



THE UNIVERSITY OF
AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

Healthy relationships are everyone's business: Why multisectoral action is needed to support high quality relationships

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National Mental Health Strategy and Programme for Suicide Prevention 2020–2030

2.1 Mental health as human capital

Mental health is one of the most important things in a person's life, affecting health and wellbeing, interpersonal relationships, studies, work, and the entire life-course. Good mental health strengthens trust, reciprocity and a sense of belonging in society. Productivity is closely tied to the mental health of the workforce. High levels of good mental health in the population will support success in Finland as a whole.

Mental health is a form of capital for individuals, families, communities and

society as a whole which can be looked after and invested in

- at all life stages,
- during studies and at work,
- in everyday circumstances, communities and recreational activities,
- in connection with societal and environmental changes.
- In addition to a public health perspective, specific attention is given to minorities including different language and cultural groups.

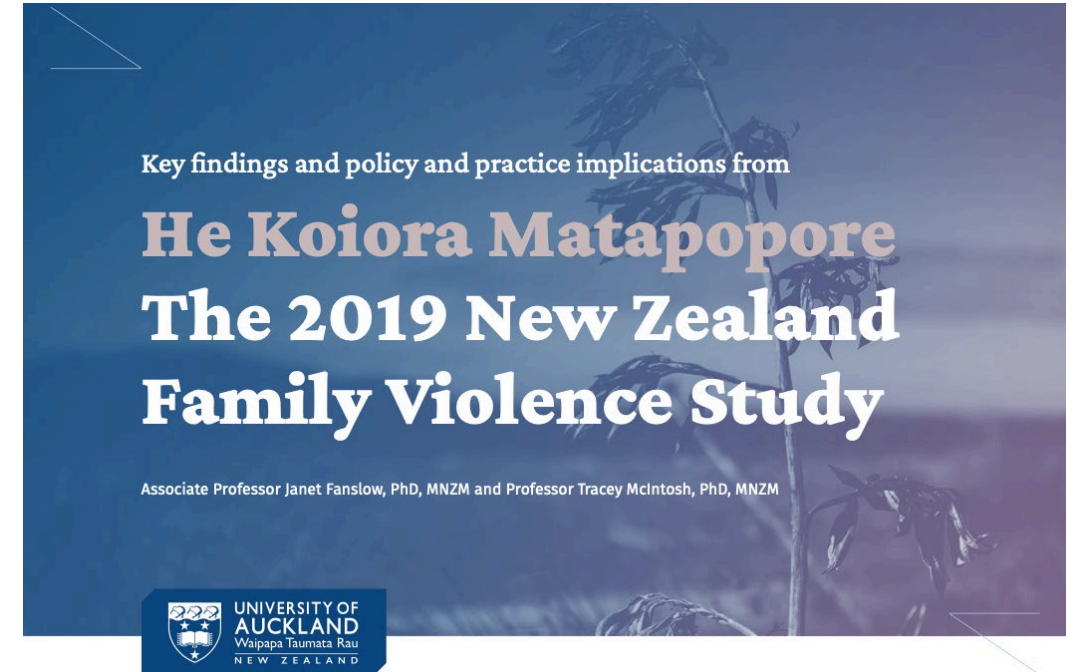
point of view.

Relationship

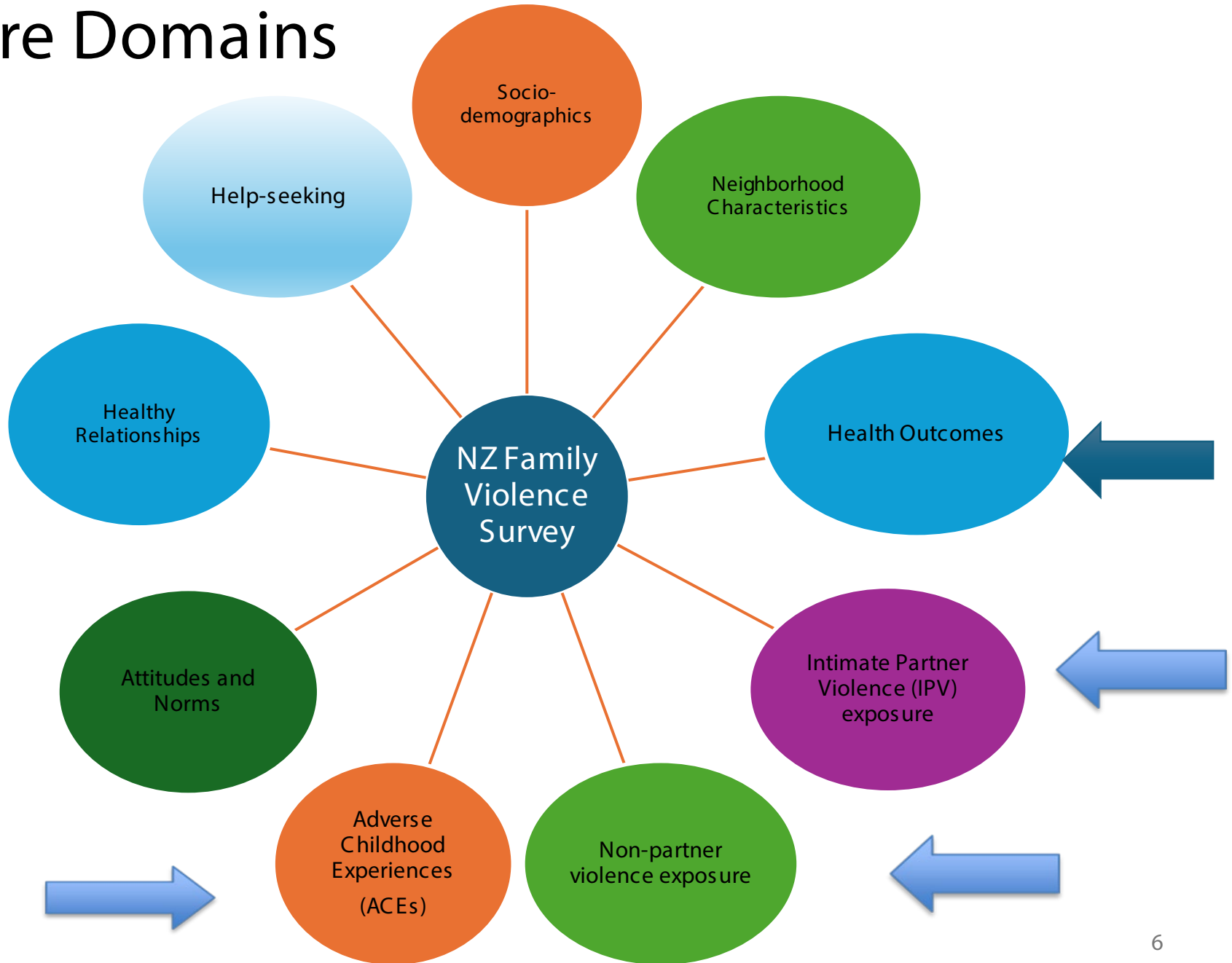
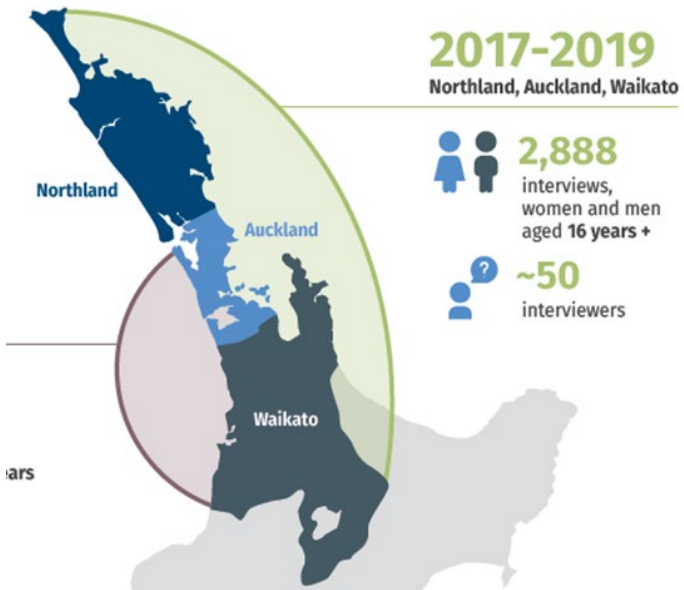
the state of being
connected or related
between people rel

Understanding the population prevalence of violence

-
- **Overall objective: to measure the population prevalence of (family) violence.**
- It also examined risk and protective factors as well as chronic health and social outcomes.
- For the first time in NZ, it included
 - males
 - participants aged 65+ years.
 - measures of disability and
 - Adverse Childhood Experiences (ACEs).



