



LGBTQ+ Health in Hennepin County

Data, Resiliency, and Action





Key Health Indicators for LGBTQ+ Youth

From the 2022 Minnesota Student Survey



Outline

- Background and overview of the Minnesota Student Survey (MSS)
 - SOGI (sexual orientation and gender identity) data collection in MSS 2022
- Counts of LGBTQ+ youth
- Key health indicators for LGBTQ+ youth
 - Mental health, bullying, and substance use
 - Subgroup analysis
- Conclusion



MPRnews

SPECIAL SERIES

Efforts to restrict rights for LGBTQ youth

LGBTQ YOUTH'S RIGHTS UNDER ATTACK



Background

What is MSS?

- One of the longest-running youth surveys in the nation
- Conducted every 3 years since 1989
- Primary source of youth data for the state, county and local level
- Local schools and 4 state agencies: Education, Health, Human Services, and Public Safety



Why does MSS matter?

- Provides insight into the experiences of youth
- Only consistent source of statewide data on the well-being of youth
- Helpful tool for schools, communities, county/state agencies, and others



How is MSS administered?

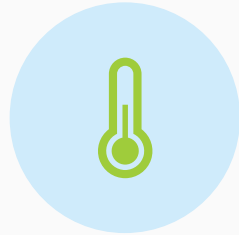
- Census-like survey where all schools are invited to participate
- Voluntary to school districts and students
- Anonymous
- Includes students in grades 5, 8, 9, & 11
 - 3 survey levels depending on student age
- Administered online in recent years



What kind of data does MSS 2022 collect?



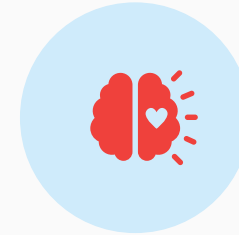
School
connectedness



School climate



Violence and
bullying



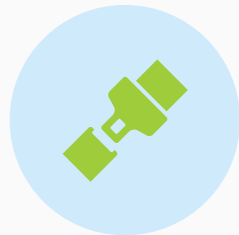
Mental health
and distress



Alcohol, tobacco,
and drug use



Health behaviors



Sexual behaviors



Families and
relationships



Extracurricular
activities



Demographic
information

What kind of data does MSS 2022 collect?



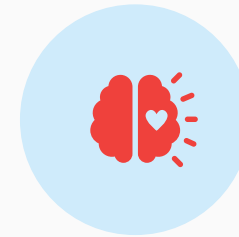
School
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School climate



Violence and
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and distress



Alcohol, tobacco,
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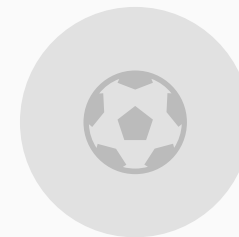
Health behaviors



Sexual behaviors



Families and
relationships



Extracurricular
activities



Demographic
information

How many Hennepin County students participated in MSS 2022?

Grade	Number of Students	Percentage of Enrollment
5	7,817	79%
8	7,101	69%
9	6,713	60%
11	4,993	44%
Total	26,624	62%

How did MSS collect SOGI data in 2022?

Only asked to students in grades 8, 9, and 11

9. What was your sex assigned at birth (as on your original birth certificate)?

- a. Male
- b. Female

10. What is your gender identity? (Mark ~~All that apply~~)

- a. Agender
- b. Boy/man (**cisgender**, which means your gender identity matches your sex assigned at birth)
- c. Boy/man (**transgender**, which means your gender identity does **not** match your sex assigned at birth)
- d. Genderfluid, gender non-conforming, or genderqueer
- e. Girl/woman (**cisgender**, which means your gender identity matches your sex assigned at birth)
- f. Girl/woman (**transgender**, which means your gender identity does **not** match your sex assigned at birth)
- g. Nonbinary
- h. Two spirit
- i. Questioning/unsure
- j. Identity not listed

Students who selected a response that was not strictly cisgender were categorized as **gender expansive**

How did MSS collect SOGI data in 2022?

Only asked to students in grades 8, 9, and 11

12. How do you describe your sexual orientation?

- a. Straight (heterosexual)
- b. Asexual
- c. Bisexual
- d. Gay or Lesbian
- e. Questioning/Not sure
- f. Pansexual
- g. Queer
- h. I don't describe myself in any of these ways
- i. I am not sure what this question means

Students who selected
12b–h were categorized as
LGBQ+

How did MSS collect SOGI data across time?

SOGI questions were first included in MSS 2019 and were only asked to students in grades 8, 9, and 11

4. What is your biological sex?

- a. Male
- b. Female

5. Are you transgender, genderqueer, or genderfluid?

- a. Yes
- b. No
- c. I am not sure about my gender identity
- d. I am not sure what this question means

* How do you describe yourself?

- a. Male, trans male, trans man, or trans masculine
- b. Female, trans female, trans woman, or trans feminine
- c. Non-binary, genderqueer, or genderfluid
- d. I prefer to describe my gender as something else

7. How do you describe yourself?

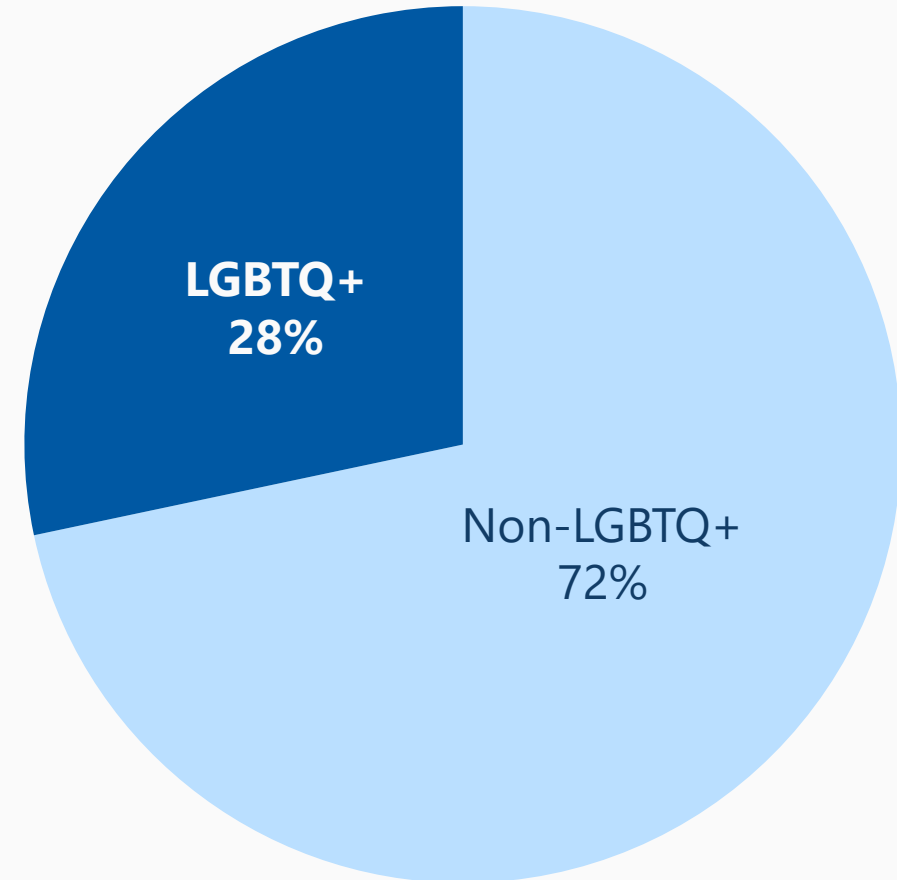
- a. Heterosexual (straight)
- b. Bisexual
- c. Gay or lesbian
- d. Questioning/not sure
- e. Pansexual
- f. Queer
- g. I don't describe myself in any of these ways
- h. I am not sure what this question means

Sexual orientation was only asked to students in grades 9 and above

Counts of LGBTQ+ Youth

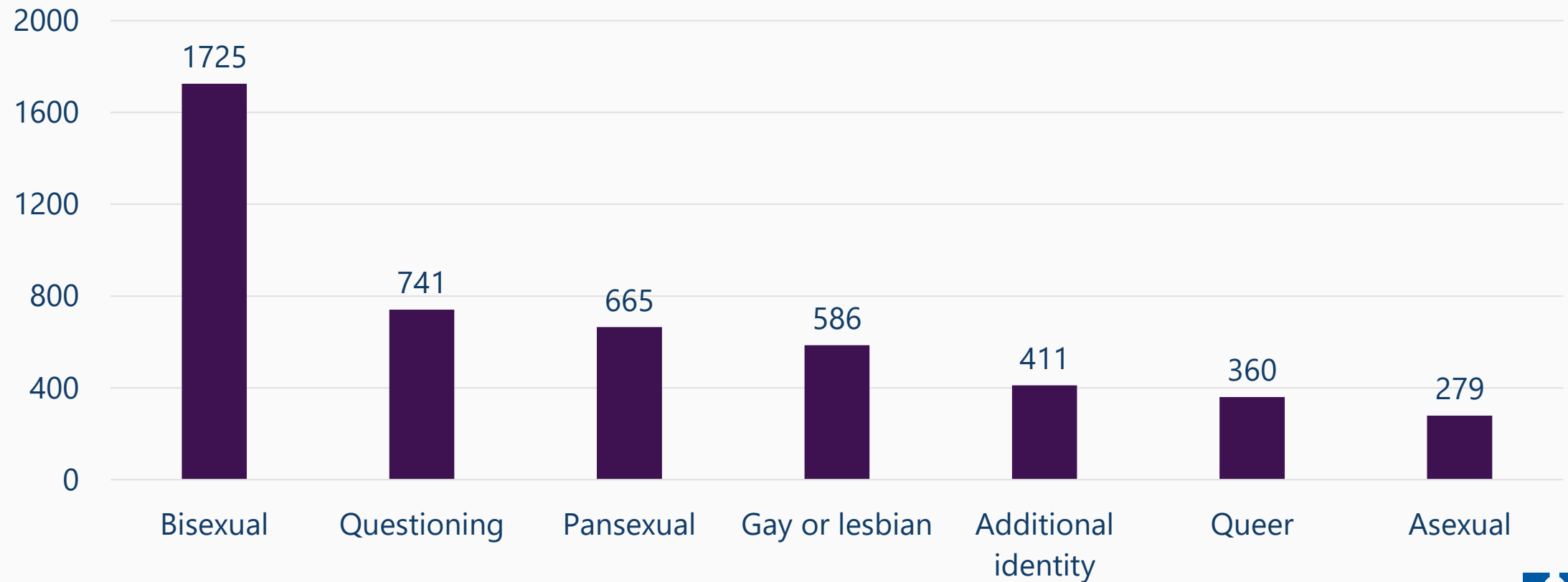
Counts of LGBTQ+ students

Identity	Counts
LGBTQ+ total	5,139
LGBTQ+ cisgender	2,969
Transgender, nonbinary, or additional identity	2,128
Non-LGBTQ+ total	13,341
Total	18,480



