



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

2014 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 2014, 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.apxs>.

This brief report presents results from the 2014 Cuyahoga County Middle School Youth Risk Behavior Survey, with a particular focus on Depression and Suicide. In this brief report, we present:

- [Healthy People 2020](#)
- [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 States 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 2014
MHMD-2: Reduce the suicide attempts by adolescents to no more than 1.7 suicide attempts per 100 population	9.8% of Cuyahoga County middle school students reported one or more suicide attempts in the 12 months before the survey.
MHMD-4.1: Reduce the proportion of adolescents aged 12 to 17 years who experience major depressive episodes to no more than 7.4%	21.3% of Cuyahoga County middle school students reported feeling sad or hopeless almost every day for two weeks or more in a row.

Overall Prevalence

The following table summarizes depression and suicide among the 12,607 middle school students who completed the 2014 Cuyahoga County YRBS. Prevalence estimates and 95% confidence intervals were computed for all variables.

Risk Behavior	% (95% Confidence Interval)
Intentional self-harm (Such as cutting or burning self; during 12 months before survey.)	15.2% (14.5-15.9)
Depressive sadness (Almost every day for two weeks or more in a row, during the 12 months before the survey.)	21.3% (20.5-22.1)
Seriously considered attempting suicide (During the 12 months before the survey.)	13.9% (13.3-14.6)
Attempted suicide (One or more times during the 12 months before the survey.)	9.8% (9.3-10.4)

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 2014, we were able to weight to 5 of 6 regions in Cuyahoga County. The column under Outer Ring—West does not include data because school participation within this region 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)
Intentional self-harm (Such as cutting or burning self; during 12 months before survey.)	14.8% (13.1-16.6)	18.4% (16.4-20.5)	13.5% (12.2-15.0)	21.8% (19.2-24.6)	12.4% (10.6-14.5)	N/A
Depressive sadness (Almost every day for two weeks or more in a row, during the 12 months before the survey.)	21.2% (19.1-23.6)	26.4% (24.0-28.95)	22.5% (20.7-24.3)	27.9% (25.7-30.1)	19.8% (17.4-22.3)	N/A
Seriously considered attempting suicide (During the 12 months before the survey.)	13.4% (11.5-15.5)	16.0% (14.3-18.0)	15.4% (13.9-17.1)	19.7% (17.5-22.0)	11.8% (10.1-13.7)	N/A
Attempted suicide (One or more times during the 12 months before the survey.)	12.8% (11.1-14.7)	13.8% (12.2-15.7)	10.6% (9.5-11.9)	13.3% (11.4-15.5)	7.2% (6.1-8.6)	N/A

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.

Intentional self-harm			
Category	%	CI	
Gender			
Female	22.9	21.7-	24.1
Male	8.1	7.5-	8.8
Race/Ethnicity			
White	15.4	14.5-	16.5
Black	13.7	12.8-	14.8
Hispanic	23.7	21.1-	26.4
Other/Multiple	16.4	14.1-	19.0
Grade			
7th	12.5	11.7-	13.4
8th	17.5	16.4-	18.6
Total	15.2	14.5-	15.9

Depressive sadness			
Category	%	CI	
Gender			
Female	30.7	29.5-	31.9
Male	12.5	11.7-	13.4
Race/Ethnicity			
White	19.6	18.6-	20.7
Black	22.4	21.1-	23.8
Hispanic	31.1	28.5-	33.8
Other/Multiple	23.7	20.5-	27.1
Grade			
7th	19.0	17.9-	20.2
8th	23.3	22.2-	24.5
Total	21.3	20.5-	22.1

Seriously considered attempting suicide			
Category	%	CI	
Gender			
Female	19.7	18.6-	20.9
Male	8.5	7.8-	9.3
Race/Ethnicity			
White	13.2	12.3-	14.2
Black	14.2	13.1-	15.4
Hispanic	19.4	17.1-	22.0
Other/Multiple	16.2	13.7-	19.1
Grade			
7th	12.0	11.1-	12.9
8th	15.6	14.6-	16.7
Total	13.9	13.3-	14.6

Attempted suicide			
Category	%	CI	
Gender			
Female	12.6	11.7-	13.5
Male	7.0	6.4-	7.7
Race/Ethnicity			
White	8.0	7.3-	8.7
Black	11.3	10.4-	12.3
Hispanic	18.2	15.9-	20.8
Other/Multiple	13.4	10.8-	16.6
Grade			
7th	8.6	7.8-	9.4
8th	10.7	9.9-	11.5
Total	9.8	9.3-	10.4

Cuyahoga County Trend Data

The following table presents the prevalence of depression and suicide among Cuyahoga County middle school students in 2008, 2010, 2012 and 2014. The prevalence for each year is given (when available), with 95% confidence intervals below.¹

Cuyahoga County, 2008	Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014
Intentional self-harm (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)	15.2% (14.5-15.9)
Depressive sadness (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)	21.3% (20.5-22.1)
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)	13.9% (13.3-14.6)
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)	9.8% (9.3-10.4)

¹ The YRBS questions with two or more data points over 2008-2014 are included. The new 2014 questions are not included for the purpose of demonstrating trends. For those questions not asked in 2014, refer to the PRCHN archives at www.prchn.org/asp for more detailed information.

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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>