

Mental Health Outcomes Among Immigrant Adults in New York City

New York City (NYC) has a history of welcoming immigrants from around the world, contributing to the diversity and rich culture of the city. Though on average immigrants tend to have better health outcomes compared with U.S. born individuals, distinct differences exist within the immigrant population as many immigrants often face unique challenges that can negatively affect their mental health.¹

Immigrants may face structural barriers to employment and housing, which can negatively impact their mental health.² Anti-immigrant rhetoric and discrimination can also contribute to feelings of

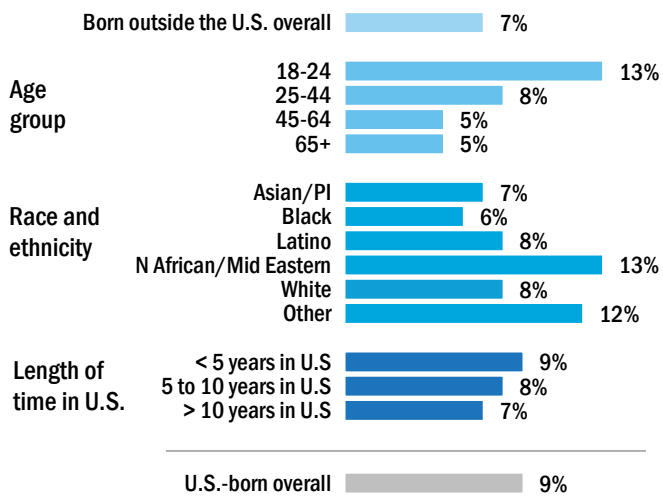
isolation and distress within these communities, further impacting their mental well-being.³

Additionally, many immigrants encounter difficulties accessing mental health care due to unfamiliarity with the U.S. healthcare system and cultural and language barriers, often delaying diagnosis and treatment.¹

Immigrants make up approximately 36% of the total population of the city and roughly 80% of immigrants have lived in NYC more than 10 years.¹ This report examines sociodemographic characteristics and social and economic factors to identify groups within the immigrant population that are more likely to experience adverse mental health outcomes.

In New York City, the prevalence of serious psychological distress differs across subgroups of adults born outside the U.S.

Prevalence of serious psychological distress among New York City adults born outside the U.S., 2023



Asian or Pacific Islander (PI), Black, North African/Middle Eastern, and white race categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race. "Other" race includes adults who self-identified as Other or Native American.

Source: NYC Neighborhood Wellness Survey, 2023

- In 2023, an estimated 179,000 (7%) NYC adults born outside the U.S. had serious psychological distress (SPD). This is lower than the prevalence of SPD among U.S.-born adults (9%).
- Adults born outside the U.S. that were 65 or older had a lower prevalence of SPD (5%) compared with those ages 18 to 24 and 25 to 44 (13% and 8%, respectively).
- Among those born outside the U.S., adults that identified as North African or Middle Eastern had a higher prevalence of SPD (13%) compared with Asian or Pacific Islander (7%) and Black (6%) adults.
- SPD was similar among immigrant adults who had been in the U.S. less than 5 years, 5 to 10 years, or more than 10 years, but those residing in the U.S. for more than 10 years were less likely to have SPD (7%) compared with U.S.-born adults (9%) adults.

Definitions: Immigrant: The immigration experience is complex and experienced differently by each person. For the purpose of this publication, the terms "immigrants" and "born outside the U.S." are used interchangeably.

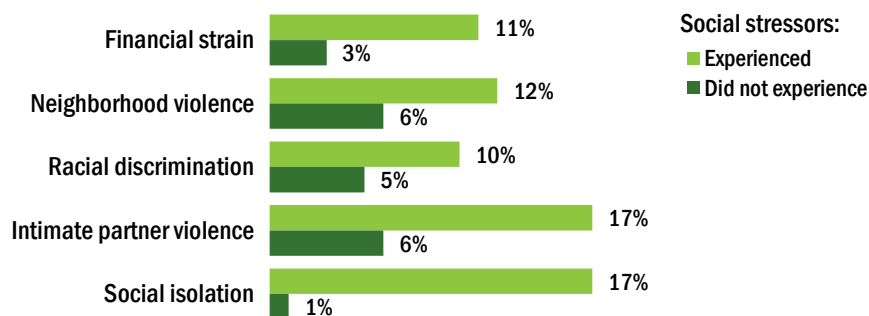
U.S.-born: Adults born in the U.S., including individuals born in the U.S. territories that reported living in the U.S. more than ten years or since birth.

