



THE UCLA CENTER FOR HEALTH POLICY RESEARCH



California Health Interview Survey (CHIS): Measuring and Tracking Social Determinant of Mental Health Outcomes

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Mental Health Services Oversight and Accountability Commission (MHSOAC)

Shifting the Current: Advancing Mental Health Prevention and Early Intervention using Evaluation and Technical Support

Forum 1 – Risk and Protective Factors' Role in Strategic Planning and Program Delivery

March 17, 2021

What Is CHIS?

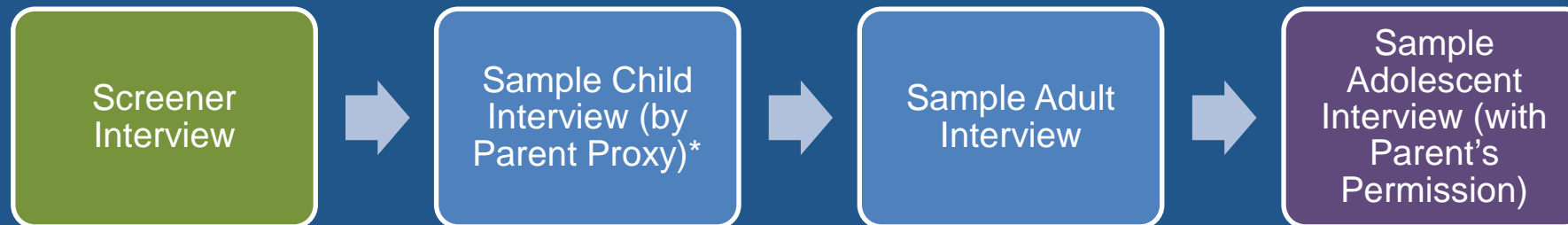
- Nation's largest state health survey
- Most comprehensive source of health information on Californians
- Comprehensive range of health topics
 - Health Status
 - Health Conditions
 - Mental Health
 - Oral Health
 - Health Behaviors
 - Access to & Use of Health Care
 - Health Insurance
 - Employment
 - Respondent Characteristics

California Health Interview Survey (CHIS)

- California's assessment tool to meet state and local needs for population-based health data
 - Policy analysis, development, and advocacy
 - Service and program planning
 - Research
- CHIS is a collaborative project, funded by federal and state health agencies, California and national foundations, and others
(See healthpolicy.ucla.edu/chis/about)

CHIS Survey

- CHIS interviews
 - An adult (age 18+) in the household, adolescent (ages 12–17) if present, and child (ages 0–11) if present

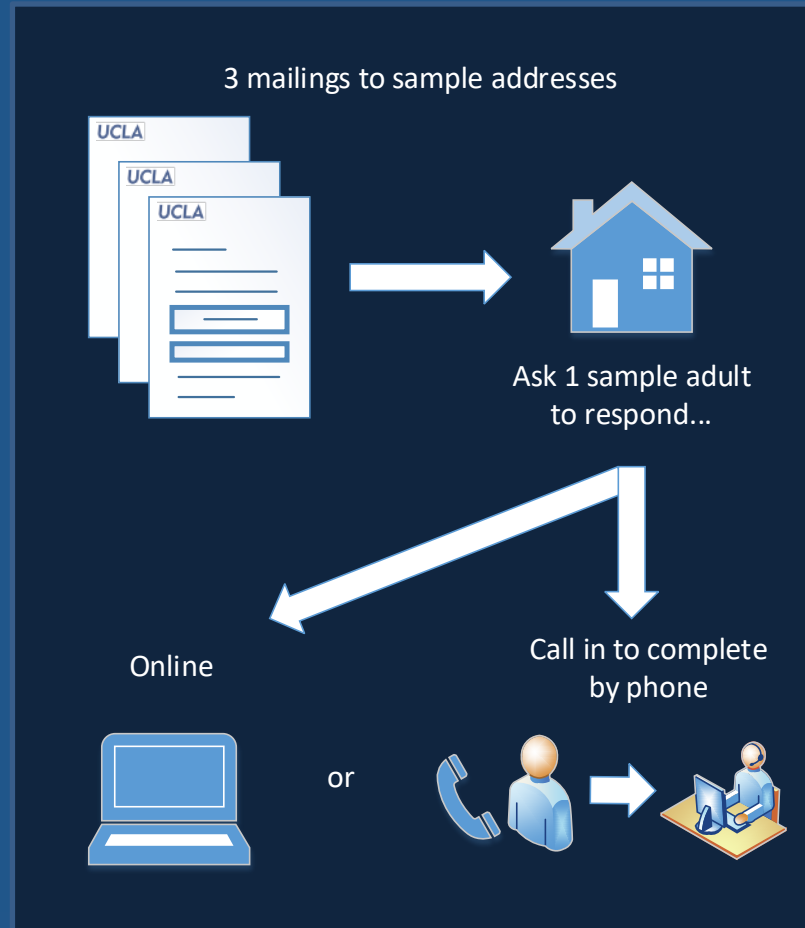


*Completing the sample child interview first for all households is new for 2019

- CHIS conducts approximately 20,000 adult surveys per year, using Address-Based Sampling, with response via web or telephone.
- CHIS conducted in English, Spanish, Chinese (both Cantonese and Mandarin dialects), Korean, Vietnamese, and Tagalog

CHIS 2019 Data Collection Method for Adults: Address-Based Sampling with Web and Telephone Response

Phase 1: Push-to-Web



Phase 2: Telephone Nonresponse Follow-up



Accessing CHIS Data

- AskCHIS www.askchis.ucla.edu
- AskCHIS Neighborhood Edition (NE)
www.askchine.ucla.edu

Geographic Area	Topic	Compare Topics	Limit Population	Years
State	Needed help for emotional/mental health problems or use of alcohol/drug	Race - OMB/Department of Finance	optional	2019



Select a Geographic Area

Search all of California

- Counties and Regions
- Los Angeles County Service Plan Areas (SPA)
- San Diego County Health Regions

Northern / Sierra Counties

- Butte
- Humboldt
- Mendocino
- Tehama, Glenn, Colusa
- Yuba
- Tuolumne, Calaveras, Amador, Inyo, Mariposa, Mono, Alpine
- Shasta
- Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra
- Lake
- Sutter
- Nevada

Bay Area Counties

- Santa Clara
- Contra Costa
- San Mateo
- Solano
- Napa
- Alameda
- San Francisco
- Sonoma
- Marin

Sacramento Area Counties

- Sacramento
- Yolo
- Placer
- El Dorado

San Joaquin Valley

- Fresno
- San Joaquin
- Tulare
- Kings
- Kern
- Stanislaus
- Merced
- Madera

Central Coast Counties

- Ventura
- Santa Cruz
- Monterey
- Santa Barbara
- San Luis Obispo
- San Benito

Los Angeles County

- Los Angeles

Other Southern California Counties

- Orange
- San Bernardino
- Imperial
- San Diego
- Riverside



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Geographic Area	Topic	Compare Topics	Limit Population	Years
State	Needed help for emotional/mental health problems or use of alcohol/drug	Race - OMB/Department of Finance	optional	Pooling: 2017, 2018, 2019

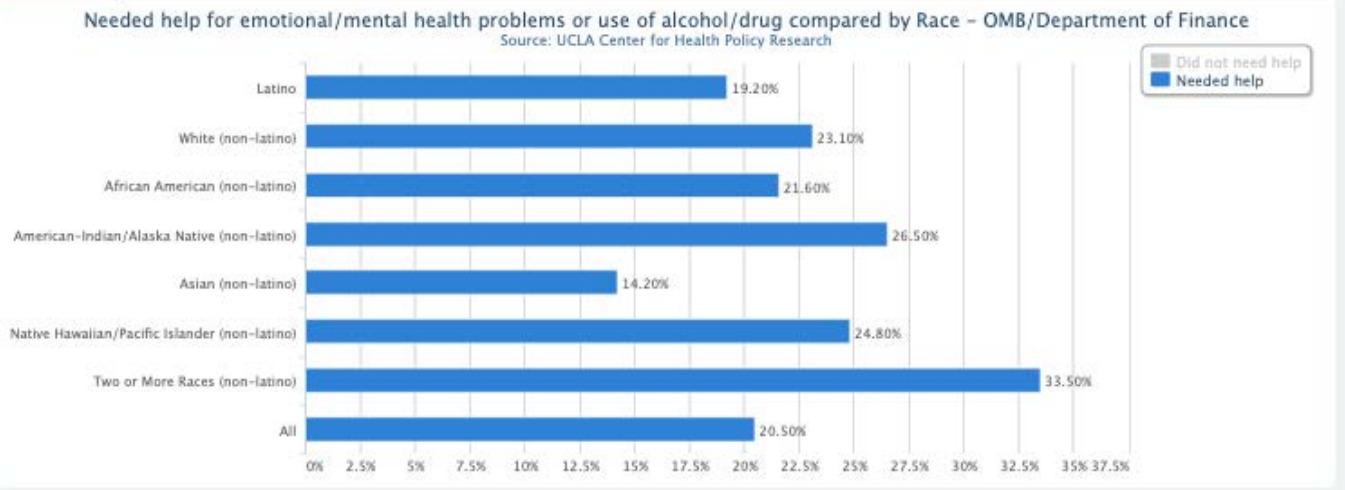
[Get Data](#)

