



Meeker, McLeod, Sibley

Healthy Communities

2017 Community Health Assessment

COLLECTIVE ACTION PLAN: MENTAL HEALTH

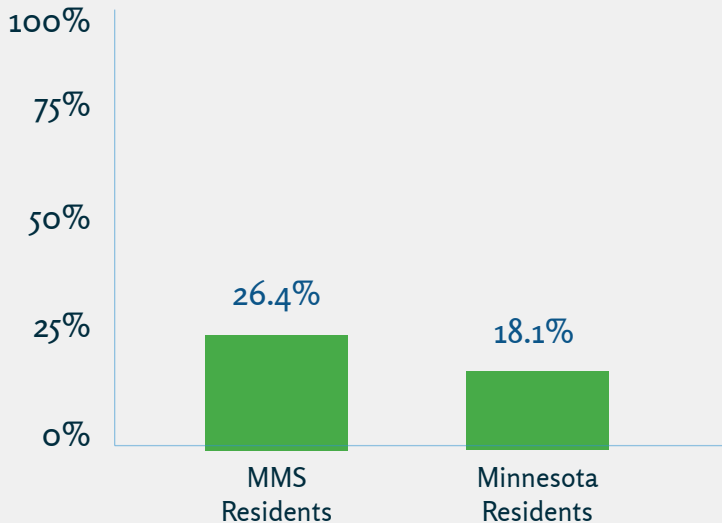
Mental and chemical health promotion can improve quality of life and physical health, and early intervention services can lessen the burden of both.

Unrecognized and untreated mental and chemical health conditions can disrupt development across the lifespan, social connections, family life, education, employment and economic stability, and full community participation. Early intervention and support for families can prevent child and parent mental and chemical health problems and promote overall health and resiliency at all stages of life. When left untreated, mental and chemical health conditions can worsen and become disabling or less amenable to treatment.

Local Data

MMS Community Health Behavior Survey

IN 2014...



Residents reported that they had mental health concerns (depression, anxiety/panic attacks, or other mental health problems)



9.6% of MMS residents reported

there was a time when you wanted to talk with or seek help from a health professional about mental health issues but did not, or delayed talking to someone

33.4% of MMS residents said

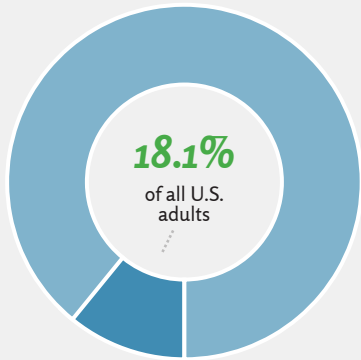
they had 1-9 days, in the last 30, where their mental health was not good

10.6% of MMS residents reported that they were seeking mental health care in 2014



National Data

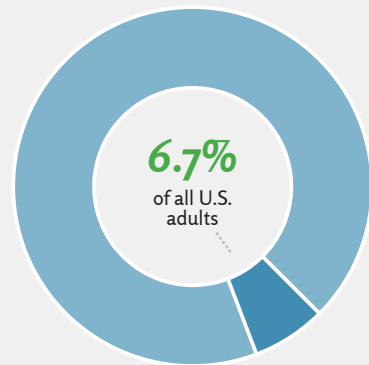
IN **2015...**



There were an estimated 43.6 million adults aged 18 or older in the United States with any mental illness.

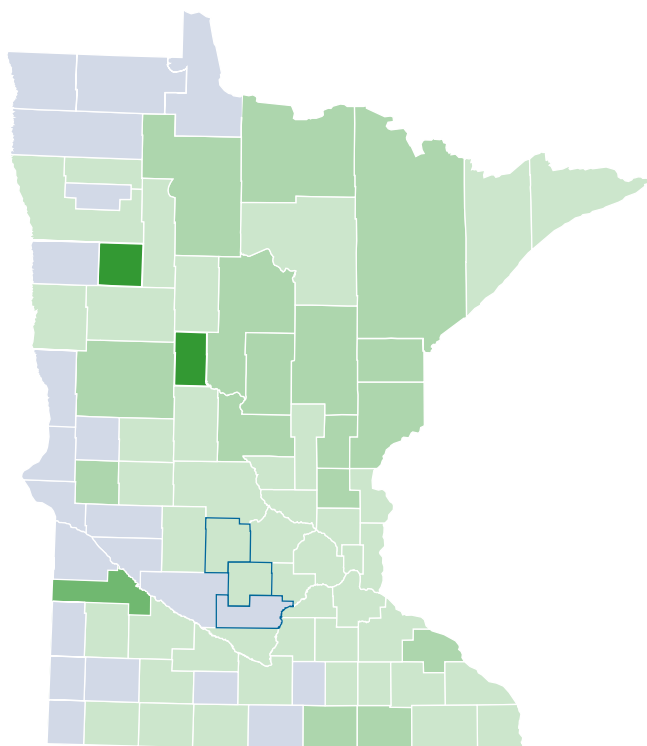
(SAMHSA)

IN **2014...**



An estimated 16.1 million adults aged 18 and older in the United States had at least one major depressive episode.

(National Institute of Mental Illness)



State Data

Minnesota Unhealthy Days

Mentally Unhealthy Days,
Average per Month by County,
BRFSS-2006-12

- Over 5.0
- 4.1 - 5.0
- 3.1 - 4.0
- Under 3.0
- No data or data suppressed