 - 2022/23) in Nottinghamshire County

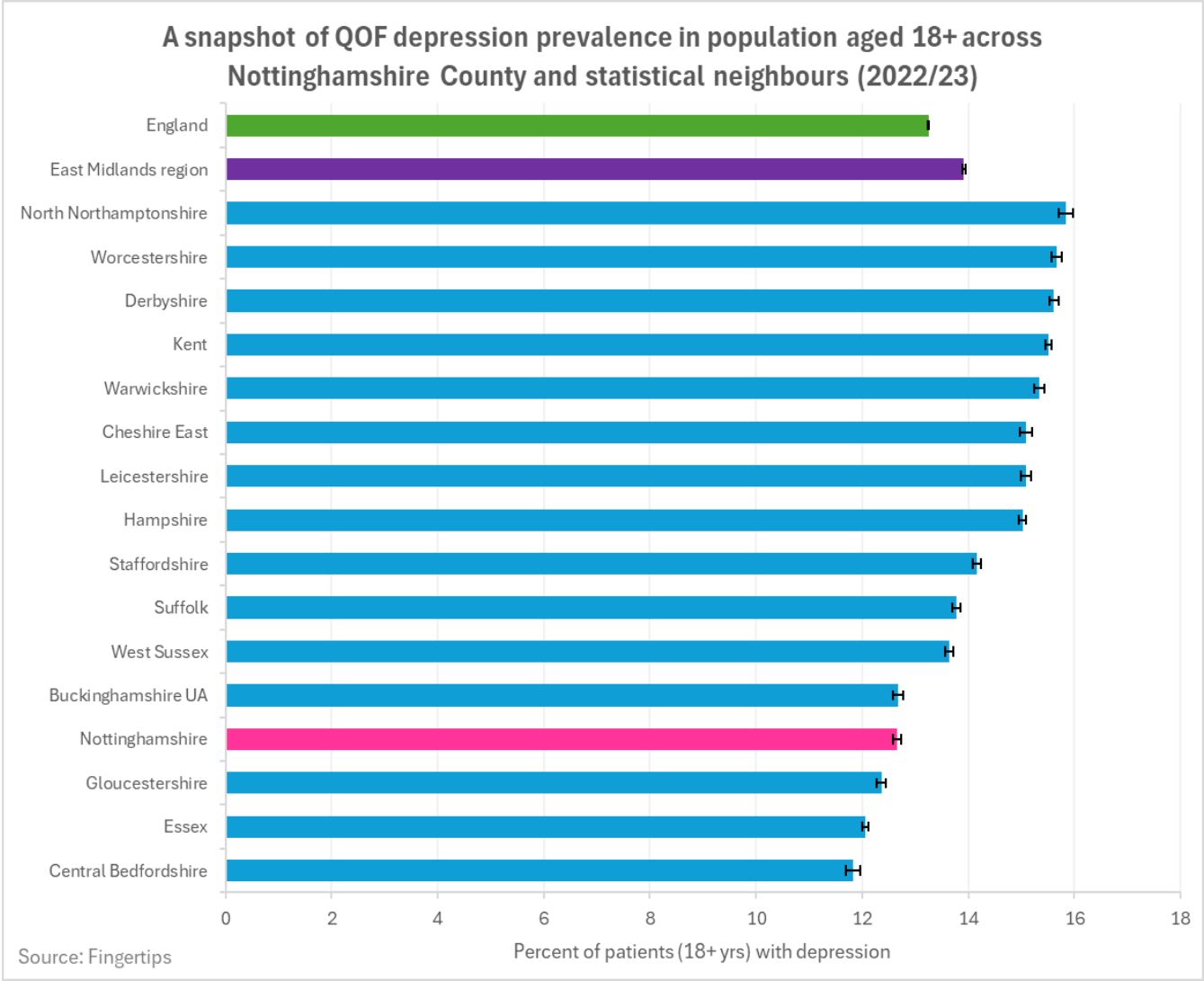


Prevalence of depression: Nottinghamshire County and statistical neighbours

- In 2022/23, the depression prevalence in Nottinghamshire (**12.7%**) was significantly lower than both the East Midlands average (**13.9%**) and England average (**13.2%**).

- Among its statistical neighbours, Nottinghamshire ranked 4th lowest in depression prevalence with Central Bedfordshire having the lowest rate (**11.8%**) and North Northamptonshire the highest (**15.8%**).

Figure 18. A snapshot of QOF depression prevalence in population aged 18+ across Nottinghamshire County and statistical neighbours (20222/23)



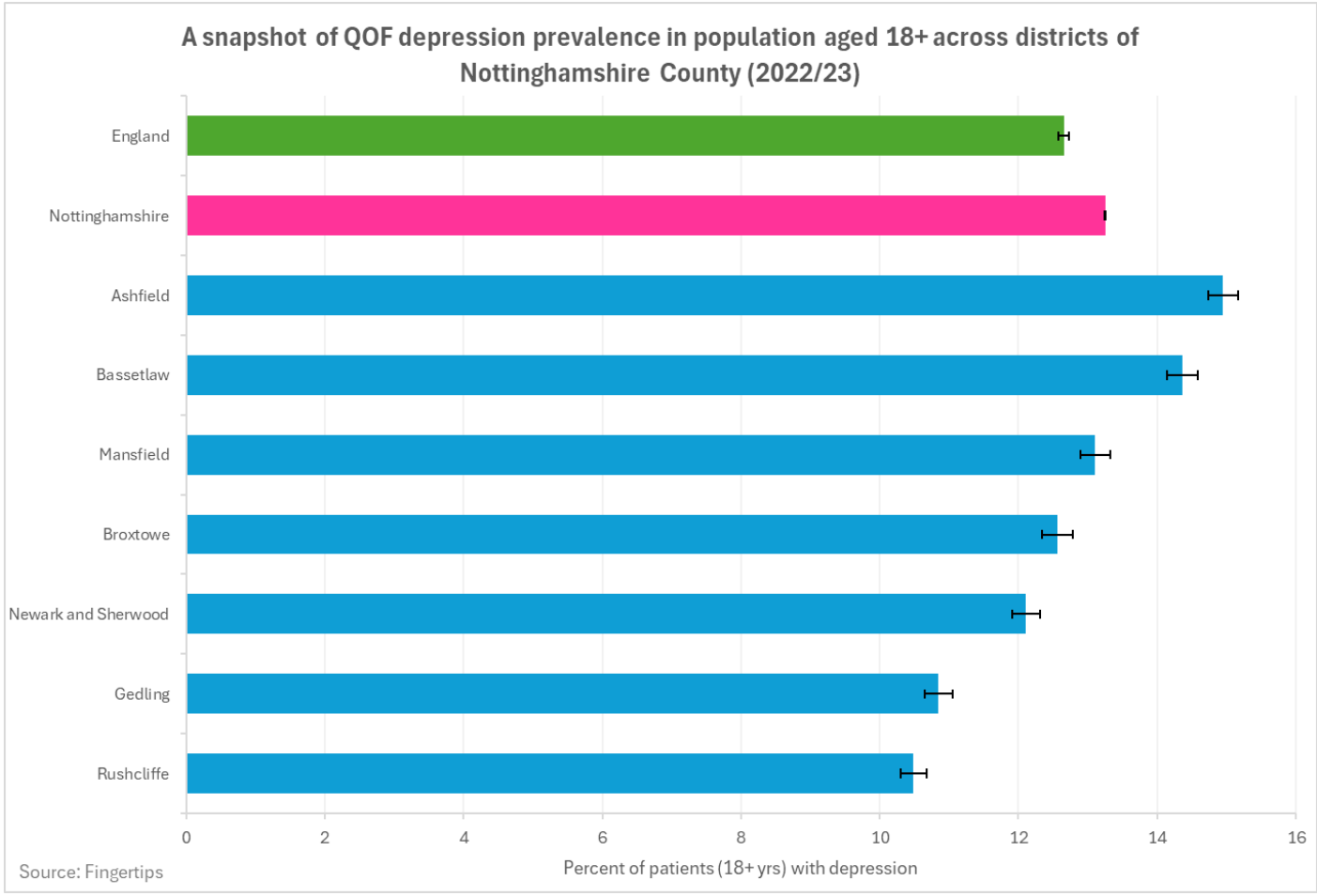
Prevalence of depression: Nottinghamshire County districts

