

Running the U.S. Economy at Full Throttle Is a Stressful Variant of Capitalism

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Abstract: Maximizing output without considering the negative externalities in consumption and production can lead to psychological stress, especially when it overlooks the harm to mental and physical health. Focusing solely on economic indicators like working more, earning income, and taking risks while disregarding factors like work-life sense of balance, income distribution, and life quality can create stressors that damage human well-being. Stress is a biological response to threats that endanger self-protection. In the U.S., stress in capitalism is exacerbated by poverty, financial insecurity, inequality, and a lack of social safety nets. Globalization has worsened social mobility and limited retraining opportunities, contributing to stress. Over decades, these stressors have led to deteriorating mental health, increased physical pain, and reliance on illicit drugs. There has been a rise in deaths of despair, incarceration rates, and mass shootings, along with declining life expectancy and satisfaction. Right-wing populism has also gained traction, highlighting numerous mental, biological, social, economic, and political challenges. Addressing these stressors is crucial for fostering a healthier and more sustainable society.

Introduction

Diversities of capitalism, originating from the Nordic model to "Socialism having Chinese Characteristics," demonstrate the diversity in economic systems (Hall, Peter, and Soskice 2001). Each country differs in culture, ideology, policies, and institutions, impacting its economic system (Strang 2016). This essay addresses a crucial yet overlooked aspect: the emotional stress induced by the U.S. economy operating at its ultimate capacity. The "full throttle" metaphor implies a focus on maximizing output without considering the negative externalities on mental and physical health. This approach leaves no room for flexibility in case of unforeseen events, akin to a locomotive speeding ahead without regard for potential obstacles.

While economists like Akerlof, Graham, and Leibenstein have highlighted the negative externality of mental stress (Akerlof 2020; Graham 2017; Leibenstein 1976), many prioritize economic efficiency and growth, neglecting their impact on human well-being. Decades of such focus have led to numerous challenges across various domains (Komlos 2017; Nelson 2018; Marchese 2022; Wilkinson, Richard and Kate Pickett 2019).

How Does Psychological Stress Occur?

Stress is an organic feedback to perceived threats, triggering the release of cortisol and adrenaline to prepare the body for immediate physical response (Wälde 2018). While adaptive in evolutionary contexts, chronic stress in the U.S. version of capitalism has detrimental effects on physiological functions, increasing the risk of hypertension, heart disease, and mental illness (Selye 1975). This chronic stress, exacerbated by the frequent release of stress hormones, contributes to conditions like metabolic syndrome, depression, and immune disorders (Cohen et al. 2007; Cattaneo, Annamaria, and Riva 2016). Children are predominantly susceptible, with chronic stress negatively impacting mental development and genome expression, leading to long-

term consequences (Dumornay et al. 2023). This concept of evolutionary mismatch highlights the damaging effects of chronic stress on human health and development. Addressing chronic stress is crucial for promoting overall well-being and reducing the incidence of associated health problems.

Evidence of High-level Chronic Stress

There is ample evidence of stress generated by the U.S. version of capitalism, with Trump's rhetoric and the Covid pandemic exacerbating anxiety. Even before COVID-19, surveys revealed increasing stress levels among Americans, with 45% reporting significant worry and 22% experiencing anger frequently (Ray 2019). The prevalence of stress in the U.S. ranks among the highest globally ¹, comparable to Sri Lanka, Iran, and Albania (Ray 2019).

The substantial literature on stress and its economic implications underscores its significance, with a notable increase in studies over the years (Friedline, Chen, and Morrow 2021). This rise in stress correlates with a documented increase in mental illness, affecting nearly one in five U.S. adults in 2019 (S.A.M.S.H.A. 2020, Appendix A). Stress-related mental illness disproportionately impacts specific demographics, including whites, southerners, women, middle-aged individuals, residents of large urban areas, and those with some college schooling (Table Number 1). However, underprivileged individuals, blacks, and Hispanics also experience mental illness, though potentially underreported due to barriers to seeking professional help.

Table 1 about here

Since 2008, 11.7 million more people, or 29% more, have been impacted (Table 1).

