

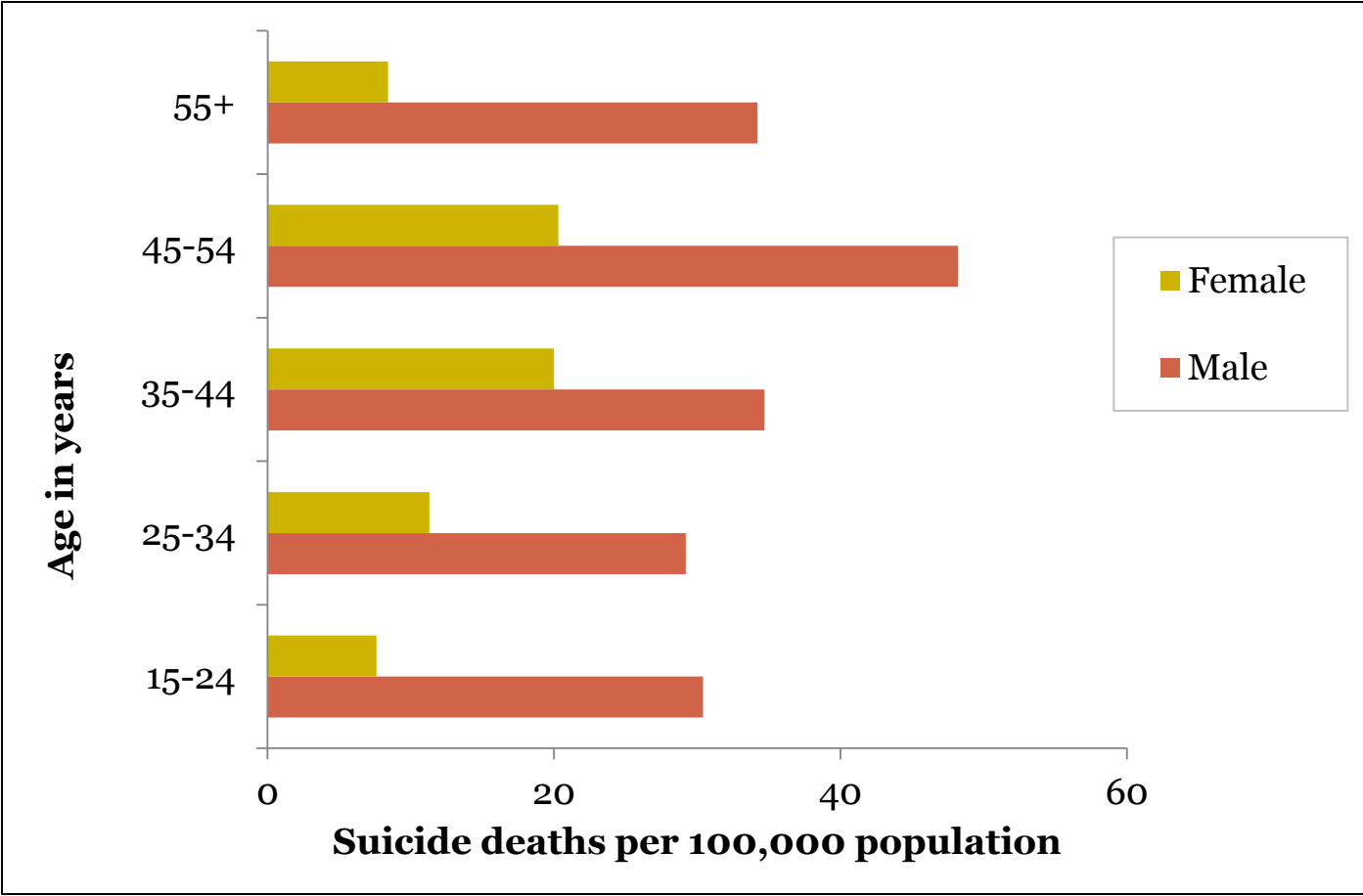
Mental Health and Substance Abuse



Mental health is a state of successful performance of mental function. Good mental health allows people to participate in activities at work and home, have fulfilling and productive relationships with other people, and have the ability to deal with adversity and change. Physical health and mental health are closely connected. Poor mental health can manifest as pain, fatigue, or other physical symptoms. Conversely, poor physical health can lead to poor mental health as a person experiences physical disability or discomfort.

