



# MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

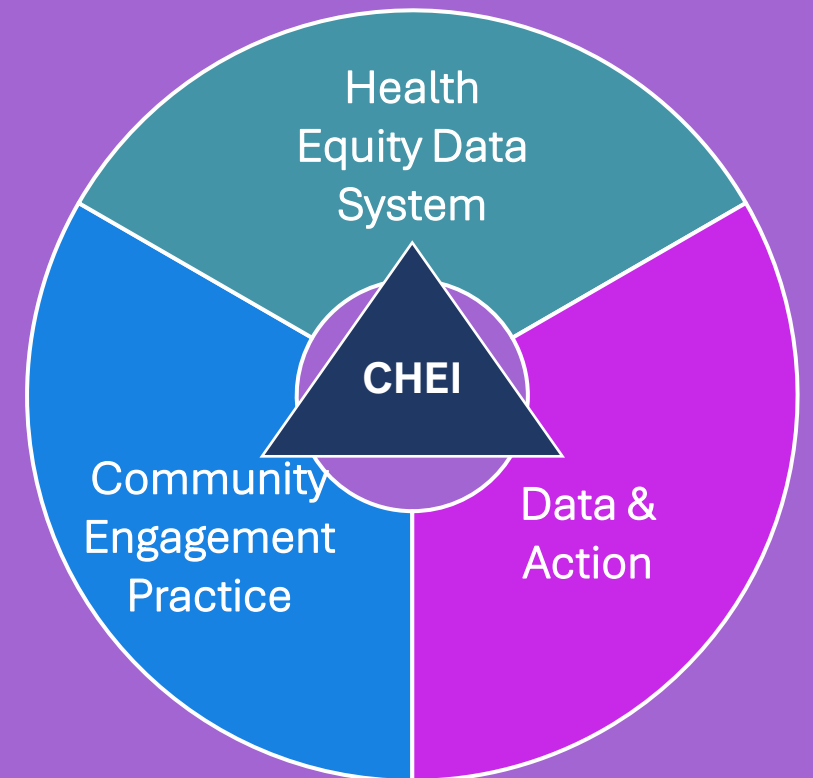
## Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023

Mental Health Spotlight

Part 4: Drivers of Mental Health Inequities

Housing 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](http://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**

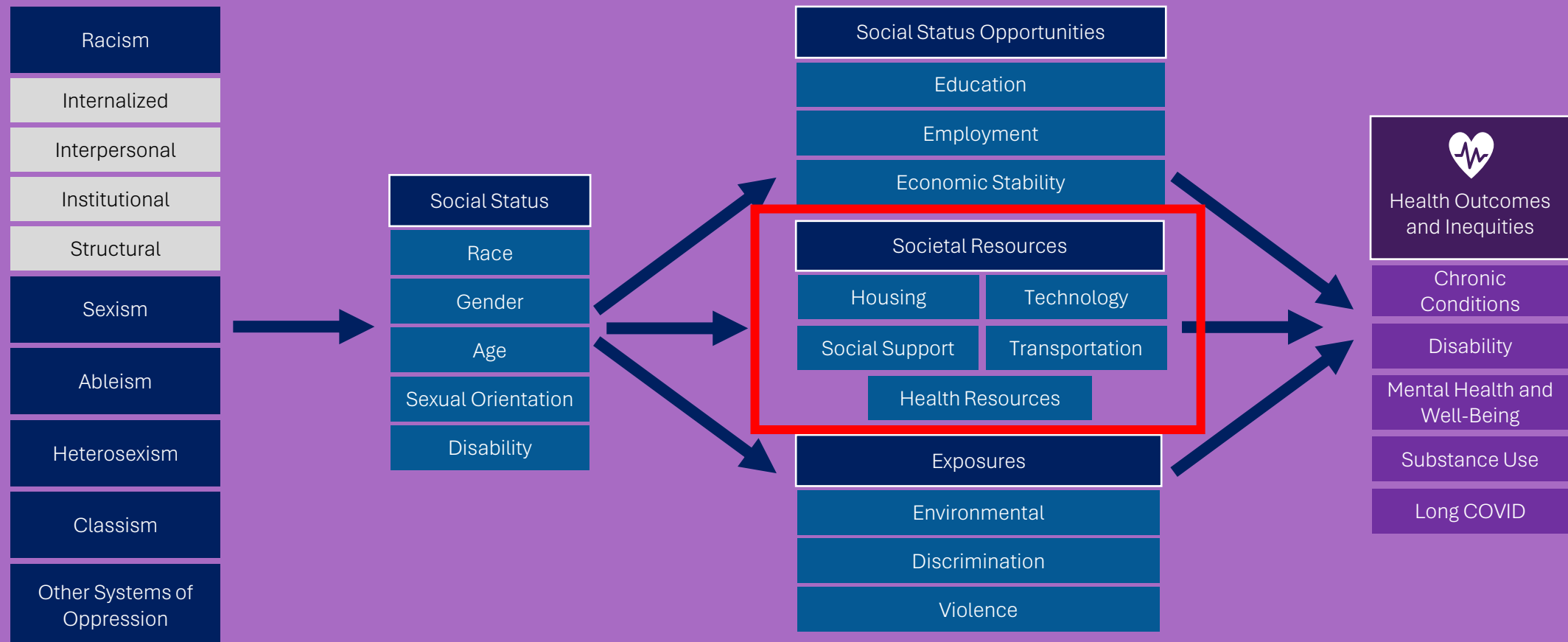
Part 5: Promoting Mental Health: Potential Areas of Action to Address Root Causes of Inequities

