

Healthy Youth Survey Results & Insights

Coalition
Leadership Institute
2022

healthy
youth
SURVEY



Today's Presenters



Tyler Watson (he/him)

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Training Purpose and Objectives

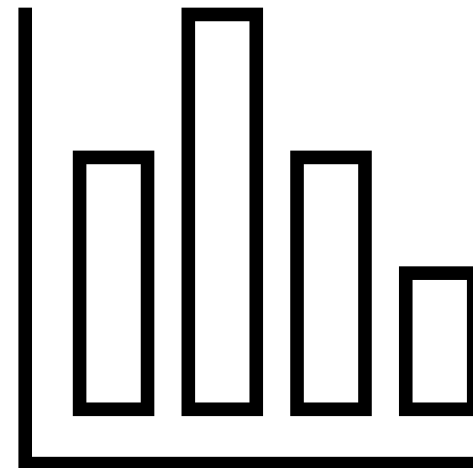
- ▶ Share HYS background & administration information
- ▶ Describe how to access HYS results
- ▶ Discuss key HYS 2021 results
- ▶ Explain ways to communicate your HYS results

Share in the chat

- ▶ On a scale of 1-10 how familiar are you with the HYS?
- ▶ 1 = Not familiar at all
- ▶ 10 = Very familiar



Healthy Youth Survey Background and Administration



Statewide Effort & Support

▶ Schools

▶ ESDs

▶ Local Health Jurisdictions

▶ Community Prevention Providers

▶ Funding provided by the Dedicated Cannabis Account and the Substance Abuse Block Grant



