

Hennepin County
Public Health
Assessment Team

FACT SHEET



Frequent mental distress

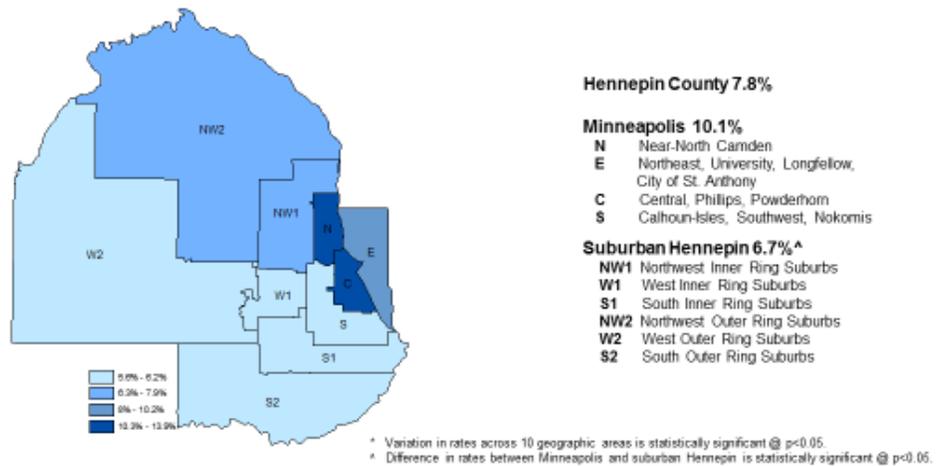
Why is this indicator important?

Mental health is essential to personal well-being, family and interpersonal relations, and ability to contribute to community or society. Prolonged mental distress can disable an individual and result in substantial social and economic cost¹. Frequent mental distress (FMD) has been commonly used as a proxy for poor mental health in state and national population health surveys.

What is the current status?

Overall, 8 percent of Hennepin County adults aged 25 and older had FMD in 2014. There is wide variation in FMD rates across Hennepin County regions (5% to 14%), with the highest rates among residents of Minneapolis North and Minneapolis Central (Figure 1).

Figure 1. Percentage who experienced frequent mental distress by geographic areas, 2014



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For more information on the health of Hennepin County residents, visit: www.Hennepin.us/PublicHealthData or email: PublicHealthData@hennepin.us

What are the disparities?

Adults identifying as US-born blacks, of low income, low education, reported a disproportionately high rate of FMD compared to other residents in Hennepin County (Figure 2, 3).

Figure 2. Percentage who experienced frequent mental distress by selected race/ethnicity, 2014

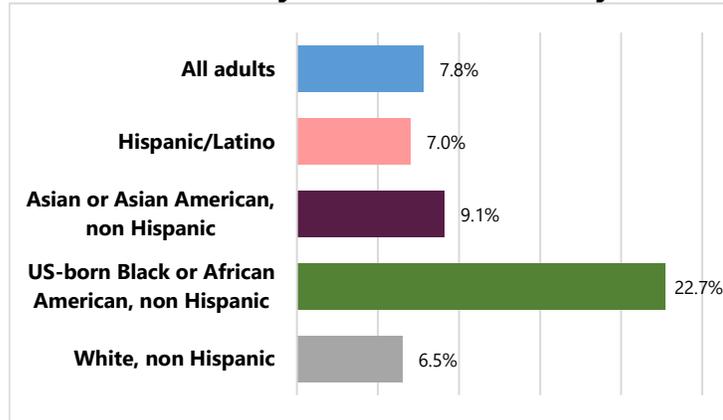
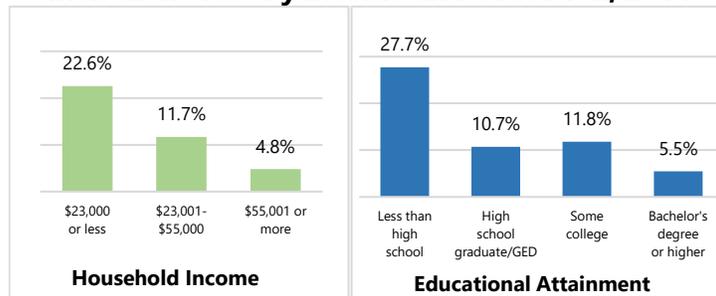


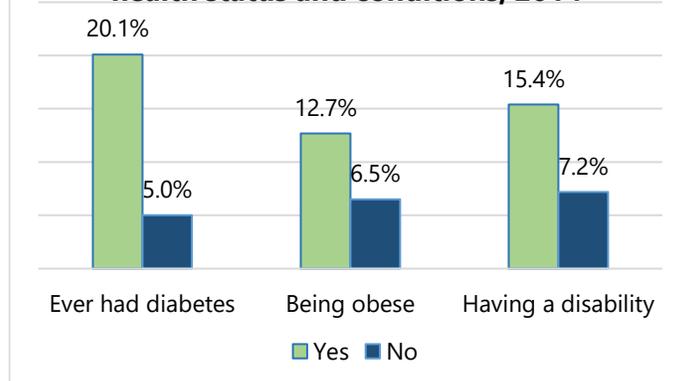
Figure 3. Percentage who experienced frequent mental distress by income and education, 2014



Residents identifying as LGBT reported a rate of FMD twice as high as the rate reported by adults that are not LGBT (13% vs. 7%). Of note, the rate among residents who identified as bisexual is 20%.

Adults with diabetes, those who are obese and those with a disability have a significantly higher rate of FMD than other adults (Figure 4).

Figure 4. Percentage experienced frequent mental distress by selected health status and conditions, 2014



The rate of FMD is significantly higher among current smokers than among those who do not smoke (17% vs. 7%) and is significantly higher among adults that lack leisure time physical activity compared to those who do exercise (17% vs. 6%).

How do we compare?

The prevalence of FMD among Hennepin County adults aged 25 and older was significantly higher in 2016 compared to 2002 (6%) and 2006 (9%). However, the rates were not significantly different between 2006 and 2014.

Figure 5. Percentage experienced frequent mental distress - how do we compare?



The rate of FMD among Hennepin County adults (8%) is similar to rates for the other metro counties and similar to the rate for state (8%) of same year.

Data source: The data shown in this fact sheet for Hennepin and other metro counties comes from the Metro SHAPE 2014 survey. Details can be found at www.hennepin.us/shape. Data for Minnesota from BRFSS 2014.

Definition of indicator: Frequent mental distress (FMD) is assessed via the survey question, "Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?" Respondents were classified as having FMD if she or he reported 14 or more days that mental health was not good.

Reference:

1. Healthy People 2020 Leading health indicators: mental health.