Your Data Results

- Data
- Charts
- Trends

[Email Results](#) | [Export](#) | [Print](#)

- Bar Chart
- Pie Chart



Source: 2017, 2018, 2019 California Health Interview Survey

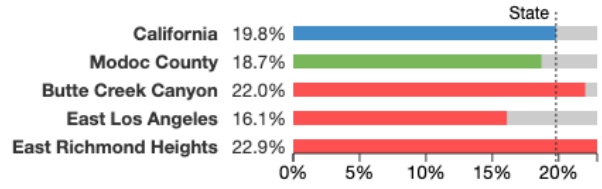
- Search topics
- ENVIRONMENTAL FACTORS
- HEALTH TOPIC
- Asthma
- Community Service
- Delay in receiving care
- Diabetes
- Flu vaccine
- Food insecurity
- Health status
- Heart disease
- Mental health
- 2012
- 2014
- 2016
- 2018
- Obese/Overweight
- Oral health
- Physical activity
- Sugar Drinks
- Tobacco
- Uninsured
- SOCIO-DEMOGRAPHICS
- VULNERABILITY INDICES

	Location	State	Counties	Cities		
	California	Modoc County	Butte Creek Canyon	East Los Angeles	East Richmond Heights	
Family life impairment during the past 12 months (18+)	16.5% (16.0% - 17.1%) 29,698,600	18.9% (18.5% - 19.2%) 6,400	17.5% (17.1% - 17.8%) 2,100	15.9% (15.6% - 16.1%) 89,500	16.0% (15.6% - 16.2%) 2,300	
Needed help for mental health problems (18+)	19.8% (18.6% - 21.0%) 29,698,600	18.7% (18.4% - 19.0%) 6,400	22.0% (21.6% - 22.3%) 2,100	16.1% (15.8% - 16.4%) 89,500	22.9% (22.5% - 23.2%) 2,300	
Serious psychological distress (18+)	10.4% (9.4% - 11.4%) 29,698,600	11.6% (11.0% - 11.8%) 6,400	11.8% (11.5% - 11.9%) 2,100	12.2% (11.8% - 12.4%) 89,500	9.6% (9.4% - 9.7%) 2,300	
Work impairment (18+)	12.2% (11.7% - 12.8%) 29,698,600	12.2% (11.7% - 12.4%) 6,400	13.6% (13.2% - 13.8%) 2,100	12.1% (11.7% - 12.2%) 89,500	10.3% (10.1% - 10.5%) 2,300	

[Embed Map](#) [Download](#)

Needed help for mental health problems (18+)

Adults ages 18+ who needed help for emotional/mental or alcohol/drug problem in past 12 months.



Demographics >



Accessing CHIS Data for Local Health Departments

- **Summary:** Local health department files (or LHD files) provide data at the county level for California's public health departments interested in examining the health and wellbeing of its local population. LHD data files are customized to only include CHIS sample available within a specific county and can be requested by local health departments. The data files provide information that can be used by health departments for benchmarking, targeted outreach, and service planning for vulnerable or at-risk local populations.

Further Information: To obtain an LHD file:

- 1) Designate a CHIS data custodian at your local county health department
 - 2) Identify all data users in your local health department
 - 3) Complete the CHIS Data Custodian Agreement and CHIS Data User Agreements, and email to dacchpr@ucla.edu
- **Link:** <https://healthpolicy.ucla.edu/chis/data/Pages/LHD.aspx>

Mental Health Content	Adult (18+)	Adolescent (12-17)	Child (0-17)
Mental health status (SPD past month, SPD past year)	2011-2022	2011-2022	
Perceived need, access and utilization of mental health services	2011-2022	2011-2022	
Functional impairment (Sheehan Disability scale)	2011-2022		
Perceived mental health stigma	2011-2022		
Suicide ideation and attempts	2011-2022	2011-2022	
Physical, behavioral, and/or mental conditions			2011-2022
Three-item loneliness scale (65+)	2019-2020		
Well-being scale	2018		
Mental health and technology	2019-2022		
Adverse Childhood Experiences (ACEs) Assessment	2021-2022	2021-2022	
ACEs in healthcare setting	2021-2022	2021-2022	2021-2022
Positive Childhood Experiences (PCEs) Assessment	2021-2022	2021-2022	
Firearm ownership, storage and locking behaviors	2021-2022	2021-2022	
Climate Change - impact on physical and mental health	2021-2022		
Climate Change - impact on mental health		2021-2022	

Measuring Need for Mental Health Services

- Kessler-6 in the California Health Interview Survey (CHIS)
 - How often did you feel nervous?
 - How often did you feel hopeless
 - How often did you feel restless or fidgety?
 - How often did you feel depressed that nothing could cheer you up?
 - How often did you feel that everything was an effort?
 - How often did you feel worthless?
- Responses
 - All of the time (4), Most of the time (3), Some of the time (2), A little (1), None of the time (0)
- Summed and Scored (Range = 0-24)
 - **Serious Psychological Distress** **Score = 13 or greater**
 - **Moderate Psychological Distress** **Score = 9 through 12**
 - **Mild Psychological Distress** **Score = 1 through 8**
 - **No Psychological Distress** **Score = 0**

Measuring Access to Mental Health Care

- Mental Health Care by Both Medical and Mental Health Professionals
 - "In the past 12 months have you seen your primary care physician for problems with your mental health, emotions, nerves or your use of alcohol or drugs?"
 - "In the past 12 months have you seen any other professional, such as a counselor, psychiatrist, or social worker for problems with your mental health, emotions, nerves or your use of alcohol or drugs?"
- "No" responses to both of these questions = Did Not See Any Type of Professional Provider for Mental Health, Emotions, Nerves, Alcohol or Drug Use Past Year

Measuring Social Determinants of Health

Social Status Indicators

- Age
- Gender
- Race and Ethnicity
- Nativity and Citizenship Status
- Language
- Sexual Orientation
- Transgender and Gender Identity
- Family and Marital Status

Economic Status Indicators

- Education
- Employment
- Health Insurance Coverage
- Income and Poverty
- Food Insecurity
- Homeowner vs. Renter
- Type of Housing Structure
- Neighborhood Safety

