

November 29, 2010
FOR IMMEDIATE RELEASE

Contact
Jon Ford, Associate Director, Communications
Phone: 602-385-6508 | Email: jon.ford@slhi.org



Distress is Up Substantially for Arizonans Comparative Finding is Just the Start for 2010 Arizona Health Survey Results

PHOENIX, AZ — Arizonans reported a much higher rate of psychological distress in 2010 than just 24 months earlier, according to the first of a series of findings from the Arizona Health Survey. 17 percent of Arizonans were found to be experiencing psychological distress in 2010, compared to 11 percent at the beginning of the economic crisis of 2008.

“A significant rise in psychological is of great concern,” notes SLHI Associate Director Kim VanPelt. “Stress of this type affects mental and physical health and the well-being of individuals, families and communities.”

Adult females were slightly more likely to indicate psychological distress than adult males (18 percent compared to 16 percent). A higher percentage of individuals between the ages of 18 and 28 indicated psychological distress (22 percent). Of individuals with an income less than \$20,000, almost one-third indicated experiencing psychological distress.

Native Americans/American Indians (24 percent), Hispanics/Latinos (22 percent), and African Americans (21 percent) reported more psychological distress in the past 30 days than Caucasians/Whites (15 percent) and Asian/Pacific Islanders/Native Hawaiians (14 percent).

Arizona Health Survey findings will continue to be released regularly over the coming months. Results, details and the opportunity to request public data files can all be found at www.arizonahealthsurvey.org.

About Arizona Health Survey

The 2010 Arizona Health Survey collected data on 8,200 adults and 2,100 children across more than 100 data points, making it one of the most comprehensive statewide efforts ever undertaken to inform health, health care and well-being. The survey was funded by SLHI, First Things First and other key partners. www.arizonahealthsurvey.org

About SLHI

St. Luke's Health Initiatives (SLHI) is a Phoenix-based public foundation focused on Arizona health policy and strength-based community development. For additional information, please visit www.slhi.org.