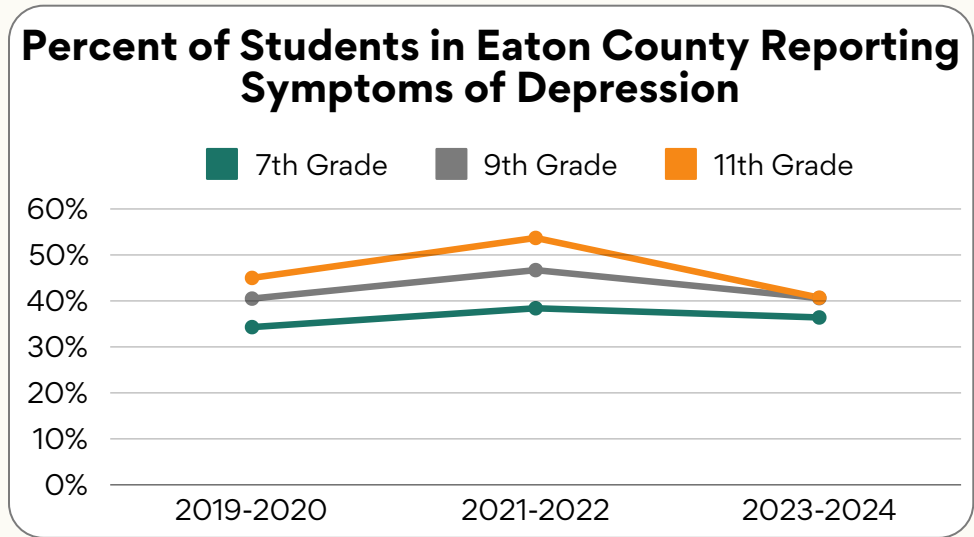


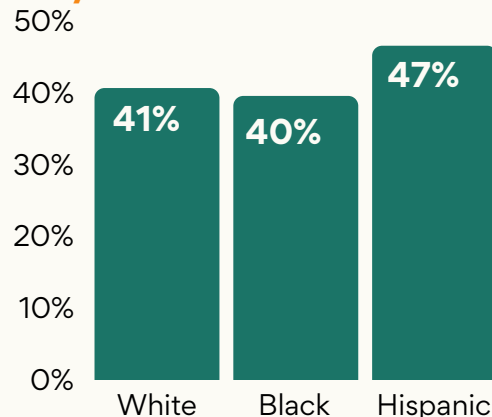
YOUTH MENTAL HEALTH EATON COUNTY

Mental health encompasses our emotional, psychological, and social well-being. It's as vital as physical health for overall wellness. Depression is a mental health condition that can lead to chronic conditions like diabetes and heart disease, and vice versa. Even without a diagnosed mental health condition, everyone faces mental health challenges at times.

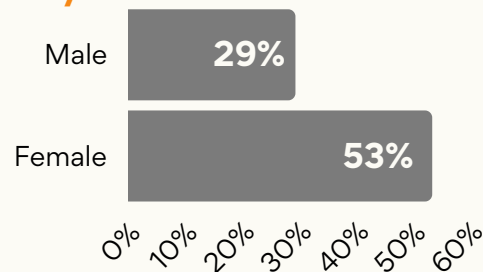


Percent of High School Students in Eaton County Reporting Symptoms of Depression

By Race:



By Gender:



Mental health conditions can begin in early childhood and the prevalence changes with age. Although there are some exceptions, most mental health conditions are more common with increased age.

Read more here: <https://www.cdc.gov/children-mental-health/data-research/index.html>

TREATMENT

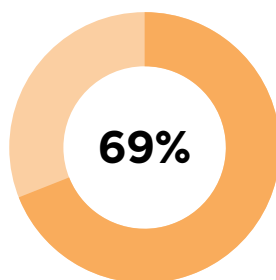
Among children with depression, 79% received treatment or counseling, compared with 59% of children with anxiety and 52% of children with behavior disorders.

In the United States (U.S):

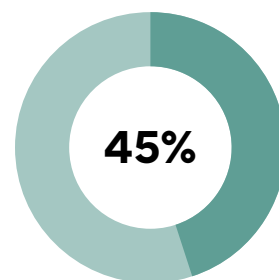
1 in 7

children ages 3 to 17 has a current diagnosed mental or behavioral health condition.

