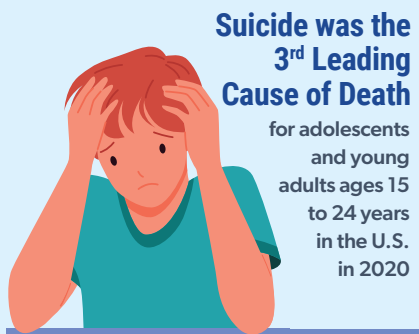




Mental Well-being and Substance Abuse Prevention

Mental well-being is important for anyone at any age or state of life.

Annually in the U.S., **1 in 5 Teens** has seriously considered suicide



Suicide was the 3rd Leading Cause of Death for adolescents and young adults ages 15 to 24 years in the U.S. in 2020

Mental health is an important part of children's overall health and well-being. Mental health includes children's mental, emotional, and behavioral well-being. It affects how children think, feel, and act. It also plays a role in how children handle stress, relate to others, and make healthy choices.

Source: <https://www.cdc.gov/childrensmentalhealth/data.html>

Mental wellbeing is important for anyone at any age or state of life. It is encompassed within behavioral health which includes the emotions and behaviors that affect a person's overall well-being.¹

In 2020, it is estimated **52.9 Million Adults ≥18** were diagnosed with a mental illness disorder in the U.S.¹



¹ <https://www.nimh.nih.gov/health/statistics/mental-illness#:~:text=Nearly%20one%20in%20five%20U.S.,mild%20to%20moderate%20to%20severe>
² BRFSS Prevalence & Trends Data. Centers for Disease Control and Prevention. Retrieved October 8, 2021 from [CDC BRFSS Prevalence & Trends Data: Heavy Drinking](https://www.cdc.gov/brfss/prevalence-trends-data/)
³ https://www.flhealthcharts.gov/charts/LoadPage.aspx?rdPage.aspx?rdReport=Death_DataViewer&cid=0116
⁴ Centers for Disease Control and Prevention. (2021, October 6). Preventing Adverse Childhood Experiences. Retrieved from Violence Prevention: <https://www.cdc.gov/violenceprevention/aces/fastfact.html>

33.7% of Florida high school students reported feeling sad or hopeless almost every day for two or more weeks in a row, during the past 12 months

Compared to **36.7%** nationwide

Youth Mental Health Issues

SUICIDE

In 2020, there were **34 suicides** in Florida youth aged 10 to 14 years

In 2020, there were **112 suicides** in Florida youth aged 15 to 19 years³

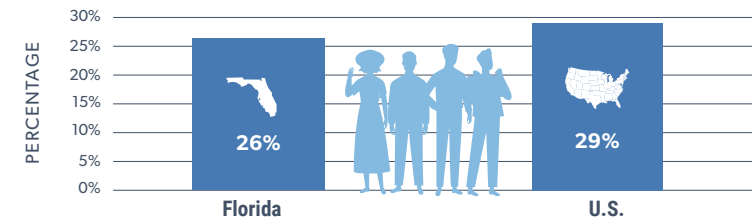
ALCOHOL

Incidents of bullying can lead to high-risk behaviors such as substance use and abuse

IN FLORIDA **26% of High School Students** reported current use of alcohol

IN THE U.S. **29% of High School Students** reported current use of alcohol

Percentage of High School Students Who Currently Drank Alcohol, 2019 (At least one drink of alcohol, on at least one day during the 30 days before the survey)



Source: Youth Risk Behavior Survey, Center for Disease Control and Prevention, 2019

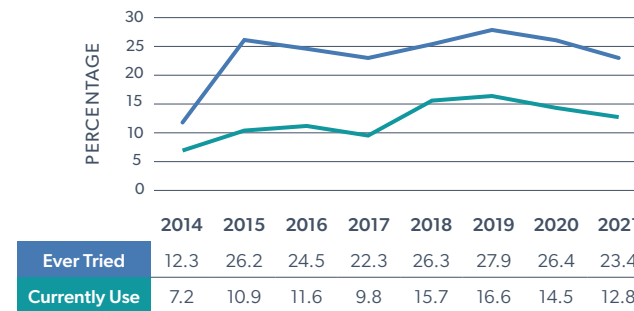
TOBACCO

Nearly **9 out of 10** smokers start by age 18



Teens who use e-cigarettes may be at greater risk of starting to smoke regular cigarettes⁴

