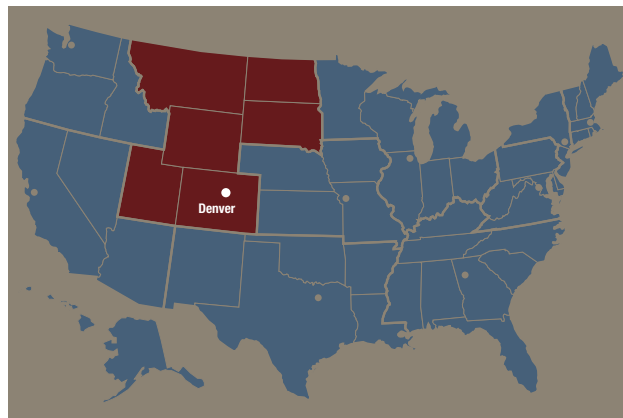




Behavioral Health Barometer

EXECUTIVE SUMMARY Region VIII, 2014





Acknowledgments

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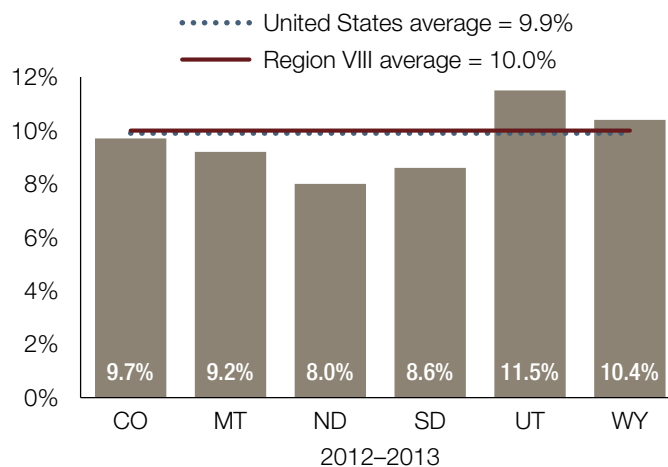
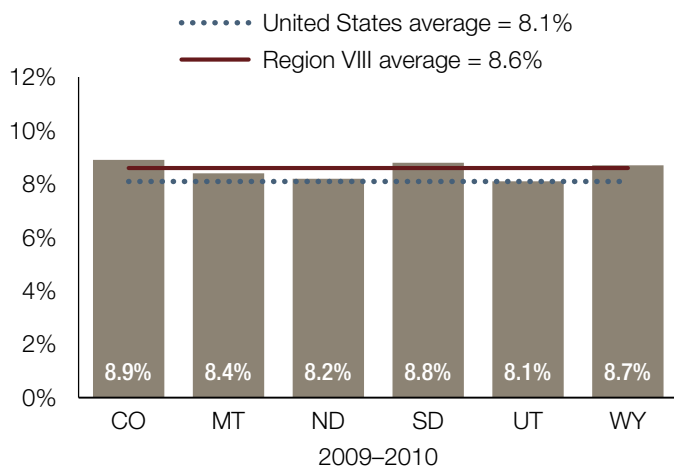
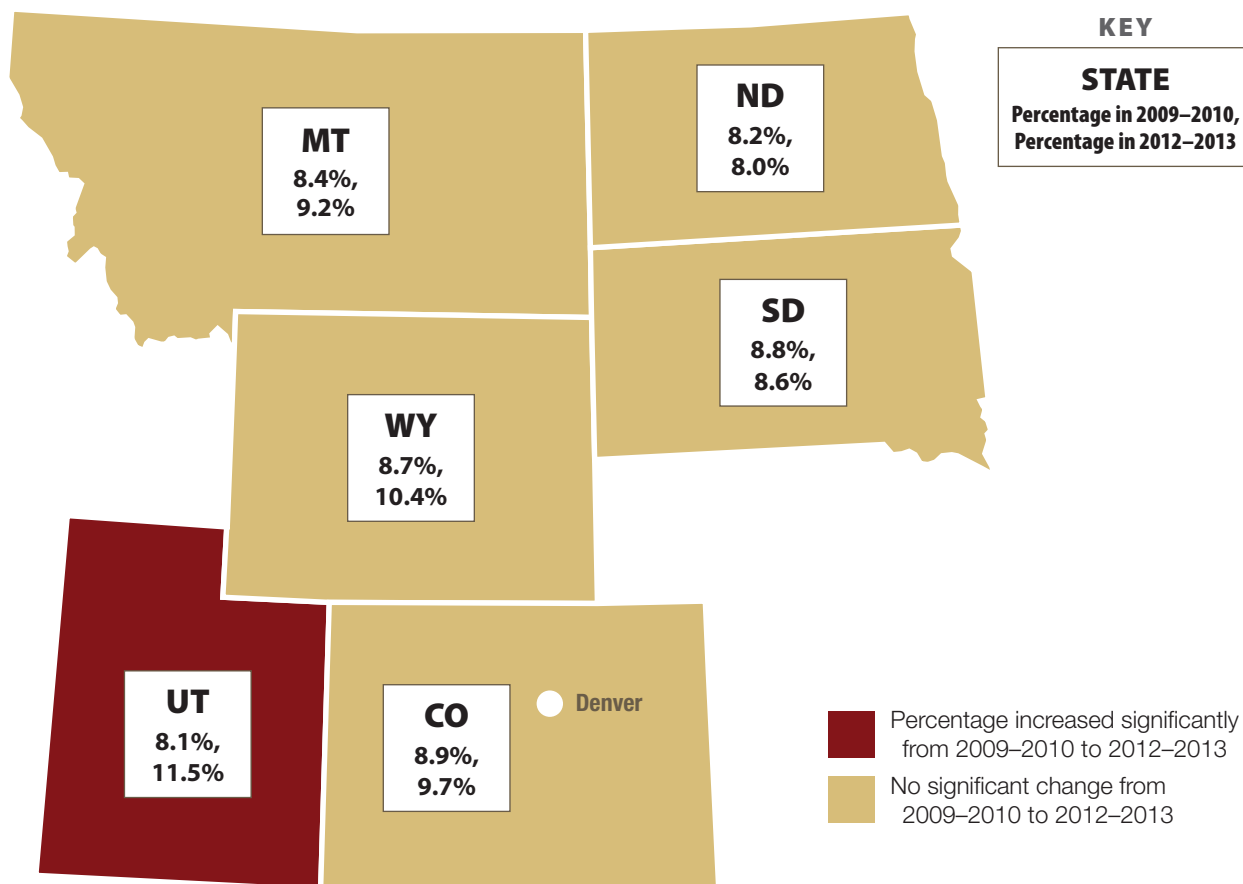


