

Mental Health of Greater Cincinnatians

Results from The Health Foundation of Greater Cincinnati's 2005 Greater Cincinnati Community Health Status Survey

The Greater Cincinnati Community Health Status Survey (GCCHSS) is a project of The Health Foundation of Greater Cincinnati. The GCCHSS is conducted by the Institute for Policy Research at the University of Cincinnati.

Topics included in the GCCHSS include access to and satisfaction with healthcare, medical debt, mental and physical health status, nutrition and exercise, cigarette and alcohol use, and others.

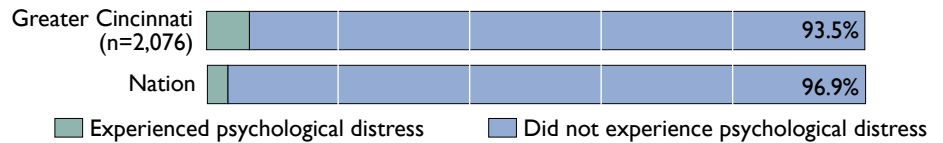
A total of 2,077 randomly selected adults residing in 8 Ohio counties, 9 Kentucky counties, and 5 Indiana counties were interviewed by telephone between August 16 and October 24, 2005. The potential sampling error for the survey is $\pm 2.2\%$.

For more information, please visit our web site at www.healthfoundation.org/gcchss.html. For the complete survey dataset, visit www.oasis.uc.edu.

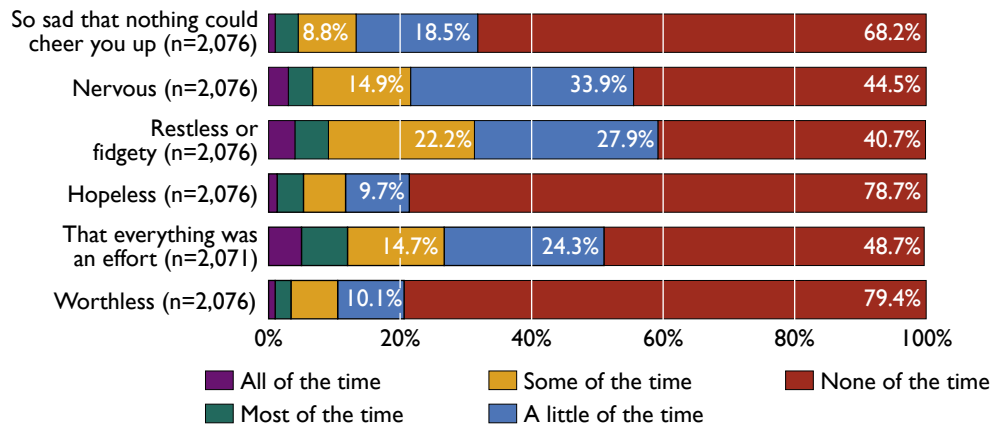
Community partners that helped develop the GCCHSS include:

- + Anthem Foundation of Ohio
- + Center for Closing the Health Gap
- + Child Policy Research Center
- + City of Cincinnati Health Department
- + Council on Aging
- + Employer Health Care Alliance
- + Foundation for a Healthy Kentucky
- + Hamilton County Health Department
- + Health Improvement Collaborative
- + Northern Kentucky Health Department
- + Northern Kentucky University Center for Latino and Multicultural Studies
- + United Way of Greater Cincinnati
- + University of Cincinnati Institute for Policy Research
- + University of Cincinnati Institute for the Study of Health
- + Urban Appalachian Council

People experiencing psychological distress in the past 30 days



During the past 30 days, how often did you feel...



The serious psychological distress scale, or K6, is a set of six questions developed to identify people with serious mental illnesses in as few questions as possible. The 6 questions ask how often in the past 30 days a person felt:

- so sad nothing could cheer him or her up,
- nervous,
- restless or fidgety,
- hopeless,
- that everything was an effort, and
- worthless.

The answers to these questions are compiled into a single summary score ranging from 0–24 points. A score of 13 or higher indicates psychological distress and, therefore, presence of a serious mental illness. To get a score of at least 13, a person would have to answer “some of the time” to 5 questions and “most of the time” to the 6th question.

