



MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

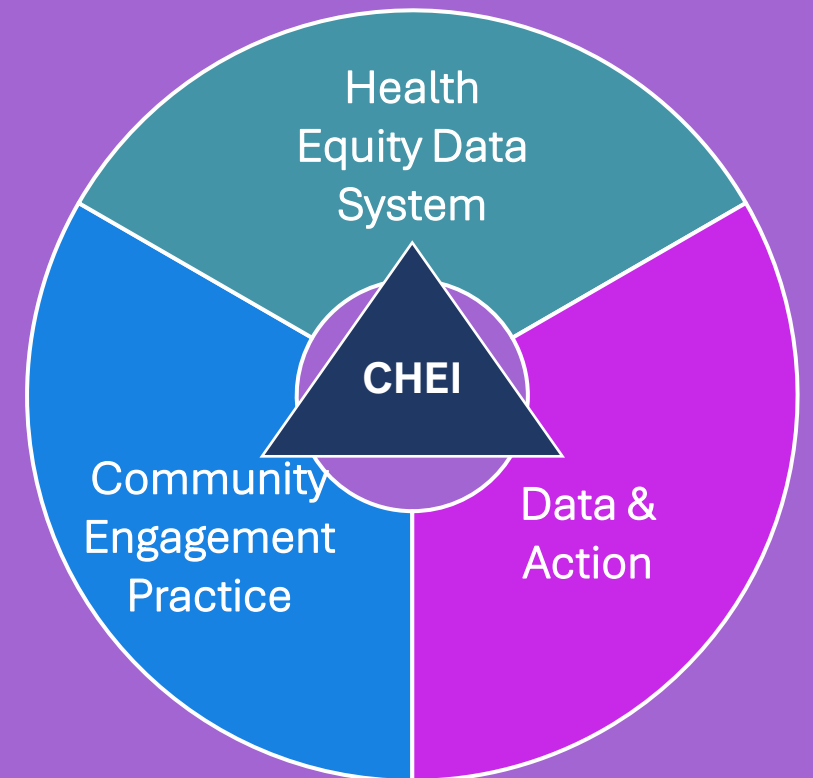
Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023

Mental Health Spotlight

Part 4: Drivers of Mental Health Inequities

Social Networks & Supports 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

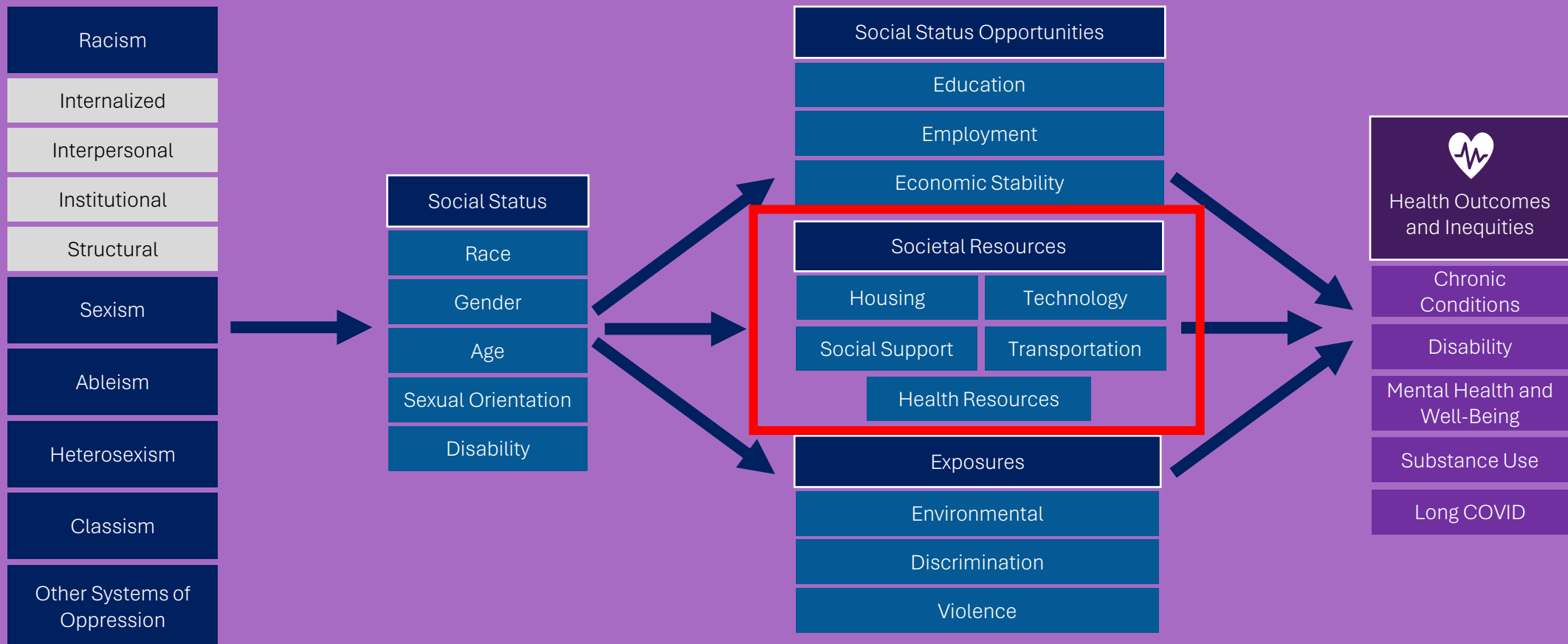
Part 5: Promoting Mental Health: Potential Areas of Action to Address Root Causes of Inequities