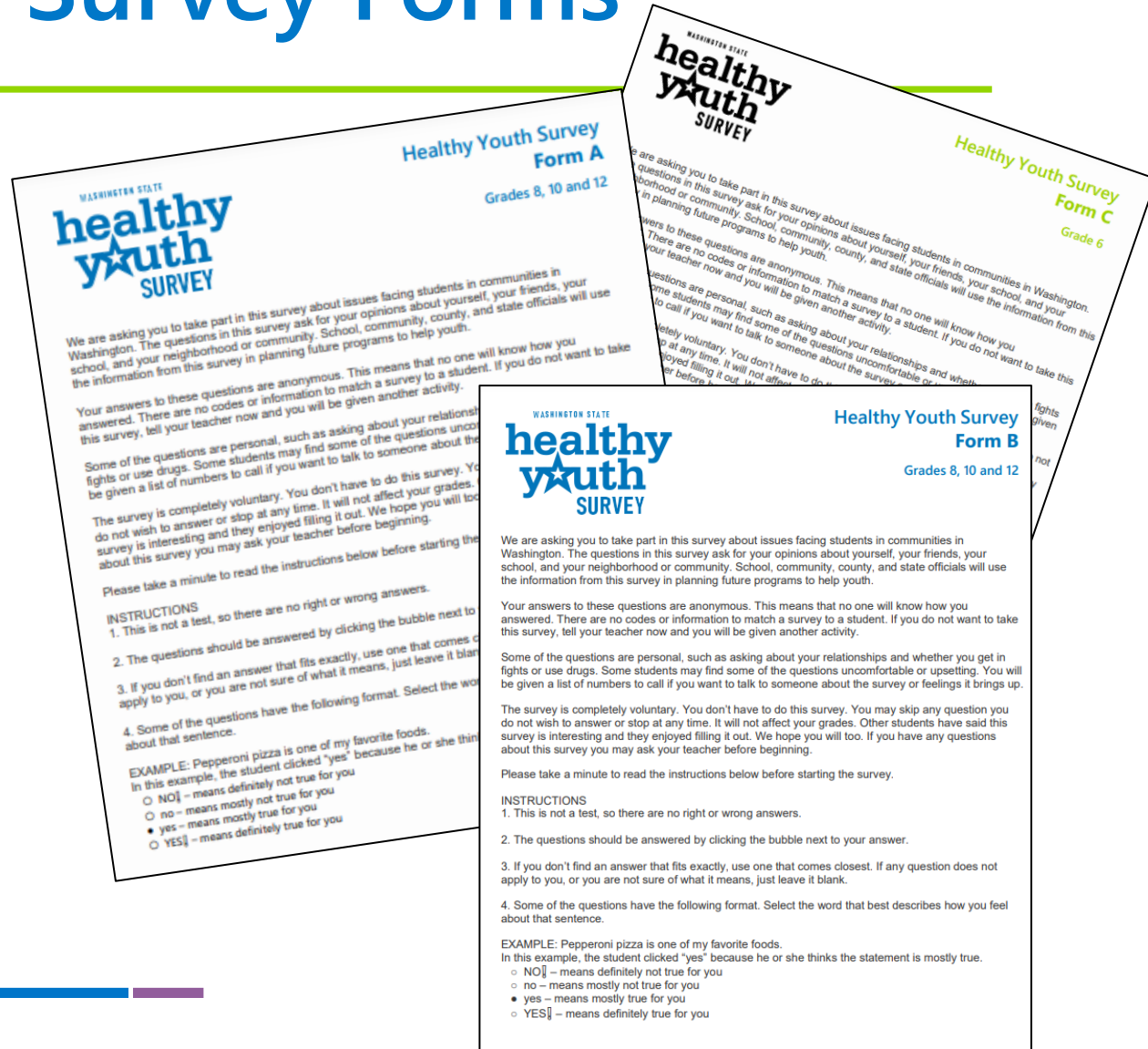
2021 HYS Survey Forms

▶ Forms A & B

- ▶ 8th – 12th graders
- ▶ Form B contains removable questions

▶ Form C

- ▶ 6th – 7th graders



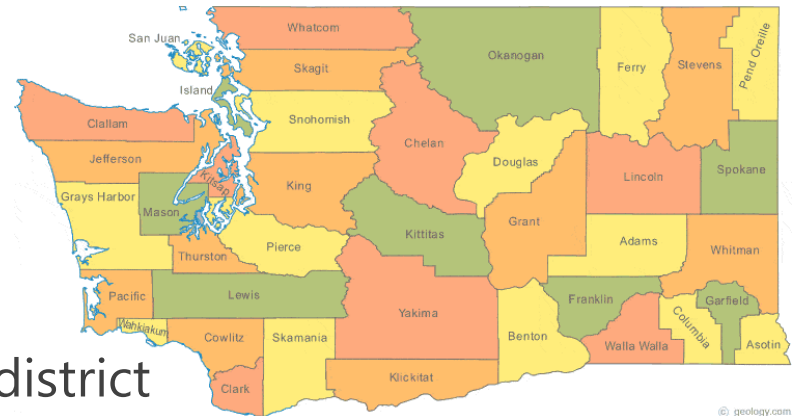
Student Protections

- ▶ HYS is anonymous and voluntary
- ▶ HYS is reviewed by the Washington State Institutional Review Board (WSIRB)
- ▶ This includes, but isn't limited to approval of:
 - ▶ Methods
 - ▶ Materials
 - ▶ Parent and student notification processes
 - ▶ Survey questions
 - ▶ Data and results sharing requirements



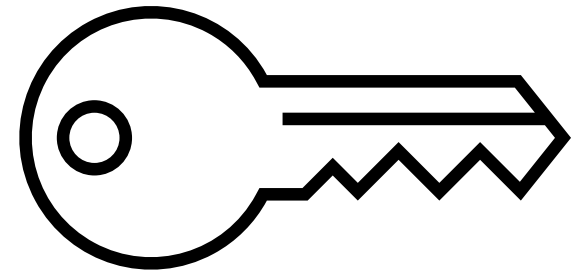
HYS 2021

- ▶ Over 206,000 students
- ▶ All 39 Counties
- ▶ 216 school districts
- ▶ 877 schools
 - ▶ 8 not associated with a school district
 - ▶ 3 Charter schools
 - ▶ 1 Tribal school
 - ▶ The School for the Blind
 - ▶ 3 Private Schools





