

Mental Health Impacts During COVID-19, and Substance Use in Vulnerable Communities

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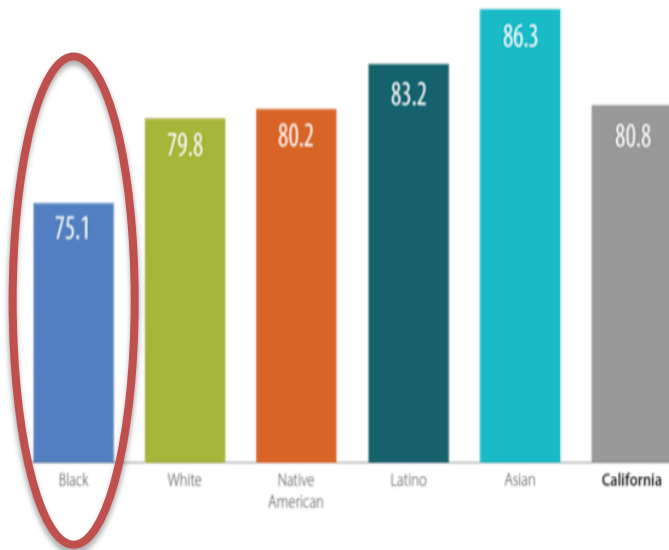


States are calling racism a public health crisis. Here's what that means

By [Harmeet Kaur](#) and Skylar Mitchell, CNN Updated 10:32 AM ET, Fri August 14, 2020



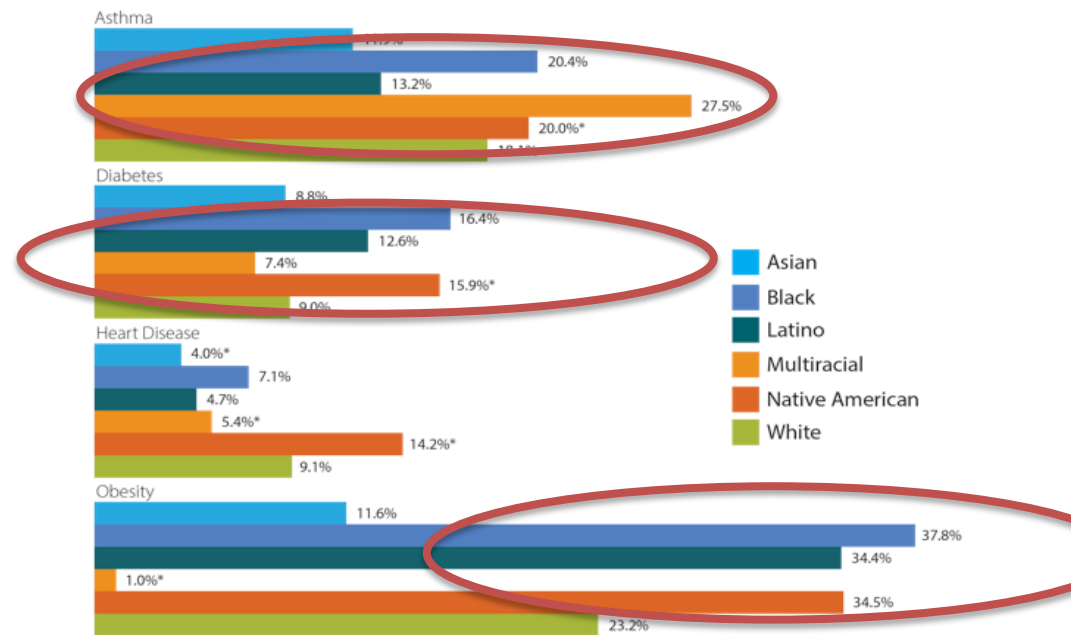
Life Expectancy, by Race/Ethnicity California, 2017



Source: "Life Expectancy by State 2019: Life Expectancy Rates in California in Years," World Population Review, August 28, 2019, <http://worldpopulationreview.com>.

CALIFORNIA HEALTH CARE FOUNDATION

Adults with Chronic Conditions, by Race/Ethnicity California, 2017



* Statistically unstable.

Notes: Source uses African American, American-Indian/Alaska Native, and Two or More Races. Estimates are not shown for Native Hawaiian/Pacific Islander because the results were statistically unstable.

Source: "AskCHIS," UCLA Center for Health Policy Research, accessed April 12, 2019, <http://ask.chis.ucla.edu>.

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Public Health and Health Equity

Poverty, racism, lack of educational and economic opportunities are among the fundamental determinants of poor health and lack of safety for many communities.

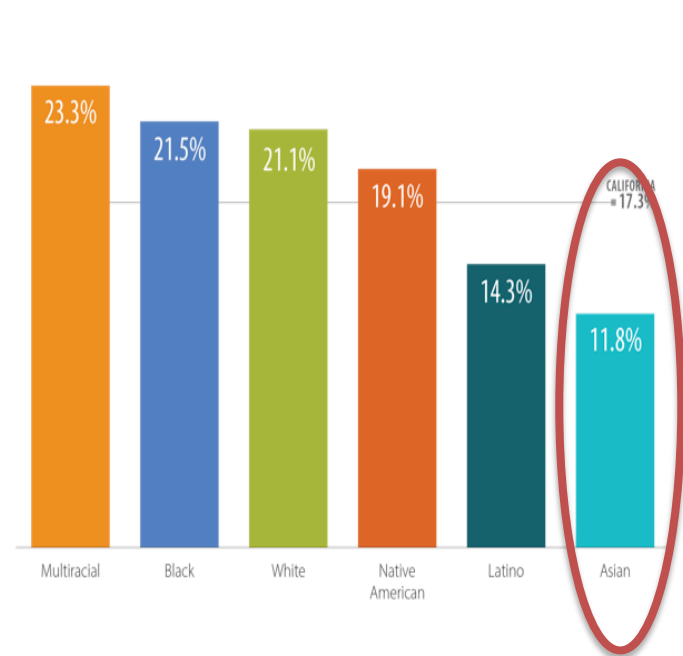
- These inequities are shaped by -
 - the unequal distribution of resources
 - systemic racism, biased and discriminatory policies and practices
 - structures and systems built on white supremacy
 - trauma
 - inequities in nearly every measure of health status
 - generational cycles of poor health and limited access to care

