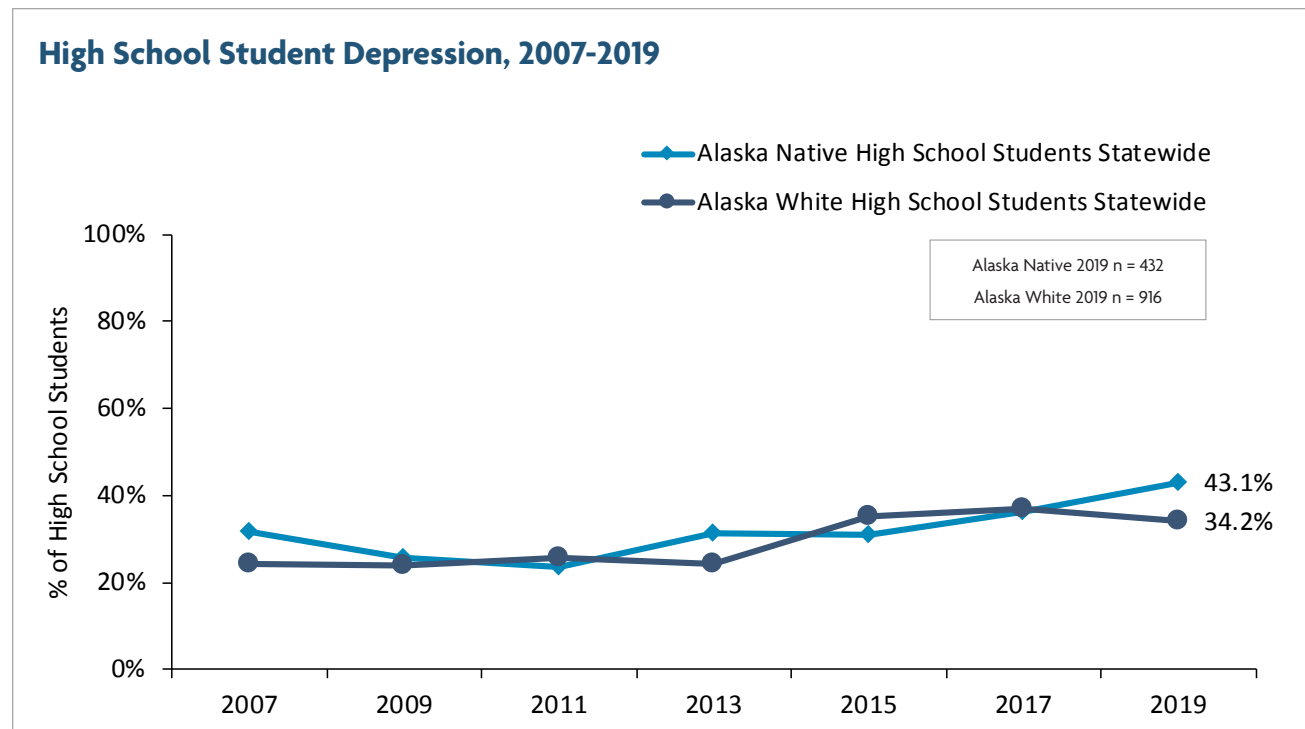


Depression



Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System Table C-85

Definition

Adolescent depression is defined as the estimated percentage of high school students (grades 9-12) who have ever felt so 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. There is evidence that experiencing depressive disorders during adolescence is associated with numerous negative health outcomes including other mental health disorders, suicidal behavior, substance abuse, and obesity.²³

Related Objectives

Reduce the percentage of adolescents (high school students in grades 9-12) who felt so sad or hopeless every day for 2 weeks or more in a row that they stopped doing some usual activities during the past 12 months to 31.0%. - *HEALTHY ALASKANS 2030, OBJECTIVE #13*

Summary

- » Over four in ten (43.1%) Alaska Native high school students reported having sad or hopeless feelings that affected their usual activities in 2019.
- » In 2019, there was no statistically significant difference in depression prevalence between Alaska Native and Alaska White high school students.
- » Depression among Alaska Native high school students has significantly increased between 2009 and 2019.

Depression

Table C-85: High School Student Depression, 2007-2019

Data Source: Alaska Division of Public Health, Alaska Youth Risk Behavior Surveillance System

		Alaska Native Students Statewide	Alaska White Students Statewide
2007	n	257	752
	%	31.7%	24.4%
	Confidence Interval	(26.6%-37.4%)	(20.4%-28.9%)
2009	n	300	615
	%	25.6%	24.0%
	Confidence Interval	(20.0%-32.2%)	(20.2%-28.2%)
2011	n	294	653
	%	23.4%	25.5%
	Confidence Interval	(19.7%-27.6%)	(21.1%-30.5%)
2013	n	278	584
	%	31.3%	24.3%
	Confidence Interval	(26.5%-36.5%)	(20.3%-28.6%)
2015	n	356	672
	%	30.9%	35.1%
	Confidence Interval	(23.3%-39.7%)	(30.0%-40.6%)
2017	n	333	565
	%	36.2%	37.5%
	Confidence Interval	(30.4%-42.5%)	(32.3%-43.0%)
2019	n	432	916
	%	43.1%	34.2%
	Confidence Interval	(35.2%-51.4%)	(29.9%-38.8%)

23 Thapar, A., Collishaw, S., Pine, D. S., & Thapar, A. K. (2012). Depression in adolescence. *The Lancet*, 379(9820), 1056–1067