

Mental Health Indicators for Adults in Minnesota

Substance Abuse and Mental Health Services Administration – Mental Health Indicators (2005-2006)¹

Indicator	MN 18+	US 18+	MN 18-25	US 18-25	MN 26+	US 26+
Past Year – Serious Psychological Distress (SPD)	11%	11%	19%	18%	10%	10%
Past Year – Major Depressive Episode (MDE)	7%	7%	9%	9.5%	6.5%	7%

Kaiser Family Foundation – State Health Facts, Mental Health²

Indicator	MN	US
Percentage of Adults Reporting Poor Mental Health – Male, 2007	26.0%	28.5%
Percentage of Adults Reporting Poor Mental Health – Female, 2007	34.3%	37.8%
Percentage of Adults Reporting Poor Mental Health – Total, 2007	30.2%	33.3%
Percentage of Adults Reporting Poor Mental Health – White, 2007	29.9%	33.2%
Percentage of Adults Reporting Poor Mental Health – Black, 2007	NSD	35.2%
Percentage of Adults Reporting Poor Mental Health – Hispanic, 2007	NSD	32.9%
Percentage of Adults Reporting Poor Mental Health – Asian/PI, 2007	NSD	27%
Percentage of Adults Reporting Poor Mental Health – American Indian, 2007	NSD	37.6%
Number of Adults with Serious Mental Illness, 2002 ³	203,450	11,782,202
Number of State and County Psychiatric Hospital Inpatient Beds, 1998 ⁴	1161	62,228
State and County Psychiatric Hospitals, Inpatient Census, 2000	1091	54,826

¹ www.oas.samhsa.gov/substate2k8/StateFiles/MN.htm

² www.statehealthfacts.org/profileind.jsp?cat=2&sub=28&rgn=25

³ Serious Mental Illness: A diagnosable mental disorder found in persons aged 18 years and older that is so long lasting and severe that it seriously interferes with a person's ability to take part in major life activities. Does not include persons who are homeless or are institutionalized.

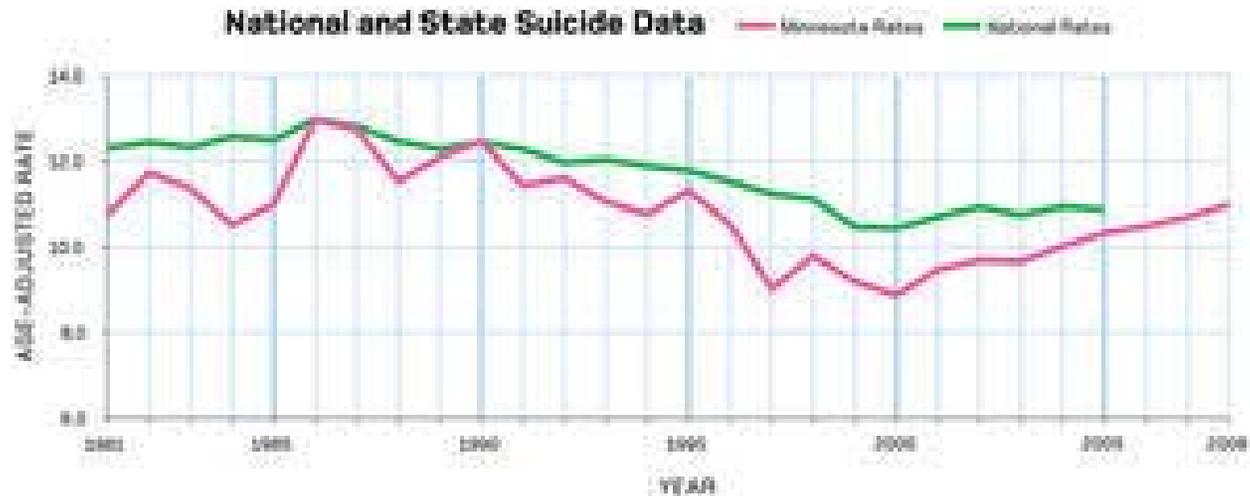
⁴ Includes state and local hospital beds only. Inpatient beds in for-profit hospitals are not included in data.

Minnesota Hospital Association - Five Leading Causes of Hospitalization By Age (2007)⁵

Age ⁶	Cause	Discharges	%of Total	Days	%of Total	Charges	% of Total
20-24	Digestive System	2,064	7%	5,860	6%	34,749,505	9%
	Mental Disorders	3,594	12%	29,092	29%	56,728,810	14%
	Injury and Poisoning	2,301	8%	8,380	8%	60,162,805	15%
	Childbirth Complications	16,827	57%	42,114	41%	152,222,266	38%
	Genitourinary Diseases	823	3%	1,933	2%	11,605,321	3%
	All other combined	3,995	13%	14,235	14%	87,940,807	22%
	Age Totals	29,604	100%	101,614	100%	403,409,514	100%
25-44	Digestive System	10,999	9%	36,291	8%	203,781,789	10%
	Mental Disorders	14,275	11%	109,549	25%	225,785,730	11%
	Injury and Poisoning	9,385	7%	37,698	8%	255,613,295	12%
	Childbirth Complications	54,947	43%	144,345	32%	542,274,152	26%
	Genitourinary Diseases	6,717	5%	15,846	4%	109,366,538	5%
	All other combined	32,205	25%	104,096	23%	779,788,947	37%
	Age Totals	128,528	100%	447,825	100%	2,116,610,451	100%

⁵ www.mha-apps.com/chr/reports.aspx

⁶ Mental Disorders were not a leading cause of hospitalization for the following adult age groups: 45-64, 65-77, 75-84, or 85+



Minnesota's suicide rate is on the rise. Preliminary numbers indicate that last year's suicide rate was 11 people per 100,000—the highest since 1986. While the national suicide rate climbed just 4.2 percent from 2000 to 2005 (the most recent national data available), Minnesota's rate skyrocketed 15.7 percent during that period. And it's only getting worse. In the last two years, the state suicide rate in Minnesota is 23.6 percent higher than its 2000 low. While fewer suicides happen here than elsewhere (in 2005 Minnesota's rate was 39th out of 50 states and the District of Columbia, up from 44th six years earlier), the state seems to be losing ground.⁷

⁷ Data from Minnesota Department of Health in article: www.citypages.com/2009-04-15/news/minnesota-suicide-rate-on-the-rise-mental-health-workers-say/