



Mental Health for Quality of Growth in Africa

Masumi Okamoto
JICA Research Institute
7th June 2016,
Columbia University

Presentation today

1. What is mental health?

2. Why mental health is important for quality of growth/development?

Definition of Mental health

Mental Health is a 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 his or her community (WHO, 2014)

Mental health \geq Mental disorder

Discussion in the international community

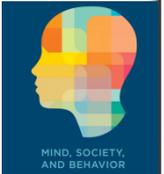
Commission on the measurement of economic performance and social progress 2013 (OECD)

- Emphasizing the shift from measuring economic production to measuring people's well-being.
- And measures of well-being should be put in a context of sustainability.

(Stiglitz et al., 2013)

World development report 2015 -Mind, Society and Behavior-

- Stressing the importance of people's mind and behavior
- Illustrating how essential it is to integrate these aspects into discussion on growth and development



Discussion in international community con't

Sustainable Development Goal "Agenda 2030"



Target 3.4:
By 2030, reduce by one third premature mortality from non-communicable diseases **through prevention and treatment and promote mental health an well-being**

WB-IMF spring meetings 2016



Discussion was held

- to identify entry points for renewed action and investment
- to increase awareness and mobilize a global, multi-sectoral coalition to scale up

The fact of mental health



- Life time prevalence of mental health problem is estimated to be **25%** (mhGAP, WHO 2008)
- Those with mental problem tend to **unhealthy behaviors** such as poor diet and physical inactivity, which are contributing factors to cancer, obesity and diabetes (WB-WHO 2016)
- Mental problems also increase the likelihood of **drug and alcohol abuse**, which can lead to **risky sexual behaviors** that increase the risk of HIV infections and other injuries (WB-WHO 2016)

Suicide

- **815,000** people die due to suicide, 1.5 times greater than that due to murder, 2.6 times greater than that due to war. (WHO, 2014)
- **75%** of global suicides occurred in low- and middle-income countries in 2012.
- Among adolescents, **suicide** ranks number **3** among causes of death for male and **1** for women (WHO, 2014)

Mental health and inequality

Those with mental health problem are likely to

➤ have lower educational attainment

Adolescents with attention problem are significant lower education attainment (Vldman et al., 2014)

➤ lose their job and face difficulty in finding job

- Chronic anxiety or depression were significantly related to unemployment (Milicevic et al., 2016)
- Individuals with schizophrenia have low employment rates and the job interview presents a critical barrier for them to obtain employment (Simith, 2015)

Conflict and Natural Disaster

Conflict

The experience triggers symptom of PTSD, anxiety and depression and hampers trusting people, learning skills



Natural Disaster

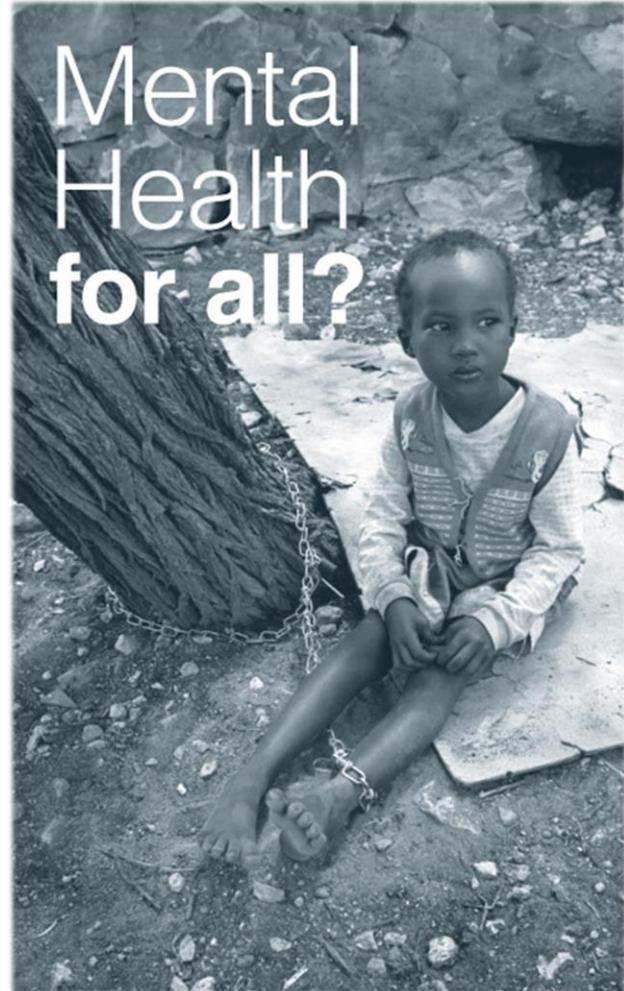
(1) Rates of a wide range of mental health problems increase as the result of emergencies

