

Social Determinants of Mental Health and Well Being

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Commission on Social Determinants of Health



- Set up by the World Health Organisation, 2005
- ***“The goal is not an academic exercise, but to marshal scientific evidence as a lever for policy change — aiming toward practical uptake among policymakers and stakeholders in countries”***

Dr JW Lee

- Final report submitted to Dr Margaret Chan
- Final report will be published by WHO after the summer

www.who.int/social_determinants/en

Values

- Health equity is a matter of social justice
- Health and health equity are markers of social development
- Empowerment through action on the causes of the causes

Health inequities within and between countries

Mental Health

- not just the absence of mental disorder;
- 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.

Mental ill health

- 20% of the burden of disease in the European Region
- Mental health problems affect one in four people at some time in life.
- Nine of the ten countries with the highest rates of suicide in the world are in the European Region.

Source: WHO

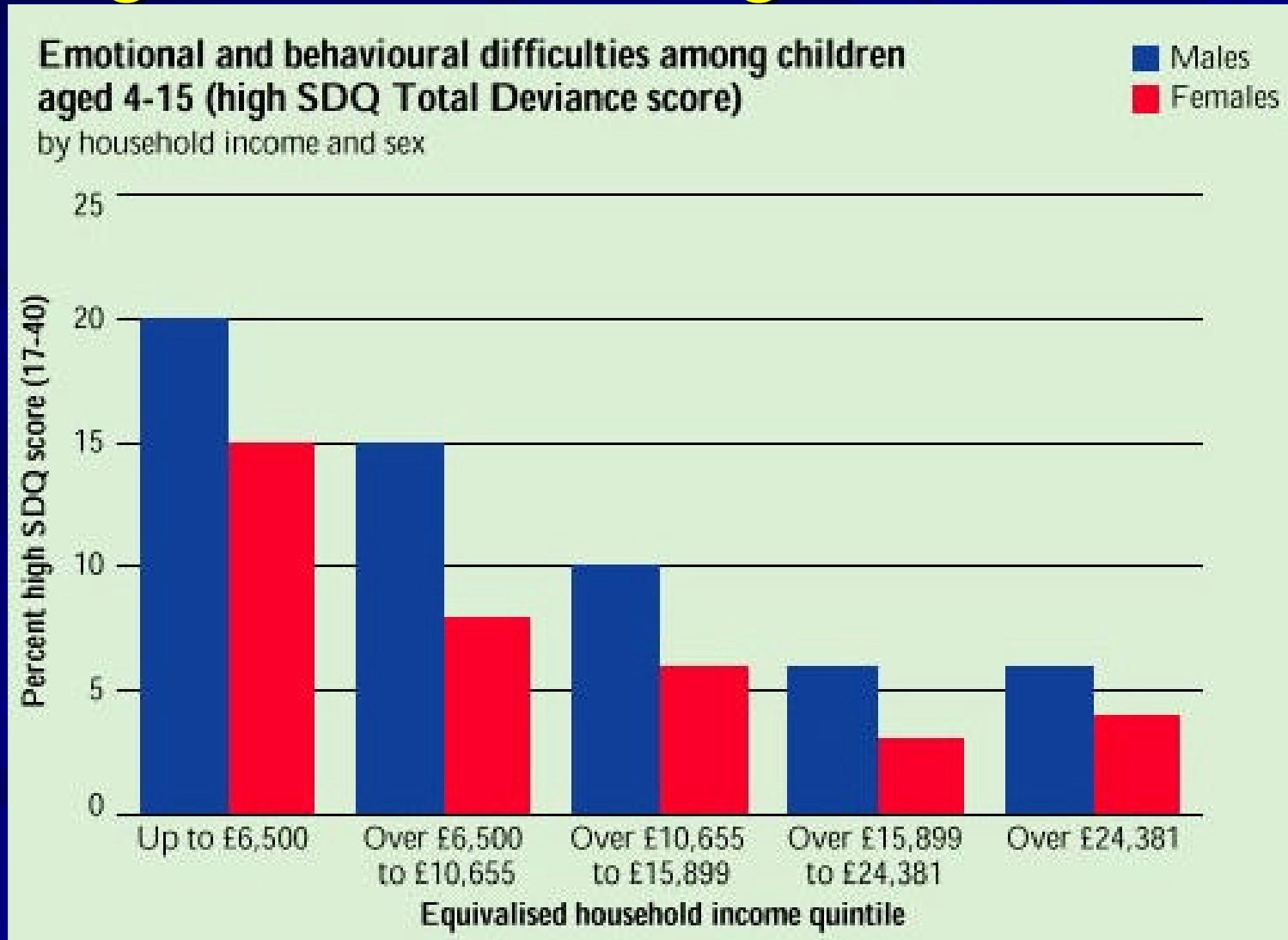
Burden of disease, projected by 2030...

- Unipolar depressive disorders projected to be
 - number 1 cause of DALYs in high income countries
 - Number 2 cause of DALYs in middle income countries
 - Number 3 cause of DALYs in low income countries

Mental Health in England

- 8 million people in England
- NHS expenditure
- third with depression untreated
- half anxiety disorders untreated
- Rise in dementia - a growing older population

Emotional and behavioural difficulties among children in England, 1995/97



Social Determinants of Health

The simplified framework

- The causes and...
- The causes of the causes

Risk factors for depression

| | Level of evidence |
|--|-------------------|
| Low socioeconomic position | Very convincing |
| Low education | Very convincing |
| Unemployment and under employment | Very convincing |
| Food insecurity and early nutrition deficiency | Strong |
| Gender inequity | Strong |
| Low income | Strong |

