



Suicide and Self-harm

Resource Pack

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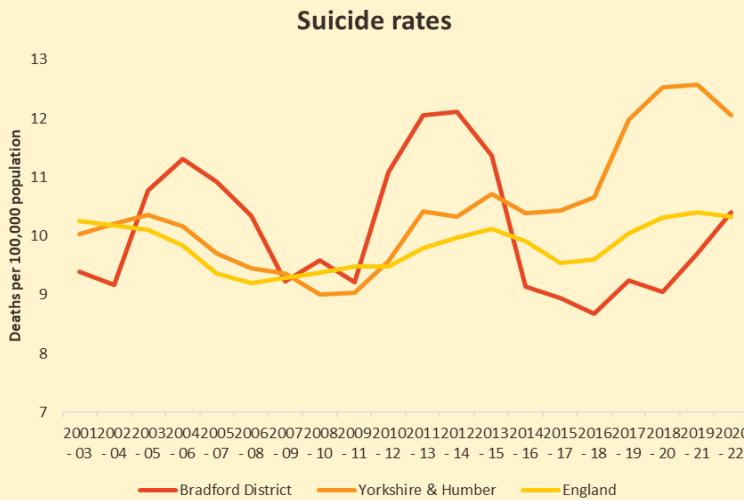
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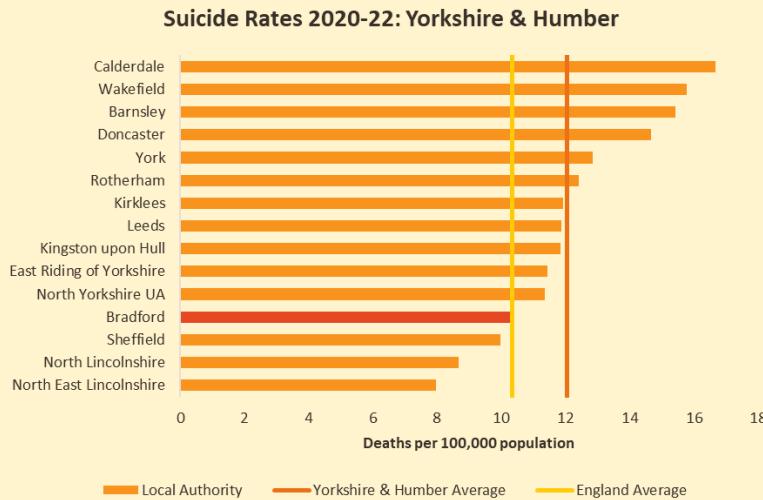
What does the data tell us?

- Bradford District has the **4th lowest** suicide rate in Yorkshire & Humber and the **lowest** in West Yorkshire. However, rates are **increasing**.
- In Bradford District, age groups 25-44 and 45-64 have the **highest** suicide rates, each with 11.5 deaths per 100,000 population.
- Males have higher suicide rates than females in Bradford District.
- An average of 32.4 years were lost to suicide in Bradford District in 2020-22
- Rates of self-harm in Bradford District are **lower** than the average for England
- Females in Bradford District have higher admission rates for self-harm than males in the District.
- Bradford District has **significantly higher** levels of unemployment than the national average.
- Bradford District has the **3rd highest** rate of children in care of 14 Local Authorities in Yorkshire & Humber and is **significantly higher** than the national average.

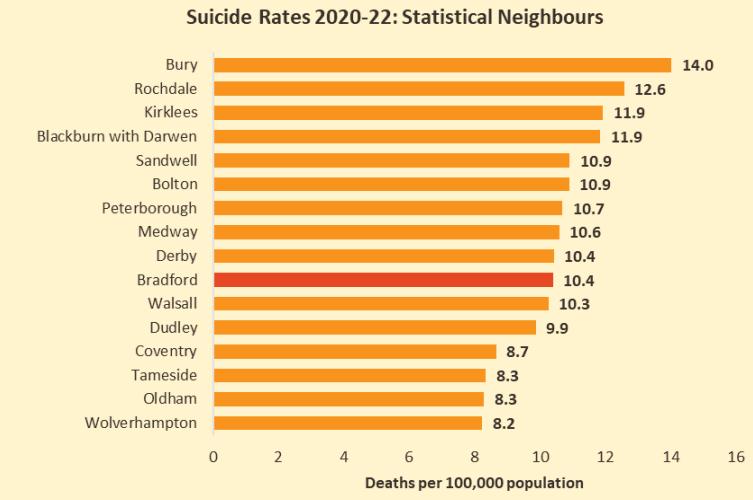
Suicide Rates



Suicide rates in Bradford District have fluctuated over the past 20 years, with the highest point being 2012-14 and the lowest being 2016-18. However since then, rates have **worsened** and Bradford District has seen a **sharp increase** in 2019-21 and 2020-22.

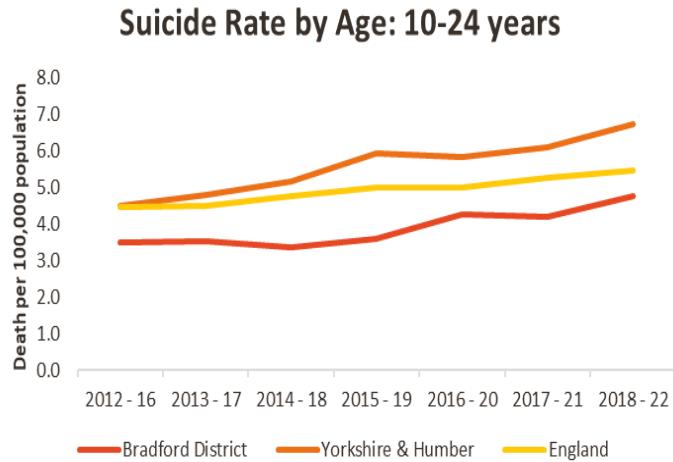


With a crude rate of 10.4 per 100,000 population, Bradford District has the **4th lowest** rate in Yorkshire & Humber and the **lowest rate** in West Yorkshire. For both Yorkshire & Humber and West Yorkshire, Calderdale has the highest rate with 16.7 per 100,000 and North East Lincolnshire has the lowest rate in Yorkshire & Humber with 8 per 100,000.



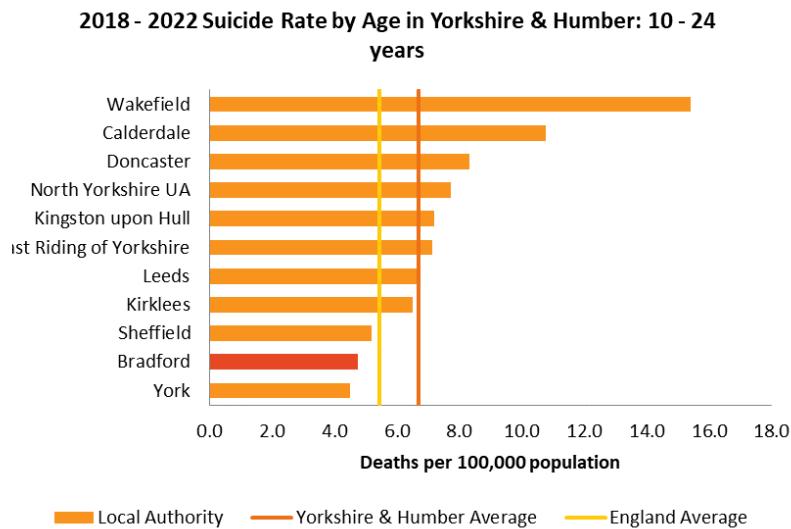
When compared with statistical neighbours, Bradford District has the **7th lowest** rate. Bury has the highest with 14 per 100,000 and Wolverhampton has the lowest with 8.2 per 100,000.

Ages 10 - 24



Bradford District's suicide rates for 10-24 year olds is **significantly lower** than the average for Yorkshire & Humber and is **lower** than the average for England, though this is not significant.

