

Serious Psychological Distress (Adults)

Serious Psychological Distress (Adults)

•Most recent data (2013): 4% or about 59,300 King County adults age 18+.

•Trend over time: Insufficient data to determine trend.

•Description: Scale score reflecting how often felt nervous, hopeless, restless, depressed, worthless, or that everything was an effort, during last 30 days

Serious psychological distress (adults), King County, 2009-2013 average

| | Percent | Lower CI | Upper CI |
|-------------------------------------|---------|----------|----------|
| King County (adults age 18+) | 3 | 3 | 4 |
| AGE | | | |
| 18-24 | 3 § | 2 § | 5 § |
| 25-44 | 3 | 2 | 4 |
| 45-64 | 4 | 3 | 5 |
| 65+ | 1 | 1 | 2 |
| GENDER | | | |
| Male | 3 | 3 | 4 |
| Female | 3 | 2 | 3 |
| RACE/ETHNICITY | | | |
| AIAN | 5 § | 2 § | 15 § |
| Asian | 2 § | 1 § | 4 § |
| Black | 4 § | 2 § | 8 § |
| Hispanic | 6 | 3 | 9 |
| Multiple | 3 § | 2 § | 7 § |
| NHPI | 4 § | 1 § | 22 § |
| White | 3 | 2 | 3 |
| HOUSEHOLD INCOME | | | |
| <\$15,000 | 15 | 11 | 20 |
| \$15,000 to \$24,999 | 5 | 3 | 8 |
| \$25,000 to \$34,999 | 3 § | 1 § | 5 § |
| \$35,000 to \$49,999 | 2 § | 1 § | 3 § |
| \$50,000 to \$74,999 | 2 | 1 | 3 |
| \$75,000+ | 1 | 0 | 1 |
| REGION | | | |
| East | 2 | 1 | 3 |
| North | 2 § | 1 § | 3 § |
| Seattle | 3 | 2 | 4 |
| South | 4 | 3 | 5 |

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

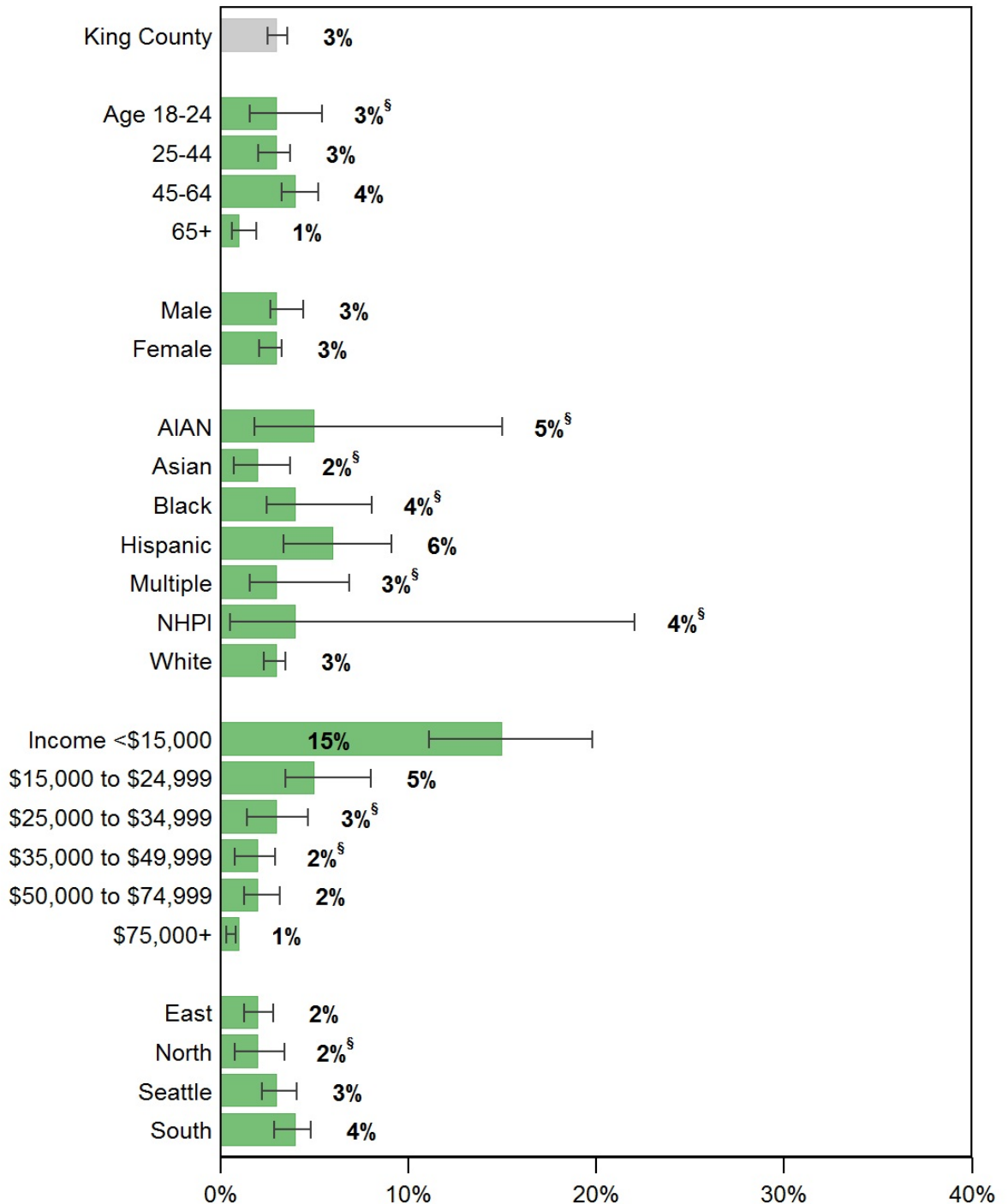
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Serious psychological distress (adults) King County, 2009-2013 average



Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

-----| Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Serious psychological distress (adults) by comparison areas

There is no Healthy People 2020 Objective for serious psychological distress (adults).

| | Latest Available Year | Percent | Lower CI | Upper CI |
|--------------------|-----------------------|---------|----------|----------|
| United States | 2009 | 4 | 4 | 4 |
| WA State | 2009 | 3 | 2 | 4 |
| King County | 2013 | 4 | 3 | 5 |

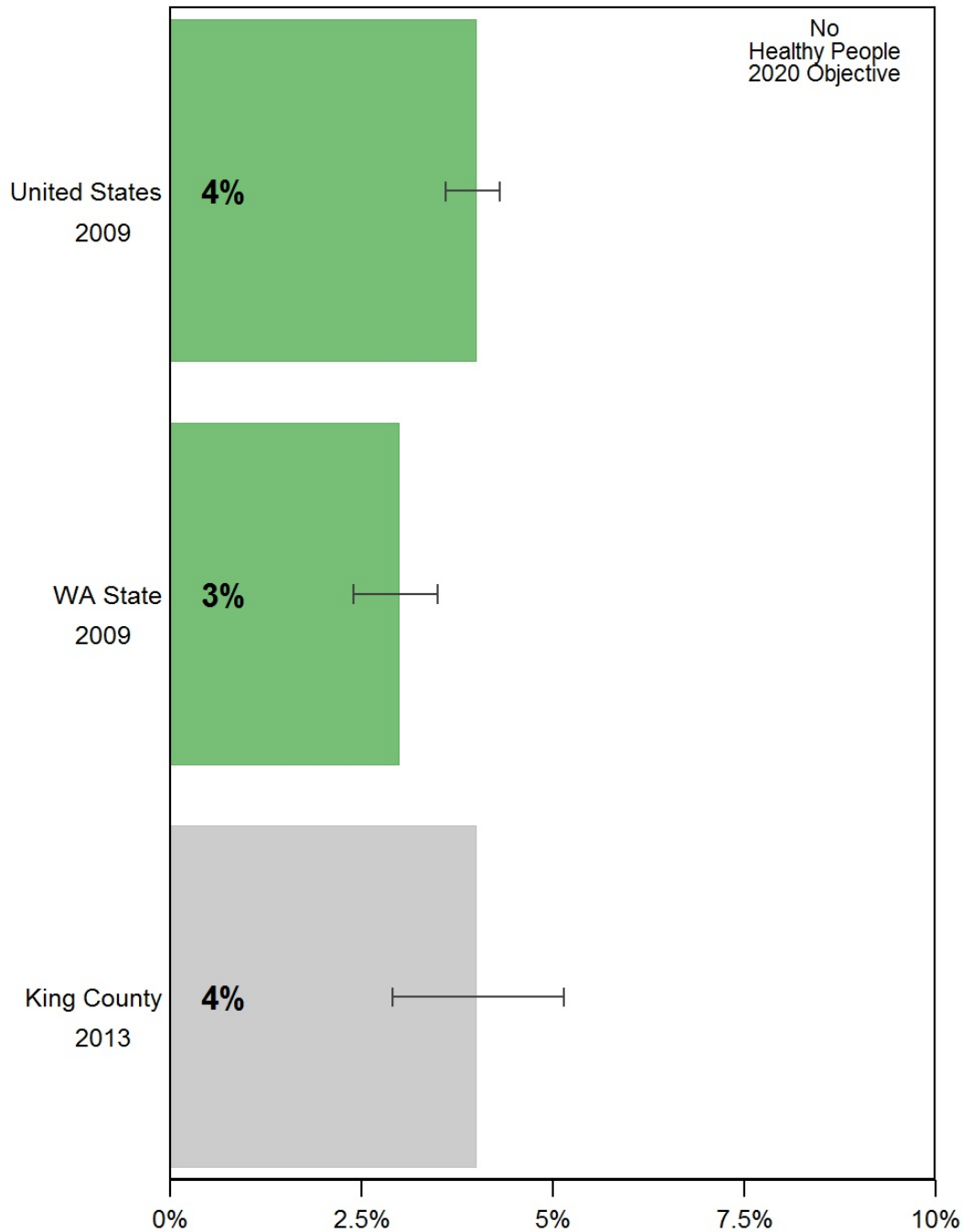
Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

