

Serious Psychological Distress (Adults)

Serious Psychological Distress (Adults)

•Most recent data (2013): 4% or about 59,300 King County adults age 18+.

•Trend over time: Insufficient data to determine trend.

•Description: Scale score reflecting how often felt nervous, hopeless, restless, depressed, worthless, or that everything was an effort, during last 30 days

Serious psychological distress (adults), King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	3	3	4
AGE			
18-24	3 §	2 §	5 §
25-44	3	2	4
45-64	4	3	5
65+	1	1	2
GENDER			
Male	3	3	4
Female	3	2	3
RACE/ETHNICITY			
AIAN	5 §	2 §	15 §
Asian	2 §	1 §	4 §
Black	4 §	2 §	8 §
Hispanic	6	3	9
Multiple	3 §	2 §	7 §
NHPI	4 §	1 §	22 §
White	3	2	3
HOUSEHOLD INCOME			
<\$15,000	15	11	20
\$15,000 to \$24,999	5	3	8
\$25,000 to \$34,999	3 §	1 §	5 §
\$35,000 to \$49,999	2 §	1 §	3 §
\$50,000 to \$74,999	2	1	3
\$75,000+	1	0	1
REGION			
East	2	1	3
North	2 §	1 §	3 §
Seattle	3	2	4
South	4	3	5

Comparisons:

 Higher than King County rate (yellow)

 Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

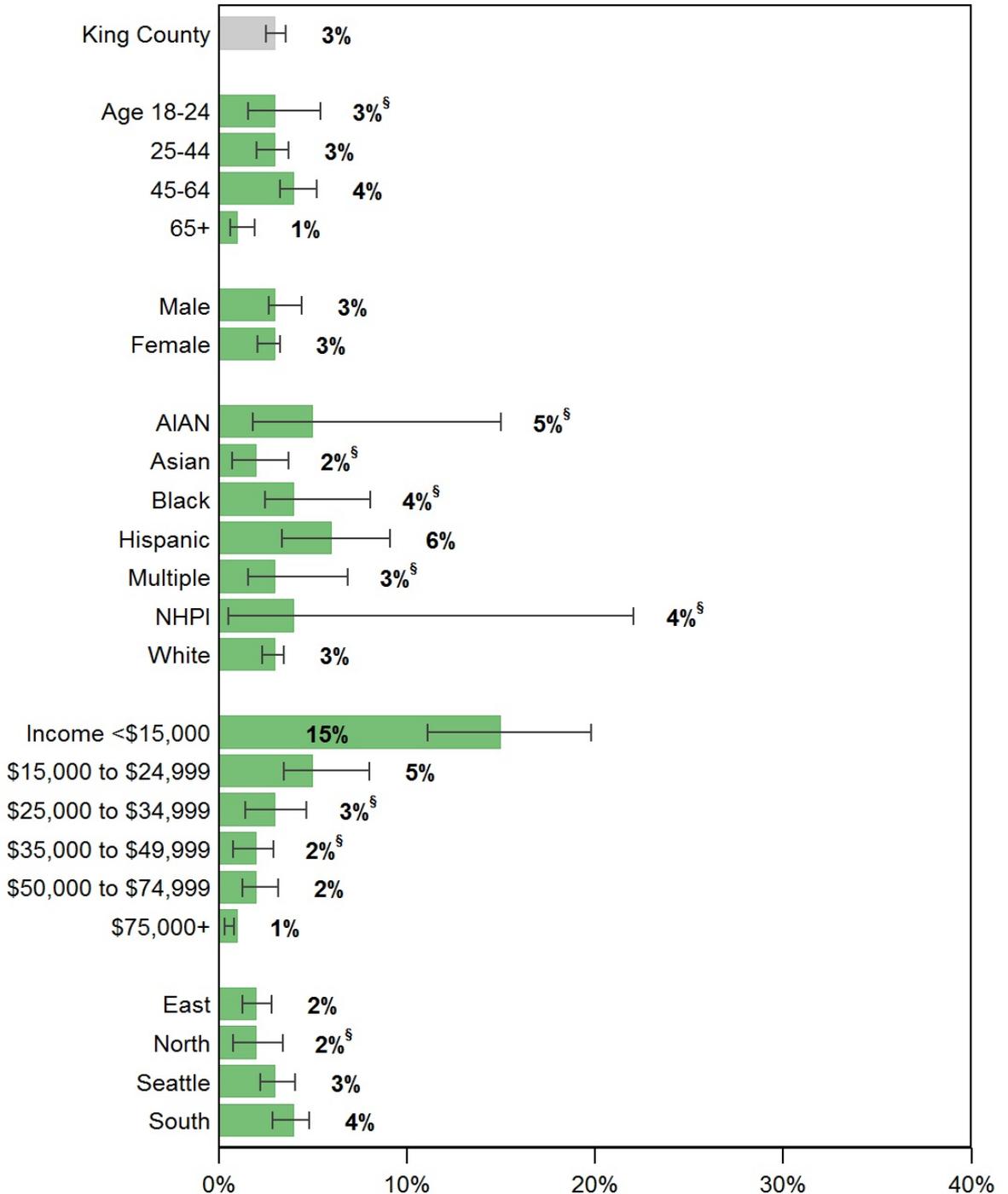
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Serious psychological distress (adults) King County, 2009-2013 average



Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

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Serious psychological distress (adults) by comparison areas

There is no Healthy People 2020 Objective for serious psychological distress (adults).

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2009	4	4	4
WA State	2009	3	2	4
King County	2013	4	3	5

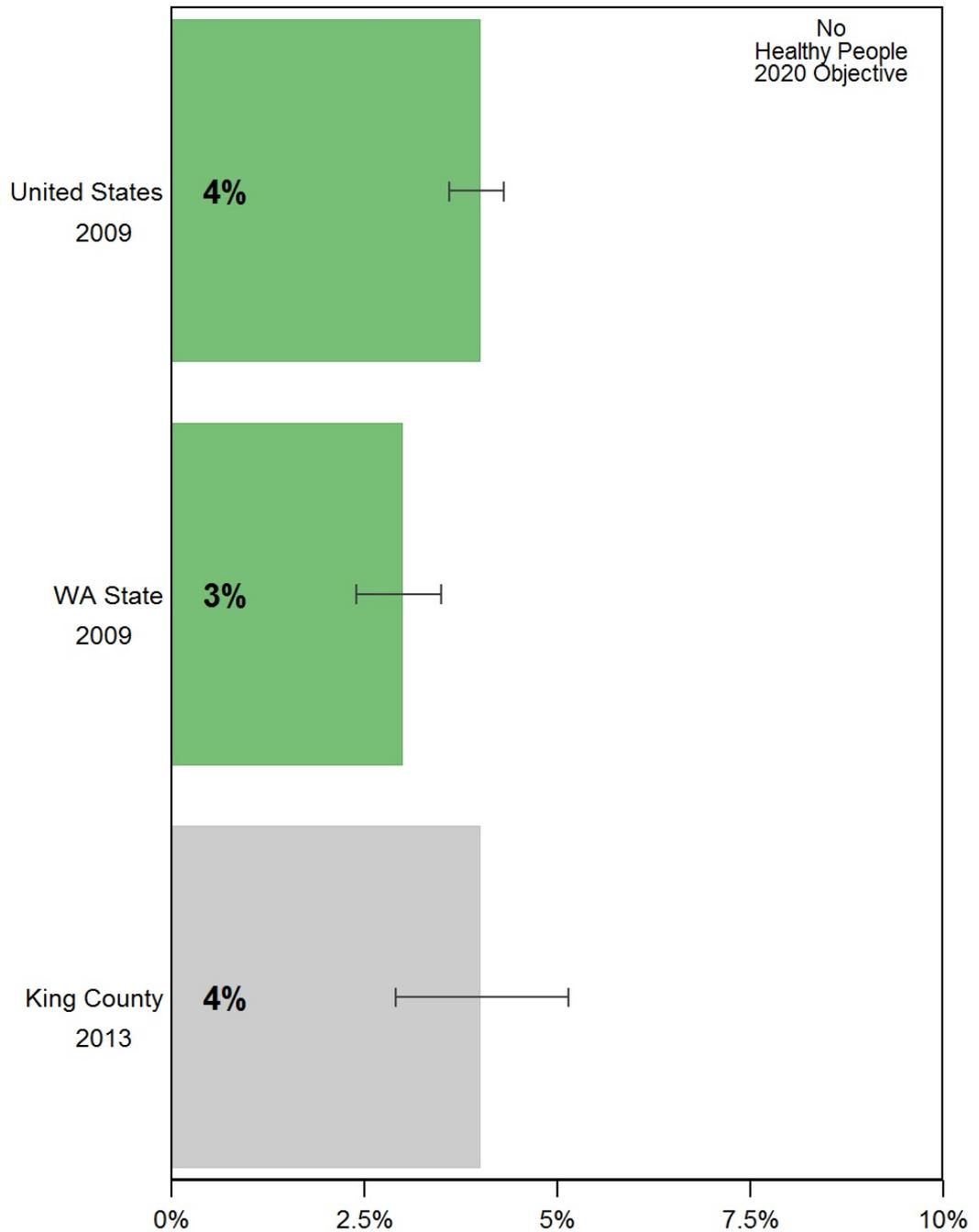
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Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

