



HEALTHY YOUTH SURVEY 2025

HCA HYS Team



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Outline

- Background, participation, methods
- Overview of results
- Accessing results (products)
- Utilizing results
- Resources



Statewide Collaboration



- Sarah Mariani
- Rebecca Ruiz
- Jaymie Vandagriff
- Geethika Kodukula



- Megan Suter
- Maayan Simckes
- Eileen Rillamas-Sun
- Dan Hoffman



Washington Office of Superintendent of
PUBLIC INSTRUCTION

- Dixie Grunenfelder
- Matthew Frizzell
- Francesca Matias
- Kelsey Osborne



Washington State
Liquor and Cannabis Board

- Kristen Haley
- Tyler Watson
- Sarah Okey



- Joe Kabel
- Susan Richardson

Statewide Partners

- Schools
- CPWI Coalitions & Schools
- Educational Service Districts
- Local Health Jurisdictions
- Tribes

Communications Team

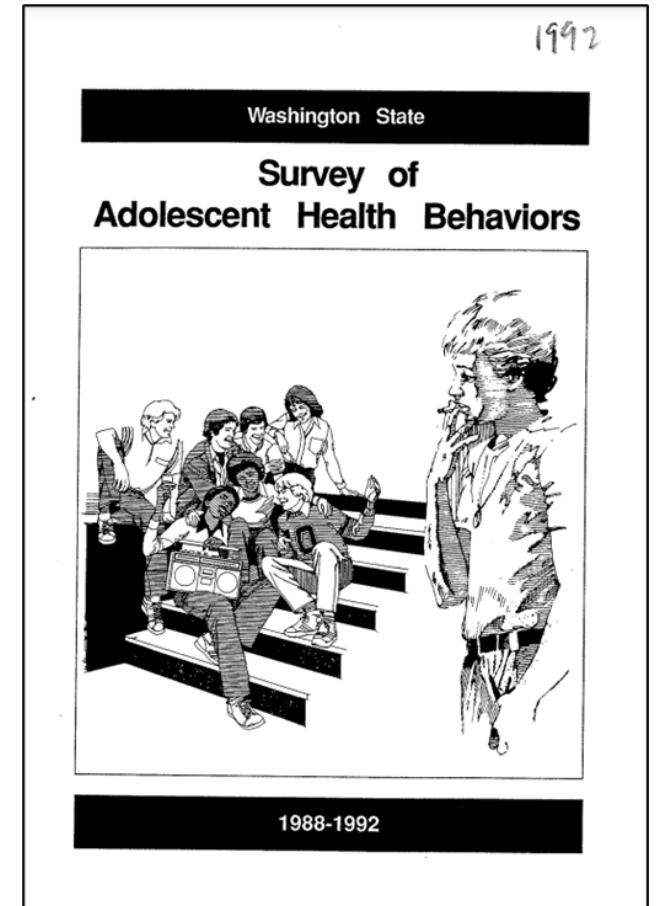
- HCA: Melissa Thoemke
- DOH: Marisol Mata Somarribas
- OSPI: Katy Payne
- LCB: Kristen Haley

Purpose of the HYS

- ▶ Identify trends and patterns in adolescent health behaviors
- ▶ Identify areas of need to inform policy and practice
- ▶ Evaluate the impact of school and community prevention efforts
- ▶ Provide data for grants and other funding sources

Background

- ▶ Started in 1988, became HYS in 2002
- ▶ Questions from national surveys and partners
- ▶ Autumn of even years 2002-2018; in odd years from 2021 forward
- ▶ Students in 6th-12th grade
- ▶ Administered through school setting



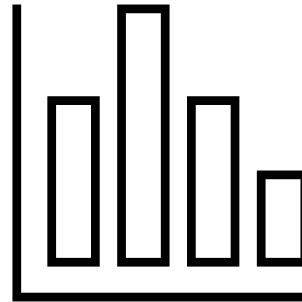
HYS Participation 2018-2025

Participation	2018	2021	2023	2025
All Students	234,694	208,638	217,546	213,515
<i>Percent of enrolled public school students</i>	71%	69%	61%	60%
All Schools	970	877	873	874
<i>Public Schools</i>	966	870	864	867
<i>Private/Charter Schools</i>	2	6	5	4
<i>Tribal Schools</i>	2	1	4	3
Districts	145	146	143	203
Counties	39	39	39	39
ESDs	9	9	9	9

HYS 2025: Survey Methods

- ▶ Same as 2023
- ▶ Fully online, in person
- ▶ Skip patterns (*to reduce survey burden*)
- ▶ Elementary version for grades 6-7
 - ▶ Opt-in gender identity question
- ▶ Secondary version for grades 8-12
 - ▶ Core and bank model for grades 8-12 (*to reduce survey burden*)
 - Core questions given to all
 - Blocks of bank questions randomized to ~50% of students
 - ▶ Exemptions for sexual behavior and sexual violence questions
- ▶ No names or identifiers are collected