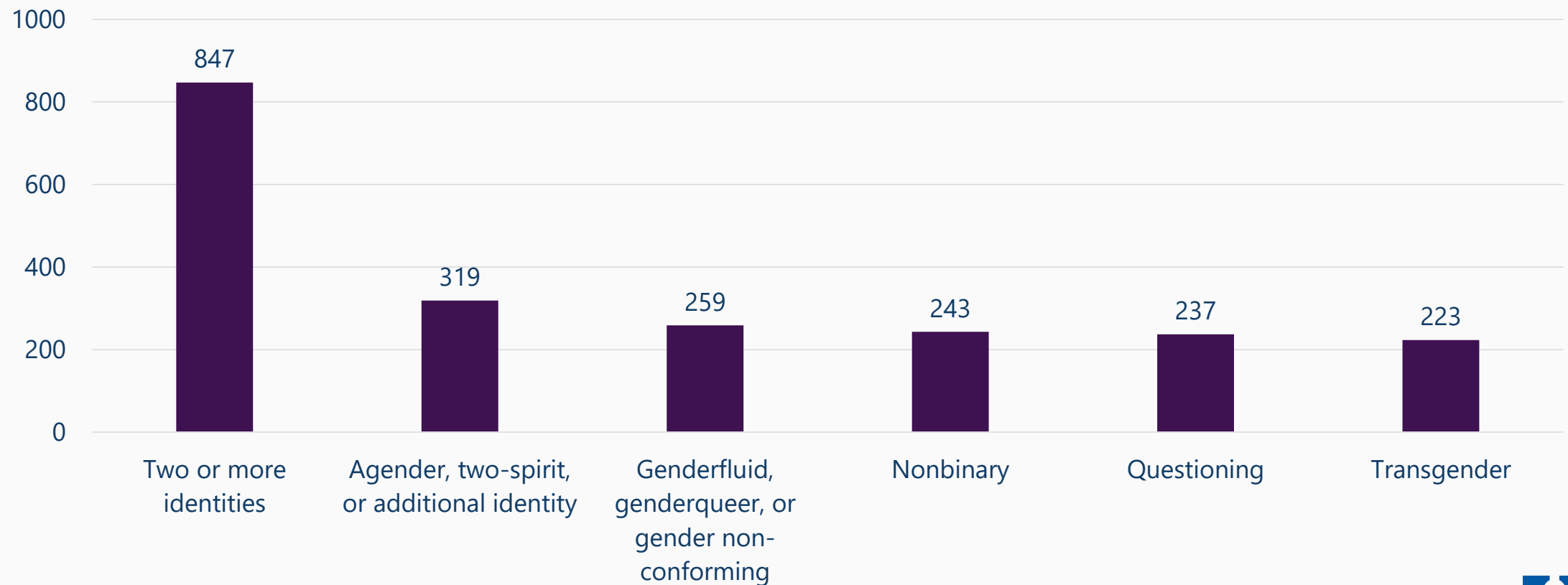
Counts of LGBTQ+ students

Total: 4,767



Counts of gender expansive students

Total: 2,128



Key Health Indicators for LGBTQ+ Youth

Key health indicators



Mental Health

Measure: High risk of depression

MSS 2022 used the Patient Health Questionnaire-2 (PHQ-2) to measure high risk of depression

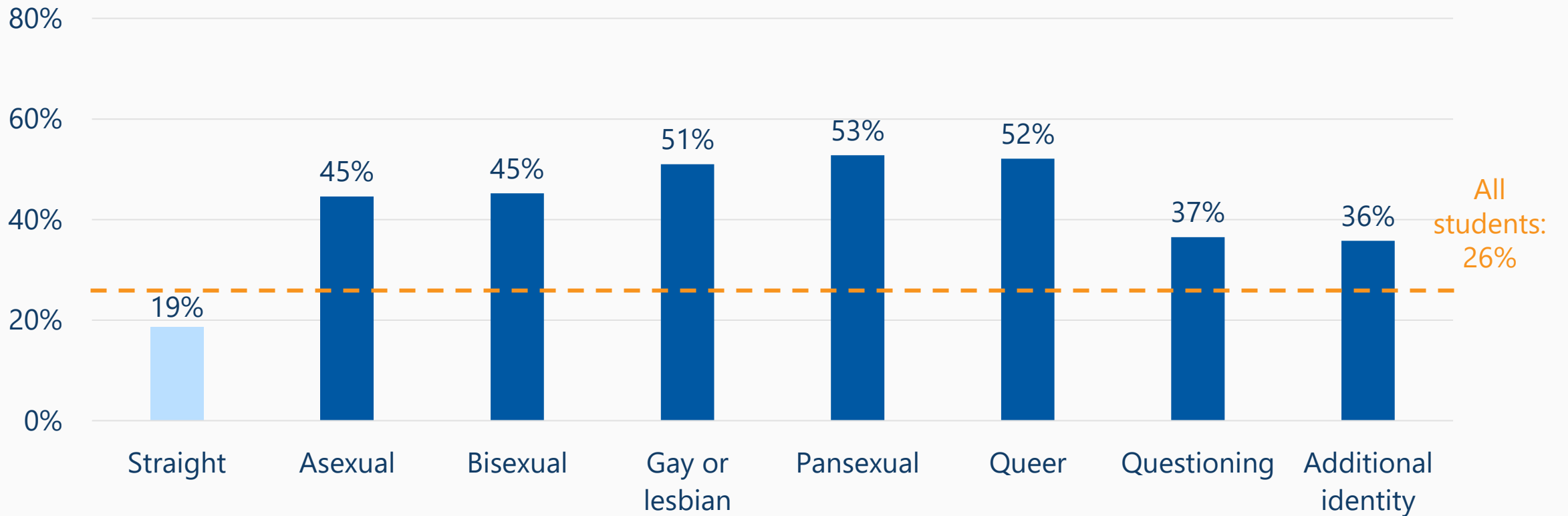
59. Over the past 2 weeks, how often have you been bothered by...

Question	Not at all	Several days	More than half the days	Nearly every day
a. Little interest or pleasure in doing things?	0	1	2	3
b. Feeling down, depressed or hopeless?	0	1	2	3
c. Feeling nervous, anxious or on edge?				
d. Not being able to stop or control worrying?				

Students whose scores in these categories were three or higher (out of six) were categorized as having a high risk of depression

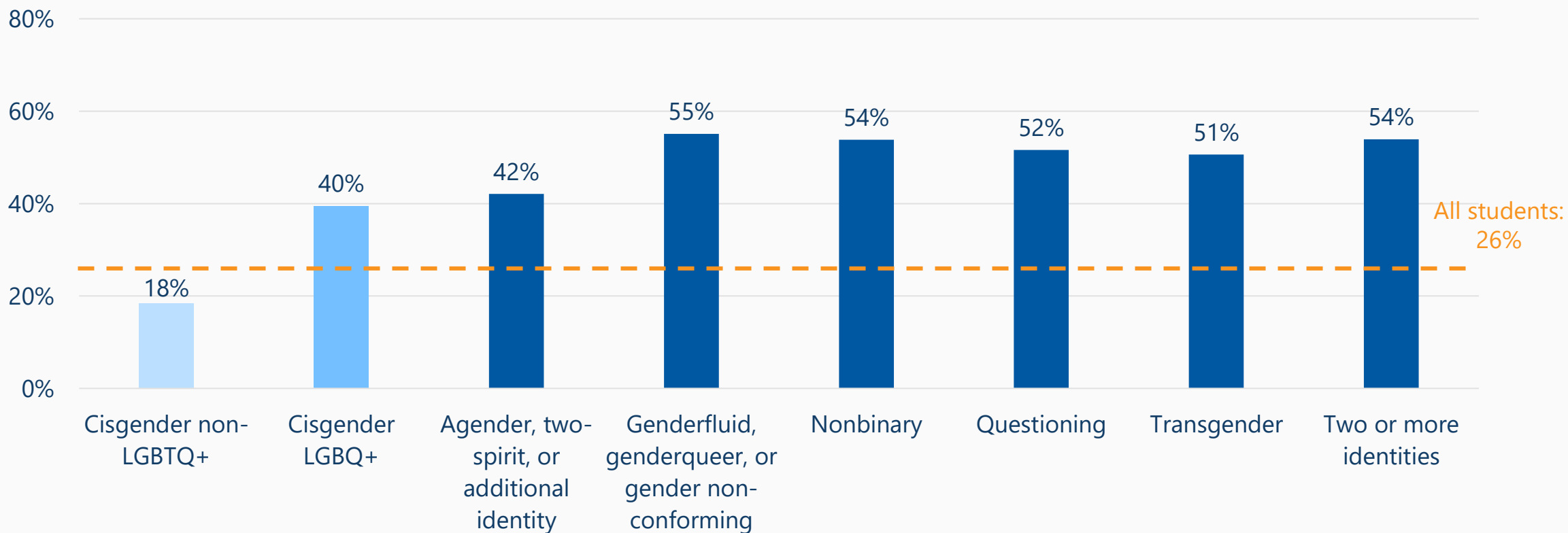
LGBQ+ youth report high risk of depression at different rates

Percent of students with high risk of depression by sexual orientation



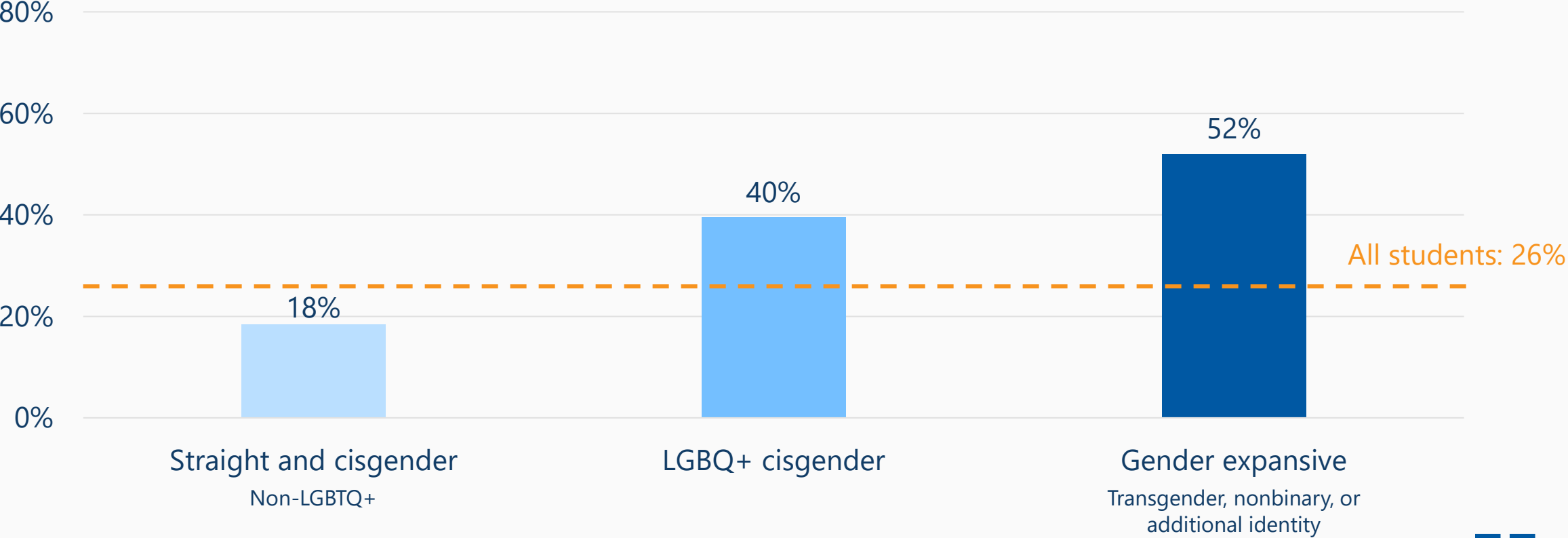
Gender expansive youth report high risk of depression at **different** rates

