

This report describes the burden of major depression in Utah based on findings from the 2005–2007 Utah Behavioral Risk Factor Surveillance System (BRFSS). Major depression, also known as clinical depression or unipolar depression, is characterized by persistent sad mood that interferes with a person's daily activities, health, behavior, and thoughts.¹ These data describe the prevalence of major depression in Utah adults compared to other states, in local areas of Utah, and by demographic factors like age, sex, and race. Other issues such as physical activity, smoking, and health status are also examined.

Data regarding suicide ideation among adults and youth are also presented within this report. Youth data are taken from the Youth Risk Behavior Survey (YRBS).

The data contained within this report contribute to a deeper understanding of the burden of major depression in Utah. This information can be used for state and local planning to help ease this burden through public programs and clinical interventions.

Key Findings

- The age-adjusted prevalence of major depression in Utah adults from 2005–2007 was 4.1%.
- In 2006, the age-adjusted national rate of major depression in adults was 4.2%. This was not statistically different from the Utah rate for the same year (4.2%).
- South Salt Lake had the highest rate (10.4%) of major depression. The combined West Jordan/Copperton and South Jordan area had the lowest rate (1.2%).

Demographics

- Overall, Utah females (5.1%) had a higher rate of major depression compared to Utah males (3.1%).
- Black and Pacific Islander Utahns had lower rates (0.8% and 2.1% respectively) of major depression compared to all Utahns.
- Separated and divorced persons had the highest rates (23.8% and 12.4% respectively) of major depression compared to people in other marital categories.
- Unemployed persons had a higher rate of major depression (21.1%) than those in other employment categories.
- Persons earning less than \$10,000 annually had a higher rate of major depression (19.9%) compared to the overall state rate.

Chronic Diseases

- Persons with a history of heart attack had a higher rate of major depression (10.1%) than those who did not have a history of heart attack (4.0%).
- Persons who reported having had a stroke had a higher rate of major depression (12.0%) than those who had never had a stroke (3.9%).
- Persons who reported having hypertension had a higher rate of major depression than those without hypertension (7.7% vs. 3.6%).
- Persons with asthma had a higher rate of major depression than persons without asthma (8.2% vs. 3.7%).
- Persons with diabetes had a higher rate of major depression than persons without diabetes (6.2% vs. 3.9%).
- Persons with arthritis had a higher rate of major depression than persons without arthritis (7.5% vs. 2.9%).

General Health and Health Behaviors

- Persons who reported having fair or poor health had a higher rate of major depression (17.7%) than those who reported good, very good, or excellent health (2.4%).
- Current smokers had a higher rate of major depression (11.1%) than former smokers or those who had never smoked (3.3%).

- Persons who had a cholesterol test five or more years ago or who never had a cholesterol test (6.2%) had a higher rate of major depression than those who had a cholesterol test within the past five years (3.1%).
- Persons who did not engage in any physical activity (10.0%) had a higher rate of major depression than those who engaged in the recommended amount of physical activity (2.9%).
- Persons who did not consume fruits or vegetables (10.2%) had a higher rate of major depression than persons who had at least one serving of fruits and vegetables each day (2.6%–4.7%).
- Obese persons (5.8%) had higher rates of major depression than those of normal weight (3.8%).

Access to Health Care

- Persons without health insurance had a higher rate of major depression than persons with health insurance (6.3% vs. 3.6%).
- Persons who reported not having a routine check-up in the past five years or never having a routine check-up (6.4%) had a higher rate of major depression than persons who had a check-up in the past five years (3.9%).

Do Utahns With Major Depression Behave Differently?

- Persons with major depression were more than five times more likely to report fair or poor health status, more than twice as likely to be current smokers, nearly twice as likely to report binge drinking, and more than 1.5 times more likely to be obese.
- Persons with major depression were only about half as likely to engage in the recommended amount of physical activity.

Suicide Ideation

- The age-adjusted prevalence of suicide ideation, or thoughts about suicide, within the past two weeks among adults was 4.5%.
- According to Utah YRBS data, 15.9% of youth seriously considered suicide in the past 12 months.