

# Ageing, Mental Health, and Dementia

Ishtar Govia, Ph.D., Lecturer in Epidemiology  
Caribbean Institute for Health Research, The UWI Mona  
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Epidemiology Research Unit  
Mona, Kingston 7, Jamaica, W. I.  
[caibr@uwimona.edu.jm](mailto:caibr@uwimona.edu.jm)

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# Ageing

Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double, from 12% to 22%; from 900 million to 2 billion people over the age of 60

## Trends of Population from 1950 to 2100

Select Region or Country

LATIN AMERICA AND THE CARIB... ▾

0-14 Children

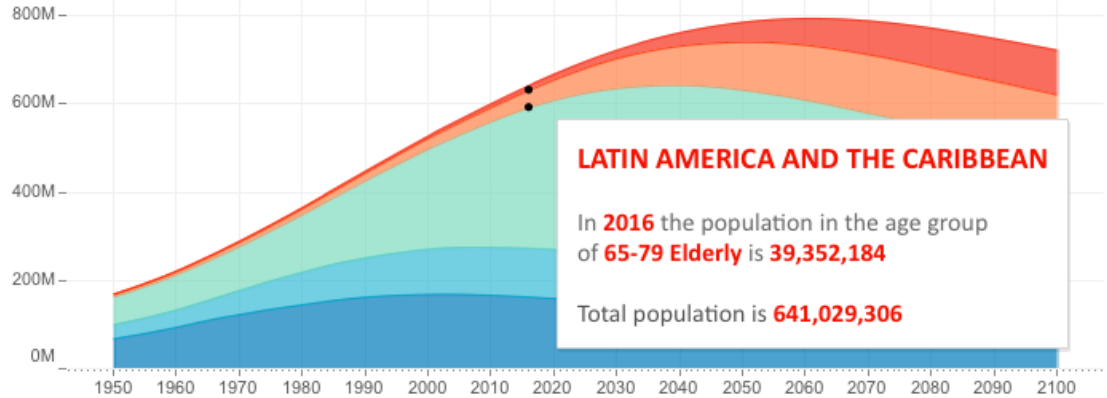
15-24 Adolescents

25-64 Adults

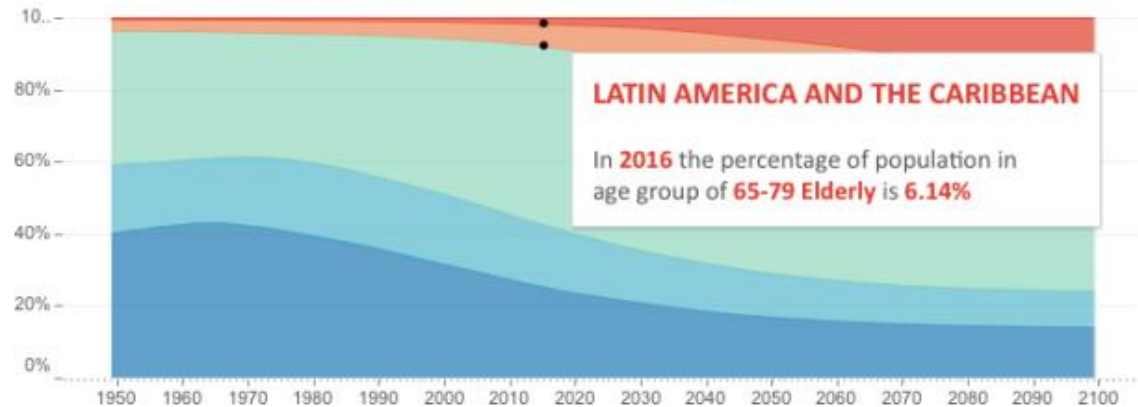
65-79 Elderly

80+ Very elderly

How is the trend of total population in **LATIN AMERICA AND THE CARIBBEAN**?



Percent of population by age group in **LATIN AMERICA AND THE CARIBBEAN**?



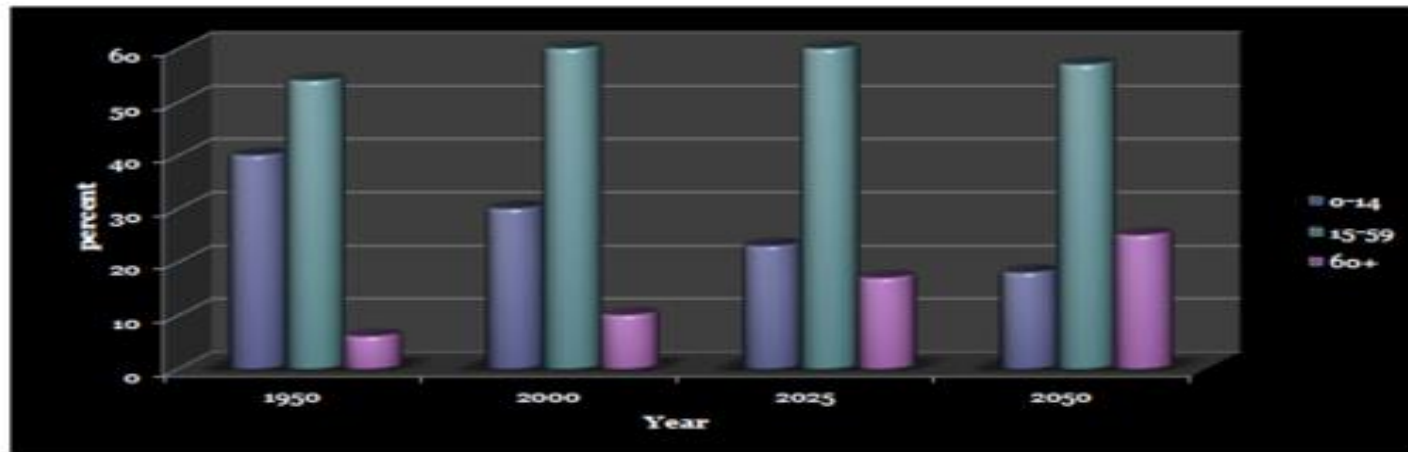
Source: World Population Prospects, Edition 2015, United Nations.

