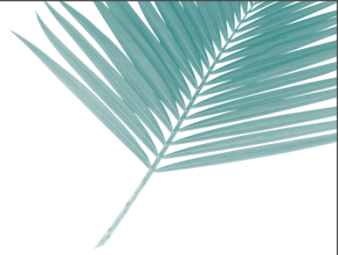


The (equal) chance of a life well lived:
**acting on the social determinants of
mental health and wellbeing**

Dr Lynne Friedli

Mental Health Summit 2012



Summary



Why mental health matters

What influences mental health

Effective (& cost effective) action

Reasons to be cheerful.....

Photo credit: Jacqueline Young

[The chance of a life well lived](#)

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Something to hold on to

I did not hear the bird sounds

They had left.

I did not see the speechless clouds.

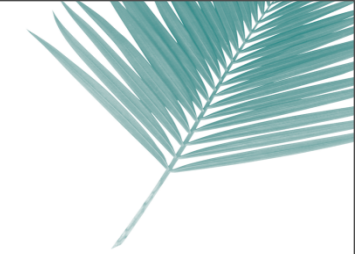
*I saw only the little white dish of my
faith, breaking in the crater.*

*I kept saying: I've got to have something
to hold on to.*

Anne Sexton

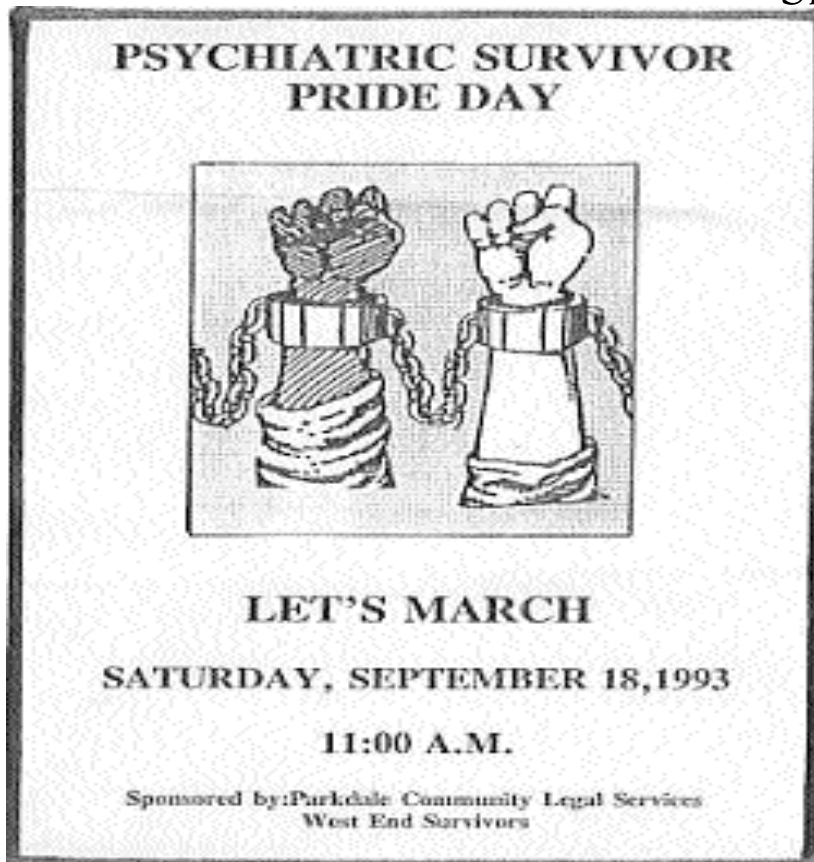


Picture source: *Sleeping with spirit #2* Bradley Guiboche courtesy www.artbeatstudio.ca

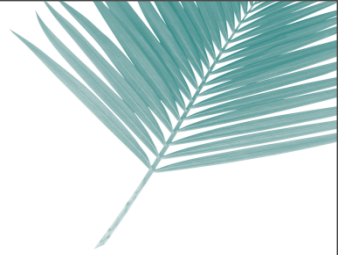


'too often the price of receiving support is exclusion from the life of citizenship'

Simon Duffy



The chance of a life well lived

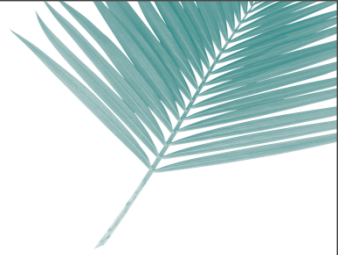


(Mental)...Wellbeing.....

A subjective evaluation of how we
feel about and experience our
lives

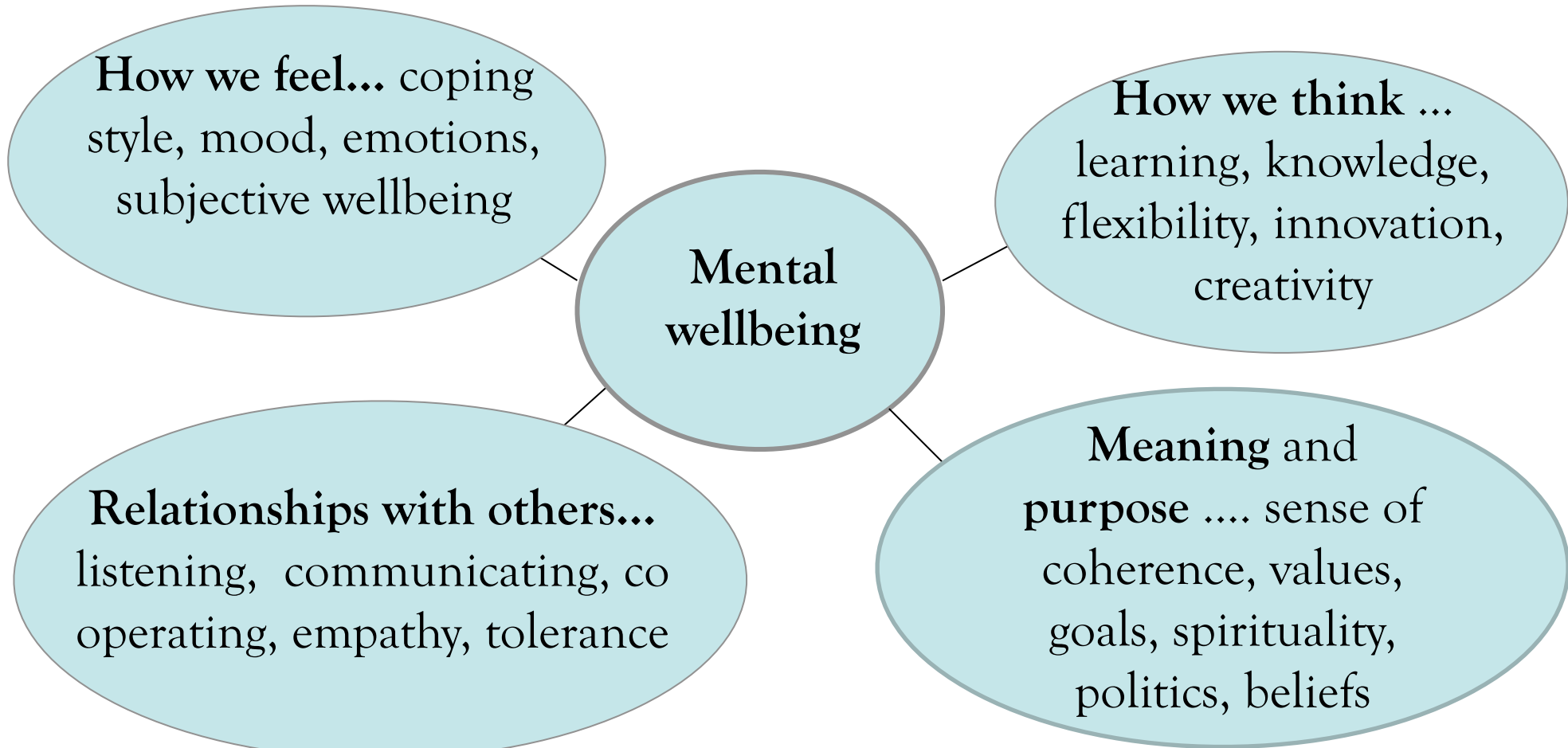
It's a hearts and minds thing....