Questionnaire Domains



Health Outcomes

1. Poor general health (poor/good)

- How would you rate your health: very poor, poor, fair, /good, excellent?

2. Recent pain or discomfort

- In the past FOUR (4) weeks have you been in pain or discomfort? Would you say no pain at all, slight pain or discomfort, / moderate, severe, or extreme pain or discomfort?

3. Recent use of pain medication

- In the past FOUR (4) weeks, have you taken medication to relieve pain?

4. Frequent use of pain medication (infrequent/frequent)

- How often? Once or twice, a few times, / or many times?

5. Recent healthcare consultation

- In the past four weeks, did you consult a doctor or other professional or traditional healthcare worker because you were sick?

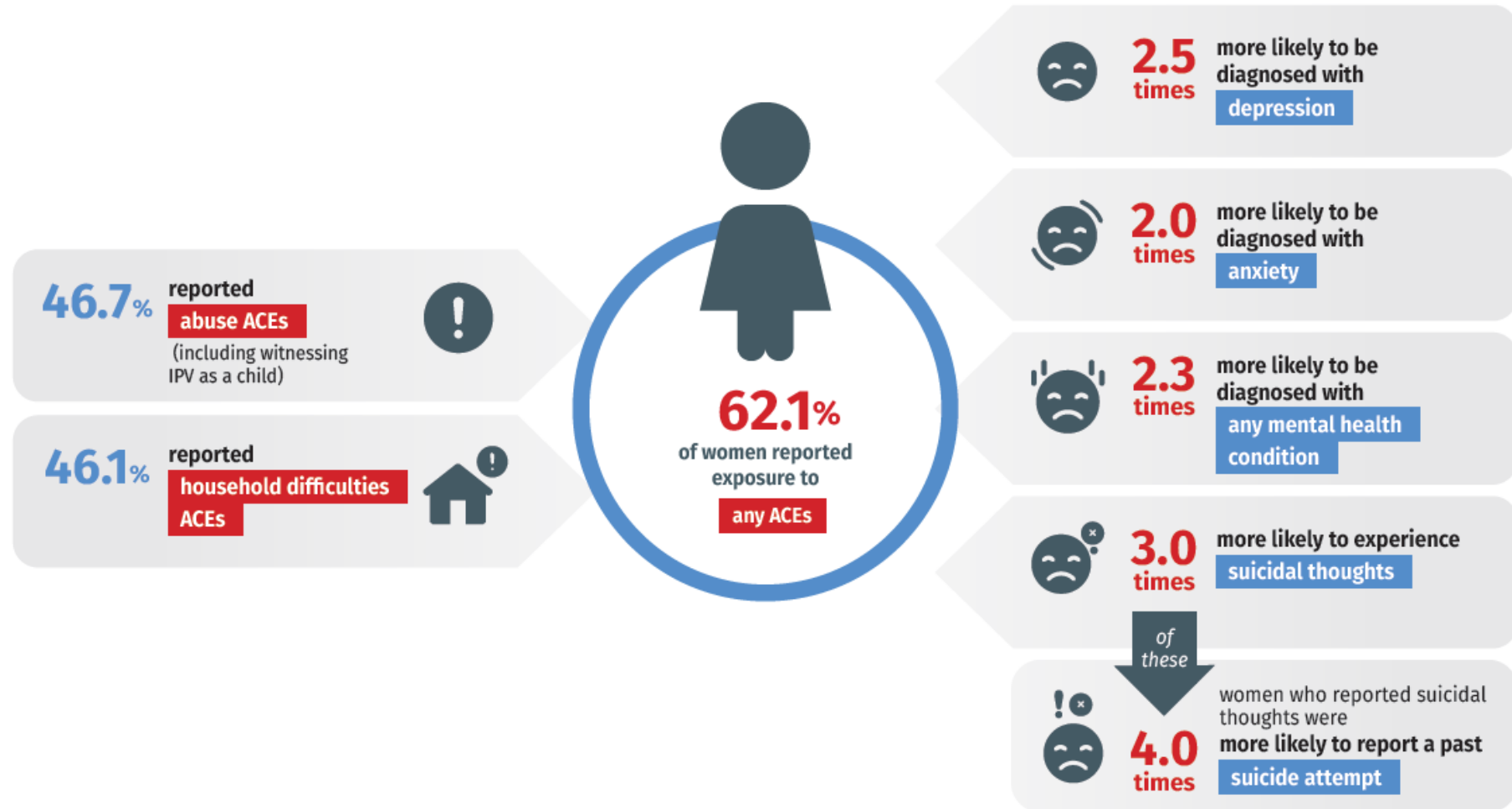
6. Any diagnosed physical health condition

- e.g., Heart disease (including heart attack, angina, or heart failure) cancer, stroke, diabetes (not gestational), asthma, arthritis, other. Hypertension excluded.

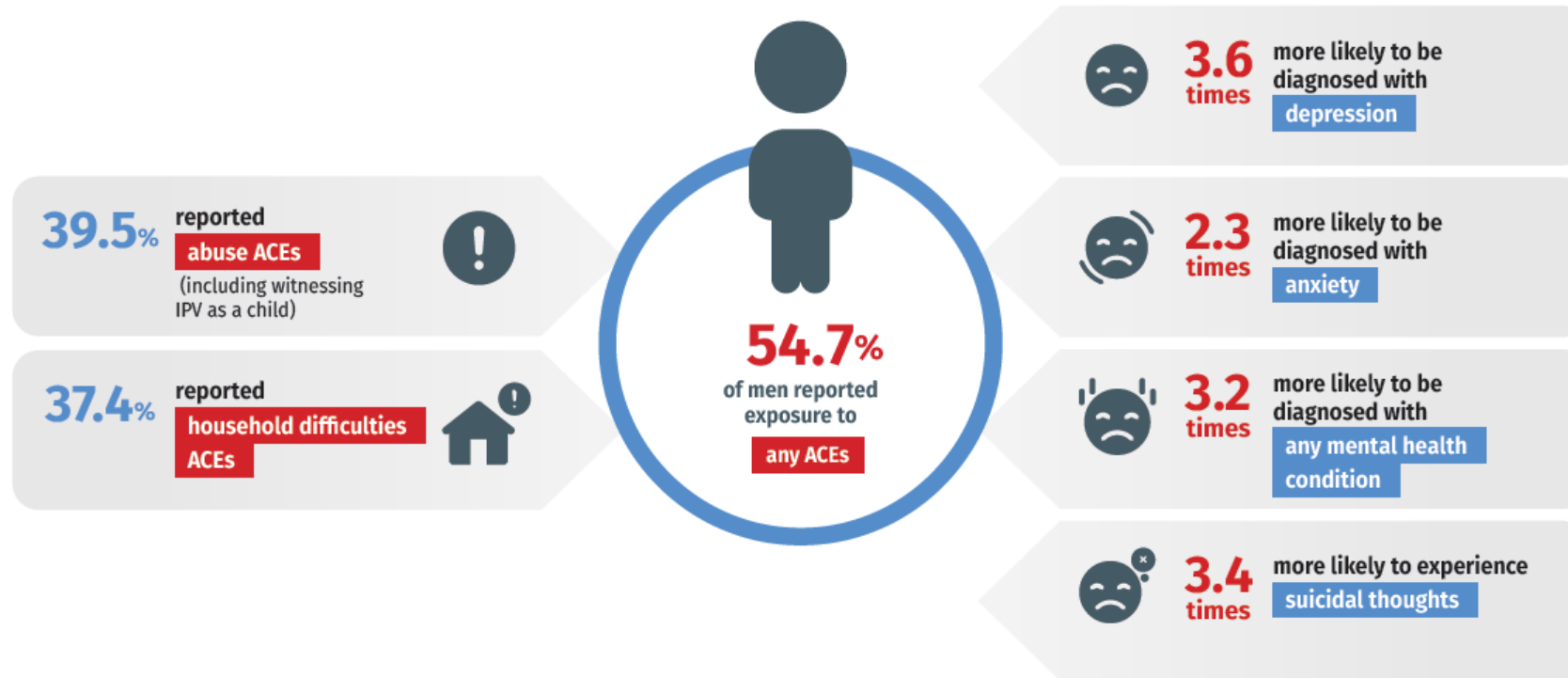
7. Any diagnosed mental health condition

- e.g., depression, anxiety, substance abuse disorder, or other.