Serious Psychological Distress (SPD) is defined as having a score greater than or equal to 13 on the Kessler 6 (K6) scale, a six-item scale developed to identify people highly likely to have a diagnosable mental illness and associated functional limitations. Using a five-point scale from "all of the time" to "none of the time," survey respondents were asked to rate the frequency of six symptoms of mental illness or nonspecific psychological distress: "During the PAST 30 DAYS, how often did you feel ... 1. So sad or depressed that nothing could cheer you up; 2. Nervous; 3. Hopeless; 4. Restless or fidgety; 5. That everything was an effort; 6. Worthless.

Social Isolation is defined as feeling distant or cut off from others somewhat or a lot in the past 30 days.

Immigrant adults that faced social stressors are more likely to have serious psychological distress than those who did not

Prevalence of serious psychological distress among adults born outside the U.S. by experience of social stressors, New York City, 2023

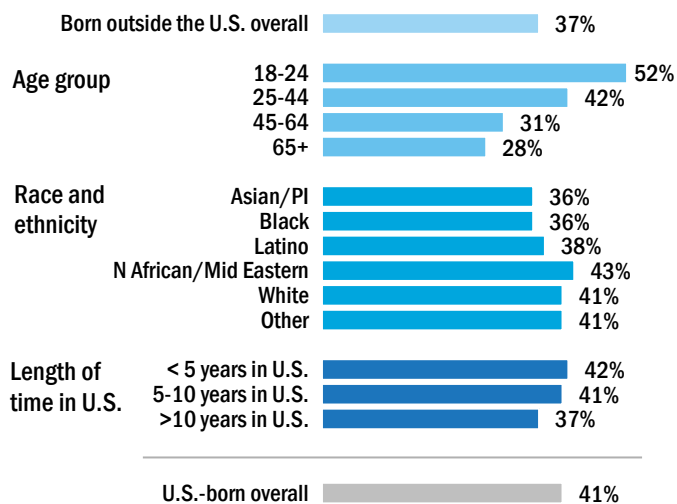


Financial strain or neighborhood violence experienced with in the past 12 months, experienced racial discrimination or intimate partner violence in their lifetime, and experienced social isolation in the past 30 days.
 Source: NYC Neighborhood Wellness Survey 2023

- Among New Yorkers born outside the U.S., those that experienced financial strain, neighborhood violence, racial discrimination, and intimate partner violence were two to three times more likely to have SPD than those who did not have these experiences.
- Immigrant adults that felt socially isolated were seventeen times more likely to have SPD compared with those that did not feel this way (17% vs. 1%).

Among adults in New York City born outside the U.S., the prevalence of social isolation varies by age, race and ethnicity, and length of time in the U.S.

Prevalence of social isolation among New York City adults born outside the U.S., by demographic characteristics, 2023



Asian or Pacific Islander (PI), Black, North African/Middle Eastern, and white race categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race. "Other" race includes adults who self-identified as Other or Native American.
 Source: NYC Neighborhood Wellness Survey, 2023

- An estimated 986,000 immigrant adults in NYC (37%) reported feeling socially isolated, a lower prevalence compared with 41% of U.S.-born adults.
- Among those born outside the U.S., adults 65 years or older had a lower prevalence of feeling socially isolated compared with those ages 18 through 64.
- Among those born outside the U.S., North African or Middle Eastern adults (43%) were more likely to feel socially isolated compared with Asian or Pacific Islander adults (36%).
- Adults born outside the U.S. that have resided in the U.S. more than 10 years were less likely to feel socially isolated compared with those that have been in the U.S. less than five years and five to 10 years (37% vs. 42% and 41%, respectively).
- Prevalence of social isolation was similar among adults with different levels of English proficiency.

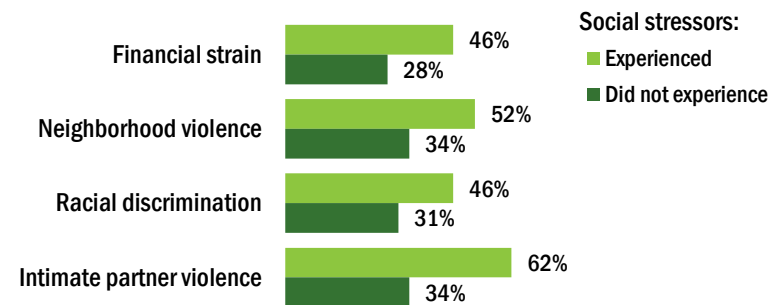
Definitions (cont.): Race and ethnicity: For the purpose of this publication, Latino includes persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino?" and regardless of reported race. Asian/Pacific Islander, Black, white and other race categories exclude those who identified as Latino. **Financial strain:** had 'somewhat' or 'a lot' of difficulty paying for basic needs in the past 12 months. **Neighborhood violence:** personally experienced or witnessed violence in their neighborhood in the past 12 months. **Racial discrimination:** felt they were discriminated against due to their race or ethnicity "sometimes," "often," or "always" during their life. **Intimate partner violence:** had a current or former intimate partner has physically hurt them, insulted them, or controlled their behavior.

