

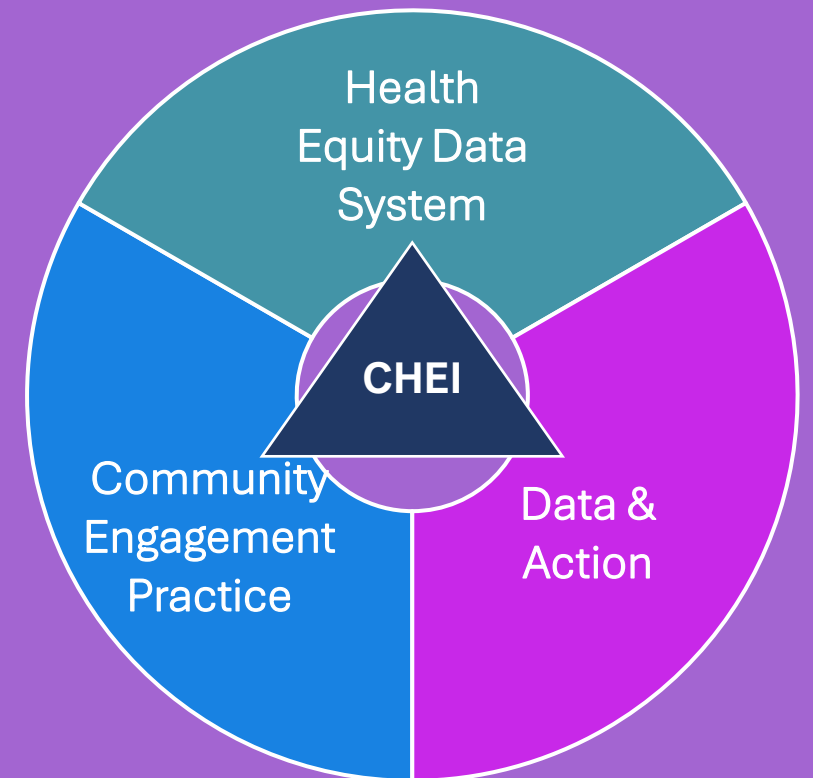


MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023
Mental Health Spotlight

Part 4: Drivers of Mental Health Inequities
Economic Stability 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

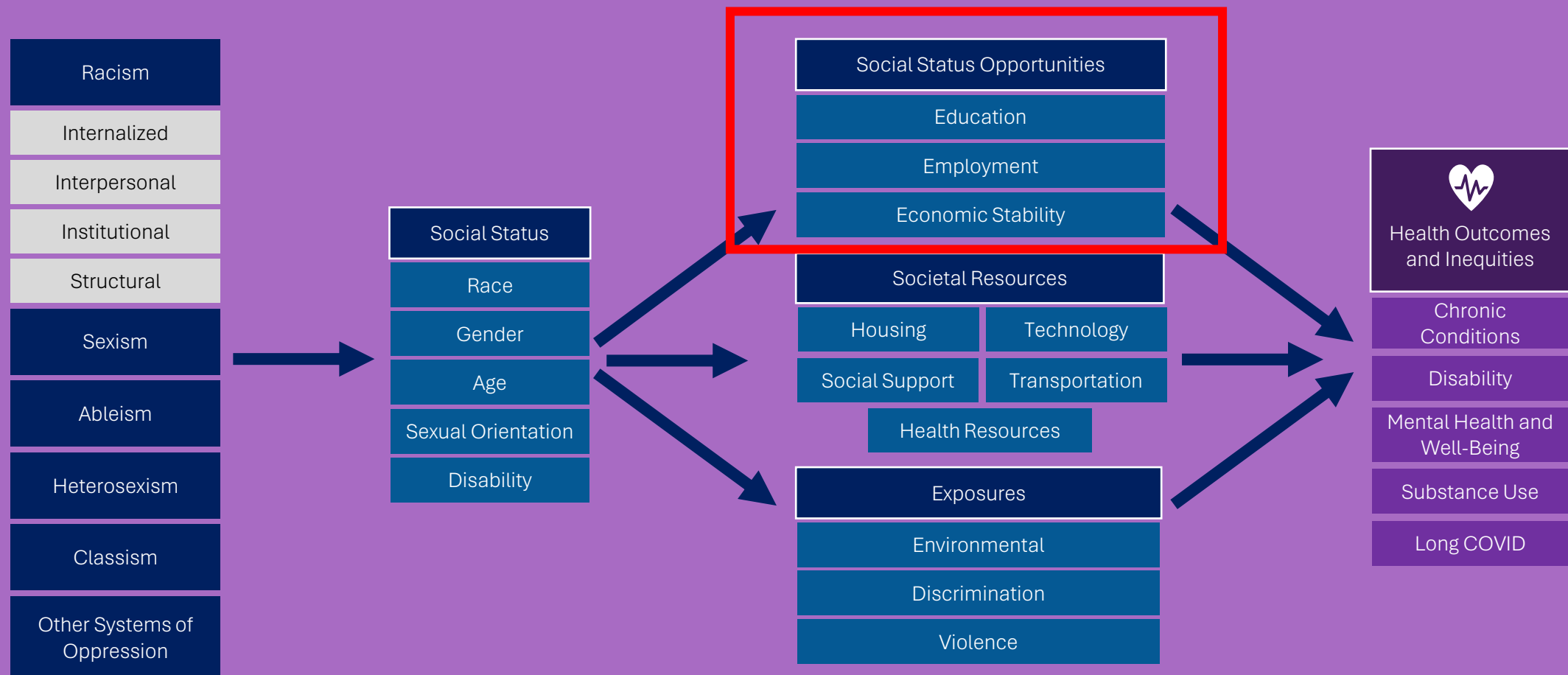
Part 5: Promoting Mental Health: Potential Areas of Action to Address Root Causes of Inequities