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?*

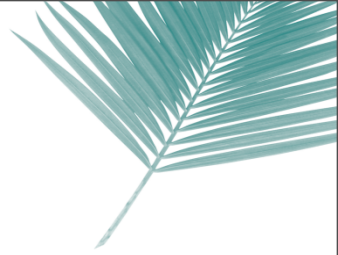
Primo Levi



The chance of a life well lived

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What we all need....

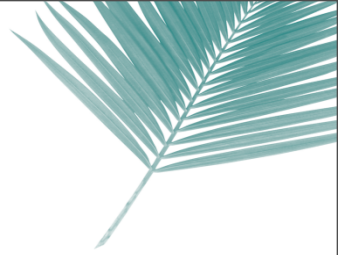


To be:

- Heard
- Believed
- Understood
- Respected



Picture Source: *Warm Shore* by Tedd Tribe www.artbeatstudio.ca



Why mental health matters

*He worked hard for respect, but he could not find it.
There was in the world a great shortage of respect and
Chanu was among the famished*

Monica Ali Brick Lane

Because it's worth it....

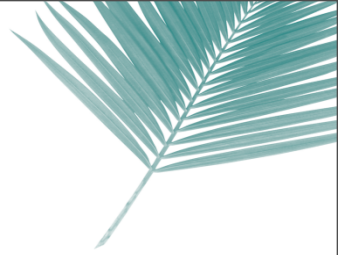
*While there are multiple barriers to economic growth,
the growth of human potential is unlimited*

Coote and

Franklin 2010

- Contribution 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**

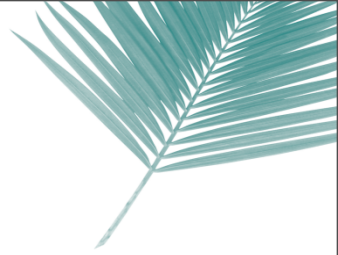
Mental wellbeing is a key pathway



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

How does mental health influence so many outcomes?



Some living conditions deliver to people a life that is worthy of the human dignity that they possess, and others do not. Dignity can be like a cheque that has come back marked 'insufficient funds'.

Martha Nussbaum

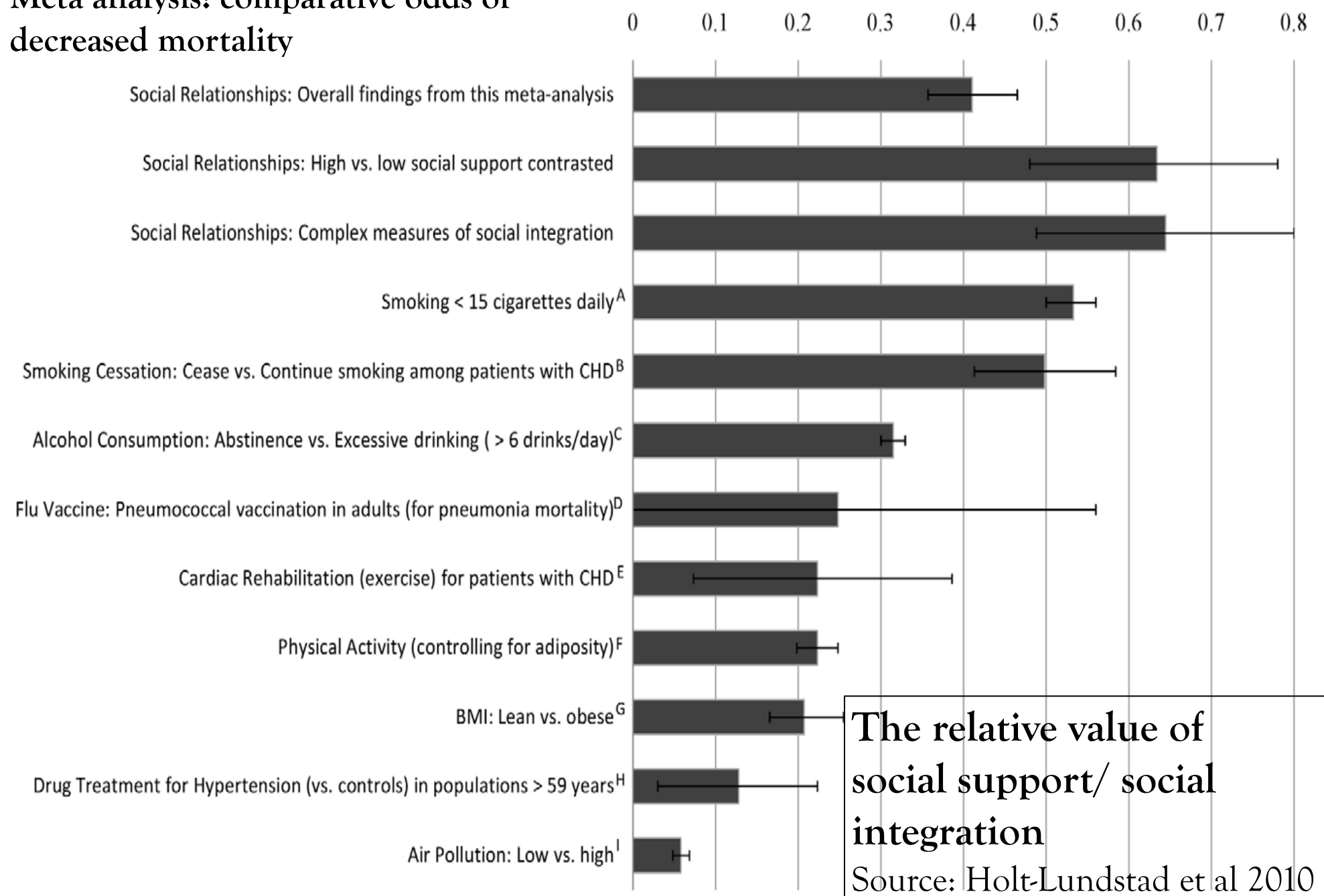


Picture source: The open road by Loral Hildebrand courtesy of www.artbeatstudio.ca

The chance of a life well lived

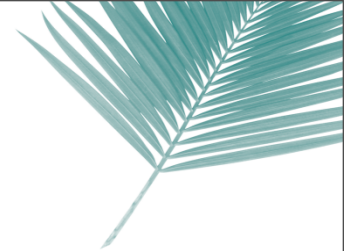
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Meta analysis: comparative odds of decreased mortality



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

Written on the body...



