

Mental Health as a Public Health Issue in the Region of the Americas

Public Health Conference.
June 07, 2017

Dr. Claudina Cayetano

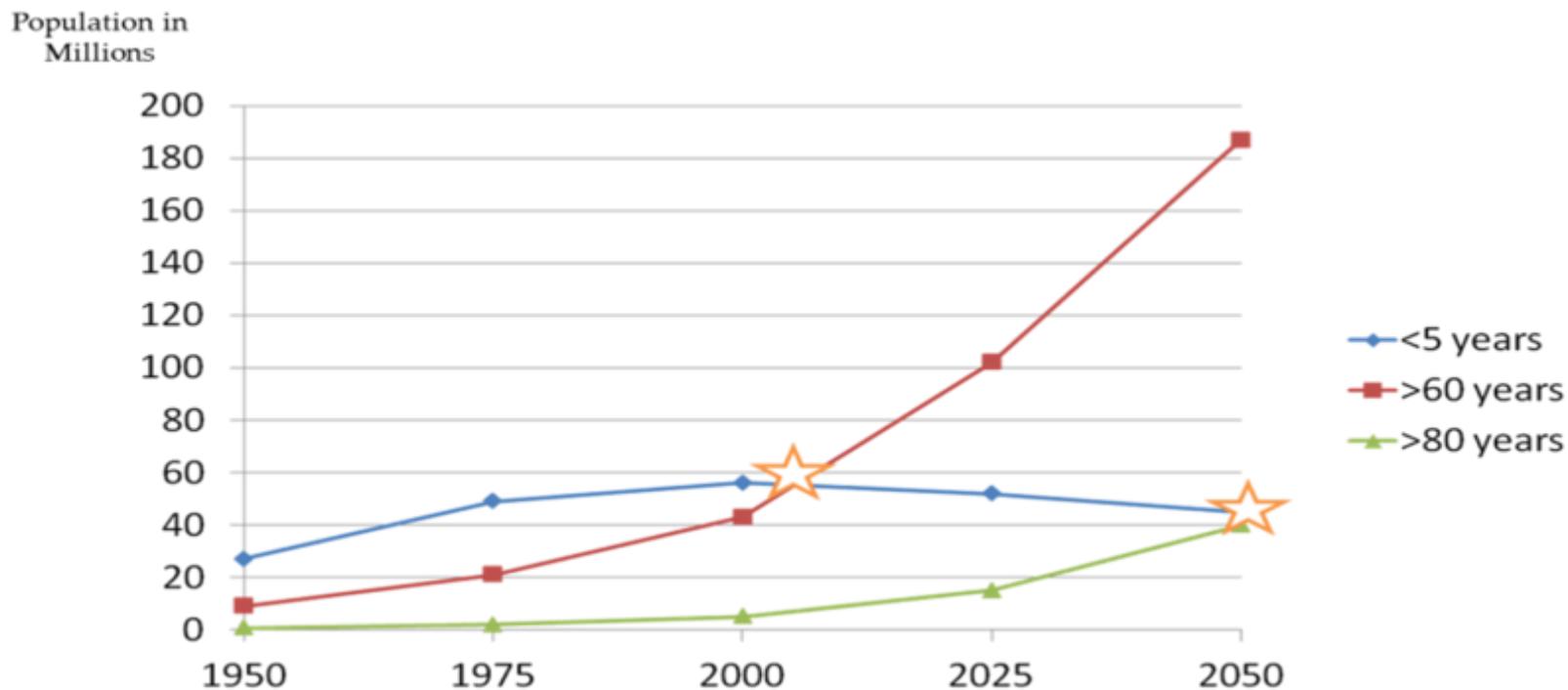
Advisor on Mental Health

Noncommunicable Diseases and Mental Health and Department

Pan American Health Organization PAHO/WHO

The new demographic scenario for public health in the Americas

In 2006, just over 50 million of Latin America and Caribbean's population was age 60 or older. In 2050, 24% of the population some 200 million people will be older adults.



