Prevention and promotion in mental health: what works?

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More than 5000 pages of evidence in seven minutes...

Sources: Mrazek & Haggerty 1994; Samhsa 2002; Who, 2004ab; Jané-Llopis & Anderson 2005; Prevention Science; Promotion & Education; Who 2002; Hosman et al.
Conclusions...

1. There is a large body of evidence on what works

2. Sensitive to differing cultures, building on what is already available;

3. How to make it work: supporting implementation is crucial
WHY PREVENTION PROMOTION?
We all have a right to good mental health

Accounts for one quarter of disease burden

Only today 159 people will commit suicide in the EU

Sources: Ustun et al., 2004; Chisholm et al, 2004; WHO HFAdatabase
Because it costs between 3-4% GDP
Not intervening: childhood problems lead to costs in adulthood

Mean total costs age 10 to age 28 £, 1998 prices

- **No problems**
- **Conduct Problems**
- **Conduct Disorder**

- **Education**
- **Foster and residential care**
- **Lost employment**
- **Health**
- **Relationships**
- **Crime**

Source: Scott et al BMJ 2002
And because:

care alone will not be enough
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The most effective treatment for half of all people with depression:

Total burden still not tackled

Burden reduced by less than one quarter

- Prevented DALYs due to Depression
- DALYs due to Depression

24%

76%
1. What works?

Some examples:
Parenthood support: home visiting

**Outcomes for mothers:**
- 83% ↑ employment
- 25% ↓ smoking
- 75% ↓ in preterm deliveries

**Outcomes for children:**
- ↓ Child abuse
- At age 15:
  - ↓ Teenage pregnancy
  - 81% ↓ convictions

School approaches
Pre-School education

After 20 years...

Half day pre-school education for poor children

- Better mental health
- Prevention of bullying
- Increased high school graduation

The Perry Preschool Project. Source: Schweinhart and Weikart, 1998
Isn’t this very expensive?

The Perry Preschool Project

Source: Schweinhart and Weikart, 1998
Taxation of alcohol products

10% increase in price of alcohol

Source: Anderson & Baumberg, 2005
What could we get out of this?

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- 10% increase in price of alcohol
- 13.5% decrease in alcohol-related mental ill health
- Save €5.6 billion per year in costs

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Save € 5.6 billion per year in costs

Making alcohol more expensive would bring new money to governments

Source: Anderson & Baumberg, 2005
What could we get out of this?

10% increase in price of alcohol → 13.5% alcohol-related mental ill health → Save € 5.6 billion per year in costs → Extra € 13 billion a year in new tax

Making alcohol more expensive would bring new money to governments

Source: Anderson & Baumberg, 2005
Link with other sectors: Labour

- Policies to diminish discrimination on the basis of age, ethnicity, or disability;
- Workplace approaches to reduce stress: ⇒ Job redesign, Time flexibility...

**CAN:**
Increase mental health and quality of life
Reduce stress and associated mental disorders
Increase turnover and productivity

Source: Price & Kompier, in press
Job training skills for the Unemployed

- Increase self efficacy
- Reduce depressive disorders (39%-25%)
- Increase employment

Two-fold cost saving

Source: Price et al., 1992
Should we implement a common strategy across Europe?

EC Green Paper

WHO Declaration
A Europe of similarities and differences

- In whatever country poorer people are more likely to suffer from a mental disorder
- Inequalities and discrimination are equally common in rich and poor countries
- Much mental ill health is caused by social structures that we ourselves have created
2. Diversity calls for country-based action plans

- Different economies, infrastructures, and starting points
- Member States should develop Action Plans prioritised to culture, needs and starting points

Over 230 people involved across 28 countries
Is this all?
1. Training and support

1. Training and support for the workforce

Example: Education in primary health care for depression is successful when accompanied by:

- Organizational measures
- Support to professionals

Source: Gilbody, 2005
2. Ensure sustainability through engaging others

Develop partnerships that involve:
- Other sectors: justice, education
- Other actors: users and cares, teachers, grandparents, local leaders, the media

Example: Communities that Care have
- reduced theft (45%), violence (27%) and
- increased social cohesion

Source: Hawkins et al., 2002
Of 197 programmes presented as “Best Practice” across 17 European countries, only 11% could show some evidence of their efficacy. 

Report for the EC  

Source: MHE, 1999;
4. We need to continuously evaluate

- The costs
- The benefits
- To know the impact
- To understand what makes interventions successful

Example: professional collaboration and research in practice based settings

Scarce European data
Conclusions: will work provided...

1. We base action on the large body of evidence

2. We translate a common strategy into action plans that are sensitive culture, building on what is already available;

3. We ensure the impact of action through supporting implementation, improving what exists and continuous monitoring

Sources: Mrazek & Haggerty 1994; Samhsa 2002; Who, 2004ab; Prevention Science; Jané-Llopis & Anderson 2005; Promotion & Education; Who 2002; Hosman et al. in press; Herrman et al. in press
Thank you
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