

Mental Health Inequities among Latino New Yorkers

Latinos have a deep and vibrant history in New York City (NYC) and represent a diverse blend of Indigenous, African, and European ancestries.¹ Their cultural heritage is reflected throughout the city in its language, music, cuisine, and traditions.

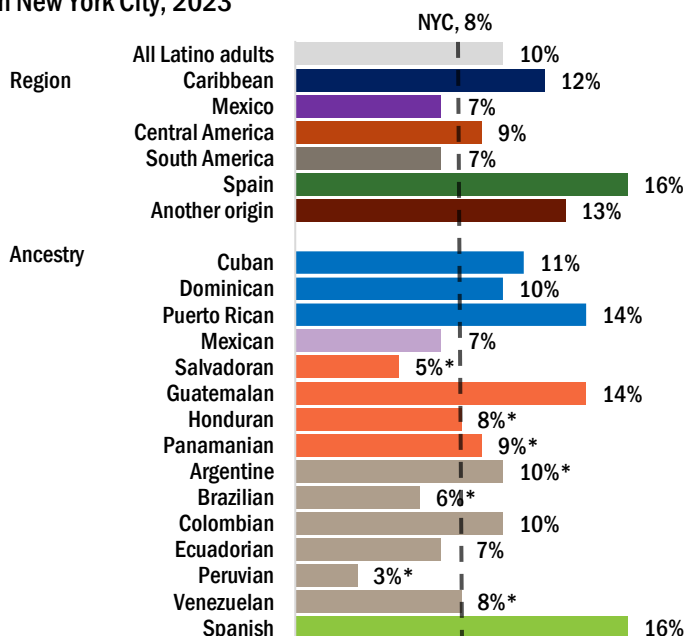
Their diversity is further shaped by differences in country of origin, acculturation, language, immigration, and socioeconomic conditions. Recognizing and incorporating these factors in public health research offers an opportunity to better understand mental health outcomes, service utilization, and barriers to treatment across Latino groups. Exploring meaningful differences in ancestry can provide a more nuanced understanding of this population's mental health needs and experiences.

For example, serious psychological distress (SPD) is a non-specific measure that identifies individuals highly likely to have a diagnosable mental illness and associated functional limitations. The prevalence of SPD is consistently higher among the Latino population compared with their white counterparts. While this inequity is substantial, variations across subpopulations within the Latino community have not previously been quantified.^{2,3}

This brief explores SPD, social isolation, help-seeking behaviors, mental health treatment access, and unmet mental health care needs among Latino adult New Yorkers across five distinct regions and fifteen ancestry groups. Ancestry reflects self-identified ethnic or cultural background, which may differ from the country of birth. For this brief, Latino includes people of Hispanic and Latino origin although we acknowledge they are not synonymous terms.

Serious psychological distress among Latino adults in New York City varies by ancestry

Prevalence of serious psychological distress among Latino adults in New York City, 2023



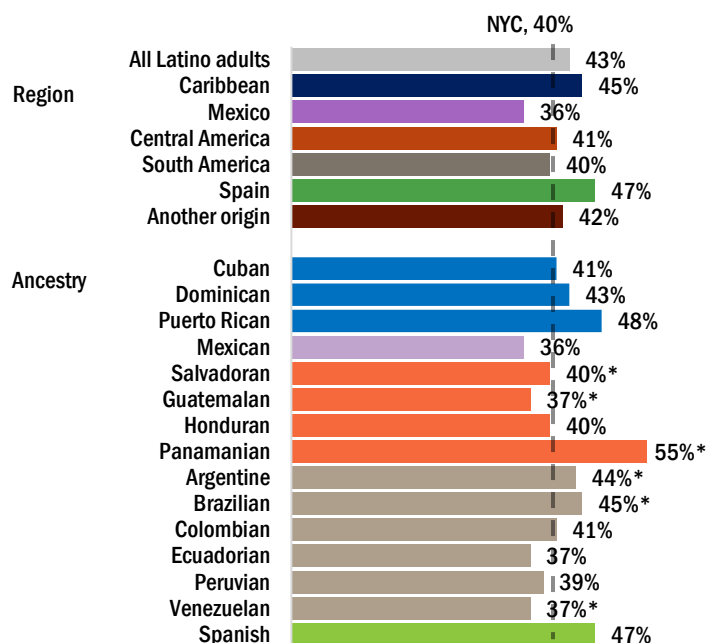
*Estimate should be interpreted with caution due to large relative standard error, wide 95% confidence interval, or small sample size. 'Another origin' refers to people with unspecified Hispanic or Latino ancestry, and those with ancestry from non-Latino and non-Hispanic countries. Ancestral subgroups with a sample size of at least 50 are shown individually; smaller groups are included in their broader region. Intersectional analysis is presented in tables.

Source: NYC Neighborhood Wellness Survey, 2023

- In 2023, an estimated 190,000 (10%) Latino adults in NYC had SPD, a higher prevalence compared with Asian (7%), Black (8%), and white (7%) adults.
- Although SPD was similar among U.S.-born Latino adults (excluding territories like Puerto Rico) and non-U.S.-born Latinos who lived in the U.S. for less than 10 years, U.S.-born Latino adult New Yorkers were more likely to have SPD (12%) compared with those living in the U.S. 10 years or more (8%).
- Among ancestral regions, adults with Spanish ancestry (16%) were more likely to experience SPD compared with Latino adults with Mexican (7%) and South American (7%) ancestry.
- Of ancestry groups, adults of Puerto Rican (14%), Guatemalan (14%), and Spanish (16%) ancestry were approximately five times as likely to have SPD compared with Peruvian ancestry adults (3%*). Peruvian ancestry adults also had a lower prevalence of SPD compared with adults of Cuban (11%), Dominican (10%), Mexican (7%), and Colombian (10%) ancestry.

Social isolation among Latino adults in New York City varies by ancestry

Prevalence of social isolation among Latino adults in New York City by region and ancestry, 2023



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

'Another origin' refers to people with unspecified Hispanic or Latino ancestry, and those with ancestry from non-Latino and non-Hispanic countries. Ancestral subgroups with a sample size of at least 50 are shown individually; smaller groups are included in their broader region. Intersectional analyses are presented in tables.

Source: NYC Neighborhood Wellness Survey, 2023

- In 2023, an estimated 807,000 (43%) Latino adults in NYC felt socially isolated (cut off or distant from others) in the past 30 days, a higher prevalence compared with Asian and white adults (both 37%).
- Latino adults born in U.S. (excluding territories such as Puerto Rico) were more likely to feel socially isolated (47%) compared with non-U.S.-born Latino adults that have lived in the U.S. less than five years (38%), five to 10 years (41%), and 10 or more years (39%).
- Among ancestral regions, adults with Mexican ancestry had a lower prevalence of social isolation (36%), compared with adults with Caribbean (45%), Spanish (47%), or another origin (42%) ancestry.
- Among ancestry groups, more than half (55%*) of Latino adults with Panamanian ancestry felt socially isolated, a higher prevalence compared with those of Mexican (36%), Guatemalan (37%*), Ecuadorian (37%), Peruvian (39%), and Venezuelan (37%*) ancestries.

