


Healthy Youth Survey Results & Insights

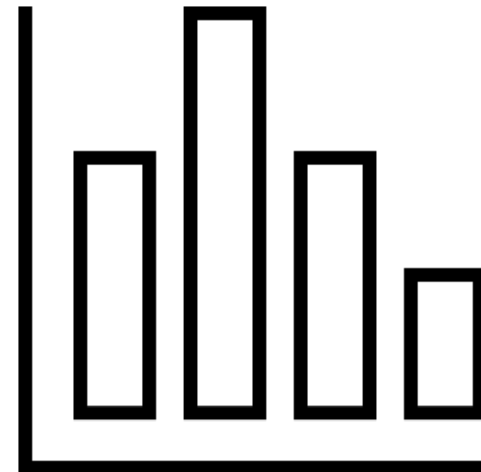
May 31, 2022

Tyler Watson,
Health Care Authority
&
Mary Segawa,
Liquor and Cannabis
Board





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

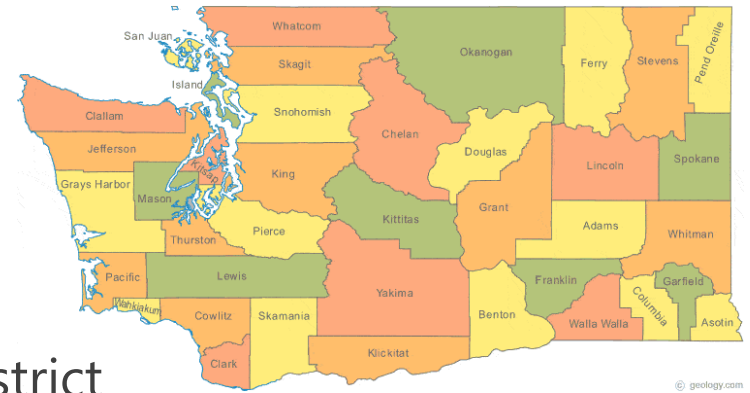


Student Considerations

- ▶ HYS is reviewed by the Washington State Institutional Review Board (WSIRB)
- ▶ Parent notifications sent ahead of survey
- ▶ Survey coordinator training materials
- ▶ Anonymous and voluntary
- ▶ Quality control checks for honest answers

