

DATA FROM THE DELAWARE YOUTH RISK BEHAVIOR SURVEY ON SUICIDE IDEATION AND RELATED RISKS 2011 -2013

A First Look at the 2013 Data

Questions? Please Contact:

Steve Martin

Center for Drug and Health Studies

University of Delaware

martin@udel.edu

302-831-1564

Background on YRBSS

The Youth Risk Behavior Surveillance System (YRBSS) monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including—

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity

Monitoring is done through surveys (the [YRBS](#)) conducted nationally and in each state in odd numbered years.

National Data for 2013 will be released in Summer 2014

What's Different about the Delaware Youth Risk Behavior Survey?

- Delaware does both a High School and a Middle School YRBS. In 2011 43 states did the High School YRBS, but only 16 did the Middle School YRBS. (Not sure yet how many states participated in 2013)
- Delaware identifies vulnerable populations
 - Sexual minorities
 - Physically disabled and learning disabled
 - Homeless
 - Children of active military and of incarcerated

What else is different about the Delaware Youth Risk Behavior Survey? Delaware asks about:

- **prescription drug abuse and use of herbal substances to get high**
- **abusive dating relationships**
- **cutting**
- **gambling**
- **sleep**
- **mental health attitudes and context (middle school survey)**
- **support from family and others**
- **how students hear about suicides?**
- **what they think the reasons for youth suicide are?**

Delaware Samples

2011 Delaware YRBS

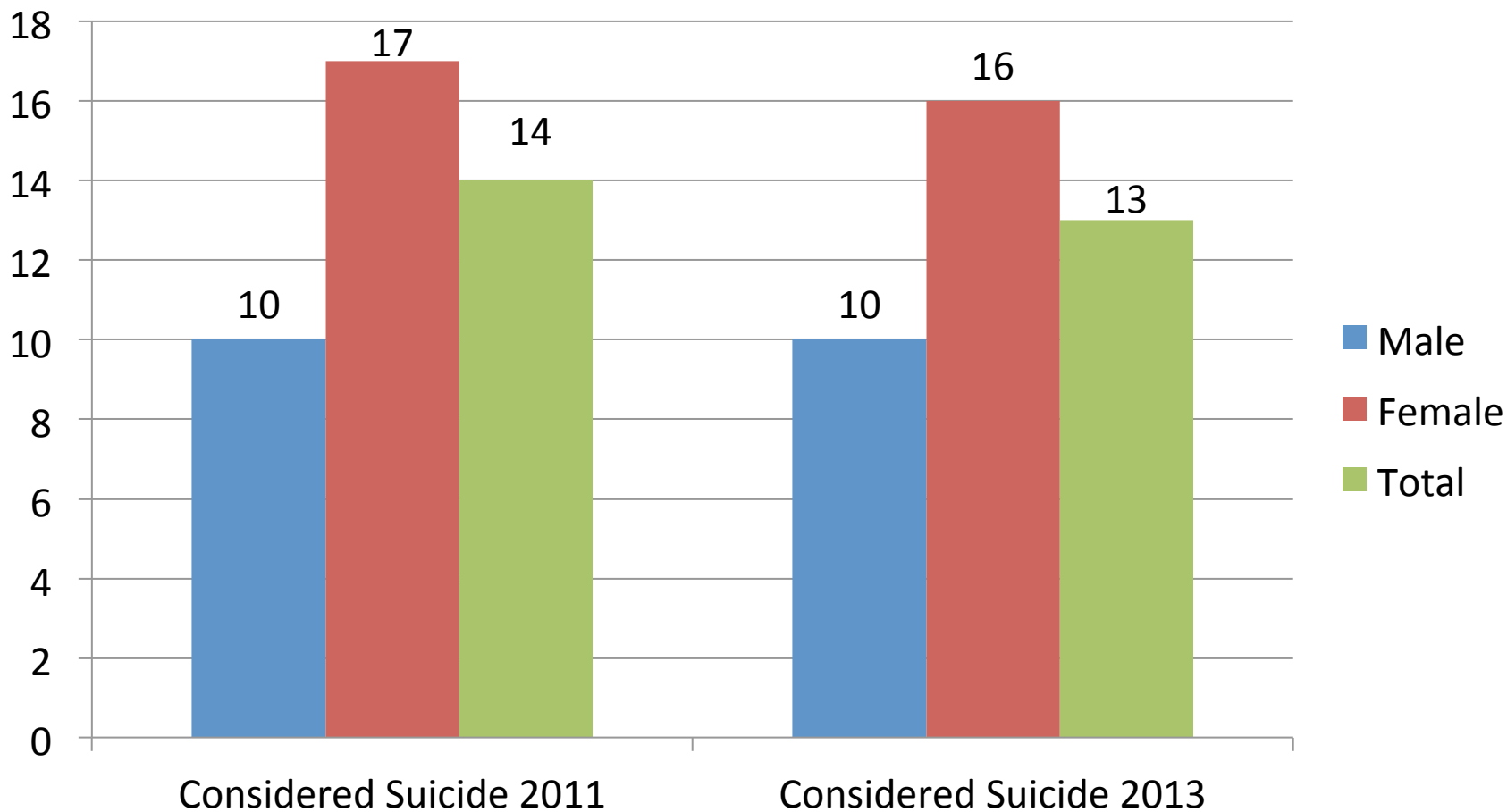
- Middle School N=3,145
- High School N=2,299

2013 Delaware YRBS

- Middle School N=3,677
- High School N=2,756

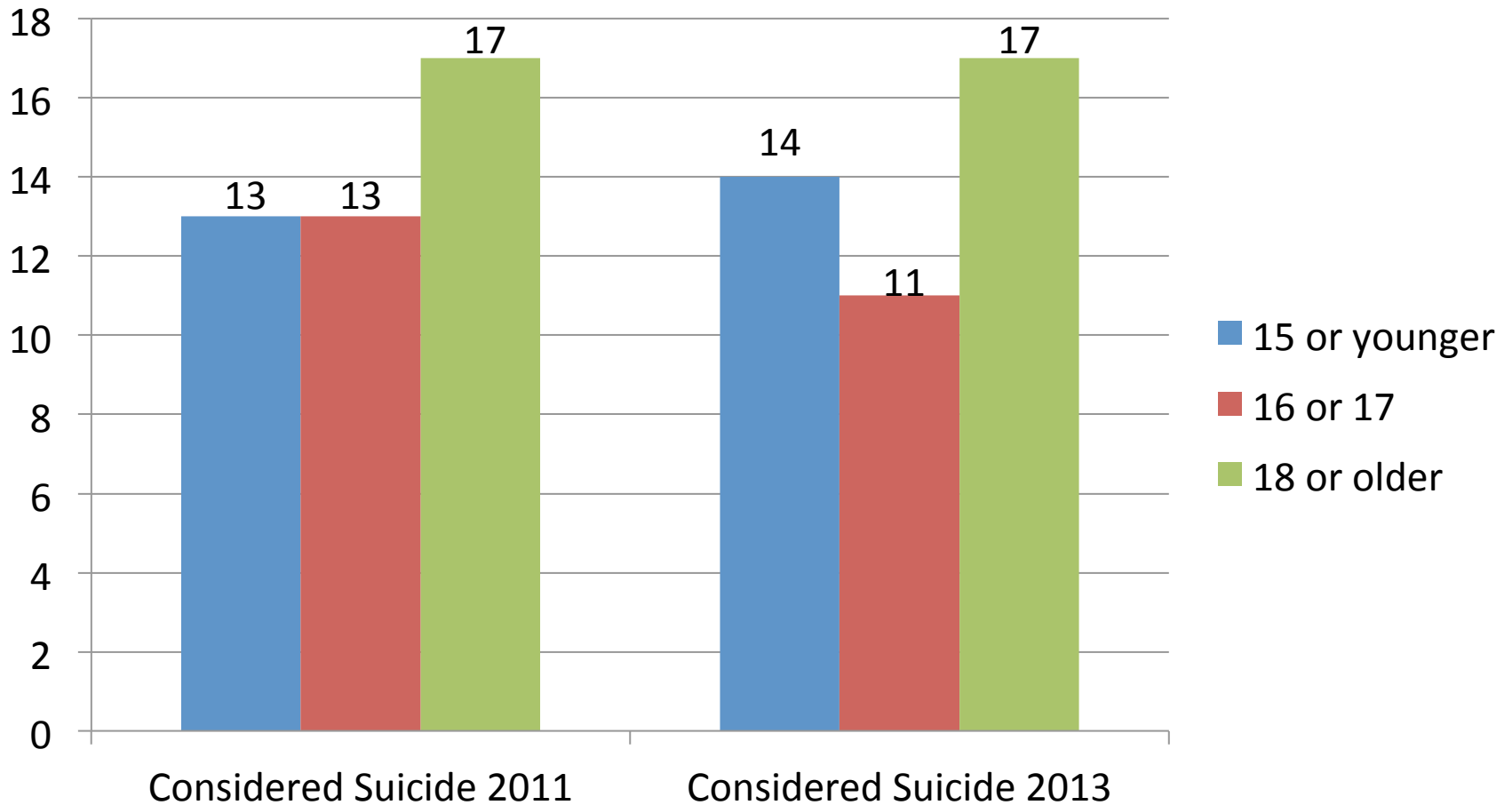
Delaware High School YRBS Data Related to Suicide Ideation

Percentage of Delaware High School students who seriously thought about killing themselves, 2011 and 2013



Source: Delaware High School Youth Risk Behavior Surveys, 2011 and 2013

Percentage of Delaware High School students who seriously thought about killing themselves by Age, 2011 and 2013



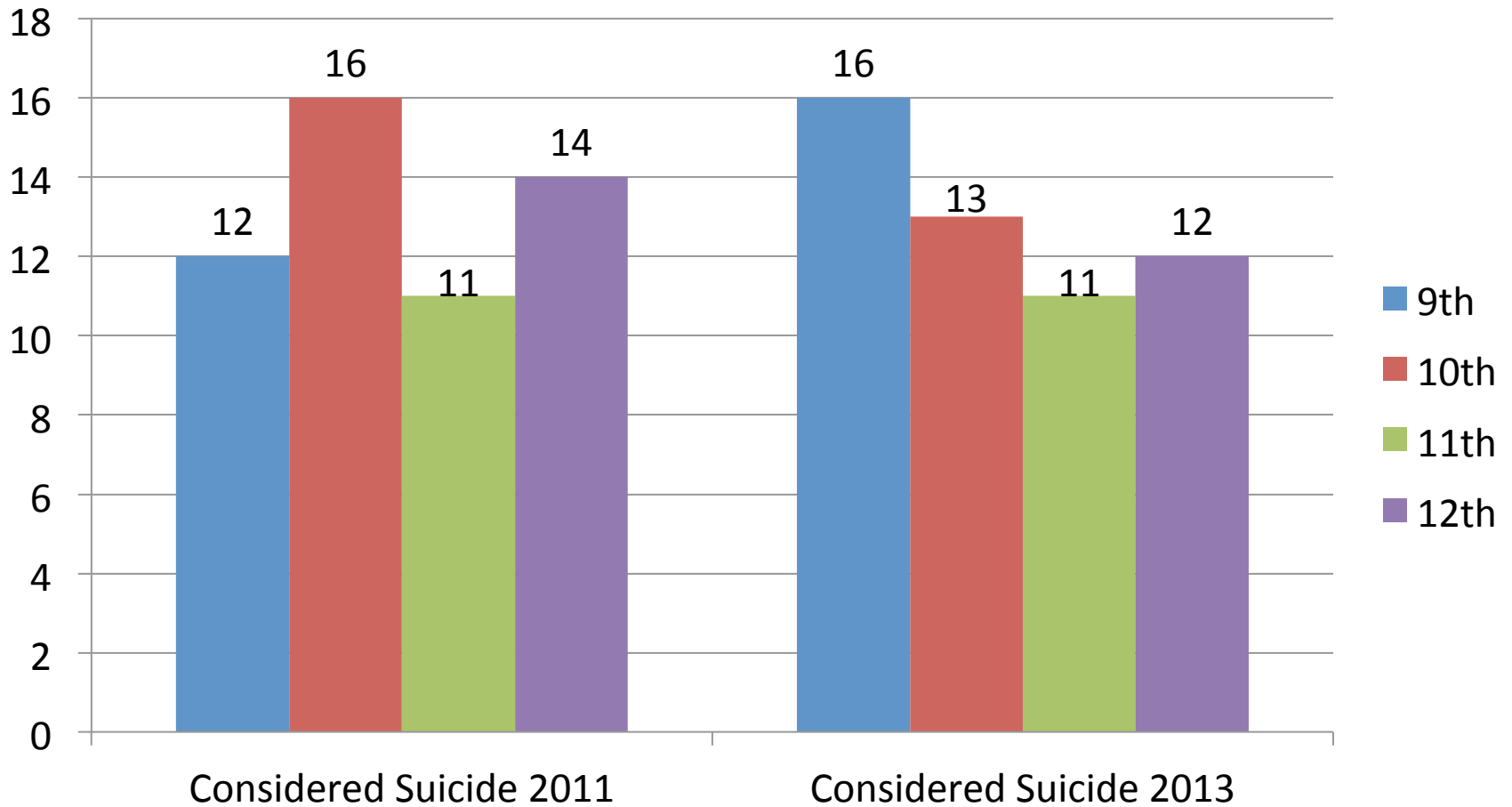
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Percentage of Delaware High School students who seriously thought about killing themselves by Age and Gender, 2011 and 2013



