

Developing the Data Needs Assessment Framework

Mental Health and Suicide Indicators for Statewide Strategic Planning

March 14, 2022

STATE OF WASHINGTON
Substance Use Disorder
Prevention and Mental
Health Promotion

► Five-Year Strategic Plan of the WA State Prevention Enhancement Policy Consortium

► Long Term Outcomes (Consequences)

- ▶ 10-15 years
- ▶ “What are the problems we are intending to address?”
- ▶ Archival data from injury death files, crime data, graduation rates, and traffic fatalities

► Intermediate Outcomes

- ▶ 5-10 years
- ▶ Known as “problem areas”
- ▶ HYS, YAHS, PRAMS

► Short Term Outcomes

- ▶ 2-5 years
- ▶ Intervening Variables or Risk / Protective factors
- ▶ “Why are these problems present in our State?”
- ▶ HYS

2022-2027

Five-Year Strategic Plan 2017-2022

Washington State Prevention Enhancement Policy Consortium
Updated October 2019
HCA 82-0123

Evaluation Plan

(Plan for tracking and reviewing baseline and outcomes data)

- ▶ The consortium under the guidance of the SEOW, reviews and selects the best measures available that provide points from which progress can be monitored over 5 years.
- ▶ Indicators in the plan are not intended to be a finite list of all possible measures related to these issues.
- ▶ This spring/summer (2022), the consortium will complete an in-depth review of each of these indicators and set 5-year targets for the Intermediate Outcomes. (In previous target updates, the consortium's goal was to have 5% reduction in 2-3 years and 10% reduction in 4-5 years).

Indicator Review Categories

- ▶ Mental Health and Suicide
- ▶ Alcohol Consequences and Consumption
 - ▶ Alcohol-Related Consequences
 - ▶ Alcohol Consumption
- ▶ Tobacco Consequences and Consumption
 - ▶ Tobacco-Related Consequences
 - ▶ Tobacco Consumption
- ▶ Prescription and Illicit Drug Consequences and Consumption
 - ▶ Prescription and Illicit Drug-Related Consequences
 - ▶ Prescription and Illicit Drug Consumption
- ▶ Risk Factors for Substance Abuse
 - ▶ Availability and Accessibility of Substances
 - ▶ Crime
 - ▶ Low Graduation Rates
 - ▶ Community Norms / Perception of Harm

