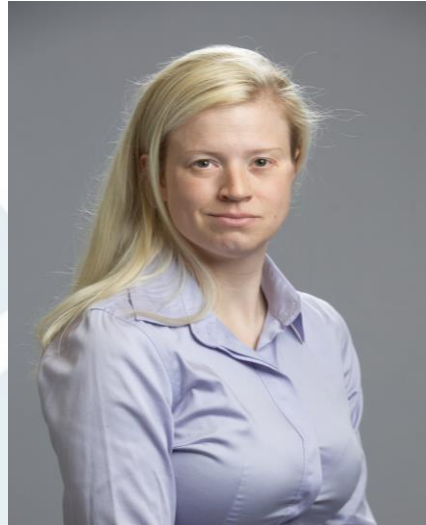


Your Presenter



Colleen Hannum, MPH
SD Department of Social Services
Epidemiologist

What We Will Cover

The purpose of this presentation is to illustrate recent rates, patterns, and trends of mental health and substance use in South Dakota and the nation.

Presentation Outline:

1. Behavioral Risk Factor Surveillance System Data (BRFSS)
2. National Survey on Drug Use and Health Data (NSDUH)
3. National Survey of Children's Health (NSCH)
4. Youth Risk Behavior Surveillance System (YRBSS)
5. South Dakota Department of Health (DOH)
6. Data Resources

By the end of this presentation the audience should...

- Gain a sense of prevalence rates based on available data
- Identify resources for accessing data

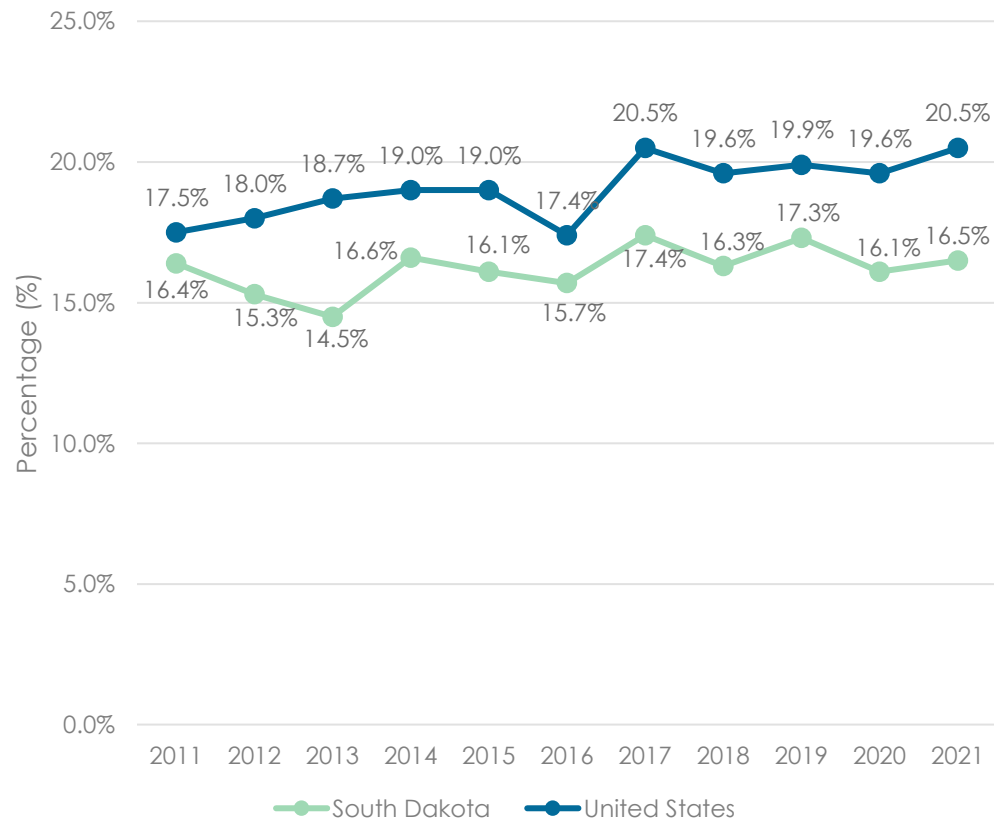
Behavioral Risk Factor Surveillance System Data (BRFSS)



Adult Prevalence of Depression

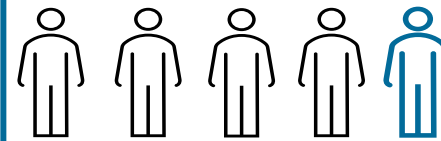
Prevalence of Adults Who Reported Being Told by a Health Professional That They Have a Depressive Disorder, Including Depression, Major Depression, Minor Depression, or Dysthymia Between 2011 and 2021, South Dakota and the United States

Adults with Depressive Disorders



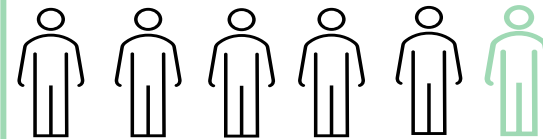
Source: BRFSS

National Prevalence



Approximately one in **five** adults live with depression in the nation.

South Dakota



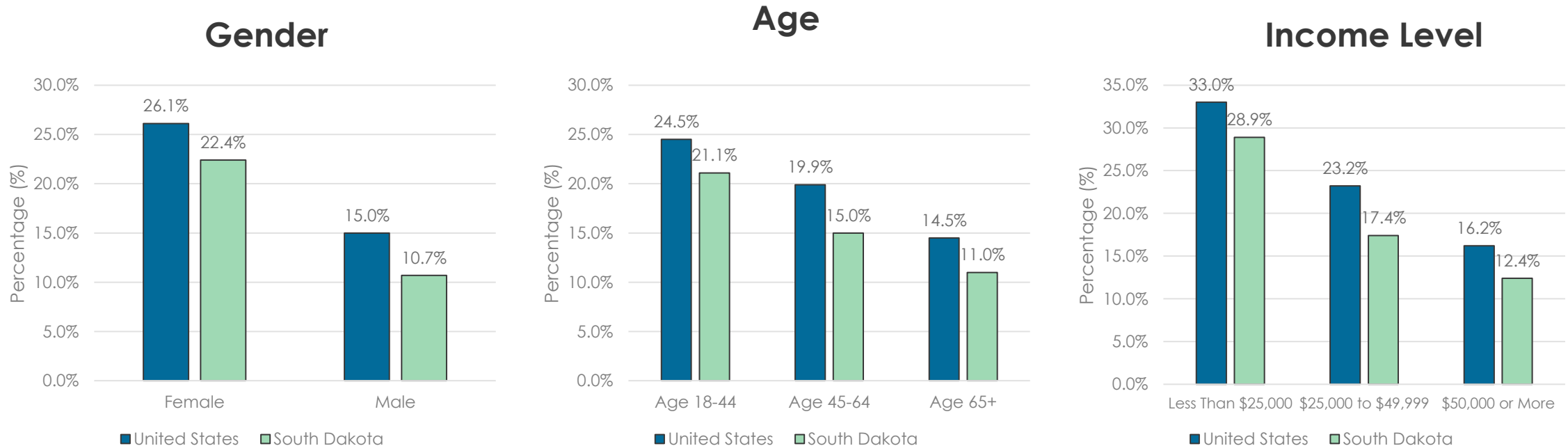
Approximately one in **six** adults live with depression in South Dakota

Key Takeaway:

South Dakota's prevalence of depression was lower than the nation and was the **4th lowest in the nation.**

Adult Depression Population Trends in South Dakota and the United States

Prevalence of Depression Amongst Gender, Age, and Income Levels in 2021, South Dakota and the United States



Key Takeaway:

