Serious psychological distress in the Texas border region

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Presenter Disclosures

The views and opinions contained in this presentation are solely the authors and not of the Texas Department of State Health Services.
Outline

- Background
- Methods
- Definitions
- Results
- Border Sub-Regional Analysis
- Conclusions
Background

- Mental illness
  - Is a leading cause of burden
  - Reduces health related quality of life
  - Decreases adherence to medical treatment plans
  - Increases health risk behaviors

- Nationally, 3.0% of adults aged 18+ years experienced serious psychological distress (SPD) during the past 30 days in 2006. (NHIS)
Methods

- 2007 Texas Behavioral Risk Factor Surveillance System (BRFSS) Border Oversample
- 4-way split survey, every question asked of half of the respondents
- 10 questions on Mental Illness & Stigma
  - Kessler 6
  - Activity limitations due to mental health condition or emotional health problem
  - Treatment
  - 2 questions on stigma
Methods Cont’d

- SPSS 16.0
- SUDAAN v. 9.0.3
- Age-adjusted to 2000 US Census population, 6 age groups
- Sub-state estimates were not re-weighted
Definitions

- SPD – 13+ points scored on the Kessler 6
- Anxiety (5+ points)
  - Nervous
  - Restless/fidgety
- Depression (10+ points)
  - Hopeless
  - Depression
  - Everything was an effort
  - Worthless
Activity Limitation – 5+ days in the last 30 days in which a mental health condition or emotional problem kept them from doing their work or other usual activities.

Current Treatment – Currently taking medicine or receiving treatment from a doctor for any type of mental health condition or emotional problem.
“Border” = 32 La Paz Agreement Counties
Results
U.S. and Texas Results – SPD, Anxiety, Depression

- U.S. Median (BRFSS)* of SPD – 3.45%
- Texas and two other states had the 7th highest prevalence rate for SPD.
- 5.1% of adult Texans had SPD in 2007
  - 8.1% reported symptoms of anxiety
  - 3.0% reported symptoms of depression

*35 States & DC
U.S. and Texas Results – Activity Limitation

- U.S. Median (BRFSS)* – 4.7%
- Texas had the 5th highest prevalence rate at 6.0%.

*35 States & DC
Age-adjusted prevalence rates for SPD, anxiety symptoms, depression symptoms, and activity limitation among Border and Non-Border regions, 2007 Texas BRFSS

![Bar chart showing prevalence rates for different regions and conditions.](chart.png)
Age-adjusted prevalence rates for SPD, anxiety symptoms, depression symptoms, and activity limitation among Non-Hispanic Whites in the Border and Non-Border regions, 2007 Texas BRFSS
Age-adjusted prevalence rates for SPD, anxiety symptoms, depression symptoms, and activity limitation among Hispanics in the Border and Non-Border regions, 2007 Texas BRFSS
Age-adjusted prevalence rates for SPD, anxiety symptoms, depression symptoms, and activity limitation among Border residents by Race/Ethnicity, 2007 Texas BRFSS
Current Treatment and SPD

- Prevalence of Current Treatment
  - 39.4% of border adults with SPD
  - Insurance status
    - 48.2% of insured border adults with SPD
    - 17.5% of uninsured border adults with SPD
- 35.4% of border adults who were currently taking medicine or receiving treatment had SPD compared to 20.2% of non-border adults.
Definitions

- **Border** – 32 La Paz Agreement counties
  - Sub-region 15 (Sub-15): 15 counties that are considered adjacent to the U.S./Mexico border.
  - Sub-region 17 (Sub-17): 17 counties that are within 100 kilometers of the border, but are not adjacent.
Age-adjusted prevalence rates among border sub-regions and the non-border, 2007 Texas BRFSS

Data Source & Map created by: Center for Health Statistics, October 2009
Conclusions

- The prevalence of SPD is significantly higher in the border region, especially
  - in non-Hispanic whites
  - the sub-region that is not directly adjacent to the U.S./Mexico border
  - among those who were currently receiving treatment
- Interventions to prevent the onset of SPD and screening for specific disorders should be implemented in the border region.
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Questions?