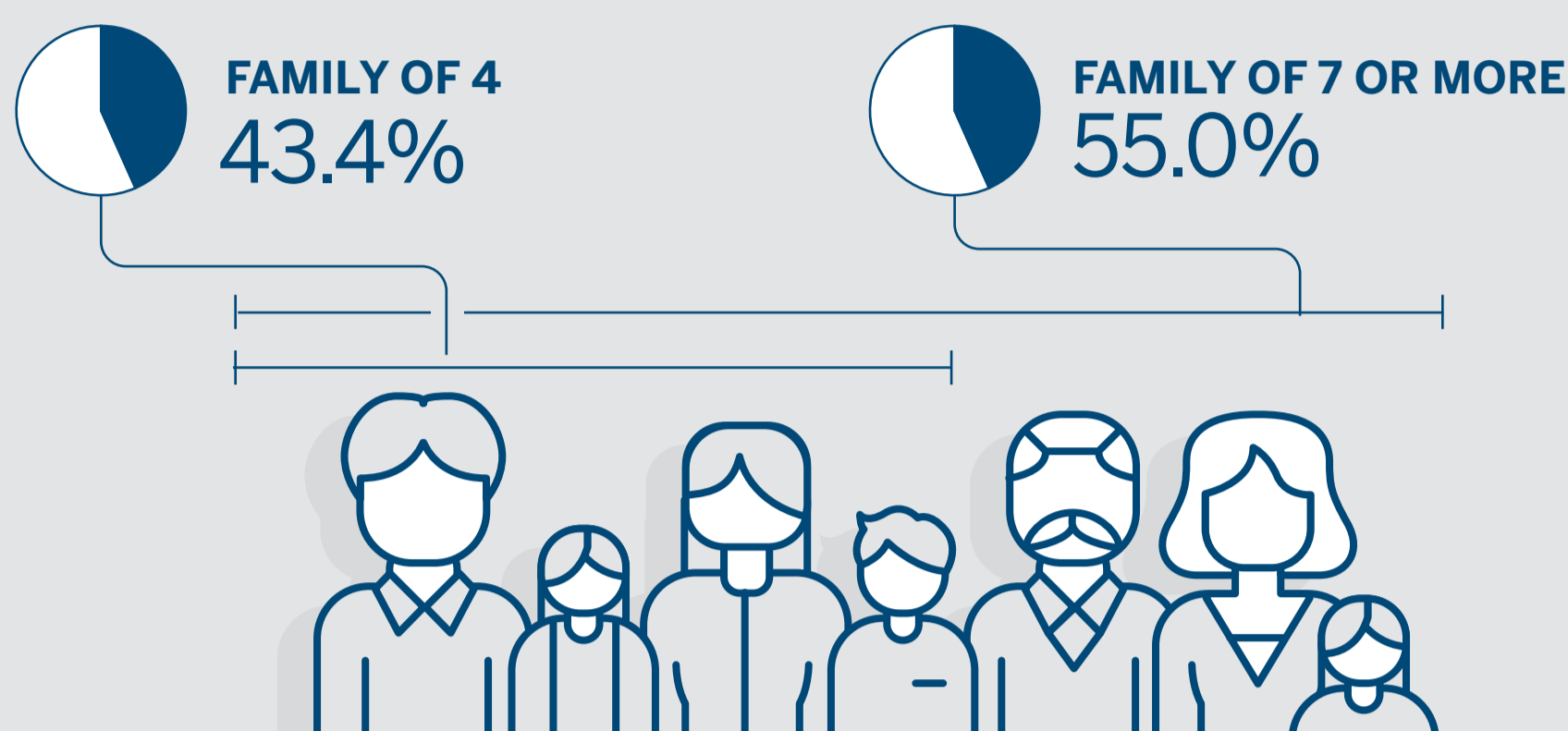


Frequency of mental health conditions within families

In its latest research, Milliman set out to analyze how common it is to find diagnosed mental health conditions and substance use disorders (MH/SUD) within families. The graphic below shows the prevalence of these conditions in families with commercial health insurance. Results from this research could provide an opportunity for earlier diagnosis and intervention with other household members that may be at heightened risk for similar behavioral health concerns.

