



Bringing Health into Mental Health Care

**2009 DIG Annual Meeting
Grand Hyatt Washington
April 16-17, 2009
Washington, D.C.**

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MHSIP/DIG Mental Health & Well-Being Survey

- Part of Maine Data Infrastructure Grant (DIG) Project sponsored through the Federal Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA).
- The survey assesses consumer satisfaction with mental health services and continues to remain a key part of SAMHSA's National Outcome Measures. The National Outcome Measures (NOMs) are a performance-based, outcome-driven measurement system that focuses on outcomes for people receiving mental health services.
- Many of the questions asked in the 2008 DHHS Mental Health & Well-Being Survey administered in Maine are also used by State Mental Health Authorities in 50 states and 7 United States Territories. The widespread use of the survey allows for national comparisons of satisfaction trends.

BRFSS Questions Added to Maine Consumer Satisfaction Survey

- Height and Weight (translated into Body Mass Index)
- Have you ever been told by a doctor or health professional that you have...(coronary artery disease, heart attack, diabetes, high blood pressure, high cholesterol)?
- Do you smoke cigarettes?
- Now thinking about your physical health, which includes physical illness and injury, how many days during the past 30 days was your physical health not good?
- Now thinking about your mental health, which includes stress, depression, and problems with emotions, how many days during the past 30 days was your mental health not good?
- During the past 30 days, about how many days did poor physical or mental health keep you from doing usual activities, such as self-care, school, or recreation?
- Would you say that your general health is...(excellent, very good, good, fair, poor)?

Maine DIG Methodology and Response Rate

- 2008 Survey administered by mail to individuals receiving an SMI-related publicly funded mental health service between April 1, 2007 and April 1, 2008.
- A total of 6,775 surveys were mailed to valid addresses with 1,282 completed surveys for a response rate of 19%.

Health Risk

*Maine DIG Surveys
(Age 18-64 Years)*

Health Risk	Age Group	2007 DIG Survey (n=731)	2008 DIG Survey (n=1190)	2007 Maine BRFSS
Smoking	18-44	46.1%	50.5%	26.3%
	45-64	49.5%	45.7%	18.8%
Obesity	18-44	49.4%	45.9%	26.0%
	45-64	49.6%	47.1%	27.6%
High Cholesterol	18-44	40.5%	29.2%	23.2%
	45-64	38.6%	48.0%	46.0%
High Blood Pressure	18-44	34.0%	24.3%	13.5%
	45-64	34.7%	45.6%	34.0%

Chronic Health Conditions

*Maine DIG Surveys
(Age 18-64 Years)*

Health Risk	Age Group	2007 DIG Survey (n=731)	2008 DIG Survey (n=1190)	2007 Maine BRFSS
Chronic Disease*	18-44	29.6%	19.2%	3.8%
	45-64	31.5%	36.8%	14.8%
Cardiovascular Disease**	18-44	11.3%	5.3%	1.3%
	45-64	9.7%	14.3%	7.7%
Diabetes	18-44	23.0%	15.1%	2.7%
	45-64	25.5%	29.2%	9.4%

