

# Washington State Healthy Youth Survey (HYS)

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Washington State Health  
Care Authority

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# Outline

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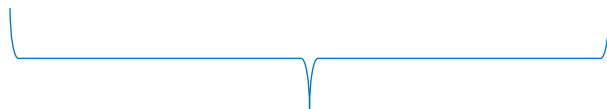
- ▶ HYS Background
  - ▶ Timeline
- ▶ HYS 2023 Updates
  - ▶ [www.AskHYS.net](http://www.AskHYS.net)
- ▶ HYS Data Dashboard Activity
- ▶ Q & A

# HYS Background



# Statewide Effort & Support

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**HYS Planning Committee**

Funding: Dedicated Cannabis Account

- ▶ Schools
- ▶ ESDs
- ▶ Local Health Jurisdictions
- ▶ Community Prevention Providers



# HYS Purpose

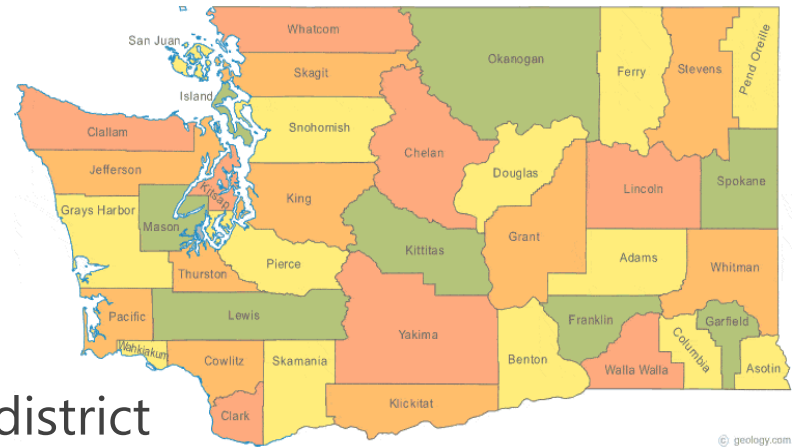
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- ▶ Identify and monitor factors that affect the health of youth in Washington
- ▶ Similar youth surveys have been conducted across the state since 1988 (HYS since 2002)
- ▶ Survey results can indicate changes in health behaviors over time and schools can use the results to identify important areas of need

# HYS 2021

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- ▶ First primarily-electronic HYS
- ▶ Over 208,000 students
- ▶ All 39 Counties
- ▶ 215 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



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# HYS 2021

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“The COVID-19 pandemic led to massive changes in the lives of Washington youth. Increases and decreases in HYS 2021 data may be more a reflection of the pandemic and its affect on our lives than a change that would have happened if the pandemic had not occurred. This means that **trend data from before the pandemic and during/after the pandemic should be interpreted with tremendous caution.**”

# HYS 2023 Timeline

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- ▶ March 2022-March 2023
  - ▶ Revision process
- ▶ **April-Sept 2023**
  - ▶ **Registration**
- ▶ October 2023
  - ▶ Administration (electronic, in-person)
- ▶ Feb-March 2024
  - ▶ Results available



# HYS 2023 Updates



# Revision Process

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- ▶ Spring 2022
  - ▶ Question proposals
  - ▶ Partner feedback meetings
- ▶ Summer 2022
  - ▶ HYS Planning Committee meetings
- ▶ Fall 2022
  - ▶ Student focus groups
  - ▶ Fatal flaws
- ▶ Winter 2023
  - ▶ Finalization
- ▶ Spring 2023
  - ▶ User testing

# Format Changes

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- ▶ Fully electronic, in-person
  - ▶ No paper-pencil exemption process
  - ▶ Remote option for online/virtual schools
- ▶ Core + Bank questions
  - ▶ Elementary Survey (6-7<sup>th</sup>): 114 questions
  - ▶ Secondary Survey (8-12<sup>th</sup>): 251 questions
- ▶ Display logic
- ▶ Content warnings
- ▶ More languages (NUMBER)