Percent of students with high risk of depression by gender identity



LGBTQ+ youth report high risk of depression at more than 2x the rate of non-LGBTQ+ youth

Percent of students with high risk of depression by LGBTQ+ identity



MSS 2022
Hennepin County students in grades 8, 9, and 11

High risk of depression is defined as scoring a three or higher (out of six) on the Patient Health Questionnaire-2 (PHQ-2), which measures the frequency of a depressed mood or anhedonia over the past two weeks.



Measure: High risk of anxiety

MSS 2022 used the Generalized Anxiety Disorder 2-item (GAD-2) to measure high risk of anxiety

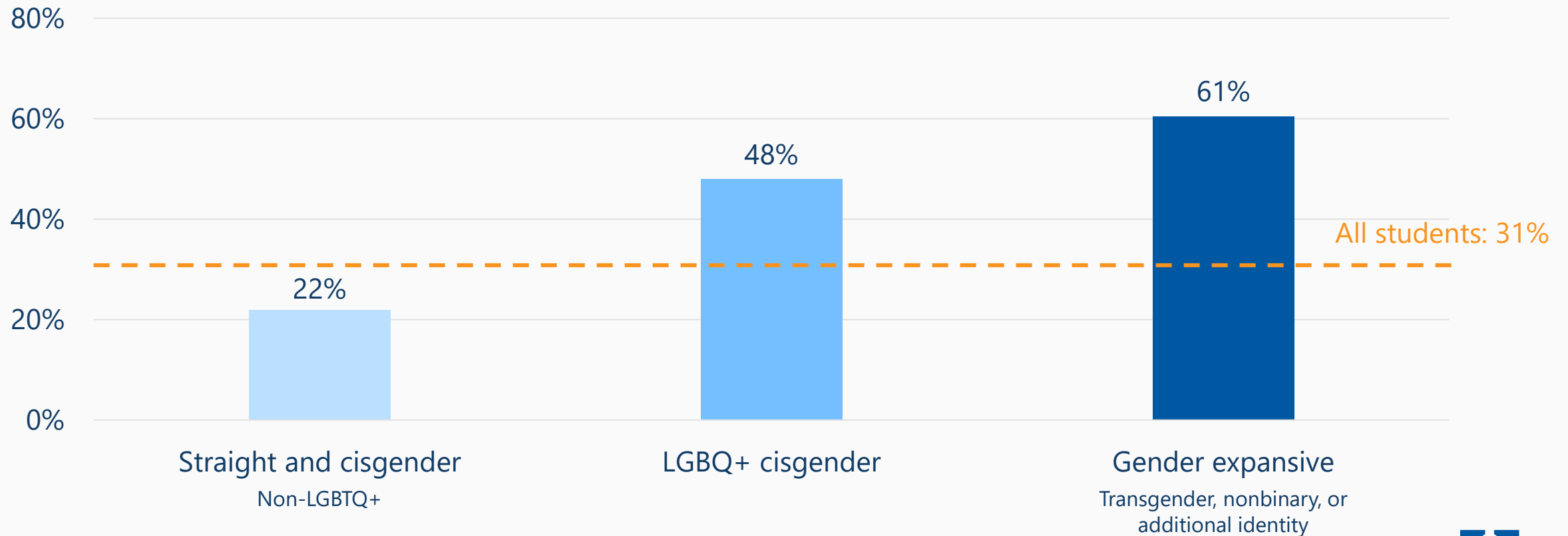
59. Over the past 2 weeks, how often have you been bothered by...

Question	Not at all	Several days	More than half the days	Nearly every day
a. Little interest or pleasure in doing things?				
b. Feeling down, depressed or hopeless?				
c. Feeling nervous, anxious or on edge?	0	1	2	3
d. Not being able to stop or control worrying?	0	1	2	3

Students whose scores in these categories were three or higher (out of six) were categorized as having a high risk of anxiety

LGBTQ+ youth report high risk of anxiety at **more than 2x** the rate of non-LGBTQ+ youth

Percent of students with high risk of anxiety by LGBTQ+ identity



Measure: Self-harm in the last year

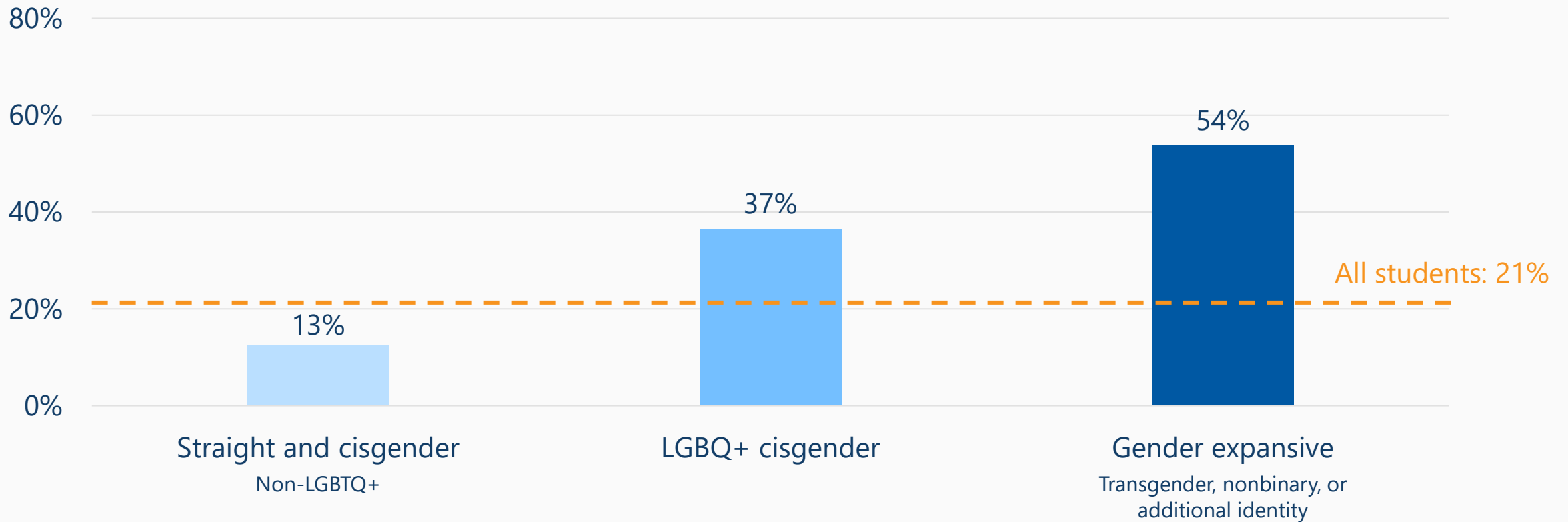
60. During the last 12 months, how many times did you do something to purposely hurt or injure yourself without wanting to die, such as cutting, burning, scratching or bruising yourself on purpose?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 5 times
- d. 6 to 9 times
- e. 10 to 19 times
- f. 20 or more times

Students who selected 60b–f
were categorized as self-
harming in the last year

LGBTQ+ youth report self-harm in the past year at up to 4x the rate of non-LGBTQ+ youth

Percent of students who self-harmed in the last year by LGBTQ+ identity



Measure: Suicide ideation or attempts

61. Have you ever seriously considered attempting suicide? (Mark ALL that apply)

a. No

b. Yes, during the last year

c. Yes, more than a year ago

62. Have you ever actually attempted suicide? (Mark ALL that apply)

a. No

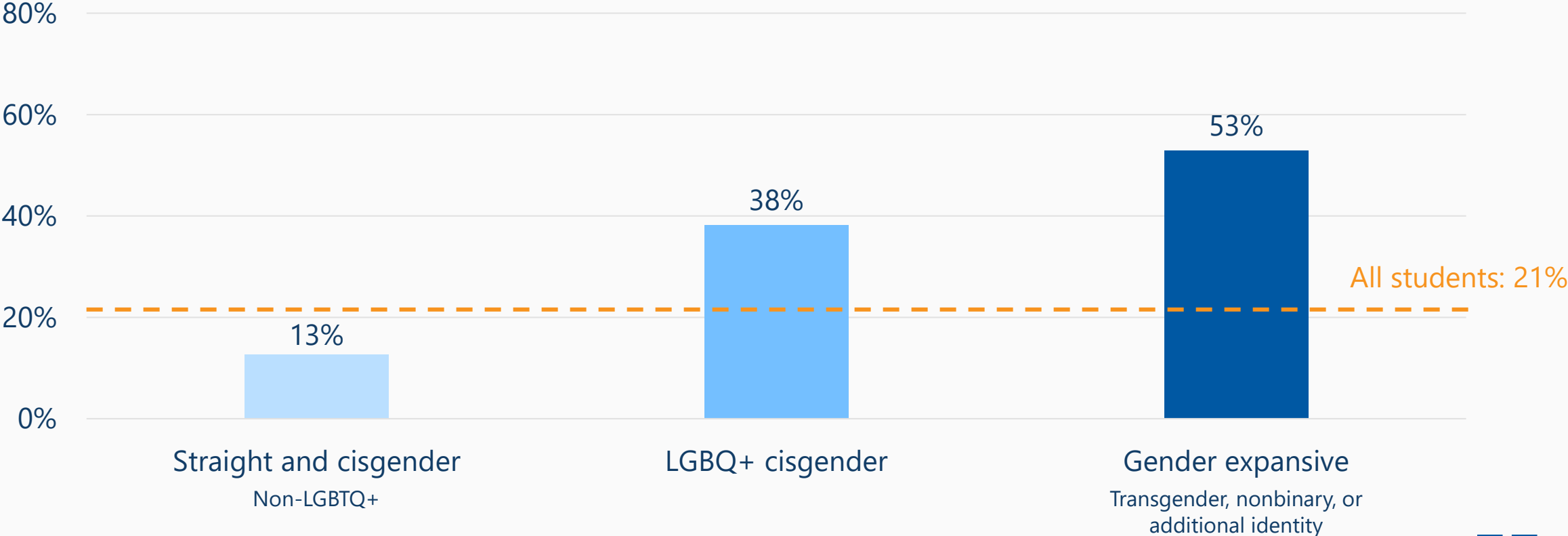
b. Yes, during the last year

c. Yes, more than a year ago

Students who selected 61b–c or 62b–c
were categorized as reporting suicide
ideation or attempts

