



THE RELATIONSHIP BETWEEN MENTAL HEALTH & PHYSICAL HEALTH

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Disclosure Statement

- **We have no real or perceived vested interests that relate to this presentation nor do we have any relationships with pharmaceutical companies, biomedical device manufacturers and/or other corporations whose products or services are related to pertinent therapeutic areas.**



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No tenemos interés alguno real o percibido relacionado con esta presentación, ni tenemos relación alguna con productos o compañías farmacéuticas, fabricantes de dispositivos biomédicos y/u otras corporaciones cuyos productos o servicios estén relacionados con áreas terapéuticas pertinentes.



Objectives

- This presentation will help participants better understand the link between mind, behavior and body. Understanding this link is an important step in identifying strategies to help agricultural workers who are living with chronic physical conditions and who also present with mental health conditions – such as depression and anxiety.



Introduction

- Mental health & physical health have a bi-directional and complex relationship



- The World Health Organization (WHO) defines:

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








“There is no health without mental health.”



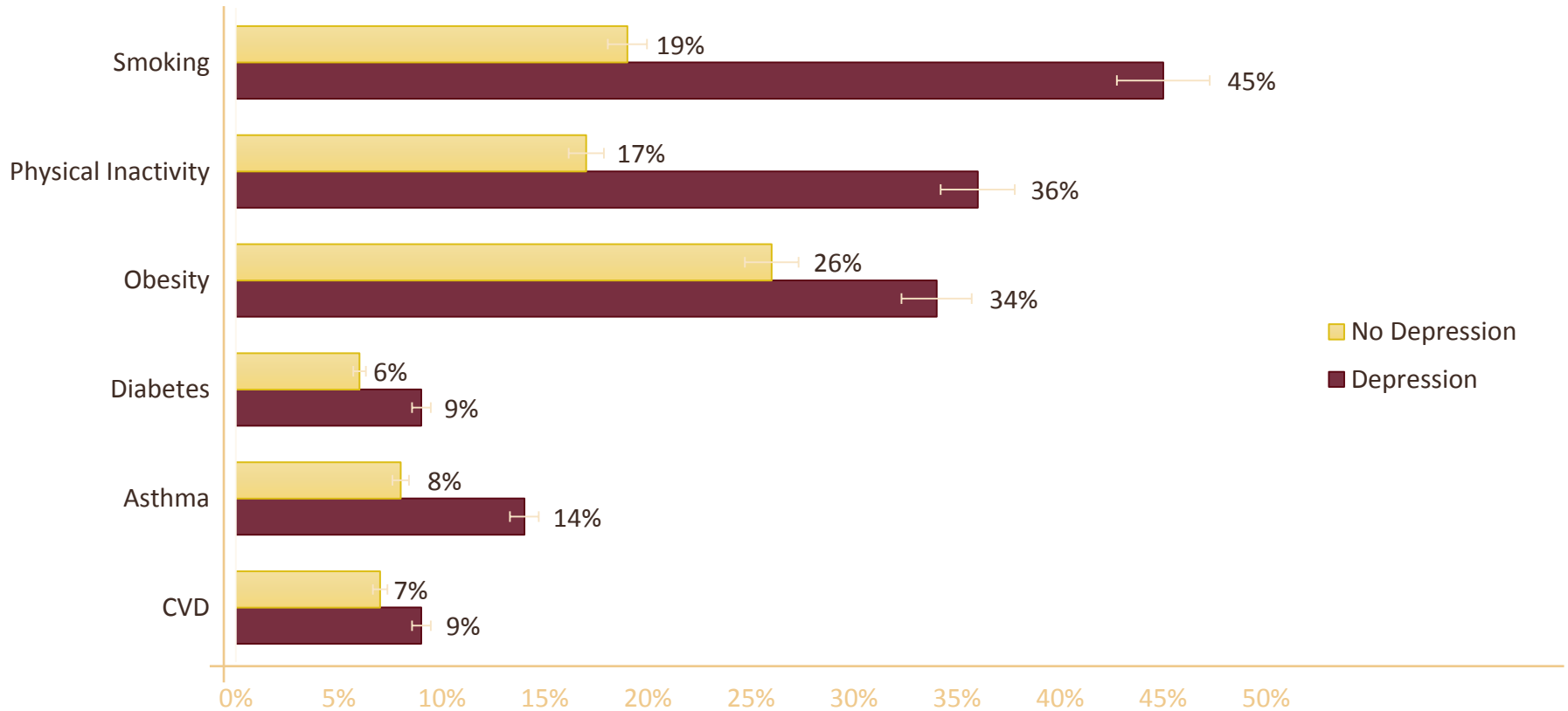
The association between mental and physical health are:

