

Social and | Mental Health

2009 Update

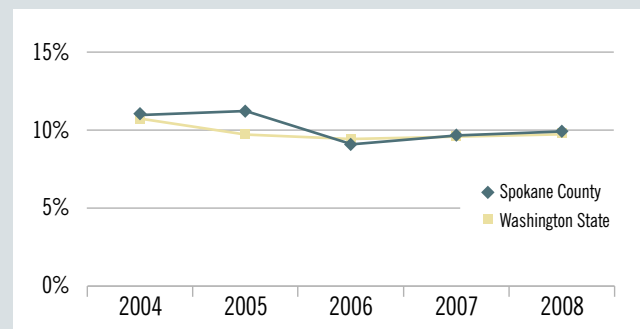
This indicator is 1 of 44 Spokane Counts indicators found at www.srhd.org/SpokaneCounts

Mental Health (adults)

Adults with poor mental health are individuals 18 years of age or older who self-reported that their mental health was not good on 14 or more days in the last 30 days. Good mental health enables a person to think and act productively, to cope with adversity, and to build strong relationships.¹ Individuals with 14 or more days of poor mental health in a month would likely benefit from an intervention.²

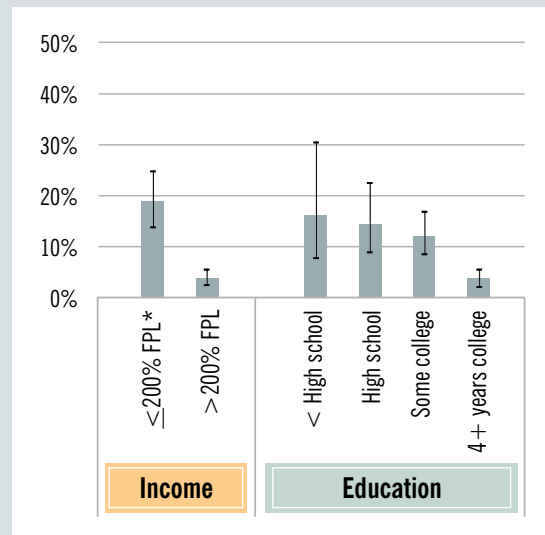
In Spokane County in 2008, 1 out of 10 adults reported 14 or more poor mental health days in the last 30 days. There was no significant change in the mental health of adults from 2004 to 2008. The proportion of Spokane County adults with poor mental health was similar to that of Washington State in 2008.

Adults with Poor Mental Health



Source: Behavioral Risk Factor Surveillance System

Demographic Disparities in Adults with Poor Mental Health, Spokane County, 2008



*FPL=Federal Poverty Level
Source: Behavioral Risk Factor Surveillance System

There was no difference in poor mental health by age group, sex, or race.

Among Spokane County adults in 2008:

- Poor mental health decreased as education level increased; and
- Individuals living at greater than 200% of the Federal Poverty Level were less likely to report poor mental health.

Indicator: Mental Health

Percent
(95% Confidence Interval)

	2004	2005	2006	2007	2008	
Total	Spokane County	11.1% (9.2, 13.4)	11.2% (8.7, 14.3)	9.0% (6.9, 11.7)	9.6% (7.9, 11.7)	10.0% (7.9, 12.7)
	Washington State	10.7% (10.2, 11.3)	9.7% (9.1, 10.2)	9.4% (8.8, 9.9)	9.6% (9.1, 10.1)	9.8% (9.2, 10.4)
Age Group (years)	18-34	14.0% (9.7, 19.8)	10.1% (6.3, 15.9)	7.3% (3.9, 13.2)	11.0% (6.9, 16.9)	12.4% (7.2, 20.6)
	35-44	8.0% (5.1, 12.4)	18.1% (10.6, 29.2)	9.5% (5.2, 16.6)	13.0% (8.8, 18.8)	9.7% (6.4, 14.6)
	45-64	12.3% (9.5, 15.7)	10.2% (7.2, 14.2)	10.6% (7.1, 15.5)	8.2% (6.2, 10.8)	9.4% (7.0, 12.5)
	65+	6.9% (4.2, 11.1)	7.4% (3.5, 15.0)	8.4% (4.5, 15.4)	6.6% (4.3, 10.2)	7.2% (4.7, 10.7)
Sex	Male	8.8% (6.2, 12.4)	8.9% (5.4, 14.3)	6.8% (4.2, 11.0)	7.4% (5.1, 10.6)	8.4% (5.2, 13.2)
	Female	13.4% (10.8, 16.4)	13.4% (10.3, 17.4)	11.1% (8.1, 15.0)	11.8% (9.3, 14.8)	11.4% (8.8, 14.6)
Income	≤200% FPL*	14.5% (11.0, 19.0)	13.2% (8.8, 19.5)	15.1% (10.6, 20.9)	14.6% (11.1, 19.0)	18.9% (14.0, 25.0)
	>200% FPL	9.2% (7.1, 11.9)	9.9% (7.3, 13.2)	4.8% (3.2, 7.1)	6.7% (4.7, 9.4)	3.9% (2.6, 5.8)
Education	Less than high school	13.1% (6.2, 25.6)	18.9% (6.2, 44.8)	28.8% (16.5, 45.3)	12.0% (6.3, 21.4)	16.4% (8.0, 30.6)
	High school graduate	10.7% (7.1, 15.8)	17.8% (12.3, 25.2)	10.3% (6.4, 16.3)	9.1% (5.8, 14.1)	14.5% (9.0, 22.5)
	Some college	14.2% (10.7, 18.6)	9.1% (6.1, 13.3)	10.7% (6.8, 16.5)	11.0% (7.9, 15.2)	12.2% (8.7, 16.9)
	4+ yrs college, graduate	7.8% (5.5, 11.1)	7.4% (4.6, 11.7)	3.4% (1.7, 7.0)	8.0% (5.6, 11.3)	3.8% (2.5, 5.9)
Race	White	10.9% (8.9, 13.3)	11.2% (8.6, 14.4)	9.2% (7.0, 12.0)	9.5% (7.7, 11.7)	10.0% (7.8, 12.8)
	Non-White	11.4% (5.5, 22.4)	4.6% (1.5, 12.7)	6.7% (1.9, 20.9)	12.2% (5.3, 25.7)	10.4% (5.1, 20.1)

NOTE: National data not available.

*FPL=Federal Poverty Level

Source: Behavioral Risk Factor Surveillance System



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