LGBTQ+ youth report suicide ideation or attempts at up to 4x the rate of non-LGBTQ+ youth

Percent of students who considered or attempted suicide by LGBTQ+ identity



Bullying, Discrimination, and Safety

Measure: SOGI-related harassment

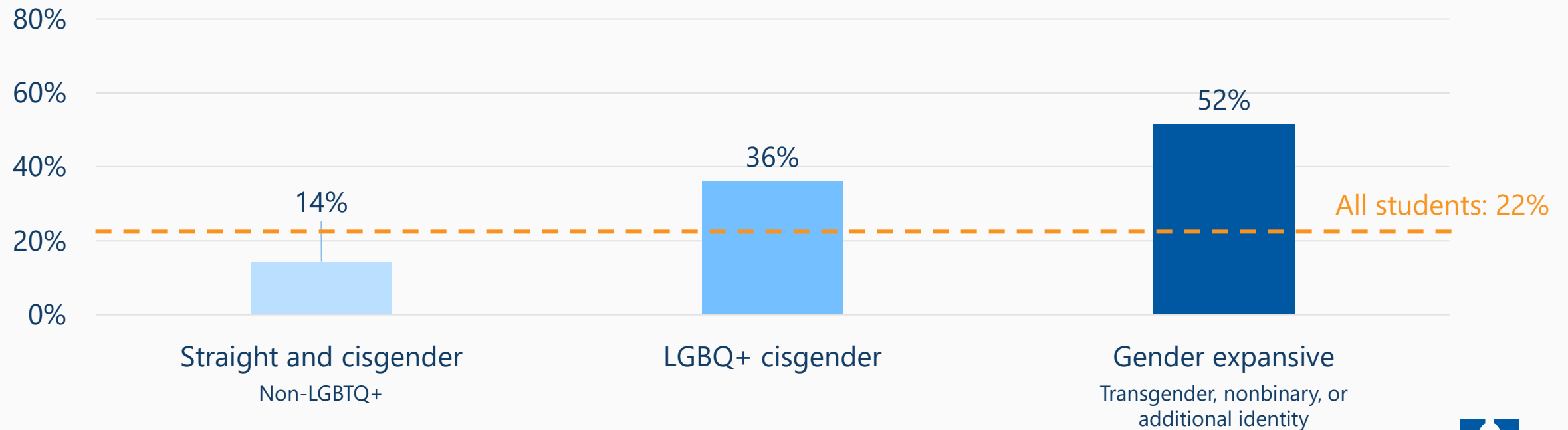
30. During the last 30 days, how often have other students harassed or bullied you for any of the following reasons?

Question	Never	Once or twice	About once a week	Several times a week	Every day
a. Your race, ethnicity or national origin					
b. Your religion					
c. Your sex or gender (being male, female, transgender, genderqueer, genderfluid.)					
d. Your gender expression (your style, dress, or the way you walk or talk)					
e. Because you are bisexual, gay, lesbian, asexual, pansexual, queer, or because someone thought you were					
f. A physical or mental disability					
g. Your size or weight					
h. Your physical appearance					

Students who selected a response in any of these sections were categorized as reporting SOGI-related harassment in the last 30 days

LGBTQ+ youth report being harassed because of their sexual orientation or gender identity at **more than 3x** the rate of non-LGBTQ+ youth

Percent of students who experienced SOGI-related harassment in the last month by LGBTQ+ identity



Measure: Bullying in the last 30 days

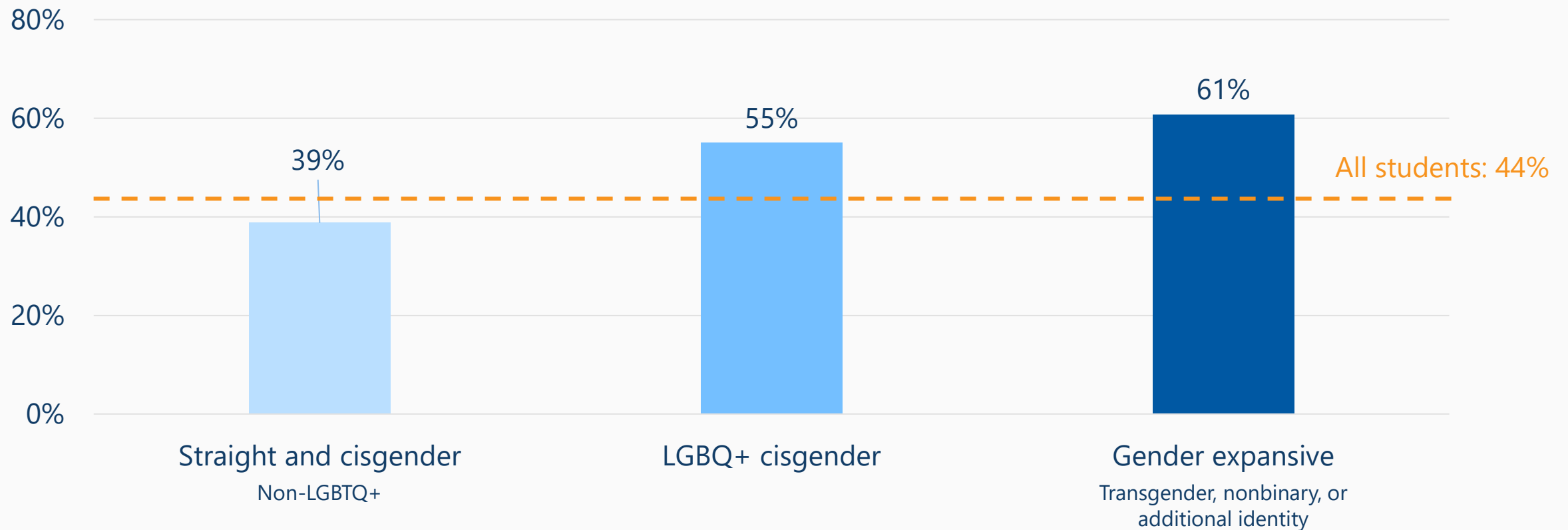
32. During the last 30 days, how often have other students at school...

Question	Never	Once or twice	About once a week	Several times a week	Every day
a. Pushed, shoved, slapped, hit or kicked you when they weren't kidding around?*					
b. Threatened to beat you up?					
c. Spread mean rumors or lies about you?					
d. Made sexual jokes, comments or gestures towards you?					
e. Excluded you from friends, other students or activities?					

Students who selected a response in any of these sections were categorized as reporting bullying in the last 30 days

LGBTQ+ youth report being bullied at up to 1.5x the rate of non-LGBTQ+ youth


Percent of students who were bullied in the last month by LGBTQ+ identity



Measure: Cyberbullying in the last 30 days

31. During the last 30 days, how often have you been cyberbullied? (Count being bullied through texting, Instagram, Snapchat, TikTok or other social media)

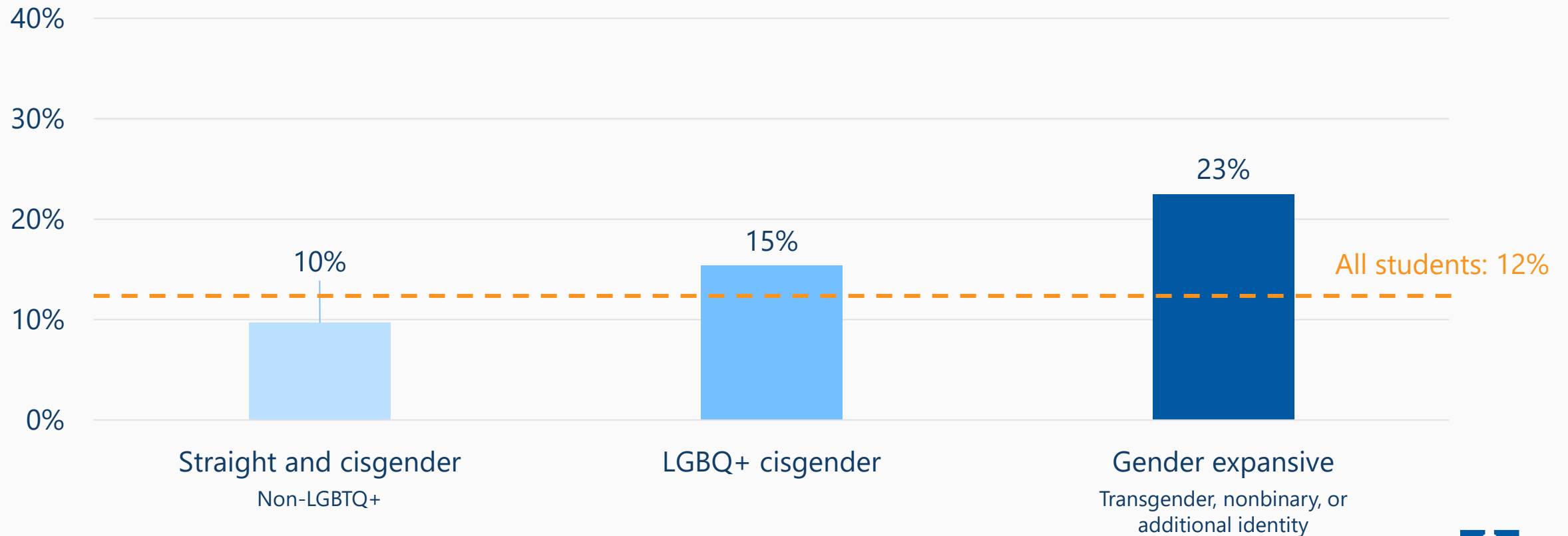
- a. Never
- b. Once or twice
- c. About once a week
- d. Several times a week
- e. Every day



Students who selected
31b–e were categorized
as reporting cyberbullying
in the last 30 days

LGBTQ+ youth report being cyberbullied at **up to 2x** the rate of non-LGBTQ+ youth

