



# MENTAL HEALTH & SUBSTANCE ABUSE

## 2016

• One in four NC women has been diagnosed with a depressive disorder and, unlike other chronic conditions, the rate of depression does not increase with age. So, even among young women, almost a quarter have suffered from some form of depression. Stressful life events contribute to both mental and physical illness. Assessing current stressful events as part of a clinical history may improve the clinical care and outcomes for women in NC and beyond.

**24%** of NC women have been diagnosed with depression, minor depression, dysthymia, or major depression



Currently smoke



Engage in heavy drinking  
>1 drink/day



Engage in binge drinking  
5+ drinks on one or more occasions in the past month

Women reporting 3+ adverse childhood experiences (abuse, traumatic stress, living with a drug/alcohol abuser)

All Women

**27%**

African American Women

**18%**

Caucasian Women

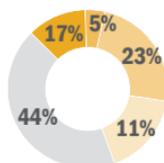
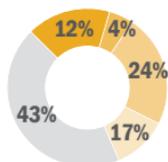
**28%**

• A quarter of North Carolina women reported three or more adverse childhood experiences. This rate is higher than national averages and should be an area to highlight for intervention efforts. The data underscore not only the prevalence and problem of childhood adversity, but that it cuts across all socioeconomic and racial divides. Depression in later life is a common consequence of childhood adversity.

## Cognitive Decline

Frequency with which women need assistance with day-to-day activities as a result of memory loss

Frequency with which cognitive decline has interfered with ability to work, volunteer, or engage in social activity outside the home



- Always
- Usually
- Sometimes
- Rarely
- Never