



**Results for  
Irvine, CA  
Health and Wellness  
Survey  
October 19, 2023**



# Survey Methodology

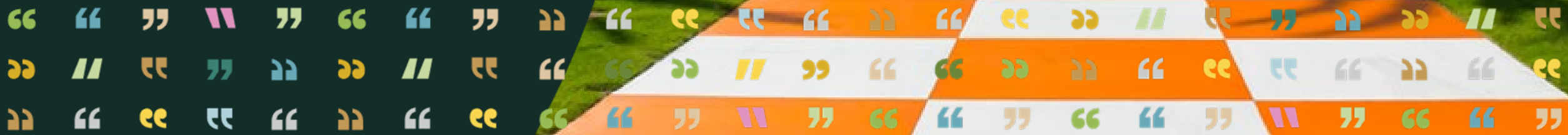
The background of the slide is an aerial photograph of a city, likely Irvine, California. In the foreground, there is a large outdoor event or festival with many people, tents, and colorful structures. The city extends into the distance towards a range of mountains under a clear blue sky.

- 1<sup>st</sup> time conducting the Irvine Health and Wellness Survey
- Survey conducted from June 22<sup>nd</sup> to August 3<sup>rd</sup>
- Sampling approached employed:
  - Probability-based sample of 4,500 households
  - Online survey available in 9 languages
  - 402 total responses received
  - 9% overall response rate
- Results statistically weighted to reflect demographics of Irvine, CA
- 95% confidence interval with a +/- 5% margin of error





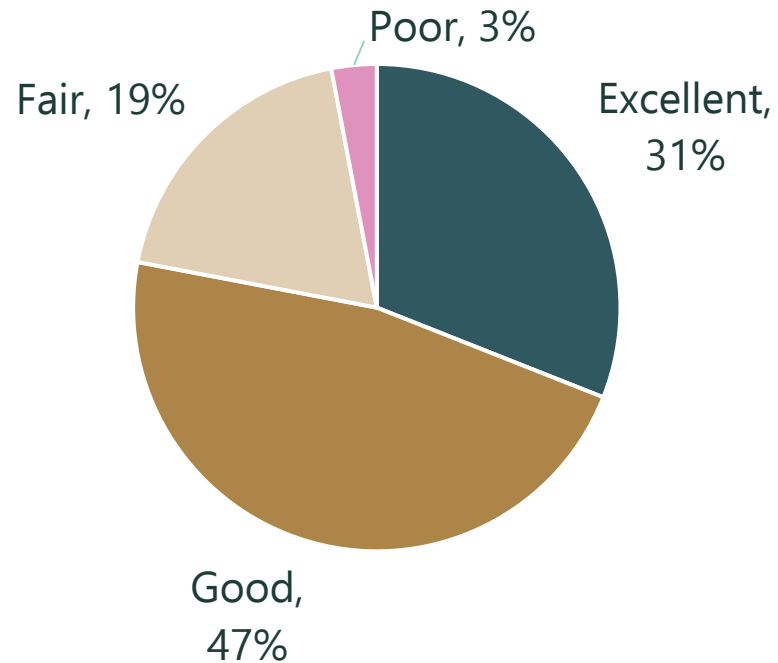
Irvine residents are generally positive about their emotional well-being, but problems with mental health and substance use exist in households.



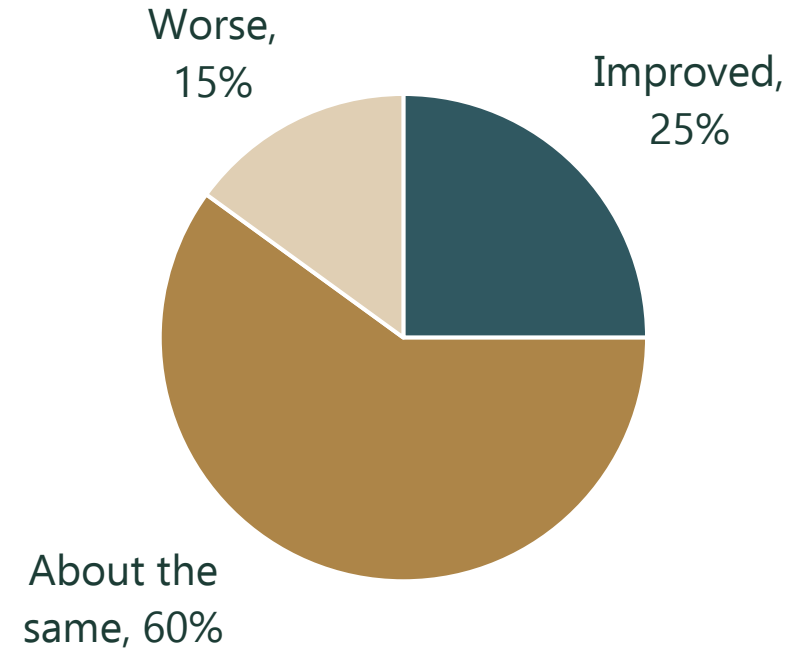
# Resident Health and Wellness



## Current Emotional Well-being



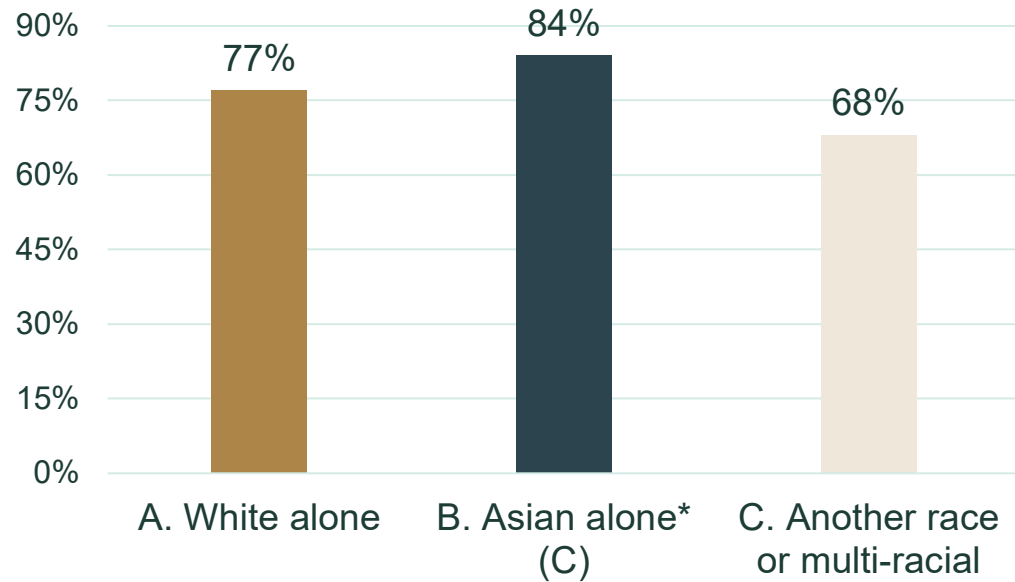
## Current Emotional Well-being Compared to Before the COVID-19 Pandemic



