

Cowlitz County Substance Use and Abuse, and Mental Health

This report contains select BRFSS indicators for Cowlitz County and Washington State for 2011-2012, including smoking behaviors, alcohol use and abuse, mental health, and Adverse Childhood Experiences among adults.

Color coding has been used to aid in interpreting these indicators. **Black bold font** indicates that Cowlitz County is similar to Washington State for the indicator (i.e., there is no statistical difference between the two), **red bold font** indicates that Cowlitz County is doing more poorly than Washington State, and **green bold font** indicates that Cowlitz County is faring better than Washington State.

Key Findings

Smoking

- More Cowlitz County adults (24%) **smoke cigarettes** than Washington State adults as a whole (17%).
- More Cowlitz County adults **have smoked cigarettes at some point in their life** (56%) than Washington State adults as a whole (44%).
- Fifty-five percent (55%) of Cowlitz County smokers **attempted quitting smoking in the past year**. This figure is similar to Washington State.

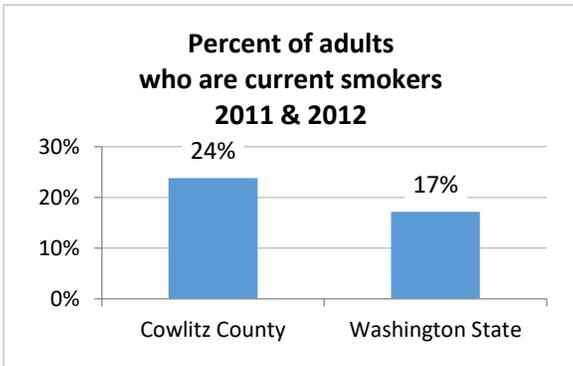
Alcohol use & abuse

- Fifty-seven percent (57%) of Cowlitz County adults **drank alcohol in the past month** (similar to Washington State).
- Seventeen percent (17%) of Cowlitz County adults **binge drank in the past month** (similar to Washington State).
- Thirty-one percent (31%) of Cowlitz County **adults who drink alcohol also report binge drinking** (similar to Washington State).
- Three-quarters (75%) of Cowlitz County adults report **drinking alcohol before the legal age of 21** (similar to Washington State).
- Six percent (6%) of Cowlitz County adults have **never had an alcoholic drink** (similar to Washington State).
- On average, Cowlitz County adults report having had their **first alcoholic drink when they were 18 years old** (similar to Washington State).

Mental health

- Thirteen percent (13%) of Cowlitz County adults report being **limited in their work or usual activities for at least one day in the past month because of a mental health issue** (similar to Washington State).
- Fifteen percent (15%) of Cowlitz County adults are **currently receiving treatment for a mental health issue** (similar to Washington State).
- Fifty-eight percent (58%) of Cowlitz County adults **believe that people are generally caring and sympathetic toward people with mental illness** (similar to Washington State).
- Eighty-two percent (82%) of Cowlitz County adults report that they **always or usually get the social and emotional support they need** (similar to Washington State).
- Fourteen percent (14%) of Cowlitz County report that their **mental health was bad for two or more weeks in the past month** (similar to Washington State).
- Sixty-two percent (62%) of Cowlitz County adults reported **bad mental health for no days in the past month** (similar to Washington State).
- On average, Cowlitz County adults have experienced more **ACEs** (2.4), than Washington State as a whole (1.8).
- More Cowlitz County adults experienced **emotional abuse** (44%), **lived with someone with a substance abuse problem** (43%), or had **parental divorce or separation** (44%) vs Washington State adults as a whole (33%, 32%, and 44%, respectively).

