What are the current costs and outcomes related to mental health and substance abuse disorders?
Eighteen percent of adults in the United States have a mental, behavioral, or emotional disorder

12-month prevalence of any mental illness among adults ages 18+, by gender, age, and race, 2014

* NH/OPI = Native Hawaiian/Other Pacific Islander ** AI/AN = American Indian/Alaska Native


Peterson-Kaiser Health System Tracker
The prevalence of mental illness among adults has been relatively stable

12-month prevalence of any mental illness among adults ages 18+, by age group, 2008-2014


Peterson-Kaiser Health System Tracker
Phobias and major depression are the most common mental health disorders among adults in the U.S.

12-month prevalence of mental illness among adults ages 18+, by disorder, early 2000s

- Any mental illness*: 18.1%
- Specific Phobia (e.g. of heights, spiders, flying): 8.7%
- Social Phobia: 6.8%
- Major Depression*: 6.6%
- Avoidant Personality Disorder: 5.2%
- Attention Deficit/Hyperactivity Disorder: 4.1%
- Post-Traumatic Stress Disorder: 3.5%
- Generalized Anxiety Disorder: 3.1%
- Panic Disorder: 2.7%
- Bipolar Disorder: 2.6%
- Borderline Personality Disorder: 1.6%
- Dysthymic Disorder: 1.5%
- Binge Eating Disorder: 1.2%
- Schizophrenia**: 1.1%
- Antisocial Personality Disorder: 1.0%
- Obsessive Compulsive Disorder: 1.0%
- Agoraphobia: 0.8%
- Bulimia Nervosa: 0.3%

*Prevalence data for any mental illness and major depression prevalence are for 2014. Any mental illness does not include substance abuse disorders. **Prevalence for schizophrenia is from a 1993 study.


Peterson-Kaiser Health System Tracker
Major depression occurs relatively more often among women, young adults, whites, and Pacific Islanders.

12-month prevalence of major depressive episode among adults ages 18+, 2014

* NH/OPI = Native Hawaiian/Other Pacific Islander ** AI/AN = American Indian/Alaska Native


**Peterson-Kaiser Health System Tracker**
Serious mental illness is more prevalent among adults who are uninsured and those who are poor

12-month prevalence of serious mental illness among adults, by insurance status and poverty status, 2014


Peterson-Kaiser Health System Tracker
ADHD is the most prevalent mental health disorder among children in the United States

12-month prevalence of mental disorders among children ages 8 to 15, 2001-2004


Peterson-Kaiser Health System Tracker
Alcohol dependence or abuse is the most commonly reported substance use disorder

Number of people age 12+ reporting having a drug use disorder, by substance, in millions, 2014

- Alcohol use disorder: 17
- Illicit drug use disorder: 7.1
- Marijuana use disorder: 4.2
- Pain reliever use disorder: 1.9
- Cocaine use disorder: 0.9
- Heroin use disorder: 0.6


Peterson-Kaiser Health System Tracker
Alcohol dependence or abuse is relatively high among those ages 18-25 and more prevalent among males.

12-month prevalence among population age 12+, by gender and age, 2014


Peterson-Kaiser Health System Tracker
Almost 3% of people age 12 or older reported illicit drug dependence or abuse in the past year

12-month prevalence among population age 12+, by gender, age, and race/ethnicity, 2014


Peterson-Kaiser Health System Tracker
The U.S. suicide rate has grown since 2006

Age-adjusted suicide rates, by sex, 1999-2014

Peterson-Kaiser Health System Tracker
Nine percent of adults who have suicidal thoughts report using an illicit drug

Suicidal thoughts in the past year among all adults age 18+ and among past year users of illicit drugs, 2014

Note: Difference between estimated prevalence for all adults and each type of illicit drug use is significant for all shown values at the .05 level.

Peterson-Kaiser Health System Tracker
Drug or alcohol dependence or abuse is linked to higher likelihood of suicidal thoughts and behavior

Suicidal thoughts and behavior in the past year among adults with and without drug or alcohol problem, 2014

- **Drug or alcohol dependence or abuse**
  - Had serious thoughts of suicide: 11.9%
  - Made any suicide plans: 3.9%
  - Attempted suicide: 2.1%

- **No drug or alcohol dependence or abuse**
  - Had serious thoughts of suicide: 3.2%
  - Made any suicide plans: 0.9%
  - Attempted suicide: 0.3%


Peterson-Kaiser Health System Tracker
The U.S. has seen a sharp increase in deaths due to prescription painkiller overdose since 2001

Deaths from prescription opioid painkiller overdose, by sex, 2001-2014

Over 4 in 10 Americans know someone who has been addicted to prescription painkillers

Percentage of respondents with the following answers to questions asked in April 2016:

Do you personally know anyone who has ever been addicted to prescription painkillers, or not?

