

# Brief for the Healthy Eating, Activity and Exercise scrutiny review

## MENTAL HEALTH

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Are there any links between  
physical and mental health?

People with severe mental illness (SMI) are at much higher risk than the general population of developing physical health issues and experiencing health inequalities.

Research has demonstrated that life expectancy for people with SMI is 15 – 20 years less than the general population.

There is considerable evidence that one of the main causes of early death in people with SMI is cardiovascular disease.

People with SMI are three times more likely to attend A&E with an urgent physical health need and almost five times more likely to be admitted as an emergency.

Factors that increase the chance of developing cardiovascular disease:

- Smoking
- Lack of exercise/poor diet/High BMI
- Alcohol
- Hypertension
- Antipsychotic medications can also lead to weight gain/obesity

Physical health assessments can help catch the early warning signs of these serious physical health conditions

- In Bracknell Forest, public health data shows that out of a population of 116,000, 6.3% of people have SMI (750 people)
- 4.3% of adults (5117) report long term mental health issues.
- Exact number of people with SMI would be difficult to extrapolate from these two sets of data.
- CMHTA currently supports approximately 350 people with severe mental health issues.

What **MUST** the Council provide  
in relation to packaged/linked  
physical and mental health  
support?

The NHS Long Term plan 2019, building on the Five Year Forward View 2014, includes a commitment to a quantified national reduction in premature mortality among people with serious mental illness.

NHS England has set the goal to ensure that by 2020/21, 280,000 more people living with serious mental illness have their physical health needs met by increasing early detection and expanding access to evidence-based physical care assessment and intervention.

These objectives sit largely within NHS Trusts and CCGs as opposed to Local Authorities. However, the Community Mental Health Team for Adults (CMHTA) in Bracknell is an integrated team of health and social care professionals, all of whom have a role to play in delivery of these objectives.

There are a number of ways Council provision supports delivery

What do the Council provide in relation to packaged/linked physical and mental health support?

- The CMHTA undertakes assessment of needs under the Care Act 2014. This assessment has wellbeing at the centre and will include assessment of both physical and mental wellbeing. These assessments are undertaken by both health and social care professionals as part of an integrated approach to meeting the needs of the local population who experience mental health difficulties.

## **Identified needs can be met in a variety of ways within the integrated CMHTA.**

- Allocation of a Care Co-ordinator (Social worker or Mental Health Nurse).
- Close liaison with GP to address physical health issues
- Access to the CMHTA Physical Health Check clinic
- Referral to the Bracknell Forest Community Network and allocation of a Recovery Facilitator (Community Connector).



The Bracknell Forest Community Network (BFCN) supports people with Mental Health difficulties to access community resources. This includes leisure services to promote physical and emotional wellbeing.

A key provider that BFCN works closely with is Sport in Mind who provide a variety of physical health sessions including football, walking, cricket, circuit training and yoga.



- Sport in Mind is a mental health charity that provides access to sport and exercise to help facilitate recovery from mental health problems.
- Access to this service in Bracknell Forest is via the BFCN. The BFCN is accessible to all residents of Bracknell Forest experiencing Mental Health Problems and is widely advertised within the Borough.

Staff from the Community Mental Health Team provide cooking classes to residents at Glenfield supported living to encourage and promote healthy diets. A high proportion of the residents at Glenfield have SMI and struggle to maintain healthy eating habits. The classes are held fortnightly with 8 attendees per session.

- There is a fortnightly 45 minute walking session open to all clients of CMHT. This is undertaken with 'Penny' the CMHT therapy dog. This currently has 5-10 attendees and is growing in popularity.



What evidence exists to assess the impact and value for money of the services provided?

- Bracknell Forest Council contributes £10,000pa to Sport in Mind.
- Over the past year approximately 4,000 people have benefitted from this service and are learning to lead healthier lifestyles.
- How effective these different interventions are will be easier to measure once we have at least two years of provision behind us as some of these are very new. The hope is that we will see a reduction in the incidence of cardiovascular disease among people with SMI.

Where are the gaps?

- There is currently no provision of Smoking Cessation for people with SMI in Bracknell Forest. This is currently going through the tender process and it is hoped a new provider will be in place by May 2020.

How do the services you provide link with the Health and Wellbeing strategy?

- ‘Seamless Health’ Bracknell Forest Joint Health and Wellbeing Strategy 2016-2020 (December 2015) has the prevention of ill health as a priority.
- The ‘joining up’ of support and services is seen as a way of providing seamless services to support this objective. The CMHTA has a joint Locality Manager and Service Manager working across the NHS and the Local Authority to integrate service provision.
- The services provided by Sport in Mind have a direct link with the priority of ‘Promoting Active and Healthy Lifestyles’ by provision of sport and exercise activities.

- [Further Reading](#)

- <https://www.rethink.org/media/2627/rethink-mental-illness-lethal-discrimination.pdf>
- <https://www.rethink.org/get-involved/campaign-with-us/influencing-the-nhs/physical-health-resources-for-healthcare-professionals/>
- [https://www.local.gov.uk/sites/default/files/documents/22.27%20-%20Mental%20Health%20Must%20Know\\_02.pdf](https://www.local.gov.uk/sites/default/files/documents/22.27%20-%20Mental%20Health%20Must%20Know_02.pdf)
- <https://www.mentalhealth.org.uk/sites/default/files/lets-get-physical-report.pdf>