Brussels, September 28th, 2022

Headway

A new roadmap in Mental Health

"Headway – Mental Health Index 2.0"

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*The following presentation contains data from the Report "Headway – Mental Health Index 2.0", which arises from the initiative "Headway – A new roadmap in Mental Health", realized by **The European House – Ambrosetti** in collaboration with **Angelini Pharma**.*

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«Headway - Mental Health Index 2.0»

Monitoring the responsiveness of a Country, assessing its trend over time and comparing it to other systems, allows for a **dynamic and more complete picture of the effects of health, social, employment, educational and environmental policy interventions** on the mental health status of the population

The "Headway Mental Health Index 2.0" is designed to provide a **multidimensional picture on mental health** across European Countries (EU-27 + UK). The first **2 sub-indices** are:

1 ENVIRONMENTAL DETERMINANTS OF MENTAL HEALTH

Analyzing **environmental determinants** of Mental Health in **European Countries**

KPI: e.g., Pollution (water, waste, air), Climate (average annual hours of daylight), Nature (green and blue areas, natural disasters), Urban Environment (i.e., poor housing and indoor air quality, noise pollution, …), Socio-economic and Political Scenario (i.e., wars, conflicts, forced migration, economic recession,…)

NEW

2 MENTAL HEALTH STATUS OF THE POPULATION

Analyzing **Mental Health outcomes** across European Countries **KPIs:** prevalence of mental disorders, mortality rate (including suicide rate), years lived in disability, prevalence of risk factors (e.g., drug use, alcohol consumption, etc.)

N.B. **The realization of the "Headway - Mental Health Index 2.0" involves the use of the following databases:** World Bank, UN, WHO, OECD, Eurostat, European Environment Agency, Institute for Health Metrics and Evaluation (in particular Global Burden of Disease), as well as databases of Statistical Institutes and institutional sites of individual Member States (e.g., Ministries of Health sites), as well as secondary sources of scientific literature (e.g., papers, articles, reports, etc.).

1 KPIs of the pillar “Environmental determinants of Mental Health”

KPI	Unit of measure	Source
Hours of daylight	Hours	National databases
Average temperature	C°	Climate Change Knowledge Portal
Economic damage caused by weather extreme events	Loss per capita in euro PPP	European Environment Agency
Earthquakes	Number of earthquakes of magnitude >2	European Facilities for Earthquake Hazard and Risk
Poor housing conditions	% population living in poor housing conditions	Eurostat
Overcrowding rate	% of population living in overcrowded households	Eurostat
Air pollution	% of population exposed to particulate matter	Eurostat
Noise pollution	% of population reporting they are impacted by noise	Eurostat
Transport and road traffic	Hours per year	Eurostat and Tom Tom database
Urban green space	% of green infrastructure over total area	Eurostat
Conflicts, migration, economic recession	Score	The Fund for Peace
Crime, violence or vandalism	% of people reporting crime, violence or vandalism in their neighborhood	Eurostat

1 Average Temperature Increase

Example of KPI monitored

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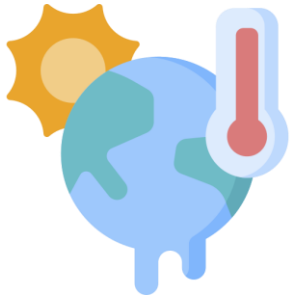
The effects of **climate change on Mental Health** have been addressed only recently and knowledge on the pathways between the two is **still limited**

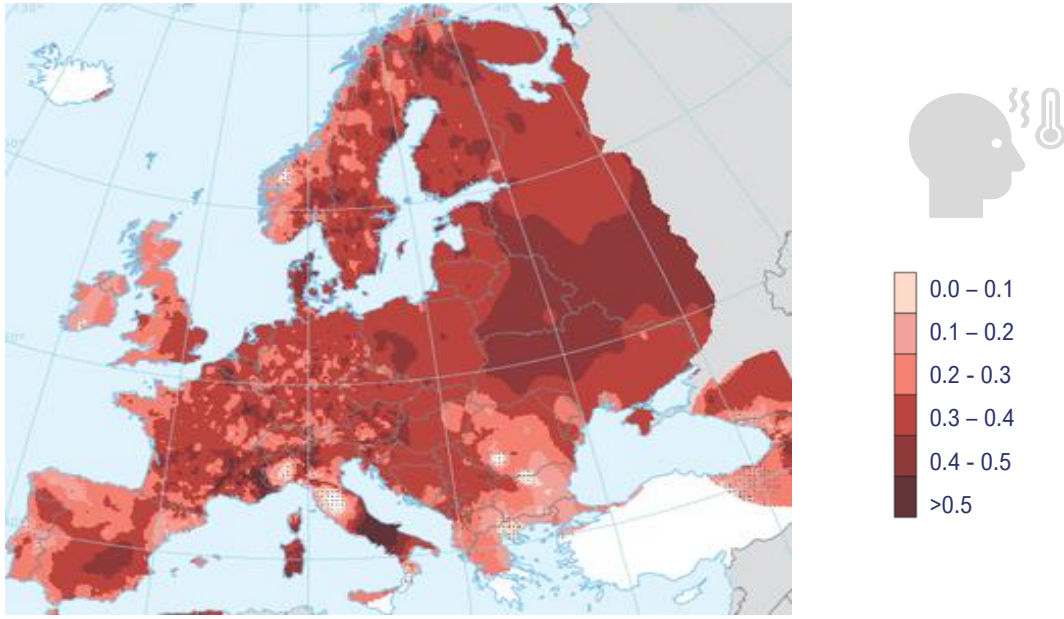
EXTREME WEATHER EVENTS, WARMING, DISPLACEMENT

CLIMATE CHANGE



TRAUMA, PTSD, SOLASTALGIA, DISTRESS, ANXIETY

Trends in annual temperature (average °C increase), 1960 - 2021



+1.99°C warmer surface temperature

- Leading to decrease in **Mental Health and Well-being** (e.g. increased prevalence of stress, anxiety, and mood disorders)

