



CHNA Findings

Substance Misuse & Mental Health Action
Group

March 17, 2017

2015 CHNA Findings

Substance Abuse & Mental Health

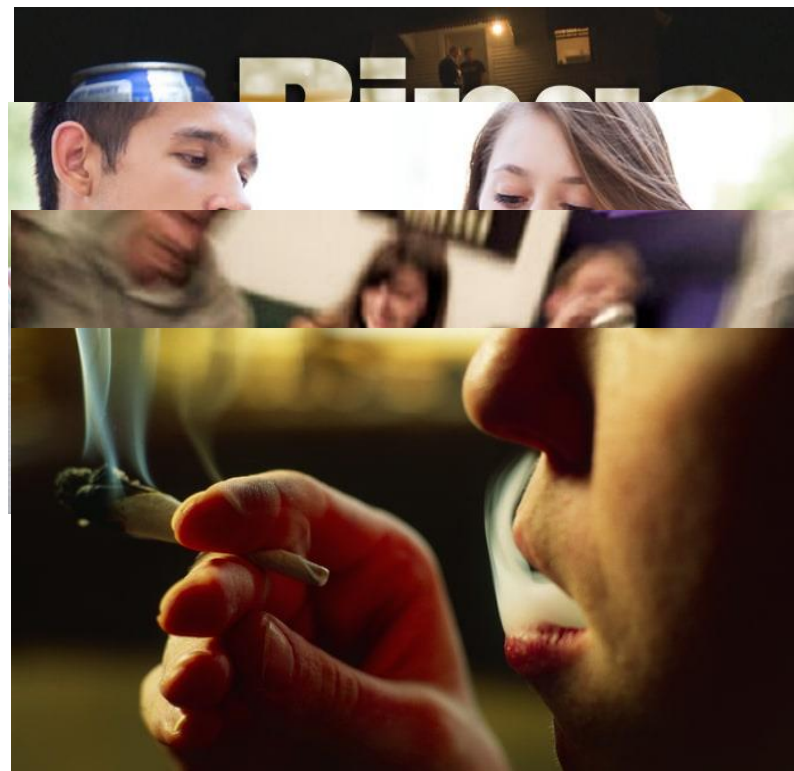
- In 4 out of the top 20 causes of death, Pima County performs worse than the state.
- Each of these four areas is related to substance abuse and dependency.
 - Drug-induced death
 - 21.9/100,000 versus 16.9/100,000 statewide
 - Opiates/opioids
 - 14.9/100,000 versus 7/100,000 statewide
 - Pharmaceutical opioids
 - 11/100,000 versus 5/100,000 statewide
 - Heroin
 - 4.1/100,000 versus 2/100,000 statewide



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- Prescription and non-prescription opioid use is a major cause of death for certain age and gender groups in Pima County.
- Secondary data analysis shows that Pima County experiences high prevalence rates when compared to statewide and national statistics.
 - Adults who binge drink (17.5%)
 - Teens who have smoked (29.3%)
 - Teens who use alcohol (31.5%)
 - Teens who use marijuana (18.3%).



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- Some participants believed that Pima County bears a high prevalence of substance use and dependency due to:
 - Geographic proximity to the United States–Mexico border
 - Exposure to narcotrafficking
- Majority of participant's pointed to:
 - Poverty
 - Lack of opportunities for employment
 - Increasing stress = negative coping mechanisms
 - Adverse childhood experiences



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- Additional influencing factors included:
 - Easy access to alcohol and drugs in tandem with potency of addictive ingredients (particularly salient for first time users).
 - Acceptability of substance use and abuse in Pima County
 - Possible relation to pop culture and/or changing patterns of social norms.



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Key Informant Interviews

- Depression has a 12.4% prevalence within the Medicare population in Pima County
 - Statistically higher than the prevalence in the state of Arizona (11.5%).
- Anxiety and depression manifests as:
 - Family stress and violence
 - Bullying in school and workplaces
 - May result in poor coping mechanisms that influence other health outcomes (drug and alcohol use and abuse, violence, etc.).
- Populations vulnerable to poor mental health outcomes:
 - Aging and elder individuals



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Survey

- Almost 1 in 5 respondents indicated they have been told they have depression or diabetes (including pre-diabetes).
 - Depression - 22.7%
 - Diabetes/Pre-diabetes -18.9%
- Approximately 29% of respondents indicated being stressed.
- Many respondents noted that physical and mental health problems prevent them from doing their usual activities.

