



Mental Health: The Role of Public Health and CDC

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Centers for Disease Control and Prevention

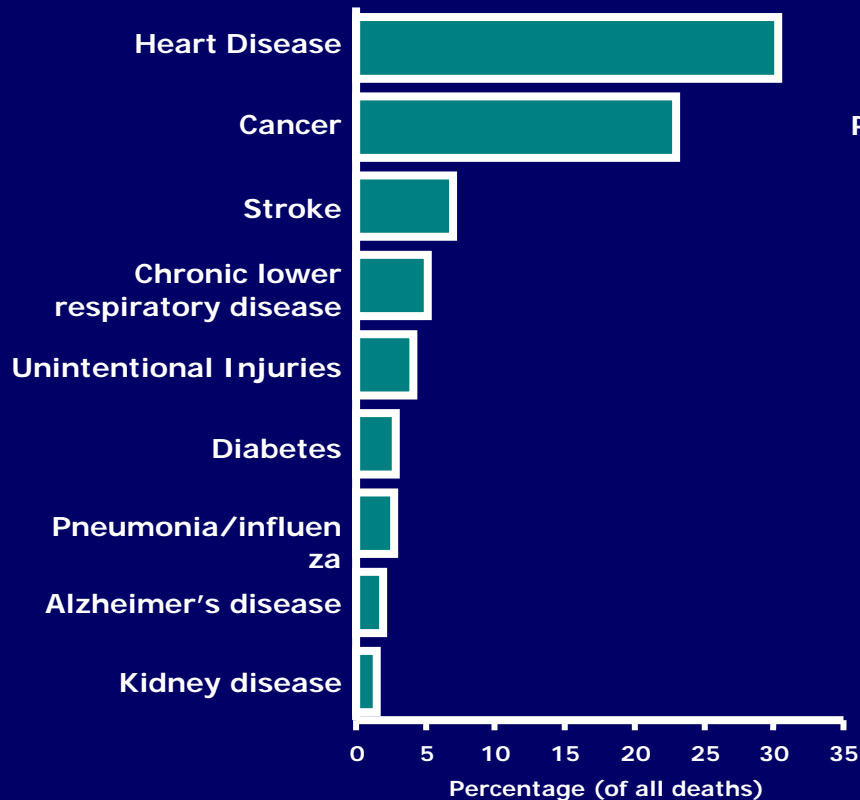


Centers for Disease Control and Prevention

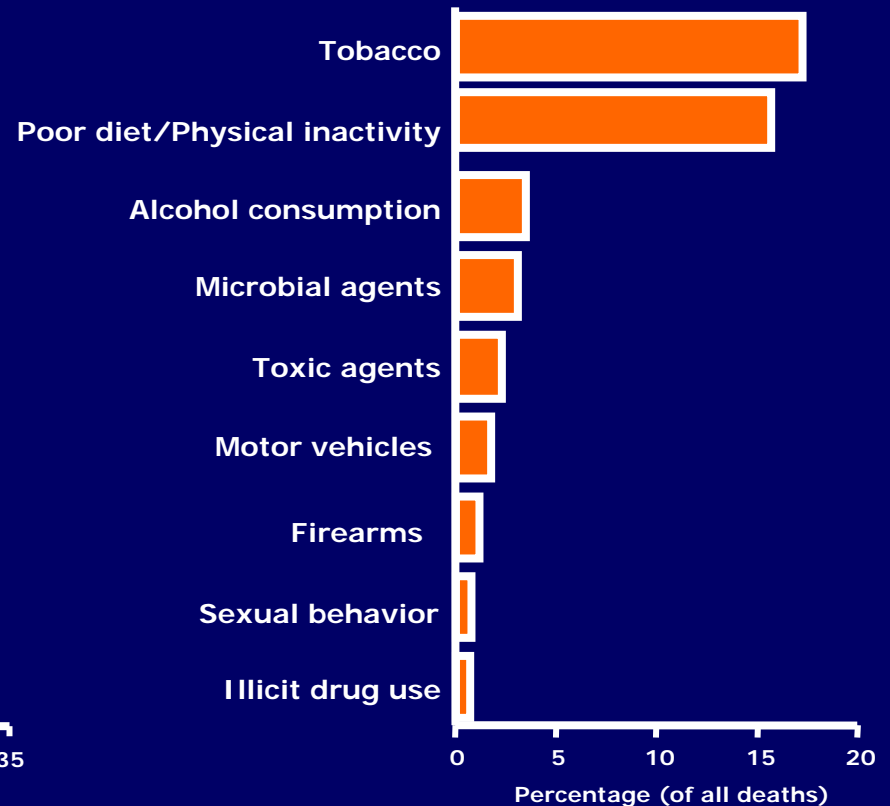


Chronic Diseases and Related Risk Factors

Leading Causes of Death*
United States, 2000



Actual Causes of Death†
United States, 2000



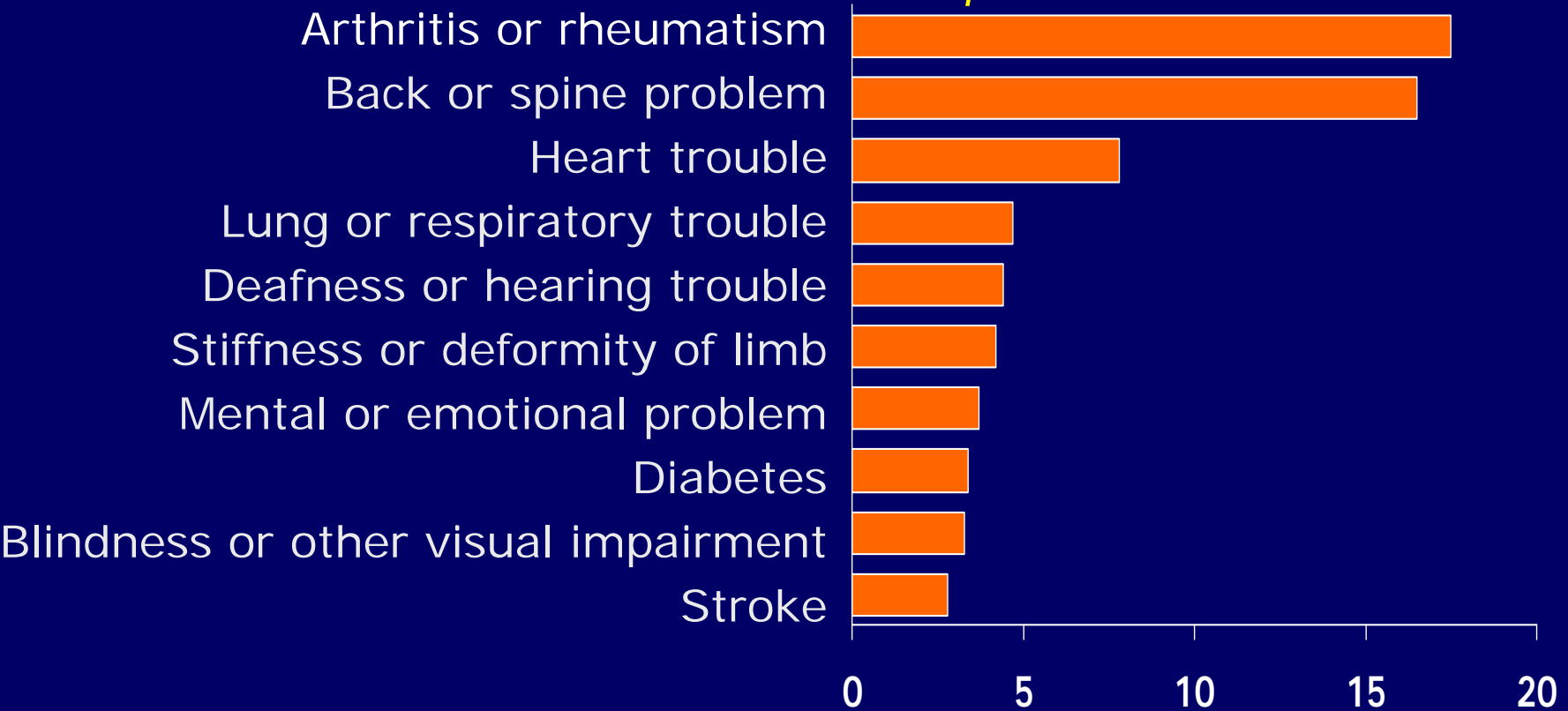
* Miniño AM, Arias E, Kochanek KD, Murphy SL, Smith BL. Deaths: final data for 2000. National Vital Statistics Reports 2002; 50(15):1-120.

† Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA. 2004;291(10):1238-1246.



