

#HealthAgeingConf21



Health & Ageing Conference 2021

What will it take to ensure a healthy recovery from COVID-19?

Day 1: 2 December 2021, 10:00–16:30 GMT

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Part 1: Two years into COVID-19. What have we learnt?

Health & Ageing Conference 2021

Session 3: Health and health systems – What did COVID-19 hurt the most?



Helen Colhoun
Professor
University of Edinburgh



Joan Costa-Font
Associate Professor of Health
Economics, LSE



Shekhar Saxena
Professor of the Practice of Global
Mental Health, Harvard T. H. Chan
School of Public Health



Annabel Bentley
Chief Medical Officer
AXA Health
Moderator

Session 3: Health and health systems – What did COVID-19 hurt the most?



Shekhar Saxena

Professor of Global Mental Health
Harvard University

Health and mental health

- **Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**

World Health Organization

- **Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.**

World Health Organization

Mental health as a dimension (and not as a binary)



During the COVID-19 pandemic, most individuals have moved from left to right on this spectrum.

COVID-19 and mental health

Socio-economic determinants are more impactful than the disease itself



Job and financial insecurity



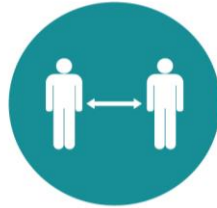
Stress of working from home



Medical treatment disruptions



School and college closures



Social exclusion and bereavement



Lack of access to food



Domestic violence



Fear of infection and contamination

Indicators of Anxiety or Depression Based on Reported Frequency of Symptoms During Last 7 Days

Select Indicator

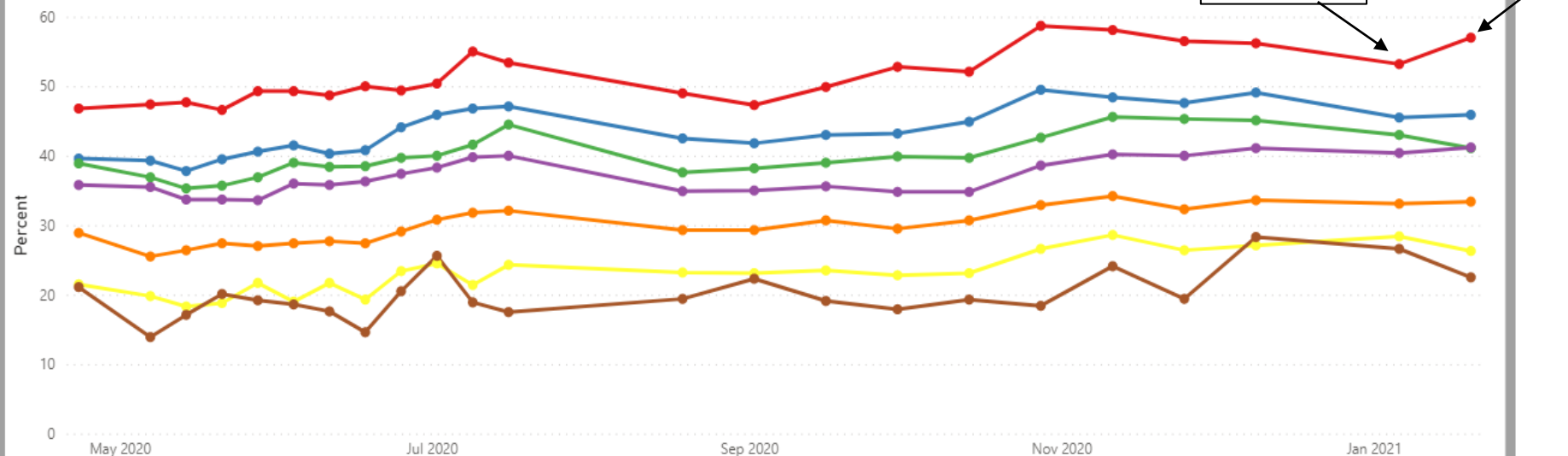
Symptoms of Anxiety Disorder or Depressive Disorder

Select Group

By Age

Symptoms of Anxiety Disorder or Depressive Disorder

Subgroup ● 18 - 29 years ● 30 - 39 years ● 40 - 49 years ● 50 - 59 years ● 60 - 69 years ● 70 - 79 years ● 80 years and above



NOTE: All estimates shown meet the NCHS standards of reliability. See Technical Notes below for more information about the content and design of the survey.

SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020-2021

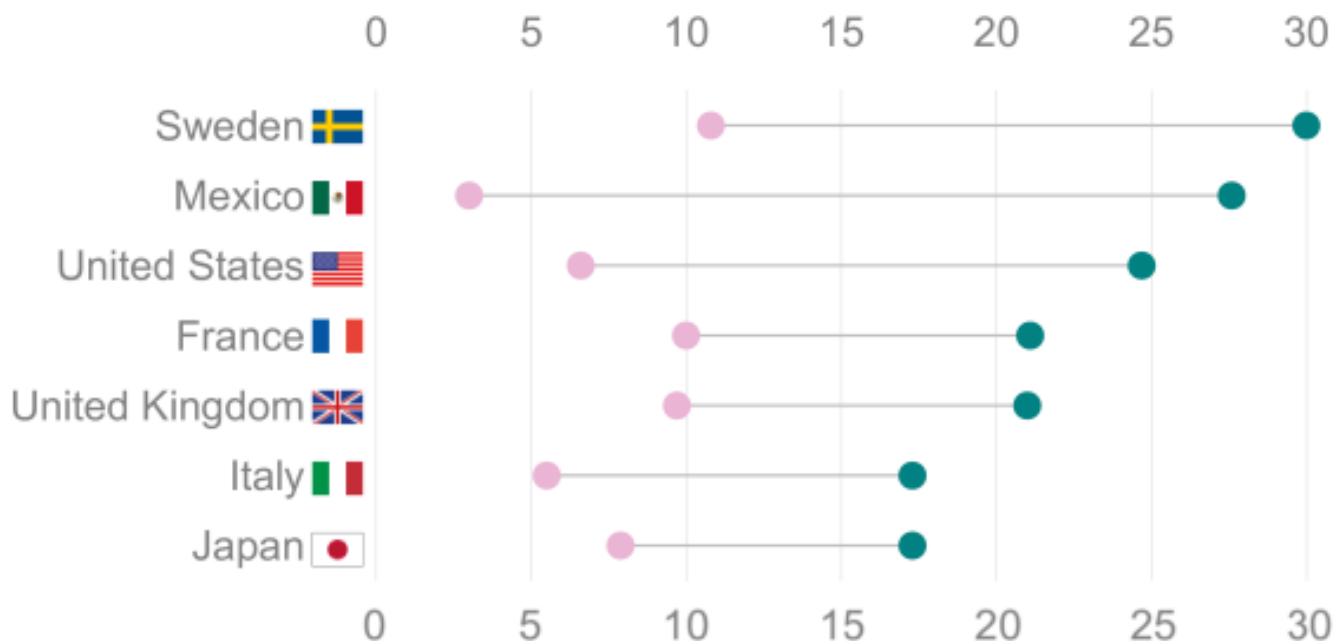


Mental health and COVID-19

Prevalence rate (%) of symptoms of depression

Pre-COVID

2021 or 2020



Source: National data sources. Note: Sweden, Mexico, Italy and Japan refer to 2020.

COVID-19 and mental health

What did COVID-19 hurt the most?

- Mental health is a pandemic within the COVID-19 pandemic.
- Those without social and economic security have been hurt the most.
- Young adults have suffered the most in terms of mental health.

What can be done to promote mental health?

- Include mental health within the pandemic response.
- Develop policies to protect and promote mental health.
- Provide mental health care in schools and colleges.
- Implement workplace mental health programmes.