Among young adults, the rise was particularly notable; the prevalence of mental illness increased

¹ Asked if they had “bad mental health days” throughout the previous month 6.4% of the population answered in the affirmative in 2019, nearly twice as many as in 1993. Moreover among white prime-age respondents without a college degree the proportion reached 14% in 2019 (Blanchflower and Oswald 2020).

by 63% over that time. Except for Black people and those residing in the western states, other minority groups also saw significant increases. Additionally, following 2016, which coincided with Donald Trump's victory, the pace of rise increased in nearly all categories, as shown in Table 2 (Albright and Hurd 2023)². This acceleration may have been caused by Trump's disrespectful behavior towards minorities and challenge to established norms. Those in the 18–25 age bracket saw the most rapid acceleration, with a 1.5 percentage point rise yearly.

Table 2 about here

There has been an uptick in the prevalence of mental distress among young people³, who have been excluded in the statistics provided above (Table 3). 2019 there were 7.9 million instances, a rise of 3.7 times the rate during the Trump administration (Table 4). According to Mojtabai, Olfson, and Han (2016) and the U.S. Surgeon General (2023), there is a common theme in media coverage of teenager's mental health problems.

Tables 3 and 4 here

"People seek relief from pain, feelings of isolation, and anxiety by turning to drugs or alcohol" describes a typical response among those experiencing mental anguish. Anxieties, both mental and physical, can be momentarily alleviated by inducing euphoria with drugs and alcohol (Case and Deaton 2020, 95). As a result, the rising usage of illegal drugs is just another sign of stress building up. Due to its calming and euphoric effects, marijuana has become the drug of choice among the general public. The widespread legalization is a result of the skyrocketing demand and acceptance. In the thirty-one days leading up to the study, 31 million persons used marijuana, and 9.3 million used other illegal substances (Table number 5).

² See also Health and Human Services (2021).

³ Those between the ages of 12 and 17.

Table number 5 here

Correlation with the stress turns out to be more apparent when one considers that the yearly growth rate of marijuana usage increased from 0.8% (2002–2008) to 7.1% (2008–2016) and subsequently to 10.6% (2016–2019) following the 2008 financial crisis (Table 6). Addiction to other stimulants, such as Fentanyl and Adderall, has comparable patterns of usage. Consequently, the increased worry caused by the recession that followed and subsequently by Donald Trump's victory is linked to the rapid increase in drug usage.

Table 6 about here

Illicit drug use has risen due to stress, with antidepressants commonly used to cope with stress, hopelessness, and loneliness (Brooks 2018). The increased use of antidepressants⁴, up by 65% in 15 years, suggests that rising income fails to alleviate stress (Mundell 2017). Medication for A.D.H.D. has doubled within a decade, with a three-fold increase among privately insured women (Blum 2022; Piper et al. 2018).

Deviant behavior, like mass shootings, is indicative of societal stress and frustration (Brooks 2020). Between 2013 and 2022, there were 4,634 mass shootings⁵ in the U.S., reflecting a deep societal issue (Krill and Clifford 2022). Deaths of despair, including opioid overdoses, have escalated dramatically, with opioid overdose deaths increasing sevenfold from 1999 to 2020 (C.D.C. 2022)⁶. This trend highlights the deteriorating opportunities for Americans (Case and Deaton 2020) who are less cultured.

Table 7 here

⁴ Antidepressant use increased from 5.8% of the population in 1996 to 10.1% in 2005. The increase in nine years was from 13.3 to 27.0 million persons (Olfson and Marcus 2009).

⁵ Mass Shooting Tracker, <https://massshootingtracker.site/>; Their number increased from 434 in 2019 to 614 in 2020. Wikipedia, “List of mass shootings in the United States in 2020”.

⁶ Overdose mortality began to rise in response to opioids that were prescribed, then shifted to heroin use in the middle years, and finally to fentanyl usage after 2016.

The homicide rate in the United States, ten times higher than in Norway (United Nations 2022), reflects pent-up anger exacerbated by a lack of safety net. With Twenty-thousand murders and 40,000 gun-related injuries in 2020, gun violence adds to the societal stress. Deviant behavior contributes to the high incarceration rate, six times that of Canada, with 2.1 million people incarcerated⁷ (United Nations 2022; Bureau of Justice Statistics 2022; Hartney 2006).

Declining happiness levels in the U.S., evidenced by a decrease in "very happy"⁸ individuals (Smith, Son, and Schapiro 2015, Table 6) and an increase in those "not too happy," reflect the buildup of stressors. European countries, with universal healthcare and higher tax rates, rank higher on happiness indices, highlighting the importance of government safety nets in reducing stress (Banks et al. 2006; Helliwell et al. 2020; Deaton and Schreyer 2020).

