Delaware Data: Mental Health Data from the 2017 Youth Risk Behavior Survey

A presentation to the

Delaware Suicide Prevention Coalition

August 20th, 2018

The National Context

10 Leading Causes of Death by Age Group, United States – 2016

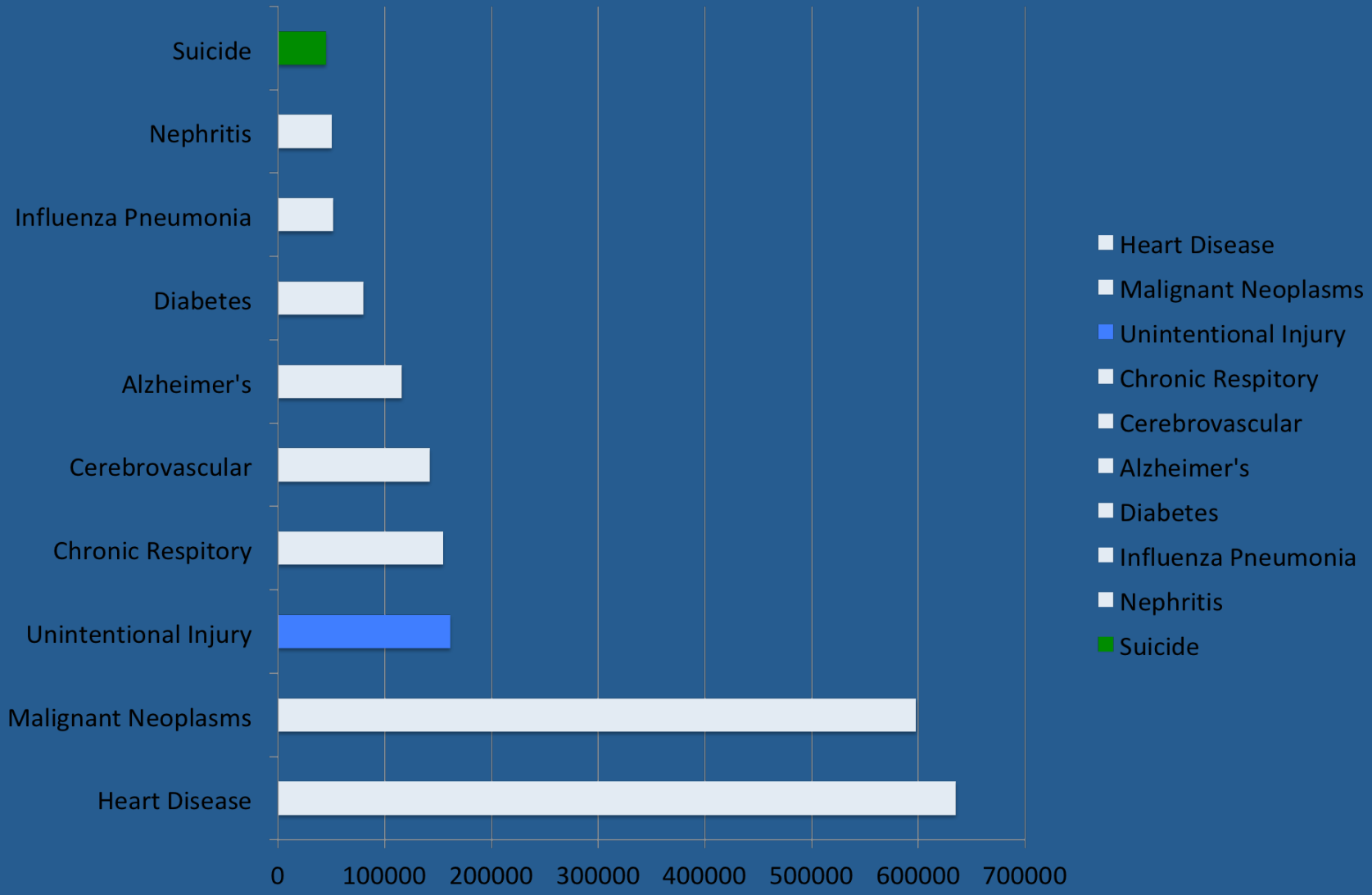
	Age Groups										
Rank	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	Total
1	Congenital Anomalies 4,816	Unintentional Injury 1,261	Unintentional Injury 787	Unintentional Injury 847	Unintentional Injury 13,895	Unintentional Injury 23,984	Unintentional Injury 20,975	Malignant Neoplasms 41,291	Malignant Neoplasms 116,364	Heart Disease 507,118	Heart Disease 635,260
2	Short Gestation 3,927	Congenital Anomalies 433	Malignant Neoplasms 449	Suicide 436	Suicide 5,723	Suicide 7,366	Malignant Neoplasms 10,903	Heart Disease 34,027	Heart Disease 78,610	Malignant Neoplasms 422,927	Malignant Neoplasms 598,038
3	SIDS 1,500	Malignant Neoplasms 377	Congenital Anomalies 203	Malignant Neoplasms 431	Homicide 5,172	Homicide 5,376	Heart Disease 10,477	Unintentional Injury 23,377	Unintentional Injury 21,860	Chronic Low. Respiratory Disease 131,002	Unintentional Injury 161,374
4	Maternal Pregnancy Comp. 1,402	Homicide 339	Homicide 139	Homicide 147	Malignant Neoplasms 1,431	Malignant Neoplasms 3,791	Suicide 7,030	Suicide 8,437	Chronic Low. Respiratory Disease 17,810	Cerebro-vascular 121,630	Chronic Low. Respiratory Disease 154,596
5	Unintentional Injury 1,219	Heart Disease 118	Heart Disease 77	Congenital Anomalies 146	Heart Disease 949	Heart Disease 3,445	Homicide 3,369	Liver Disease 8,364	Diabetes Mellitus 14,251	Alzheimer's Disease 114,883	Cerebro-vascular 142,142
6	Placenta Cord. Membranes 841	Influenza & Pneumonia 103	Chronic Low. Respiratory Disease 68	Heart Disease 111	Congenital Anomalies 388	Liver Disease 925	Liver Disease 2,851	Diabetes Mellitus 6,267	Liver Disease 13,448	Diabetes Mellitus 56,452	Alzheimer's Disease 116,103
7	Bacterial Sepsis 583	Septicemia 70	Influenza & Pneumonia 48	Chronic Low Respiratory Disease 75	Diabetes Mellitus 211	Diabetes Mellitus 792	Diabetes Mellitus 2,049	Cerebro-vascular 5,353	Cerebro-vascular 12,310	Unintentional Injury 53,141	Diabetes Mellitus 80,058
8	Respiratory Distress 488	Perinatal Period 60	Septicemia 40	Cerebro-vascular 50	Chronic Low Respiratory Disease 206	Cerebro-vascular 575	Cerebro-vascular 1,851	Chronic Low. Respiratory Disease 4,307	Suicide 7,759	Influenza & Pneumonia 42,479	Influenza & Pneumonia 51,537
9	Circulatory System Disease 460	Cerebro-vascular 55	Cerebro-vascular 38	Influenza & Pneumonia 39	Influenza & Pneumonia 189	HIV 546	HIV 971	Septicemia 2,472	Septicemia 5,941	Nephritis 41,095	Nephritis 50,046
10	Neonatal Hemorrhage 398	Chronic Low Respiratory Disease 51	Benign Neoplasms 31	Septicemia 31	Complicated Pregnancy 184	Complicated Pregnancy 472	Septicemia 897	Homicide 2,152	Nephritis 5,650	Septicemia 30,405	Suicide 44,965

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

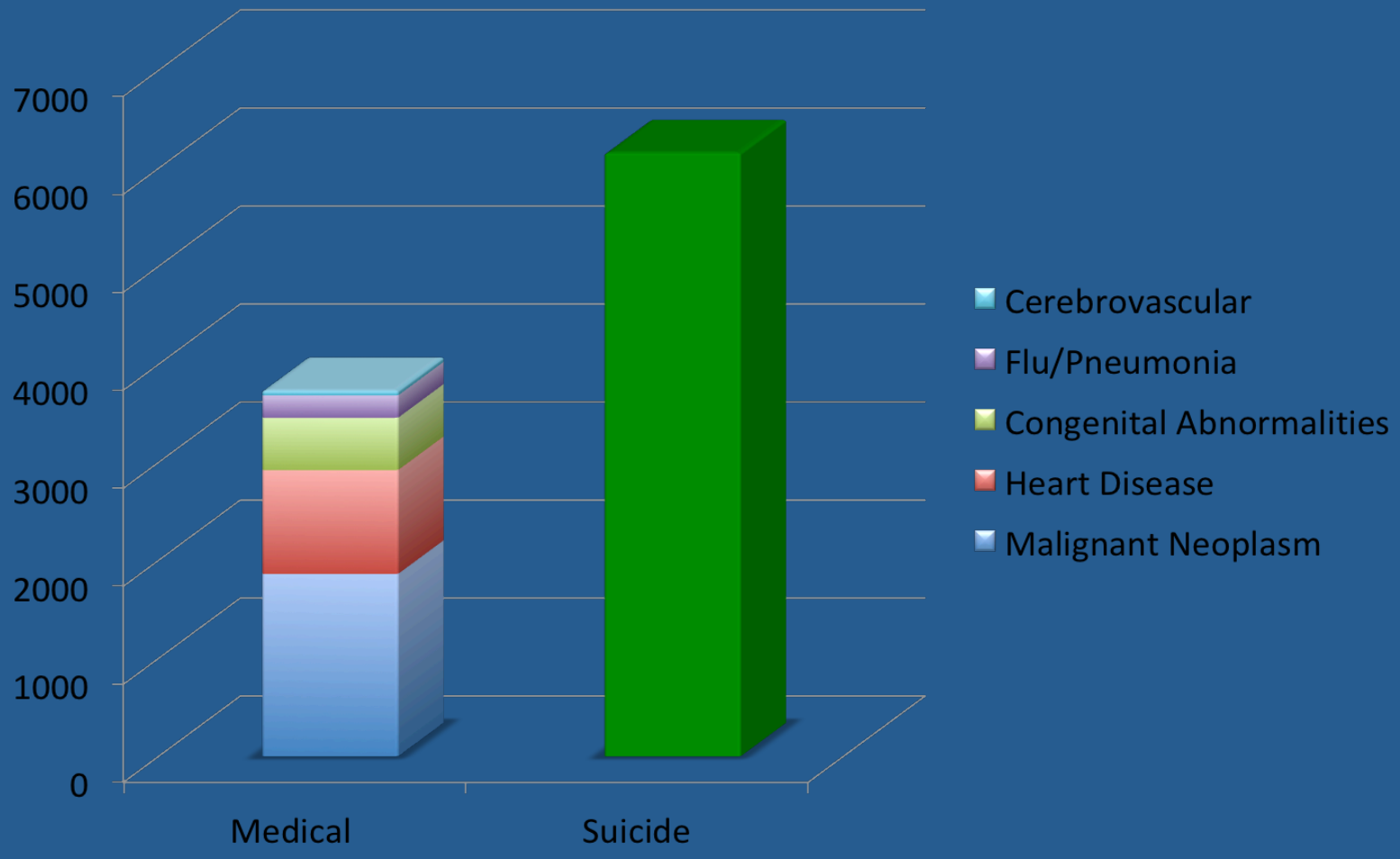
Data Source: National Vital Statistics System, National Center for Health Statistics, CDC 2016

Leading Causes of Death Across the Lifespan



Data Source: National Vital Statistics System, National Center for Health Statistics, CDC 2016

Child and Youth Suicide is a Big Deal

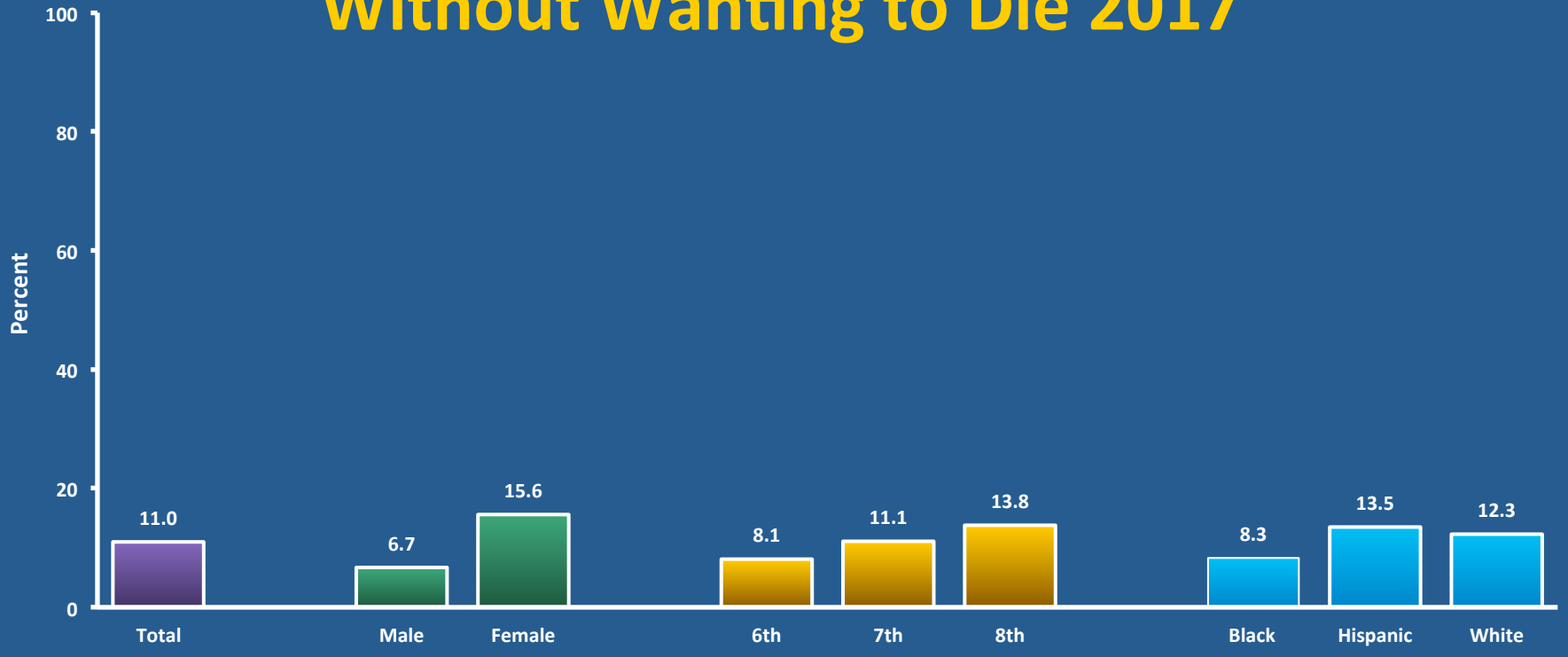


2017 Delaware Youth Risk Behavior Surveys

- CDC-based survey administered in odd-numbered years by the Center for Drug and Health Studies at UD on behalf of Division of Pubic Health
- Sample of 6th - 12th classes in a census of Delaware public schools
- 2017 YRBS samples include 2,906 HS and 2,974 MS students
- Provides an opportunity to see early associations between mental health indicators, risk behaviors, and other factors

Middle School:
Self Harm and Suicide

Percentage of Middle School Students Who Did Something to Purposely Hurt Themselves Without Wanting to Die 2017



*During the 12 months before the survey

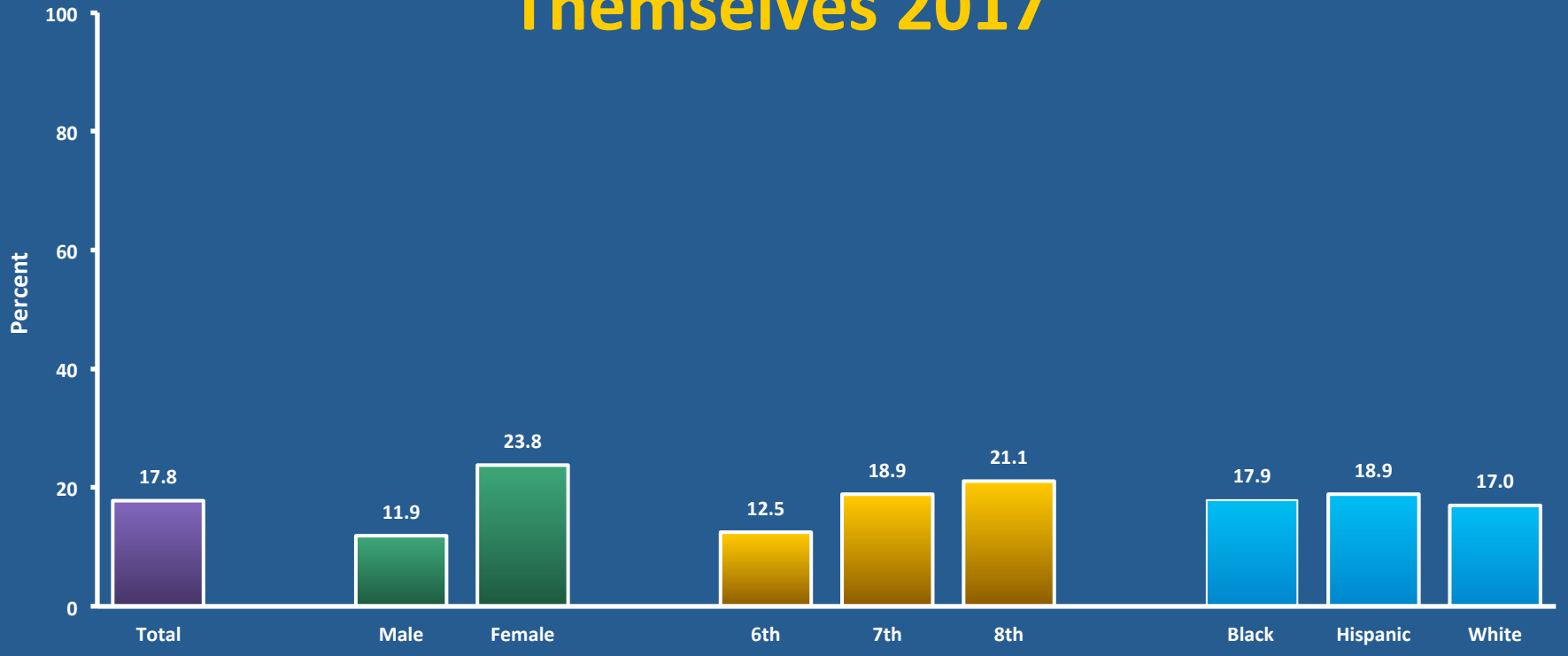
†F > M; 8th > 6th; H > B, W > B (Based on t-test analysis, $p < 0.05$.)

All Hispanic students are included in the Hispanic category. All other races are non-Hispanic.

Note: This graph contains weighted results.