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YOUTH MENTAL HEALTH DEPRESSION



Past-Year Major Depressive Episode (MDE) Among Adolescents Aged 12–17 in Region VIII (2009–2010, 2012–2013)^{1,2}



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2010 and 2012–2013.

YOUTH MENTAL HEALTH DEPRESSION



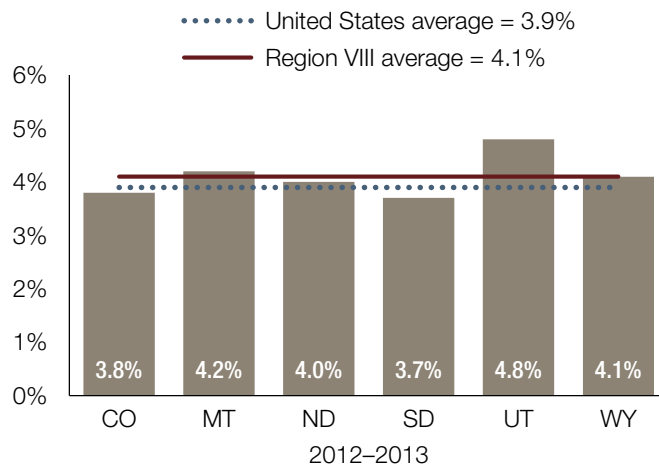
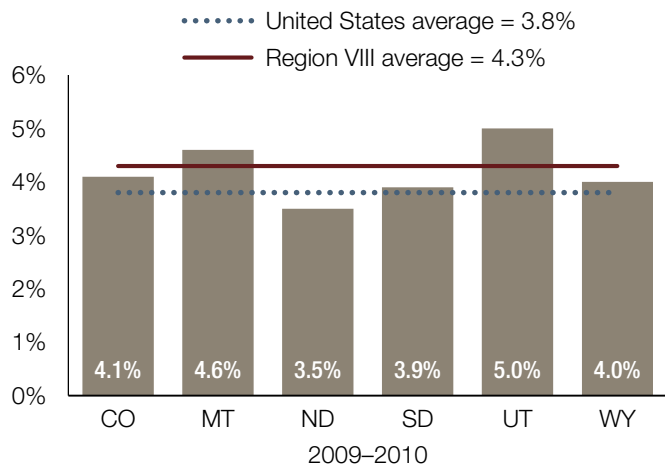
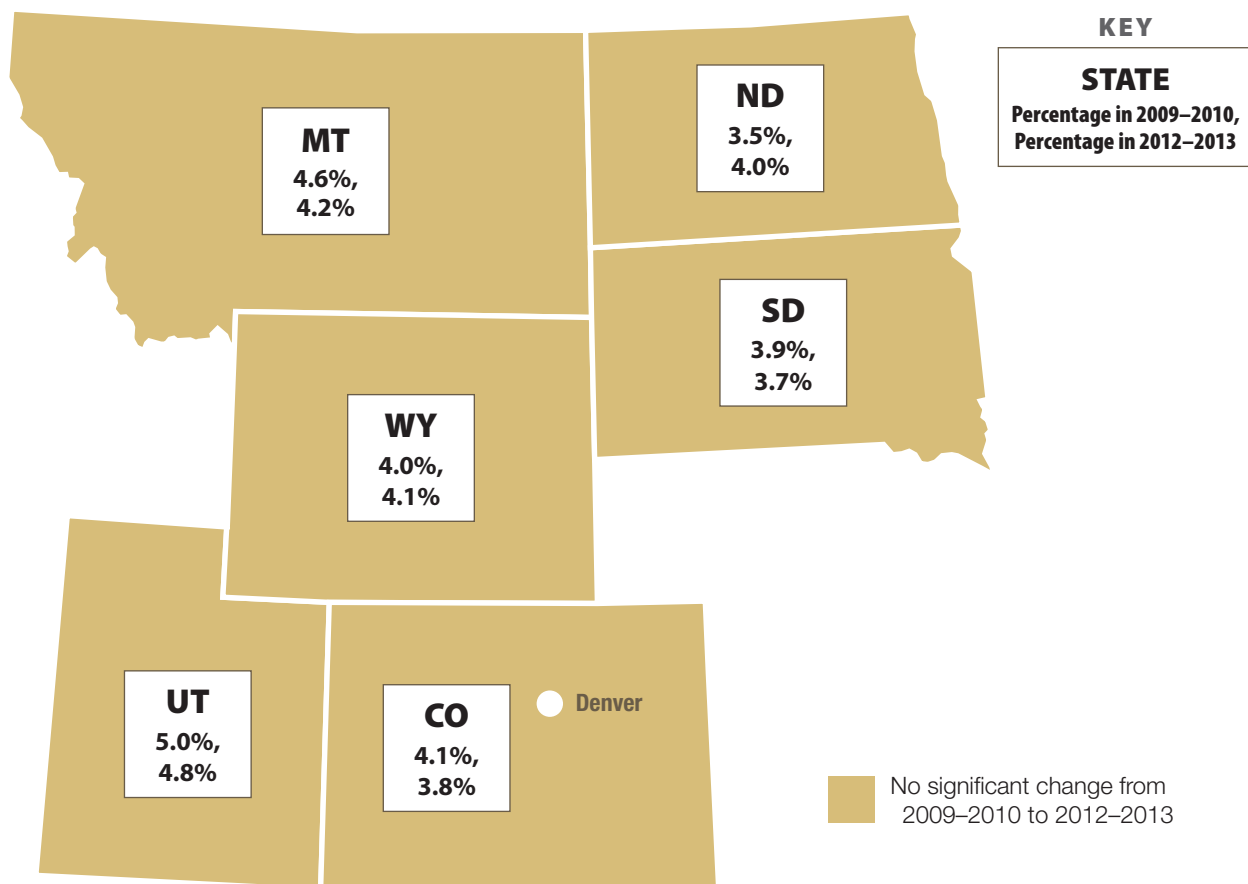
Past-Year Major Depressive Episode (MDE) Among Adolescents Aged 12–17 in Region VIII (2009–2010, 2012–2013)^{1,2}

