



MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

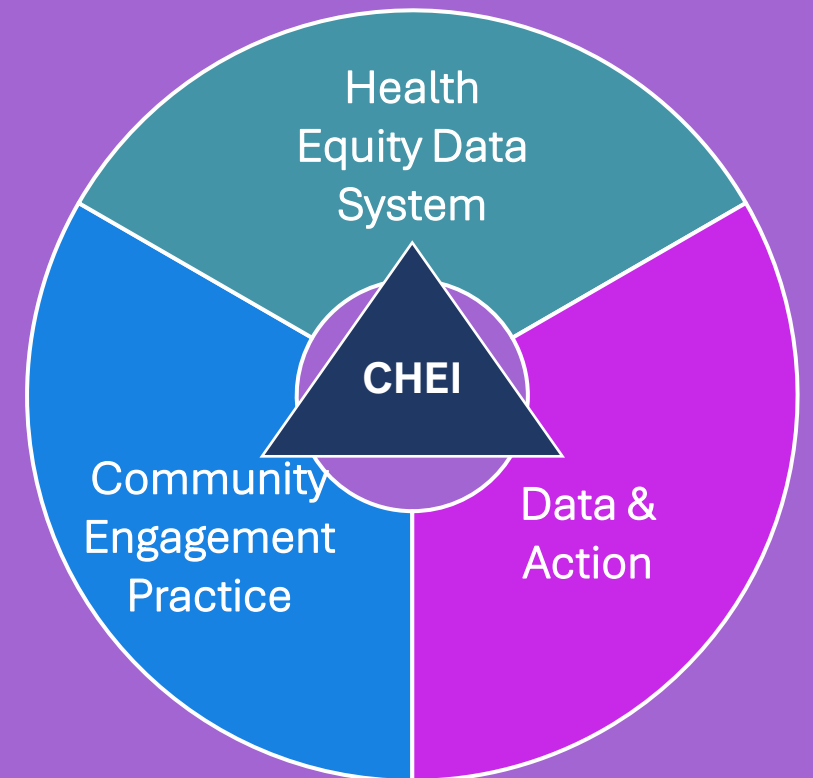
Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023

Mental Health Spotlight

Part 3: Inequities in Mental Health

People of Color



2023 CHES MENTAL HEALTH SPOTLIGHT



Part 3: Inequities in Mental Health

Part 3 of the 2023 CHES Mental Health Spotlight showcases findings from the 2023 CHES that highlight inequities in mental health across communities of focus.

This slide deck is meant to be viewed after you have read through Part 1 and Part 2 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

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

MENTAL HEALTH IN MASSACHUSETTS



Communities Experiencing Inequities in Mental Health: People of Color

Racism and Mental Health

Racism at the structural, institutional, interpersonal, and internalized levels contribute to poor outcomes and inequities in health, including mental health, for communities of color.

Barriers to Quality Mental Health Care & Resources

People of color are more likely to experience barriers to accessing mental health services and more likely to receive poor quality mental health care.

Mental Health Inequities Hidden within Data

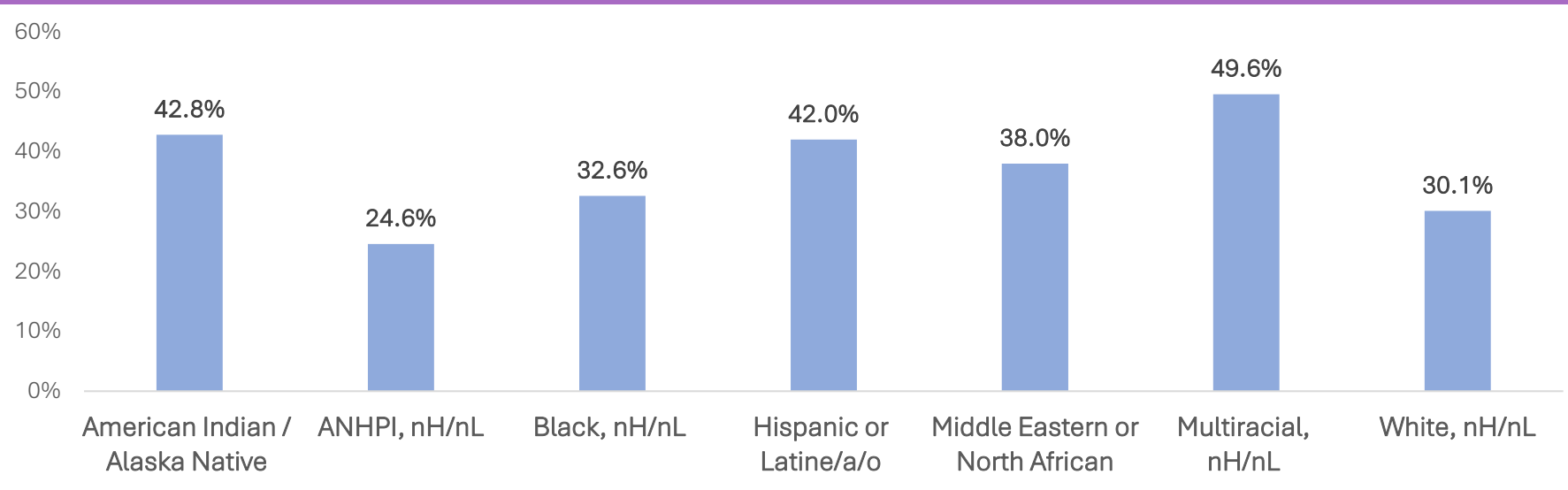
Poor mental health outcomes, including mental illness, are often underdiagnosed and underreported within many communities of color.

MENTAL HEALTH IN MASSACHUSETTS



Communities Experiencing Inequities in Mental Health: People of Color

Psychological Distress by Race and Hispanic or Latine/a/o Ethnicity



ANHPI=Asian, Native Hawaiian, Pacific Islander nH/nL=non-Hispanic/non-Latino/a/e

People of color disproportionately experienced poor mental health outcomes, including those identifying as American Indian or Alaska Native, Hispanic or Latine/a/o, Middle Eastern or North African, and Multiracial.

MENTAL HEALTH IN MASSACHUSETTS



Communities Experiencing Inequities in Mental Health: People of Color

American Indian / Alaska Native (AI/AN)

- Approximately 2 in 5 AI/AN adults reported high or very high psychological distress, which is 42% higher than the rate for White, nH/nL adults.
- AI/AN adults have a 68% higher rate of suicidal ideation compared to White, nH/nL adults (12.6% vs 7.5%).

Hispanic / Latine-o-a

- Approximately 2 in 5 Hispanic / Latine-o-a adults reported high or very high psychological distress
- 1 in 5 youth reported being socially isolated.

Middle Eastern or North African (MENA)

- Over 6 in 10 MENA youth aged 14-17 reported high or very high psychological distress, which is 34% higher than the rate for White, nH/nL youth.
- Approximately 2 in 5 MENA adults aged 18 and older reported suicidal ideation in the past year, which is over double the rate for White, nH/nL adults.

Multiracial

- 1 in 2 adults identifying as multiracial reported high or very high psychological distress and 1 in 4 reported social isolation.