

DESCRIPTION

Mental disorders are conditions characterized by alterations in thinking, mood and/or behavior associated with distress and/or impaired functioning. Mental disorders contribute to a host of problems including disability, pain and early death. Mental disorders are among the most common cause of disability. It accounts for 18.7 percent of all years of life lost to disability and early death. The disease burden of mental illness is among the highest of all diseases. Mental health and physical health are interconnected. Mental illnesses, such as anxiety and depression can affect people's ability to participate in healthy behaviors such as physical activity and nutritious eating habits. This can lead to chronic disease or health problems which in turn can negatively impact mental health, leading to a downward spiral in an individual's health condition and quality of life.¹ The effects of mental illness range from minor disruptions in daily functioning to incapacitating personal, social, and occupational impairments and early death. Mental illness intensifies morbidity due to the multiple diseases it is associated with, including cardiovascular disease, diabetes, obesity, asthma, epilepsy and cancer. Serious mental illnesses are defined as disorders that cause substantial functional impairment that interferes with or limits one or more major life activities.²

HOW WE ARE DOING

In 2014 nationally, 18.4 percent of adults 18 years or older experienced any mental illness in the past year. Minnesota had a similar prevalence at 18.5 percent.² According to a 2014 survey, about 22.9 percent of Ramsey County residents have been diagnosed with anxiety. Among that group 44.6 percent take medication for the condition. Similarly, 27.2 percent of Ramsey County residents have been diagnosed with depression. Among that group, 47.2 percent take medication for the condition. About 4.2 percent of Ramsey County residents have experienced serious psychological distress during the past 30 days, which is slightly higher than the national rate. Among Ramsey County adults that needed mental health care, 54.4 percent delayed care or did not receive care. Among those that delayed care or did not receive care, about 40 percent reported that it was due to cost or lack of insurance.³

BENCHMARK INDICATOR

Healthy People 2020¹:

- 1) Reduce the proportion of adults aged 18 years and older who experience major depressive episodes. U.S. Target: 5.8 percent
- 2) Increase the proportion of adults aged 18 years and older with serious mental illness (SMI) who receive treatment. U.S. Target: 72.3 percent
- 3) Increase the proportion of adults aged 18 years and older with major depressive episodes (MDEs) who receive treatment. U.S. Target: 75.9 percent

DISPARITIES

The percentage of adults reporting psychological distress during the past 30 days decreased as education level and income increased showing how socio-economic status (SES) affects rates of mental distress.³ Several studies have shown that people of color and American Indians face decreased detection of mental disorders in primary care and have lower rates of entry into, adherence with, and retention in specialty mental health services. Racial and ethnic disparities continue to occur, even after controlling for socioeconomic factors.⁴

¹ Mental Health and Mental Disorders. Healthy People 2020. <https://www.healthypeople.gov/2020/topics-objectives/topic/mental-health-and-mental-disorders>. Accessed August 2018.

² Lipari RN, Van Horn SL, Hughes A, Williams M. State and Substate Estimates of Any Mental Illness from the 2012–2014 national surveys on drug use and health. The CBHSQ report. 2017. https://www.samhsa.gov/data/sites/default/files/report_3189/ShortReport-3189.html. Published July 20, 2017. Accessed August 2018.

³ Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed August 2018.

⁴ Unmet Needs Assessment Report: Statewide Assessment of Treatment Gaps for Racial/Ethnic Groups in Need of Mental Health Services. New York State Office of Mental Health. 2011. https://www.omh.ny.gov/omhweb/cultural_competence/reports/unmet_needs.pdf. Accessed June 20, 2018.

Information to note

- In any given year, an estimated 18.4% of U.S. adults ages 18 years or older suffered from any mental illness, which is similar to the Minnesota rate of 18.5%.
- Among Ramsey County residents, 27.2% report experiencing depression, 22.9% report experiencing anxiety, and 4.2% report experiencing serious psychological distress.
- Over half of Ramsey County residents who need mental health services are not receiving them or are receiving delayed treatment.

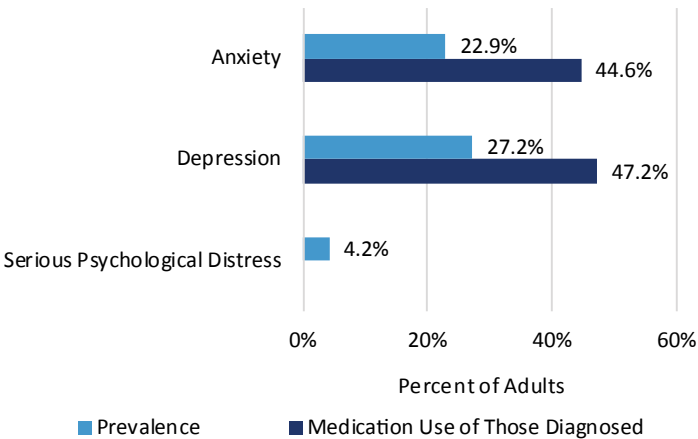
RISK FACTORS

Risk factors for delaying or not getting treatment may include lack of access to a mental health provider, or geographic availability. Contributing factors may also include lack of insurance, minimal appointment availability, lack of culturally sensitive providers, and language barriers. Risk factors for experiencing mental illness may include, though not limited to, genetics, violence in the community, economic deprivation, drugs, food insecurity, housing instability, trauma, marginalization, stressful life situations, lack of social support, and other physiological factors.⁵

