

2013 COMMUNITY HEALTH SURVEY

mental health



Good mental health is key to overall well-being and a satisfying quality of life. According to data from the 2013 community health survey, lack of access to affordable mental health care continues to be a barrier for many Health District residents.

A CLOSER LOOK AT MENTAL HEALTH IN OUR COMMUNITY

prevalence

1 in 5 respondents reported they currently had “depression, anxiety, or other mental health problems.”

“DO YOU NOW HAVE: DEPRESSION, ANXIETY OR OTHER MENTAL HEALTH PROBLEMS?”

■ YES ■ NO



WHAT IS THE ANNUAL SUICIDE RATE



22.1

PER 100,000 PEOPLE LIVING IN LARIMER COUNTY

19.7

PER 100,000 COLORADANS



12.7

PER 100,000 AMERICANS



• connections •

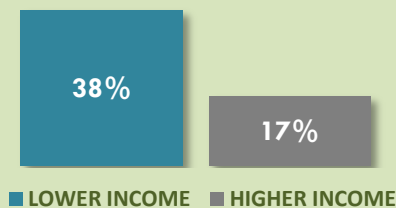
mental health & substance abuse resources

Phone help is available 24/7 at 970.221.5551. For location and walk-in hours, please click [here](#).

income

Individuals with lower incomes (at or below 185% of the Federal Poverty Level) were more than twice as likely to self-report having a current mental health concern than those with higher incomes.

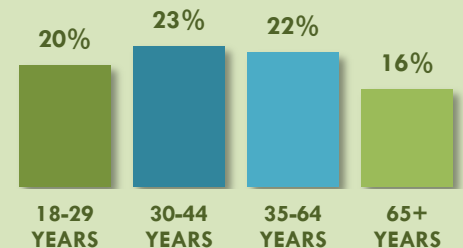
CURRENTLY HAVE DEPRESSION OR OTHER MENTAL HEALTH PROBLEM, BY INCOME



age

Adults between the ages of 30 and 64 were more likely to report they currently had depression, anxiety or other mental health problems.

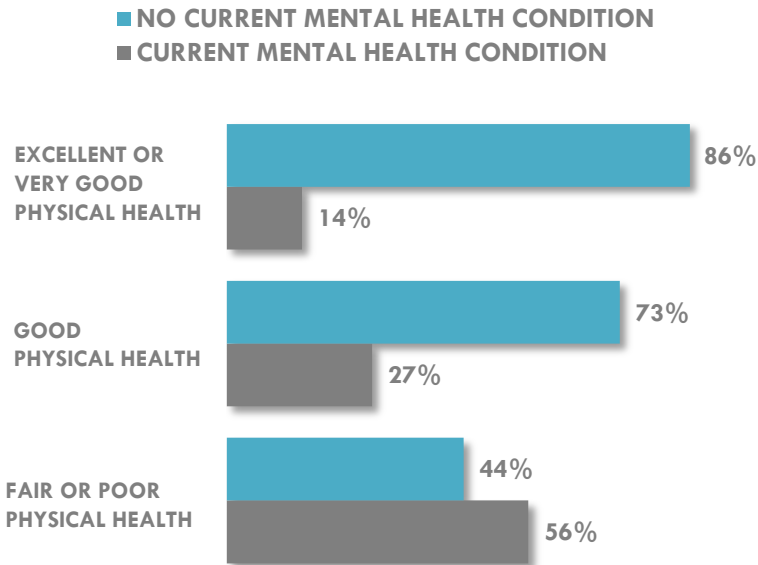
THOSE WHO CURRENTLY HAVE DEPRESSION, ANXIETY OR OTHER MENTAL HEALTH PROBLEMS, BY AGE



MENTAL & PHYSICAL HEALTH

Respondents who reported currently having depression or other mental health condition were significantly less likely than respondents without a mental health condition to rate their overall health as excellent or very good, and were more likely to rate their health as poor or fair.

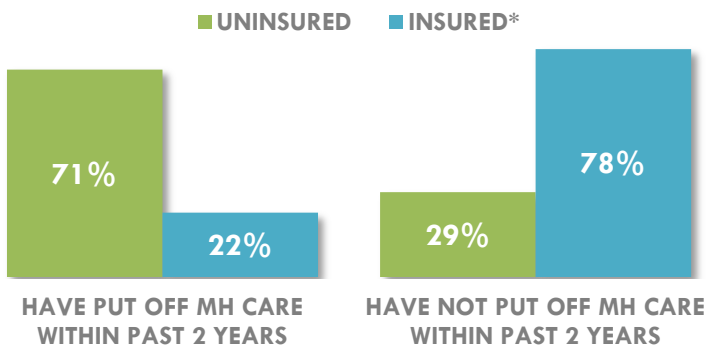
SELF-REPORTED PHYSICAL HEALTH STATUS AND CURRENT MENTAL HEALTH STATUS



COST OF CARE IS A BARRIER

Cost and lack of health insurance continue to be the major barriers to accessing mental healthcare. Nearly 3 in 4 (71%) uninsured respondents reported having put off mental health care in the past 2 years. Among those respondents with insurance*, more than 1 in 5 (22%) said they put off mental health care due to cost.

THOSE DELAYING MENTAL HEALTH CARE, BY INSURANCE STATUS



* Only those respondents with commercial/private insurance were included for the chart above.

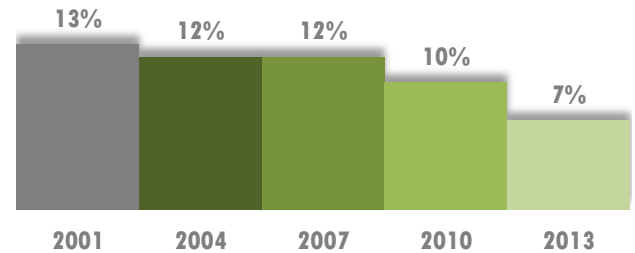
DAYS OF BAD MENTAL HEALTH

Respondents were asked to report the number of days in the past month that their mental health was not good.

Over all respondents from the Health District, the average number of bad mental health days in the past month was 3.0, lower than the average in both Colorado (3.3) and the U.S. (3.5).

The number of respondents in the Health District reporting frequent mental distress** has continually decreased since 2001. In 2013, 7% of all respondents were identified as having frequent mental distress, down from 10% in 2010.

PERCENT OF ADULTS IN THE HEALTH DISTRICT REPORTING FREQUENT MENTAL DISTRESS OVER TIME



** Frequent mental distress is determined when an individual reports 14 or more days of bad mental health in a month.

Only 5% of all

respondents reported having considered suicide in the past 12 months.

HOWEVER,

respondents with

lower incomes were **twice as likely** to consider suicide as a solution to their problems at

10%. Respondents who rated their **overall health as "fair" or "poor"** were more than

4 times (22%) as likely to have considered suicide in the past year.