- From 2016/17 to 2022/23, all districts in Nottinghamshire have shown an upward trend in prevalence of depression in population aged 18+ years.

- In 2022/23, among Nottinghamshire districts, **Rushcliffe (10.5%)** and **Gedling (10.8%)** had significantly lower depression prevalence compared to other districts as well as Nottinghamshire (**13.2%**) and England (**12.7%**) averages.

- In contrast, **Ashfield (15.0%)** had significantly higher prevalence than all other districts, exceeding both the Nottinghamshire and England averages.

Figure 19. A snapshot of QOF depression prevalence in population aged 18+ across districts of Nottinghamshire County (20222/23)

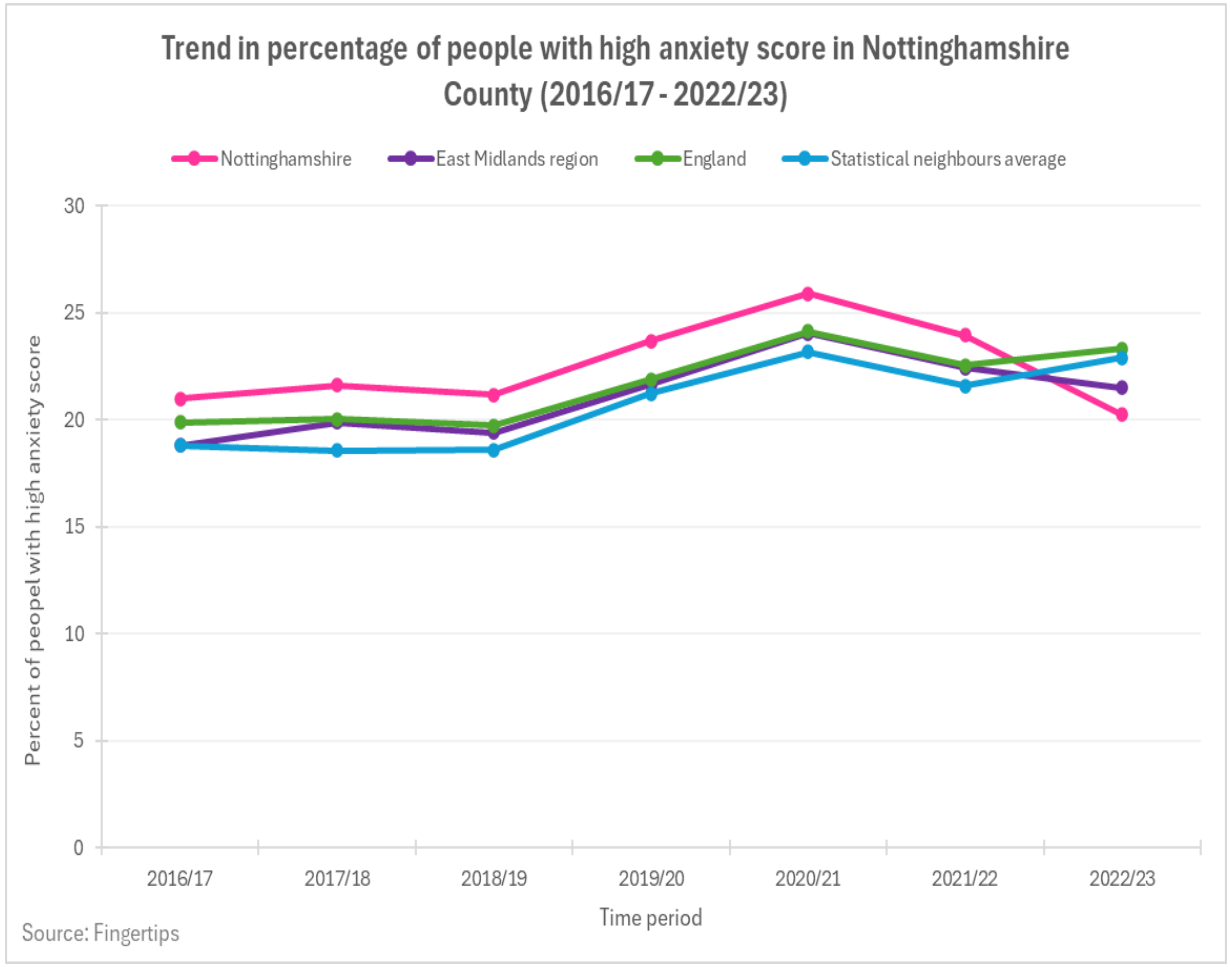


High anxiety score: Nottinghamshire County

- The percentage of people with high anxiety score in Nottinghamshire increased from **21.0%** in 2016/17 to a peak of **25.9%** in 2020/21, then dropped to **20.2%** in 2022/23.

- Nottinghamshire consistently recorded higher percentage of individuals with anxiety scores until 2022/23 when it dropped national, regional and statistical neighbours' averages.

Figure 24. Trend in percentage of people with high anxiety score in Nottinghamshire County (2016/17 - 2022/23)

