



FOX CITIES
Mind Your Wellness Survey

City of Appleton Board of Health

March 13, 2024

What is the Fox Cities Mind Your Wellness Survey?

- In depth look into the mental health of adults living in the Fox Cities
- 34 question survey tool
 - 4 general health
 - 9 Mental health and treatment
 - 10 Suicide behaviors/philosophy
 - 11 demographic
- Developed in partnership with the Medical College of WI
- IRB approved
- 100% anonymous



FOX CITIES
Mind Your Wellness Survey

As the health impacts of the pandemic continue, it's important we take steps to evaluate the mental health of our Fox Cities community, identify where change is needed and develop solutions for support and prevention.

This important work begins with you!

GIVE US 3!

- ✓ COMPLETE THE SURVEY >>>>>
- ✓ IMPACT YOUR COMMUNITY
- ✓ SHAPE THE FUTURE

3 minutes is all it takes!

SCAN HERE
BRIEF ANONYMOUS IMPACTFUL

The N.E.W. Mental Health Connection and its community and state partners are conducting this survey to better understand the mental health of adults in the Fox Valley. This survey will provide Project Zero with information to tailor intervention and prevention strategies to the needs of the community. The overall goals of Project Zero are to 1) support the health of adults in the Fox Valley, 2) encourage those who are most at risk to seek help, and 3) prevent suicide in the Fox Valley.

Please share with others!







Why and How?

- Limited in-depth data available on adult behavioral health
- Data driven decision making for agencies in our community on the needs of adults in Tri-County (Calumet, Outagamie, Winnebago)
- Distributed via email, QR code and hard copy with help from local partners:
 - United Way Fox Cities
 - Employers
 - Veterans Administration
 - Thompson Center on Lourdes
 - People of Progression
 - Diverse & Resilient
 - Leaven
 - Fox River Mall
 - Local Restaurants and Bars
 - Multicultural Coalition



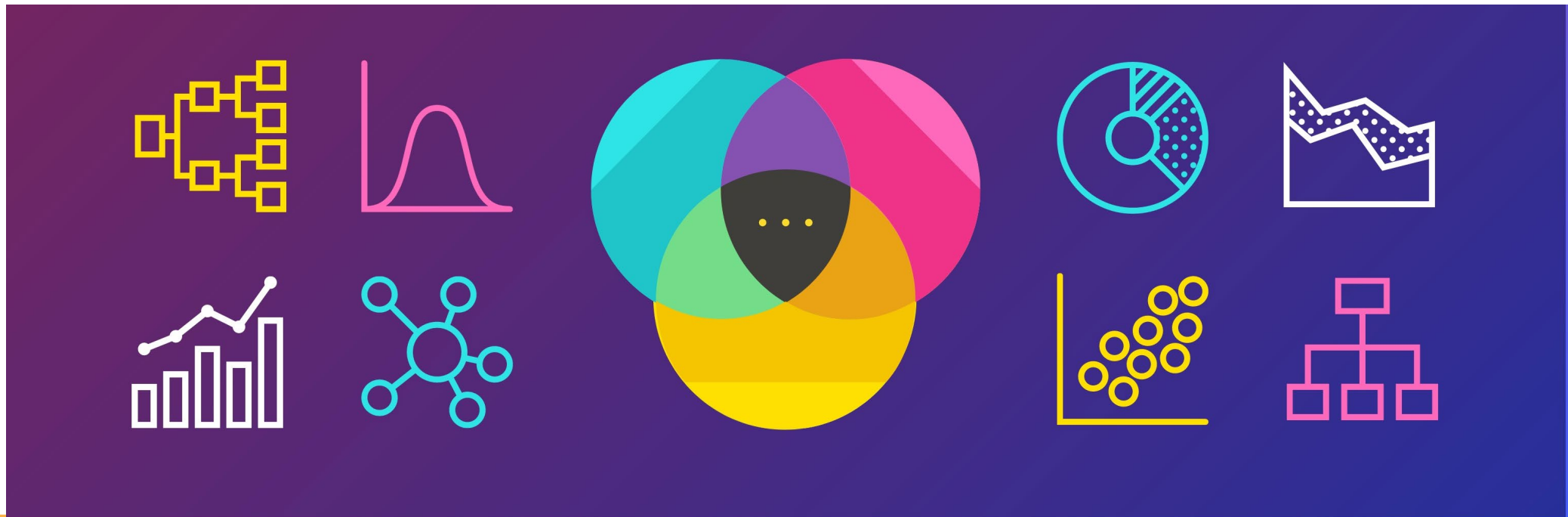


FOX CITIES
Mind Your Wellness Survey

- Around 1300 responses
- Sought and achieved representative samples in relationship to population for age groups, income levels, county/city of residence, race, sexual orientation, veteran status, etc.
- Translated survey into Spanish and Hmong
- Paper and electronic versions



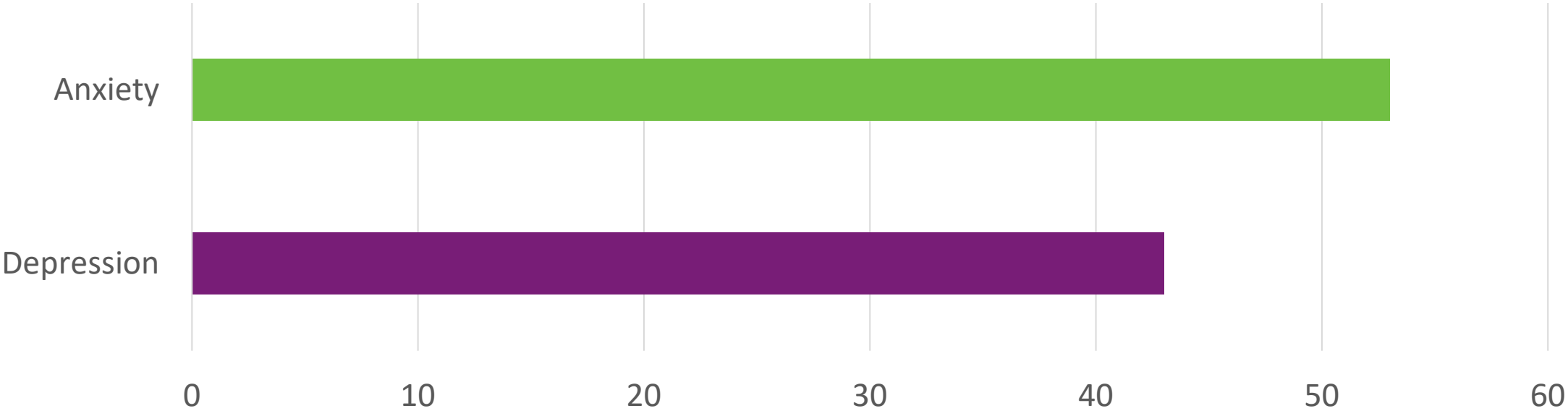
What did the data tell us?