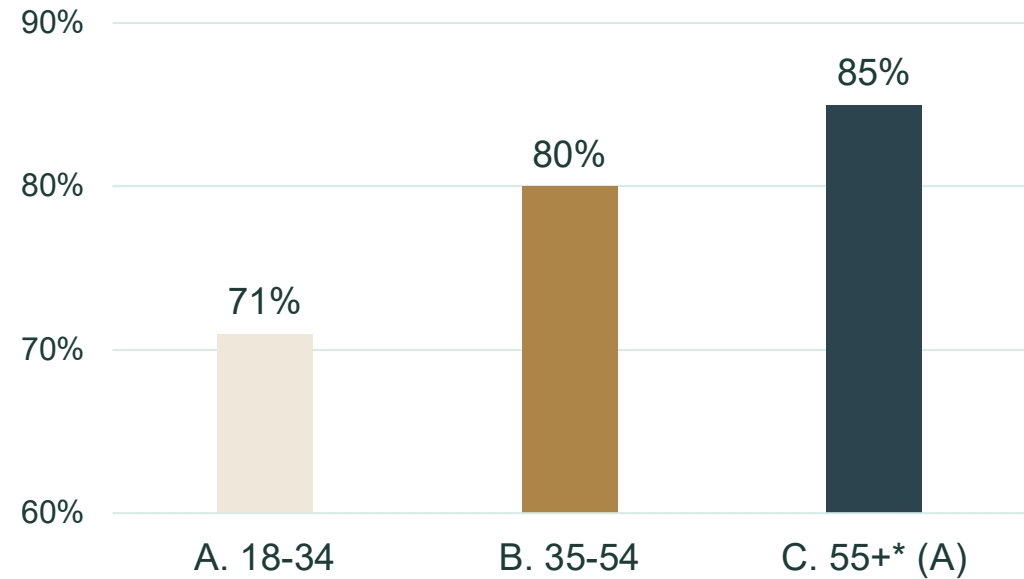
# Resident Health and Wellness



## Current Emotional Well-being by Race



## Current Emotional Well-being by Age

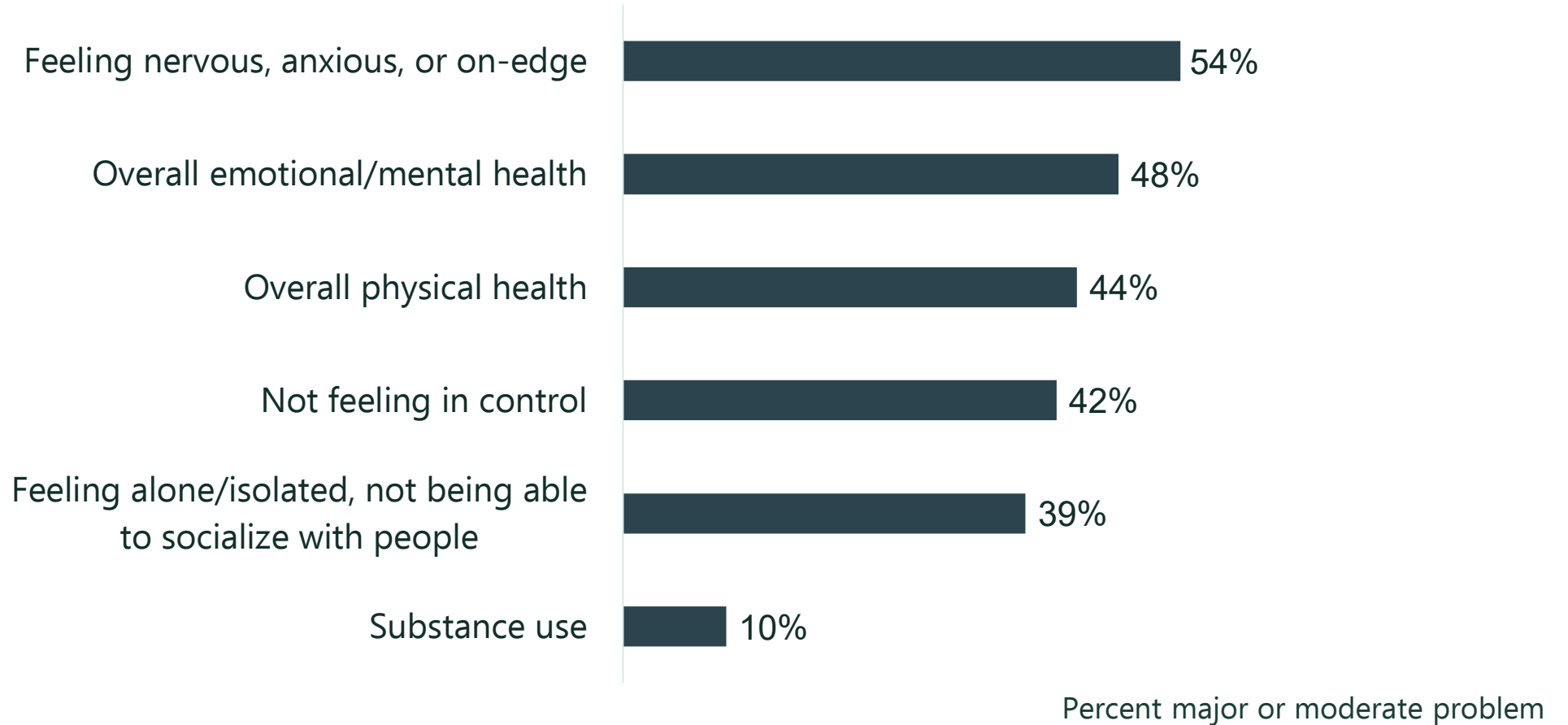


Percent excellent or good

# Household Problems



## Household Problems



# Household Problems



Table 39: Question 3

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months? (Percent moderate or major problem)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Feeling alone/isolated, not being able to socialize with people	40%	39%	35%	37%	58% A	42%	36%	39%
Feeling nervous, anxious, or on-edge	54%	50%	66%	52%	72% A	56%	53%	54%
Not feeling in control	39%	41%	55% A	42%	47%	44%	41%	42%
Overall physical health	39%	38%	79% A B	45%	38%	52% B	38%	44%
Overall emotional/mental health	47%	42%	64% A B	46%	65% A	57% B	39%	48%
Substance use	15% B C	8%	0%	9%	18%	9%	11%	10%



