

# 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.*

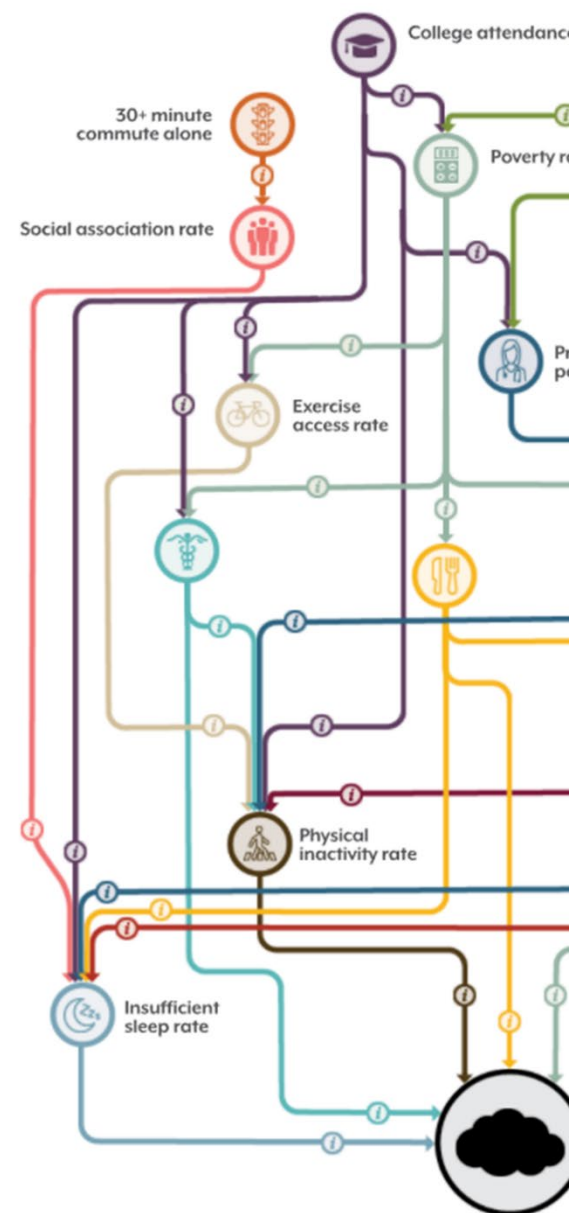
## Unemployment in Southeast Washington County

- *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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