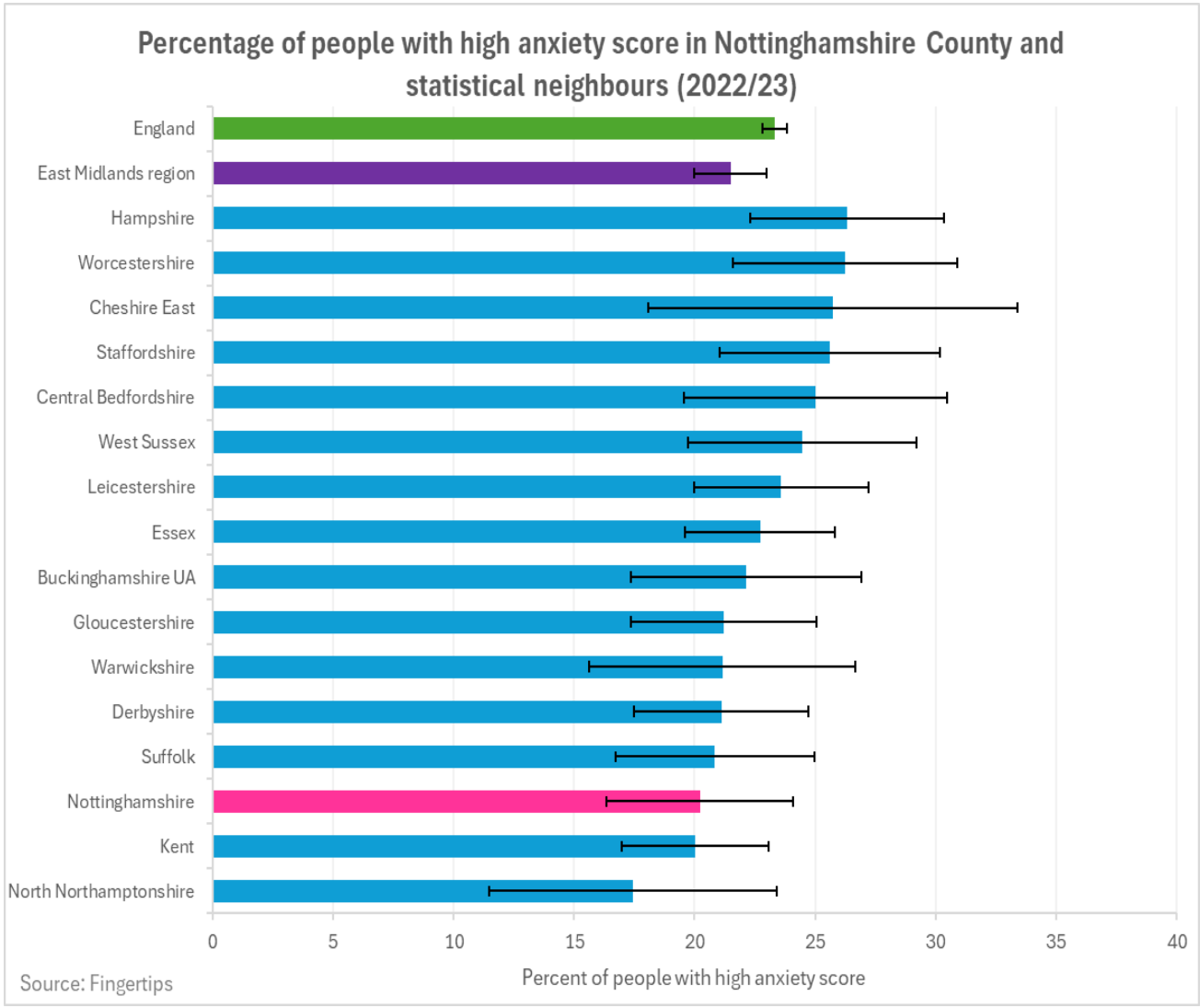


High anxiety score: Nottingham County and statistical neighbours

- In 2022/23, the percentage of individuals in Nottinghamshire with a high anxiety score was **20.2%**, which is higher than both the England (**23.2%**) and East Midlands (**21.5%**) averages but not significantly so.

- Among its statistical neighbours, Nottinghamshire ranks 3rd lowest, following Kent (**17.5%**) and North Northamptonshire (**20.0%**), with Hampshire being the highest at **26.3%**.

Figure 25. Percentage of people with high anxiety score in Nottinghamshire County and statistical neighbours (2022/23)

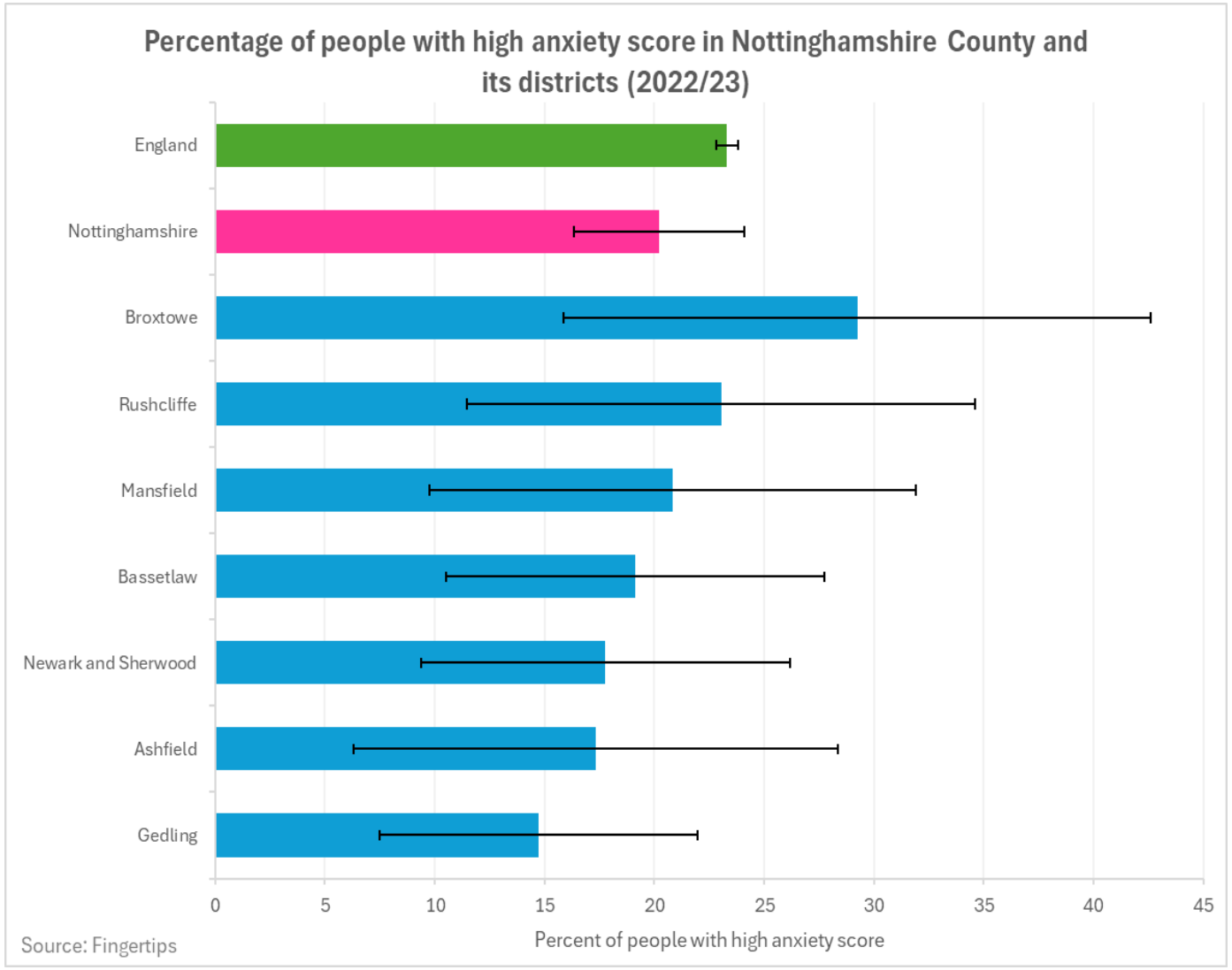


High anxiety score: Nottinghamshire County districts

- In 2022/23, among Nottinghamshire districts, Broxtowe (**29.2%**) had the higher percentage of people with high anxiety score and Gedling (**14.7%**) had the lowest.

