



Adult Mental Health in Lyon County

Findings from the 2015 Southwest Minnesota Healthy Communities Survey

The 2015 Southwest Minnesota Healthy Communities Survey was conducted to learn about the health and health habits – physical activity, nutrition, tobacco use, dental health, and mental health – of residents living in 16 counties in southwest Minnesota. Southwest Health and Human Services contracted with Wilder Research to produce summary reports for each of the six counties in their service area. This fact sheet summarizes survey results related to the mental health of adult residents in Lyon County.

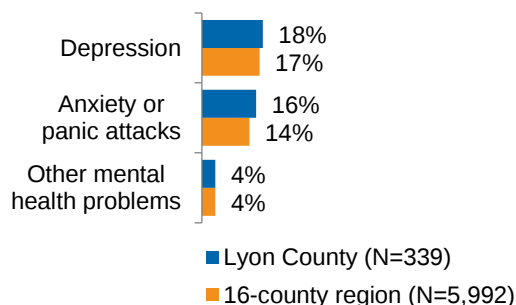
The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

In the following report, when response percentages are reported as higher or lower in the county compared to the 16-county region, this refers to a difference of 10 percentage points or more.

Mental health history

Eighteen percent of Lyon County residents have been told by a doctor that they have depression. Sixteen percent have been told they have anxiety or panic attacks, and 4 percent have been told they have other mental health problems.

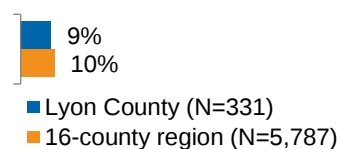
HAVE YOU EVER BEEN TOLD BY A DOCTOR THAT YOU HAD...



Barriers to accessing mental health care

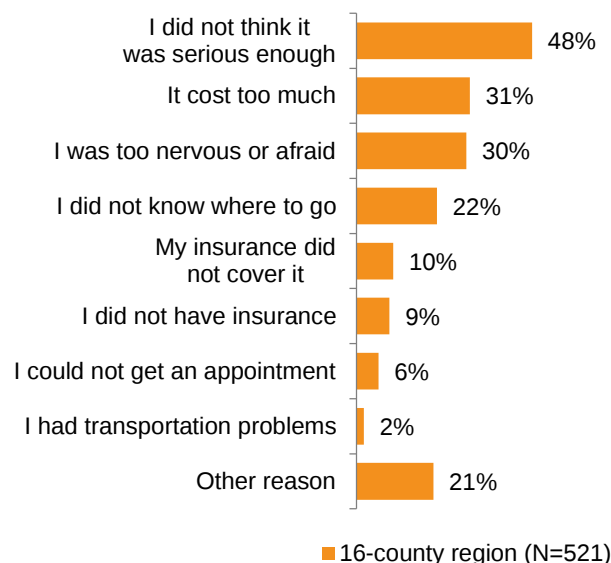
Nine percent of Lyon County residents said that they did not get or delayed getting mental health care when they wanted to talk or seek help in the past year.

OF THOSE WHO FELT THEY NEEDED TO TALK TO SOMEONE - RESPONDENTS WHO DID NOT GET OR DELAYED GETTING MENTAL HEALTH CARE IN THE PAST 12 MONTHS



When asked about reasons for not getting or delaying mental health care, the number of Lyon County residents who answered was not large enough to be conclusive. Below is data from the 16-county region.

REASONS FOR NOT GETTING OR DELAYING MENTAL HEALTH CARE



Survey respondents who had seen a doctor, nurse, or other health professional about their own health in the past 12 months were asked whether they were asked by their health professional about a series of topics. Thirty-six percent said their doctor asked them about their stress and 36 percent were asked about mental health concerns.

Compared with the region...

Overall, the mental health of residents in Lyon County is comparable to the mental health of residents in the region. However, the response rate is not high enough to understand with confidence the reasons why Lyon County residents do not get or delay mental health care.



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For more information

This summary presents findings from the 2015 Southwest Minnesota Healthy Communities Survey. For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682. For access to other reports, visit <http://www.swmhhs.com/public-health-assessment-and-planning/>

Authors: Monzong Cha, Anna Bartholomay, and Nicole MartinRogers
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