CI is 95% Confidence Interval.

Serious psychological distress (adults) by comparison areas



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Serious psychological distress (adults) by health reporting areas, King County, 2009-2013 average

| | Percent | Lower CI | Upper CI |
|-------------------------------------|---------|----------|----------|
| King County (adults age 18+) | 3 | 3 | 4 |
| Auburn | 3 § | 1 § | 9 § |
| ..Auburn-North | 1 § | 0 § | 3 § |
| ..Auburn-South | 6 § | 2 § | 22 § |
| Bear Creek/Carnation/Duvall | 0 § | 0 § | 2 § |
| Bellevue | 2 § | 1 § | 5 § |
| ..Bellevue-Central | 4 § | 1 § | 12 § |
| ..Bellevue-NE | 1 § | 0 § | 5 § |
| ..Bellevue-South | 2 § | 0 § | 6 § |
| ..Bellevue-West | 3 § | 1 § | 9 § |
| Black Diamond/Enumclaw/SE County | 4 § | 1 § | 11 § |
| Bothell/Woodinville | 1 § | 0 § | 5 § |
| Burien | 6 § | 3 § | 13 § |
| Covington/Maple Valley | 2 § | 1 § | 5 § |
| Des Moines/Normandy Park | 6 § | 3 § | 12 § |
| East Federal Way | 6 § | 3 § | 13 § |
| Fairwood | 2 § | 1 § | 5 § |
| Federal Way | 5 § | 3 § | 10 § |
| ..Fed Way-Central/Military Rd | 5 § | 2 § | 12 § |
| ..Fed Way-Dash Point/Woodmont | 6 § | 2 § | 14 § |
| Issaquah | 4 § | 1 § | 13 § |
| Kenmore/LFP | 2 § | 0 § | 7 § |
| Kent | 3 § | 2 § | 6 § |
| ..Kent-East | 2 § | 1 § | 6 § |
| ..Kent-SE | 3 § | 1 § | 6 § |
| ..Kent-West | 6 § | 2 § | 20 § |
| Kirkland | 3 § | 1 § | 5 § |
| ..Kirkland | 3 § | 1 § | 6 § |
| ..Kirkland North | 2 § | 0 § | 10 § |
| Mercer Isle/Pt Cities | 3 § | 1 § | 14 § |
| Newcastle/Four Creeks | 3 § | 0 § | 16 § |
| North Highline | 3 § | 0 § | 20 § |
| Redmond | 0 § | 0 § | 2 § |
| Renton | 2 § | 1 § | 5 § |
| ..Renton-East | 0 § | 0 § | 3 § |
| ..Renton-North | 3 § | 1 § | 7 § |
| ..Renton-South | 3 § | 1 § | 10 § |
| Sammamish | 0 | N/A | N/A |
| SeaTac/Tukwila | 5 § | 2 § | 12 § |
| Seattle | 3 | 2 | 4 |
| ..Ballard | 3 § | 1 § | 8 § |
| ..Beacon/Gtown/S.Park | 6 § | 2 § | 18 § |
| ..Capitol Hill/E.lake | 4 § | 1 § | 12 § |
| ..Central Seattle | 2 § | 0 § | 7 § |
| ..Delridge | 2 § | 1 § | 7 § |
| ..Downtown | 6 § | 2 § | 16 § |
| ..Fremont/Greenlake | 1 § | 0 § | 3 § |
| ..NE Seattle | 1 § | 0 § | 6 § |
| ..North Seattle | 6 § | 3 § | 12 § |
| ..NW Seattle | 2 § | 1 § | 5 § |
| ..QA/Magnolia | 3 § | 1 § | 7 § |
| ..SE Seattle | 3 § | 1 § | 11 § |
| ..West Seattle | 3 § | 1 § | 6 § |
| Shoreline | 2 § | 1 § | 5 § |
| Snoqualmie/North Bend/Skykomish | 2 § | 1 § | 8 § |
| Vashon Island | 0 § | 0 § | 3 § |

Comparisons:

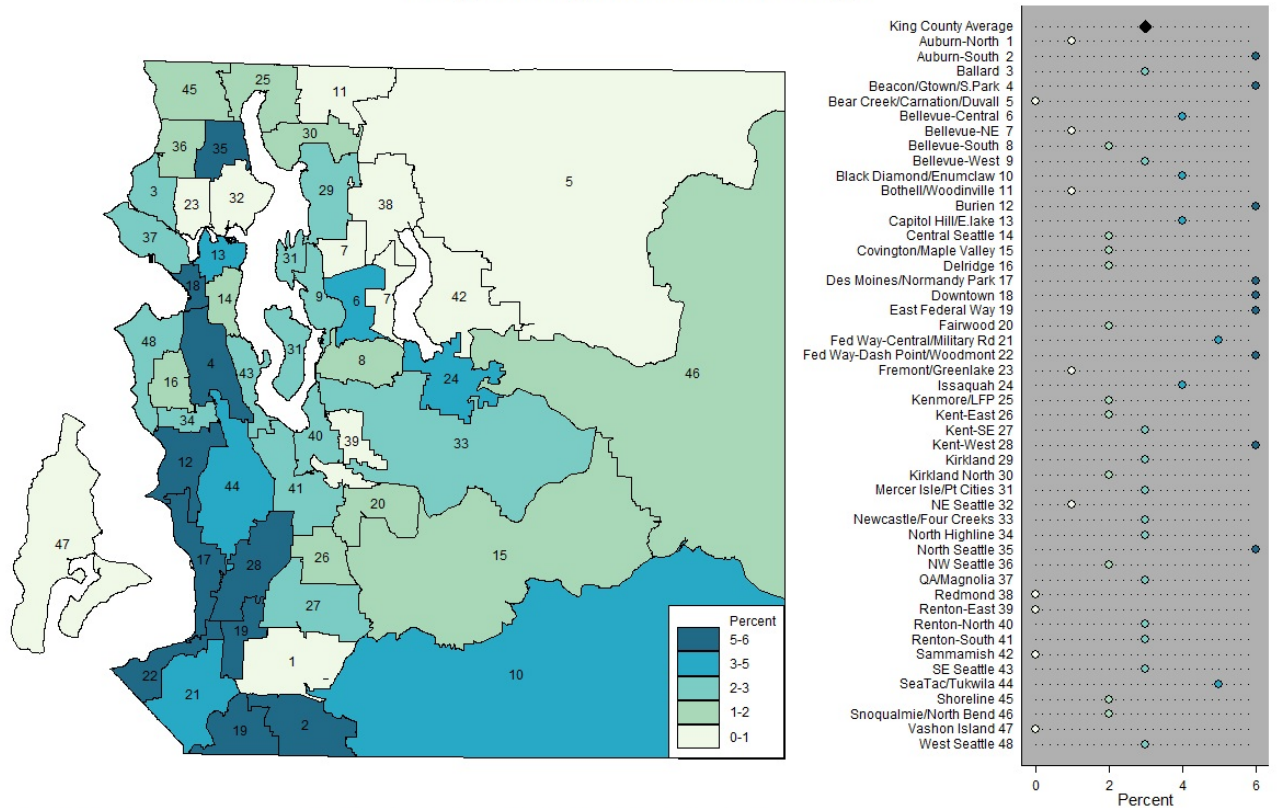
- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.
 Prepared by Public Health - Seattle & King County, APDE, 12/2014.
 N/A: Not available.
 CI is 95% Confidence Interval.
 * Too few cases to protect confidentiality and/or report reliable rates.
 § Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Serious psychological distress (adults) by health reporting areas King County, 2009-2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Has Depressive Feelings (School-Age)

