



Data Snapshot

Trends in mental health among Ohioans

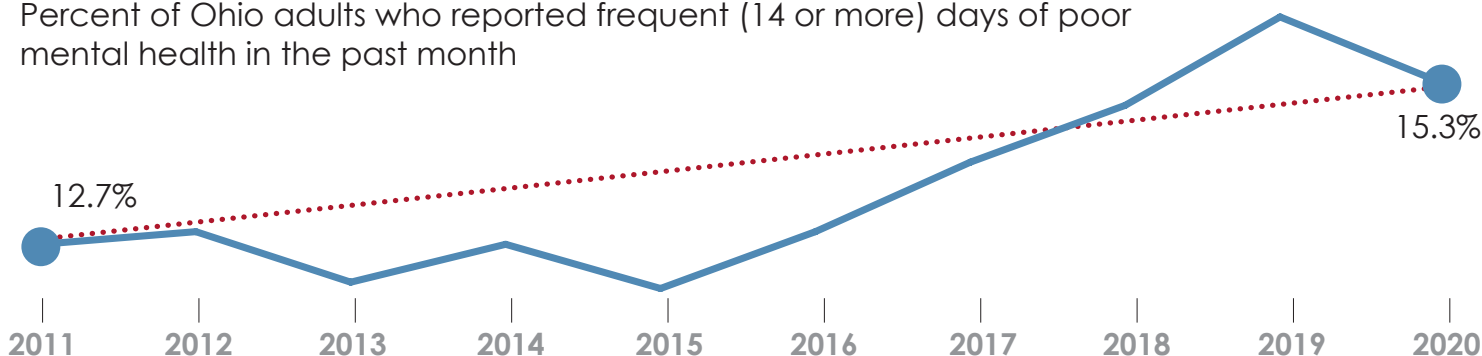
Ohio does relatively well compared to other states in providing care to those with mental health challenges, according to HPIO's *2021 Health Value Dashboard*. However, the number of Ohioans reporting depression is higher than the national average. Additionally, the percent of Ohioans reporting poor mental health and the number of suicides in the state are increasing. Like other areas of health, data show that access to care is necessary, but not sufficient, to address the root causes of the mental health challenges facing many Ohioans.

Prevalence and trends

Frequent poor mental health days

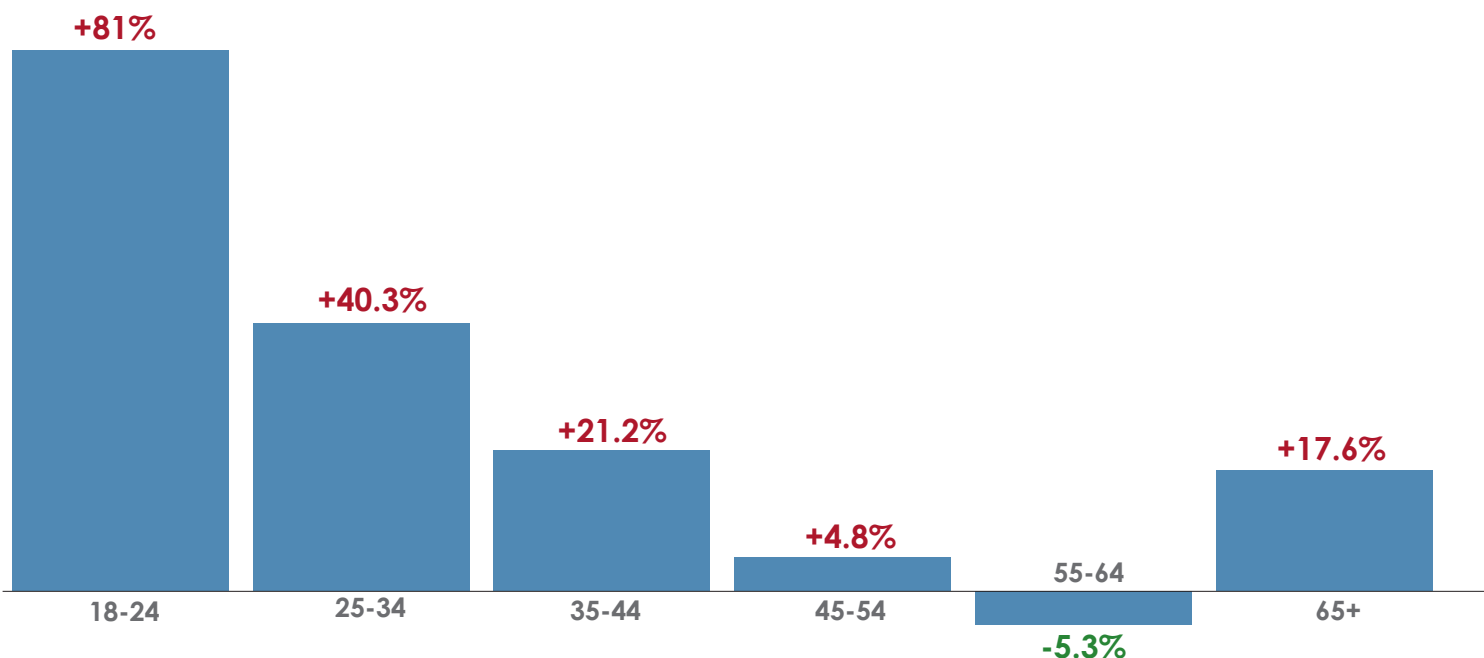
The percent of Ohio adults reporting frequent poor mental health days increased 20% from 2011 to 2020.