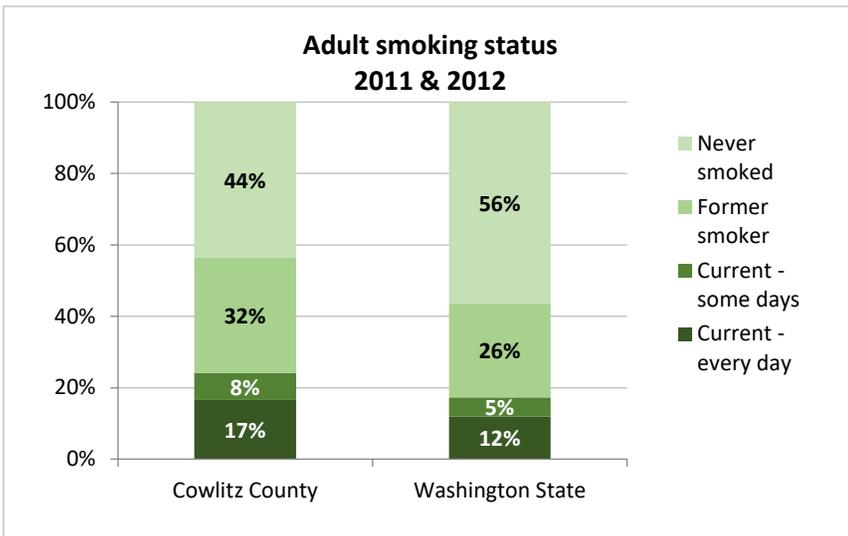
Smoking



More Cowlitz County adults smoke cigarettes than Washington State adults as a whole. Twenty-four percent (24%) of Cowlitz County adults currently smoke cigarettes, vs. 17% of Washington State adults.

Indicator notes

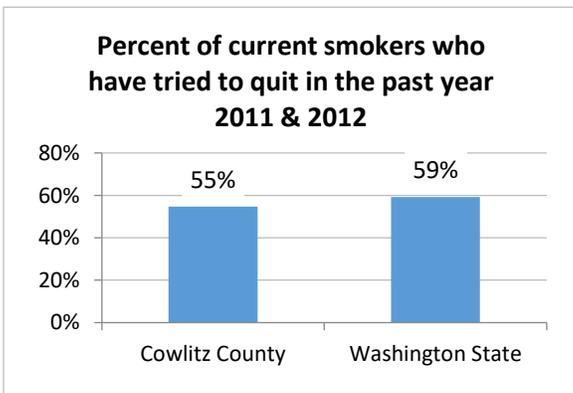
This indicator is calculated from two questions – whether or not the respondent has smoked 100 cigarettes in their lifetime, and if they now smoke.



More Cowlitz County adults have smoked cigarettes at some point in their life than Washington State adults as a whole. 56% of Cowlitz County adults currently smoke cigarettes, or have in the past, vs. 44% of Washington State adults.

Indicator notes

This indicator is calculated from two questions – whether or not the respondent has smoked 100 cigarettes in their lifetime, and if they now smoke.

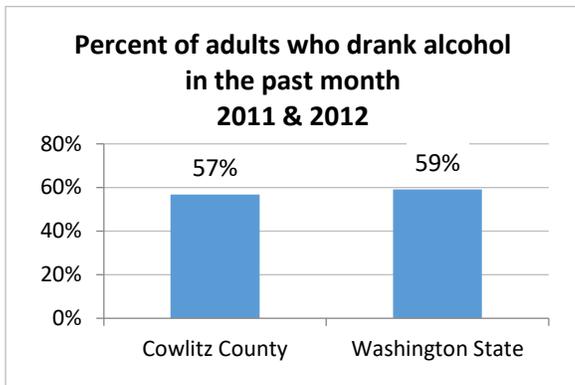


Fifty-five percent (55%) of Cowlitz County smokers attempted quitting smoking in the past year. This figure is **similar** to Washington State.

Indicator notes

This indicator includes the percent of current smokers who have stopped smoking for one day or longer in the past 12 months because they were trying to quit smoking.

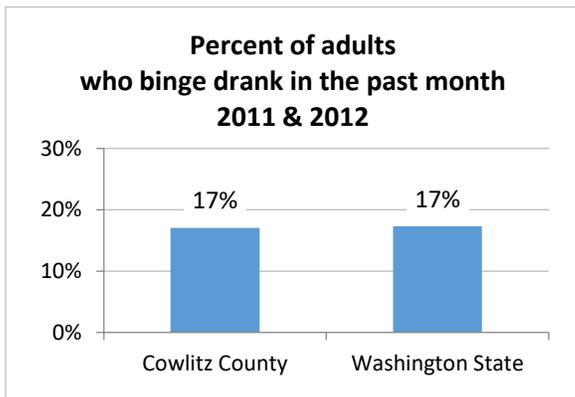
Alcohol use & abuse



Fifty-seven percent (57%) of Cowlitz County adults drank alcohol in the past month. This figure is **similar** to Washington State.

Indicator notes

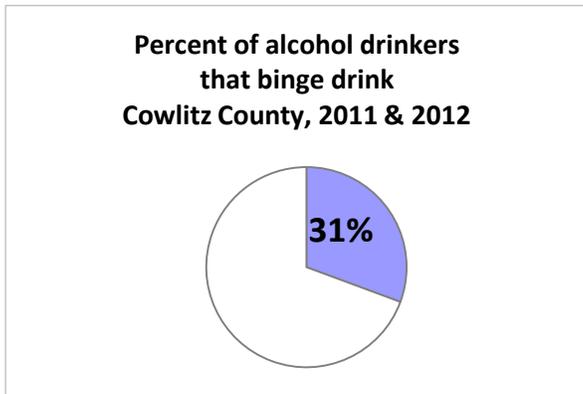
This indicator includes the percent of adults who report drinking alcohol on one or more days in the past 30 days.