A note about the data: The NYC Health Department does not ask about immigration status when providing services or conducting surveys. Therefore, the NYC Neighborhood Wellness Survey did not include questions on or related to immigration status, which is very impactful to an immigrant's mental health outcomes and access to care.

Immigrant adults who faced social stressors are more likely to experience social isolation in the past 30 days

- Among NYC immigrants, the prevalence of social isolation was higher among those that ever had an intimate partner that physically harmed, insulted, or controlled their behavior in their lifetime (62%) and those that witnessed neighborhood violence (52%) compared with those that never experienced either (both 34%).
- Among adults born outside the U.S., those that had ever experienced racial discrimination were more likely to feel socially isolated (46%) compared with adults that did not report experiencing racial discrimination (31%).

Prevalence of social isolation among adults born outside the U.S. by experience of social stressors, New York City, 2023



Financial strain or neighborhood violence experienced with in the past 12 months, experienced racial discrimination or intimate partner violence in their lifetime, and experienced social isolation in the past 30 days.

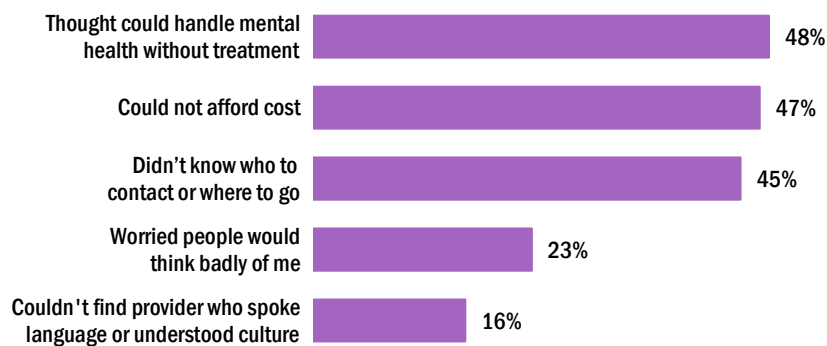
Source: NYC Neighborhood Wellness Survey 2023

Among adults in New York City with serious psychological distress, those born outside the U.S. are less likely to receive mental health treatment than U.S.-born adults

- Among adults in NYC with SPD, those born outside the U.S. were less likely to receive mental health treatment (43%) than U.S.-born adults (56%).
- Among adults in NYC with SPD, those born outside the U.S. were less likely to report an unmet need for mental health treatment in the past 12 months (not receiving any or as much treatment as they would have wanted) compared with U.S. born adults (37% vs 41%). The prevalence of reporting an unmet mental health treatment need was higher among immigrant adults with SPD that had lived in the U.S. for more than 10 years compared with those that had been in the U.S. for less than five years (43 vs. 24%*).

Immigrant adults in New York City experience barriers to getting mental health treatment

Barriers to mental health treatment among New York City immigrant adults with serious psychological distress and who reported an unmet need for mental health treatment, 2023



Source: NYC Neighborhood Wellness Survey 2023

- Among immigrants with SPD who reported an unmet need for mental health care, the most commonly reported barriers to mental health treatment included self-reliance, cost of treatment, uncertainty about who or where to seek help, worried what other people might think of them, and not being able to locate a provider who spoke their language or understood their culture.

*Estimate should be interpreted with caution due to large relative standard error, wide 95% confidence interval, or small sample size.

Data Source: The NYC Neighborhood Wellness Survey (NWS) 2023, conducted May to August 2023, was a collaboration between the Health Department and the City University of New York (CUNY) Graduate School of Policy and Public Health. The NWS used a probability-based approach using address-based sampling methods to randomly sample among non-institutionalized adults ages 18 and older. Most surveys were completed by mail with some online completion. Estimates are age-adjusted to the U.S. 2000 standard population and weighted to the adult residential population per the American Community Survey, 2021.

Implications

Immigrant adults living in NYC report lower prevalence of SPD and social isolation compared with U.S. born adults. Immigrants' mental health may fare better for many reasons such as having a healthier lifestyle prior to migrating and stronger social networks.¹ Nevertheless, certain groups within immigrant communities face higher prevalence of adverse mental health outcomes.

Immigrant adults who identify as North African or Middle Eastern are more likely to experience SPD and feel socially isolated, which may stem from pre-migration trauma, the impact of ongoing war and economic challenges in their home countries, and experiences of discrimination in NYC. Younger adults (18 to 24 years old) and experiences of financial strain, racial discrimination, neighborhood violence, and intimate partner violence are also associated with higher prevalence of adverse mental health outcomes among immigrants. Findings also show immigrants with SPD are less likely than their U.S. born counterparts to receive mental health treatment. Although immigrants report less unmet need for mental health treatment overall, those living in the U.S. longer report greater unmet need than recent immigrants, possibly reflecting their acculturation to U.S. attitudes toward mental health care.