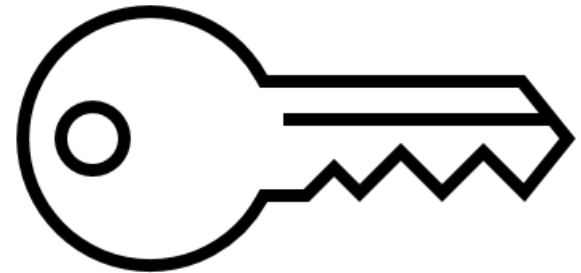
HYS 2021 Summary

- ▶ 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



HYS Results: AskHYS.net

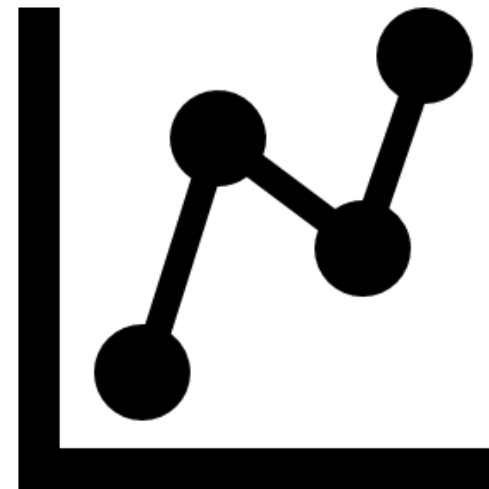


Results on AskHYS.net

- ▶ 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



HYS Results



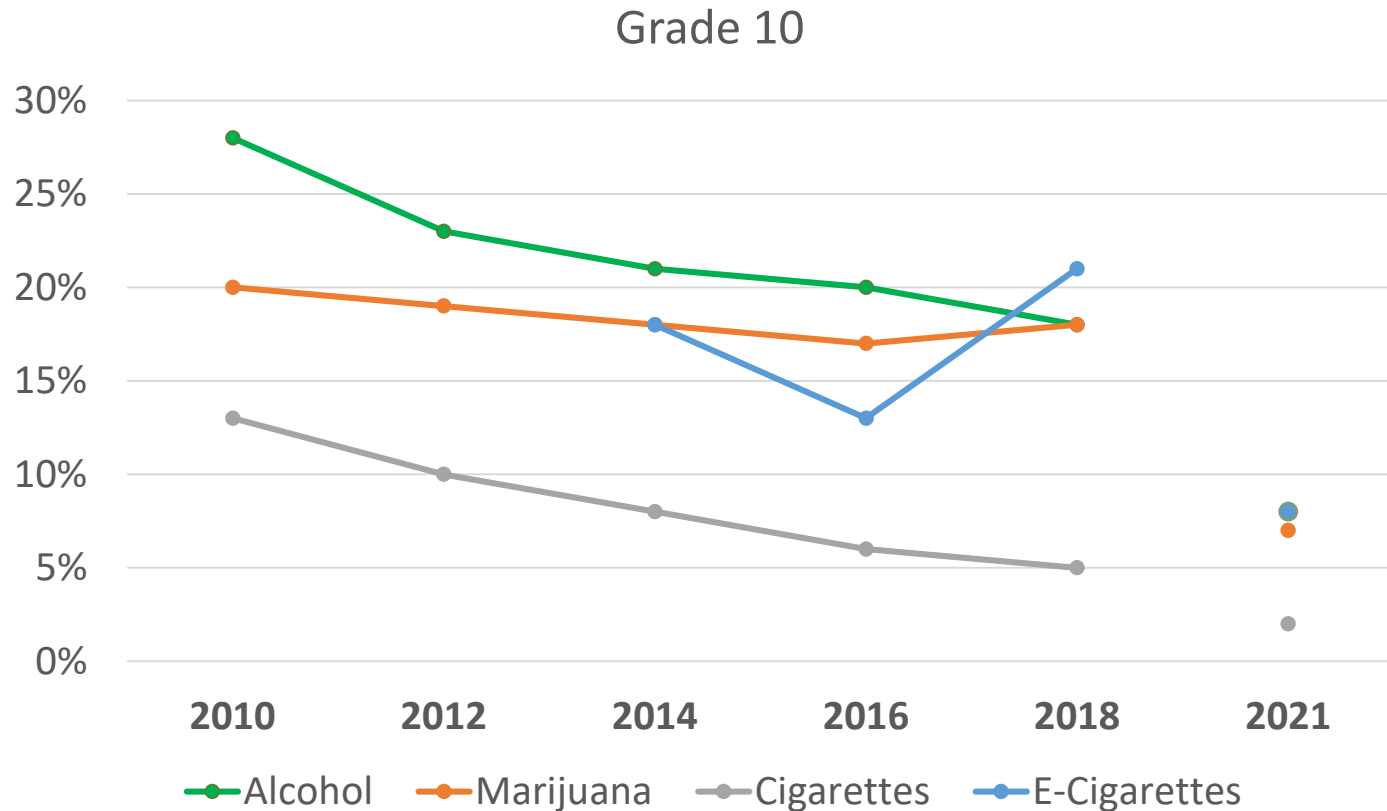
HYS 2021

- ▶ 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

30-Day Substance Use 2010-2021

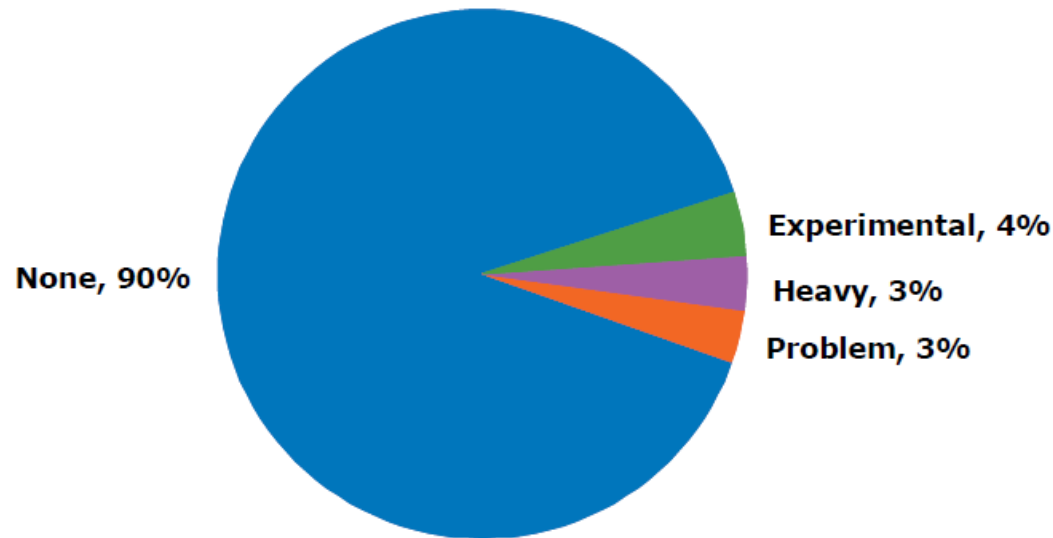