Visualization: Ramon Martinez

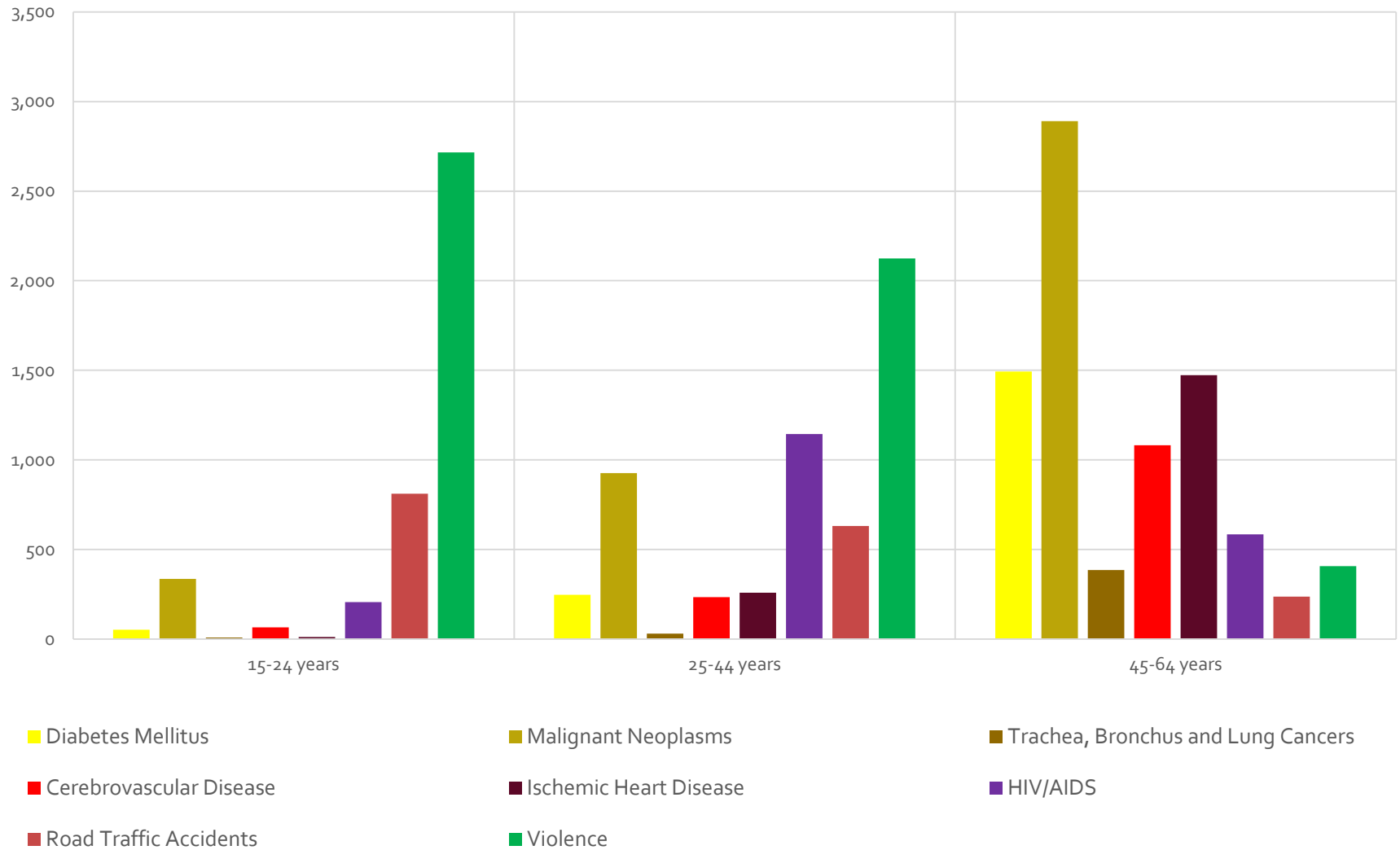
@HithAnalysis

# Ageing Population

## Composition of the population of the Caribbean by age groups 1950-2050

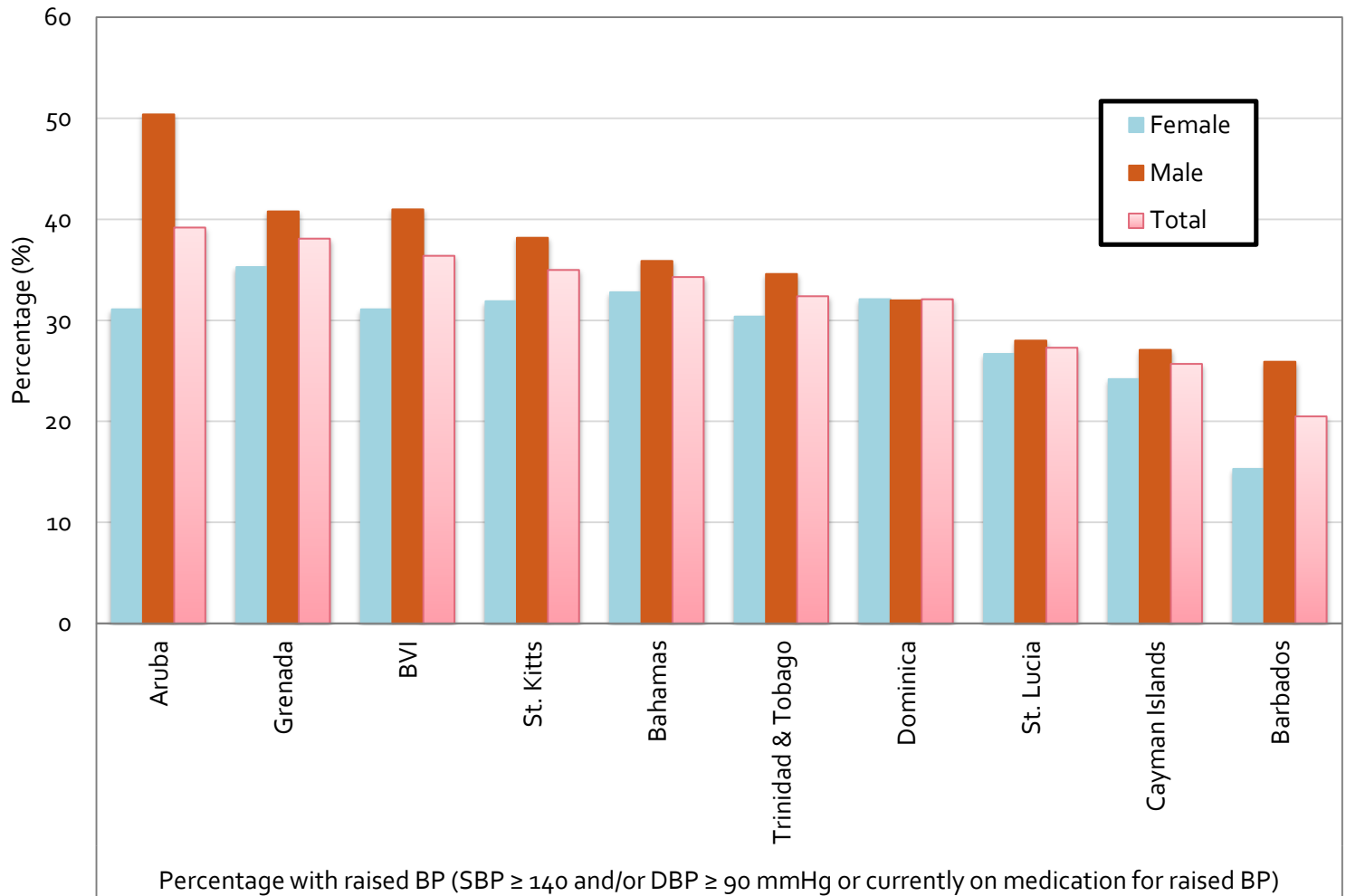


