

## Vermont Mental Health Performance Indicator Project

Vermont Agency of Human Services, Department of Mental Health  
26 Terrace Street, Montpelier, Vermont 05609

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: John Pandiani, and Walter Ochs

DATE: December 30, 2011

RE: Prevalence of Depression in Vermont and other States

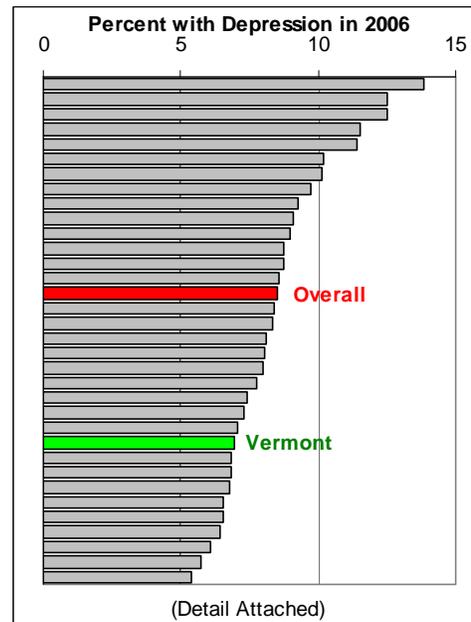
This week's brief report provides information regarding the prevalence of moderate to severe depression in Vermont and 32 other states during CY2006 (the most recent year for which this information is available for a substantial number of states). This analysis was conducted in response to a request from Cornelius Hogan, a member of Vermont's five person Green Mountain Care Board.

These data are based on responses to the U.S. Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS) telephone surveys of non-institutionalized residents during 2006. The estimated prevalence of moderate to severe depression reported here are based on 8 items in the BRFSS depression/anxiety module that focused on respondents' emotional state during the past 14 days.

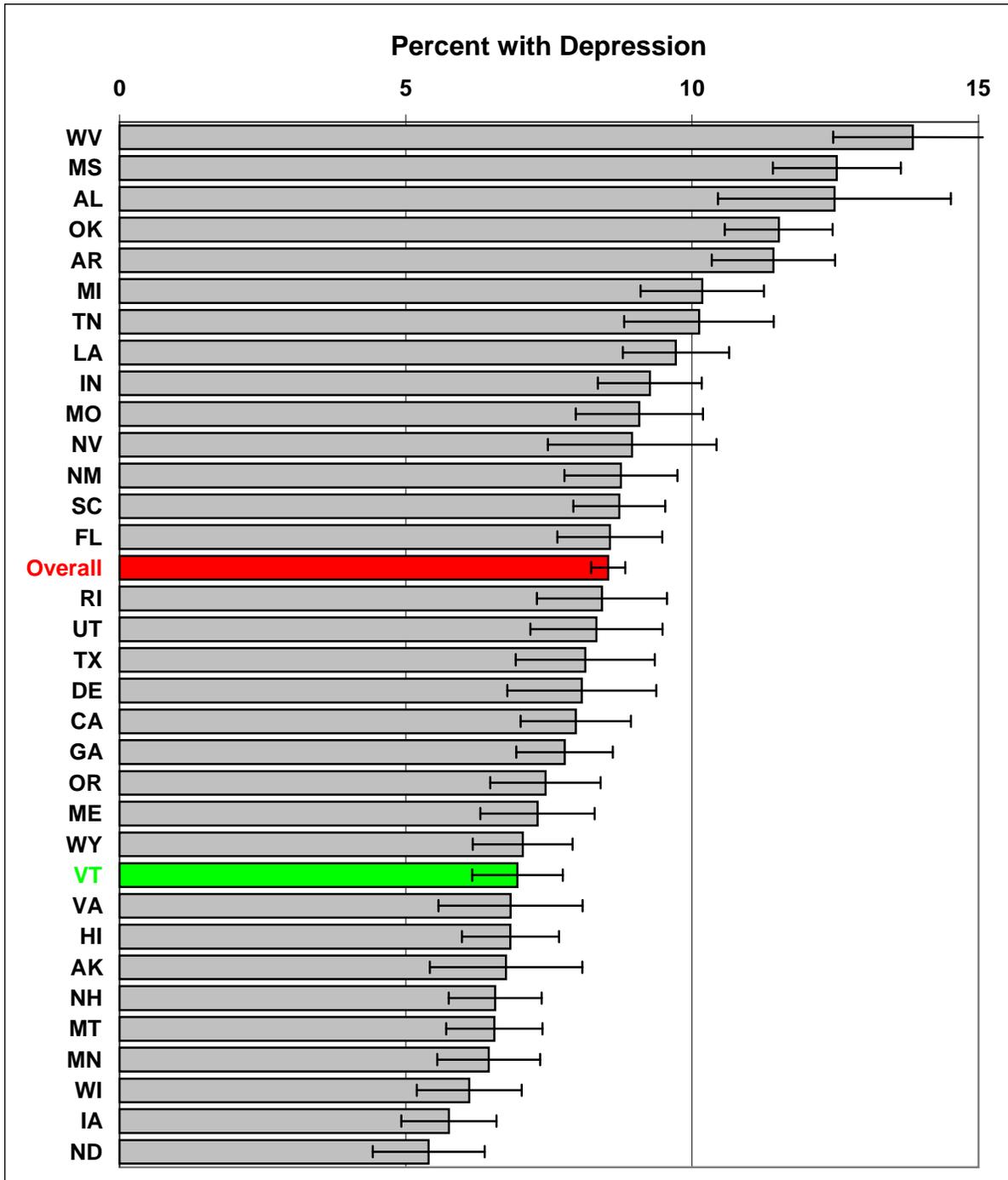
As you will see, this survey indicates that 8.5% of individuals, overall, in participating states experienced moderate to severe depression during 2006. Rates of moderate to severe depression among adults in individual states, however, varied from more than 11% in West Virginia, Mississippi and Alabama to less than 6% in Iowa and North Dakota.

