

# Root Causes

*Unlocking Data to  
Advance Mental Health*



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# Our Time Together

- Introductions and Goals
- Project Purpose and Overview
- Metrics and Methodology
- Root Causes Online Tour
- How Root Causes Can Support Your Work
- Questions
- How We Can Support You



## ABOUT US

**We believe that sound evidence and solid analysis lead to better health policy, and that better health policy leads to healthier Coloradans.**

That is our work as Colorado's leading nonprofit and nonpartisan health policy research group.

And we are passionate about it.

# Your Presenters



**Kristi  
Arellano**  
Managing Director



**Lindsey  
Whittington**  
Research Analyst



**Edirin  
Okoloko**  
Program Manager



# Your Turn!



# What Is Root Causes?





“We know we have a problem,  
but we don’t know the solution.”



# Research Questions

1. How can we best address behavioral health in our community?
2. Where are needs the highest?
3. What social factors are associated with these needs?

# Three Phases of the Project

## 1. Snapshot of Colorado

- Interactive map and dashboards

## 2. Colorado: A State of Change

- Factors tracked over time
- Local stories

## 3. Influencers of Behavioral Health: Relative Contributions

- Interactive dashboards (both state and regional level) showing how specific factors influence mental health





# Methodology and Metrics

# Part 1: A One-Stop Shop for Data

| Metric                                | Data Source  | Topic of Interest          |
|---------------------------------------|--|----------------------------|
| Poor Mental Health                    | Colorado Health Access Survey  | Mental Health              |
| Insured Rate                          | Colorado Health Access Survey  | Health Care                |
| Unemployment Rate                     | American Community Survey  | Education & Employment     |
| Housing Instability                   | Colorado Health Access Survey  | Housing & Environment      |
| At or Below the Federal Poverty Level | American Community Survey  | Income                     |
| Firearm Mortality                     | Vital Statistics, Colorado Department of Public Health and Environment | Additional Health Outcomes |
| Alcohol Retailers per 1,000 Residents | Colorado Department of Regulatory Agencies                             | Substance Availability     |



# Part 2: A Local Perspective

## Insurance in the San Luis Valley

- *Many people in this rural region live far from health care resources, and it's important to recognize what this does to a person and how isolating it can be.*

## Income Inequality in East Aurora

- *It all comes down to housing. Without stable housing, it's difficult to have a physically or mentally healthy life.*

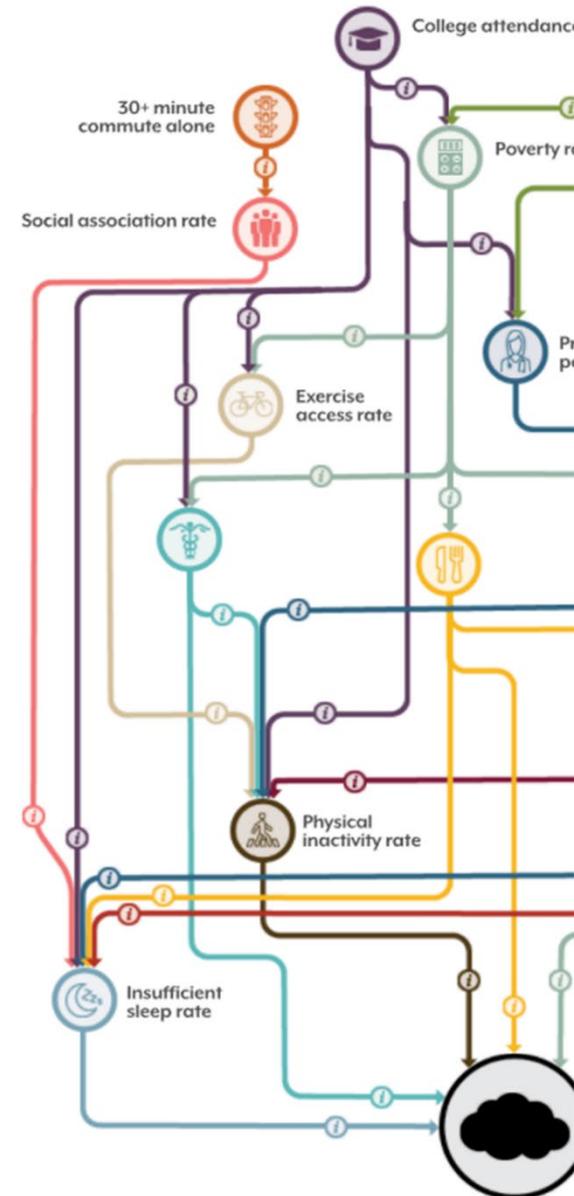
## Unemployment in Southeast Washington County

- *Unemployment can bring a lack of routine, increased uncertainty, and a loss in job-based health insurance that might cover needed treatment.*



# Part 3: Relative Contributions

- Adapted the “Tangled Threats” model
- Identified both direct and indirect impacts of social, economic, and health factors
- Controlled for demographic characteristics and included modifiable factors



# Part 3: Relative Contributions

- Calculated using three types of information:
  - The “starting value”
  - The “best feasible value”
  - Linear regression coefficients



**Online Tour**

# Hearing From You

Are there any questions you have about specific elements or features of the Root Causes online tools?





**What Does It Mean for You?**

# How Root Causes Can Support Your Work

Some ideas:

- Grantmaking
- Advocacy
- Informing Policy and Research

These tools can:

- Offer local perspectives
- Provide free and accessible data resources
- Help you advocate and shape discussions around equity and health disparities



# Hearing From You

- Are there specific ways Root Causes can be used in your work?
- Are there examples of ways you have already used Root Causes in your work?
- Are there additional tools or features that would make Root Causes even more useful?



**Report Outs**

# How We Can Support Your Work

## Reach Out!

- CHI is always open to questions and feedback on how to make our work accessible to our audience

## Additional Questions?

- Mapping and GIS questions
- Interest in indicators included in the Root Causes tools
- Questions around methodology
- General contact:  
[whittingtonl@coloradohealthinstitute.org](mailto:whittingtonl@coloradohealthinstitute.org)



# Next Steps

## Subsequent trainings

- Additional training to be held March 11
- A recorded version of this session will be made available

Spanish translations rolled in early March

Help us get the word out about the tool

- If your organization or community group is interested in a presentation, contact us.



# Other Ways CHI Can Support Your Work

## Information requests

- Deeper dives into the Colorado Health Access Survey
- Visualization of data

## Recent reports

- School-Based Health Center Needs Assessment
- Analysis and Assessments of Colorado Suicide Data
- COVID-19 Data Reporting and Policy Analysis

## Consulting services



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