

**Data analysis and review of
factors that impact young
people's health and wellbeing in
Bath and North East Somerset**

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My Voice Matters is ensuring the voice of people with diverse lived experiences and backgrounds are heard.

We are proud to be able to give the opportunity for seldom heard voices to be heard by providers and wider organisations in their own words.

This report is data analysis which has been researched and written by Anna Vikulova, a Young Healthwatch volunteer who is studying the University of West of England (UWE).

What is this report about?

Over the last few years, mental health has been discussed as a key issue nationally and locally across Bath and North East Somerset (B&NES).

The aim of this report is to outline key facts and figures for Bath and North East Somerset (B&NES) about young people's mental health and what does affect it.

What did we do?

The report and data collection was carried out during summer 2023. The majority of the data was collected from [Strategic Evidence Base for Bath and North East Somerset](#) which was published 23th of February 2023 and [GOV.UK](#).

The age of "young person" defined by UNESCO will not be precisely used in each data as it is believed to vary from how it is defined by UK legislation.

Introduction and background

Healthwatch Bath and North East Somerset are the county's independent champion for people who use health and social care services. We're here to make sure that those running services, put people at the heart of care.

As an independent statutory body, we have the power to make sure that NHS leaders and other decision makers listen to your feedback and use it to improve standards of care.

We are here to listen and understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf.

We focus on ensuring that people's worries and concerns about current services are addressed. We are totally independent and can provide you with impartial and independent signposting advice.

We are part of a network of 150 local Healthwatch across England and cover the whole of Bath and North East Somerset.

Definition of mental health

The World Health Organisation (WHO) defines mental health as a state in which individuals are capable of adapting to stress, achieving their potential, learning well and working effectively, and contributing to their community. As a fundamental component of health and well-being, it contributes to our ability to make decisions, build relationships, and shape our environment.¹

Definition of young person

A young person is defined by UNESCO as a person between the ages of 15 and 24. Due to the fact that the experience of being young can vary substantially from country to country and from region to region, we consider 'youth' as a flexible term.²

¹World Health Organization (2022). *Mental Health*. [online] World Health Organization. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

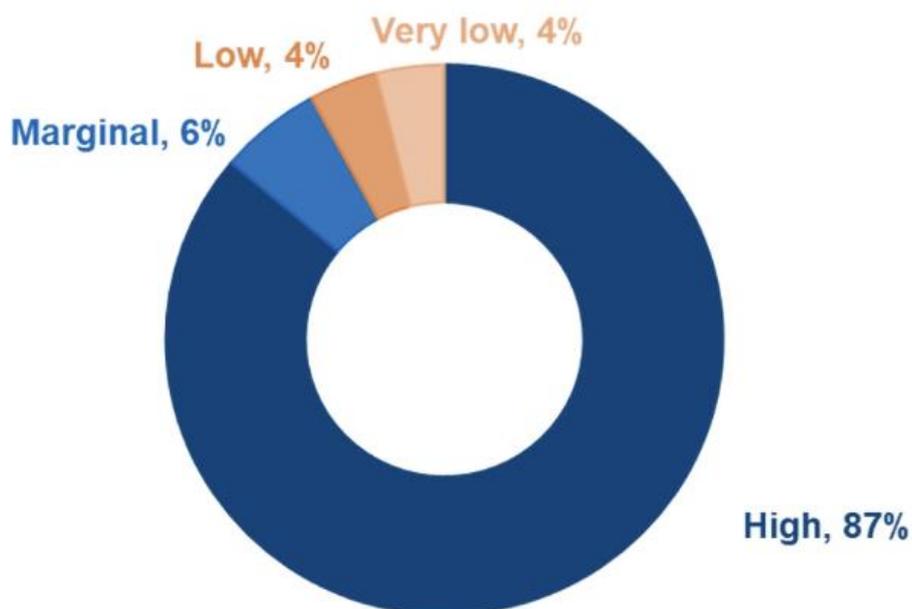
² UNESCO (2022). *Youth*. [online] Available at: <https://www.unesco.org/en/youth#:~:text=Definition%20of%20youth>

Food Insecurity

According to the Food & Agriculture Organisation of the United Nations, food insecurity is characterized by the absence of consistent access to a sufficient quantity of nutritious and safe food necessary for regular growth, development, and maintaining an active and healthy lifestyle.³

Food insecurity in United Kingdom

Household food security status of all households, 2019 to 2020, United Kingdom



³ Food and Agriculture Organization of the United Nations (2022). *Hunger and food insecurity*. [online] Food and Agriculture Organization of the United Nations. Available at: <https://www.fao.org/hunger/en/>

The majority of households experienced food security, with a significant percentage having high household food security (87%)⁴ or marginal household food security (6%)⁵. A smaller portion of households faced food insecurity, with (4%)⁶ having low household food security and another (4%)⁷ experiencing very low household food security.⁸

Household food security status and food bank usage by age group of head, 2021 to 2022, United Kingdom

Households with a younger head were the most likely to be food insecure.⁹ Food bank use was also more prevalent in households with younger heads.

⁴ High food security (score = 0) means that the household faces no concerns or worries regarding consistent access to sufficient food

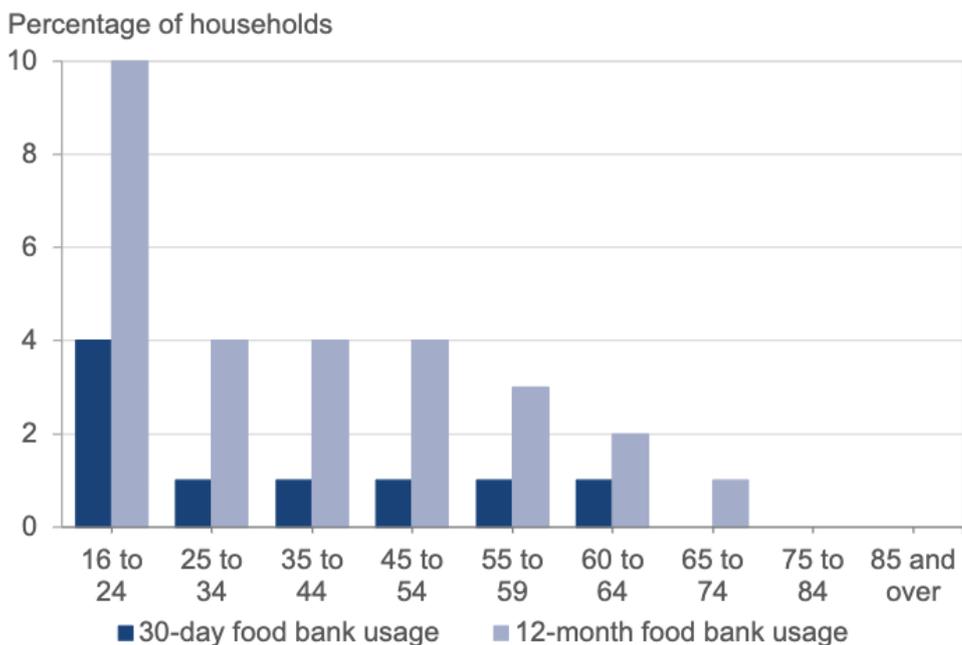
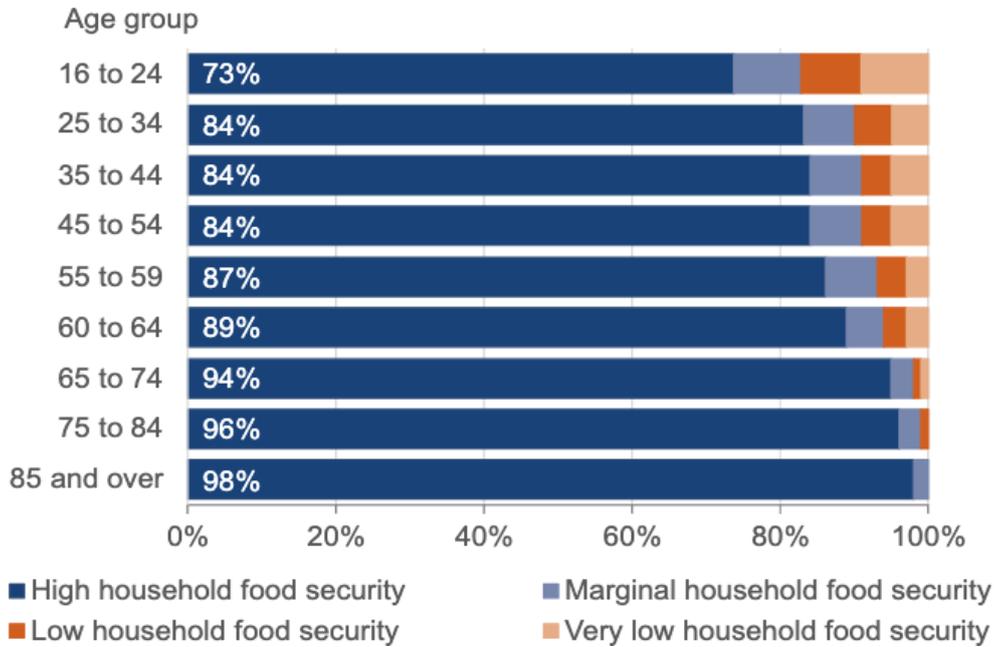
⁵ Marginal food security (score = 1 or 2) indicates that the household occasionally experienced difficulties or concerns about accessing enough food, but these challenges did not significantly reduce the quality, variety, or quantity of their food intake.

⁶ Low food security (score = 3 to 5) implies that the household had to compromise on the quality, variety, and desirability of their meals, but their overall food intake quantity and regular eating patterns were not significantly disrupted.

⁷ Very low food security (score = 6 to 10) means that at certain points within the last 30 days, one or more members of the household had their eating patterns disrupted, leading to a reduction in food intake.

⁸ GOV.UK. (2021). *Family Resources Survey: financial year 2019 to 2020*. [online] Available at: <https://www.gov.uk/government/statistics/family-resources-survey-financial-year-2019-to-2020/family-resources-survey-financial-year-2019-to-2020#household-food-security-1>.

⁹ GOV.UK. (2023a). *Family Resources Survey: financial year 2021 to 2022*. [online] Available at: <https://www.gov.uk/government/statistics/family-resources-survey-financial-year-2021-to-2022/family-resources-survey-financial-year-2021-to-2022>



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In households with heads aged 16 to 24 years, food security was less common (73% high; 9% marginal), and the use of food banks was more prevalent (4% in the last 30 days; 10% in the last 12 months).

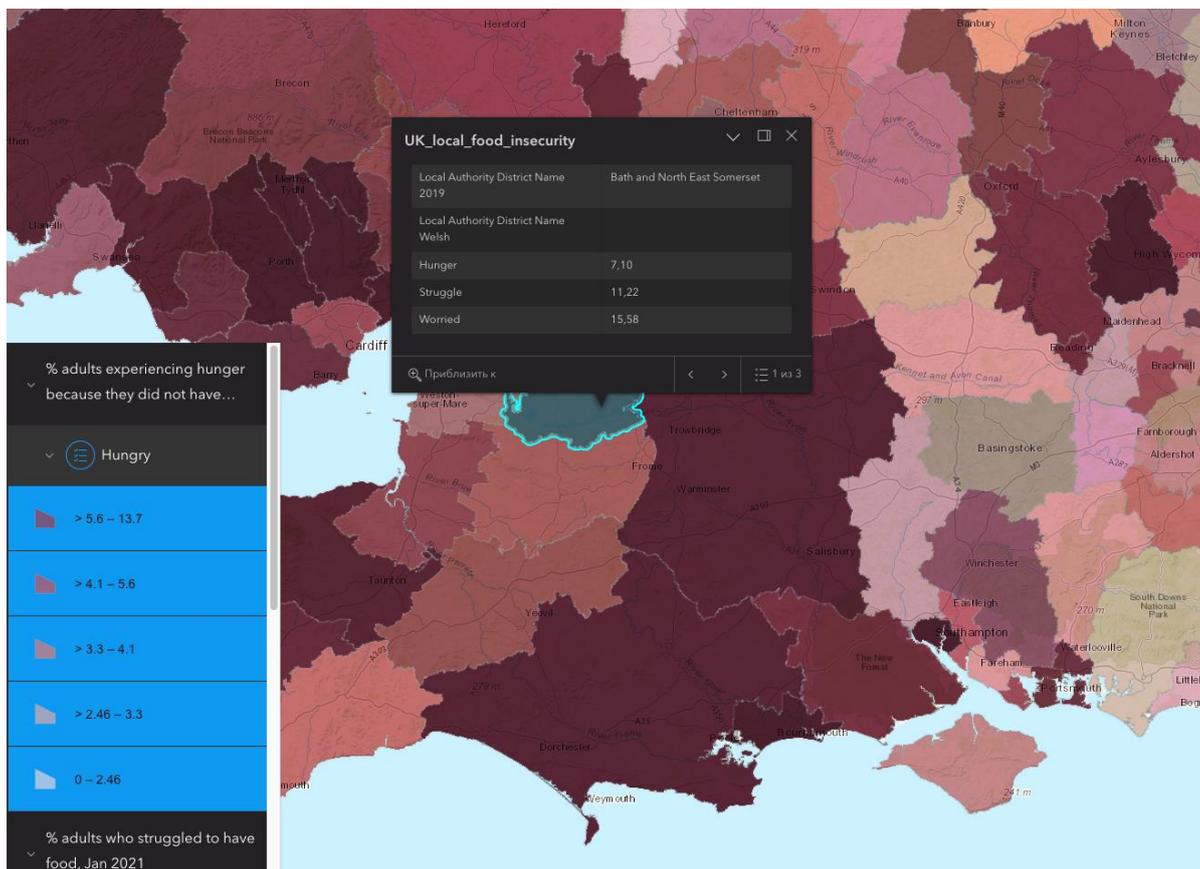
¹⁰ GOV.UK. (2021). *Family Resources Survey: financial year 2019 to 2020*. [online] Available at: <https://www.gov.uk/government/statistics/family-resources-survey-financial-year-2019-to-2020/family-resources-survey-financial-year-2019-to-2020#household-food-security-1>.

Food insecurity in BANES

Food insecurity in B&NES, as in other areas, is driven by factors such as insufficient income, precarious employment, difficulties with the welfare system, and health-related concerns.

According to research conducted by the University of Sheffield¹¹ on adult food insecurity in Bath & North East Somerset in January 2021, the following statistics were observed:

- 7.10% of adults experienced hunger.
- 11.22% faced difficulties in obtaining food.
- 15.58% expressed concerns about not having sufficient food.



