

# KITSAP COUNTY TRENDS IN MENTAL HEALTH & WELLBEING

Mental health is an essential part of our overall health. It includes emotional, psychological, and social wellbeing, affecting how we think, feel, and act. Although mental health challenges are treatable and often preventable, not everyone has access to the resources they need. Continuing support for systems and policies committed to addressing mental health concerns and improving equitable access to mental healthcare can strengthen our community.

## DEPRESSION & SUICIDE

**49** Kitsap County residents died from self-inflicted injuries (suicide) in 2021. The county's suicide mortality rate has been increasing since 2010.



Nearly one in four Kitsap 12th graders (23%) reported they had **seriously considered attempting suicide** in the past year. The statewide rate was 20%.



Nearly half of Kitsap 12th grade students (47%) reported **feeling sad or hopeless** for at least two weeks in the past 12 months. This data point has also increased since 2010.



The federal **Healthy People 2030** initiative aims to reduce the percentage of adolescents in grades 9 through 12 who attempt suicide to less than 2%. In 2021, 9% of 10th graders and 8% of 12th graders reported they had attempted suicide at least once in the past year.




## BULLYING



About one in six (16%) Kitsap 10th graders reported being **bullied at least once in the past 30 days**. This rate has decreased since 2012.

## SUPPORT

In a 2022 Kitsap Community Resources Survey, adult respondents ranked these factors as the **primary barriers to receiving mental health counseling**:

-  **Appointment wait times** (44% or 361 respondents)
-  **Cost** (23% or 186 respondents)
-  **Not knowing how to find a counselor** (19% or 160 respondents)

## DISPARITIES IN MENTAL HEALTH & WELLBEING

### GENDER IDENTITY



Youth who identified as **female** or **transgender, questioning, or something else fits better** reported higher rates of:

- **Frequently being bullied** (17% and 30%, respectively, vs. youth identifying as male at 9%)
- **Seriously contemplating suicide** (24% and 51%, respectively, compared to youth identifying as male at 13.5%)
- **Attempting suicide** (9% and 20%, respectively, compared to youth identifying as male at 5%)



### INCOME

**Adults reporting lower incomes** (less than \$50,000) reported higher rates of:

- Having received a **depression diagnosis**
- Having 14 or more days of **“not good” mental health**

**Note:** “Youth” data below represent 10th and 12th students who participated in the 2021 Healthy Youth Survey. Survey participants were presented with a list of terms describing gender identity and asked to select the term that they identified with.



### SEXUAL ORIENTATION

Youth who identified as **lesbian, gay, bisexual, or other** reported higher rates of:

- **Frequently being bullied** (24% compared to 11% of heterosexual youth)
- **Seriously contemplating suicide** (40% compared to 6% of heterosexual youth)
- **Attempting suicide** (17% compared to 5% of heterosexual youth)



### AGE

- From 2011 to 2021, a higher percentage of **adults ages 18-44** reported 14 or more days of “not good” mental health compared with adults 45 and older.
- In the 2022 Kitsap Community Resources survey, a higher rate of **adults aged 18-34** (52%) reported needing mental healthcare but not being able to get it compared with adults 65 and older (16%).

### RACE/ETHNICITY

- Among youth who selected **more than one race (multiracial)**, 21% reported not having an adult they could turn to, the highest percentage of any race/ethnicity.

**Note:** No significant differences were observed by race/ethnicity across the other indicators in this topic area where race/ethnicity data were available.

### SOURCES

- Healthy Youth Survey (HYS), Washington State Department of Health and its partners (2021)
- Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control and Prevention (2021)
- Washington Hospital Discharge Data, Comprehensive Hospitalization Abstract Reporting System (2019)
- Death Certificate Data, Washington State Department of Health’s Center for Health Statistics (2022)

### LEARN MORE



#### VIEW THE FULL REPORT



Kitsap Public Health published a detailed Community Health Assessment in 2023. Scan the code with a smartphone camera to view the full report.

#### HAVE QUESTIONS?

We’d love to provide any answers that we can.

Our office is open from 9 a.m. to 4 p.m. every weekday. Call **360-728-2235**.



Reach us via email at [epi@kitsappublichealth.org](mailto:epi@kitsappublichealth.org)