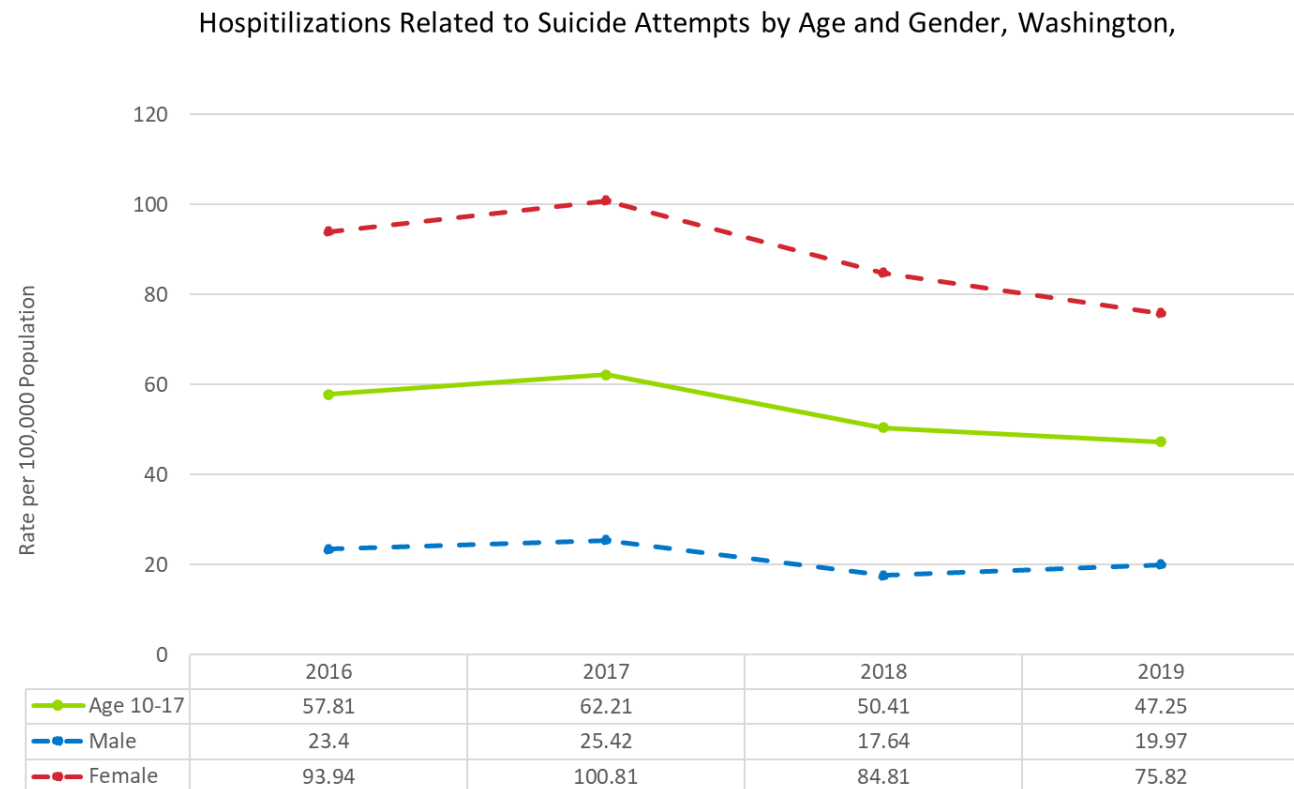
Mental Health and Suicide

The Percentage of 10 th grade students who:	HYS 2010	HYS 2012	HYS 2014	HYS 2016	HYS 2018	HYS 2021	Trend 2018-2021	Trend 2010-2018	Trend 2010-2021
Depression									
Sad/Hopeless in Past 12 Months	29.8%	30.9%	34.9%	34.5%	40.0%			Worse	
Suicide									
Suicide Ideation	17.6%	18.8%	20.5%	20.6%	23.0%			Worse	
Suicide Plan	12.3%	14.3%	16.4%	17.0%	17.9%			Worse	
Suicide Attempt	7.2%	7.8%	10.2%	10.1%	10.0%			No change	
Bullied/Harassed/Intimidated									
Bullied in the past 30 days	24.3%	25.1%	22.6%	20.7%	19.3%			Better	
Anxiety									
Felt nervous, anxious, on edge, or not being able to stop or control worrying			68.6%	68.64%	70.4%				

.....Mental Health and Suicide

	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	Trend 2010-2020
Suicide Deaths (per 100,000)												
All ages (US)	12.1	12.3	12.6	12.6	13.0	13.3	13.5	14.0	14.2	13.9	13.5	
All ages (WA state)	14.2	14.9	15.0	14.7	15.8	15.9	15.7	17.5	16.6	16.6	15.8	Worse
Age 10-17 (WA state)	3.5	4.1	5.3	4.3	4.7	7.8	5.2	6.8	7.0	5.4	5.9	Worse
Age 18-24 (WA state)	14.8	15.7	16.6	16.2	15.6	15.9	18.8	23.6	21.8	18.2	19.3	Worse
Emergency department visits for intentional self-harm (Per 100,0000)												
Age 10-17 (WA state)							57.8	62.2	50.4	47.3		No change
Age 18-24 (WA state)							53.7	57.3	56.6	48.4		No change
Past Year Major Depressive Episodes												
	2011- 2012	2012- 2013	2013- 2014	2014- 2015	2015- 2016	2016- 2017	2017- 2018	2018- 2019	2019- 2020			Trend 2011-12 - 2019-20
Age 12-17 (WA state)	10.6	11.1	12.1	12.5	13.2	14.0	15.7	18.2	19.6			Worse
Age 18-24 (WA state)	9.7	10.3	11.3	12.5	12.1	12.5	14.4	16.8	19.5			Worse

