

Mental Health

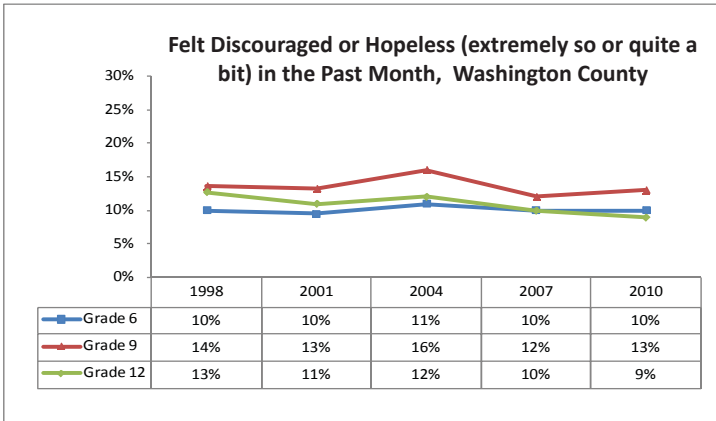
Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”¹ Mental health indicators typically fall under three areas – emotional well-being, psychological well-being and social well-being. Mental health problems (mental illness) is the term that refers collectively to all mental disorders.

Mental disorders are health conditions that are characterized by alterations in thinking, mood, or behavior associated with distress and/or impaired functioning. Mental disorders include but are not limited to depression, schizophrenia, anxiety, eating disorders, conduct disorders, attention deficit hyperactivity, personality disorders, autism and Alzheimer’s disease. Depression is the most common type of mental illness, affecting more than 26% of the U.S. adult population.²

Key Trends

- Among youth surveyed, ninth graders consistently report the highest percentages of mental health problems, such as feeling discouraged, having suicidal thoughts and injuring themselves on purpose (cutting, burns, and bruises).
- The percentage of students in grades six, nine and twelve with suicidal thoughts has gradually decreased since 1998.
- Hospital discharge rates for mental health disorders increased only slightly from 2001 to 2009. The two most common mental health disorders resulting in emergency room visits and inpatient hospitalization continue to be anxiety-related disorders and mood disorders which include depression and bipolar disorder.

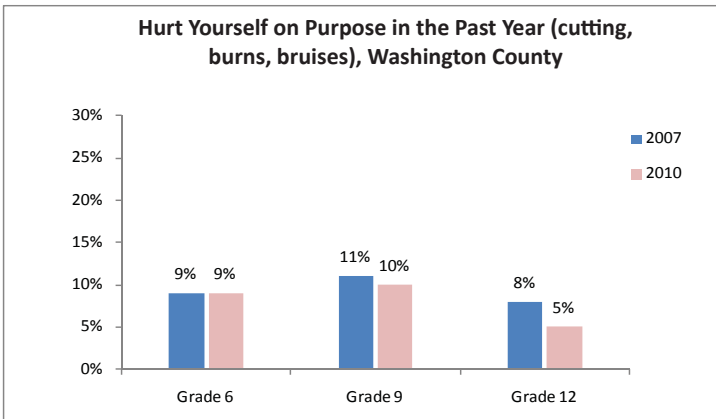
Youth Mental Health



Source: Minnesota Student Survey Interagency Team

Youth Feeling Discouraged or Hopeless

- About one in ten 6th graders reported feeling discouraged or hopeless (extremely so or quite a bit) in the past month.
- Students in grade nine consistently report the highest percentages of feeling discouraged or hopeless. In 2010, 14% of 9th grade females indicated they felt discouraged or hopeless (extremely so or quite a bit) in the past month, compared to 10% of 9th grade males.
- In 2010, students in grade 12 reported the lowest levels of feeling discouraged or hopeless (9%).