Seventeen percent (17%) of Cowlitz County adults binge drank in the past month. This figure is **similar** to Washington State.

Indicator notes

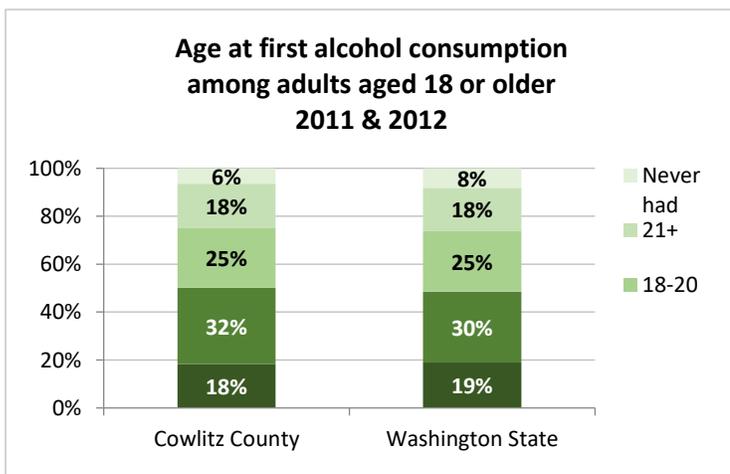
This indicator includes the percent of women who had four or more drinks, or men who had five or more drinks, on an occasion in the past 30 days.



Thirty-one percent (31%) of Cowlitz County adults who drink alcohol also report binge drinking. Conversely, over two-thirds of adults who drink alcohol do not binge drink. This figure is **similar** for Washington State.

Indicator notes

This indicator includes the percent of adults who report binge drinking in the past month divided by the percent of adults who drank any alcohol in the past month.



Three-quarters (75%) of Cowlitz County adults report drinking alcohol before the legal age of 21. Six percent (6%) of Cowlitz County adults have never had an alcoholic drink. Both of these figures are **similar** to Washington State.

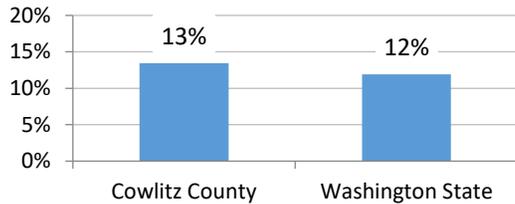
On average, Cowlitz County adults report having had their first alcoholic drink when they were 18 years old. This figure is **similar** to Washington State. (data not shown)

Indicator notes

For this indicator, drinking alcohol is defined as having more than a sip or two of beer, wine, or hard liquor.

Mental health

Percent of adults whose work or usual activities were limited by a mental health issue in past month 2011 & 2012

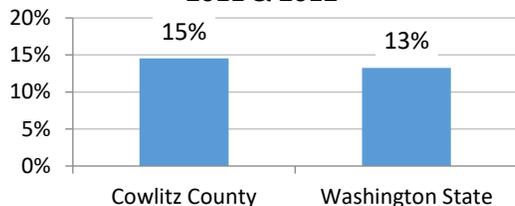


Thirteen percent (13%) of Cowlitz County adults report being limited in their work or usual activities for at least one day in the past month because of a mental health issue. This figure is **similar** to Washington State.

Indicator notes

This indicator includes data from the question “During the past 30 days, for about how many days did a mental health condition or emotional problem keep you from doing your work or other usual activities? (Usual activities include housework, self-care, care giving, volunteer work, attending school, studies, or recreation).”

Percent of adults who are currently receiving treatment for a mental health issue 2011 & 2012

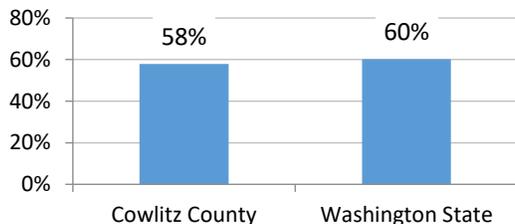


Fifteen percent (15%) of Cowlitz County adults are currently receiving treatment for a mental health issue. This figure is **similar** to Washington State.

Indicator notes

This indicator includes data from the question “Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?”

