

Centre for Addiction and Mental Health (CAMH)

www.camh.net – media – key CAMH statistics for media

Mental Health and Addiction Statistics - Prevalence and Incidence

- 1 in 5 Canadians will experience a mental illness in their lifetime. The remaining 4 will have a friend, family member or colleague who will.ⁱ
- Mental illness affects thinking, mood or behaviour and can be associated with distress and/or impairment of functioning, with symptoms that vary from mild to severe.
- About 20% of people with a mental disorder have a co-occurring substance use problem.ⁱⁱ
- Schizophrenia affects 1%, major depression impacts 8% and anxiety disorder 12% of people.ⁱⁱⁱ
- 1 in 10 Canadians 15 years of age and over report symptoms consistent with alcohol or illicit drug dependence.^{iv}
- 3.8% of adults in Ontario are classified as having moderate or severe gambling problems.^v

Who is Affected

- 70% of mental health problems and illnesses have their onset during childhood or adolescence.^{vi}
- Young people age 15-24 are more likely to report mental illness and/or substance use disorders than other age groups.^{vii}
- Overall, men were 2.6 times more likely than women to meet the criteria for substance dependence.^{viii} 25% of male drinkers are high-risk drinkers compared to 9% of female drinkers.^{ix}
- Women were 1.5 times more likely to meet the criteria for a mood or anxiety disorder than men.^x
- Canadians in the lowest income group were 3-4 times more likely than those in the highest income group to report fair to poor mental health.^{xi}

Access

- Only one-third of those who need mental health services in Canada actually receive them.^{xii}
- 71% of family physicians ranked access to psychiatrists in Ontario as fair to poor.^{xiii}
- While mental illnesses constitute more than 15% of the burden of disease in Canada, these illnesses receive only 5.5% of health care dollars.^{xiv}

Stigma

- Just 50% of Canadians would tell friends or coworkers that they have a family member with a mental illness, compared to 72% who would discuss diagnoses of cancer or 68% diabetes in the family.^{xv}
- Only 12% of Canadians said they would hire a lawyer who has a mental illness, and only 49% said they would socialize with a friend who had a serious mental illness.^{xvi}
- 46% of Canadians think people use the term mental illness as an excuse for bad behaviour; and 27% are fearful of being around people who suffer from serious mental illness.^{xvii}

Cost to Society of Mental Illness and Addictions

- In Canada mental illness is the second leading cause of human disability and premature death.^{xviii}
- Every day, 500,000 Canadians are absent from work due to psychiatric problems. Mental Health is the number one cause of disability in Canada, accounting for nearly 30% of disability claims and 70% of the total costs.^{xix}
- Tobacco is responsible for one-quarter of cancer deaths in Ontario.^{xx}
- \$51 billion is the estimated cost of mental illness to the Canadian economy in terms of health care and lost productivity.^{xxi}
- \$34 billion is the cost of mental illness and addictions to the Ontario economy.^{xxii}
- According to the World Health Organization, depression will be the single biggest medical burden on health by 2020.

- ⁱHealth Canada. A Report on Mental Illness in Canada, 2002.
- ⁱⁱPrevalence of Co-occurring Substance Use and Other Mental Disorders in the Canadian Population, Canadian Journal of Psychiatry, December 2008
- ⁱⁱⁱHealth Canada: A Report on Mental Illness in Canada, 2002
- ^{iv}Statistics Canada: Canadian Community Health Survey: Mental Health and Well-being, 2003
- ^vCCSA and Responsible Gambling Council, 2001
- ^{vi}Government of Canada, The Human Face of Mental Health and Mental Illness in Canada, 2006
- ^{vii}Statistics Canada: Canadian Community Health Survey: Mental Health and Well-being, 2003
- ^{viii}Statistics Canada: Canadian Community Health Survey: Mental Health and Well-being, 2002
- ^{ix}CCSA Canadian Addictions Survey, November 2004
- ^xStatistics Canada: Canadian Community Health Survey: Mental Health and Well-being, 2002
- ^{xi}Statistics Canada: Canadian Community Health Survey: Mental Health and Well-being, 2002
- ^{xii}Statistics Canada: Canadian Community Health Survey: Mental Health and Well-being, 2003
- ^{xiii}National Physician Survey, 2007
- ^{xiv}Institute of Health Economics, How Much Should We Spend on Mental Health?, September 2008
- ^{xv}Canadian Medical Association, 8th Annual National Report Card on Health Care, August 2008
- ^{xvi}Canadian Medical Association, 8th Annual National Report Card on Health Care, August 2008
- ^{xvii}Canadian Medical Association, 8th Annual National Report Card on Health Care, August 2008
- ^{xviii}Institute of Health Economics, How Much Should We Spend on Mental Health?, September 2008
- ^{xix}Insurance Journal 2003 as cited by the Government of Canada in The Human Face of Mental Health and Mental Illness in Canada, 2006, pg. 41.
- ^{xx}Cancer Care Ontario Tobacco Facts
- ^{xxi}Dewa, CS et al, A new population-based measure of the burden of mental illness in Canada, Chronic Diseases in Canada, 2008
- ^{xxii}The Economic Costs of Mental Disorders, Alcohol, Tobacco, and Illicit Drug Abuse in Ontario, 2000
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Canadian Paediatric Society