Delaware – YRBS

Percentage of Middle School Students Who Ever Seriously Thought About Killing Themselves 2017



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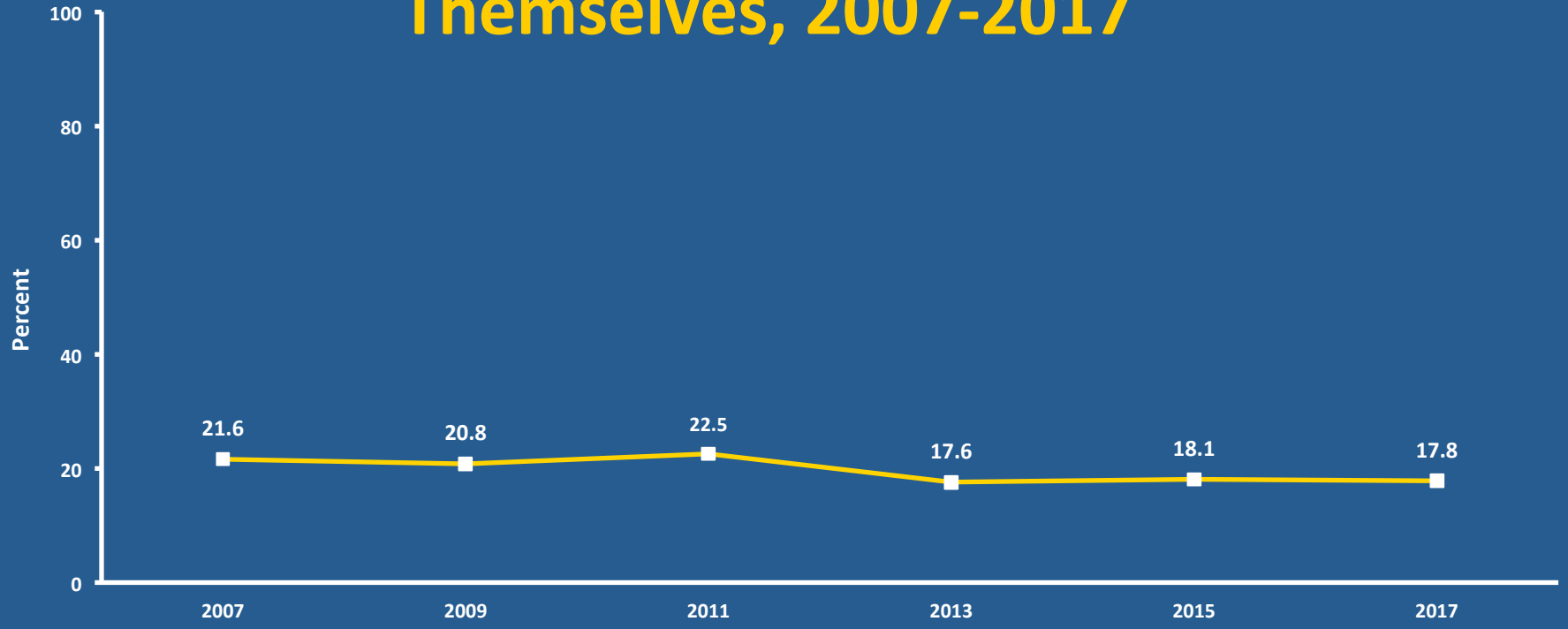
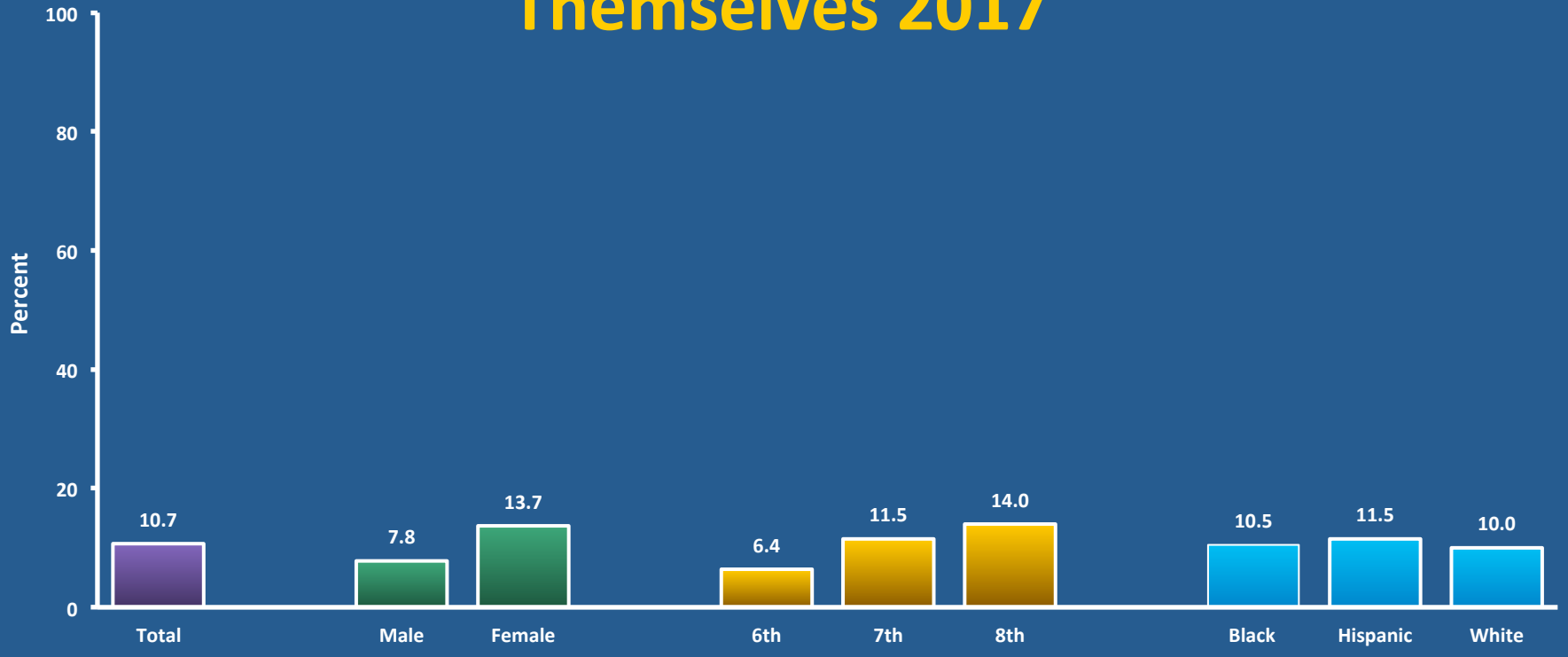
Delaware - YRBS, 2017

Percentage of Middle School Students Who Ever Seriously Thought About Killing Themselves, 2007-2017*



Delaware - YRBS, 2007-2017

Percentage of Middle School Students Who Ever Made a Plan About How They Would Kill Themselves 2017



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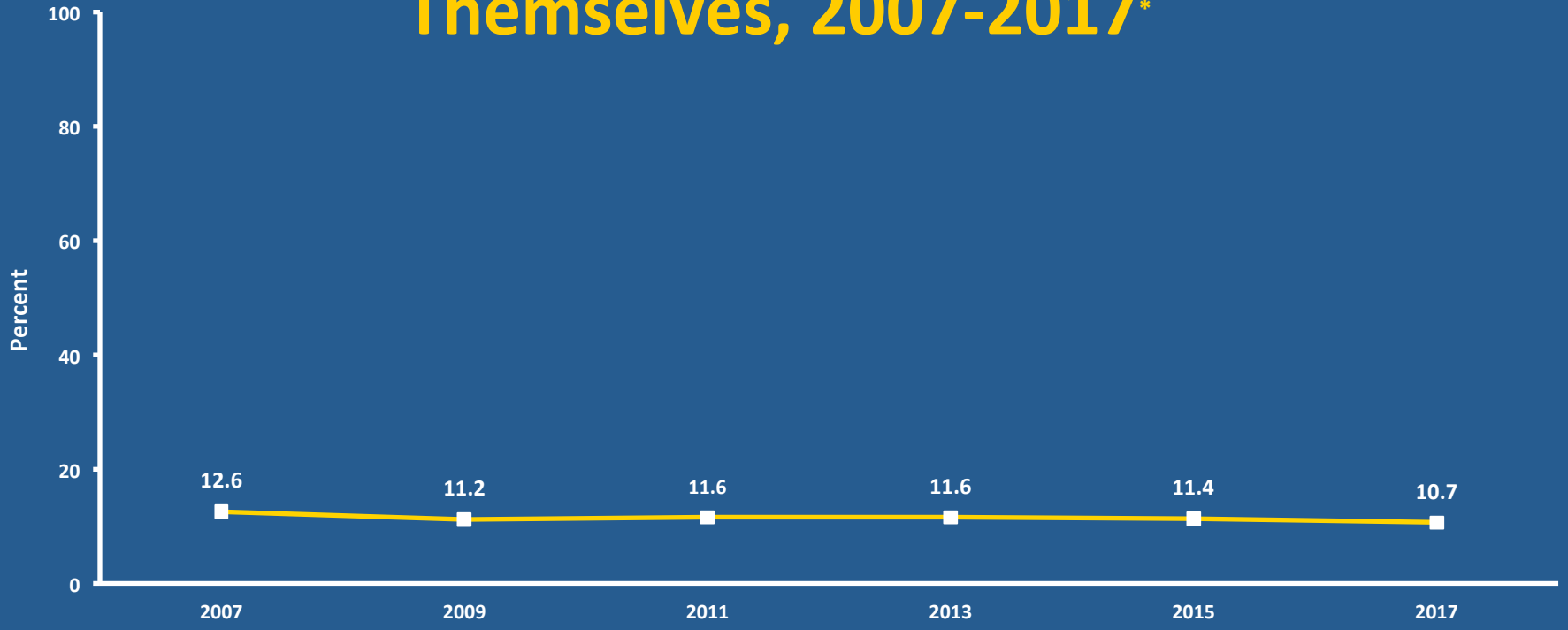
Delaware - YRBS, 2017

Percentage of Middle School Students Who Ever Made a Plan About How They Would Kill Themselves, 2007-2017*



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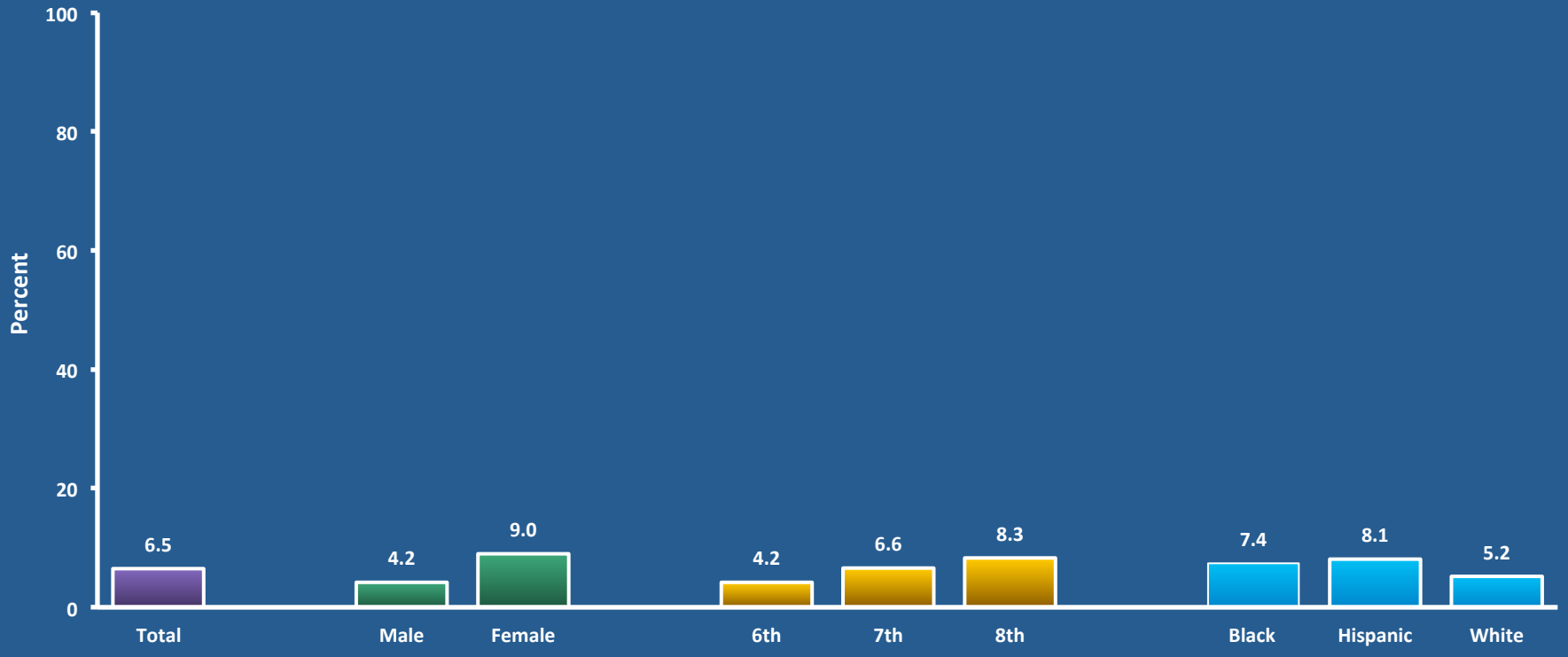
Delaware - YRBS, 2007-2017

Percentage of Middle School Students Who Ever Tried to Kill Themselves, 2017



*F > M; 8th > 6th; H > W (Based on t-test analysis, $p < 0.05$.)
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Note: This graph contains weighted results.

Delaware - YRBS, 2017

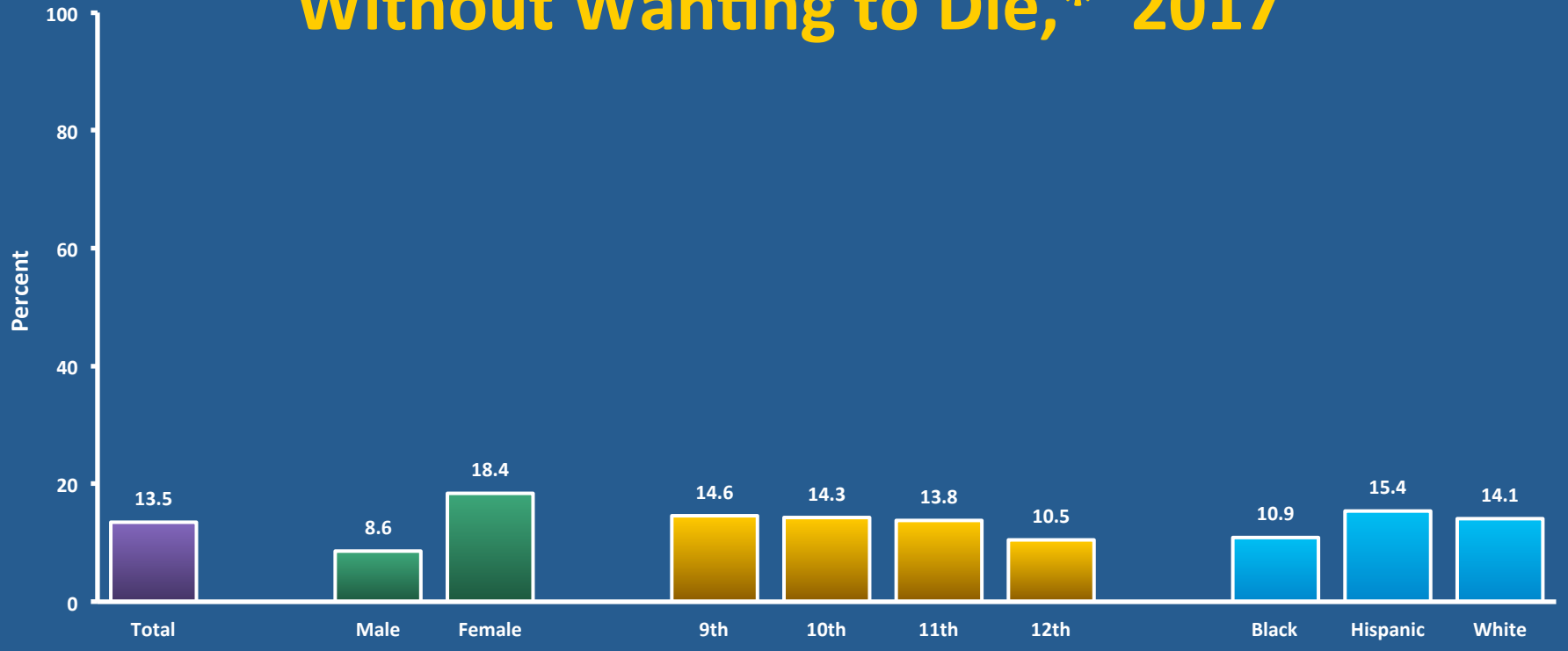
Percentage of Middle School Students Who Ever Tried to Kill Themselves, 2013-2017*

Note: This graph contains weighted results.

Delaware - YRBS, 2013-2017

High School:
Self Harm, Depression, and Suicide

Percentage of High School Students Who Did Something to Purposely Hurt Themselves Without Wanting to Die,* 2017



*Such as cutting or burning themselves on purpose one or more times during the 12 months before the survey

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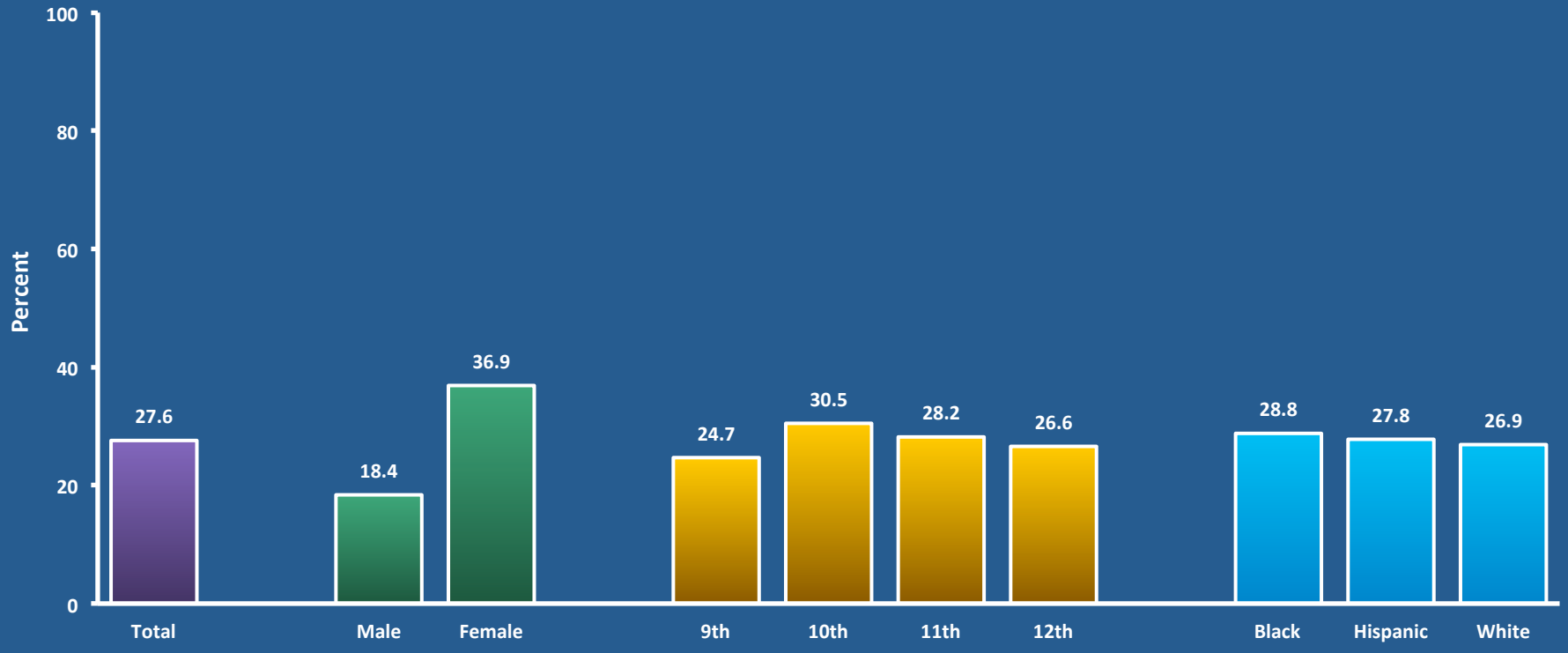
Delaware - YRBS, 2017

Percentage of High School Students Who Felt Sad or Hopeless,* 2017



*Almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey

†F > M; 10th > 9th (Based on t-test analysis, $p < 0.05$.)

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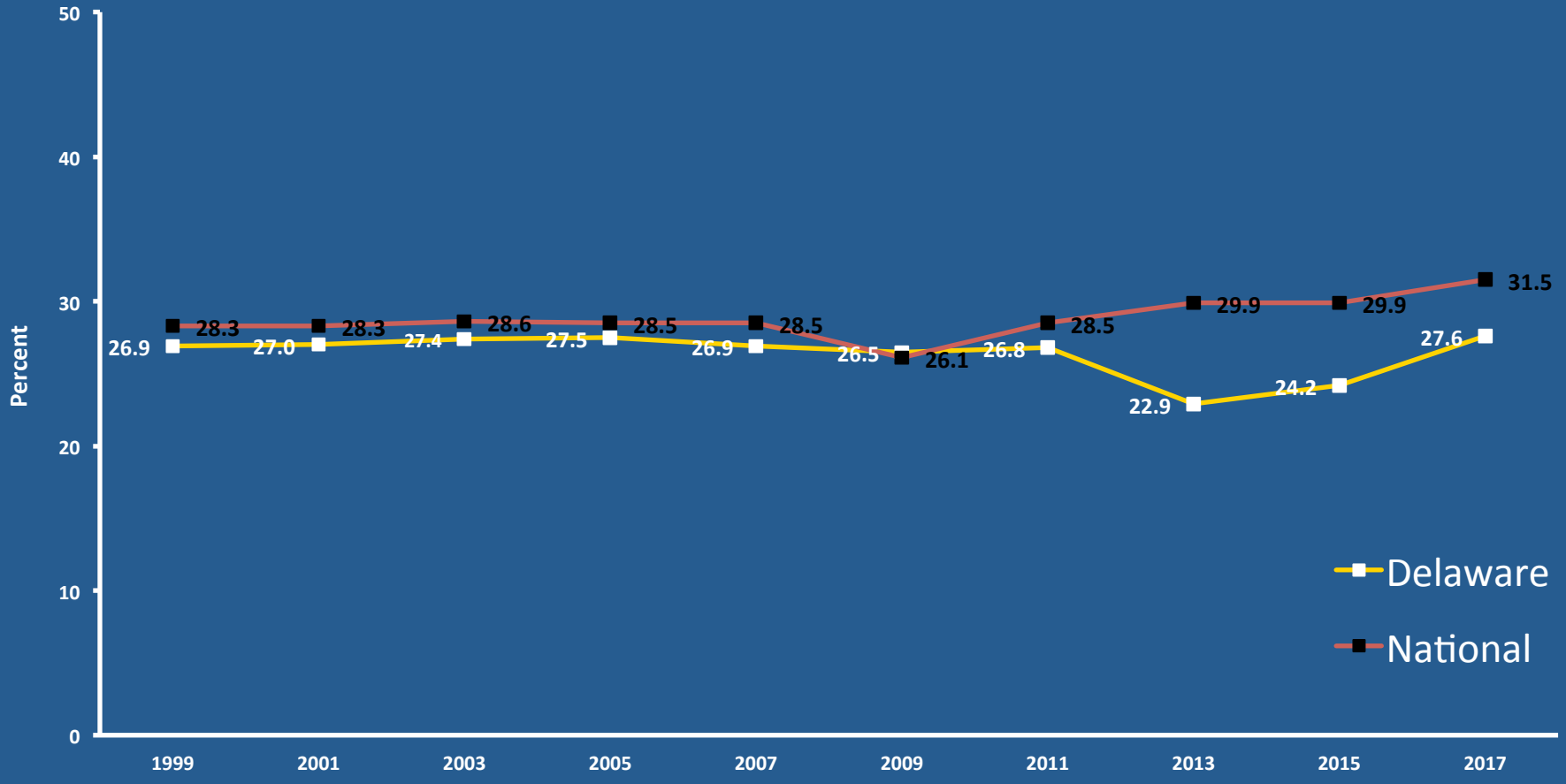
Delaware - YRBS, 2017

