MENTAL HEALTH STATISTICS

MENTAL ILLNESS - GENERAL

- One in every five people, or about 54 million Americans, experience some type of mental disorder each year, although fewer than 8 million seek treatment (Surgeon General's Report on Mental Health, 1999). FRANKLIN COUNTY: More than 205,100 people in Franklin County experience some type of mental disorder each year.

- 28% to 30% of the U.S. population has a mental health disorder, substance abuse disorder, or both (Mental Health America, 2002).

- Serious mental illnesses affect more than 10 million Americans, nearly half of who have severe and persistent disorders (Substance Abuse and Mental Health Services, 1997). FRANKLIN COUNTY: Serious mental illnesses affect more than 41,000 people in Franklin County, over 20,500 of whom have severe and persistent disorders.

- The indirect costs of mental illness to the American economy in 1990 were $79 billion (U.S. Surgeon General, 1999).

- Untreated and mistreated mental illness cost the United States $105 billion in lost productivity and $8 billion in crime and welfare expenditures (British Journal of Psychiatry, 1998).

- 165,674 people with psychiatric disabilities in Ohio received SSI or SSDI payments in 1999 (Social Security Bulletin, Annual Statistical Supplement 2000).

- 40% of people receiving SSI or SSDI in Ohio have a psychiatric disability. In 1999, total annual disbursements in Ohio for persons receiving SSI/SSDI with psychiatric disabilities exceeded $840 million (Social Security Bulletin - Annual Statistical Supplement, 2000).

- Approximately 15% of all adults who have a mental illness in any given year also experience a co-occurring substance abuse disorder, which complicates treatment (Surgeon General's Report on Mental Health, 1999). FRANKLIN COUNTY: Over 30,000 people suffer from co-occurring mental illness and substance abuse disorders.
• Bipolar disorder, also known as manic-depressive illness, affects more than 2 million Americans at any given time (Mental Health America, 2000). FRANKLIN COUNTY: More than 72,000 people suffer from bipolar disorder.

• More than 2.5 million Americans ages 18 and over, about one percent of the population, have schizophrenia (Schizophrenia Bulletin, 1998). FRANKLIN COUNTY: More than 10,000 people in Franklin County have schizophrenia.

• Roughly, 37 percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness (Journal of the American Medical Association, 1998).

• Thirty-four percent of people with schizophrenia in one study experienced full recovery in psychiatric states and social functioning (National Empowerment Center, 2000).

**DEPRESSION AND ANXIETY DISORDERS**

• Depression and anxiety disorders, the two most common mental illnesses, each affect 19 million American adults each year (National Institute of Mental Health, 2000). FRANKLIN COUNTY: More than 71,700 people in Franklin County suffer from depression and anxiety disorders.

• More than 16 million adults ages 18 to 54 in the United States suffer from anxiety disorders, which include panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, social phobia, and generalized anxiety disorder (Mental Health America, 2000). FRANKLIN COUNTY: More than 61,500 people ages 18 to 54 in Franklin County suffer from anxiety disorders.

• People with panic disorder may also have depression and substance abuse. About 30 percent of people with panic disorder abuse alcohol and 17 percent abuse drugs such as cocaine and marijuana (Mental Health America, 2000).

• Nearly twice as many women (12 percent) as men (7 percent) are affected by a depressive illness each year, but risks for bipolar disorder (manic-depression) are similar in men and women (National Institute of Mental Health, 2000).

• Major depression is the leading cause of disability in the United States and worldwide (Study by the World Health Organization, The World Bank, and Harvard University, 1999).

• Depression can be successfully treated more than 80 percent of the time (National Institute of Mental Health, 2001).

**OLDER ADULTS**

• Late-life depression affects about six million adults, but only 10 percent receive treatment (Mental Health America, 1998). FRANKLIN COUNTY: Late-life depression affects about 20,500 people in Franklin County.

• Up to 20 percent of older adults have significant symptoms of depression (U.S. Surgeon General, 1999).
• Older Americans are more likely to commit suicide than any other age group. Although they constitute only 13% of the U.S. population, individuals age 65 and older account for 20% of all suicides (National Institute of Mental Health, 2000).

• At least 10% to 20% of widows and widowers develop clinically significant depression within a year of the death of their spouse (Surgeon General's Report on Mental Health, 1999).