Source: The European House – Ambrosetti on various sources, 2022

1 Economic losses caused by Extreme Weather Events and Earthquakes

Example of KPI monitored

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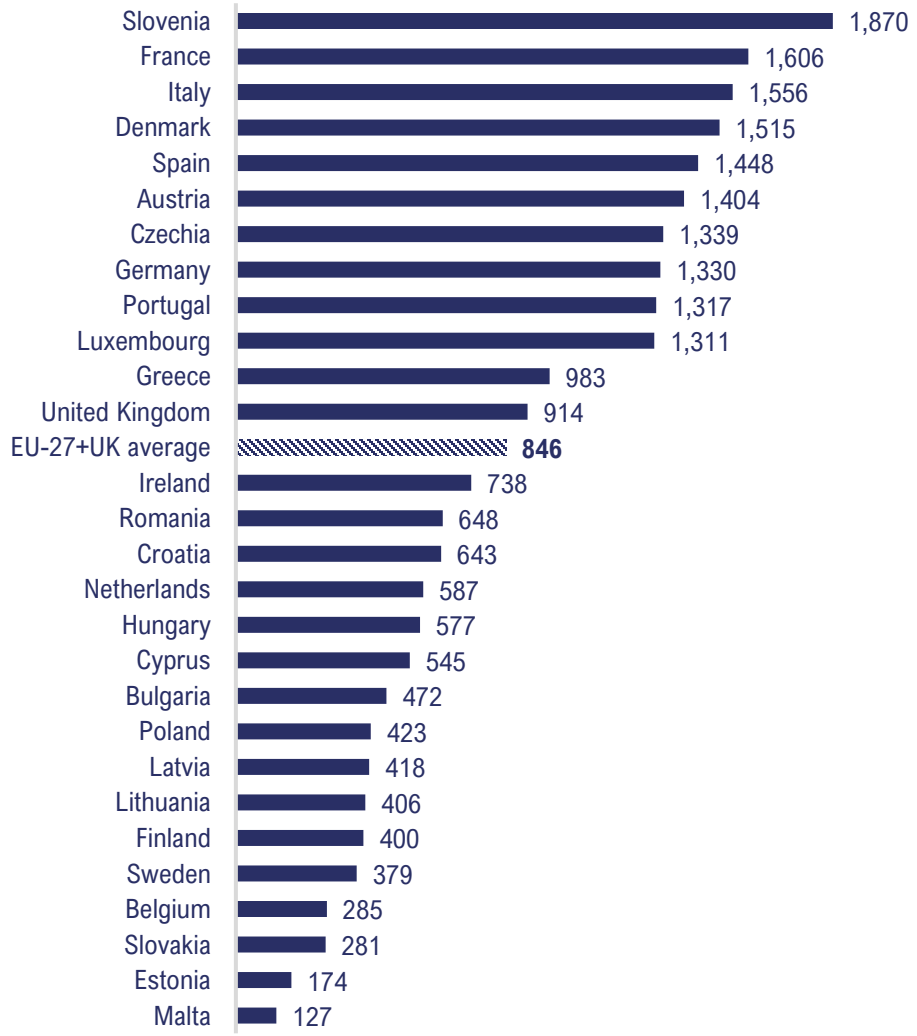
The **economic losses** in the EU due to EWE account for **12 billion euros per year:**

- **Children and adolescents** are the most vulnerable group of society
- **50% of adults** experiencing Extreme Weather Events report **emotional damage**

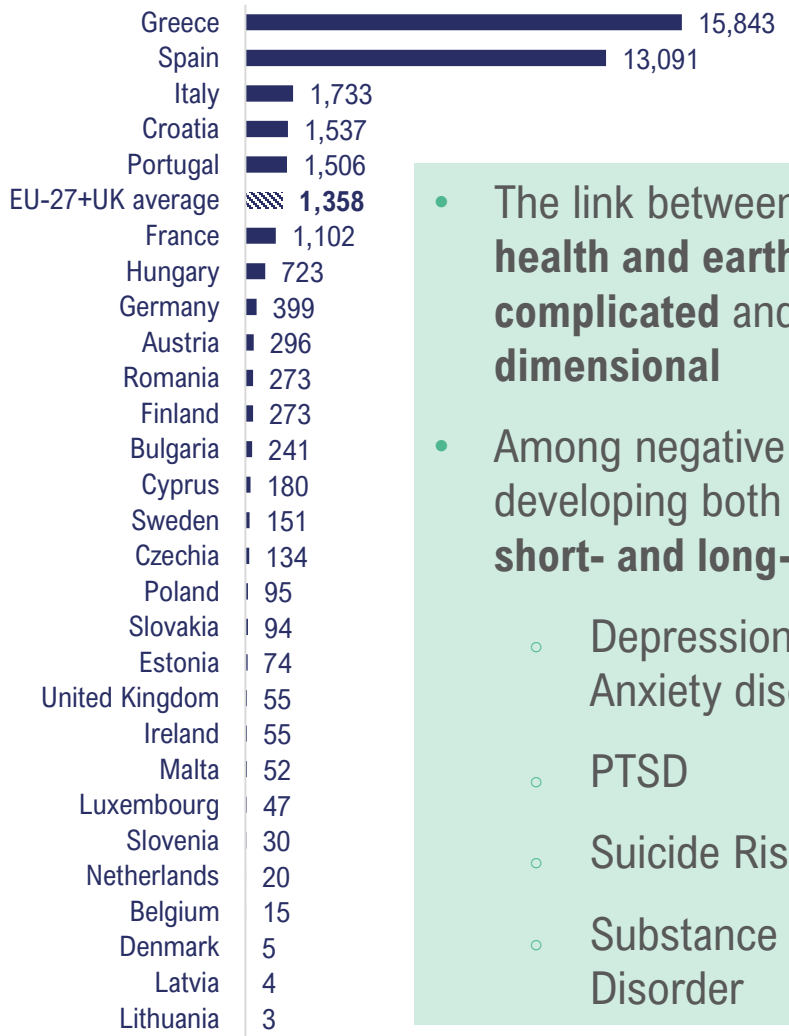
Economic damage caused by Extreme Weather Events –EWE