Percent of students who were cyberbullied in the last month by LGBTQ+ identity



Measure: Feeling unsafe

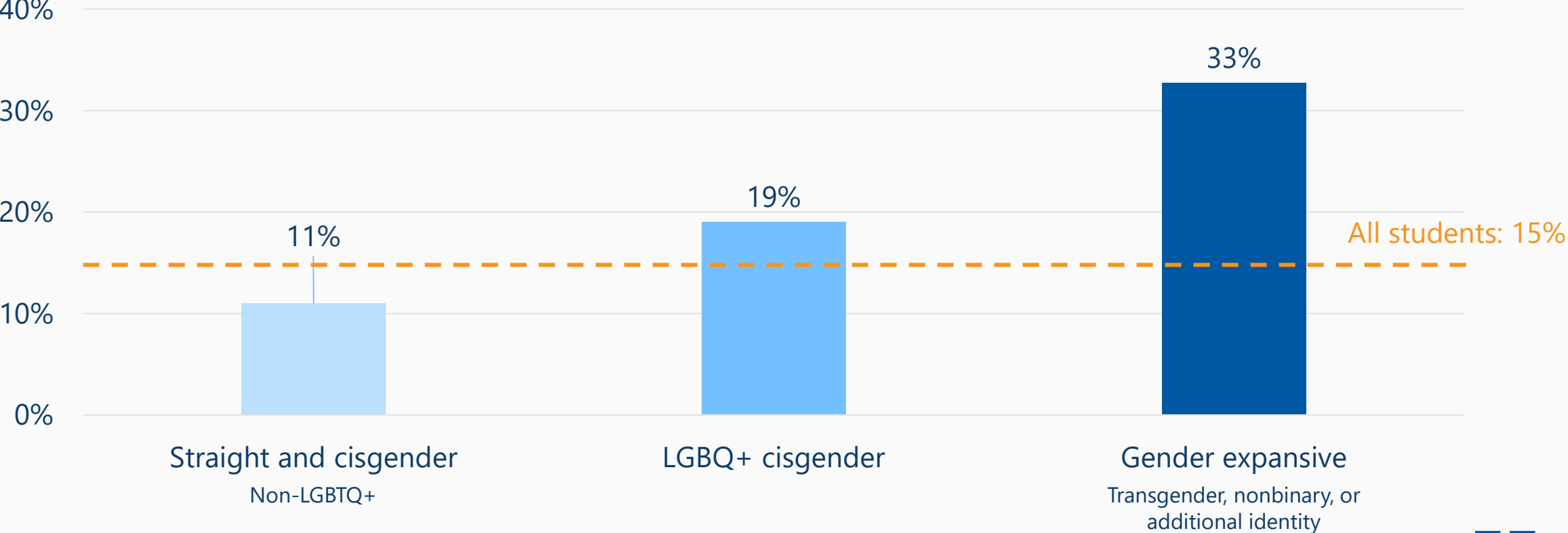
27. How much do you agree or disagree with each of the following statements?

Question	Strongly agree	Agree	Disagree	Strongly disagree
a. I feel safe going to and from school.*				
b. I feel safe at school.*				
c. I feel safe in my neighborhood.				
d. I feel safe at home.				

Students who selected a response in any of these sections were categorized as feeling unsafe

LGBTQ+ youth report feeling unsafe at up to 3x the rate of non-LGBTQ+ youth

Percent of students who feel unsafe by LGBTQ+ identity



Alcohol, Tobacco, and Other Drug Use

Measure: Cigarette use in the last 30 days

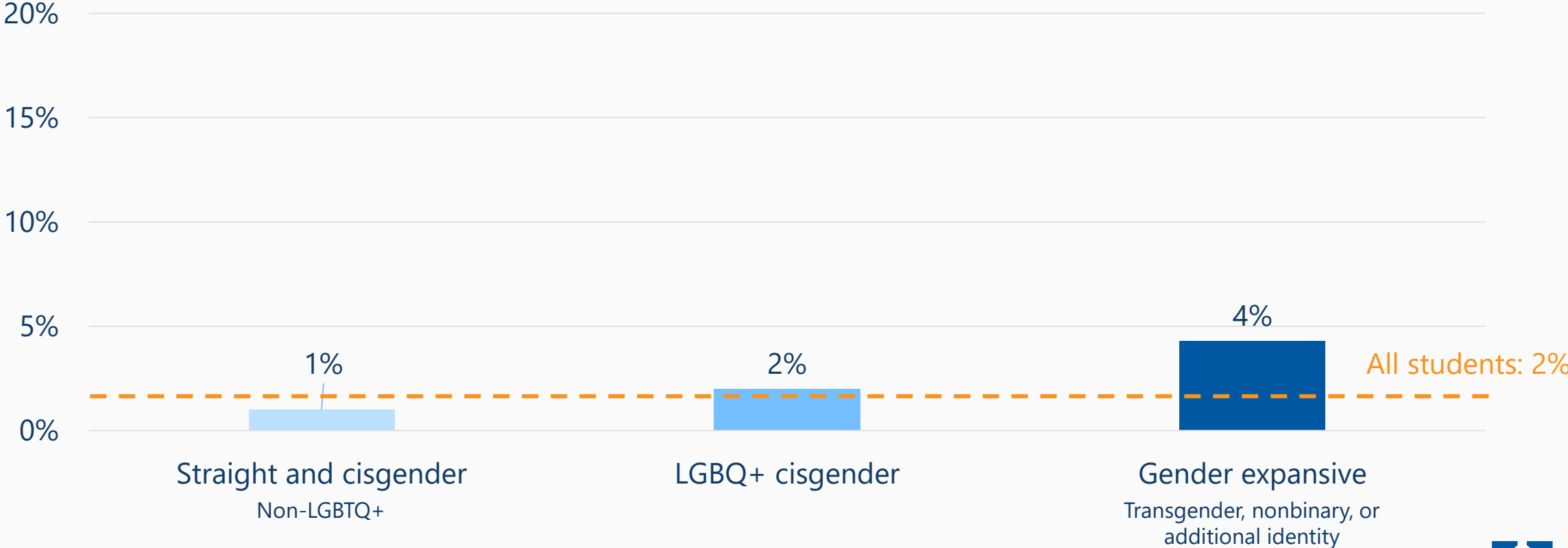
81. During the last 30 days, on how many days did you...

Question	0 days	1 to 2 days	3 to 9 days	10 to 19 days	20 to 29 days	All 30 days
a. Smoke a cigarette?						
b. Smoke cigars, cigarillos or little cigars?						
c. Use chewing tobacco, snuff or dip?						
d. Vape or use an e-cigarette that contains nicotine, such as JUUL, VUSE, NJOY, Puff Bar, Blu, or Bidi Stick?						
e. Use a hookah or a water pipe to smoke tobacco?						

Students who selected a response in any of these sections were categorized as using cigarettes in the last 30 days

LGBTQ+ youth report using cigarettes at up to 4x the rate of non-LGBTQ+ youth

Percent of students who used cigarettes in the last month by LGBTQ+ identity



Measure: E-cigarette use in the last 30 days

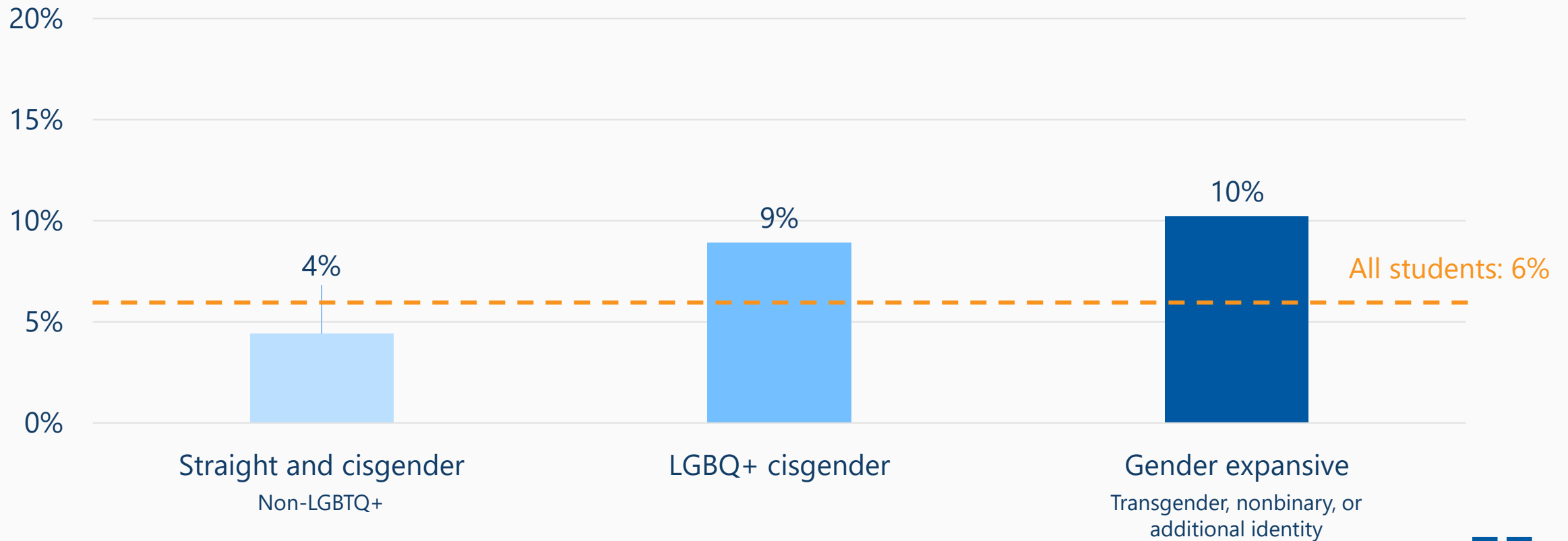
81. During the last 30 days, on how many days did you...

Question	0 days	1 to 2 days	3 to 9 days	10 to 19 days	20 to 29 days	All 30 days
a. Smoke a cigarette?						
b. Smoke cigars, cigarillos or little cigars?						
c. Use chewing tobacco, snuff or dip?						
d. Vape or use an e-cigarette that contains nicotine, such as JUUL, VUSE, NJOY, Puff Bar, Blu, or Bidi Stick?						
e. Use a hookah or a water pipe to smoke tobacco?						

