



# Kitsap Community Health Priorities

## Priority 2: Behavioral Health

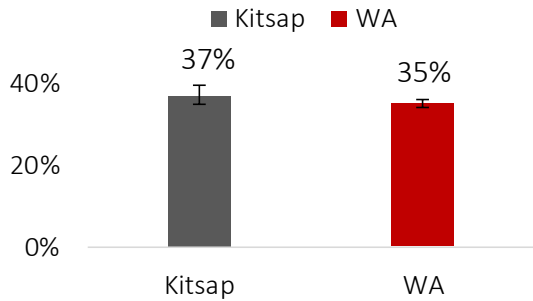
Ensure behavioral health care is accessible, available, and timely for all

### Behavioral Health & Impact

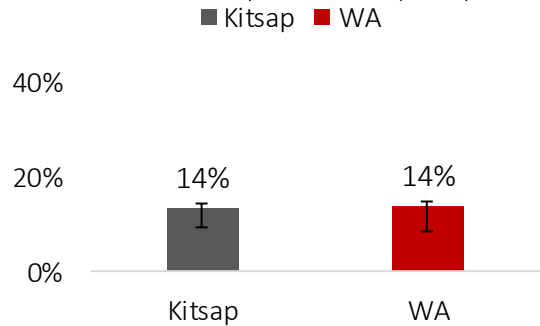
Behavioral health refers to mental and emotional well-being and includes behaviors that impact wellness. Realization of abilities, successful management of normal stress, a productive work life, and positive community contribution are all necessary components.<sup>1</sup> Behavioral health problems include drug and alcohol addiction, substance use disorders, and serious mental distress and disorders that are aggravated by a lack of readily available care.<sup>2</sup>

### Kitsap Adolescent & Adult Reported Feeling Depressed: Kitsap Compared to WA<sup>3,4</sup>

Grade 8, 10, and 12 Self-Reported Data combined (2016)



Adult Self-Reported Data (2016)



### Kitsap County Behavioral Health & Adolescents<sup>3</sup>

10<sup>th</sup> Grade Self-Reported Data (2016)

Experienced high anxiety in the past 2 weeks

*Almost 1 in 3*

Not having an adult to turn to when feeling sad or hopeless

*Almost 4 in 10*

Used Alcohol in the past 30 days

*Over 1 in 6*

Used pain killer to get high or non-prescribed prescription drugs in the past 30 days

*About 1 in 14*

### Kitsap County Behavioral Health & Adults<sup>4</sup>

Adult Self-Reported Data (2016)

Experienced 13+ days of mental distress during the past 30 days

*About 1 in 9*

Had 14+ days of limited activity due to poor physical or mental health during the past 30 days

*About 1 in 7*

Had 5+ alcoholic drinks at one time during the past 30 days

*Almost 3 in 10*

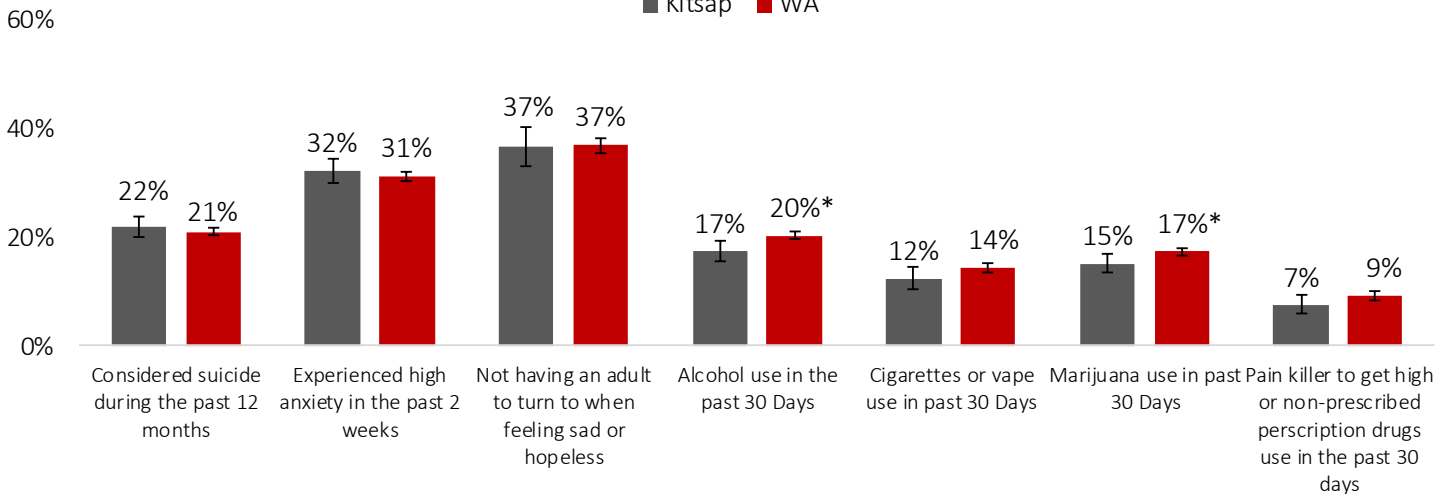
Had 5+ days of missed work or usual activities because of mental health or emotional condition during the past 30 days