Over half of Latino adults with serious psychological distress received mental health treatment in the past year but prevalence varies by ancestral region

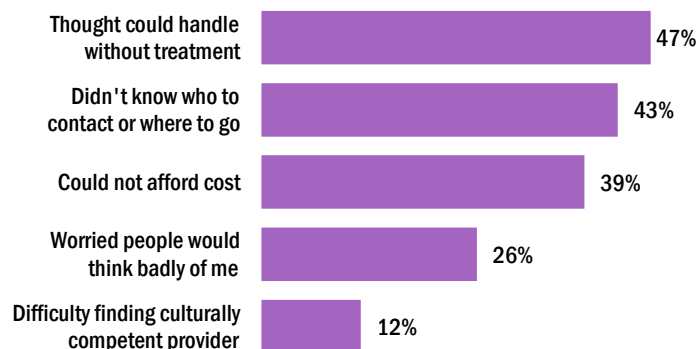
- Approximately 54% of Latino adults with SPD received counseling and/or medication for their emotions, nerves, or mental health in the past 12 months, a higher prevalence than Asian (39%) adults with SPD.
- The prevalence of receiving mental health treatment was similar among Latino adults with SPD that were born in U.S. 50 states and those born in U.S. territories or abroad.
- Latino adults with SPD who speak English well or very well were more likely to receive mental health treatment (55%) compared with those that do not speak English well or at all (44%).
- Among ancestral regions, adults with SPD of Spanish ancestry were more likely to receive mental health treatment (74%*) compared with adults with ancestry in South America (43%*) and another origin (44%*).

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

Definitions: Race and ethnicity: For the purpose of this publication, **Latino** is identified by the survey question "Are you of Hispanic or Latin origin?", regardless of reported race. Asian, Black, Middle Eastern or North African, multiracial, white, and other race categories exclude those who identified as Latino. **Caribbean** includes Cuba, Dominican Republic, and Puerto Rico. **Central America** includes Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. **South America** includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, and Venezuela. **Another origin** refers to people with unspecified Hispanic or Latino ancestry, and those with ancestry from non-Latino and non-Hispanic countries and territories. Only Latino ancestry groups with adequate sample sizes ($n \geq 50$) are shown. Although not a Spanish-speaking country, Brazil was included in the analysis because over 90% of survey respondents that identified with Brazilian ancestry self-identified as Hispanic or Latino.

Latino adult New Yorkers with serious psychological distress face various challenges in accessing mental health treatment

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



Data represent the overall prevalence of the top barriers reported. Categories are not mutually exclusive. Intersectional analyses are presented in tables. Due to small sample size, barriers by ancestry group were not analyzed.

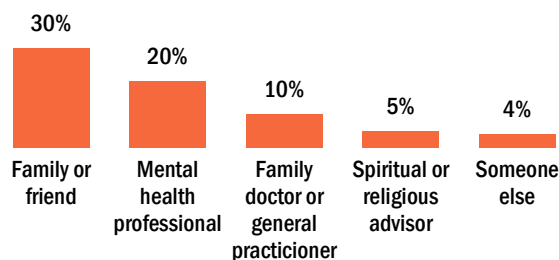
Source: NYC Neighborhood Wellness Survey, 2023

- Forty-five percent of Latino adults with SPD reported they needed mental health treatment in the past 12 months but did not get it. Although no differences in unmet mental health need were observed across ancestral regions, nearly half of Latino adults with SPD reported they didn't receive mental health treatment because they believed they could handle their mental health on their own (47%). Other common barriers to treatment included being uncertain about where to seek help for their mental health (43%), the cost of treatment (39%), mental health stigma (26%), and being unable to find a provider who spoke their language or understood their culture (12%).

Nearly one third of Latino adults in New York City depend on close family and friends as a support system for mental health issues, although the types of support vary across ancestries

- Adults of Argentinian ancestry had a higher prevalence of seeking support from a close family or friend (48%*) compared with adults of Dominican (26%), Mexican (26%), Salvadoran (28%), Guatemalan (27%), Honduran (27%*), Colombian (30%), and Ecuadorian (27%) ancestry.
- Latino adults with Ecuadorian ancestry were less likely to go to a mental health professional for support (12%) compared with those of Cuban (31%), Dominican (16%), Puerto Rican (24%), Panamanian (23%*), Argentinian (35%*), Brazilian (26%), Colombian (22%), Peruvian (27%), Venezuelan (27%*), and Spanish (30%) ancestries.

Sources of support for mental health among Latino adults in New York City, 2023



Intersectional analysis can be found in tables.

Source: NYC Neighborhood Wellness Survey, 2023

Definitions: **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."

U.S.-Born refers to adults that were born in the 50 states and District of Columbia (D.C), excluding U.S. territories (such as Puerto Rico). Among non-U.S.-born, individuals that reside in the U.S. less than 5 years, 5 to 10 years, and 10 or more years were born in U.S. territories or abroad. **Unmet mental health treatment need** is defined as answering "yes" to the question: In the past 12 months, was there a time when you needed treatment (either counseling or medication) for your emotions, nerves, or mental health, but did not get it? **Seeking support** refers to who an individual sought support from for their emotions, nerves, or mental health in the past 12 months. **Mental health professional** refer to a social worker, therapist, counselor, psychologist, or psychiatrist.

*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

One in ten Latino adults reported experiencing SPD in the past year, a higher prevalence than among Asian, Black, and white adults. However, mental health outcomes varied substantially across ancestry groups. For example, adults of Spanish, Puerto Rican, and Guatemalan ancestry are approximately five times more likely to experience SPD than those of Peruvian ancestry. Social isolation also varied across Latino adults, with those with Caribbean and Spanish roots, as well as those with Panamanian ancestry, being more likely to report feeling cut off or distant from others than Latino adults from other ancestry groups. These inequities may reflect differences in exposure to structural factors. For example, experiences of racism and discrimination may vary based on an individual's phenotype (that is, their skin tone and other physical features). Additionally, Latinos born in Puerto Rico may not experience the same immigration-related concerns as those born abroad, though they may all still experience similar language and acculturation barriers. These findings highlight the need for ancestry-specific data to identify inequities within Latino adults to guide equitable policies and resource allocation.

Although over half of Latino adult New Yorkers with SPD received mental health treatment in the past 12 months, nearly half also reported an unmet mental health treatment need. Common barriers to care included an expressed preference to handle mental health independently and concerns about what others might think of them, consistent with evidence that stigma around mental health issues and cultural norms emphasizing self-reliance may discourage help-seeking.⁴ Additionally, many Latino adults stated not knowing where to seek help and difficulty finding a culturally and linguistically appropriate provider. Efforts to improve access should focus on improving awareness of resources, supporting navigation of the healthcare system, and expanding the availability of culturally competent care for Latino subpopulations with the greatest need.

