Depression and Suicidality among Cuyahoga County Adolescents

Briana McIntosh, MPH, CPH
Jean L. Frank, MPH
Cuyahoga County Youth Risk Behavior Survey (YRBS)

- Patterned after the Centers for Disease Control (CDC) and Prevention
- Provides a “snapshot” of student’s health risk behaviors
- Guided by YRBS Advisory Committee
- Wide array of topics:
  - Mental Health
  - Personal safety and violence
  - Alcohol, tobacco and other drug use
  - Dietary behavior, weight, and physical activity
  - Sexual behaviors
  - Protective factors
History of YRBS in Cuyahoga County

• 2000:
  • Obtained support from Child & Family Health Services/CCBH

• 2005:
  • County-wide
  • Alternating annually between Middle and High Schools

• 2010:
  • County-wide as well as 6 regions
  • Alternating annually between Middle and High Schools

• 2012 – present
  • Census administrations in Cleveland Metropolitan School District
YRBS Middle School Participation History

- 2010: 52/66 schools, 8,310 surveys
- 2012: 89/102 schools, 12,341 surveys
- 2014: 97/109 schools, 12,607 surveys
- 2016: 95/104 schools, 13,261 surveys
<table>
<thead>
<tr>
<th>Year</th>
<th>High Schools</th>
<th>Surveys</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>40/54</td>
<td>12,749</td>
</tr>
<tr>
<td>2013</td>
<td>43/54</td>
<td>16,855</td>
</tr>
<tr>
<td>2015</td>
<td>45/58</td>
<td>11,856</td>
</tr>
<tr>
<td>2017</td>
<td>45/58</td>
<td>13,907</td>
</tr>
</tbody>
</table>
Depressive Symptoms

During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?

A. Yes
B. No
Depressive Symptoms, Gender, Grade, Over Time

Cuyahoga County

<table>
<thead>
<tr>
<th>Grade</th>
<th>Female 2012/2013</th>
<th>Female 2016/2017</th>
<th>Male 2012/2013</th>
<th>Male 2016/2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th</td>
<td>11.5%</td>
<td>14.3%</td>
<td>13.4%</td>
<td>14.4%</td>
</tr>
<tr>
<td>8th</td>
<td>26.9%</td>
<td>34.1%</td>
<td>19.1%</td>
<td>17.8%</td>
</tr>
<tr>
<td>9th</td>
<td>34.3%</td>
<td>36.4%</td>
<td>19.7%</td>
<td>17.1%</td>
</tr>
<tr>
<td>10th</td>
<td>40.8%</td>
<td>41.8%</td>
<td>23.0%</td>
<td>17.9%</td>
</tr>
<tr>
<td>11th</td>
<td>42.9%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Urgency: Depressive Symptoms

- U.S., 2017
  - Hispanic/Latino: 2 of 5 teens
  - Latinas: 3 of 5 teens

- Cuyahoga County, 2017
  - Hispanic/Latino: 3 in 10 teens
  - Latinas: 1 in 2 teens
Depressive Symptoms & Other Behaviors, 2017
Cuyahoga County

Forced sexual intercourse
- Did NOT Report Depressive Symptoms: 4.2%
- Reported Depressive Symptoms: 13.8%
- Ratio: 3x

Dating violence
- Did NOT Report Depressive Symptoms: 6.8%
- Reported Depressive Symptoms: 16.9%
- Ratio: 2.5x

Cyber bullying
- Did NOT Report Depressive Symptoms: 9.9%
- Reported Depressive Symptoms: 25.0%
- Ratio: 2.5x

Harassed/bullied at school
- Did NOT Report Depressive Symptoms: 11.8%
- Reported Depressive Symptoms: 29.7%
- Ratio: 2.5x
Substance Use among High School Students
Cuyahoga County

Of those high school students who report depressive symptoms:

- More than 2 in 3 (71.5%) have tried alcohol.
- More than 1 in 2 (51.8%) have tried marijuana.
- More than 1 in 5 (21.8%) have tried an unprescribed pain medication.
Suicide Ideation

During the past 12 months, did you ever seriously consider attempting suicide?