Leading Causes of Disability Among Persons Aged 15 Years and Older

United States, 1999



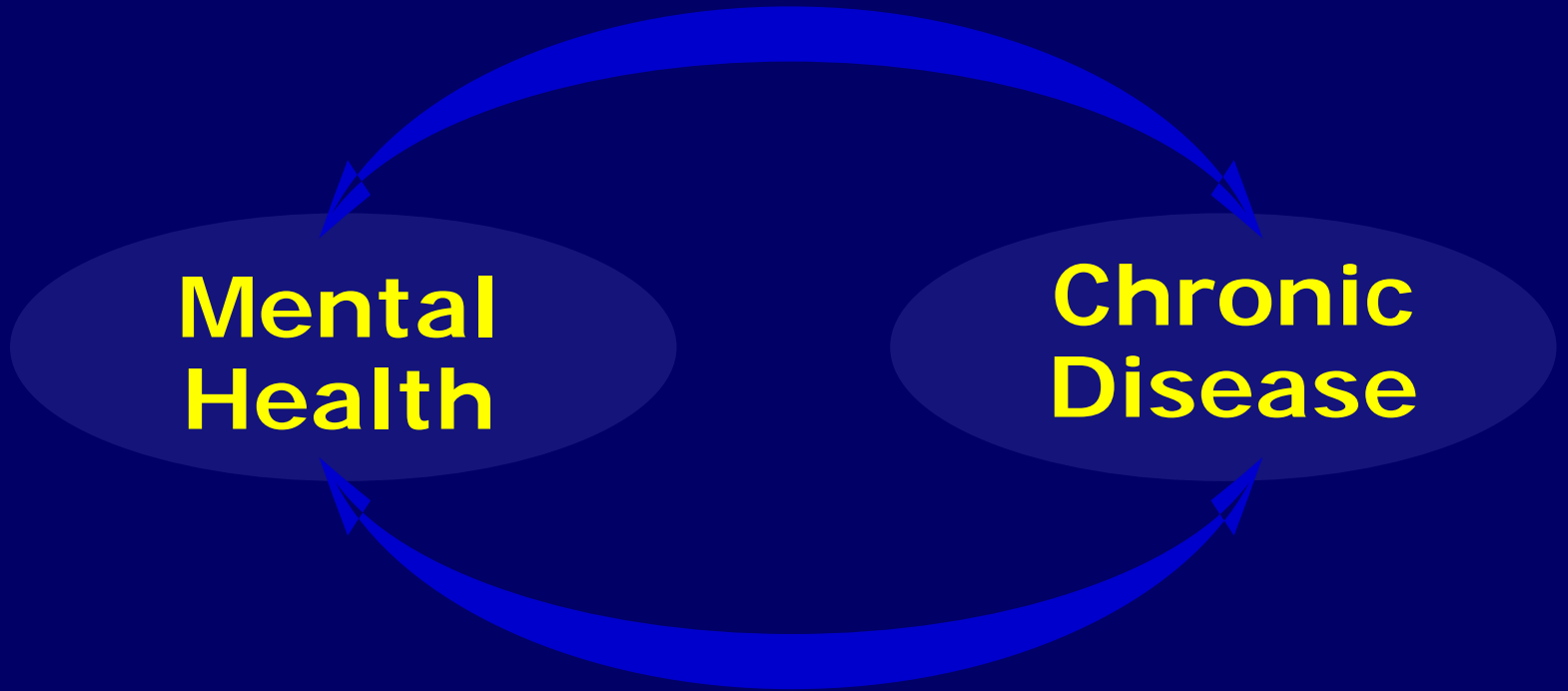
Source: CDC. MMWR 2001;50(7):120-5



Chronic Disease

- Chronic diseases are becoming increasingly prevalent causes of morbidity and mortality in the world, not just the US
- As the population continues to age these trends will get worse





***HOW DO THEY
INTERACT?***

Links Between Physical Health and Chronic Conditions

- Depression is associated with risk-taking behaviors such as smoking, substance use, unsafe sex, and not following prescribed medical regimens
- Rates of depression are higher in people with chronic disease (e.g., diabetes, arthritis, asthma, cardiovascular disorders, cancer), as are rates of suicide

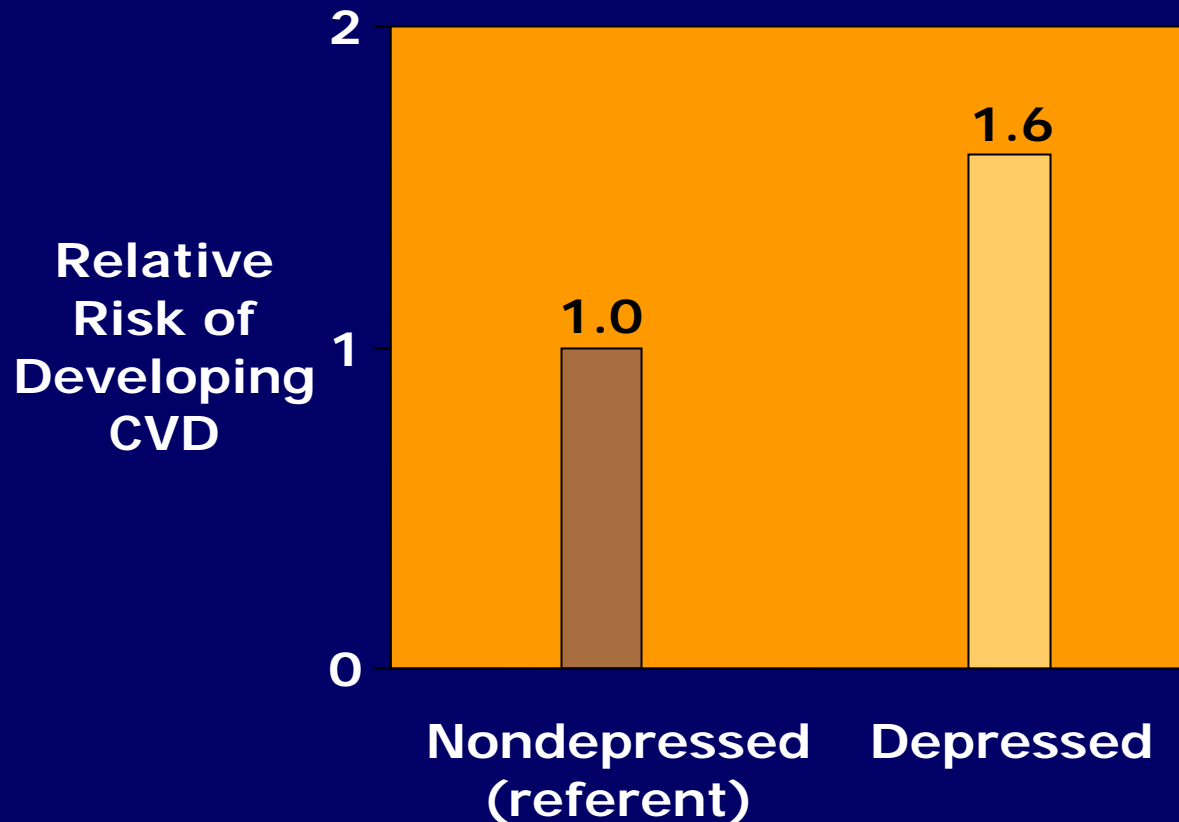


Not the risk factors alone

- Major depression can precipitate chronic disease or be exacerbated by it
- Individuals with depression at greater risk for developing cancer or cardiovascular disease
- Mortality rates from disease increase significantly in people with depression, and there is evidence that treatment can improve survival rates for conditions such as heart disease



Increased Risk for Development of CVD in Persons with Depression



Sources: Rugulies, *Am J Prev Med*, 2002;
Wulsin et al., *Psychosom Med*, 2003



Consequences of Post-MI Depression

- Less likely to adhere to lifestyle and behavioral changes
- May foster a “vicious cycle”



- Cardiac rehabilitation improves depressive symptoms



Sources: Ziegelstein et al., [Arch Int Med](#), 2003;
Milani et al., [Am J Cardiol](#), 1998



Use of Antidepressants in Patients with Cancer is Growing

1979: 1% of all *psychotropic* prescriptions written for cancer patients were antidepressants

2003: Survey of prevalence of antidepressant use in community cancer care:

breast cancer: 19.2%

colon cancer: 11.0%

lung cancer: 13.7%



Sources: Derogatis et al., Cancer, 1979;
Ashbury et al., Support Care Cancer, 2003



Global and US Burden of Disease

- Among non-fatal diseases, depression is the leading cause of years of life lived with disability in the world
- In the US, unipolar major depression is the 2nd leading cause of disability-adjusted life-year (DALY) for women; 10th for men



Source: Michaud CM, et al. The burden of disease and injury in the United States 1996. *Population Health Metrics*. 2006;4(11)



Something Can Be Done





The BRFSS a unique venue for population health surveillance and prevention program planning and evaluation—including elements of...

- socioeconomic status and demography
- chronic diseases and health behaviors
- disability and activity limitation
- health-related quality of life
- mental health and illness



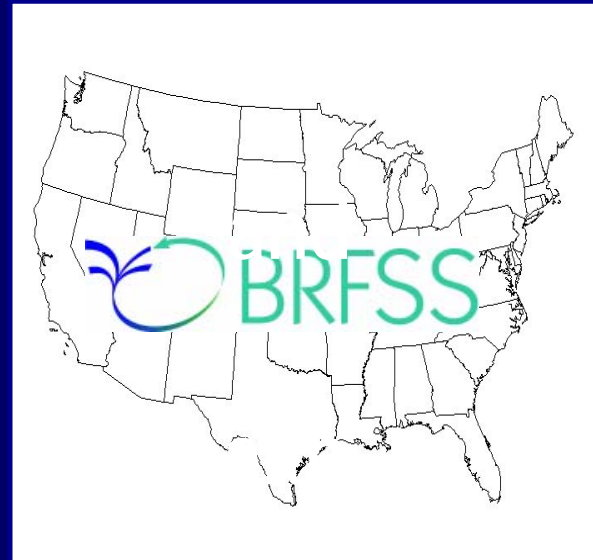


- State-based system
- BRFSS data are: (Fast, Flexible, and Relevant)



Applications of BRFSS

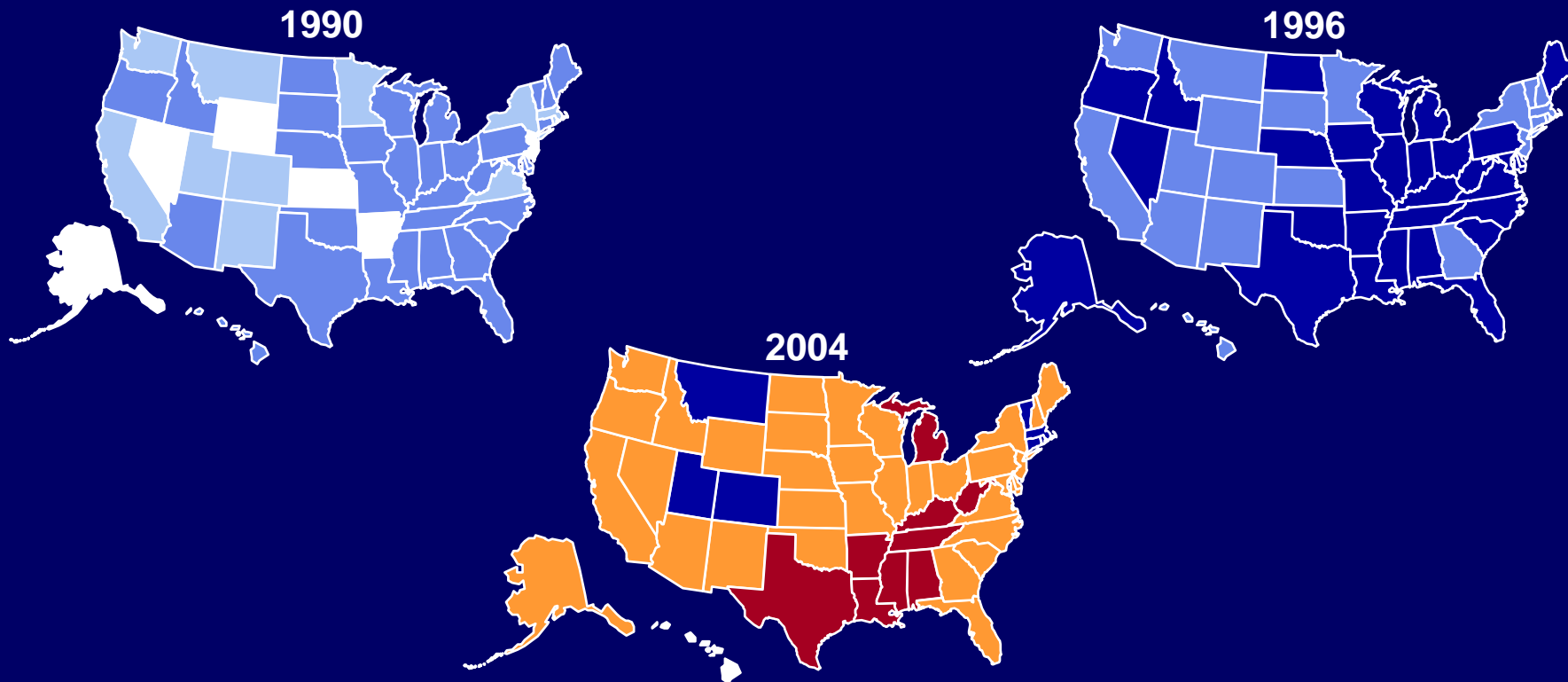
- Identify emerging health problems
- Establish and track health objectives
- Develop and evaluate public health programs
- Support health policies legislation
- Respond to public emergencies



