

UNITED STATES

Young adults 18-34 in the United States have an MHQ of 36 which is a rank of 58 out of 84 countries. Overall they ranked highest for UPF consumption across all 84 countries (with 79% consuming UPF regularly), and within the top third for younger age of smartphone in childhood, both factors associated with various detrimental mental health symptoms. Conversely they ranked in the middle third on factors that enable stronger mind health including close family bonds and spirituality.

While older adults 55+ ranked high on UPF consumption among their age group globally, at 44% consuming UPF regularly, it was almost half that of the 18-34 age group. Furthermore although this age group ranked lower on family closeness relative to their global counterparts, family closeness at 71% was higher compared to the 63% among those 18-34.

Overall young adults in the United States, although middling had substantially higher ranks on spirituality compared to western European countries. They also had the biggest drop in spirituality between 55+ and 18-34, from 6.5 to 5.2.

- Negative factors that degrade mind health
- Positive factors that enhance mind health