In 2021, CDC found



of LGBTQ+ students experienced persistent feelings of sadness or hopelessness.



of LGBTQ+ students seriously considered attempting suicide.

These percentages are higher than those of their heterosexual peers.

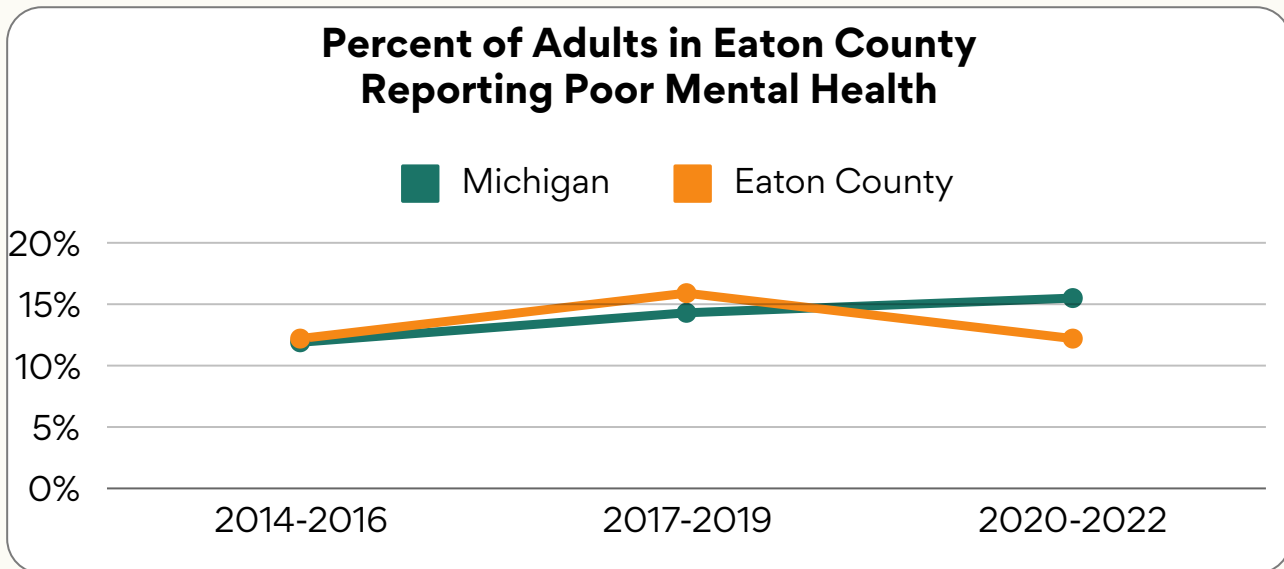
- Eaton County Behavioral Risk Factor Surveillance System 1. (BRFSS), 2014-2022
- High School Youth Risk Behavior Survey (YRBS), 2021-2022
- Michigan BRFSS, 2012-2021
- Vital Statistics, MDHHS, 2016-2021
- Michigan Department of Education, 2022, Michigan school health survey system.

<https://bit.ly/3T3OMvV>

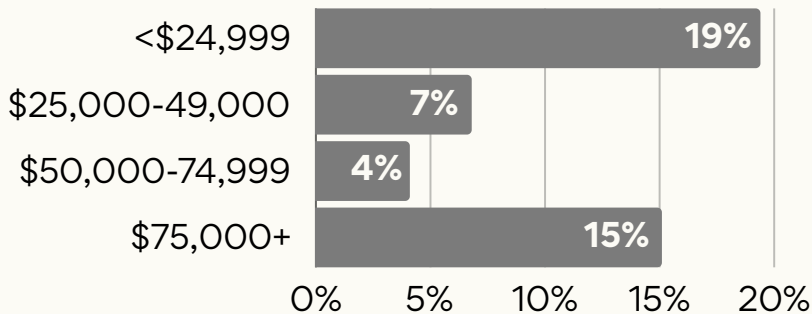


ADULT MENTAL HEALTH

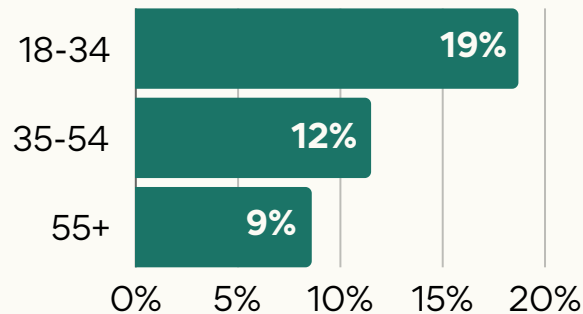
Adults face a variety of life transitions that can impact their mental health and well-being. These include career changes, family responsibilities, and caregiving. As people age, they may also experience significant changes such as retirement, illness, loss, and social isolation.



