



MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

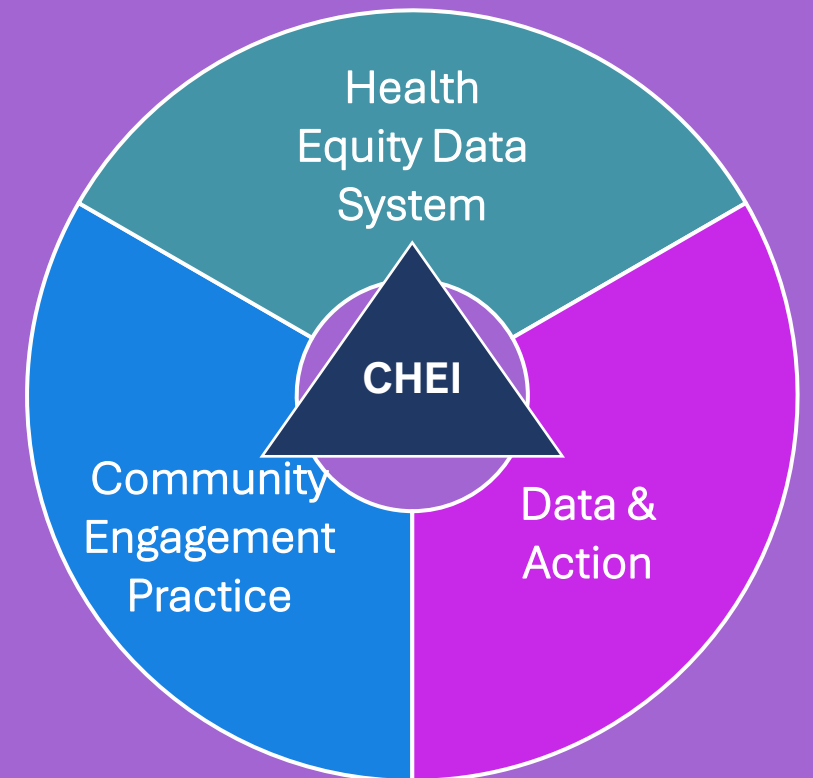
Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023

Mental Health Spotlight

Part 4: Drivers of Mental Health Inequities

Discrimination and Mental Health



2023 CHES MENTAL HEALTH SPOTLIGHT



Part 4: Drivers of Mental Health Inequities

Part 4 of the 2023 CHES Mental Health Spotlight showcases findings from the 2023 CHES that connect data on mental health and various drivers of health inequities.

This slide deck is meant to be viewed after you have read through Parts 1 through 3 of the Mental Health Spotlight. To access the entire spotlight and the full mental health report, please visit the 2023 CHES Mental Health Spotlight page on www.mass.gov/CHEI.

Part 1: Community Health Equity Initiative Overview and Racial Justice Framing

Part 2: Mental Health in Massachusetts: Equity Framing and Data Overview

Part 3: Inequities in Mental Health

Part 4: Drivers of Mental Health Inequities

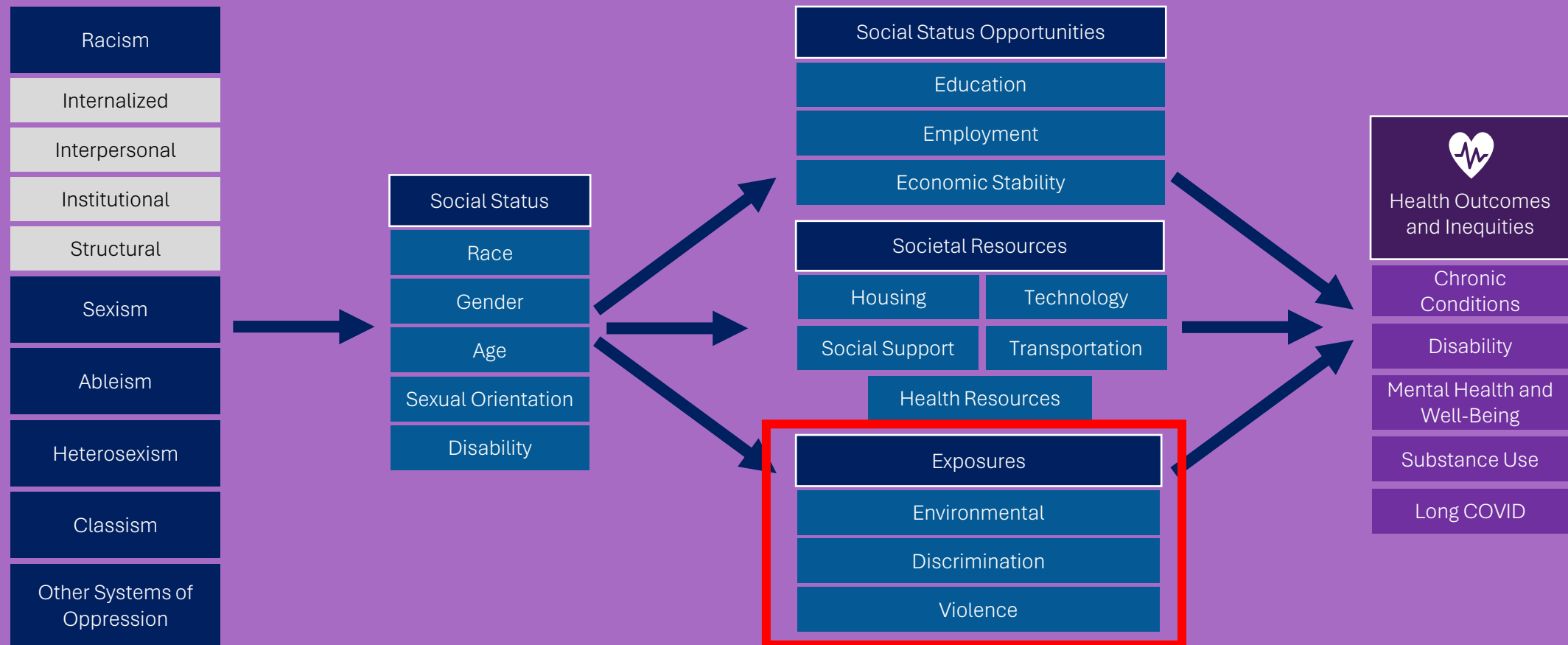
Part 5: Promoting Mental Health: Potential Areas of Action to Address Root Causes of Inequities