Nearly one third of Latino adults rely on family and friends for support with their emotions, nerves, and mental health, reflecting a deeply rooted cultural value that emphasizes close bonds with family and mutual support, also known as 'familismo'.⁵ Connecting these trusted networks with mental health services and programs offered by the NYC Health Department can strengthen the ways in which Latino adult New Yorkers get care.

Members of the Latino community can increase their knowledge and skills needed to identify and respond to signs of mental health challenges and crises, through the [Mental Health First Aid training](#), which is available in Spanish. Additionally, many may benefit from using one or more of the listed services in the [Hispanic + Latine Mental Health Resources guide](#) provided by NYC Mayor's Office of Community Mental Health as well as contact [988](#), a free confidential mental health and substance use support line where trained counselors are available 24/7 by phone in over 200 languages.

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.

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Epi Data Tables

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Data Sources

The NYC Neighborhood Wellness Survey (NWS), 2023, conducted May to September 2023, was a collaboration between the Health Department and the City University of New York (CUNY) Graduate School of Public Health and Health Policy. 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 Latino adults by Latino ancestral regions¹ and countries, 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
SPD overall	10.4	9.6	11.2	
Race and ethnicity (Overall)	8.2	7.9	8.6	
American Indian or Alaska Native	12.8 *	5.3	27.6	0.662
Asian	7.4	6.6	8.3	<0.001
Black	8.3	7.3	9.4	0.002
Latino	10.4	9.6	11.2	ref
Middle Eastern or North African	12	8.7	16.3	0.421
Native Hawaiian or Other Pacific Islander	^ ^	^	^	^
White	6.6	6	7.3	<0.001
Multiracial	13.3	10.4	17	0.087
Another race	8.2	5.7	11.8	0.179
Ancestral region¹				
Caribbean	11.6	10.4	12.9	0.276
Mexico	6.7	5.2	8.6	0.024
Central America	9.4	6.8	13	0.128
South America	7.5 D	6	9.4	0.039
Spain	16.1	9.6	25.7	ref
Other region	13.1	10	17	0.501
Ancestry country				
Cuban	11.1	6.3	18.7	0.329
Dominican	9.7	8.2	11.4	0.124
Puerto Rican	13.6	11.6	15.8	0.554
Mexican	6.7	5.2	8.6	0.024
Salvadoran	4.6 *	1.8	11.5	0.013
Guatemalan	13.7	7.4	23.8	0.678
Honduran	8.5 * D	4.6	15.2	0.115
Panamanian	9.4 *	4.4	18.9	0.216
Argentine	9.7 *	3.8	22.7	0.292
Brazilian	5.5 * U	2.4	12.4	0.025
Colombian	10	6.6	14.8	0.181
Ecuadorian	7	4.7	10.2	0.035
Peruvian	3.4 *	1.6	6.9	0.003
Venezuelan	7.7 *	2.8	19.4	0.136
Spanish	16.1	9.6	25.7	ref

¹Latino ancestry was created using two self-reported ancestry variables. Respondents were first classified based on the first ancestry listed. If the first ancestry did not correspond to a Latino country, the second ancestry was used, provided it was identified as a Latino country. This approach ensured maximum inclusion of respondents with Latino ancestry while maintaining classification accuracy. For the purpose of this publication, persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino/a?" and regardless of reported race. Other Latino refers to unspecified Latino or Hispanic regions. Caribbean includes Cuba, Dominican Republic, and Puerto Rico. Central America includes Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. South America includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, and Venezuela. Only Latino ancestry groups with adequate sample sizes (n≥50) are shown.

*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

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 2. Prevalence of serious psychological distress among New York City Latino adults 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
Sex assigned at birth					
Male	10.7		9.4	12.2	0.48
Female	10.1		9.2	11.1	ref
Sexual orientation					
Gay, lesbian, bisexual, some other orientation	19.6		16.6	23.1	ref
Straight or heterosexual	8.9		8.1	9.7	<0.001
Not sure	18.6		13	26	0.785
Black Hispanic or Latino identity¹					
Black Hispanic or Latino	12.3		9.8	15.3	0.145
Hispanic or Latino	10.2		9.4	11.1	ref
Education level					
High school or less	11.9		10.6	13.3	ref
Some college	9.7		8.4	11.3	0.035
Bachelor or higher	7.6		6.4	8.9	<0.001
Health insurance					
Insured	10.4		9.6	11.3	0.205
Uninsured	8.4		5.8	12.0	ref
Length of time in U.S.²					
Less than 5 years	10.4		6.5	16.1	0.511
5 to 10 years	8.5	D	5.8	12.2	0.040
10 or more years	8.2		6.9	9.8	<0.001
U.S. born, excluding territories	12.0		10.9	13.3	ref
English proficiency					
Not at all well/not well	8.6		6.7	10.9	0.087
Well/very well	10.6		9.7	11.5	ref

¹Black Hispanic or Latino refers to any individual that identify as both Hispanic or Latino and Black or African American.²U.S Born refers to Latino individuals that were born in the 50 U.S. states, excluding U.S. territories. Individuals that reside in the U.S. less than 5 years, 5 to 10 years, and 10 or more years were either born in U.S. territories or abroad.

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 3. Prevalence of serious psychological distress among New York City Latino adults by Latino ancestry regions¹ and 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
Sex assigned at birth						
Male	Caribbean	12.1		10.1	14.6	0.012
	Mexico	7.2		4.9	10.3	0.001
	Central America	7.9		4.5	13.3	0.002
	South America	6.3		4.3	9.3	<0.001
	Spain	24.5	U	16.4	35.1	ref
	Other countries	12.4		7.9	18.9	0.029
Female	Caribbean	11.2		9.8	12.8	0.307
	Mexico	6.3		4.5	8.9	0.004
	Central America	10.6	D	7.0	15.6	0.328
	South America	8.5	U	6.4	11.2	0.046
	Spain	9.3	D	5.1	16.2	0.220
	Other region	13.7		9.8	18.8	ref
Sexual orientation						
Gay, lesbian, bisexual, or some other orientation	Caribbean	21.8		17.2	27.2	0.373
	Mexico	12.5	D	7.7	19.5	0.099
	Central America	10.1	*	4.8	20	0.070
	South America	19.7		12.2	30.3	0.311
	Spain	32.6	*	14.4	58.2	ref
	Other region	17.4		9.9	29	0.236
Heterosexual	Caribbean	9.9		8.7	11.3	0.469
	Mexico	5.3		3.8	7.3	0.061
	Central America	8.6		5.7	12.8	0.331
	South America	6.3		4.8	8.2	0.103
	Spain	12.8	*	6.9	22.6	ref
	Other region	12.3		8.7	17	0.903
Not sure	Caribbean	26.3	*	16.3	39.6	ref
	Mexico	18.8	*	8.0	38.3	0.442
	Central America	23.6	*	10.8	44.3	0.800
	South America	^	^	^	^	^
	Spain	^	^	^	^	^
	Other region	13.5	* U	5.7	28.7	0.12
Black Hispanic or Latino identity²						
Black Hispanic or Latino	Caribbean	13.0		9.8	17.1	0.534
	Mexico	^	^	^	^	^
	Central America	10.8		6.1	18.3	ref
	South America	^	^	^	^	^
	Spain	^	^	^	^	^
	Other region	15.1		9.1	24	0.373
Hispanic or Latino	Caribbean	11.2		9.9	12.7	<0.001
	Mexico	6.7		5.2	8.6	ref
	Central America	9.2		6.3	13.2	0.208
	South America	7.6		6.1	9.6	0.456
	Spain	16.8		9.8	27.2	0.025
	Other region	12.4		9.2	16.6	0.006