In Greater Cincinnati, 6.5% of the population experienced psychological

Greater Cincinnatians **more** and **less** likely in the last 30 days to experience psychological distress (from the K6; 2005 data)

Demographic	% experiencing psychological distress
Region	6.5%
Age	
30 to 45	7.3%
46 to 64	5.3%
Sex	
Female	7.3%
Male	5.6%
Ethnicity	
African American	10.5%
White Non-Appalachian	5.2%
Family Income	
Below 100% FPG ¹	19.0%
Above 200% FPG	3.3%
Education	
Less than high school	10.7%
College graduate	1.2%
Health Insurance	
Medicaid	23.9%
Private or self-insured	3.3%

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¹ The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

distress in the last 30 days, twice the national average from 2003 (3.1%), the most recent year national data are available.

In general in Greater Cincinnati, as income increases, the likelihood of experiencing psychological distress or of answering “all of the time” or “most of the time” to any one of the six questions decreases. Those on Medicaid were more likely than people with other insurance or no insurance to experience psychological distress or answer “all of the time” or “most of the time” on all questions except the one about feeling that everything was an effort. People who were privately or self-insured were least likely to experience psychological distress or answer “all of the time” or “most of the time” on all questions except the one about feeling restless or fidgety.

Greater Cincinnatians *more* and *less* likely in the last 30 days to feel restless or fidgety all or most of the time (2005 data)

Demographic	% feeling restless or fidgety
Region	9.1%
Age	
30 to 45	12.6
65+	5.3
Sex	
Male	9.9%
Female	8.6%
Ethnicity	
African American	13.9%
White Non-Appalachian	7.0%
Family Income	
Below 100% FPG ¹	18.1%
Above 200% FPG	5.9%
Health Insurance	
Medicaid	27.5%
Medicare	4.1%

¹ The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

Greater Cincinnatians *more* and *less* likely in the last 30 days to feel so sad nothing could cheer them up all or most of the time (2005 data)

Demographic	% feeling so sad nothing could cheer them up
Region	4.5%
Age	
65+	6.0%
18 to 29	4.0%
Sex	
Male	4.8%
Female	4.3%
Ethnicity	
African American	11.4%
White Non-Appalachian	4.1%
Family Income	
Between 100–200% FPG ¹	10.0%
Above 200% FPG	2.1%
Health Insurance	
Medicaid	13.5%
Private or self-insured	2.2%

¹ The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

Greater Cincinnatians *more* and *less* likely in the last 30 days to feel nervous all or most of the time (2005 data)

Demographic	% feeling nervous
Region	6.7%
Age	
18 to 29	8.3%
65+	6.1%
46 to 64	5.9%
Sex	
Female	7.3%
Male	6.0%
Ethnicity	
White Appalachian (1st and 2nd generation)	10.1%
White Non-Appalachian	5.0%
Family Income	
Below 100% FPG ¹	19.3%
Above 200% FPG	2.7%
Health Insurance	
Medicaid	24.4%
Private or self-insured	4.3%

¹ The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

Greater Cincinnatians **more** and **less** likely in the last 30 days to feel hopeless all or most of the time (2005 data)

Demographic	% feeling hopeless
Region	5.3%
Age	
18 to 29	8.0%
46 to 64	4.4%
30 to 45	4.2%
Sex	
Female	5.5%
Male	5.0%
Ethnicity	
White Appalachian (1st and 2nd generation)	7.1%
White Non-Appalachian	4.2%
Family Income	
Below 100% FPG ¹	12.6%
Above 200% FPG	3.0%
Health Insurance	
Medicaid	14.9%
Private or self-insured	2.5%

¹ The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

Greater Cincinnatians **more** and **less** likely in the last 30 days to feel that everything was an effort all or most of the time (2005 data)

Demographic	% feeling that everything was an effort
Region	12.0%
Age	
30 to 45	14.7%
46 to 64	9.1%
Sex	
Female	12.9%
Male	11.0%
Ethnicity	
African American	23.5%
White Non-Appalachian	8.3%
Family Income	
Below 100% FPG ¹	23.6%
Above 200% FPG	8.9%
Health Insurance	
Uninsured	25.7%
Private or self-insured	8.4%

¹ The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

Greater Cincinnatians **more** and **less** likely in the last 30 days to feel worthless all or most of the time (2005 data)

Demographic	% feeling worthless
Region	3.4%
Age	
65+	5.1%
18 to 29	2.4%
Sex	
Female	3.9%
Male	2.9%
Ethnicity	
African American	4.4%
White Appalachian (1st and 2nd generation)	4.2%
White Non-Appalachian	2.8%
Family Income	
Below 100% FPG ¹	8.7%
Above 200% FPG	2.1%
Health Insurance	
Medicaid	8.8%
Private or self-insured	1.7%

¹ The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.