Improving Population Health and Wellbeing: CDC’s Role in Supporting Mental and Behavioral Health

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Overview

- **Introduction**
  - Craig W. Thomas, Ph.D.

- **Role of CDC in Supporting Mental and Behavioral Health**
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- **Mental Health and Public Health Disasters**
  - Rebecca T. Leeb, Ph.D.

- **Emotional Well-being**
  - Craig W. Thomas, Ph.D.
The Role of Public Health in a Changing Health System

Person → Population

Health Care

Public Health

An opportunity to decrease cost & promote health through prevention
The Mental Health Continuum

Mental Health Continuum:

- Emotional Wellbeing:
  - Wellbeing
  - Resilience
  - Coping
  - Happiness

- Mental distress:
  - Stress
  - Trauma
  - Anxiousness
  - Burnout

- Mental disorder:
  - Serious emotional disturbance
  - Diagnosis
  - PTSD

Promotion, Prevention, Treatment
CDC Resources on Stress and Coping


- **Support for populations at risk for strong reactions to stress**
Mental health, substance use, and suicidal ideation during the COVID-19 pandemic – United States, June 24-30, 2020

Association between social vulnerability and a county’s risk for becoming a COVID-19 hotspot – United States, June 1-July 25, 2020

Symptom duration and risk factors for delayed return to usual health among outpatients with COVID-19 in a multistate health care systems network – United States, March-June 2020
What is Emotional Well-Being (EWB)?

**Working Definition of Emotional Well-Being**

*Emotional well-being (EWB)* is a dynamic and relative state in which people experience positive emotional functioning, pursue self-defined goals, establish and maintain meaningful relationships, and feel a sense of meaning and purpose in the context of supportive environments.

- At the individual level, EWB is based on fundamental social, cognitive, and emotional skills (i.e., self-awareness, self-regulation, coping strategies, conflict management) that help people react, cope, and adapt in healthy ways to stress, uncertainty, adversity, trauma, and change.

- At the community and societal levels, EWB is influenced by social, economic, educational, and environmental conditions that can either encourage or inhibit EWB within the population.
DRAFT EWB Conceptual Model

**Individual Level factors**
- Age
- Sex
- Biology/Genetics
- Race/ethnicity
- Personality
- Physical health status

**Community Level factors**
- Society
- Public Policy
- Economy
- Environment

**Lived Experience across the Life Course**
Events, transitions, and trajectories such as leaving the parental home, marriage / marriage dissolution, migration, labor force entry / exit, trauma, and loss

**EWB Protective Factors**
- Social skills
- Cognitive skills
- Emotional Skills

**EWB as a moderator of health outcomes across the life-course**

**Health outcomes**
- Healthy behaviors
- Disease / injury
- Life satisfaction

**Key**
- Targets for Public Health Measurement & Intervention

- Stressor/ Event
- Perception/ Regulation
- Behavioral / Emotional Response
For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.