Students who selected a response in any of these sections were categorized as using vapes or e-cigarettes in the last 30 days

LGBTQ+ youth report using vapes and e-cigarettes at **more than 2x** the rate of non-LGBTQ+ youth


Percent of students who used e-cigarettes in the last month by LGBTQ+ identity



Measure: Alcohol use in the last 30 days

85. During the last 30 days, on how many days did you drink one or more drinks of an alcoholic beverage?

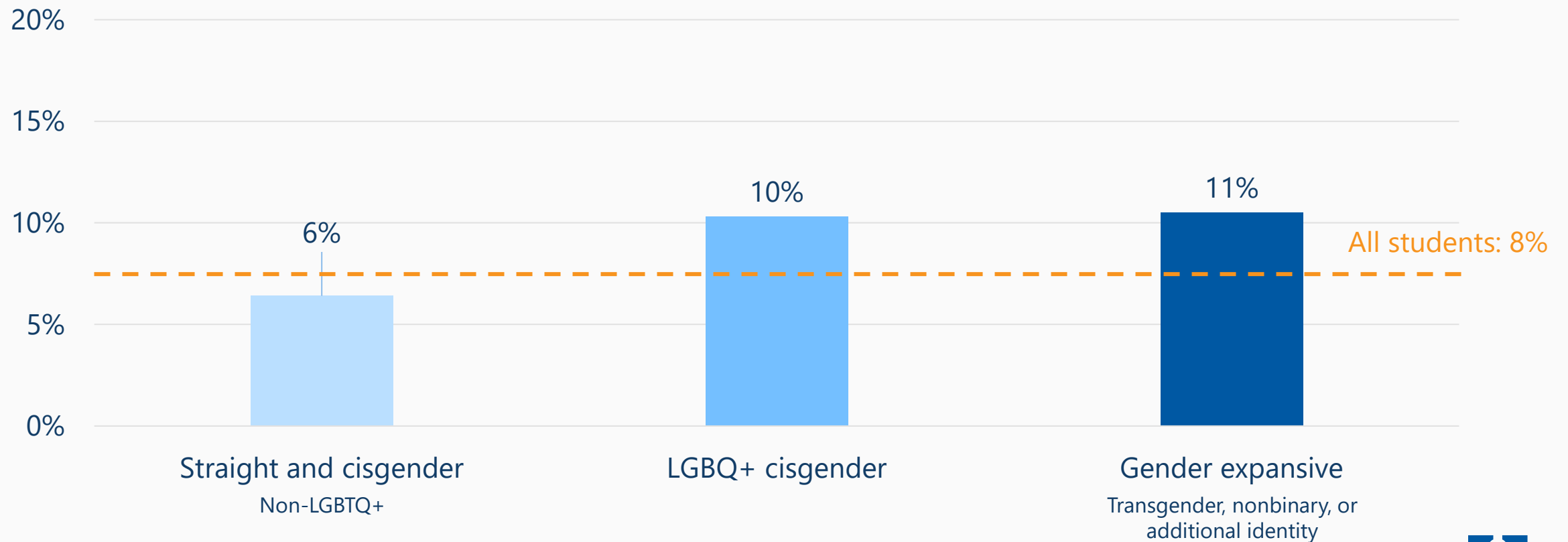
- a. 0 days
- b. 1 to 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days



Students who selected
85b–g were categorized
as using alcohol in the
last 30 days

LGBTQ+ youth report using alcohol at **almost 2x** the rate of non-LGBTQ+ youth

Percent of students who used alcohol in the last month by LGBTQ+ identity



Measure: Marijuana use in the last 30 days

91. During the last 30 days, on how many days did you use marijuana?

a. 0 days

b. 1 to 2 days


c. 3 to 5 days

d. 6 to 9 days

e. 10 to 19 days

f. 20 to 29 days

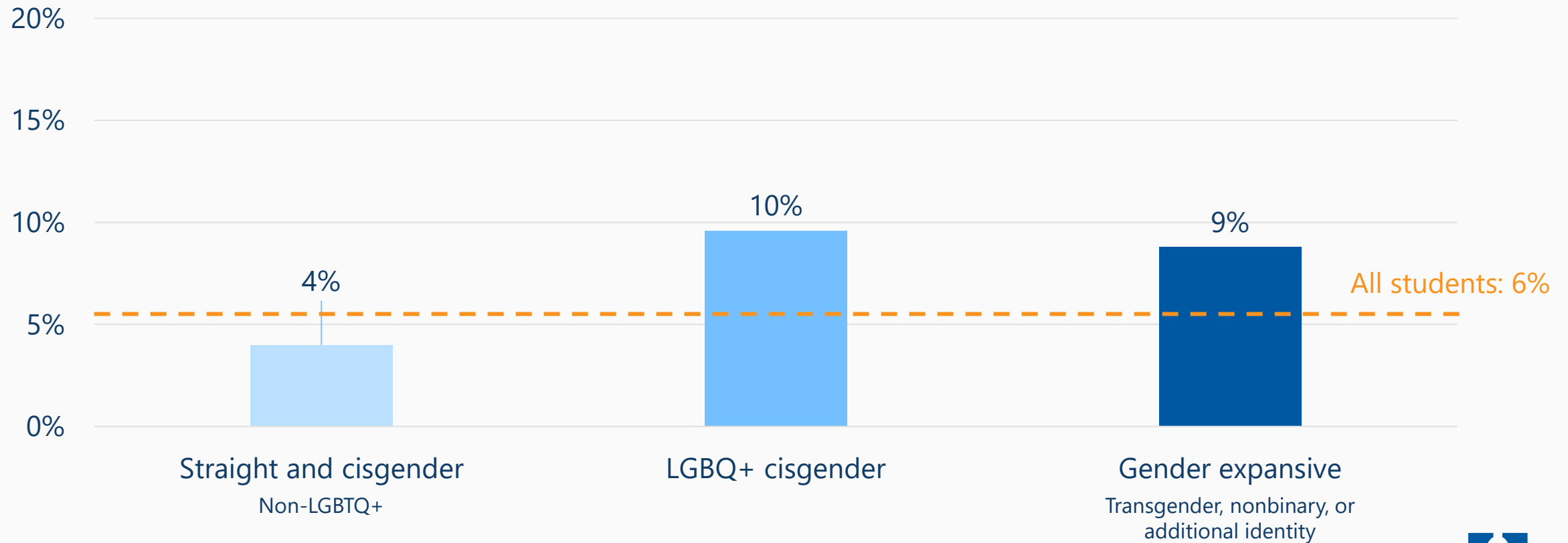
g. All 30 days



Students who selected
91b–g were categorized
as using marijuana in the
last 30 days

LGBTQ+ youth report using marijuana at more than 2x the rate of non-LGBTQ+ youth

Percent of students who used marijuana in the last month by LGBTQ+ identity



Measure: Illicit drug use or prescription drug misuse in the last 12 months

93. During the last 12 months, on how many occasions (if any) have you...

Question	0	1 to 2	3 to 5	6 to 9	10 to 19	20 or more
a. Sniffed glue or huffed or inhaled the contents of aerosol spray cans or other gases to get high?						
b. Used LSD (acid), PCP (wet sticks or dipped joints), or other psychedelics (mushrooms, angel dust)?						
c. Used MDMA (E, X, ecstasy, Molly), GHB (G, Liquid E, Liquid X, roofies) or Ketamine (Special K)?						
d. Used crack, coke or cocaine in any form?						
e. Used heroin (smack, junk, China White)?						
f. Used methamphetamine (meth, glass, crank, crystal meth, ice)?						
g. Used over-the-counter drugs such as cough syrup, cold medicine or diet pills that you took only to get high?						
h. Used synthetic marijuana (K2, Gold) that you took only to get high?						
i. Used any other synthetic drugs such as bath salts (Ivory Wave, White Lightning) that you took only to get high?						

94. During the last 30 days, on how many days did you use prescription drugs without a doctor's prescription or differently than how a doctor told you to use it?

- a. 0 days
- b. 1 to 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

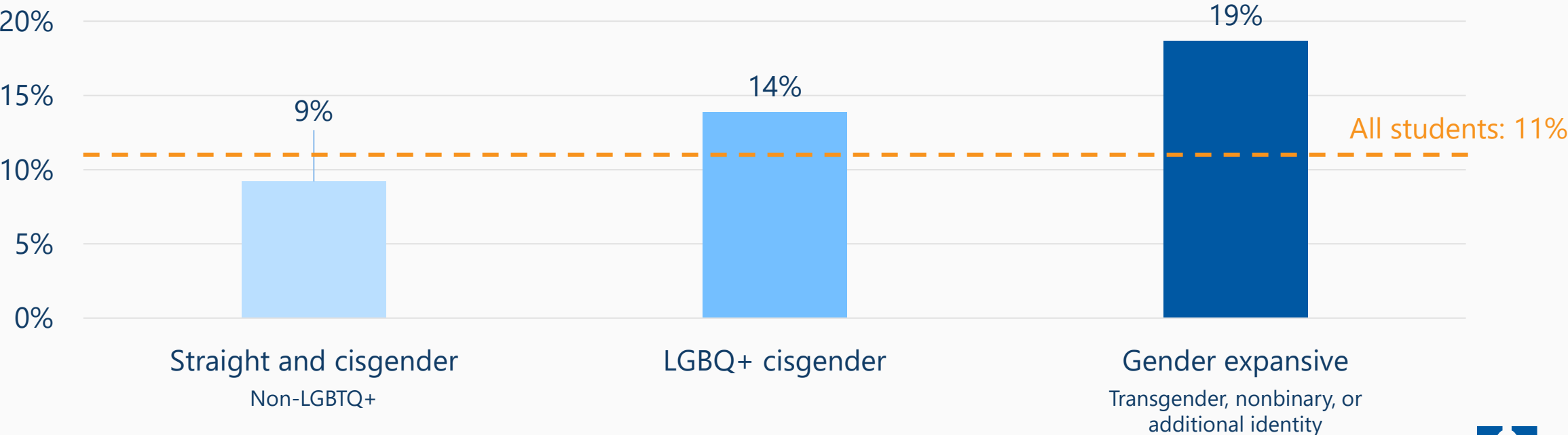
95. During the last 12 months, on how many occasions (if any) have you used any of the following prescription drugs without a doctor's prescription or differently than how a doctor told you to use it?

Question	0	1 to 2	3 to 5	6 to 9	10 to 19	20 or more
a. Stimulants such as Amphetamines (bennies, speed, uppers) or diet pills?						
b. ADHD or ADD drugs (Ritalin, Adderall, hyper pills)?						
c. Pain relievers such as OxyContin, Percocet, Vicodin or others?						
d. Tranquilizers such as Valium, Xanax, Klonopin, Ativan, anxiety pills, sedatives or benzos (downers)?						

Students who selected a response in any of these sections were categorized as using illicit drugs or misusing prescription drugs in the last 12 months

LGBTQ+ youth report using illicit drugs or misusing prescription drugs at **up to 2x** the rate of non-LGBTQ+ youth

Percent of students who used illicit drugs or misused prescription drugs in the last year by LGBTQ+ identity



Illicit drug use or prescription drug misuse is defined as using illicit drugs (such as cocaine, heroin, synthetic marijuana, etc.), using over-the-counter drugs only to get high, or using prescription drugs without a doctor's prescription or differently from how a doctor told you to use it on at least one occasion in the last 12 months.



