Mental Health

MORE THAN HALF OF PUBLIC HEALTH WORKERS REPORT SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER (PTSD), AND MANY ARE STRUGGLING WITH THEIR MENTAL HEALTH.

THE GOVERNMENTAL PUBLIC HEALTH WORKFORCE IS PREDOMINANTLY WHITE, FEMALE, AND OVER THE AGE OF 40.

The workforce is becoming younger, with an average age of 46, compared with 47 in 2017 and 48 in 2014.

While the workforce as a whole has become more diverse, 66% of all executives are white.

White 54% Hispanic or Latino 18% Black or African American 15% Asian 7% Two or more races 4% American Indian or Alaska Native 1% Native Hawaiian or other Pacific Islander 0.4%

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THE PUBLIC HEALTH WORKFORCE IN THE COVID-19 ERA:
Younger, More Diverse, With High Levels of Stress and Intent to Leave

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Demographics

Race/Ethnicity

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Gender

Women 79% Men 19% Other 2%

Age

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<21 0.2% 21-30 13% 31-40 24% 41-50 25% 51-60 25% 61+ 13%

Job Roles

SINCE 2017, THE PROPORTION OF EMPLOYEES WORKING IN COMMUNICABLE DISEASE TRIPLED. THE AREAS WHERE STAFFING DECREASED THE MOST WERE ORGANIZATIONAL COMPETENCIES, ENVIRONMENTAL HEALTH, AND COMMUNICATIONS.

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56% reported at least one symptom of PTSD

72% of public health employees participated in the response to the COVID-19 pandemic in some way.

25% reported 3 or more symptoms, indicating probable PTSD

More than 1 in 5 employees (22%) reported that their mental health was either “fair” or “poor”