



# CHRONIC DISEASE BURDEN UPDATE

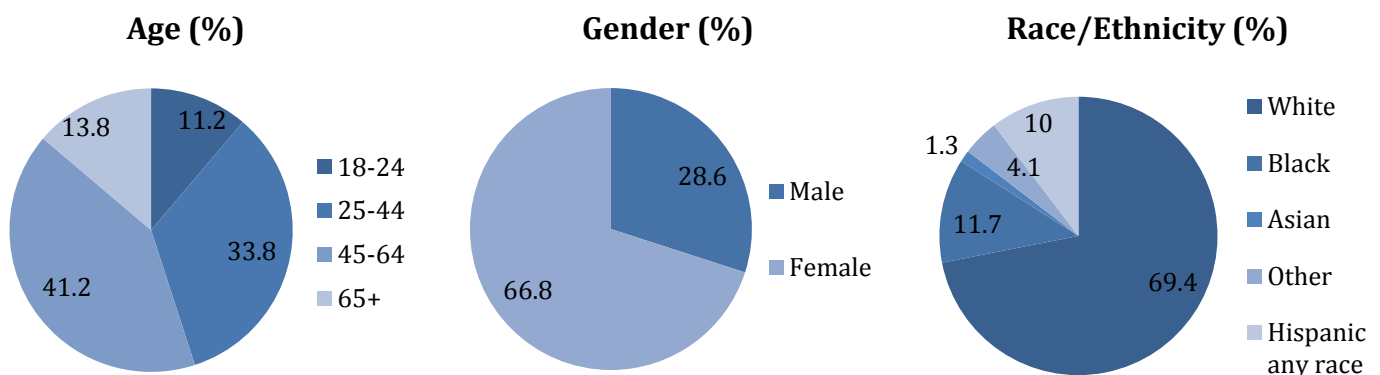
This update provides trend data and a snapshot of the current burden of mental illness and depressive disorders in Illinois.

Mental health and depressive disorders affect many people in Illinois in various aspects of their lives. Psychological problems associated with mental health disorders can create a poor quality of life and impair the capability to live an independent lifestyle. This can lead to economic impacts on those who suffer from the disorder and family, caregivers, and state and federal health coverage programs. According to the 2012 Illinois Behavioral Risk Factor Surveillance System (BRFSS), 10.7 percent of adults in Illinois are receiving treatment for a mental or emotional problem.

## PREVALENCE OF DEPRESSIVE DISORDER IN ILLINOIS

Depression is a major mental illness. According to the 2012 Illinois BRFSS, 15 percent of adults in Illinois have ever been told they have a depressive disorder. The prevalence of adults in Illinois with a depressive disorder varies among age, race and gender. According to the 2012 Illinois BRFSS, the 18 through 24 age group makes up the lowest percentage of adults with a depressive disorder, including depression, major depression, dysthymia or minor depression, comprising of only 11.2 percent of adults who have ever been told they have a depressive disorder. Adults ages 45 through 64 make up the highest percentage of adults who have been told they have a depressive disorder (41.2%). A significantly higher percentage of adults who have been told they have a depressive disorder are females (66.8%). The majority of adults who have been told they have a depressive disorder are white.