1. Poor mental health is a risk factor for chronic physical conditions
2. People with serious mental health conditions are at high risk of experiencing chronic physical conditions
3. People with chronic physical conditions are at risk of developing poor mental health

Chronic Medical Conditions & Associated Mental Health Conditions

 DIABETES	 ARTHRITIS	 HEART DISEASE	 OBESITY	 GASTRO- INTESTINAL	 CANCER	 ASTHMA
<ul style="list-style-type: none">•Major Depressive Disorder 2x greater¹¹•Panic Disorder, Generalized Anxiety Disorder, PTSD¹¹	<ul style="list-style-type: none">•Mood Disorders¹⁶•Anxiety Disorders¹⁶	<ul style="list-style-type: none">•Anxiety and depression¹³•Phobic anxiety¹⁴•Panic Disorder¹⁵	<ul style="list-style-type: none">•Clinical Depression¹²•Eating Disorders¹²	<ul style="list-style-type: none">•Anxiety and Depression¹⁷	<ul style="list-style-type: none">•Bipolar Disorder¹⁸•Schizophrenia¹⁹	<ul style="list-style-type: none">•Anxiety and Depression¹⁰

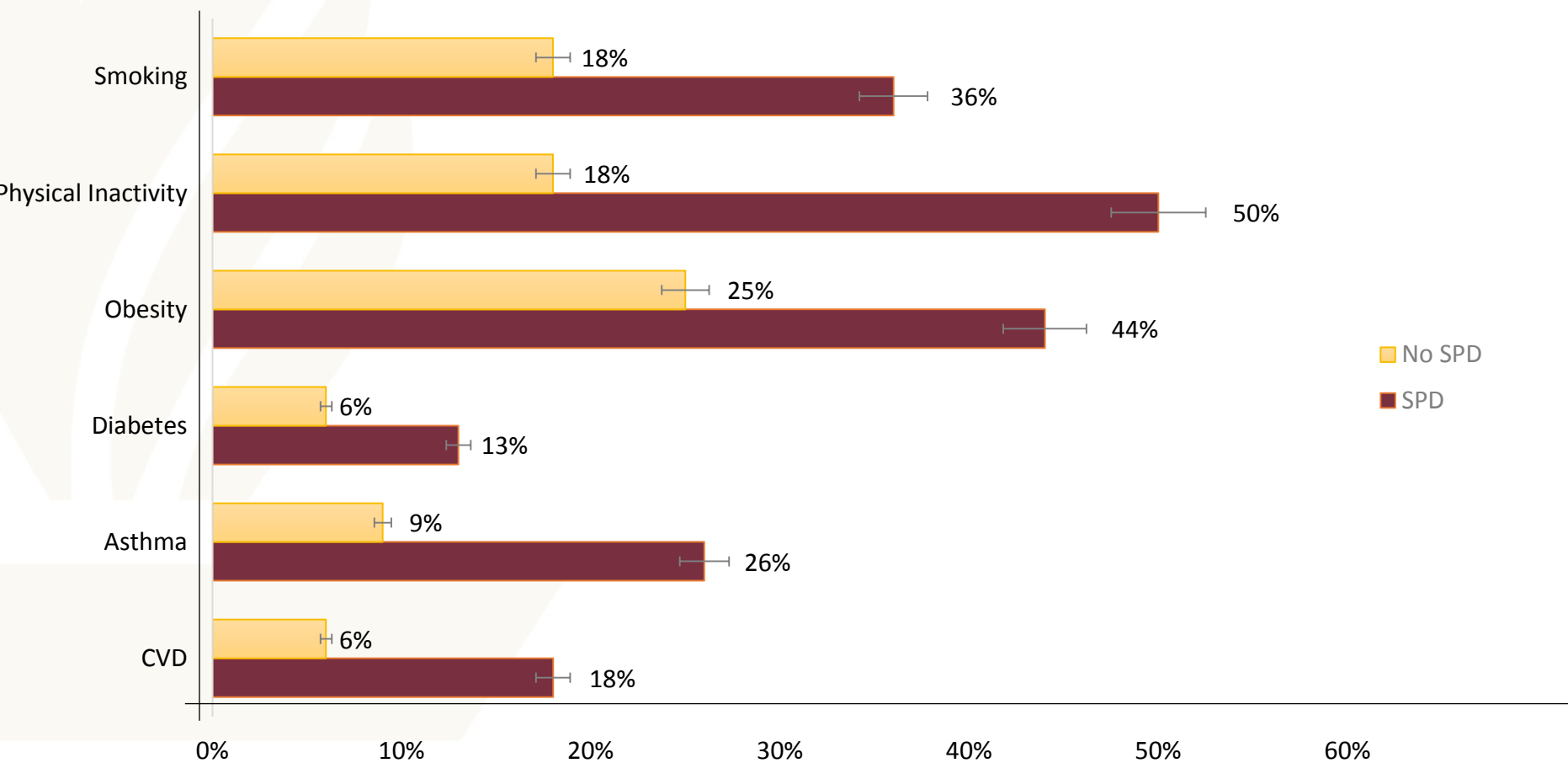
Prevalence of health risks and chronic diseases by depression status



