

# **What if? The benefits of putting mental wellbeing at the heart of population health innovation**

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***Population health innovations:  
addressing determinants for health***

**Institute of Health Economics/Alberta Health Service  
Alberta  
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*During these months something had matured in me  
All I'd to do was let it flourish.  
Just to have grown enough to accept my destiny.*

*Every pretty blouse I put on a kind of celebration.  
I feel so light and radiant and cheerful.  
In suffering we share our loss with all creation.*

*No admittance to Jews. The air I breathe is mine.  
That man cycling on Beethovenstraat,  
His yellow star of David a crocus in the sunshine.*

*Such ripening strength. Gone the Bohemian waif.  
I want to be there at every front.  
I don't ever want to be what they'll call 'safe'.*

from Etty Hillesum by Micheal



# Summary



*“It gets so lonely around here that I phone myself seven or eight times a day, just to see how I am”*

Phantom Tolbooth

- What’s in a name? *mental health, wellbeing et al*
- Why now? *mental health and current debates*
- Because it’s worth it: *why mental health matters*
- Acting on the evidence

# What we all need....



To be:

- Heard
- Believed
- Understood
- Respected

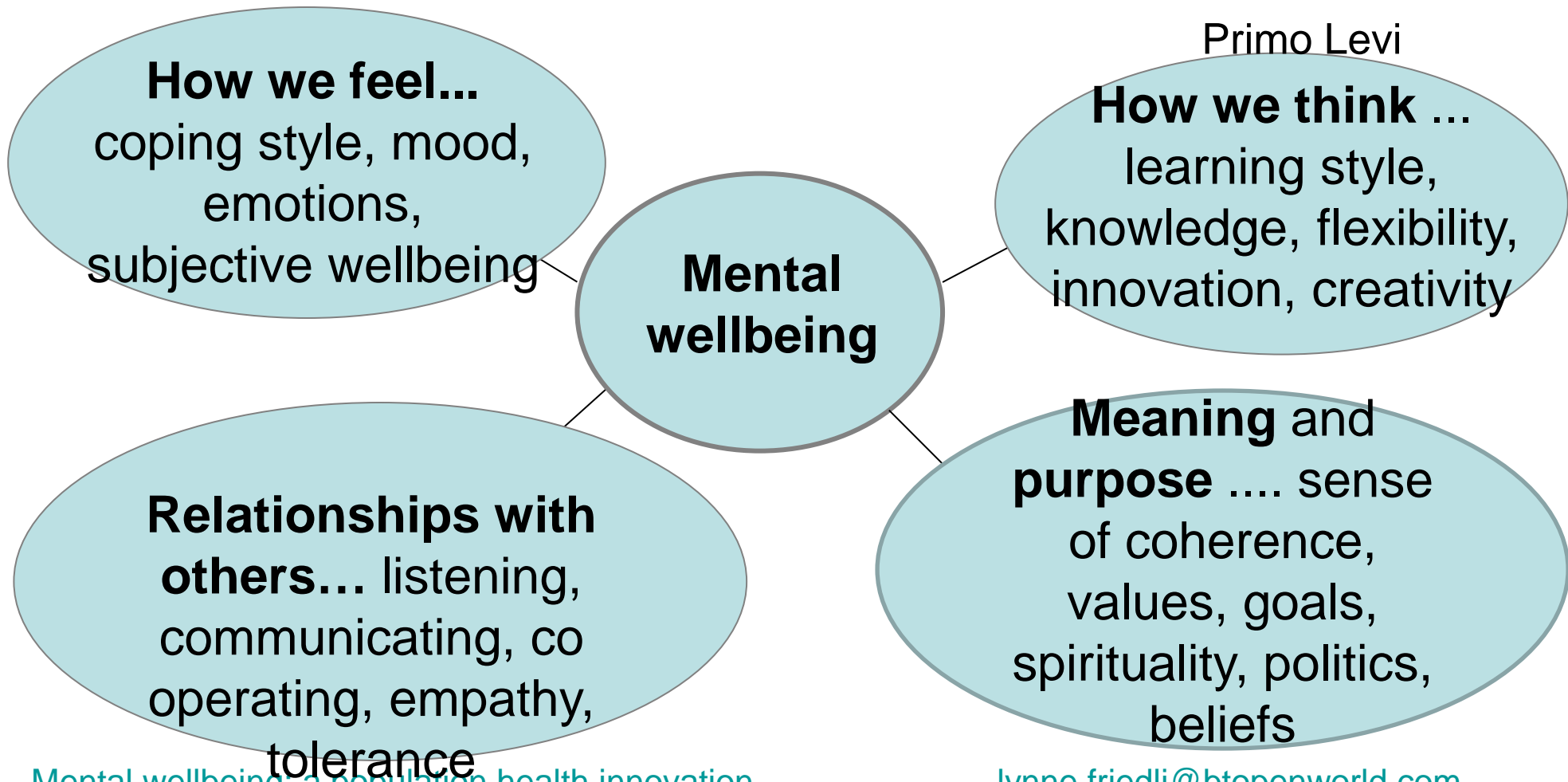


Picture Source: <http://sarahdrummond.wordpress.com/2010/12/13/an-assets-alliance-scotland/>

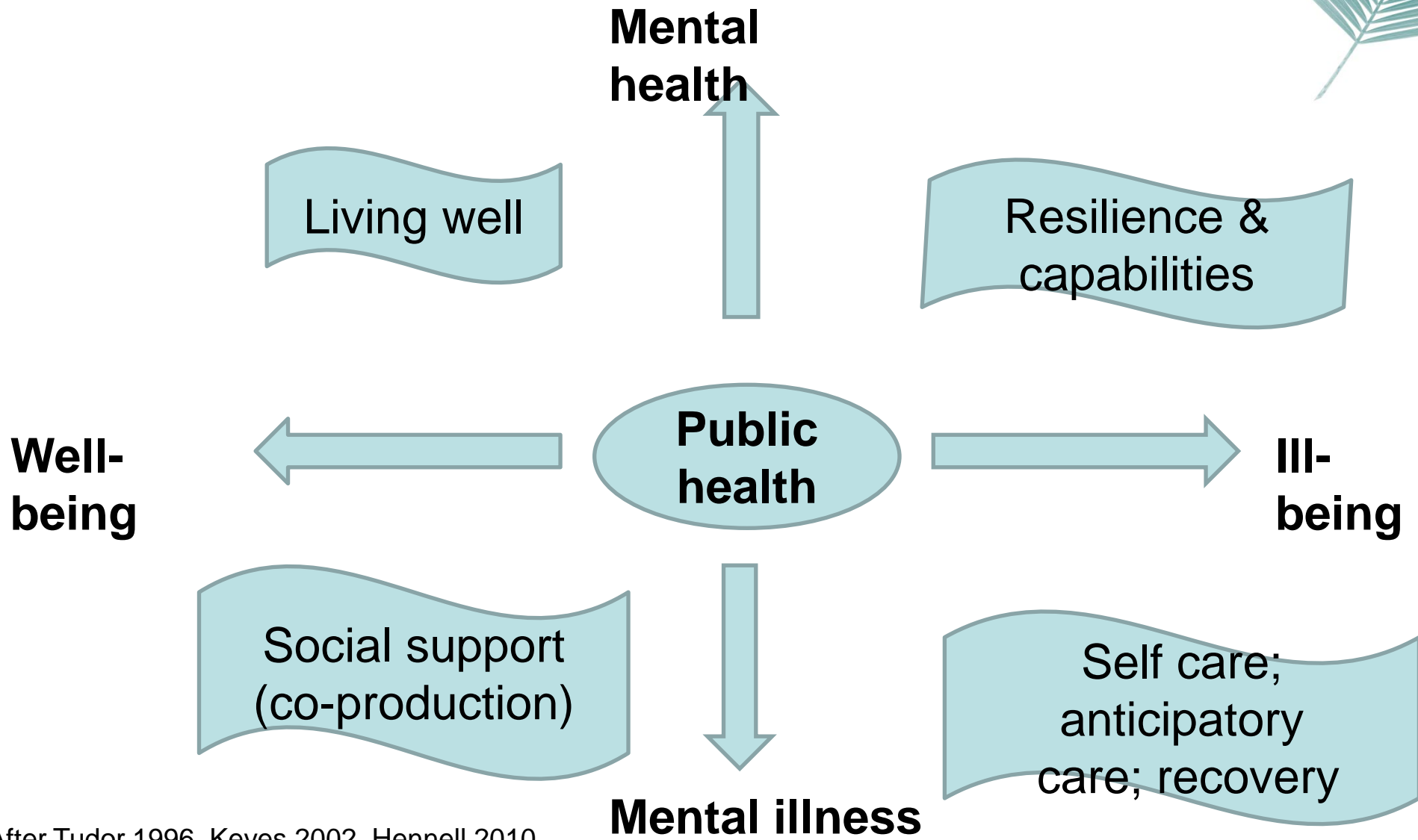
# Dimensions of mental wellbeing



*If I am not for myself, who will be for me?  
And if I am only for myself, what am I? If not now, when?*



Primo Levi



After Tudor 1996, Keyes 2002, Hennell 2010



# Wellbeing and the zeitgeist

*It will be their effort to stay healthy and active, their wise decisions about their health, and their openness to change that will build a strong health system and ensure that it is sustainable for generations to come.*

