



# DATA SHORTS

## Mental Health and Wellness II

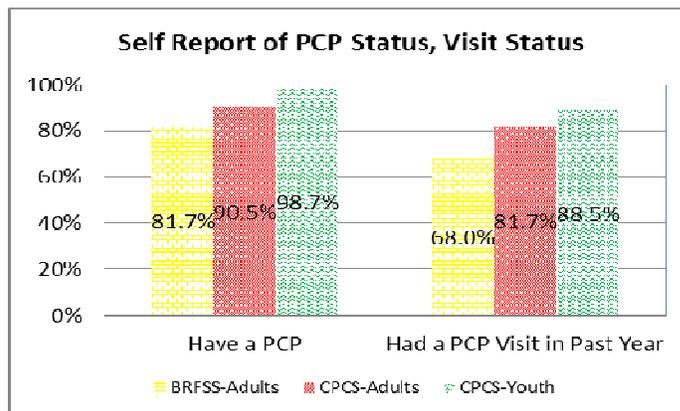
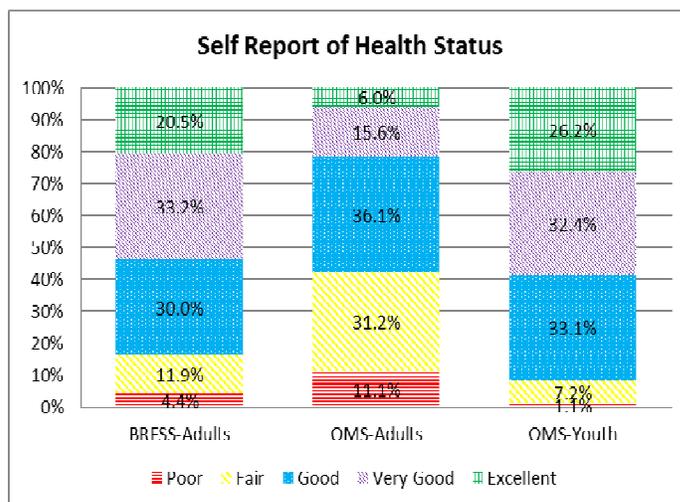
This data short provides health and wellness data and identifies several resources on health and wellness. The first graph shows how three groups describe their general health. The groups are the US adult population from the Behavioral Risk Factor Surveillance System<sup>1</sup> (BRFSS) (which excludes children), adults in the Outcomes Measurement System (OMS), and youth in the OMS. Health status of more than 90% of youth in the OMS and 83% of the BRFSS adult population is described as excellent, very good, or good; OMS adults described their health in these categories only 58% of the time, while 42% reported fair or poor health.

The second graph includes adult BRFSS responses and adult and youth responses to the Maryland Consumer Perception of Care Surveys<sup>2</sup> (CPCS) on questions of connection to a primary care practitioner (PCP) and visits to the PCP during the past year for a checkup or illness. While fewer than 82% of adults responding to the BRFSS report having a PCP, over 90% of adults and 98% of children in the CPCS have a PCP. The differences in the percentage of respondents who had a visit with a PCP in the past year are even more striking. This may be a result of most individuals in the Public Mental Health System having Medical Assistance.

Many resources are available to help everyone improve both physical and mental health status. The Substance Abuse and Mental Health Services Administration (SAMHSA) is working to improve wellness in people with behavioral health problems by emphasizing to stakeholders at all levels that wellness includes not only the absence of disease but fulfillment in “Eight Dimensions of Wellness”<sup>3</sup>. SAMHSA has partnered with governmental and private entities and community organizations in multiple activities in implementing wellness initiatives. The Center for Integrated Health Solutions (CIHS)<sup>4</sup>, a project of SAMHSA, the Health Resources Services Administration, and the National Council for Community Behavioral Healthcare, serves as a primary site for information on integrated primary and behavioral health services and information on a variety of wellness tools.

In Maryland, Governor O’Malley’s Web site has extensive information devoted to wellness<sup>5</sup> that includes smoking cessation assistance, wellness at home and the workplace, active living, and many healthy recipes in ChopChop Maryland. In addition to promoting healthy diets, it emphasizes local fresh produce use and the advantages of communal family meals.

On Our Own of Maryland, Inc.<sup>6</sup>, the statewide consumer organization, has taken an active role in promoting wellness and recovery. They have developed and offer a variety of integrated health and wellness workshops. “Steps to a Healthier You” teaches participants to take steps in their day-to-day lives to change to a healthier lifestyle.



Additionally, a six-part series, “Achieving Health and Wellness Together,” encourages consumers in taking an active approach to their overall health and wellness. Participants look at current dietary intake, activity levels, and daily habits to find ways of making changes that are healthier yet simple to do.

NAMI Maryland<sup>7</sup> sponsors an annual awareness and fund raising walk and its national Hearts & Minds program is an online, interactive, educational initiative promoting the idea of wellness in both mind and body.

- <http://www.cdc.gov/brfss/>
- <http://dhmh.maryland.gov/mha/SitePages/surveys.aspx>
- <http://store.samhsa.gov/shin/content/SMA12-4568/SMA12-4568.pdf>
- <http://www.integration.samhsa.gov/>
- <http://www.governor.maryland.gov/wellness/index.html>
- <http://www.onourownmd.org/>
- <http://namimd.org/>