



**World Health  
Organization**

REGIONAL OFFICE FOR **Europe**

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## **Ministerial lunch on mental health Depression, dementia and persons with long-term psychosocial and intellectual disabilities**

**Tuesday, 12 September 2017  
12:30–14:30, Bartók**

### **Background**

1. The intrinsic value of good mental health, the multisectoral nature of a comprehensive approach to the formation, preservation and restoration of mental health and the wide-ranging consequences of mental disorder are among the key reasons for including mental health and well-being in 2030 Agenda for Sustainable Development.
2. The development and implementation of policies and programmes to promote and protect mental health need to address the many underlying determinants of mental health and well-being, while considering vulnerable groups and involving service users and their families as well as other important stakeholders, both governmental and nongovernmental, employing a life-course approach to this important aspect of health.
3. Of the many possible themes for discussion on mental health in the era of the Sustainable Development Goals (SDGs), the three D's of mental health have been selected for the focus of this ministerial lunch: depression, disability and dementia.

### **Depression**

4. The World Health Organization chose depression as the theme of World Health Day 2017. Depression is the leading cause of non-fatal health loss in the world today; it is also a major underlying contributor to suicide and to other noncommunicable diseases (NCDs).
5. The proposed talking points for knowledge sharing and exchange are:
  - mental health promotion and awareness (such as WHO's Let's Talk campaign);
  - strategies for preventing depression (and self-harm/suicide); and
  - scaling-up the delivery of treatments for depression in health care systems.

## Disability

6. The Regional Office for Europe is currently engaged with over 30 Member States in the Region on a major project to assess the quality of care in institutions for persons with long-term psychosocial and intellectual disabilities. The standards and quality of care in these institutions is often unsatisfactory and sometimes deplorable.

7. The proposed talking points for knowledge sharing and exchange are:

- assessing the quality of care and the protection of human rights, for example, with the WHO QualityRights Tool Kit; and
- the principles and practice of deinstitutionalization.

## Dementia

8. At the Seventieth World Health Assembly in May 2017, Member States endorsed a new global action plan on the public health response to dementia 2017–2025 and committed to developing national strategies and implementation plans. In the European Region, 5–7% of people over the age of 60 suffer from dementia, placing increasing pressure on health and social care systems as well as on families.

9. The proposed talking points for knowledge sharing and exchange are:

- dementia-friendly initiatives, including human rights protection and carer support;
- risk factor reduction for dementia and other major NCDs; and
- information systems, national targets and the Global Dementia Observatory.

## Expected outcome

10. This lunchtime session will provide an opportunity to listen first-hand to persons with lived experience of these conditions, to find out about ongoing WHO work in these areas, and to share/learn about national efforts to address these important public health challenges.

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