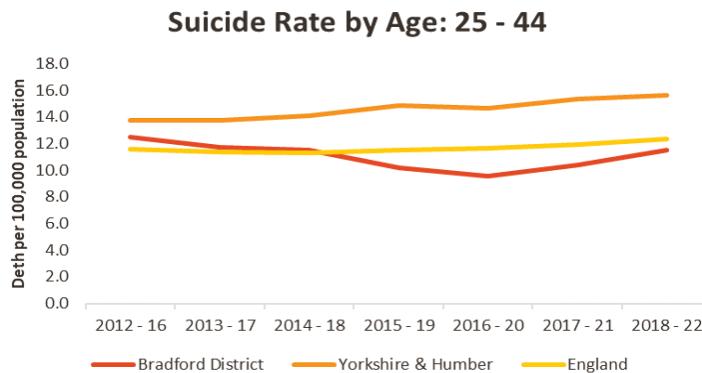
Note: There is no data on gender for this age group



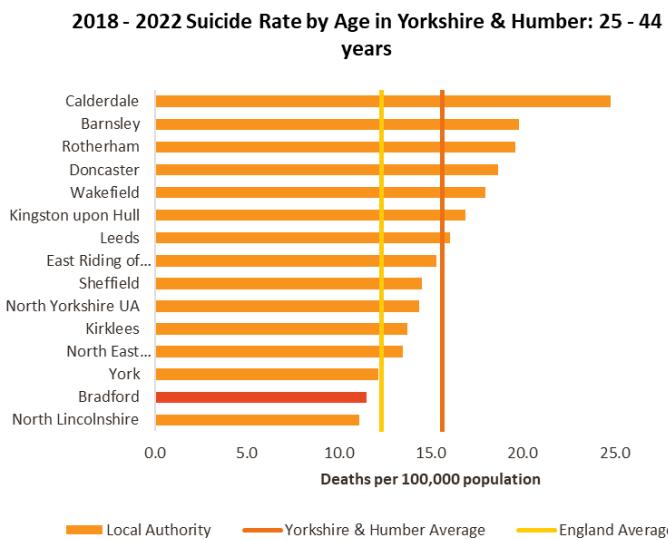
When compared to other Local Authorities in Yorkshire & Humber, Bradford District has the **2nd lowest** rate with 4.8 per 100,000 of the population of this age group. However it should be noted that four Local Authorities have no data for this group. The rate for England is 5.5 per 100,000 and the rate for Yorkshire & Humber is 6.7 per 100,000.

Suicide Rates by Age and Sex/Gender

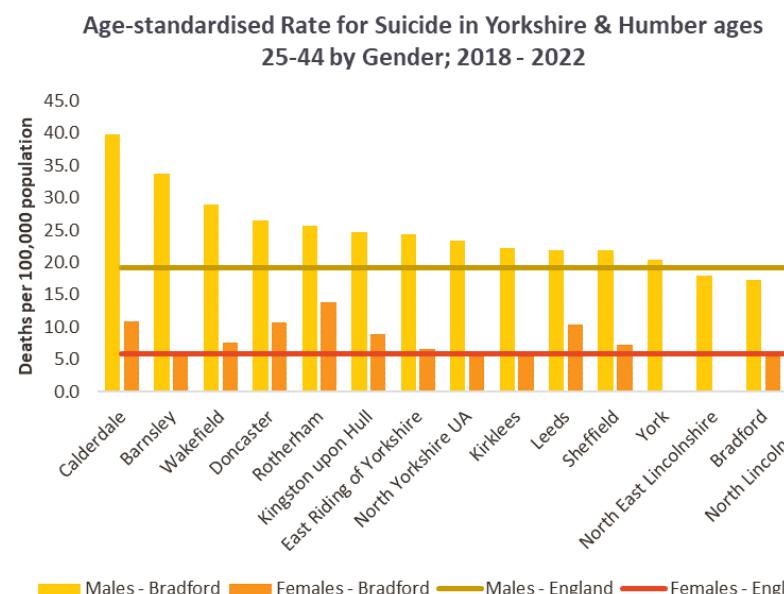
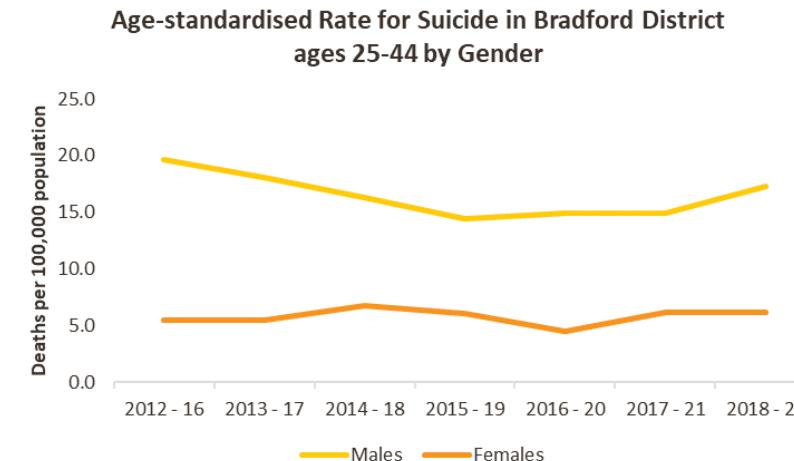
Ages 25 - 44



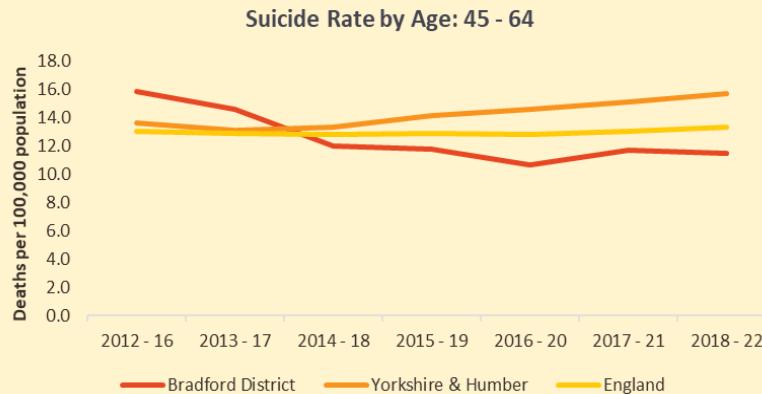
The overall suicide rate for 25-44 year olds in Bradford District has been consistently **lower** than the regional rate and is similar to the national average with a crude rate of 11.5 per 100,000 population. For this age group, Bradford District has the **2nd lowest** rate in Yorkshire & Humber.



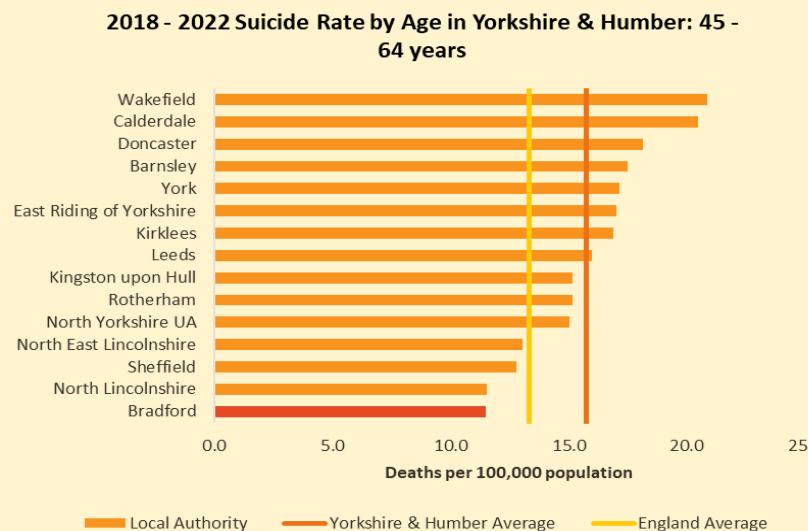
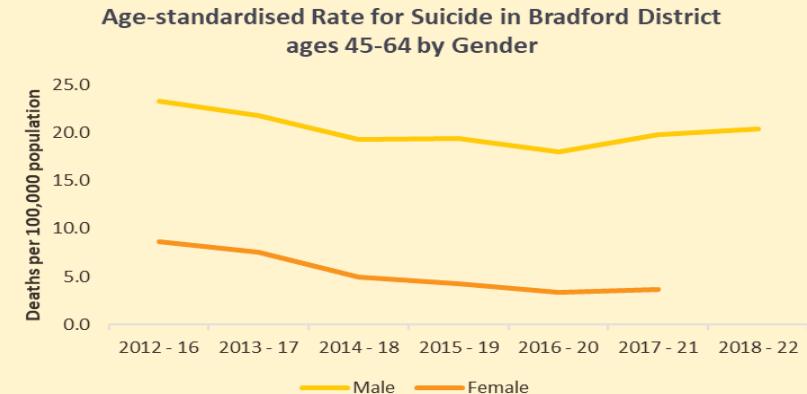
Males in Bradford District have **significantly higher** rates than females in the 25-44 age group. The latest data indicates that female rates in this group are starting to plateau, but rates for males are increasing slightly. Compared to England, both males and females have **similar** rates.



