

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 16%
- Nationwide median 18%

Healthy People 2020 Objective

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

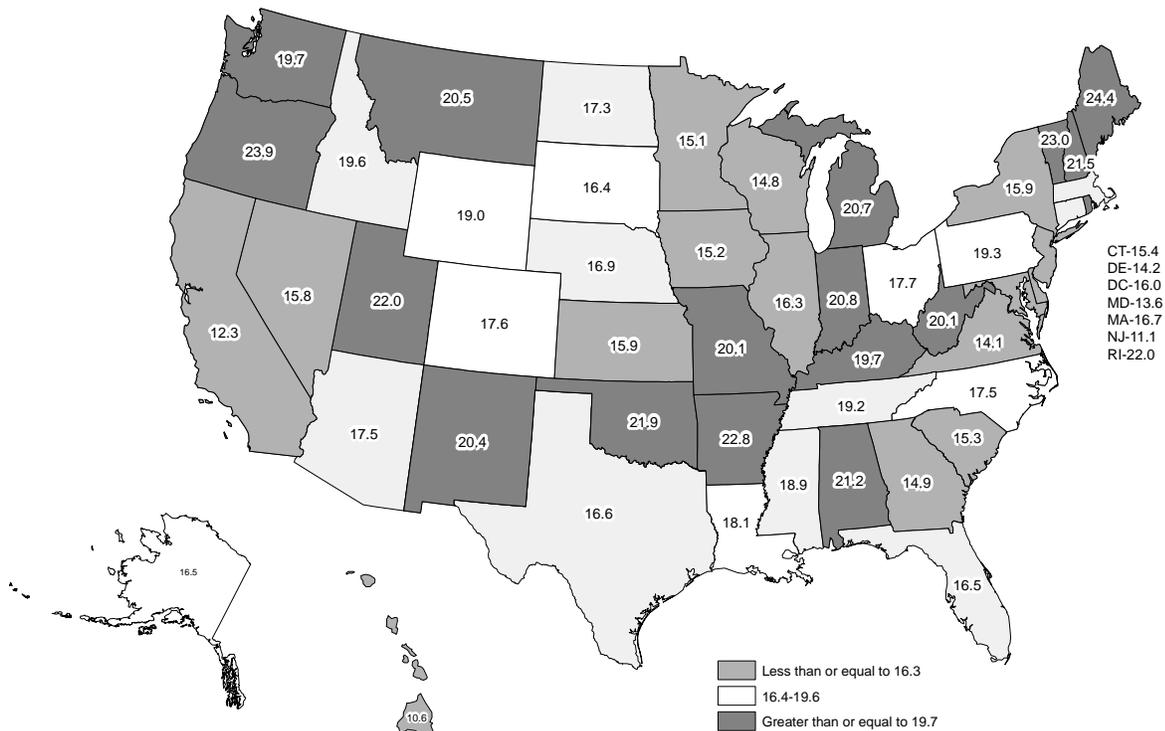
		# Resp.	% Depression	95% CI	
				Lower	Upper
Total		8,232	16%	15%	18%
Gender	Male	3,305	12%	10%	14%
	Female	4,927	21%	19%	23%
Age	18-44	2,214	17%	14%	19%
	45-64	3,228	18%	16%	21%
	65+	2,741	13%	11%	16%
Race	White	7,077	16%	15%	18%
	American Indian	854	18%	13%	24%
Ethnicity	Hispanic	106	23%	13%	36%
	Non-Hispanic	8,113	16%	15%	18%
Household Income	Less than \$25,000	2,000	25%	21%	28%
	\$25,000-\$49,999	2,108	15%	12%	18%
	\$50,000+	2,907	12%	10%	14%
Education	High School, G.E.D., or Less	3,216	16%	14%	19%
	Some Post-High School	2,412	19%	17%	22%
	College Graduate	2,591	12%	10%	15%
Employment Status	Employed for Wages	3,649	15%	12%	17%
	Self-employed	890	9%	7%	13%
	Unemployed	341	33%	25%	42%
	Homemaker	462	14%	9%	20%
	Student	182	15%	9%	25%
	Retired	2,305	11%	9%	13%
	Unable to Work	391	53%	44%	63%
Marital Status	Married/Unmarried Couple	4,794	13%	11%	15%
	Divorced/Separated	1,088	32%	27%	37%
	Widowed	1,249	15%	12%	19%
	Never Married	1,089	18%	14%	22%
Home Ownership Status	Own Home	6,241	13%	12%	15%
	Rent Home	1,674	23%	20%	27%
Children Status	Children in Household (Ages 18-44)	1,512	15%	12%	18%
	No Children in Household (Ages 18-44)	699	20%	15%	24%
Phone Status	Landline	7,229	15%	14%	17%
	Cell Phone	1,003	22%	19%	25%

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

National Statistics

The national median for respondents who have depression was 18 percent, as shown below in Figure 92. South Dakota had 16.4 percent of respondents with depression. Hawaii had the lowest percent of respondents with depression at 10.6 percent, while Maine had the highest with 24.4 percent.

