Healthy People 2020 Leading Health Indicators:
Mental Health

Overview

Mental health is essential to an individual's well-being, interpersonal relationships, and the ability to live a full and productive life. Mental disorders may have a serious impact on physical health and are associated with the prevalence, progression, and outcome of some of today's most pressing chronic diseases, including diabetes, heart disease, and cancer. Mental disorders can have harmful and long-lasting effects—including high psychosocial and economic costs—not only for people living with the disorder, but also for their families, schools, workplaces, and communities.

Progress in Numbers*

✓ Target met[1]	➕ Improving[2]	⭕ Little or no detectable change[3]	➖ Getting worse[4]

Status	Leading Health Topic and Indicator: Mental Health	Baseline (Year)	Most Recent (Year)	Target	Progress Toward Target[5]	Movement Away From Baseline[6]
➖	MHMD-1 Suicide (age adjusted, per 100,000 population)	11.3 (2007)	12.1 (2010)	10.2	—	7.1%
➖	MHMD-4.1 Adolescents with major depressive episodes (percent, 12–17 years)	8.3% (2008)	9.1% (2012)	7.5%	—	9.6%

Progress in Words

MHMD-1: Suicide

- From 2006 to 2010, the suicide rate increased about 7 percent, from 11.3 per 100,000 population (age adjusted) to 12.1, moving away from the Healthy People 2020 target of 10.2.

MHMD-4.1: Adolescents with major depressive episodes

- Between 2008 and 2012, the percentage of adolescents aged 12 to 17 reporting having had a major depressive episode (MDE) in the past 12 months increased about 10 percent, from 8.3 percent to 9.1 percent, moving away from the Healthy People 2020 target of 7.5 percent.

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* Discrepancies between healthypeople.gov and data in this report may exist due to the timing of data uploads. Data for the measures shown in this report are current as of May 2014.

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Progress in Pictures

The burden of mental illness in the United States is among the highest of all diseases, and mental disorders are among the most common causes of disability. Improving mental health through prevention strategies and ensuring access to mental health services can improve the overall health of many Americans.

Suicide Rate by Sex, 2010

In 2010, females had a lower suicide rate than males. The rate for males was approximately four times the rate for females.

Women

5.0

per 100,000 (age adjusted)
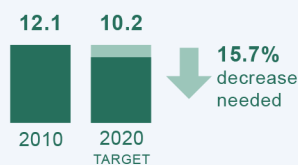
Men

19.8

per 100,000 (age adjusted)

Data source: National Vital Statistics System-Mortality (NVSS-M), CDC/NCHS; Population Estimates, Census.

HEALTHY PEOPLE 2020 TARGETS

Suicide	**Major Depressive Episodes**
In 2010, there were 12.1 suicides per 100,000 (age adjusted).	In 2012, 9.1% of adolescents reported having had a MDE in the past 12 months.

Suicide

12.1 — 2010
10.2 — 2020 TARGET
15.7% decrease needed

Data source: National Vital Statistics System-Mortality (NVSS-M), CDC/NCHS; Population Estimates, Census.

Major Depressive Episodes

9.1% — 2012
7.5% — 2020 TARGET
17.6% decrease needed
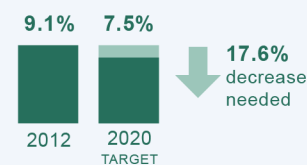
Data source: National Survey on Drug Use and Health (NSDUH), SAMHSA.

NOTES (from page 1)

[1] Target met or exceeded

[2] Movement is *toward* the target and is:
  – Statistically significant when measures of variability are available** – OR –
  – 10% or more of the targeted change when measures of variability are unavailable**

[3] Objective demonstrates little or no detectable change, because either:
  – Movement toward/away from the target is not statistically significant when measures of variability are available** – OR –
  – Movement is toward the target but the objective has achieved less than 10% of the targeted change when measures of variability are unavailable** – OR –
  – Movement is away from the target but the objective has moved less than 10% relative to its baseline when measures of variability are unavailable** – OR –
  – No change between baseline and most recent data point

[4] Movement is *away from* the target and is:
  – Statistically significant when measures of variability are available** – OR –
  – 10% or more relative to the baseline when measures of variability are unavailable**

[5] For objectives moving toward their targets, progress is measured as the percent of targeted change achieved, quantified as follows:

$$\text{Percent of targeted change achieved} = \frac{\text{Most recent value} - \text{Baseline value}}{\text{HP2020 target} - \text{Baseline value}} \times 100.$$

[6] For objectives moving away from their baselines (and, therefore, their targets), progress is measured as the magnitude of the percent change from baseline, quantified as follows:

$$\text{Magnitude of percent change from baseline} = \frac{|\text{Most recent value} - \text{Baseline value}|}{\text{Baseline value}} \times 100.$$

** When measures of variability are available, statistical significance of the percent of targeted change achieved or the magnitude of the percent change from baseline is assessed at the 0.05 level using a one-sided test. When measures of variability are unavailable, the percent of targeted change achieved and the percent change from baseline are assessed only for their magnitude (e.g., <10% or ≥10%).

DATA SOURCES

MHMD-1   National Vital Statistics System-Mortality (NVSS-M), CDC/NCHS
MHMD-4.1   National Survey on Drug Use and Health (NSDUH), SAMHSA

U.S. Department of Health and Human Services
Office of Disease Prevention and Health Promotion