By Income:



By Age:

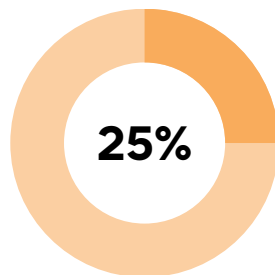


A study conducted in April and May of 2020 in the United States, symptoms of current depression were reported 59% more frequently by Hispanic adults (40.3%) than by non-Hispanic White (White) persons (25.3%).

Read more here:

<https://www.cdc.gov/mmwr/volumes/70/wr/mm7005a3.htm>

In the U.S. (2023):



Adults live with a mental health condition.

1 in 20

Adults live with a serious mental health condition that significantly interferes with the ability to carry out life's activities.

1. Eaton County Behavioral Risk Factor Surveillance System 1. (BRFSS), 2014-2022
 2. High School Youth Risk Behavior Survey (YRBS), 2021-2022
 3. Michigan BRFSS, 2012-2021
 4. Vital Statistics, MDHHS, 2016-2021
 5. Michigan Department of Education, 2022, Michigan school health survey system.
<https://bit.ly/3T3OMvV>



SUICIDE & MENTAL HEALTH

EATON COUNTY

Suicide is the second leading cause of death in the United States among individuals ages 10 to 14 and 25 to 34 in 2022. In 2022 there were over 49,000 deaths by suicide.

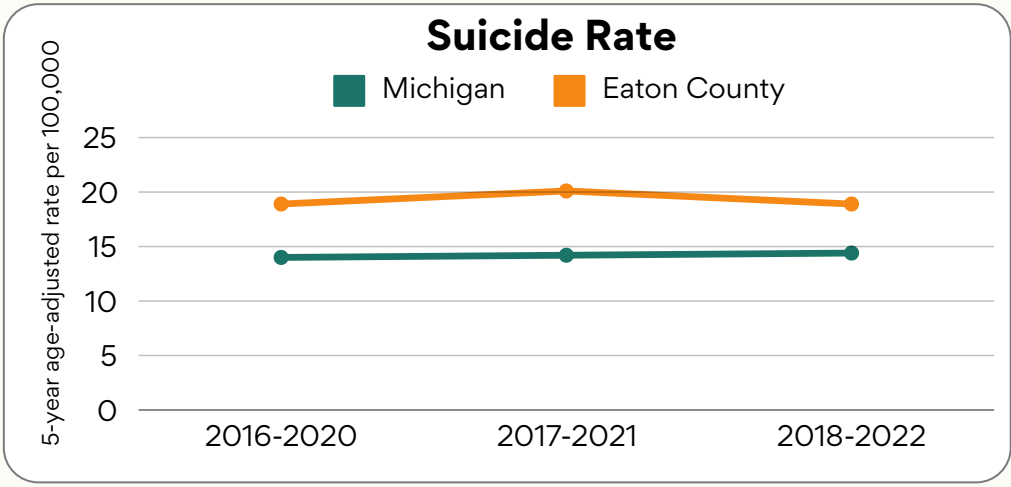
988 LIFELINE
 If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