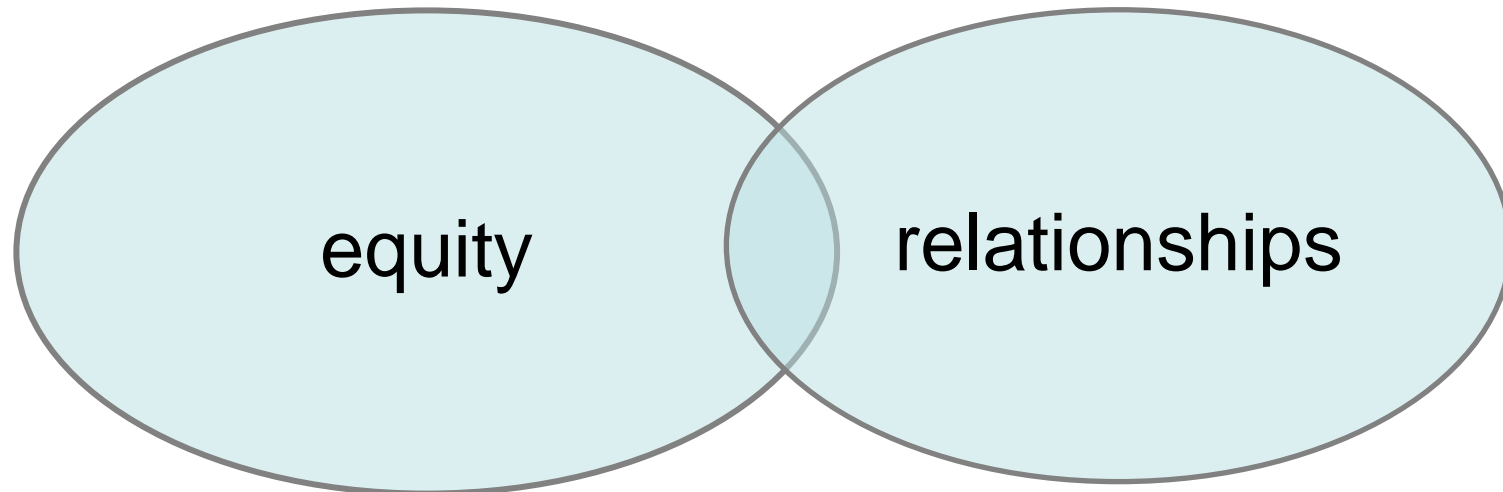
Becoming the best – Alberta Action

Plan

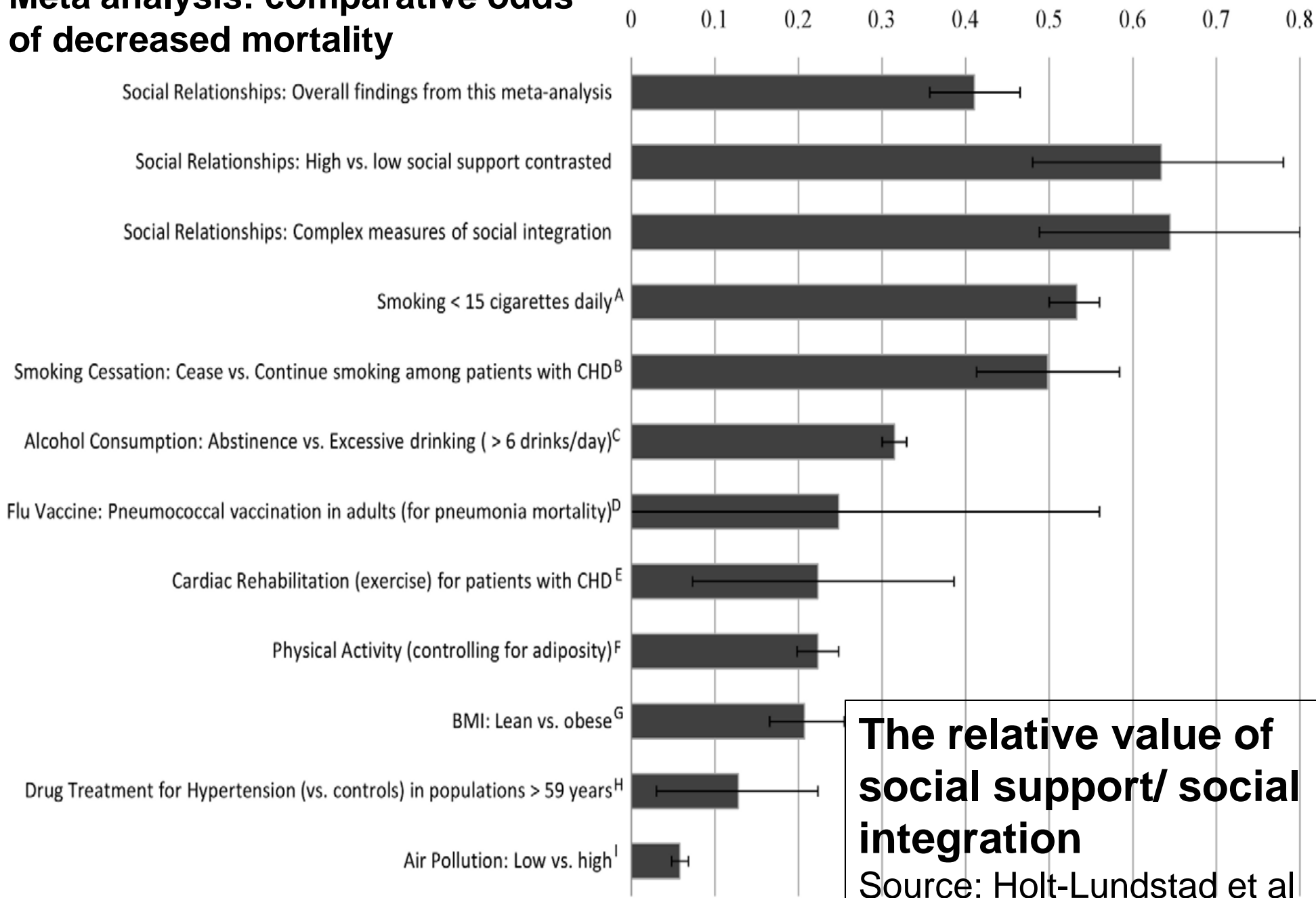


# What we've learnt....

Mental health, and the factors that influence mental health, have never been more important



# Meta analysis: comparative odds of decreased mortality



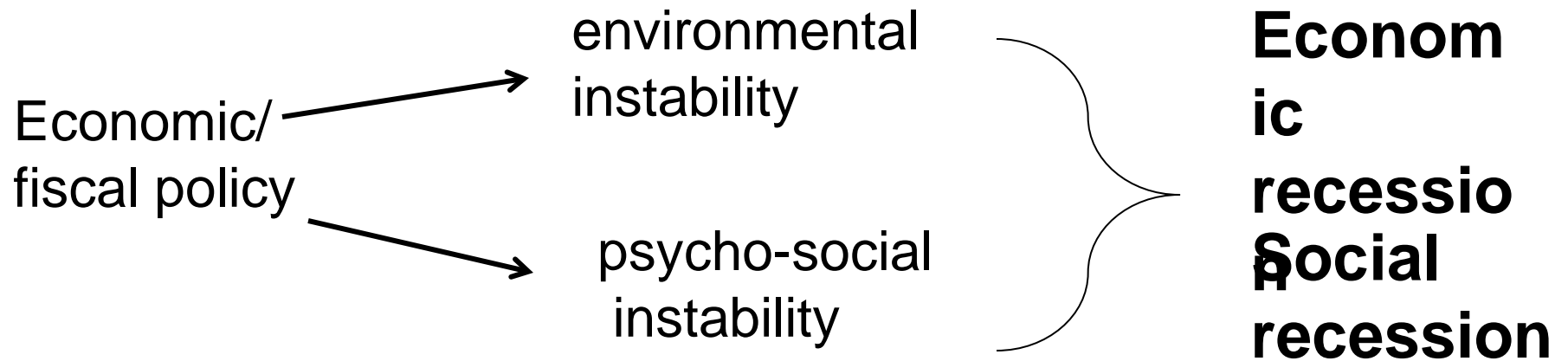
**The relative value of social support/ social integration**  
Source: Holt-Lundstad et al 2010

# Economic policy, sustainability and wellbeing



*Well-being depends on certain freedoms being upheld, as well as on economic assets*

Amartya Sen



materialis

m

consumeris

m

individualism



# Influencing the debate



• *"Reducing the psychosocial impact of the financial and economic crisis"* EC Crisis Roundtable, Brussels, 2009



## • Stiglitz Report

<http://www.stiglitz-sen-fitoussi.fr/documents/overview-eng.pdf>

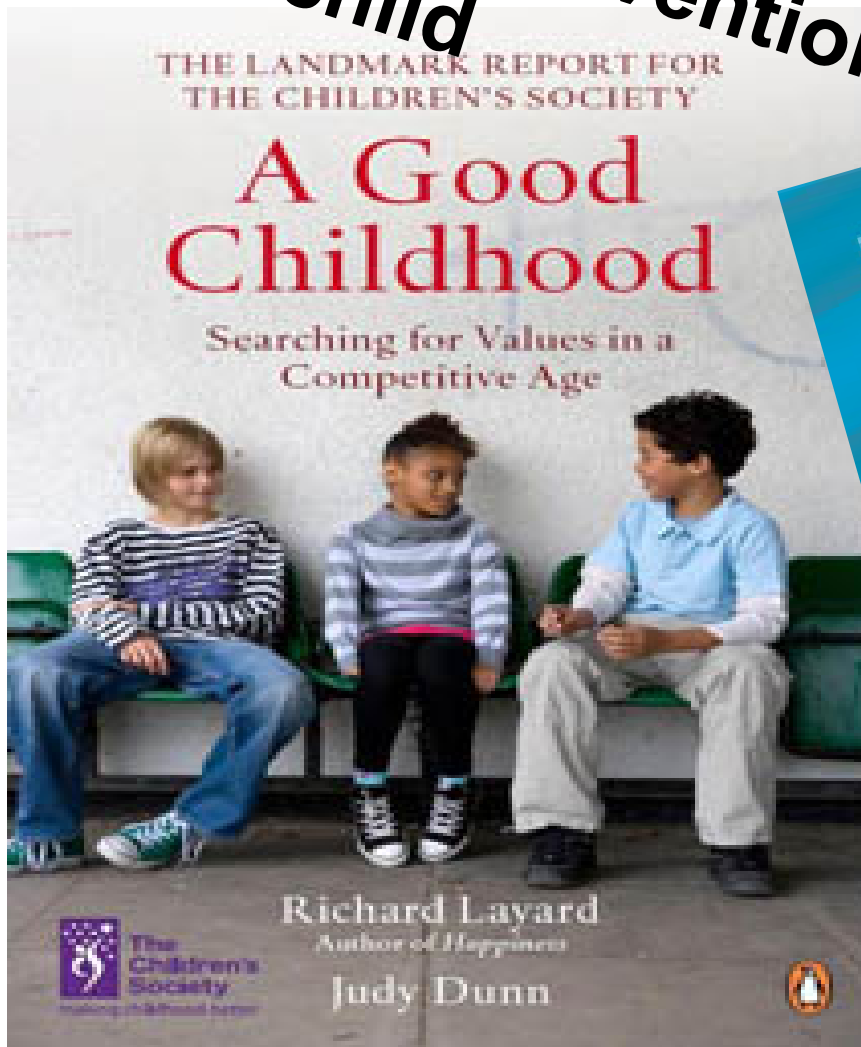
• **OECD Global Project:** measuring the progress of societies