Has Depressive Feelings (School-Age)

- Most recent data (2012): 27% of King County youth attending public schools in the 8th, 10th and 12th grades.
- Trend over time: 2004-12: falling
- Description: During past 12 months felt so sad/hopeless for 2 wks+ that stopped doing usual activities

Has depressive feelings (school-age), King County, 2010 and 2012

| | Percent | Lower CI | Upper CI |
|--|---------|----------|----------|
| King County (school-age youth in 8th, 10th and 12th grades) | 26 | 26 | 27 |
| GRADE | | | |
| Grade 8 | 23 | 22 | 24 |
| Grade 10 | 28 | 27 | 29 |
| Grade 12 | 28 | 27 | 29 |
| GENDER | | | |
| Male | 21 | 21 | 22 |
| Female | 31 | 30 | 32 |
| RACE/ETHNICITY | | | |
| AIAN | 33 | 29 | 37 |
| Asian | 27 | 25 | 28 |
| Black | 28 | 26 | 29 |
| Hispanic | 32 | 31 | 34 |
| Multiple | 29 | 28 | 31 |
| NHPI | 32 | 30 | 34 |
| White | 23 | 23 | 24 |
| Other | 30 | 29 | 32 |
| REGION | | | |
| East | 24 | 23 | 25 |
| North | 24 | 23 | 26 |
| Seattle | 24 | 23 | 26 |
| South | 29 | 28 | 30 |

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

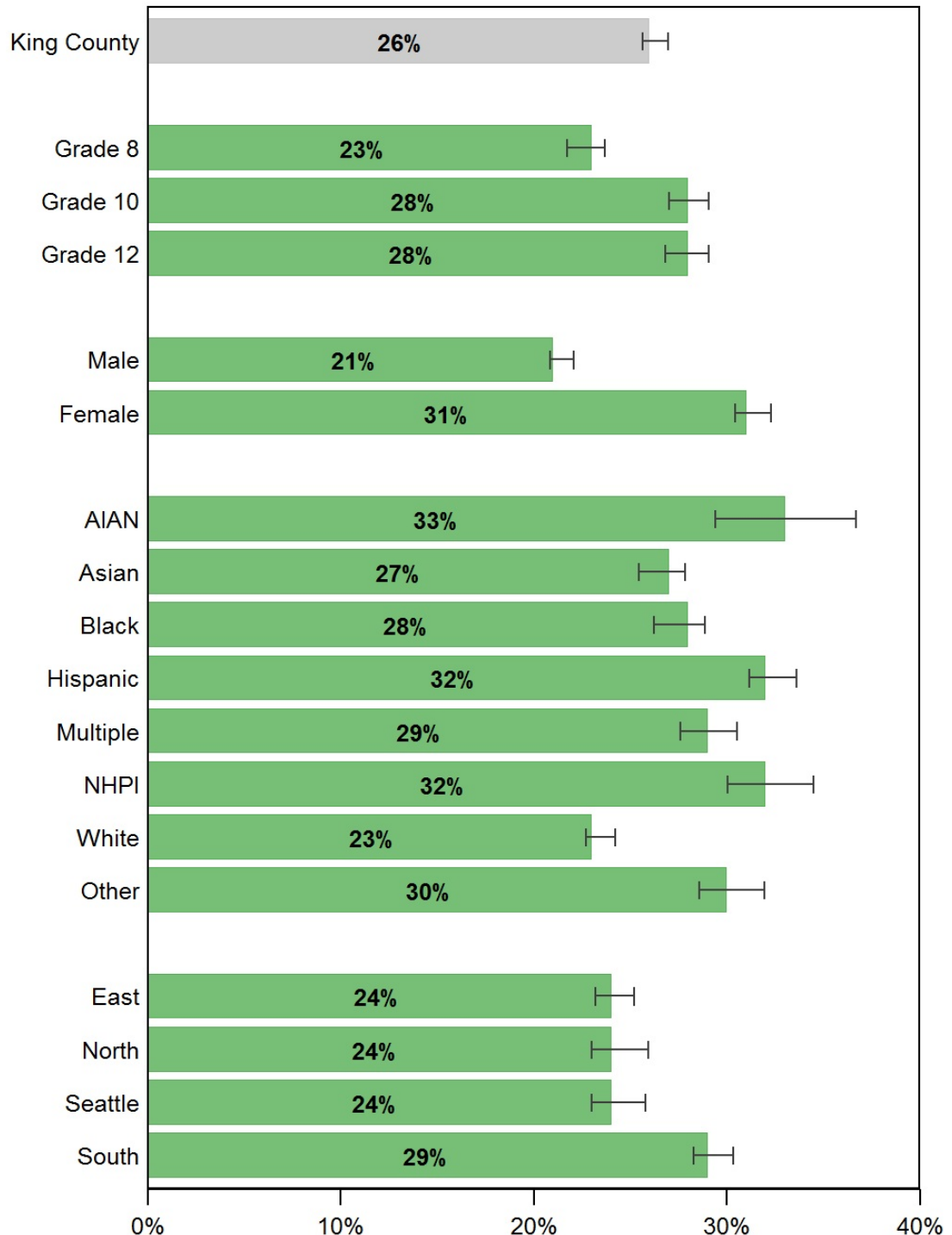
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Has depressive feelings (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

[-----] Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Has depressive feelings (school-age) by comparison areas

There is no Healthy People 2020 Objective for has depressive feelings (school-age).

| | Latest Available Year | Percent | Lower CI | Upper CI |
|--------------------|-----------------------|---------|----------|----------|
| United States | 2011 | 29 | 27 | 30 |
| WA State | 2012 | 29 | 28 | 30 |
| King County | 2012 | 27 | 26 | 28 |

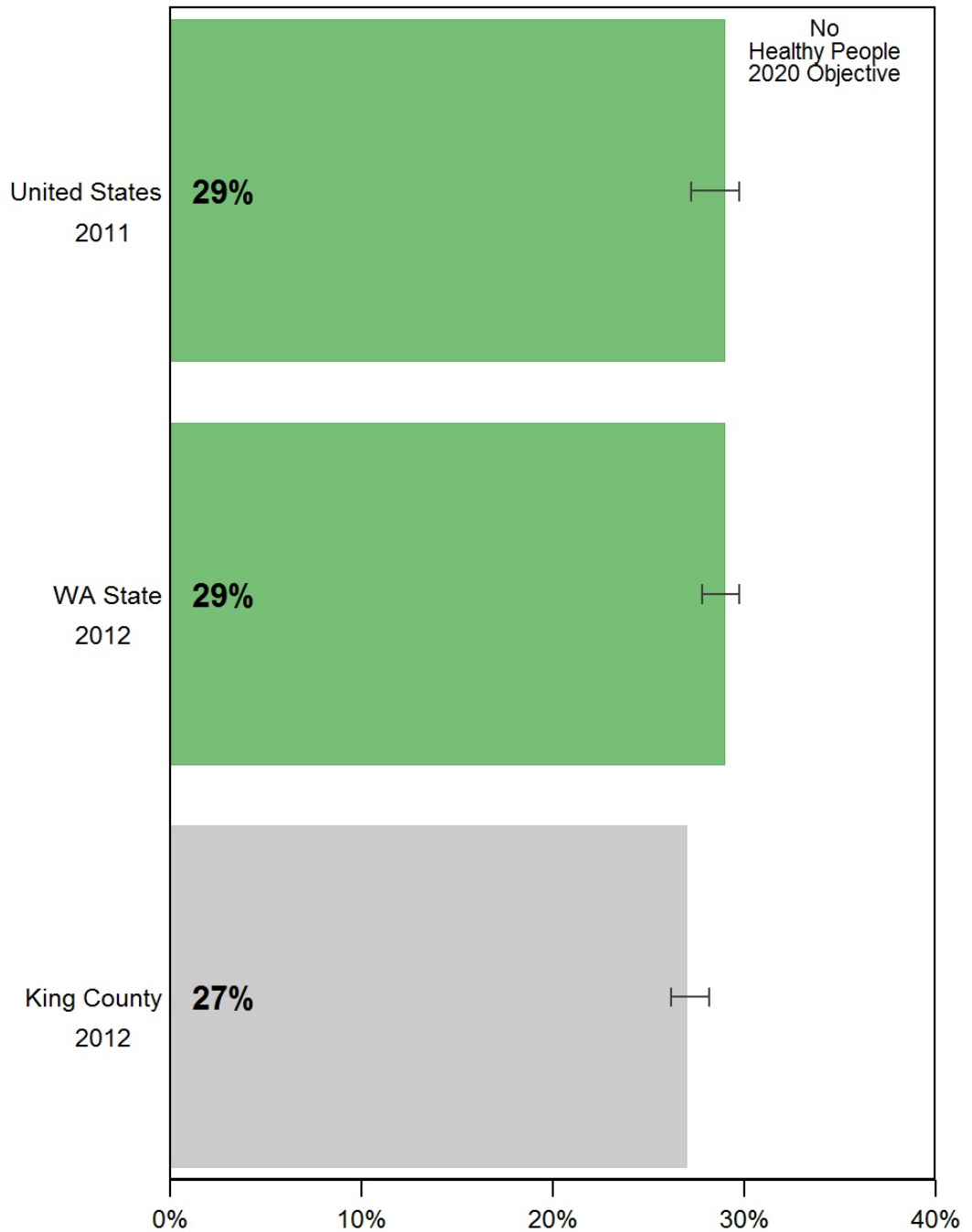
Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

CI is 95% Confidence Interval.

