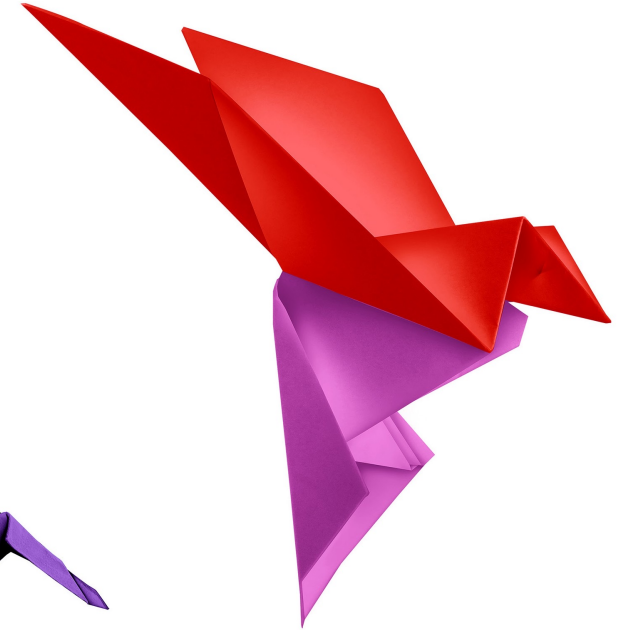
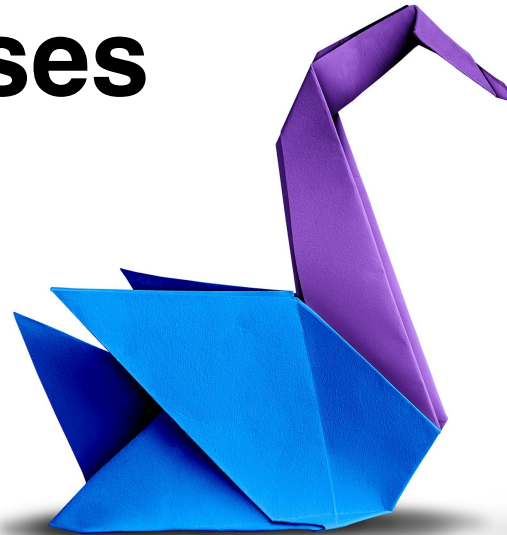
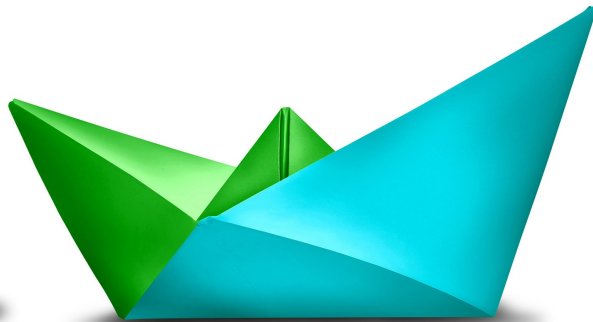
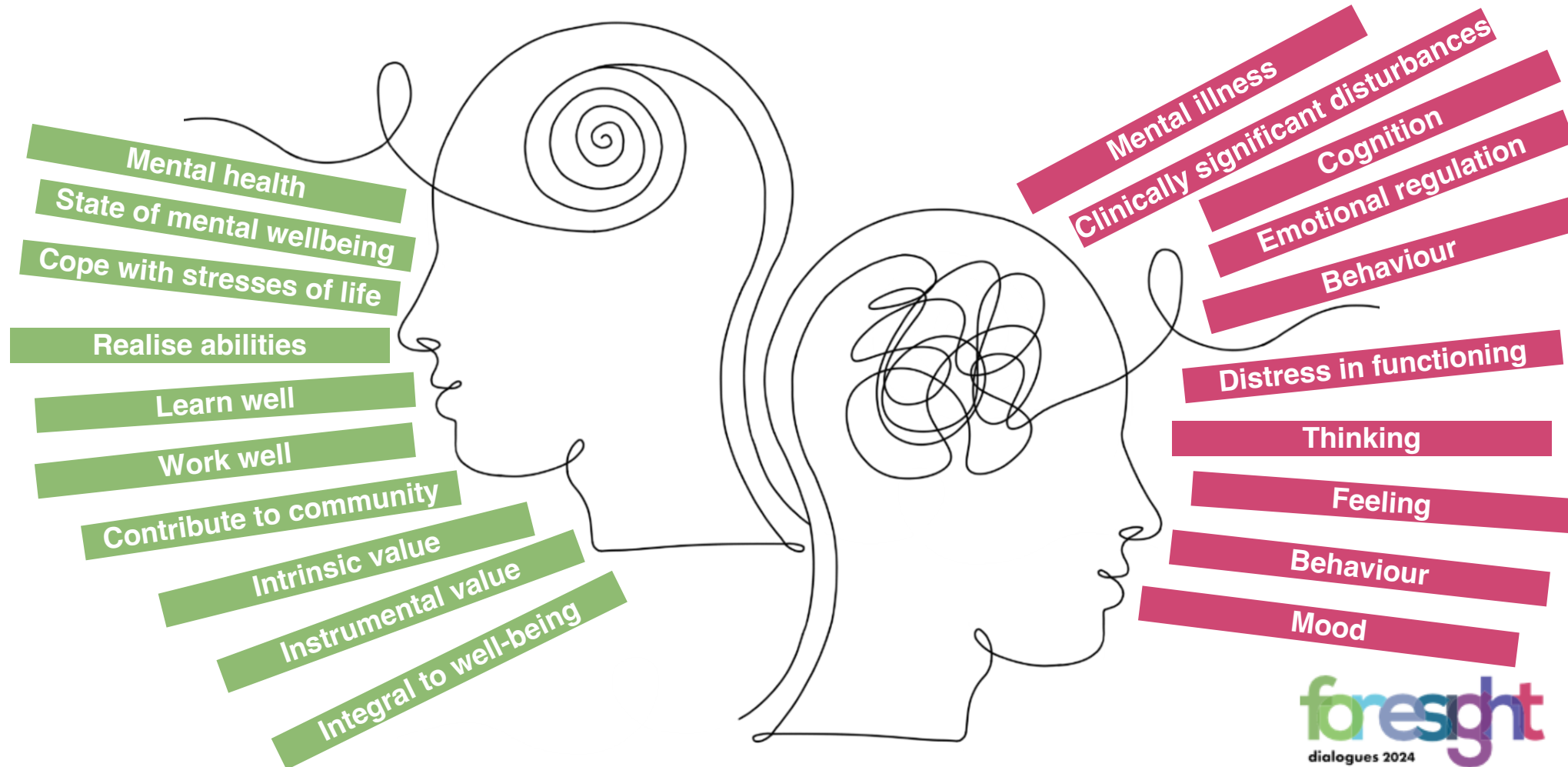