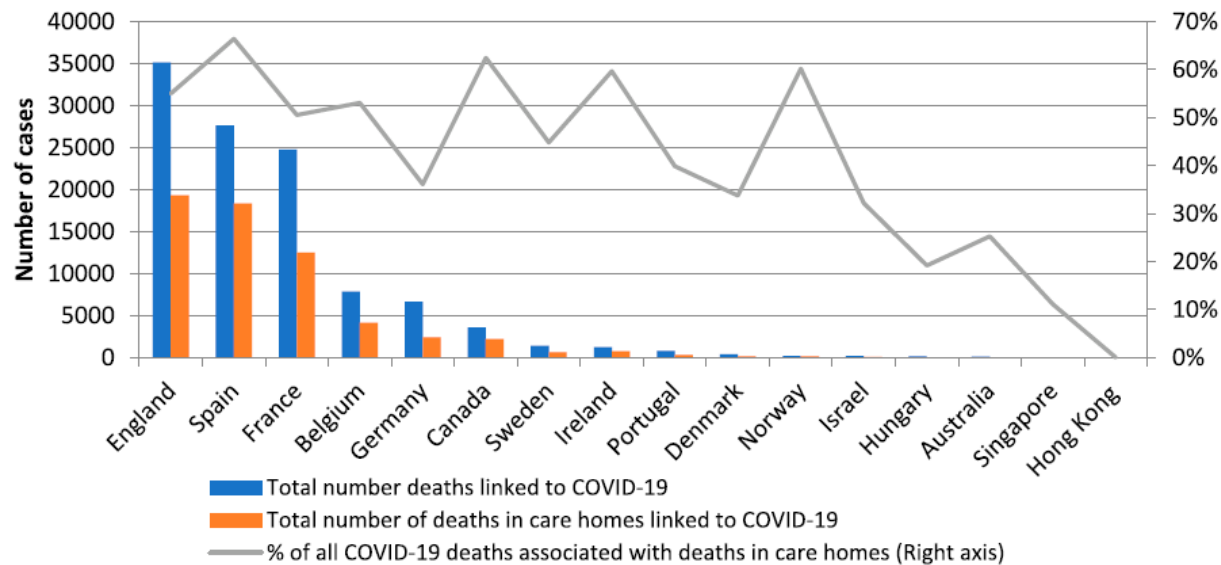
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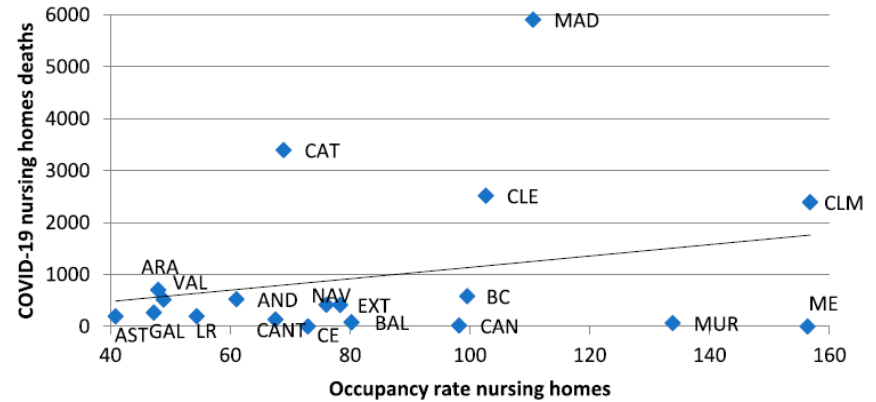
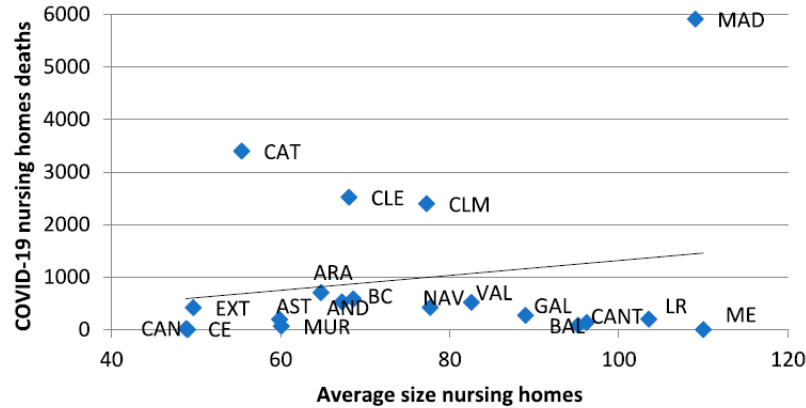
Joan Costa-Font

