

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

- Robyn Cree, Ph.D.  
National Center on Birth Defects and Developmental Disabilities, CDC
- Kayla Anderson, Ph.D.  
National Center for Injury Prevention and Control, CDC
- Rebecca T. Leeb, Ph.D.  
National Center on Birth Defects & Developmental Disability, CDC
- Craig W. Thomas, Ph.D.  
National Center for Chronic Disease Prevention and Health Promotion, CDC



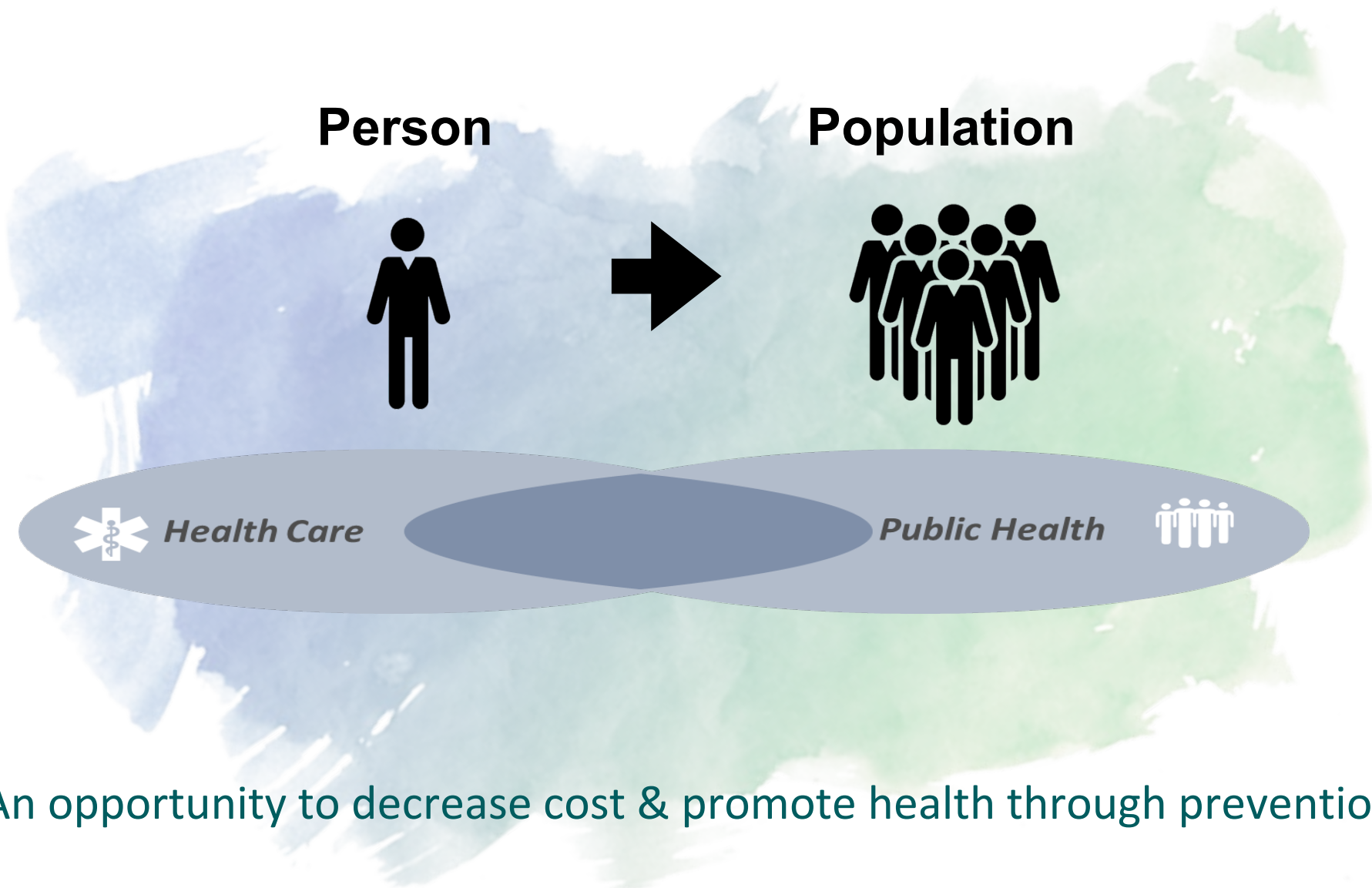
Mental Health Liaison Group November Meeting  
November 6, 2020