CSDH – Principles of Action

**Structural drivers of those conditions
at global, national and local level**

**Conditions in which people are
born, grow, live, work and age**

Monitoring, Training, Research

CSDH – Areas for Action

Health Equity in all Policies

Fair Financing

**Good Global
Governance**

**Early child development and
education**

Healthy Places

Fair Employment

Social Protection

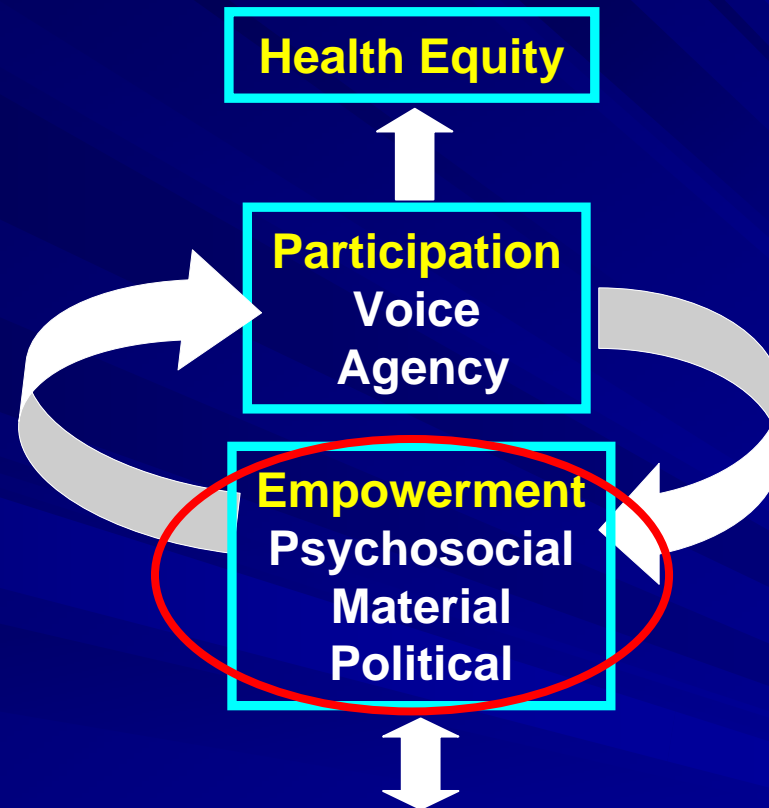
Universal Health Care

**Market
Responsibility**

Gender Equity

**Political empowerment
– inclusion and voice**

Health Equity as a Development Outcome



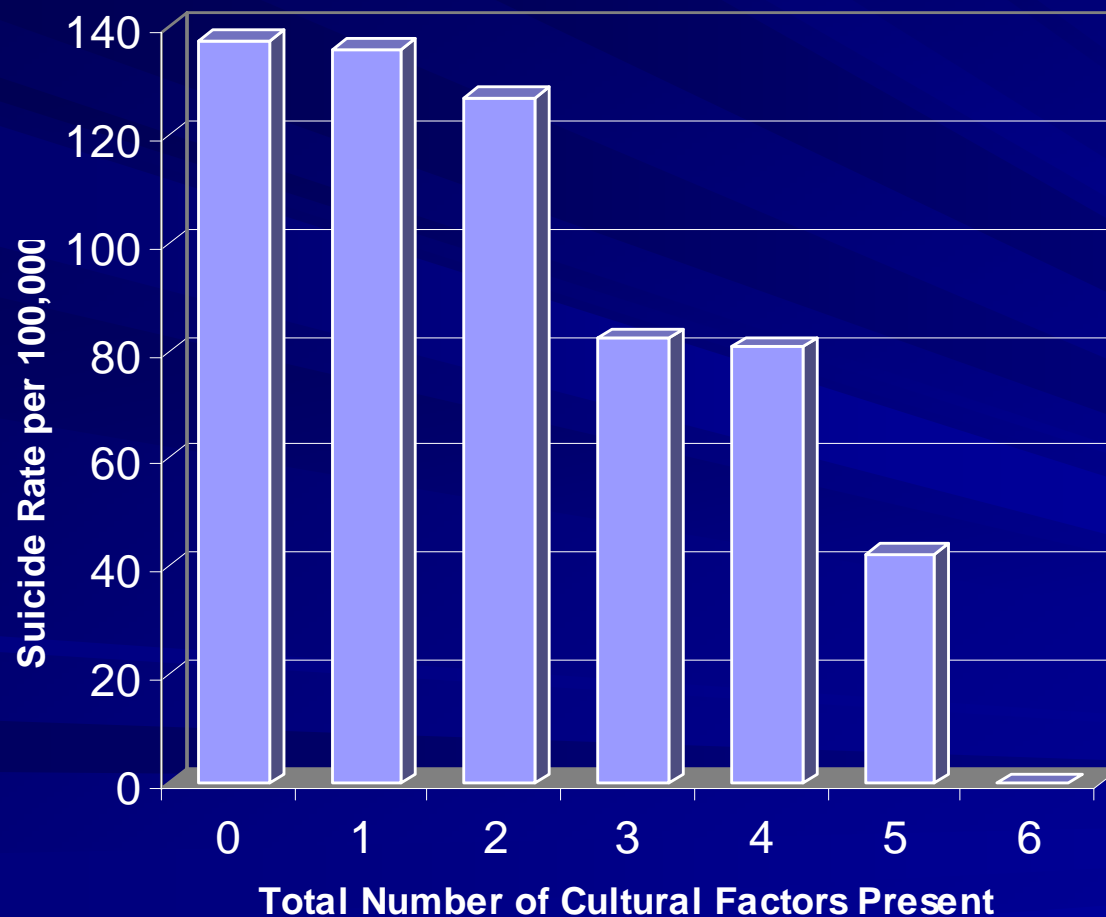
Daily Living Conditions

Early life
Physical and social environments
Working conditions
Social Protection
Health Care

Structural Drivers

Societal norms and values
Social Inequities
Governance and Financing
Economic Growth and Social Policy

