



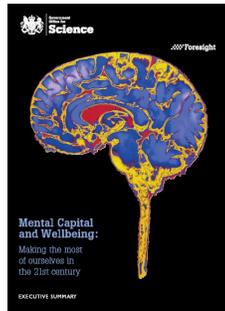
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Mental Capital and Wellbeing

• **Project aim:**

- To produce a challenging and long-term vision for optimising mental capital and mental wellbeing in the UK in the 21st century – both for the benefit of society, and for the individual.



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Key aspects of the project

Looked across

- The lifecourse
- Disciplines
- Government
- Society
- 400+ leading experts and stakeholders from across the world

Evidence base:

- 80 state-of-science reviews
- Scenarios / systems work

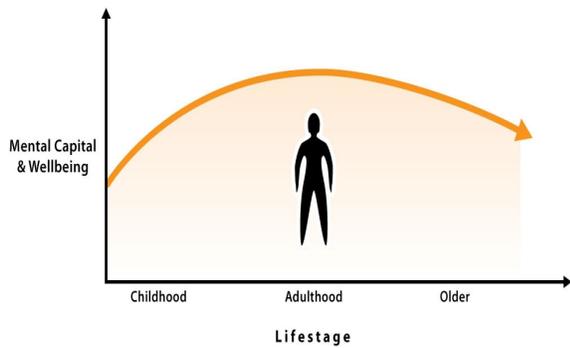
Policy development:

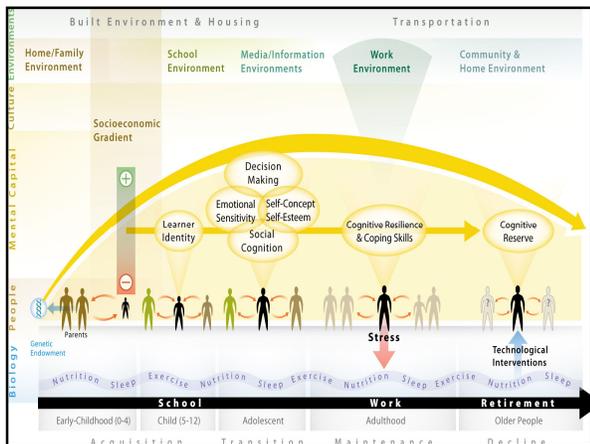
- Workshops bringing experts and policy makers together
- Economic analysis
- Ethics

Why the Project was undertaken: Major challenges ahead

- The demographic age-shift
- Changes in the global economy and the world of work
- The changing nature of UK society
- Changing attitudes, values and expectations
- New science and technology

The Life Course Trajectory of Mental Capital and Wellbeing





Future challenges: Mental ill-health

• In the UK as many as **one in six adults** suffer a common mental disorder at any one time.
Costs England up to **£77 billion a year**

• Some mental disorders are set to **grow in the future**, as they are strongly linked to trends in important drivers of change (e.g. dementia and population age structure)

• Future prevalence of **many other disorders is much more uncertain**, as they are strongly influenced by a wide range of factors. But recent increases in unemployment, debt point towards increases in near future.

• Therapeutic challenge within 10 years: Expensive new dementia drugs, which reverse/prevent molecular biological pathology.
High costs to health, savings to social budgets, carers, families.

An Ageing Population

• **The growing importance of older people**
• Between now and 2070, the number of adults aged 65 and older is set to double from around 10 million to nearly 20 million. Nearly **one in three adults (people who are 16 and over) could be 65 or older.**

• **Two big issues relating to older people**

• **Firstly:**

• The number with dementia could double within 30 years – **costs could increase from £17 billion per year to £50 billion**

• Normal age-related cognitive decline will also increase.

• **Burdens on middle-aged carers** (many of which are workers) will inevitably rise.

• **Secondly:**

• Older people have **massive under utilised mental resources**. We need to unlock that for the benefits of themselves, wider society, and the exchequer.

• We also need to **turn around the mental wellbeing of older people.**

The Costs of Workplace Stress and Mental Health Problems:

- Total cost to employers of mental ill health at work is ~ £29.5 billion per annum
- Stress from work per annum costs employers ~ £3.7 billion (2)
- 13m working days are lost (3)
- Total cost of Incapacity Benefit per annum is £12 billion (4)
- Nearly 40% of people drawing IB have a mental health condition = £5 billion

Cost of stress in the workplace results from wide range of sources such as:

Sickness absence
Labour turnover
Premature retirement
Health insurance
Treatment of consequences of stress

(1) Sainsbury Centre for Mental Health (2008)

(2) CBI (2005)

(3) HSC (2004)

(4) DWP (2006)