Results Overview



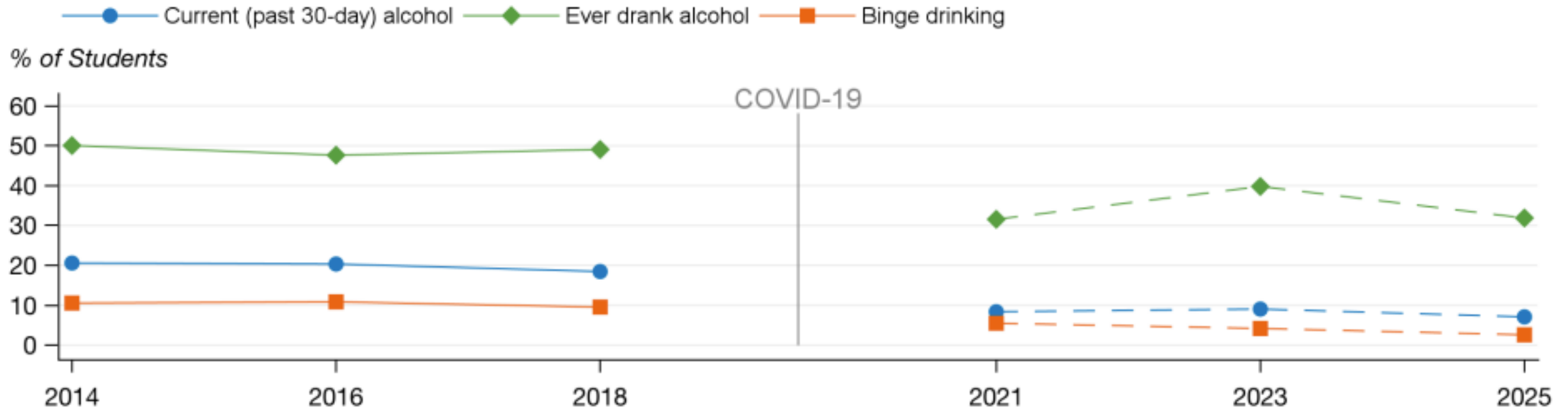
HYS 2025 Substance Use (Grade 10)

- ▶ Substance use remains **low** since 2021.
- ▶ Past 30-day substance use for alcohol, marijuana*, vaping, and cigarettes **significantly decreased** from 2023 to 2025
 - ▶ Alcohol: 7.1%
 - ▶ Marijuana: 5.5%
 - ▶ Vaping: 6.1%
 - ▶ Cigarettes: 1.6%
 - ▶ **Lower** than comparable national results (Monitoring The Future study)

**HYS 2025 used the word "marijuana" based on student input on survey comprehension*

HYS 2025 Substance Use (Grade 10)

Alcohol Use - 2014-2025, Grade 10



HYS 2025 Substance Use (Grade 10)

- ▶ Past 30-day substance use for other illegal drugs, painkillers, and prescription drugs **decreased** from 2023 to 2025
 - ▶ Remains $\leq 1\%$
- ▶ In 2025, **most** 10th graders said they **never**, in their lifetime, used:
 - ▶ Alcohol (68.1%)
 - ▶ Marijuana (87%)
 - ▶ E-cigarettes/vapes (83.7%)
 - ▶ Cigarettes (91.2%)

Lifetime Rare Substances (Grade 10)

- ▶ Psilocybin: **1.5%**
- ▶ Hemp-derived marijuana products (Delta-8, Delta-10, etc.): **1.4%**
- ▶ Bath salts: **0.7%**
- ▶ Ecstasy, Molly, MDMA: **0.7%**
- ▶ Methamphetamines: **0.7%**
- ▶ Fentanyl: **0.6%**
- ▶ Synthetic products (K2, spice): **0.4%**
- ▶ Heroin: **0.4%**
- ▶ Kratom: **0.3%**

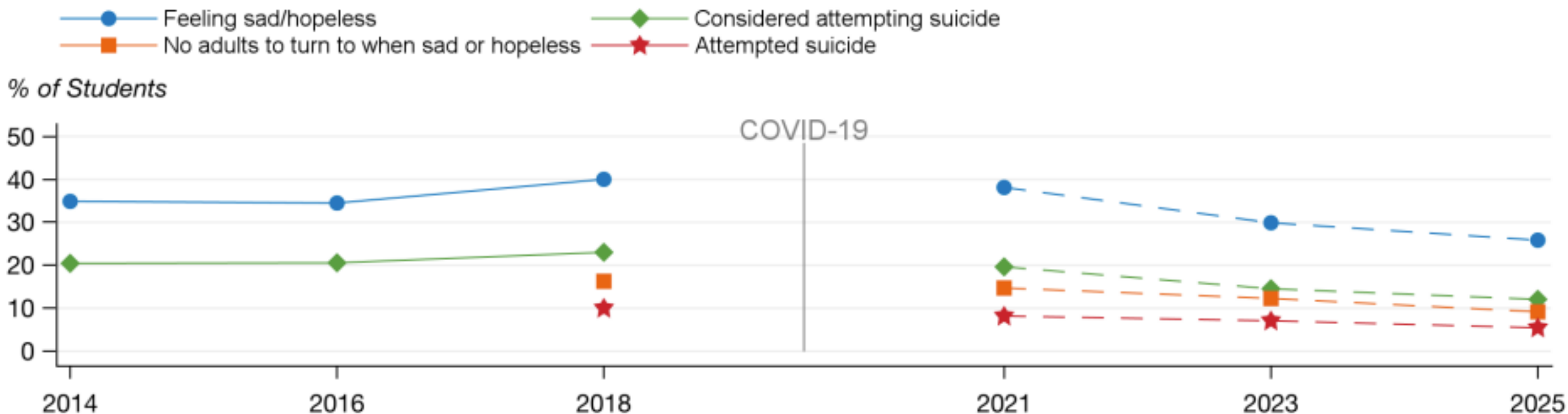
HYS 2025 Mental Health (Grade 10)

