

Mental Health

Impact Score

0 23 30

Definition

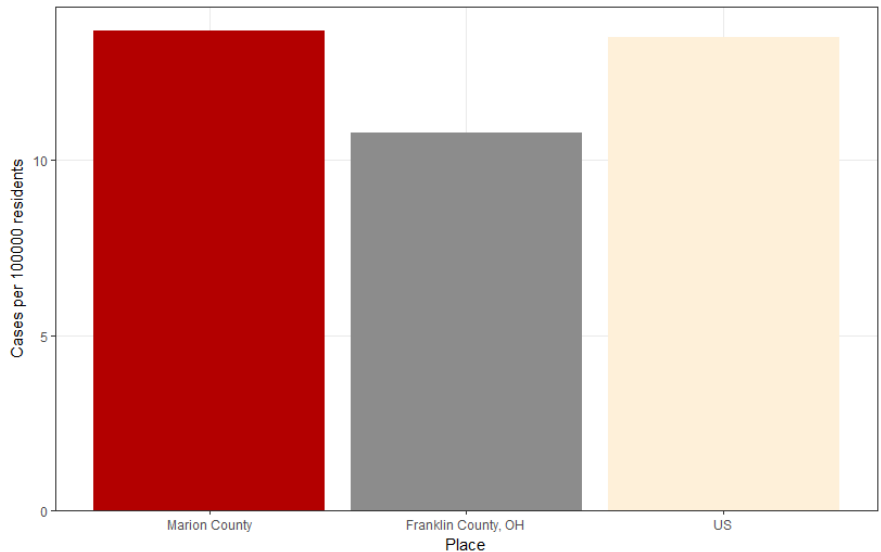
Mental health encompasses a multitude of diagnoses. Depression is one of the most common mental health diagnoses made and it is characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. Depression can lead to suicide, or the act of intentionally causing one's own death.

Health impacts of depression:

Increased risk of:

- Suicide – 50% of all suicides are due to depression
- Substance abuse – 2x more likely to be diagnosed with a substance use disorder
- Sleep disorders
- Poor social skills
- Relationship issues

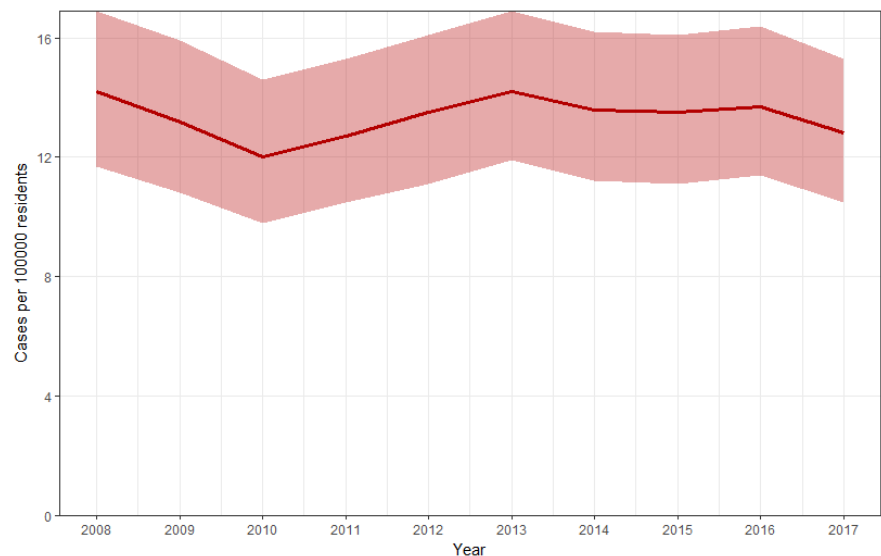
Jurisdictional Comparison of Age-Adjusted Suicide Mortality (per 100,000)



Treatments to reduce depression:

