

# Youth & Mental Health

## Trends 2012-2023

For most of this period, the data for Buffalo County youth tracks closely to the results for respondents from other parts of Nebraska.

All categories show a reduction in 2023 from prior years starting in 2016.

Percent of youth who:		2012	2014	2016	2018	2021	2023
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	20.0%	21.0%	24.1%	30.2%	29.2%	23.9%*
	Nebraska Respondents	19.5%	24.1%	27.0%	32.0%	36.4%	27.2%
Seriously considered attempting suicide in the past 12 months.	Buffalo County Respondents	14.1%	14.7%	16.3%	19.6%	15.9%	14.0%*
	Nebraska Respondents	12.1%	14.6%	16.1%	18.7%	19.2%	14.0%
Attempted suicide in the past 12 months.	Buffalo County Respondents	13.1%	14.1%	12.9%	10.9%	6.4%	5.9%*
	Nebraska Respondents	9.8%	13.3%	14.1%	15.5%	10.1%	3.1%
Make a plan about how you would <b>attempt suicide</b> in the past 12 months.	Buffalo County Respondents	11.6%	13.9%	14.5%	16.2%	12.7%	12.2%*
	Nebraska Respondents	9.8%	13.3%	14.1%	15.5%	14.3%	9.6%




\* data set was weighted for representativeness

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## Difference between male and female

The data presented on these tables and graphs show that young women suffer in greater numbers than young men in Buffalo County. 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. However, in suicidal contemplation across the state, the gap between males and females lessens.

### 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	23.9%*	15.1%*	33.5%*
	Nebraska Respondents	27.2%	18.7%	36.3%
Seriously considered attempting suicide in the past 12 months.	Buffalo County Respondents	14.0%*	8.8%*	19.4%*
	Nebraska Respondents	14.0%	10.7%	17.4%
Made a plan about how they would attempt suicide	Buffalo County Respondents	12.2%*	7.8%*	16.7%*
	Nebraska Respondents	9.6%	9.6%	9.5%
Attempted suicide in the past 12 months.	Buffalo County Respondents	5.9%*	4.0%*	8.2%*
	Nebraska Respondents	3.1%	2.5%	3.7%

\* data set was weighted for representativeness

### 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 2023. In all, 1023 Buffalo County youth in grades 9-12, completed the survey. Copies of current and past reports are available at [www.bcchp.org/assessments](http://www.bcchp.org/assessments). For research methods respecting the Nebraska data, see <https://bosr.unl.edu/sharp/>. Resources for parents can be found at [bcchp.org/parents](http://bcchp.org/parents).