





# Middlesbrough Local Overview

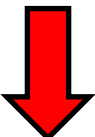
## Access of Health Services


Those registered with a GP			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
88%		84%	90%


Used a Dentist in the last 6 months			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
41%		35%	32%


Those registered with a Dentist			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
65%		61%	-

Have you used A&E in the last 6 months			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
32%		35%	35%

Used a GP in the last 6 months			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
80%		85%	90%

Admitted to hospital in the last 6 months			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
16%		20%	26%

<b>Homeless Project Provided Health Advice</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
65%			59%

<b>Was the advice you received useful?</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
87%			66%

The majority of participants were registered with a GP, more so than across the region, and nearly the same as the national picture. It represents a high number of respondents being able to access primary health services.


Although registration with a Dentist is very high this doesn't translate through to the use of services as is seen with GP's. In line with the regional picture the cost to access these services, even though minimal to many, this could be very


prohibitive. Trust is high of GP's, and most often the first contact point for individuals with health issues, nearly all participants had recently been in contact with their local GP.


The number of people using A&E is equivalent to the regional and national picture. Respondents reported reasons for using A&E included being involved in a violent incident, self-harm or accident. In all 3 people needed to stay in hospital, this was on average for 1 night.


Homeless Projects was seen as very good in providing health advice (access to posters and pamphlets) with a high number of those surveyed receiving advice for services which was very well received.


## Physical Health


Do you smoke			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
68%		75%	77%

Do you have dental problems			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
29%		30%	15%

Do you want to stop			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
53%		33%	41%

Do you have chest problems			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
26%		33%	15%

Do you eat two meals a day			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
78%		64%	35%

Do you have joint aches or problems with bones			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
32%		46%	22%

The majority are smokers, although lower compared to the rest of the region; this is comparative to the national audit. There is a distinct desire to stop with over half wanting to.


Regionally a high number of people reported eating two meals a day, this was even higher for the Middlesbrough. When asked how much fruit and veg they consumed though this limited to 1 – 2 pieces a day with 46% of respondents stating they had any regular fruit and veg. So although the number of those eating two meals a day is encouraging, little is known about the quality and the nutritional benefit.

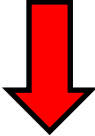
Three prominent health problems came out of the regional picture;


- Chest Pain/Breathing Problems
- Joint Aches/Problems with bones and muscles
- Dental


Those suffering with either chest pain or joint problems were lower than the regional picture, but those reporting dental health problems were equivalent to the regional picture. . Across all areas the use of dentists wasn't high and no doubt explains why this features as a common problem for many.


## Mental Health


Do you often feel stressed			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
52%			69%

Respondents with a formal diagnosis			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
43%			48%

Do you often feel anxious			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
42%			63%

Formal diagnosis for depression			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
73%			82%

Do you feel depressed			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
51%			66%

Received a dual diagnosis			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
3%			30%


Participants were asked about their own mental health and how they feel, what issues do they experience in their everyday life, or what issues do they feel they have.


Respondents in the Middlesbrough area showed less prevalence of mental health issues through self-diagnosis which were highlighted across the region. In addition 60% of respondents noted having difficulty sleeping.

There was a lower level of formal diagnosis by a health professional with 43% of individuals receiving a formal diagnosis, in line with the regional picture this was predominately for depression. Nearly all of those with a formal diagnosis were receiving some form of supported.


Overall 28% of people stated they self-medicate to help them with their mental health problems (this includes those not formally diagnosed). One person had received a formal diagnosis for mental health problems also had a drink or drug problem – dual diagnosis.


## Drugs and Alcohol

Do you take drugs (or recovering from a drug problem)			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
29%		44%	33%

Percentage of drug users getting support			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
65%		62%	44%

Number of people taking legal highs			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
0		14	-

Percentage of people who are weekly drinkers			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
3%		13%	35%

Percentage of cannabis users			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
60%		27%	64%


Percentage of those drinking more than 10 units			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
14%		32%	36%





Drug use among respondents was notably lower than the rest of the region. Cannabis was a drug highly used by many with also prescription drugs being used by a third of people. Heroin use was noted by 5 and 6 people were currently being prescribed methadone.


