

Summary Matrix - Root Cause Analysis: 1) Mental Health/Substance Use Disorder, 2) Obesity/Overweight and 3) Child Health

	Adverse Childhood Experiences	Adverse Community Events	Impulsivity	Low Self-Esteem	Poverty	Barriers to care	Discrimination	Poor diet	Lack of physical exercise	Peer Influences	Maternal Behaviors/factors
Mental Health/SUD											
Anxiety	X (10,126)	X (126,84)		X (70)	X (126,84)	X (122)	X (122)	X (124)	X (16)	X (126)	
Depression	X (10)	X (84)	X (85)	X (123,70)	X (84)	X (122)		X (124)	X (16)		
Self-Harm	X (96,107)	X (84,96)	X (71,107)	X (121)						X (96,107,121)	
Suicide	X (57,25)	X (88,25)	X (66)	X (69)	X (57)	X (69)	X (25)				
SUD--addiction	X (62)	X (50)	X (42)		X (42,64)	X (47,64)	X (42,92)			X (50,62)	
SUD--overdose	X (128)	X (128)	X (42)			X (73)				X (128)	
Obesity/Overweight											
Child	X (130,55)	X (72)	X (55)	X (55)	X (130,36,55)			X (15,39)	X (132,39)		X (39,36)
Adult	X (130)	X (29)	X (6)	X (97)	X (130)	X (95)	X (97)	X (15,56)	X (15)	X (132)	
Child Health*											
Risky Behavior	X (10,61)	X (61,90)	X (44)	X (121)	X (90)	X (7)	X (7)	X (82)		X (44)	
Food Insecurity	X (111)	X (82)			X (117,93,82)	X (117,93)	X (33)	X (117,82)	X (82)		
Asthma	X (103,106)	X (106)			X (106,65)		X (106)	X (117)		X (101)	X (106)
Infant Mortality					X (91,135)	X (91,135,83)	X (91)				X (91,131,43,135)
Abuse/neglect	X (59,4)	X (59,4)			X (59)	X (59)		X (59)			

*Child Health issues not addressed in Mental Health or Obesity categories above

Root Causes – Definitions

- **Adverse Childhood Experiences (ACEs):** Events that occur in a person’s life between the ages of 0-17 that are traumatic and/or lead to toxic stress. These include, but are not limited to, experiences such as abuse/neglect, close personal loss, unsafe/unstable living conditions, parental mental health issues, etc. These experiences can have life-long effects and be predictive of health, social, and behavioral problems in adulthood. ACEs are considered additive, thus, experiencing more ACEs increases one’s risk of developing associated corollaries. ⁽²⁷⁾
- **Adverse Community Events:** ACEs and Adverse Community Events constitute the “Pair of ACEs”. Like ACEs, Adverse Community Events lead to the development of toxic stress and have considerable implications for the long-term well-being of affected individuals. However, these events are on a community-level, rather than individual level, and include poverty, community violence, discrimination, etc. ⁽⁸⁰⁾
- **Impulsivity:** Impulsivity is a trait that affects decision-making. It is associated with increased susceptibility to carryout and/or participate in health-harming behaviors, such as substance use, risky behavior, and suicide. For the purposes of the matrix, “impulsivity” is an umbrella term for related terminology across literature related to personal traits, such as “lack of self-regulation” and “sensation-seeking”.
- **Low Self-Esteem:** Poor judgements and opinions one has toward themselves, which are often assessed and quantified using the Rosenberg Self-Esteem Scale. Low self-esteem can increase a person’s risk of mental health disorders, especially anxiety and depression. ⁽⁷⁰⁾
- **Poverty:** As a social determinant of health, poverty can lead to long-term toxic stress, physical illness, and lack of resources to meet one’s basic needs. There are substantial disparities in poverty, with affected individuals facing higher rates of disabilities and mortality compared to those who do not experience poverty. ⁽¹¹⁹⁾
- **Barriers to care:** Includes any factor that limits one’s ability to access health care, including preventive care, social services, dental care, rehabilitative services. Can be the result of personal limitations, such as lack of insurance or transportation, as well as systemic barriers, like limited availability of services and cost of care. Health care quality and access is an established social determinant of health that is important for optimal well-being.
- **Discrimination:** Unfair treatment of people based on pre-existing prejudices and/or stigmas. Much like barriers to care, discrimination can occur at both an individual or systemic level, and can be based on factors such as race/ethnicity, gender, sexual identity, and religion and contributes to disparities across the social determinants of health. ⁽²⁾
- **Poor diet:** Diets high in saturated fats, sodium, sugar/sugar-sweetened beverages. Can also refer to diets low in fruits and vegetables or nutritionally inadequate. Often associated with poverty and can contribute to the development of chronic health conditions, such as overweight/obesity, hypertension, type two diabetes, and heart disease. ⁽²³⁾
- **Lack of physical exercise:** Failure to meet the recommended physical activity guidelines, which are 150 minutes/week for adults and about 1 hour/day for children. Physical activity promotes a wide range of physical and mental health benefits, and insufficient amounts of physical activity can contribute to the development of chronic diseases and stress. ^(21,22)
- **Peer influences:** The behaviors, motivations, and beliefs of people in one’s social network, including family members and acquaintances at school and work. While peers can influence people at any age, adolescents have a high susceptibility to behave as their peers do, which can increase their risk of participating in health-adverse behaviors. ⁽⁸⁷⁾
- **Maternal behaviors:** Actions or states of mothers before, during, or acutely following pregnancy that can have life-long influences on the health of their children. Behaviors include smoking, drug use, early cessation or lack of breastfeeding, and obesity.

