From the desk of Secretary General, IPHA

World Health Day 2017, celebrated on 7 April every year to mark the anniversary of the founding of the World Health Organization, provides a unique opportunity to mobilize action around a specific health topic of concern to people all over the world. The theme of World Health Day 2017 campaign is **depression**, and the slogan is **'Depression-let's talk'.**

Globally, around 350 million people of all ages, from all walks of life, suffer from depression. It causes mental anguish and impacts on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends. At its worst, depression can lead to suicide, now the second leading cause of death in 15-29-year olds.

General and specific objectives

The *overall goal* of the campaign is that more people with depression, in all countries, seek and get help.

More *specifically*, it is aimed at creating a better informed general public on depression, its causes and possible consequences, including suicide, and help available for prevention and treatment; encouraging people with depression to seek help; and facilitating support to family, friends and colleagues of people living with depression.

At the core of the campaign is the importance of talking about depression as a vital component of recovery. The stigma surrounding mental illness, including depression, remains a barrier to people seeking help throughout the world.

While the World Health Day 2017 campaign is broad-based, the focus is on vulnerable population, including demographic vulnerability (young people, women, elderly), geographical and financial vulnerability etc.

Overcoming the stigma associated with depression will lead to more people seeking help.

Dr Sanghamitra Ghosh

Depression Let's talk — WORLD HEALTH DAY 2017

According to **National mental health survey of India**, 2015-16 implemented by the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, the weighted prevalence of depression for both current and life time was 2.7% and 5.2%, respectively, indicating that nearly 1 in 40 and 1 in 20 suffer from past and current depression, respectively.

DEPRESSION STATISTICS IN INDIA

3 OF EVERY 100 URBAN INDIANS ARE DEPRESSED

14% to 37% of Indian Industrial Population has mental disorders

According to WHO, on average **10.9** persons out of every lakh attempted suicide.

Suicide is the **2nd leading cause of death in the age group of 18-29 years.**

There is just 1 psychiatrist for **every 4 lakh** Indians.

SYMPTOMS WE IGNORE

American National Institute of Mental Health lists following as symptoms

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism, guilt, worthlessness
- Loss of interest or pleasure in hobbies and activities
- Loss of interest in activities or hobbies once pleasurable
- Decreased energy, fatigue
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide; suicide attempts
- Persistent headaches, cramps, digestive problems

Depression Prevention

Depression is a curable condition, however, some forms of depression may not be preventable.

However, the recent research confirm that depression may prevented with healthy lifestyle changes.

Depression is one of the lifestyle diseases and can be prevented by:

- A healthy diet
- Regular exercise
- Taking time out for fun and relaxation
- Not overworking, and
- Time Management Skills
- Routine health checkup
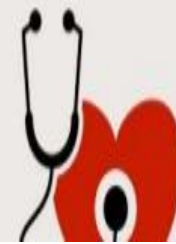
"By and large, primary care practices don't have the infrastructure or haven't chosen to implement [best] practices for depression."

Mental illness is nothing to be ashamed of. Neither is talking about it. It's #TimetoTalk.

time-to-change.org.uk

Data compiled by Dr. Manisha Sarkar, Dr. Anirban Dalui

IPHA activities and participation in different Events

Secretary General IPHA at 15th World Congress on Public Health 2017 at Melbourne, Australia (above)
World Health Day celebration at Kakinada, Andhra Pradesh (below)