Percentage of High School Students Who Felt Sad or Hopeless,* 1999-2017†



*Almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey

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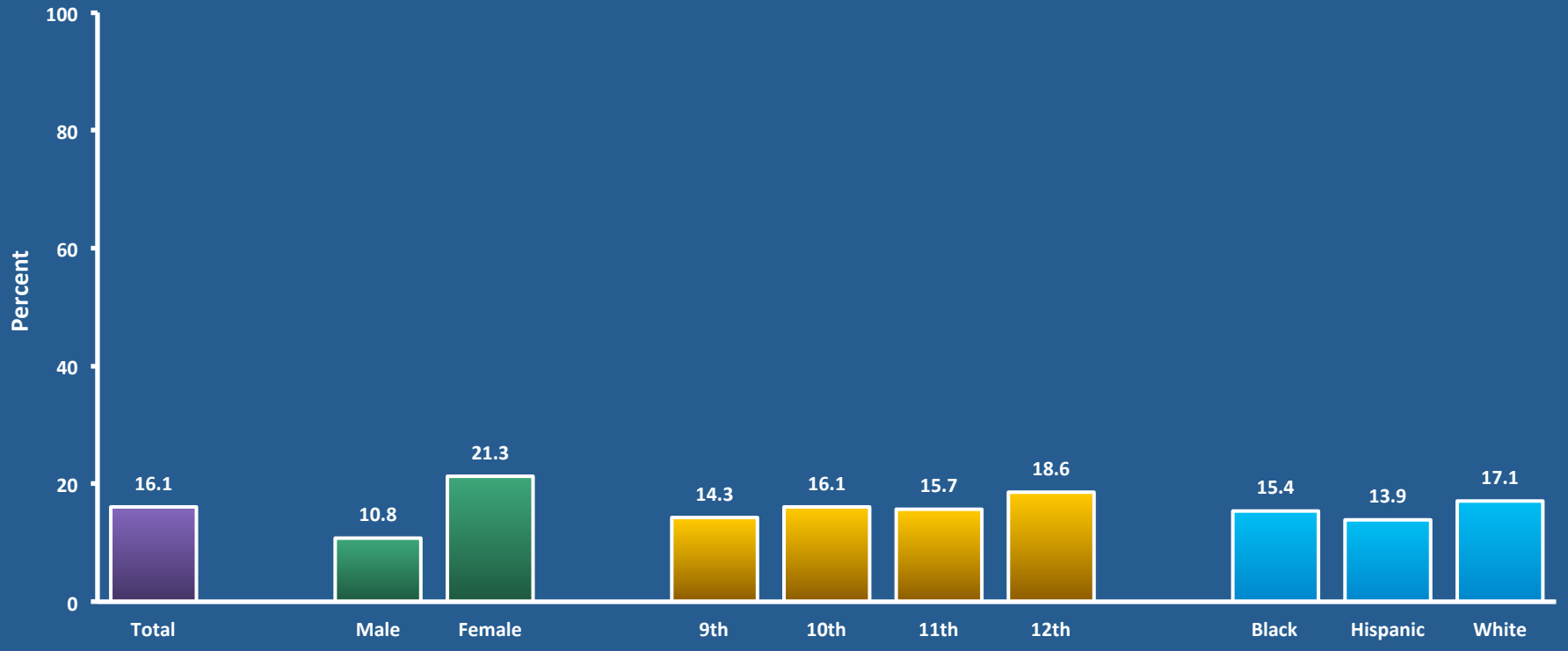
Delaware and National YRBS, 1999-2017

Percentage of High School Students Who Seriously Considered Attempting Suicide,* 2017



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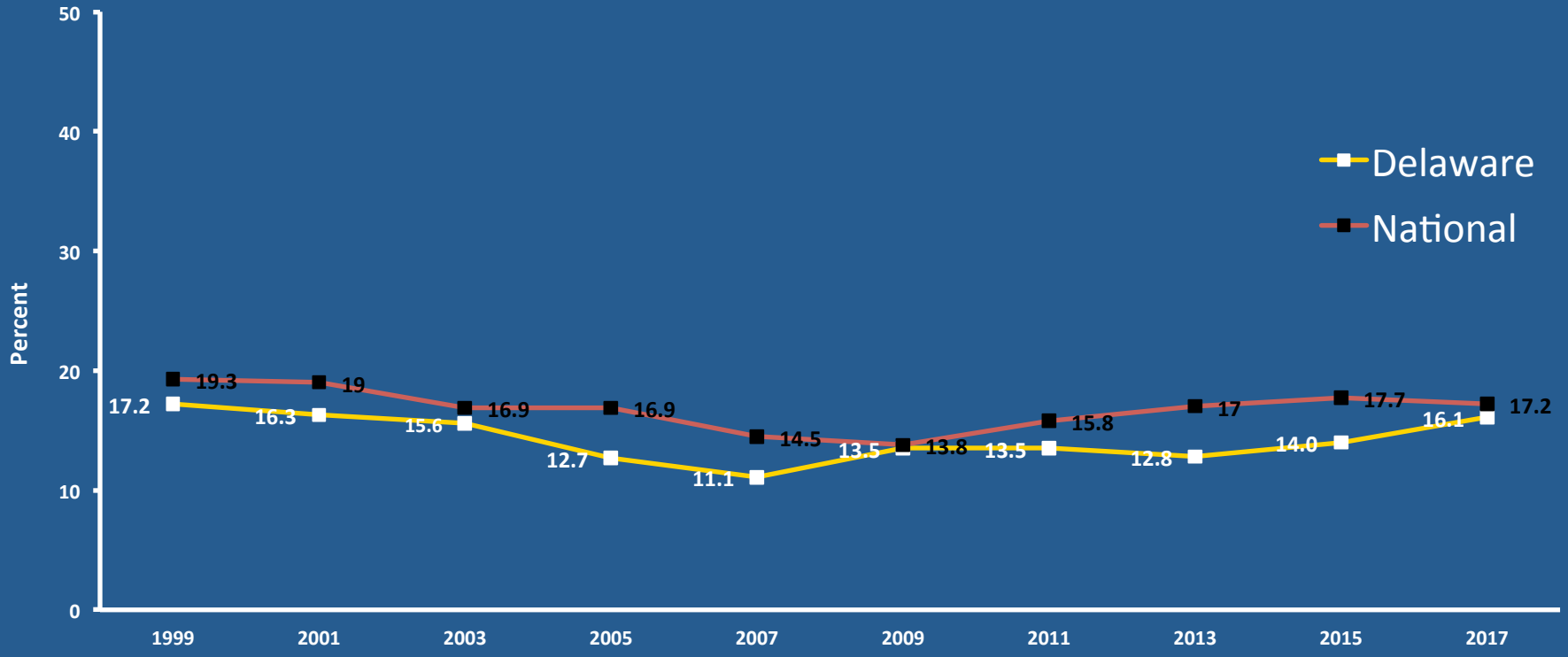

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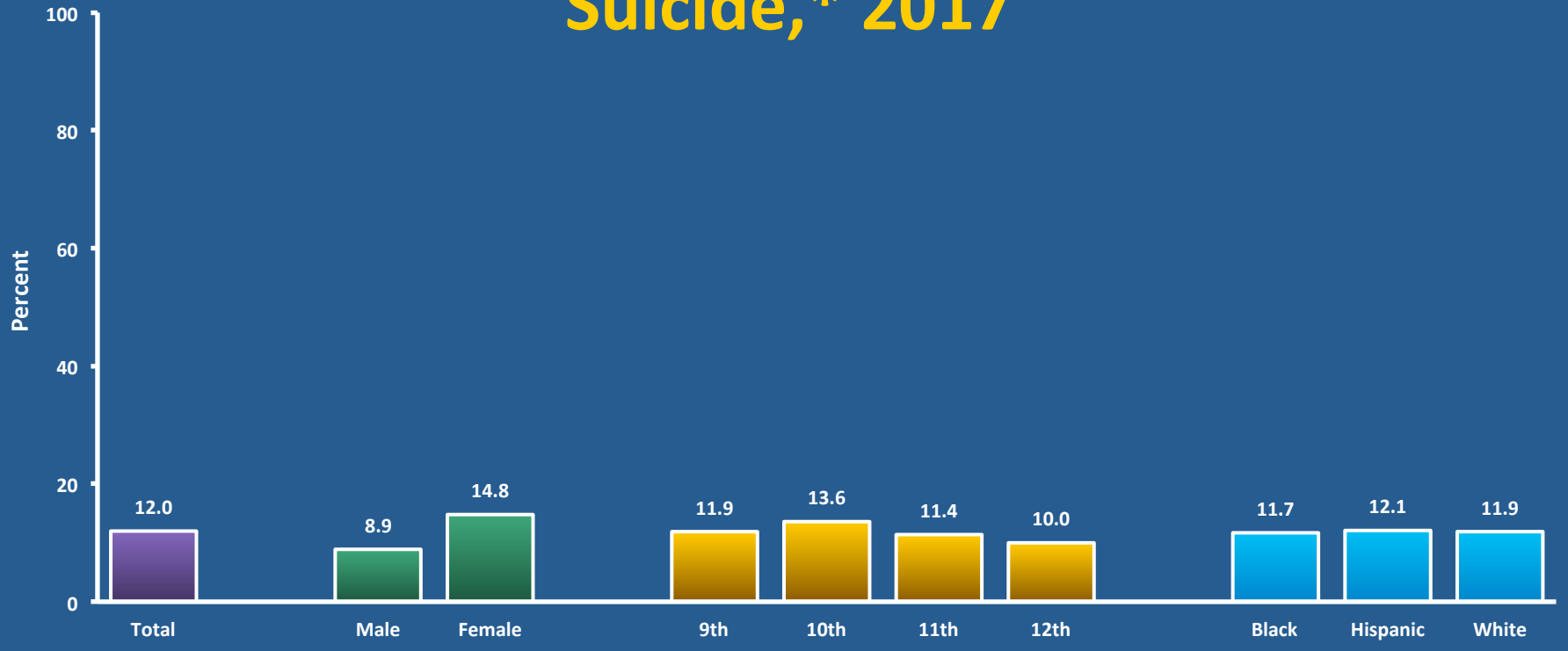
Delaware and National YRBS, 1999-2017

Percentage of High School Students Who Made a Plan About How They Would Attempt Suicide,* 2017



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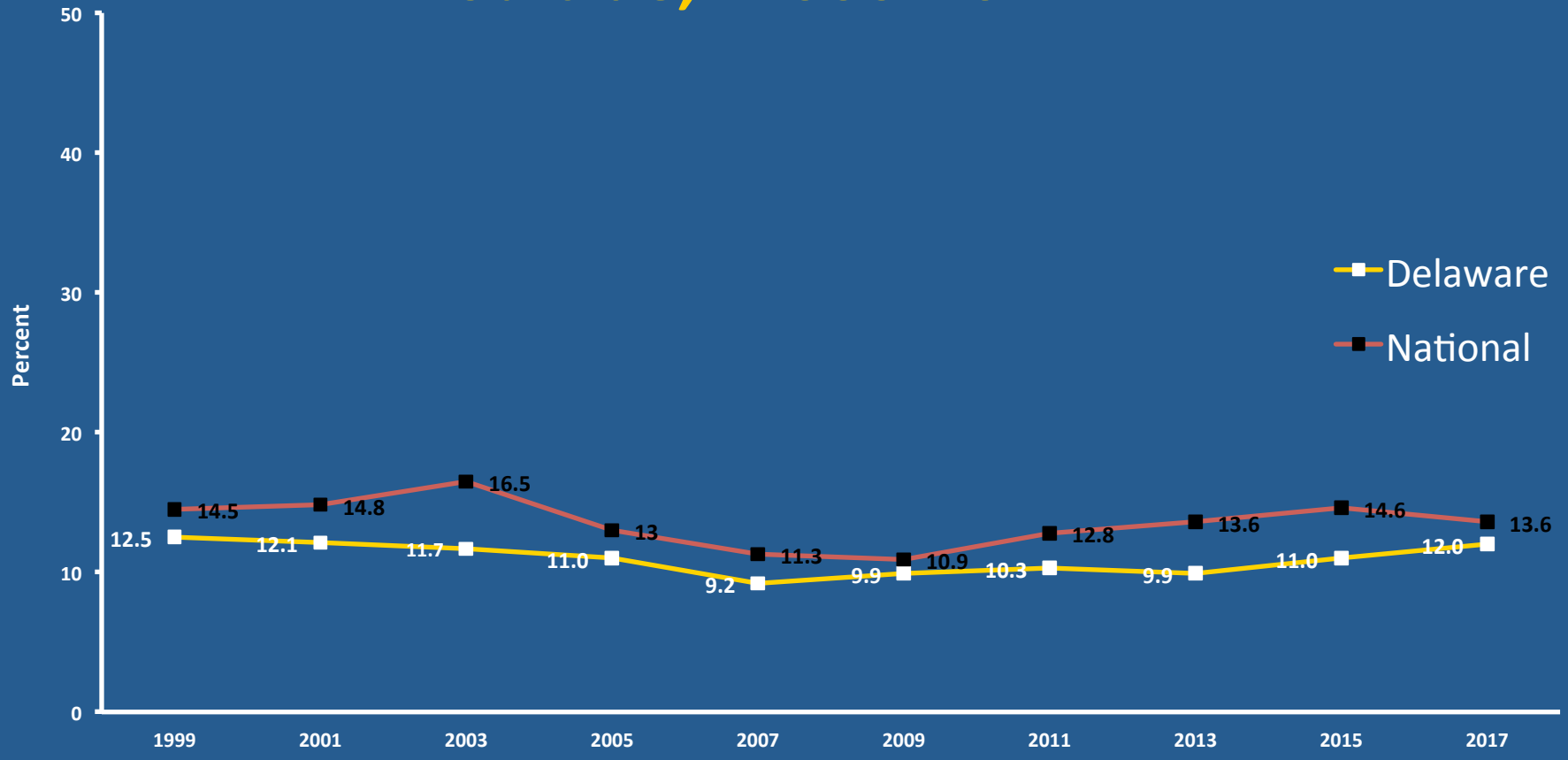
Percentage of High School Students Who Made a Plan About How They Would Attempt Suicide,* 1999-2017†



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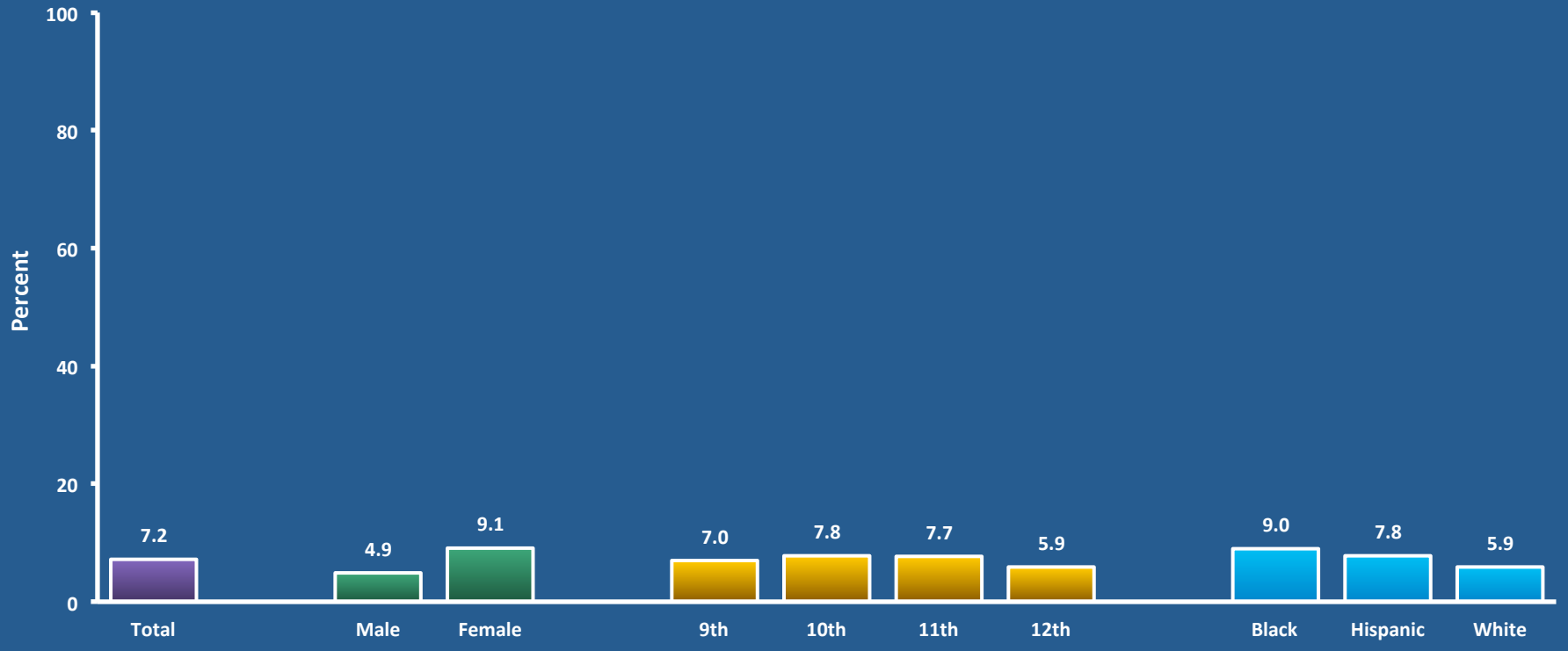
Delaware and National YRBS, 1999-2017

Percentage of High School Students Who Attempted Suicide,* 2017



*One or more times during the 12 months before the survey
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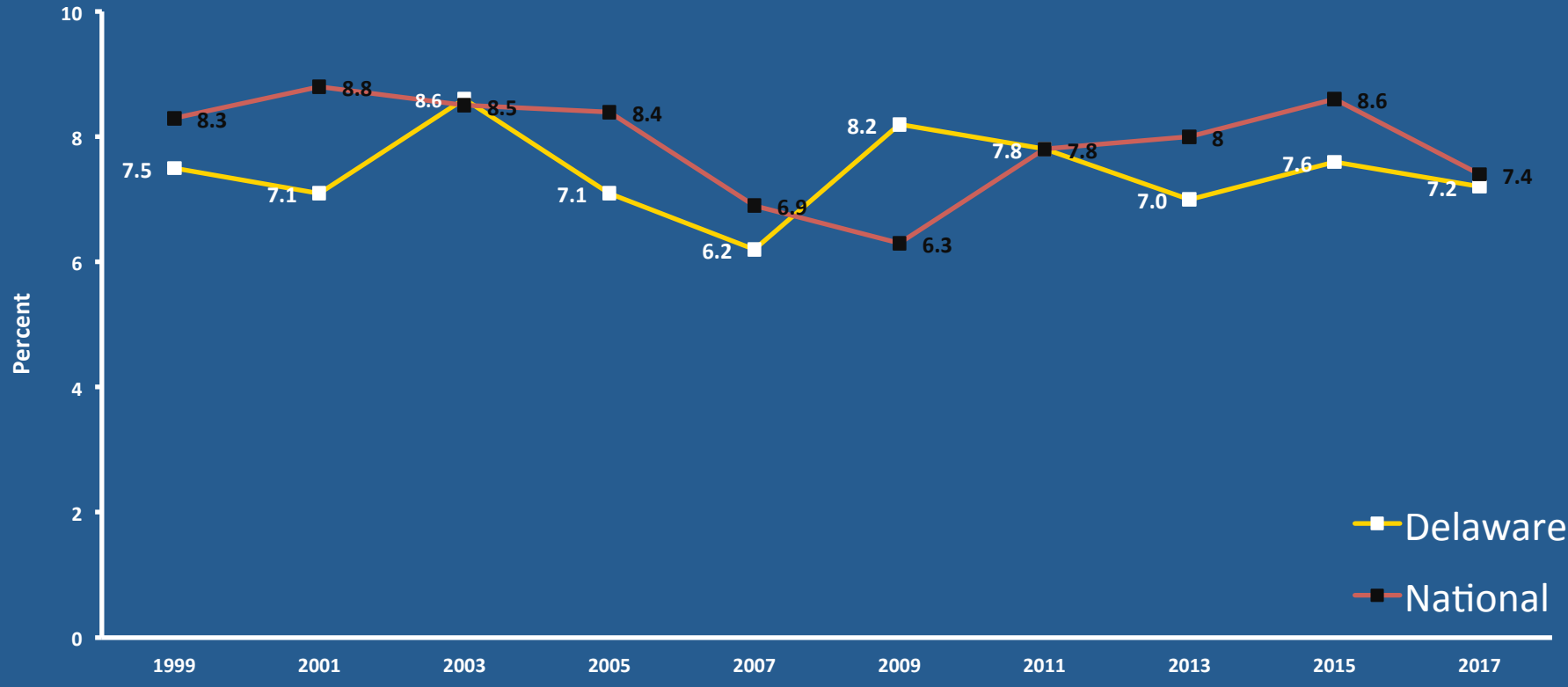

