Iowa Department of Public Health

By the Numbers: Youth Mental Health Disparities in Iowa

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IOWA YOUTH HEALTH ASSESSMENT PROGRAM
MAY 2021

IDPH
IOWA Department of PUBLIC HEALTH
Health Equity Matters

Objectives

BY THE END OF THIS SESSION, YOU WILL BE ABLE TO:

1. Describe the quantitative evidence of mental health disparities in Iowa students
2. Utilize Youth Risk Behavior Survey (YRBS) and Iowa Youth Survey (IYS) data to guide program planning, funding and policy decisions

About Iowa Youth Health Assessment Program

BUREAU OF PUBLIC HEALTH PERFORMANCE

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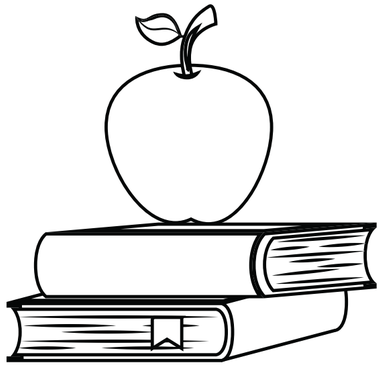
Youth Health Surveys

AT IDPH

Youth Risk Behavior Survey

Iowa Youth Survey



School Health Profiles

Youth Risk Behavior Survey (YRBS)

