



Data Brief

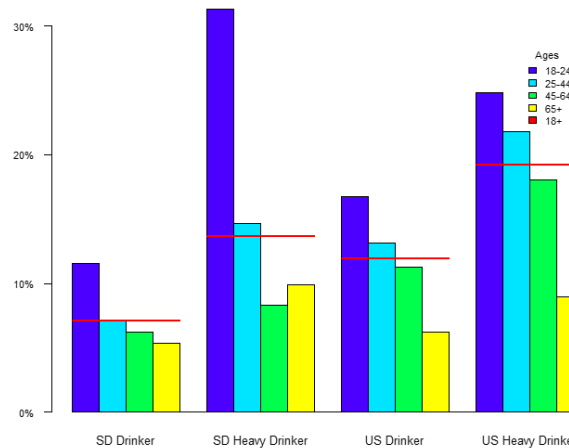
Reported poor mental health is higher for drinkers aged 18-24 than older drinkers

December 2012 No.11

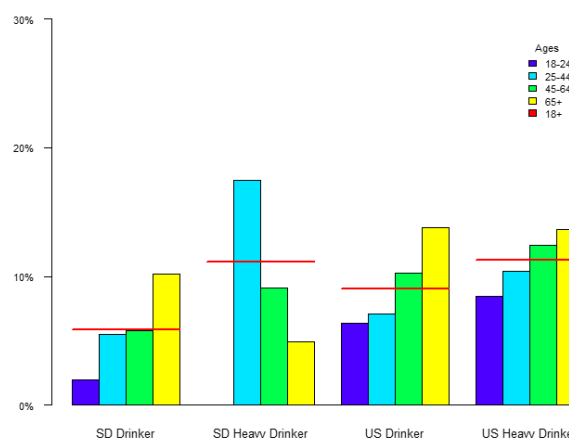
Younger drinkers report higher rates of feeling mentally unhealthy than older drinkers

For the purpose of this report, feeling mentally unhealthy is defined by experiencing stress, depression, and problems with emotions, more than 7 days in the past 30 days. Mental health issues reported by drinkers ages 18-24, are consistently higher than drinkers in older age groups. Among 18 - 24 year olds, 32% of SD heavy drinkers report poor mental health, while US heavy drinkers are at 24%, SD drinkers 12%, and US drinkers 17%. Feeling mentally unhealthy was reported at a rate 7% higher than feeling physically unhealthy for ages 18-24 with SD drinkers. Unhealthy mental health reports were also higher than unhealthy physical health for SD drinkers by 2%, SD heavy drinkers by 3%, US drinkers by 3%, and US heavy drinkers by 9% when combining the age groups. Note: The study is based on data from drinkers with use in past 30 days, not the general population. Heavy drinkers are men that consume more than 2 drinks daily during the past 30 days, and women, similarly, that consume more than 1 drink. Since sample sizes in SD substrata are relatively small, it may be more cautious to focus on the larger strata estimates.

Mental Health issues reported by drinkers by alcohol use and age, 2010 data



Physical health issues reported by drinkers by alcohol use and age, 2010 data



Source: BRFSS data, 2010 WEAT: Web Enabled Analysis Tool for the CDC's BRFSS. http://apps.nccd.cdc.gov/s_broker/broker.exe

Support for this document and support for the South Dakota Substance Abuse Epidemiological Outcomes Workgroup is made possible by the Center for Substance Abuse Prevention, Substance Abuse Mental Health Services Administration (CSAP-SAMHSA).