

# Economic Shifts & Mental Health

Who is most impacted by the current state of the economy and what changes are they making as a result?

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# Increased negative economic impacts are perceived highest by NH Whites, older generations, and those with lower incomes: Although about ½ of all perceive negative impacts.

## Economy Impact by Race/Ethnicity

	Total	NH White	Hispanic	NH Black	NH Asian
Negative impact	52%	<b>54%</b>	48%	48%	45%
Positive impact	14%	9%	<b>25%</b>	18%	14%
No impact	34%	36%	27%	34%	<b>41%</b>

Over half of Americans have been negatively impacted by the current state of the economy, NH Whites more than others. A quarter of Hispanics report a positive impact. NH Asians are most likely to not be impacted.

## Economy Impact by Income

	Total	<\$25K	\$25,001-\$74,999	\$75K-\$154,999	>\$155K
Negative impact	52%	<b>61%</b>	<b>60%</b>	43%	38%
Positive impact	14%	12%	11%	17%	<b>22%</b>
No impact	34%	27%	29%	<b>40%</b>	<b>40%</b>

4 in 10 of those with a higher income (\$75K+) have not been impacted by the current state of the economy, and almost a quarter of those making over \$155K have been positively impacted. The majority of those with lower incomes have been negatively impacted.

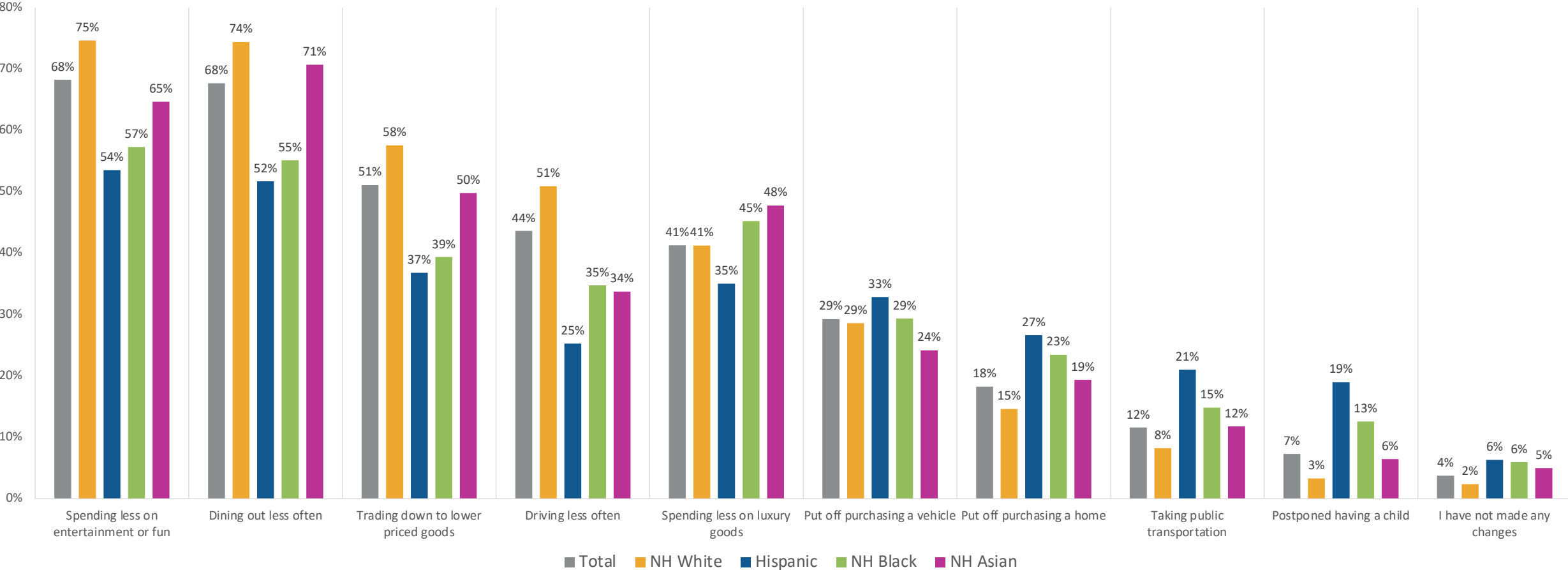
## Economy Impact by Generation

	Total	Gen Z	Millennial	Gen X	Boomer
Negative impact	52%	49%	46%	<b>58%</b>	<b>52%</b>
Positive impact	14%	<b>23%</b>	<b>22%</b>	13%	4%
No impact	34%	29%	32%	29%	<b>44%</b>

Over half of Gen Z and Boomers have been negatively impacted by the economy. Younger generations are most likely to have been positively impacted, with almost a quarter of Gen Z and Millennials reporting a positive impact of the current economy.