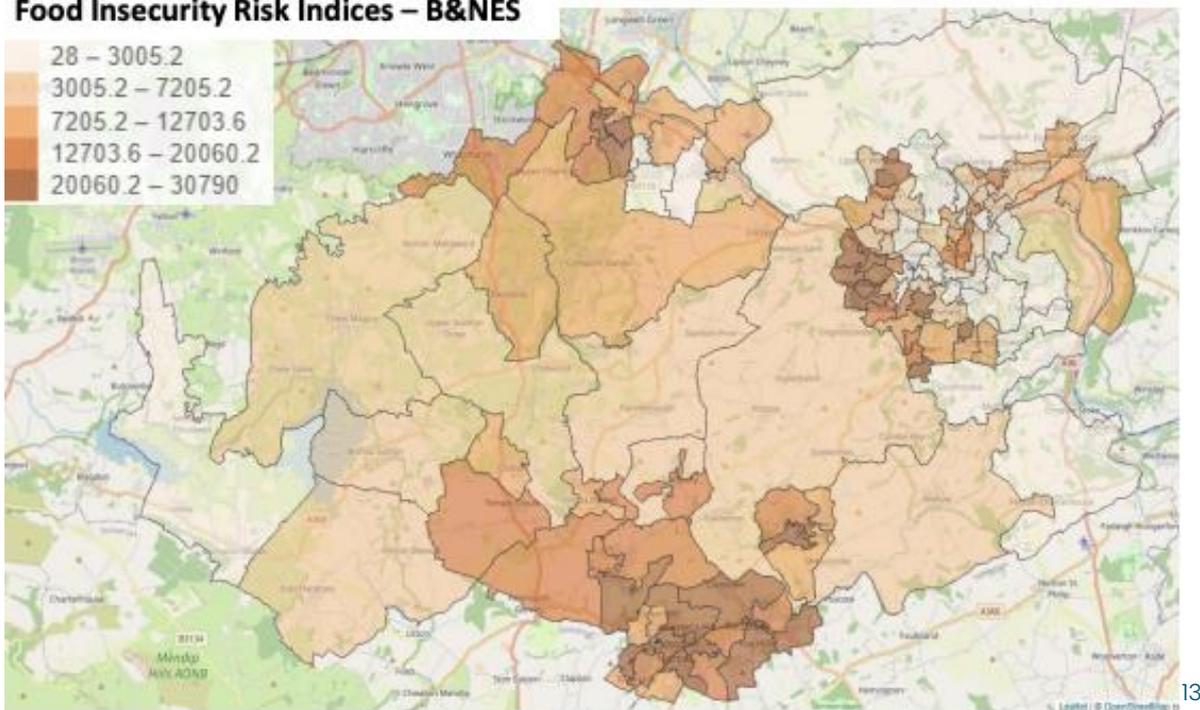
¹¹ University of Sheffield’s research (2021). [online] Arcgis.com. Available at:

<https://shefuni.maps.arcgis.com/apps/instant/interactivelegend/index.html?appid=8be0cd9e18904c258afd3c959d6fc4d7>

The University of Southampton Food Insecurity Tool¹² assesses the level of food insecurity risk in different local neighbourhoods across England. This assessment of risk relies on factors such as the number of benefits claimants, household income levels, mental health indicators, and the educational attainment of adults.

According to this tool, the top 10 areas in B&NES with the highest rankings for food insecurity risk are: Whiteway, Whiteway West, Twerton West, Twerton, Fox Hill North, Westfield North, Clandown, South Paulton, Midsomer Norton West, and Keynsham Wellsway.

Food Insecurity Risk Indices – B&NES



¹² The University of Southampton (2014). *The University of Southampton Food Insecurity Tool*. [online] Mylocalmap.org.uk. Available at: <https://mylocalmap.org.uk/iaahealth/>

¹³ Strategic Evidence Base for Bath and North East Somerset. (2023). Available at: https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf

Drug Misuse

Drug misuse includes the improper use of both illegal and legal drugs. Depending on the specific drugs and the level of misuse, it can lead to severe health complications such as difficulties with breathing, a high heart rate, and increased blood pressure.¹⁴ Substance dependence also increases an individual's likelihood of experiencing various adverse consequences, including unintentional injuries, accidents, mental health challenges, the potential for domestic violence, medical issues, and even death.

Young individuals at an increased risk of drug use and experiencing harm from drugs include those who have been placed in care, those with untreated mental health problems, those involved with gangs, and those whose parents are drug users, among other factors.¹⁵

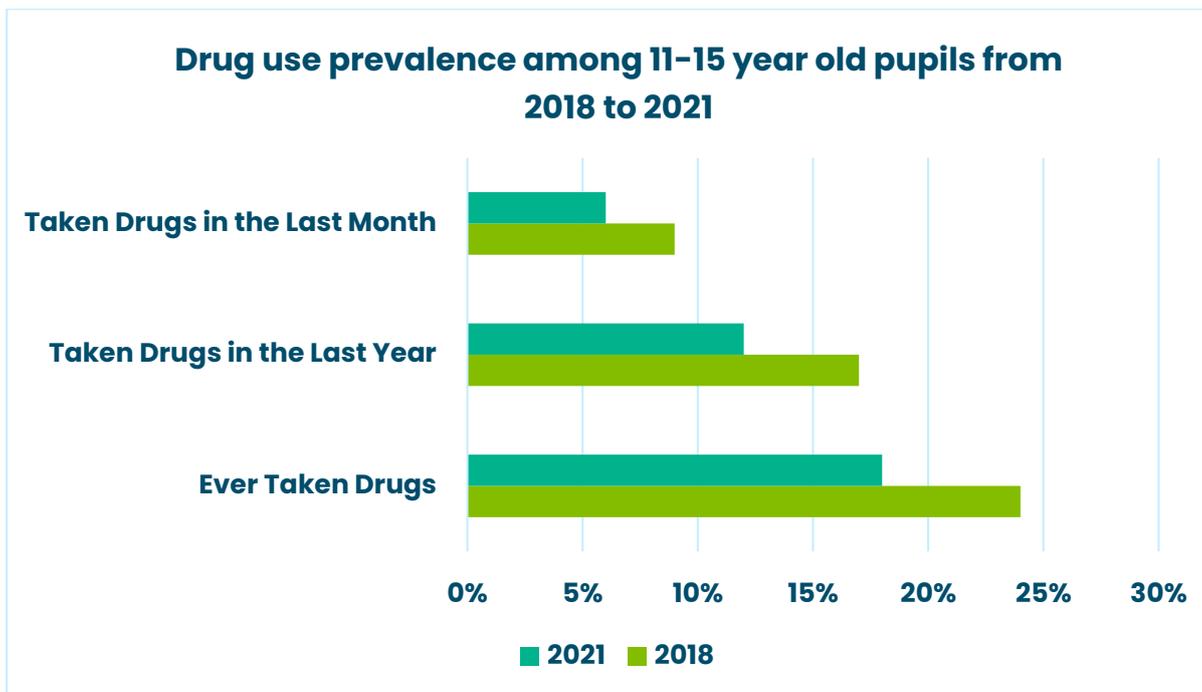
In 2021, there was a notable decline in the prevalence of both lifetime and recent illicit drug use on a national scale. Among 11–15 year old pupils, 18% reported ever having taken drugs, which is a decrease from the 24% reported in 2018. Additionally, 12% stated they had used drugs in the past year, compared to 17% in 2018, and 6% reported use in the last month, down from 9% in 2018. Notably, cannabis remained the most commonly used drug among this group.¹⁶ Cannabis was still the most commonly used drug among them.

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¹⁴ GOV.UK. (2011). *A summary of the health harms of drugs*. [online] Available at: <https://www.gov.uk/government/publications/a-summary-of-the-health-harms-of-drugs>

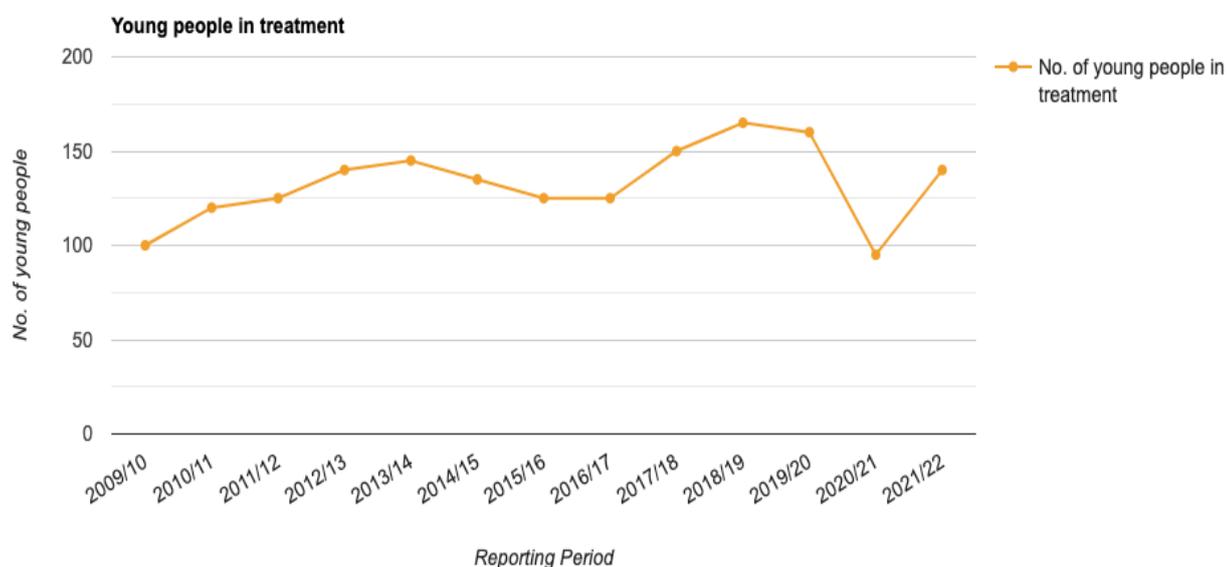
¹⁵ Strategic Evidence Base for Bath and North East Somerset. (2023). Available at: https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf

¹⁶ NHS (2022). *Smoking, Drinking and Drug Use among Young People in England, 2021*. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/smoking-drinking-and-drug-use-among-young-people-in-england/2021>



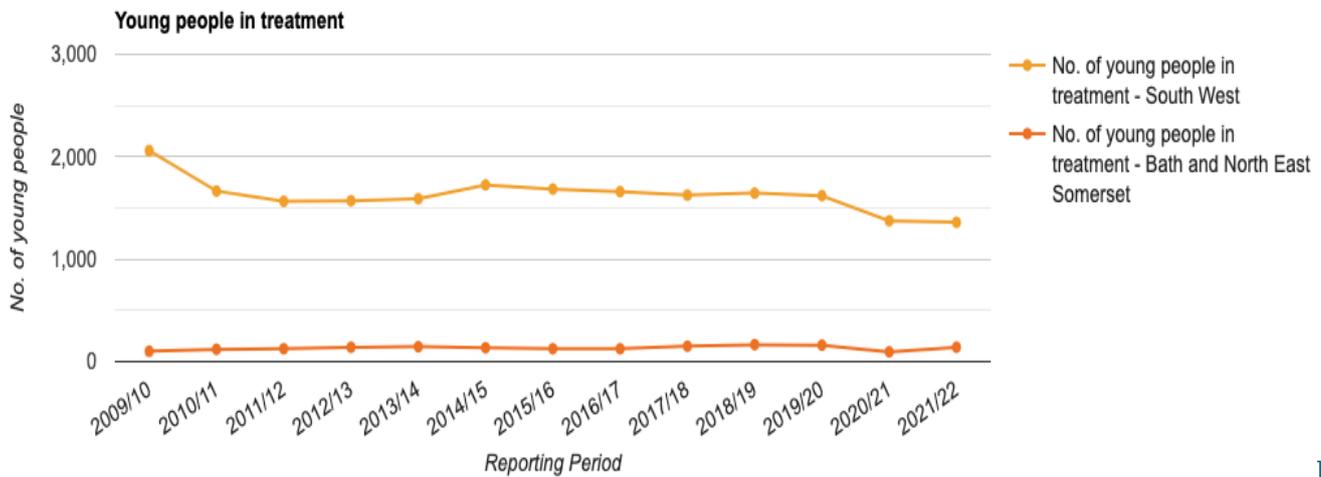
Young people under 18 in treatment – Bath and North East Somerset

In 2021/22, the number of young people under 18 engaging with alcohol and drug services in B&NES nearly reached the levels seen before the pandemic, with 140 in treatment during 2021/22 compared to 160 in 2019/20.¹⁷



¹⁷ National Drug Treatment Monitoring System (NDTMS). [online] www.ndtms.net. Available at: <https://www.ndtms.net/ViewIt/YoungPeople>

Geographic comparison of young people under 18 in treatment between South West and Bath and North East Somerset



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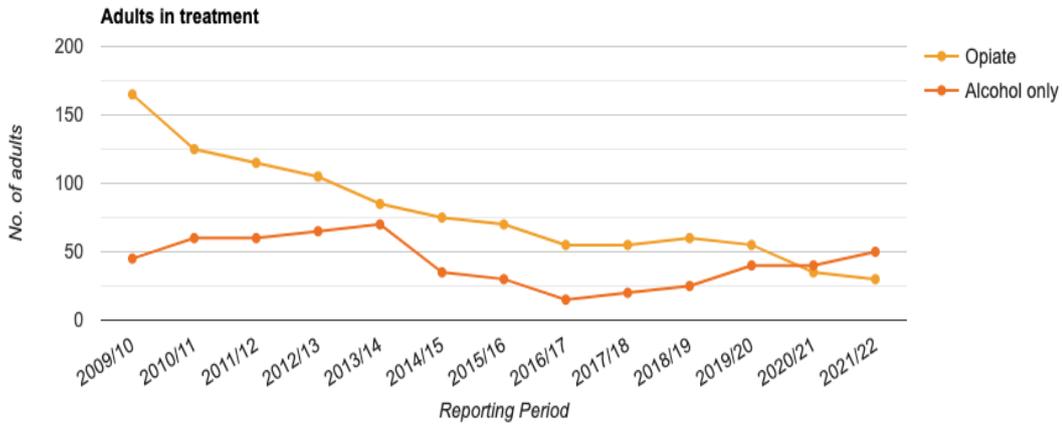
No. of young people in treatment	Area	2009/10	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22
No. of young people in treatment	South West	2060	1665	1565	1570	1590	1725	1685	1660	1625	1645	1620	1375	1360
No. of young people in treatment	Bath and North East Somerset	100	120	125	140	145	135	125	125	150	165	160	95	140

Drug Misuse in Adults

In 2021/22, the number of people older than 18 (specifically 18-29) in contact with alcohol slightly increased in B&NES (50 in treatment 2021/22 compared with 40 in 2019/20).

¹⁸ National Drug Treatment Monitoring System (NDTMS). [online] www.ndtms.net. Available at: <https://www.ndtms.net/ViewIt/YoungPeople>

However, contact with opioids¹⁹ significantly declined (30 in treatment 2021/22 compared with 55 in 2019/20).