Source: Wisconsin Behavioral Risk Factor Survey



Prevalence of health risks and chronic diseases by serious psychological distress



No Health without Mental Health

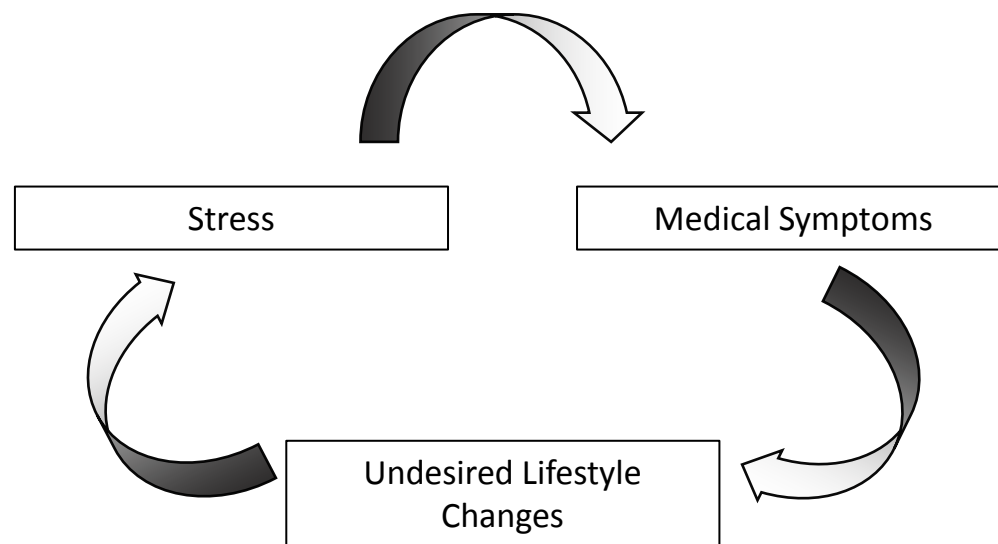




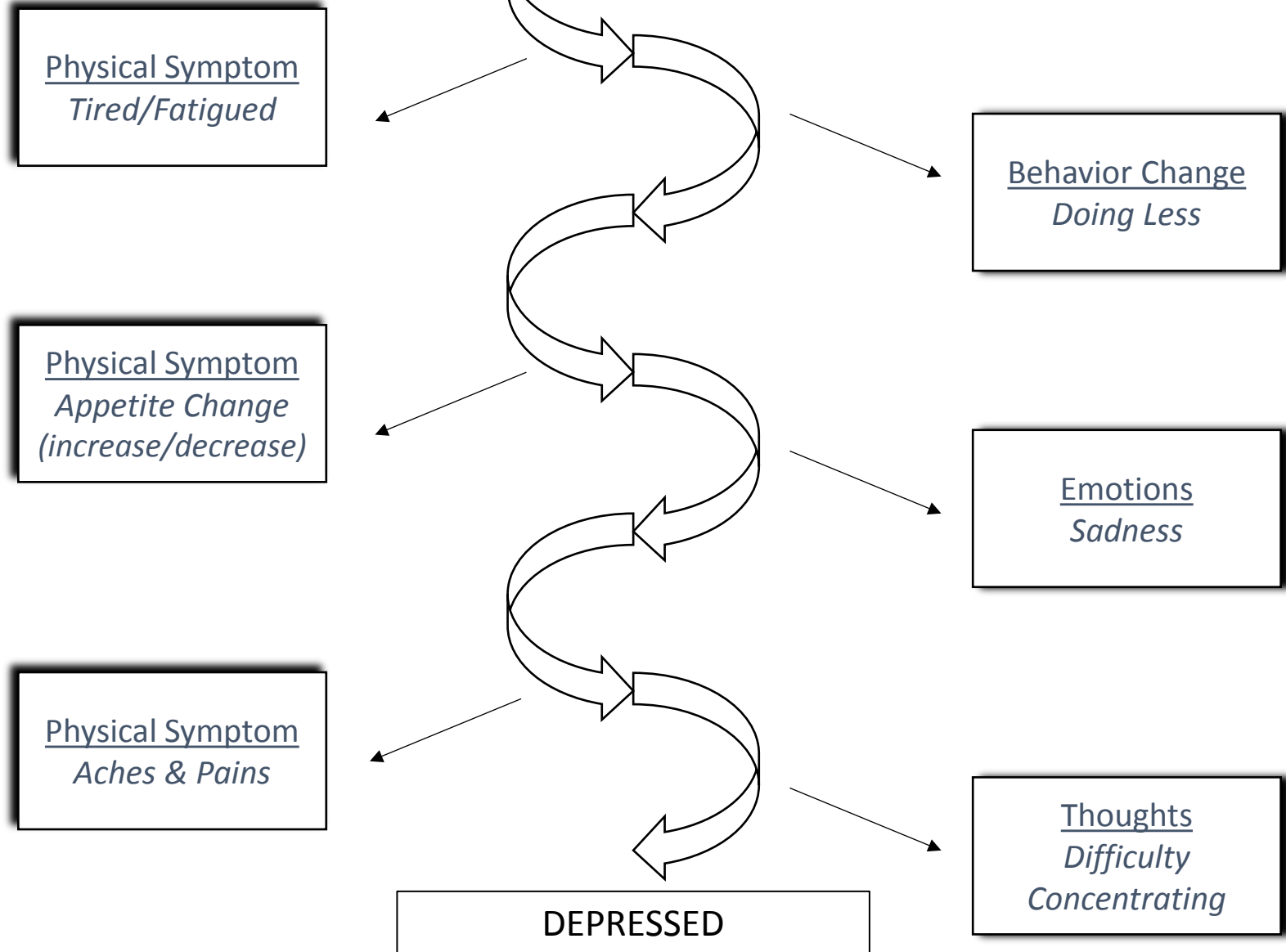
Stress about Medical Symptoms

- Medical condition can lead to pressures & changes of lifestyle that patient finds unpleasant
- Unplanned & unwanted lifestyle changes can lead to stress
- Patient feels worse than anticipated resulting in acute stress that interferes with physical recovery