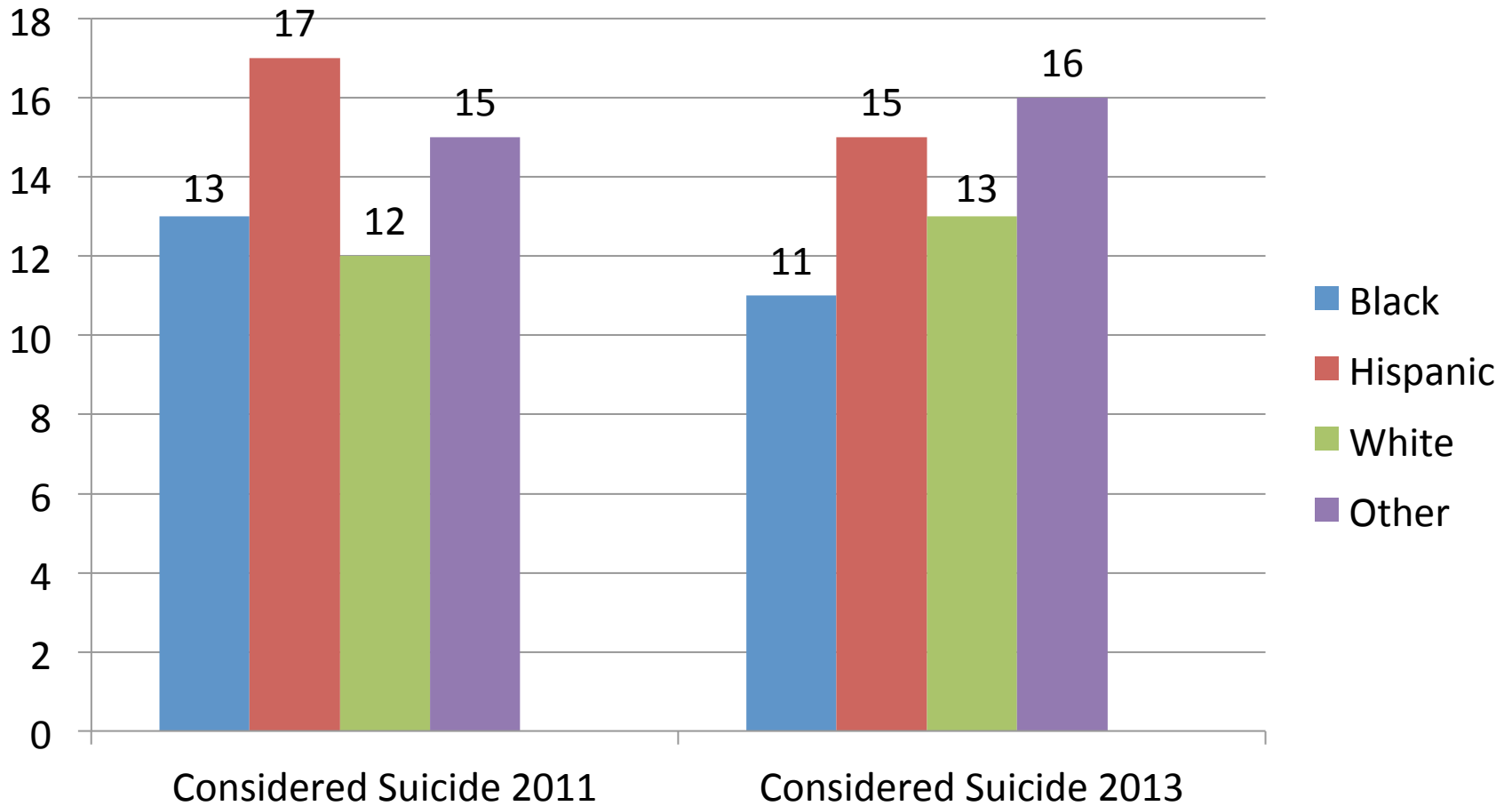
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Percentage of Delaware High School students who seriously thought about killing themselves by Grade, 2011 and 2013



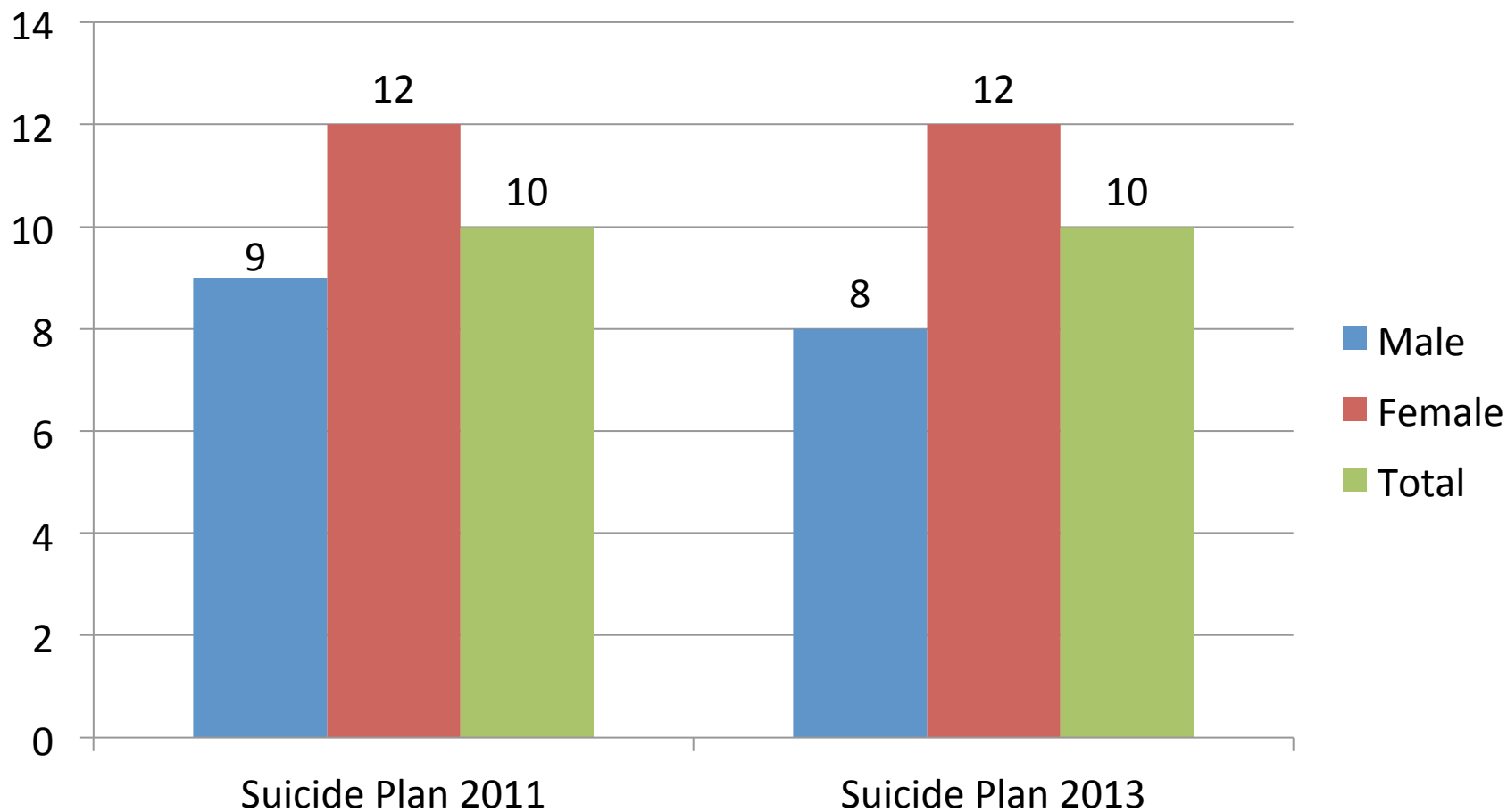
Source: Delaware High School Youth Risk Behavior Surveys, 2011 and 2013

Percentage of Delaware High School students who seriously thought about killing themselves by Race, 2011 and 2013



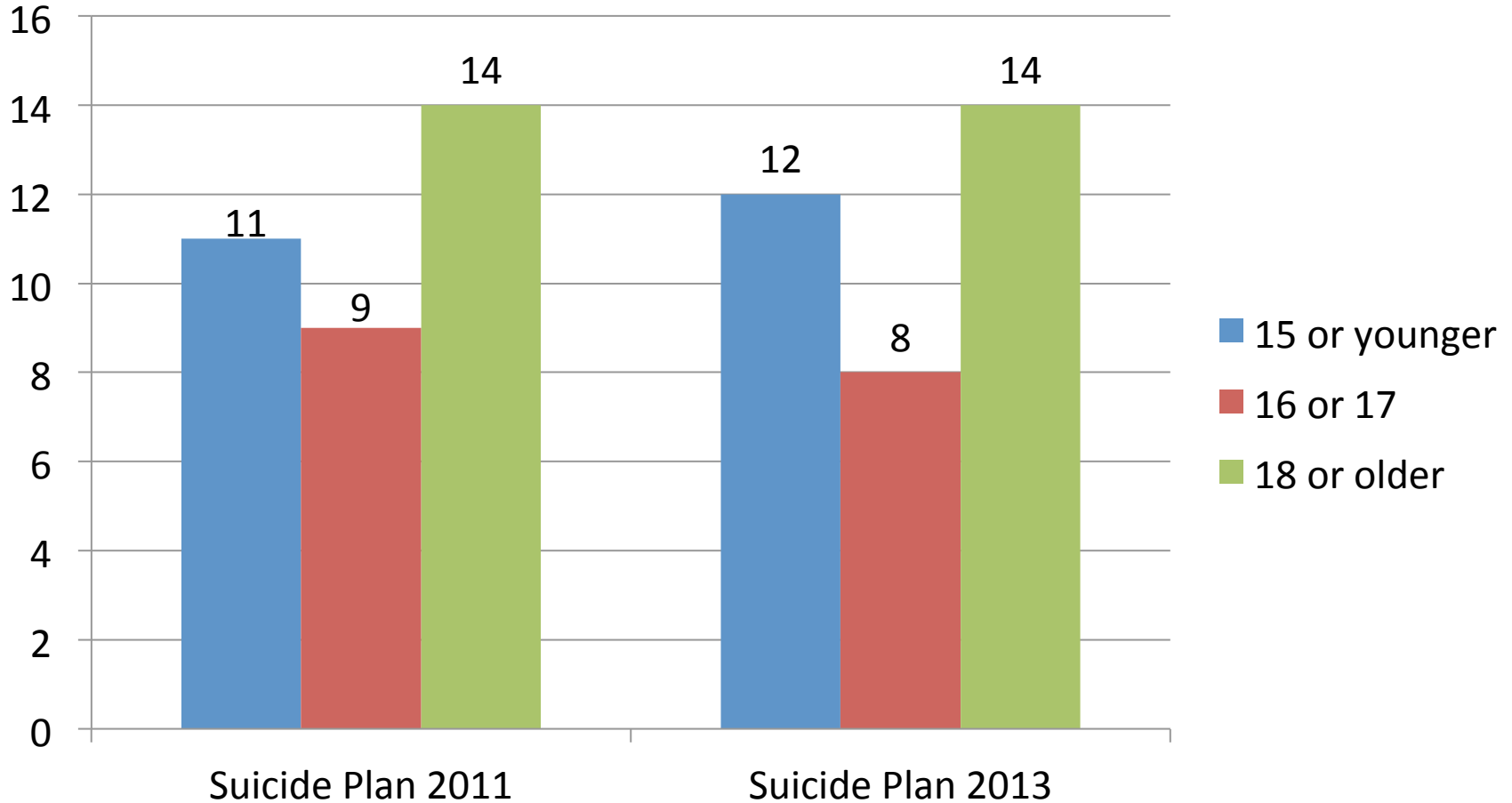
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Percentage of Delaware High School students who made a plan about how they would kill themselves, 2011 and 2013



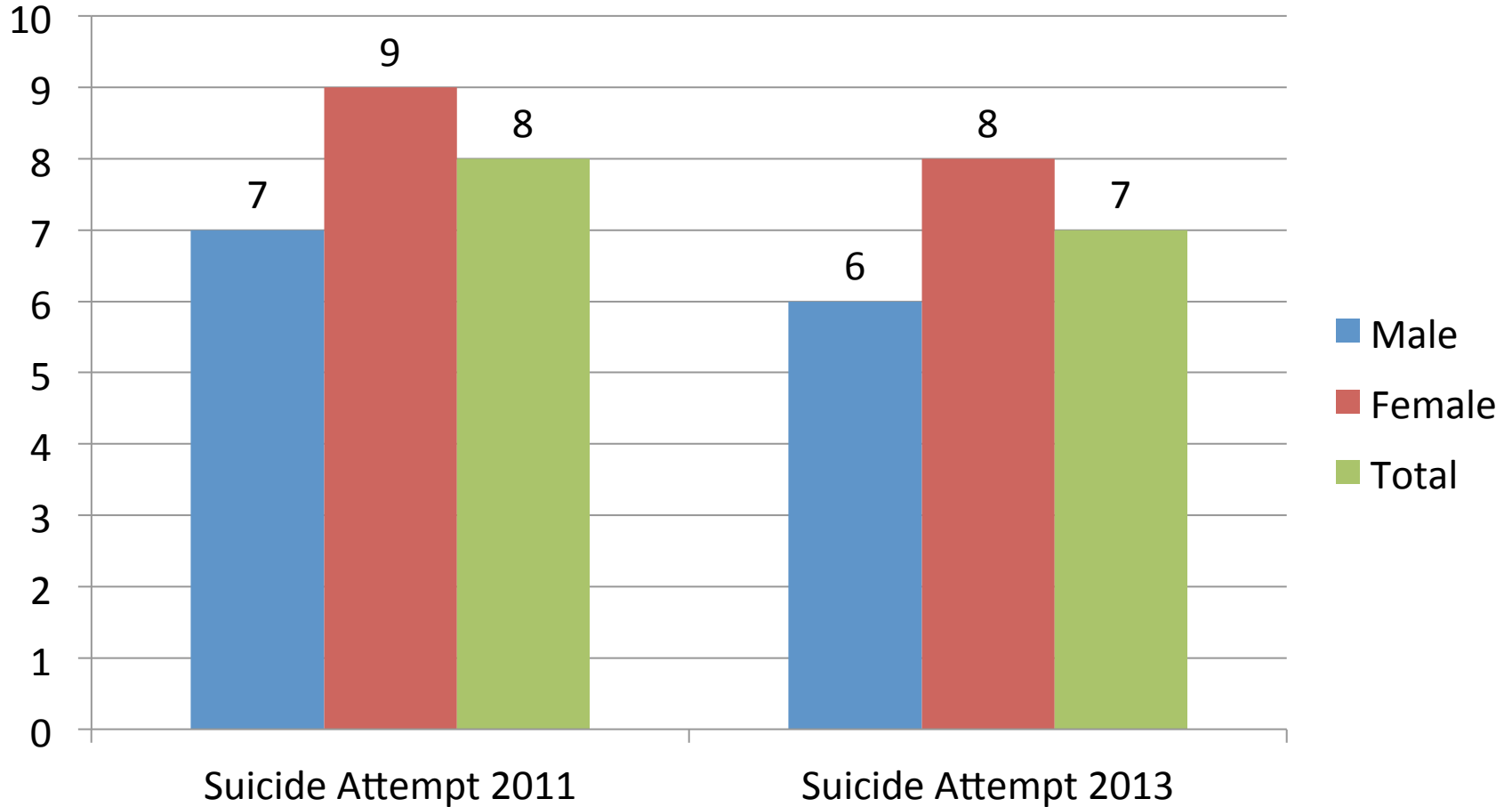
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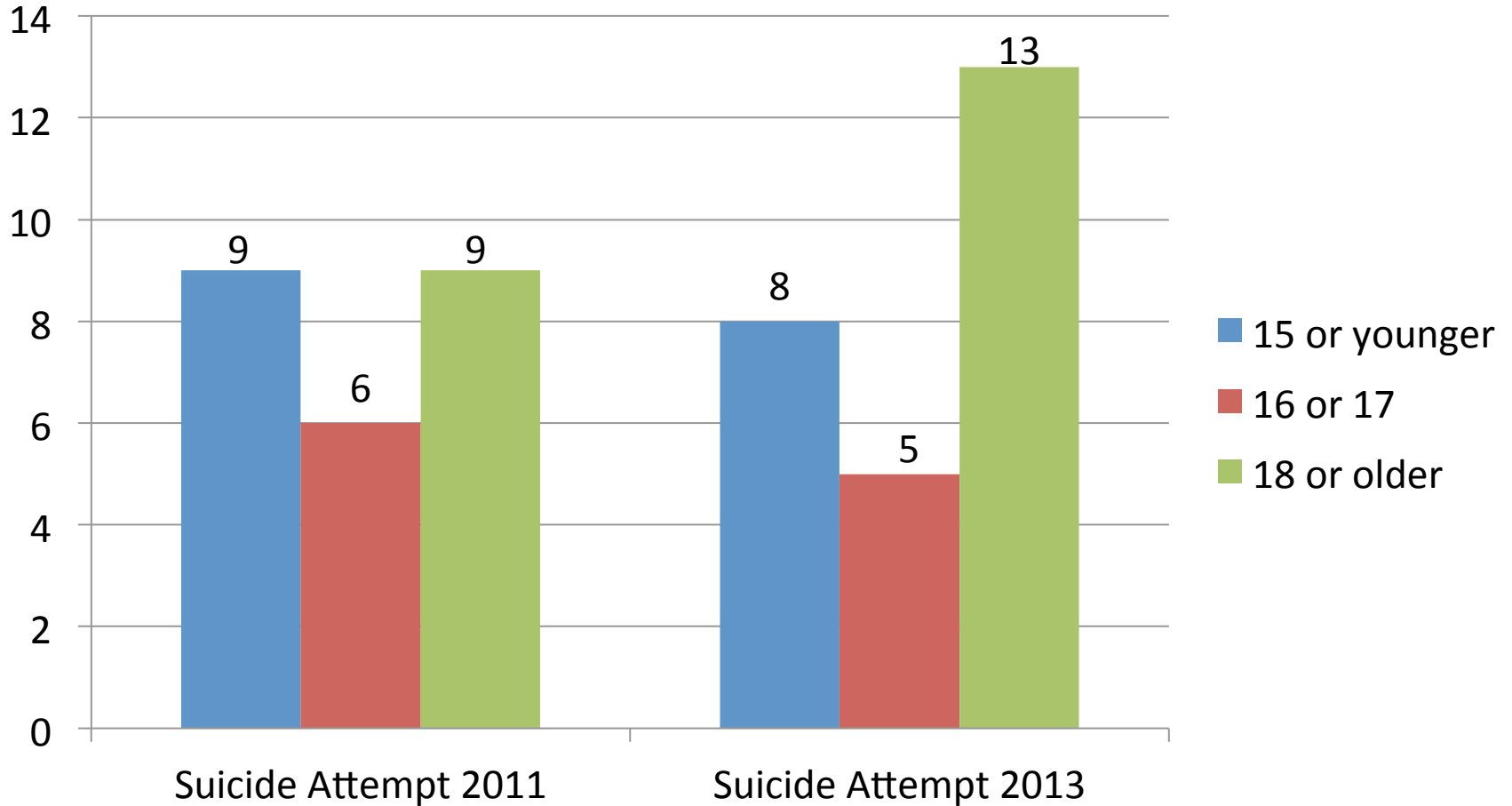
Source: Delaware High School Youth Risk Behavior Surveys, 2011 and 2013

