

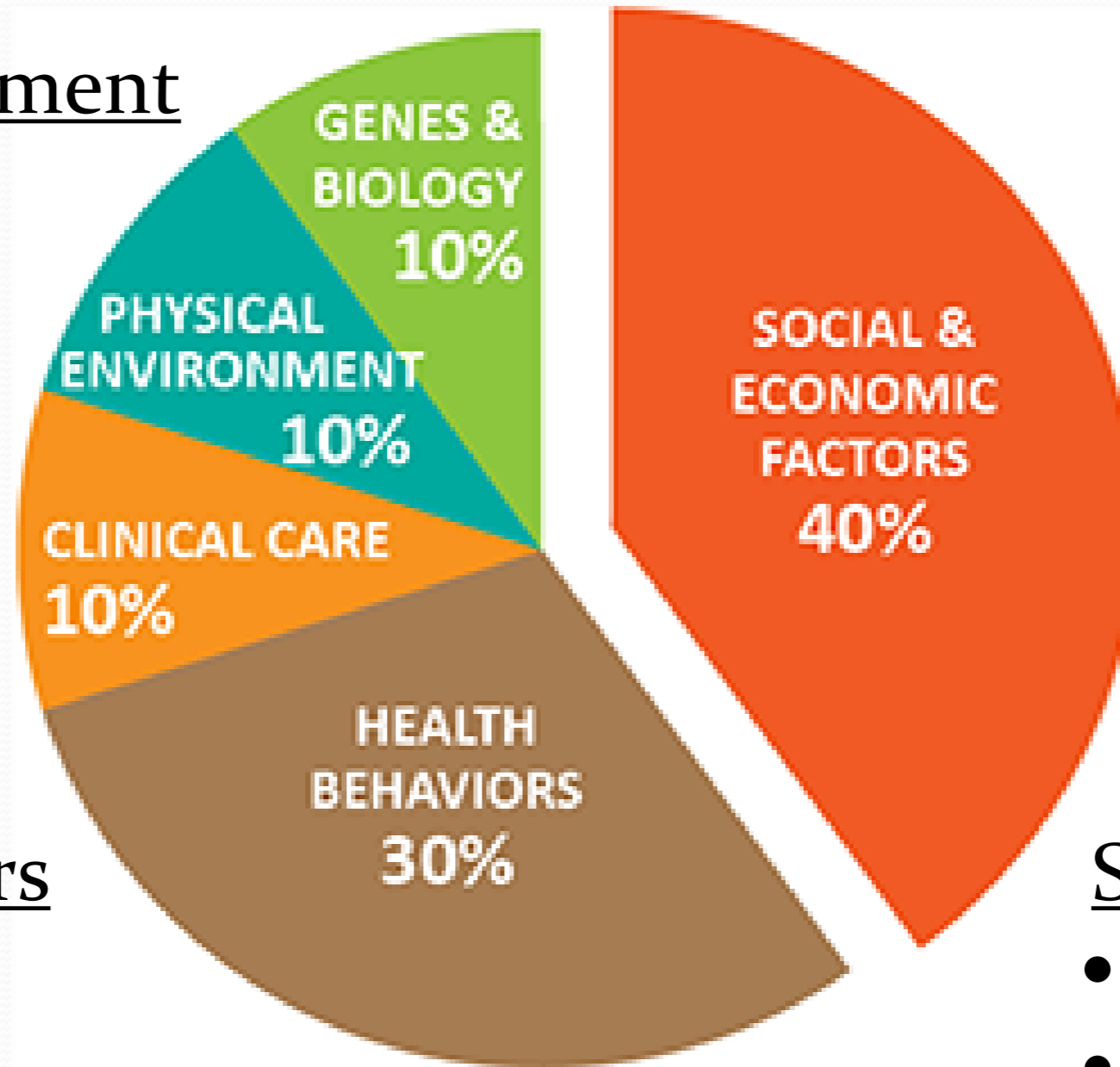
# Mental Health in Carson City

November 3, 2016

Susan R. Pintar MD, FAAP, Carson City Health Officer

## Physical Environment

- Open space
- Air quality
- Water quality



## Health Behaviors

- Smoking
- Poor diet
- Alcohol use
- Seat belt use

## Social/Economic

- Education
- Employment
- Available housing


**DETERMINANTS OF HEALTH**



## **What is Mental Health?**

Mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

-World Health Organization



*A mental illness* is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.

- National Alliance on Mental Health (NAMI)

*A mental illness* is a health condition characterized by alterations in thinking, mood or behavior associated with distress and impaired functioning.

- Centers for Disease Control (CDC)

Oppositional defiant disorder

Pathological gambling

Obsessive compulsive disorder

Dementia

Substance  
Abuse

Depression

Schizophrenia

Eating  
disorder

Acute stress  
disorder

Anxiety  
disorder

Neurocognitive  
disorders

Post-traumatic Stress disorder

Bipolar disorder

Impulse control disorder

## Quick Statistics

1 of 5 adults experience a mental health condition every year. The most common conditions are depression and anxiety disorders.