# PYLL per 100,000 population for select Diseases by age group

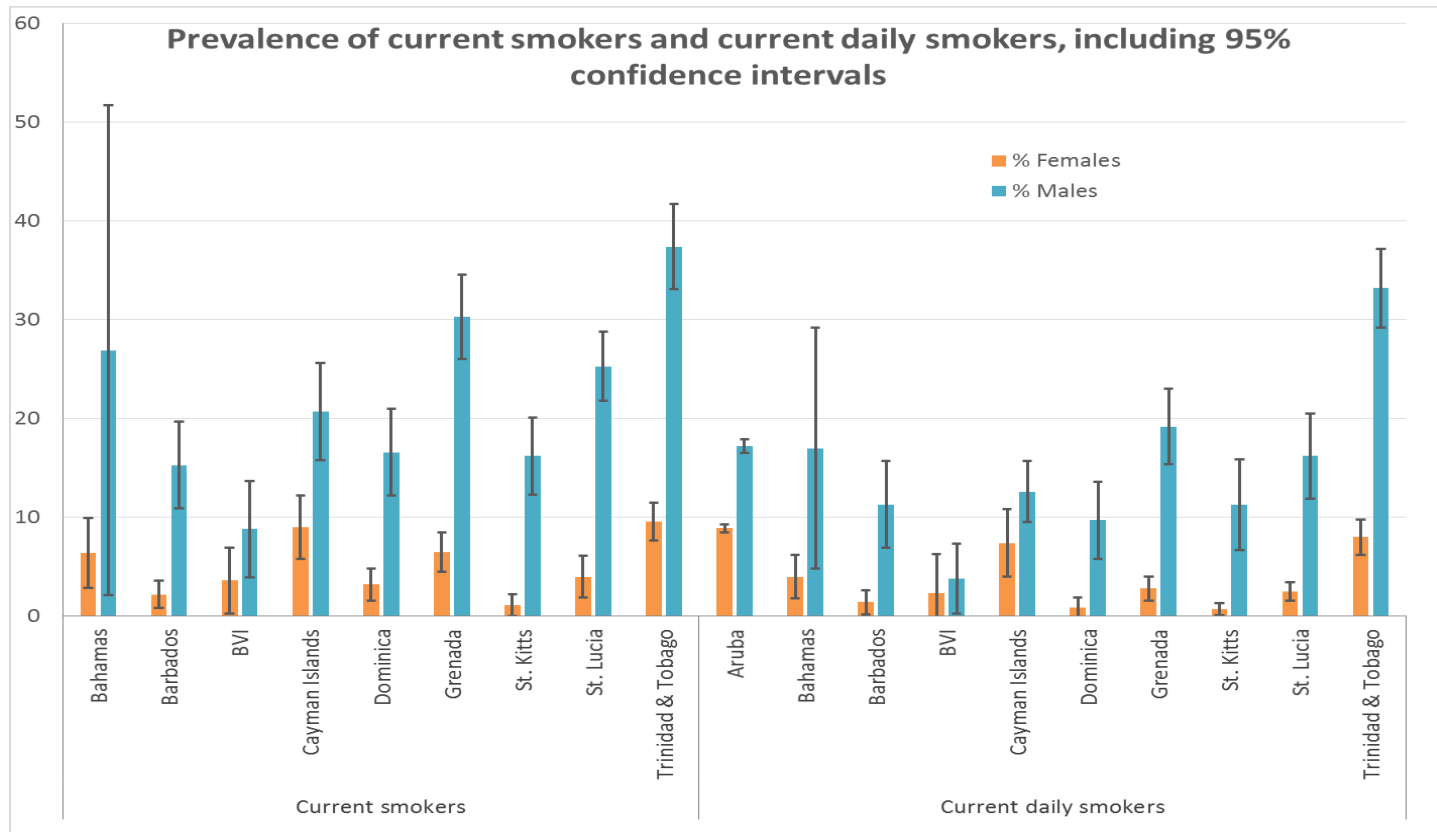


## Prevalence of raised BP

(SBP  $\geq$  140 and/or DBP  $\geq$  90 mmHg or currently on medication for raised BP)

