

Southwest District Communities for Youth Marsing Initiative

Creating the best possible communities for youth

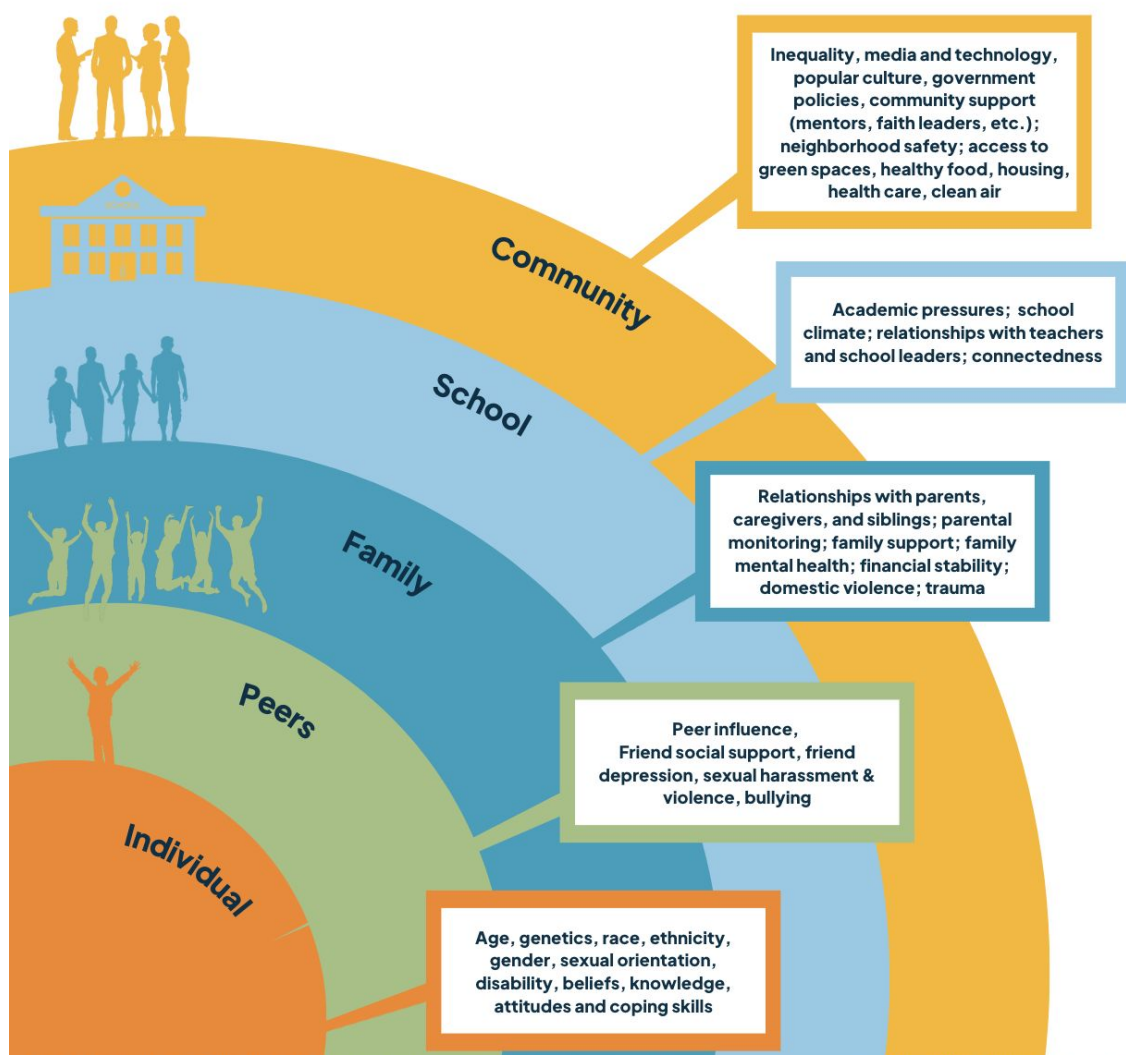
November 2024 Data Walk



Well-being. Together.

Together, We Can Improve the Conditions

We aim to collectively build strategies that focus on changing the conditions that may lead to poor health outcomes for youth.



Our Process



BUILD A COMMUNITY COALITION

The first step is convening members of your community that want to help young people thrive. Coalitions can include everyone from educators and service providers to youth, parents and extended family, to policy makers, the business community and others.



CENTER THE YOUTH EXPERIENCE

The second step is collecting information from teens in your community to better understand their experiences, and the things in their lives that may be hurting or helping their health. This step is usually completed in collaboration with local schools.

