



Honduras

GENERAL INFORMATION

Honduras is a country with an approximate area of 112 thousand square kilometers (UNO, 2008). The population is 7,615,584 and the sex ratio (men per hundred women) is 100 (UNO, 2009). The proportion of the population under the age of 18 years is 44% and the proportion above age 60 is 4% (UNO, 2009). The literacy rate is 93% for men and 95% for women (UN Statistics, 2008). The life expectancy at birth is 70 years for males and 75 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 61 years for males and 75 years for females (UNPD, 2010). The country is in the lower middle income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 5.97% and the per capita government expenditure on health (PPP int. \$) is \$108.0 (WHO, 2006). In Honduras, neuropsychiatric disorders are estimated to contribute to 16.7% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy exists and was approved, or most recently revised, in 2004. Mental health is also specifically mentioned in the general health policy.

A mental health plan does not exist.

Dedicated mental health legislation does not exist, and legal provisions concerning mental health are not covered in other laws (e.g., welfare, disability, general health legislation etc.).

FINANCING¹

Mental health expenditures by the government health department/ministry are 1.61% of the total health budget. Mental hospital expenditures are 88.36% of the total mental health budget.

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. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Similarly, official policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

The majority of primary health care doctors and 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 not available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist, as do referral procedures from tertiary/secondary to primary care.

¹ Data was obtained from the World Health Organization Assessment Instrument for Mental Health (WHO-AIMS) evaluation study, conducted in 2007.

Data collected in 2011

UN = information unavailable, NA = item not applicable

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	UN	UN	UN	UN
Day treatment facilities	1	0.01	UN	UN
Psychiatric beds in general hospitals	2	0.03	UN	UN
Community residential facilities	UN	UN	UN	UN
Beds/places in community residential facilities	UN	UN	UN	UN
Mental hospitals	2	0.03	UN	UN
Beds in mental hospitals	354	4.65	UN	UN

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	UN	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	4%
More than 1 and less than 5 years	12%
More than 5 years	84%

Data collected in 2011

UN = information unavailable, NA = item not applicable

HUMAN RESOURCES¹

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	0.77	0.05
Medical doctors, not specialized in psychiatry	0.63	2.47
Nurses	2.44	0.83
Psychologists	0.74	0.91
Social workers	0.28	UN
Occupational therapists	UN	UN
Other health workers	UN	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	never or rarely	never or rarely

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 ²	11,346
Medicines used for bipolar disorders ³	1,559
Medicines for psychotic disorders ⁴	5,849
Medicines used for general anxiety ⁵	1,444
Medicines used for mood disorders ⁶	UN

² N03AG01, N05A, N05B, N05C, N06A

³ N03AG01, N05A, N05B, N05C, N06A

⁴ N05A (excluding N05AN)

⁵ N05B & N05C

⁶ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

INFORMATION SYSTEMS¹

	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	No	No	No
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	No	No	No
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	No	No	No
Persons treated in mental health day treatment facilities	No	No	No
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 on mental health activities (in both the public and private sector) has been published by the Health Department or any other responsible government unit in the last three years.