



Adult Mental Health Disorders

Mental illnesses are common in the United States. Nearly one in five U.S. adults live with a mental illness (46.6 million in 2017). Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe. Two broad categories can be used to describe these conditions: Any Mental Illness (AMI) and Serious Mental Illness (SMI). AMI encompasses all recognized mental illnesses.

Nationally:

Prevalence of Any Mental Illness (AMI)

- In 2017, there were an estimated 46.6 million adults aged 18 or older in the United States with AMI. This number represented 18.9% of all U.S. adults.
- The prevalence of AMI was higher among women (22.3%) than men (15.1%).
- Young adults aged 18-25 years had the highest prevalence of AMI (25.8%) compared to adults aged 26-49 years (22.2%) and aged 50 and older (13.8%).
- The prevalence of AMI was highest among the adults reporting two or more races (28.6%), followed by White adults (20.4%). The prevalence of AMI was lowest among Asian adults (14.5%).

Prevalence of Serious Mental Illness (SMI)

- In 2017, there were an estimated 11.2 million adults aged 18 or older in the United States with SMI. This number represented 4.5% of all U.S. adults.
- The prevalence of SMI was higher among women (5.7%) than men (3.3%).
- Young adults aged 18-25 years had the highest prevalence of SMI (7.5%) compared to adults aged 26-49 years (5.6%) and aged 50 and older (2.7%).
- The prevalence of SMI was highest among the adults reporting two or more races (8.1%), followed by White adults (5.2%). The prevalence of SMI was lowest among Asian adults (2.4%).

2017 National Survey on Drug Use and Health (NSDUH) by the Substance Abuse and Mental Health Services Administration (SAMHSA)

In Washington State:

Among adults aged 18 or older in Washington, the annual average percentage with serious thoughts of suicide in the past year did not significantly change between 2008–2012 and 2013–2017.

- During 2013–2017, the annual average prevalence of past-year serious thoughts of suicide in Washington was 5.2% (or 282,000), similar to the regional average (5.2%) but higher than the national average (4.1%).

Among adults aged 18 or older in Washington, the annual average percentage with a serious mental illness (SMI) in the past year did not significantly change between 2008–2012 and 2013–2017.

- During 2013–2017, the annual average prevalence of past-year SMI in Washington was 5.3% (or 291,000), similar to the regional average (5.3%) but higher than the national average (4.2%).

Among adults aged 18 or older in Washington, the annual average percentage with any mental illness (AMI) who received services in the past year did not significantly change between 2008–2012 and 2013–2017.

- During 2013–2017, the annual average prevalence of past-year mental health service use among those with AMI in Washington was 45.6% (or 538,000), similar to both the regional average (45.0%) and the national average (43.6%).

Behavioral Health Barometer Washington, Volume 5: Indicators as measured through the 2017 National Survey on Drug Use and Health and the National Survey of Substance Abuse Treatment Services

In Kitsap County:

- In 2018, there were approximately 28 mental health providers for every 10,000 residents in Kitsap. This is an increasing trend since 2013, but fewer than the state overall per capita. There were approximately 750 mental health providers working in Kitsap County in 2018.
- In 2016, 2% of adults in Kitsap County age 18 and older did not have someone to count on to help (e.g. someone to pick up groceries, talk to about a problem, or provide you or a household member with care). This rate is improving over time for Kitsap, and lower than the state's rate of 5%.
- In 2011, almost a third of Kitsap adults reported having 3 or more adverse childhood experiences, about the same as the state. This question has not been asked more recently.
- From 2015 to 2017, about 12% of adults reported 14 or more poor mental health days in the past month, unchanged from 2012-14 and the same as the state.
- In 2017, about 3 in 10 adults reported that they had ever been told by a doctor that they had depression. This percentage is unchanged from 2011 to 2017 and is about the same as the state. The highest percentage of adults reporting being diagnosed with depression was in Bremerton (28%), and the lowest was in Bainbridge (18%).
- In 2018, the age-adjusted rate of non-fatal suicide hospitalizations was 25 per 100,000 in Kitsap. This is about the same as the state.
- In 2018, the age-adjusted rate of suicides was 15 per 100,000 in Kitsap. This rate has been increasing since 2000 and is about the same as the state. It accounts for 41 suicides of Kitsap residents in 2018.

KITSAP COUNTY HEALTH STATUS ASSESSMENT, 2019, Kitsap Public Health District

Consequences of Mental Illness in Adults:

- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- 19.3% of U.S. adults with mental illness also experienced a substance use disorder in 2018 (9.2 million individuals).

- The rate of unemployment is higher among U.S. adults who have mental illness (5.8%) compared to those who do not (3.6%).
- Mental illness and substance use disorders are involved in 1 out of every 8 emergency department visits by a U.S. adult (estimated 12 million visits).
- Mood disorders are the most common cause of hospitalization for all people in the U.S. under age 45 (after excluding hospitalization relating to pregnancy and birth).
- Across the U.S. economy, serious mental illness causes \$193.2 billion in lost earnings each year.
- 20.1% of people experiencing homelessness in the U.S. have a serious mental health condition.
- 37% of adults incarcerated in the state and federal prison system have a diagnosed mental illness.
- 41% of Veteran's Health Administration patients have a diagnosed mental illness or substance use disorder.

National Institute on Mental Illness

Treatment of Adults for Mental Illness:

Research shows that mental illnesses are common in the United States, affecting tens of millions of people each year. Estimates suggest that only half of people with mental illnesses receive treatment. In 2018, the National Institute for Mental Illness found:

- 43.3% of U.S. adults with mental illness received treatment.
- 64.1% of U.S. adults with serious mental illness received treatment.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 11.3% of U.S. adults with mental illness had no insurance coverage.
- 13.4% of U.S. adults with serious mental illness had no insurance coverage.
- 60% of U.S. counties do not have a single practicing psychiatrist.

National Institute on Mental Illness

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