

Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Health, Department of Mental Health
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TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani, Rod McCormick, and Walter Ochs

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RE: Prevalence of Depression in Vermont: 2006 & 2008

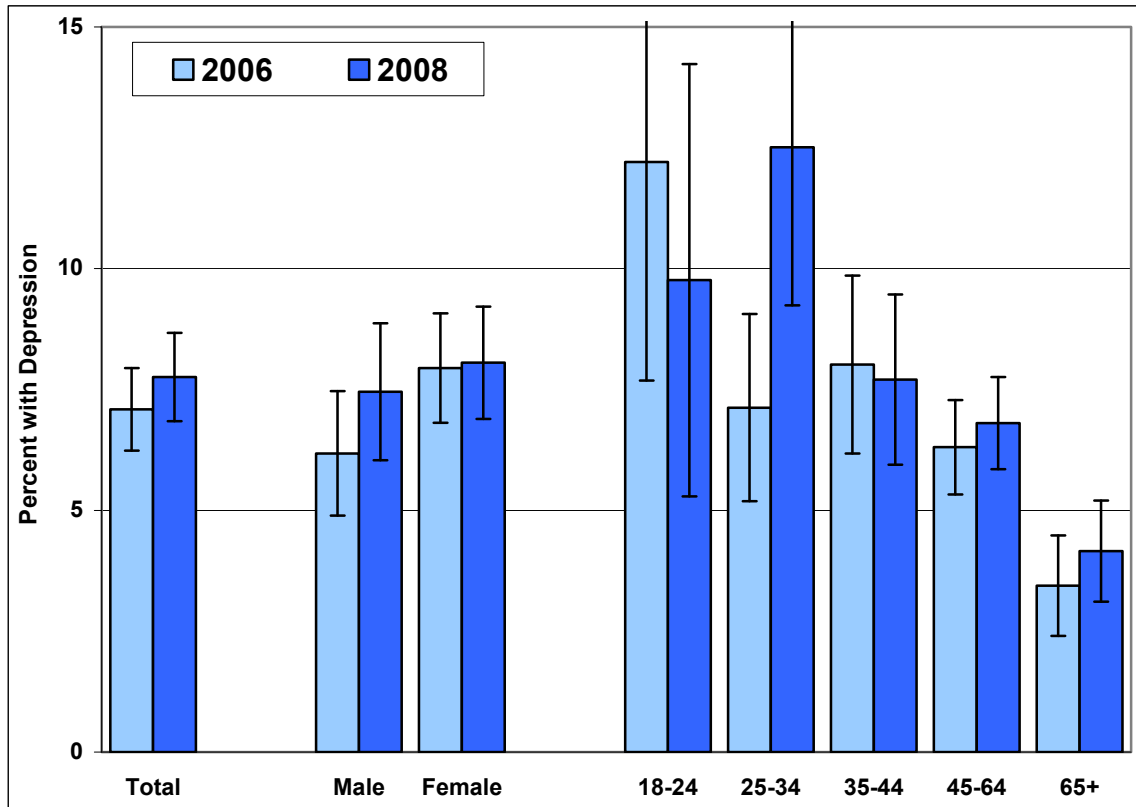
This week's brief report compares rates of depression among Vermont adults during CY2008 with rates of depression among Vermont adults during CY2006. Both rates are based on 8 of the 10 items included in the Vermont Department of Health Behavioral Risk Factor Surveillance System Survey (BRFSS) depression/anxiety module. These eight items in the depression/anxiety module asked respondents about their emotional state during the past 14 days. The PHQ-8 score is based on these responses, and moderate to severe depression is indicated by a score of 10 or higher. A copy of the survey instrument is available at <http://www.cdc.gov/brfss/questionnaires/pdf-ques/2008brfss.pdf>.

As you will see, Vermont's overall rate of depression among adults in 2008 was not significantly different from its overall rate in 2006. However, three demographic groups experienced changes worthy of note. Adults in the 25-34 age group experienced a substantial and statistically significant increase in depression (from 7.1% in 2006 to 12.5% in 2008). Young adults in the 18-24 age group experienced a substantial, but not statistically significant, decrease in depression (from 12.2% to 9.8%). Adult men experienced a substantial, but not statistically significant, increase in depression (from 6.2% to 7.5%).

In terms of overall patterns, older Vermont residents (aged 65+) reported significantly lower rates of depression than other residents during both years. Adult women were significantly more likely than adult men to have depression in 2006, but this gender difference was not significant in 2008.

We look forward to your interpretation of these findings and your suggestions for further analysis of these data. Please forward your comments and suggestions to pip@vdh.state.vt.us or 802.863.7249.

Vermont Adults with Moderate to Severe Depression During 2006 and 2008



	2006	2008
VT Total	7.1% ± 0.9%	7.8% ± 0.9%
Gender		
Male	6.2% ± 1.3%	7.5% ± 1.4%
Female	7.9% ± 1.1%	8.1% ± 1.2%
Age		
18-24	12.2% ± 4.5%	9.8% ± 4.5%
25-34	7.1% ± 1.9%	12.5% ± 3.3%
35-44	8.0% ± 1.8%	7.7% ± 1.8%
45-64	6.3% ± 1.0%	6.8% ± 1.0%
65+	3.4% ± 1.0%	4.2% ± 1.0%

Analysis based on data collected by the Vermont Department of Health Behavior Risk Factor Surveillance System (BRFSS) survey during CY2006 and CY2008. The BRFSS is an on-going telephone health survey system conducted by the health department of each state. The BRFSS surveys include residents and excludes institutionalized Vermonters. Depression was indicated by a PHQ-8 score corresponding with moderate to severe depression.