



Cuba

GENERAL INFORMATION

Cuba is a country with an approximate area of 111 thousand square kilometers (UNO, 2008). The population is 11,204,351 and the sex ratio (men per hundred women) is 101 (UNO, 2009). The proportion of the population under the age of 18 years is 22% and the proportion above age 60 is 12% (UNO, 2009). The literacy rate is 100% for men and 100% for women (UN Statistics, 2008). The life expectancy at birth is 77 years for males and 81 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 68 years for males and 81 years for females (UNPD, 2010). The country is in the Upper Middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 11.28% and the per capita government expenditure on health (PPP int. \$) is \$617.0 (WHO, 2006). The suicide rate for males is 19.6 per 100,000 population and for females is 4.9 population. In Cuba, neuropsychiatric disorders are estimated to contribute to 25.2% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 2009. Mental health is specifically mentioned in the general health policy.

A mental health plan exists and was approved or most recently revised in 2009. The mental health plan components include:

- Timelines for the implementation of the mental health plan.
- Shift of services and resources from mental hospitals to community mental health facilities.
- Integration of mental health services into primary care.

Dedicated mental health legislation exists and it was initiated or most recently revised in 1983. Legal provisions concerning mental health are also covered in other laws (e.g. welfare, disability, general health legislation etc.).

FINANCING

Mental health expenditures by the government health department/ministry are not available. Mental hospital expenditures are not available.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines but with restrictions. The department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines.

The majority of primary health care doctors have received official in-service training on mental health within the last five years. The majority of primary health care nurses have received official in-service training on mental health within the last five years. Officially approved manuals on the management and treatment of mental disorders are available in the majority of primary health care clinics. Official policy

Data collected in 2011

UN = information unavailable, NA = item not applicable

does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. Referral procedures from tertiary/secondary care to primary care exist.

Mental Health Services

Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities	402	3.59	15	0.13
Day treatment facilities	47	0.42	4	0.04
Psychiatric beds in general hospitals	1151	10.27	81	0.72
Community residential facilities	UN	0.0	UN	0.0
Beds/places in community residential facilities	UN	0.0	UN	0.0
Mental hospitals	24	0.21	0	0.0
Beds in mental hospitals	6505	58.06	UN	0.0

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	7617.59	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at the end of the year	UN	UN	UN
Admissions to mental hospitals	UN	UN	UN

Long term care in mental hospitals (% of persons staying):

Less than 1 year	21%
More than 1 and less than 5 years	20%
More than 5 years	58%

HUMAN RESOURCES

Workforce and training

	Health professionals working in the mental health sector Rate per 100,000	Training of health professions in educational institutions Rate per 100,000
Psychiatrists	10.85	0.23
Medical doctors, not specialized in psychiatry	1.53	40.06
Nurses	29.6	23.77
Psychologists	1.98	1.25
Social workers	3.05	UN
Occupational therapists	15.9	UN
Other health workers	26.21	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	No	No
Number of members	NA	NA
Participation in the formulation/implementation of policy/plan/legislation?	NA	NA

MEDICINES

Expenditures for medicines for mental and behavioral disorders at country level

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines ¹	UN
Medicines used for bipolar disorders ²	UN
Medicines for psychotic disorders ³	UN
Medicines used for general anxiety ⁴	UN
Medicines used for mood disorders ⁵	UN

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

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INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	Yes	Yes	Yes
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	Yes	Yes	Yes
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	No	No	No

Note: A specific report focusing mental health activities has been published by the Health Department or any other responsible government unit in the last three years.