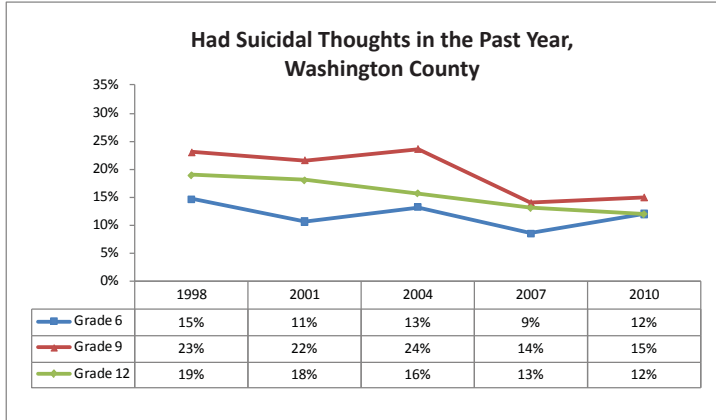


Source: Minnesota Student Survey Interagency Team

Youth Self-Injury

- Nearly one in every eleven 6th graders and one in every ten 9th graders reported some type of purposeful self-injury in 2010.
- Females in 9th grade have the highest rates of hurting themselves on purpose, at 14% in 2010.
- Among the three grades reporting, 12th graders consistently have the lowest rates of hurting themselves. In 2010, the average among females and males was 5%.

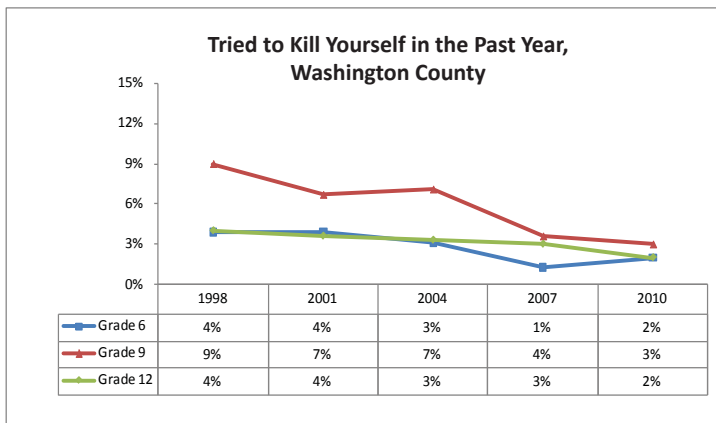
Youth Mental Health Continued



Source: Minnesota Student Survey Interagency Team

Youth Suicidal Thoughts

- Approximately 12% of students in grades six and twelve had suicidal thoughts in 2010.
- The highest rates of suicidal thoughts were reported among 9th grade females, at 18% in 2010.
- In 2010, Washington County rates were similar to state rates for 6th and 12th grades. For 9th graders, 15% of county students had suicidal thoughts in the past year, compared with 17% of students statewide.



Source: Minnesota Student Survey Interagency Team

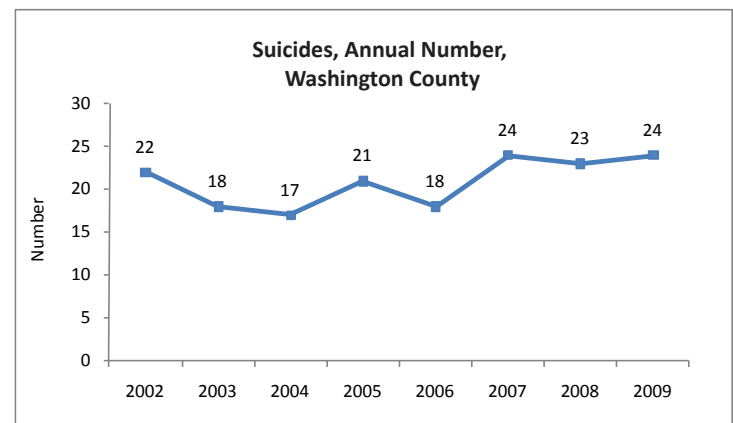
Youth Suicidal Attempts

- In 2010, approximately 2% of 6th and 12th graders tried to kill themselves, compared with 3% of 9th graders.
- The percent of females and males attempting suicide is equal in grades six and nine. In grade 12, 1% of females and 3% of males attempted suicide.
- The percent of students attempting to kill themselves in Washington County is similar to state rates.

Mental Health - All Ages

Suicide

- In 2009, there were 24 suicides among Washington County residents.
- In the past decade, the average annual number of suicides has been 18.
- In the past decade, the ages ranges with the highest number of suicides include individuals ages 45-54 and those 25-34.