Table 3. Prevalence of serious psychological distress among New York City Latino adults by Latino ancestry regions¹ and select demographic characteristics, 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
Education level						
High school or less	Caribbean	14.2		12.2	16.6	0.019
	Mexico	5.6		3.8	8.2	0.001
	Central America	10.3		6.0	17.1	0.007
	South America	9.2		6.1	13.7	0.004
	Spain	36.1 *		20.5	55.3	ref
	Other region	13.6		9.0	20.0	0.019
Some college	Caribbean	9.6		7.7	11.9	0.008
	Mexico	8.3		4.8	14.1	0.009
	Central America	11.5	D	7.0	18.3	0.083
	South America	7.2		4.8	10.8	0.002
	Spain	19.4		13.3	27.4	ref
	Other region	13.3		8.3	20.7	0.199
Bachelor or higher	Caribbean	8.1		6.4	10.3	<0.001
	Mexico	9.4		5.6	15.3	0.011
	Central America	10.1 *		5.4	18	0.024
	South America	5.5	U	3.8	8	0.059
	Spain	2.6 *		1.1	6.1	ref
	Other region	9.8		6.1	15.4	0.005
Health insurance						
Insured	Caribbean	11.4		10.2	12.8	<0.001
	Mexico	7.5	U	5.7	9.8	0.922
	Central America	9.0		6.4	12.6	0.375
	South America	7.4		5.8	9.4	ref
	Spain	17.1		10.2	27.1	0.027
	Other region	13.3		10.1	17.2	0.004
Uninsured	Caribbean	13.4 *		7.0	24.1	0.073
	Mexico	5.0 *		2.3	10.3	ref
	Central America	^ ^		^	^	^
	South America	8.4 *		3.8	17.8	0.372
	Spain	24.2 *		14.8	36.8	0.001
	Other region	^ ^		^	^	^
Length of time in U.S.³						
Less than 5 years	Caribbean	16.2 *		8.3	29.2	0.221
	Mexico	^ ^		^	^	^
	Central America	^ ^		^	^	^
	South America	8.7 *		4.1	17.4	ref
	Spain	^ ^		^	^	^
	Other region	18.7 *		13.3	25.6	0.027
5 to 10 years	Caribbean	7.1		4.2	11.8	0.493
	Mexico	5.0 *		2.0	12	ref
	Central America	^ ^		^	^	^
	South America	8.1 *		3.5	17.8	0.450
	Spain	^ ^		^	^	^
	Other region	^ ^		^	^	^
10 years or more	Caribbean	9.8		7.8	12.2	0.015
	Mexico	5.0 *		2.5	9.9	0.911
	Central America	4.7 *		2.2	9.4	ref
	South America	5.1		3.3	8	0.844
	Spain	6.4 * U		3.1	12.6	0.566
	Other region	15.5 U		8.6	26.3	0.024
Born in U.S.	Caribbean	12.2		10.6	14	0.109
	Mexico	9.0		6.2	13.1	ref
	Central America	9.7		8.4	21.7	0.214
	South America	18.3		11.4	27.9	0.041
	Spain	21.5 * U		12.3	35	0.039
	Other region	13.4		9.7	18.1	0.114

Table 3. Prevalence of serious psychological distress among New York City Latino adults by Latino ancestry regions¹ and 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
English proficiency						
Not at all well/not well	Caribbean	10.9		8.1	14.6	ref
	Mexico	4.2		2.5	7.1	0.001
	Central America	6.6	*	3.0	14.2	0.169
	South America	8.2	*	3.9	16.6	0.442
	Spain	^	^	^	^	^
	Other region	^	^	^	^	^
Well/very well	Caribbean	11.4		10.1	12.8	0.242
	Mexico	7.0		5.2	9.2	0.028
	Central America	9.8		6.9	13.8	0.150
	South America	7.5	U	5.8	9.8	0.039
	Spain	16.3		9.7	25.9	ref
	Other region	13.8		10.6	17.9	0.590

¹Latino ancestry was created using two self-reported ancestry variables. Respondents were first classified based on the first ancestry listed. If the first ancestry did not correspond to a Latino country, the second ancestry was used, provided it was identified as a Latino country. This approach ensured maximum inclusion of respondents with Latino ancestry while maintaining classification accuracy. For the purpose of this publication, persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino/a?" and regardless of reported race. Other Latino refers to unspecified Latino or Hispanic regions. Caribbean includes Cuba, Dominican Republic, and Puerto Rico. Central America includes Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. South America includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, and Venezuela. Only Latino ancestry groups with adequate sample sizes (n≥50) are shown.

²Black Hispanic or Latino refers to any individual that identify as both Hispanic or Latino and Black or African American.

³U.S. Born refers to Latino individuals that were born in the 50 U.S. states, excluding U.S. territories. Individuals that were reside in the U.S. less than 5 years, 5 to 10 years, and 10 or more years were either born in U.S. territories or abroad.

*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.

