

# Neighborhood Support and Parental Mental Health: Perspectives from the 2011-12 National Survey of Children's Health

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# Mental Health

Mental Health Illness: Any mental, behavioral, or emotional disorder ranging from mild to significantly disabling impairment on life activities<sup>[3]</sup>



# Health Implications

- Increased health risks for parents [3,4,6]:
  - Communicable and non-communicable diseases
  - Substance abuse
  - Violence
  - Intentional and unintentional injuries
- Increased health risk for children [2,6,9]:
  - Mental health illness
  - Developmental delays
  - Behavioral and conduct problems

# Neighborhood and Mental Health

- Previous literature has identified that parents with children with special healthcare needs (CSHCN) are at higher risk for mental health issues compared with parents without CSHCN [4,5,7]
  - This can be due to higher levels of parental stress, caregiver burnout, and problems with navigating services for their child [4-8]
- There have been many studies done to understand how neighborhoods impact on mental health, however limited studies have looked at parents with CSHCN, specifically [1,2]

# Study Purpose

Understand the relationship between supportive neighborhood environment and parental mental health among parents with CSHCN

# National Survey of Children's Health

- A national telephone survey conducted in 2011/2012 to understand to health issues impacting children ages 0-17 years old in the United States
- Lead by the National Center for Health Statistics at the Centers of Disease Control & Prevention and sponsored by the Maternal and Child Health Bureau
- N= 95, 677
- Weighted to represent the population of non-institutionalized children nationally and by state
- Conducted in both English and Spanish

# Methodology

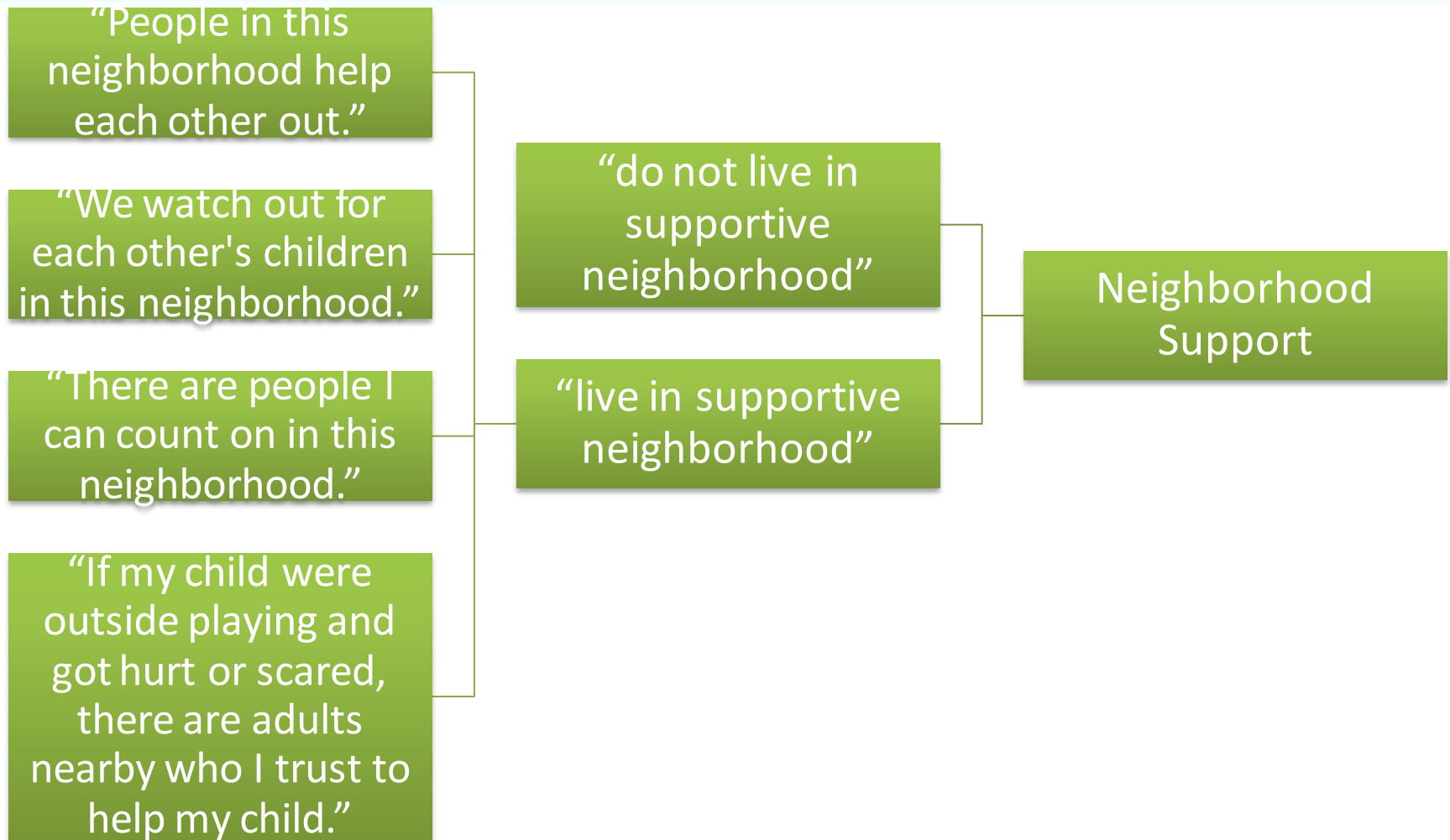
Population	Independent Variable	Dependent Variables	Control Variables
<ul style="list-style-type: none"><li>• Parents with children with special healthcare needs (n=19,687)</li></ul>	<ul style="list-style-type: none"><li>• Neighborhood Support</li></ul>	<ul style="list-style-type: none"><li>• Maternal Mental Health Status</li><li>• Paternal Mental Health Status</li></ul>	<ul style="list-style-type: none"><li>• Sex of Child</li><li>• Age of Child</li><li>• Race/Ethnicity</li><li>• Poverty Level</li><li>• Family Structure</li></ul>