- ▶ Continued **decrease** in mental health concerns from pre-pandemic (2018)
- ▶ Depressive feelings and considering suicide **decreased** from 2023 to 2025
 - ▶ ~One in three (29%) report **anxious** feelings
 - ▶ ~One in four (26%) report **depressive** feelings
 - ▶ 12% considered suicide
 - ▶ 10% planned suicide
 - ▶ 5.5% attempted suicide



HYS 2025 Mental Health (Grade 10)

Feeling Sad/Hopeless and Suicide - 2014-2025, Grade 10



HYS 2025 Gambling (Grade 10)

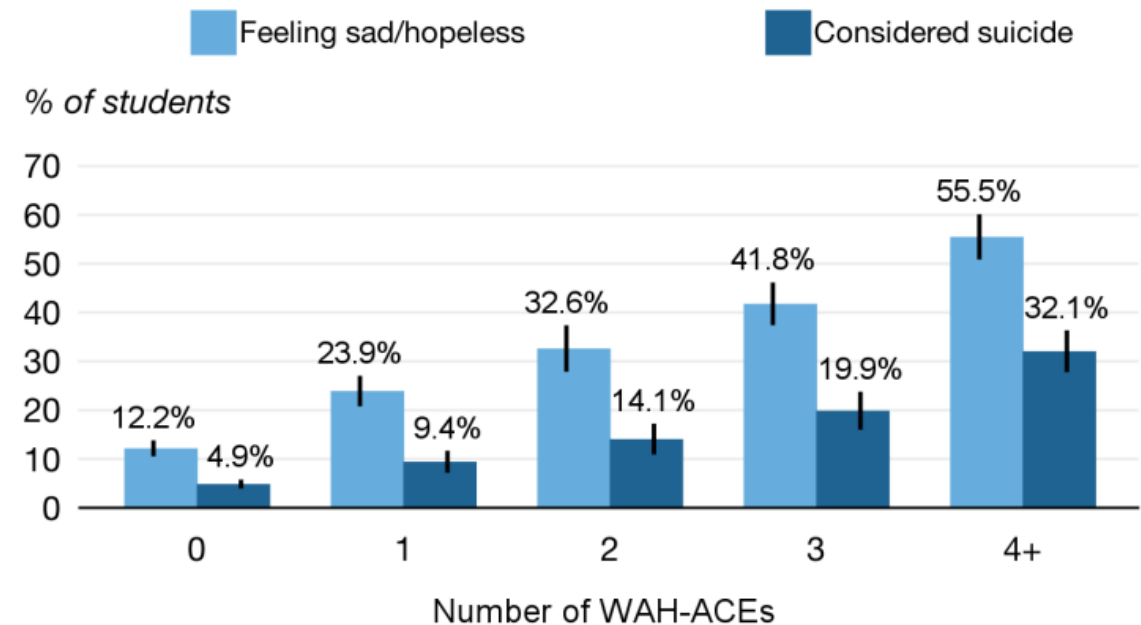
- ▶ Among 10th graders, **about 1 in 8** reported they have gambled in the past year
- ▶ Increasing since 2021
 - ▶ 2021: 9%
 - ▶ 2023: 10%
 - ▶ 2025: 12.7%
- ▶ Gambling has now surpassed 30-day alcohol, marijuana, and tobacco use among 10th graders

New Gambling/Gaming (Grade 10)

- ▶ In 2025, new question on online activities:
- ▶ In the past 30 days, which of the following actions have you participated in while online?
 - ▶ Paid money to purchase an in-game item **22.2%**
 - ▶ Bet money while playing a mobile game on your device **3.8%**
 - ▶ Bought an in-game item using virtual money or points **28.4%**
 - ▶ Placed one or more bets on sporting events **3.9%**
 - ▶ Won a prize online that you were very excited to receive **9.2%**
 - ▶ Played any online game **63.6%**
 - ▶ None of these **31.7%**
- ▶ *Take -aways:* online gaming is common. This can include simulated gambling, which is a risk factor for later gambling.

HYS 2025 Adverse Childhood Experiences

- ▶ Number of ACEs reported by 10th graders **remained steady from 2023.**
 - ▶ **43%** reported **no ACEs**
 - ▶ **24%** reported **1 ACE**
 - ▶ **14%** reported **4 or more ACEs**
- ▶ Youth who felt **sad/hopeless** in the last 2 weeks or **considered suicide** report higher ACE scores



HYS 2025 Hope Scale

- ▶ Among 10th graders

- ▶ No or very little hope: **7%**

- ▶ Slightly hopeful: **18%**

- ▶ Moderately hopeful: **25%**

- ▶ Highly hopeful: **51%**

76% *moderately or highly
hopeful about the future*

- ▶ **5% higher** than 2021 and 2023; same as pre-pandemic levels (2018)

- ▶ Computed from four questions about agency (ability) and pathways (capacity) related to the future

School Wellbeing

- ▶ **Bullying** in 10th grade has **remained steady**: 84.7% reported not being bullied in the past 30 days (83.4% in 2023).
- ▶ The percentage of students who did not participate in school activities because they **felt unsafe** was **stable** from 2023-2025.
 - ▶ Nearly all students (92.8% in 2023 and 94.7% in 2025) missed 0 days.