Table 4. Prevalence of social isolation among New York City Latino adults by Latino ancestry regions¹ and countries, 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	42.7		41.4	43.9	
Race and ethnicity (Overall)	39.6		39	40.3	
American Indian or Alaska Native	39.8 *		29.3	51.3	0.615
Asian	36.9		35.5	38.4	<0.001
Black	41.9		40.2	43.6	0.450
Latino	42.7		41.5	43.9	ref
Middle Eastern or North African	42.9		37.7	48.3	0.938
Native Hawaiian or Other Pacific Islander	36.1 *		26.2	47.2	0.225
White	36.9		35.8	38	<0.001
Multiracial	46.5	U	42.1	50.9	0.104
Another race	41.5	U	35.6	47.7	0.715
Ancestry region¹					
Caribbean	45.0		43.2	46.9	0.648
Mexico	36.1		32	40.3	0.017
Central America	41.5	D	36.7	46.6	0.247
South America	39.5		36.7	42.5	0.083
Spain	46.9		39.2	54.7	ref
Other region	42.4		37.8	47.1	0.329
Ancestry country					
Cuban	40.7		32.3	49.7	0.067
Dominican	42.6		40.1	45.1	0.053
Puerto Rican	48.3		45.5	51.2	0.315
Mexican	36.1		32	40.3	0.004
Salvadoran	40.4 *		30	51.6	0.085
Guatemalan	37.3 *		27.2	48.6	0.035
Honduran	39.5	U	30.8	49	0.050
Panamanian	54.6 *		42.6	66.1	ref
Argentine	44 *		30.5	58.4	0.264
Brazilian	45 *		34.7	55.8	0.242
Colombian	41.1		35.7	46.7	0.044
Ecuadorian	36.7		32.2	41.6	0.006
Peruvian	38.6		30.2	47.8	0.035
Venezuelan	37.3 *		26.9	49.1	0.039
Spanish	46.9		39.2	54.7	0.288

¹Latino ancestry was created using two self-reported ancestry variables. Respondents were first classified based on the first ancestry listed. If the first ancestry did not correspond to a Latino country, the second ancestry was used, provided it was identified as a Latino country. This approach ensured maximum inclusion of respondents with Latino ancestry while maintaining classification accuracy. For the purpose of this publication, persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino/a?" and regardless of reported race. Other Latino refers to unspecified Latino or Hispanic regions. Caribbean includes Cuba, Dominican Republic, and Puerto Rico. Central America includes Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. South America includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, and Venezuela. Only Latino ancestry groups with adequate sample sizes (n≥50) are shown.

*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

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 social isolation among New York City Latino adults 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
Sex assigned at birth					
Male	41.7		39.6	43.7	0.164
Female	43.5	D	42	45	ref
Sexual orientation					
Gay, lesbian, bisexual, some other orientation	56.0		52.1	59.8	ref
Straight or heterosexual	40.4		39	41.8	<0.001
Not sure	55		47.6	62.3	0.816
Black Hispanic or Latino identity¹					
Black Hispanic or Latino	49.2		45.2	53.2	0.001
Hispanic or Latino	42.0		40.7	43.3	ref
Education level					
High school or less	41.4		39.4	43.4	ref
Some college	44.3		42	46.6	0.062
Bachelor or higher	42.3		40.3	44.4	0.508
Health insurance					
Insured	43.4		42.2	44.7	0.003
Uninsured	35.0		29.9	40.5	ref
Length of time in U.S.²					
Less than 5 years	38.4		29.9	47.6	0.064
5 to 10 years	40.6		35.5	45.9	0.023
10 or more years	38.8		36.3	41.3	<0.001
U.S. born, excluding territories	47.0		45.2	48.8	ref
English proficiency					
Not at all well/not well	37.3		33.8	41.0	0.001
Well/very well	43.7		42.3	45.0	ref

¹Black Hispanic or Latino refers to any individual that identify as both Hispanic or Latino and Black or African American.²U.S Born refers to Latino individuals that were born in the 50 U.S. states, excluding U.S. territories. Individuals that reside in the U.S. less than 5 years, 5 to 10 years, and 10 or more years were either born in U.S. territories or abroad.

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 6. Prevalence of social isolation among New York City Latino adults by Latino ancestry regions¹ and 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
Sex assigned at birth						
Male	Caribbean	43.8		40.7	47	0.050
	Mexico	36.7		30.6	43.3	ref
	Central America	37.1		30.0	44.9	0.929
	South America	38.4		33.9	43	0.674
	Spain	47.0	* D	36.9	57.5	0.098
	Other region	43.2		36.2	50.5	0.184
Female	Caribbean	46.0		43.8	48.2	<0.001
	Mexico	35.5	U	30.4	41	ref
	Central America	44.6		38.5	50.9	0.029
	South America	40.9		37.2	44.7	0.103
	Spain	47.0		37.4	57.0	0.045
	Other region	41.3		35.5	47.4	0.151
Sexual orientation						
Gay, lesbian, bisexual, or some other orientation	Caribbean	58.7		53.1	64.1	ref
	Mexico	59.2	*	44.8	72.2	0.950
	Central America	57.4	*	43.9	69.8	0.854
	South America	53.6		44.2	62.7	0.354
	Spain	51.1	*	35.8	66.3	0.374
	Other region	50.2	*	36.2	64.1	0.276
Heterosexual	Caribbean	43.0		41.0	45.1	0.176
	Mexico	32.2		28.0	36.7	<0.001
	Central America	38.9		33.6	44.5	0.044
	South America	37.1		34.0	40.3	0.006
	Spain	48.2		41.0	55.5	ref
	Other region	41.6		36.3	47.1	0.151
Not sure	Caribbean	61.6	*	50.4	71.7	ref
	Mexico	48.7	*	32.5	65.1	0.208
	Central America	54.7	*	30.6	76.8	0.622
	South America	47.0	*	26.3	68.7	0.254
	Spain	^ ^		^	^	^
	Other region	49.8	*	32.9	66.8	0.265
Black Hispanic or Latino identity²						
Black Hispanic or Latino	Caribbean	51.6		46.0	57.2	ref
	Mexico	^ ^		^	^	^
	Central America	51.7	*	41.6	61.7	0.985
	South America	38.7	*	23.8	56.1	0.150
	Spain	58.9	*	32.8	80.8	0.591
	Other region	46.1		36.7	55.8	0.337
Hispanic or Latino	Caribbean	44.0		42.1	46	0.558
	Mexico	35.9		31.8	40.2	0.024
	Central America	39.5	U	34.3	45.1	0.164
	South America	39.5	U	36.6	42.5	0.116
	Spain	46.6		38.4	55.0	ref
	Other region	41.0		35.8	46.4	0.267