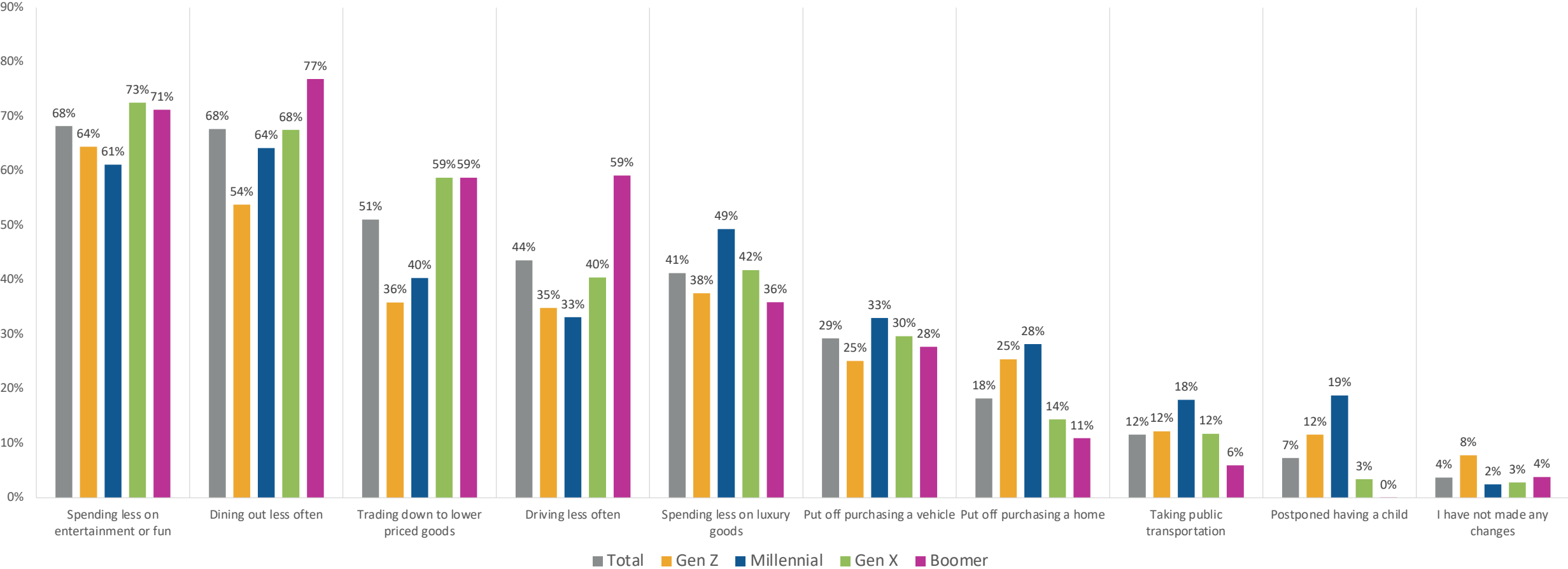
# Entertainment is the most sacrificed expense. NH Whites and NH Asians who have been negatively impacted by the economy have chosen to dine out less.

CHANGES MADE DUE TO NEGATIVE ECONOMIC IMPACT BY RACE/ETHNICITY



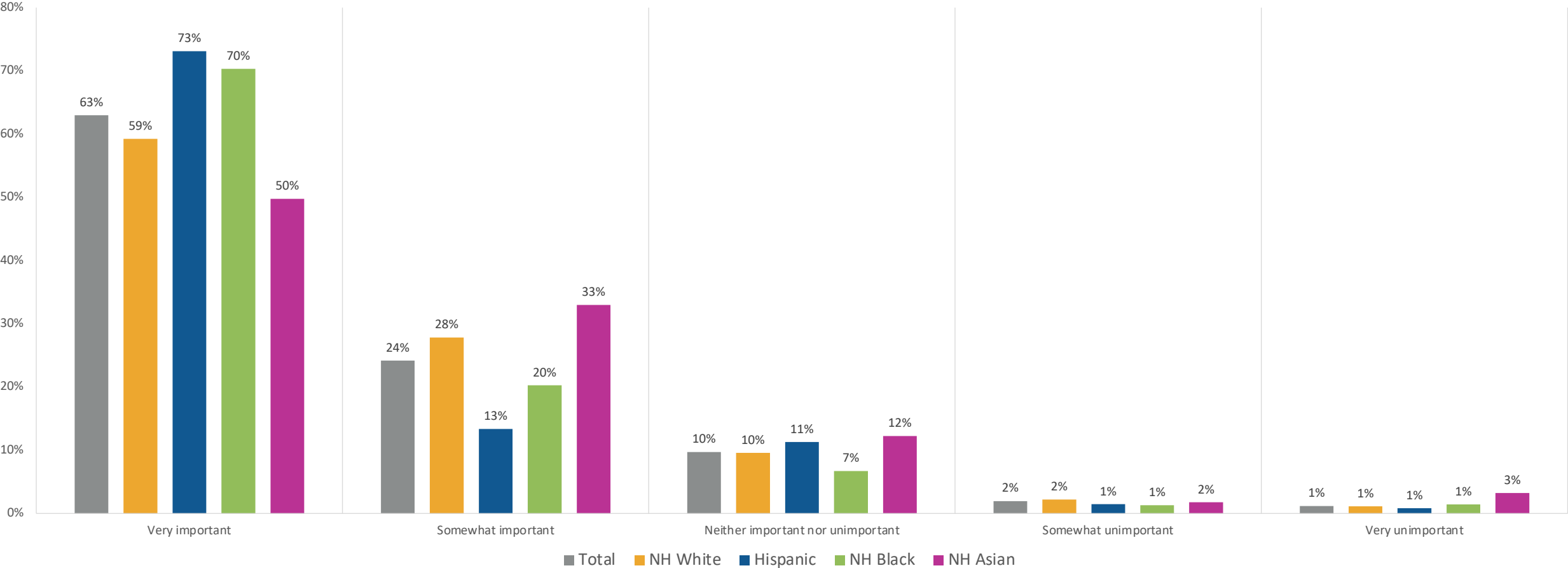
# Gen Z has made less spending changes than other gens. Boomers sacrifice driving and dining out more than other generations. Millennials are postponing big decisions like buying a home and having a child.

