



Invest in the National Institutes of Health (NIH)

- Finalize the Fiscal Year (FY) 2025 NIH appropriations.
- Fund NIH at no less than the Senate Appropriations Committee-approved level of \$50.3 billion.¹
- Support robust, sustained funding for NIH in 2026.

The NIH is the premier funder of biomedical and behavioral research with the mission *to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability.*²

Investment in the NIH allows the nation to maintain its competitive advantage in the global marketplace and leads to longer, healthier lives.

NIH's 27 institutes, centers, and offices represent the largest resource for federal support for psychological science, providing critical funding for basic and applied research and training in the social, behavioral, and psychological sciences.

Improving the health of all Americans is a core component of NIH's research mission, which includes a focus on disease prevention and health promotion. *However, without attention to mental, behavioral, and social sciences research, the promises of even the most significant biomedical breakthroughs can fall short.*

More than 95% of the investment in NIH goes directly to research awards, programs, and centers; training programs; and research and development contracts.

This investment supports the economy by awarding:

- more than 60,000 grants to
- 300,000 researchers, including psychological and behavioral scientists
- at more than 2,500 institutions in every state.

Due to budgetary constraints, only 1 in 5 applications submitted to the NIH are funded.

Behavioral and Social Sciences Research (BSSR) is essential to NIH's Mission

NIH research strengthens the evidence base upon which national public health objectives and related disease prevention and health promotion strategies are built. Mental health, behavioral, and social science research is especially valuable to health promotion and disease prevention.

BSSR Shapes Health Policies and Improves Health Outcomes Overall



Many of today's key population health issues, including addiction, violence, climate change, and trauma—involve important psychological components. Individual and population-level behaviors, studied by psychologists, often represent risk factors for a variety of health issues, including **chronic diseases** such as **heart disease, cancer, diabetes**, and mental health problems.

¹ This total includes the Senate Appropriations Committee-approved level of \$48.9 billion for NIH, in addition to the \$1.5 billion for Advanced Research Projects Agency for Health (ARPA-H) funding.

² National Institutes of Health. <https://www.nih.gov>.

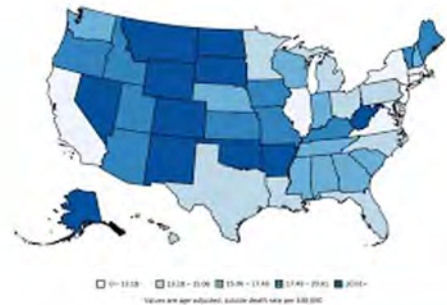
NIH-supported behavioral and social science research has revealed behavior's vast role in our health. The resulting knowledge of the behavioral influences on health is a crucial component in the nation's battles against the leading causes of morbidity and mortality: obesity, heart disease, cancer, AIDS, diabetes, age-related illnesses, accidents, substance use, maternal and women's health, and mental illness.

Mental disorders contribute significantly to disability and are a leading cause of disease burden globally.

These conditions include depressive disorders, anxiety disorders, schizophrenia, autism spectrum disorders, bipolar disorder, conduct disorder, idiopathic developmental intellectual disability, eating disorders, and attention-deficit hyperactivity disorder (ADHD). The **National Institute of Mental Health (NIMH)** is the leading federal agency for research on mental disorders. The institute supports and conducts research on mental illnesses, health services, and the underlying basic science of the brain and behavior.

Youth Mental Health/Suicide

Suicide, one of the leading causes of death, dramatically increased during the COVID-19 pandemic. *Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)* research found that children's scores on neurocognitive tests were associated with suicide later in life.³ Ending the youth mental health crisis requires solutions based on evidence that only basic and applied research can provide.^{4,5} NIMH, the **National Institute of Minority Health and Health Disparities**, and the NICHD are collaborating to support research to foster the long-term recovery of youth, better target preventive interventions for those most at risk, and improve the treatments delivered to young people in crisis.



Diabetes

People with diabetes can experience several mental health issues, including depression, anxiety, and eating disorders. The **National Institute of Diabetes and Digestive and Kidney Diseases** supports mental health and psychological research examining the increased prevalence of depression, anxiety, and stress among individuals with diabetes and how these conditions can affect diabetes self-management.

Substance Use Disorders

Young adults aged 18–25 have the highest rates of addiction. According to NIH-supported research, alcohol and drug use during the teenage years can interfere with normal adolescent brain development and increase the risk of developing substance use disorders. It also shows that behavior contributes to a range of acute consequences – overdose, injuries, sexual assaults, and deaths (including deaths from motor vehicle crashes). The **National Institute of Drug Abuse** and the **National Institute on Alcohol Abuse and Alcoholism** support research to prevent the initiation and progression of substance use or misuse.

Maternal and Women's Health

The U.S. has the highest maternal mortality rate among high-income countries. The leading cause of pregnancy-related deaths in the U.S., (accounting for more than 22%) are the result of suicide, drug overdoses, and other causes related to mental health and substance use issues. NICHD research has found that preventing such deaths would have saved more than 2,600 pregnant and postpartum women between 2010 and 2019. The data also underscores the need to address racial and ethnic disparities in these deaths.⁷

³ Suicide. https://www.nichd.nih.gov/about/org/dir/dir_showcase/sbsb-identifying-early-childhood-risks-for-suicide

⁴ Suicide. National Institutes of Mental Health. <https://www.nimh.nih.gov/health/statistics/suicide>

⁵ Children's mental health. <https://www.apa.org/topics/children/mental-health>

⁶ Office of the Surgeon General (OSG). Protecting Youth Mental Health: The U.S. Surgeon General's Advisory [Internet]. Washington (DC): US Department of Health and Human Services; 2021. PMID: 34982518.

⁷ Pregnancy Deaths. <https://www.nichd.nih.gov/newsroom/news/022222-pregnancy-associated-deaths>