Table 6. Prevalence of social isolation among New York City Latino adults by Latino ancestry regions¹ and 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
Education level						
High school or less	Caribbean	44.1		41.1	47.2	<0.001
	Mexico	32.1		27.3	37.4	ref
	Central America	39.0		31.6	46.8	0.144
	South America	37.9		32.4	43.7	0.139
	Spain	54.2 *		37.9	70.3	0.012
	Other region	39.1		32.3	46.4	0.116
Some college	Caribbean	46.9		43.6	50.3	0.042
	Mexico	46.8 *		36.0	57.9	0.188
	Central America	41.3		33.2	49.9	0.513
	South America	39.7		34.6	45.1	0.642
	Spain	53.6 *		40.7	66	0.040
	Other region	37.3		29.1	46.4	ref
Bachelor or higher	Caribbean	43.1		40.1	46.1	0.079
	Mexico	39.3		32.2	47	0.831
	Central America	41.9		33.2	51.2	0.494
	South America	38.4		34.2	42.7	ref
	Spain	46.8		39.0	54.8	0.066
	Other region	49.4		42.2	56.6	0.010
Health insurance						
Yes	Caribbean	45.4		43.5	47.2	0.002
	Mexico	37.5	D	32.9	42.2	ref
	Central America	42.0		36.9	47.2	0.202
	South America	40.0		37.0	43	0.375
	Spain	47.1		39.0	55.4	0.046
	Other region	42.3		37.5	47.1	0.158
No	Caribbean	44.8		35.1	54.9	0.042
	Mexico	37.6 *		27.0	49.6	0.333
	Central America	39.0 *		26.2	53.5	0.310
	South America	30.1		21.1	41.0	ref
	Spain	53.0 *		32.4	72.7	0.056
	Other region	49.9 *		32.7	67.1	0.060
Length of time in U.S.³						
Less than 5 years	Caribbean	33.7 *		22.7	46.9	ref
	Mexico	50.3 *		40.0	60.5	0.045
	Central America	50.8 *		25.3	75.9	0.273
	South America	33.9		25.1	43.9	0.988
	Spain	57.1 *		38.4	74	0.040
	Other region	30.0 *		18.9	44	0.678
5 to 10 years	Caribbean	41.0		33.8	48.5	0.243
	Mexico	31.7 *		19.9	46.6	ref
	Central America	47.7 *		31.1	64.9	0.159
	South America	42.0 *		31.8	52.9	0.246
	Spain	^ ^		^	^	^
	Other region	52.0 *		33.8	69.7	0.087
10 years or more	Caribbean	43.4		39.7	47.2	<0.001
	Mexico	29.5	U	23.6	36.2	ref
	Central America	34.4		26.2	43.7	0.376
	South America	38.0		33.2	43.2	0.039
	Spain	34.3 *		19.7	52.6	0.604
	Other region	37.8		28.6	47.9	0.162
Born in U.S.	Caribbean	47.2		44.8	49.7	0.011
	Mexico	38.4		32.3	44.9	ref
	Central America	47.6		39.6	55.7	0.082
	South America	51.8		44.0	59.5	0.009
	Spain	55.9		45.2	66	0.006
	Other region	45.1	U	39.2	51.1	0.136

Table 6. Prevalence of social isolation among New York City Latino adults by Latino ancestry regions¹ and 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
English proficiency					
Not at all well/not well	Caribbean	38.7	33.7	43.9	<0.001
	Mexico	36.7 *	26.8	47.8	0.001
	Central America	38.9	31.2	47.2	<0.001
	South America	37.2	29.4	45.7	<0.001
	Spain	14.4 *	8.1	24.4	ref
	Other region	44.8 *	34.1	56	<0.001
Well/very well	Caribbean	45.9	43.9	47.9	<0.001
	Mexico	33.7	29.4	38.3	ref
	Central America	43.0	37.6	48.6	0.010
	South America	38.6	35.4	41.9	0.083
	Spain	47.3	39.5	55.3	0.003
	Other region	43.2	38.4	48.2	0.005

¹Latino ancestry was created using two self-reported ancestry variables. Respondents were first classified based on the first ancestry listed. If the first ancestry did not correspond to a Latino country, the second ancestry was used, provided it was identified as a Latino country. This approach ensured maximum inclusion of respondents with Latino ancestry while maintaining classification accuracy. For the purpose of this publication, persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino/a?" and regardless of reported race. Other Latino refers to unspecified Latino or Hispanic regions. Caribbean includes Cuba, Dominican Republic, and Puerto Rico. Central America includes Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. South America includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, and Venezuela. Only Latino ancestry groups with adequate sample sizes (n≥50) are shown.

²Black Hispanic or Latino refers to any individual that identify as both Hispanic or Latino and Black or African American.

³U.S. Born refers to Latino individuals that were born in the 50 U.S. states, excluding U.S. territories. Individuals that were reside in the U.S. less than 5 years, 5 to 10 years, and 10 or more years were either born in U.S. territories or abroad.

*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.

Table 7. Prevalence of mental health treatment among New York City Latino adults with serious psychological distress by Latino ancestral regions¹ and countries, 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 overall	53.6	49.7	57.5	
Race and ethnicity (Overall)	51.6	49.3	53.9	
American Indian or Alaska Native	67.3 *	46.2	83.2	0.172
Asian	39.1	33.7	44.8	<0.001
Black	47.7	41.9	53.5	0.096
Latino	53.7	49.7	57.6	ref
Middle Eastern or North African	56.3 *	40.2	71.1	0.754
Native Hawaiian or Other Pacific Islander	82.2 *	39.3	97	0.054
White	58.1	53.9	62.2	0.127
Multiracial	54.5 * U	42.1	66.4	0.895
Another race	39.4 *	24.8	56.1	0.093
Ancestry region¹				
Caribbean	56.4	51.1	61.6	0.120
Mexico	58.5 *	45.8	70.1	0.218
Central America	62.6 *	48.3	75.4	0.385
South America	42.9 *	32.2	54.3	0.013
Spain	74.4 *	47.7	90.2	ref
Other Latino region	43.8 *	32.2	56.1	0.017
Ancestry countries				
Cuban	50.6 *	31.1	69.9	0.144
Dominican	52.6	44.2	61	0.016
Puerto Rican	61.3	53.7	68.3	<0.001
Mexican	58.5 *	45.8	70.1	0.006
Salvadoran	^	^	^	^
Guatemalan	62.1 *	37.6	81.6	0.032
Honduran	60.8 *	35.2	81.6	0.049
Panamanian	71.7 *	48.7	87.1	0.002
Argentine	^ ^	^	^	^
Brazilian	^ ^	^	^	^
Colombian	49.7 *	31.9	67.7	0.138
Ecuadorian	31.7 *	19	47.9	ref
Peruvian	39.7 *	23.5	58.6	0.505
Venezuelan	^ ^	^	^	^
Spanish	74.4 *	47.7	90.2	0.002

¹Latino ancestry was created using two self-reported ancestry variables. Respondents were first classified based on the first ancestry listed. If the first ancestry did not correspond to a Latino country, the second ancestry was used, provided it was identified as a Latino country. This approach ensured maximum inclusion of respondents with Latino ancestry while maintaining classification accuracy. For the purpose of this publication, persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino/a?" and regardless of reported race. Other Latino refers to unspecified Latino or Hispanic regions. Caribbean includes Cuba, Dominican Republic, and Puerto Rico. Central America includes Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. South America includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, and Venezuela. Only Latino ancestry groups with adequate sample sizes (n≥50) are shown.