How to Access HYS Results



AskHYS.net

- ▶ County, ESD, and State results are publicly available
- ▶ School district and school building results can be requested from superintendents/principals
- ▶ Communities receive school district results as part of their annual data books
- ▶ Datasets are available through a data sharing agreement with DOH

HYS Results



The image shows a screenshot of the Healthy Youth Survey website. At the top left is the logo, which consists of a blue star with three smaller stars around it, followed by the text "Healthy Youth Survey" in a blue, sans-serif font. To the right of the logo is a photograph of four diverse young people smiling. Below the logo and photo is a green navigation bar with white text for the following links: Home, Survey Results, Resources, Press Releases, Contact, About, and Log On. A yellow arrow points from the top of the page down to the "Survey Results" link. Below the navigation bar is a main content area. On the left side of this area is a photograph of a young woman with blonde hair, looking down thoughtfully. To the right of the photo is a vertical menu with blue buttons and white text: Fact Sheets, Frequency Reports, Q x Q Analysis, Analytic Reports, Bias Analysis, Past Participation, and Errata/Corrections. To the right of this menu is a white text area that begins with "Welcome to AskHYS.net!" and continues with a paragraph: "The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Health, the Department of Health, the Health Care Authority - Division of Behavioral Health and the Liquor and Cannabis Board. The Healthy Youth Survey provides important survey results about the health of adolescents in our community. County prevention coordinators, community mobilization coalitions, community public health and safety networks, and others use this information to guide policy and programs that serve youth."

Results on AskHYS.net

- ▶ Fact Sheets
 - ▶ State and local comparisons
 - ▶ Year-to-Year changes
- ▶ Frequency Reports
 - ▶ Differences by sex assigned at birth
- ▶ QxQ Analysis Tool
 - ▶ Run frequencies
 - ▶ Run crosstabs
 - ▶ Some limitations (participation rate, forms, cell size)
- ▶ PowerPoint Slides
 - ▶ Pre-generated with your data

Fact Sheets

- ▶ Topical fact sheets with a selection of relevant questions and crosstabulations
- ▶ Available at State, County, ESD levels
- ▶ New fact sheet this year for Washington HYS Adverse Childhood Experiences (WAH-ACEs) score
- ▶ Some fact sheets have been updated to a new template
- ▶ Can be helpful for a quick figure or to provide to someone asking for a snapshot of a specific topic

Select Fact Sheet

[Select All](#)

Safety and Violence Behaviors	6th	8th	10th	12th	
Unintentional Injury	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Violent Behaviors & School Safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Bullying and Harassment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Risk and Protective Factors	6th	8th	10th	12th	
Community Risk Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Community Protective Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
School Risk Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
School Protective Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Peer-Individual Risk Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Family Protective Factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Health and Health-Related Behaviors	6th	8th	10th	12th	
Weight and Obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Dietary Behaviors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Oral Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Physical Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Depression & Suicide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Sexual Behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Alcohol, Tobacco and Other Drug Use	6th	8th	10th	12th	
Current Substance Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Alcohol Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Tobacco Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Tobacco & Vapor Product Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
Marijuana Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
State-level Only Reports	6th	8th	10th	12th	
Polysubstance Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="button" value="🔍"/>
All Grade Topical Reports	All				
Alcohol Use	<input type="checkbox"/>	<input type="button" value="🔍"/>			
Marijuana Use	<input type="checkbox"/>	<input type="button" value="🔍"/>			
School Safety	<input type="checkbox"/>	<input type="button" value="🔍"/>			
Depressive Feelings & Suicide	<input type="checkbox"/>	<input type="button" value="🔍"/>			
Prescription Medication Use	<input type="checkbox"/>	<input type="button" value="🔍"/>			

Frequency Reports

- ▶ Aggregate frequencies (%) of responses displayed by grade.
- ▶ Available at State, County, ESD, and special subpopulation (e.g., race/ethnicity, migratory status) levels.
- ▶ Often useful for grabbing a quick number for a report, media inquiry, or grant.