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Substance Category	2009/10	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22
Opiate	165	125	115	105	85	75	70	55	55	60	55	35	30
Alcohol only	45	60	60	65	70	35	30	15	20	25	40	40	50

Number of adults in treatment at specialist drug misuse services

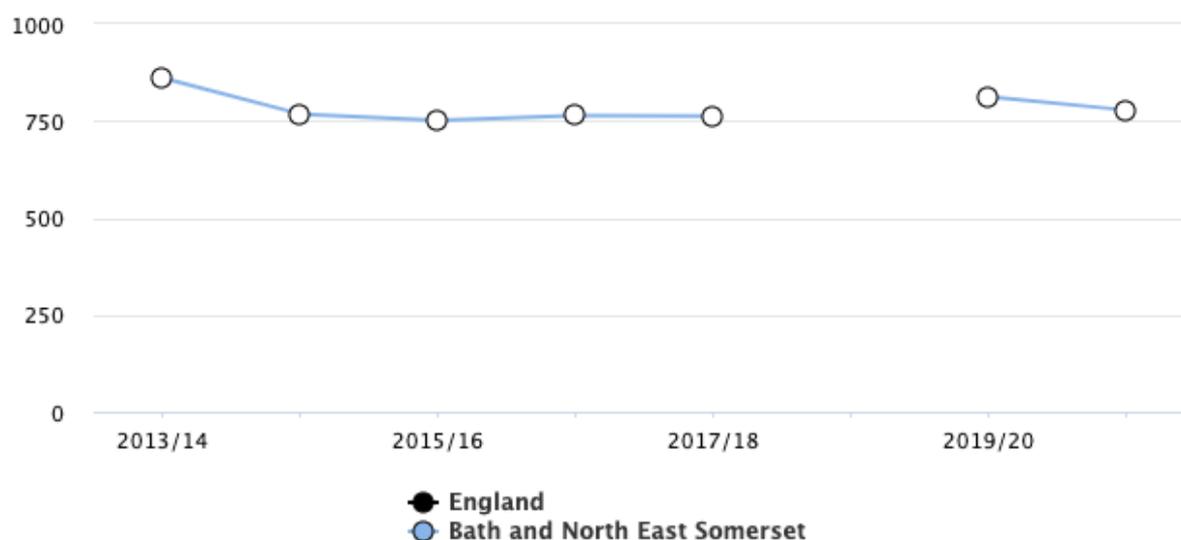
Most of the data regarding drug misuse²¹ at the local level comes from specialised treatment services. In B&NES during 2020/21, 778 individuals received treatment through these local services, amounting to a rate of 4.9 per 1,000, which closely aligns with the national rate in England of 4.5 per 1,000.

¹⁹Opioids are a class of drugs that include heroin, synthetic opioids like fentanyl, and legal prescription pain relievers such as oxycodone, hydrocodone, codeine, and morphine, among others. National Institute on Drug Abuse (2022). *Opioids*. [online] National Institute on Drug Abuse. Available at: <https://nida.nih.gov/research-topics/opioids>

²⁰ National Drug Treatment Monitoring System (NDTMS). [online] www.ndtms.net. Available at: <https://www.ndtms.net/ViewIt/Adult>

²¹ Office for Health Improvement & Disparities. *Co-occurring substance misuse and mental health issues - OHID*. [online] fingertips.phe.org.uk. Available at: https://fingertips.phe.org.uk/drugsandmentalhealth#page/4/gid/1938132791/pat/6/par/E12000009/ati/102/are/E06000022/iid/91181/age/168/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/ine-yo-1:2016:-1:-1_ine-ct-113_ine-pt-0_car-do-0

Period	Bath and North East Somerset				South West	England	
	Count	Value	95% Lower CI	95% Upper CI			
2013/14	○	861	861	-	-	19,232	210,293
2014/15	○	768	768	-	-	18,853	206,117
2015/16	○	751	751	-	-	19,186	203,808
2016/17	○	764	764	-	-	19,168*	199,339
2017/18	○	762	762	-	-	18,704*	-
2019/20	○	812	812	-	-	15,970*	195,196
2020/21	○	778	778	-	-	16,252*	199,156

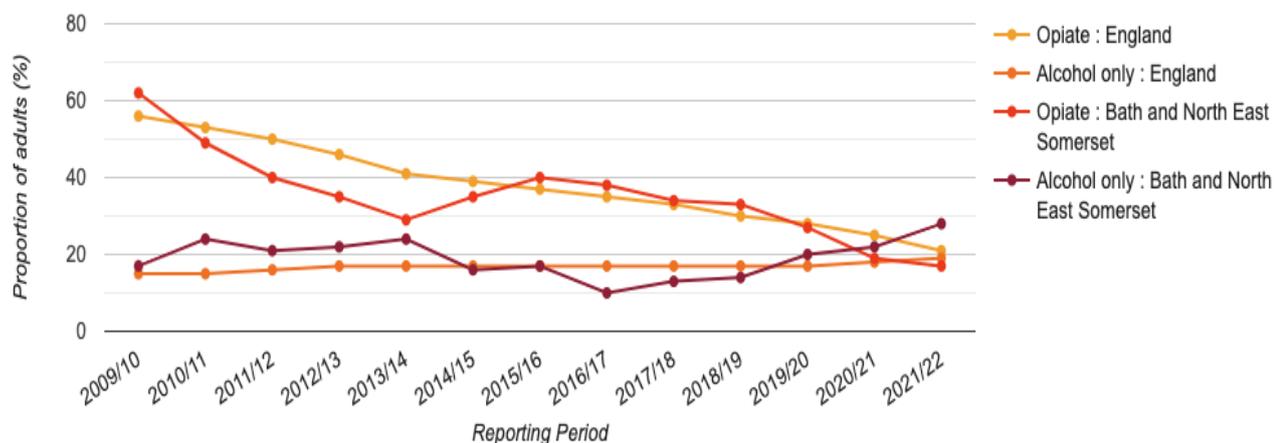


Geographic comparison between England and Bath and North East Somerset.

In 2021/22, contact with opiate of adults from 18 to 29 is slowly decreasing in England (21 in treatment 2021/22 compared with 28 in 2019/20). Otherwise, contact with alcohol is higher than to near pre-pandemic levels (19 in treatment 2021/22 compared with 17 in 2019/20).

Substance category	Area	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)	2014/15 (%)	2015/16 (%)	2016/17 (%)	2017/18 (%)	2018/19 (%)	2019/20 (%)	2020/21 (%)	2021/22 (%)
Opiate	England	56	53	50	46	41	39	37	35	33	30	28	25	21
Alcohol only	England	15	15	16	17	17	17	17	17	17	17	17	18	19

Data analysis and review of factors that impact young people's health and wellbeing in Bath and North East Somerset



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Opiate use has shown a consistent decrease over the years in Bath and North East Somerset. Alcohol use, on the other hand, has fluctuated from 2009/10 to 2018/19, however it is higher in the most recent year (28 in treatment 2021/22 compared with 20 in 2019/20).

Substance category	Area	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)	2014/15 (%)	2015/16 (%)	2016/17 (%)	2017/18 (%)	2018/19 (%)	2019/20 (%)	2020/21 (%)	2021/22 (%)
Opiate	Bath and North East Somerset	62	49	40	35	29	35	40	38	34	33	27	19	17
Alcohol only	Bath and North East Somerset	17	24	21	22	24	16	17	10	13	14	20	22	28

²² National Drug Treatment Monitoring System (NDTMS). [online] www.ndtms.net. Available at: <https://www.ndtms.net/ViewIt/Adult>

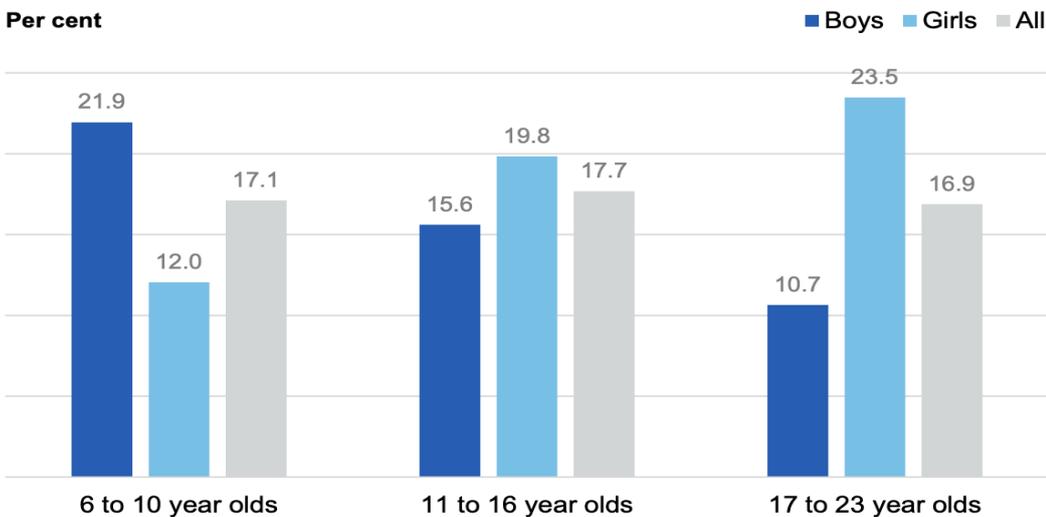
Mental Health – Children & Young People

Mental health, 2017, 2020 and 2021 – Children & Young People

The prevalence of a probable mental disorder among boys aged 6 to 10 years (21.9%) was nearly double than what was observed in girls (12.0%). In the 17-to-23-year age group, this pattern reversed, with (10.7%) of young men likely having a mental disorder compared to (23.5%) of young women.²³

Figure 1.1: Percentage of children or young people with a probable mental disorder, by age and sex, 2021

Base: 6 to 23 year olds



Source: NHS Digital

The rates of probable mental disorder in 6 to 16 year olds rose from 11.6% in 2017 to 17.4% in 2021. This increase was statistically significant for both boys and girls.

Amongst those aged 17 to 19 years, rates of probable mental disorder rose from 10.1% in 2017 to 17.4% in 2021. The increase was significant in young women of this age (from 13.4% in 2017 to 24.8% in 2021), but not in young men.

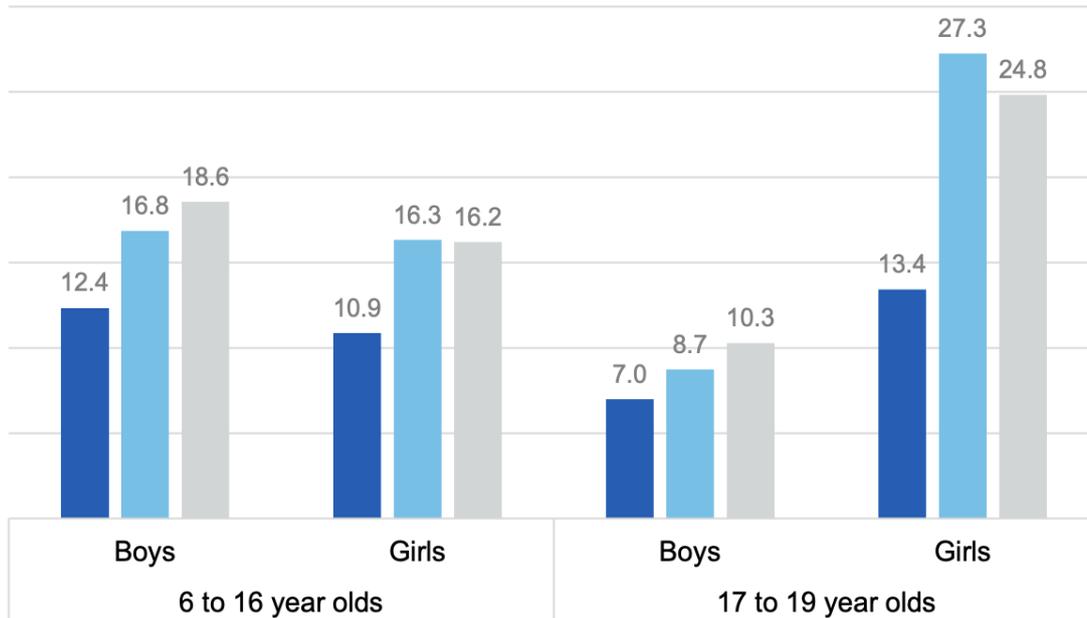
²³ NHS (2021). *Mental Health of Children and Young People in England 2021 – Wave 2 Follow up to the 2017 Survey*. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey>

Figure 1.2: Percentage of children or young people with a probable mental disorder, by sex, 2017, 2020 and 2021

Base: 6 to 19 year olds

■ 2017 ■ 2020 ■ 2021

Per cent



Source: NHS Digital

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In a recent report published by the Prince's Trust²⁵, it was revealed that approximately 48% of young people reported experiencing mental health issues. A similar percentage noted that their mental wellbeing had worsened during the pandemic (46%), and approximately 44% stated that the pandemic had increased their levels of anxiety.

²⁴ NHS (2021). *Mental Health of Children and Young People in England 2021 - Wave 2 Follow up to the 2017 Survey*. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey>

²⁵ The Prince's Trust. (2022). *The Prince's Trust NatWest Youth Index*. [online] Available at: <https://www.princes-trust.org.uk/about-us/research-policies-reports/research>

The Big Ask survey²⁶ is the largest-ever national survey involving children, garnering over half a million responses from youngsters across all English Local Authorities. The findings revealed that most 9–17 year olds were happy or satisfied with their mental health, but a significant portion, approximately 20%, were unhappy.



The Big Ask in numbers

The largest ever survey of children and young people anywhere in the world



Girls were nearly twice as likely to be unhappy with their mental health (25% vs. 13%), and older children in the 16–17 year age group were more likely to be unhappy (32%) compared to 9–11 year olds (9%).

Recent nationwide data from Steer Education²⁸ indicates a growing gap in social and emotional well-being between girls and boys. At the age of 11, girls were 30% more likely

²⁶ Children’s Commissioner for England. (2021). *The Big Ask: Big Answers*. [online] Available at: <https://www.childrenscommissioner.gov.uk/the-big-answer/>.

²⁷ The Big Answer. (2021). Available at: https://assets.childrenscommissioner.gov.uk/wpuploads/2021/11/occ_the_big_ask_the_big_answer_2021.pdf

²⁸ STEER Education (2022). *Girls’ mental health ‘at a precipice’ and increasingly worse than boys’, data shows*. [online] Available at: <https://steer.education/girls-mental-health-at-a-precipice-and-increasingly-worse-than-boys-data-shows/>

to encounter challenges in their mental health compared to boys of the same age. By the age of 18, girls were twice as likely as boys to experience mental health issues.

Mental health in Bath and North Somerset

While B&NES residents reported a significant level of happiness (71%), satisfaction (75%), and worthwhile (81%) in the 2020/21 ONS Annual Population Survey²⁹, these figures have displayed a downward trend over time, along with an increase in the number of individuals reporting anxiety (27%).