Medical Symptom-Stress Cycle²⁰



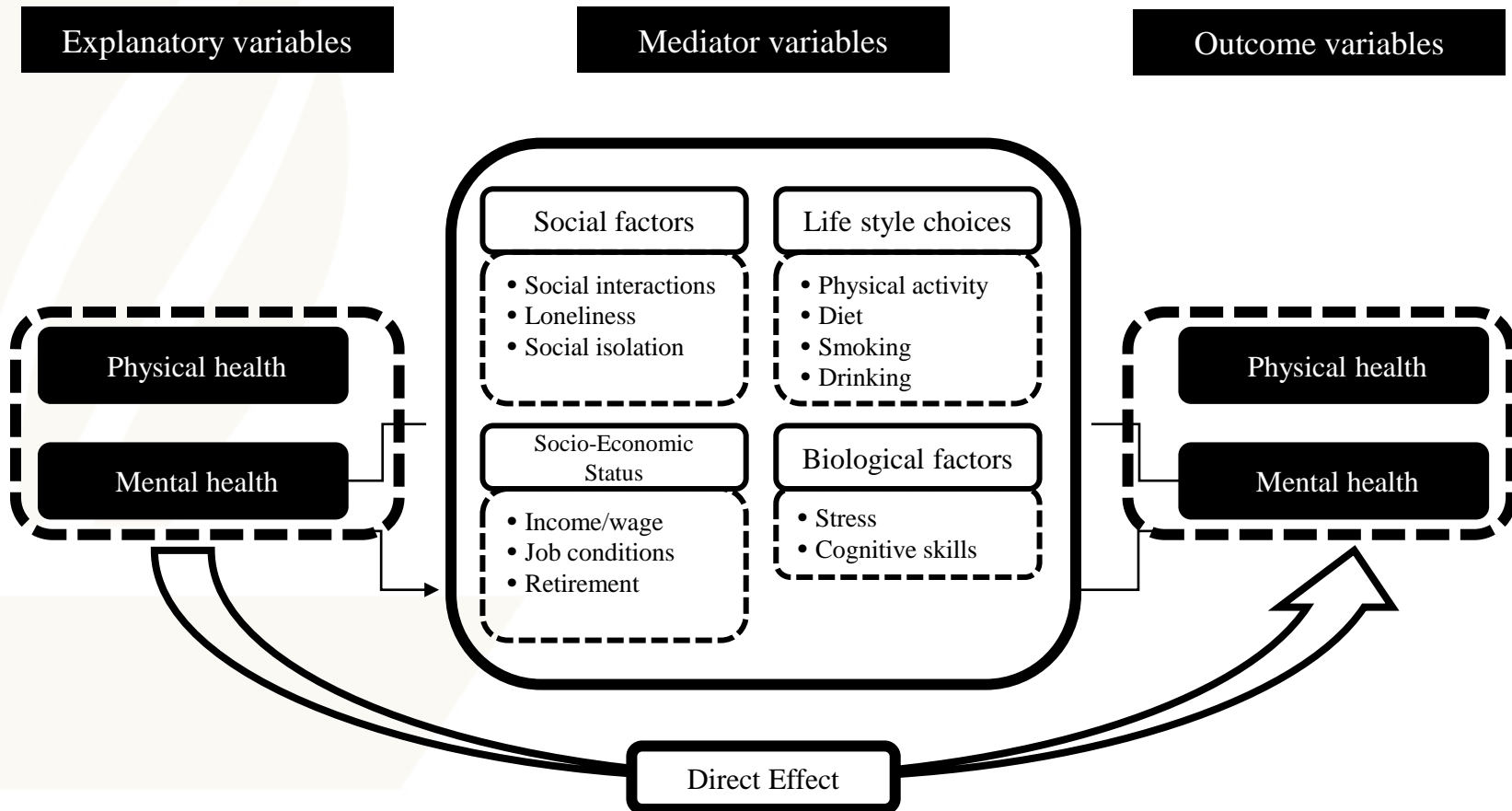
Depression Spiral²⁰





Physical/Mental Health Impact

The direct and indirect effects between physical and mental health.^{21*}





SOCIAL FACTORS IMPACTING MIGRANT FARM-WORKERS



INDIVIDUAL FACTORS

- age, sex & hereditary factors



LIFESTYLE FACTORS

- economic class, cultural or linguistic barriers, substance abuse



LIVING CONDITIONS

- access to safe housing



WORKING CONDITIONS

- access to & existence of jobs providing living wage



SOCIAL & COMMUNITY FACTORS

- existence of discrimination, stigma, social inclusion



GOVERNANCE & SOCIOECONOMIC

- existence of legislation and policies affecting migrants' health



No Health without Mental Health

Diabetes

Abnormal levels of norepinephrine and serotonin

High levels of cortisol (impairs insulin sensitivity)

Loss of energy

Nervousness/anxiety

Suicidal thoughts

Change in appetite

Stress of daily diabetes management (primarily, daily difficulty of keeping blood sugar levels under control)

