

Prevention and Health Promotion

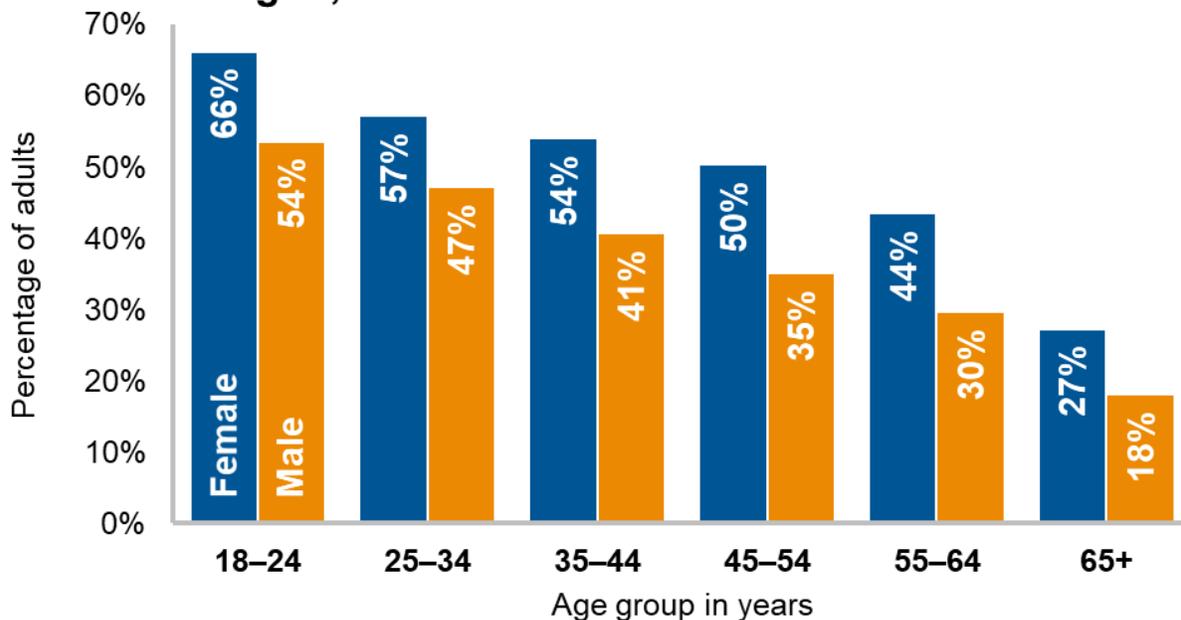
Mental health

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 2017, adults reporting that they experienced one or more days of poor mental health in the past month decreased with age from 60% in those aged 18-24 years to 23% 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, 2017

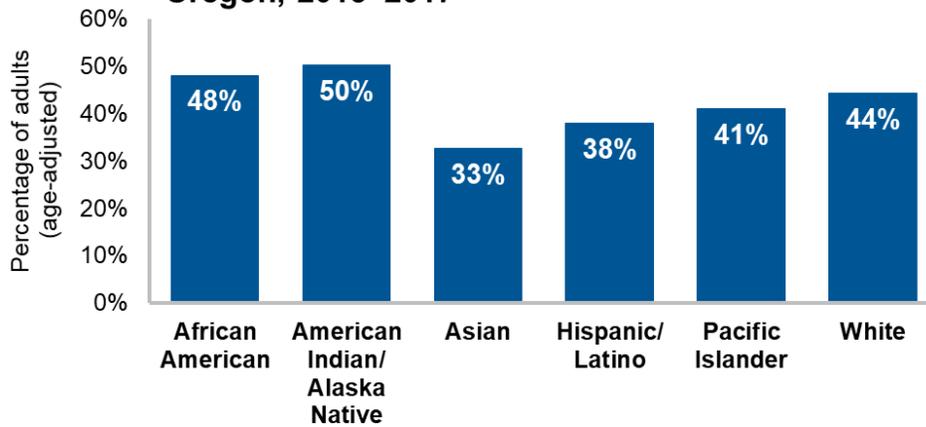


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Asians reported better mental health than whites, African Americans 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, 2015–2017



Notes: All other groups exclude Hispanic ethnicity

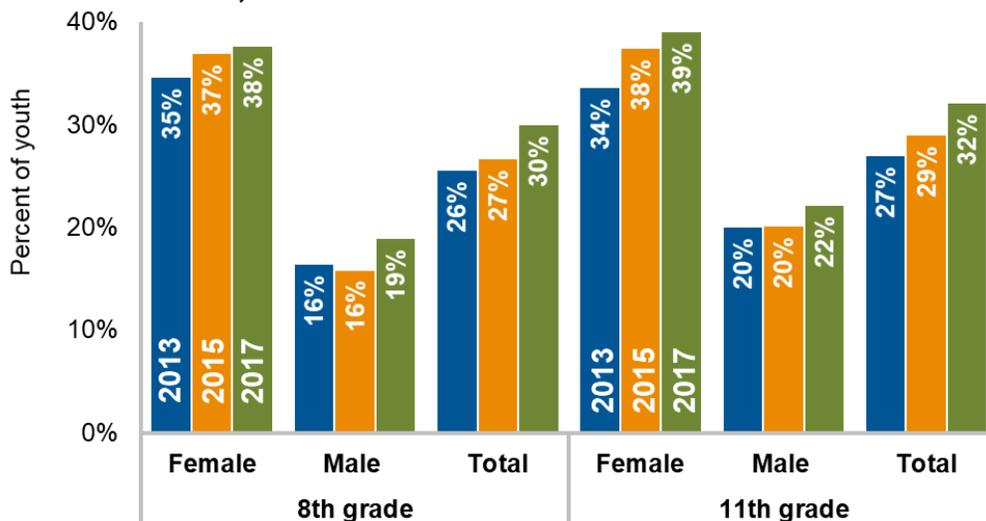
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race Oversample

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 2017, 30% of 8th graders and 32% 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 2013 to 2017 the proportion of 8th and 11th graders reporting depressed mood has increased moderately.

FIGURE 3

Youth reporting depressed mood for 2 weeks during the past year by grade and sex, Oregon, 2013, 2015 & 2017



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: October 25, 2019

[Oregon State Health Profile](#)

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