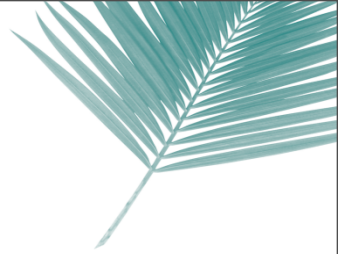
- protection from heart disease
- stroke incidence and survival
- Reduces/mitigates harmful health behaviours
- overall lifetime mortality rates and life expectancy
- management of chronic disease

Somatised pain

Frequent attendance

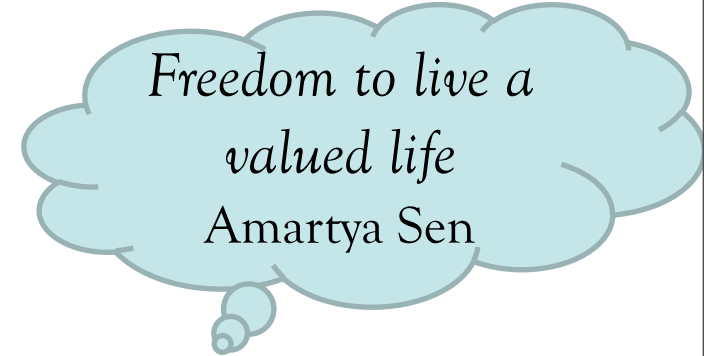
Medically unexplained symptoms

Psycho-biological pathways



Chronic low level stress ‘gets under the skin’ through the neuro-endocrine, cardiovascular and immune systems, influencing :

- hormone release e.g. cortisol
- cholesterol levels
- blood pressure
- inflammation e.g. C-reactive proteins

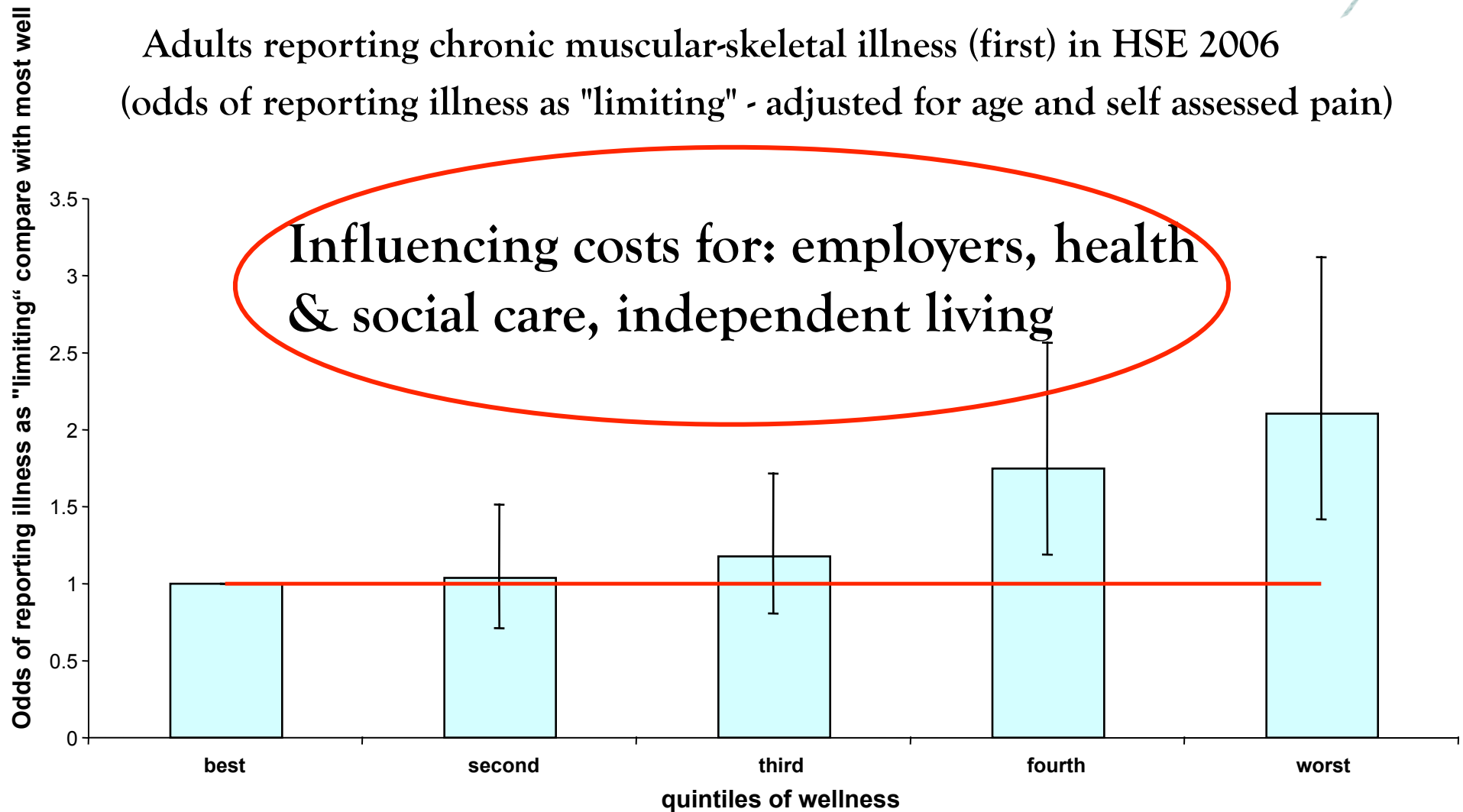


Sources: Steptoe 2005; Friedli 2009

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)

