

Module 1: Lecture 4

SCRIPT

Slide 1: The fourth and final lecture for module 1 on the Minnesota Statewide health assessment will discuss the belonging section of the assessment.

Slide 2: The subsections that will be covered in this section are mental health & well-being, prenatal & early life experience, sexual health, substance abuse, physical & sexual violence, and a policy profile.

Slide 3: In 2021, Minnesotans reported an average of 4.3 mentally unhealthy days in the past 30 days, more than two times as many as they reported in 2013. Mental health is more than the absence of disease; not having a mental illness does not guarantee good mental health. Yet, just because you have a mental illness does not mean you have poor mental health. Mental health has many aspects: life satisfaction, self-acceptance, sense of purpose, identity, connection and belonging, empowerment, and resilience. Mental and physical health are connected because mental illnesses like depression and anxiety can affect people's engagement in health behaviors, and physical health issues impact people's mental health. Minnesotans are reporting more frequent mental distress and poor mental health. In 2022, about 29% of Minnesota students reported that they lived with someone who was depressed or had another mental health issue. Different groups experience mental health in different ways; for example, as of 2021, 30% of adult males, 60% of adult females, and 50% of juvenile males use ongoing mental health services in correctional facilities in Minnesota.

Slide 4: Data for this assessment displayed that experience and outcomes associated with pregnancy, childbirth, and infancy are not equitable across racial groups. Race-related stressors can occur in neighborhoods, schools, workplaces, relationships, social roles, and media consumed, in addition to racial bias throughout a person's lifespan. Inequities in employment and education may be a contributing factor to racial inequities in infant mortality. In 2021, 310 infants born in Minnesota died before their first birthday. While Minnesota's rate of infant death before one year of age has declined 34.2% since 1990, from a high of 7.3 deaths per 1,000 live births to 4.8 in 2021, the state's overall rate disguises substantial variation by race/ethnicity—the burden of infant death is not shared equally across population groups. Overall, from 2016-2017, more than 7% of pregnant women surveyed by MDH reported experiencing five or more stressful events in the year before their baby was born. Rates varied by race/ethnicity, with nearly 29% of American Indian and 21% of U.S.-born African Americans reporting five or more stressful events in the year before their babies were born.

Slide 5: Civic participation encompasses a wide range activities, such as voting, volunteering, participating in group activities, and community gardening. Some are individual activities that benefit society, like voting or group activities that benefit either the group members like recreational soccer teams, or society, like volunteer organizations. One way civic participation improves health is by building social capital, which is defined as "features of social organization such as networks, norms, and social trust that facilitate coordination and cooperation for mutual benefit." A study found that members of civic groups were more likely to be physically active. Belonging to civic groups expanded participants' social networks, which made them more aware of opportunities to be physically active in their community. Engaging in meaningful civic activities can also help individuals develop a sense of purpose, which may promote continued civic participation. Voting impacts decisions and policies that impact our health through systems and structures created. Two intersecting and interdependent systems comprise [democracy](#) in the United States: first a political system of representative government, which includes the legislative, executive, and judicial branches at the federal, state, and local levels; and a collective system of self-governance, which includes how individuals interact with each other and their political

system through many forms of civic engagement. Additionally, seeing people like you, i.e., people of the same community, race, culture, gender, etc., in positions of power, specifically elected officials, contributes positively to belonging.

Slide 5: Sexual health is not just the absence of disease or dysfunction it has to do with a person's physical, emotional, mental, and social well-being in relation to sexuality. A lack of sexual education and preventative care services impacts some populations disproportionately, which can lead to sexual health impairment. Women, specifically American Indian, Black or African, and women of color, disproportionately experience the long-term consequences of sexually transmitted disease due to being more prone to contracting an STD and less likely to have symptoms, making it difficult to diagnose in the early stages. The long-term impact can have severe consequences on health and fertility. The rate of syphilis in Minnesota also increased between 2012 and 2021, including among women and people who can become pregnant.

Additionally, as you can read, over the past ten years, the rate of chlamydia in MN has increased by 15% and gonorrhea by 110%, with significant inequities between populations based on race/ethnicity, gender, and age. HIV/AIDS outbreaks still occur for example, when the assessment was released, there were multiple outbreaks in Hennepin and Ramsey counties, along with in the Duluth area. People who are diagnosed face stigma, rejection, and other negative attitudes, especially among people who have sex with men, people who inject drugs, and people experiencing unsheltered homelessness. In 2022, 262 people were diagnosed with HIV. Most (57%) of new diagnoses were in people between 20 and 39 years old.

Slide 6: Substance use directly impacts our health in addition to our social functioning and our interactions with others. In MN, racial inequities exist in fatal overdoses. American Indians are ten times as likely to die from drug overdose than white Minnesotans, and Black Minnesotans are three times as likely to die from drug overdose than white Minnesotans. Some reasons that the inequities exist may be the experience of institutional racial bias, the effect of racism-related stressors on mental and physical health consciousness, and unconscious bias that shapes the treatment of people of color. As of 2019, about 90% of Minnesota people who were incarcerated were diagnosed with a substance use disorder. The pandemic also played a role in substance. According to the Kaiser Family Foundation, 12% of U.S. adults say their alcohol consumption and substance use has increased because of pandemic-related stress. Additionally, in MN, alcohol remains the primary substance use when adults are admitted to substance use disorder treatment.

Slide 7: Physical and sexual violence is a means of maintaining power or control over another person—the effects of this violence on a person's mind and body last for a lifetime. Specific groups are more likely to experience violence, similar to many other health issues. ^ In 2022, there were more than 11,000 emergency department visits for assaults, more than 70 visits to the emergency department for elder abuse, and just over 60 visits to the emergency department for abuse during pregnancy. In 2022, 13.5% of Minnesota students in grades 9 and 11 reported having experienced one or more types of sexual violence. This means that roughly one in eight students have experienced some form of sexual harm by the end of 11th grade. Students most commonly reported sexual violence as being perpetrated by an intimate partner.

Slide 8: Universal broadband internet access is defined as all people accessing broadband internet communications services. The Federal Communications Commission identifies broadband internet as a determinant of health and a gateway to education, employment, and other social determinants of health. From this point of view, access to broadband internet is the connector to health services, social services, work, and each other. Especially during the COVID-19 pandemic, having access to the internet was even more of a need to work, reach education, and social arrangements—the cost and decisions of

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where to invest in infrastructure impact people's access. For example, Fifty-four percent of Hispanic broadband users say they worry about being able to pay for their home internet services, compared with 36% of Black users and 21% of white users.

Slide 9: Our mental health, prenatal & early life, sexual health, substance abuse, physical and sexual violence, and policies like universal broadband internet are linked to our belonging that impact our health physically and mentally. After learning about the belonging section of the assessment, how has your belonging impacted your health?

For any additional questions ask:

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