Continuous Quality Improvement Services
An Office of the Department of Health and Human Services
John E. Baldacci, Governor Brenda M. Harvey, Commissioner

QI DATA SNAPSHOT

Office of Continuous Quality Improvement Services

August 2010 Volume 2, Issue 3

Maine Behavioral Risk Factor Surveillance System (BRFSS)

- Coordinated by the federal Centers for Disease Control and Prevention since 1987
- Conducted in Maine by the Maine Center for Disease Control and Prevention (Maine CDC)
- Maine CDC and the Office of Continuous Quality Improvement Services partnered in 2007 to conduct analyses of the relationship between mental health and physical health using BRFSS data

1 in 5 Maine adults are affected by depression or other mental health issues

Mental Health Questions – Depression & Anxiety

Current Symptoms of Moderate/Severe Depression **7.4%**

Past History of Depression **20.0%**

Past History of Anxiety **16.0%**

Mental Health Question – Frequent Mental Distress (FMD)

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

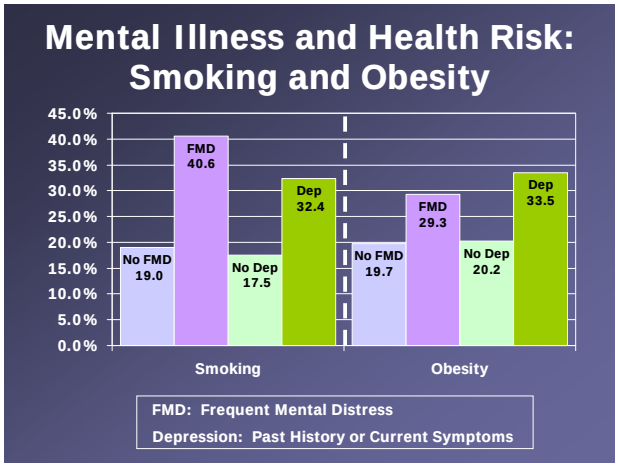
10.7% of Maine adults reported 14 or more days of frequent mental distress

Examining Relationships Between Mental Health and Physical Health

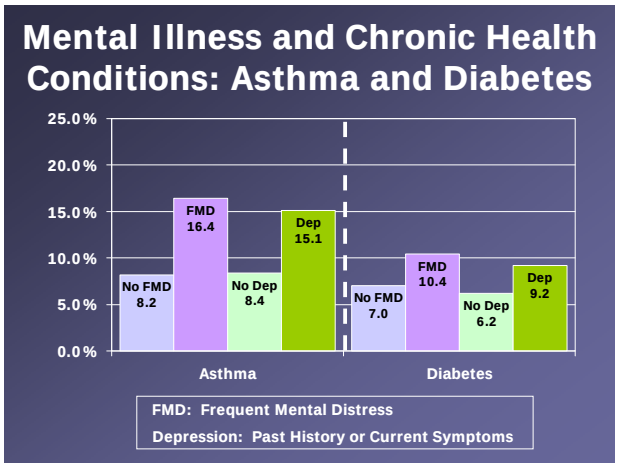
This snapshot looks at the relationship of mental health with physical health risks and chronic disease through the analysis of 2008 Behavioral Risk Factor Surveillance System (BRFSS) data. The BRFSS is a public health telephone survey of adults used in all 50 states. The survey is used to collect information on health issues, such as asthma, diabetes, as well as depression and other mental health issues. These findings highlight the importance of including mental health issues in the prevention and treatment of chronic health conditions.

MAINE ADULTS WITH FREQUENT MENTAL DISTRESS OR DEPRESSION. . .

- Are more likely to be smokers, obese, or physically inactive, **and**



- Are more likely to have chronic medical conditions, such as asthma and diabetes



Maine adults with frequent mental distress or depression are less likely to receive certain preventative care than those without mental health challenges

Mental Illness and Preventative Care

	Mammogram	Teeth Cleaned	Flu Shot
No Frequent Mental Distress 2000-2005	71.0%	73.7%	37.0%
Frequent Mental Distress	61.2%*	52.5%*	28.9%*
No Depression 2006	72.7%	75%	36.9%
Combined Depression	68.6%	63.6%*	32.6%*

* Chi Square, p<.05

Turning Maine BRFSS Data into Action

- Initiated regular inclusion of mental health questions in the BRFSS Survey
- Included physical health questions in statewide mental health outcome initiative
- Included mental health related measures to the Maine District Health Profiles
- Included mental health information in the Maine BRFSS interactive website
- Included mental health partners in district public health planning
- Introduced depression/anxiety questions to the Maine Adult Tobacco Survey
- Included depression questions and mental health education information in Maine's web-based universal health screening tool, *KEEP ME WELL*
- Obtained Systems Transformation Grant from the Maine Health Access Foundation to increase awareness of depression by the public health workforce and general public, and to promote community partnerships among mental health, public health, and primary care providers

Questions to Consider. . .

1. **How can we make sure depression and other mental illnesses are diagnosed and treated early?**
2. **How can we increase attention to mental health by health care providers and in public health programs related to the prevention or treatment of chronic disease?**
3. **How can we better address the health issues of persons served in our mental health systems of care?**

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Visit OQIS Website
http://www.maine.gov/dhhs/QI/index.shtml