CHANGES MADE DUE TO NEGATIVE ECONOMIC IMPACT BY GENERATION



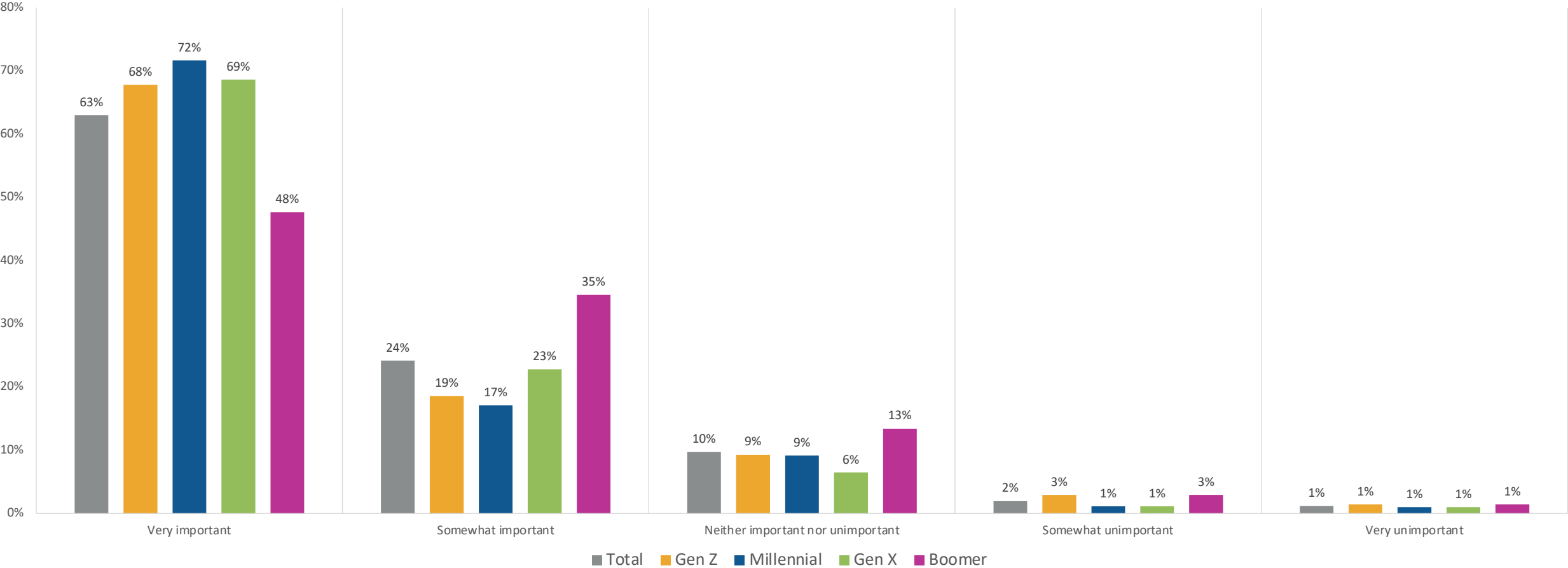
# Mental health is important to all race/ethnicities, particularly Hispanics. NH Asians find it to be less important than others

MENTAL HEALTH IMPORTANCE BY RACE/ETHNICITY



# Millennials find mental health to be the most important. Boomers only find it somewhat important.

MENTAL HEALTH IMPORTANCE BY GENERATION



# Finances are the most taxing to mental health, especially NH Asians. Hispanics feel more impacted by major life events, physical health, and personal relationships.

FACTORS IMPACTING MENTAL HEALTH BY RACE/ETHNICITY

