



**Psykisk hälsa och  
välbefinnande för alla**

**Mental health and well-being  
for all**

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**THE FINNISH  
ASSOCIATION  
FOR MENTAL  
HEALTH**

# Mental health

- Mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

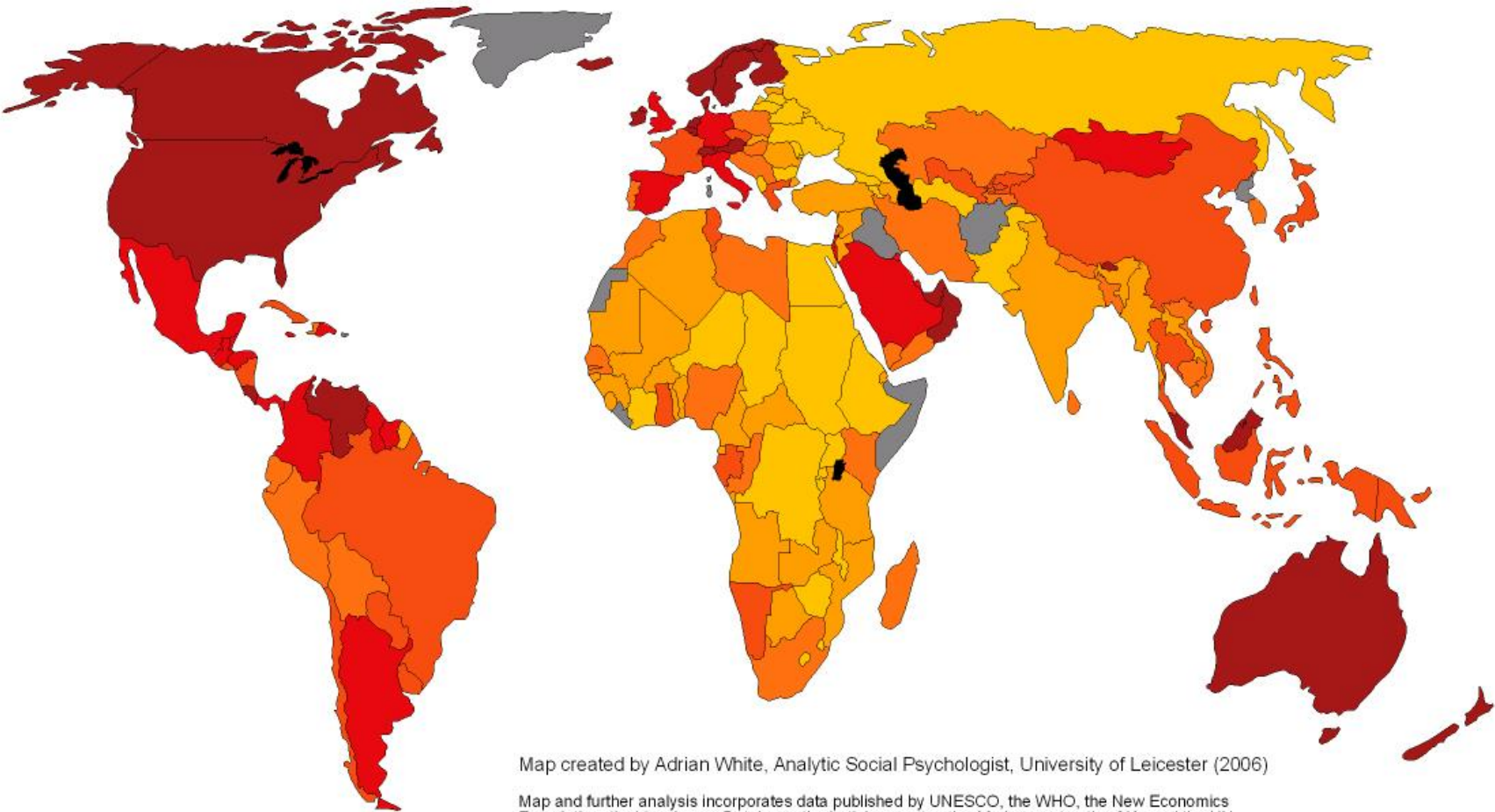
WHO 2013

Thus, mental health is not just the absence of illness, but rather conceptualized as a state of well-being.