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Serious psychological distress (adults) by comparison areas



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Serious psychological distress (adults) by health reporting areas, King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	3	3	4
Auburn	3 §	1 §	9 §
..Auburn-North	1 §	0 §	3 §
..Auburn-South	6 §	2 §	22 §
Bear Creek/Carnation/Duvall	0 §	0 §	2 §
Bellevue	2 §	1 §	5 §
..Bellevue-Central	4 §	1 §	12 §
..Bellevue-NE	1 §	0 §	5 §
..Bellevue-South	2 §	0 §	6 §
..Bellevue-West	3 §	1 §	9 §
Black Diamond/Enumclaw/SE County	4 §	1 §	11 §
Bothell/Woodinville	1 §	0 §	5 §
Burien	6 §	3 §	13 §
Covington/Maple Valley	2 §	1 §	5 §
Des Moines/Normandy Park	6 §	3 §	12 §
East Federal Way	6 §	3 §	13 §
Fairwood	2 §	1 §	5 §
Federal Way	5 §	3 §	10 §
..Fed Way-Central/Military Rd	5 §	2 §	12 §
..Fed Way-Dash Point/Woodmont	6 §	2 §	14 §
Issaquah	4 §	1 §	13 §
Kenmore/LFP	2 §	0 §	7 §
Kent	3 §	2 §	6 §
..Kent-East	2 §	1 §	6 §
..Kent-SE	3 §	1 §	6 §
..Kent-West	6 §	2 §	20 §
Kirkland	3 §	1 §	5 §
..Kirkland	3 §	1 §	6 §
..Kirkland North	2 §	0 §	10 §
Mercer Isle/Pt Cities	3 §	1 §	14 §
Newcastle/Four Creeks	3 §	0 §	16 §
North Highline	3 §	0 §	20 §
Redmond	0 §	0 §	2 §
Renton	2 §	1 §	5 §
..Renton-East	0 §	0 §	3 §
..Renton-North	3 §	1 §	7 §
..Renton-South	3 §	1 §	10 §
Sammamish	0	N/A	N/A
SeaTac/Tukwila	5 §	2 §	12 §
Seattle	3	2	4
..Ballard	3 §	1 §	8 §
..Beacon/Gtown/S.Park	6 §	2 §	18 §
..Capitol Hill/E.lake	4 §	1 §	12 §
..Central Seattle	2 §	0 §	7 §
..Delridge	2 §	1 §	7 §
..Downtown	6 §	2 §	16 §
..Fremont/Greenlake	1 §	0 §	3 §
..NE Seattle	1 §	0 §	6 §
..North Seattle	6 §	3 §	12 §
..NW Seattle	2 §	1 §	5 §
..QA/Magnolia	3 §	1 §	7 §
..SE Seattle	3 §	1 §	11 §
..West Seattle	3 §	1 §	6 §
Shoreline	2 §	1 §	5 §
Snoqualmie/North Bend/Skykomish	2 §	1 §	8 §
Vashon Island	0 §	0 §	3 §

Comparisons:

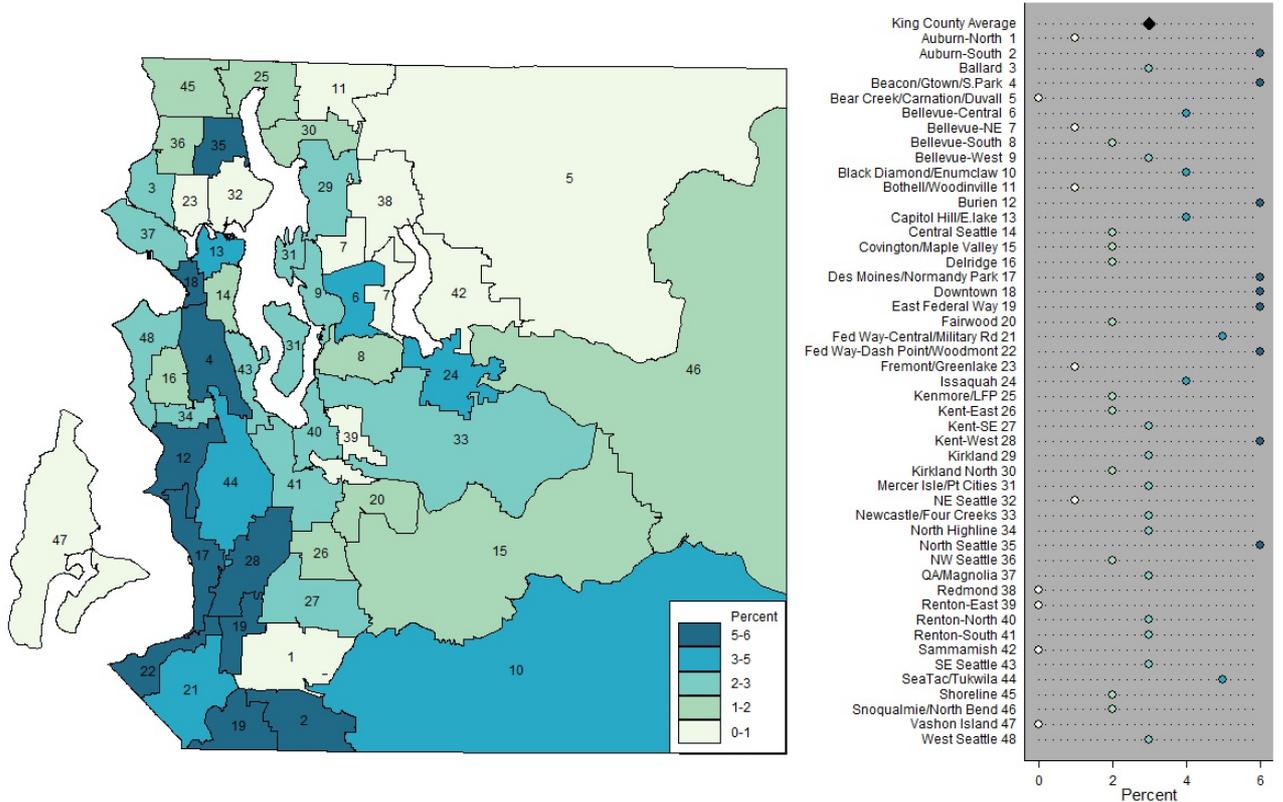
- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

- Source: Behavioral Risk Factor Surveillance System.
- Prepared by Public Health - Seattle & King County, APDE, 12/2014.
- N/A: Not available.
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Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Serious psychological distress (adults) by health reporting areas King County, 2009-2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order
 Source: Behavioral Risk Factor Surveillance System.
 Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Has Depressive Feelings (School-Age)

Has Depressive Feelings (School-Age)