Mental Health: Anxiety & Depression

In the last 12 months

About 43% of respondents report experiencing symptoms of depression and more than half report symptoms of anxiety



Suicidal Behavior

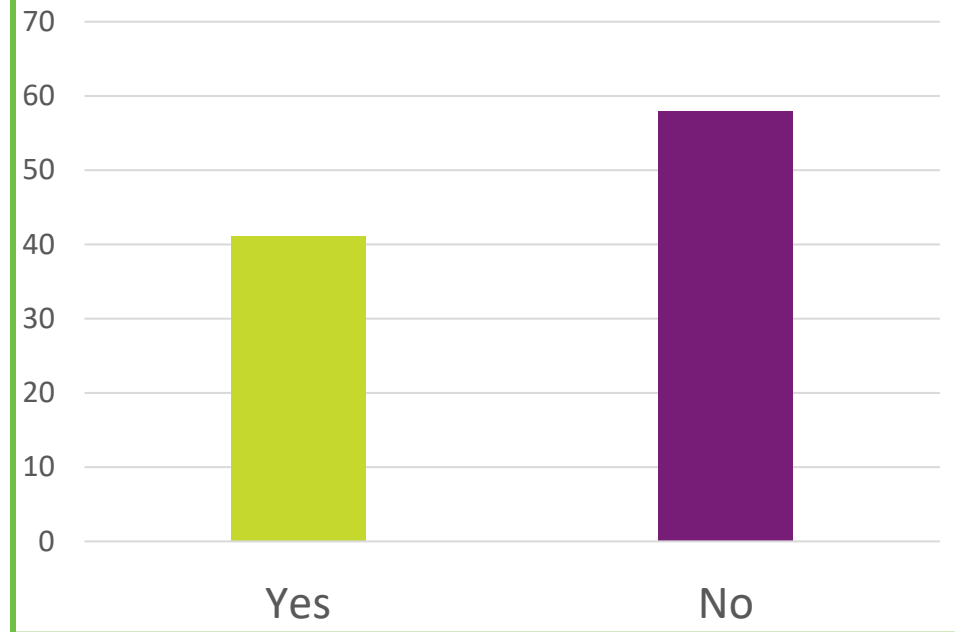


1 in 10 respondents report **considering** attempting suicide during the past 12 months



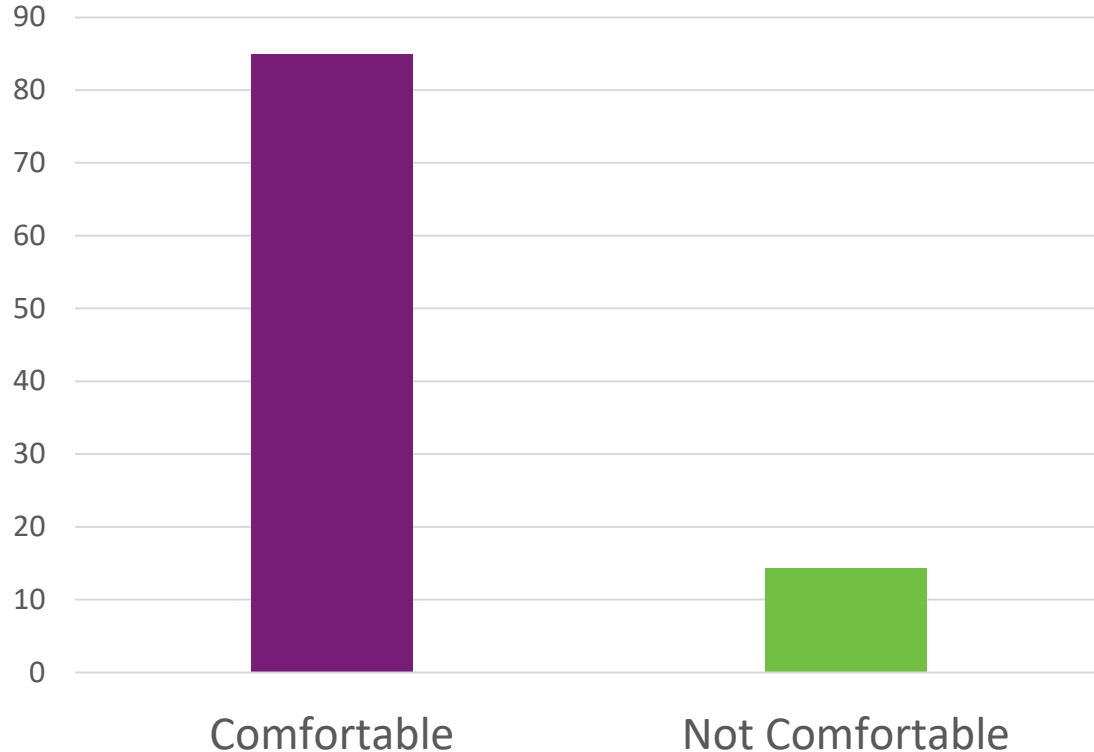
1 in 20 respondents report **planning** a suicide attempt during the past 12 months

However, less than half of respondents seek **mental health help** from a health care provider

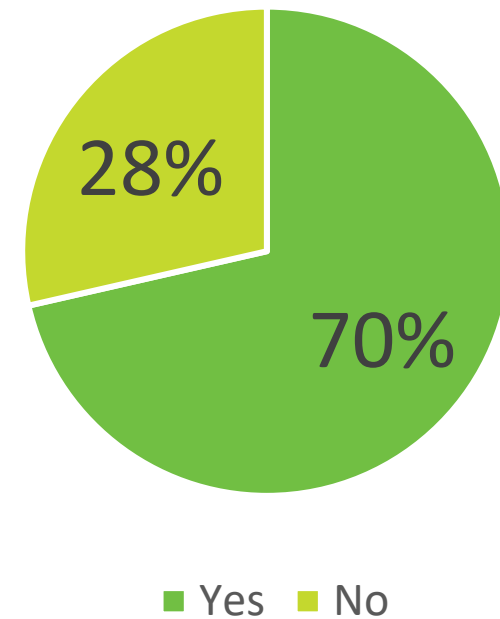


Help-Seeking Behavior

85% of respondents **feel comfortable** discussing mental health issues with others

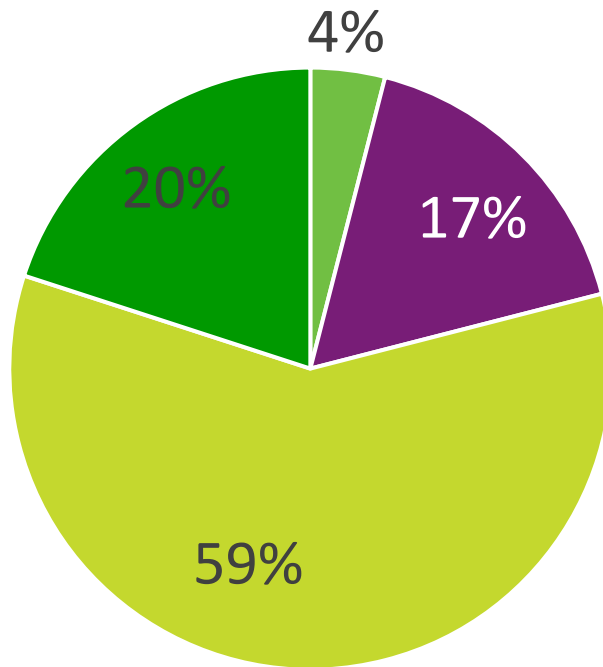


The majority of respondents report **seeking help** for mental health issues **from a friend or family member.**

