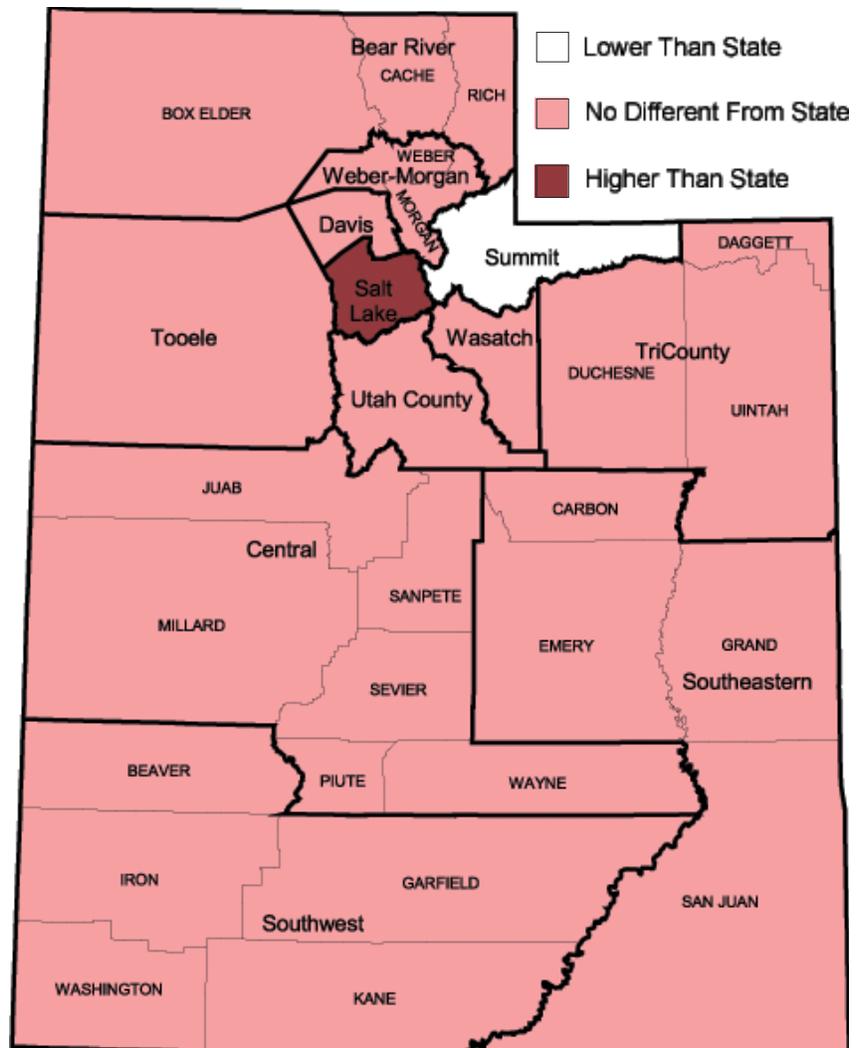# Mental Health Past 30 Days

Question: 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?

The Global Burden of Disease study,[2] conducted by the World Health Organization, the World Bank, and Harvard University, reveals that mental illness ranks second in the burden of disease in established market economies, such as the United States. Major depression alone ranked second only to ischemic heart disease in magnitude of disease burden.

In the United States, mental disorders collectively account for more than 15 percent of the overall burden of disease from all causes and slightly more than the burden associated with all forms of cancer.[2] This measure was recommended by the Institute of Medicine as one of 25 Community Health Profile Indicators. For this report, we looked at the percentage of adults who reported one or more days when their mental health was not good in the past 30 days.