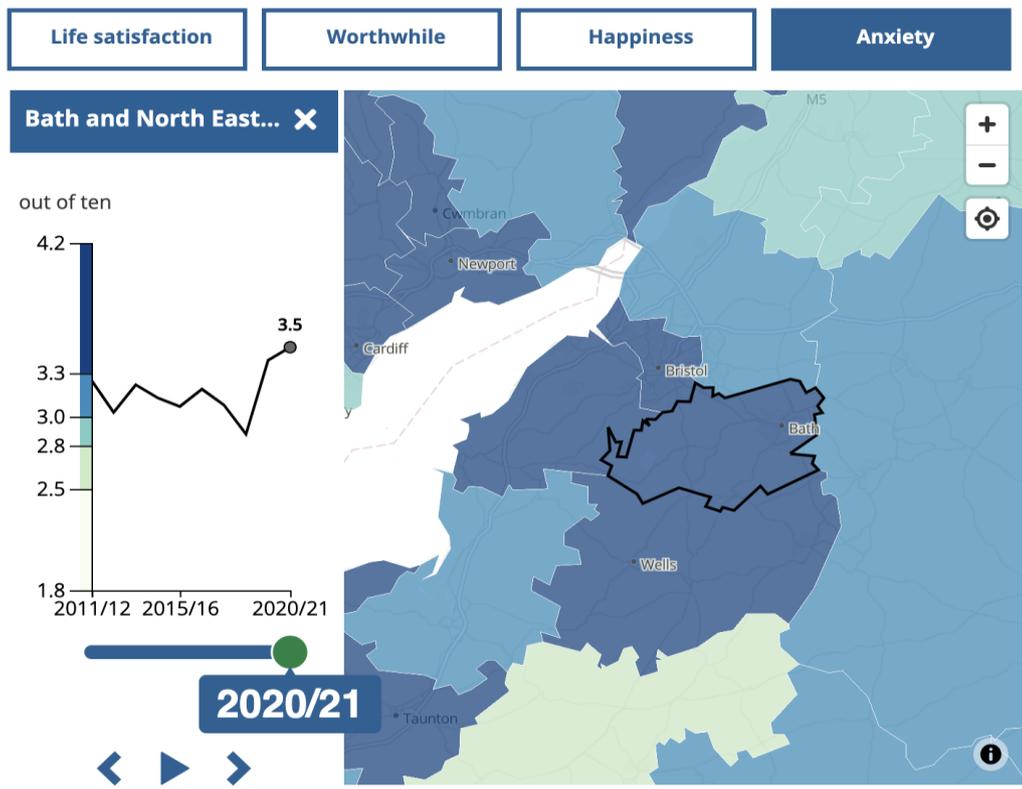


Anxiety levels in B&NES have consistently been higher than the national average since 2013/14, and they demonstrated a more significant increase than the nationwide figure in 2020/21.

²⁹ ONS (2021). *Personal well-being in the UK* – Office for National Statistics. [online] www.ons.gov.uk.

Available at:

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/april2020tomarch2021>



Source: Annual Population Survey, ONS

Prevalence Estimates for B&NES based on MHCYP 2017 & 2021 rates

³⁰ ONS (2021). *Personal well-being in the UK – Office for National Statistics*. [online] www.ons.gov.uk.

Available at:

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/april2020tomarch2021>

Measure	Age	National	B&NES estimate ¹
No. experiencing at least one mental disorder (2017)	5-19	12.8%	4,470
No. experiencing emotional disorders (2017)	5-19	8.1%	2,830
No. experiencing behavioural disorders (2017)	5-19	4.6%	1,610
Probable mental disorder rate (2021)	6-19	17.4%	5,750
No. experiencing deterioration in MH since 2017	6-16	39.2%	9,150
	17-23	52.5%	14,400
No. experiencing improvement in MH since 2017	6-16	21.8%	5,100
	17-23	15.2%	4,200

According to the National Survey on the Mental Health of Children and Young People (MHCYP), the likelihood of a probable mental disorder in individuals aged 6–19 rose from one in nine (11.6%) in 2017 to one in six (17.4%) in 6–16 year olds and from one in ten (10.1%) to one in six (17.4%) in 17–19 year olds by 2021.³¹

Based on these figures, it is estimated that around 5,750 children and young people in B&NES may be dealing with a probable mental disorder. Additionally, the survey rates indicate that roughly 23,550 individuals in the region may have experienced a decline in their mental health since 2017, while approximately 9,300 may have seen an improvement in their mental health during the same period.

In 2021, approximately 24.8% of 17–19 year old girls were estimated to have a probable mental disorder, which is roughly equivalent to around 1,165 girls in the B&NES area.

³¹ NHS (2021). *Mental Health of Children and Young People in England 2021 – Wave 2 Follow up to the 2017 Survey*. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey>

Eating Disorders

An eating disorder³² is a mental health condition where food control is used as a means to manage emotions and cope with various situations. The most prevalent types of eating disorders include:

- Anorexia nervosa, which involves keeping weight down by not eating enough or exercising too much;
- Bulimia nervosa, marked by cycles of consuming large amounts of food rapidly (bingeing) and then trying to get rid of calories in unhealthy ways, such as inducing vomiting, using laxatives, or excessive exercise;
- Binge-eating disorder involves regularly eating a lot of food at once, often in secret, until you feel very full, and then feeling upset or guilty about it afterward; and
- OSFED ('other specified feeding or eating disorder').

Many studies indicate that eating disorders rank among the mental illnesses with the highest mortality rates. For instance, Anorexia nervosa (AN) is a common eating disorder and holds the highest mortality rate among all psychiatric conditions.³³

³² National Institute for Health and Care Excellence (NICE) (2017). *What is an eating disorder? | Information for the public | Eating disorders: recognition and treatment | Guidance | NICE*. [online] Available at: <https://www.nice.org.uk/guidance/ng69/ifp/chapter/What-is-an-eating-disorder>

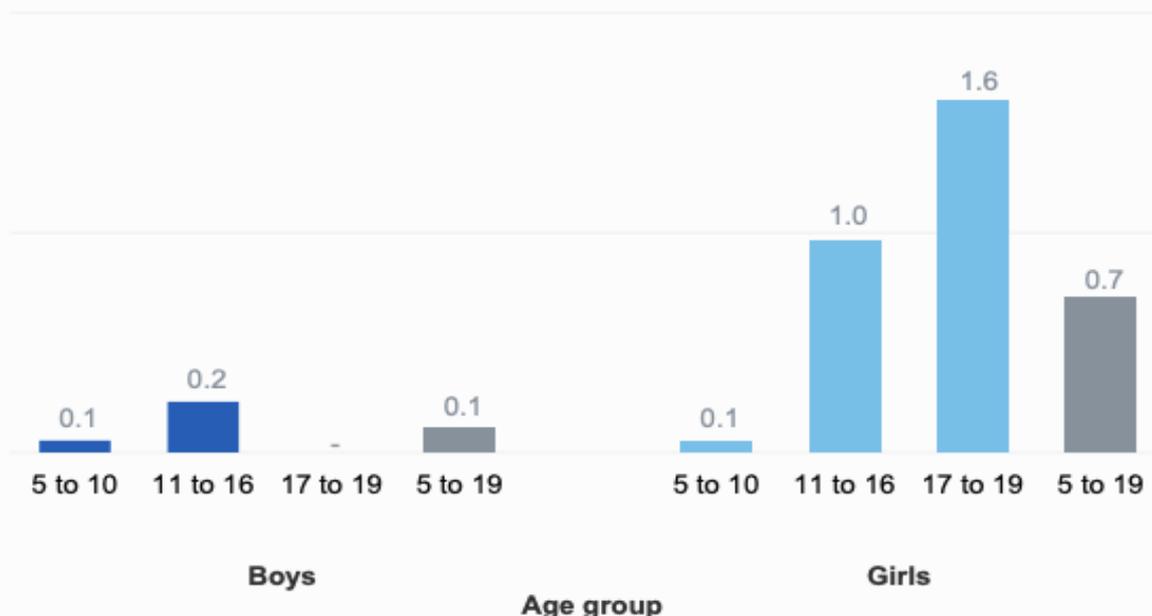
³³ Strategic Evidence Base for Bath and North East Somerset. (2023). Available at: https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf

In its clinical guidance, the National Institute for Health and Care Excellence (NICE)³⁴ references data indicating an anorexia prevalence of 0.6% and a bulimia prevalence of 1.0% among individuals aged 16 and older.

For children and young people, more recent data is available for England. The 2017 NHS Digital survey of child and young people’s mental health found that 0.4% of children aged 5 to 19 had an eating disorder. Prevalence was 1.0% among girls aged 11 to 16 and 1.6% among girls aged 17 to 19, but much lower among boys (peaking at 0.2% among ages 11 to 16).³⁵

Figure 3: Eating disorders by age and sex, 2017

Base: 5 to 19 year olds
Per cent



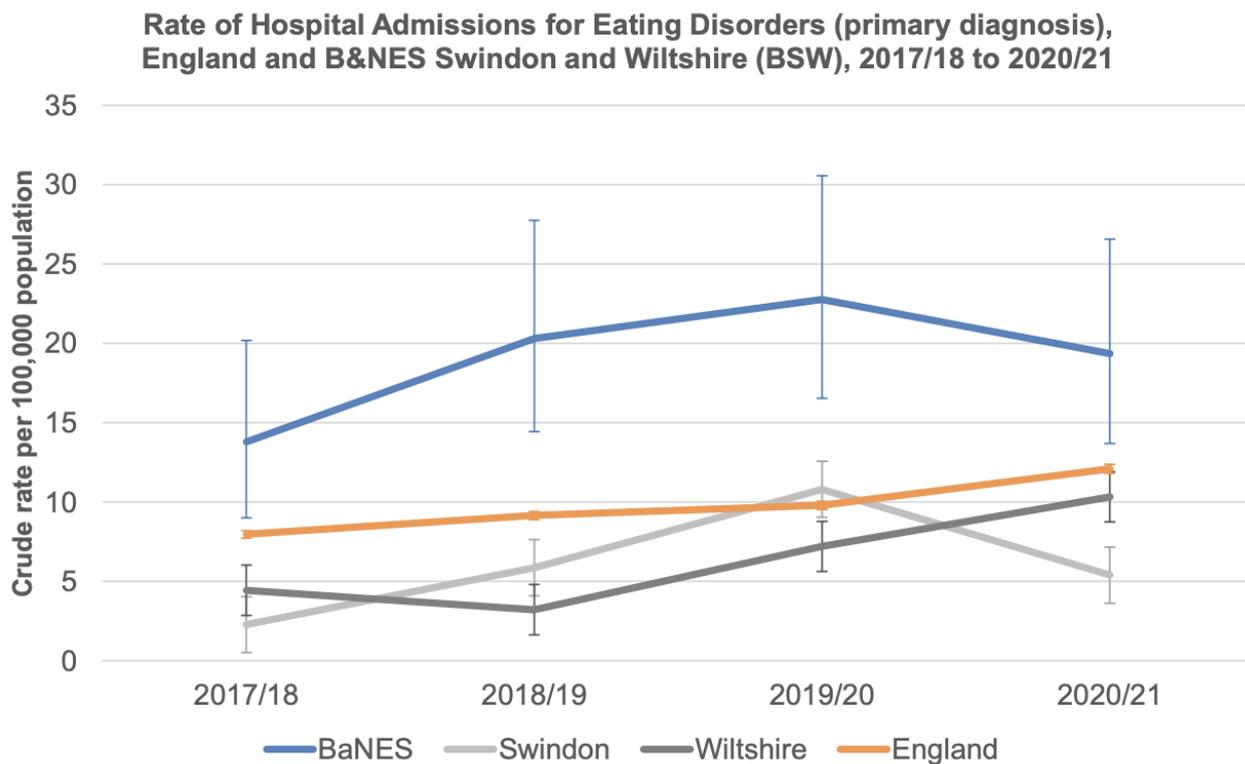
Source: NHS Digital

³⁴ National Institute for Health and Care Excellence (NICE) (2019). *Eating disorders: How common is it?* [online] NICE. Available at: <https://cks.nice.org.uk/topics/eating-disorders/background-information/prevalence/>

³⁵ NHS (2018). *Mental Health of Children and Young People in England, 2017*. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>

Eating Disorders in Bath and North East Somerset

In the 2020/21 period, there were 6,839 hospital admissions in England with the primary diagnosis being an eating disorder (based on provisional data). This represents a 65% increase in four years (4,138 during 2016/17).³⁶



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B&NES has consistently experienced a notably higher rate of hospital admissions where an eating disorder was the primary diagnosis, with a rate of 19.4 per 100,000 population in 2020/21. This is in contrast to the rates in England (12.1), Wiltshire (10.3), and Swindon

³⁶ NHS Digital (2021). *Hospital Admitted Patient Care Activity 2020-21*. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/hospital-admitted-patient-care-activity/2020-21>

³⁷ Strategic Evidence Base for Bath and North East Somerset. (2023). Available at: https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf

(5.4). This trend has been observed since at least 2017/18. In 2020/21, B&NES had a total of 38 admissions with eating disorders as the primary diagnosis.

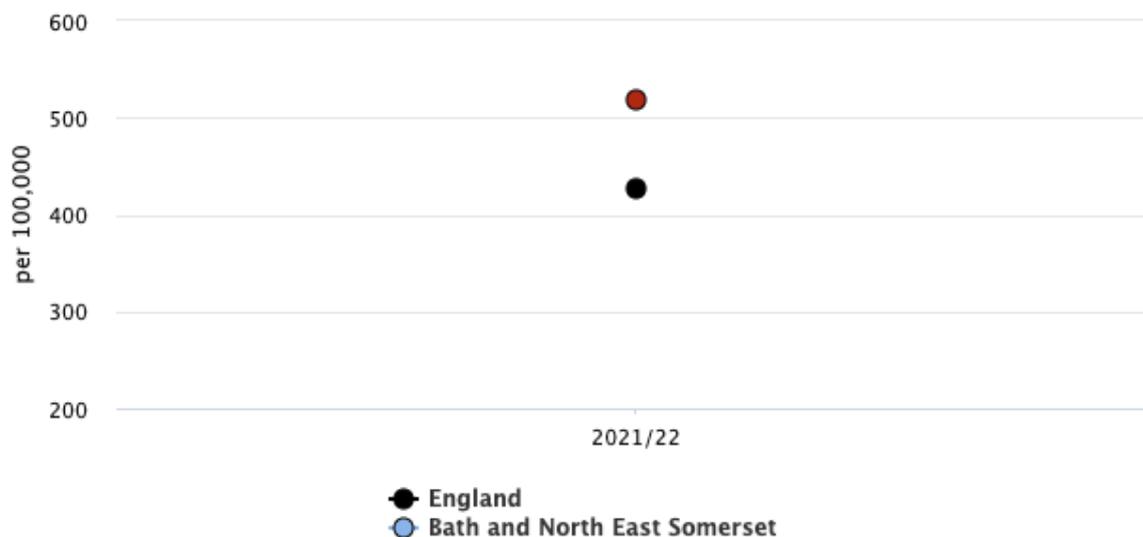
Self-Harm

The National Institute for Health and Care Excellence (NICE)³⁸ Guideline defines "self-harm" as deliberate acts of self-poisoning or self-injury, regardless of the apparent motive. This often includes actions like self-poisoning with medication or self-injury by cutting.

