



- 40.7% of those with major depressive episodes received treatment for depression.<sup>3</sup>
  - 4.5% of adults aged 18 or older have had thought of suicide.<sup>3</sup>
- **EBCI**
  - Suicide was number 7 on the top 10 leading causes of death in EBCI from 2010-2014.
    - Suicide accounted for 2.5% of all deaths in EBCI compared to 1.8% in USET Nashville area.
    - 3.3% of all deaths were male suicides whereas 1.6% of all death were female suicides.
    - 13.6% of the EBCI population were diagnosed with depression and received services in 2016.

<b>CIHA DEPRESSION Dx AND Received Services</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>
<i>Patients with Depression Dx AND Received Services</i>	<i>1,369</i>	<i>1,665</i>	<i>1,503</i>
<i>Percent of EBCI Population with Depression Dx AND Received Services Per Year<sup>1</sup></i>	<i>12.4%</i>	<i>15.1%</i>	<i>13.6%</i>
<i>Behavioral Health Visits for Patients with Depression Dx</i>	<i>4,619</i>	<i>7,592</i>	<i>5,746</i>
<i>Source cited in 2018: personal communication from Cherokee Hospital to PHHS, June 14, 2018</i>			
<i><sup>1</sup>CIHA user population 2012- 11,016.</i>			

## **Understanding the Issue**

- **2017 Tribal Health Survey**
  - 19.11% of respondents reported that anxiety, depression, and/or mental and behavioral health issues were leading health concerns.
  - 19.2% of respondents reported that they were concerned that anxiety, depression, and/or mental and behavioral health issues would affect them in the next five to ten years.
  - 19.96% of respondents reported that they were concerned their family's health is affected by anxiety, depression, and/or mental and behavioral health issues.
- **2016 Tribal Elder Survey**
  - 12.3% of EBCI elders reported having ever been diagnosed with depression.
  - 52% reported that they have felt downhearted or blue at least a little of the time in the past month compared to 34.2% nationally.
  - 32.6% reported that they have felt nothing would cheer them up at least a little of the time in the past month.

## **Specific Populations At Risk**

Depression can affect everyone, but the following factors put people at more risk for developing depression:

- Gender- depression is twice as common in women than in men.<sup>4</sup>
- Age- major depression is most likely to affect those very young and very old.<sup>4</sup>
- Ethnicity- AI/AN are more likely to be diagnosed with depression than white population.<sup>4</sup>
- Family history and upbringing- more likely to have depression if a parent or a foster parent suffers from depression.<sup>4</sup>
- Marital status- those that have been previously married are at higher risk.<sup>4</sup>
- Socioeconomic status- the less educated and those with lower income are more likely to experience depression.<sup>4</sup>

## **Health Resources available/needed**

- Cherokee Indian Hospital Authority's Analenisgi Behavioral Health provides a variety of evidence-based outpatient therapy including therapies that focus on anxiety and depression, a recovery center, psychiatric evaluation, medication management, and intensive outpatient substance abuse treatment. Analenisgi is open Monday-Friday 7:45am-4:30pm. Walk-ins are welcome Monday-Friday 1pm-3pm. For more information call 828-497-9163 Ext. 7550 or visit their website at <http://cherokeehospital.org/page?title=Analenisgi>.
- American Academy of Child and Adolescent Psychiatry's online depression resource center offers resources for children and adolescents. For more information, visit [www.aacap.org/aacap/Families\\_and\\_Youth/Resource\\_Centers/Depression\\_Resource\\_Center/Home.aspx](http://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Depression_Resource_Center/Home.aspx).
- Anxiety and Depression Association of America (ADAA) offers resources and many helpful articles. For more information, visit [www.adaa.org](http://www.adaa.org).
- Substance Abuse and Mental Health Services Administration (SAMHSA) [www.samhsa.gov](http://www.samhsa.gov).
  - National Suicide Hotline: 1-800-273-8255
  - National Helpline: 1-800-662-4357

## References:

1. <https://www.cdc.gov/nchs/fastats/depression.htm>
2. <https://www.nimh.nih.gov/health/statistics/major-depression.shtml>
3. [https://www.samhsa.gov/data/sites/default/files/2015\\_North-Carolina\\_BHBarometer.pdf](https://www.samhsa.gov/data/sites/default/files/2015_North-Carolina_BHBarometer.pdf)
4. <https://www.everydayhealth.com/depression/facts-about-depression-whos-at-risk.aspx>