- However, the difference among districts, as well as between the districts, Nottinghamshire, and England averages, was not statistically significant.

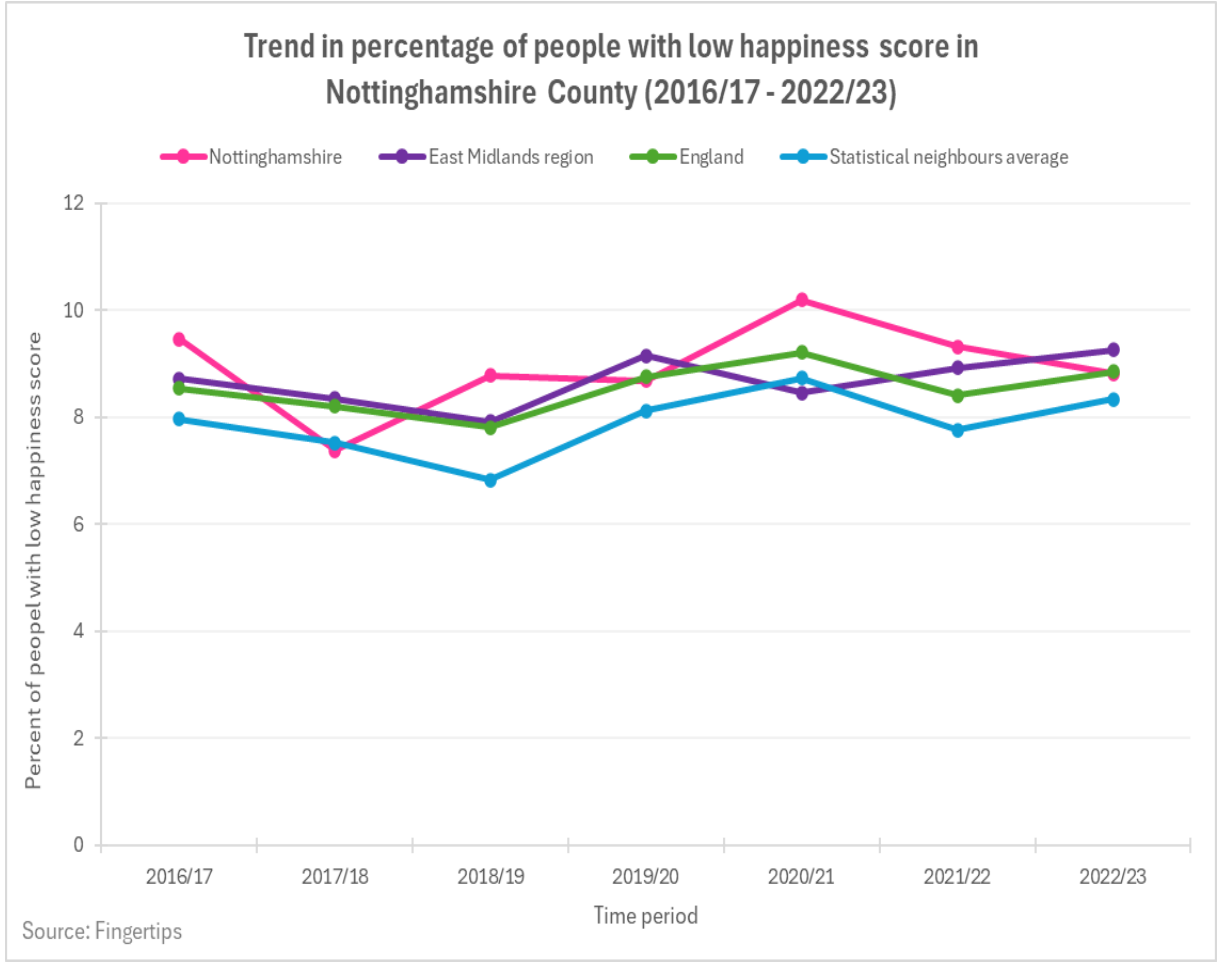
Figure 26. Percentage of people with high anxiety score in Nottinghamshire County and its districts (2022/23)



Low happiness score: Nottinghamshire County

- In Nottinghamshire, the percentage of individuals with low happiness score decreased from **9.5%** in 2016/17 to a low of **7.4%** in 2017/18, peaked at **10.2%** in 2020/21, and dropped to **8.8%** in 2022/23.
- Generally, Nottinghamshire recorded higher percentage of people with low happiness score compared to the average of its statistical neighbours.
- Trend among Nottinghamshire, East Midlands and England fluctuated over time, with widest gap occurring in 2020/21, when Nottinghamshire prevalence was 1.0 percentage point higher than the England average and **1.7** point higher than East Midlands average.
- There was no significant difference between Nottinghamshire and England throughout the reporting period (2016/17 – 2022/23) in percentage of individuals with low happiness score.

Figure 27. Trend in percentage of people with low happiness score in Nottinghamshire County (2016/17 - 2022/23)