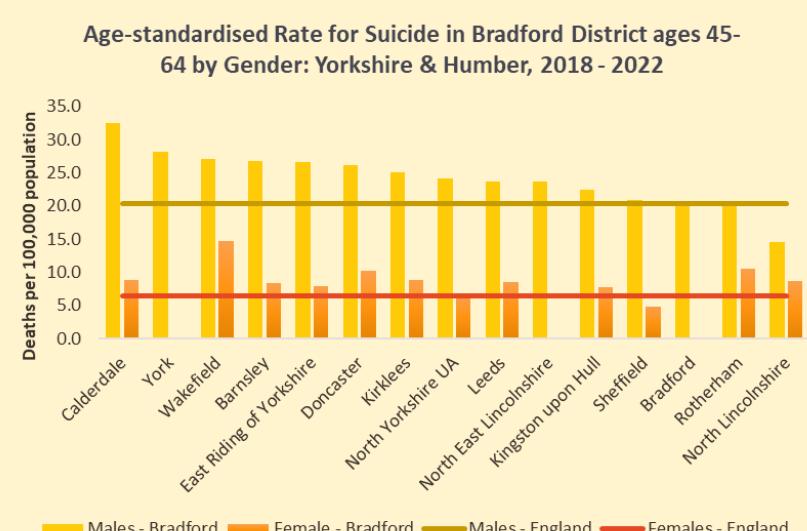
Ages 45 - 64



Over 10 years, suicide rates amongst 45-64 year olds has **reduced significantly** and is **lower** than both the regional and national averages. With a crude rate of 11.5 per 100,000 population, Bradford District has the **lowest rate** in Yorkshire & Humber for this age group.

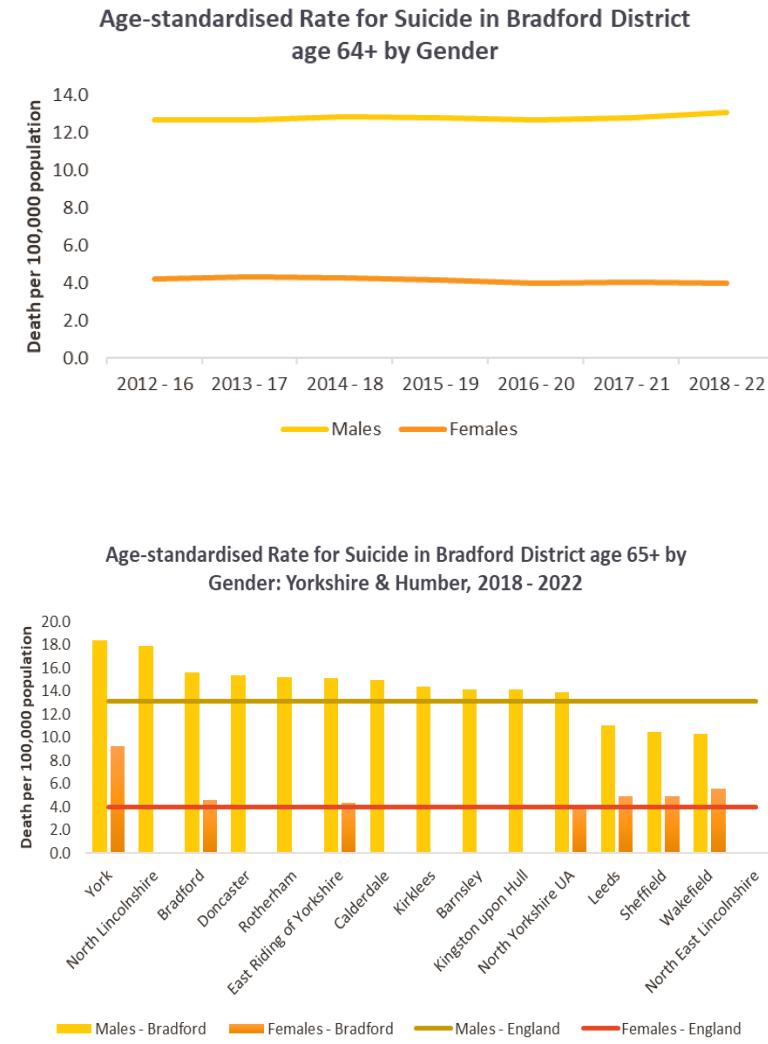
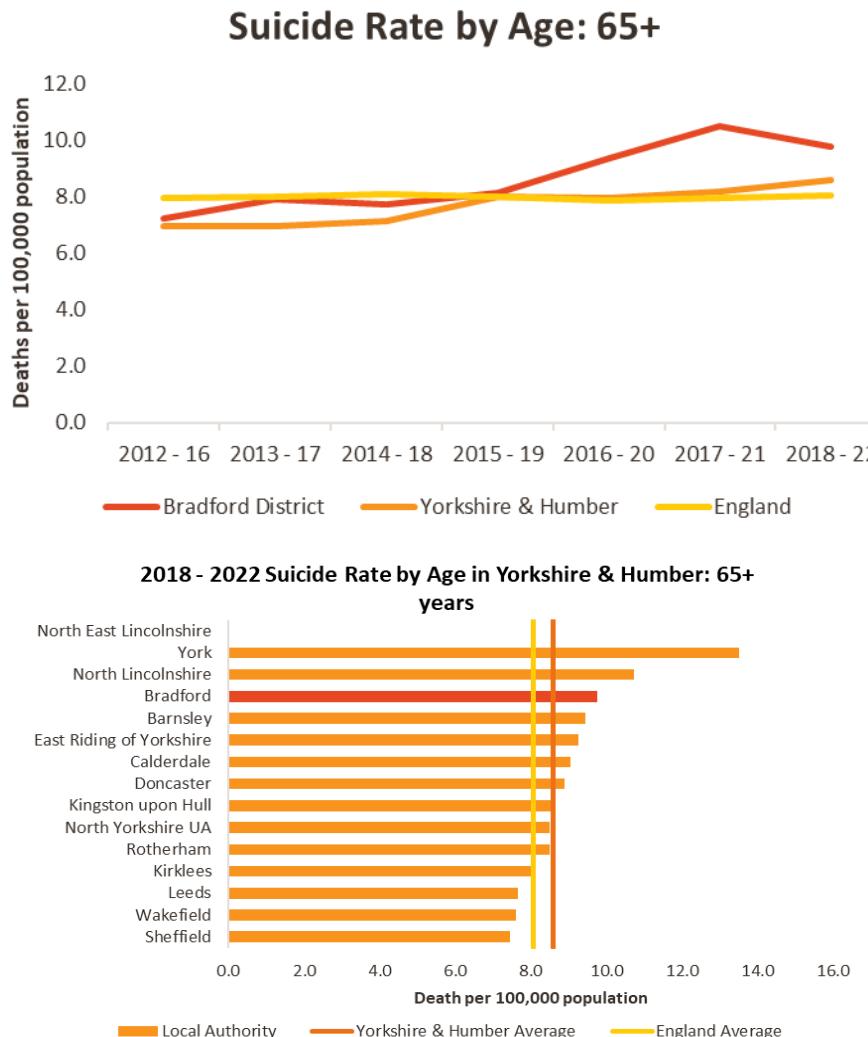


There is a **substantial difference** in rates between males and females in Bradford District for 45-64 year olds and trends indicate that rates are starting to plateau for males and there is no data for females for 2018-22. Rates for males are **similar to** the average for England and are the **3rd lowest** in Yorkshire & Humber.



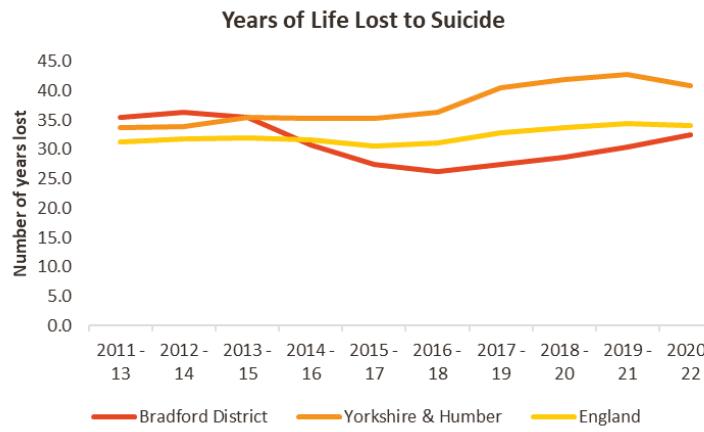
Ages 65+

In contrast to other age groups, suicide rates for those aged 65+ in Bradford District are **significantly higher** than the rates for Yorkshire & Humber and England. Rates started to increase in 2016-20 and continued to climb until 2018-22 when they declined. Bradford District has the **2nd highest** rate in Yorkshire & Humber for this age group.



