

2018 Healthy Youth Survey Results

Adiba Ali, MPH
Clark County Public Health
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Overview

- Healthy Youth Survey overview and methodology
- Substance use
- Mental health
- Other indicators of interest



Healthy Youth Survey (HYS)

- 6th, 8th, 10th and 12th graders
- Administered every other year in the fall
- Questions about substance use, mental health, nutrition and physical activity, school climate and safety, and much more!
- Collaborative effort



OSPI | Office of Superintendent
of Public Instruction



**Washington State
Liquor and Cannabis Board**



HYS Reliability and Validity

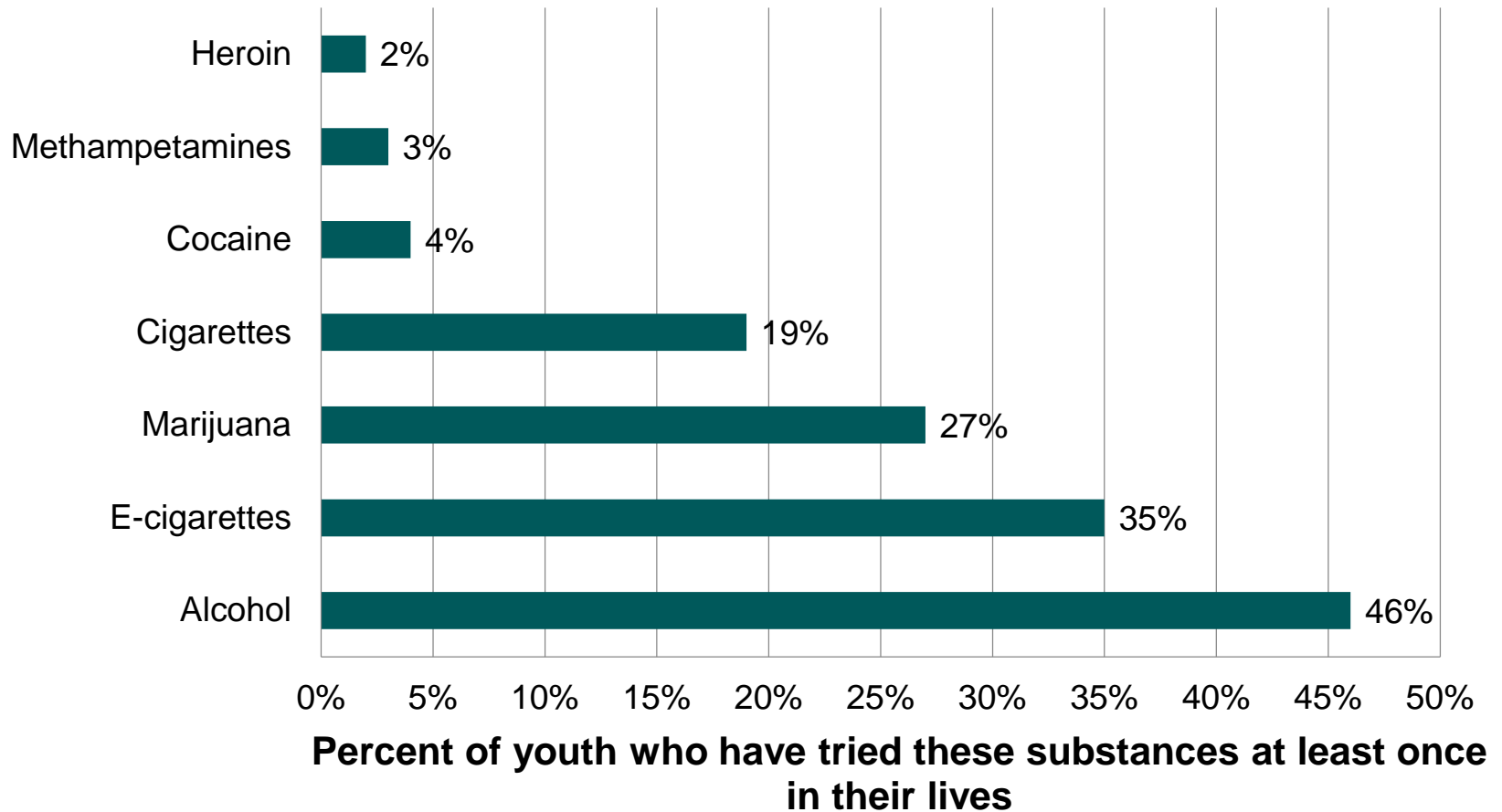
HYS survey questions have been asked throughout the U.S. for over 25 years and have been extensively tested for **reliability and validity**.

Reliability: Survey questions are reliable if they consistently produce the same results under the same circumstances.

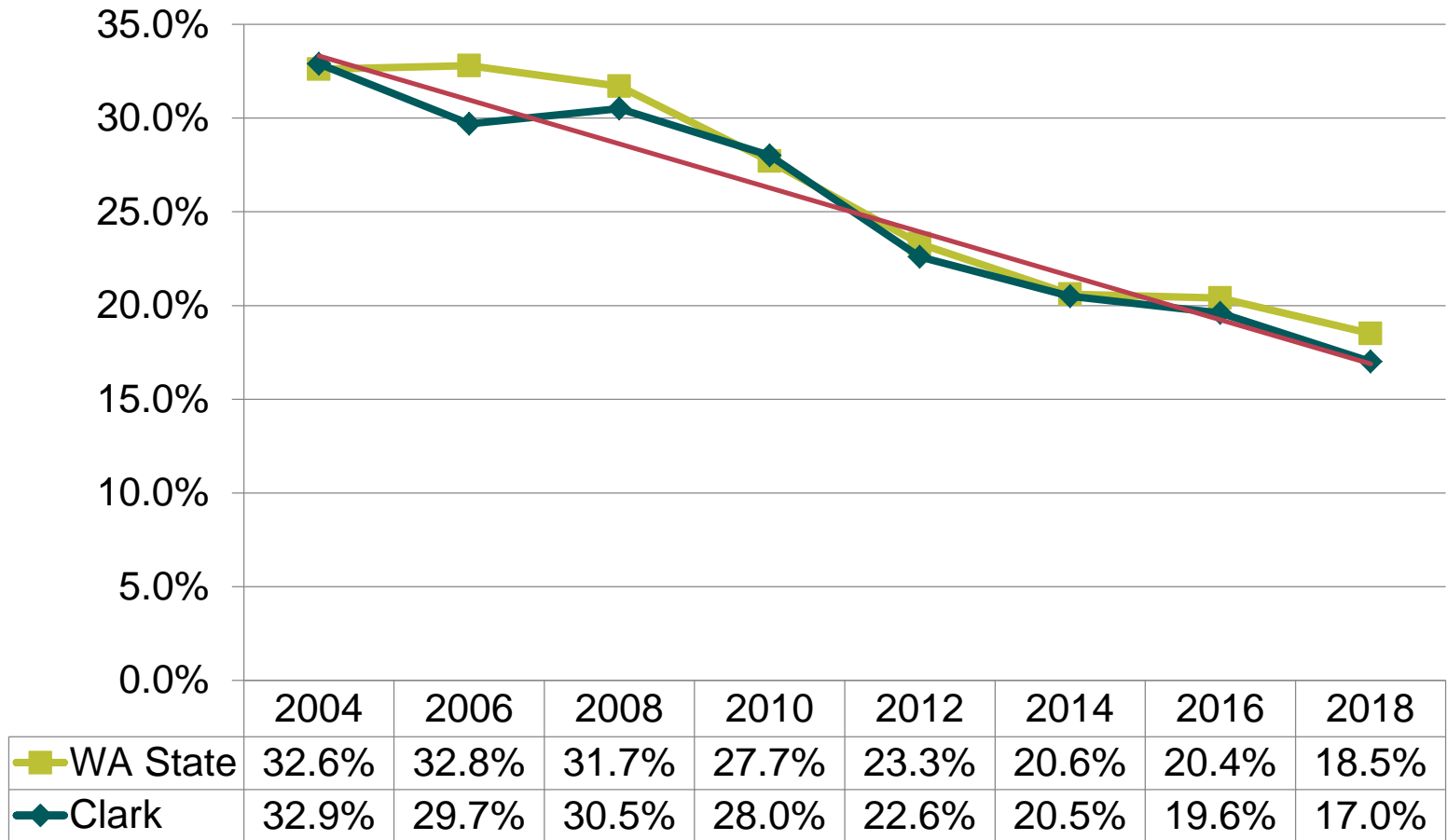
Validity: Survey questions are valid if they accurately measure what they were intended to measure.