(average loss per capita in euros), 1980-2020



Earthquakes in EU-27 and the United Kingdom

(number of quakes of magnitude 2 or higher), 2021



- The link between **mental health and earthquakes is complicated** and **multi-dimensional**
- Among negative effects, developing both in the **short- and long-term:**
  - Depression and Anxiety disorders
  - PTSD
  - Suicide Risk
  - Substance Use Disorder

Source: The European House – Ambrosetti on European Environment Agency and European Facilities for Earthquake Hazard and Risk data, 2022

1 Poor Housing conditions and Overcrowding rates

Example of KPI monitored

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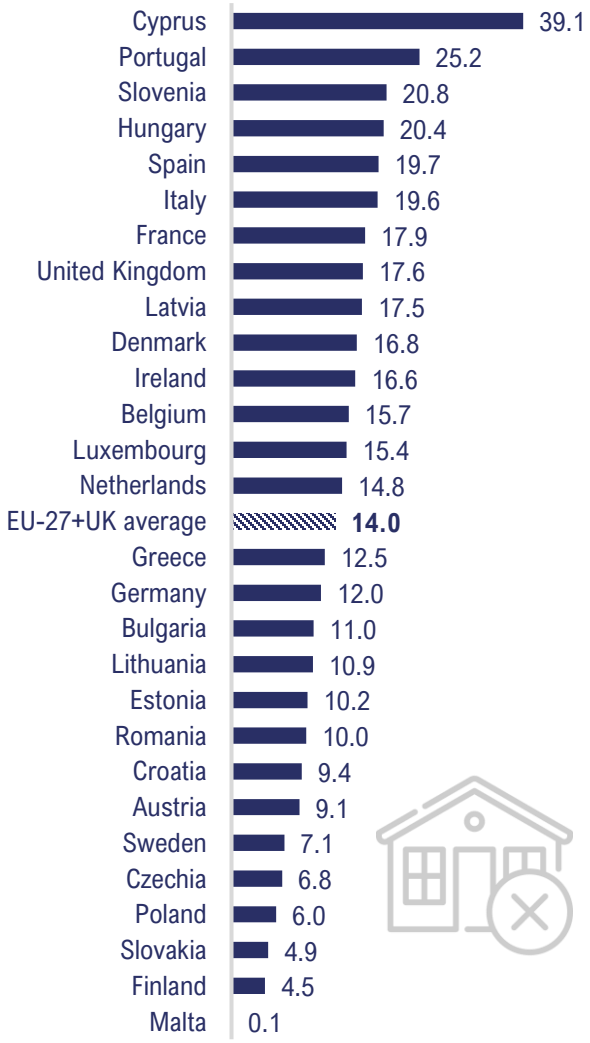
URBAN ENVIRONMENT AND ITS CHARACTERISTICS

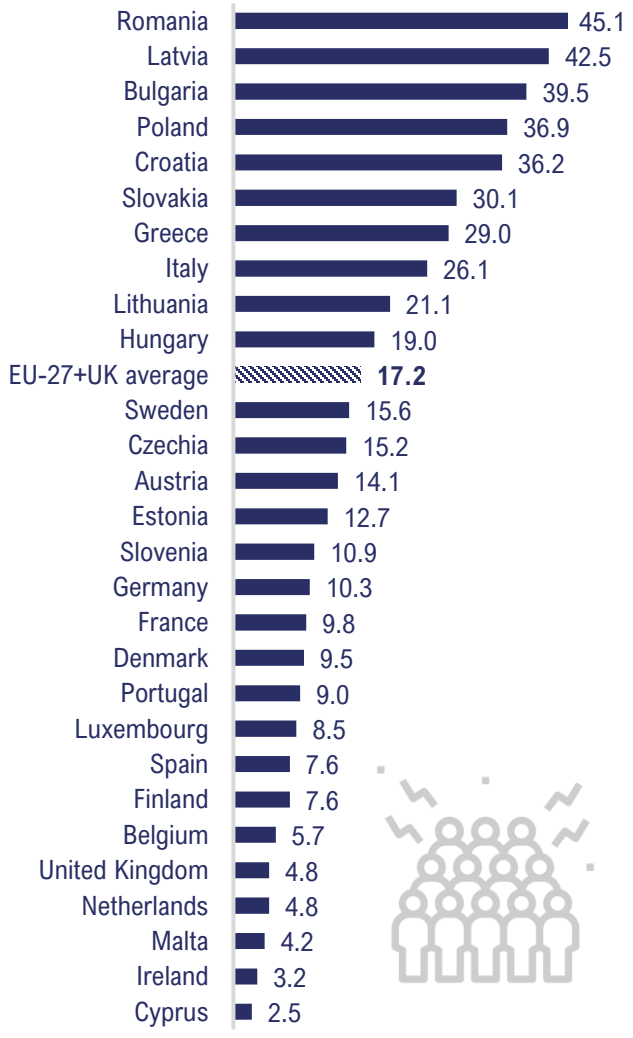
BUILT ENVIRONMENT

DISTRESS, POOR COGNITIVE DEVELOPMENT, AGGRESSION, TRAUMA

Population living in poor housing conditions
(% of total population), 2020



Overcrowding rate
(% of total population), 2020



- Studies highlight that people living in **poor housing conditions have a higher risk of experiencing mental ill health**:
  - An **alarming factor** is that people with a mental health disorder are **1.5 times more likely to live in poor housing conditions** vs. general population

