



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

2012 Cuyahoga County Youth Risk Behavior Survey: Depression and Suicide

Introduction

The Prevention Research Center for Healthy Neighborhoods (PRCHN) at Case Western Reserve University has administered the Youth Risk Behavior Survey (YRBS) in school districts throughout Cuyahoga County since 2000. The YRBS is a cross-sectional tool developed by the Centers for Disease Control and Prevention (CDC) to track adolescent risk behavior over time. In spring of 2012, the PRCHN conducted the YRBS among 7th and 8th grade students in Cuyahoga County middle schools. A more detailed description of the methodology is available at our website, <http://prchn.org/yrbs.aspx>.

This brief report presents results from the 2012 Cuyahoga County Middle School Youth Risk Behavior Survey, with a particular focus on Depression and Suicide. In this brief report, we present:

- [Overall Prevalence](#)
- [Regional Prevalence](#)
- [Demographic Prevalence](#)
- [Trend Report](#)

Data for similar behaviors can be found at our website, <http://prchn.org/yrbs.aspx>.

Depression and Suicide

Mental illness encompasses a variety of diagnosable disorders that occur when there are alterations in the thinking, mood, or behavior of a person that result in distress or impaired functioning.ⁱ Some mental illnesses include symptoms of depression, anxiety, and suicidal ideation.ⁱⁱ

Adolescents are particularly vulnerable to the development of mental health issues given that the period of adolescence is a critical time for mental, social, and emotional development. Ultimately, many mental illnesses first surface during adolescence; 20% of adolescents in the United State have a diagnosable mental illness and nearly 70% do not receive the necessary care.ⁱⁱⁱ

Healthy People 2020

Where possible, the Cuyahoga County Youth Risk Behavior Survey (YRBS) data are compared to the Healthy People 2020 benchmarks.^{iv} This allows us to consider Cuyahoga County's progress towards the 10-year national objectives aimed at improving the health of all Americans.

Healthy People 2020 Objectives	Cuyahoga County 2012
MHMD-2: Reduce the suicide attempts by adolescents to no more than 1.7 suicide attempts per 100 population	8.7% of Cuyahoga County middle school students reported attempting suicide one or more times during the past 12 months.
MHMD-4.1: Reduce the proportion of adolescents aged 12 to 17 years who experience major depressive episodes to no more than 7.4%	20.1% of Cuyahoga County middle school students reported feeling so sad and hopeless almost every day for two weeks or more in a row during the past 12 months.

Overall Prevalence

The following table summarizes depression and suicide among the 12,341 middle school students who completed the 2012 Cuyahoga County YRBS. Prevalence estimates and 95% confidence intervals were computed for all variables.

Risk Behavior	% (95% Confidence Interval)
Purposely hurt self without wanting to die (Such as cutting or burning self; during 12 months before survey.)	14.4% (13.6-15.2)
Felt sad or hopeless (Almost every day for two weeks or more in a row, during the 12 months before the survey.)	20.1% (19.2-21.1)
Seriously considered attempting suicide (During the 12 months before the survey.)	13.5% (12.8-14.3)
Attempted suicide (One or more times during the 12 months before the survey.)	8.7% (8.0-9.3)

Regional Prevalence

The table below represents depression and suicide by the six regions of Cuyahoga County. This division was conducted to provide a geographic representation of the prevalence of different risk behaviors in Cuyahoga County. In 2012, we were able to weight to 4 of 6 regions in Cuyahoga County. The columns under Inner Ring–East and Inner Ring–West do not include data because school participation within those regions was insufficient to permit weighting.

Risk Behavior	CMSD-East % (95% CI)	CMSD- West % (95% CI)	Inner Ring-East % (95% CI)	Inner Ring-West % (95% CI)	Outer Ring-East % (95% CI)	Outer Ring-West % (95% CI)
Purposely hurt self without wanting to die (Such as cutting or burning self; during 12 months before survey.)	17.4% (15.1-19.6)	22.0% (19.4-24.6)	N/A	N/A	10.4% (8.7-12.2)	10.5% (9.4-11.7)
Felt sad or hopeless (Almost every day for two weeks or more in a row, during the 12 months before the survey.)	24.1% (22.0-26.2)	27.1% (24.9-29.4)	N/A	N/A	16.2% (14.4-18.1)	15.1% (13.7-16.6)
Seriously considered attempting suicide (During the 12 months before the survey.)	16.0% (14.1-17.9)	17.7% (15.4-20.0)	N/A	N/A	9.5% (7.9-11.1)	10.6% (9.4-11.9)
Attempted suicide (One or more times during the 12 months before the survey.)	13.5% (11.6-15.5)	14.8% (12.9-16.8)	N/A	N/A	6.1% (4.7-7.4)	5.1% (4.1-6.0)

Demographic Prevalence

The tables below allow for further comparisons of depression and suicide between demographic groups. Data are presented by gender, race/ethnicity, and grade level. A statistically significant difference exists between groups if the 95% confidence intervals do not overlap.