Associate Professor of Health Economics
London School of Economics

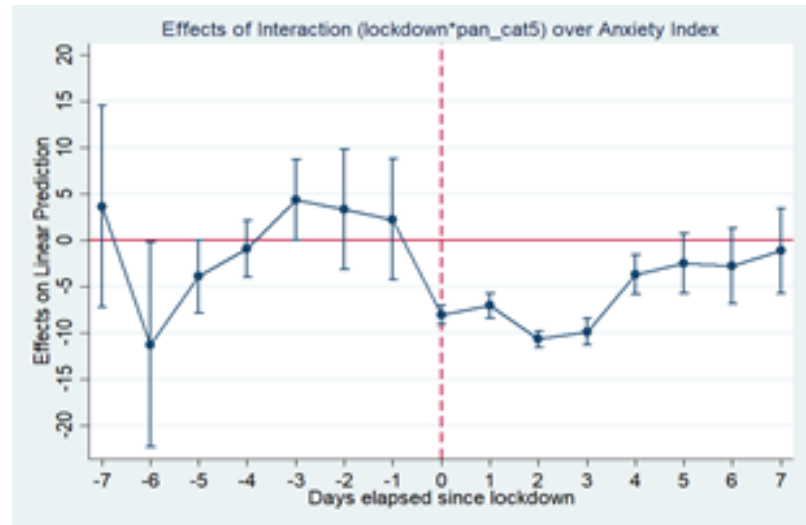
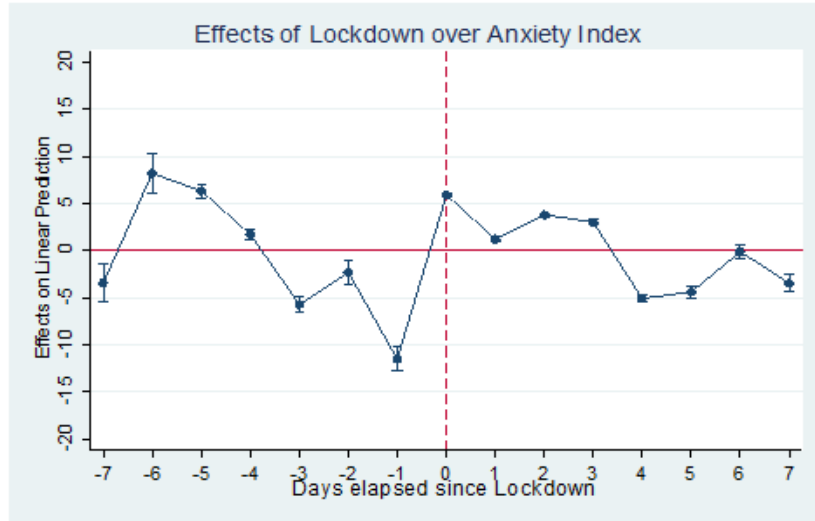
Old-age deaths



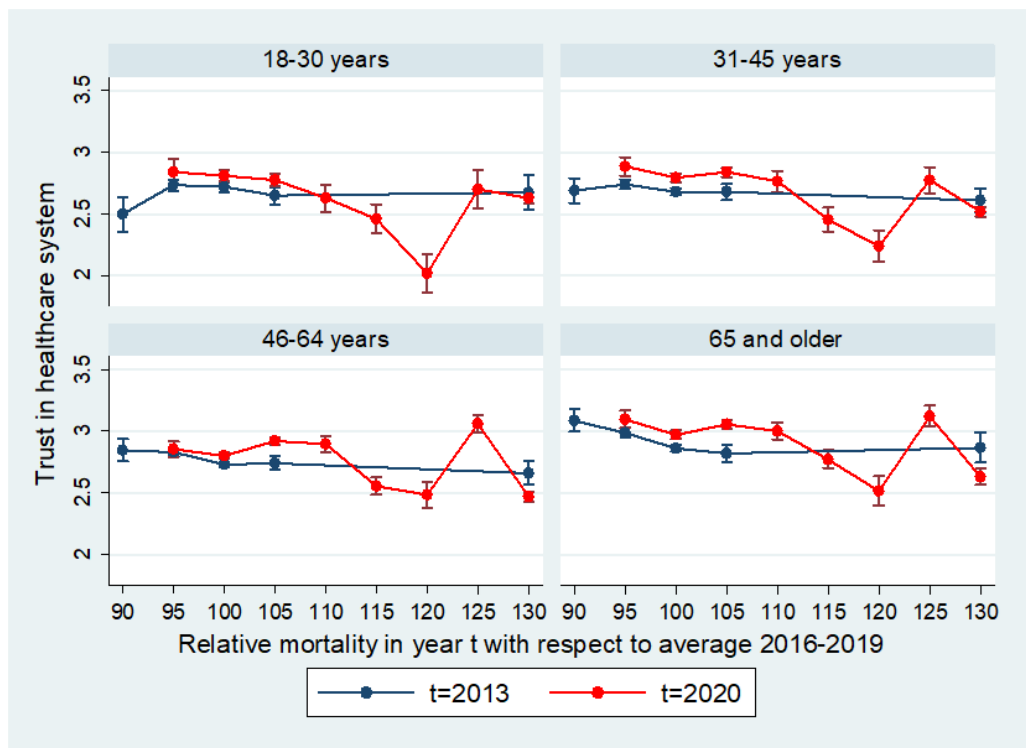
Nursing-home deaths (evidence from Spain)



Mental health effects differ by risk exposure



Pandemic and trust





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