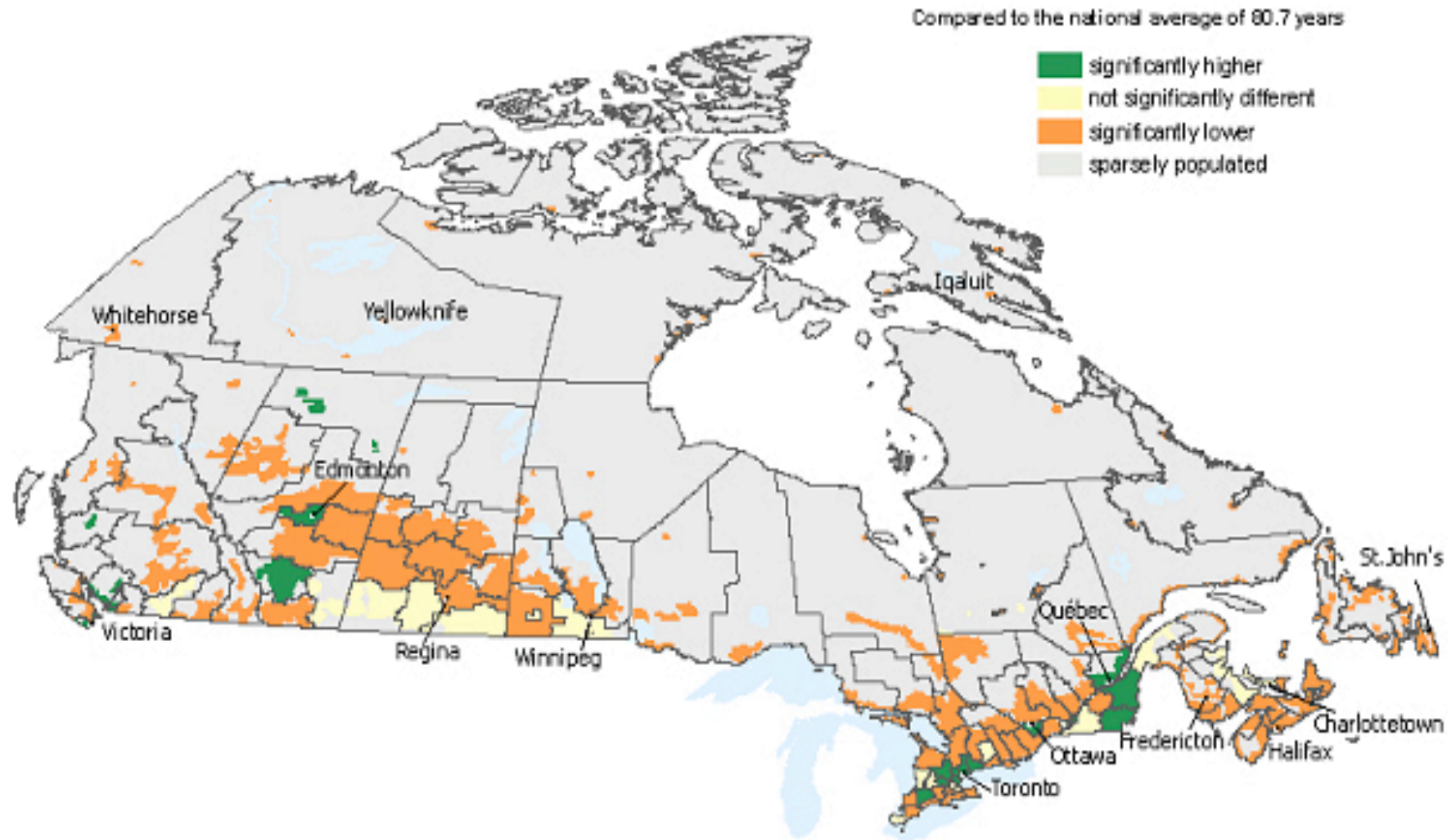


The chance of a life well lived

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

lynn.friedli@btopenworld.com

Inequalities: life expectancy by health region



Contribution of mental health to inequalities

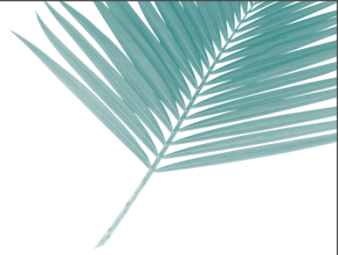


Key domains: education/employment/health behaviour /
health/ consequences of illness /services

(Whitehead & Dahlgren 2006)

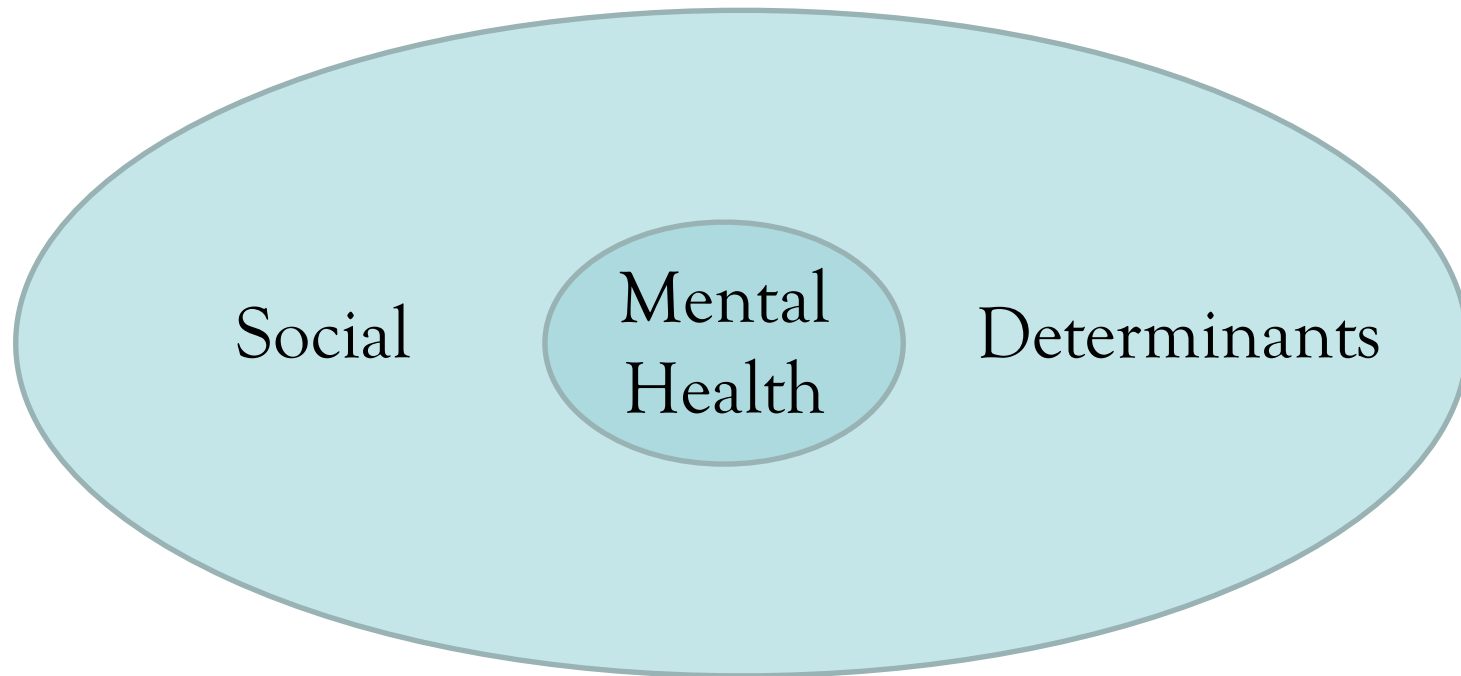
Mental health is a significant intermediary determinant in each case, influencing:

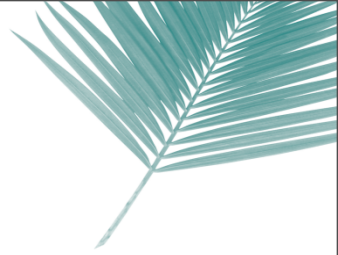
- readiness for school/learning
- employability
- capacity, motivation and rationale for healthy behaviours
- risk for physical health (e.g. coronary heart disease),
- chronic disease outcomes (e.g. diabetes)
- relationship to health services, including uptake/treatment



What we've learnt....

