

THE CLIMATE - MENTAL HEALTH NEXUS: HOW A WELL-BEING APPROACH CAN PROVIDE LESSONS FOR WIN-WIN POLICIES

19 SEPTEMBER 2023

8:45AM - 12:45PM (PDT)

**INTELLECTUAL HOUSE,
UNIVERSITY OF WASHINGTON**



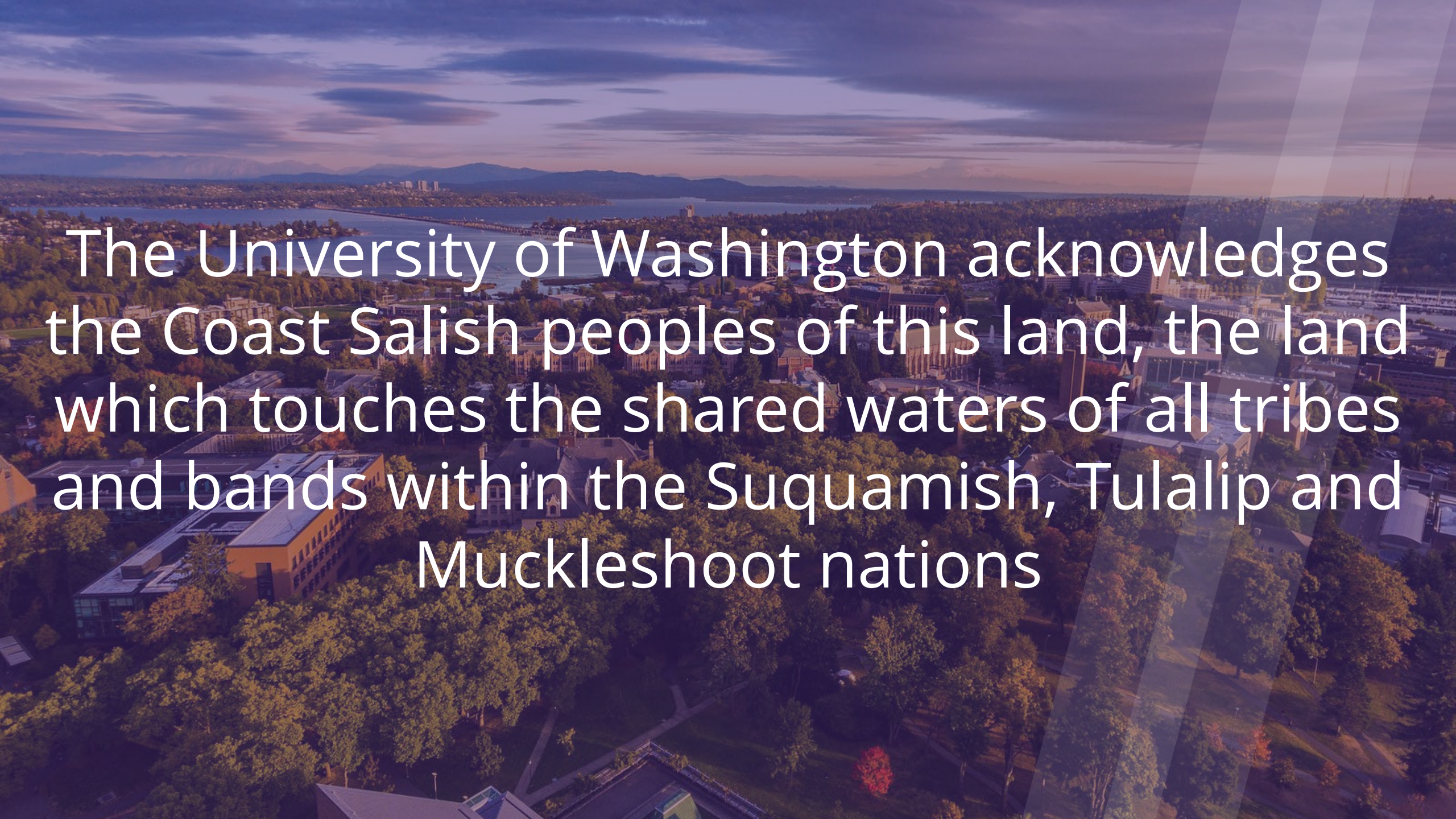
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**CENTRE FOR WELL-BEING,
INCLUSION, SUSTAINABILITY AND
EQUAL OPPORTUNITY (WISE)**



An aerial photograph of the University of Washington campus at dusk. The image shows a dense forest of trees in the foreground, with several university buildings visible. In the background, the campus meets the water of Lake Washington, with the city of Seattle and distant mountains visible under a twilight sky. A semi-transparent dark blue banner is overlaid on the right side of the image.

