

# Overview of Mental Health Epidemiology in Washtenaw County, Michigan

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## Data Highlights

### *Washtenaw County Adults*

- Washtenaw County, Michigan 2000 Census - 341,847 residents; 268,008 adults; 73,839 children.
- 21% - 26% **diagnosable** mental illness in adults.
- 10% of Washtenaw County adults had ten or more poor mental health days in the past month (10+PMHDPM); 7% of Washtenaw County adults had 14 or more PMHDPM (2005)
- Persons with 10+PMHDPM have nearly three times the number of days where health limited their usual activities than those with less than ten PMHDPM (8.2 days compared to 2.9 days) (2005)
- 24% of persons with ten or more PMHDPM are currently being seen by a mental health professional; only 29% of those with all 30 days of PMHDPM. (2005)
- 4% have U.S. Census defined 'mental disability.' (2000)
- Over a third of Washtenaw County residents have ten or more days of inadequate sleep/rest per month. Ypsilanti residents have the highest average number of days of inadequate sleep per month compared to rest of the county. (2005)
- Persons with 10+PMHDPM have less access to medical care, higher rates of chronic disease and related risk behaviors (tobacco use, obesity, etc.), and intimate partner violence than those w/<10 PMHDPM. (2005)
- Of those with mental disability, only 45% are employed. (2000)
- Males (especially elderly males) have highest suicide rates for Washtenaw County residents.(1989-2004)
- Illicit drug use rates from 2005 HIP data (7%) have increased slightly from 2000 survey (5.8%); binge drinking rates are 14%.
- Inpatient hospital discharges for alcohol or drug use or dependence decreased by 67% between 1985 and 2003 for Washtenaw County residents.
- Approximately 33-55% of the 2,700 homeless persons in Washtenaw County have mental illnesses. (2004)
- Fifteen percent of University of Michigan students report being diagnosed with depression.(2005)

### *Washtenaw County Children*

- 21% - mental disorders with at least mild functional impairment.
- 15% - receive any special education services, 10% of Washtenaw County students receive special educational services due to mental/cognitive/emotional disorders (1998-2005).
- Only half of Youth Health Improvement Plan (YHIP) 2006 survey respondents (three middle schools) identified that an adult would help them with their homework; only one third rely on parent or guardian for moral support. (2006)

\*The 'Mind Matters' publication is available at [http://www.ewashtenaw.org/government/departments/public\\_health](http://www.ewashtenaw.org/government/departments/public_health).  
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