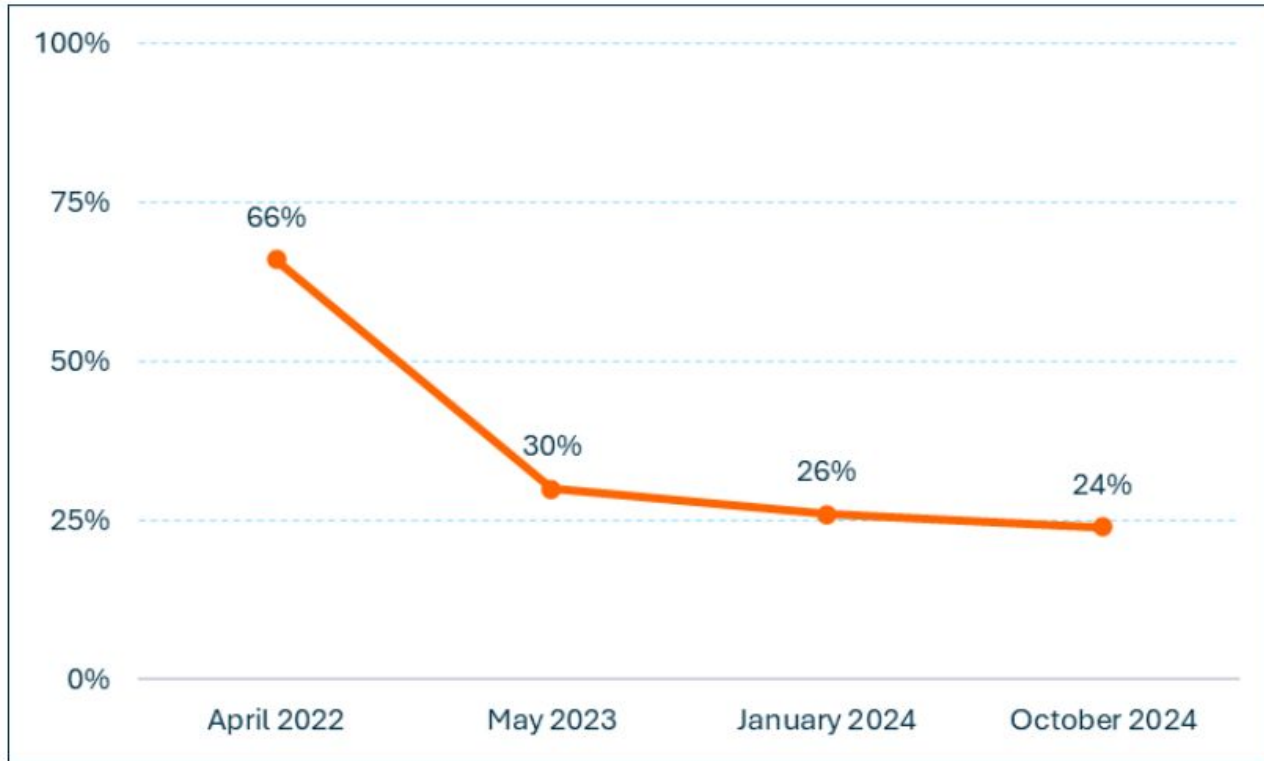
KEEP THE CONVERSATION GOING

The final step is to sustain momentum for building the best possible community for young people. Regular youth data collection helps communities check their progress. Growing the coalition helps create new opportunities to support young people.

SET GOALS AND TAKE ACTION

The third step is sharing the youth data, evidence on what works, and your knowledge of your community to determine ways to address challenges or promote strengths related to youth well-being locally.