Aboriginal Youth Suicide by Factors Present



Cultural Factors:

- Self-government
- Land claim participation

Community Control:

- Health services *
- Education *
- Cultural facilities *
- Police/fire services

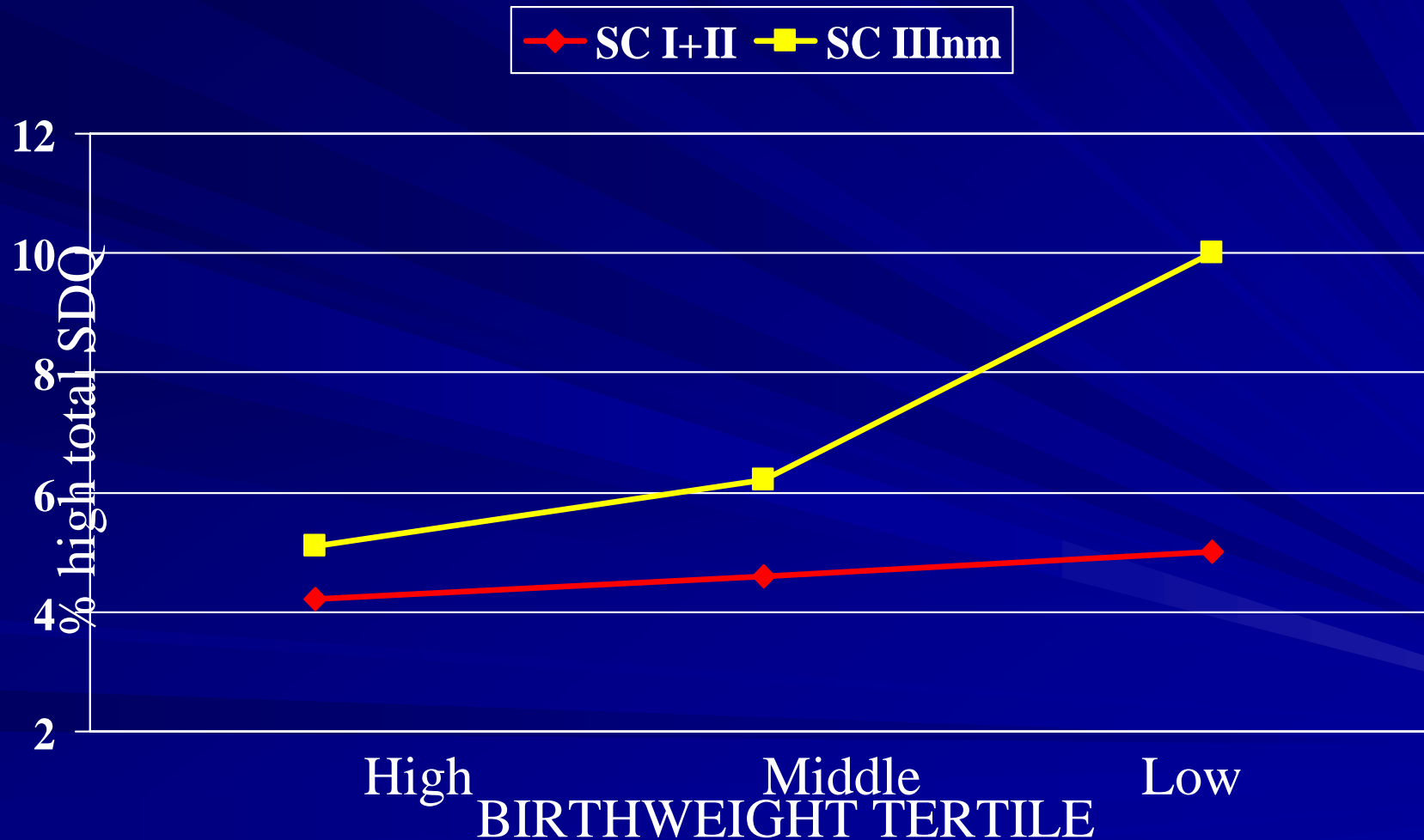
Intersectoral linkage for mental health

- Collective action
- education, employment, justice, transport, environment, housing, and welfare...
- Health sector - prevention and treatment.

