

Whatcom County

Highlights from the Healthy Youth Survey 2021



"An ounce of prevention is worth a pound of cure." Benjamin Franklin



Interpreting trends with 2021 data

Use caution when trying to interpret trends using data from the 2021 survey.

A lot has changed...



The switch to odd year survey administration means we are surveying a different cohort of students

Switch to online survey format



First year
of HYS



Pandemic



About the Survey

- Administered in the Fall statewide since 2000
- Administered every two years to youth in grades 6, 8, 10 & 12
- Measures a variety of teen health attitudes and behaviors (substance abuse, depression, physical activity, presence of weapons in schools, etc.)
- Students across Washington participated in the survey
- 5,581 youth participated in Whatcom County, representing seven school districts.

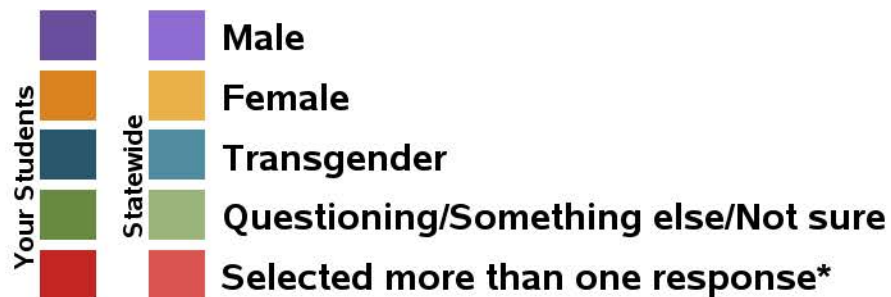
Uses of the data...

- Identifying community needs
- Guiding programs, policies, and services
- Tracking the impact of programs, policies, and services
- Compared with other data to form larger community profile