# DRIVERS OF MENTAL HEALTH INEQUITIES

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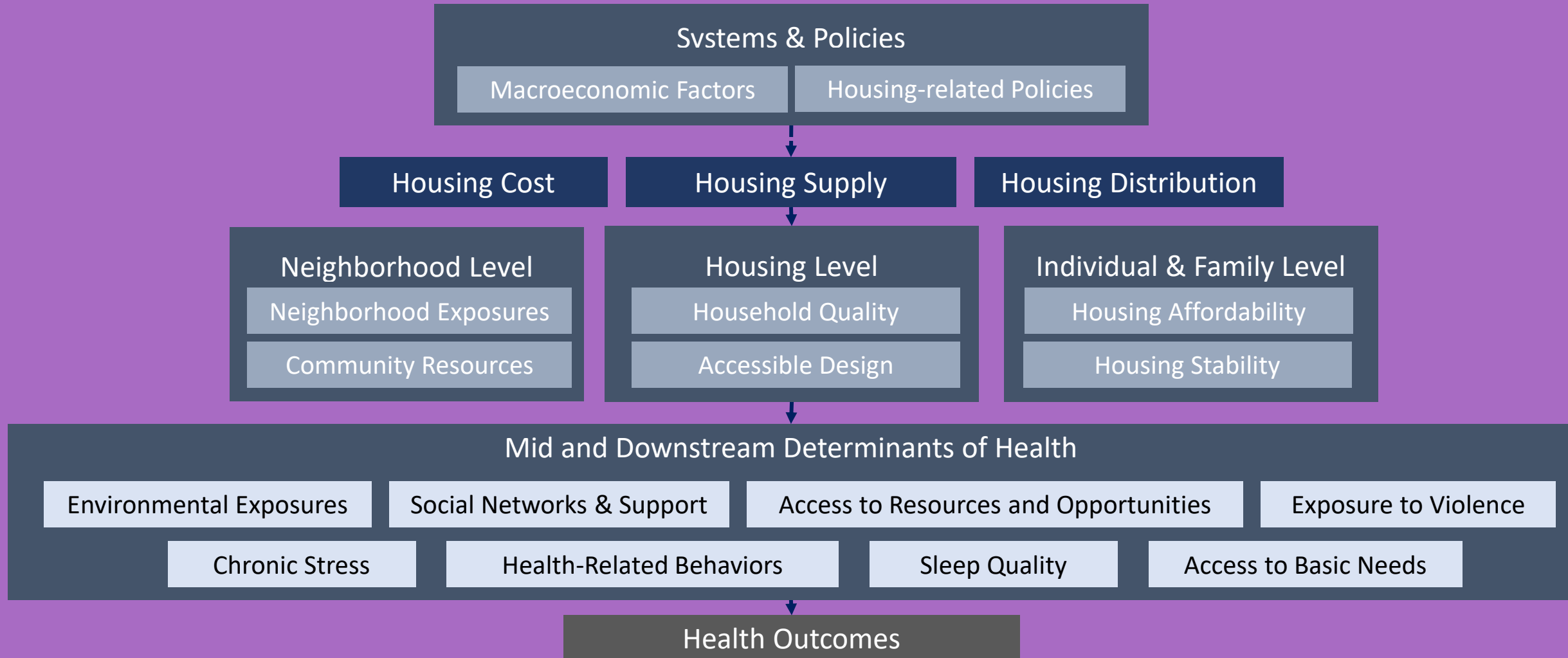
## Societal Resources