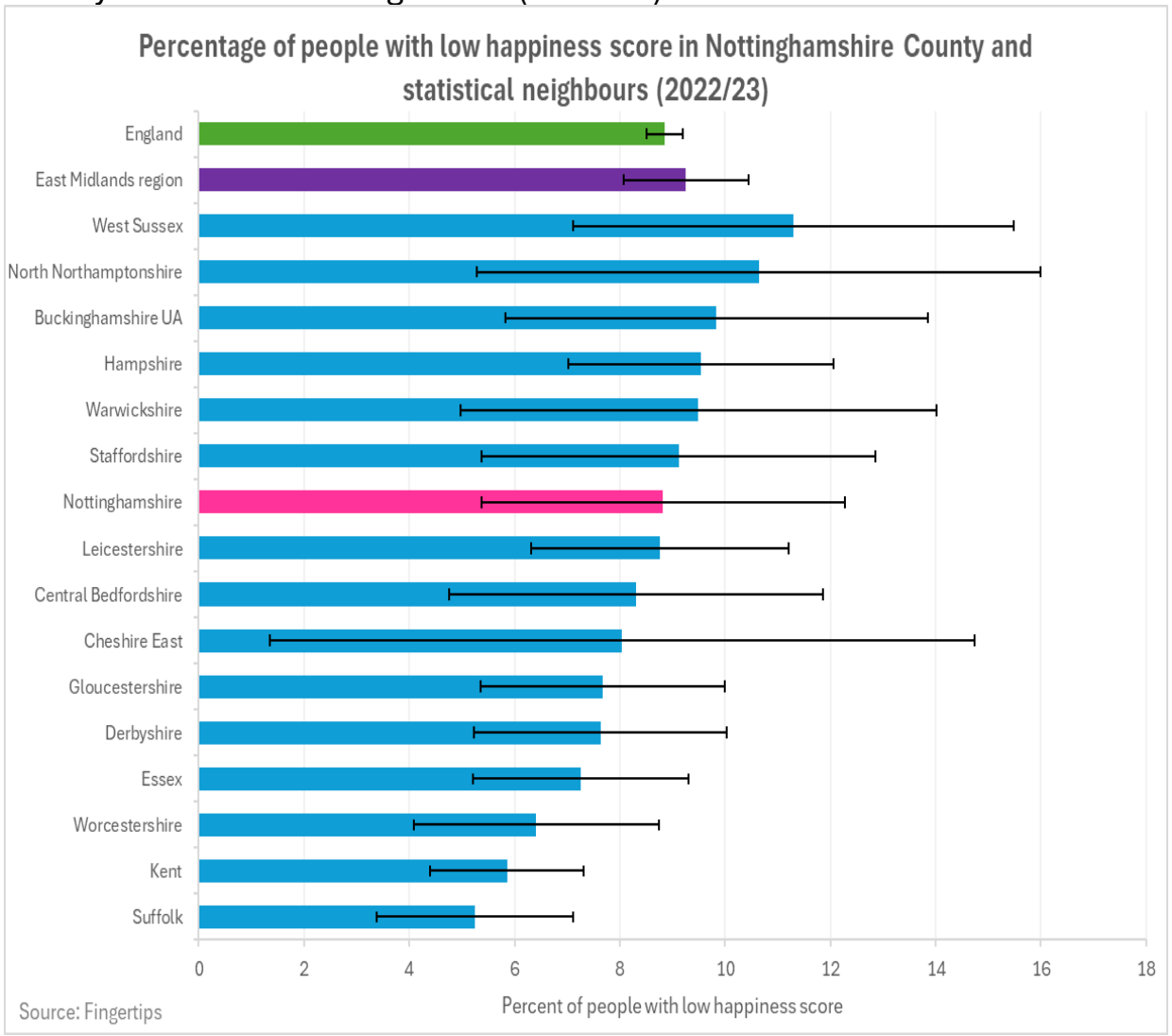


Low happiness score: Nottinghamshire County and statistical neighbours

- In 2022/23, the percentage of individuals reporting a low happiness score in Nottinghamshire was **8.8%**, which is higher than the England average of **8.9%** and lower than the East Midlands average of **9.3%** but the difference was not statistically significant.

- Among its statistical neighbours Nottinghamshire ranks 7th highest, with West Sussex at 11.3% being the highest and Suffolk the lowest at **5.3%**.

Figure 28. Percentage of people with low happiness score in Nottinghamshire County and statistical neighbours (2022/23)

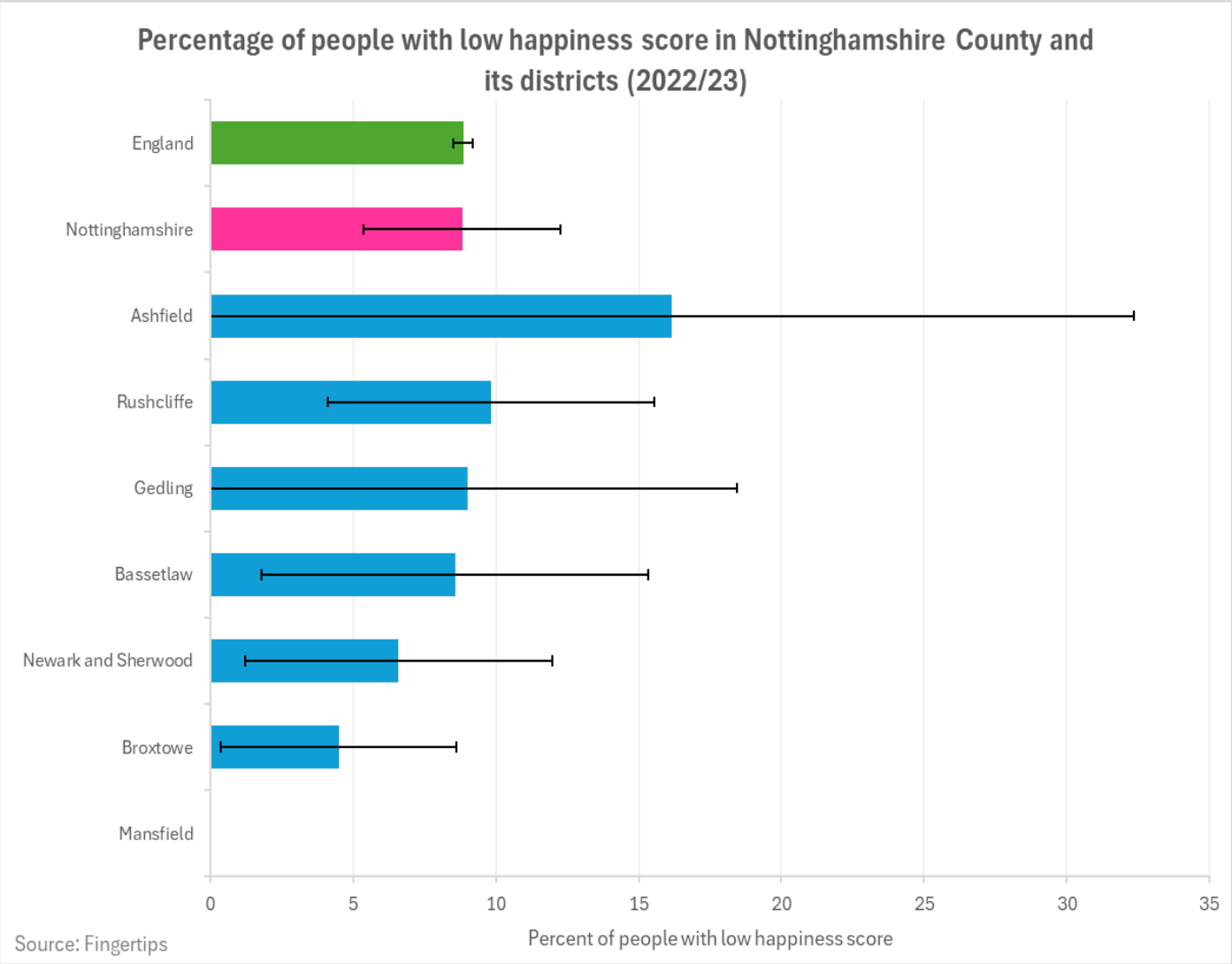


Low happiness score: Nottinghamshire County districts

- In 2022/23, among Nottinghamshire districts, Ashfield (**16.2%**) had the higher percentage of people with low happiness score and Broxtowe (**4.5%**) had the lowest while there was no data available for Mansfield.

- The difference among districts, as well as between the districts, Nottinghamshire, and England averages, was not statistically significant.

