

Moving towards a North East and North Cumbria (NENC) Integrated Care System for Mental Health: Why improving the physical health of people with SMI is our priority

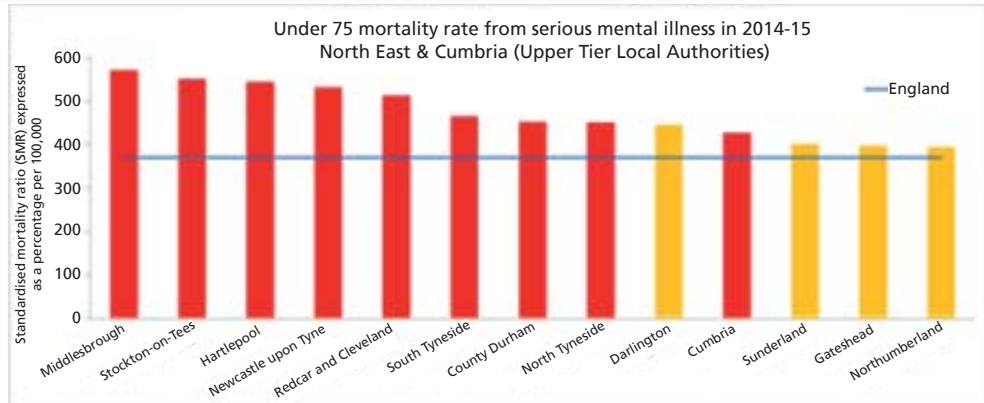
Women in contact with mental health services in our region have a life expectancy of 17-18 years less than the rest of the STP population.



Men in contact with mental health services in our region have a life expectancy of 20-22 years less than the rest of the STP population.

20-30% LESS in terms of years lived and > than the national gap.

At 65 years of age both male and female mental health service users life expectancy is less than half that of the rest of the population.



Making the case for integrating mental and physical health care

The Strategy Unit.

An analysis of the physical health of people who use mental health services: life expectancy, acute service use and the potential for improving quality and using resources more efficiently.

Commissioned by NHS England



Integrated care – improve the quality of care for individual patients, service users and carers by ensuring services are well co-ordinated around their needs.

Difficulties in accessing care

Tobacco smoking – 3 times more prevalent than general population

Mental health service users are around 2-4 times more likely to die of cancer, circulatory or respiratory disease than the rest of the population

The Five Year Forward View for Mental Health (NHS England, 2016) prioritises the need for an integrated mental health and physical approach.

Side effects of medication – weight gain metabolic disturbances e.g. diabetes

Lower physical activity than general population

High prevalence of long term conditions



Targeted investment in evidence based interventions could release acute hospital costs whilst improving the physical health of mental health service users.