

# Youth Mental Health Trends

## 2010 – 2021



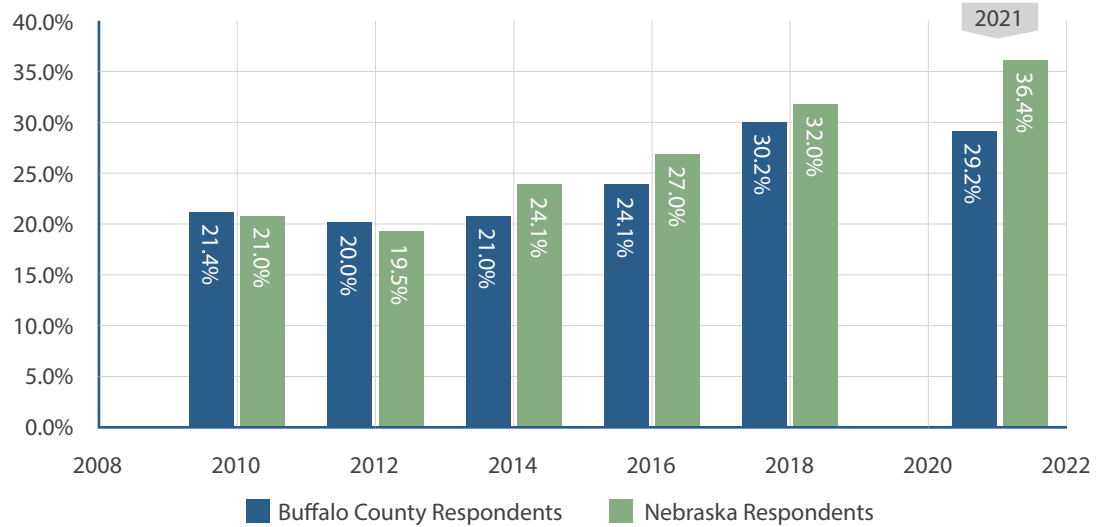
For most of this period, the data for Buffalo County youth tracks closely to the results for respondents from other parts of Nebraska. In the most recent intervals (2016-18 and 2018-21), a gap opens between Buffalo County and the rest of Nebraska, with trends for persistent sadness/hopelessness and suicidal contemplation less severe in Buffalo County.

### Percent of youth who:

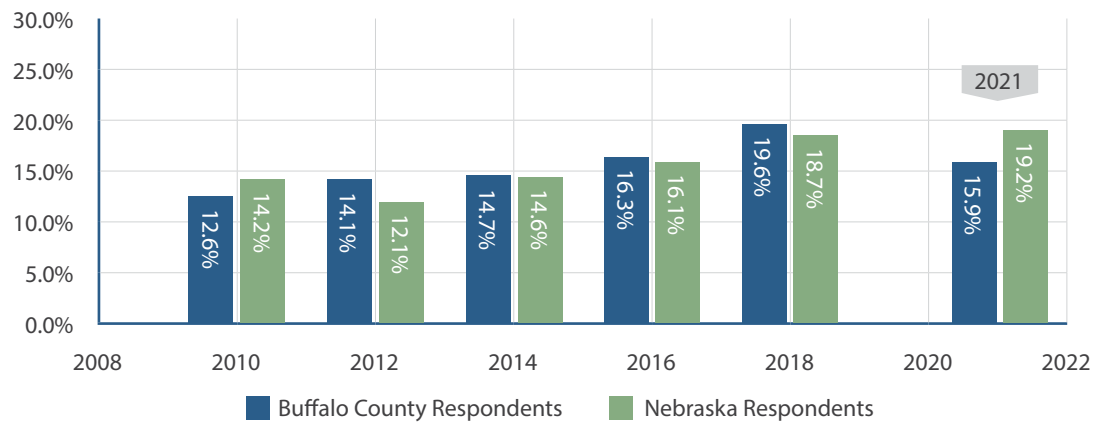
		2010	2012	2014	2016	2018	2021
Reported, during the past 12 months, feeling so sad or hopeless almost <b>every day for two weeks or more</b> in a row that they stopped doing some usual activities.	<b>Buffalo County Respondents</b>	<b>21.4%</b>	<b>20.0%</b>	<b>21.0%</b>	<b>24.1%</b>	<b>30.2%</b>	<b>29.2%</b>
	<b>Nebraska Respondents</b>	<b>21.0%</b>	<b>19.5%</b>	<b>24.1%</b>	<b>27.0%</b>	<b>32.0%</b>	<b>36.4%</b>
<b>Seriously considered</b> attempting suicide in the past 12 months.	<b>Buffalo County Respondents</b>	<b>12.6%</b>	<b>14.1%</b>	<b>14.7%</b>	<b>16.3%</b>	<b>19.6%</b>	<b>15.9%</b>
	<b>Nebraska Respondents</b>	<b>14.2%</b>	<b>12.1%</b>	<b>14.6%</b>	<b>16.1%</b>	<b>18.7%</b>	<b>19.2%</b>
<b>Attempted suicide</b> in the past 12 months.	<b>Buffalo County Respondents</b>	<b>9.2%</b>	<b>13.1%</b>	<b>14.1%</b>	<b>12.9%</b>	<b>10.9%</b>	<b>6.4%</b>
	<b>Nebraska Respondents</b>	<b>10.9%</b>	<b>9.8%</b>	<b>13.3%</b>	<b>14.1%</b>	<b>15.5%</b>	<b>10.1%</b>