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





What influences mental health?

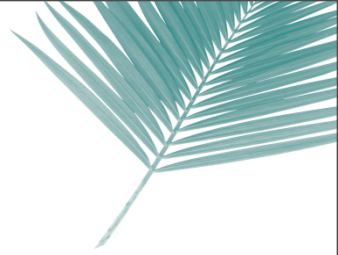
Tend to the social and the individual will flourish

Jonathon Rutherford

All societies cater for the disabilities of the average person

Martha Nussbaum

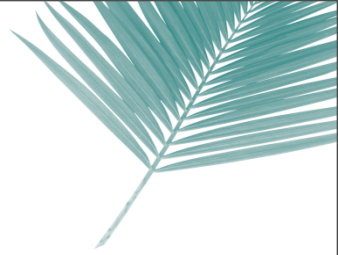
Commission on the Social Determinants of Health



Closing the health gap in a generation - three key domains for action/empowerment:

- material requisites
 - psycho-social (control over lives)
 - political voice (participation in decision making)
-
- Best start, education & skills, quality work, income, healthy places, prevention

Mental health and deprivation



Not 'every family in the land'

Findings from 9 large scale population based studies:

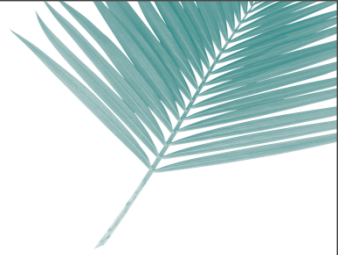
- Material and relative deprivation
- Childhood socio-economic position
- Low educational attainment
- Unemployment
- Environment: poor housing, poor resources, violence
- Adverse life events
- Poor support networks

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

Cycle of invisible barriers:

- Poverty of hope, self-worth, aspirations

Explaining the social gradient: mental illness journeys...



Most of the experiences that cause mental distress are directly linked to a lack of money..... powerlessness linked to poverty

Peter Campbell Beyond the Water Tower 2005

- Adverse childhood experiences/stressful life events
- Racism and other forms of discrimination
- Contact with criminal justice system
- Socio economic status – parental income, tenure, education, occupation
- Institutional care in childhood

Big fish/little fish: questions of power are unavoidable

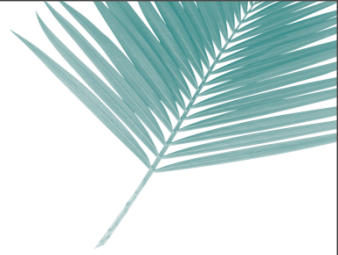


Source: <http://streetartlondon.co.uk/>

The chance of a life well lived

lynne.friedli@btopenworld.com

I own, therefore I am....



Source: Banksie – grafitti, London, England

The chance of a life well lived

lynne.friedli@btopenworld.com

Money Economy, Core Economy

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

Amartya Sen

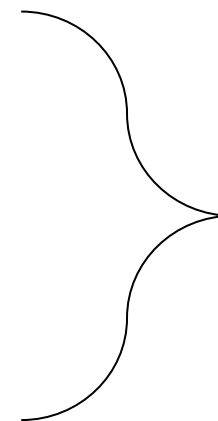
Economic/
fiscal policy
focussed on
GDP



environmental
instability



psycho-social
instability



**Economic
recession**

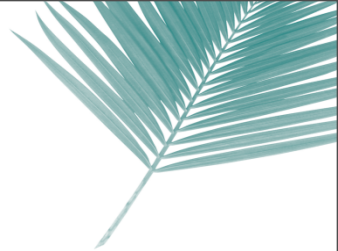
**Social
recession**

materialism

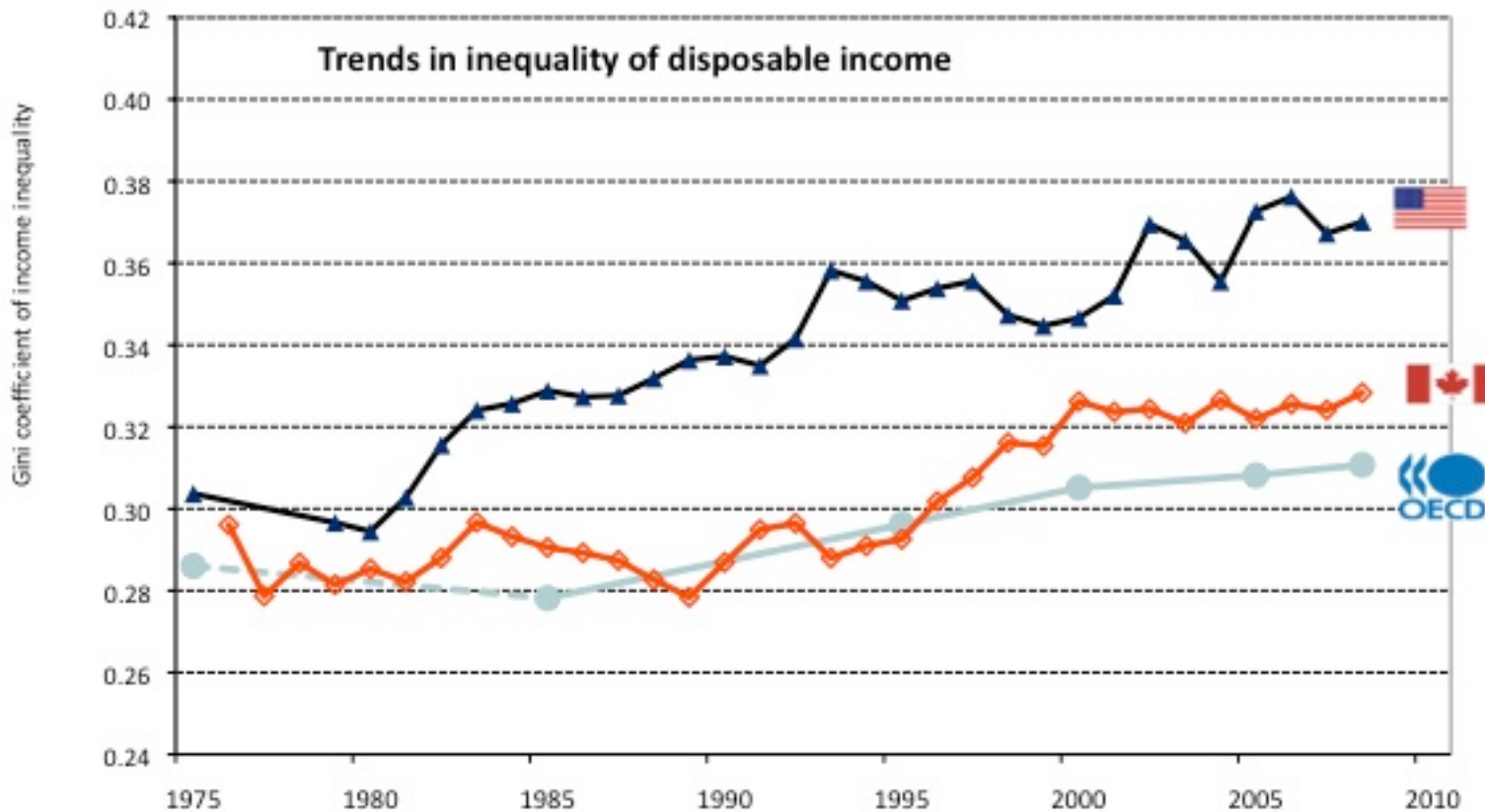
consumerism

individualism

Rising income inequalities in Canada



'If the rich could hire others to die for them, we, the poor, would all make a nice living' Fiddler on the Roof