Recent Poor Mental Health Day(s) by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999-2001
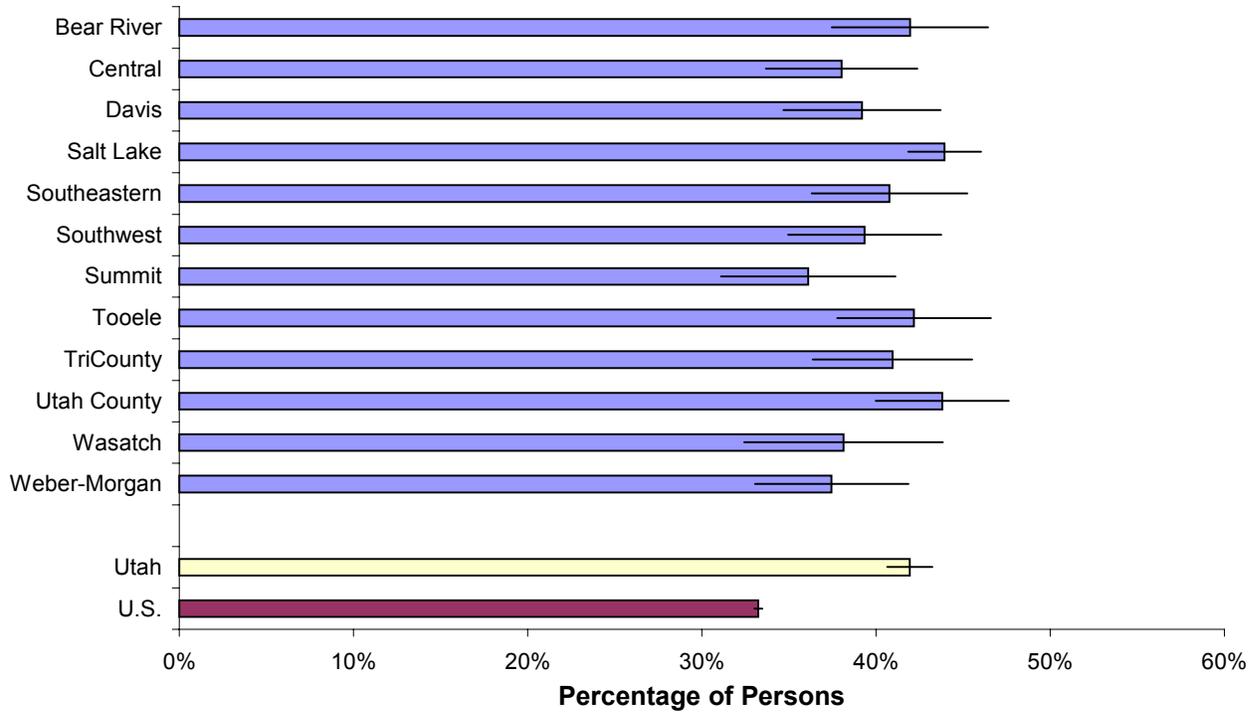
Age adjusted to the U.S. 2000 standard population.
Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage.
Source: Behavioral Risk Factor Surveillance System

- Persons in Summit County Health District were less likely to report recent poor mental health than the entire state, whereas persons in Salt Lake Valley Health District were more likely.

- In Utah, approximately 41.9% of adults reported at least one day of poor mental health in the past 30 days. This was higher than the U.S. rate of 33.3%, even after age adjustment.

- Summit County Health District had the lowest percentage of adults with recent poor mental health (36.1%), and Salt Lake Valley Health District had the highest with 43.9%.

Percentage of Persons Who Reported One or More Days Poor Mental Health in the Past 30 Days*
by Local Health District, Utah, and U.S., Adults Ages 18+, 1999-2001

* crude rates
Source: Behavioral Risk Factor Surveillance System

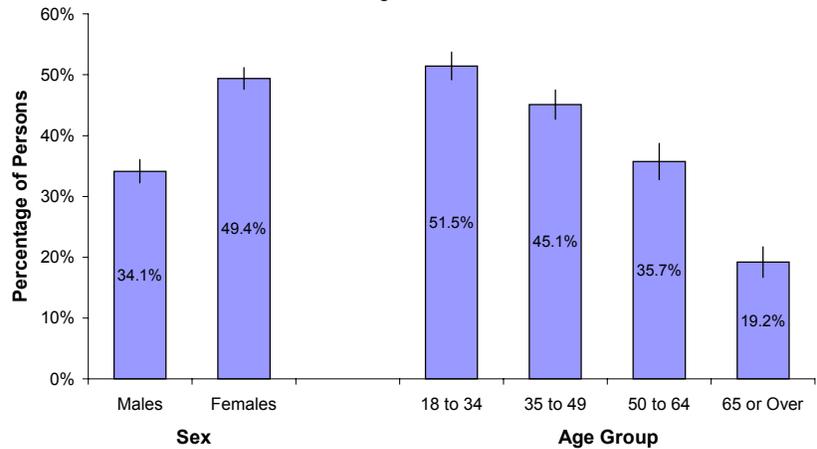| District	Sample Size	Total Number of Adults	Number With Poor Mental Health Day	Crude Rates Percent	95% CI Range		Age-adjusted Rates** Percent	95% CI Range	
Bear River	609	91,817	38,500	42.0%	37.5%	46.4%	39.3%	35.0%	43.6%
Central	606	43,286	16,500	38.0%	33.7%	42.4%	39.0%	34.7%	43.2%
Davis	585	155,816	61,100	39.2%	34.7%	43.7%	37.7%	33.4%	42.0%
Salt Lake	2,679	627,857	275,800	43.9%	41.8%	46.0%	42.8%	40.7%	44.8%
Southeastern	578	36,451	14,900	40.8%	36.3%	45.3%	40.6%	36.4%	44.8%
Southwest	643	97,595	38,400	39.4%	35.0%	43.7%	40.4%	36.0%	44.7%
Summit	603	21,092	7,600	36.1%	31.1%	41.1%	34.7%	30.2%	39.2%
Tooele	700	27,012	11,400	42.2%	37.8%	46.6%	42.3%	38.1%	46.4%
TriCounty	588	26,359	10,800	41.0%	36.4%	45.5%	40.4%	36.0%	44.8%
Utah County	870	245,264	107,500	43.8%	40.0%	47.6%	39.6%	35.9%	43.2%
Wasatch	551	10,154	3,900	38.1%	32.4%	43.8%	37.9%	32.8%	43.1%
Weber-Morgan	613	140,822	52,700	37.5%	33.1%	41.9%	37.2%	33.1%	41.4%
Utah	9,625	1,523,525	638,800	41.9%	40.6%	43.2%	40.6%	39.3%	41.8%
U.S.				33.3%	33.0%	33.5%	33.4%	33.2%	33.6%

