Adults ages 18–24 had both a persistently high level of SPD over time and an increase in SPD from 2014–2018.

Males with SPD 9.6% (2018)
A 68% increase over 5 years

Women with SPD 12.1% (2018)
A 26% increase over 5 years

104% increase in adults in California ages 18–24

42% increase in all adults in California

Who had the biggest jump in SPD over a 5-year period?

- +104% 18–24 year olds
- +171% Asians
- +44% LGB people
- +65% College graduates
- +79% Wealthier (≥300% FPL)
- +103% Part-time workers

Who had persistently high rates of SPD? (2018 data)

- 23% 18–24 year olds
- 11.6% Latinos
- 31% LGB people
- 14.7% Adults, some college
- 15.8% Poorest (0–99% FPL)
- 23.5% Unemployed

Note: 5-year percentage increases are rounded to the nearest whole number.

Source: California Health Interview Survey 2014–2018. From the policy brief Serious Psychological Distress on the Rise Among Adults in California.