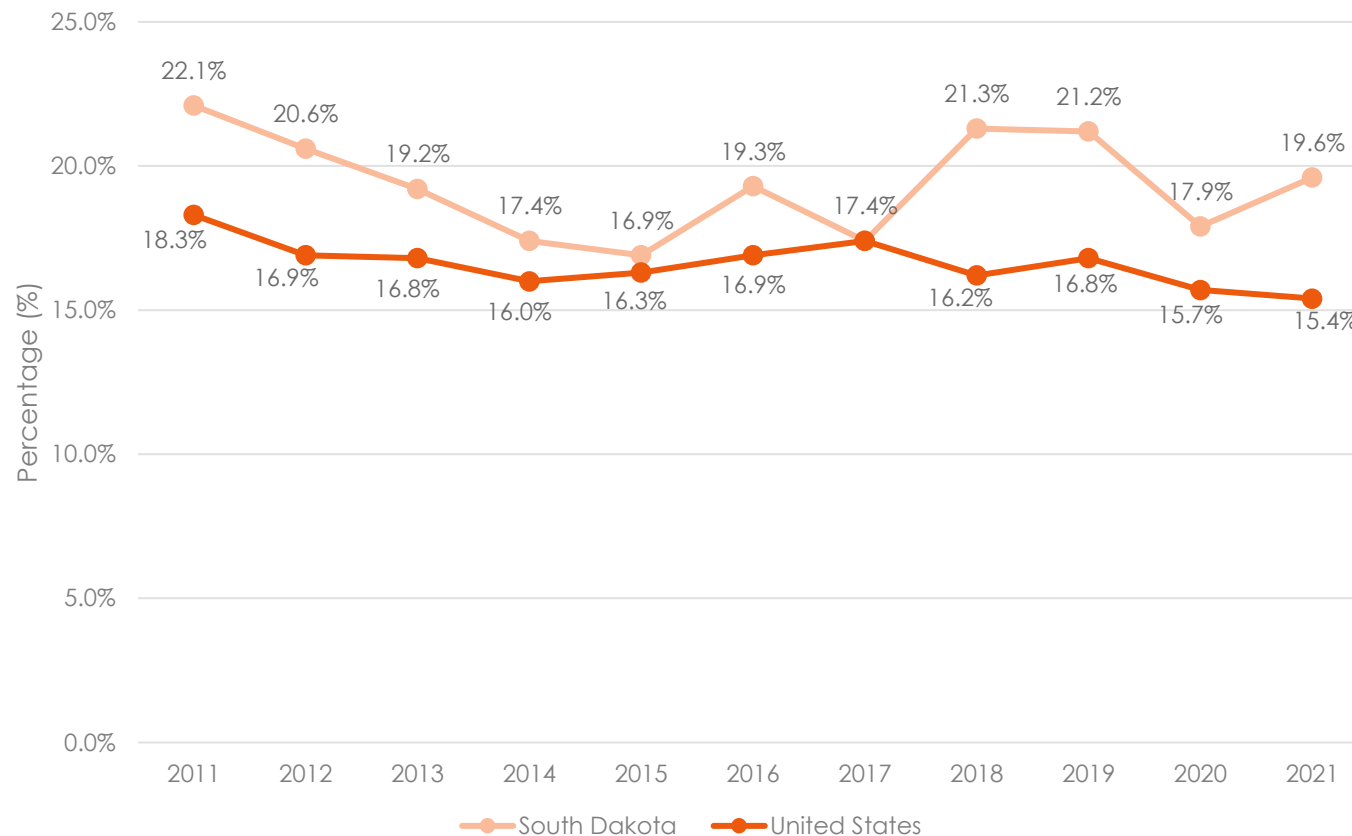
Women ages 18-44 who earn less than \$25,000 per year were the most likely to have depression.

Source: BRFSS

Adult Binge Alcohol Use

Prevalence of Adults Who Reported Binge Drinking Alcohol (Four or More [Females] or Five or More [Males] Drinks on One Occasion in the Past 30 Days) Between 2011 and 2021, South Dakota and United States

Binge Drinking in the Past Year



Source: BRFSS

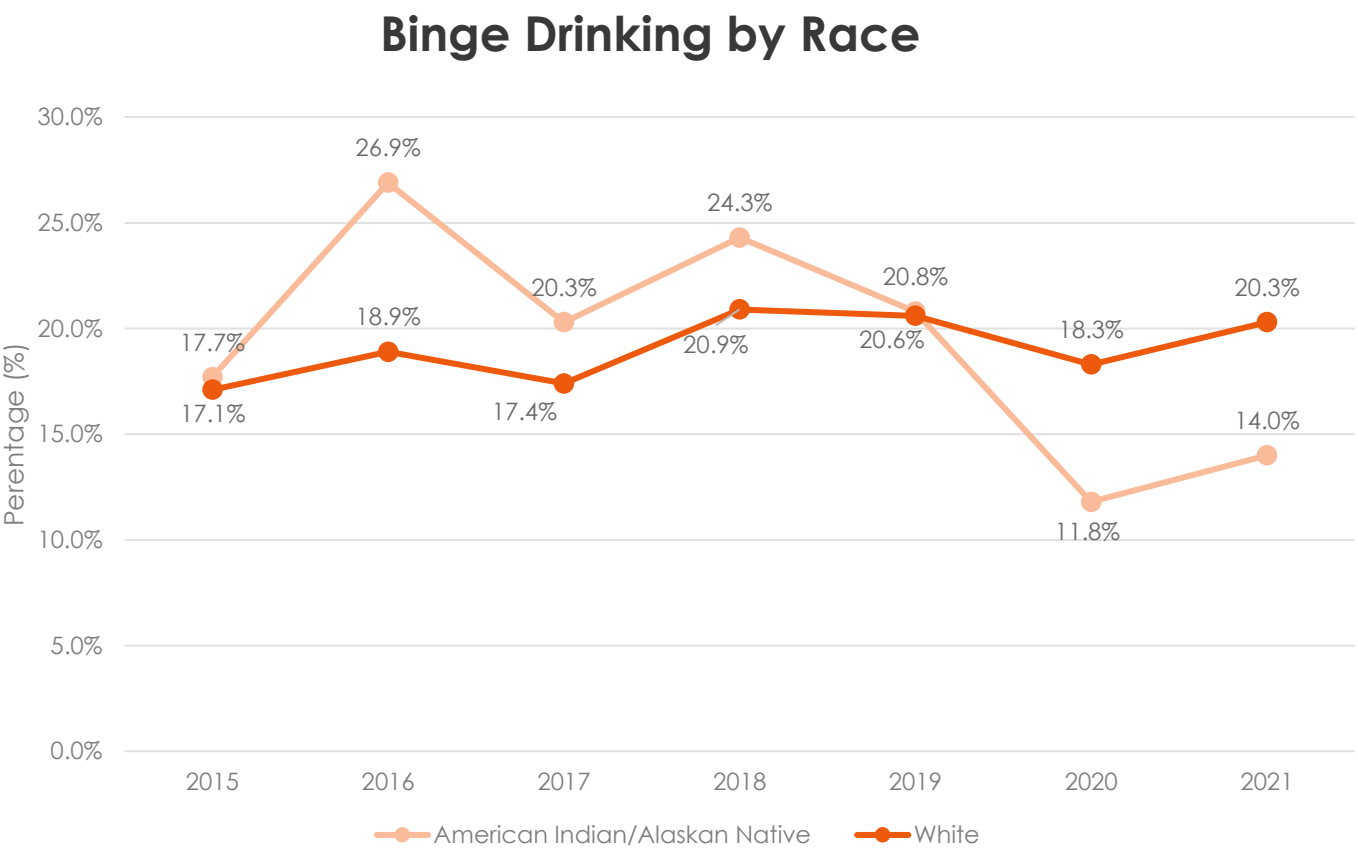


Key Takeaway:

South Dakota's prevalence of binge alcohol drinking has **decreased** between 2011 and 2021.

Adult Binge Alcohol Use by Race

Prevalence of Adults Who Reported Binge Drinking Alcohol (Four or More [Females] or Five or More [Males] Drinks on One Occasion in the Past 30 Days) By Race Between 2015 and 2021, South Dakota



Binge Drinking – American Indian/Alaska Native (2021)

South Dakota	14.0%
National	19.2%

Binge Drinking – White (2021)

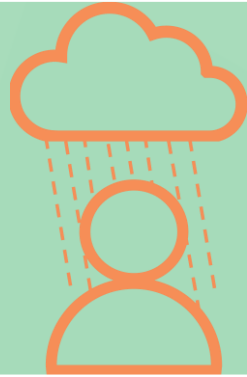
South Dakota	20.3%
National	16.2%

Key Takeaway:

The prevalence of binge alcohol drinking for the American Indian/Alaskan Native population in South Dakota was **lower** than the White population for the first time in 2020 and remained lower in 2021.

Source: BRFSS

Summary of BRFSS Data



Adult prevalence of depression in South Dakota remains relatively **unchanged** and **low** compared to the United States.



Women have a higher rate of depression.

Age and income are inversely proportional to depression prevalence.



Binge drinking has been decreasing in South Dakota for the past decade.

The White population has a higher prevalence of binge alcohol use than the AI/AN* population.

