



# 2025 Data Snapshot

## Youth Depression Focus

**25%** of youth report they have moderate-to-severe symptoms of depression



12th graders reported highest rates of depression at 27%



8th graders reported lowest rates of depression at 22%

## About the Survey

- First year of community participation
- Includes students in grades 7-12
- 44% response rate for community (n=2,596)
- All participants had parent permission

## Key Protective Factors For Youth Depression

By strengthening protective factors, we can prevent negative outcomes for young people. This is called upstream prevention.

### Family Social Support

<b>19%</b>	vs.	<b>51%</b>
Depression in youth with high feelings of family social support		Depression in youth with low feelings of family social support

Overall, 11% of youth had low feelings of family social support.

### Connection to Community

<b>12%</b>	vs.	<b>40%</b>
Depression in youth with high feelings of community connection		Depression in youth with low feelings of community connection

Overall, 13% of youth had low feelings of community connection

### Self-Awareness

<b>9%</b>	vs.	<b>56%</b>
Depression in youth with high self-awareness		Depression in youth with low self-awareness

Overall, 20% of youth had "low" self-awareness\*

### Getting Enough Sleep

<b>11%</b>	vs.	<b>32%</b>
Depression in youth who get 8+ hours of sleep		Depression in youth who do not get 8+ hours of sleep

Overall, 62% of youth do not get 8+ hours of sleep per night

\*Understanding one's own mood, feelings, behaviors, & purpose



Learn more about Nampa's youth well-being work!