# Household Problems



Table 52: Question 3

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months? (Percent moderate or major problem)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall (A)
	18-34 (A)	35-54 (B)	55+ (C)	No (A)	Yes (B)	No (A)	Yes (B)	
Feeling alone/isolated, not being able to socialize with people	49% B C	36%	30%	40%	34%	35%	45%	39%
Feeling nervous, anxious, or on-edge	71% B C	50%	38%	59% B	44%	47%	69% A	54%
Not feeling in control	50% C	45% C	29%	44%	36%	34%	63% A	42%
Overall physical health	45%	41%	49%	47%	38%	37%	60% A	44%
Overall emotional/mental health	58% C	48% C	33%	48%	47%	41%	62% A	48%
Substance use	12%	11%	6%	11%	6%	9%	9%	10%

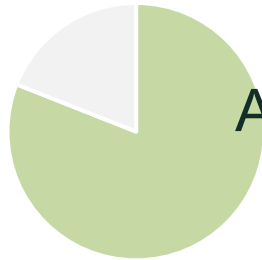


While many residents feel that they generally know where to go and who to call if they needed services and feel they would be able to access services, most residents are unaware of services in Irvine and have not accessed them.

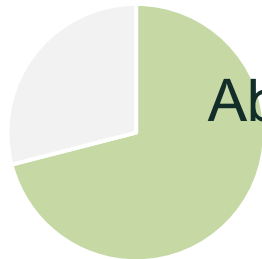




## Knowledge of and Access to Services



About **8 in 10** would be able to access mental health or substance use recovery services if they needed to



About **7 in 10** know where to go/who to call if they need services

# Services



Table 40: Question 4

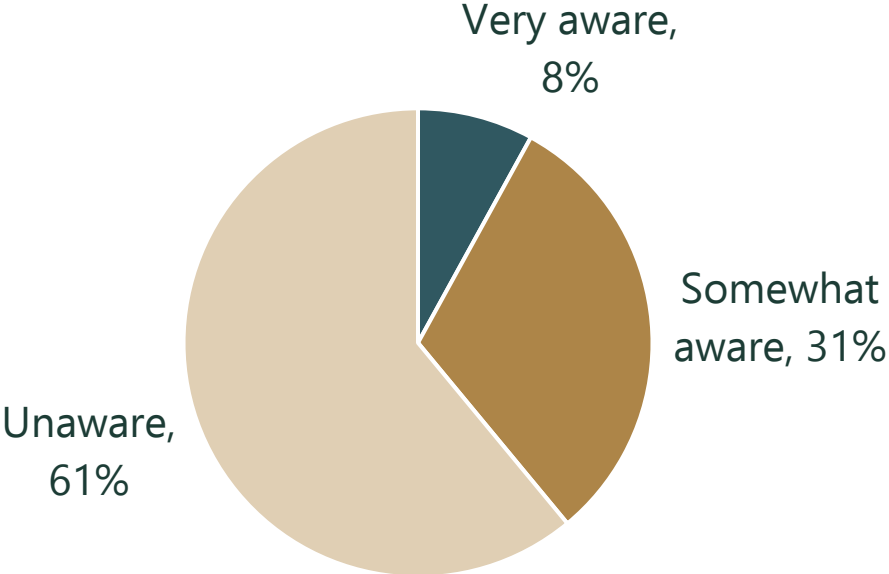
Please indicate your level of agreement: (Percent somewhat or strongly agree)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
I know where to go/who to call if I need mental health or substance use recovery services	77% B	61%	77% B	73% B	58%	80% B	61%	71%
I would be able to access mental health or substance use recovery services if I needed to	87% B	70%	86% B	80%	86%	82%	80%	81%

Table 53: Question 4

Please indicate your level of agreement: (Percent somewhat or strongly agree)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall
	18-34	35-54	55+	No	Yes	No	Yes	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
I know where to go/who to call if I need mental health or substance use recovery services	57%	77% A	83% A	69%	76%	71%	72%	71%
I would be able to access mental health or substance use recovery services if I needed to	76%	82%	87%	77%	92% A	82%	78%	81%



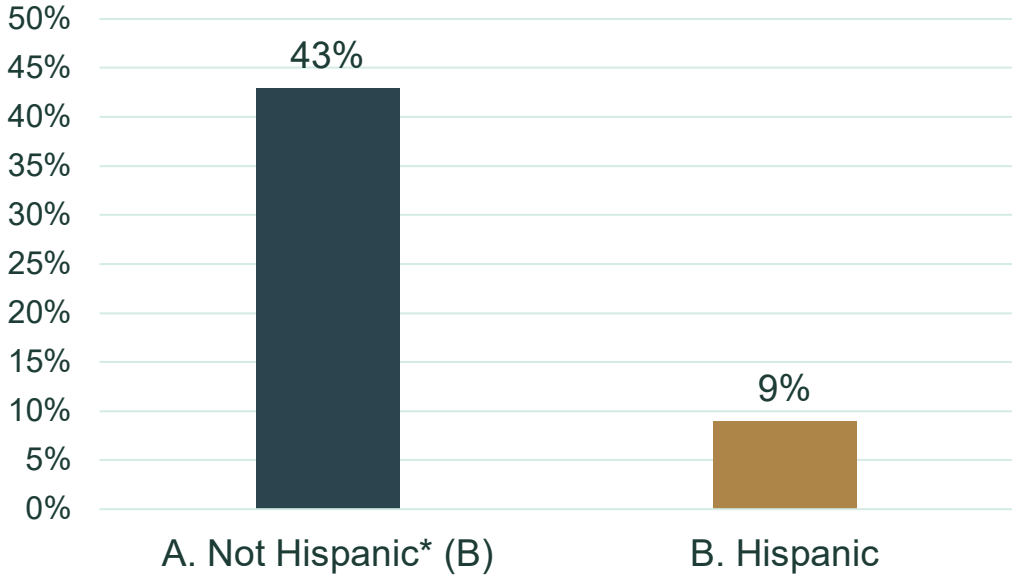
## Awareness of Services in the City of Irvine