Analysis: Weighted multivariable logistic regression using SAS 9.4

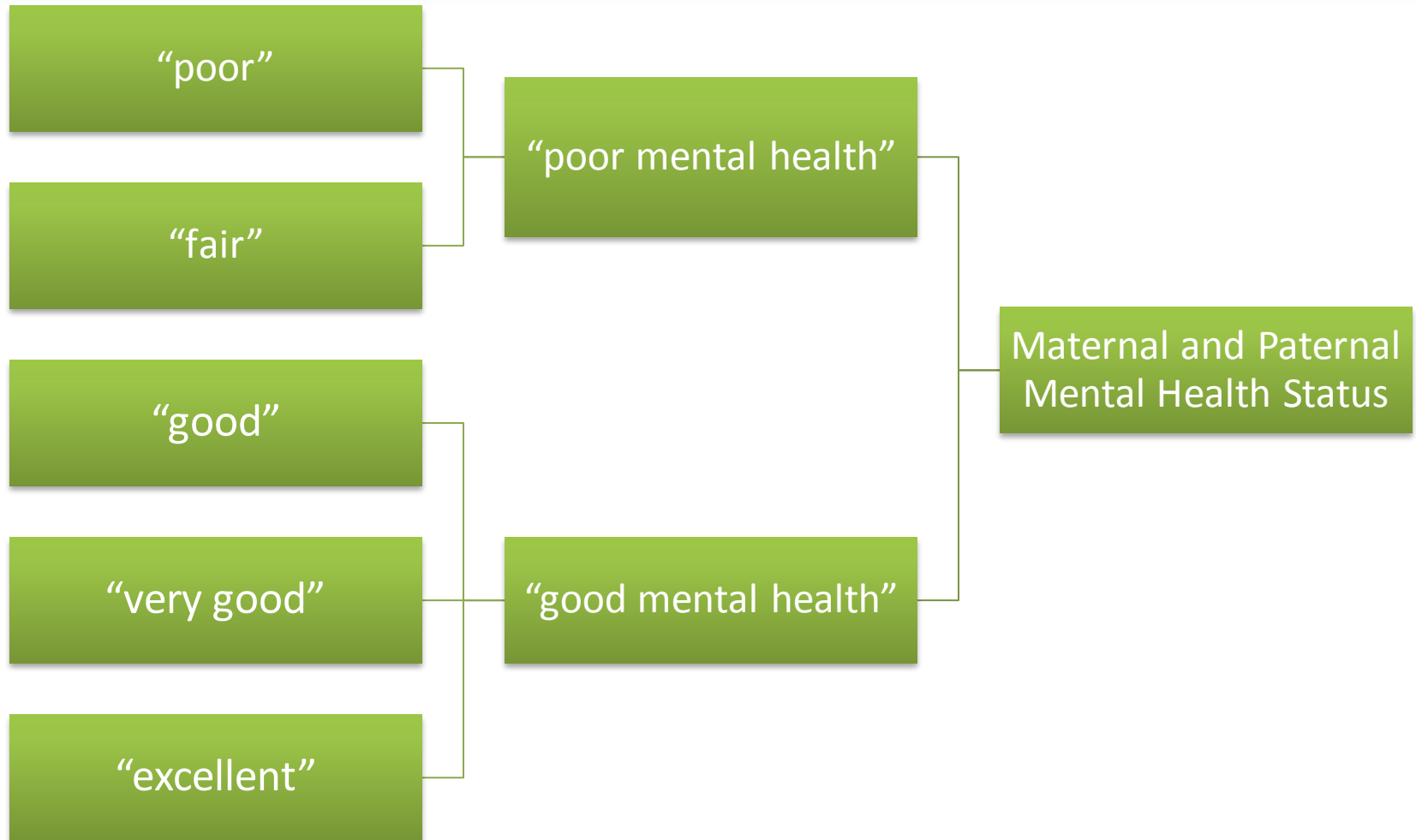
Study design: Cross-sectional



# Independent Variable: Neighborhood Support



# Dependent Variable: Mental Health Status



# Control Variables

## Age of Child

- **0-3 years old** (9.69%)
- **4-7 years old** (20.37%)
- **8-11 years old** (26.70%)
- **12-14 years old** (21.20%)
- **15-17 years old** (22.03%)

## Sex of Child

- **Male** (58.11%)
- **Female** (41.89%)

## Race/Ethnicity

- **Hispanic** (17.44%)
- **White, Non-Hispanic** (56.79%)
- **African American, Non-Hispanic** (16.43%)
- **Multi/Other Race, Non-Hispanic** (9.34%)

## Poverty Level

- **0-99% FPL** (23.63%)
- **100-199% FPL** (21.61%)
- **200-399% FPL** (27.86%)
- **400% or greater FPL** (26.91%)

## Family Structure

- **Two parent-biological or adopted** (54.31%)
- **Two parents-step family** (11.92%)
- **Single mother-No father present** (25.08%)
- **Other family type** (8.69%)

# Results

Do not live in  
supportive  
neighborhoods

aOR=1.60; 95% CI 1.32, 1.92

Poor  
paternal  
mental  
health

aOR=1.32; 95% CI 1.05, 1.67

Poor  
maternal  
mental  
health

# Statistically significant factors associated with poor parental mental health

Poor Paternal Mental Health		Poor Maternal Mental Health	
<i>Variable</i>	<i>aOR (95% CI)</i>	<i>Variable</i>	<i>aOR (95% CI)</i>
Other Family Type	2.22 (1.50, 3.31)	Single-mother	1.81 (1.51, 2.18)
0-99% FPL	1.52 (1.13, 2.03)	Two-parent step family	1.24 (1.00, 1.56)
		200-399% FPL	0.62 (0.50, 0.75)
		≥400% FPL	0.41 (0.33, 0.50)
		African American, Non-Hispanic	0.77 (0.61, 0.94)

References: Male, White-Non-Hispanic, 15-17 years old, 100-199% FPL, Two parent-biological or adopted  
Based on p-value <0.05

# Strengths and Limitations

## Strengths

- Looking at mental health separately for mothers and fathers
- Use of Secondary Data to provide a national perspective

## Limitations

- Cross-sectional study
- NSCH focuses more on children health issues and have limited questions on parental health
- Assumption that parent lives with child in supportive neighborhood
- Missing responses for paternal mental health –may need to impute

# Discussion

- Not living in supportive neighborhoods is associated with poor mental health status
- It is important to look at the role of supportive neighborhood as community level factor that may reduce stress and provide a positive social network of resources for families
- Factors that are associated with poor mental health is different for mothers compared to fathers
- There may be specific subgroups among families with CSHCN that need more attention and supports to improve their mental health

# Next Steps

- Identify specific neighborhood characteristics that affect parental mental health
- Identify factors that are protective for paternal mental health
- Use the Parenting Stress Index as a measurement of parental mental health



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