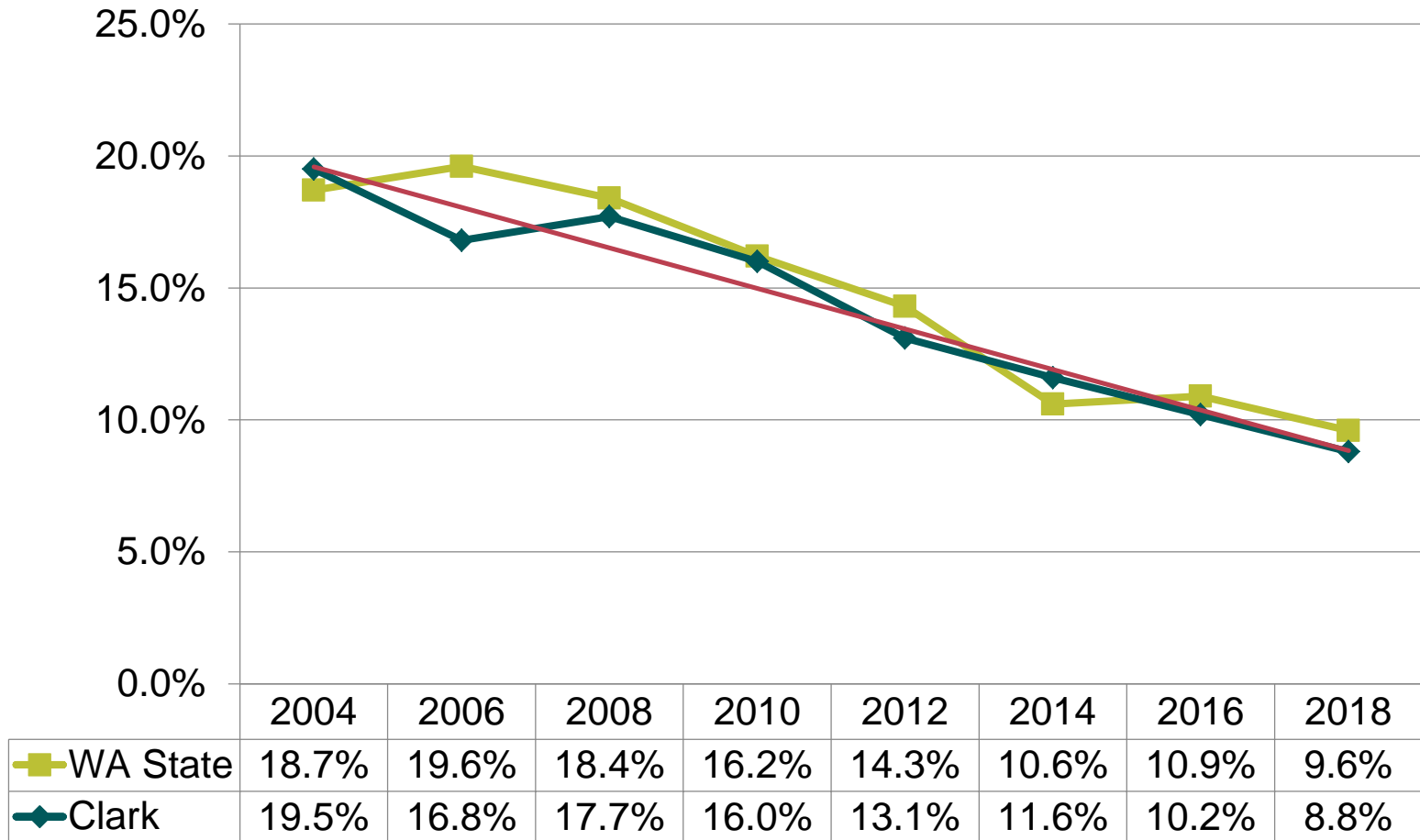
Lifetime substance use among Clark County 10th graders, 2018



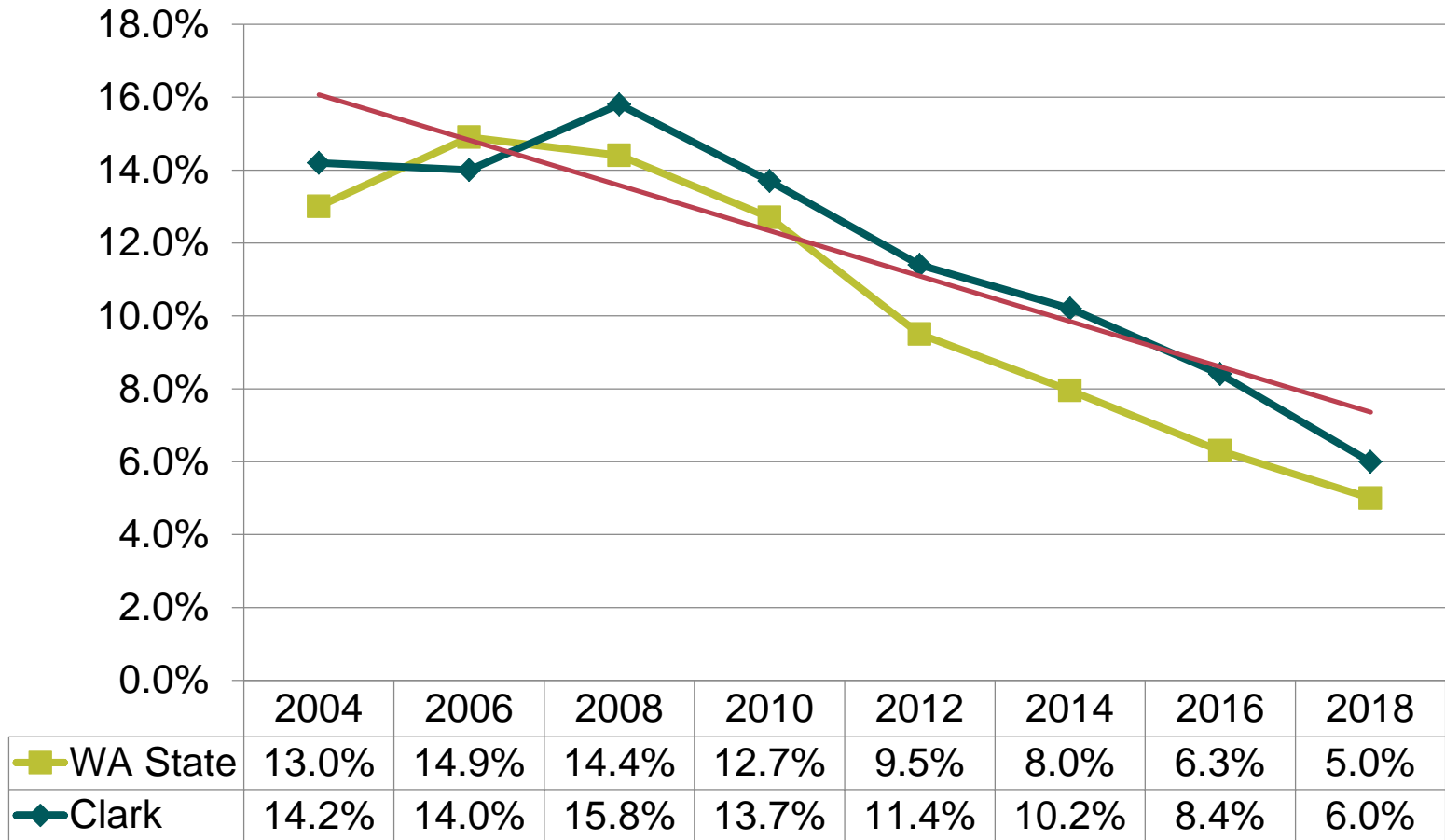
Percent of 10th graders who used alcohol at least once in the past 30 days



