

# MENTAL HEALTH

## Among Henry County Ohio Adults



BY Krista Westrick Payne, PhD

Mental health is an important part of overall health and well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

- Centers for Disease Control & Prevention (CDC)

### DATA

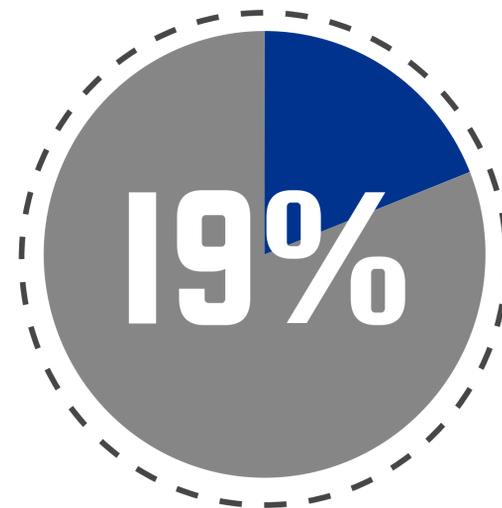
#### The Henry County Community Health Status Assessment Adult Survey, 2019

Adults aged 19 and older were surveyed from the Henry County, Ohio area. A random sample of mailing addresses was obtained from Melissa Global Intelligence in Rancho Santa Margarita, California. From these addresses a sample of 1,200 respondents were chosen to receive a paper survey. The response rate for the mailing was 29% for a total of 353 respondents. It is important to note that these data have limitations. The overwhelming majority of respondents were older--only 15 respondents were under the age of 30. Therefore, although weighting procedures were used, these data may not be representative of all Henry County residents.

### Mental Health Status

Adults were asked to rate their mental health..."Now thinking about your mental health, which includes stress, depression, and problems with emotions..."

**19%** reported their mental health was **not good** on **four or more** days in the previous month.



On average, Henry County adults reported their mental health as not good on 3.2 days in the previous month.

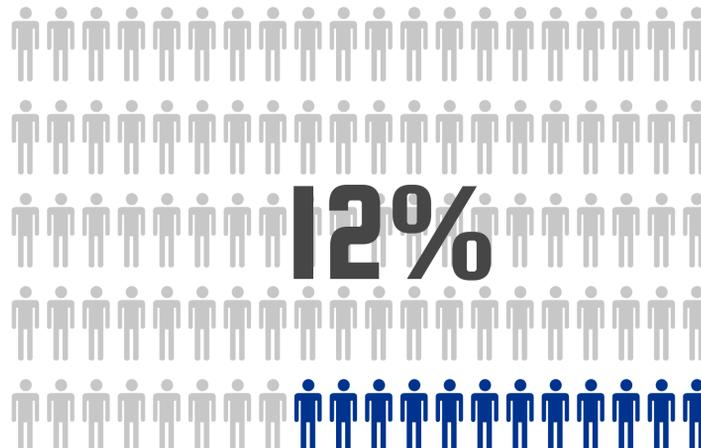
### Gender Differences in Mental Health Status

