

YOUTH MENTAL HEALTH FEMALE RACIAL DISPARITIES

2018 Iowa Youth Survey

2014-2018 TRENDS

Between 2014-2018, nearly all groups of 6th, 8th, and 11th grade students, by gender and race/ethnicity, experienced increased rates of persistent feelings of sadness or hopelessness. Latinx females experienced the most marked increase:

- For 6th grade Latinx females, the rate doubled to **31%** in 2018.
- For 8th grade Latinx females, the rate more than doubled to **44%**.
- For 11th grade Latinx females, the rate nearly doubled, from **26%** in 2014 to **49%** in 2018.



SAD & HOPELESS

In 2018, 11th grade female students of color experienced persistent feelings of sadness or hopelessness more than any other group of students:

- For Native American females, **62%** experienced these persistent feelings.
- The same was true for nearly half of Latinx females (**49%**) as well as half of females who identified as multiple races (**48%**).
- For Black females, **41%** experienced these feelings--a rate equal to white females.
- For Asian females, the rate was **38%**.



SUICIDE IDEATION

The rate of Latinx female students who experienced thoughts of suicide in 2018 increased **12%** from 2014. The rate was highest for Latinx 8th graders at **36%**.

- All 8th grade girls of color experienced more thoughts of suicide than their white peers.
- Roughly **one-third** to **one-half** of 8th grade females of color experienced thoughts of suicide in 2018.

SUICIDE ATTEMPTS & INJURIES

- Among 6th and 8th graders, female students of color attempted suicide at roughly twice the rate of their white peers.
- For 11th graders, the rates were nearly identical across gender regardless of race/ethnicity.

The rates of injury from a suicide attempt were similar for males and females.

- However, more 11th grade students experienced an injury in a suicide attempt than those in 8th or 6th grade.
- In 2018, **30%** of suicide attempts among 11th grade students resulted in an injury that had to be treated by a doctor or nurse.