* Chronic Disease = reported CVD or diabetes

** Cardiovascular Disease (CVD) = reported angina or heart attack

Metabolic Risk*

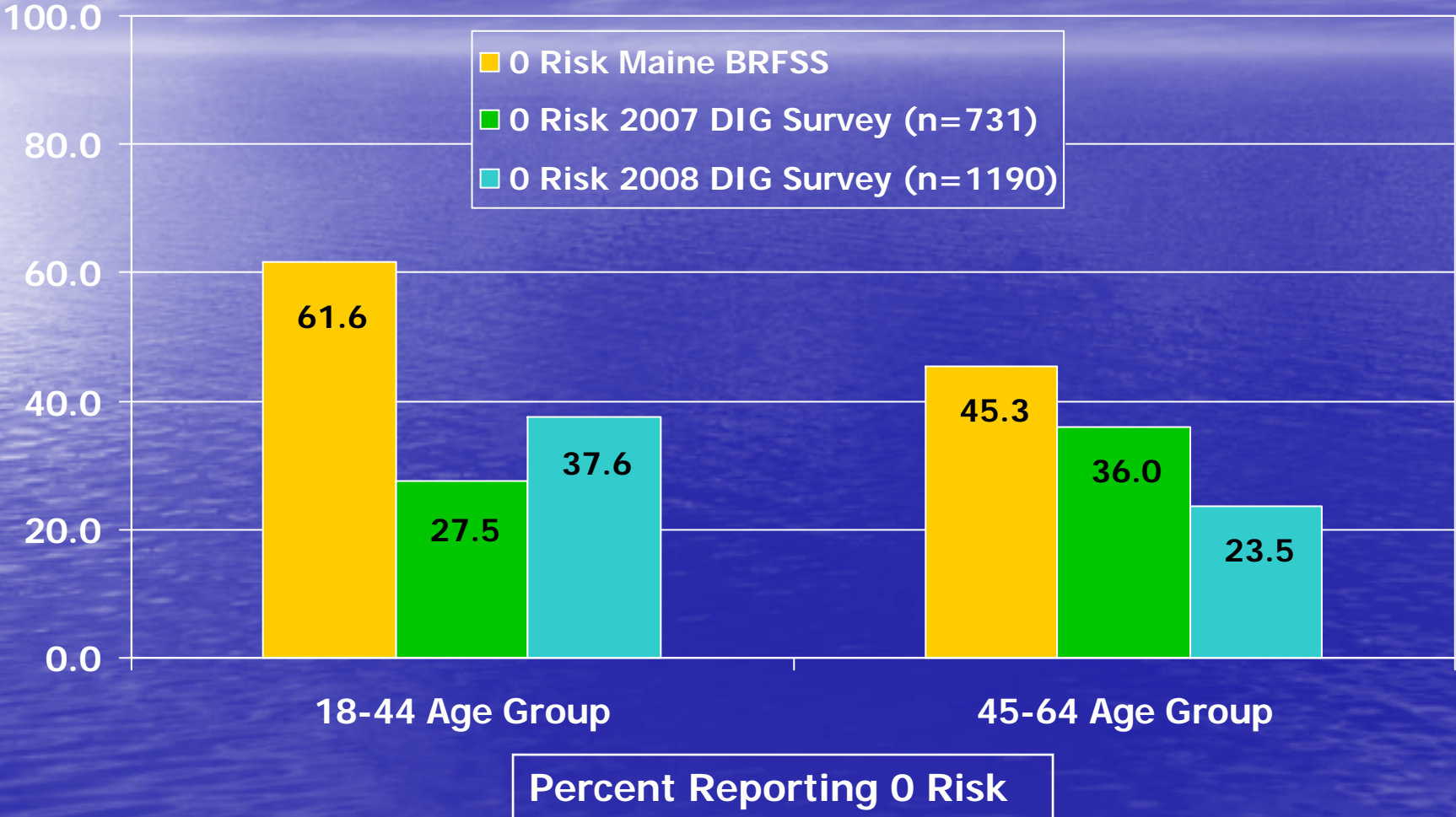
*Maine BRFSS and DIG Surveys
(Age 18-64 Years)*

Metabolic Risk	Age Group	2007 DIG Survey (n=731)	2008 DIG Survey (n=1190)	2007 Maine BRFSS
0 Risks	18-44	27.5%	37.6%	61.6%
	45-64	36.0%	23.5%	45.3%
1 Risk	18-44	27.5%	34.4%	28.1%
	45-64	27.1%	30.1%	31.2%
2 or More Risks	18-44	34.0%	28.0%	10.3%
	45-64	37.0%	46.4%	23.5%

* **Metabolic Risk = reported obesity, high blood pressure, or high cholesterol and no diabetes.**