Demographics of Adults with Depressive Disorder, Illinois, 2012

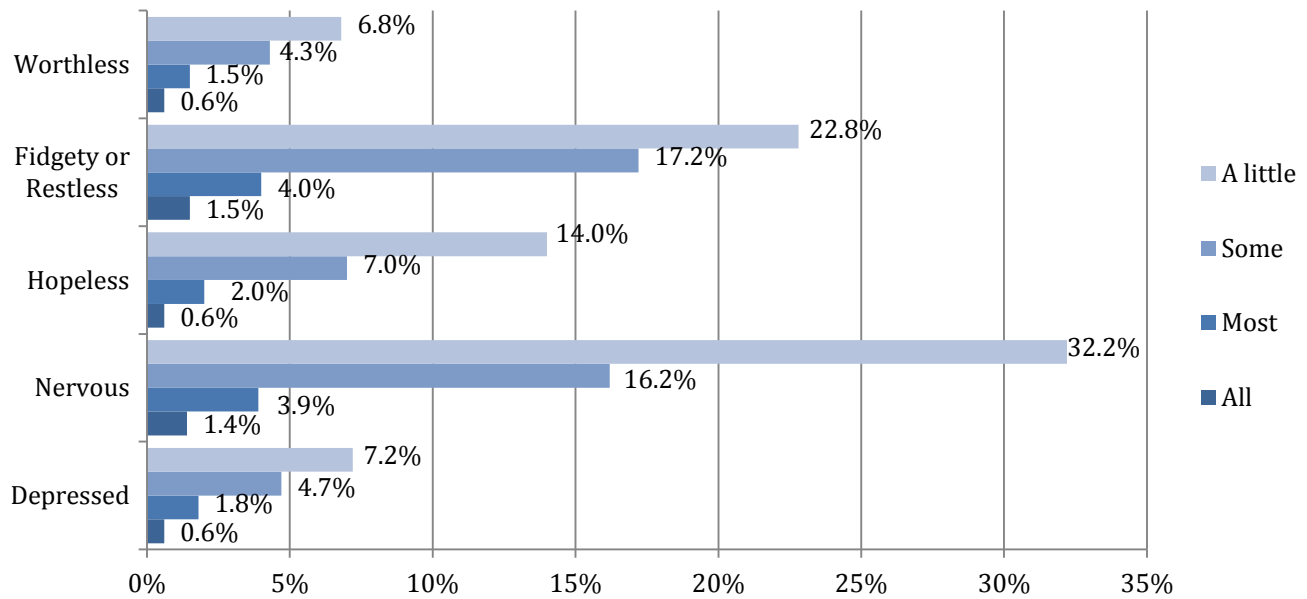


Source: Illinois Behavioral Risk Factor Surveillance System, 2012

## SYMPTOMS OF MENTAL ILLNESS

The 2012 Illinois BRFSS survey asks how often respondents have felt nervous, hopeless, restless, depressed and worthless within the past 30 days. About half of adults have indicated feelings of nervousness (53.7%) or restlessness (49.5%). About a quarter have ever felt helpless (23.6%).

**Emotions Within Past 30 Days, Illinois, 2012**

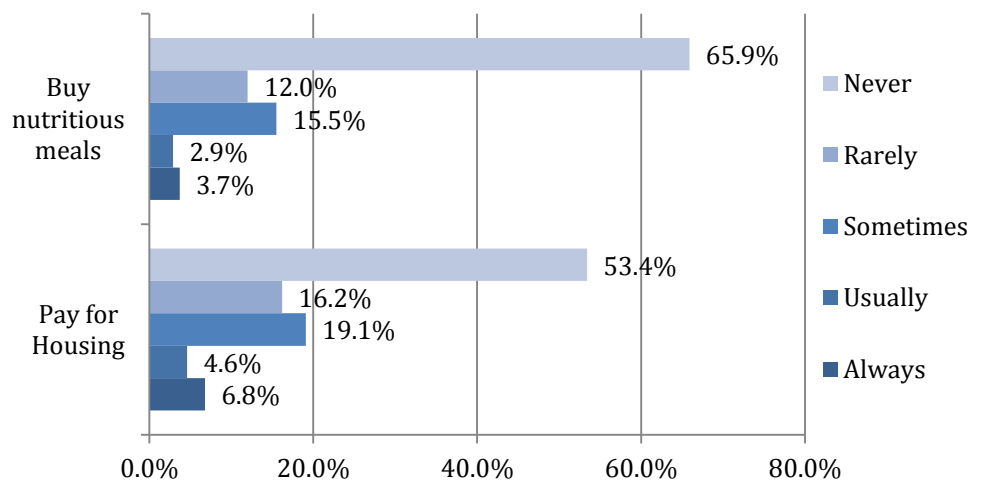


Source: Illinois Behavioral Risk Factor Surveillance System, 2012

**STRESS FACTORS**

Adults experience varied degrees of stress. Meeting essential needs for family or self can be a source of stress. According to the 2012 Illinois BRFSS, almost half of all adults worry or stress about having enough money to pay for rent or mortgage expenses. Approximately 34 percent of adults worry or stress about having enough money to provide nutritious meals. The effects of mental illness can make causes of stress seem even more overwhelming.