# Mental health inequity

- Where and how we are born, grow, live, work and age determines our mental health
- Mental disorders are, generally speaking, twice as common among socio-economically disadvantaged individuals than among those close to the top of the social ladder
- Mental health follows a social gradient
  - poverty and low income
  - insecure housing
  - limited education
  - recent unemployment/loss of social status
  - high-demand or low-control work
  - child abuse or neglect
  - poor neighbourhood conditions
  - low social support/networks
  - discrimination

# A Global Projection of Subjective Well-being: The First Published Map of World Happiness



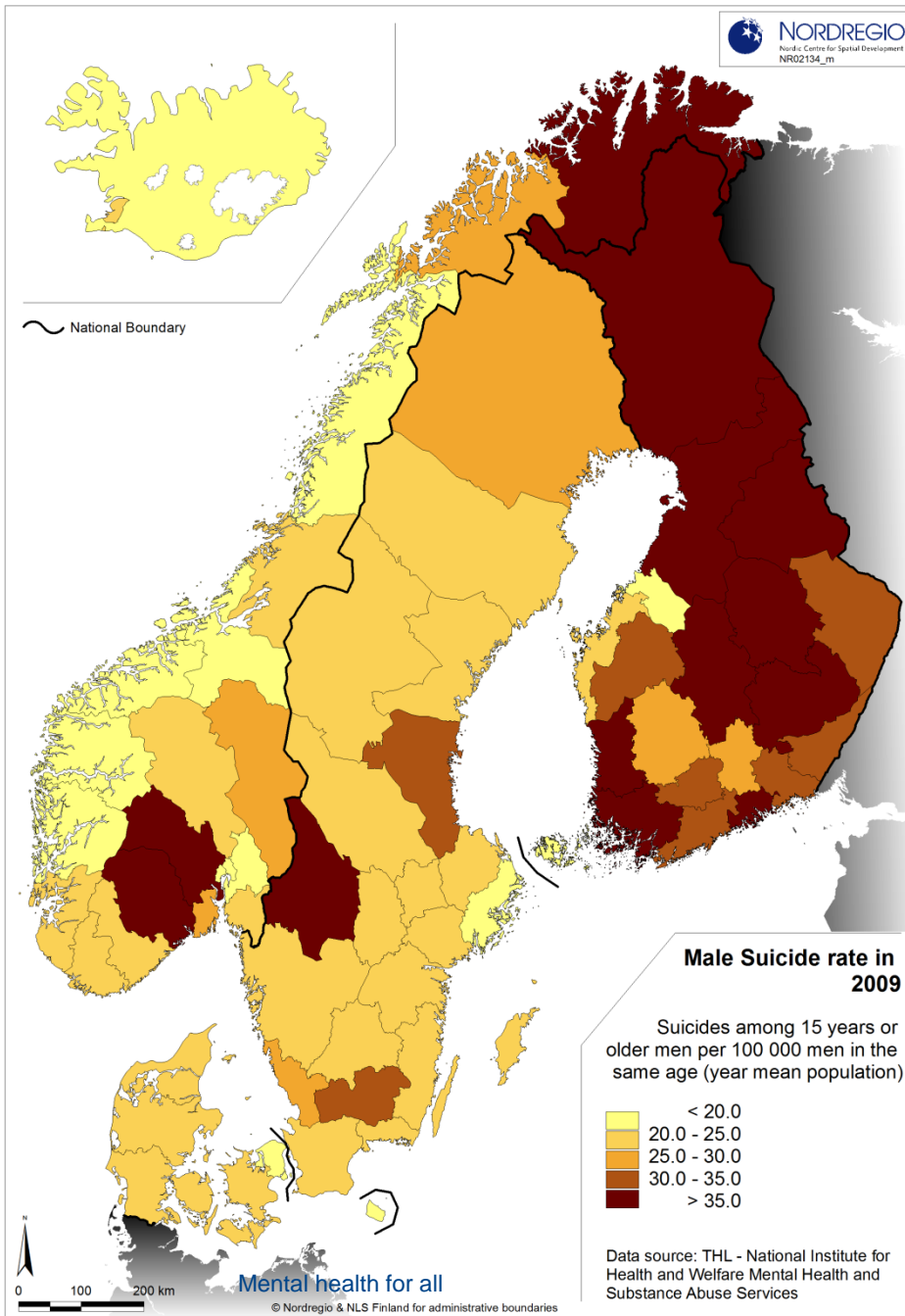
Map created by Adrian White, Analytic Social Psychologist, University of Leicester (2006)

Map and further analysis incorporates data published by UNESCO, the WHO, the New Economics Foundation, the Veenhoven Database, the Latinbarometer, the Afrobarometer, the CIA, and the UN Human Development Report.

