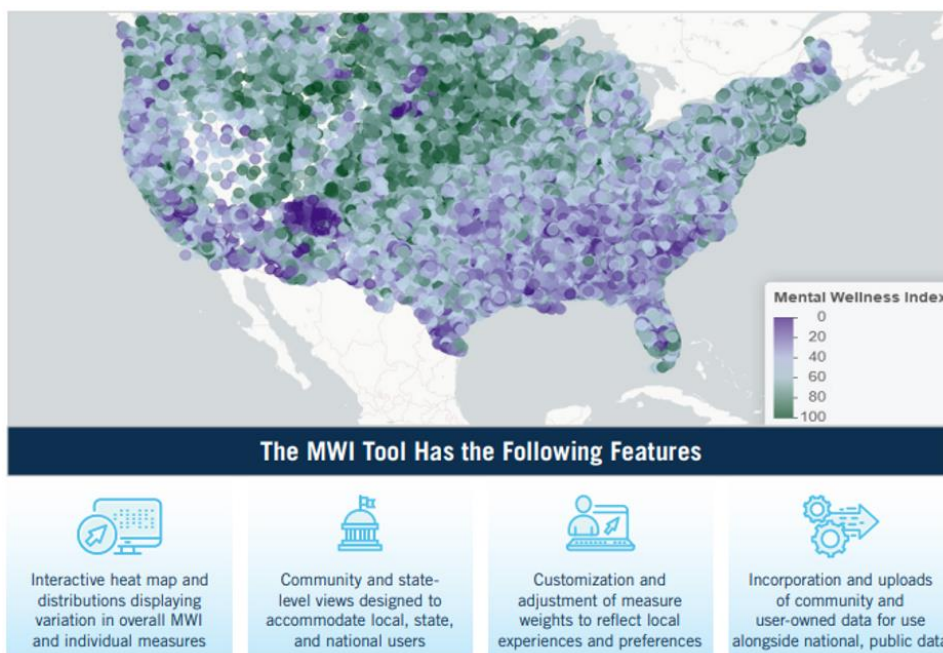


The Mental Wellness Index: Highlighting the Power of Community Factors

Mental health conditions affect at least a fifth of American adults.¹ These conditions can be exacerbated by multiple factors impacting an individual's community. Mental wellness at the community level, means everyone in a community can thrive and has the opportunity to flourish, regardless of a mental health or a substance use challenge.

To increase understanding of the factors influencing mental wellness, The MITRE Corporation created an open source tool called the [Mental Wellness Index](#) (MWI). The MWI provides data on 28 factors contributing to community-level mental wellness for each ZIP code in the nation. Results can be viewed for the overall population and also specifically for Black populations. The MWI focuses on three domains: Social Determinants of Health, Healthcare Access, and Health Status. It also includes two dynamic factors: Structural Racism and Community & Cultural Assets.*



The MWI can be used to make data-informed decisions, encourage more equitable allocation of resources, and support decision-making in partnership with communities. Consider using it for grant application support, resource allocation, or community-level planning. We encourage you to learn more about the MWI and consider how it can inform your own activities.

View the [Mental Wellness Index](#) or visit MITRE's Social Justice Platform to learn more.

¹ Health Resources & Services Administration. Defining Rural Population. March 2022. Available at: <https://www.hrsa.gov/rural-health/about-us/what-is-rural>