

# 2016 COMMUNITY HEALTH ASSESSMENT

WILLIAMSON COUNTY, TEXAS



**#1 HEALTH PRIORITY OUT OF 10**



## MENTAL HEALTH

Prevention, early intervention, support and treatment for mental illness

### MENTAL HEALTH PROVIDERS\*



**1060**  
INDIVIDUALS

(Compared to 1 provider:990 individuals in Texas)

CMS National Provider Identification, 2015

\*Providers include psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists and advanced practice nurses specializing in mental health care

### WHAT IS MENTAL HEALTH?

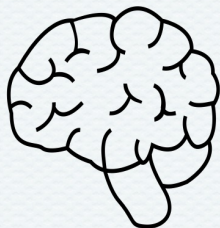
"A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." - Centers for Disease Control and Prevention

Many improvements can be made to improve the mental health of Williamson County including 1. increasing the number of mental health providers, 2. reducing risk for suicide, and 3. reducing the percentage of individuals who drink excessively.

"There is no health without mental health." - World Health Organization

### POOR MENTAL HEALTH DAYS

Poor mental health day: Day where mental health (including stress, depression, and problems with emotions) was not good



Residents in the county reported **2.7**

**POOR MENTAL HEALTH DAYS.**

(Compared to 3.0 days in Texas.)

Behavioral Risk Factor Surveillance System, 2014

### SUBSTANCE ABUSE

Substance abuse and mental health are interrelated.

#### CIGARETTE SMOKING

Wilco: 12.0% | TX: 15.0%

#### DRINKING EXCESSIVELY

Wilco: 19.0% | TX: 17.0%

Behavioral Risk Factor Surveillance System, 2014

#### DRUG OVERDOSE DEATHS

Wilco: 8.0 | TX: 9.0

CDC Wonder, 2012-2014

### SUICIDE



SINCE 2005, SUICIDE RATES HAVE INCREASED.

Suicide Rates, 2005-2013  
Texas Department of State Health Services, Center for Health Statistics, 2005-2013

#8 CAUSE OF DEATH IN THE COUNTY

White Non-Hispanic Males are at a higher risk for suicide, but Suicide affects everyone.