Interconnected Realities: Mental Health and Chronic Diseases

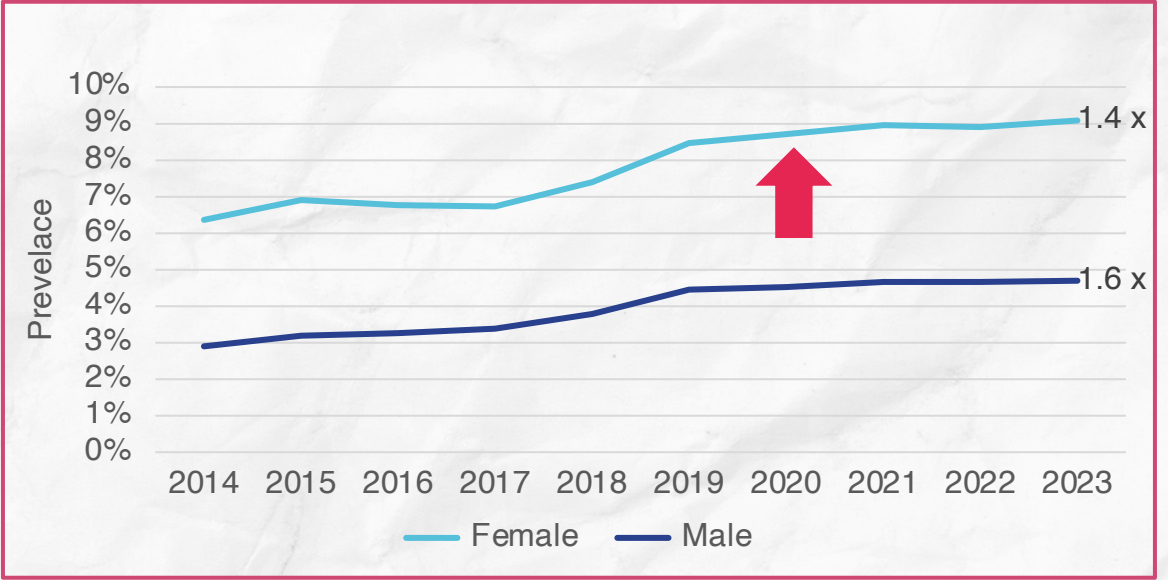
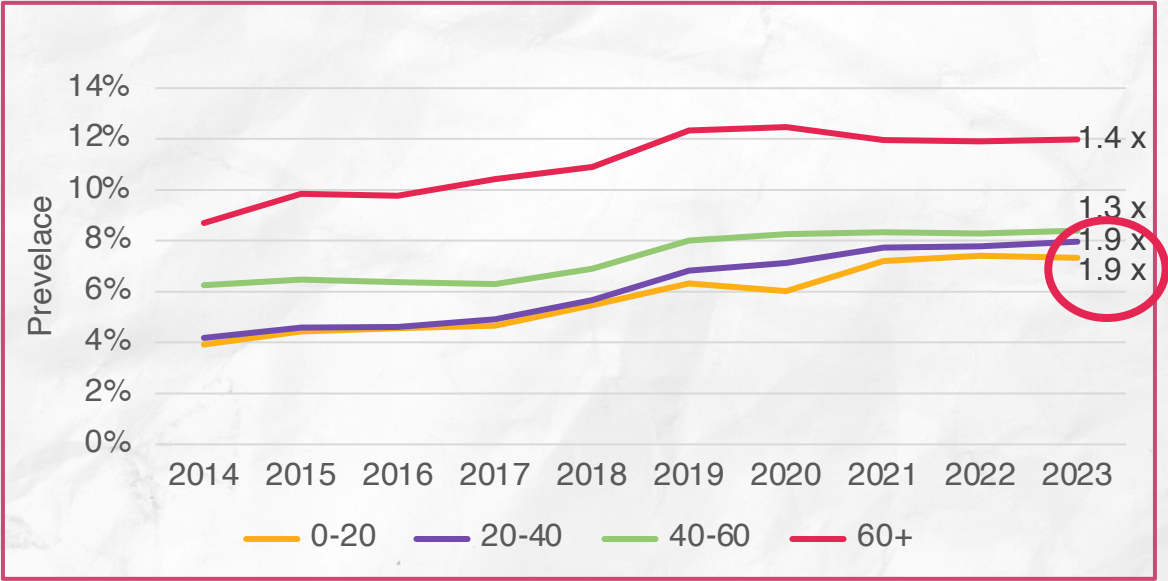
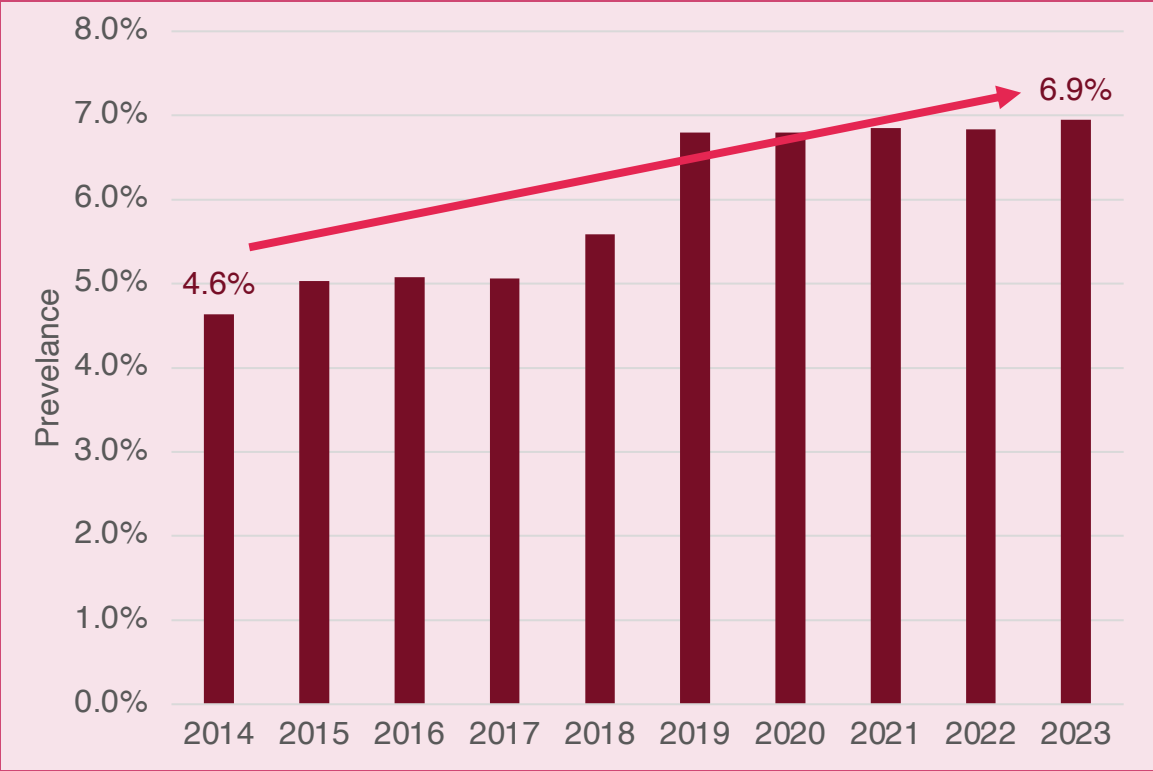