Sources of Stress

Persistent stress stems from various economic stressors, including threats to personal safety like unemployment, eviction, or medical expenses (Brzozowski and Visano 2020). Financial worry, a prevalent stressor, impacts Americans' lives significantly, with nearly three-quarters feeling stressed about money and a quarter experiencing extreme stress (American Psychological Association 2015). This financial strain is recognized to diminish joy in life and trigger pain and ill health (Case and Deaton 2020). The inequality in income distribution exacerbates stress as the rich set social norms, leaving others behind and fostering status anxiety (Komlos 2019a).

"Attempting to uphold a social norm encourages several individuals to work in excess," leading to longer work hours for a significant portion of the labor force (B.L.S. 2022). Wealth

⁷ Additionally, 4.4 million individuals were placed on probation.

⁸ St. Louis Fed's series A939RX0Q048SBEA has GDP data, whereas [Get GSS Data | NORC](#) is where we got our happiness numbers for 2016 and 2018.

inequality compounds stress, with the top 1% owning more than 90% of households combined (Board of Governors 2022). Chronic poverty further contributes to stress, affecting over 52 million Americans, with adverse effects on children's development and prospects (Benson 2020).

“There is a correlation between mental illness and family poverty among children... Development of the brain and academic performance are impacted by the various stresses that come with being poor, including unhealthy eating habits, more smoking, and just trying to get by (Reardon 2016).”

Living in impoverished neighborhoods amplifies stress, hindering mobility and perpetuating a cycle of poverty (Chetty, Hendren, and Katz 2016). These neighborhoods, marked by high poverty rates and minority populations, limit opportunities and exacerbate stress for residents (McArdle, Osypuk, and Acevedo-Garcia 2007). The median domestic revenue in the sixteen lowest-income zip code zones was \$14,750 (between 2016 and 2021), with a typical minority allocation of 76 percent (Table number 8).

Table number 8

The stressors in the U.S. economy manifest in various detrimental outcomes, especially for children, whose welfare ranks below that of many middle-income countries, according to UNICEF (UNICEF 2013, 2020)⁹. Six million children suffer maltreatment annually, with 1,840 fatalities recorded in 2019, reflecting a systemic issue (Childhelp 2022; Children's Bureau 2021). The educational system's mediocrity further compounds stress, with U.S. students lagging globally¹⁰, jeopardizing their future competitiveness (Johnston 2003). Financial constraints and

⁹ On an additional measure, the United States was rated 43rd (Save the Children 2020).

¹⁰ Wikipedia, “Programme for International Student Assessment.”

homelessness exacerbate stress for children, hindering their development and academic success (H.U.D. 2021, 2020).

In a Darwinian economy, winners tout meritocracy while overlooking the advantages they gained from birth, perpetuating inequality and fostering resentment (Frank 2016; Rawls 1971). Wage repression, exacerbated by monopolistic market dominance, contributes to stress, with workers earning significantly less than their theoretical worth (Taylor 2020; Azar, Marinescu, and Steinbaum 2022). Loss of the actual worth of the central minimum salary amplifies this disparity, further stressing the population (Federal Reserve 2020).

Moreover, exorbitant healthcare costs, driven by monopolistic practices, burden individuals and hinder their well-being (Villarosa 2022; De Loecker, Eeckhout, and Unger 2020). Market fundamentalism and inadequate government safety nets leave many vulnerable to economic shocks, perpetuating insecurity and stress (Azmanova 2020; Helliwell et al. 2020). As a result, a significant portion of the population lives paycheck-to-paycheck, unable to weather financial emergencies (Board of Governors 2019; Gupta et al. 2017). The combination of economic insecurity, inequality, and inadequate social support amplifies stress, hindering individuals' well-being and perpetuating a cycle of economic distress.

Table 9 here

"Injustice may also cause feelings of rage and anxiety-like underemployment, not paid during extra work, being taken advantage of by opportunity seekers, lied to, exploitative loans, frauds, unable to pay for medicine, unanticipated healthcare costs, a decrease in pay, or overnight lenders" (Sen 2010; Sweet, Kuzawa, and McDade 2018) Water contamination (as shown in Flint, Michigan) and climate-related catastrophes are other sources of stress. As Case and Deaton (2020, 262) put it, "the underlying difficulty is inequity, that wealth that exists at top is viewed as

fraudulent in an economy that provides little opportunity to many people. This means that the amount of inequality is likewise seen as unjust." Myopic decisions about work-life balance, commuting, and inadequate healthcare coverage contribute to stress, creating a highly stressful variant of capitalism (Stutzer and Frey 2008; O'Donoghue and Rabin 1999; Baradaran 2015; Conger 2022).