Prevention in Public Health



Prevention in Public Health

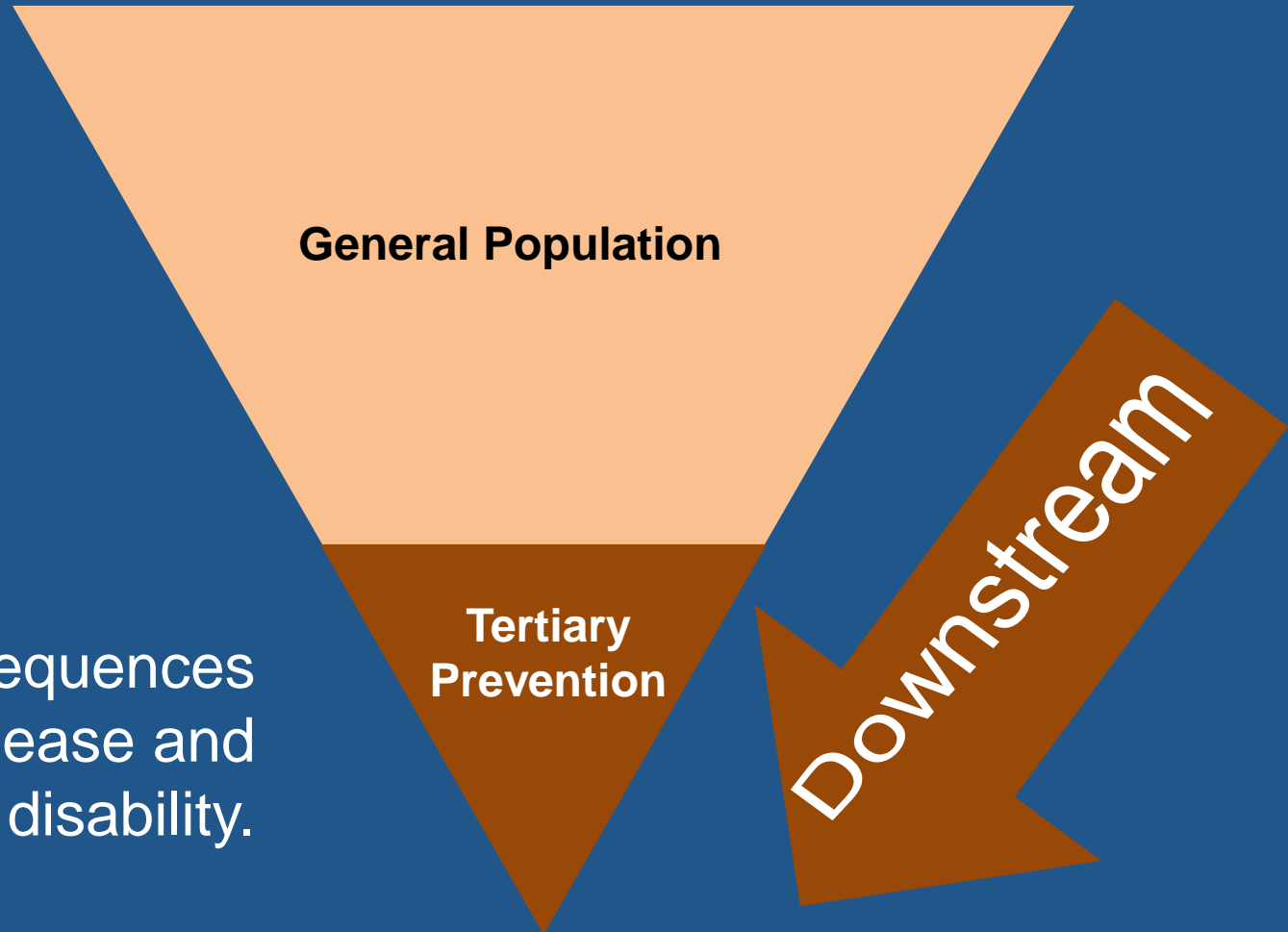


Upstream Approach: Prevention in Public Health



Public Health Prevention Framework: Tertiary Prevention

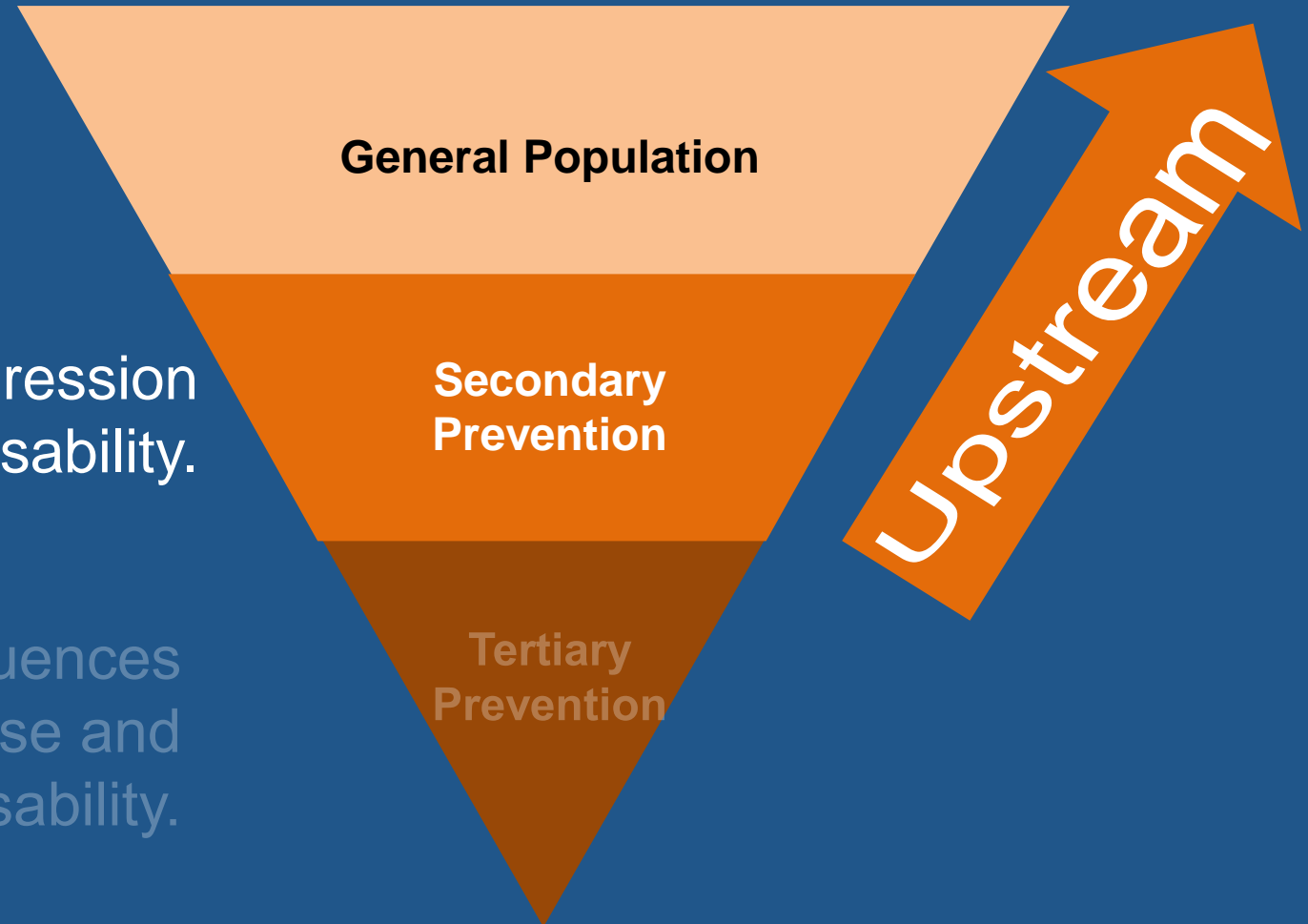
Aims to reduce the consequences of established disease and disability.



Public Health Prevention Framework: Secondary Prevention

Aims to prevent the progression
of disease and disability.

Aims to reduce the consequences
of established disease and
disability.