• Among adults age 55 and older, 11.4% meet the criteria for having an anxiety disorder (Surgeon General's Report on Mental Health, 1999).

• Alcohol abuse and dependence is four times as prevalent among men over the age of 65 than women in the same age group (Surgeon General's Report on Mental Health, 1999).

• Men account for 83 percent of suicides by people over age 65 (Centers for Disease Control, 2001).

CHILDREN

• One in every five children and adolescents has a mental health problem that can be identified and treated (Surgeon General's Report on Mental Health, 1999).

• At least one in 10 children, or about six million youngsters, has a serious emotional disorder (Surgeon General's Report on Mental Health, 1999).

• Only one third of children with mental disorders receive treatment (Surgeon General's Report on Mental Health, 1999).

• The majority of Americans (70 percent) rebuff the false notion that childhood mental health problems are really the result of poor parenting (Surgeon General's Report on Mental Health, 1999).

• Each year, eating disorders, such as anorexia nervosa and bulimia nervosa, affect millions of Americans, 85%-90% of whom are teens and young adult women (National Institute of Mental Health, 2000).

• Attention deficit hyperactivity disorder is one of the most common mental disorders in children, affecting 3 to 5 percent of school-age children (National Institute of Mental Health, 1999).

• Suicide is the ninth leading cause of death in the U.S. It is the third leading cause of death for 15- to 24-year-olds and the sixth for 5- to 15-year-olds. The incidence of suicide among 15- to 24-year-olds has tripled since 1960 (Centers for Disease Control, 1997; American Academy of Child and Adolescent Psychiatry, 1997).

• Every hour and 45 minutes another young person commits suicide (The Jed Foundation, 2000).

CHILDREN AND DEPRESSION
At any one time, between 10 and 15 percent of children and adolescents have some symptoms of depression. In any given year, about 5 percent of children between 9 and 17 years old have full-fledged depression (U.S. Surgeon General’s Report on Mental Health, 1999).

Once a child experiences an episode of depression, he or she is at risk of having another episode within the next five years (Center for Mental Health Services, 1998).

Teenage girls are more likely to develop depression than teenage boys (National Institute of Mental Health, 2000).

About 13 percent of children between 9 and 17 years old have an anxiety disorder (U.S. Surgeon General’s Report on Mental Health, 1999).

Children and teens that have a chronic illness, endure abuse or neglect, or experience other traumas have an increased risk of depression (National Institute of Mental Health, 2000).

Studies have confirmed the short-term efficacy and safety of treatments for depression in youth (National Institute of Mental Health, 2000).

MENTAL ILLNESS AND THE JUVENILE JUSTICE SYSTEM

Children who grow up in poverty are more likely to have a mental disorder or emotional disturbance and are more likely to have contact with the juvenile justice system (Mental Health America, 2000).

About 42 percent of children in child welfare systems have a diagnosable mental health disorder (U.S. Surgeon General, 2001).

Each year, more than one million youth come in contact with the juvenile justice system, and more than 100,000 youths are placed in some type of correctional facility. Studies consistently found the rate of mental disorders to be two to three times higher throughout the juvenile justice population than among youth in the general population (Cocozza, J. (Ed.) Responding to the Mental Health Needs of Youth in the Juvenile Justice System, 1992).

Twenty percent of youths in juvenile justice facilities have a serious emotional disturbance and most have a diagnosed mental disorder. Up to an additional 30% of youths in these facilities have substance abuse disorders or co-occurring substance abuse disorders (Office of Juvenile Justice and Delinquency Prevention, 2000).

Conduct disorder, substance abuse, post-traumatic stress disorder, attention deficit disorder and depression are the most common mental disorders of the youth in the juvenile justice system (Mental Health America, 2000).

CHILDREN AND ALCOHOL AND DRUG ABUSE

Alcohol, marijuana, inhalants, and club drugs are the most frequently used drugs among middle and high school youth (Substance Abuse and Mental Health Services Administration, 2000).
• Research has shown that the use of club drugs such as Ecstasy and GHB can cause serious health problems and, in some cases, cause death. Used in combination with alcohol, these drugs pose even more danger (National Institute on Drug Abuse, 1999).