United Nations, *World Population Prospects: The 2006 Revision*,
Department of Economic and Social Affairs Population Division

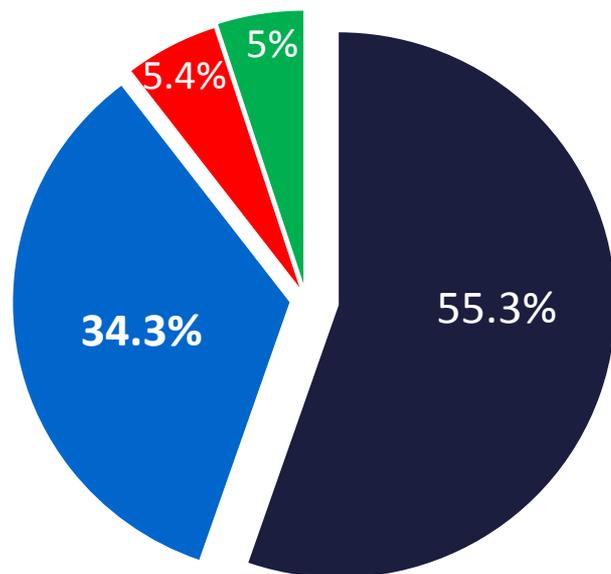


Suicide mortality in the Americas

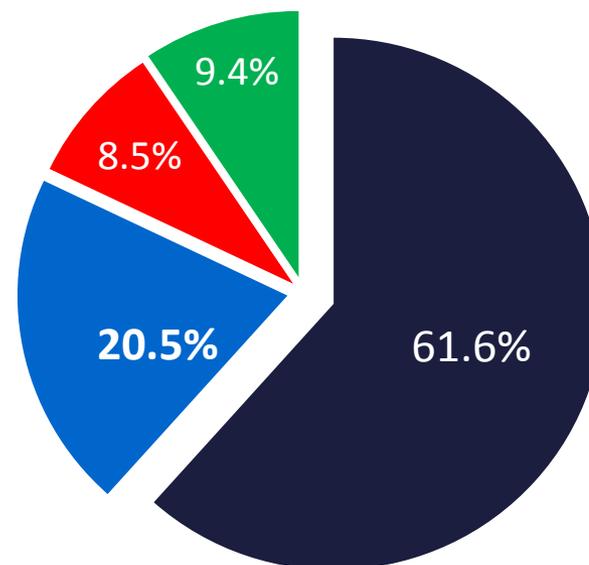
- Of the more than 800,000 people who die from suicide in the world each year, some **68,444** are from the Americas.
- This corresponds to an average mortality rate of **7.6** per 100,000 population (ranging from 5.8 to 13.4).
- Suicide is one of the leading preventable causes of death for both sexes and is among the three leading causes of death among those between 15 and 45 years.
- **Persons with severe mental disorders die up to 25 years earlier than the general population.**

