

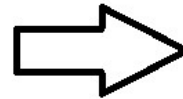
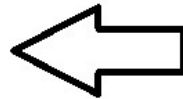


*Mental wellbeing is linked to  
lower health costs*

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# Mental health

**Negative mental health**  
/ symptoms of psychopathology



**Positive mental health**  
/ well-being

**Mental illness**

**Mental health**

**(Mental) well-being**

- Been feeling down, depressed or hopeless
- Been feeling bad about yourself
- Been feeling nervous, anxious or on edge
- Not having been able to stop or control worrying
- Not having been able to concentrate
- Been tired or having little energy

- Feeling optimistic about the future
- Been feeling confident
- Feeling relaxed
- Been dealing with problems well
- Been thinking clearly
- Had energy to spare

# Mental wellbeing and (health) economic outcomes

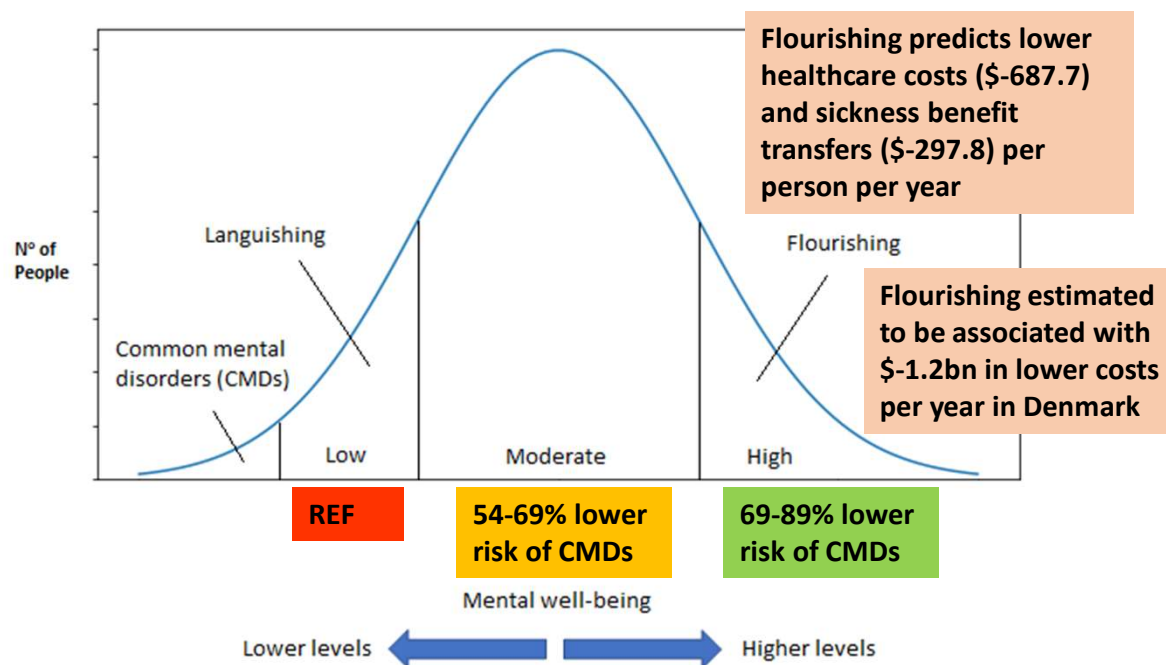
Higher levels of mental wellbeing →

- Negatively related to mental disorder symptoms
- Direct influence on physiological health (cardiovascular, immune, and endocrine system)
- Promotes healthy behaviors (exercise, diet)
- Protects against risk behaviors, unintended and intended injuries
- Better recovery from illness