## 2021 YOUTH BEHAVIORAL RISK FACTOR SURVEY

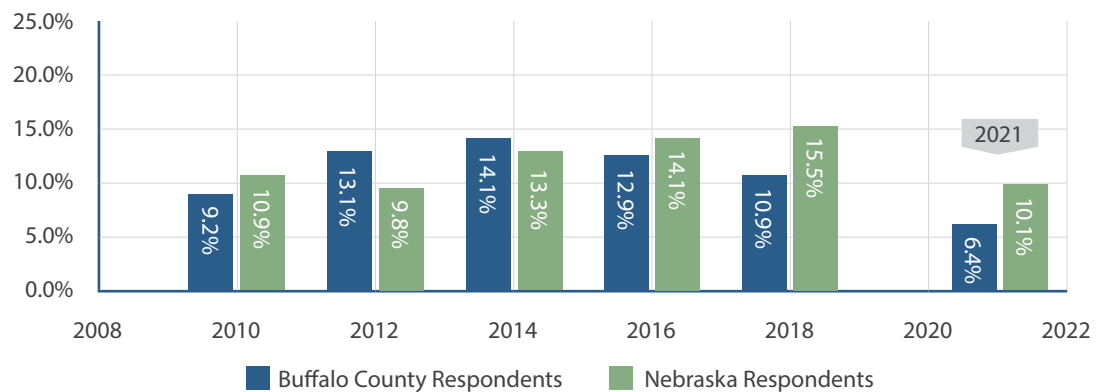
Youth who report, during the previous 12 months, feeling so sad or hopeless almost **every day for two weeks or more** in a row, that they stopped doing some usual activities



Youth who report **seriously considering suicide** in the previous 12 months



Youth who report **attempting suicide** in the previous 12 months



### Research Methods

Every two to three years, Buffalo County Community Partners collaborates with the Nebraska Departments of Education and Health and Human Services to administer and analyze the Youth Behavioral and Risk Factor Survey. Data from Buffalo County were collected from a representative sample of Buffalo County youth between October and December 2021. In all, 974 Buffalo County youth completed the 2021 survey, providing a snapshot of their physical and mental health, as well as behaviors that might pose risks to their health and safety. Copies of current and past reports, along with a full description of the Buffalo County research methods, are available at [www.bcchp.org/assessments](http://www.bcchp.org/assessments). For research methods respecting the Nebraska data, see [www.bosr.unl.edu/youth-risk-behavior-survey-yrbs](http://www.bosr.unl.edu/youth-risk-behavior-survey-yrbs). Resources for parents can be found at [bcchp.org/parents](http://bcchp.org/parents).

# From Feeling to Thought to Action 2021



While any number of youth experiencing depression or suicidal contemplation is cause for concern, these data suggest youth in Buffalo County experience slightly less emotional distress than is true of respondents from across Nebraska and are less inclined to act on those feelings when they occur.