As with other age groups and with overall rates, **males are significantly higher than females** and this has consistently been the case for around 10 years. Rates for both males and females are **similar to** the average for England and males have the **3rd highest** in Yorkshire & Humber and females have the **5th highest** rate for the region.

Years Lost to Suicide

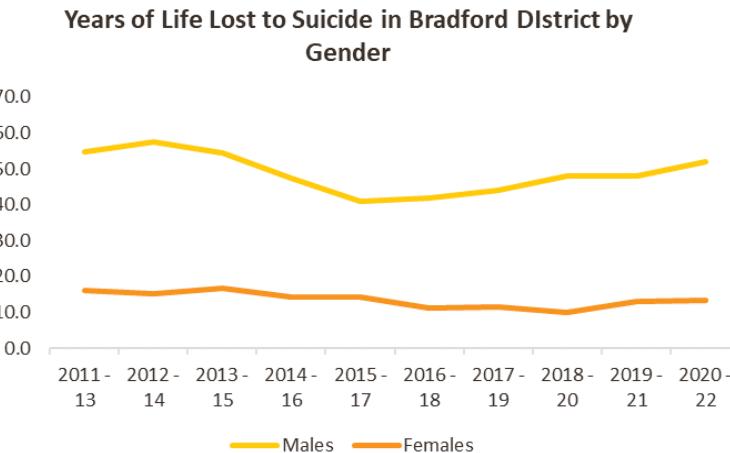
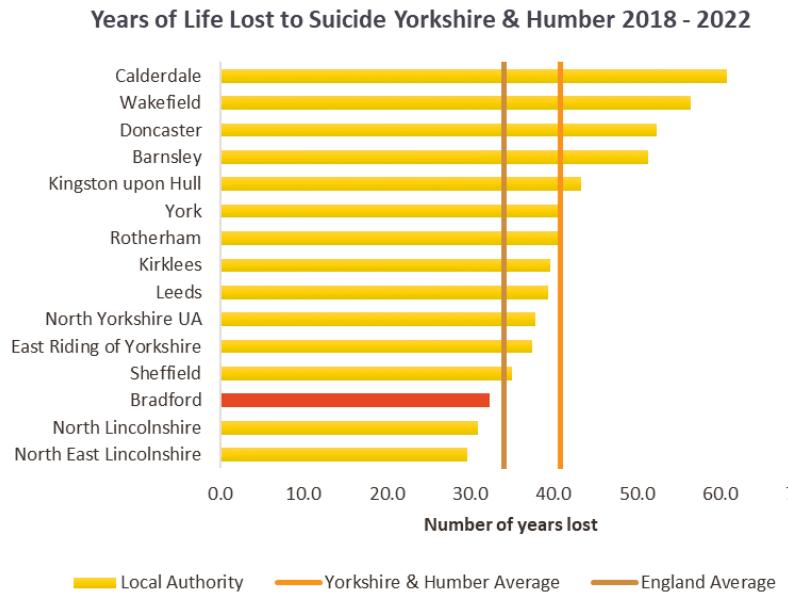


Years lost to suicide in Bradford District have decreased over time but are starting to increase. Rates are currently **similar to** the rate for England, but **significantly lower** than the rates for Yorkshire & Humber. Bradford District is the **3rd lowest** in Yorkshire & Humber for years lost to suicide with 32.4 years lost in 2020-22.

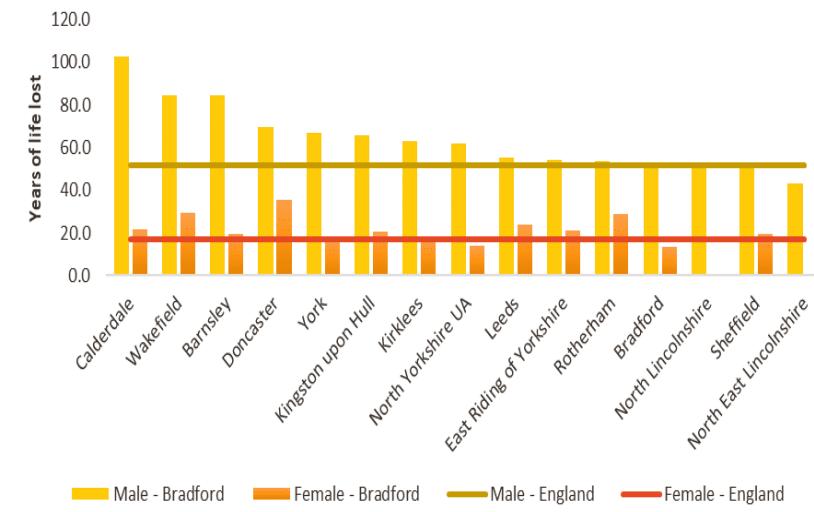
Gender

As may be expected due to other suicide data, males lose more years to suicide than females in Bradford District. The data indicates that the years are **increasing** for males and have reached a plateau for females with males losing an average of 52.1 years and women losing an average of 13.3 years.

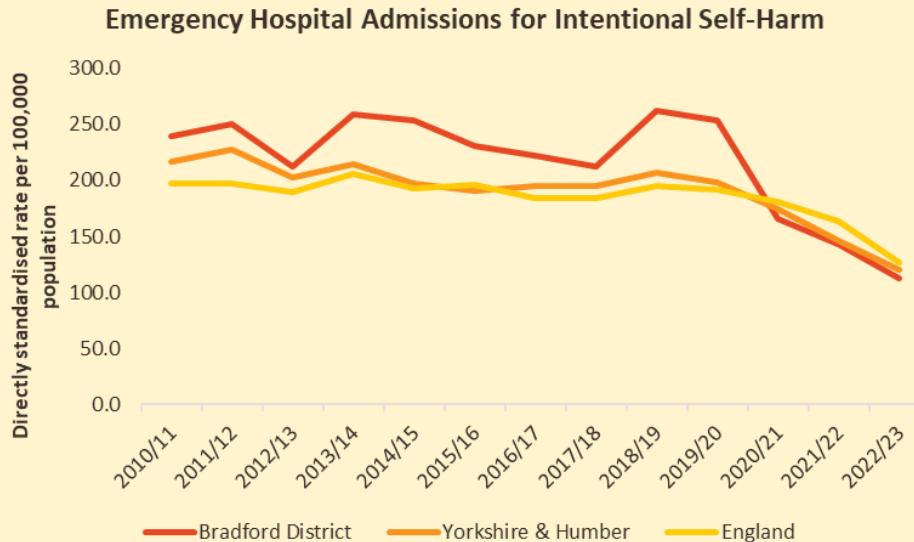
For both males and females, the number of years lost to suicide in Bradford District are **similar to** those for England.



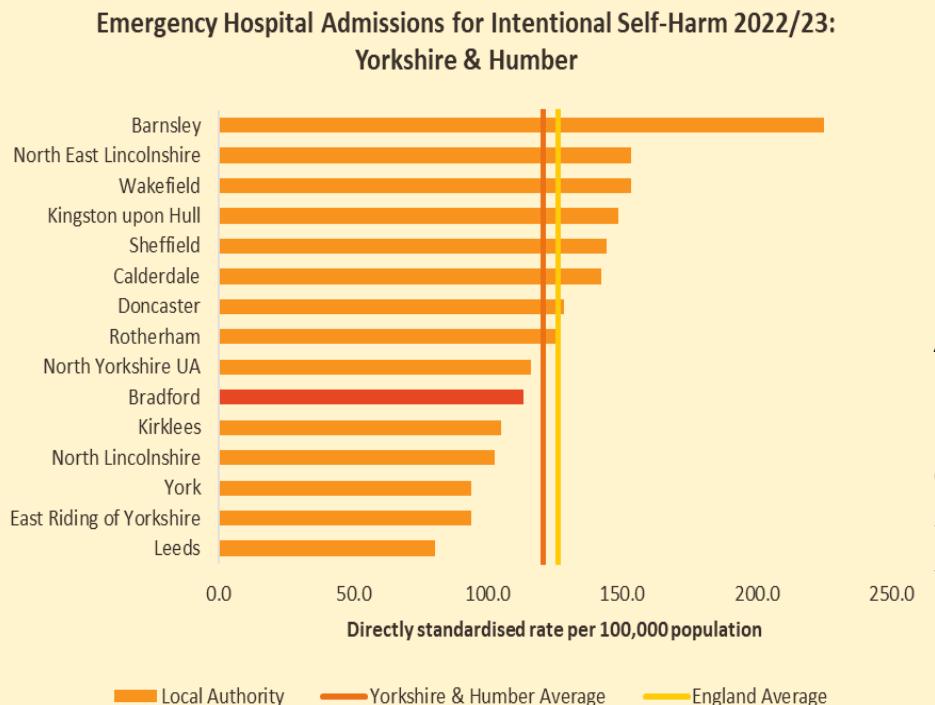
Years of Life Lost to Suicide in Yorkshire & Humber by Gender: 2018 - 2022



Emergency Admissions for Self-harm



Emergency admissions for self-harm in Bradford District have **improved considerably** after 2018-19 when rates peaked and is now **significantly better** than England.