- In 2009–2010, 8.6% of adolescents aged 12–17 in Region VIII had at least one MDE within the year prior to being surveyed. The percentages of past-year MDE among adolescents aged 12–17 across the states in Region VIII ranged from 8.1% to 8.9%.
- In 2012–2013, 1 in 10 (10.0%) adolescents aged 12–17 in Region VIII had at least one MDE within the year prior to being surveyed. The percentages of past-year MDE among adolescents aged 12–17 across the states in Region VIII ranged from 8.0% to 11.5%.
- The percentage of past-year MDE among adolescents aged 12–17 increased significantly in Utah from 8.1% in 2009–2010 to 11.5% in 2012–2013. There were no significant changes in the percentages of past-year MDE among adolescents aged 12–17 in Colorado, Montana, North Dakota, South Dakota, or Wyoming.
- In 2009–2010, the percentages of past-year MDE among adolescents aged 12–17 for each state in the region did not differ significantly from the Region VIII (8.6%) or U.S. (8.1%) averages.
- In 2012–2013, the percentages of past-year MDE among adolescents aged 12–17 in North Dakota (8.0%) was significantly lower than the Region VIII (10.0%) and U.S. (9.9%) averages.

ADULT MENTAL HEALTH THOUGHTS OF SUICIDE



Past-Year Serious Thoughts of Suicide Among Adults Aged 18 or Older in Region VIII (2009–2010, 2012–2013)^{1,3}



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2010 and 2012–2013.