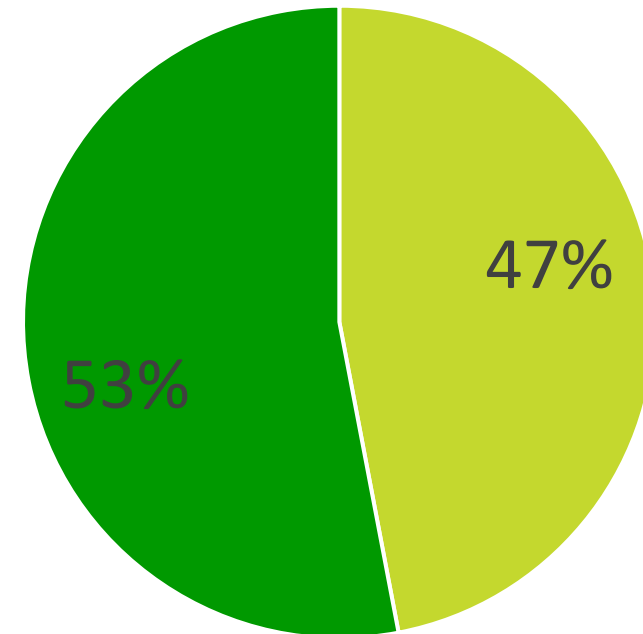


Lifestyle Factor: Sleep

78% of respondents get **at least 6 hours of sleep per night**



But 52% of respondents report **not feeling rested** when waking up



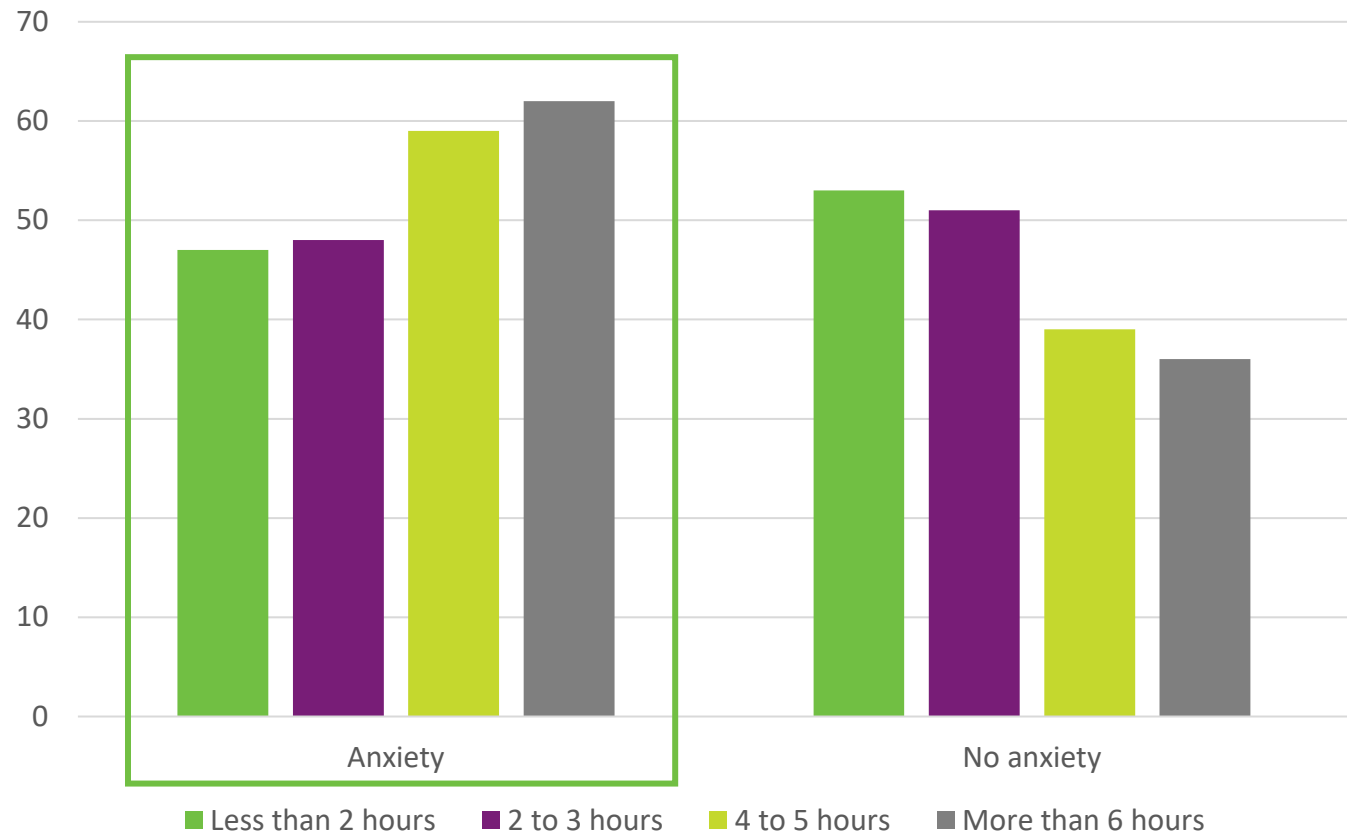
■ Less than 4 hours ■ 4 to 5 hours ■ 6 to 7 hours ■ 8 or more hours

■ Rested ■ Not rested

Lifestyle Factor

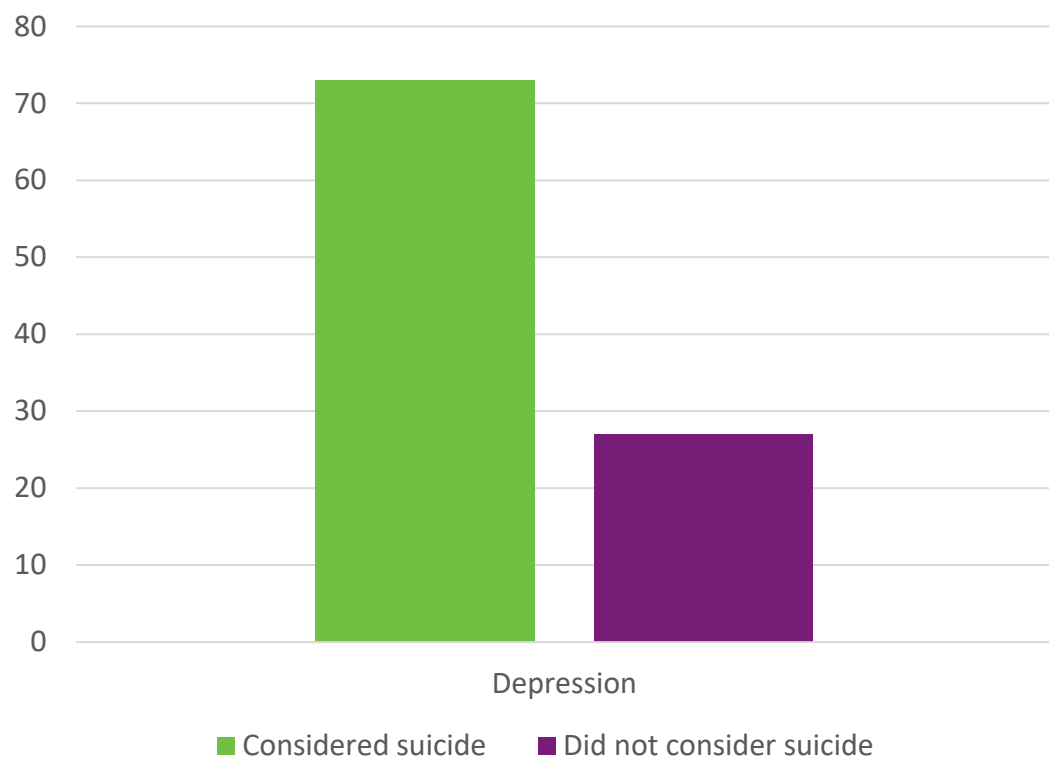
Those who get **4 or more hours** of non-work-related **screen time** daily are twice as likely to report **symptoms of anxiety** than those getting fewer than 4 hours of screen time.

