

East Tennessee State University

Digital Commons @ East Tennessee State University

Appalachian Student Research Forum

2023 ASRF Schedule

Apr 25th, 9:00 AM - 11:00 AM

Association between Poor physical health and Depression among Blacks in Tennessee

Saudikatu Mamudu

Manik Ahuja

East Tennessee State University

Follow this and additional works at: <https://dc.etsu.edu/asrf>

Mamudu, Saudikatu and Ahuja, Manik, "Association between Poor physical health and Depression among Blacks in Tennessee" (2023). *Appalachian Student Research Forum*. 38.
<https://dc.etsu.edu/asrf/2023/schedule/38>

This Poster Presentation is brought to you for free and open access by the Events at Digital Commons @ East Tennessee State University. It has been accepted for inclusion in Appalachian Student Research Forum by an authorized administrator of Digital Commons @ East Tennessee State University. For more information, please contact digilib@etsu.edu.

Association between poor physical health and Depression among Blacks in Tennessee

MPH Saudikatu Mamudu, Manik Ahuja College of Public Health, East Tennessee State University, Johnson City, TN 37614, United States

Background

- Tennessee is among the states disproportionately burdened with higher levels of chronic disease and mental health disorders.
- 20% of adults in Tennessee experience some type of mental health disorder.
- Factors like stigma, race socioeconomic status, and lack of mental health services are contributing to these outcomes.
- Racial disparities among blacks in this is alarming and require urgent attention.

Study aim: To examine the association between physical health and depression among blacks in Tennessee

Methods

- Cross-sectional data from the 2021 Behavioral Risk Factor Surveillance System was used.
- Participants were self-identified Black adults ages 18 and above who reside in Tennessee (n=476).
- Race/ethnicity, educational status, gender, health insurance status, and age were used as predictor variables

Method Cont

- Descriptive statistics, bivariate and multivariate logistic regression were conducted to test the association of outcome of past month's physically unhealthy days and depression.
- All analysis was performed using Statistical Analysis System.

Results

The descriptive analysis 19.9% (n=195) reported having been diagnosed with depression, while 25.0% (n=119) reported 1-14 physically unhealthy days in the past month, and 15.3% (n=73) reported 15-30 unhealthy days.

Our logistic regression analysis revealed that 15-30 physically unhealthy days (OR=4.47, 95% CI, 2.37, 8.40), 1-14 physically unhealthy days (OR=3.59, 95% CI, 2.07, 6.24), and female gender (OR=2.00, 95% CI, 1.14, 3.49). The statistically significant level at $p \leq 0.0$

Discussion

Blacks in Tennessee face racial disparities in mental health outcomes, often due to systemic racism, access to mental health services, stigma, and social and economic factors that can negatively impact mental health outcomes. Black communities must be involved in the development and implementation of solutions to address these disparities.

Limitations

- All data in the current study are self-report and do not include diagnosis from a clinician or health professional
- Data are cross-sectional and do not necessarily represent causality

Conclusions and Recommendations

Our study findings illustrate a strong association between physically unhealthy days and depression among Black people in Tennessee. Addressing this challenge requires improving access to mental health services, reducing stigma, and addressing social and economic factors.