

## California Adults Who Experience Housing Insecurity Also Experience Psychological Distress, With Few Seeking Mental Health Care

Exhibit A1 / California Adults Who Had Unstable Housing and Frequently Worried About Struggling With Rent or Mortgage Payments, by Adult Age Group and Income, 2022

	Housing Instability (Adults With Unstable Housing)			Frequently Worried About Struggling With Rent or Mortgage Payments		
	Population	Percentage	95% Confidence Interval	Population	Percentage	95% Confidence Interval
<b>Age</b>						
18–29	1,427,530	22	20–25	3,140,684	49	47–52
30–49	1,998,075	21	20–22	4,576,449	48	46–49
50–64	1,136,135	16	15–17	2,796,841	40	38–41
65 and older	681,206	10	9–12	1,459,688	22	21–24
<b>Income (% of FPL)</b>						
Less than 200% FPL	1,420,910	33	30–35	2,311,612	53	51–56
200% to 399% FPL	2,092,582	26	24–28	4,394,037	54	52–56
400% FPL and above	1,729,454	10	9–11	5,268,014	31	30–32

Source: 2022 California Health Interview Survey

Exhibit A2 / California Adults Who Had Moderate or Serious Psychological Distress and Had Utilized Mental Health Care in the Past Year, 2022

	Moderate or Serious Psychological Distress (K6 Score = 9 and above)			Utilized Mental Health Care		
	Population	Percentage	95% Confidence Interval	Population	Percentage	95% Confidence Interval
<b>Age</b>						
18–29	3,165,045	50	47–53	1,565,000	25	23–26
30–49	3,077,254	32	31–34	2,024,000	21	20–23
50–64	1,332,233	19	17–20	909,000	13	12–14
65 and older	801,020	12	11–13	580,000	9	8–10
<b>Income (% of FPL)</b>						
Less than 200% FPL	1,515,919	35	33–38	849,984	20	17–22
200% to 399% FPL	2,630,453	32	30–34	1,430,781	18	16–19
400% FPL and Above	4,229,180	25	24–26	3,201,127	19	18–20

Source: 2022 California Health Interview Survey