# Mental wellbeing and economic outcomes

- 3,508 adults in the Danish population
- Predictor 1: Mental wellbeing (continuous) in 2016
- Predictor 2: Psychological flourishing (binary) in 2016
- Outcome 1: Onset of common mental disorders at follow-up
- Outcome 2: Health service costs for the year 2017
  - GPs
  - Outpatient care
  - Hospitalizations
  - Prescription medicines
- Outcome 3: Sickness benefit transfers (government compensated sick leave) for the year 2017
- Adjusting for costs in the previous year (2016), along with sociodemographic chronic conditions, disability, health behavior

# Mental health (wellbeing) – single continuum



Mental Health & Prevention

Available online 30 September 2021, 200222

In Press, Journal Pre-proof



Mental health economics: A prospective study on psychological flourishing and associations with healthcare costs and sickness benefit transfers in Denmark

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Abstract

Background

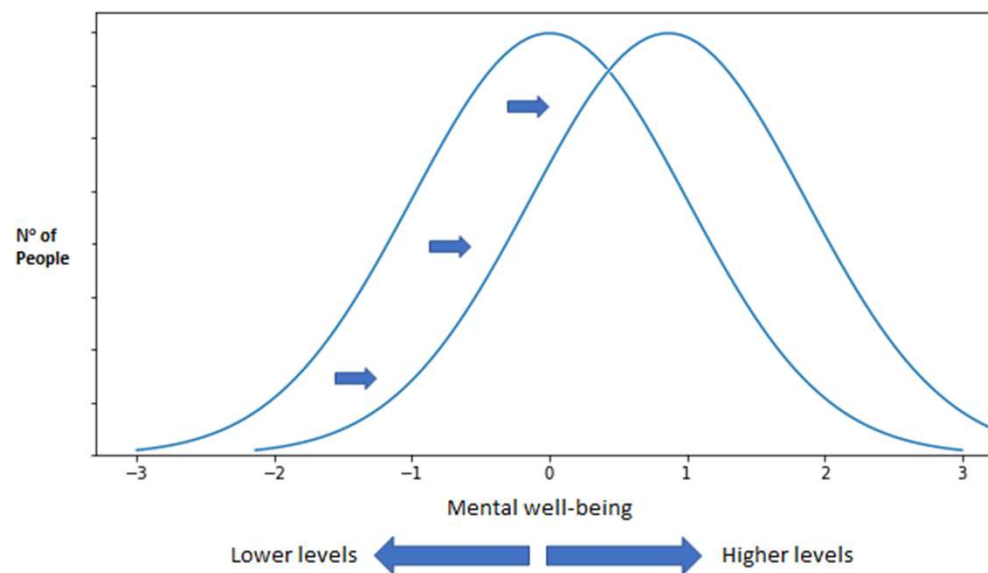
Escalating healthcare expenditures highlight the need to identify modifiable predictors of the use and costs of healthcare and sickness benefit transfers. We conducted a prospective analysis on Danish data to determine the costs associated with flourishing as compared to the below threshold level of flourishing.

Each point increase in mental well-being (range 14-70) predicts lower healthcare costs (\$- 42.5) and lower costs in terms of sickness benefit transfers (\$- 23.1) per person per year

# Some reflections

- Limitation: Cannot exclude possibility prior healthier lifestyles – however – may in turn also be a consequence of higher levels of mental wellbeing
- Results are conservative
  - Reflect associations with costs over the short-term (one year), but not long term
  - Study not able to discern between individuals with varying durations of high levels of mental wellbeing
  - Cost outcomes are not exhaustive, many other societal cost outcomes not included in the study

# Mental health promotion – shifting the curve



# Factors predictive of mental health

- Socioeconomic predictors of high mental wellbeing do not mirror those low mental wellbeing and common mental disorders
- Relational/recreational predictors of high mental wellbeing mirror those of low mental wellbeing

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doi:10.1093/eurpub/ckaa021

## Predictors of high and low mental well-being and common mental disorders: findings from a Danish population-based study