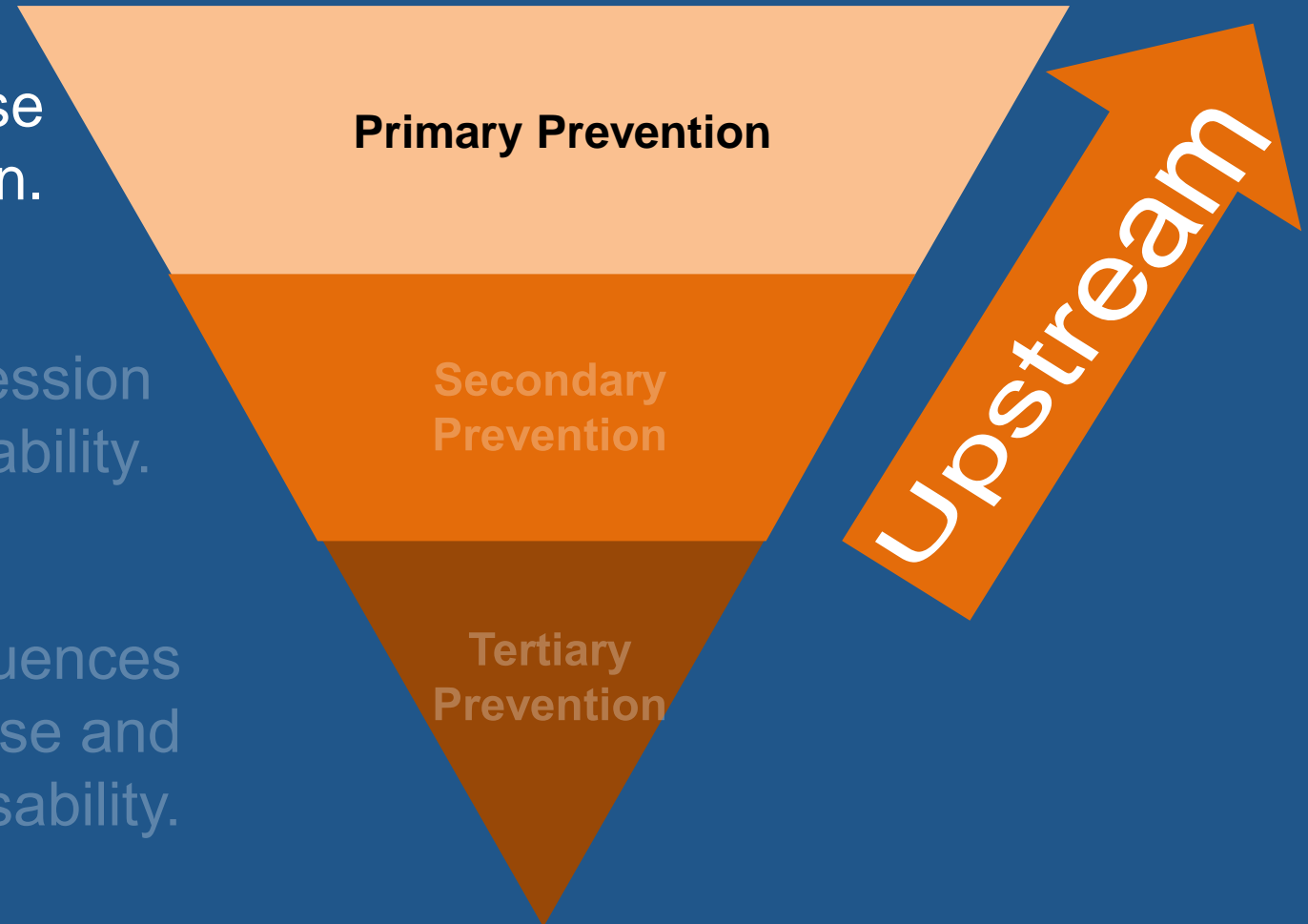


Public Health Prevention Framework: Primary Prevention

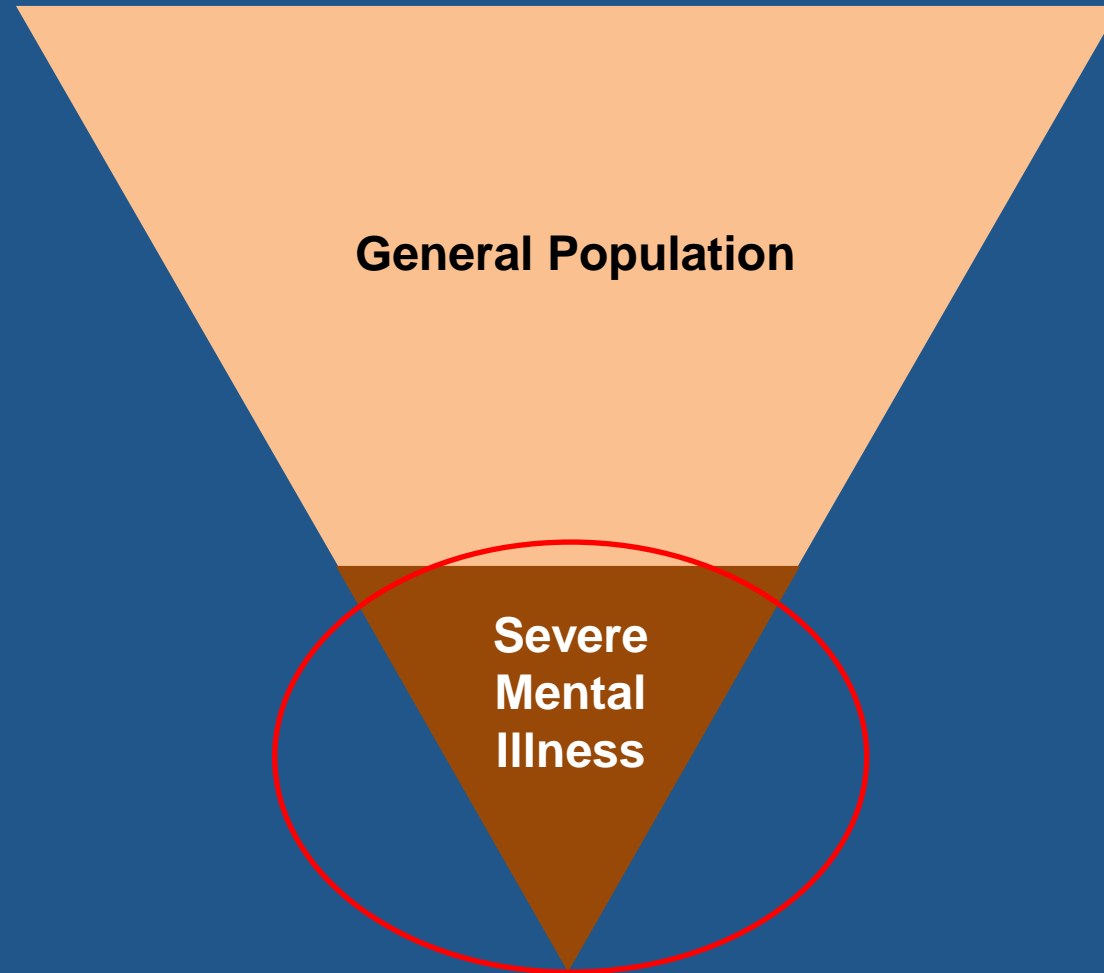
Aims to limit the incidence of disease and disability in the population.

Aims to prevent the progression of disease and disability.

Aims to reduce the consequences of established disease and disability.



Predominant Focus of Public Mental Health System

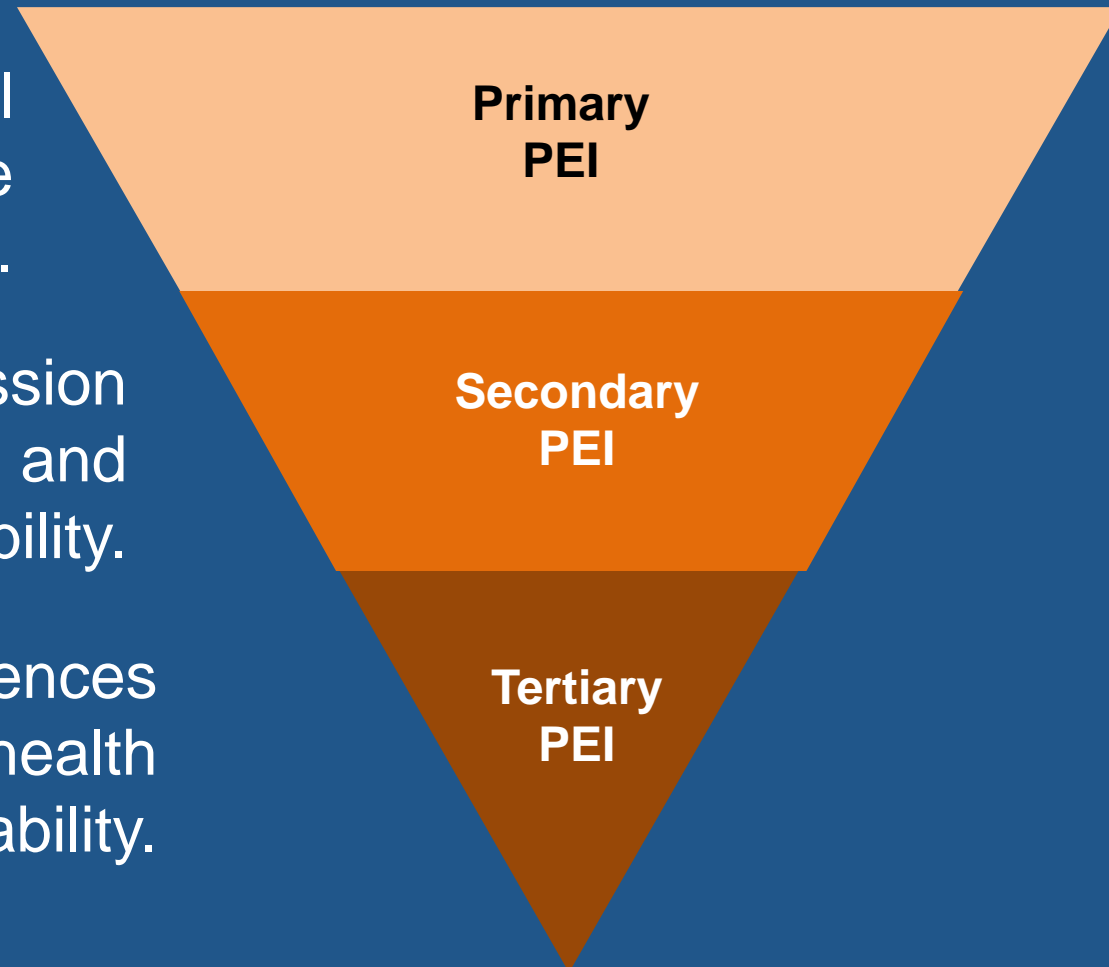


Public Mental Health Framework: Prevention and Early Intervention (PEI)

Aims to limit the incidence of mental health disorders and disability in the population.

Aims to prevent the progression of mental health disorders and disability.

Aims to reduce the consequences of established mental health disorders and disability.



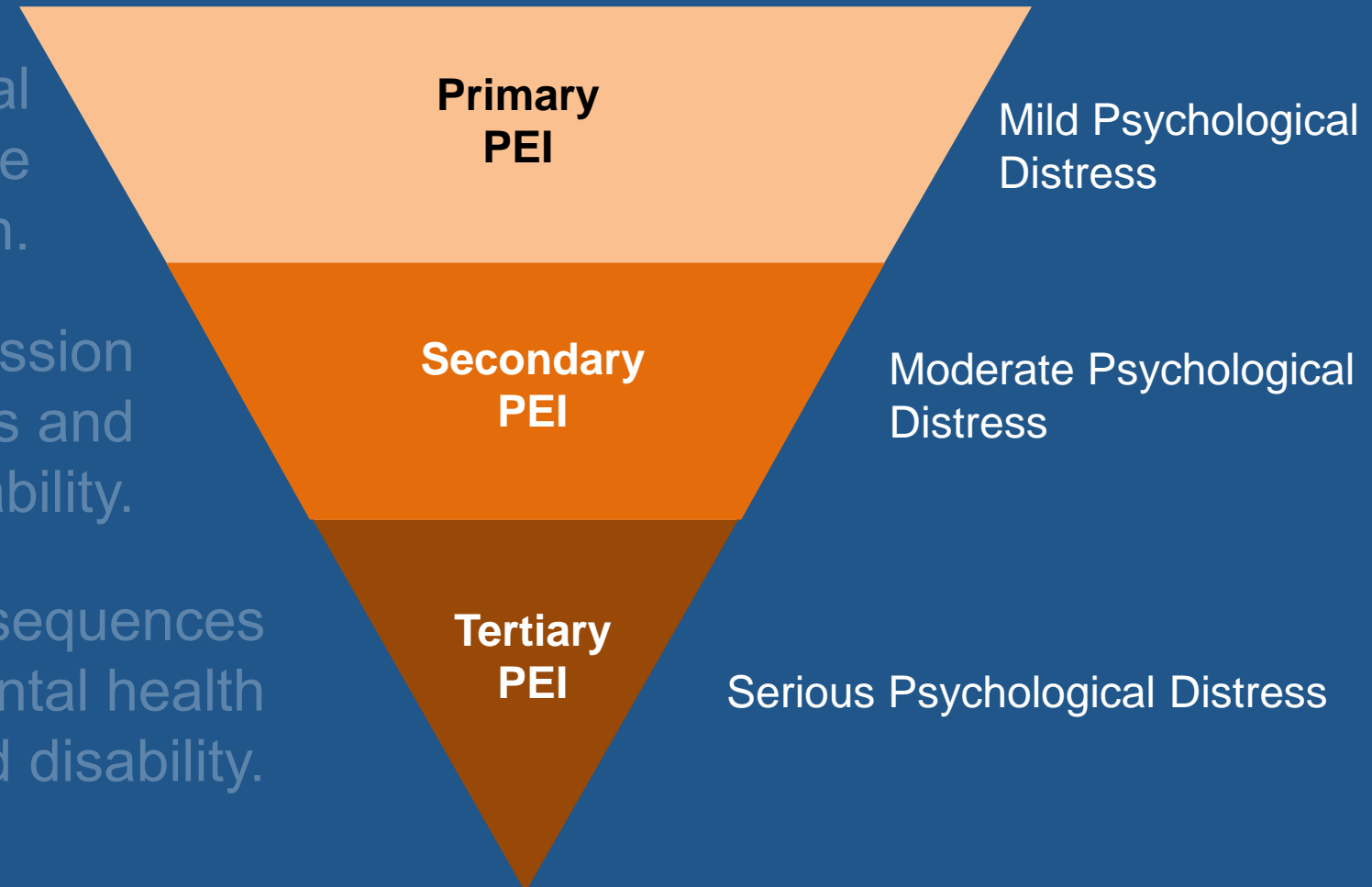
Public Mental Health Framework: Prevention and Early Intervention (PEI)