*About 1 in 20*

# Kitsap Adolescent Mental Health, Support, & Substance Use by Type Compared to WA<sup>3</sup>

10th Grade Self-Reported Data (2016)

■ Kitsap ■ WA

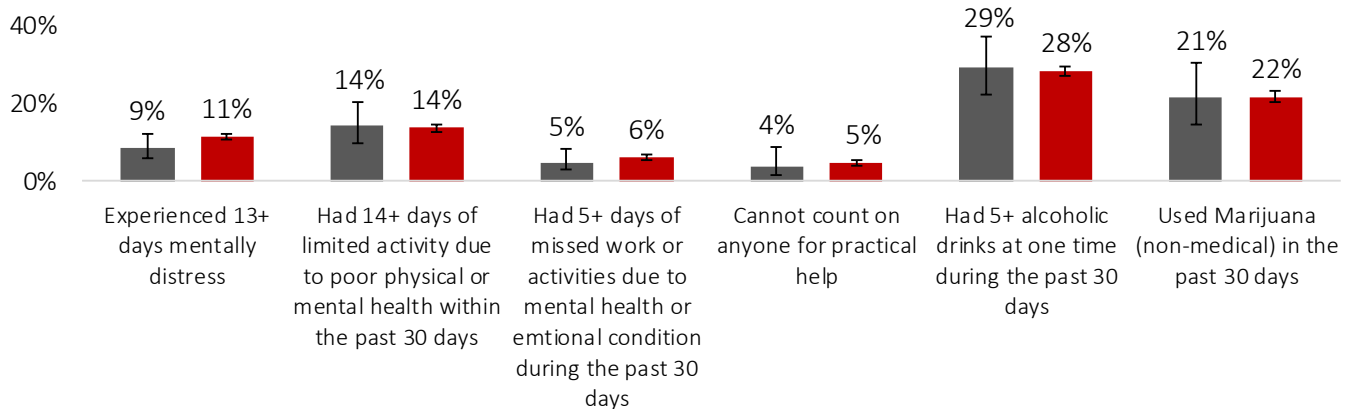


\*Statistically significantly higher

# Kitsap Adult Mental Health & Substance Use by Type Compared to WA<sup>4</sup>

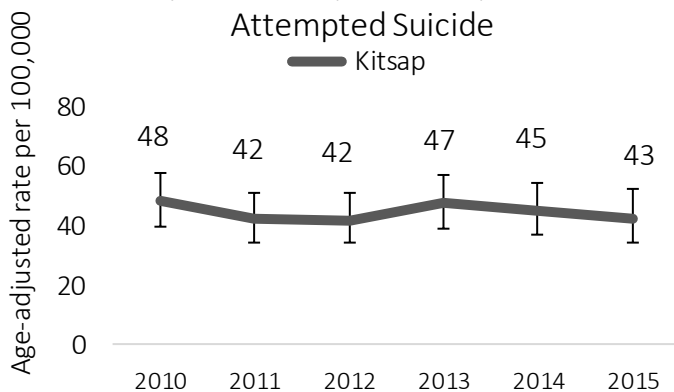
Adult Self-Reported Data (2011)

■ Kitsap ■ WA

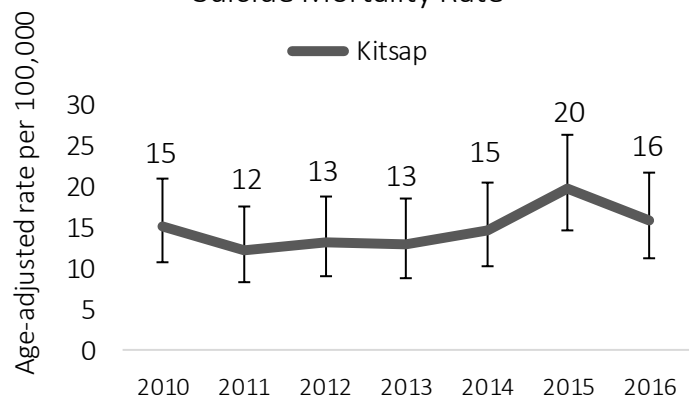


# Kitsap Suicide Hospitalization & Mortality<sup>5</sup>

Hospitalization (Non-Fatal) Rate for Attempted Suicide



Suicide Mortality Rate



Sources

- World Health Organization (2001).
- Substance Abuse and Mental Health Services Administration (2014). National Behavioral Health Quality Framework
- Healthy Youth Survey (2016)
- Behavioral Risk Factor Surveillance System (2016)
- Washington State Department of Health, Community Health Assessment Tool