Has depressive feelings (school-age) by comparison areas

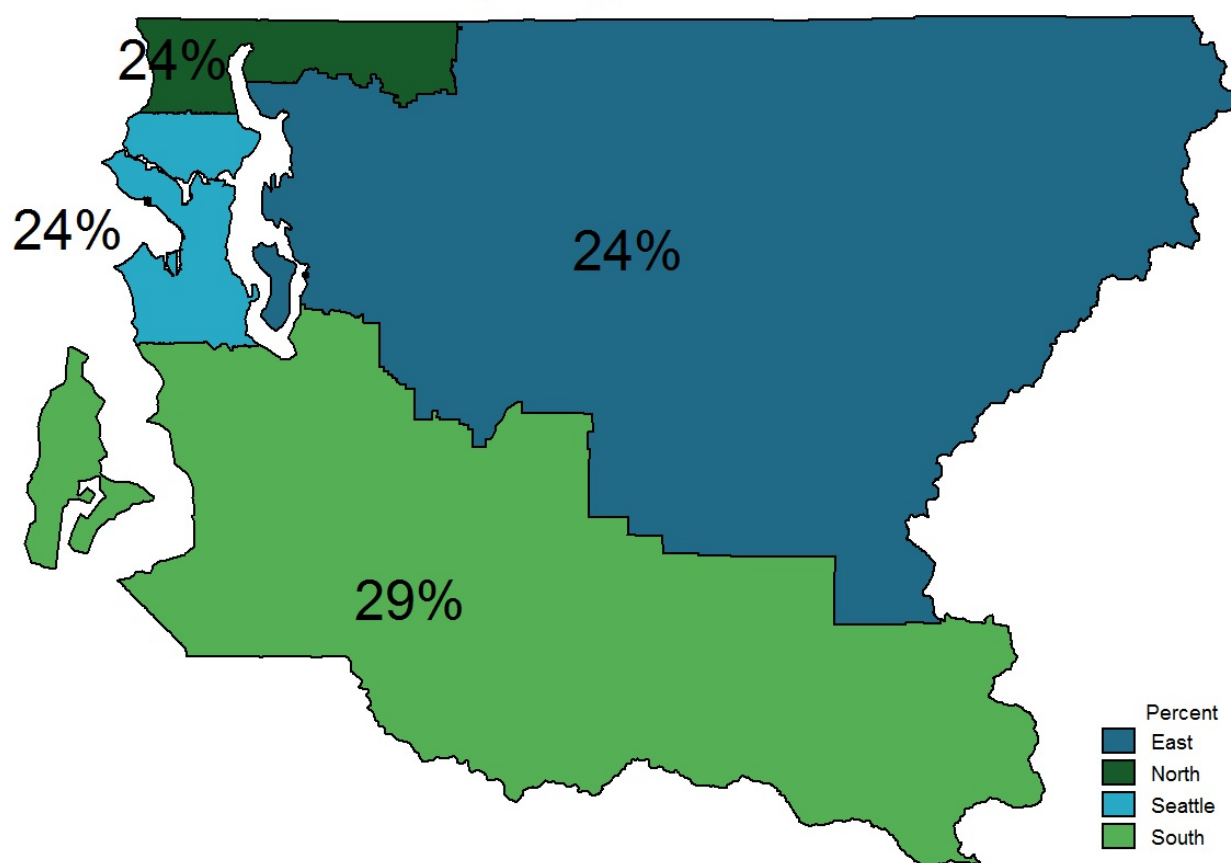


Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

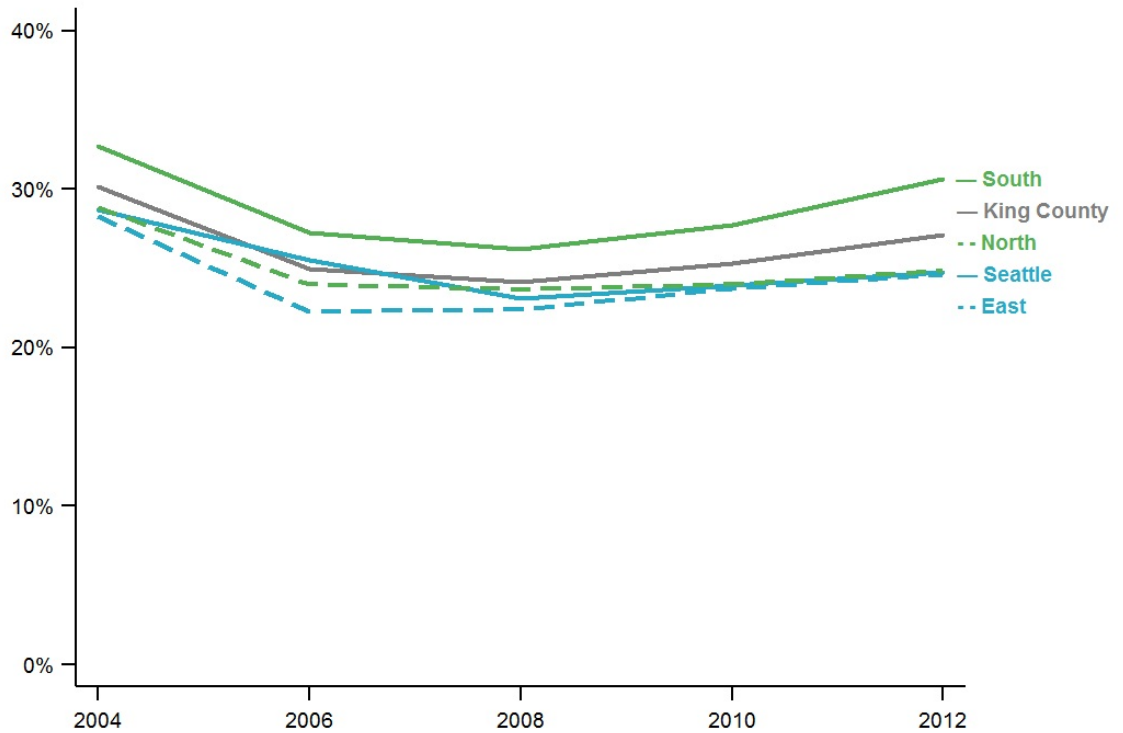
|-----| Confidence interval shows range that includes true value 95% of the time.