PUBLIC HIGH SCHOOL STUDENTS

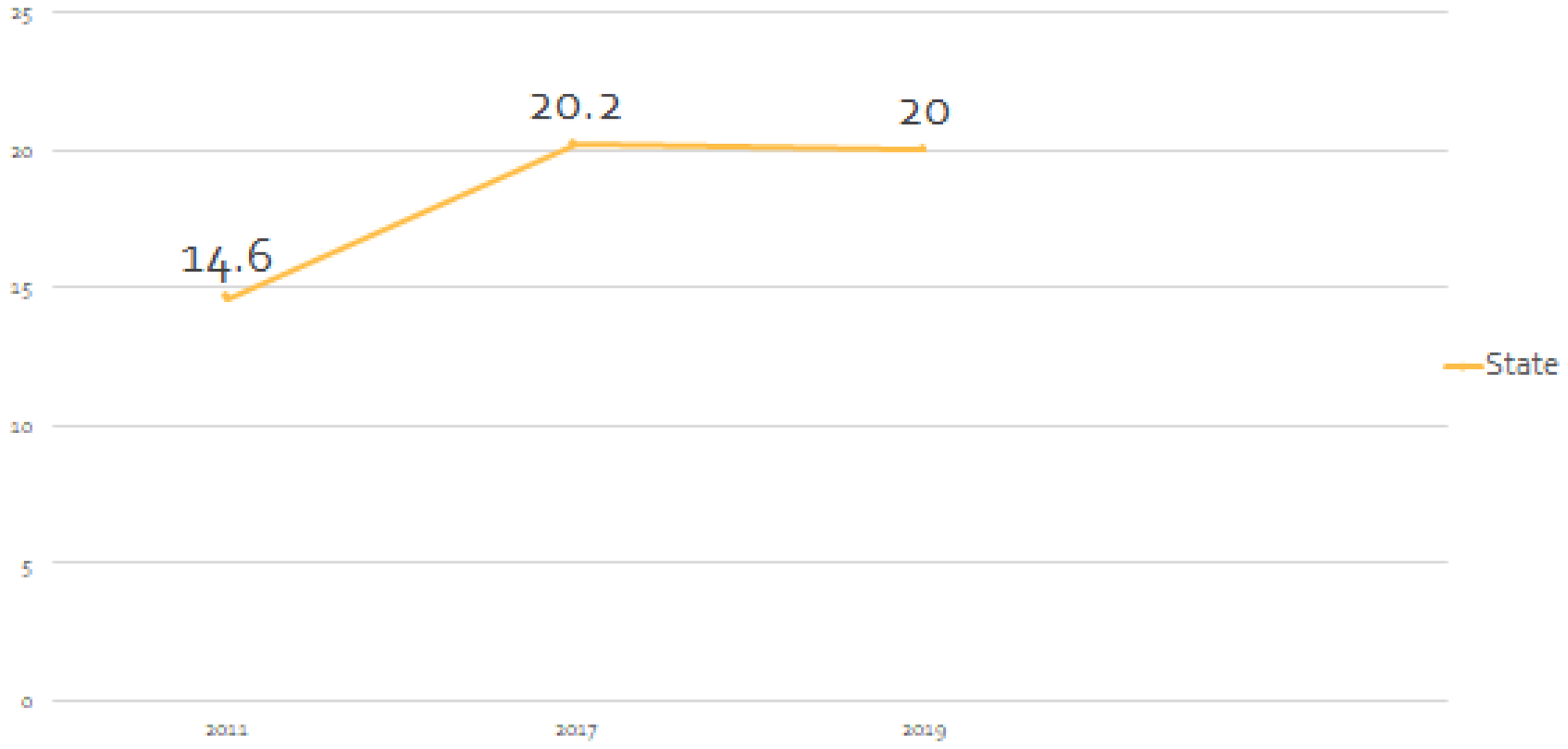
Sample survey

Representative data reported at state level

Data from 2019

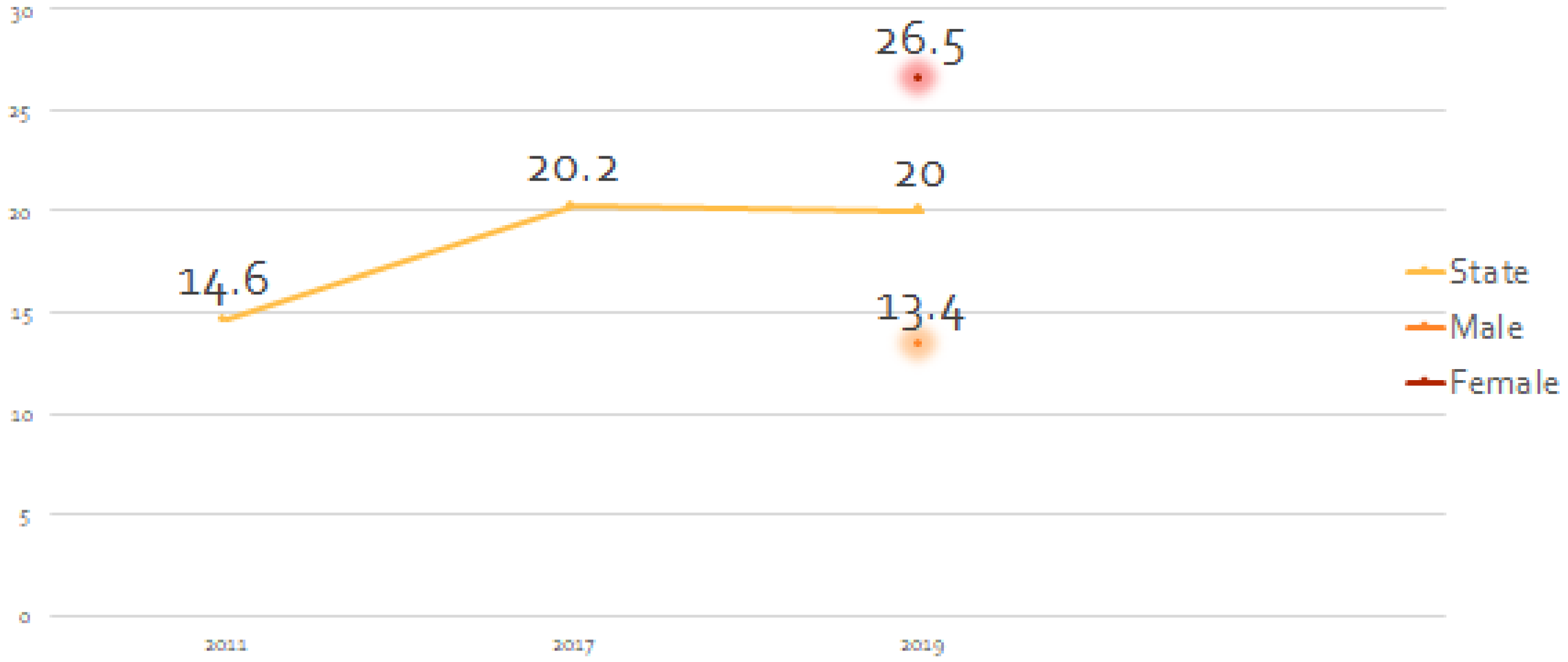
