



MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

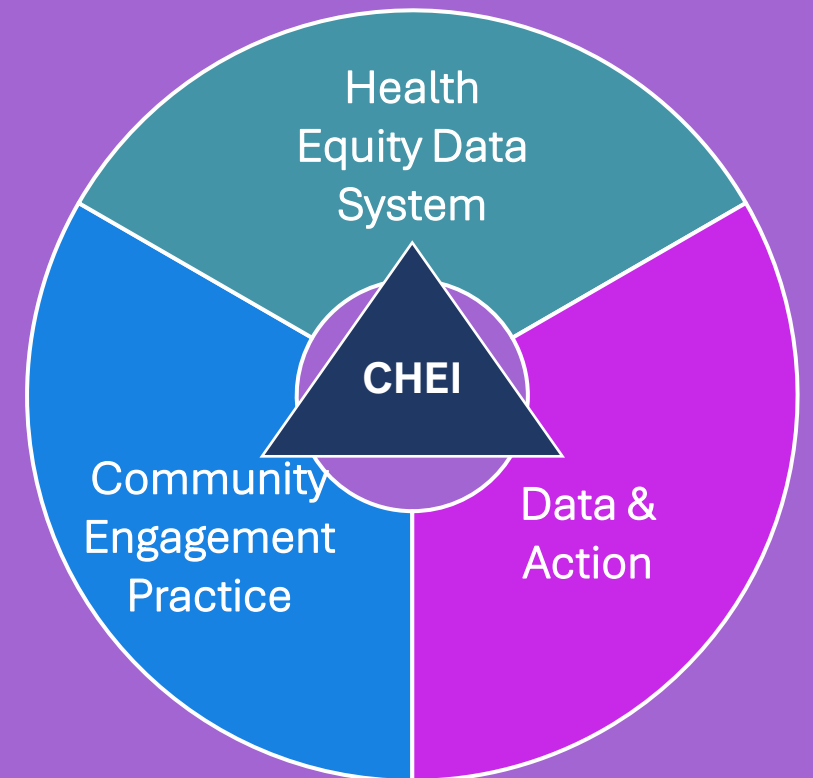
Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023

Mental Health Spotlight

Part 4: Drivers of Mental Health Inequities

Environmental Exposures 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

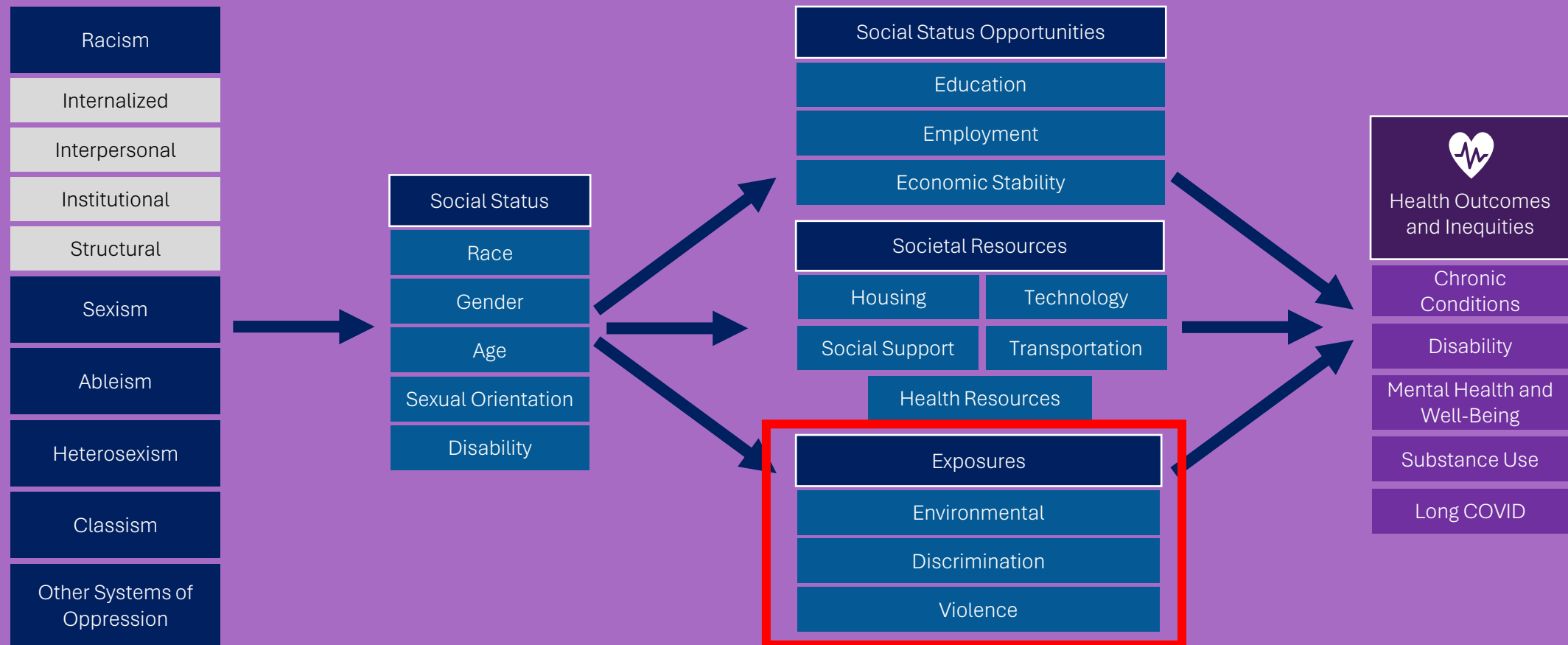
Part 5: Promoting Mental Health: Potential Areas of Action to Address Root Causes of Inequities

DRIVERS OF MENTAL HEALTH INEQUITIES

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Key Exposures



DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Environmental Exposures

Healthy Environments Are Critical for Health

Our interactions and relationship with our environment is a core component of public health.

