

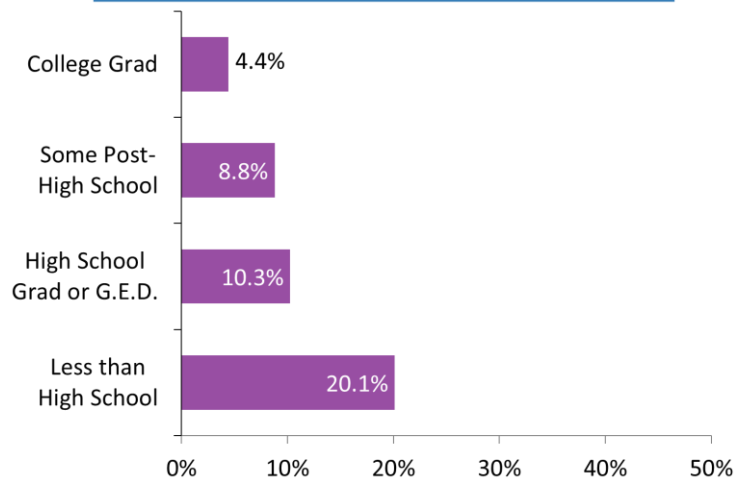
# Mental Wellbeing

## Key Findings

- Residents were asked the number days over the past month their mental health was “not good.” A report of 14 or more days of poor mental health in the past 30 days was identified as frequent mental health distress.
- Nearly 10% of Weld County residents reported frequent mental health distress during the 30 days prior to being surveyed. This was about the same as the 2013 rate but higher than the 2010 rate of 8%. The 2016 statewide rate was 11%.
- Frequent mental health distress was more often reported by residents who were at or below 100% of the Federal Poverty Level (21.4%)\* or those without a high school diploma (20.1%).

\*100% Federal Poverty Level (100% FPL) in 2015 was \$11,770 for single person, \$4,160 for each additional person, and \$24,250 for a family of four.

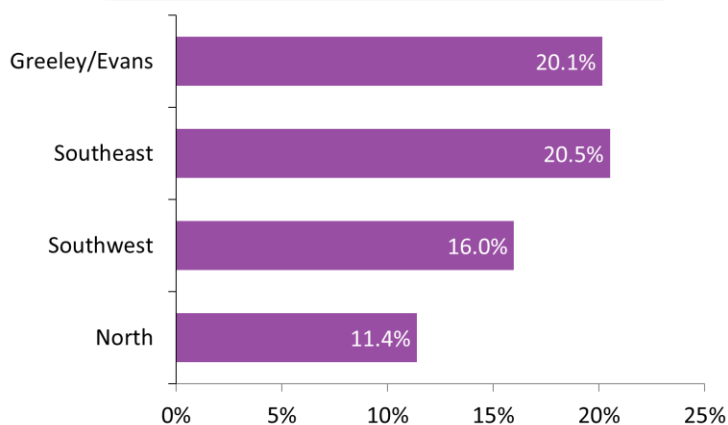
Experienced Frequent Mental Distress More than 14 Days in the Past 30 by Education Level



## Ever Diagnosed Mental Illness:

19% of residents countywide had been told they have depression by a health care provider.  
16% of residents countywide had been told they have anxiety or PTSD by a health care provider.

Current Mental Health Condition\*\* by Region



\*\* Depression, anxiety, or other mental health condition

- Countywide, about two in ten people (19%) indicated they currently had depression, anxiety, or another mental health condition.
- More residents of Greeley/Evans and Southeast Weld County reported current mental health conditions than residents of other areas in the county (see chart to left).
- Current mental health conditions were reported twice as often among those who were at or below 100% of the Federal Poverty Level (26%)\* than those who were not (17%).

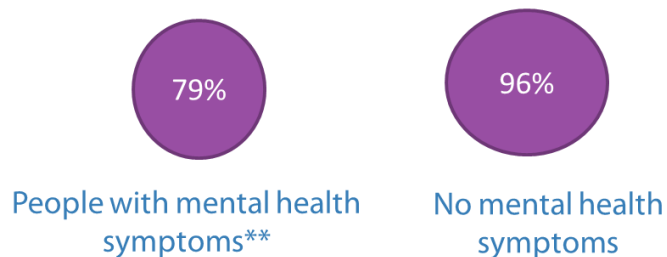


# Weld County 2016 Community Health Survey

## Key Findings

- Negative attitudes about mental illness can influence whether or not people acknowledge symptoms or delay treatment. Since 2013, the Weld Community Health Survey included two questions about mental health stigma developed by the Centers for Disease Control and Prevention.
- In 2016, 96% of residents experiencing no mental health symptoms believed that treatment can help people with mental illness lead normal lives compared to 79% of residents reporting mental health symptoms at the time of the survey believing the same.
- Over half (58%) of residents experiencing no mental health symptoms believed people are generally caring and sympathetic to people with mental illness whereas only 33% of residents who were experiencing mental health symptoms felt this way.
- In Weld County, about 2 in 10 residents said they needed mental health care or counseling in the 12 months prior to being surveyed. Of those who said they needed mental health care, less than half (48%) said they sought treatment.
- The percentage of residents saying they needed mental health care or counseling was higher among those aged 18 to 34 years (24%), college graduates (24%), and respondents living at or below 100% of the Federal Poverty Level (26%)\*. This percentage was lower for residents living in the North region (13%), those aged 55 and older (9%), and Hispanic/Latino residents (13%).
- In 2016, for those who sought treatment, a higher percentage of people sought treatment from a private therapist (59%) or from North Range Behavioral Health (23%) than their primary care doctor (21%) or place of worship (9%).