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**Background:** Mental well-being is fundamental for a good life. Previous literature has examined the predictors of mental disorders and continuous measures of positive mental health. Very few studies have specifically focused on the predictors of different levels of mental well-being, but those that have suggest a different picture. This study aimed to compare socioeconomic and relational/recreational behaviour predictors of different levels of mental well-being as well as common mental disorders (CMDs). **Methods:** Data from 3508 adults aged 16+ years old from the Danish Mental Health and Well-Being Survey 2016 were linked to Danish national register-based data. Mental well-being was assessed using the Warwick-Edinburgh Mental Well-being Scale, and information on CMDs was assessed using the Patient Health Questionnaire (PHQ-4). Regression analyses were conducted to estimate the predictors of low and high mental well-being compared to moderate mental well-being and also of CMDs. **Results:** Lower socioeconomic position (education, income and employment status) was associated with increased odds of low mental well-being and the presence of CMDs, but did not significantly predict high mental well-being. Relational/recreational behaviours (informal and formal social participation, social support and recreational activity) were associated with reduced odds of low mental well-being and CMDs, and also with increased odds of high mental well-being. **Conclusions:** Socioeconomic predictors of high mental well-being do not mirror those of low mental well-being and CMDs, whereas relational/recreational predictors of high mental well-being do mirror those of low mental well-being and CMDs. These findings have important implications for public mental health strategies.

<https://academic.oup.com/eurpub/article/30/3/503/5762310?login=true>

# Research priorities for mental health promotion

- Better monitoring of good mental health in whole populations
- Design studies testing the effectiveness of interventions to promote good mental health
- Increase mental health promotion literacy within and outside the healthcare sector, as well as in educational curricula



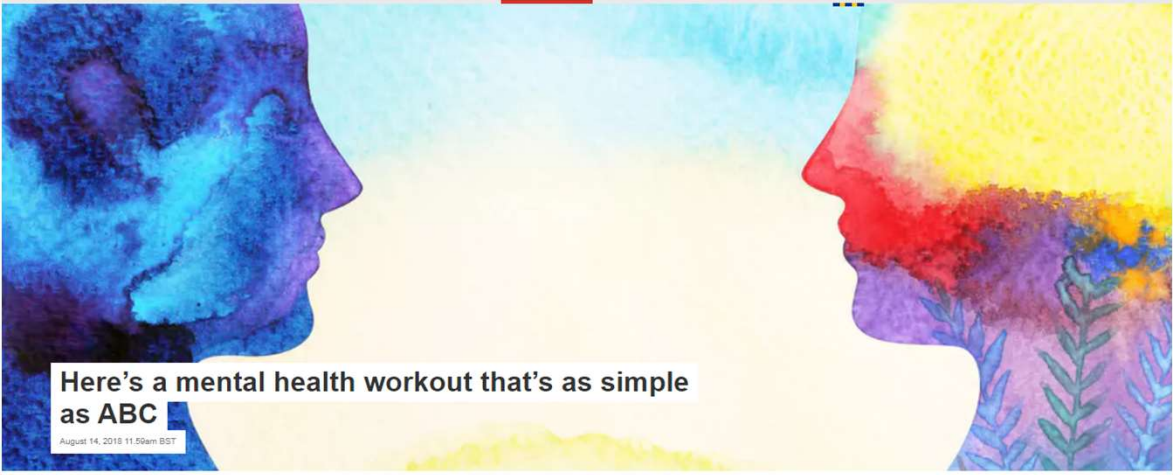
<https://www.sciencedirect.com/science/article/abs/pii/S0924977X21007707>

# The ABCs of mental health

- **Act**  
Keep mentally, physically, socially or spiritually active
- **Belong**  
Maintain positive social relationships and participate in local community activities
- **Commit**  
Commit to challenges or causes that provide meaning and sense of purpose

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## Here's a mental health workout that's as simple as ABC

August 14, 2018 11:59am BST

Trusting our instincts is vital for better mental health. Shutterstock


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While we take physical workouts very seriously, there is much less said about the “workouts” that help us remain mentally agile and healthy. But just as with physical health, there are simple and practical ways that can help everyone to enjoy good mental health.


