

Suicide Risk and Mental Health Data

Connecticut Department of Public Health Population-Based Surveillance Systems



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September 10, 2020

Suicide Risk and Mental Health Data

- Behavioral Risk Factor Surveillance System (BRFSS)

- Youth Risk Behavior Surveillance System (YRBS)

Also known as the **Connecticut School Health Survey (CSHS)** Youth Behavior Component

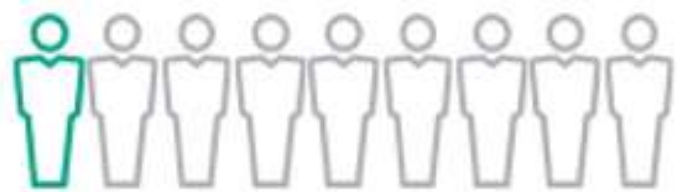
Behavioral Risk Factor Surveillance System (BRFSS)

- Ongoing anonymous statewide phone survey (landline and cell phone);
- Connecticut adult citizen volunteers (18 and over);
- Funded by U.S. Centers for Disease Control and Prevention (CDC) to all states in country;
- Offered in Connecticut since 1989;
- Core questions mandatory per CDC, plus CDC approved modules, plus state-added questions

Mental Health Among CT Adults...

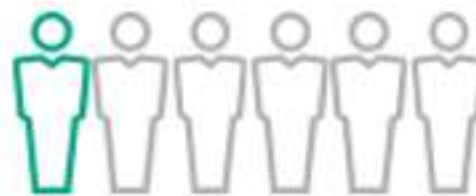
Frequent Mental Distress

1 in 9 reported **poor mental health** *14 days or more in the past 30 days*



Depression

1 in 6 diagnosed with **depression**

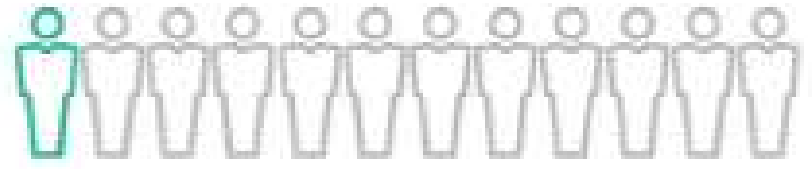


CT BRFSS 2018

Mental Health Among CT Adults...

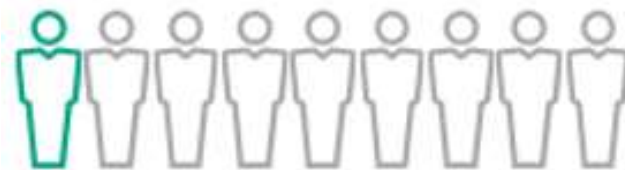
Depressive Episodes

1 in 12 felt down, depressed
or hopeless *for more than
half the days or nearly
everyday in past 2 weeks*



Anxiety

1 in 9 felt nervous, anxious
or on edge *for more than
half the days or nearly
everyday in past 2 weeks*



Data Source: CT BRFSS 2018

Among CT Adults...

Suicidal Behaviors

1 in 8 **thought** of suicide
in their lifetime

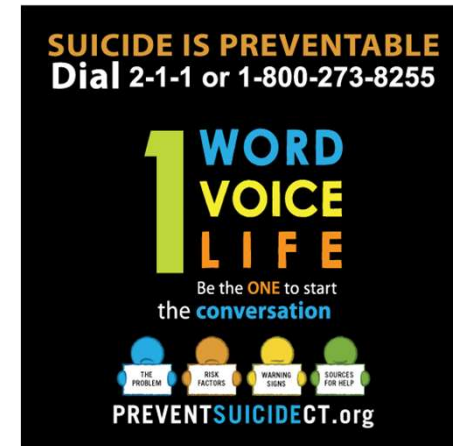
1 in 26 **attempted** suicide
in their lifetime

1WORD **1**VOICE **1** LIFE



1 in 3 **were aware** of the
suicide prevention campaign

CT BRFSS 2018



Behavioral Risk Factor Surveillance System

www.ct.gov/dph/BRFSS

HEALTH INDICATORS RISK BEHAVIORS IN CONNECTICUT: 2016

Results of the Behavioral Risk
Surveillance Survey (BRFSS)

October, 2018

Social Determinants of Health Among CT High Healthcare Needs Adults

CPHA Conference, Oct. 2019

Celeste Jorge M.P.H. & Xi Zheng M.S., M.P.H.

Connecticut Department of Public Health, Health Statistics and Surveillance Section

Adverse Childhood Experiences in Connecticut

Health Statistics and Surveillance • December, 2018

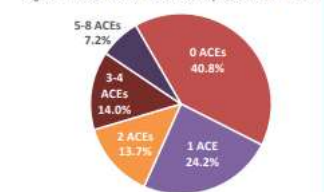
(ACEs)

Child abuse
and neglect
are among the
most common
ACEs and are
found in many
families.

Figure 1: ACEs Pyramid²



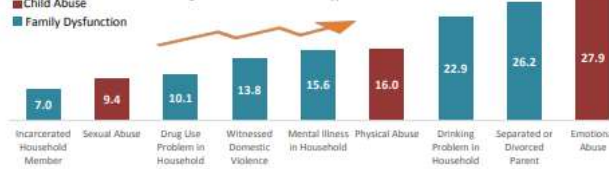
Figure 2: Prevalence of Overall ACE Exposure in Connecticut



emotional abuse, and 18.6% from drinking problems in household;

- ACEs are clustered: two-thirds of those who experienced ACEs reported two or more ACEs (59.1%) and one in five experienced more than three ACEs (22.1%);
- In Connecticut, emotional abuse (27.9%) and parents separated or divorced (26.2%) are the most prevalent ACE events (Figure 3, below).