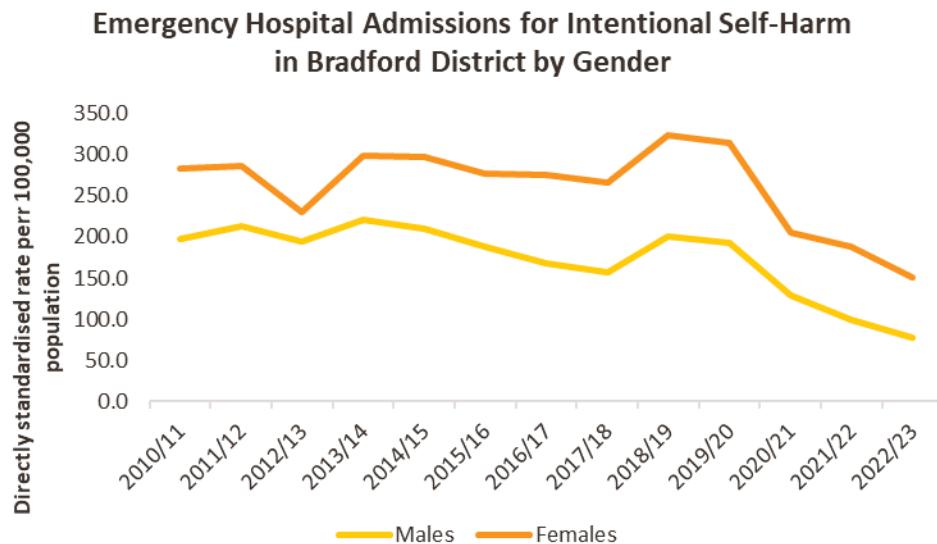
Compared to other Local Authorities in Yorkshire & Humber, Bradford District has the **6th lowest** rate for emergency admissions for self-harm with a directly standardised rate of 113.1 per 100,000 population.

Self-harm

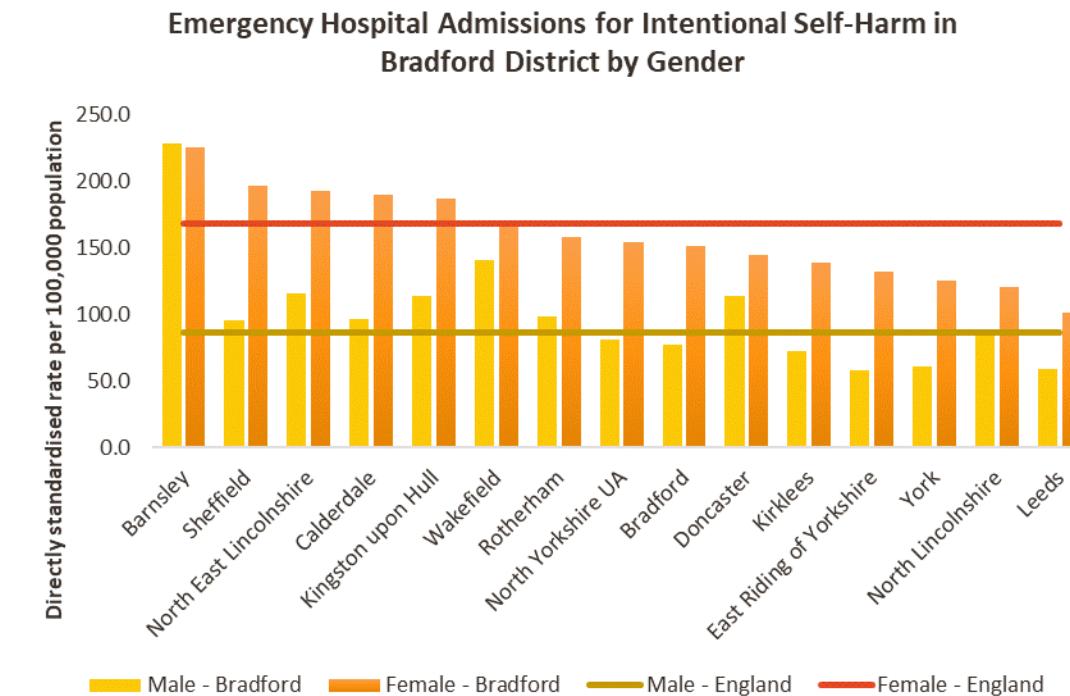


Emergency Admissions for Self-harm by Sex/Gender

In contrast to suicide rates which are largely dominated by males, **females in Bradford District have consistently had significantly higher rates than males** for emergency admission for self-harm. This is the same nationally. The data indicates that rates are **declining** for both females and males at a similar rate.

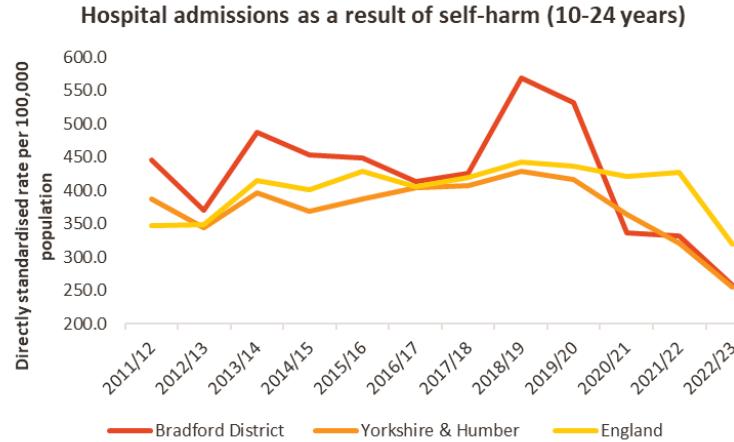


When compared to other Local Authorities in Yorkshire & Humber, females have the **7th lowest** rate with 151.3 per 100,000 and males have the **5th lowest** rates of emergency hospital admissions for self-harm with 77 per 100,000.



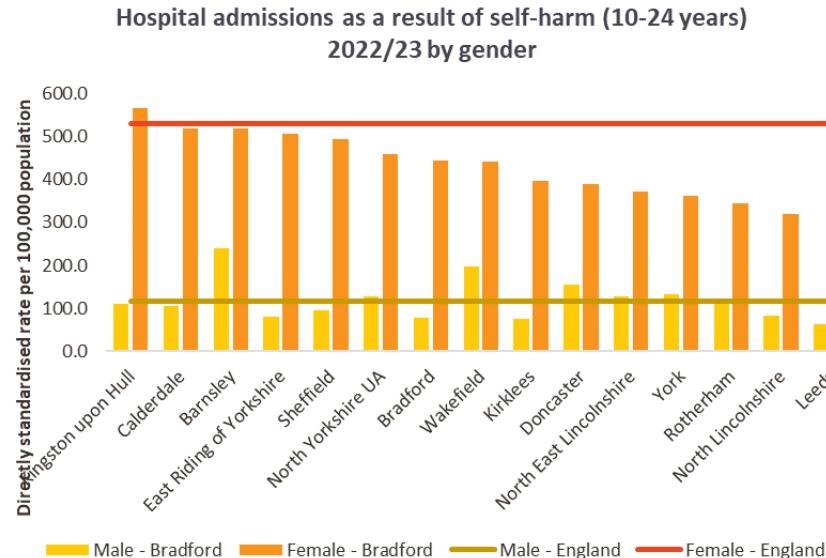


Hospital admissions as a result of self-harm: 10-24 Year Olds



Following a peak in 2018-19, rates of emergency admissions for self-harm among 10-24 year olds in Bradford District has **improved** and is now **significantly below** the England average and **similar to** the average for Yorkshire & Humber.

