

Health Policy Brief

January 2021

Nearly 1 in 3 Adolescents in California Reports Serious Psychological Distress

Appendix

Exhibit 1A Psychological Distress in the Past Year by Social Determinants of Mental Health Inequities, Adolescents Ages 12–17, California, 2019

	SPD				MPD				LPD				NPD				Total	
	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%
All Adolescents, Ages 12–17	907K	29.3	25.7	33.0	484K	15.7	12.0	19.3	1.5M	47.4	42.6	52.2	235K	7.6	5.4	9.8	3.1M	100
Age Group																		
Ages 12–14	358K	22.9	18.1	27.7	254K	16.3	10.4	22.2	796K	51.0	44.7	57.3	152K	9.7	6.0	13.5	1.6M	100
Ages 15–17	549K	35.9	30.5	41.3	230K	15.0	11.1	19.0	668K	43.6	36.7	50.5	83K	5.5	2.9	8.0	1.5M	100
STRUCTURAL DETERMINANTS OF MENTAL HEALTH INEQUITIES																		
Economic Status																		
Poverty Level																		
0%–99% FPL	136K	30.6	17.8	43.5	122K	27.4	13.5	41.3	170K	38.3	24.5	52.1	16K	3.6	0.0	7.4	444K	100
100%–199% FPL	160K	22.9	14.6	31.3	110K	15.8	9.0	22.6	396K	56.8	47.8	65.9	31K	4.5	1.0	7.9	697K	100
200%–299% FPL	137K	37.5	26.9	48.2	53K	14.6 [†]	4.9	24.3	130K	35.7	23.7	47.7	44K	12.2 [†]	2.6	21.8	365K	100
300% FPL and above	474K	29.9	24.9	35.0	199K	12.6	8.0	17.2	767K	48.4	42.0	54.8	144K	9.1	5.7	12.4	1.6M	100
Health Insurance Coverage																		
Uninsured/Medicaid	290K	25.2	18.8	31.6	203K	17.7	11.2	24.2	598K	52.1	43.8	60.5	57K	5.0	2.4	7.5	1.1M	100
Employment/privately purchased	617K	31.9	27.3	36.5	281K	14.5	10.3	18.8	857K	44.3	38.5	50.2	178K	9.2	5.9	12.5	1.9M	100

Source: 2019 California Health Interview Survey

Notes: † Estimates are unstable.

– Cell size too small to report.

SPD - Serious Psychological Distress; MPD - Moderate Psychological Distress;
LPD - Low Psychological Distress; NPD - No Psychological Distress

Social determinants of mental health inequities are based on World Health Organization (WHO) Commission on Social Determinants of Health (CSDH) conceptual framework.

Exhibit 1A Psychological Distress in the Past Year by Social Determinants of Mental Health Inequities, Adolescents Ages 12–17, California, 2019
 (continued)

	SPD				MPD				LPD				NPD				Total	
	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%
Social Status																		
Gender																		
Male	352K	22.4	17.7	27.1	225K	14.3	8.8	19.8	838K	53.3	46.4	60.1	158K	10.0	6.6	13.5	1.6M	100
Female	554K	36.6	30.6	42.6	259K	17.1	12.0	22.2	625K	41.2	34.4	48.1	77K	5.1	2.5	7.7	1.5M	100
Gender Expression																		
Gender-nonconforming	212K	36.4	26.4	46.5	91K	15.7	8.6	22.8	237K	40.8	30.4	51.3	41K	7.0†	0.9	13.1	581K	100
Gender-conforming	695K	27.7	23.3	32.1	393K	15.7	11.4	19.9	1.2M	48.9	43.6	54.2	195K	7.8	5.3	10.2	2.5M	100
Race and Ethnicity																		
Latinx	425K	27.1	21.3	32.9	256K	16.3	11.2	21.4	746K	47.6	41.1	54.1	141K	9.0	5.0	13.0	1.6M	100
Black (NL)	23K	13.9†	0.0	29.5	31K	18.9†	3.7	34.0	98K	59.3	35.8	82.7	13K	8.0†	0.0	16.5	165K	100
Asian (NL)	77K	20.9	8.7	33.1	71K	19.4†	6.2	32.5	190K	51.4	37.6	65.2	31K	8.4†	2.0	14.7	369K	100
Two or more races (NL)	48K	42.9	19.4	66.4	18K	16.4†	0.0	32.9	33K	29.9	14.7	45.1	12K	10.8†	0.0	24.3	111K	100
White (NL)	307K	36.6	30.7	42.5	107K	12.8	9.4	16.2	386K	46.0	39.0	53.0	39K	4.6	2.1	7.0	839K	100
Nativity Status																		
U.S.-born	833K	28.8	25.2	32.4	445K	15.4	11.5	19.2	1.4M	48.0	43.3	52.7	227K	7.9	5.6	10.1	2.9M	100
Foreign-born	74K	37.7	17.2	58.2	39K	20.1†	4.6	35.6	74K	38.0	18.9	57.1	8K	4.2†	0.3	8.1	195K	100
HEALTH STATUS AND HEALTH BEHAVIORS																		
Health Status																		
Excellent	132K	16.0	9.9	22.1	42K	5.1†	1.5	8.6	508K	61.7	52.7	70.6	142K	17.2	10.6	23.8	823K	100
Very good	371K	28.8	22.5	35.2	237K	18.4	12.5	24.2	617K	47.9	40.1	55.7	63K	4.9†	1.8	8.0	1.3M	100
Good	317K	39.4	29.8	48.9	170K	21.1	13.3	28.9	287K	35.7	27.8	43.7	30K	3.8†	0.4	7.2	805K	100
Fair/poor	87K	49.9	31.4	68.3	36K	20.7†	5.8	35.6	51K	29.4	13.5	45.3	–	–	–	–	174K	100
Sedentary on Typical Weekend																		
Less than 3 hours	111K	19.0	10.8	27.2	101K	17.2	7.4	27.0	307K	52.3	42.8	61.8	68K	11.6†	4.5	18.7	586K	100
3 to less than 5 hours	198K	25.6	19.4	31.8	77K	9.9	4.4	15.5	424K	54.7	45.9	63.4	76K	9.8	4.7	14.9	775K	100
5 or more hours	597K	34.6	29.1	40.0	307K	17.7	12.7	22.7	733K	42.4	35.9	48.9	92K	5.3	2.9	7.8	1.7M	100