# Content Changes

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- ▶ New questions:
  - ▶ Abuse
  - ▶ Bullying
  - ▶ Disability measures
  - ▶ Disordered eating
  - ▶ Prosocial involvement
  - ▶ Screen time
  - ▶ Social emotional learning
  - ▶ Substances
- ▶ Modified questions:
  - ▶ Race/ethnicity
  - ▶ Gender identity, sexual orientation
- ▶ More information: Change Document

# SAAB/SOGI (Grades 8-12)

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- ▶ What sex were you assigned at birth?
- ▶ Below is a list of terms that people may use to describe their gender identity. Choose all that apply.
- ▶ Below is a list of terms that people often use to describe their sexuality or sexual orientation. Please choose all that apply to you.

# Exemption Process (Grades 8-12)

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- ▶ Sexual behavior and/or sexual violence
  - Instructions on the registration page

# Opt-In Process (Grade 6)

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- ▶ Gender identity
- ▶ Instructions will be listed on the registration page

What is your gender?

- Boy
- Girl
- Something else fits better

# HYS 2023 Registration





# HYS 2023 Registration

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- ▶ WILL ADD UP-TO-DATE REGISTRATION NUMBERS

# HYS Participation

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- ▶ Any Washington public school with students in grades 6, 8, 10, or 12.
  - ▶ Small school districts (<150 students in grades 6, 8, 10, 12) can survey additional grades 7, 9, and 11
  - ▶ Tribal schools
  - ▶ Online/virtual schools
  - ▶ Private schools can participate on request
  - ▶ No detention facilities

# Why should my school participate?

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- ▶ Important information for schools
  - ▶ Learn the prevalence of health-related behaviors among students
  - ▶ Understand the school climate
  - ▶ Contribute to the School Improvement Planning process
  - ▶ Help inform other needs assessments
  - ▶ Help justify new school programs, projects or staffing
  - ▶ Assist with evaluating or improving existing school programs or projects
  - ▶ Provide information for writing grant applications
- ▶ Comparisons to state results and past results
- ▶ Useful data to partners who share the goal of healthy youth!
- ▶ **Free!**

# Student Protections

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- ▶ 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



# How are the results used?

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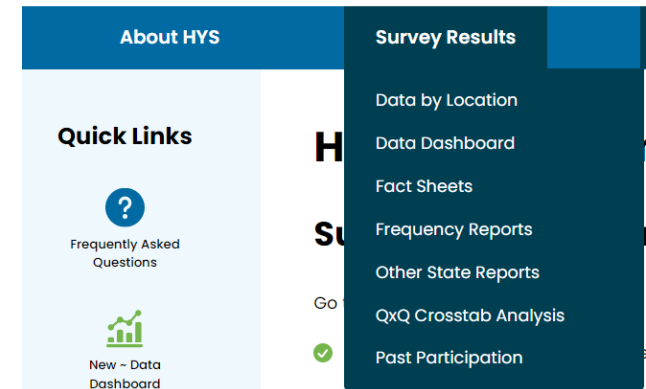
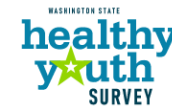
- ▶ Prioritizing funding for areas with highest need
- ▶ Evaluating outcomes over time
- ▶ Substance Use Disorder Prevention and Mental Health Promotion Interagency State Strategic Plan
- ▶ Community-Based Organization (CBO) grants for substance use disorder prevention and mental health promotion/suicide prevention
- ▶ Community Prevention and Wellness Initiative (CPWI) in nearly 100 communities
- ▶ Leveraging additional funding and resources

# Results

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- ▶ Public: state, ESD, county
- ▶ Not public: school district, school building

1. Frequency Reports (by question)
2. Fact Sheets (by topic)
3. QxQ Crosstab Analysis Tool
4. Other Reports
5. Data Dashboard (NEW!)