Percentage of Delaware High School students who tried to seriously hurt or kill themselves, 2011 and 2013



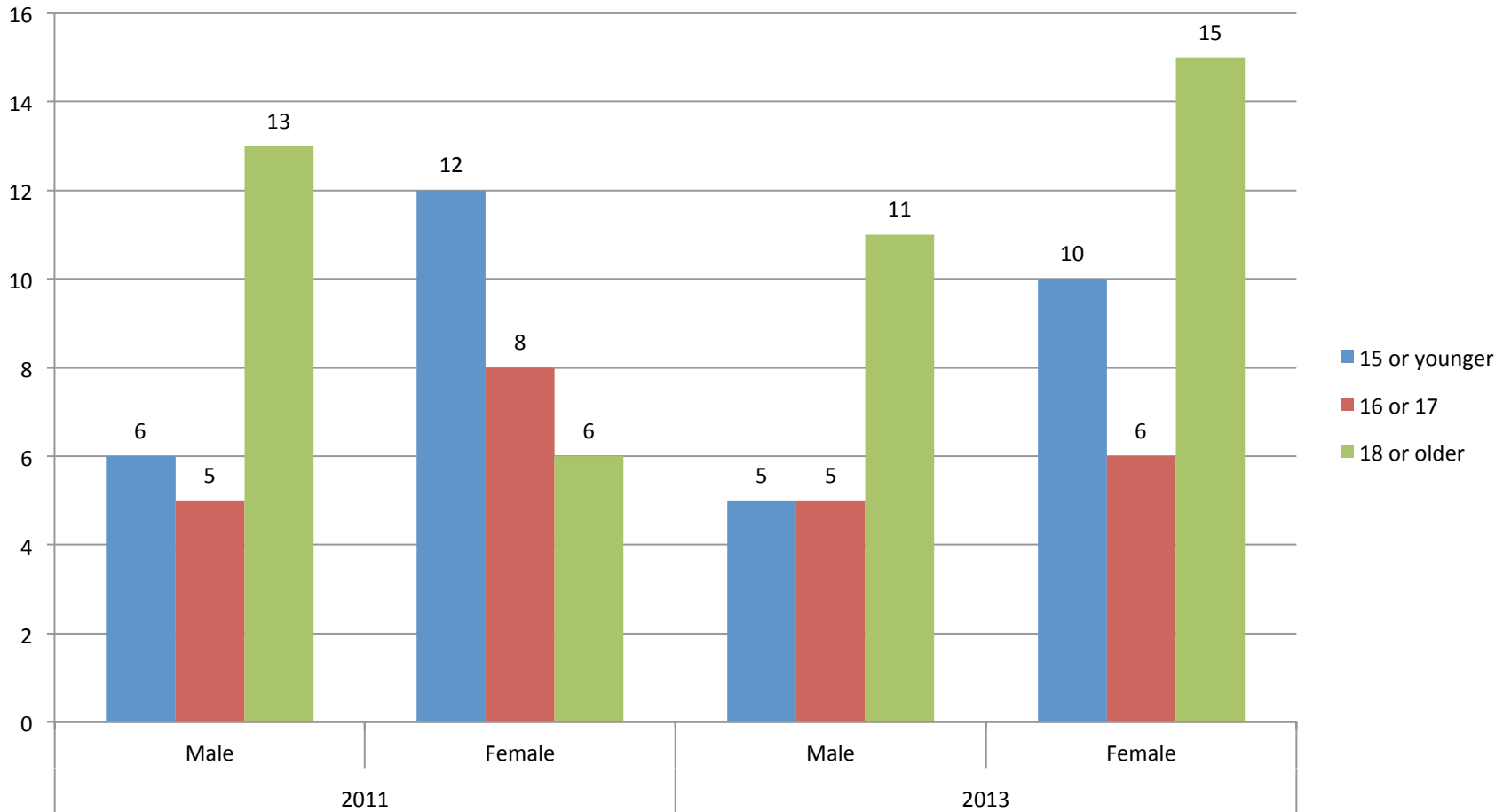
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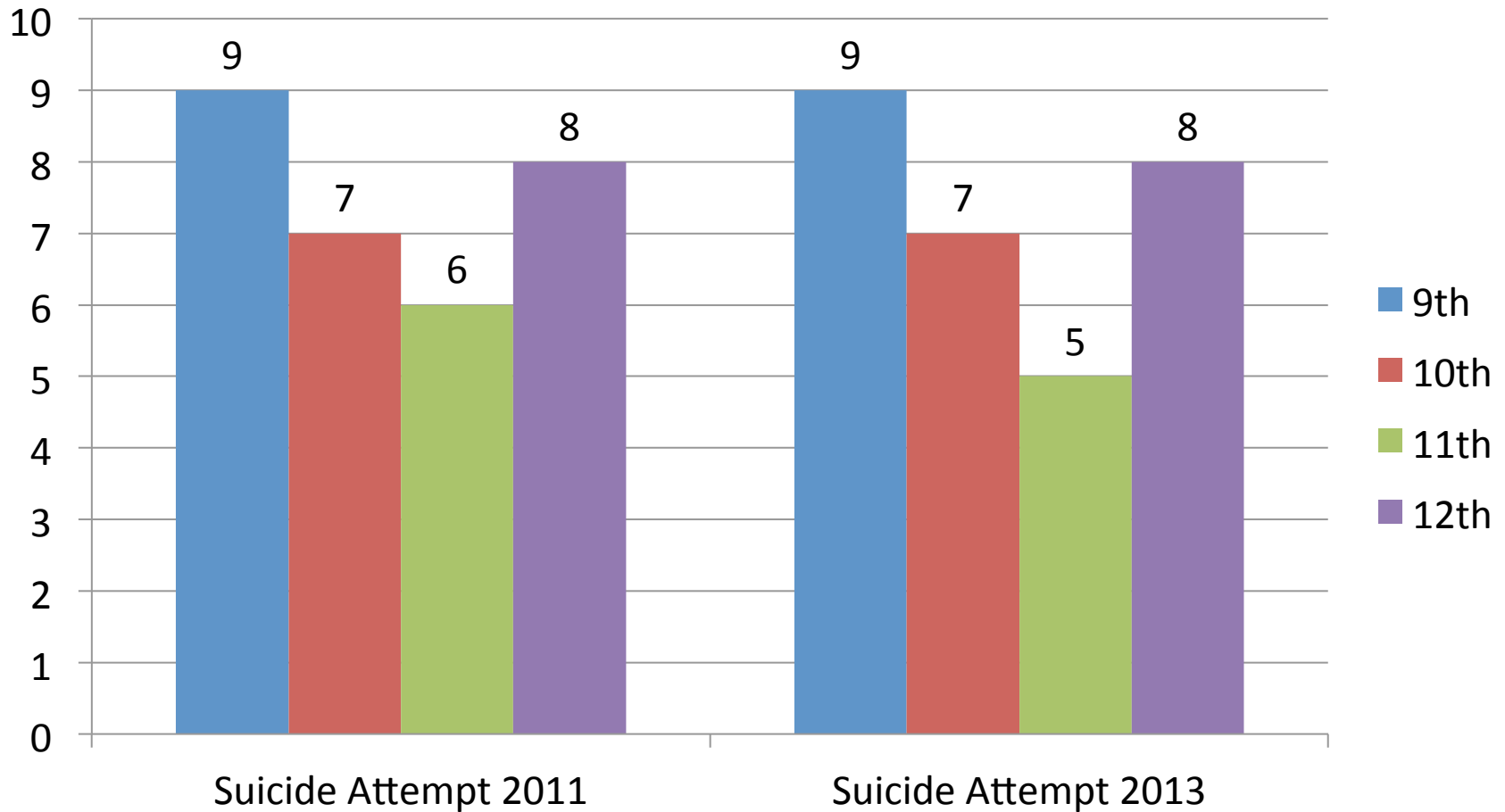
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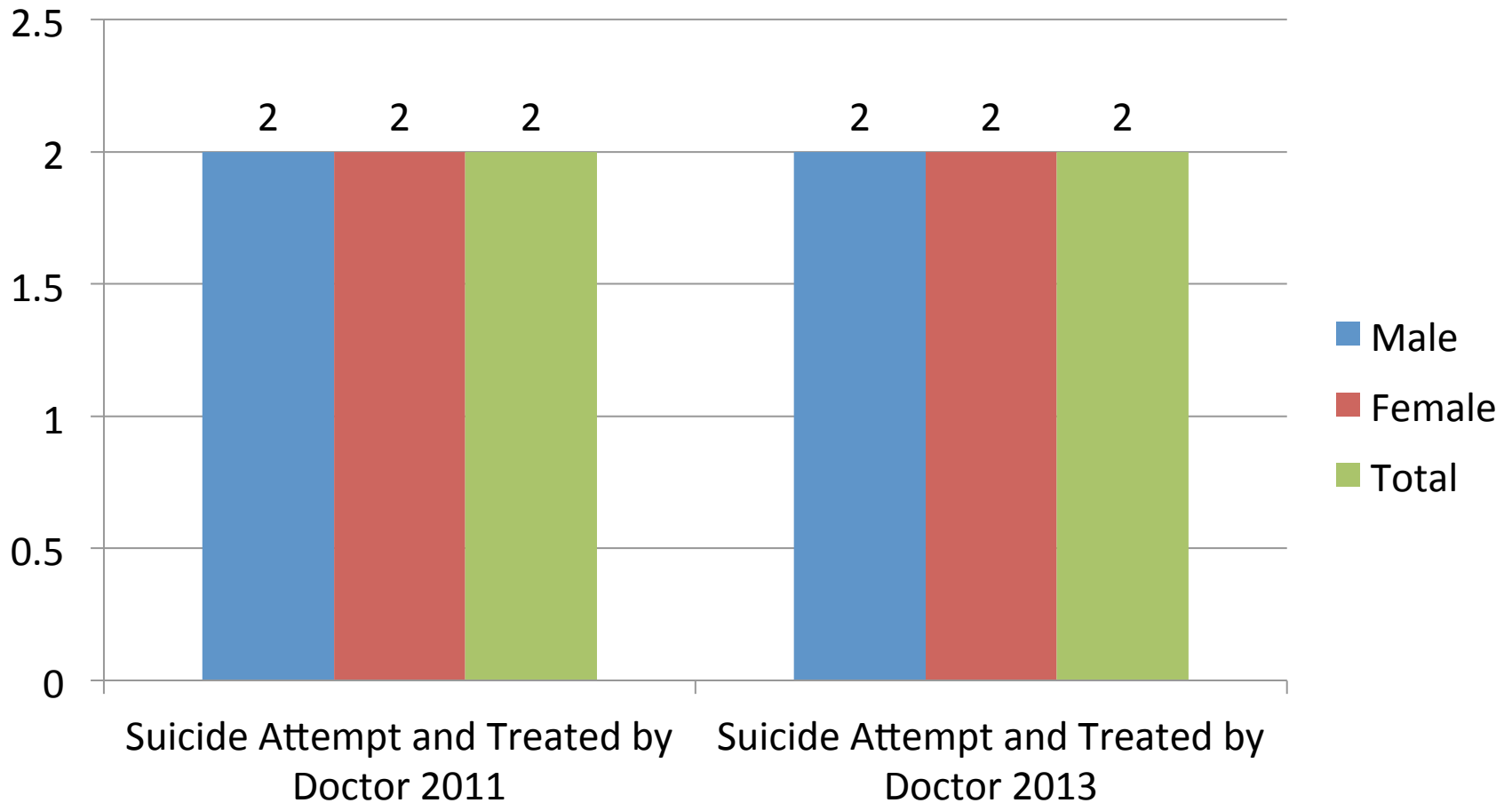
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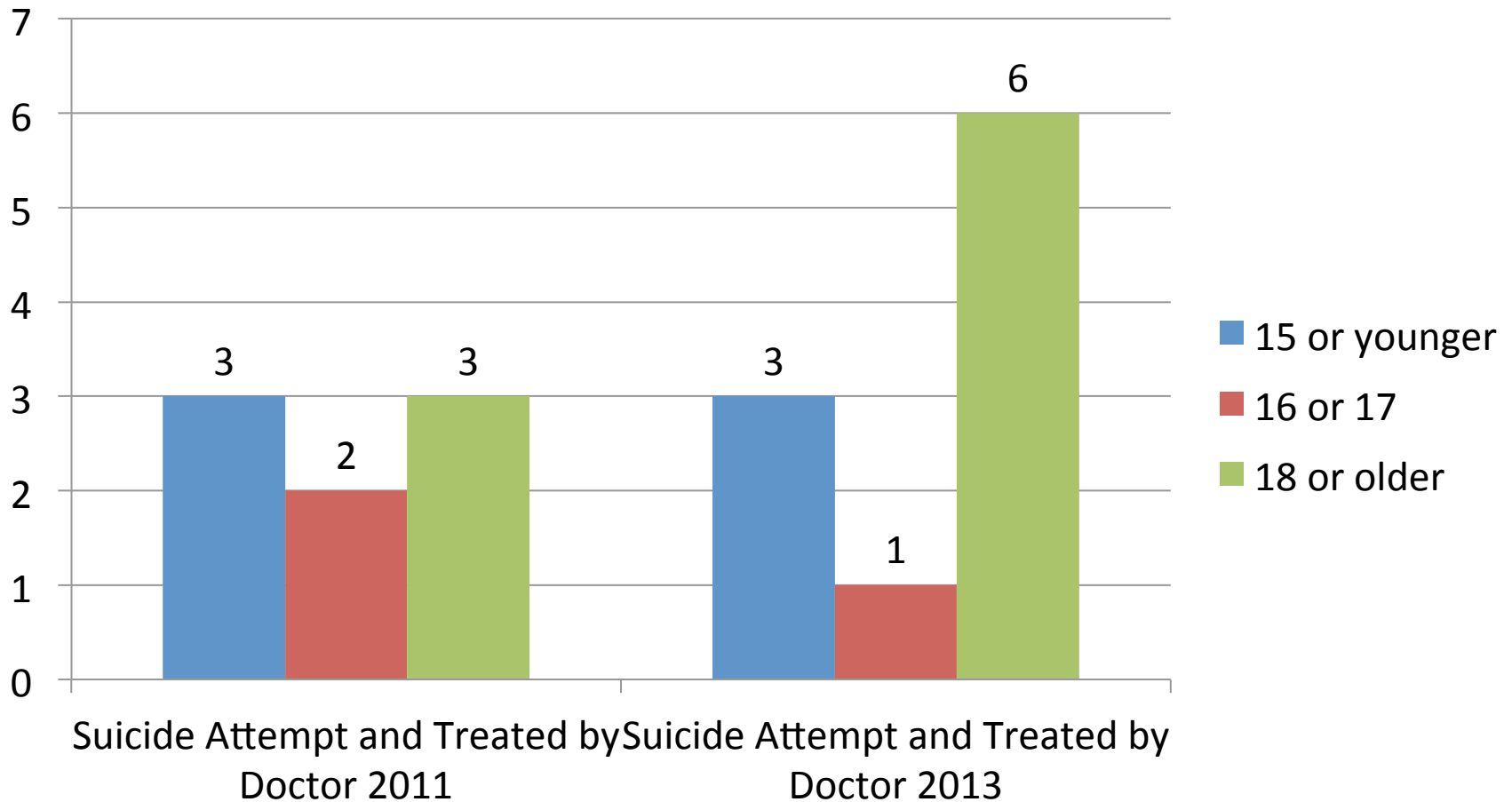
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Percentage of Delaware High School students attempted suicide and needed to be treated by a doctor or nurse, 2011 and 2013



