



## Adult Mental Health in Pipestone 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 Pipestone County.

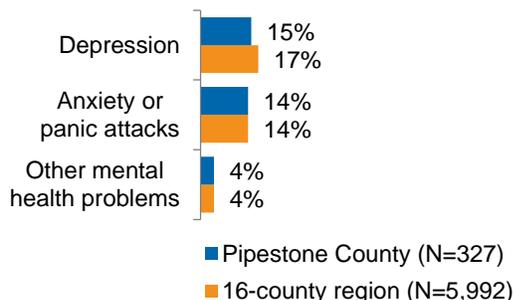
The survey was conducted April through July 2015 and was sponsored in part by the participating counties’ grants from the Minnesota Department of Health’s Statewide Health Improvement Program (SHIP).

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*

Fifteen percent of Pipestone County residents have been told by a doctor that they have depression and 14 percent have been told they have anxiety or panic attacks. Four percent of Pipestone County residents have been told they have other mental health problems.

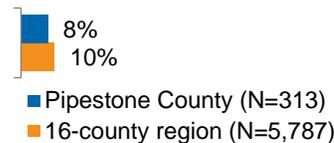
HAVE YOU EVER BEEN TOLD BY A DOCTOR THAT YOU HAD...



### *Barriers to mental health care*

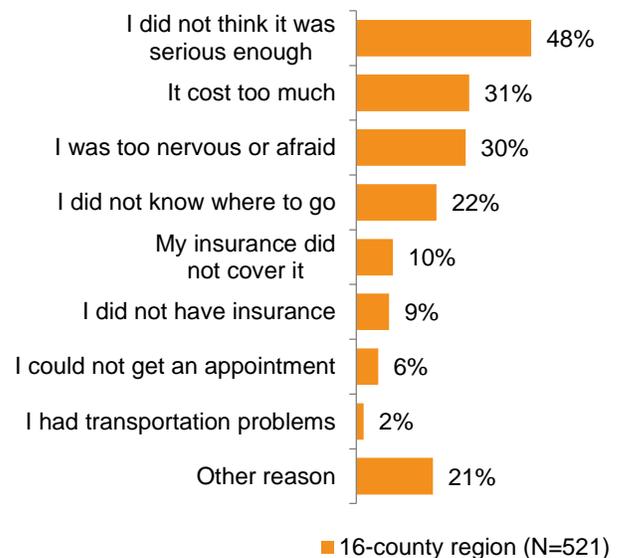
Eight percent of respondents said that they did not get or delayed getting mental health care when they needed it in the past year. There is no significant difference in delayed mental health care between the county and the region.

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



When asked about reasons for not getting or delaying mental health care, the number of Pipestone County residents who answered was not large enough to be conclusive. Below is data from the 16-county region.

REASONS FOR NOT GETTING OR DELAYING MENTAL HEALTH CARE



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. Forty-one percent said their doctor asked them about stress and 37 percent said they were asked about mental health concerns.

### *Compared with the region...*

Overall, the mental health of residents in Pipestone County is comparable to the mental health of residents in the region. However, the response rate is not high enough to understand with confidence the reasons why Pipestone County residents do not get or delay getting mental health care.



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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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