Self-Harm in Bath and North East Somerset

Hospital admissions as a result of self-harm (10-24 years) 2021/22

The incidence of self-harm in the age group of 10-24 years in B&NES has consistently been higher than the national average since 2011/12, with 240 cases reported in the 2020/21 period.



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³⁸ National Institute for Health and Care Excellence (NICE) (2022). *Overview | Self-harm: Assessment, management and preventing recurrence | Guidance | NICE*. [online] [www.nice.org.uk](https://www.nice.org.uk/guidance/NG225). Available at: <https://www.nice.org.uk/guidance/NG225>

Period	Bath and North East Somerset				South West	England	
	Count	Value	95% Lower CI	95% Upper CI			
2021/22	●	225	518.4	452.1	591.5	640.2	427.3

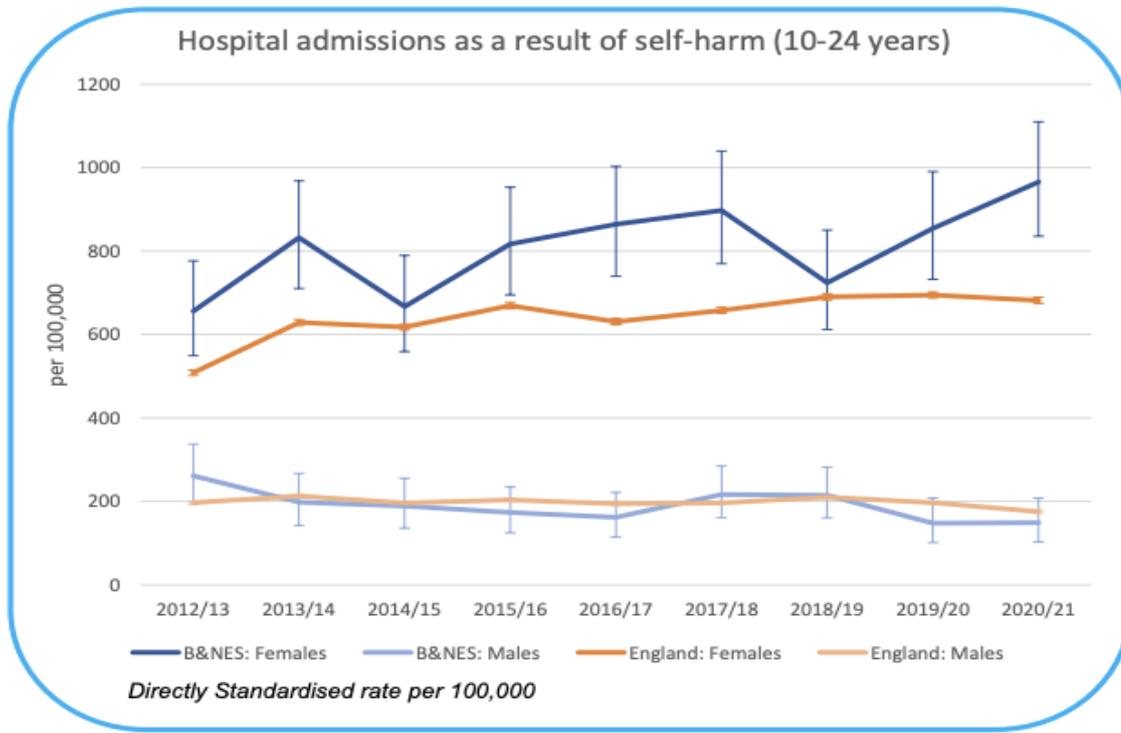
Source: Hospital Episode Statistics (HES) Copyright © 2020, Re-used with the permission of The Health and Social Care Information Centre. All rights reserved.

Male and female hospital admissions as a result of self-harm (10-24 years) 2021/22

Females consistently experience more cases than males, both across the country and in B&NES. In 2020/21, for example, there were 205 female admissions and 35 male admissions. In B&NES, the rates for females have consistently been higher than the national female rate since 2012/13.⁴⁰

³⁹ Office for Health Improvement & Disparities (2023). *Public health profiles - OHID*. [online] Available at: https://fingertips.phe.org.uk/search/hospital%20admissions#page/4/gid/1938133090/pat/6/par/E12000009/ati/102/are/E06000022/iid/90813/age/305/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/car-do-0_tre-ao-0_tre-do-0

⁴⁰ Strategic Evidence Base for Bath and North East Somerset. (2023). Available at: https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf



41

Geographical comparison of hospital admissions as a result of self-harm (10-24 years) 2021/22

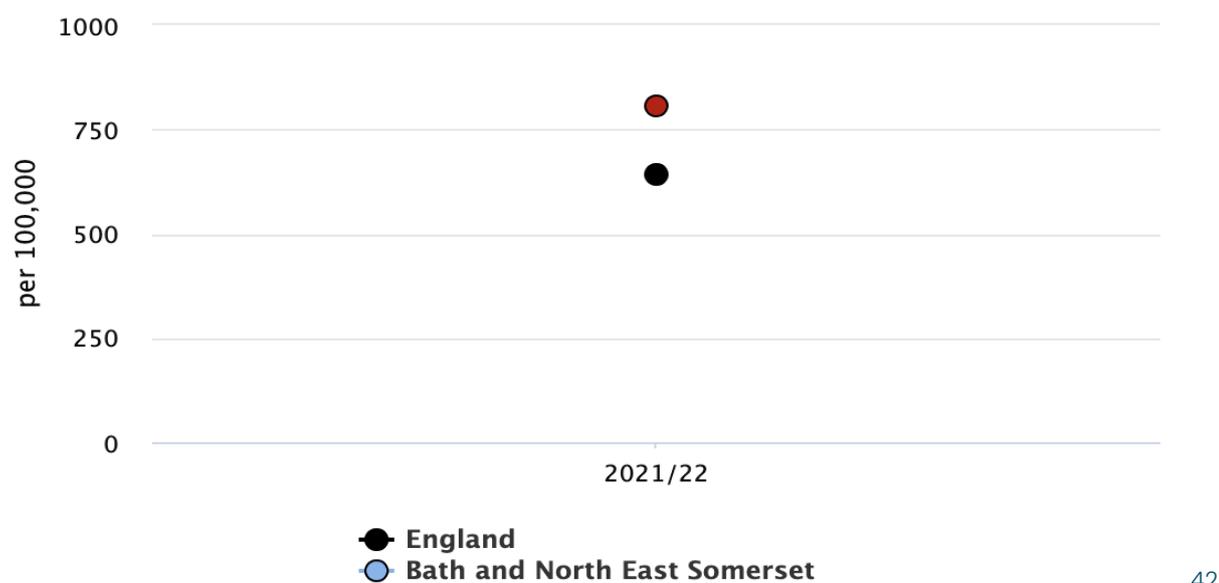
Area	Value	95% Lower CI	95% Upper CI
England	427.3	423.2	431.3
South West region	640.2	624.3	656.4
Bath and North East Somerset	518.4	452.1	591.5
Bath and North East Somerset	518.4	452.1	591.5
Bournemouth	-	-	-
Bristol	644.7	595.1	697.2
Cornwall	339.9*	302.7	380.3
Devon	640.0	597.8	684.3
Dorset (Cty)	-	-	-
Gloucestershire	567.6	523.3	614.7
Isles of Scilly	*	-	-
North Somerset	559.1	480.9	646.3
Plymouth	605.1	538.0	678.2
Poole	-	-	-
Somerset Cty	765.7	709.0	825.7
South Gloucestershire	701.8	630.5	779.0
Swindon	968.6	871.9	1,073.1
Torbay	711.1	601.0	835.5
Wiltshire	778.0	718.7	840.9

Source: Hospital Episode Statistics (HES) Copyright © 2020, Re-used with the permission of The Health and Social Care Information Centre. All rights reserved.

⁴¹ Strategic Evidence Base for Bath and North East Somerset. (2023). Available at: https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf

Data analysis and review of factors that impact young people's health and wellbeing in Bath and North East Somerset

Hospital admissions as a result of self-harm (15-19 years) 2021/22



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Period	Bath and North East Somerset				South West	England
	Count	Value	95% Lower CI	95% Upper CI		
2021/22	110	806.3	669.3	979.8	993.5	641.7

Source: Hospital Episode Statistics (HES), Copyright © 2020, Re-used with the permission of NHS Digital. All rights reserved Copyright © 2020, Re-used with the permission of The Health and Social Care Information Centre. All rights reserved.

Self-Harm Risk Factors

Risk factors⁴³ for self-harm include:

- age, socio-economic disadvantage
- social isolation
- stressful life events
- bereavement by suicide

⁴² Office for Health Improvement & Disparities (2023). *Public health profiles - OHID*. [online] Phe.org.uk.

Available at:

https://fingertips.phe.org.uk/search/hospital%20admissions#page/4/gid/1938133090/pat/6/par/E12000009/ati/102/are/E06000022/iid/92796/age/6/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/cardo-0_tre-ao-0_tre-do-0

⁴³ National Institute for Health and Care Excellence (NICE) (2020). *What are the risk factors?* [online]

Available at: <https://cks.nice.org.uk/topics/self-harm/background-information/risk-factors/>

- mental health problems
- chronic physical health problems
- alcohol and/or drug misuse and involvement with the criminal justice system.

Recent studies⁴⁴ indicate that certain groups are at an increased risk of self-harm, including:

- Boys with Autism Spectrum Disorder (ASD)
- Young individuals with Attention Deficit Hyperactivity Disorder (ADHD)
- Young people who spend time away from school due to exclusion or absence
- Girls with Free School Meal status
- Children who are in the care of the state (looked after children)

Emergency hospital admissions for intentional self harm, standardised admission ratio 2016/17 – 2020/21

The rate of hospital admissions for self-harm in B&NES is notably higher than the national average in England. Over the period from 2016/17 to 2020/21, the standardised admission ratio for B&NES was 117.7. This figure suggests that hospital admissions for self-harm in B&NES are 17.7% more likely compared to the overall population of England.

⁴⁴ Widnall et al., (2022). Autism spectrum disorders as a risk factor for adolescent self-harm: a retrospective cohort study of 113,286 young people in the UK. *BMC medicine*, [online] 20(1), p.137.

Available at: <https://doi.org/10.1186/s12916-022-02329-w>

Area	Count	Value	95% Lower CI	95% Upper CI
England	-	100.0	99.7	100.3
Bath and North East Somerset	-	117.7	112.9	122.6
Twerton	-	296.3	258.8	337.7
Radstock	-	203.0	167.6	243.6
Moorlands	-	183.3	145.4	228.2
Westfield	-	169.9	139.5	205.0
Weston	-	158.5	125.5	197.6
Keynsham North	-	157.3	125.8	194.2
Combe Down	-	156.8	128.8	188.9
Peasedown	-	150.4	122.2	183.1
Keynsham South	-	147.6	116.7	184.3
Midsomer Norton Redfield	-	139.5	111.7	172.1
Publow & Whitchurch	-	131.4	89.3	186.6
Lambridge	-	129.2	99.5	165.0
Paulton	-	124.9	97.2	158.1
Mendip	-	124.7	84.7	177.0
Walcot	-	124.4	94.2	161.2
Bathavon South	-	120.7	96.3	149.5

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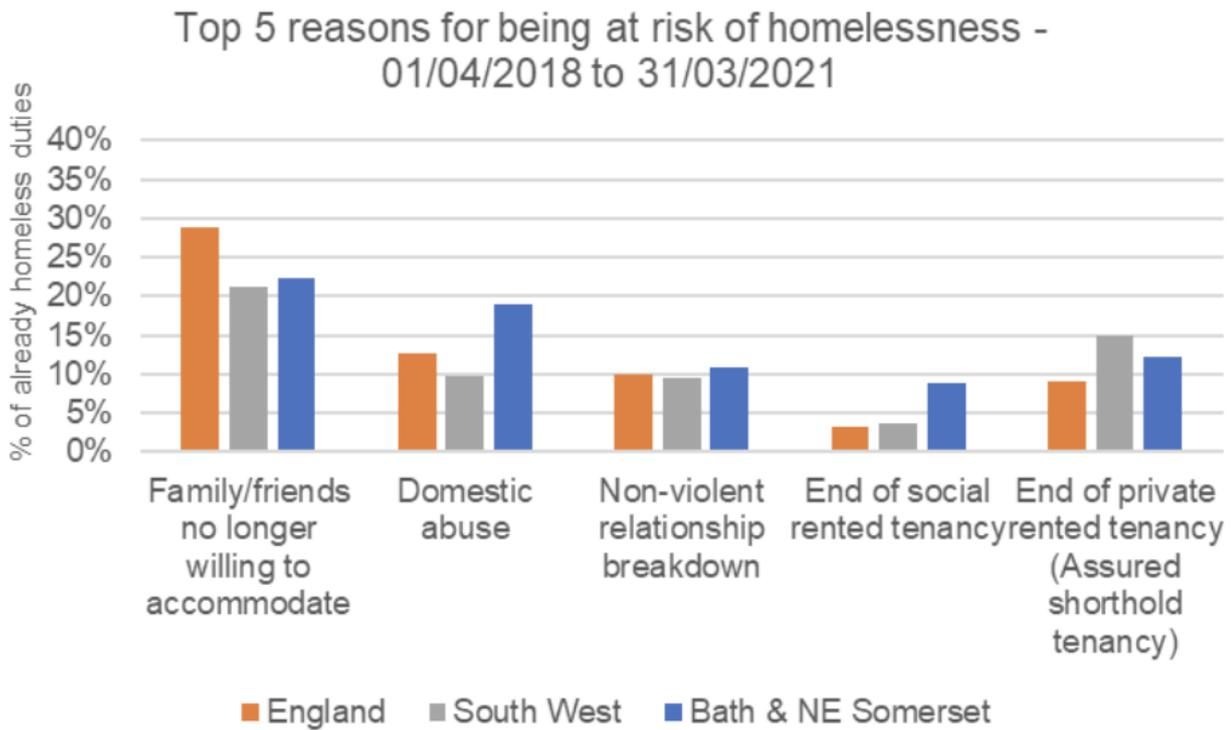
The rates of self-harm in several wards within B&NES are significantly higher than the national average. These wards include Twerton, Radstock, Moorlands, Westfield, Weston, Keynsham North, Combe Down, Peasedown, Keynsham South, and Midsomer Norton Redfield.