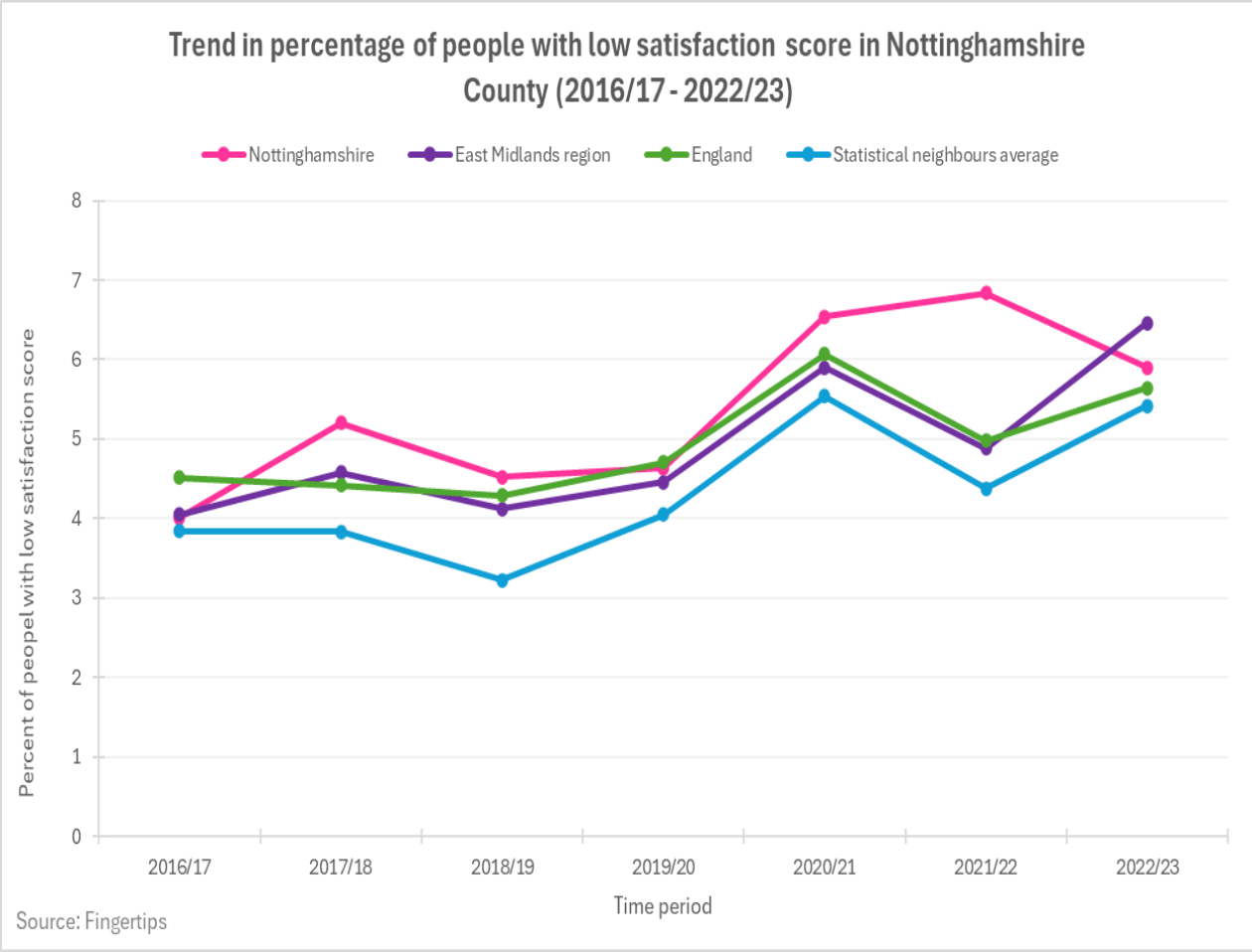
Figure 29. Percentage of people with low happiness score in Nottinghamshire County and its districts (2022/23)



Low satisfaction score: Nottinghamshire County

- The percentage of individuals with low satisfaction score in Nottinghamshire increased from **4.0%** in 2016/17 to a peak of **6.8%** in 2021/22, before slightly declining to **5.9%** in 2022/23.
- Throughout the reporting period (2016/17 to 2022/23), Nottinghamshire generally recorded higher percentage of individuals with low satisfaction score compared to the average of its statistical neighbours, particularly in 2021/22 when gap was the largest.
- Trends among Nottinghamshire, East Midlands and England fluctuated over time, with no consistent pattern.

Figure 30. Trend in percentage of people with low satisfaction score in Nottinghamshire County (2016/17 - 2022/23)

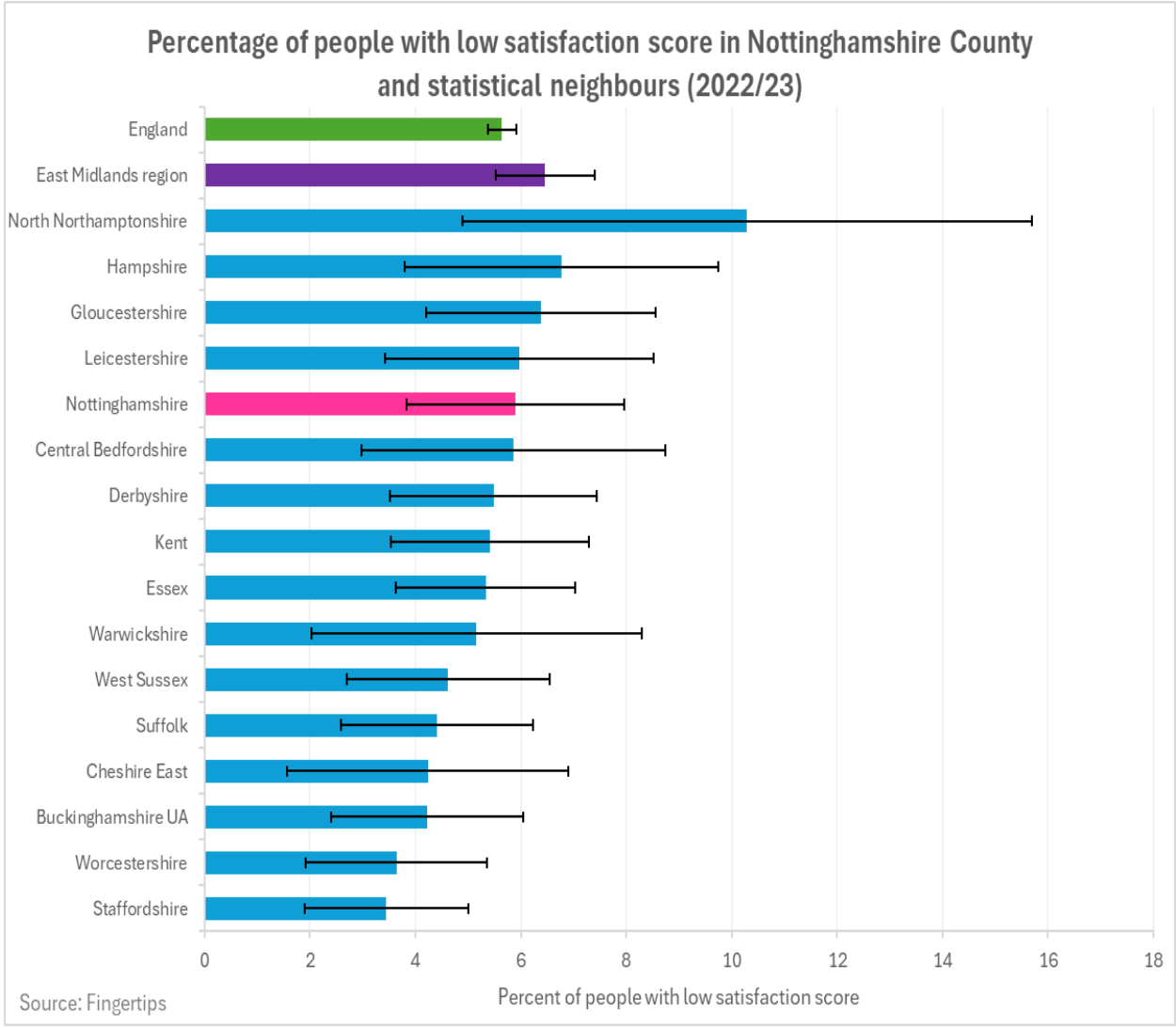


Low satisfaction score: Nottinghamshire County and statistical neighbours

- In 2022/23, the percentage of individuals reporting a low satisfaction score in Nottinghamshire was **5.9%**, which is higher than the England average of **5.6%** but lower than the East Midlands average of **6.5%**. The difference is not statistically significant.

