

Mental health in the US

FINDINGS FROM THE GLOBAL BURDEN OF DISEASE STUDY

Poor health from mental and substance use disorders¹ increased 11%² nationwide between 1990 and 2016

¹Mental and substance use disorders include conditions such as depression, anxiety, and drug use disorders.
²All-ages disability-adjusted life years (DALY) rate

Top 5 and bottom 5 states and DC, ranked by years of life lost, 2016³

LOWEST RATES

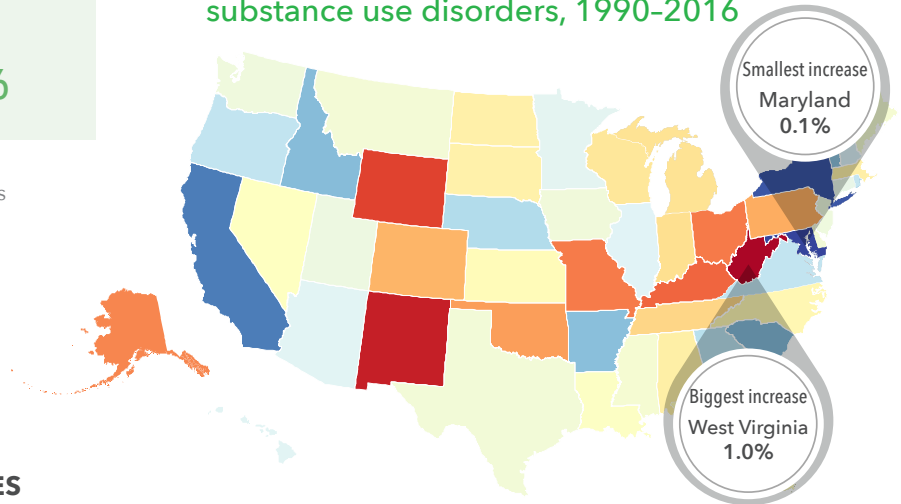
- 1 Washington, DC
- 2 New York
- 3 New Jersey
- 4 Connecticut
- 5 California

HIGHEST RATES

- 47 Wyoming
- 48 Montana
- 49 New Mexico
- 50 Alaska
- 51 Utah

³Rates per 100,000 are adjusted for differences in ages and population size across states.

% change per year in early death and disability due to mental and substance use disorders, 1990-2016



HOW CAN WE ADDRESS MENTAL HEALTH IN THE US?

- Expand screening for mental health problems
- Encourage access to quality care by including mental health benefits in health insurance programs
- Employ collaborative care models that use primary care providers and case managers to care for people with depressive disorders

Mental health issues are among the top causes of premature death and disability in males and females⁴

MALES

- 1 Ischemic heart disease
- 2 **Opioid use disorders**
- 3 Lung cancer
- 4 Diabetes
- 5 Chronic obstructive pulmonary disease⁵
- 6 Low back pain
- 7 Motor vehicle road injuries
- 8 Other musculoskeletal disorders
- 9 **Major depression**
- 10 Self-harm by firearm

FEMALES

- 1 Ischemic heart disease
- 2 Low back pain
- 3 Migraine
- 4 **Major depression**
- 5 Other musculoskeletal disorders
- 6 Diabetes
- 7 **Anxiety disorders**
- 8 Lung cancer
- 9 Chronic obstructive pulmonary disease
- 10 **Opioid use disorders**

⁴2016 rankings based on age-adjusted rates
⁵Includes emphysema and chronic bronchitis