BE THE
Change

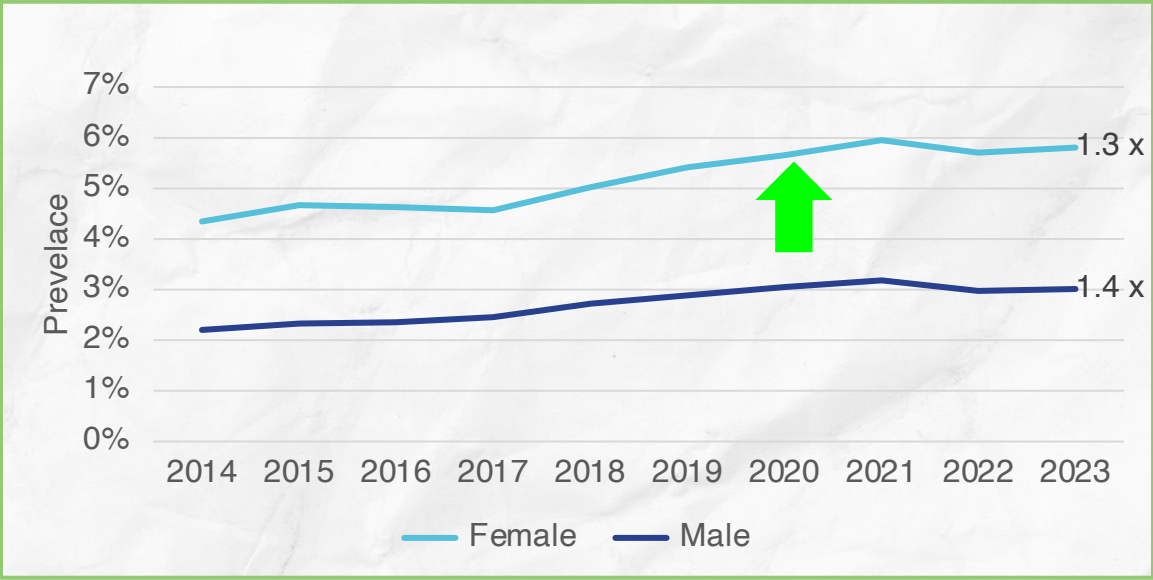
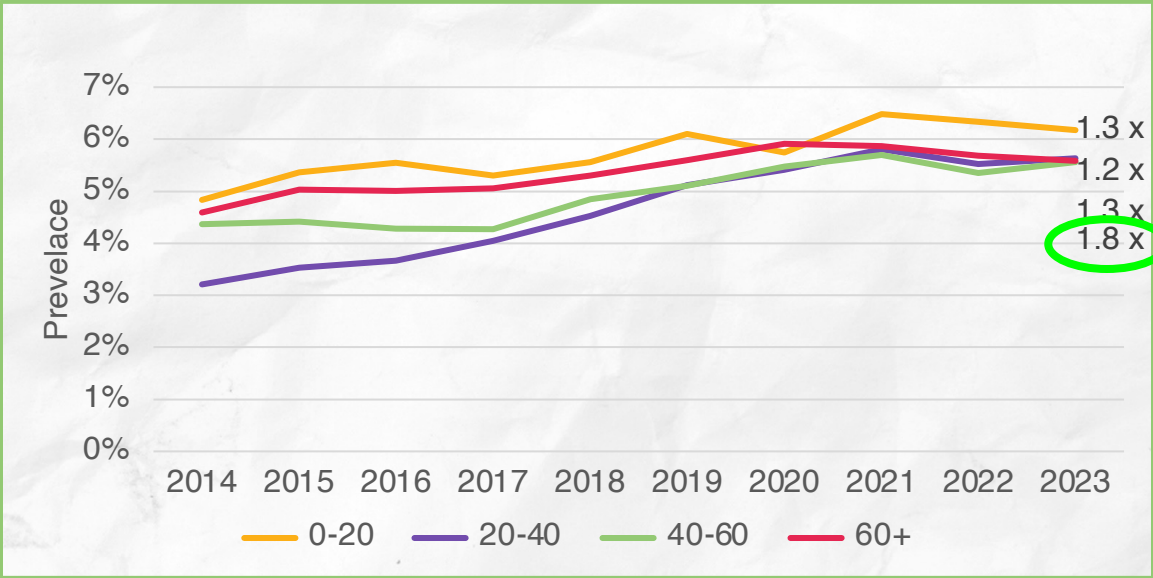
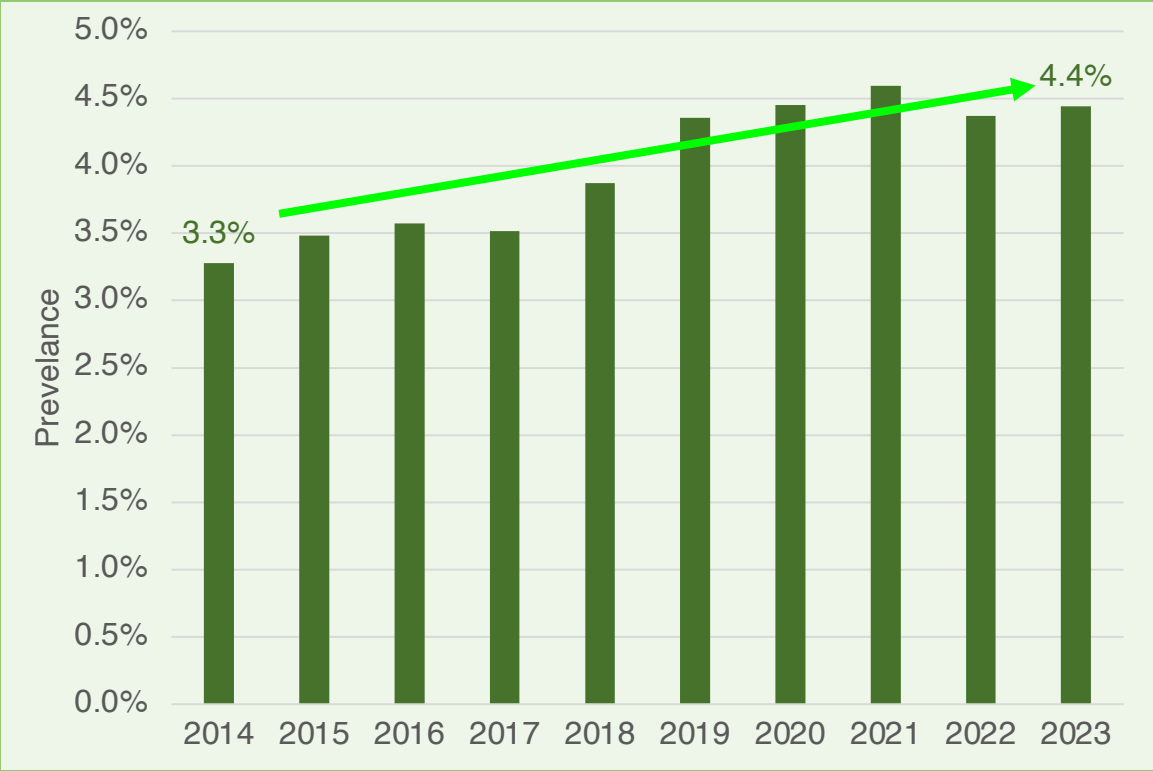
Mental Health vs Mental Illness