Social Support

- ▶ 10th graders report **steady** social support:
 - ▶ Having **adults to turn to** when feeling depressed (50% in 2021 vs. 59% in 2023 and **61%** in 2025)
 - ▶ Having **people from school** who would help them (72% in 2021 vs. **77%** in 2023 and 2025)
 - ▶ **Perceived success** on academic indicators (52% in 2021 vs. **56%** in 2023 and 2025)

Schools, Families, Communities, and Programs are doing really important work: it's paying off.

Takeaways

- ▶ Emphasis on student resiliency and finding hope
- ▶ Health indicators trending in **positive directions**
- ▶ Substance use has mostly **remained steady** since 2021
- ▶ Mental health trends **continue in the right direction**
- ▶ Report **social support** at school and at home

We can't pull back our momentum.

We must continue working together to support youth and make positive change.

HYS Results Products

www.AskHYS.net/SurveyResults

1. Frequency Reports (by question)
2. Fact Sheets (by topic)
3. QxQ Analysis Tool (cross-tabulation)
4. Other Reports (detailed analysis)
5. Data Dashboard

Frequency Reports



Healthy Youth Survey 2025 Report of Results

Statewide Results
Grade 10

March 1, 2026

Looking Glass Analytics
Ruston, WA

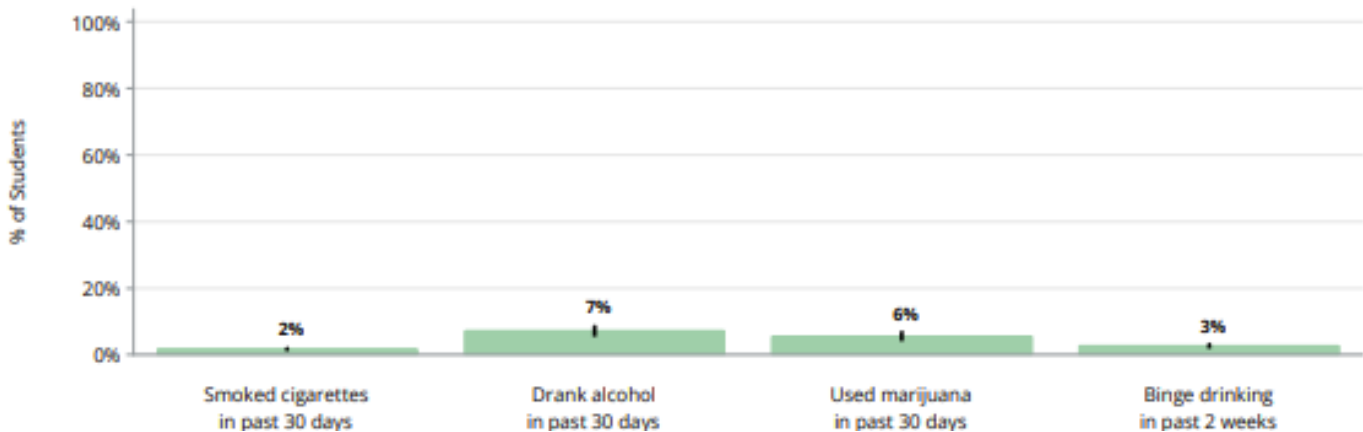
Statewide Results

Grade 10

Highlights of the Local Results

Local students and students statewide reported the following behaviors and attitudes:

Substance Use	Statewide % (±CI)
Smoked cigarettes in past 30 days	1.6% (±0.5)
Drank alcohol in past 30 days	7.1% (±1.6)
Used marijuana in past 30 days	5.5% (±1.4)
Binge drinking in past 2 weeks	2.6% (±0.7)



Fact Sheets



Mental Health and Well Being Fact Sheet 2025 Washington State, Grade 10 Students surveyed = 7,141

Introduction

- Feeling sad, hopeless, and fearful every so often is normal in adolescent growth and development.
- Adolescents who are feeling sadness, hopelessness, or worry persistently over long stretches of time or when these emotions affect their daily activities or physical health may be suffering from depression or anxiety, which are treatable mental health conditions.
- Trauma, abuse, and bullying can increase the likelihood of depressive feelings and anxiety in adolescents.¹
- Severe depression in adolescents can result in self-harm, suicidal thoughts, and suicidal attempts.
- Having a trusted adult that they can turn to for help and support is important for adolescents with depressive thoughts or with anxiety and can improve the chance for receiving proper medical treatment.

HYS 2025 Mental Health and Well Being Fact Sheet
Washington State, Grade 10

Statewide Relationship between Feeling Sad/Hopeless and Interpersonal Violence, Grade 10



Statewide, youth who reported interpersonal violence were more likely to report feeling sad or hopeless than those who did not.

The bar chart above shows the statewide relationship between feeling sad/hopeless and interpersonal violence for grade 10 in 2025