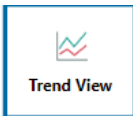


# HYS Data Dashboard Preview

<https://www.askhys.net/SurveyResults/DataDashboard>



# Trend View



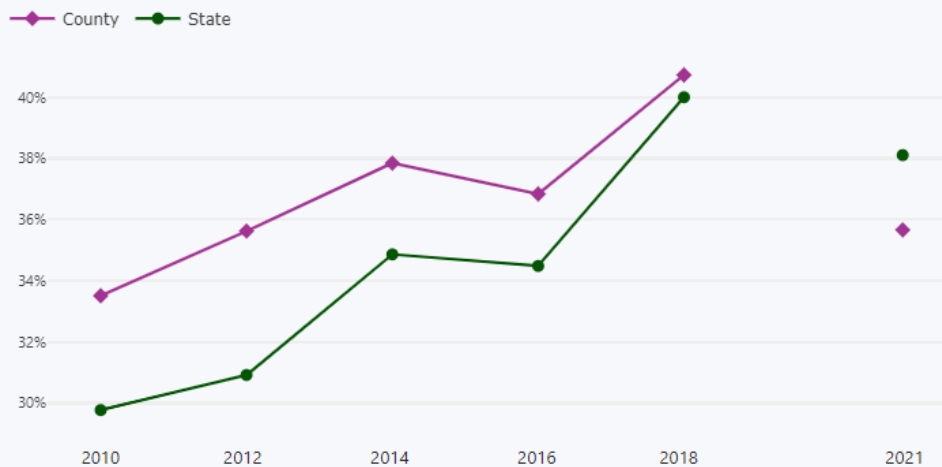
## 2021 Healthy Youth Survey Data Dashboard

Measure: **Depressive Feelings**

Location: Yakima County

Grade: 10

Survey Year: 2021



### Survey Trend

Year	County	State
2010	33.5% (+/-1.9%) ▲ <sup>b</sup>	29.8% (+/-1.1%)
2012	35.6% (+/-2.0%) ▲ <sup>b</sup>	30.9% (+/-1.0%)
2014	37.8% (+/-1.9%) ▲ <sup>b</sup>	34.9% (+/-1.0%) ▲ <sup>c</sup>
2016	36.8% (+/-1.8%)	34.5% (+/-0.9%)
2018	▲ <sup>a</sup> 40.7% (+/-1.8%)	40.0% (+/-1.1%) ▲ <sup>c</sup>
2021	▼ <sup>a</sup> 35.7% (+/-1.9%)	38.1% (+/-1.0%)

<sup>a</sup> to the left of the County values, a ▲ arrow means there was a significant increase in the county value from the previous year and a ▼ arrow means there was a significant decrease in the county value from the previous year

<sup>b</sup> between the County and State values, a ▲ arrow means that the county is significantly higher than the state and a ▼ arrow means that the county is significantly lower than the state

<sup>c</sup> to the right of State values, a ▲ arrow means there was a significant increase in the State value from the previous year and a ▼ arrow means there was a significant decrease in the State value from the previous year

**The Depressive Feelings measure is based on the following question:** During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

The percentage of students who answered "Yes" are reported.

Choose Analysis



1 Select Year

N/A

2 Select Grade

10th Grade

3 Select Location

Yakima County

4 Select Topic

Mental Health

5 Select Measure

Adults to Turn to When Depressed

Feeling Nervous, Anxious or on E...

Unable to Stop or Control Worrying

Depressive Feelings

Contemplation of Suicide

Plan to Attempt Suicide

Attempted Suicide



# Breakout View

Choose Analysis ? Help

1 Select Year  
2021

2 Select Grade  
10th Grade

3 Select Location  
Yakima County

4 Select Topic  
Mental Health

5 Select Measure

- Adults to Turn to When Depressed
- Feeling Nervous, Anxious or on E...
- Unable to Stop or Control Worrying
- Depressive Feelings**
- Contemplation of Suicide
- Plan to Attempt Suicide
- Attempted Suicide