In 2022, in the United States:
1 SUICIDE DEATH EVERY 11 MINUTES

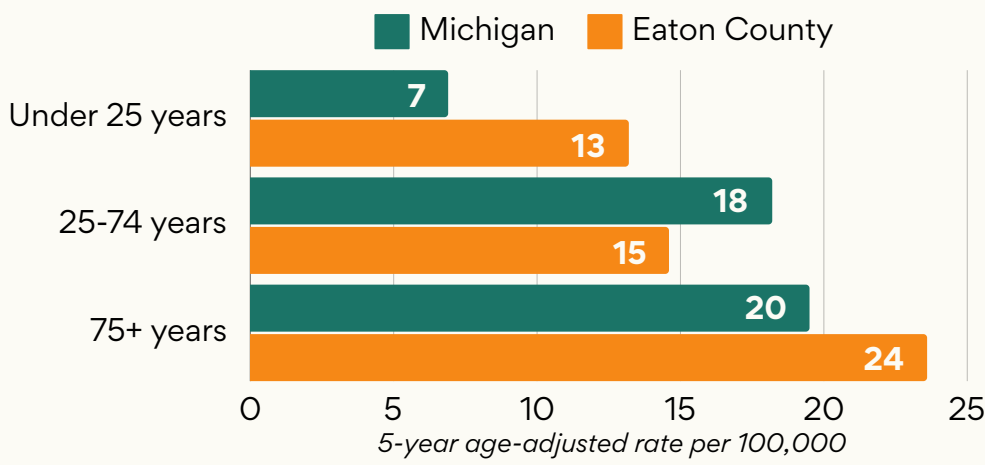
~45%

of all people who die by suicide have a history of a diagnosed mental health condition. -However, suicide is not caused by any single factor.

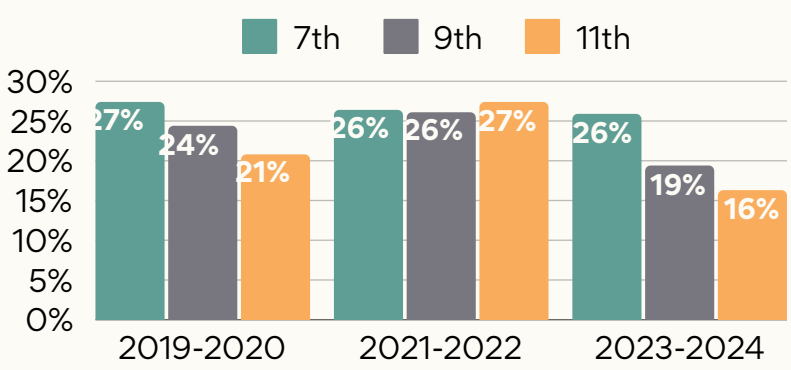
Across the U.S., disparities in suicide rates affect specific populations more than others, such as veterans, rural residents, sexual and gender minorities, middle-aged adults, people of color, and Indigenous communities.



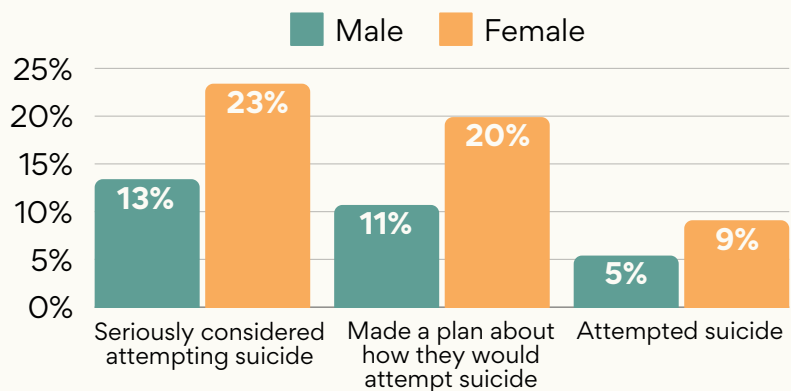
Suicide Rate by Age Categories, 2020-2022



Percent of Eaton County Students that Reported to Seriously Consider Attempting Suicide



Percent of Eaton County High School Students that Reported the Following in 2023-2024:



1. Eaton County Behavioral Risk Factor Surveillance System 1. (BRFSS), 2014-2022
 2. High School Youth Risk Behavior Survey (YRBS), 2021-2022
 3. Michigan BRFSS, 2012-2021
 4. Vital Statistics, MDHHS, 2016-2021
 5. Michigan Department of Education, 2022, Michigan school health survey system.
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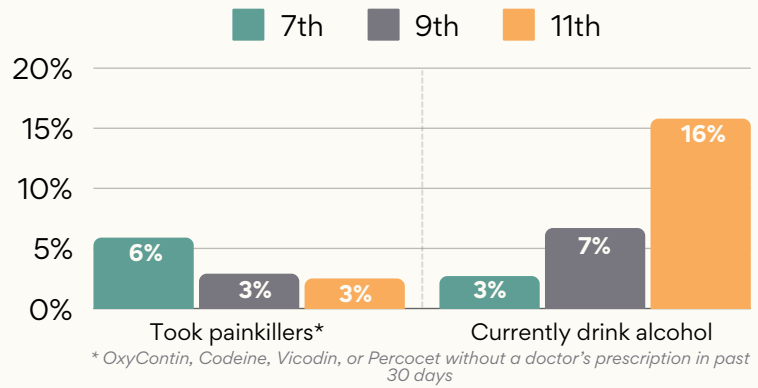


EATON COUNTY MENTAL HEALTH

RISK FACTORS

Several factors can contribute to poor mental health. These include, but are not limited to, genetic predisposition, stress, trauma, abuse, neglect, life changes, poverty, social isolation, limited access to resources, adverse childhood experiences, seasonal changes, and substance use disorder. While these factors increase risk, they don't guarantee the development of a mental health condition.