## • Canadian Index of Wellbeing

<http://ciw.ca/en/TheCanadianIndexOfWellbeing.aspx>

<http://www.ons.gov.uk/well-being>

# UN Convention on rights of the child



Mental wellbeing: a population health innovation

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# Assets based approaches



*Tend to the social and the individual will flourish*

Jonathon Rutherford

*Mental wellbeing as a core asset...*

- Resilient places
- Resilient communities
- Resilient individuals

*“extent to which communities are able to exercise informal social controls or come together to tackle common problems”*  
*“mostly about the quality of human relationships”*

*psychological skills and attributes*

# Because it's worth it....

*While there are multiple barriers to economic growth,*

*the growth of human potential is unlimited*

Coote and

• **Contribution to mental health and mental illness make to wide range of outcomes**

• The '**unexplained excess**' – classical risk factors do not account for level of variation in outcomes

• Improving mental wellbeing saves (a lot of) **money**

• Improving mwb delivers **social** (as well as economic) returns

• Improving mental health **reduces inequalities**



# Mental wellbeing is a precious resource



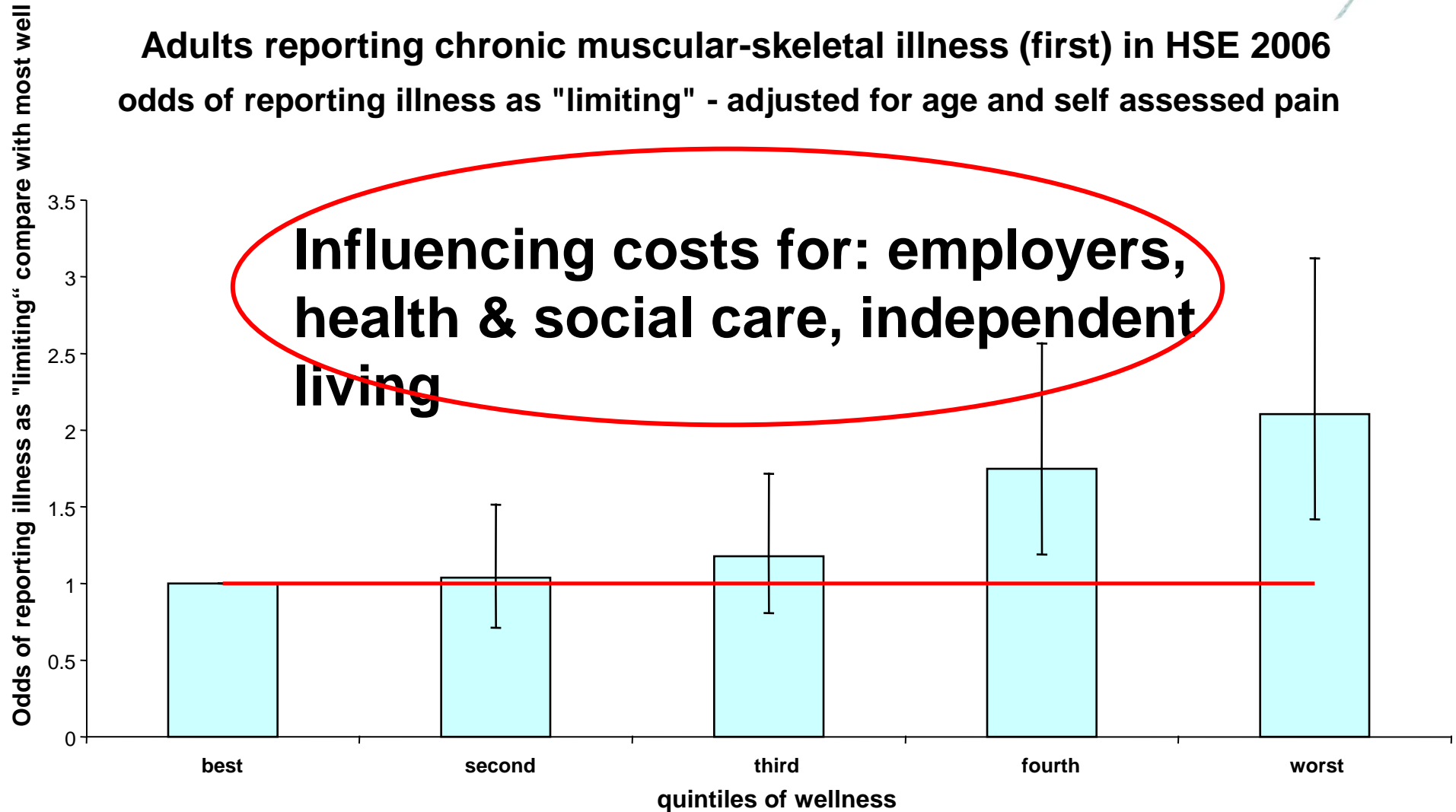
A worthwhile goal in itself and leads to better outcomes:

- prevalence of mental illness
- health behaviour
- physical health/recovery/chronic disease management
- capacity to learn/educational attainment
- employability, productivity, earnings
- crime / violence reduction
- pro-social behaviour/social integration/relationships
- quality of life

# Recover from, and manage illness sooner



Adults reporting chronic muscular-skeletal illness (first) in HSE 2006  
odds of reporting illness as "limiting" - adjusted for age and self assessed pain



**Source:** Tom Hennell *The nature of wellbeing and its relationship to inequalities* 2010



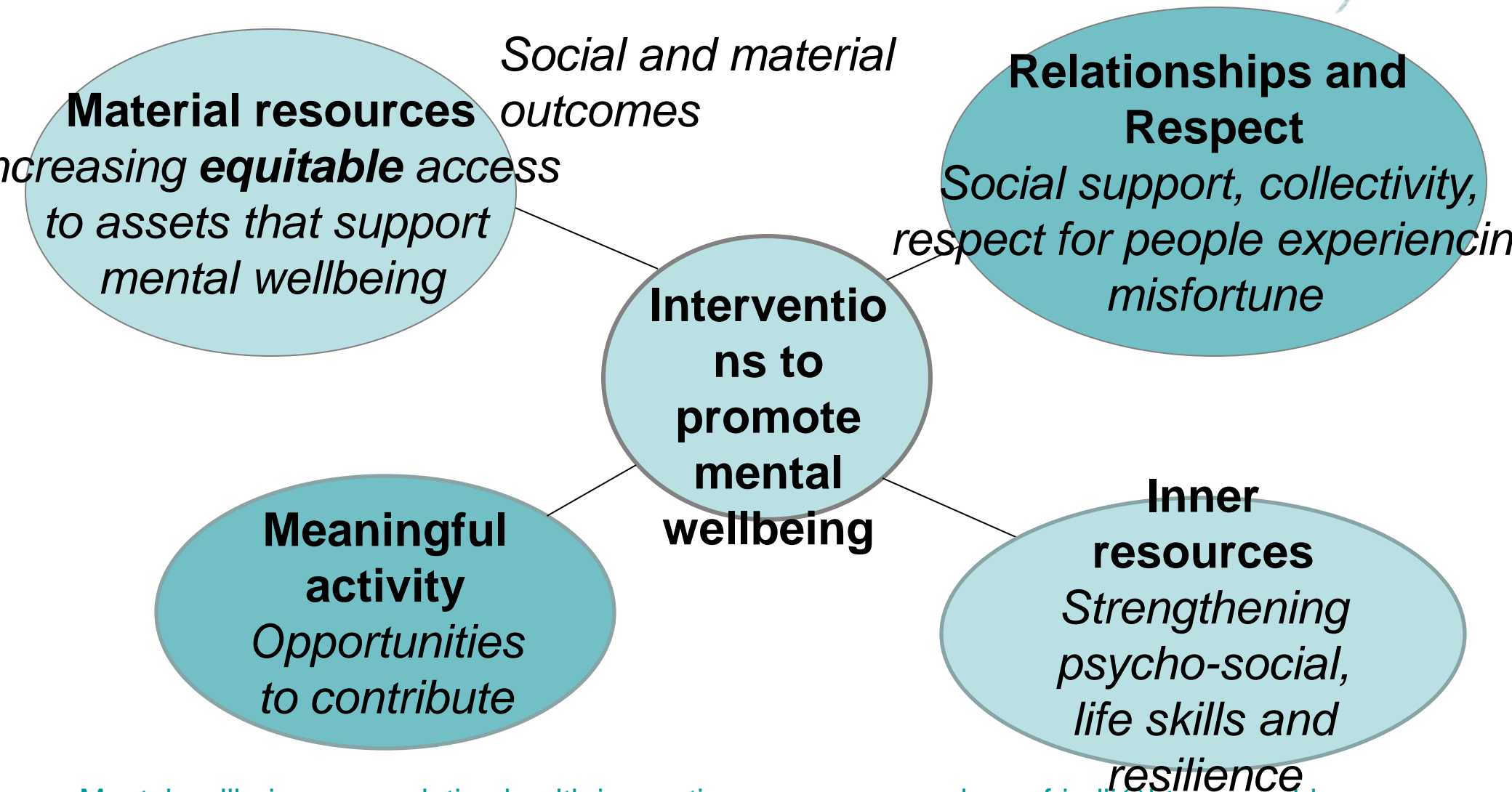
# Acting on the evidence

*'it's better to be roughly right than precisely wrong'*

*We do not have to be a Gandhi, or a Martin Luther King, or a Nelson Mandela or a Desmond Tutu or an Aung San Suu Kyi, to recognise that we can have aims or priorities that differ from the single minded pursuit of our own well being only.*

Amartya Sen

# Scope of interventions



# What matters most?



*One of the 'hidden costs of individualism' is the failure to recognise that people's wellbeing can be enhanced by opportunities to act in solidarity with others.*

