

MENTAL HEALTH
AND
HEALTH DISPARITIES

T-SCORE  **RE** | Teachers & Students for
Community Oriented
Research & Education

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WHAT IS MENTAL HEALTH?

- THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) DEFINES MENTAL HEALTH AS “AN IMPORTANT PART OF OVERALL HEALTH AND WELL-BEING. MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING. IT AFFECTS HOW WE THINK, FEEL, AND ACT. IT ALSO HELPS DETERMINE HOW WE HANDLE STRESS, RELATE TO OTHERS, AND MAKE HEALTHY CHOICES. MENTAL HEALTH IS IMPORTANT AT EVERY STAGE OF LIFE, FROM CHILDHOOD AND ADOLESCENCE THROUGH ADULTHOOD.”

MENTAL ILLNESS VS. MENTAL HEALTH

MENTAL ILLNESSES ARE CONDITIONS THAT AFFECT A PERSON'S THINKING, FEELING, MOOD OR BEHAVIOR, SUCH AS

DEPRESSION,

ANXIETY,

BIPOLAR DISORDER, OR

SCHIZOPHRENIA.

SUCH CONDITIONS MAY BE OCCASIONAL OR LONG-LASTING (CHRONIC) AND AFFECT SOMEONE'S ABILITY TO RELATE TO OTHERS AND FUNCTION EACH DAY.

Source: Centers for Disease Control and Prevention. <https://www.cdc.gov/mentalhealth/>

CAN YOUR MENTAL HEALTH CHANGE OVER TIME?

- YES, IT'S IMPORTANT TO REMEMBER THAT A PERSON'S MENTAL HEALTH CAN CHANGE OVER TIME, DEPENDING ON MANY FACTORS. WHEN THE DEMANDS PLACED ON A PERSON EXCEED THEIR RESOURCES AND COPING ABILITIES, THEIR MENTAL HEALTH COULD BE IMPACTED. FOR EXAMPLE, IF SOMEONE IS
- WORKING LONG HOURS ,
- CARING FOR AN ILL RELATIVE OR
- EXPERIENCING ECONOMIC HARDSHIP THEY MAY EXPERIENCE POOR MENTAL HEALTH.

Source: Centers for Disease Control and Prevention. <https://www.cdc.gov/mentalhealth/>

DATA FROM CDC SHOWS THAT:

- MENTAL ILLNESSES ARE AMONG THE MOST COMMON HEALTH CONDITIONS IN THE UNITED STATES.
- MORE THAN 50% WILL BE DIAGNOSED WITH A MENTAL ILLNESS OR DISORDER AT SOME POINT IN THEIR LIFETIME.³
- 1 IN 5 AMERICANS WILL EXPERIENCE A MENTAL ILLNESS IN A GIVEN YEAR.⁴
- 1 IN 5 CHILDREN, EITHER CURRENTLY OR AT SOME POINT DURING THEIR LIFE, HAVE HAD A SERIOUSLY DEBILITATING MENTAL ILLNESS.⁵
- 1 IN 25 AMERICANS LIVES WITH A SERIOUS MENTAL ILLNESS, SUCH AS SCHIZOPHRENIA, BIPOLAR DISORDER, OR MAJOR DEPRESSION.⁶

Source: Centers for Disease Control and Prevention. <https://www.cdc.gov/mentalhealth/>

WHAT CAUSES MENTAL ILLNESS?

- THERE IS NO SINGLE CAUSE FOR MENTAL ILLNESS. A NUMBER OF FACTORS CAN CONTRIBUTE TO RISK FOR MENTAL ILLNESS, SUCH AS
- EARLY ADVERSE LIFE EXPERIENCES, SUCH AS TRAUMA OR A HISTORY OF ABUSE (FOR EXAMPLE, CHILD ABUSE, SEXUAL ASSAULT, WITNESSING VIOLENCE, ETC.)
- EXPERIENCES RELATED TO OTHER ONGOING (CHRONIC) MEDICAL CONDITION .SUCH AS CANCER OR DIABETES.
- BIOLOGICAL FACTORS, SUCH AS GENES OR CHEMICAL IMBALANCES IN THE BRAIN
- USE OF ALCOHOL OR RECREATIONAL DRUGS
- HAVING FEW FRIENDS
- HAVING FEELING OF LONELINESS OR ISOLATION

Source: Centers for Disease Control and Prevention. <https://www.cdc.gov/mentalhealth/>

Early Adversity has Lasting Impacts



Health factors in the County Health Rankings represent the focus areas that drive how long and how well we live, including health behaviors (tobacco use, diet & exercise, alcohol & drug use, sexual activity), clinical care (access to care, quality of care), social and economic factors (education, employment, income, family & social support, community safety), and the physical environment (air & water quality, housing & transit).



WHAT ARE THE FACTORS THAT DRIVE HEALTH AND HEALTH EQUITY AND HOW DOES HOUSING PLAY A ROLE?

- HEALTH IS INFLUENCED BY A RANGE OF FACTORS. SOCIAL AND ECONOMIC FACTORS, LIKE CONNECTED AND SUPPORTIVE COMMUNITIES, GOOD SCHOOLS, STABLE JOBS, AND SAFE NEIGHBORHOODS, ARE FOUNDATIONAL TO ACHIEVING LONG AND HEALTHY LIVES.

SUICIDE BY THE NUMBERS IN WYANDOTTE COUNTY. 2013-2017

- [FILE:///C:/Users/xsomoza-vfa/Documents/2019%20SUMMER%20INSTITUTE/PRESENTATION/2013-2017-WYCo-TRENDS-IN-SUICIDE-RATES.PDF](file:///C:/Users/xsomoza-vfa/Documents/2019%20SUMMER%20INSTITUTE/PRESENTATION/2013-2017-WYCo-TRENDS-IN-SUICIDE-RATES.PDF)

Rates of suicide (per 100,000 residents): Wyandotte County, US
Kansas, 2013-2017