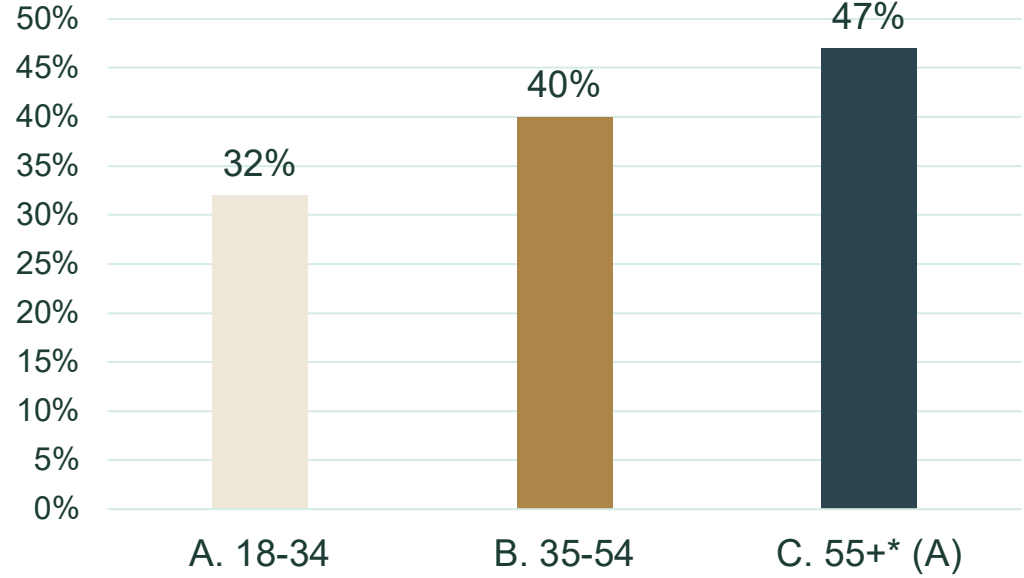
# Awareness of Services in Irvine



### Awareness of Services by Ethnicity



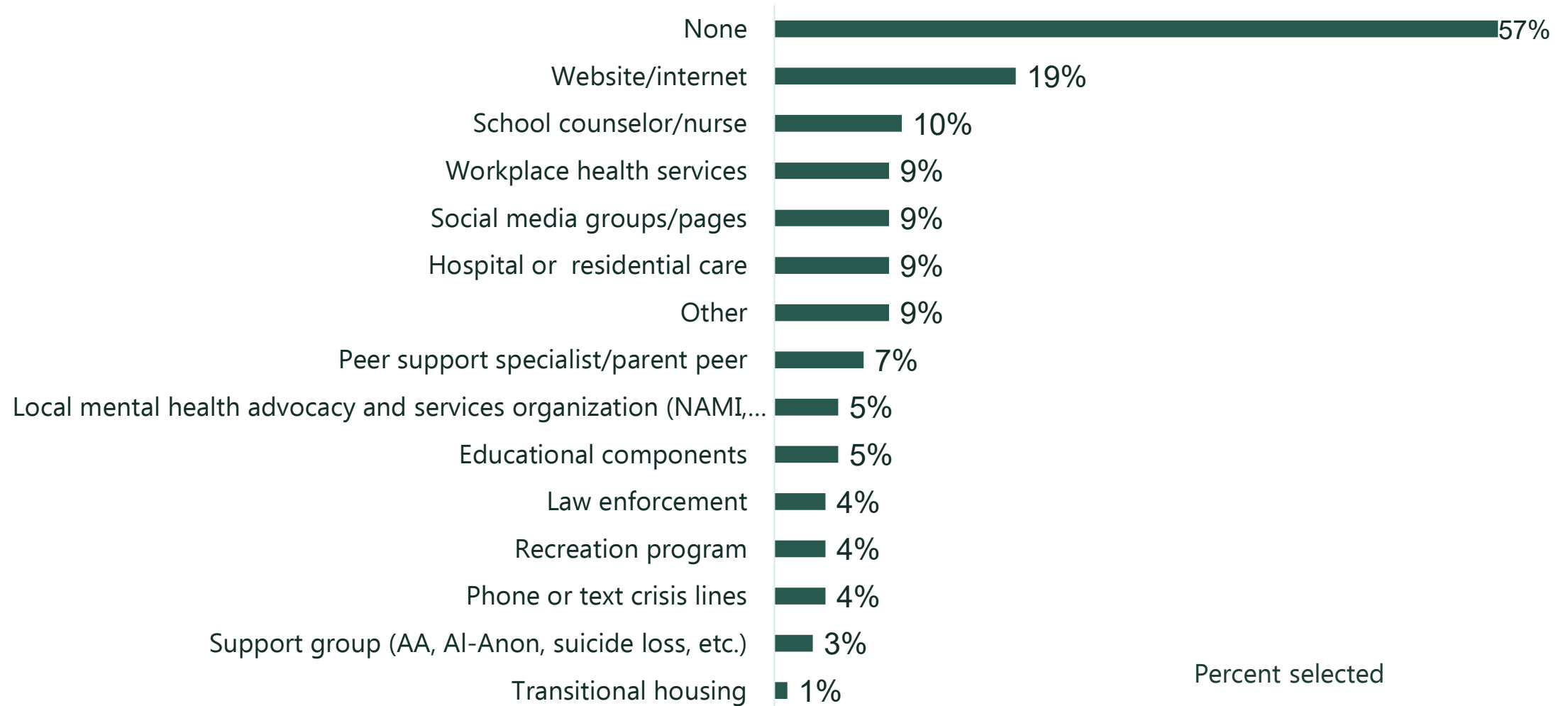
### Awareness of Services in Irvine by Age



Percent very or somewhat aware



## Mental Health and Substance Use Resources Accessed





**Some Irvine residents experience barriers to receiving mental health or substance use recovery services.**





# Barriers

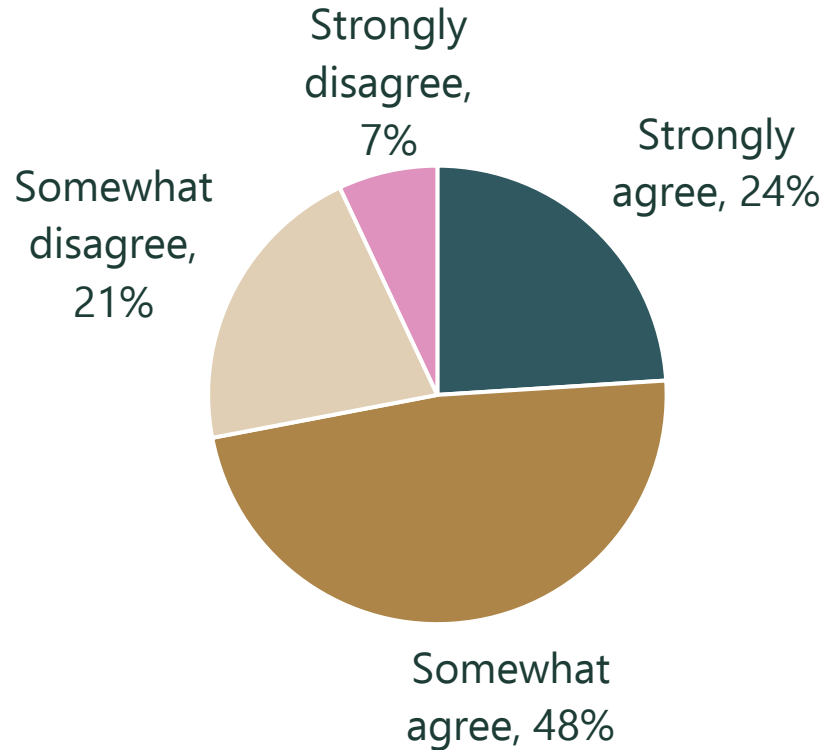


<b>Please indicate which of the following, if any, are or would be a barrier for you or your family to receiving mental health/substance use recovery-oriented services. (Select all that apply.)</b>	<b>Percent selected</b>
None	49%
Financial concerns related to treatment	32%
Waitlist or lack of available services	21%
Lack of translation and culturally sensitive services/providers	13%
Stigma of mental illness	11%
Need help with system navigation	10%
Lack of resources for family education and support	8%
Lack of transportation	3%
Other	2%
Lack of phone or computer access	0%