- Yes: 44%
- No: 55%
- Don’t know/Refused: 1%

Asked of those who reported knowing someone who has been addicted: Who do you know that has ever been addicted to prescription painkillers?

- An acquaintance: 26%
- A close friend: 21%
- A family member: 20%
- Yourself: 2%


Peterson-Kaiser Health System Tracker
When deaths from mental and behavioral problems are caused by underlying opioid use, it is largely among people age 25 to 64

Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2014 on CDC WONDER Online Database, released 2015. Data are from the Multiple Cause of Death Files, 1999-2014, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at http://wonder.cdc.gov/ucd-icd10.html on Mar 29, 2016 5:14:30 PM

Peterson-Kaiser Health System Tracker
Serious mental illness, substance abuse, or both may affect up to half of adults in homeless shelters

Point-in-time percent of adults in shelters with serious mental illness and/or substance abuse, 2010 estimates

Serious mental illness: 26%
Chronic substance abuse: 35%
Estimated total with severe mental illness and/or chronic substance abuse*: 46%

Note: *Based on co-occurrence of mental illness and substance abuse observed among adults in permanent supportive housing.

Peterson-Kaiser Health System Tracker
In the early 2000s, over half of those incarcerated in state and local prisons had a mental health problem within the year.


- **State Prison**: 56%
- **Federal Prison**: 45%
- **Local Jail**: 64%

**Note**: State and federal prison data are from a 2004 survey conducted by the Department of Justice. Local jail data are from a 2002 Department of Justice survey.

**Peterson-Kaiser Health System Tracker**
One in five Americans report they or a family member did not receive mental health services

Percentage of respondents with the following answers to questions asked in April 2016:

Was there ever a time when you or another family member in your household thought you might need mental health services but did not get them?

- Yes: 21%
- No: 78%
- Don’t know/Refused: 1%

Of those who reported not receiving care, the following percentage reported the reason for foregoing care as:

- Couldn’t afford the cost: 13%
- Insurance wouldn’t cover it: 12%
- Afraid or embarrassed to seek care: 10%
- Didn’t know where to go to get care: 8%


Peterson-Kaiser Health System Tracker
Fewer adults experiencing serious psychological distress are seeing or speaking with a mental health professional

Percentage of adults aged 18–64 with and without serious psychological distress who have seen or talked to a mental health professional in the past 30 days, 2012–September 2015


Peterson-Kaiser Health System Tracker
About 30 percent of adults with serious mental illness are not receiving mental health treatment

Percent of adults needing care who received treatment in the past year, by mental illness category (age 18+) or substance use disorder (age 12+), 2014

- **Any mental illness**: 44.7%
- **Serious mental illness**: 68.5%
- **Illicit drug use disorder**: 30.4%
- **Alcohol use disorder**: 15.3%


**Note:** The NSDUH defines needing substance use treatment as either having an SUD in the past year or receiving specialty facility treatment for the use of illicit drugs or alcohol. Need for illicit drug use disorder treatment or alcohol use disorder treatment are not mutually exclusive.

**Peterson-Kaiser Health System Tracker**
70 percent of adults in the United States with major depression receive mental health treatment


Peterson-Kaiser Health System Tracker
Utilization of mental health services is relatively low among Blacks, Asians, and Hispanics

Annual average percent utilization by adults of mental health services in the past year, by race/ethnicity and service type, 2008-2012

Source: SAMHSA [http://www.samhsa.gov/data/sites/default/files/MHServicesUseAmongAdults/MHServicesUseAmongAdults.pdf](http://www.samhsa.gov/data/sites/default/files/MHServicesUseAmongAdults/MHServicesUseAmongAdults.pdf)
Cost is the most commonly reported barrier to using mental health services

Annual average percent of adults with any mental illness who had an unmet need for services, by reason for unmet need and race/ethnicity, 2008 - 2012


*Peterson-Kaiser Health System Tracker*
Among poor adults with a mental illness, Whites use mental health services more than those who are Black or Hispanic.

Source: SAMHSA [http://www.samhsa.gov/data/sites/default/files/MHServicesUseAmongAdults/MHServicesUseAmongAdults.pdf]

Note: FPL is the federal poverty level.

