



MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

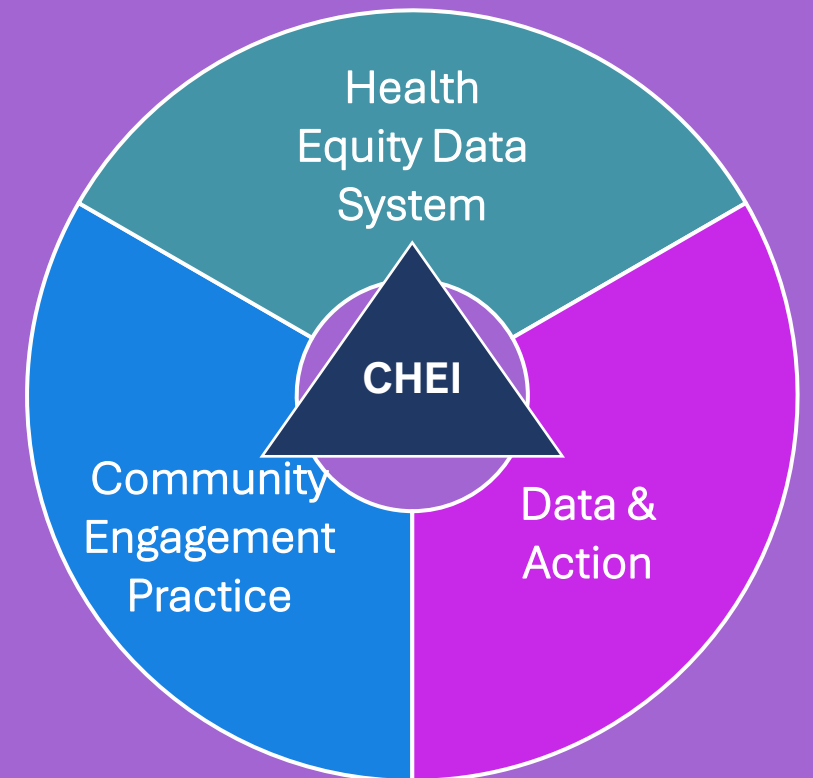
Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023

Mental Health Spotlight

Part 4: Drivers of Mental Health Inequities

Violence 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

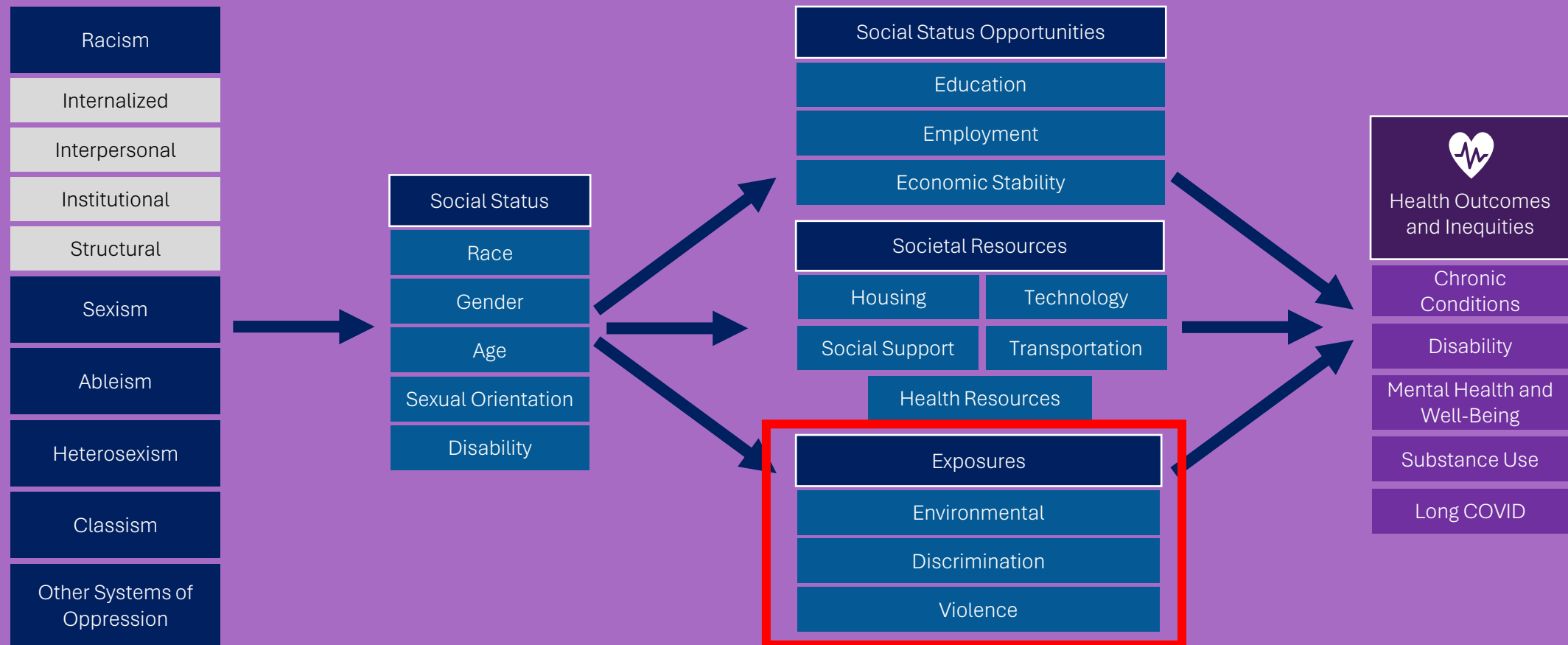
Part 5: Promoting Mental Health: Potential Areas of Action to Address Root Causes of Inequities

DRIVERS OF MENTAL HEALTH INEQUITIES

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Key Exposures



DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Violence



Exposure to violence can have a devastating impact on physical and mental health

Systems of Oppression Place Communities at Higher Risk for Violence

Patterns of socioeconomic disadvantage, diminished social opportunities, and resource deprivation driven by systems of oppression make certain communities more vulnerable to violence.

