

Connection Between Mental and Physical Health



Mental and physical well-being are strongly intertwined. Multiple links exist between mental health and chronic physical conditions, all of which have a substantial impact on people's quality of life, demand for health care and other publicly supported services, and societal implications.

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. The WHO states that **“there is no health without mental health.”**

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.



Both chronic physical conditions and mental health are influenced by social determinants of health. Increased physical activity, access to nutritious foods, adequate income, and fostering social inclusion and social support are all important aspects of prevention. This opens up possibilities for improving protective factors and lowering risk factors related to mental and physical health.



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