Peterson-Kaiser Health System Tracker
Inpatient treatment is mostly for schizophrenia and mood disorders, such as major depression and bipolar disorder.

Total number of discharges by principal diagnosis, national estimates, 2013

Source: Healthcare Cost and Utilization Project (HCUP) National Inpatient Sample (NIS), 2013, Agency for Healthcare Research and Quality (AHRQ), based on data collected by individual States and provided to AHRQ by the States. Available at: http://hcupnet.ahrq.gov/HCUPnet.jsp?Parms=H4sIAAAAAAAAAAAAExTyxOzE_o8wuw2NE5NMTNMzEpLonKTCpOKghJSkxKSxOTsxMyowEwlRLEEiDAaAQAktsk8qAAAACFDAAA4715DA255Dq60213EAD2FC393508q287E7 (Accessed on March 16, 2016).

Peterson-Kaiser Health System Tracker
At U.S. hospitals, about 13% of mental health discharges and 10% of substance use discharges are readmitted within 30 days.

Percent of index stays with at least one readmission within 30 days of discharge, by type of diagnosis, gender and age, 2013


Peterson-Kaiser Health System Tracker
Spending on mental illness treatment accounts for $80 billion of total health spending

Total expenditures in $ billions by disease category, 2012

- Ill-defined conditions: $247
- Circulatory: $241
- Musculoskeletal: $186
- Respiratory: $157
- Endocrine: $138
- Nervous system: $133
- Cancers and tumors: $124
- Injury and poisoning: $118
- Genitourinary: $113
- Digestive: $107
- Other: $93
- Mental illness: $80
- Infectious diseases: $67
- Dermatological: $44
- Pregnancy and childbirth: $39


Peterson-Kaiser Health System Tracker
The cost per case to treat mental illness grew about 3 percent between 2000 and 2012

Average annual growth in price index by disease category, 2000-2012

<table>
<thead>
<tr>
<th>Disease Category</th>
<th>Average Annual Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infectious diseases</td>
<td>6.1%</td>
</tr>
<tr>
<td>Nervous system</td>
<td>5.3%</td>
</tr>
<tr>
<td>Ill-defined conditions</td>
<td>5.0%</td>
</tr>
<tr>
<td>Digestive</td>
<td>4.9%</td>
</tr>
<tr>
<td>Injury and poisoning</td>
<td>4.8%</td>
</tr>
<tr>
<td>Musculoskeletal</td>
<td>4.7%</td>
</tr>
<tr>
<td>Dermatological</td>
<td>4.7%</td>
</tr>
<tr>
<td>Cancers and tumors</td>
<td>4.6%</td>
</tr>
<tr>
<td>Average for all diseases</td>
<td>4.4%</td>
</tr>
<tr>
<td>Genitourinary</td>
<td>4.3%</td>
</tr>
<tr>
<td>Respiratory</td>
<td>4.2%</td>
</tr>
<tr>
<td>Pregnancy and childbirth</td>
<td>4.1%</td>
</tr>
<tr>
<td>Endocrine</td>
<td>3.6%</td>
</tr>
<tr>
<td>Mental illness</td>
<td>3.1%</td>
</tr>
<tr>
<td>Circulatory</td>
<td>2.7%</td>
</tr>
<tr>
<td>Other</td>
<td>7.2%</td>
</tr>
</tbody>
</table>

Note: Expenditures on nursing home and dental care are not included in health services spending by disease. Data does not include spending on institutionalized population.
The number of treated mental illness cases grew faster than the average number for all health treatments

Average annual increase in real expenditures by disease category, 2000-2012

<table>
<thead>
<tr>
<th>Disease Category</th>
<th>Average Annual Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endocrine</td>
<td>4.3%</td>
</tr>
<tr>
<td>Ill-defined conditions</td>
<td>4.3%</td>
</tr>
<tr>
<td>Infectious diseases</td>
<td>2.9%</td>
</tr>
<tr>
<td>Mental illness</td>
<td>2.8%</td>
</tr>
<tr>
<td>Musculoskeletal</td>
<td>2.7%</td>
</tr>
<tr>
<td>Genitourinary</td>
<td>1.9%</td>
</tr>
<tr>
<td>Average for all health</td>
<td>1.8%</td>
</tr>
<tr>
<td>Nervous system</td>
<td>1.4%</td>
</tr>
<tr>
<td>Dermatological</td>
<td>1.3%</td>
</tr>
<tr>
<td>Cancers and tumors</td>
<td>1.3%</td>
</tr>
<tr>
<td>Circulatory</td>
<td>0.9%</td>
</tr>
<tr>
<td>Pregnancy and childbirth</td>
<td>0.8%</td>
</tr>
<tr>
<td>Digestive</td>
<td>0.5%</td>
</tr>
<tr>
<td>Respiratory</td>
<td>0.3%</td>
</tr>
<tr>
<td>Injury and poisoning</td>
<td>0.3%</td>
</tr>
<tr>
<td>Other</td>
<td>1.9%</td>
</tr>
</tbody>
</table>