Using CHIS for Mental Health Surveillance and PEI Efforts:

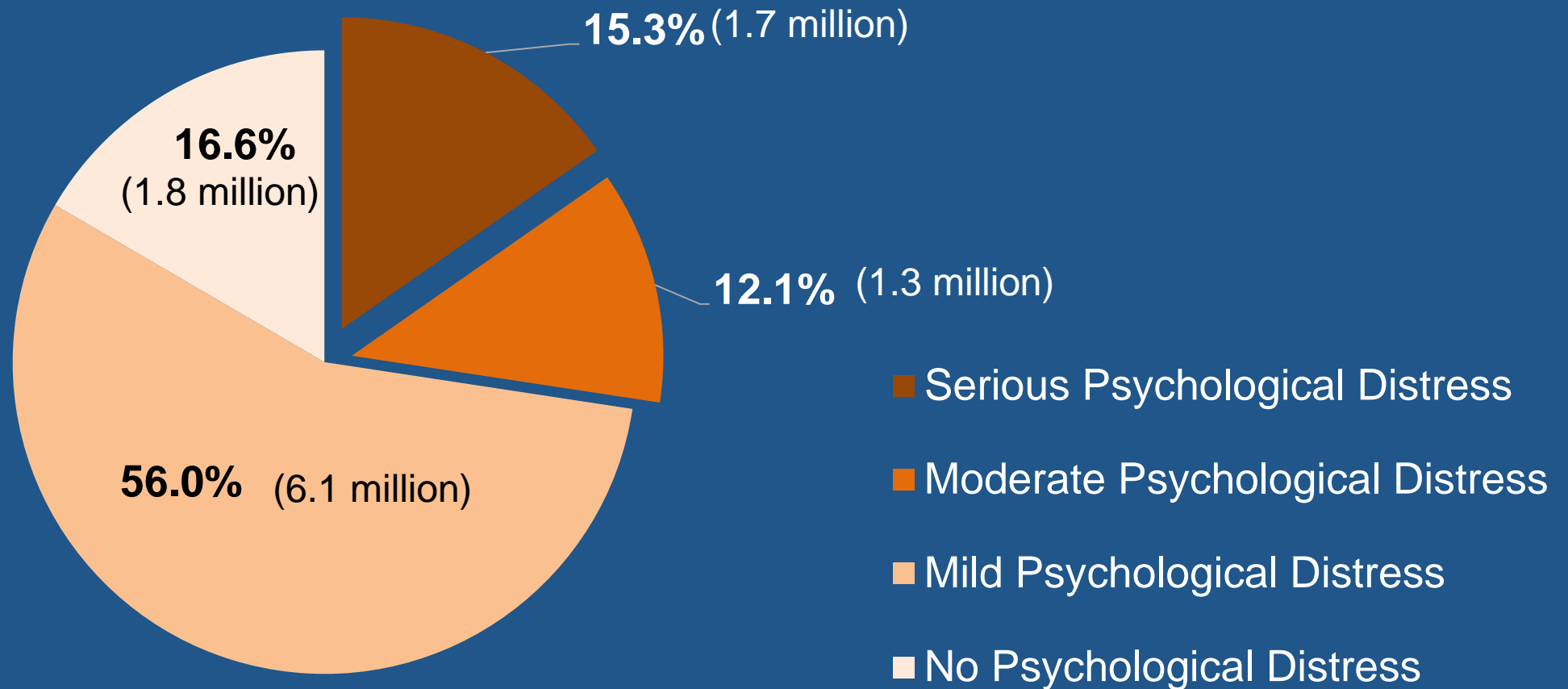
Aims to limit the incidence of mental health disorders and disability in the population.

Aims to prevent the progression of mental health disorders and disability.

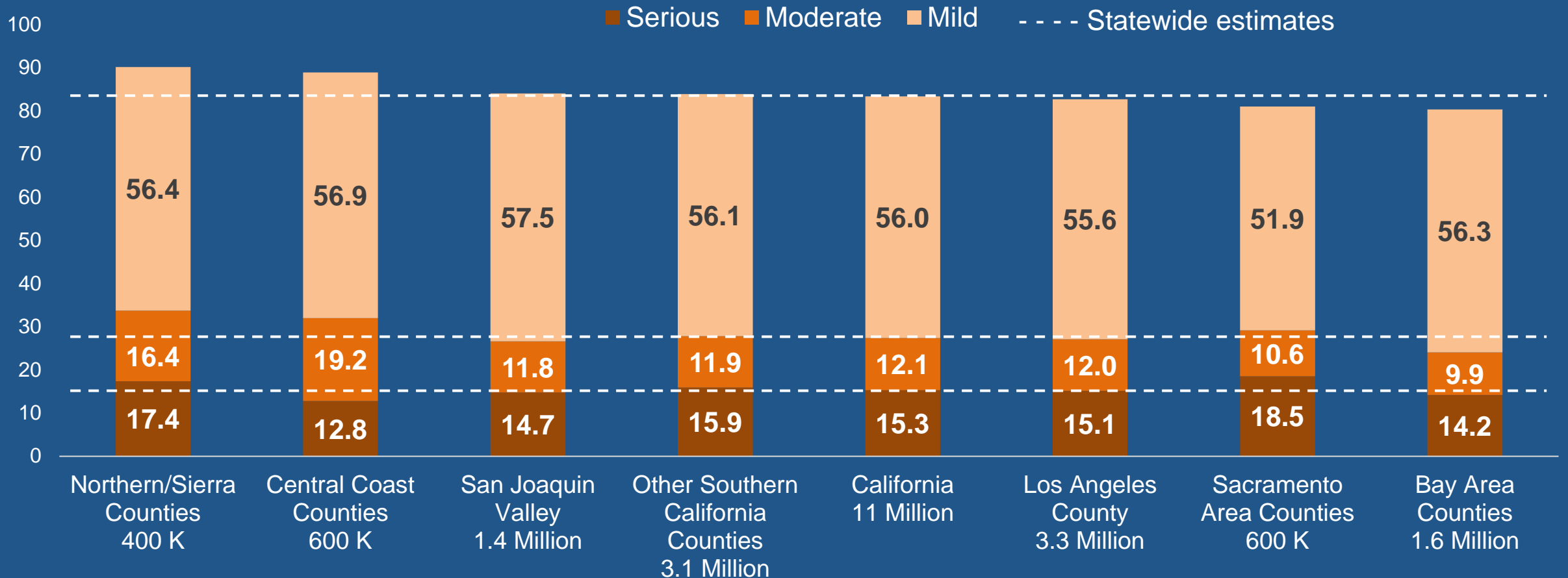
Aims to reduce the consequences of established mental health disorders and disability.