Screen Time Impacts Anxiety

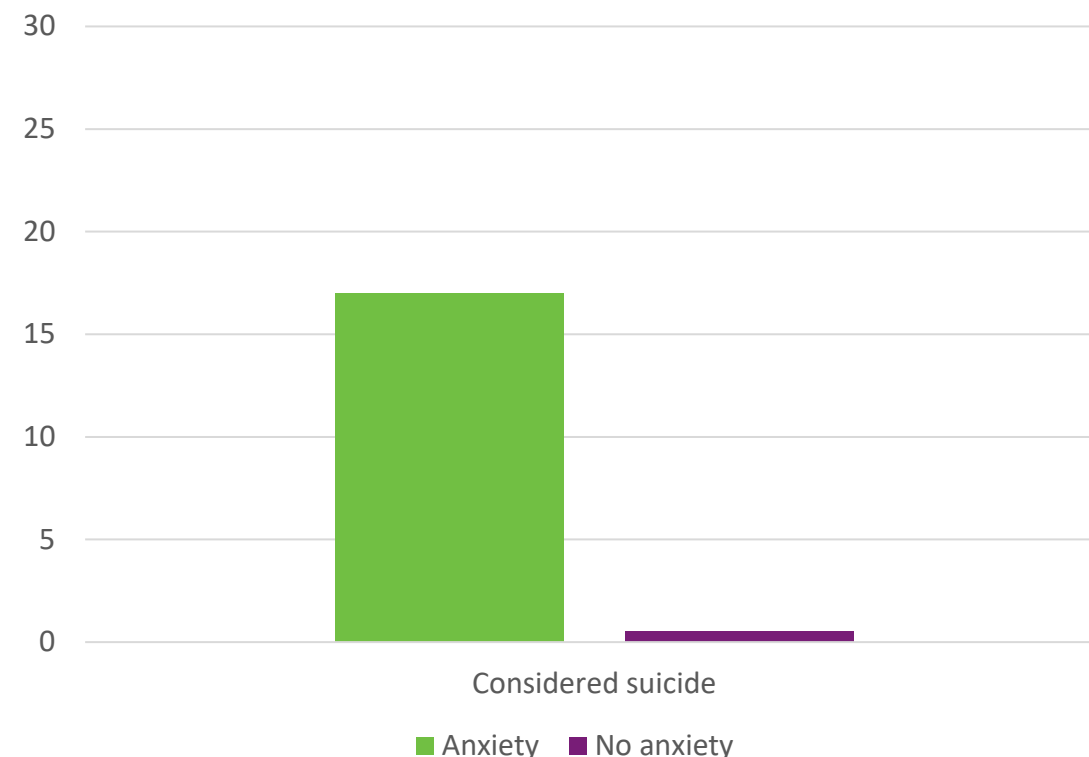


Survey participants who report they have **considered suicide** in the past 12 months are **33 times more likely** to report **symptoms of depression** and **39 times more likely** to have **symptoms of anxiety**

DEPRESSION and Suicidal Ideation



ANXIETY and Suicidal Ideation



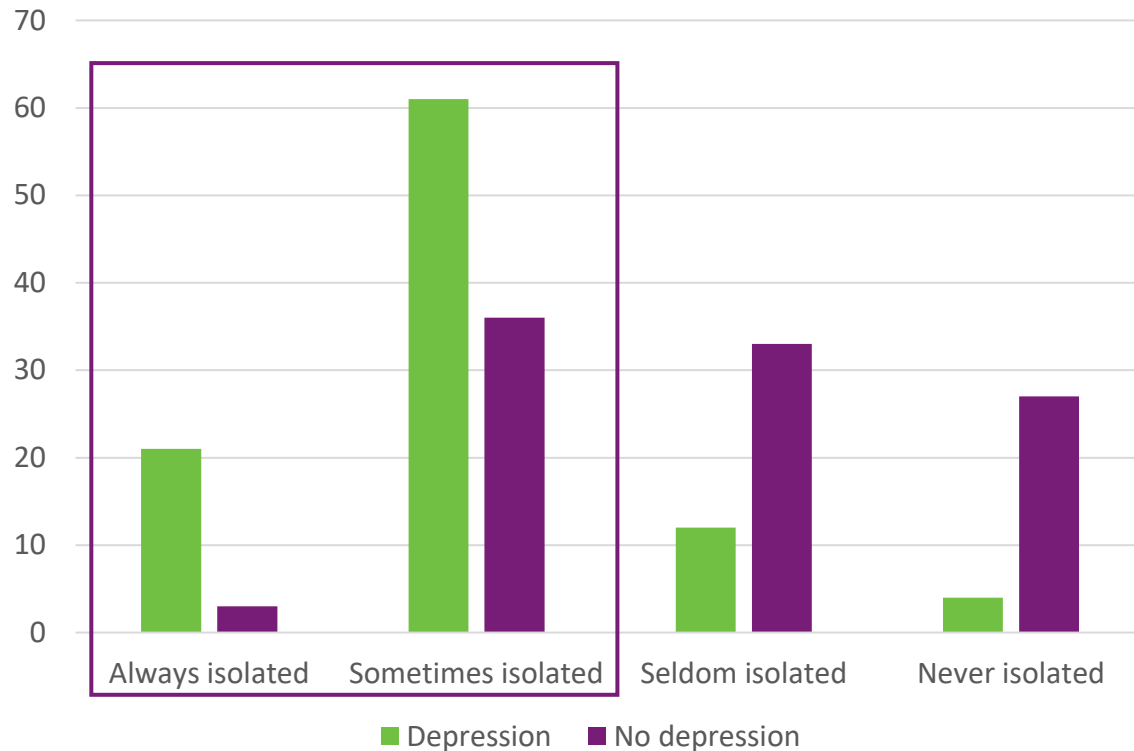
What does our survey tell us about isolation?

Overall, people who report always feeling isolated are:

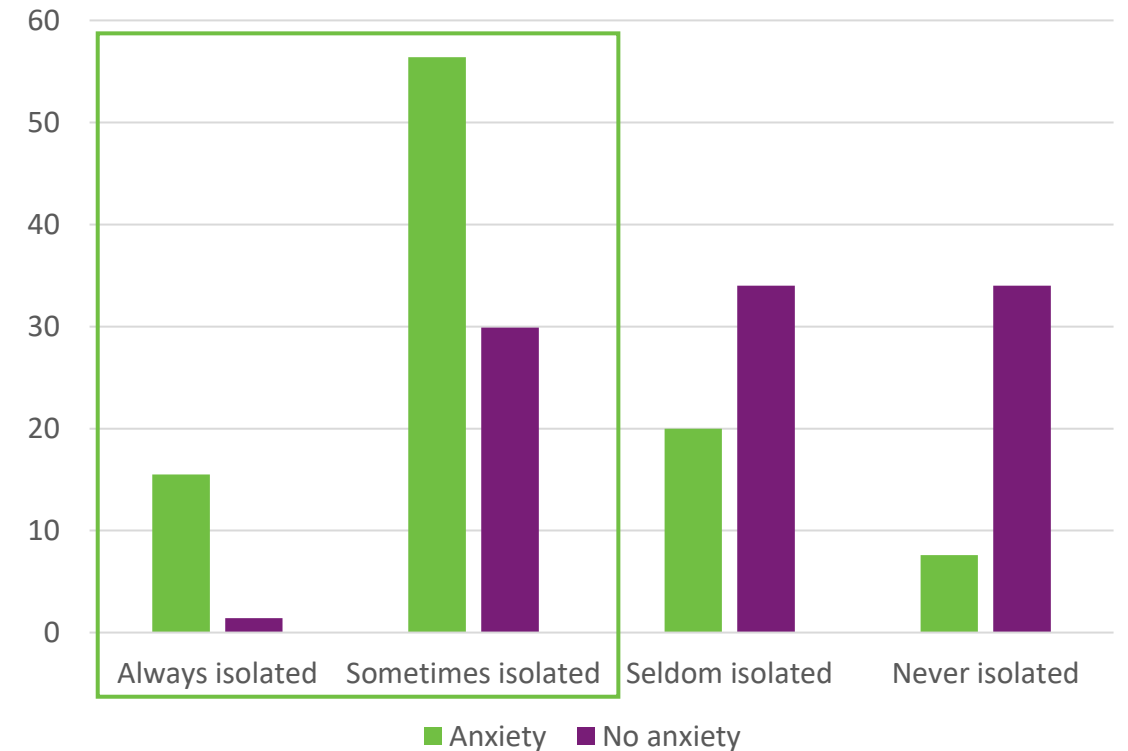
- **More likely** to be experiencing chronic pain
- **More likely** to have an income less than \$100,000
- **More likely** to have symptoms of anxiety
- **More likely** to have symptoms of depression

Those who report that they **always feel isolated** are 17 times more likely to report **symptoms of depression** and 49 times more likely to report **symptoms of anxiety** than those who are never isolated.