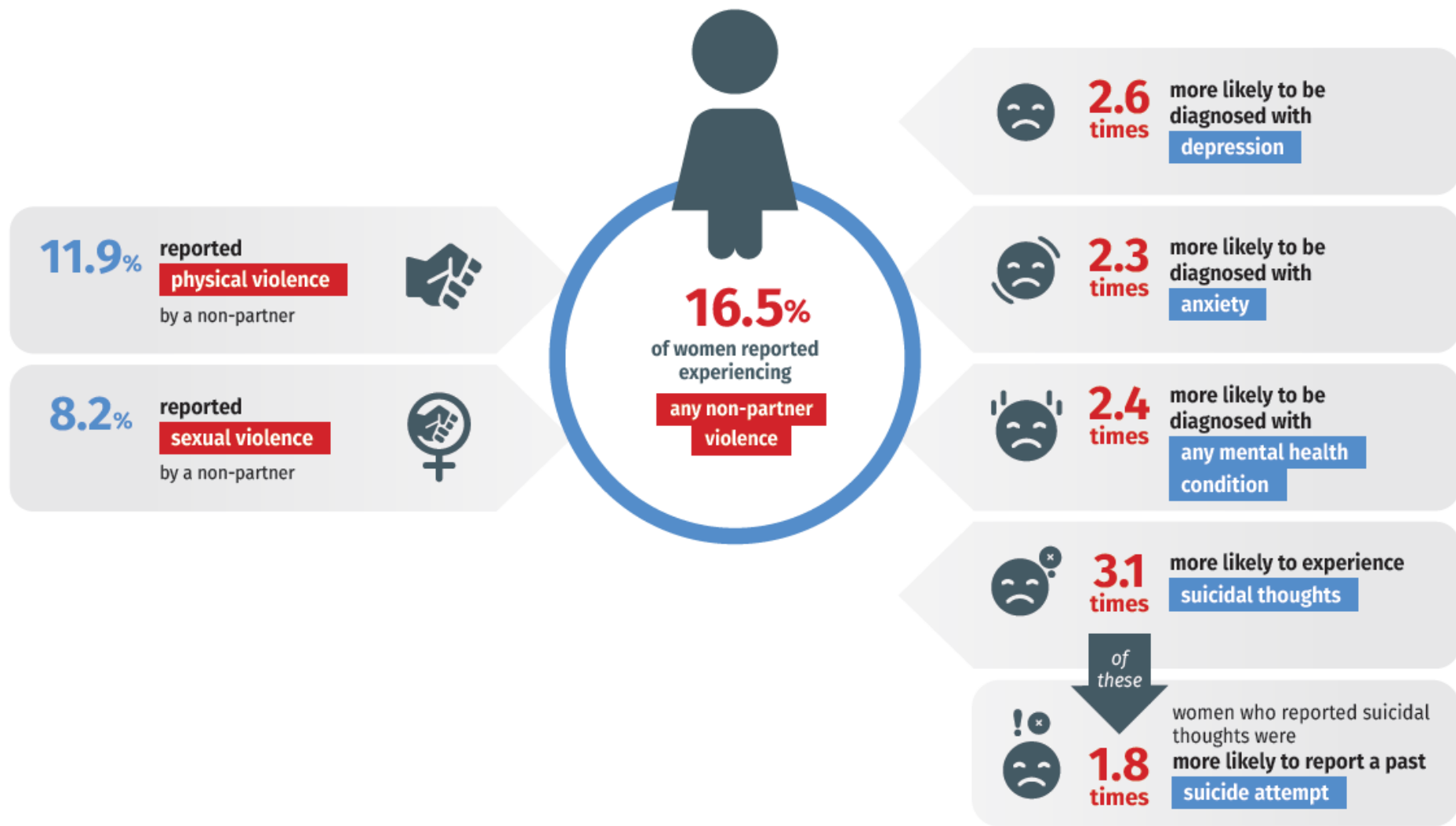
Women's exposure to adverse childhood experiences (ACEs) and mental health effects



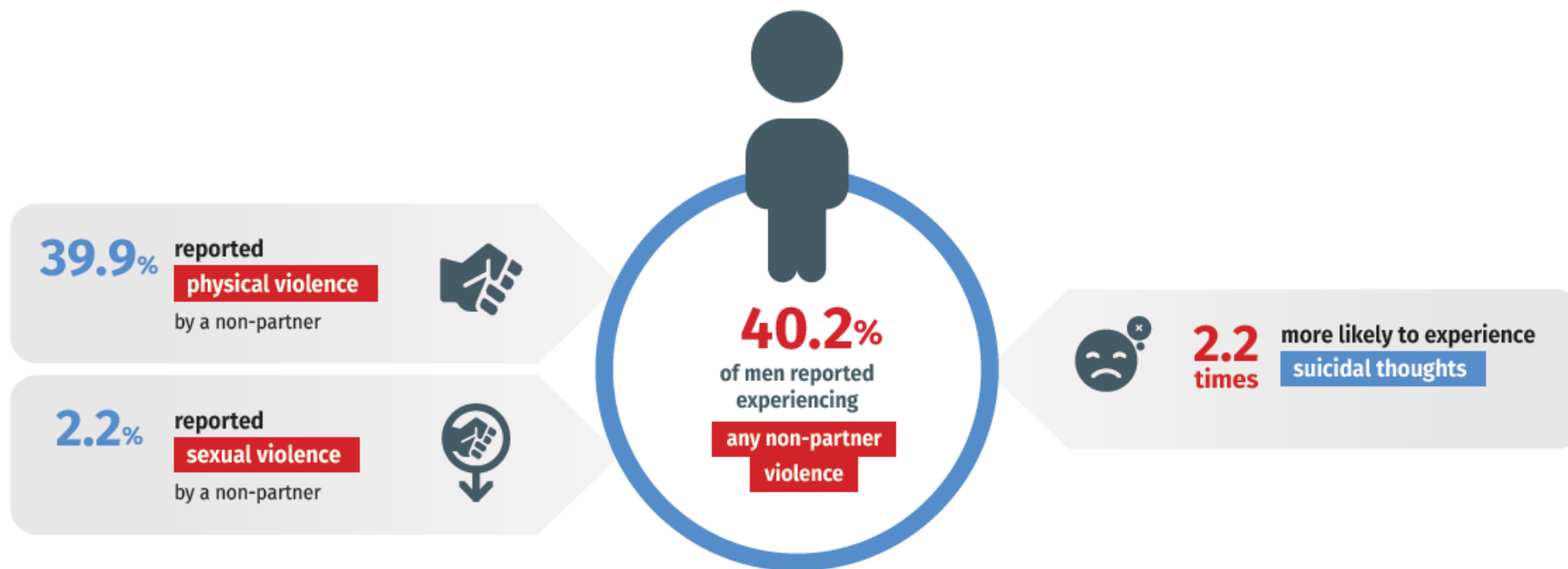
Men's exposure to adverse childhood experiences (ACEs) and mental health effects