Substance abuse or misuse is the consumption of mind- and behavior-altering substances that have negative behavioral and health outcomes. Substance abuse can be in the form of alcohol, tobacco, or illicit drugs such as marijuana, cocaine, heroin, and methamphetamine. Substance misuse includes the over-consumption of alcohol (e.g., binge drinking) as well as the utilization of prescription drugs for uses or for people other than prescribed.

Suicide rates, El Paso County 2008 to 2010



Percent of adults with current depression*, 2008



El Paso
County

8.2%

Colorado

7.0%

*Determined by the presence and severity of specified depressive symptoms within the past two weeks.

Postpartum Depression

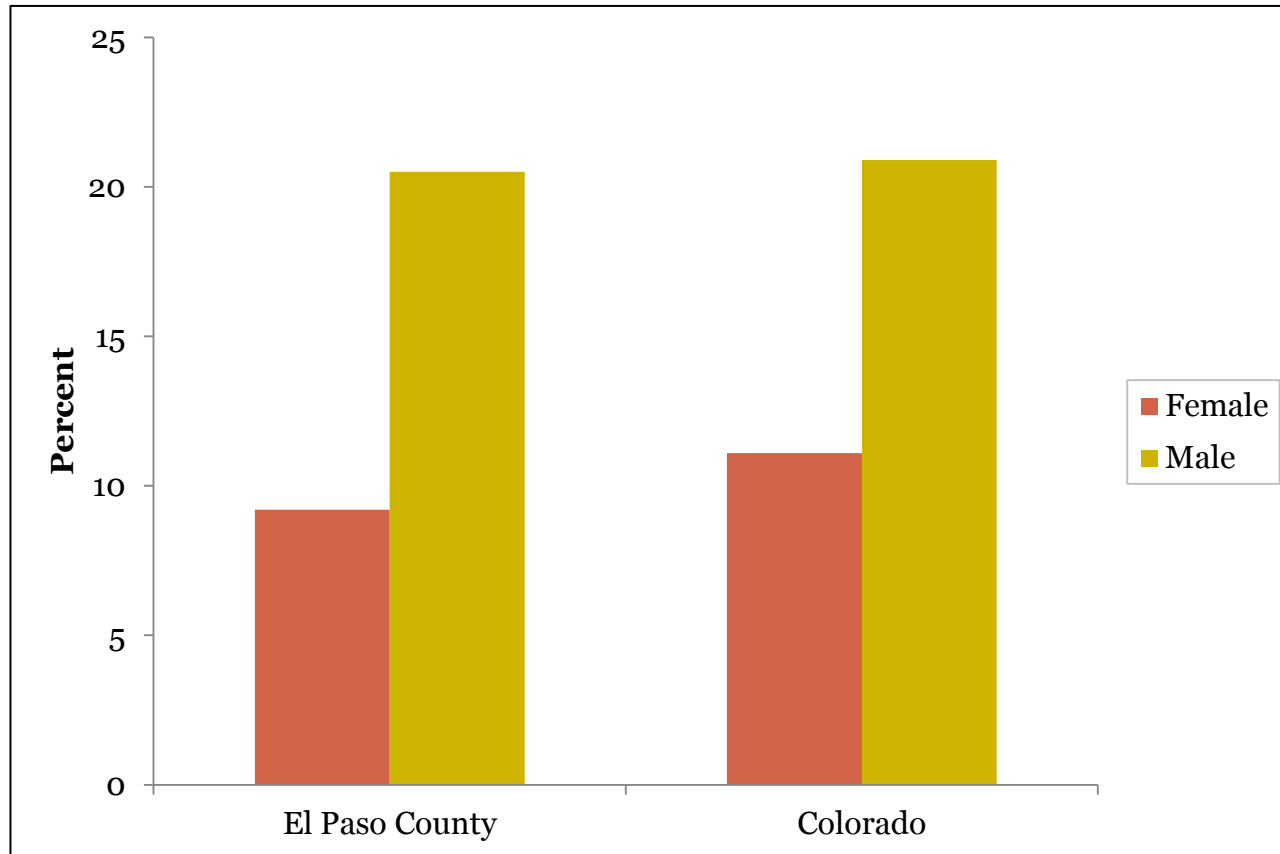


Percent of new mothers who experienced postpartum depressive symptoms, 2009

El Paso County
10.8%

Colorado
11.8%

Percent of adults binge drinking one or more times in past 30 days, 2009 to 2010



* Binge drinking defined as consuming five or more alcoholic beverages on an occasion