DRIVERS OF MENTAL HEALTH INEQUITIES

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Societal Resources



DRIVERS OF MENTAL HEALTH INEQUITIES



Societal Resources: Social Networks and Supports



The relationships and networks we share with others have a strong connection to our health and the health of our communities.

Social networks influence our physical and mental health in many ways, including:

Providing us with emotional support, information, and help with tangible needs.

Reinforcing social norms and influencing behaviors.

Influencing our access to resources like job opportunities, educational opportunities, access to health care, and housing.

Shaping person-to-person contact, which influences our exposure to infectious diseases

DRIVERS OF MENTAL HEALTH INEQUITIES



Societal Resources: Social Networks and Supports

Social Support Among Adults

- Among adults who reported not having anyone they could count on for any of the types of social support included in the survey, over half reported high or very high psychological distress (57.2%) and over a third reported social isolation (38.5%).
- Adults with low levels of social support were 2.6 times as likely to report suicidal ideation compared to adults with high social support.

Social Support Among Youth

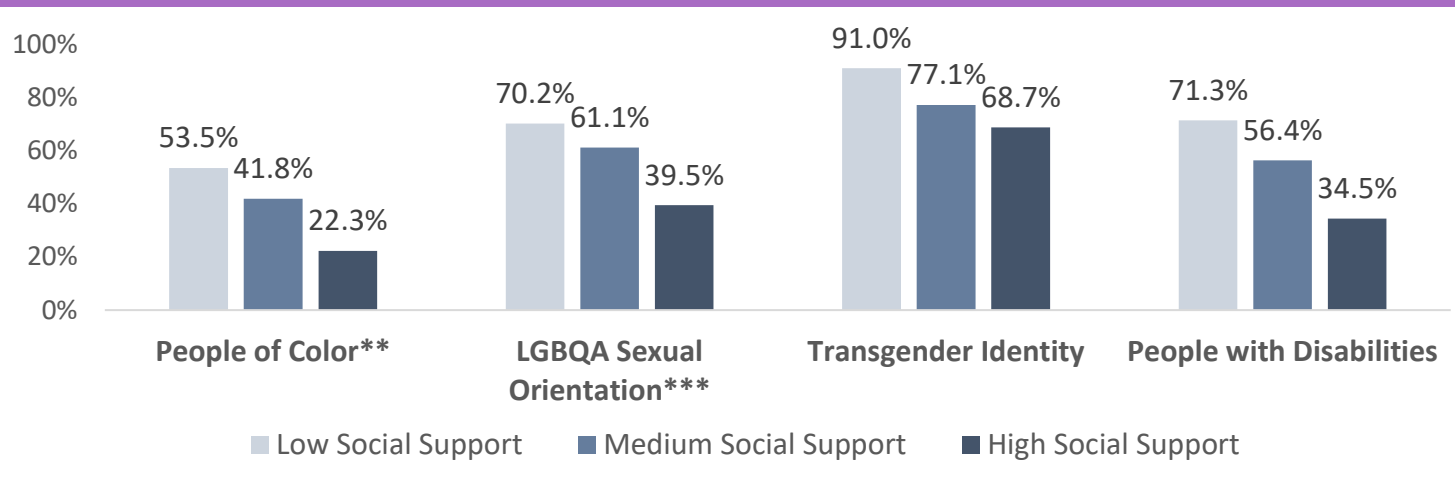
- 70.2% of youth who reported not having someone to talk to about a personal problem had high or very high psychological distress compared to 44.6% of youth who did have someone to talk to. They were also nearly twice as likely to report suicidal ideation (22.9% vs 12.3%).

DRIVERS OF MENTAL HEALTH INEQUITIES



Societal Resources: Social Networks and Supports

Psychological Distress by Social Support Levels* Among Communities of Focus



Within communities of focus, increased levels of social support were associated with overall better mental health outcomes.

For example, adults with disabilities with high levels of social support were half as likely to report having high or very high psychological distress compared to adults with disabilities with low levels of social support.

**Social support levels were calculated from the social support module in the 2023 CHES. High social support is defined as having someone to count on for all types of social support. Medium social support is defined as having someone to count on for 1 to 4 types of social support. Low social support is defined as not having someone to count on for any types of social support.*

***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.*