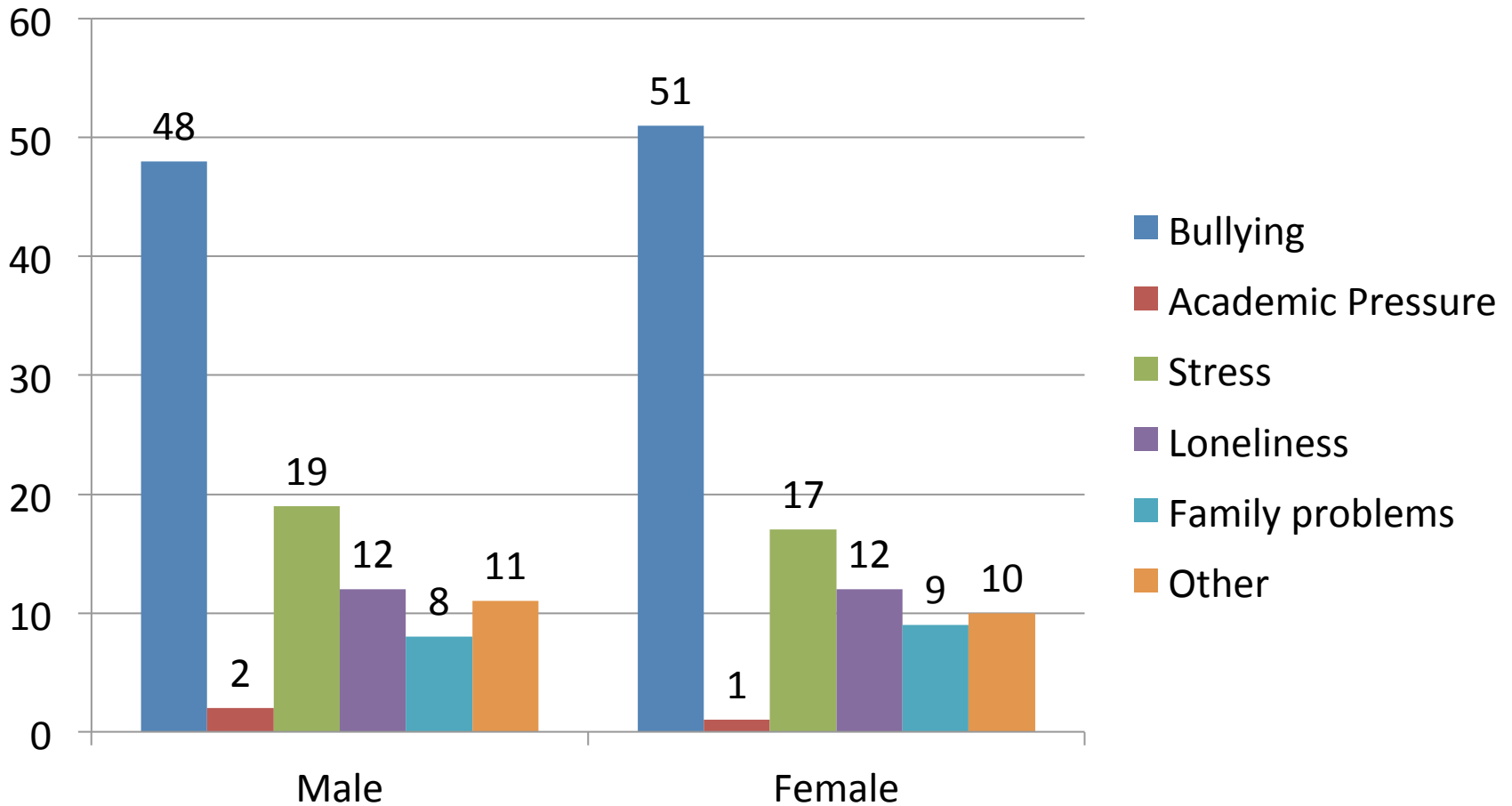
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Percentage of Delaware High School students attempted suicide and needed to be treated by a doctor or nurse by Age, 2011 and 2013



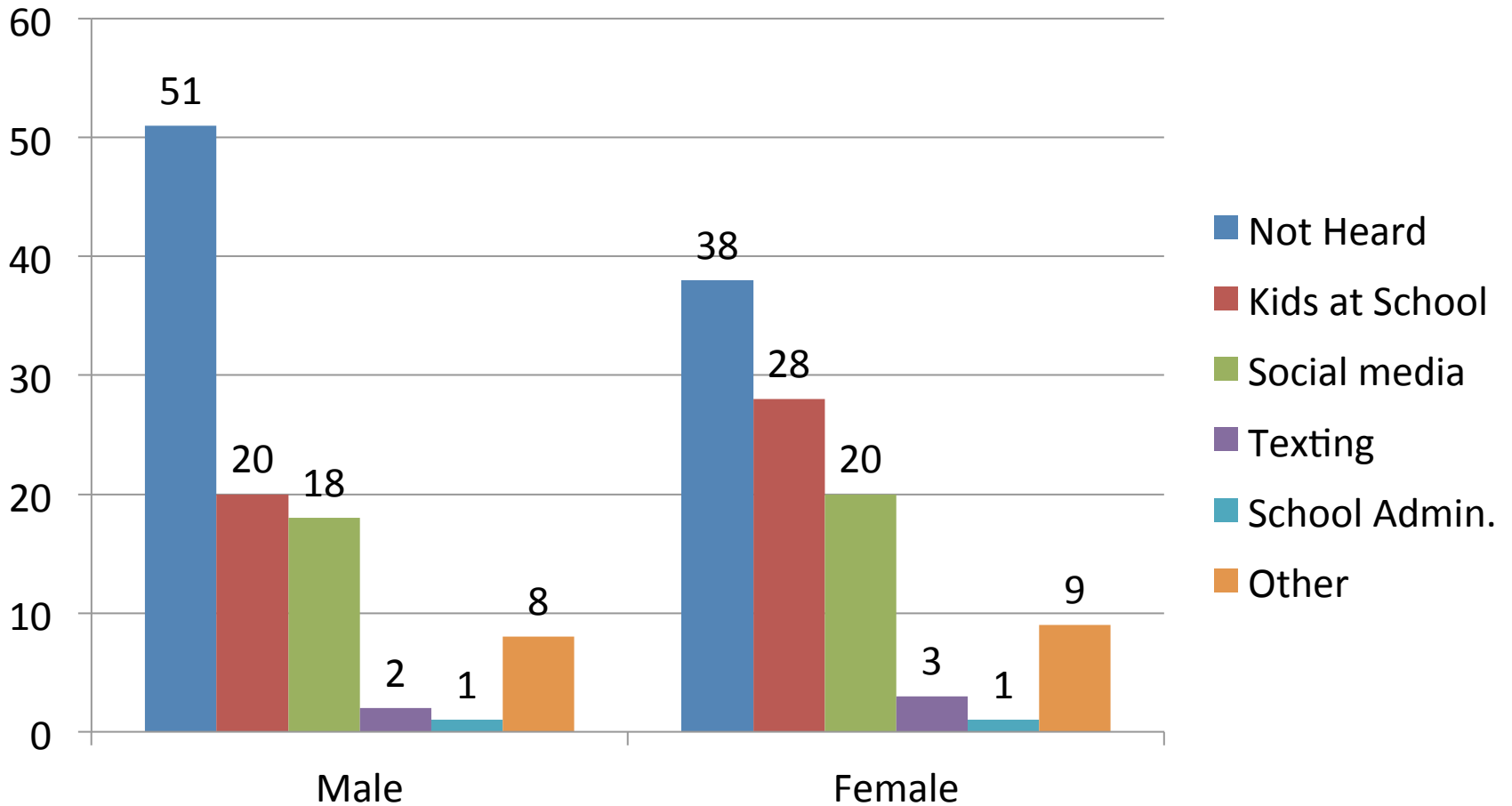
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Perceived Reasons why some Teenagers Commit Suicide, 2013



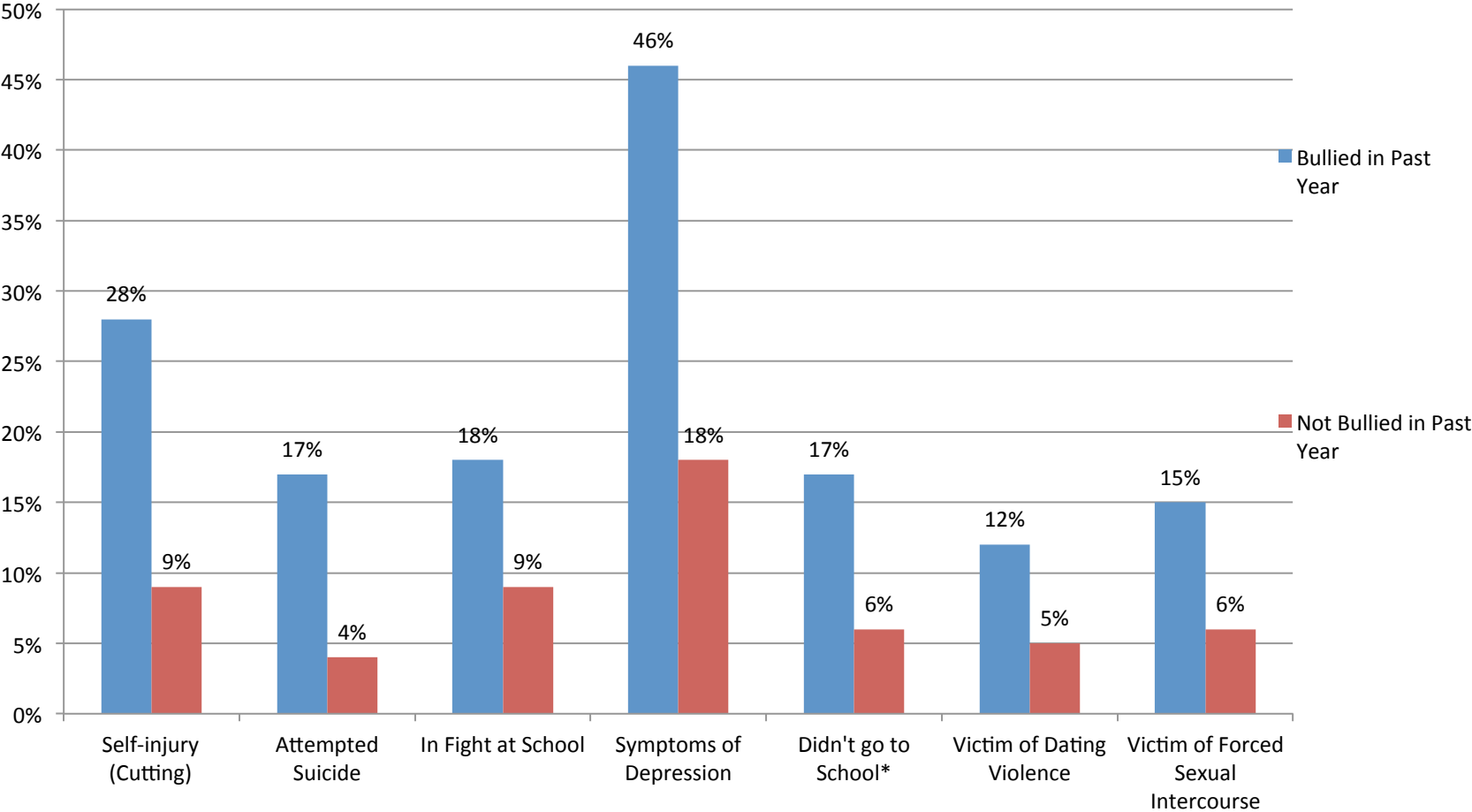
Source: Delaware High School Youth Risk Behavior Surveys, 2013