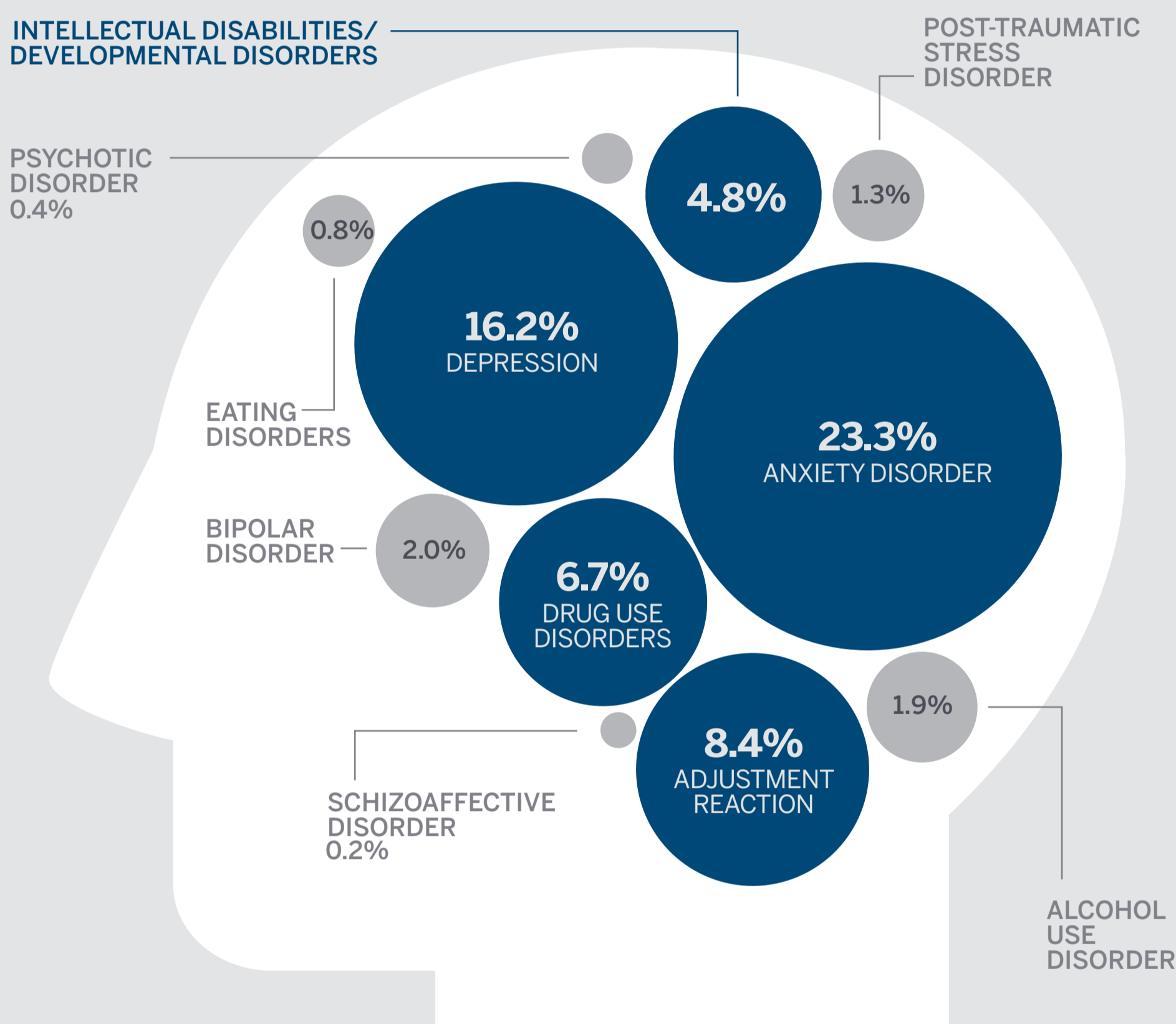
HOUSEHOLD IMPACT OF BEHAVIORAL DISORDERS BY FAMILY SIZE

For a typical family of four, we found that over 43% of households had at least one family member treated for MH/SUD conditions in 2017. Among families with more than five members, more than half had at least one family member treated for MH/SUD conditions.