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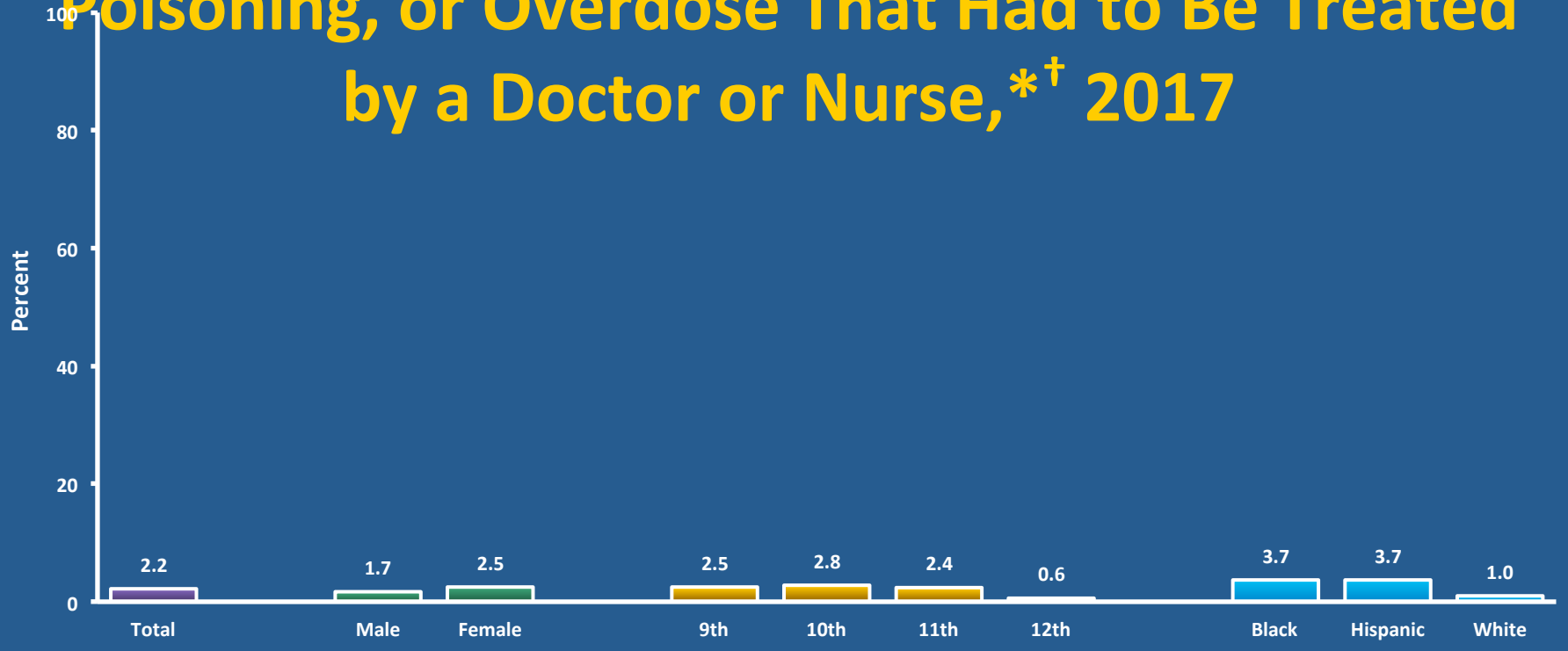
Delaware and National YRBS, 1999-2017

Percentage of High School Students Who Had a Suicide Attempt That Resulted in an Injury, Poisoning, or Overdose That Had to Be Treated by a Doctor or Nurse,*† 2017



*During the 12 months before the survey
†9th > 12th, 10th > 12th, 11th > 12th; H > W (Based on t-test analysis, $p < 0.05$.)
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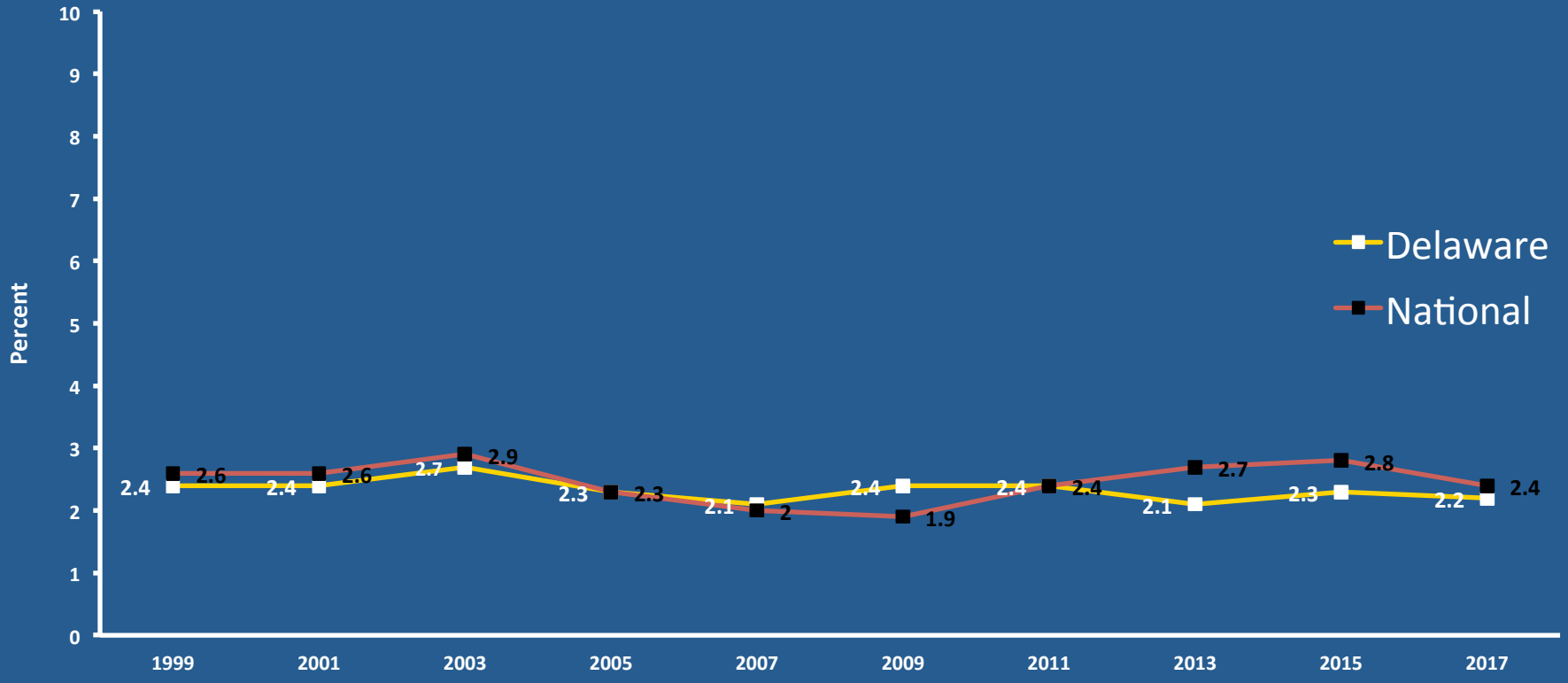
Delaware - YRBS, 2017

Percentage of High School Students Who Had a Suicide Attempt That Resulted in an Injury, Poisoning, or Overdose That Had to Be Treated by a Doctor or Nurse,* 1999-2017†



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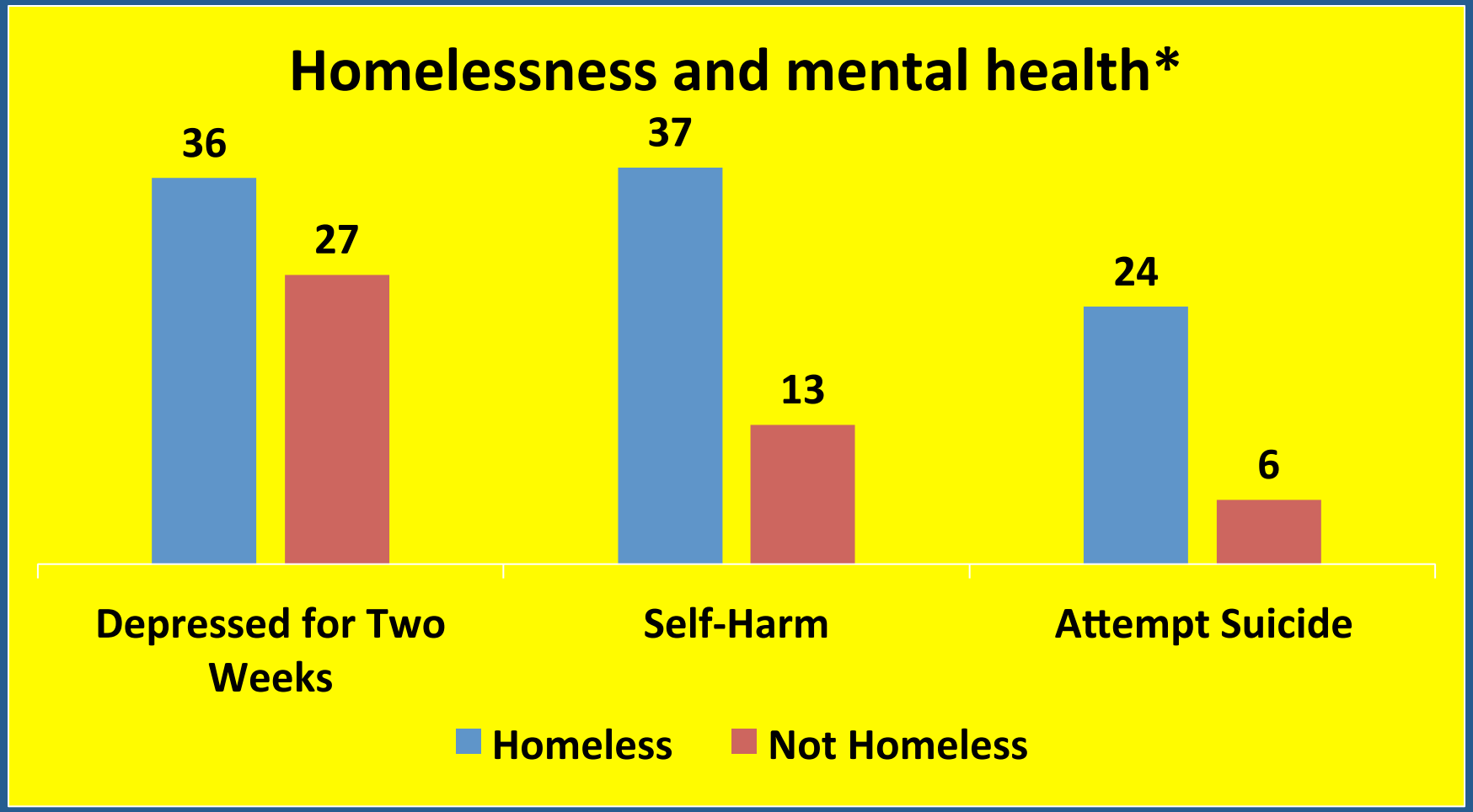
Delaware and National YRBS, 1999-2017

Mental Health and ACEs

Aggregated Statewide ACEs (%, 2017 Delaware High School YRBS)

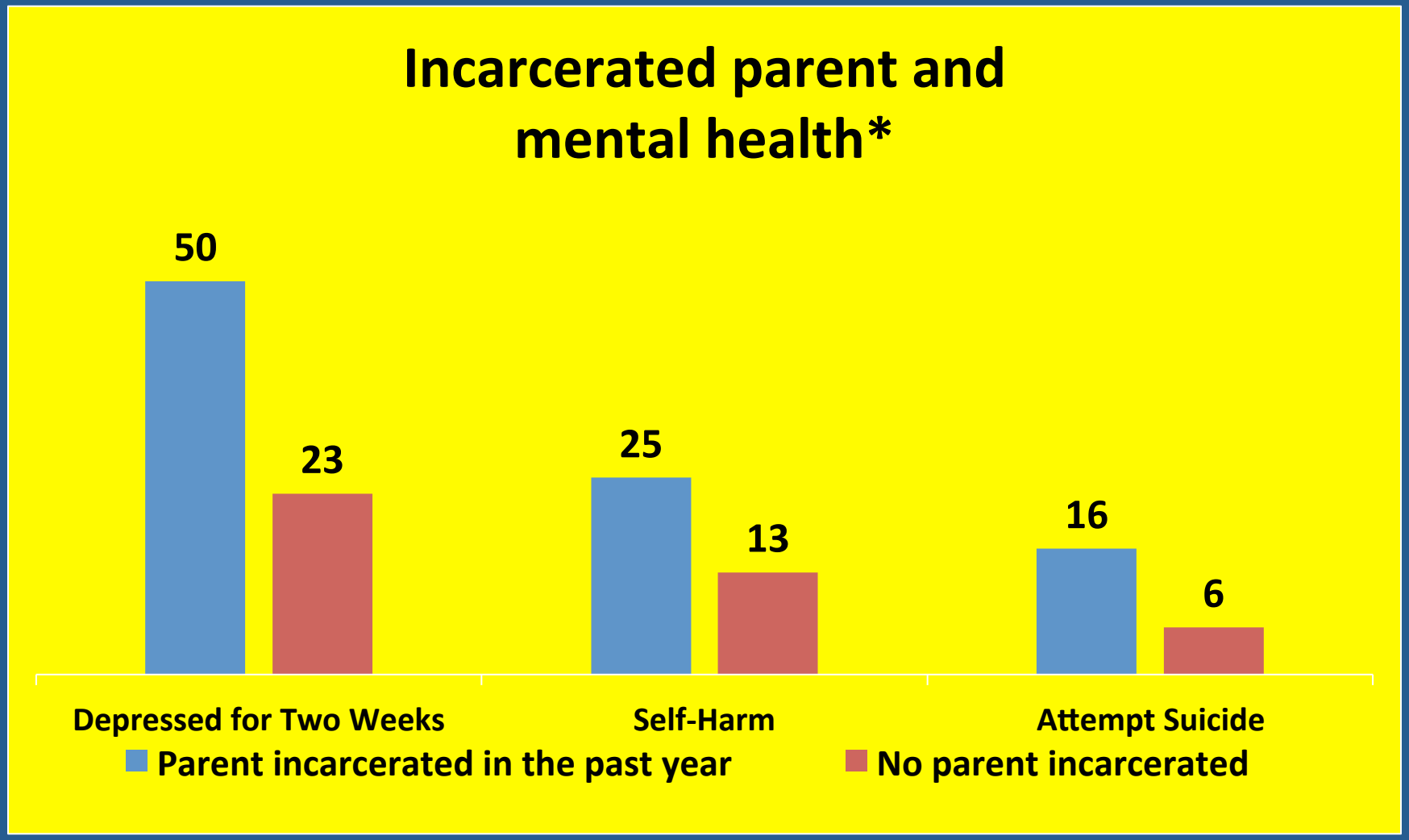
	0 ACE	1 ACE	2 or more
Statewide	57	23	20
Males	60	24	16
Females	54	22	24
New Castle	57	23	20
Males	61	24	15
Females	54	22	24
Kent	57	23	20
Males	57	26	17
Females	56	21	23
Sussex	55	23	22
Males	59	22	19
Females	52	24	25

HS: Homelessness (%)



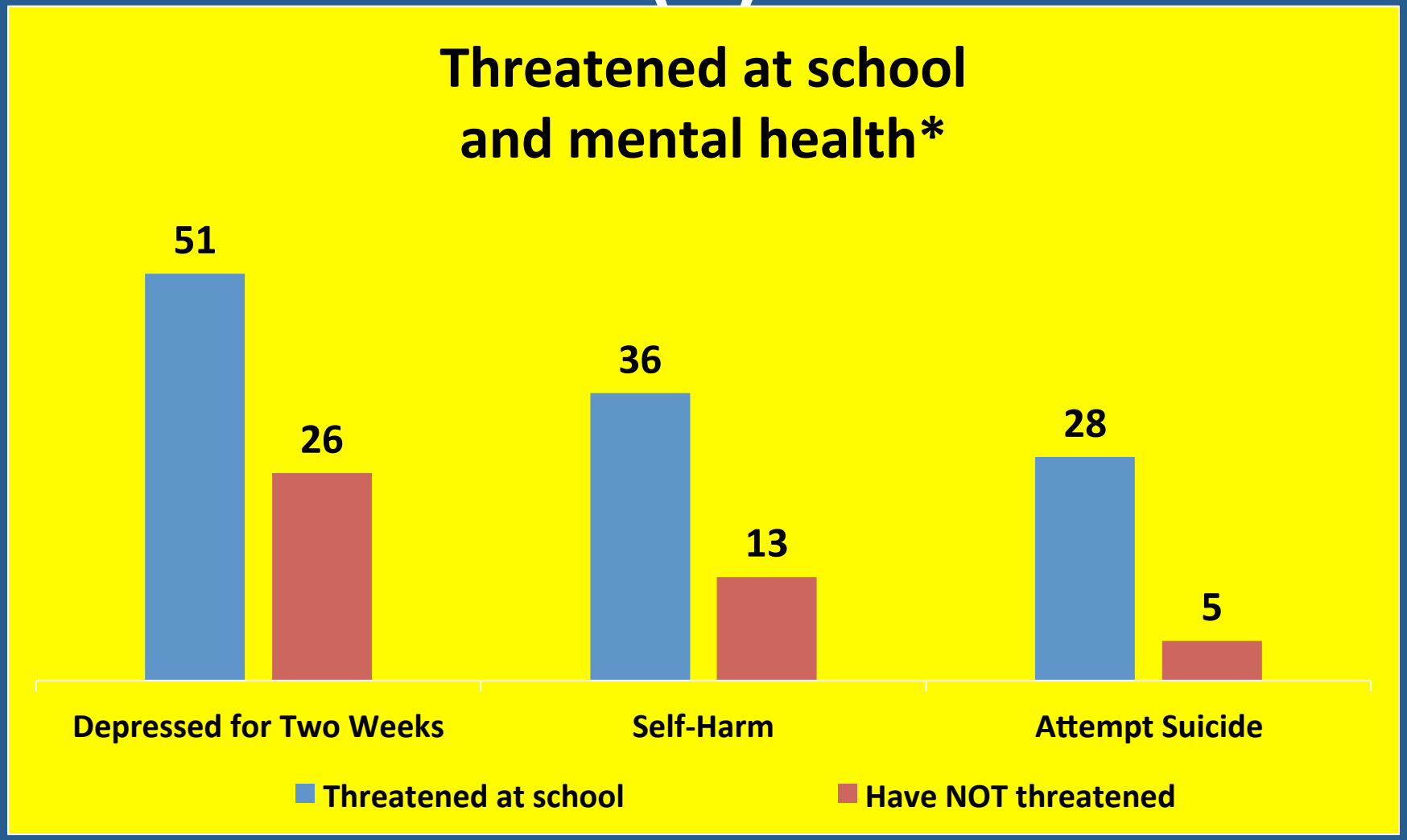
2017 Delaware High School YRBS
*Mental health indicators asked regarding the previous 12 months

HS: Parental Incarceration (%)



2017 Delaware High School YRBS
*Mental health indicators asked regarding the previous 12 months

HS: Exposure to Violence Indicators (%)



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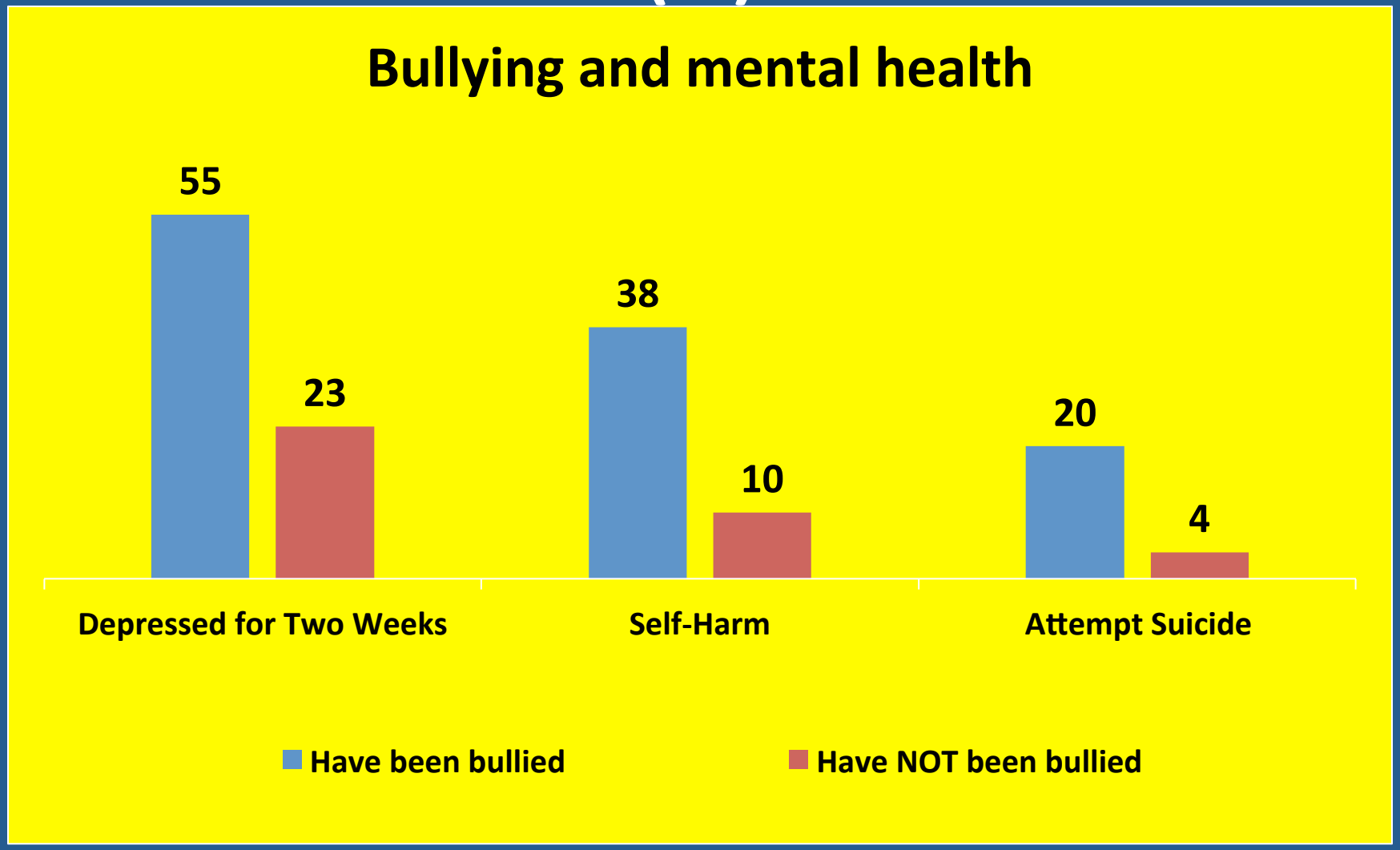