How have you Heard about Teen Suicides, 2013



Source: Delaware High School Youth Risk Behavior Surveys, 2013

Other Behaviors Reported by 2013 Delaware High School Students Bullied in the Past Year



Source: Delaware High School Youth Risk Behavior Surveys, 2013

Here is an example of how we are using the YRBS to look at changes in suicide ideation among Delaware middle school youth:

In Spring 2011 Delaware applied for a new Garret Lee Smith Award to address suicide among middle school youth based on:

- 1) the high rates of suicide ideation (seen in the 2009 CDC YRBS)
--Even higher than among high school youth; and
- 2) The low rates of teacher education on suicide risk among middle school teachers and the low rates of student education on suicide (seen in the 2010 CDC School Health Profiles)

These data also served as part of the impetus for the Governor's initiative to increase tenfold the availability of mental health counseling services in middle schools

In Fall 2011, Delaware received the new GLS grant

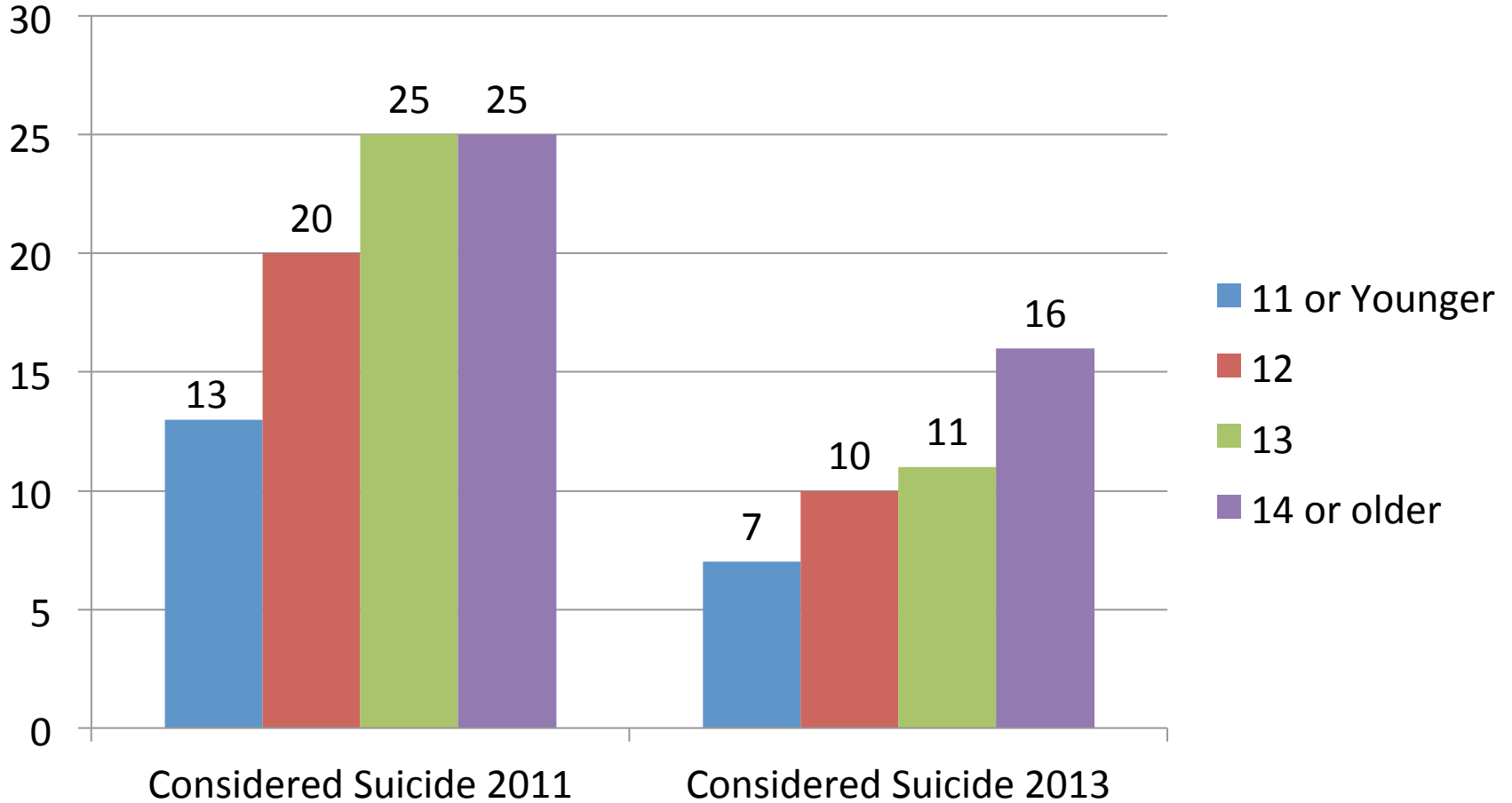
- Delaware Garret Lee Smith Award focused on improving middle school teacher and student awareness through implementing the Lifelines Program in Middle Schools, mostly occurring in 2012

Percentage of Middle School Delaware students who seriously thought about killing themselves, 2011 and 2013



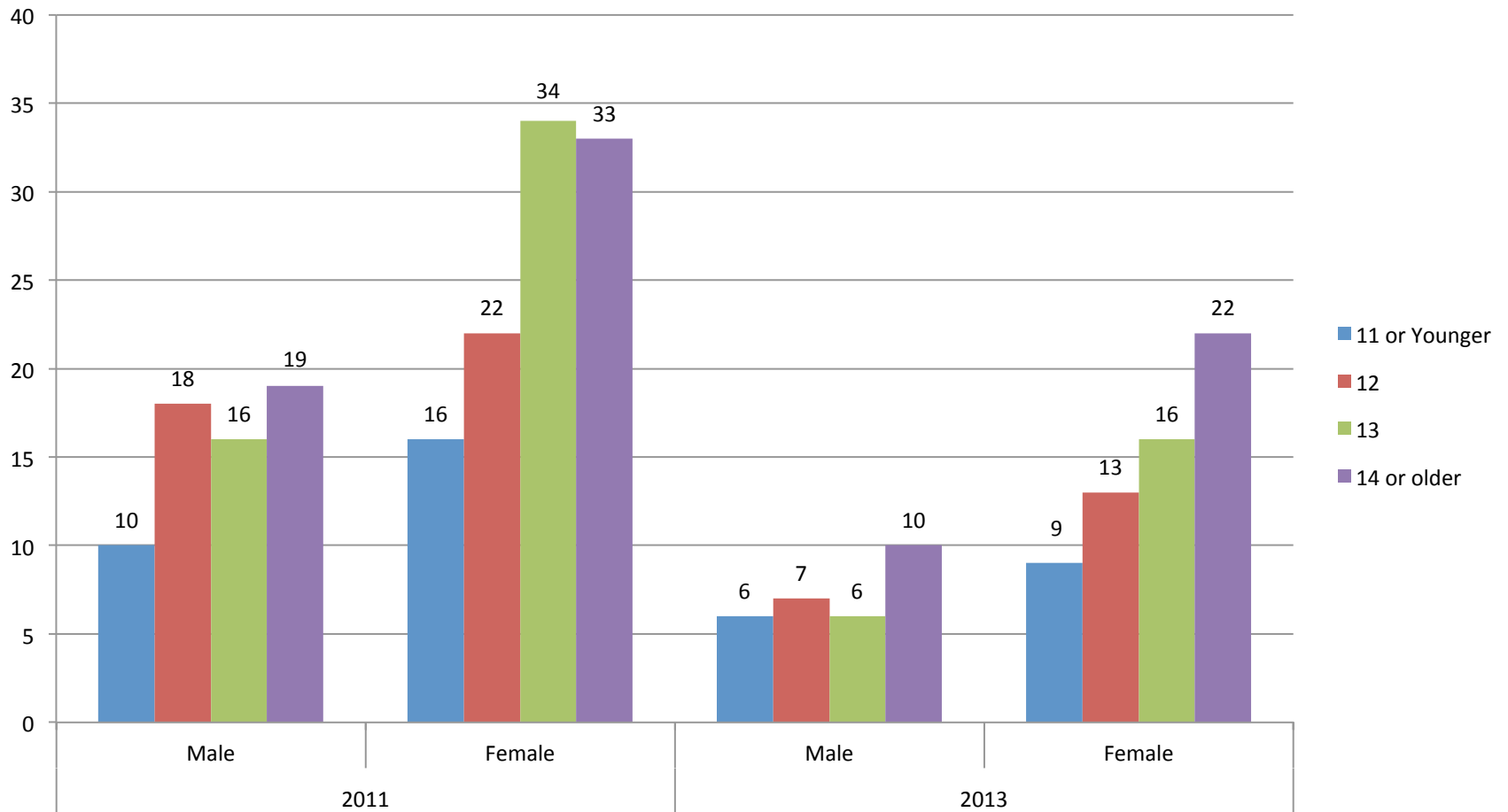
Source: Delaware Middle School Youth Risk Behavior Surveys, 2011 and 2013

Percentage of Middle School Delaware students who seriously thought about killing themselves by Age, 2011 and 2013