Burden of disease: DALYS & YLDS 2013

YLDS



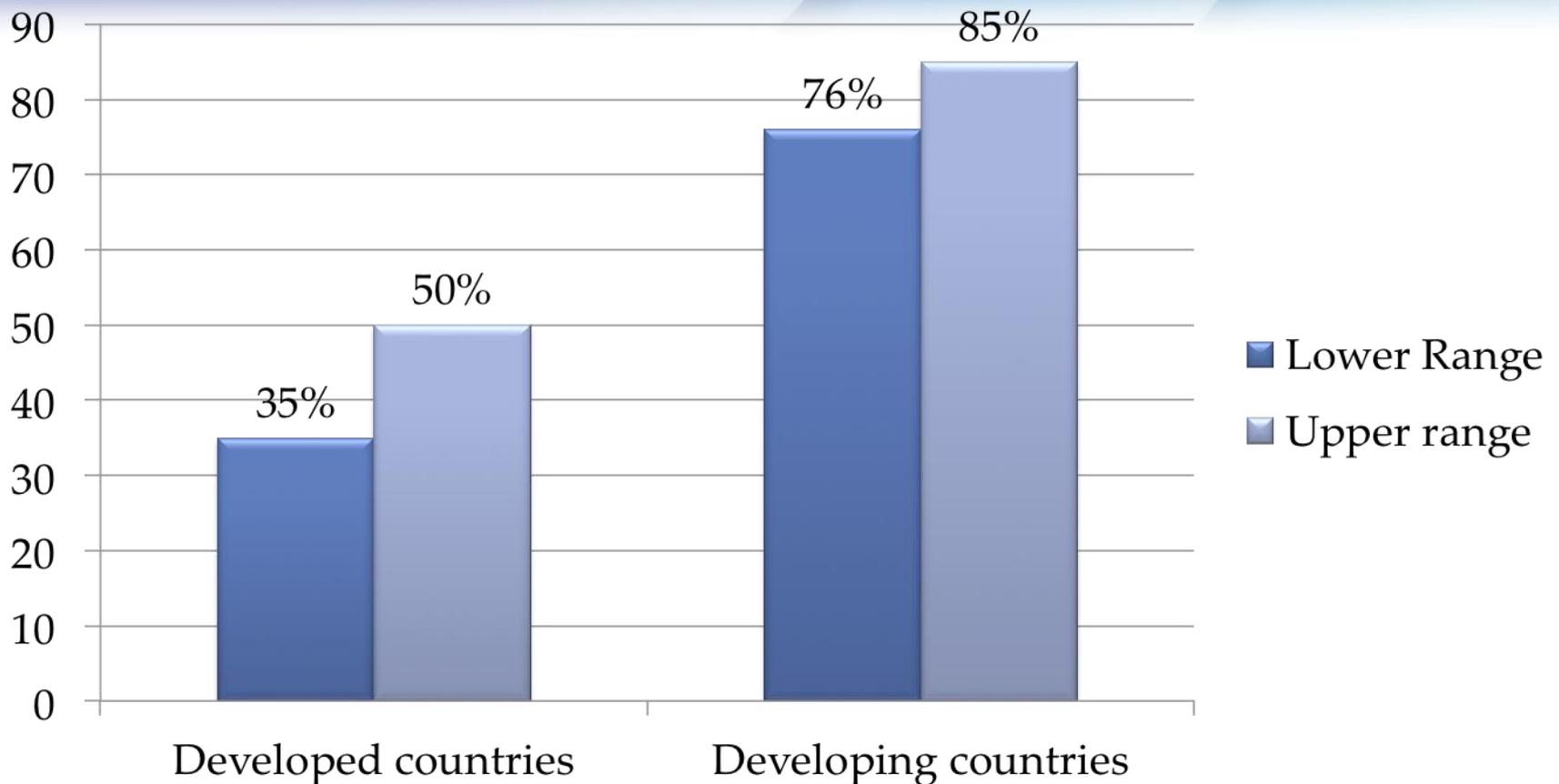
DALYS



- Non-communicable diseases (cardiovascular, cancer...)
- Mental illness
- Communicable, maternal, child and nutritional conditions
- Injuries