DRIVERS OF MENTAL HEALTH INEQUITIES

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Key Exposures



DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Discrimination



Discrimination is a key driver of mental health inequities

Discrimination and Systemic Racism

Discrimination is differential treatment experienced by stigmatized groups and is the result of systems of oppression that shape our communities and environments. Within communities of color, discrimination is the result of institutional and cultural racism that help generate negative stereotypes.

Driver of Health Inequities

Discrimination has been shown to be a risk factor for adverse mental and physical health outcomes and contributor to health disparities. For example, internalized and interpersonal racism has been linked to psychosocial trauma, stress, and maladaptive coping behaviors.

Lack of Public Health Data on Discrimination

Despite being an important driver of health inequity, there is a general lack of public health data sources that quantify and qualify experiences of discrimination. The 2023 CHES helps to fill this surveillance gap by gathering data on experiences of discrimination and connecting them to mental health outcomes.

DRIVERS OF MENTAL HEALTH INEQUITIES

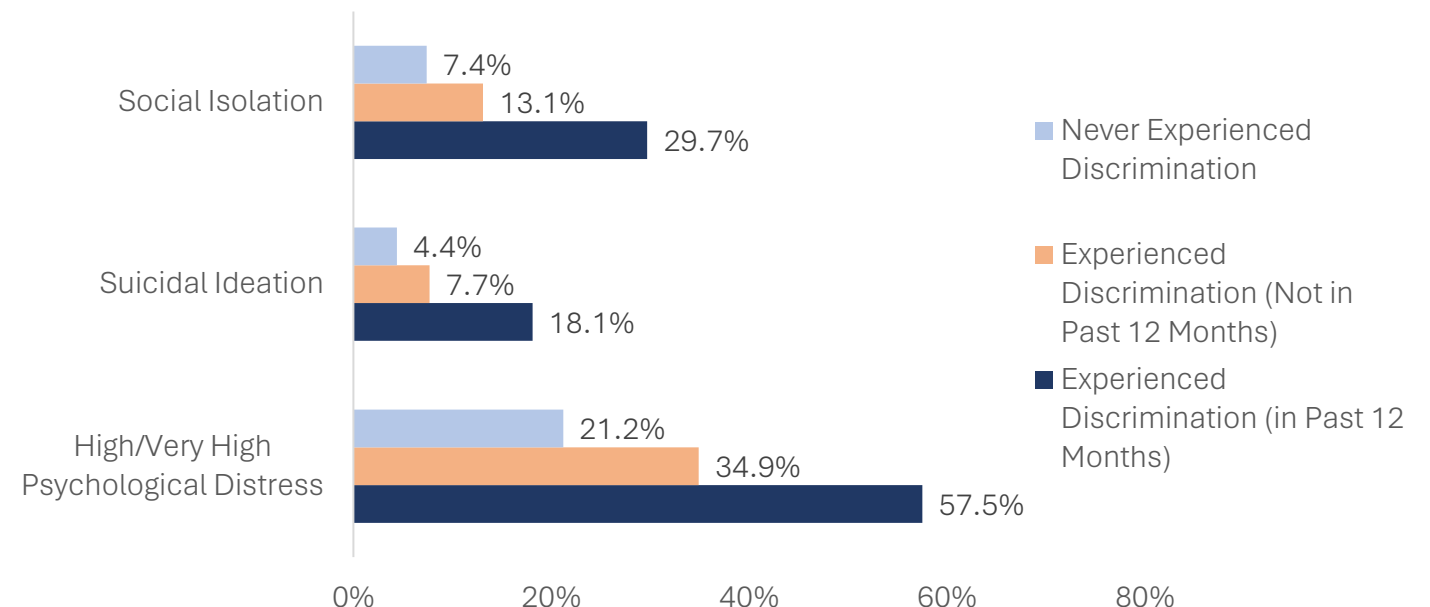


Key Exposures: Discrimination

Individuals who reported experiencing some form of discrimination had worse mental health overall compared to those who reported never experiencing discrimination.