Early child development and education

- Early life

BEHAVIOURAL PROBLEMS BY SOCIAL CLASS AND BIRTHWEIGHT



Kelly et al, 2001

Healthy Places

- Urban design

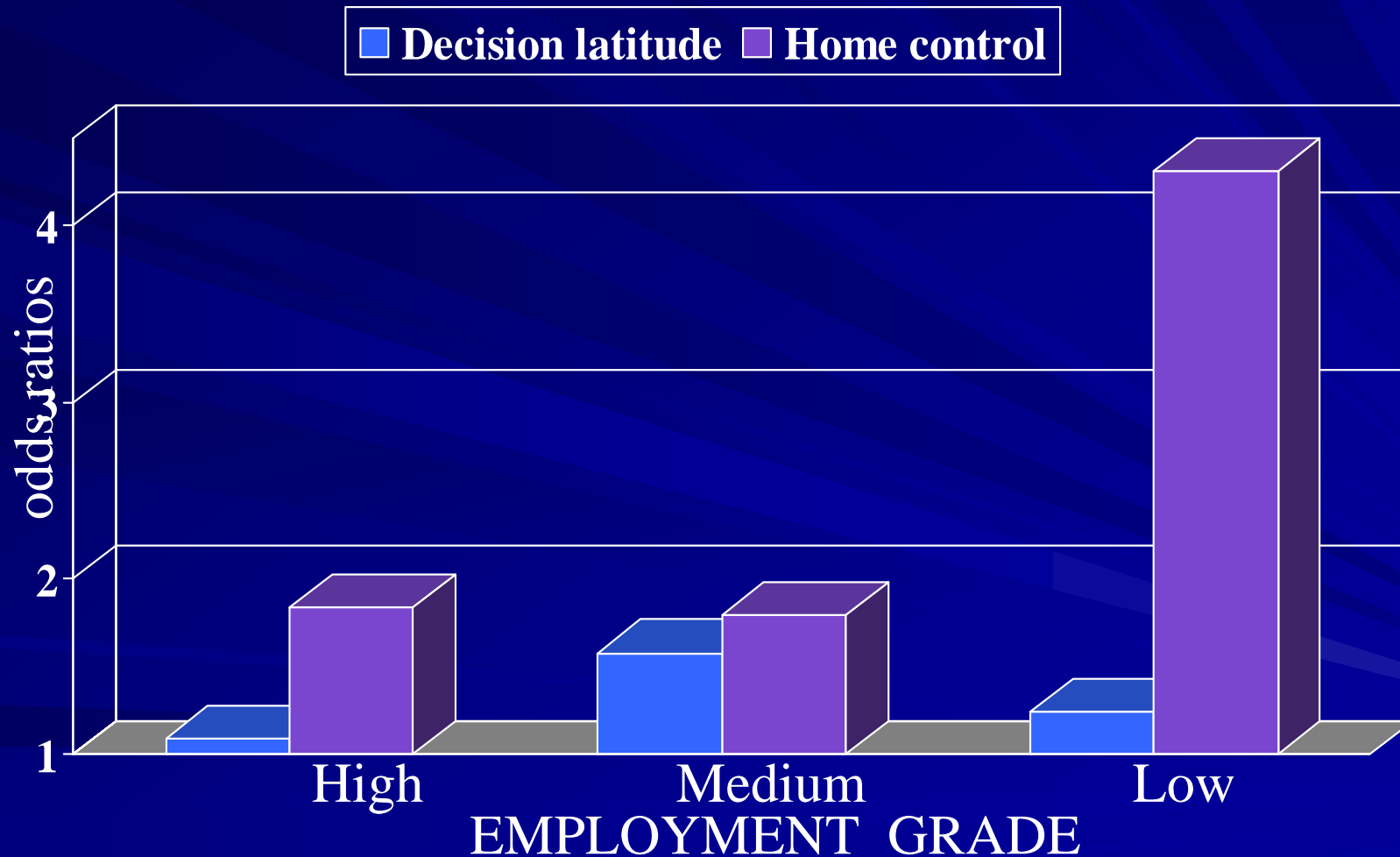
- good urban design can encourage social cohesion

■ Substance abuse and mental health

Gender Equity

- Higher risk of depression in women
 - Multiple responsibilities with no financial gain
 - Caring responsibilities
 - Lack of support
 - Gender based violence
 - Access to health care
 - Poor physical health
 - Level of education
 - Autonomy in decision making
 - Migration