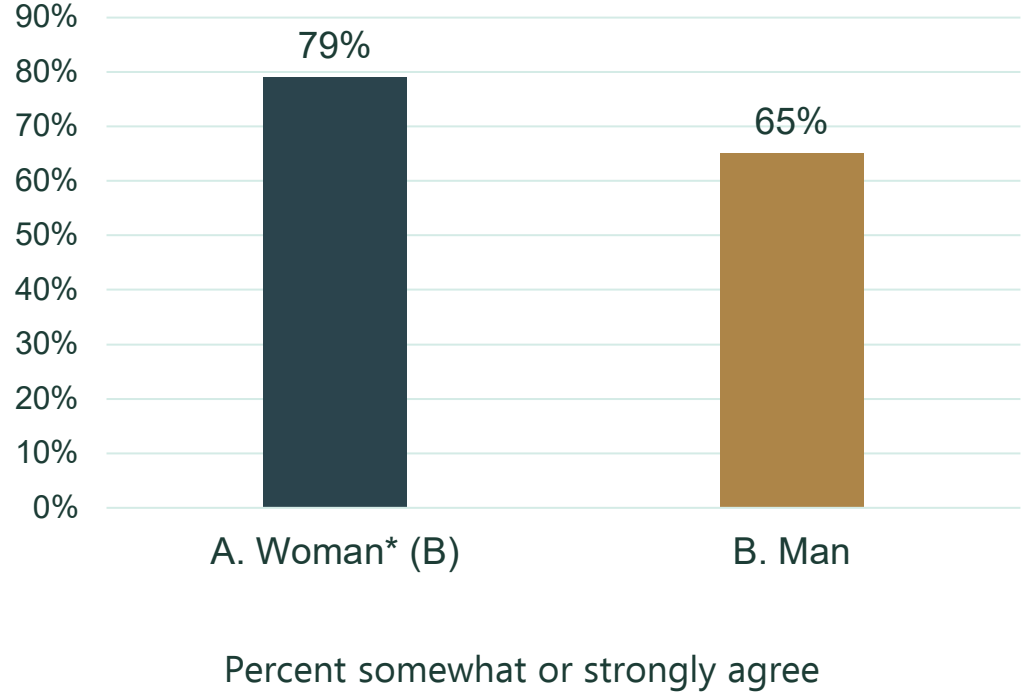
# Community Stigma



## Community Stigma



## Community Stigma by Gender





Programs to treat co-occurring disorders, advocacy, and better payment options are among the top resources needed in Irvine to better support those in need of services.



# Needs

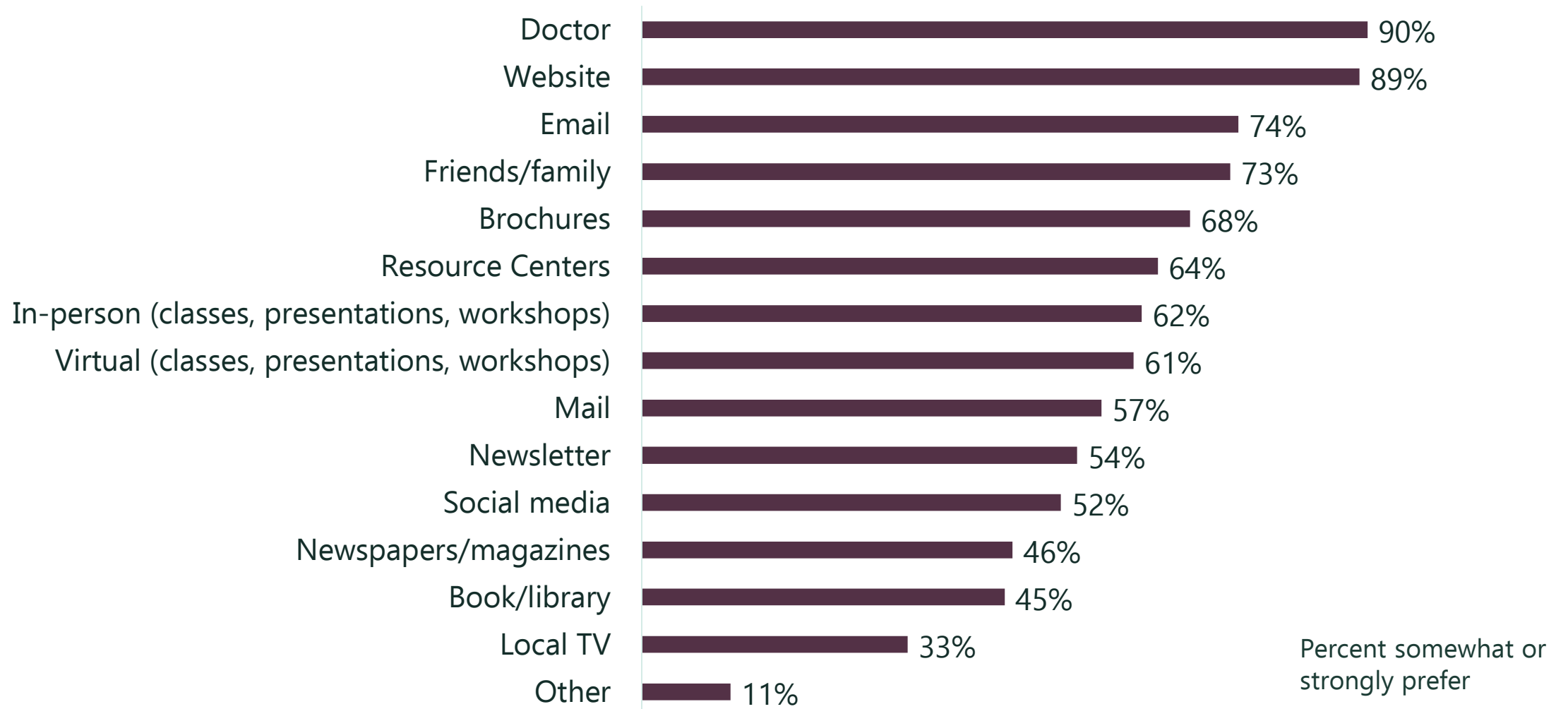


<b>What do you think is most needed in Irvine to better support those in need of mental health and substance use recovery services? (Select top 5 priorities.)</b>	<b>Percent selected</b>
Programs that both treat mental health and substance use disorders	39%
Advocacy for support services for people with behavioral health needs	38%
Pay-what-you-can (sliding fee scale) options for therapy	37%
School/teacher education	35%
Phone or text crisis hotlines	31%
Support groups	26%
Culturally sensitive support groups available in different languages	25%
Crisis intervention team training	23%
Social groups/activities	23%
Peer support specialists	21%
Transitional housing/transition options after treatment	17%
Telehealth	16%
Other group wellness activities (yoga, meditation, etc.)	14%
Crisis respite centers	13%
Transportation to/from services	12%
Support prevention	12%
Medication-assisted treatment for opioid use	11%
Other	5%

