

Vermont Mental Health Performance Indicator Project

Vermont Agency of Human Services, Department of Mental Health
103 South Main Street, Waterbury Vermont 05671

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

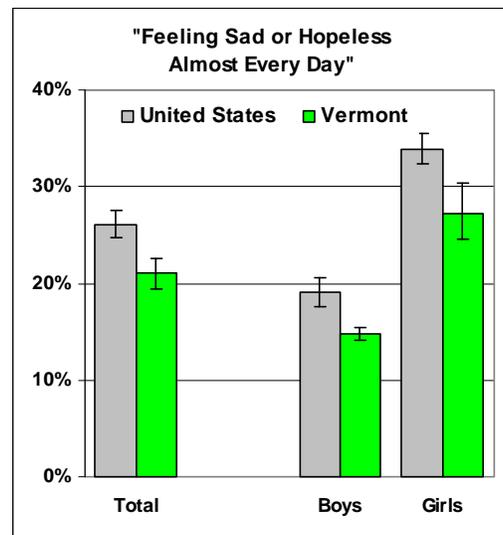
FROM: John Pandiani, Walter Ochs, and Erika Edwards

DATE: July 23, 2010

RE: Depressive Symptoms among Vermont and Other Youth: 2009

This week's report provides information regarding the proportion of youth in Vermont and other states who report symptoms of depression. This report was prepared in response to discussion at a recent Department of Mental Health (DMH) staff meeting, at the request of Charlie Biss (Director of the DMH Child, Adolescent, and Family Unit).

This report is based on school survey data collected by the Youth Risk Behavior Survey (YRBS). The national YRBS, sponsored by the Centers for Disease Control and Prevention, is a random sample of over 16,000 students in grades 9-12 of all public and private schools in the 50 states and the District of Columbia.^{1, 2} The Vermont YRBS consists of two samples: a randomly selected representative sample of public school students in grades 8-12, and a census sample of remaining students. In 2009, 29,303 Vermont students completed the YRBS. State-level results are representative of all public school students in grades 9-12. County-level results are based on a census survey that is not representative of all students. The findings reported here are based on one question: "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?"



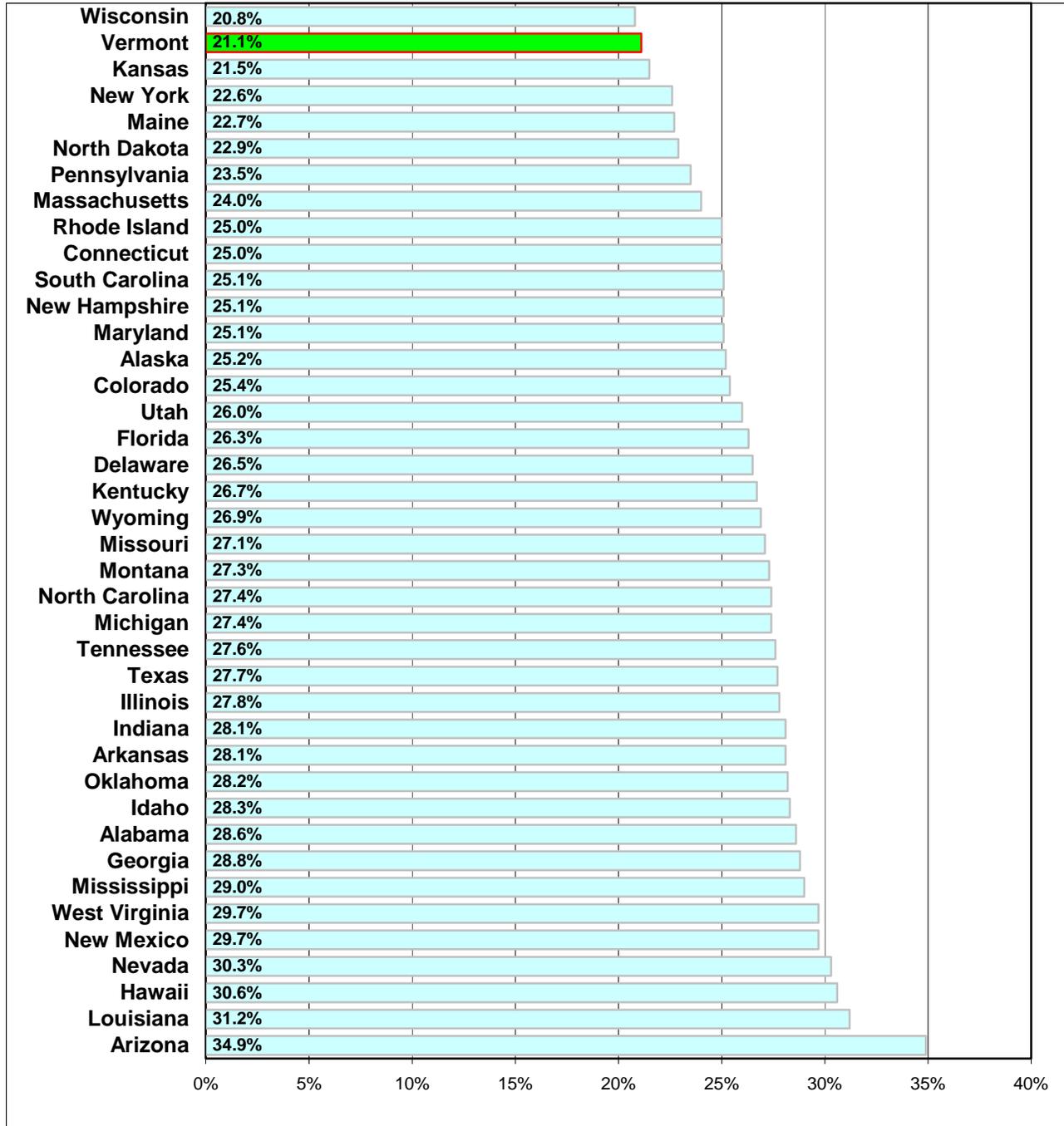
Results indicate that, nationally, Vermont had the second lowest rate (following Wisconsin) of "feeling sad or hopeless almost every day." Overall, 21% of Vermont students reported "feeling sad or hopeless almost every day." These feelings were more common among girls than boys (27% vs. 15% respectively). Students in Addison and Chittenden counties (17% and 18% respectively) were least likely to report these feelings, and students in Lamoille (26%) and Franklin/Grand Isle counties (23%) were most likely to report these feelings.