- Among its statistical neighbours Nottinghamshire ranks 5th highest, with North Northamptonshire being the highest (**10.3%**) and Staffordshire the lowest (**3.5%**).

Figure 31. Percentage of people with low satisfaction score in Nottinghamshire County and statistical neighbours (2022/23)

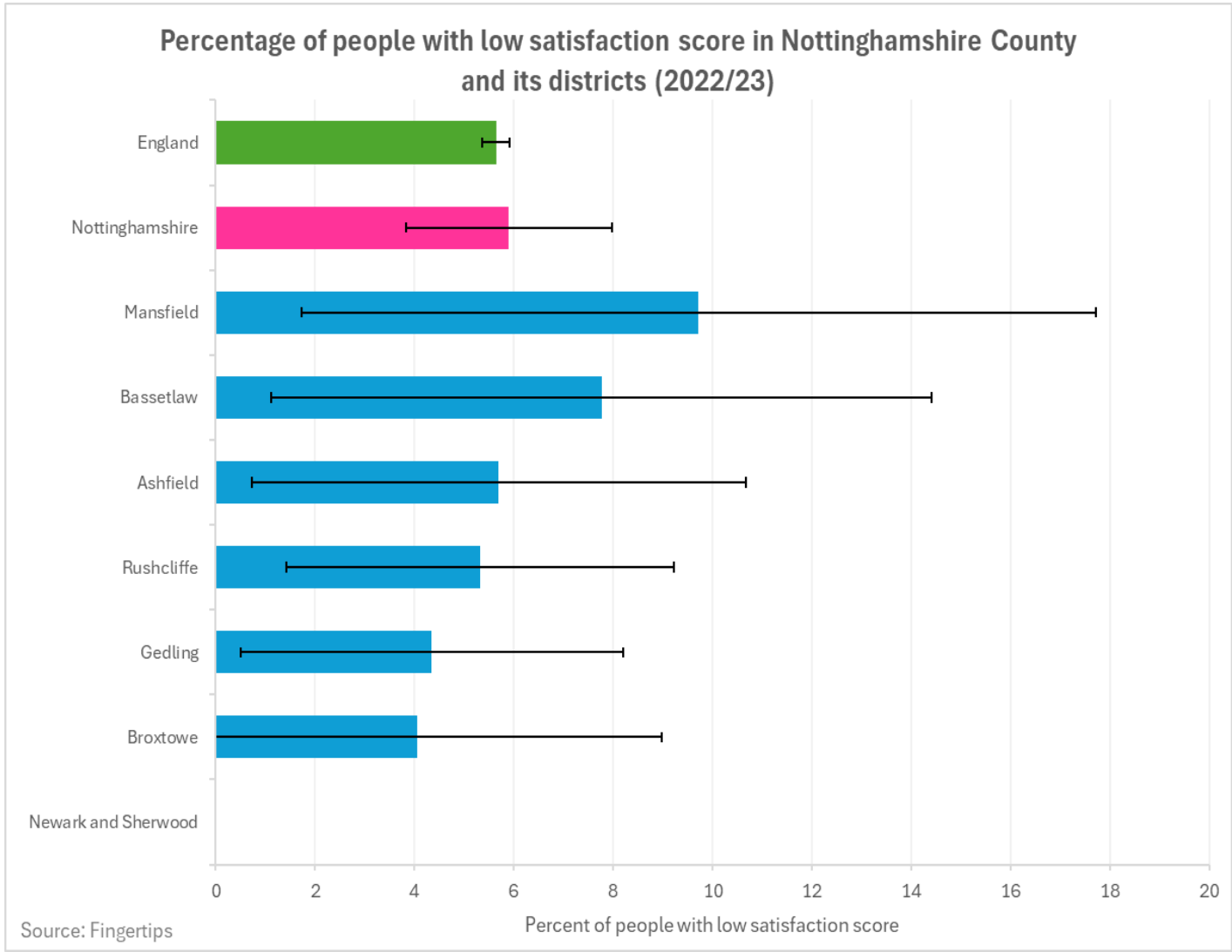


Low satisfaction score: Nottinghamshire County districts

- In 2022/23, among Nottinghamshire districts, Mansfield (**9.7%**) had the higher percentage of people with low satisfaction score and Broxtowe (**4.1%**) had the lowest while there was no data available for Newark and Sherwood.

- The difference among districts, as well as between the districts, Nottinghamshire, and England averages, was not statistically significant.

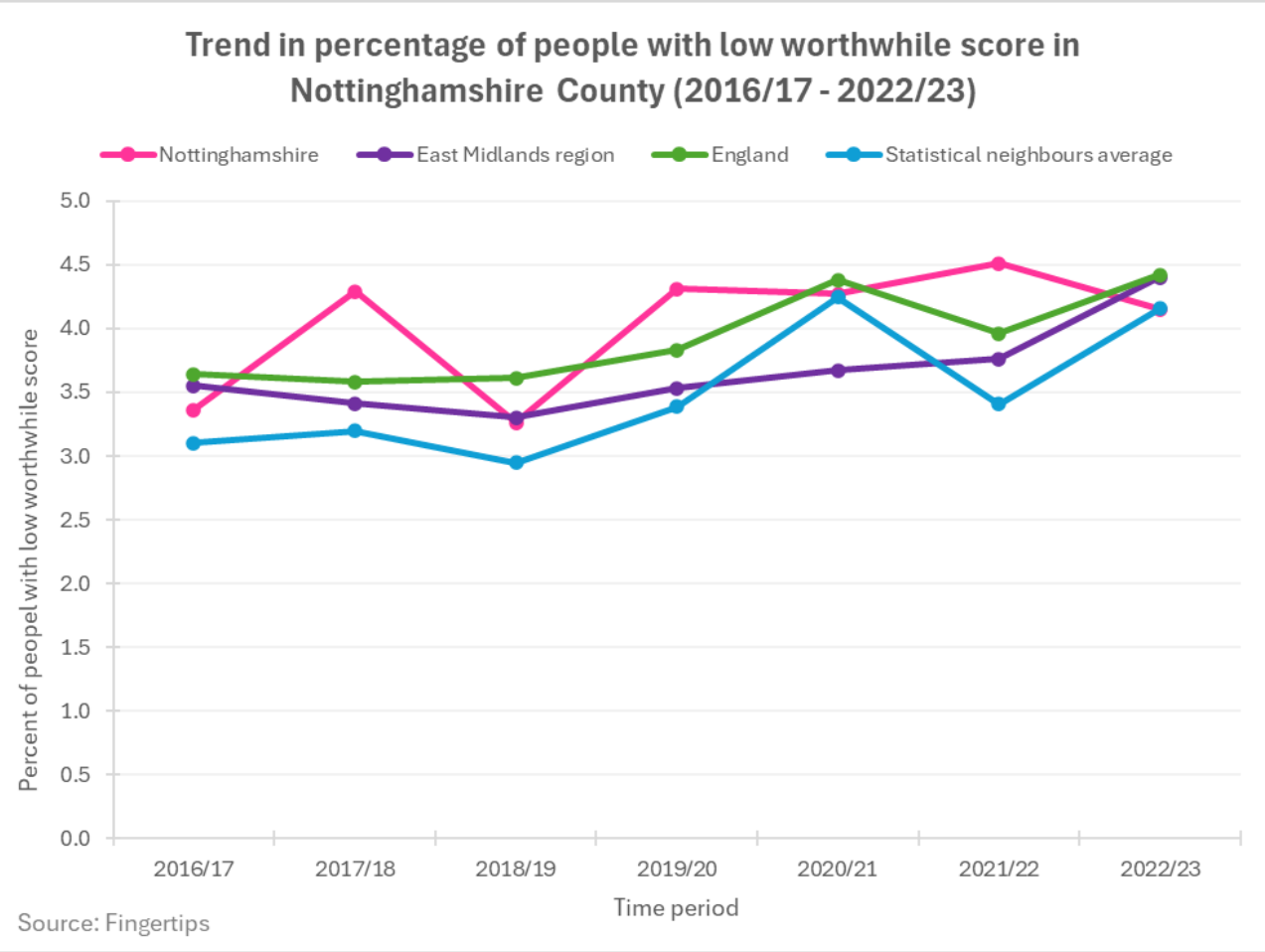
Figure 32. Percentage of people with low satisfaction score in Nottinghamshire County and its districts (2022/23)