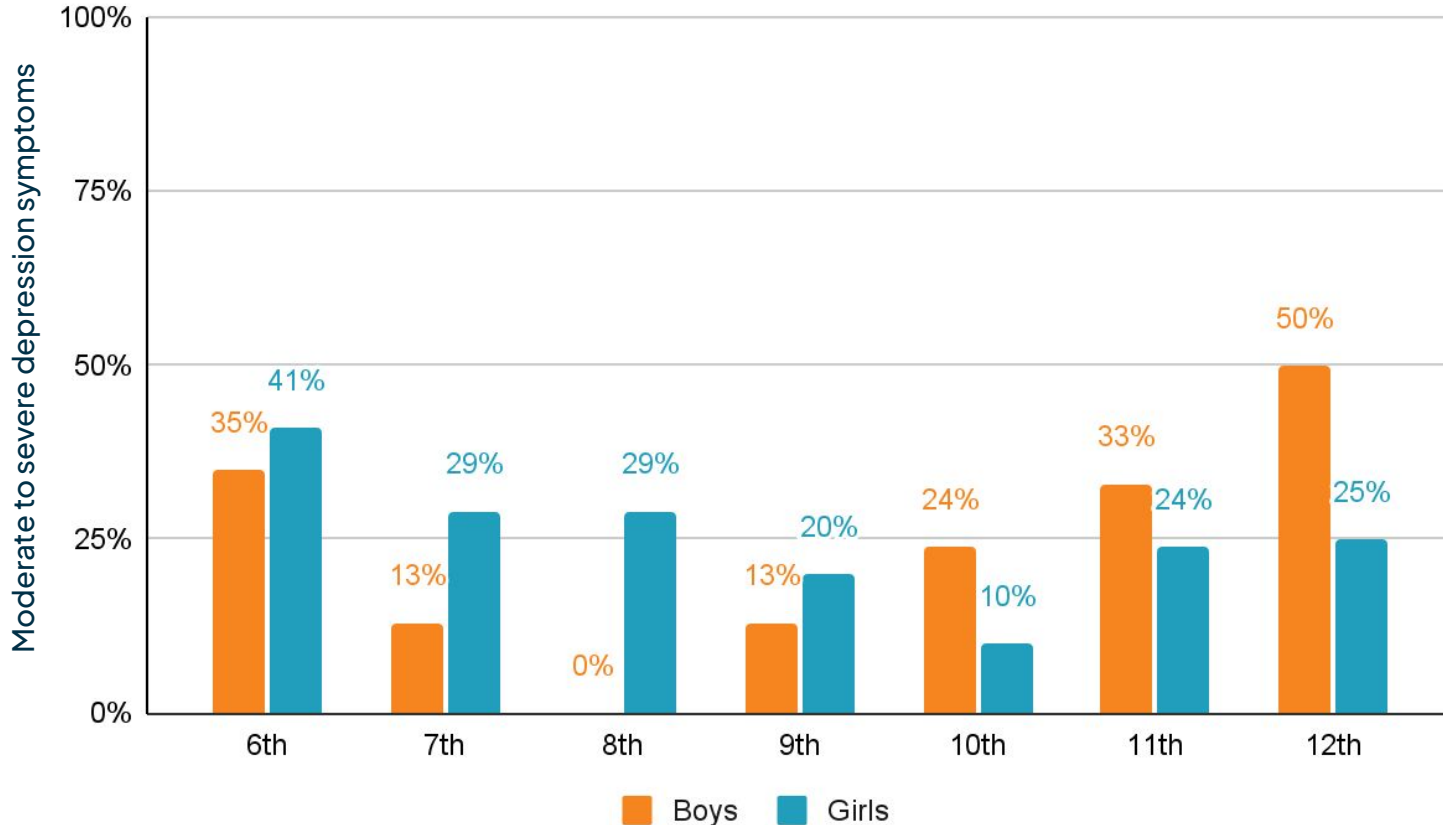
Trends in Marsing Teens' Depression Over Time



Something to celebrate-- the work you've accomplished together!

PHQ-9 Clinical Depression Symptoms in Marsing Students

October 2024



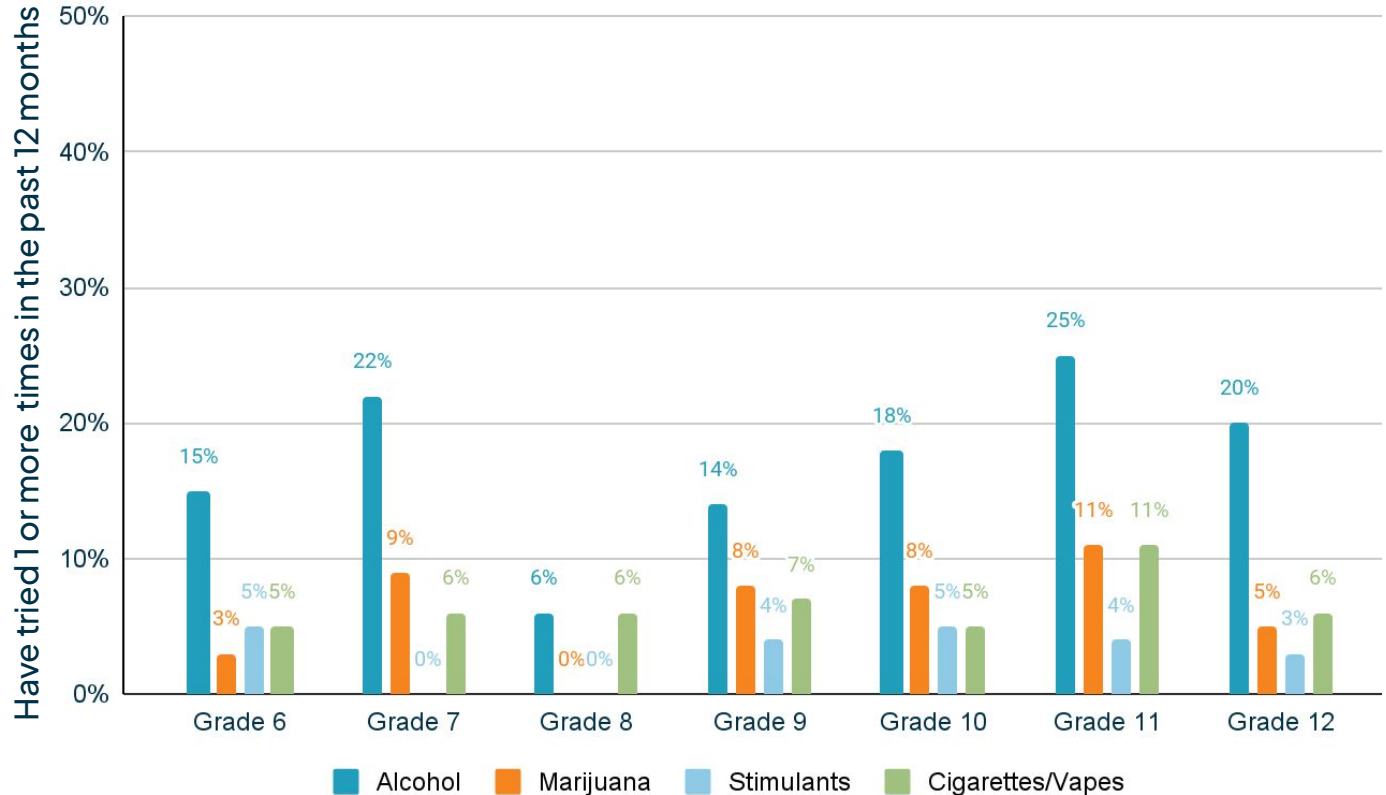
Middle school girls and high school boys show the highest rates of moderate to severe depression symptoms.

