Depression in Indiana Adults

NorthEast Indiana Area Health Education Center
&
Office of Institutional Diversity
Ball State University

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Mental Illnesses are a leading cause of disability worldwide.

More than 1 in 5 Americans have a mental health problem.

Among all mental illnesses, depression is one of the most common types.

Almost 10% of adult population will suffer from a depressive illness/year.

Depression in America costs the society more than $200 billion per year.

The following figure shows the occurrence of an episode of depression in the past year (Indiana vs. US Average).

 Adults in Indiana have consistently reported higher rates of having an episode of depression within the past year (compared to the US Avg.).

Rates of having an episode of depression every year are higher in Indiana than US average rates across all age groups.

Young adults (18-25 years of age) had the highest risk of having an episode of major depression within the past year.

### Depression in Indiana Adults

<table>
<thead>
<tr>
<th>Age Group</th>
<th>USA</th>
<th>Indiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>26+ Years</td>
<td>6.22</td>
<td>7.23</td>
</tr>
<tr>
<td>18-25 Years</td>
<td>9.00</td>
<td>10.62</td>
</tr>
<tr>
<td>Adults (18+)</td>
<td>6.63</td>
<td>7.74</td>
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</table>
Vast majority of Americans who committed suicide last year had a history of a mental health problem. Depression remained a common cause in such cases. Figure below illustrates the lifetime history of depression in Indiana and USA.

Note: The question asked for the figure above was: Has a doctor/healthcare provider EVER told you that you have a depressive disorder (including major depression, dysthymia, or minor depression)?

Indiana has consistently reported higher % of adults with a lifetime history of depression (compared to US average since 2010).

There are differences between % adult males and females reporting a lifetime history of depression in Indiana (per year).

An indicator of adult mental health and well-being is the “average number of mentally unhealthy days in the past month” (i.e. problems with stress and emotions). The figure below is a comparison of US average with Indiana and states surrounding Indiana.
Poor mental health of adults is associated with a number of health risk factors and indicators:

- For general adult health, Indiana ranks in the bottom 10 states.
- Indiana has consistently ranked in the top 25 states for suicide rates.
- Indiana ranks in the top 10 states for highest number of adult smokers.
- For drug deaths, Indiana is among the top 15 states having high rates.
- Indiana is among the top 15 states for highest number of premature deaths.
- For number of primary care physicians, Indiana ranks in bottom 15 states.
- Rates of depression also reflect on state unemployment, lost productivity, and crime.

Mental Health Disparities in Indiana

- Disparities exist in rates of adult mental illness in Indiana based on gender (males vs. females), age groups, and race/ethnicity.
- Disparities also exist from county to county in Indiana (best vs. worst) See Here
- These disparities are in part explained by shortage of mental health providers across counties and across subgroups of providers (e.g. non-white provider shortage).

Recommendations

- Screening of adults for depression as per the national guidelines. (Read Here)
- Improving clinic and home-based mental healthcare management.
- Use of multi-component, healthcare system level interventions that use case managers to link primary care providers, patients, and mental health specialists.
- Improvement of quality of mental health services through better professional training.
- Increased funding for public mental health systems and greater outreach.
- Reforming state-wide mental health benefits legislation (e.g. parity legislations).

Data Sources