DRIVERS OF MENTAL HEALTH INEQUITIES

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Social Status Opportunities

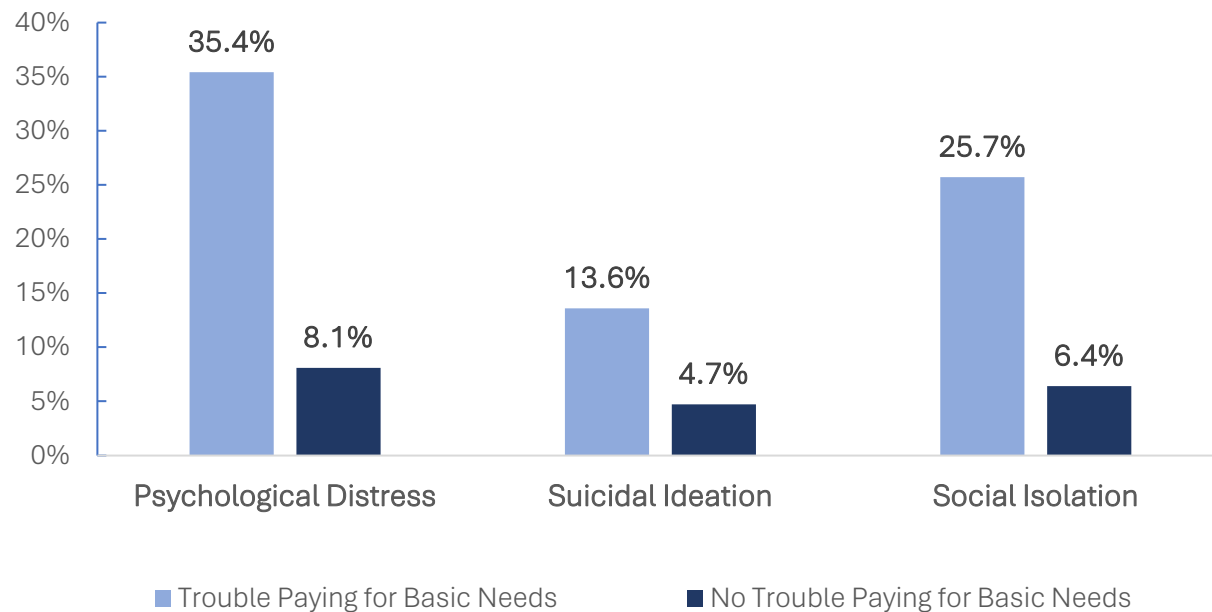


DRIVERS OF MENTAL HEALTH INEQUITIES



Social Status Opportunities: Economic Stability

Paying for Basic Needs and Mental Health Indicators



Adults who reported having trouble paying for basic needs in the past 12 months had significantly worse mental health outcomes.