# DRIVERS OF MENTAL HEALTH INEQUITIES



## Societal Resources: Housing



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## Societal Resources: Housing

### Housing Expenses and Economic Security

- Adults who reported having trouble paying for housing-related expenses were 2.6 times as likely to report high or very high psychological distress, over 2.8 times as likely to report suicidal ideation, and 3.3 times as likely to report social isolation compared to those who did not have trouble.

### Housing Stability

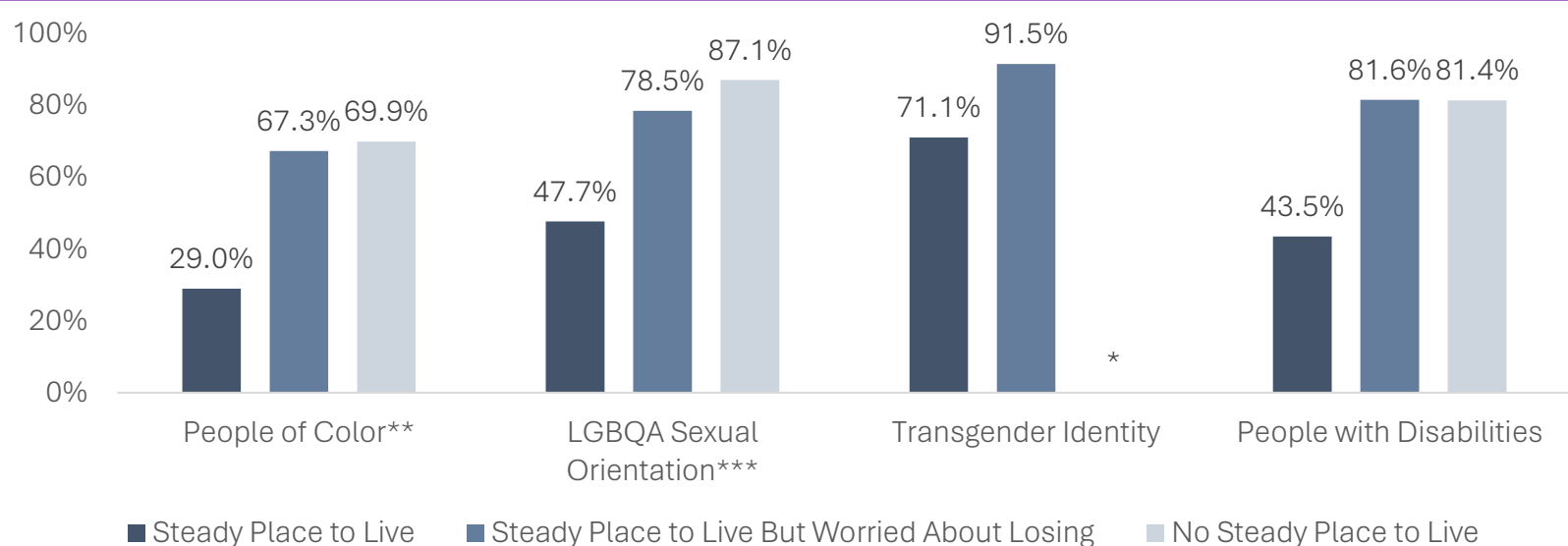
- Adults who reported having a steady place to live had significantly lower rates of psychological distress, suicidal ideation, and social isolation compared to those who did not have a steady place to live.
- Adults who had a steady place to live but were worried about losing their housing had similar rates of psychological distress, suicidal ideation, and social isolation compared to those who reported not having a steady place to live.

# DRIVERS OF MENTAL HEALTH INEQUITIES



## Societal Resources: Housing

### Psychological Distress by Housing Stability Among Communities of Focus



Within communities of focus, those that have access to stable, affordable housing were more likely to have better mental health outcomes.

For example, among residents of color, the rate of high or very high psychological distress among those that reported having a steady place to live was significantly lower than those that reported not having a steady place to live (29.0% vs 69.9%).

\* Data within category suppressed due to small numbers.

\*\*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.