Running the Economy at Full Throttle

The architecture of the U.S. economy, structured according to neoliberal principles, seeks to diminish the role of the state to a bare minimum and enact policies that maximize the power of free markets by diminishing regulation and idealizing the freedom of the individual without considering the existing power structure and its effects on the population's well-being. This hypercapitalism, referred to in this essay as running the economy at full throttle, fosters the accumulation of stress despite producing an unbelievable amount of belongings and services. Market fundamentalism, the firm idea that unfettered capitalism can address and resolve the vast majority of societal and economic issues, is the driving force behind this system (Madrack 2014; DeMartino 2022; Kwak 2017)

In the 1960s and 1970s, Friedrich Hayek and Milton Friedman were among the public intellectuals and economists who advocated for a singular concentration on monetary aggregates. Ronald Reagan and Margaret Thatcher later put this policy into action. In theory, these policies promoted economic growth and efficiency but cared little about how they affected people, dramatically increasing the population's vulnerability. Following this agenda rigidly led to disastrous policies, which in turn caused people's mental health to decline, society to become more divided, politics to become dysfunctional, and even a violent uprising by a destructive mob (Appelbaum 2019; Formisano 2015; Bartels 2016).

It was a unified decision among neoconservatives to cut taxes and undermine the welfare state. For forty years, tax policy guru Marty Feldstein advocated for reduced taxes, including those enacted by Trump. He repeatedly argued in a number of articles that "complex taxes damage the economy by altering performance—reducing productivity, saving, and risk-taking..." Nevertheless, the immeasurable benefits of taxation, like increased productivity from a more educated workforce or the vast advances in healthcare and information technology brought about by publicly funded fundamental research, were utterly ignored. Due to Reagan's tax cuts, the wealthiest Americans received a windfall that did not benefit the middle class, who were already struggling to live up to the standards set by the super-rich and the wealthy (Hope and Limberg 2022; Komlos 2019b).

"Globalization fits sound into the full-throttle plan, supposedly benefiting Americans and promoting economic growth" (Mankiw 2018, 8). Most economists supported globalization wholeheartedly, ignoring the adverse effects on low-skilled United States workers (Samuelson 1948; Stolper and Samuelson 1941). Jobs were outsourced, leaving many Americans unemployed, retiring on disability benefits, or working in precarious sectors like the gig economy or drug trade, leading to stress, substance abuse, and recklessness (Dorgan 2006; Blanchflower 2019; Autor et al. 2019).

Economists ignored the political and social consequences of salary redistribution due to globalization (Pierce and Schott 2016). For example, NAFTA led to job losses, contradicting Clinton's optimistic job creation projections (1993) ¹¹. This resulted in severe stress for low-skilled and mid-skilled workers, contributing to their decline into poverty (Stiglitz 2017). Trade

¹¹ When asked about trade with China, he offered the same utopian perspective, saying, "We'll have the ability to export goods without exporting jobs" (Clinton 2000).

deficits accumulated an astonishing \$33 trillion by 2021 (St. Louis Fed N.E.T.F.I.)¹², exacerbating economic instability. The 15.6% of G.D.P. introduced yearly in the 2010s undermined national low-skilled laborers (St. Louis Fed I.M.P.G.S., G.D.P.), trapping many in unemployment and discontent with political indifference.

Despite claims that globalization would benefit the U.S., it has devastated workers' livelihoods, leading to significant stress, which exacerbated the lack of effective government safety-net programs. The economists' lack of support for measures to help individuals hit hardest by hyperglobalization is striking. Dani Rodrik, a professor at Harvard's Kennedy School of Government, was the only one who publicly scolded her colleagues for this glaring mistake (2018). "Are economics contributing to Trump's surprising triumph in the United States President selection?" he asked rhetorically. He then went on to say:

“Economists should promote trade and avoid getting caught up in the details, as it has been an unwritten rule of public involvement for a long time... Conventional trade models usually produce significant income disparities due to trade's positive and negative effects on specific populations. Furthermore, economists have known for a long time that - faulty credit markets and poorly operating labor markets - may prevent such advantages from materializing. You can always rely on economists to gush about free trade and comparative advantage whenever the topic of trade agreements arises. Even though the distributional effects of NAFTA and China's W.T.O. membership were substantial for the most impacted American neighborhoods, they have persistently downplayed these concerns.