Social Determinants of Health

- Economic stability
- Neighborhood and built environment
- Health and health care
- Education
- Social and community context

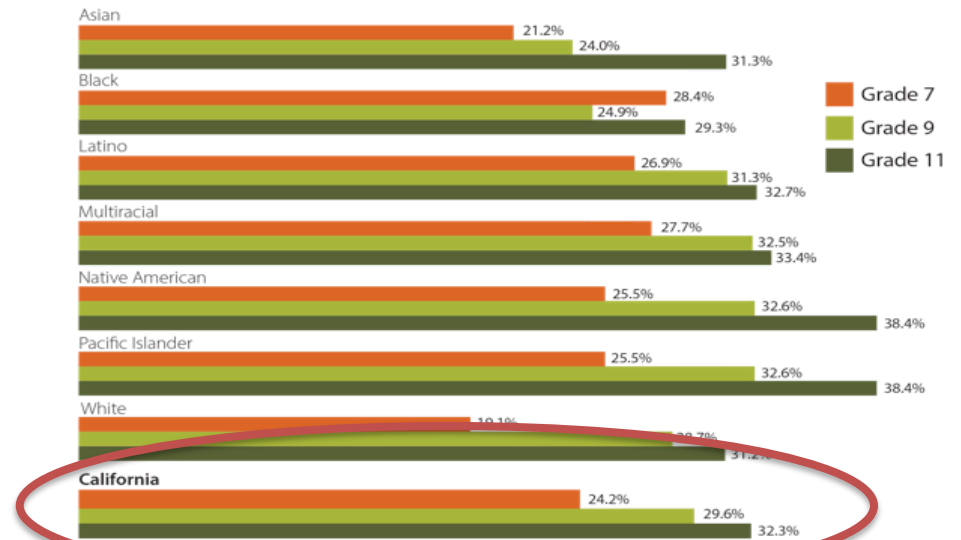


Depression Prevalence, by Race/Ethnicity California, 2017



Notes: Adults who have ever been told they have a form of depression. Crude prevalence (not age-adjusted). Source uses Hispanic and American Indian or Alaskan Native. Prevalence estimates are not available for Native Hawaiian or other Pacific Islander.
Source: "BRFSS Prevalence & Trends Data," Centers for Disease Control and Prevention, n.d. www.cdc.gov.

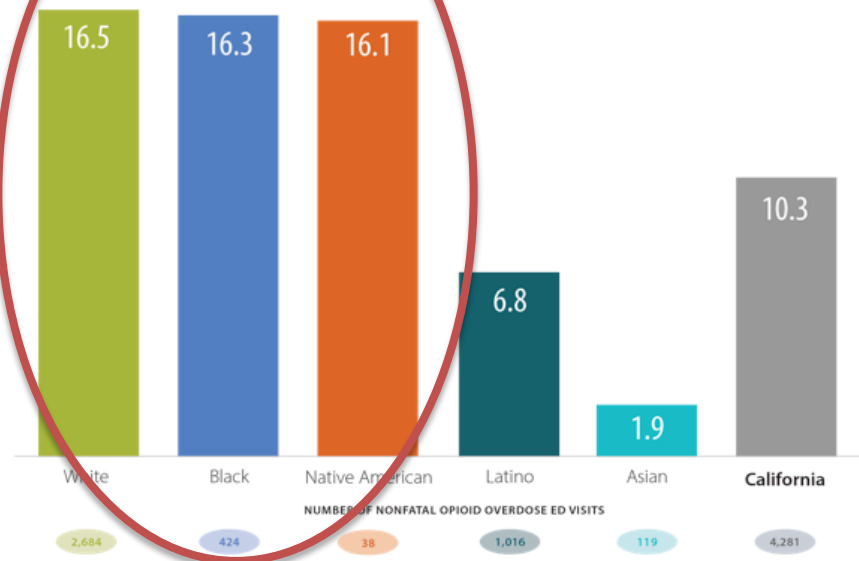
Children with Depression-Related Feelings, by Race/Ethnicity California, 2015 to 2017



Notes: Percentage of students who answered "yes" to the question "In the past 12 months, how often have you ever felt so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?" Source uses Hispanic or Latino, Black or African American, American Indian or Alaska Native, Native Hawaiian or Pacific Islander, and Mixed.
Source: Gregory Austin et al., School Climate, Substance Use, and Well-Being Among California Students, 2015-2017: Results of the Sixteenth Biennial Statewide Student Survey, Grades 7, 9, and 11, WestEd, 2018. <https://data.calschs.org> (PDF).

Opioid Overdose Emergency Department Visits, by Race/Ethnicity California, 2017

AGE ADJUSTED RATE PER 100,000 POPULATION

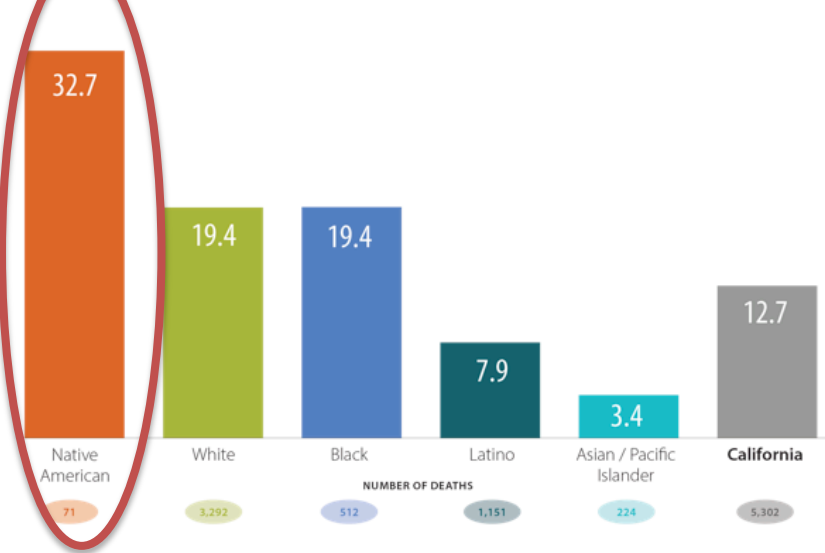


Note: Emergency department (ED) visits caused by nonfatal acute poisonings due to the effects of all opioid drugs, excluding heroin, regardless of intent (e.g., suicide, unintentional, or undetermined).