Percent of Ohio adults who reported frequent (14 or more) days of poor mental health in the past month



Trends by age

The increase in poor mental health days from 2011 to 2020 was the largest for younger Ohioans, most notably for those age 18-24. The only age group that saw an improvement in mental health over the past decade was 55-64 year olds.

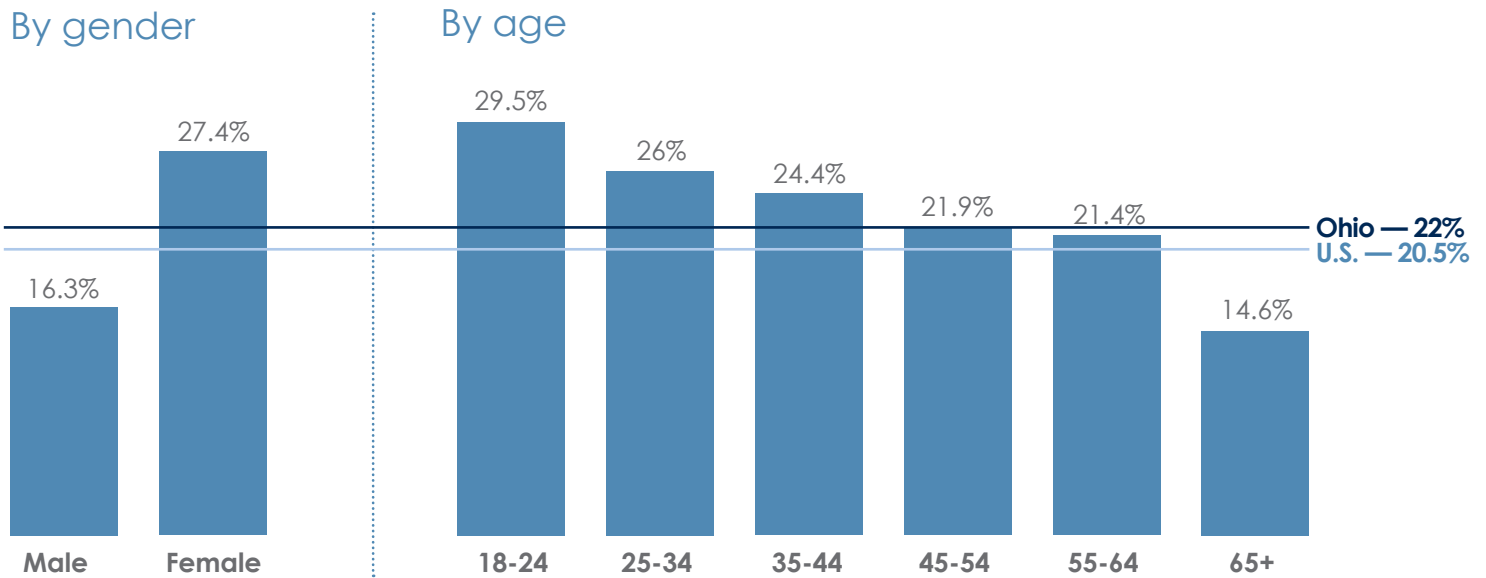


Source: Behavioral Risk Factor Surveillance System, 2011-2020.