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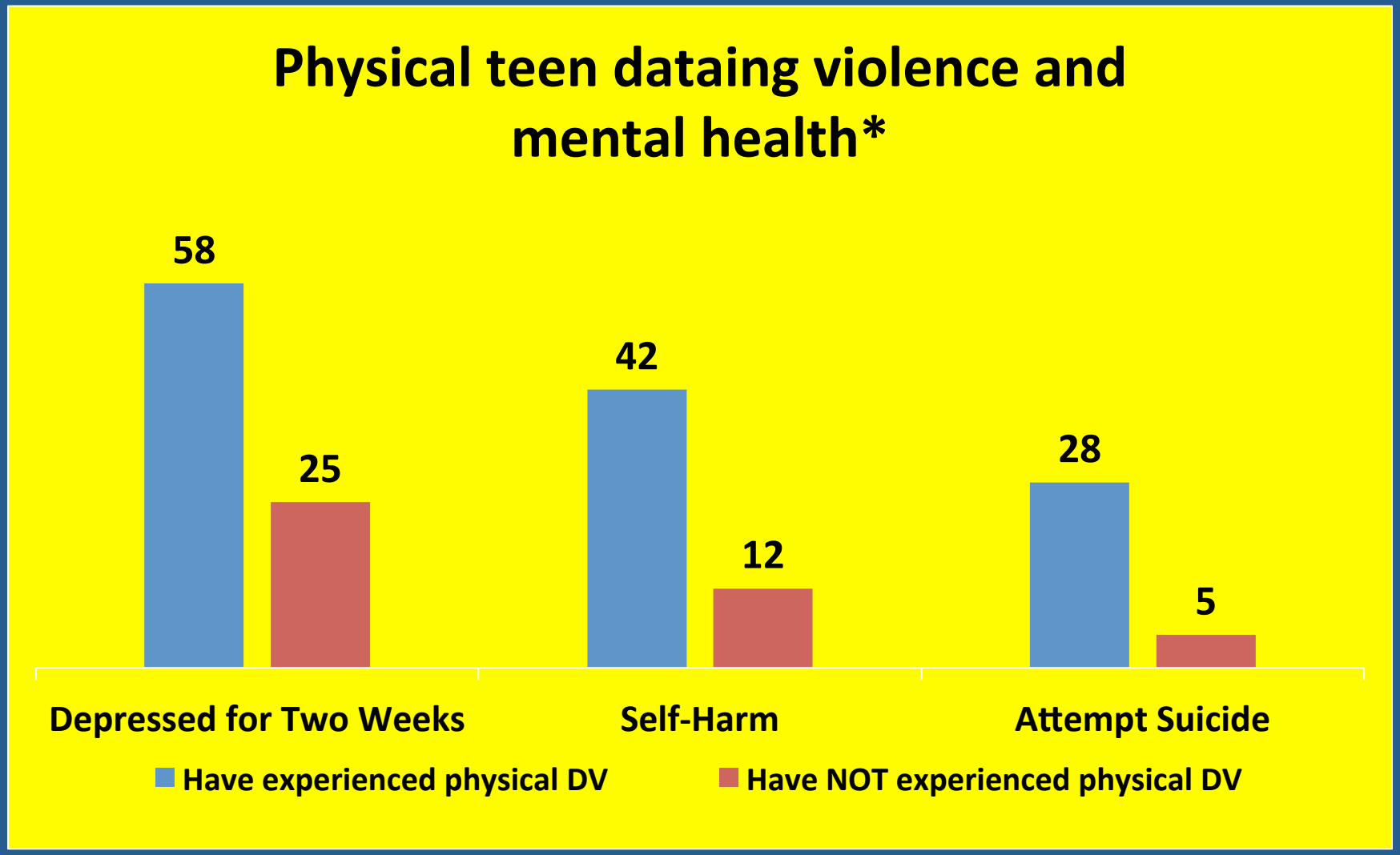

2017 Delaware High School YRBS

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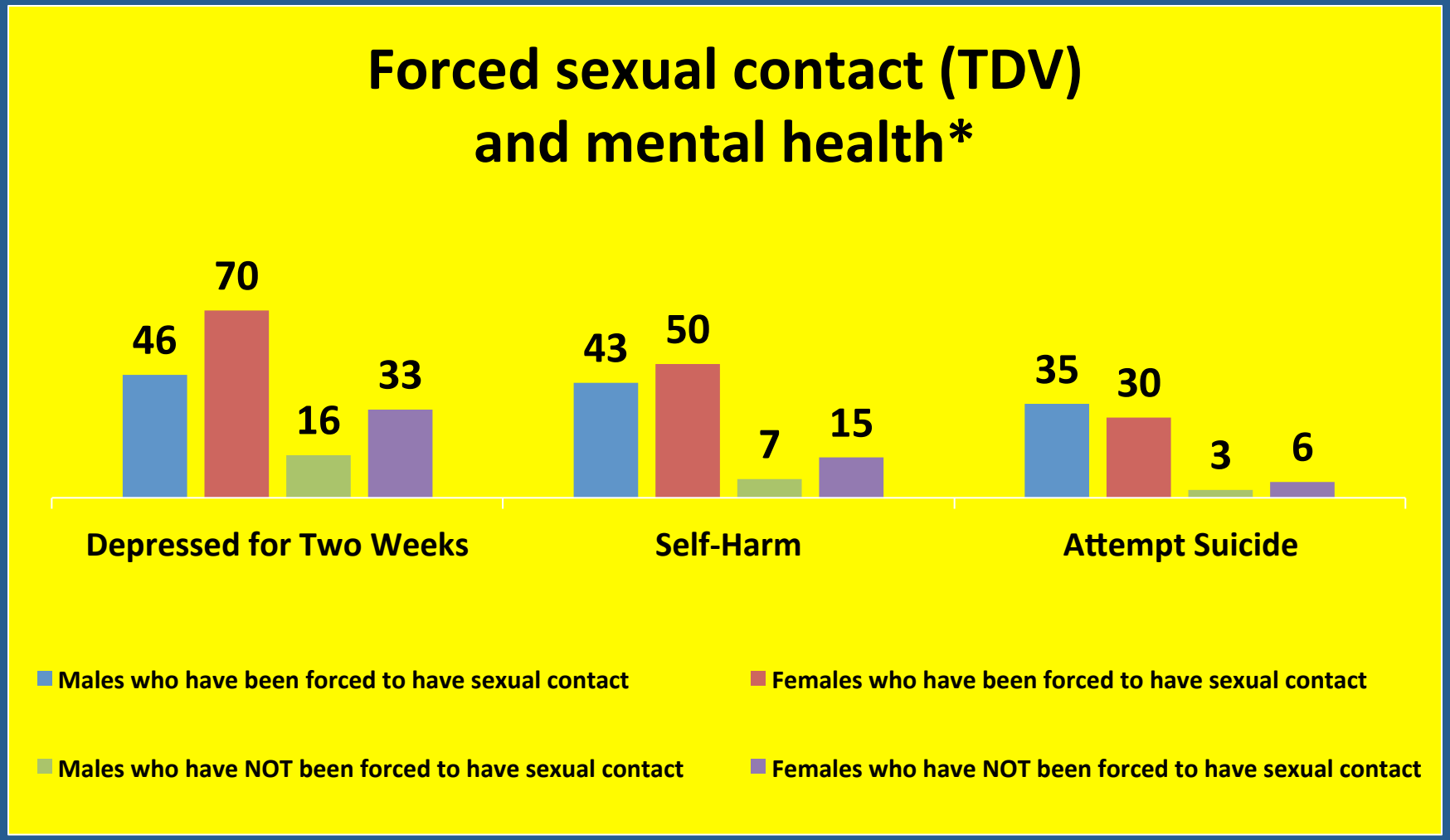
HS: Exposure to violence indicators (%)



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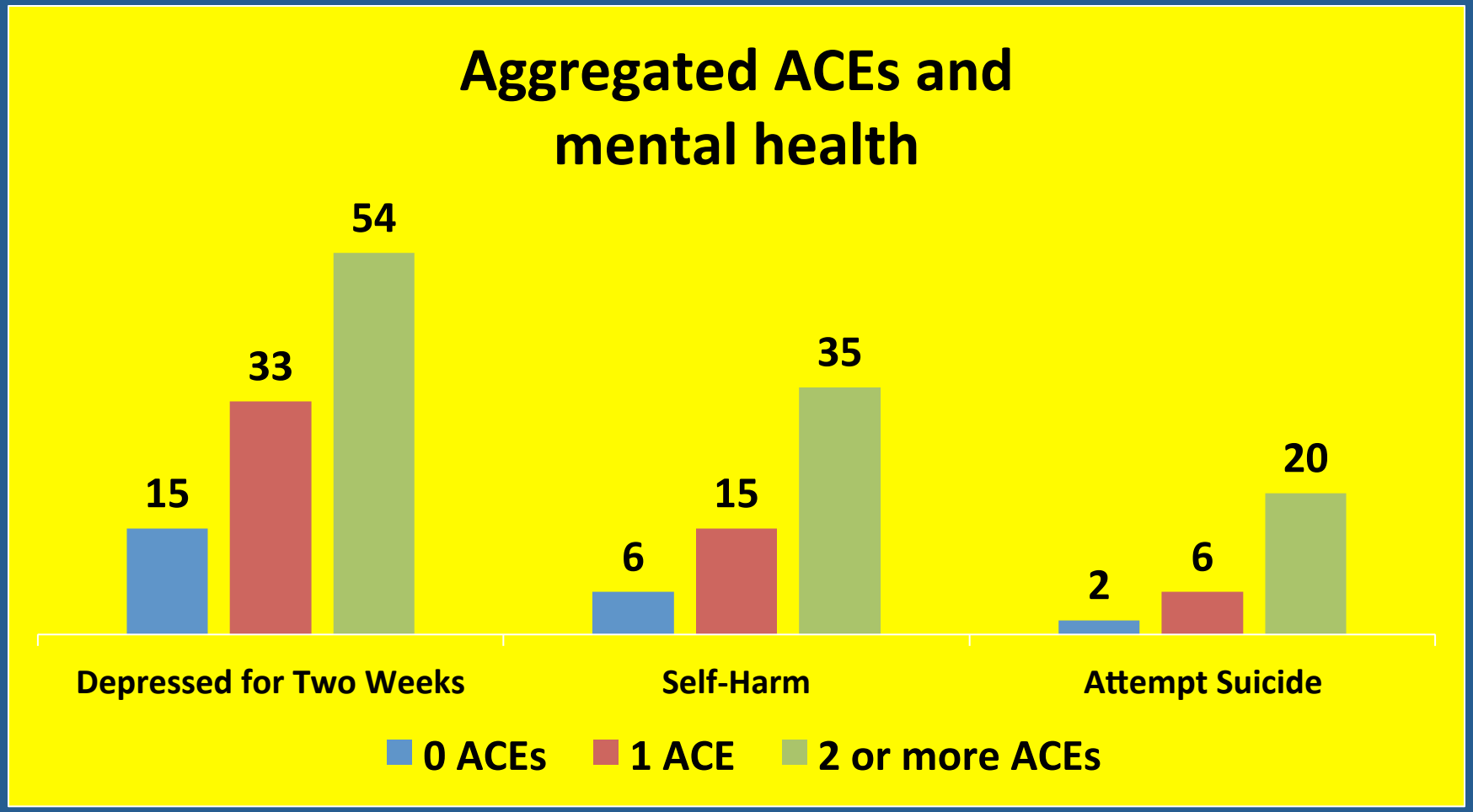
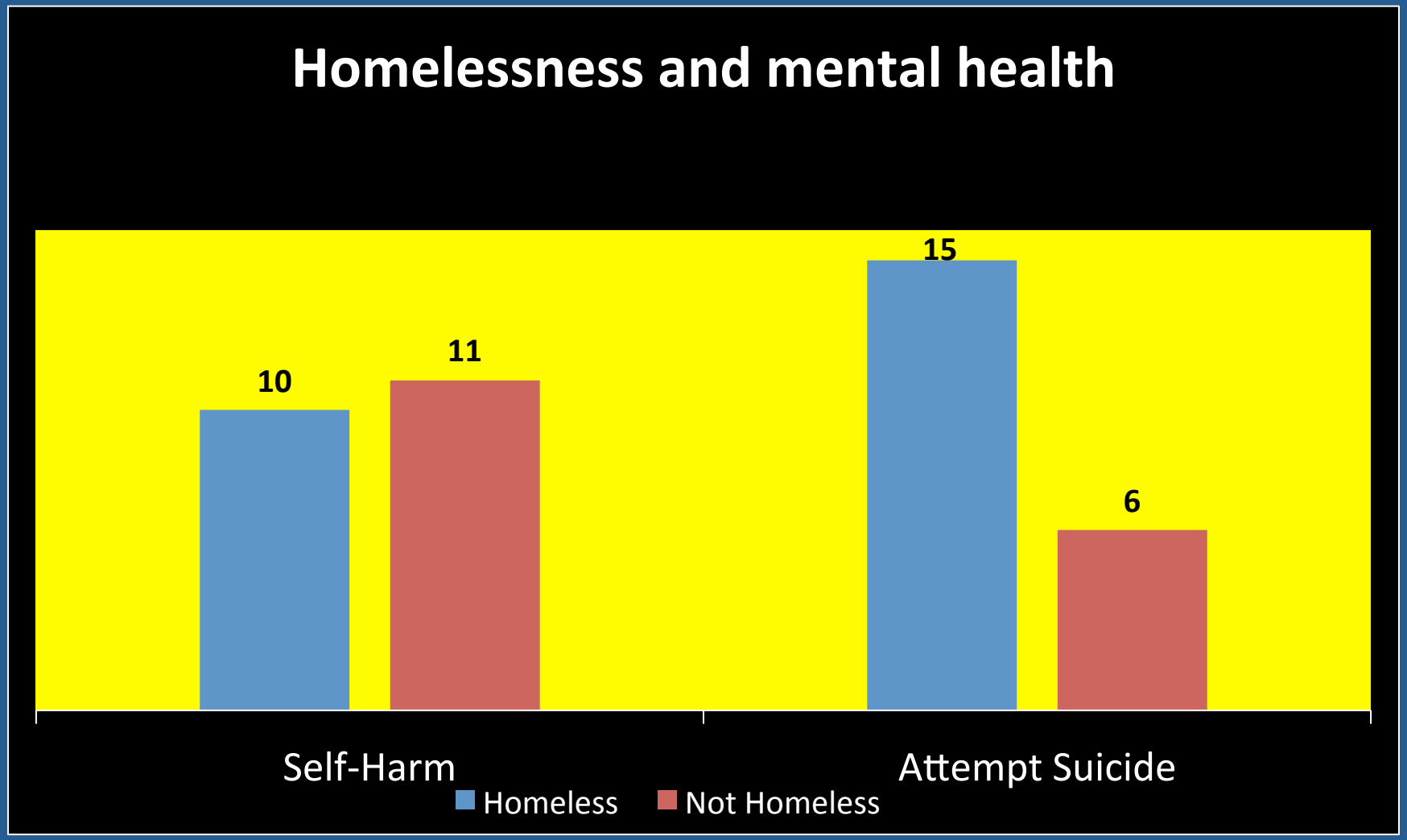
HS: Aggregated ACEs and Mental Health (%)



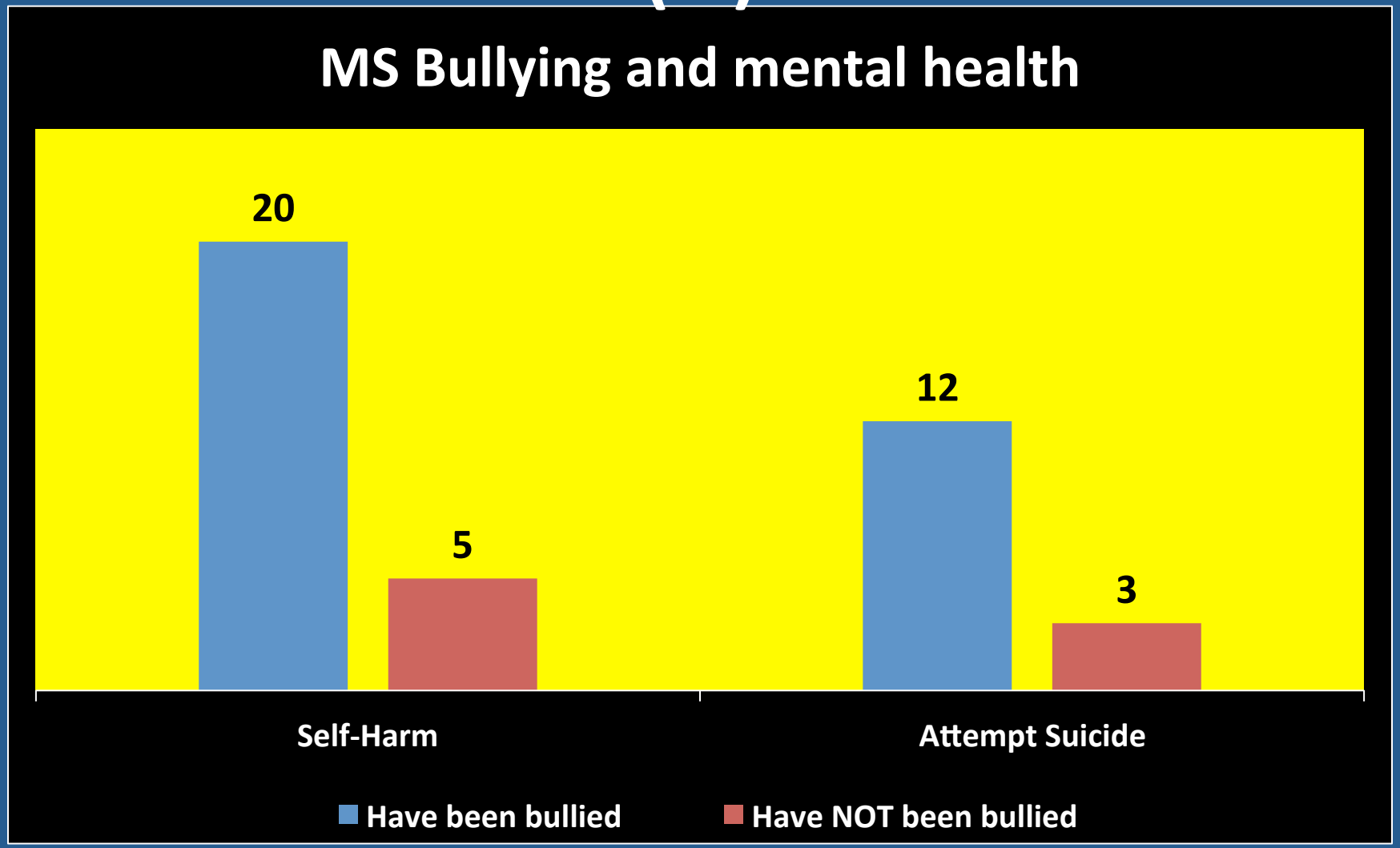
2017 Delaware High School YRBS

MS: Homelessness (%)



2017 Delaware Middle School YRBS

MS: Exposure to Violence Indicators (%)



2017 Delaware Middle School YRBS

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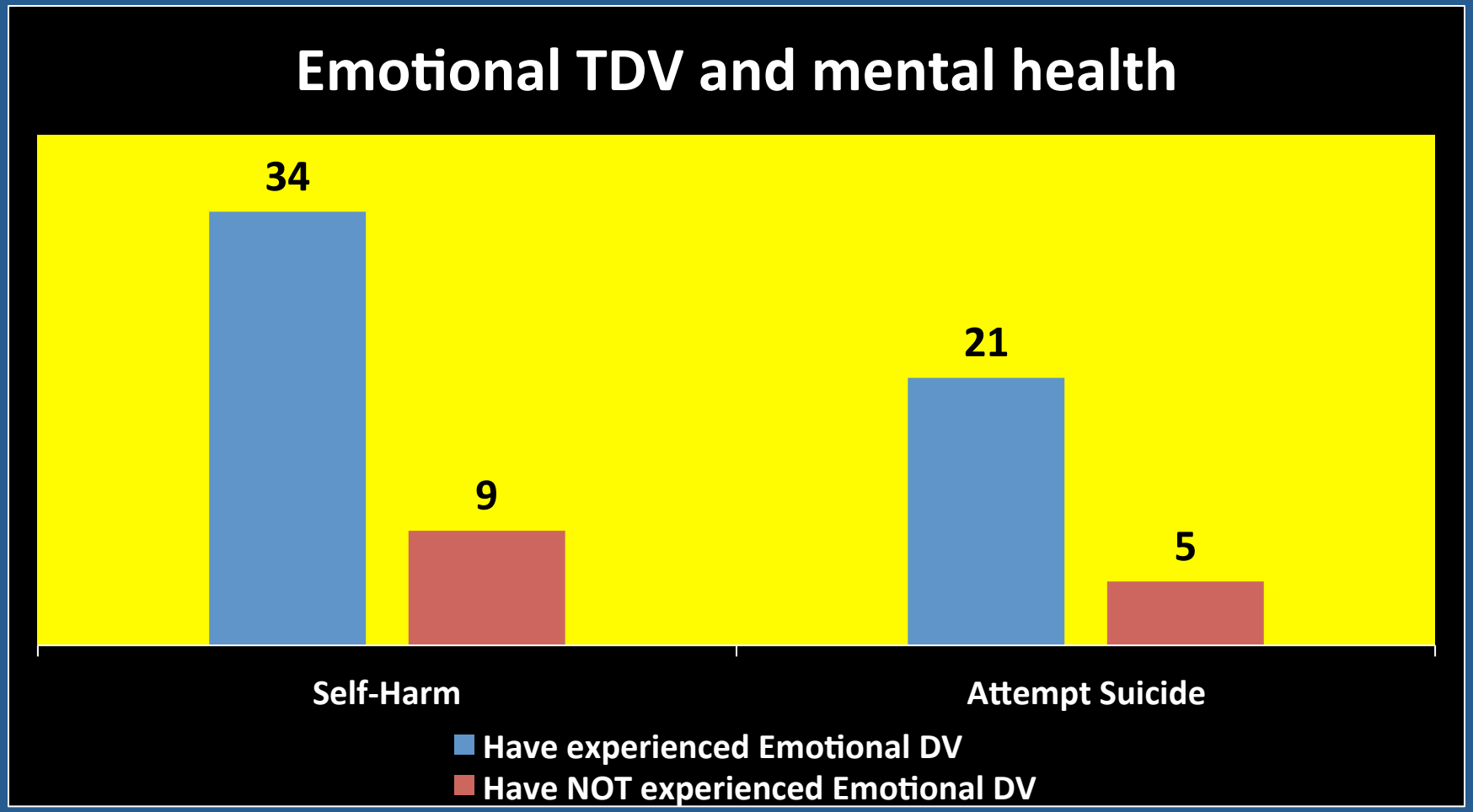