Has depressive feelings (school-age) by regions
King County, 2010 and 2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Has depressive feelings (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Produced by the
Assessment, Policy Development & Evaluation Unit
Public Health - Seattle & King County
12/14

King County
Hospitals
for a Healthier
Community

Frequent Mental Distress (Adults)

Frequent Mental Distress (Adults)

- Most recent data (2013): 11% or about 167,000 King County adults age 18+.
- Trend over time: 2000-13: flat
- Description: Had 14 or more days with poor mental health in the past 30 days

Frequent mental distress (adults), King County, 2009-2013 average

| | Percent | Lower CI | Upper CI |
|-------------------------------------|---------|----------|----------|
| King County (adults age 18+) | 10 | 9 | 11 |
| AGE | | | |
| 18-24 | 13 | 10 | 16 |
| 25-44 | 11 | 10 | 12 |
| 45-64 | 10 | 9 | 11 |
| 65+ | 5 | 4 | 6 |
| GENDER | | | |
| Male | 9 | 8 | 10 |
| Female | 12 | 10 | 13 |
| RACE/ETHNICITY | | | |
| AIAN | 9 § | 5 § | 16 § |
| Asian | 7 | 5 | 10 |
| Black | 14 | 10 | 19 |
| Hispanic | 13 | 10 | 17 |
| Multiple | 13 | 9 | 19 |
| NHPI | 7 § | 2 § | 21 § |
| White | 10 | 9 | 11 |
| HOUSEHOLD INCOME | | | |
| <\$15,000 | 24 | 20 | 29 |
| \$15,000 to \$24,999 | 16 | 13 | 19 |
| \$25,000 to \$34,999 | 11 | 8 | 15 |
| \$35,000 to \$49,999 | 10 | 7 | 13 |
| \$50,000 to \$74,999 | 8 | 7 | 10 |
| \$75,000+ | 6 | 5 | 7 |
| REGION | | | |
| East | 7 | 6 | 9 |
| North | 12 | 9 | 16 |
| Seattle | 10 | 9 | 12 |
| South | 12 | 10 | 13 |

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

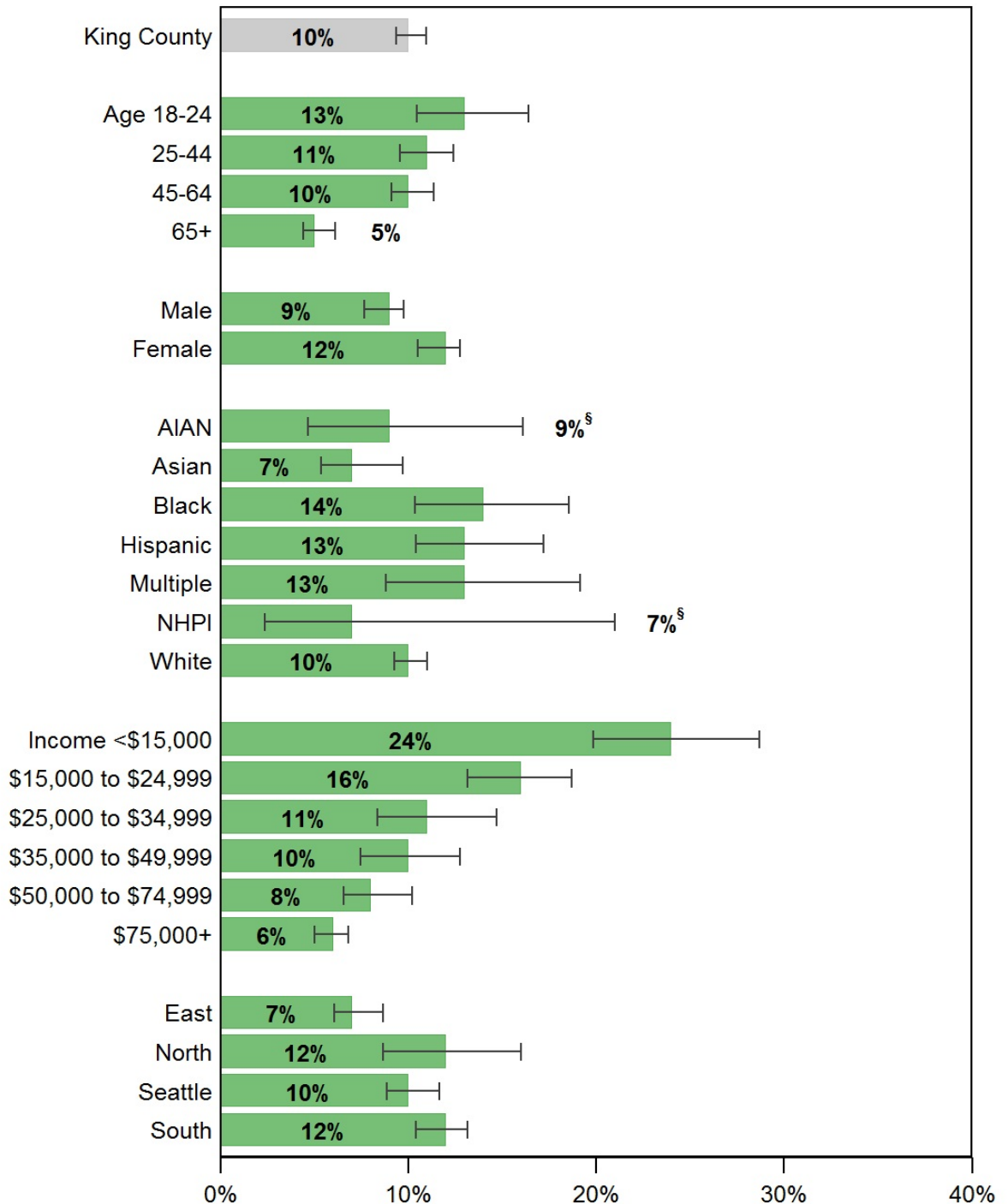
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Frequent mental distress (adults) King County, 2009-2013 average



Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

|-----| Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Frequent mental distress (adults) by comparison areas

There is no Healthy People 2020 Objective for frequent mental distress (adults).

| | Latest Available Year | Percent | Lower CI | Upper CI |
|--------------------|-----------------------|---------|----------|----------|
| United States | N/A | N/A | N/A | N/A |
| WA State | 2012 | 12 | 11 | 13 |
| King County | 2013 | 11 | 9 | 13 |

Notes:

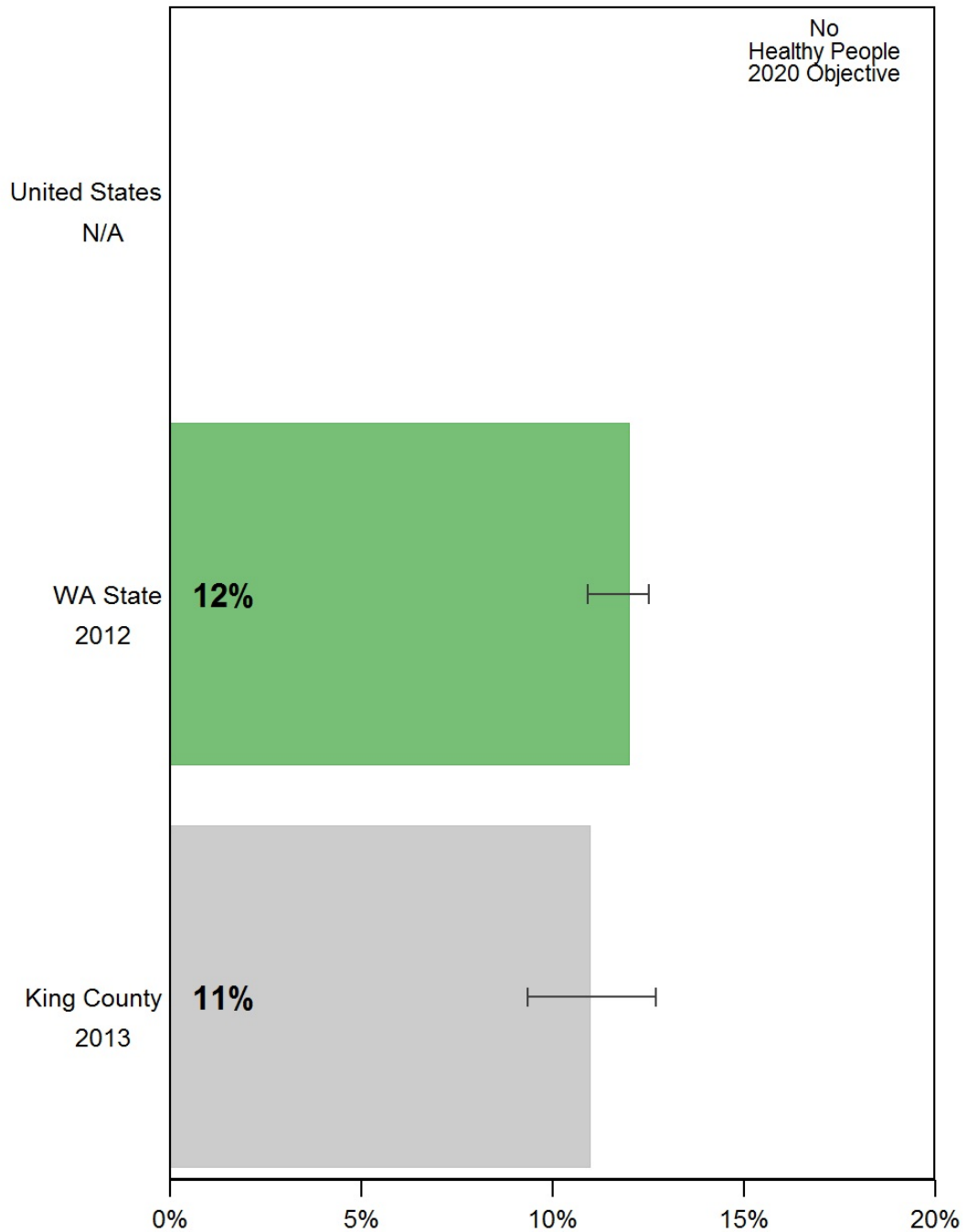
Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

N/A: Not available.