ADULT MENTAL HEALTH

THOUGHTS OF SUICIDE



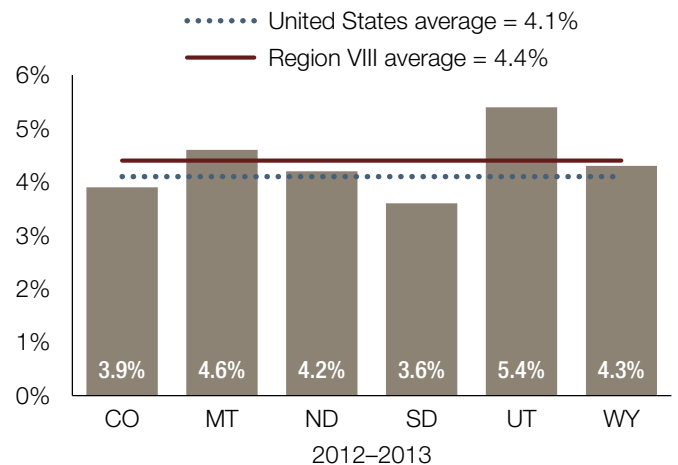
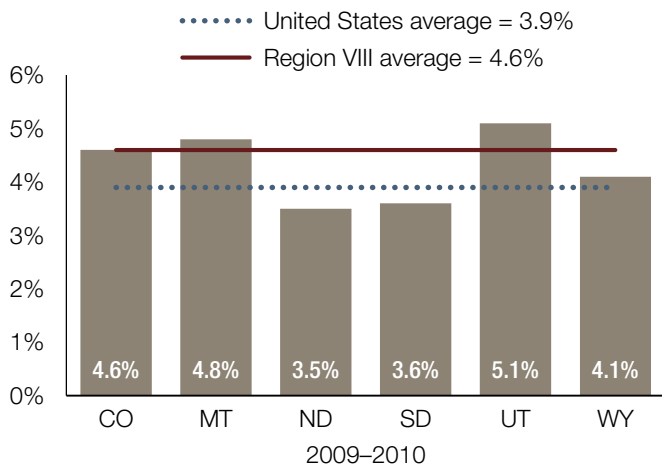
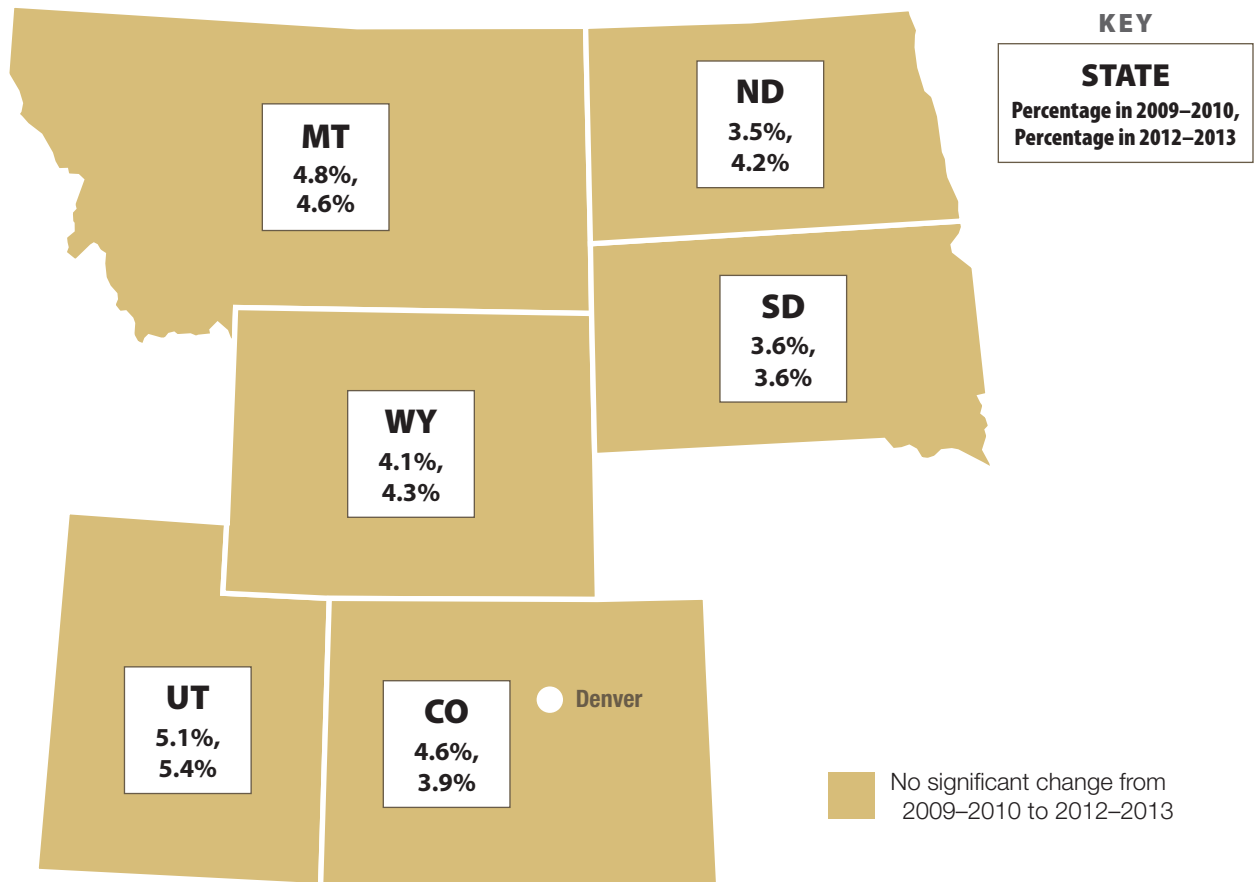
Past-Year Serious Thoughts of Suicide Among Adults Aged 18 or Older in Region VIII (2009–2010, 2012–2013)^{1,3}