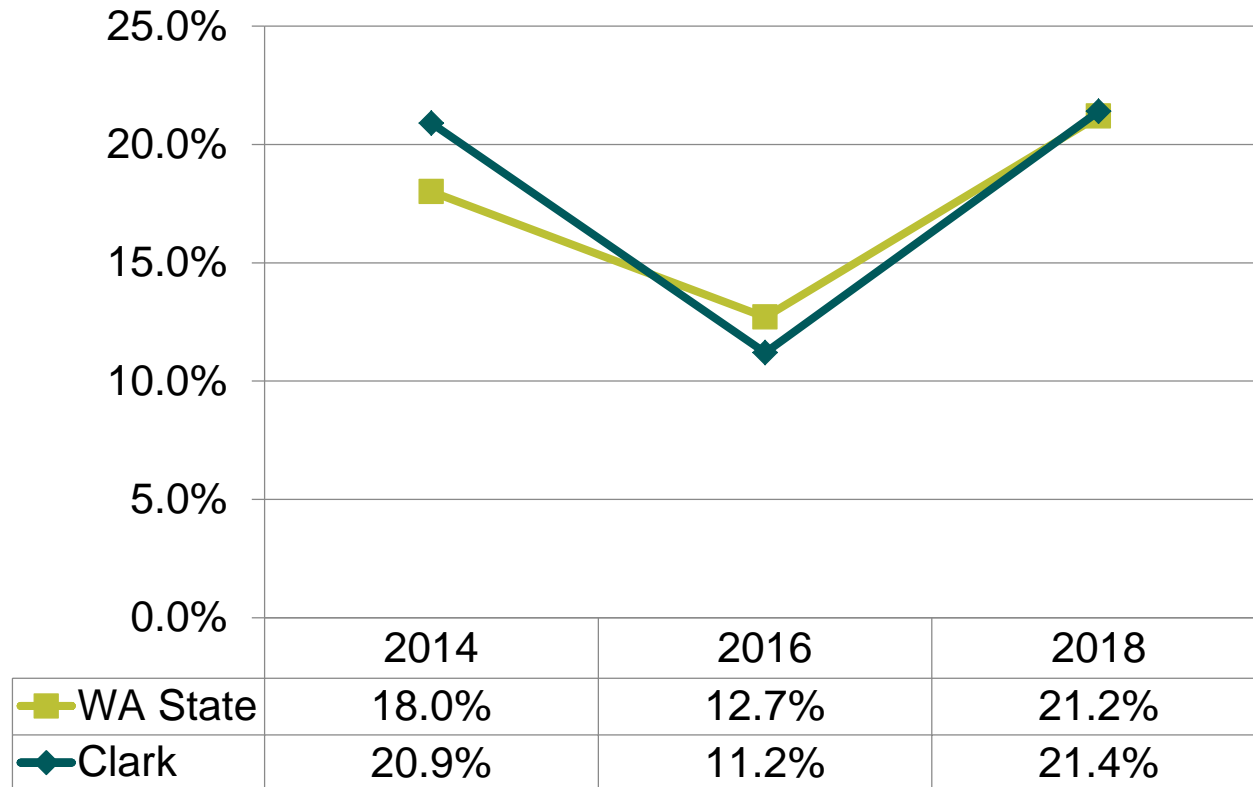
Percent of 10th graders who have binge drank in the past two weeks



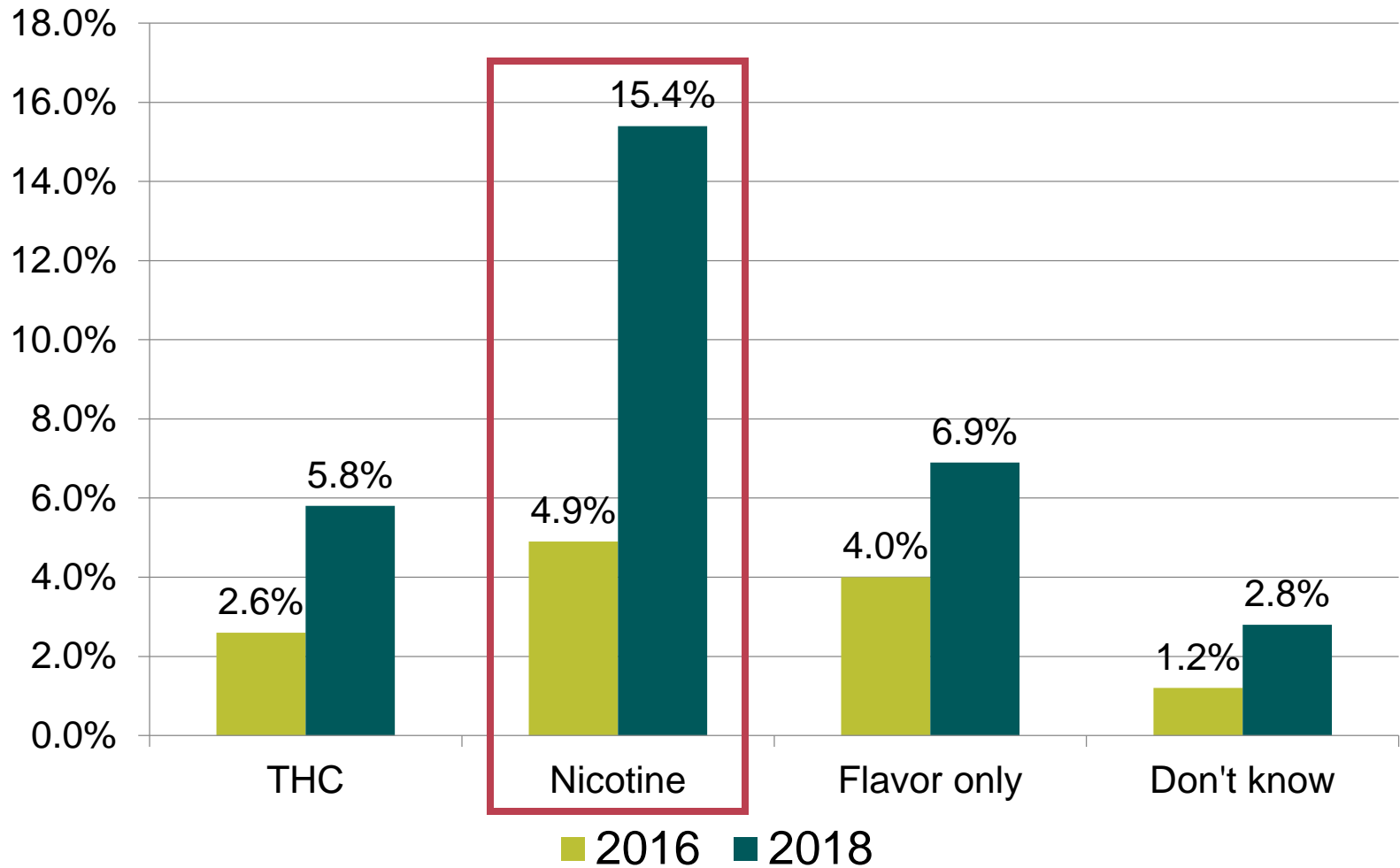
Percent of 10th graders who smoked cigarettes at least once in the past 30 days



Percent of 10th graders who vaped at least once in the past 30 days



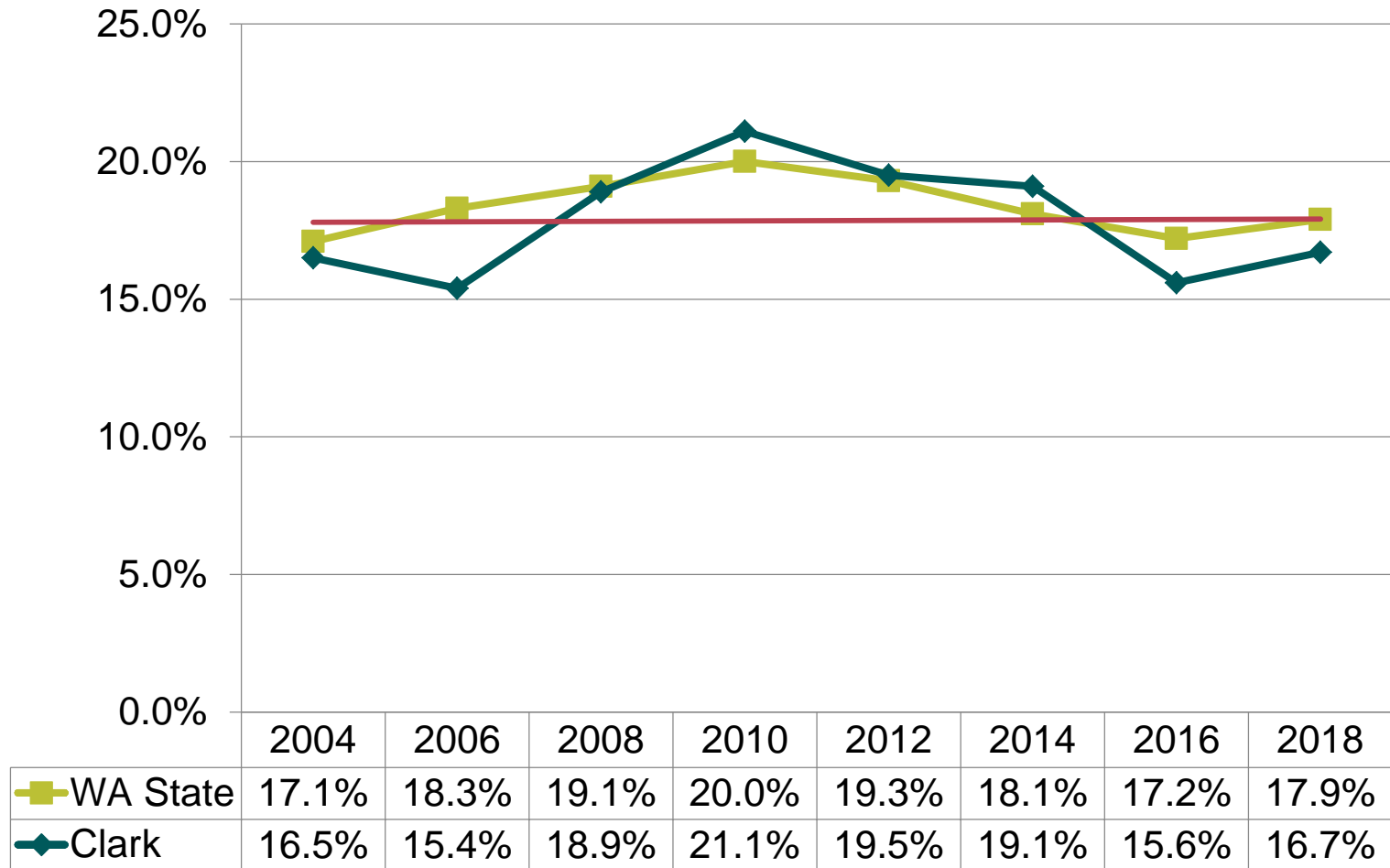
What type of substance did you use in an e-cig or vape pen? (Select all that apply)



