

**Equality Impact Assessment**

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| **Project Name:** The effects of long term physical health conditions on mental health.**Project Description:** We will investigate how people who have long term physical health conditions feel their mental health has been impacted. If people have accessed mental health support, we will ask them what was good about that support and what could be improved. For people who haven’t accessed mental health support, we will identify reasons why this is and what support they think would help them. **Project Justification:** A project with a mental health focus was decided upon by the Prioritisation Panel in January 2023. We chose this specific topic due to service-user feedback, existing research showing worse mental health outcomes for people with long tern physical health conditions, and stakeholder work priorities.**Assessor:** **Date of Assessment:** 12/08/24 |
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| Undertaking an equality impact assessment helps us understand how the project issue is experienced by different groups of people. Firstly, ensuring we give people who find it hardest to be heard an opportunity to influence the design and delivery of health and care services and secondly so we can ensure the recommendations made do not discriminate against anyone and focus on improving outcomes for those who have the biggest health need. |

1. General Population

A statistical breakdown of the protected characteristic populations in Bristol.

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| **Characteristic** | **Bristol Population 2021**  | **Project Participants** |
| Female | 50.36% | 76.74% |
| Male  | 49.64% | 17.44% |
| Disabled | 17.18% | N/A |
| Non-disabled  | 82.82% | N/A |
| Bisexual | 3.08% | 4.65% |
| Gay Man |  | 1.16% |
| Gay Woman/Lesbian  |  | 0% |
| Heterosexual  | 85.46% | 80.23% |
| Other  | 0.78% | 4.65% |
| Under 49 |  | 31.39% |
| 50 to 64 |  | 37.20% |
| Over 65 | 12.86% | 29.07% |
| White British | 71.63% | 84.88% |
| Ethnic Minority | 28.4% | 3.49% |
| Transgender Yes | 0.23% | 2.32% |
| Transgender No | 92.45% | 94.18% |
| Buddhist  | 0.57% | 0% |
| Christian  | 32.2% | 43.02% |
| Hindu | 0.75% | 0% |
| Jewish  | 0.26% | 0% |
| Muslim | 6.73% | 1.16% |
| Sikh | 0.48% | 0% |
| Any other religion  | 0.75% | 0% |
| No Religion  | 51.4% | 45.35% |
| Not Stated | 6.86% | 5.81% |