Low worthwhile score: Nottinghamshire County

- The percentage of individuals reporting a low worthwhile scores in Nottinghamshire increased from **3.4%** in 2016/17 to **4.2%** in 2022/23.
- Throughout the reporting period (2016/17 to 2022/23), Nottinghamshire consistently exhibited a higher percentage of individuals with low worthwhile score compared to the average of its statistical neighbours.
- Trend across Nottinghamshire, East Midlands and England displayed fluctuations over the reporting timeframe, without a clear overall pattern.

Figure 33. Trend in percentage of people with low worthwhile score in Nottinghamshire County (2016/17 - 2022/23)

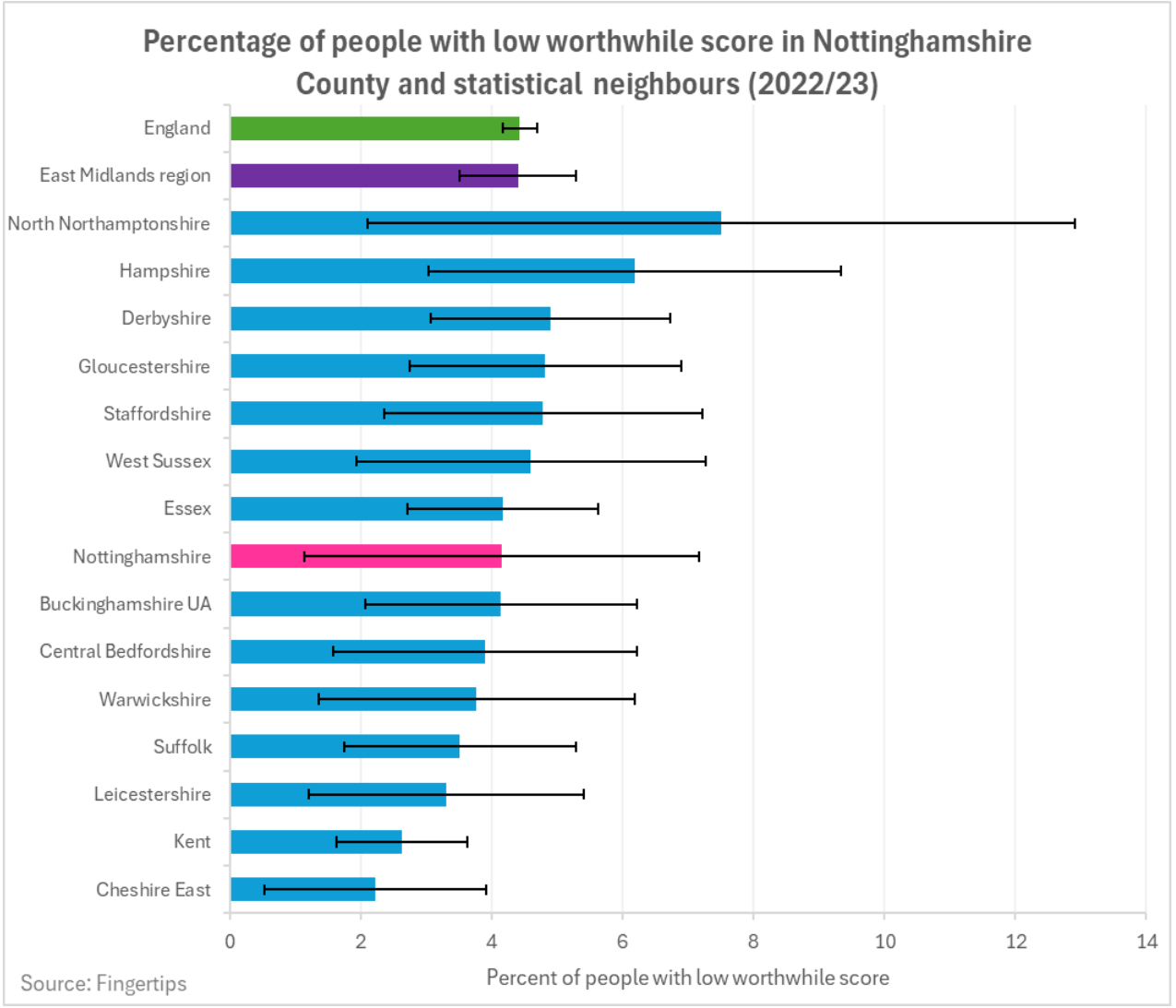


Low happiness score: Nottinghamshire County and statistical neighbours

- In 2022/23, the percentage of individuals reporting a low worthwhile score in Nottinghamshire was **4.2%**, slightly lower than the East Midlands and England averages of **4.4%,** each; however, the difference was not statistically significant.

- Among its statistical neighbours Nottinghamshire ranks 8th lowest, with North Northamptonshire being the highest (**7.5%**) and Cheshire East the lowest (**2.2%**).

Figure 34. Percentage of people with low worthwhile score in Nottinghamshire County and statistical neighbours (2022/23)



Low worthwhile score: Nottinghamshire County districts

- In 2022/23, data on the percentage of people with low worthwhile score was only available for Ashfield among Nottinghamshire districts.

- Ashfield percentage (**12.5%**) was higher than both the Nottinghamshire average (**4.2%**) and the England (**4.4%**) averages. However, due to the lack of data, it could not be determined whether this difference was statistically significant.