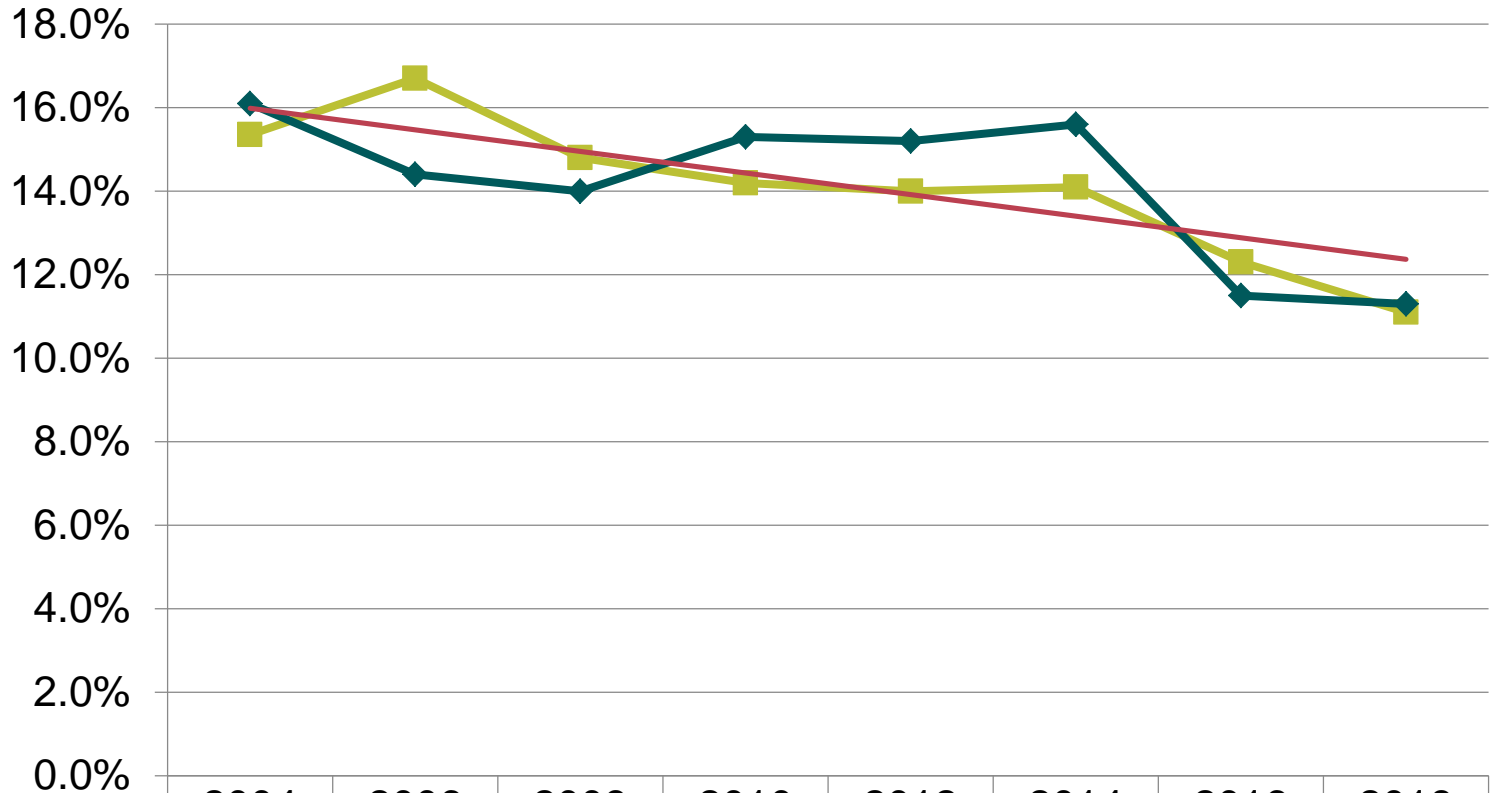
10th graders who vape have a
15 times greater risk of
smoking cigarettes.



Percent of 10th graders who used marijuana at least once in the past 30 days



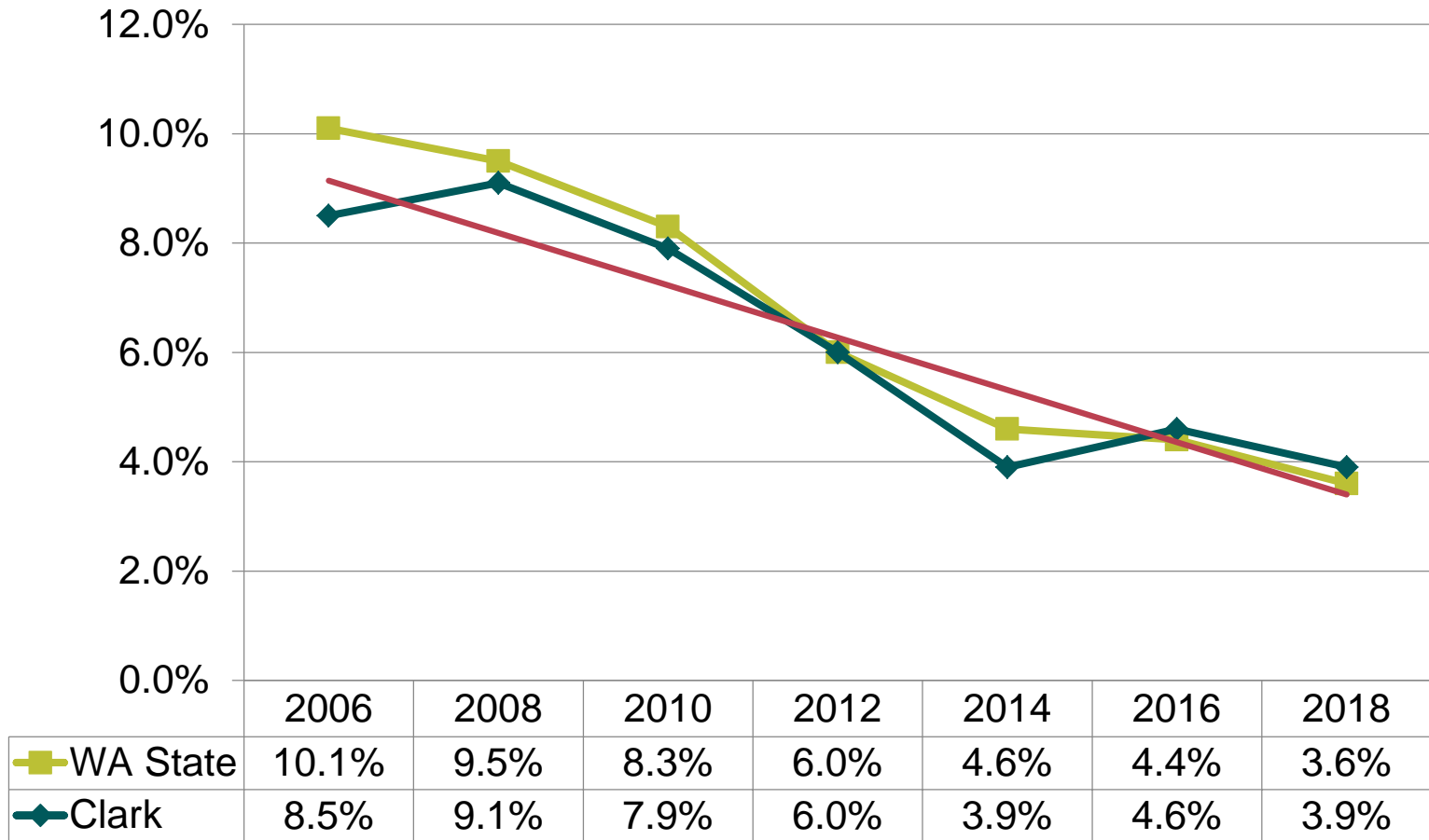
Percent of 10th graders who started using marijuana at age 13 or younger