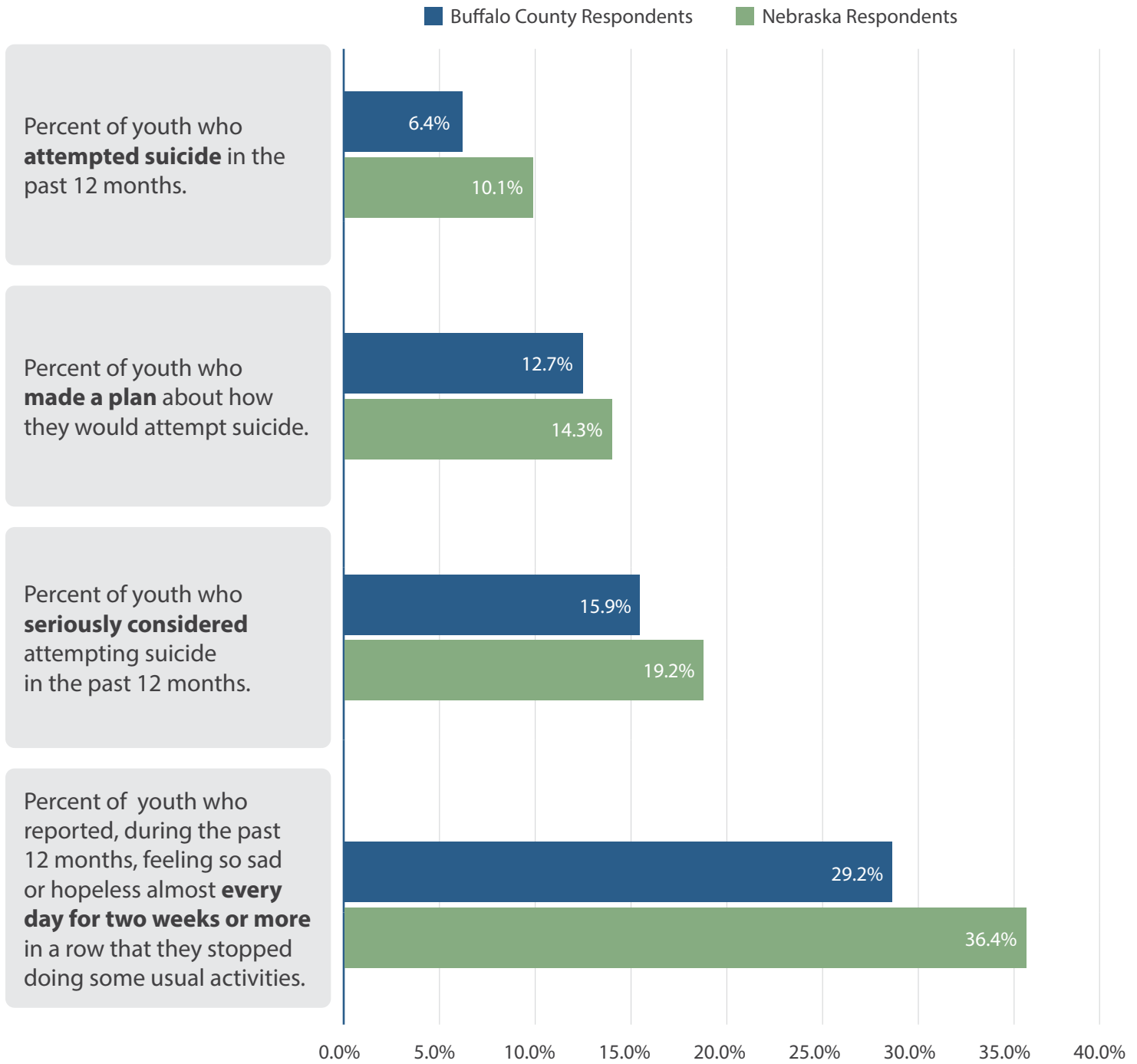
## Percent of youth who:

2021

<p>Reported, during the past 12 months, feeling so sad or hopeless almost <b>every day for two weeks or more</b> in a row that they stopped doing some usual activities.</p>	<p><b>Buffalo County Respondents</b></p>	<p><b>29.2%</b></p>
	<p><b>Nebraska Respondents</b></p>	<p><b>36.4%</b></p>
<p><b>Seriously considered</b> attempting suicide in the past 12 months.</p>	<p><b>Buffalo County Respondents</b></p>	<p><b>15.9%</b></p>
	<p><b>Nebraska Respondents</b></p>	<p><b>19.2%</b></p>
<p><b>Made a plan</b> about how they would attempt suicide</p>	<p><b>Buffalo County Respondents</b></p>	<p><b>12.7%</b></p>
	<p><b>Nebraska Respondents</b></p>	<p><b>14.3%</b></p>
<p><b>Attempted suicide</b> in the past 12 months.</p>	<p><b>Buffalo County Respondents</b></p>	<p><b>6.4%</b></p>
	<p><b>Nebraska Respondents</b></p>	<p><b>10.1%</b></p>

# Youth, Mental Health and Suicide

## 2021



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# Young Men and Women Experience Mental Health Challenges Differently



The data presented on these tables and graphs show that young women suffer in greater numbers than young men. In every measure of emotional distress, the percentage of female respondents reporting a listed condition is significantly higher than the number of male respondents reporting that condition. The persistence of this pattern suggests systemic causes.