ODDS OF DEPRESSION BY CONTROL AT WORK & AT HOME WITHIN GRADE - WOMEN WHITEHALL II

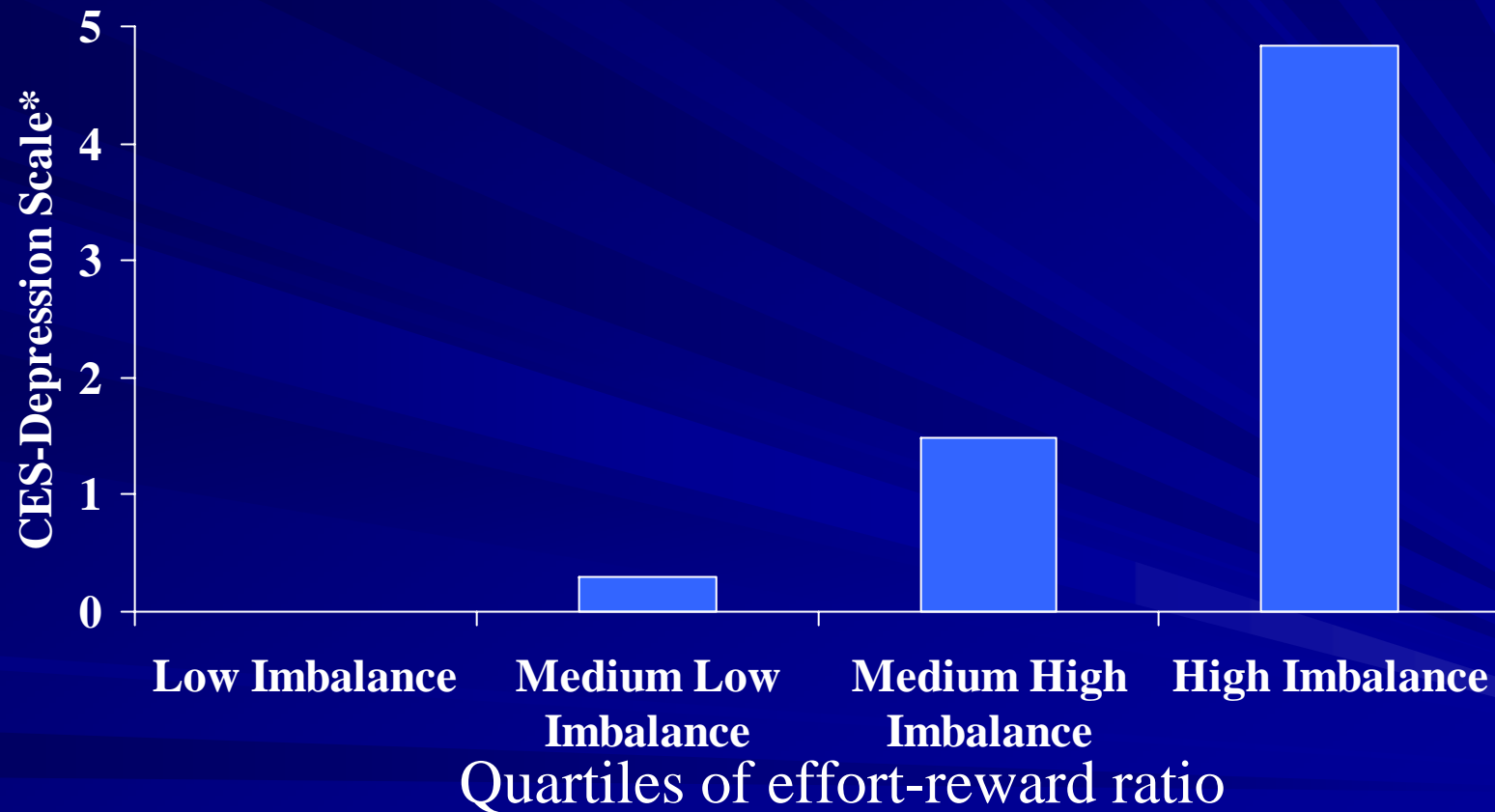


Griffin et al, Soc Sci Med, 2002

Fair employment

- Employment conditions
 - Stress in the workplace increases the risk of disease.