- Individual skills and attributes Friedli 2011  
*(behaviour, attitudes and feelings)*
- Family, relationships, support & networks  
*(people in our lives)*
- Material resources  
*(financial security, environment)*
- Inequalities in *distribution* of resources  
*(what we have in relation to others)*

# Trends in economic analysis & cost effectiveness



- **Early intervention and life course savings**
- **Quality of life, physical health, recovery**
- **Screening, brief interventions**
- **Workplace: employability/productivity**
- **Environment**
- **Social capital** <http://www.pssru.ac.uk/pdf/dp2772.pdf>  
*Building Community Capacity: making an economic case*

Dept of Health (2011) *The economic case for improving quality and efficiency in mental health*

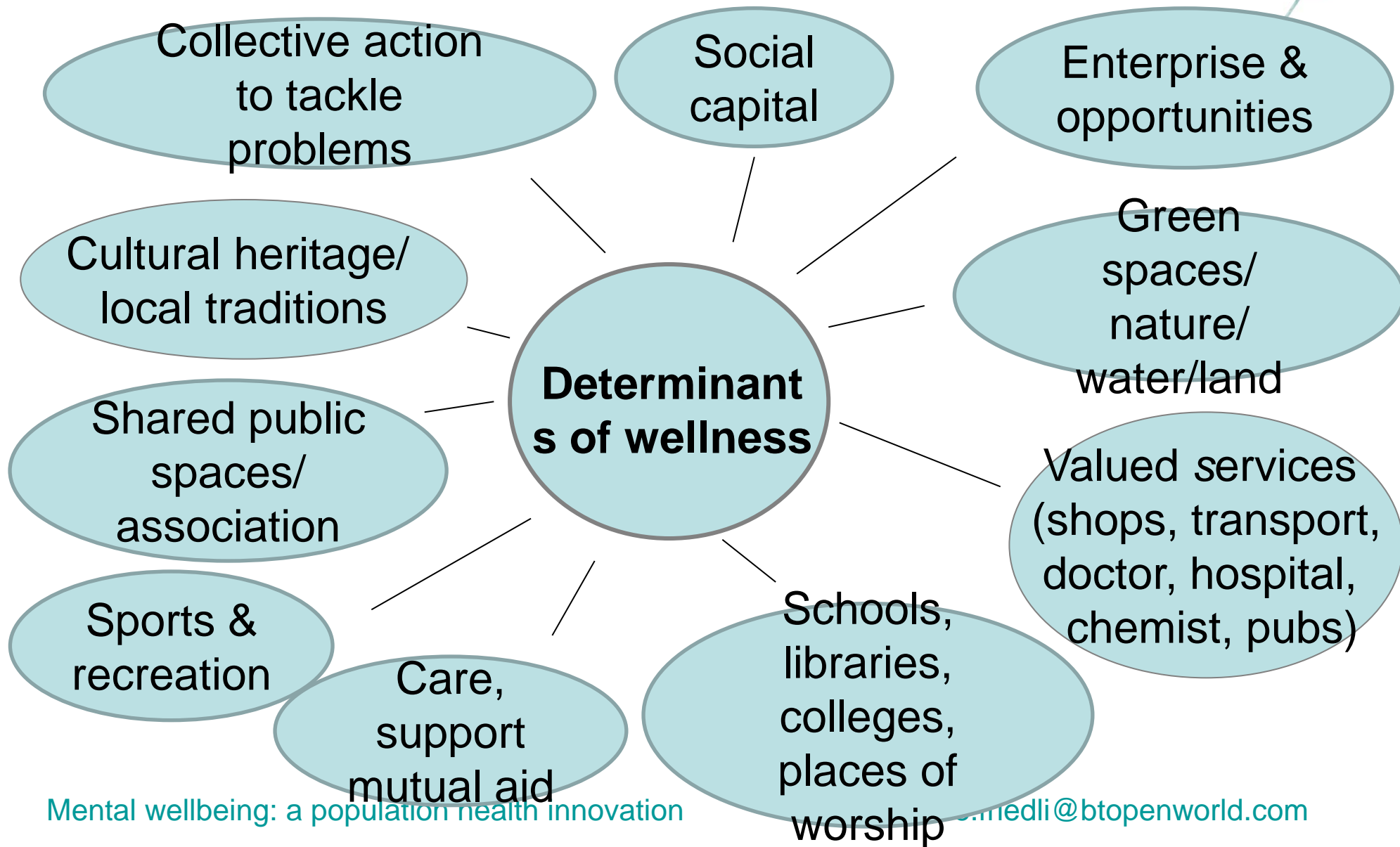
[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_120993.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_120993.pdf) *Population health innovation*

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# 'best buys'

- Supporting family life: **parenting/ home learning environment/reading 8:1 return**
- Supporting lifelong learning: **health promoting schools and continuing education 25-45:1 return**
- Improving work: **employment/ workplace up to 30% saving**
- Mental health assets (**diet, exercise, sensible drinking**) and **cost effective** **social support/integration**
- **Supporting communities, environmental improvement/environmental justice**

# Mapping Community assets (JSAA)



# Revisiting community development

*Economic modelling supports the conviction that when community engagement is done well, it can be extremely good value for money.*  
NICE 2009

Supporting individuals

Involving communities

Local Economy  
Neighbourhood resources

Supporting community initiatives

Community empowerment

*Means that communities:*

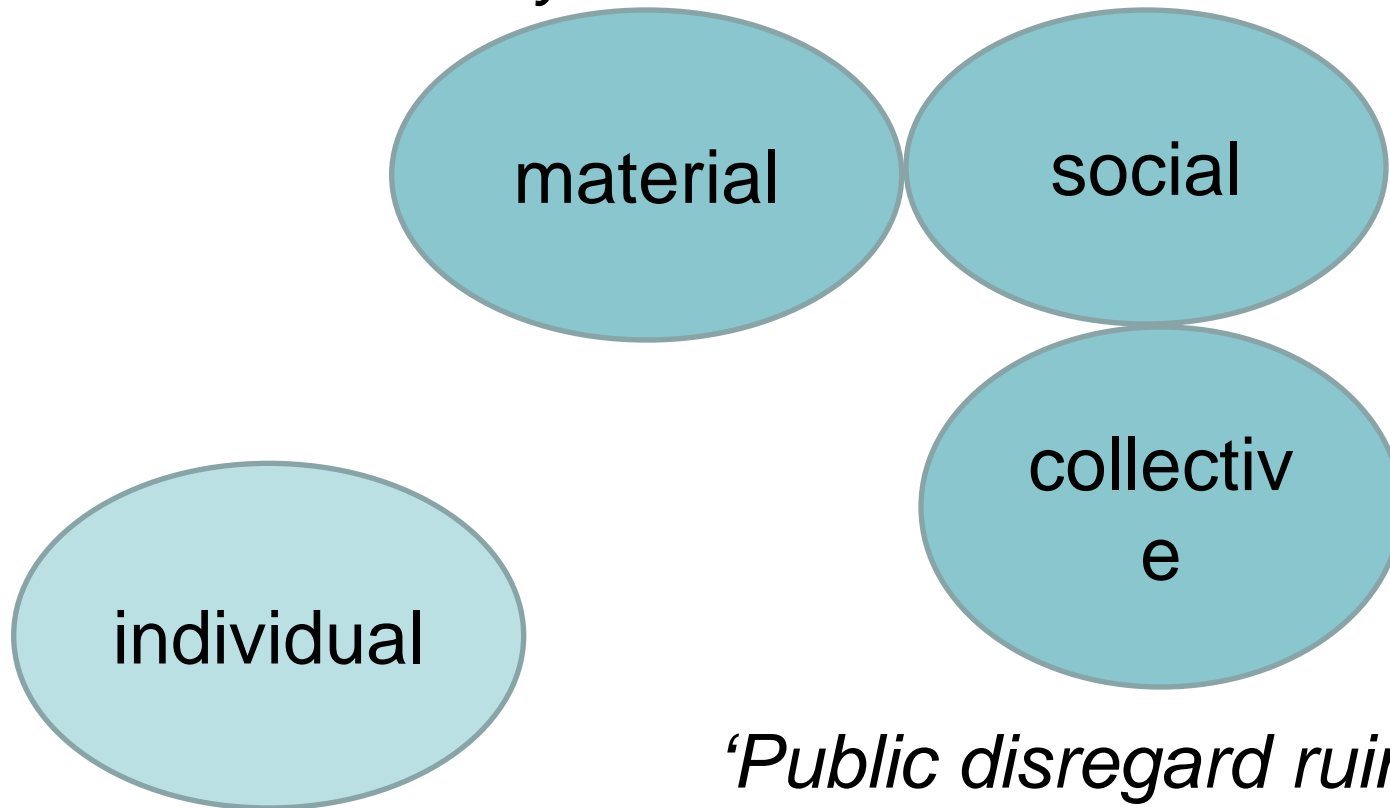
- Take control
- Define issues
- Leverage resources
- Negotiate with services

Adapted from : Stuteley and Parrish (2010) *The Emergence of the HELP Fieldwork Method* [www.healthempowermentgroup.org.uk](http://www.healthempowermentgroup.org.uk)