Source: The European House – Ambrosetti on Eurostat data, 2022

1 Noise and Air Pollution

Example of KPI monitored

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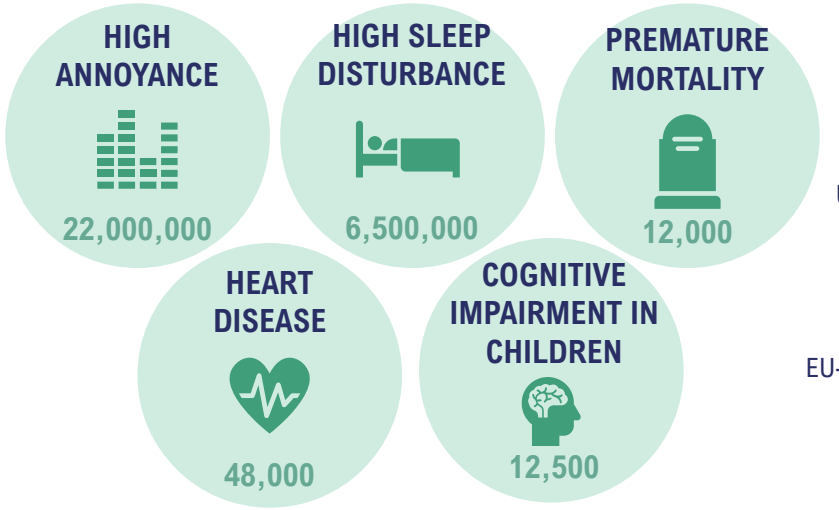
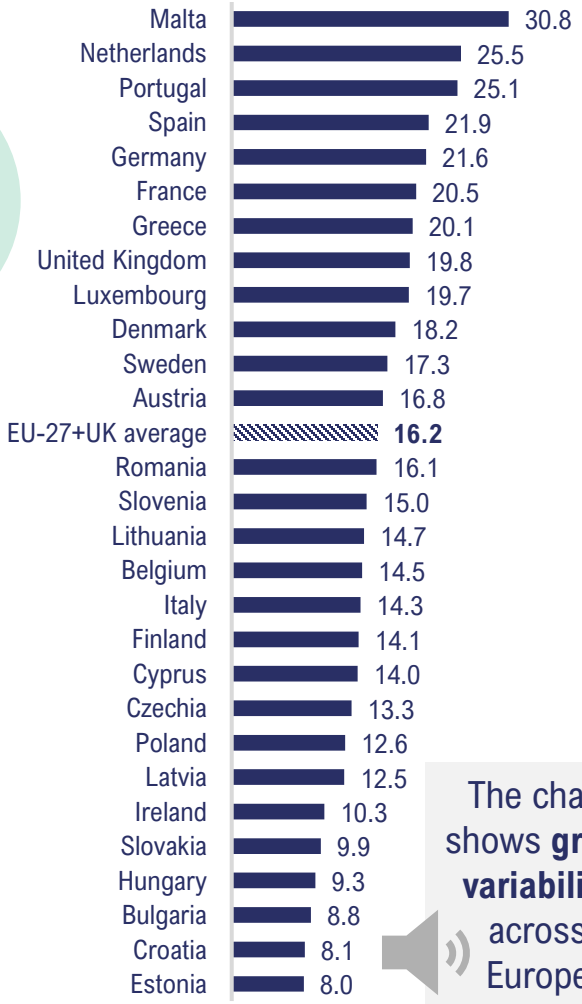
INDIVIDUALS AFFECTED BY ENVIRONMENTAL NOISE IN EUROPE



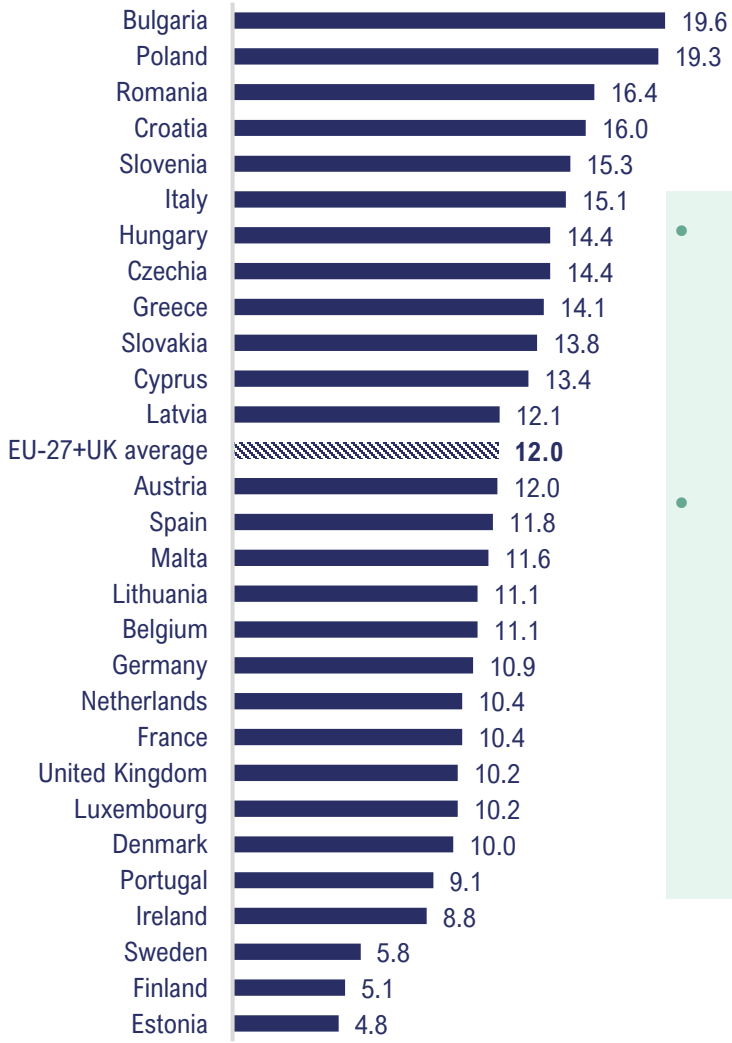
1 in 5 EU citizens lives in areas where **noise levels are** considered **harmful to mental health**