Percent of adults who believe that people are generally caring toward people with mental illness 2011 & 2012

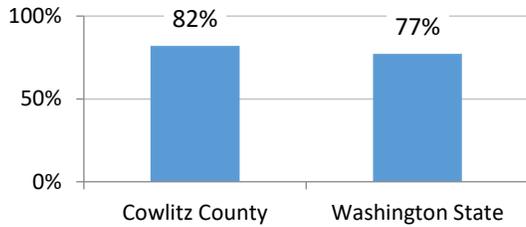


Fifty-eight percent (58%) of Cowlitz County adults believe that people are generally caring and sympathetic toward people with mental illness. This figure is **similar** to Washington State. Conversely, 42% of Cowlitz County adults believe that people are not generally caring and sympathetic toward people with mental illness.

Indicator notes

This indicator includes respondents who agree strongly or agree slightly with the statement “People are generally caring and sympathetic to people with mental illness.”

**Percent of adults who always or usually get the social and emotional support they need
2011 & 2012**



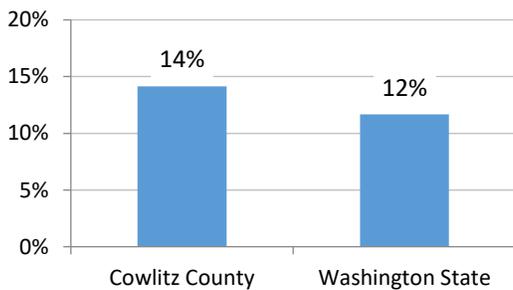
Eighty-two percent (82%) of Cowlitz County adults report that they always or usually get the social and emotional support they need. This figure is **similar** to Washington State.

Conversely, 18% of Cowlitz County adults get the social and emotional support they need only sometimes, rarely, or never.

Indicator notes

This indicator includes respondents who responded “Always” or “Usually” to the question “How often do you get the social and emotional support you need?”

**Percent of adults whose mental health was bad for 2+ weeks in the past month
2011 & 2012**



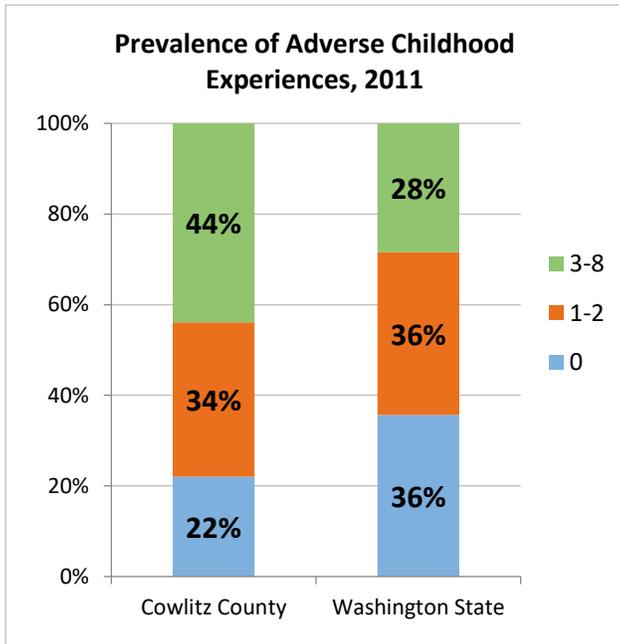
Fourteen percent (14%) of Cowlitz County report that their mental health was bad for two or more weeks in the past month. This figure is **similar** to Washington State. Conversely, 86% of Cowlitz County adults report that their mental health was bad for fewer than two weeks in the past month.

Sixty-two percent (62%) of Cowlitz County adults reported bad mental health for no days in the past month. This figure is **similar** to Washington State. (data not shown)

Indicator notes

This indicator includes data from the question “Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

