



Strengthening Mental Health in the UN SDGs

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Men much less likely to seek mental health help than women

7 The Guardian / by Jamie Doward / 15min ago



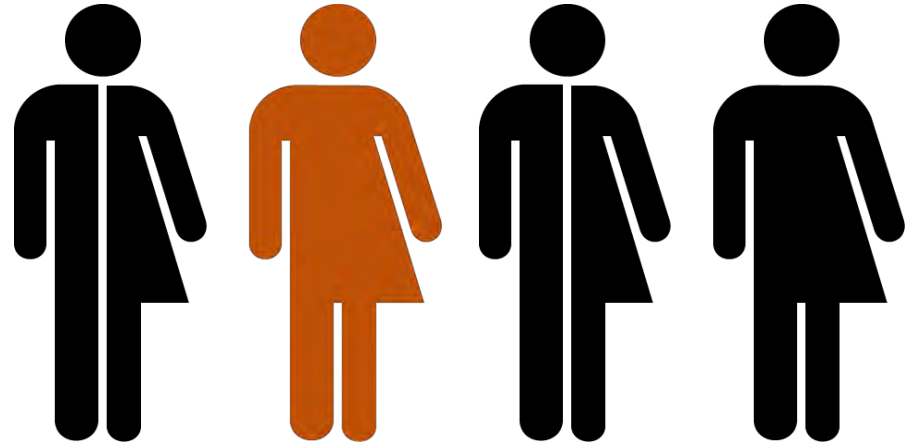
Source: The Guardian, 5 November 2016

Overview

1. Why is mental health relevant?
2. Why is gender relevant?
3. The UN SDGs & FundaMentalSDG
4. The need for SDG indicators for mental health

**Why is
Mental Health
relevant?**

1. Urgency: Growing Burden of Disease



- **1 in 4 people**
- **600 million people worldwide** disabled
- Depression expected to be the **2nd largest cause of burden of disease** by 2020

2. Relevance: Mental Illness Kills

- Excess mortality:

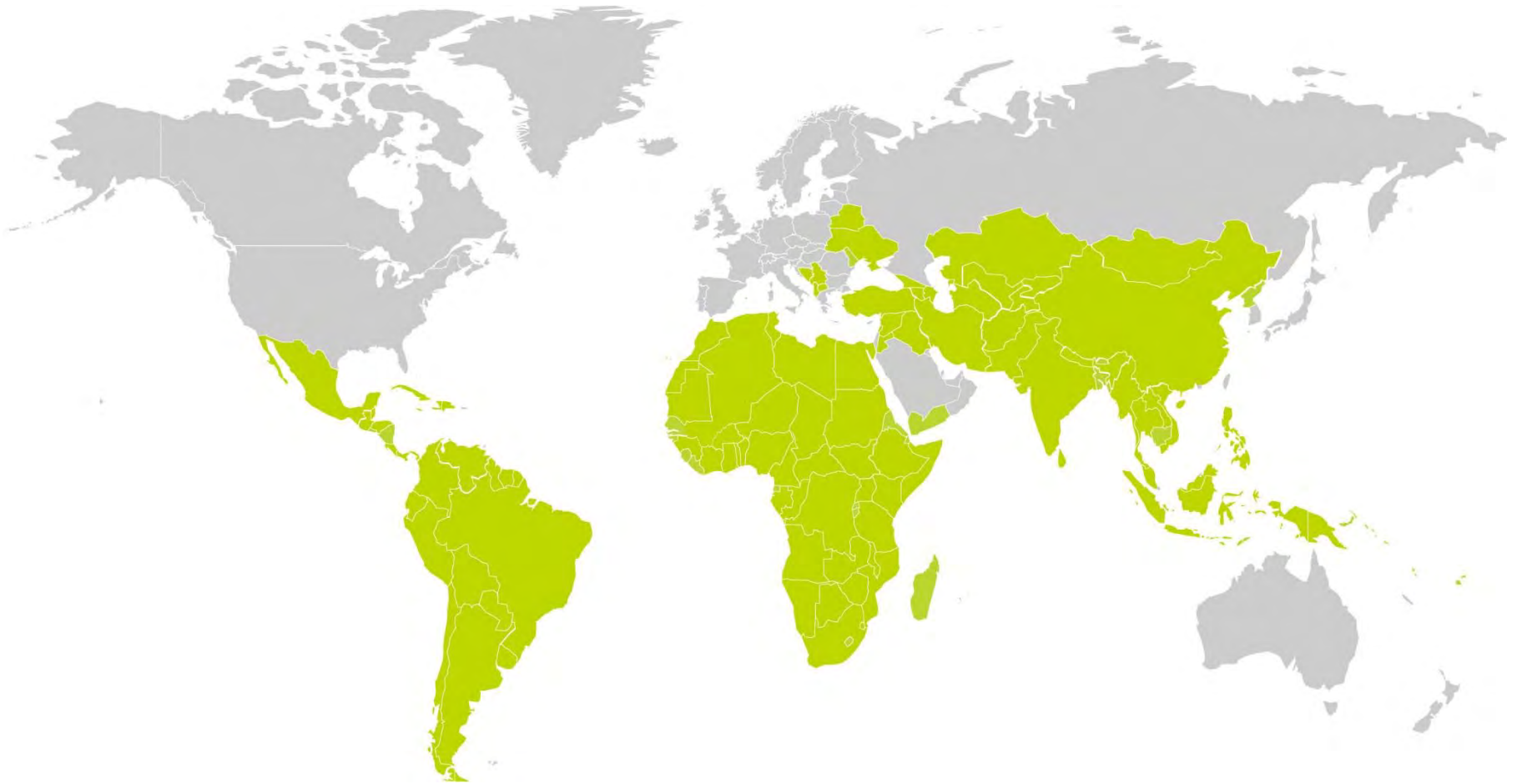
Men die 20 years earlier!

