

## Chapter 2 Herefordshire Profile

### Our County

Herefordshire is a sparsely populated rural county, situated in the West Midlands, bordering Wales. The resident population is 184,900 with a greater percentage of older people (22%) living in the county than nationally (17%). Rurality is seen as a barrier to accessible services as well as resulting in higher costs per head of population than urban area to provide services. There are low levels of deprivation in Herefordshire as a whole however pockets of deprivation exist across the county.

### Our People

Some people are more likely to experience poor mental health if other factors are present. We call these socio-economic determinants of mental health. Herefordshire statistics are summarized below:

|                              |  |
|------------------------------|--|
| Employment & Income          | <ul style="list-style-type: none"> <li>9,120 people out of work claiming benefits</li> <li>14,500 households on low incomes</li> </ul>   |
| Education                    | <ul style="list-style-type: none"> <li>55,050 people with no qualifications</li> <li>840 people with learning disabilities</li> </ul>  |
| Family & Caring              | <ul style="list-style-type: none"> <li>27,525 people live alone</li> <li>900 lone parents claiming benefits</li> <li>21,000 people provide unpaid care</li> <li>240 looked after children</li> <li>400 young carers</li> </ul>   |
| Crime & Anti-social Behavior | <ul style="list-style-type: none"> <li>7800 crimes recorded in 2013/14</li> <li>15.92 per 1000 population domestic violence incidents</li> <li>547 per 100,000 population first time entrants to youth justice system</li> </ul> |
| Housing                      | <ul style="list-style-type: none"> <li>200 homeless families</li> </ul>  |
| Health                       | <ul style="list-style-type: none"> <li>6,400 people reporting long-term mental health.</li> </ul>  |

Physical health also impacts on mental health and mental health impacts on physical health. For example 46% of people with mental health conditions have a long-term physical health condition. To reduce and prevent mental health, we need to address the contributory determinants.

### Cost

Herefordshire Clinical Commissioning Group spent £25m in 2013/14 on mental health services. Approximately 12% of all deaths in Herefordshire have a mental health diagnosis.

#### Stakeholder views

There are more opportunities for support groups in the city; people living in rural areas struggle to locate local support groups

#### Patient/ Service User

People suffer from isolation in outlying areas and have little opportunity to access support.

#### Voluntary Organisation

The Large geographical area means that there is a lot of travel. You cannot get the economies of scale in Herefordshire so you don't get the same cost per patient

#### Mental Health Practitioner