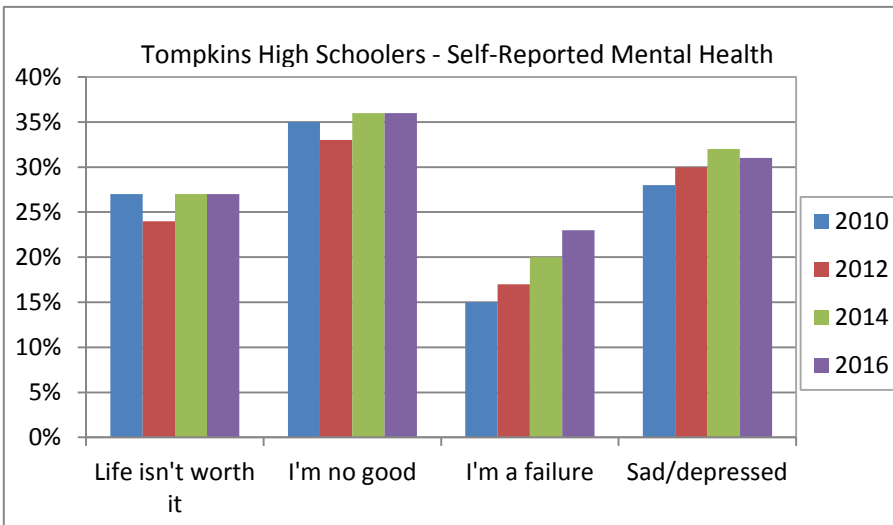
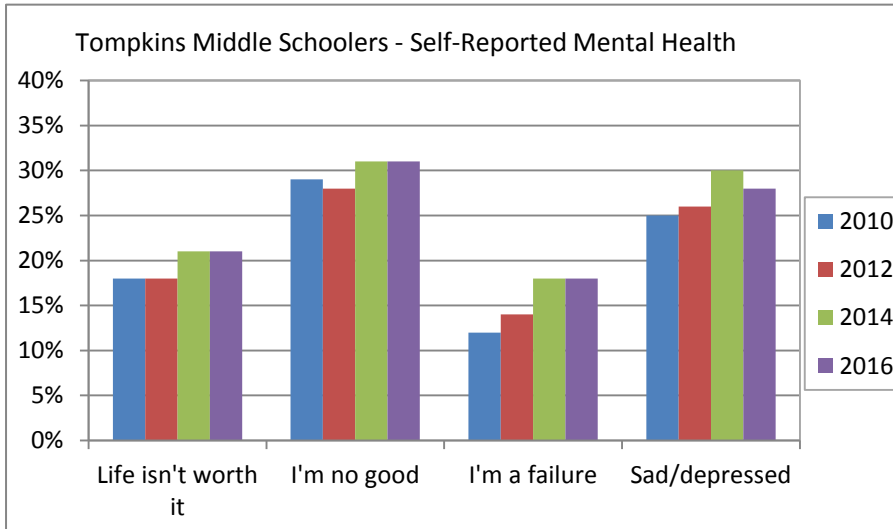


Health



	Tompkins Middle Schoolers*				Tompkins High Schoolers*			
	2010	2012	2014	2016	2010	2012	2014	2016
Sometimes I think life isn't worth it	18%	18%	21%	21%	27%	24%	27%	27%
At times I think I'm no good at all	29%	28%	31%	31%	35%	33%	36%	36%
I think I'm a failure	12%	14%	18%	18%	15%	17%	20%	23%
In the past year I felt sad or depressed most days	25%	26%	30%	28%	28%	30%	32%	31%

Nationally, 29% of high school students report feeling sad or hopeless.

*Tompkins results include students from Dryden, Groton, Ithaca, Lansing, Newfield, and Trumansburg Districts and New Roots Charter School, except that in 2010, New Roots did not participate. "Middle Schoolers" are students in grades 7-8. "High Schoolers" are students in grades 9-12.

Sources: Community Coalition for Healthy Youth, Tompkins County Youth Survey; national comparison data from the Centers for Disease Control's Youth Risk Behavior Survey

<http://www.cdc.gov/healthyyouth/data/yrbs/results.htm>

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