Alcohol Use

- ▶ 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%

Level of Alcohol Use

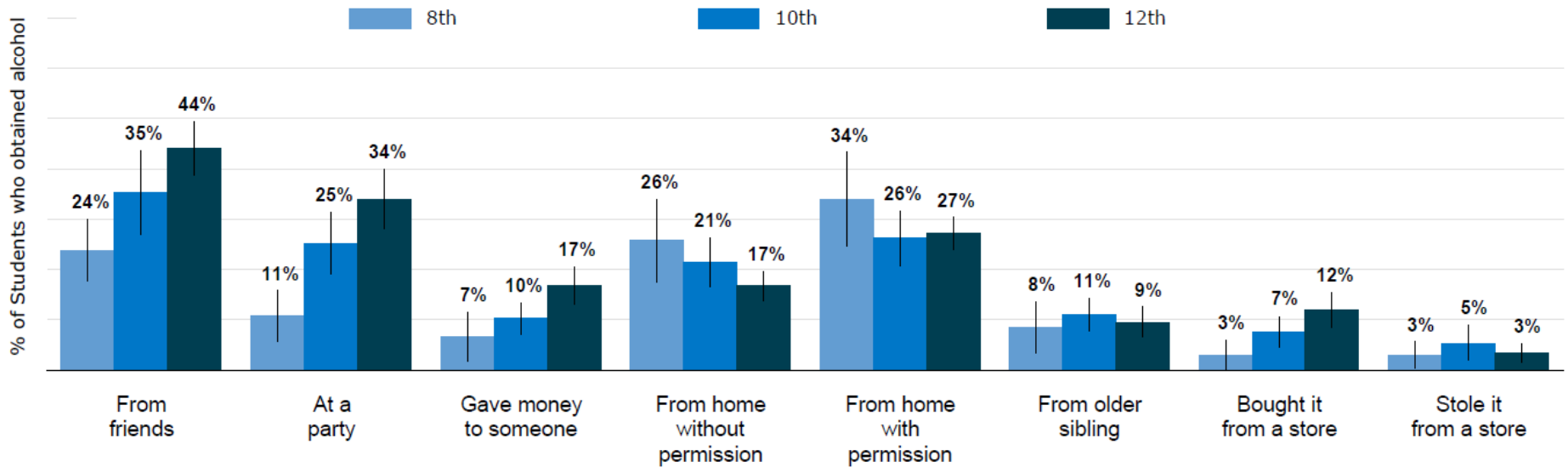
Level of Alcohol Use
Grade 10, 2021



- None: no drinking in the past 30 days (90%)
- Experimental: 1-2 days drinking, and no binge drinking (4%)
- Heavy: 3-5 days drinking, and/or one binge (3%)
- Problem: 6+ days drinking, and/or 2+ binges (3%)

Access to Alcohol

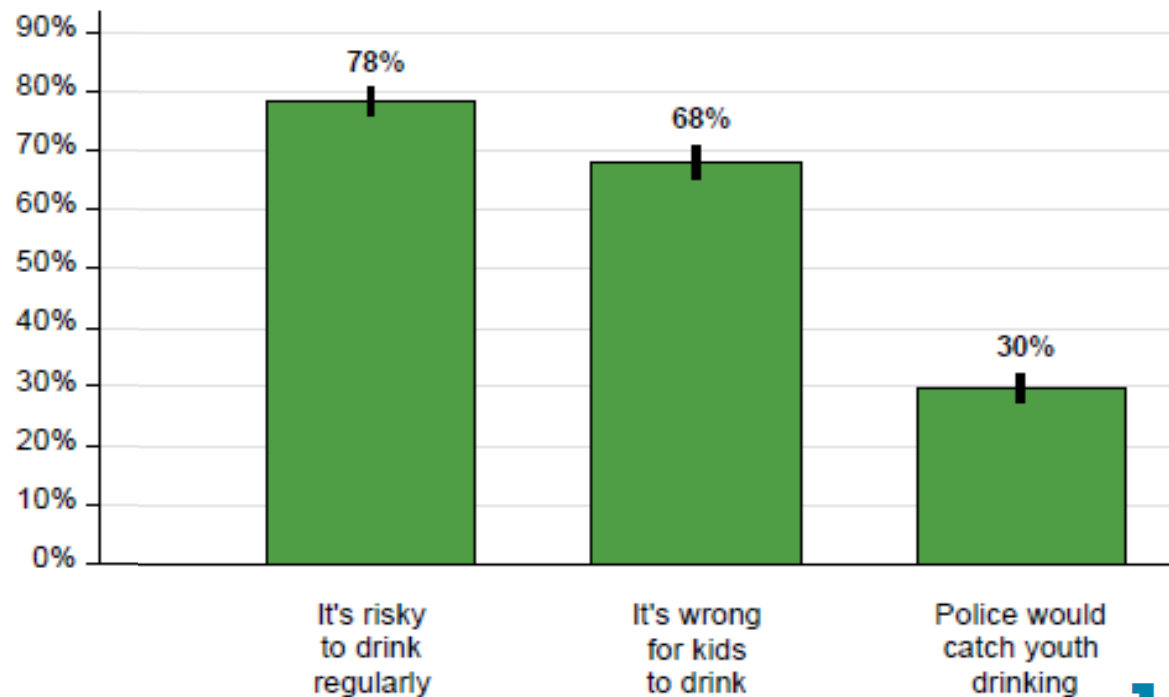
Where Do Youth Get Alcohol?