2017 Delaware Middle School YRBS

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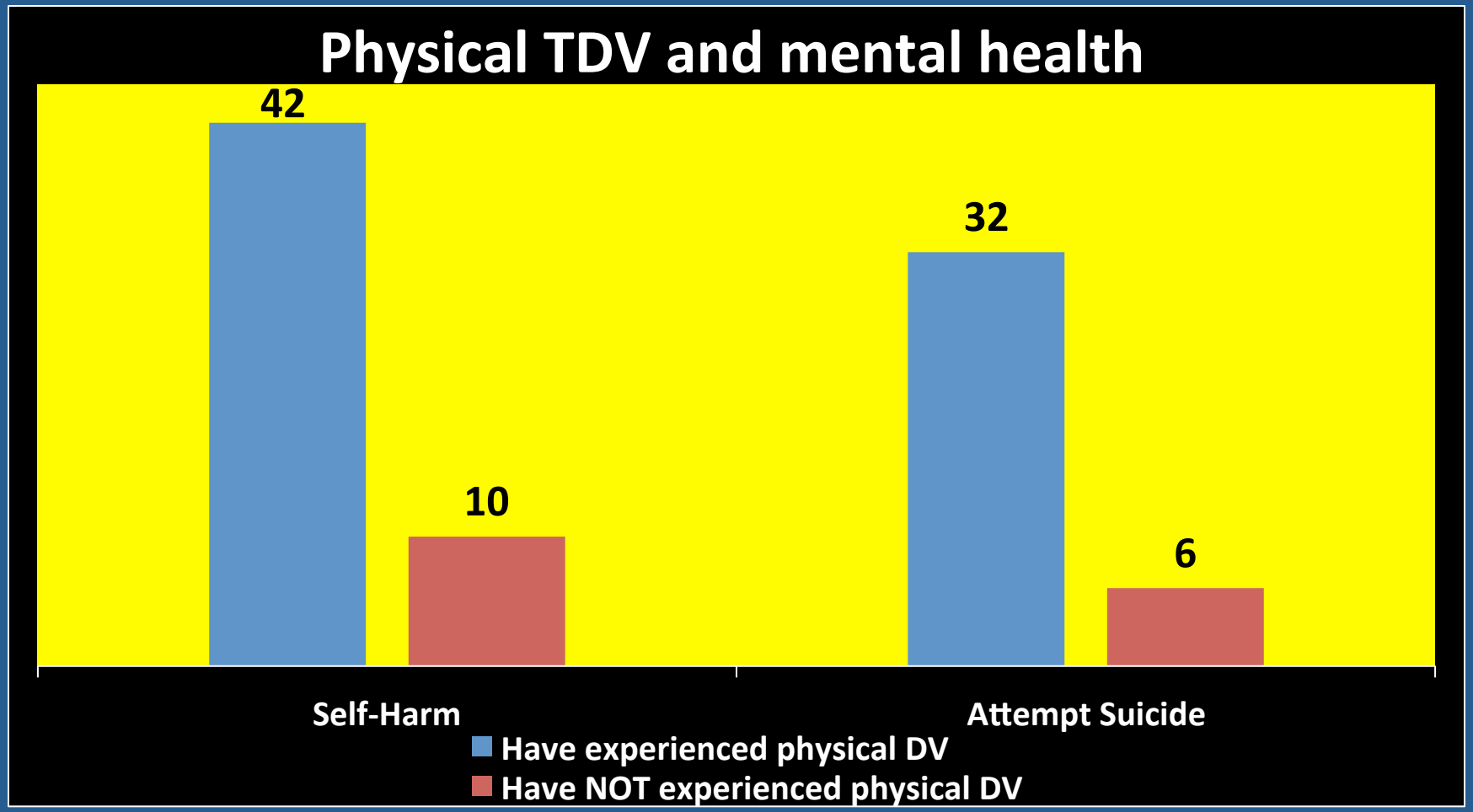
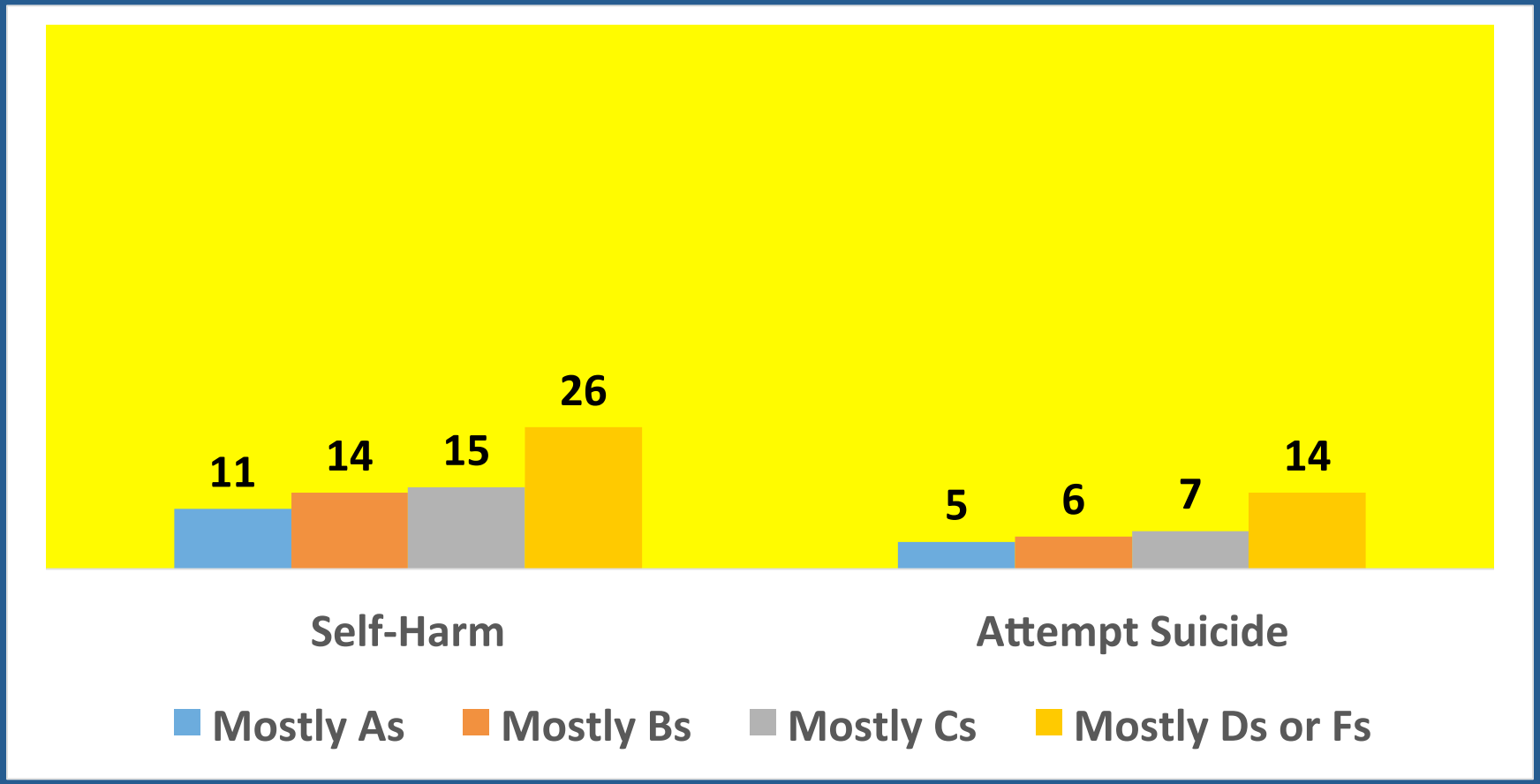


2017 Delaware Middle School YRBS

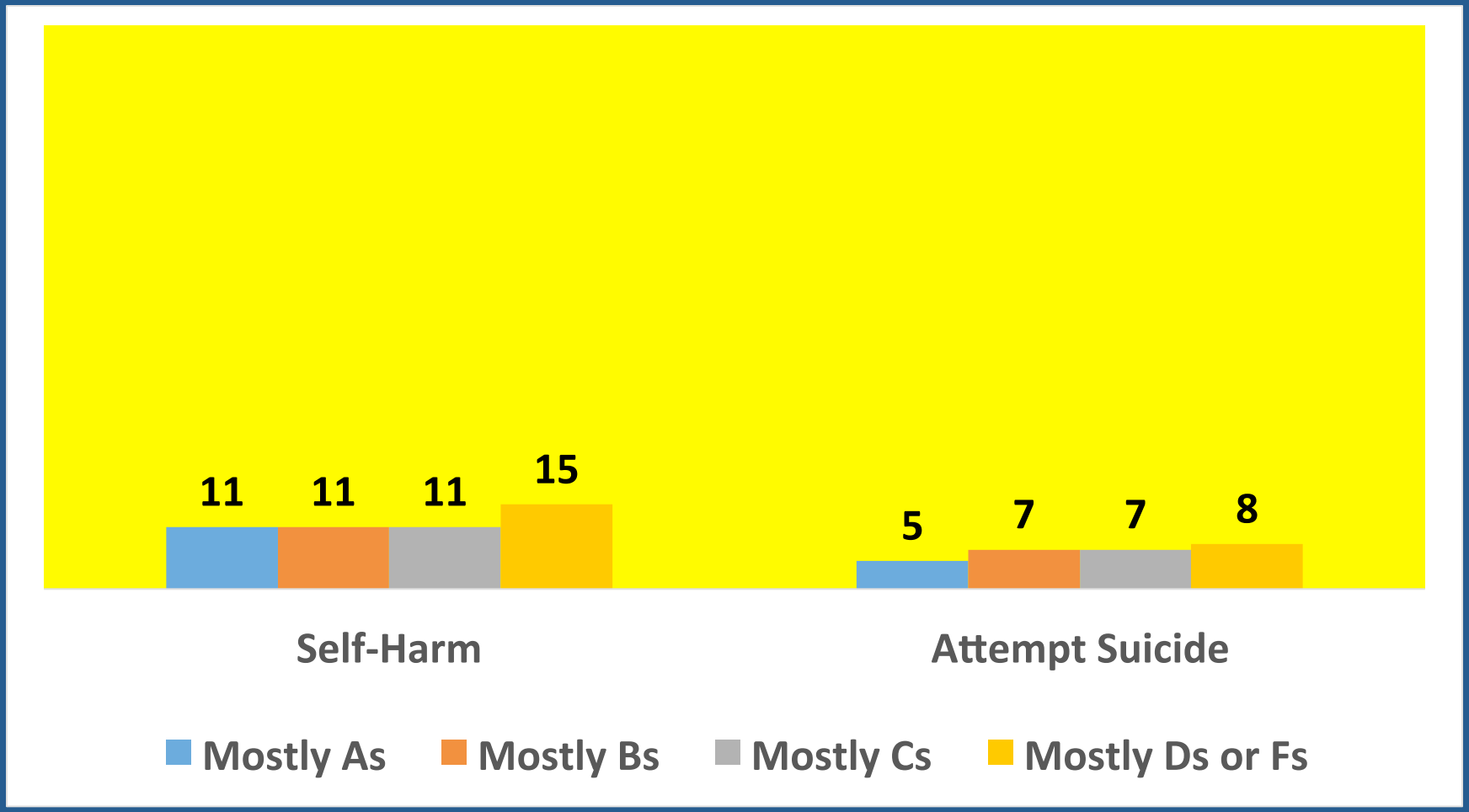
Protective Factors

HS Academic Achievement and Mental Health* (%)



2017 Delaware High School YRBS
*Mental health indicators asked regarding the previous 12 months

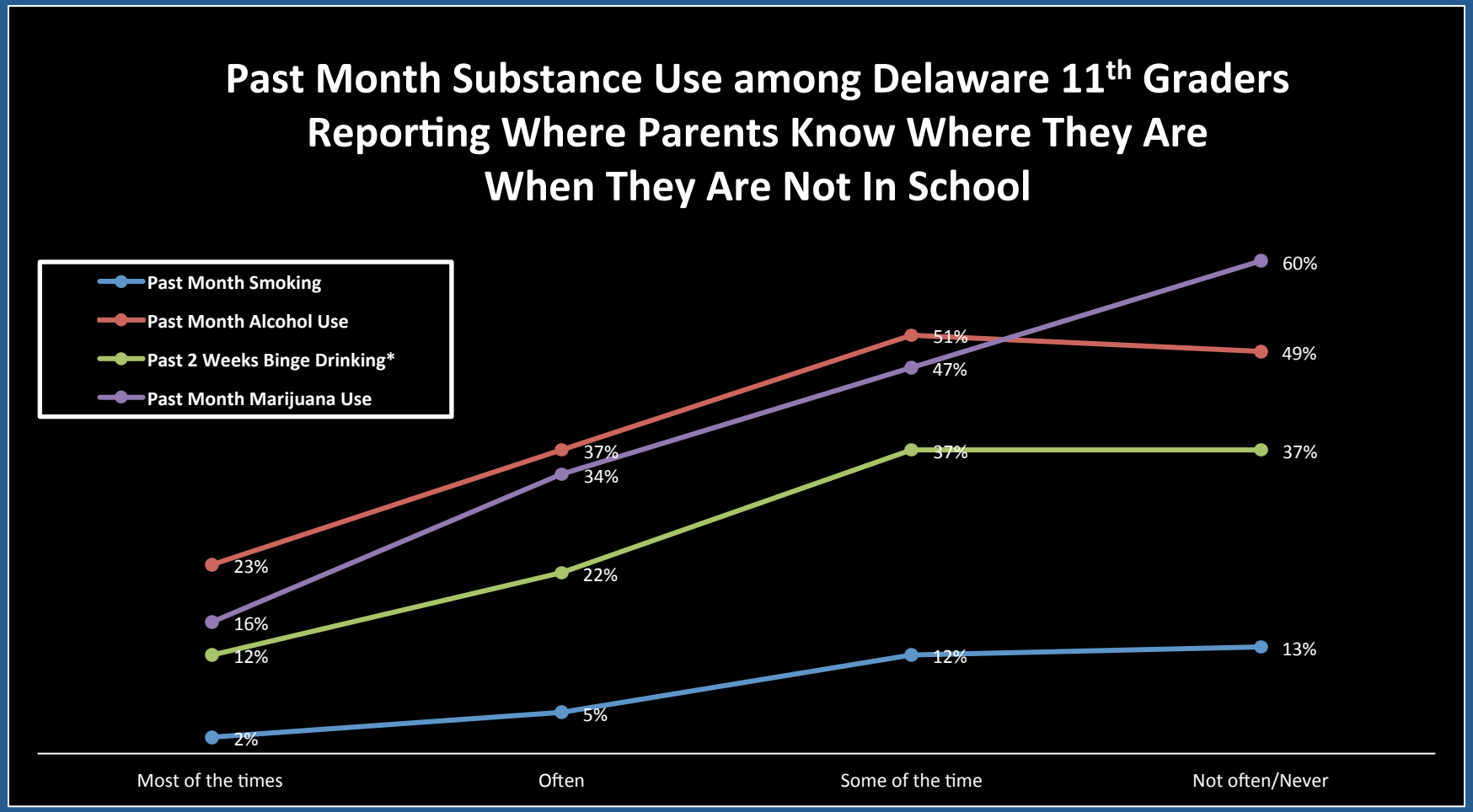
MS Academic Achievement and Mental Health* (%)



2017 Delaware Middle School YRBS

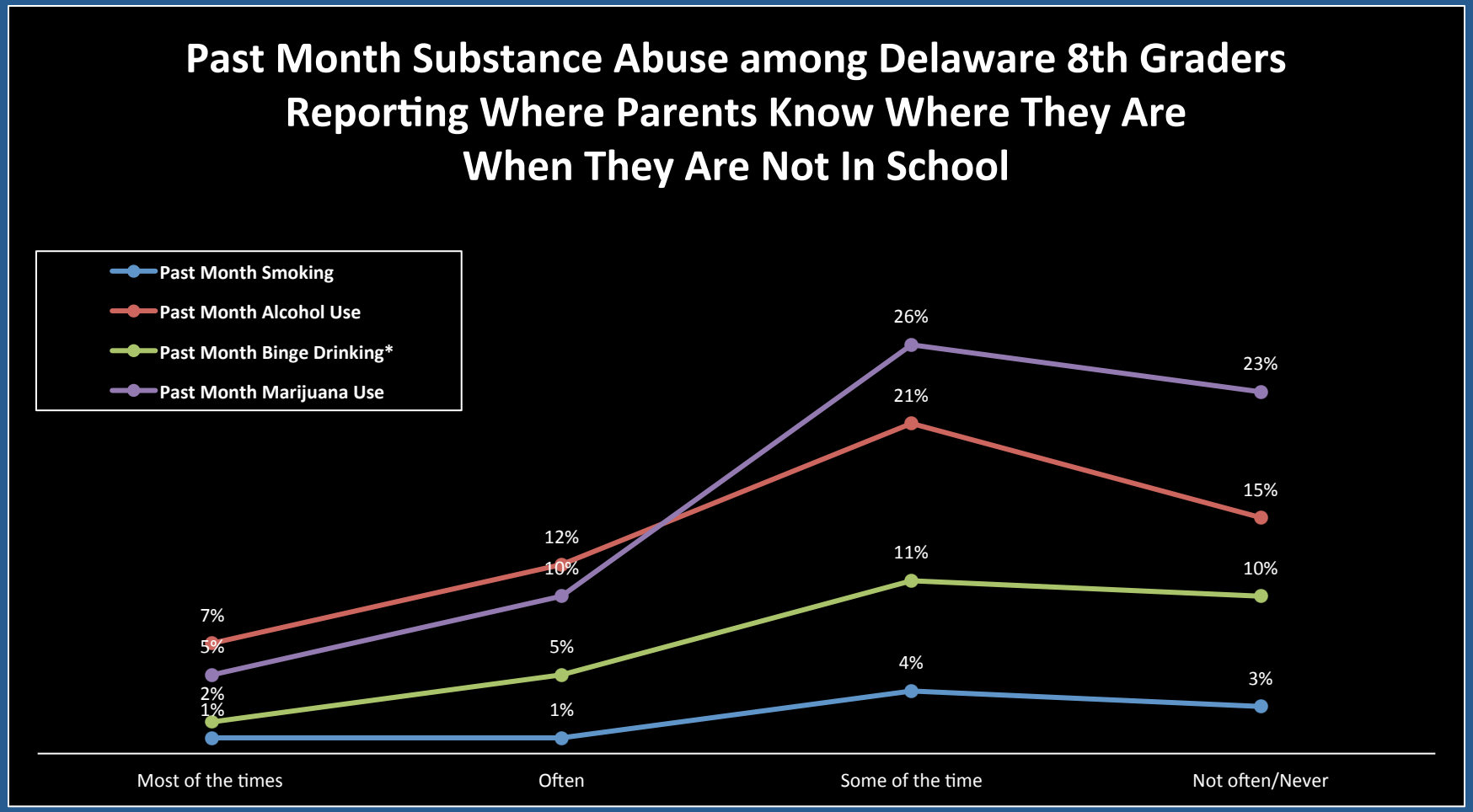
*"Self harm" refers to the previous 12 months; "attempted suicide" refers to lifetime experience.

