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Global burden of mental disorders in Mexico and the health system intervention

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Demographic and epidemiological changes reflect the distribution and impact of the global burden of disease in the world. The main change from 1990 to 2010 was the reduction of infectious diseases and an increase of non-communicable diseases, including mental disorders, which increased from 5.4% in 1990 to 7.4% in 2010. Worldwide, mental and substance use disorders accounted for 183.9 million DALYs (Disability Adjusted Life Years). The depression has the highest prevalence, the number of DALYs for this condition increased 38% from 1990 to 2010. 13% of the total global burden of disease is generated by mental disorders. In Mexico, we quantify the global disease burden attributable to mental and substance use disorders and explore variations in burden by disorder type and age. Summarizes DALYs assigned to each mental and substance use disorder in 2010. These disorders as a group ranked as the 50 leading cause of DALYs after diabetes and cardiovascular diseases, major depressive disorder was responsible for the highest proportion of mental disorders with 7.02% of DALYs. Mental disorders are a principle cause of the global burden of disease in the world and in low-to-middle-income countries (LMICs) such as Mexico. But health systems have not responded adequately to confront this problem. Treatment rates for these disorders are low, particularly in LMICs, where there are treatment gaps of more than 90%. Historically, major health policy decisions have been informed by mortality statistics. Although the understanding of disease causing premature mortality expanded as a result, the lack of emphasis on morbidity undervalued the global impact of prevalent and disabling disorders with lower mortality, such as mental and substance use disorders. The politics of mental health in LMICs such as Mexico make access to the health system difficult moreover services are insufficient and not well distributed.

Biography

Lina Diaz-Castro has completed PhD in Sciences in Health Systems in the National Institute of Public Health (NIPH), Mexico. She has obtained her Master's degree in Epidemiology in the NIPH, Mexico. She studied Medicine in the School of Medicine of the National Autonomous University of Mexico (UNAM). She has a degree in Medical Specialty in Psychiatry in the UNAM and the Fray Bernardino Álvarez Psychiatric Hospital, Mexico. She is certified by the Mexican Board of Psychiatry as a Member of the Mexican Society of Biological Psychiatry and Member of the World Federation of Societies of Biological Psychiatry (WFSBP). She is an Instructor of a postgraduate course in Psychiatry for medical residents specializing in psychiatry in the School of Medicine of the UNAM.

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