



# Fast Facts

Use these thought-provoking statistics in educational material, websites, and communications with local media and policymakers to boost awareness of mental health issues and their impact on your community — and the nation. Organized by target audience, these statistics will add punch to your Mental Health Month message!

## Workplace

- ◆ One in four people report they've missed work as a result of work-related stress. (APA, 2004)
- ◆ Workplace environments have a greater effect on employee stress levels than the number of hours employees work. (UA, 2003)
- ◆ Seventy-five percent of visits to doctors' offices concern stress-related ailments. (APA, 2004)
- ◆ Chronic stress can double a person's risk of having a heart attack. (BCBS MA, 2004)
- ◆ Stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. (APA, 2004)
- ◆ In a typical workplace with 20 employees, four will likely develop a mental illness this year. (NIMH, 2004)
- ◆ Mental health conditions are the second leading cause of workplace absenteeism. (APF, 2004).
- ◆ People who have untreated mental health issues use more general health services than those who seek mental health care when they need it. (APA, 2004).
- ◆ More than three out of four employees who seek care for workplace issues or mental health problems see substantial improvement in work performance after treatment. (APF, 2003)
- ◆ Untreated and mistreated mental illness costs the United States \$105 billion in lost productivity each year, and U.S. businesses foot up to \$44 billion of this bill. (BMJ, 1998; NMHA, 2001)

- ◆ Anxiety-related disorders cost the United States \$42 billion a year in work-related and medical losses. (ADAA, 2004)
- ◆ Workers who abuse drugs cost their employers twice as much in medical and worker compensation claims as workers who do not abuse drugs. (NIDA, 2004)

## Consumers and Recovery

- ◆ As many as 8 million Americans who have serious mental illnesses do not receive adequate treatment each year. (HU, 2002)
- ◆ Although about 16 percent of American adults will develop depression at some point, only one-fifth will receive the care they need to treat the condition. (JAMA, June 2003)
- ◆ An estimated 2.5 million Americans have bipolar disorder. The actual number may be two to three times higher because as many as 80 percent of people with this illness go undiagnosed or misdiagnosed. (NMHA, 2003)
- ◆ Regular physical exercise can help people reduce stress, depression and anxiety, and enable them to better cope with adversity. (UNM, 2003)
- ◆ People who have major depression and anxiety disorders are significantly (60 percent) less likely to relapse if they exercise regularly—and continue exercising over time—than if they take medication alone. (Mayo Clinic, 2003)
- ◆ The treatment success rates for such disorders as depression (more than 80 percent), panic disorder (70-90 percent) and schizophrenia (60 percent),

surpass those of other medical conditions, such as heart disease (45-50 percent). (NAMHC Report, 1993)

- ◆ People with high rates of medical service use have four times the prevalence of depression and anxiety disorders. Effective treatment of mental illnesses, especially depression, is associated with improved outcomes for chronic physical disorders. (JFP, 2000)

### Diverse Communities

- ◆ African Americans and Latinos are up to three times more likely than whites to say that people of color are less likely to receive adequate health care. Only one in five whites agree with this assumption, however. (HA, 2003)
- ◆ Only 33 percent of African Americans enrolled in Medicare managed care health plans receive follow-up care after being hospitalized for a mental illness compared with 54 percent of white Americans. (JAMA, 2002)
- ◆ One-third of all Latinos (32.7 percent) lack health insurance coverage, a far higher proportion than any other ethnic group. (USCB, 2004)
- ◆ Ninety percent of African American youths who enter the mental health system live in poverty. (USSG, 2001)
- ◆ Although homicide is the second leading cause of death among all people ages 10 to 24, it is the leading cause of death for African-Americans in that age group. (CDC, 2004)
- ◆ While the suicide rate for white teenage males fell somewhat between 1986 and 1997, the rate for African American male teens increased dramatically during the same period (7.1 per 100,000 to 11.4 per 100,000). (USSG, 2001)
- ◆ American Indian and Alaskan Natives have the highest rate of suicide in the 15 to 24 age group of all American ethnic and racial groups. (CDC, 2004).
- ◆ About 70 percent of Southeast Asian immigrants in the U.S. who receive mental healthcare have symptoms of post-traumatic stress disorder. (USSG, 2001)
- ◆ More than three-quarters of teens (78 percent) report that kids who are gay or thought to be gay are teased or bullied in their schools and communities. (NMHA, 2002)
- ◆ Up to 42 percent of teens who are homeless are also gay, lesbian or transgender. (GLBTP, 2003)