## 2021 Healthy Youth Survey Data Dashboard

Trend View Breakout View Map View Data View

Measure: Depressive Feelings

Location: Yakima County

Grade: 10

Survey Year: 2021

5 Select Breakout Category

- Demographics**
- Risk Factors
- Disability
- Living Situation

**Demographics**

by Gender Identity	County	State
Male	21.9% (± 2.4%)	24.2% (± 1.4%)
Female	46.0% (± 3.0%)	45.4% (± 1.7%)
Transgender	81.8% (± 22.8%)	83.0% (± 10.1%)

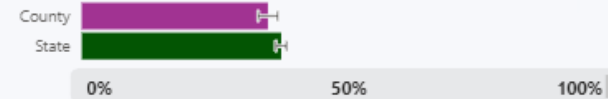
  

by Sexual Orientation	County	State
Heterosexual	28.8% (± 2.1%)	29.0% (± 1.2%)
Gay or Lesbian	64.5% (± 11.9%)	63.5% (± 5.5%)
Bisexual	68.8% (± 6.1%)	66.6% (± 2.9%)
Questioning	54.5% (± 9.8%)	50.2% (± 4.6%)

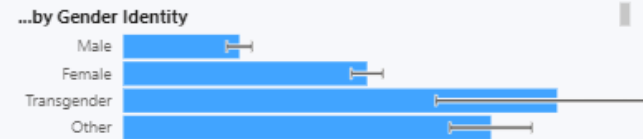
  

by Race/Ethnicity	County	State
Native American	48.5% (± 11.9%)	45.3% (± 9.5%)
Asian	34.3% (± 15.7%)	29.2% (± 3.1%)
Black	30.4% (± 18.8%)	29.3% (± 5.2%)
Hispanic	33.3% (± 2.4%)	40.3% (± 2.6%)
Pacific Islander		40.5% (± 10.5%)
White	37.7% (± 4.0%)	37.5% (± 1.5%)
Multi-race	41.2% (± 5.5%)	45.3% (± 2.7%)

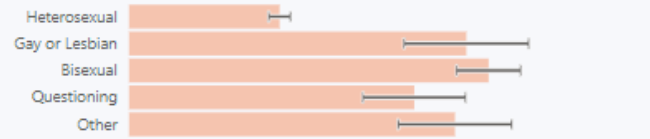
### County and State, % Depressive Feelings:



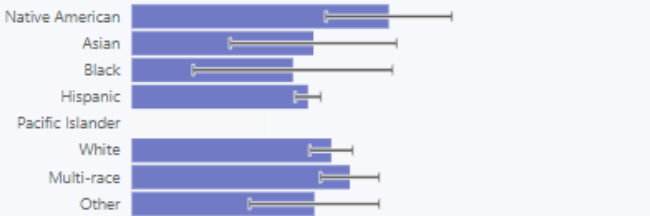
### County, % Depressive Feelings:



### ...by Sexual Orientation



### ...by Race/Ethnicity



▲/▼ A red arrow pointing up means the county is significantly higher than the state. A green arrow pointing down means the county is significantly lower than the state.

**The Depressive Feelings measure is based on the following question:** During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

