



Board Caucus Meeting

Tuesday, May 31, 2022, 10:00 am

This meeting was held by web conference only

Meeting Minutes

CAUCUS ATTENDEES

Chair David Postman
Member Jim Vollendroff
Dustin Dickson, Executive Assistant

GUESTS

Mary Segawa, Public Health Education Liaison
Tyler Watson, Prevention Research & Evaluation Manager
– Health Care Authority

At 10:00 am, Dustin Dickson announced that the meeting lobbies were open, and the recording had begun.

At 10:00 am, Chair Postman convened the meeting and announced that Member Garrett was in transit today.

HEALTHY YOUTH SURVEY – REVIEW AND DISCUSSION

Mary Segawa, Public Health Education Liaison; Tyler Watson, Prevention Research & Evaluation Manager – Health Care Authority

Mary Segawa: All right. Thank you so much, Chair Postman. Good morning to you, and Board Member Vollendroff. We appreciate the opportunity to be with you here today and share this information. As you know, the Healthy Youth Survey has been going on for a long time, and we want to share the latest results. There are some caveats with that with 2021, but I want to start by turning it over to Tyler and having him kick us off with some background information about the Healthy Youth Survey and start to share the results. And we'll do a little bit of tag-teaming here. I just want to say in advance that I really appreciate Tyler's willingness to be with us today and join in this. He's one of the key evaluation people who really study the data carefully, and so it's great that the Health Care Authority and Tyler, in particular, agreed to join us today. So with that, go ahead, Tyler.

Tyler Watson: Thanks, Mary. And thanks, all, for having me join your meeting today and for the opportunity to present. Can I just get confirmation that folks can hear me and see the screen I'm sharing with PowerPoint?

Chair Postman: You bet. Yep.

Member Jim Vollendroff: Okay.

Tyler Watson: Great. Okay. Thanks for that intro, Mary. So as Mary said, we will be sharing some of our results and insights from our latest survey, which happened last Fall in 2021 (PRESENTATION 1). We'll start with just a little bit of background about this project and what it is and how that relates

to topics that are relevant to today. This is very much a statewide effort. So along with the Health Care Authority, where I work, and LCB, we also partner with OSPI and the Department of Health, so we very much have made collaborative efforts to administer the survey. We work also closely with schools. That's where the survey is administered through our public school system, mostly with just a few exceptions to that as well as ESDs, local health jurisdictions, and community prevention providers all help with the administration as well as getting the results out and getting the word out. And the funding for this project is from a dedicated cannabis account and dedicated marijuana account, and the Substance Abuse Block Grant is how we fund this survey that happens every other year.

So just a few considerations. This project is reviewed by the Washington State Institutional Review Board. It is surveillance. It has seen what's happening with adolescents around the state. It is also research, so different researchers can get the data set and do their own analyses, as well. A lot of consideration and care goes into this survey. Parent notifications are sent out ahead of time. A designated point person in schools, who we call Survey Coordinators, gets a whole packet of training materials. Students are supposed to watch a video now that the survey is online, about the survey, why they're taking it, and it's anonymous and voluntary. So students can opt-out at any time. They don't have to take the survey. They don't have to finish the survey. They don't have to answer all the questions on the survey, and their information is never shared. Even when we get down to the school level, many results if there are not enough students, the results are suppressed to protect that anonymity.

And finally, we do quality control checks on the back end to check for honesty. So we can tell if the student just went through and clicked every single Option C. Those get tossed out because they probably didn't answer honestly. We also asked them at the end of the survey, did you answer this honestly? So we have a bunch of checks to try and make sure that we're getting good results. So that's a little bit about how this is administered. In 2021, we had over 200,000 students take the survey from all 39 counties across the state. So this is by far the largest effort that I'm aware of to get information about adolescent health behaviors, not just in Washington, but in any state. I don't think anyone has a sample quite this large. That's over 200 school districts, almost 900 schools. And then we do have some exceptions that I mentioned that are not like the public school district, where we have a few charter schools. We had a Tribal school take the survey, a school for the blind, and three private schools.

So it is mostly a default open to public schools, but other schools can participate if they ask. Again, no one is required to take this. Every school that does take it gets its own report. But this, again, participation is voluntary. So we were happy with the participation in 2021.

