



Kitsap Community Health Priorities

Priority 2: Behavioral Health

Ensure behavioral health care is accessible, available, and timely for all

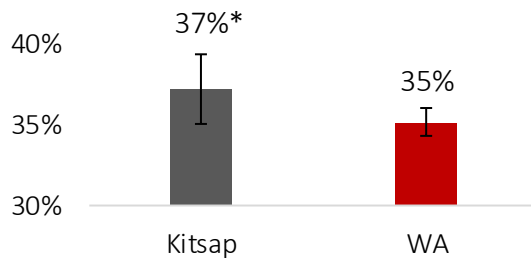
Behavioral Health & Impact

Behavioral health refers to mental and emotional well-being and includes behaviors that impact wellness. Behavioral health problems include drug and alcohol addiction, substance use disorders, and serious mental distress and disorders.¹

Kitsap Adolescent & Adult Reported Feeling Depressed: Kitsap Compared to WA^{2,3}

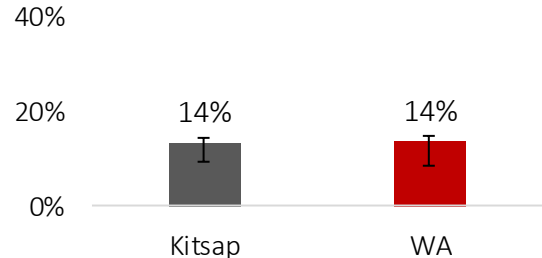
Grade 8, 10, and 12 Self-Reported Data combined (2016)

■ Kitsap ■ WA



Adult Self-Reported Data (2016)

■ Kitsap ■ WA



*Statistically significantly higher

Kitsap County Behavioral Health & Adolescents²

10th Grade Self-Reported Data (2016)

Experienced high anxiety in the past 2 weeks

Almost 1 in 3

Not having an adult to turn to when feeling sad or hopeless

Almost 4 in 10

Used Alcohol in the past 30 days

Over 1 in 6

Used pain killer to get high or non-prescribed prescription drugs in the past 30 days

About 1 in 14

Kitsap County Behavioral Health & Adults³

Adult Self-Reported Data (2016)

Experienced 13+ days of mental distress during the past 30 days

About 1 in 9

Had 14+ days of limited activity due to poor physical or mental health during the past 30 days

About 1 in 7

Had 5+ alcoholic drinks at one time during the past 30 days

Almost 3 in 10

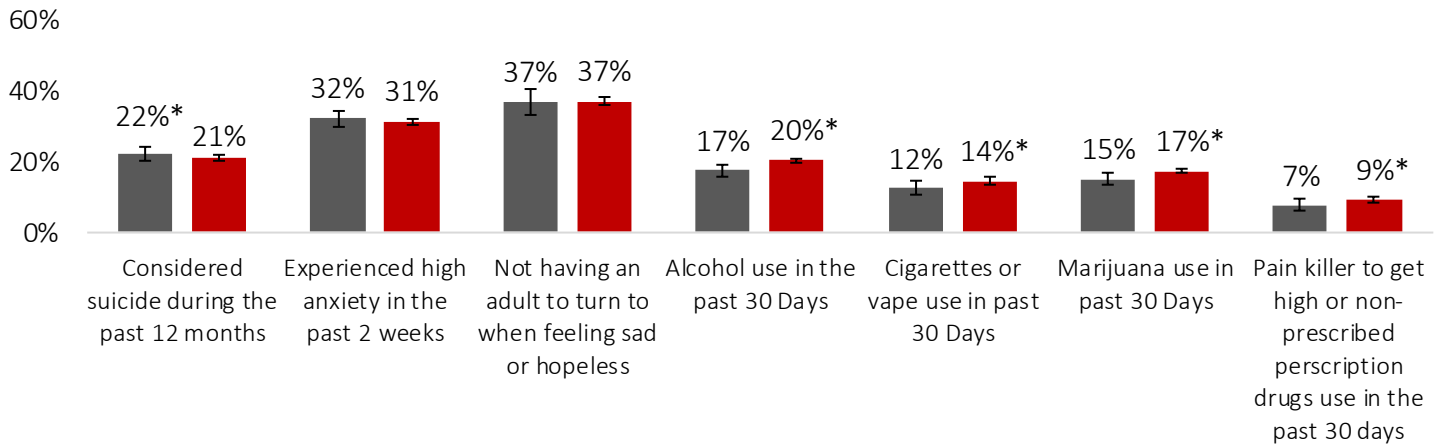
Had 5+ days of missed work or usual activities because of mental health or emotional condition during the past 30 days

About 1 in 20

Kitsap Adolescent Mental Health, Support, & Substance Use by Type Compared to WA²

