

Focus on Behavioral Health

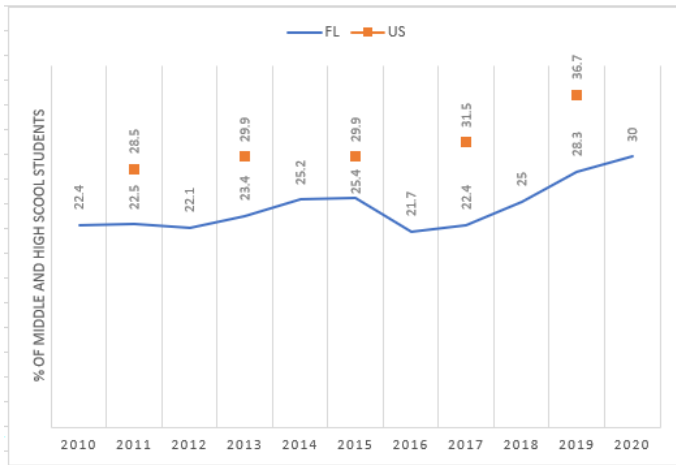
Behavioral health is vital to a person's well-being, personal relationships, and living a full and productive life.

According to the National Institute of Mental Health, research shows that mental illnesses are common in the United States, affecting tens of millions of people each year. Estimates suggest that only half of people with mental illnesses receive treatment.¹

Perceptions about Mental Health

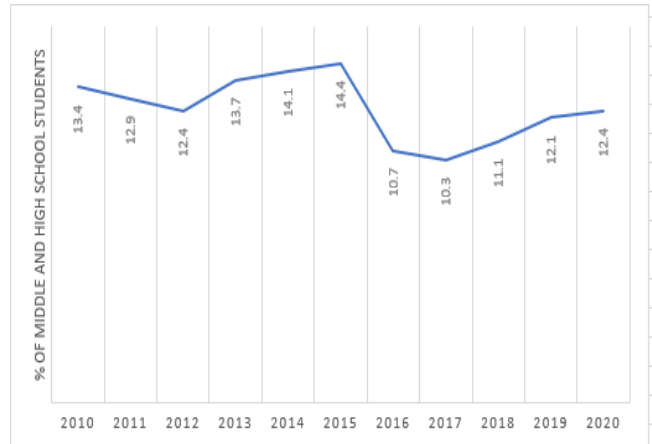
Below are some data about students' and adults' self-perceptions about their mental health status. (National data is provided when available.)

30.0% of middle and high school students reported that within the past year, they felt sad or hopeless for two or more weeks in a row and had stopped doing usual activities. With a low of 21.7% in 2016, this percent has increased each subsequent year. (US 36.7% in 2019)



Data source, [Florida Department of Health, Youth Tobacco Survey](#)

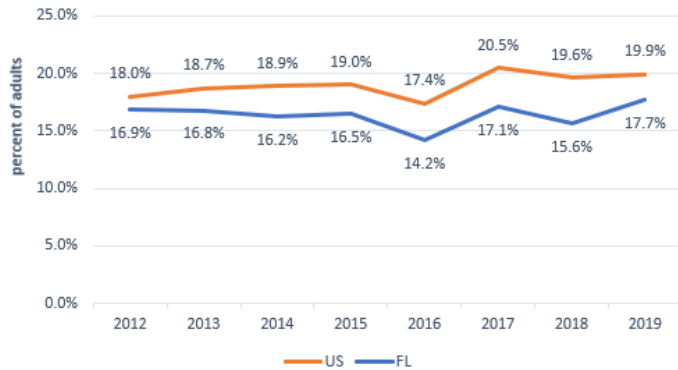
12.4% of middle and high school students reported that within the past year, they did something to purposely hurt themselves without wanting to die. With a low of 10.3% in 2017, this percent has increased each subsequent year. (US data not available)



Data source, [Florida Department of Health, Youth Tobacco Survey](#)

17.7% of adults reported ever having had a depressive disorder. Florida's percentage increased to 17.7% in 2019 from 2016's low of 14.2%. (US 19.9% in 2019)

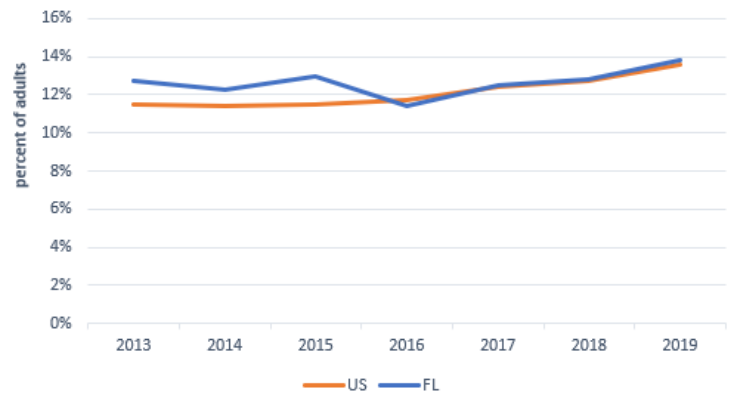
Adults who have ever been told they had a depressive disorder