6 of 100 adults lives with a serious mental illness such as bipolar disorder or schizophrenia.

7 of 10 children (ages 8-15) had a diagnosable mental disorder within the last year (ADHD, mood disorders, and depressive disorders).

Half of mental health conditions begin by mid-adolescence, three-quarters by age 24.

More than two-thirds of Americans who have a mental illness live in the community and lead productive lives.

## **Carson City Statistics**

Population - About 55,000  
(2% of Nevada's residents)

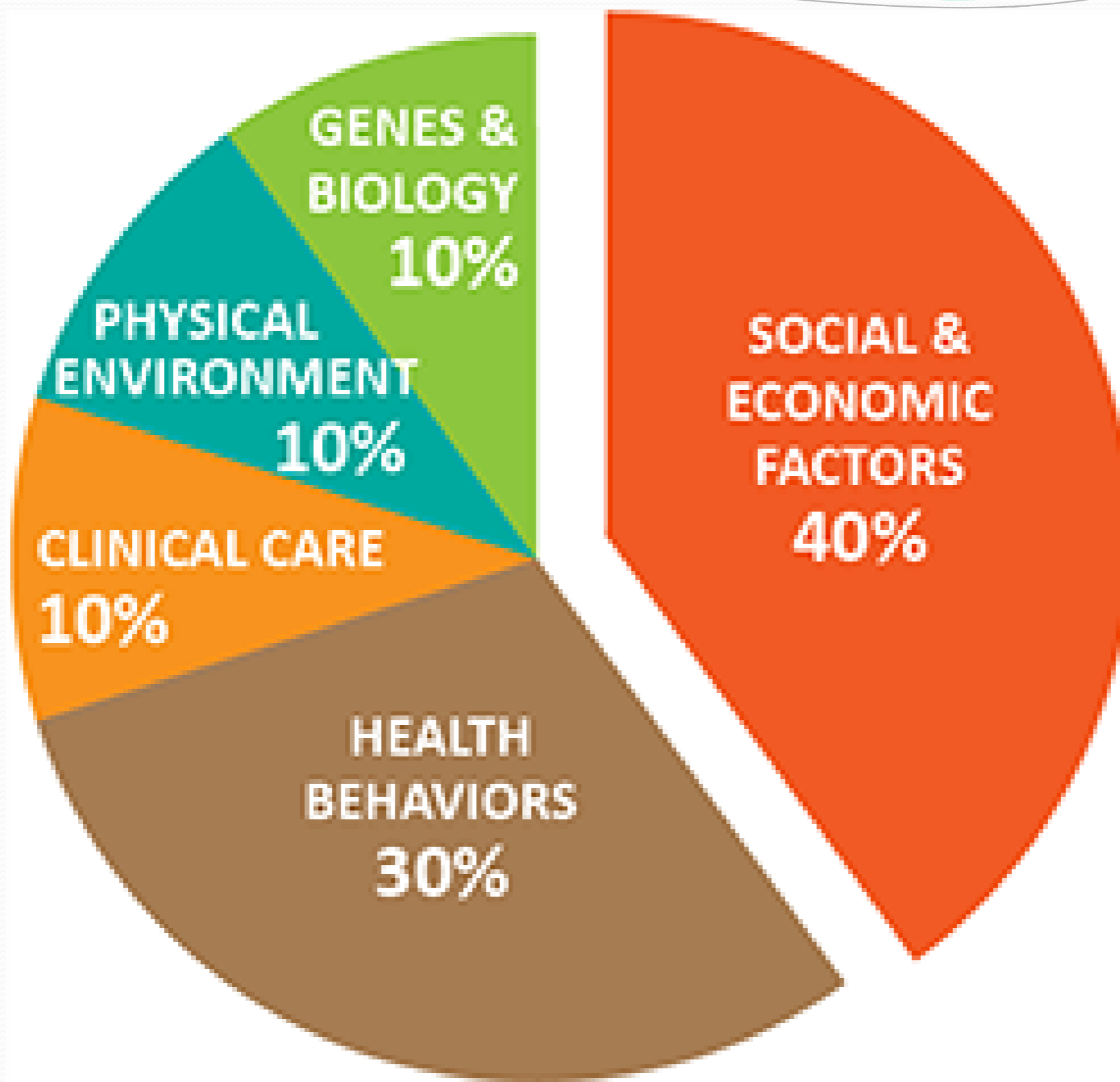
7,700 citizens with a mental health condition  
at any point in time  
(20% of adults)

2,000 with a serious mental health condition like bipolar  
disorder, schizophrenia or major depression  
(6% of adults)



So what do we do about it?...





## **DETERMINANTS OF HEALTH**