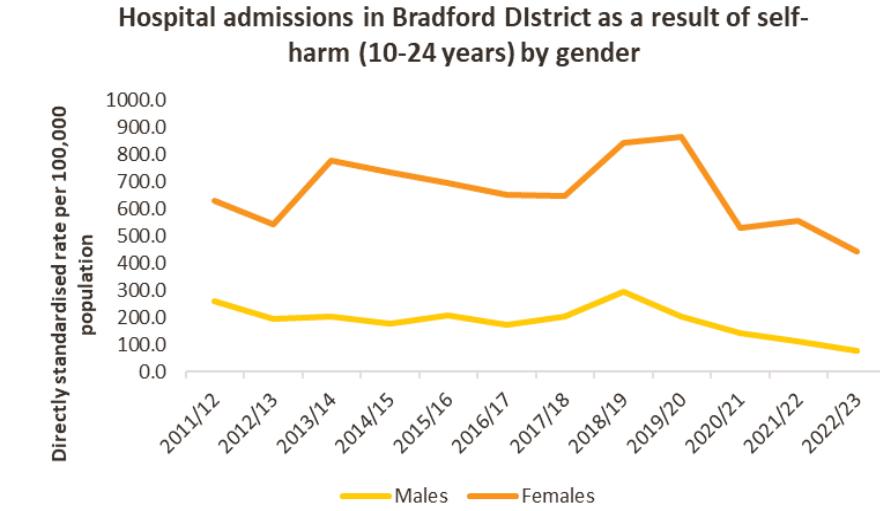
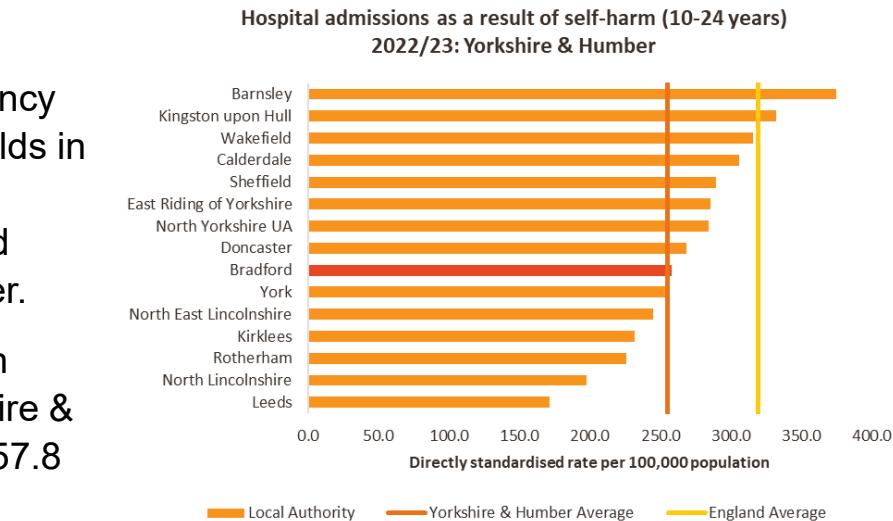
Bradford District sits in the **middle third** when compared to other Local Authorities in Yorkshire & Humber with a directly standardised rate of 257.8 per 100,000 of the population aged 10-24.



Gender

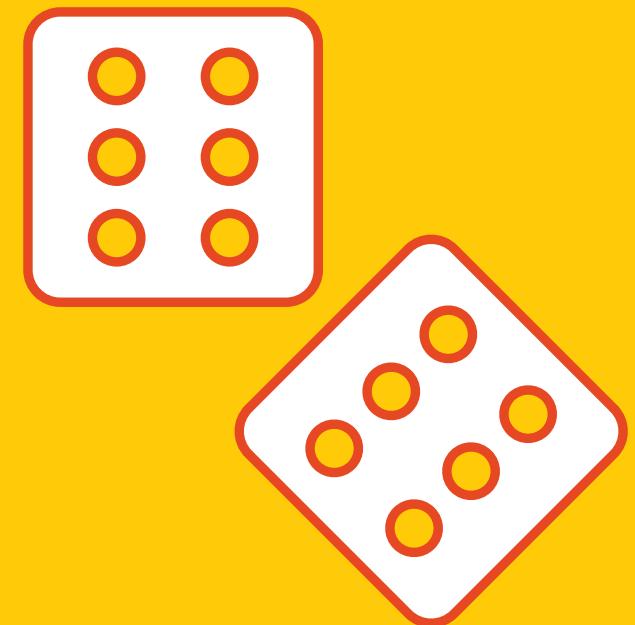
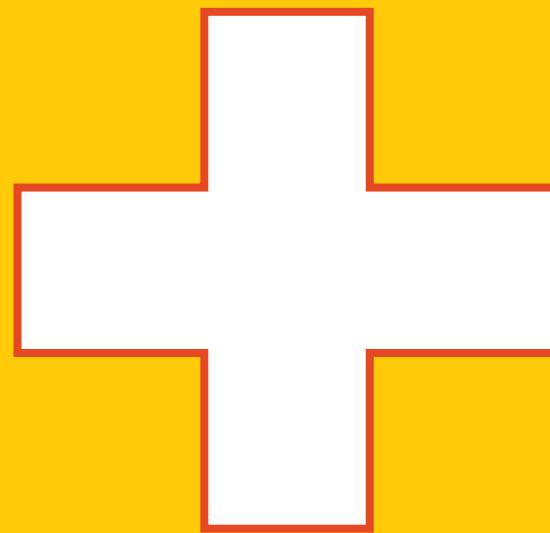
Similar to the overall rates, **females in Bradford District have higher rates of emergency admissions for self-harm than males** and this has been consistent for around 12 years.

Rates for females in Bradford District are 445.1 per 100,000 and for males are 78.2 per 100,000. For both males and females, rates are **lower** than those for England.



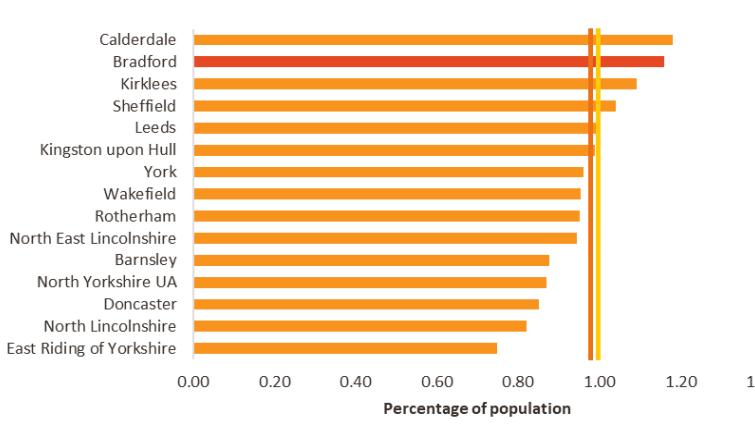
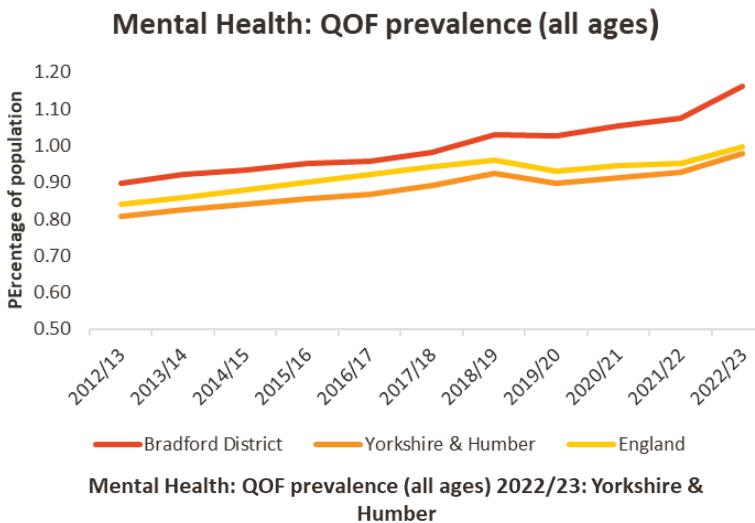