Source: "California Opioid Overdose Surveillance Dashboard," California Dept. of Public Health, accessed April 12, 2019, <https://discovery.cdph.ca.gov>.

Drug-Induced Deaths, by Race/Ethnicity California, 2017

AGE ADJUSTED RATE PER 100,000 POPULATION



Notes: Data come from registered death certificates. Deaths for persons of unknown age are included in the number but not age-adjusted rate. Drug-induced deaths are those with ICD-10 codes that cover unintentional, suicide, homicide, and undetermined poisoning. Source uses Hispanic or Latino, American Indian or Alaska Native, and Black or African American. Source: "Underlying Cause of Death 1999-2017," Centers for Disease Control and Prevention, released December 2017, accessed October 18, 2019, <https://wonder.cdc.gov>.

Types of Adverse Childhood Experiences (ACEs)

Abuse



Emotional



Physical



Sexual

Household Challenges



Mother Treated
Violently



Substance
Use



Mental
Illness



Separation or
Divorce



Criminal Household
Member

Neglect



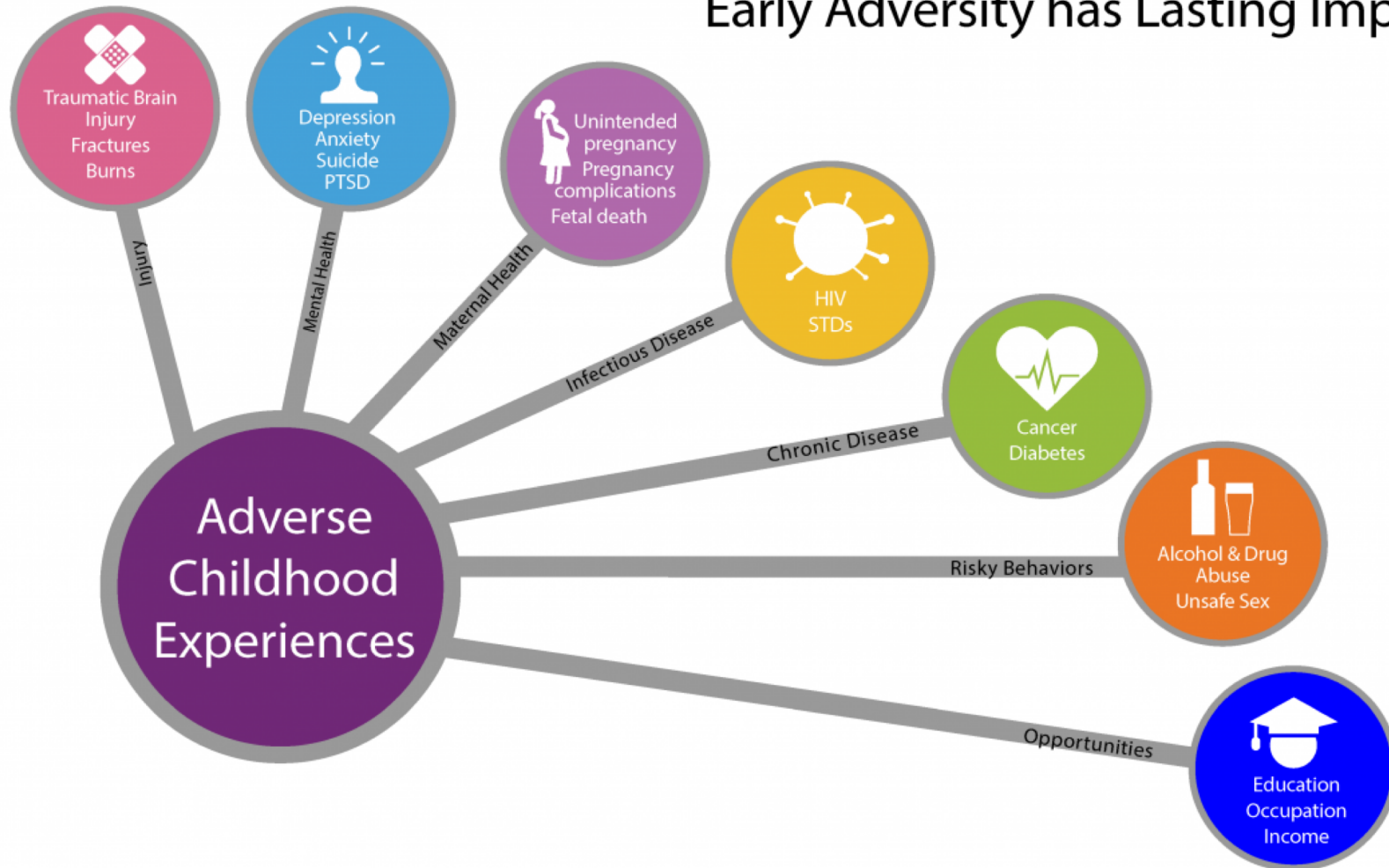
Emotional



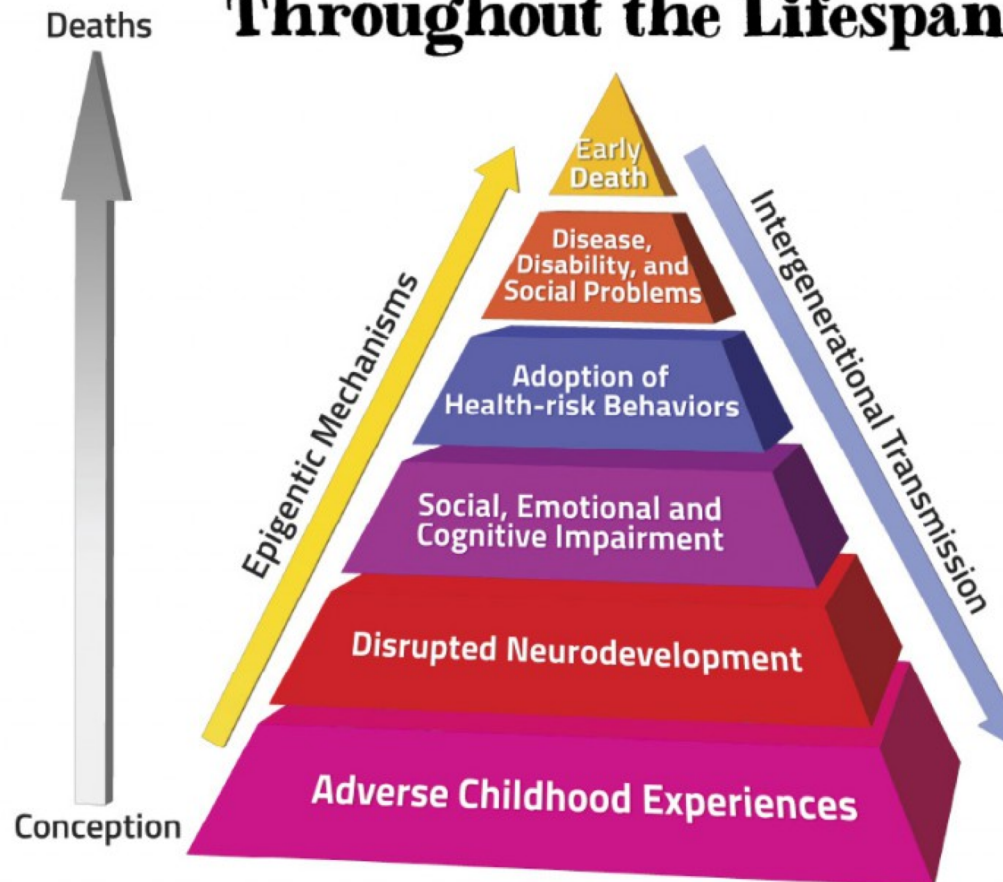
Physical

ACE's and linked outcomes (CDC)

Early Adversity has Lasting Impacts

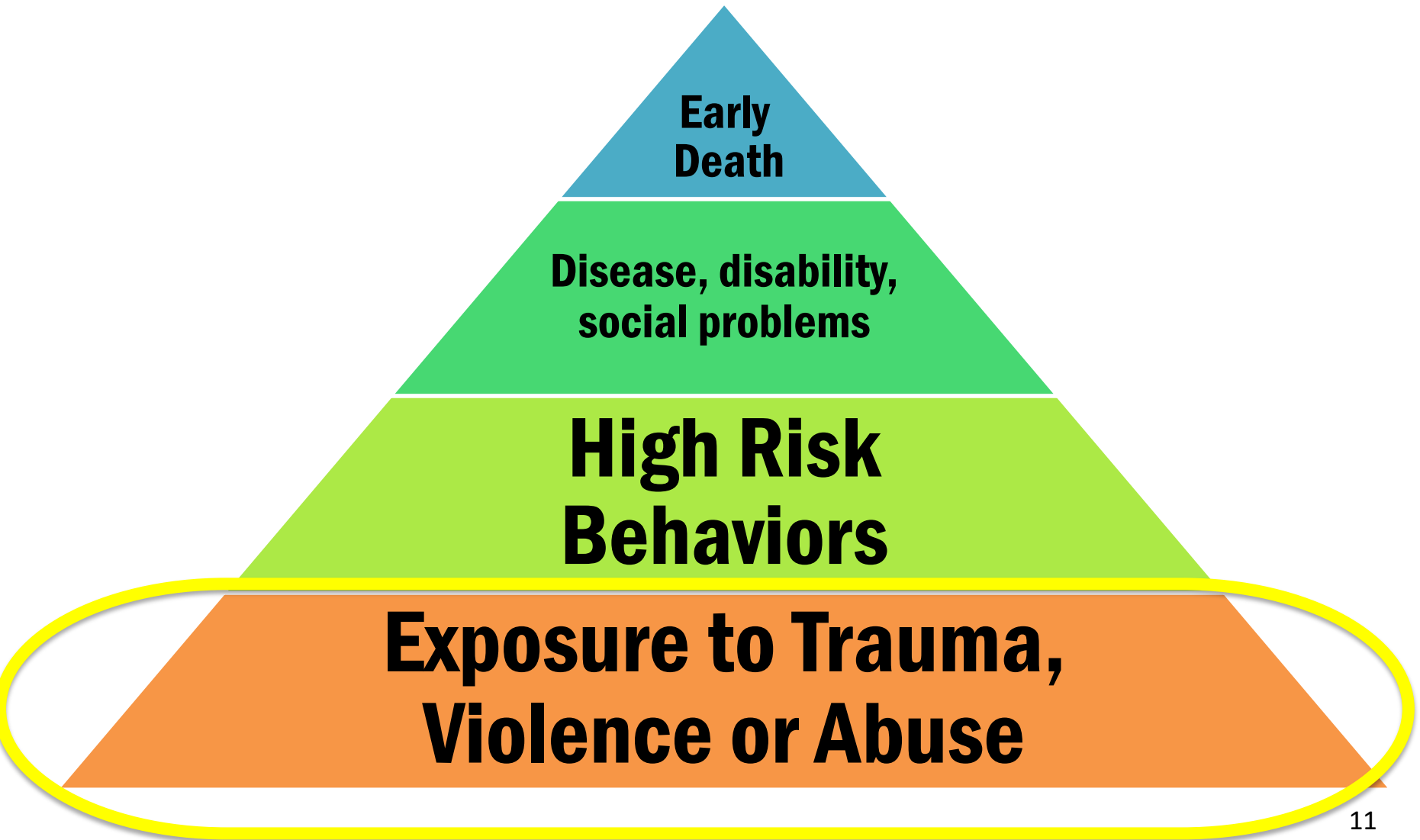


Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Slide Courtesy of Rob Anda, MD, MS