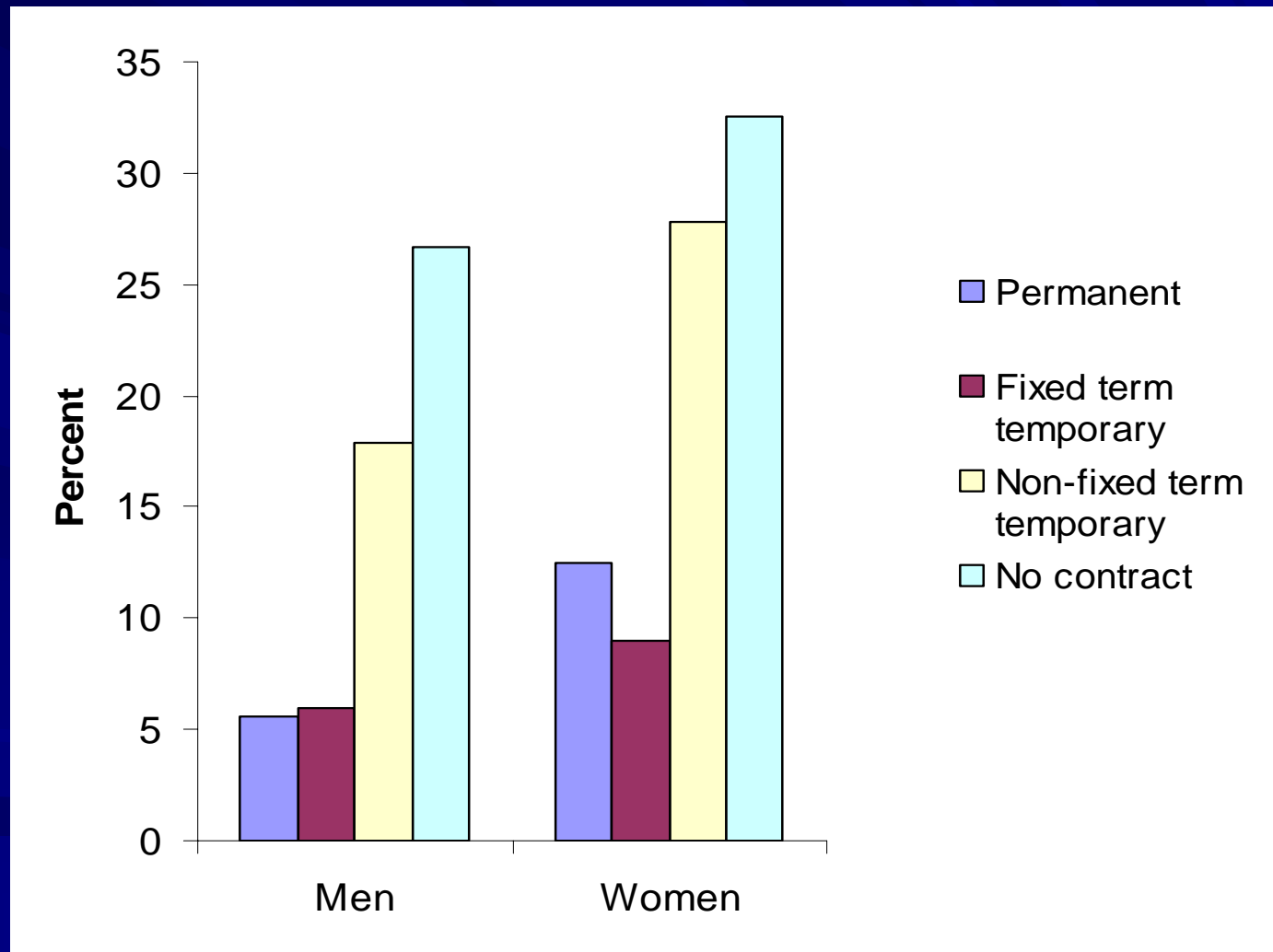
DEPRESSION AND EFFORT-REWARD IMBALANCE: RUSSIA, POLAND, CZECH



*Adjusted for age, sex and centre

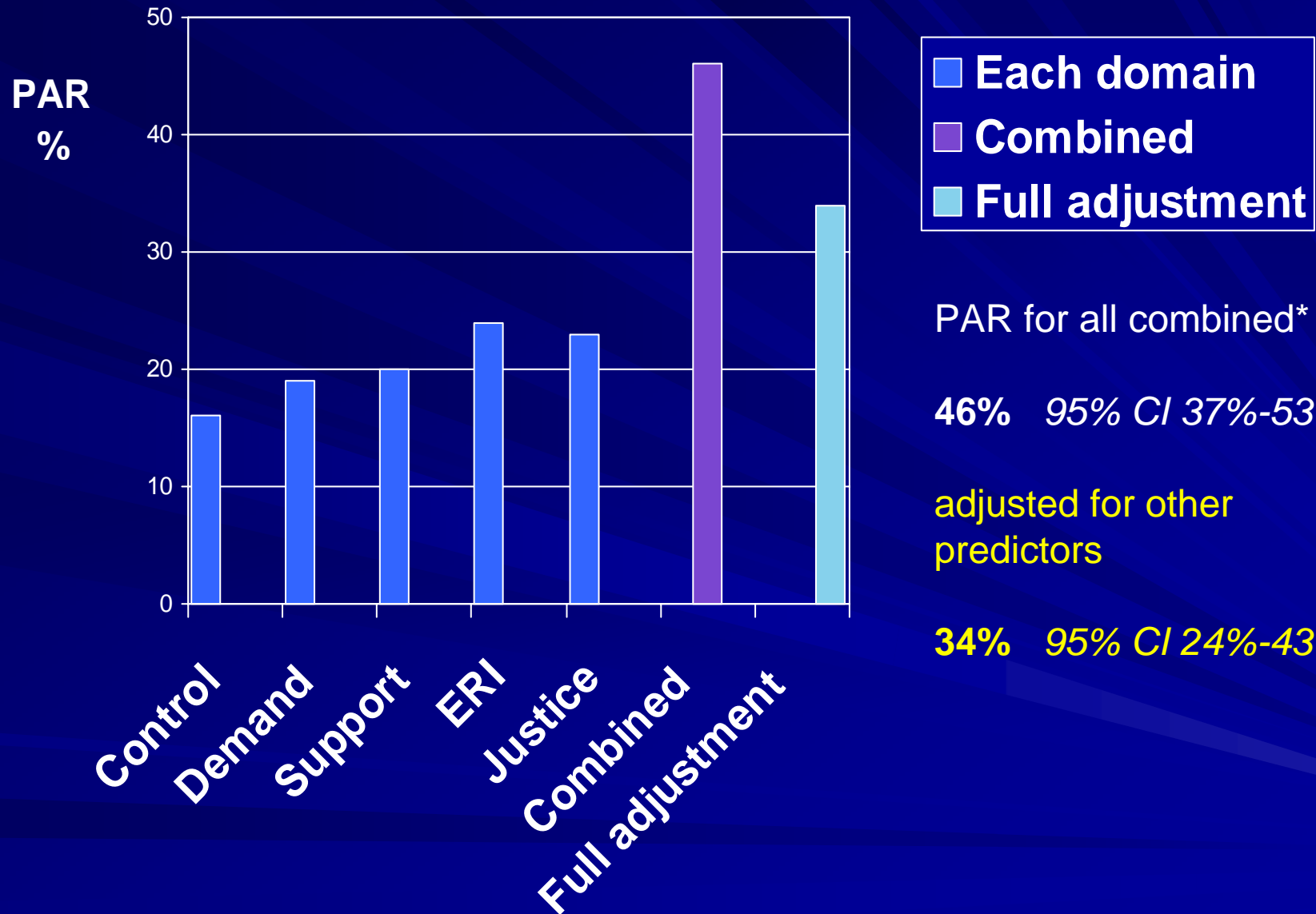
(Pikhart et al. Soc Sci Med, 2004 58:1475-82)

Prevalence of poor mental health among manual workers in Spain by type of contract