Identify Emerging Health Problems:

Obesity Trends* Among U.S. Adults – 1990, 1996, 2004

(*BMI ≥ 30 , or about 30 lbs overweight for 5'4" person)

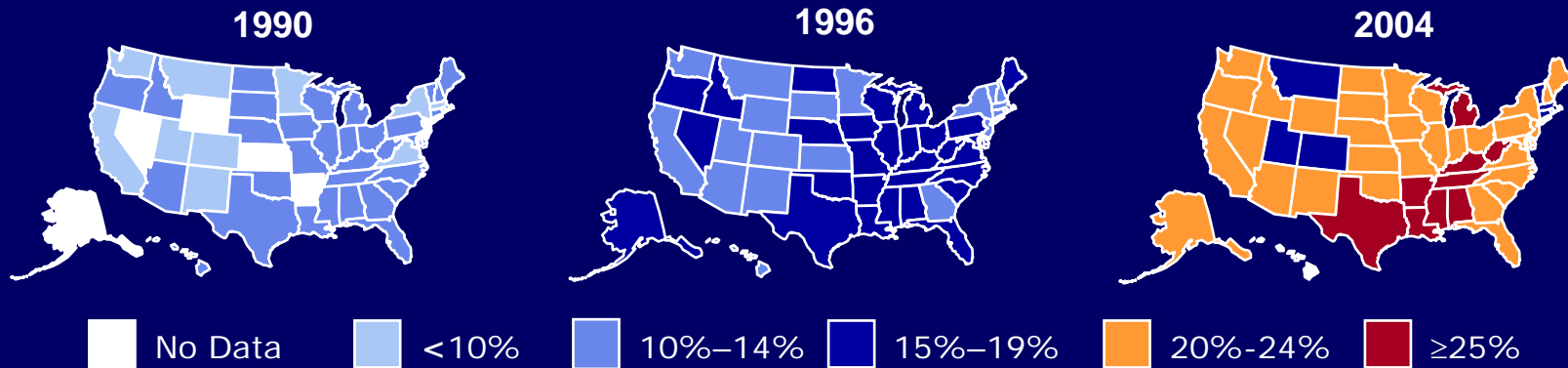


■ No Data ■ <10% ■ 10%-14% ■ 15%-19% ■ 20%-24% ■ $\geq 25\%$



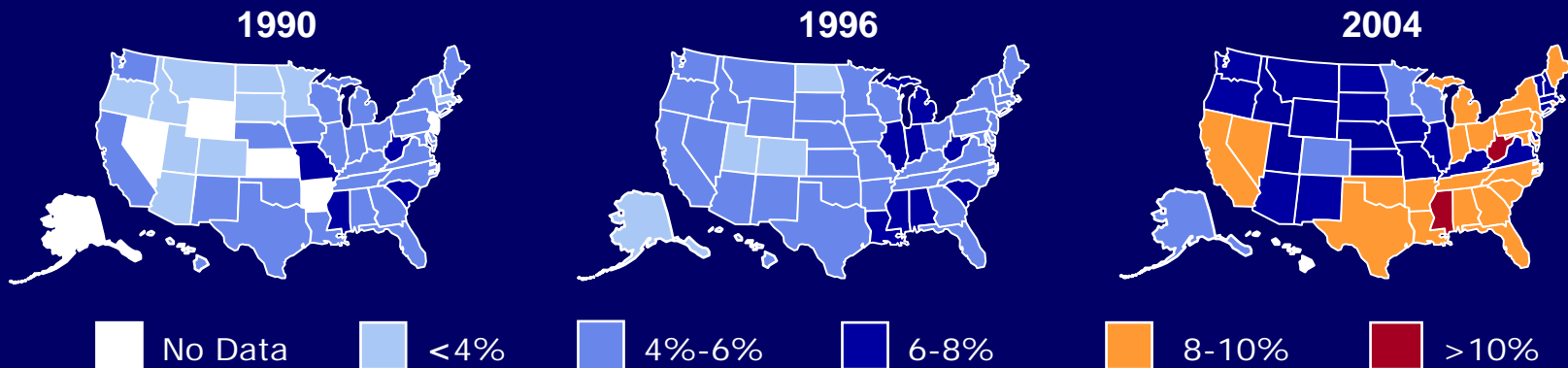
Prevalence of Obesity* Among U.S. Adults

(*BMI ≥ 30 , or about 30 lbs overweight for 5'4" person)



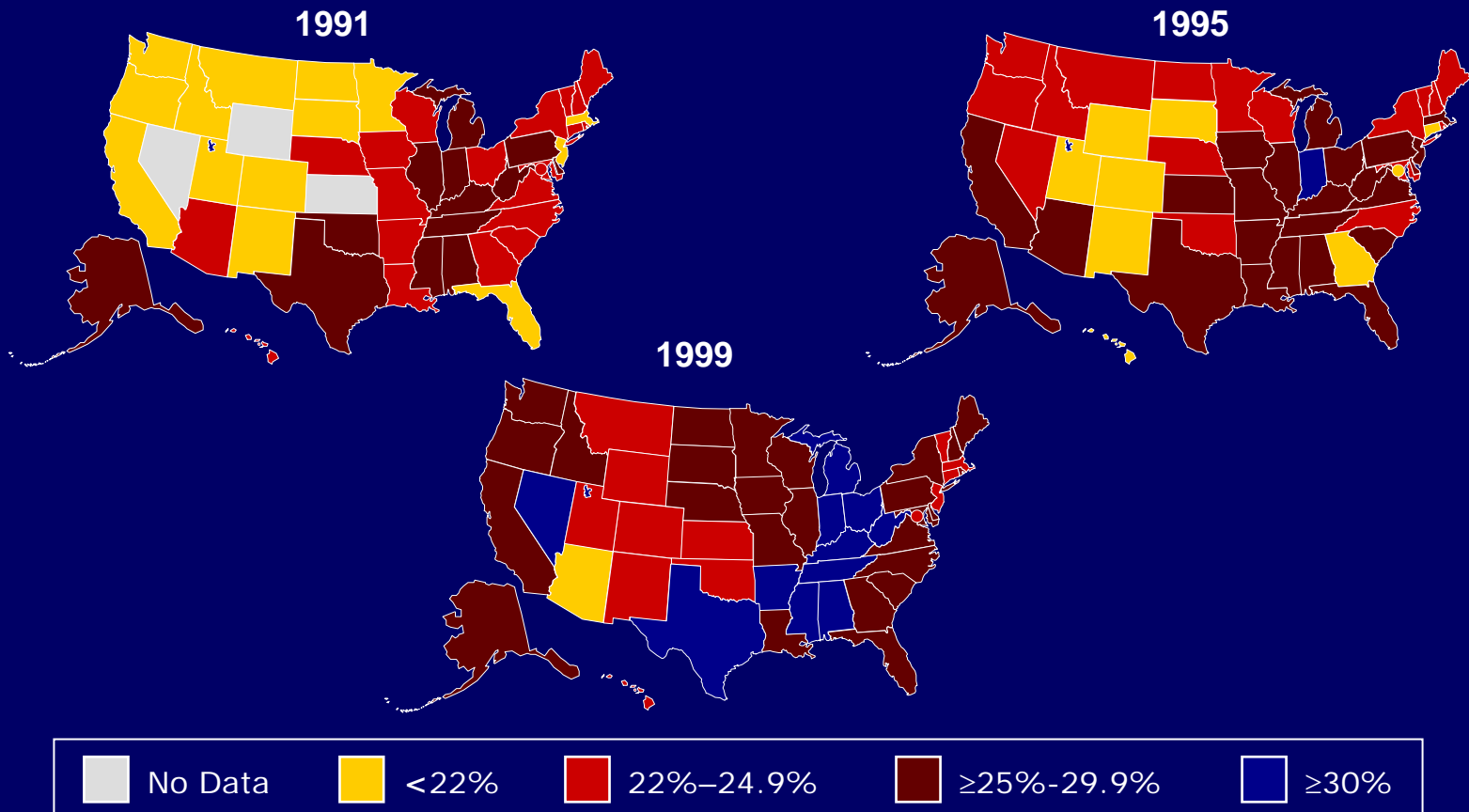
Prevalence of Diabetes* Among U.S. Adults

(*Includes gestational diabetes)



Prevalence of Multiple Risk Factors* for Heart Disease and Stroke Among U.S. Adults

Percent of Population with 2 or More Risk Factors, Age-adjusted to 2000 U.S. Population

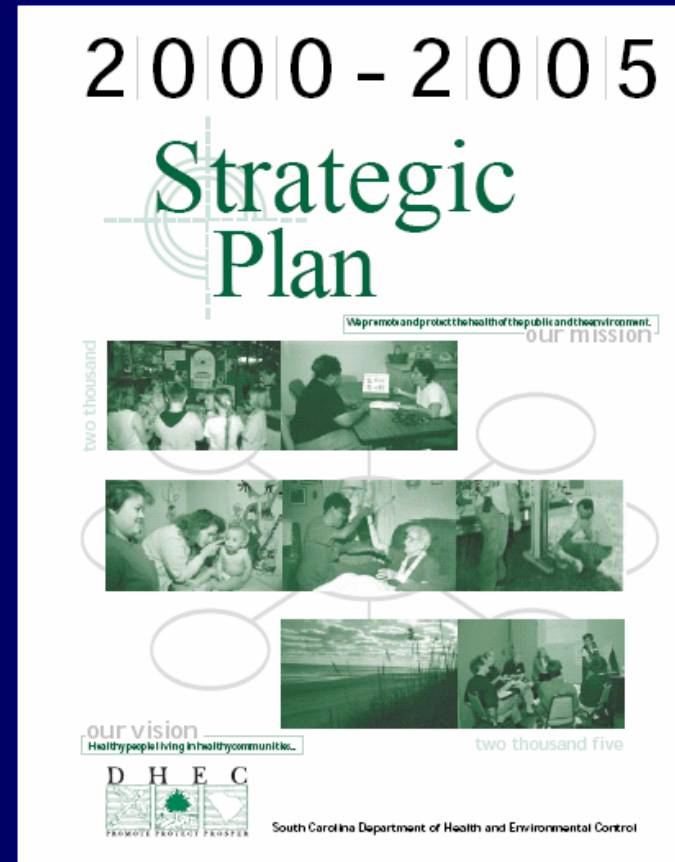


* Risk factors include high blood pressure, high blood cholesterol, smoking, obesity and diabetes.
Source: Greenlund et al. *Archiv Intern Med* 2004;164:181-8