# Information Sources



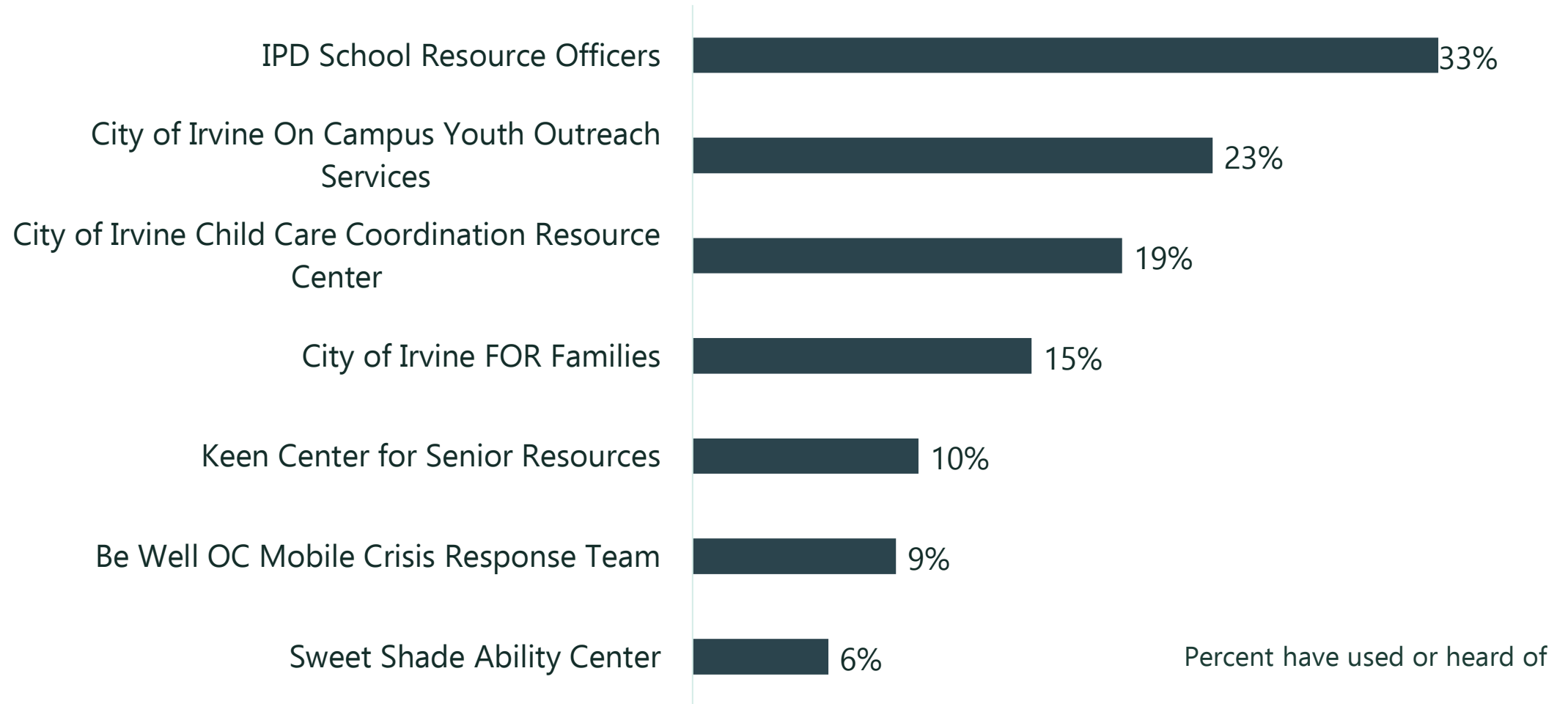
## Information Sources



# Awareness of Programs and Initiatives



## Awareness of Programs and Initiatives



# Awareness of Programs and Initiatives



Table 44: Question 10

Are you aware of the following programs/initiatives in the community? (Percent have used or heard of)	Race			Hispanic		Gender		Overall (A)
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Be Well OC Mobile Crisis Response Team	9%	8%	13%	10% B	1%	12%	7%	9%
City of Irvine FOR Families	15%	16%	14%	16%	10%	20% B	11%	15%
Sweet Shade Ability Center	4%	5%	14% A B	6% B	4%	6%	6%	6%
City of Irvine On Campus Youth Outreach Services	14%	29% A	31% A	25% B	6%	25%	22%	23%
IPD School Resource Officers	31%	29%	42%	36% B	12%	35%	32%	33%
City of Irvine Child Care Coordination Resource Center	15%	26% A	14%	20%	10%	25% B	14%	19%
Keen Center for Senior Resources	10%	9%	9%	11%	5%	12%	7%	10%

# Awareness of Programs and Initiatives



Table 57: Question 10

Are you aware of the following programs/initiatives in the community? (Percent have used or heard of)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall (A)
	18-34 (A)	35-54 (B)	55+ (C)	No (A)	Yes (B)	No (A)	Yes (B)	
Be Well OC Mobile Crisis Response Team	5%	8%	17% A B	8%	12%	10%	9%	9%
City of Irvine FOR Families	8%	19% A	20% A	12%	23% A	17%	14%	15%
Sweet Shade Ability Center	4%	8%	6%	6%	7%	5%	8%	6%
City of Irvine On Campus Youth Outreach Services	19%	27%	25%	20%	32% A	22%	27%	23%
IPD School Resource Officers	22%	46% A C	32%	26%	50% A	34%	31%	33%
City of Irvine Child Care Coordination Resource Center	12%	28% A C	18%	13%	37% A	19%	21%	19%
Keen Center for Senior Resources	2%	7%	26% A B	10%	10%	11%	7%	10%





**Most parents feel comfortable talking to their children about mental health and substance use, and most children experience positive engagement with community supports.**