Lives cut short by suicide across the US

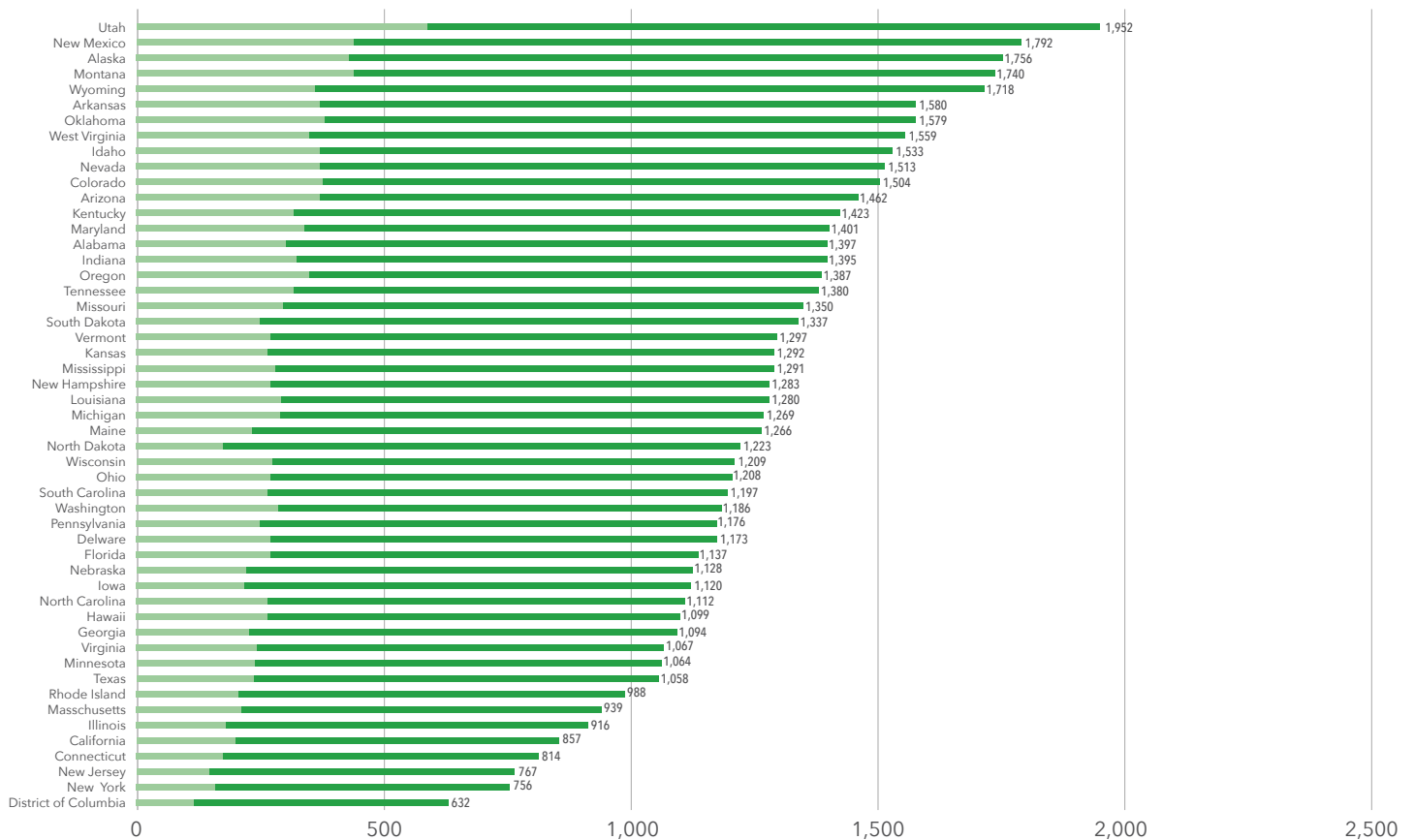
GBD tracks the years of life lost when people die early due to suicide. For example, when a young man dies from suicide at age 15, and he could have been expected to live until age 85, he loses 70 years of life. Adding up all the years lost from early deaths like this one gives us “years of life lost.”

Years of life lost due to suicide, 2016

Rates per 100,000 adjusted for differences in ages and population size across states

● Female value ● Male value

TOTAL



About IHME

IHME is an independent health research center at the University of Washington in Seattle. It is a leading health metrics organization in the world. Its work includes studies of US health spending, health in all 3,142 US counties, future health scenarios, and a pilot effort to map health at the census tract level. IHME plans to expand its US research in the future. Results from IHME research are made freely available to the public.

FOR MORE INFORMATION, CONTACT:

Katie Leach-Kemon

Policy Translation Manager

katielk@uw.edu

+1-206-897-2839

Who uses this research?

The US National Institutes of Health is using GBD research to decide where to invest their research dollars.

Public Health England used GBD to determine the seven priorities outlined in their strategic plan.

The Bill & Melinda Gates Foundation says that “GBD sets the compass” for their work.