Establish and Track Health Objectives

- *Healthy People 2010* Objectives
- Chronic Disease Indicators
- State Goals & Objectives



Develop Public Health Programs: Heart Disease and Stroke Prevention

The screenshot shows the Utah Department of Health website. At the top, there are navigation links for "State Online Services", "Agency List", and "Business.utah.gov". Below this is a search bar and a header with "Health.utah.gov" and "Utah Department of Health". The main banner features the title "Cruising the Heart Highway" and "Heart Disease & Stroke Prevention Program". A navigation menu includes "Home", "Contact Us", "Current News", "Stroke Information", and "Gold Medal Schools". The main content area is titled "Welcome to the Heart Highway!" and "Love Your Heart and 'Go Red' for Women's Heart Disease". It features a "Go Red for women" logo and a paragraph explaining the importance of heart disease and stroke prevention. A sidebar on the left lists "Heart Disease & Stroke", "Physical Activity", "Nutrition", "Facts & Resources", and "Join the Movement". A list of bullet points provides details about "Wear Red on Friday, February 3" and "Look out for local events supporting Go Red for Women". A "Find Go Red Activities In Your Area" link is located at the bottom right of the main content area.

utah.gov | State Online Services | Agency List | Business.utah.gov | Search Utah.gov | GO

Health.utah.gov | NEWS | HEALTH DATA | SERVICES AtoZ | CONTACT UDOH | ABOUT UDOH | ORGANIZATION |
Utah Department of Health | General Mailing Address: PO Box 141010, Salt Lake City, UT 84114-1010 | General Phone Number: 801.838.8101

Cruising the Heart Highway

Heart Disease & Stroke Prevention Program

Utah Department of Health

[Home](#) | [Contact Us](#) | [Current News](#) | [Stroke Information](#) | [Gold Medal Schools](#)

Welcome to the Heart Highway! [CDC Web Site en Español](#)

Love Your Heart and "Go Red" for Women's Heart Disease

Heart Disease & Stroke

Physical Activity

Nutrition

Facts & Resources

Go Red for women

love your heart! American Heart Association

Heart disease and stroke are the No. 1 and No. 3 killers of women in Utah, killing six women each day in the state; and they're killing more women than men. The good news is that heart disease and stroke can largely be prevented if women join together in taking time out to love their hearts and taking action through awareness and a healthy lifestyle. For this reason, the American Heart Association and the Utah Department of Health are urging women to empower themselves and Go Red in their own fashion this month.

Join the Movement

- **Wear Red on Friday, February 3.** Whether you don your favorite red nail polish, a red suit, a red handbag, or a tie—join women and men nationwide and wear red in your own fashion to show your support of education and research for women's heart disease. Pick up a Red Dress Pin at your local Go Red events or get one free by calling 1-888-MY-HEART and joining the movement. When people ask you about your color choice of attire you can help spread the word.
- **Look out for local events supporting Go Red for Women.**

[Find Go Red Activities In Your Area](#)



Support Policies and Legislation:

Mandatory Insurance Coverage for Screening Mammography

1981

1990

2004



No mandatory insurance coverage for screening mammography.



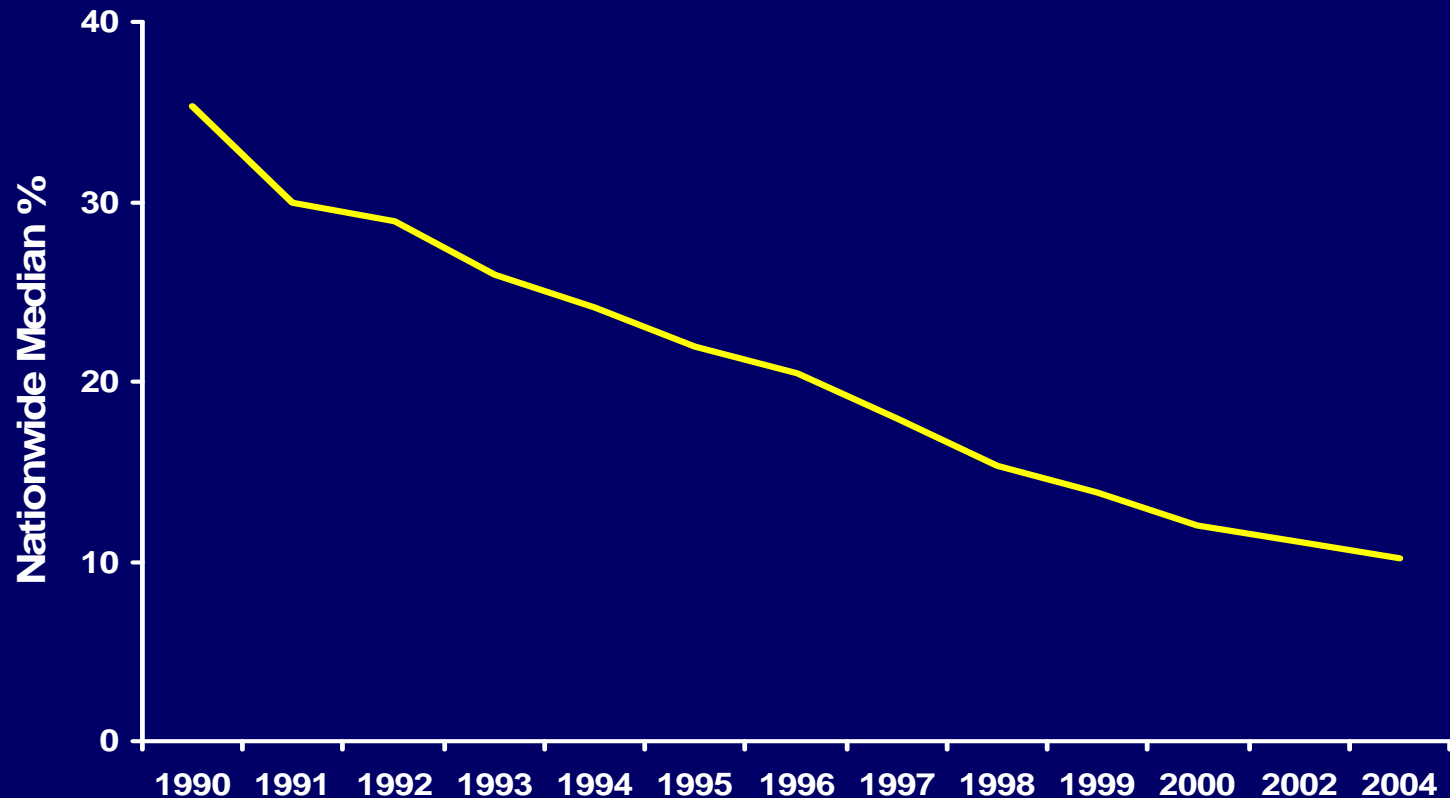
Mandatory insurance coverage for screening mammography.

Source: National Cancer Institute — State Cancer Legislative Database Program, Bethesda, MD, 2004.



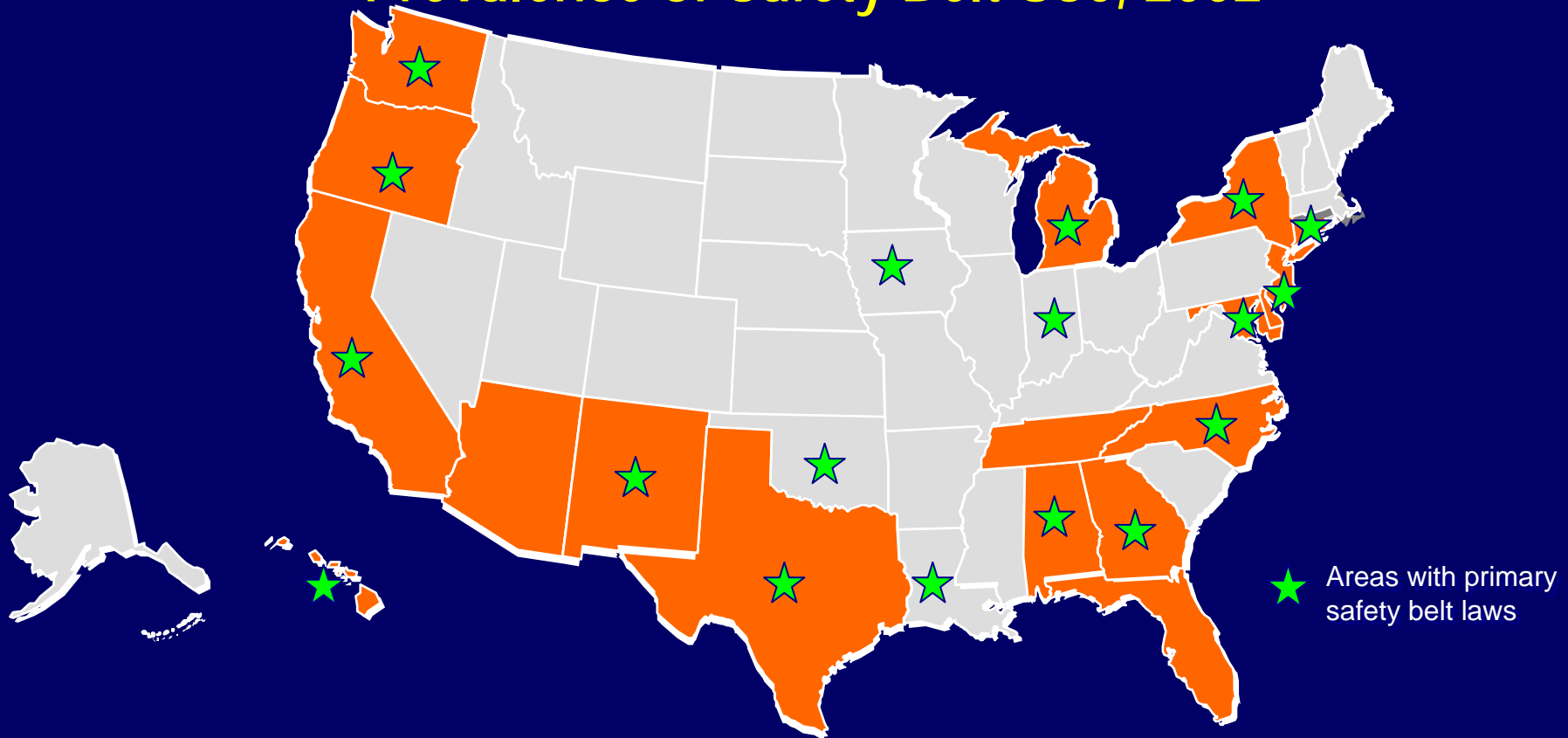
Prevalence of Women Who Never Had a Mammogram, Ages 40 and Older

BRFSS 1990-2004



Support Policies and Legislation:

Prevalence of Safety Belt Use, 2002



- Orange square: Prevalence $\geq 80\%$ of always using a safety belt among persons aged ≥ 18 years.
- Gray square: Prevalence $< 80\%$ of always using a safety belt among persons aged ≥ 18 years.