Rates have continued to decrease each year since 2022!

Substance Use in Marsing Students

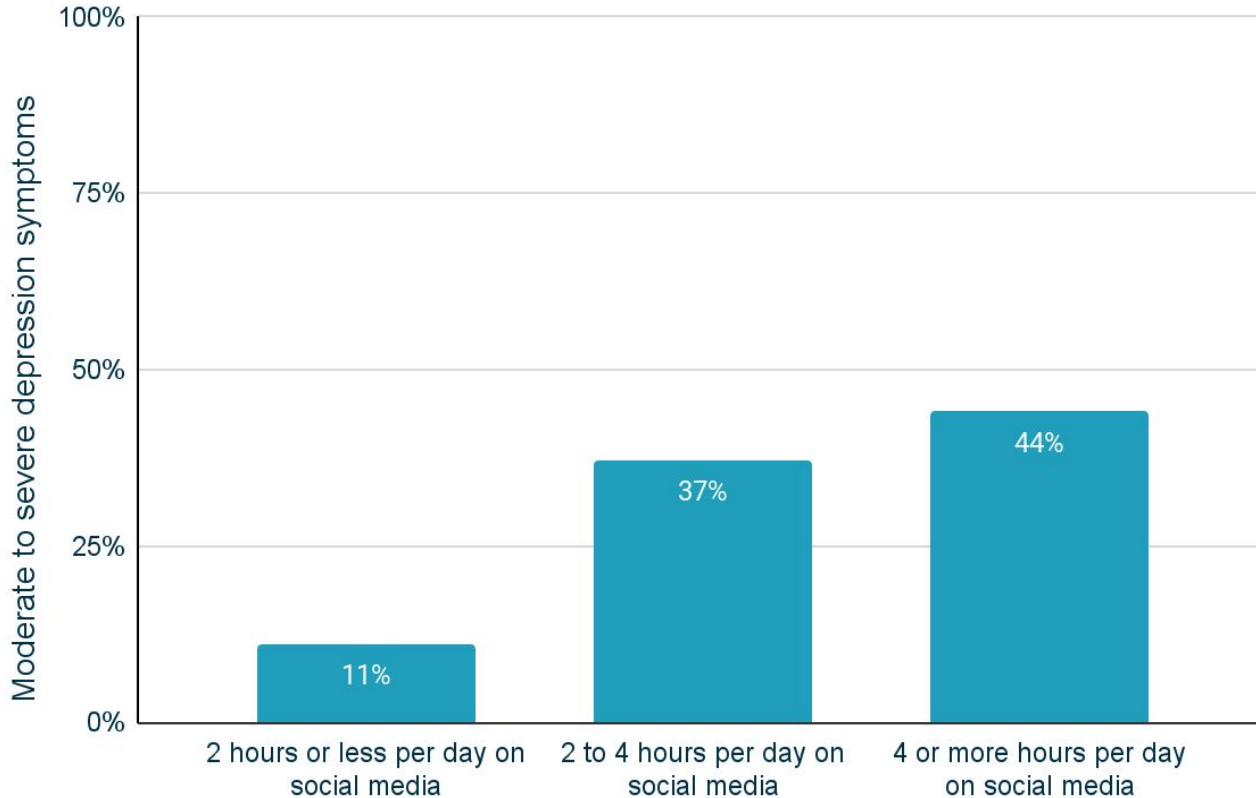
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Students report the most common ways of obtaining substances are a family member giving it to them or taking it from family members without them knowing.