Women die 15 years earlier!



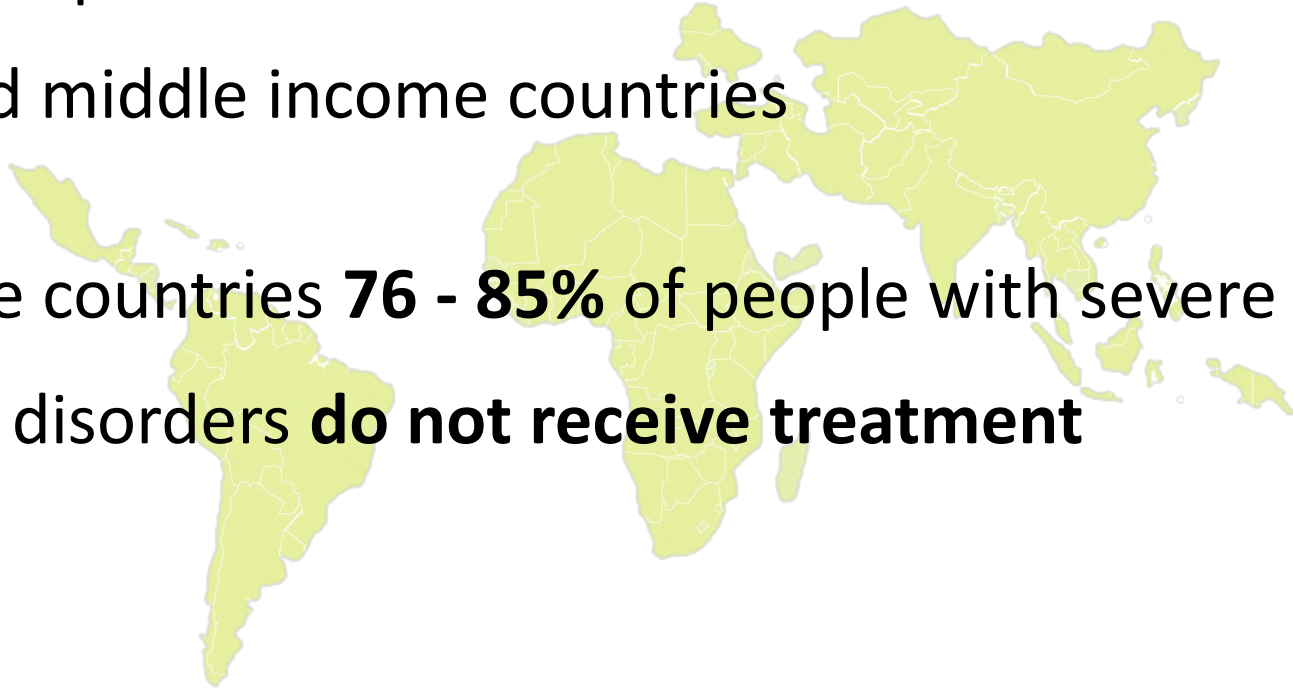
- Suicide is **2nd leading cause of death** in 15–29 year olds

