

Why Is This Important?

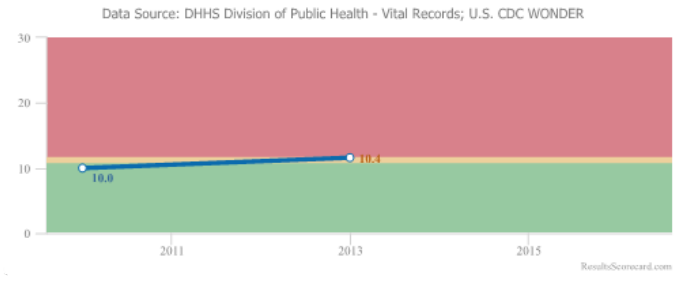


Nebraska Healthy People 2020: Mental Health

According to HealthyPeople.gov, mental illness ranks first among illnesses that cause disability in the United States, Canada and Western Europe. The resulting burden of mental illness is among the highest of all diseases. In any given year, an estimated 13 million American adults (approximately 1 in 17) have a seriously debilitating mental illness. Depressive illness, including major depression, bipolar disorder, and dysthymia, are the most common of mental illnesses. Suicide is the 11th leading cause of death in the United States, accounting for the deaths of approximately 30,000 Americans each year.

Indicators

Indicator	Time Period	Actual Value	Target Value	Current Trend	Baseline %Change
i HP2020 Suicide death rate per 100,000 population (age-adjusted).	2013	11.6	10.4	↗ 1	16% ↗
	2010	10.0	—	→ 0	0% →



Story Behind the Curve

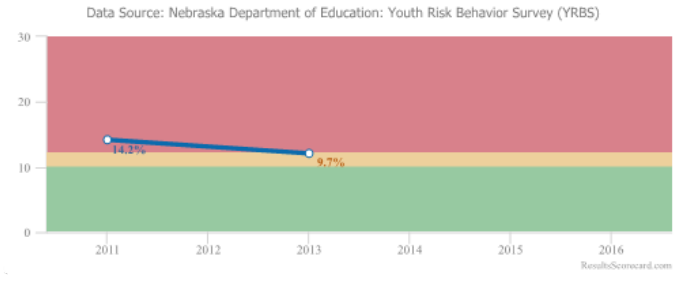
National Comparison 2013: 12.6

Nebraska Racial/Ethnic Comparison (2009-2013, combined):

- White NH: 11.6
- African American NH: 6.5
- Native American NH: 11.7
- Asian/Pacific Islander NH: 4.5
- Hispanic: 5.2

NH = Non-Hispanic

i HP2020 Percentage of adolescents in grades 9-12 who considered suicide in the past 12 months.	2013	12.1%	9.7%	↘ 1	-15% ↘
	2011	14.2%	—	→ 0	0% →



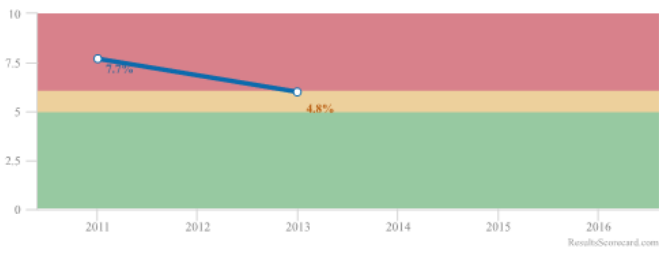
Story Behind the Curve

National Comparison 2013: 17.0%

i HP2020 Percentage of adolescents in grades 9-12 who attempted suicide in the past 12 months.	2013	6.0%	4.8%	↘ 1	-22% ↘
	2011	7.2%	—	→ 0	0% →

Data Source: Nebraska Department of Education: Youth Risk Behavior Survey (YRBS)

2011 7.7% - → 0 0% →



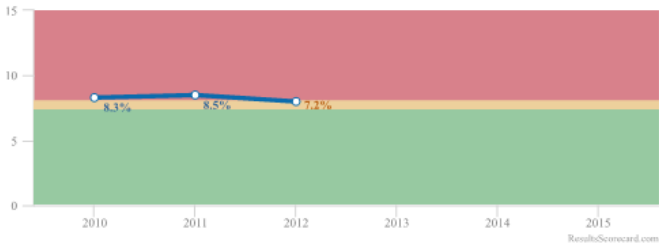
Story Behind the Curve

National Comparison 2013: 8.0%

HP2020 Percentage of adolescents aged 12-17 who experienced major depressive episodes.

2012	8.0%	7.2%	↓ 1	-4% ↓
2011	8.5%	-	↑ 1	2% ↑
2010	8.3%	-	→ 0	0% →

Data Source: National Survey on Drug Use and Health (NSDUH)



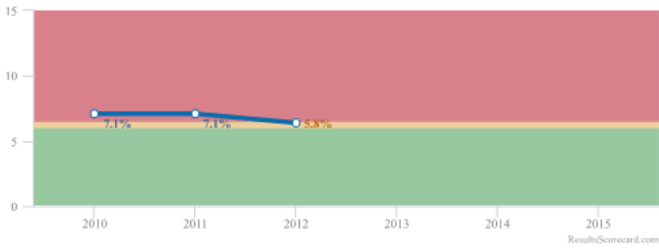
Story Behind the Curve

National Comparison 2011-2012: 8.7%

HP2020 Percentage of adults aged 18 and over who experience major depressive episodes.