Noise pollution
(% of total population exposed), 2020



The chart shows **great variability** across Europe

Air pollution
(% of urban population exposed to PM2.5), 2019



- **12%** of people living in urban areas are **exposed to PM2.5**
- **People exposed to certain air pollutants** are more likely to **experience Mental Health problems**, in particular **anxiety**

Source: The European House – Ambrosetti on Eurostat and European Environment Agency data, 2022

1 Conflict, Migration and Economic Recession

Example of KPI monitored

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CONFLICT

- **1/5 people in conflict settings** experience depression, anxiety disorders, PTSD, bipolar disorder and schizophrenia
- The **Ukrainian conflict** and its ripple effect will have a negative impact on the Mental Health of the population

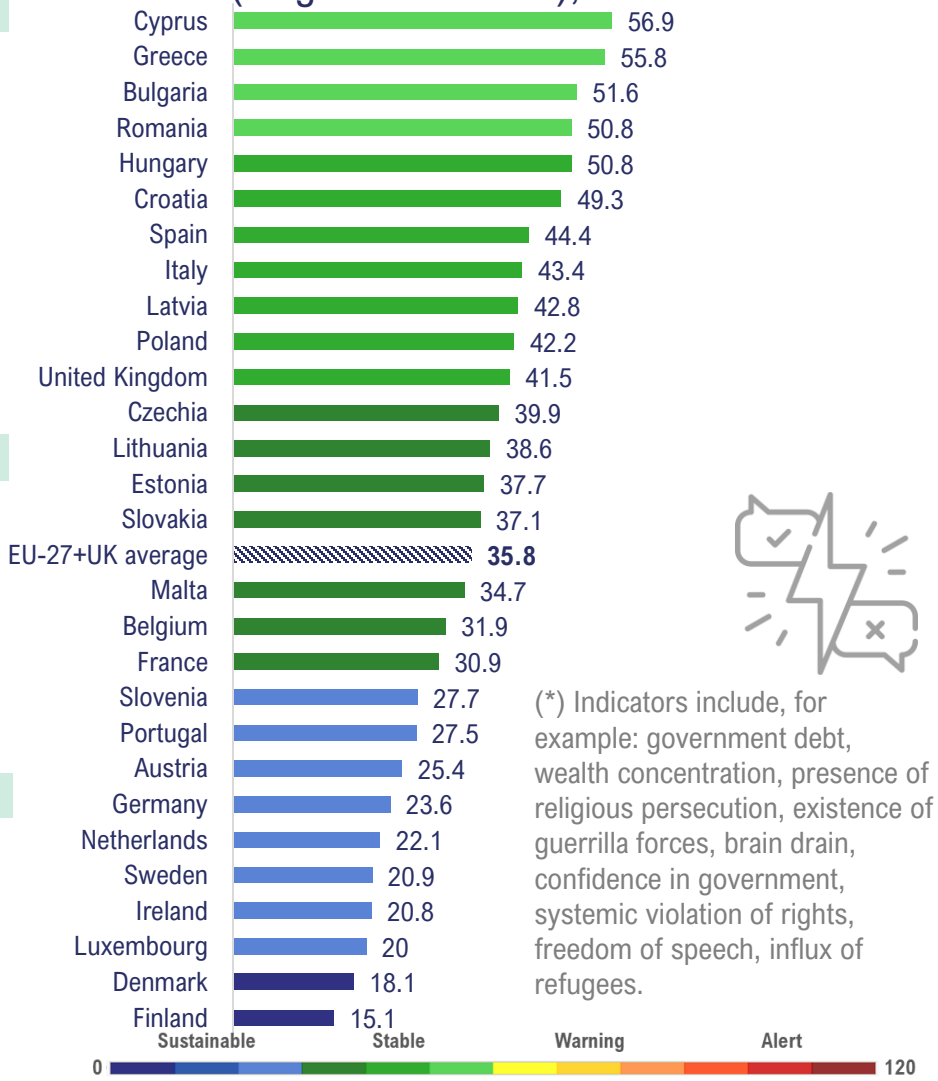
MIGRATION

- In 2021, **281 million international migrants are likely** to have unhealthy life-styles, risk behaviors, psychological and social distress and low self-esteem

ECONOMIC RECESSION

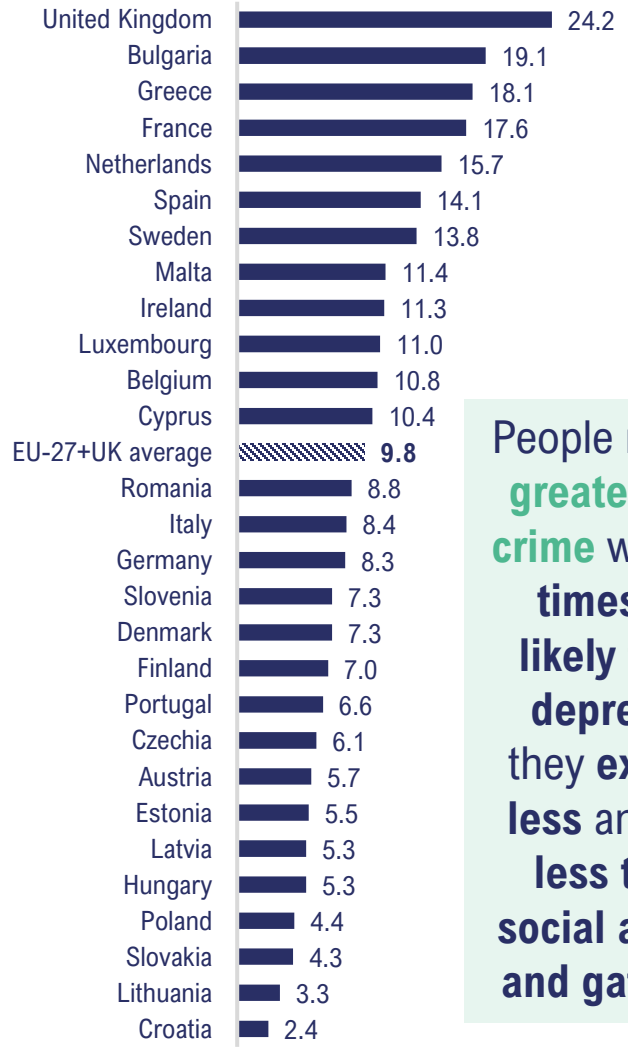
- **Unemployment** and a **decline in living conditions** cause psychological distress and greater use of mental health services

Conflicts, migration, economic recession*
(Fragile State Index), 2022



(*) Indicators include, for example: government debt, wealth concentration, presence of religious persecution, existence of guerrilla forces, brain drain, confidence in government, systemic violation of rights, freedom of speech, influx of refugees.