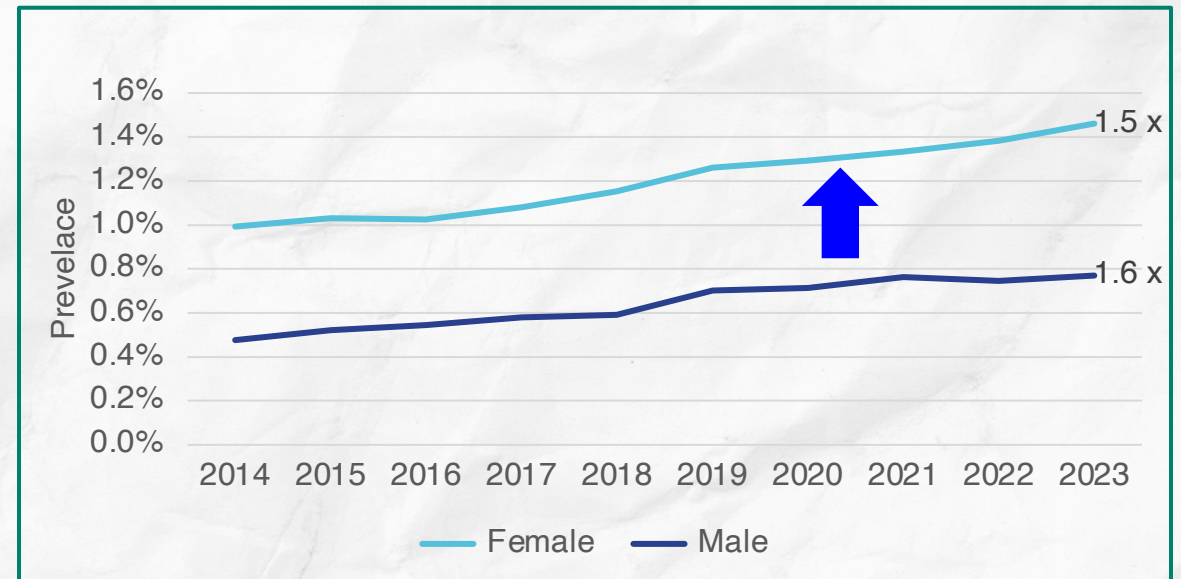
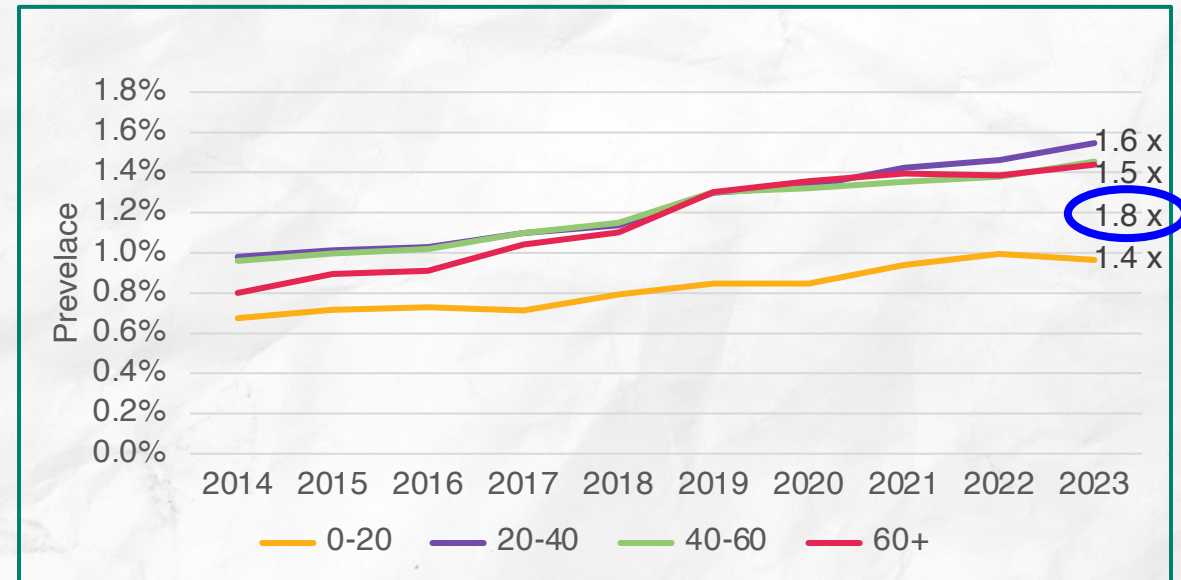
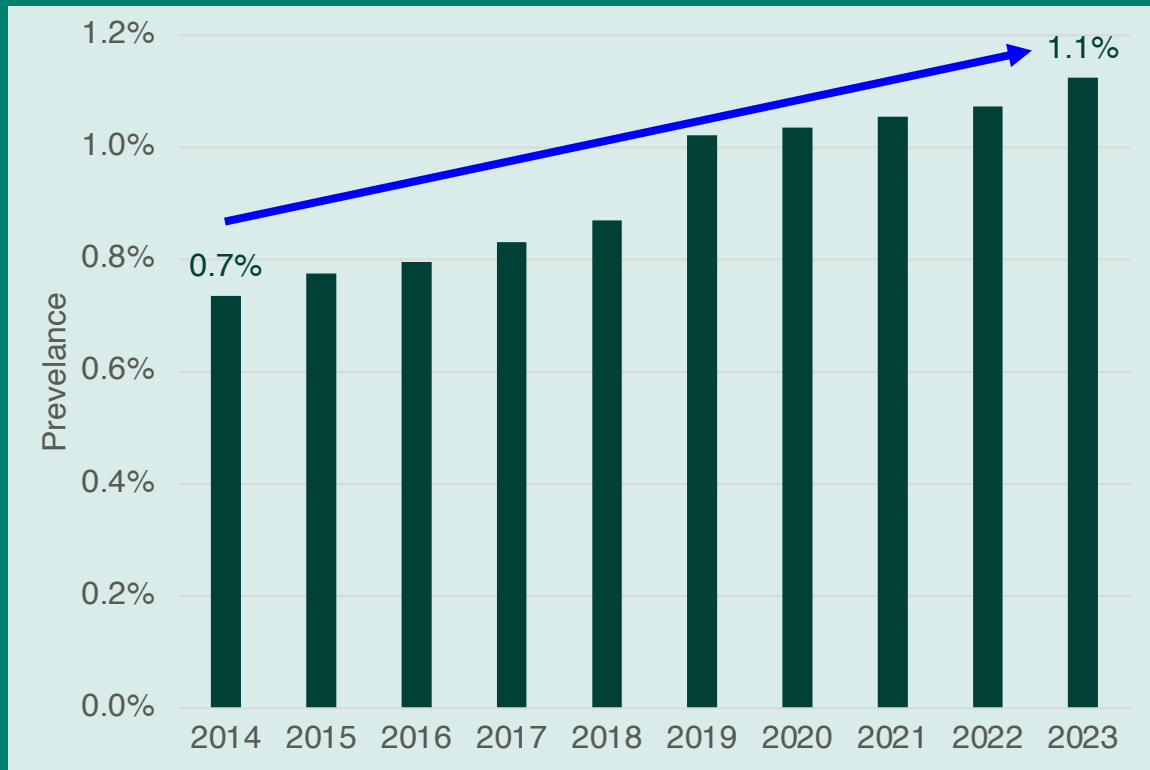
Depression