*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

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 8. Prevalence of mental health treatment among New York City Latino adults with serious psychological distress by select demographic characteristics, 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
Sex assigned at birth					
Male	47.6		41.2	54	0.009
Female	58.4		53.5	63.1	ref
Sexual orientation					
Gay, lesbian, bisexual, some other orientation	61.4 *		50.7	71.1	ref
Straight or heterosexual	49.5	U	45	54.1	0.04
Not sure	64.4 *		47.1	78.6	0.761
Black Hispanic or Latino identity¹					
Black Hispanic or Latino	51.8 *		38.4	64.9	0.827
Hispanic or Latino	53.4		49.2	57.5	ref
Education level					
High school or less	51.5	D	45.8	57.1	ref
Some college	53.8		46.3	61.1	0.63
Bachelor or higher	58.9		50.7	66.6	0.138
Health insurance					
Insured	55.0		50.8	59.1	0.018
Uninsured	35.8 *	U	22.2	52.1	ref
Length of time in U.S.²					
Less than 5 years	60.7 *		47.6	72.4	0.523
5 to 10 years	40.1 *		22.9	60	0.118
10 or more years	49.6		42.5	56.7	0.154
U.S. born, excluding territories	56.2		50.6	61.6	ref
English proficiency					
Not at all well/not well	43.8		36	52.0	0.018
Well/very well	55.0		50.6	59.4	ref

¹Black Hispanic or Latino refers to any individual that identify as both Hispanic or Latino and Black or African American.²U.S Born refers to Latino individuals that were born in the 50 U.S. states, excluding U.S. territories. Individuals that reside in the U.S. less than 5 years, 5 to 10 years, and 10 or more years were either born in U.S. territories or abroad.

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 9. Prevalence of unmet mental health treatment need among New York City Latino adults with serious psychological distress by ancestral regions¹, 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	44.7	40.8	48.7	
Race and ethnicity (Overall)	46.4	44.1	48.7	
American Indian or Alaska Native	62.8 *	37.3	82.7	0.152
Asian	37.2	31.7	43	0.032
Black	45.6	39.9	51.3	0.825
Latino	44.8	40.9	48.7	ref
Middle Eastern or North African	54.5 * D	38.2	69.8	0.258
Native Hawaiian or Other Pacific Islander	75.1 *	39.3	93.4	0.040
White	52.4	48.3	56.5	0.008
Multiracial	58.9 *	45.4	71.3	0.044
Another race	31.7 *	18.4	49	0.115
Ancestry region¹				
Caribbean	48.6	43.1	54.1	0.420
Mexico	40.7 *	25	58.5	0.218
Central America	40.1 *	26.2	55.9	0.184
South America	38.0 *	27.7	49.5	0.055
Spain	53.5 * U	31.9	73.9	0.943
Other Latino region	54.0 *	41.9	65.7	ref
Ancestry country				
Cuban	62.2 *	37.9	81.6	0.416
Dominican	41.4	33.3	49.9	0.003
Puerto Rican	50.6	42.8	58.4	0.030
Mexican	40.7 *	25	58.5	0.013
Salvadoran	68.9 *	16	96.3	0.829
Guatemalan	^ ^	^	^	^
Honduran	^ ^	^	^	^
Panamanian	74.3 *	40.9	92.4	0.962
Argentine	^ ^	^	^	^
Brazilian	75.1 *	49.9	90.1	ref
Colombian	35.4 *	21.8	51.8	0.003
Ecuadorian	33.9 *	18.6	53.5	0.003
Peruvian	65.3 *	39.3	84.6	0.547
Venezuelan	^ ^	^	^	^
Spanish	53.5 *	31.9	73.9	0.166

¹Latino ancestry was created using two self-reported ancestry variables. Respondents were first classified based on the first ancestry listed. If the first ancestry did not correspond to a Latino country, the second ancestry was used, provided it was identified as a Latino country. This approach ensured maximum inclusion of respondents with Latino ancestry while maintaining classification accuracy. For the purpose of this publication, persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino/a?" and regardless of reported race. Other Latino refers to unspecified Latino or Hispanic regions. Caribbean includes Cuba, Dominican Republic, and Puerto Rico. Central America includes Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. South America includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, and Venezuela. Only Latino ancestry groups with adequate sample sizes (n≥50) are shown.

* 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

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 10. Prevalence of unmet mental health treatment need among New York City Latino adults with serious psychological distress by select characteristics, 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
Sex assigned at birth				
Male	43.9	37.5	50.5	0.667
Female	45.7	40.9	50.5	ref
Sexual orientation				
Gay, lesbian, bisexual, some other orientation	46.9	37.6	56.5	ref
Straight or heterosexual	42.6	37.9	47.4	0.426
Not sure	46 *	30.8	62	0.927
Black Hispanic or Latino identity¹				
Black Hispanic or Latino	54.1 *	42.0	65.8	0.122
Hispanic or Latino	44.0	39.8	48.2	ref
Education level				
High school or less	40.6	35.1	46.3	ref
Some college	49.7	42	57.4	0.063
Bachelor or higher	49.4	41.6	57.2	0.076
Health insurance				
Insured	45	40.9	49.1	0.596
Uninsured	49.4 *	34.2	64.6	ref
Length of time in U.S.²				
Less than 5 years	14.3 *	6.7	27.9	<0.001
5 to 10 years	30.7 *	17.8	47.6	0.019
10 or more years	42.5 D	34.7	50.6	0.117
U.S. born, excluding territories	50.3	44.6	55.9	ref
English proficiency				
Not at all well/not well	27.9	20.4	37.0	<0.001
Well/very well	48	43.5	52.6	ref

¹Black Hispanic or Latino refers to any individual that identify as both Hispanic or Latino and Black or African American.²U.S Born refers to Latino individuals that were born in the 50 U.S. states, excluding U.S. territories. Individuals that reside in the U.S. less than 5 years, 5 to 10 years, and 10 or more years were either born in U.S. territories or abroad.

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 11. Prevalence of barriers to mental health treatment among New York City Latino adults with serious psychological distress that reported an unmet treatment need by Latino ancestry regions¹, 2023

