

Mental Health



More than 26 percent of adults in the U.S. suffer from a mental disorder in any given year, with nearly six percent experiencing a severe mental illness. Mental health disorders are the leading cause of disability in the U.S. for 15-44 year olds. According to the U.S. Surgeon General, a range of effective treatments exist for most mental disorders, yet nearly half of all Americans who have a severe mental illness fail to seek treatment. Good mental health is essential to leading a healthy life.

Key Facts About Mental Health

Mental health hospitalization and suicide rates in Dakota County have increased over the past ten years. Rates of self-inflicted injury have fluctuated for the past five years. Disordered eating behaviors in adolescents have decreased. Autism spectrum disorders have increased. Students who feel they can talk to their father or mother some or most of the time has increased.

Mental illness in Dakota County

- Hospitalizations of Dakota County residents for mental disorders generally increased from 2000 to 2009.
- 6.5 percent of Dakota County 9th graders and eight percent of 12th graders were treated for a mental disorder in the previous year (2010). More females than males reported treatment for a mental disorder.

Depression

- Major depressive disorder affects about seven percent of the Minnesota population 18 and older in any given year (2006-2007).
- The percentage of Dakota County students who said that they felt discouraged and hopeless in the previous month declined slightly from 1992 to 2010. (2010: 10 percent of 6th graders, 13 percent of 9th graders, and 11 percent of 12th graders)
- The percentage of Dakota County students who felt sad all or most of the time in the previous month declined for 12th graders and remained stable for 6th and 9th graders from 1992 to 2010. (2010: 10 percent of 6th graders, 13 percent of 9th graders, and 10 percent of 12th graders)

Anxiety and stress

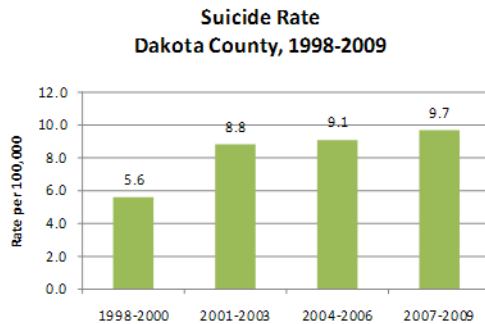
- Eighteen percent of the U.S. population 18 and older has an anxiety disorder in any given year.
- The percentage of Dakota County students who said that they were under significant stress or pressure or nervous, worried or upset all or most of the time declined slightly from 1992 to 2010.
- In 2010, 20 percent of Dakota County 6th graders, 18 percent of 9th graders and 14 percent of 12th graders said they have many fears and are easily scared.

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Suicide

- There were 43 suicides in Dakota County residents in 2009.
- Suicide was tied with unintentional injuries in 2009 as the leading cause of death in 15-24 year olds. The rate is higher for males than females. The rate increased from 1998 to 2009. The Dakota County rate is below the state and about the same as the metro area for 2007 to 2009.
- The percentage of Dakota County students who thought about suicide or attempted suicide in the past year declined in all grades from 2004 to 2010.



Self-injury

- The rate of non-fatal, self-inflicted injuries requiring emergency room or inpatient care fluctuated in Dakota County from 2002 to 2009. The rate is highest for 15-24 year olds, and females have a higher rate than males.
- In 2010, eight percent of Dakota County 6th graders, 13 percent of 9th graders and seven percent of 12th graders reported hurting themselves on purpose during the last year.

Autism spectrum disorders (ASD)

- An estimated average of 1 in 110 U.S. children are affected by an ASD.
- More children than ever before are being classified with ASDs. This increase may be due to improved diagnosis.
- Children with autism enrolled in special education in Dakota County schools increased by 317 percent from school years 2001-2002 to 2010-2011.

Family connections

- Dakota County students who reported that they can talk to their father or mother some or most of the time increased in all grades from 1992 to 2010.

Attention deficit hyperactivity disorder (ADHD)

- ADHD is one of the most common neurobehavioral disorders in children. It can persist into adolescence and adulthood. About half of those with ADHD also have other behavioral disorders.
- Nearly nine percent of U.S. children ages 3-17 were ever diagnosed with ADHD (2009).

Eating disorders

- During their lifetime, an estimated 0.9 percent of females suffer from anorexia, 0.5 percent from bulimia, and 3.5 percent from binge eating disorders.
- The percentage of Dakota County students who said that they tried to lose or control weight during the previous year (2010) was 59 percent (9th grade) and 62 percent (12th grade). Fourteen percent of 9th graders and 17 percent of 12th graders fasted or skipped meals and three percent of 9th and 12 graders vomited or took laxatives to lose weight – a decline from 1998 to 2010.

About this Community Health Profile

For more information about the Dakota County Community Health Assessment and Action Planning (CHAAP) process, contact: Melanie Countryman, Epidemiologist (melanie.countryman@co.dakota.mn.us or 651-554-6131).

For more information:

- Mental Health Association of Minnesota www.mentalhealthmn.org
- Minnesota Department of Health (MDH) www.health.state.mn.us/mentalhealth
- National Institutes of Mental Health www.nimh.nih.gov
- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov
- Substance Abuse and Mental Health Services Administration (SAMHSA) www.samhsa.gov



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www.DakotaCounty.us/PublicHealth

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