Adverse childhood experiences

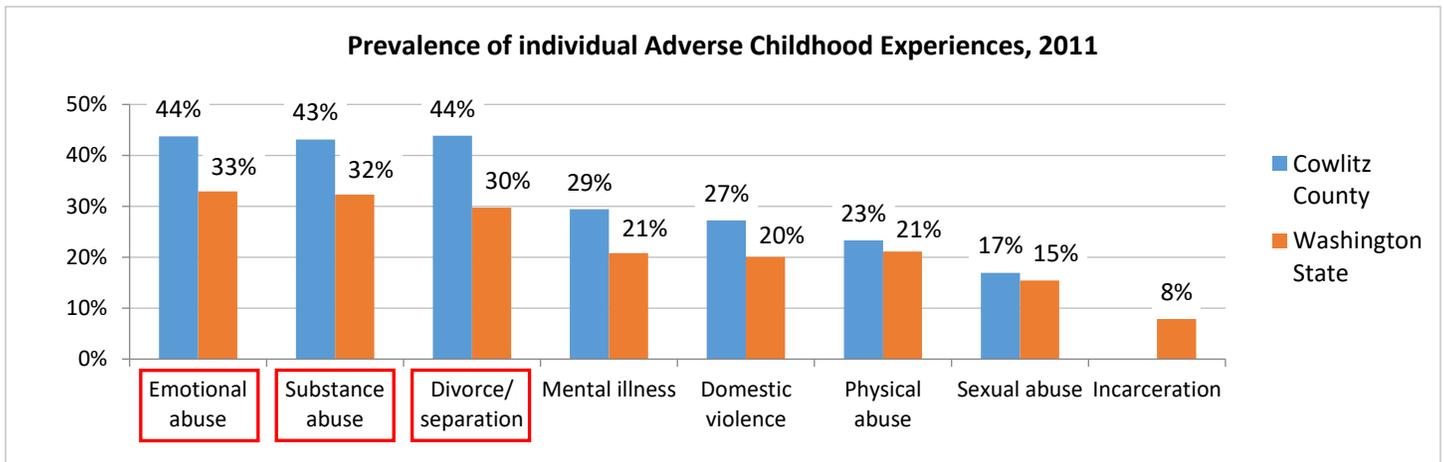


Cowlitz County adults have **more** adverse childhood experiences than Washington State adults as a whole. Forty-four percent (44%) of Cowlitz County adults have experienced between three and eight ACEs, versus 28% of Washington State as a whole. Fewer than one-quarter (22%) of Cowlitz County adults have experienced no ACEs, compared with 36% of Washington State as a whole.

On average, Cowlitz County adults have experienced 2.4 ACEs, vs 1.8 for Washington State as a whole (data not shown).

Indicator notes

This indicator is calculated from the survey module asking about Adverse Childhood Experiences, which include living with someone who had mental health issues, problems with alcohol or drugs, or was in prison; parental separation or divorce; domestic violence; and physical, emotional, or sexual abuse.



Cowlitz County adults experienced **more** emotional abuse, living with someone who had problems with alcohol or drugs, and parental divorce or separation than Washington State adults as a whole.

- Forty-four percent (44%) of Cowlitz County adults experienced emotional abuse, versus 33% of Washington State adults.
- Forty-three percent (43%) of Cowlitz County adults lived with someone who had problems with alcohol or drugs, versus 32% of Washington State adults.
- Forty-four percent (44%) of Cowlitz County adults experienced parental divorce or separation, compared with 30% of Washington State adults.

Cowlitz County adults are **similar** to Washington State adults for living with someone who had mental health issues (29%), living with domestic violence (27%), and experiencing physical abuse (23%) or sexual abuse (17%). Data on Cowlitz County adults who lived with someone who was incarcerated is not available due to small numbers; 8% of Washington State adults experienced this.

Indicators not included

The following indicators are not included due to small numbers or other limitations of the data:

Tobacco

- How long has it been since you last smoked a cigarette, even one or two puffs?

Alcohol use/abuse

- During the past 12 months, did you have any problems with family or friends that were caused by your drinking?
- Did you continue to drink alcohol even though you thought your drinking caused problems with family or friends?
- Heavy alcohol consumption (2+ drinks per day for men, 1+ drinks per day for women)
- During the past 30 days, how many times have you driven when you've had perhaps too much to drink?

HIV/AIDS risk

- At risk for HIV in past year – injection drug use, STD treatment, exchanged sex for money or drugs, and/or anal sex without a condom

Mental health

- Mental health question block – how often felt nervous, hopeless, restless, depressed, that everything was an effort, or worthless in past month.
- Percent of respondents categorized as having Serious Mental Illness, based on a block of questions about mental illness symptoms.
- Agreement with the statement “Treatment can help people with mental illness lead normal lives.”

Veterans' health

- There were not enough survey data to produce meaningful estimates for Cowlitz County veterans' health. Adding future surveys to our dataset will hopefully enable us to look at these data

Data source & technical notes

Data sources: Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System, supported in part by Centers for Disease Control and Prevention, Cooperative Agreement U58/SO000047-1 & 2 (2011-2012); Cowlitz County Health Department, 2014.

The figures in this report are calculated using somewhat different parameters than figures released by the Washington State Department of Health (DOH) and the Centers for Disease Control and Prevention (CDC), and as such may be slightly different than figures from those sources.