CI is 95% Confidence Interval.

Frequent mental distress (adults) by comparison areas



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Frequent mental distress (adults) by health reporting areas, King County, 2009-2013 average

| | Percent | Lower CI | Upper CI |
|-------------------------------------|---------|----------|----------|
| King County (adults age 18+) | 10 | 9 | 11 |
| Auburn | 13 | 9 | 19 |
| ..Auburn-North | 10 | 6 | 17 |
| ..Auburn-South | 17 | 9 | 28 |
| Bear Creek/Carnation/Duvall | 8 | 5 | 12 |
| Bellevue | 7 | 5 | 9 |
| ..Bellevue-Central | 7 § | 4 § | 12 § |
| ..Bellevue-NE | 10 | 6 | 17 |
| ..Bellevue-South | 5 § | 3 § | 9 § |
| ..Bellevue-West | 4 § | 2 § | 8 § |
| Black Diamond/Enumclaw/SE County | 10 | 7 | 16 |
| Bothell/Woodinville | 9 § | 5 § | 17 § |
| Burien | 15 | 10 | 22 |
| Covington/Maple Valley | 8 | 5 | 12 |
| Des Moines/Normandy Park | 11 | 7 | 18 |
| East Federal Way | 12 | 6 | 21 |
| Fairwood | 11 § | 5 § | 21 § |
| Federal Way | 13 | 9 | 19 |
| ..Fed Way-Central/Military Rd | 16 | 11 | 24 |
| ..Fed Way-Dash Point/Woodmont | 8 § | 4 § | 16 § |
| Issaquah | 11 § | 5 § | 23 § |
| Kenmore/LFP | 13 | 8 | 22 |
| Kent | 15 | 11 | 19 |
| ..Kent-East | 16 | 9 | 28 |
| ..Kent-SE | 15 | 11 | 21 |
| ..Kent-West | 13 § | 7 § | 24 § |
| Kirkland | 6 | 4 | 9 |
| ..Kirkland | 7 | 4 | 11 |
| ..Kirkland North | 6 | 3 | 9 |
| Mercer Isle/Pt Cities | 9 | 5 | 15 |
| Newcastle/Four Creeks | 6 § | 3 § | 12 § |
| North Highline | 12 § | 6 § | 24 § |
| Redmond | 8 § | 4 § | 15 § |
| Renton | 11 | 8 | 16 |
| ..Renton-East | 6 § | 3 § | 11 § |
| ..Renton-North | 15 | 8 | 25 |
| ..Renton-South | 13 | 8 | 20 |
| Sammamish | 8 | 4 | 13 |
| SeaTac/Tukwila | 9 | 5 | 15 |
| Seattle | 10 | 9 | 12 |
| ..Ballard | 9 | 5 | 16 |
| ..Beacon/Gtown/S.Park | 17 | 9 | 28 |
| ..Capitol Hill/E.lake | 11 | 7 | 17 |
| ..Central Seattle | 8 | 5 | 13 |
| ..Delridge | 12 | 7 | 18 |
| ..Downtown | 14 | 9 | 22 |
| ..Fremont/Greenlake | 11 | 7 | 17 |
| ..NE Seattle | 10 | 6 | 15 |
| ..North Seattle | 10 | 6 | 15 |
| ..NW Seattle | 7 | 4 | 12 |
| ..QA/Magnolia | 10 | 6 | 15 |
| ..SE Seattle | 12 | 7 | 18 |
| ..West Seattle | 8 | 5 | 13 |
| Shoreline | 10 | 6 | 15 |
| Snoqualmie/North Bend/Skykomish | 7 | 4 | 11 |
| Vashon Island | 6 § | 2 § | 14 § |

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

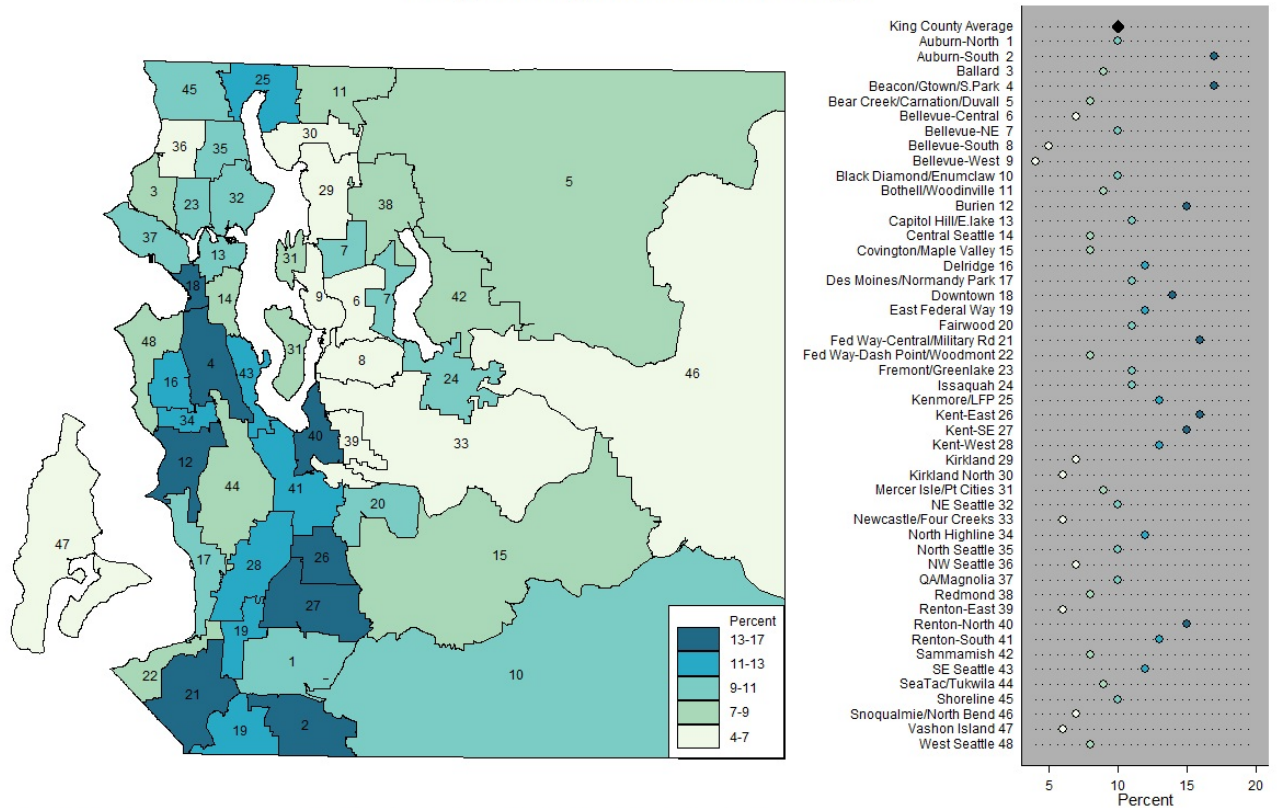
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

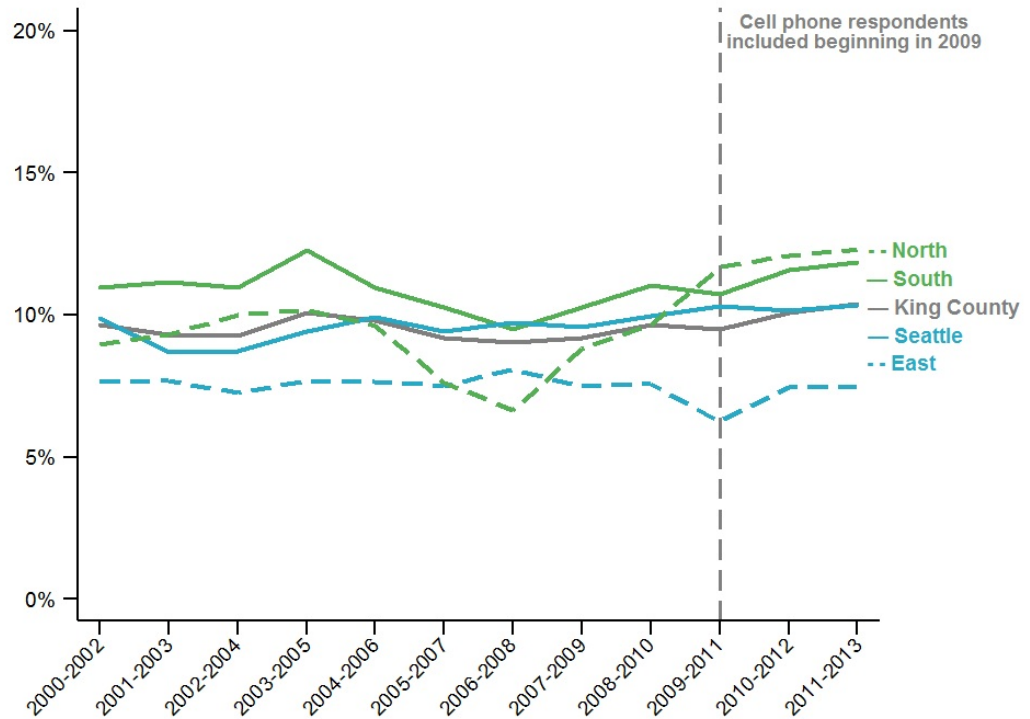
Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Frequent mental distress (adults) by health reporting areas King County, 2009-2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Frequent mental distress (adults) **King County, 2000-2013, three-year rolling averages**



