

**Title**

West Virginia Caregivers' Mental and Physical Health

**Author**

Hannah A. Gowarty, Julie Hicks Patrick, Ph.D.

**Background**

Caregivers are “a person who provides direct care” (Merriam-Webster's Collegiate Dictionary, 2024) Caregivers have poor health compared to the population. However, it needs to look at the tasks and their health.

**Research Question**

Do West Virginia caregiver's tasks matter when it comes to their mental and physical health?

**Methods**

The resources from 1353 adults from 2021 Behavioral Risk Factor Surveillance System (BRFSS) data were used to test the relations between average hours spent per week, length of care, managing household tasks, personal care tasks, and their relationship to the caregiver.

**Analysis**

The physical health of WV caregivers statistically significantly affects with the managing household tasks  $F(5, 1079) = 3.37, p < 0.01, = 0.015$ . The mental health of WV caregivers statistically significantly affects the managing household tasks  $F(5, 1083) = 3.38, p < 0.01, = 0.015$ . This shows that managing household tasks has a higher significance than your physical health, than your mental health.

**Conclusion**

Giving out resources, support, and help to caregivers would be very important in the mental and physical health of these West Virginians.