

Depression in Greater Cincinnati

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.

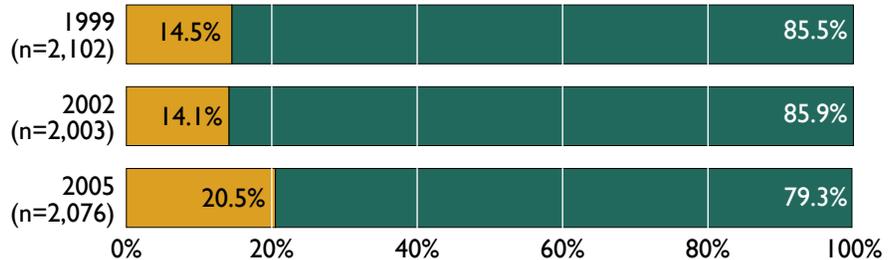
A total of 2,077 randomly selected adults residing in 8 Ohio counties, 9 Kentucky counties, and 5 Indiana counties were interviewed by telephone between August 16 and October 24, 2005. The potential sampling error for the survey is $\pm 2.2\%$.

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

Adults reporting they have ever been told by a healthcare provider that they have depression



One in five Greater Cincinnatians (20.5%) reported that a healthcare provider has told them they have depression, up significantly from about 14% in 2002 and 1999¹.

In Greater Cincinnati, the people who have been told they have depression were more likely than the region to (*please see the next page for data*):

- be obese,
- report no moderate or vigorous activity,
- have higher stress levels than they would like,
- be a current smoker,
- pay a lot “out of pocket” for things not covered by their health insurance, and
- have problems paying medical bills.

They were less likely than the region to (*please see the next page for data*):

- report their health status as excellent or very good, and
- feel positively about their community.

(continued on next page)

¹The national rate of depression is about 5%; however, this national rate reflects people diagnosed according to the guidelines in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV). The GCCHSS simply asked people if they had ever been told by any healthcare provider that they had depression, not if they had been diagnosed according to the DSM-IV.

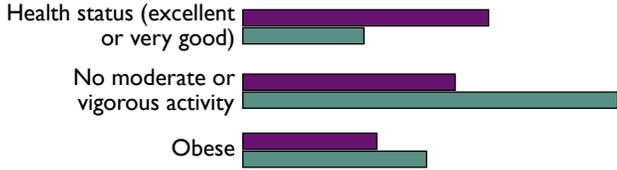
Greater Cincinnatians **more** and **less** likely to have been told by a healthcare provider they have depression (2005 data)

| Demographic | % told they have depression |
|--|-----------------------------|
| Region | 20.5% |
| Age | |
| 18 to 29 | 21.9% |
| 46 to 64 | 21.8% |
| 30 to 45 | 19.0% |
| Sex | |
| Female | 25.7% |
| Male | 14.9% |
| Ethnicity | |
| White Appalachian (1st and 2nd generation) | 24.5% |
| White Non-Appalachian | 18.9% |
| Family Income | |
| Between 100–200% FPG ¹ | 32.8% |
| Above 200% FPG | 15.9% |
| Education | |
| Less than high school | 27.1% |
| College graduate | 13.5% |
| Health Insurance | |
| Medicaid | 33.2% |
| Private or self-insured | 18.0% |

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

■ Greater Cincinnati
■ Greater Cincinnatians who have been told by a healthcare provider that they have depression

Physical health (% falling into these categories)



Stress (% repnding "yes")



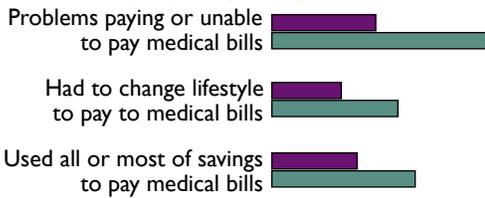
Cigarette and alcohol use (% falling into these categories)



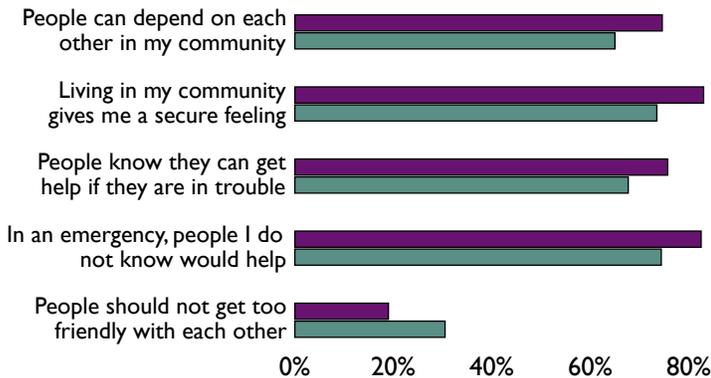
Insurance (% responding "yes")



Medical debt (% reporting these problems)



Community (% reporting they agree)



■ Greater Cincinnati
■ Greater Cincinnatians who have been told by a healthcare provider that they have depression

| Region | People told they have depression |
|--------|----------------------------------|
|--------|----------------------------------|

Physical health (% falling into these categories)

| | | |
|--|-------|-------|
| Health status (excellent or very good) | 49.9% | 24.6% |
| No moderate or vigorous activity | 10.7% | 22.3% |
| Obese | 27.2% | 37.3% |

Stress (% responding "yes")

| | | |
|--|-------|-------|
| Stress level is higher than you'd like | 50.0% | 77.7% |
|--|-------|-------|

Cigarette use (% falling into these categories)

| | | |
|----------------|-------|-------|
| Current smoker | 30.0% | 45.1% |
|----------------|-------|-------|

Insurance (% responding "yes")

| | | |
|--|-------|-------|
| Your health plan didn't pay anything for care you thought was covered | 21.6% | 36.0% |
| You had to pay a lot "out of pocket" for things not covered by your plan | 28.2% | 37.9% |

Medical debt (% reporting these problems)

| | | |
|---|-------|-------|
| Problems paying or unable to pay medical bills | 21.1% | 43.7% |
| Had to change lifestyle to pay medical bills | 14.1% | 25.6% |
| Used up all or most of savings to pay medical bills | 17.3% | 29.1% |

Community (% reporting they agree)

| | | |
|--|-------|-------|
| People can depend on each other in my community | 74.6% | 65.0% |
| Living in my community gives me a secure feeling | 83.0% | 73.5% |
| People in my community know they can get help from the community if they are in trouble | 75.7% | 67.7% |
| If I had an emergency, even people I do not know in my community would be willing to help | 82.5% | 74.4% |
| There is a feeling in my community that people should not get too friendly with each other | 19.0% | 30.5% |