

TEEN DEPRESSION STATISTICS

52%

**Increase in teen depression
between 2005 and 2017**

BEHIND THE NUMBERS

Teen depression rates have increased steadily alongside the rise of smartphones, which have made everyday life more sedentary. [[Source](#)]

22%

**Decrease in risk of teen
depression with daily activity**

BEHIND THE NUMBERS

Researchers found that just two hours a day of moderate activity, like taking a walk, lowered the risk of teen depression by 22%. [[Source](#)]

70%

**Percent of American teens who
have a smartphone by age 11**

BEHIND THE NUMBERS

As adolescents start to replace physical activity with screen time at increasingly younger ages, rates of sedentary behavior have increased. [[Source](#)]

80%

**Percent of teens worldwide who
don't get enough exercise**

BEHIND THE NUMBERS

The World Health Organization warns that sedentary teens run an increased risk of depression alongside physical risks like obesity and heart disease. [[Source](#)]

30
MINUTES

**Amount of daily movement teens
need for their mental health**

BEHIND THE NUMBERS

Teens should strive to move for an hour a day, but not all activity needs to be vigorous. Research shows that 30 minutes of activity per day, 3 days per week will have an impact. [[Source](#)]