Source: [Florida Behavioral Risk Factor Surveillance System](#)

13.8% of adults reported having poor mental health on 14 or more of the past 30 days. The Florida's percentage increased to 13.8% in 2019 from 2016's low of 11.4%. (US 13.6% in 2019)

Adults who had poor mental health on 14 or more of the past 30 days



Source: [Florida Behavioral Risk Factor Surveillance System](#)

Behavioral health disorders

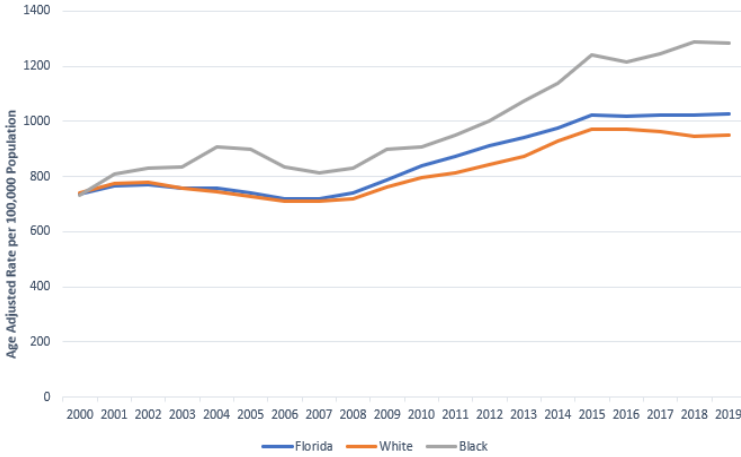
According to a 2019 study of the global burden of disease², mental and addictive disorders affected more than 1 billion people globally in 2016 and caused 7% of global disease burden as measured in disability adjusted life years (DALYs). Additionally, these disorders accounted for 19% of all years lived with disability. Depression was associated with most DALYs for both sexes, with higher rates in women. Substance Use Disorders (SUD) had higher rates in men. Findings also showed that mental and addictive disorders affect a significant portion of the global population, in particular, in high- and upper-middle-income countries.

Florida measures the hospitalizations for mental disorders by counting the number of hospitalizations due to psychoactive substance use; schizophrenia, schizotypal, delusional and other non-mood psychotic disorders; mood disorders; and anxiety, dissociative, stress-related, somatoform and other non-psychotic mental disorders. Florida's rate of [hospitalizations for mental disorders](#) has risen slightly since 2015, at 1,022.9 per 100,000 population in 2015 and 1,026.6 per 100,000 in 2019.

Hospitalization Rates for Mental Disorders Per 100,000 Population

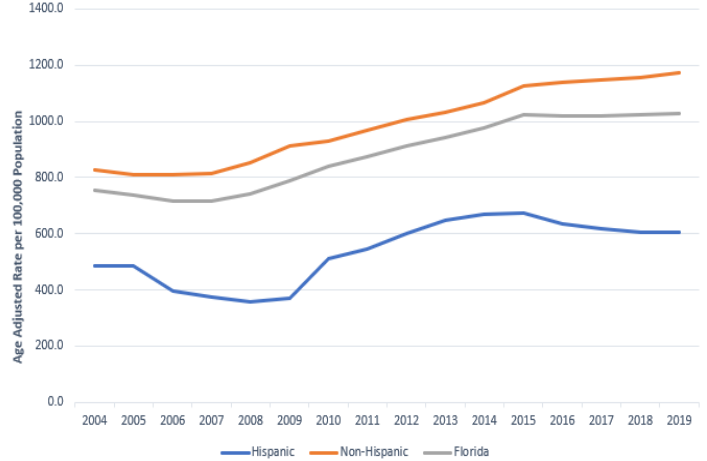
In 2019, the rate of hospitalizations for mental disorders was **1,283.9** per 100,000 Blacks compared to **949.4** per 100,000 for Whites, a rate ratio of 1.4:1.

Hospitalizations for Mental Disorders by Race, Florida



In 2019, the rate of hospitalizations for mental disorders was **605.5** per 100,000 Hispanics compared to **1,173.4** for Non-Hispanics, a rate ratio of 0.5:1.