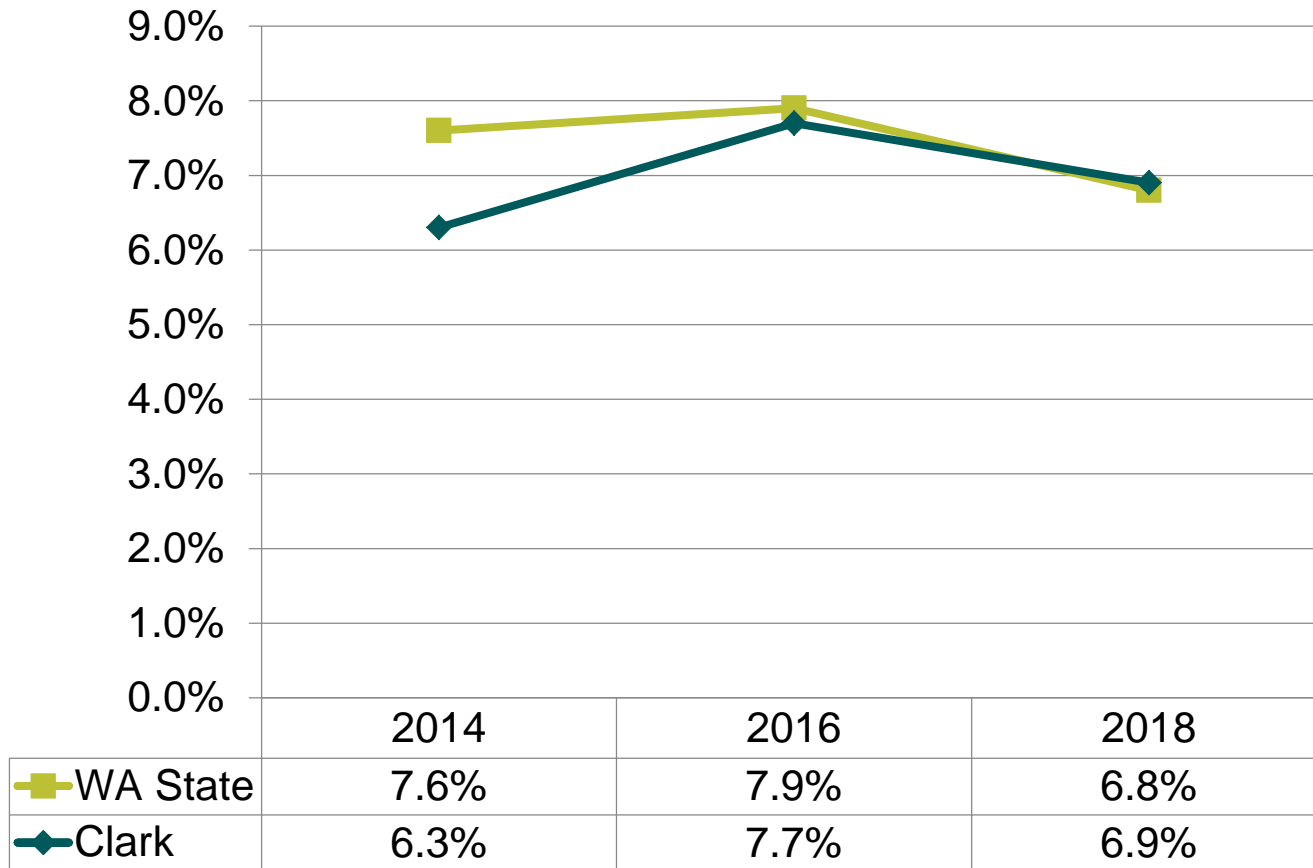
	2004	2006	2008	2010	2012	2014	2016	2018
■ WA State	15.4%	16.7%	14.8%	14.2%	14.0%	14.1%	12.3%	11.1%
◆ Clark	16.1%	14.4%	14.0%	15.3%	15.2%	15.6%	11.5%	11.3%



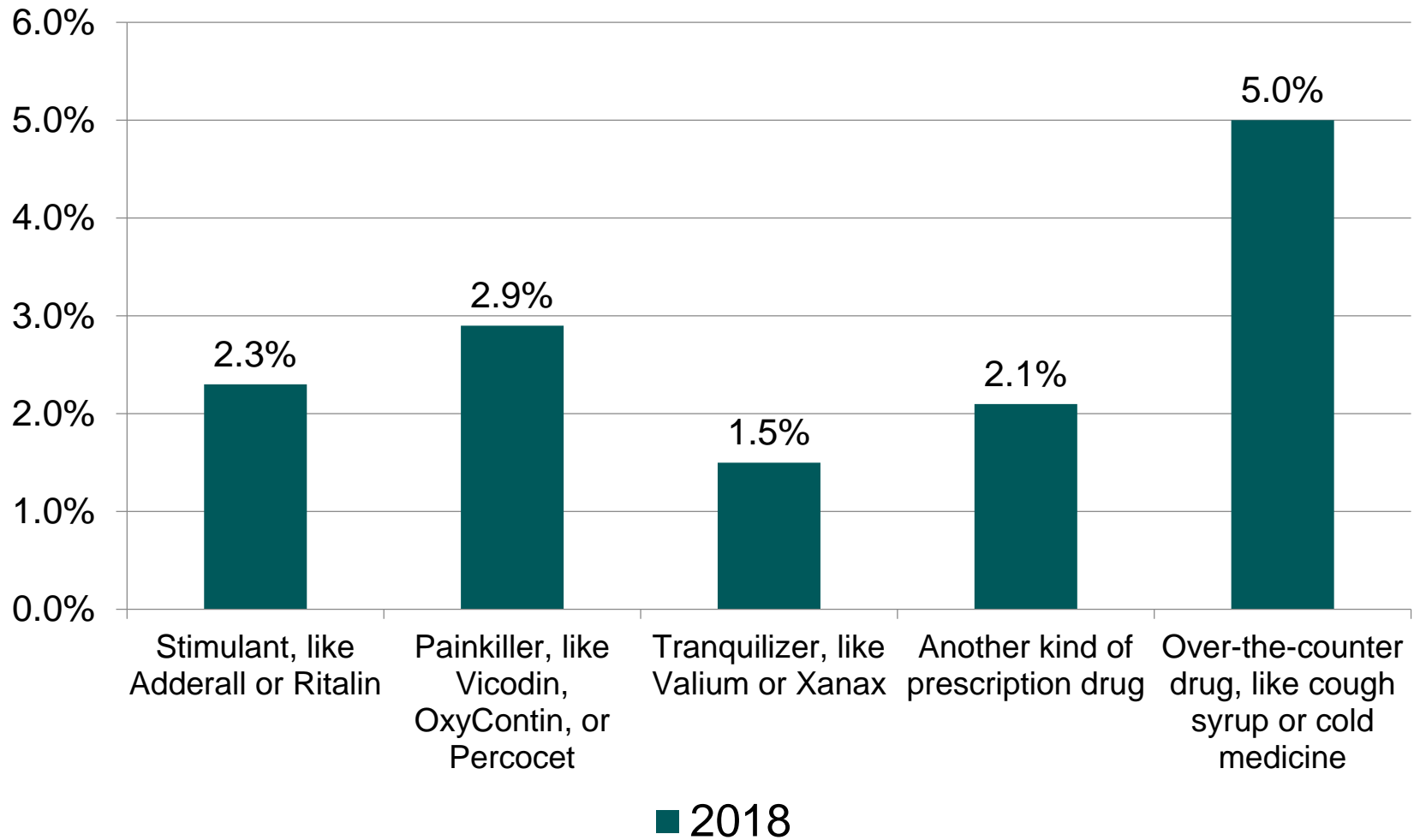
Percent of 10th graders who used a painkiller to get high in the past 30 days



