

## **Adult and Youth Behavioral Health**

### **Adult Risk Behaviors**

By Steve Brown, Barnstable County Human Services Department

1. Alcohol and Substance Abuse:
  - a. 2004 Figure: 13% of households report
  - b. 2001 Figure: 11%
2. Tobacco Abuse (Youth):
  - a. 2004 Figure: 3% of households report
  - b. 2001 Figure: 5%
3. Obesity:
  - a. 2004 Figure: 12% of households report (Note: Different source, "Monitoring the Human Condition")
  - b. 2001 Figure: 10%
4. Hypertension:
  - a. 2003 Figure: 26.4% (source: MassCHIP, Hospital discharge age adjusted rate)
  - b. 2001 Figure: 28%

### **Youth Risk Behaviors**

By Steve Brown, Barnstable County Human Services Department

1. Sad/Discouraged/Depressed:
  - a. 2004 Figure: 29% of households with children report
  - b. 2001 Figure: 36%
2. Stressed out/Nervous/Worried:
  - a. 2004 Figure: 21% of households with children report
  - b. 2001 Figure: 42%
3. Fighting/Hurting Siblings:
  - a. 2004 Figure: 17% of households with children report
  - b. 2001 Figure: 34%