The University of Washington acknowledges
the Coast Salish peoples of this land, the land
which touches the shared waters of all tribes
and bands within the Suquamish, Tulalip and
Muckleshoot nations

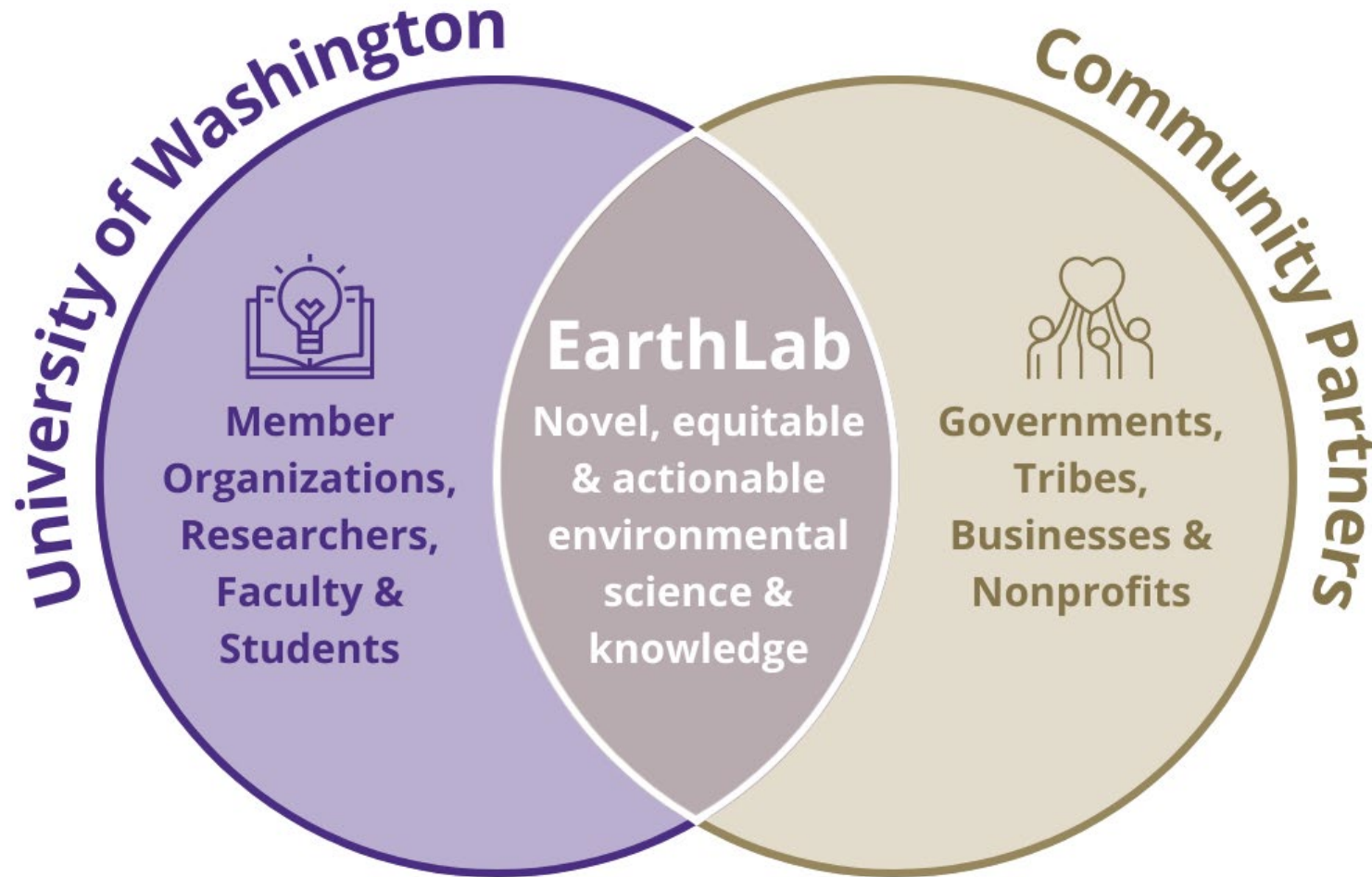


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Lara Fleischer & Jessica Mahoney

WISE – the OECD Centre for Well-Being, Inclusion, Sustainability and Equal Opportunity

How to Make Societies Thrive?