	Grade 6	Grade 8	Grade 10	Grade 12
129. During the past 30 days, how many days did you text or email while driving a car or other vehicle?	% (± CI) (n=0)	% (± CI) (n=8,113)	% (± CI) (n=7,549)	% (± CI) (n=5,321)
a. I did not drive a car or other vehicle during the past 30 days.	**	82.5% (±1.5)	58.7% (±2.9)	33.6% (±3.8)
b. 0 days	**	13.3% (±1.4)	32.8% (±2.6)	27.6% (±1.4)
c. 1 or 2 days	**	1.3% (±0.3)	4.1% (±0.5)	11.9% (±1.3)
d. 3 to 5 days	**	0.7% (±0.2)	1.3% (±0.3)	5.8% (±0.8)
e. 6 to 9 days	**	0.4% (±0.1)	0.9% (±0.2)	3.7% (±0.6)
f. 10 to 19 days	**	0.5% (±0.2)	0.8% (±0.2)	5.0% (±0.8)
g. 20 to 29 days	**	0.3% (±0.1)	0.3% (±0.1)	4.0% (±0.8)
h. All 30 days	**	1.0% (±0.2)	1.2% (±0.3)	8.3% (±1.4)

Question X Question (QxQ)

- ▶ State, County, ESD-level analysis of two questions on the survey
- ▶ Some questions have a “collapsed” option to increase cell sizes and limit suppression
- ▶ Provides crosstabulation but no significance testing
- ▶ There is a separate statistical significance testing Excel tool on the website

Washington State
Healthy Youth Survey Online Analysis - 2018

Statewide - Grade 10

Current Alcohol Drinking and Feeling Nervous, Anxious or on Edge

		Feeling Nervous, Anxious or on Edge		
		not at all	any days	Total
Current Alcohol Drinking	no days	34.9% ± 2.0% 2,029	65.1% ± 2.0% 3,787	100.0% 5,816
	any days	24.6% ± 2.7% 322	75.4% ± 2.7% 987	100.0% 1,309

More Resources



- ▶ Resources and training materials about HYS, using the data, and interpreting results
- ▶ All survey questionnaires going back to 2002 are available under the Resources tab
- ▶ Learn more about the survey under About
- ▶ Data crosswalk spreadsheet for prior years also available on the QxQ page

Share in the Chat

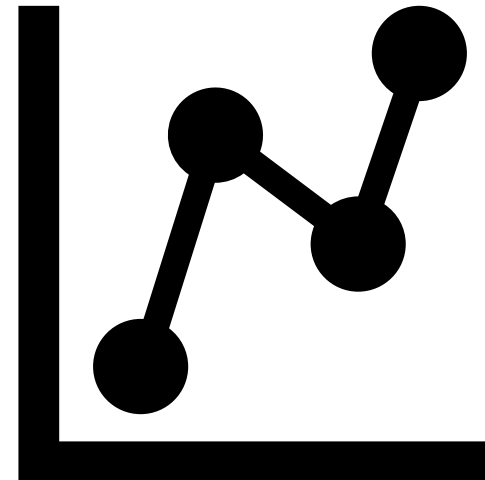
- ▶ What are some of the ways you have used HYS results in the past?

OR

- ▶ How do you anticipate you **will** use HYS results going forward?