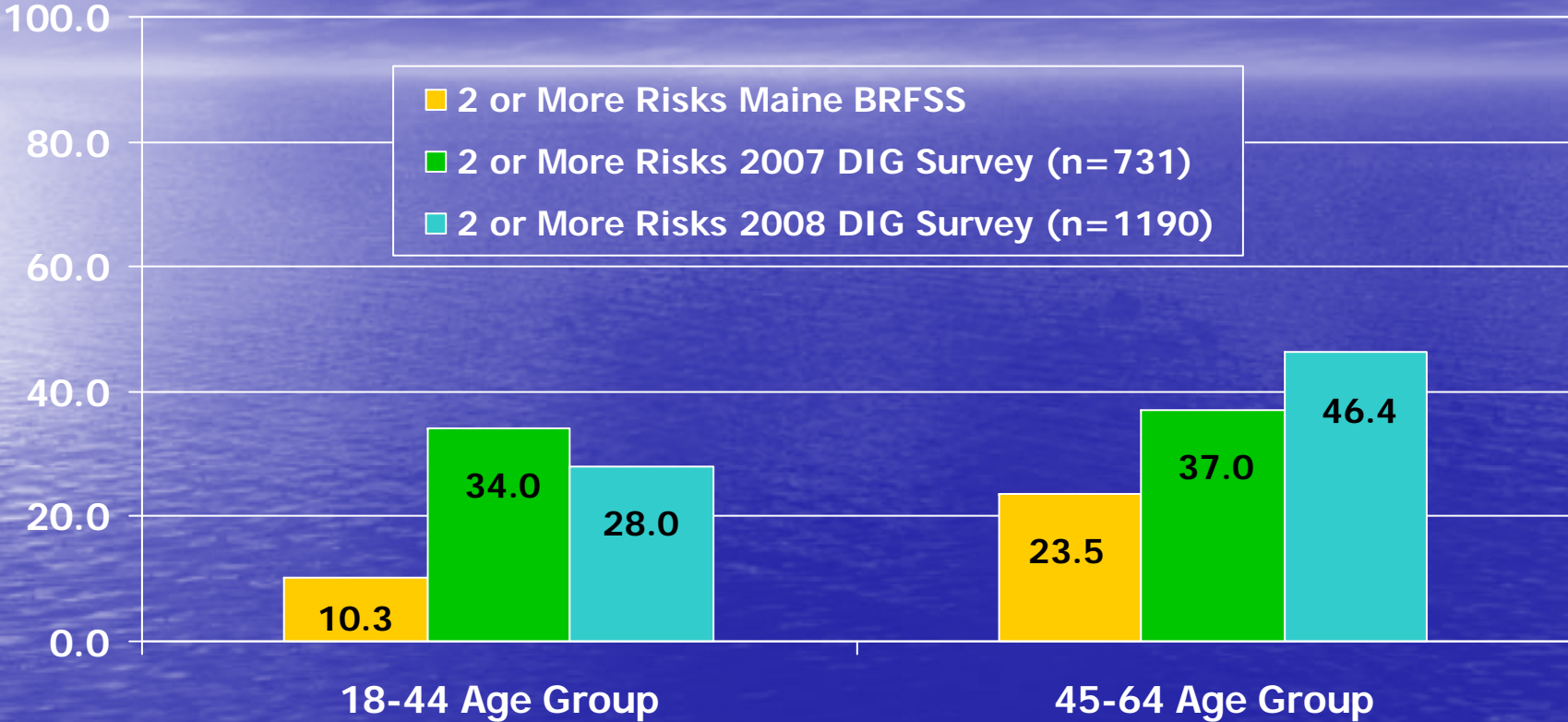
Metabolic Risk

Metabolic Risk by Age Group



Metabolic Risk

Metabolic Risk by Age Group