- Most recent data (2012): 27% of King County youth attending public schools in the 8th, 10th and 12th grades.
- Trend over time: 2004-12: falling
- Description: During past 12 months felt so sad/hopeless for 2 wks+ that stopped doing usual activities

Has depressive feelings (school-age), King County, 2010 and 2012

	Percent	Lower CI	Upper CI
King County (school-age youth in 8th, 10th and 12th grades)	26	26	27
GRADE			
Grade 8	23	22	24
Grade 10	28	27	29
Grade 12	28	27	29
GENDER			
Male	21	21	22
Female	31	30	32
RACE/ETHNICITY			
AIAN	33	29	37
Asian	27	25	28
Black	28	26	29
Hispanic	32	31	34
Multiple	29	28	31
NHPI	32	30	34
White	23	23	24
Other	30	29	32
REGION			
East	24	23	25
North	24	23	26
Seattle	24	23	26
South	29	28	30

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

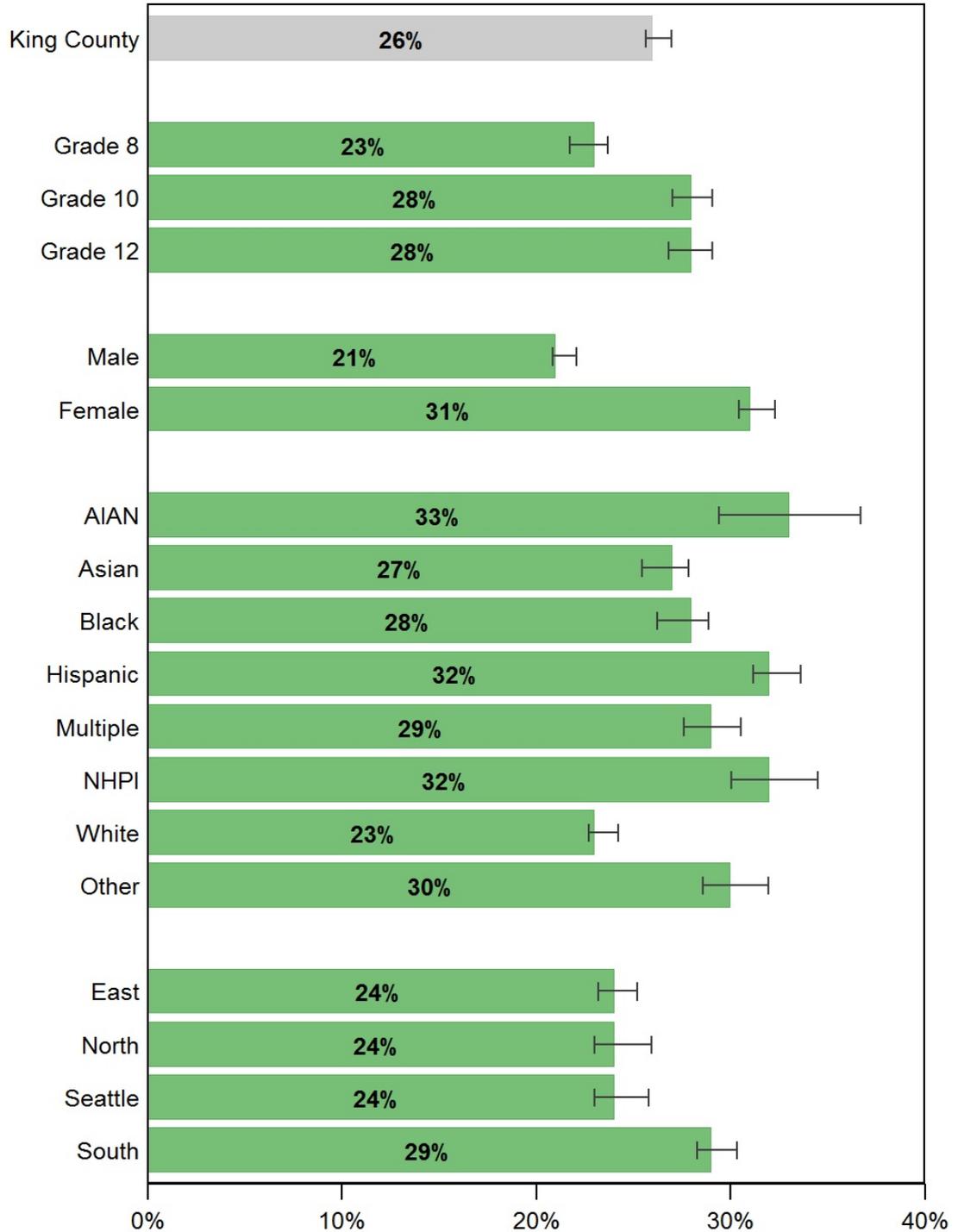
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Data by income or poverty level not available.

Has depressive feelings (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

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Data by income or poverty level not available.

Has depressive feelings (school-age) by comparison areas

There is no Healthy People 2020 Objective for has depressive feelings (school-age).

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	29	27	30
WA State	2012	29	28	30
King County	2012	27	26	28