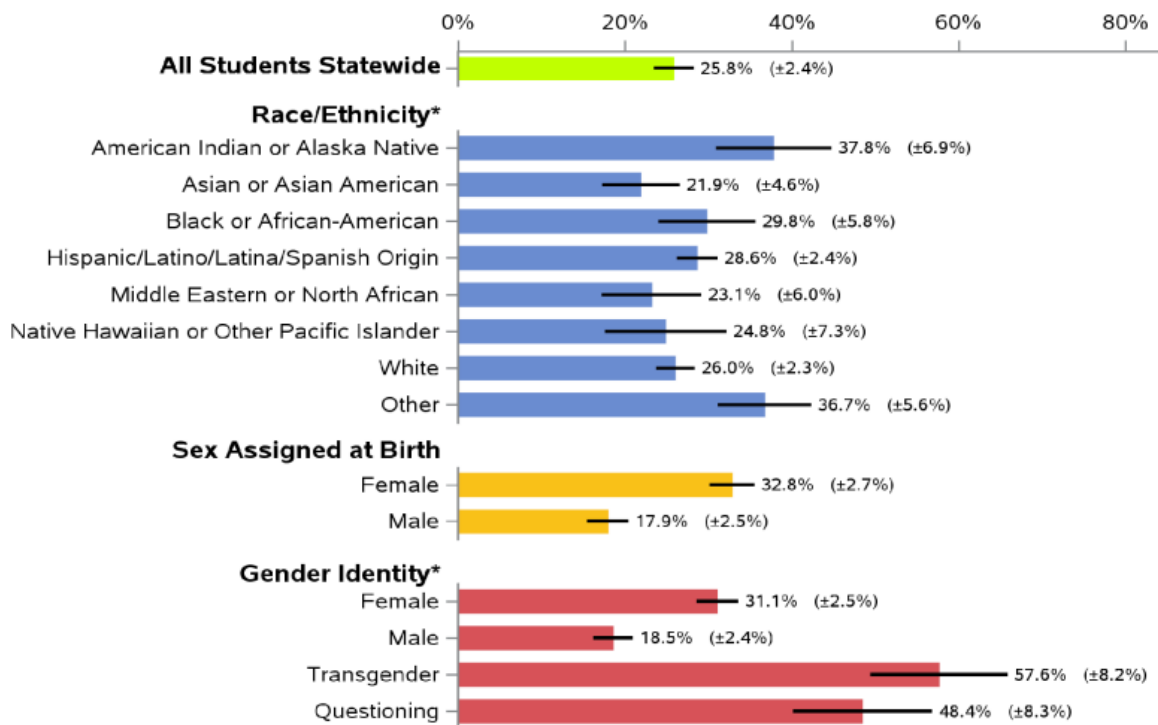
Student group	Results
Been bullied in the last 30 days	52.2% report being sad or hopeless ($\pm 4.2\%$)
Have not been bullied in the last 30 days	21.1% report being sad or hopeless ($\pm 2.0\%$)

Student group	Results
Limited or threatened by dating partner	58.2% report being sad or hopeless ($\pm 6.7\%$)
Have not been limited or threatened by dating partner	27.6% report being sad or hopeless ($\pm 2.8\%$)

Student group	Results
Hurt by dating partner on purpose	58.8% report being sad or hopeless ($\pm 10.4\%$)
Have not been hurt by dating partner on purpose	30.0% report being sad or hopeless ($\pm 2.8\%$)

Fact Sheets

Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 10, 2025



Sexual Orientation*



Sexually or Gender Diverse**



Disability



Migratory Working Family



*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

**Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

QxQ Analysis Tool (updated!)

[About HYS](#)
[Survey Results](#)
[Resources](#)
[Contact](#)
[Login](#)

Need help using the QxQ online query system? [See the QxQ Instructions \(PDF\)](#)

Having trouble finding a variable in the Available Variables dropdown menu? See the Crosswalk tab in the HYS Data Dictionary and Crosswalk (XLSX) to find the Category, Subtopic, and QxQ Dropdown Title for each survey question.

The Data Dictionary and Crosswalk is here: [Data Dictionary and Crosswalk.xlsx](#)

1 Select Survey Year

2025

3 Available Variables

Variable Topics

Disabilities

Any Disability (Disable_25)

Limited Activities Due to Disability or Health Problem (H2I)

Individualized Education Plan (IEP) or 504 (H138)

Disability - Autism (H131_25A)

Disability - ADHD (H131_25B)

Disability - Developmental or Intellectual (H131_25C)

Disability - Learning (H131_25D)

Disability - Mental Health Condition (H131_25E)

Disability - Mobility (H131_25F)

Disability - Sensory (H131_25G)

Disability - Other Health Condition (H131_25H)

Disability - None (H131_25I)

2 Filter Variables (required)

Geography

☐ State
☐ ESD
☐ County

State Sample

4 Row Variable (required)

4 Column Variable (optional)

4 Breakout Variable (optional)

Grade

☐ Grades

GET REPORT

?