www.cps.ca

Mental Health of Children and Adolescents

The Issue

Mental health problems among children and youth have increased in recent years and are predicted to increase by 50% by the year 2020. They are important precursors of adult mental disorders. One-third of those who are clinically depressed, for example, experienced the first episode before age 21. (European Commission, Pre-conference: The mental health of children and adolescents, September 2004)

Mental health problems inflict a huge social and economic burden on society. They deprive individuals of quality of life and happiness (missed educational, job and personal opportunities, broken relationships, stigma and discrimination). There are direct costs such as health and social services and indirect costs such as the breakdown of families, crime, vandalism and social disruption, poverty, marginalization, working days lost through death and disability. Mental health problems also increase other risk factors, such as early sexual initiation for girls and teenage pregnancy.

Many children and adolescents encounter long delays getting professional help. The Canadian Paediatric Society believes Canada has a duty to promote good mental health and to help prevent mental health problems. Every child and adolescent has the right to timely access to mental health care.

Background:

- Twenty per cent of children and adolescents suffer from developmental, emotional and behavioural problems. (Source: Offord Centre for Child Studies)
 - One in 10 children has an aggressive behaviour problem. (Source: Offord Centre for Child Studies)
 - Approximately 4,000 Canadians commit suicide every year. About 300 are children and adolescents. (CMHA)
 - Up to 90% of suicide cases are preceded by a history of mental disease, or disorders such as depression. (CMHA)
 - Suicide is the second leading cause of death among youth after motor vehicle accidents.
 - Suicide rates in Sweden, United Kingdom and the United States have declined since the adoption of preventive strategies. Canadian rates have remained the same for the past 10 years. (Mishara)
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Canadian Context:

- In May 2006, a Senate committee chaired by Senator Michael Kirby released a comprehensive report on mental health and mental illness in Canada: Out of the Shadows: Report of the Senate Committee on Social Affairs, Science and Technology. It concluded that children and youth are at a significant disadvantage when compared to other demographic groups affected by mental illness, in that the failings of the mental health system affect them more acutely and severely.+
- The Canadian Paediatric Society and a number of other professional organizations are urging that the Senate Commission's recommendations be implemented (Reaction to Senate Committee Report, May 9, 2006)
- The Population Health Indicators include depression and suicide but nothing to measure the mental health of children and adolescents. (CIHI, 2005)
- First ministers agreed to establish wait times for cancer, heart, diagnostic imaging procedures, joint replacement and sight restoration by December 31, 2005 . Wait times for child and adolescent mental health care were not included. (Health Canada , 2004)
- While most children and adolescents can access medical professionals for mental health issues, those without private health coverage or the money to pay can wait up to two years to get services from psychologists, social workers, and others. However, a child or youth who is violent or suicidal can get immediate help.
- Most provincial mental health systems are extremely difficult to navigate for parents and health professionals: services and information are fragmented, systems are not integrated.