# Map View

## 2021 Healthy Youth Survey Data Dashboard

Trend View

Breakout View

Map View

Data View

Measure: **Depressive Feelings**

By County

Grade: 10

Survey Year: 2021

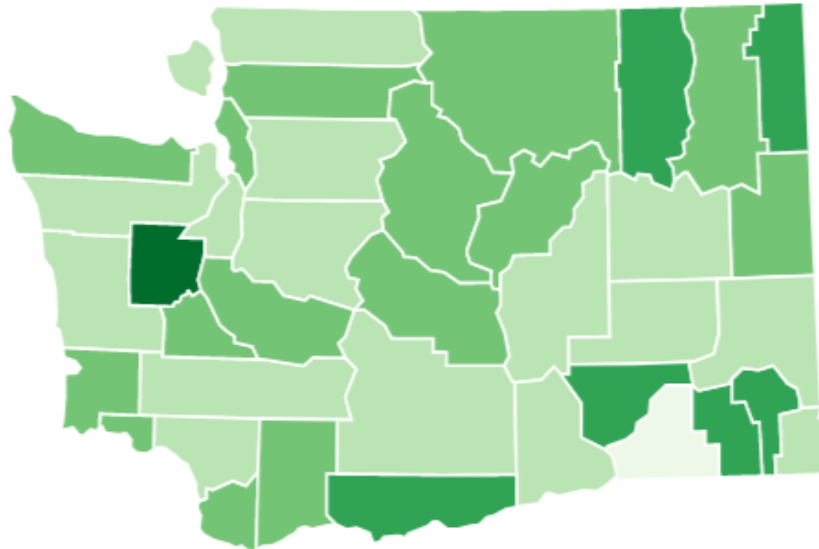
30-35%

35-40%

40-45%

45-50%

50-55%



Depressive Feelings across counties ranged from 34.7% to 53.6%

(Statewide: 38.1%)

County	Surveys	% Yes	% +/-
Statewide (sample)	8,449	38.1%	1.0%
Adams	291	39.5%	5.7%
Asotin	60	40.0%	12.8%
Benton	1,869	39.9%	2.2%
Chelan	394	42.9%	4.9%
Clallam	349	42.7%	5.2%
Clark	3,916	40.2%	1.5%
Columbia	24	50.0%	21.6%
Cowlitz	637	39.9%	3.8%
Douglas	386	43.0%	5.0%
Ferry	31	48.4%	18.6%
Franklin	399	49.4%	4.9% ▲
Garfield	23	47.8%	22.1%
Grant	1,039	39.8%	3.0%
Grays Harbor	501	37.1%	4.2%
Island	453	41.1%	4.5%
Jefferson	122	36.1%	8.6%

▲/▼ A red arrow pointing up means the county is significantly higher than the state. A green arrow pointing down means the county is significantly lower than the state.

**The Depressive Feelings measure is based on the following question:** During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

The percentage of students who answered "Yes" are reported.

Choose Analysis

1 Select Year

2021

2 Select Grade

10th Grade

3 Select Location

N/A

4 Select Topic

Mental Health

5 Select Measure

Adults to Turn to When Depressed

Feeling Nervous, Anxious or on E...

Unable to Stop or Control Worrying

Depressive Feelings

Contemplation of Suicide

Plan to Attempt Suicide

Attempted Suicide

# Data View

Choose Analysis ? Help

1 Select Year  
2021

2 Select Grade  
10th Grade

3 Select Location  
Yakima County

4 Select Topic  
Mental Health

5 Select Measure

- Adults to Turn to When Depressed
- Feeling Nervous, Anxious or on E...
- Unable to Stop or Control Worrying
- Depressive Feelings**
- Contemplation of Suicide
- Plan to Attempt Suicide
- Attempted Suicide

## 2021 Healthy Youth Survey Data Dashboard

Trend View Breakout View Map View **Data View**

Measure: **Depressive Feelings** Location: Yakima County Grade: 10 Survey Year: 2021

### Breakout Data:

Location	Grade	Measure	Breakout	Breakout Value	County %	County +/-	State %	State +/-
Yakima County	10th Grade	Depressive Feelings	Grades in School	Mostly A's	31.7%	3.1%	32.0%	1.4%
Yakima County	10th Grade	Depressive Feelings	Grades in School	Mostly B's	32.7%	3.6%	37.1%	2.1%
Yakima County	10th Grade	Depressive Feelings	Grades in School	Mostly C's	36.8%	4.3%	48.5%	2.7%
Yakima County	10th Grade	Depressive Feelings	Grades in School	Mostly D's/F's	47.2%	4.7%	53.0%	3.3%
Yakima County	10th Grade	Depressive Feelings	Gender Identity	Male	21.9%	2.4%	24.2%	1.4%
Yakima County	10th Grade	Depressive Feelings	Gender Identity	Female	46.0%	3.0%	45.4%	1.7%
Yakima County	10th Grade	Depressive Feelings	Gender Identity	Transgender	81.8%	22.8%	83.0%	10.1%
Yakima County	10th Grade	Depressive Feelings	Gender Identity	Other	69.3%	7.7%	70.2%	3.2%
Yakima County	10th Grade	Depressive Feelings	Sexual Orientation	Heterosexual	28.8%	2.1%	29.0%	1.2%
Yakima County	10th Grade	Depressive Feelings	Sexual Orientation	Gay or Lesbian	64.5%	11.9%	63.5%	5.5%
Yakima County	10th Grade	Depressive Feelings	Sexual Orientation	Bisexual	68.8%	6.1%	66.6%	2.9%
Yakima County	10th Grade	Depressive Feelings	Sexual Orientation	Questioning	54.5%	9.8%	50.2%	4.6%