Source: CDC. Impact of primary laws on adult use of safety belts – United States, 2002. MMWR 2004;53:257-260.



Develop Local Programs and Policies:

SMART BRFSS in Fargo

- Fargo, ND – 24.9% binge vs. 16.4% nationwide
- Formed community coalition: (Alcohol Misuse Prevention)
- Mission: Reduce alcohol use among those under 21 in the Fargo-Moorhead area.
 - Anti-binge drinking campaign
 - Policy change sanctioning facilities
 - Intervention with ER doctors



Respond to Public Health Emergencies:

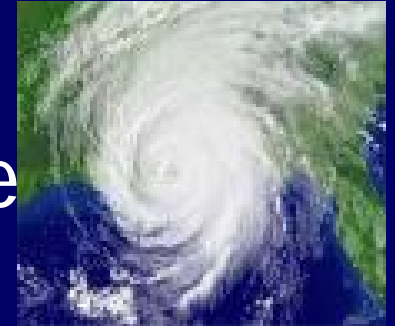
Flu Vaccine

- Vaccine shortage announced October 5, 2004
- Worked with state coordinators and National Immunization Program
- In November, all states incorporated new questions
- Data submitted weekly
- Helped shape public health messages to target priority risk groups



Respond to Public Health Emergencies: Questionnaire Modifications

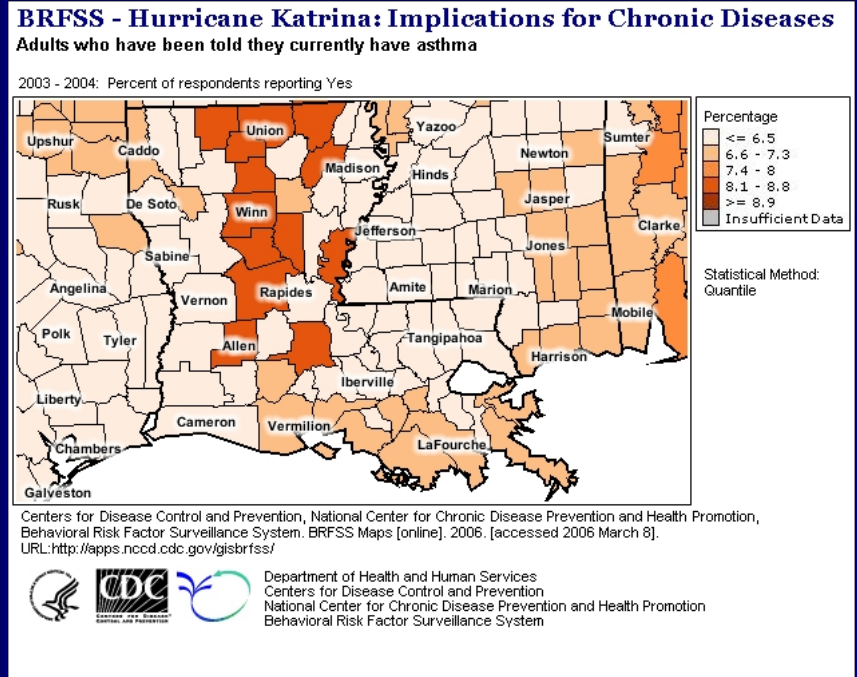
- Hurricanes Katrina and Rita module
- General preparedness module



Respond to Public Health Emergencies:

Future Implications

- Estimates of burden for Strategic National Stockpile
- Role of chronic disease in emergency preparedness



Mental Health Surveillance and the BRFSS

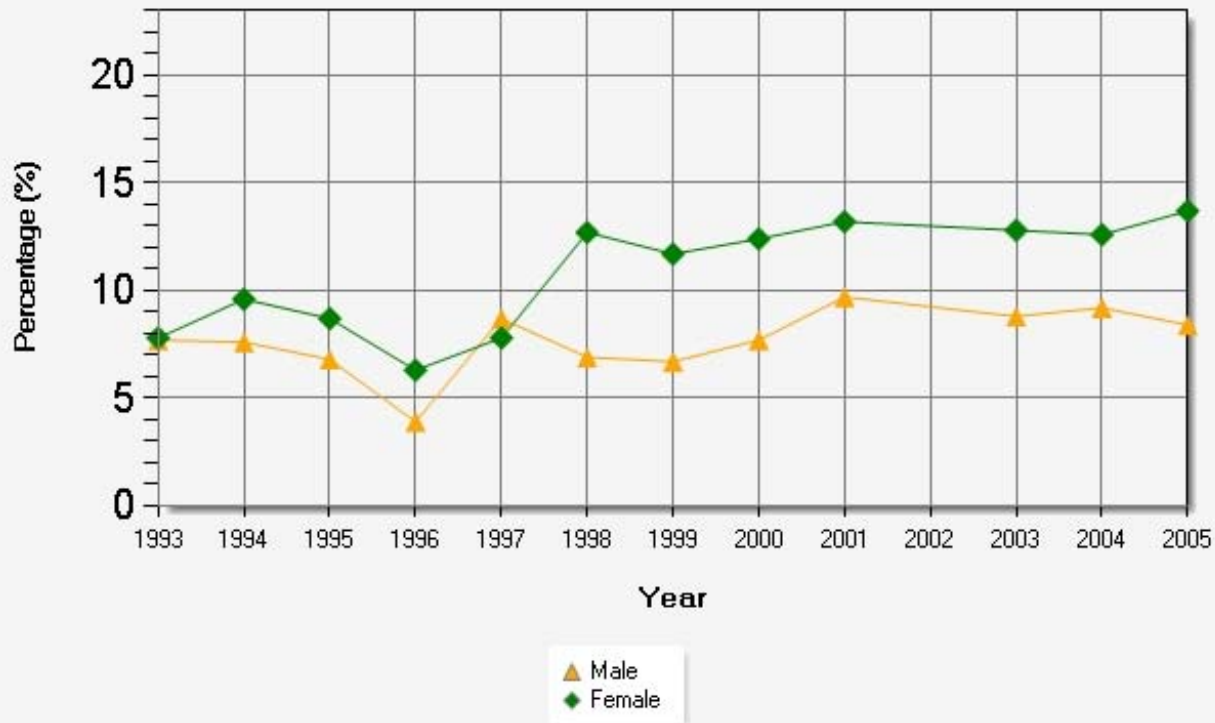
- 2004 SAMHSA Administrator's letter to the CDC Director asking for more mental health coverage on the BRFSS.
- 2005 SAMHSA-CDC Interagency Agreement
- 2006 Depression and Anxiety module in BRFSS
- 2007 Mental Illness & Stigma Module in BRFSS



...Examine time trends

Percentage with 14 or more mentally unhealthy days (Frequent Mental Distress)

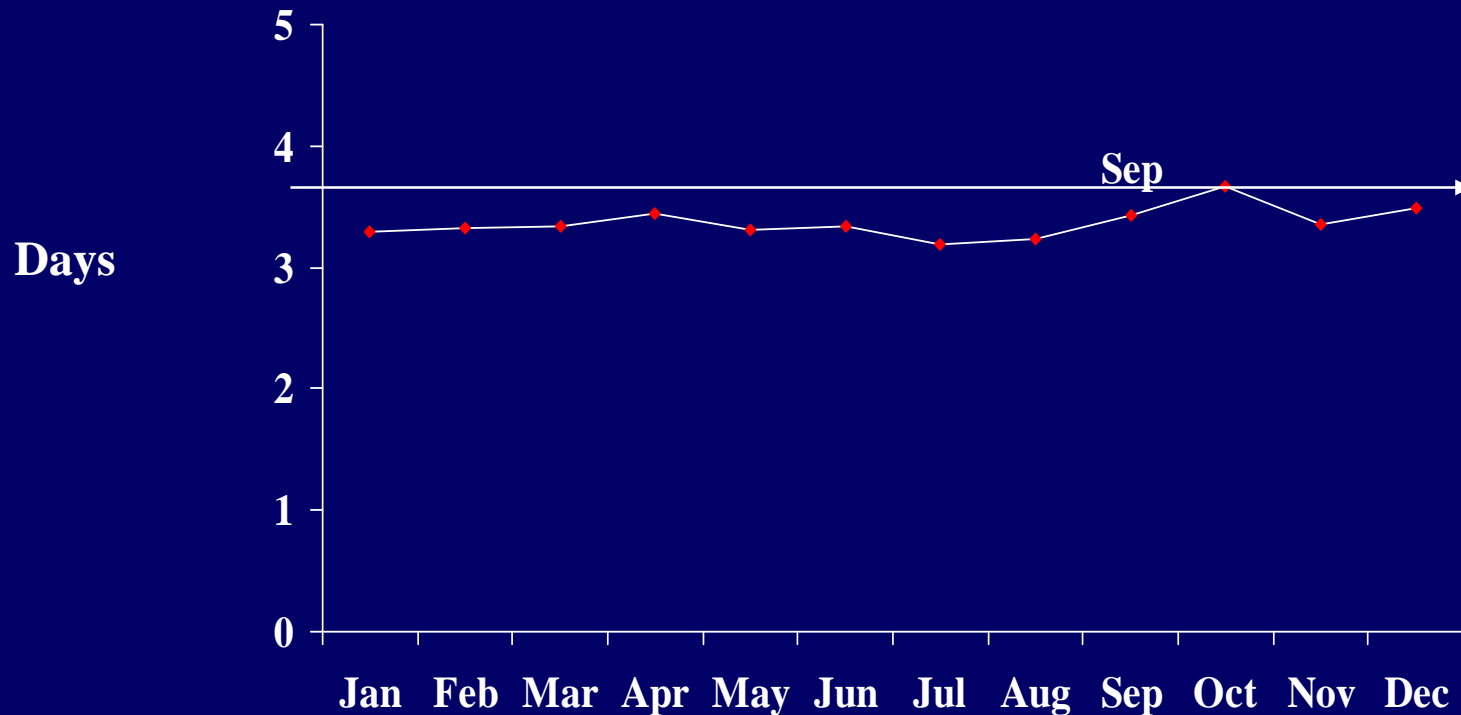
Georgia trend: Gender



1. Not all states included HRQOL questions for all years. Missing data indicates that there were no HRQOL data for that year or that sample size <100. 2. Graphs for subgroups such as race/ethnicity, only include data points for which there is a minimum sample size of at least 100 cases.