- In 2009–2010, 4.3% of adults aged 18 or older in Region VIII had serious thoughts of suicide within the year prior to being surveyed. The percentages of past-year serious thoughts of suicide among adults aged 18 or older across the states in Region VIII ranged from 3.5% to 5.0%.
- In 2012–2013, 4.1% of adults aged 18 or older in Region VIII had serious thoughts of suicide within the year prior to being surveyed. The percentages of past-year serious thoughts of suicide among adults aged 18 or older across the states in Region VIII ranged from 3.7% to 4.8%.
- For all states in Region VIII, there were no significant changes in the percentages of past-year serious thoughts of suicide among adults aged 18 or older from 2009–2010 to 2012–2013.
- In 2009–2010, the percentage of past-year serious thoughts of suicide among adults aged 18 or older in Utah (5.0%) was significantly higher than the U.S. (3.8%) average.
- In 2012–2013, the percentage of past-year serious thoughts of suicide among adults aged 18 or older in Utah (4.8%) was significantly higher than the U.S. (3.9%) average.

ADULT MENTAL HEALTH SERIOUS MENTAL ILLNESS



Past-Year Serious Mental Illness (SMI) Among Adults Aged 18 or Older in Region VIII (2009–2010, 2012–2013)^{1,4}



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2010 and 2012–2013.

ADULT MENTAL HEALTH

SERIOUS MENTAL ILLNESS



Past-Year Serious Mental Illness (SMI) Among Adults Aged 18 or Older in Region VIII (2009–2010, 2012–2013)^{1,4}

