

REPORT on MENTAL HEALTH in the ERA OF ARTIFICIAL INTELLIGENCE

(full report available to www.mentalhealthinternational.ca)

SERIES OF RECAPS (11)

The brain and the body are one;

mental illness can have profound physical implications

Bill Wilkerson, LL.D. (Hon) was a former corporate chief and senior executive and a specialist in crisis management. His background ranges across business, government, politics, the arts, broadcasting, and major league sports.

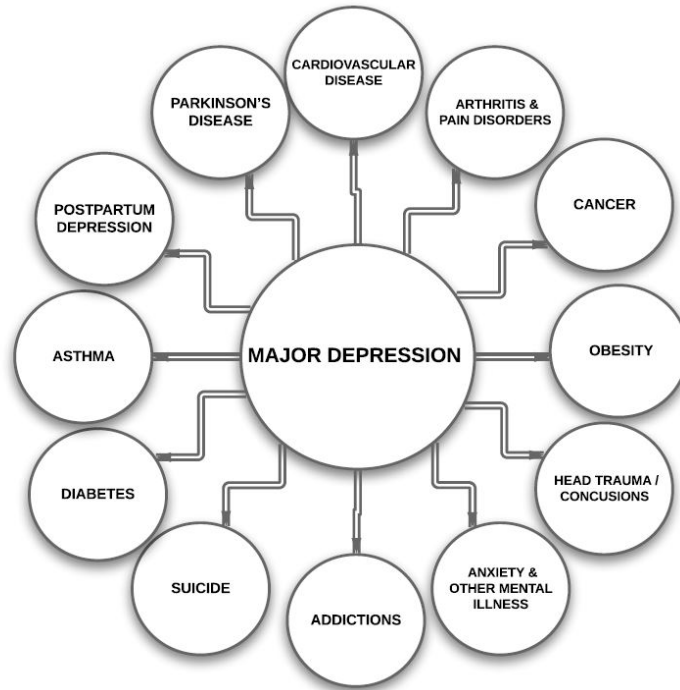
Bill is MHI Executive Chairman and McMaster University Industry Professor of International Mental Health and in the mental health field, Wilkerson:

- *Co-Founded and led the Canadian-based Global Business and Economic Roundtable on Addiction and Mental Health (1998-2011).*
- *Chaired a business-led Pan-European campaign targeting depression in the workplace (2013-17).*
- *Founded and chaired a five-city (Washington, Ottawa, Boston, Toronto, Denver) US/Canada Forum on Mental Health and Productivity (2007-13).*

PORT HOPE, ONTARIO, CANADA (June, 2019)- The biology of mental illness is not confined to the brain. It migrates into the body. Clinical evidence points to a free trade of complications between brain and body – between mental illness – especially depression – and disorders such as cardiovascular disease and diabetes.

This establishes a brain-body continuum governing mental health problems and treatment outcomes among other chronic, concurrent disorders. Mental Health International developed a MATRIX to display the connections between depression and these various conditions and, therefore, the brain-to-body effects of this common mental disorder.

THE DEPRESSION MATRIX



Designed by Shannon McCoy, Ottawa, Ontario, Canada

As Big as a Country

New data demonstrates that mental disorders are compromising gains in life expectancy that the world has achieved over the past 50 years.

Indeed, Americans living with major mental illness in several US states have seen their lifespan fall below that of Sub-Saharan African countries with emerging economies such as the Sudan (58 years) and Ethiopia (52 years).

Mental illness is heavily concentrated among men and women in their prime years of work - plus their adolescent children. Thus, the well-documented heavy economic cost burden imposed by these conditions.

If mental illness was a country, it would be among the world's ten most populous. Notably, as the insurgency of mental illness across the globe took hold over the past 20 years, other public health trends also emerged.

From a landmark article for Foreign Affairs magazine by Dr. Thomas Insel, former Director of the National Institute for Mental Health, and Dr. Steven Hyman, Director, Stanley Centre for Psychiatric Research at the Broad Institute of MIT and Harvard:

- Infectious disease has given way to chronic non-communicable disorders as the principal public health concern of the times and as a result, non-communicable (or chronic) disorders, such as heart disease and diabetes and depression, now pose a greater public health risk than contagious or infectious diseases.
- The Harvard School of Public Health's (updated in 2010) Global Burden of Disease Report revealed that non-communicable diseases caused 63 per cent of all deaths around the world, mostly in low- or middle-income countries.
- The Global Burden of Disease report said that between 2010 and 2030, chronic, non-communicable diseases will reduce global GDP by \$46.7 trillion (US)
- The biggest source of those future costs are mental disorders, representing, by 2030, one-third of the global economic burden of all non-communicable disorders - \$6 trillion (US). More than heart disease, cancer, diabetes and lung diseases combined.

According to the London School of Economics nearly a third of all people with long-term physical conditions have co-morbid mental health problems like depression and anxiety and mental disorders are clearly the “most important” health challenge among working men and women.

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