Crime, violence or vandalism in the area
(% annual measure), 2020



People reporting **greater fear of crime** were **1.93 times more likely to have depression,** they **exercised less** and **spent less time in social activities and gatherings**

Source: The European House – Ambrosetti on Fragile State Index 2022 and Eurostat, 2022

2 KPIs of the pillar “Mental Health status of the population”

KPI	Unit of measure	Source
Prevalence (depression, anxiety, schizophrenia, bipolar disorder, autism, ADHD, conduct disorders and intellectual disorders)	Rate per 100,000 inhabitants	Global Burden of Disease, databases of National Statistic Institutes of Member States, official platforms of scientific associations
Disability - Years Lived with Disability (mental and behavioral disorders for general population and <20 years)	Rate per 100,000 inhabitants	Global Burden of Disease
Mortality (mental and behavioral disorders and suicide)	Standardized rate per 100,000 inhabitants	Eurostat and databases of National Statistic Institutes of Member States, official platforms of scientific associations
Risk factors (smoking and drug use in adults and adolescents, alcohol abuse in adults, bullying in young people and sexual abuse)	% Rate per 100,000 inhabitants	Eurostat, European Monitoring Center for Drugs and Drug Addiction, Global Burden of Disease and databases of National Statistic Institutes of Member States, official platforms of scientific associations

2 Prevalence of Mental Health disorders in Europe and its burden of disease

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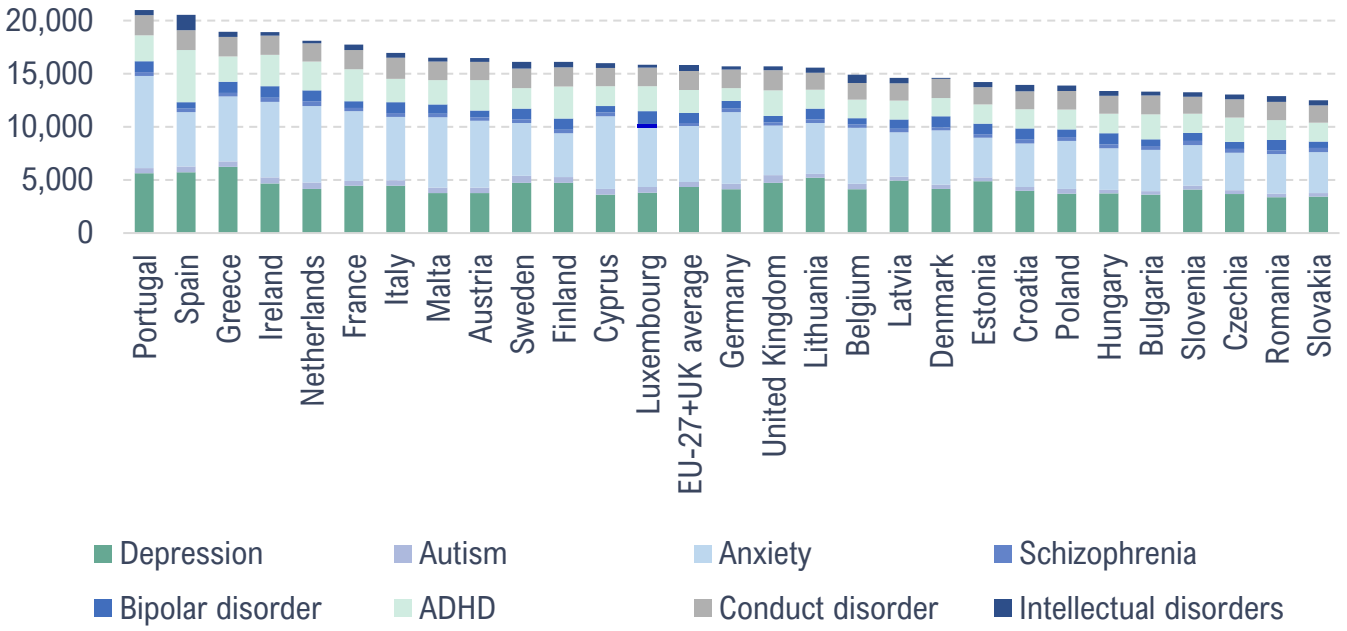
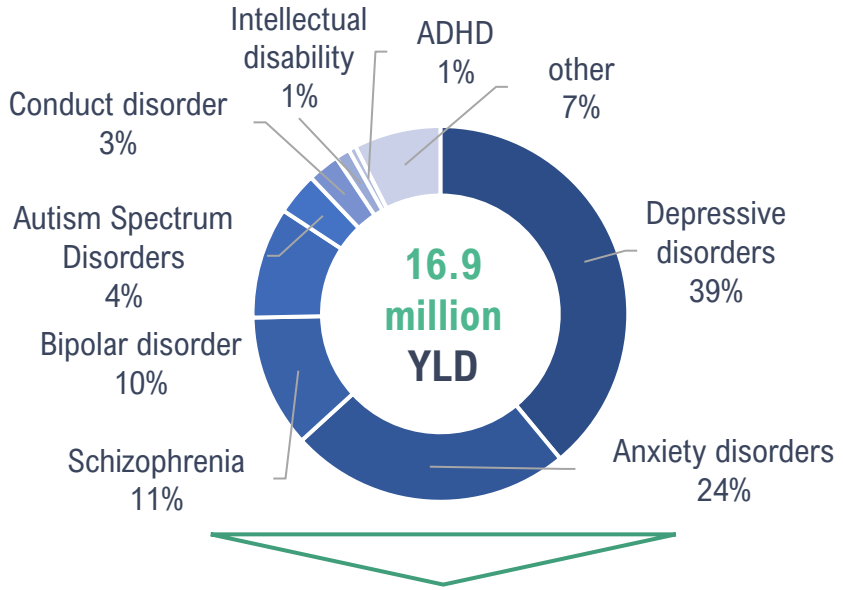
Prevalence of Mental Health disorders in Europe
(per 100.000 inhabitants), 2019