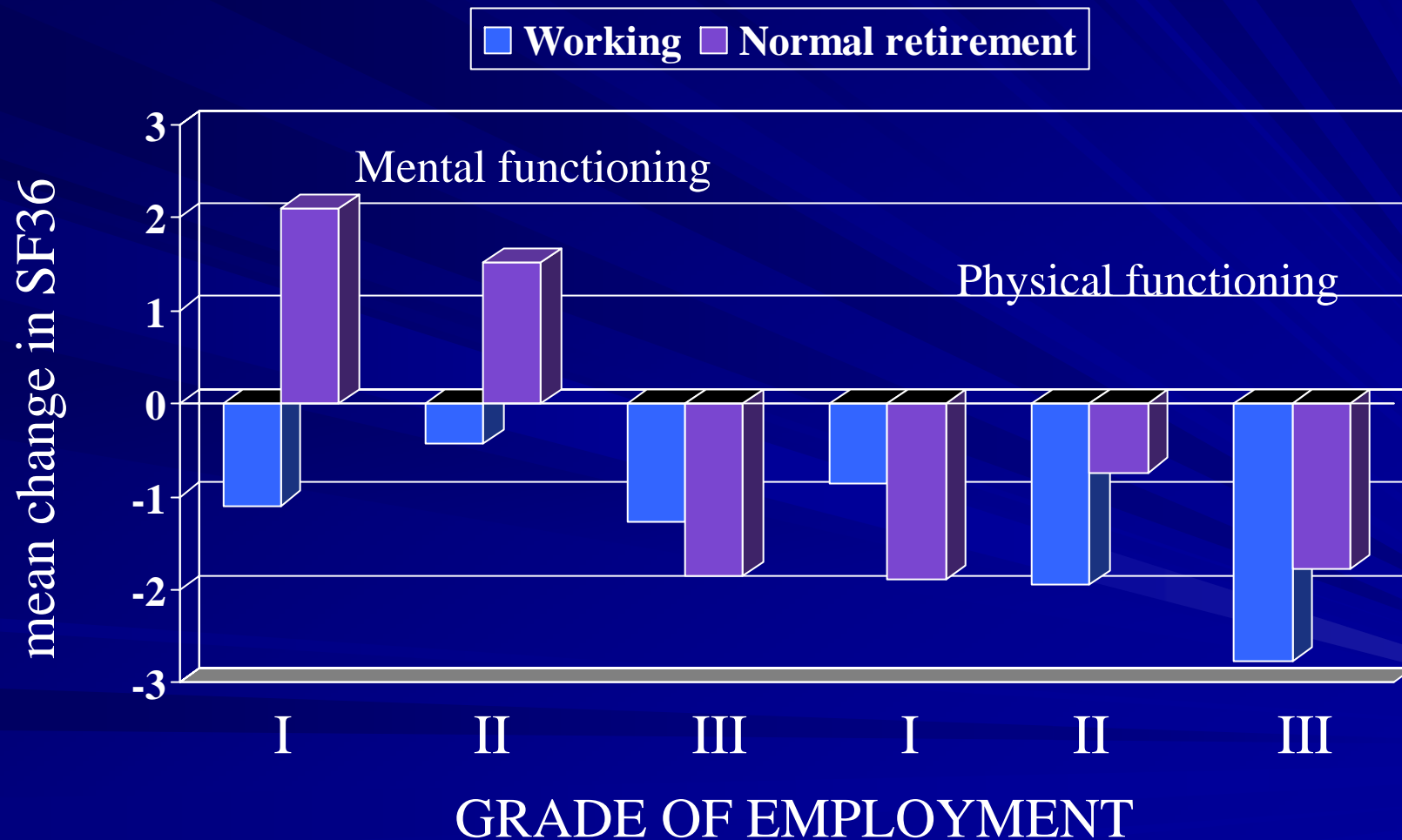
Source: Artazcoz et al., 2005

PAR* for poor mental health (GHQ)



*calculated from odds ratios adjusted for age, sex, employment grade

NORMAL RETIREMENT CHANGE IN SF36 - WHITEHALL II

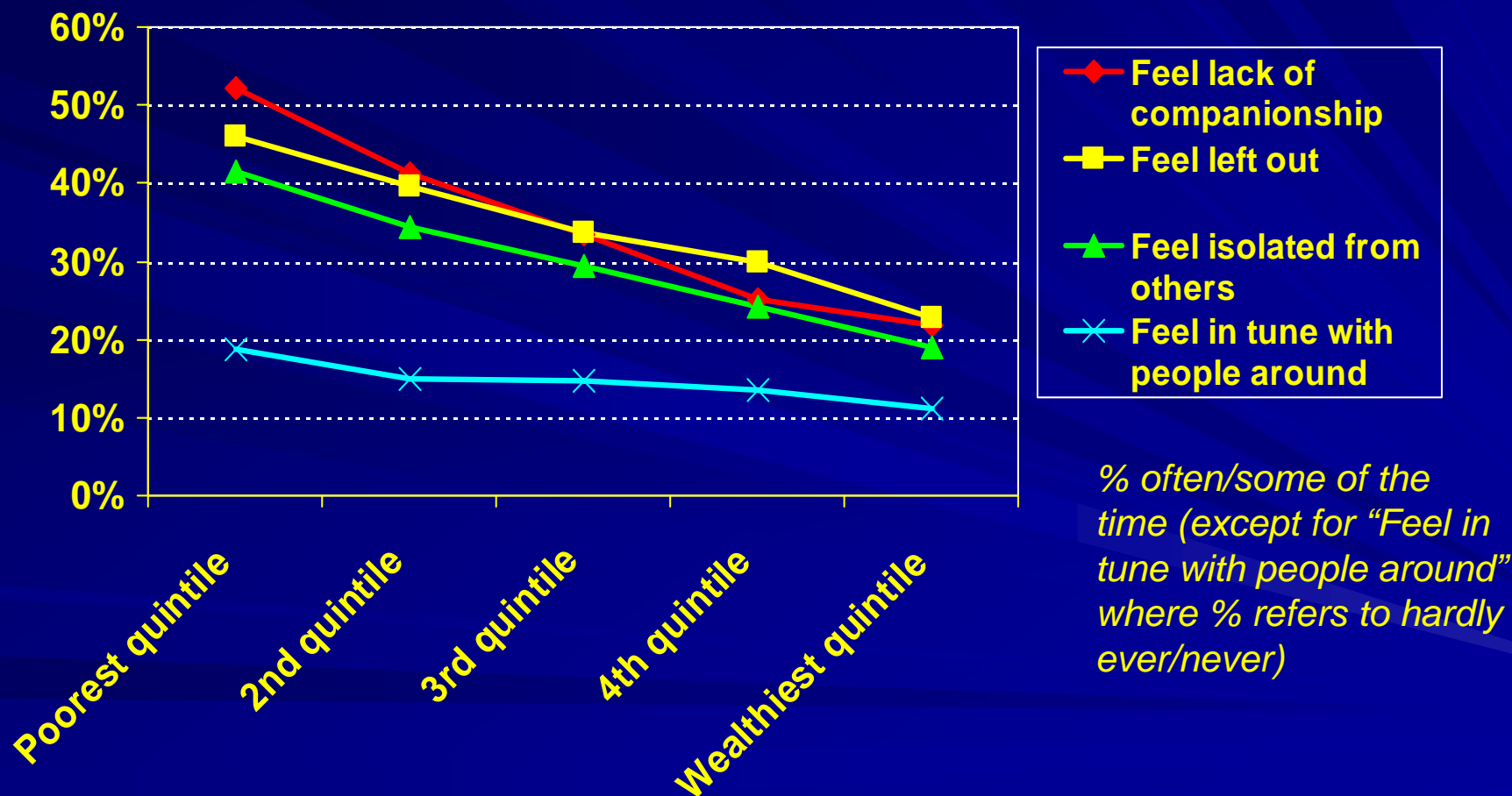


■ SOCIAL EXCLUSION

■ SOCIAL SUPPORT

■ SOCIAL CAPITAL?