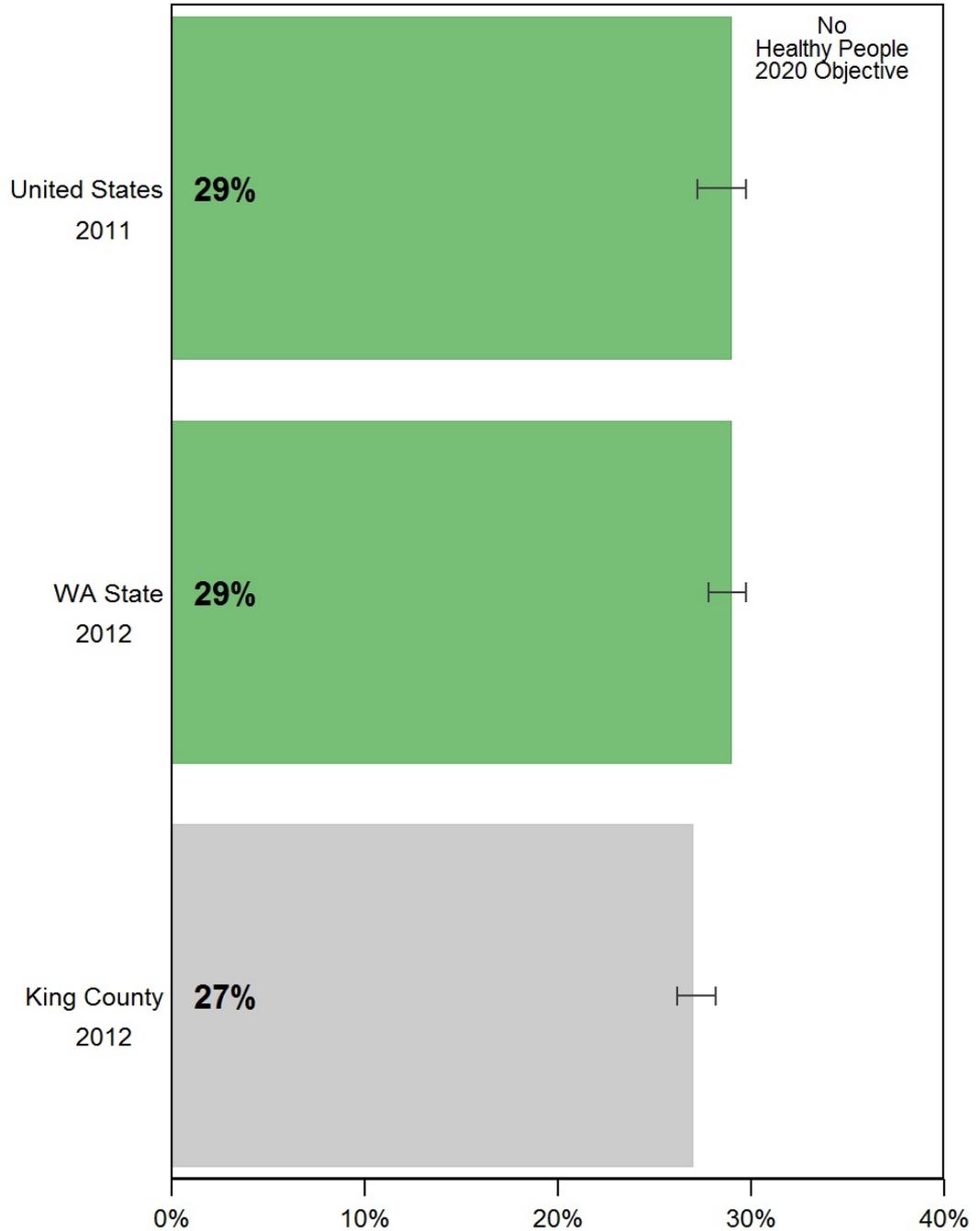
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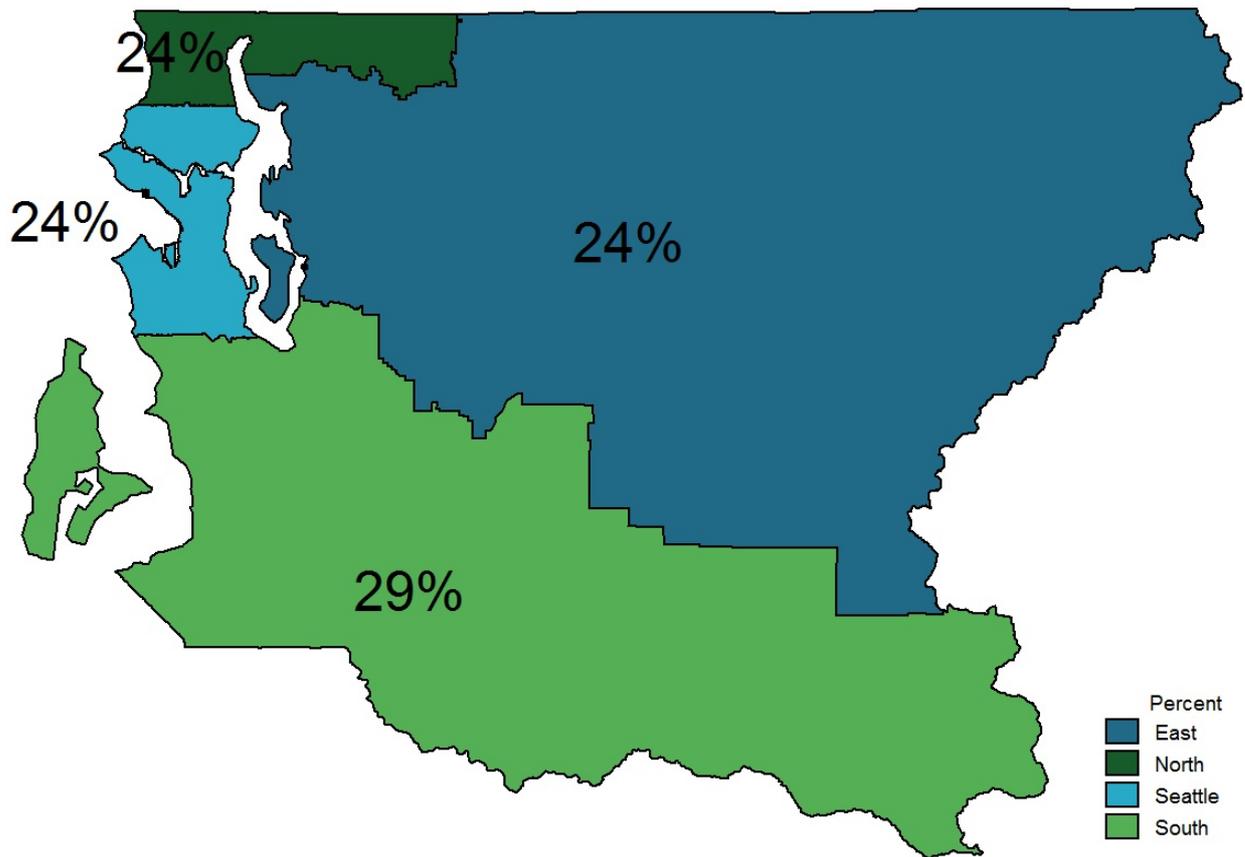
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Has depressive feelings (school-age) by comparison areas



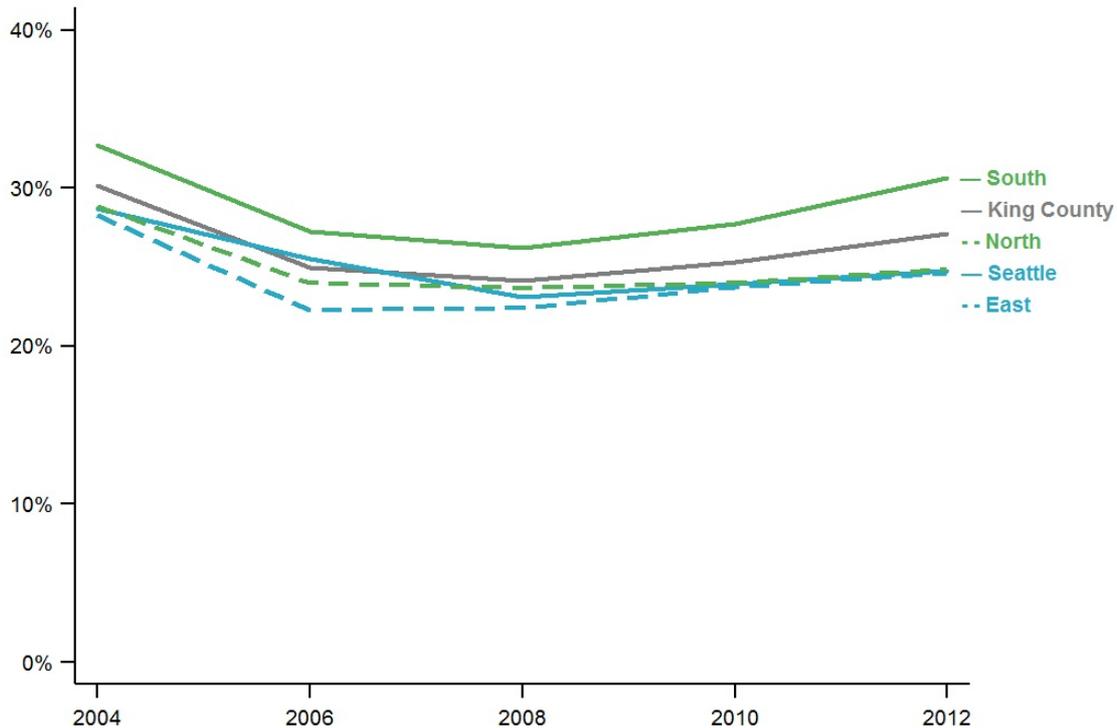
Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
|-----| Confidence interval shows range that includes true value 95% of the time.

