

Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Health, Division of Mental Health
108 Cherry Street, Burlington, Vermont 05401

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

FROM: John Pandiani, Rod McCormick, and Brennan Martin

DATE: May 25, 2007

RE: Prevalence of Depression in Vermont: 2006

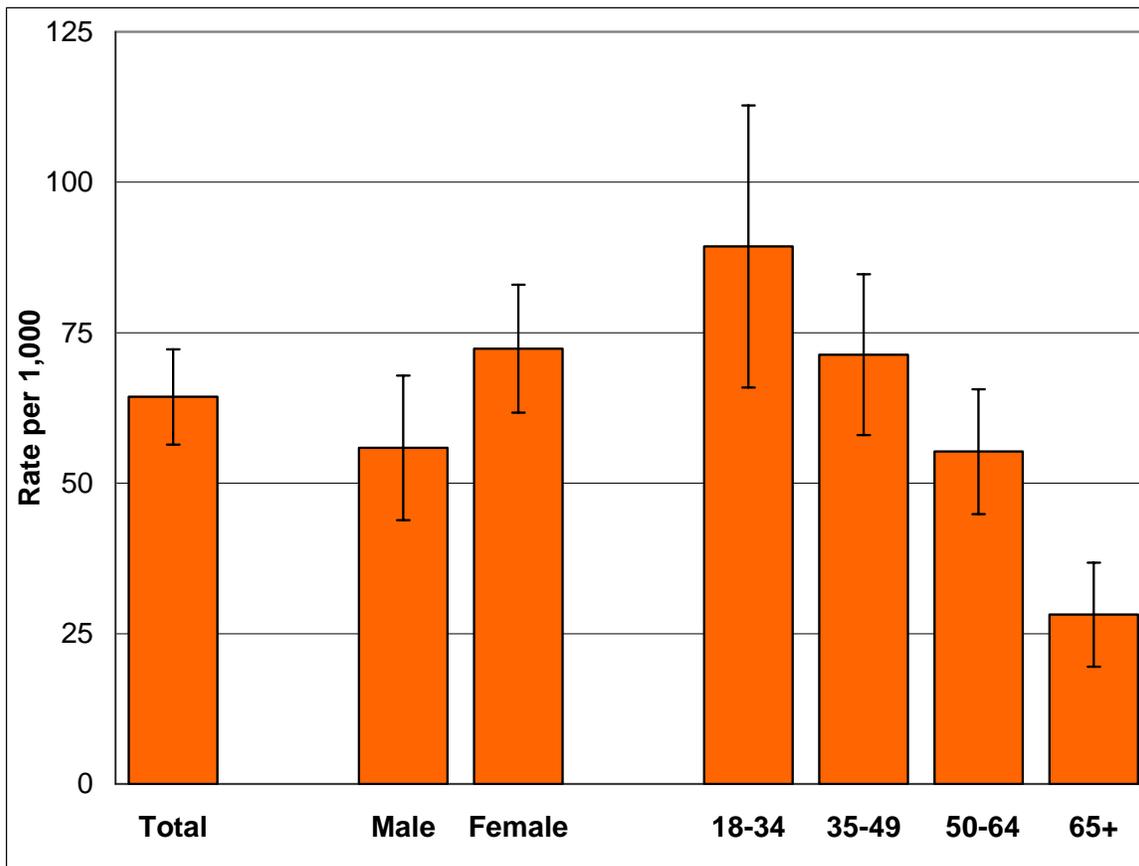
During 2006, the Vermont Department of Health Behavioral Risk Factor Surveillance System (BRFSS) survey included a 10-item module designed to estimate the prevalence of depression/anxiety in the general population of the state of Vermont. Eight items in this telephone interview asked respondents about their emotional state during the past 14 days, and two items asked if a doctor had ever told the respondent that he or she had a depressive or anxiety disorder. A copy of the survey instrument is available at <http://www.cdc.gov/brfss/questionnaires/pdf-ques/2006brfss.pdf>. This brief report provides an overview of the results of that survey.

As you will see, this survey indicates that more than 62,000 adults (13% of the adult population) indicated "mild depression", almost 20,000 (4%) indicated moderate depression, about 8,000 (2%) indicated "moderate severe" depression, and about 4,000 adults (less than 1%) indicated severe depression. In total, 93,716 adults (19% of the general population of Vermont), indicated some level of depression/anxiety during calendar year 2006.

Overall, this survey indicated that 64 of every thousand adult Vermont residents had indications of moderate, moderate-severe, or severe depression. Women were more likely than men to have such indications (72 vs. 56 per 1,000 adult population). Indications of moderate-severe or severe depression were most prevalent among young adults aged 18-34 (89 per 1,000) with prevalence decreasing to 71 per thousand in the 35-49 age group, 55 per thousand in the 50-64 year age group, and 28 per thousand in the 65+ age group.

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@vdh.state.vt.us or 802.863.7249.

**Vermont Adults with Moderate, Moderate-Severe, or Severe Depression
for FY2006 Based on the BRFSS**



	VT Adult Population	Adults with Depression		Rate per 1,000		
		Number	95% CI	Number	95% CI	
Total	491,073	31,596	± 3,890	64	± 8	
Male	238,396	13,317	± 2,868	56	± 12	
Female	252,677	18,279	± 2,689	72	± 11	
18-34	132,827	11,866	± 3,113	89	± 23	
35-49	140,318	10,012	± 1,872	71	± 13	
50-64	130,815	7,228	± 1,357	55	± 10	
65+	83,641	2,354	± 722	28	± 9	

Analysis is based on data collected by the Vermont Department of Health Behavioral Risk Factor Surveillance System (BRFSS) survey during FY2006. The BRFSS is a on-going telephone health survey system conducted by the health department of each state.