Peterson-Kaiser Health System Tracker
Growth in per capita spending on mental illness slowed after the Great Recession, while treated prevalence rebounded

Average annual growth in per capita mental illness spending, pre-, during, and post-Great Recession


Peterson-Kaiser Health System Tracker
Mental health and substance use disorders are the leading causes of disease burden in the U.S.

Age standardized disability adjusted life years (DALYs) rate per 100,000 population, both sexes, 2013


Peterson-Kaiser Health System Tracker
Mental health is leading cause of disease burden for females and the fourth leading cause for males

<table>
<thead>
<tr>
<th>Disease Category</th>
<th>MALES</th>
<th>FEMALES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circulatory</td>
<td>4,114</td>
<td>3,346</td>
</tr>
<tr>
<td>Cancer and Tumors</td>
<td>3,615</td>
<td>3,203</td>
</tr>
<tr>
<td>Injuries</td>
<td>3,518</td>
<td>2,741</td>
</tr>
<tr>
<td>Mental health/substance use</td>
<td>3,181</td>
<td>1,667</td>
</tr>
<tr>
<td>Musculoskeletal</td>
<td>2,375</td>
<td>1,614</td>
</tr>
<tr>
<td>Endocrine (diabetes)</td>
<td>1,918</td>
<td>1,527</td>
</tr>
<tr>
<td>Chronic respiratory</td>
<td>1,508</td>
<td>1,365</td>
</tr>
<tr>
<td>Nervous System</td>
<td>1,371</td>
<td>624</td>
</tr>
<tr>
<td>Neonatal</td>
<td>720</td>
<td>620</td>
</tr>
<tr>
<td>Skin diseases</td>
<td>636</td>
<td></td>
</tr>
</tbody>
</table>

Among comparable countries, the U.S. has the highest rate of death from mental health and substance abuse disorders.

Age standardized death rate per 100,000 population due to mental health and substance use disorders, both sexes, 2013

<table>
<thead>
<tr>
<th>Country</th>
<th>2013</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>10.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>France</td>
<td>6.7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Germany</td>
<td>5.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Austria</td>
<td>5.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweden</td>
<td>5.7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canada</td>
<td>4.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Australia</td>
<td>4.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>United Kingdom</td>
<td>4.4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Comparable Country Average</td>
<td>4.4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Belgium</td>
<td>4.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Switzerland</td>
<td>2.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Netherlands</td>
<td>2.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Japan</td>
<td>0.8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


Peterson-Kaiser Health System Tracker
Relative to comparable countries, the U.S. has higher rates of death from accidental poisonings, such as drug overdoses

Standardized mortality rate for accidental poisonings per 100,000 population, 2000-2010


Peterson-Kaiser Health System Tracker
Disease burden from drug abuse disorders is higher in the U.S. than in comparable countries

Age-standardized Disability adjusted life years (DALY) rate per 100,000 population, 2013


Peterson-Kaiser Health System Tracker
Disease burden from alcohol use disorders is higher than average in the U.S.

Age-standardized Disability adjusted life years (DALY) rate per 100,000 population, 2013

<table>
<thead>
<tr>
<th>Country</th>
<th>DALY Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>348</td>
</tr>
<tr>
<td>Germany</td>
<td>304</td>
</tr>
<tr>
<td>Sweden</td>
<td>261</td>
</tr>
<tr>
<td>Austria</td>
<td>259</td>
</tr>
<tr>
<td>United States</td>
<td>238</td>
</tr>
<tr>
<td>Belgium</td>
<td>219</td>
</tr>
<tr>
<td>Comparable Country Average</td>
<td>208</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>188</td>
</tr>
<tr>
<td>Canada</td>
<td>169</td>
</tr>
<tr>
<td>Switzerland</td>
<td>158</td>
</tr>
<tr>
<td>Australia</td>
<td>143</td>
</tr>
<tr>
<td>Netherlands</td>
<td>136</td>
</tr>
<tr>
<td>Japan</td>
<td>110</td>
</tr>
</tbody>
</table>