

# STRESSED OUT: THE INVISIBLE EPIDEMIC

Why Chronic Stress is Worsening U.S. Care Disparities in 2021

75% OF AMERICANS REPORT MODERATE TO HIGH STRESS IN ANY GIVEN MONTH



Work

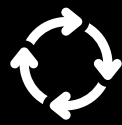


Money



Illness

## SOURCES OF STRESS



Change



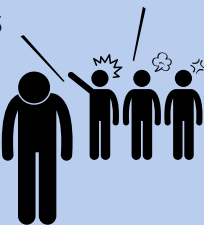
Conflict



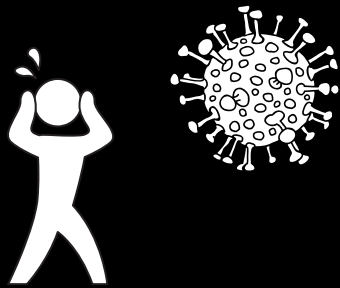
Current Events

## RACISM & DISCRIMINATION CAUSE HIGH STRESS FOR:

- 48% of Black Americans
- 43% of Hispanic Americans
- 42% of Native Americans
- 41% of Asian Americans



78% ARE DEEPLY STRESSED BY THE COVID-19 PANDEMIC.



“We are facing a national mental health crisis that could yield serious health and social consequences for years to come.” - American Psychological Association



STRESS COSTS EMPLOYERS \$300 BILLION A YEAR IN HEALTHCARE COSTS & ABSENTEEISM.

73% OF STRESSED PEOPLE EXPERIENCE MENTAL HEALTH SYMPTOMS.



77% EXPERIENCE PHYSICAL SYMPTOMS.



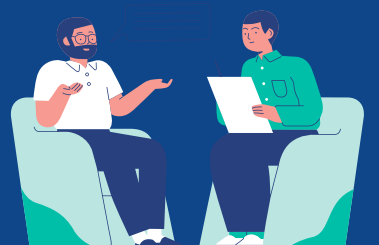
## STRESS CAN INFLUENCE:

- Accidents
- Depression
- Diabetes
- Stroke
- Hypertension
- Suicide
- Insomnia
- Anxiety
- Cancer
- Heart disease
- Addiction
- Digestive issues



# Stress in the United States is a public health crisis.

Chronic stress aggravates care disparities by uniquely affecting the disadvantaged. A world of fewer stressors and greater access to equitable care is a healthier world for all.



info@tribalem.com  
1-833-836-8326



TRIBAL  
HEALTH

Transforming Indigenous Healthcare