Percent Reporting 2 or More Risks

Cardiovascular Risk*

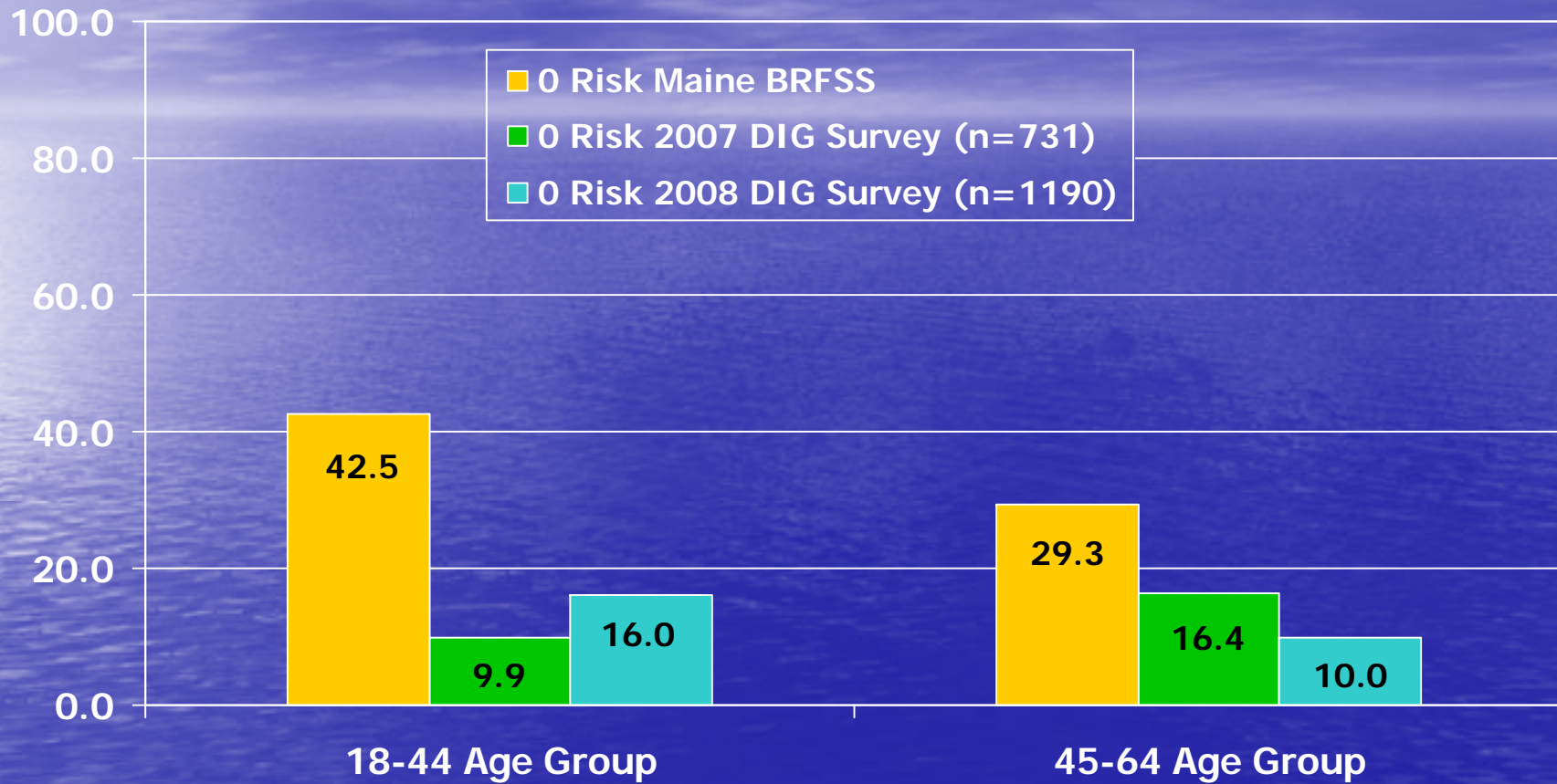
*Maine BRFSS and DIG Surveys
(Age 18-64 Years)*

