

# Mental Health



More than 18 percent of adults in the U.S. suffer from a mental illness in any given year, with four percent experiencing a severe mental illness. Mental illnesses 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 illnesses, 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 hospitalizations in Dakota County and the rates for suicide have increased. Thirty-three percent of 5th grade students have experienced anxiety. 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 illnesses generally increased from 2010 to 2014.
- Eleven percent of Dakota County 8th and 9th graders and 15 percent of 11th graders were treated for a mental illness in the previous year (2016). More females than males reported treatment for a mental illness.

## Depression

- In 2014, an estimated 20 percent of Dakota County adults 25 and older reported having ever been told they have depression. Among those who reported having depression, 57 percent reported they are currently taking medication prescribed for depression.
- In 2016, 35 percent of Dakota County 8th graders, 40 percent of 9th graders and 46 percent of 11th graders said they were bothered by feeling down, depressed and hopeless in the last two weeks. The percents were below the state for 8th graders and similar to the state for 9th and 11th graders.



## Anxiety and stress

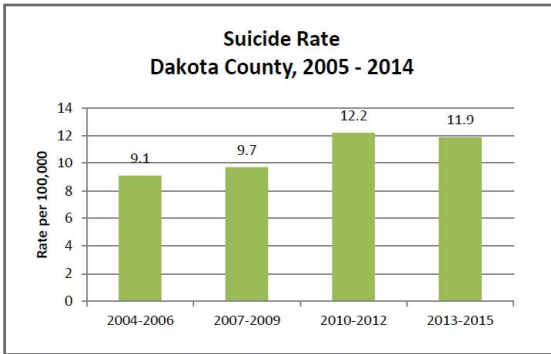
- Nineteen percent of Dakota County adults 25 and older reported having ever been told they have anxiety.
- In 2016, 33 percent of Dakota County 5th graders agreed that they worry a lot, slightly below the state.

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## Suicide

- There were 54 suicides in Dakota County residents in 2015.



Minnesota Department of Health, *Vital Statistics Interactive Query*

- Suicide was the leading cause of death in 15-24 year olds in 2015. The rate is higher for males than females. The rate generally increased from 2006 to 2014 after several years of relative stability. The Dakota County rate was below the state for the period 2013-2015.
- In 2016, 11 percent of Dakota County 8th graders, 11.5 percent of 9th graders and 12 percent of 11th graders said they seriously considered attempting suicide during the past year. These percents are similar to the state for 9th and 11th graders and slightly below the state for 8th graders.
- In 2016, three percent of Dakota County 8th and 11th graders and four percent of 9th graders reported they had actually attempted suicide during the past year. These percents are similar to the state for 9th and 11th graders and slightly below the state for 8th graders.

## Self-injury

- The rate of non-fatal, self-inflicted injuries requiring emergency room or inpatient care increased by 13 percent in Dakota County from 2013 to 2014. The rate is highest for 15-24 year olds, and females have a higher rate than males (2014).
- In 2016, 15 percent of Dakota County 8th graders, 15.5 percent of 9th graders and 14 percent of 11th graders reported hurting themselves on purpose during the last year. These percents are slightly below the state for 8th and 11th graders and similar to the state for 9th graders.

## Family connections

- Dakota County students who reported that they can talk to their father or mother some or most of the time increased in 9th graders from 1992 to 2016.

## 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.
- Ten percent of U.S. children ages 5-17 were ever diagnosed with ADHD (2012-2014).

## Eating disorders

- During their lifetime, an estimated 0.6 percent of females suffer from anorexia or bulimia, and three percent from binge eating disorders.

## Autism spectrum disorders (ASD)

- An estimated 1 in 68 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 66 percent from school years 2006-07 to 2015-16.

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## About this Community Health Profile

For more information about the Dakota County community health assessment, contact: Melanie Countryman, Epidemiologist ([melanie.countryman@co.dakota.mn.us](mailto:melanie.countryman@co.dakota.mn.us) or 651-554-6131).

## For more information:

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

[www.DakotaCounty.us](http://www.DakotaCounty.us)

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