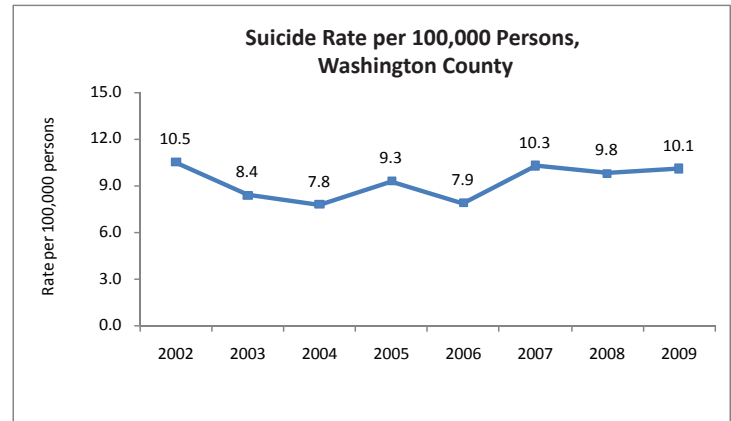


Source: MDH Center for Health Statistics

Mental Health - All Ages Continued

Suicide Rate

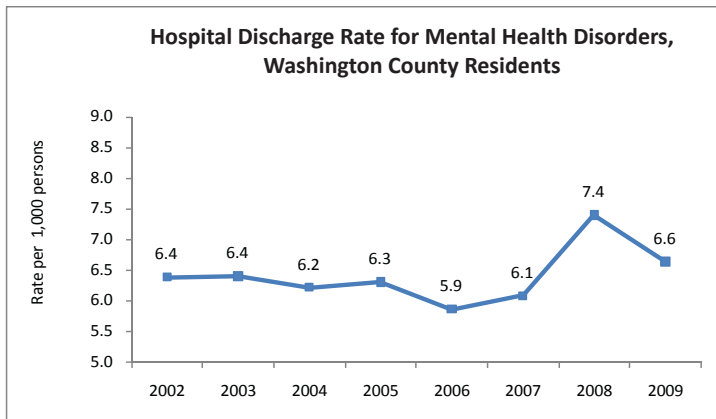
- In 2009, there were 10.1 suicides per 100,000 persons. This compares with a 2002 rate of 10.5
- The average annual suicide rate in the county was 9.3 per 100,000 people between 2002 and 2009.
- Since 2003, the suicide rate in Washington County has been lower than the state rate. In 2009, the state suicide rate was 11.1, compared to the county rate of 10.1.



Source: MDH Center for Health Statistics

Hospitalizations for Mental Health Disorders

Hospital discharges for mental health disorders include discharges from inpatient hospitalization for conditions such as: anxiety-related disorders; mood disorders, such as depression and bipolar disease; adjustment disorders; attention-deficit, conduct, and disruptive behavior disorders; delirium, dementia, amnesic and other cognitive disorders; impulse control disorders; personality disorders; schizophrenia and other psychotic disorders; suicide and intentional self-inflicted injury; and others.



Source: Minnesota Hospital Association

Hospital Discharges for Mental Health Disorders

- From 2002 to 2009, the hospital discharge rate for mental health disorders for Washington County residents averaged 6.4 per 1,000 persons, ranging from 5.9 per 1,000 persons in 2006 to 6.6 per 1,000 persons in 2009.
- In 2009, nearly 7 out of every 1,000 residents reported being discharged for a mental health disorder. The rate was highest within the 85 and older age range at 15.4 per 1,000 residents, followed by the 15-19 year old age group at 13.5 per 1,000 residents.

Mood Disorders, Ages 15-19

- The highest rates for inpatient hospitalization for mood disorders, which include depression and bipolar disorder, typically occur in the 15-19 age range. In 2009, there were 150 individuals hospitalized within this age range for this type of mental disorder or 8.7 per 1,000 persons.
- In 2009, there were also 87 emergency room visits by Washington County residents ages 15-19 for mood disorders, the highest number of any age range, comprising 21% of total ER visits for this type of mental disorder.

Contact Information:

Questions about this and other Washington County Health Data Profiles can be directed to:
Washington County Department of Public Health and Environment
14949 62nd Street North, Stillwater, MN 55082 Tel: 651-430-6655
Website: www.co.washington.mn.us

Endnotes

¹ World Health Organization. Strengthening Mental Health Promotion. Geneva, World Health Organization (Fact sheet no. 220), 2001.

² Kessler RC, Chiu WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. Arch Gen Psychiatry 2005;62:617-627.