Odd Down	-	116.0	90.3	146.8
Southdown	-	112.8	89.9	139.6
Kingsmead	-	110.2	91.4	131.7
Clutton & Farnborough	-	100.1	63.4	150.1
High Littleton	-	92.2	59.0	137.2
Lansdown	-	91.7	72.1	114.9
Westmoreland	-	91.5	74.3	111.6
Newbridge	-	85.4	63.4	112.6
Chew Valley	-	82.8	60.4	110.8
Bathavon North	-	81.2	60.1	107.3
Timsbury	-	75.1	42.9	121.9
Midsomer Norton North	-	72.4	48.8	103.4
Bathwick	-	63.6	52.1	77.0
Keynsham East	-	58.8	39.1	85.0
Saltford	-	56.5	36.2	84.0
Oldfield Park	-	56.2	37.0	81.8
Widcombe & Lyncombe	-	50.1	35.6	68.5

⁴⁵ Office for Health Improvement & Disparities (OHID) (2022). *Local Health. Public Health Data for small geographic areas*. [online] fingertips.phe.org.uk. Available at: <https://fingertips.phe.org.uk/profile/local-health/data#page/3/gid/1938133184/pat/401/par/E06000022/ati/8/iid/93239/age/1/sex/4/cat/-1/ctp/-1/yr/5/cid/4/tbm/1/page-options/car-do-0>

Homelessness

Between April 1, 2018, and March 31, 2021, the primary cause for households being at risk of homelessness was the termination of a private assured shorthold tenancy. This circumstance affected 27.5% of households in England, 34.2% in the South-West region, and 263 households specifically in B&NES.⁴⁶



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⁴⁶ Strategic Evidence Base for Bath and North East Somerset. (2023). Available at:

https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf

⁴⁷ Source: DLUHC (2022), Live tables on homelessness, available at: <https://www.gov.uk/government/statistical-data-sets/live-tables-on-homelessness#statutory-homelessness-live-tables>

		Initial assessment of homelessness		
		Households initially assessed as owed a homelessness duty		
		Total assessed as owed a duty^{1,2}	<i>Of which:</i>	
			Threatened with homelessness within 56 days - owed Prevention duty	Homeless - owed Relief duty
E92000001	ENGLAND	243 120	108 300	134 820
E12000007	London	42 070	19 140	22 930
-	Rest of England	201 050	89 160	111 900
E12000001	North East	13 590	6 700	6 890
E12000002	North West	35 980	14 780	21 200
E12000003	Yorkshire and The Humber	25 000	12 850	12 150
E12000004	East Midlands	18 600	8 620	9 980
E12000005	West Midlands	23 800	8 240	15 560
E12000006	East of England	25 570	11 360	14 210
E12000007	London	42 070	19 140	22 930
E12000008	South East	32 280	15 280	17 010
E12000009	South West	26 240	11 330	14 910
E07000223	Adur	116	41	75
E07000026	Allerdale
E07000032	Amber Valley
E07000224	Arun	495	249	246
E07000170	Ashfield	341	125	216
E07000105	Ashford	562	303	259
E07000200	Babergh	322	197	125
E09000002	Barking & Dagenham	1 406	859	547
E09000003	Barnet	1 834	1 011	823
E08000016	Barnsley	764	307	457
E07000027	Barrow-in-Furness	284	124	160
E07000066	Basildon	616	163	453
E07000084	Basingstoke & Deane	371	216	155
E07000171	Bassetlaw	232	114	118
E06000022	Bath & North East Somerset	394	199	195
E06000055	Bedford	1 004	281	723
E09000004	Bexley	756	262	494
E08000025	Birmingham	4 763	1 248	3 515
E07000129	Blaby	348	169	179
E06000008	Blackburn with Darwen	882	794	88
E06000009	Blackpool	1 104	319	785
E07000033	Bolsover	97	41	56
E08000001	Bolton	1 361	493	868
E07000136	Boston	185	86	99
E06000058	Bournemouth, Christchurch and Poole	1 944	701	1 243
E06000036	Bracknell Forest	675	547	128
E08000032	Bradford	2 530	1 668	862
E07000067	Braintree	457	268	189
E07000143	Breckland	350	133	217
E09000005	Brent	1 642	847	795
E07000068	Brentwood	58	35	23
E06000043	Brighton & Hove
E06000023	Bristol	2 674	452	2 222 ⁴⁸

The Housing Act of 1988⁴⁹ permits landlords to serve Section 21 notices to tenants, asking them to vacate a property within a two-month period without the requirement to provide a specific reason.⁵⁰

⁴⁸ GOV.UK. (2023). *Tables on homelessness*. [online] Available at:

<https://www.gov.uk/government/statistical-data-sets/live-tables-on-homelessness#flows-tables>

⁴⁹ Legislation.gov.uk. (2012). *Housing Act 1988*. [online] Available at:

<https://www.legislation.gov.uk/ukpga/1988/50/section/21>

⁵⁰ GOV.UK. *Private renting for tenants: tenancy agreements*. [online] Available at:

<https://www.gov.uk/private-renting-tenancy-agreements/your-landlord-wants-to-end-your-tenancy>

According to Section 195 of the Housing Act 1996,⁵¹ a local authority is obligated to assist in preventing an individual from becoming homeless if they are in danger of experiencing homelessness (referred to as the prevention duty).

Between April 1, 2018, and March 31, 2021, nearly a quarter (24.9%) of households that received prevention support had a history of mental health issues.⁵²

⁵¹ Legislation.gov.uk. (2018). *Housing Act 1996*. [online] Available at:

<https://www.legislation.gov.uk/ukpga/1996/52/section/195>

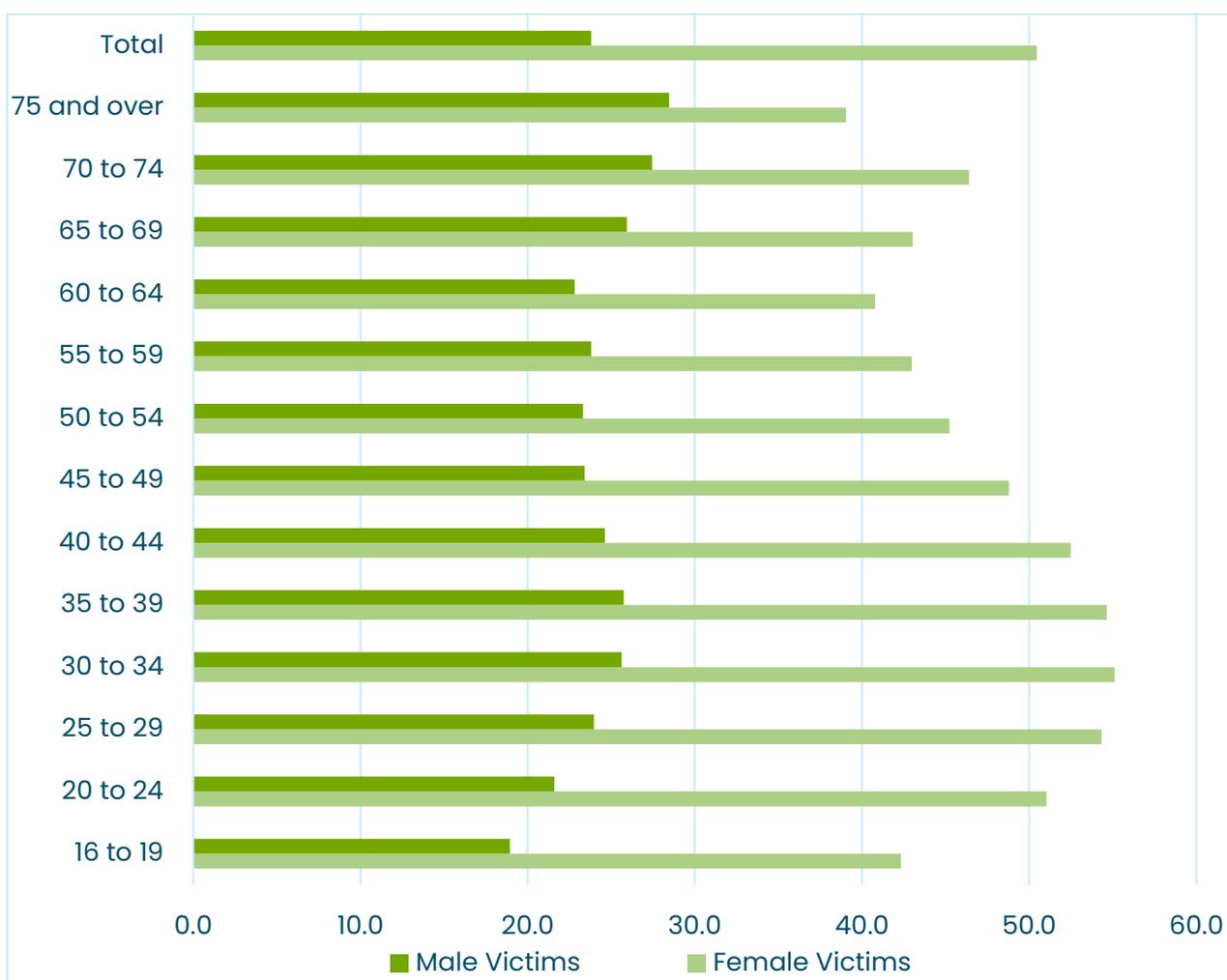
⁵² Strategic Evidence Base for Bath and North East Somerset. (2023). Available at:

https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf

Domestic abuse

The proportion of police-recorded violence against the person offenses categorised as domestic abuse-related, broken down by the gender and age of the victims, in England and Wales for the year ending March 2022.⁵³

It can be seen from the following graph that women of all ages are more significantly affected by violence than men. In particular, women in the 30 to 34 age group accounted for the highest number (at around 56 incidents) exceeding women in other age groups. Female young victims in the age group of 16 to 19 are notably lower (at approximately 42 incidents) compared to those aged 20-24 (51 incidents)

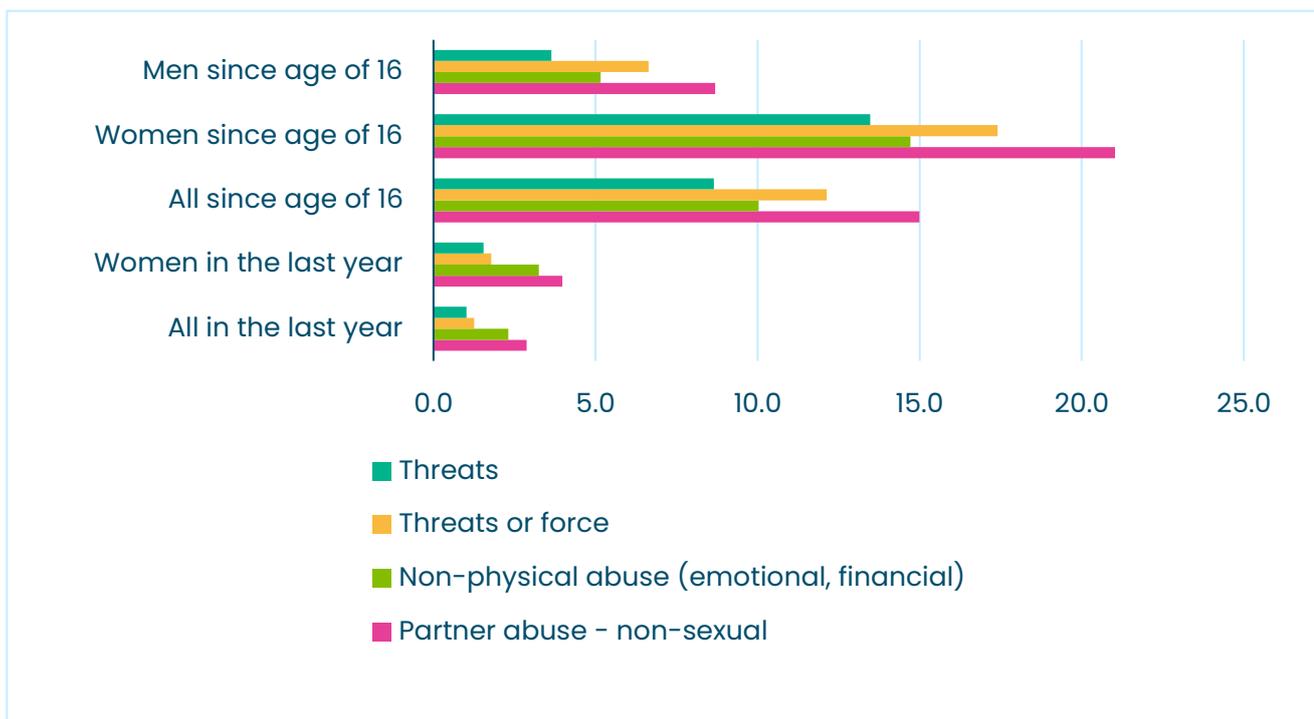


⁵³ Office For National Statistics (2021). *Domestic abuse prevalence and victim characteristics - Appendix tables - Office for National Statistics*. [online] www.ons.gov.uk. Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/datasets/domesticabuseprevalenceandvictimcharacteristicsappendixtables>

Male victims aged 75 and over accounted for the highest number, at approximately 38 incidents. However, the proportion of the lower incidents was recorded among those in the age of 16 to 19, at around 29 incidents.

The occurrence of domestic abuse among adults aged 16 years and over, based on the type of abuse and gender, in England and Wales for the year ending March 2022.

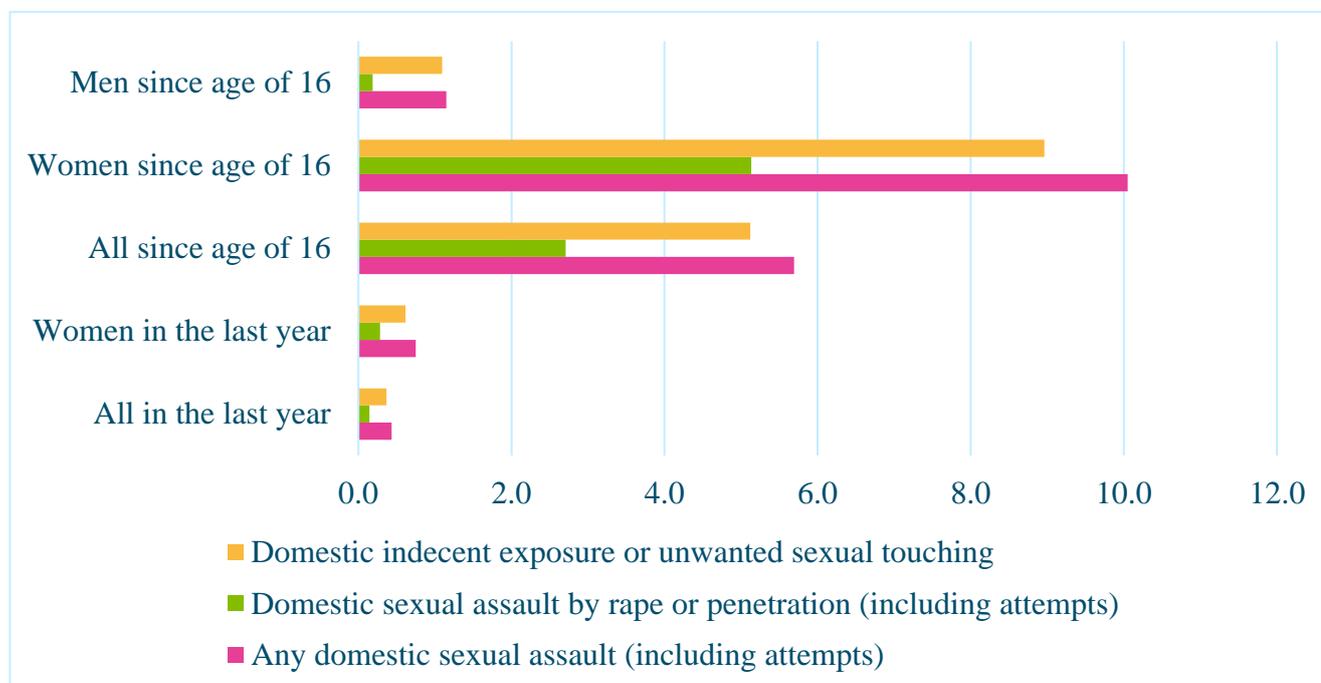
The graph illustrates that both men and women, starting from the age of 16, are highly affected by non-sexual partner abuse. Specifically, men accounted for approximately 9 incidents, while women reported 21 incidents.