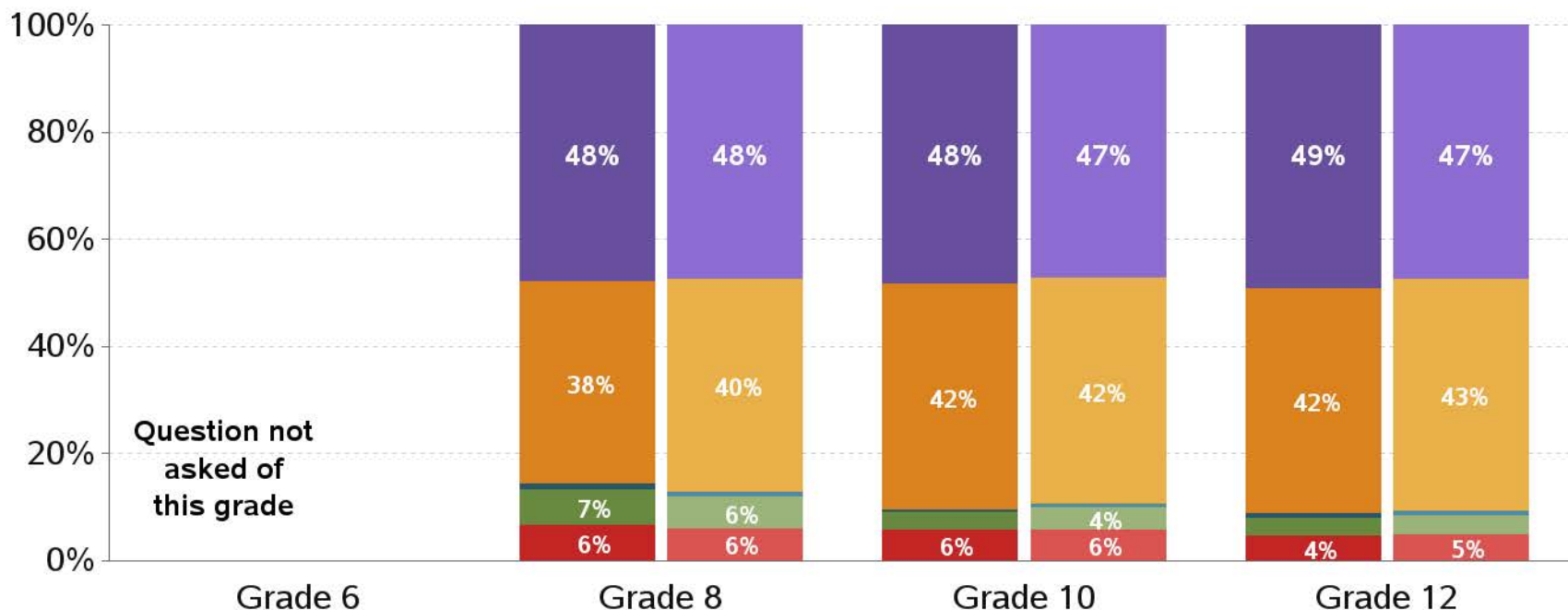
Student Participation Whatcom County

- 1,509 (79%) of Grade 6 students
- 1,606 (83%) of Grade 8 students
- 1,472 (72%) of Grade 10 students
- 994 (49%) of Grade 12 students