Summary of Key Health Indicators for LGBTQ+ Youth

Compared to non-LGBTQ+ youth, LGBTQ+ youth report:

3x

Higher rates of high risk of depression or anxiety

4x

Higher rates of self-harm and suicide ideation or attempts

2x

Higher rates of bullying and discrimination

3x

Higher rates of feeling unsafe

2x

Higher rates of substance use

Subgroup Analysis

Measure: High risk of depression

MSS 2022 used the Patient Health Questionnaire-2 (PHQ-2) to measure high risk of depression

59. Over the past 2 weeks, how often have you been bothered by...

Question	Not at all	Several days	More than half the days	Nearly every day
a. Little interest or pleasure in doing things?	0	1	2	3
b. Feeling down, depressed or hopeless?	0	1	2	3
c. Feeling nervous, anxious or on edge?				
d. Not being able to stop or control worrying?				

Students whose scores in these categories were three or higher (out of six) were categorized as having a high risk of depression

Measure: Race/ethnicity

3. How do you describe yourself? (Mark ALL that apply)

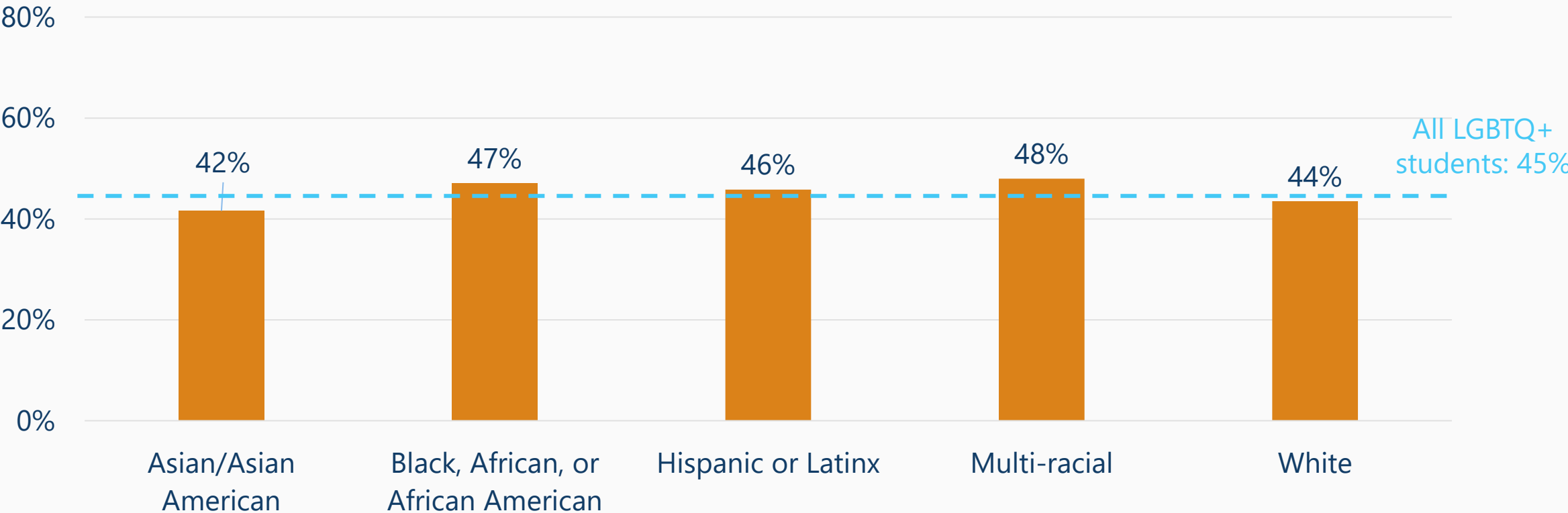
- a. American Indian or Alaskan Native
- b. Asian, South Asian or Asian American
- c. Black, African or African American
- d. Hispanic or Latino/Latina
- e. Middle Eastern or North African
- f. Native Hawaiian or Other Pacific Islander
- g. White

Students who selected one response were categorized as the identity they selected

Students who selected multiple responses were categorized as multi-racial

LGBTQ+ youth of different races and ethnicities report high risk of depression at **different** rates

Percent of LGBTQ+ students with high risk of depression by race/ethnicity



MSS 2022
Hennepin County students in grades 8, 9, and 11

High risk of depression is defined as scoring a three or higher (out of six) on the Patient Health Questionnaire-2 (PHQ-2), which measures the frequency of a depressed mood or anhedonia over the past two weeks.
American Indian/Alaska Native and Middle Eastern or North African data suppressed due to small counts (<20).



Measure: Ethnic groups

5. If you are Asian, South Asian or Asian American, which group best describes you? *(If more than one describes you, mark ALL that apply)*

- a. Bangladeshi
- b. Burmese
- c. Chinese
- d. Filipino
- e. Hmong
- f. Indian
- g. Karen
- h. Korean
- i. Lao
- j. Nepali
- k. Pakistani
- l. Vietnamese
- m. Other Asian

7. If you are Hispanic or Latino/Latina, which group best describes you? *(If more than one describes you, mark ALL that apply)*

- a. Colombian
- b. Ecuatoran
- c. Guatemalan
- d. Mexican
- e. Puerto Rican
- f. Salvadoran
- g. Spanish/Spanish-American
- h. Other Hispanic or Latino/Latina

6. If you are Black, African or African American, which group best describes you? *(If more than one describes you, mark ALL that apply)*

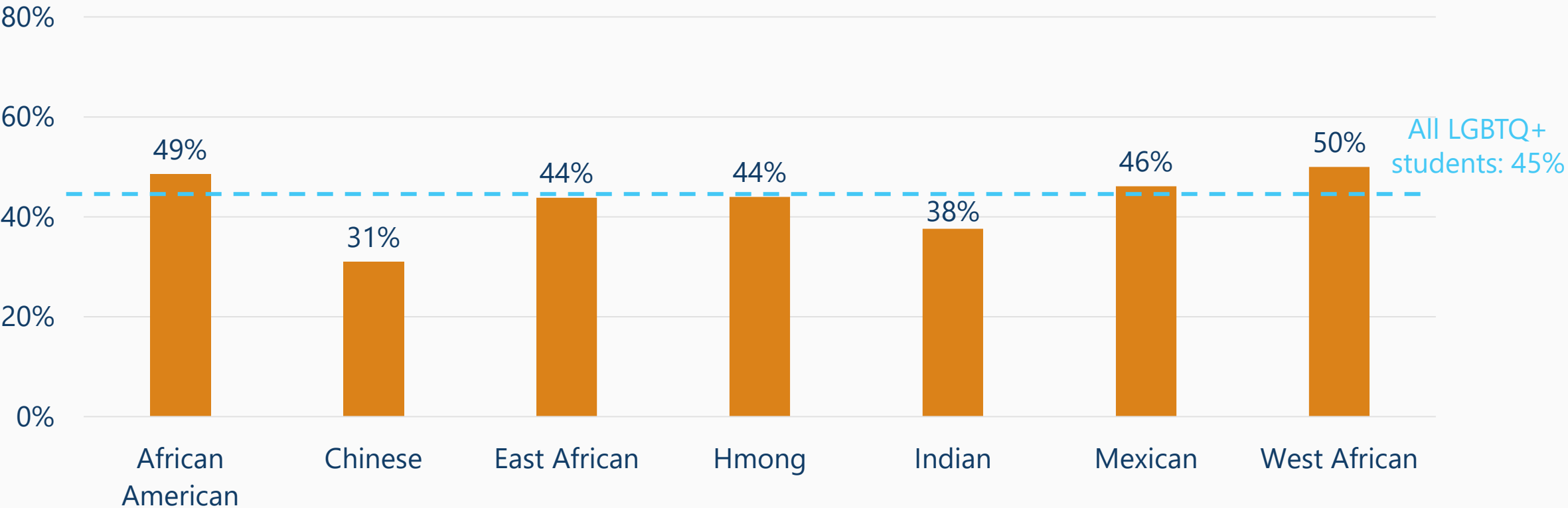
- a. African American
- b. Ethiopian – Oromo
- c. Ethiopian – other
- d. Liberian
- e. Nigerian
- f. Somali
- g. Other Black, African or African American

Students were categorized as a certain ethnic group if they selected that as a response regardless of what other identities they may have selected

MSS 2022 includes questions about other ethnic groups as well that are not included in this presentation due to small counts for LGBTQ+ students

LGBTQ+ youth of different ethnic groups report high risk of depression at **different** rates

Percent of LGBTQ+ students with high risk of depression by ethnic groups



Measure: Adverse childhood experiences

67. Have any of your parents or guardians ever been in jail or prison? (Mark ALL that apply)

- a. None of my parents or guardians has ever been in jail or prison
- b. Yes, I have a parent or guardian in jail or prison right now
- c. Yes, I have had a parent or guardian in jail or prison in the past

1

Selecting either 67b or 67c is counted as 1 ACE

69. Do you live with anyone who drinks too much alcohol?

- a. Yes
- b. No

2

70. Do you live with anyone who uses illegal drugs or abuses prescription drugs?

- a. Yes
- b. No

3

71. Do you live with anyone who is depressed or has any other mental health issues?

- a. Yes
- b. No

4

72. Does a parent or other adult in your home regularly swear at you, insult you or put you down?

- a. Yes
- b. No

5

73. Has a parent or other adult in your home ever hit, beat, kicked or physically hurt you in any way?

- a. Yes
- b. No

6

74. Have your parents or other adults in your home ever slapped, hit, kicked, punched or beat each other up?

- a. Yes
- b. No

7

75. Has anyone who was not a relative/family member ever pressured, tricked, or forced you to do something sexual or done something sexual to you against your wishes?

- a. Yes
- b. No

8

Selecting either 75a or 76a is counted as 1 ACE

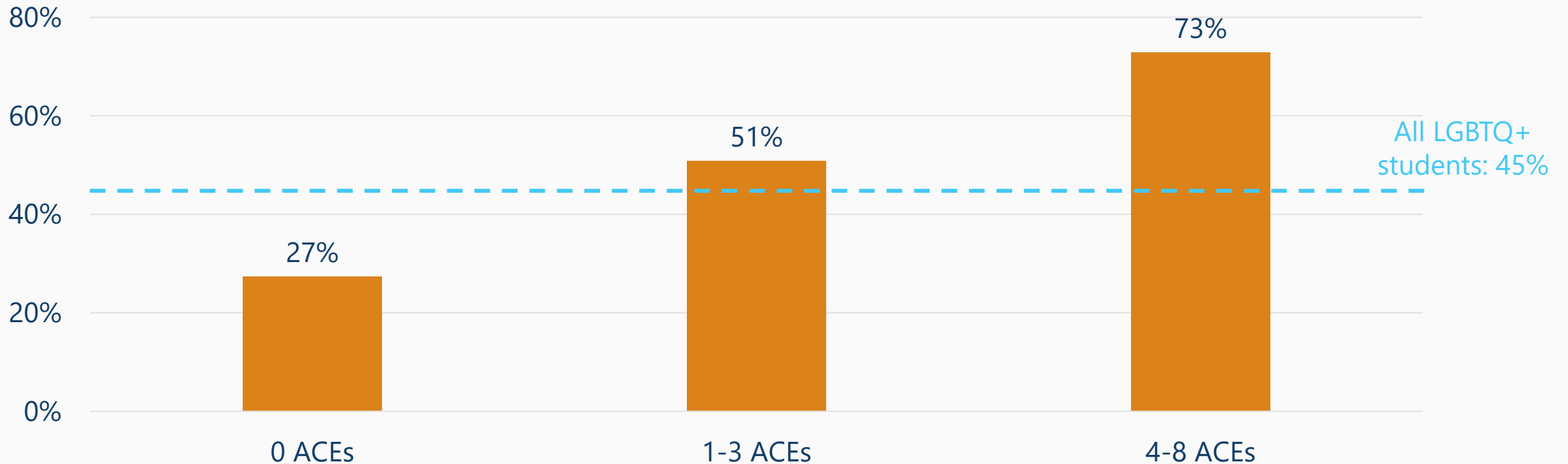
76. Has any relative/family member ever pressured, tricked, or forced you to do something sexual or done something sexual to you?