Coordinated approaches to promote mental health and well-being

The Climate – Mental Health Nexus
19 September 2023

Intellectual House
University of Washington, Seattle



The Climate—Mental Health Nexus:

How a well-being approach can provide lessons for win-win policies

Broader context:

→ Why are we here today?

→ What do we hope will be the outcomes of this meeting?

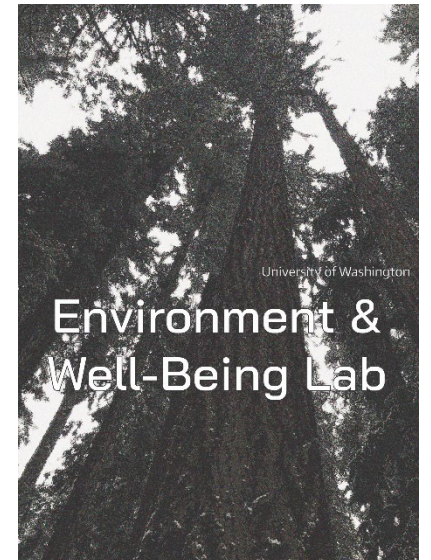


CENTRE FOR WELL-BEING, INCLUSION, SUSTAINABILITY AND EQUAL OPPORTUNITY (WISE)



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— Who we are



OECD Well-being Framework

Focus on:

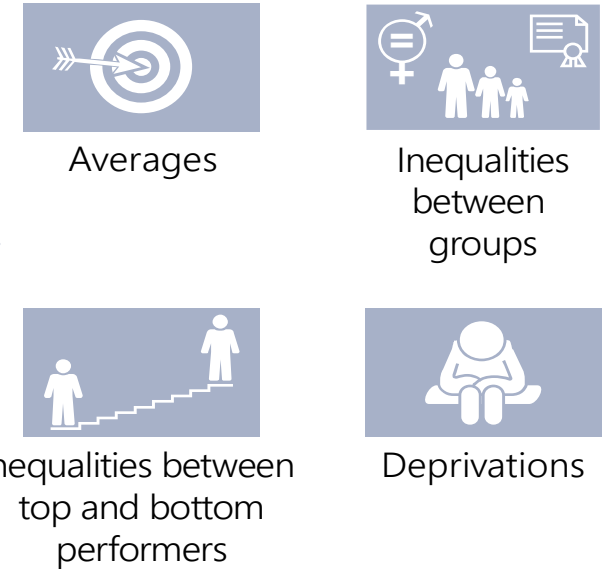
- **people** rather than the economic system
- **outcomes** (for current well-being) and **long-term resources** (for future well-being)
- both **averages** and **inequalities**
- both **objective** and **subjective** aspects