Women's lifetime experience of non-partner violence and mental health effects

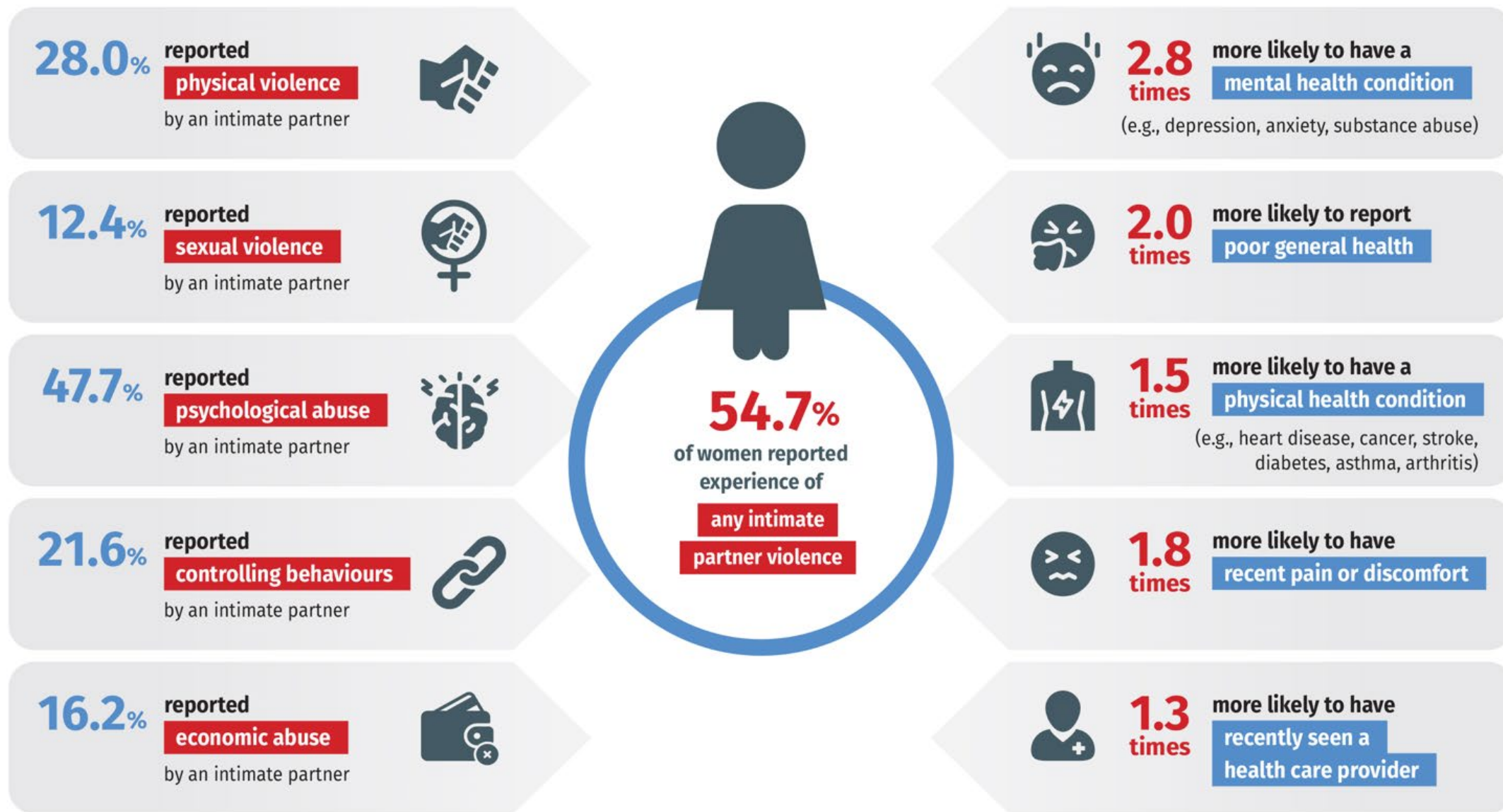


Men's lifetime experience of non-partner violence and mental health effects



He Koiira Matapopore | 2019 New Zealand Family Violence Study

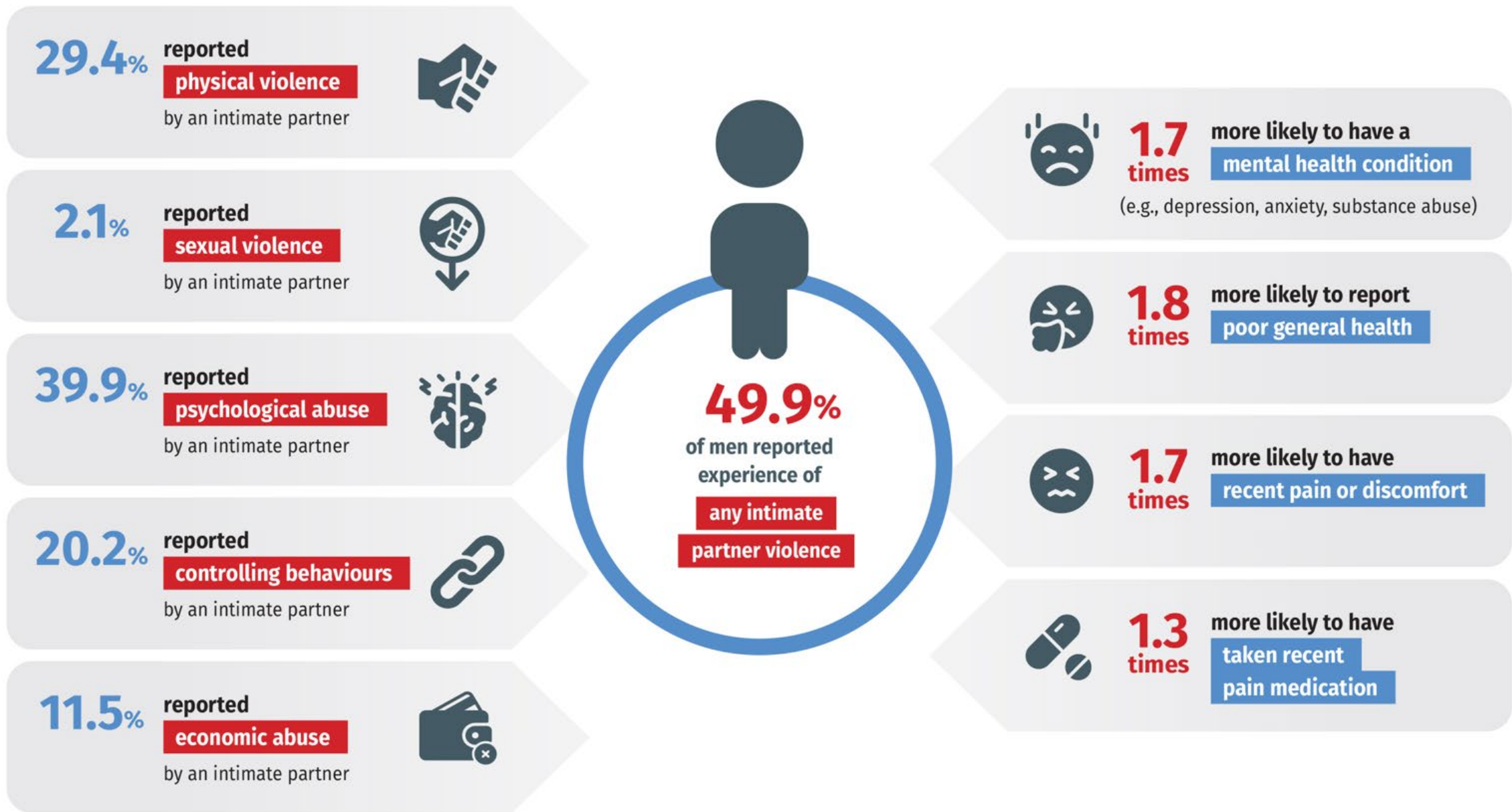
Women's lifetime experience of intimate partner violence and health effects