Demographic Indicator	Depression	Diabetes or Pre-diabetes
	Percent (95% CI)	Percent (95% CI)
Sex		
Male	17.6 (12.7-23.9)	23.6 (18.0-30.3)
Female	26.9 (21.6-33.0)	15.5 (11.3-21.0)
Ethnicity		
Hispanic	23.7 (18.9-25.8)	21.8 (14.0-32.3)
Non-Hispanic	22.2 (15.4-34.5)	17.3 (14.4-20.7)
Age group		
18-34	26.9 (18.2-38.0)	12.4 (5.9-24.1)
35-49	23.7 (16.1-33.5)	16.6 (9.0-28.4)
50-64	30.5 (22.7-39.7)	34.1 (24.4-45.4)
65+	18.9 (13.1-26.4)	36.9 (27.6-47.3)
Household Income		
Less Than \$25,000	20.1 (12.9-30.0)	17.3 (9.6-29.1)
\$25,000-\$50,000	29.4 (21.5-38.8)	30.1 (20.9-41.3)
\$50,000-\$75,000	15.2 (9.6-23.2)	17.5 (10.5-27.7)
\$75,000+	22.4 (15.8-30.8)	27.4 (19.3-37.2)
Uninsured in Past Year		
Yes	32.2 (19.6-48.1)	25.3 (14.0-41.3)
No	21.3 (17.6-25.5)	17.9 (14.4-22.0)
All Respondents	22.7 (19.0-26.9)	18.9 (15.4-22.9)

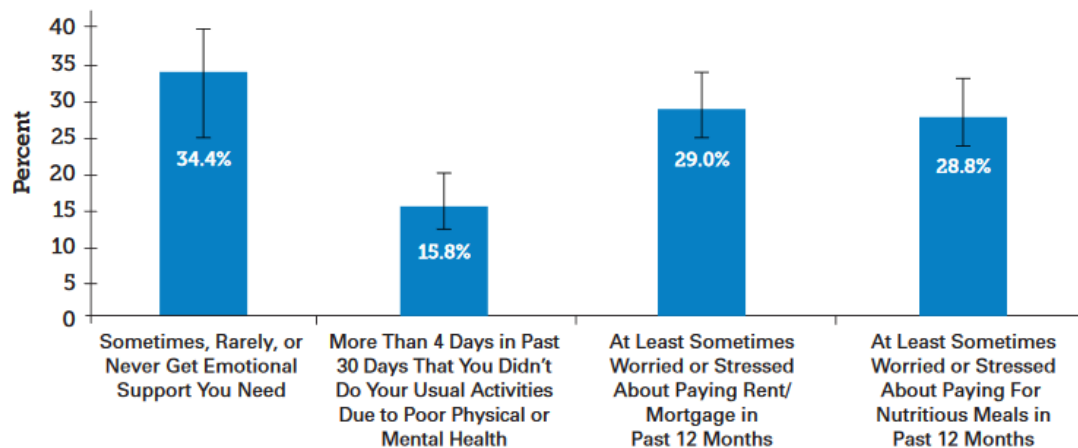
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Focus Group

- Physical and mental health are often linked.
 - Individuals with physical health problems have an increased risk of developing mental health problems.
 - Similarly, individuals with mental health problems are more likely to develop physical health conditions.

Figure 6. Physical, Mental, and Emotional Well Being Indicators, CHNA Survey



SOURCE: 2015 CHNA Survey

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Focus Group

- Theme #2: Decline in Mental and Physical Health.
- 76.9% of individuals 65+ living in Pima County reported 'good, very good, or excellent health.'
 - Participants listed dementia (including Alzheimer's disease) and injuries as major impediments to healthy senior aging.
 - In the 2013 AZDHS report on elder morbidity and mortality, Alzheimer's disease was ranked as the fourth leading cause of death for individuals aged 65+ in Arizona
- Following national trends, females in Arizona (7.8%) are more susceptible to Alzheimer's disease or dementia than are their male counterparts (5.5%).

