



MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

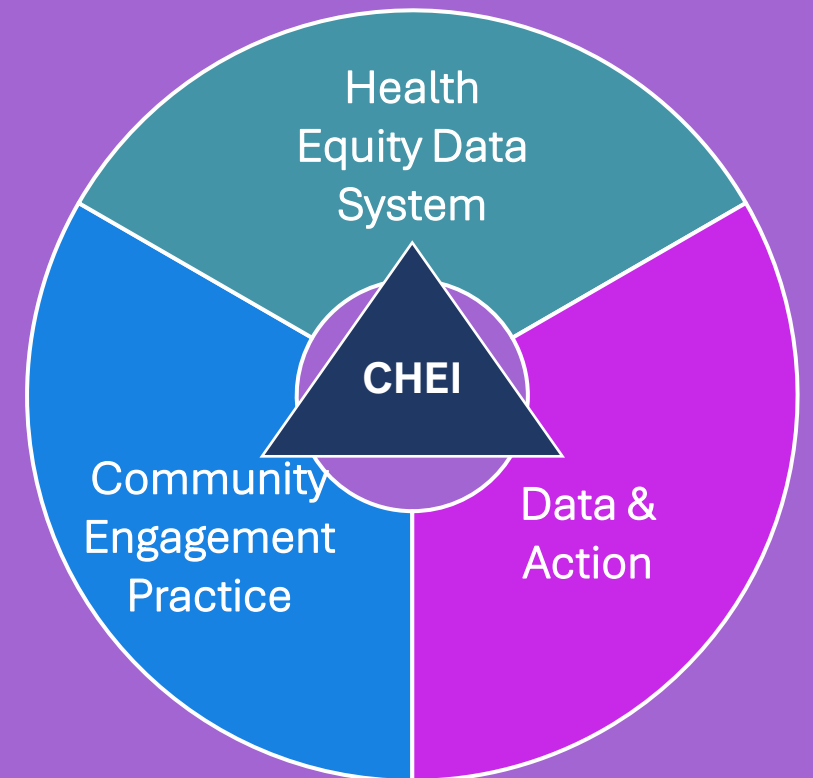
Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023

Mental Health Spotlight

Part 3: Inequities in Mental Health

People with Disabilities



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 with Disabilities

Diversity Among People with Disabilities

People with disabilities are a diverse group of individuals with a wide range of identities, abilities, and lived experiences.

Ableism Creating Injustices

Ableism is a system of oppression that discriminates against and creates disadvantages for people with disabilities. Ableism leads to structural, environmental, and social barriers that make it more difficult for people with disabilities to fully engage and interact with the world around them.