Those who reported experiencing discrimination in the past 12 months were 2.7x as likely to have high or very high psychological distress, 4.1x as likely to report suicidal ideation, and 4x as likely to report social isolation compared to those who did not experience discrimination.

Experiences of Discrimination and Mental Health Indicators

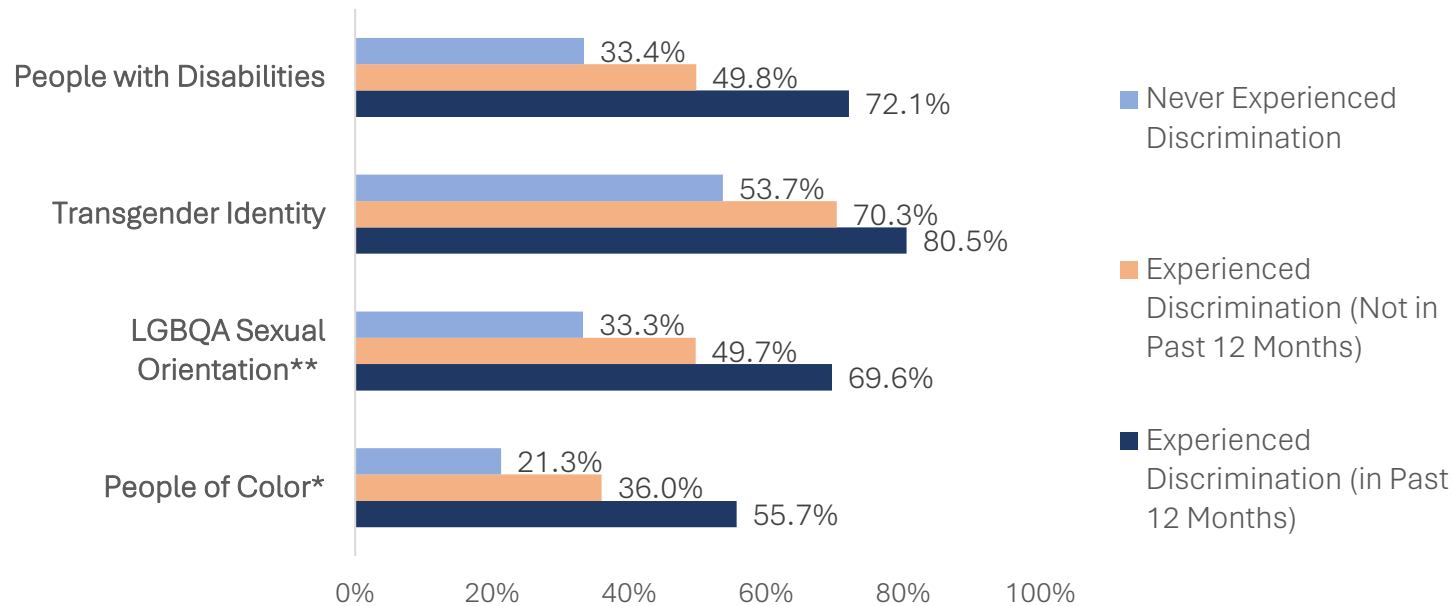


DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Discrimination

Adult Psychological Distress by Experiences of Discrimination Among Communities of Focus



Members of various communities of focus that reported either never experiencing discrimination or not experiencing discrimination in the past 12 months had significantly lower rates of psychological distress compared to those that did experience discrimination in the past 12 months.

For example, among people with disabilities, over 72% that experienced discrimination in the past 12 months had high or very high psychological distress compared to 50% that experienced discrimination but not in the past 12 months.

*People of color include respondents that reported one of the following race/ethnicities: American Indian / Alaska Native, Asian, Native Hawaiian, Pacific Islander, Black, Hispanic/Latine/a/o, Middle Eastern/North African, or Multiracial.

**LGBTQA includes respondents that reported their sexual orientation as being lesbian, gay, bisexual, queer, asexual, or other.