Among immigrants with SPD and an unmet need for mental health treatment, cost was one of the most common barriers to care, highlighting the need for expanding affordable mental health services tailored to immigrant communities. Nearly half of immigrants with SPD and unmet need did not know who to contact or where to go for assistance with their mental health. This demonstrates the possible need for outreach to immigrant communities to facilitate connection to the mental health system, and culturally sensitive support that addresses the unique challenges immigrants face when accessing mental health care.

The NYC Health Department continues to promote inclusion by offering services to all New Yorkers, regardless of their immigration status, including through [988](#), a free, confidential mental health and substance use support service where trained counselors are available 24/7 by phone in over 200 languages. In addition, through [NYC Care](#), the City provides health care access to programs that have low to no-cost services, including mental health services, to those that cannot afford or do not qualify for health insurance. A comprehensive [Community Guide to HRA Public Health Benefits for Immigrants](#) is also available through NYC Human Resources Administration (NYC HRA), including domestic violence support services, which are provided regardless of citizenship or immigration status.

Health equity is attainment of the highest level of health and well-being for all people. Not all New Yorkers have the same opportunities to live a healthy life. Achieving health equity requires focused and ongoing societal efforts to address historical and contemporary injustices such as discrimination based on race/ethnicity, and other identities. For more information, visit the World Health Organization's [Health Equity](#) webpage.

Authors: Jo-Anne Caton, Rachel Suss, Think Vu, Melanie Close, Christina Norman

Acknowledgements: Liza King, Kinjia Hinterland, Sungwoo Lim, Gretchen Van Wye, Jamie Neckles, H. Jean Wright II

References:

1. Alexander M, Hadler M, Hinterland K, et al. The health of immigrants in New York City. New York City Department of Health and Mental Hygiene. March 2025:1-84. <https://www.nyc.gov/assets/doh/downloads/pdf/episrv/immigrant-health-2025.pdf>. Accessed November 5, 2025.
2. Ornek, Ozlem Koseoglu, et al. "Precarious employment and migrant workers' mental health: a systematic review of quantitative and qualitative studies." *Scandinavian journal of work, environment & health* 48.5 (2022): 327.
3. Garcini, Luz M., et al. "'No one left behind': A social determinant of health lens to the wellbeing of undocumented immigrants." *Current opinion in psychology* 47 (2022): 101455.

Suggested citation: Caton J, Suss R, Vu T, Close M, Norman C. Mental Health Outcomes Among Immigrant Adults in New York City. New York City Department of Health and Mental Hygiene: Epi Data Brief (156); April 2026.

MORE New York City Health Data and Publications at nyc.gov/health/data

EpiQuery – the Health Department's interactive health data system at nyc.gov/health/EpiQuery

Community Health Profiles at nyc.gov/health/Profiles





Epi Data Tables

April 2026, No. 156

Mental Health Outcomes Among Immigrant Adults in New York City

Data Tables

- Table 1.** Prevalence of serious psychological distress among New York City adults born outside the U.S. by demographic characteristics, 2023
- Table 2.** Prevalence of mental health treatment by select demographics among New York City adults born outside the U.S. with serious psychological distress, 2023
- Table 3.** Prevalence of unmet mental health treatment need by select demographics among New York City adults born outside the U.S. with serious psychological distress, 2023
- Table 4.** Prevalence of barriers to mental health treatment among New York City adults born outside the U.S. with serious psychological distress that reported an unmet treatment need, 2023
- Table 5.** Prevalence of barriers to mental health treatment by length of time in U.S. among New York City adults born outside the U.S. with serious psychological distress that reported an unmet treatment need, 2023
- Table 6.** Prevalence of serious psychological distress among New York City adults born outside the U.S. by experience of social stressors, 2023
- Table 7.** Prevalence of social isolation among New York City adults born outside the U.S. by select demographic characteristics, 2023
- Table 8.** Prevalence of social isolation among New York City adults by experience of social stressors, 2023

Data Sources

The NYC Neighborhood Wellness Survey (NWS), 2023, conducted May to August 2023, was a collaboration between the Health Department and the City University of New York (CUNY) Graduate School of Policy and Public Health. The NWS used a probability-based approach using address-based sampling methods to randomly sample among non-institutionalized adults ages 18 and older. Most surveys were completed by mail with some online completion. Estimates are age-adjusted to the U.S. 2000 standard population and weighted to the adult residential population per the American Community Survey, 2021.