# Focus of interventions



*Policy responses that enhance connections, collectivity and financial security*



*'Public disregard ruins the spine'*

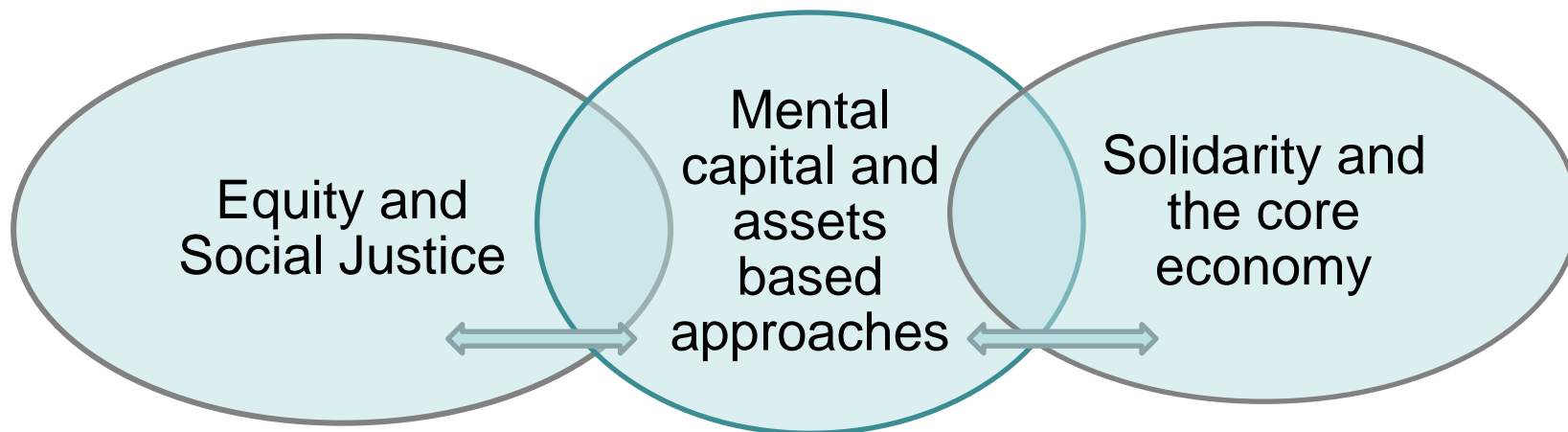
Brecht

# Re-imagining the social....



*To value the contribution of those whom the market excludes or devalues  
and whose genuine work is not acknowledged or rewarded  
Families and communities are the 'missing neighbourhood level support systems' that underpin economic and social development*

Edgar Cahn



*I am, because we are...*



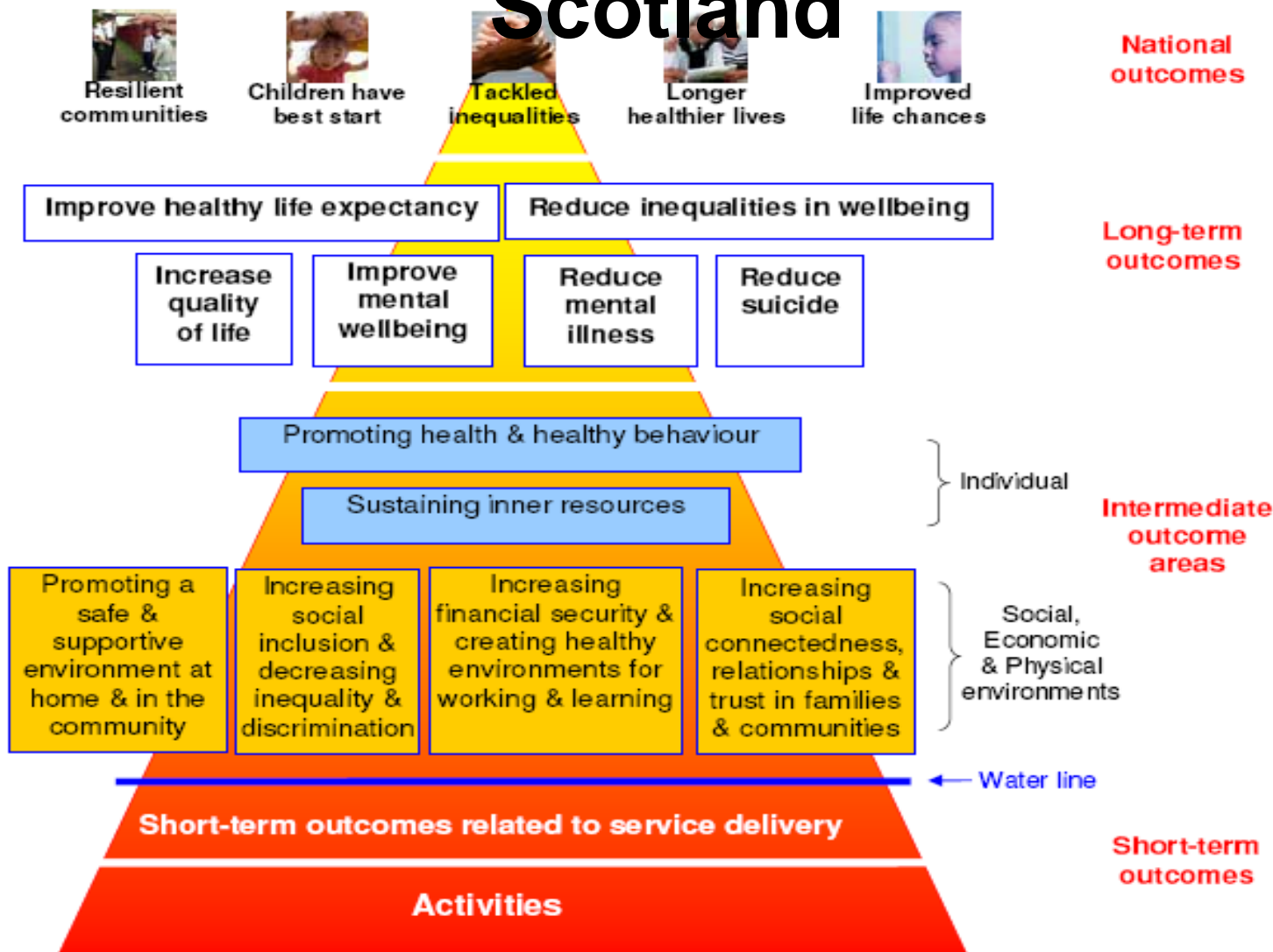
# Selected data informing debate in UK

*“people often imagine they are thinking,  
when they are merely re-arranging their  
prejudices”*

*“Imagining the possibility of another way of living  
together is not a strong point of our world of privatised  
utopias”*

Zygmunt Bauman

# Mental health and national outcomes: Scotland



# Mental health and deprivation



*Not 'every family in the land'*

***Findings from 9 large scale population based studies:***

- Material and relative deprivation
- Childhood socio-economic position
- Low educational attainment
- Unemployment
- Environment: poor housing, poor resources, violence
- Adverse life events
- Poor support networks

*(Melzer et al 2004; Rogers & Pilgrim 2003; Stansfeld et al 2008; APMS 2007)*

## ***Cycle of invisible barriers:***

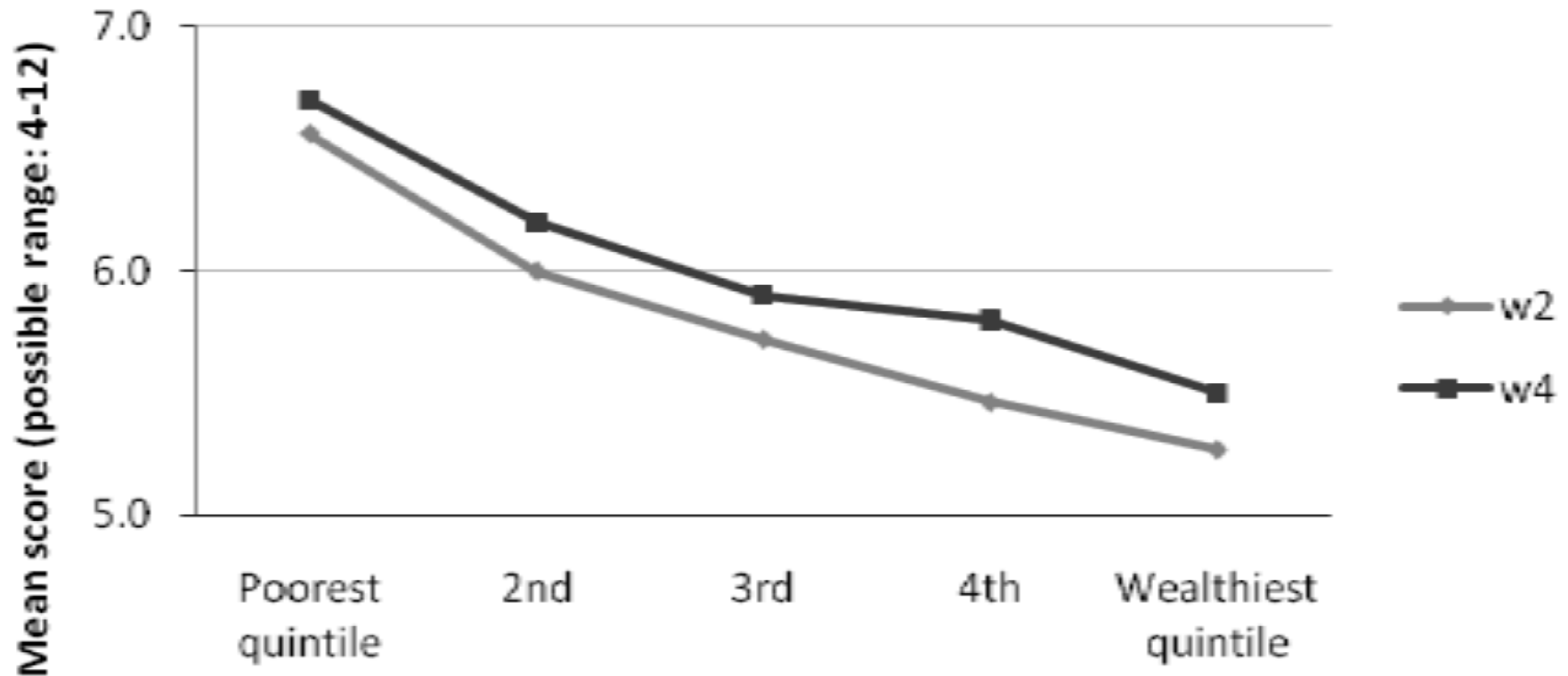
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- Poverty of hope, self-worth, aspirations