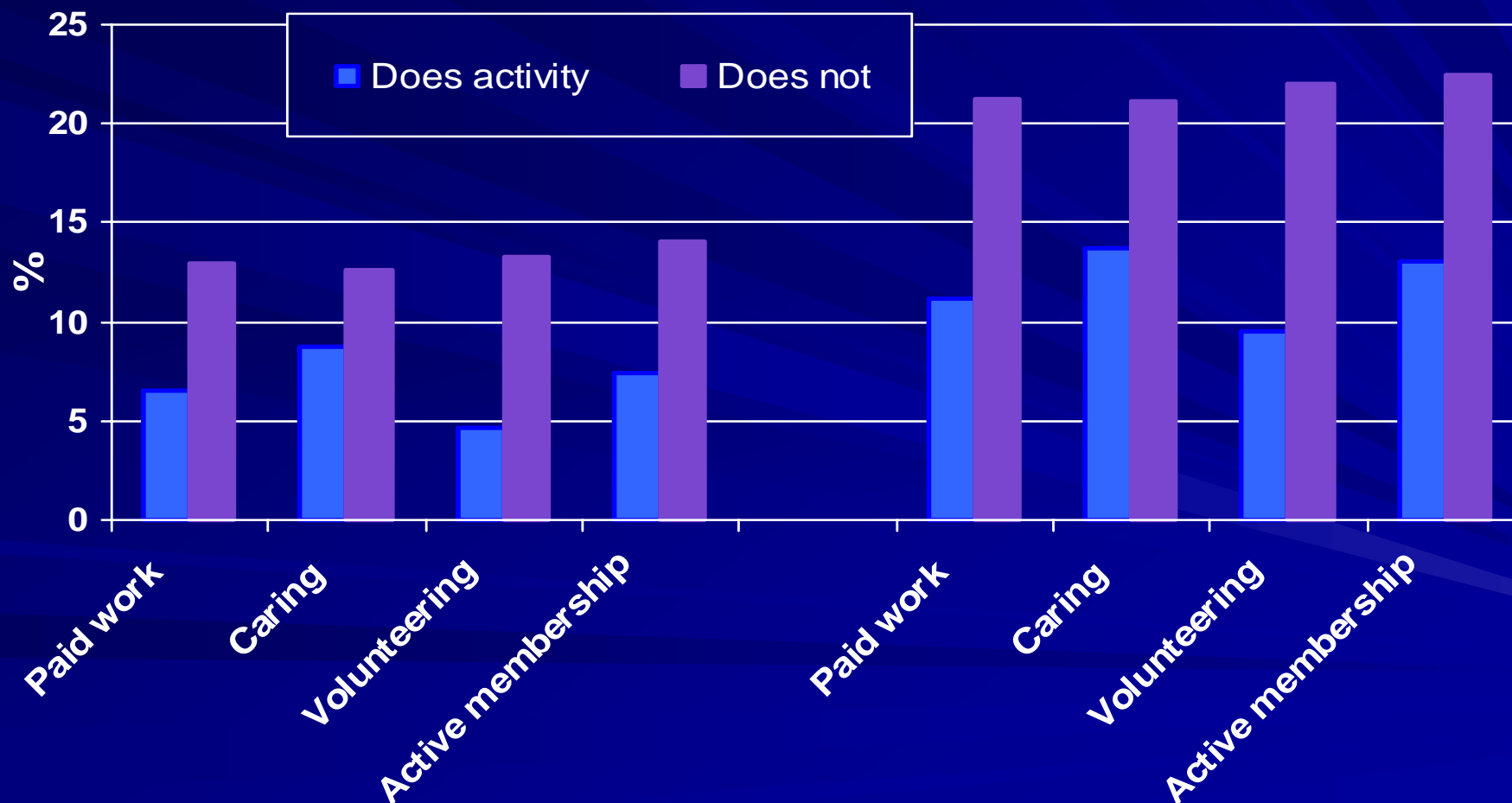
Loneliness by wealth



% depressed (CES-D 4+) by participation in activities

Men

Women



Social Protection

■ Minimum income for healthy living – Morris et al.

- Diet
- Physical activity/body and mind
- Psychosocial relations/social connections/active minds
- Getting about
- Medical care
- Hygiene
- Housing

Psychosocial relations/social connections/active minds

- Telephone
- Stationery, stamps
- Gifts to grandchildren/others
- Cinema, sports, etc
- Meeting friends, entertaining
- TV set and licence
- Newspapers
- Holidays (UK)
- Miscellaneous, hobbies, gardening etc

Disposable incomes for people over 65, England 2007

| | State pension | Pension credit guarantee* | Minimum income for healthy living ** |
|---------------|---------------|---------------------------|--------------------------------------|
| Single person | £87.30 | £119.05 | £131.00 |
| Couple | £139.60 | £181.70 | £208.00 |

*Rent, mortgage and council tax may be paid after further means testing

** people 65+ living independently in the community; excludes rent, mortgage and council tax

Morris et al 2007 IJE

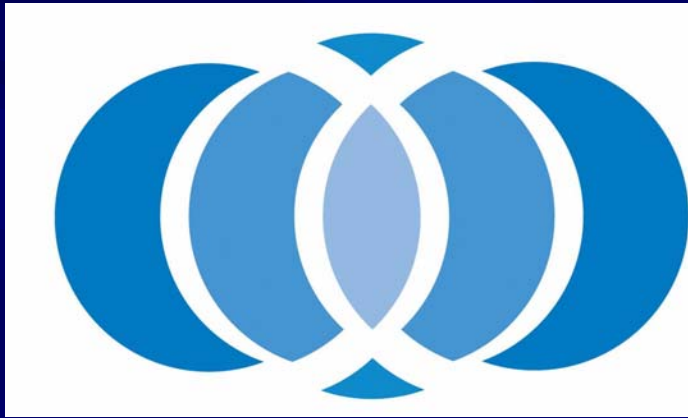
Commission on Social Determinants of Health



- Bringing people and organisations together to create a global movement
- A world where social justice is taken seriously

www.who.int/social_determinants/en

Closing the gap in a generation



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