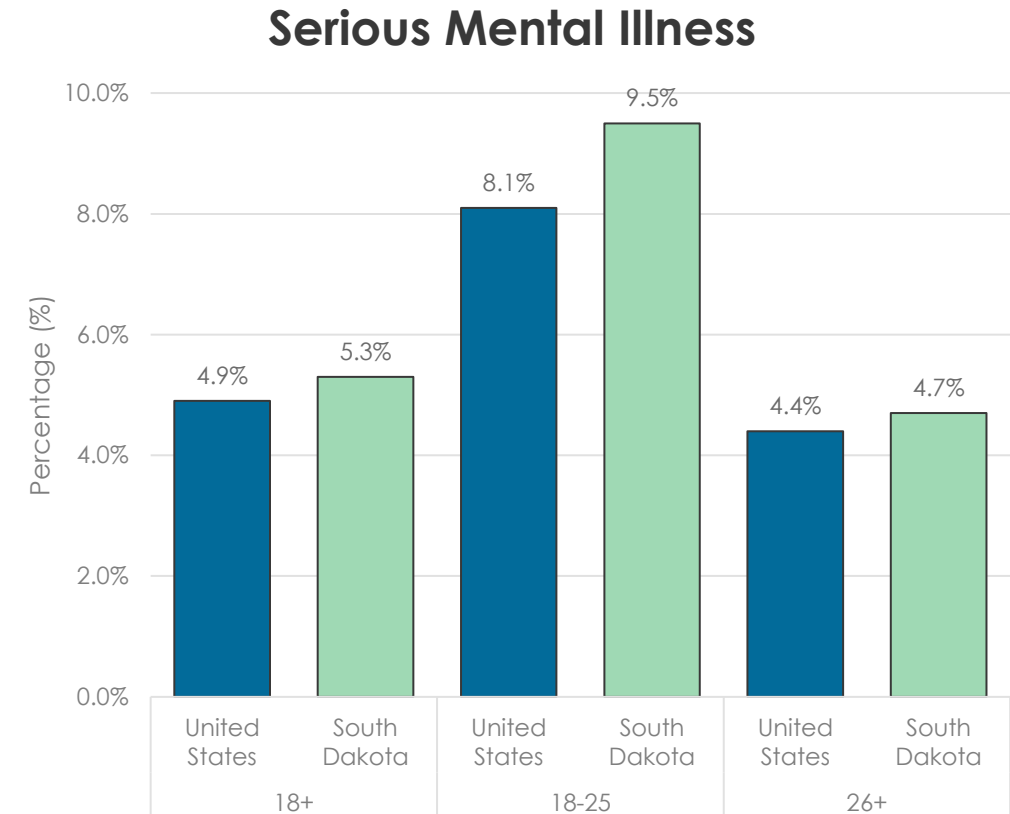
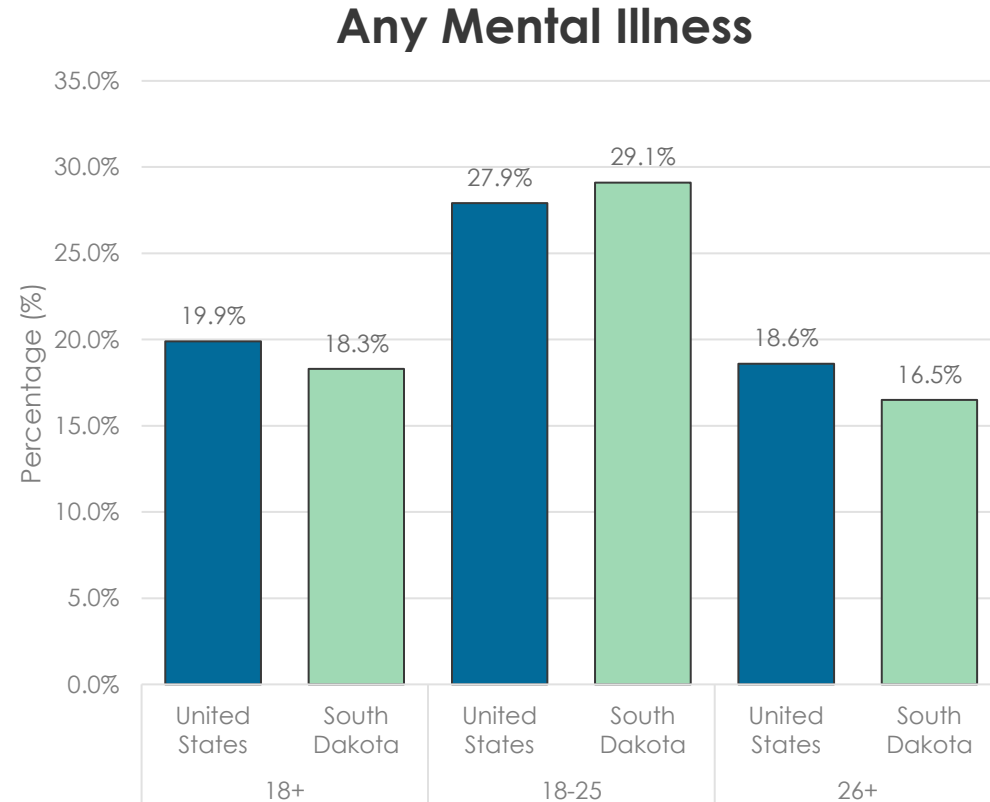
*AI/AN = American Indian/Alaskan Native

National Survey on Drug Use and Health (NSDUH)



Prevalence of Any Mental Illness and Serious Mental Illness

Prevalence of Any Mental Illness and Serious Mental Illness in 2018-2019 by Age Group, South Dakota and United States



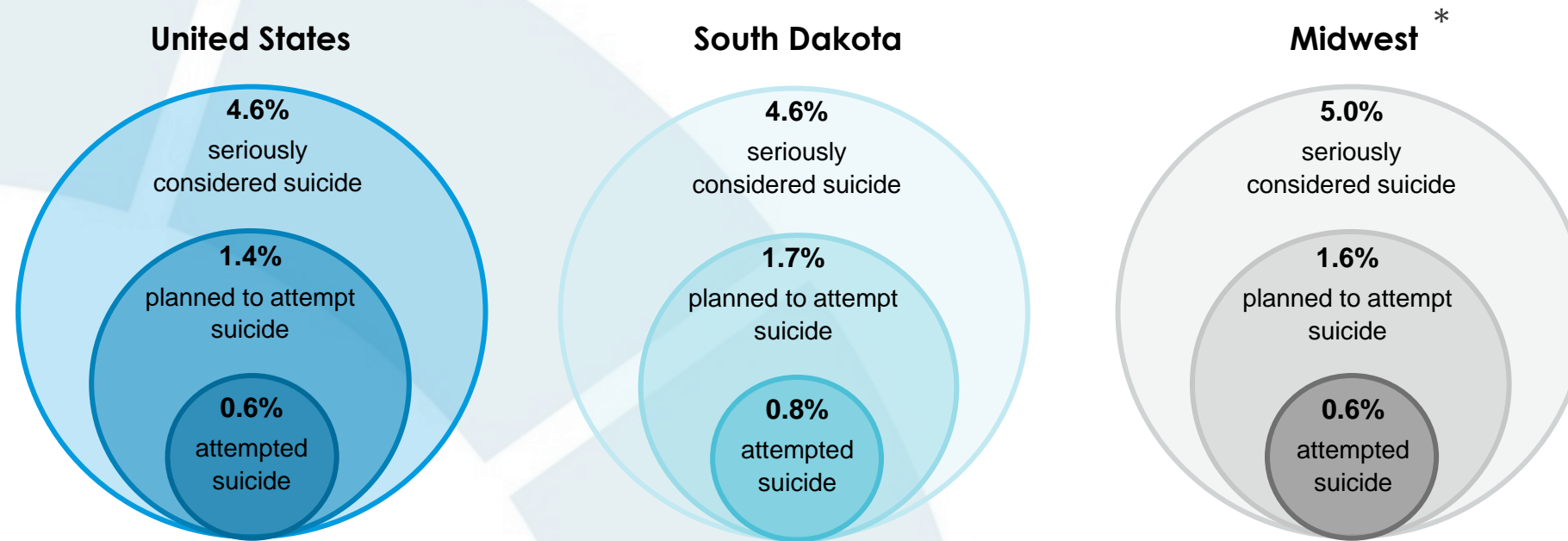
Key Takeaway:

In 2018-2019, the prevalence of any mental illness was higher in South Dakota for ages 18-25; however, South Dakota had higher Serious Mental Illness for all age categories.

Source: NSDUH

Suicide Ideation and Suicidal Behavior

United States, South Dakota, and Midwest Prevalence Comparison of Suicidal Ideation and Suicidal Behaviors, 2018-2019



Key Takeaway:

In 2018-2019, nearly 20% of the individuals in South Dakota that seriously considered suicide went on to attempt suicide.

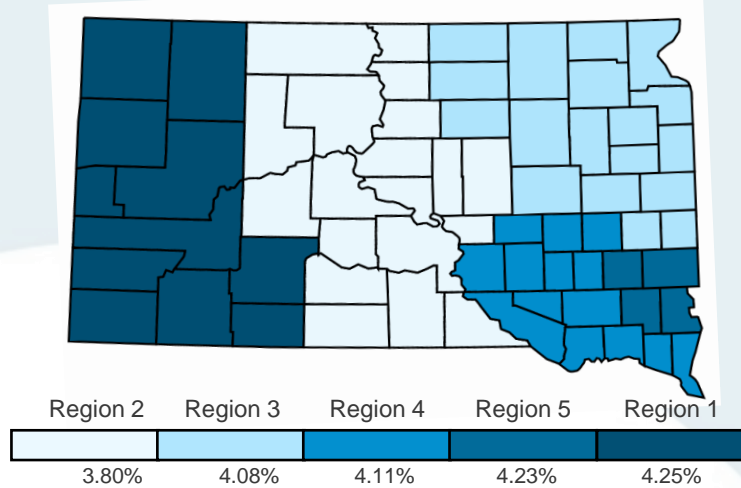
* Note – the Midwest region includes the following states: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin.