**\* Women** were significantly more likely to report poor mental health than **men**.

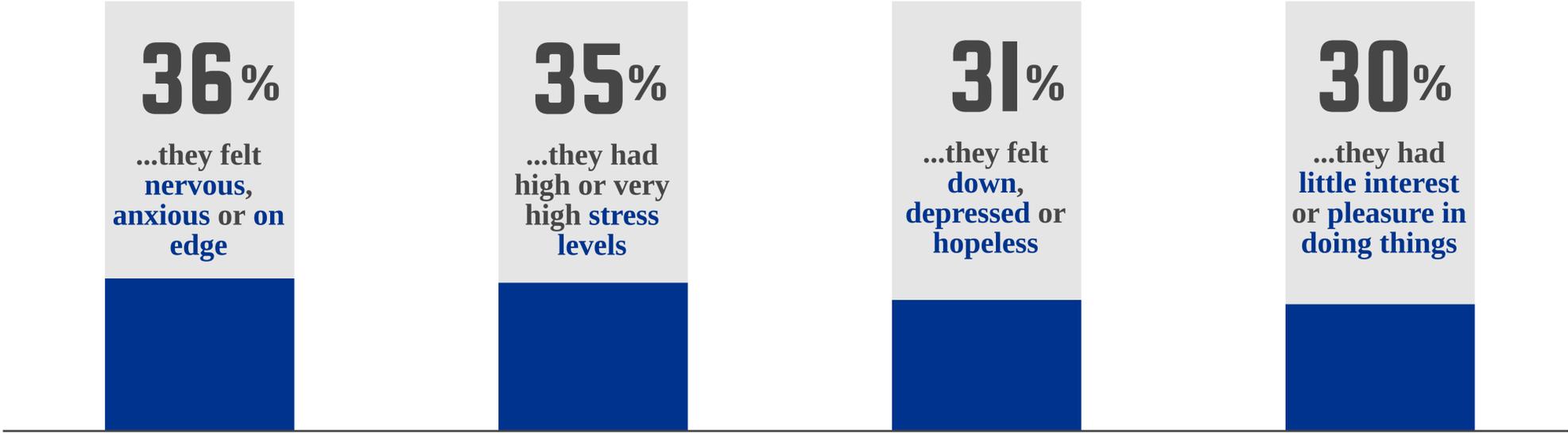
Poor Mental Health Status among Women



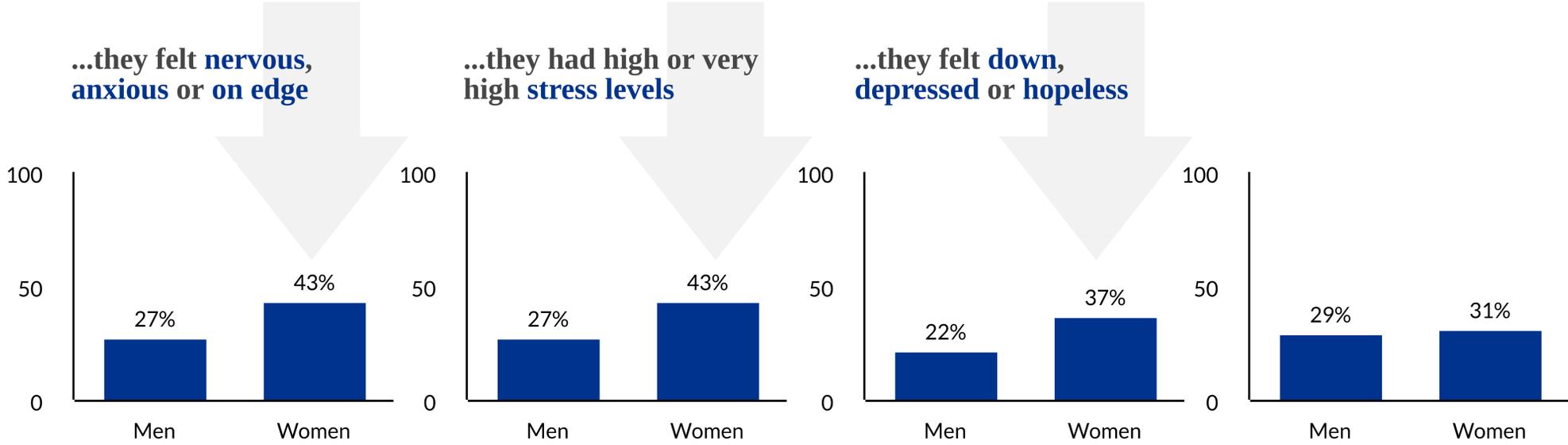
Poor Mental Health Status among Men



Adults were asked to identify things that had bothered them over the last two weeks...



There were gender differences in 3 of the 4 areas...