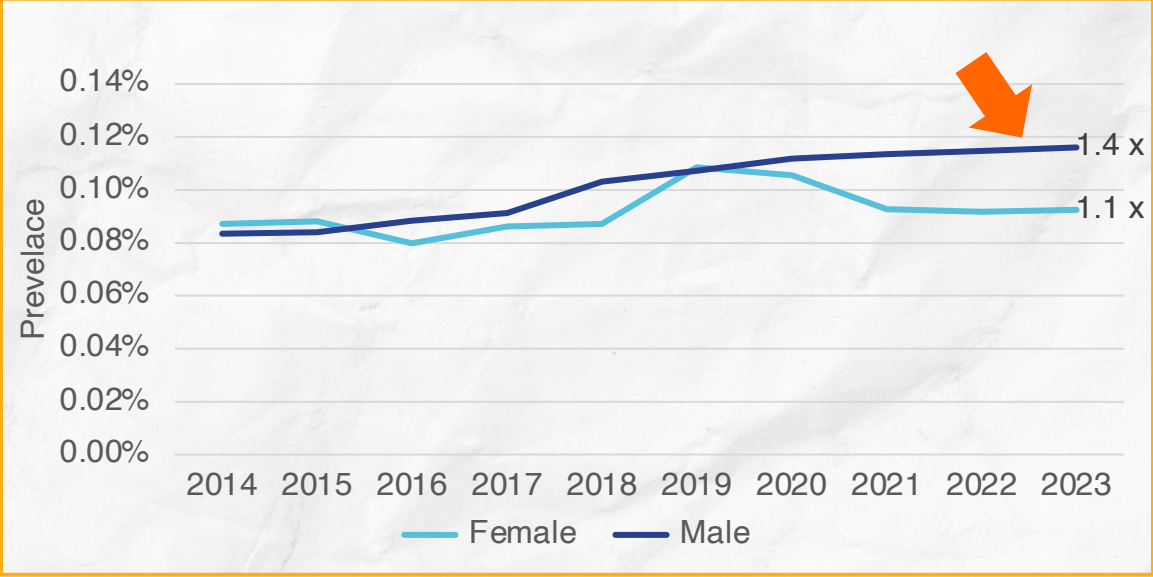
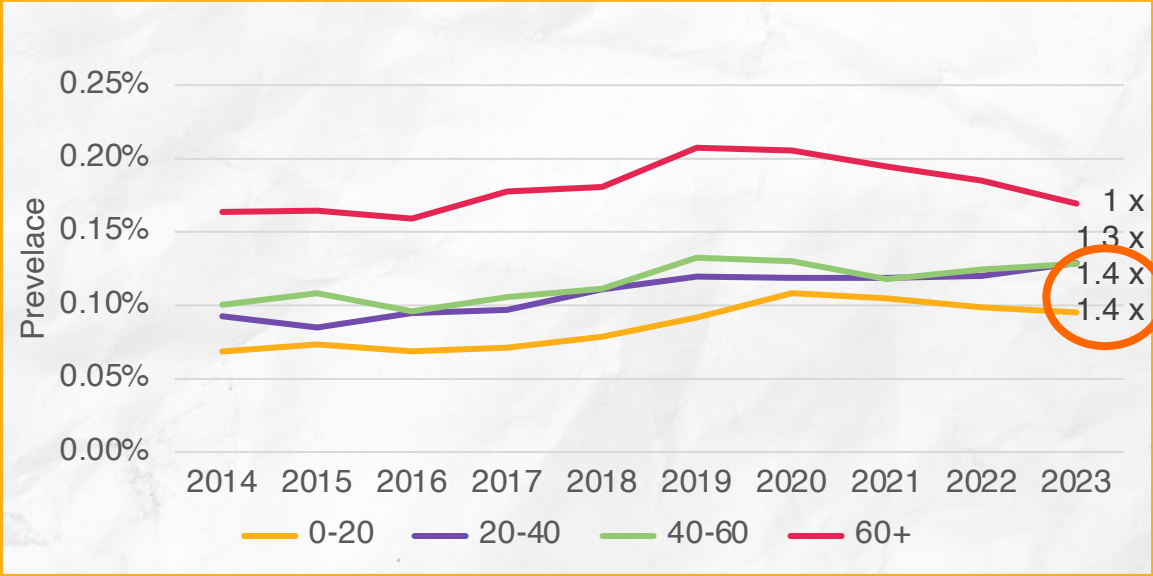
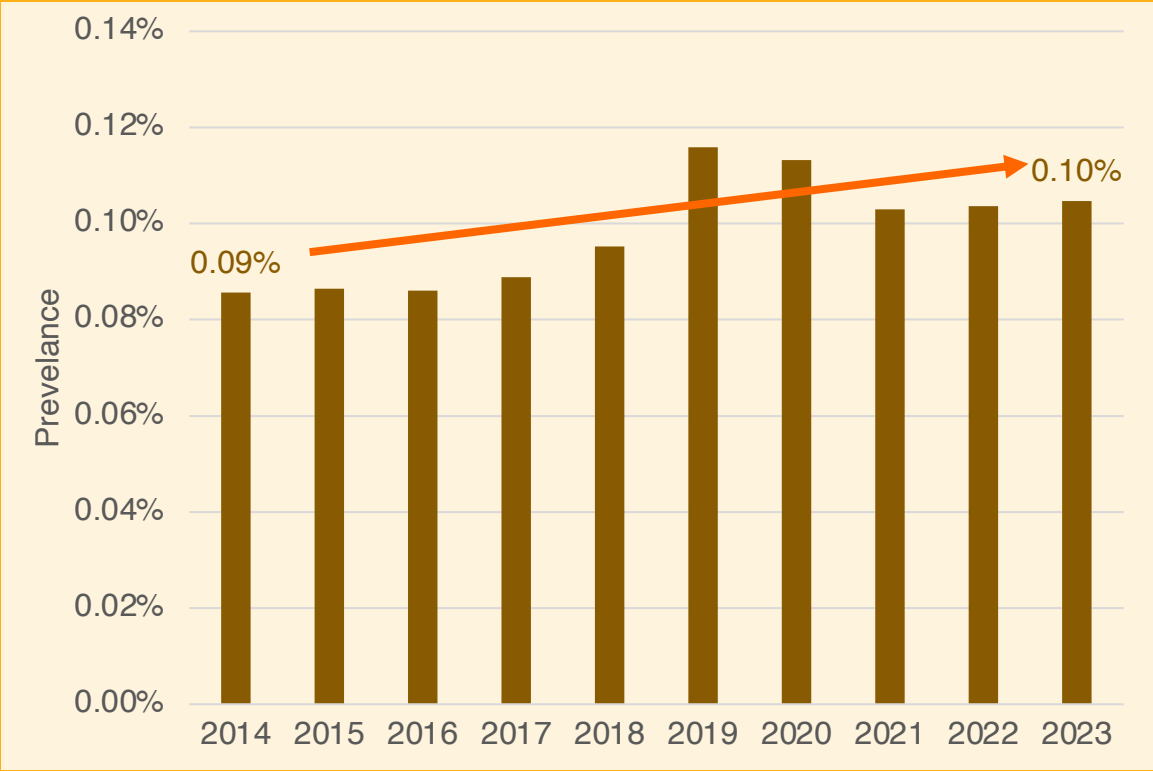
Anxiety