Health effects reported by women who experienced four or more types of intimate partner violence



Men's lifetime experience of intimate partner violence and health effects



Health effects reported by men who experienced four or more types of intimate partner violence

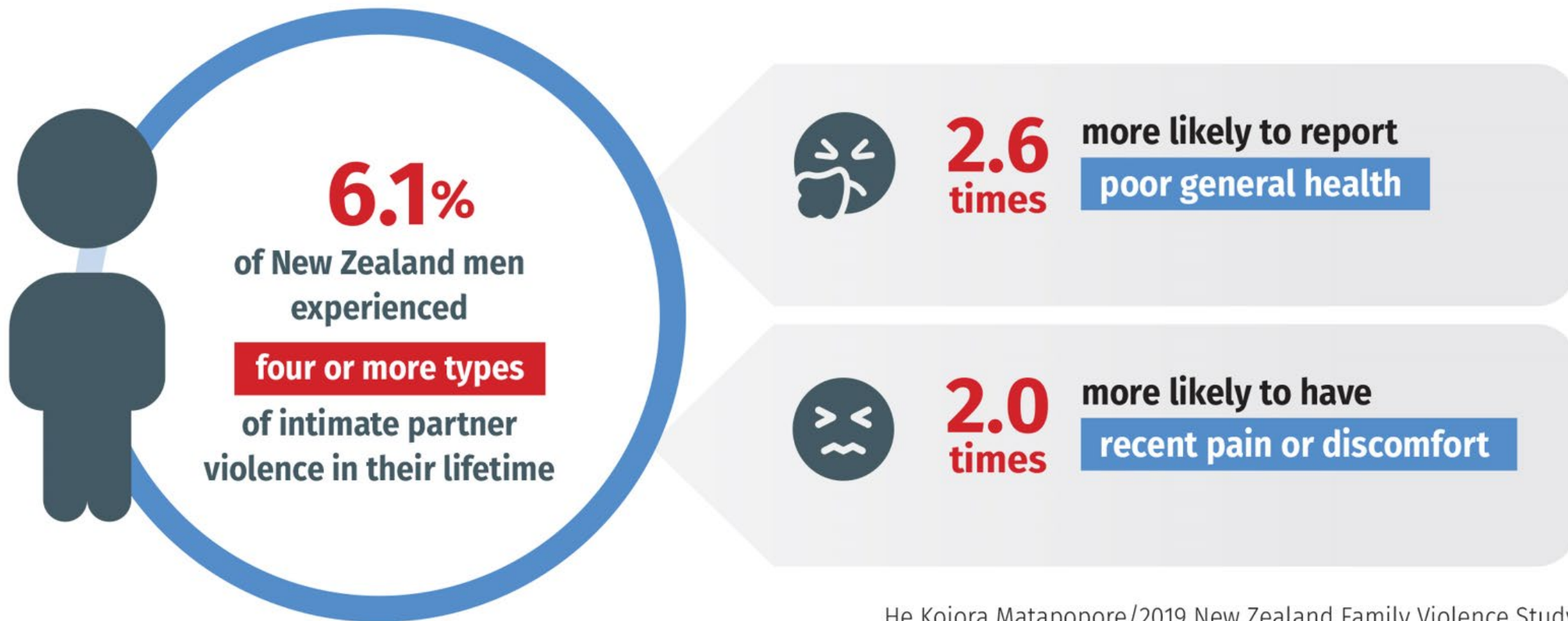
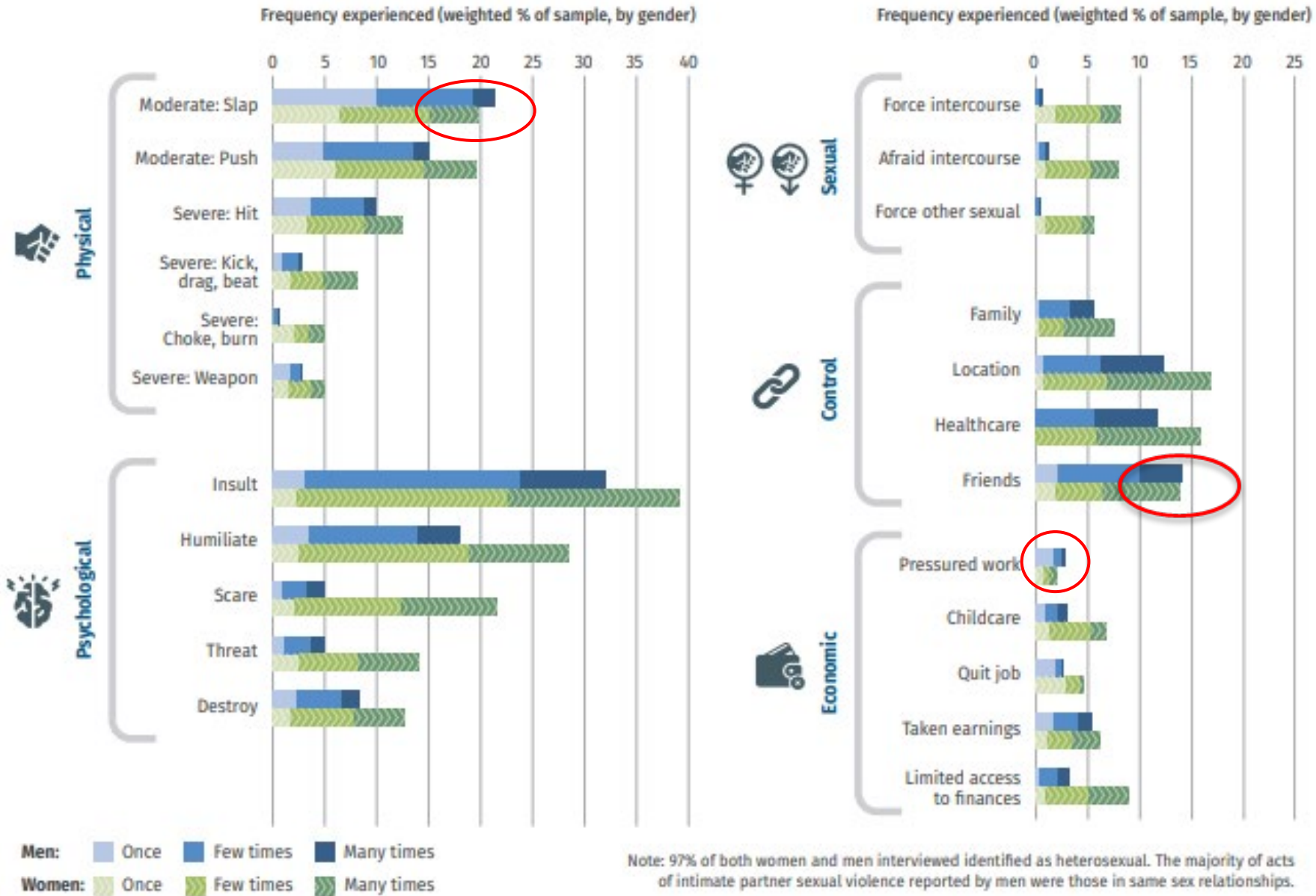
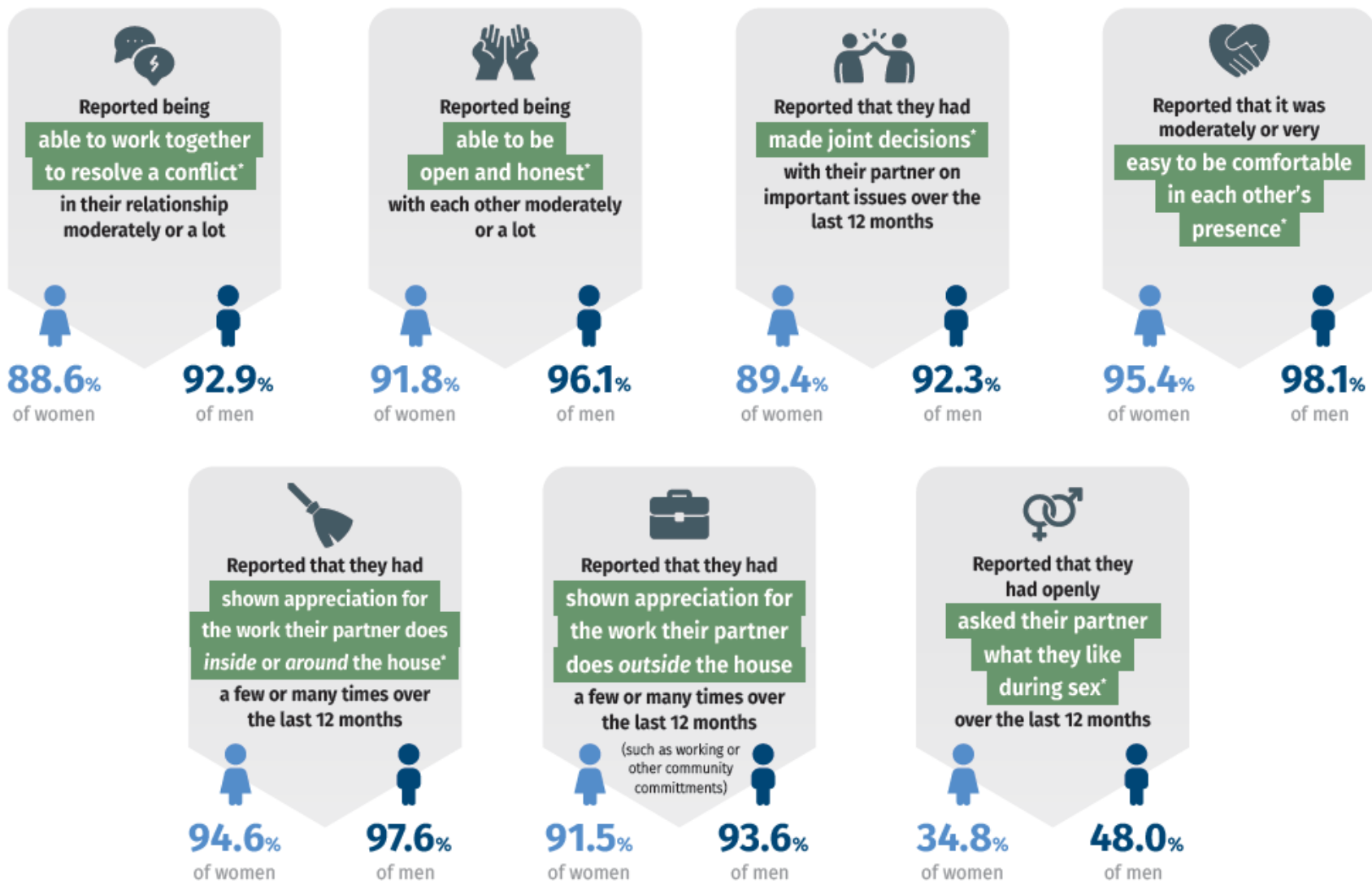