Cardiovascular Risk	Age Group	2007 DIG Survey (n=731)	2008 DIG Survey (n=1190)	2007 Maine BRFSS
0 Risks	18-44	9.9%	16.0%	42.5%
	45-64	16.4%	10.0%	29.3%
1 or 2 Risks	18-44	66.1%	59.9%	52.4%
	45-64	51.6%	46.5%	51.5%
3 or More Risks	18-44	30.0%	24.1%	5.0%
	45-64	32.0%	43.4%	19.3%

* Cardiovascular Risk = reported CVD, high blood pressure, high cholesterol, diabetes, smoking or obesity.

Cardiovascular Risk

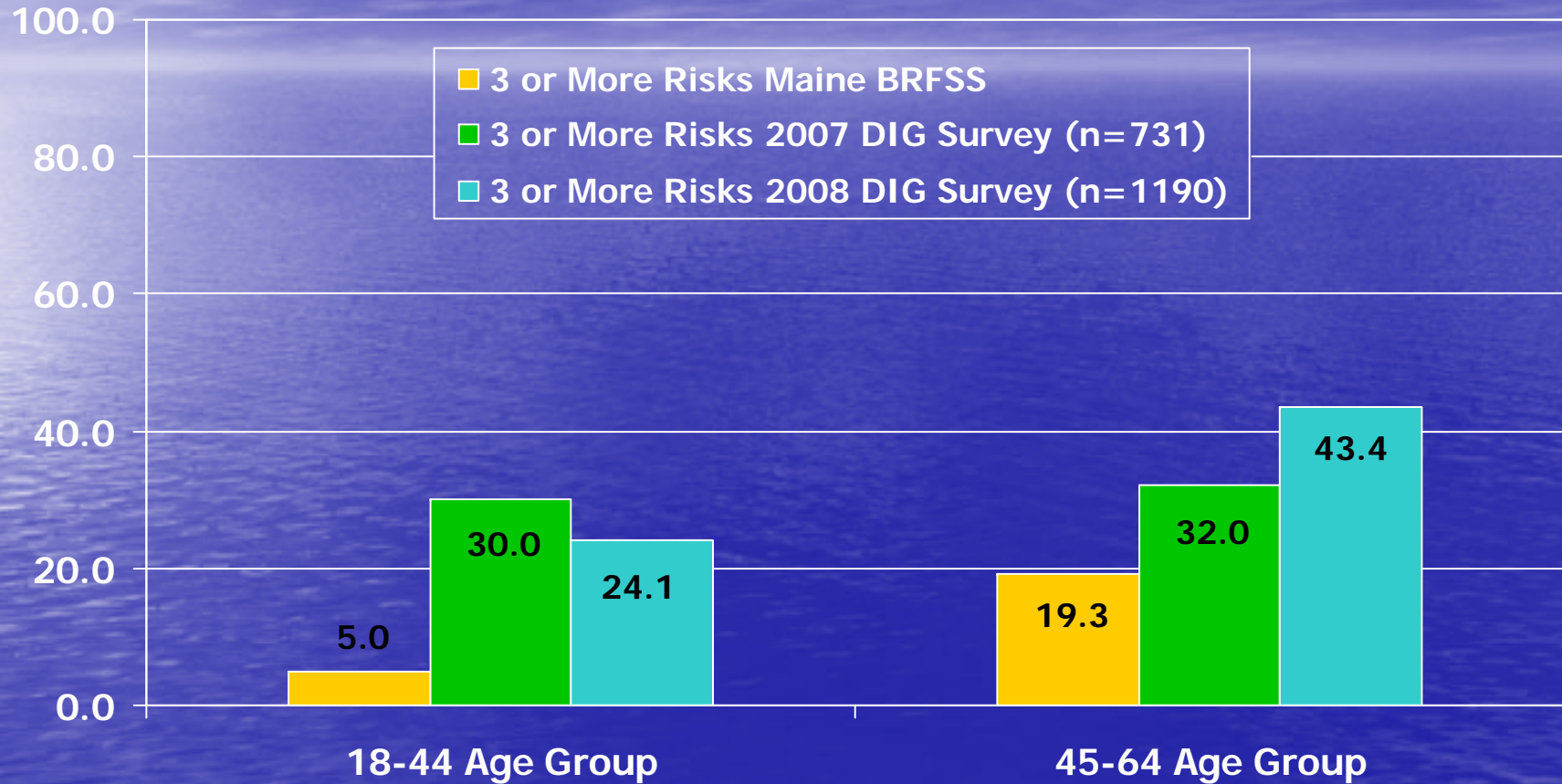
Cardiovascular Risk by Age Group



Percent Reporting 0 Risk

Cardiovascular Risk

Cardiovascular Risk by Age Group



Percent Reporting 3 or More Risks

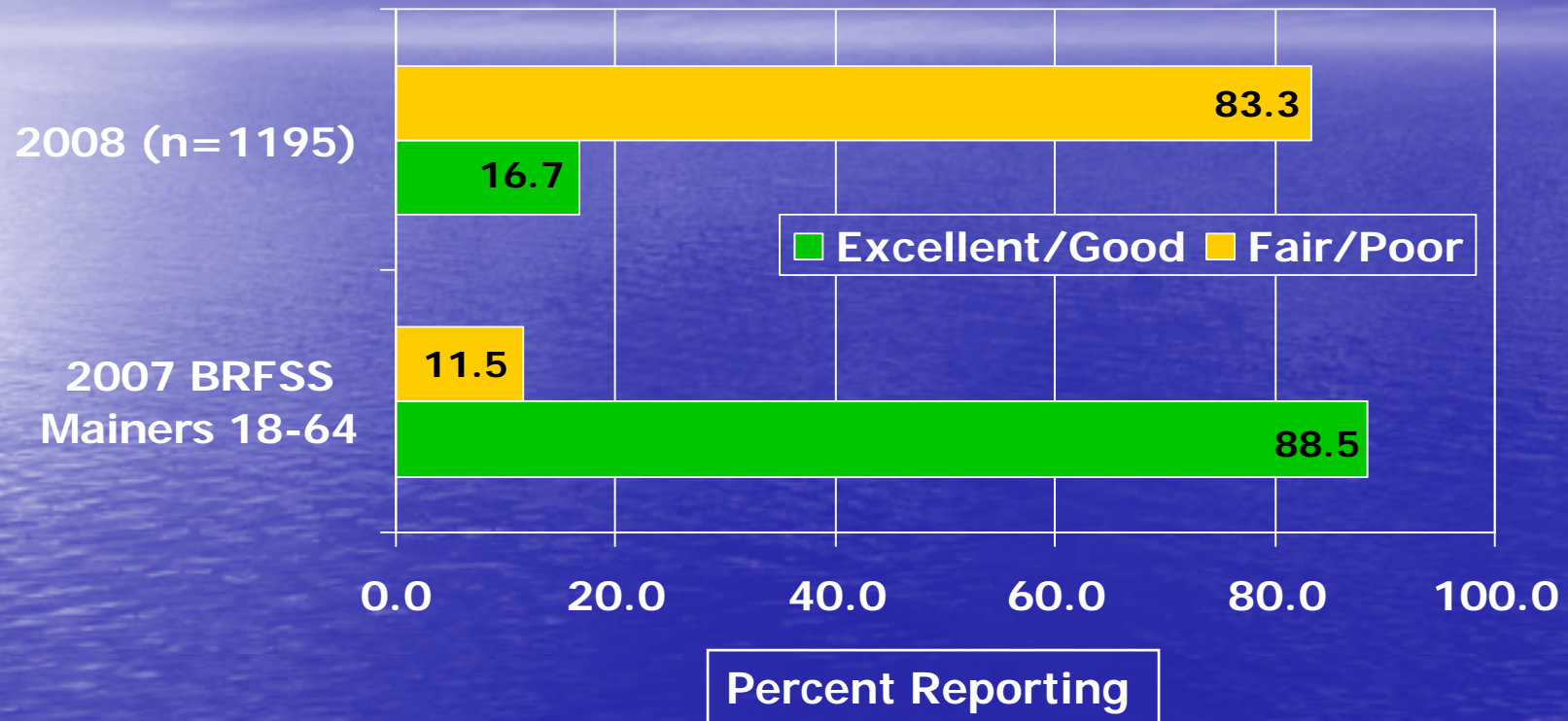
Unhealthy Days

*Maine BRFSS and DIG Surveys
(Age 18-64 Years)*