Source: NSDUH, 2018-2019

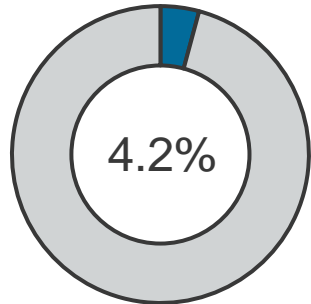
Suicidal Ideation

Regional comparison of Suicidal Ideation, 2016-2018

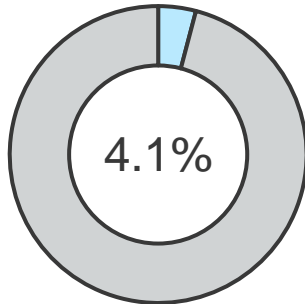
Serious Thoughts of Suicide Adults 18+



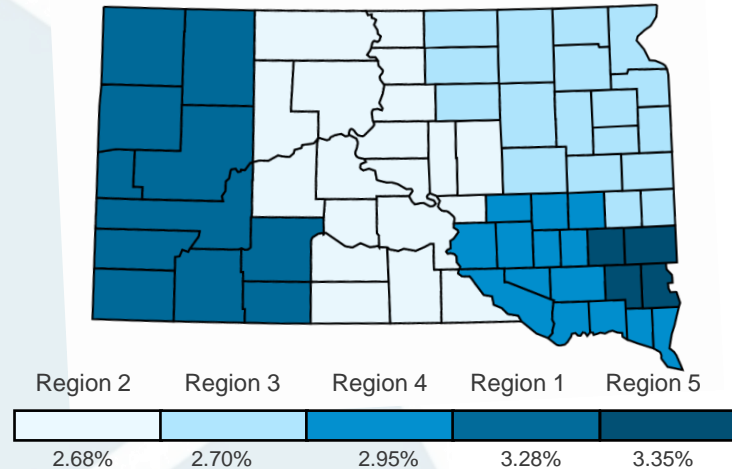
United States



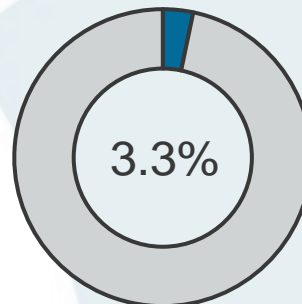
South Dakota



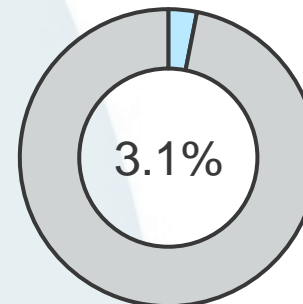
Serious Thoughts of Suicide Adults 26+



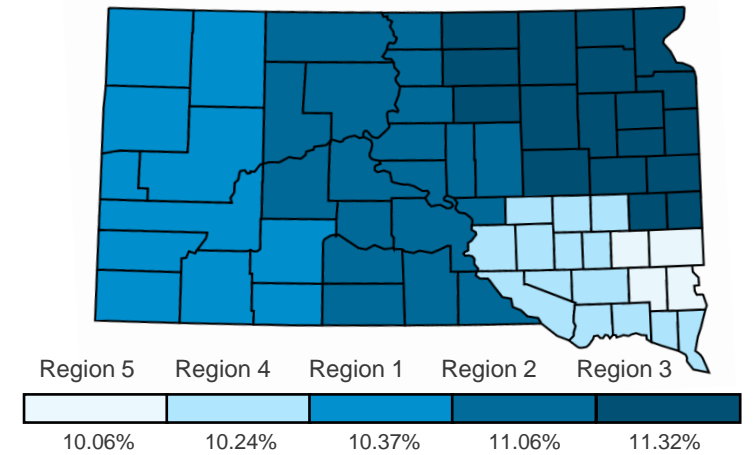
United States



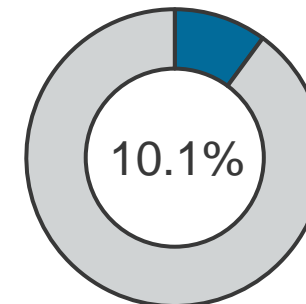
South Dakota



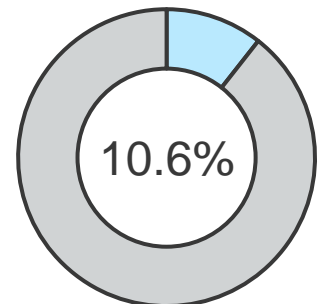
Serious Thoughts of Suicide Adults 18-25



United States



South Dakota



Key Takeaway:

South Dakota had a lower prevalence of serious thoughts of suicide for adults 18+ and 26+.

Summary of NSDUH Adult Mental Health, Suicidal Ideation and Suicidal Behaviors

How common is mental illness?

- 1 in 5 U.S. adults and 1 in 5.5 South Dakota adults live with any mental illness.

How common is serious mental illness?

- About 1 in 20 U.S. adults live with a serious mental illness.
- About 1 in 19 South Dakota adults live with a serious mental illness.

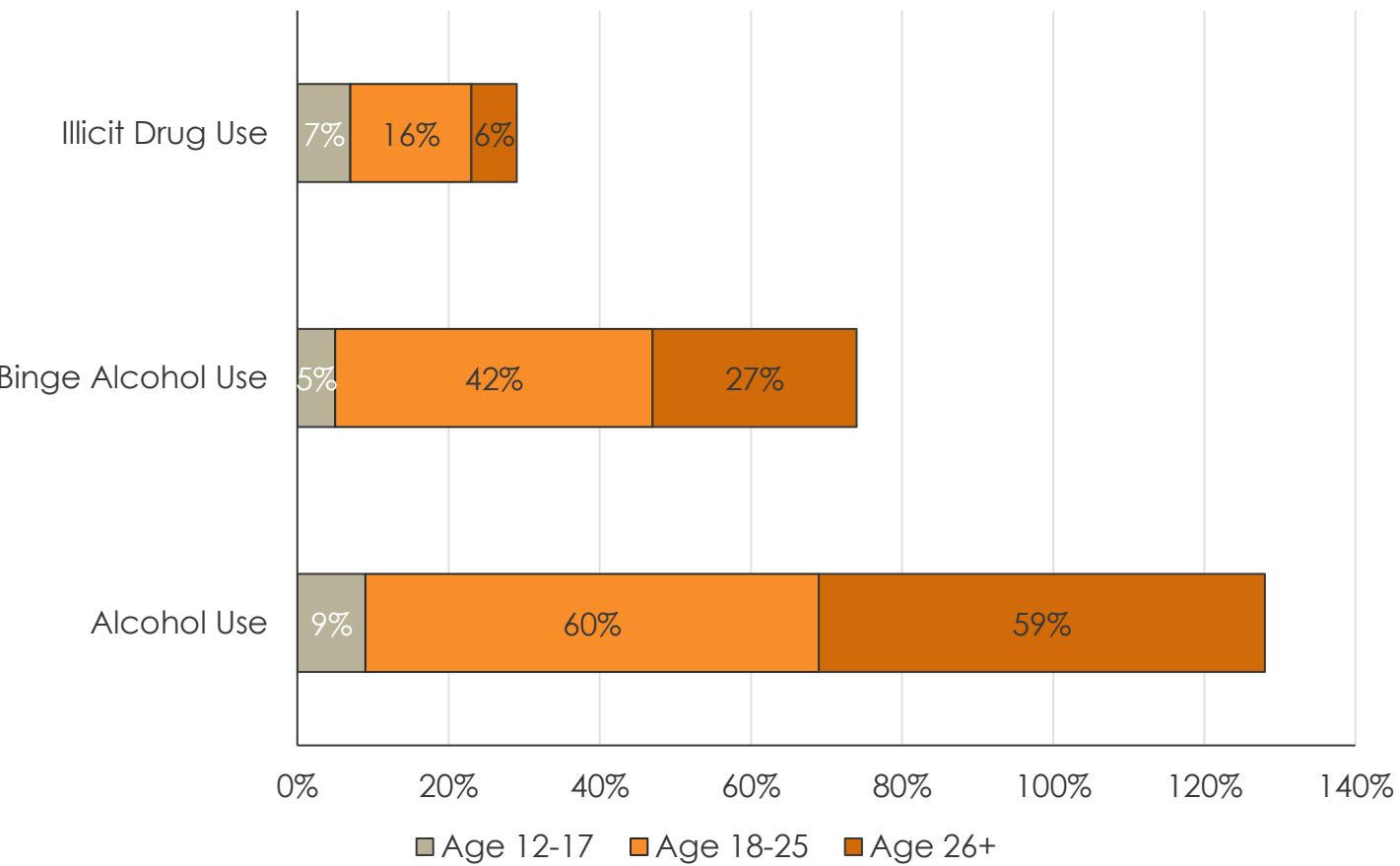
Suicide Ideation and Suicidal Behaviors

- Nearly 20% of the adults with serious suicidal ideation went on to attempt suicide in South Dakota.
- South Dakota had the highest rate of planned suicide attempts and suicide attempts compared to the United States and the Midwest.