FIGURE 5: FREQUENCY OF INDIVIDUAL ACTS OF INTIMATE PARTNER VIOLENCE EXPERIENCED, BY GENDER



Prevalence of relationship quality indicators within adults' current or most recent intimate relationships



* Men were significantly more likely to report these relationship quality indicators than women.

Number of relationship quality indicators reported and experiences of intimate partner violence, by gender

Compared with individuals who reported 0-3 relationship quality indicators



Women who reported 6-7 relationship quality indicators were:



66% less likely to report any intimate partner violence



Men who reported 6-7 relationship quality indicators were:



60% less likely to report economic abuse by an intimate partner



40% less likely to report physical violence by an intimate partner



60% less likely to report sexual violence by an intimate partner



68% less likely to report psychological violence by an intimate partner



60% less likely to report controlling behaviours by an intimate partner



70% less likely to report economic abuse by an intimate partner

Number of relationship quality indicators reported and associated health outcomes, by gender

Compared with individuals who reported 0-3 relationship quality indicators



Women who reported 6-7 relationship quality indicators were:



2.04 times more likely to report positive mental health



Men who reported 6-7 relationship quality indicators were:



2.36 times more likely to report positive mental health

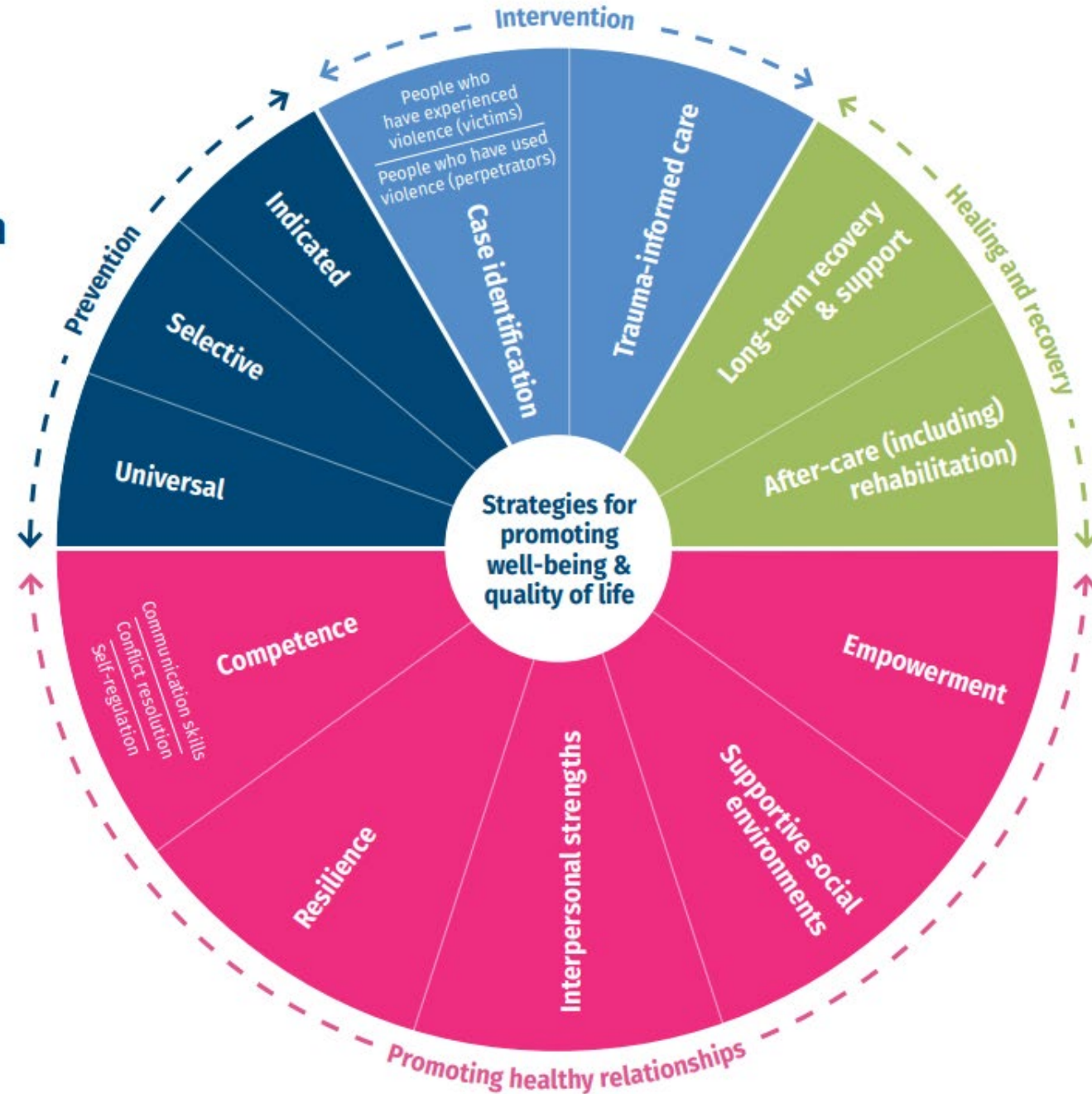


41% less likely to report poor mental health

He Koiora Matapopore | 2019 New Zealand Family Violence Study

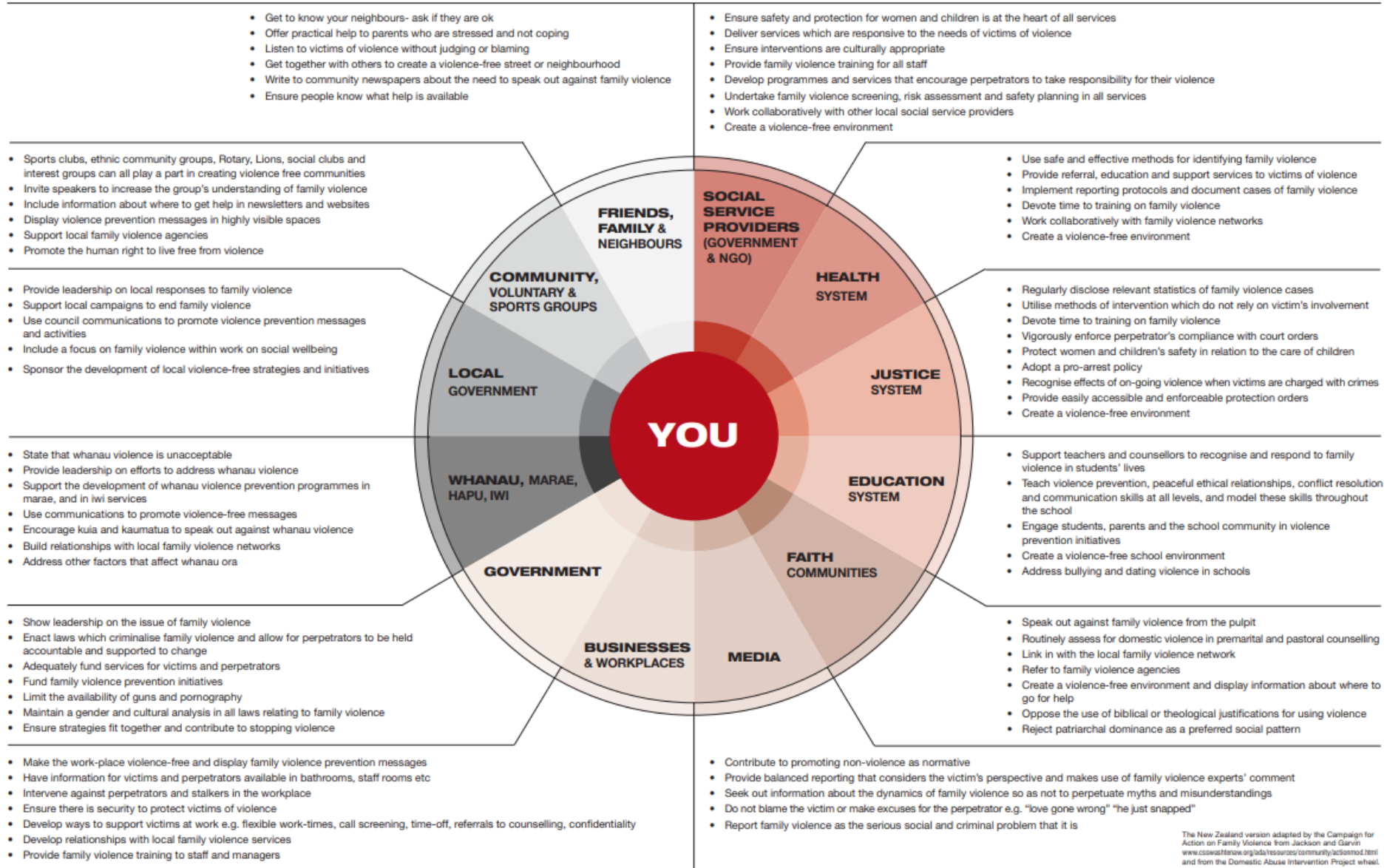
Promoting Healthy Relationships, Violence Prevention, Violence Intervention

Fanslow, 2019. Preventing and responding to violence. Presented at the International Union of Health Promotion Education Conference, Rotorua, NZ 2019.

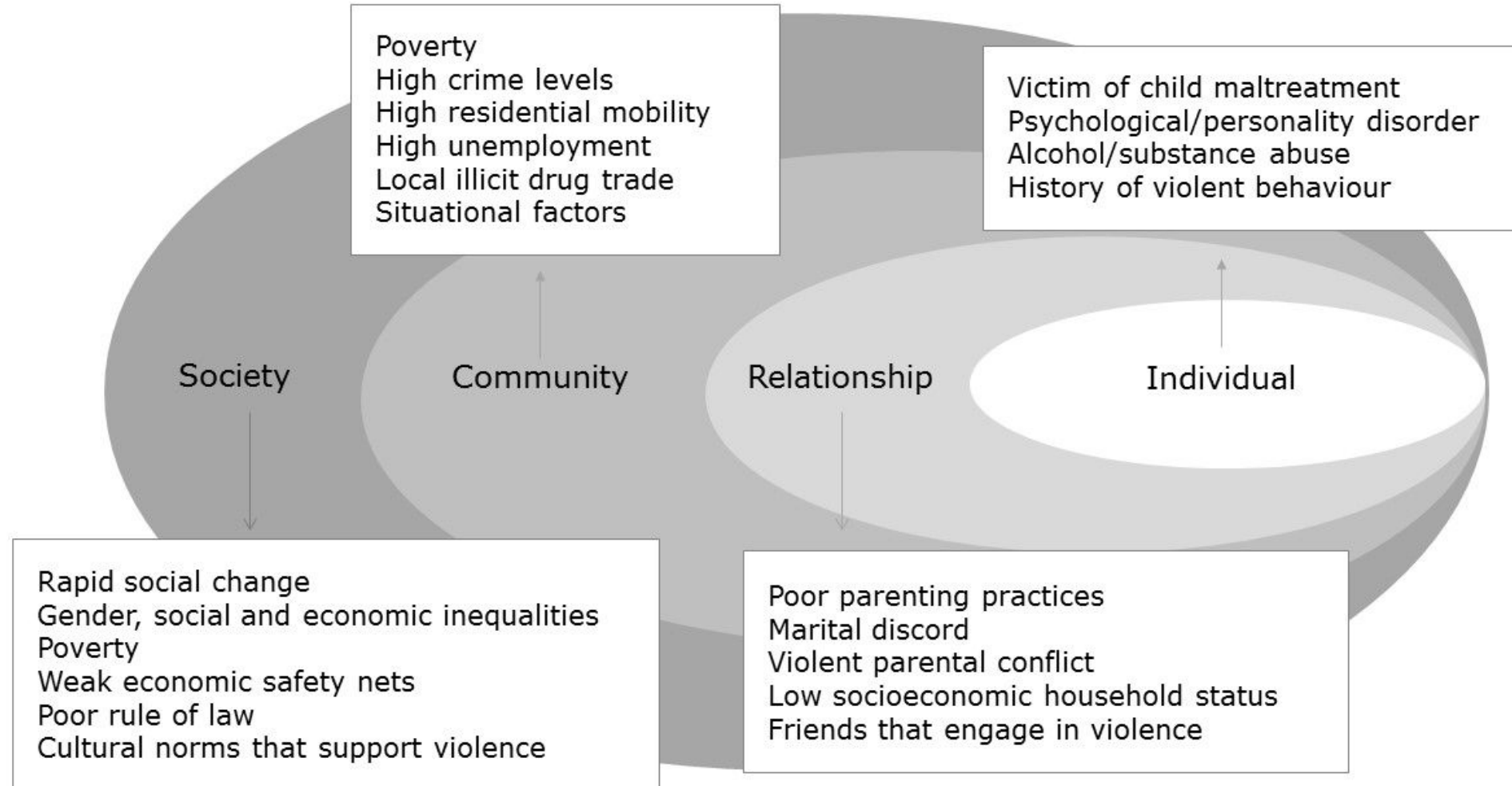


DESIRE TO MAKE A DIFFERENCE

COORDINATED COMMUNITY ACTION FOR PREVENTING FAMILY VIOLENCE (NEW ZEALAND VERSION)