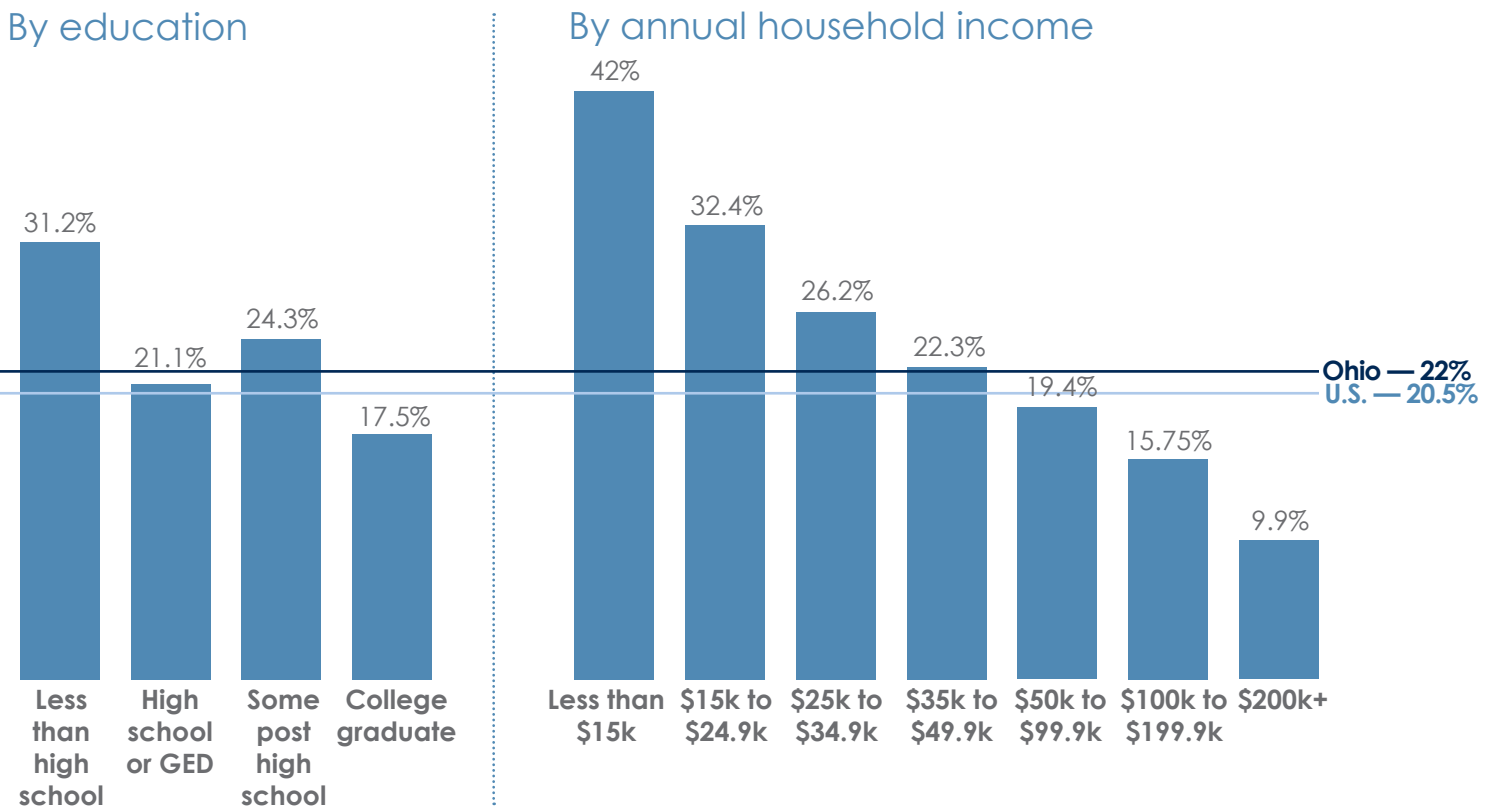
Depression

Younger adult Ohioans and females are more likely to report depression.

Percent of Ohio adults who reported ever having been told by a healthcare provider that they have some form of depression, 2021



Ohioans who have lower educational attainment or lower incomes are more likely to report having ever been told by a healthcare provider that they have depression.