Distribution of Years-Lived-With-Disability - YLD- by mental disorder (%), 2019



In Europe, COVID-19 pandemic triggered a **+25%** **increase in prevalence of anxiety and depressive disorders**

>1 out of 6 people

are affected by Mental Health disorders

- Mental Health disorders rank 2nd among the most **common disabling non-communicable diseases**
- The scenario is **projected to worsen given the increased prevalence rate** due to the COVID-19 pandemic

Source: The European House – Ambrosetti on Global Burden of Disease (GBD) data, 2022

2 Mortality and suicide rates

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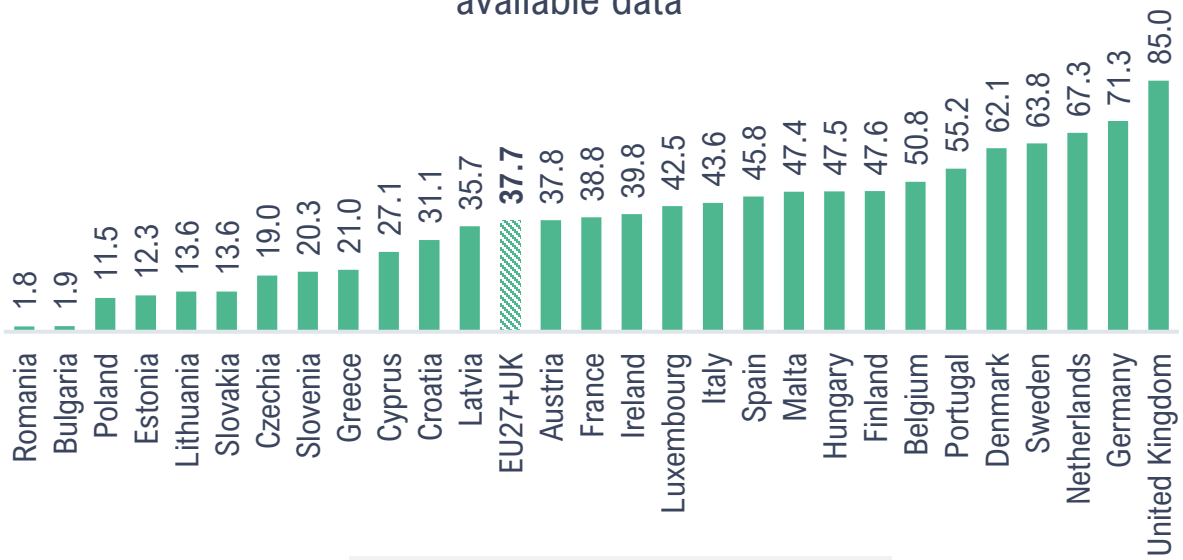
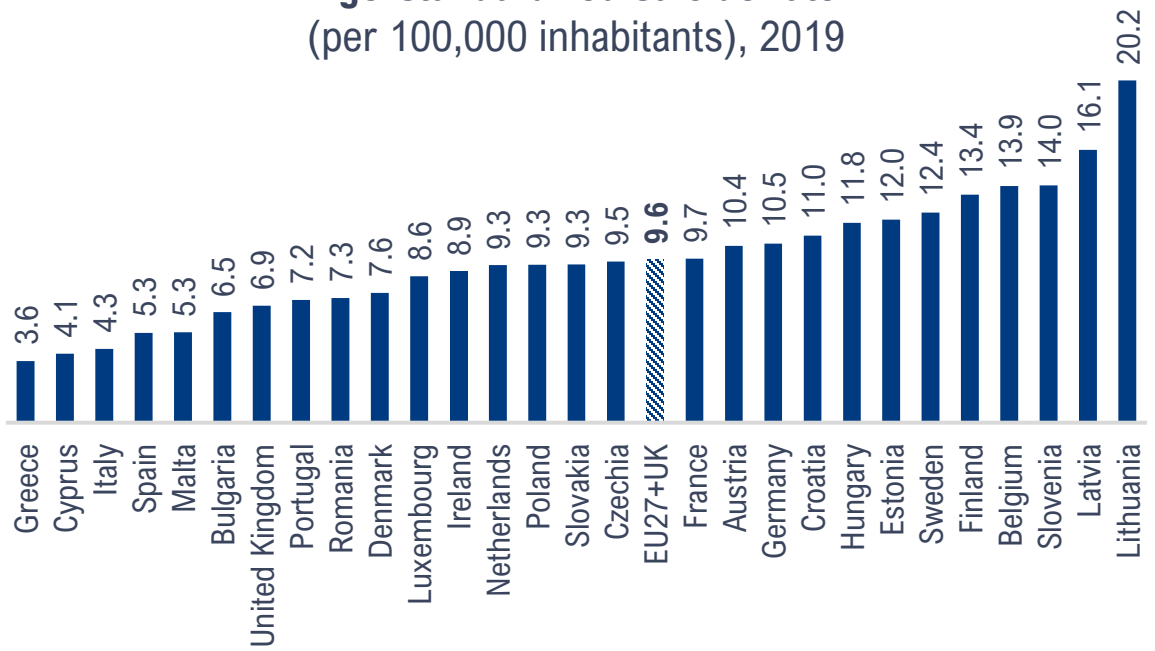
Standardized death rate of mental and behavioral disorders in European Countries (per 100,000 inhabitants), 2020 or last available data