Depression Symptoms and Time Spent on Social Media in Marsing Students

October 2024

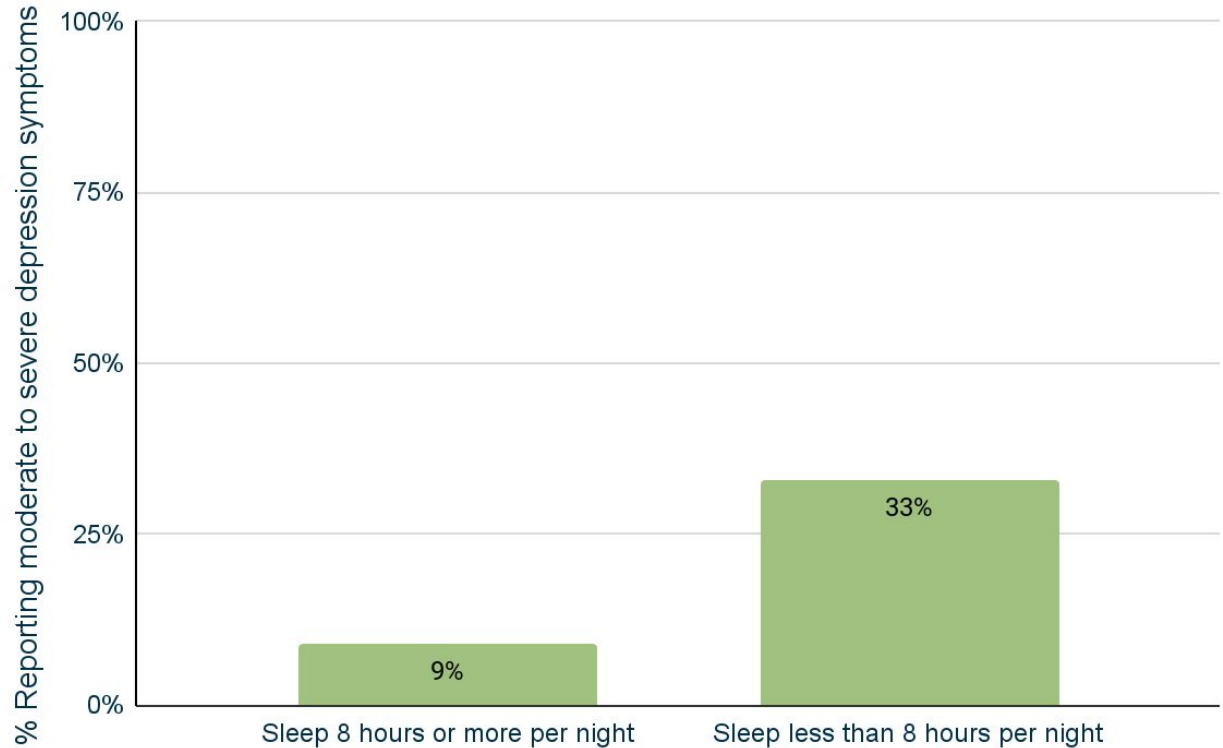


Teens who spend **less time on social media per day** also reported **less moderate to severe depression symptoms.**