### Children and Families

- ◆ Five to 9 percent of children in the United States have a serious emotional disturbance. (USSG, 1999)
- ◆ About 13 percent of children between 9 and 17 years old have an anxiety disorder. (USSG, 1999)
- ◆ About 4.1 percent of school-age children have attention-deficit hyperactivity disorder. (NIMH, 1999)
- ◆ Nearly 4 percent of boys and more than 6 percent of girls have symptoms of post-traumatic stress disorder caused by violence they have endured or witnessed. (JCCP, 2003)
- ◆ Nearly two-thirds of boys and three-quarters of girls in juvenile detention centers have a psychiatric disorder. (AGP, Dec. 2002)
- ◆ Only about 21 percent of children in the United States who need mental health services actually receive them. (AJP, Sept. 2002)
- ◆ Kids who say other students bully them at school are 50 percent more likely to admit they brought weapons to school during the past month than students who've never bullied or been bullied. (NICHD, 2003)
- ◆ About every two hours, a young person kills himself or herself. (AAS, 2002)
- ◆ Three million teenagers have considered suicide or attempted suicide in the past year. (SAMHSA, 2002)
- ◆ Suicide is the third leading cause of death among people under 24 years old after accidents and homicide. (CDC, 2002)

### College Students

- ◆ Nearly 15 percent of college students have been diagnosed with depression. (ACHA, 2004)
- ◆ Seven percent of college students have an anxiety disorder. (NIMH, 2000)
- ◆ Up to 2 percent of all college-aged woman have bulimia nervosa. (NEDA, 2004)
- ◆ Nearly 4 percent of females will have anorexia at some point during their lifetime. (NIMH, 2004)
- ◆ About one-third of college students (32 percent) report that stress impedes their academic performance. Fifteen percent report that depression and anxiety are impediments to their academic performance. (ACHA, 2004)

- ◆ Seventy-seven percent of the college juniors reported feeling depressed either “frequently” or “occasionally” during the past year, compared to 61 percent who reported those feelings when they first entered college. (UCLA, 2004)
- ◆ The number of students who rate their emotional health as either “below average” or in the “bottom 10 percent” more than doubled (from 6 to 14 percent) between their freshman and junior years. (UCLA, 2004)
- ◆ About one student in five report that they have sought personal counseling since entering college. (UCLA, 2004)
- ◆ The suicide rate among males between the ages of 15 and 24 has nearly quadrupled over the last 60 years, and the rate among females in the same age group has doubled. (CDC, 2002)

### Older Adults

- ◆ About 11 percent of adults over age 55 have an anxiety disorder. (USSG, 1999)
- ◆ Although 4.4 percent of older adults have a mood disorder such as depression, up to 20 percent have significant symptoms of depression. (USSG, 1999)
- ◆ Chronic stress can cause premature aging. (NAS, 2004)
- ◆ Older adults who are caregivers to spouses or other relatives may be at an increased risk for developing heart disease, arthritis, osteoporosis and some cancers due to long-term stress. (OSU, 2003)
- ◆ The highest rate of suicide for any age group (19.4 per 100,000) is among people age 85 and older. The second highest rate of suicide (17.7 per 100,000) is among those between age 75 and 84. (AAS, 2002)
- ◆ Only about half of older adults who acknowledge that they may have mental health problems receive treatment from any health care provider, and only a fraction of those receive specialty mental health services (3 percent), the lowest rate among any adult age group. (AAGP, 2004)
- ◆ Over half of older persons who receive mental health care receive it from their primary care physicians. (AAGP, 2004)
- ◆ Older men are far less likely to seek and receive treatment for depression than older women. (UCLA, 2003)
- ◆ Medical treatment outcomes are worse when complicated by mental health problems. For example,

rehabilitation from a hip fracture or a heart attack is less successful and more expensive when complicated by depression. (NIMH, 2003)