Source: Behavioral Risk Factor Surveillance System.
 Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Binge Drinking (School-Age)

Binge Drinking (School-Age)

- Most recent data (2012): 14% of King County youth attending public schools in the 8th, 10th and 12th grades.
- Trend over time: 2004-12: falling
- Description: Had 5 or more alcoholic drinks in a row in past 14 days

Binge drinking (school-age), King County, 2010 and 2012

| | Percent | Lower CI | Upper CI |
|--|---------|----------|----------|
| King County (school-age youth in 8th, 10th and 12th grades) | 14 | 13 | 15 |
| GRADE | | | |
| Grade 8 | 6 | 5 | 6 |
| Grade 10 | 13 | 13 | 14 |
| Grade 12 | 23 | 22 | 25 |
| GENDER | | | |
| Male | 16 | 14 | 17 |
| Female | 13 | 12 | 14 |
| RACE/ETHNICITY | | | |
| AIAN | 20 | 17 | 24 |
| Asian | 8 | 7 | 9 |
| Black | 15 | 14 | 17 |
| Hispanic | 18 | 17 | 19 |
| Multiple | 15 | 14 | 16 |
| NHPI | 18 | 16 | 20 |
| White | 15 | 14 | 17 |
| Other | 12 | 11 | 14 |
| REGION | | | |
| East | 15 | 13 | 17 |
| North | 13 | 11 | 16 |
| Seattle | 15 | 13 | 17 |
| South | 14 | 13 | 15 |

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

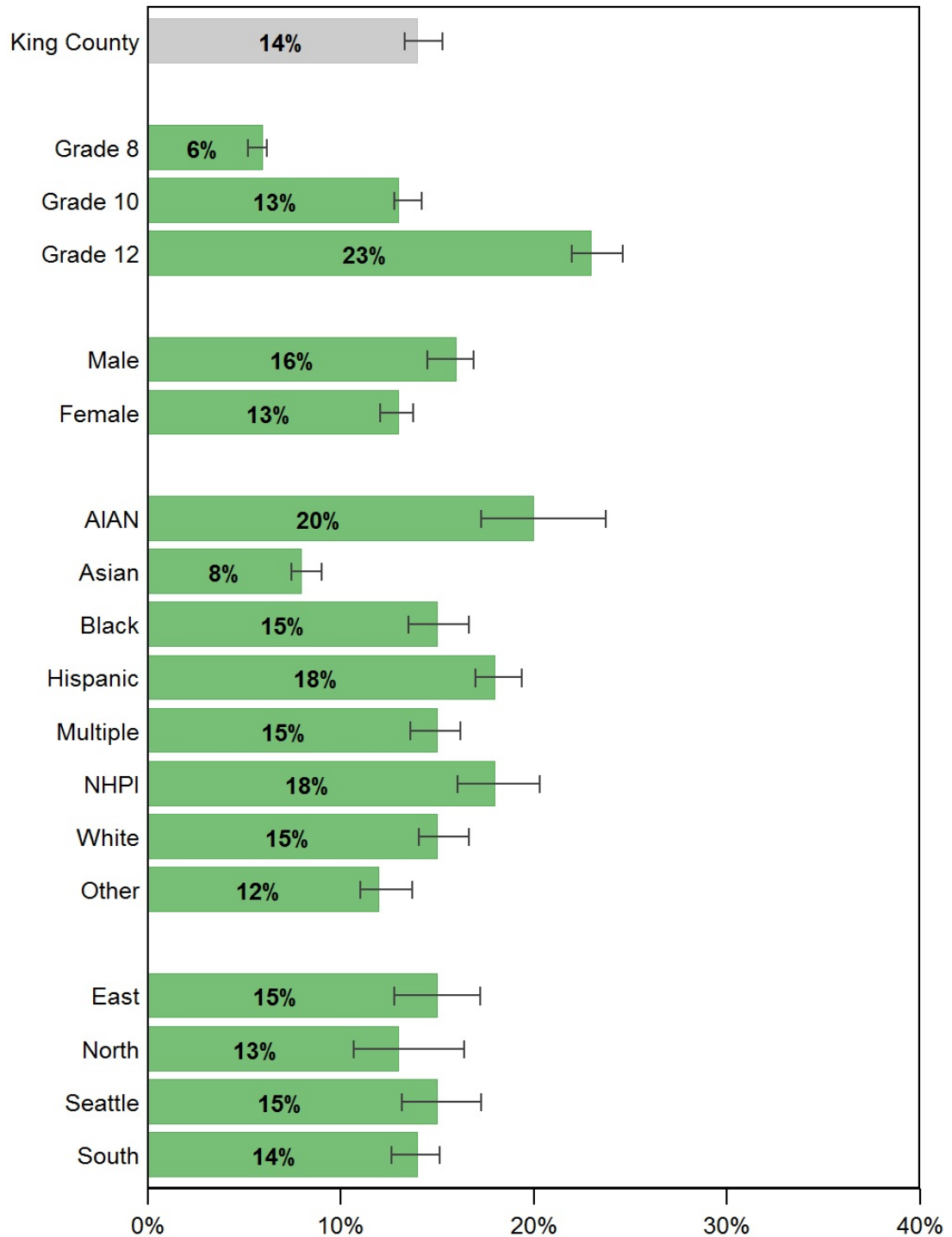
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Binge drinking (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

[-----] Confidence interval shows range that includes true value 95% of the time.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Data by income or poverty level not available.

Binge drinking (school-age) by comparison areas

The Healthy People 2020 Objective for binge drinking (school-age) is 23%.

| | Latest Available Year | Percent | Lower CI | Upper CI |
|--------------------|-----------------------|---------|----------|----------|
| United States | 2011 | 22 | 21 | 23 |
| WA State | 2012 | 13 | 12 | 15 |
| King County | 2012 | 14 | 13 | 15 |