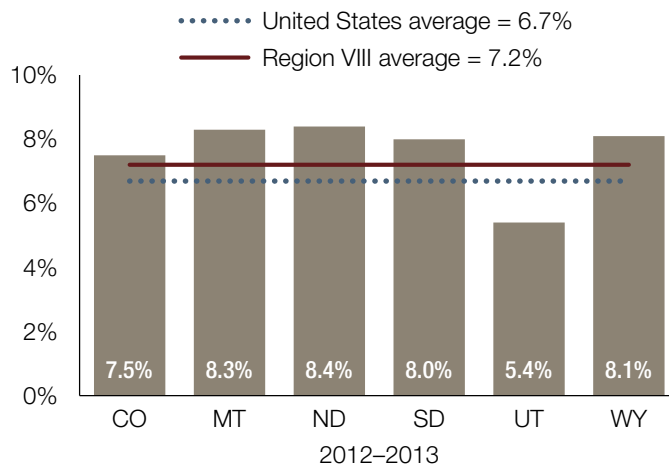
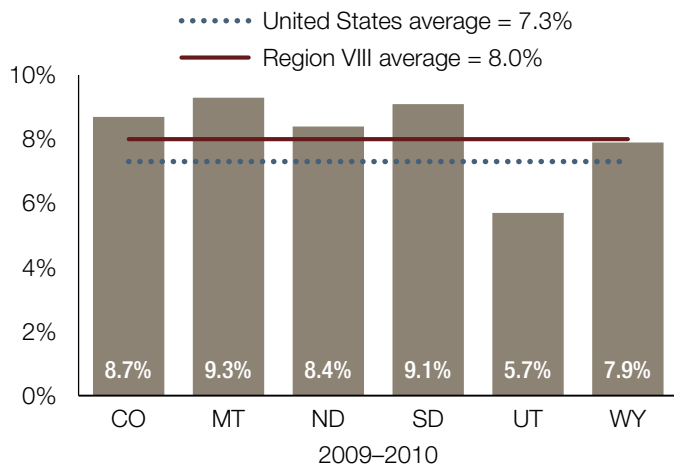
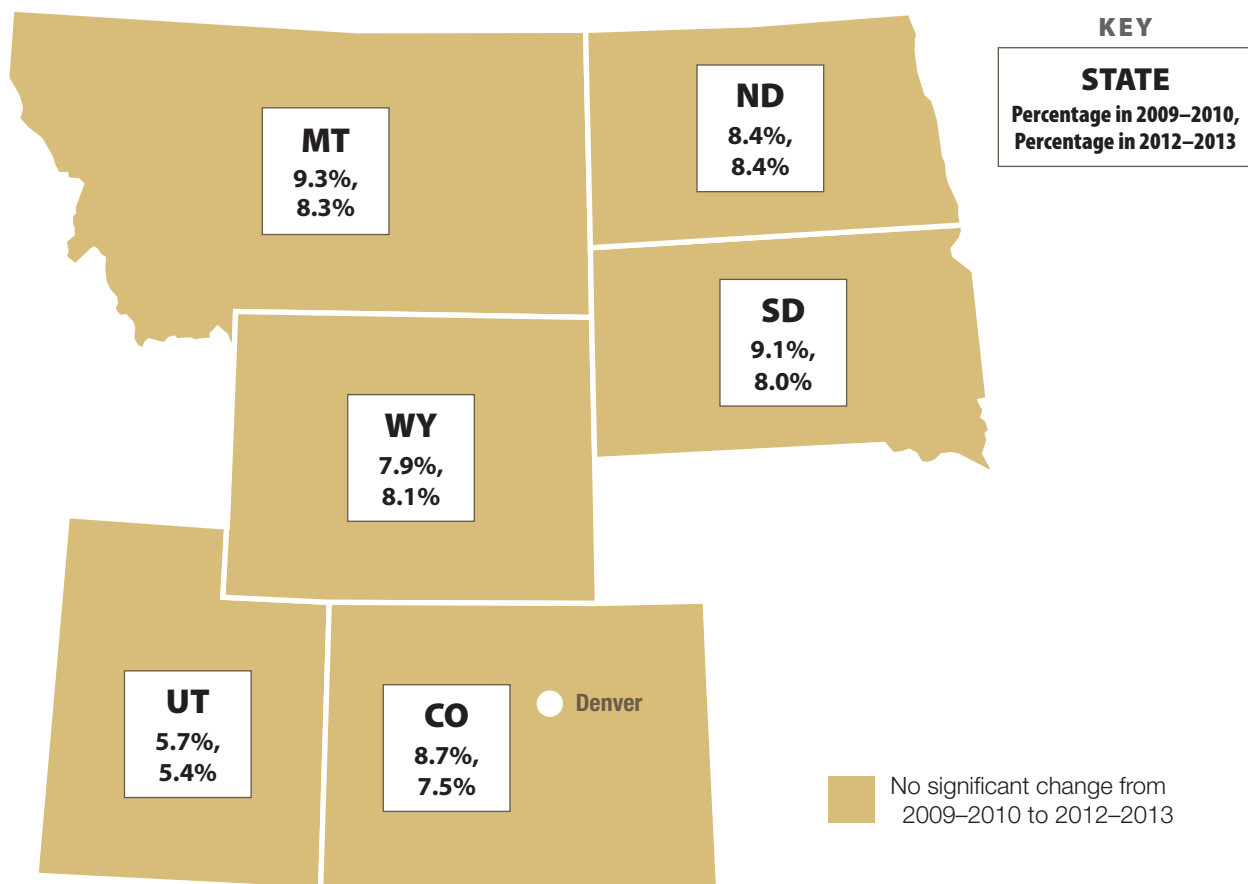
- In 2009–2010, 4.6% of adults aged 18 or older in Region VIII had SMI within the year prior to being surveyed. The percentages of past-year SMI among adults aged 18 or older across the states in Region VIII ranged from 3.5% to 5.1%.
- In 2012–2013, 4.4% of adults aged 18 or older in Region VIII had SMI within the year prior to being surveyed. The percentages of past-year SMI among adults aged 18 or older across the states in Region VIII ranged from 3.6% to 5.4%.
- For all states in Region VIII, there were no significant changes in the percentages of past-year SMI among adults aged 18 or older from 2009–2010 to 2012–2013.
- In 2009–2010, the percentage of past-year SMI among adults in Utah (5.1%) was significantly higher than the U.S. (3.9%) average.
- In 2012–2013, the percentage of past-year SMI among adults in Utah (5.4%), was significantly higher than the Region VIII (4.4%) and U.S. (4.1%) averages.

SUBSTANCE USE

ALCOHOL DEPENDENCE OR ABUSE



Past-Year Alcohol Dependence or Abuse Among Individuals Aged 12 or Older in Region VIII (2009–2010, 2012–2013)¹



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2010 and 2012–2013.

SUBSTANCE USE

ALCOHOL DEPENDENCE OR ABUSE



Past-Year Alcohol Dependence or Abuse Among Individuals Aged 12 or Older in Region VIII (2009–2010, 2012–2013)¹