Figure 3: Prevalence of ACEs Types in Connecticut



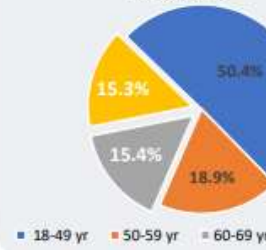
definition of high-risk on
out of China, where the
began, that showed certain
higher risk of getting sick
having more complications.

include:
Its
who have high-risk chronic
conditions like:
Heart Disease
Diabetes
Hypertension
Chronic Disease

of Connecticut's population is age
that's about 845,000 Connecticut a

Connecticut's Estimated Adult Popula

category, 2018



Connecticut Department of Public Health
410 Capitol Avenue,
PO Box 340308, Hartford, CT 06134
www.ct.gov/dph/BRFSS

Raul Pino, MD, MPH
Commissioner



Connecticut Department of Public Health
Keeping Connecticut Healthy



YRBS / CT School Health Survey (CSHS)

- Administered in CT as the **CT School Health Survey**
- School-based survey of public high school students
 - grades 9 - 12
 - every other year since 2005
- Designed by the CDC
 - Must keep 2/3 of Standard Questions on CT survey version
 - Sponsored in CT by Depts. of Education and Public Health
 - Develop state-added questions
- Monitor priority health risk behaviors and protective factors



Connecticut Department of Public Health
Keeping Connecticut Healthy



Among CT High School Students....

Mental Health



Students reporting that their mental health was not good *including stress, depression, and problems with emotions, on at least 1 day in the past 30 days.*



Student felt sad or hopeless *almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.*

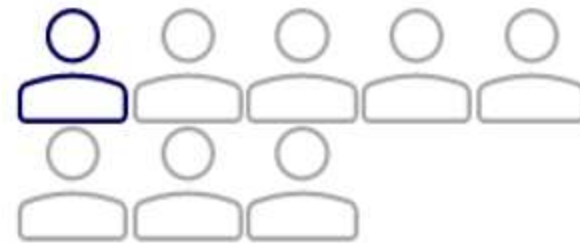
Only 1 in 4 *of these students said they got the help they needed*

CT School Health Survey 2019

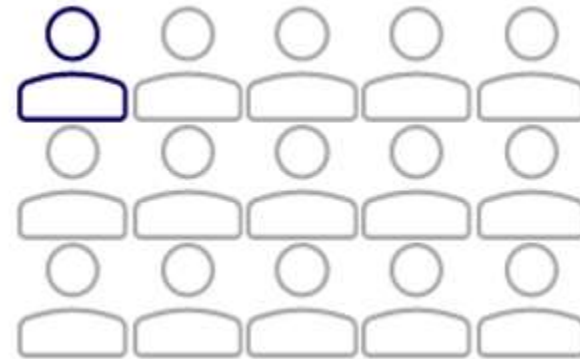
Among CT High School Students....

Suicidal Behavior

1 in 8 Seriously **considered** attempting suicide *during the past 12 months*



1 in 15 Actually **attempted** suicide *during the past 12 months*



CT School Health Survey 2019

CT School Health Survey

www.ct.gov/dph/CSHS



YOUTH RISK BEHAVIOR SURVEILLANCE — CONNECTICUT

Youth Risk Behavior Survey
Component of the Connecticut School Health Survey

Connecticut Department of Public Health
In Collaboration With
Connecticut State Department of Education



Connecticut School Health Survey 10-year trends 2005-2015

Fact Sheet



December, 2016—The Connecticut School Health Survey (CSHS) is sponsored by the Department of Public Health and the State Department of Education, in cooperation with the Centers for Disease Control and Prevention. It is administered biennially to public middle and high school students in Connecticut and is comprised of two components: the Youth Tobacco Component (YTC) for grades 6 to 12, and the Youth Behavior Component (YBC) for grades 9 to 12. The two components have been administered to Connecticut public school students as the CSHS since 2005.



Motor Vehicle Safety

Since 2005, results from the CSHS have shown that teens have developed safer habits while a passenger in a motor vehicle, and while driving. Motor vehicle accidents have consistently been the leading cause of death for teens in Connecticut. Behaviors have improved with seat belt usage as a passenger, riding with a driver who had been drinking, drinking and driving, and texting and driving.

Risky Sexual Behaviors

While fewer teens reporting being sexually active since 2005, there was no increase in rate of condom usage among teens who were currently sexually active (see Figure 1).

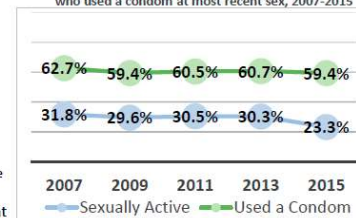
Alcohol, Tobacco and Other Drug Use

From 2005 to 2015, fewer teens in Connecticut are smoking cigarettes, using alcohol and abusing fewer illicit drugs. A decline was not seen in marijuana use. Data collected from the 2015 YTC show that, for the first time, current e-cigarette use or “vaping” among high school students has surpassed current use of every other tobacco product, including cigarettes.

Protective factors

The factor most associated with lowest risk behavior over the course of the survey’s ten years, was family or parent connectedness. Teens that reported having meals at home with family, feeling love and support from parents, and having parents that asked about their whereabouts when not at home showed the lowest prevalence of risky behaviors.

Figure 1. Students who were sexually active and students who used a condom at most recent sex, 2007-2015



CT BRFSS and CSHS Data

CDC web-based query tools:

BRFSS

www.cdc.gov/brfss/data_tools.htm

YRBS

<http://nccd.cdc.gov/youthonline>

Data Requests

Contact: Celeste.Jorge@ct.gov



Connecticut Department of Public Health
Keeping Connecticut Healthy