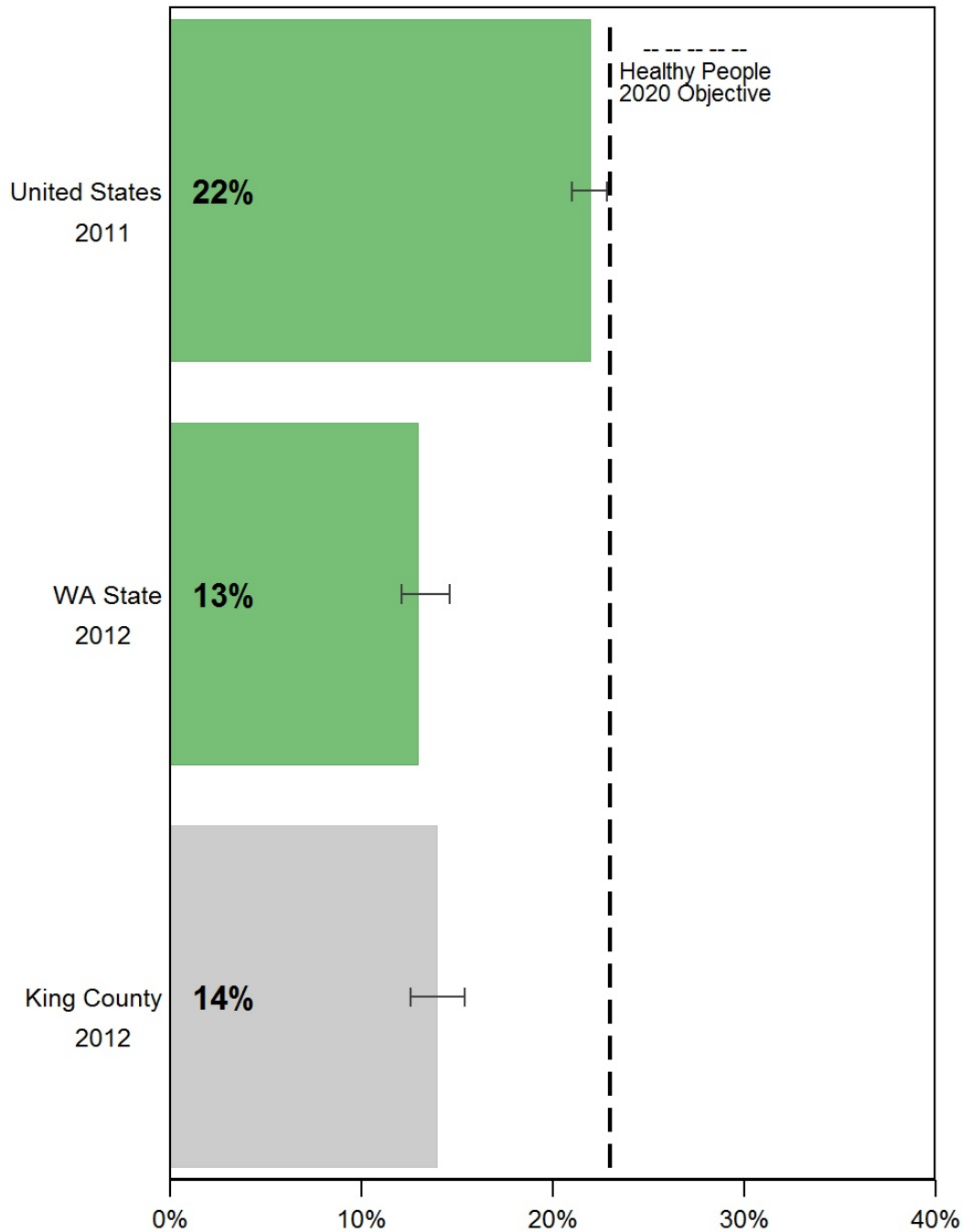
Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

CI is 95% Confidence Interval.

Binge drinking (school-age) by comparison areas

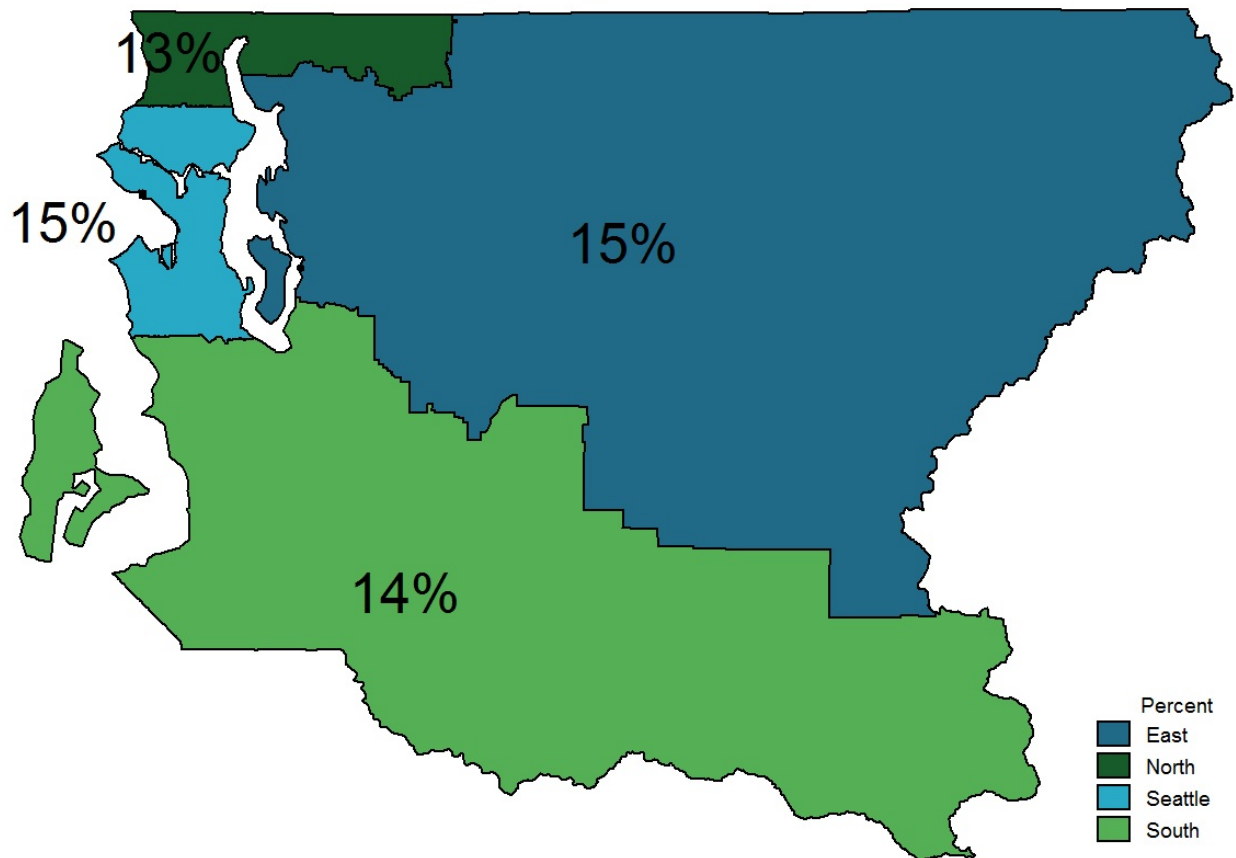


Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

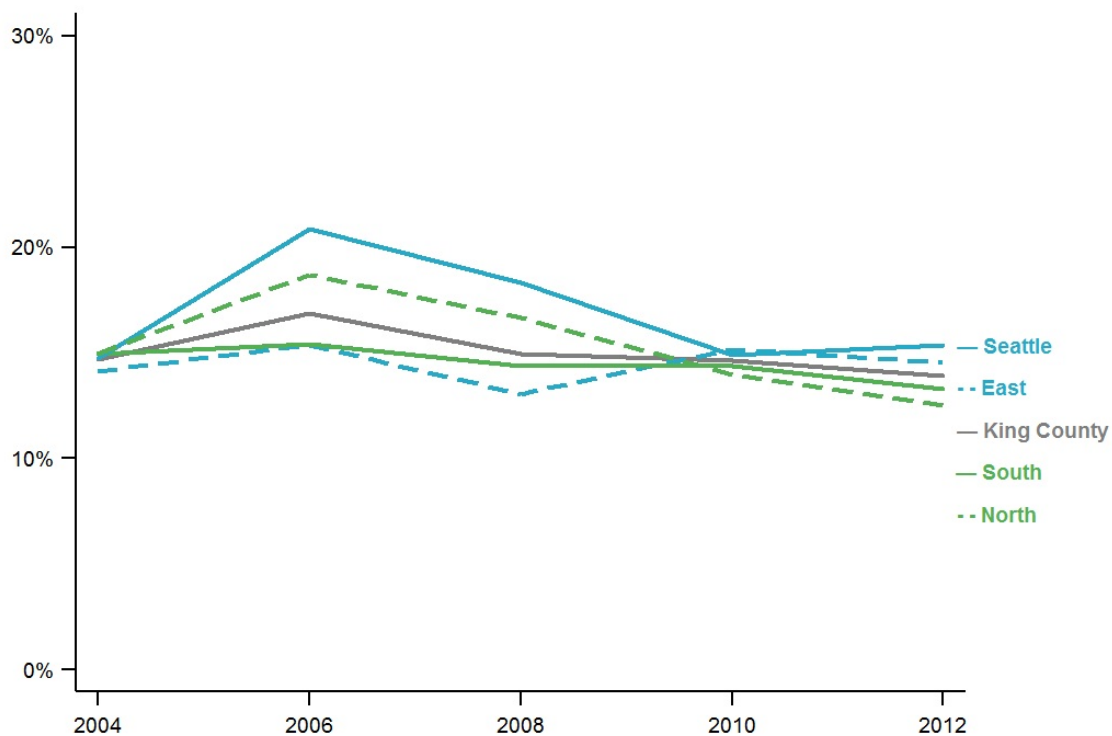
|-----| Confidence interval shows range that includes true value 95% of the time.

**Binge drinking (school-age) by regions
King County, 2010 and 2012**



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Binge drinking (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Produced by the
Assessment, Policy Development & Evaluation Unit
Public Health - Seattle & King County
12/14

King County
Hospitals
for a Healthier
Community