**Causes of Stress During Past 12 Months, Illinois, 2012**



Source: Illinois Behavioral Risk Factor Surveillance System, 2012

**EFFECTS OF MENTAL ILLNESS ON EVERYDAY LIFE**

A mental illness can impair the ability to do everyday tasks. According to the 2012 Illinois BRFSS, when adults were asked how often during the past 30 days they felt everything was an effort, 2.9 percent answered every day, 4 percent answered most days, 11.8 percent answered some days and 14.4 percent answered a little. When asked how many days during the past 30 days their mental health (including stress, depression and problems with emotions) was not good, 38.4 percent answered at least one day. When asked during the past 30 days, about how many days poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation, 26.2 percent answered 1 to 7 days and 15.5 percent answered 8 to 30 days.

Question	None	1-7 Days	8-30 Days
How many days during the past 30 days was your mental health not good?	61.7%	24.0%	14.4%
How many days during the past 30 days did poor physical or mental health keep you from doing your usual activities, such as self-care, work or recreation?	58.3%	26.2%	15.5%

Source: Illinois Behavioral Risk Factor Surveillance System, 2012

## ATTITUDES TOWARD MENTAL ILLNESS

There are a variety of treatments available for mental health disorders. Public opinion as to whether or not treatment can be effective varies. According to the 2012 Illinois BRFSS, approximately 9 out of 10 people agree or strongly agree treatment can help people with mental illness lead normal lives. Often people who suffer from mental illness face social struggles. The opinions and perceptions of how mental illness affects people can influence how people are treated by others. When adults were asked if they agree or disagree people are generally caring toward mental/emotional problems, 64.1 percent agree or strongly agree that is true.

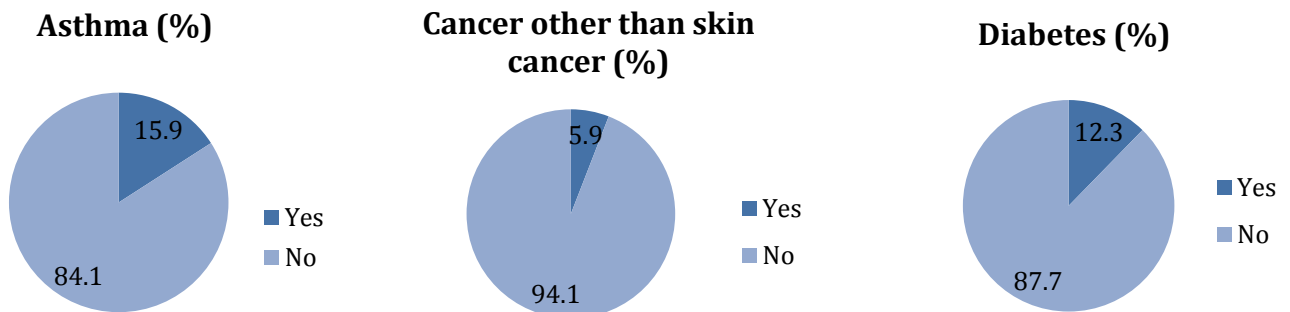
Question	Agree Strongly	Agree	Neither Agree nor Disagree	Disagree Slightly	Disagree Strongly
Treatment can help people with mental illness lead normal lives.	65.1%	25.8%	1.6%	5.3%	2.2%
People are generally caring toward mental/emotional problems.	26.9%	37.2%	1.2%	24.9%	9.8%

Source: Illinois Behavioral Risk Factor Surveillance System, Illinois, 2012

## CHRONIC DISEASE AND DEPRESSIVE DISORDER

Many people who suffer from chronic disease also suffer from a depressive disorder. The table below lists the percentage of adults who have been told they have a depressive disorder and asthma, cancer and/or diabetes.

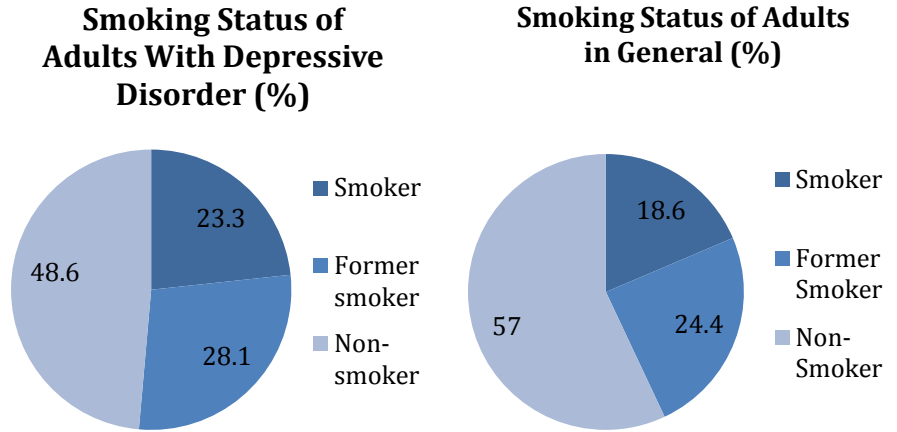
Percent of Adults with Depressive Disorder and a Chronic Condition, Illinois, 2012