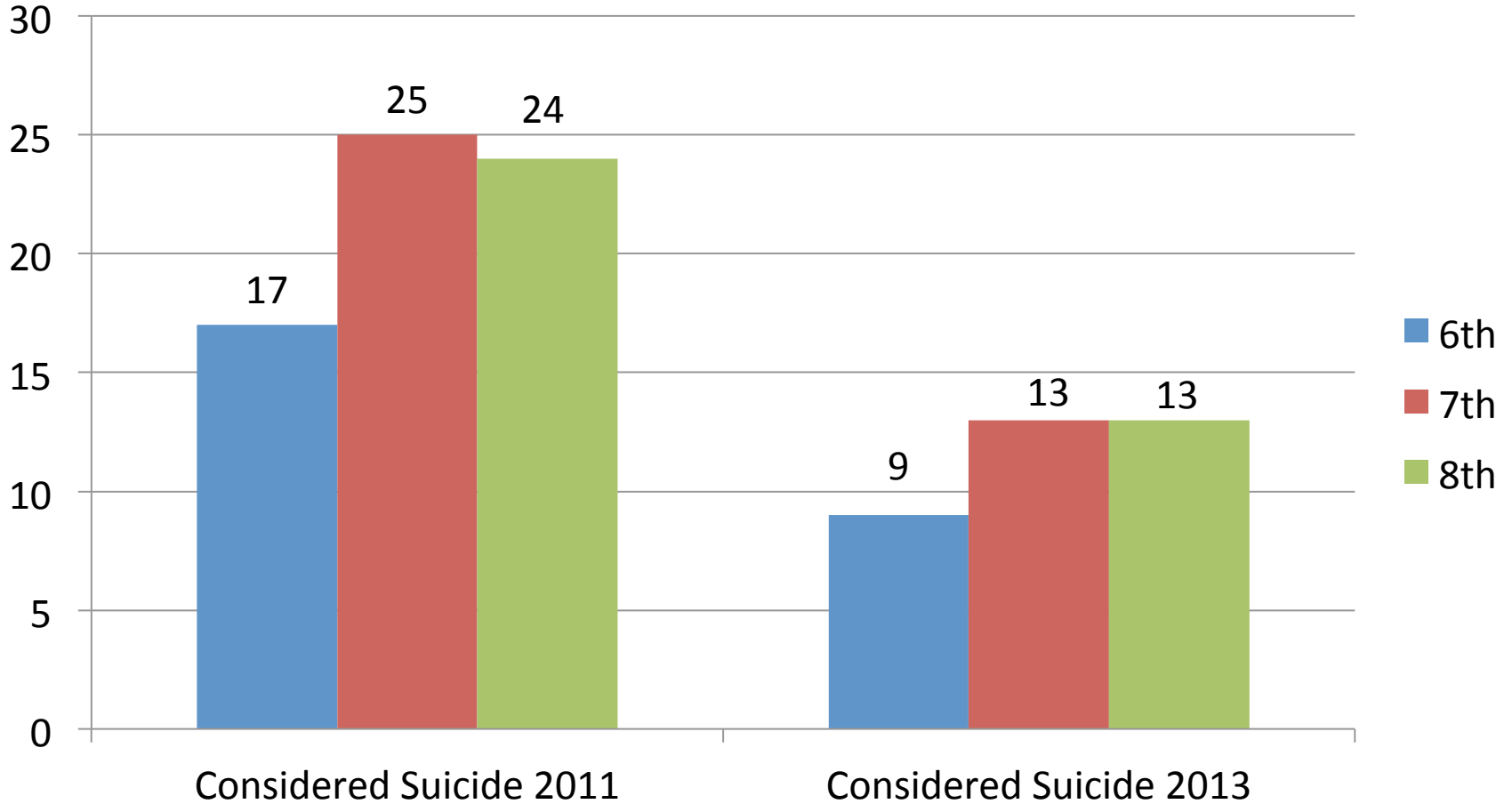
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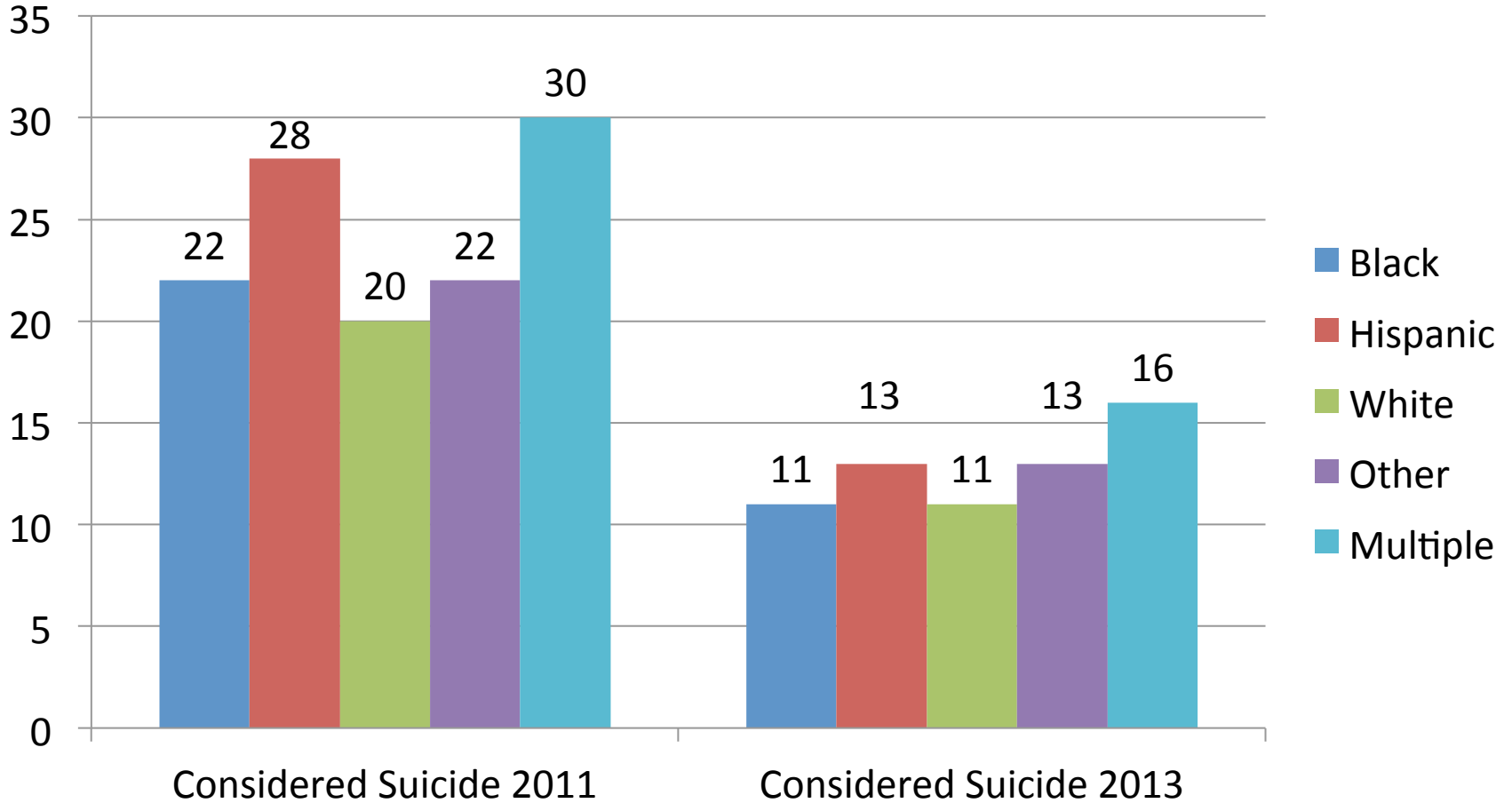
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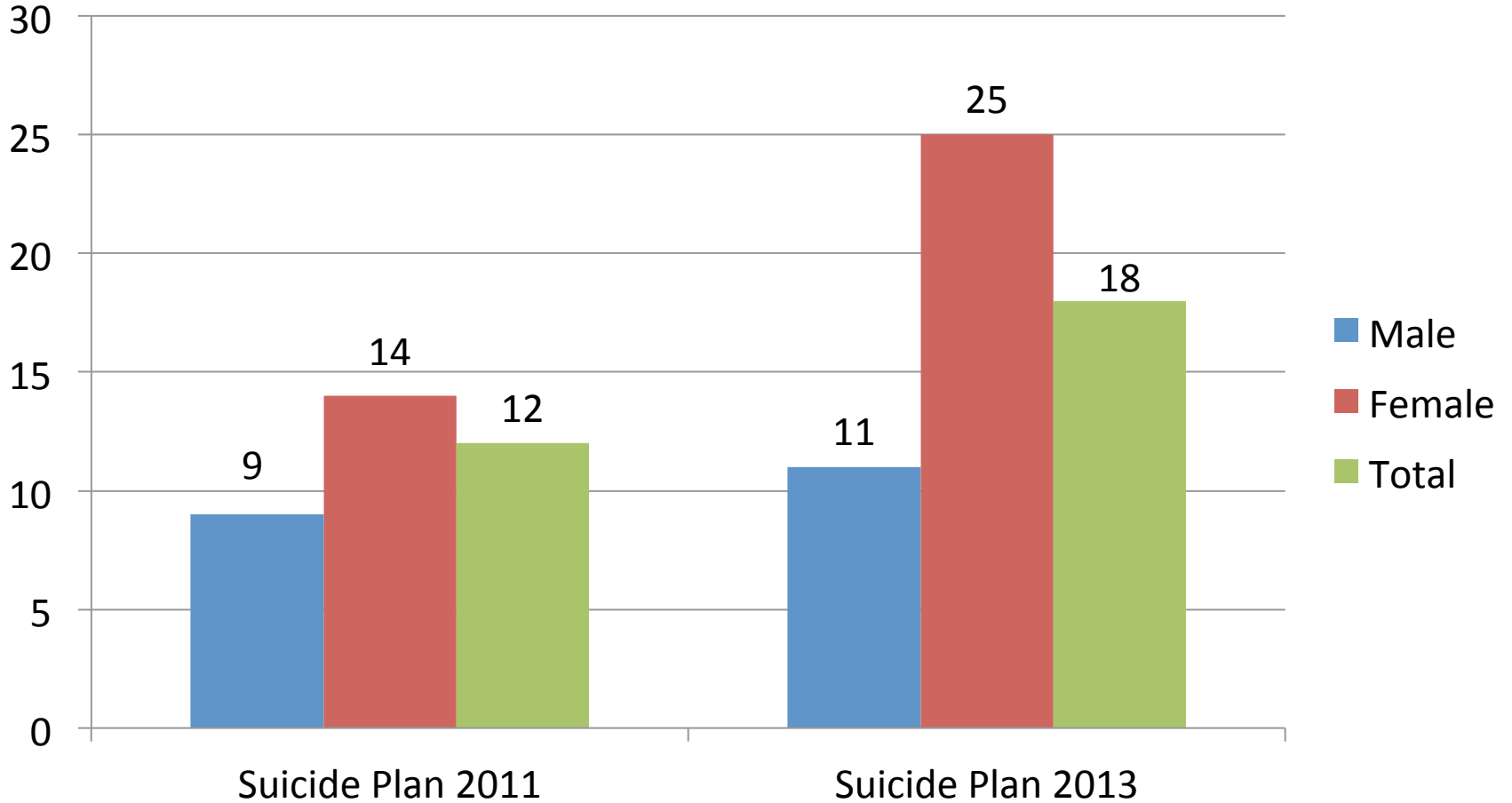
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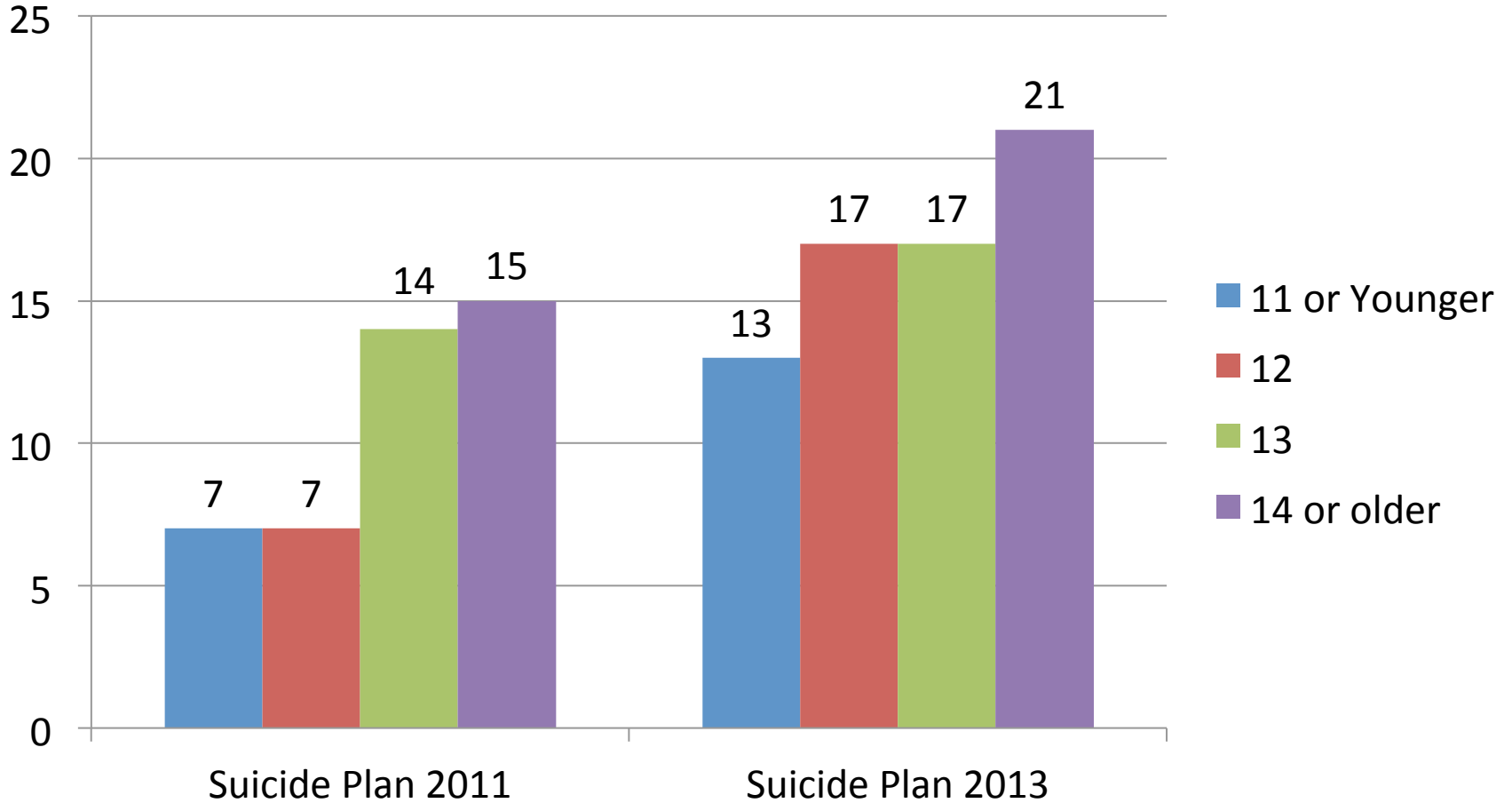
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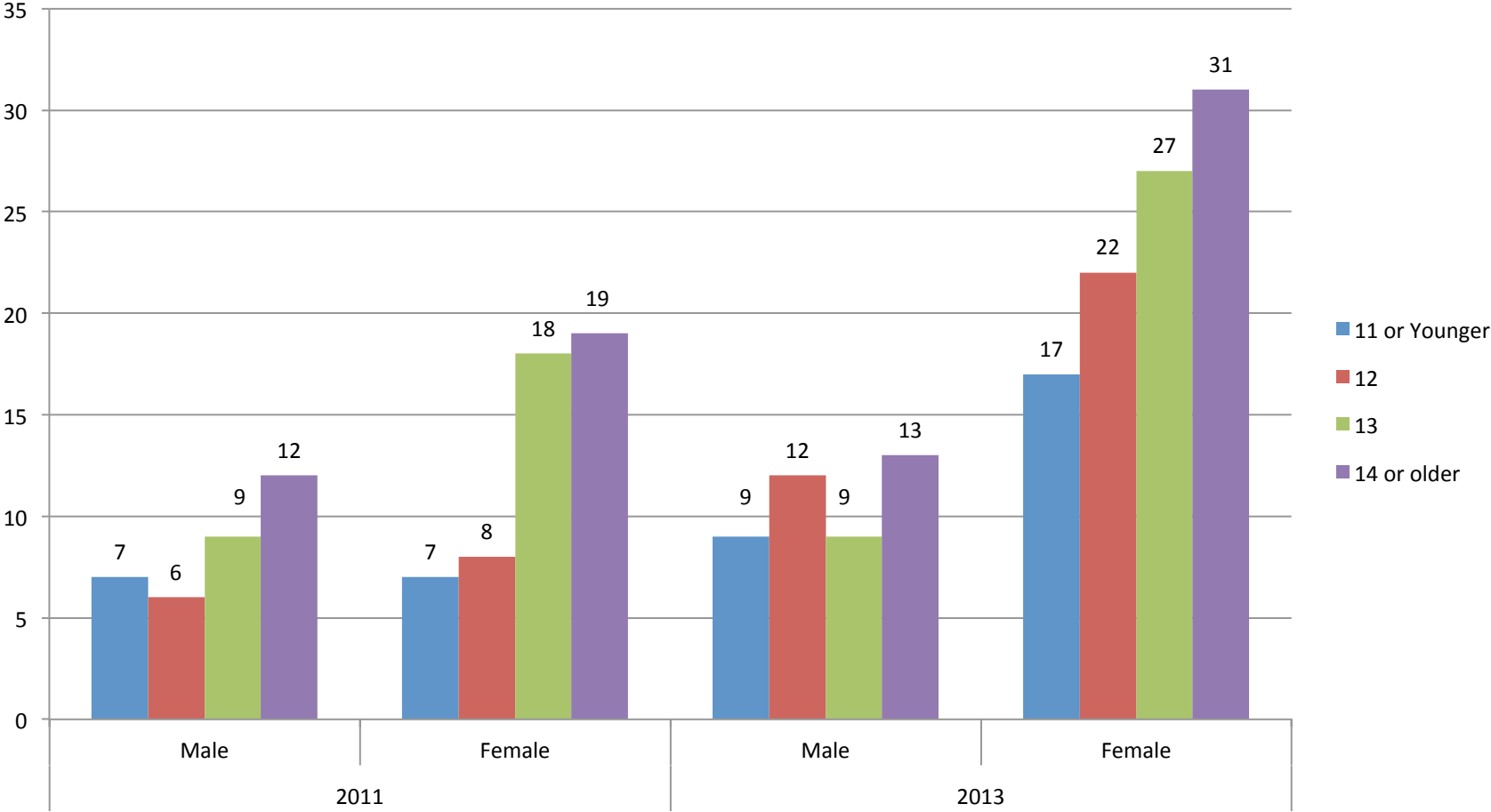
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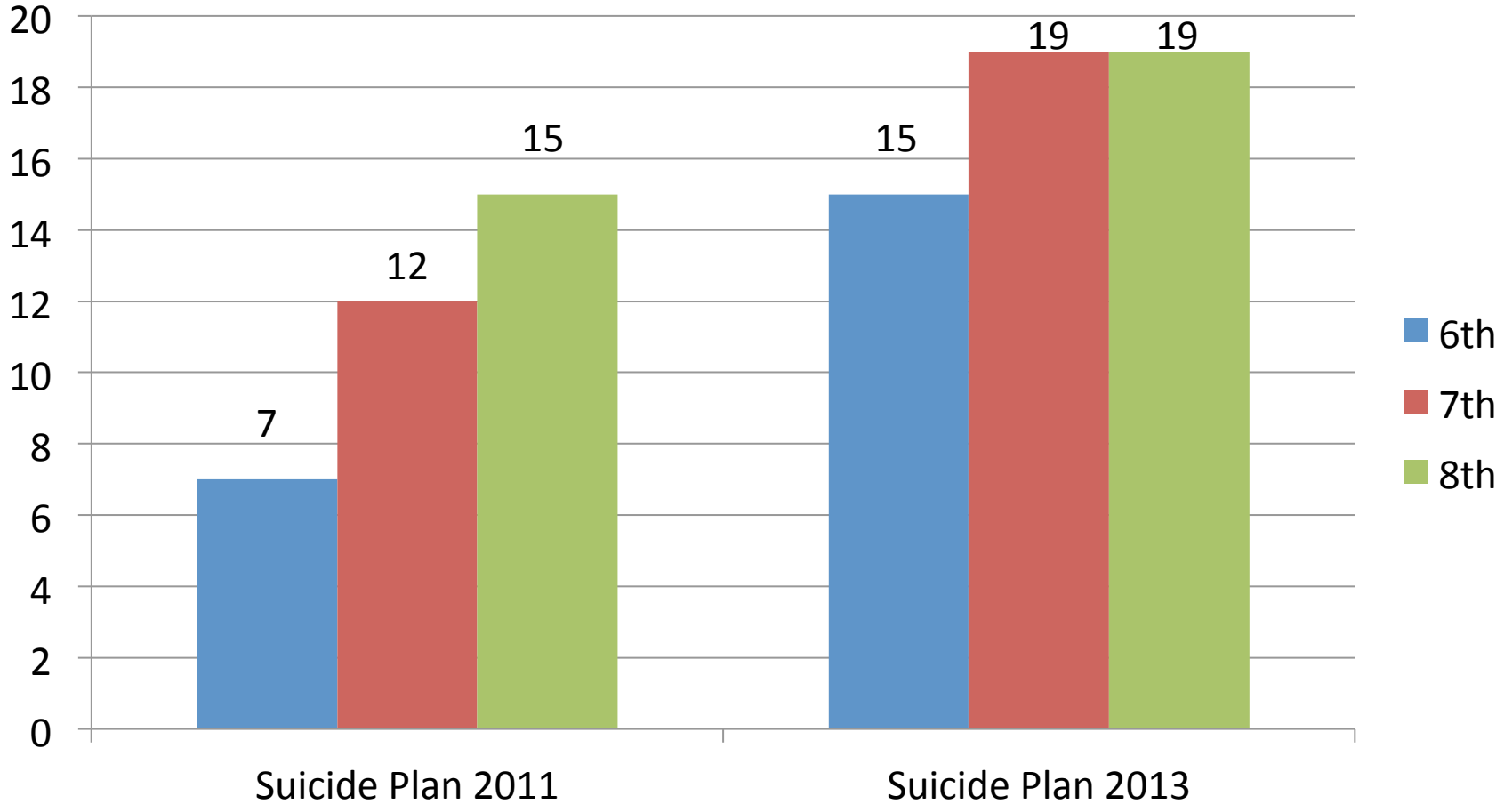
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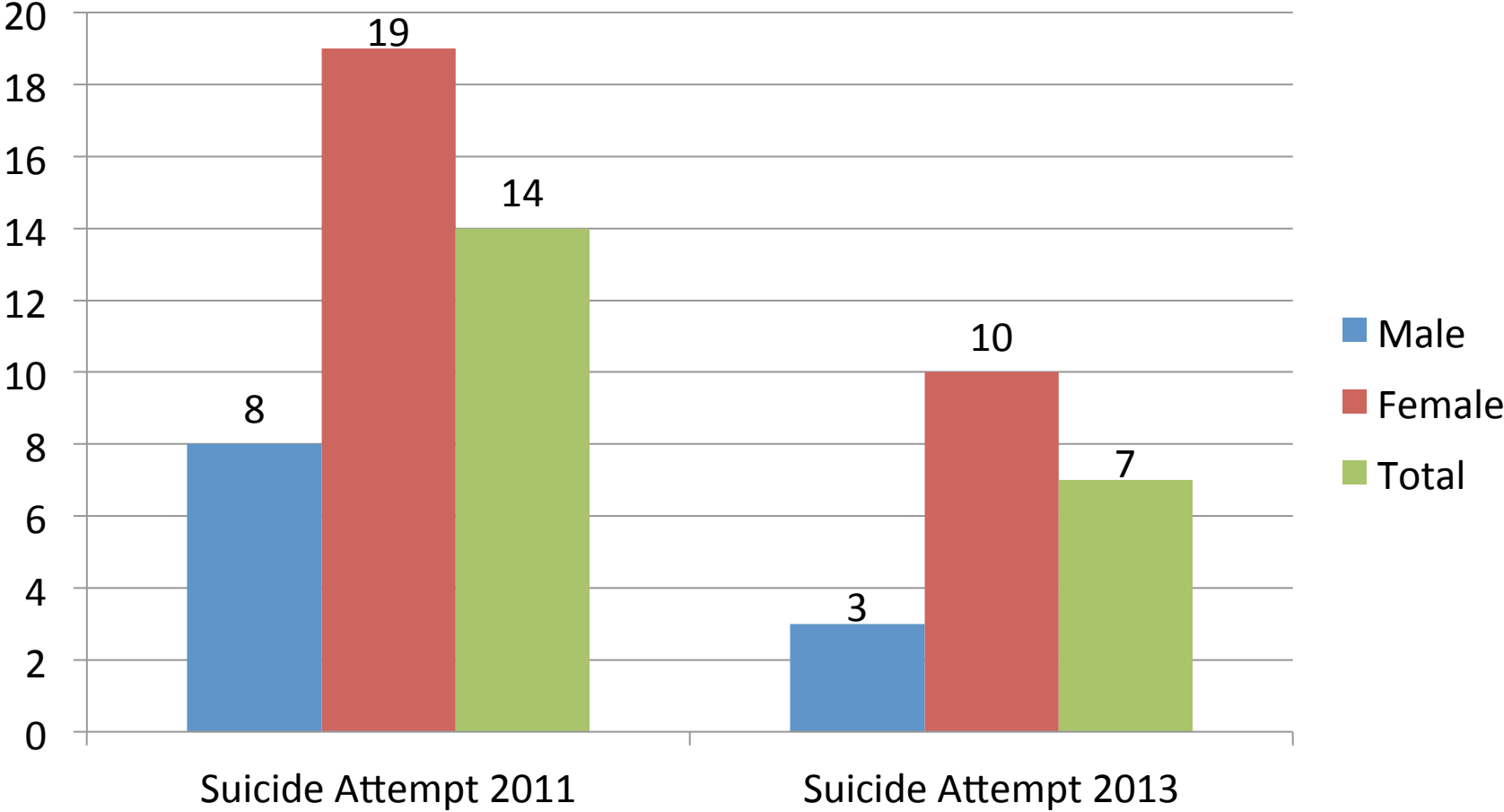