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| **Characteristic:** *Nine as per The Equality Act[[1]](#footnote-2) plus three extras Healthwatch BNSSG frequently encounter*  | **Literature review:** *is there existing or ongoing research related to this characteristic and your project topic?* | **Methodology:** d*oes the projects method of engagement need to be adjusted based on characteristics?* | **Outcome:** *does the projects outcomes/recommendations need to consider characteristics?*  |
| Yes, or No? | What adaptations would you need to make? | Yes, or No? | How will you do this? |
| **Age***A person belonging to a particular age (for example 32-year-olds) or range of ages (for example 18- to 30-year-olds).* | Long term physical health conditions are more common in people over 60. [Study](https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/long-term-physical-conditions-and-mental-health#:~:text=More%20than%2015%20million%20people,but%20anyone%20can%20be%20affected.)Younger adult’s mental health is influenced by changes in identity caused by a long term health condition. [Study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6803559/)Chronic pain increases the likelihood of mental health service use among older adults. [Study](https://www.sciencedirect.com/science/article/abs/pii/S1064748112603662) | Yes | Focusing on adults for this project so we will only recruit adult participants (18 years old and over). | Yes | Relate to adult services only. |
| **Disability***A person has a disability if they have a physical or mental impairment which has a substantial and long-term adverse effect on that person's ability to conduct normal day-to-day activities.* | ‘People with a learning disability have worse health than people without a learning disability and are more likely to experience a number of health conditions.’ [Study](https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/health/health-inequalities) | Yes | Project is taking place online and making paper versions of the survey available.Also offering easy read option for the survey. | No | Efforts made to ensure project outreach included all demographics |
| **Gender Reassignment** *The process of transitioning from one sex to another.* | After adjustment for age, ethnicity and deprivation, trans and non-binary adults reported higher prevalence for 10 out of the 15 long-term conditions. They were around three times as likely to be living with mental health difficulties. [Study](https://www.cam.ac.uk/research/news/gp-survey-reveals-health-and-healthcare-inequalities-of-trans-and-non-binary-adults) | No |  | No | Efforts made to ensure project outreach included all demographics |
| **Marriage and Civil Partnership***Marriage is a union between a man and a woman or between a same-sex couple. Same-sex couples can also have their relationships legally recognised as 'civil partnerships'. Civil partners must not be treated less favourably than married couples (except where permitted by the Equality Act).* | In many studies, married adults show better health outcomes than their non-married counterparts,1–3 and mental health is worse in unmarried versus married adults.4 | No |  | No | Efforts made to ensure project outreach included all demographics |
| **Pregnancy and Maternity***Pregnancy is the condition of being pregnant or expecting a baby. Maternity refers to the period after the birth and is linked to maternity leave in the employment context. In the non-work context, protection against maternity discrimination is for 26 weeks after giving birth, and this includes treating a woman unfavourably because she is breastfeeding.* | One in five pregnant women has multiple pre-existing long-term conditions in the UK. Studies have shown that maternal multiple long-term conditions are associated with adverse outcomes. [Study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9972454/) | No |  | No | Efforts made to ensure project outreach included all demographics |
| **Race***Refers to the protected characteristic of race. It refers to a group of people defined by their race, colour, and nationality (including citizenship) ethnic or national origins.* | Minority ethnic groups have a higher prevalence of developing long term physical health conditions. [Study](https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-022-14940-w#:~:text=Indicative%20evidence%20suggests%20that%20minoritised,than%20the%20majority%20white%20population.)Bias away from prescribing opioids for chronic pain among Black patients. [Study](https://www.sciencedirect.com/science/article/abs/pii/S0376871621001666) For high SES patients, Black (vs. White) patients were rated as being in greater distress. For low SES patients, White (vs. Black) patients were more likely to be recommended workplace accommodations. Additionally, providers were more likely to recommend opioids to Black (vs. White) and low (vs. high) SES patients. [Study](https://academic.oup.com/abm/article/54/10/771/5813655) | No |  | No | Efforts made to ensure project outreach included all demographics |