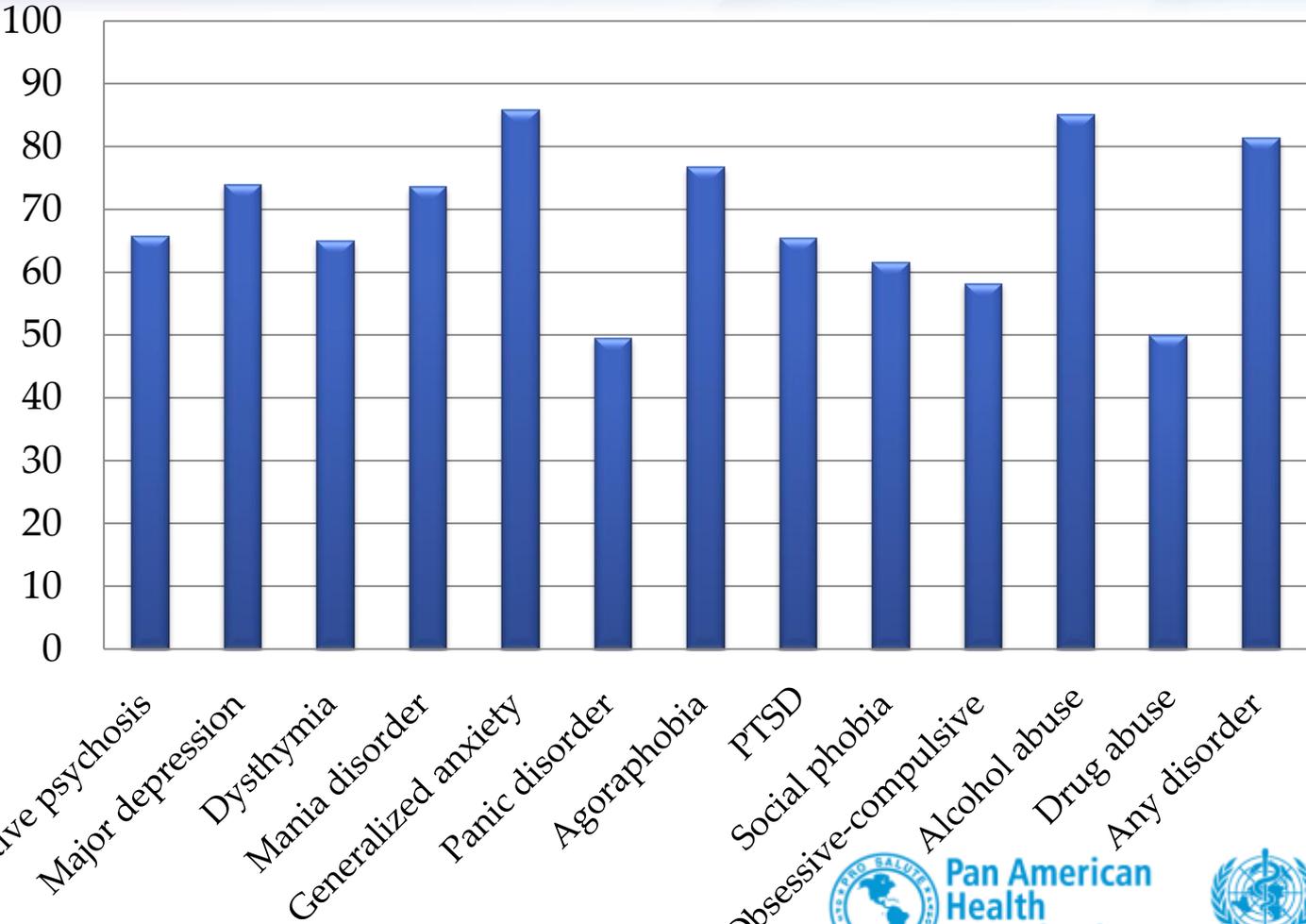
Mental disorders: treatment gap

Serious cases receiving no treatment during the last 12 months



WHO. Mental Health Global Action Plan 2013-2020. WHO, Geneva, 2013.
Available at: www.who.int/mental_health/publications/action_plan/en