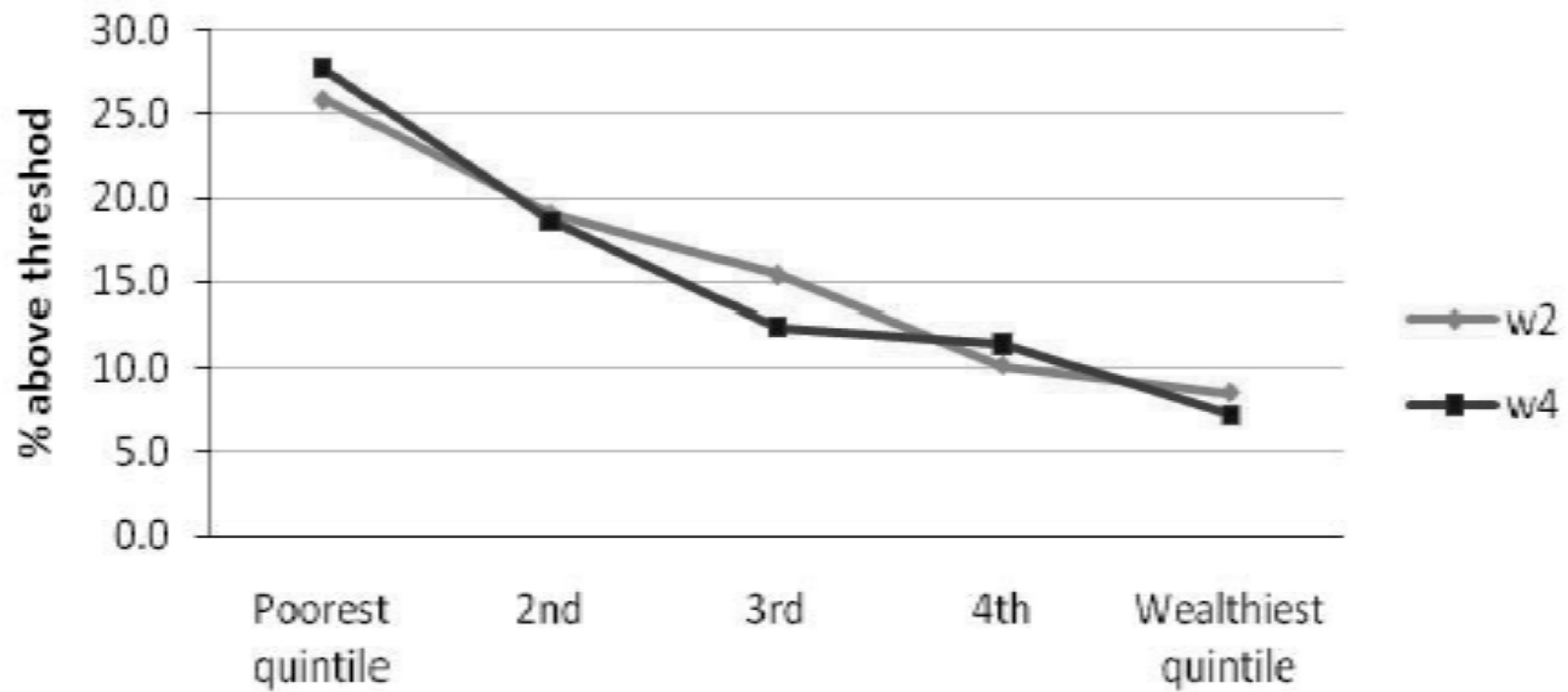
## Loneliness score by wealth in wave 2 and wave 4



Source: 2008 English Longitudinal Study of Ageing (IFS  
2010)



# Elevated depressive symptoms by wealth (quintiles) in wave 2 and wave 4



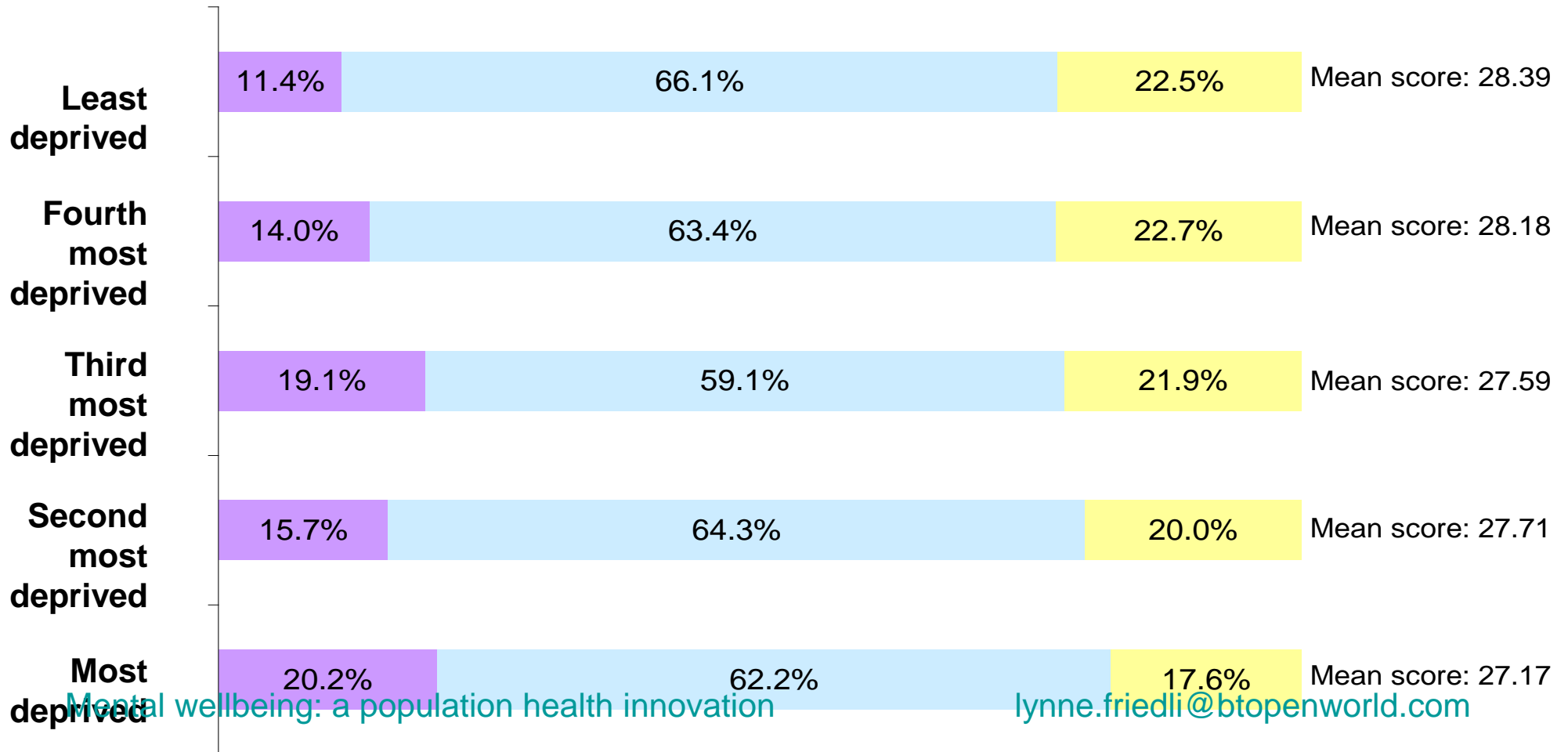
**Source: 2008 English Longitudinal Study of Ageing (IFS 2010)**