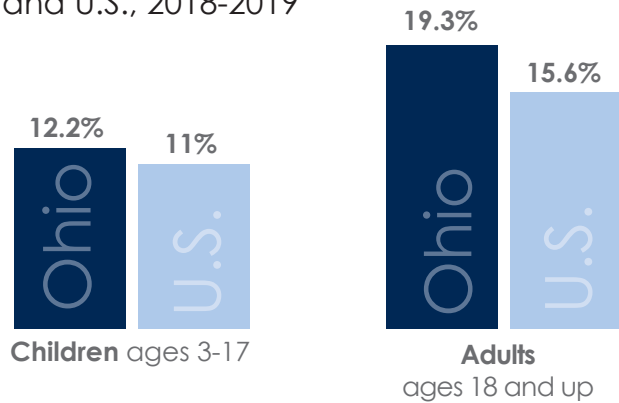
Source: Behavioral Risk Factor Surveillance System, 2021

Access to mental health care and quality

Receiving treatment

Both Ohio children and adults received mental health treatment at a higher rate than the U.S. overall...

Percent of people who received mental health treatment in the past year, Ohio and U.S., 2018-2019

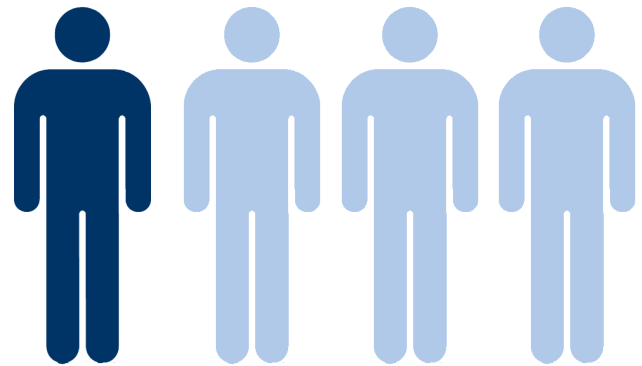


Note: Mental Health Services for adults includes inpatient treatment/counseling, outpatient treatment/counseling, or use of prescription medication for problems with emotions, nerves, or mental health
Source for children: National Survey of Children's Health, Indicator 4.4, 2019-2020
Source for adults: National Survey on Drug Use and Health, 2018-2019

Unmet need

... However, one in four Ohio adults (25%) reported that they needed mental health treatment and did not receive it, the same percentage as the U.S. overall.

Percent of Ohio adults with any mental illness who had a need for mental health treatment or counseling and did not receive it in the past year, 2018-2019

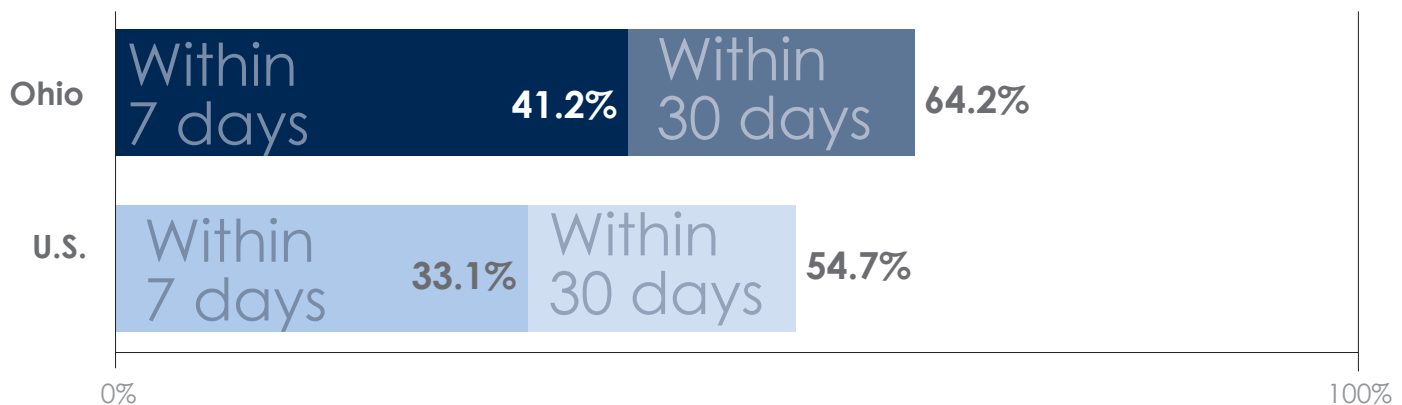


Source: National Survey on Drug Use and Health, via The Commonwealth Fund, 2018-2019

Follow-up visit after hospitalization

Ohio adults enrolled in Medicaid are more likely to receive a follow-up visit after hospitalization for a mental health issue than people enrolled in Medicaid in other states. However, unmet need for follow-up is still substantial in Ohio.