Mean mentally unhealthy days by month

U.S. adults, 2001 BRFSS



September 11, 2001

- New York, New Jersey, and Connecticut added questions to their ongoing BRFSS from October 2001-December 2001
- Questions addressed emergent and critical health issues and assessed the psychological and emotional effects of the attack



State Findings

- Results suggested widespread psychological and emotional effects in all segments of the populations of each state
- 88% reported having problems following the attack
- Only 11% reported seeking some form of help from family or friends
- Increased smoking and alcohol use

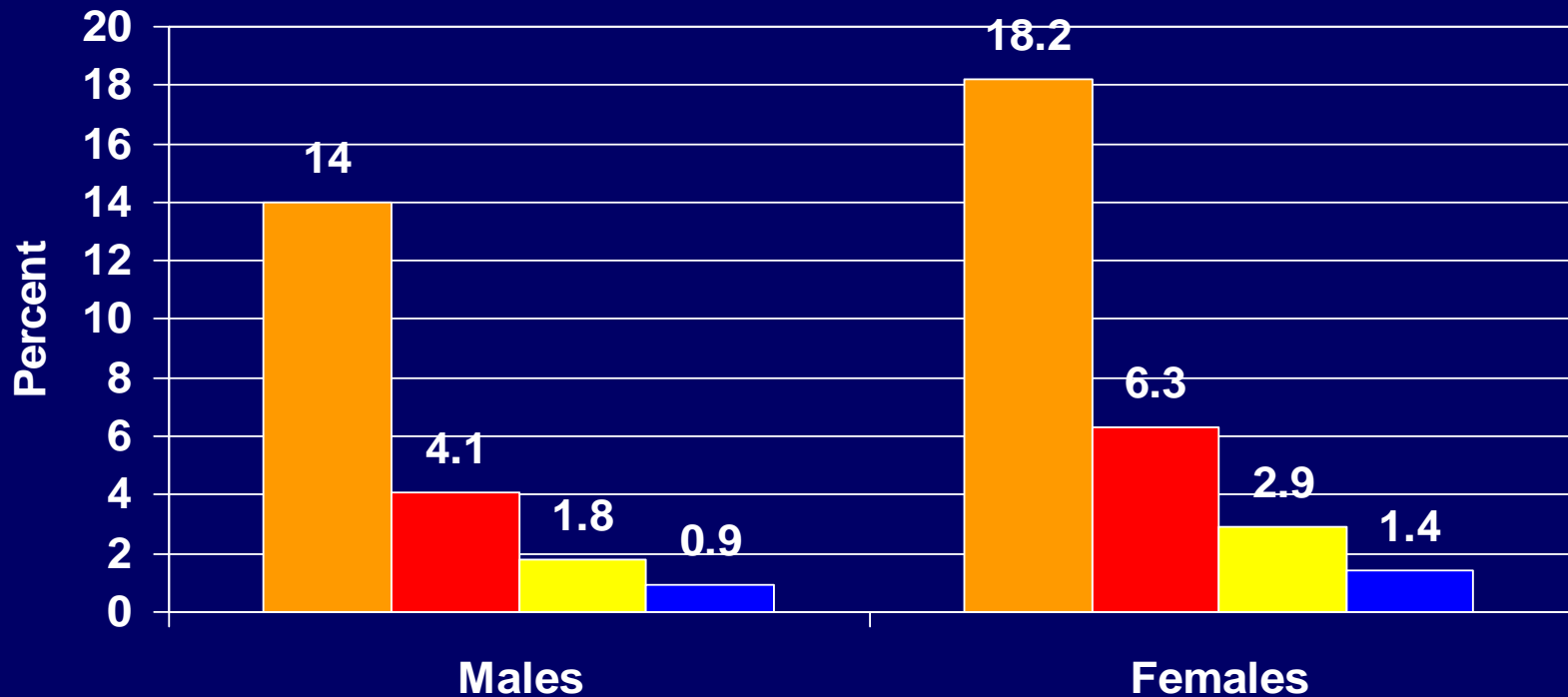


BRFSS 2006 Findings

- 2006 Depression and Anxiety module in BRFSS



Depression Severity by Gender



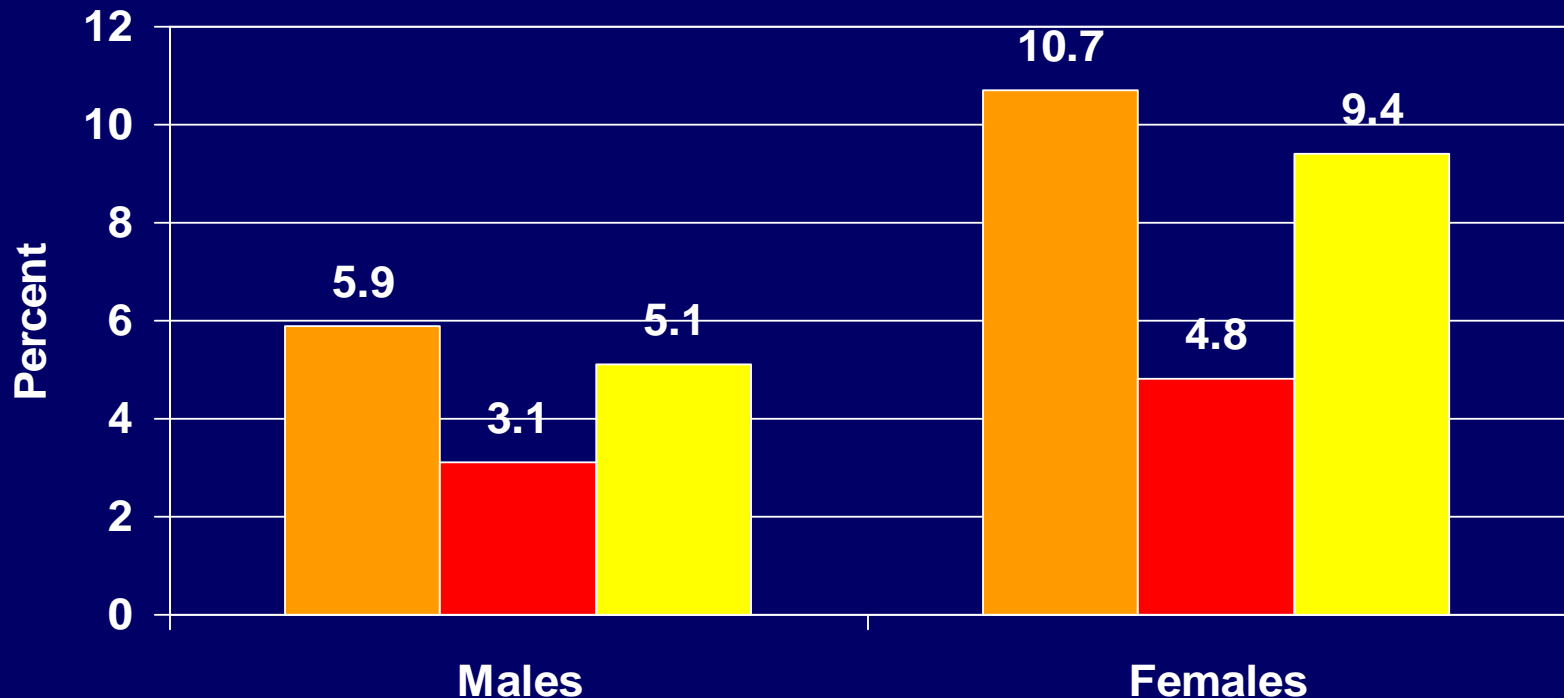
■ Mild ■ Moderate ■ Moderately severe ■ Severe



Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



Lifetime Diagnosis of Depressive and Anxiety Disorders by Gender



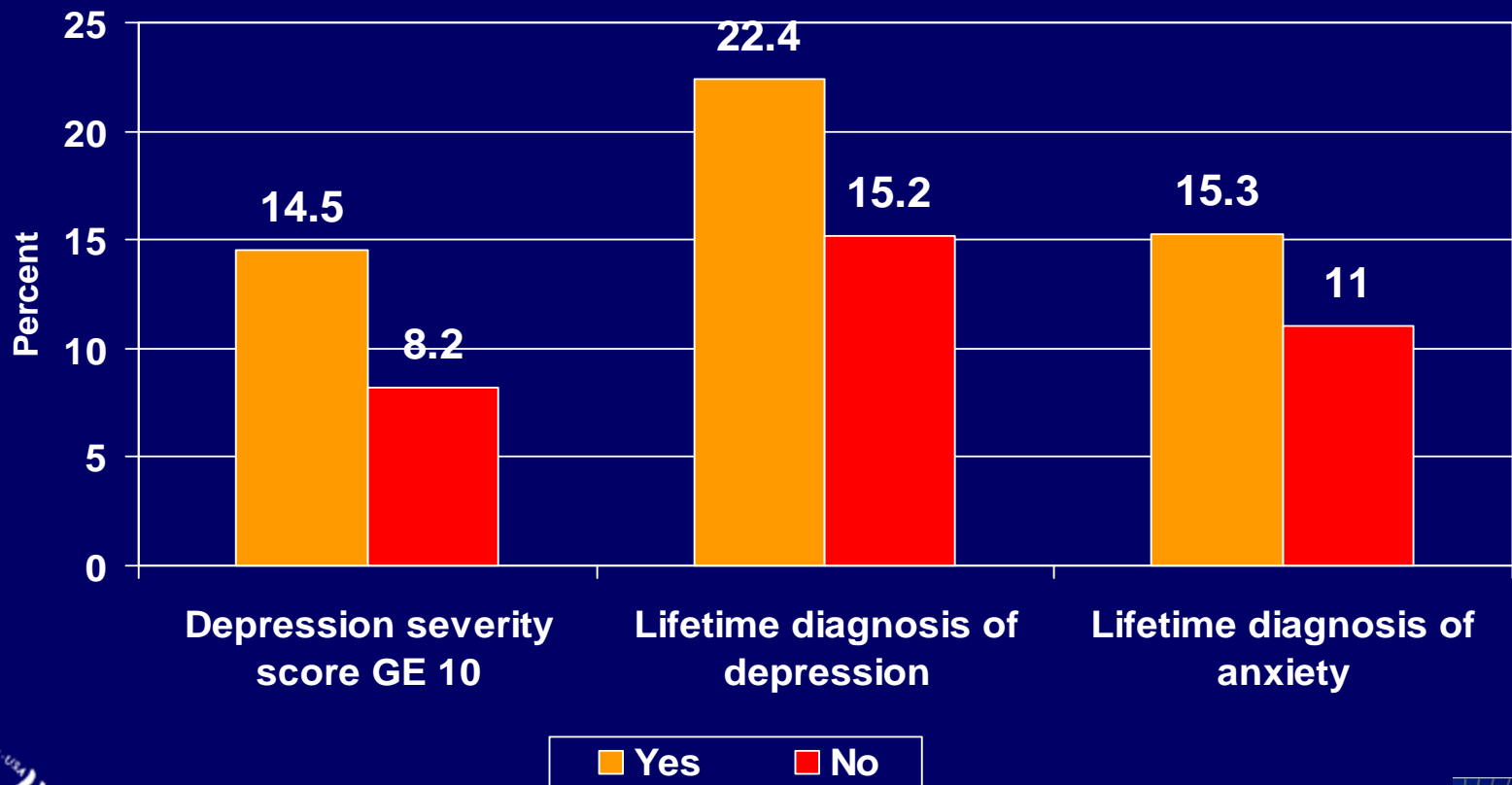
■ Depression only ■ Anxiety only ■ Depression and Anxiety



Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



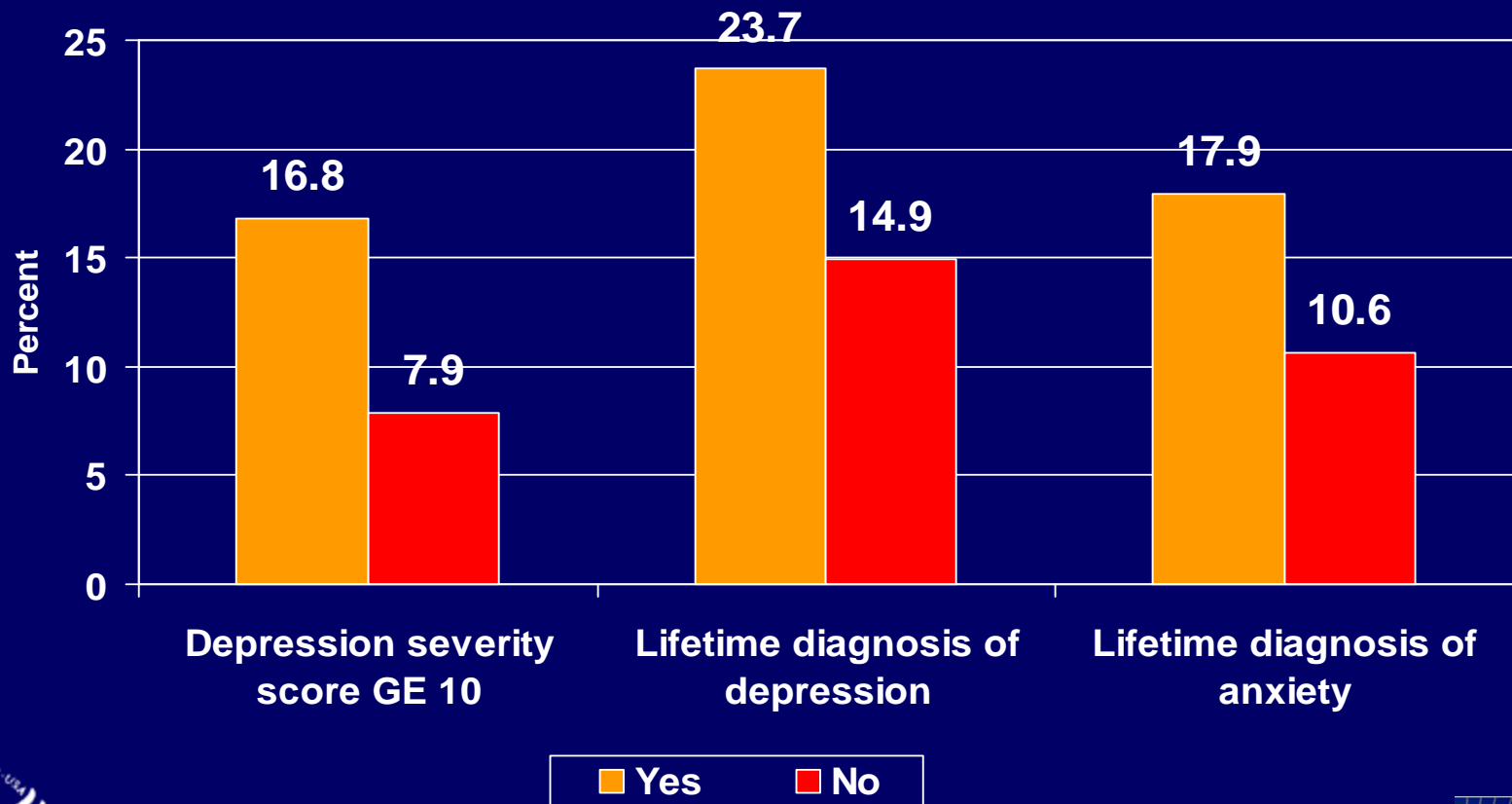
Prevalence of Depression Severity and Lifetime Diagnosis of Depression and Anxiety by Diabetes Status



Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



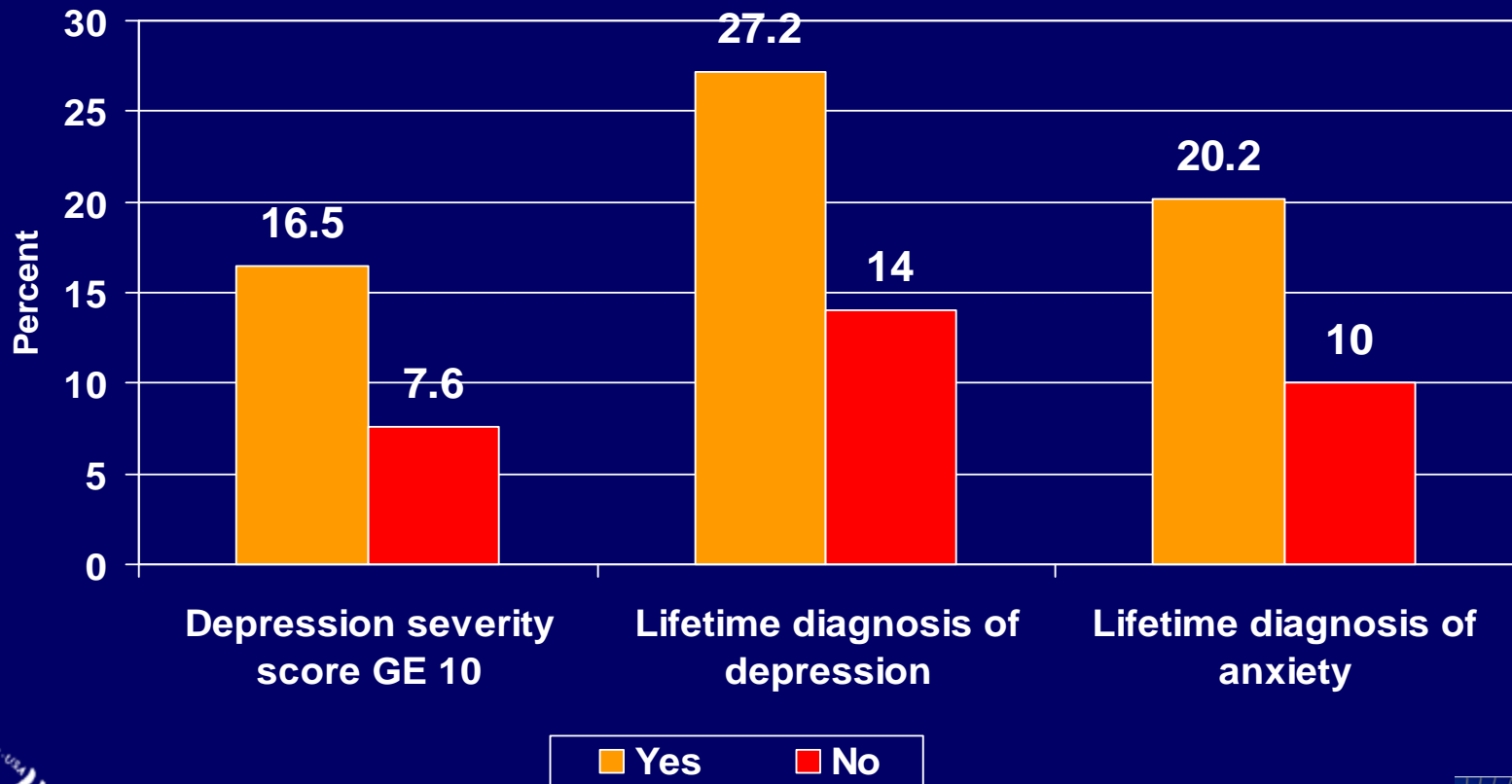
Prevalence of Depression Severity and Lifetime Diagnosis of Depression and Anxiety by Cardiovascular Disease Status



Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



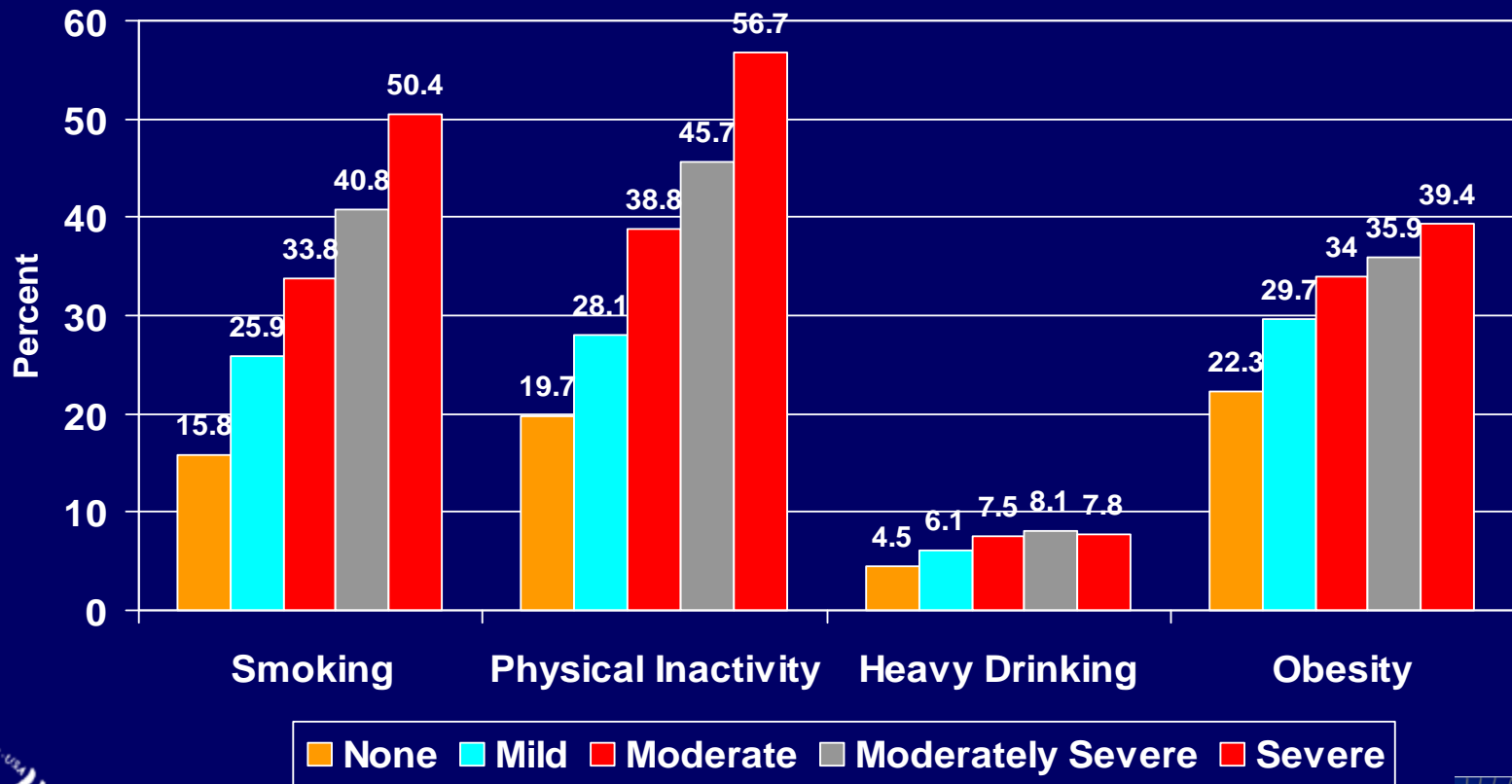
Prevalence of Depression Severity and Lifetime Diagnosis of Depression and Anxiety by Asthma Status



Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



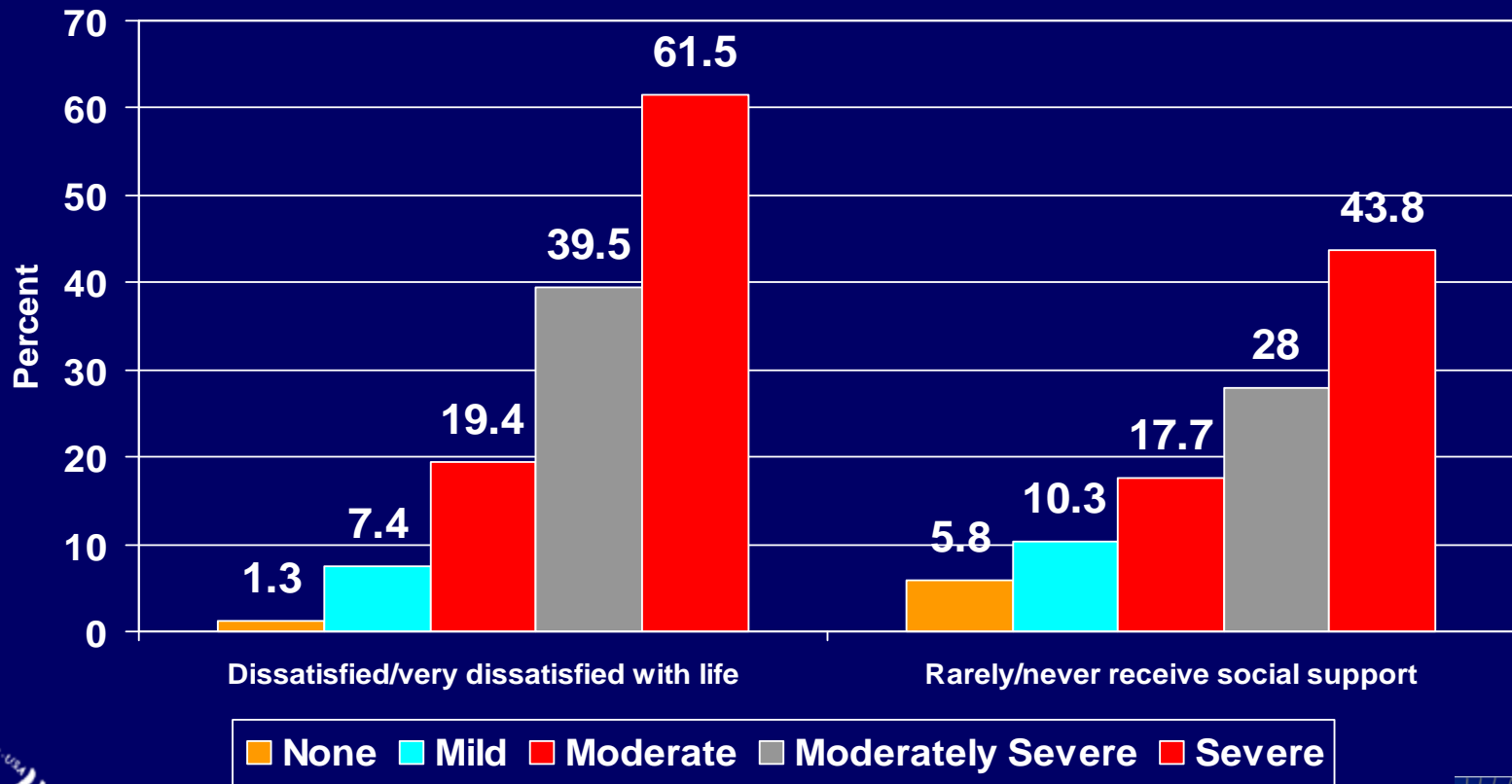
Prevalence of Adverse Health Behaviors and Obesity by Depression Severity



Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



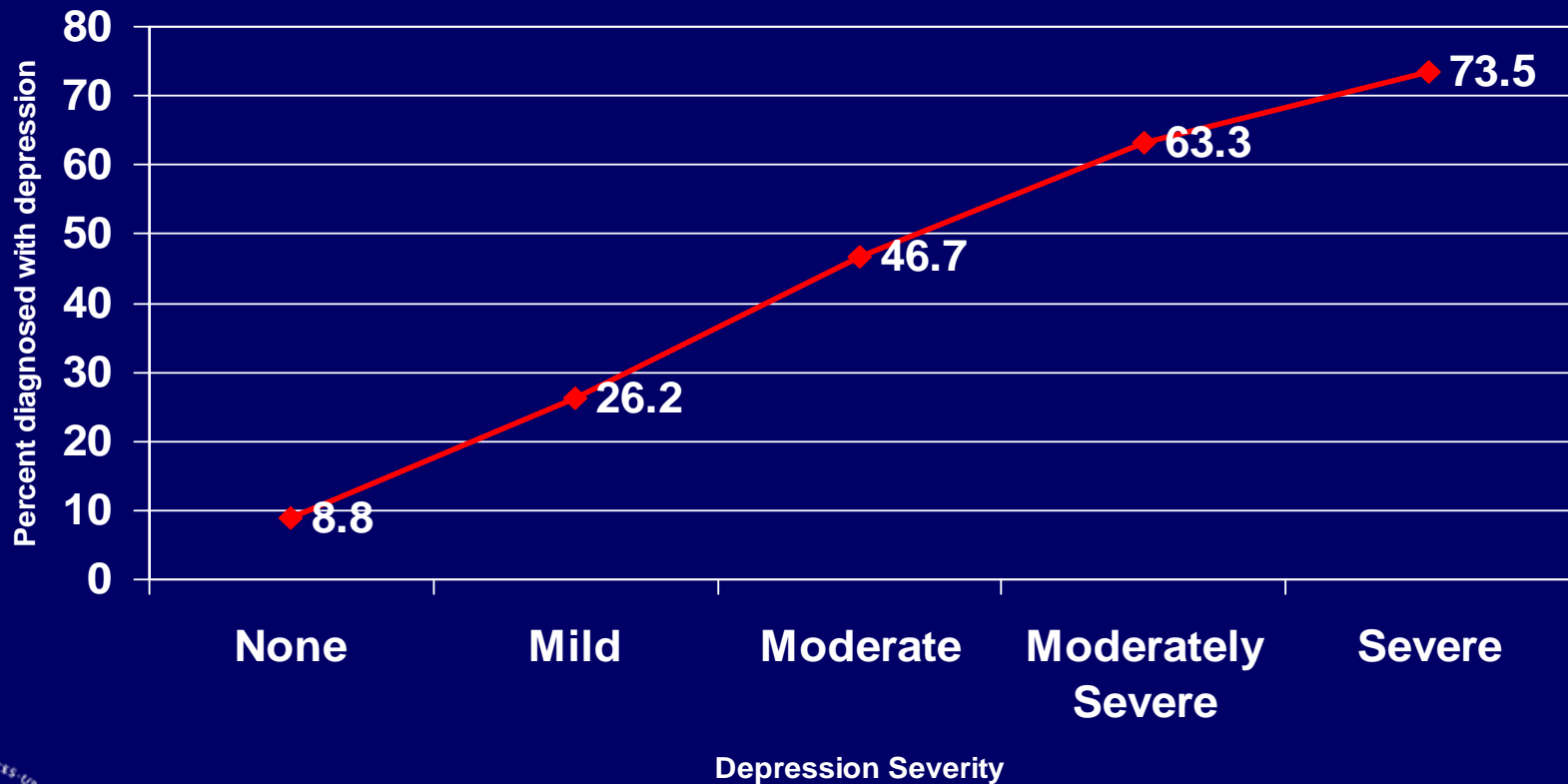
Prevalence of being dissatisfied/very dissatisfied with life and rarely/never receiving social and emotional support by depression severity



Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



Prevalence of Lifetime Diagnosis of Depression by Depression Severity



Includes 38 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



Mental Health and Physical Health