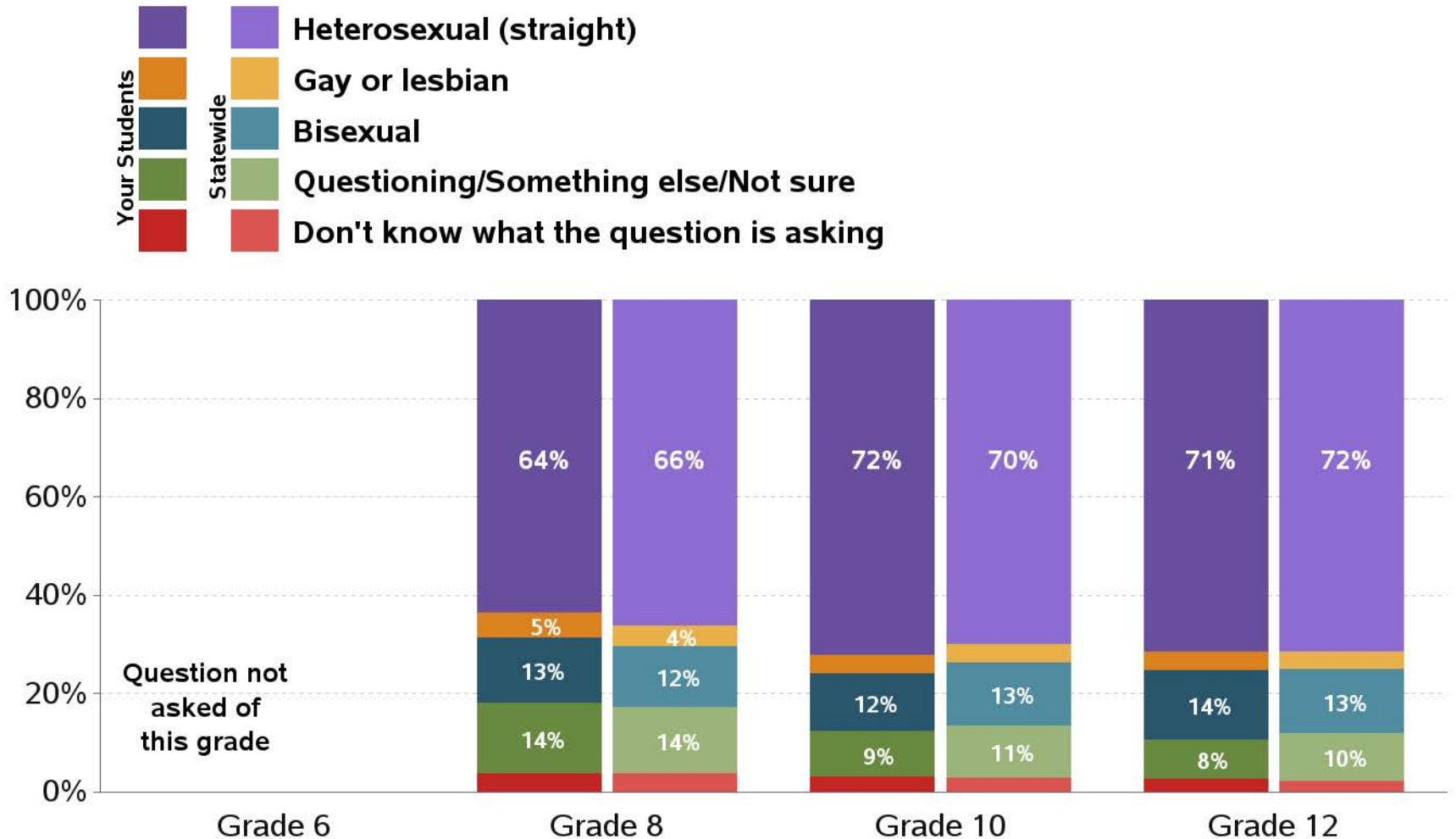
Gender Identity



*Some students may select multiple answers to this question so that their response is consistent with how they identify. For example, a student who identifies as a transgender woman may select both female and transgender. This type response is represented in the 'selected more than one response' category.

