

Health Outcomes - 8

Poor Mental Health

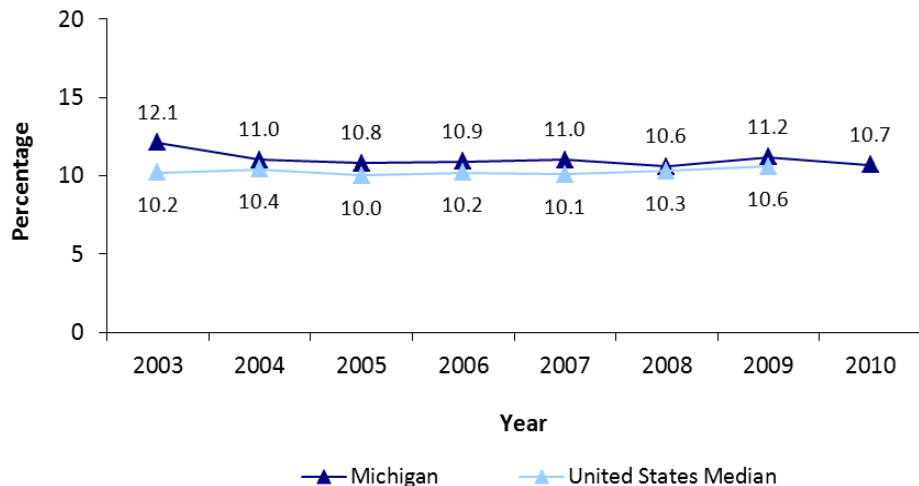
**MICHIGAN 2011
CRITICAL
HEALTH
INDICATORS**

Indicator Definition: Percentage of adults reporting ≥ 14 days of poor mental health within the past 30 days.

Indicator Overview:

- Poor mental health is an important individual and population health issue.
- Depressive disorders, if untreated, become chronic and are expected, by the year 2020, to be exceeded only by heart disease in contributing to the global burden of diseases.

Adults Reporting Poor Mental Health on At Least 14 of the Past 30 Days, Michigan and the United States, 2003-2010

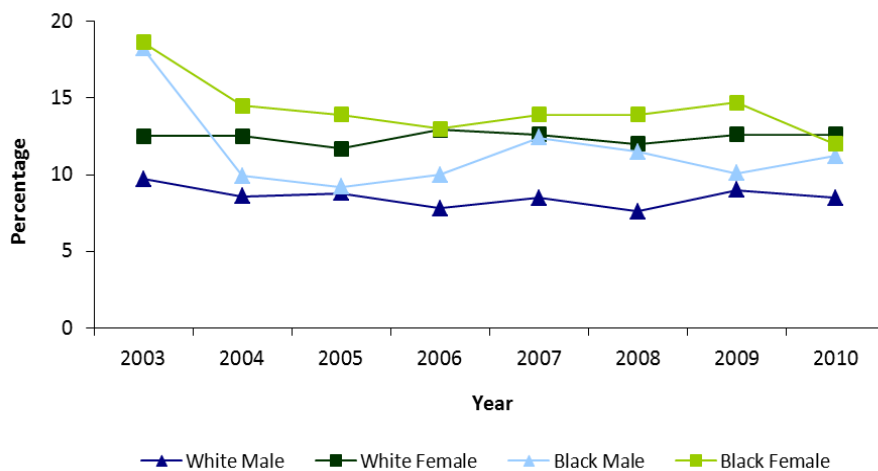


← **Trends:** The overall percentage of adults with poor mental health was slightly lower in 2010 than in 2009. In 2010, the prevalence of poor mental health was highest among 18-24 year olds, while in 2009 poor mental health was most prevalent within the 25-34 year old age category. For the most part, the prevalence of poor mental health decreased with increasing age of the population.

*2010 rate for United States not available.

→ **Health Disparities:** Overall, females reported slightly higher rates of poor mental health when compared to males. Black females reported a higher rate of poor mental health than White females in 2009, while the pattern was reversed in 2010. White males have consistently had the lowest rate of poor mental health since 2003.

Michigan Adults Reporting Poor Mental Health on At Least 14 of the Past 30 Days by Race and Gender, 2003-2010



Links to Other Sources of Information:

Michigan Behavioral Risk Factor Surveillance System: <http://www.michigan.gov/brfs>
 Behavioral Risk Factor Surveillance System Survey Data, CDC: <http://www.cdc.gov/brfss>

Links to Related Public Health Programs:

MDCH Mental Health Programs & Practices for Adults: http://www.michigan.gov/mdch/0,1607,7-132-2941_4868_38495---,00.html
 A Resource Guide for Families dealing with Mental Illness: http://www.michigan.gov/documents/MDCH-MentalIllness-10AUG04_102671_7.pdf