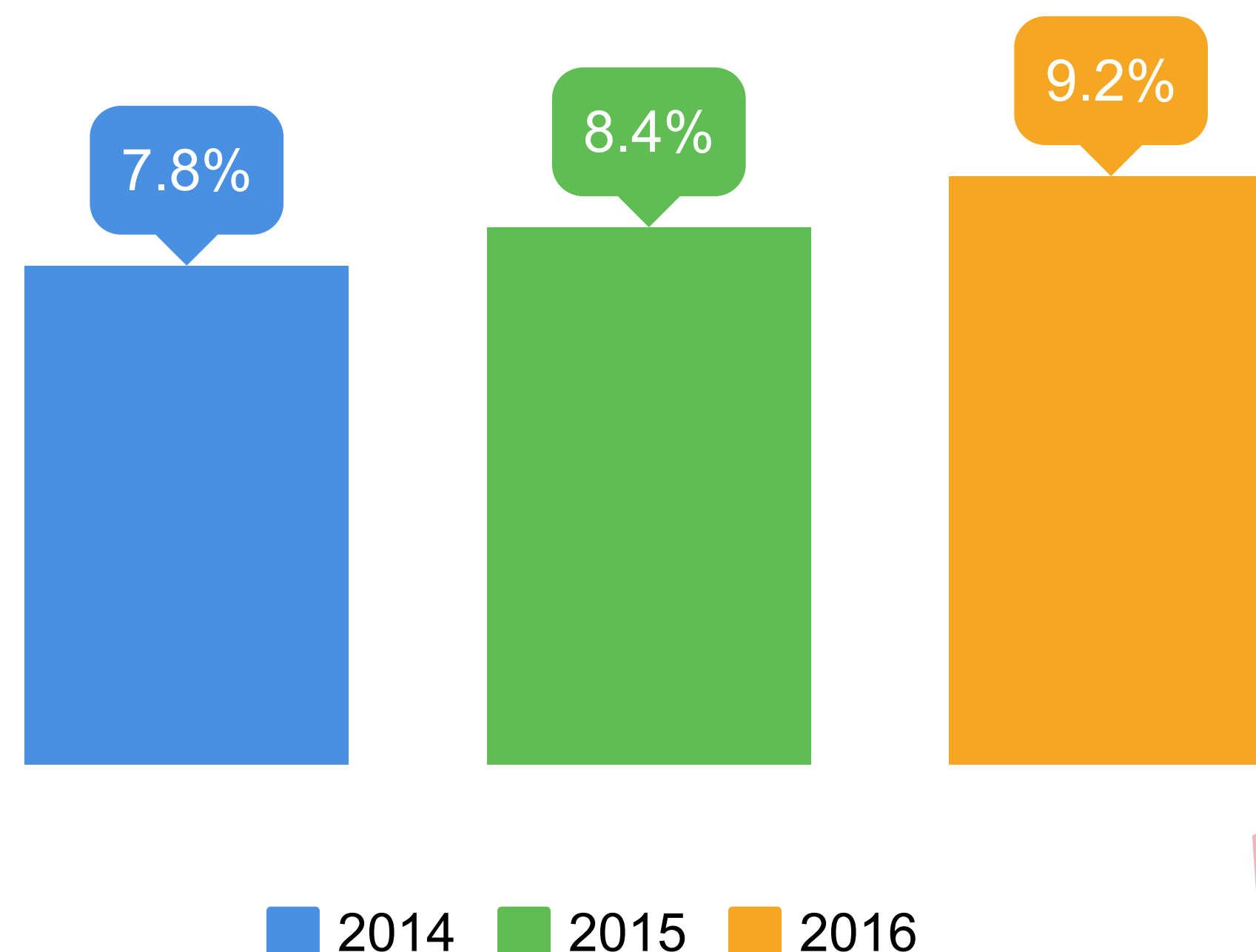
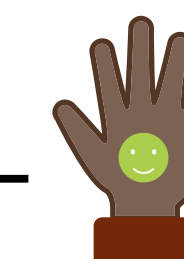


# CCFP 2021-2022 Category Datasheet

## Frequent Mental Distress



This graphic shows the percentage of adults who stated that their mental health, which includes stress, depression, and problems with emotions, was not good for 14 or more of the past 30 days. <sup>1</sup>