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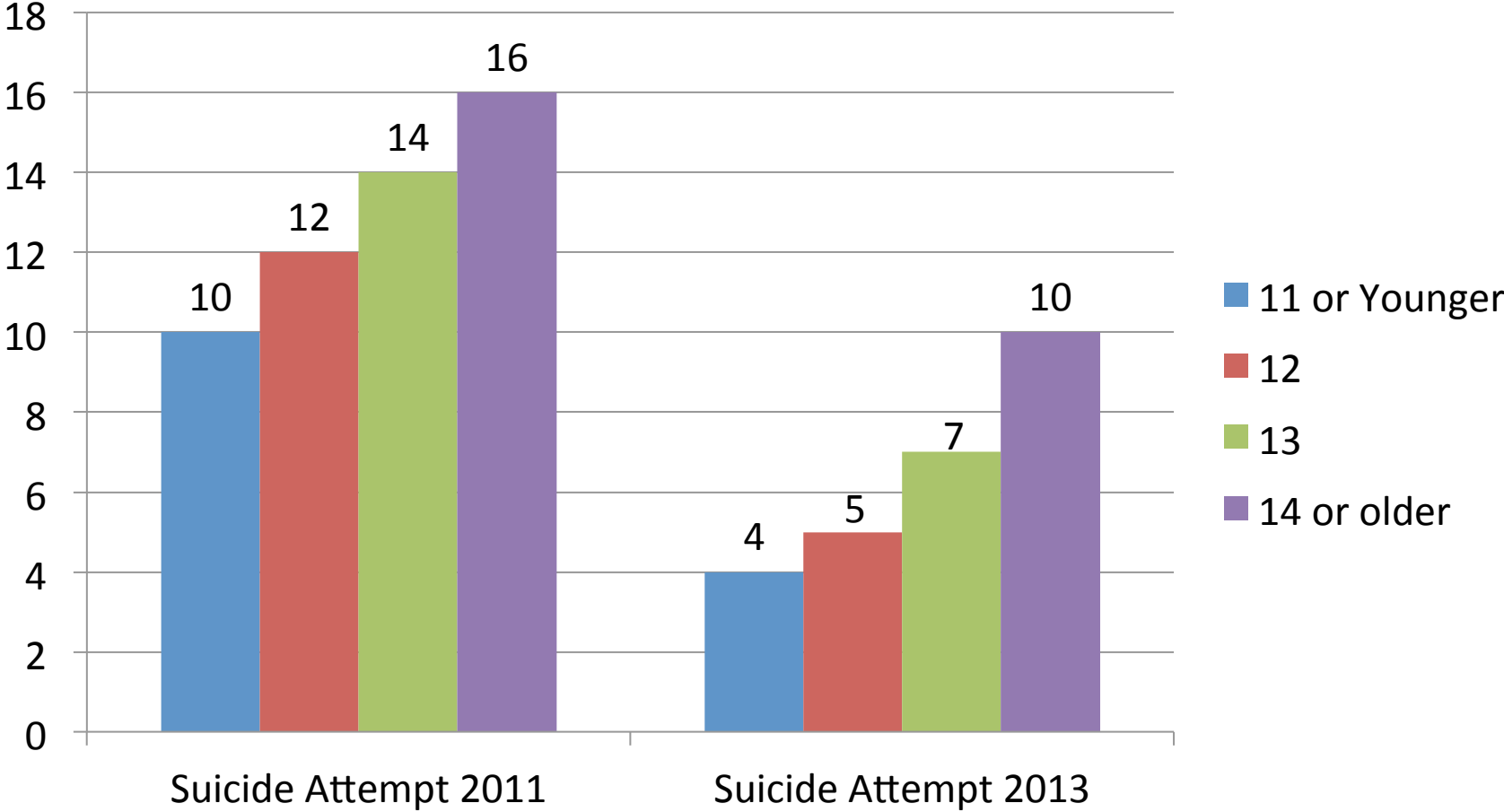
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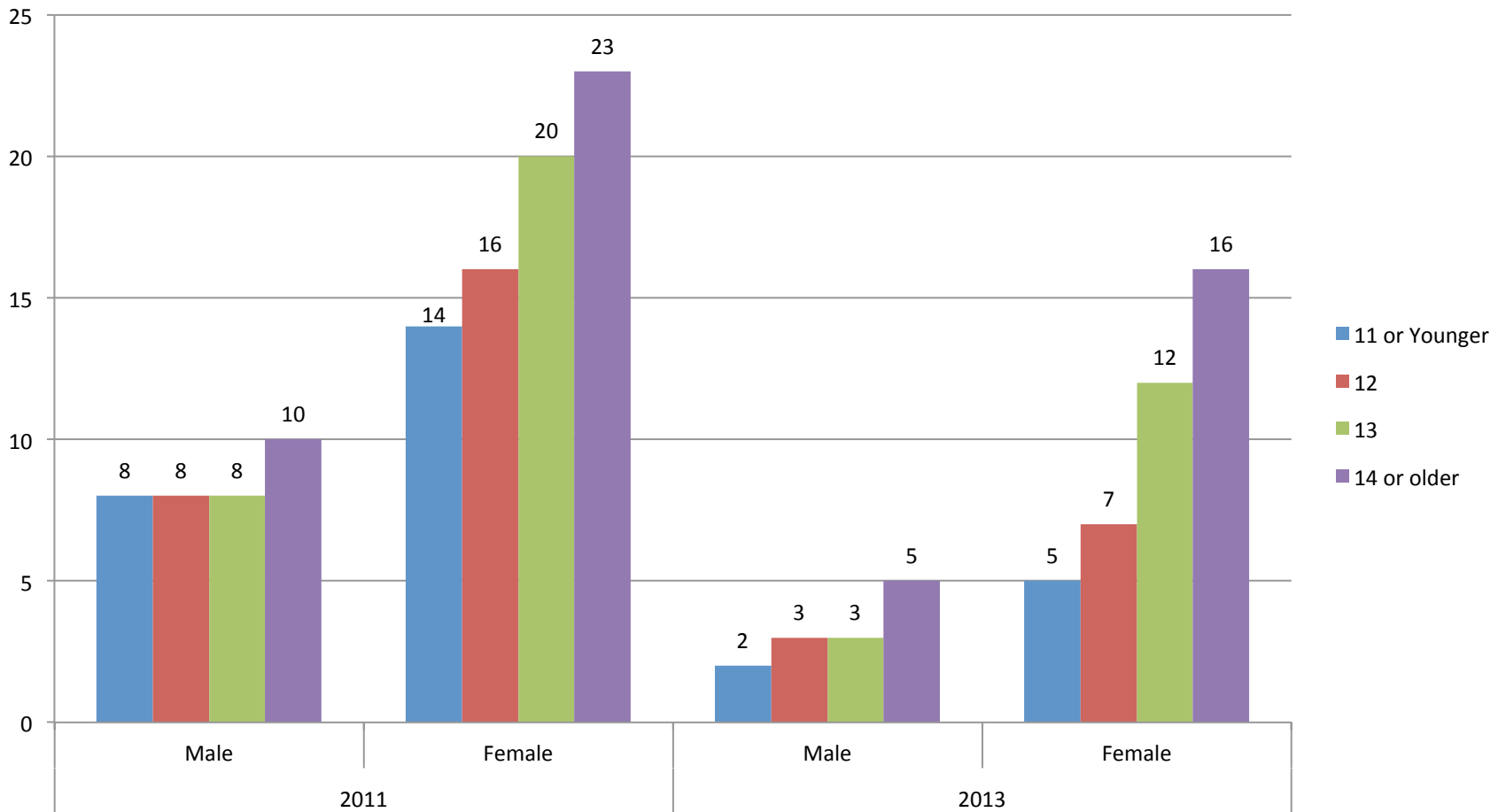
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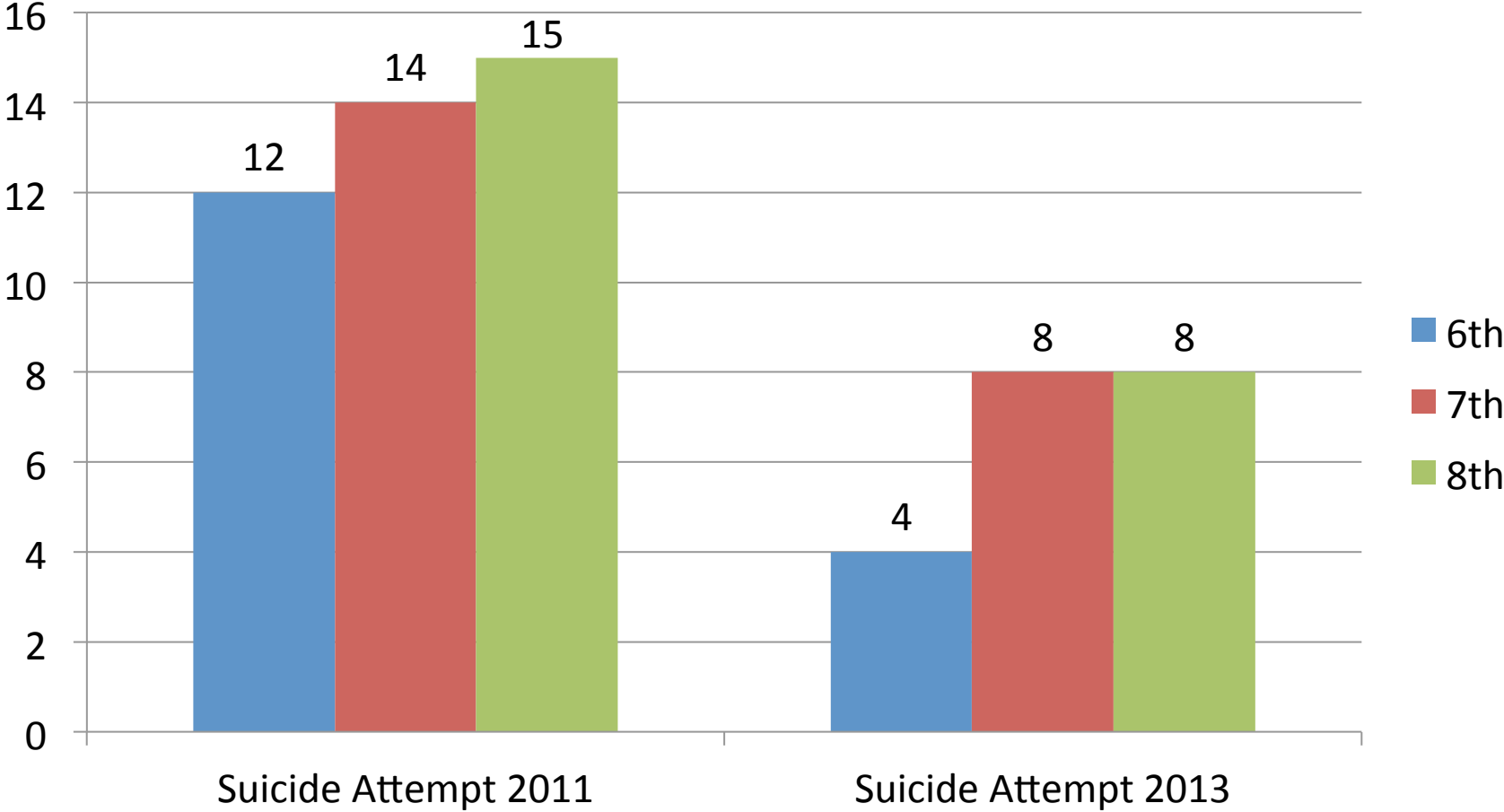
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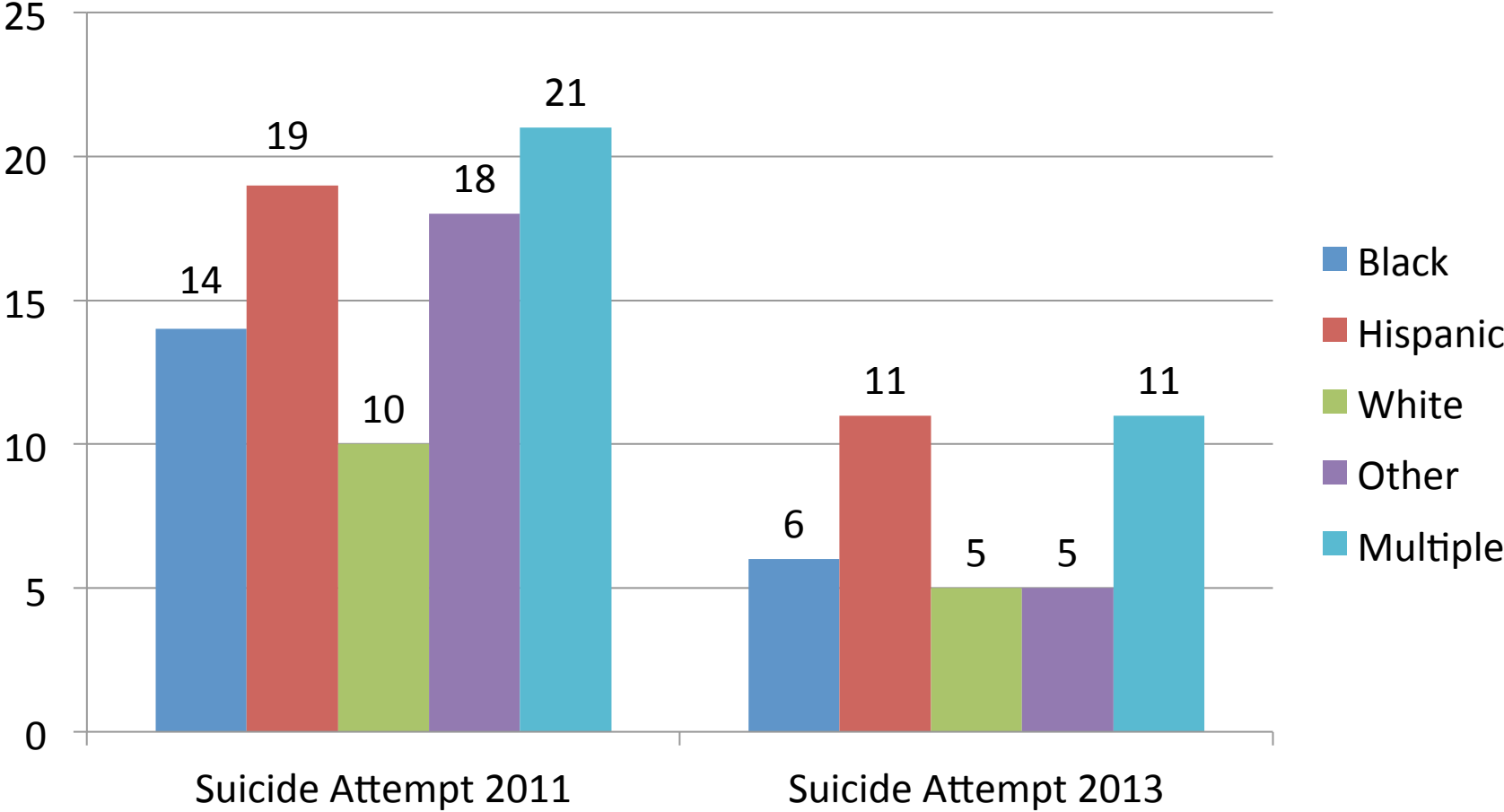
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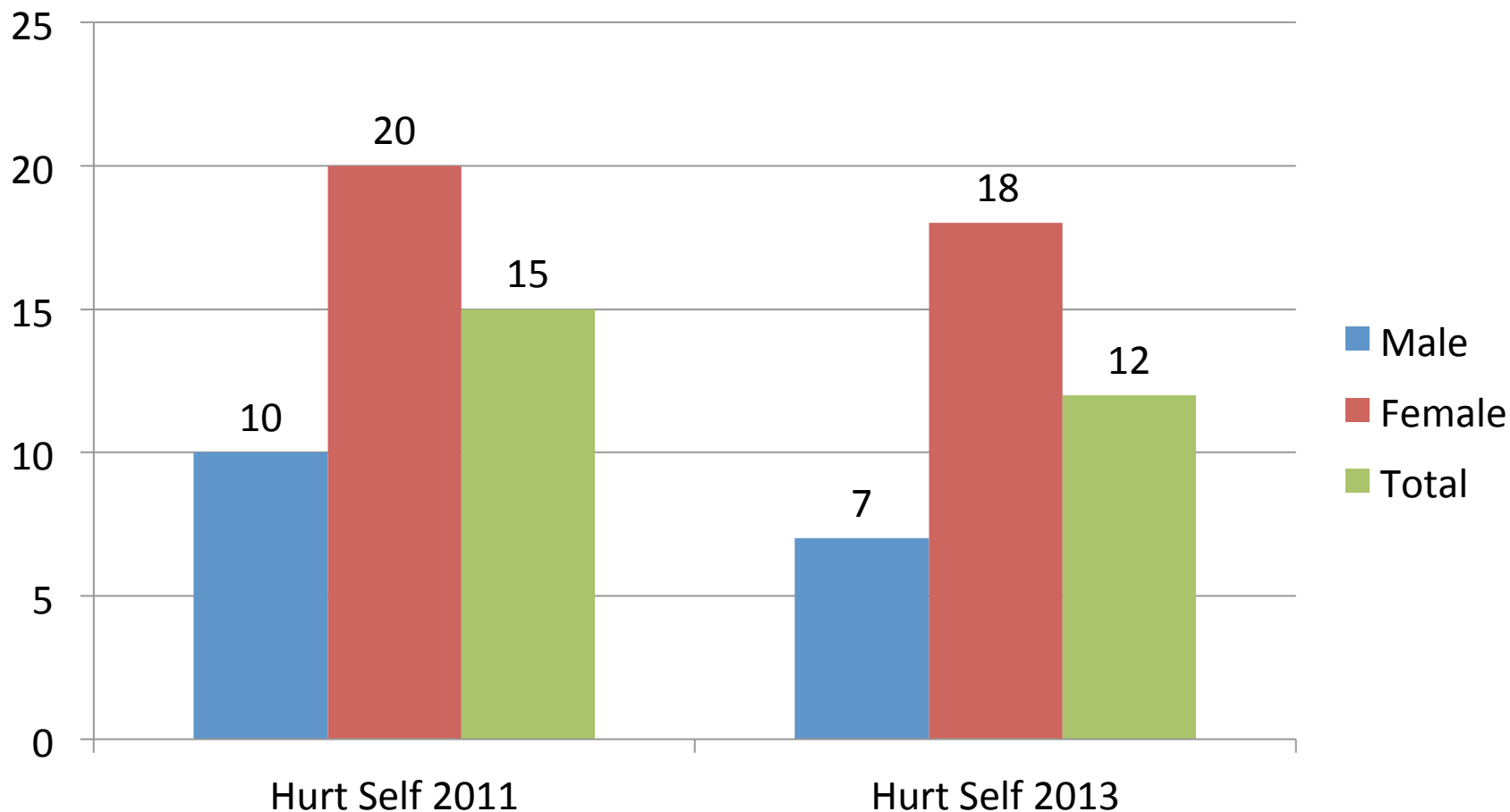
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Percentage of Middle School Delaware students who purposely hurt themselves without wanting to die, 2011 and 2013