n=1,573 in 2019

Seriously considered attempting suicide, past 12 months, 2019



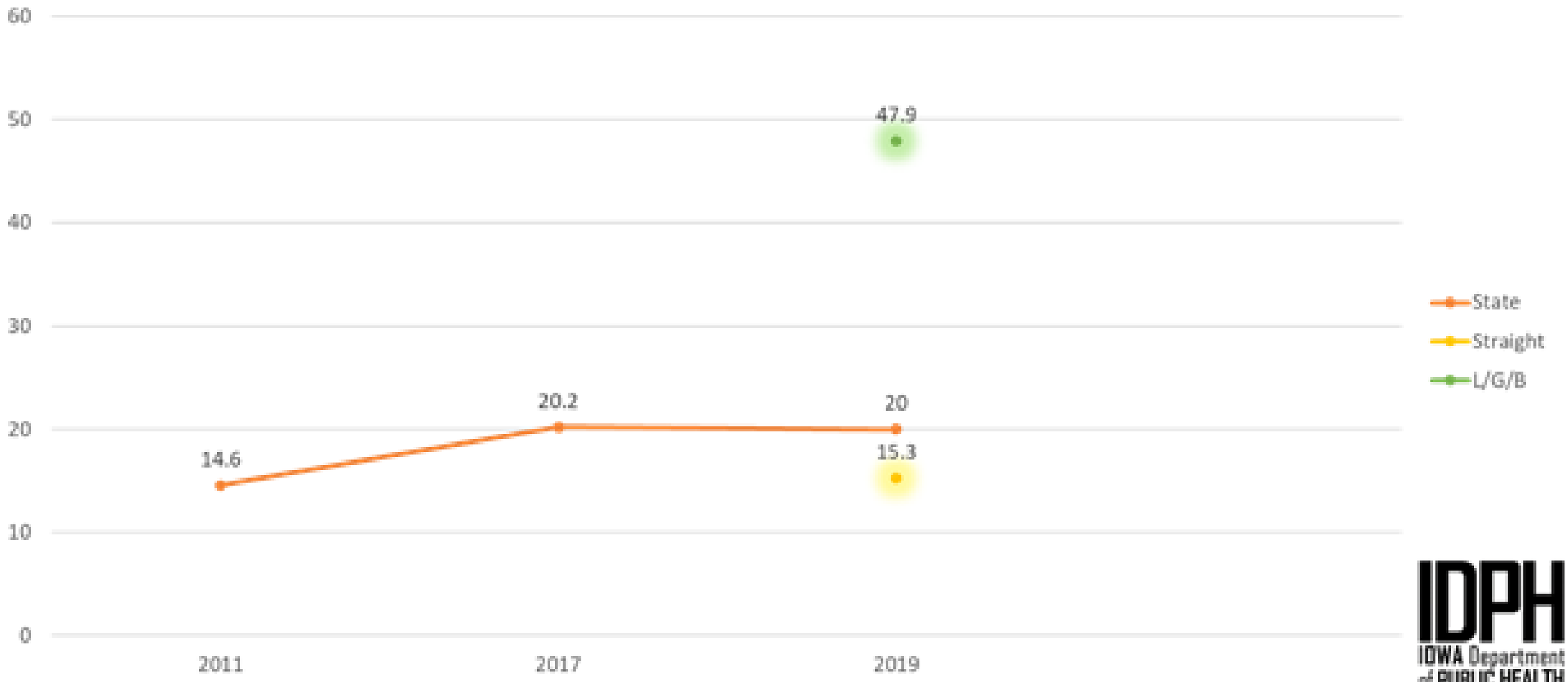
July 2020

Seriously considered attempting suicide, past 12 months, 2019
By Gender



July 2020

Seriously considered attempting suicide, past 12 months, 2019
By Sexual Identity/Orientation