Psychological Distress, Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured, 11 Million



Psychological Distress by Region, Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured

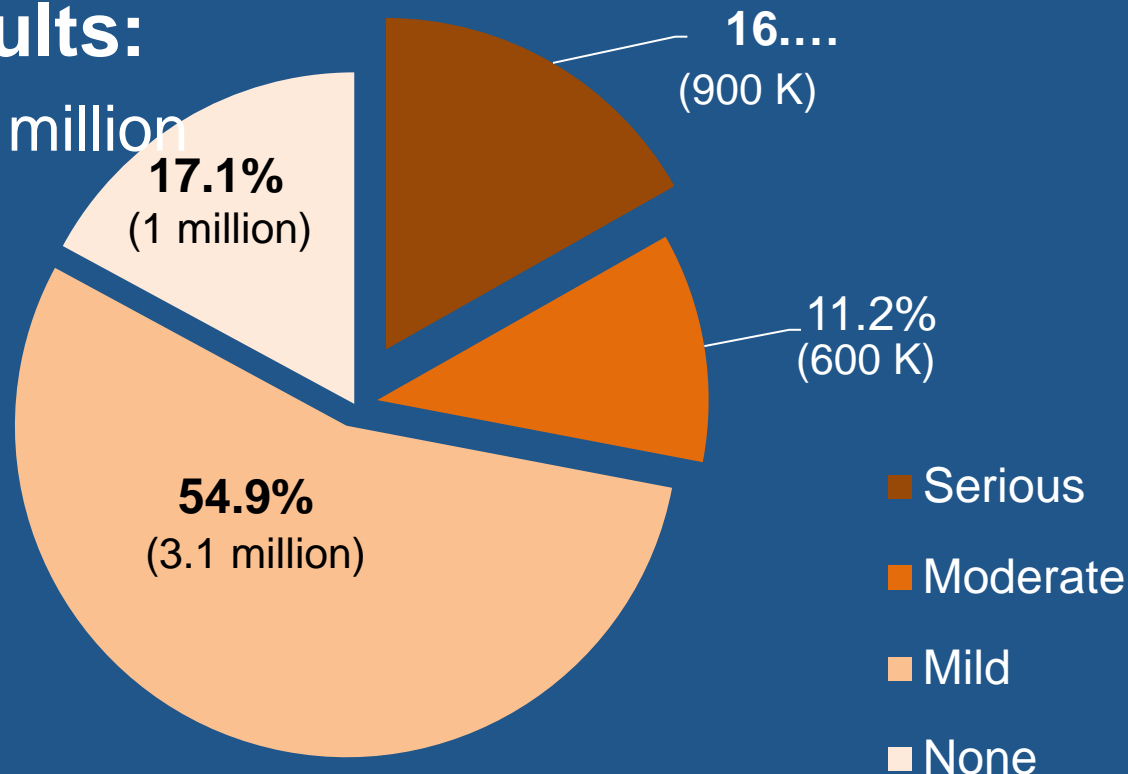


Gender

Psychological Distress Past Year among California Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured

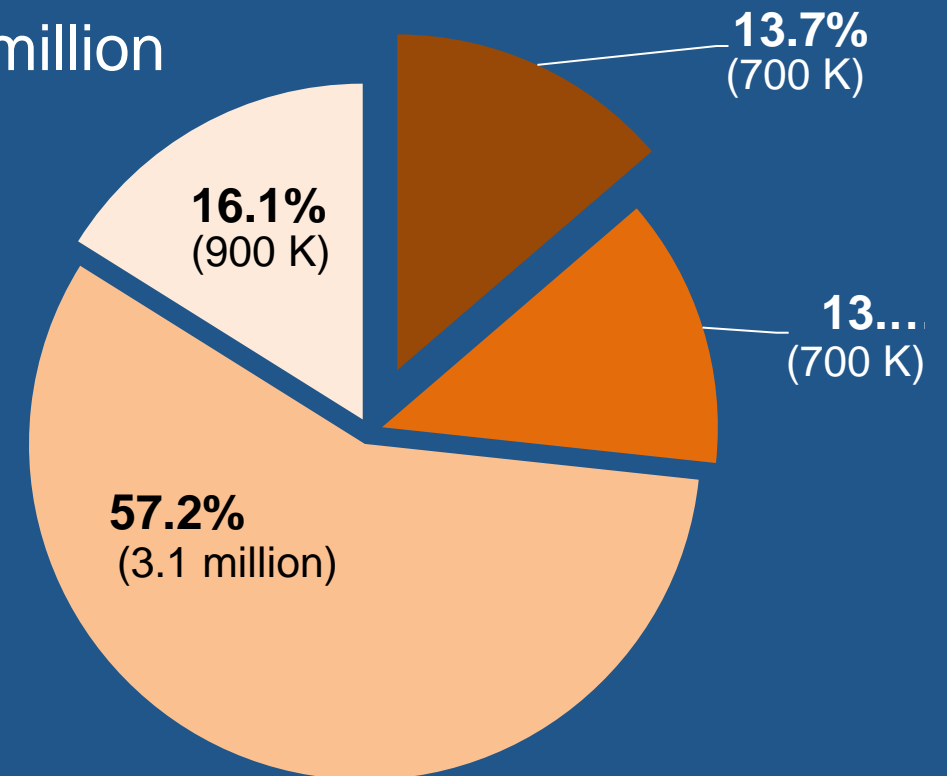
Female adults:

5.6 million



Male adults:

5.3 million



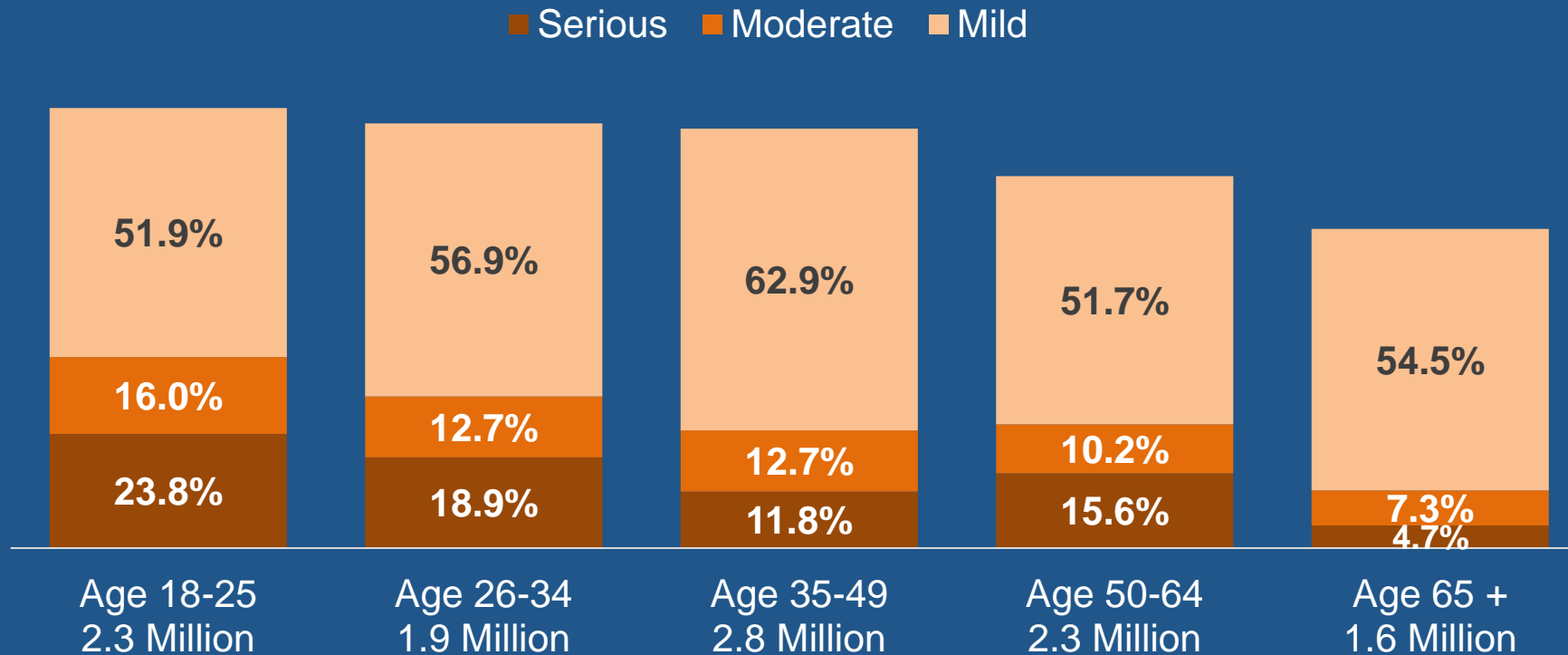
- Serious
- Moderate
- Mild
- None

Source: 2018 CHIS

Note: Numbers may not add up to total due to rounding

Age

Psychological Distress Past Year among California Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured

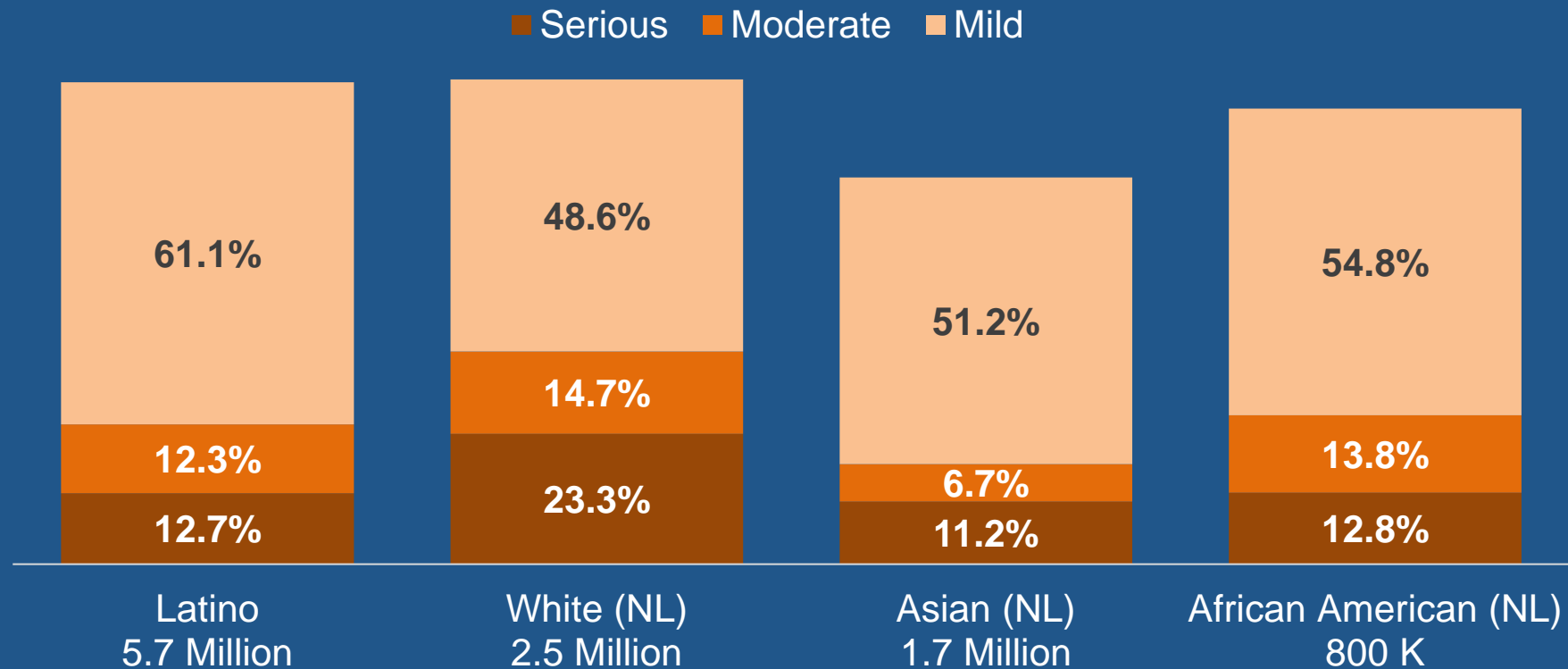


Note: Population numbers may not add to total 11 million due to rounding

Source: 2018 CHIS

Race and Ethnicity

Psychological Distress Past Year among California Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured

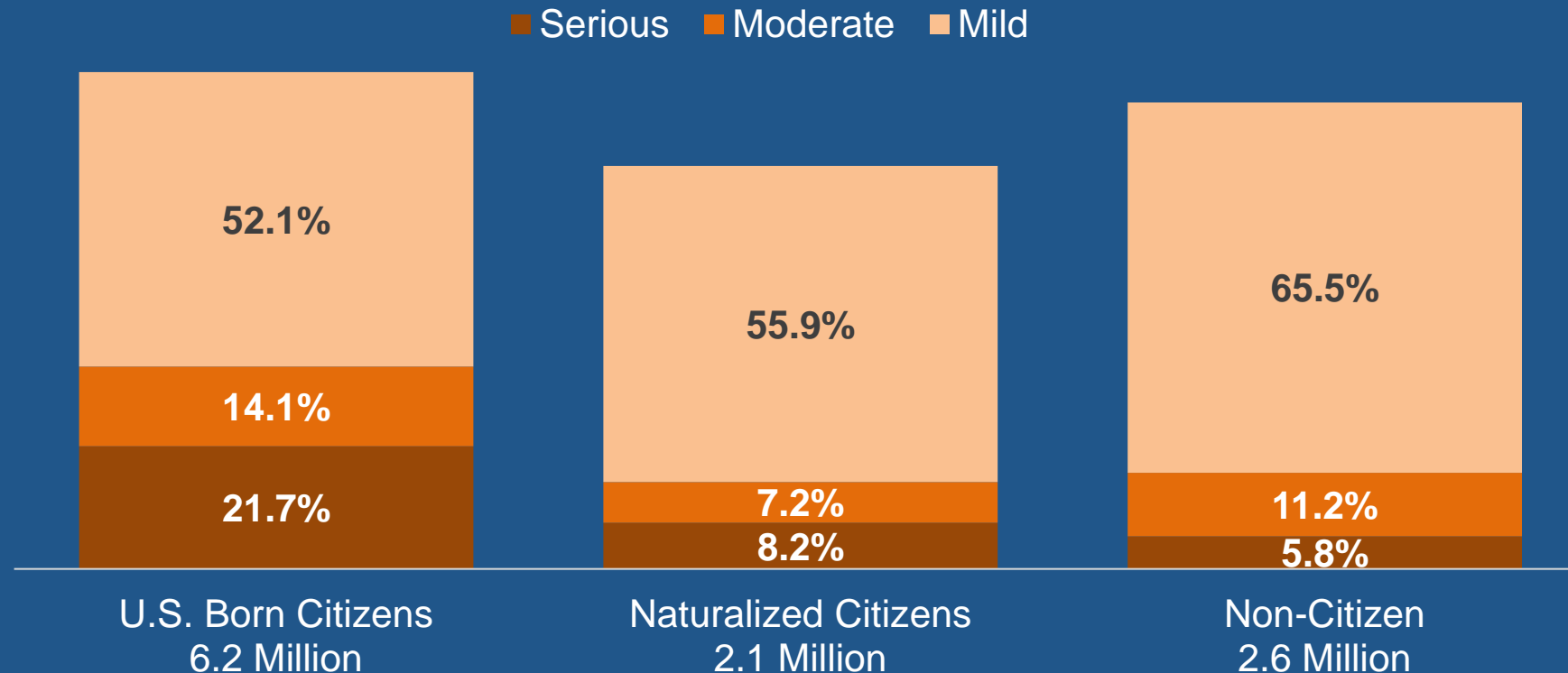


Note: Population numbers may not add to total 11 million due to rounding, NL = non-Latino

Source: 2018 CHIS

Citizenship Status

Psychological Distress Past Year among California Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured

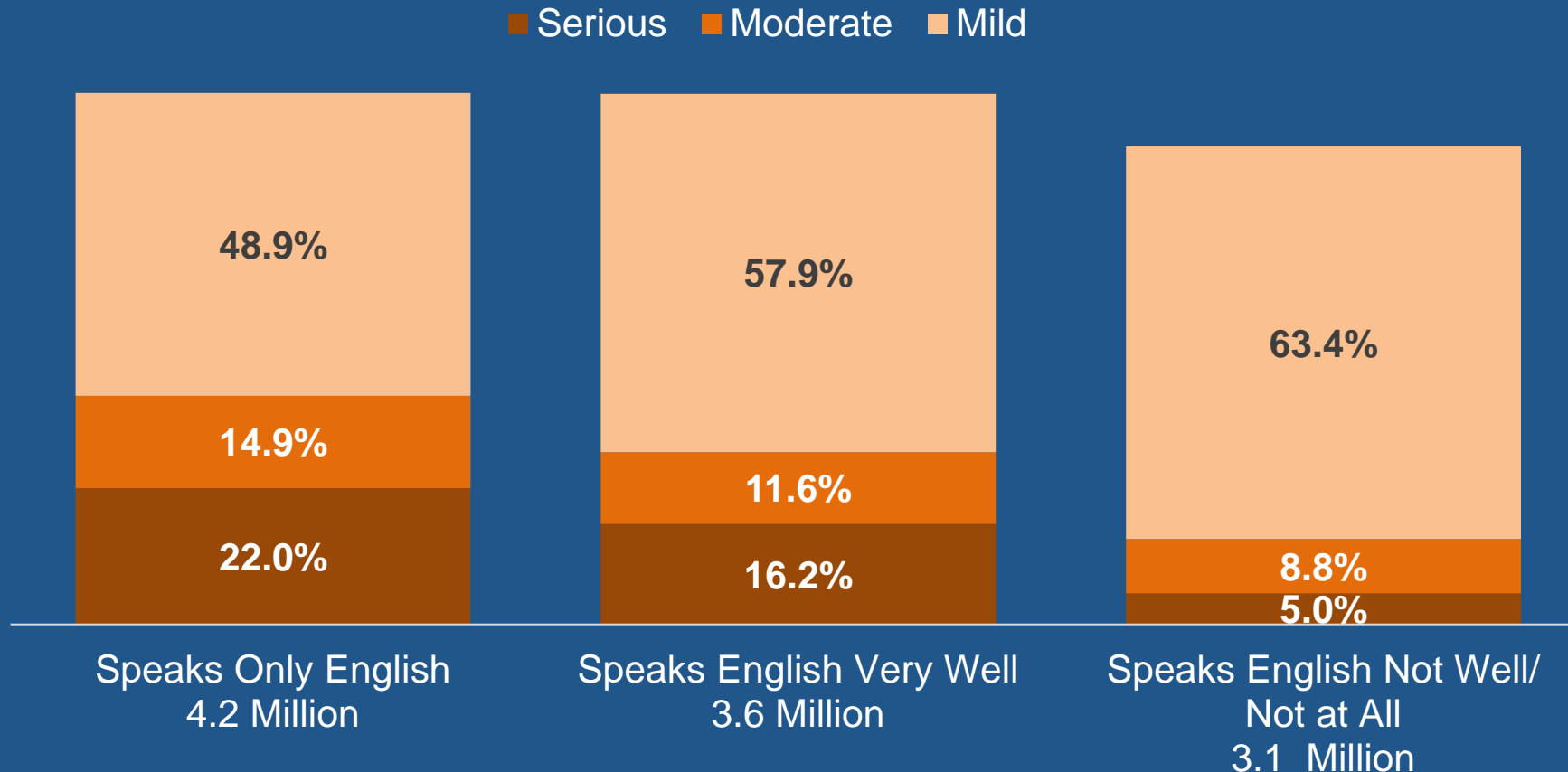


Note: Population numbers may not add to total 11 million due to rounding

Source: 2018 CHIS

English Language Proficiency

Psychological Distress Past Year among California Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured

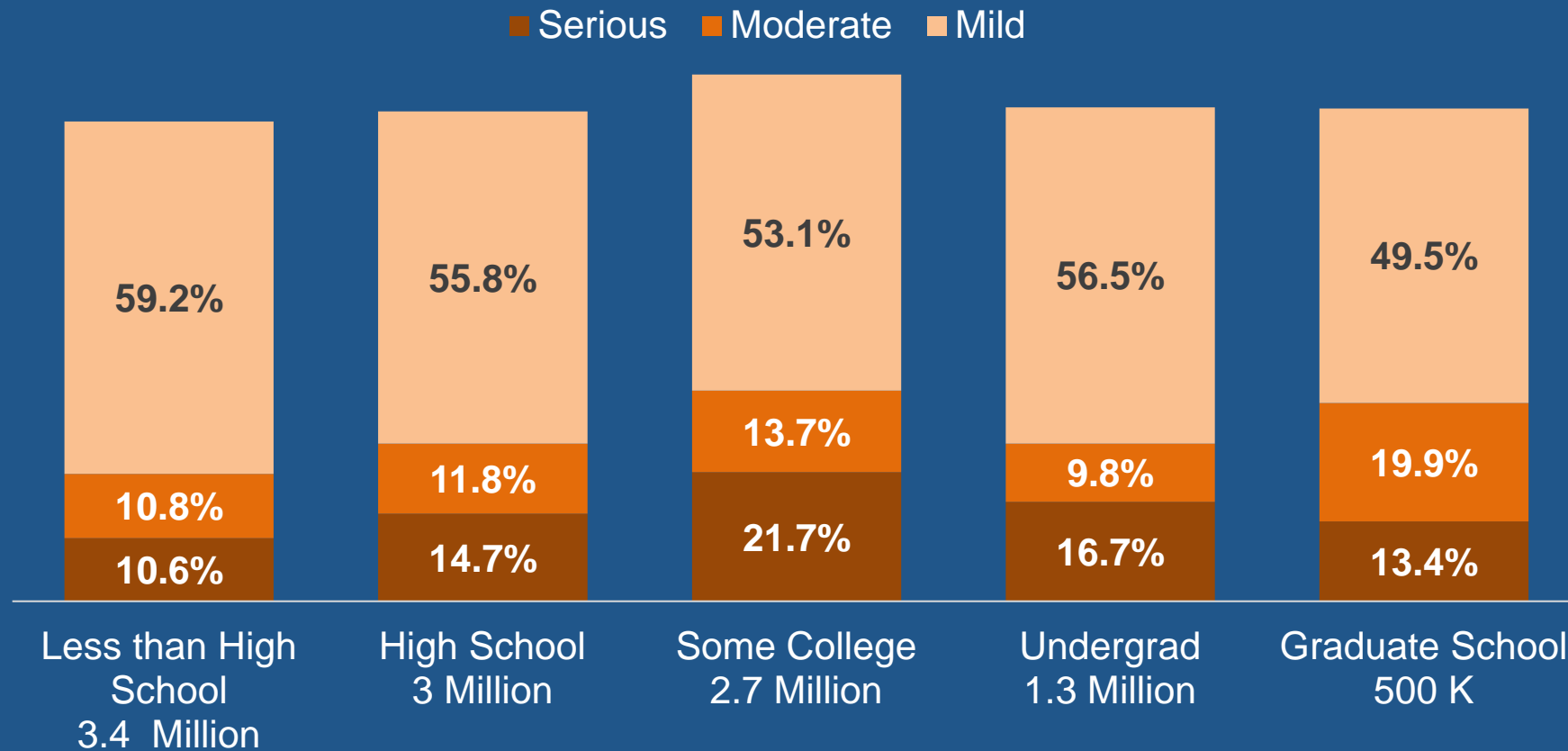


Note: Population numbers may not add to total 11 million due to rounding

Source: 2018 CHIS

Educational Attainment

Psychological Distress Past Year among California Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured

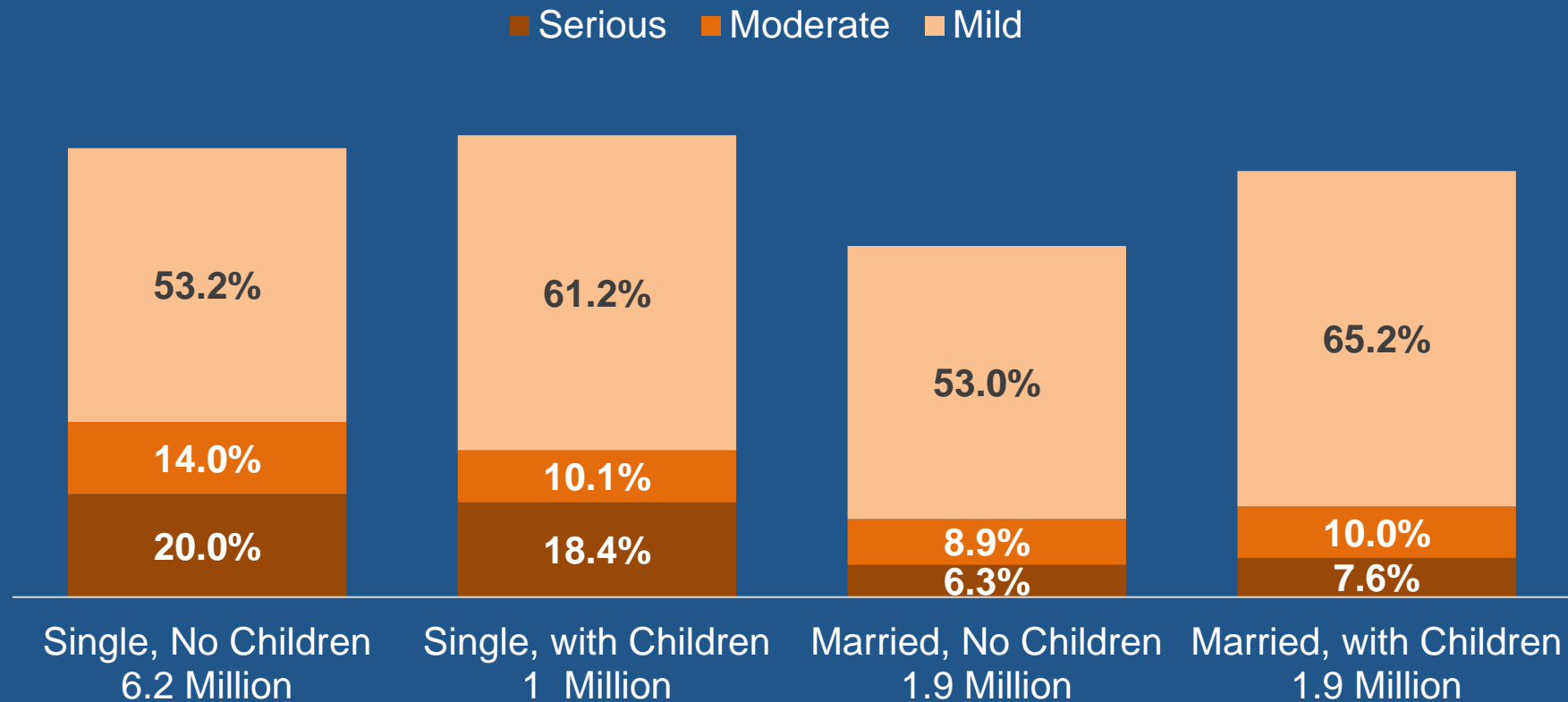


Source: 2018 CHIS

Note: Population numbers may not add to total 11 million due to rounding

Family Type

Psychological Distress Past Year among California Adults Ages 18 and Over, Medi-Cal Coverage or Uninsured



Source: 2018 CHIS

Note: Population numbers may not add to total 11 million due to rounding

Summary: How Do Social Values, Social Hierarchy, Policy Influence Social Determinants?

Protective Factors

- Male
- Older Age
- Asian, Latino, Black Culture
- U.S. Citizenship for Foreign-born
- Foreign language
- Marriage
- Children for Single Adults

Risk Factors

- Female
- Young Adulthood
- Non-Latino White Culture
- Lack of U.S. Citizenship for Foreign-born
- Some College
- Being Single
- Children for Married Adults

Thank You!!

Q&A