



Monitoring the Nation's Health Care

Spring 2009

Quarterly Fact Sheet from the National Center for Health Statistics

Volume 1: Issue 2

Focus: Mental Health

All data presented are most recent available.

- ◆ More than 1 in 20 Americans aged 12 and over **currently have depression** ([National Health and Nutrition Examination Survey](#), 2005-2006).
- ◆ **Over 33,000 suicides** occurred in 2006; that's about 11 deaths per 100,000 population ([National Vital Statistics System](#), 2006).
- ◆ Of visits to physician offices for chronic conditions, **9.5% were for depression** in 2006, up from 7.5% in 1996 ([National Ambulatory Medical Care Survey](#), 2006).
- ◆ Over 25 million visits to physician offices in 2006 were made to **doctors who specialized in psychiatry** ([National Ambulatory Medical Care Survey](#), 2006).
- ◆ About 41.6 million visits to physician offices in 2006 resulted in a **diagnosis of a mental disorder** ([National Ambulatory Medical Care Survey](#), 2006).
- ◆ In 2006, over **2.4 million hospital discharges** had a principal diagnosis of mental disorders, including schizophrenia or a major depressive disorder ([National Hospital Discharge Survey](#), 2006).
- ◆ **About 4.3 million emergency room visits** (3.6% of all visits) resulted in a diagnosis of a mental disorder ([National Hospital Ambulatory Medical Care Survey](#), 2006).
- ◆ About **98 million antidepressants** were prescribed at ambulatory care visits in 2006 (that's 4.2 per every 100 drug mentions). Primary care physicians prescribed over 45.7% of antidepressants, whereas medical specialty physicians prescribed 35.9% ([National Ambulatory Medical Care Survey](#), 2006).
- ◆ Of **1.5 million nursing home residents**, 244,000 have a mental disorder ([National Nursing Home Survey](#), 2004).



*May is
Mental Health
Awareness Month.*

Over the past month, nearly 10% of adults felt sad at least some of the time, and another 5% felt hopeless or worthless ([National Health Interview Survey](#), 2007).

For more information, visit the [NCHS Pressroom](#).

Recent and Upcoming Health Care Reports from NCHS

Recent releases:

- [Role of International Medical Graduates in Providing Office-Based Medical Care: United States, 2005-2006](#)
- [Pressure Ulcers Among Nursing Home Residents: United States, 2004](#)
- [Consumer-Directed Health Care for Persons Under 65 Years of Age with Private Health Insurance: United States, 2007](#)
- [Collecting Medication Data in the 2004 National Nursing Home Survey](#)

Upcoming releases:

- An Overview of the National Nursing Home Survey: Data from the 2004 National Nursing Home Survey
- Development and Implementation of the Redesigned National Nursing Home Survey
- The Redesign of the National Home and Hospice Care Survey: 2007 Data Collection
- 2007 National Home and Hospice Care Survey (NHHCS): Public Use Data File
- Use of Electronic Medical Records by Ambulatory Care Providers: United States, 2006

For an **up-to-date release schedule** and more reports, visit http://www.cdc.gov/nchs/pressroom/calendar/2009_schedule.htm.