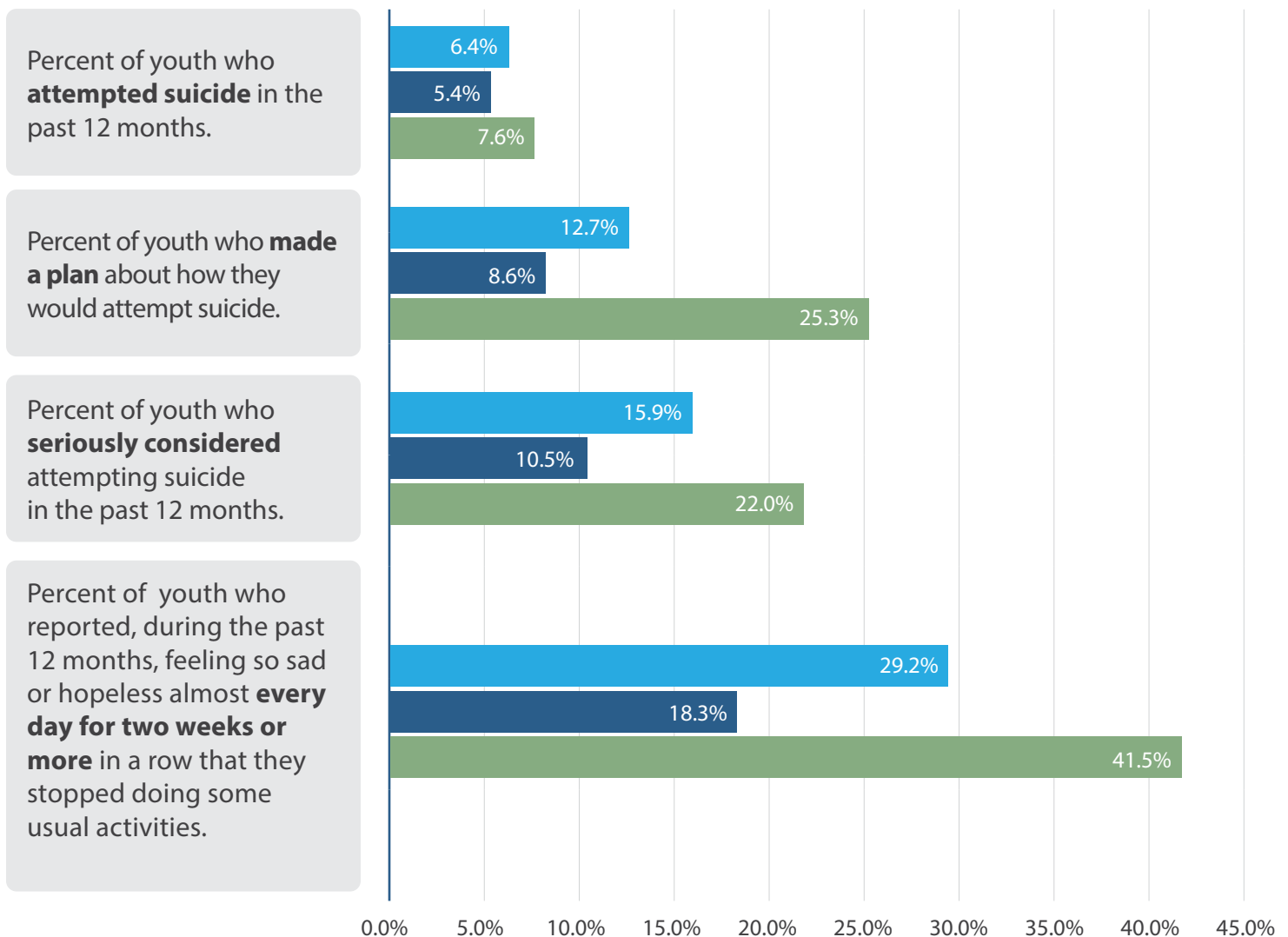
## Percent of youth who:

		All	% of Males	% of Females
Reported, during the past 12 months, feeling so sad or hopeless almost <b>every day for two weeks or more</b> in a row that they stopped doing some usual activities.	Buffalo County Respondents	29.2%	18.3%	41.5%
	Nebraska Respondents	36.4%	24.7%	48.8%
Seriously considered attempting suicide in the past 12 months.	Buffalo County Respondents	15.9%	10.5%	22.0%
	Nebraska Respondents	19.2%	13.8%	25.3%
Made a plan about how they would attempt suicide	Buffalo County Respondents	12.7%	8.6%	17.3%
	Nebraska Respondents	14.3%	10.9%	18.2%
Attempted suicide in the past 12 months.	Buffalo County Respondents	6.4%	5.4%	7.6%
	Nebraska Respondents	10.1%	5.9%	14.8%

# Young Men and Women Experience Mental Health Challenges Differently

## Buffalo County Youth 2021

■ All Respondents ■ Male Respondents ■ Female Respondents



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