

Delaware DATA

Delaware Drug and Alcohol Tracking Alliance

May 2017



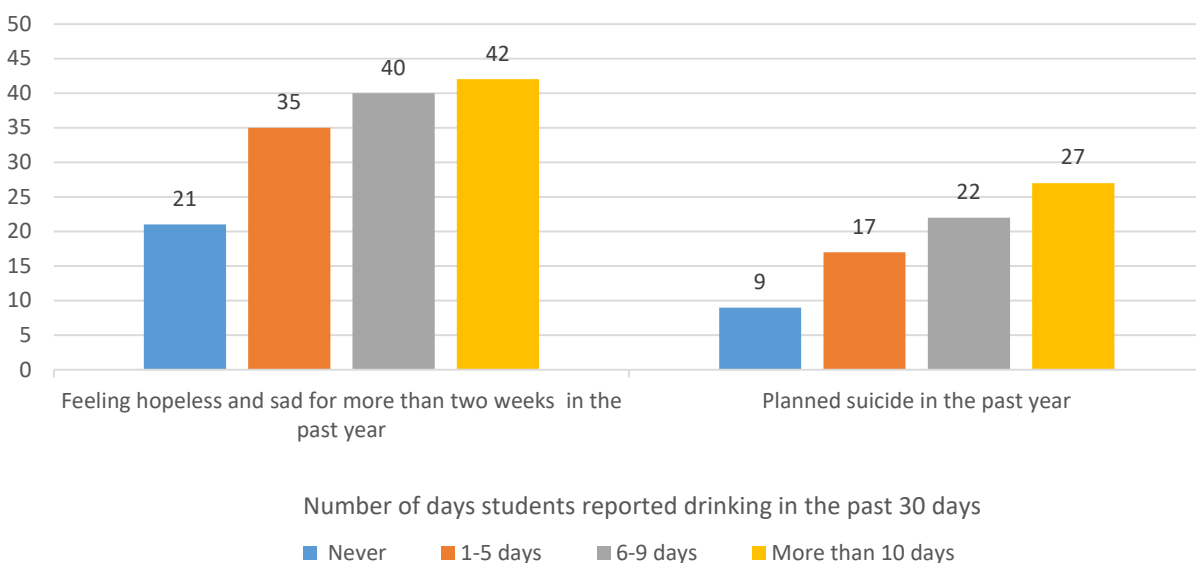
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Mental Health and Drinking among Delaware High School Students

With a focus on National Mental Health Awareness Month, the May DDATAGram highlights the association between drinking and mental health among Delaware high school students. As the chart illustrates, students who reported planning suicide and experiencing depression (defined as reporting feeling sad and hopeless for two weeks) were also significantly more likely to report higher frequency of drinking in the past 30 days on the 2015 High School Youth Risk Behavior Survey. Because of the survey's design, we cannot determine the causal direction between drinking and mental health problems. Additional research is needed to understand the detailed contexts in which youth mental health issues are embedded in order to strategically develop prevention and intervention programs.

Reported alcohol use and mental health among Delaware High School Students, 2015

(in percentages)



Source: 2015 Youth Risk Behavior Survey. Funding for this project has been provided by the Department for Health and Social Services, Division of Substance Abuse and Mental Health - State of Delaware through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA, SP020704). DDATAGrams may be copied without permission. Please cite SEOW as source. Additional DDATAGrams are available at: <https://www.cdhs.udel.edu/seow/publications>