The percentages in this chart are based on all students who reported getting alcohol in the past 30 days, regardless whether they reported drinking in the past 30 days. Students could select multiple sources.

Perception of Alcohol Risk

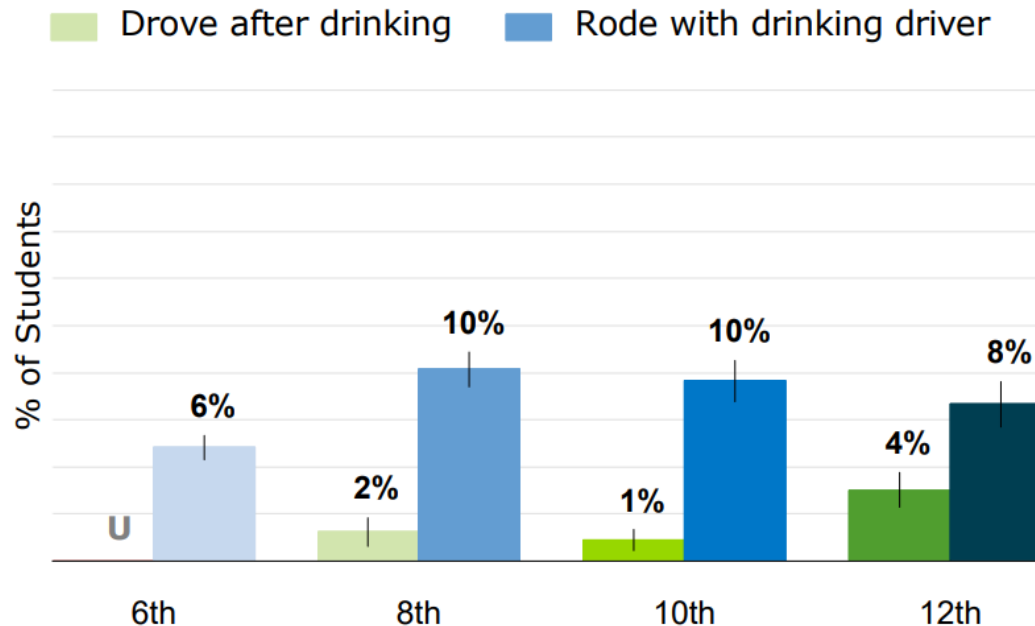
Youth Perceptions about Alcohol
Grade 10, 2021



Alcohol Riding & Driving

In a Vehicle

Students who report drinking and driving OR riding with a driver who had been drinking