10th Grade Self-Reported Data (2016)

■ Kitsap ■ WA

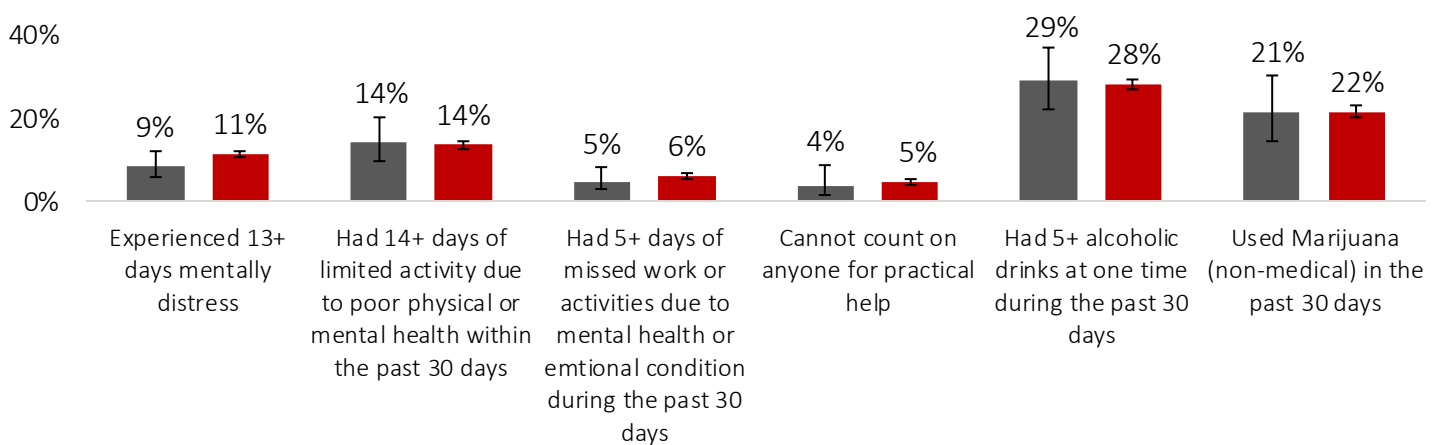


* Statistically significantly higher

Kitsap Adult Mental Health & Substance Use by Type Compared to WA³

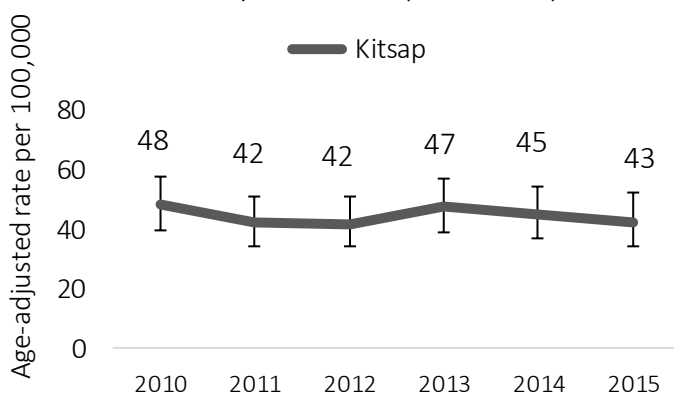
Adult Self-Reported Data (2011)

■ Kitsap ■ WA

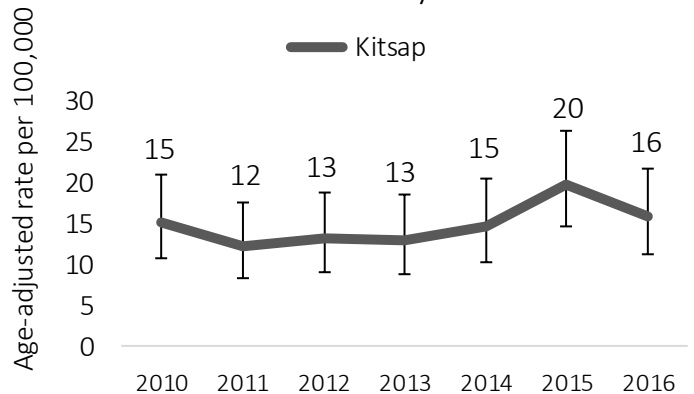


Kitsap Suicide Hospitalization & Mortality⁴

Suicide Hospitalization (Non-Fatal) Rate



Suicide Mortality Rate



Sources

- 1.) Substance Abuse and Mental Health Services Administration (2014). National Behavioral Health Quality Framework 2.) Healthy Youth Survey (2016) 3.) Behavioral Risk Factor Surveillance System (2016) 4.) Washington State Department of Health, Community Health Assessment Tool