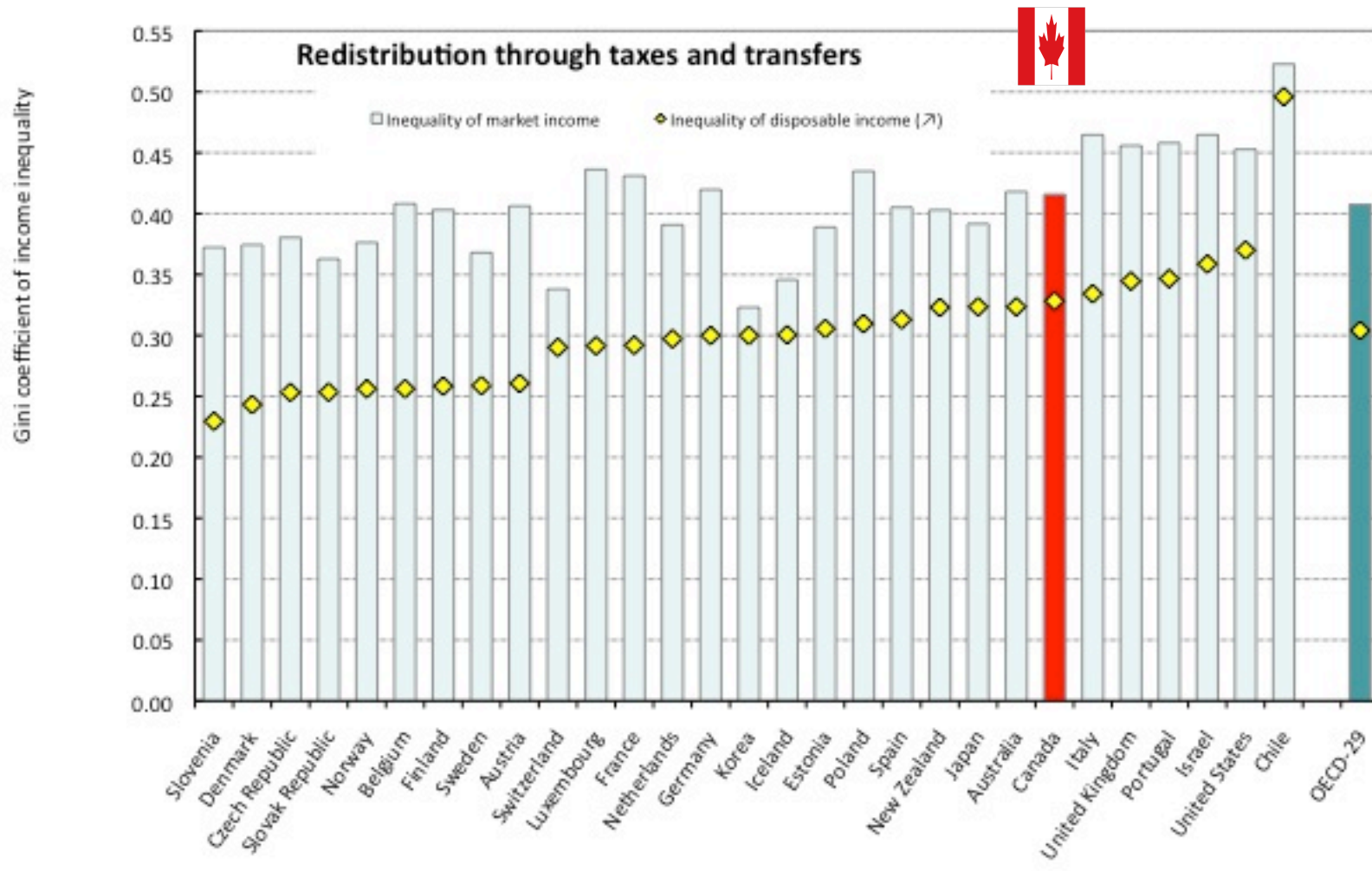


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lynne.friedli@btopenworld.com