Most importantly, women aged 16 and older have the highest numbers among all the types of abuse, namely threats (around 13 incidents), threats or force (25 incidents), non-physical abuse which includes emotional and financial abuse (14 incidents), and non-sexual partner abuse (21 incidents).

The occurrence of domestic abuse among adults aged 16 years and over, based on the type of abuse and gender, in England and Wales for the year ending March 2022.⁵⁴

It is clear from the graph below that men at the age 16 and over are less affected by incidents of domestic exposure or unwanted sexual touching (6 incidents), domestic sexual assault involving rape or penetration (around 1 incident), and any domestic sexual assault (6 incidents).



In contrast, data concerning women aged 16 and over is more alarming. Women accounted for 5 incidents of domestic exposure or unwanted sexual touching, the highest number of 10 incidents for any domestic sexual assault, and 5 incidents for domestic sexual assault by rape or penetration.

⁵⁴ Office For National Statistics (2021). *Domestic abuse prevalence and victim characteristics - Appendix tables - Office for National Statistics*. [online] www.ons.gov.uk. Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/datasets/domesticabuseprevalenceandvictimcharacteristicsappendixtables>

Domestic abuse In Bath and North East Somerset

Domestic abuse ranks as the second leading cause of homelessness in B&NES, accounting for 19% of cases or 91 households. This percentage is notably higher than the rates observed in the South West region (10%) and England as a whole (13%).

Between 2015 and 2019, all regions within B&NES witnessed a rise in serious violence, which includes homicide, knife and gun crime, robbery, sexual offenses, and domestic abuse. However, the trend during the pandemic has been more varied, as certain areas have seen an increase in these offenses, even though there has been an overall decline in violent incidents.⁵⁵

Bath City West recorded 873 incidents of violence with injury and accounted for 209 incidents of rape, the highest among all locations in Bath and North East Somerset

All serious sexual assaults in the past three years have continued to align with the trends from the previous years. It is important to note that the increase observed for 2021-2022 is based on data covering an 8-month period.

As can be observed from the table below, other serious sexual offences and rape were the most predominant in Bath & City Centre, accounting for 253 and 154 incidents, respectively.

⁵⁵ Strategic Evidence Base for Bath and North East Somerset. (2023). Available at:

https://beta.bathnes.gov.uk/sites/default/files/jsna/Strategic%20Evidence%20Base%20Main%20Doc%20Published%2020220630_0.pdf

Area	Other Serious Sexual Offences	Rape
Bath & City Centre	253	154
Bath City Outer	206	127
Bath City South	102	76
Bath City West	172	209
Keynsham	135	75
Pensford & Chew Valley	22	9
Somer Valley	143	65
Peasedown & Paulton	58	79

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The table below represents information related to beat areas for B&NES in 2021-2022. However, it is important to note that the local data only covers an 8-month period of that year.

From the following graph below, it is worth noting that Bath & City Centre had 1399 incidents of violence with injury, making it the highest among other serious offences.

Area	Homicide	Other Serious Sexual Offences	Rape	Robbery of Business Property	Robbery of Personal Property	Violence with Injury
Bath & City Centre	1	253	154	44	112	1399
Bath City Outer	1	206	127	11	22	604
Bath City South	1	102	76	15	20	431
Bath City West	0	172	209	21	30	873
Keynsham	0	135	75	4	19	667
Pensford & Chew Valley	0	22	9	0	2	85
Somer Valley	0	143	65	2	6	648
Peasedown & Paulton	0	58	79	1	6	336

⁵⁶ BCSSP Bath & North East Somerset Community Safety & Safeguarding Partnership (2022). *Serious*

Violence in B&NES PROBLEM PROFILE 2. [online] Available at:

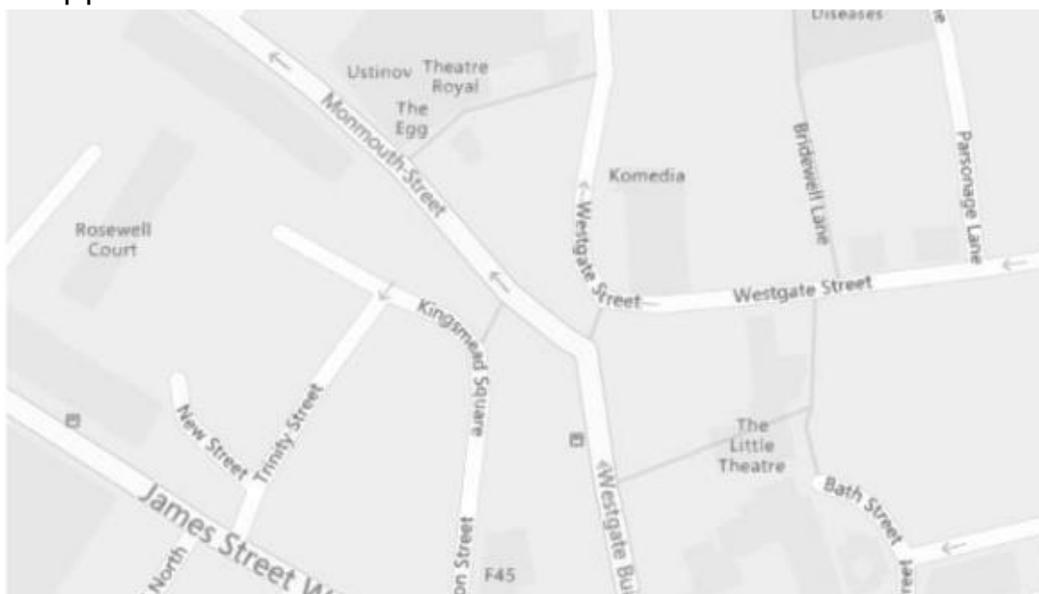
<https://beta.bathnes.gov.uk/sites/default/files/BNES%20Problem%20Profile%202022.pdf>

Bath City West recorded 873 incidents of violence with injury, securing the second-highest position and highlighting the need for attention to this issue. Also, Bath City West accounted for 209 incidents of rape, which is the highest number compared to other places in Bath and North East Somerset.

B&NES Serious Violence Hotspots NTE

Persistent non-domestic violence hotspots concentrate on high-traffic areas with access to shops and nightlife and entertainment (NTE)⁵⁷ establishments like nightclubs and takeaways. These locations include central Bath (particularly around Monmouth Street and Westgate Street), Manvers Street, and Walcot Street.⁵⁸

Some areas, such as Northgate Street, see more people passing through because they are important connecting routes. Central Bath is home to numerous pubs, bars, restaurants, and takeaways, making it popular among students from Bath College and nearby student housing. Kingsmead Square is an open space where gatherings often happen.

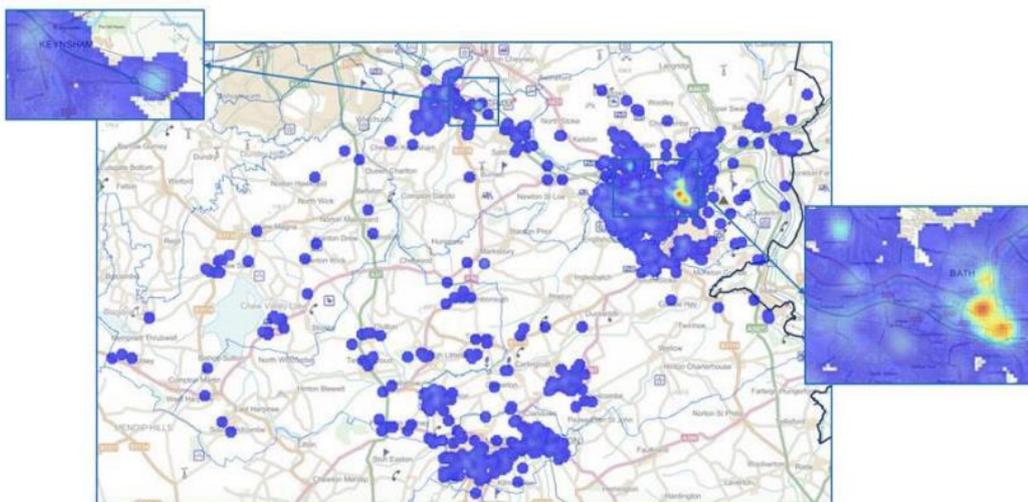
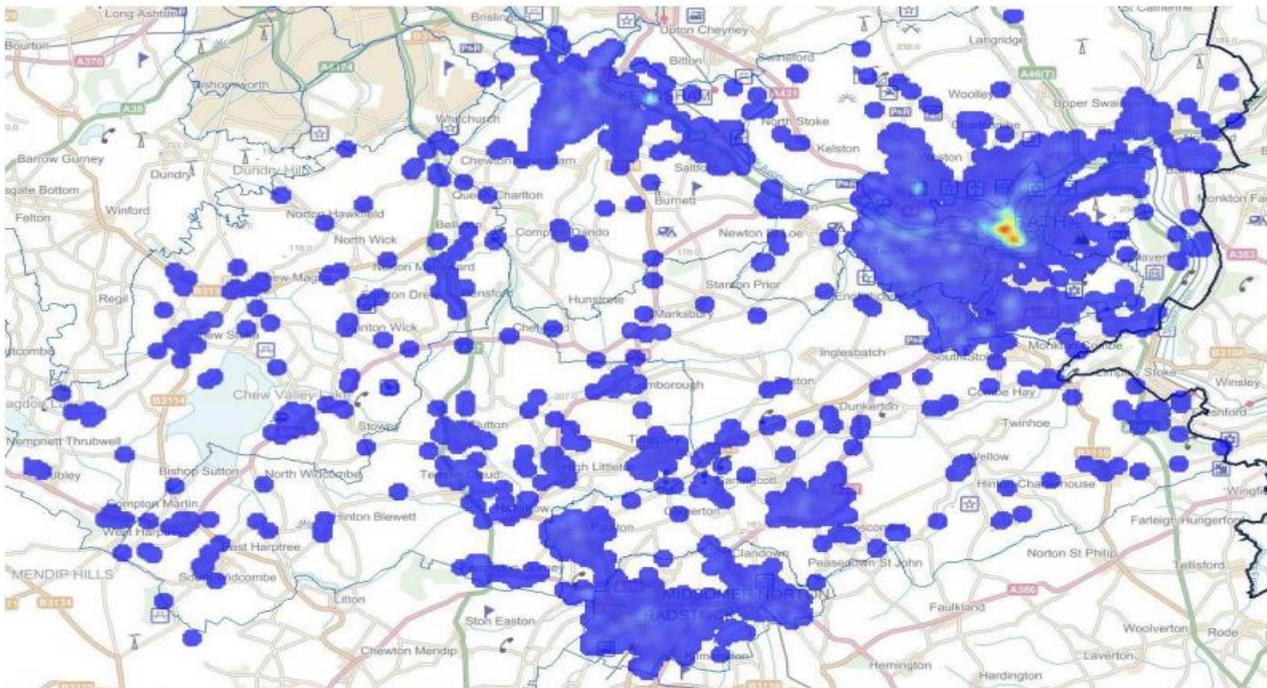


⁵⁷ West Midlands Combined Authority (WMCA). *Night Time Economy role brief*. [online] [www.wmca.org.uk](https://www.wmca.org.uk/what-we-do/economy-and-innovation/night-time-economy/night-time-economy-role-brief/#:-:text=Our%20interest%20in%20the%20Night%2DTime%20Economy%3A&text=The%20NTE%20covers%20a%20wide). Available at: <https://www.wmca.org.uk/what-we-do/economy-and-innovation/night-time-economy/night-time-economy-role-brief/#:-:text=Our%20interest%20in%20the%20Night%2DTime%20Economy%3A&text=The%20NTE%20covers%20a%20wide>

⁵⁸ BCSSP Bath & North East Somerset Community Safety & Safeguarding Partnership (2022). *Serious Violence in B&NES PROBLEM PROFILE 2*. [online] Available at: <https://beta.bathnes.gov.uk/sites/default/files/BNES%20Problem%20Profile%202022.pdf>

Additional locations around Snow Hill are thought to be a result of ongoing disputes between neighbours. In B&NES, serious violence, excluding domestic violence and incidents related to nightlife and entertainment (NTE) locations, continues to occur in the central city. This can be attributed to the higher levels of foot traffic due to its central location, the presence of shops, and NTE sites like bars and takeaways.