Table 1. Prevalence of serious psychological distress among New York City adults born outside the U.S. by select demographic characteristics, 2023Source: *Neighborhood Wellness Survey, 2023*

Data are weighted to the adult residential population per the American Community Survey, 2021.

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Serious psychological distress overall	7.3	6.7	8.0	
Age group				
18 - 24	13.2	9.8	17.5	<0.001
25 - 44	7.7	6.8	8.8	<0.001
45 - 64	5.3	4.7	6.1	0.930
65+	5.3	4.6	6.2	ref
Gender identity				
Cisgender man	7.0	6.1	8.1	<0.001
Cisgender woman	7.3	6.4	8.2	0.001
Other gender identities	22.6	15.1	32.5	ref
Race and ethnicity¹				
Asian or Pacific Islander	7.0	6.0	8.2	0.035
Black	6.3	4.5	8.7	0.024
Latino	7.7	6.6	9	0.064
North African or Middle Eastern	13	8.4	19.5	ref
White	7.7	6.1	9.7	0.072
Other	12.0	7.1	19.6	0.818
Sexual orientation				
Gay, lesbian, bisexual, some other orientation	15.0	12.0	18.7	ref
Heterosexual	6.5 U	5.8	7.2	<0.001
Not sure	10.8	7.9	14.8	0.087
Education level				
Did not graduate H.S	7.6	5.7	10	0.008
H.S graduate	7.0	5.8	8.5	0.002
Some college	7.0	5.8	8.5	0.002
Bachelor's degree	7.4	6.3	8.6	<0.001
Graduate degree or higher	4.5 U	3.7	5.4	ref
Household poverty level²				
<200% FPL	8.4	7.4	9.5	<0.001
200-399% FPL	8.0	6.6	9.6	0.004
400+% FPL	5.3	4.4	6.4	ref
Health insurance status				
Insured	7.2	5.1	7.9	ref
Not insured	7.0	5.1	9.5	0.849
Length of time in U.S.				
Born outside the U.S. and resided in U.S. less than 5 years	9.0	6.4	12.5	0.216
Born outside the U.S. and resided in U.S. 5 to 10 years	7.9	6.3	9.9	0.373
Born outside the U.S. and resided in U.S. more than 10 years	7.0	6.2	7.9	ref
Length of time in U.S. including U.S. born³				
Born in U.S.	8.8	8.3	9.3	ref
Born outside the U.S. and resided in U.S. less than 5 years	9.0	6.4	12.5	0.890
Born outside the U.S. and resided in U.S. 5 to 10 years	7.9	6.3	9.9	0.361
Born outside the U.S. and resided in U.S. more than 10 years	7.0	6.2	7.9	0.001

¹ For the purpose of this publication, Latino includes persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino?" and regardless of reported race. Black, white, Asian/Pacific Islander, and other race categories exclude those who identified as Latino.

² Federal Poverty Line (FPL). FPL depends on the number of people in the household, for example, \$27,750 for a family of four

³ Adults born in the U.S. includes individuals born in the U.S. territories (Puerto Rico, Guam, U.S. Virgin Islands, or other U.S. territory) that resided in U.S. more than 10 years or since birth.

Bold p-values are significant at the 0.05 level.

U When reporting to nearest whole percent, round up, D when reporting to the nearest whole percent, round down.

Table 2. Prevalence of mental health treatment by select demographics among New York City adults born outside the U.S. with serious psychological distress, 2023Source: *Neighborhood Wellness Survey, 2023*

Data are weighted to the adult residential population per the American Community Survey, 2021.