Depression and Isolation

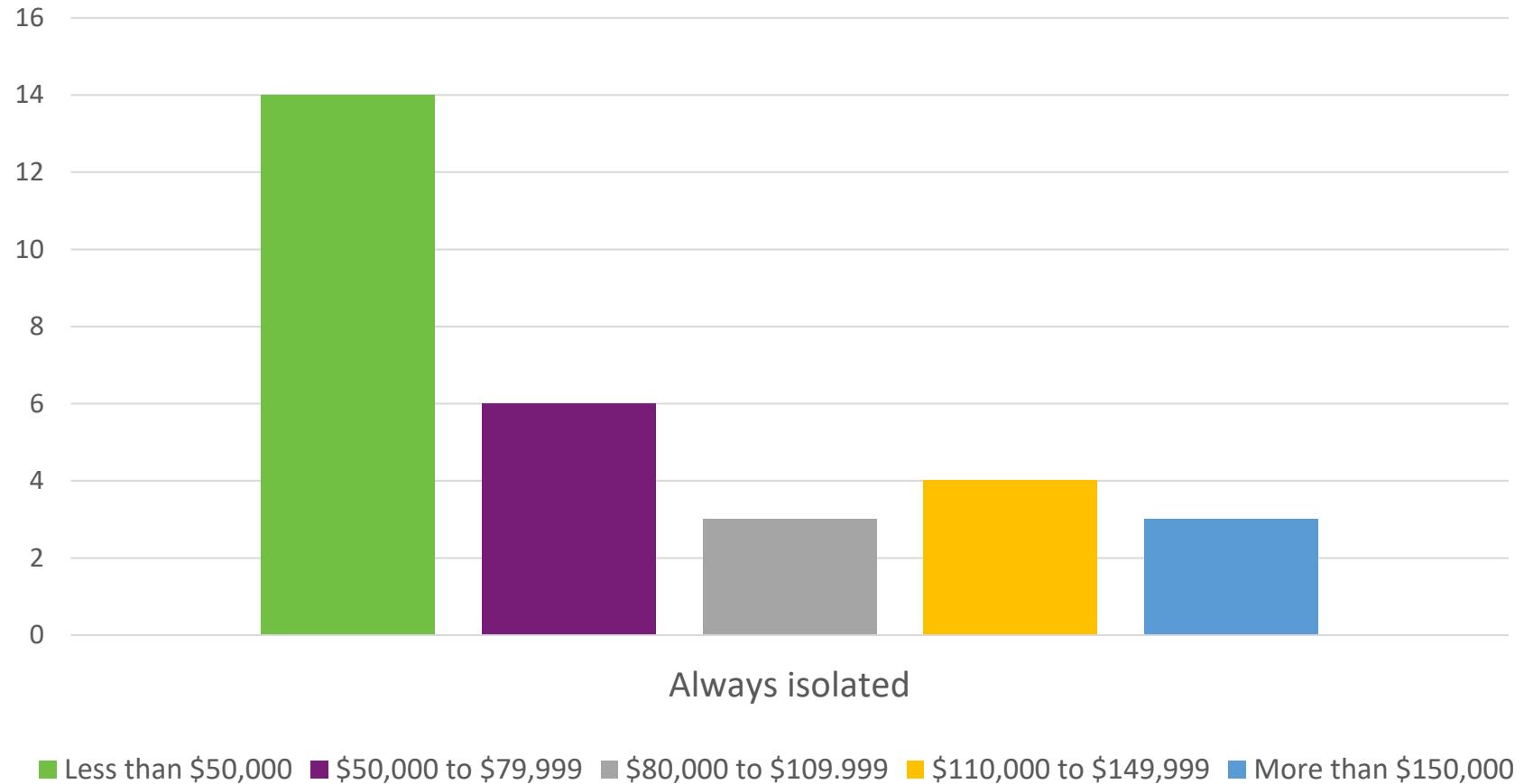


Anxiety and Isolation



Isolation is associated with income – people in **lower paying jobs are more likely to always feel isolated.**

Isolation and income



Disparity- LGBTQ+ and Race



What does the survey data tell us?

There are health disparities by sexual orientation

When compared to non-LGBTQ+ folks, LGBTQ+ folks are:

- **More likely** to get fewer hours of sleep
- **More likely** to experience symptoms of depression over the past 12 months
- **More likely** to experience symptoms of anxiety over the past 12 months
- **More likely** to engage in self-inflicted injury
- **More likely** to believe that suicide is brave
- **Less likely** to feel rested upon waking
- **More likely** to be living with chronic pain
- **More likely** to always feel isolated

What does the survey data tell us?

There are health disparities by race

Compared to white individuals, individuals of color are:

- **Less likely** to feel rested upon waking
- **More likely** to always feel isolated
- **More likely** to report symptoms of depression

Compared to white individuals, black individuals are:

- **Less likely** to report symptoms of Depression
- **Less likely** to report symptoms of Anxiety
- **Less likely** to be in treatment
- **More likely** to get fewer hours of sleep

What does the survey data tell us?

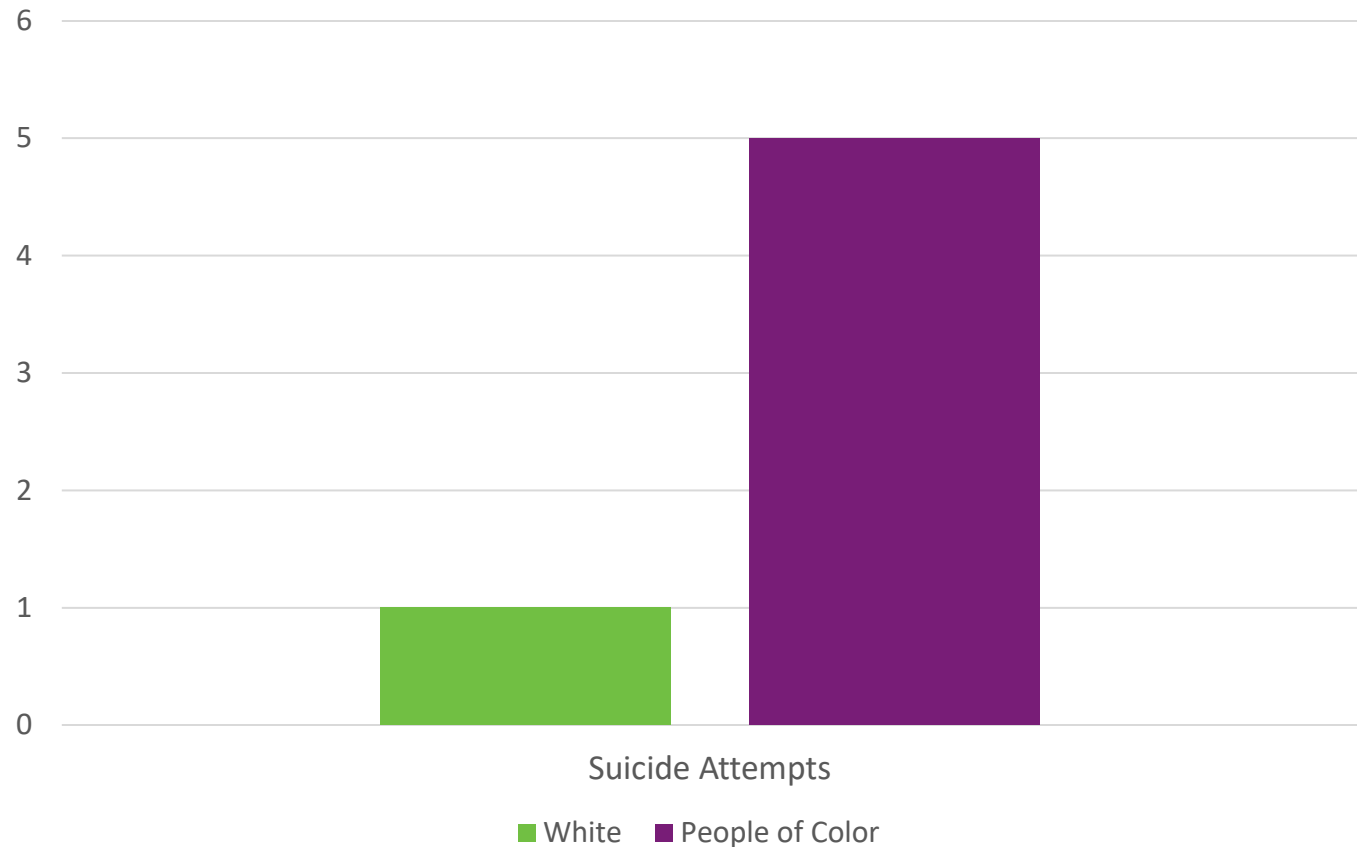
There are disparities in suicidal behavior as well

In the last 12 months:

- LGBTQ+ folks are more likely to **considering suicide**
- LGBTQ+ folks are more likely to have **attempted suicide at least once**
- Individuals of color are **more likely** to have attempted suicide at least once

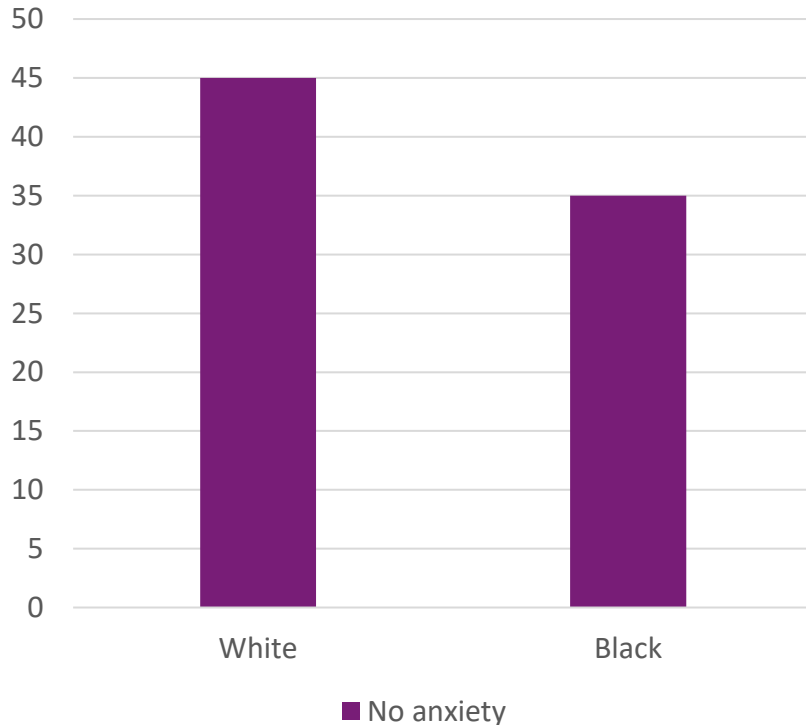
Race and Suicide Attempts

People of color have **3.1 times higher odds** of a **suicide attempt** than white individuals

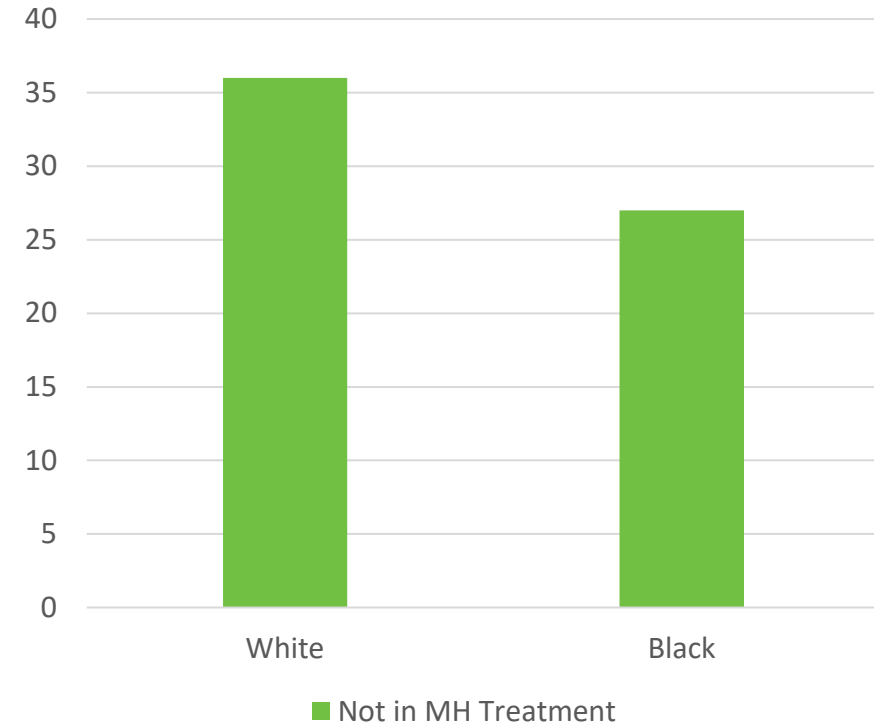


Race: Mental Health and Treatment

Black individuals are **almost 50% less likely** to report symptoms of anxiety than white individuals.

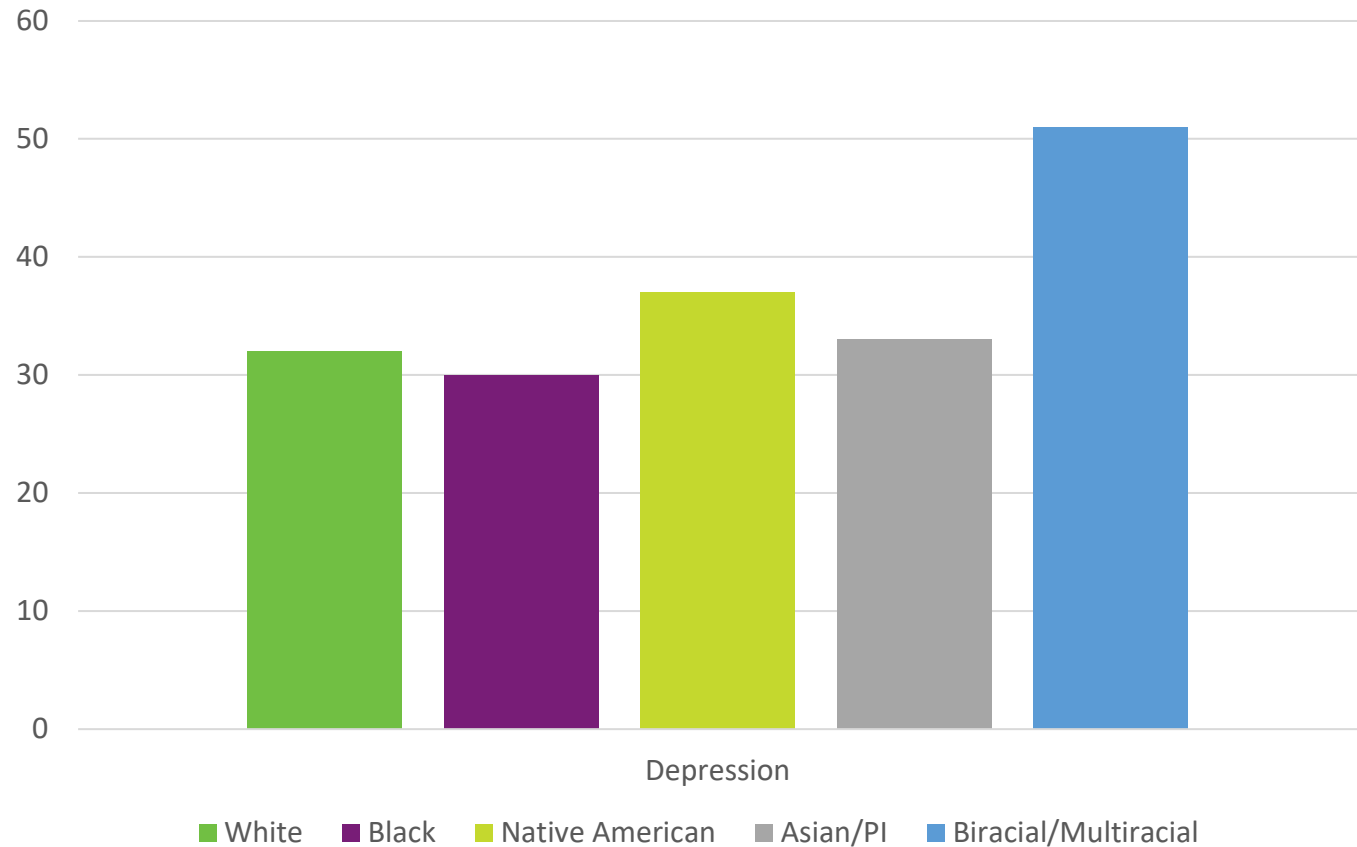


Black individuals are **almost 60% less likely** to be in treatment than white individuals.