Alcohol and Illicit Drug Use

Prevalence of Past Month Alcohol Use, Binge Alcohol Use, and Illicit Drug Use in 2018-2019, South Dakota

Alcohol Use, Binge Drinking, and Illicit Drug Use



Key Takeaway:

Adults in South Dakota were **more likely to use alcohol**, including binge alcohol use, than to use illicit drugs.

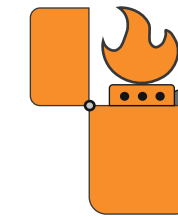
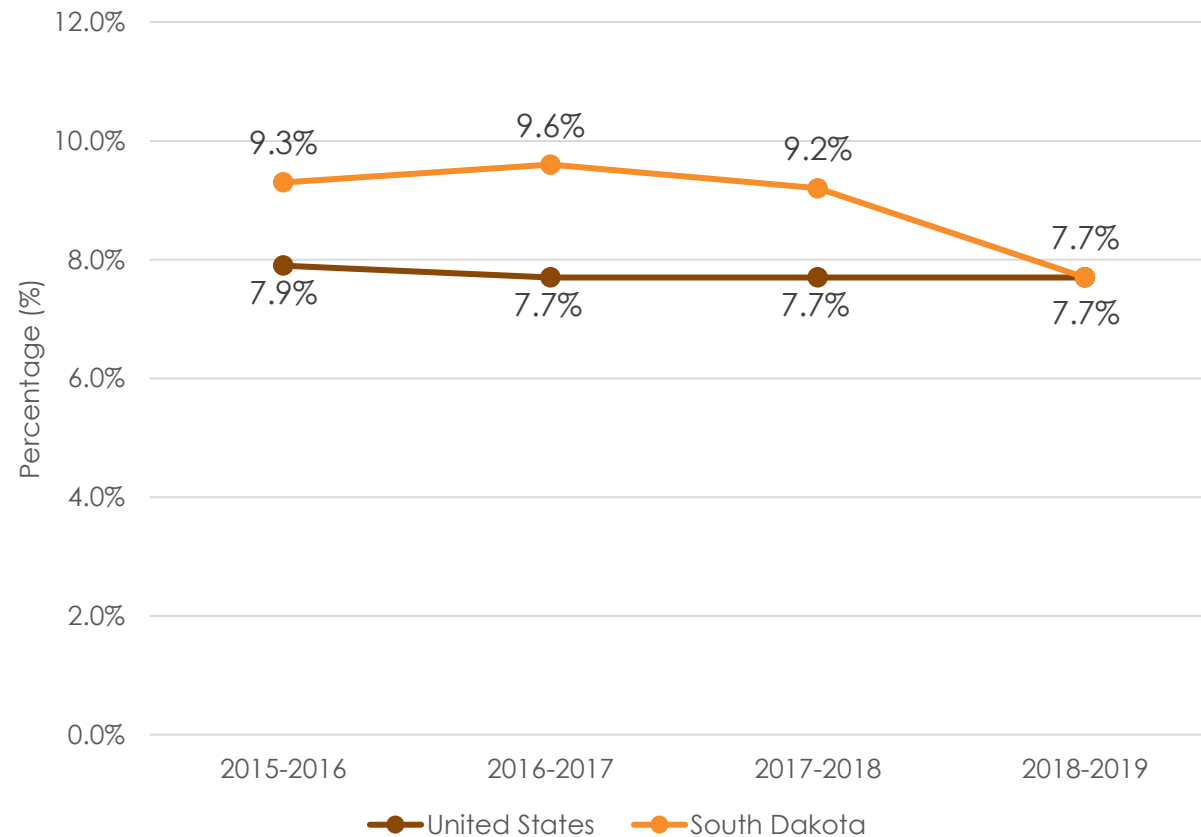
For youth, the prevalence of binge alcohol use and illicit drug use was similar.

Source: NSDUH

Adults with Substance Use Disorders in the Past Year

Prevalence of Adults with a Substance Use Disorder, Including Both Alcohol and Illicit Drug Use from 2015-2016 to 2018-2019, South Dakota and United States

Adult Prevalence of Substance Use Disorders



Key Takeaway:

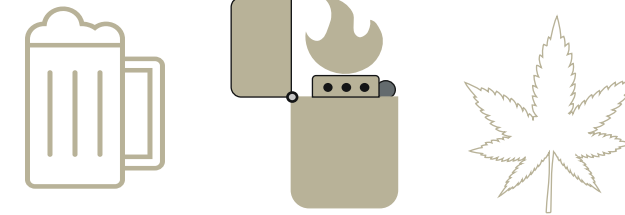
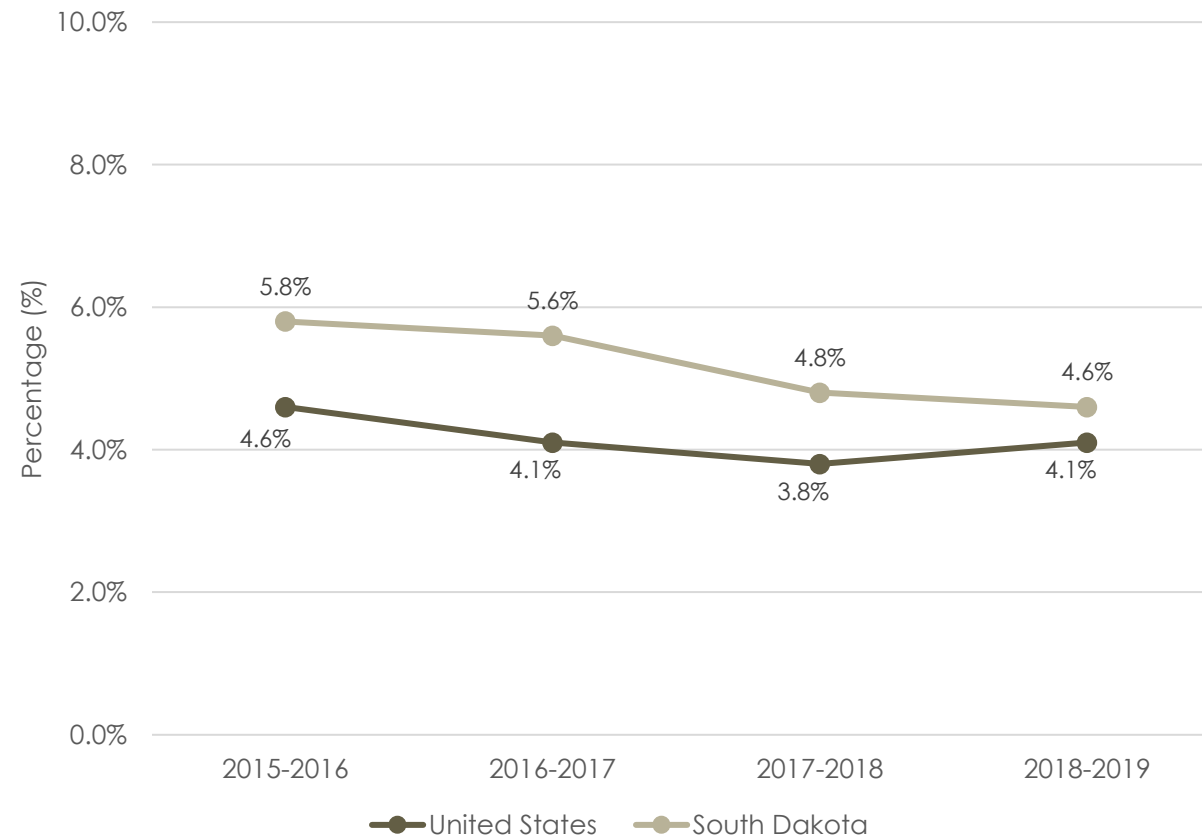
South Dakota's prevalence of adult substance use disorders **decreased** between 2015-2016 and 2018-2019.

Source: NSDUH

Youth with Substance Use Disorders in the Past Year

Prevalence of Youth Aged 12-17 Years Old with a Substance Use Disorder Between 2015-2016 and 2018-2019, South Dakota and United States

Youth Prevalence of Substance Use Disorders



Key Takeaway:

South Dakota's prevalence of substance use disorders in youth **decreased** between 2015-2016 and 2018-2019.



Source: NSDUH

Summary of NSDUH Substance Use and Substance Use Disorders


Most prevalent substance used in South Dakota:


- South Dakota adults are more likely to use alcohol than illicit drugs in South Dakota.
- South Dakota adolescents had similar prevalence of illicit drug use and alcohol use.

Trends in Substance Use Disorders in South Dakota:

The Percentage of Substance Use Disorders by Age Group	2015-2016	2016-2017	2017-2018	2018-2019	Trend
Adults Ages 18+	9.3%	9.6%	9.2%	7.7%	
Youth Ages 12-17	5.8%	5.6%	4.8%	4.6%	

Legend

 = positive outcome.