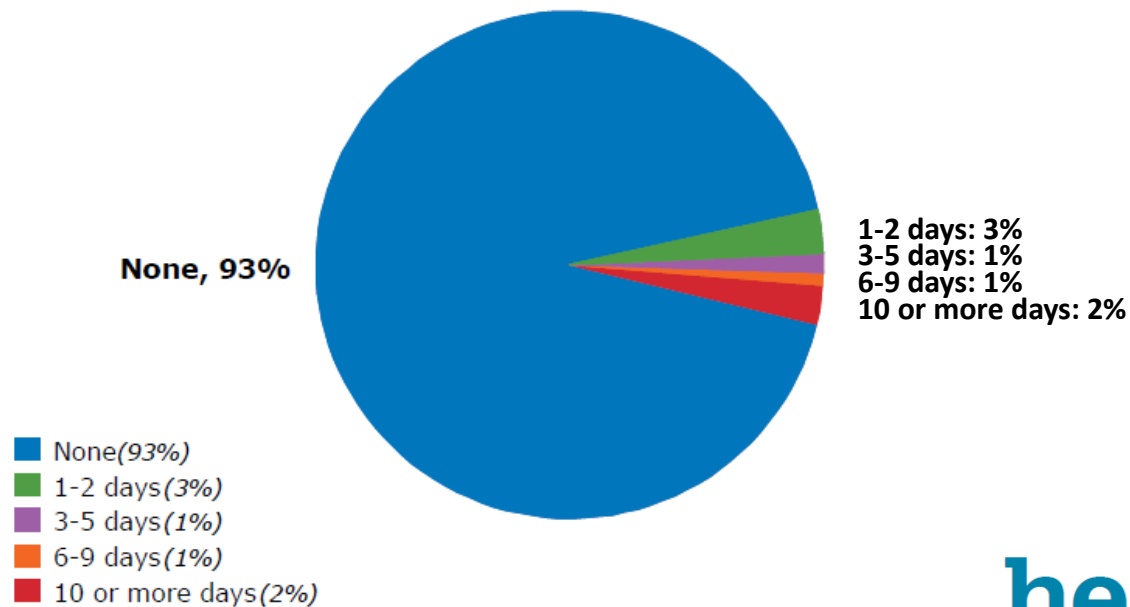


Marijuana Use

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

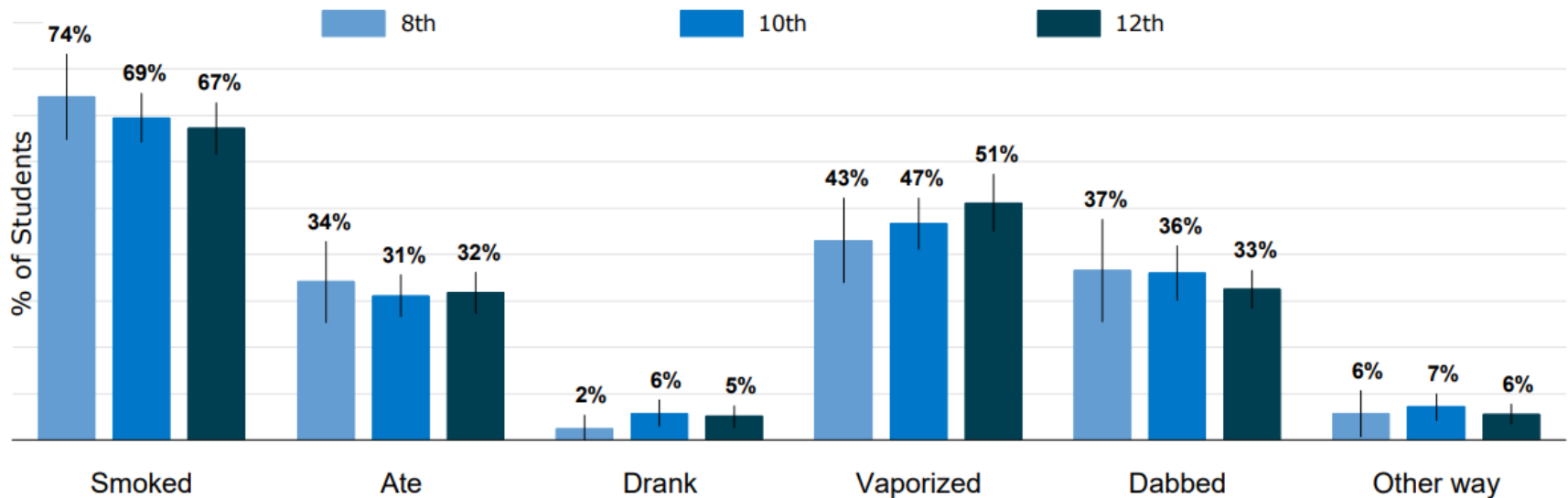
Level of Marijuana Use

Level of Current (past 30-day) Marijuana Use