Member Jim Vollendroff: I have a question -- I'm sorry, would you prefer we hold questions to the end, or would you mind taking questions along the way?

Tyler Watson: I don't mind taking questions. Go ahead, Mary.

Mary Segawa: Yeah, we can take questions along the way. That's fine.

Member Jim Vollendroff: Okay, great. Thank you. So I was just looking at the number of students, 206,000 in 2021, and thinking about the impacts of COVID. And it sounds like maybe there were some changes during COVID. And I'm just wondering about the participation rate from the previous Healthy Youth Survey versus 2021. And did we actually see an increase or a decrease, or what were their participation rates during the time of COVID for the survey?

Tyler Watson: Yeah, that's a great question, and I have a slide on exactly how 2021 is different. But to briefly answer your question, participation did decrease but not by a lot. I think we were concerned that schools are really busy when this happened in Fall 2021. A lot of schools had just got back to fully in-person or mostly in-person instruction. So I think we were really worried that we were going to get a huge drop-off. And I think, ultimately, it came down to I think we got like maybe 10% less participation, so not too bad. We would like to see, of course, increased participation, but given everything that has happened, I think we were pretty happy with the sample we got. And it is because we have such a good sample, we can say these results are representative of students across the State of Washington, at least students in public schools.

Member Jim Vollendroff: Great. Well, I have one more follow-up question, and then I'll hold my questions because it sounds like you may cover some things. But just since I've interrupted already, I might as well finish my line of questioning. And that is of the 877 schools, can you remind me? I'm pretty familiar with the Healthy Youth Survey, but can you remind me? Middle school, high school, or both is the first question. And then part B is, do schools opt-in? And then of the 877, that have opted in. And then what are the number of schools? I mean, I'm just trying to figure out of the 877, how many schools didn't opt into the survey? And do you have any thoughts about why schools choose not to opt-in?

Tyler Watson: Yes. I guess I'll answer the first part. So opting in of these numbers. What was the first part? Sorry.

Mary Segawa: It was middle and high school.

Tyler Watson: Oh, yes.

Mary Segawa: Middle and high school.

Tyler Watson: Yeah, grades 6, 8, 10, and 12 were primarily the respondents. We do let the other grades of 7, 9, and 11 also answer if it's a small school and they want to make sure they have enough responses to not get suppressed results. So yes, that ends up including middle and high schools and elementary schools, actually, because of the 6th graders. And the 6th graders get a slightly different version because we acknowledge all of the questions are probably not appropriate for 6th graders. And then a second question of the 877 schools. So, again, we have had closer to, I think, 1000 schools in the past. So, yes, these 877 all opted in. No one has to take this. Schools that have opted out or just not opted to take it rather, you don't have to opt-out. They just don't ask for the survey. We think there are a lot of reasons. I think the pandemic was a huge one. I think the students are over-surveyed. That's another reason. I think, unfortunately, it's hard to make sure that this doesn't overlap with any other either state, school or district assessments that students do

nowadays. So I think that is also a thing. And then I think there is just some growing scrutiny of data collection overall. So I think there are a lot of different reasons.

Member Jim Vollendroff: Great, thank you. I will hold my questions to the end now.

Tyler Watson: All right. We'll keep going. This is just really brief. If anyone is interested in going and looking at more of the results in what we are presenting today, all of what I am presenting today is going to be pulled from our website at askhys.net, which you can navigate to Click on Survey Results, and you can look at any of this on your own time, go into more detail, look at other substances that we're talking about today. Any of that can be found on the website. So I'm not going to present anything that you can't find on the website. And what you can find there are a few different things. Just very briefly, there are fact sheets, which are by topic. So you can go to the fact sheet on alcohol use, for example. Frequency Reports are going to be just the numbers. How many students responded yes to this question? Both the number and percentage.

If you really want to get into the details, you can go to our Q x Q Analysis Tool, which allows you to look at how many students answered this question in this way, all three answered this question in this way, so it allows you to do a cross-tabulation. And then, finally, we do have some PowerPoints that are pre-populated with it. So that can be found online. And then what we are going to highlight today is some of the results that you can find online. Okay, so here's my caveat slide, which we'll get to some of those other questions. The year 2021 was unique in several ways. So prior to this administration last fall, this survey was happening every two years on even years. So the last time was 2018. We were scheduled for 2020. As you see in the next bullet point, we postponed 2020. We asked schools, and there was no way they were going to administer what was then a paper and pencil survey during that first Fall start during the pandemic. So we postponed it to 2021.