Those who reported trouble paying for basic needs were over **4x** as likely to report psychological distress and social isolation compared to those who did not. They were also nearly **3x** as likely to report suicidal ideation.

DRIVERS OF MENTAL HEALTH INEQUITIES



Social Status Opportunities: Economic Stability



Economic Stability is the ability of individuals, households, and communities to meet their basic and essential needs sustainably.

Economic stability is important for accessing important resources like housing, technology, transportation, health care, and healthy foods.

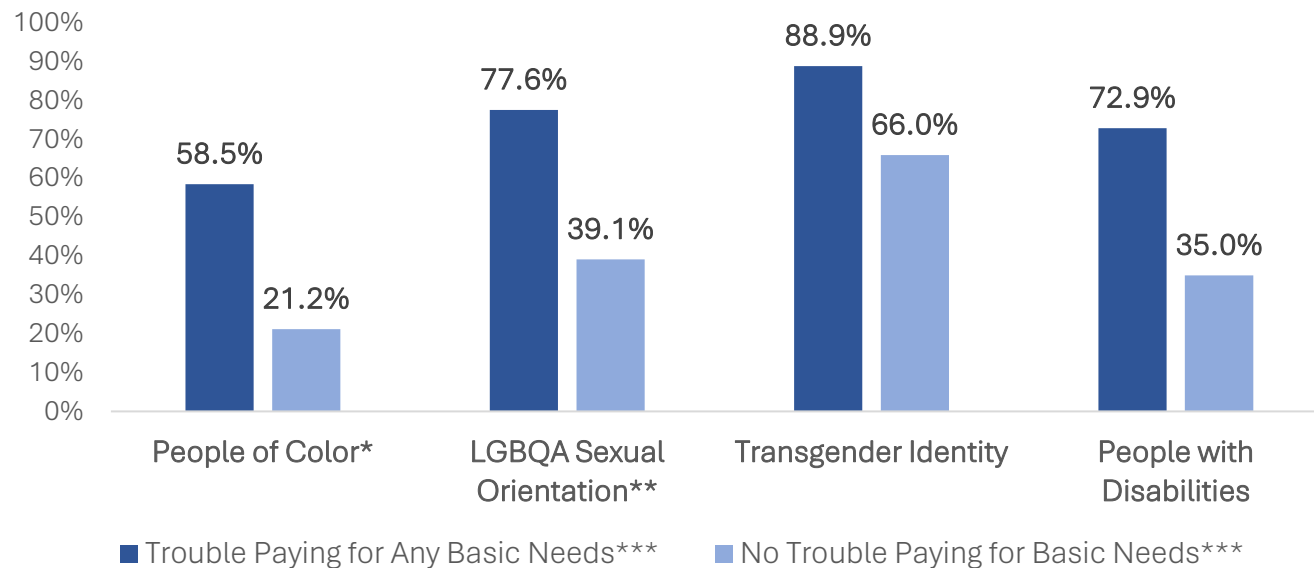
Absence of economic stability leads to poor mental health outcomes by impacting your ability to attain necessary resources and increasing psychological distress.

DRIVERS OF MENTAL HEALTH INEQUITIES



Social Status Opportunities: Economic Stability

Psychological Distress by Paying for Basic Needs Among Communities of Focus



Members of communities of focus with more economic stability were more likely to have better overall mental health outcomes compared to those that were more economically unstable.

For example, the rate of psychological distress among people of color who did report trouble paying for basic needs was 21.2% compared to 58.5% for people of color that did report trouble paying for basic needs.

*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.

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

*** Basic needs include childcare or school, food or groceries, formula or baby food, health care, housing, technology, transportation, and utilities.