 = negative outcome.

The prevalence of substance use disorders has been decreasing in South Dakota for both youth and adults.

National Survey of Children's Health



Anxiety and Depression in Youth

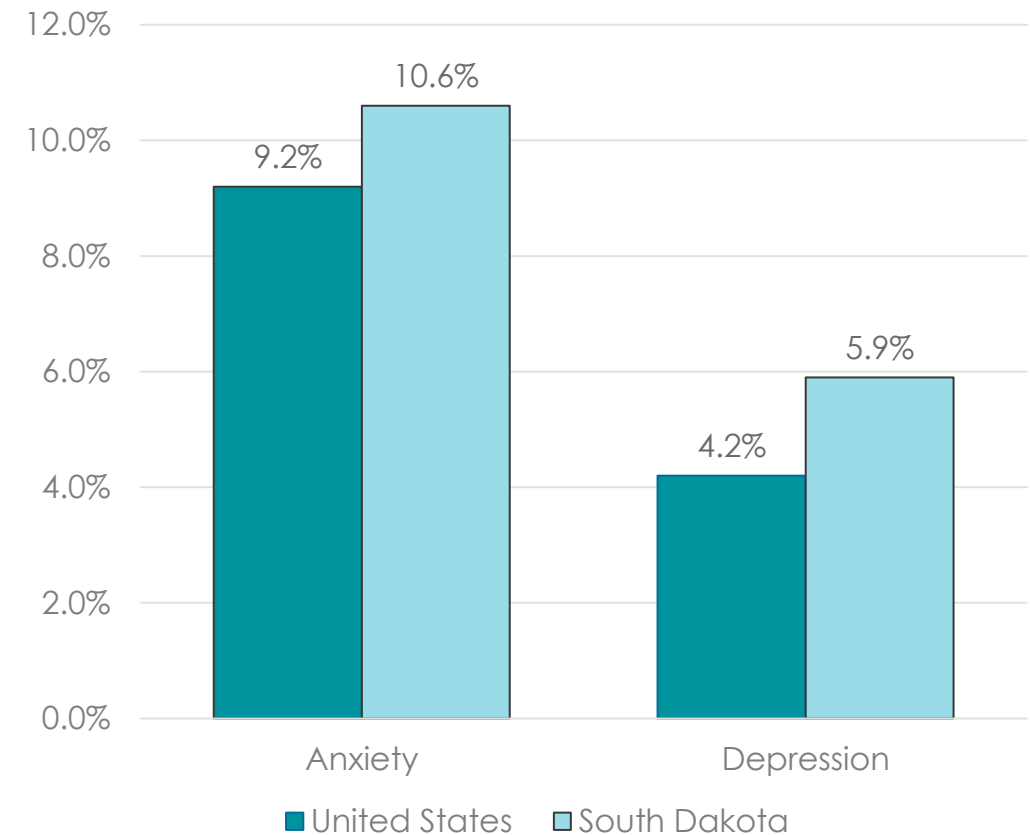
Prevalence of Youth Ages 3-17 Who Currently Have Anxiety and Depression (2-Year Estimate)
Between 2020-2021, South Dakota and United States

Key Takeaway:

Youth in South Dakota have a **higher** prevalence of anxiety and depression than the United States.

Source: National Survey of Children's Health

Anxiety and Depression

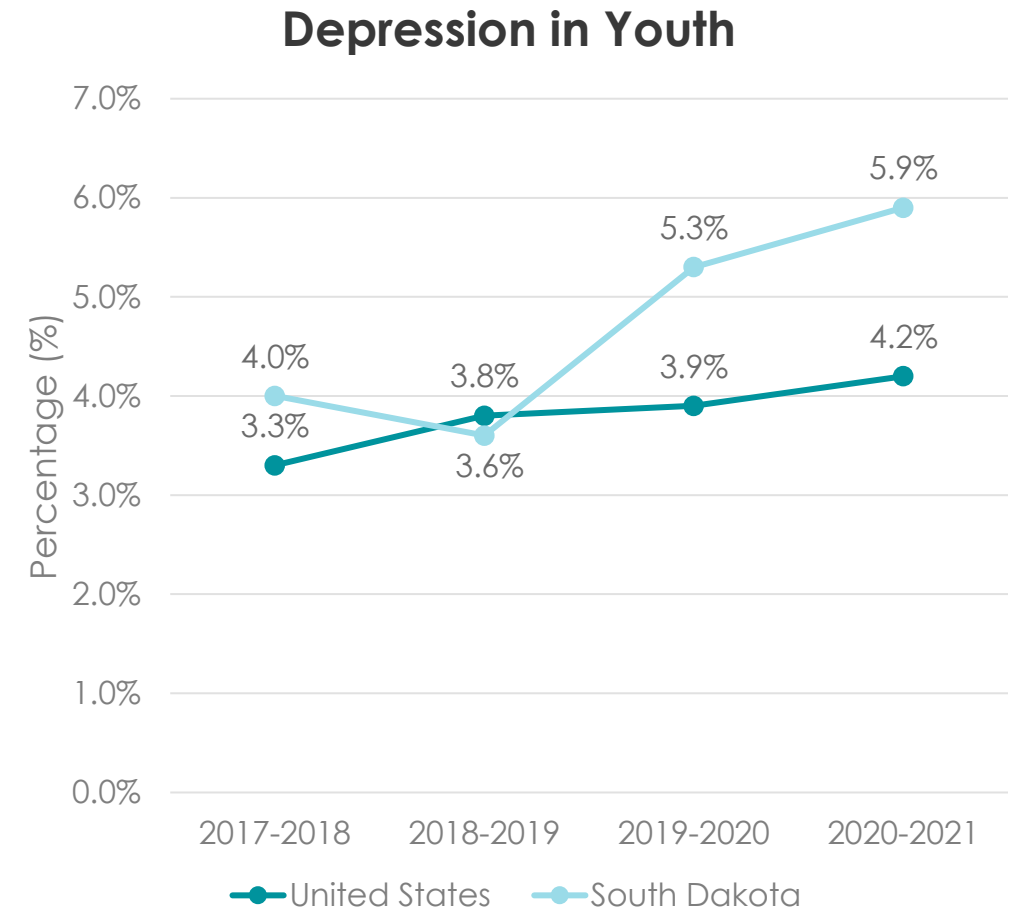


Depression in Youth

Prevalence of Youth Ages 3-17 Who Currently Have Depression (2-year estimate) Between 2017-2018 to 2020-2021, South Dakota and United States

Key Takeaway:

South Dakota's prevalence of depression in youth was 1.7 percentage points **higher** than the United States in 2020-2021.



Source: National Survey of Children's Health

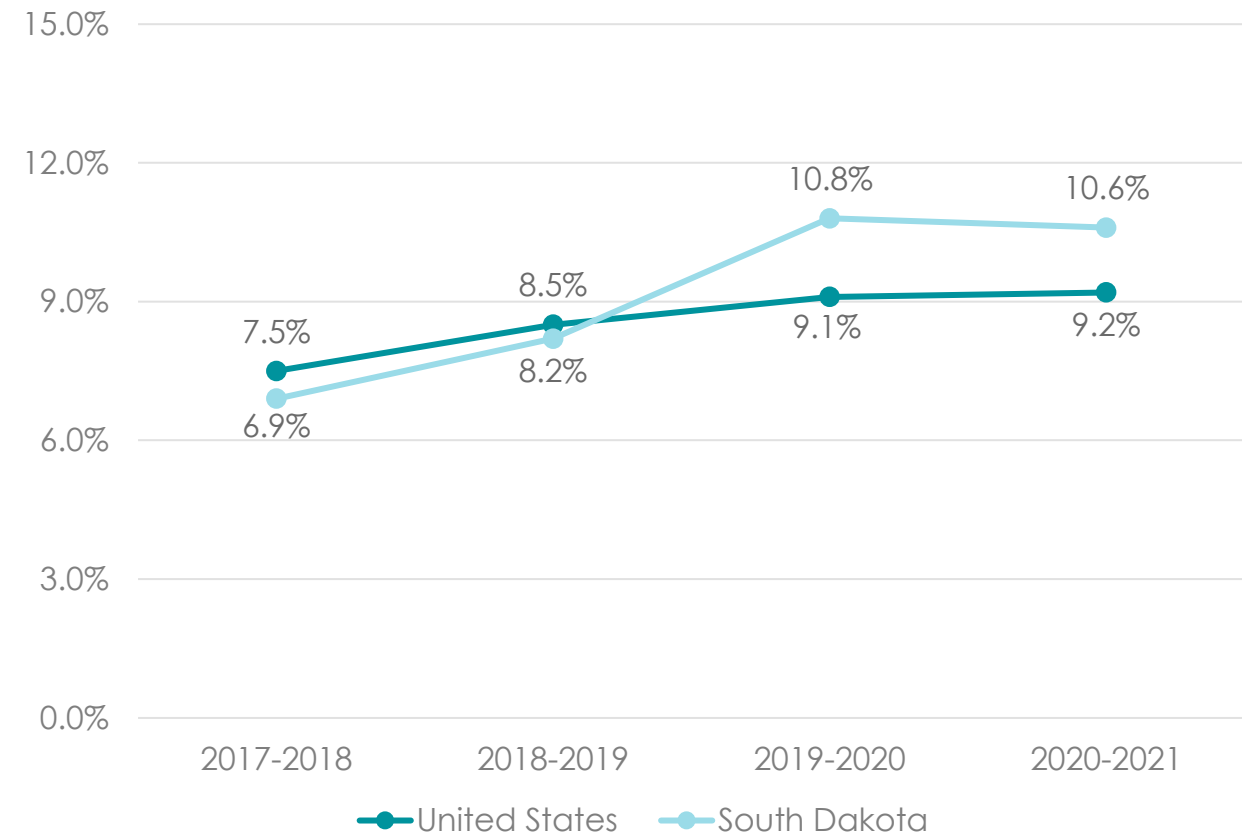
Anxiety in Youth

Prevalence of Youth Ages 3-17 Who Currently Have Anxiety (2-Year Estimate) Between 2017-2018 to 2020-2021, South Dakota and United States

Key Takeaway:

South Dakota's prevalence of anxiety in youth was 1.4 percentage points **higher** than the United States in 2020-2021.