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Mental health treatment	43.1	39.3	47.1	
Age group				
18 - 24	26.3 *	15.2	41.5	0.011
25 - 44	46.4	40.1	52.8	0.996
45 - 64	44.2	37.7	50.9	0.671
65+	46.4	38.8	54.2	ref
Gender identity				
Cisgender man	38.4	32.4	44.8	0.135
Cisgender woman	45.2	40.3	50.2	0.371
Other gender identities	54.8 *	34.6	73.6	ref
Race and ethnicity¹				
Asian or Pacific Islander	36.5 U	30.2	43.3	0.076
Black	43.4 *	32.2	55.3	0.367
Latino	45.6	38.8	52.5	0.434
North African or Middle Eastern	52.8 *	36.4	68.6	ref
White	45.9	37.9	54.1	0.467
Other	44.6 *	27.4	63.2	0.525
Sexual orientation				
Gay, lesbian, bisexual, some other orientation	48.1 *	35.9	60.6	ref
Heterosexual	42.0	37.6	46.5	0.364
Not sure	45.1 *	30.8	60.3	0.763
Employment status²				
Employed	40.4	34.2	46.8	ref
Unemployed	43.1	34.8	51.8	0.620
Not in labor force	55.6	45.8	64.9	0.010
Health insurance status				
Insured	44.9	40.9	49.0	ref
Not insured	26.9	15.4	42.5	0.014
Household poverty level³				
<200% FPL	42.6	37	48.5	0.662
200-399% FPL	39.1	31.4	47.4	0.306
400+% FPL	44.7	37.8	51.8	ref
Length of time in U.S.				
Born outside the U.S. and resided in U.S. less than 5 years	39.3	32.4	46.7	0.269
Born outside the U.S. and resided in U.S. 5 to 10 years	34.8 *	24.8	46.4	0.125
Born outside the U.S. and resided in U.S. more than 10 years	44.2	39.6	48.9	ref
Length of time in U.S. including U.S. born⁴				
Born in U.S.	56.1	53.2	58.9	ref
Born outside the U.S. and resided in U.S. less than 5 years	39.3	32.4	46.7	<0.001
Born outside the U.S. and resided in U.S. 5 to 10 years	34.8 *	24.8	46.4	<0.001
Born outside the U.S. and resided in U.S. more than 10 years	44.2	39.6	48.9	<0.001
English proficiency				
Not at all well	48.4 *	33.2	63.8	0.624
Not well	34.6	27.2	42.8	0.056
Well	38.7	32.1	45.7	0.237
Very well	44.2	38.3	50.2	ref

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

¹ For the purpose of this publication, Latino includes persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino?" and regardless of reported race. Black, white Asian/Pacific Islander, and other race categories exclude those who identified as Latino.

² Not in labor force includes adults that are retired, homemakers, students, or unable to work.

³ Federal Poverty Line (FPL). FPL depends on the number of people in the household, for example, \$27,750 for a family of four

⁴ Adults born in the U.S. includes individuals born in the U.S. territories (Puerto Rico, Guam, U.S. Virgin Islands, or other U.S. territory) that resided in U.S. more than 10 years or since birth.

95% Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

Bold p-values are significant at the 0.05 level.

U When reporting to nearest whole percent, round up, D when reporting to the nearest whole percent, round down.

Table 3. Prevalence of unmet mental health treatment need by select demographics among New York City adults born outside the U.S. with serious psychological distress, 2023Source: *Neighborhood Wellness Survey, 2023*

Data are weighted to the adult residential population per the American Community Survey, 2021.

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Unmet mental health treatment need overall	38.7		34.8	42.8	
Age group					
18 - 24	51.2 *		36.0	66.1	0.004
25 - 44	41.9		35.7	48.4	0.001
45 - 64	36.5	D	30.3	43.1	0.031
65+	25.7		19.1	33.7	ref
Gender identity					
Cisgender man	34.4		28.6	40.7	0.620
Cisgender woman	42.1		37.1	47.1	0.690
Other gender identities	38.7 *		24.5	55.1	ref
Race and ethnicity¹					
Asian or Pacific Islander	33.7		27.5	40.5	0.911
Black	41.5 *	D	30.5	53.4	0.386
Latino	36.7		30.1	43.9	0.652
North African or Middle Eastern	32.7 *		18.9	50.3	ref
White	46.1		37.8	54.7	0.150
Other	43.5 *	D	31.7	56.0	0.299
Sexual orientation					
Gay, lesbian, bisexual, some other orientation	37.7 *		28.1	48.5	ref
Heterosexual	38.5	U	34.1	43.1	0.895
Not sure	23.7 *		12.8	39.5	0.104
Employment status²					
Employed	42.0		35.8	48.4	ref
Unemployed	39.7		31.6	48.4	0.671
Not in labor force	31.1		22.7	40.9	0.055
Health insurance status					
Insured	38.5	U	34.4	42.8	ref
Not insured	56.9		44.4	68.6	0.006
Household poverty level³					
<200% FPL	34.9		29.5	40.8	0.903
200-399% FPL	46.8		38.6	55.1	0.024
400+% FPL	34.4		27.9	41.5	ref
Length of time in U.S.					
Born outside the U.S. and resided in U.S. less than 5 years	23.6 *		12.9	39.2	0.008
Born outside the U.S. and resided in U.S. 5 to 10 years	32.6		23.5	43.2	0.074
Born outside the U.S. and resided in U.S. more than 10 years	42.7		37.9	47.7	ref
Length of time in U.S. including U.S. born⁴					
Born in U.S.	51.3		48.4	54.2	ref
Born outside the U.S. and resided in U.S. less than 5 years	23.6 *		12.9	39.2	<0.001
Born outside the U.S. and resided in U.S. 5 to 10 years	32.6		23.5	43.2	<0.001
Born outside the U.S. and resided in U.S. more than 10 years	42.7		37.9	47.7	0.003
English proficiency					
Not at all well	29.7 *		15.6	49	0.136
Not well	24.6		17.6	33.2	<0.001
Well	37.8		30.6	45.5	0.239
Very well	43.5	D	37.8	49.4	ref

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

¹For the purpose of this publication, Latino includes persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino?" and regardless of reported race. Black, white Asian/Pacific Islander, and other race categories exclude those who identified as Latino.