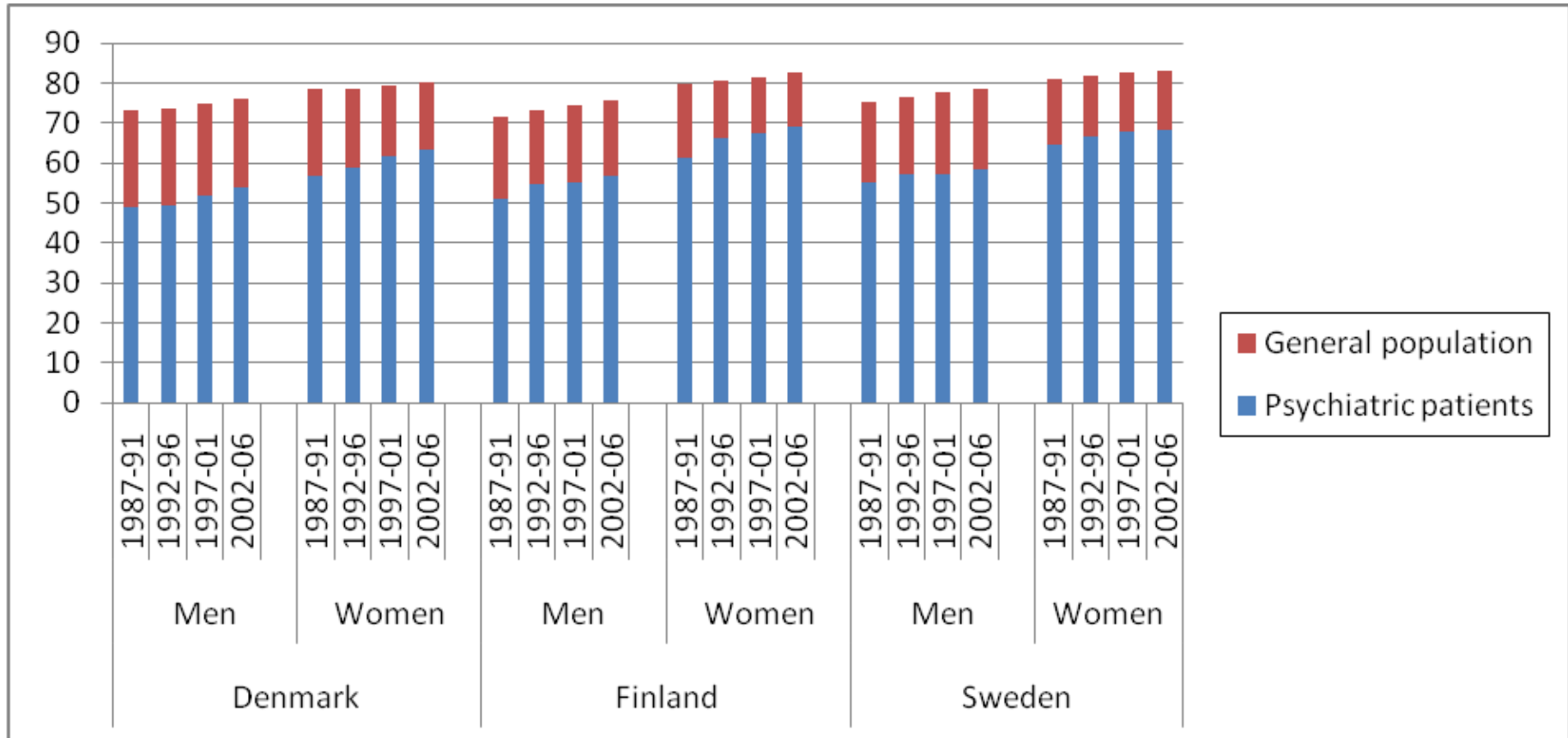


Cartographic Unit • University of Leicester

# Male suicide rate 2009

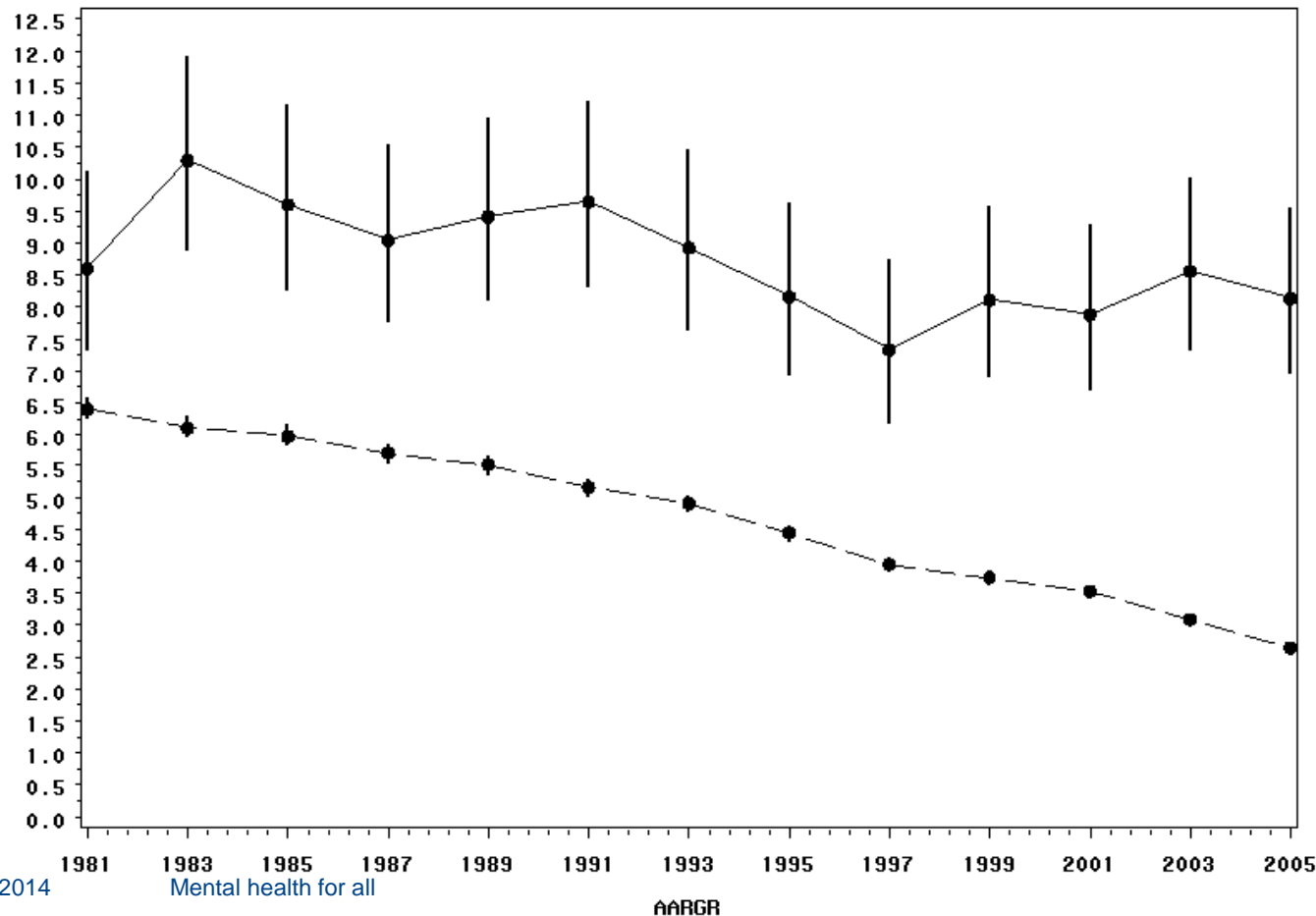