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

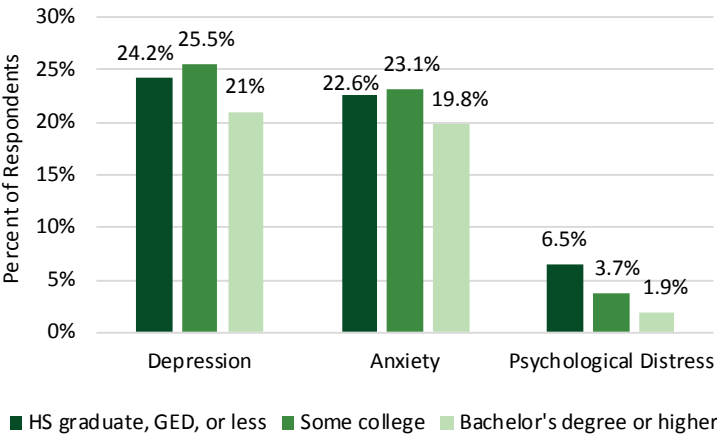
Ramsey County offers an array of mental health services to adults. Crisis services include walk-in access to psychiatrists, nurses, and social workers as an alternative to the emergency room and a 24/7 phone line offering support and referral. Ramsey County’s Mental Health Center offers ongoing mental health care including assessment and referral, therapy, partial hospitalization day programming, and targeted case management. All services are offered on a sliding-fee scale for those without insurance coverage.

Anxiety, Depression, Distress and Medication Use in Adults, Ramsey County, 2014



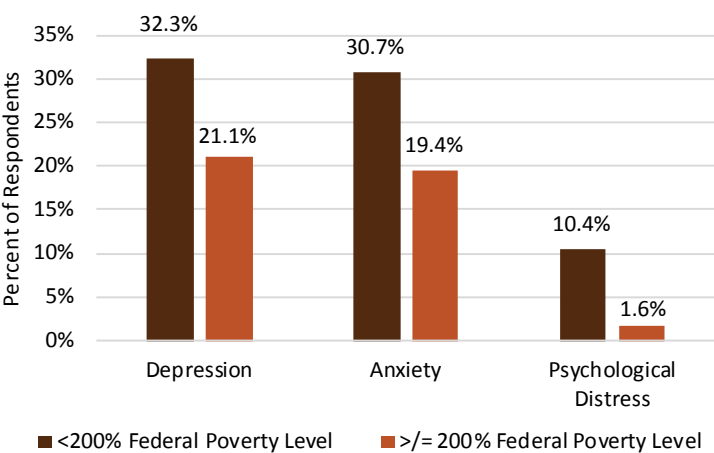
Source: Metro SHAPE Ramsey County Data Book.

Adult Depression, Anxiety, Distress by Education, Ramsey County, 2014



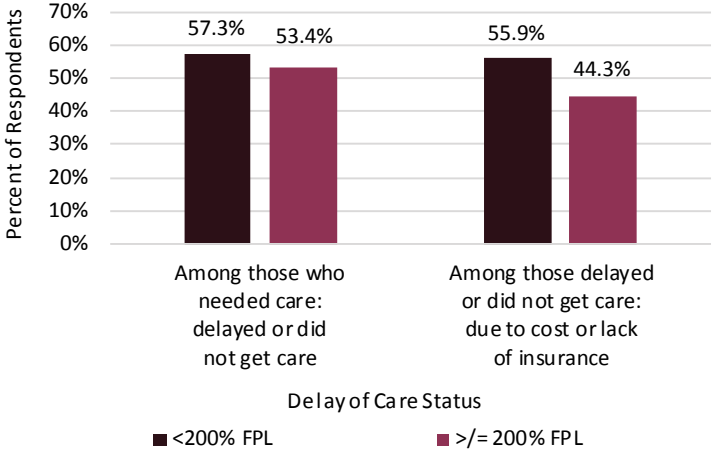
Source: Metro SHAPE Ramsey County Data Book.

Adult Depression, Anxiety, Distress by Income of Household, Ramsey County, 2014



Source: Metro SHAPE Ramsey County Data Book.

Delay in Mental Health Care by Income, Six-County Metro, 2014



Source: Metro Public Health Analyst Network.⁶

⁵ Social Determinants of Health. Healthy People 2020. <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>. Accessed August 2018.

⁶ Metro Public Health Analyst Network. Metro SHAPE 2014 Six County Data Book. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed August 2018.