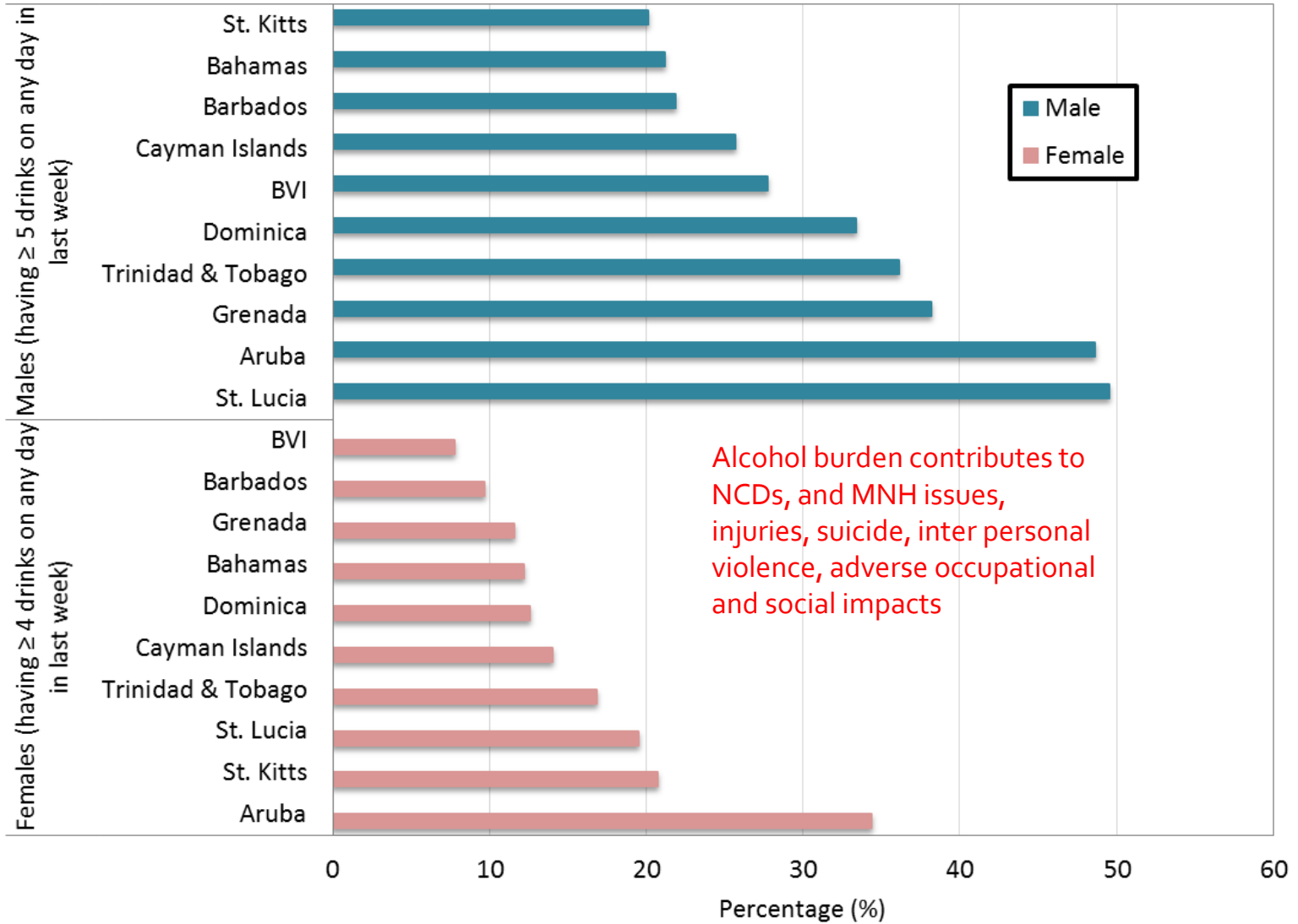


# TOBACCO USE



Source: STEPS surveys 2006-2013

## Harmful use of alcohol

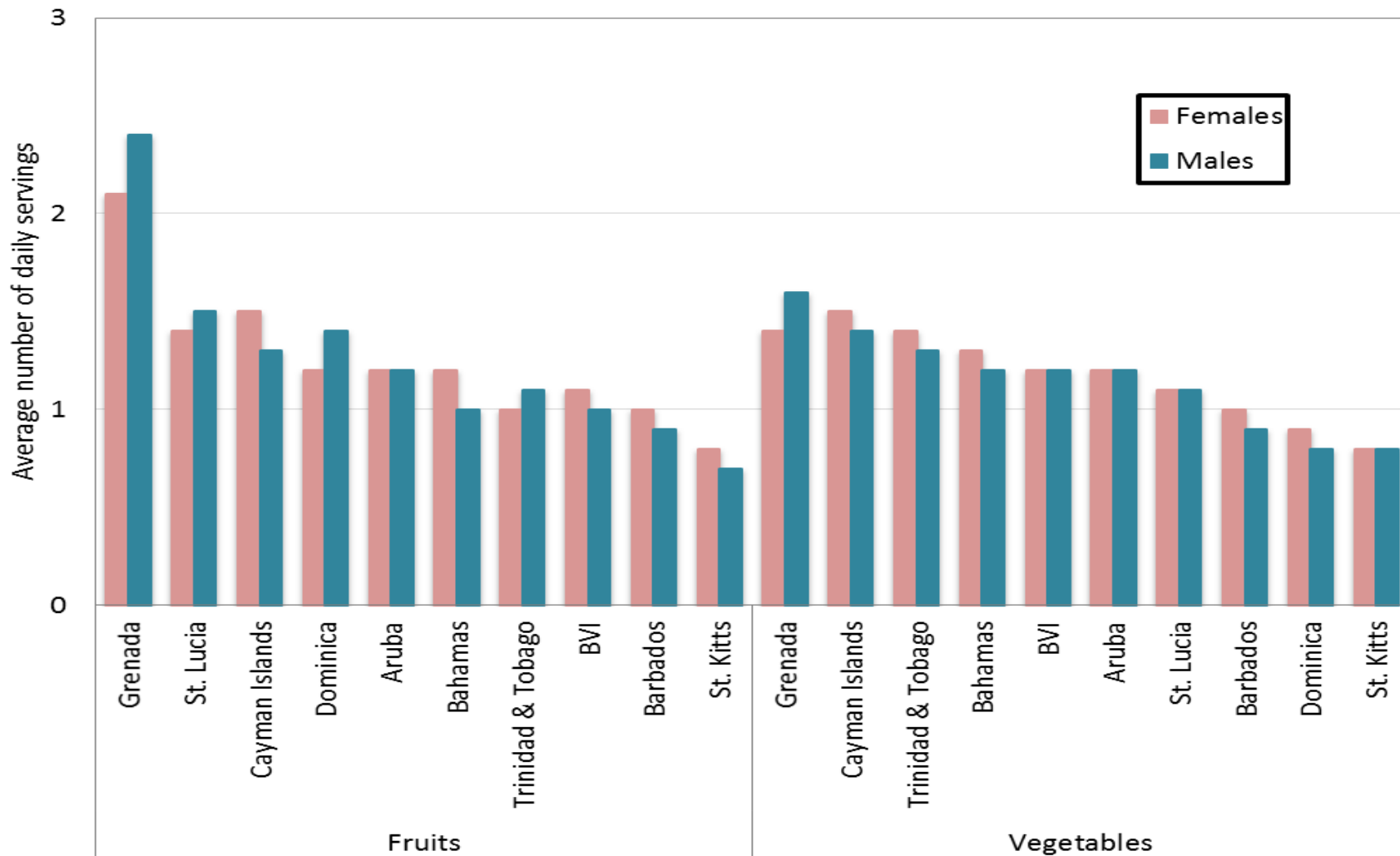


