

# **BRAIN SCAN: A SNAPSHOT OF MENTAL HEALTH AND SUBSTANCE USE IN COLORADO COUNTIES**

## **Data Descriptions**

*\*Rates for these indicators are at the health statistics region (HSR) level. For multi-county HSRs, each county in the region was given the rate for its HSR. For all other indicators, county-level data are included unless not available. If data are unavailable, HSR level data are used in its place. Wherever HSR-level data was used, they are indicated with an asterisk (\*) on the dashboard. Please [click here](#) to see how county's are grouped into HSRs or see the map attached at the end of this document.*

## **POOR MENTAL HEALTH (Percentage)\***

Percentage of county residents ages five and older who reported eight or more days of poor mental health in the previous 30 days. Poor mental health includes feelings of stress, depression, or problems with emotions. Source: [2017 Colorado Health Access Survey](#).

## **POOR MENTAL HEALTH (Number)\***

Number of county residents ages five and older who reported eight or more days of poor mental health in the previous 30 days. Poor mental health includes feelings of stress, depression, or problems with emotions. The number for each county in a multi-county HSR reflects a calculation that considers a county's population and the sum of respondents in the HSR who reported poor mental health. Source: [2017 Colorado Health Access Survey](#).

## **UNINSURED RATE\***

Percentage of county residents ages five and older who reported that they lacked insurance at the time of the survey. Source: [2017 Colorado Health Access Survey](#).

## **SUICIDE RATE**

Age-adjusted rate of suicide deaths per 100,000 county residents ages ten and older. Data requested from: [Colorado Department of Public Health and the Environment, Vital Statistics, 2018](#).

## **CHILDREN'S MENTAL HEALTH\***

Percentage of children ages 4-14 whose parent said there was a time in the previous year that they needed mental health care. Source: [2015-2017 Colorado Child Health Survey](#). (Latest available data used for all counties. Year(s) of data used is available on the dashboard by county).

## **MOTHER'S POSTPARTUM DEPRESSION SYMPTOMS**

Percentage of women ages 15 years and older who recently gave birth and who reported experiencing postpartum depression symptoms. Source: [2017 Pregnancy Risk Assessment Survey](#).

## **HIGH SCHOOL MENTAL HEALTH\***

Percentage of high schoolers (grades 9-12) who have seriously considered suicide. Source: the [2017 Health Kids Colorado Survey](#). (Region 14 (Adams County) and Region 21 (Jefferson County) did not participate in the 2017 survey. Adams County data included from the 2015 survey).

## **ADULT MENTAL HEALTH**

Percentage of adults (ages 18 and over) who have ever been told by doctor that they have a depressive disorder. State and County Source: [2017 Behavioral Risk Factor Surveillance System](#). National Source: [2015 Behavioral Risk Factor Surveillance System](#).



## ADULT BINGE DRINKING

Percentage of adults ages 18 and over who reported binge drinking. For males, binge drinking is defined as having five or more drinks on one occasion in the previous 30 days; for females it is defined as having four or more drinks on one occasion in the previous 30 days. Source: [2017 Behavioral Risk Factor Surveillance System](#).

## HIGH SCHOOL BINGE DRINKING\*

Percentage of high schoolers (grades 9-12) who reported binge drinking. It is defined as having five or more drinks in one day in the previous 30 days. Source: [2017 Health Kids Colorado Survey](#). (Region 14 (Adams County) and Region 21 (Jefferson County) did not participate in the 2017 survey. Adams County data included from the 2015 survey)

## OPIOID OVERDOSE RATE

Age-adjusted number of opioid overdose deaths per 100,000 county residents. Overdose deaths caused by any opioid painkiller or heroin. Source: [Colorado Department of Public Health and the Environment, Vital Statistics, 2017](#).

## BARRIERS TO CARE\*

Percentage and number<sup>1</sup> of county residents ages five and older who did not receive mental health care when they needed it. Respondents could elaborate on the reasons:

- Concerns about cost or insurance: This includes respondents who were uninsured, concerned about the cost of treatment, or concerned their health insurance wouldn't cover treatment.
- Mental health stigma: Percentage who said they were worried about what would happen if someone found out they had a problem.
- Difficulty getting an appointment
- Uncomfortable discussing personal problems with a health professional.

Source: [2017 Colorado Health Access Survey](#).