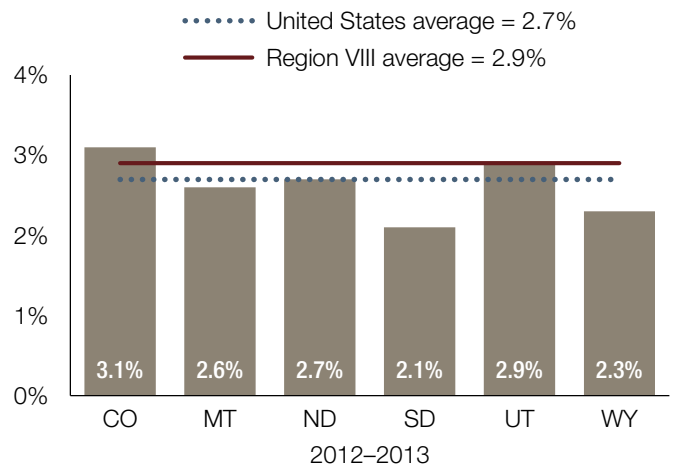
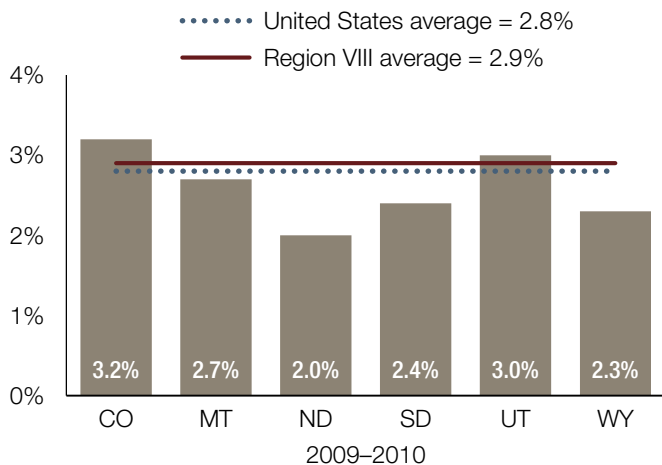
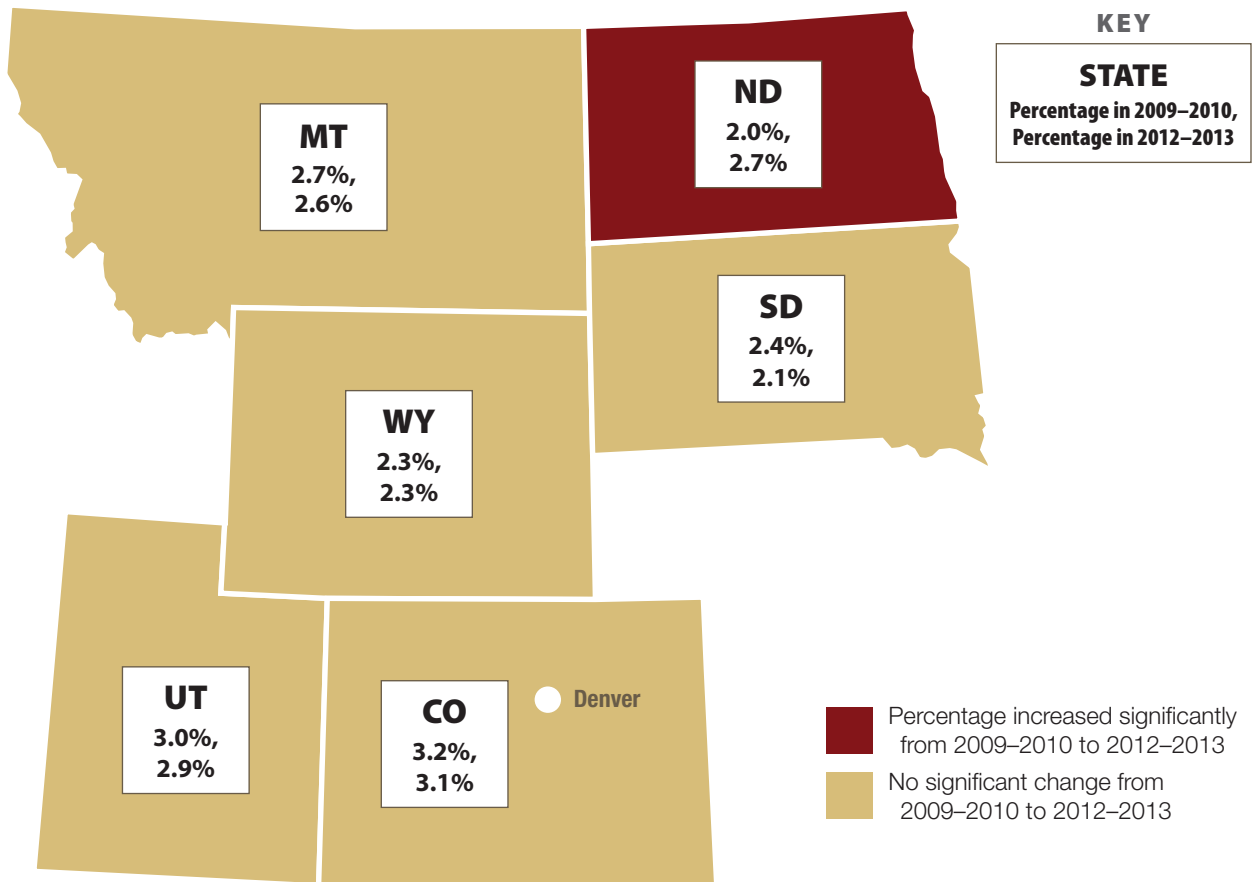
- In 2009–2010, 8.0% of individuals aged 12 or older in Region VIII were dependent on or abused alcohol within the year prior to being surveyed. The percentages of past-year alcohol dependence or abuse among individuals aged 12 or older across the states in Region VIII ranged from 5.7% to 9.3%.
- In 2012–2013, 7.2% of individuals aged 12 or older in Region VIII were dependent on or abused alcohol within the year prior to being surveyed. The percentages of past-year alcohol dependence or abuse among individuals aged 12 or older across the states in Region VIII ranged from 5.4% to 8.4%.
- For all states in Region VIII, there were no significant changes in the percentages of past-year alcohol dependence or abuse among individuals aged 12 or older from 2009–2010 to 2012–2013.
- In 2009–2010, the percentages of past-year alcohol dependence or abuse among individuals aged 12 or older in Colorado (8.7%), Montana (9.3%), and South Dakota (9.1%) were significantly higher than the U.S. (7.3%) average, whereas the percentage in Utah (5.7%) was significantly lower than both the Region VIII (8.0%) and U.S. averages.
- In 2012–2013, the percentages of past-year alcohol dependence or abuse among individuals aged 12 or older in Montana (8.3%), North Dakota (8.4%), South Dakota (8.0%), and Wyoming (8.1%) were significantly higher than the U.S. (6.7%) average, whereas the percentage in Utah (5.4%) was significantly lower than both the Region VIII (7.2%) and U.S. averages.