Modified ACE's Pyramid



Philadelphia Expanded ACE's

The Philadelphia Expanded ACE questions look at Community-Level Adversity

Witness Violence	How often, if ever, did you see or hear someone being beaten up, stabbed, or host in real life?
Felt discrimination	While you were growing up...How often did you feel that you were treated badly or unfairly because of your race or ethnicity?
Adverse Neighborhood experience	Did you feel safe in your neighborhood? Did you feel people in your neighborhood looked out for each other, stood up for each other, and could be trusted?
Bullied	How often were you bullied by a peer or classmate?
Lived in foster care	Were you ever in foster care?



The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

Violence

Discrimination

Poor Housing
Quality &
Affordability

Community
Disruption

Lack of Opportunity, Economic
Mobility & Social Capital

Ellis W. & Dietz W. BCR Framework. *Academic Peds* (2017).



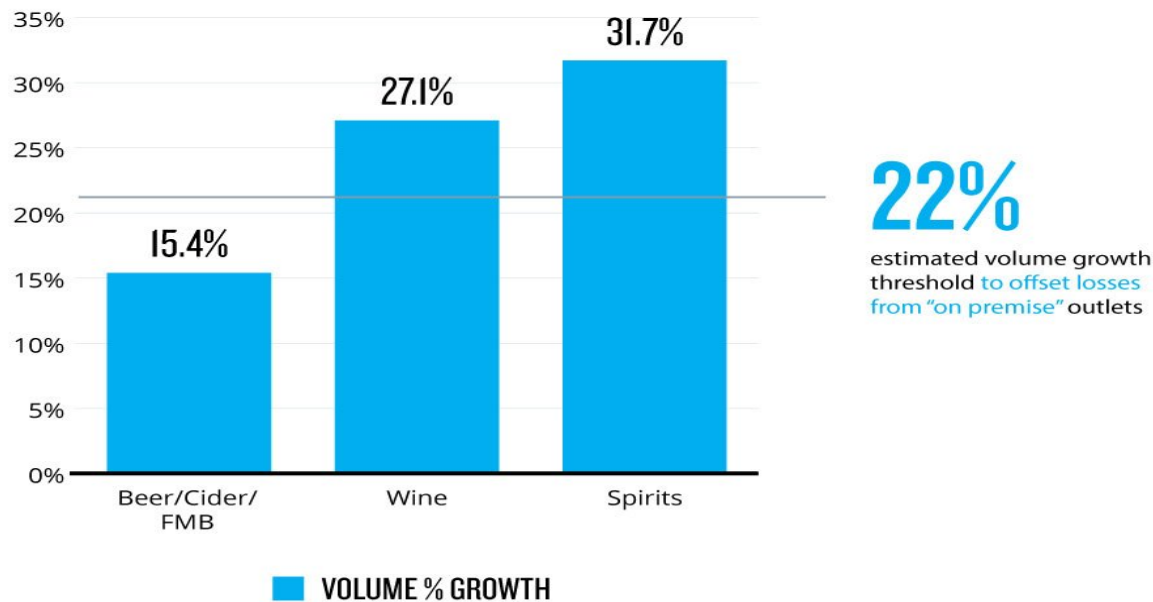
Impacts of COVID-19



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WHAT'S NEEDED TO REBALANCE THE ALCOHOL INDUSTRY AMID COVID-19 RESTAURANT RESTRICTIONS

Alcohol volume growth during COVID-19



Source: Nielsen Retail Measurement Services, Total US All Outlets Combined (xAOC) including Convenience and Liquor Stores, COVID-19 impact period from the week ended Mar. 7, 2020 to latest week ended Apr. 25, 2020 versus year-ago, FMB = Flavored Malt Beverages, "On premise" refers to outlets licensed for the sale and consumption of alcohol on the premises of the establishment.

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World Health Organization (WHO)

The screenshot shows the WHO website interface. At the top, there are navigation links for Home, Health topics, Courses, Publications, Data and evidence, Media centre, and About us. The main content area features a header with the title 'Alcohol and COVID-19: what you need to know' and a sub-header 'Infographic - Alcohol and COVID-19: what you need to know'. Below this, there is a list of key messages: 'Avoid alcohol altogether', 'Do not use alcohol as a way of dealing with your emotions and stress', 'Reach out for help', 'Never mix alcohol with medications', 'Avoid alcohol as a social cue for smoking', and 'Make sure that children and young people do not have access to alcohol'. The page also includes social media sharing options and contact information for the WHO Regional Office for Europe.



Facing the COVID-19 (new coronavirus disease) pandemic, the countries of the world must take decisive action to stop the spread of the virus. In these critical circumstances, it is essential that everyone is informed about other health risks and hazards so that they can stay safe and healthy.

The following factsheet provides important information that you should know about alcohol consumption and COVID-19. It addresses, among other things, the misinformation that is being spread through social media and other communication channels about alcohol and COVID-19.

The most important point to remember:

In no way will consumption of alcohol protect you from COVID-19 or prevent you from being infected by it

General facts about alcohol and your body

Ethyl alcohol (ethanol) is the substance in alcoholic beverages that is responsible for most of the harms that arise from their consumption, irrespective of whether it is consumed in the form of wine, beer, spirits or anything else.