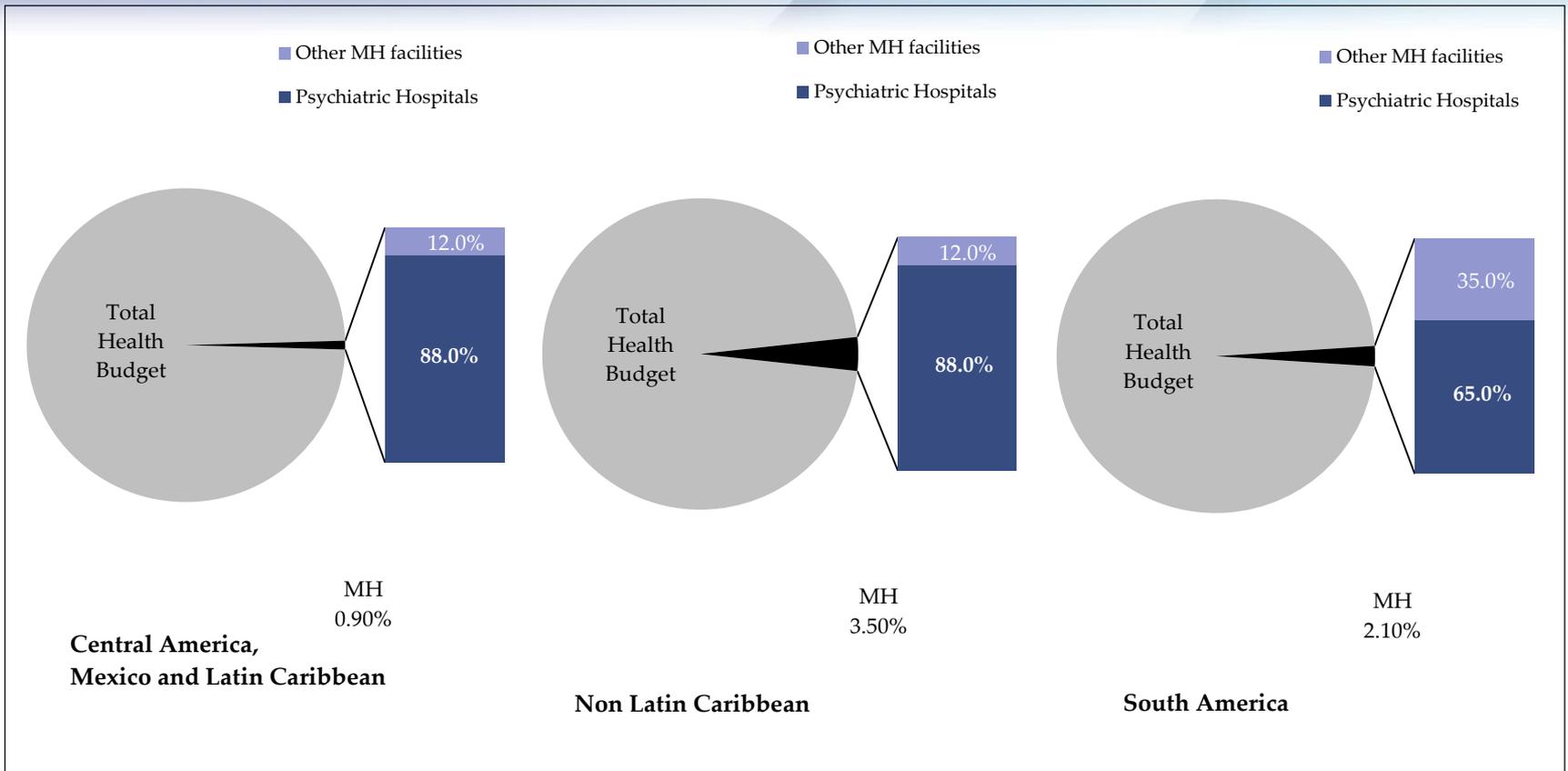
Treatment gap in Latin America and Caribbean 2013



