Social Determinants of Mental Health and Well Being

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Chair of CSDH

EC conference on mental health
June 13th 2008
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.

WHO
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

Mathers & Loncar 2006
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

McCrone et al, King’s Fund 2008
Emotional and behavioural difficulties among children in England, 1995/97

Health of Young People
Social Determinants of Health
The simplified framework

- The causes and...
- The causes of the causes
## Risk factors for depression

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Level of evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low socioeconomic position</td>
<td>Very convincing</td>
</tr>
<tr>
<td>Low education</td>
<td>Very convincing</td>
</tr>
<tr>
<td>Unemployment and under employment</td>
<td>Very convincing</td>
</tr>
<tr>
<td>Food insecurity and early nutrition deficiency</td>
<td>Strong</td>
</tr>
<tr>
<td>Gender inequity</td>
<td>Strong</td>
</tr>
<tr>
<td>Low income</td>
<td>Strong</td>
</tr>
</tbody>
</table>
Conditions in which people are born, grow, live, work and age

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

Monitoring, Training, Research
CSDH – Areas for Action

Health Equity in all Policies

Fair Financing

Market Responsibility

Early child development and education
Healthy Places
Fair Employment
Social Protection
Universal Health Care

Good Global Governance

Gender Equity

Political empowerment – inclusion and voice
Health Equity as a Development Outcome

Health Equity

Participation
  Voice
  Agency

Empowerment
  Psychosocial
  Material
  Political

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

Chandler & Lalonde, 1998
Intersectoral linkage for mental health

- Collective action
- education, employment, justice, transport, environment, housing, and welfare…
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

Fair employment

Employment conditions

- Stress in the workplace increases the risk of disease.
DEPRESSION AND EFFORT-REWARD IMBALANCE:
RUSSIA, POLAND, CZECH

Quartiles of effort-reward ratio

*Adjusted for age, sex and centre

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)

PAR %

- Each domain
- Combined
- Full adjustment

PAR for all combined*

46% 95% CI 37%-53%

adjusted for other predictors

34% 95% CI 24%-43%

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

J Head et al, 2007
NORMAL RETIREMENT CHANGE IN SF36 - WHITEHALL II

Working  Normal retirement

GRADE OF EMPLOYMENT

mean change in SF36

Mental functioning

Physical functioning

I II III I II III

Mein et al JECH 2003, 57:46-49
SOCIAL EXCLUSION
SOCIAL SUPPORT
SOCIAL CAPITAL?
Loneliness by wealth

Feel lack of companionship
Feel left out
Feel isolated from others
Feel in tune with people around

% often/some of the time (except for “Feel in tune with people around” where % refers to hardly ever/never)
% depressed (CES-D 4+) by participation in activities

- Men
- Women

Paid work
Caring
Volunteering
Active membership
Paid work
Caring
Volunteering
Active membership

- Does activity
- Does not
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

Morris et al 2007
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

Morris et al 2007
## Disposable incomes for people over 65, England 2007

<table>
<thead>
<tr>
<th></th>
<th>State pension</th>
<th>Pension credit guarantee*</th>
<th>Minimum income for healthy living **</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single person</td>
<td>£87.30</td>
<td>£119.05</td>
<td>£131.00</td>
</tr>
<tr>
<td>Couple</td>
<td>£139.60</td>
<td>£181.70</td>
<td>£208.00</td>
</tr>
</tbody>
</table>

*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

www.who.int/social_determinants/en