Occasional tension between patient and doctor

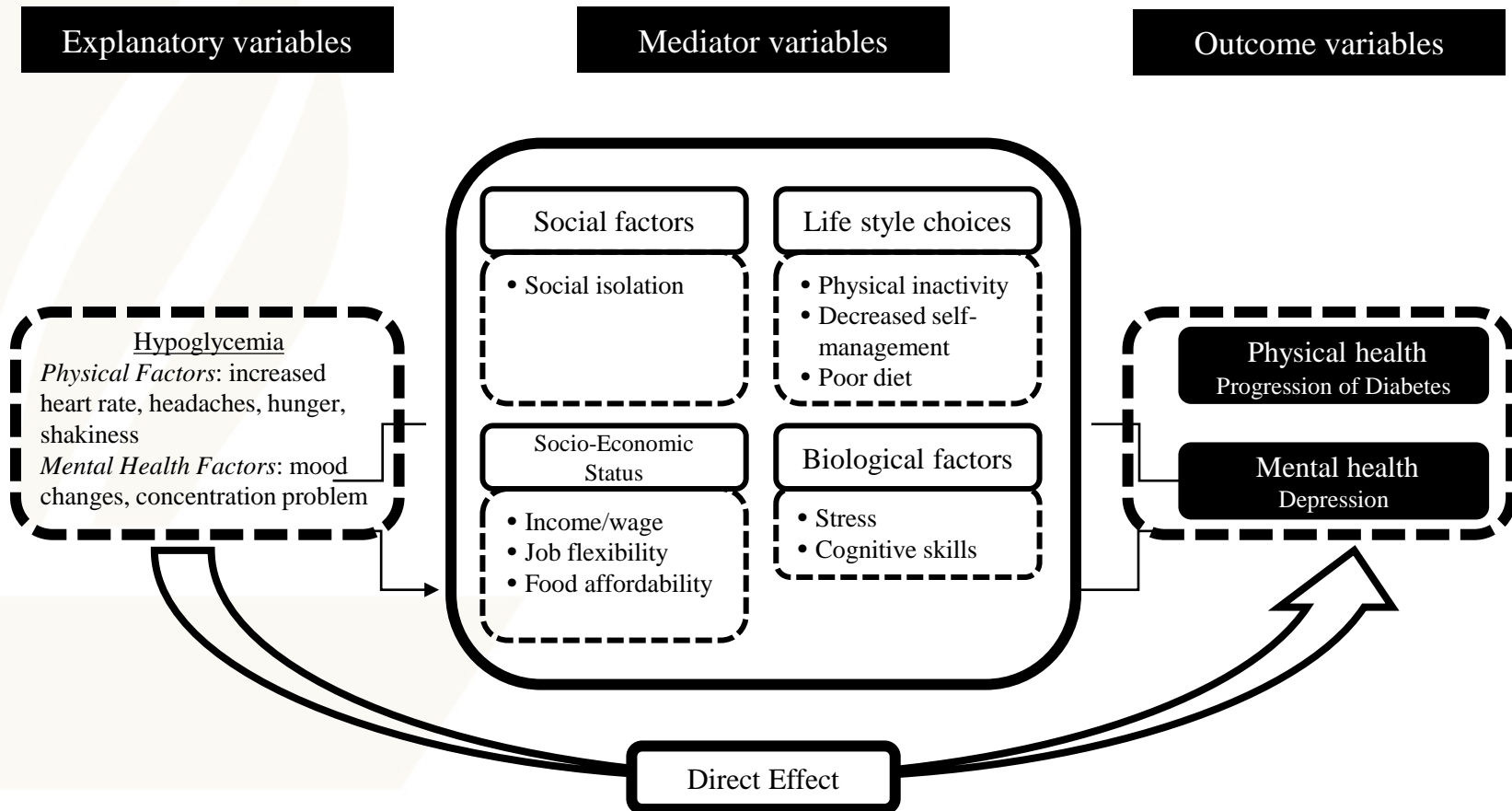
Fatigue/exhaustion exercising

Difficulty making dietary changes

Depression



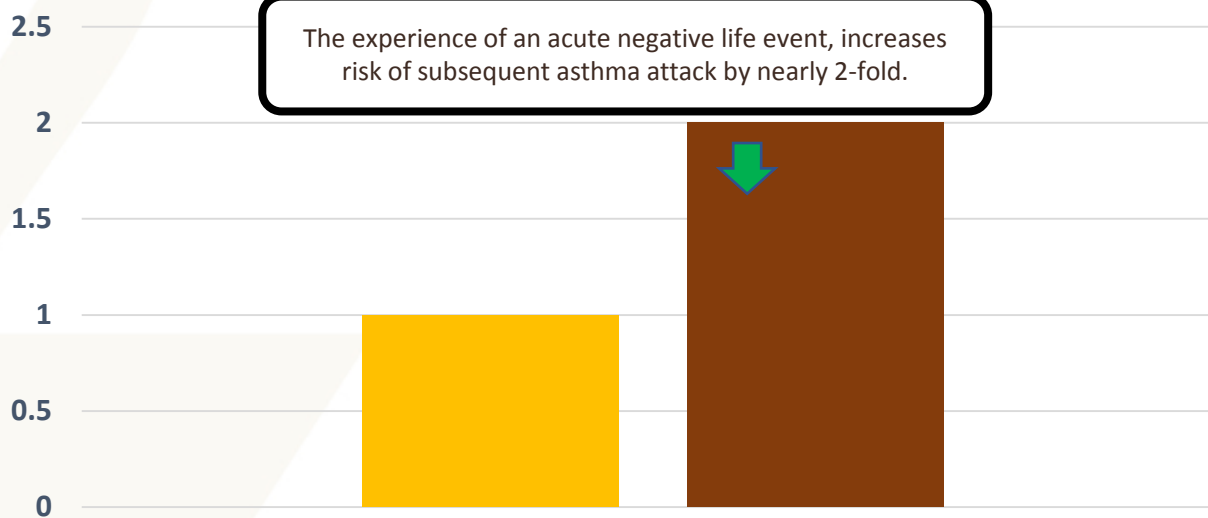
Application to Diabetes



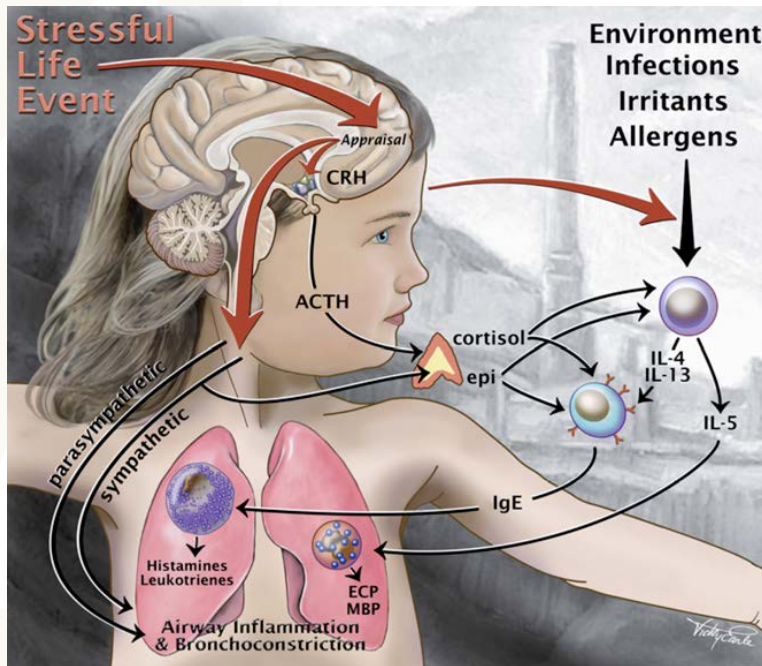


No Health without Mental Health

- Risk factors for **asthma** attacks are embedded in acute negative life events



No Health without Mental Health



- ◆ Premise: Stress operates by altering the magnitude of the airway inflammatory response that irritants, allergens, and infections bring about in persons with asthma



Psychosocial Factors & Asthma

- Unexpected nature of asthma attacks can generate anxiety and fear
- Uncertainty of illness
- Risk for learned helplessness & depression
- Emotional reactions (anxiety) play a major role in overutilization of services in asthma treatment



Recommendations

- Improve access to screening and prevention services
 - Assessing emotional & cognitive factors relevant to diabetes: The Diabetes Distress Scale 2²²

Directions Living with diabetes can sometimes be tough. There may be many problems and hassles concerning diabetes and they can vary greatly in severity. Problems may range from minor hassles to major life difficulties. Listed below are 2 potential problem areas that people with diabetes may experience. Consider the degree to which each of the 2 items may have distressed or bothered you DURING THE PAST MONTH and circle the appropriate number.

Please note that we are asking you to indicate the degree to which each item may be bothering you in your life, NOT whether the item is merely true for you. If you feel that a particular item is not a bother or a problem for you, you would circle "1." If it is very bothersome to you, you might circle "6."