Source: STEPS surveys 2006-2013

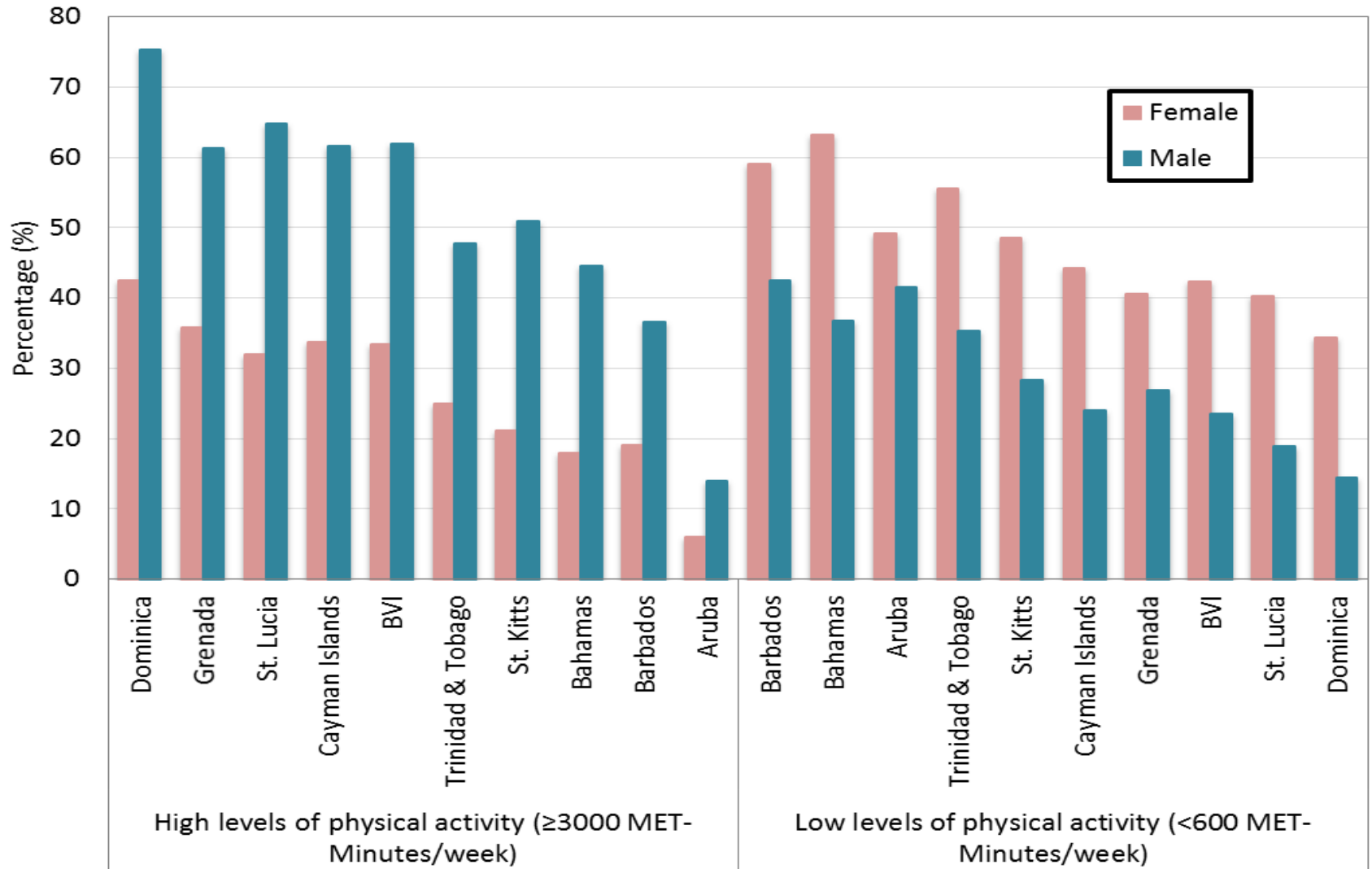


## POOR DIETARY PRACTICES

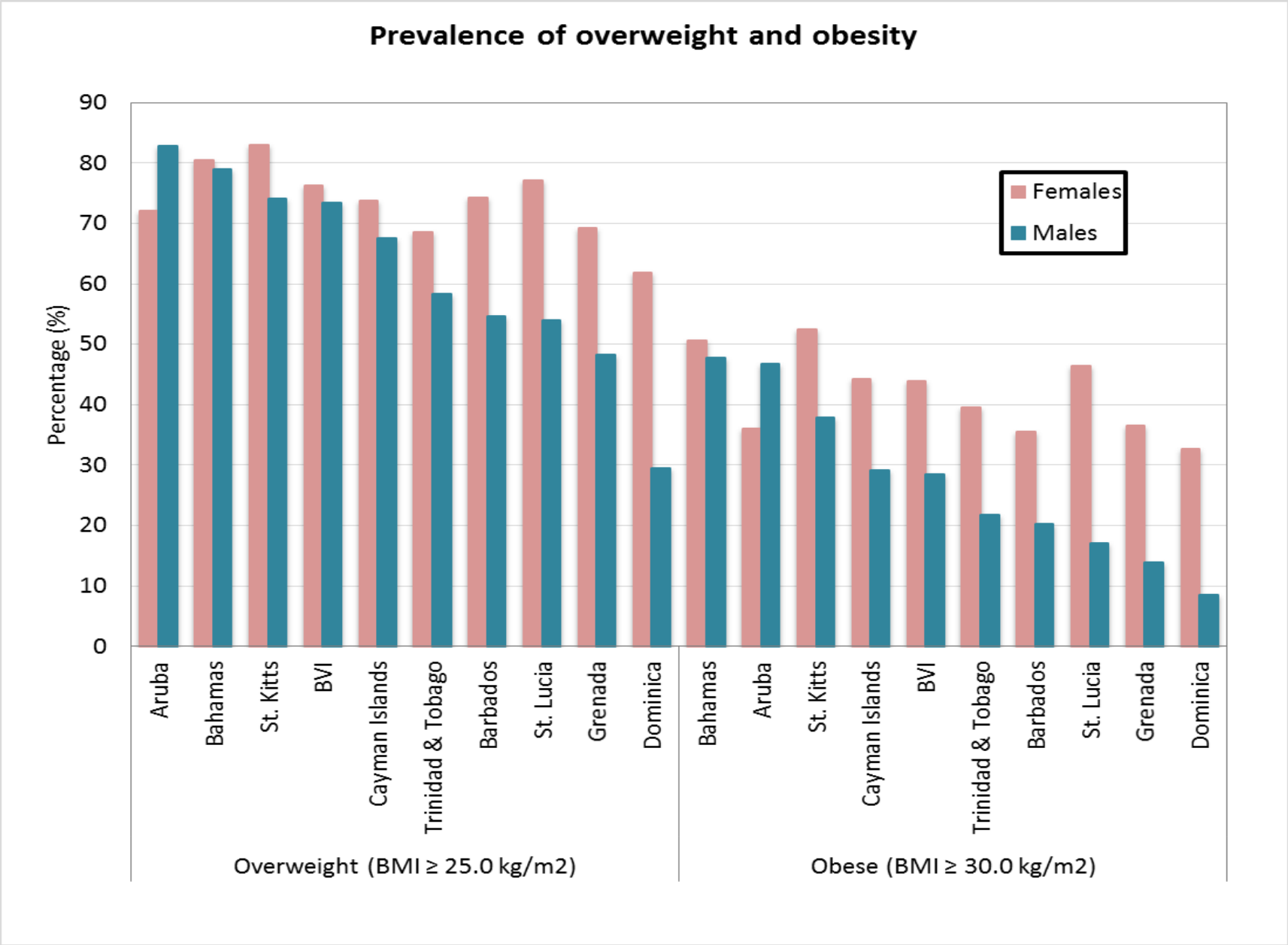
### Mean daily servings of fruits and vegetables