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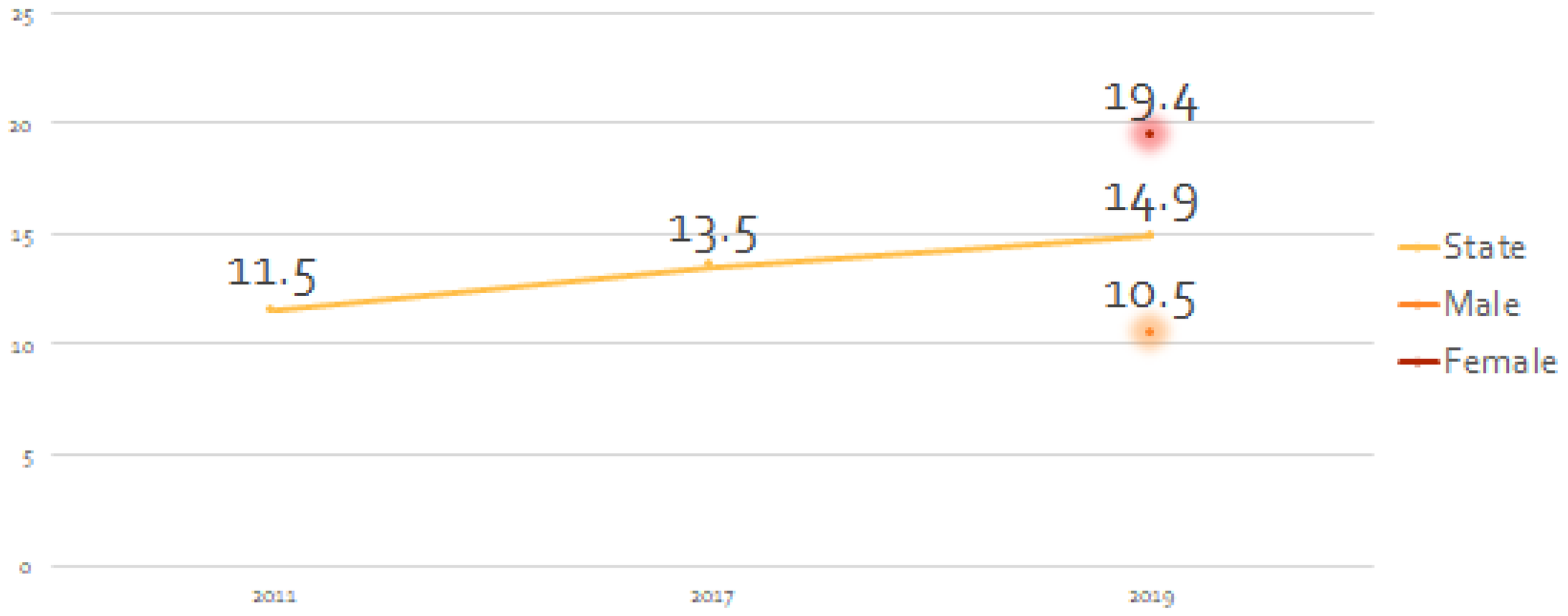
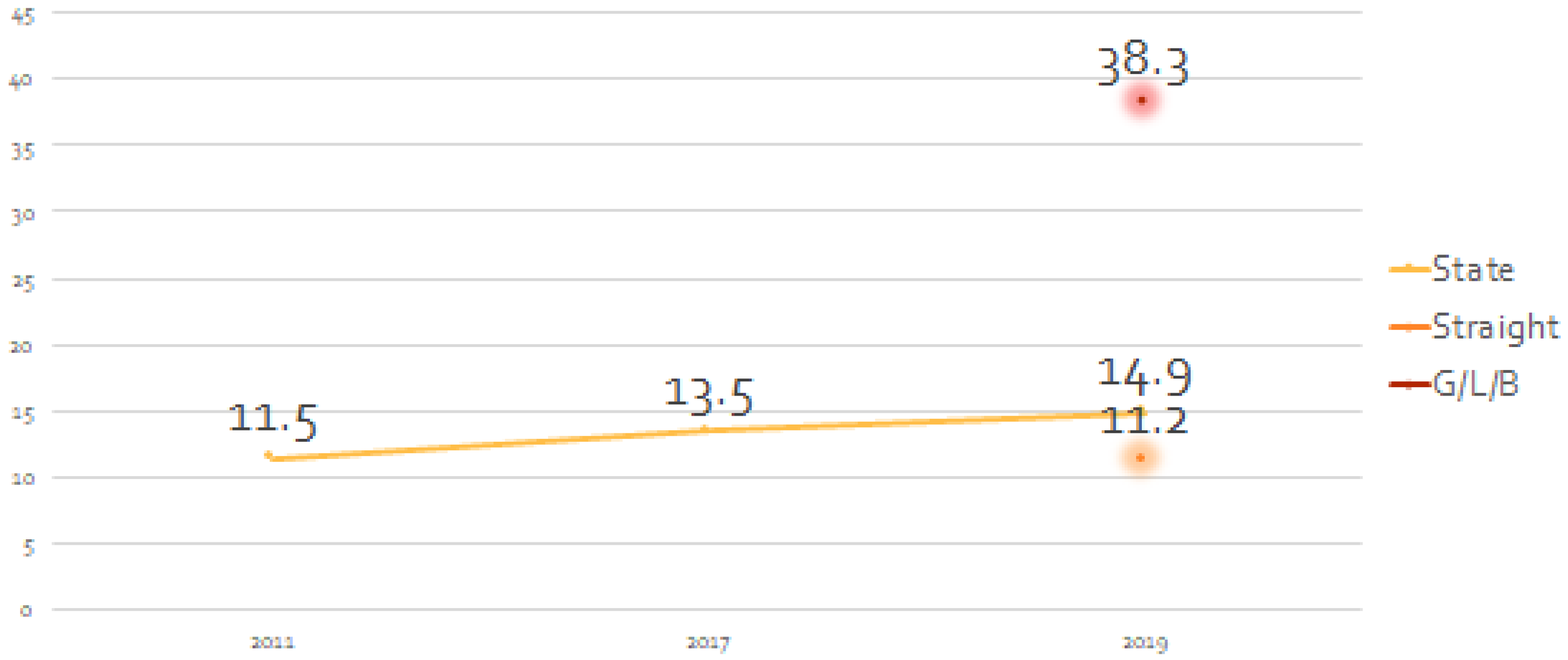
Made a plan about how they would attempt suicide, past 12 months, 2019
By Gender