Hospitalization Related to Suicide Attempts



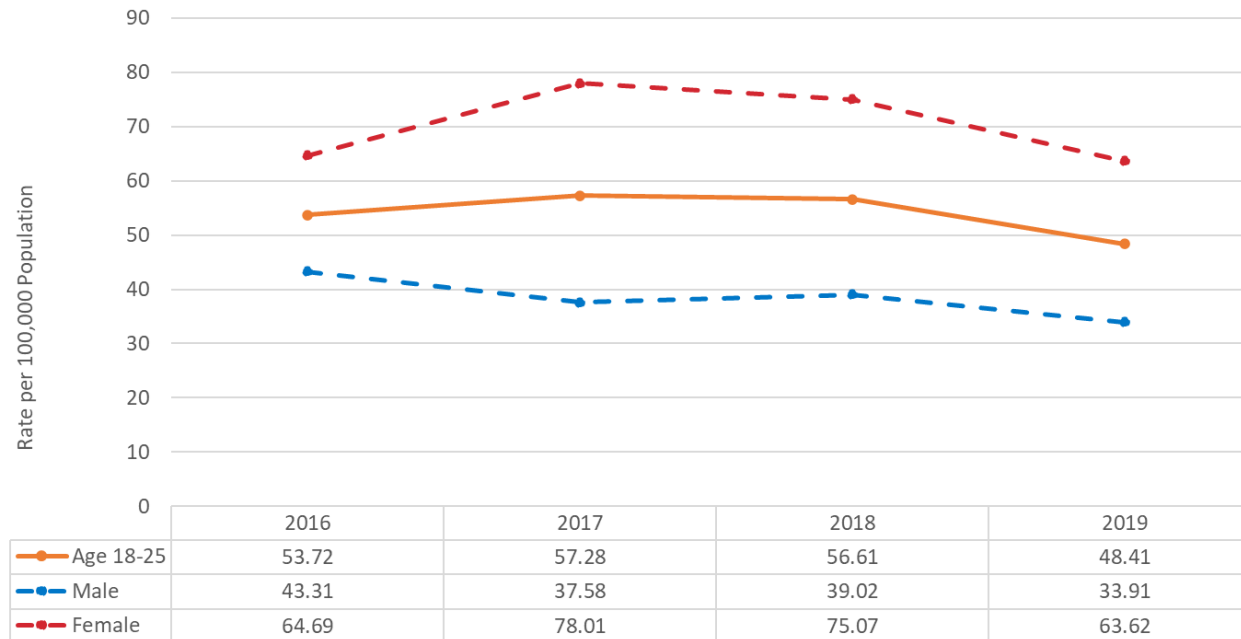
Notes: The classification system changed from ICD-9-CM to ICD-10-CM in October 2015. Comparability cannot be assured over the transition from ICD-9-CM-coded to ICD-10-CM-coded hospital discharge data. Hospital discharge counts are limited to Washington residents and are only collected from Washington state licensed acute care hospitals.

Source: WA Hospital Discharge Data, Comprehensive Hospitalization Abstract Reporting System (CHARS). Washington State Department of Health, Center for Health Statistics, Community Health Assessment Tool (CHAT).

- Hospitalization rates related to suicide attempts among 10-17 year-olds remained stable from 2016 to 2019.
- Rates of suicide hospitalizations were 3.8 times higher among females compared to males in 2019 ($p < .05$).

Hospitalization Related to Suicide Attempts

Hospitalizations related to Suicide Attempts by Age and Gender, Washington,



- Hospitalization rates related to suicide attempts among 18-25 year-olds remained stable from 2016 to 2019.
- Rates of suicide hospitalizations were 1.9 times higher among females compared to males in 2019.

Notes: The classification system changed from ICD-9-CM to ICD-10-CM in October 2015. Comparability cannot be assured over the transition from ICD-9-CM-coded to ICD-10-CM-coded hospital discharge data. Hospital discharge counts are limited to Washington residents and are only collected from Washington state licensed acute care hospitals.

Source: WA Hospital Discharge Data, Comprehensive Hospitalization Abstract Reporting System (CHARS). Washington State Department of Health, Center for Health Statistics, Community Health Assessment Tool (CHAT).

Next Steps

- ▶ Next SEOW meeting on March 28th to discuss indicators for:
 - Alcohol Consequences and Consumption
 - Tobacco Consequences and Consumption