






# Placing Social Determinants of Health in Context: Mental Health




## Physical Environment

<p><b>Commute &lt;25 Min</b></p> 	<ul style="list-style-type: none"> <li>• Studies have shown that longer commute times are linked with stress and less time for other activities such as physical activity and time with family or friends. (Schaefer, 2005)</li> <li>• A systematic review of studies on truck drivers found strong evidence of poor physical and mental health. (Guest, 2020)</li> </ul>
<p><b>Affordable Housing/ Year Structure Built</b></p> 	<ul style="list-style-type: none"> <li>• Housing assistance can improve the mental health of disadvantaged children and adolescents. (Fenelon, 2019)</li> <li>• Affordable housing can reduce stress and related adverse health outcomes. Reducing crowding can reduce exposure to stressors and infectious disease, leading to improvements in physical and mental health. (Center for Housing Policy, 2007)</li> </ul>
<p><b>Owner-Occupied Housing</b></p> 	<ul style="list-style-type: none"> <li>• Family savings and home ownership are associated with lower rates of depression among low-income adults in the U.S. (Ettman, 2021)</li> <li>• Transition towards ownership is linked with improved mental health (Wood, 2023)</li> </ul>




## Economic & Work Environment

<p><b>Graduated High School</b></p> 	<ul style="list-style-type: none"> <li>• Education greatly reduces the risk of adult depression, especially for women. The positive effect of education is present at all ages and remains even after accounting for work and family characteristics. (Chevalier, 2006)</li> </ul>
<p><b>Employed</b></p> 	<ul style="list-style-type: none"> <li>• Both unemployment and underemployment harmed mental health during the pandemic. (Lee, 2021)</li> <li>• Unemployed young adults (18-29) have 3 times greater odds of reporting depression compared with employed young adults. (McGee, 2015)</li> </ul>

## Economic & Work Environment (continued)

<b>Household Income</b> 	<ul style="list-style-type: none"> <li>Income inequality showed a negative effect on mental health in lower and middle-income groups compared to high-income groups. (Wang, 2022)</li> </ul>
<b>Above Poverty Level</b> 	<ul style="list-style-type: none"> <li>Poverty has a profound impact on mental health, and this should be addressed from different perspectives. (Marbin, 2022)</li> <li>There is a link between food insecurity and poor mental health among women in high-income countries. (Maynard, 2018)</li> </ul>
<b>Children Above Poverty Level</b> 	<ul style="list-style-type: none"> <li>Poverty has direct effects on adolescent mental health and can impact quality of life and social adjustment. (Dashiff, 2009)</li> <li>Experiencing both food insecurity and housing insecurity increases the risk of long-term depressive and anxiety symptoms in teens. (Hatem, 2020)</li> </ul>

## Service Environment

<b>Health Insurance</b> 	<ul style="list-style-type: none"> <li>Adults who were underinsured and never insured were 39% and 59% more likely to report poor/fair health, respectively, and 38% more likely to report frequent mental distress. (Zhao, 2018)</li> <li>In a study of adults with multiple chronic conditions from all racial and ethnic groups nearing entry to Medicare, those without private insurance were more likely to have depressive symptoms. (Jun, 2021)</li> </ul>
<b>Employer-Based Health Insurance</b> 	<ul style="list-style-type: none"> <li>After the Affordable Care Act's expansion of dependent coverage until age 26, use of inpatient behavioral health care in non-specialty hospitals rose for young adults targeted by the expansion. (Golberstein, 2015)</li> </ul>
<b>Internet Coverage</b> 	<ul style="list-style-type: none"> <li>Apps and text messaging, when used as a method of self-care, can reduce symptoms of stress, depression, and anxiety and encourage a healthier lifestyle which reduces visits to health care settings and professionals. (Rathbone, 2017)</li> <li>Tele-mental health is effective for diagnosis and assessment across many populations (adult, child, geriatric, and ethnic) and for disorders in many settings (emergency, home health) and in some studies is comparable to in-person care (Hilty, 2013)</li> </ul>

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