Societal Costs:

- Conduct and behavioural disorders in childhood incur very significant costs to Canada's social, educational, economic, criminal and justice systems.
- Mentally ill children and adolescents are stigmatized and face social exclusion and discrimination.
- Cost to the Canadian economy due to mental illness is estimated at \$30 billion. (Mental Health Works)
- Some provinces have established working groups to examine their mental health policies and programs for children and adolescents . most have no paediatricians on their membership.
- The European Commission's recent Green Paper on improving mental health within the community points out that fostering mental health during the first years of life is an investment for the future . and is examining preventive action . from post-natal depression programs for mothers, improving parental skills to a holistic school approach aimed at increasing social competencies, improving resilience and reducing bullying, anxiety and depressive symptoms. It also calls for a comprehensive strategy on mental health to strengthen the coherence and effectiveness of current and future initiatives.

Mental Health Works

www.mentalhealthworks.ca

Fast Facts

Why does mental health in the workplace matter?

Many people face mental health problems during their prime working years:

- Depression will rank second only to heart disease as the leading cause of disability worldwide by the year 2020¹
- Disability represents anywhere from 4% to 12% of payroll costs in Canada; mental health claims (especially depression) have overtaken cardiovascular disease as the fastest growing category of disability costs in Canada²

The Canadian economy loses billions to mental health problems:

- In 1998, Health Canada conservatively estimated that the economic burden of mental health problems was \$14.4 billion a year. More recent calculations, which include indirect costs, suggest that upwards of \$30 billion is lost to the Canadian economy annually due to mental health and addiction problems⁴

High stress levels and mental health problems can cause other health conditions:

- For example, excessive stress has been linked to infectious disease and cardiovascular problems, higher incidence of back pain, repetitive strain injuries (RSIs), colorectal cancer⁵

Accommodating mental health problems at work makes good business sense:

- The costs for providing accommodations are fairly low; most cost well under \$500¹⁰
 - For those who get access to treatment, the employer will save between \$5000 to \$10,000 per employee per year in the cost of prescription drugs, sick leave, and average wage replacement¹¹
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Canadian Mental Health Association

www.cmha.ca

Fast Facts

Who is affected?

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness affects people of all ages, educational and income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.
- About 1% of Canadians will experience bipolar disorder (or "manic depression").

How common is it?

- Schizophrenia affects 1% of the Canadian population.
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.
- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- The mortality rate due to suicide among men is four times the rate among women.

What causes it?

- A complex interplay of genetic, biological, personality and environmental factors causes mental illnesses.
- Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.
- Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.
- Mental illnesses can be treated effectively.

What is the economic cost?

- The economic cost of mental illnesses in Canada for the health care system was estimated to be at least \$7.9 billion in 1998 - \$4.7 billion in care, and \$3.2 billion in disability and early death.
- An additional \$6.3 billion was spent on uninsured mental health services and time off work for depression and distress that was not treated by the health care system.
- In 1999, 3.8% of all admissions in general hospitals (1.5 million hospital days) were due to anxiety disorders, bipolar disorders, schizophrenia, major depression, personality disorders, eating disorders and suicidal behavior.

Sources: *The Report on Mental Illness in Canada, October 2002.* / *EBIC 1998 (Health Canada 2002), Stephens et al., 2001*

Fast Facts about Mental Illness in Youth

- It is estimated that 10-20% of Canadian youth are affected by a mental illness or disorder - the single most disabling group of disorders worldwide.
 - Today, approximately 5% of male youth and 12% of female youth, age 12 to 19, have experienced a major depressive episode.
 - The total number of 12-19 year olds in Canada at risk for developing depression is a staggering 3.2 million.
 - Once depression is recognized, help can make a difference for 80% of people who are affected, allowing them to get back to their regular activities.
 - Mental illness is increasingly threatening the lives of our children; with Canada's youth suicide rate the third highest in the industrialized world.
 - Suicide is among the leading causes of death in 15-24 year old Canadians, second only to accidents; 4,000 people die prematurely each year by suicide.
 - Schizophrenia is youth's greatest disabler as it strikes most often in the 16 to 30 year age group, affecting an estimated one person in 100.
 - Surpassed only by injuries, mental disorders in youth are ranked as the second highest hospital care expenditure in Canada.
 - In Canada, only 1 out of 5 children who need mental health services receives them
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