

# Health-Maui Ola

Mana is our Legacy, Maui Ola is our destiny



## NATIVE HAWAIIAN MENTAL HEALTH and SUICIDE

### Areas of Health

Conditions

Risk Behaviors

Mortality

Social Determinants

### CHRONIC CONDITIONS: Depressive Disorder

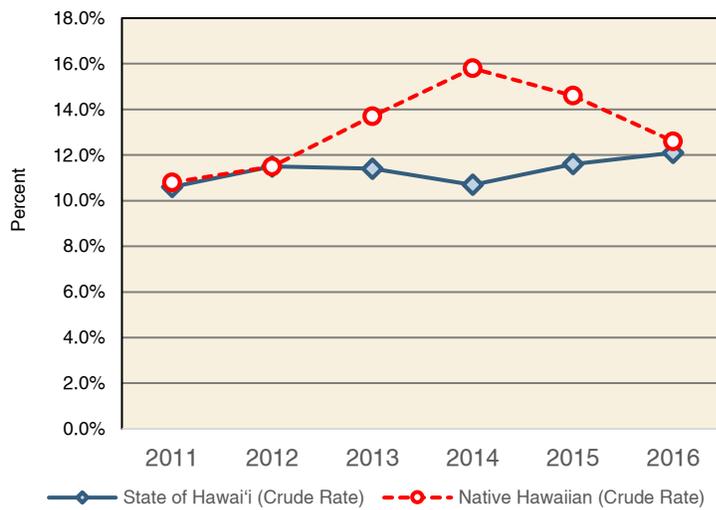
# 21.9%

Native Hawaiian Adults whose mental health was not good on 6 or more days of the past 30 days, in 2016

# 12.8%

Native Hawaiian Adults whose mental health was not good on 14 or more days of the past 30 days, in 2016

**Adult Depressive Disorder (including depression, major depression, dysthymia, or minor depression) in Hawai'i: 2011-2016**



### ABOUT THE DATA

**Source:** Behavioral Risk Factor Surveillance System (BRFSS): The BRFSS is an ongoing telephone survey of adults (18 years and over). The BRFSS in Hawai'i is conducted by the Hawai'i State Department of Health and coordinated by the Centers for Disease Control and Prevention. (CDC)

**Notes:** The exact cause of depression is unknown. It may be caused by a combination of genetic, biological, environmental, and psychological factors.

In general, about 1 out of every 6 adults will have depression at some time in their life. Depression affects about 16 million American adults every year. Anyone can get depressed, and depression can happen at any age and in any type of person. (CDC)

### CHRONIC CONDITIONS: Depression

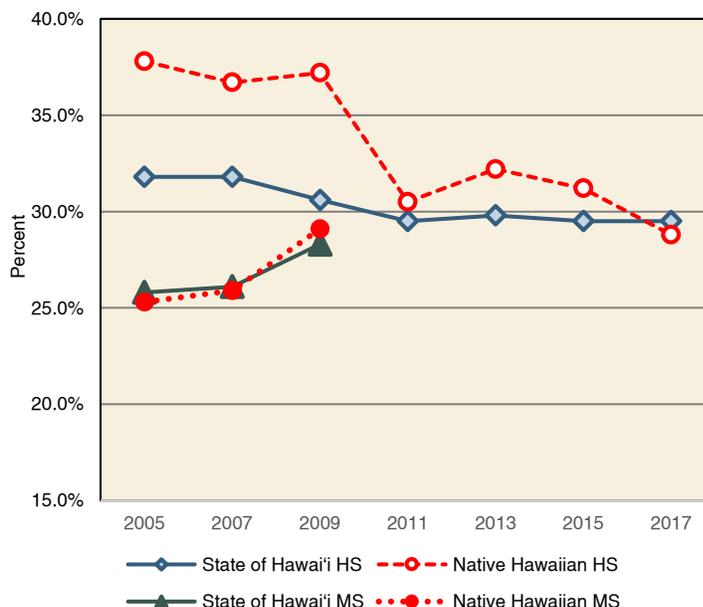
# 17.5%

Native Hawaiian Public High School Students had thoughts of Suicide During the past 12 months, in 2017

# 27.9%

Native Hawaiian Public Middle School Students ever had thoughts of Suicide, in 2017

**Depression in past 12 months for Hawai'i's Public High and Middle School Students: 2005-2017**



### ABOUT THE DATA

**Source:** Youth Risk Behavioral Survey (YRBS): A national school-based survey conducted by the CDC in conjunction with the State of Hawai'i Department of Health and Department of Education. The bi-annual YRBS monitors health conditions and risk behaviors among public middle and high school students, grades 6 through 12. (Hawai'i State DOH, DOE).

**Notes:** Occasionally being sad or feeling hopeless is a part of every child's life. However, some children feel sad or uninterested in things that they used to enjoy, or feel helpless or hopeless in situations where they could do something to address the situations. When children feel persistent sadness and hopelessness, they may be diagnosed with depression.

Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is the leading form of death. (CDC)

**Mauli Ola (Health):** To improve the quality and longevity of life, Native Hawaiians will enjoy healthy lifestyles and experience reduced onset of chronic diseases.



**RISK BEHAVIORS: Suicide Attempts**

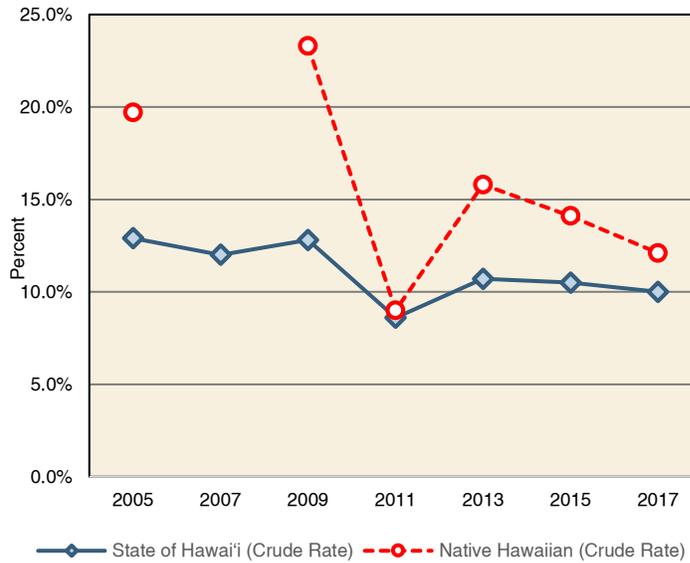
**12.1%**

Native Hawaiian Public High School Students had Attempted Suicide During the past 12 months, in 2017

**3.2%**

Native Hawaiian Public Middle School Students had Attempted Suicide During the past 12 months, in 2013

**Suicide Attempts in past 12 months by Hawai'i's Public High School Students: 2005-2017**



**ABOUT THE DATA**

**Source:** Youth Risk Behavioral Survey (YRBS): A national school-based survey conducted by the CDC in conjunction with the State of Hawai'i Department of Health and Department of Education. The bi-annual YRBS monitors health conditions and risk behaviors among public middle and high school students, grades 6 through 12. (Hawai'i State DOH, DOE).

**Notes:** Risk Factors for Suicide

A combination of individual, relationship, community, and societal factors contribute to the risk of suicide. Risk factors are those characteristics associated with suicide—they might not be direct causes.

(U.S. Public Health Service 1999)

**RISK BEHAVIORS**

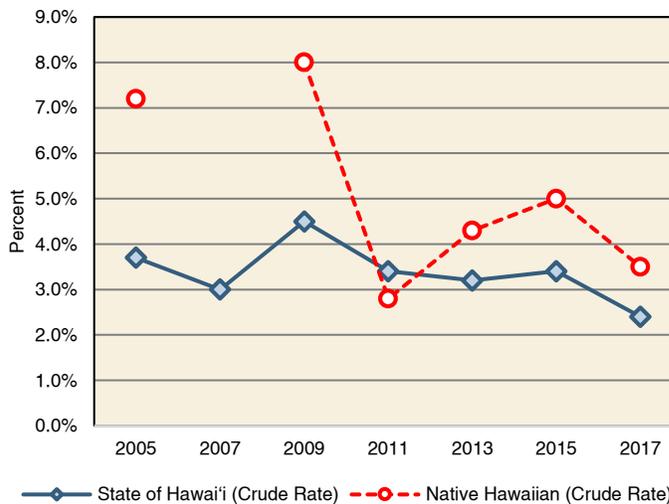
**8th**

Leading Cause of Death among Native Hawaiians was Intentional Self-Harm (Suicide), 2011-2013 (Hawai'i DOH)

**3 of 100**

Native Hawaiian Deaths was the result of Intentional Self-Harm (Suicide), in 2011 (41 of 1,598 Native Hawaiian deaths) (Hawai'i DOH)

**Injuries as a Result of Suicide Attempt in past 12 Months by Hawai'i's Public High School Students: 2005-2017**



**ABOUT THE DATA**

**Source:** Youth Risk Behavioral Survey (YRBS): A national school-based survey conducted by the CDC in conjunction with the State of Hawai'i Department of Health and Department of Education. The bi-annual YRBS monitors health conditions and risk behaviors among public middle and high school students, grades 6 through 12. (Hawai'i State DOH, DOE).

**Notes:** Protective Factors for Suicide

Protective factors buffer individuals from suicidal thoughts and behavior. To date, protective factors have not been studied as extensively or rigorously as risk factors. Identifying and understanding protective factors are, however, equally as important as researching risk factors.

(U.S. Public Health Service 1999)

**Demography, Office of Hawaiian Affairs**

Email: [demography@oha.org](mailto:demography@oha.org)

For additional information see the Native Hawaiian Data Book at:

[www.ohadatabook.com](http://www.ohadatabook.com)

For additional research reports see:

[www.oha.org/research](http://www.oha.org/research)

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