¹² In 2021 prices.

They have exaggerated the benefits of trade agreements, even though they have been modest since the 1990s (2016).”

That is an awful assessment of the conventional canon, but there is more: Trumpism profited handsomely from Clinton's blunders; four states—North Carolina, Michigan, Wisconsin, and Pennsylvania—would have gone with the Democratic candidate instead of the Republican had the rise in Chinese merchandise imports been half as high as it was during the study period. In this hypothetical situation, the Democratic candidate would have won the majority of electoral votes (Autor et al. 2020).

Neoliberals' faith in efficient markets led to deregulation, shifting power to corporations (Gerstle 2022). Reagan's policies allowed banks to securitize mortgages, leading to financial innovations like credit default swaps (Friedman 2002). Clinton continued this agenda by lifting banking regulations and repealing the Glass-Steagall Act (Gerstle 2022). The 2008 Meltdown caused widespread hardship and frustration, increasing unemployment and evictions (Deaton 2011). Bailouts favored Wall Street over Main Street, fueling resentment and populist movements (Stiglitz 2011). The rise of white nationalism may be linked to these economic stressors.

Conclusion

Mainstream economists erred by promoting an economy grounded in neoliberal principles, prioritizing production and G.D.P. growth over distribution and well-being (Sandel 2018). This approach equated consumption with success, neglecting factors like security, leisure, and social stability (Kurbjuweit 2005). The resulting turbo-capitalism placed undue stress on society, evident in deteriorating mental health, rising opioid use, and deaths of despair (Gallup 2019). While the educated thrived, the less educated faced economic hardship, social isolation,

and declining prospects (Case, Deaton, and Stone 2020). Stress stems from poverty, inequality, inadequate social safety nets, globalization, institutional racism, and the gig economy (Stansbury and Summers 2020). Despite high G.D.P., the economy failed to address the well-being of a significant portion of the population, leading to increased anxiety and societal tension (Editors 2021). In pursuing economic efficiency, the human cost was ignored, leaving many struggling to cope with the demands of an unforgiving system (Graeber 2019).

Universal flourishing could not be achieved by doubling per capita G.D.P. (Frey and Stutzer 2002; Easterlin 2004, 2015). "Thriving can be defined as an attitude of alive that occurs when all aspects of an individual's existence are good, such as... joy and fulfillment in life, mental and physical wellness, a sense of purpose and significance, integrity and virtue, as well as close social connections" (VanderWeele 2017). As the World Happiness Report noted:

“Americans have reported little increase in their level of satisfaction despite the country's remarkable economic and technical advancements over the last fifty years. Instead, people are frustrated with the political system because it has not addressed their real problems, social and economic inequality has grown substantially, and there is a lack of trust. Life satisfaction has stayed relatively stable despite increased GDP per capita for decades, which might be explained by these causes (Helliwell, Layard, and Sachs 2012, 3).”

Neoliberal strategies disproportionately harmed those deprived of a college degree, widening inequalities and fostering a divided society (Stiglitz 2016). The resulting economic disparities led to a significant decrease in life expectancy for low-skilled individuals, exacerbating feelings of powerlessness and alienation (Case and Deaton 2021; Inglehart and

Norris 2017). This insecurity and resentment fueled political unrest, culminating in events like the January 6, 2021 insurrection (Edsall 2020; Frankel 2021). The neoliberal emphasis on individual responsibility disregarded the collective well-being, leaving many feeling marginalized and betrayed (Rodrik 2018).

In contrast, Western European welfare states prioritize basic needs and incorporate collectivist elements, resulting in lower stress levels and more excellent societal stability (Reich 2018; Svendsen and Svendsen 2016)¹³. By neglecting the common good in favor of unchecked market forces, the U.S. version of capitalism perpetuates anxiety, frustration, and social discord (Tirole 2017). The success of Scandinavian capitalism lies in its ability to distribute risks equitably, leading to a more hassle-free lifestyle and a happier populace (Andersen et al. 2007). Ultimately, administering the financial system at full throttle reflects an essential flaw in the United States economic model, highlighting the need for a more balanced approach that prioritizes collective well-being over individual profit.