A. Yes
B. No
Seriously Considered Attempting Suicide by Grade

Cuyahoga County

<table>
<thead>
<tr>
<th>Grade</th>
<th>2016</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th Grade</td>
<td>12.2%</td>
<td></td>
</tr>
<tr>
<td>8th Grade</td>
<td>13.0%</td>
<td></td>
</tr>
<tr>
<td>9th Grade</td>
<td>17.4%</td>
<td></td>
</tr>
<tr>
<td>10th Grade</td>
<td>17.2%</td>
<td></td>
</tr>
<tr>
<td>11th Grade</td>
<td>19.1%</td>
<td></td>
</tr>
<tr>
<td>12th Grade</td>
<td>15.3%</td>
<td></td>
</tr>
</tbody>
</table>
Seriously Considered Attempting Suicide

• Cuyahoga County, 2017

In the past 12 months, 1 in 6 teens seriously considered attempting suicide
 Seriously Considered Attempting Suicide & Other Behaviors, Cuyahoga County 2017

- Harassed/bullied at school: 13.2% (3x), 37.2%
- Cyber bullying: 11.0% (3x), 32.3%
- Dating violence: 7.7% (3x), 20.9%
- Forced sexual intercourse: 4.5% (4x), 19.8%

Legend:
- Did Not Seriously Consider Attempting Suicide
- Seriously Considered Attempting Suicide
Attempted Suicide

During the past 12 months, how many times did you actually attempt suicide?

A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or more times
Attempted Suicide - High School
Cuyahoga County, 2017

Overall
- 2009: 7.5%
- 2011: 9.2%
- 2013: 11.4%
- 2015: 11.6%
- 2017: 11.6%

Females
- 2009: 9.6%
- 2011: 7.9%
- 2013: 11.5%
- 2015: 13.4%
- 2017: 13.1%

Males
- 2009: 8.7%
- 2011: 8.8%
- 2013: 9.3%
- 2015: 10.1%
- 2017: 10.1%
Urgency: Suicide Attempts

- U.S., 2017
  - Hispanic/Latino: 1 in 14 teens
  - Latinas: 1 in 10 teens
  - Cuyahoga County, 2017
    - Hispanic/Latino: 1 in 5 teens
    - Latinas: 1 in 5 teens

Hispanic/Latino: 1 in 5 teens
Latinas: 1 in 5 teens
### Deaths by Suicide, Cuyahoga County Medical Examiner’s Office

<table>
<thead>
<tr>
<th>Year</th>
<th>10 – 14 years</th>
<th>15 – 19 years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Males</td>
<td>Females</td>
</tr>
<tr>
<td>2007</td>
<td>2 Males</td>
<td>1 Female</td>
</tr>
<tr>
<td>2009</td>
<td>2 Males</td>
<td>0 Females</td>
</tr>
<tr>
<td>2011</td>
<td>1 Male</td>
<td>0 Females</td>
</tr>
<tr>
<td>2013</td>
<td>3 Males</td>
<td>1 Female</td>
</tr>
<tr>
<td>2015</td>
<td>0 Males</td>
<td>0 Females</td>
</tr>
<tr>
<td>2016</td>
<td>0 Males</td>
<td>0 Females</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>8 Males</strong></td>
<td><strong>2 Females</strong></td>
</tr>
</tbody>
</table>
New Survey Item

Have you known someone who has completed suicide?

A. Yes
B. No
Knew Someone Who Completed Suicide, 2017

- Overall: 31.6%
- Female: 37.2%
- Male: 26.6%
- White: 36.9%
- Black: 36.4%
- Hispanic: 33.7%
- Other Race: 28.0%
- 9th Grade: 31.6%
- 10th Grade: 32.9%
- 11th Grade: 34.2%
- 12th Grade: 34.2%
## Self-Harm, Depressive Symptoms & Suicide among Sexual Minority Youth