| **Religion or Belief***Religion refers to any religion, including a lack of religion. Belief refers to any religious or philosophical belief and includes a lack of belief. A belief should affect your life choices or the way you live for it to be included in the definition.* | Spirituality as hope and a positive perspective toward life was positively and moderately associated with better psychological function and coping responses of ignoring pain sensations and coping self-statements. [Study](https://academic.oup.com/painmedicine/article/21/3/448/5482550)‘The [study](https://watermark.silverchair.com/S377.pdf?token=AQECAHi208BE49Ooan9kkhW_Ercy7Dm3ZL_9Cf3qfKAc485ysgAAA2owggNmBgkqhkiG9w0BBwagggNXMIIDUwIBADCCA0wGCSqGSIb3DQEHATAeBglghkgBZQMEAS4wEQQMfoh4Ytcqgu2Fkor0AgEQgIIDHfNi9jmSKNoBIOn-DIDFpveJ0YV5fpGsR6epPzbFWekItKKjbi2ynvkiVCcvrS3ja7EmxLNQOvDdnqRkpebwzofZIyOhsp55WtciWkytghNLLdlycT2iyUjUnopr83ID5zwQQTeLN_gfJe_sWZOVXHNSqIPhvEIPfePX7UQb5R6ShKmRa5jyTya3skBubmLPbSvX--0DvwQYIcIYo25o2PxV9FM6is25839qtJrzaVRVPUX9l8NQCwDGGkAs1DyDR8ILBtrfbC0WDASq9oUmJO62UECQW5TdVtHZ2efkYHbgeUC4Ztz9Su8LrVkEThcrA-0jEOpxlaP8vOMBt0w7wHmZdWTKywu47-wNpwBcT3DJNjHfuiSMmtW-0ZAkLewJJl1xU1tvHzlIp3KaGp7IGkYS-wTdgzjvOz9M9cbz_kIp5r_Aj18uHBJPdck6o3en8ST-LMNVvz-WMpCwPZ4jSlkf9RZTEa8bC61RBoP8trH7DRla1qnfI7KvWxo-mfgXQuh6bfwuFd_0wd-uCM1XjPEYUlNGRChefR6XaLXnUIM1L9pjKqYqDi-4iBWgbusj2eb0nw4ybfR5KGfb_qV14wYb9JZaG7PrXNEjHlUPy9YslGAsU28VaOG_WPhqG-Sw8rdfi7SACaj-B84eZgvK2bbBNuEAmStt_EpwrsUgpe2JxmKkZMLSBmnVNzgcu0YHcL31K5nhAmK_3lwzlr621vmmgaEIAtt0ElK35Nb4ITR3CqepXa5hZevyiamEX5njhUunItzQhv1T7HZXOQn9jkqVsuD4oy6teMImaHOZYthNUvIC12G05bu3J-by4MY7DHySjkVHAijmnjoxyCMRCcw9fcyb3-fatbMhoMkpwbiNnLtzKfRLXGbAUWYfI7t1sfZZzA-dNZdII-01wV-JDMF6e-Y2rL3Gp_RtbRc3jUSsDGiT2OIsEpjVlnPww-lF4sHA9KfkOf_arTfCxYzXKGTqBu_OS5VxvEjMtQkZ9NPKZVcKWcbkQDQEH_UEGiuAzmYGXjt9G0w8nDfNPmNCxIaw037ru2UEyLh_nEsc) finds some evidence to support the idea that older adults withdraw from social activities such as religious involvement when faced with declining health. In contrast, levels of religious media use remain stable following the onset of one or more new chronic conditions.’ | No |  | No | Efforts made to ensure project outreach included all demographics |
| **Sex***A man or a woman.* | ‘Significant knowledge gaps exist in the evidence-base for prevention, diagnosis, and treatment of chronic diseases amongst women.’ [Study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10077654/#:~:text=Many%20common%20chronic%20conditions%20are,in%20women%20compared%20to%20men.)‘Men are more vulnerable to major life-threatening chronic diseases [...] Women suffer more from chronic disorders [...] The biological advantage of women appears to be related to their ability to bear children and the physiological systems that permit pregnancy and child bearing, whereas men's health advantage seems to be due to lower levels of role stress, role conflict, and lower societal demands’ Quoted from this [study.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10077654/#:~:text=Many%20common%20chronic%20conditions%20are,in%20women%20compared%20to%20men.) Original study [here](https://www.sciencedirect.com/science/article/abs/pii/S027795369800402X) | No |  | No | Efforts made to ensure project outreach included all demographics |
| Sexual OrientationWhether a person's sexual attraction is towards their own sex, the opposite sex or to both sexes.  | Sexual minority adults, especially bisexual adults, are at elevated risk for many long-term conditions and multimorbidity. [Study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8596314/)Gay/lesbian adults had a 4.7 percentage-point higher prevalence of cancer than bisexual adults, and a 5.6 percentage-point higher prevalence of arthritis and a 2.9 percentage point higher prevalence of hepatitis than straight adults. [Study](https://www.cdc.gov/pcd/issues/2015/15_0292.htm#:~:text=Gay%2Flesbian%20adults%20had%20a,of%20hepatitis%20than%20straight%20adults.) | No |  | No | Efforts made to ensure project outreach included all demographics |
| **Carer***A carer is anyone, including children and adults, who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.* | A Carers UK report ([2019a](http://www.carersuk.org/images/News__campaigns/CUK_State_of_Caring_2019_Report.pdf)) found two thirds of carers focussed on the care needs of the person they care for, rather than their own needs. | No |  | No | Efforts made to ensure project outreach included all demographics |
| **Socio-economic Deprivation***This covers seven different domains of deprivation: Income Deprivation, Employment Deprivation, Education, Skills and Training Deprivation, Health Deprivation and Disability, Crime, Barriers to Housing and Services, Living Environment Deprivation* | Long term conditions are more common in deprived groups of people. [Study](https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/long-term-physical-conditions-and-mental-health#:~:text=More%20than%2015%20million%20people,but%20anyone%20can%20be%20affected.)This has been found by multiple studies. [Literature review](https://onlinelibrary.wiley.com/doi/full/10.1111/1753-6405.12762) | No |  | No | Efforts made to ensure project outreach included all demographics |
| **Long Term Health Condition** *These are conditions for which there is currently no cure, and which are managed with drugs and other treatment, for example: diabetes, chronic obstructive pulmonary disease, arthritis, and hypertension.* | Research consistently suggests that people who have LTCs have a higher prevalence of experiencing common mental health disorders, such as anxiety and depression, compared to people without LTCs. [Study](https://link.springer.com/article/10.1007/s00127-014-0847-7#Sec1) | Yes | Only recruiting participants who have one or more long term physical health conditions. | Yes | Recommendations will be made about services related to and the care for people with long term health conditions. |

This guide may be helpful in terms of understanding the Equality Act and the three elements of the Public Sector Equality duty, our duties as providers of public functions and how this applies to each of the protected characteristics: [Equality and Human Rights Commission Guide](https://dev.equalityhumanrights.com/sites/default/files/what_equality_law_means_for_your_vol_or_community_sector_organisation.pdf)

1. <https://www.equalityhumanrights.com/en/equality-act/protected-characteristics> [↑](#footnote-ref-2)