HYS Trends Over Time



HYS 2021

- ▶ Prior to 2021, HYS occurred on a biannual basis on even years (i.e., 2014, 2016, 2018)
- ▶ Due to the COVID-19 pandemic, HYS 2020 was postponed to 2021
- ▶ HYS 2021 was the first online administration
- ▶ Given the context of the pandemic and the many changes it brought, we need to be careful when comparing to past years (trends)

Substance Use Results: General

- ▶ Overall, students reported low levels of substance use
- ▶ Past 30-day substance use for alcohol, cigarette, marijuana, painkiller, and polysubstance use **decreased** from 2018 to 2021 (continuation of previous trend, but larger decrease)
- ▶ Past 30-day substance use for e-cigarette/vapor products **decreased** from 2018 to 2021 (reversal of previous trend)
- ▶ The perception that regular use of alcohol or marijuana is risky **slightly increased** from 2018 to 2021

Substance Use Results: Alcohol

- ▶ Past 30-day alcohol use decreased from 2018 to 2021
 - ▶ 8th grade: 8% to 4%
 - ▶ 10th grade: 19% to 8%
 - ▶ 12 grade: 28% to 20%
- ▶ Binge drinking (5 or more drinks in a row) decreased from 2018 to 2021
 - ▶ 8th grade: 5% to 3%
 - ▶ 10th grade: 10% to 6%
 - ▶ 12th grade: 15% to 12%

Substance Use Results: Marijuana

- ▶ 30-day marijuana use decreased from 2018 to 2021
 - ▶ 8th grade: 7% to 3%
 - ▶ 10th grade: 18% to 7%
 - ▶ 12th grade: 26% to 16%

Substance Use Results: Painkillers

- ▶ 30-day use of painkillers to get high decreased from 2018 to 2021
 - ▶ 8th grade: 2% to 1%
 - ▶ 10th grade: 4% to 1%
 - ▶ 12th grade: 4% to 1%
- ▶ 30-day use of prescription drugs not prescribed to them decreased from 2018 to 2021
 - ▶ 8th grade: 6% to 1%
 - ▶ 10th grade: 7% to 2%
 - ▶ 12th grade: 7% to 2%

Substance Use Results: Polysubstance

- ▶ 30-day polysubstance use decreased from 2018 to 2021
 - ▶ 8th grade: 6% to 2%
 - ▶ 10th grade: 13% to 5%
 - ▶ 12th grade: 20% to 13%

Mental Health Results: Sadness

- ▶ Persistent feelings of sadness and hopelessness remained about the same from 2018 to 2021, (slowing the previously increasing trend)
- ▶ Over 1/3 of students reported feeling sad or hopeless almost every day during a two-week period in the past 12 months
 - ▶ 8th grade: 35%
 - ▶ 10th grade: 38%
 - ▶ 12th grade: 45%
- ▶ Among 10th graders: 2x as many female students (50%) reported sadness compared to males (25%)

Mental Health Results: Anxiety

- ▶ 10th graders feeling nervous, anxious, on edge, or not able to stop or control worrying remained about the same from 2018 to 2021
- ▶ A majority of students reported they felt nervous or anxious in the past two weeks
 - ▶ 8th grade: 62%
 - ▶ 10th grade: 69%
 - ▶ 12th grade: 74%

Mental Health Results: Suicide

- ▶ Considering, planning, and attempting suicide decreased slightly from 2018 to 2021
- ▶ Among 10th graders:
 - ▶ Seriously considered suicide: 23% to 20%
 - ▶ Made a suicide plan: 18% to 16%
 - ▶ Attempted suicide: 10% to 8%

Mental Health Results: Hope

- ▶ Among 10th graders who took the HYS, levels of Hope from 2018-2021 remained roughly the same
- ▶ Among 10th graders who took the HYS
 - ▶ 44% highly hopeful
 - ▶ 27% moderately hopeful
 - ▶ 21% slightly hopeful
 - ▶ 8% no or very little hope

Risk & Protective Factor Results

- ▶ Community Risk and Protective Factors:
 - ▶ Decrease in opportunities for prosocial involvement
 - ▶ 71% to 60%
 - ▶ Decrease in availability of drugs
 - ▶ 22% to 13%
- ▶ Family Risk and Protective Factors:
 - ▶ Increase in opportunities for prosocial family involvement
 - ▶ 53% to 61%

Risk & Protective Factor Results

▶ Peer-Individual Risk Factors:

