

Prevention and Health Promotion

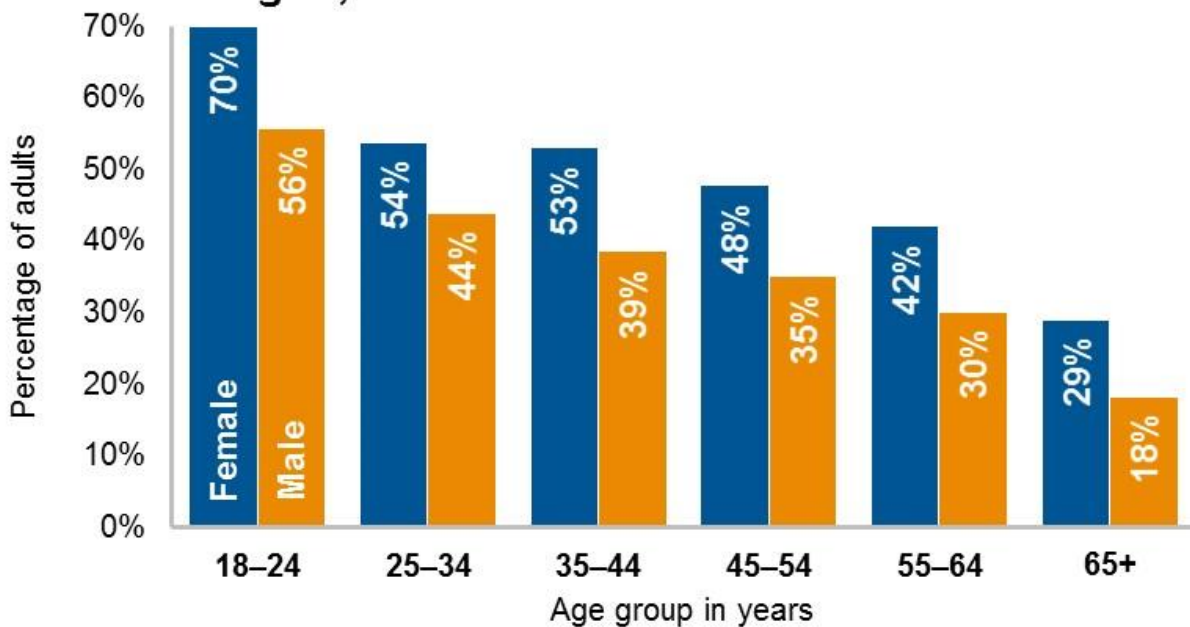
Mental health

The World Health Organization defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health status is a key component of an individual’s overall health.

In Oregon during 2016, adults reporting that they experienced one or more days of poor mental health in the past month decreased with age from 63% in those aged 18-24 years to 24% in those aged ≥ 65 years. Self-reported mental health status is worse among females relative to males in nearly all age groups (Figure 1).

FIGURE 1

Adults reporting 1 or more days of poor mental health in the past 30 days by age and sex, Oregon, 2016

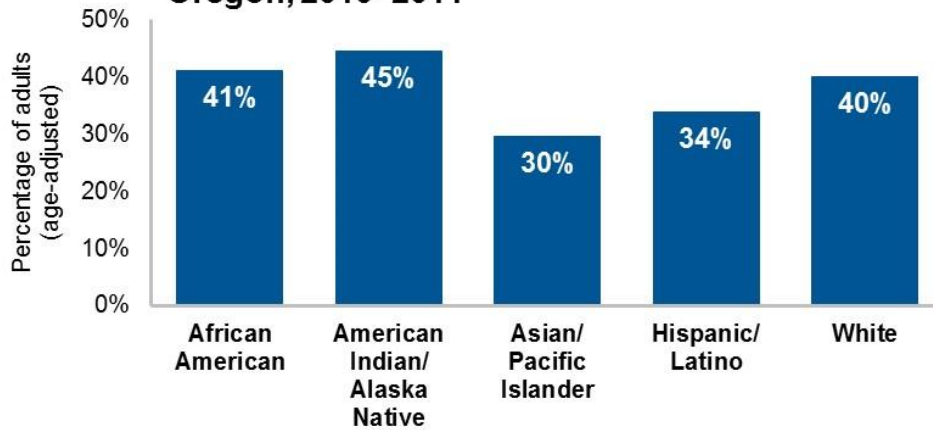


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Asian/Pacific Islanders reported better mental health than whites and American Indian/Alaska Natives (Figure 2). There were no other significant differences by race/ethnicity.