# Deprivation & WEMWBS



Key:  Low  Moderate  High

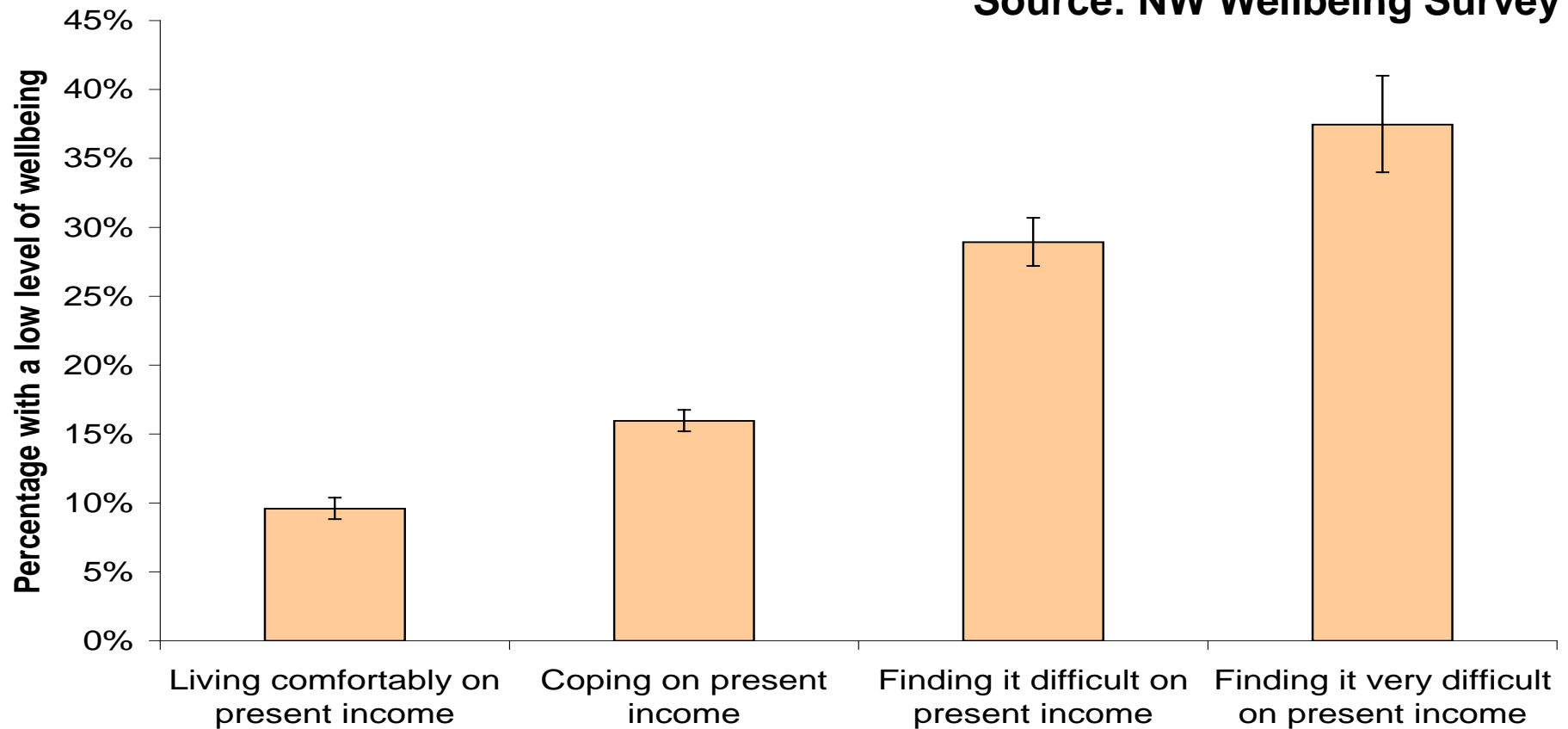
Source: NW Mental Wellbeing Survey 2009



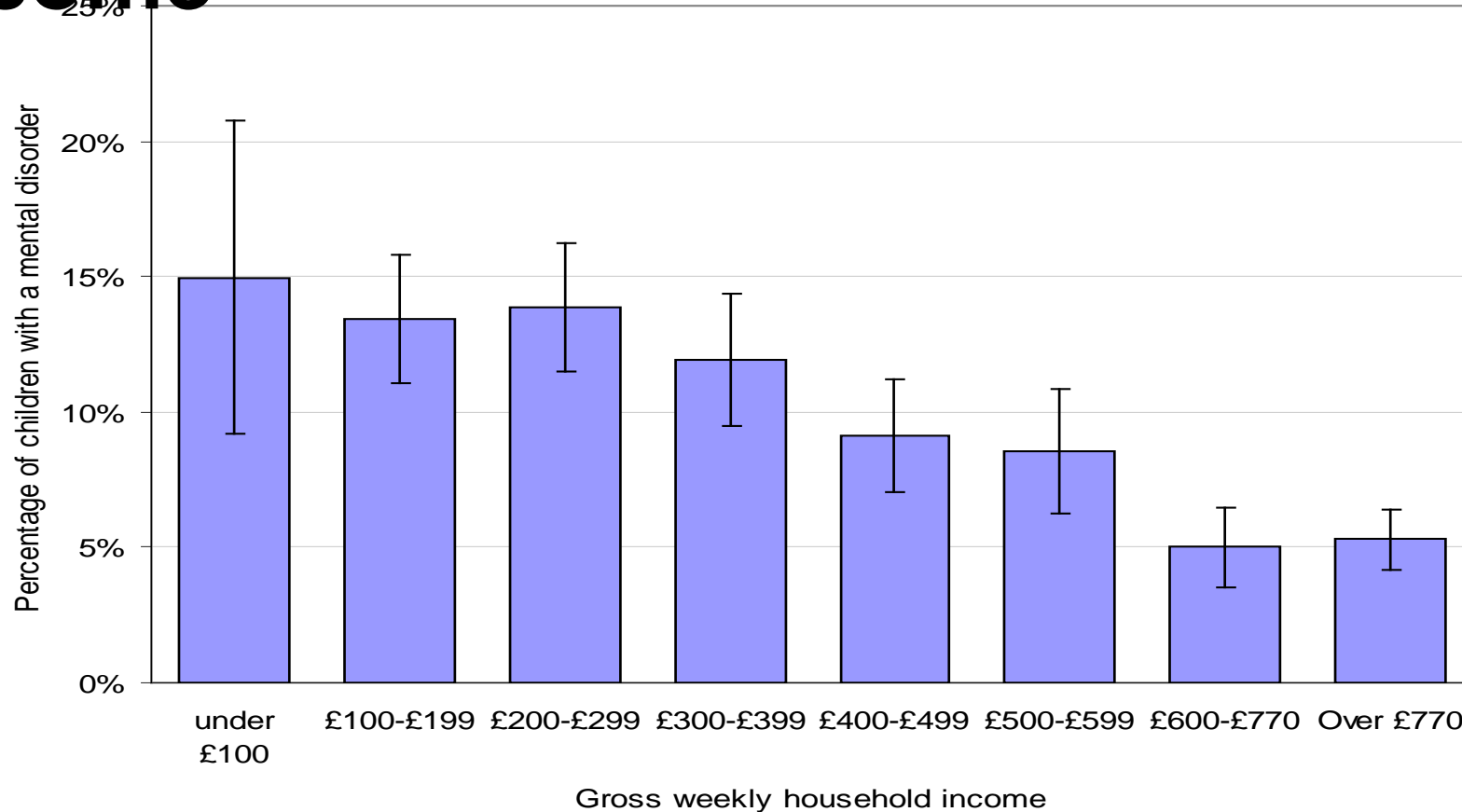
# Low levels of (adult) mental wellbeing by concerns about income