3. Excessive Treatment Gap



3. Excessive Treatment Gap

- Most people with mental health conditions live in low and middle income countries
- In these countries **76 - 85%** of people with severe mental disorders **do not receive treatment**



4. Severe Human Rights Violations



- Stigmatisation & Discrimination
- Social Exclusion & Isolation
- Violence & Cruel practices

5. Mental health cross-cuts the SDGs

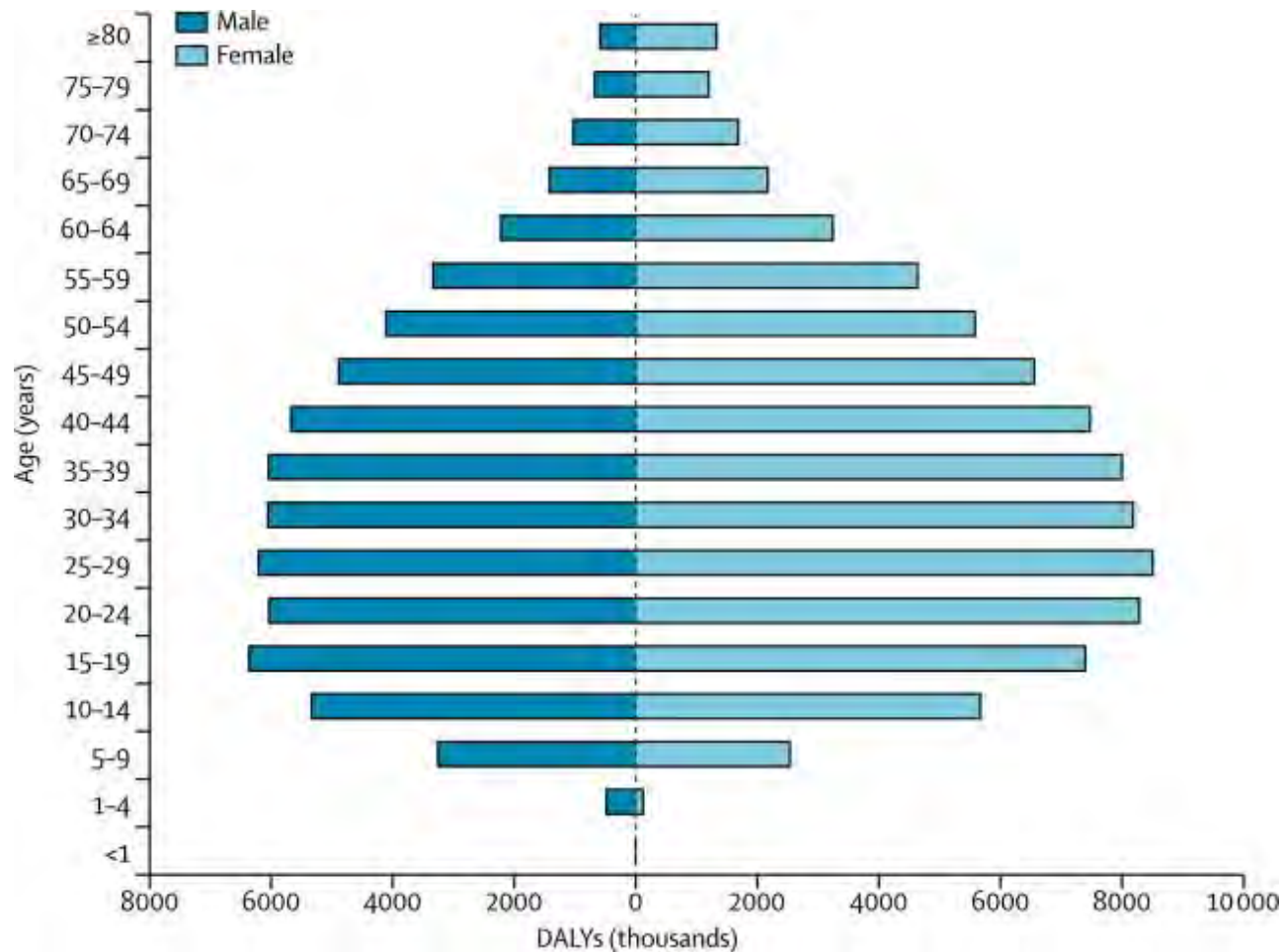


**Why is Gender
relevant?**

Sex & Gender: Critical Determinants of Mental Health

1. Gender is a **structural determinant** of mental health and mental illness
2. Gender **differences and inequalities** are closely interlinked with mental health
3. Mental disorders have **gender-specific risks, consequences, treatment needs**