2

Feeling	Not a Problem	Moderate Problem	Serious Problem			
1. Feeling overwhelmed by the demands of living with diabetes.	1	2	3	4	5	6
2. Feeling that I am often failing with my diabetes regimen.	1	2	3	4	5	6



Recommendations

- Targeted interventions:
 - Priority access to healthy lifestyles services
 - Smoking cessation
- Psycho-social interventions
 - Social support
 - Psychoeducation: debt/financial advice
- Integrated Care:
 - Integrated program in primary care with mental health worker
 - Depression case managers
- Social:
 - Identifying and partnering with social organization to support the patient

Center Resources



HOW TO HELP YOUR CHILD WHEN GRIEVING AN UNEXPECTED DEATH

Talk to your child in a quiet place about what happened. Your child may need support over the next few days and

Very young children up to 5 years old do not understand death. Help them understand when flowers die or animals die. Do not use words like "he is gone" or "he is in heaven". It is important that children know you will not return. Assure them you will support them.

Encourage your child to talk about their feelings. Encourage older children to write in their life that may help a therapist, minister.

Children may express anger. **Share your own feelings** about the death. Give them a hug.

It is OK for a child to attend a funeral if they are explained ahead of time by an adult that can explain why they are allowed to talk about the death.

FOR MORE
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HOW TO TALK TO A CHILD WORRIED ABOUT DEPORTATION

Children often worry when adults around them worry. News reports and adult discussions about deportation can cause children many worries because they do not understand concepts about the law and policy and they fear separation from their parents.

COMMON PROBLEMS

- Eating & sleeping
- Crying
- Feeling afraid
- Anxiety
- Withdrawal (not talking)
- Clinginess (e.g., not wanting to be separated)

HOW PARENTS CAN HELP

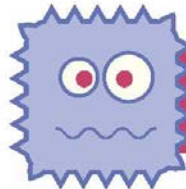
- Have an open understanding of the child's feelings. Listen to or read information from the child.
- Maintain usual bedtime times.
- Send child to school.
- Try to have as normal a routine as possible.

PREPARATION

- Prepare legal documents for children.
- Maintain copies of important documents to a trusted adult.
- Make a copy of the child's passport.



www



PARENTS, CHILDREN & DIVORCE TIPS

Separation of parents or divorce affects family members. Divorce can be difficult for children, but most children adjust well. Children have more problems when parents have conflict instead of splitting up. Try to follow the following tips:

- Keep open communication about the family change.
- Be patient - children will adjust.
- Do not involve children in the divorce.
- Do come up with a plan for the children.
- Children do better when they have relationships with both parents.
- Tell children they are not the cause of the divorce.
- Children do not need to choose sides.
- Respect the relationship between the child and the other parent.
- Keep your child's daily routine as normal as possible.
- Fantasies about parents' lives.
- Keep yourself physically fit, eat, exercise, sleep.
- Do not hesitate to seek help for yourself and your child.

Discuss with
Call Center



Are you feeling very sad, tired, helpless, and/or hopeless most of the time? Are you losing interest in enjoyable activities, such as time with your family, friends, or hobbies? Have you been having difficulty working, sleeping, eating, and functioning over the last two weeks?

If so, you may have depression. Talk to your doctor and/or mental health professional about it.

WHAT IS DEPRESSION?

Everyone feels sad or blue once in a while, but when those sad feelings don't seem to go away or keep coming back, it could be depression. Depression is a common but serious problem that can affect a person's daily life. The good news is that most people who experience depression get better with treatment.

WHAT ARE THE SIGNS OF DEPRESSION?

People can experience depression in different ways. Some of the most common signs of depression include the following:

Sadness

www.fsustress.org



www.FSUSTRESS.org

WHAT CAUSES PEOPLE TO FEEL DEPRESSED?

There is no single known cause of depression. It is believed that a combination of things play a role in depression, for example, genetics, changes in hormones or in other chemicals in the body, or stress and other problems. The following things can increase the chances of depression:

- Someone in your family having depression
- Toxic stress (e.g. stress over which you do not have control; domestic violence, or experiencing past or present abuse or loss of a loved one)
- Health problems
- Having little or no support from close friends or family



Contact

FSU Center for Child Stress & Health

www.fsustress.org

239-658-3162



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