

# 2025 Data Snapshot



## Youth Depression Focus

**23%** of youth report they have moderate-to-severe symptoms of depression



12th graders reported highest rates of depression at 30%



9th graders reported lowest rates of depression at 11%

## About the Survey

- Fourth year of community participation
- Includes students in grades 6-12
- 59.6% response rate for community (n=263)
- 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

**7%**

vs.

**34%**

Depression in youth with high feelings of family social support

Depression in youth with low feelings of family social support

Overall, 14% of youth had low feelings of family social support.

### Connection to Community

**7%**

vs.

**50%**

Depression in youth with high feelings of community connection

Depression in youth with low feelings of community connection

Overall, 17% of youth had low feelings of community connection

### Self-Awareness

**10%**

vs.

**59%**

Depression in youth with high self-awareness

Depression in youth with low self-awareness

Overall, 15% of youth had "low" self-awareness\*

### Getting Enough Sleep

**8%**

vs.

**29%**

Depression in youth who get 8+ hours of sleep

Depression in youth who do not get 8+ hours of sleep

Overall, 49% of youth do not get 8+ hours of sleep per night

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

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