Protective and substance use



2017 Delaware School Survey (Secondary)

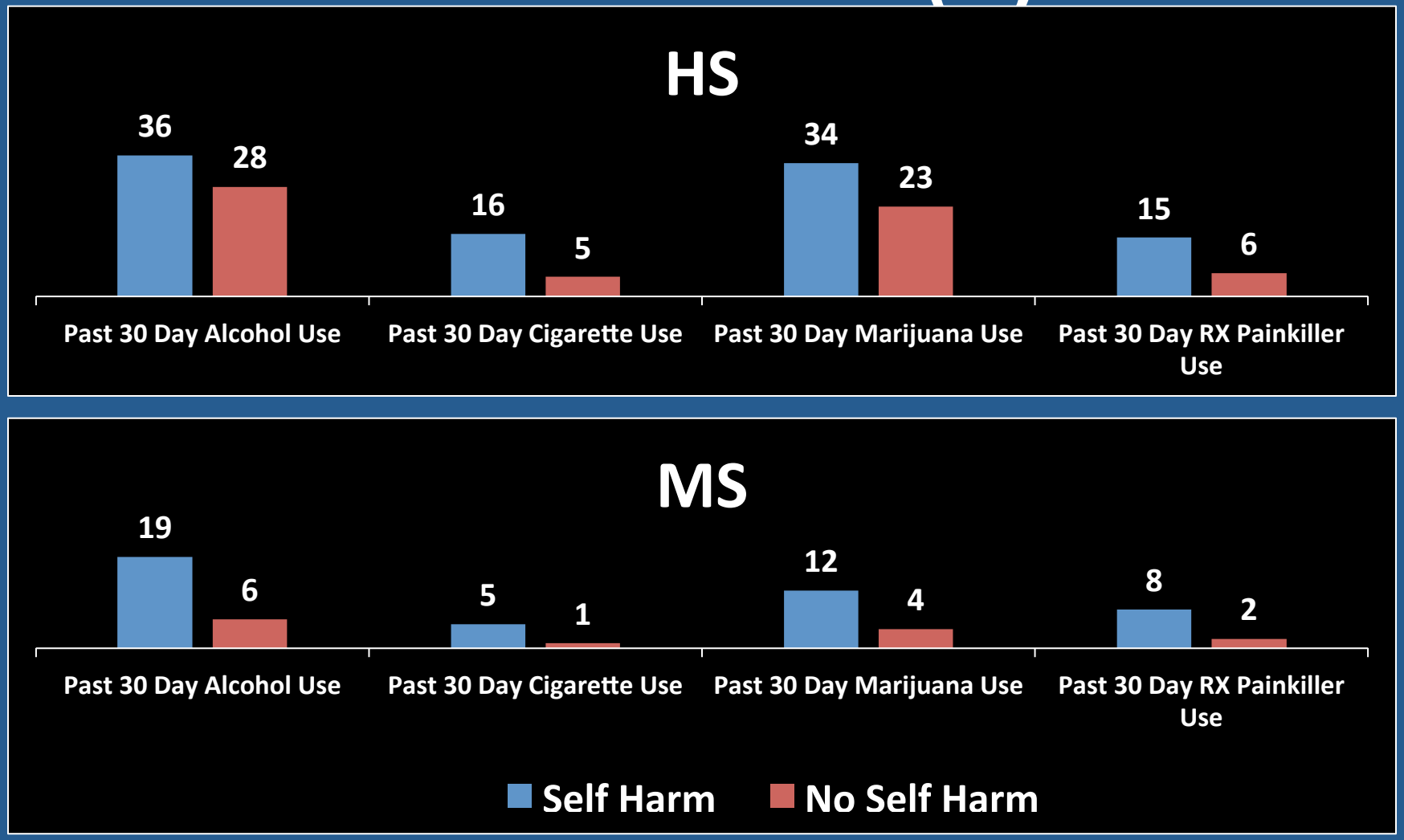
Protective and substance use



2017 Delaware School Survey (Secondary)

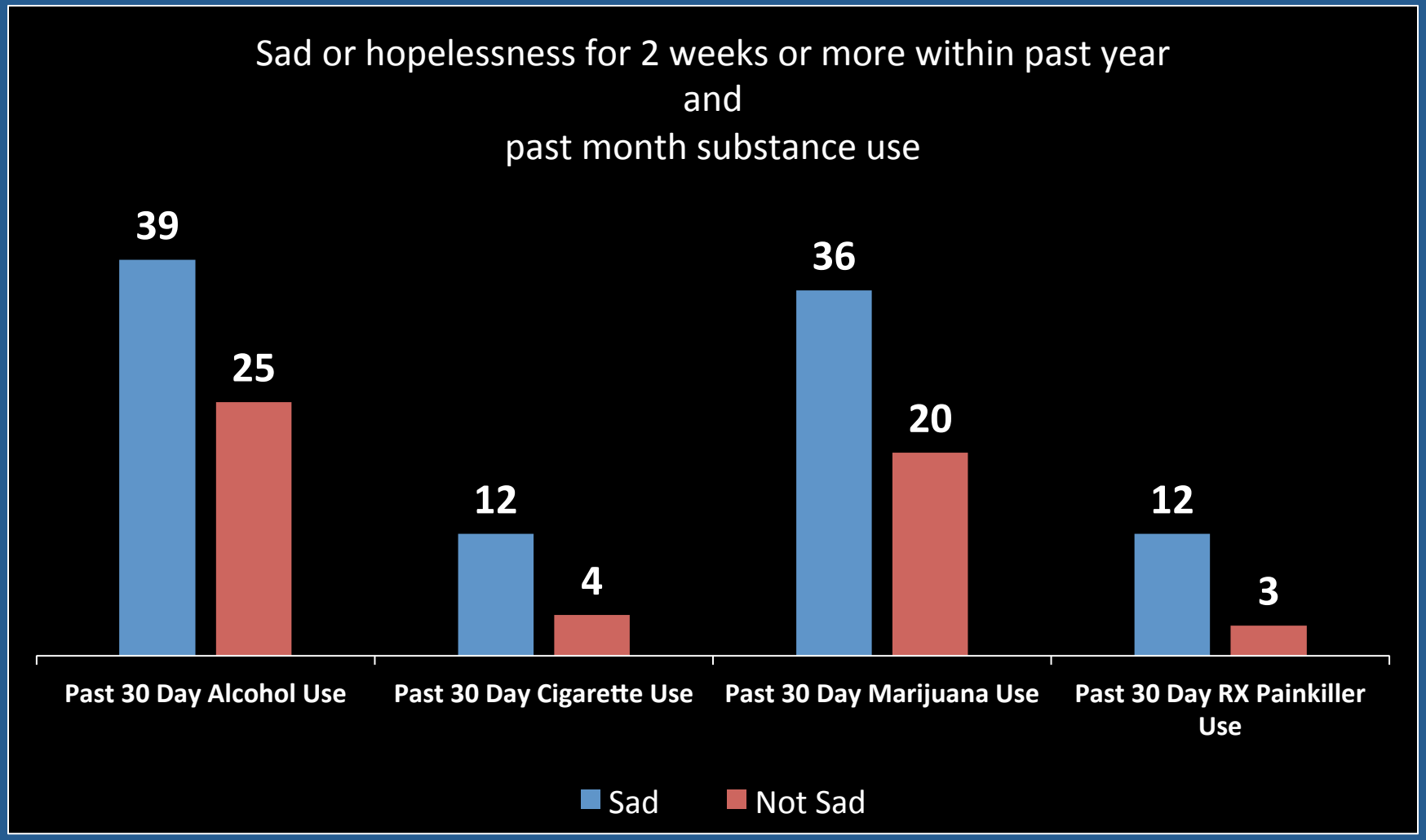
Substance Use and Mental Health

Self Harm* and Past Month Substance Use (%)



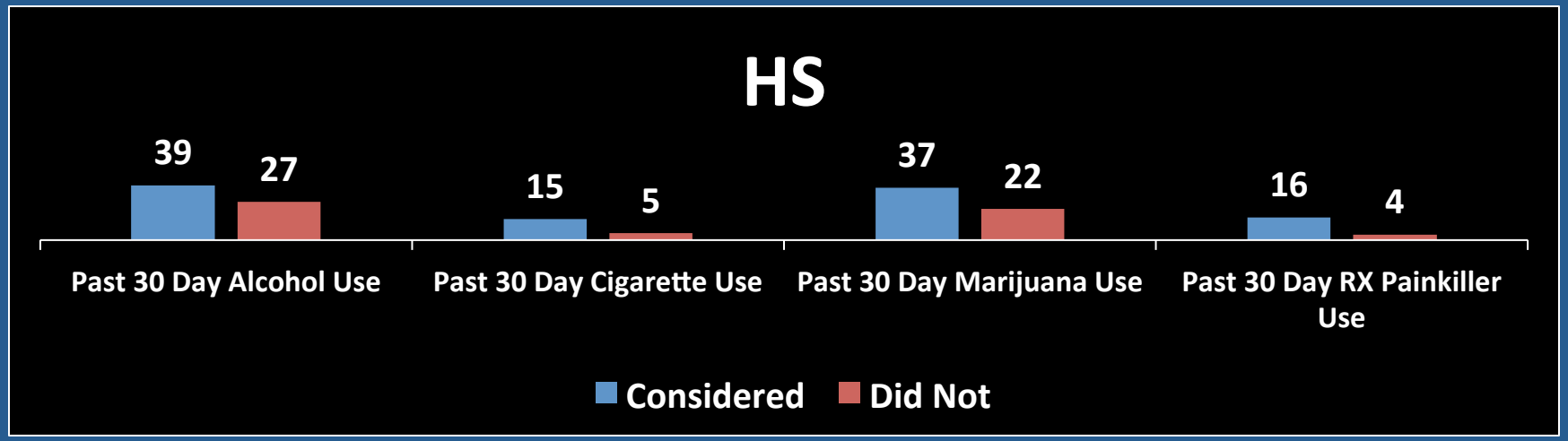
2017 Delaware HS and MS YRBS *Self harm refers to previous 12 months.

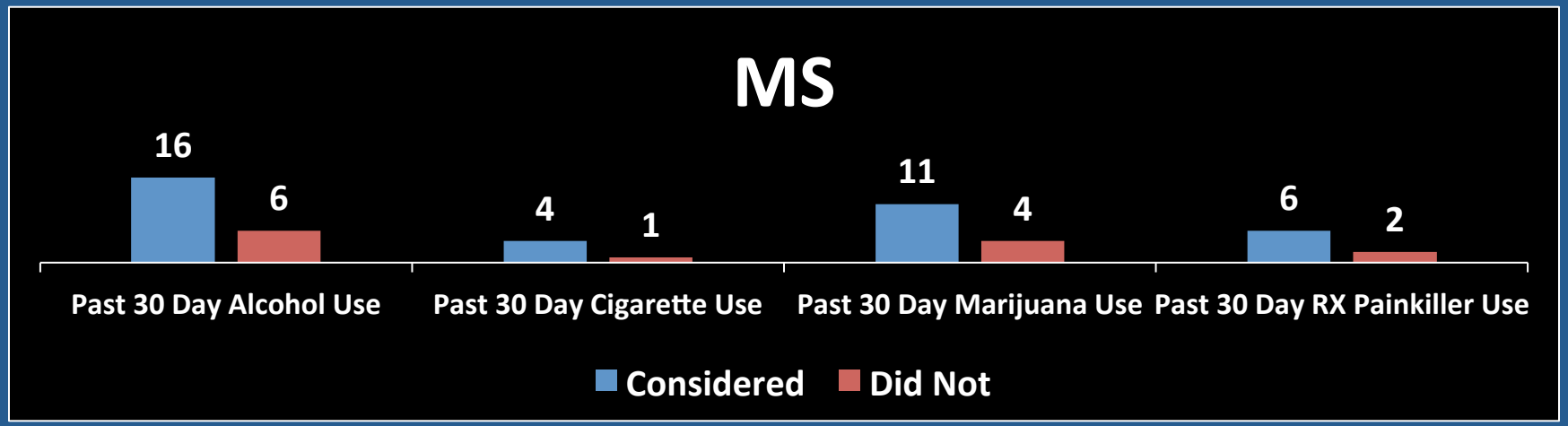
HS: Sad/Hopelessness and past month substance use (%)



2017 Delaware HS and MS YRBS

Seriously considered suicide* and past month substance use

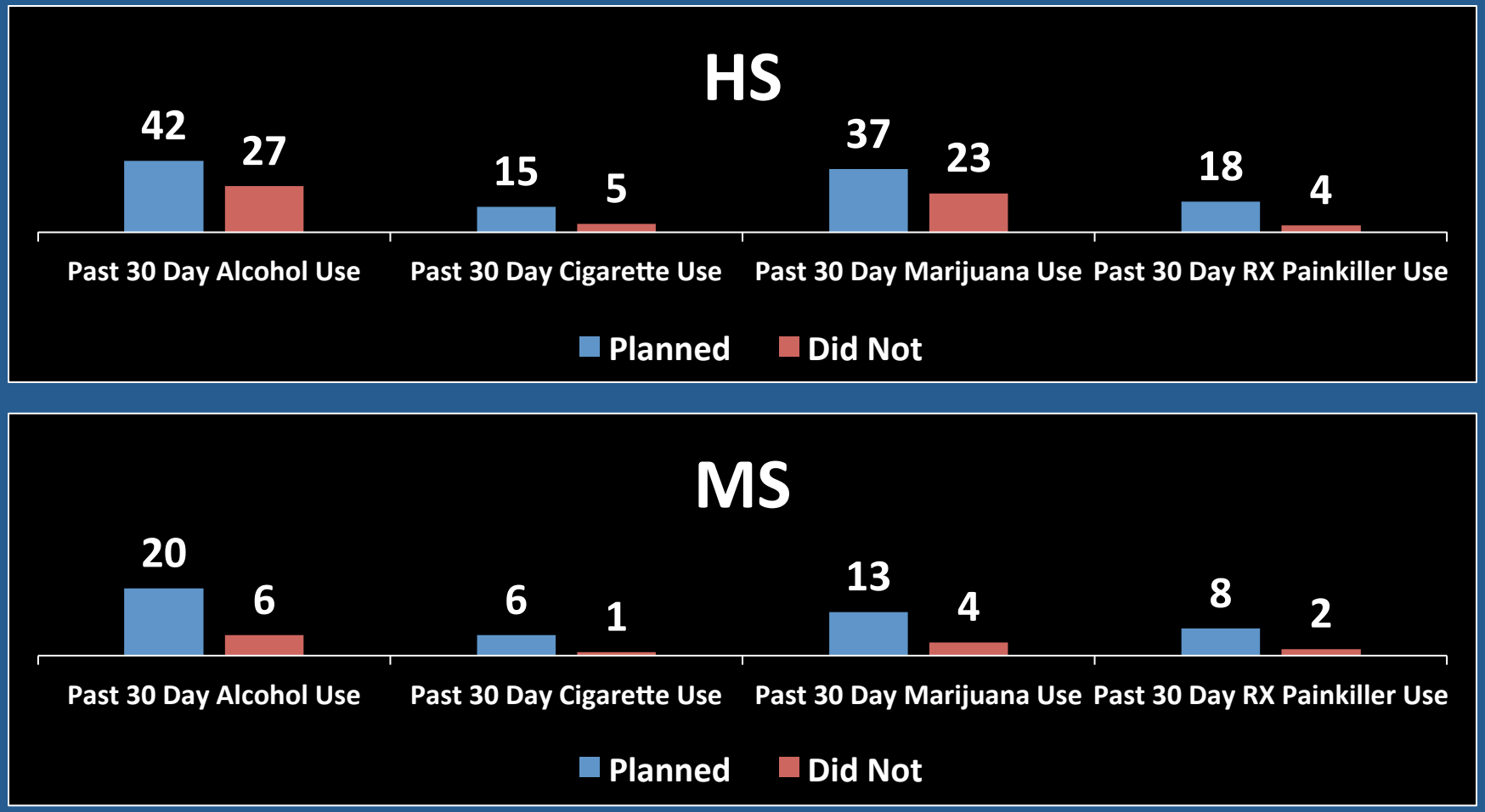




2017 Delaware HS and MS YRBS

*Mental health indicator refers to past 12 months for HS; refers to lifetime for middle school.

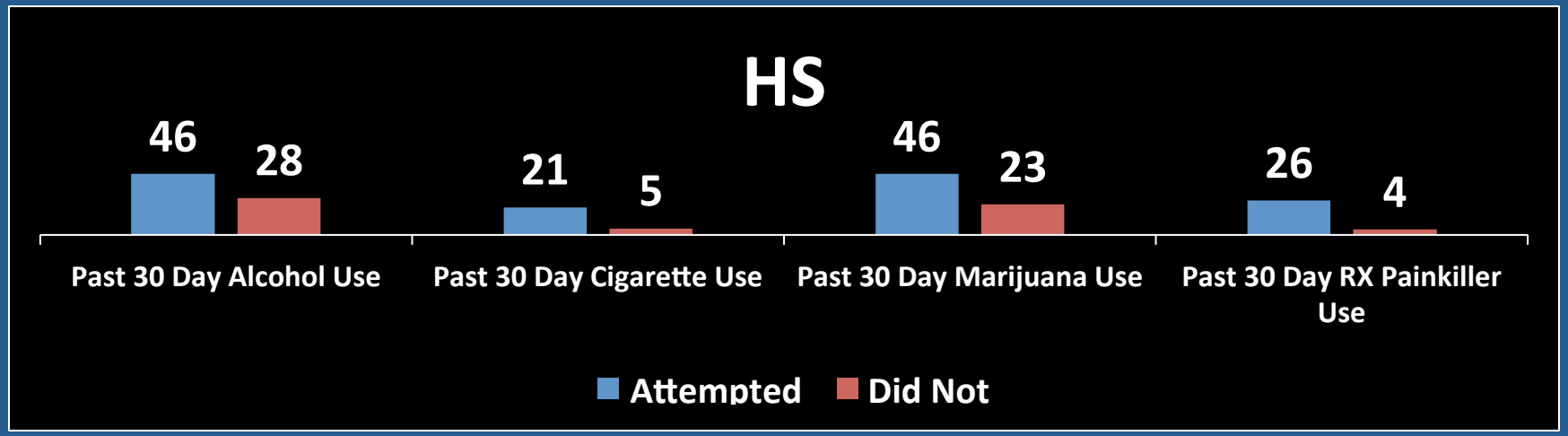
Planned suicide* and past month substance use (%)

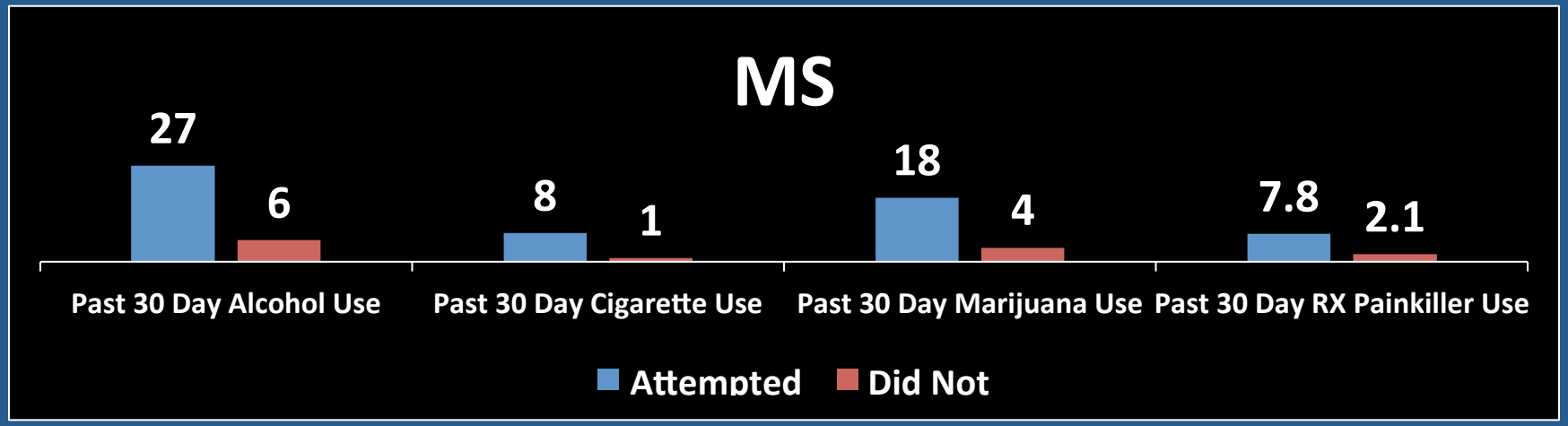


2017 Delaware HS and MS YRBS

*Mental health indicator refers to past 12 months for HS; refers to lifetime for middle school.

Attempted suicide* and past month substance use (%)

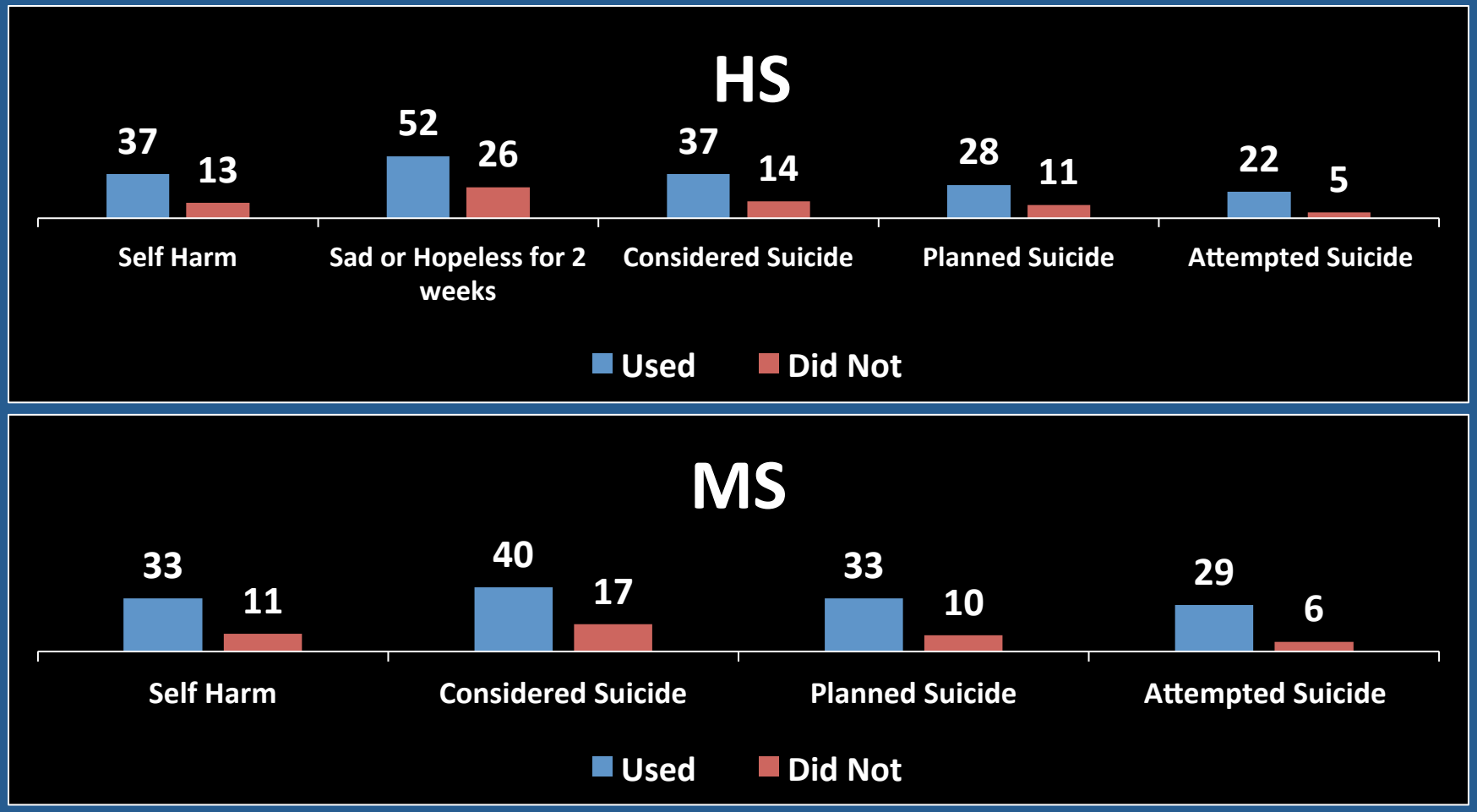




2017 Delaware HS and MS YRBS

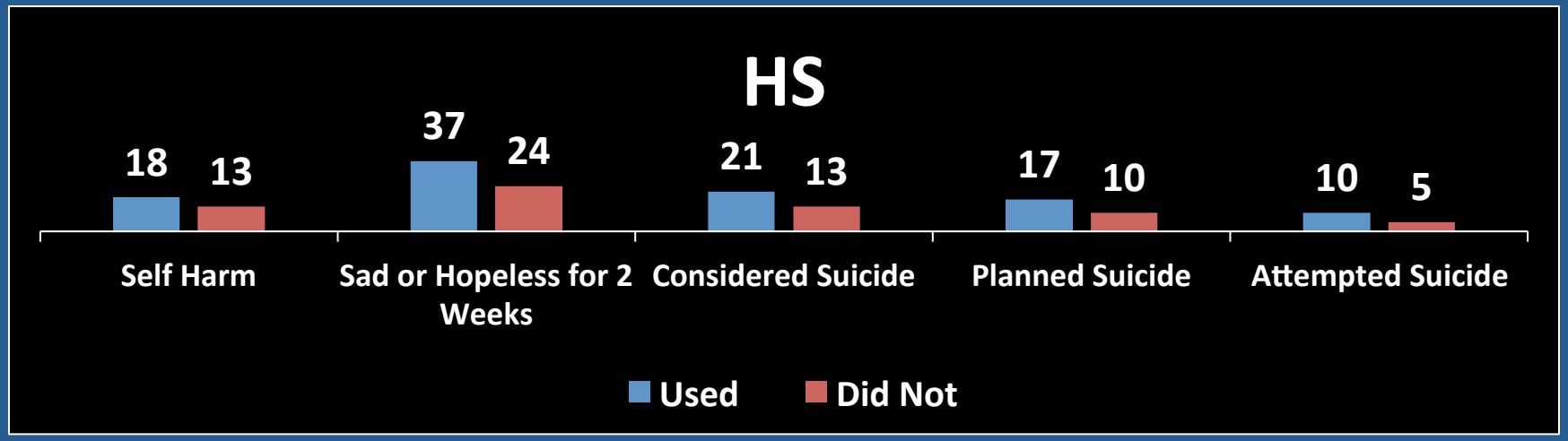
*Mental health indicator refers to past 12 months for HS; refers to lifetime for middle school.