CURRENT WELL-BEING

Key dimensions

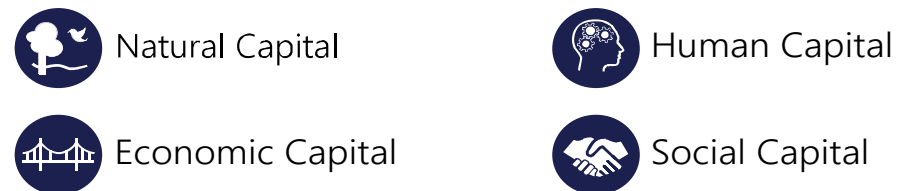


How we measure them

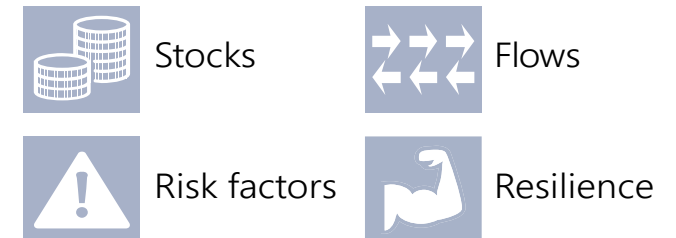


RESOURCES FOR FUTURE WELL-BEING

Key dimensions



How we measure them



Mental health is a topical and cross-cutting issue

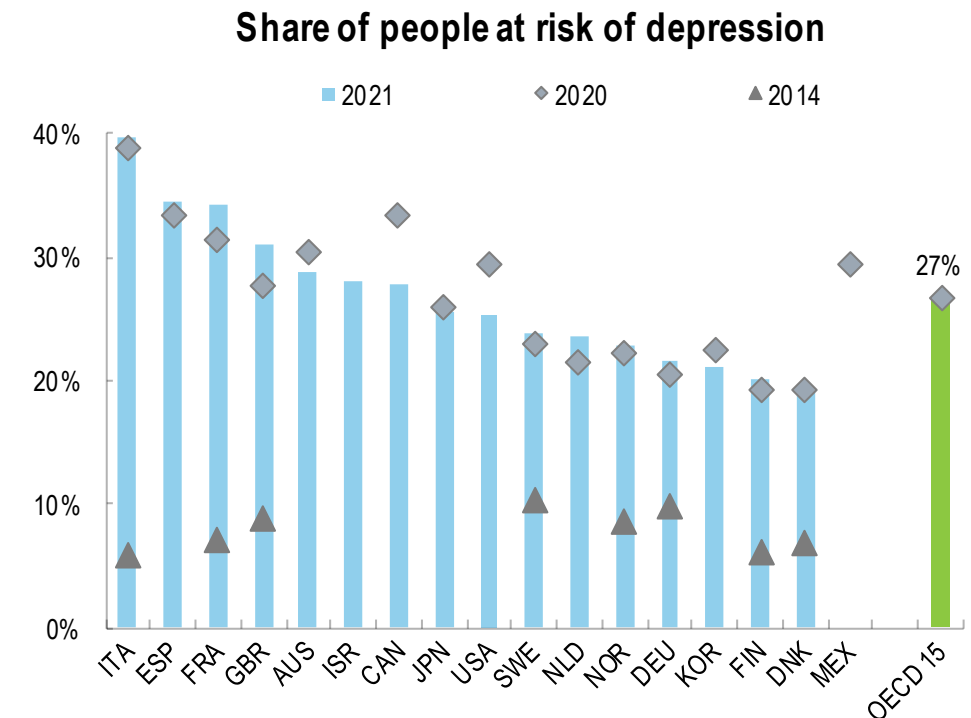
Mental health plays a central role in people's lives

- Rise of mental distress across OECD countries during COVID-19
- Impact of mental health conditions pre-dates COVID
- Positive mental health as explicit policy target

We see renewed calls for (mental) health in all policies approaches, **but challenges remain**

→ coalition building across sectors is limited, intersectoral task forces given little authority, lack of M&E, general resource constraints

In all countries with comparable baseline data, the share of the population at risk for depression rose sharply in 2020



Source: OECD (2021), COVID-19 and Well-being: Life in the Pandemic, OECD Publishing, Paris, <https://doi.org/10.1787/1e1ecb53-en>

Applying a well-being lens to population mental health

BETTER DATA FOR PREVENTION & PROMOTION

How can we improve the quality and availability of comparable data on population-wide mental health status?