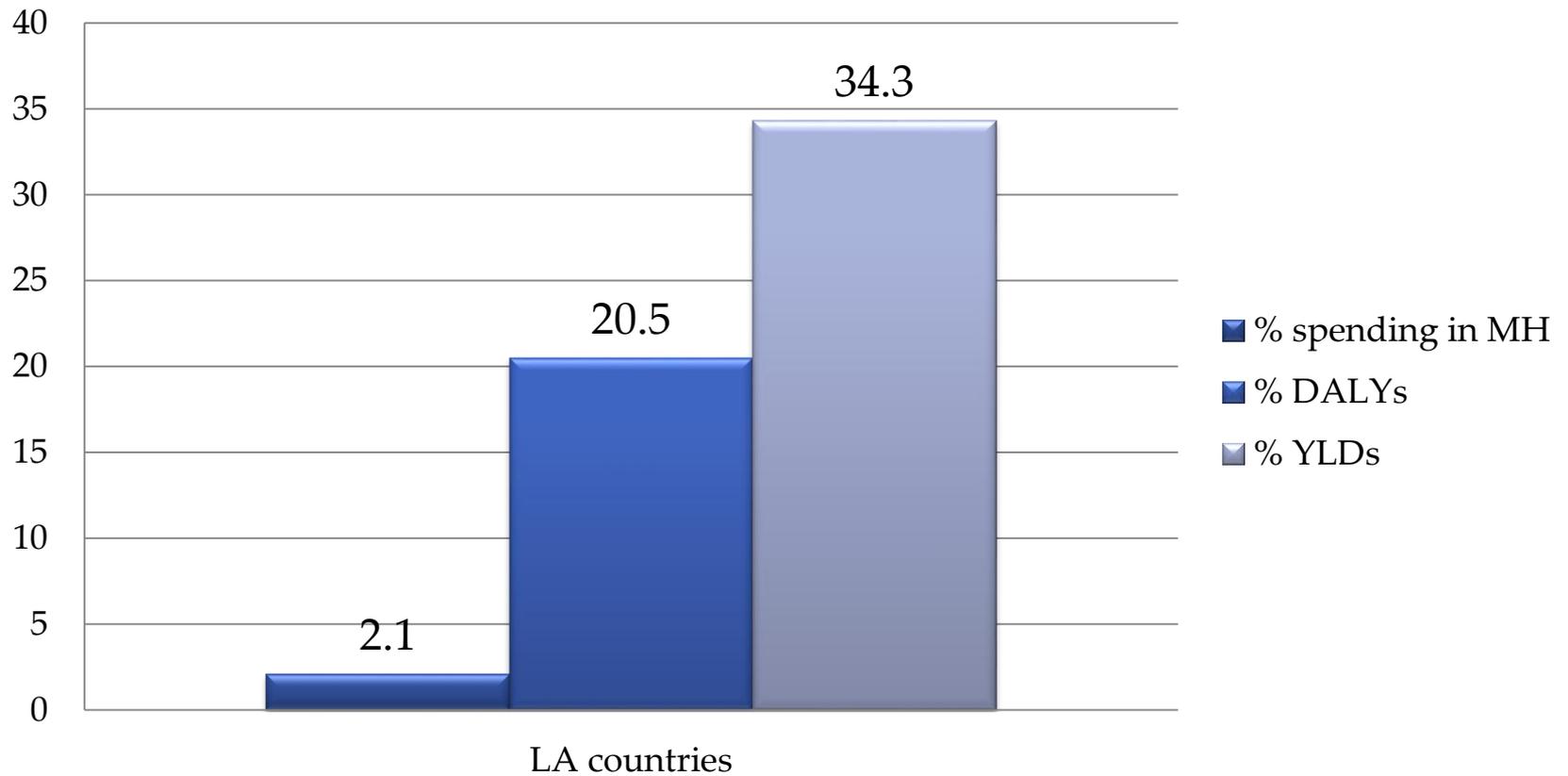
Non-affective psychosis
Major depression
Dysthymia
Mania disorder
Generalized anxiety
Panic disorder
Agoraphobia
PTSD
Social phobia
Obsessive-compulsive
Alcohol abuse
Drug abuse
Any disorder



Percentage of health budget allocated to mental health in Latin America and The Caribbean (LAC)



Burden of MNS vs. resource allocation



Patients treated by the different services, per 100,000 population, by sub region

Sub region	Outpatient facilities (median)	Day Hospitals	Psychiatric Units in General Hospitals	Residential facilities	Pschiatric hospitals
South America	1.232	22,3	83,3	4,7	
Central America, Mexico and latin Caribbean	588	5,1	50	0,6	
Non Latin Caribbean	936	7,5	119	2,5	

Professionals working in mental health facilities per 100,000 population, by sub region in LAC

Sub-region	Psychiatry	Nursing	Psicology	Social Work	Ocupacional Therapy	Others
Central America, Mexico and latin Caribbean	1.5	2.3	2	0.7	0.2	2.3
Non-latin Caribbean	1.9	14.3	0.3	1.1	0.1	20.8
SouthAmerica	2.9	1.6	10.2	1.1	0.2	3.8
Average	2.1	6	4.2	1	0.2	9

WHO-AIMS: Report on mental health systems in Latin America and the Caribbean (2013)