Has depressive feelings (school-age) by regions
King County, 2010 and 2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Has depressive feelings (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Produced by the
[Assessment, Policy Development & Evaluation Unit](#)
[Public Health - Seattle & King County](#)
12/14

King County
Hospitals
for a **Healthier**
Community

Frequent Mental Distress (Adults)

Frequent Mental Distress (Adults)

- Most recent data (2013): 11% or about 167,000 King County adults age 18+.
- Trend over time: 2000-13: flat
- Description: Had 14 or more days with poor mental health in the past 30 days

Frequent mental distress (adults), King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	10	9	11
AGE			
18-24	13	10	16
25-44	11	10	12
45-64	10	9	11
65+	5	4	6
GENDER			
Male	9	8	10
Female	12	10	13
RACE/ETHNICITY			
AIAN	9 §	5 §	16 §
Asian	7	5	10
Black	14	10	19
Hispanic	13	10	17
Multiple	13	9	19
NHPI	7 §	2 §	21 §
White	10	9	11
HOUSEHOLD INCOME			
<\$15,000	24	20	29
\$15,000 to \$24,999	16	13	19
\$25,000 to \$34,999	11	8	15
\$35,000 to \$49,999	10	7	13
\$50,000 to \$74,999	8	7	10
\$75,000+	6	5	7
REGION			
East	7	6	9
North	12	9	16
Seattle	10	9	12
South	12	10	13

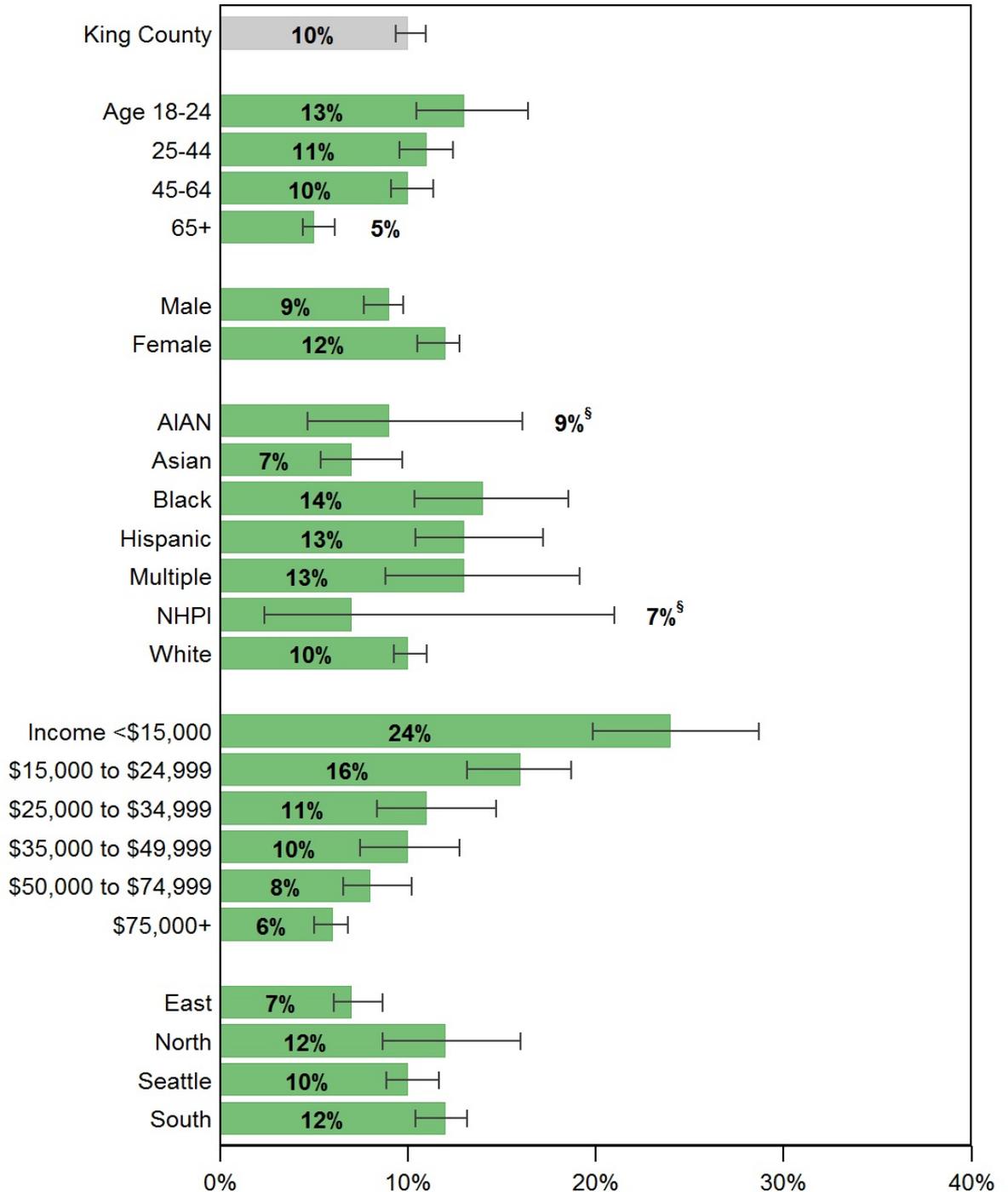
Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

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Frequent mental distress (adults) King County, 2009-2013 average



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Frequent mental distress (adults) by comparison areas

There is no Healthy People 2020 Objective for frequent mental distress (adults).

	Latest Available Year	Percent	Lower CI	Upper CI
United States	N/A	N/A	N/A	N/A
WA State	2012	12	11	13
King County	2013	11	9	13

Notes:

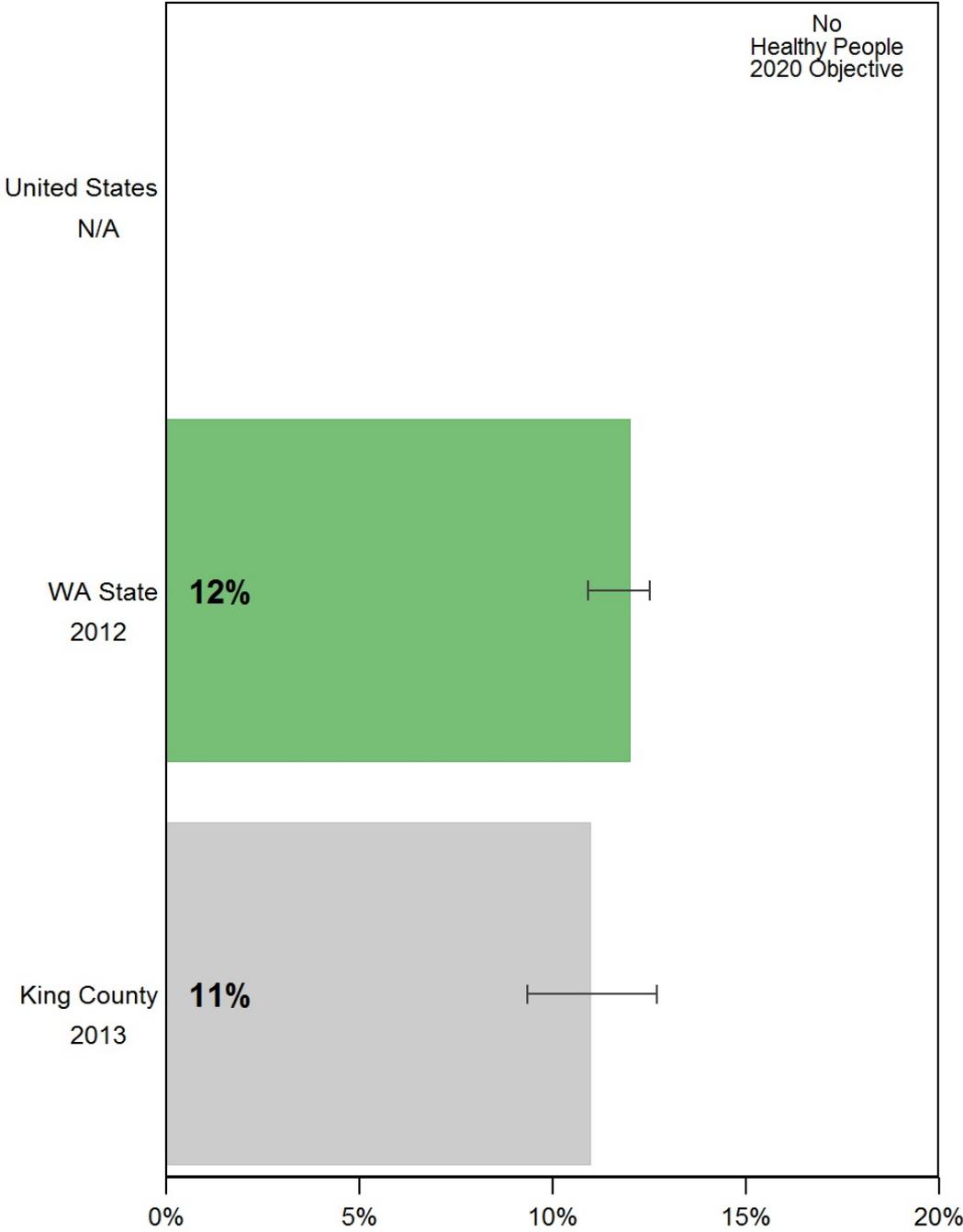
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Frequent mental distress (adults) by comparison areas