Source: 2019 California Health Interview Survey

Notes: † Estimates are unstable.

– Cell size too small to report.

SPD - Serious Psychological Distress; MPD - Moderate Psychological Distress;

LPD - Low Psychological Distress; NPD - No Psychological Distress

NL = non-Latinx

Social determinants of mental health inequities are based on World Health Organization (WHO) Commission on Social Determinants of Health (CSDH) conceptual framework.

Exhibit 1A Psychological Distress in the Past Year by Social Determinants of Mental Health Inequities, Adolescents Ages 12–17, California, 2019
 (continued)

	SPD				MPD				LPD				NPD				Total	
	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%
Nutrition																		
5+ servings of fruits and vegetables	169K	21.2	14.6	27.7	91K	11.4	6.2	16.5	488K	61.2	52.6	69.9	50K	6.2†	2.5	10.0	797K	100
Less than 5 servings	738K	32.2	27.6	36.8	394K	17.2	13.0	21.4	975K	42.5	37.2	47.8	186K	8.1	5.6	10.6	2.3M	100
How often use computer/mobile device for social media																		
Almost constantly	234K	39.1	28.3	49.9	98K	16.4	9.9	22.9	254K	42.3	30.8	53.8	13K	2.2†	0.1	4.2	599K	100
Many times a day	338K	27.9	22.4	33.5	187K	15.4	9.0	21.9	573K	47.4	40.1	54.7	112K	9.2	5.0	13.5	1.2M	100
A few times a day	256K	29.8	21.7	37.8	125K	14.6	7.4	21.7	403K	46.8	38.2	55.5	76K	8.8	4.1	13.5	860K	100
Less than a few times a day	79K	18.7	10.1	27.3	74K	17.5	9.3	25.7	234K	55.4	44.1	66.7	35K	8.4†	2.0	14.7	421K	100
Risky Health Behaviors																		
Binge drinking in the past month																		
Engaged in binge drinking	99K	41.3	21.0	61.6	36K	14.8†	1.9	27.6	100K	41.5	19.4	63.7	6K	2.4	0.0	5.9	241K	100
Did not engage in binge drinking	807K	28.3	24.9	31.8	449K	15.7	12.0	19.5	1.4M	47.8	43.1	52.6	230K	8.1	5.8	10.3	2.8M	100
Ever tried marijuana or hashish																		
Has tried marijuana	231K	47.6	35.6	59.6	90K	18.5	10.7	26.4	150K	31.0	20.6	41.4	14K	2.9†	0.2	5.5	485K	100
Never tried marijuana	676K	26.0	21.9	30.1	390K	15.0	10.8	19.1	1.3M	50.5	45.5	55.4	222K	8.5	6.0	11.1	2.6M	100
Ever smoked cigarette or e-cigarette																		
Has smoked	246K	45.1	33.6	56.6	98K	18.0	10.0	26.0	188K	34.5	24.1	44.9	14K	2.5†	0.2	4.8	545K	100
Has never smoked	661K	26.0	22.5	29.5	386K	15.2	11.0	19.3	1.3M	50.1	45.2	55.1	222K	8.7	6.0	11.4	2.5M	100

Source: 2019 California Health Interview Survey

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Exhibit 2A Level of Psychological Distress Among Adolescents Ages 12–17 by Region, California, 2019

	SPD				MPD				LPD				NPD				Total	
	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%	Lower CI	Upper CI	N	%
Regions																		
Northern/Sierra counties	35K	35.9	17.7	54.1	19K	19.6 [†]	4.9	34.3	40K	40.7	26.6	54.8	4K	3.8 [†]	0.0	7.6	99K	100
Greater Bay Area	171K	30.9	18.6	43.2	120K	21.8	10.1	33.5	228K	41.1	30.8	51.5	34K	6.2 [†]	0.8	11.6	553K	100
Sacramento Area	65K	34.7	21.3	48.0	34K	18.1 [†]	7.0	29.3	80K	42.6	28.5	56.7	9K	4.6 [†]	0.0	10.1	188K	100
San Joaquin Valley	93K	22.8	13.1	32.5	87K	21.3	9.1	33.5	214K	52.2	37.6	66.9	15K	3.7 [†]	0.0	7.8	409K	100
Central Coast	33K	18.1 [†]	3.7	32.5	17K	9.5 [†]	0.2	18.9	130K	71.9	53.8	89.9	1K	0.5 [†]	0.0	1.5	181K	100
Los Angeles	280K	37.3	29.1	45.6	65K	8.7	3.7	13.6	332K	44.3	34.6	53.9	73K	9.7 [†]	3.7	15.7	750K	100
Other Southern California	229K	25.2	18.8	31.6	141K	15.5	10.2	20.8	440K	48.3	40.5	56.1	100K	11.0	6.0	16.1	910K	100

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