SUBSTANCE USE

ILLICIT DRUG DEPENDENCE OR ABUSE



Past-Year Illicit Drug Dependence or Abuse Among Individuals Aged 12 or Older in Region VIII (2009–2010, 2012–2013)¹



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009–2010 and 2012–2013.

SUBSTANCE USE

ILLICIT DRUG DEPENDENCE OR ABUSE



Past-Year Illicit Drug Dependence or Abuse Among Individuals Aged 12 or Older in Region VIII (2009–2010, 2012–2013)¹

- In 2009–2010, 2.9% of individuals aged 12 or older in Region VIII were dependent on or abused illicit drugs within the year prior to being surveyed. The percentages of past-year illicit drug dependence or abuse among individuals aged 12 or older across the states in Region VIII ranged from 2.0% to 3.2%.
- In 2012–2013, the percentage of past-year illicit drug dependence or abuse among individuals aged 12 or older in Region VIII was also 2.9%. The percentages of past-year illicit drug dependence or abuse among individuals aged 12 or older across the states in Region VIII ranged from 2.1% to 3.1%.
- The percentage of past-year illicit drug dependence or abuse among individuals aged 12 or older increased significantly in North Dakota from 2.0% in 2009–2010 to 2.7% in 2012–2013. There were no significant differences in the percentages of past-year illicit drug dependence or abuse among individuals aged 12 or older in Colorado, Montana, South Dakota, Utah, or Wyoming during the same time period.
- In 2009–2010, the percentage of past-year illicit drug dependence or abuse among individuals aged 12 or older in North Dakota (2.0%) was significantly lower than both the Region VIII (2.9%) and U.S. (2.8%) averages.
- In 2012–2013, the percentage of past-year illicit drug dependence or abuse among individuals aged 12 or older in South Dakota (2.1%) was significantly lower than the Region VIII (2.9%) average.

FIGURE NOTES



- ¹ Estimates are based on a small area estimation procedure in which state-level National Survey on Drug Use and Health (NSDUH) data from 2 consecutive survey years are combined with local-area county and census block group/tract-level data from the state. This model-based methodology provides more precise estimates of substance use at the state level than those based solely on the sample, particularly for states with smaller sample sizes.
- ² Respondents with unknown past-year major depressive episode (MDE) data were excluded.
- ³ Estimates were based only on responses to suicide items in the NSDUH Mental Health module. Respondents with unknown suicide information were excluded.
- ⁴ Estimates of serious mental illness (SMI) presented in this publication may differ from estimates in other publications as a result of revisions made to the NSDUH mental illness estimation models in 2012. Other NSDUH mental health measures presented were not affected. Please note that 2013 Barometer reports include the revised SMI estimates. For further information, see *Revised Estimates of Mental Illness from the National Survey on Drug Use and Health*, which is available on the SAMHSA Web site at <http://www.samhsa.gov/data/sites/default/files/NSDUH148/NSDUH148/sr148-mental-illness-estimates.pdf>.

DEFINITIONS



Dependence on or abuse of alcohol or illicit drugs is defined using 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) criteria.

Illicit drugs is defined as marijuana/hashish, cocaine (including crack), inhalants, hallucinogens, heroin, or prescription-type drugs used nonmedically, based on data from original National Survey on Drug Use and Health (NSDUH) questions, not including methamphetamine use items added in 2005 and 2006.

Major depressive episode (MDE) is defined as in DSM-IV, which specifies a period of at least 2 weeks in the past year when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

Serious mental illness (SMI) is defined as having a diagnosable mental health, behavioral, or emotional disorder, other than a substance use disorder, that met DSM-IV criteria and resulted in serious functional impairment.

SOURCES



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