

# Mental Health Among Adults

Northeast Corner Regionalization Initiative, 2017



## Frequent Mental Distress



Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **nearly 11 of every 100** Northeast Corner Regionalization Initiative adults 18 years and older had frequent mental distress.

## Depressive Disorder



Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

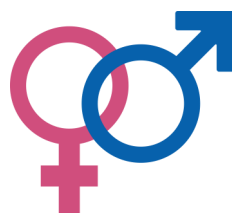
In 2017, **about 23 of every 100** Northeast Corner Regionalization Initiative adults 18 years and older had depressive disorder.

# Depressive Disorder by Selected Socio-demographic Characteristics, Northeast Corner Regionalization Initiative

## BY GENDER

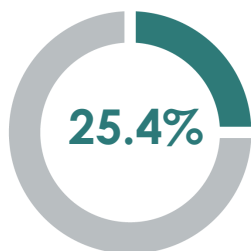
Depressive Disorder was significantly higher among **women** compared to **men**.

**28.0%**  
28 of every  
100 adult women.

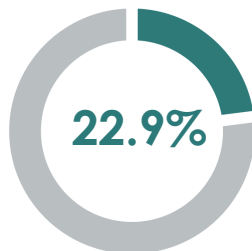


**17.8%**  
Nearly 18 of every  
100 adult men.

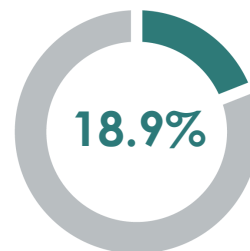
## BY AGE\*



About 25 of every 100 adults aged 18-44 years.



Nearly 23 of every 100 adults aged 45-64 years.



Nearly 19 of every 100 adults aged 65 years and older.

## BY ANNUAL HOUSEHOLD INCOME

Depressive Disorder was significantly higher among persons with an annual household income of **less than \$35,000 per year** compared to those with **\$35,000 or higher per year**.



**29.5%**

About 29 of every 100 adults with an annual household income of less than \$35,000 per year.



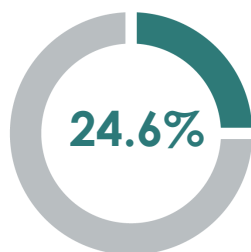
**19.8%**

Nearly 20 of every 100 adults with an annual household income of \$35,000 or higher per year.

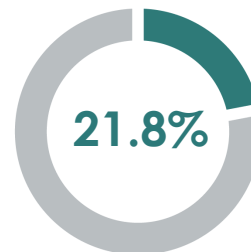
\* The prevalence estimates of depressive disorder in Northeast Corner Regionalization Initiative are not significantly different by age groups.

# Depressive Disorder by Selected Socio-demographic Characteristics, Northeast Corner Regionalization Initiative

## BY EDUCATION\*



Nearly 25 of every 100 adults with a high school education or less.



Nearly 22 of every 100 adults with some college education or higher.

## BY DISABILITY STATUS

Depressive Disorder was **significantly higher among persons living with a disability†** compared to those **living without a disability**.

Nearly 43 of every 100 adults who reported living with a disability.



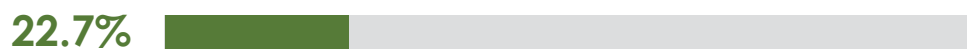
About 16 of every 100 adults who reported living without a disability.



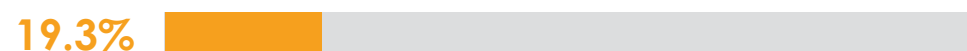
## BY OBESITY

Depressive Disorder was significantly higher among adults **who were obese** compared to adults **who were normal or underweight**.

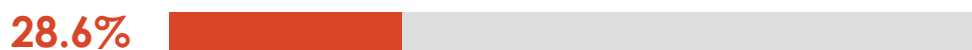
Nearly 23 of every 100 adults who were Normal or Underweight (BMI<25).



About 19 of every 100 adults who were Overweight (25 ≤ BMI < 30).



Nearly 29 of every 100 adults who were Obese (BMI ≥ 30).



\* The prevalence estimates of depressive disorder in Northeast Corner Regionalization Initiative are not significantly different by education groups.

† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

# Depressive Disorder by Selected Socio-demographic Characteristics, Northeast Corner Regionalization Initiative

## BY PHYSICAL ACTIVITY

Depressive Disorder was significantly higher among adults **who were physically inactive**‡ compared to adults **who were physically active**.



21.6%

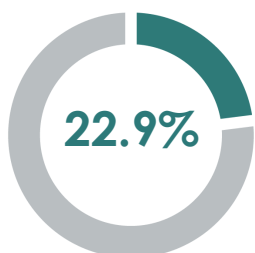
**Nearly 22** of every 100 adults who participate in leisure-time physical activity



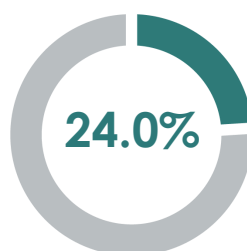
29.9%

**Nearly 30** of every 100 adults who did not participate in leisure-time physical activity

## BY HEALTH INSURANCE\*



**Nearly 23** of every 100 adults who were insured.



**24** of every 100 adults who were uninsured.

\* The prevalence estimates of depressive disorder in Northeast Corner Regionalization Initiative are not significantly different by health insurance groups.

‡Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"