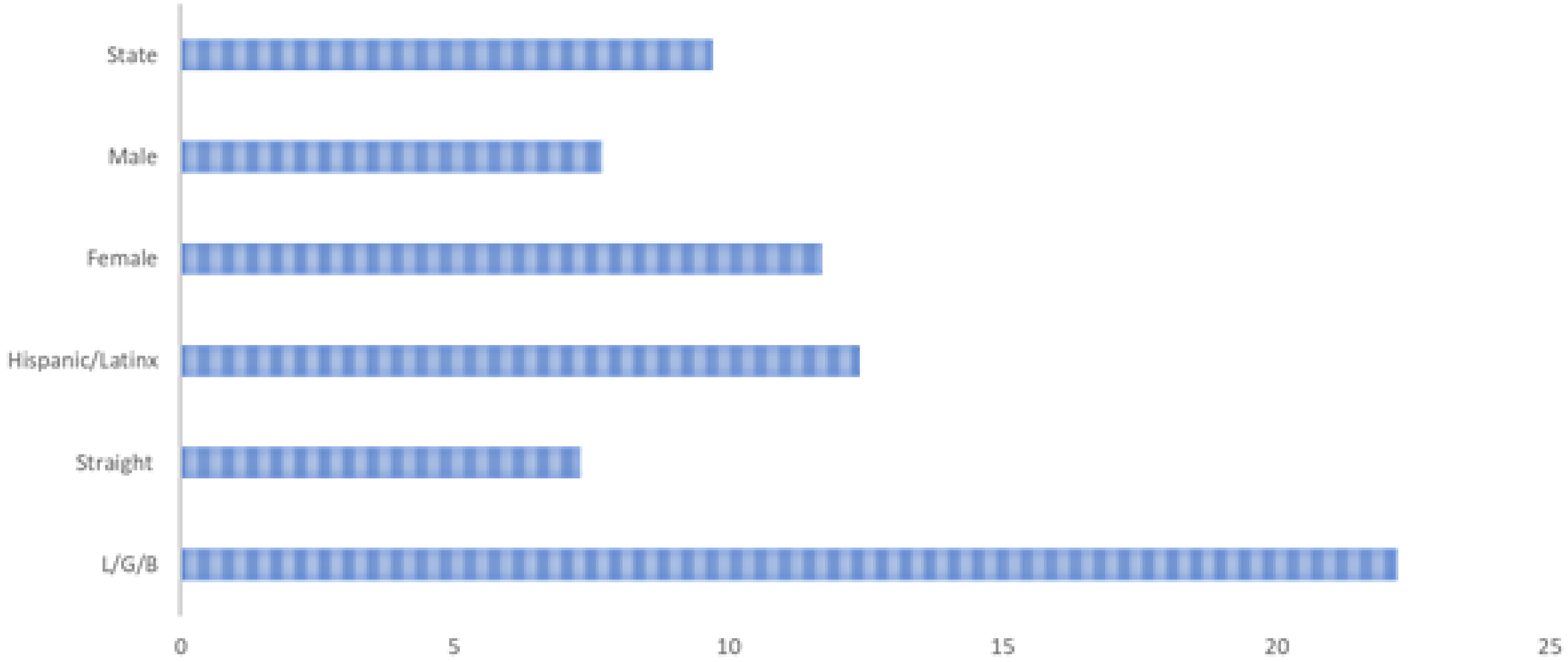
July 2020

Made a plan about how they would attempt suicide, past 12 months, 2019
By Sexual Identity/Orientation



July 2020

Attempted suicide, one or more times in past 12 months, 2019



	L/G/B	Straight	Hispanic/Latinx	Female	Male	State
Attempted suicide	22.2	7.3	12.4	11.7	7.7	9.7

Iowa Youth Survey (IYS)

6TH-8TH-11TH GRADERS

Census survey

Data represents participating students

County, State & Other reports

Special analysis, 2014-2018 data

n=70,451

Persistent sadness or hopelessness

- Females--32% vs Males--17%
- Higher for 11th graders than 6th or 8th
- Higher for non-white subgroups than white subgroup
- Hispanic/Latinx 11th grade females highest--49%

Thoughts of suicide

- Females--26% vs Males--15%
- Higher for 11th graders than 6th or 8th
- 11th grade females highest--32%
- Higher for non-white subgroups than white subgroup
- Non-white 8th & 11th grade females highest overall rates

