

Centre for
Mental Health



Equally Well UK: Working together for equal health

Andy Bell, 5 December 2018

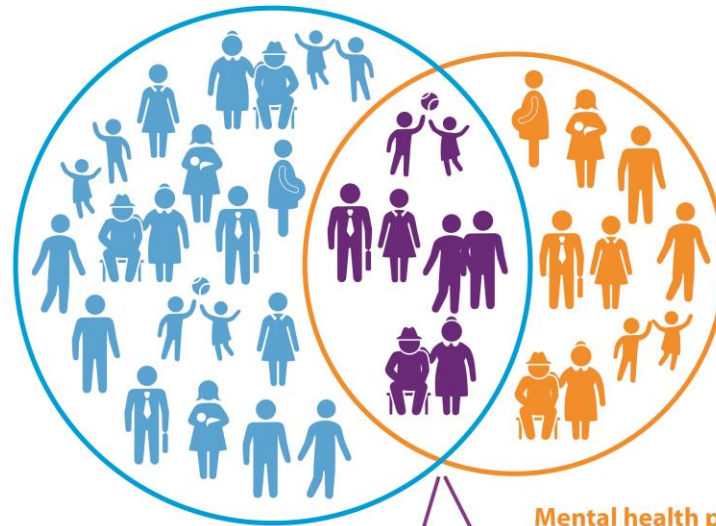
@Andy__Bell__ @CentreforMH @EquallyWellUK

Mental and physical health overlap

Centre for
Mental Health



The overlap between long-term conditions and mental health problems



Long term conditions:

30% of population of England
(approx. 15.4m people)

30% of people with a
long-term condition have a
mental health problem
(approx. 4.6m people)

Mental health problems:

20% of the population of England
(approx. 10.2m people)

46% of people with a
mental health problem have a
long-term condition
(approx. 4.6m people)

The current situation in the NHS

Centre for
Mental Health



Unequal life expectancy

Centre for
Mental Health



- ❑ 15-20 year shorter life expectancy
- ❑ 3.7 times higher premature mortality, 2014/15
- ❑ Up to three times as likely to have diabetes (of whom 2/3 undiagnosed)
- ❑ Twice as likely to have heart disease
- ❑ More likely to die from cancer

What causes the gap?

Centre for
Mental Health



- ❑ Physical health 'overshadowed'
- ❑ Unhealthy 'lifestyles' ignored or taken for granted
- ❑ Symptoms not believed: missing signs of emerging illness
- ❑ Side effects of medication
- ❑ Unhelpful responses to self-harm injuries
- ❑ Unhealthy environment in inpatient care

Addressing physical health

Centre for
Mental Health



- ❑ Tailored support with smoking cessation or reduction
- ❑ Health promotion from the start
- ❑ Medication management
- ❑ Improved access to cancer screening
- ❑ Routine health checks (at least annually)
- ❑ Dental health care
- ❑ Improved understanding among *all* NHS staff

Everyone's business

Centre for
Mental Health



- ❑ Mental health services
- ❑ Primary, acute and community care
- ❑ Service commissioners and providers
- ❑ Education and training
- ❑ Public health and social care
- ❑ Charities and voluntary groups
- ❑ Research organisations
- ❑ Service users and carers



- ❑ New Zealand collaborative to spur collective action on physical health
- ❑ Centre for Mental Health, Kaleidoscope & Rethink Mental Illness set up Equally Well UK
- ❑ Rights-based and co-produced from the start
- ❑ 50+ organisations have now joined
- ❑ 'We can all do our part but none of us can do it all'



- ❑ Agreed a Charter for Equal Health
- ❑ Collecting pledges from members
- ❑ Producing briefings on key topics
- ❑ Collecting evidence and resources
- ❑ Publishing blogs on practice and experience
- ❑ Building awareness about physical health
- ❑ Organising learning events and activities
- ❑ Website www.equallywell.co.uk

Equally Well UK



Centre for Mental Health



Some of the growing list of Equally Well Members:





□ Charter for Equal Health signatories (so far)





□ **Ambitions**

- To create a nationwide learning network
- To bring people together across sectors
- To link lived and professional knowledge
- To raise our sights and expectations
- To bring about whole system action to enable people to enjoy better health for longer



Centre for
Mental Health



□ **Join us!**

- Sign the Charter for Equal Health
 - Make a pledge
 - Share your learning and learn from others
 - Bring your partners
-
- #EquallyWellUK



Centre for
Mental Health



Thank you

For more information:

andy.bell@centreformentalhealth.org.uk

@CentreforMH @EquallyWellUK @Andy__Bell__

www.centreformentalhealth.org.uk