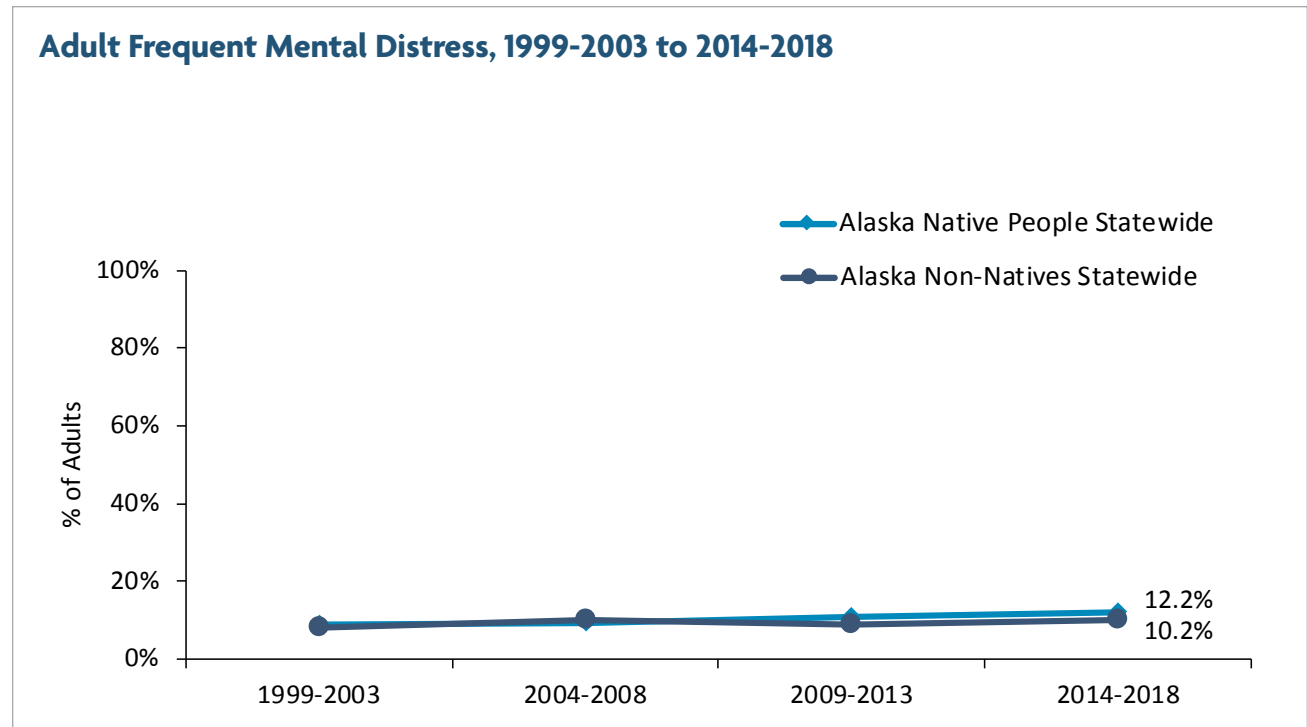


# Frequent Mental Distress



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Table C-102

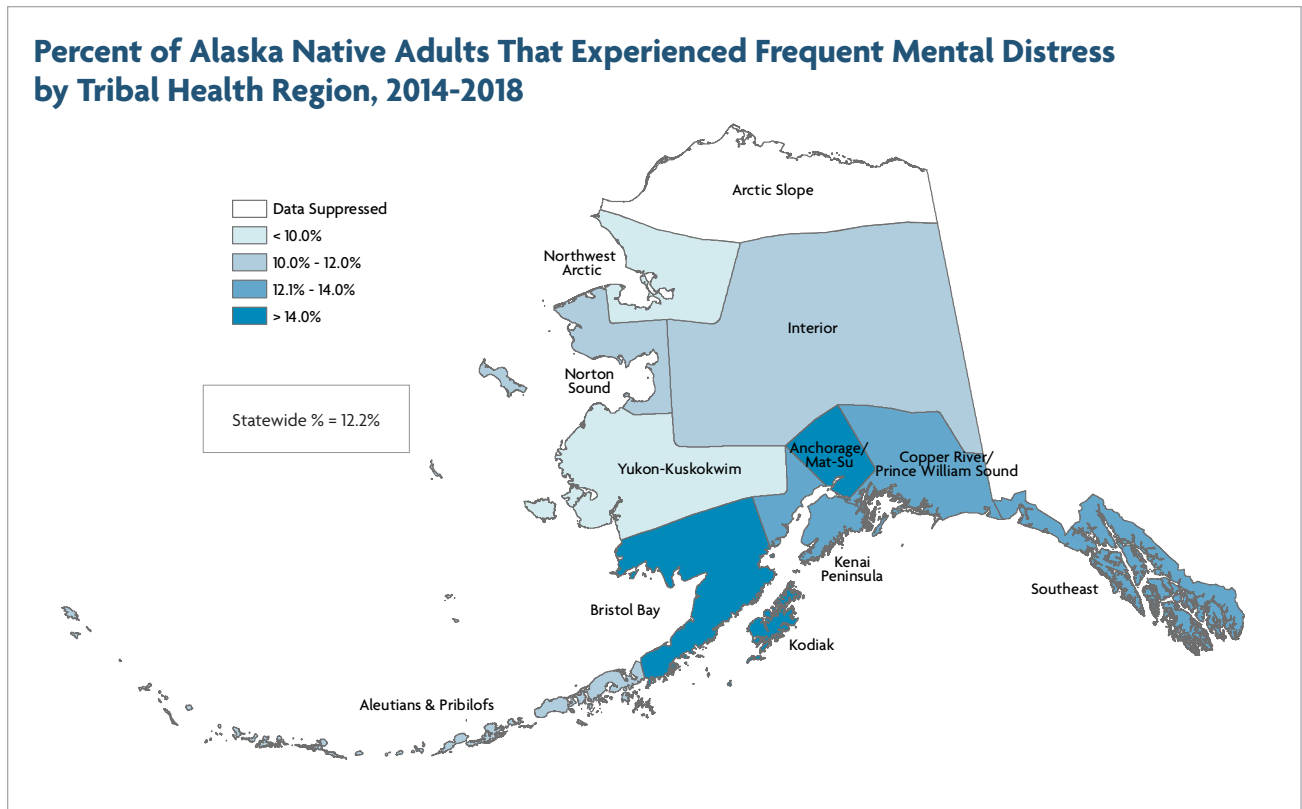
## Definition

The World Health Organization states that mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.<sup>26</sup> Frequent mental distress is the percentage of adults who reported “not good” mental health for 14 or more days in the past 30 days. Evidence has shown that mental health disorders, especially depressive disorders, are related to the occurrence, treatment, risk factors for and course of chronic diseases. There is evidence that positive mental health is associated with improved health outcomes.<sup>27</sup>

## Summary

- » During 2014–2018, about one in eight (12.2%) Alaska Native adults reported experiencing frequent mental distress.
- » During 2014-2018, there was no statistically significant difference in frequent mental distress between Alaska Native and non-Native adults.
- » The percent of Alaska Native adults experiencing frequent mental distress remained relatively stable between 1999–2003 and 2014–2018.
- » During 2014–2018, the percent of Alaska Native adults with frequent mental distress varied by Tribal health region, ranging from 7.6% to 15.5%.

# Frequent Mental Distress



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Table C-103

# Frequent Mental Distress

**Table C-102: Adult Frequent Mental Distress, 1999-2003 to 2014-2018**

	Alaska Native People Statewide		Alaska Non-Natives Statewide	