# Overview

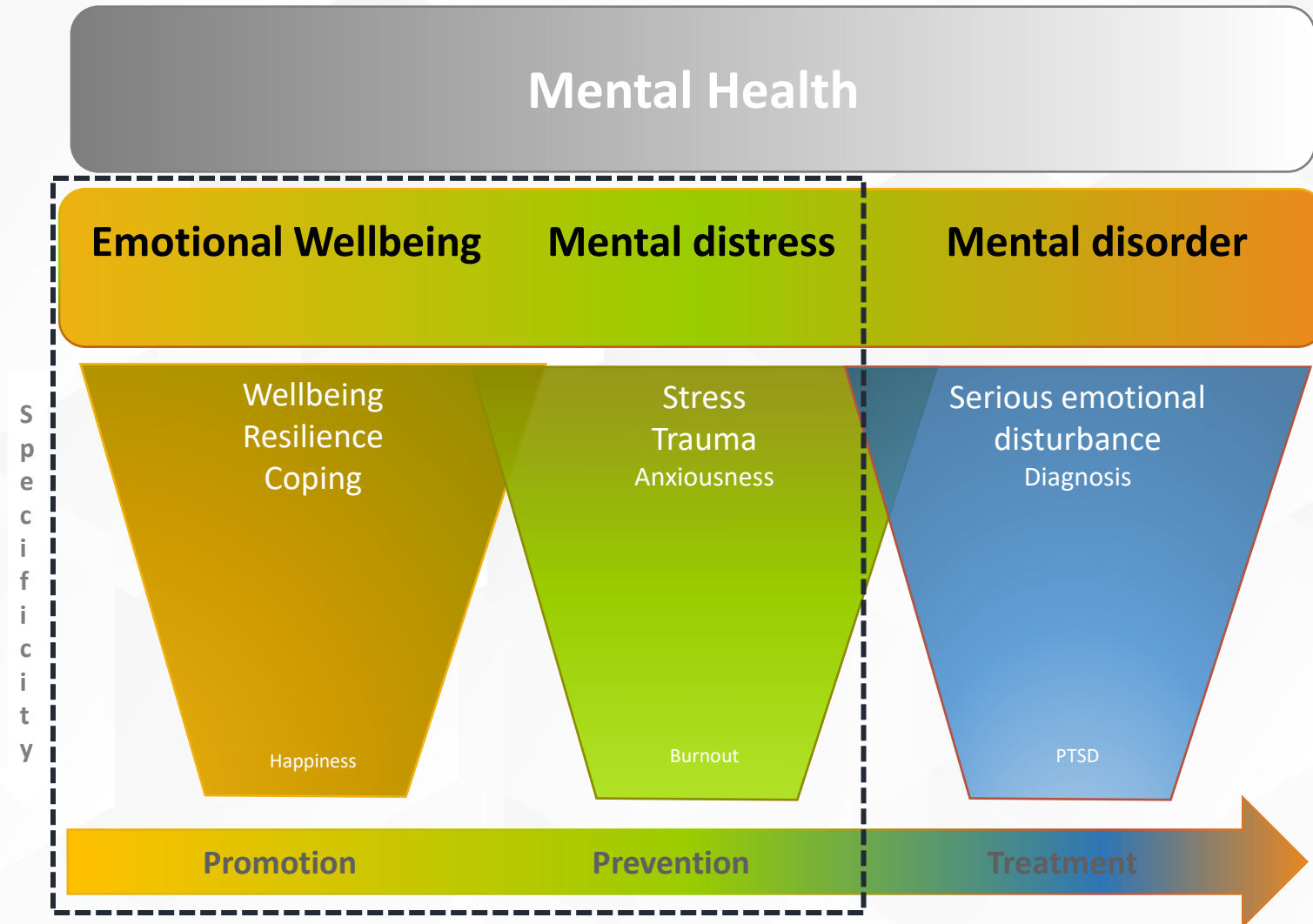
- **Introduction**
  - Craig W. Thomas, Ph.D.
- **Role of CDC in Supporting Mental and Behavioral Health**
  - Robyn Cree, Ph.D.
  - Kayla Anderson, Ph.D.
- **Mental Health and Public Health Disasters**
  - Rebecca T. Leeb, Ph.D.
- **Emotional Well-being**
  - Craig W. Thomas, Ph.D.