Bipolar



Schizophrenia



Chronic Diseases

Chronic disease

Not passed from person to person

Long duration

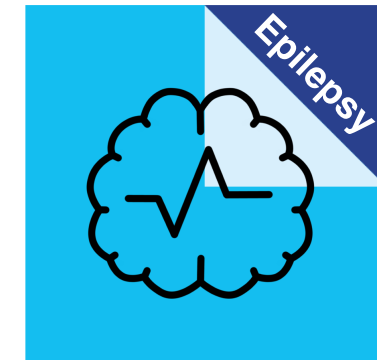
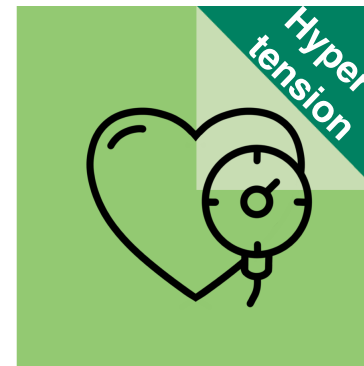
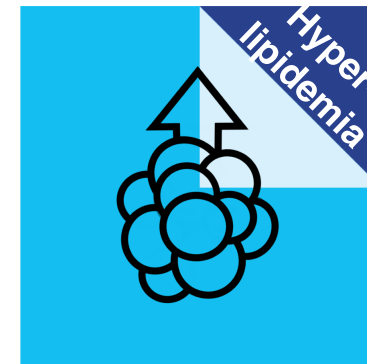
Slow progression

Genetics

Physiological

Environmental

Behavioural



Diabetes: Type 1 and Type 2



Type 1 Diabetes

Registered Diabetic lives per 1000

2022	2023	% Change
3.12	3.09	-1.13%

All cause admission rate

2022	2023
61.54%	61.17%

Registered Diabetic lives per 1000

2022	2023	% Change
51.30	52.62	2.57%

All cause admission rate

2022	2023
47.74%	48.89%

Type 2 Diabetes

Hypertension



Hyper-
tension

Registered Hypertension lives per 1000

2022	2023	% Change
161.18	162.56	0.86%

All cause admission rate

2022	2023
42.61%	43.55%

Registered Hyperlipidemia lives per 1000

2022	2023	% Change
99.26	100.08	0.83%

All cause admission rate

2022	2023
49.66%	50.71%

Hyper-
lipidemia

Epilepsy and HIV



Epilepsy

Registered Epileptic lives per 1000

2022	2023	% Change
10.22	9.98	-2.35%

All cause admission rate

2022	2023
59.86%	63.39%

Registered HIV lives per 1000

2022	2023	% Change
43.40	43.98	1.34%

All cause admission rate

2022	2023
19.08%	19.92%

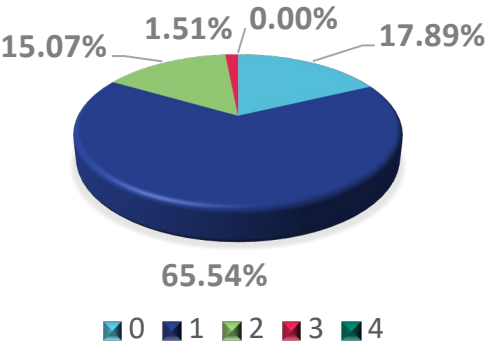
HIV

INTERCONNECTED REALITIES?

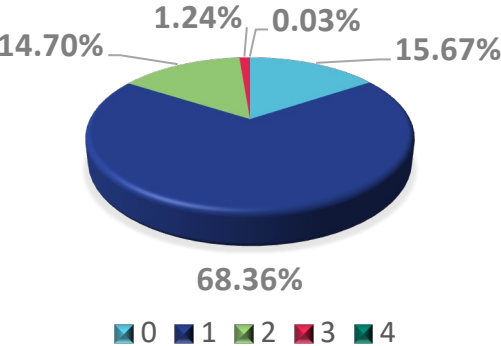


How many mental health conditions do chronic lives have?

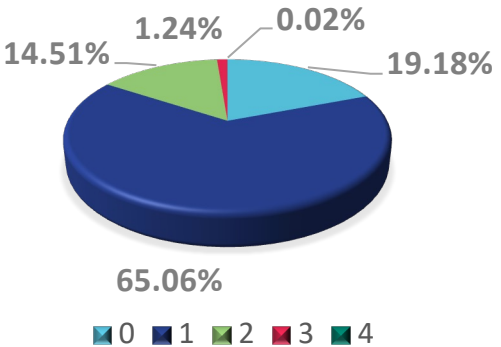
DIABETES TYPE 1



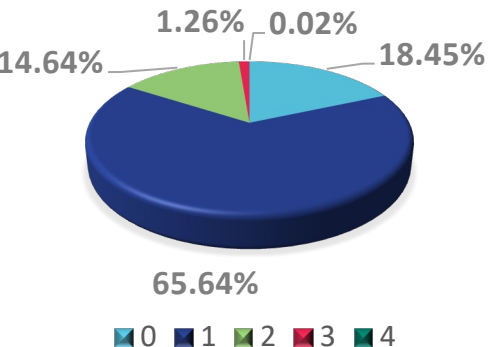
DIABETES TYPE 2



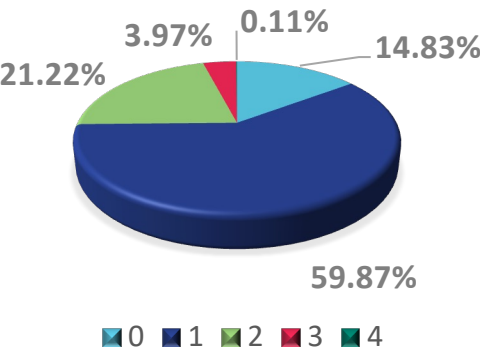
HYPERTENSION



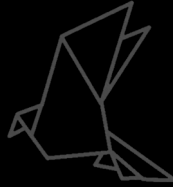
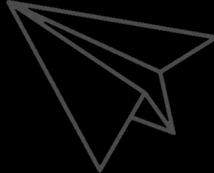
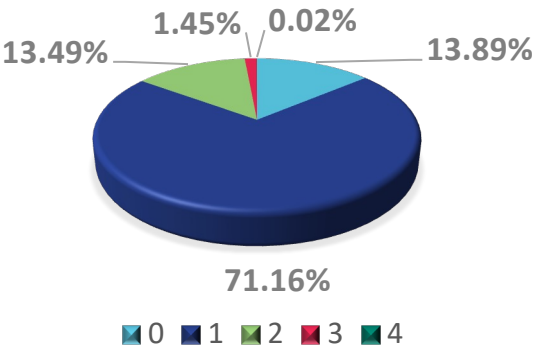
HYPERLIPIDEMIA



