

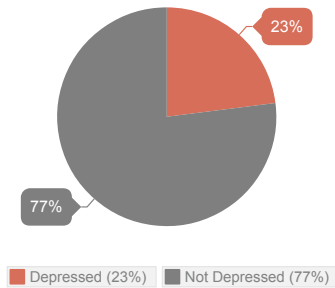
For more information about the Tribal Behavioral Risk Factor Survey, please contact us at (405) 652-9200 or visit our website at www.spthb.org

Mental Health

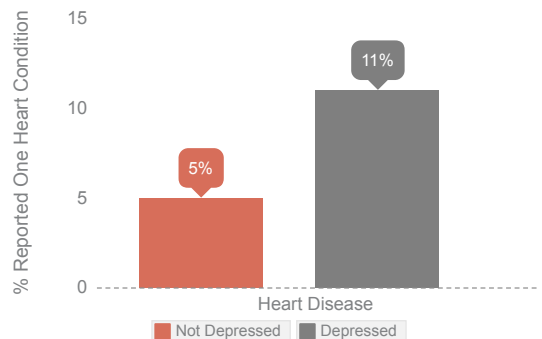
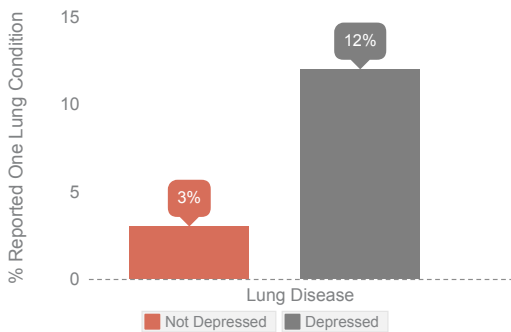
The Southern Plains Tribal Health Board Oklahoma Area Tribal Epidemiology Center conducted a Tribal Behavioral Risk Factor Surveillance System (TBRFSS) survey. Three hundred forty-six (346) surveys were completed by American Indian/Alaska Native (AI/AN) adults, 18 years of age or older, from November 2015 to March 2016. Results may not be representative of all AI/ANs residing in these states, but rather representative of who attended the events and completed a survey.

Depression

Of the 342 American Indians surveyed, 23% (77) reported a health professional had told them they have a depressive disorder, including depression, major depression, dysthymia (chronic depression), or minor depression.



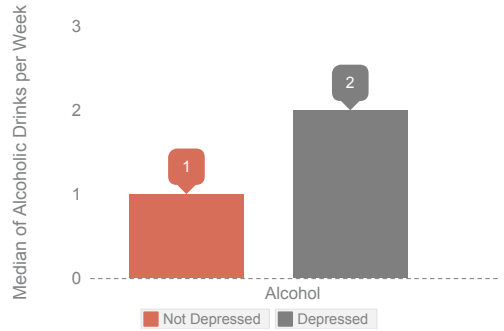
Heart and Lungs



Depressed American Indians experience lung and heart problems at greater proportions than American Indians who are not depressed.

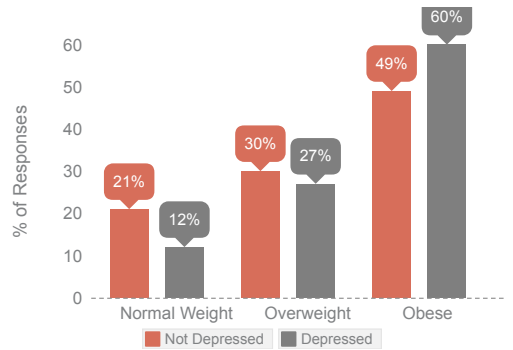
Alcohol and Depression

Depressed American Indians reported drinking more alcohol per week than American Indians who are not depressed. American Indians with depression drank an average of two alcoholic beverages a week, while the American Indians without depression drank an average of one alcoholic beverage a week.

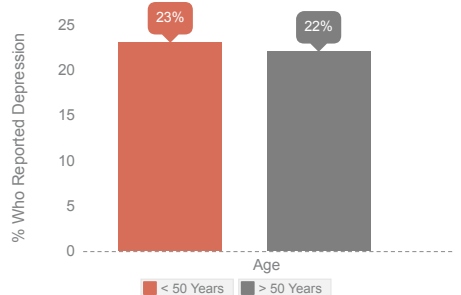
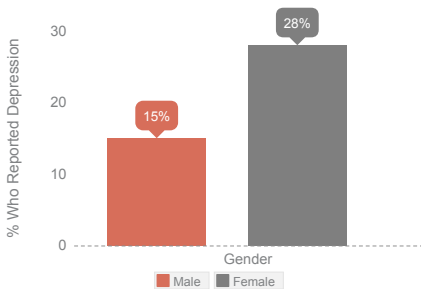


BMI and Depression

The prevalence (old and new cases) of obesity among American Indians with depression is 60%, which was 11% higher than American Indians not depressed.



Demographics of Depression



Twenty-eight percent of surveyed female American Indians reported being told by a health professional they have a depressive disorder, while 15% of male American Indians reported a depressive disorder. Slightly more American Indians less than 50 years old (23%) reported a depressive disorder than did American Indians 50 years old or older (22%).