Unfortunately, other toxic substances that may smell like ethanol can be added in adulterated beverages that are produced informally or illegally; or they may be present in alcoholic products that are not intended for human consumption, such as hand disinfectant. Added substances such as methanol can be fatal even in small amounts or may lead to blindness and kidney disease, among other problems. According to media reports and anecdotal sources, deaths related to the ingestion of such alcoholic products, based on the mistaken belief that they will somehow offer protection against the virus, have already occurred in some countries during the COVID-19 outbreak.

These are the general facts you should know about the consumption of alcohol and health:

- Alcohol has effects, both short-term and long-term, on **almost every single organ of your body**. Overall, the evidence suggests that there is **no "safe limit"** – in fact, the risk of damage to your health increases with each drink of alcohol consumed.
- Alcohol use, especially heavy use, **weakens the immune system** and thus reduces the ability to cope with infectious diseases.
- Alcohol, even in very small quantities, is known to **cause certain types of cancer**.
- Alcohol **alters your thoughts, judgement, decision-making and behaviour**.



CALIFORNIA CASES

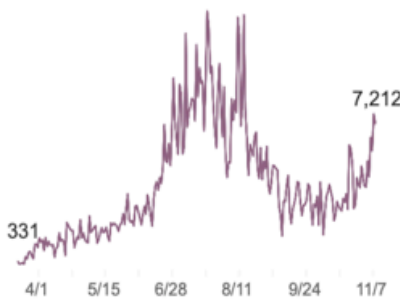
971,851

1 Day Δ +7,212 +0.7%
7 Day Δ +41,223 +4.4%
14 Day Δ +70,841 +7.9%

7 Day Avg. 5,889
14 Day Avg. 5,060
Weekly % Change 39.2%

US Total Cases: 9,808,411

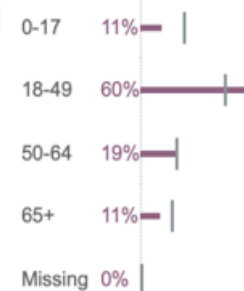
Day-Over-Day New Cases



Gender

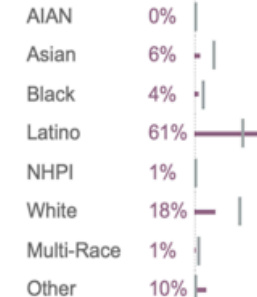


Age



| = California Population %

Race/Ethnicity



CALIFORNIA DEATHS

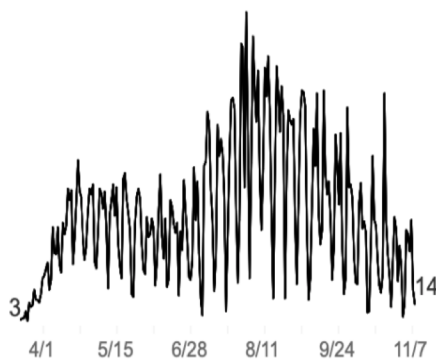
17,977

1 Day Δ +14 +0.1%
7 Day Δ +305 +1.7%
14 Day Δ +620 +3.6%

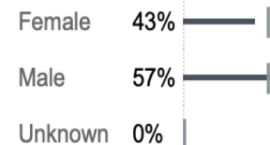
7 Day Avg. 44
14 Day Avg. 44
Weekly % Change -3.2%

US Total Deaths: 236,547

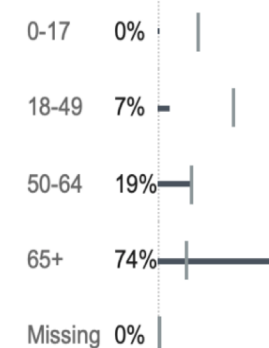
Day-Over-Day New Deaths



Gender

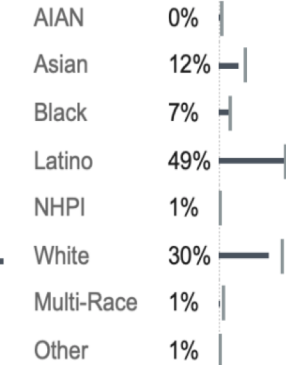


Age



| = California Population %

Race/Ethnicity



Note: Negative numbers are data corrections. Please contact the Local Health Department for more information.

Note: Demographic percentages may not add up to 100% due to rounding. Breakdown of deaths is a subset of total deaths as reported by law enforcement.



Centers for Disease Control and Prevention

MMWR

Weekly / Vol. 69 / No. 32

Morbidity and Mortality Weekly Report

August 14, 2020

Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020

Mark É. Czeisler^{1,2}; Rashon I. Lane MA³; Emiko Petrosky, MD³; Joshua F. Wiley, PhD¹; Aleta Christensen, MPH³; Rashid Njai, PhD³; Matthew D. Weaver, PhD^{1,4,5}; Rebecca Robbins, PhD^{4,5}; Elise R. Facer-Childs, PhD¹; Laura K. Barger, PhD^{4,5}; Charles A. Czeisler, MD, PhD^{1,4,5}; Mark E. Howard, MBBS, PhD^{1,2,6}; Shantha M.W. Rajaratnam, PhD^{1,4,5}

COVID-19 risk and outcomes in patients with substance use disorders: analyses from electronic health records in the United States

Quan Qiu Wang¹ · David C. Kaelber² · Rong Xu¹ · Nora D. Volkow³

JAMA Psychiatry | Special Communication | COVID-19: BEYOND TOMORROW

Suicide Prevention in the COVID-19 Era
Transforming Threat Into Opportunity

Christine Moutier, MD



Recent Research on COVID-19 and Alcohol

- On average, alcohol was consumed 1 day more per month by 3 of 4 adults
- increase of 1 day for 1 in 5 women per month of heavy drinking
- largest increases were among, non-Hispanic whites, women, and younger pop
- range of negative physical health associations with excessive alcohol consumption
- also alcohol may worsen existing mental health problems such as anxiety and depression