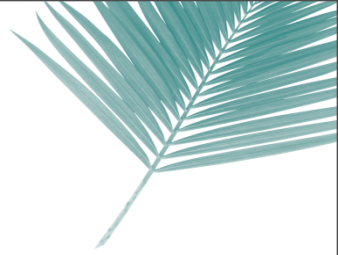
OECD Divided we stand 2012

Redistribution lower than OECD average



The chance of a life well lived

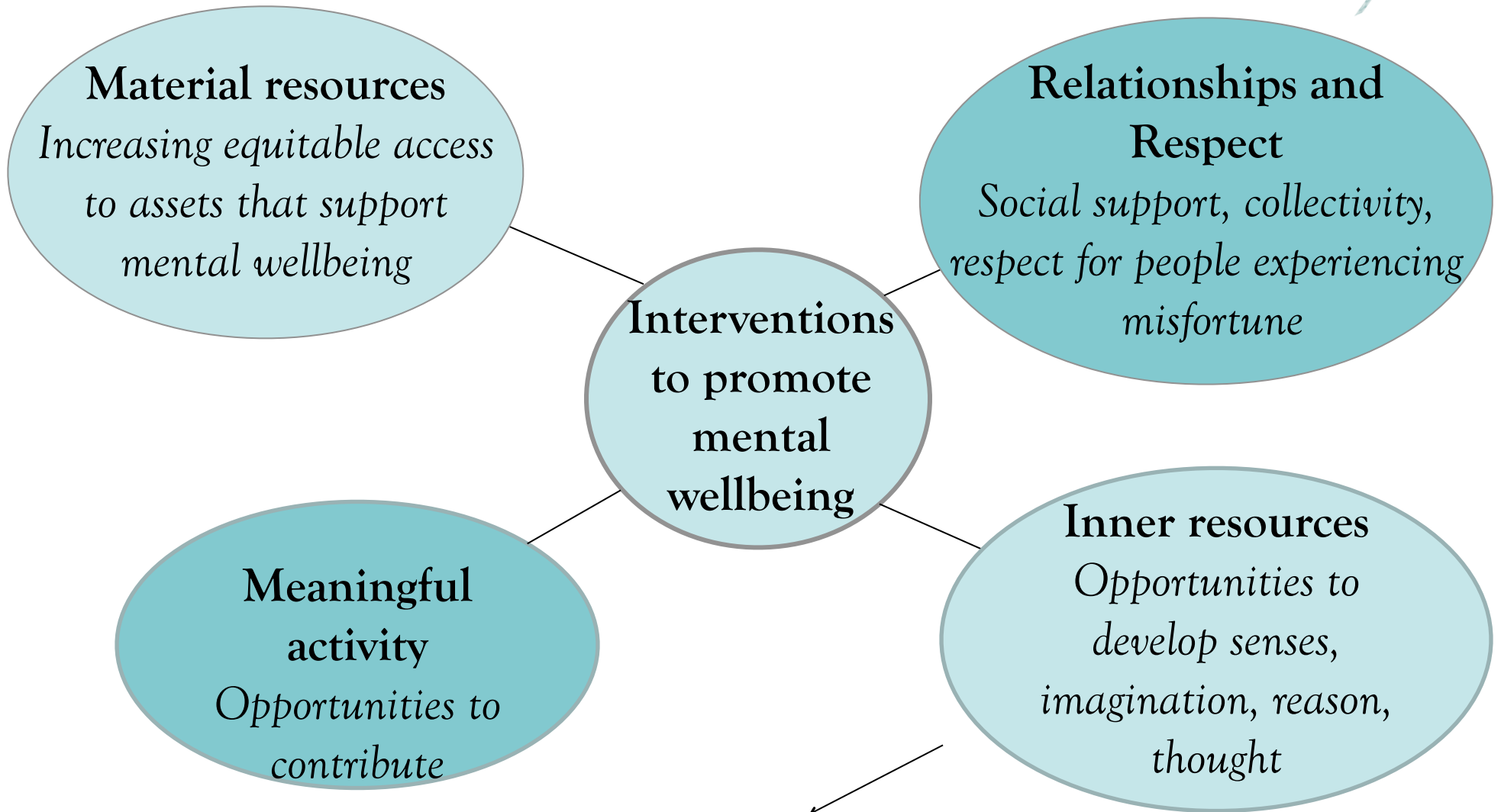
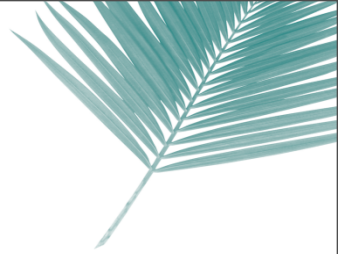
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Effective and cost effective action

“it’s better to be roughly right than precisely wrong”


Scope of Action



The chance of a life well lived

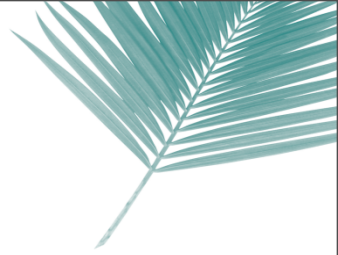
(Martha Nussbaum Capabilities) lydia.fiedli@btopenworld.com

Summary of themes in (cost) effectiveness



- Economic modelling
- Promotion, prevention, early intervention, recovery
- Commissioning for social value – SROI – how can each \$ spent also produce wider community wellbeing?
- De-clustering of disadvantage
- Total Place/Whole System

Doing things differently...



Re-orienting services and programmes

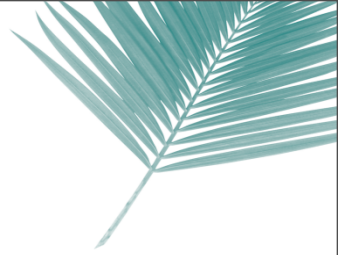
Assessing policy impact

- Addressing individual well-being holistically
- Addressing social and community factors
- Tackling wider well-being determinants
- Focusing on strengths and assets
- Measuring well-being outcomes

'best buys'

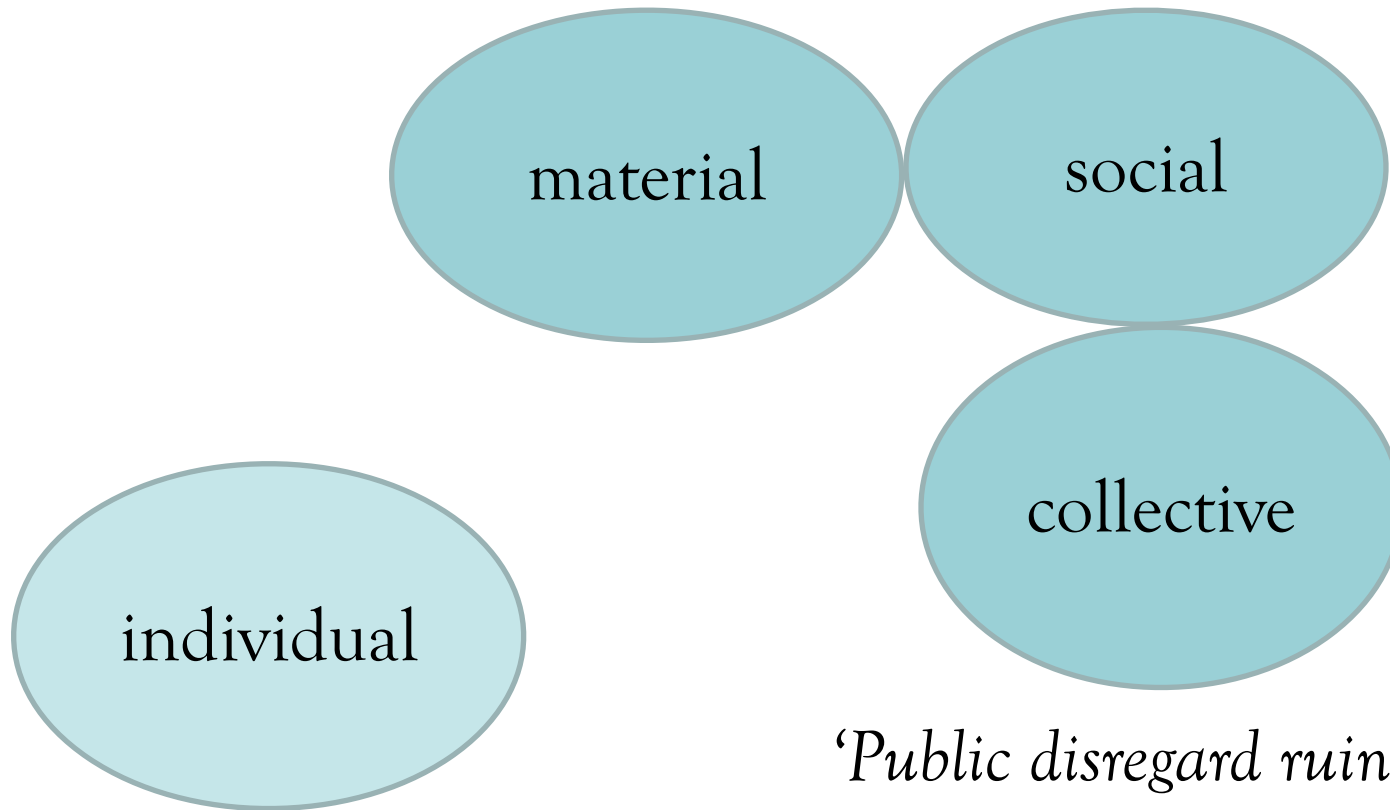
There is not a single case in which children in either Canada or the US have better outcomes than children in Norway Phipps 2002

