



Healthier Together

Pierce County

St. Croix County

# MENTAL HEALTH BY THE NUMBERS

JULY 2018

- ◆ There are **33,186** adults and **8,715** children in Pierce County<sup>1</sup>
  - ◆ **14.8%** of adults report having insufficient social and emotional support<sup>2</sup>
  - ◆ Poor mental health days: **3.4**<sup>3</sup>
  - ◆ Student population (9<sup>th</sup>-12<sup>th</sup>) that felt sad or hopeless almost every day for two or more weeks<sup>4</sup>:
    - Male: **16.9%** Female: **35.3%**
  - ◆ Adult population with 4 or more Adverse Childhood Experiences<sup>5</sup>: **10-15%**
  - ◆ Population to mental health provider ratio<sup>3</sup> **2430:1**
  - ◆ **23.2%** of respondents reported mental health as an important health concern<sup>6</sup>

- ◆ There are **66,350** adults and **22,353** children in St. Croix County<sup>1</sup>
  - ◆ **9.4%** of adults report having insufficient social and emotional support<sup>2</sup>
  - ◆ Poor mental health days: **3.2**<sup>3</sup>
  - ◆ Student population (9<sup>th</sup>-12<sup>th</sup>) that felt sad or hopeless almost every day for two or more weeks<sup>4</sup>:
    - Male: **17.5%** Female: **35.6%**
  - ◆ Adult population with 4 or more Adverse Childhood Experiences<sup>5</sup>: **15-20%**
  - ◆ Population to mental health provider ratio<sup>3</sup> **910:1**
  - ◆ **29.4%** of respondents reported mental health as an important health concern<sup>6</sup>

## Social and Emotional Support

Mental illness. Start talking.



Mental illnesses— as common as dark brown eyes.



Mental illnesses— more common than lefties.



Mental illnesses— as common as silver cars.

Social and emotional support is critical for navigating the challenges of daily life as well as for good mental health. Social and emotional support is also linked to educational achievement and economic stability.<sup>2</sup>

## Poor Mental Health Days

Overall health depends on both physical and mental well-being. Measuring the number of days in the last 30 when people report their mental health was not good gives insight into quality of life.

Poor mental health days can lead to higher unemployment, poverty, and mortality rate.<sup>3</sup>



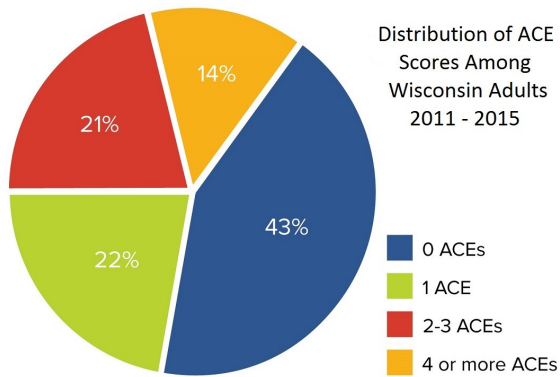
## Adolescent Mental Health

Poor mental health can result in serious negative outcomes for the health and development of adolescents. It can lead to risky sexual behavior, illicit substance use, adolescent pregnancy, school absences/dropout, and other delinquent behaviors.

The percentage of students nationwide who had seriously considered attempting suicide in the past year increased significantly from 2007 through 2017. The youth suicide rate in Wisconsin consistently exceeds the national average.<sup>4</sup>

## Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) have been linked to a range of negative outcomes in adulthood. An ACE is a traumatic experience occurring before age 18. Traumatic experiences include things such as child physical or sexual abuse, having an incarcerated household member, exposure to domestic violence or parental divorce.<sup>5</sup>



Research shows a connection between the number of ACEs a person experiences as a child and their health and well-being as an adult. As the number of reported ACEs increases, the likelihood of depression, cancer, diabetes, sexually transmitted diseases, alcoholism, drug use, smoking, heart disease, other mental illnesses, and homelessness significantly increase as well. Individuals with 4 or more ACEs have a higher likelihood of poor health.

## Population to Provider Ratio

Population to provider ratio is the ratio of the county population to the number of mental health providers including psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists and advanced practice nurses specializing in mental health care.

Nearly 30% of the United States population lives in a county designated as a Mental Health Professional Shortage Area.<sup>3</sup>

<sup>1</sup>United States Census Bureau  
<sup>2</sup>Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System  
<sup>3</sup>County Health Rankings, 2018  
<sup>4</sup>Centers for Disease Control and Prevention, 2016 Youth Risk Behavior Survey  
<sup>5</sup><https://preventionboard.wi.gov>  
<sup>6</sup>2015 Healthier Together Pierce and St. Croix Counties Community Health Survey