

Growing Impact of COVID 19 Pandemic on US Wellbeing & Health

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- What is wellbeing?
 - Multiple dimensions
 - Provides more holistic approach to health
- Wellness, wellbeing often used interchangeably
- Wellness similar dimensions
 - “Optimal functioning”

Sources: NIH, 2018; CDC, 2018; WHO, 2006; 2018

Lives Disrupted

- Increasing % of Americans say lives disrupted
- The pandemic is personal
- Higher % of POC and lower income very concerned will be infected or transmit virus

Severe Economic Impact

- Financial insecurity experienced disproportionately by lower income people & POC
- Food insecurity

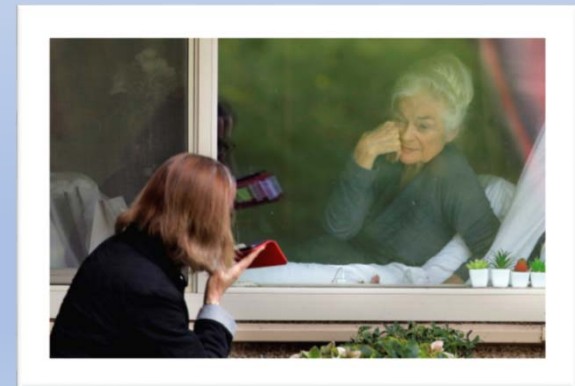
Sources: New York Times, May 2020; Pew Research Center, Kaiser Family Foundation COVID related polls conducted Mar, Apr 2020



Sheltering-In-Place & Social Distancing

- 84% leave only for essentials
- 80% say worth it
- Essential workers worry about becoming infected or infecting HH members
- Increases in social isolation
 - 50% sheltering report mental distress vs. 33% non-sheltering
- For some, home is not safe
- Digital divide

Sources: New York Times, May 2020; Pew Research Center, Kaiser Family Foundation COVID related polls conducted Mar, Apr 2020



Stress & the Body/Mind

- Stress response affects all physiological systems
- Increases risk of diseases that are major causes of death
- Allostatic load (AL) – index of physiological dysregulation
- Perceived stress - Hastens rate of increase in AL
 - “cellular aging”

Sources: Seeman et al., 2001; Upchurch et al., 2015

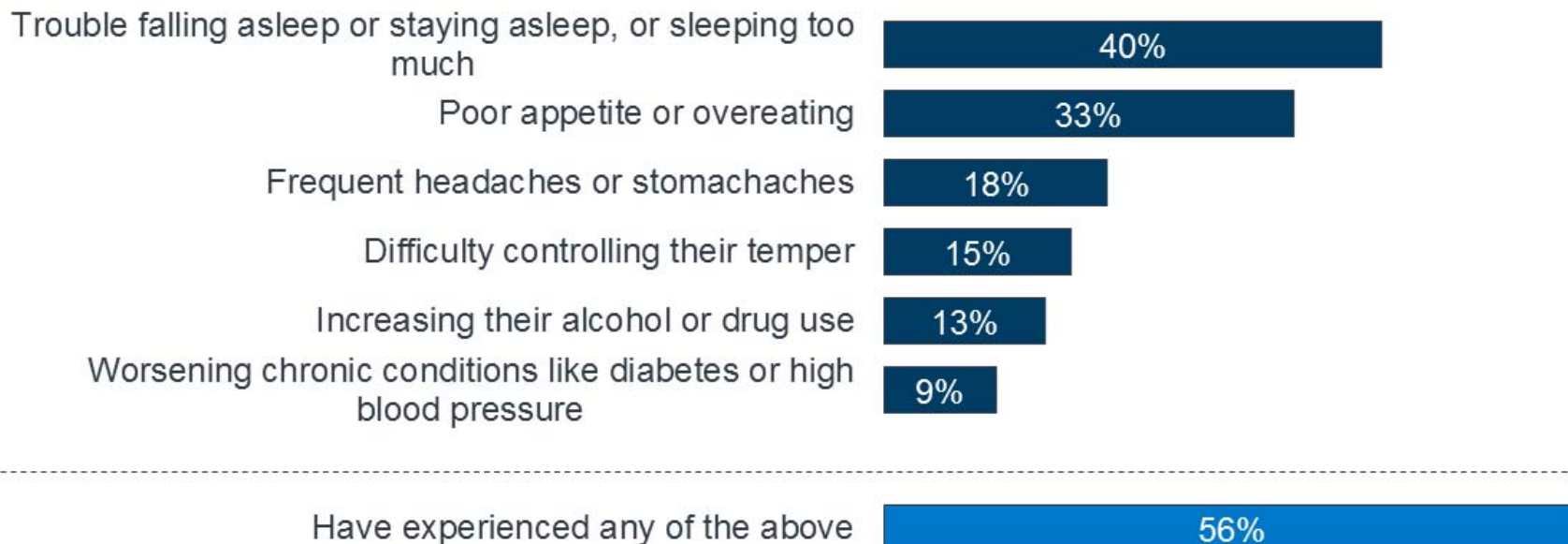
COVID-Related Stress & Mental Health

- Almost half of Americans say mental health negatively impacted due to virus
- Majorities across most demographic groups report worry or stress
- Higher % report poor mental health: lower income, lost job, less healthy

Figure 11

Majority Say Worry Or Stress Related To Coronavirus Has Had Adverse Effects On Health Or Wellbeing

Percent who say that worry or stress related to the coronavirus outbreak has caused them to experience each of the following in the past two months:



SOURCE: KFF Health Tracking Poll (conducted April 15-20, 2020). See topline for full question wording.

What will be the “new normal”?

Thank You!

Reference & Resource links:

<https://www.kff.org/report-section/kff-health-tracking-poll-late-april-2020-economic-and-mental-health-impacts-of-coronavirus/>

<https://www.kff.org/coronavirus-covid-19/poll-finding/kff-coronavirus-poll-march-2020/>

<https://www.people-press.org/2020/04/14/health-concerns-from-covid-19-much-higher-among-hispanics-and-blacks-than-whites/>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.cdc.gov/hrqol/wellbeing.htm>

<https://www.uclahealth.org/marc/>