

Mental Health Budget & MetS

Mental Health Services in Australia (MHSA), reports a budget of \$9.9 billion was injected in the Mental Health care system in 2017–2018 as compared to \$185.4 billion in total for the health industry (AIHW. 2018)¹. With just 5.3% of health budget invested in MH, it is a reality that it is not enough to meet the needs of MH consumers, who live additionally with illnesses, such as diabetes, hypertension, high cholesterol, cancer, inflammatory diseases, and heart disease. Literature suggest the contributing factors which, lead people with severe mental illness – SMI (e.g., resistant depression, bipolar disorder, schizophrenia ...) are; side-effects of psychotropic medications; the social determinant of mental health (SDMH) due to disparities of care and substance use disorders. Furthermore, surveys suggest than 1 in 3 MH consumers die of cardio-vascular disease (CVD) annually, which is a complication of metabolic syndrome – MetS (Abou Kassm et al., 2019; IDF², 2018).

MetS is a cluster of signs and symptoms, which should include abdominal obesity, and any two of hypertension, hyperlipidaemia, and/or diabetes. MetS is a leading cause of cardiovascular disease CVD (Lee et al., 2019). Additionally, MH consumers' life expectancy has an average rate of 15 years fewer as compared to the general population with no psychiatric condition (Charlson et al., 2019). Additionally, a systematic review conducted by Vancampfort and colleagues, re-iterated that MetS in people with

SMI contributed to the risk of multi-morbidity of CVD (Vancampfort et al., 2017).

¹Australian Institute of Health and Welfare

² International Diabetes Federation