
Depression

DEPRESSION

Definition: Respondents who were told by a doctor, nurse, or health professional that they had some form of depression.

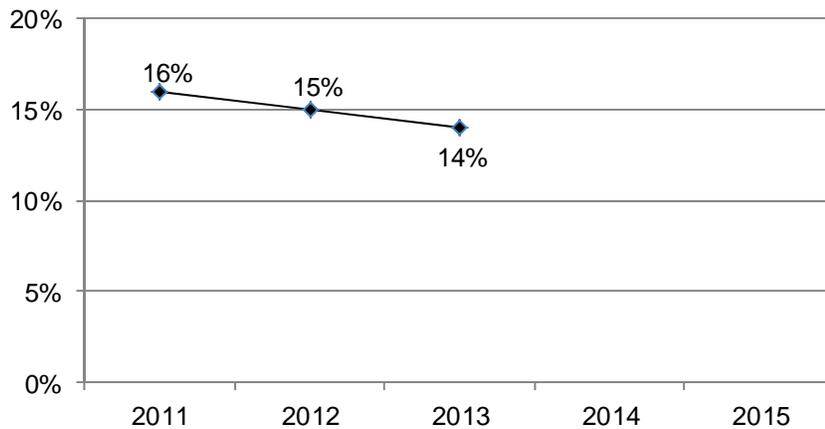
Prevalence of Depression

- South Dakota 14%
- Nationwide median 19%

Healthy People 2020 Objective

There was no comparable Healthy People 2020 Objective for having depression.

Figure 69
Percent of Respondents Who Were Told They Have Depression, 2011-2013



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

Table 63
Respondents Who Were Told They Have Depression, 2011-2013

		2011-2013	2011	2012	2013
Total		15%	16%	15%	14%
Gender	Male	11%	12%	12%	8%
	Female	20%	21%	19%	21%
Age	18-34	16%	*	*	*
	35-44	15%	*	*	*
	45-54	18%	*	*	*
	55-64	16%	19%	17%	*
	65-74	14%	*	*	*
	75+	10%	*	*	*
Race	White	15%	16%	15%	14%
	American Indian	18%	*	*	*
Ethnicity	Hispanic	19%	*	*	*
	Non-Hispanic	15%	16%	15%	14%
Household Income	Less than \$15,000	29%	*	*	*
	\$15,000-\$24,999	21%	*	*	*
	\$25,000-\$34,999	17%	*	*	*
	\$35,000-\$49,999	13%	*	*	*
	\$50,000-\$74,999	11%	*	*	*
	\$75,000+	11%	13%	10%	*
Education	Less than High School, G.E.D.	19%	*	*	*
	High School, G.E.D.	14%	15%	14%	14%
	Some Post-High School	17%	19%	17%	16%
	College Graduate	12%	12%	13%	12%
Employment Status	Employed for Wages	14%	15%	14%	14%
	Self-employed	9%	*	*	*
	Unemployed	26%	*	*	*
	Homemaker	16%	*	*	*
	Student	17%	*	*	*
	Retired	11%	11%	13%	10%
	Unable to Work	48%	*	*	*
Marital Status	Married/Unmarried Couple	13%	13%	12%	13%
	Divorced/Separated	27%	*	*	*
	Widowed	15%	*	*	*
	Never Married	17%	*	*	*
Home Ownership Status	Own Home	13%	13%	13%	12%
	Rent Home	22%	23%	21%	21%
Children Status	Children in Household (Ages 18-44)	15%	15%	14%	*
	No Children in Household (Ages 18-44)	17%	*	*	*
Phone Status	Landline	14%	15%	13%	13%
	Cell Phone	18%	*	18%	16%
Pregnancy Status	Pregnant (Ages 18-44)	13%	*	*	*
	Not Pregnant (Ages 18-44)	21%	*	*	*

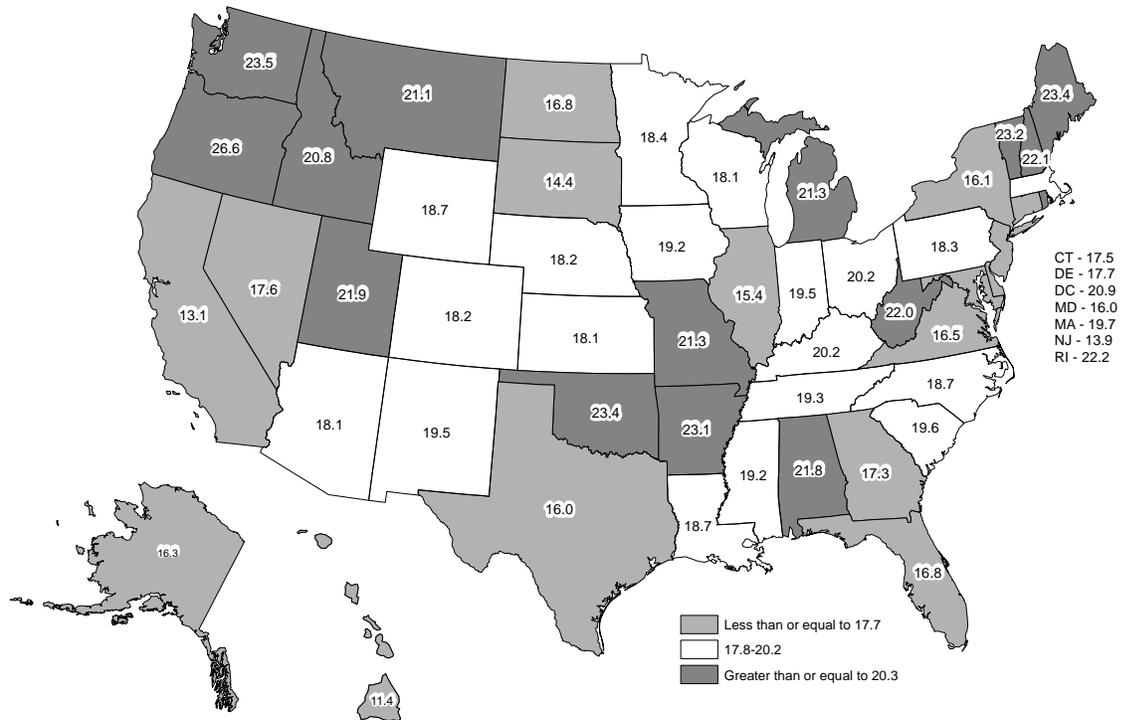
Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

