Root Causes

Unlocking Data to Advance Mental Health

COLORADO
HEALTH
INSTITUTE

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COLORADO HEALTH INSTITUTE

ABOUT US

We improve the health of all Coloradans through independent research, analysis, and insight that support sound policies and decisions.

Our Time Together

- Project Purpose and Overview

- Metrics and Methodology

- Root Causes Online Tour

- Next Steps

What Is Root Causes?

"We know we have a problem, but we don't know the solution."

Research Questions

1. How can we best address behavioral health in our community?

2. Where are needs the highest?

3. What social factors are associated with these needs?

Three Phases of the Project

1. Snapshot of Colorado
   - Interactive map and dashboards

2. Colorado: A State of Change
   - Factors tracked over time
   - Local stories

3. Influencers of Behavioral Health: Relative Contributions
   - Interactive dashboards (both state and regional level) showing how specific factors influence mental health

Methodology and Metrics

Part 1: A One-Stop Shop for Data

Metric	Data Source	Topic of Interest
Poor Mental Health	Colorado Health Access Survey	Mental Health
Insured Rate	Colorado Health Access Survey	Health Care
Unemployment Rate	American Community Survey	Education & Employment
Housing Instability	Colorado Health Access Survey	Housing & Environment
At or Below the Federal Poverty Level	American Community Survey	Income
Firearm Mortality	Vital Statistics, Colorado Department of Public Health and Environment	Additional Health Outcomes
Alcohol Retailers per 1,000 Residents	Colorado Department of Regulatory Agencies	Substance Availability

Part 2: A Local Perspective

Insurance in the San Luis Valley

- *Many people in this rural region live far from health care resources, and it's important to recognize what this does to a person and how isolating it can be.*

Income Inequality in East Aurora

- *It all comes down to housing. Without stable housing, it's difficult to have a physically or mentally healthy life.*
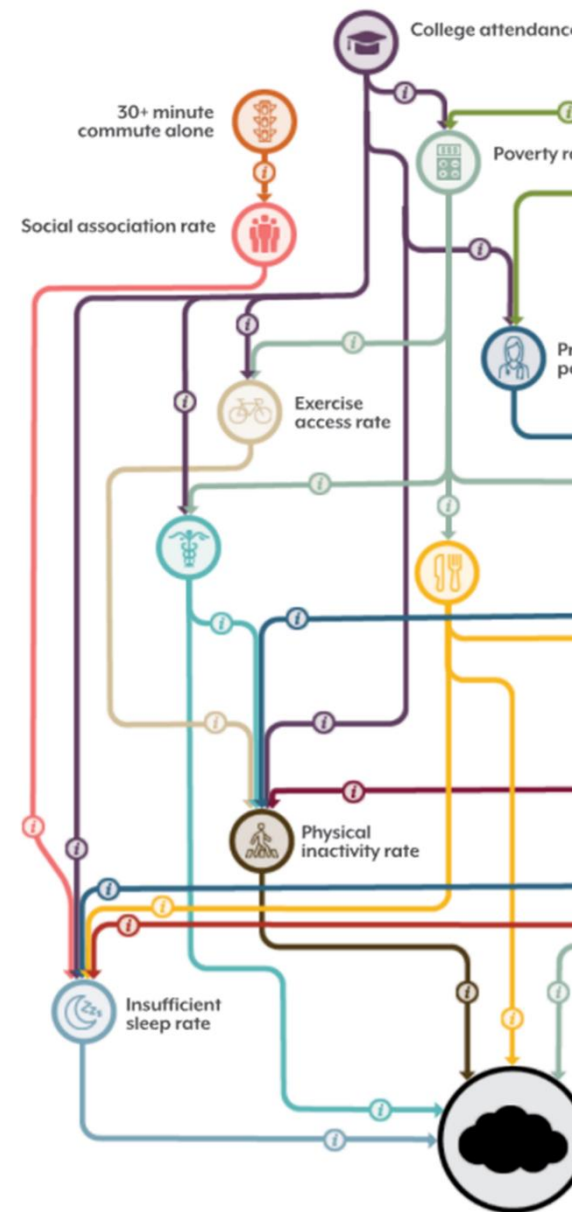
Unemployment in Southeast Washington County

- *Unemployment can bring a lack of routine, increased uncertainty, and a loss in job-based health insurance that might cover needed treatment.*

Part 3: Relative Contributions

- Adapted the "Tangled Threats" model

- Identified both direct and indirect impacts of social, economic, and health factors

- Controlled for demographic characteristics and included modifiable factors

Part 3: Relative Contributions

- Calculated using three types of information:

  - The "starting value"

  - The "best feasible value"

  - Linear regression coefficients

- If all factors that directly impact mental health distress are moved to their best feasible value, there would be a **19.8%** improvement.

Online Tour

Next Steps

- Spanish version of the tool is currently in development

- Additional trainings and outreach

- Updates and upkeep

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