

Hennepin County  
Public Health  
Assessment Team

# FACT SHEET



# The unmet mental health care needs among Hennepin County adults

## Why is this indicator important?

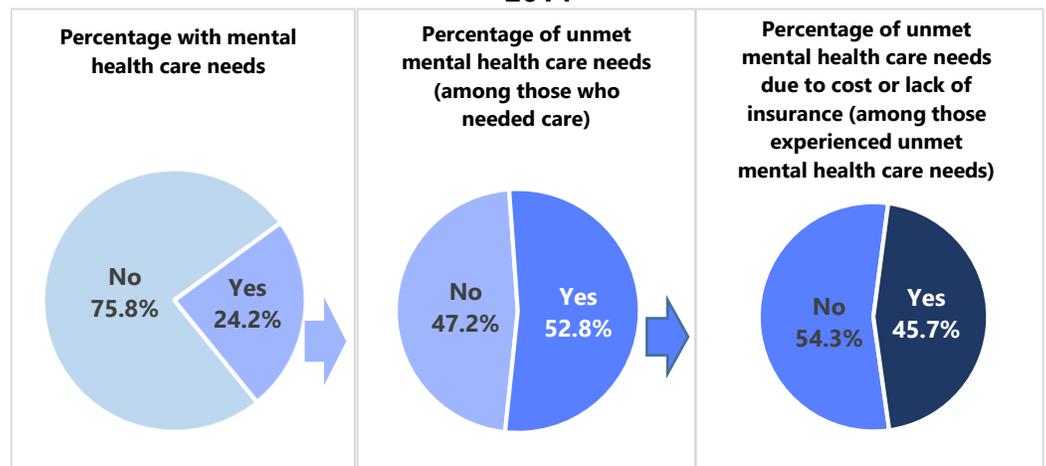
Hennepin County's most recent survey shows that about one-third of county adults experienced a clinical diagnosable mental health condition. Many mental illnesses are preventable and treatable. Yet many delayed needed care due to lack of access to mental health care or for other reasons.

## What is the current status?

In 2014, about one-quarter (24%) of Hennepin County adults aged 25 and older reported they needed mental health care during the past 12 months, that was they needed to talk with or seek help from a health care professional about stress, depression, a problem with emotions, excessive worrying, or troubling thoughts (Figure 1). Mental health care needs were much higher among females, adults who are US-born blacks, LGBT, low income, low education and those with a disability.

However, over half (53%) of residents did not receive needed mental health care, meaning they either delayed or did not get needed care. Of those who experienced unmet mental health care needs, close to half (46%) said that was due to cost or lack of health insurance (Figure 1).

**Figure 1. Hennepin County adults with unmet mental health care needs, 2014**



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**For more information** on the health of Hennepin County residents, visit: [www.Hennepin.us/PublicHealthData](http://www.Hennepin.us/PublicHealthData) or email: [PublicHealthData@hennepin.us](mailto:PublicHealthData@hennepin.us)

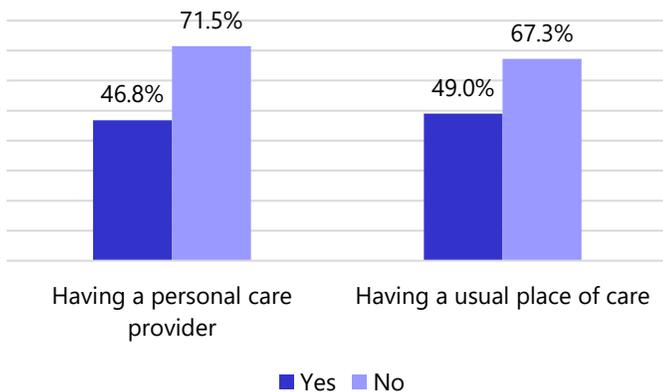
## What are the disparities?

Unmet mental health care needs are high across Hennepin County geographic regions— all approximately 50%. Residents of Minneapolis share similar rates as residents of suburban Hennepin County.

However, the rates of unmet mental health care needs are found to be higher among young adults, residents with lower household incomes, and those who identify as gay.

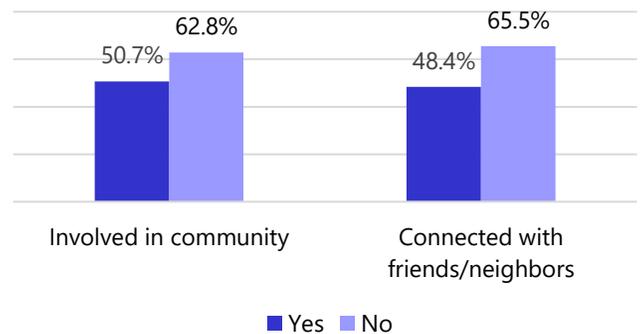
Health access matters. Hennepin County residents who have personal care providers or have a usual place of care are much less likely to report unmet mental health care needs than their counterparts who do not.

**Figure 2. Percentage of unmet mental health care needs by health access status (among those who needed mental health care), 2014**



Residents' social connection and community involvement are found to be associated with whether or not they experienced unmet mental health care needs. Residents involved in community or who are connected with friends or neighbors are less likely to report unmet mental health care needs (Figure 3).

**Figure 3. Percentage of unmet mental health care needs by social and community factors (among those who needed mental health care), 2014**



## How do we compare?

The rate of unmet mental health care needs in Hennepin County is comparable to the rates among other Minnesota metro counties.

The data shown in this fact sheet comes from the Metro SHAPE 2014 survey for Hennepin County adults aged 25 and older. Details can be found at [www.hennepin.us/shape](http://www.hennepin.us/shape).

Survey questions to measure unmet mental health care needs include: "During the past 12 months, was there a time you wanted to talk with or seek help from a health professional about stress, depression, a problem with emotions, excessive worrying, or troubling thoughts?" If Yes, "Did you delay or not get the care you thought you needed?" If Yes, Was that because of cost or lack of insurance?

Respondents who said "never" to the question "How often are you involved in school, community, or neighborhood activities?" are classified as "not involved in community". Residents who responded with "Daily" or "weekly" to the question "How often do you get together to talk with friends or neighbors" are classified as "Connected with friends/neighbors".