Purposely hurt self without wanting to die		
Category	%	CI
Gender		
Female	19.3	18.1 - 20.5
Male	9.9	8.9 - 10.9
Race/Ethnicity		
Black	15.7	14.4 - 17.1
White	12.8	11.8 - 13.8
Hispanic	22.7	19.9 - 25.6
Other/Multiple	17.7	13.9 - 21.5
Grade		
7th	13.4	12.3 - 14.4
8th	15.0	13.9 - 16.1
Total	14.4	13.6 - 15.2

Felt sad or hopeless		
Category	%	CI
Gender		
Female	26.2	24.8 - 27.6
Male	14.4	13.3 - 15.6
Race/Ethnicity		
Black	23.0	21.5 - 24.5
White	17.2	16.0 - 18.5
Hispanic	31.7	29.0 - 34.5
Other/Multiple	20.7	17.3 - 24.1
Grade		
7th	18.8	17.6 - 20.1
8th	21.1	19.8 - 22.4
Total	20.1	19.2 - 21.1

Seriously considered attempting suicide		
Category	%	CI
Gender		
Female	17.6	16.4 - 18.8
Male	9.8	8.8 - 10.7
Race/Ethnicity		
Black	15.4	14.1 - 16.6
White	11.9	10.8 - 12.9
Hispanic	18.7	16.1 - 21.4
Other/Multiple	18.6	14.6 - 22.6
Grade		
7th	13.3	12.2 - 14.3
8th	13.5	12.4 - 14.6
Total	13.5	12.8 - 14.3

Attempted suicide		
Category	%	CI
Gender		
Female	10.3	9.4 - 11.3
Male	7.1	6.2 - 7.9
Race/Ethnicity		
Black	11.9	10.6 - 13.1
White	5.8	5.0 - 6.5
Hispanic	16.3	13.8 - 18.8
Other/Multiple	13.4	9.8 - 17.0
Grade		
7th	8.6	7.6 - 9.5
8th	8.3	7.4 - 9.2
Total	8.7	8.0 - 9.3

Cuyahoga County Trend Data

The following table presents the prevalence of depression and suicide among Cuyahoga County middle school students in 2008, 2010, and 2012. The prevalence for each year is given (when available), with 95% confidence intervals below.

Cuyahoga County, 2008	Cuyahoga County, 2010	Cuyahoga County, 2012
Purposely hurt self without wanting to die (Such as cutting or burning self; during 12 months before survey.)		
N/A	13.8% (12.8-14.8)	14.4% (13.6-15.2)
Felt sad or hopeless (Almost every day for two weeks or more in a row, during the 12 months before the survey.)		
N/A	21.1% (19.8-22.3)	20.1% (19.2-21.1)
Seriously considered attempting suicide (During the 12 months before the survey.)		
15.0% (13.9-16.0)	13.3% (12.3-14.3)	13.5% (12.8-14.3)
Attempted suicide (One or more times during the 12 months before the survey.)		
8.6% (7.9-9.4)	9.8% (9.0-10.7)	8.7% (8.0-9.3)

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ⁱ U.S. Department of Health and Human Services. *Mental Health: A Report of the Surgeon General*. 1999. Rockville: U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institutes of Mental Health.

ⁱⁱ Schwarz, SW. (2009). *Adolescent Mental Health in the United States*. New York: National Center for Children in Poverty.

ⁱⁱⁱ Centers for Disease Control and Prevention. *School Connectedness: Strategies for Increasing Protective Factors Among Youth*. Atlanta, GA: U.S. Department of Health and Human Service, 2009.

^{iv} U.S. Department of Health and Human Services. *Mental Health and Mental Disorders*. Retrieved from 2020 Topics & Objectives: <http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=40>