Risk Factors



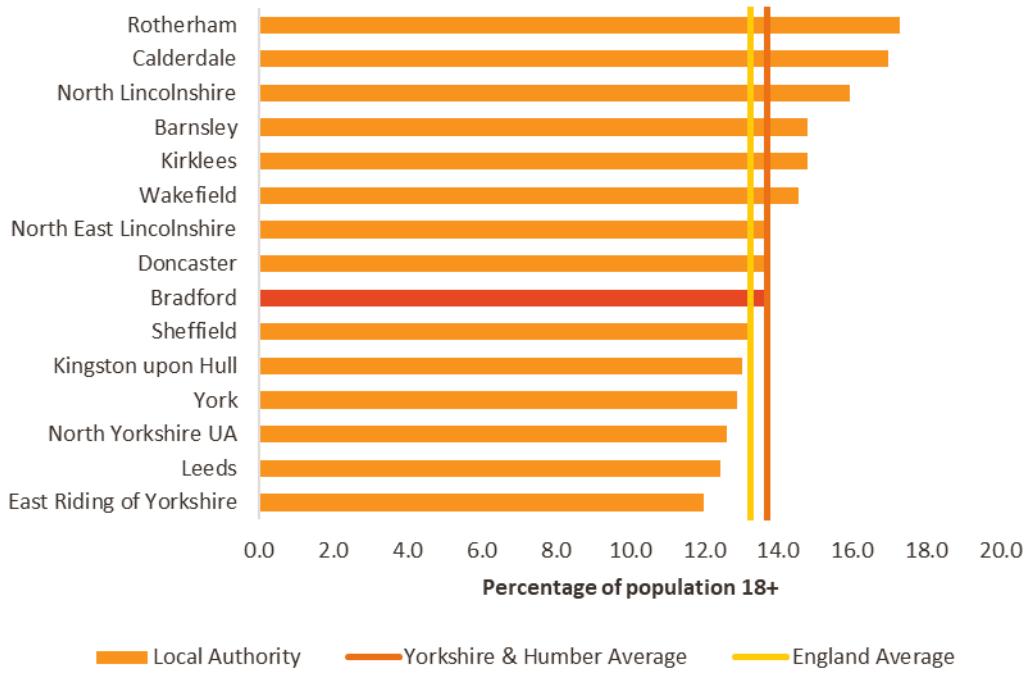
Mental Health Prevalence and Depression

The percentage of patients with schizophrenia, bipolar affective disorder and other psychoses as recorded on practice disease registers



The prevalence of people with mental health conditions in Bradford District has been **consistently higher** than the regional and national averages for around 10 years. Though this is increasing for all areas, Bradford District's prevalence is increasing at a faster rate and is the **2nd highest** in Yorkshire & Humber with 1.18% of the population experiencing psychoses.

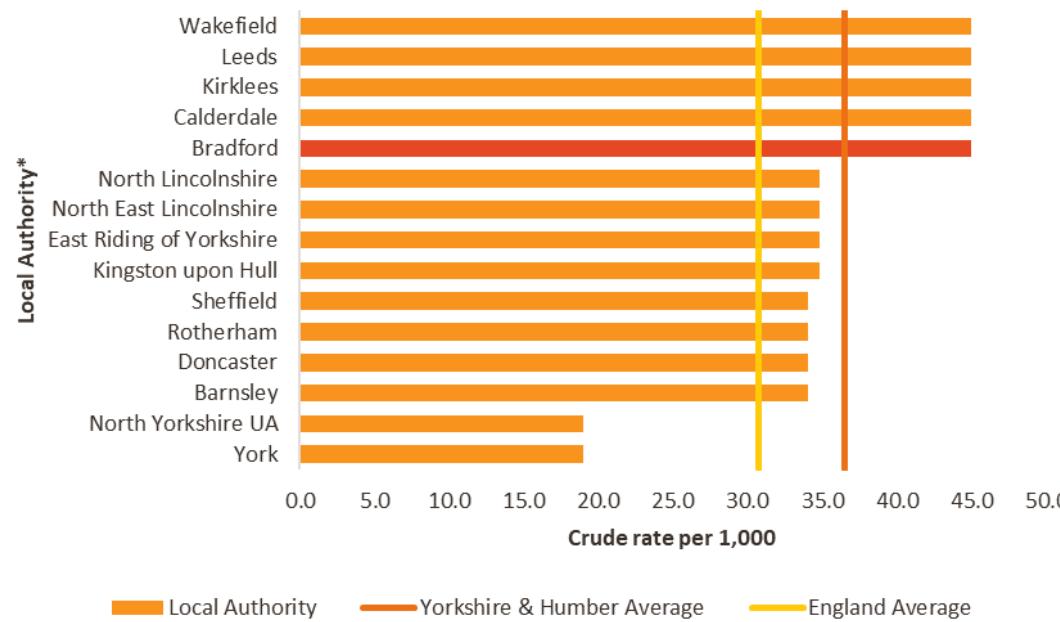
Depression: QOF prevalence (18+ yrs) 2022/23: Yorkshire & Humber



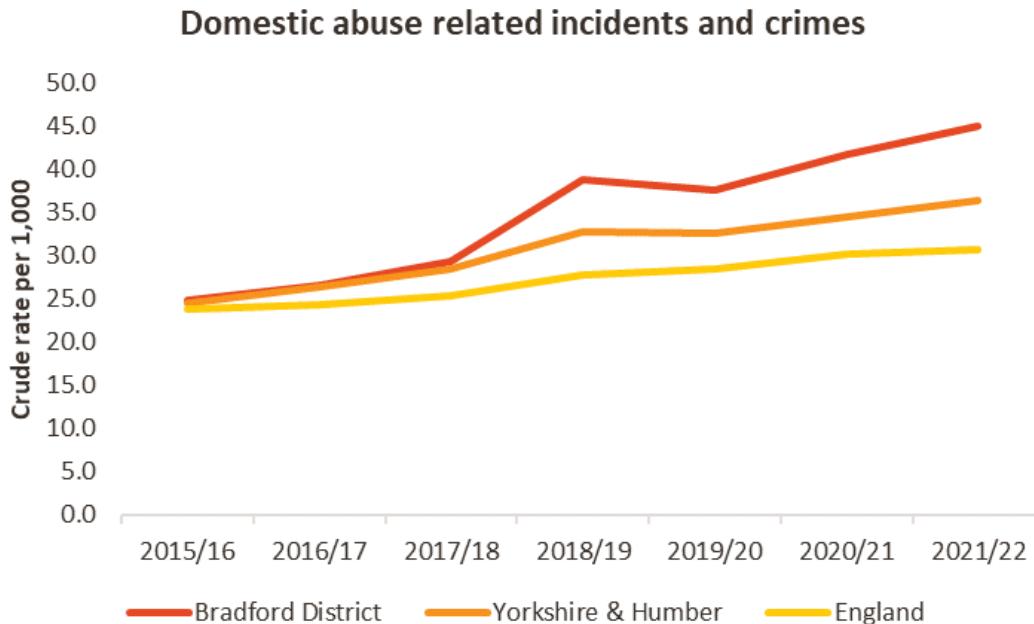
The proportion of people aged 18+ with Depression in Bradford District is **similar to** both the regional and national averages and has been this way for around 10 years. Proportions are increasing for all areas.

Domestic Abuse Related Incidents and Crime

Domestic abuse related incidents and crimes 2021/22: Yorkshire & Humber



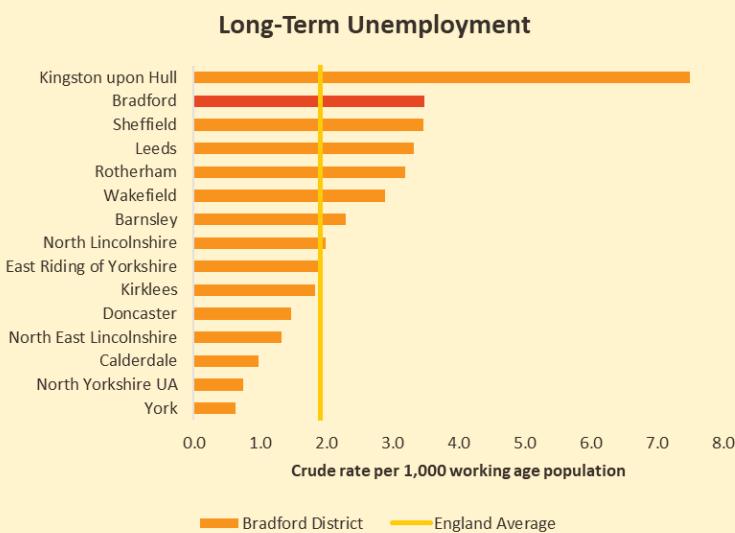
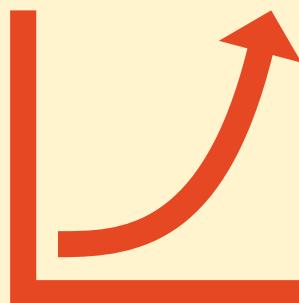
As Bradford District falls under West Yorkshire Police Force for this indicator, it has the **highest crude rate for domestic abuse** in Yorkshire & Humber alongside other Local Authorities in West Yorkshire (Leeds, Kirklees, Calderdale and Wakefield) with a crude rate of 45 per 1,000 population, which is **significantly higher** than the average for England (30.7 per 1,000) and Yorkshire & Humber (36.5 per 1,000).