Grade 10, 2021



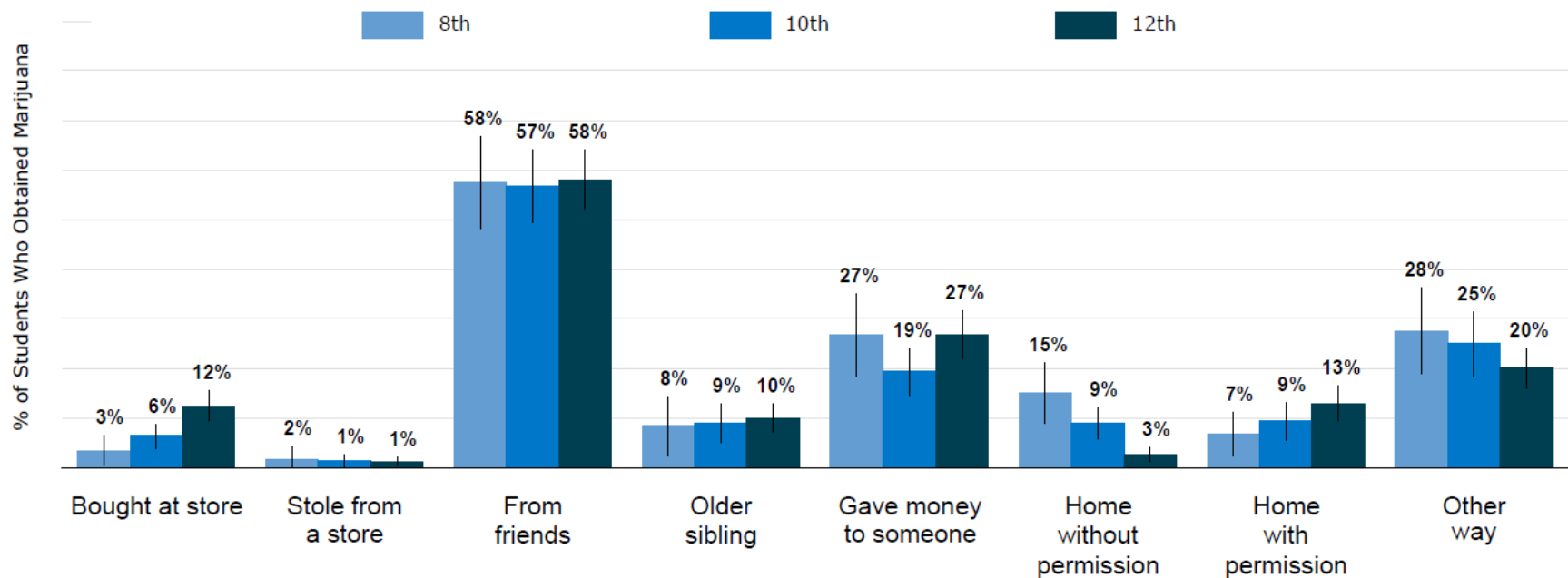
Type of Marijuana Use

Type of Marijuana Use, among Current Marijuana Users



Access to Marijuana

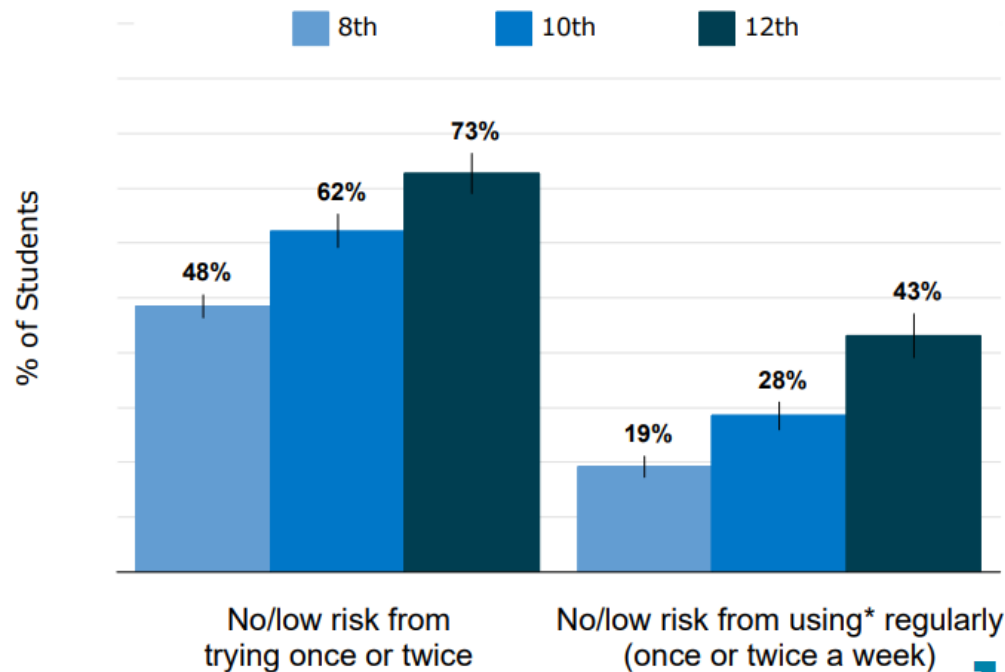
Where Do Youth Get Marijuana?