Click [here](#) to download the 2021 Mental Health topic data for Yakima County as a spreadsheet (all grades and measures)

### Trend Data:

Location	Grade	Year	Measure	County %	County +/-	State %	State +/-
Yakima County	10th Grade	2021	Depressive Feelings	35.7%	1.9%	38.1%	1.0%
Yakima County	10th Grade	2018	Depressive Feelings	40.7%	1.8%	40.0%	1.1%
Yakima County	10th Grade	2016	Depressive Feelings	36.8%	1.8%	34.5%	0.9%
Yakima County	10th Grade	2014	Depressive Feelings	37.8%	1.9%	34.9%	1.0%
Yakima County	10th Grade	2012	Depressive Feelings	35.6%	2.0%	30.9%	1.0%
Yakima County	10th Grade	2010	Depressive Feelings	33.5%	1.9%	29.8%	1.1%

**The Depressive Feelings measure is based on the following question:** During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

The percentage of students who answered "Yes" are reported.

# Downloaded data

2021 HYS Dashboard - Yakima_County Mental Health Question Data - 12th Grade											
Year	County	Grade	Topic	Measure	Breakout	Breakout Value	County		State		
							%	+/-	%	+/-	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Emotional/Learning Disability	Yes	42.4%	8.1%	53.0%	4.2%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Others Think I Have Disability	No	46.5%	3.4%	54.4%	2.1%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Others Think I Have Disability	Yes	44.4%	9.4%	53.3%	4.8%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Physical Activity Limited by Disability	No	46.4%	3.3%	54.6%	2.1%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Physical Activity Limited by Disability	Yes	45.2%	12.4%	50.7%	6.0%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Migrant Status	Non-migrant	46.8%	3.2%	54.4%	2.0%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Migrant Status	Migrant	39.7%	11.2%	48.0%	8.0%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Military Parents	Non-military	46.7%	3.4%	53.2%	2.2%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Military Parents	Military	43.0%	10.1%	57.1%	4.3%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Lost Home Due to Finances	No	46.4%	3.2%	54.7%	2.0%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Lost Home Due to Finances	Yes	46.4%	18.5%	36.0%	10.9%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Not Enough Money for Food in Past Year	No	46.5%	3.4%	55.7%	2.0%	
2021	Yakima County	12	Mental Health	Adults to Turn to When Depressed	Not Enough Money for Food in Past Year	Yes	45.7%	10.1%	32.9%	7.0%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Grades in School	Mostly A's	68.0%	3.6%	76.0%	1.7%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Grades in School	Mostly B's	64.6%	4.1%	69.6%	2.5%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Grades in School	Mostly C's	67.5%	4.7%	73.6%	3.0%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Grades in School	Mostly D's/F's	69.0%	5.4%	79.0%	3.6%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Gender Identity	Male	52.6%	3.3%	60.9%	2.0%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Gender Identity	Female	77.6%	2.7%	84.9%	1.5%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Sexual Orientation	Heterosexual	62.3%	2.5%	68.1%	1.6%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Sexual Orientation	Gay or Lesbian	83.1%	9.6%	88.5%	4.9%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Sexual Orientation	Bisexual	88.3%	4.7%	91.8%	2.1%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Sexual Orientation	Questioning	92.4%	6.4%	88.4%	4.1%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Race/Ethnicity	Native American	58.5%	15.1%	64.5%	11.9%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Race/Ethnicity	Asian	61.1%	22.5%	78.3%	4.1%	
2021	Yakima County	12	Mental Health	Feeling Nervous, Anxious or on Edge	Race/Ethnicity	Black	71.4%	23.7%	60.0%	8.6%	