WELL-BEING & MENTAL HEALTH CO-BENEFITS

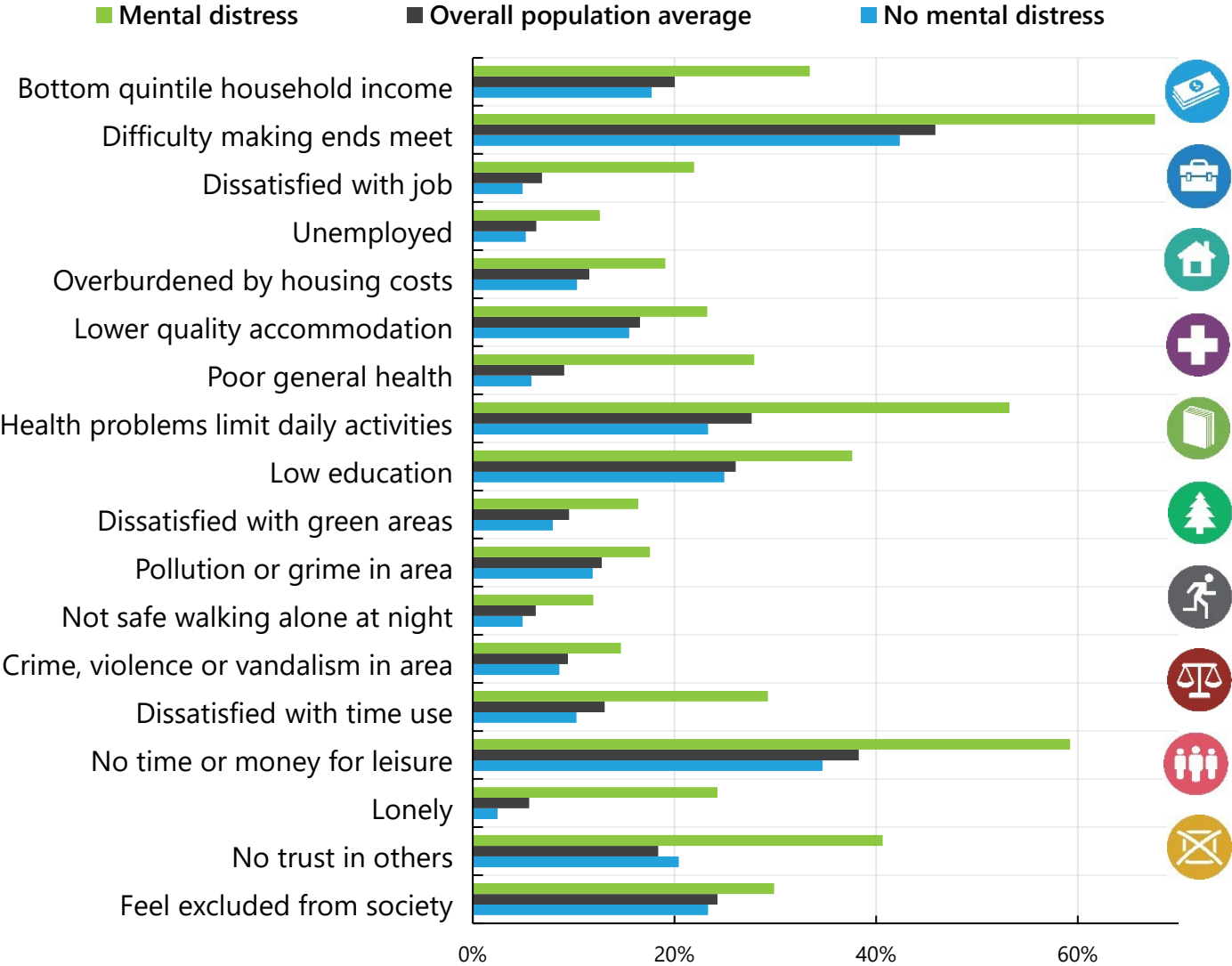
What are the interlinkages between mental health and people's economic, social, **environmental** and relational experiences?

INTEGRATED APPROACHES IN PRACTICE

What are lessons learned from innovative mental health initiatives across OECD countries?



People with mental distress far worse in every dimension of well-being



**Well-being Deprivations
for those at risk for mental
distress, those not at risk
& overall population average**
OECD 26, 2013 & 2018



Example: Environmental quality, natural capital and mental health

Step 1: Associations and causal pathways

- The natural environment shapes our mental health.
- **Clean air**, access to **green and blue spaces** and more **time spent in nature** are all associated with better mental health outcomes.
- Exposure to **pollution** – both air and noise – is harmful to mental health outcomes via biological and behavioural pathways.
- **Climate change** and its implications – **biodiversity loss**, increasing **extreme weather events** – harms mental health and has given rise to new forms of ill-health.

Step 2: Identifying win-win policies

Intervention 1

Ecotherapy and green social prescribing
Health care, environment and conservation, urban planning

Intervention 2

Green, connected cities to promote mental well-being
Urban planning, environment, transport, sports and culture

Intervention 3

Strengthening government service systems, including mental health services, to better respond to climate disasters and foster resilience among the population
Emergency response, health care, social policy, environment, housing, urban planning

Intervention 4

Highlighting the hidden costs of climate change through innovative environmental accounting and well-being cost benefit analyses
Budgeting, health care, environment, urban planning, transport, housing, social policy

How do mental health initiatives around the OECD...?


