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MEDICAL AID SCHEME

For your well-being.

Re-Thinking Mental Wellness in Africa

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IFHP CEO FORUM

APRIL 2023

Let's join hands and transform mental wellness..

Thembi - Group Managing Director of Vivat Health Solutions under which Bonvie Medical Aid Scheme is a flagship.

Achievements: Set up Bonvie Medical Scheme and established an integrated healthcare system (Optics, Primary Healthcare clinics, Retail and Wholesale Pharma, Private Hospital). Strengths: Product design, and data analytics to inform change.

Boards: Association of Healthcare Funders of Zimbabwe, Zibuko MicroFinance Company in Zimbabwe and the Board of Healthcare Funders of Southern Africa.

Mental health: currently a bleak picture

116 million people were living with mental health conditions prior Covid-19 (WHO, 2022)

Suicide cases displaying a sustained upward trend, with 6 of the top 10 countries for suicide being African

On average 60-98% of suicides are linked to mental disorders *(Int J Environ Res Public Health. 2018)*

On average, Africa has only 1.4 mental health workers per 100,000 people

On average African Gvts. spends US$0.46 per capita on mental health 77% below the recommended US$2 by WHO

According to WHO (2022), Covid -19 led to an average increase of major depression by 27.6% and a 25.6% surge in anxiety disorders

Zoom in on Sub-Saharan Africa

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Stats..

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Zimbabwe (WHO,2020)

Population: 14Mil

Psychiatrists and psychologists -24 (0.14 per 100,000 or *0.14)

Psychiatric nurse - 917 (*6.5)

MH Social Workers – 13 (*0.09)

Eswatinhi (WHO,2020)

Population: 1.15Mil

Psychiatrists and psychologists -3 (*0.26)

Psychiatric nurse - 56 (*4.39)

Botswana (WHO,2020)

Population: 2.3Mil

Psychiatrists and psychologists -35 (*1.52)

Psychiatric nurse - 211 (*9.16)

South Africa (WHO,2020)

Population: 58.5Mil

Psychiatrists and psychologists -9,926 (16.95 per 100,000 or *16.95)

Psychiatric nurse - 142,074 (*242)

MH Social Workers – 50,494 (*86.23)

Zambia (WHO,2020)

Population: 17.9Mil

Psychiatrists and psychologists -25 (*0.14)

Psychiatric nurse - 425 (*2.38)

MH Social Workers & other– 310 (*1.74)

Tanzania (WHO,2020)

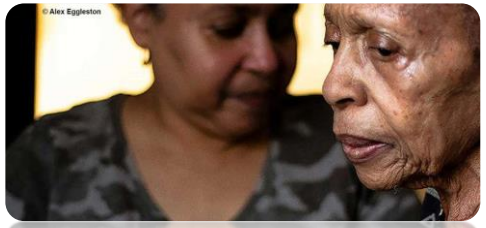
Population: 58Mil

Psychiatrists and psychologists -55 (*0.11)

Psychiatric nurse - 495 (*0.85)

MH Social Workers & other– 210 (*0.36)

The Zimbabwean story…



Depression prevalence at 1.5% (major challenge)

The elderly (70+) have a 5.5% prevalence to MDD

Alcohol and drug abuse-2% prevalence

Prevalence in young adults (20 – 29yrs) -4.9%

Bipolar disorder – 0.5% prevalence

Female's have a 20% more prevalence to Bipolar than males

Compared to Sub-sahara Africa, Zim has similar prevalence in most cases expect for **Depression.** Zimbabwe has slightly more prevalence to MDD (est. 2.4% more) compared to the region

**WHO (2022) & Ministry of Health & Child Welfare of Zimbabwe (2022)*

Barriers to access mental health

- High cost of care
- Limited mental wellness education and awareness
- Stigma
- Low investment in mental wellness
- Few mental healthcare workers
- Continued brain drain of healthcare personnel to developed nations
- High levels of poverty
- Comorbidities with common NCDs

The picture can change for the better - Bonvie interventions

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Bonvie interventions

Increasing awareness of mental health

- Going out to member firms to offer group mental wellness talks and one-on-one sessions
- Share bulletins and webinars on mental wellness through strategic partners (Akoma, Nigeria)

Give access to cost effective mental health solutions

- Strategic partnerships to provide online mental wellness sessions for as low as US$7 against the market average of US$45

Big data to deal with comorbidities with common NCDs & possible drug abuse

- Identify patients living with NCDs to offer mental wellness assessment.
- In 2022 alone through use of Scheme data picked out over 50 individuals with drug abuse issues and some were referred for further mental health management by the relevant healthcare givers

Optimizing the traditional Wellness Concept

- Targeting mutually invested corporate organisations and members
  - That can leverage benefits of wellness for productivity and cost savings
- Trans-disciplinary mental health and wellness convergence approach
- Contextualizing, customising and blending evidence-based interventions

Smart partnerships on the combat on mental illness:

"You should never walk alone.."