### Policymakers

- ◆ Between 28 and 30 percent of the U.S. population has a mental health disorder, substance abuse disorder or both. (USSG, 1999)
- ◆ More than 85 million people have lacked health insurance coverage at some point in 2003 and 2004. (Families USA, 2004)
- ◆ One in five American families have at least one member who lacks health insurance coverage, a situation that can place the entire family at risk for financial ruin and poor health. (USCB, 2004)
- ◆ Parents in 19 states surrendered custody of a total of nearly 13,000 children in 2001 to get their kids the mental health treatment the parents could not afford. (GAO, 2003)
- ◆ In 2002, 132,353 individuals were hospitalized following suicide attempts; 116,639 people were treated in hospital emergency departments after suicide attempts and released. (CDC, 2004)
- ◆ The poor health and premature deaths of people who lack health insurance coverage cost the nation between \$65 billion and \$130 billion annually. (IOM, 2003)
- ◆ Untreated and mistreated mental illness costs the United States \$150 billion in lost productivity and \$8 billion in crime and welfare expenditures each year. A 5.5 percent increase in spending by businesses and government on mental health treatment could cut these costs by half. (CHP, 2004; NMHA, 2001)
- ◆ Full mental health insurance parity will increase insurance premiums by only 0.9 percent to 1.0 percent. (APA, 2003)
- ◆ More than 600,000 visits to hospital emergency rooms due to drug use were recorded in 2000. (NIDA, 2003)
- ◆ Alcohol and drug abuse cost society about \$245.7 billion in 1992. Of this amount, about 46 percent was borne by governments. (NIDA, 2003)

# Fast Facts Reference Key

<b>AAGP</b>	<i>American Association for Geriatric Psychiatry</i>
<b>AAS</b>	<i>American Association of Suicidology</i>
<b>ACHA</b>	<i>American College Health Association</i>
<b>ADAA</b>	<i>Anxiety Disorders Association of America</i>
<b>AGP</b>	<i>Archives of General Psychiatry</i>
<b>AJP</b>	<i>American Journal of Psychiatry</i>
<b>APA</b>	<i>American Psychological Association</i>
<b>APF</b>	<i>American Psychiatric Foundation</i>
<b>BCBS MA</b>	<i>Blue Cross Blue Shield of Massachusetts</i>
<b>BMJ</b>	<i>British Medical Journal</i>
<b>CDC</b>	<i>U.S. Centers for Disease Control and Prevention</i>
<b>CHP</b>	<i>Center for Health Policy</i>
<b>GAO</b>	<i>General Accountability Office</i>
<b>GLBTP</b>	<i>Gay, Lesbian, Bisexual, and Transgender Health Access Project</i>
<b>HA</b>	<i>Health Affairs journal</i>
<b>HU</b>	<i>Harvard University</i>
<b>IOM</b>	<i>Institute of Medicine</i>
<b>JAMA</b>	<i>Journal of the American Medical Association</i>
<b>JCCP</b>	<i>Journal of Consulting and Clinical Psychology</i>
<b>JFP</b>	<i>Journal of Family Practice</i>
<b>NAMHC</b>	<i>National Advisory Mental Health Council</i>
<b>NAS</b>	<i>Proceedings of the National Academy of Sciences</i>
<b>NEDA</b>	<i>National Eating Disorders Association</i>
<b>NICHHD</b>	<i>National Institute of Children Health and Human Development</i>
<b>NIDA</b>	<i>National Institute of Drug Abuse</i>
<b>NIMH</b>	<i>National Institute of Mental Health</i>
<b>NMHA</b>	<i>National Mental Health Association</i>
<b>OSU</b>	<i>Ohio State University</i>
<b>SAMHSA</b>	<i>U.S. Substance Abuse and Mental Health Services Administration</i>
<b>UA</b>	<i>University of Arkansas</i>
<b>UCLA</b>	<i>University of California, Los Angeles</i>
<b>UNM</b>	<i>University of New Mexico</i>
<b>USCB</b>	<i>U.S. Census Bureau</i>
<b>USSG</b>	<i>U.S. Surgeon General</i>