[Our research](#) has led us to a method for promoting mental health and wellbeing within communities, which follows a simple model that can be adopted by anyone.

An earlier study showed that [people intuitively know](#) what enhances their mental health, but they don't think about it on a daily basis. Unlike their physical health, people rarely consider what they could or should be doing for their mental health.

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<http://theconversation.com/heres-a-mental-health-workout-thats-as-simple-as-abc-98124>

# 21 reasons to adopt the ABCs of mental health →



International Journal of  
Environmental Research  
and Public Health



Article

## Twenty-One Reasons for Implementing the Act-Belong-Commit—‘ABCs of Mental Health’ Campaign

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**Abstract:** While there has been increased attention worldwide on mental health promotion over the past two decades, what is lacking in many countries around the globe is practical knowledge of what constitutes a population-wide mental health promotion campaign, and how such a campaign can be implemented. This paper provides such knowledge based on the development, implementation and evaluation of the Act-Belong-Commit campaign, the world’s first comprehensive population-wide public mental health promotion campaign which was launched in 2008 in Western Australia. Given the learnings from the full-scale implementation and evaluation of the campaign in Western Australia and its expansion nationally and internationally, along with the continuing and expanding evidence base for the campaign constructs, we crystallise 21 reasons why jurisdictions who wish to achieve the goals of the WHO and adopt the recommendations of the European framework on mental health and wellbeing should consider adopting or adapting Act-Belong-Commit when considering implementing a public mental health promotion campaign.

**Keywords:** mental health promotion; Act-Belong-Commit; mental health and wellbeing

**Citation:** Donovan, R.J.; Koushede, V.J.; Drane, C.F.; Hinrichsen, C.; Anwar-McHenry, J.; Nielsen, L.; Nicholas, A.; Meilstrup, C.; Santini, Z.I. Twenty-One Reasons for Implementing the Act-Belong-Commit—‘ABCs of Mental Health’ Campaign. *Int. J. Environ. Res. Public Health* **2021**, *18*, 11095. <https://doi.org/10.3390/ijerph182111095>

<https://www.mdpi.com/1660-4601/18/21/11095>


# Mental health economics – read more here

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## Mental wellbeing is not just beneficial for you – it can also lead to lower healthcare costs

May 5, 2021 11:53am BST



Substantial savings could be made by improving everyone's mental wellbeing. *Tom Crowl / Shutterstock*

There are many reasons why mental wellbeing is important. Not only is it protective against physical illnesses and linked to greater productivity, but the mental wellbeing of a population is essential for a country's sustainability, long-term growth and development.

But despite the clear benefits, governments tend to focus public spending on treating and preventing disease, and providing care for those who are ill. While

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**Disclosure statement**

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David McDaid, Sarah Stewart-Brown, and Ziggi Ivan Santini do not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and have disclosed no relevant affiliations beyond their academic appointment.

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## News Flourishing mental health linked to lower health and social costs

FRI 29 OCT 2021



♥♥ The results of the study highlight the importance of investing in actions to promote population mental health. ♥♥

— David McDaid, LSE

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According to a new study, flourishing mental health in Denmark is associated with USD \$1.2 billion per year in lower health and social costs.

People with flourishing mental health do not use the public health system as much as others. This is the key finding of [new study](#) published in the Mental Health and Prevention Journal.

The study was conducted by researchers at the London School of Economics and Political Science (LSE), the Danish National Institute of Health, Copenhagen University, University of California Riverside and Harvard University.

This is the first-time researchers have investigated if flourishing mental health is linked to

<https://theconversation.com/mental-wellbeing-is-not-just-beneficial-for-you-it-can-also-lead-to-lower-healthcare-costs-159595>

<https://www.lse.ac.uk/News/Latest-news-from-LSE/2021/j-October-21/Flourishing-mental-health-linked-to-lower-health-and-social-costs>