



# Mental Health Among Adults

## South Central Metro Region, 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, **about 14 of every 100** South Central Metro Region 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, **nearly 23 of every 100** South Central Metro Region adults 18 years and older had depressive disorder.

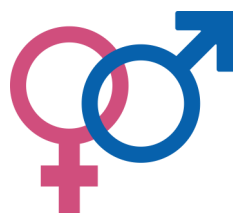
# Depressive Disorder by Selected Socio-demographic Characteristics, South Central Metro Region

## BY GENDER

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

**28.3%**

**About 28** of every 100 adult women.

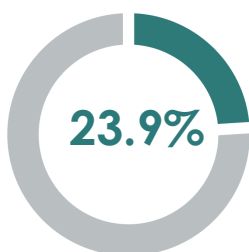


**17.2%**

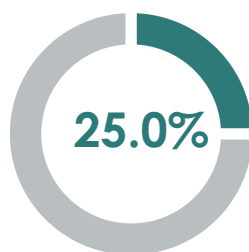
**About 17** of every 100 adult men.

## BY AGE

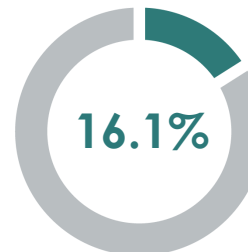
Depressive Disorder was **significantly higher among persons aged 18-44 years, and 45-64 years** compared to those **aged 65 years and older**.



**Nearly 24** of every 100 adults aged 18-44 years.



**25** of every 100 adults aged 45-64 years.



**About 16** 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**.



**32.6%**

**Nearly 33** of every 100 adults with an annual household income of less than \$35,000 per year.

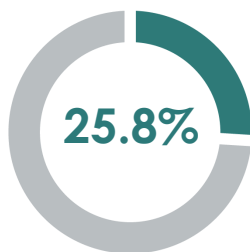


**18.5%**

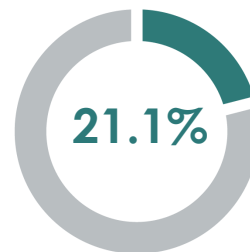
**About 18** of every 100 adults with an annual household income of \$35,000 or higher per year.

# Depressive Disorder by Selected Socio-demographic Characteristics, South Central Metro Region

## BY EDUCATION\*



Nearly 26 of every 100 adults with a high school education or less.



About 21 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**.

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



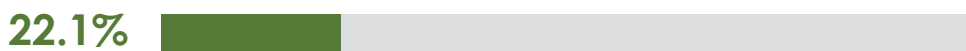
Nearly 16 of every 100 adults who reported living without a disability.



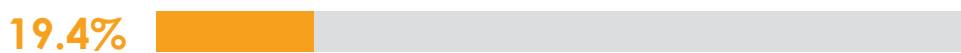
## BY OBESITY

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

About 22 of every 100 adults who were Normal or Underweight (BMI<25).



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



Nearly 28 of every 100 adults who were Obese (BMI>=30).



\* The prevalence estimates of depressive disorder in South Central Metro Region 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, South Central Metro Region

## 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

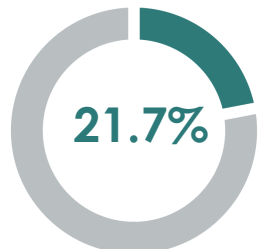


27.9%

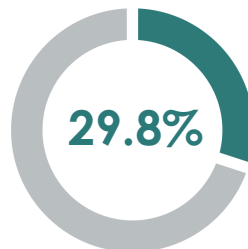
**Nearly 28** of every 100 adults who did not participate in leisure-time physical activity

## BY HEALTH INSURANCE

Depressive Disorder was significantly higher among persons **who were uninsured** compared to those **who were insured**.



**Nearly 22** of every 100 adults who were insured.



**Nearly 30** of every 100 adults who were uninsured.

†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?"