We also made it completely online. A handful of schools said they do not have the capacity to administer online. So we still allowed some paper pencils, but it's mainly an online survey now. And so here is a disclaimer. Given the context of the pandemic and the fact that it was postponed, what that essentially did is break our trend analysis. So we can no longer very directly compare 2021 to previous years because we have an additional year gap. Different students were answering because of that gap because they threw off that pattern, and we know that a lot of different factors were different during the pandemic than they were in past years. So we're going to not rely too much on trends. We will show one briefly but have to be very careful when we compare it as "this was the drop," or "this was this was what happened in the three years since 2018." So that is the disclaimer. So let's get into some of the results.

So what we saw across the board, for the most part, is that students reported low levels of substance use. The past 30 days use -- very commonly we ask this. For alcohol, cigarettes, marijuana, painkillers, and polysubstance decreased. Again, I am not going to focus too much on trends, but a lot of these substances were decreasing, at least a little bit, but this was a much larger decrease than we had seen previous to 2021. For e-cigarette/vapor products, we also saw a pretty substantial decrease, and this reversed the previous trends. So prior to 2021, we had seen this was a category that was increasing. Right? We had the whole vaping epidemic happening, and that decreased, so that changed a trend. And then we did see that perception of regular use of alcohol and marijuana slightly increased, as well, during this initial administration.

So I'm going to go into some more detail. Here, again, this is the only trendline we are going to show. But here's how these four steps that support these substances look over time. So we see that alcohol in the green, marijuana in the orange, and cigarettes in the gray were already decreasing for the most part, and they decreased much more. And then we saw e-cigarettes had been increasing and then those to go a substantial decrease, as well, but I'm not drawing the line here because this is a break in the trend between these three years. The green and the blue are the same dot here.

The other thing I'll mention is that we use grade 10 a lot. We use sophomores a lot because they tend to have a really good response rate. And these are students who are first into high school. They are no longer in junior high, but they are not quite to the end of high school in the 12th grade category. So for that, and other reasons, we tend to look at 10th grade as a really good kind of indicator grade. So you'll see things from grade 10 a lot rather than combining all 6, 8, 10, and 12. All right. I think I am going to turn it over to Mary.

Mary Segawa: All right. Great. Thank you, Tyler. So I'm going to start with some of the details of alcohol and cannabis use. And I'll go through these fairly quickly but, again, if you have questions, if you want to jump in, go ahead, or wait until the end, either way, but we'll run through these. So again, relying on that statement of Tyler's that we're careful about trends, this gives you the specific information on alcohol use and what that looked like between the data from 2018 and the data from 2021. So you can see the amount, how much lower it was. I wish we could ask these students what made the difference. We can make some guesses about social activities being curtailed and just a whole change in environment, but we have nothing that we can actually say this is why it happened. I think as we continue in 2023 and 2025, we'll get a better idea of are we really seeing a change here. Or is this just an odd blip? We would love for it to be a permanent change, but time will tell.

Binge drinking. Again, when we look at alcohol use, even though we asked about lifetime use, we focus on the 30-day, the most recent, and then the binge drinking because that, in particular, especially from a prevention and education standpoint, gives us the clue on to what extent are we looking at a potential with the problem drinking and the potential for long term changes. We know that youth who start using by age of 15 are four to five times more likely to have problems with alcohol as an adult. And so, the binge drinking is a real concern, but we did see a decrease in that also. Next.

Levels of alcohol use. Again, talking about where we are seeing, what are the differences here for experimental heavy and problem drinking, and what we have those defined with a problem drinking being 6+ days of drinking and/or 2+ days of bingeing. Again, the good news here is that 90% of the 10th graders are saying that they have not had alcohol in the past 30 days, so we're very pleased with that. And so, the focus then is how do we maintain that? And how do we reduce the numbers that are doing, in particular, that problem in the heavy drinking? Next.