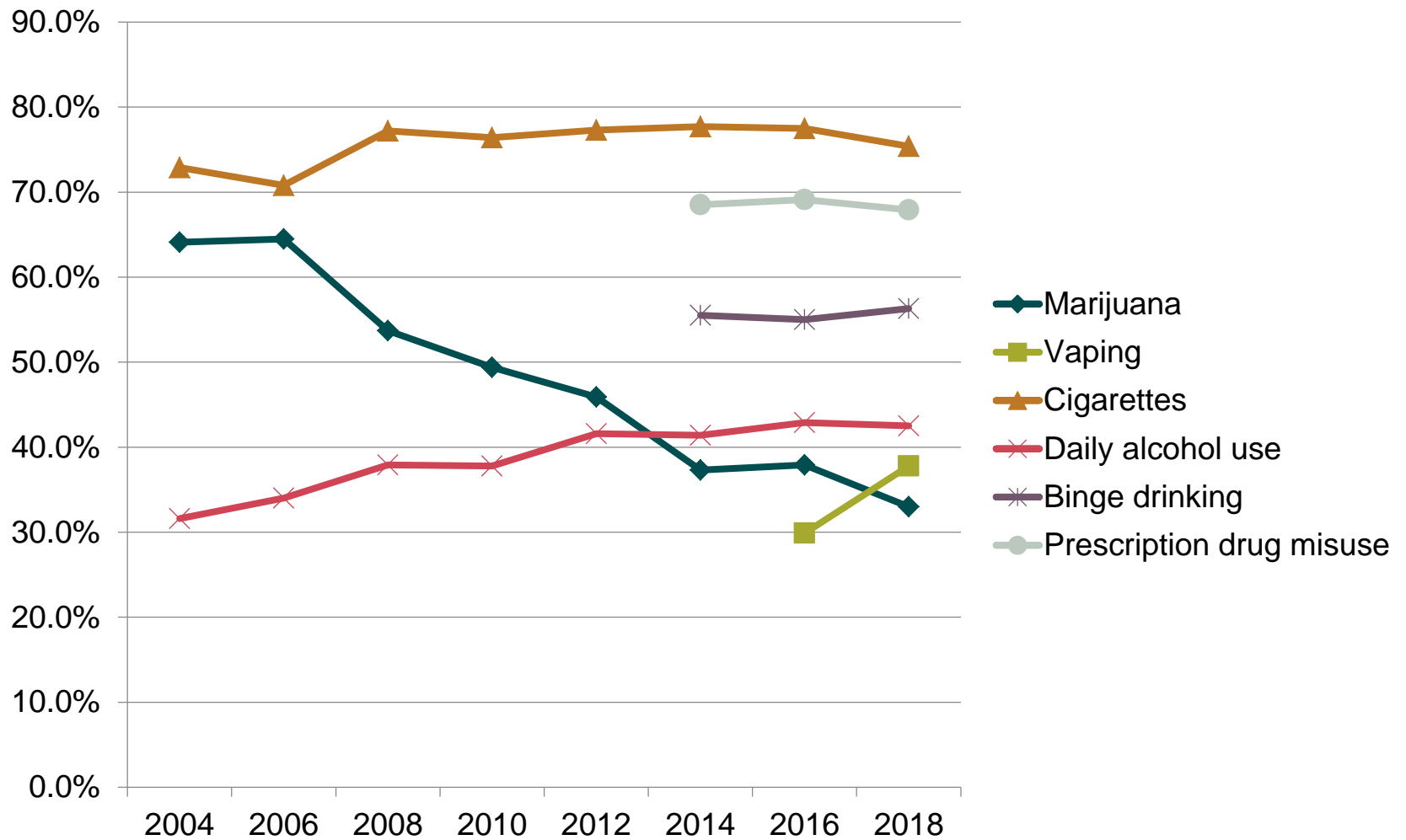
Percent of 10th graders who have misused prescription drugs in the past 30 days



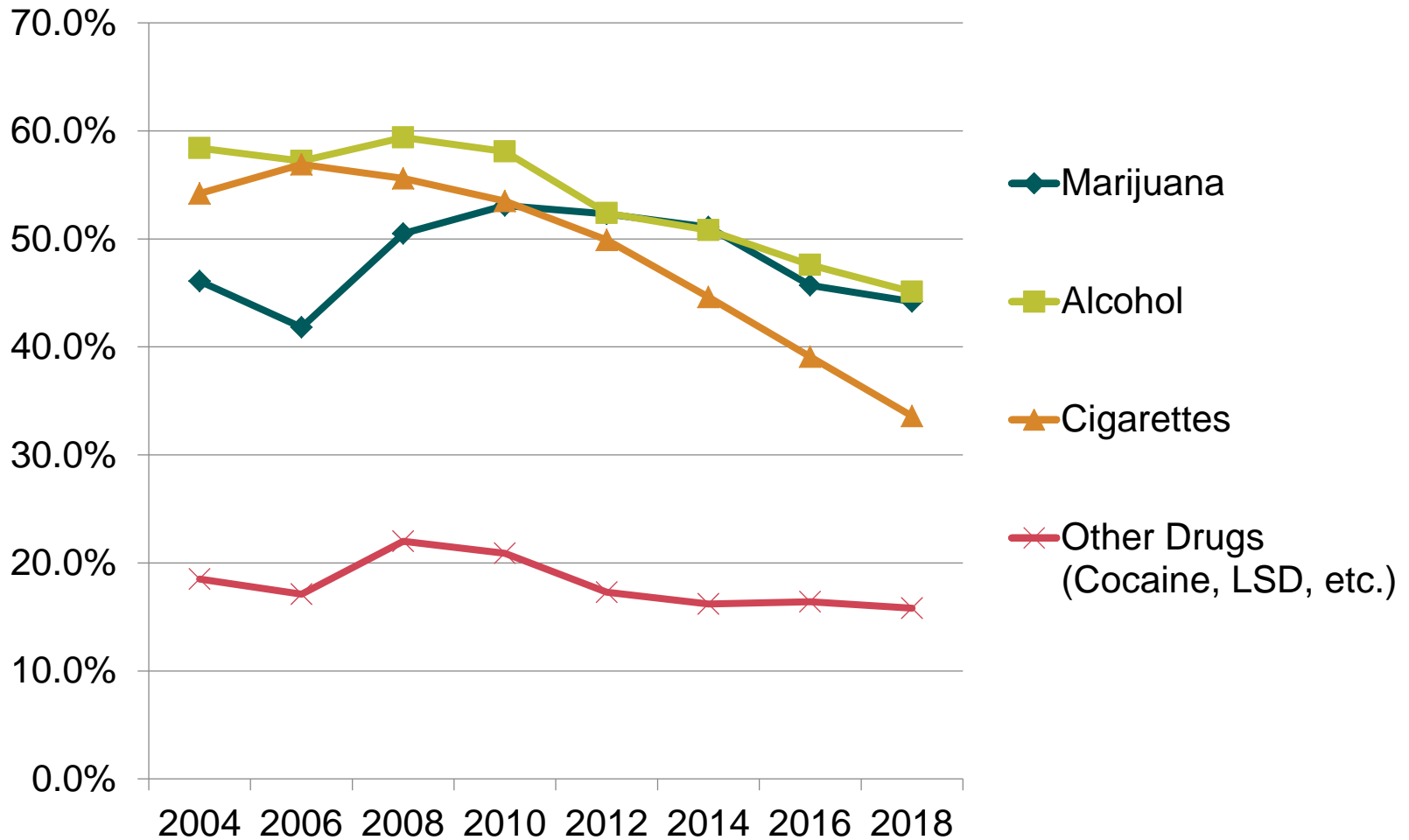
Which of the following have you used for non-medical reasons? Select all that apply,



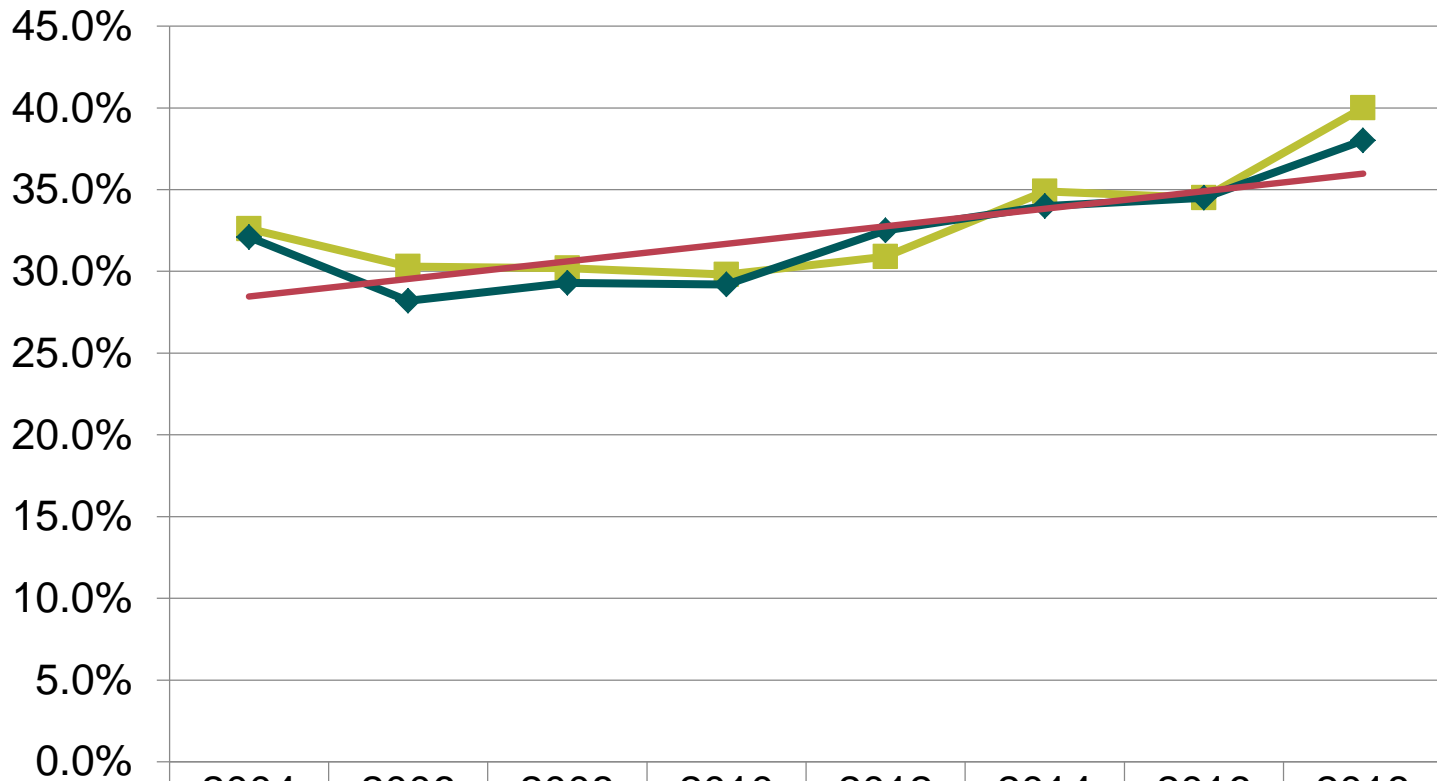
Perception of great risk of harm from substance use