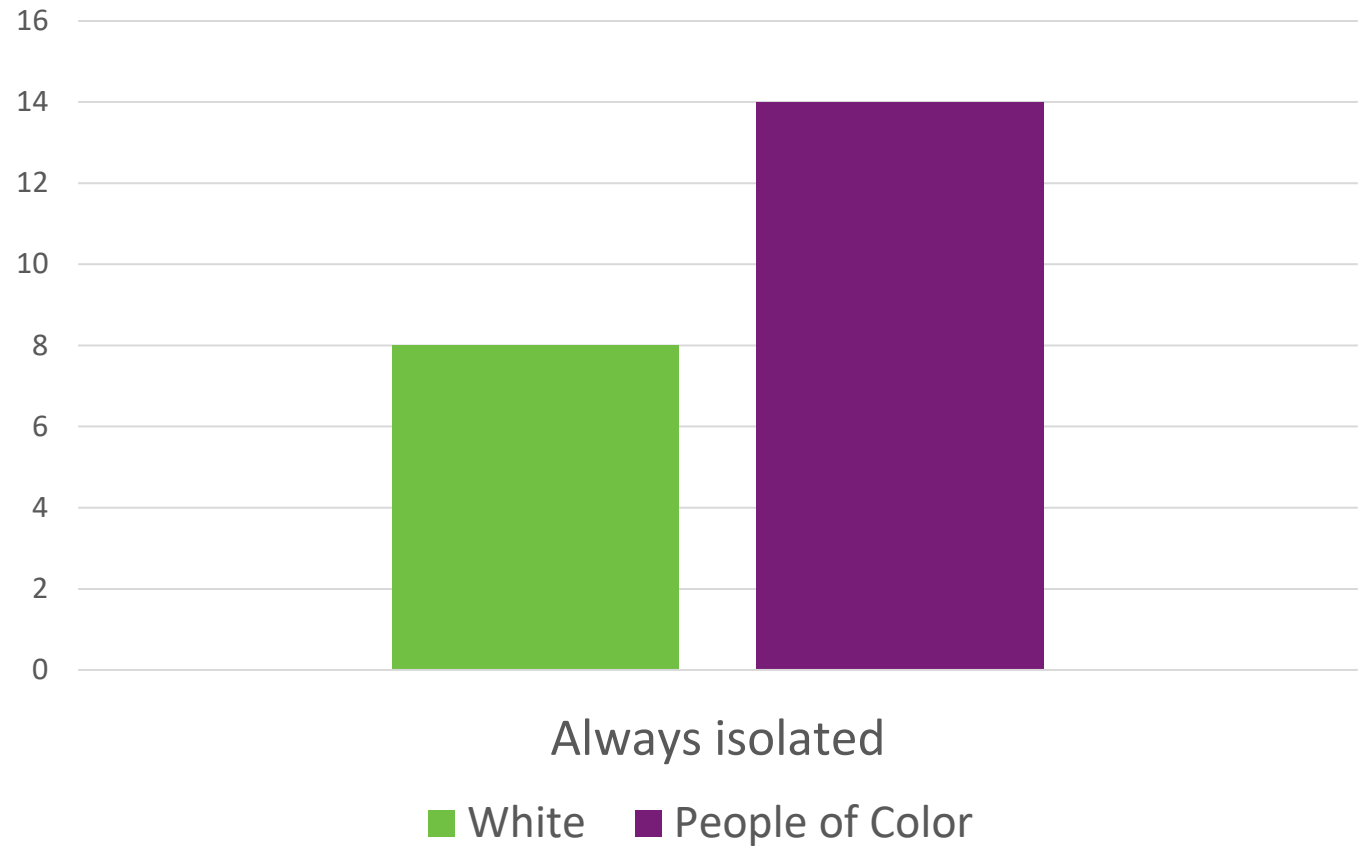
Individuals who identify as **Biracial/Multiracial** and **Native American** report the **highest proportions of depression**

Race and Depression



Almost **twice as many** people of color report **always experiencing isolation**

Race and Isolation



Income

- Percent of households making less than \$50,000 annually

Outagamie County – 38.7%
Calumet County – 32.8%
Winnebago County – 43.5%

- Percent of people and families whose income is below the poverty level

Outagamie County – 6.3%
Calumet County – 4.7%
Winnebago County – 6.2%



Source: American Community Survey 5-year estimates

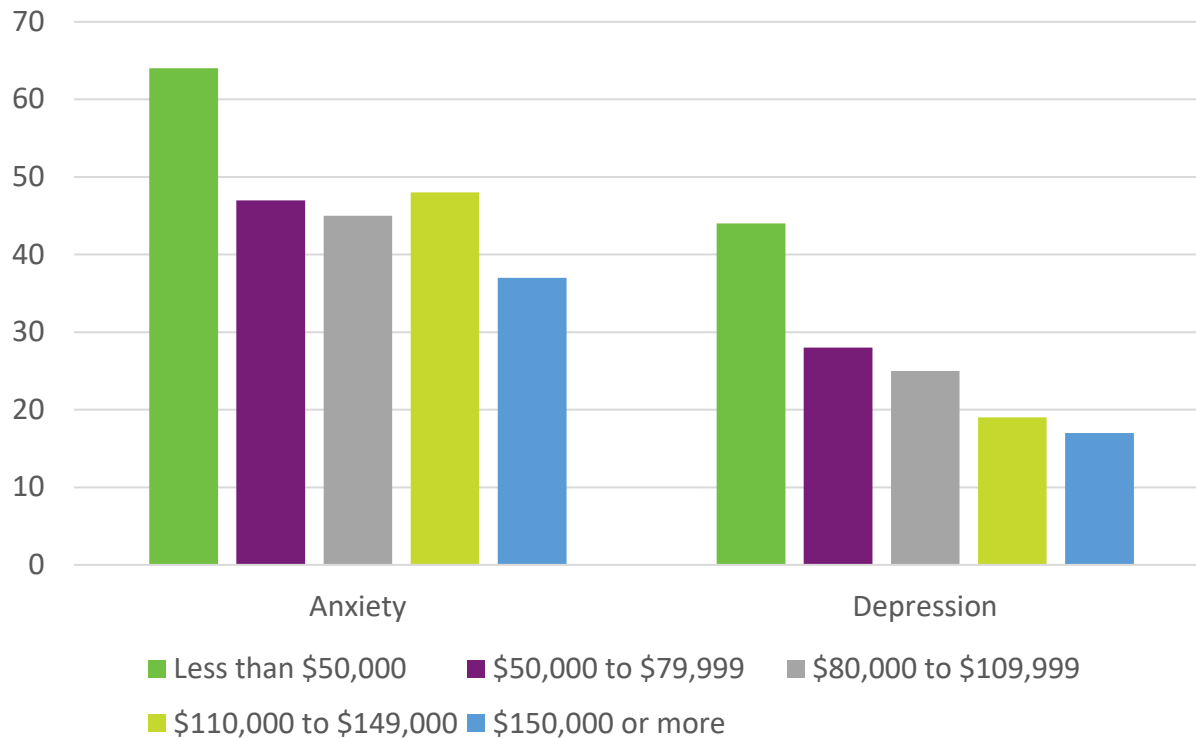
What does the survey data tell us?