From the standpoint of the LCB, we want to know where they are getting it. And the numbers for "bought it from a store" and "stole it from the store" are still pretty low, although, 12% of 12th graders, who are not yet 21, buying it from a store is a concern. The other piece here that I want to focus on is that they are getting it from friends, and they are getting it from home with permission. And I think it's a bit astounding that 34% of 8th graders are saying they are getting it from home with

permission. Again, this is a flag for us in prevention and education that we need to have more focus on our message to parents and caregivers, and other adults in their lives. So we're, again, looking at it from the LCB standpoint, the buying and stealing from the store are fairly low, but still, there's room for improvement. Okay, next.

Perception of risk. And here we look at perception of risk because that often tells us what the probability of students later using, and if perception of risk is low, oftentimes use will increase. So, again, 78% say "risky to drink regularly" is a good sign for us. And 68% "it's wrong for kids to drink." That feels pretty high. I mean, we'd like to see them understand that it's both risky and wrong. And then "the police would catch youth who were drinking" was 30%. And some of that we can think about in what environment are they doing the drinking? And if they are doing it at home, then the police aren't going to catch them. Next.

Here is a concern that we know is high with traffic safety with the Washington State Patrol and all of our law enforcement and us as people who are out on the road looking at alcohol riding and driving. And when we asked this question again about whether they have driven after drinking in the past 30 days or rode with a drinking driver, and looking at the 8th, 10th, and 12th, the 10%, 10%, 8% riding with a drinking driver, 4% 12th grade driving after drinking. We don't know who the driver is. Was it a parent? Was it a friend? Was it a sibling? This is a question that we are considering adding to the Healthy Youth Survey for 2023 to get a better understanding of who is doing the driving so that any education effort that we or our partner agencies do can focus on who is doing the driving. Okay, next.

So moving on to cannabis use on this, you will see "marijuana" on the slides because that is how the question is asked in the Healthy Youth Survey. So for 30-day use, again, we see a pretty substantial decrease here. When we look at 3% using, 7%, and 16% of 12th graders, which is still higher than we want to see, obviously, zero would be the target, but we're still seeing substantial use. Okay. The level of use, again, like with alcohol, the number of days that they have been using in the past 30 days is a concern. When we look at 2% using 10 or more days, and we look at the impact on school success, on brain development, again, level of use, this is a pretty high number here for 2%. Next.

Type of marijuana used. We put in there asking them to check all that apply. And when we look at this, we are looking at the two areas of concern from a health standpoint, smoking because of the particulate matter in smoking, and dabbing because of the concentration of cannabis. And we know of the link to psychosis and other mental health issues. Those numbers that highlight that are of real concern, and the concern is that they are using but even more concerned that they are using it in ways that are less healthy than other ways. Next.

Access. Again, we see "from friends" as being the highest in this area. They are buying at a store. This one is a little bit puzzling for the 8th and 10th graders to be that high, how they are managing to get that from a store, but from friends is the highest. "Other way." We're not sure exactly what they are referring to. They are giving money to someone to get it. And then "home with permission" is lower than what we saw for alcohol in this area. Okay.

Perception of risk. Marijuana is perceived as not harmful. Looking at "no or low risk from trying once or twice," and that perception of risk decreases from 8th to 12th grade, that the older they get, the

less they have that perception. And then “no or low risk from using regularly,” which we have assigned this once or twice a week. So we're talking four or five times or five to 10 times per month. All right. Next.

Marijuana use with riding and driving. The question -- I want to make sure I have this right. So when we asked this on the “drove after using,” the question is, “during the past 30 days, how many times did you drive a car or other vehicle within three hours after using marijuana?” We used three hours as a gauge. I think this is one of the areas we are looking at for possibly changing that number, trying to find out what the best is from research what the number of hours should be. But on this, we have said within three hours after using. And so, you're seeing 9%, almost 1 out of 10 12th graders that are using have said that they have driven after using marijuana. And then, again, like alcohol, how many times did they ride in a car, or a vehicle driven by someone who had been using, and 15% of 12th graders say that they have ridden, and almost 1 out of 10 in 10th grade, and then 8% in the 8th grade. Again, we don't know who was driving but we're looking at asking that question in the future. Okay, I'm turning it back to Tyler here.