Percent of Eaton County Students that Reported the Following in 2023-2024:

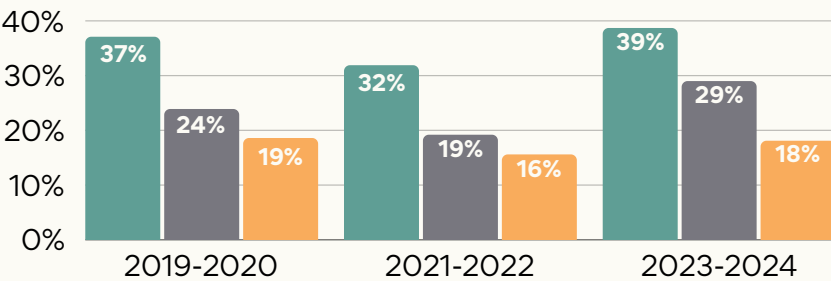


PROTECTIVE FACTORS

Several factors increase the possibility of experiencing positive mental health. These include, but are not limited to, physical activity, adequate sleep, social support, nutritious diet, access to quality employment, housing, and education, safe community, and positive coping skills.

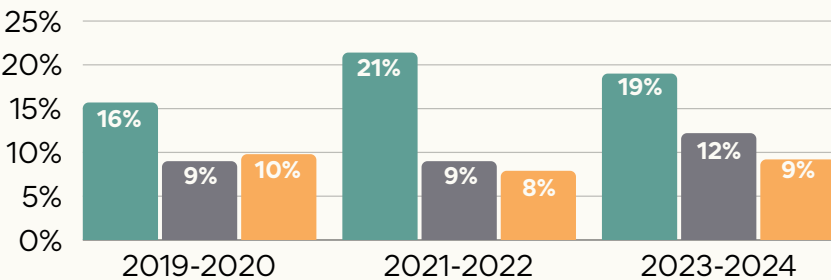
Percent of Eaton County Students that Reported Being Bullied on School Property

7th 9th 11th



Percent of Eaton County Students that Reported Not Going to School Because They Felt Unsafe at or On Their Way to or From School:

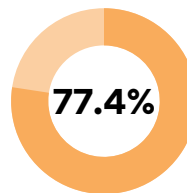
7th 9th 11th



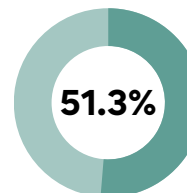
Studies have shown collective efforts to reduce mental health risk factors and promote protective factors, especially during childhood and adolescence, can significantly improve overall mental health outcomes.

81.2% of high school students in Michigan did not get an average of 8 or more hours of sleep on school nights.

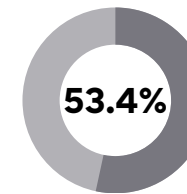
2023-2024 Eaton County Survey



of high school students reported to spend 3+ hours per day in front of a TV, computer, smart phone, or other electronic device for something that is not school work.



of middle school students reported to have a total of 60 minutes of physical activity per day on 5+ days in past 7 days.



of high school students reported to have a total of 60 minutes of physical activity per day on 5+ days in past 7 days.

LGBTQ+ inclusive policies and practices benefit all students – not just LGBTQ+ students.

When schools implement LGBTQ-supportive policies and practices, all students experience:

- Less emotional distress
- Less violence and harassment
- Less suicidal thoughts and behaviors

1. Eaton County Behavioral Risk Factor Surveillance System 1. (BRFSS), 2014-2022
 2. High School Youth Risk Behavior Survey (YRBS), 2021-2022
 3. Michigan BRFSS, 2012-2021
 4. Vital Statistics, MDHHS, 2016-2021
 5. Michigan Department of Education, 2022, Michigan school health survey system.

<https://bit.ly/3T3OMvV>



Barry-Eaton District Health Department
 Be Active • Be Safe • Be Healthy