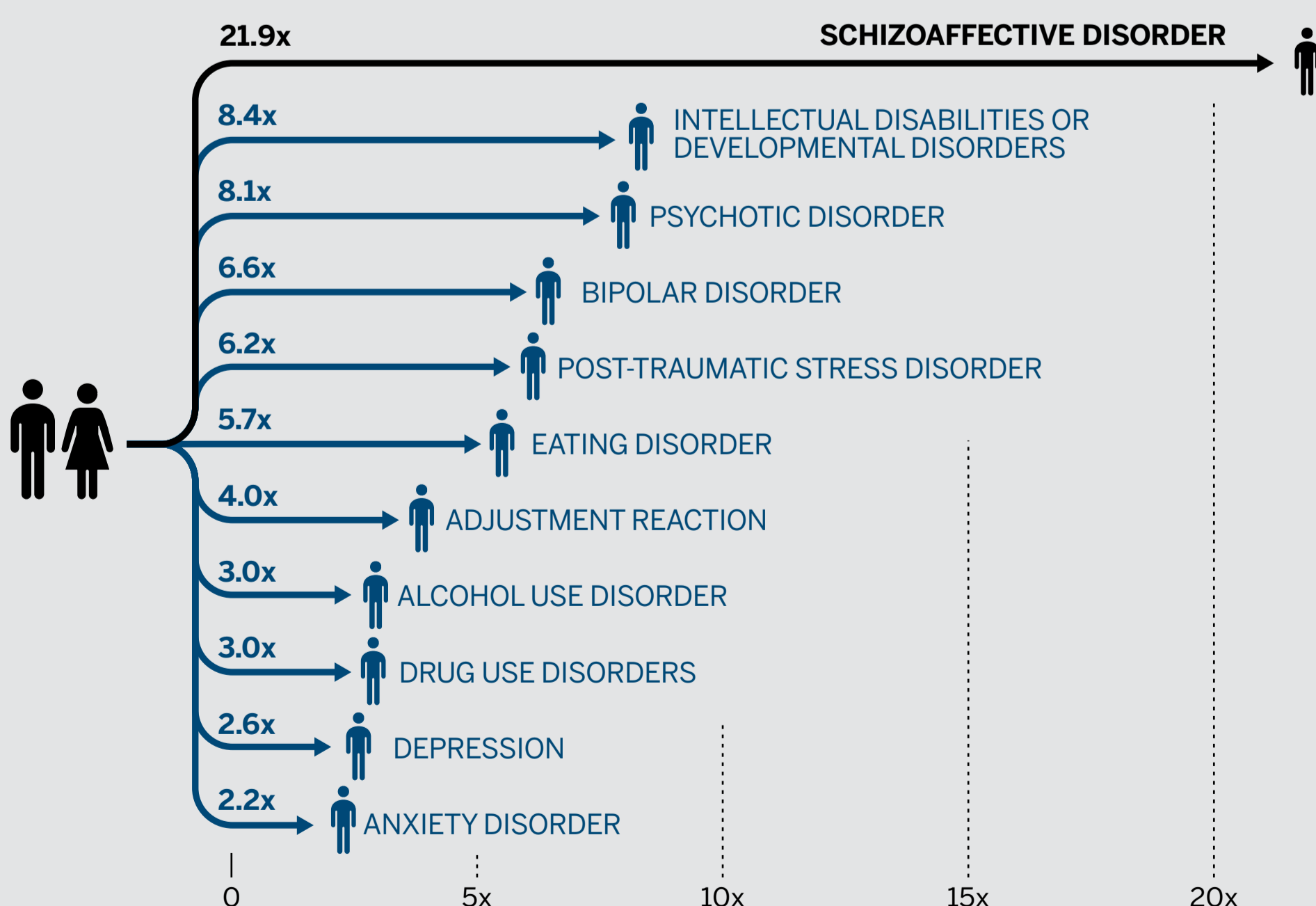
MOST COMMONLY DIAGNOSED CONDITIONS IN FAMILIES FOR A FAMILY OF 4

In 2017, nearly a quarter of families of four or more had at least one person with a diagnosed anxiety disorder.



BEHAVIORAL CONDITIONS MOST STRONGLY LINKED IN PARENTS AND CHILDREN

The chart below shows the relative prevalence, by condition, for children whose parents have an MH/SUD diagnosis, compared with children whose parents do not have a diagnosis. For example, children who have a parent with schizoaffective disorder are over 20 times more likely to also be diagnosed with the condition. Children who have a parent with intellectual disabilities or developmental disorders are 8.4 times more likely to also have either of these conditions.



In 2017, having a parent with a behavioral condition doubles the likelihood that a child also has one, and vice versa.



This suggests that, when a condition is identified in a family, other family members may benefit from screening to manage their behavioral health risks.