

Mental Well-Being - Adults

DESCRIPTION

Overall health depends on both physical and mental well-being. Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges. Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society.¹ Well-being assesses the positive aspects of a person's life, such as positive emotions and life satisfaction. Well-being is a relative state where one maximizes his or her physical, mental, and social functioning in the context of supportive environments to live a full, satisfying and productive life.² Measuring the number of days when people report that their mental health was not good, i.e., poor mental health days, represents an important facet of health-related quality of life.³

HOW WE ARE DOING

Responses from a 2014 SHAPE survey conducted in the region found that 27.2 percent of Ramsey County adults have been diagnosed with depression, and 22.9 percent with anxiety at some point in their life. When asked how often they experienced mentally unhealthy days in the past month 8.4 percent experienced more than 14 poor mental health days.⁴ Responses to the Minnesota Health Access Survey found similar results: 8.3 percent in 2015 and 9 percent in 2017 reported frequent mental distress defined as at least 14 days in the past month of unhealthy days.⁵

BENCHMARK INDICATOR

Healthy People 2020⁶: Increase the number of adults who report good or better mental health.

U.S. Target: 80.1 percent.

DISPARITIES

Residents living in St. Paul reported more mentally unhealthy days than residents living in suburban Ramsey County. Residents without any health insurance coverage also reported more mentally unhealthy days.⁵

RISK FACTORS

A study examining the validity of healthy days as a summary measure for county health status found that counties with more unhealthy days were likely to have higher unemployment, poverty, percentage of adults who did not complete high school, mortality rates and prevalence of disability.⁷

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Information to note

- 9% of Ramsey County adults reported frequent mental distress (14 or more days in the past month) in 2017.
- Uninsured residents report higher rates of frequent mental distress than insured residents.

Community voice

"Good social services, access to mental healthcare services, community programs for all."
- White Female, age 25-34

38 respondents stated that access to mental health services and regular therapy helps them maintain overall wellbeing.

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

² Kobau R, Sniezek J, Zack MM, Lucas RE, Burns A. Well-being assessment: An evaluation of well-being scales for public health and population estimates of well-being among U.S. adults. *Health and Well Being*. 2010;2(3):272-297. <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1758-0854.2010.01035.x>. Accessed July 2018.

³ Jia H, Muennig P, Lubetkin EI, Gold MR. Predicting geographical variations in behavioural risk factors: An analysis of physical and mental healthy days. *J Epidemiol Community Health*. 2004;58:150-155. https://www.researchgate.net/publication/8914010_Predicting_geographical_variations_in_behavioural_risk_factors_An_analysis_of_physical_and_mental_healthy_days. Accessed July 2018.

⁴ Metro Public Health Analyst Network. Metro SHAPE Six County Data Book. 2014; <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed July 2018.

⁵ Minnesota Department of Health. Minnesota Health Access Survey. Personal communication from MDH Health Economics Division. July 2018.

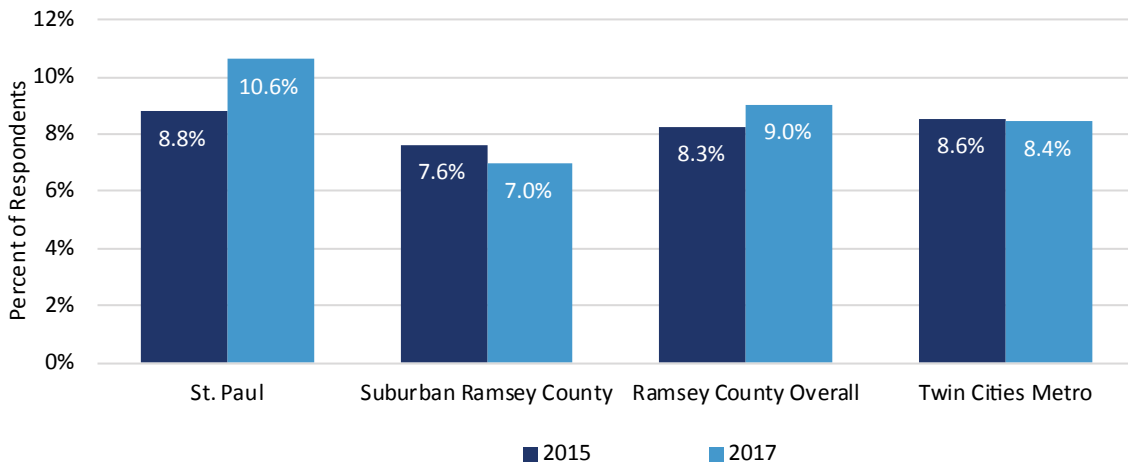
⁶ Healthy People 2020. Health-Related Quality of Life & Well-Being. <https://www.healthypeople.gov/2020/topics-objectives/topic/health-related-quality-of-life-well-being/objectives>. Accessed July 2018.

⁷ Andresen EM, Catlin TK, Wyrwich KW, Jackson-Thompson J. Retest reliability of surveillance questions on health related quality of life. *J Epidemiol Community Health*. 2003;57:339-343. <https://www.medscape.com/medline/abstract/12700216>. Accessed July 2018.

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

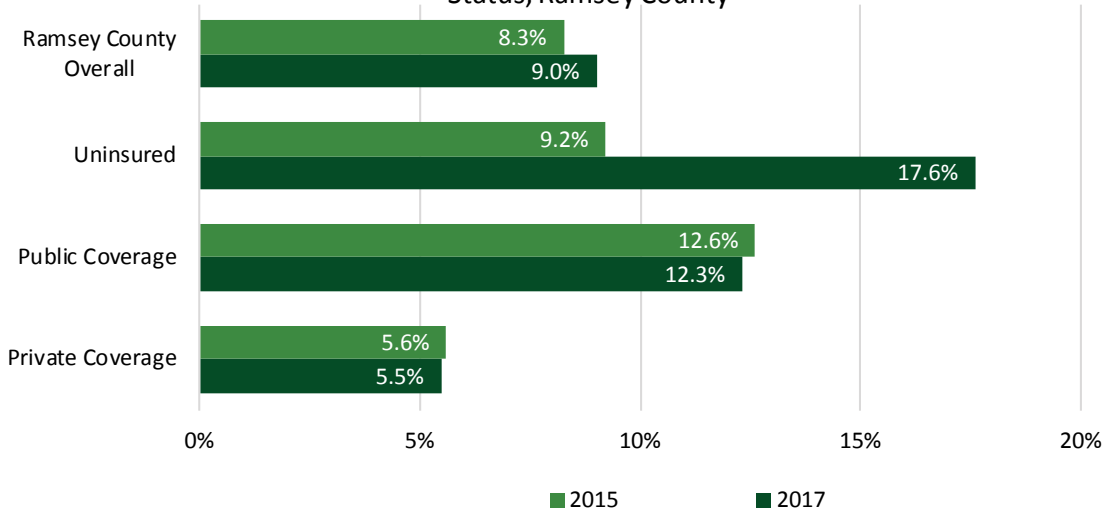
Ramsey County offers an array of mental health services to adults. Crisis services include walk-in access to psychiatrists, nurses, and social workers as an alternative to the emergency room and a 24/7 phone line offering support and referral. Ramsey County's Mental Health Center offers ongoing mental 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.

Frequent Mental Distress (14 or more days in past month)



Source: Minnesota Department of Health.⁸

Frequent Mental Distress (14 or more days in past month) by Insurance Status, Ramsey County



Source: Minnesota Department of Health.⁸

⁸ Minnesota Department of Health. Minnesota Health Access Survey. Personal communication from MDH Health Economics Division. July 2018.