Percentage of Current Electronic Vapor Product Use for Youth Ages 11-17 Florida, 2014 - 2021



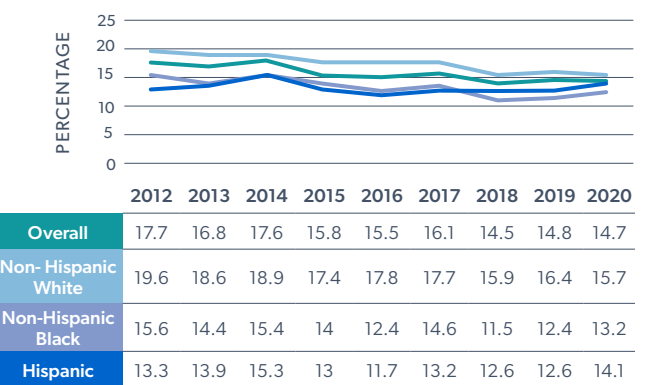
Source: Florida Youth Tobacco Survey

Tobacco Use

In Florida in 2020, **14.7% of Adults Smoked**

The Highest Percentage of Smokers in Florida were **Non-Hispanic Whites** in 2020

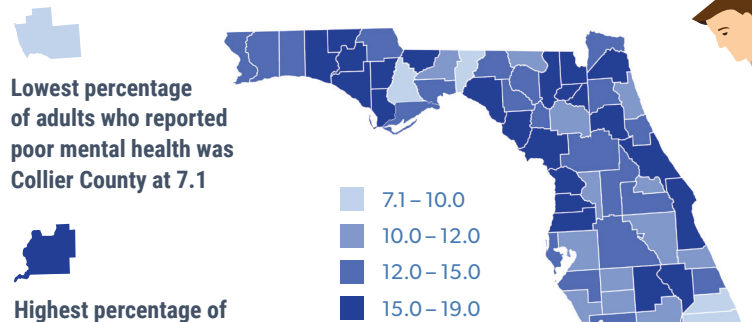
Adults Who are Current Smokers Percentage by Race and Ethnicity, Florida, 2012-2020



Source: Florida Behavioral Risk Factor Surveillance System

Adult Mental Health Issues

Adults Who Had Poor Mental Health on ≥14 of the Past 30 Days Florida, 2019



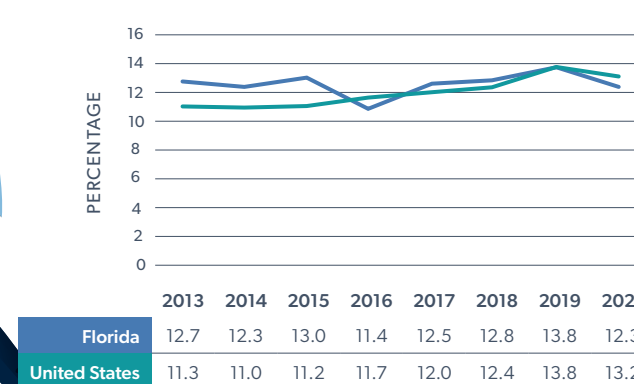
Lowest percentage of adults who reported poor mental health was Collier County at 7.1

Highest percentage of adults who reported poor mental health was Washington County at 18.4

Source: Florida Behavioral Risk Factor Surveillance System

Frequent Mental Distress

Percentage of Adults who Reported their Mental Health was Not Good 14 or More Days in the Past 30 Days, Florida, United States



Source: CDC Behavioral Risk Factor Surveillance System

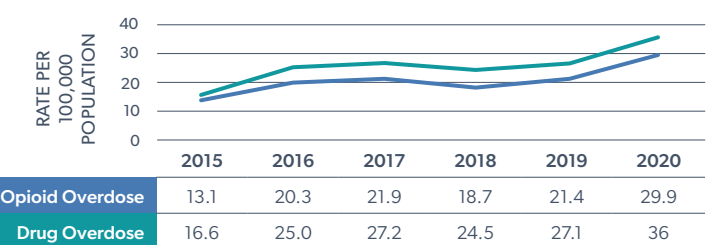
Substance Use Disorder



From 2016 to 2020, Florida **DRUG OVERDOSE DEATHS INCREASED** from 25 per 100,000 population to 36 per 100,000 population

Opioid and Drug Overdose

Age-Adjusted Death Rate per 100,000 Population, Florida, 2015-2020



Source: Florida Department of Law Enforcement