Today’s moderator

John Auerbach, MBA
President and CEO
Trust for America’s Health

tfah.org
Trust for America’s Health

Independent, non-partisan, public health & prevention focus, including:

• Evidence-based policy, research & advocacy

• Dedicated to improving the health of every community & making disease prevention a national priority

• Weekly Digest - sign up
National Resilience Strategy: Programs in Action

• The *Pain in the Nation* report highlights more than 60 research-based policies, practices, and programs.

  • [www.paininthenation.org](http://www.paininthenation.org)
  • [www.tfah.org](http://www.tfah.org)
  • [www.wellbeingtrust.org](http://www.wellbeingtrust.org)
Pain in the Nation Policy
Recommendations

• Invest in evidence-based strategies across sectors

• Increase funding for prevention

• Support community conditions that promote mental & physical health

Trust for America’s Health
www.tfah.org
Well Being Working Group

• Cross-Sector Coalition
• Focused on upstream strategies to address suicide, SUD, and mental distress
• For more information contact Jonah Cunningham jcunningham@tfah.org
CDC 2018 findings

- CDC has found:
  - suicide increased
  - Opioid overdoses decreased
  - Alcohol deaths increased
COVID-19 Exacerbates Mental Health Disparities

- Lack of access to care, especially culturally/linguistically appropriate
- Racism, homophobia, and other forms of discrimination

Figure 8: Suicide rate per 100,000 by race/ethnicity
(Youth Risk Behavior Survey, 2016)
Mental Health and COVID-19

Figure 1
Most Americans – Across Demographic Groups – Say Their Lives Have Been Disrupted By Coronavirus Outbreak

Percent who say their life has been disrupted a lot or some by coronavirus outbreak:

<table>
<thead>
<tr>
<th>Category</th>
<th>A lot</th>
<th>Some</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>45%</td>
<td>27%</td>
<td>72%</td>
</tr>
<tr>
<td>Men</td>
<td>40%</td>
<td>30%</td>
<td>70%</td>
</tr>
<tr>
<td>Women</td>
<td>49%</td>
<td>25%</td>
<td>74%</td>
</tr>
<tr>
<td>White</td>
<td>45%</td>
<td>33%</td>
<td>78%</td>
</tr>
<tr>
<td>Black</td>
<td>47%</td>
<td>23%</td>
<td>70%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>40%</td>
<td>14%</td>
<td>54%</td>
</tr>
<tr>
<td>Parent of child &lt;18</td>
<td>49%</td>
<td>24%</td>
<td>73%</td>
</tr>
<tr>
<td>Not a parent</td>
<td>43%</td>
<td>29%</td>
<td>72%</td>
</tr>
</tbody>
</table>

TFAH’s Response to COVID-19

• Webinar Series - Next one: Equity on May 20th
• COVID-19 Resource Portal Online
• Leading Advocacy Efforts