PAHO's response to the challenges of public mental health



Pan American
Health
Organization

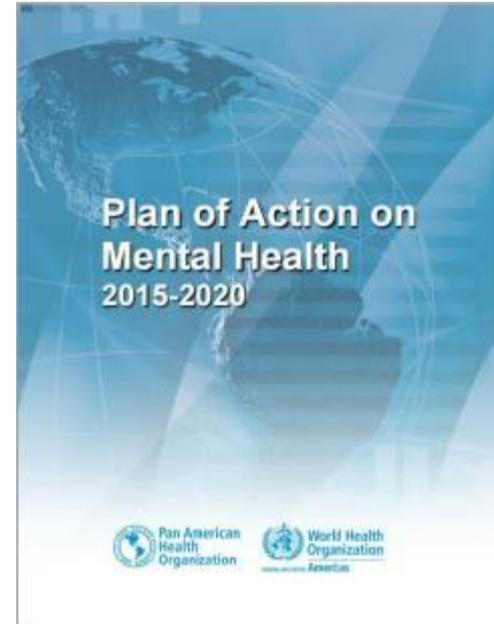
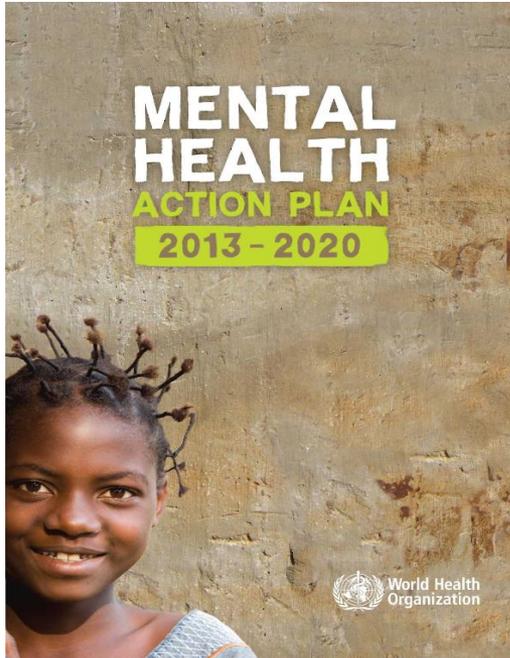


World Health
Organization

REGIONAL OFFICE FOR THE Americas

Mental Health Action Plan

WHO 2013-2020 and PAHO 2015-2020



PAHO plan of action on mental health 2015-2020

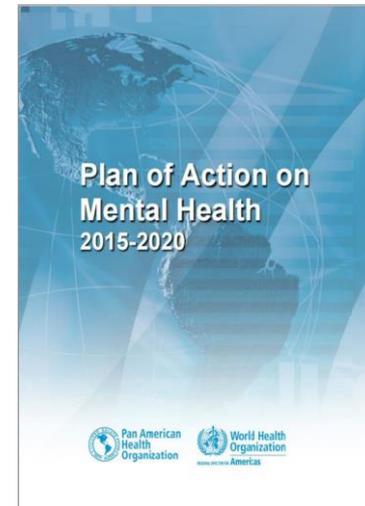
- Strategic Lines of Action

1 Develop and Implement Policies, Plans, and laws

2 Comprehensive, integrated and responsive mental health services in community-based settings

3 Strategies for promotion and prevention in mental health

4 Information systems, evidence and research for mental health



Strategic line of action 1: develop and implement national policies or plans for MNS

- 81% have a stand-alone MH policy or plan
- 85% developed or updated them within the past 10 years (since 2005)
- 81% partial or full implementation
- 81% high compliance with human right standards (65% maximum score of five)

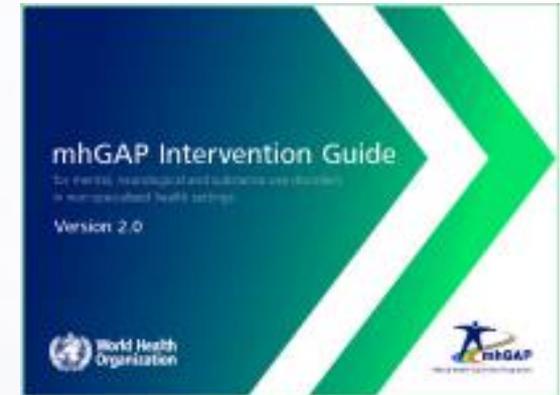
50% have a stand-alone policy, which was updated within the past 10 years and is partially or fully implemented and has a satisfactory compliance with human rights standards

