SUPPLEMENTAL TABLE A1. Prevalence of mental health and suicide risk indicators by individual-level, household-level, and school/community-level protective factors—Youth Risk Behavior Survey, United States 2023[*][†]

Protective Factors

Persistent feelings of sadness or hopelessness
Poor mental health
Seriously considered attempting suicide
Attempted suicide

% (95% CI)[§]
% (95% CI)[§]
% (95% CI)[§]
% (95% CI)[§]

Individual-level

Physically active for ≥60 minutes/day ≥5 days
  Yes
33.6 (31.5-35.8)
24.9 (22.8-27.0)
16.6 (15.2-18.2)
7.3 (6.2-8.5)
  No
45.6 (43.0-48.1)
31.8 (29.1-34.7)
23.3 (20.5-26.4)
11.2 (9.7-13.0)

Getting ≥8 hours of sleep

  Yes
26.7 (24.2-29.5)
18.3 (16.4-20.4)
11.3 (9.6-13.3)
5.3 (4.2-6.6)
  No
44.6 (42.4-46.8)
32.1 (29.7-34.6)
23.1 (21.0-25.4)
10.8 (9.4-12.3)

Family/household-level

Household adult tried hard to address basic needs
  Always
36.7 (34.7-38.9)
27.2 (25.3-29.2)
17.4 (16.0-18.9)
6.3 (5.4-7.3)
  Not Always

52.0 (47.9-56.0)
34.1 (29.3-39.3)
30.0 (25.1-35.4)
18.1 (15.4-21.1)

Parental monitoring

High

38.5 (36.1-40.9)
28.0 (26.1-30.1)
18.6 (17.2-20.2)
7.7 (6.6-9.0)

Low

50.8 (47.1-54.4)
30.5 (25.3-36.1)
28.0 (24.7-31.7)
15.9 (13.3-18.9)

School/community-level

School connectedness
  High

32.3 (30.0-34.7)
22.0 (19.9-24.1)
14.6 (13.3-15.9)
7.1 (6.1-8.3)

  Low

51.0 (48.2-53.9)
37.1 (34.8-39.4)
26.7 (24.0-29.5)
12.6 (10.8-14.8)

Played on ≥1 sports team
  Yes

35.7 (33.4-38.0)
24.3 (22.3-26.5)
17.7 (15.9-19.6)
8.5 (7.3-10.0)

  No

46.2 (43.2-49.2)
33.0 (30.4-35.7)
23.9 (21.2-26.9)
10.2 (8.7-11.9)

SUPPLEMENTAL TABLE A2. Adjusted prevalence ratio of mental health and suicide risk indicators by individual- and school/community-level protective factors—Youth Risk Behavior Survey, United States 2023[*†]

Protective Factors	Persistent feelings of sadness or hopelessness aPR (95% CI)[§]	Poor mental health aPR (95% CI)[§]	Seriously considered attempting suicide aPR (95% CI)[§]
Individual-level			
Physically active for ≥60 minutes/day ≥5 days			
Yes	0.92 (0.86-0.97)[¶]	0.92 (0.84-1.02)	0.95 (0.86-1.05)
No	ref	ref	ref
Getting ≥8 hours of sleep			
Yes	0.67 (0.61-0.73)[¶]	0.62 (0.55-0.69)[¶]	0.57 (0.48-0.67)[¶]
No	ref	ref	ref
Family/household-level			
Household adult tried hard to address basic needs			
Always	0.76 (0.70-0.83)[¶]	0.80 (0.73-0.88)[¶]	0.67 (0.61-0.74)[¶]
Not Always	ref	ref	ref
Parental monitoring			
High	0.74 (0.69-0.80)[¶]	0.87 (0.74-1.02)	0.63 (0.56-0.70)[¶]
Low	ref	ref	ref
School/community-level			
School connectedness			
High	0.70 (0.66-0.74)[¶]	0.65 (0.59-0.71)[¶]	0.63 (0.57-0.70)[¶]
Low	ref	ref	ref
Played on ≥1 sports team			
Yes	0.88 (0.84-0.92)[¶]	0.84 (0.78-0.91)[¶]	0.90 (0.82-0.98)[¶]
No	ref	ref	ref

Abbreviations: aPR = adjusted prevalence ratio. CI = confidence interval.

[*]Refer to Table 1 for variable definitions.

[†]N=20,103 respondents. The total number (N) of students answering each question varied. Data may be missing because 1) the question did questionnaire, 2) the student did not answer the question, or 3) the response was set to missing because of an out-of-range response or logic Percentages in each category are calculated on the known data.

[§]Adjusted for sex, sexual identity, grade, and race/ethnicity.

[¶]aPRs were considered statistically significant if the 95% confidence interval did not cross the null value of 1.0.