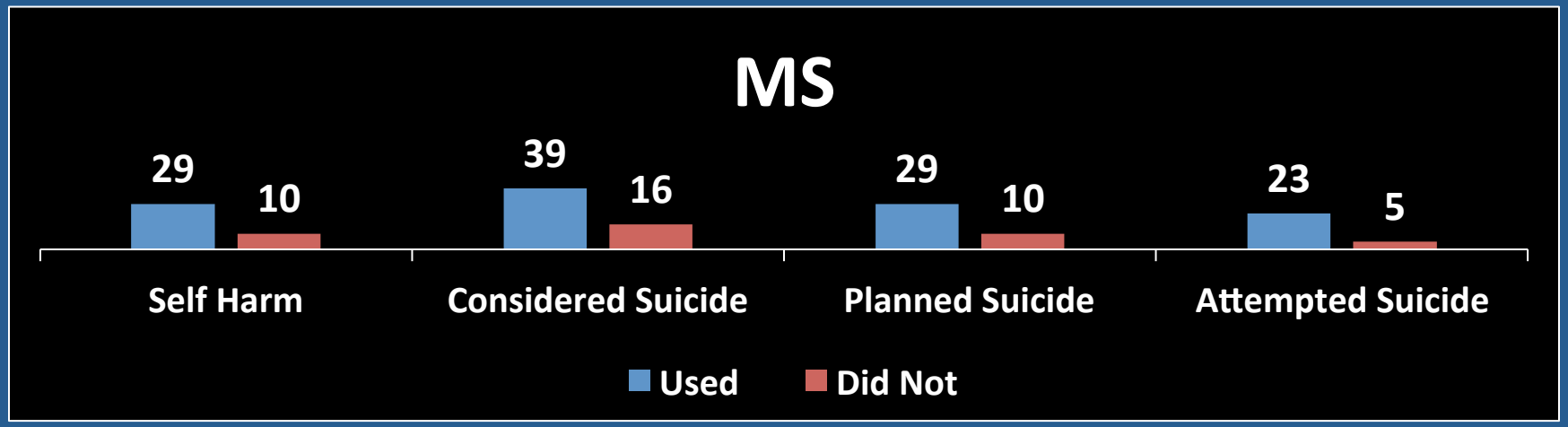
Past month cigarette use and mental health* (%)



2017 Delaware HS and MS YRBS.
*Self harm refers to previous 12 months.
HS: Sad/hopeless and all suicide indicators refer to previous 12 months. MS: All suicide indicators refer to lifetime.

Past month alcohol use and mental health (%)





2017 Delaware HS and MS YRBS.
*Self harm refers to previous 12 months.
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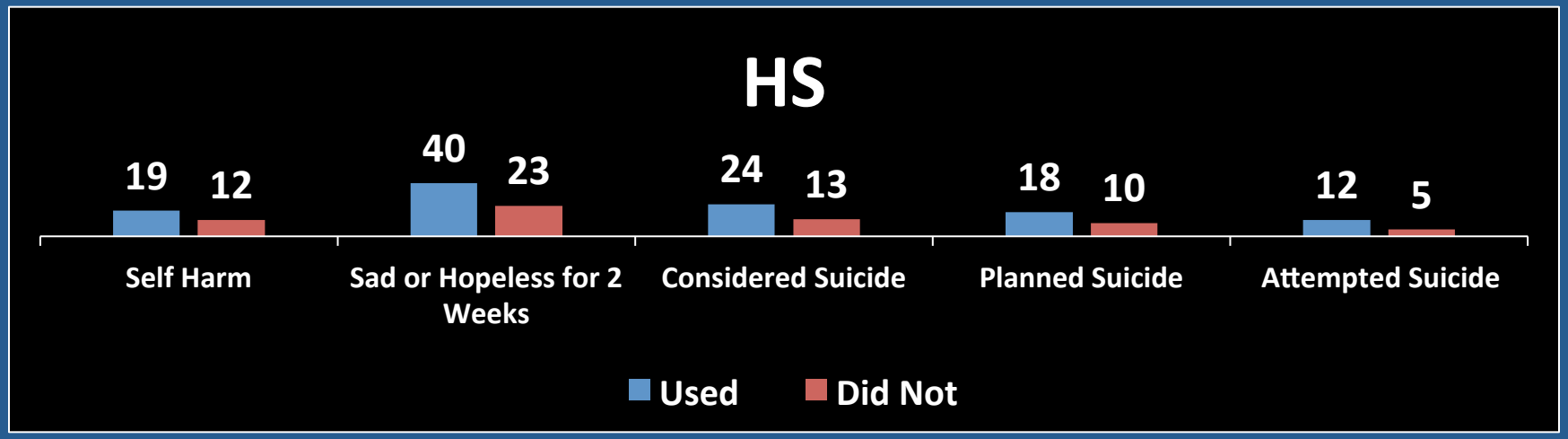
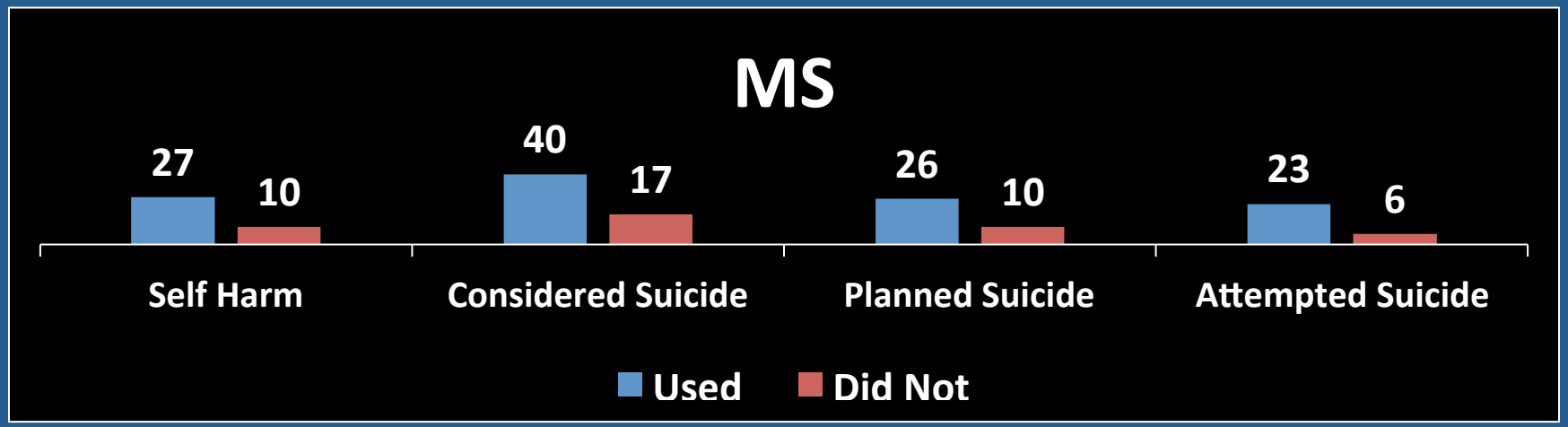
Past month marijuana use and mental health (%)





2017 Delaware HS and MS YRBS.
*Self harm refers to previous 12 months.
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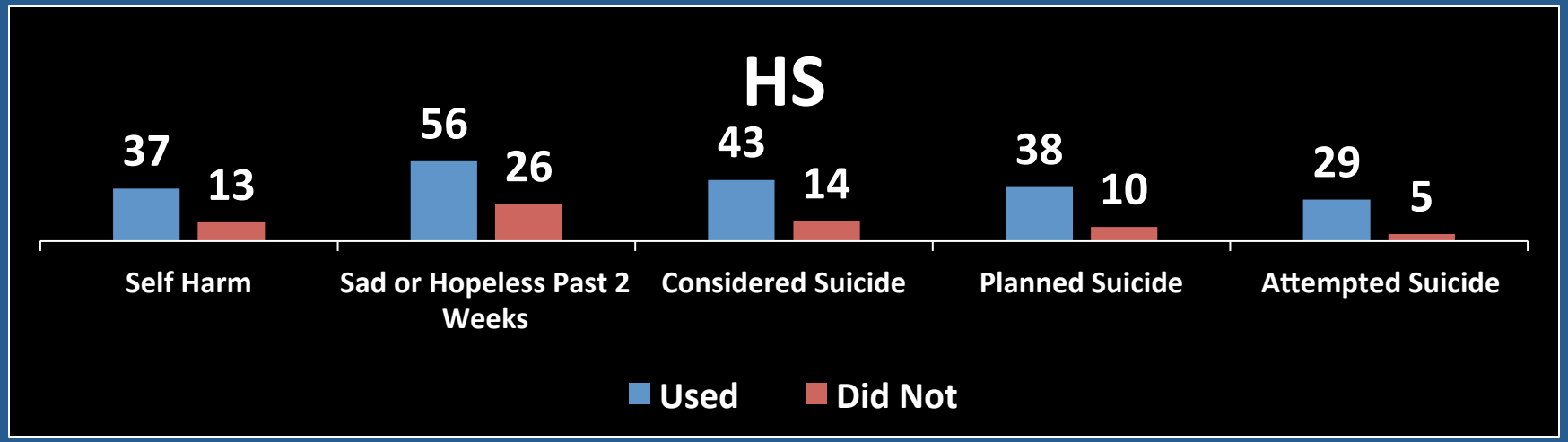
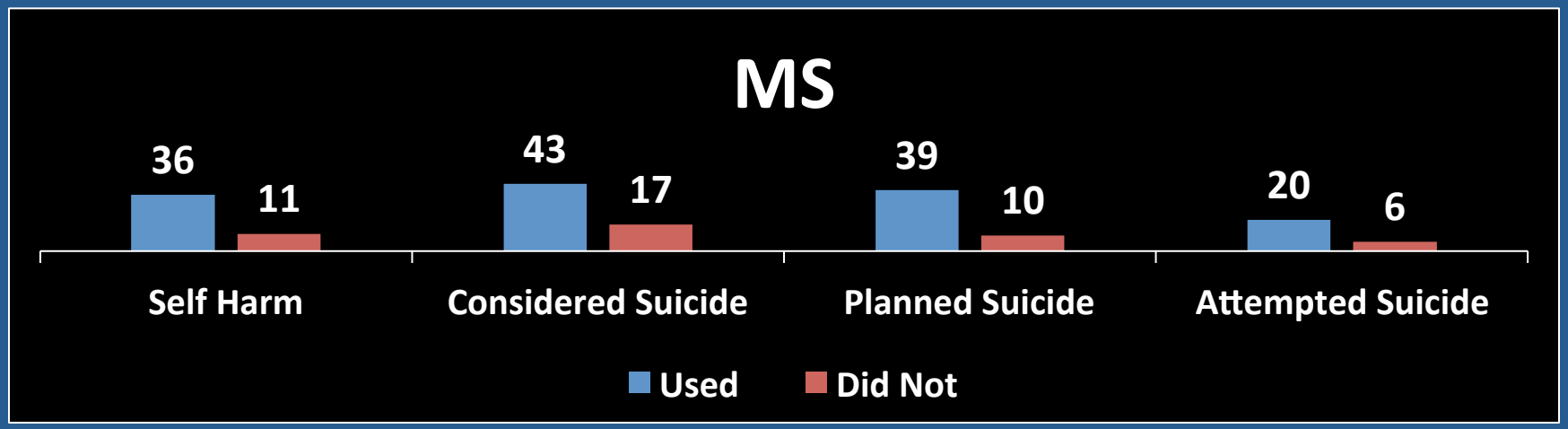
Past month Rx pain medication use and mental health (%)





2017 Delaware HS and MS YRBS.
*Self harm refers to previous 12 months.
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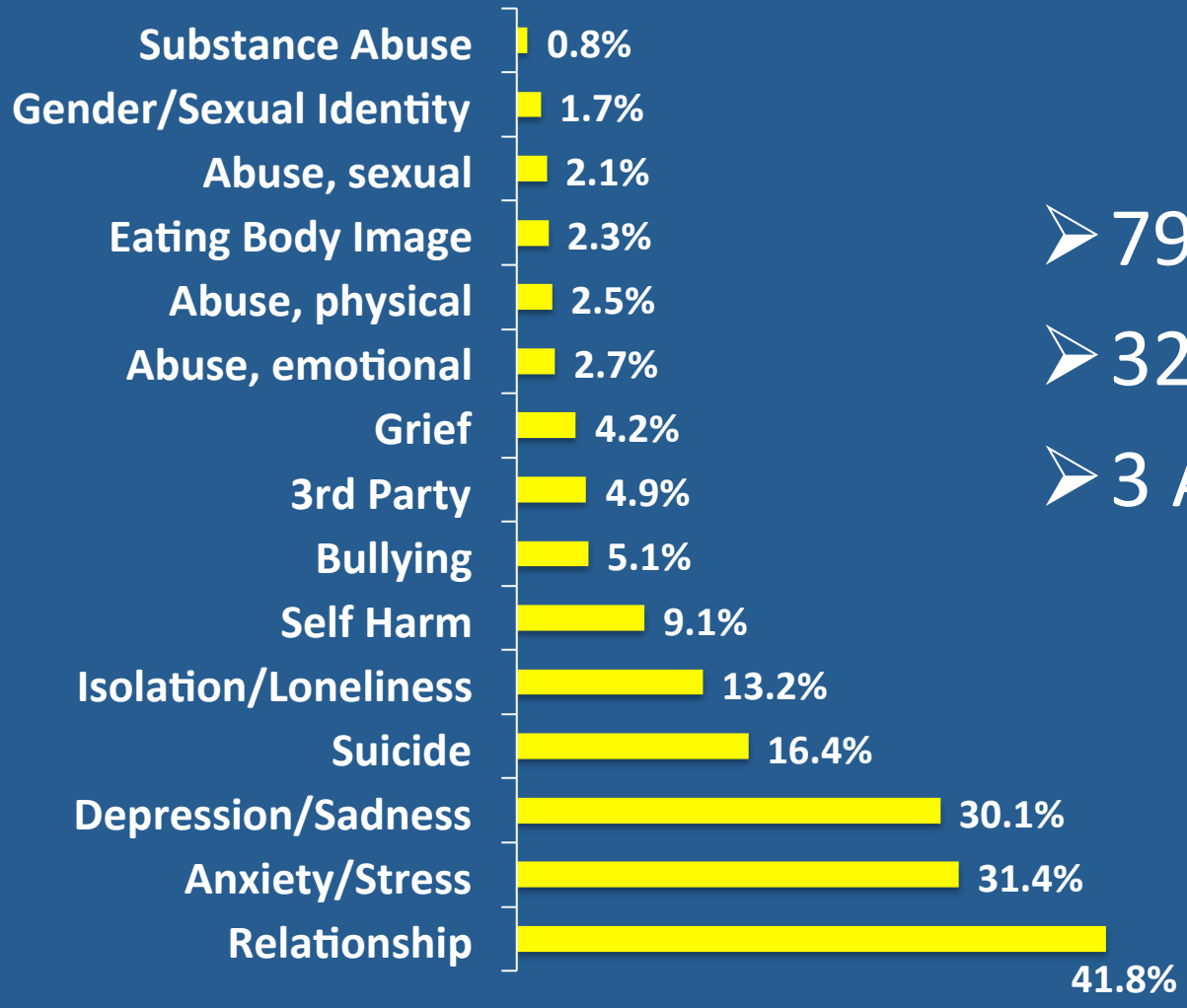
The Takeaway…

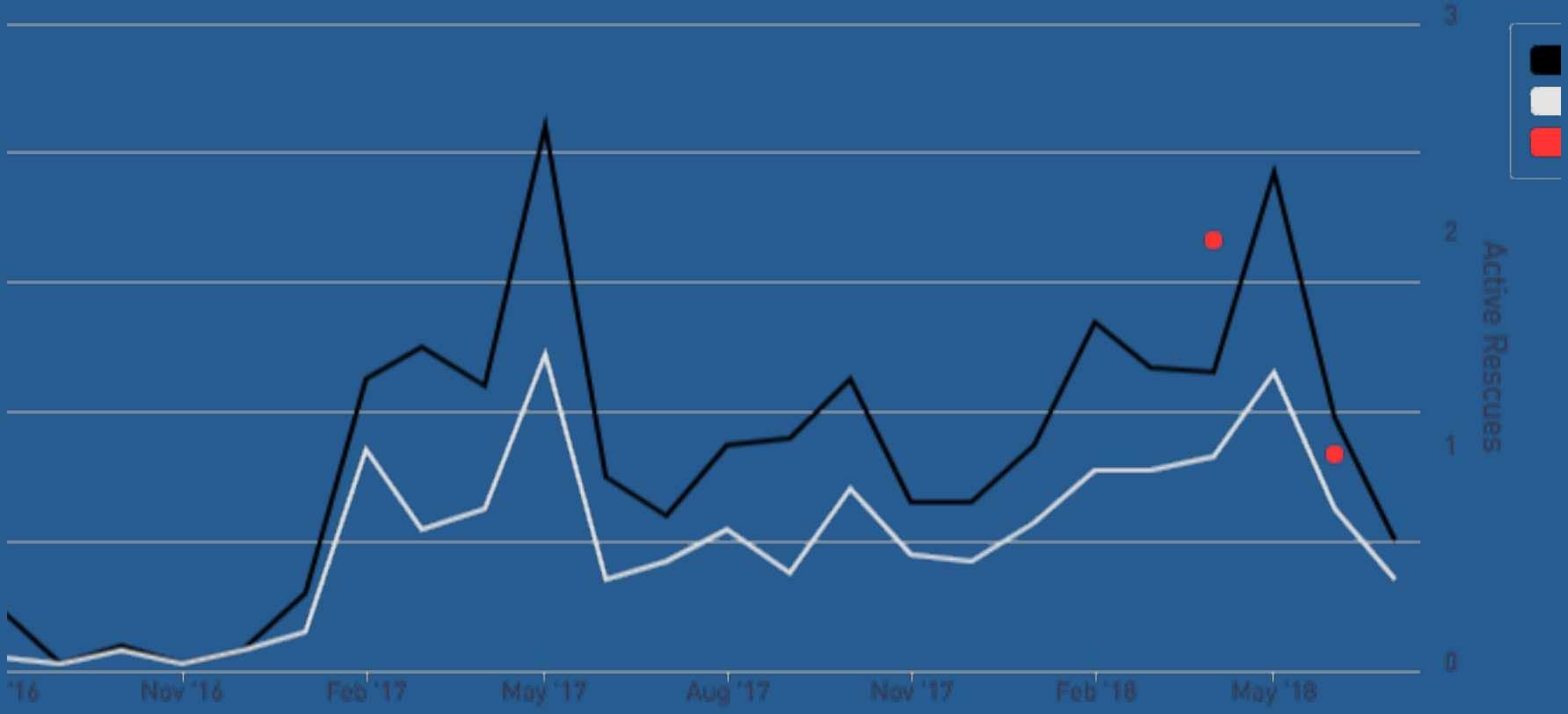
- Students who use substances are more likely to experience symptoms of depression, self harm, and to consider suicide.
- Students who experience symptoms of depression, self harm, and consider suicide are more likely to use substances.
- When developing prevention strategies, both substance use and mental health factors should be considered.

Crisis Text Line: Text DE to 741741
June 20, 2016 – July 26, 2018



- 798 Conversations
- 321 Texters
- 3 Active Rescues

Delaware Crisis Text Line



For more Delaware youth data, or to view the Delaware Youth Risk Behavior Survey and the Delaware School Survey,
visit the
Center for Drug and Health Studies.

Thank you!

Project SAFETY GLS Suicide Prevention Grant
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