# Gap between policies and practice: Life expectancy for people with severe mental illness in the Nordic countries



Wahlbeck et al, BJP 2011

# Time change in mortality due to cardiovascular diseases, men in Denmark



Schizophrenia

General population

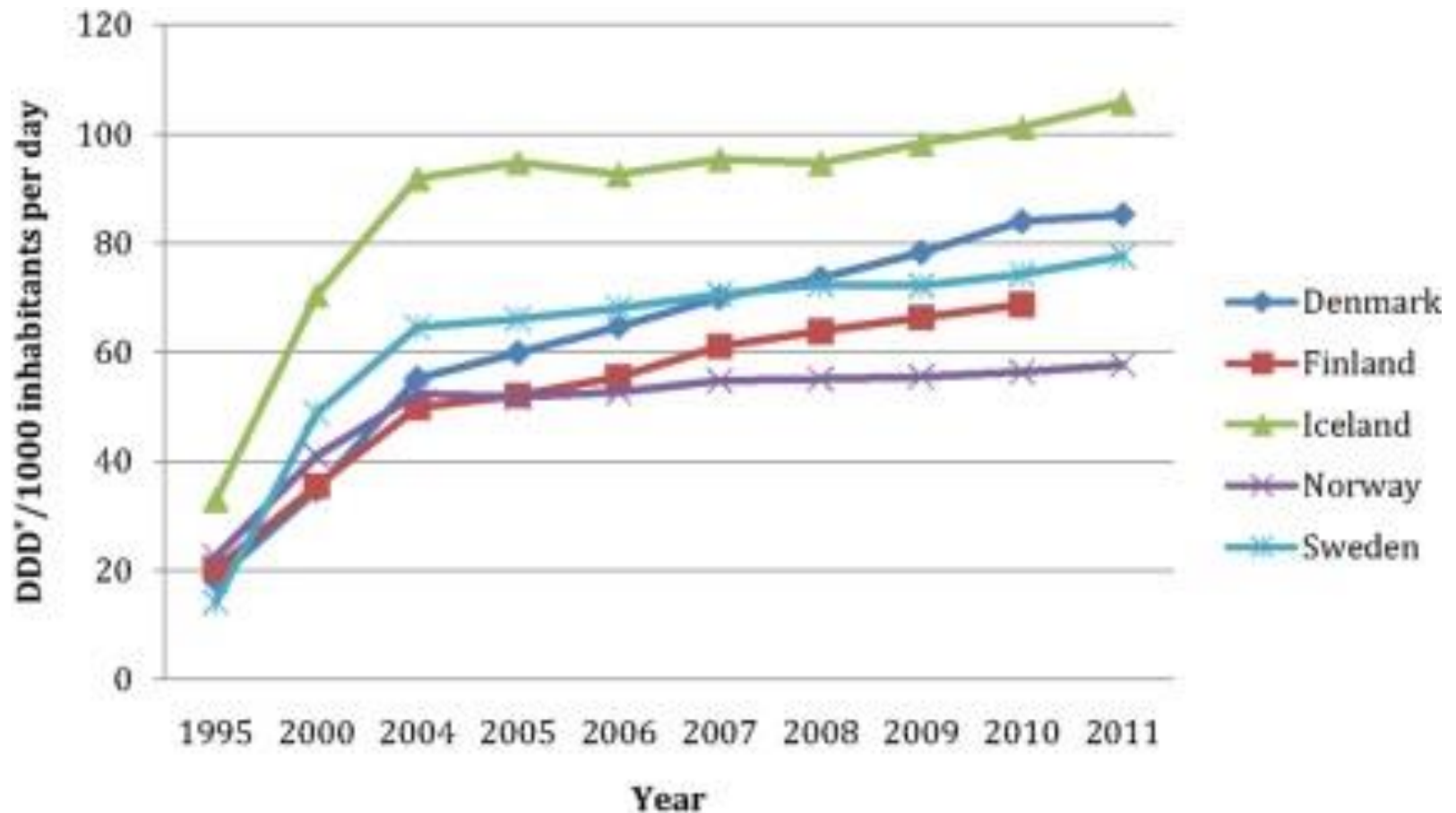
# Mental health problems: a public health challenge