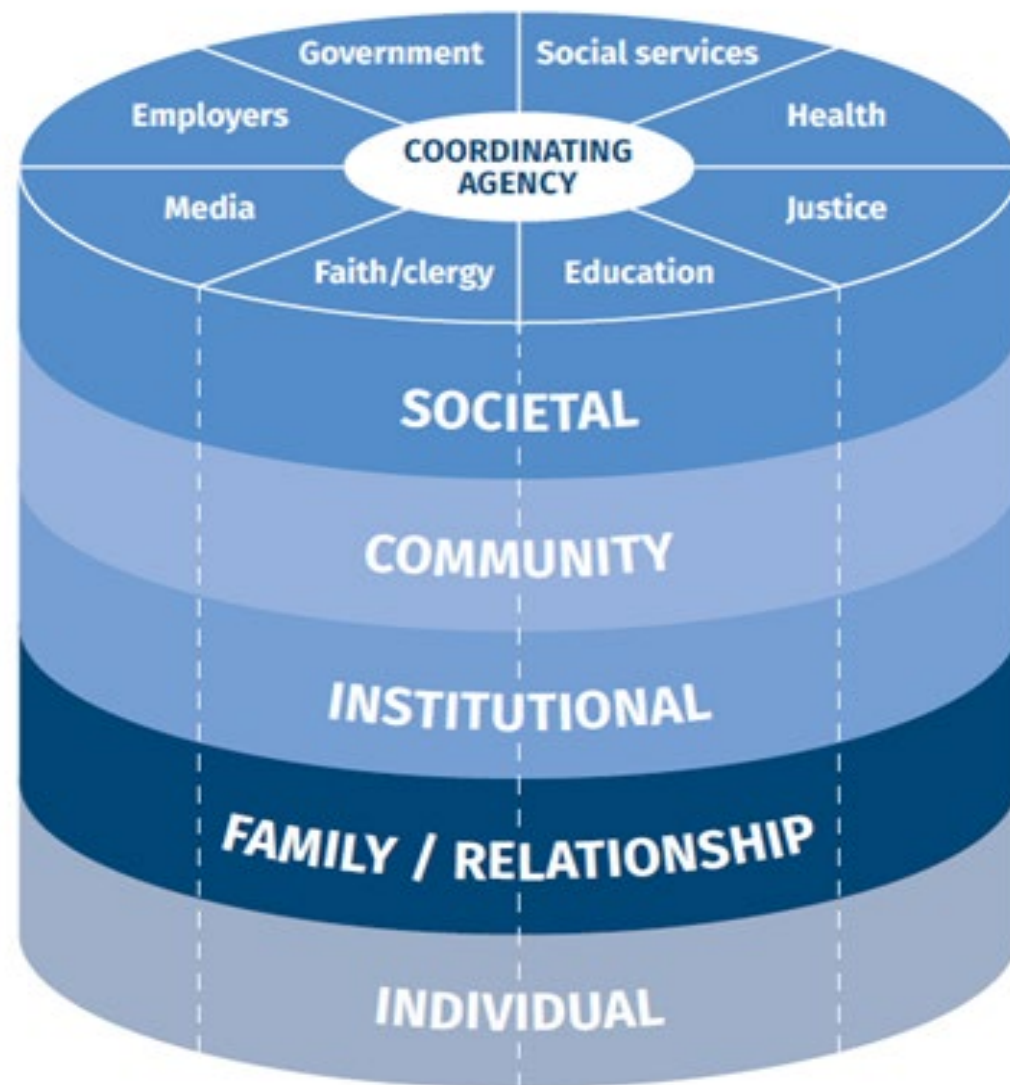


World Health Organisation: Violence Prevention Alliance



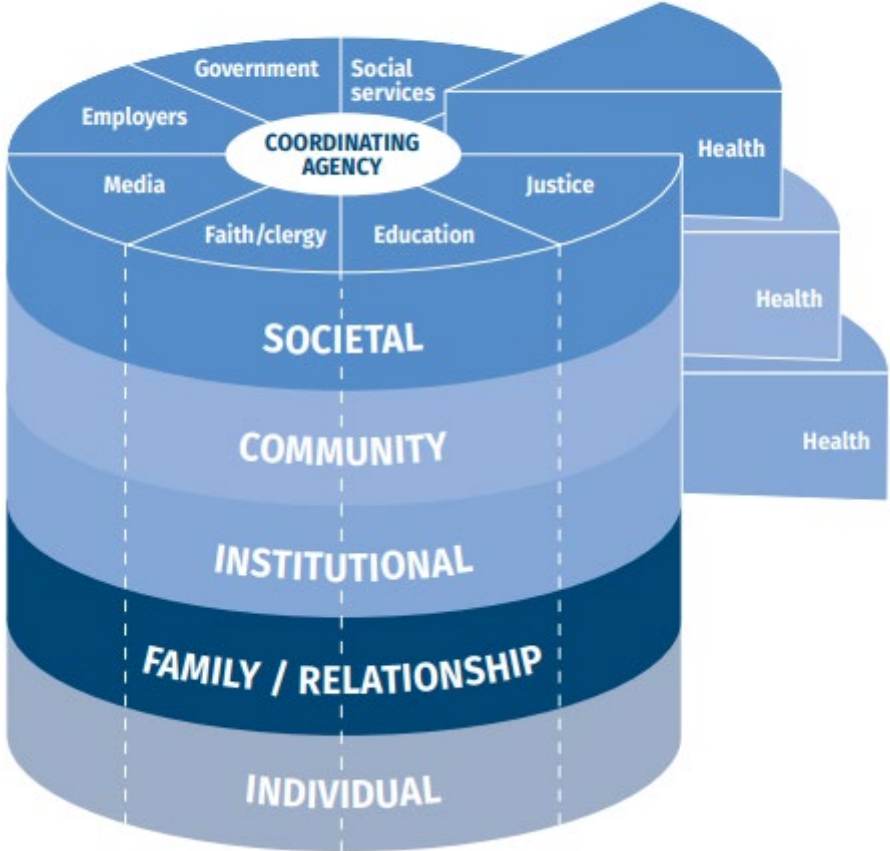
Fanslow, 2005, Expanded ecological model

<https://nzfvc.org.nz/news/beyond-zero-tolerance-key-issues-and-future-directions-family-violence-work-new-zealand>



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The art, science and politics of creating a mentally healthy society (Barry, 2019)



The SASA! Approach: How it works

Start



- Learning about the community
- Selecting Community Activists
- Fostering 'power within' staff and community activists

← involving community

Levels of physical partner violence against women **52%** lower in SASA! communities than in control communities

"When it comes to me I have changed a lot. I no longer beat her as I used to, I no longer use abusive language on her..."

Male community member





<https://profiles.auckland.ac.nz/j-fanslow/publications>

Email: j.fanslow@auckland.ac.nz



Family violence is a critical health issue video series

Sort



Why family violence is a wider health issue

University of Auckland | Waipapa Taumata Rau • 414 views • 5 months ago



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Janet Fanslow • 155 views • 3 months ago



Family violence is a critical health issue – Interview with Denise Wilson.

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Ashley Bloomfield • 86 views • 2 months ago



<https://www.youtube.com/playlist?list=PLsMjVvROqQYjWx42xLPLJYHJgwA-j58h5>