



Adult Mental Health in Southwest Health & Human Services Service Area

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 (SWHHS) 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 the SWHHS 6-county region.

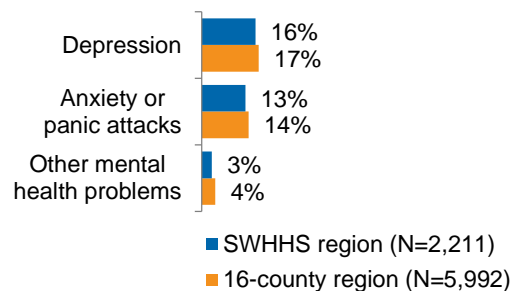
The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

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

Mental health history

Sixteen percent of respondents from the SWHHS region have been told by a doctor that they have depression and 13 percent have been told they have anxiety or panic attacks. Three percent of residents have been told that they have other mental health problems.

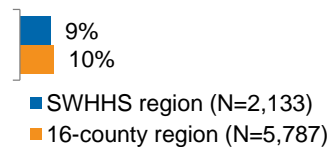
HAVE YOU EVER BEEN TOLD BY A DOCTOR THAT YOU HAD...



Barriers to accessing mental health care

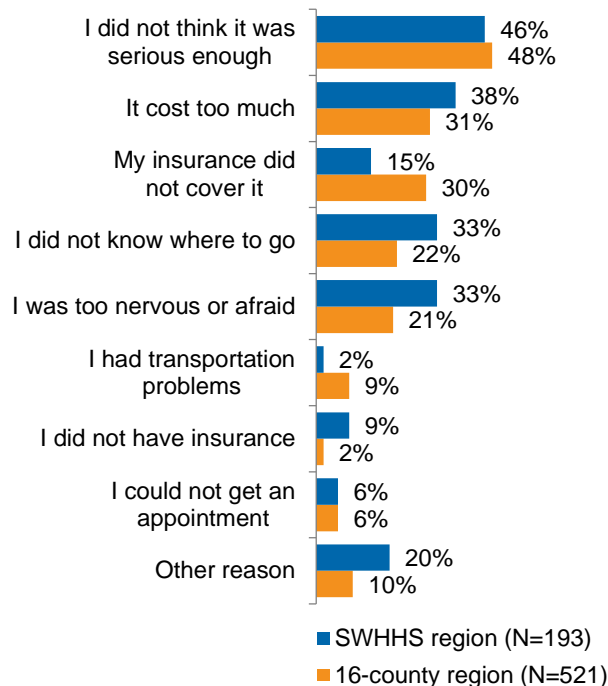
Nine percent of respondents said they did not get or delayed getting mental health care when they needed it in the past year. There is no significant difference in delayed mental health care between the SWHHS region and the 16-county region.

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



Forty-six percent of residents who did not get or delayed getting mental health care did so because they did not think it was serious enough and 38 percent did so because it cost too much. Nearly one-third of respondents from the SWHHS region did not get or delayed getting mental health care they needed because they were too nervous or afraid and they did not know where to go.

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 had been asked by their health professional about a series of topics. Thirty-eight percent said their doctor asked them about their stress, and 34 percent said they were asked about other mental health concerns.

Compared with the region...

Overall, the mental health of residents in the SWHHS region is comparable to the mental health of residents in the 16-county region. However, residents of the SWHHS region were less likely than residents of the 16-county region to have not gotten or delayed getting the mental health care they needed because their insurance did not cover it and were more likely than residents of the 16-county region to have not gotten care because they did not know where to go and were too nervous or afraid.



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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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