Source: Neighborhood Wellness Survey, 2023

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

		Overall			Caribbean			Mexico			Central America		
	Prevalence (%)		Lower 95% Confidence Interval	Upper 95% Confidence Interval	Prevalence (%)	Lower 95% Confidence Interval	Upper 95% Confidence Interval	Prevalence (%)	Lower 95% Confidence Interval	Upper 95% Confidence Interval	Prevalence (%)	Lower 95% Confidence Interval	Upper 95% Confidence Interval
Barriers to mental health treatment													
Thought could handle mental health without treatment	47.5	D	41.6	53.5	46.6	38.5	54.9	43.5	* D	25.3	63.6	70.4	* 50.1 84.9
Didn't know who to contact or where to go	43.2		37.3	49.3	41.1	33.3	49.4	40.3	*	22.4	61.2	54.9	* 35.4 73.1
Could not afford cost of treatment	39.1		33.4	45.1	35	27.8	43	43.8	*	26.3	63	41.2	* 23.7 61.2
Worried people would think badly of me	26.3		21.4	31.9	24.6	18.3	32.4	33.4	*	17.2	54.8	41.1	* 23.7 61
Couldn't find provider who spoke language or understood culture	11.6		8.2	16	8.9	5.4	14.5	21.1	*	8.3	44.2	^ ^	^ ^
					South America			Spain			Other region		
Barriers to mental health treatment													
Thought could handle mental health without treatment					44.2	*	30.4 58.9	60.1	*	39.4 77.7	39.5	* D 24.2 57.1	
Didn't know who to contact or where to go					41.5	* U 25.4 59.7	31.7	*	15.8 53.5	49.2	* 33.2 65.4		
Could not afford cost of treatment					56.5	* U 42.5 69.6	59.2	*	43.3 73.4	45.6	* 29.3 63		
Worried people would think badly of me					18.4	* 10.6 30	18.2	*	8.8 34.2	26.9	* 15.5 42.5		
Couldn't find provider who spoke language or understood culture					30.9	* 17.4 48.7	^ ^	^	^	^ ^	^ ^		

¹Latino ancestry was created using two self-reported ancestry variables. Respondents were first classified based on the first ancestry listed. If the first ancestry did not correspond to a Latino country, the second ancestry was used, provided it was identified as a Latino country. This approach ensured maximum inclusion of respondents with Latino ancestry while maintaining classification accuracy. For the purpose of this publication, persons of Hispanic or Latino origin, as identified by the survey question "Are you Hispanic or Latino/a?" and regardless of reported race. Other Latino refers to unspecified Latino or Hispanic regions. Caribbean includes Cuba, Dominican Republic, and Puerto Rico. Central America includes Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama. South America includes Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, and Venezuela. Only Latino ancestry groups with adequate sample sizes (n≥50) are shown.

*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.

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Bold p-values are significant at the 0.05 level.

Table 12. Prevalence of sources for seeking support for mental health among New York City Latino adults, 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
Sources for support for mental health¹			
Close family or friend	29.8	28.7	31
Mental health professional	19.6	18.6	20.6
General health provider	9.5 U	8.8	10.3
Spiritual or religious advisor	5.3	4.8	5.9
Someone else	4.2	3.7	4.8

¹Mental health professional refers to a social worker, therapist, counselor, psychologist, or psychiatrist.

Table 13. Prevalence of mental health support sources among New York City Latino adults by Latino ancestry countries, 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
Close family or friend					
Cuban	43.6		35.8	51.7	0.629
Dominican	26.3		24.1	28.6	0.005
Puerto Rican	36.1		33.3	39	0.134
Mexican	26.3		22.8	30.1	0.006
Salvadoran	28.5	D	19.9	39.1	0.034
Guatemalan	27.2		18.7	37.7	0.023
Honduran	26.5	U	18.9	35.8	0.016
Panamanian	43.5	* U	33.6	54	0.646
Argentine	47.8	*	33.4	62.6	ref
Brazilian	35.8		26.8	45.9	0.187
Colombian	30.4		25.3	35.9	0.032
Ecuadorian	27.2		23.2	31.7	0.010
Peruvian	43.6		35.1	52.4	0.633
Venezuelan	35.1	*	24.8	47	0.184
Spanish	37.5	D	29.9	45.9	0.237
Mental health professional¹					
Cuban	30.6		23.2	39.2	0.594
Dominican	16.2		14.5	18.1	0.014
Puerto Rican	24.2		21.8	26.7	0.155
Mexican	16.7		13.5	20.4	0.019
Salvadoran	13.8		8.2	22.3	0.011
Guatemalan	15.8		9.5	25.1	0.024
Honduran	15.7		9.8	24	0.021
Panamanian	23.4	*	14.4	35.8	0.210
Argentine	35.3	*	21.9	51.4	ref
Brazilian	25.8		17.6	36.2	0.297
Colombian	21.7		17.3	26.9	0.094
Ecuadorian	12.1		9.3	15.6	0.003
Peruvian	26.8		19.7	35.2	0.326
Venezuelan	26.7	*	17.2	39.1	0.371
Spanish	29.7		22.1	38.6	0.524
General health provider					
Cuban	9.6		5.8	15.4	0.149
Dominican	9.3		7.9	10.8	0.089
Puerto Rican	10.2		8.7	12	0.141
Mexican	10.4		7.6	14.1	0.173
Salvadoran	12.9		7.1	22.5	0.517
Guatemalan	1.7	*	0.7	4.1	0.001
Honduran	12.6		7.7	20	0.447
Panamanian	10.3	*	5.0	20	0.260
Argentine	0.7	*	0.1	5.2	<0.001
Brazilian	8.6	*	4.5	15.9	0.116
Colombian	6.3		3.8	10.3	0.024
Ecuadorian	7.3		5.0	10.5	0.037
Peruvian	8.9		5.1	15.2	0.119
Venezuelan	8.8	*	4.1	17.7	0.143
Spanish	16.7		9.8	26.8	ref

	Prevalence		Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Spiritual or religious advisor					
Cuban	10.2		5.7	17.7	ref
Dominican	5.2		4.2	6.4	0.095
Puerto Rican	5.5	U	4.3	7.1	0.125
Mexican	3.7		2.4	5.5	0.033
Salvadoran	^ ^		^	^	^
Guatemalan	4.1	*	1.7	9.7	0.078
Honduran	7.5	* U	4.1	13.6	0.474
Panamanian	9.2	*	4.6	17.6	0.811
Argentine	^ ^		^	^	^
Brazilian	9.3	*	3.8	20.8	0.844
Colombian	6.4		4.3	9.3	0.230
Ecuadorian	4.4		2.8	6.9	0.065
Peruvian	4.2	*	2.0	8.6	0.071
Venezuelan	6.1	*	2.7	13.1	0.281
Spanish	4.8	*	2.5	9.3	0.113
Someone else					
Cuban	5.1	*	2.3	10.7	0.004
Dominican	4.0		3.1	5.2	0.012
Puerto Rican	4.4		3.2	5.8	0.016
Mexican	4.3		2.5	7.2	0.018
Salvadoran	^ ^		^	^	^
Guatemalan	3.6	*	1.4	9.2	0.016
Honduran	2.3	*	1.0	5.6	0.004
Panamanian	^ ^		^	^	^
Argentine	^ ^		^	^	^
Brazilian	6.0	*	2.9	11.9	0.076
Colombian	2.7	*	1.3	5.5	0.006
Ecuadorian	2.6	*	1.4	4.8	0.005
Peruvian	3.3	*	1.4	7.6	0.011
Venezuelan	^ ^		^	^	^
Spanish	14.0		7.9	23.6	ref

¹Mental health professional refers to a social worker, therapist, counselor, psychologist, or psychiatrist.

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