Percent of 10th graders with easy access to drugs and alcohol



Depression among 10th graders



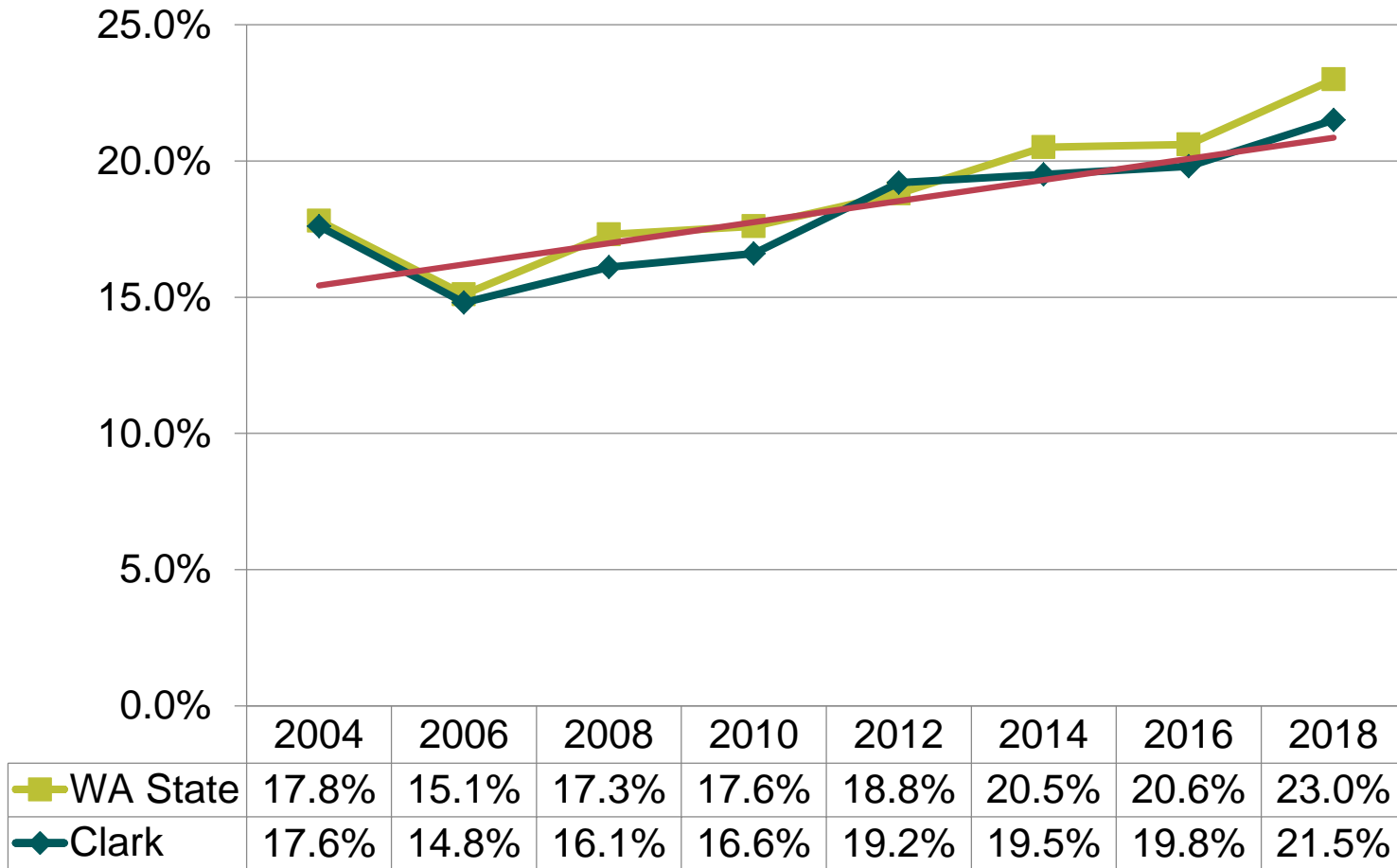
■ WA State	32.6%	30.3%	30.2%	29.8%	30.9%	34.9%	34.5%	40.0%
◆ Clark	32.1%	28.2%	29.3%	29.2%	32.5%	34.0%	34.5%	38.0%



One third of
10th graders
could be
diagnosed with
Generalized
Anxiety
Disorder.