Source: Illinois Behavioral Risk Factor Surveillance System, 2012

## DEPRESSIVE DISORDER AND SMOKING STATUS

The smoking rate for people who suffer from a depressive disorder is higher than that of the population as a whole. According to the 2012 Illinois BRFSS, a higher percentage of adults who have been told they have a depressive disorder are smokers (23.3%) and former smokers (28.1%) than the percentage of adults in general (18.6% and 24.4% respectively).



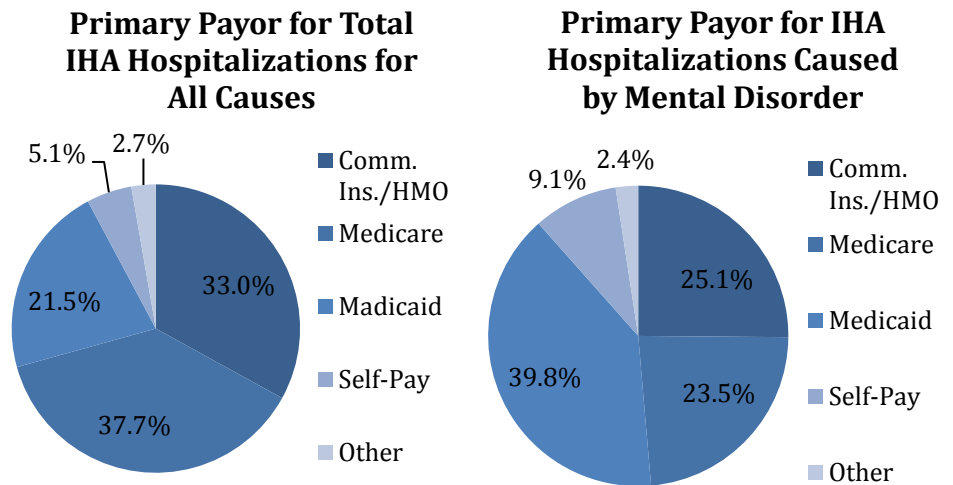
Source: Illinois Behavioral Risk Factor Surveillance System, 2012

## HEALTH CARE COVERAGE AND HOSPITALIZATIONS

Often times the costs of associated medical problems and required treatments of mental disorders cannot be covered by the patient without assistance. Mental illness may be a reason they lack health insurance or the ability to self pay. According to the 2012 Illinois BRFSS, 10 percent of adults reported missing at least one day of work due to mental problems in the past 30 days.

The Illinois Department of Public Health, Division of Emergency Medical Services and Highway Safety (EMS), Data Reporting System Illinois Hospital Association (IHA) Discharge Database collects hospitalization data from IHA members. In 2011 there were 1,569,552 hospitalizations in Illinois, including 140,374 (8.9%) of which the primary cause was mental disorder.

The “payor” is the primary source of expected payment at time of discharge. Medicaid was the primary payor for a higher percentage of hospitalizations due to mental disorders (39.8%) than for total hospitalizations in general (25.1%) in 2011. Commercial insurance/HMO was the primary payor for a lower percentage of hospitalizations due to mental disorders (25.1%) than total hospitalizations in general (33.0%) in 2011. A higher percentage of total hospitalizations were paid for by Medicare than hospitalizations due to mental disorders.



Source: IDPH, Division of EMS, IHA Data Reporting System, 2011

Note: This does not include data from hospitals that are not IHA members, which account for approximately 3 percent of statewide annual hospital discharges and 7 percent of the Cook County volume. If the principal diagnosis value was missing from a record the next available diagnosis field was used. \*The category of "Unknown" represents all values that were invalid entries, values recorded as "unknown," or when no values were entered for the field.