2012	6.4%	5.8%	↓ 1	-10% ↓
2011	7.1%	-	→ 1	0% →
2010	7.1%	-	→ 0	0% →

Data Source: National Survey on Drug Use and Health (NSDUH)



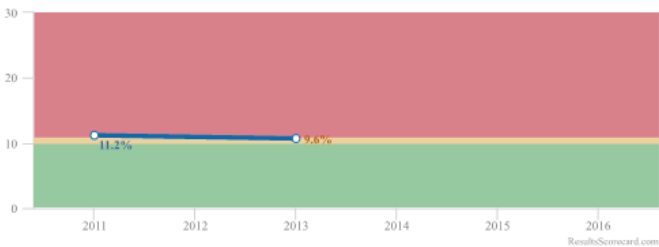
Story Behind the Curve

National Comparison 2011-2012: 6.7%

HP2020 Percentage of adolescents in grades 9-12 engaging in high risk weight loss by fasting, in the past 30 days.

2013	10.7%	9.6%	↓ 1	-4% ↓
2011	11.2%	-	→ 0	0% →

Data Source: Nebraska Department of Education: Youth Risk Behavior Survey (YRBS)

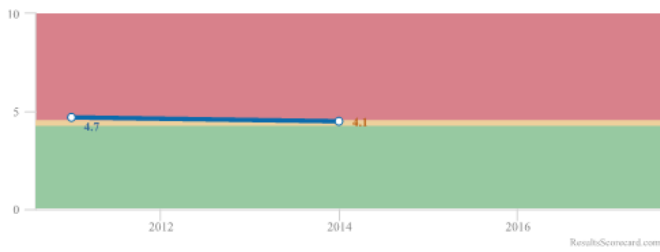


Story Behind the Curve

National Comparison 2013: 13.0%

HP2020 Percentage of adolescents in grades 9-12 who engaged in high risk weight loss by taking diet pills, in the past 30 days.

2014	4.5	4.1	↓ 1	-4% ↓
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Story Behind the Curve

National Comparison 2013: 5.0%

HP2020 Percentage of adolescents in grades 9-12 who engaged in high risk weight loss by vomiting or taking laxatives, in the past 30 days.

2013

3.6

3.2

↓ 1

-8% ↓

2011

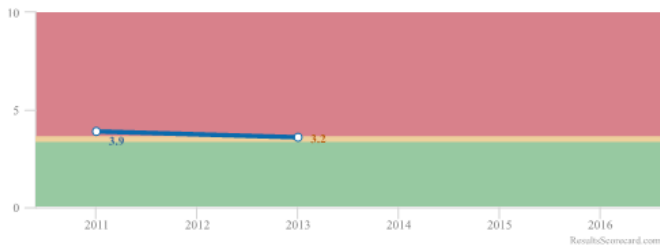
3.9

-

→ 0

0% →

Data Source: Nebraska Department of Education: Youth Risk Behavior Survey (YRBS)



Story Behind the Curve

National Comparison: 4.4%

HP2020 Percentage of adolescents in grades 9-12 who engaged in one or more high risk weight loss behaviors in the past 30 days.

2013

13.9

12.5

↓ 1

-1% ↓

2011

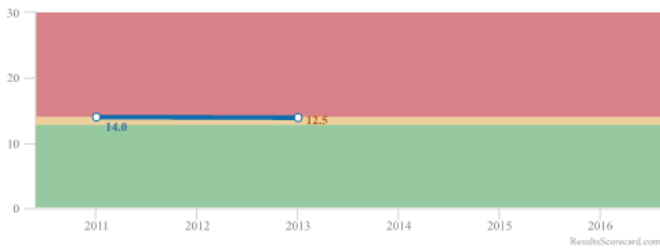
14.0

-

→ 0

0% →

Data Source: Nebraska Department of Education: Youth Risk Behavior Survey (YRBS)



Story Behind the Curve

National Comparison 2013: 16.7%

Definition

This scorecard is created to track performance, therefore the demonstration of data within color markers identifies the boundaries of what we define as success. In some instances, a trend may be moving in the wrong direction, but still may be within our 'Target for Success' area. The use of Color Bands and Color Arrows help to define the Target for Success and Current Progress.

Green, Black and Red arrows are used to reflect our 'Current Progress' status.

- GREEN Arrow = We're getting better!
- BLACK Arrow = We're maintaining our position.
- RED Arrow = We're going in the wrong direction.

Green, Yellow or Red color bands are used to reflect our 'Target for Success' zones.

- GREEN Color Band = We've reached our Target for Success!
- YELLOW Color Band = We're making progress, but not quite there yet.
- RED Color Band = We're below our Target for Success.

Data is described with the Time Period, Actual Value, Target Value, Current Trend and Baseline Change %. These mean:

- Time Period - The most current time period for which the data were available.
- Actual Value - The actual level of achievement, the most current data point for the indicator; also shown in a Color Band to reflect if that value is or is not within our Target for Success zone.
- Target Value - The desired level of achievement for the data indicator.
- Current Trend - The direction of progress is shown by a Color Arrow to reflect our Current Progress status, and also noting for how many data points the direction been occurring.

- Baseline Change % - The percentage of change between the baseline data point and the current data point (actual value); also shown with a Color Arrow to describe Current Progress status.

Actions

Name	Assigned To	Status	Due Date	Progress
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File Attachments

File Name