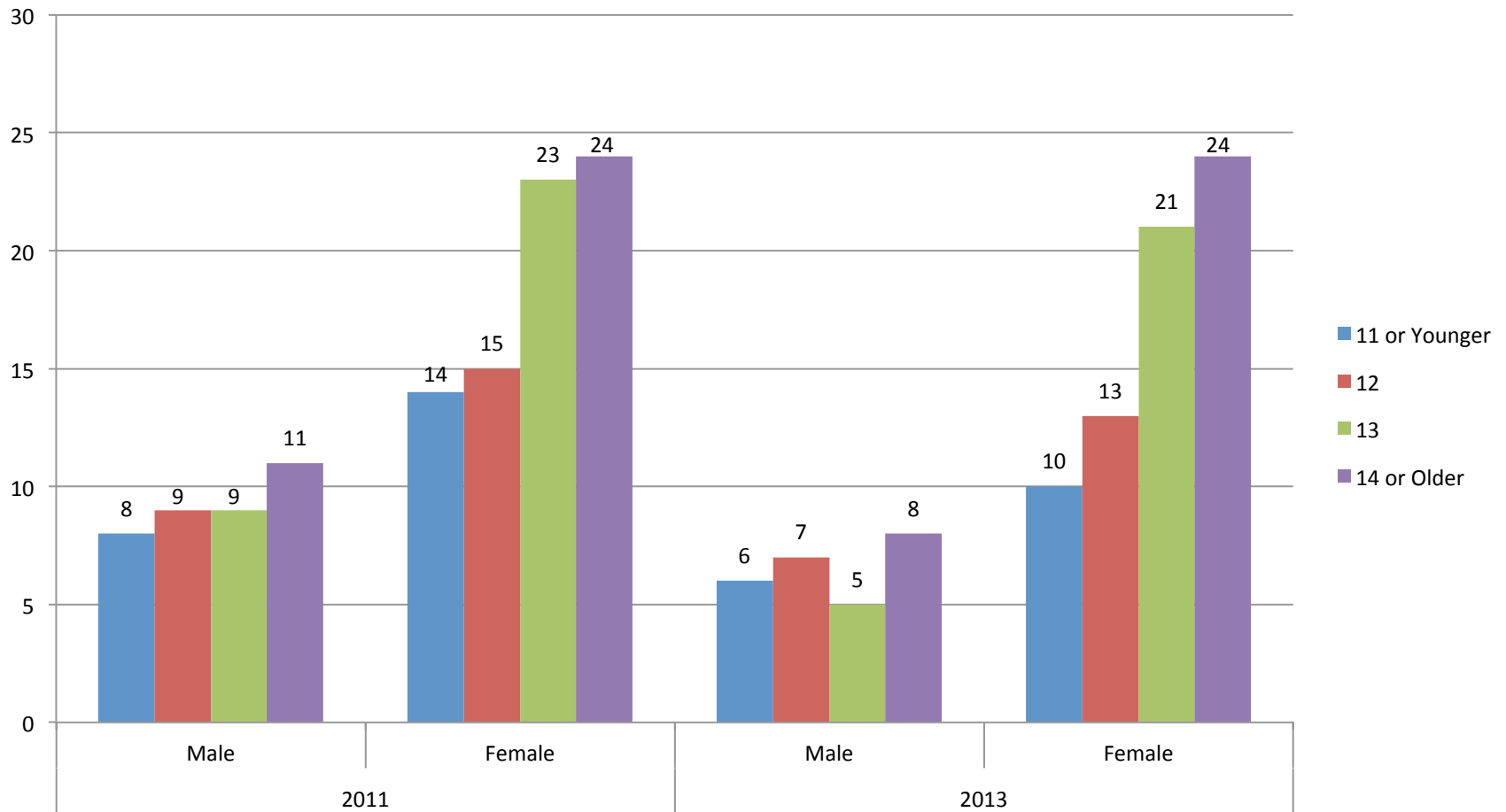
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Percentage of Middle School Delaware Students who Purposely Hurt Themselves Without Wanting to Die by Age and Gender, 2011 and 2013



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