# The Role of Public Health in a Changing Health System



# The Mental Health Continuum

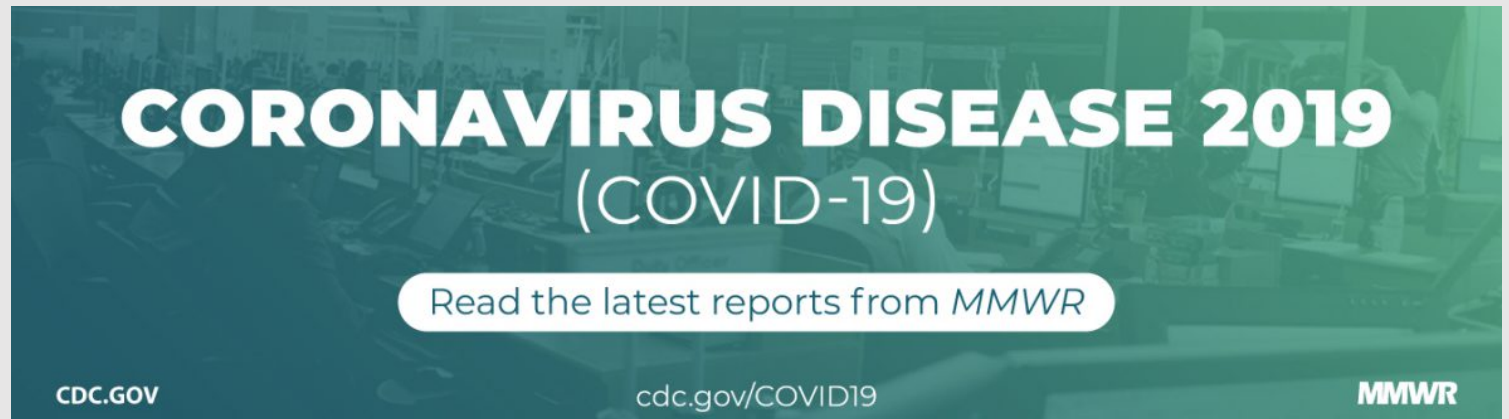


# CDC Resources on Stress and Coping

- **Coping with stress:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html#everyone>
- **Reducing stigma:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html>
- **Stop the spread of rumors:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>
- **Grief and loss:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/grief-loss.html>
- **Support for populations at risk for strong reactions to stress**
  - **Veterans:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/veterans.html>
  - **Helping children cope:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>
  - **Teens and young adults:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html>
  - **People experiencing abuse:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/abuse.html>



# Enhancing Science



- [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](#)

