

Social and | Mental Health

2009 Update

This indicator is 1 of 44 Spokane Counts indicators found at www.srhd.org/SpokaneCounts

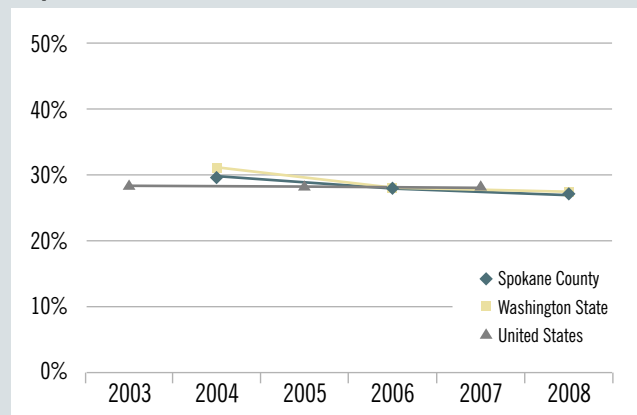
Depression (youth)

Youth with depression included individuals in grades 8, 10, or 12 who felt so sad or hopeless almost every day for 2 weeks or more in a row, that they stopped doing some of their usual activities. Depression among youth may lead to failure in school, alcohol or drug use, suicide or other negative outcomes.

Although depression is treatable, research estimates two-thirds of children with mental health problems do not get the help they need.¹

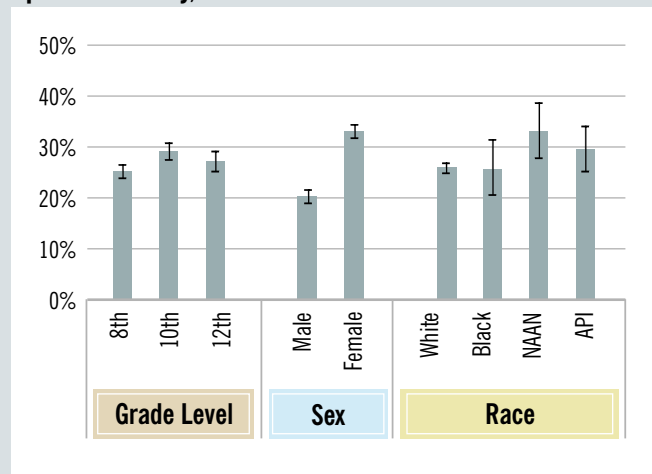
In 2008, more than one-quarter of Spokane County youth reported a depressive episode in the last year. There was a significant decrease in the proportion of depressed youth from 2004 to 2008. The proportion of youth who were depressed in Spokane County in 2008 was similar to that of Washington State in 2008 and the U.S. in 2007.

Depressed Youth



Source: Washington State Healthy Youth Survey; Youth Risk Behavior Surveillance System

Demographic Disparities in Depressed Youth Spokane County, 2008

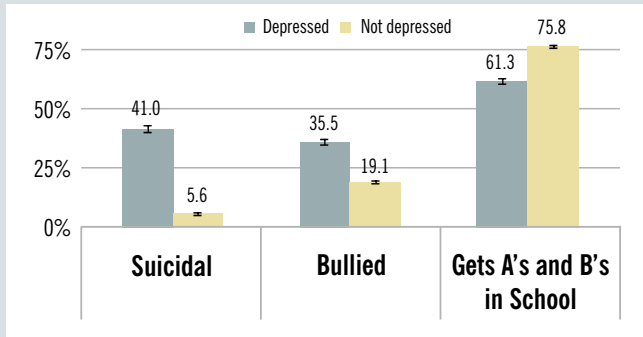


Source: Washington State Healthy Youth Survey
NAAN=Native American/Alaska Native, API=Asian/Pacific Islander

Among Spokane County youth in 2008:

- Depression was more likely among youth in higher grades than youth in 8th grade;
- Females were more likely than males to be depressed; and
- Compared to Whites, Native American/Alaska Natives were more likely to be depressed.

Health and Social Conditions Among Youth by Depression Status, Spokane County, 2008



Source: Washington State Healthy Youth Survey

In Spokane County, youth who were depressed were significantly more likely to have seriously considered suicide in the last year, to have been bullied in the last month, and were less likely to get good grades in school.

Indicator: Depression (youth)

Percent
(95% Confidence Interval)

	2004	2006	2008	
Total	Spokane County	29.6% (28.3, 31.0)	27.8% (26.9, 28.8)	26.8% (25.9, 27.8)
	Washington State	31.2% (30.6, 31.9)	28.0% (27.5, 28.6)	27.3% (26.8, 27.8)
	National	28.6% (2003)	28.5% (2005)	28.5% (2007)
Grade Level	8th grade	27.5% (25.6, 29.6)	25.4% (23.9, 26.8)	25.0% (23.7, 26.4)
	10th grade	30.8% (28.4, 33.3)	29.7% (28.1, 31.4)	28.9% (27.3, 30.6)
	12th grade	31.2% (28.8, 33.8)	29.1% (27.2, 31.1)	27.0% (25.2, 28.9)
Sex	Male	22.9% (21.1, 24.7)	21.3% (20.1, 22.6)	20.2% (19.0, 21.4)
	Female	35.4% (33.5, 37.4)	33.8% (32.4, 35.2)	32.8% (31.5, 34.2)
Race	White	28.3% (26.8, 29.8)	26.3% (25.2, 27.4)	25.7% (24.6, 26.7)
	Black	34.3% (25.8, 44.0)	23.0% (17.6, 29.5)	25.4% (20.4, 31.1)
	Native American/Alaska Native	44.5% (37.4, 51.8)	37.6% (31.8, 43.7)	32.7% (27.6, 38.5)
	Asian/Pacific Islander	25.5% (20.0, 32.0)	27.9% (23.3, 33.1)	29.2% (25.0, 33.9)

Source: Washington State Healthy Youth Survey; Youth Risk Behavior Surveillance System



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