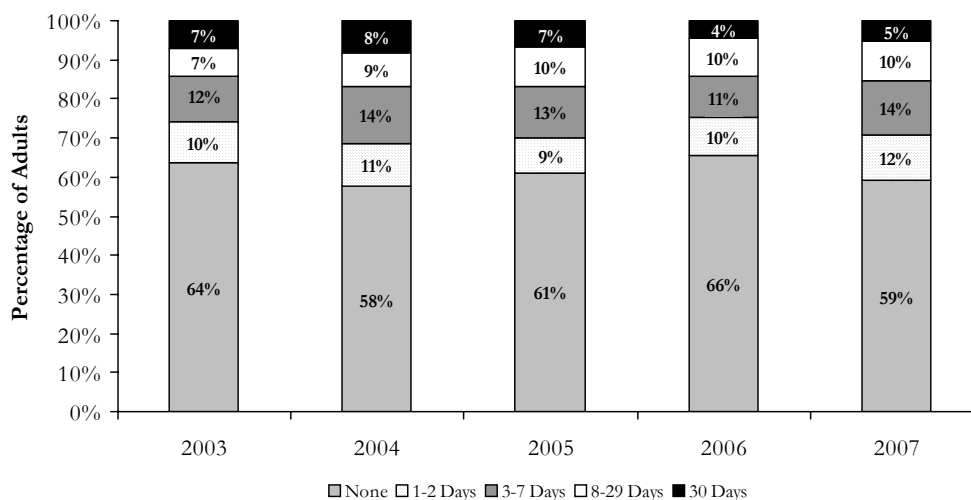


# Mental Health

**Importance:** According to CDC, “Mental disorders are as disabling as cancer or heart disease in terms of premature death and lost productivity. Eighty to ninety percent of mental disorders are treatable using medication and other therapies, however fewer than half of adults and one-third of children with a mental disorder get help.”

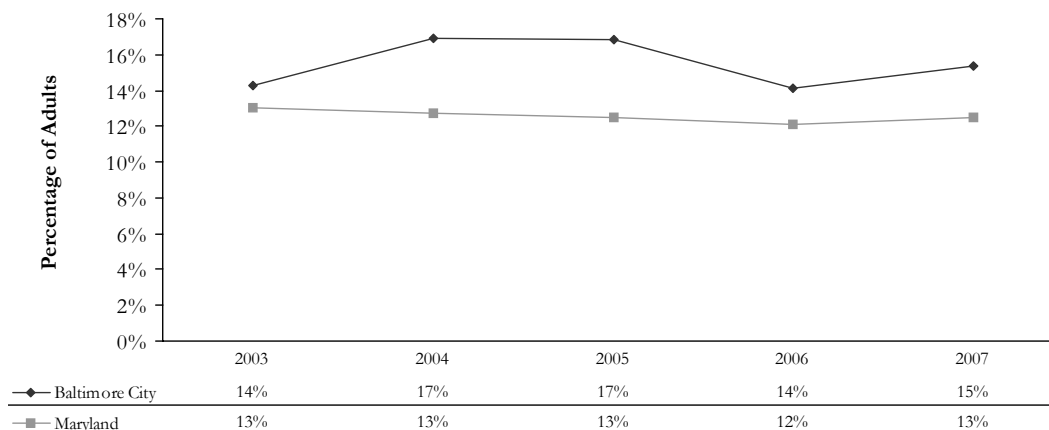
**National statistic:** 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year (National Institutes of Mental Health)

**Number of Days per Month Adults Experienced Poor Mental Health Status, Baltimore City, 2003-2007**



- In 2007, nearly two thirds of Baltimore City adults reported experiencing no days of poor mental health status in the previous month, however, 15% of Baltimore City adults reported experiencing poor mental health status for eight or more days in the previous month.
- The percentage of adults reporting 8 or more days of poor mental health status per month has been slightly higher in Baltimore than Maryland as a whole for the past 5 years.

**Percentage of Adults Reporting Eight or More Days of Poor Mental Health Status per Month, Baltimore City and Maryland, 2003-2006**



Source: Maryland Behavioral Risk Factor Surveillance System (BRFSS) \*Survey asked respondents: "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?" See technical notes for a description of the BRFSS data and methodology.