Suicide Prevention





Overview of Suicide Prevalence

2018 US suicide statistics

- 48,344 suicides
- Suicide rate = **14.2**
- **50.6% were by firearm**
- 78% male
- Rates were highest for Caucasians, **lowest for Asian/PI**
- Rates were highest among 55-59 year olds

2018 LAC suicide statistics

- 947 suicides
- Suicide rate = **8.5**
- **41% by hanging/suffocation**
(31% by firearm)
- 79% male
- Rates were highest for Caucasians, **lowest for Latinx**
- Rates were highest among 55-64 year olds

Suicide attempt data

2018 U.S.

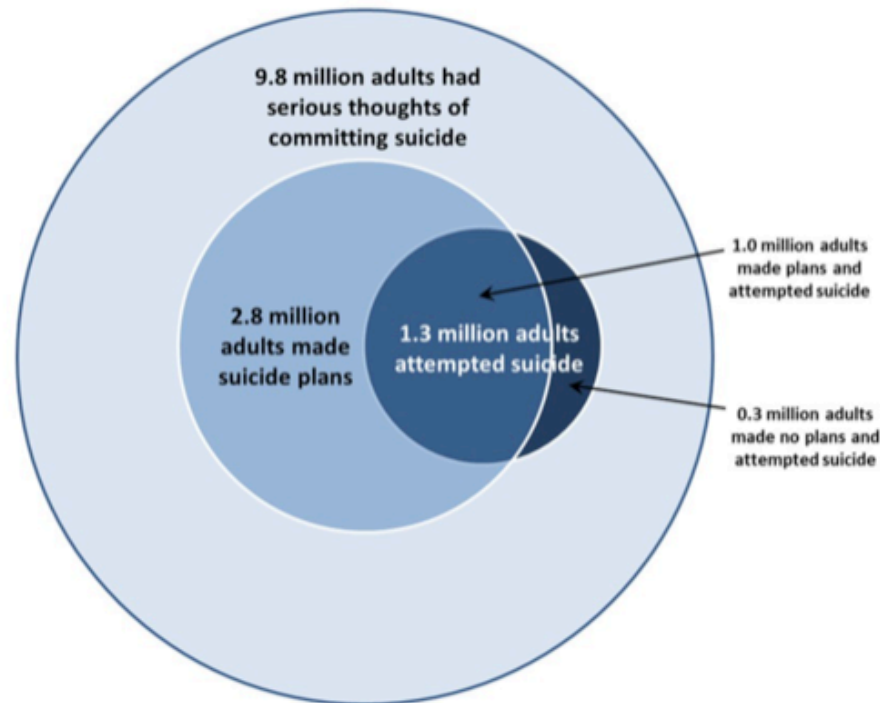
- 495,398
- 58.6% female
- Numbers highest for 15-19 y.o.
- Numbers highest for Caucasians
- **49% poisoning (drug)**
- **27% cut/pierce**

2017 LA County

- 4,556
- 56% female
- Numbers highest for 15-19 y.o.
- Numbers highest for Caucasians
- **76% poisoning (drug)**

Prevalence of Suicidal Ideation – US Adults

Past Year Suicidal Thoughts and Behaviors Among U.S. Adults (2017)
Data Courtesy of SAMHSA