**99%**

indicated that they are comfortable discussing mental health with their children

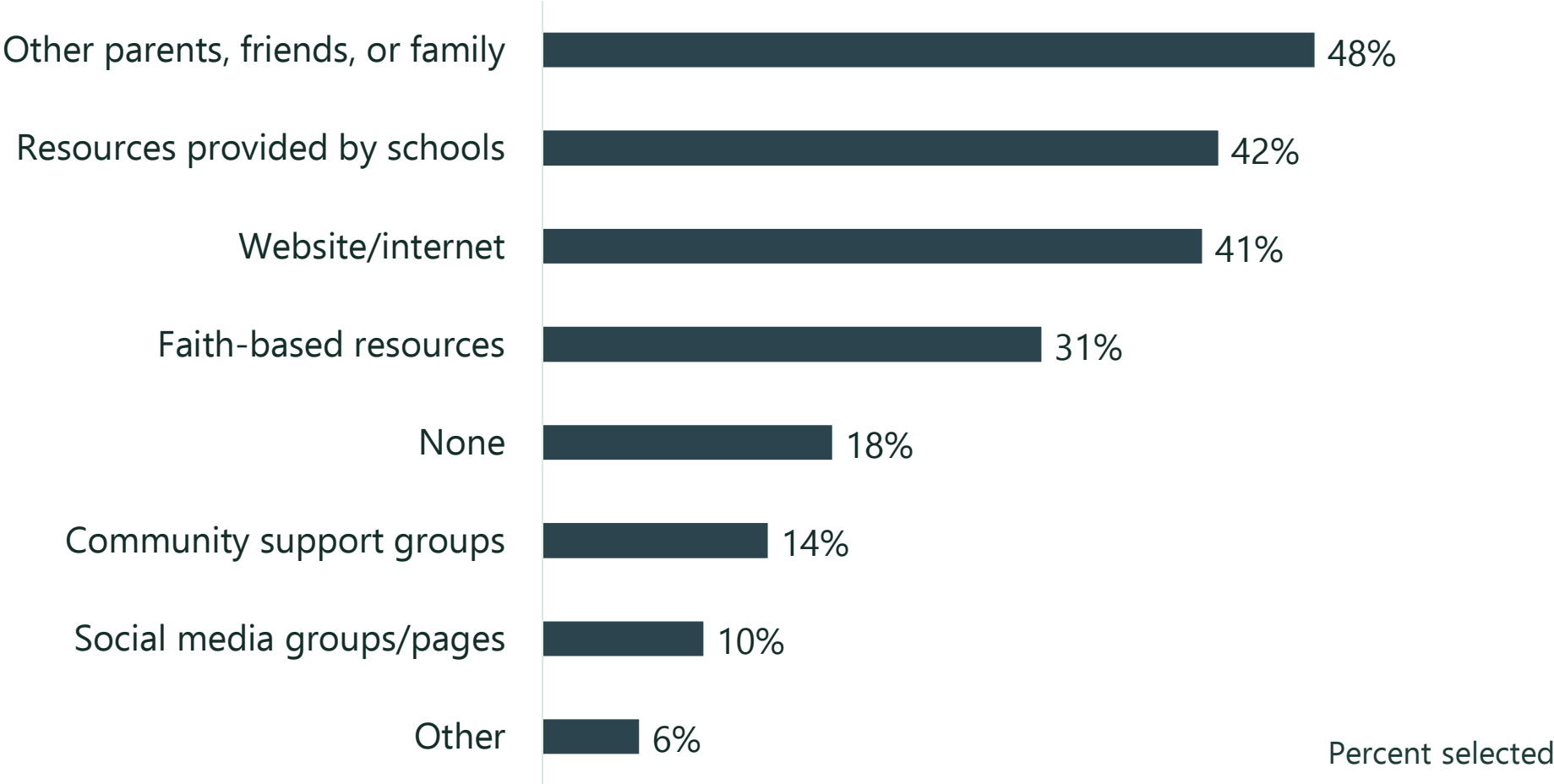


**94%**

indicated that they are comfortable talking to their child/children about substance use



## Resources Used to Talk to Children





## Frequency of Conversations

How often, if ever, do you...	Percent at least occasionally
Talk to my children about how valuable they are	99%
Talk to my children about my values as they grow	98%
Talk to my children about how important having goals is	93%
Take the time to listen to my children's questions or concerns about mental health and substance use	89%
Set an example of different ways I have fun and celebrate that do not include substance use	88%
Talk to my children about how substance use could get in the way of reaching goals	80%
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	78%
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	70%

# Conversations



Table 48: Question 17

How often, if ever, do you... (Percent at least occasionally)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	70%	74%	35%	73%	52%	63%	78%	70%
Set an example of different ways I have fun and celebrate that do not include substance use	98% B	75%	100%	86%	100%	96% B	80%	88%
Talk to my children about my values as they grow	100%	97%	100%	98%	100%	98%	99%	98%
Talk to my children about how valuable they are	100%	99%	100%	99%	100%	100%	99%	99%
Talk to my children about how important having goals is	93% C	97% C	68%	96% B	73%	92%	95%	93%
Talk to my children about how substance use could get in the way of reaching goals	91% B C	72% C	35%	81%	73%	86%	74%	80%
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	89% B	65%	100% B	79%	73%	84%	73%	78%
Take the time to listen to my children's questions or concerns about mental health and substance use	93%	82%	100%	91%	73%	89%	89%	89%