Percentage of discharges for adults enrolled in Medicaid who were hospitalized for treatment of mental illness or intentional self-harm with a follow-up visit to a mental health practitioner within seven and 30 days after discharge, Ohio and U.S., 2020



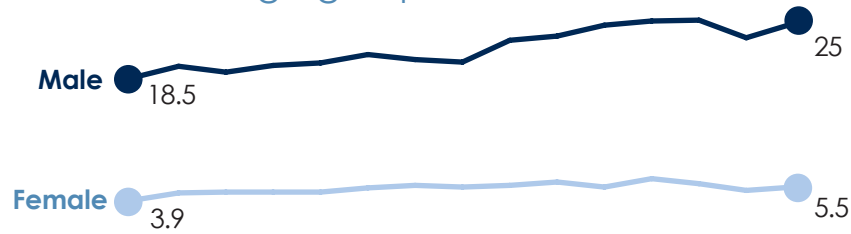
Note: U.S. percentages are the state median (n = 48 states)
Source: Mathematica analysis of MACPro reports for the FFY 2020 reporting cycle as of June 18, 2021. Data reported as submitted by states for the FFY 2020 Adult Health Care Quality Measures, Adult Core Set Report (metric: FUH-AD) (n = 48 states)

Suicide

Trends in suicide deaths in Ohio

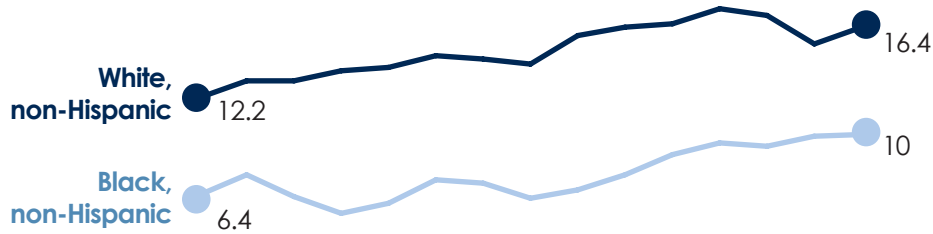
Deaths per 100,000 population, 2007-2021

By sex, across all age groups



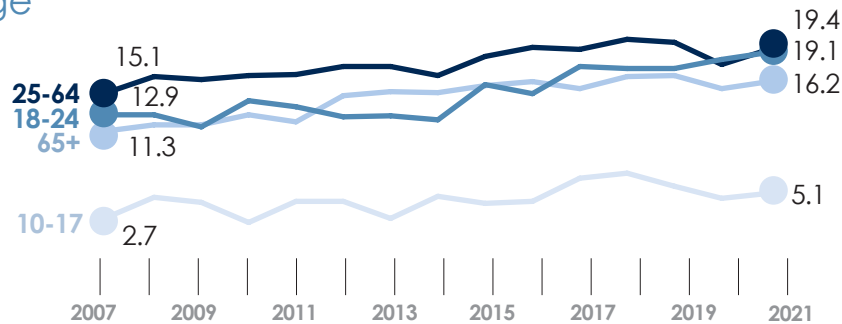
While suicide deaths have increased for both male and female Ohioans, the increase among males has been greater.

By race, across all age groups



Suicide deaths among Black Ohioans have increased 56% over the past 14 years, compared to a 34% increase for white Ohioans.

By age



Ohioans ages 25-64 remain the most likely to die by suicide, although rates have increased for all ages since 2007.

Source: Ohio Public Health Data Warehouse, accessed Sept. 12, 2022

What can be done to improve?

Resilience and recovery are possible

- Prevention works and there are many effective strategies to promote mental health
- Public and private partners can work together to ensure more Ohioans have the opportunity to live a healthy and productive life

Resources

- [2020-2022 State Health Improvement Plan](#) — Ohio Department of Health
- [Mind the Gap: Creating a Robust Continuum of Behavioral Health Care for Young Ohioans](#) — Children's Defense Fund Ohio and Mental Health & Addiction Advocacy Coalition
- [Office of Prevention Services Strategic Plan 2021-2024](#) — Ohio Department of Mental Health and Addiction Services
- [The State of Mental Health in Ohio](#) — Mental Health America
- [The Suicide Prevention Plan for Ohio 2020-2022](#) — Ohio Suicide Prevention Foundation