- Mild-to-moderate disorders affect around 20% of the working-age population (OECD 2012)
- Mental disorders constitute 25 % of the burden of disease
- Mental disorders have a significant societal impact, contributing to unemployment, sickness absence, and lost productivity at work.
- High costs of mental illness: 4 % of GDP (OECD 2014)
- Low/decreasing level of investment in mental health

**In spite of the importance of mental health, it is commonly excluded from public health actions and not a part of the WHO NCD cluster.**



## Sales of antidepressants 1995-2011 (daily doses/1000 inhabitants/day)



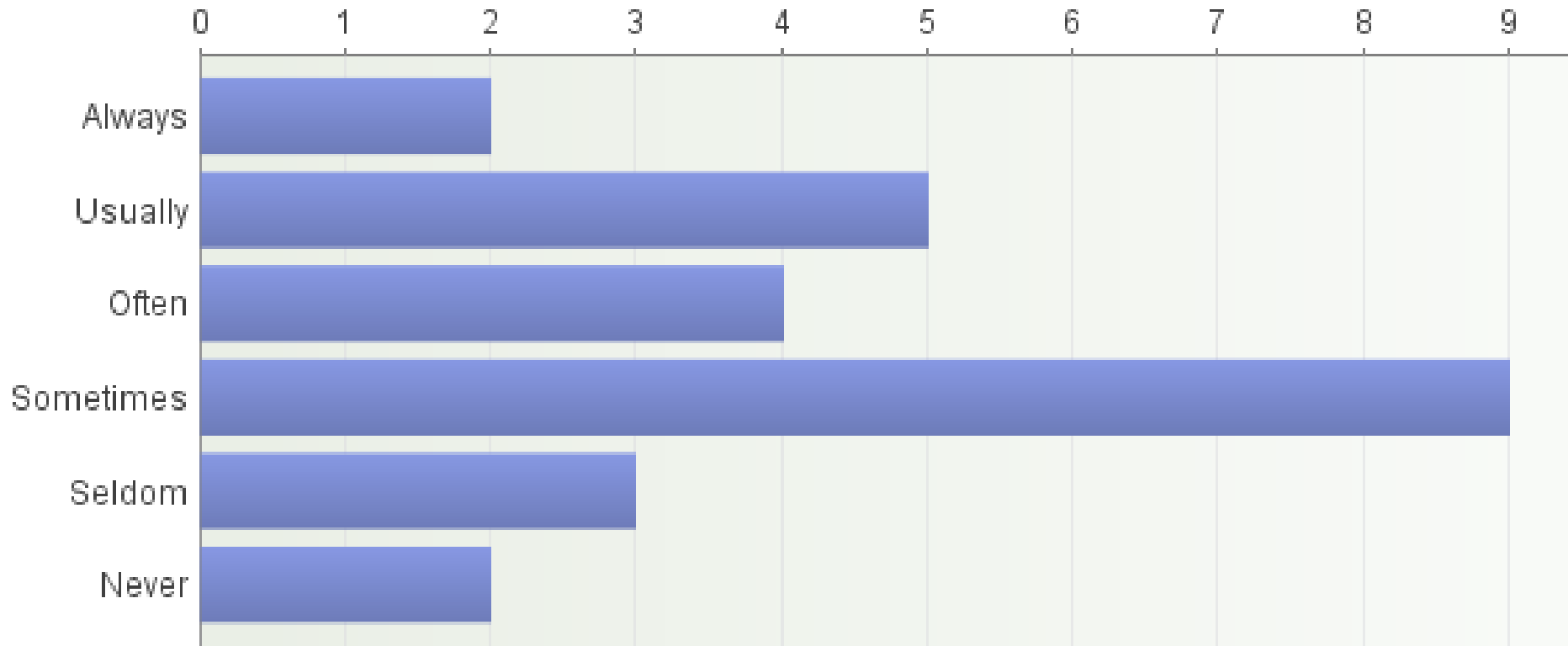
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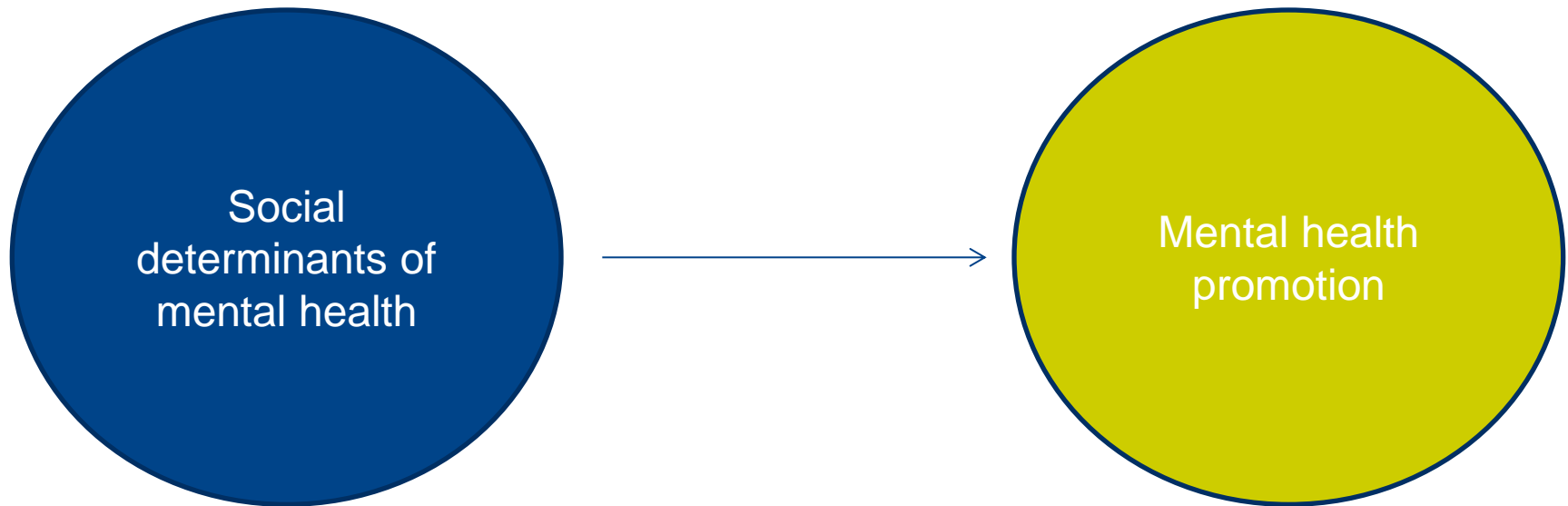
## Mental health impact assessment is only sometimes included in health impact assessments