Percent of 10th graders who have considered suicide in the past year

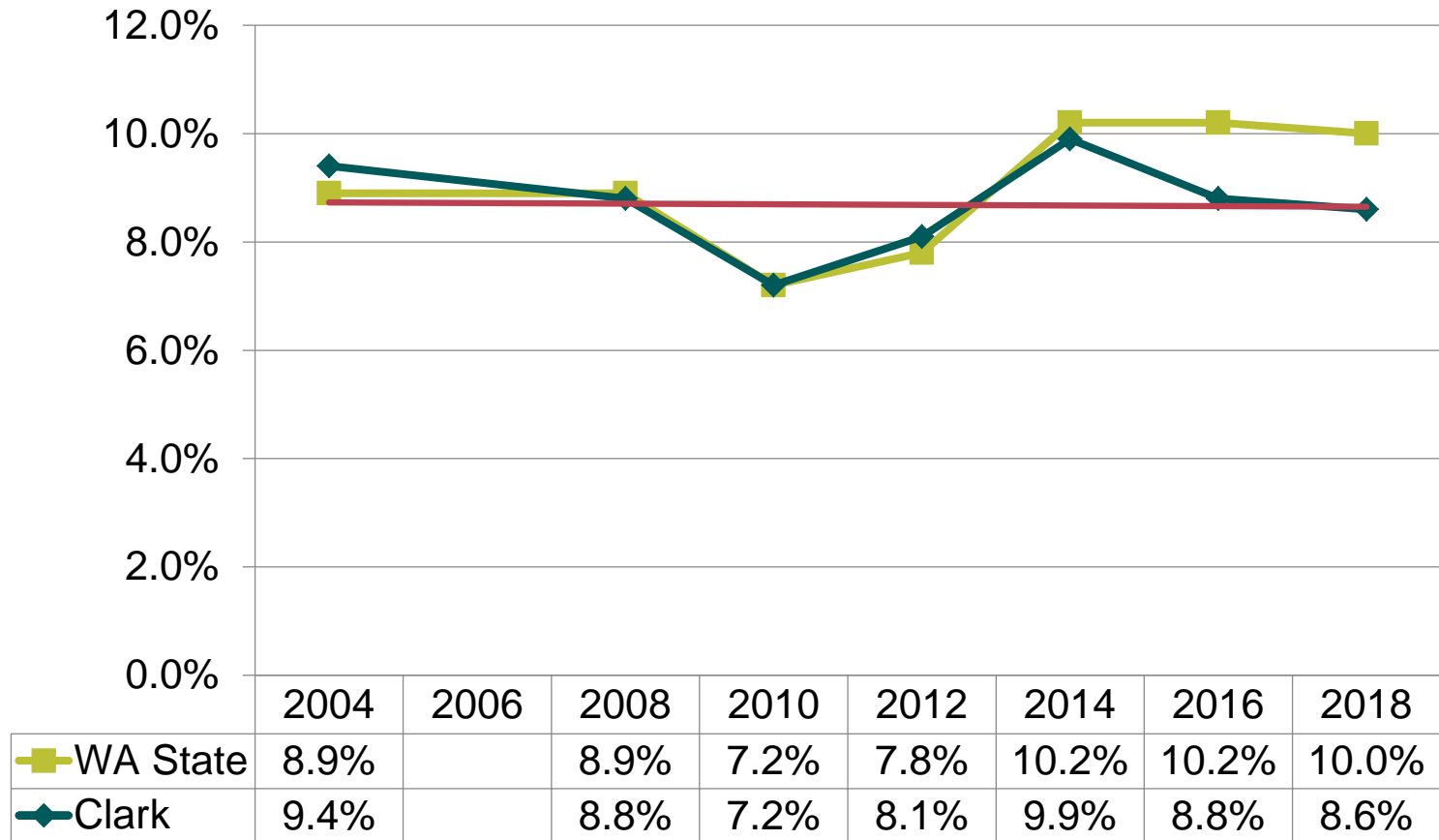




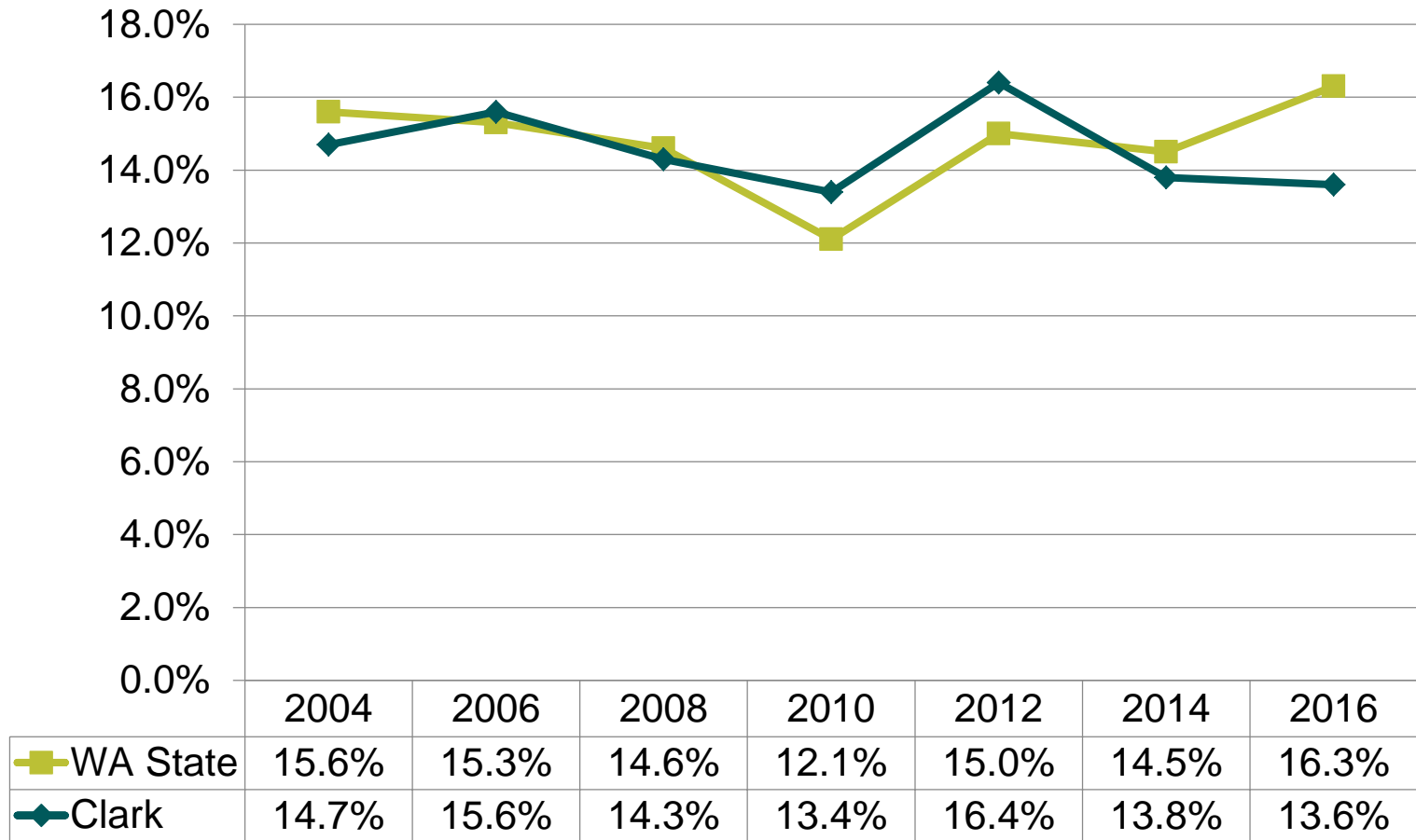
1 out of 5 tenth graders have considered suicide



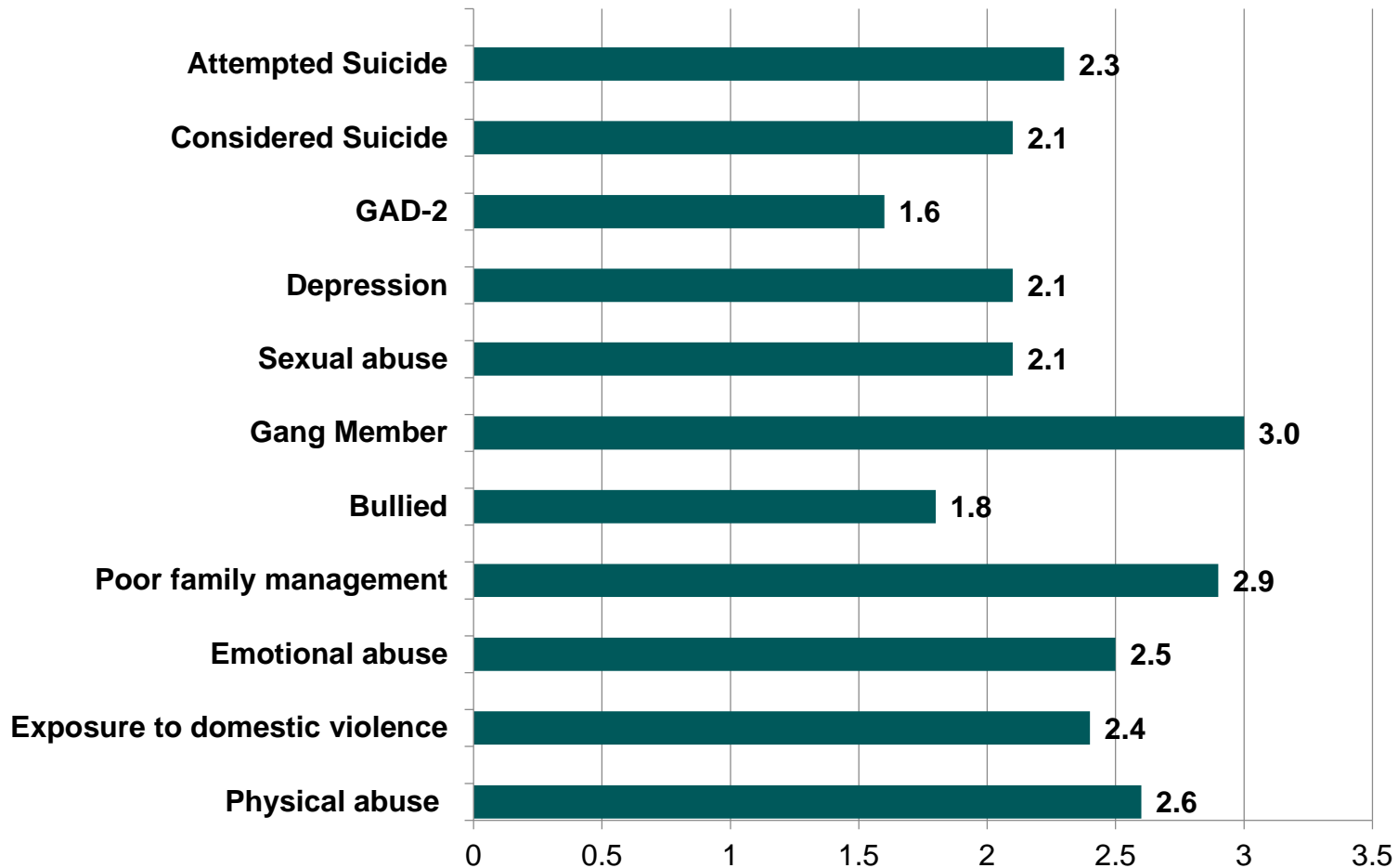
Percent of 10th graders who have attempted suicide in the past year



Percent of 10th graders who feel they do not have adults they can turn to when sad



Relative risk of using alcohol for 10th graders who have experienced trauma



Example: 10th graders at risk for poor family management have 2.9 times greater risk of using alcohol than 10th graders at low risk for poor family management.



Prevention Efforts

- Sustainable, Cost Effective Approaches
 - Policy (Tobacco 21)
 - System Changes (Mental Health Screening Questions)
 - Environmental Changes (Vaping/E-Cigs)
- Evidence-Based and Trauma-Informed Solutions
- National, State and Local Partners



Thank you!

Adiba.Ali@clark.wa.gov

