



Mental Health: Working to Close the Disparity Gaps

Colorado Health Report Card Data Spotlight

By

Colorado Health Foundation

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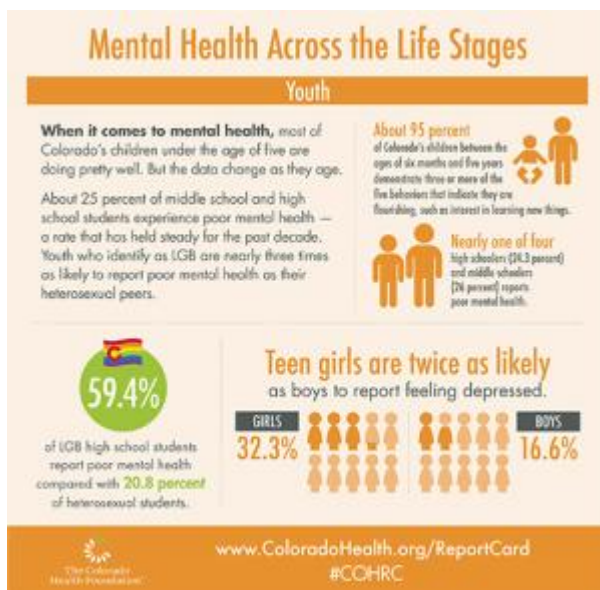
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This Data Spotlight, [Mental Health: Working to Close the Disparity Gaps](#), reveals some of us struggle more than others, experiencing complex and severe symptoms. It shows how Coloradans are faring when it comes to mental health across the life stages and different demographics, illustrating who is — and who is not — accessing care and why. This Data Spotlight takes a closer look at suicide in Colorado and assesses policies aimed at addressing mental health in the state.

Youth

When it comes to mental health, most of Colorado’s children under the age of five are doing pretty well. But about 25 percent of middle school and high school students experience poor mental health.



Adults

Nearly 14 percent of Colorado adults report poor mental health. And disparities persist among LGB adults and those living in some rural communities.

Mental Health Across the Life Stages

Adults

Nearly 14 percent of Colorado adults report poor mental health.
This important marker has changed little over the past decade. However, disparities persist among LGB adults and among those living in some rural communities.

Adult Poor Mental Health Varies by Region

One of Ten
10.5 percent Colorado moms shows symptoms of postpartum depression.

Nearly three of four (74.7 percent) new moms received prenatal care that included discussion of pregnancy-related depression.

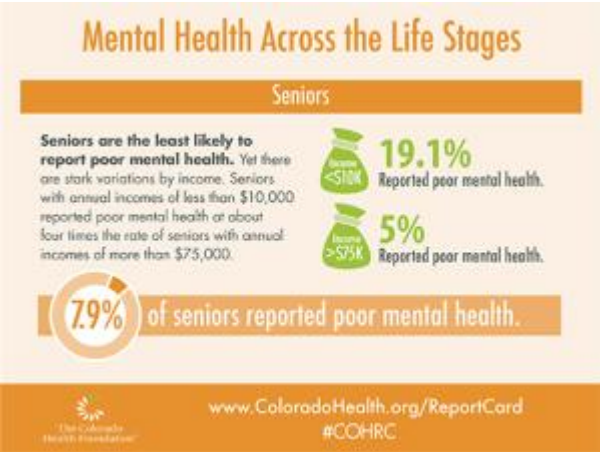
34.8% of LGB adults reported at least eight days of poor mental health in the last month compared with 11.1 percent of heterosexual Coloradans.

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The Colorado Health Foundation

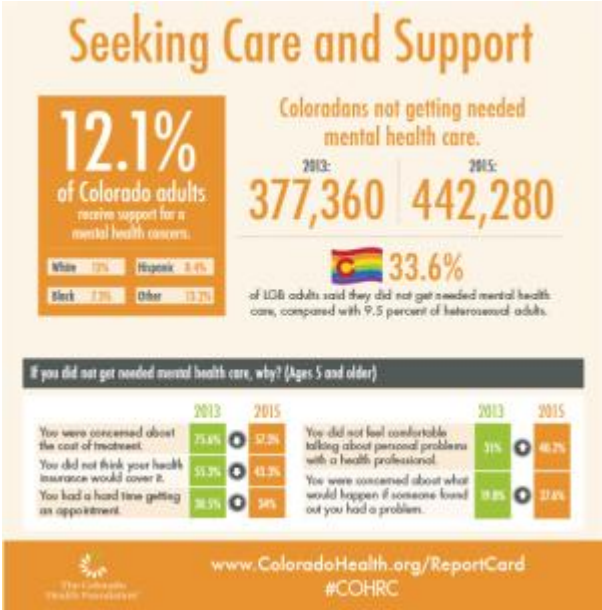
Seniors

Only 7.9 percent of seniors report poor mental health. Seniors with annual incomes of less than \$10,000 reported poor mental health at about four times the rate of seniors with annual incomes of more than \$75,000.



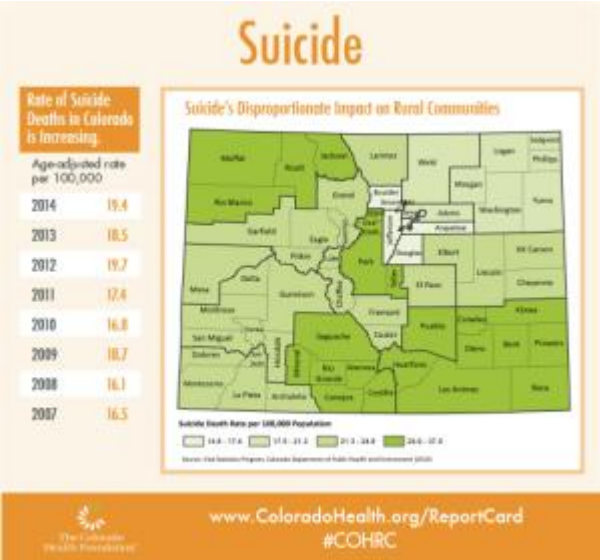
Seeking Care and Support

In 2015, 442,280 of Coloradans did not receive needed mental health care. And 33.6 percent of LGB adults did not receive needed care, compared to 9.6 percent of heterosexual adults.



Suicide

In 2014, there were 19.4 percent of suicides for each 100,000 residents. And stark disparities exist for those likely to commit suicide, with individuals ages 45-54, men and individuals in rural regions with the highest number of deaths by suicide.



More Information:

- [Mental Health: Working to Close the Disparity Gaps](#)
- [Moving the Needle on Mental Health](#)



Report

~~Dec 15, 2016~~

[Rural Health Reporting Card of Necessity](#)

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Where Health Happens: Health Begins Where Coloradans Live, Learn, Work and Play

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