Mental wellbeing and mental health care in Europe

After Helsinki

Berlin 2007

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WHO Europe
The Mental Health Declaration for Europe and the Mental Health Action Plan for Europe

Signed and endorsed on behalf of ministers of health of the 53 Member States in the European Region at the WHO European Ministerial Conference on Mental Health, in Helsinki in January 2005.

Twelve key areas of action

1. Promoting mental well-being for all
2. Demonstrating the centrality of mental health
3. Tackling stigma and discrimination
4. Promoting activities sensitive to vulnerable life stages
5. Preventing mental health problems and suicide
6. Ensuring access to good primary care for mental health
7. Offering effective care in community-based services
8. Establishing partnerships across sectors
9. Creating a sufficient and competent workforce
10. Establishing good mental health information
11. Providing fair and adequate funding
12. Evaluating effectiveness and generate new evidence
European Commission
Green Paper on Mental Health

Green Paper
Improving the mental health of the population: Towards a strategy on mental health for the European Union

EC green paper:

1. Promoting mental health and prevent mental disorders

2. Social inclusion of mentally ill or disabled people and protecting their rights and dignity

3. Improving information and knowledge on mental health in the EU
Council of Europe: European Reference Tool

- “Essential Basket” of the human/patients’ rights, ethics and social cohesion components in national mental health policies
- Develop principles of equity, access, non-discrimination, safety and citizens’ participation in European models of health care systems, but at risk because of economic imperatives

DALYs for Germany

<table>
<thead>
<tr>
<th>Cause</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neuropsychiatric conditions</td>
<td>26.1</td>
</tr>
<tr>
<td>Cardiovascular diseases</td>
<td>19.9</td>
</tr>
<tr>
<td>Malignant neoplasms</td>
<td>17.4</td>
</tr>
<tr>
<td>Digestive diseases</td>
<td>5.6</td>
</tr>
<tr>
<td>Respiratory diseases</td>
<td>5.4</td>
</tr>
<tr>
<td>Sense organ diseases</td>
<td>5.0</td>
</tr>
<tr>
<td>Unintentional injuries</td>
<td>4.4</td>
</tr>
</tbody>
</table>
Neuro-psychiatric conditions Europe: Years lived with disability

<table>
<thead>
<tr>
<th>Ranking</th>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Unipolar depressive disorders</td>
<td>13.7%</td>
</tr>
<tr>
<td>2nd</td>
<td>Alcohol use disorders</td>
<td>6.2%</td>
</tr>
<tr>
<td>7th</td>
<td>Alzheimer and other dementias</td>
<td>3.7%</td>
</tr>
<tr>
<td>11th</td>
<td>Schizophrenia</td>
<td>2.3%</td>
</tr>
<tr>
<td>12th</td>
<td>Bipolar disorders</td>
<td>2.2%</td>
</tr>
</tbody>
</table>

The treatment gap Western Europe

- Psychosis: 17.8%
- Bipolar disorder: 39.9%
- Major depression: 45.4%
- Panic disorder: 47.2%
- Anxiety disorder: 62.3%
- Alcohol dependence: 92.4%

Source: Kohn 2004
Mental Health Programme

Absenteeism from work due to illness, days per employee per year

Key contributors to the total burden of disease in the WHO European Region

- Global neo-liberal trade policies
- National economic growth strategies that neglect poverty-reduction strategies
- Income inequalities
- Poverty
- Work-related health hazards
- Lack of social cohesion
Social Determinants of Health

Social stratification → Exposures vulnerabilities

Differential health status

Mental Health Programme

Incident CHD by Adult Social Class and Thinness at Birth

Source: Barker et al, 2001 – From Marmot 2005

<table>
<thead>
<tr>
<th>Adult Social Class</th>
<th>Hazard ratios</th>
</tr>
</thead>
<tbody>
<tr>
<td>Higher official</td>
<td>1.0</td>
</tr>
<tr>
<td>Lower official</td>
<td>1.59</td>
</tr>
<tr>
<td>Self-employed</td>
<td>1.87</td>
</tr>
<tr>
<td>Labourer</td>
<td>2.69</td>
</tr>
</tbody>
</table>

Ponderal index at birth <26
Determinants of wellbeing

- Employment
- Marital Status
- Relative income (status)
- Ethnicity
- Gender
- Country
- Personality
A picture of the same woman – in institutional care, and after community care was provided.

Number of psychiatrists per 100000

- France
- Sweden
- United Kingdom
- Germany
- Poland
Psychiatric hospital beds per 100,000 population

- Germany
- France
- United Kingdom
- Poland
- Sweden

Mental Health Programme

Mental Health Expenditure in European Economic Area countries (% of total health expenditure)

Complementary or Integrative?

Inclusion and recovery
Interventions
Prevention
Well being

Challenges

1. Boundaries and language
2. The scope of psychiatry
3. Promotion versus mental illness services
4. Providers
5. Commissioners and Funders
6. Evidence base