Depression Symptoms and Sleep in Marsing Students

October 2024

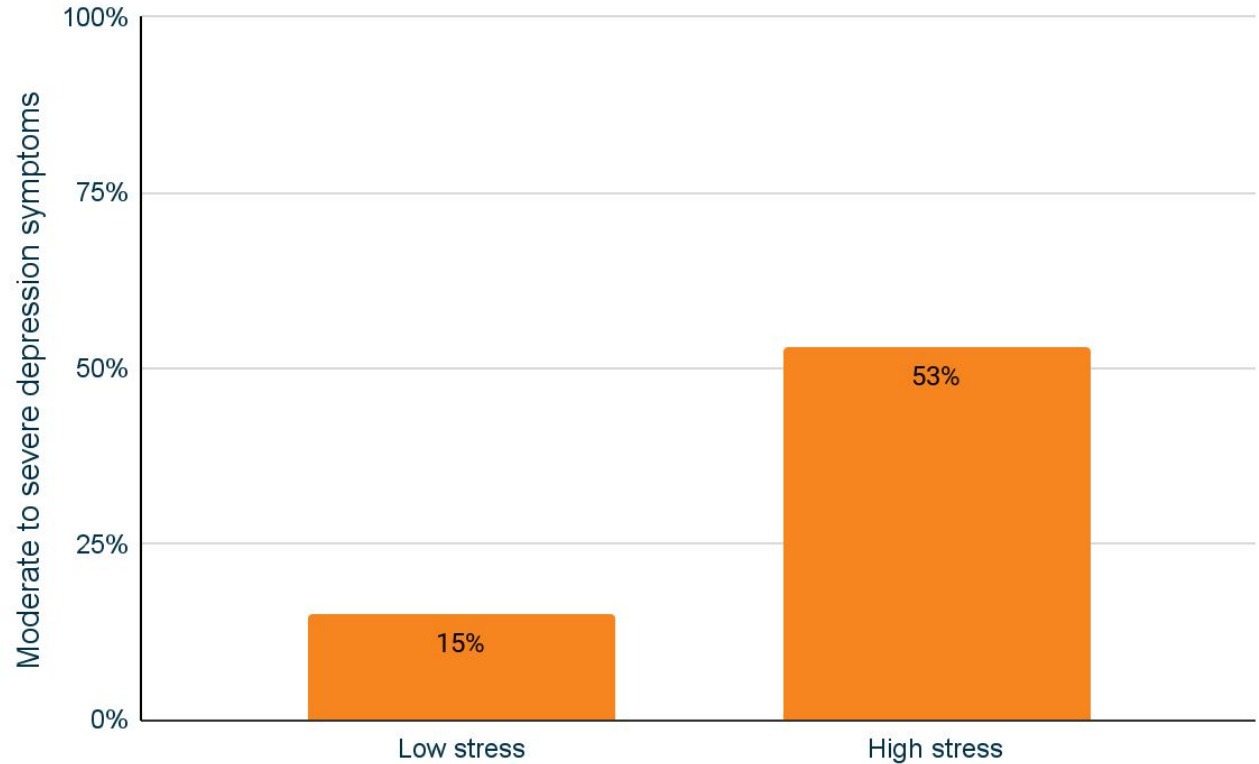
Teens who sleep 8 hours or more per night also report less moderate to severe depression symptoms.



Depression Symptoms and Stress in Marsing Students

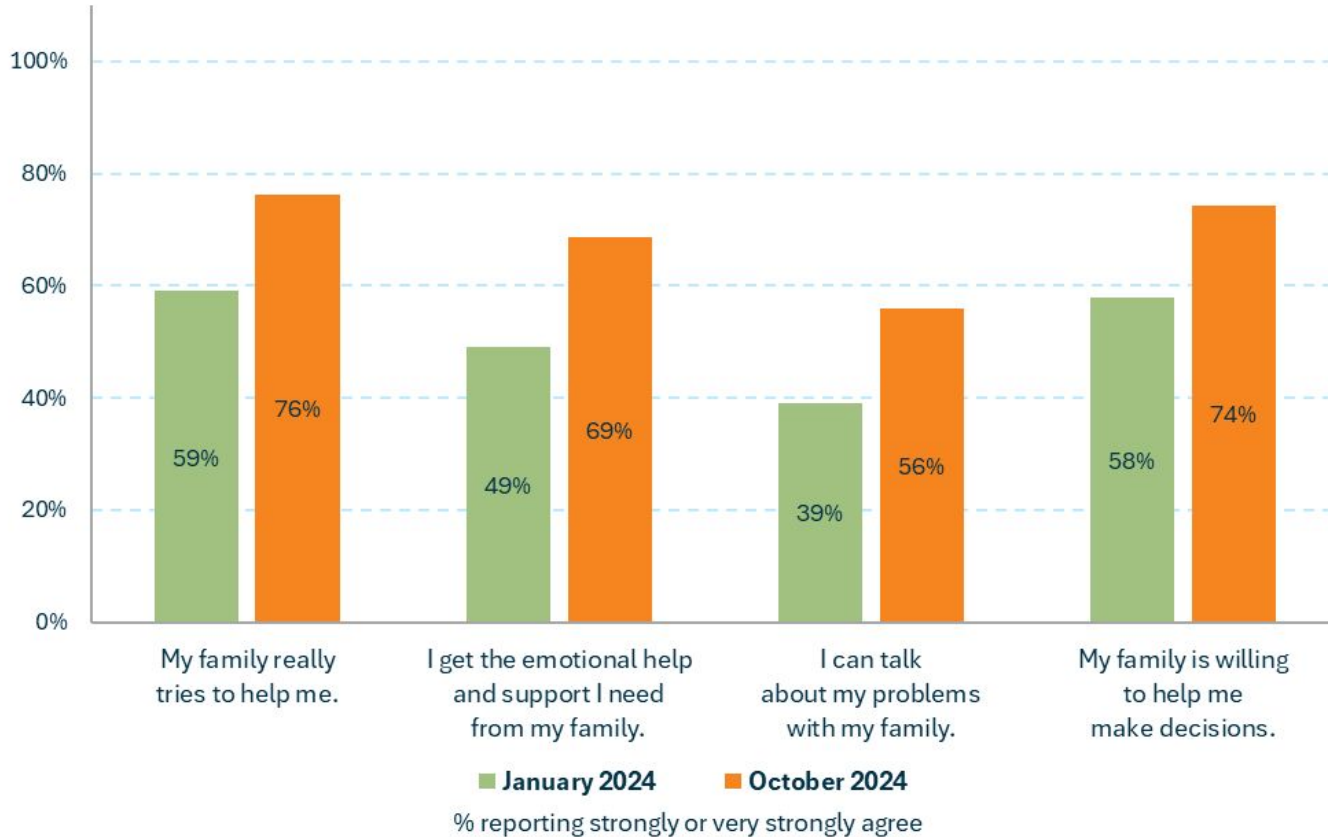
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Moderate to severe depression symptoms are less common in teens with lower stress.