(2) Existing mental health infrastructure weakens

Long term effect and treatment gaps can lower individual's capacity to work productivity and it leads to worsened poverty

(Building back to better, WHO 2013)

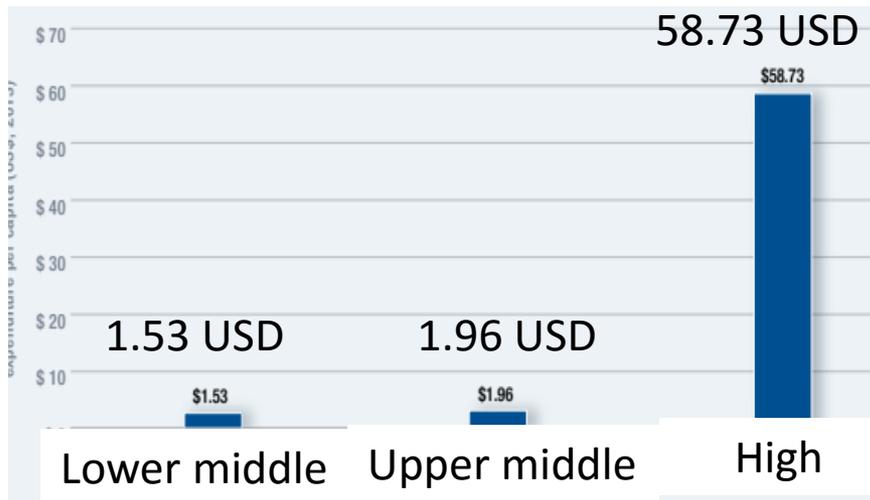
Violence of human rights



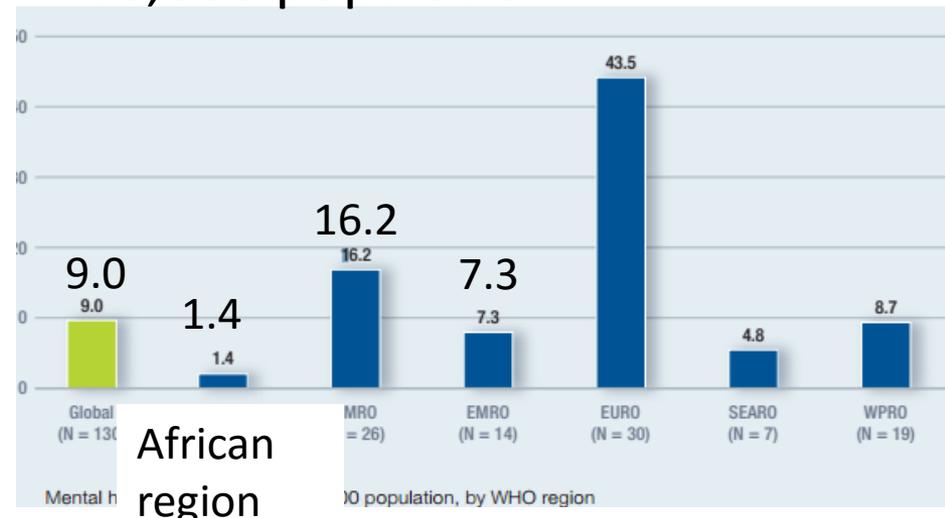
Financial and human resources

- Average expense of mental health is 1.53 USD in low-middle income countries
- 1.4 mental health worker per 100,000 population in low African countries

Mental Health expenditure per capita



Mental health workforce per 100,000 population



Mental health and economy

- The global cost of mental disorder is estimated to be **US\$2.5 trillion** in 2010, **54%** of that burden was borne by low and middle-income countries.
- Direct and indirect costs of mental disorders are US\$ 823 billion and US\$ 1,670 billion respectively and accounts for **4.0% of GDP**. (WB - WHO 2016)
- **Investment US\$ 1 for mental health program is estimated to lead to US\$ 4 return** (Chisholm et al., 2016)

Summary and suggestions

- There are factors affecting mental health status in African context
- Once mental health becomes **unhealthy**, **social disparity** has been widen and **productivity** can be damaged, which may give impact on socio economic situation as well as **security**
- We need to consider the mental health aspect and should be integrated into plan and strategies of grow/development

Mental health and quality growth



Promoting mental health ,
Preventing mental problem
Measuring emotional aspects