²Not in labor force includes adults that are retired, homemakers, students, or unable to work.

³Federal Poverty Line (FPL). FPL depends on the number of people in the household, for example, \$27,750 for a family of four

⁴Adults born in the U.S. includes individuals born in the U.S. territories (Puerto Rico, Guam, U.S. Virgin Islands, or other U.S. territory)

95% Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

Bold p-values are significant at the 0.05 level.

U When reporting to nearest whole percent, round up, D when reporting to the nearest whole percent, round down.

Table 4. Prevalence of barriers to mental health treatment among New York City adults born outside the U.S. with serious psychological distress that reported an unmet treatment need, 2023*Source: Neighborhood Wellness Survey, 2023*

Data are weighted to the adult residential population per the American Community Survey, 2021.

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval
Barriers to mental health treatment			
Couldn't find provider who spoke language or understood culture	15.8	11.7	21
Worried people would think badly of me	23.1	17.9	29.3
Didn't know who to contact or where to go	44.6	38.3	51.1
Could not afford cost of treatment	47.0	40.8	53.4
Thought could handle mental health without treatment	48.4	42.3	54.6

95% Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

Bold p-values are significant at the 0.05 level.

Table 5. Prevalence of barriers to mental health treatment by length of time in U.S. among New York City adults Born outside the U.S. with serious psychological distress that reported an unmet treatment need, 2023Source: *Neighborhood Wellness Survey, 2023*

Data are weighted to the adult residential population per the American Community Survey, 2021.

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Couldn't find provider who spoke language or understood culture				
Born outside the U.S. and resided in U.S. less than 5 years	^	^	^	^
Born outside the U.S. and resided in U.S. 5 to 10 years	13.4 *	5.9	27.5	0.735
Born outside the U.S. and resided in U.S. more than 10 years	15.4	10.8	21.5	ref
Worried people would think badly of me				
Born outside the U.S. and resided in U.S. less than 5 years	13.5 * U	6.5	26	0.094
Born outside the U.S. and resided in U.S. 5 to 10 years	10.8 *	4.3	24.8	0.034
Born outside the U.S. and resided in U.S. more than 10 years	23.2	17.6	29.8	ref
Didn't know who to contact or where to go				
Born outside the U.S. and resided in U.S. less than 5 years	76.7 *	50.9	91.2	0.004
Born outside the U.S. and resided in U.S. 5 to 10 years	21.6 *	12.3	35	0.001
Born outside the U.S. and resided in U.S. more than 10 years	44.8	37.8	52.1	ref
Could not afford cost of treatment				
Born outside the U.S. and resided in U.S. less than 5 years	60.3 *	36.3	80.2	0.263
Born outside the U.S. and resided in U.S. 5 to 10 years	36.2 *	23.2	51.5	0.226
Born outside the U.S. and resided in U.S. more than 10 years	46.2	39.0	53.6	ref
Thought could handle mental health without treatment				
Born outside the U.S. and resided in U.S. less than 5 years	56.7 *	33.2	77.5	0.426
Born outside the U.S. and resided in U.S. 5 to 10 years	54.4 *	37.0	70.8	0.426
Born outside the U.S. and resided in U.S. more than 10 years	46.6	39.4	54	ref

*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

^ Data are suppressed due to imprecise and unreliable estimates.

95% Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

Bold p-values are significant at the 0.05 level.

U When reporting to nearest whole percent, round up, D when reporting to the nearest whole percent, round down.

Table 6. Prevalence of serious psychological distress among New York City adults born outside the U.S. by experience of social stressors, 2023*Source: Neighborhood Wellness Survey, 2023*

Data are weighted to the adult residential population per the American Community Survey, 2021.

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Experienced financial strain¹				
Yes	11.0	9.9	12.1	<0.001
No	3.4	2.7	4.2	ref
Experienced or witnessed neighborhood violence				
Yes	11.9	10.3	13.7	<0.001
No	6.0	5.4	6.7	ref
Experienced racial discrimination during their lifetime				
Yes	10.3	9.2	11.6	<0.001
No	5.1	4.4	5.9	ref
Experienced intimate partner violence				
Yes	16.8	13.9	20.2	<0.001
No	6.1	5.5	6.8	ref
Felt socially isolated				
Yes	17.2	15.8	18.6	<0.001
No	1.1	0.9	1.5	ref

¹Financial strain: having difficulty paying for basic needs, like food, housing, utilities, and medical care in the past 12 months.