The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

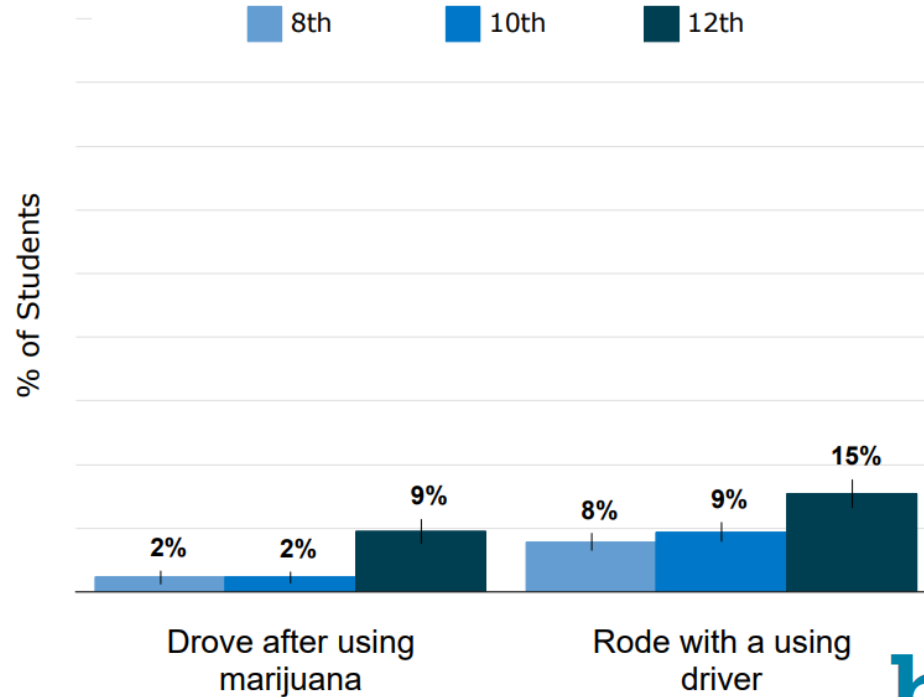
Perception of Marijuana Risk

Marijuana is Perceived as Not Harmful



Marijuana Riding & Driving

Marijuana Use and Riding/Driving

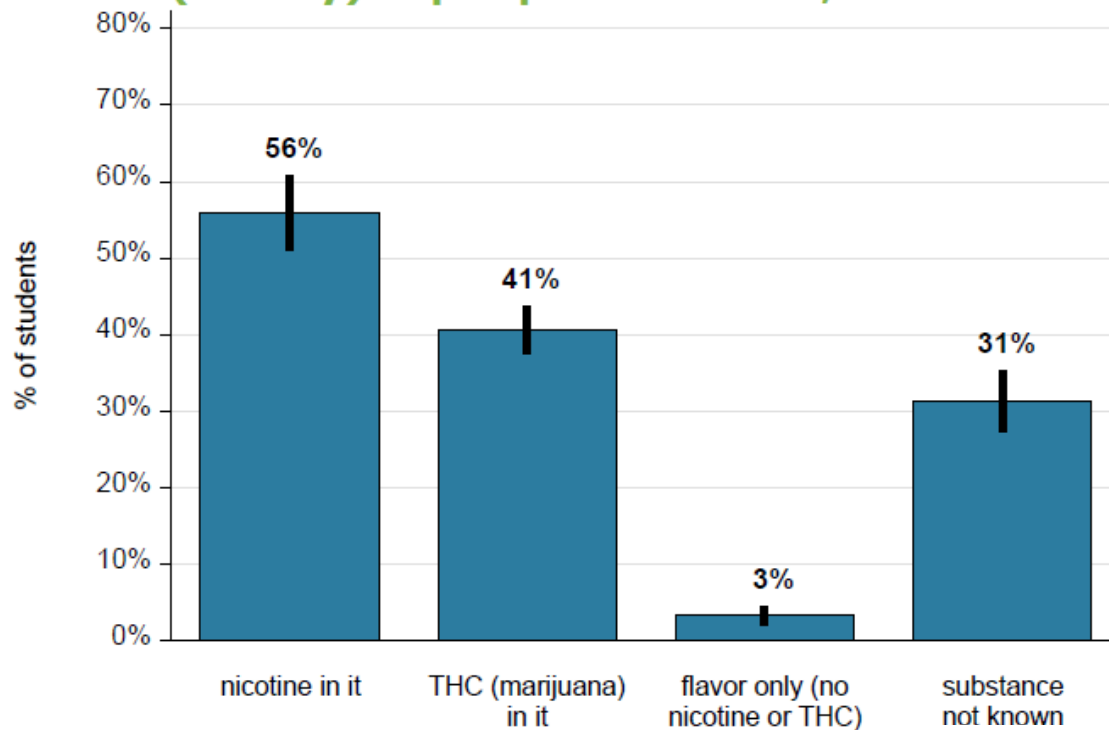


Vapor product use

- ▶ 30-day vapor product use decreased from 2018 to 2021
 - ▶ 8th grade: 10% to 5%
 - ▶ 10th grade: 21% to 8%
 - ▶ 12th grade: 30% to 15%