Source: NW Wellbeing Survey

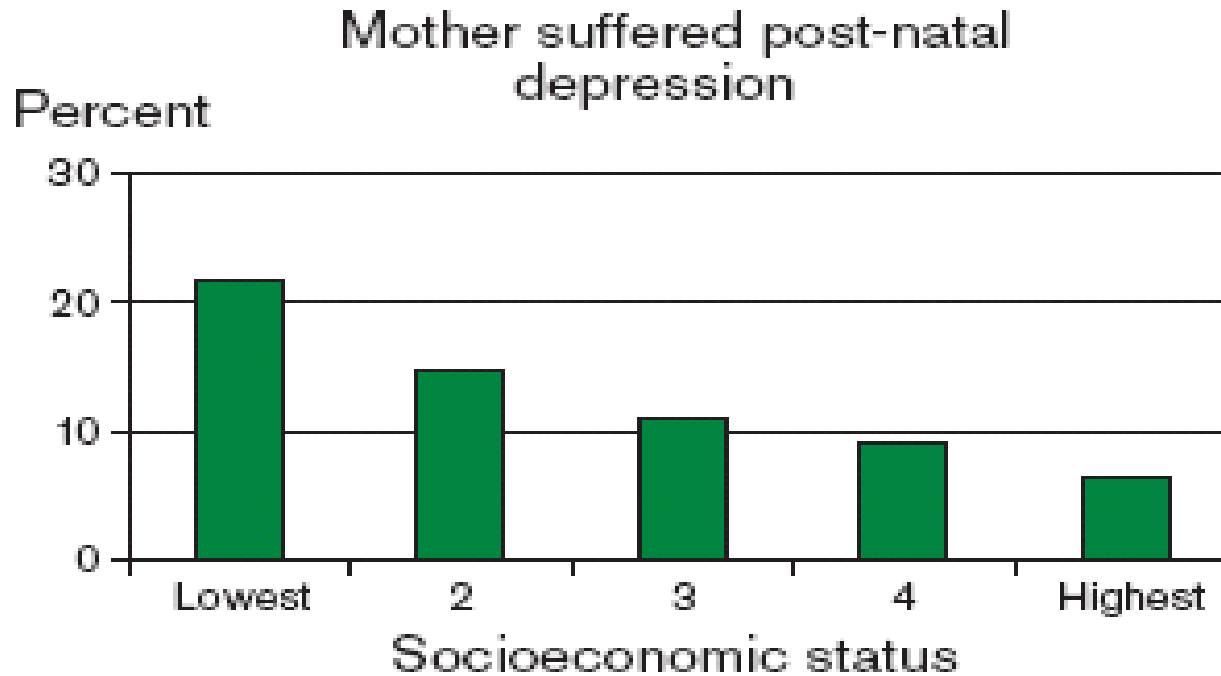


# Mental health of children by parental income



**Source: Meltzer et al 2000 Mental health of children and adolescents in Great Britain**

# Mental health and the social gradient (UK)

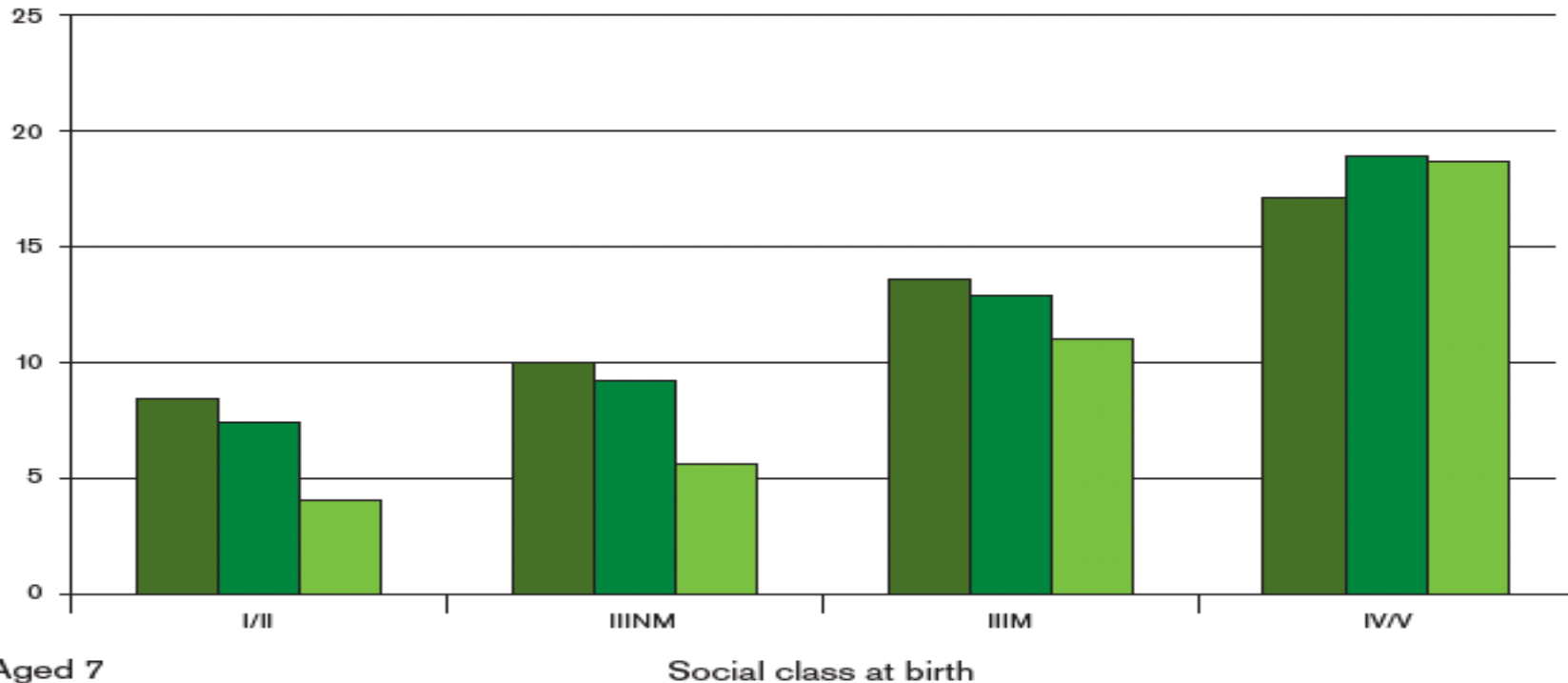


**Source: Fair Society, Healthy Lives: Marmot Review 2010**

# Rates of poor social/emotional adjustment by father's social class at birth



Percent poor adjustment

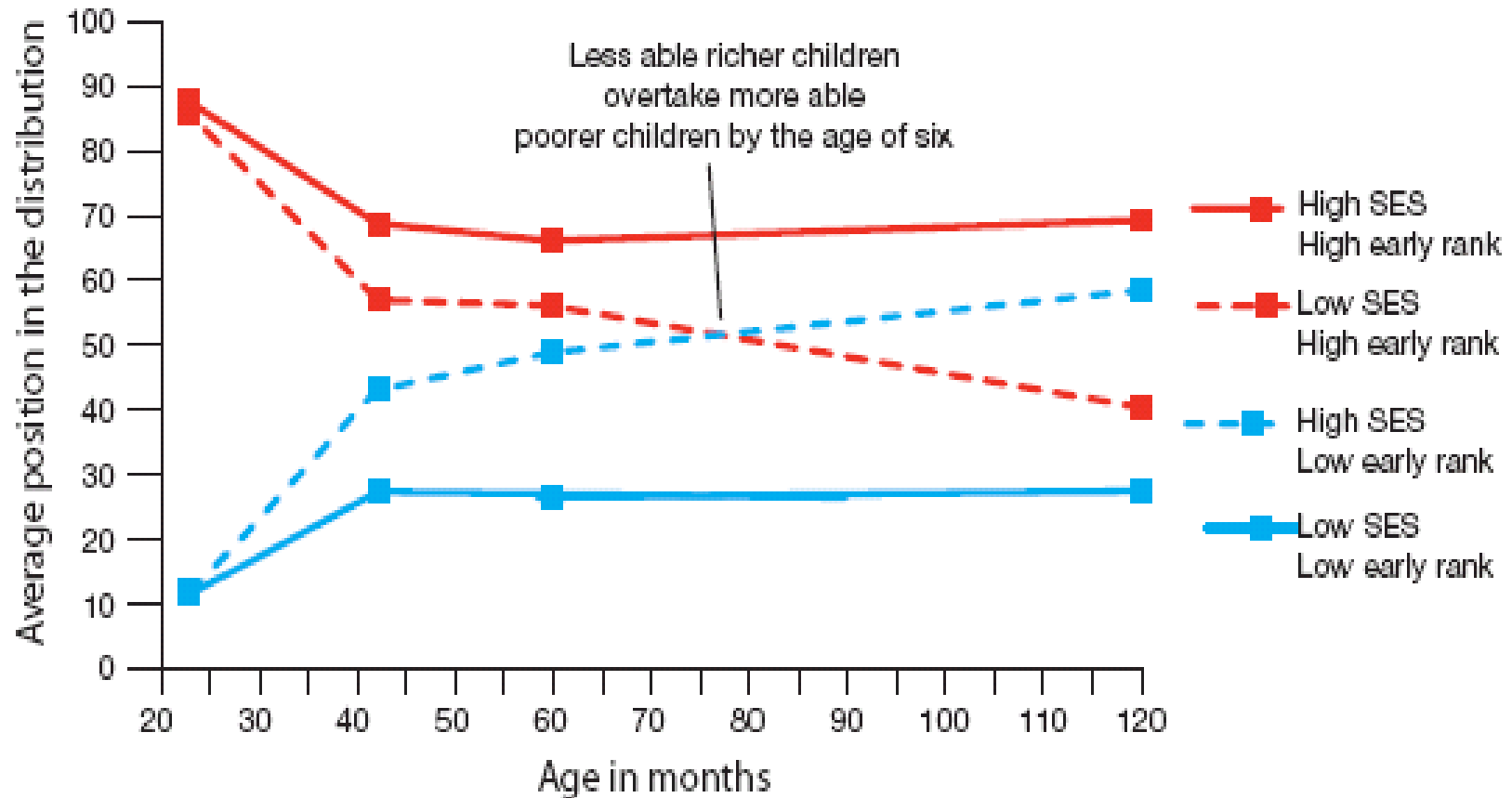


- Aged 7
- Aged 11
- Aged 16

Source: 1958 National Child Development Study<sup>64</sup>

Source: cited in Marmot 2010

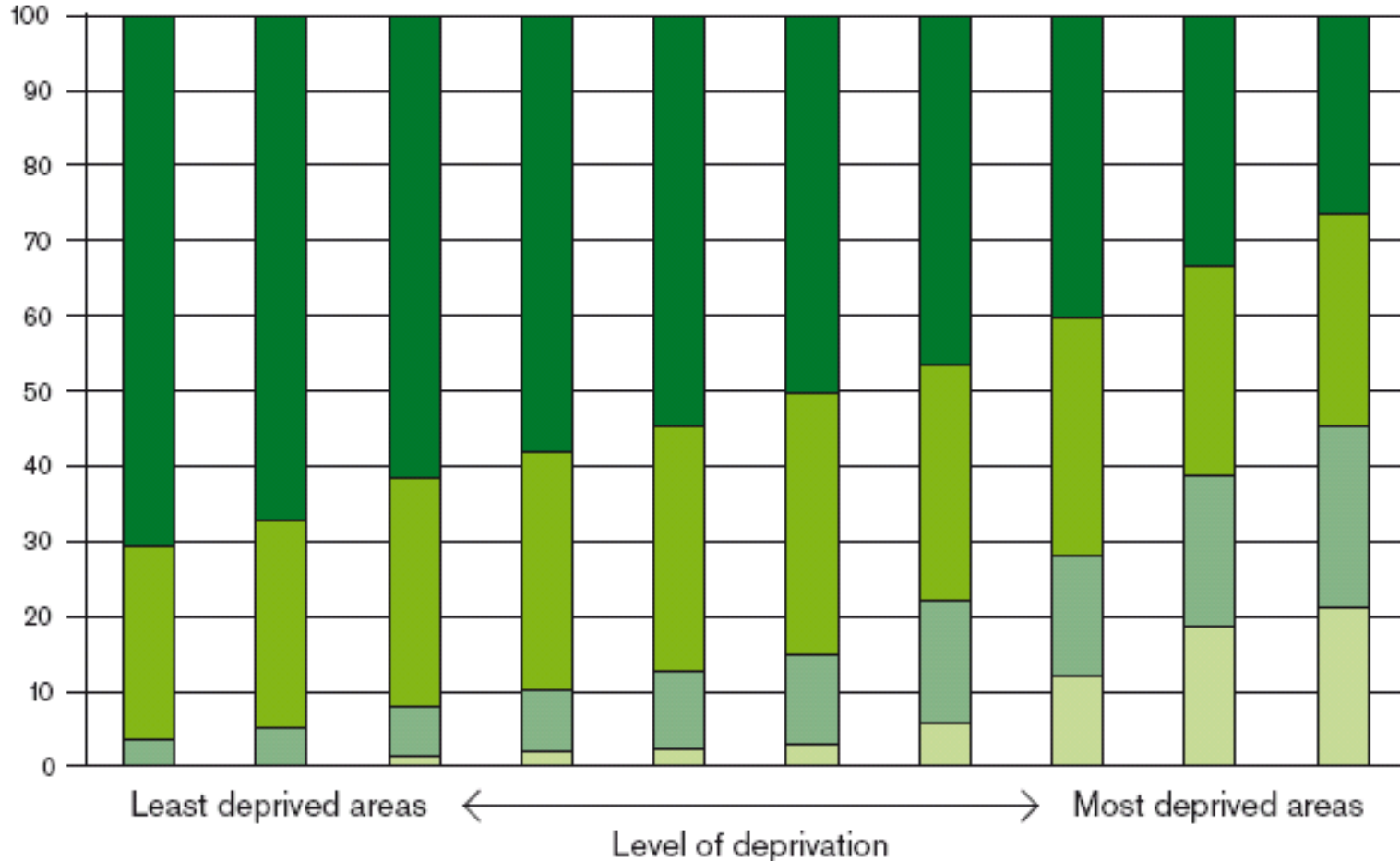
Figure 3.1: Progress in educational outcomes for very young children, by socio-economic status at birth<sup>3</sup>

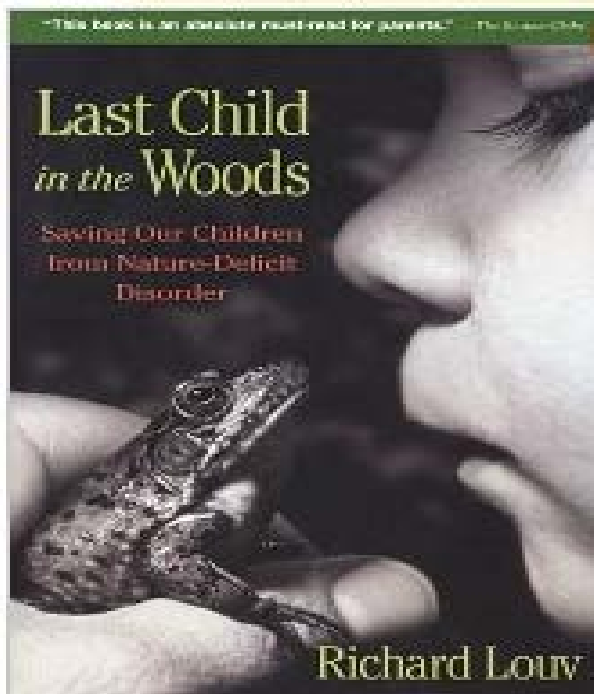


Equalities Review 2007 Crown Copyright

# Distribution of poor quality environments by level of area deprivation

Percentage of the population





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