Unhealthy Days From HROOL	2007 DIG Survey (n=731)	2008 DIG Survey (n=1190)	2007 Maine BRFSS
14 or more days during the past 30 days when physical health not good?	37.0%	48.5%	10.3%
14 or more days during the past 30 days when mental health not good?	Not collected in 2007	61.1%	11.7%
14 or more days when poor physical or mental health kept from doing usual activities, such as self-care, school, or recreation?	Not collected in 2007	43.8%	13.0%

General Health

*Maine DIG Surveys
(Age 18-64 Years)*

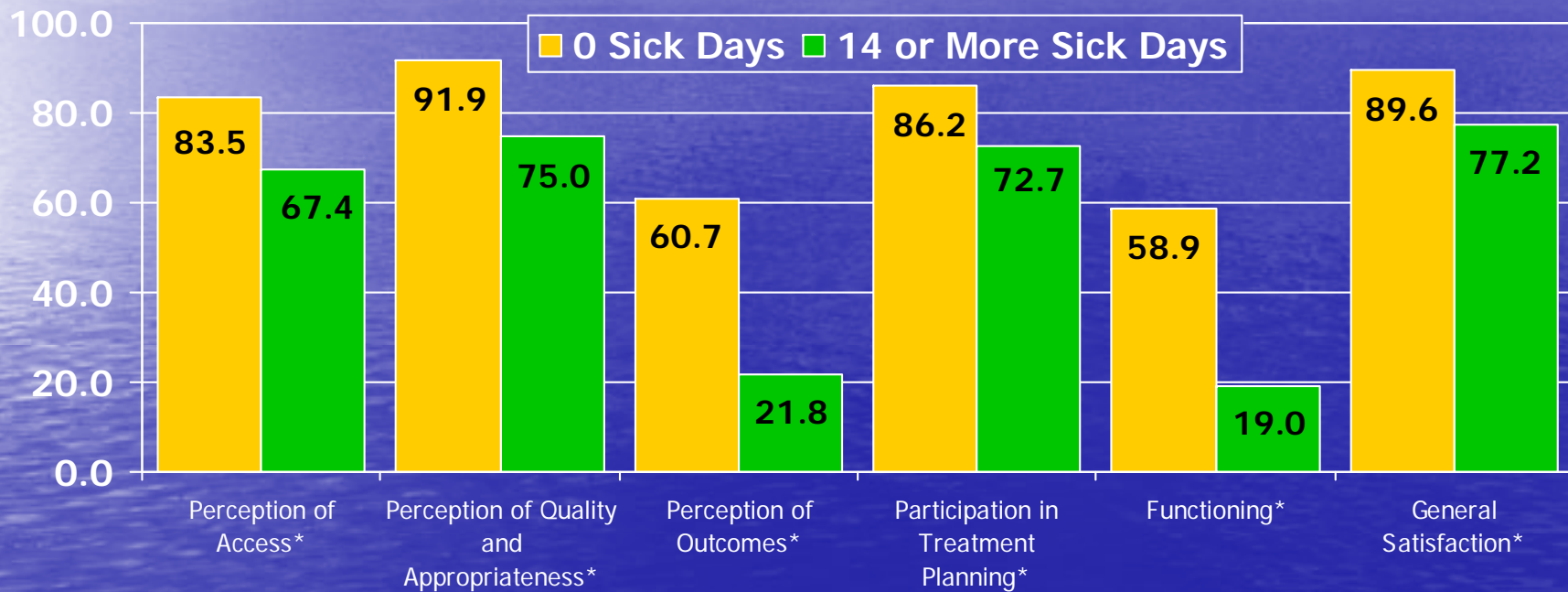


- In 2008, 83.3% of consumers reported having fair/poor health days compared to 16.7% reporting excellent/good health.

Satisfaction Related to Physical Health Status

(...how many days during the past 30 days was your physical health not good?)