	%	95% Confidence Interval	%	95% Confidence Interval
1999-2003	8.7%	(6.9%-10.5%)	8.0%	(7.2%-8.7%)
2004-2008	9.4%	(8.0%-10.9%)	9.9%	(9.1%-10.8%)
2009-2013	11.0%	(7.6%-14.4%)	8.9%	(8.1%-9.7%)
2014-2018	12.2%	(10.4%-14.0%)	10.2%	(9.5%-11.0%)

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution.

**Table C-103: Percent of Alaska Native Adults That Experienced Frequent Mental Distress by Tribal Health Region, 2014-2018**

	Alaska Native People	
	%	95% Confidence Interval
Northwest Arctic	7.6%	(3.5%-11.7%)
Yukon-Kuskokwim	8.8%	(5.1%-12.6%)
Norton Sound	10.0%	(3.9%-16.1%)
Aleutians & Pribilofs	11.8%	(0.0%-24.1%)
Interior	11.9%	(7.9%-16.0%)
Copper River/Prince William Sound	12.1%	(4.2%-20.0%)
Kenai Peninsula	13.6%	(2.5%-24.7%)
Southeast	13.7%	(9.3%-18.0%)
Anchorage/Mat-Su	14.9%	(11.0%-18.8%)
Bristol Bay	15.2%	(2.1%-28.3%)
Kodiak Area	15.5%	(9.0%-21.9%)
<b>Statewide</b>	<b>12.2%</b>	<b>(10.4%-14.0%)</b>

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution. Percent not reported for <5 cases.

Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System

26 World Health Organization (2018). Mental Health: Strengthening Our Response. Retrieved from [www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response](http://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response)

27 Centers for Disease Control and Prevention. (2021). About Mental Health. Retrieved from [www.cdc.gov/mentalhealth/learn/index.htm](http://www.cdc.gov/mentalhealth/learn/index.htm)