



Mental and emotional health of adults in Butler County

According to the U.S. Surgeon General, mental and emotional well-being is essential to overall health. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively and make meaningful contributions to their communities.¹ Mental and emotional well-being has been identified as one of the seven priority areas of the National Prevention Strategy.²

The Greater Cincinnati Community Health Status Survey (CHSS) asked several questions about mental and emotional well-being.

2 in 10 Butler County adults report mental health was not good

CHSS asked, “Now 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?” Overall, nearly 2 in 10 Butler County adults (18%) said their mental health was not good

Percentage of adults reporting that their mental health was not good 14 or more days in past 30 days



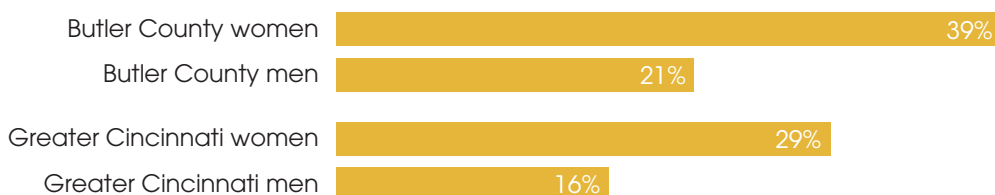
By sex



Percentage of adults reporting they had ever been diagnosed with depression



By sex



for 14 or more of the past 30 days. This is similar to Greater Cincinnati (17%) and to Butler County in 2010 (16%). Butler County women (24%) were twice as likely as men (12%) to report that their mental health was not good 14 or more days in the past 30 days.

Depression diagnoses in Butler County higher than region and nation

CHSS asked, “Has a doctor or healthcare provider ever told you that you had depression?” In 2013, 30%

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¹ www.surgeongeneral.gov/initiatives/prevention/strategy/mental-and-emotional-well-being.html

² www.surgeongeneral.gov/initiatives/prevention/strategy

of adults in Butler County said yes. This compares with 23% of Greater Cincinnati adults in 2013 and 18% of adults nationwide in 2012, the most recent year for which data are available.³ (See graph on front page.) In 2010, 26% of Butler County adults reported being diagnosed with depression, compared with 21% in Greater Cincinnati.

Butler County women (39%) are nearly twice as likely as men (21%) to report that they had ever been diagnosed with depression. This is similar to Greater Cincinnati and the nation.⁴

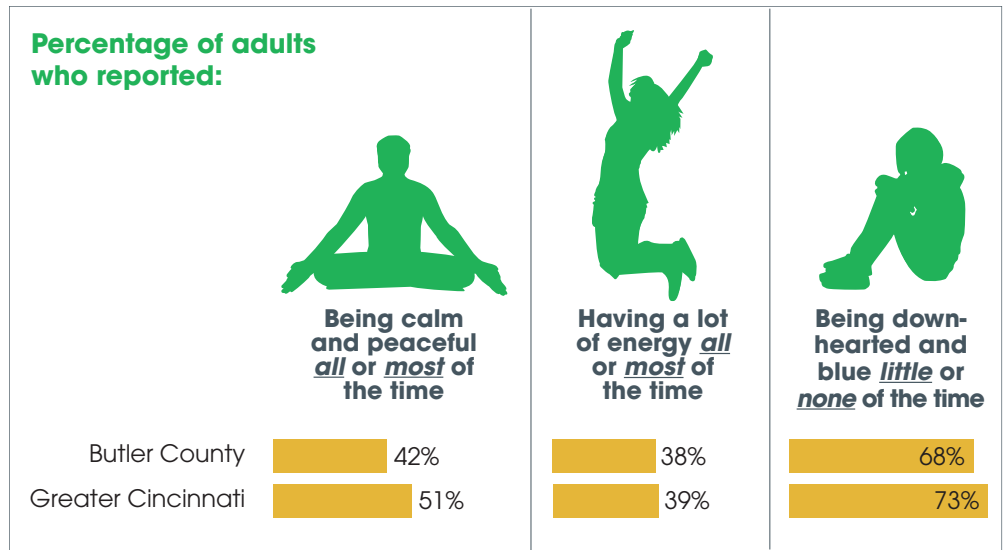
4 in 10 Butler County adults say they feel calm and peaceful all or most of the time

CHSS asks three questions about how respondents felt during the previous four weeks:

- “How much of the time have you

³ National data are from the Centers for Disease Control and Prevention’s Behavioral Risk Factor Surveillance System (BRFSS): <http://apps.nccd.cdc.gov/brfss/display.asp?cat=CH&yr=2012&qkey=8441&state=UB>

⁴ www.ncbi.nlm.nih.gov/pubmed/10404710



felt calm and peaceful?”

- “How much of the time did you have a lot of energy?”
- “How much of the time did you feel downhearted and blue?”

More than 4 in 10 Butler County adults (42%) reported being calm and peaceful all or most of the time. That compares with 5 in 10 Greater Cincinnati adults (51%). In 2010, 56% of Butler County adults reported feeling calm and peaceful all or most of the time.

Nearly 4 in 10 Butler County adults

(38%) reported having a lot of energy all or most of the time, down from 44% in 2010. Among Greater Cincinnati adults, 39% reported feeling a lot of energy all or most of the time in 2013, compared with 45% in 2010.

Nearly 7 in 10 Butler County adults (68%) said they felt downhearted and blue little or none of the time. In 2010, 73% of Butler County adults said they felt downhearted and blue little or none of the time. Butler County was similar to Greater Cincinnati in both 2013 and 2010.