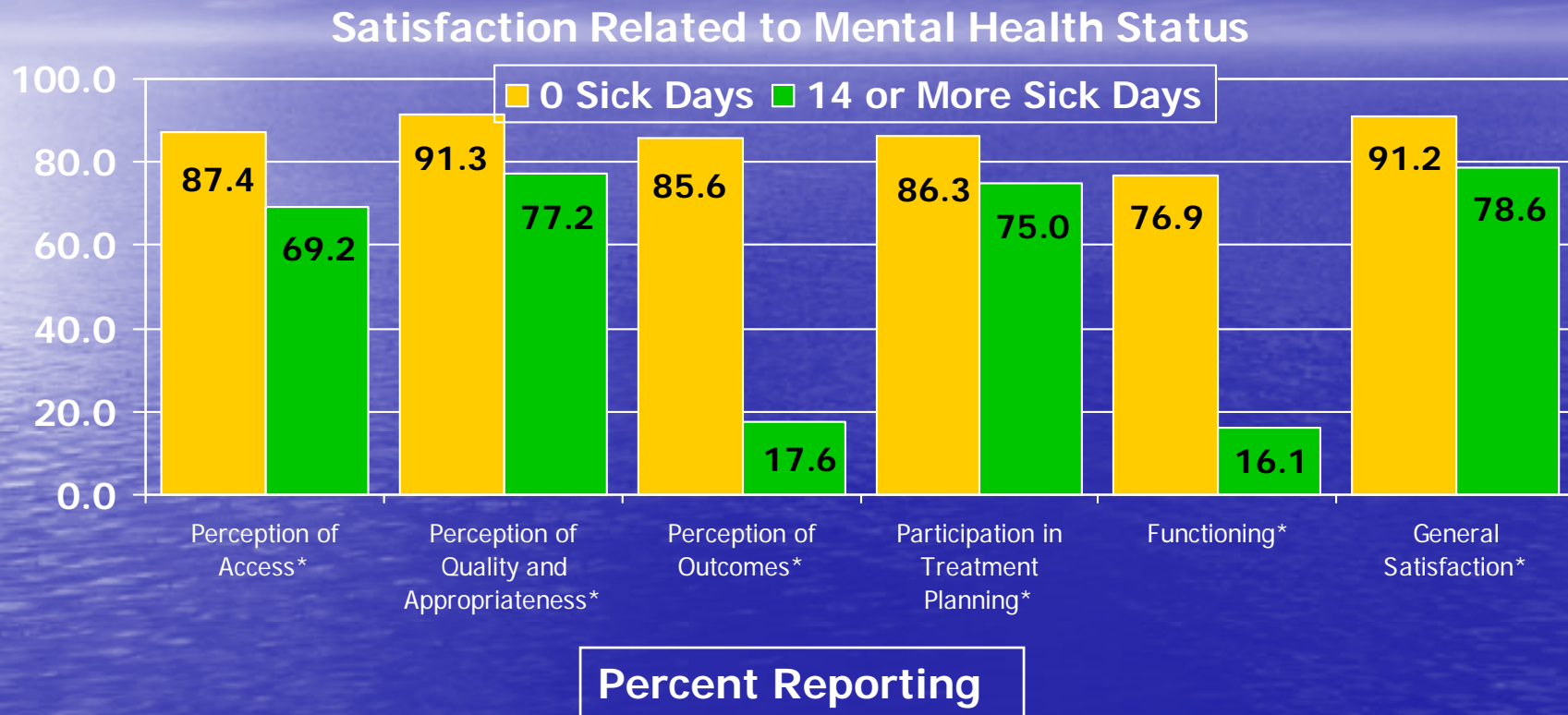
Satisfaction Related to Physical Health Status



Percent Reporting

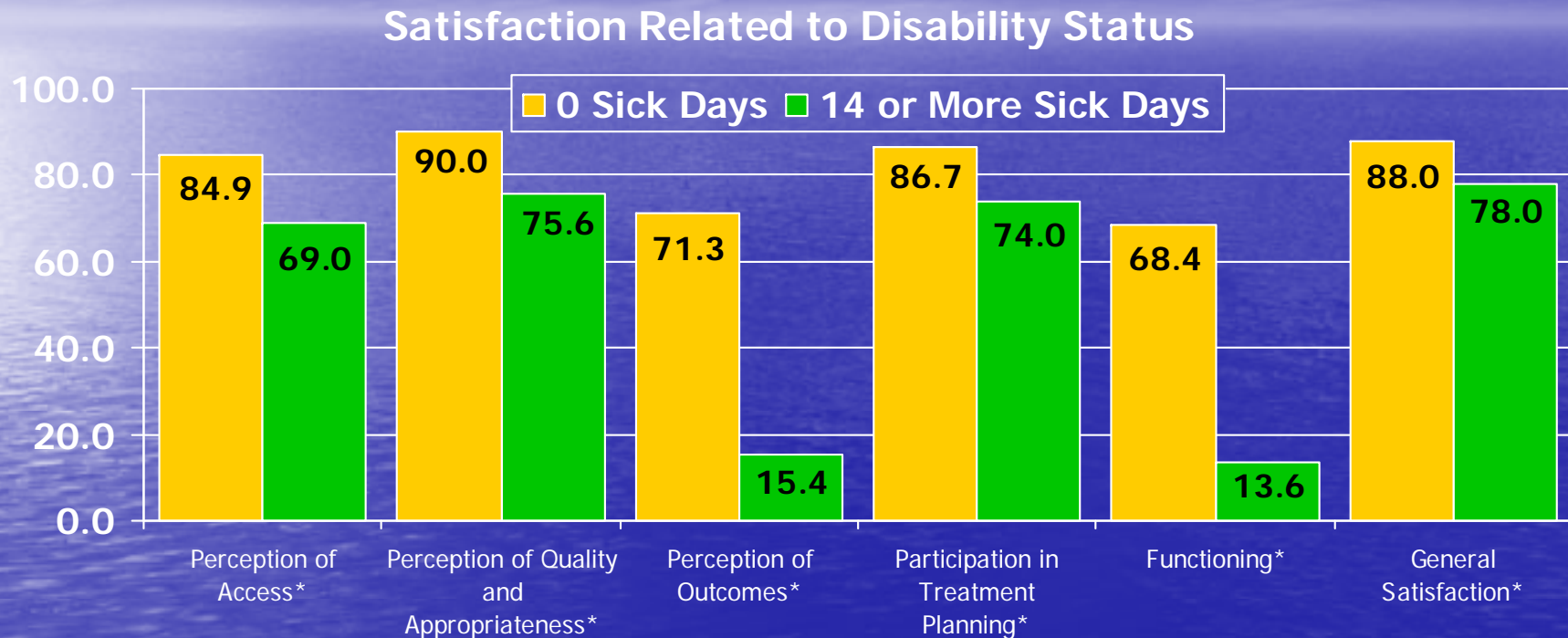
Satisfaction Related to Mental Health Status