Exposure to Violence Can Have a Devastating Impact on Mental Health

Children who are exposed to violence and other adverse childhood experiences (ACEs) are at greater risk for many immediate and long-term impacts such as mental disorders, substance use, and chronic conditions. Exposure to violence during adulthood can lead to physical health issues, cardiovascular disease, premature mortality, and poor mental health outcomes, including depression, anxiety, and posttraumatic stress disorder. Violence among older adults, including elder abuse, can increase the risk for stress, depression, fear, and anxiety.

DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Violence

Violence and Mental Health

- Among those that reported experiencing intimate partner violence, nearly 7 in 10 respondents reported high or very high psychological distress, over 1 in 4 reported suicidal ideation, and over 1 in 3 reported social isolation.
- Youth who reported experiencing household violence in the last 12 months had very high levels of high or very high psychological distress (88.3%), suicidal ideation (46.6%), and social isolation (51.1%).
- Over 6 in 10 respondents who reported experiencing neighborhood violence very often reported high or very high psychological distress.

Inequities in Violence Exposure

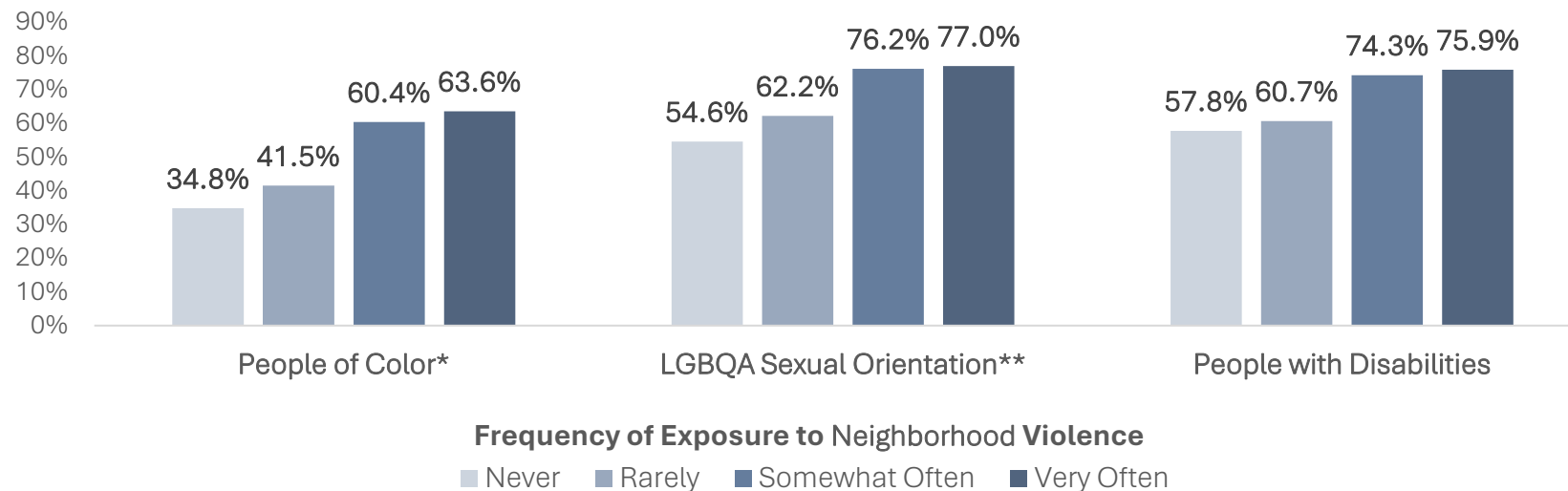
- Many members of the **LGBTQA+** community reported experiencing significantly high rates of violence. For example, over half of respondents that identified as transgender reported ever experiencing neighborhood violence, intimate partner violence, and sexual violence.
- People with one or more disabilities were 1.3x as likely to report experiencing neighborhood violence, 1.5x as likely to report experiencing intimate partner violence, and 1.9x as likely to report sexual violence compared to people without a disability.
- Black respondents reported the highest rates of experiencing neighborhood violence compared to all other race and ethnicity groups (63.7%).

DRIVERS OF MENTAL HEALTH INEQUITIES



Key Exposures: Violence

Psychological Distress by Frequency of Exposure to Neighborhood Violence¹ Among Communities of Focus



Less frequent exposure to neighborhood violence within communities of focus was associated with lower rates of psychological distress.

For example, among people of color, rates of psychological distress were significantly lower among those that reported never or rarely experiencing violence in their current neighborhood compared to those that reported experiencing violence somewhat or very often.

¹ Neighborhood violence in current neighborhood is defined as reporting seeing or hearing someone get physically attacked, beaten, stabbed, or shot in your current neighborhood.

*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.