LEGEND

Required variable

All Grades

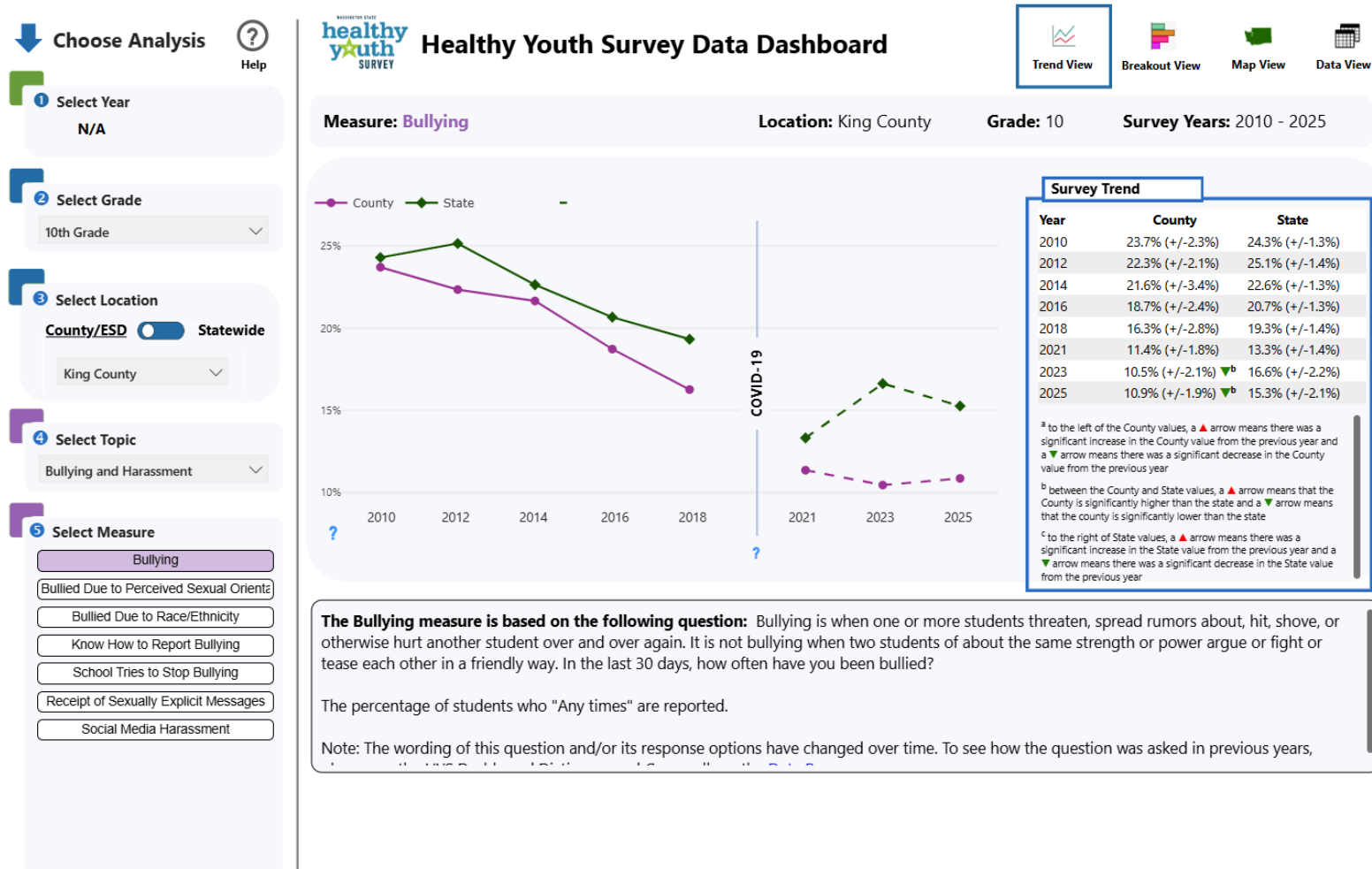
Elementary only

Secondary only

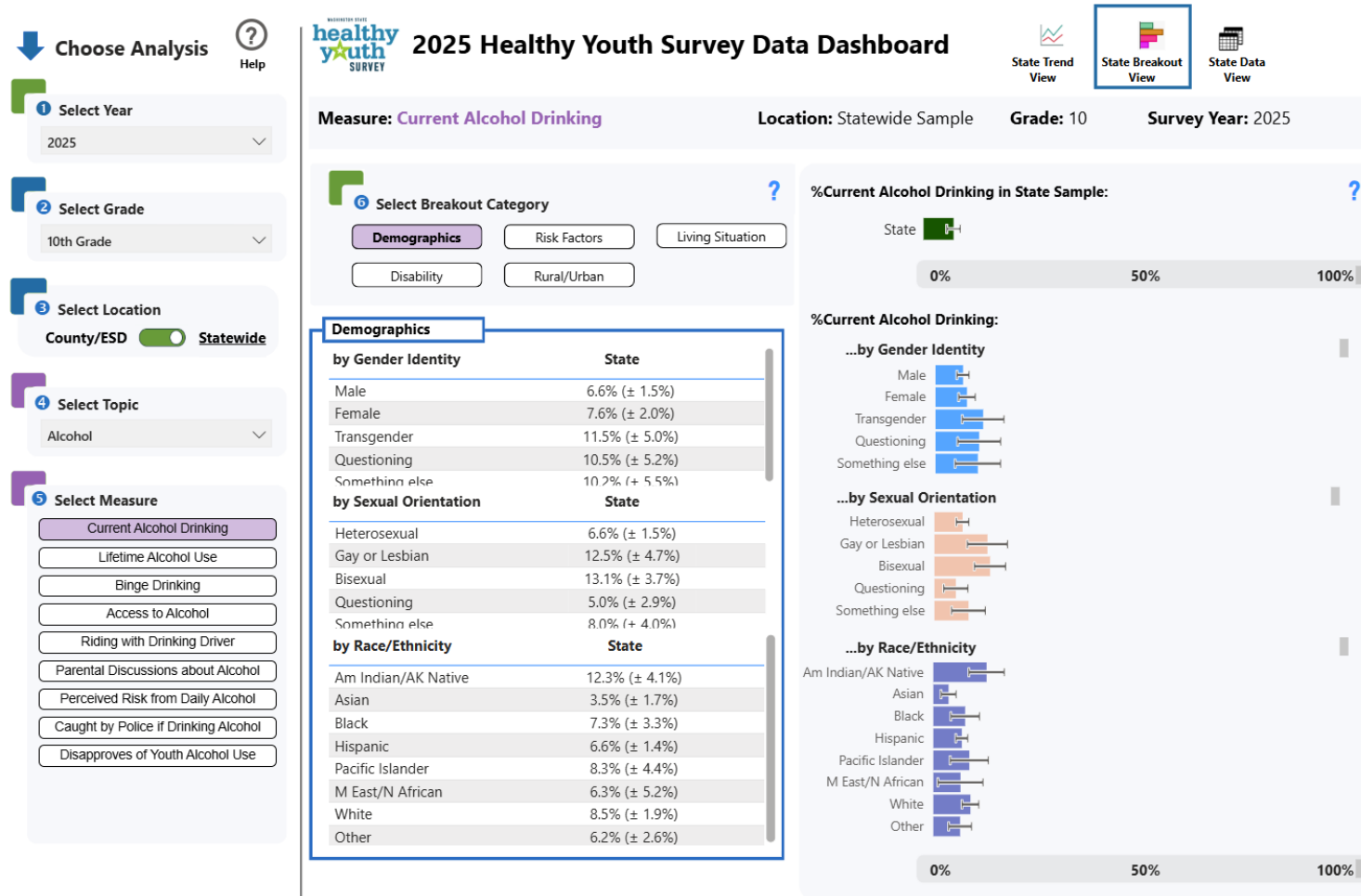
Cannot be used with other selected variables