Odds of Hispanic/Latinx student reporting thoughts of suicide

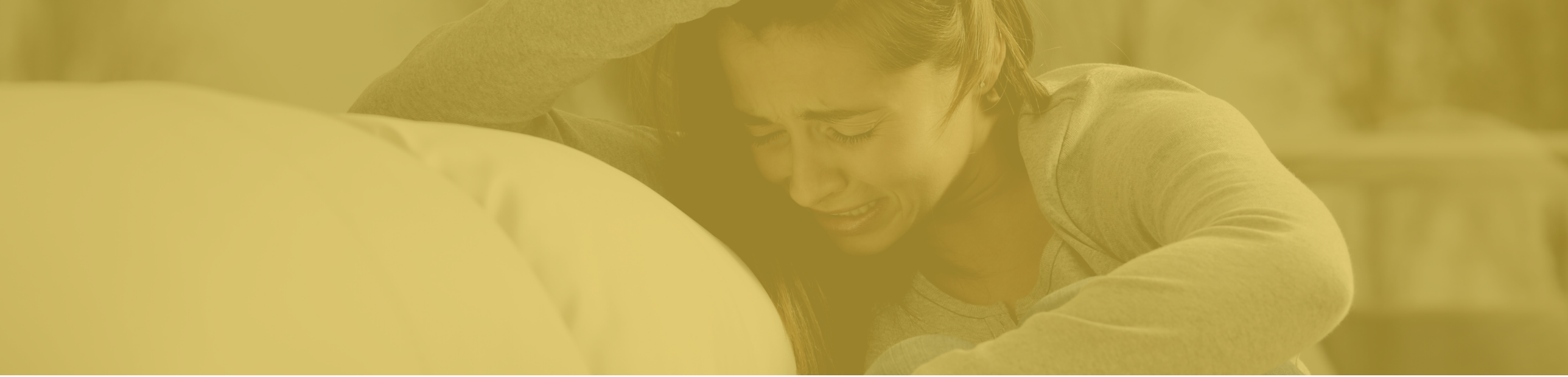
INCREASED 22% FROM 2014-2018

Made a plan for suicide

- Females--12% vs Males--7%
- Rates increased with age and for both genders 2014-2018
- Higher for non-white subgroups than white subgroup

Odds of female student making a suicide attempt

TWICE THAT OF MALES



Attempted suicide

- Higher for females than males
- 8th grade females highest--8%
- Rates stayed approximately same for both genders 2014-2018
- Higher for non-white subgroups than white subgroup
- Rates for 8th grade females reached double digits for all racial/ethnic subgroups except white and Asian

Key Takeaways

OVERALL INCREASE IN PREVALENCE RATES ON ALL MENTAL HEALTH MEASURES

PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS HIGHEST AMONG 11TH GRADERS

INCREASINGLY POOR MENTAL HEALTH FOR LATINX FEMALE STUDENTS, 2014-2018

SIGNIFICANT DISPARITIES FOR IOWA'S LESBIAN, GAY & BISEXUAL STUDENTS

100%

IOWA YOUTH WHO DESERVE A FAIR AND JUST OPPORTUNITY TO BE AS HEALTHY AS POSSIBLE

Convince your school administrators to participate in Fall 2021 YRBS & IYS.

THANK YOU!

Sources

- CENTERS FOR DISEASE CONTROL AND PREVENTION. 2019 YOUTH RISK BEHAVIOR SURVEY DATA. AVAILABLE AT: HTTPS://YRBS-EXPLORER.SERVICES.CDC.GOV/#/.

- IOWA DEPARTMENT OF PUBLIC HEALTH. BUREAU OF PUBLIC HEALTH PERFORMANCE. MENTAL HEALTH DISPARITIES AMONG YOUTH IN IOWA: ANALYSIS OF THE IOWA YOUTH SURVEY (2014, 206, 2018). DES MOINES: IOWA DEPARTMENT OF PUBLIC HEALTH, 2021.

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- HTTPS://IDPH.IOWA.GOV/PUBLICHEALTHDATA/IOWA-YOUTH-RISK-BEHAVIOR-SURVEY