Mental and Substance Use Disorders



Whiteford et al. 2013. Global burden of disease attributable to mental and substance use disorders: findings from the Global Burden of Disease Study 2010. *The Lancet*, 382(9904), 1575–1586.

Depression

- **Twice as common in women** compared to men
- **Women more likely to be diagnosed** as depressed than men

Pregnancy & Child birth

- **Comorbidities:** Anxiety, Eating disorders, Depression
- **Ca. 15% of maternal deaths are suicides**

Post-Traumatic Stress Disorder (PTSD)

- **1 in 5 women suffer rape or attempted rape**
- **16% - 50% of women experience violence** in their life
- **Women & children represent 80%** of the 50 Mio. people affected by conflicts, disasters & displacement

Research Bias & Evidence Gap

THELANCETPSYCH-D-16-00305

PII: S2215-0366(16)30209-7

Embargo: November 14, 2016—23:30 (GMT)

Linked to 308

(Howard et al. 2016)

Gender-neutral mental health research is biased towards sex and gender

- Mental health research **largely ignores sex & gender differences**
- **Lack of validity & efficiency**
- **Lack of gender-sensitive mental health treatments and services**

**So mental health must
be a policy priority?**

A grayscale photograph of the United Nations Secretariat Building in New York City. The building is a tall, modern skyscraper with a grid-like facade. In the foreground, a row of flagpoles holds various national flags, including the United States, United Kingdom, and others. The sky is clear and bright.

2000

Millennium Development Goals (MDGs)