- a. Yes
- b. No

Students' responses to each of these questions counted as 1 ACE, with a total of 8 ACEs

LGBTQ+ youth with more ACEs report high risk of depression at **higher** rates than those with fewer ACEs

Percent of LGBTQ+ students with high risk of depression by ACEs



MSS 2022
Hennepin County students in grades 8, 9, and 11

High risk of depression is defined as scoring a three or higher (out of six) on the Patient Health Questionnaire-2 (PHQ-2), which measures the frequency of a depressed mood or anhedonia over the past two weeks.

Adverse childhood experiences (ACEs) are defined as potentially traumatic experiences that occur in childhood (i.e., before age 18). They include experiences such as living with someone who uses illicit drugs, being physically hurt by parents or other adults in your home or having parents or guardians who have ever been in jail or prison.



Measure: Protective factors (cont.)

58. In general, how does each of the following statements describe you?

Question	Not at all or rarely	Somewhat or sometimes	Very or often	Extremely or almost always
a. I feel in control of my life and future.				
b. I feel good about myself.				
c. I say no to things that are dangerous or unhealthy.				
d. I build friendships with other people.				
e. I express my feelings in proper ways.				
f. I feel good about my future.				
g. I deal with disappointment without getting too upset.				
h. I find good ways to deal with things that are hard in my life.				
i. I plan ahead and make good choices.				
j. I stay away from bad influences.				
k. I resolve conflicts without anyone getting hurt.				
l. I feel valued and appreciated by others.	1	2	3	4
m. I accept people who are different from me.				
n. I am thinking about what my purpose is in life.				
o. I am included in family tasks and decisions.	1	2	3	4
p. I am given useful roles and responsibilities.	1	2	3	4
q. I am sensitive to the needs and feelings of others.				

Students whose scores in categories l and o-p were nine or higher (out of 12) were categorized as empowered

Measure: Protective factors

58. In general, how does each of the following statements describe you?

Question	Not at all or rarely	Somewhat or sometimes	Very or often	Extremely or almost always
a. I feel in control of my life and future.	1	2	3	4
b. I feel good about myself.	1	2	3	4
c. I say no to things that are dangerous or unhealthy.				
d. I build friendships with other people.				
e. I express my feelings in proper ways.				
f. I feel good about my future.	1	2	3	4
g. I deal with disappointment without getting too upset.	1	2	3	4
h. I find good ways to deal with things that are hard in my life.	1	2	3	4
i. I plan ahead and make good choices.				
j. I stay away from bad influences.				
k. I resolve conflicts without anyone getting hurt.				
l. I feel valued and appreciated by others.				
m. I accept people who are different from me.				
n. I am thinking about what my purpose is in life.	1	2	3	4
o. I am included in family tasks and decisions.				
p. I am given useful roles and responsibilities.				
q. I am sensitive to the needs and feelings of others.				

Students whose scores in categories a–b, f–h, and n averaged three or higher were categorized as having positive identity

Measure: Protective factors (cont.)

58. In general, how does each of the following statements describe you?

Question	Not at all or rarely	Somewhat or sometimes	Very or often	Extremely or almost always
a. I feel in control of my life and future.				
b. I feel good about myself.				
c. I say no to things that are dangerous or unhealthy.	1	2	3	4
d. I build friendships with other people.	1	2	3	4
e. I express my feelings in proper ways.	1	2	3	4
f. I feel good about my future.				
g. I deal with disappointment without getting too upset.				
h. I find good ways to deal with things that are hard in my life.				
i. I plan ahead and make good choices.	1	2	3	4
j. I stay away from bad influences.	1	2	3	4
k. I resolve conflicts without anyone getting hurt.	1	2	3	4
l. I feel valued and appreciated by others.				
m. I accept people who are different from me.	1	2	3	4
n. I am thinking about what my purpose is in life.				
o. I am included in family tasks and decisions.				
p. I am given useful roles and responsibilities.				
q. I am sensitive to the needs and feelings of others.	1	2	3	4

Students whose scores in categories c–d, i–k, m, and q averaged three or higher were categorized as having high social competency

Measure: Protective factors (cont.)

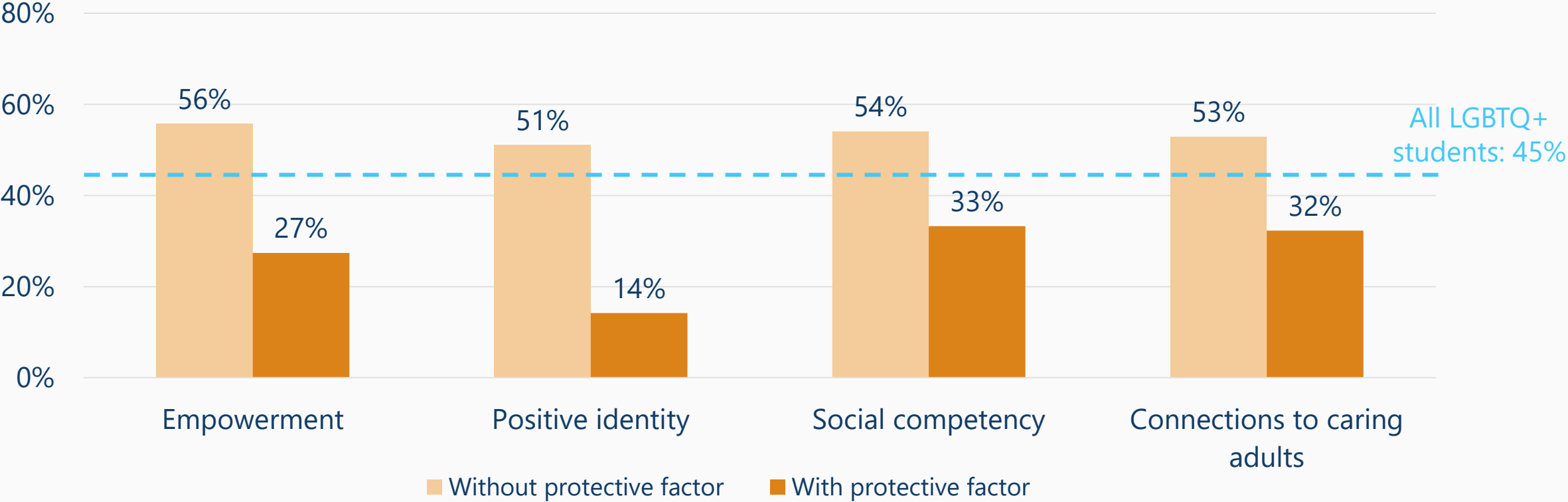
56. How much do you feel...

Question	Not at all	A little	Some	Quite a bit	Very much
a. Your parents care about you?					
b. Other adult relatives care about you?					
c. Friends care about you?					
d. Teachers-at school care about you?					
e. Other adults at school care about you?					
f. Adults in your community care about you?					

Students who selected a response in any of these sections were categorized as having connections to caring adults

LGBTQ+ youth with protective factors report high risk of depression at **lower** rates than those who don't

Percent of LGBTQ+ students with high risk of depression by protective factors



High risk of depression is defined as scoring a three or higher (out of six) on the Patient Health Questionnaire-2 (PHQ-2), which measures the frequency of a depressed mood or anhedonia over the past two weeks. Empowerment is defined as scoring nine or higher (out of 12) on a three-item scale that measures feeling valued and included by others. Positive identity is defined as averaging a score of three or higher on a six-item scale that measures self perception of identity. Social competency is defined as averaging a score of three or higher on an eight-item scale that measures competency in social skills such as empathy and conflict resolution. Connections to caring adults is defined as feeling that teachers, other adults at school, or adults in your community care about you quite a bit or very much.



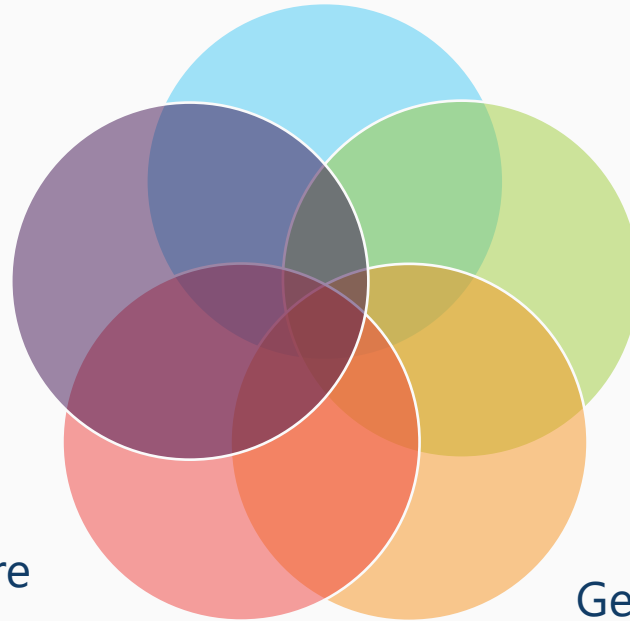
Conclusion

Key takeaways

Health **indicators vary**
across LGBTQ+ youth and
subpopulations

Data supports **taking
actions** around LGBTQ+
youth health

LGBTQ+ youth are
resilient



LGBTQ+ youth report
higher rates of mental
health issues, bullying, and
drug use than non-
LGBTQ+ youth

Gender expansive youth
report **worse health
indicators** than cisgender
LGBTQ+ youth

Learn more about MSS

- Online interactive reports

[Minnesota Student Survey Reports 2013-2022](#)

- Downloadable PDF tables

[Minnesota Student Survey Tables 2013-2022](#)

- Statewide tables

[Statewide tables by educational setting, racial/ethnic group, and sexual orientation](#)

- Request additional data

Contact shape@hennepin.us for Hennepin County MSS data

Complete the [Minnesota Student Survey Data Request Form](#) for statewide MSS data from the Minnesota Department of Education



Questions?

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