Strategic line of Action 2: community based services

Rational for Integration of mental health into primary health care = better **health outcome**

Outcome of training using mhGAP IG:

- Training provided in 31 countries
- mhGAP trainings using PAHO's Virtual Campus



Outcome of 2015 survey:

- 91.4% reported improvement in attitude (tolerance, comprehension, receptiveness) towards patients with mental and neurological disorders
- 75% of countries have integrated mhGAP into a mental health policy



Pan American
Health
Organization

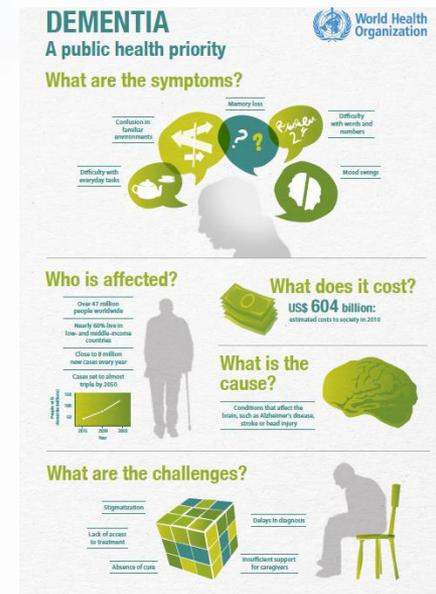
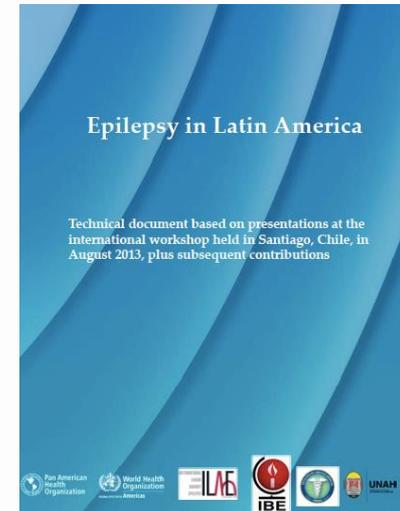


World Health
Organization

REGIONAL OFFICE FOR THE Americas

Line of Action 3: promotion and prevention

- Support countries in development of suicide prevention plans and strategies to improve surveillance.
- 37 % of countries have at least two functioning mental health promotion & prevention programmes
- MH Plans in Emergencies & disaster preparedness
- Mental Health Needs of Children and Adolescents
- Support prevention and promotion of Substance Use Disorders, Alcohol use
- Mental Health and Indigenous populations
- Partnerships with Collaborating Centers



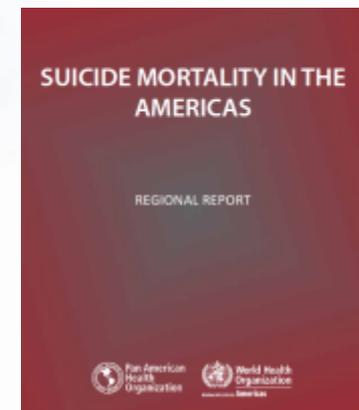
Mental Health Information System

Strategic Line 4:

- Strengthen information systems by integrating a basic set of MH indicators systematically compiled and reported annually.
- 34 countries completed the WHO Assessment Instrument for Mental Health (WHO-AIMS).
- 32 countries and territories reported data in the MH Atlas 2014
- Mental Health Atlas 2017 is currently in progress
- 90% of authorship of mental health research is from HIC
- 0.33% from LIC.



WHO-AIMS



Pan American
Health
Organization



World Health
Organization

REGIONAL OFFICE FOR THE Americas

Conclusion

- The high prevalence of Mental Health disorders takes a significant toll on individuals, families and economies.
- Accessible, affordable, and acceptable mental health care require mental health systems, and services that take account of culture, resources, and an optimal mix of levels of care. Public mental health is needed to facilitate this.
- Recognition of the role that public health can play in improving the health of the population is increasing.
- Existing gaps in public mental health research and practice needs to be addressed with some urgency.



Thank you