<table>
<thead>
<tr>
<th></th>
<th>Heterosexual</th>
<th>Gay, lesbian or bisexual</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Intentional self-harm</strong></td>
<td>14.5% (13.8-15.3)</td>
<td>43.0% (40.1-45.9)</td>
<td>34.2% (29.5-39.1)</td>
</tr>
<tr>
<td><strong>Depressive symptoms</strong></td>
<td>26.6% (25.7-27.6)</td>
<td>59.9% (56.8-62.9)</td>
<td>45.1% (39.8-50.5)</td>
</tr>
<tr>
<td><strong>Seriously considered suicide</strong></td>
<td>13.8% (12.9-14.7)</td>
<td>40.8% (37.6-44.0)</td>
<td>31.8% (27.1-37.0)</td>
</tr>
<tr>
<td><strong>Attempted suicide</strong></td>
<td>9.5% (8.8-10.3)</td>
<td>24.5% (21.4-27.8)</td>
<td>20.3% (16.3-25.0)</td>
</tr>
<tr>
<td><strong>Knew someone who completed suicide</strong></td>
<td>30.0% (28.9-31.1)</td>
<td>43.3% (40.0-46.6)</td>
<td>38.3% (33.4-43.4)</td>
</tr>
</tbody>
</table>
Summary

• The prevalence of depressive symptoms among high school students has increased overall, driven by increases among females.

• Students of Hispanic/Latino ethnicity in both middle and high school are more likely than other race/ethnicities to experience depressive symptoms.

• Prevalence of bullying, dating and sexual violence, are higher among students with depressive symptoms and for those who have seriously considered attempting suicide than for those who have not.

• Students of sexual minority status have higher prevalence of depressive symptoms and suicidal ideation, than students who describe themselves as heterosexual.
TIME Magazine has named the #MeToo movement as its Person of the Year. Did you know that 13.3% of Cuyahoga County high school students have been forced to do sexual things by someone they were dating or going out with?

Los Síntomas Depresivos en el Condado de Cuyahoga

2 de cada 5 estudiantes Latinos tienen síntomas depresivos

Entre los estudiantes hispanos que tienen síntomas depresivos

De cada 4

1. Han probado cígarrillos
2. Han participado en una interacción violenta
3. Han probado alcohol

57% de las latinas tienen síntomas depresivos

De cada 5

1. Han probado cígarrillos
2. Han probado alcohol
3. Han participado en una interacción violenta

¿Qué Algo? Diga Algo:

¿Qué Algo? Diga Algo:

De cada 3

1. Han probado cígarrillos
2. Han probado alcohol
3. Han participado en una interacción violenta

De cada 3

1. Han probado alcohol
2. Han participado en una interacción violenta
3. Han probado cígarrillos

De cada 6

1. Ha faltado a sus clases internamente
2. Ha faltado a sus clases externamente
3. Ha faltado a sus clases

58% de todas las estudiantes tienen síntomas depresivos

De cada 5

1. Han probado alcohol
2. Han participado en una interacción violenta
3. Han probado cígarrillos

De cada 3

1. Han probado alcohol
2. Han participado en una interacción violenta
3. Han probado cígarrillos
Suicide Ideation and Attempts
Cuyahoga County High School Teens

In the past 12 months:

1 in 3 knew SOMEONE who completed SUICIDE

1 in 9 ATTEMPTED SUICIDE

MORE FEMALES than MALES
CONSIDERED AND ATTEMPTED SUICIDE

Of those who ATTEMPTED SUICIDE:
more than
50% experienced DEPRESSIVE SYMPTOMS
(Feeling sad or hopeless for 2 weeks and not doing usual activities.)

You can make a difference!
For questions or more information:
Cuyahoga County’s 24/7 Suicide Hotline
216-623-6888
Crisis Text Line
Text “4Hope” to 741741

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at http://www.crcf.org/YRBSResults.aspx
Contact Information

Briana McIntosh, MPH, CPH
Field Surveillance Coordinator
Prevention Research Center for Healthy Neighborhoods
Briana.mcintosh@cas.edu
Phone: 216-368-6571

Jean L. Frank, MPH
Manager of School-based Surveillance and Evaluation
Prevention Research Center for Healthy Neighborhoods
jean.frank@case.edu
Phone: 216-368-5913

website: http://www.prchn.org/YRBSResults.aspx
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