FIGURE 2

Adults reporting 1 or more days of poor mental health in the past 30 days by race/ethnicity, Oregon, 2010–2011



Notes: All other groups exclude Hispanic ethnicity

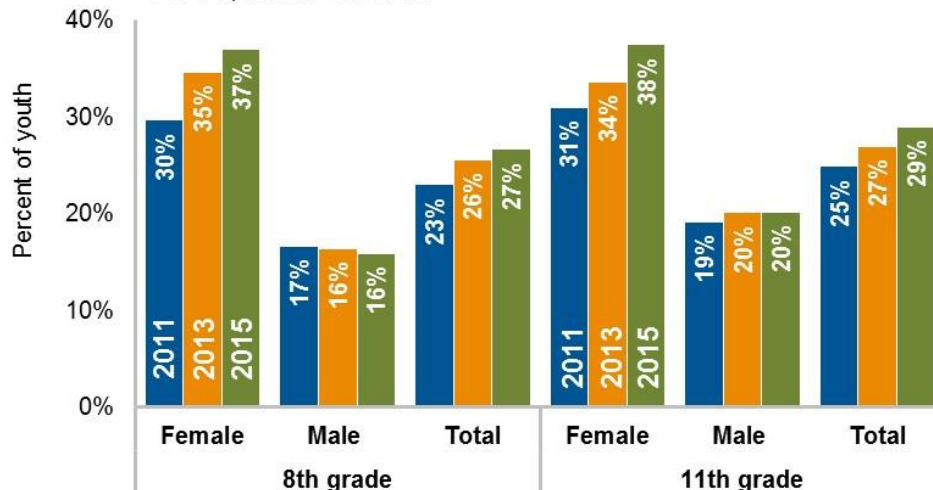
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race Oversample

For adolescents, psychological distress during the past year is a risk factor for suicidal thoughts and behaviors, and diminishes overall wellness, development, and school achievement.

In 2015, 27% of 8th graders and 29% of 11th graders reported a depressed mood for two weeks out of the past year. Report of depressed mood is more prevalent among girls than boys (Figure 3). From 2011 to 2015 the proportion of 8th and 11th grade girls reporting depressed mood has increased moderately and remained flat among 8th and 11th grade boys.

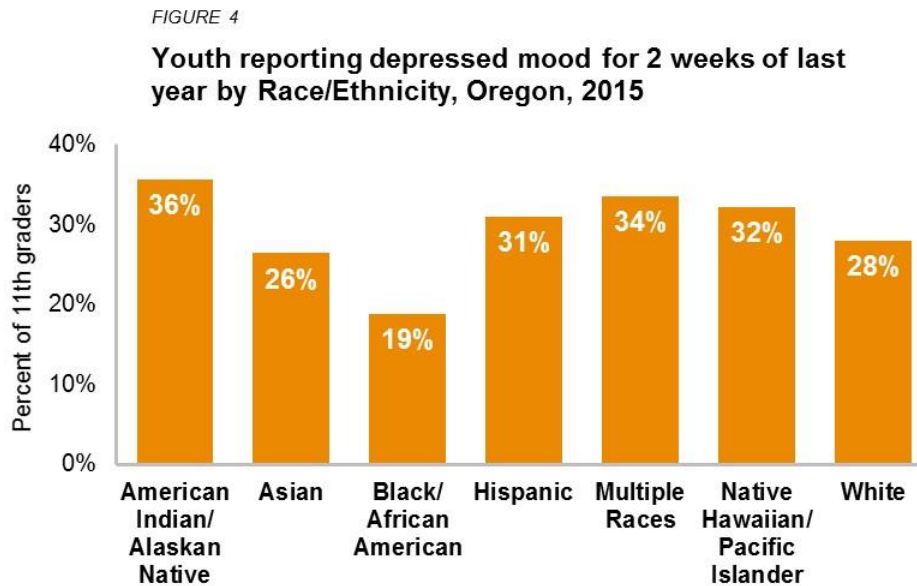
FIGURE 3

Youth reporting depressed mood for 2 weeks during the past year by grade and sex, Oregon, 2011, 2013 & 2015



Source: Oregon Healthy Teens Survey

Reporting depressed mood varies by race and ethnicity (Figure 4). Thirty-six percent of Native American 11th grade students experienced a depressed mood for two or more weeks out of the past year in 2015. Black students reported the lowest rate of depressed mood.



*Note: All race groups are non-Hispanic
 Source: Oregon Healthy Teens Survey*

Additional Resources: [Oregon Youth Suicide Prevention Program](#)

About the Data: Data sources are the Oregon Behavioral Risk Factor Surveillance System (BRFSS) and the Oregon Healthy Teens Survey (OHT).

BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. Data include responses of “1 or more” to the question: “For how many days during the past 30 days was your mental health not good?”

OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools. Data include responses of “yes” to the question: “During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”

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Date Updated: April 4, 2018

[Oregon State Health Profile](#)

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