- Supporting family life: household production activities - parenting/HLE/play/reading: **8:1 return**
- Supporting lifelong learning: early years; health promoting schools and continuing education **25-45:1 return**
- Improving work: employment/ workplace: **up to 30% saving**
- Social support/integration: befriending, volunteering, timebanks: **cost effective**
- Supporting communities: environment/environmental justice: **promising**



Focus of interventions

Policy responses that enhance connections, collectivity and financial security



‘Public disregard ruins the spine’

The chance of a life well lived

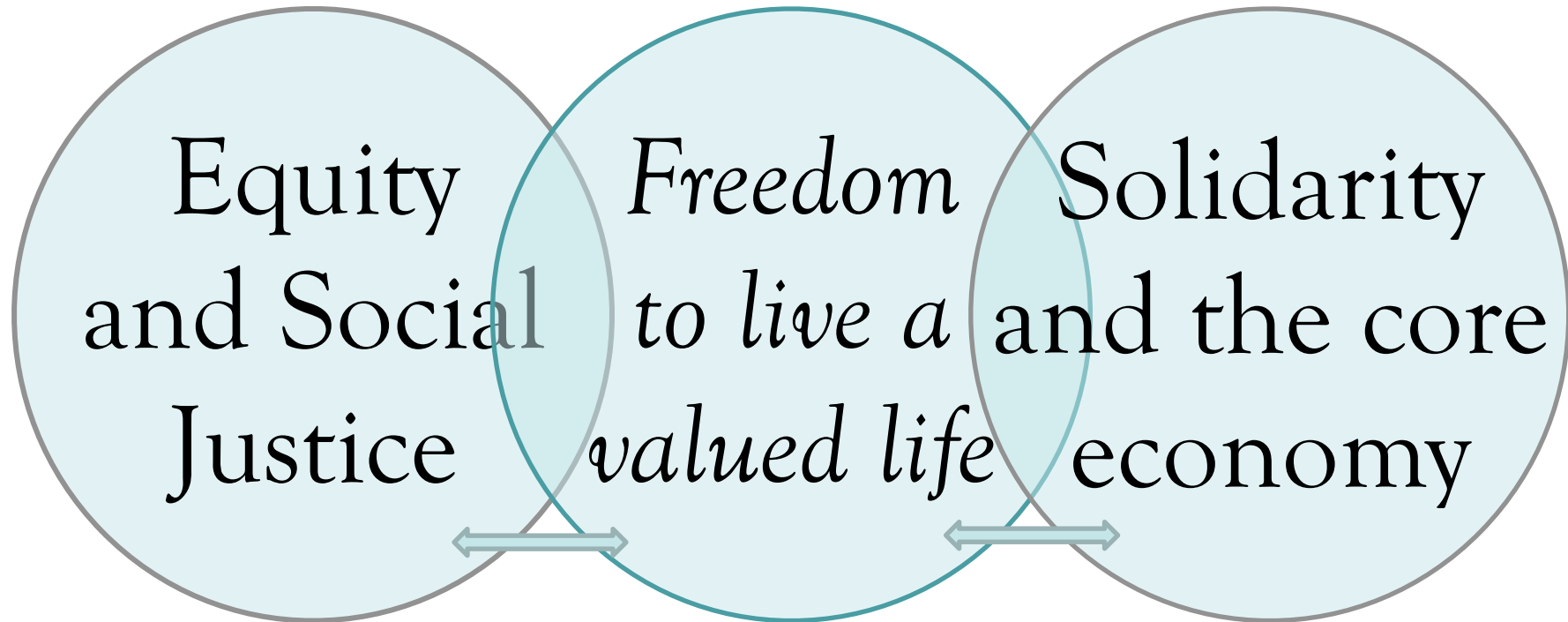
Brecht
lynne.friedli@btopenworld.com

Return to the social....

And what I shall endure, you shall endure

For every atom belonging to me as good belongs to you.....

Walt Whitman



I am, because we are...

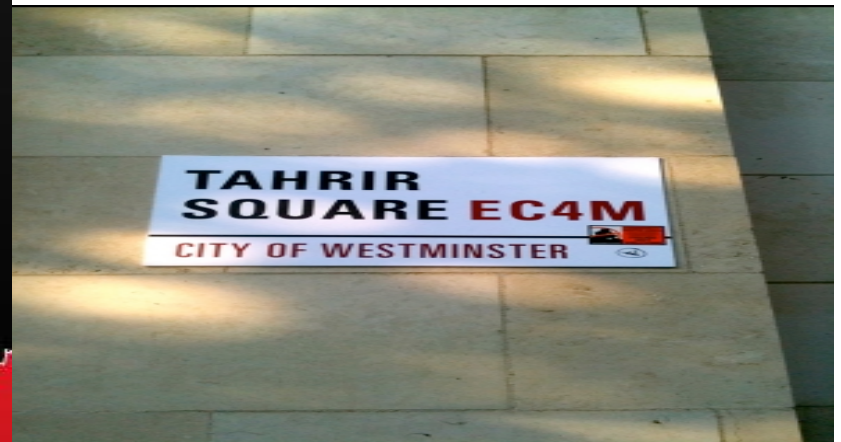
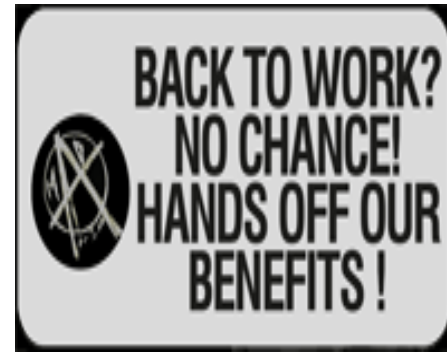
Yes, but what can I do....

- Share your income
- Share your time
- Develop *an inequalities imagination**
- Acknowledge what people are up against
- *Hear, believe, understand, respect...*



That's it
folks!

*So many roads, so much at stake
So many dead ends, I'm at the edge of
the lake
Sometimes I wonder what it's
gonna take
To find
dignity*



Seeing things

‘What are illusions?’ Milo asked

‘Illusions,’ explained Alec, ‘are like mirages. And mirages are things that aren’t really there that you can see very clearly.’

‘How can you see something that isn’t there?’ yawned Humbug

‘Sometimes it’s much simpler than seeing things that are’, said Alec.

(Norton Juster, The Phantom Tollbooth)



Escape by Kathleen V Crosby



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Zaveleta RD (2007) *The ability to go about without shame: a proposal for internationally comparable indicators of shame and humiliation* OPHI Working Paper 3 http://www.ophi.org.uk/pubs/Zavaleta_Shame_Humiliation_Final.pdf