** Age adjusted to U.S. 2000 standard population
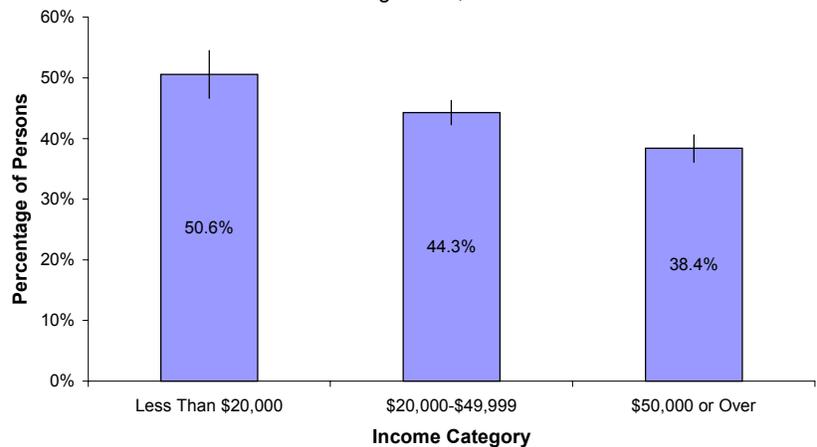
Mental Health Past 30 Days

- Women were more likely than men to report a recent poor mental health day (49.4% vs. 34.1%).

- The prevalence of a recent poor mental health day decreased with increasing age.

Percentage of Persons Who Reported One or More Days Poor Mental Health in the Past 30 Days by Sex and Age,
Utah Adults Ages 18+, 1999-2001

- The percentage of adults with a recent poor mental health day decreased with increasing income.

- Those adults with a college education were less likely to report a recent poor mental health day than adults with less education (not graphed).

Percentage of Persons Who Reported One or More Days Poor Mental Health in the Past 30 Days by Income,
Utah Adults Ages 18+, 1999-2001

Utah Objective: No objective listed.
HP2010 Objective: Overarching: Improve the quality and years of healthy life and eliminate health disparities.

Percentage of Persons Who Reported One or More Days
Poor Mental Health in the Past 30 Days
by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 - 2001.

	Utah Population		Survey Estimates				
			Percentage of Persons Who Reported Recent Poor Mental Health[2]				Distribution of Persons Who Reported Recent Poor Mental Health by Category
				95% Confidence Intervals		Number of	
Demographic Subgroup	Distribution	Number of Persons[1]		Lower	Upper	Persons[1,3]	
Days Poor Mental Health							
Zero	58.1%	884,700					
One or More	41.9%	638,800					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	34.1%	32.2%	36.0%	257,200	40.4%
Females	50.5%	769,800	49.4%	47.6%	51.2%	380,200	59.6%
Total, All Adults	100.0%	1,523,500	41.9%	40.6%	43.2%	638,800	100.0%
Age Group							
18 to 34	42.6%	648,500	51.5%	49.2%	53.7%	333,700	50.9%
35 to 49	28.5%	433,700	45.1%	42.7%	47.5%	195,600	29.8%
50 to 64	16.4%	250,000	35.7%	32.8%	38.7%	89,300	13.6%
65 or Over	12.6%	191,300	19.2%	16.7%	21.7%	36,700	5.6%
Total, All Adults	100.0%	1,523,500	41.9%	40.6%	43.2%	638,800	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	41.8%	40.4%	43.1%	562,200	88.0%
Hispanic	8.3%	126,000	42.8%	37.1%	48.5%	53,900	8.4%
Non-White, Non-Hispanic	3.4%	51,500	43.9%	36.4%	51.3%	22,600	3.5%
Total, All Adults	100.0%	1,523,500	41.9%	40.6%	43.2%	638,800	100.0%
Income							
Less Than $20,000	13.6%	207,700	50.6%	46.7%	54.5%	105,100	16.1%
$20,000-$49,999	47.8%	727,500	44.3%	42.3%	46.3%	322,100	49.3%
$50,000 or Over	38.6%	588,400	38.4%	36.1%	40.7%	225,800	34.6%
Total, All Adults	100.0%	1,523,500	41.9%	40.6%	43.2%	638,800	100.0%
Education							
Less Than High School	6.0%	91,700	42.2%	36.2%	48.2%	38,700	6.1%
H.S. Grad or G.E.D.	30.1%	458,100	44.6%	42.3%	47.0%	204,500	32.0%
Some Post High School	35.1%	534,100	44.2%	42.0%	46.5%	236,200	37.0%
College Graduate	28.9%	439,500	36.1%	33.8%	38.5%	158,700	24.9%
Total, All Adults	100.0%	1,523,500	41.9%	40.6%	43.2%	638,800	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.