Poorer health outcomes are associated with lower income

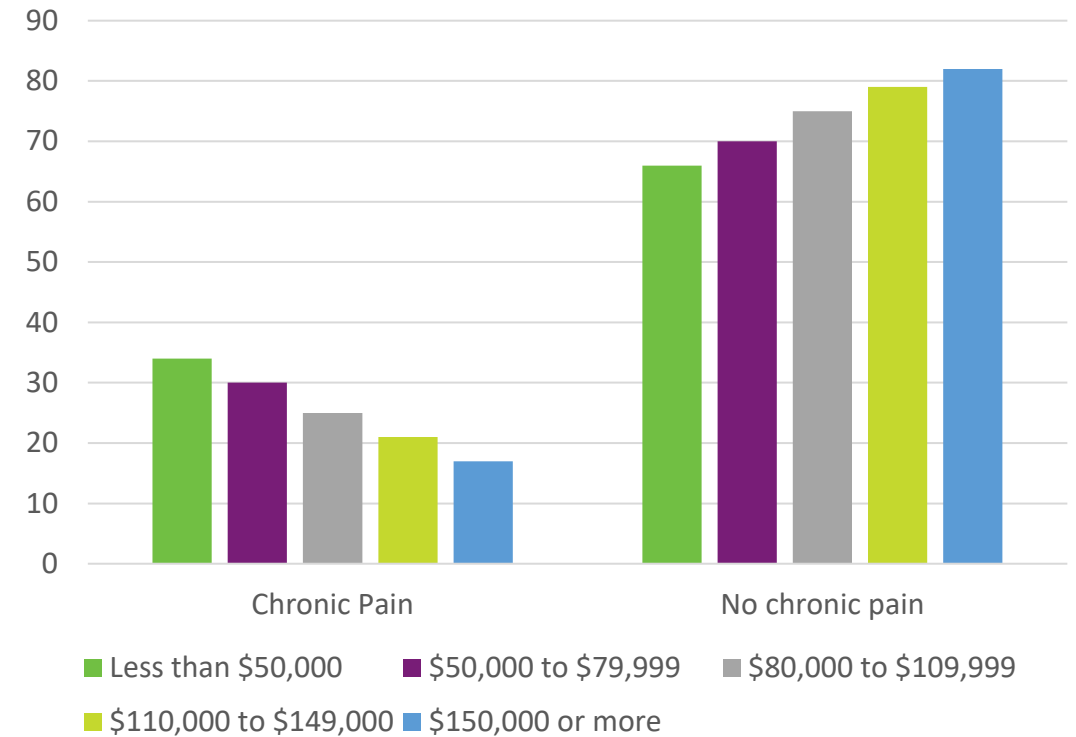
- As **income increases**, people are:
 - **more likely** to feel rested upon waking
 - **less likely** to engage in **non-suicidal self-injury**
 - **more likely** to know how to seek mental health care
- Individuals with a **lower income** are:
 - **more likely** to experience anxiety and depression
 - **more likely** to be living with chronic pain
 - **more likely** to be in need of mental health treatment

Lower income is associated with increased likelihood of Anxiety, Depression and Chronic Pain

Anxiety and Depression

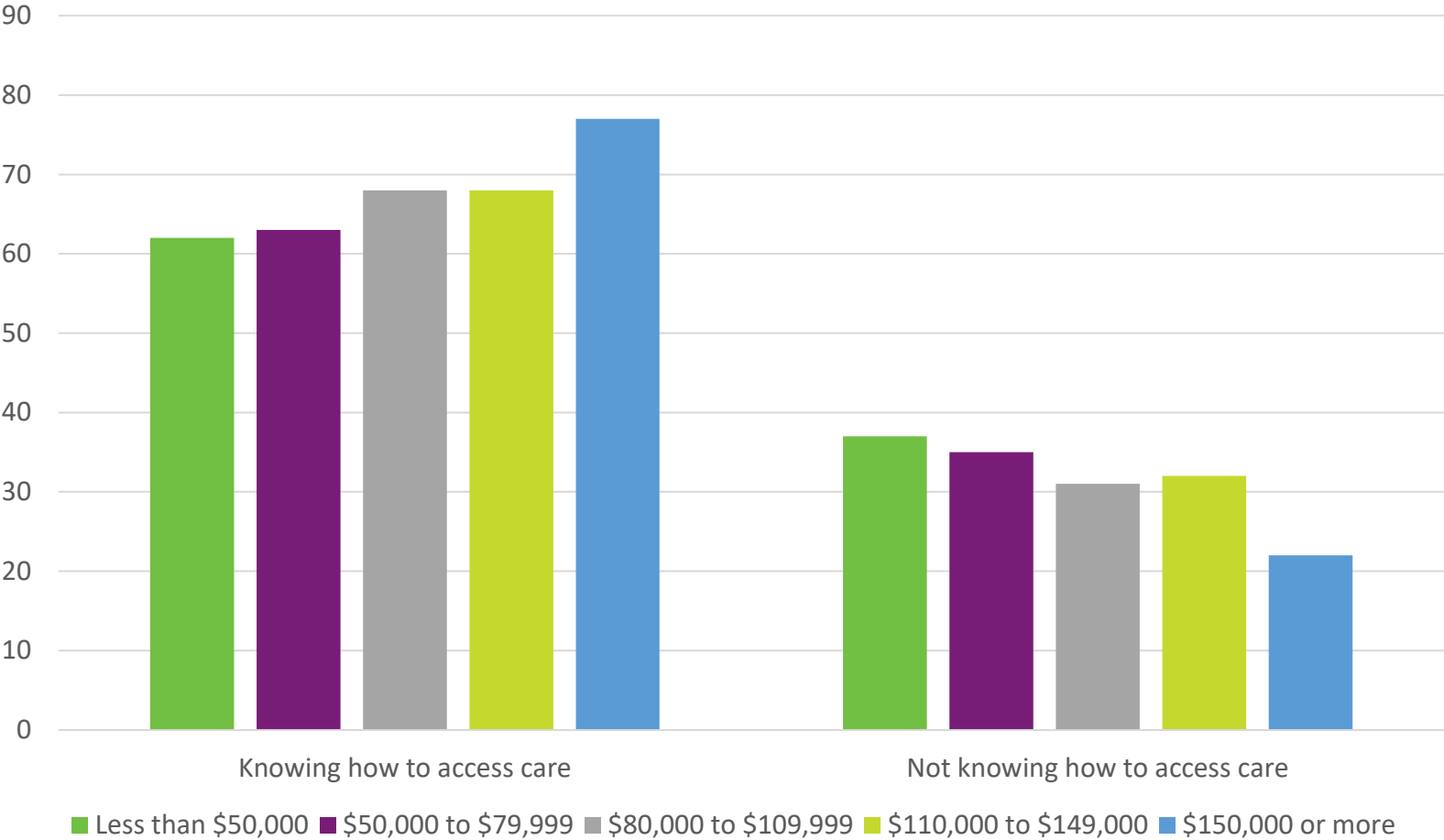


Living with chronic pain



Income affects accessing mental health care

Knowing how to access mental health care



Overarching Themes

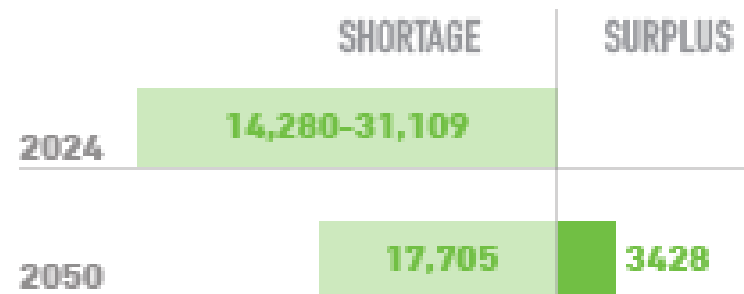
Survey results identified several factors contributing to an increase in symptoms associated with mental health challenges (depression, anxiety & thoughts of suicide) as well as disparities for BIPOC and LGBTQ+ community members.

Disparity Recommendations BIPOC | LGBTQ+

✓ BASIC NEEDS



✓ ACCESS TO CARE



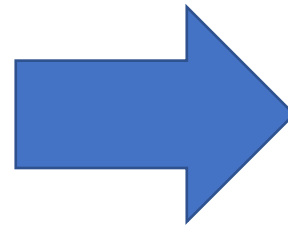
✓ SOCIAL CONNECTION



LACK OF SOCIAL CONNECTION IS A GREATER DETRIMENT TO HEALTH THAN OBESITY, SMOKING AND HIGH BLOOD PRESSURE.

The Recommendations Report 2023

LET'S CREATE *communities* WHERE
ALL INDIVIDUAL *needs* ARE MET AND PEOPLE *flourish*



Thank you!



QUESTIONS?