# Conversations

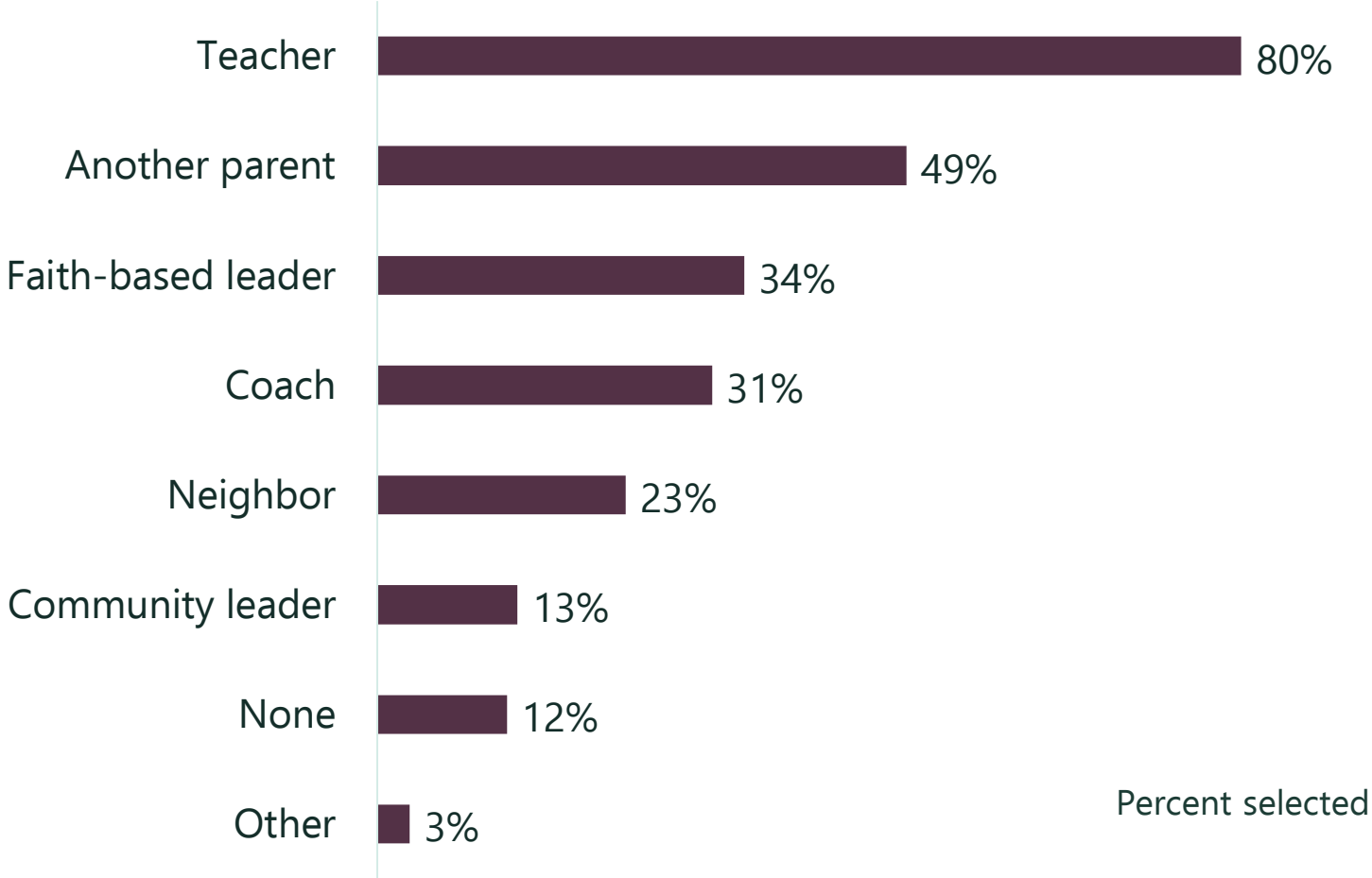


Table 61: Question 17

How often, if ever, do you... (Percent at least occasionally)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall (A)
	18-34	35-54	55+	No	Yes	No	Yes	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	19%	77% A	83% A	.	71%	76% B	51%	70%
Set an example of different ways I have fun and celebrate that do not include substance use	73%	90%	84%	.	88%	88%	87%	88%
Talk to my children about my values as they grow	100%	98%	100%	.	98%	98%	100%	98%
Talk to my children about how valuable they are	100%	99%	100%	.	99%	99%	100%	99%
Talk to my children about how important having goals is	74%	96% A	100% A	.	93%	94%	91%	93%
Talk to my children about how substance use could get in the way of reaching goals	47%	83% A	95% A	.	80%	83%	66%	80%
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	73%	79%	79%	.	78%	83% B	63%	78%
Take the time to listen to my children's questions or concerns about mental health and substance use	47%	95% A	96% A	.	89%	91%	81%	89%



## Community Supports



# Engagement of Community Supports



## Engagement of Community Supports

<b>How often, if at all, do your child(ren)'s supports do each of the following:</b>	<b>Percent at least occasionally</b>
Keep parents informed and involved	84%
Discuss the consequences of substance use	81%
Offer children a judgement-free safe space for conversation about mental health and substance use	80%
Host activities or provide spaces for children to go (substance free, with adults present)	78%
Recognize the signs that may indicate a child is struggling with substance use or their mental health	73%
Look for ways to incorporate substance use education	62%



# Engagement of Community Supports



Table 49: Question 19

How often, if at all, do your child(ren)'s supports do each of the following: (Percent at least occasionally)	Race			Hispanic		Gender		Overall
	White alone (A)	Asian alone (B)	Another race or multi-racial (C)	Not Hispanic (A)	Hispanic (B)	Woman (A)	Man (B)	(A)
Host activities or provide spaces for children to go (substance free, with adults present)	90% B	66%	64%	76%	100%	87%	70%	78%
Look for ways to incorporate substance use education	68%	50%	68%	60%	82%	73%	52%	62%
Discuss the consequences of substance use	91% B	69%	68%	82%	72%	83%	78%	81%
Recognize the signs that may indicate a child is struggling with substance use or their mental health	89% B	62%	68%	72%	84%	79%	69%	73%
Keep parents informed and involved	92%	78%	68%	85%	83%	87%	82%	84%
Offer children a judgement-free safe space for conversation about mental health and substance use	96% B	68%	68%	78%	100%	91% B	71%	80%



# Summary of Key Findings

1. Irvine residents are generally positive about their emotional well-being, but problems with mental health and substance use exist in households.
2. While many residents feel that they generally know where to go and who to call if they needed services and feel they would be able to access services, most residents are unaware of services in Irvine and have not accessed them.
3. Some Irvine residents experience barriers to receiving mental health or substance use recovery services.
4. Programs to treat co-occurring disorders, advocacy, and better payment options are among the top resources needed in Irvine to better support those in need of services.
5. Most parents feel comfortable talking to their children about mental health and substance use, and most children experience positive engagement with community supports.



# Questions?



# Thank you!

Kim Daane  
Survey Research Associate  
Polco/National Research Center  
kim@polco.us



# Weighting Table



2023 Irvine Health and Wellness Survey Weighting Table – Random Sample

Characteristic	Population Norm*	Unweighted Data	Weighted Data
<b>Housing</b>			
Rent home	56%	30%	54%
Own home	44%	70%	46%
Detached unit	37%	46%	39%
Attached unit	63%	54%	61%
<b>Race</b>			
White alone	45%	53%	48%
Asian alone	36%	40%	38%
Some other race alone	4%	2%	4%
Two or more races	10%	5%	10%
<b>Ethnicity</b>			
Not Hispanic	87%	93%	88%
Hispanic	13%	7%	12%
<b>Sex and Age</b>			
Female	51%	53%	50%
Male	49%	47%	50%
18-34 years of age	38%	12%	36%
35-54 years of age	36%	30%	36%
55+ years of age	26%	58%	28%
Females 18-34	19%	7%	18%
Females 35-54	19%	16%	18%
Females 55+	14%	30%	14%
Males 18-34	19%	5%	18%
Males 35-54	18%	14%	19%
Males 55+	12%	27%	13%

\* 2020 U.S. Census Bureau, 2021 American Community Survey Population Estimates