EPILEPSY

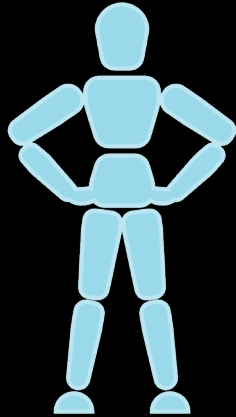


HIV



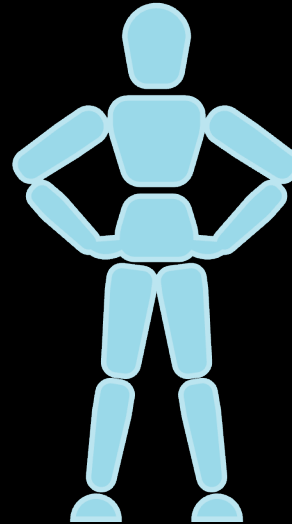
Multiplicative impact on healthcare costs

1 X



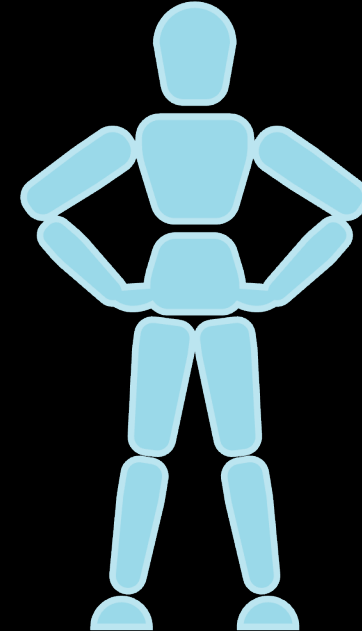
No chronic conditions and
no mental health illnesses

3.5 X

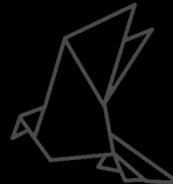
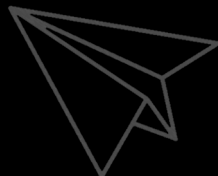


Chronic conditions without
any mental health illnesses

6.8 X



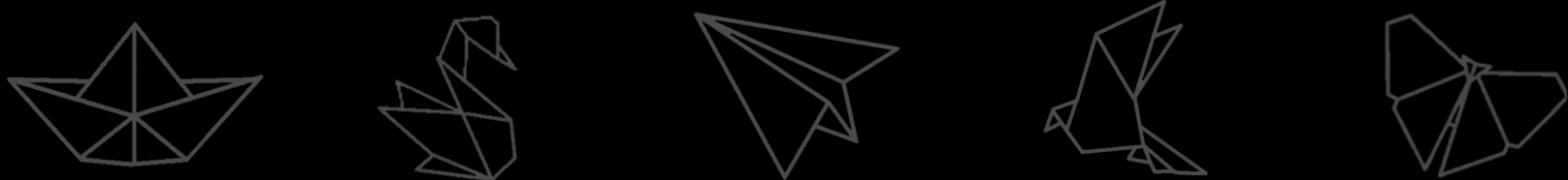
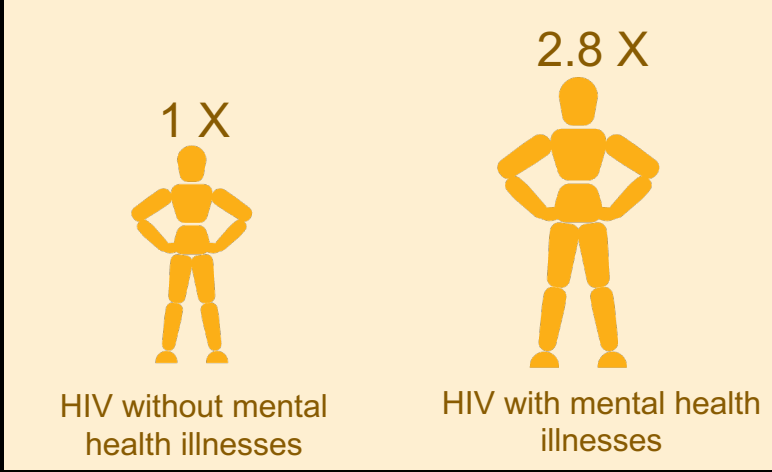
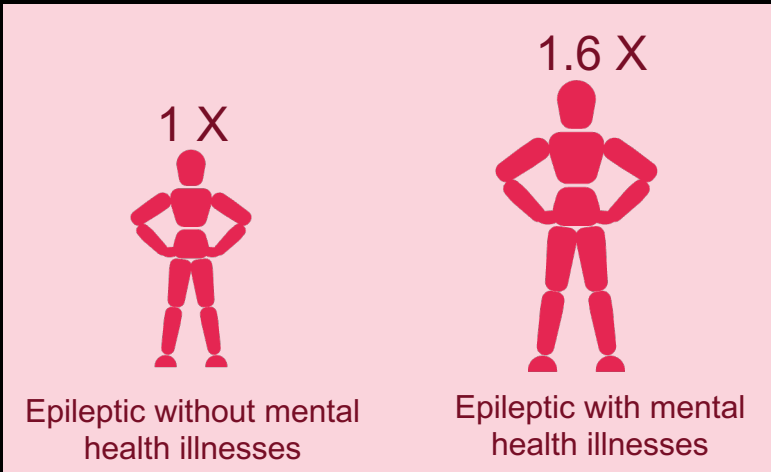
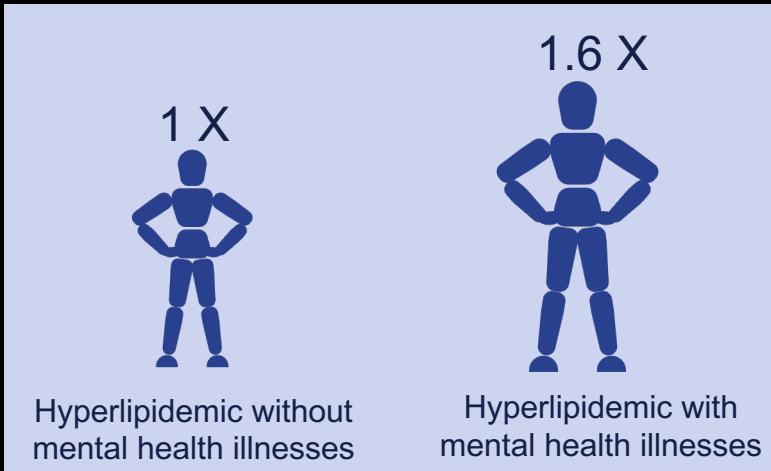
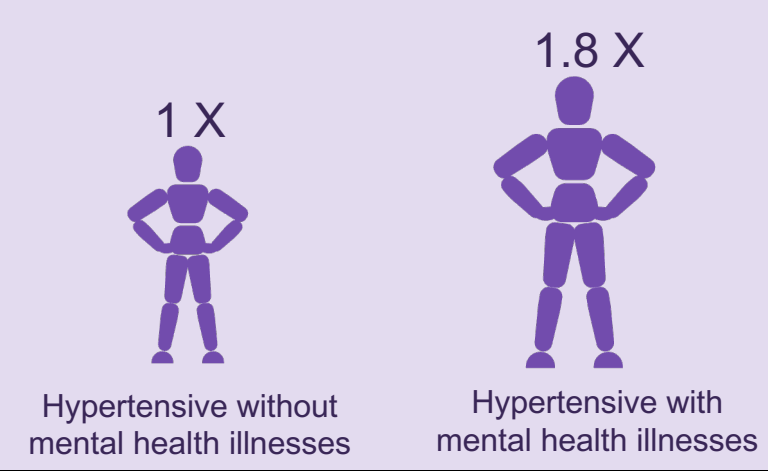
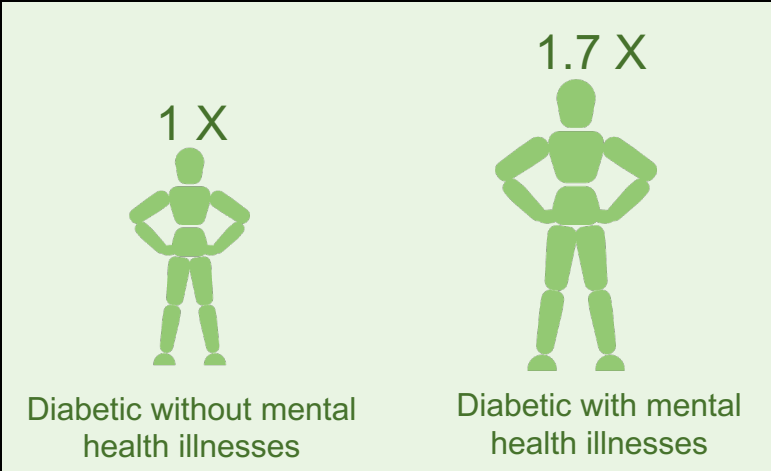
Chronic conditions with
mental health illnesses