Anxiety in Youth



Source: National Survey of Children's Health

Summary of NSCH

- **Anxiety and depression affect many youth**
 - 10.6% of South Dakota youth aged 3-17 (approximately 20,000) have been diagnosed with anxiety in 2020-2021.
 - 5.9% of South Dakota youth aged 3-17 (approximately 11,000) have been diagnosed with depression in 2020-2021.
- **Anxiety and depression have increased over time**
 - Youth living with anxiety is ranked 29th highest in the nation in 2020-2021.
 - Youth living with depression is ranked 41st highest in the nation in 2020-2021.

Youth Risk Behavior Surveillance System (YRBSS)

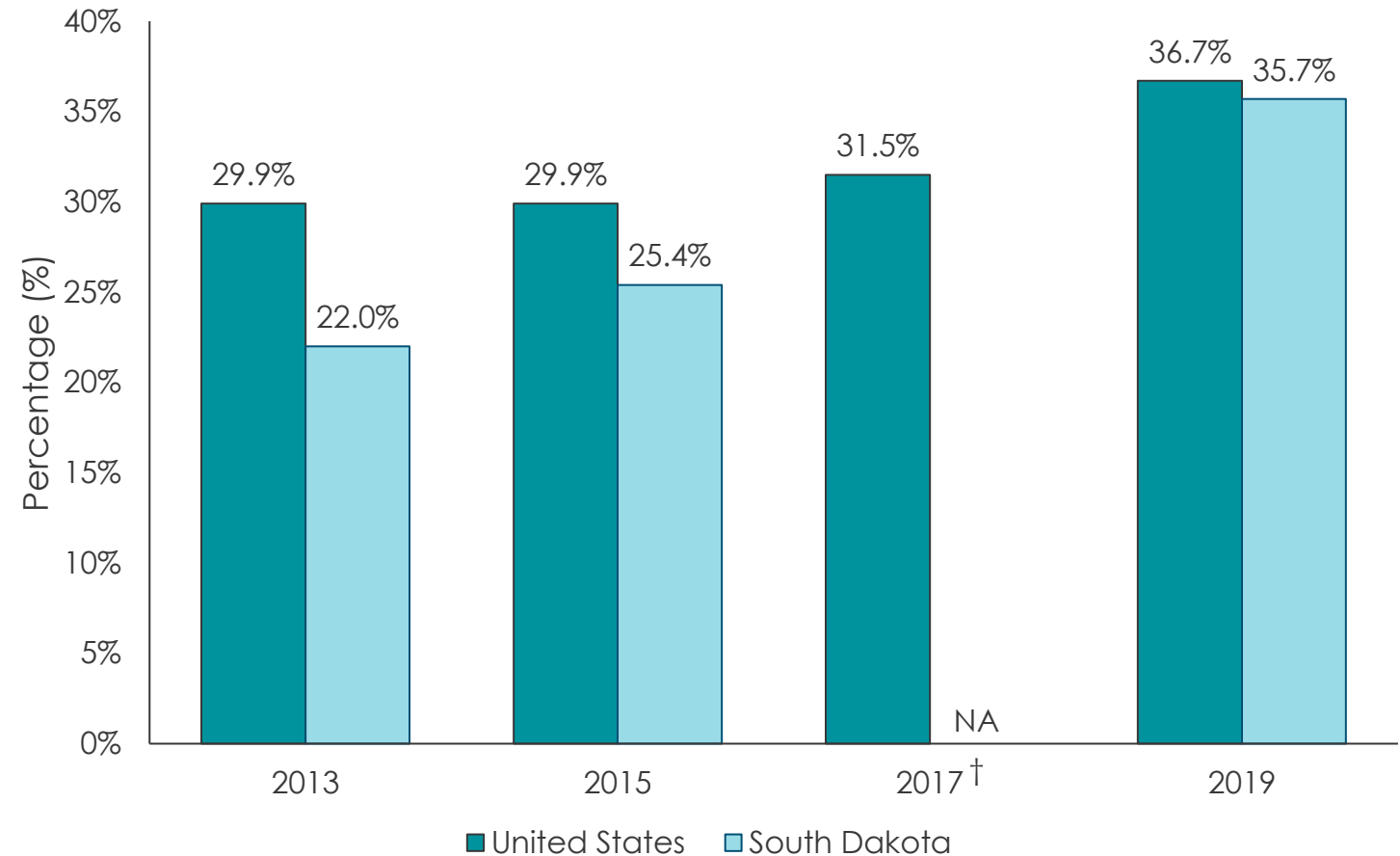


High School Students Who Felt Sad or Hopeless

United States and South Dakota High School Students Prevalence of Who Felt Sad Almost Every Day for Two or More Weeks in a Row So That They Stopped Doing Some Usual Activities in 2013 to 2019

Key Takeaway:

South Dakota consistently had a lower prevalence of feeling hopeless or sad when compared to the United States between 2013 and 2019.



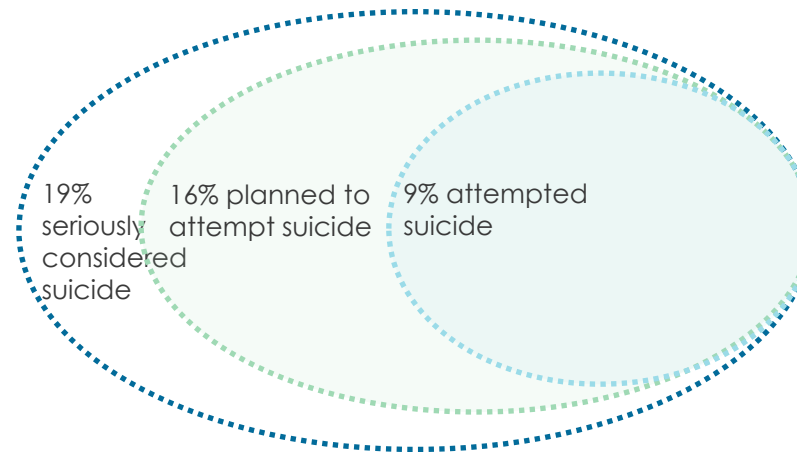
Source: YRBSS

† YRBSS did not collect data for South Dakota in 2017.

Suicidal Ideation, Planned Suicide and Attempted Suicide

South Dakota and United States High School Students Who Considered, Planned, or Attempted Suicide in 2019

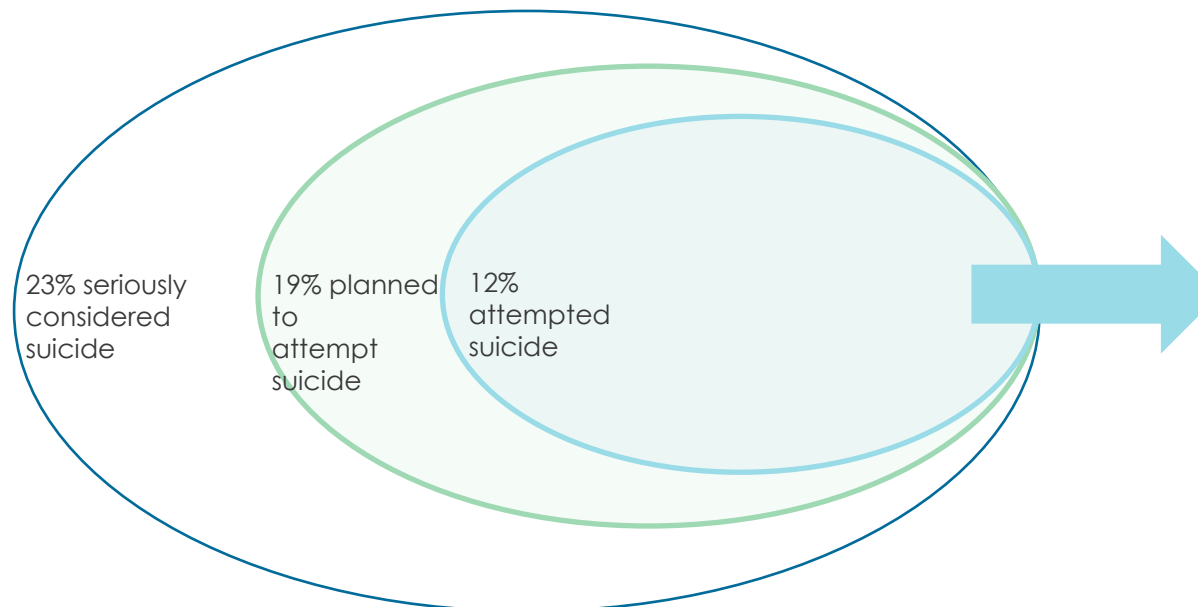
United States



Key Takeaway:

South Dakota had a **higher** prevalence of high schoolers who considered suicide, planned to attempt suicide, and attempted suicide.