- ▶ Decrease in friends use of drugs
 - ▶ 22% to 14%

▶ School Risk Factors:

- ▶ Increase in opportunities and rewards for prosocial involvement
 - ▶ Opportunities: 64% to 70%
 - ▶ Rewards: 53% to 63%
- ▶ Increase in low commitment to school
 - ▶ 44% to 57%

WAH-ACEs Results (new for 2021)

- ▶ Adverse Childhood Experiences (ACEs)
 - ▶ Indicators of severe childhood stressors and family dysfunction that occur during a person's first 18 years of life
- ▶ The Healthy Youth Survey (HYS) has collected ACEs-related data since the survey was founded
- ▶ Washington HYS Adverse Childhood Experiences (WAH-ACEs) combines 11 questions asked on Form B of the HYS to give students a score

WAH-ACEs Results (new for 2021)

▶ Summary:

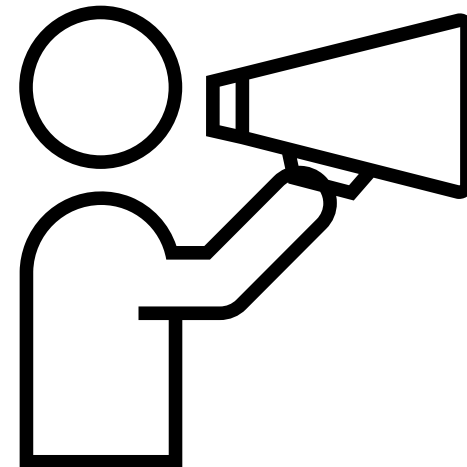
- ▶ 8th grade: 56% reported one or more WAH-ACEs, with 12% reporting 4+
- ▶ 10th grade: 57% reported one or more WAH-ACEs, with 11% reporting 4+
- ▶ 12th grade: 64% reported one or more WAH-ACEs, with 15% reporting 4+

▶ Crosstabulations for Grade 10:

- ▶ Students with higher WAH-ACEs scores were more likely to report sadness or hopelessness
- ▶ Students with higher WAH-ACEs scores were more likely to contemplate suicide



Communicating HYS Results



How to Communicate Results

- ▶ Identify top priorities
- ▶ Create key messages
- ▶ Share your message

Step 1: Identify Top Priorities

- ▶ What is the focus area for your community, school, program, policy, etc.?
- ▶ Who are your partners and how will you engage them?
- ▶ Which measure are you trying to change?

Step 2: Create Key Messages

- ▶ What does your audience absolutely need to know?
- ▶ What is the goal for this communication?
- ▶ Who is your audience?

Talking Tips!

- ▶ Keep it simple
- ▶ Double check your numbers and note that HYS results are estimates
 - ▶ Include the confidence interval
 - ▶ Acknowledge participation rates
 - ▶ Say "About"
- ▶ Ask others to review your work before you share it
- ▶ Don't speculate. Remember your limitations.
 - ▶ It's ok to say "I don't know, I'll get back to you"
- ▶ Be compassionate – there are youth behind all HYS numbers
- ▶ Include a call-to-action for your audience

What else?

- ▶ Share in the chat:
 - ▶ What else would be helpful to learn about or discuss your HYS results?
 - ▶ Do you have additional training or TA needs?

Want more?

- ▶ Additional technical assistance
 - ▶ Drop-In hours with HYS data and epidemiology team
 - ▶ May 24
 - ▶ June 7
- ▶ Share input on the 2023 survey
 - ▶ Join the community partner feedback meetings
 - ▶ May 12
 - ▶ June 9

Questions?

- ▶ Email
 - ▶ HCAHealthyYouthSurvey@hca.wa.gov
 - ▶ Miranda.Calmjoy@hca.wa.gov
 - ▶ Tyler.Watson@hca.wa.gov
- ▶ Submit HYS questions and comments directly to
 - ▶ <https://www.surveymonkey.com/r/HYSquestion>



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