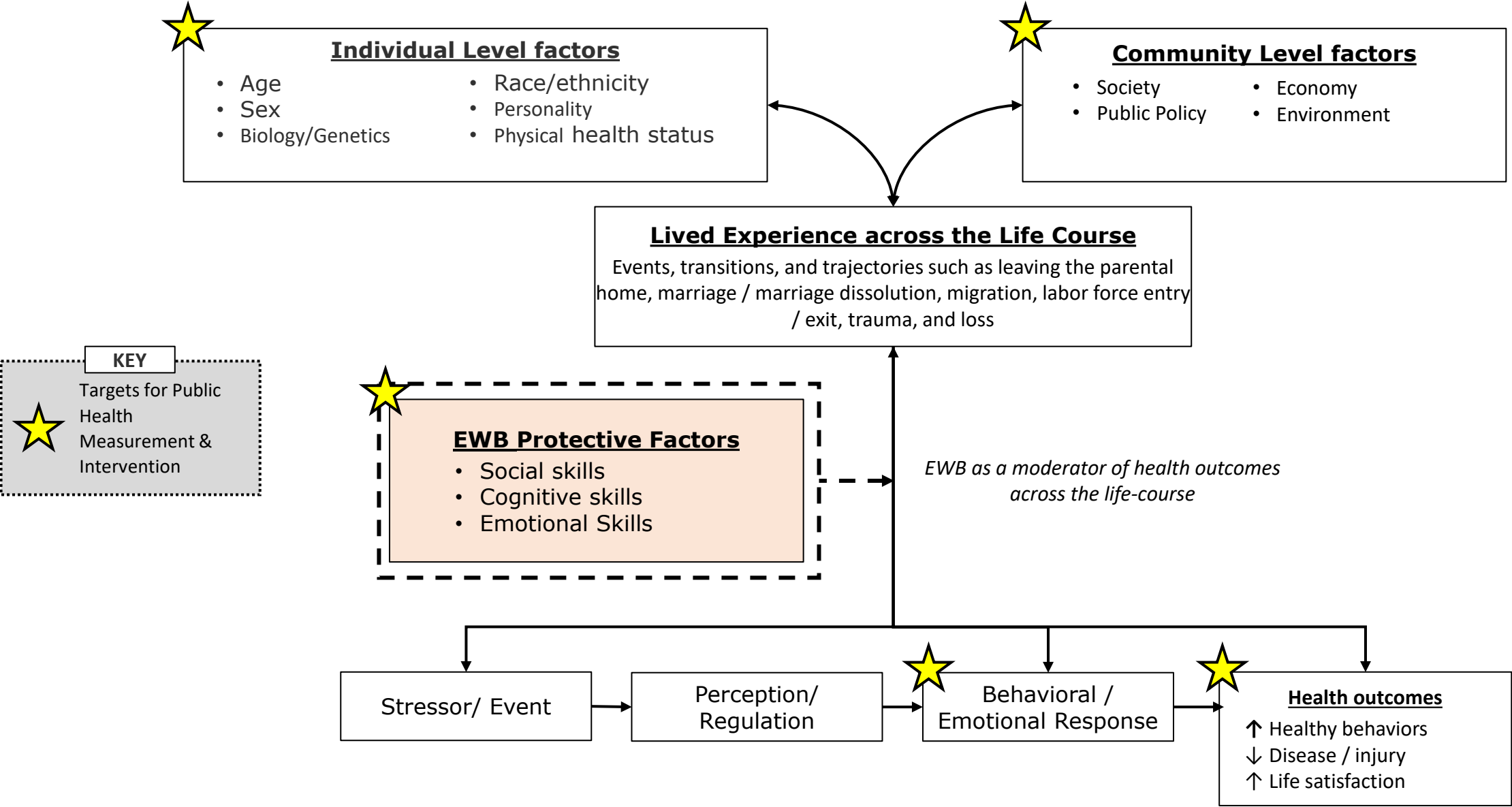
# What is Emotional Well-Being (EWB)?

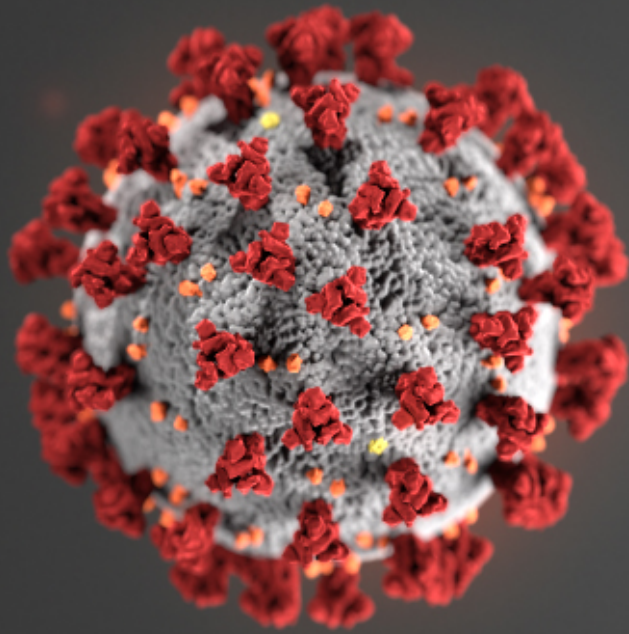
## Working Definition of Emotional Well-Being

***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





For more information, contact CDC  
1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348 [www.cdc.gov](http://www.cdc.gov)

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.