foresight
dialogues 2024

BE THE
Change

Multiplicative impact on healthcare costs by chronic condition



CASE STUDY 1

*“Depression and type 2 diabetes: A causal relationship and mechanistic pathway”
from Diabetes, Obesity and Metabolism Journal*

The effect of type 2 diabetes on depression

Hyperglycaemia and dyslipidemia



brain serotonin and chronic low grade
inflammatory disorders

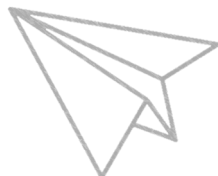
Chronic low grade inflammatory disorders
= obesity, insulin resistance, osteoarthritis,
neuropsychiatric disorders

10%-15% have mild/moderate depression

Diabetics = more at risk of depression

Diabetic females = more at risk of
depression

Uncontrolled diabetes = more at risk of
depression



CASE STUDY 1

*“Depression and type 2 diabetes: A causal relationship and mechanistic pathway”
from Diabetes, Obesity and Metabolism Journal*

The effect of depression on type 2 diabetes

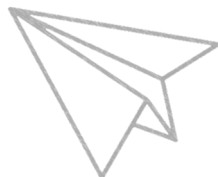
Depression = cause/consequence of poor glycaemic control

Possibilities of antidepressant and antidiabetic medications

Release of counter regulatory hormones = insulin resistance

Type 2 diabetes developing in depressed lives is increasingly significant

Various aspects trigger diabetes in depressed lives



CASE STUDY 2
“Anxiety in the Age of Hypertension”
from Current Hypertension Reports Journal

Relationship between anxiety and hypertension

Hypertension detected earlier in lives with mental health conditions

Anxiety linked to knowledge of hypertension condition

Occupational stress

Marital stress

Social isolation

Socioeconomic status

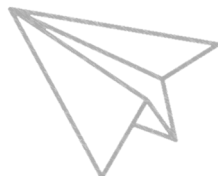
Racial discrimination

Public speaking causing changes to blood pressure

Blood pressure monitoring for individuals with panic disorders

Reactivity testing

Reductionist methods e.g. animal models



Medical Aid
Schemes

*Are our mental
health benefits
useful?*

BE THE

Change

Providers

*Do disease management
programmes need to
change?*

Patients and communities

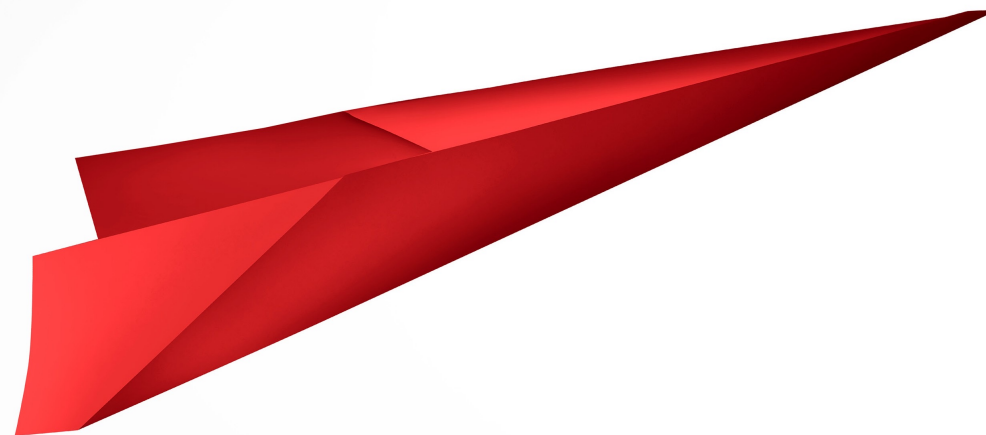
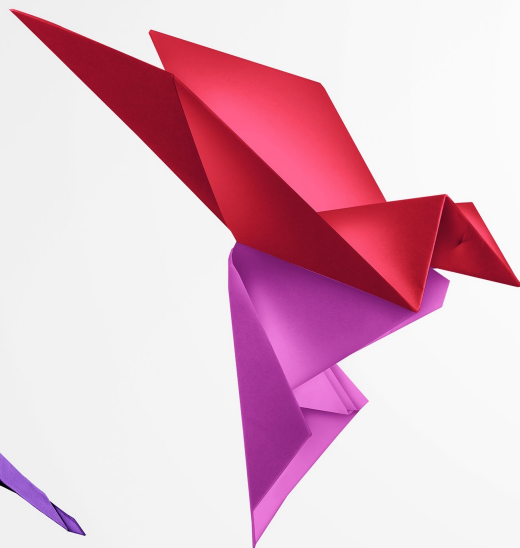
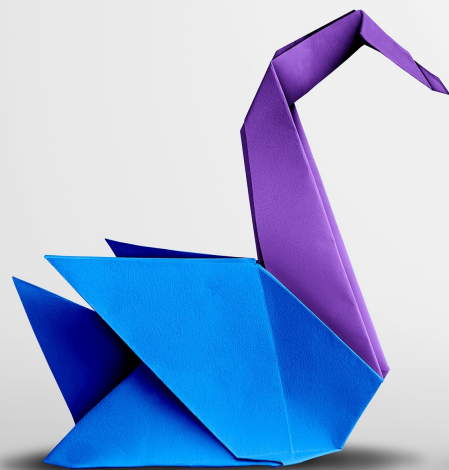
*Is there enough publicly
available information on
how chronic diseases impact
mental health and vice
versa?*

Insight

*Are we able to capture the
interconnection in our
Episode Grouper and
Chronic Care dashboard
tools*

foresight
dialogues 2024

BE THE
Change



THANK
YOU