## BEHAVIORAL HEALTH WORKFORCE

Rates of the following licensed professionals per 1,000 county residents:

- Certified addiction counselors
- Clinical social workers
- Licensed professional counselors
- Marriage and family therapists
- Psychologists

Source: [Colorado Department of Regulatory Agencies](#). Reflects licensed professionals on January 3, 2017. Datasets compiled by the Colorado Health Institute.

- Practicing child and adolescent psychiatrists

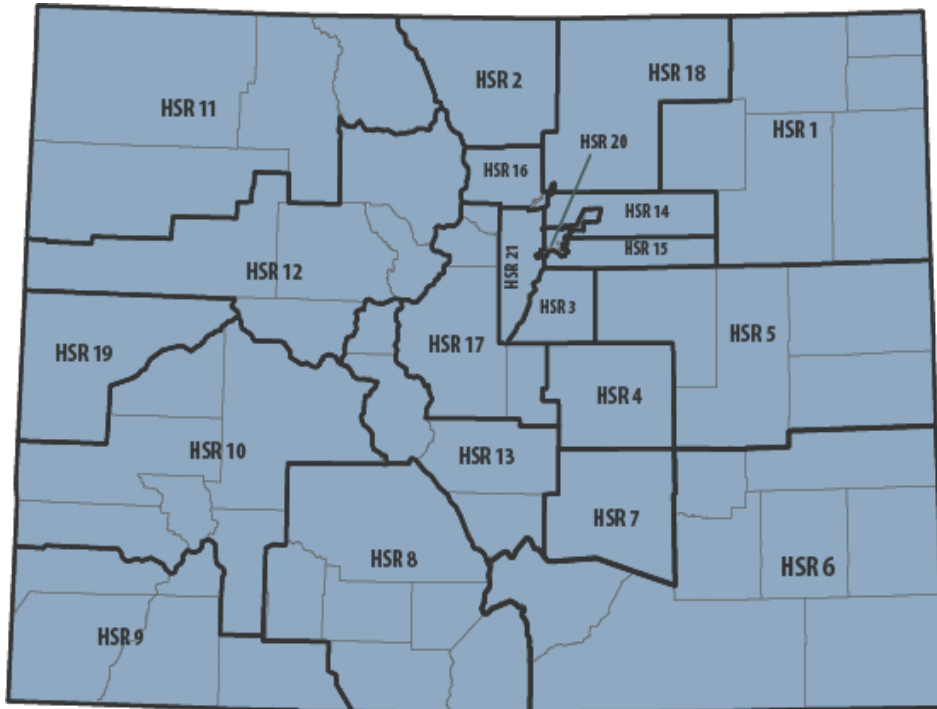
Source: [American Academy of Child and Adolescent Psychiatry](#). Reflects currently practicing psychiatrists seeing children ages 0-17.

Last Modified: 7/16/2019

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<sup>1</sup> Number of county residents calculated by MHC by taking the percentage of those who did not receive mental health care when they needed it from the total county population in 2017, the latest available year. Source total county population: [Colorado State Demography Office](#)

## HEALTH STATISTICS REGIONS MAP KEY



Map courtesy of the Colorado Health Institute.

- HSR 1: Logan, Morgan, Phillips, Sedgwick, Washington and Yuma Counties
- HSR 2: Larimer County
- HSR 3: Douglas County
- HSR 4: El Paso County
- HSR 5: Cheyenne, Elbert, Kit Carson and Lincoln Counties
- HSR 6: Baca, Bent, Crowley, Huerfano, Kiowa, Las Animas, Otero and Prowers Counties
- HSR 7: Pueblo County
- HSR 8: Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache Counties
- HSR 9: Archuleta, Dolores, La Plata, Montezuma and San Juan Counties
- HSR 10: Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel Counties
- HSR 11: Jackson, Moffat, Rio Blanco and Routt Counties
- HSR 12: Eagle, Garfield, Grand, Pitkin and Summit Counties
- HSR 13: Chaffee, Custer, Fremont and Lake Counties
- HSR 14: Adams County
- HSR 15: Arapahoe County
- HSR 16: Boulder and Broomfield Counties
- HSR 17: Clear Creek, Gilpin, Park and Teller Counties
- HSR 18: Weld County
- HSR 19: Mesa County
- HSR 20: Denver County
- HSR 21: Jefferson County

From Colorado Center for Health and Environmental Data ([link](#))