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¹³ Among the others, you may find New Zealand, Switzerland, the Netherlands, and Austria (Helliwell et al. 2020, 25).

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Tables

Table #1. The Total Figure of Individuals Who Had a Mental Health Crisis in the Last 12 Months (in Thousand)						
			%	Change 2008-2019		
	2008	2019	in 2019	Thousands	%	
All	39,826	51,495	100.00	11,669	29	
Age 18 to 25	6,099	9,930	19.00	3,831	63	
Age 26 to 49	20,697	25,279	49.00	4,582	22	
Age 50 & older	13,030	16,286	32.00	3,256	25.00	
Males	14,778	19,758	38.00	4,980	34.00	
Females	25,048	31,737	62.00	6,689	27.00	
The White	28,286	34,967	68.00	6,681	24.00	
The Black	4,314	5,174	10.00	860	20.00	
AIAN	163	260	1.00	97	60.00	
The Asian	1,300	2,100	4.00	800	62.00	
Two or More Races	666	1,390	3.00	724	109.00	
Hispanic	4,855	7,440	14.00	2,585	53.00	
Section of U.S.A.						
From Northeast	7,865	8,608	17.00	743	9.00	
From Midwest	9,075	11,497	22.00	2,422	27.00	
From South	13,905	18,212	35.00	4,307	31.00	
From West	8,980	13,178	26.00	4,198	47.00	
Type of Country						
Large-Metro	21,077	28,346	55.00	7,269	34.00	
Small Metro	12,622	15,837	31.00	3,215	25.00	
Non-metro	6,127	7,312	14.00	1,185	19.00	
Income						
The Poor	6,402	8,646	17.00	2,244	35.00	
>1 Poverty Income <2	8,925	11,258	22.00	2,333	26.00	
>2 Poverty Income	24,313	31,255	61.00	6,942	29.00	
Education	2015	2,019				
<High School	5,822	5,505	11.00	-317	-5.00	
High School Graduate	10,621	11,705	23.00	1,084	10.00	
Some College	15,450	18,250	35.00	2,800	18.00	
College Graduate	11,528	16,034	31.00	4,506	39.00	
Note: Individuals that are 18 years of age or older; A.I.A.N. denotes Native Americans and Alaska Natives. These statistics do not cover substance use problems.						
Source: S.A.M.S.H.A., 2020, Table 10.1A, Tables 10.2A, & Appendix.						

Table 2 The Growth Percentage of the Adult Psychological Illness Percentage

	Percent per Year		Change
	2008-2015	2016-2019	
All Adults	0.00	0.70	0.60
Age 18-25	0.50	1.90	1.50
Age 26 -49	0.00	1.00	1.00
Age 50 and older	0.00	0.00	0.00
Men	0.10	0.50	0.40
Women	0.00	0.80	0.90
White	0.10	0.70	0.60
Black	-0.20	0.50	0.70
AIAN	0.60	-0.60	-1.20
Asian	-0.20	0.60	0.80
Hispanic	-0.20	0.90	1.10
Section of the U.S.A.			
Northeast	-0.20	0.90	1.10
Midwest	-0.10	1.10	1.20
South	0.10	0.30	0.20
West	0.10	1.00	0.90
County Type			
Large Metro	0.00	0.70	0.70
Small Metro	0.00	0.60	0.60
Nonmetro	0.00	0.70	0.70
Income			
Poor	-0.10	0.60	0.70
>1 Poverty Income <2	-0.30	1.00	1.30
>2 Poverty Income	0.00	0.70	0.70
Education			
<High School	NA	0.40	
High School Graduate	NA	0.50	
Some College	NA	0.70	
College Graduate	NA	0.90	

Note: For the specified time period,
the data represent the average annual
percentage change.

Source: S.A.M.S.H.A. Table 10.1B and
Table 10.2B

Table 3. Cases of Psychological Illness Persons Aged 12-17, 2019 (Thousands)	
Outpatient	3,747.0
in Hospital	618.0
Other Inpatient	293.0
Schools	3,727.0
Family Doctor	902.0
Prison	49.0
Foster Care	97.0
Total(A)	9,433.0
Total(B)	7,878.0
Note: Centres for residential treatment are another type of inpatient facility.	
Juvenile detention centres are a type of prison.	
Total(A) represents the quantity of facilities that are engaged.	
The total number of participants is denoted as Total(B).	
Source: S.A.M.S.H.A. 2020, Table number 9A.	