Disability and Mental Health Inequities

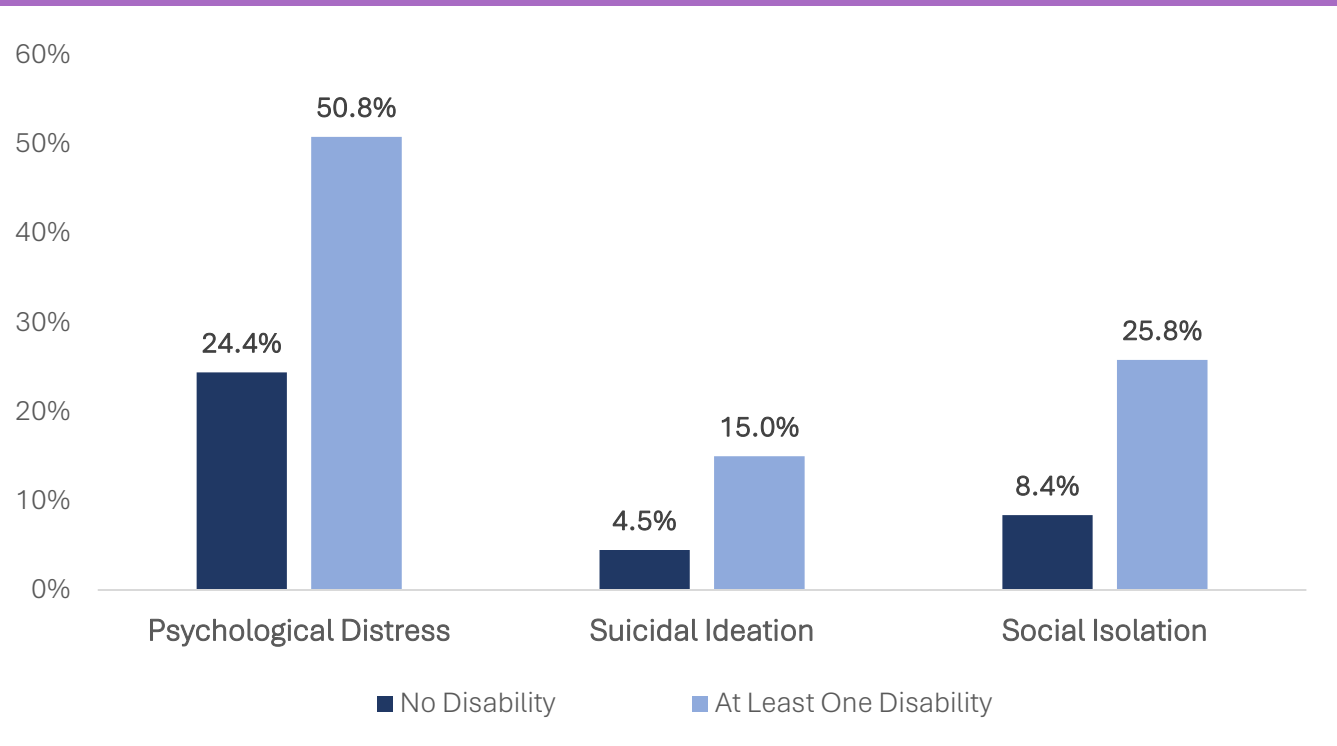
The discrimination and barriers people with disabilities face often lead to increased mental distress and risk for other poor mental health outcomes. In the U.S., an estimated 17.4 million adults with disabilities experience frequent mental distress¹.

MENTAL HEALTH IN MASSACHUSETTS



Communities Experiencing Inequities in Mental Health: People with Disabilities

Psychological Distress by Disability Status Among Adults



Overall, people with disabilities had significantly worse mental health outcomes compared to people without disabilities.

- Approximately 1 in 2 adults aged 18 and older with disabilities and 3 in 4 youth aged 14-17 with disabilities reported high/very high psychological distress.
- Approximately 15% of adults with a disability and 35% of youth with a disability reported suicidal ideation.
- Adults with a disability were over 3 times as likely to report social isolation compared to adults and youth without a disability.

MENTAL HEALTH IN MASSACHUSETTS



Communities Experiencing Inequities in Mental Health: People with Disabilities

Mental Health Inequities Among People with Disabilities

People with Cognitive Disability

- About 3 in 4 adults and youth with a cognitive disability reported having high or very high psychological distress.
- 1 in 4 adults and over 1 in 3 youth with a cognitive disability reported suicidal ideation.

People with a Learning / Intellectual Disability

- Adults with a learning / intellectual disability were 2.7 times more likely to report high or very high psychological distress and 5.6 times as likely to report suicidal ideation compared to adults without a learning / intellectual disability.

People with a Self-Care / Independent Living Disability

- Youth with a self-care/ independent living disability reported the highest rate of suicidal ideation (55.3%) and the highest rate of social isolation (53.4%) of all disability types.

People with a Mobility Disability

- 1 in 2 youth with a mobility disability reported social isolation, which is the second highest among all disability groups.
- 1 in 2 youth with a mobility disability reported suicidal ideation and 3 in 4 had high or very high psychological distress.