(...how many days during the past 30 days was your mental health not good?)



Satisfaction Related to Disability Status

(...how many days did poor physical or mental health keep you from doing usual activities...?)

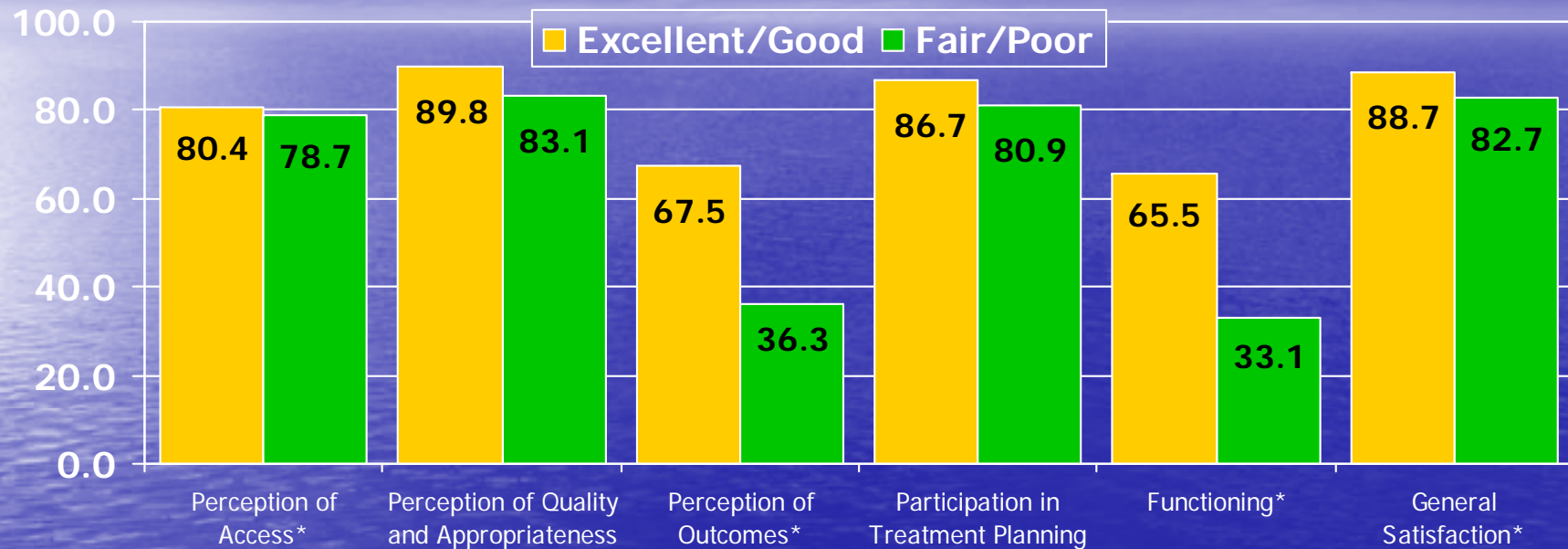


Percent Reporting

Satisfaction Related to General Health

(Would you say that your general health is...?)

Satisfaction Related to General Health Status



Percent Reporting



Department of Health
and Human Services

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