Hospitalizations for Mental Disorders by Ethnicity, Florida



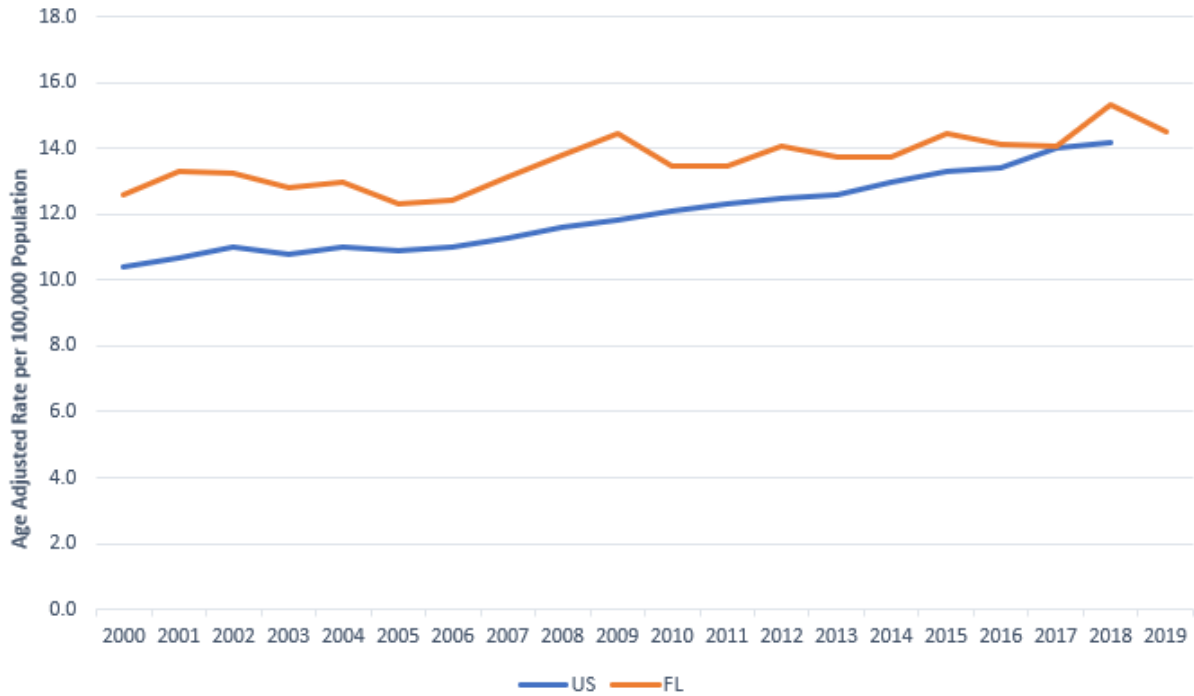
Source: FLHealthCHARTS.com

Source: FLHealthCHARTS.com

Suicide

Florida's suicide age-adjusted death rate (AADR) reached an all-time low at 12.3 per 100,000 population in 2005. Since then, the AADR increased, consistent with the national trends. In percentage terms, the most recent AADR of 14.5 in 2019 was 18% higher than the AADR of 12.3 in 2005. In 2019, suicide was ranked as the 8th leading cause of death with 3,427 suicides among Florida residents.

Suicide, Age-Adjusted Rates, US and Florida



Source: [Florida Vital Statistics](#) and [National Institute of Mental Health](#)

- In 2019, suicide rates were highest among White males and lowest among Black females.
- Among White males, the highest rate was for those ages 85 years and older (67.6 per 100,000).
- Among Black males, the highest rate was for those ages 20-24 years (21.5 per 100,000).
- Among White females, the rate was greatest at ages 45-54 years (14.4 per 100,000) and 55-64 years (14.5 per 100,000).
- Among Black females, the rate was comparable across most age groups, and only slightly higher for those ages 15-19 years (3.9 per 100,000) and 25-34 years (3.4 per 100,000).

Prevention

Research suggests that preventing mental, emotional and behavioral disorders is inherently interdisciplinary and draws on a variety of different strategies³. For example, improving family functioning and positive parenting has positive effects on mental health and can reduce poverty-related risk. Integrating behavioral health objectives within [Florida's State Health Improvement Plan](#) acknowledges this interdisciplinary approach. One goal is to reduce mental, emotional and behavioral health disorders in children through improved identification and treatment of behavioral health disorders in parents through the child welfare system. Other goals include decreasing the number of newborns experiencing neonatal abstinence syndrome, reducing the number of opioid overdose deaths among individuals with opioid use disorders and reducing the number of suicides in Florida.

Learn more

FLHealthCHARTS.com Reports

[Behavioral Risk Factors](#)

[Fatal Injuries](#)

[Non-Fatal Injury Dashboard](#)

[Non-Fatal Injury Emergency Department Visits](#)

[Non-Fatal Injury Hospitalizations](#)

[Opioid Use Dashboard](#)

[Suicide](#)

[Suicide and Behavioral Health Profile](#)

[Youth Tobacco Survey](#)

National & International Reports

[Centers for Disease Control and Prevention Mental Health Fast Stats](#)

[Florida 2018 Mental Health National Outcome Measures \(NOMS\): SAMHSA Uniform Reporting System](#)

[Healthy People 2030 Mental Health and Mental Disorders](#)

[Kaiser Family Foundation](#)

Citations

¹ National Institute of Mental Health <https://www.nimh.nih.gov/health/statistics/index.shtml>, retrieved on 3/25/21

² Global Burden of Disease and the Impact of Mental and Addictive Disorders, Curr Psychiatry Rep . 2019 Feb 7;21(2):10. doi: 10.1007/s11920-019-0997-0. <https://pubmed.ncbi.nlm.nih.gov/30729322/>

³ Lando J, Marshall Williams S, Sturgis S, et al. A logic model for the integration of mental health into chronic disease prevention and health promotion. Prev Chronic Dis. 2006 April;3(2):A61.