



# Mental and emotional health of Greater Cincinnati adults

According to the U.S. Surgeon General, mental and emotional well-being is essential to overall health. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively and make meaningful contributions to their communities.<sup>1</sup> Mental and emotional well-being is one of the seven priority areas of the National Prevention Strategy.<sup>2</sup>

The Greater Cincinnati Community Health Status Survey (CHSS) asked several questions about mental and emotional well-being.

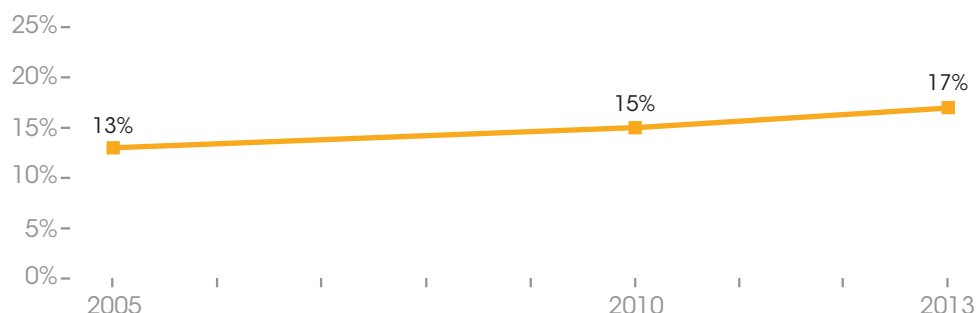
## Adults reporting poor mental health increasing

CHSS asked, “Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?” Overall, nearly 2 in 10 adults in Greater Cincinnati (17%) said their mental health was not good for 14 or more of the past 30 days. This percentage has steadily increased from 13% in 2005, the first year it was measured by CHSS.

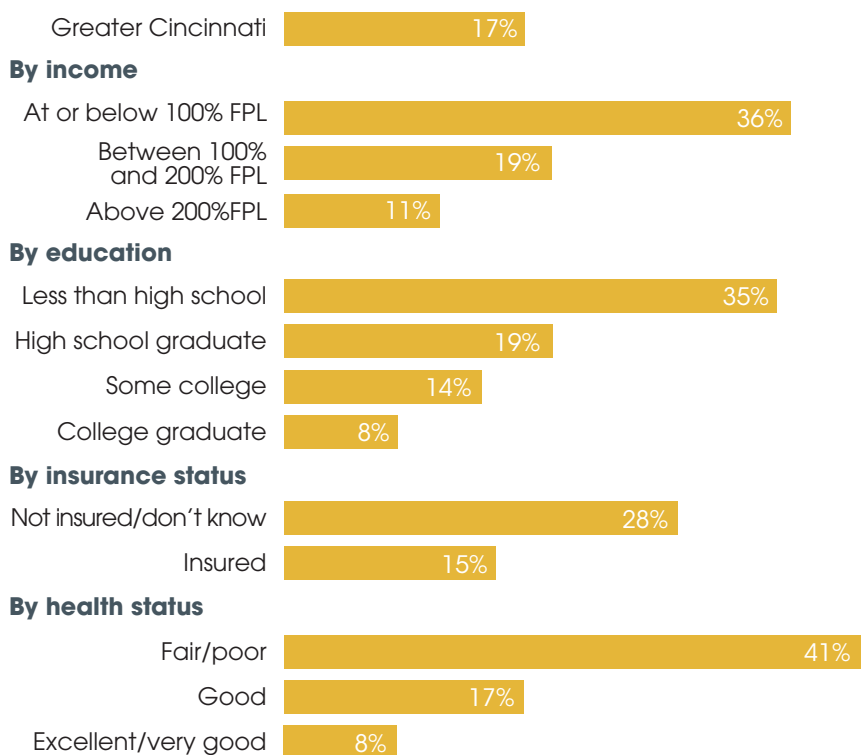
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<sup>1</sup> [www.surgeongeneral.gov/initiatives/prevention/strategy/mental-and-emotional-well-being.html](http://www.surgeongeneral.gov/initiatives/prevention/strategy/mental-and-emotional-well-being.html)  
<sup>2</sup> [www.surgeongeneral.gov/initiatives/prevention/strategy/](http://www.surgeongeneral.gov/initiatives/prevention/strategy/)

**Percentage of adults reporting that their mental health was not good 14 or more days in past 30 days**



**Percentage of adults reporting that their mental health was not good 14 or more days in past 30 days (2013)**



## Poor, less educated, uninsured, less healthy adults more likely to report poor mental health

CHSS found that those who lived in poverty, were less educated, uninsured or in poor health were much more likely to report that their mental health was not good for 14 or more of the past 30 days. Adults living at 100% or less of the Federal Poverty Level (FPL)<sup>3</sup> were three times more likely (36%) than adults living above 200% FPL (11%) to report this.