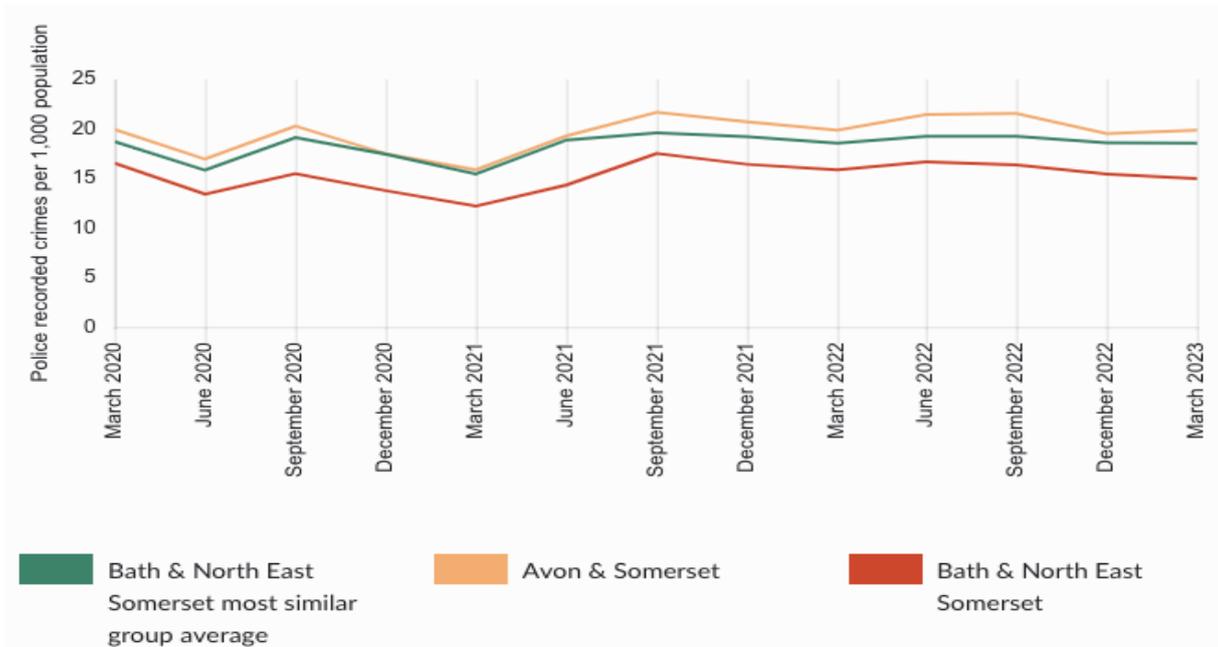
Maps displaying incidents of serious violence, excluding those with domestic violence indicators and incidents occurring during NTE.⁵⁹



⁵⁹ BCSSP Bath & North East Somerset Community Safety & Safeguarding Partnership (2022). *Serious Violence in B&NES PROBLEM PROFILE 2*. [online] Available at: <https://beta.bathnes.gov.uk/sites/default/files/BNES%20Problem%20Profile%202022.pdf>

Crime changes over time in Bath & North East Somerset and in the Avon & Somerset force area

In the quarter ending March 2023, crime rates decreased from 15.46 in 2022 to 14.99 in Bath & North East Somerset but increased to 19.88 in the Avon & Somerset force area when compared to the corresponding quarter in 2022 which was 19.52.⁶⁰

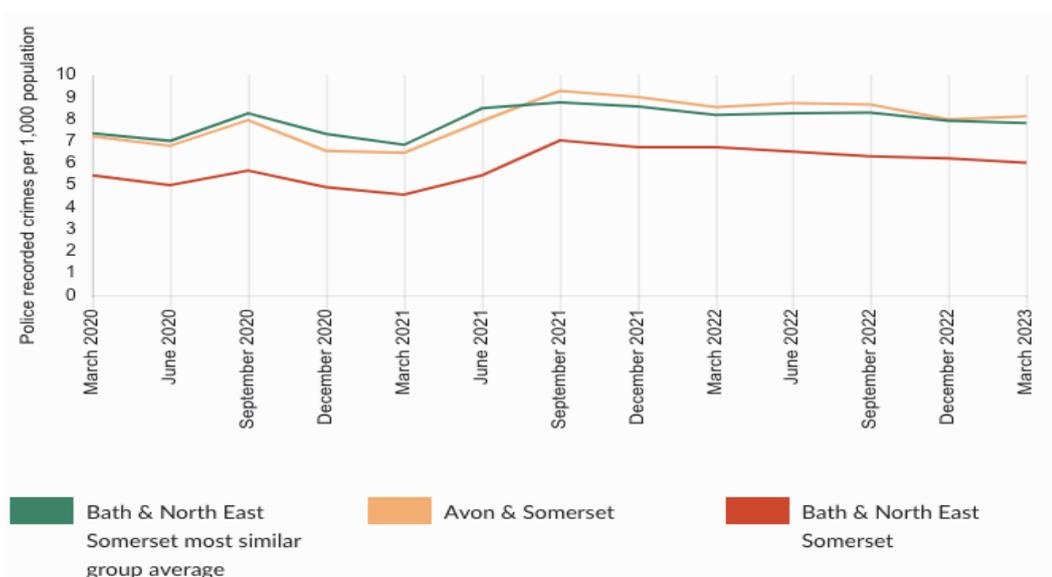


⁶⁰ Police.uk (2022). [online] Police.uk. Available at: <https://www.police.uk/>

Date	Bath & North East Somerset most similar group average	Avon & Somerset	Bath & North East Somerset
March 2020	18.73	19.95	16.55
June 2020	15.84	16.97	13.41
September 2020	19.15	20.30	15.48
December 2020	17.44	17.51	13.77
March 2021	15.45	15.89	12.22
June 2021	18.89	19.31	14.33
September 2021	19.60	21.69	17.51
December 2021	19.23	20.71	16.43
March 2022	18.58	19.87	15.87
June 2022	19.27	21.44	16.67
September 2022	19.28	21.57	16.37
December 2022	18.62	19.52	15.46
March 2023	18.56	19.88	14.99

Crime changes over time in Bath & North East Somerset and in the Avon & Somerset force area

In the quarter ending March 2023, the crime rates for violence and sexual offences decreased from 6.23 in 2022 to 6.03 in Bath & North East Somerset, however, they increased from 8.00 in 2022 to 8.13 in the Avon & Somerset.⁶¹



⁶¹ Police.uk (2022). [online] Police.uk. Available at: <https://www.police.uk/>

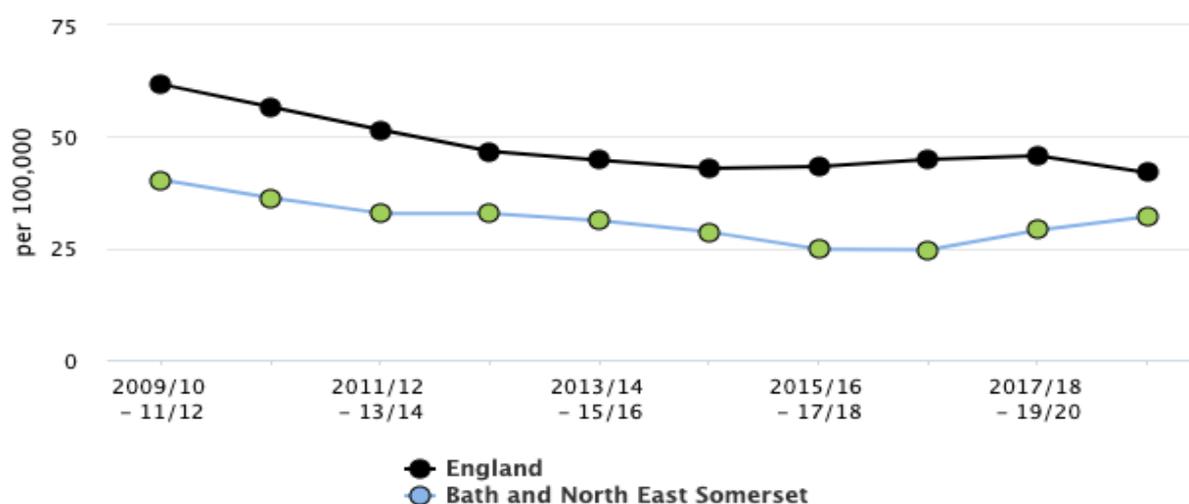
Date	Bath & North East Somerset most similar group average	Avon & Somerset	Bath & North East Somerset
March 2020	7.36	7.23	5.46
June 2020	7.02	6.80	5.01
September 2020	8.27	7.96	5.67
December 2020	7.33	6.57	4.92
March 2021	6.84	6.48	4.58
June 2021	8.50	7.92	5.45
September 2021	8.77	9.29	7.04
December 2021	8.58	9.02	6.74
March 2022	8.19	8.55	6.74
June 2022	8.27	8.74	6.53
September 2022	8.31	8.68	6.32
December 2022	7.93	8.00	6.23
March 2023	7.83	8.13	6.03

Geographic comparison between England and Bath and North East Somerset.

In 2020/21, the number of emergency hospital admissions for violence slightly decreased from 45.8 in 2019/20 to 41.9 in England.

Violent crime - hospital admissions for violence (including sexual violence)

[Show confidence intervals](#) [Show 99.8% CI values](#)



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⁶² Office for Health Improvement & Disparities (2023). *Public health profiles - OHID*. [online] Phe.org.uk.

Available at:

In contrast, there was a consistent increase in Bath and North East Somerset from 24.7 in 2018/19 to 29.1 in 2019/20 and eventually to 32.1 in 2020/21.

Period	Bath and North East Somerset				South West	England	
	Count	Value	95% Lower CI	95% Upper CI			
2009/10 - 11/12		232	40.3	35.1	45.9	50.1	61.7
2010/11 - 12/13		209	36.3	31.4	41.7	45.9	56.7
2011/12 - 13/14		189	32.8	28.2	38.0	41.5	51.5
2012/13 - 14/15		182	32.8	28.1	38.1	37.7	46.7
2013/14 - 15/16		174	31.2	26.6	36.3	35.5	44.8
2014/15 - 16/17		162	28.6	24.2	33.6	34.2	42.9
2015/16 - 17/18		144	24.7	20.7	29.3	33.6	43.4
2016/17 - 18/19		145	24.7	20.7	29.2	34.9	44.9
2017/18 - 19/20		170	29.1	24.7	34.0	35.2	45.8*
2018/19 - 20/21		185	32.1	27.5	37.2	33.0	41.9

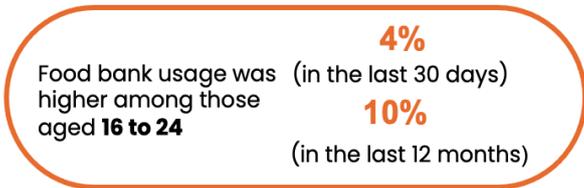
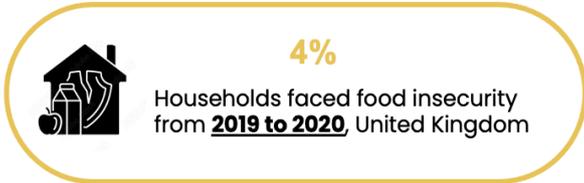
Source: Hospital Episode Statistics (HES), Health and Social Care Information Centre for the respective financial year, England. Hospital Episode Statistics (HES) Copyright © 2020, Re used with the permission of The Health and Social Care Information Centre. All rights reserved. Local Authority estimates of resident population, Office for National Statistics (ONS) Unrounded mid year population estimates produced by ONS and supplied to the Office for Health Improvement & Disparities

https://fingertips.phe.org.uk/search/hospital%20admissions#page/4/gid/1938133073/pat/15/ati/502/are/E06000022/iid/11201/age/1/sex/4/cat/-1/ctp/-1/yr/3/cid/4/tbm/1/page-options/car-do-0_tre-do-0_tre-ao-0

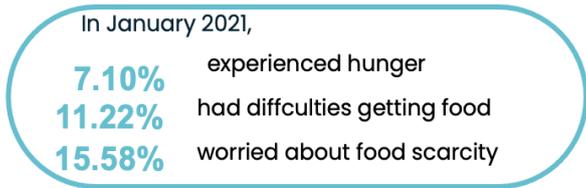
Key findings

Key findings across this report included:

Food insecurity in United Kingdom



Food insecurity in B&NES



Drug Misuse in Young People

140 in treatment



- In 2021/22, 140 young people **under 18** received alcohol and drug services in B&NES
- It is nearly reaching the pre-pandemic level of **160 in treatment** in **2019/20**

Drug Misuse in Adults

50 in treatment



- In 2021/22, alcohol contact for **18-29 years** in B&NES rose slightly (50 in treatment compared to **40** in **2019/20**)

Prince's Trust report shows that **48%** of young people have **mental health issues**, **46%** worsened by pandemic, **44%** more **anxious**

Girls (**25%**) are **unhappier** with their mental health than boys (**13%**). Older children (**16-17**) are **more unhappy (32%)** compared to younger children (**9-11**) (**9%**).

B&NES residents reported **71% happiness** in the 2020/21 ONS survey, but there has been a trend of **increasing anxiety**, with **27%**.

The likelihood of a probable mental disorder in **6-19** year olds **increased** from **11.6%** (2017) to **17.4%** (2021). In **B&NES**, around **5,750** young people may have a probable mental disorder.

Mental Health – Children & Young People

Mental health in B&NES

Eating Disorders in Bath and North East Somerset



6,839

In the **2020/21**, England had **6,839 hospital admissions** for primary eating disorder diagnoses, marking a **65%** increase from **4,138** in 2016/17

19.4

B&NES has consistently had a **high rate** of eating disorder-related hospital admissions, with **19.4 per 100,000** population in **2020/21**, compared to England (**12.1**), Wiltshire (**10.3**), and Swindon (**5.4**)

Self-Harm in Bath and North East Somerset



Self-harm among **10-24 years olds** in **B&NES** has consistently been higher than the national average **since 2011/12**, with **240** cases in **2020/21**.

In **2020/21**, self-harm cases were **higher** among **females**, with **205 admissions**, compared to **35** for **males**, both nationally and in **B&NES**.

Homelessness

From April 2018 to March 2021, **termination of private assured shorthold tenancy** was the top reason for homelessness risk, impacting **27.5%** of households in **England**, **34.2%** in the **South-West** region, and **263** households in **B&NES**

Women of all ages experience **more violence**, with those aged **30-34** having the highest incidents (around **56**), while **16-19-year-olds** had fewer (about **42**) compared to those aged **20-24** (**51**).

Both men and women, starting at **age 16**, are highly affected by **non-sexual partner abuse**. Men reported about **9** incidents, while women reported **21**.

In **B&NES**, domestic abuse is the **second leading cause** of homelessness, comprising **19%** (**91** households), **higher** than the rates in the **South West** (**10%**) and **England** (**13%**).

Bath City West recorded **873** incidents of **violence with injury** and accounted for **209** incidents of **rape**, the highest among all locations in Bath and North East Somerset.

Domestic abuse

Domestic abuse In Bath and North East Somerset

Recommendations

- Given that households with younger heads (aged 16 to 24) are more likely to experience food insecurity and use food banks, it is crucial to provide targeted support and resources to this age group. This might include providing financial education and assistance programs, access to affordable housing and support networks among younger households.
- The decline in the prevalence of both lifetime and recent illicit drug use among young people, specifically 11–15-year-old pupils, is a positive trend. However, the increase in contact with alcohol treatment services, both locally and nationally, suggests a need for continued monitoring of alcohol misuse among young adults under 18. Tailored prevention and intervention programs should be in place to address alcohol-related issues.
- Based on the data indicating a consistently higher rate of hospital admissions for eating disorders in B&NES compared to other areas, this issue could be addressed by launching comprehensive awareness campaigns in B&NES to educate the community, schools, healthcare providers, and parents about the symptoms, and risks associated with eating disorders. Also, it would be beneficial to establish local support networks and resources for individuals and families who are already affected by eating disorders.
- The consistently higher incidence of self-harm among individuals aged 10–24 in B&NES is a concerning trend that requires focused attention and intervention. Addressing the higher incidence of self-harm in B&NES involves establishing youth-friendly mental health and support centres within the community where young individuals can access confidential assistance.
- The main recommendations to address the issue of households at risk of homelessness due to the termination of private assured shorthold tenancies are to implement stronger tenant protections, promote the development and availability of affordable housing options, and engage the community, local organisations, charities, and volunteers in supporting vulnerable households.
- To address the issue of violence against women, it is crucial to prioritise early intervention and prevention programs. By identifying signs of abuse and providing support at the earliest stages, we can help prevent incidents of violence and protect the well-being of women across all age groups.

Next Steps

- This report will be shared widely across the NHS and local council network and Healthwatch England.
- We will share the report on our social media channels and webpage
- We will review this report and use it to plan our next projects based on the data and findings
- Ensure information and signposting on where to get support based on the issues raised is available through our website and social media.

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