

Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Health, Department of Mental Health
108 Cherry Street, Burlington, Vermont 05401

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

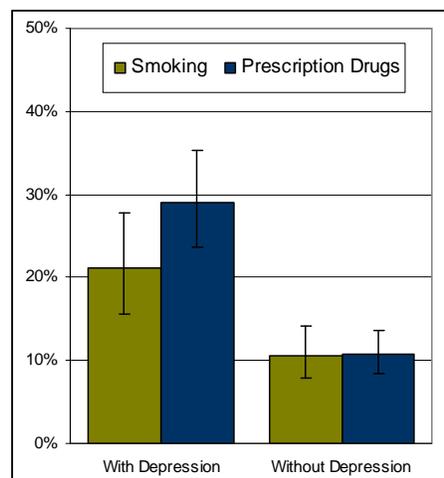
FROM: John Pandiani and Jason Roberts

DATE: September 7, 2007

RE: Youth Depression and Cigarette Smoking

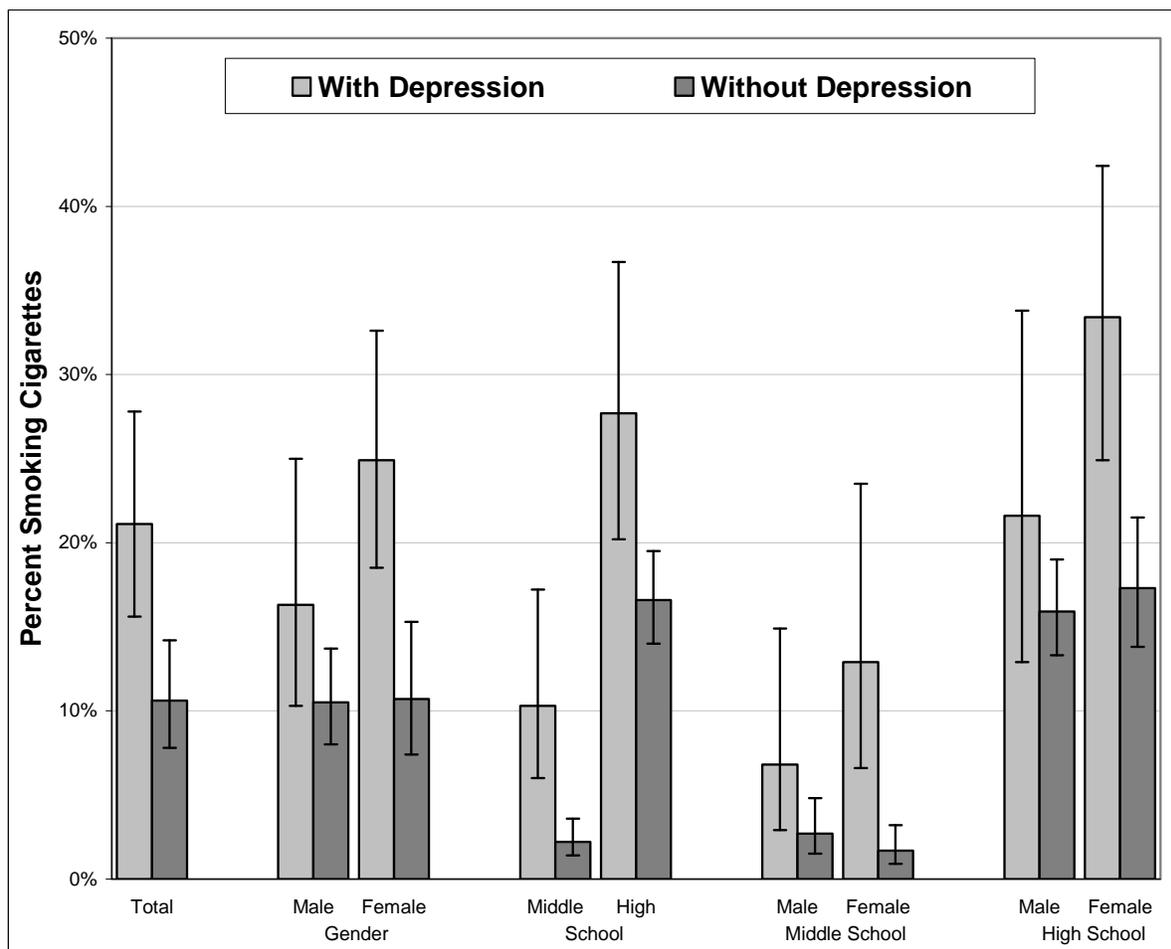
This is the third in our series examining depression among Vermont youth. Each report used analysis from the 2006 Vermont Youth Health Survey (YHS). The first provided overall rates of youth depression, finding that almost 18% of Vermont Middle and High School students reported being bothered by “little interest or pleasure in doing things,” or “feeling down” at least half of the days during the previous two weeks (<http://healthvermont.gov/mh/docs/pips/2007/documents/Pip071307.pdf>). The second report focused on the relationship between depression and use of unprescribed prescription drugs, finding that 29% of youth with depression reported using a prescription drug without a prescription (<http://healthvermont.gov/mh/docs/pips/2007/documents/Pip081007.pdf>). This report focuses on the relationship between depression and cigarette smoking (defined as smoking at least once during the previous 30 days). The analysis focuses on the rate of cigarette smoking among two groups of Vermont youth: those who experienced symptoms of depression and those who did not experience symptoms of depression. This analysis was completed in response to a request from Peggy Brozicevic, Research and Statistics Chief, Vermont Department of Health.

As you will see, youth with depression were much more likely than those without depression to report cigarette smoking (21% vs. 11%). The rate of cigarette smoking was lower among male students with depression (16%) than among female students with depression (25%). Middle school students with depression were five times as likely as students with no depression to report smoking (10% vs. 2%). High school students with depression were more likely than students without depression to report smoking (28% vs. 17%). High school girls with depression had a higher rate of cigarette smoking than any other group (33%).



We look forward to your interpretation of these findings and your suggestions for further analysis of these data. Please forward your comments and suggestions to pip@vdh.state.vt.us or 802.863.7249.

Depression and Cigarette Smoking among Vermont Youth: 2006



Percent of Students with and without Depression Smoking Cigarettes

	With Depression		Without Depression	
	Percent	(95% CI)	Percent	(95% CI)
Total	21%	(16-28%)	11%	(8-14%)
Gender				
Male	16%	(10-25%)	11%	(8-14%)
Female	25%	(19-33%)	11%	(7-15%)
School				
Middle	10%	(6-17%)	2%	(1-4%)
High	28%	(20-37%)	17%	(14-20%)
Middle School				
Male	7%	(3-15%)	3%	(2-5%)
Female	13%	(7-24%)	2%	(1-3%)
High School				
Male	22%	(13-34%)	16%	(13-19%)
Female	33%	(25-42%)	17%	(14-22%)

This report is based on the 2006 VT Youth Health Survey (YHS) of randomly selected middle and high schools. Depression is indicated by student reports that they were "bothered by little interest or pleasure in doing things" or "feeling down depressed or hopeless" during at least half of the days of the previous two weeks. The use of cigarettes is indicated by student reports that they smoked at least once in the last 30 days.