Tyler Watson: Yes. So I will conclude by covering vapor/e-cigarette use. So similar to the other categories of substance use, we did see a substantial decrease. Some cases have a drop of 50% among 8th grade, 10th grade, and 12th graders. We're not going to go into much detail but just look at one aspect of vapor products. What are students vaping? We asked this as a select-all question. What type of substance was in the vape pen or whatever you were using? We see that the most commonly checked response among students who reported using was nicotine followed by THC/marijuana. Interestingly, a substantial percentage of students who reported using vape pens or e-cigarettes (JUUL) said that the substance wasn't known, as well. So that's kind of interesting that not all students seem to have a good idea of what is exactly in that vape pen or that cartridge that they're using or may be using someone else's. And then they could have also chosen neither, as well, just something that has flavor in it. That's what that looks like, again, grade 10 and among sophomores.

And the last thing I'll mention, when we ask questions on this survey, for example, Mary mentioned we say marijuana instead of cannabis. Here in the question, we ask it as e-cigs, JUUL, or vape pens. We do this not just because we think it's best, but we actually do focus groups with students before each cycle of the survey and ask them, hey, what is the language you all use? What would make the most sense in terms of asking about these topics? Okay. And so, to conclude, what we're sharing today with polysubstance is just students reporting using more than one substance in the past 30 days. We did see substantial decreases again across each grade, and here's how that breaks down. Of those who reported using a substance, 7% said single, 4% two, and then 1% three, and less than 1% four substances. And one more comment on that is among those who do report drinking alcohol, a substantial percentage also report also using marijuana.

So these seem to go pretty hand in hand if you ask the question the other way among the 7% who report using marijuana in the last 30 days, about half of them report also drinking alcohol. So it does seem to go hand in hand, and then a smaller percentage say they use some other type of drug or drugs or smoked, as well.

And then, believe this is our last content slide for today. We ask a lot of additional questions about what we call risk and protective factors. Other things that we know influence students' eventual decisions to do different behaviors, including substance use. So at the community level, we asked about the perception of availability of drugs, and the 10th grade students responded that, again, a substantial decrease said that we see drugs readily available to them in the community. And at the peer individual level of risk factors, we know that peer use is a big factor. And we did see a decrease in reported friends' use of substances, as well, going down from 22% to 14% from the last time we asked this question in 2021. So you are seeing some of these risk factors decrease as well, not just self-reported use.

So I think that concludes what we want me to do highlights for you all today. You can certainly email us with questions. There is also a general email for suggestions on things like changes to the survey-type questions. We take feedback through the survey link, as well. And we're currently in the process of editing and getting a bunch of feedback and input as we create the survey for the next administration, which will be in Fall 2023. So comments are always welcome. We have an ongoing Planning Committee, and we meet at least monthly to work through all those types of questions. So thanks for your time today.

Chair Postman: Great. Thank you. I really appreciate the time, both of you. Jim, do you have questions?

Member Jim Vollendroff: I do have questions, but I think I'm going to hold off because I actually would love Mary to follow up and just have a little bit more conversation and maybe even Tyler set up some time with you, just by way of bringing together my past experience with the Healthy Youth Survey with this new role. Because I'm curious about things that maybe -- I mean, you guys presented on alcohol, tobacco, and vaping, and I have questions about some other areas, but I don't want to take up space in this forum for that. So, no, thank you for the presentation. I thought it was very good. I do have comments actually about "at home with permission," and I think that's an interesting area that we have an obligation to find out more about that and perhaps think about ways that we might mitigate that. And so, I think that's an area that I would like to explore further at some point.

Chair Postman: Yeah. Good point. I just had a couple of quick ones. And Mary and I have talked about this a little bit already in general. And I know the "Why?" question is tough. One of the ones was -- and I can understand how consumption would go down if people in these age groups were stuck at home more than out on the street and hanging around school and all that. But what would your guess be about why the perception that alcohol and cannabis are risky would go up in that pandemic window here. Any thoughts?

Mary Segawa: Well, I'll jump in first with what I thought about and would love to hear what Tyler has to say, too. I am wondering if because of COVID there has been more of a health concern overall when you think about the combination of smoking and lung issues and COVID all mixed together. And I'm wondering if youth have gotten a little more concerned about their health issues, that would be part of it. I'm also wondering, what are they seeing at home now? I mean, in the past couple of years, if more parents and more family members are working from home and we have seen

consumption of substances go up among adults, and so, is there a correlation there? I don't know, but it's just one of those things that cross my mind.

Chair Postman: Yeah, I wondered about that, too. They are home watching their parents as consumption of cannabis and alcohol went up in 2021.

