

INSIGHTS ON MENTAL HEALTH AND WELL-BEING:

KEY FINDINGS FROM COMMUNITY HEALTH ASSESSMENT



Minnesota's community health boards are required by statute to complete a community health assessment (CHA) at least every five years. The CHA helps to determine local public health priorities by collecting and analyzing data on the health status, needs and resources of a community. The findings from the CHA are used to develop strategies to improve the health and well-being of communities.

KEY FINDINGS:

SOCIAL ISOLATION IS AN INCREASING PUBLIC HEALTH PROBLEM FOR BOTH YOUTH AND ADULTS.

- The U.S. Surgeon General has released multiple health advisories on this subject.
- 30% of adults in Hennepin County's south suburbs (Bloomington, Edina, Richfield and Eden Prairie) say they sometimes, usually, or always feel lonely or isolated from others.ⁱ
- In Bloomington, Edina and Richfield Public School Districts, students report decreases in their ability to build friendships with other people.ⁱⁱ
- Social competency, or the ability to engage in meaningful interactions with others, has decreased greatly in youth. In the Minnesota Student Survey, social competency measures have been consistently decreasing.ⁱⁱ



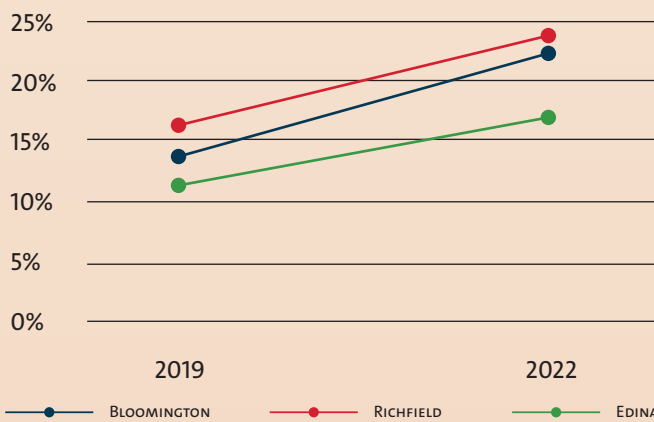
ACCESSING MENTAL HEALTH CARE CAN BE CHALLENGING.

- More than half of adults in the south suburbs who needed mental health care in the last year either did not get care or delayed care. The most common reasons were not knowing how to get help and having family, work or other duties. About one quarter of people could not find a provider or appointment.ⁱ
- Students report discomfort talking about mental health. More than 35% of Bloomington, Edina and Richfield 8th graders say they would not be at all comfortable talking to a counselor or social worker at school when they are feeling upset, stressed or having problems.ⁱⁱ

PEOPLE ARE EXPERIENCING FEELINGS OF SADNESS, ANXIETY AND STRESS.

- About 20% of Bloomington, Edina and Richfield 9th and 11th graders reported missing school in the last month because they were feeling sad, hopeless, anxious, stressed or angry.ⁱⁱ

MISSED SCHOOL IN THE LAST 30 DAYS BECAUSE FELT VERY SAD, HOPELESS, ANXIOUS, STRESSED OR ANGRY (11TH GRADE)



- More than 10% of adults in Bloomington, Edina and Richfield had 14 or more days last month when their mental health was not good.ⁱⁱⁱ

MENTAL ILLNESS DIAGNOSES ARE FAIRLY COMMON.

- More youth are reporting having mental health issues. The percentage of Bloomington, Edina and Richfield high schoolers who have been treated for a mental health problem has more than doubled in the last decade.ⁱⁱ
- About 14% of Bloomington, Edina and Richfield adults who go to the doctor have been diagnosed with depression.^{iv}
- About 19% of Bloomington, Edina and Richfield adults who go to the doctor have been diagnosed with anxiety.^{iv}

SIGNS OF A CRISIS INCLUDE INCREASED CALLS FROM THE PUBLIC AND THOUGHTS OF SUICIDE IN YOUTH.

- Police are responding to an increasing number of mental health crisis calls. From 2022 to 2023, mental health crisis calls for Edina police increased by 36%.^v
- More than 20% of Bloomington, Edina and Richfield high schoolers have seriously considered suicide. More than 6% have attempted suicide.ⁱⁱ

CARING FOR YOUR MENTAL HEALTH

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. The National Institute of Health recommends these self-care tips:

- ✓ Get regular exercise.
- ✓ Eat healthy, regular meals and stay hydrated.
- ✓ Make sleep a priority.
- ✓ Try a relaxing activity.
- ✓ Set goals and priorities.
- ✓ Practice gratitude.
- ✓ Stay connected.

WAYS TO REACH OUT AND GET HELP

- ➔ Talk with a health care professional.
- ➔ Call or text 988 for mental health crisis services.
- ➔ Connect with friends and family.
- ➔ Join a support group.

ⁱ Hennepin County Public Health, *SHAPE 2022 Adult Data Book, Survey of the Health of All the Population and the Environment, Minneapolis, Minnesota, June 5, 2023*

ⁱⁱ Minnesota Student Survey Interagency Team. *Minnesota Student Survey 2013, 2016, 2019 & 2022*. Roseville, MN: Minnesota Department of Education, 2013-2022. Minnesota Student Survey data provided by public school students in Minnesota via local public school districts (or alternative education programs) and managed by the Minnesota Student Survey Interagency Team.

ⁱⁱⁱ PLACES. Centers for Disease Control and Prevention. <https://cdc.gov/places>.

^{iv} MN EHR Consortium, *Health Trends Across Communities in Minnesota Dashboard*. <https://mnehrconsortium.org/health-trends-across-communities-minnesota-dashboard>

^v Edina Police Department (correspondence), April 1, 2024.