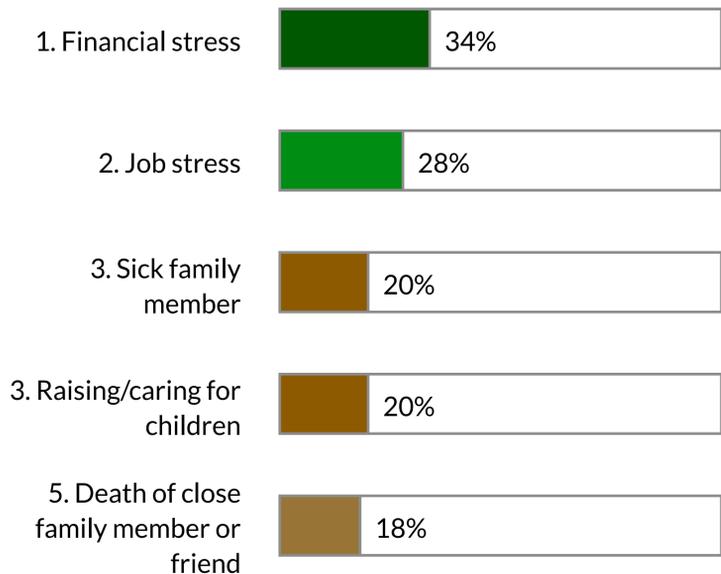


➔ **Women consistently have larger shares reporting things bothered them.**

**STRESSORS**

Adults were asked to identify causes of anxiety, stress, or depression in their lives. They were given a list of 23 causes to choose from (including *other* and *none of the above*) and told to check all that applied.

The Top Five Reported Causes of Anxiety, Stress, & Depression Among Non-Depressed Youth



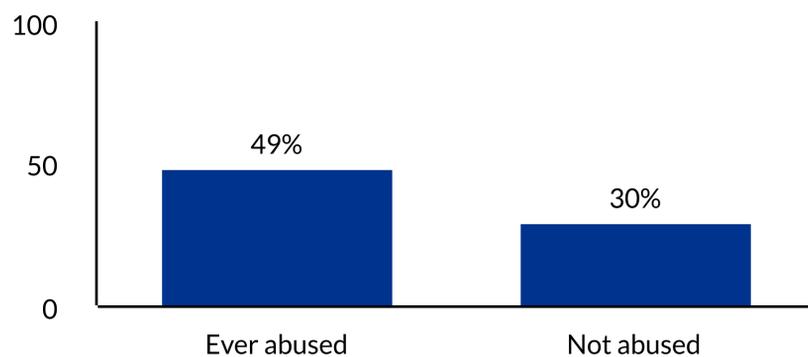
- Among adults the most frequently checked causes of anxiety, stress, or depression were associated with money/work: *financial stress* (34%) and *job stress* (28%).
- The third most frequently checked cause was a *sick family member* (20%) or *raising/caring for children* (20%).
- Rounding out the top five among adults was death of a close family member or friend (18%).
- Other ways adults reported dealing with stress included: listening to music (24%), sleeping (20%), working (19%), drinking alcohol (16%), taking it out on others (8%), and using prescription drugs as prescribed (6%).

# CORRELATES of DEPRESSION

## Experienced Abuse

- Henry County adults were asked if they had ever experienced the following types of abuse: physical, sexual, verbal, emotional, or financial. Of those who responded, 13% said they had experienced at least one form of abuse.
- Those who reported any abuse had a larger share with at least one day in the past 30 days that their mental health was not good--49% versus 30%.

Poor Mental Health by Whether Ever Experienced Abuse



## SLEEP

Sleep is related to mental health. Sleep deprivation has negative effect on mental health and effects your psychological state. Chronic sleep problems affect 50% to 80% of patients in a typical psychiatric practice, compared with 10% to 18% of adults in the general U.S. population. Sleep problems are particularly common in patients with anxiety, depression, bipolar disorder, and attention deficit hyperactivity disorder (ADHD). For more information see, [https://www.health.harvard.edu/newsletter\\_article/sleep-and-mental-health](https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health)

- 41% of adults reported they had trouble falling and staying asleep.
- 13% reported they sleep too much.
- 48% reported they do not wake up feeling rested.

