

Statistics and Demographics

Mental illness can strike anyone at anytime. Behavioral disorders do not discriminate. They strike men and women in about equal proportions. They affect people of all ages, races, ethnic groups and socio-economic classes.

Prevalence

- Almost half of all Americans between the ages of 15 and 54 have a lifetime history of at least one mental or addictive disorder according to the 1994 National Comorbidity Survey (Kessler, McGonagle, Zhao, et.al, 1993).
- More than 51 million Americans have a mental disorder in a single year (NIMH & CMHS, 1994).
- Individuals with depression are 1.5 times more likely to die than individuals with another serious medical condition who are not depressed (Rovner, et al., JAMA, 1991).

Economic Cost

- Mental illnesses impose a multibillion dollar burden on the economy each year. Total economic costs amounted to 147.8 billion in 1990. More than 31 percent of those costs- 46.6 billion are for anxiety disorders (Rice and Miller, 1993)
- Direct cost-expenditures for professional health care for persons who experience mental disorders, including care in mental specialty institutions, hospitals and nursing homes, physician and other professional services, and prescription drugs- accounted for \$67 billion, or 11.4 percent, of all personal health care expenditures in 1990 (Rice and Miller, 1993)

Mental Health Matters in the Workplace

- Depression costs the U.S. economy 31.3 billion for indirect costs such as decreased productivity and lost work days, and 12.4 billion in direct costs, such as medication and physician time (NMHA, 2000).
- Depression ranks among the top 3 workplace problems, following only family crisis and stress (Enhanced Employee Assistance Program Survey, 1996)
- 70% of people who abuse illicit substances are employed (CSAT, 1999)
- Major Depression is the 2nd leading cause of disability worldwide (NIMH, 1999; WHO, 1998)

- 73% of professional, ranging from nurses and administrators to lawyers and CEOs, with serious mental illnesses are able to achieve full time employment in various fields (Boston University, 1999).

According to the U.S. Department of Health and Human Services (1995), mental disorders affect 40 million Americans each year. Data show:

- **20 million experience phobias**
- **nearly 4 million suffer from obsessive-compulsive disorder**
- **2 million have manic-depressive illness**
- **over 9 million have major depression**
- **2.4 million are affected by panic disorders**
- **2 million suffer from schizophrenia**

Twenty million Americans show signs of substance abuse/dependence. According to 1996 data:

- **12.8 million Americans (ages 12 and older) are current users of an illicit drug**
- **10.9 percent of youth are current illicit drug users (this rate doubled between 1992 and 1995)**
- **32 million Americans engage in binge drinking (5 or more drinks on at least one occasion in the past month).**