



# Community Health Profile

# MENTAL HEALTH

Twenty-three percent of adults in the U.S. lives with a mental illness in any given year, with 5.5 percent experiencing a severe mental illness. Major depressive disorder is 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 more than half of all Americans who have a mental illness fail to seek treatment. Good mental health is essential to leading a healthy life.

## KEY FACTS

The rate for suicide in adults has decreased.

Forty-four percent of 5th grade students have experienced anxiety.

Autism spectrum disorders have increased.

The majority of students (81 percent) can talk to their parent or guardian about the problems they have.

Mental health disorders have been on the rise since the COVID-19 pandemic.

## Mental illness in Dakota County

- The rate of hospitalizations of Dakota County residents for depressive disorder and suicidal ideation/attempts decreased from 2016 to 2020.
- Fourteen percent of Dakota County 8th graders, 16 percent of 9th graders, and 21 percent of 11th graders were treated for a mental illness in the previous year (2022). More females than males reported treatment for a mental illness.

## Depression

- In 2023, an estimated 24 percent of Dakota County adults (25 and older) reported having ever been told they have depression, an increase from 20 percent in 2014.
- In 2022, 46 percent of Dakota County 8th graders, 48 percent of 9th graders and 58 percent of 11th graders said they were bothered by feeling down, depressed and hopeless in the last two weeks. The percents were slightly above the state for 8th graders, similar to the state for 9th graders, and above the state for 11th graders.

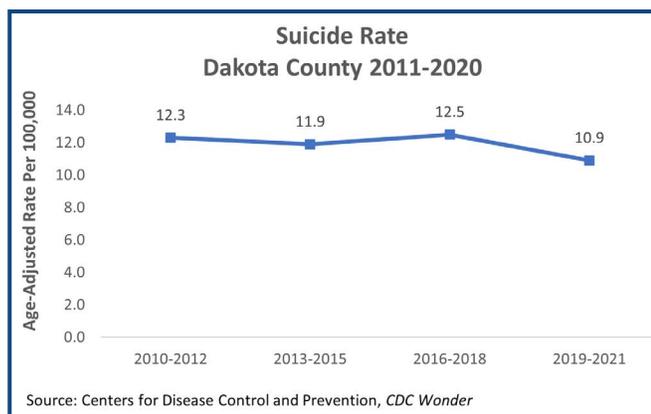
## Anxiety and stress

- Thirty percent of Dakota County adults (25 and older) reported having ever been told they have anxiety in 2023, an increase from 19 percent in 2014.
- In 2022, 44 percent of Dakota County 5th graders agreed that they worry a lot, slightly above the state.



## Suicide

- There were 40 suicides in Dakota County residents in 2021.



- The suicide rate is higher for males than females. The rate decreased from 2011 to 2020. The Dakota County rate was below the state for the period 2019-2021.
- In 2022, 15 percent of Dakota County 8th graders, 13 percent of 9th graders, and 16 percent of 11th graders said they seriously considered attempting suicide during the past year. These percents are similar to the state for 8th graders, slightly below the state for 9th graders, and slightly above the state for 11th graders.
- In 2022, four percent of Dakota County 8th, 9th and 11th graders reported they had actually attempted suicide during the past year. These percents are similar to the state for 8th and 9th graders and slightly above the state for 11th graders.

## Self-injury

- The rate of non-fatal, self-inflicted injuries requiring emergency room or inpatient care decreased in Dakota County from 2018 to 2020.
- In 2022, 24.5 percent of Dakota County 8th graders, 23 percent of 9th and 11th graders reported hurting themselves on purpose during the last year. These percents are similar to the state for 8th graders, slightly below the state for 9th graders, and slightly above the state for 11th graders.

## Family connections

- 81 percent of Dakota County students reported that they can talk to their parent or guardian about the problems they are having (2022).

## Attention deficit hyperactivity disorder (ADHD)

- ADHD is one of the most common neuro-behavioral 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 3-17 were ever diagnosed with ADHD (2022).

## Eating disorders

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

## Autism spectrum disorders (ASD)

- An estimated three percent of Minnesota 8-year olds are affected by an ASD. The rate per 1,000 children is below other U.S. communities.
- 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 public schools increased by 50 percent from school years 2013-2014 to 2022-2023.

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For more information:

- Mental Health Association of Minnesota [www.mentalhealthmn.org](http://www.mentalhealthmn.org)
- NAMI Minnesota [www.namimn.org](http://www.namimn.org)
- Minnesota Department of Health (MDH) [www.health.state.mn.us](http://www.health.state.mn.us)
- National Institutes of Mental Health <https://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)

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email [public.health@co.dakota.mn.us](mailto:public.health@co.dakota.mn.us) or call 651.554.6100.