A row variable is required.

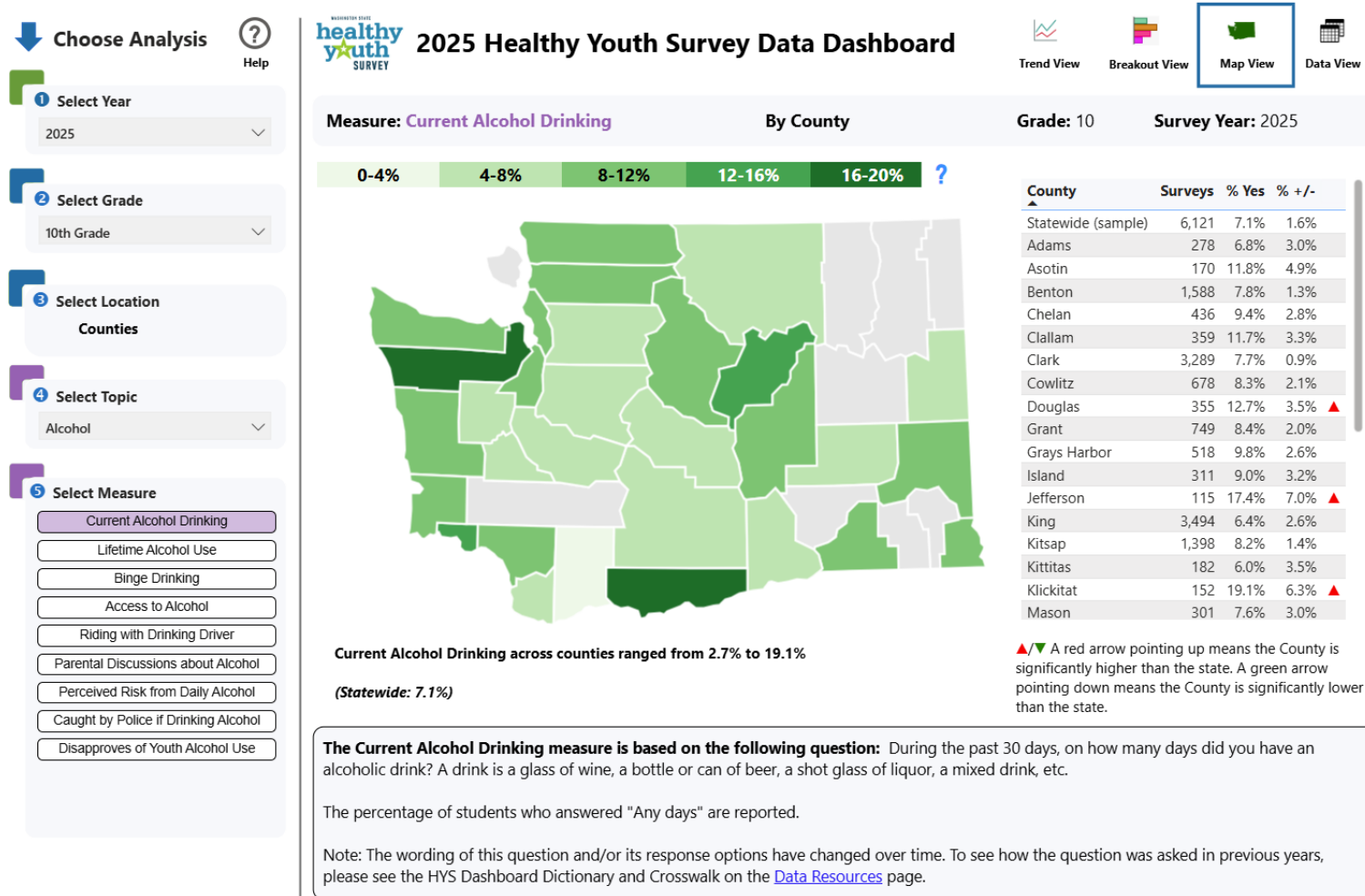
Data Dashboard – Trend View



Data Dashboard – Breakout View



Data Dashboard – Map View



Data Dashboard – Data View

Choose Analysis ? Help

2025

2 Select Grade

10th Grade

3 Select Location (County/ESD)

County/ESD Statewide

King County

4 Select Topic

Alcohol

5 Select Measure

Current Alcohol Drinking

Lifetime Alcohol Use

Binge Drinking

Access to Alcohol

Riding with Drinking Driver

Parental Discussions about Alcohol

Perceived Risk from Daily Alcohol

Caught by Police if Drinking Alcohol

Disapproves of Youth Alcohol Use

2025 Healthy Youth Survey Data Dashboard

Trend View

Breakout View

Map View

Data View

Measure: Current Alcohol Drinking

Location: King County

Grade: 10

Survey Year: 2025

Breakout Data:

Location	Grade	Measure	Breakout	Breakout Value	County %	County +/-	State %	State +/-
King County	10th Grade	Current Alcohol Drinking	Grades in School	Mostly A's	5.2%	2.5%	5.5%	1.7%
King County	10th Grade	Current Alcohol Drinking	Grades in School	Mostly B's	7.2%	3.1%	7.8%	1.8%
King County	10th Grade	Current Alcohol Drinking	Grades in School	Mostly C's	7.3%	3.2%	7.1%	2.2%
King County	10th Grade	Current Alcohol Drinking	Grades in School	Mostly D's/F's	11.2%	9.7%	12.1%	4.2%
King County	10th Grade	Current Alcohol Drinking	Gender Identity	Male	6.4%	2.4%	6.6%	1.5%
King County	10th Grade	Current Alcohol Drinking	Gender Identity	Female	6.4%	3.3%	7.6%	2.0%
King County	10th Grade	Current Alcohol Drinking	Gender Identity	Transgender	15.5%	7.6%	11.5%	5.0%
King County	10th Grade	Current Alcohol Drinking	Sexual Orientation	Heterosexual	6.1%	2.5%	6.6%	1.5%
King County	10th Grade	Current Alcohol Drinking	Sexual Orientation	Gay or Lesbian	13.5%	6.6%	12.5%	4.7%
King County	10th Grade	Current Alcohol Drinking	Sexual Orientation	Bisexual	10.0%	3.8%	13.1%	3.7%
King County	10th Grade	Current Alcohol Drinking	Sexual Orientation	Questioning	5.6%	3.4%	5.0%	2.9%
King County	10th Grade	Current Alcohol Drinking	Race/Ethnicity	Am Indian/AK ...	13.3%	9.8%	12.3%	4.1%

Note: Some of the grades in the data download are suppressed. Click [here](#) to download the 2025 Alcohol topic data for King County as a spreadsheet and all measures in the topic)

Trend Data:

Location	Grade	Year	Measure	County %	County +/-	State %	State +/-
King County	10th Grade	2025	Current Alcohol Drinking	6.4%	2.6%	7.1%	1.6%
King County	10th Grade	2023	Current Alcohol Drinking	7.8%	3.7%	9.1%	1.5%
King County	10th Grade	2021	Current Alcohol Drinking	9.8%	4.0%	8.4%	1.6%
King County	10th Grade	2018	Current Alcohol Drinking	16.5%	2.2%	18.5%	1.7%
King County	10th Grade	2016	Current Alcohol Drinking	18.1%	3.0%	20.3%	1.4%
King County	10th Grade	2014	Current Alcohol Drinking	19.5%	3.3%	20.6%	1.6%

The Current Alcohol Drinking measure is based on the following question: During the past 30 days, on how many days did you have an alcohol drink? A drink is a glass of wine, a bottle or can of beer, a shot glass of liquor, a mixed drink, etc.

The percentage of students who answered "Any days" are reported.

Note: The wording of this question and/or its response options have changed over time. To see how the question was asked in previous years, please see the HYS Dashboard Dictionary and Crosswalk on the [Data Resources](#) page.

*How do you plan to
use HYS results?*

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 – acknowledge 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
-

Training & Resources

▶ www.AskHYS.net/Resources/Data

Data Resources

HYS Interpretive Guide

Information to help those involved in local program planning make the most of their survey results. Includes an overview of statistical considerations, local reports, and ways to use local data.

[HYS Interpretive Guide \(PDF\)](#)

Using your Healthy Youth Survey Results

Training on accessing, understanding, interpreting, and communicating HYS results from Spring 2022.

[Training Presentation \(PDF\)](#)
[Recorded Training Webinar \(MP4\)](#)

HYS Data Dictionary and Crosswalk

An Excel file with a tab for each survey administration year that includes details about the survey questions, variables, and locations of questions on survey forms and reports.

[Data Dictionary and Crosswalk \(XLSX\)](#)

Testing Significant Difference

A tool to determine if two survey results are different from another. Enter the percentage and confidence interval for two results to test for statistical significance.

[Tool for Determining HYS \(XLS\)](#)

HYS Chart Template

A template to create standardized HYS charts. Users can enter data, titles, location and more into sheet to create localized data charts.

[HYS Chart Template \(XLSX\)](#)

Data Analysis & Technical Assistance Manual

A manual for users with an individual record dataset that establishes standard methods for simple frequency and crosstab analysis of Healthy Youth Survey data. Supports STATA programming of HYS analysis.

HYS 2027 Revision Process

- ▶ External revision process is paused for the 2027 cycle while the Planning Committee focuses on minor adjustments and quality assurance
 - ▶ We are still accepting comments and questions on an ongoing basis:

Submit HYS questions and
comments directly to:

https://lgan.qualtrics.com/jfe/form/SV_5dUI6jnnaNgM30a

Thank YOU for making this survey possible!