REALIGN: WHOLE-OF- GOVERNMENT APPROACH	REDESIGN: WELL-BEING DETERMINANTS FOR PREVENTION AND PROMOTION	REFOCUS: EMPHASIS ON POSITIVE MENTAL HEALTH	RECONNECT: BUILDING BROAD PARTNERSHIPS
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 **Western Australia, Denmark, Faroe Islands, Finland, Norway:**
Act Belong Commit (the ABCs of Mental health) Programme


 **Western Australia:**
Western Australian Mental Wellbeing Guide

 **Canada:**
Mental Health Promotion Innovation Fund & Positive Mental Health Surveillance Indicator Framework

 **Finland:**
National Mental Health Strategy and Programme for Suicide Prevention 2020-30

 **New Zealand:**
Mental Health and Wellbeing Commission (Te Hiringa Mahara)

 **Norway:**
Programme for Public Health Work in Municipalities

 **Sweden:**
“It’s about life” Proposal for the new National Policy for Mental Health and Suicide Prevention

 **Wales:**
Public Service Boards & North Wales Public Service Lab and Insight Partnership

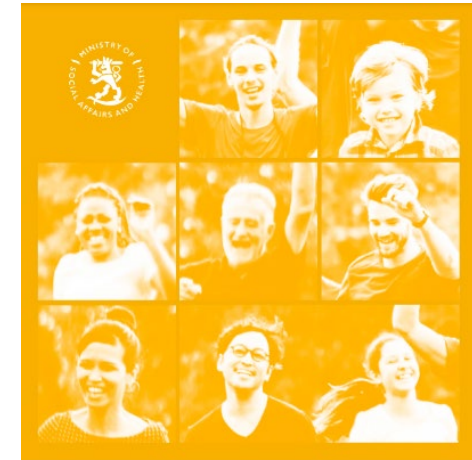
REALIGN

Whole-of-government approach, across sectors and levels of government

- **Multidimensional frameworks** can provide the mandate for agencies to contribute to common goals
- Implementation plans that address **intersectoral collaboration** can support delivery
- **Sufficient resources** – both time and money – are needed for success and relationship building
- New ways to align: **independent oversight** agencies; **strategic grantmaking** for broader well-being work at the **local level**



Figure 1 The eight target areas of the public health policy



National Mental Health Strategy and Programme for Suicide Prevention 2020-2030



THE INNOVATION STRATEGY 2009-2020:
A STRATEGIC FUND TO EFFECT
MULTI-LEVEL CHANGE

RECONNECT

Building broad partnerships across society

→ Many strategies have a **participatory** element

→ **Knowledge brokering** is essential to share learnings

→ The **depth of partnerships** matters for impact



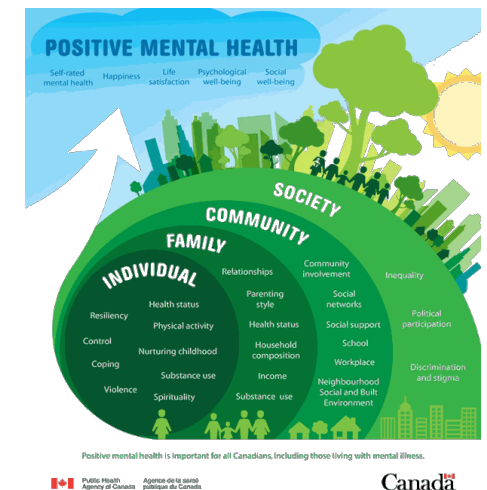
WESTERN AUSTRALIAN
MENTAL WELLBEING FRAMEWORK



Mental Health and
Wellbeing Commission



kdehub
Mental Health Promotion
through knowledge development
and exchange



Further links

The Centre for Well-being, Inclusion, Sustainability and Equal Opportunity (WISE):

<https://www.oecd.org/wise/>

Our work on well-being and mental health:

<https://www.oecd.org/wise/well-being-and-mental-health.htm>

Register for:

- 21 September event in Washington, DC <https://bit.ly/47LxwB4>
- 17 October *How to Make Societies Thrive?* report launch <https://bit.ly/45lhypU>

Further questions:

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