• Children and adolescents increasingly believe that regular alcohol and drug use are not dangerous (Substance Abuse and Mental Health Services Administration, 2000).

• Among middle and high school aged students, less than 20% of young people between the ages of 12 and 17 report using alcohol in the previous month and less than 4% report drinking heavily in the past month (Substance Abuse and Mental Health Services Administration, 2000).

• Young people are beginning to drink at younger ages. Children who begin drinking or using drugs before age 15 are four times more likely to become addicted than those who begin at age 21 (Substance Abuse and Mental Health Services Administration, 2000).

• Children of alcohol- and drug-addicted parents are up to four times more likely to develop substance abuse and mental health problems (National Association for Children of Alcoholics, 1998).

**COLLEGE STUDENTS**

• More than 75 percent of college students felt "overwhelmed" last year, and 22 percent were sometimes so depressed they couldn't function (American College Health Association, 2001).

• The number of freshman reporting less than average emotional health has been on the rise since 1985 (University of California, Los Angeles, Higher Education Research Institute, 2002).

• Ten percent of college students have been diagnosed with depression (Mental Health America, 2001).

• Seven percent of college students have an anxiety disorder (National Institute of Mental Health, 2000).

• Approximately 5 percent of college women have bulimia (American Anorexia/Bulimia Association, 2001).

**POST-TERRORISM**

• More than 70 percent of Americans felt symptoms of depression in the weeks following the terrorist attacks (The Pew Research Center for People and the Press, 2001).

• Between 10 and 30 percent of people directly impacted by the terrorist attacks will likely develop acute stress disorder (Journal of the American Medical Association, 2001).
• Two years after the Oklahoma City bombing, 16 percent of children and adolescents who lived within 100 miles of the building reported significant symptoms of post-traumatic stress disorder (National Center for PTSD, 2000).

**EMPLOYMENT**

• On average, for every mental health consumer in California who became employed in 1995, $239 was paid each month in federal, state, local and sales taxes; $200 per month was saved in public assistance and SSI payments; and $187 per month was saved in public mental health services costs (California Department of Rehabilitation, taxpayer study).

• The unemployment rate for people with severe and persistent mental disorders hovers at 90% (U.S. Surgeon General’s Report on Mental Health, 1999).

• Approximately 70,000 people with severe and persistent mental illness in Ohio are unemployed (ODMH MIS Data).

• During the last fiscal year, the Ohio Rehabilitation Services Commission helped 1,310 people with mental illness become employed (ORSC 2000 Annual Report, 2000).

• Depression ranks among the top three workplace problems, following only family crisis and stress (Employee Assistance Professionals Association, 1996).

• Depression costs the nation about $44 billion a year in lost workdays, decreased productivity and other losses (National Institute of Mental Health, 1999).

• The combined indirect and related costs of mental illnesses, including costs of lost productivity, lost earnings, and societal costs, are estimated to total $148 billion (National Institute of Mental Health, 1999).

• Clinical depression alone costs the U.S. $43.7 billion annually, including workplace costs for absenteeism and lost productivity ($23.8 billion), direct costs for treatment and rehabilitation ($12.4 billion) and loss of expected lifetime earnings due to depression-induced suicides ($7.5 billion) (Massachusetts Institute of Technology, 1993).

• Anxiety disorders cost the U.S. $46.8 billion in 1990 in direct and indirect costs, nearly one-third of the nations total mental health bill (National Institute of Mental Health, 1998).

• About 73 percent of people with substance abuse disorders are employed (Center for Substance Abuse Prevention, 1999).

• The cost of alcohol and illicit drug use in the workplace, including lost productivity, medical claims, and accidents, amounts to $140 billion per year (National Drug Addiction Recovery Month Kit, 1998).

• People reporting that they experience high stress on the job and did not have methods for coping accounted for nearly 8% of total healthcare costs over six years (National Report on Work & Family, 2000).
DISABILITIES FROM MENTAL ILLNESS

- 71% of people without disabilities own homes, but fewer than 10% of those with disabilities do (New Freedom Initiative - President George W. Bush).

- In 1997, over 33% of adults with disabilities lived in a household with an annual income of less than $15,000, compared to only 12% of those without disabilities (New Freedom Initiative - President George W. Bush).