Vermont, with an estimated 6.9% of its residents experiencing moderate to severe depression in 2006, ranked in the lowest third of these states, 10<sup>th</sup> from the lowest in rate among participating states.

We look forward to your interpretation of these findings and your suggestions for further analysis of these data. Please forward your comments and suggestions to [pip@state.vt.us](mailto:pip@state.vt.us) or 802.828.1703.



## Adults with Moderate to Severe Depression by State During 2006



Analysis based on data collected by the Behavior Risk Factor Surveillance System (BRFSS) surveys of adults in each state during CY2006. The BRFSS is an on-going telephone health survey system conducted by the health department of each state. The BRFSS surveys include residents and excludes institutionalized individuals. Depression was indicated by a PHQ-8 score corresponding with moderate to severe depression.

## Adults with Moderate to Severe Depression by State During 2006

<u>State</u>	<u>Percent with Depression</u>
West Virginia	13.9 ± 1.4
Mississippi	12.5 ± 1.1
Alabama	12.5 ± 2.0
Oklahoma	11.5 ± 0.9
Arkansas	11.4 ± 1.1
Michigan	10.2 ± 1.1
Tennessee	10.1 ± 1.3
Louisiana	9.7 ± 0.9
Indiana	9.3 ± 0.9
Missouri	9.1 ± 1.1
Nevada	9.0 ± 1.5
New Mexico	8.8 ± 1.0
South Carolina	8.7 ± 0.8
Florida	8.6 ± 0.9
<b>Overall</b>	<b>8.5 ± 0.3</b>
Rhode Island	8.4 ± 1.1
Utah	8.3 ± 1.2
Texas	8.1 ± 1.2
Delaware	8.1 ± 1.3
California	8.0 ± 1.0
Georgia	7.8 ± 0.8
Oregon	7.4 ± 1.0
Maine	7.3 ± 1.0
Wyoming	7.0 ± 0.9
<b>Vermont</b>	<b>6.9 ± 0.8</b>
Virginia	6.8 ± 1.3
Hawaii	6.8 ± 0.8
Alaska	6.7 ± 1.3
New Hampshire	6.6 ± 0.8
Montana	6.5 ± 0.8
Minnesota	6.4 ± 0.9
Wisconsin	6.1 ± 0.9
Iowa	5.8 ± 0.8
North Dakota	5.4 ± 1.0

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