2015

**Sustainable Development
Goals (SDG)**

EDITORIALS

Including mental health among the new sustainable development goals

The case is compelling

Graham Thornicroft *professor*¹, Vikram Patel *professor*^{2,3}

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FundaMentalSDG

www.FundaMentalSDG.org





No longer can we look away. By Robin Hammond



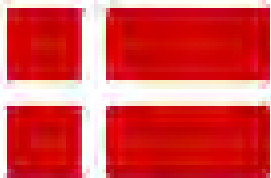
- Australia



- Belgium



- Canada



- Denmark



- Hungary



- Iraq



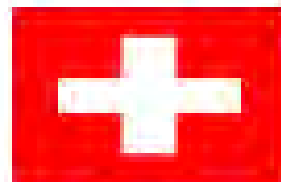
- Barbados



- Ireland



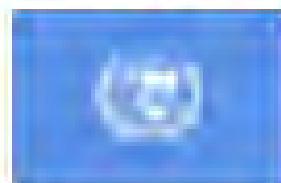
- South Africa



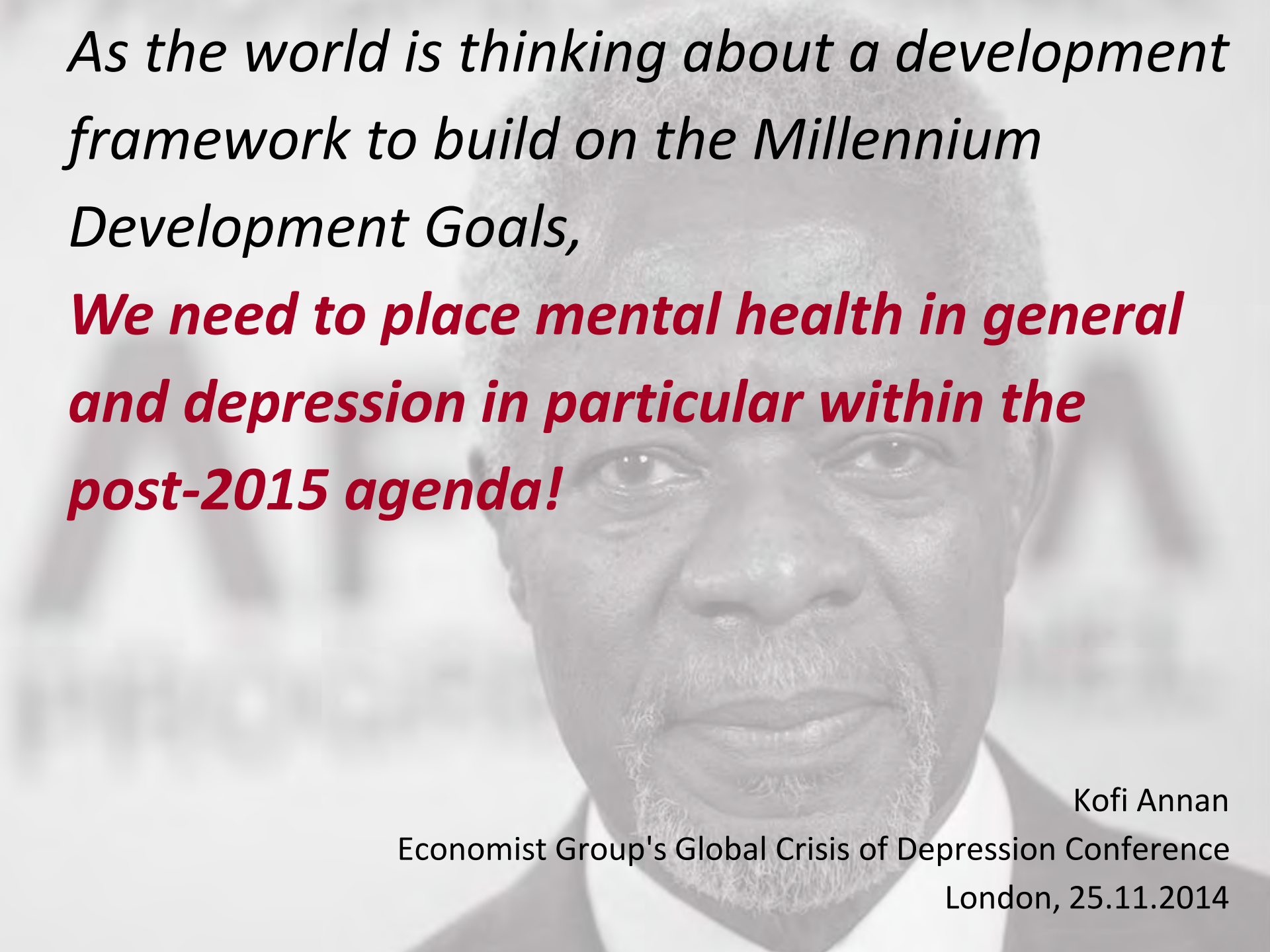
- Switzerland



- United Kingdom



- The United Nations



As the world is thinking about a development framework to build on the Millennium Development Goals,

We need to place mental health in general and depression in particular within the post-2015 agenda!

Kofi Annan
Economist Group's Global Crisis of Depression Conference
London, 25.11.2014



**SUSTAINABLE
DEVELOPMENT
GOALS**

Mental Health is included in



SDG Declaration Preamble

Mental health is a development priority (§ 7, §26)

SDG Health Goal 3

- Prevention, treatment & promotion of mental health (3.4)
- Substance abuse (3.5)
- Universal health coverage (3.8)

Indicators

Measure Progress

Two Mental Health Indicators proposed

1. Probability of dying between exact ages 30 and 70 from any of cardiovascular disease, cancer, diabetes, chronic respiratory disease, or **suicide**
2. Proportion of persons with a **severe mental disorder** who are using services



Current SDG mental health indicators

3.4.2 **Suicide mortality rate**

3.5.1 Coverage of treatment interventions for substance use disorders

3.5.2 Harmful use of alcohol

FundaMentalSDG calls for inclusion of severe mental disorders in the SDG indicators

Urge United Nations to Approve Measurable In...



AND WE MOVE FORWARD
AGAIN, TOGETHER
AND WITH GREAT
HOPE FOR
A BRIGHTER FUTURE



www.fundamentalsdg.org

Key messages: Mental health & Gender

1. Mental illnesses are a leading cause of burden of disease
2. Gender is a critical determinant for mental health
3. Gender equity and mental health are cross-cutting issues & need to be addressed together in research and policies
4. The SDG indicators need to strengthen mental health

No Sustainable Development without Mental Health!



No Gender Equality without Mental Health!



Thank you for your support for Mental Health!

Contact me:

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