We look forward to your interpretations of these findings and your suggestions for further analysis of these data. Please forward your comments and suggestions to pip@ahs.state.vt.us or 802-241-4049.

¹ <http://healthvermont.gov/pubs/yrbs2009/2009YouthRiskBehaviorSurvey.aspx>

² <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>

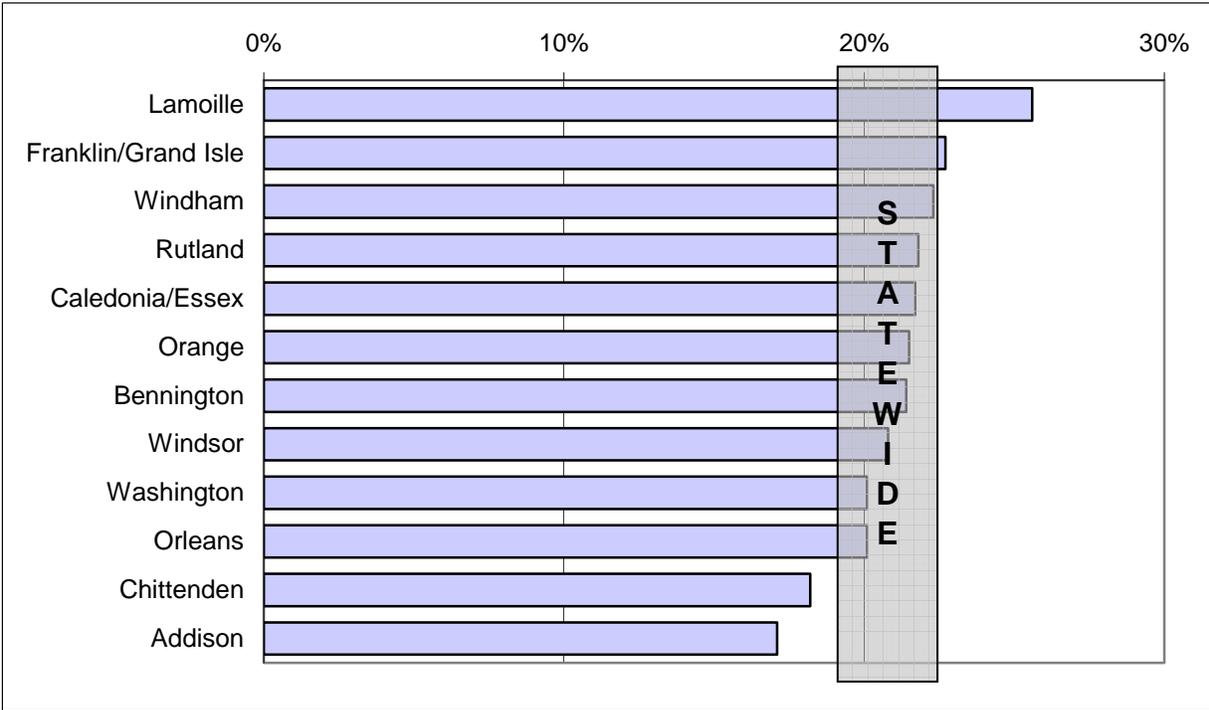
Youth "Feeling Sad or Hopeless Almost Every Day*" by State 2009



*** Feeling sad or hopeless almost every day for 2 or more weeks in a row
so that they stopped doing some usual activities.**

This report is based on the 2009 Youth Risk Behavior Survey (YRBS). These results were presented by the Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services, "Youth Risk Behavior Surveillance-United States, 2009," Surveillance Summaries, MMWR 2010; 59 (No. SS-5). <http://www.cdc.gov/mmwr/pdf/ss/ss5905.pdf>
Depressive symptoms are indicated by a positive response to the following question: "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?." Analysis includes grade levels 9-12.

Youth "Feeling Sad or Hopeless Almost Every Day*" by Region in Vermont 2009



County	Feeling Sad or Hopeless*	
	%	CI
Lamoille	25.6	(23.0-28.3)
Franklin/Grand Isle	22.7	(21.1-24.3)
Windham	22.3	(20.2-24.5)
Rutland	21.8	(19.9-23.6)
Caledonia/Essex	21.7	(19.2-24.1)
Orange	21.5	(19.0-23.9)
Bennington	21.4	(19.2-23.5)
Windsor	20.8	(19.1-22.5)
Washington	20.1	(18.5-21.7)
Orleans	20.1	(17.8-22.4)
Chittenden	18.2	(17.3-19.2)
Addison	17.1	(15.3-19.0)
Statewide	21.0	(19.5-22.5)

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so that they stopped doing some usual activities.**

Based on the 2009 VT Youth Risk Behavior Survey (YRBS) sponsored by the Department of Health Division of Alcohol & Drug Abuse and the Department of Education Coordinated School Health Programs. These survey results are based on a census sample of students in grades 8-12. Depressive symptoms are indicated by a positive response to the following question: "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?." County is based on student county of residence.