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Lessons for the future

Stakeholders of same interests should partner to invest in mental in Africa - PPP
Innovation to increase awareness and reach of mental health in Africa (Friendship bench)
Health funders need to re-think benefit structure from curative solutions to preventative solutions
Link to continuum of care, including rehabilitation, reintegration and life coaching
Leverage data systems and Analyses

We call it food for thought??

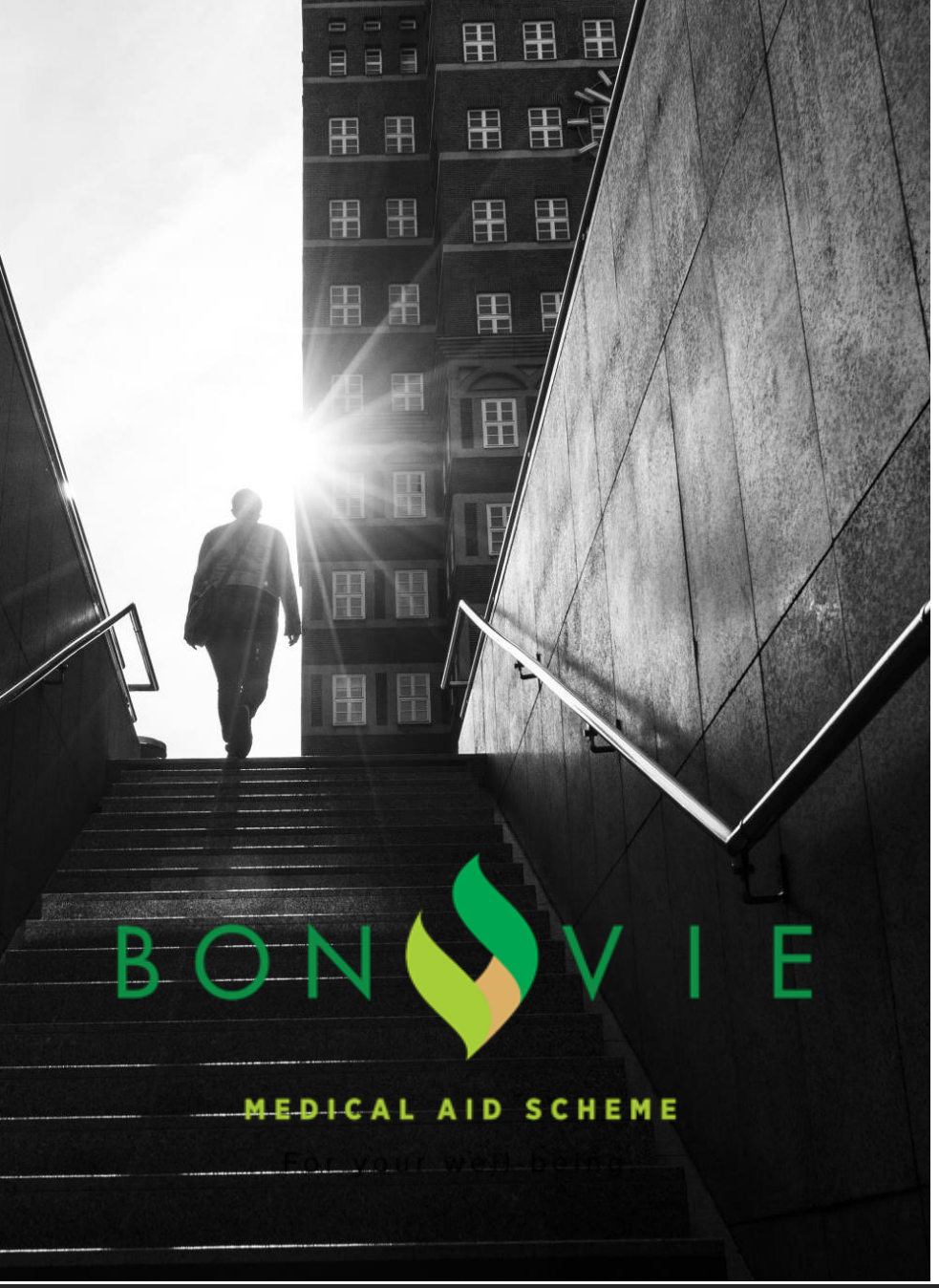
If Governments/ Cooperates were to adequately invest in mental wellness what would be the estimated impact on GDP/ Profits?

Is mental illness highly contagious if not detected and treated early?

What level of impact does the failure to address mental illness have on families, cooperates and the world?

Is it possible that a significant portion of the world challenges are emanating from failure to adequately address mental health issues??

Just maybe, mental health is the answer to most of human challenges



The end…