Populations at Risk

	Sex		Family History	Past personal history	Low Education level	Vulnerable Populations				Age		Geography		Race			
	Male	Female				Homeless	Veteran	Children	Sexual minority	Younger	Older	Urban	Rural	White	Black	Hispanic	Other
Mental Health																	
Anxiety		X (126)				X (69,38)	X (46,11)	X (85)	X (5,133)	X (85)				X (126)	X (126)	X (126,122)	
Depression		X (69)	X (129)	X (129)		X (69,38)	X (11)	X (129)	X (5,133)	X (85,129)				X (126)	X (126)	X (126,122)	
Self-Harm		X (71)		X (107)					X (96)	X (71)							
Suicide	X (69)		X (69)	X (69,66)		X (69,88)			X (5,133)		X (54)					X (5)	
SUD--addiction	X (47,42)		X (50,62)	X (64,62)	X (42,64)	X (69)	X (58)		X (77)	X (42,64)		X (64)	X (64)		X (92)		
SUD--overdose	X (73)			X (73)		X (69)				X (64,73)	X (73)						
Obesity																	
Childhood			X (36)	X (36)	X (36)			X (55)		X (55)		X (81)		X (39)	X (39)		
Adult		X (97,56)	X (36)	X (105)	X (36)						X (6)			X (56)	X (97,56)		
Child Health																	
Risky Behavior	X (51,44,90)		X (51)	X (51)	X (51,7)	X (34)			X (34)		X (73)			X (90)		X (7)	
Food Insecurity			X (61,93)		X (93)	X (82)					X (41)			X (93)	X (93)		
Asthma	X (106)		X (89)	X (106)		X (65,30)						X (106)		X (106)			
Infant Mortality				X (135)	X (91,135)					X (91)	X (135)		X (83)		X (91,135)		
Abuse/neglect			X (59)		X (59)	X (78)								X (78)		X (78)	

Potential Interventions

	Therapy interventions (CBT, DBT, Trauma-informed, etc.)	Parenting Interventions (Improve parental education and parent-child relationships)	School-based interventions (Teach coping skills/improve resilience, school lunch programs)	Home-based programs	Risk/harm-reduction approaches	Digital interventions (Mobile apps, wearable devices, programs like Media Aware Parent ⁽⁵²⁾ , etc.)	Prenatal interventions	Population/policy-based interventions (Unemployment benefits, subsidies, financial counseling programs, etc.)	Increase participation in poverty mitigation programs (WIC, SNAP, FII, etc.)
Mental Health									
Anxiety	X (46,53,70,116)	X (126,79)	X (116)			X (100,68)		X (115)	
Depression	X (46,53,129,70)	X (79,129,63)	X (40)	X (114, 8)		X (100,68)		X (115)	
Self-Harm	X (76)		X (134)						
Suicide	X (76)	X (26)	X (26)	X (8, 75)	X (66,60,26)	X (118)		X (26)	
SUD--addiction	X (99,109)	X (50,26)	X (48)	X (49,109)	X (108)	X (68)		X (48)	
SUD--overdose				X (109)	X (73,108,94)	X (9,94)		X (67)	
Obesity/Overweight									
Childhood		X (12,45)	X (19, 127, 13)	X (127, 13)		X (32)	X (17)	X (18)	X (14)
Adult	X (120)					X (31)	X (17)	X (18)	X (17)
Child Health									
Risky Behavior	X (102)	X (7,52,104,63)	X (104)		X (112)	X (52)			
Food Insecurity			X (37)				X (17)	X (82)	X (17,37)
Asthma			X (113)	X (20)		X (98)		X (136)	
Infant Mortality		X (35,86)		X (35)			X (17,86)	X (86)	X (110)
Abuse/neglect	X (28)	X (28,24)		X (125,1,3,24)				X (74,24)	

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