- Currently, major depression is the leading cause of global human disability (Pfizer, 2000).

- According to a landmark study, commissioned by the World Health Organization and the World Bank, 4 of the 10 leading causes of disability for persons age 5 and older are mental disorders (Global Burden of Disease & Injury, 2000).

- Schizophrenia is the second leading cause of disability for women in the developed world; in the U.S., it currently affects 2.5 million people and consumes 22% of all mental health expenditures (Pfizer, 2000).

HEALTHCARE

- As many as half of all visits to primary care physicians are due to conditions caused or exacerbated by mental health or emotional problems (Collaborative Family Healthcare Coalition, 1998).

- People with depression are more than four times as likely to have a heart attack than those without a history of the illness (National Institute of Mental Health, 1998).

- Almost 21 percent of hospital beds are filled by people with mental illnesses (Substance Abuse and Mental Health Services Administration, 1995).

- The treatment success rate for schizophrenia is 60 percent, 80 percent for bipolar disorders, and 65 percent for major depression, whereas the treatment success rate for heart disease ranges from only 41 to 52 percent (Substance Abuse and Mental Health Services Administration, 1995).

- More than 44 million Americans lack health insurance, and many are unable to access the services they need from an overburdened and under-funded public mental health system (U.S. Bureau of the Census, 1999; The Hay Group, 1997).

- Full mental health parity will increase insurance premiums by only 0.9 percent (Congressional Budget Office, 2000).

- The average annual growth of expenditures for treatment of mental illness and substance abuse was 7.2 percent between 1986 and 1996, notably slower than the 8.3 percent average annual growth for national healthcare expenditures (U.S. Department of Health and Human Services, 1996).

- Recent studies have shown that heart attack survivors with major depression have a 3-4 times greater risk of dying within six months than those who do not suffer from depression.
Nine out of ten Americans say that health insurance companies should provide coverage for mental illness that is more than or equal to that provided for physical illness or injury (Mental Health America, 1999).

**MINORITIES**

- Adult Caucasians who have either depression or an anxiety disorder are more likely to receive treatment than adult African Americans with the same disorders, even though the disorders occur in both groups at about the same rate, taking into account socioeconomic factors (Surgeon General's Report on Mental Health, 1999).

- The rate of illicit drug use is 10.6% among Native Americans, 7.7% among African Americans, 6.8% among Hispanics, 6.6% among Caucasians, and 3.2% among Asian Americans (Substance Abuse and Mental Health Services Administration, 1999).

- About twice as many African Americans went without health insurance in 1998 and 1999 than did Caucasians (U.S. Census Bureau, 1999).

- More than half of all African Americans and Native Americans are anticipated to use public insurance to pay for inpatient mental health treatment, compared to 34% of Caucasians (Substance Abuse and Mental Health Services Administration, 1998).

- While the suicide rate for white teenage males fell somewhat between 1986 and 1997 (from 18 per 100,000 to 16 per 100,000), the rate for African American male teens increased dramatically during the same period (7.1 per 100,000 to 11.4 per 100,000) (U.S. Surgeon General, 2001).

- The suicide rate among Native American adolescents and young adults accounts for 64 percent of all Native American suicides (Centers for Disease Control, 2001).

- Ninety percent of African American youths who enter the mental health system live in poverty (U.S. Surgeon General, 2001).

- In inner city Chicago, 68 percent of children have seen a person beat someone else and 22.5 percent have seen someone shot or killed (National Institute of Mental Health, 2001).

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**Mental Health America of Franklin County** is a private, not-for-profit organization, established in 1956. We help people navigate the mental health system. We are dedicated to promoting mental health in Franklin County through advocacy, education, and support services. Our programs include: information and referral to community mental health and alcohol/drug services; free support groups for people with mental illness and their families; an Ombudsman program that assists clients in navigating the mental health and alcohol/drug system; mental health screenings in English and Spanish; Pro Bono Counseling Program where underinsured and uninsured individuals can receive free counseling; community and professional mental health education including Get Connected; maternal mental health support and advocacy (POEM); and a quarterly newsletter featuring legislative updates and new happenings at MHAFC. We receive funding from the Franklin County ADAMH Board, United Way of Central Ohio, individuals, foundations, and corporations. To become a member or find out more information, please visit us online at www.mhafc.org.