### Believe Treatment Can Help People with Mental Illness Lead Normal Lives\*

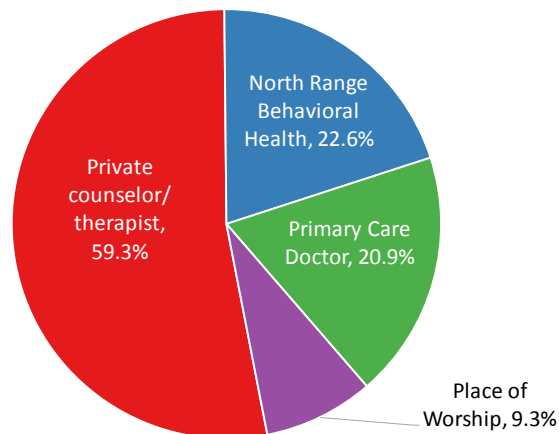


### Believe People are Generally Caring and Sympathetic to People with Mental Illness\*



\* Percent who agree; \*\*people reporting frequent mental distress

## Where People Sought Treatment



### Questions?

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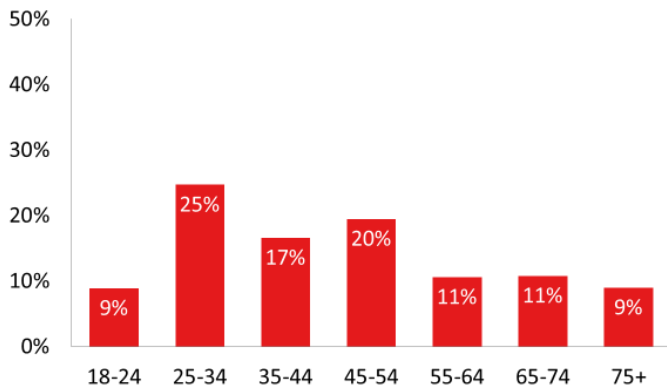


# Weld County 2016 Community Health Survey

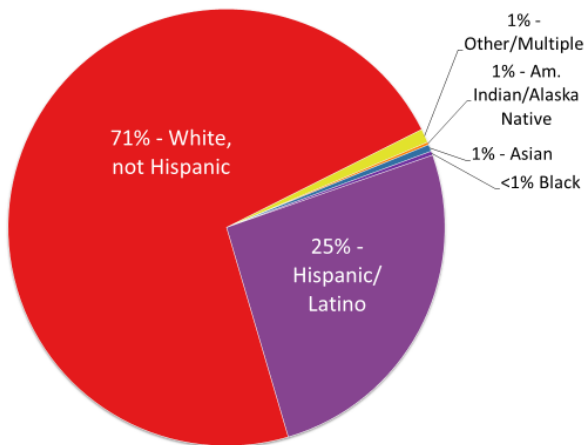
## About the Survey

### Description of Responders

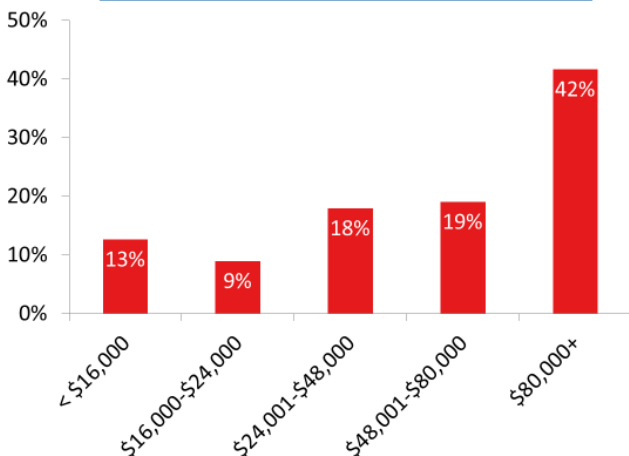
#### Age Groups



#### Race/Ethnicity



#### Household Income



### The Survey Explained

- In order to periodically assess the health status of county residents, between September 6, 2016 and November 17, 2016, Weld County Department of Public Health & Environment contacted 8,494 households by mail requesting an adult to complete the 55-item survey or complete it online.
- Question topics included health, health care access and insurance, health conditions and lifestyle habits, preventive screenings, environmental issues, community concerns and needs, and demographics.
- Households were selected randomly by first dividing the mailing list into **four regions (see map below)** and two household types (single-family vs. multi-family). The list was certified by the post office but did not contain residents' names.
- After multiple contacts, 2,080 community residents returned usable surveys for a 25 percent response rate. The results are representative of the population within a  $\pm 5.0$  percent margin of error.
- To see the actual survey go to: [www.weldhealth.org](http://www.weldhealth.org)

