

Table 34. Percentage of adults who reported frequent mental distress* lasting at least two weeks during the last 30 days, 1999-2001

By Region, Gender, Race/Ethnicity, and Age Group

Variable	1999		2000		2001	
	N=3,721		N=3,711		N=3,652	
	Number	%	Number	%	Number	%
San Diego County	326	8.8	325	8.8	358	9.9
Region						
N. Coastal	47	7.8	44	7.4	52	8.6
N. Central	58	7.4	60	7.0	82	10.2
Central	88	13.8	71	11.7	69	11.5
South	39	8.5	47	10.7	47	10.8
East	57	9.0	58	9.6	62	10.2
N. Inland	37	6.5	45	7.7	46	7.7
Gender						
Male	112	7.4	101	6.8	108	7.8
Female	212	9.8	224	10.2	250	11.1
Race/Ethnicity						
White	212	8.4	203	7.9	219	8.9
Black	22	12.0	30	14.4	24	14.0
Hispanic	65	9.5	62	10.9	65	11.3
Asian	19	8.6	15	6.9	15	9.7
Native American	6	10.5	N/A	N/A	N/A	N/A
Age Groups						
< 35	118	9.9	113	10.3	125	12.3
35 to 44	73	9.1	88	10.6	81	10.9
45 to 64	109	10.3	95	8.3	110	9.3
65+	23	3.8	29	4.7	37	5.5

*Mental distress includes stress, depression, and problems with emotions.

N/A = Data not available.

Source: United Way of San Diego County, Outcomes and Community Impact Program, 1999-2001.