## Levels of physical activity



# OBESE EPIDEMIC



Source: STEPS surveys 2006-2013

# Prevalence of MNS Disorders among Older Persons

- Over 20% of adults aged 60+ have a mental, neurological, or substance use (MNS) disorder
- MNS among the older adults account for 6.6% of the total disability (DALYs) for this age group
  - Dementias including Alzheimer's
  - Depression
  - Anxiety disorders
  - Substance use
  - Self harm account for approximately  $\frac{1}{4}$  of deaths among those aged 60 or above (more marked in men vs. women)

# Ageing and Suicide in Selected Caribbean Countries, 2012

Country	No of Suicides 2012	Crude rate per 100,000 (All Ages)	Crude rate per 100,000 (50- 69+)	Crude rate per 100,000 (70+)
Bahamas	9	2.3	4.5	14.8
Barbados	7	2.6	4.0	8.1
Belize	6	2.0	2.5	21.9
<b>Cuba</b>	<b>1648</b>	<b>14.6</b>	<b>24.4</b>	<b>36.1</b>
Dom Rep	375	3.7	7.1	13.8
<b>Guyana</b>	<b>277</b>	<b>34.8</b>	<b>81.4</b>	<b>95.1</b>
Haiti	235	2.3	4.6	8.0
Jamaica	30	1.2	1.5	4.4
<b>Suriname</b>	<b>145</b>	<b>27.2</b>	<b>46.6</b>	<b>47.9</b>
<b>Trinidad &amp; Tobago</b>	<b>193</b>	<b>14.4</b>	<b>25.1</b>	<b>17.4</b>

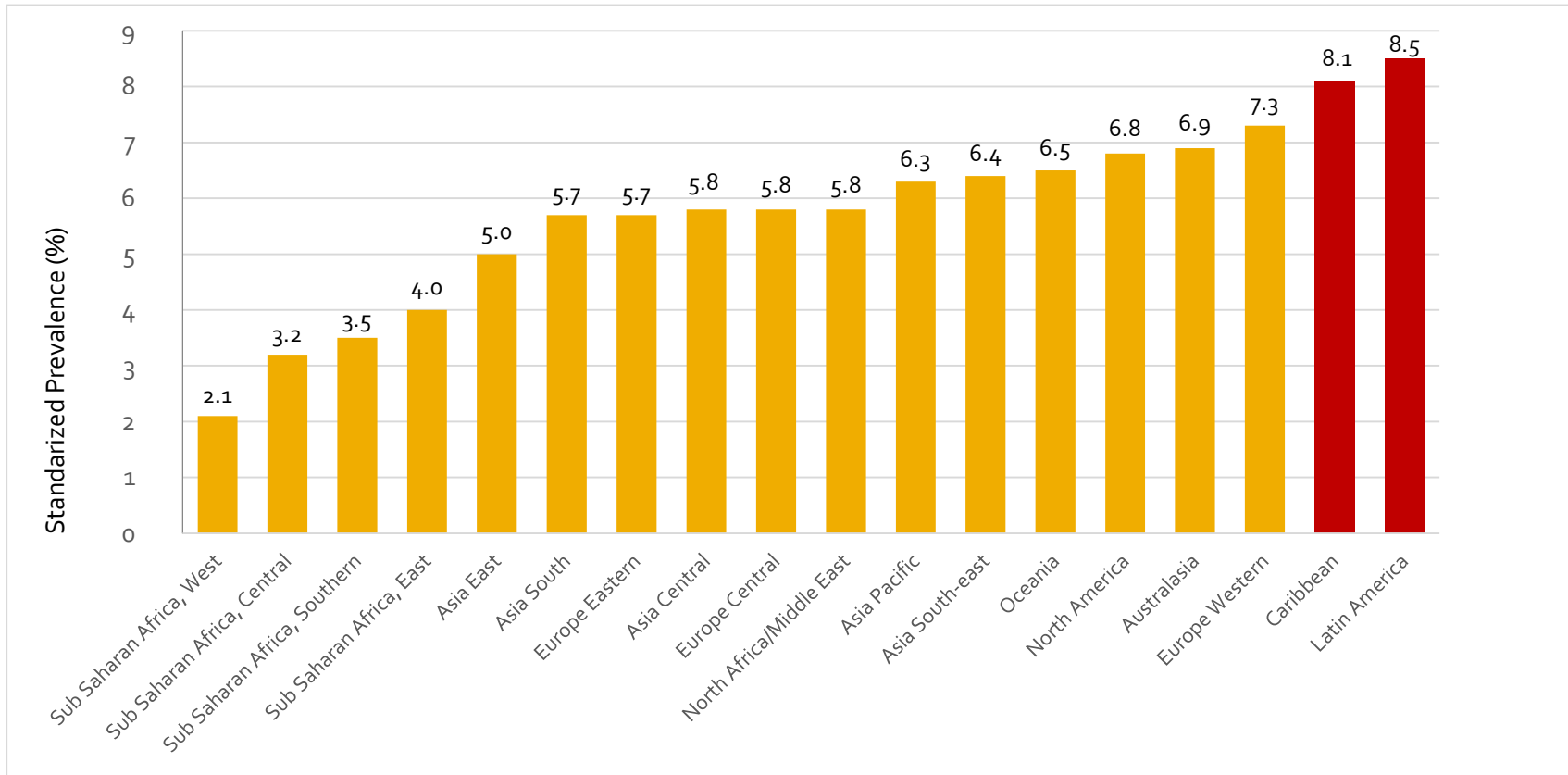
Source: Preventing Suicide-A Global Imperative, WHO 2014

# % DALYs in Caribbean Countries Due to Selected Conditions, 2015

Condition	All ages	50-69	70+
Diabetes	4.08%	7.83%	6.38%
Depression	2.21%	1.94%	0.79%
Anxiety	1.62%	1.25%	0.42%
Schizophrenia	0.54%	0.62%	0.12%
Alzheimer and other Dementias	1.24%	0.68%	5.93%
Alcohol Use Disorders	0.73%	0.82%	0.21%

