

From 2005–2007, Utah added the PHQ-9 to the BRFSS. The following analyses for Utah adults are based on the PHQ-9 for those years. See *Appendix B: Methods and Procedures*, *Appendix C: Depression Modules*, and *Appendix D: PHQ-9 Instrument*.

Local Health Districts and Small Areas

The age-adjusted rate of major depression among adults in Utah from 2005–2007 was estimated at 4.1%. The percentage of adults with major depression varied by local health district (LHD). Central Utah LHD had the highest rate of major depression (5.6%) while Summit County LHD had the lowest rate (2.2%). However, neither of these rates were statistically different from the overall state rate of major depression. Looking at small areas within LHDs, data from 2005–2007 show that adults in South Salt Lake had the highest rate of major depression (10.4%) followed by West Orem (8.8%) and West Valley East (8.2%). The lowest rates of major depression were found in the combined West Jordan/Copperton and South Jordan small areas (1.2%), Grand/San Juan Counties (1.5%) and Sandy Center (1.9%). The West Orem and Sandy Center rates were not statistically different from the state rate. (For more information about small area analysis, please see *Appendix B: Methods and Procedures*.)

Major Depression by Local Health District and Small Area, Utah, 2005–2007