Age-standardized suicide rate (per 100,000 inhabitants), 2019



Over 235,000 (approximately 4% of all deaths) **annual deaths** due to **mental and behavioral disorders** in Europe

- In the WHO-Europe region, poor mental health is responsible for **140,000 deaths per year by suicide**:
  - **6th cause of death** in the population aged <70 years
  - **4th cause of death** in the population below <20 years

The pandemic, current socio-economic uncertainties and geopolitical conflicts (e.g. **war in Ukraine**) are responsible for **increased uncertainty, insecurity, grief and loss.** The effects of these impactful events on people's **mental health are significantly high**

Source: The European House – Ambrosetti on GBD, Eurostat and WHO data, 2022

2 Risk factors: alcohol abuse, smoking and drug use

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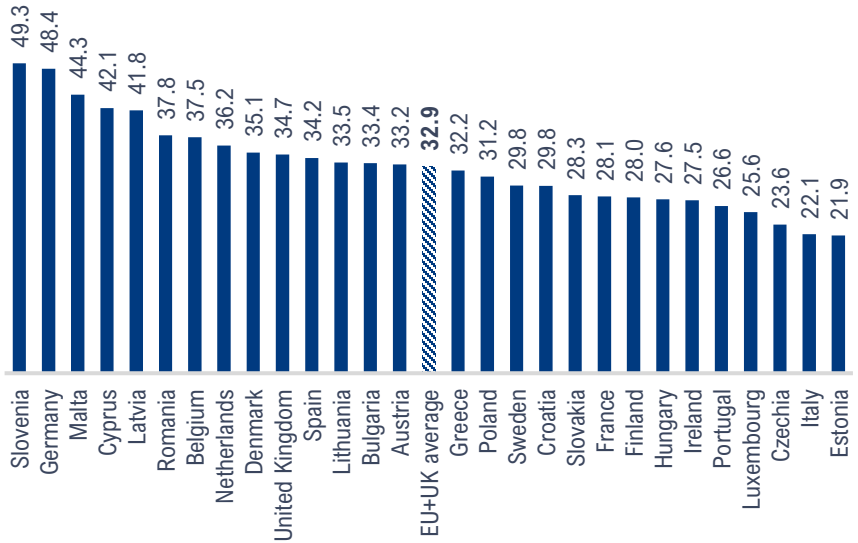
Addictive behaviors, binging and episodes of abuse of alcohol, tobacco and drugs are frequently related and represent **major signaling factors of incoming or ongoing Mental Health disorders.**

32.9% of people in Europe reported having had **heavy episodic drinking** in the previous months

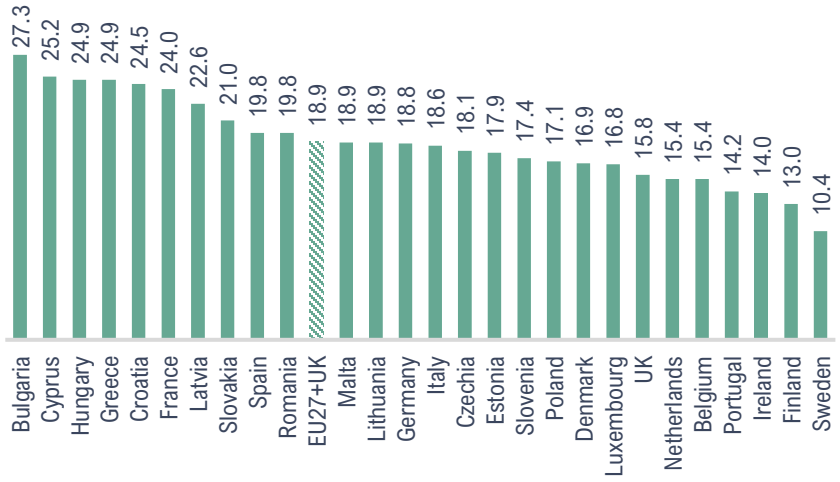
700,000 deaths per year across EU Countries with a **higher share of male reporting** daily smoking

Almost **16.9% of young adults make use of illicit drugs** regularly

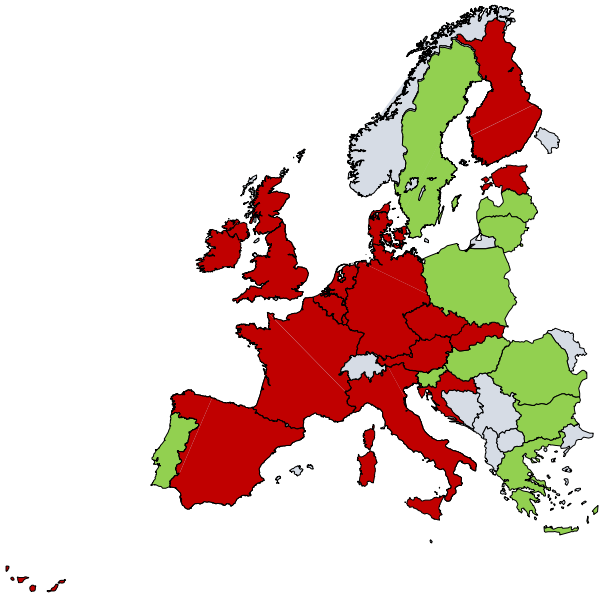
Alcohol abuse (% of the population who report heavy episodic drinking in the previous 30 days), 2020



Smoking (% of the population aged 15 years and over who are daily smokers), 2020 or last year available



Drug use (% of the population having used any illicit drug over lifetime), 2021



Source: The European House – Ambrosetti on OECD and European Monitoring Center for Drugs and Drug Addiction data, 2022

Personal reflections

- We need a **public mental health approach**
- **Evidence-based, cost-effective** public mental health (PMH) interventions exist
- **Primary Prevention** at forefront
- **Inclusion of understudied environmental factors:** natural, climate change, urban environment, political and socio-economic variables
- **Worse Mental Health outcomes after COVID-19** (we need to deepen the value and commitment we give to mental health)