



Mental Health Profile

Mental health problems can cover a broad range of disorders. However, the common characteristic is that they all impact the affected person's personality, thought processes or social interaction. Mental health problems are the leading cause of disability, absenteeism, and lost productivity in the workplace. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 20% of people in America suffer from a form of mental disorder and 5% suffer from a disorder severe enough to affect school, work, or other aspects of daily life.

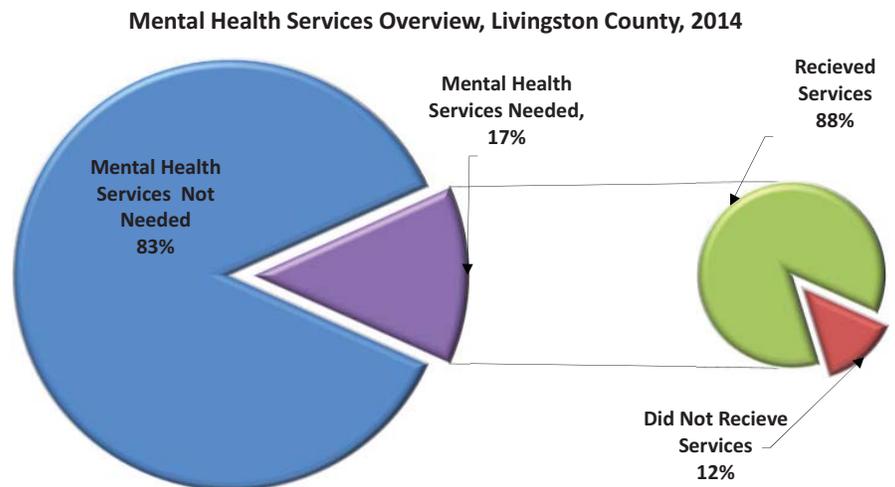
Mental health has been identified in the 2015 Livingston County Community Themes & Strengths Assessment as one of the top five areas that is not being adequately addressed in Livingston County. This health issue was identified as one of the top five most serious health issues in the county. The ability to receive necessary mental health services can be impacted by socioeconomic factors such as income, access to care, and physical wellbeing. This issue will examine the prevalence of poor mental health and the need for mental health services.

Overview

In the 2015 Livingston Community Health Status Assessment, respondents were asked to report the number of days in the past 30 in which their mental health was not good. Those who reported 14 or more days were considered to have poor mental health. Overall, 11.4% (16,923 residents) classified themselves as having poor mental health. This rate was similar to the percentage of Michigan residents reporting poor mental health at 12.9%.

Mental Health Services

Approximately 17% of Livingston County adults (25,236 residents) reported that someone in their family needed mental health services at some point within the past year. Females (22%) were almost twice as likely as males (12%) to report the need for these services. Eighty-eight percent of those in need of mental health services reported they were able to get the necessary services. Of those respondents who received mental health services, 88% were satisfied or very satisfied with the services they received.

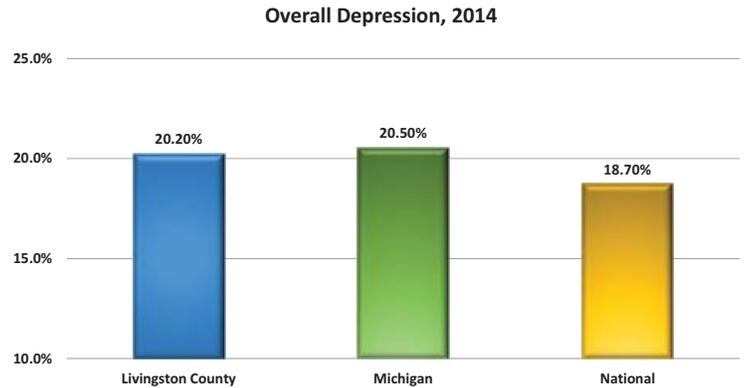




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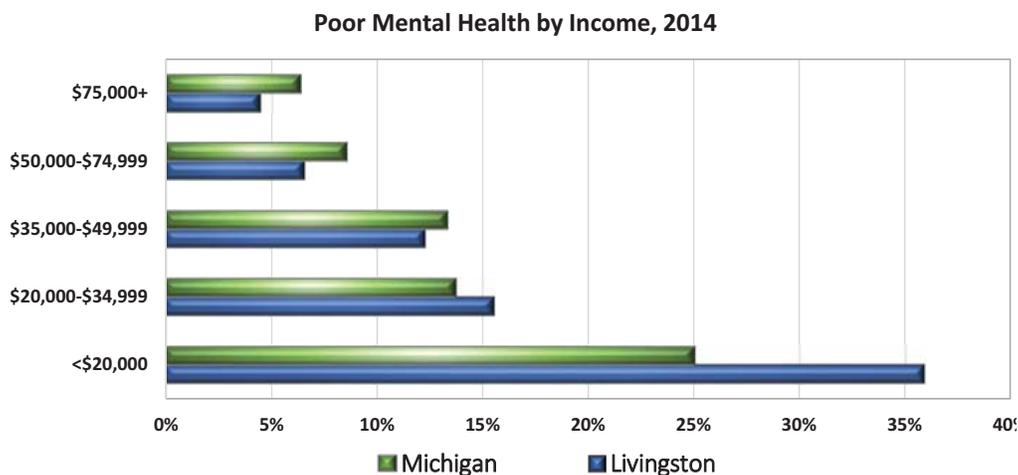
Depression