- Medication (Antidepressants)
- Psychotherapy
- Electroconvulsive therapy

Age-Adjusted Suicide Mortality per 100,000 in Marion County, IN: 2008-2017



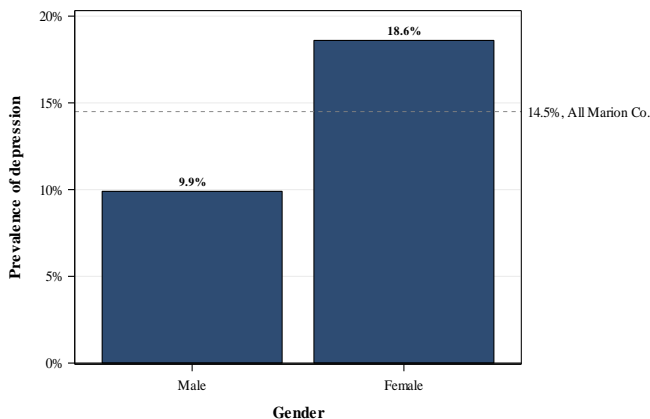
Risk Factors for Depression

- Personal or family history of mental illness
- Major life changes
- Trauma
- Stress
- Certain medications
- Genetics

Inequity of Depression

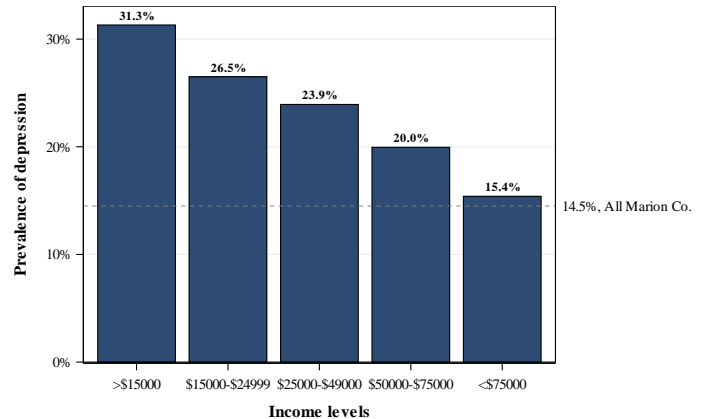
- In 2016, Marion County women were nearly twice as likely as men to report feeling depressed
- In 2016, there was a direct correlation between income and self-reported depression among Marion County residents

Prevalence of depression in Marion County by gender (BRFSS 2016 data source)



Source: bffs2016mconly., DR3490 Health equity- Depression in Marion County.

Prevalence of depression in Marion County by income levels (BRFSS 2016 data source)



Source: bffs2016mconly., DR3490 Health equity- Depression in Marion County.

Other Details

Indiana's national ranking for prevalence of mental health indicators is 43

Indiana's national ranking for access to mental health care for residents is 37

Prevalence (Indiana's rank = 43)	Indiana	U.S.
Adult prevalence of any mental illness	20.25%	18.29%
Adults with dependence or abuse of Illicit Drug or Alcohol	8.9%	8.47%
Adults with serious thoughts of Suicide	4.13%	3.94%
Youth with at least one past year Major Depressive Episode	12.19%	11.01%
Youth with severe Major Depressive Episode	9%	7.4%
Youth with Dependence or Abuse of Illicit Drugs or Alcohol	5.09%	5.13%
Adults with a mental illness who did not receive treatment	57.2%	56.50%
Access to care (Indiana's rank = 37)	Indiana	U.S.
Adults with a mental illness Reporting unmet Need	24%	20.30%
Adults with a mental illness who are uninsured	19.1%	17%
Adults with disability who Could Not See a Doctor Due to Costs	25.4%	22.9%
Youth with Major depression who did not receive mental health services	71.1%	64.1%
Youth with Major depressive disorder who received Some consistent treatment	21%	21.7%
Children with private insurance that did not cover mental or emotional problems	6.7%	7.9%
Students identified with emotional disturbance for an Individualized Education Program	13.31 per 1000	7.71 per 1000
Mental Health Workforce Availability	710:1	529:1

Source: Epidemiology Department, DR3783