Similarly, adults with less than a high school education (35%) were more than four times as likely as college graduates (8%) to report 14 or more days of poor mental health. Uninsured adults (28%) were almost twice as likely as insured adults (15%) to report this, while adults in fair or poor health were more than five times as likely (41%) as those in excellent or very good health (8%) to say this.

## Depression diagnoses rise; rate higher than nation's

Since 1999, CHSS has asked “Has a doctor or healthcare provider ever told you that you had depression?” The rate rose sharply from 14% in 2005 to 21% in 2010 and has continued to rise. In 2013, 23% of Greater Cincinnati adults said they had been told they had depression. This compares with 18% of adults nationwide in 2012, the most recent year for which data are available.<sup>4</sup>

Women (29%) are nearly twice as likely as men (16%) to report a depression diagnosis. This is similar to the nation.<sup>5</sup>

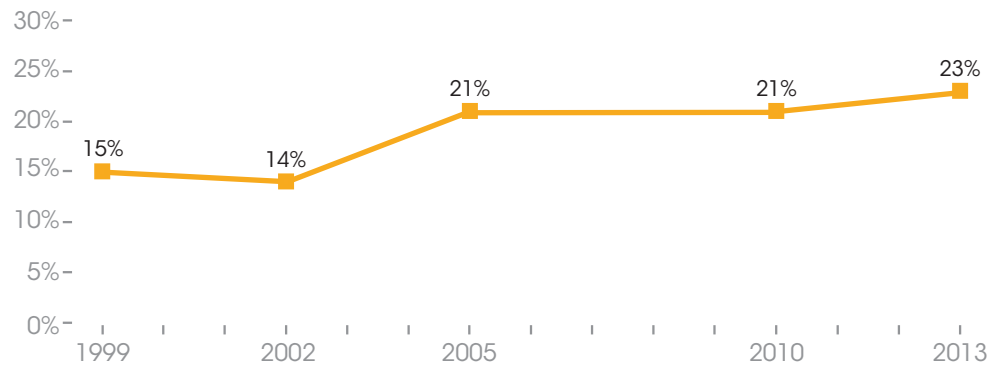
Adults living in poverty, with less education, without health insurance or in fair or poor health were much more likely to report having been diagnosed with depression. (See graph above.)

<sup>3</sup> The federal poverty level in 2012 was \$23,050 for a family of four; 200% FPL was \$46,100.