Depression is associated with the development of hypertension, heart disease, diabetes, and stroke and is also a risk factor for suicide attempts. Furthermore, lifetime major depression for women is over double that of men. About 20% of Livingston County adults (29,986 residents) reported having ever been diagnosed with depression. Comparably, the state of Michigan reported approximately 21% of residents having been told they had depression in 2013. Both of these rates are slightly higher than the national average of 19% of Americans with depression.



Quality of Life

Residents with less income were more likely to report poor mental health. Thirty-six percent of adults with a reported household income of less than \$20,000 reported poor mental health. This rate is significantly higher than the state of Michigan at 25% of residents reporting poor mental health with a household income of less than \$20,000. Alternatively, only 4% of Livingston County adults reported poor mental health with an income of \$75,000 or greater. This is comparable to the state of Michigan rate of 6% within the same income bracket.

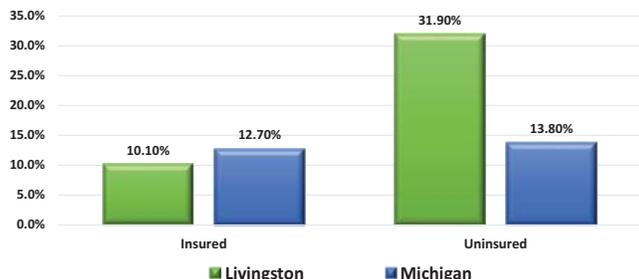


Additionally, residents without health insurance were about three times more likely to report poor mental health. Residents who reported having a disability were also more likely to report poor mental health.

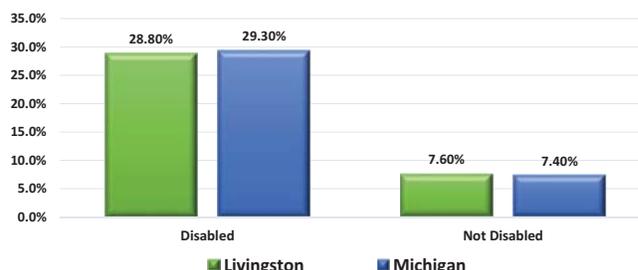


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Residents Who Reported Poor Mental Health by Insurance Status, 2014



Residents Who Reported Poor Mental Health by Disability Status, 2014



Implications

Substance abuse and mental illness share risk and protective factors. Up to half of people with a serious mental illness will develop a substance use disorder at some time in their lives. People with a substance use disorder are almost three times as likely to have a serious mental illness as those who do not have a substance use disorder. Although rates are increasing, most people who need substance abuse treatment do not receive it. Drugs and alcohol can also result in mental highs and lows that exacerbate suicidal thoughts.

Suicide

Finally, the most negative impact of mental health issues can be suicide. Studies have shown that over 90% of individuals who die from suicide have one or more psychiatric disorders at the time of death. Furthermore, suicide is the tenth leading cause of death for all ages in the United States. Livingston County has reported an average of 26 suicide-related deaths in the past five years. The age-adjusted suicide rate has slightly surpassed that of Michigan in most recent years.

Suicide Deaths and Death Rates, 2004-2014 Five-Year Moving Averages			
Year	Livingston Average Rate	Livingston Age-Adjusted Rate	Michigan Age-Adjusted Rate
2010-2014	26.2	14.2 ± 2.5	12.6 ± 0.3
2009-2013	24.2	13.1 ± 2.4	12.3 ± 0.3
2008-2012	21	11.5 ± 2.3	12.0 ± 0.3
2007-2011	18.8	10.2 ± 2.1	11.8 ± 0.3
2006-2010	17.8	9.7 ± 2.1	11.6 ± 0.3
2005-2009	15.2	8.3 ± 1.9	11.2 ± 0.3
2004-2008	15.6	8.6 ± 1.9	11.1 ± 0.3

If you would like more information or to leave feedback, please visit: <https://www.surveymonkey.com/r/LivHealthFeedback>

Sources: MAPP Phase 3: Livingston County Community Themes & Strengths Assessment, January & May 2015, 2014 Livingston County Behavioral Risk Factor Survey, Livingston County Department of Public Health, 2014 Behavioral Risk Factor Survey, MIDHHS, Centers for Disease Control and Prevention, BRFSS Prevalence & Trends Data, Substance Use and Mental Disorders: Early Detection, Prevention and Treatment, A Healthy people 2020 Progress Review, 2/26/2014, Michigan Resident Death Files, Division of Vital Records and Health Statistics, Michigan Department of Community Health, Substance Abuse and Mental Health Services Administration (SAMHSA), www.samhsa.gov

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