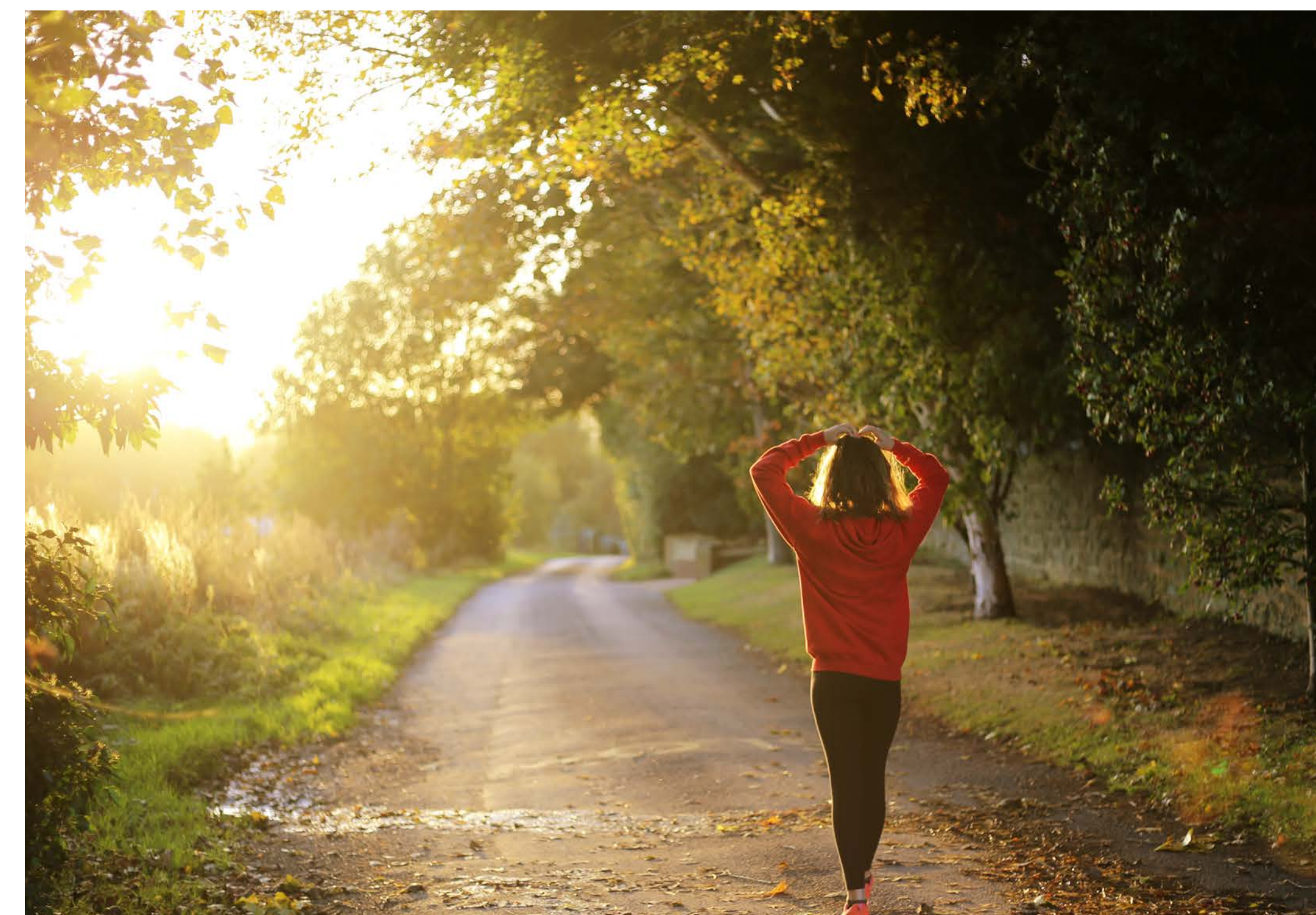


Over one-third of eighth-, tenth-, and twelfth-grade students reported feeling a high level of stress. Females (46.1%) were much more likely than male students (26.7%) to report feeling that level of stress. <sup>2</sup>

**Outcome Statement:** To develop positive behaviors and healthy relationships that are safe and free from abuse, neglect and trauma and promote physical, emotional, mental, and social well-being.

Reported rates of being a victim of cyberbullying (8.2%), as well as being an aggressor (3.9%), continued to decrease in 2018. <sup>3</sup>

Prevalence of youth reporting being a victim of racial/cultural harrassment (46.7%) continued to decrease from the 2016 rate (50.1%), the highest rate reported in the past nine years. <sup>4</sup>



### Sources:

1. Behavioral Risk Factor Surveillance System, Fairfax Community Health Dashboard, October 2019
2. Fairfax County 2018 Youth Survey Data
3. Fairfax County 2018 Youth Survey Data
4. Fairfax County 2018 Youth Survey Data

positive  
behaviors &  
healthy  
relationships