

Hennepin County
Public Health
Assessment Team

FACT SHEET



Adolescent mental health and treatment

Why is this indicator important?

Mental health is a significant factor in determining overall well-being. Chronic mental health, behavioral, or emotional problems may impact or limit an adolescent’s physical health, intellectual growth, and social development.

What is the current status?

In 2016, about one-quarter (24%) of 11th graders in suburban Hennepin County reported having signs of depression. Just over 17 percent of ninth graders in suburban Hennepin County (excluding Minneapolis) reported having a long-term mental health, behavioral, or emotional problem (lasting 6 months or more). This is slightly higher than in 2013, when 12 percent of ninth graders reported they had a mental health, behavioral, or emotional problem.

More than one in four 11th grade girls reported having a chronic mental health problem, and one in five reported receiving treatment in the past year. Girls of any grade were more likely to both have a chronic condition and to have received treatment compared to boys (Table 1).

Table 1: Adolescent mental health in Suburban Hennepin County, 2016

Suburban Hennepin County students attending school in public school districts	8 th graders	9 th graders	11 th graders
Reported signs of depression	19%	20%	24%
Boys	15%	15%	19%
Girls	23%	25%	28%
Reported a chronic mental health, emotional or behavioral problem	16%	17%	21%
Boys	13%	12%	14%
Girls	19%	21%	28%
Received treatment for a mental health, emotional or behavioral problem in last year	12%	11%	14%
Boys	11%	9%	10%
Girls	13%	14%	19%

Source: Minnesota Student Survey, 2016



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For more information on the health of Hennepin County residents, visit: www.Hennepin.us/PublicHealthData or email: PublicHealthData@hennepin.us

What are the disparities?

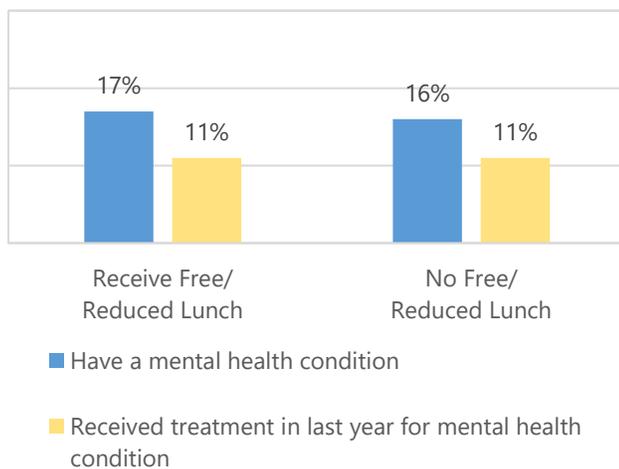
Ninth graders receiving free or reduced lunch were more likely to report signs of depression compared to students who do not (Figure 1).

Figure 1. Percentage of 9th graders having signs of depression by income, 2016



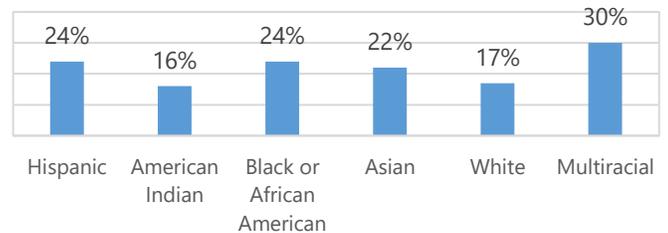
Rates of either presence of a chronic mental health, emotional or behavioral problem, or whether students had received treatment for the condition in the past year were similar for 9th graders who received free/reduced lunch and those who did not (Figure 2).

Figure 2. Percentage of ninth graders who reported a chronic mental health condition and those who were treated in the past year by income, 2016



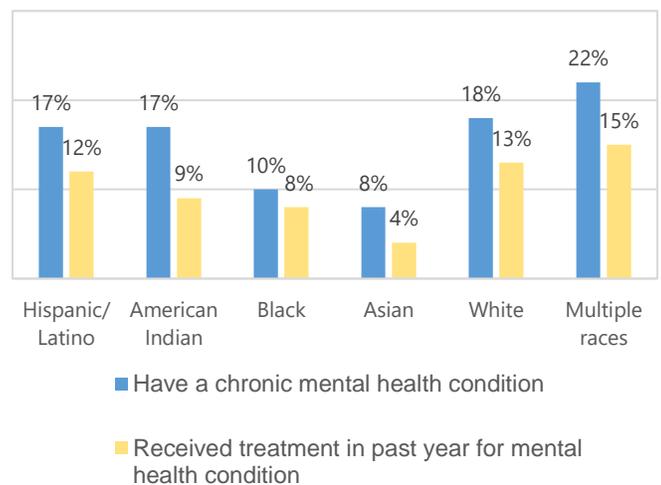
Hispanic, black or African American and multiracial 9th graders were more likely to report signs of depression compared to other students (Figure 3).

Figure 3. Percentage of ninth graders reporting signs of depression by race/ethnicity, 2016



However, 9th graders identifying as Hispanic/Latino, white, and multiple races were more likely to report having a chronic mental health condition. In addition, fewer American Indian and students of multiple races received treatment in the past year relative to the proportion of students reporting presence of a chronic mental health condition (Figure 4).

Figure 4. Ninth grade students reporting a chronic mental health condition and those who received treatment by race/ethnicity, 2016



Data source: The Minnesota Student Survey – 2016 and 2013 data files.

Survey questions included: *Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things?* and *Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?* Not at all; Several days; More than half the days; Nearly every day. A composite measure was developed using scoring suggested by PHQ2 literature.

Do you have any long-term mental health, behavioral or emotional problems? Long-term means lasting 6 months or more. Yes; No.

Have you ever been treated for a mental health, emotional or behavioral problem: No; Yes, during the last year; Yes, more than a year ago.

Note that Minneapolis Public School students did not participate in the survey in 2013 and had a very low response in 2016. As a result, they are not included in this report for 2013 or 2016.