6th Grade

8th Grade

10th Grade

12th Grade

Measure Glossary

+

# Data Dashboard Help



Return to Previous

## Select Help Topic

Complete Help

Choose Your Analysis

Select Your View

Results - Trend

Results - Breakout

Results - Map

Results - Data

### Coming soon:

- Link to download PDF of dashboard help
- Link to download data dictionary:
  - Measure definitions
  - Breakout variable definitions

## 2021 Healthy Youth Survey Data Dashboard



Trend View



Breakout View



Map View



Data View

## How to Use the HYS Data Dashboard

### Choose Your Analysis

Use the selection options on the right side of the screen to choose your analysis.

- Select Grade: 6, 8, 10, or 12
- Select Location: County
- Select Topic: Alcohol, Tobacco, Marijuana, Other Drugs, Hope, Mental Health, Bullying and Harassment, Dietary Behaviors, Physical Activity, Violence and Safety, Community Risk and Protective Factors, Family Risk and Protective Factors, School Risk and Protective Factors, and Peer-Individual Risk Factors
- Select one of the 60+ Survey Measures

### Choose Analysis

1 Select Grade  
8th Grade

2 Select Location  
King County

3 Select Topic  
Alcohol

4 Select Measure  
Current Alcohol Drinking  
Lifetime Alcohol Use  
Binge Drinking  
Access to Alcohol

For the Breakout View, there is an additional selection option for the Breakout Category. Here you can select the following different breakout groups:

- Demographics: Gender Identity, Sexual Orientation, Race/Ethnicity
- Disability: Any Disability, Physical Disability, Emotional/Learning Disability, Other Think I Have a Disability, Physical Activity Limited by Disability
- Living Situations: Migrant Status, Military Parents, Lost Home Due to Finances, Not Enough Money For Food in Past Year
- Risk Factors: Academic Failure, Low Commitment to School, Poor Family Management, Favorable Attitudes Towards Drug Use, Peers Attitudes Favorable Towards Drug Use

### Select Your View

Use the navigation tabs in the top right of the screen to select the view you want.



Trend View



Breakout View



Map View



Data View

# Dashboard Activity

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*\*We recommend using a laptop or tablet for this activity!*

- ▶ Choose a county that you'd like to explore for this activity.
- ▶ TREND VIEW: What has the overall trend been for current (30-day) marijuana use among 10<sup>th</sup> graders in your county since 2010?
  - ▶ What is the statewide prevalence of current (30-day) marijuana use in 2021?
  - ▶ In which year(s) was the difference between your county and State significantly different?
- ▶ BREAKOUT VIEW: What groups of 10<sup>th</sup> grade students are more likely to report current (30-day) marijuana use in your county in 2021?
- ▶ MAP VIEW: Which county reported the highest current (30-day) marijuana use among 10<sup>th</sup> graders in 2021? Which county reported the lowest?
- ▶ DATA VIEW: Download the 2021 Marijuana topic data for your county as an Excel spreadsheet.
- ▶ DISCUSSION: After exploring the data dashboard, how will you use and share this with your coalition, community, stakeholders, etc.?

# Questions?

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- ▶ Rebecca Ruiz, HCA
  - ▶ [rebecca.ruiz@hca.wa.gov](mailto:rebecca.ruiz@hca.wa.gov)
- ▶ Tyler Watson, HCA
  - ▶ [tyler.watson@hca.wa.gov](mailto:tyler.watson@hca.wa.gov)