Figure 92
Nationally, Respondents Who Were Told They Have Depression, 2011



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

Further Analysis

The following data show the percent of those who have depression for various health behaviors and conditions. For example, 26 percent of respondents who are current smokers have depression, while 11 percent of respondents who have never smoked have depression.

Health Behavior or Condition	# Respondents	% with Depression	95% CI	
			Lower	Upper
Underweight (BMI < 18.5)	104	29%	14%	50%
Recommended (BMI = 18.5-24.9)	2,463	16%	14%	19%
Overweight (BMI = 25.0-29.9)	2,937	13%	11%	15%
Obese - Class I (BMI = 30.0-34.9)	1,512	20%	16%	24%
Obese - Classes II & III (BMI = 35.0+)	777	23%	19%	29%
Leisure Time Exercise	5,777	15%	14%	17%
No Leisure Time Exercise	2,242	20%	17%	23%

Table 65 (continued)
Depression Prevalence for Selected Health Behaviors and Conditions, 2011

Health Behavior or Condition	# Respondents	% with Depression	95% CI	
			Lower	Upper
Meet Aerobic Recommendations	3,732	15%	13%	17%
Did Not Meet Aerobic Recommendations	4,081	18%	16%	20%
At Least Five Servings of Fruits and Vegetables	1,042	16%	12%	20%
Less Than Five Servings of Fruits and Vegetables	6,977	17%	15%	18%
Current Smoker	1,474	26%	22%	30%
Former Smoker	2,470	19%	17%	23%
Never Smoked	4,259	11%	9%	13%
Smokeless Tobacco	404	21%	13%	32%
No Smokeless Tobacco	7,828	16%	15%	18%
Diabetes	998	24%	19%	30%
No Diabetes	7,226	16%	14%	17%
High Blood Pressure	3,217	19%	17%	22%
No High Blood Pressure	5,000	15%	13%	17%
High Blood Cholesterol	2,863	21%	18%	24%
No High Blood Cholesterol	4,031	15%	13%	17%
Flu Shot (65+)	1,871	14%	11%	17%
No Flu Shot (65+)	777	11%	8%	17%
Pneumonia Shot (65+)	1,747	15%	12%	19%
No Pneumonia Shot (65+)	814	8%	6%	12%
Drank Alcohol in Past 30 Days	4,232	15%	13%	17%
Did Not Drink Alcohol in Past 30 Days	3,683	20%	17%	22%
Binge Drinker	1,206	16%	13%	20%
Not a Binge Drinker	6,668	17%	15%	19%
Heavy Drinker	403	21%	14%	30%
Not a Heavy Drinker	7,446	16%	15%	18%
Always/Almost Always Wear Seat Belt	6,751	17%	15%	18%
Sometimes/Seldom/Never Wear Seat Belt	1,202	16%	13%	21%
Previously Had Heart Attack	562	19%	13%	25%
Never Had Heart Attack	7,635	16%	15%	18%
Have Angina or Coronary Heart Disease	533	23%	17%	30%
Do Not Have Angina or Coronary Heart Disease	7,633	16%	15%	18%
Previously Had a Stroke	303	40%	29%	52%
Never Had a Stroke	7,913	16%	14%	17%
Cancer	1,356	21%	17%	26%
No Cancer	6,845	16%	14%	17%
Skin Cancer	758	18%	14%	24%
No Skin Cancer	7,454	16%	15%	18%
Current Asthma	638	33%	27%	40%
Former Asthma	254	26%	16%	39%
Never Had Asthma	7,292	15%	13%	16%
Arthritis	2,572	27%	23%	30%
No Arthritis	5,619	13%	12%	15%
COPD	557	39%	31%	48%
No COPD	7,649	15%	14%	17%
Kidney Disease	247	31%	22%	41%
No Kidney Disease	7,966	16%	15%	18%
Vision Impairment	1,761	28%	24%	33%
No Vision Impairment	6,432	14%	12%	16%
Good/Very Good/Excellent Health Status	6,858	13%	12%	15%
Fair/Poor Health Status	1,365	35%	31%	40%
Physical Health Not Good for 0-29 Days of the Past 30	7,541	15%	14%	17%
Physical Health Not Good for 30 Days of the Past 30	540	38%	31%	46%
Mental Health Not Good for 0-19 Days of the Past 30	7,680	13%	12%	15%
Mental Health Not Good for 20-30 Days of the Past 30	426	60%	51%	68%

Table 65 (continued)
Depression Prevalence for Selected Health Behaviors and Conditions, 2011

Health Behavior or Condition	# Respondents	% with Depression	95% CI	
			Lower	Upper
Usual Activities Unattainable for 0-9 Days of the Past 30	7,576	13%	12%	15%
Usual Activities Unattainable for 10-30 Days of the Past 30	578	55%	47%	62%
Physical, Mental, or Emotional Problems	2,301	31%	27%	35%
No Physical, Mental, or Emotional Problems	5,677	12%	10%	14%
Disability with Special Equipment Needed	813	36%	29%	43%
No Disability with Special Equipment Needed	7,175	15%	14%	17%
Been Tested for HIV (18-64)	1,580	23%	20%	27%
Never Been Tested for HIV (18-64)	6,142	14%	13%	16%

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