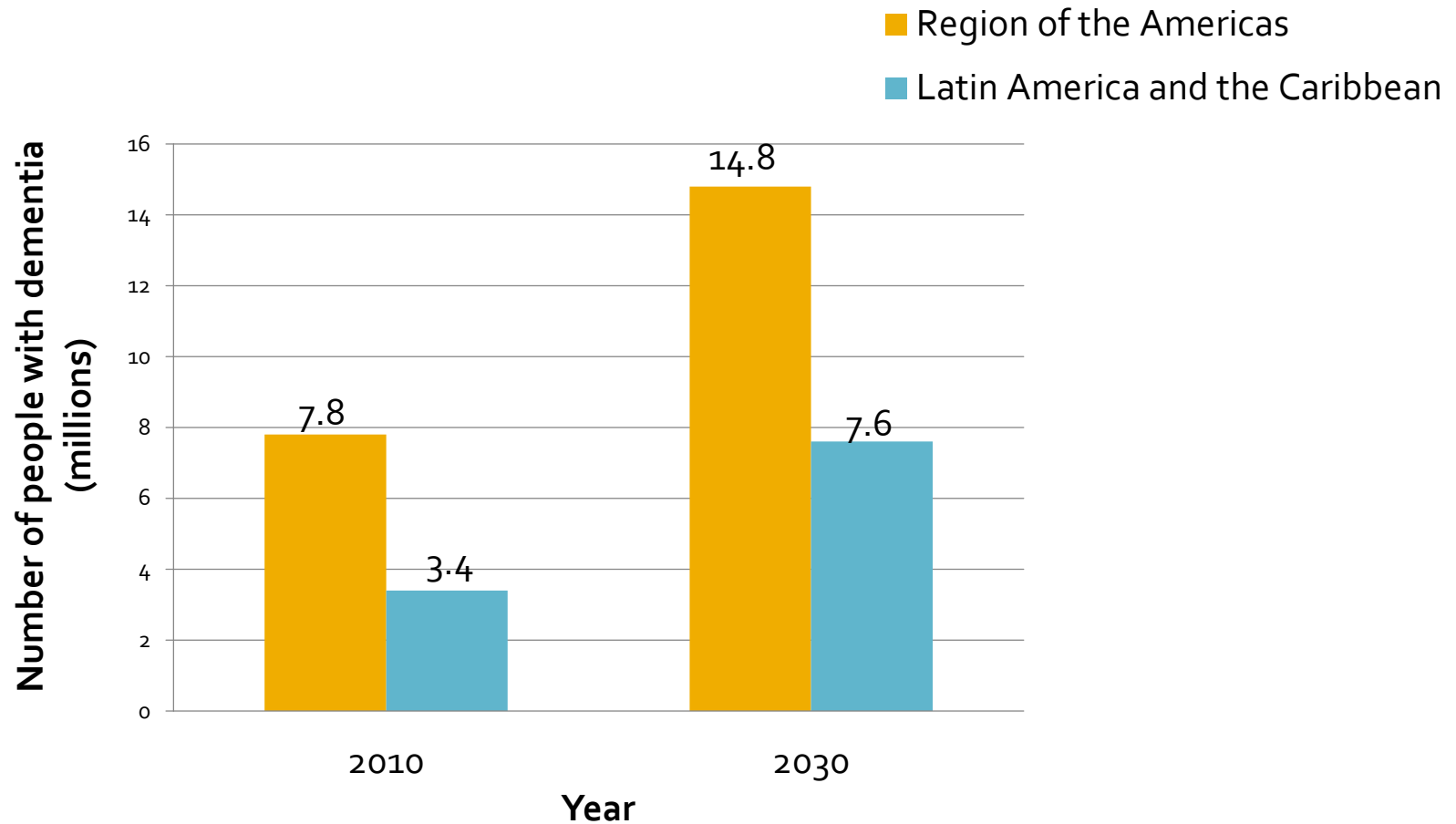
*Source: Global Burden of Disease 2015, Global Health Data Exchange, Institute for Health Metrics and Evaluation*

# Dementia Prevalence by Regions



Source: World Alzheimer's Report, 2015

# Increase in Number of People with Dementia





# Depression in Older Adults

- Unipolar depression occurs in 7% of the general elderly population and it accounts for 5.7% of Years Lived with Disability (YLDs) among over 60+
- Cause great suffering and leads to impaired functioning in daily life.
- Underdiagnosed and undertreated in primary care settings. Symptoms in older adults often overlooked and untreated because they coincide with other problems encountered by older adults
- Older adults with depressive symptoms have poorer functioning compared to those with chronic medical conditions such as lung disease, hypertension or diabetes
- Increases the perception of poor health, the utilization of medical services and health care costs.

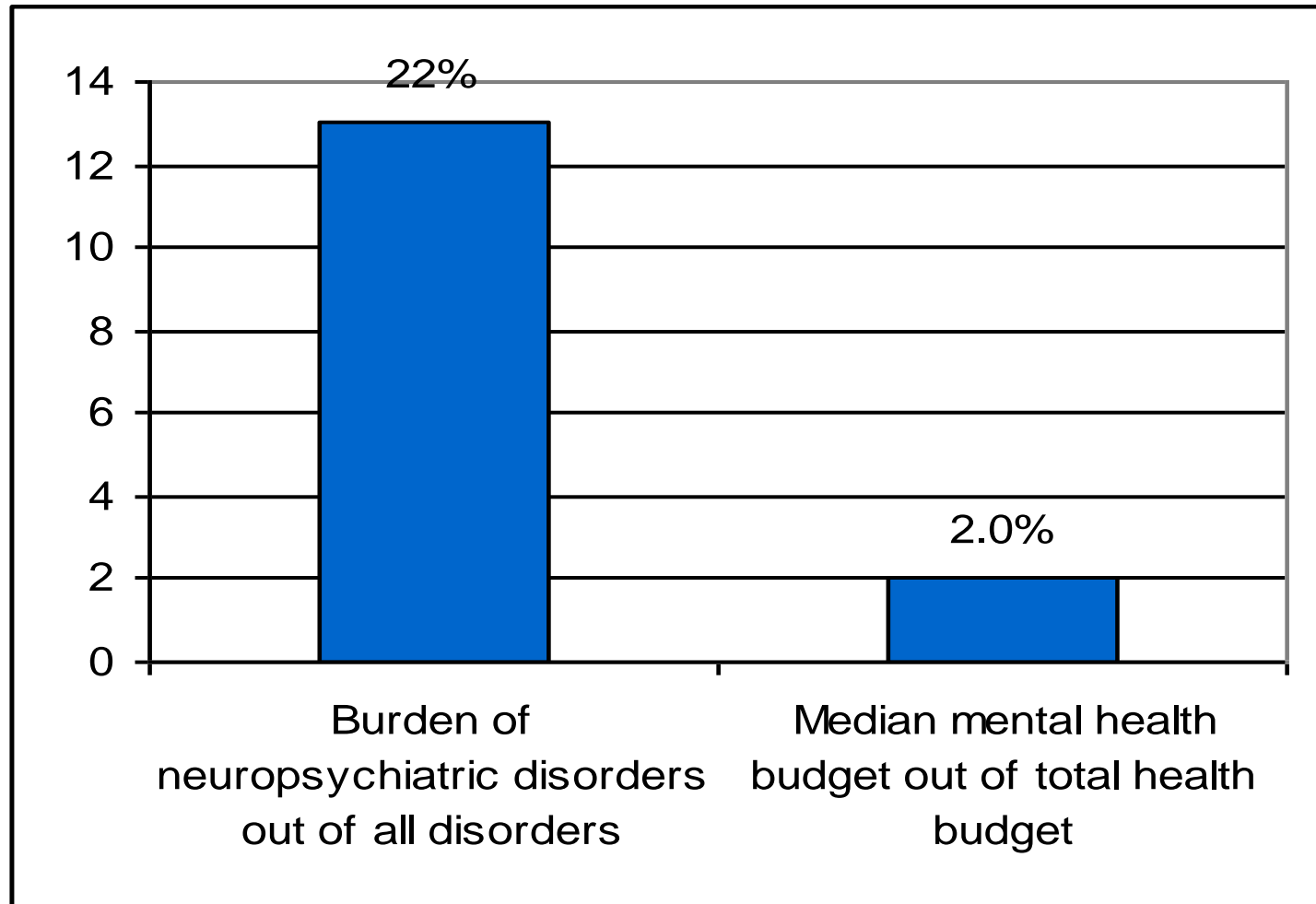
# Risk Factors for Mental Health Problems among Older Adults