National Statistics

The national median for respondents who have depression was 18.7 percent, as shown on the following page in Figure 70. South Dakota had 14.4 percent of respondents with depression. Hawaii had the lowest percent of respondents with depression at 11.4 percent, while Oregon had the highest with 26.6 percent.

Figure 70
Nationally, Respondents Who Were Told They Have Depression, 2013



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013

Further Analysis

The following data show the percent of those who have depression for various health behaviors and conditions. For example, 25 percent of respondents who are current smokers have depression, while 11 percent of respondents who have never smoked have depression.

Health Behavior or Condition	% with Depression
Underweight (BMI < 18.5)	18%
Recommended (BMI = 18.5-24.9)	14%
Overweight (BMI = 25.0-29.9)	13%
Obese - Class I (BMI = 30.0-34.9)	16%
Obese - Classes II & III (BMI = 35.0+)	25%
Leisure Time Exercise	14%
No Leisure Time Exercise	19%
Met Physical Activity Recommendations	14%
Did Not Meet Physical Activity Recommendations	17%
2+ Servings of Fruit per Day	14%
< 2 Servings of Fruit per Day	16%
3+ Servings of Vegetables per Day	16%
< 3 Servings of Vegetables per Day	15%
5+ Servings of Fruits and Vegetables per Day	16%
< 5 Servings of Fruits and Vegetables per Day	15%
Current Smoker	25%
Former Smoker	16%
Never Smoked	11%

**Table 64 (continued)
Depression Prevalence for Selected Health Behaviors and
Conditions, 2011-2013**

Health Behavior or Condition	% with Depression
Smokeless Tobacco	17%
No Smokeless Tobacco	15%
Heard of "South Dakota QuitLine"	16%
Not Heard of "South Dakota QuitLine"	9%
Diabetes	22%
No Diabetes	15%
High Blood Pressure	18%
No High Blood Pressure	14%
High Blood Cholesterol	19%
No High Blood Cholesterol	14%
Health Insurance (18-64)	16%
No Health Insurance (18-64)	22%
Employer Based Coverage (18-64)	13%
Private Health Plan (18-64)	10%
Medicare (18-64)	43%
Medicaid or Medical Assistance (18-64)	30%
The Military, CHAMPUS, TriCare, or the VA (18-64)	26%
The Indian Health Service (18-64)	15%
Flu Shot (65+)	13%
No Flu Shot (65+)	11%
Pneumonia Shot (65+)	14%
No Pneumonia Shot (65+)	10%
Previously Had Heart Attack	21%
Never Had Heart Attack	15%
Have Angina or Coronary Heart Disease	23%
Do Not Have Angina or Coronary Heart Disease	15%
Previously Had a Stroke	26%
Never Had a Stroke	15%
Cancer	18%
No Cancer	15%
Skin Cancer	16%
No Skin Cancer	15%
Current Asthma	29%
Former Asthma	26%
Never Had Asthma	14%
Arthritis	25%
No Arthritis	12%
COPD	36%
No COPD	14%
Kidney Disease	30%
No Kidney Disease	15%
Severe Vision Impairment	26%
No Severe Vision Impairment	14%
Recent Increased Confusion/Memory Loss	39%
No Recent Increased Confusion/Memory Loss	14%
< 6 Hours of Sleep	27%
6+ Hours of Sleep	13%
Always/Almost Always Wear Seat Belt	15%
Sometimes/Seldom/Never Wear Seat Belt	16%

**Table 64 (continued)
Depression Prevalence for Selected Health Behaviors and
Conditions, 2011-2013**

Health Behavior or Condition	% with Depression
Drank Alcohol in Past 30 Days	14%
Did Not Drink Alcohol in Past 30 Days	18%
Binge Drinker	15%
Not a Binge Drinker	16%
Heavy Drinker	19%
Not a Heavy Drinker	15%
Good/Very Good/Excellent Health Status	13%
Fair/Poor Health Status	32%
Physical Health Not Good for 0-29 Days of the Past 30	14%
Physical Health Not Good for 30 Days of the Past 30	34%
Mental Health Not Good for 0-19 Days of the Past 30	13%
Mental Health Not Good for 20-30 Days of the Past 30	57%
Usual Activities Unattainable for 0-9 Days of the Past 30	13%
Usual Activities Unattainable for 10-30 Days of the Past 30	48%
Physical, Mental, or Emotional Problems	30%
No Physical, Mental, or Emotional Problems	11%
Disability with Special Equipment Needed	32%
No Disability with Special Equipment Needed	14%
< 2 Hours of TV per Day	14%
2+ Hours of TV per Day	15%
Been Tested for HIV (18-64)	22%
Never Been Tested for HIV (18-64)	13%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013