95% Confidence Intervals (CIs) are a measure of estimate precision: the wider the CI, the more imprecise the estimate.

Bold p-values are significant at the 0.05 level.

Table 7. Prevalence of social isolation among New York City adults born outside the U.S. by demographic characteristics, 2023Source: *Neighborhood Wellness Survey, 2023*

Data are weighted to the adult residential population per the American Community Survey, 2021.

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Social isolation overall	37.4	36.3	38.5	
Age group				
18 - 24	51.7	46.3	57	<0.001
25 - 44	41.6	39.8	43.4	<0.001
45 - 64	30.9	29.4	32.3	0.012
65+	28.2	26.7	29.7	ref
Gender identity				
Cisgender man	36.1	34.3	37.8	0.008
Cisgender woman	38.3	36.9	39.8	0.025
Other gender identities	50.0	40.0	59.9	ref
Race and ethnicity¹				
Asian or Pacific Islander	35.9	34.1	37.8	0.046
Black	36.2	32.9	39.6	0.075
Latino	38.1	36.1	40.1	0.165
North African or Middle Eastern	43.2	36.4	50.2	ref
White	40.9	38.2	43.6	0.543
Other	41.2	34.8	48.0	0.689
Sexual orientation				
Gay, lesbian, bisexual, some other orientation	50.2	46.1	54.2	ref
Heterosexual	36.2	35.0	37.5	<0.001
Not sure	42.5 U	37.1	48.1	0.029
Education level				
Did not graduate H.S	36.2	32.0	40.7	0.859
H.S graduate	34.3	32.0	36.7	0.465
Some college	39.2	36.8	41.7	0.076
Bachelor's degree	39.0	37.0	41	0.075
Graduate degree or higher	35.7	32.8	38.8	ref
Health insurance status				
Insured	37.5 U	36.3	38.7	ref
Not insured	37.1	32.4	41.9	0.858
Household poverty level²				
<200% FPL	38.5 D	36.7	40.3	0.066
200-399% FPL	36.3	34.1	38.6	0.859
400+% FPL	36.0	34.1	38	ref
English proficiency				
Not at all well	35.5 D	29.9	41.5	0.698
Not well	37.8	34.3	41.4	0.579
Well	36.5 D	34.4	38.7	0.880
Very well	36.7	35.2	38.2	ref
Length of time in U.S.				
Born outside the U.S. and resided in U.S. less than 5 years	42.4	37.0	47.9	0.042
Born outside the U.S. and resided in U.S. 5 to 10 years	41.3	38.2	44.5	0.006
Born outside the U.S. and resided in U.S. more than 10 years	36.5 U	35.1	37.9	ref
Length of time in U.S. including U.S. born³				
Born in U.S.	41.3	40.5	42.1	ref
Born outside the U.S. and resided in U.S. less than 5 years	42.4	37.0	47.9	0.692
Born outside the U.S. and resided in U.S. 5 to 10 years	41.3	38.2	44.5	0.961
Born outside the U.S. and resided in U.S. more than 10 years	36.5 U	35.1	37.9	<0.001

¹ For the purpose of this publication, Latino includes persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino?" and regardless of reported race. Black, white, Asian/Pacific Islander, and other race categories exclude those who identified as Latino.

² Federal Poverty Line (FPL). FPL depends on the number of people in the household, for example, \$27,750 for a family of four

³ Adults born in the U.S. includes individuals born in the U.S. territories (Puerto Rico, Guam, U.S. Virgin Islands, or other U.S. territory)

Bold p-values are significant at the 0.05 level.

U When reporting to nearest whole percent, round up, D when reporting to the nearest whole percent, round down.

Table 8. Prevalence of social isolation among New York City adults by experience of social stressors, 2023

Source: *Neighborhood Wellness Survey, 2023*

Data are weighted to the adult residential population per the American Community Survey, 2021.

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Experienced financial strain¹				
Yes	45.8	44.2	47.4	<0.001
No	28.3	26.8	29.8	ref
Experienced or witnessed neighborhood violence				
Yes	51.5 U	49.1	53.9	<0.001
No	33.6	32.3	34.8	ref
Experienced racial discrimination during their lifetime				
Yes	46.1	44.4	47.8	<0.001
No	30.9	29.5	32.3	ref
Experienced intimate partner violence				
Yes	61.8	58.6	65.0	<0.001
No	34.2	33.1	35.4	ref

¹Financial strain: having difficulty paying for basic needs, like food, housing, utilities, and medical care in the past 12 months.

Bold p-values are significant at the 0.05 level.

U When reporting to nearest whole percent, round up, D when reporting to the nearest whole percent, round down.