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Frequent mental distress (adults) by health reporting areas, King County, 2009-2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	10	9	11
Auburn	13	9	19
..Auburn-North	10	6	17
..Auburn-South	17	9	28
Bear Creek/Carnation/Duvall	8	5	12
Bellevue	7	5	9
..Bellevue-Central	7 §	4 §	12 §
..Bellevue-NE	10	6	17
..Bellevue-South	5 §	3 §	9 §
..Bellevue-West	4 §	2 §	8 §
Black Diamond/Enumclaw/SE County	10	7	16
Bothell/Woodinville	9 §	5 §	17 §
Burien	15	10	22
Covington/Maple Valley	8	5	12
Des Moines/Normandy Park	11	7	18
East Federal Way	12	6	21
Fairwood	11 §	5 §	21 §
Federal Way	13	9	19
..Fed Way-Central/Military Rd	16	11	24
..Fed Way-Dash Point/Woodmont	8 §	4 §	16 §
Issaquah	11 §	5 §	23 §
Kenmore/LFP	13	8	22
Kent	15	11	19
..Kent-East	16	9	28
..Kent-SE	15	11	21
..Kent-West	13 §	7 §	24 §
Kirkland	6	4	9
..Kirkland	7	4	11
..Kirkland North	6	3	9
Mercer Isle/Pt Cities	9	5	15
Newcastle/Four Creeks	6 §	3 §	12 §
North Highline	12 §	6 §	24 §
Redmond	8 §	4 §	15 §
Renton	11	8	16
..Renton-East	6 §	3 §	11 §
..Renton-North	15	8	25
..Renton-South	13	8	20
Sammamish	8	4	13
SeaTac/Tukwila	9	5	15
Seattle	10	9	12
..Ballard	9	5	16
..Beacon/Gtown/S.Park	17	9	28
..Capitol Hill/E.lake	11	7	17
..Central Seattle	8	5	13
..Delridge	12	7	18
..Downtown	14	9	22
..Fremont/Greenlake	11	7	17
..NE Seattle	10	6	15
..North Seattle	10	6	15
..NW Seattle	7	4	12
..QA/Magnolia	10	6	15
..SE Seattle	12	7	18
..West Seattle	8	5	13
Shoreline	10	6	15
Snoqualmie/North Bend/Skykomish	7	4	11
Vashon Island	6 §	2 §	14 §

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

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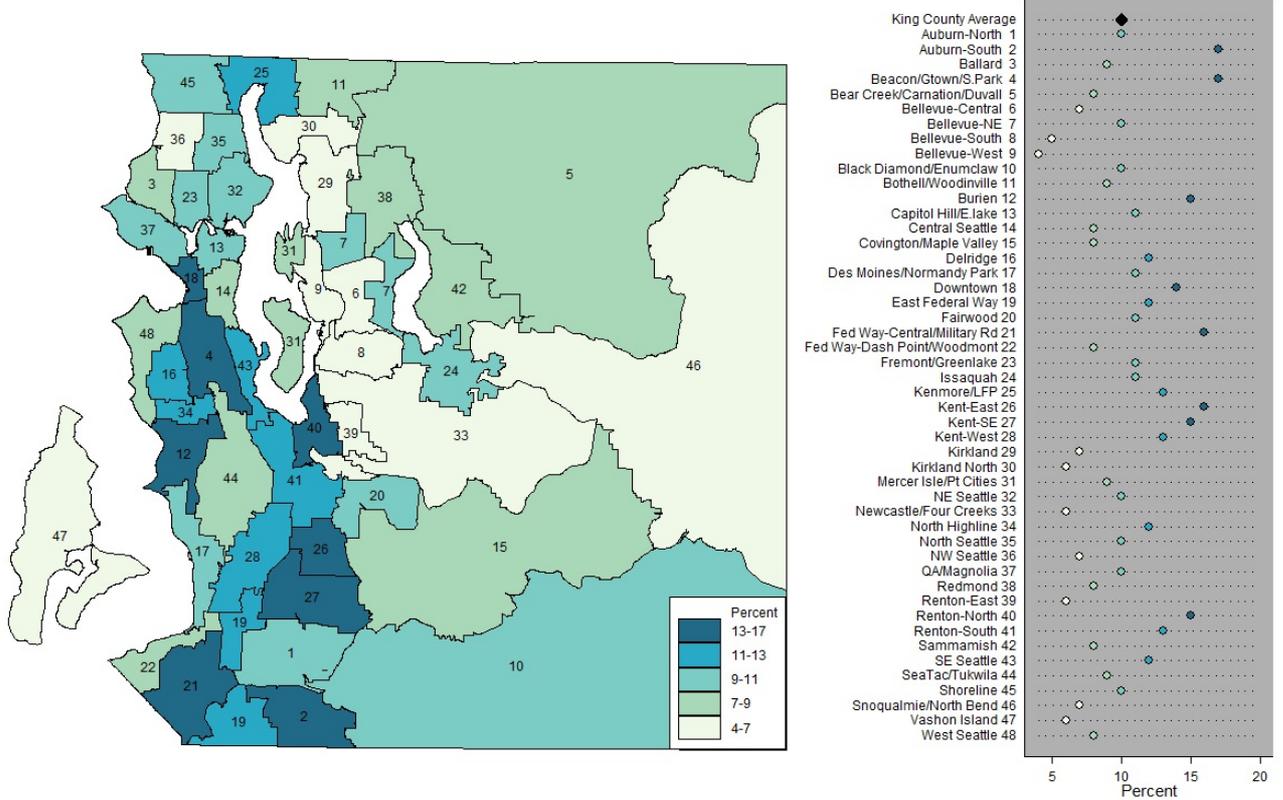
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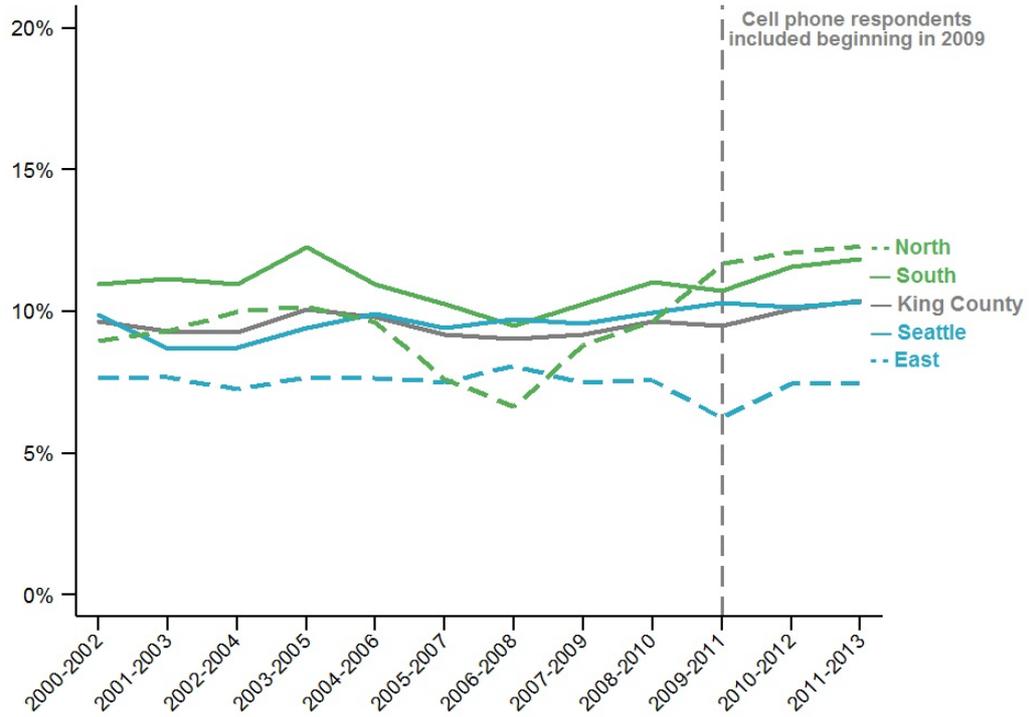
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Frequent mental distress (adults) by health reporting areas King County, 2009-2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order
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Frequent mental distress (adults) King County, 2000-2013, three-year rolling averages



Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

Binge Drinking (School-Age)

Binge Drinking (School-Age)

- Most recent data (2012): 14% of King County youth attending public schools in the 8th, 10th and 12th grades.
- Trend over time: 2004-12: falling
- Description: Had 5 or more alcoholic drinks in a row in past 14 days

Binge drinking (school-age), King County, 2010 and 2012

	Percent	Lower CI	Upper CI
King County (school-age youth in 8th, 10th and 12th grades)	14	13	15
GRADE			
Grade 8	6	5	6
Grade 10	13	13	14
Grade 12	23	22	25
GENDER			
Male	16	14	17
Female	13	12	14
RACE/ETHNICITY			
AIAN	20	17	24
Asian	8	7	9
Black	15	14	17
Hispanic	18	17	19
Multiple	15	14	16
NHPI	18	16	20
White	15	14	17
Other	12	11	14
REGION			
East	15	13	17
North	13	11	16
Seattle	15	13	17
South	14	13	15

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Healthy Youth Survey.

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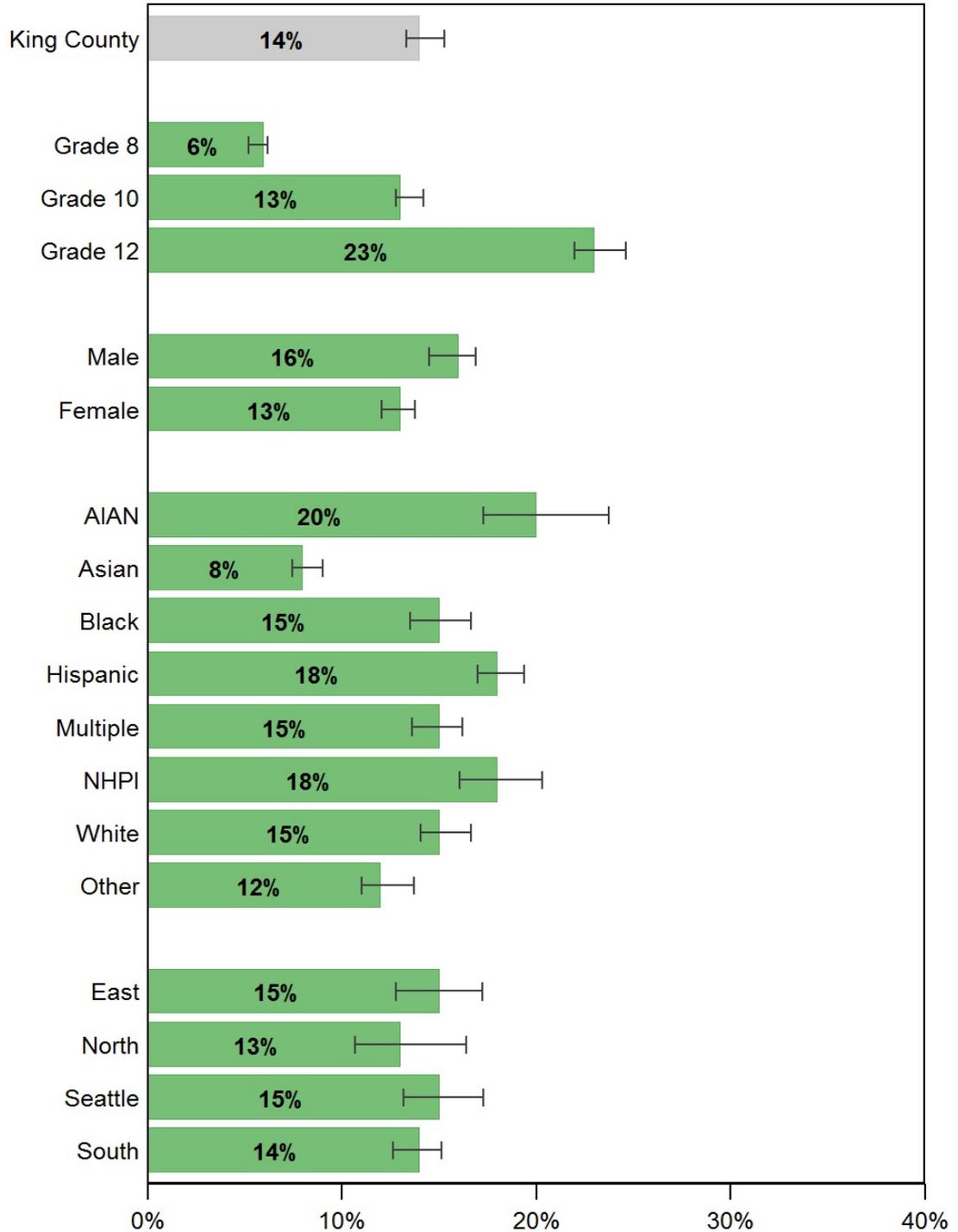
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Data by income or poverty level not available.

Binge drinking (school-age) King County, 2010 and 2012



Source: Healthy Youth Survey.

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Data by income or poverty level not available.

Binge drinking (school-age) by comparison areas

The Healthy People 2020 Objective for binge drinking (school-age) is 23%.

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	22	21	23
WA State	2012	13	12	15
King County	2012	14	13	15