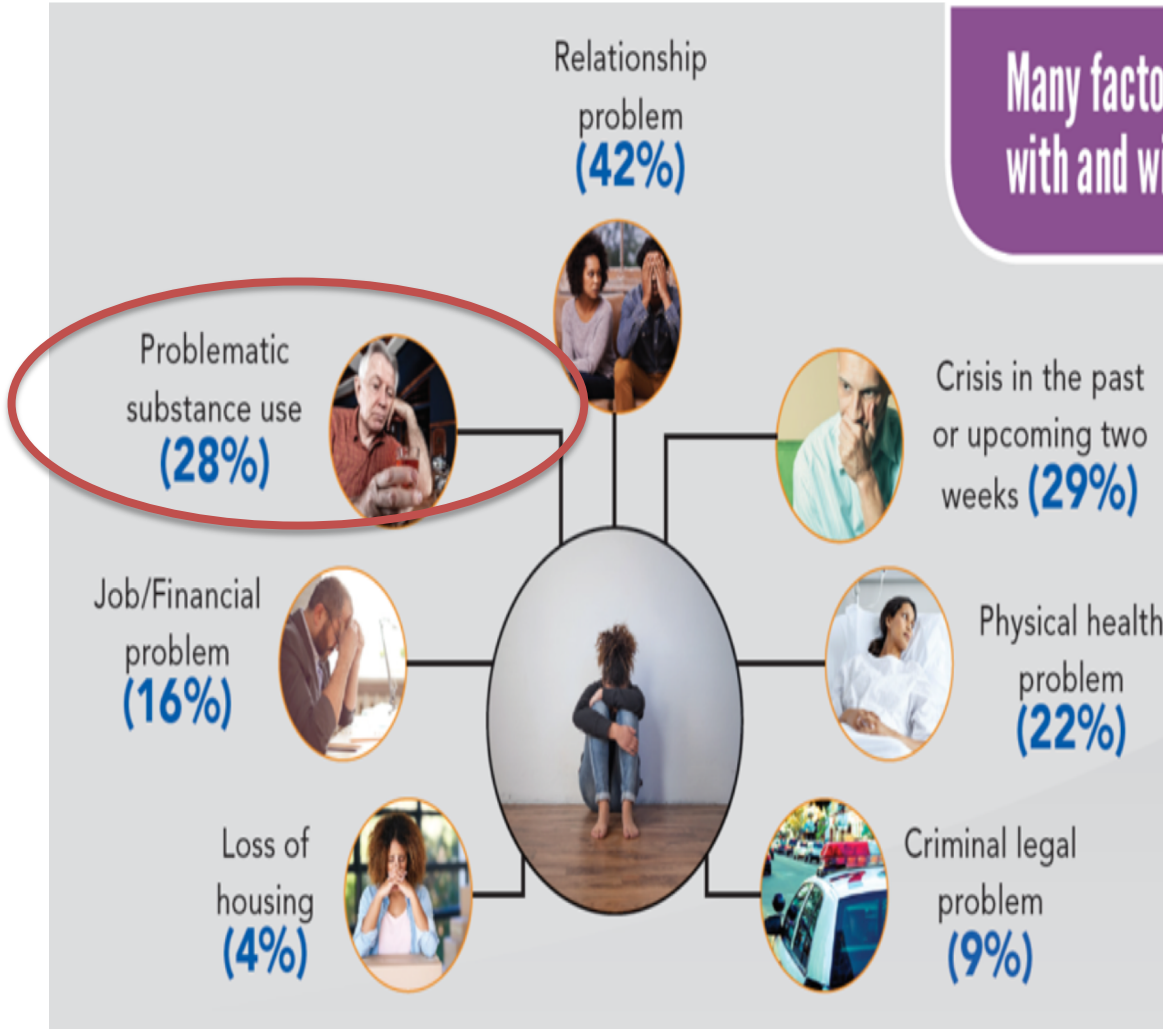


1. Graphic from the National Institute of Mental Health <https://www.nimh.nih.gov/health/statistics/suicide>.

2. Data from the National Survey on Drug Use and Health (NSDUH) conducted by SAMHSA the Substance Abuse and Mental Health Services Authority.

There are many reasons why...

Many factors contribute to suicide among those with and without known mental health conditions.

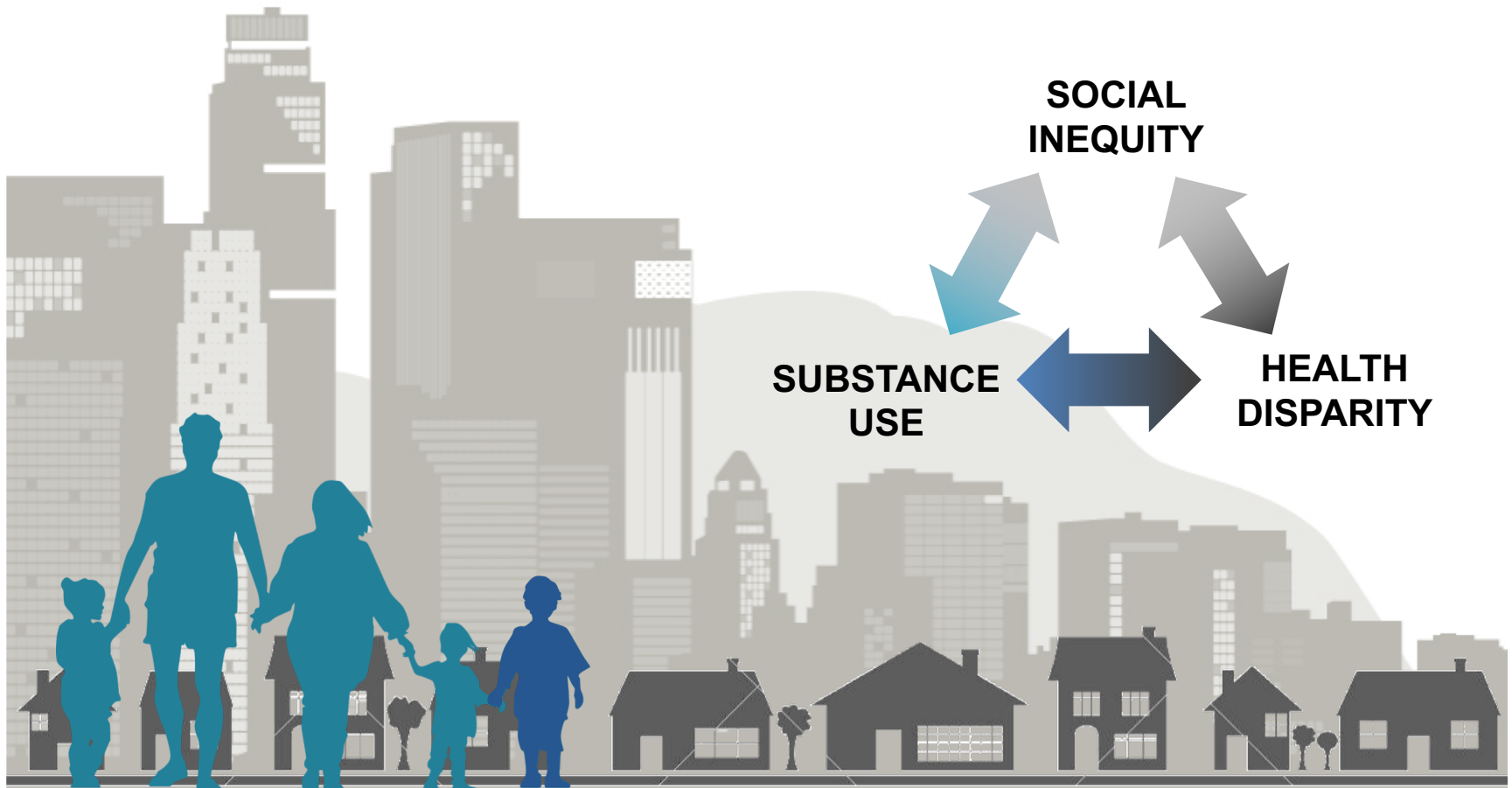


Note: Persons who died by suicide may have had multiple circumstances. Data on mental health conditions and other factors are from coroner/medical examiner and law enforcement reports. It is possible that mental health conditions or other circumstances could have been present and not diagnosed, known, or reported.

SOURCE: CDC's National Violent Death Reporting System, data from 27 states participating in 2015.



Strong cross-sector collaboration is key to addressing complex issues like substance use.



QUESTIONS?

THANK YOU!

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