**48%** of adults reported they do **not** wake up feeling rested



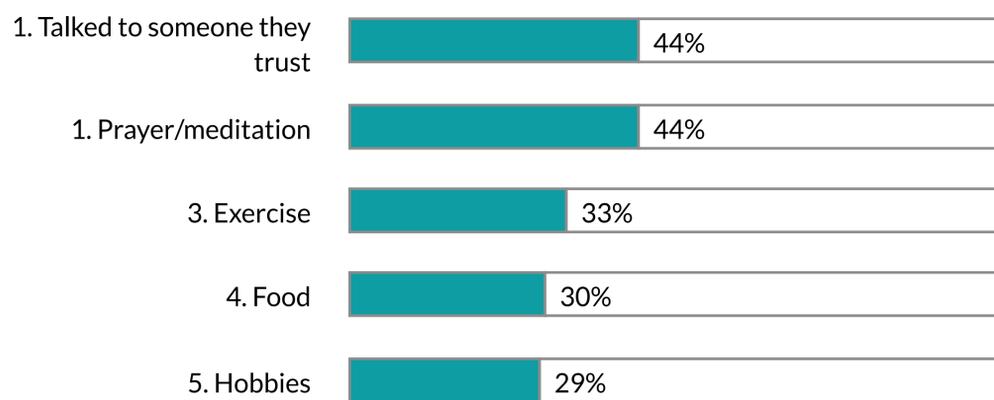
## DEALING with DEPRESSION

### Activities

Adults were asked how they deal with anxiety, stress, or depression. They were shown a list of 15 ways of doing so, and were asked to circle all of that applied to them.

- The top five selected were talked to someone they trust (44%), prayer/meditation (44%), exercise (33%), food (30%), and a hobby (29%).

The Top Five Reported Ways of Dealing with Anxiety, Stress, & Depression

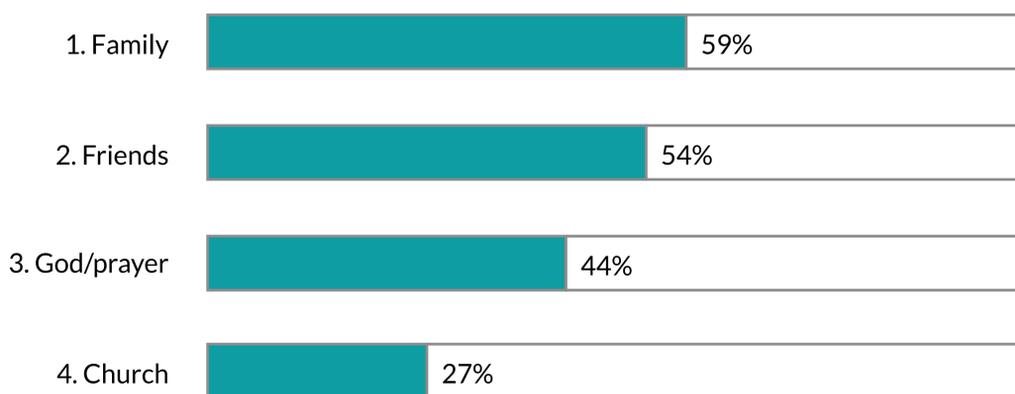


### Who They Turn To

Adults were asked with whom they got the social and emotional support they needed from. They were shown a list of 16 people, and were asked to circle all that applied.

- Among those who responded, the top five selected were family (54%), God/prayer (44%), or church (27%).
- Nearly one-in-five (19%) said they did not need support or that they could handle it themselves.

The Top Four Reported People Adults Report They Got Social and Emotional Support They Need From



**Over half of adults turn to family and/or friends to receive social and emotional support**

### Data Source:

Henry County Health Department analysis of Henry County Community Health Status Assessment, 2019