Protective Factor: Supportive Family for Marsing Students

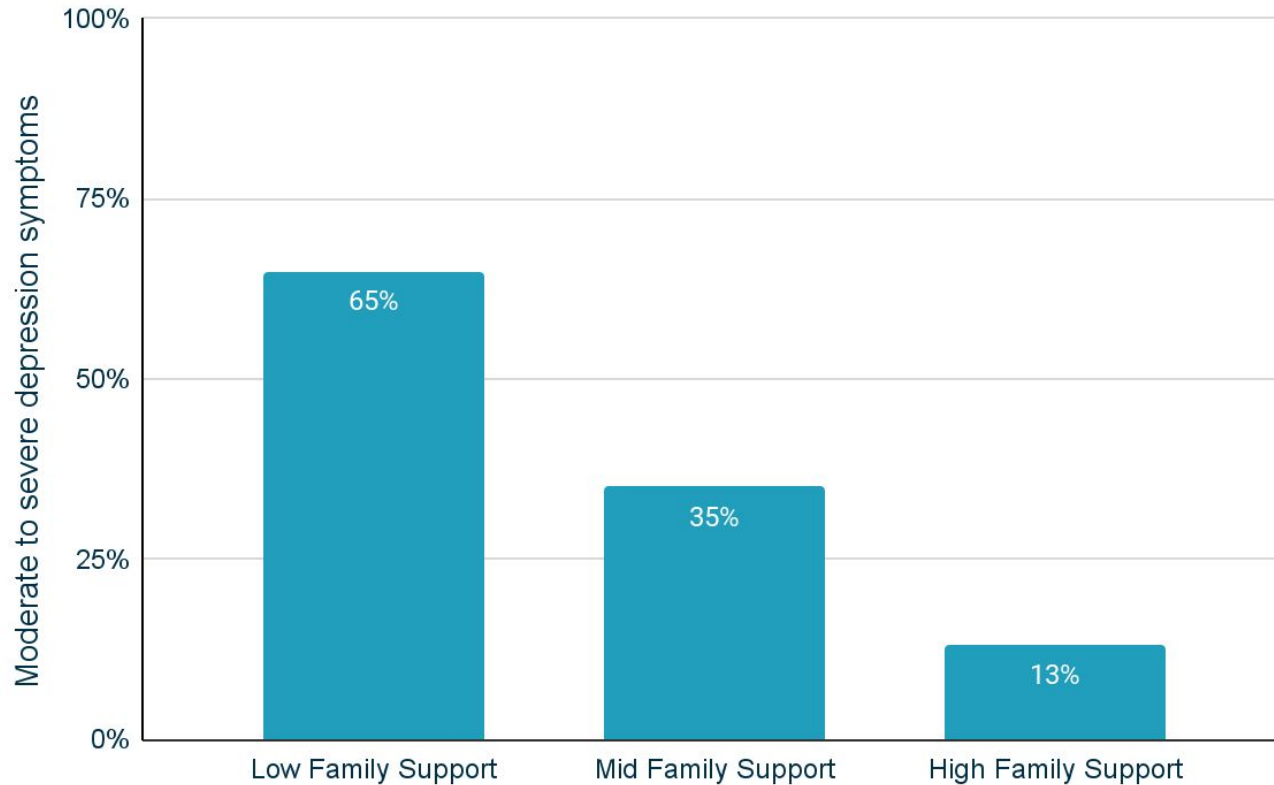
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Marsing families have increased support for their teens since January 2024.