- 25/30 respondents (high level governmental experts in European countries), 2014



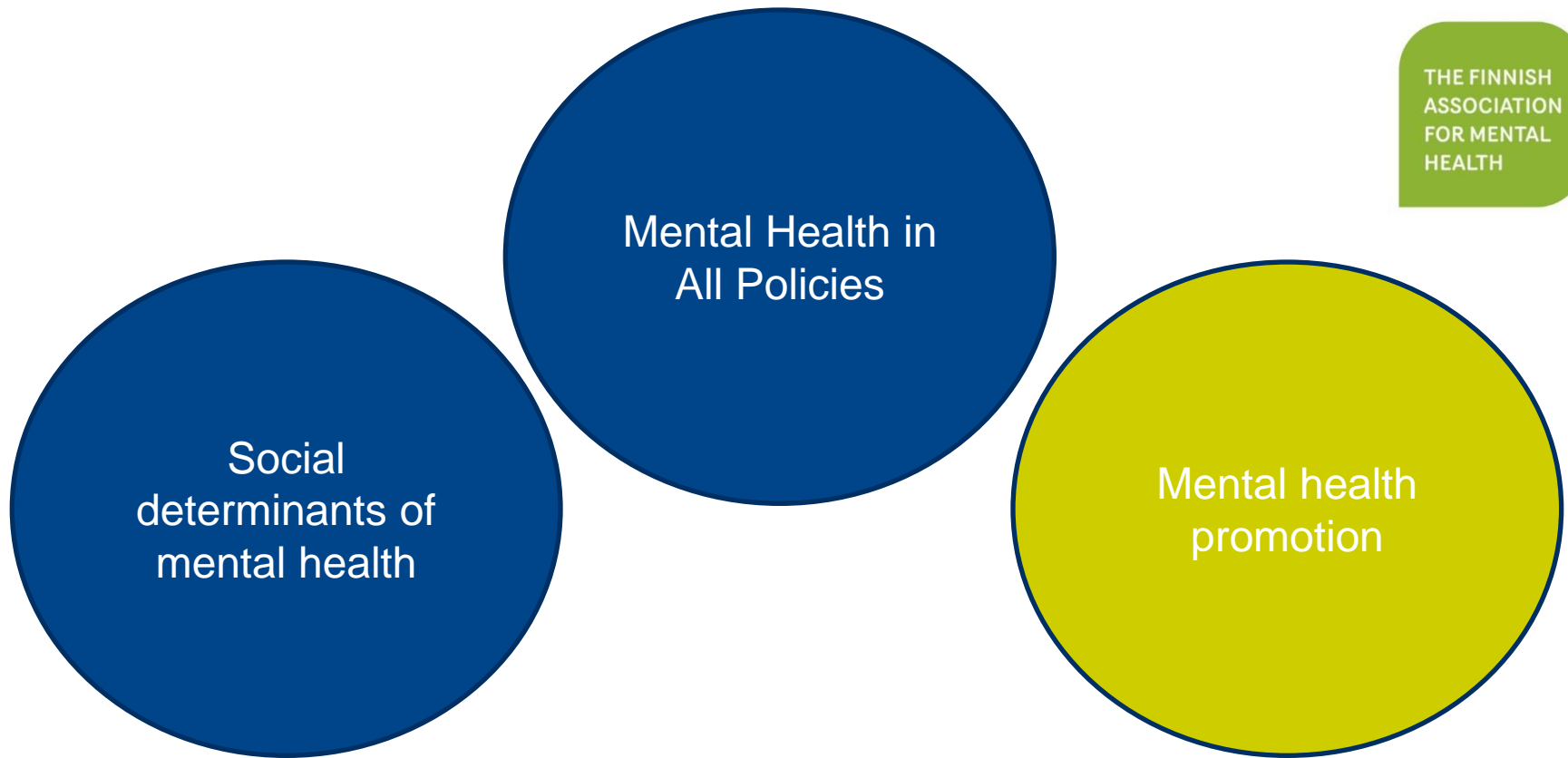
# Effective public mental health interventions

- **Parenting support** interventions have been shown to promote life-long mental health and well-being of the offspring.
- **School programmes** have consistently been shown to have positive moderate to strong effects on social and emotional skills and competences
- **Workplace reorganisation** and increased control over work life improve mental wellbeing, increase productivity and reduce costs



## Gap between policy and practice





# Health in all policies

- *Health in All Policies* is an approach to public policies across sectors that systematically takes into account the health implications of decisions, seeks synergies, and avoids harmful health impacts in order to improve population health and health equity.
- It provides a framework for regulation and practical tools that combine health, social and equity goals with economic development, and manage conflicts of interest transparently. These can support relationships with all sectors, including the private sector, to contribute positively to public health outcomes.



# Success factors of MHiAP programmes

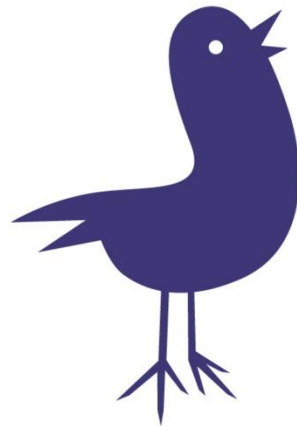


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- Focus: Identification of mental health relevant priorities for action
- Solid evidence
- Established and widely accepted need for actions
- Mobilisation by sharing of information between mental health sector and other sectors
- Identification of win-win opportunities between sectors
- Creation of supportive infrastructures
- Use of mental health impact assessment procedures
- Formal monitoring of the mental health and equity outcomes predicted by specific policy initiatives
- Structured and repeated training of civil servants
- Opportunities for community engagement through e.g. consultations

# Conclusions

- Population mental health is a crucial prerequisite for improved population health, social and economic development and prosperity in society.
- Thus, population mental wellbeing is an overarching aim of public policies, a matter of whole-of-government.
- In spite of the importance of mental well-being and existing effective public mental health interventions, mental health funding is geared towards individual-level treatment.
- We need to scale up investment in large-scale mental health promotion interventions. The Mental Health in All Policies approach provides useful tools for this.



Thank you!