Table 4. The Annual Growth Rate of People Needing Mental Health Services, Youth Aged 12 to 17 (% Per Year)			
	2002-2008	2008-2015	2015-2019
in Hospitals	1.30	0.60	6.40
Other	NA	1.30	4.60
Note: value of " Other" for 2008-2015 is from 2009			
Source of Information: S.A.M.S.H.A. 2020, Table number 11.1A			

Table 5. Thousands of People in the United States Who Use Illicit Drugs, Aged 12 and Up, 2019		
	Past Year	Past Month
Marijuana	48,242.0	31,606.0
Cocaine	5,468.0	1,998.0
Heroin	745.0	431.0
Hallucinogens	6,010.0	1,915.0
Opioids	10,065.0	3,101.0
Inhalants	2,142.0	807.0
Methamphetamine	1,999.0	1,173.0
Psychotherapeutics	16,304.0	5,337.0
All w/o Marijuana	23,588.0	9,333.0
All	57,203.0	35803.0
Note: "All" denotes people whereas "other data" describes events.		
Source: S.A.M.S.H.A. 2020, Table 1.1A		

Table #6. Number of People Aged 12 and Up Who Used Illegal Drugs in the Last 30 Days (in Thousand)					
	2002	2008	2016	2019	
Marijuana	14,584.0	15,269.0	23,981.0	31,606.0	
Heroin	166.0	213.0	329.0	431.0	
LSD	122.0	157.0	374.0	580.0	
Cocaine	2,020.0	1,865.0	1,874.0	1,998.0	
Annual Rate of Change					
Marijuana		114.0	1,089.0	2,542.0	
Heroin		8.0	15.0	34.0	
L.S.D.		6.0	27.0	69.0	
Cocaine		-26.0	1.0	41.0	
Annual Percent Change					
Marijuana		0.80	7.10	10.60	
Heroin		4.70	6.80	10.30	
LSD		4.80	17.30	18.40	
Cocaine		-1.30	0.10	2.20	
Source: S.A.M.S.H.A. 2020, Table number 7.3A					

Table 7: Drug Overdose Deaths in the United States in 2018 Broken Down by Country				
Switzerland	14.0		Denmark	5.0
Germany	13.0		Ireland	5.0
Netherlands	11.0		U.K.	4.0
Austria	8.0		Norway	4.0
Spain	8.0		Sweden	3.0
Finland	6.0			

Source: United Nations, "Mortality," <https://dataunodc.un.org/data/drugs/Mortality>

Table 8. The Poorest Neighborhoods in U.S., 2016-2021

			% Minority in		Median
			Zip	Schools	Household
			Code		Income
Youngstown	OH	44503	66	86	\$ 9,015
Erie	PA	16501	37	n.a.	\$ 11,516
Waterbury	CT	06702	74	56	\$ 11,663
El Paso	TX	79901	99	98	\$ 12,025
Memphis	TN	38126	96	100	\$ 12,200
Toledo	OH	43604	70	83	\$ 15,029
Cleveland	OH	44115	70	85	\$ 15,034
Livingston	AL	35470	69	97	\$ 16,233
Cleveland	OH	44104	98	99	\$ 16,650
Cincinnati	OH	45225	84	95	\$ 16,672
Stockton	CA	95202	81	93	\$ 17,260
Chattanooga	TN	37402	64	66	\$ 18,319
Johnstown	PA	15901	30	n.a.	\$ 19,022
Cincinnati	OH	45203	85	99	\$ 21,169
Average			73	88	\$ 15,129
Median			72	94	\$ 15,634

Source of Information: ZipData Maps,
<https://www.zipdatamaps.com/44115>;
<https://www.incomebyzipcode.com>

Table 9. Financial insecurity in the U.S., 2019		
Unable to pay for	%	Millions
Unexpected expense of \$400	37	94.00
Current month bills	16	41.00
Medical care, doctor and dentist during the years	25	64.00
Medical debt in the house hold	18	46.00
Other indicators		
Living paycheck to paycheck	74	189.00
No retirement savings	25	50.00

Dont have 3-month savings cushion	47	120.00
Please note that the percentage represents the portion of the adult population (255 million people) that is not in retirement (200 million people).		
Source of information: Board of Governors 2020.		