Along with the rest of the region the use of legal highs was non-existent. Encouragingly over 65% of drug users were getting support to help them either use drugs more safely or eradicate the use of them altogether. Middlesbrough appears to have a very low amount of regular weekly drinkers, with a quarter of respondents not drinking at all.


## Vaccinations and Screening


Received a Hep A Vaccination			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
29%		26%	-


Sexual Health Check - Men			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
34%		25%	28%


Received a Hep B Vaccination			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
41%		32%	-


Sexual Health Check - Women			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
45%		46%	50%

Received a Flu Vaccination			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
22%		21%	-

Have you a had a breast examination			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
14%		10%	-

<b>Have you had a cervical smear</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
38%			30%

<b>Tested positive for Hep C</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
14%			3%


<b>Tested positive for TB</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
9%			2%

Those receiving vaccinations for both Hep A and Hep B were notably higher, those receiving flu vaccinations were comparable to the wider region. Testing in general for Hep C was relatively low for all areas with many not knowing whether they had been tested or not making it hard to get a true picture. With the numbers of those tested being low in other areas it is worth noted that in Middlesbrough this was a lot higher. Ten people tested positive for Hep C with three people receiving treatment.

The number of people receiving a sexual health check was actually higher for men and comparable to the rest of the region for women. Notably more women had received a cervical smear and breast examination.

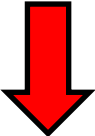
Nearly all those interviewed were knowledgeable where to get advice and support, including contraception, regarding their sexual health. Both GP's and Clinics were seen as the go to for this advice. This further cements the role of the GP as the entrusted health and medical advisor.

## Respondent Profile


Number of respondents			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
71		49	-


Do you have a disability			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
17%		32%	-

Number of those left the armed services			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
0		1	-

Where are you currently staying - Hostel			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
12%		34%	-

Respondents who are prison leavers			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
20%		29%	-


Where are you currently staying – Rough Sleeping			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
6%		4%	-

<b>Where are you currently staying – Supported Accom'</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
36%		26%	27%

<b>Percentage of respondents from a BME background</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
7%		10%	-

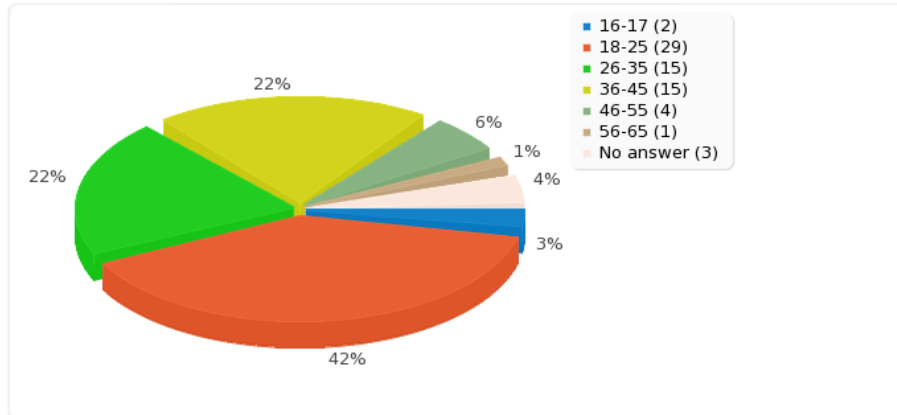
<b>Are you in training or employment</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
26%		13%	-

<b>Percentage of Male Respondents</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
51%		69%	-

<b>Does your health stop you accessing employment</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
24%		45%	-

<b>Percentage of Female Respondents</b>			
<i>Middlesbrough</i>		<i>North East</i>	<i>National</i>
42%		30%	-

## Age breakdown of respondents



Middlesbrough respondents when asked where they were currently staying reported fewer amounts of people staying in the main three reported in the regional audit;

- Hostel
- Rough Sleeping
- Supported Accommodation

It needs to be noted though that 30% of respondents stated other for where they were currently staying; this was largely noted to be a women's refuge. 7% of respondents didn't not

state Male or Female leading to in balanced response for this question.

When looking at the additional comments people could leave, being able to access regular meals was a particular focus from many, including food banks.

Most survey returns were provided by the following organisations;

- Harbour Women's Refuge
- Rainham Houses
- Stages Academy

