



## Adult Mental Health in Murray County

### Findings from the 2015 Southwest Minnesota Healthy Communities Survey

The 2015 Southwest Minnesota Healthy Communities Survey was conducted to learn about the health and health habits – physical activity, nutrition, tobacco use, dental health, and mental health – of residents living in 16 counties in southwest Minnesota. Southwest Health and Human Services contracted with Wilder Research to produce summary reports for each of the six counties in their service area. This fact sheet summarizes survey results related to the mental health of adult residents in Murray County.

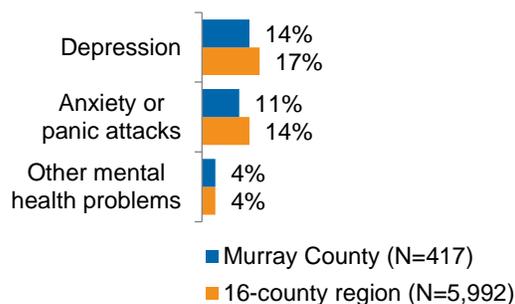
The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

In the following report, when response percentages are reported as higher or lower in the county compared to the 16-county region, this refers to a difference of 10 percentage points or more.

#### *Mental health history*

Fourteen percent of Murray County residents have been told by a doctor that they have depression and 11 percent had been told by a doctor that they have anxiety or panic attacks. Four percent of Murray County residents have been told they have other mental health problems.

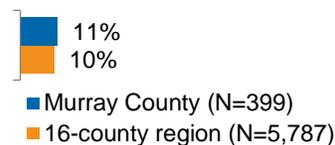
#### HAVE YOU EVER BEEN TOLD BY A DOCTOR THAT YOU HAD...



#### *Barriers to accessing mental health care*

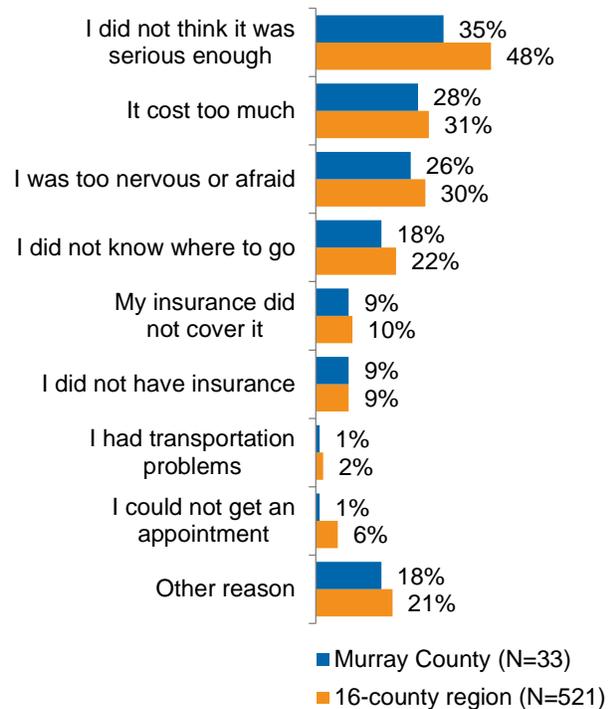
Eleven percent of Murray County residents said that they did not get or delayed getting mental health care when they needed it in the past year. There is no significant difference in mental health between the county and region.

#### OF THOSE WHO FELT THEY NEEDED TO TALK TO SOMEONE - RESPONDENTS WHO DID NOT GET OR DELAYED GETTING MENTAL HEALTH CARE IN THE PAST 12 MONTHS



Nearly one-third (35%) of respondents who did not get or delayed getting mental health care did so because they did not think it was serious enough. Twenty-eight percent of respondents did not get or delayed getting the mental health care they needed because it cost too much, while 26 percent said they were too nervous or afraid.

## REASONS FOR NOT GETTING OR DELAYING MENTAL HEALTH CARE



## Compared with the region...

Overall, the mental health of residents in Murray County is comparable to the mental health of residents in the region. However, residents of Murray County were less likely than residents of the region to have not gotten or delayed getting the mental health care they needed because they did not think it was serious enough.

Survey respondents who had seen a doctor, nurse, or other health professional about their own health in the past 12 months were asked whether they were asked by their health professional about a series of topics. Thirty-seven percent said their doctor asked them about stress and 30 percent said they were asked about mental health concerns.



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### For more information

This summary presents findings from the 2015 Southwest Minnesota Healthy Communities Survey. For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682. For access to other reports, visit <http://www.swmhhs.com/public-health-assessment-and-planning/>

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APRIL 2016