In terms of trends, rates for all areas are increasing. However, Bradford District is **increasing at a slightly higher rate** than the regional and national averages.

Unemployment

There is strong evidence to suggest that work is generally good for physical and mental health and well-being, taking into account the nature and quality of work and its social context and that worklessness is associated with poorer physical and mental health (OHID)



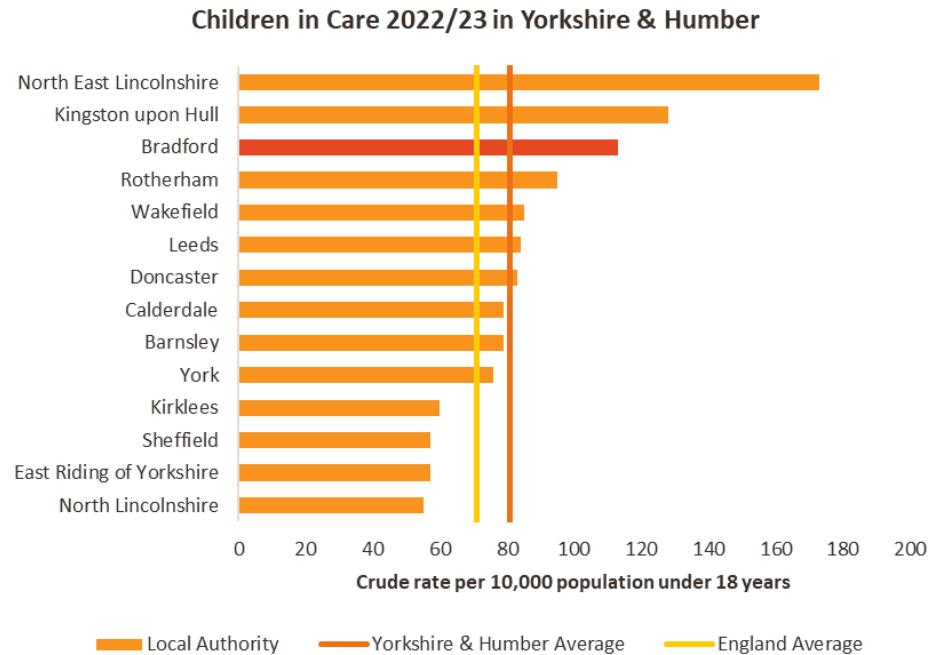
Bradford District has the **highest** proportion of unemployed people in Yorkshire & Humber with 8.2% of working age adults claiming out of work benefits in 2021/22. This is **significantly higher** than the average for England, which is currently 5%.

For long term unemployment*, Bradford District has the **2nd highest** rate in Yorkshire & Humber in 2021/22 with a crude rate of 3.5 per 1,000 working age population (16-64 years). Again, this is **significantly higher** than the national average, which is 1.9%.

*Average monthly claimants of Jobseeker's Allowance who have been claiming for more than 12 months

Children in Care

Children and young people in care are among the most socially excluded children in England. There are significant inequalities in health and social outcomes compared with all children and these contribute to poor health and social exclusion of care leavers later in life (OHID)

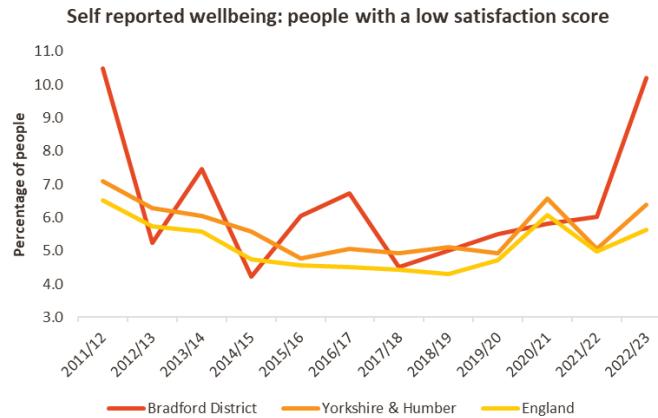


Bradford District has the **3rd highest rate** of children in care in Yorkshire & Humber with a crude rate of 113 per 10,000 children under 18. This is **significantly higher** than the rate for England (71 per 10,000 children) and Yorkshire & Humber (81 per 10,000 children).

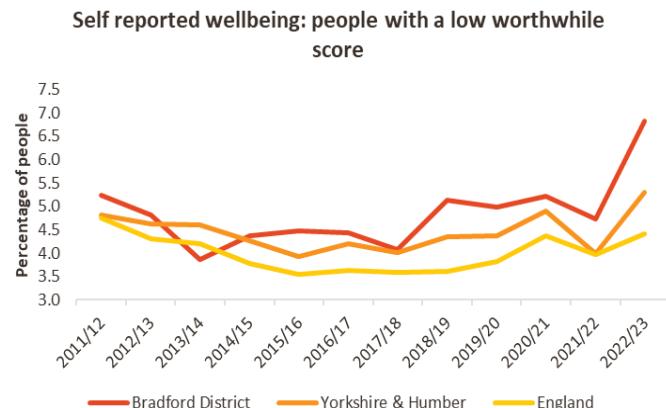


Self-reported Well-being

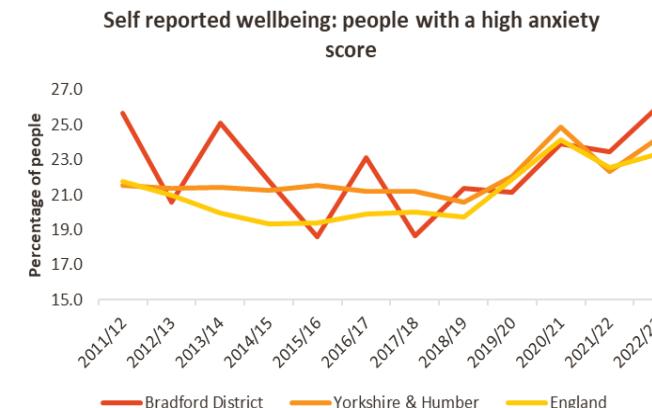
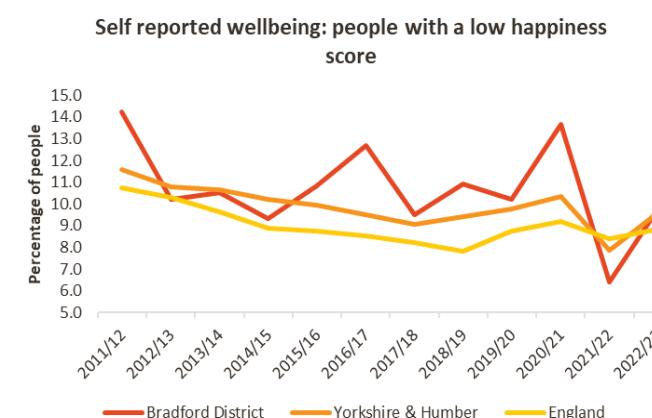
“People with higher well being have lower rates of illness, recover more quickly and for longer, and generally have better physical and mental health” (OHID).



Bradford District has a **significantly higher** proportion of people with a low satisfaction score than the regional and national averages with 10% of people stating they have a low level of satisfaction compared to England with 5.6% and Yorkshire & Humber with 6.4%.



Bradford District has a **higher** proportion of people with a self-reported low worthwhile score than the regional and national averages with 6.8% compared to England (4.4%) and Yorkshire & Humber (5.3%).



Bradford District has a **higher** proportion of people with a self-reported low worthwhile score than the regional and national averages with 6.8% compared to England (4.4%) and Yorkshire & Humber (5.3%).

With 26.1%, Bradford District has a **slightly higher** proportion of people stating that they have high anxiety than the regional and national averages, however this is not significantly different. The proportion for England is 23.3% and Yorkshire & Humber's is 24.2%.