South Dakota



28%

Asked for help from a doctor, counselor, or hotline before attempting suicide

Source: YRBSS

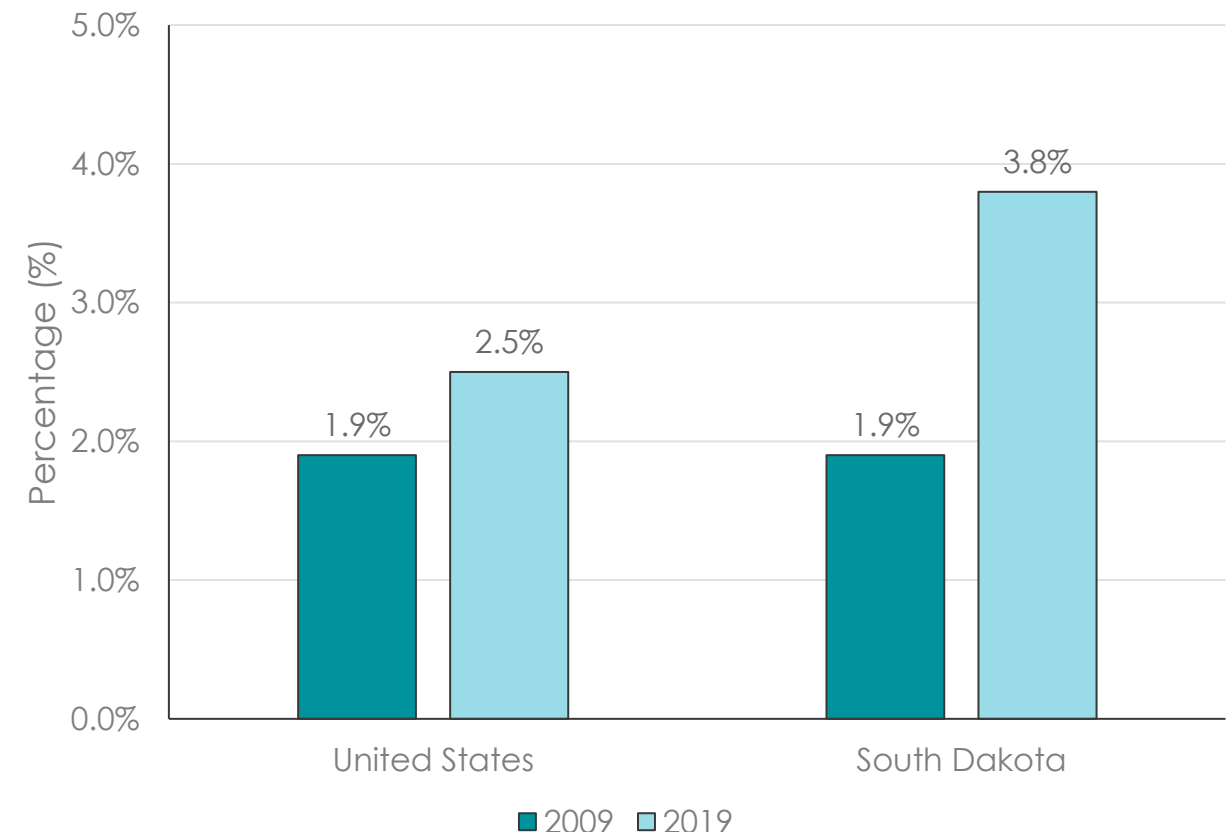
High School Students Who Attempted Suicide Resulting in An Injury, Poisoning, or Overdose That Was Medically Treated

The Overall Prevalence of High Schoolers Reporting They Were Seriously Injured Due to a Suicide Attempt in 2009 and 2019, South Dakota and United States

Key Takeaway:

South Dakota's high school students who needed medical treatment due to attempted suicide that resulted in a serious injury **doubled** in the last decade.

Medically Treated for Attempted Suicide



Source: YRBSS

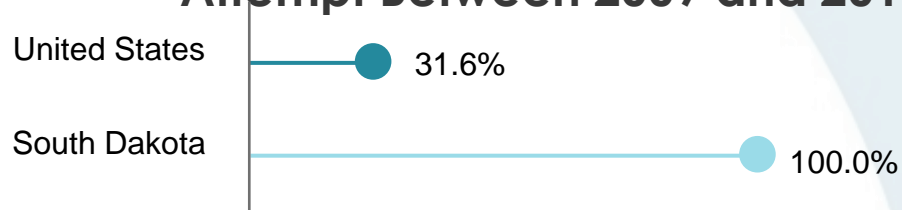
Summary of YRBSS

Feeling Sad and Hopeless

South Dakota high school students that experienced persistent feelings of sadness and hopelessness has **increased** 13.7 percentage points between 2013 to 2019.

- Nearly 50% of female and over a quarter of male South Dakota high school students experienced persistent sadness and hopelessness.
- Older high school students are more likely to feel sad or hopeless in South Dakota.
- American Indian/Alaskan Native high school students are about twice as likely to feel sad or hopeless than White high school students in South Dakota.

Percent Change of Seriously Injured From Suicide Attempt Between 2009 and 2019



Suicidal Ideation and Suicidal Behaviors

In 2019, high school students in South Dakota have a higher prevalence of serious suicidal ideation, plans to attempt suicide, and attempted suicide than high school students in the United States.

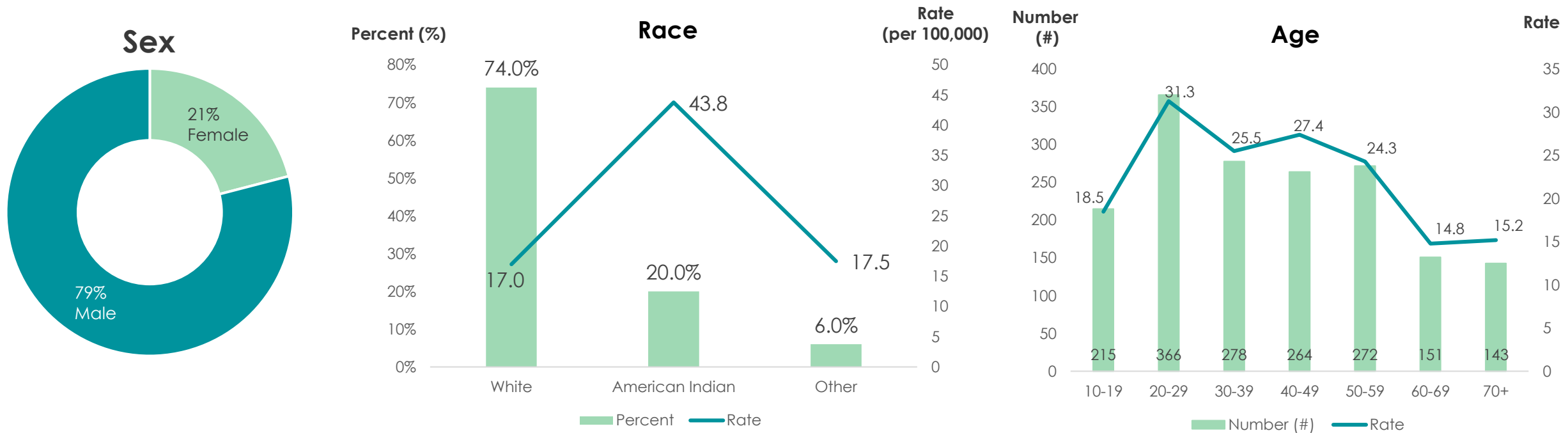
Consequence: South Dakota has the second highest teen (ages 15 to 19 years old) suicide rate in the United States between 2018-2020.

Suicide



Suicide in South Dakota

Suicide by Sex, Race, and Age Group (2012-2021)



Key Takeaway:

American Indian suicide rates are **2.6 times higher** than White race rates in South Dakota (2012-2021)

Source: DOH Vital Statistics

Data Resources



dss.sd.gov



sdseow.org



doh.sd.gov