Mary Segawa: Tyler, your thoughts.

Tyler Watson: I don't think I have too much to add other than from the number's perspective. The perception of risk didn't go up a lot. It did go up, but it wasn't like it went up the same amount that we saw self-reported use went down, so it wasn't a huge increase. So I don't know if I have much more to add as to the "why." I do think that the things that Mary mentioned are really good points and possibilities.

Chair Postman: And this might be a bigger question, but given the caveats around this and, Mary, when you started and said there were some caveats to 2021, that kind of could be the motto for 2021 across the board. I mean, everything was just odd and strange, so I don't want to draw too many conclusions. But when you look at things like "at home with permission." Also, one of the ones that jumped out at me was what I thought was the large number of kids who said they didn't even know what they were vaping. What are the things in here that should be drawn out for possible public information around? Or should we wait for another one before we do too much and draw conclusions on those? I mean, the number of people who said they got cannabis from friends up until the pandemic hit, I did sit on a Board that did juvenile diversion on criminal cases, and 99% that is the answer you get is, "oh, I got it from friends."

And that can mean anything. Right? I mean, it's from a real friend. It's from a drug dealer. It's from -- they stole it, whatever, that's just kind of a handy thing. And I don't know how you would address that in any sort of public information campaign. But not knowing what you're vaping or what you're smoking is one, something for the parents, I don't know. But there are a few of those things that jumped out at me that seemed almost manageable. Like, you could tackle those issues if we felt confident that they really were not aberrations in the study.

Mary Segawa: I think in terms of not knowing what they are vaping, this is something that I have heard before, too, and I would have to look more closely at this. But the question for me is, how well is the labeling on vaping products indicating what is in there? Especially for the flavored products, whether or not they have nicotine in them. And again, as Tyler mentioned, they could be getting it from being that somebody hands them a vape pen, and they don't know what is in it. But I think I've heard before that the nicotine question is -- some of it I just wonder if they are even paying attention. You know, vaping looks cool, sounds cool, and they will just start it without knowing what they're getting. They see, oh, here's a strawberry flavor, and they are paying more attention to the flavor than anything else that's in it. So I think that's part of it. And we know that parents are the number one influence on whether or not kids are using these substances. And we need to just keep hammering on those education efforts with parents and the risks involved. We may not be able to draw conclusions about changes in levels of use, but we still know use is harmful to youth. It's a brain development thing. There are so many factors involved that I think we can use the data to help

us understand where we need to target efforts and what may be working and what may not be working. But we don't use the data to say, okay, our job is done, because it's not.

Chair Postman: Right. Yeah.

Tyler Watson: I will just add to that, I think something we could do a lot also is in a way that I have seen done a little bit for a separate but related effort with the Young Adult Health Survey, and the messaging that I've seen come out of that is around doing better with our social norming. Right? Because we know that peers are a big influence. But especially using the latest numbers, I mean, the norm is not to be using substances. Right? Most students are not using substances. That is a positive thing, and so I think maybe a lot more messaging and education around this isn't a cool thing to do. This isn't the normal thing to do. Right? This is not the norm. The norm is to be healthy and avoid these substances for the most part. So, I would like to see more positive social norms around this, as well, especially given these latest numbers. And we do want I think kind of the flip side of this. We don't want to see this bounce back. Right? We want to hopefully see this at least stay "lower" relative to what we've seen in the past, I mean, doing all we can to ensure that that does not happen.

Chair Postman: Yeah, yeah. Great point. And on the norms. Yeah. I mean, when you see -- what was it, 90% didn't. That seems to me like pretty good news. Anyhow, I found that whole trendline encouraging, so great. Okay. Those were my questions for now, at least. Anything to add, Mary, Tyler, or Jim? No?

BOARD MEMBER AND EXECUTIVE ASSISTANT REPORTS

No reports.

Meeting adjourned at 10:45 am.

Minutes approved this 5th day of November 2025



Jim Vollendroff
Board Chair



Ollie Garrett
Board Member

Not Present

Peter Holmes
Board Member

Minutes Prepared by: Deborah Soper, Administrative Assistant to the Board

LCB Mission - Promote public safety, public health, and trust through fair administration, education, and enforcement of liquor, cannabis, tobacco, and vapor laws.
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