- Social, psychological, and biological factors
- Decrease in independent living: limited mobility, chronic pain, or other mental or physical problems, and require some form of long-term care
- Increase in adverse events: bereavement, retirement related drop in socioeconomic status, or disability
- Isolation, loss of independence, loneliness and psychological distress

# Impact on Older Persons and Families

- GBD study accounted for 22.2 % of DALYs. Not captured: economic and psychological stress to individuals and their families resulting from this disability
- A family member, especially a spouse or parent, and most often a woman, has to take time off from income generating activity to care for the person with MNS
- MNS often chronic → cost may be ongoing
- Limited to no health Insurance for mental disorders
- Lack of information and support for families and for person living with MNS contributes to heightened fear, disruption, and major economic burden

# Burden vs Budget



# % of Mental Health Expenditures from Total Health Budget, ECLAC Countries

	% of Total Health Budget Allocated to Mental Health	% of Mental health Expenditures Spent in Mental Hospitals
Anguilla	UN	NA
Antigua and Barbuda	4	UN
Barbados	7,4	100
Belize	1,8	26
Cuba	UN	UN
Dominica	3,2	NA
Grenada	UN	UN
Guyana	1,3	61
British Virgin Islands	3,4	NA
Haití	2	100
Jamaica	6	80
Montserrat	1,3	NA
St. Kitts and Nevis	1,1	NA
St. Lucía	4,1	97
St. Vincent & Grenadines	5,6	100
Suriname	8,6	83
Trinidad and Tobago	3,7	94
Turks and Caicos	2	NA

Red = Member States

Green = Associate  
Members

Comparative Note: For 2014 Atlas, data missing for 4 of the 15 Full CARICOM member and all 5 Associate member states.

Source: World Mental Health Atlas

# Restructuring of Models of Care for MNS among Older Persons in LMICs

1. Descaling traditional hospital-based
2. Scaling up community-based
3. Integration of MNS into Primary Health Care

# Health Services and Health Systems Recommendations to Improve Care & Treatment

- Management of comorbidity and complexity
- Interactions with social care
- Task shifting
- Task sharing
- Integrated and coordinated approach
- Care pathways approach, esp. for dementia
- MNS minimum datasets

# Nine Principles for Integrating MH in New Models of Care

1. Parity of esteem
2. Considered in initial design stages of MoC
3. Co-design w patients and service users for meaningful outcomes
4. Whole-person approach (mental, physical, social)
5. Extend beyond health sector
6. Network building between mental and physical health professionals
7. Enhance provision of upstream, preventive interventions
8. Maximize every clinical interaction
9. Training of all frontline staff –regardless of setting

*Source: The King's Fund, May 2017, Mental Health and New Models of Care*



# Caribbean Cooperation in Health

- *In CCH-IV: How can mental health and ageing be more clearly included and prioritised, linked to the NCD epidemic?*
- **CCH has had tremendous benefits for the region:**
  - CCH-I: saw elimination of indigenous measles in 1991; first region in the world to do so!
  - CCH-II: massive scaling up of the response to HIV/AIDS, over \$1.2 Billion in external dollars mobilised.
  - CCH-III: we took the problem of NCDs to the level of global attention, Port of Spain Summit on NCDs of CARICOM Sept 2007...to the UN General Assembly in 2011.

# Policies to Improve Care

- Comprehensive mental health action plan 2013-2020:  
[http://apps.who.int/iris/bitstream/10665/89966/1/9789241506021\\_eng.pdf](http://apps.who.int/iris/bitstream/10665/89966/1/9789241506021_eng.pdf)
- Global action plan for the prevention and control of noncommunicable disease 2013-2020:  
[http://apps.who.int/iris/bitstream/10665/94384/1/9789241506236\\_eng.pdf](http://apps.who.int/iris/bitstream/10665/94384/1/9789241506236_eng.pdf)
- WHO global disability action plan 2014-2021:  
<http://www.who.int/disabilities/actionplan/en/>
- PAHO strategy and plan of action on dementias in older persons 2015-2019:  
[http://www.paho.org/hq/index.php?option=com\\_docman&task=doc\\_download&gid=31496&Itemid=270&lang=en](http://www.paho.org/hq/index.php?option=com_docman&task=doc_download&gid=31496&Itemid=270&lang=en)
- Framework for the Implementation of the Regional Strategy on Mental Health  
<http://www2.paho.org/hq/dmdocuments/FRAMEWORK%20Mental%20Health%20Panama.pdf?ua=1>
- 2017 WHO Global Action Plan on the Public Health Response to Dementia  
[http://apps.who.int/gb/ebwha/pdf\\_files/WHA70/A70\\_28-en.pdf](http://apps.who.int/gb/ebwha/pdf_files/WHA70/A70_28-en.pdf)