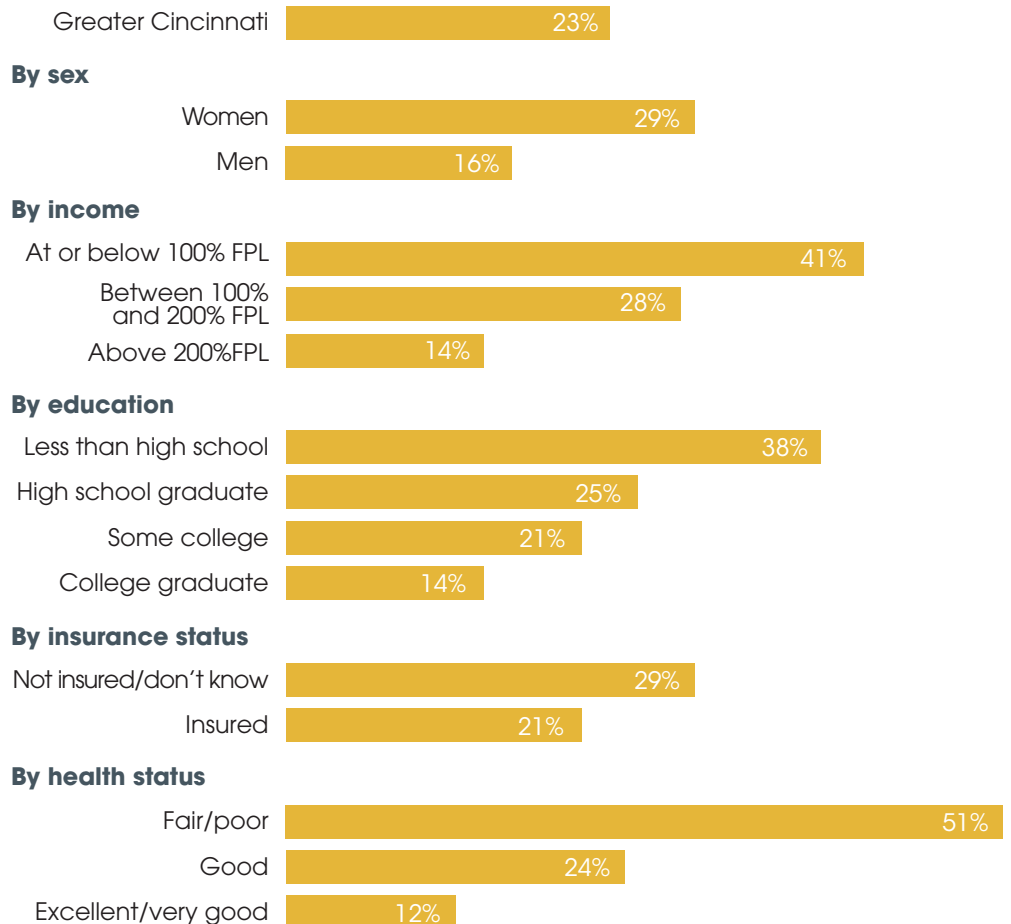
<sup>4</sup> National data are from the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System (BRFSS): <http://apps.nccd.cdc.gov/brfss/display.asp?cat=CH&yr=2012&qkey=8441&state=UB>

<sup>5</sup> <http://www.ncbi.nlm.nih.gov/pubmed/10404710>

## Percentage of adults reporting they had ever been told that they had depression



## Percentage of adults reporting they had ever been told that they had depression (2013)



## Half of area adults calm and peaceful all or most of the time; few often downhearted and blue

Since 1999, CHSS has asked three questions about how respondents felt during the previous four weeks:

- “How much of the time have you felt calm and peaceful?”
- “How much of the time did you have a lot of energy?”

- “How much of the time did you feel downhearted and blue?”

Regional trends in all these measures have remained stable since 1999.

In 2013, about 5 in 10 area adults (51%) reported being calm and peaceful all or most of the time. Nearly 4 in 10 adults (39%) reported having a lot of energy all or most of the time. More than 7 in 10 adults (73 percent)

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## Percentage of adults who reported:



Being calm and peaceful all or most of the time

Greater Cincinnati 51%



Having a lot of energy all or most of the time

39%



Being downhearted and blue little or none of the time

73%

### By income



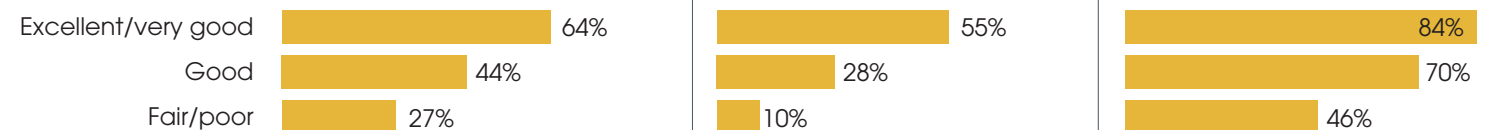
### By education



### By insurance status



### By health status



reported that they felt downhearted and blue little or none of the time.

However, as with other mental health measures, the results varied by income, education and health status. Adults living above 200% FPL were much more likely than those living at

or below 100% FPL to report:

- being calm and peaceful all or most of the time (55% vs. 38%)
- having a lot of energy all or most of the time (43% vs. 30%)
- being downhearted and blue little or none of the time (82% vs. 54%)

Education and health status also affected how people reported feeling calm and peaceful, having a lot of energy or feeling downhearted and blue. College graduates and those reporting excellent or very good health were much more likely to report positive feelings.