Type of vapor product use

Reported substance "vaped" among current (30-day) vapor product users, Grade 10



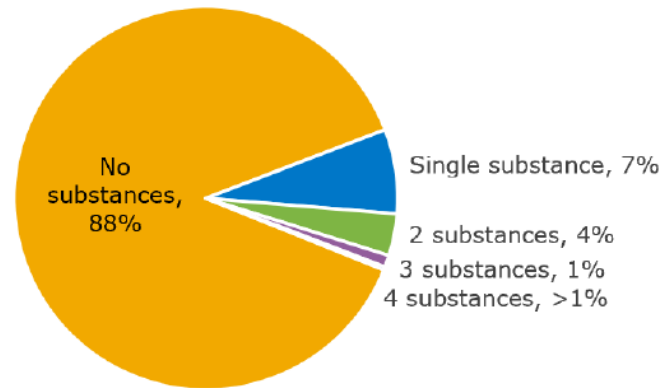
*Students can select more than one type of substance

Polysubstance Use

- ▶ 30-day polysubstance use decreased from 2018 to 2021

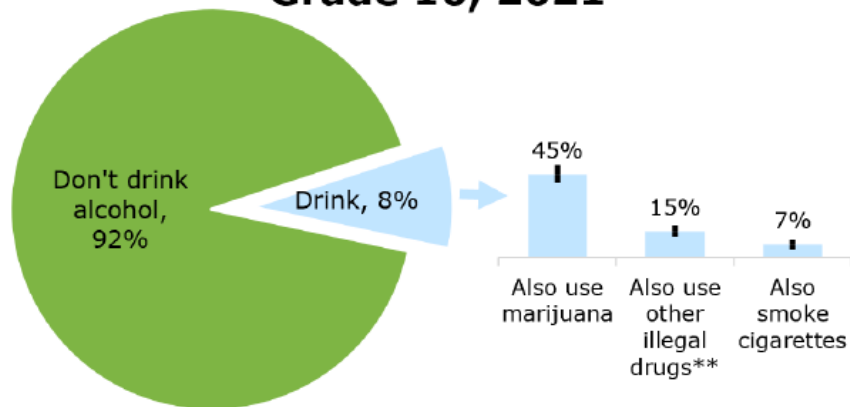
- ▶ 8th grade: 6% to 2%
- ▶ 10th grade: 13% to 5%
- ▶ 12th grade: 20% to 13%

Current (past 30-days) Polysubstance Use by Number of Substances, Grade 10, 2021

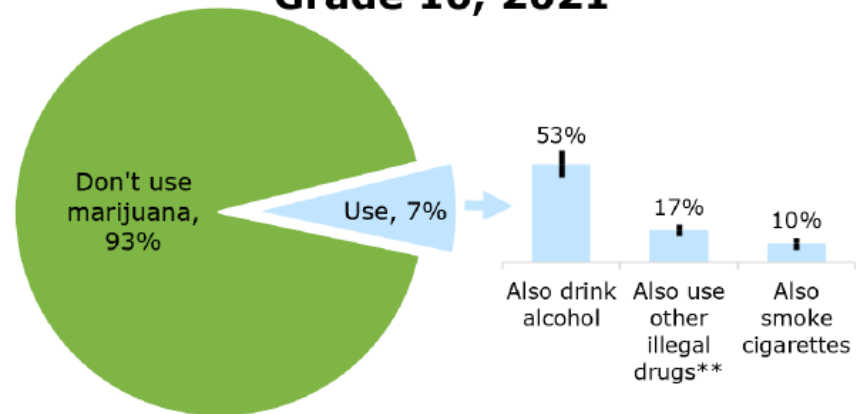


Polysubstance Use

Current (past 30-days) Substance Use Among Current Alcohol Drinkers, Grade 10, 2021



Current (past 30-days) Substance Use Among Current Marijuana Users, Grade 10, 2021



Risk & Protective Factors

Among 10th grade students

- ▶ Community Risk and Protective Factors:

- ▶ **Decrease in availability of drugs**

- ▶ 22% to 13%

- ▶ Peer-Individual Risk Factors:

- ▶ **Decrease in friends' use of drugs**

- ▶ 22% to 14%

Questions?

► Email

- ▶ Tyler.Watson@hca.wa.gov
- ▶ Mary.Segawa@lcb.wa.gov
- ▶ HCAHealthyYouthSurvey@hca.wa.gov

► Submit HYS questions and comments directly to

- ▶ <https://www.surveymonkey.com/r/HYSquestion>



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