Depression Symptoms and Family Support in Marsing Students

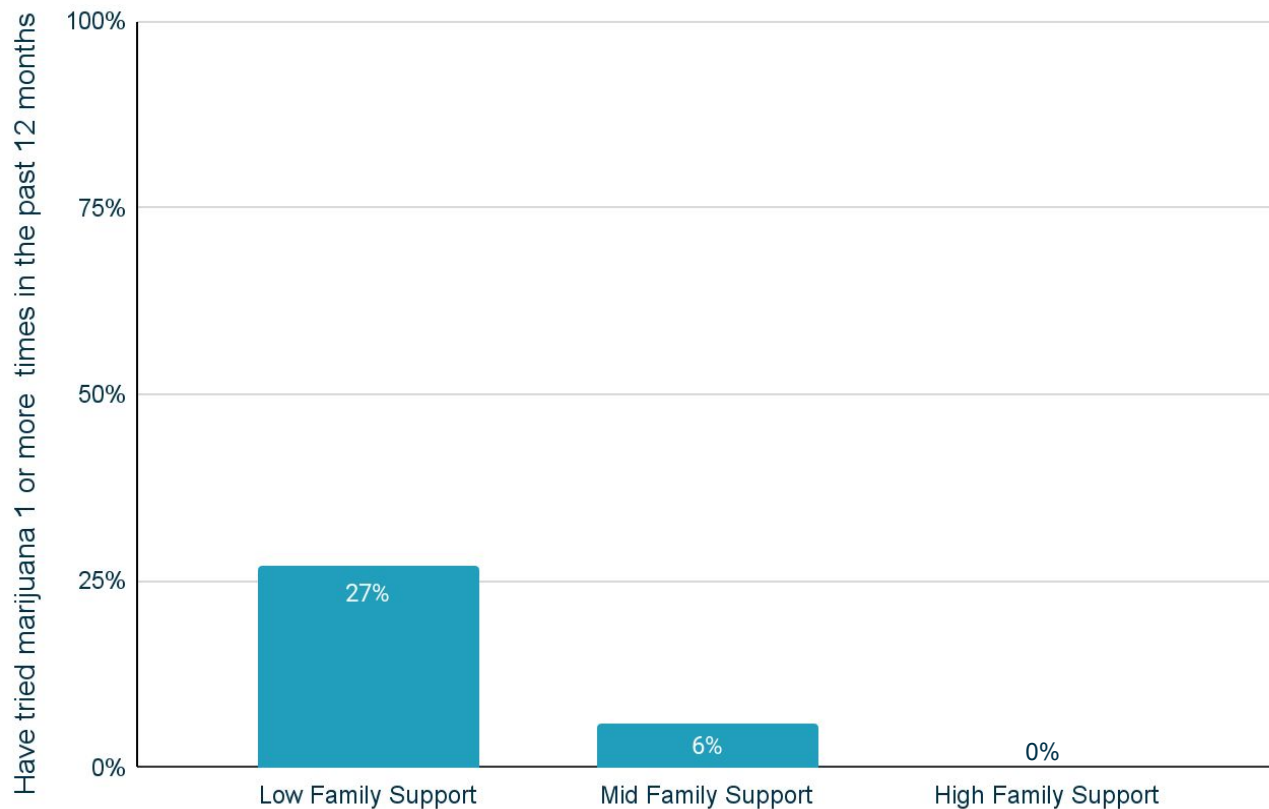
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Teens who report **high families support** also report **less moderate to severe depressive symptoms.**

Substance Use and Family Support in Marsing Students

October 2024

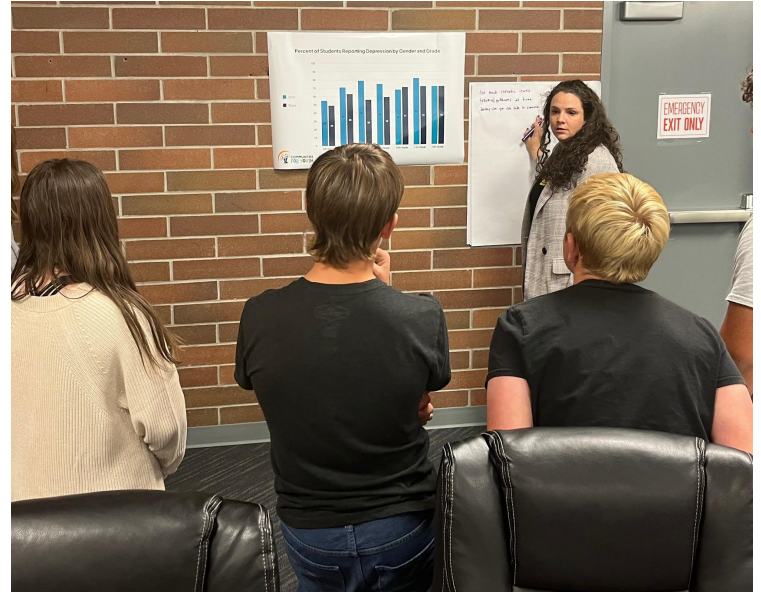


Teens who report low family support also report more marijuana use.

Key Risk & Protective Factors for Marsing Youth

October 2024

- Stress
- Sleep
- Relationships/Connections
 - Family Support
 - School Support
 - Friend Support



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