Healthy Environments Are Critical for Health

Systemic and structural inequities strongly influence our community characteristics and our levels of exposures to various environmental hazards. Environmental exposures come in many forms and influence our health in many ways, including our mental health.

DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Environmental Exposures



Healthy environments are critical for health.

Systems and Structures Drive Inequities in Environmental Health

Environmental exposures come in many forms and influence our health in many ways, including our mental health. Systemic and structural inequities strongly influence our community characteristics and our levels of exposures to various environmental hazards, contributing to inequities in mental health.

Biological Exposures

Biological exposures are one type of environmental exposure that can have an impact on our mental health. For example, adults who reported having problems with pests in the home were 2.1x as likely to report high or very high psychological distress compared to adults who did not.

Extreme temperatures

Our climate also contributes to our overall mental health. For example, adults who reported having problems dealing with extreme temperatures, like being too hot in the summer or not having enough heat in the winter, were significantly more likely to report psychological distress and suicidal ideation.

DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Environmental Exposures

Many Environmental Exposures are Higher Among Communities of Focus

People of Color

Respondents who identified as Black, Hispanic or Latine/a/o, Middle Eastern or North African, or Multiracial reported significantly higher rates of not having enough heat in their homes during winter, having pests in their home, and experiencing flooding in their home or street in the past 5 years compared to respondents that identified as White, nH/nL.

LGBTQA+

Members of the LBTQA+ community reported high rates of environmental exposures. For example, a high percentage of respondents who identified as transgender reported having not enough heat in their homes (14.0%), pests in the home (23.8%), and experiencing flooding in their homes and streets in the past 5 years (21.7%).

People with Disabilities

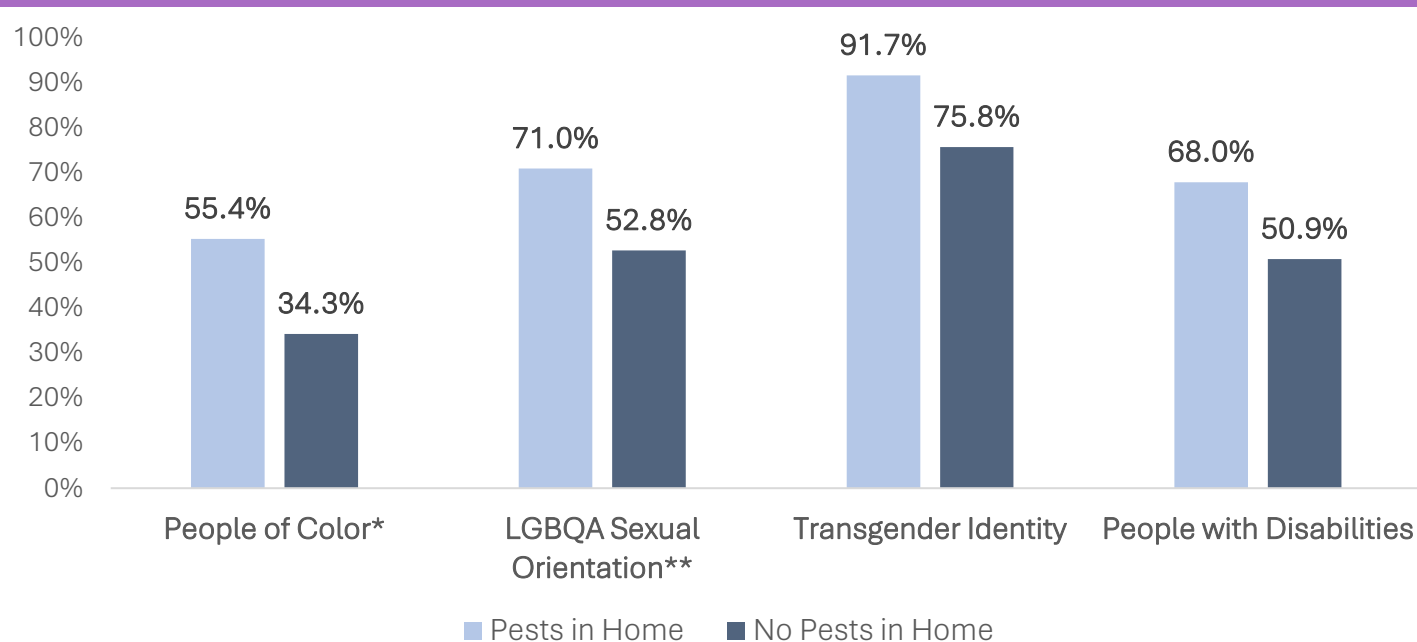
Respondents who reported having 1 or more disabilities had significantly higher rates of not having enough heat in their homes during winter, having pests in their home, and experiencing flooding in their home or street in the past 5 years compared to respondents who did not report having a disability.

DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Environmental Exposures

Psychological Distress by Exposure to Pests in the Home Among Communities of Focus



Members of communities of focus who did not report having pests in their homes were significantly less likely to have high or very high psychological distress compared to those who did report having pests in their homes.

Among people with disabilities, the rate of psychological distress was lower among those who did not have pests in their home compared to those who did (50.9% vs 68.0%).

*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.