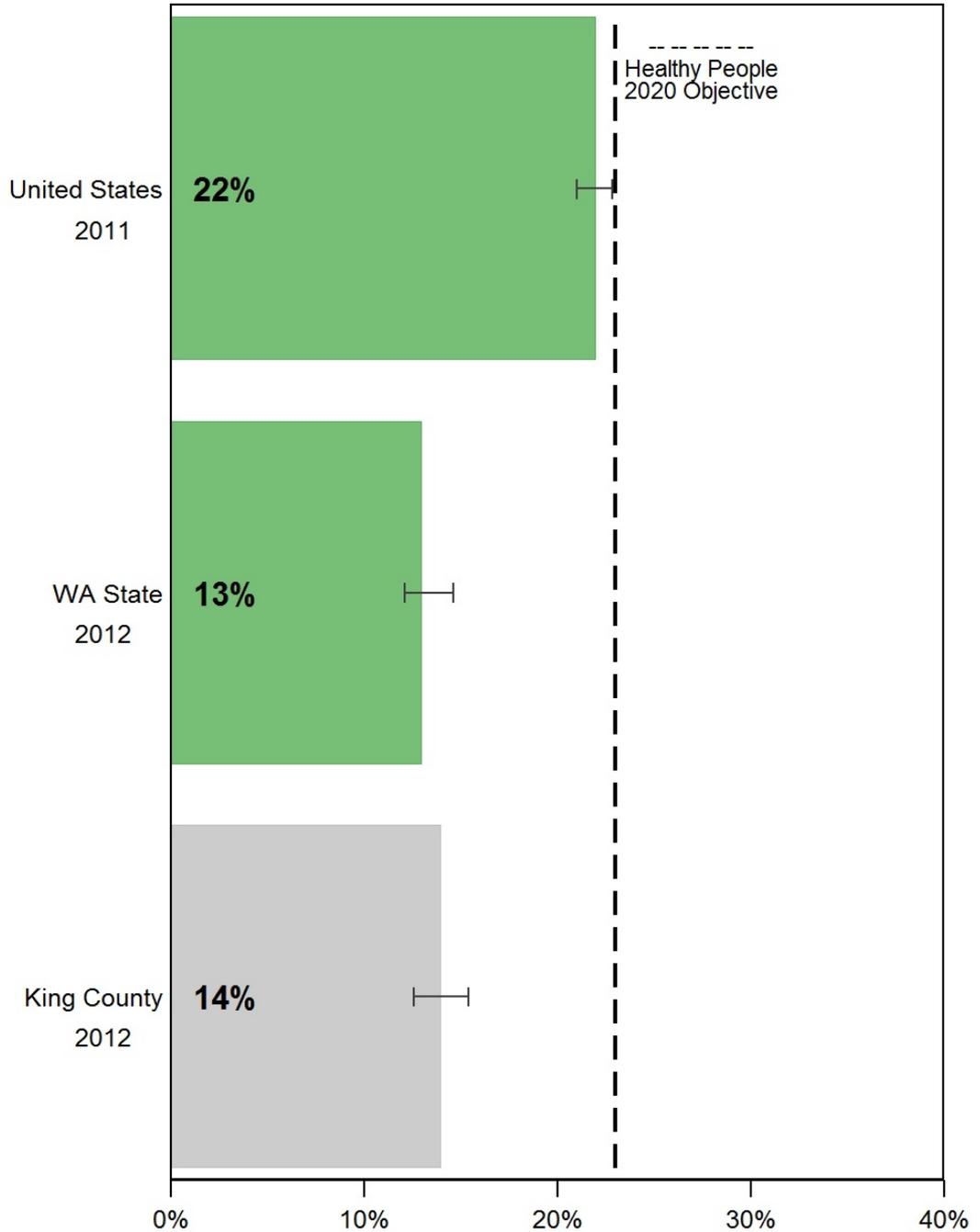
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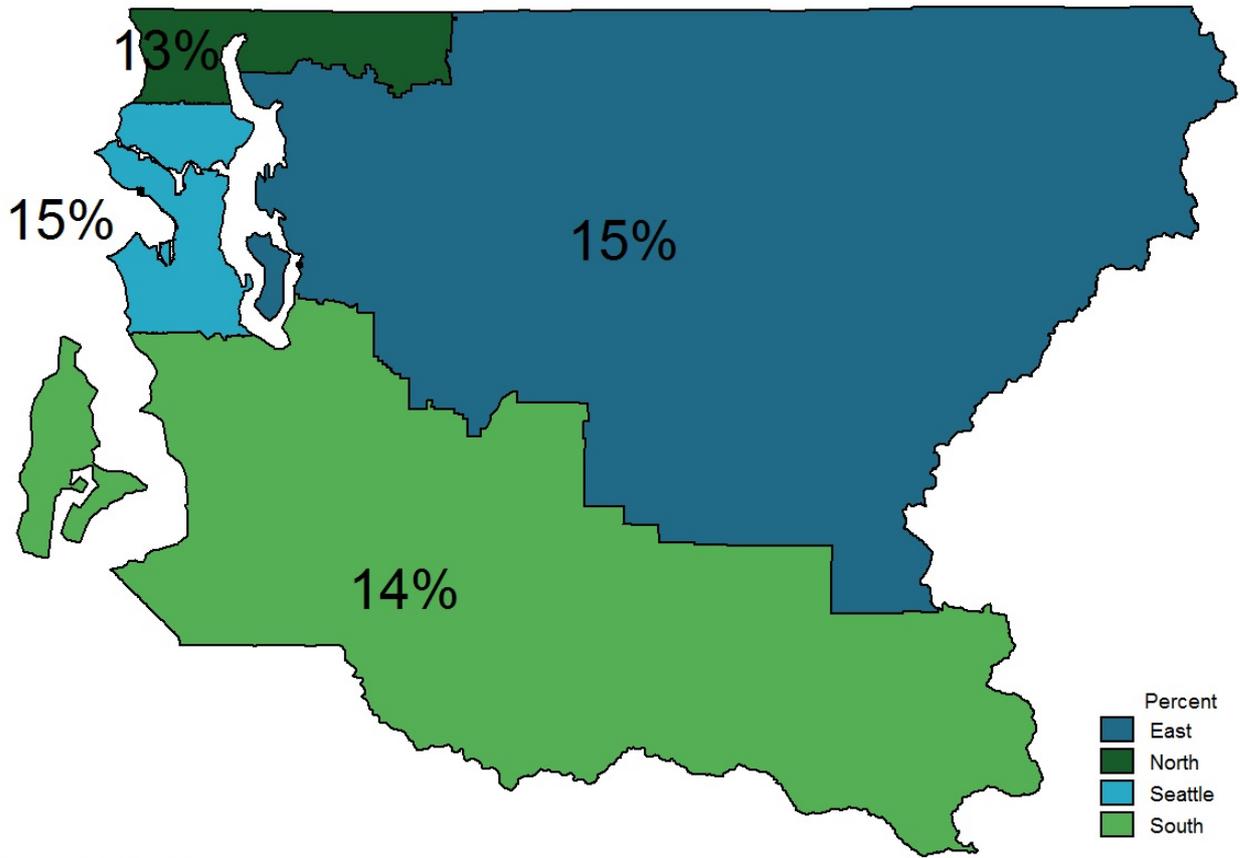
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Binge drinking (school-age) by comparison areas



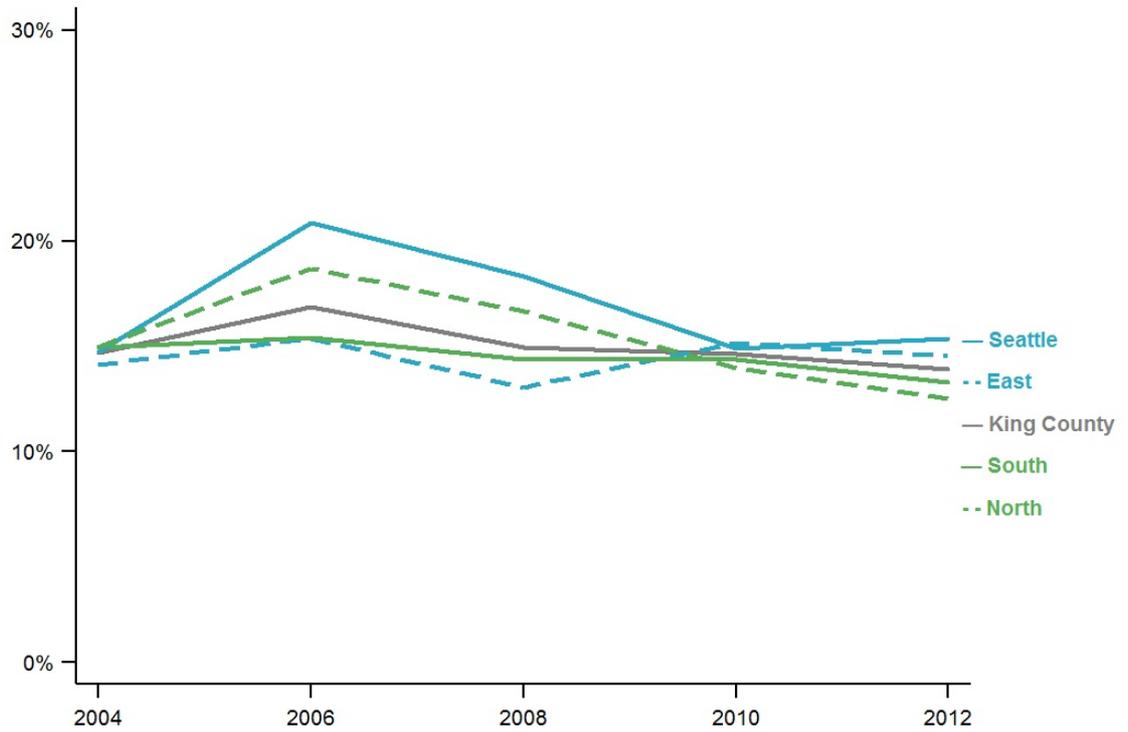
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**Binge drinking (school-age) by regions
King County, 2010 and 2012**



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.
N/A: Not available.

Binge drinking (school-age) King County, 2004-2012



Source: Healthy Youth Survey.
Prepared by Public Health - Seattle & King County, APDE, 12/2014.

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