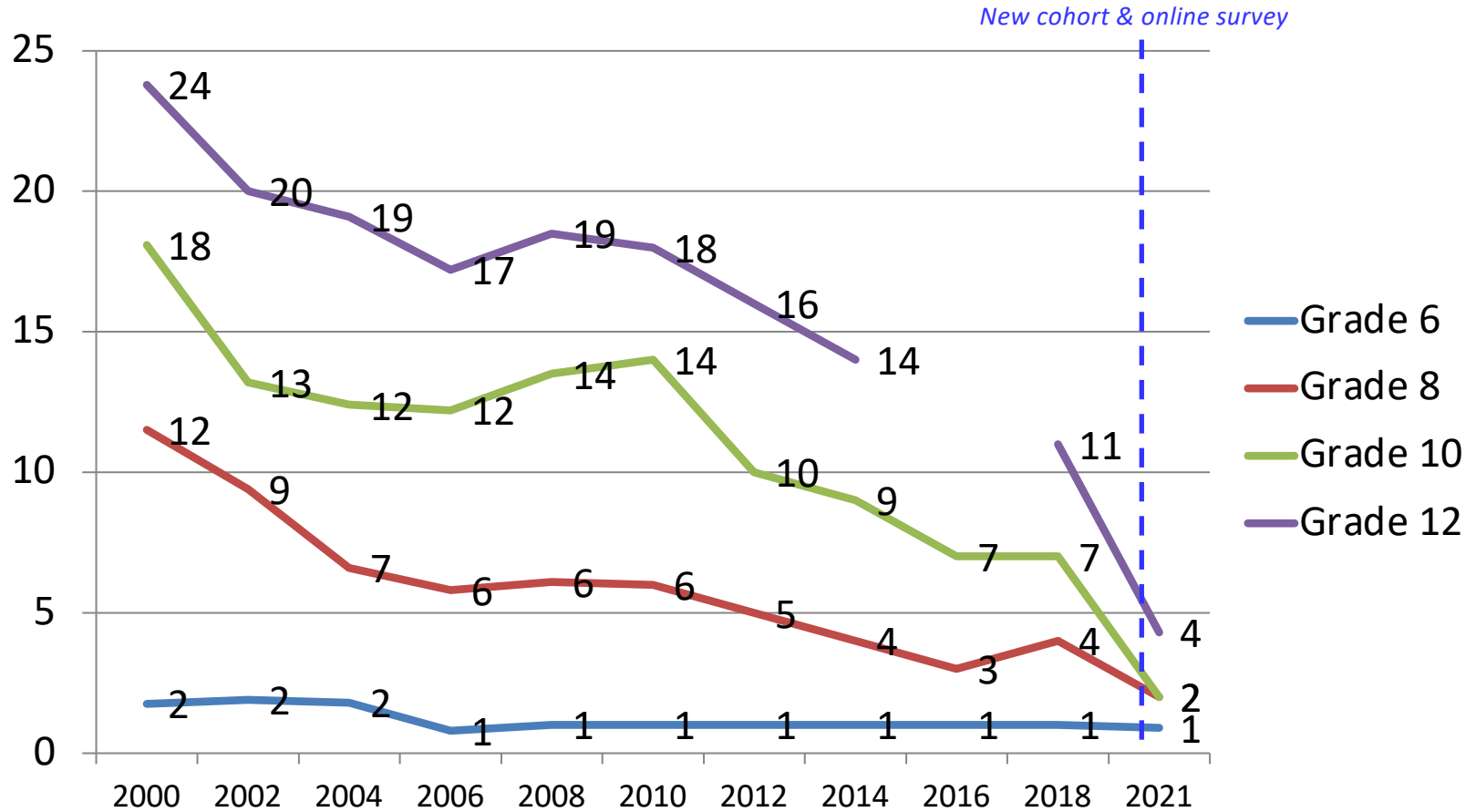


Sexual Orientation



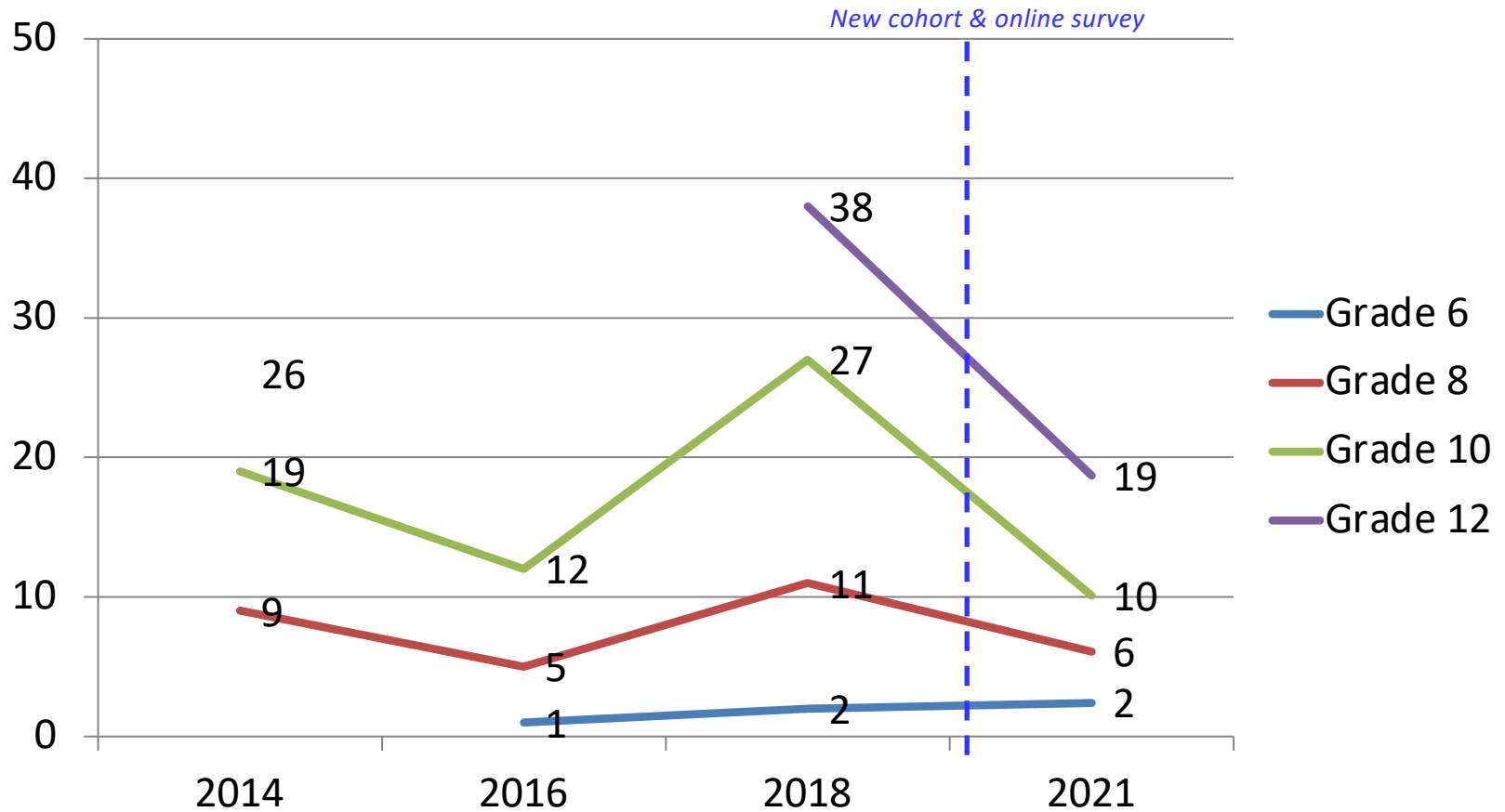
30-Day Use of Smoking Tobacco

Whatcom County (2000-2021)



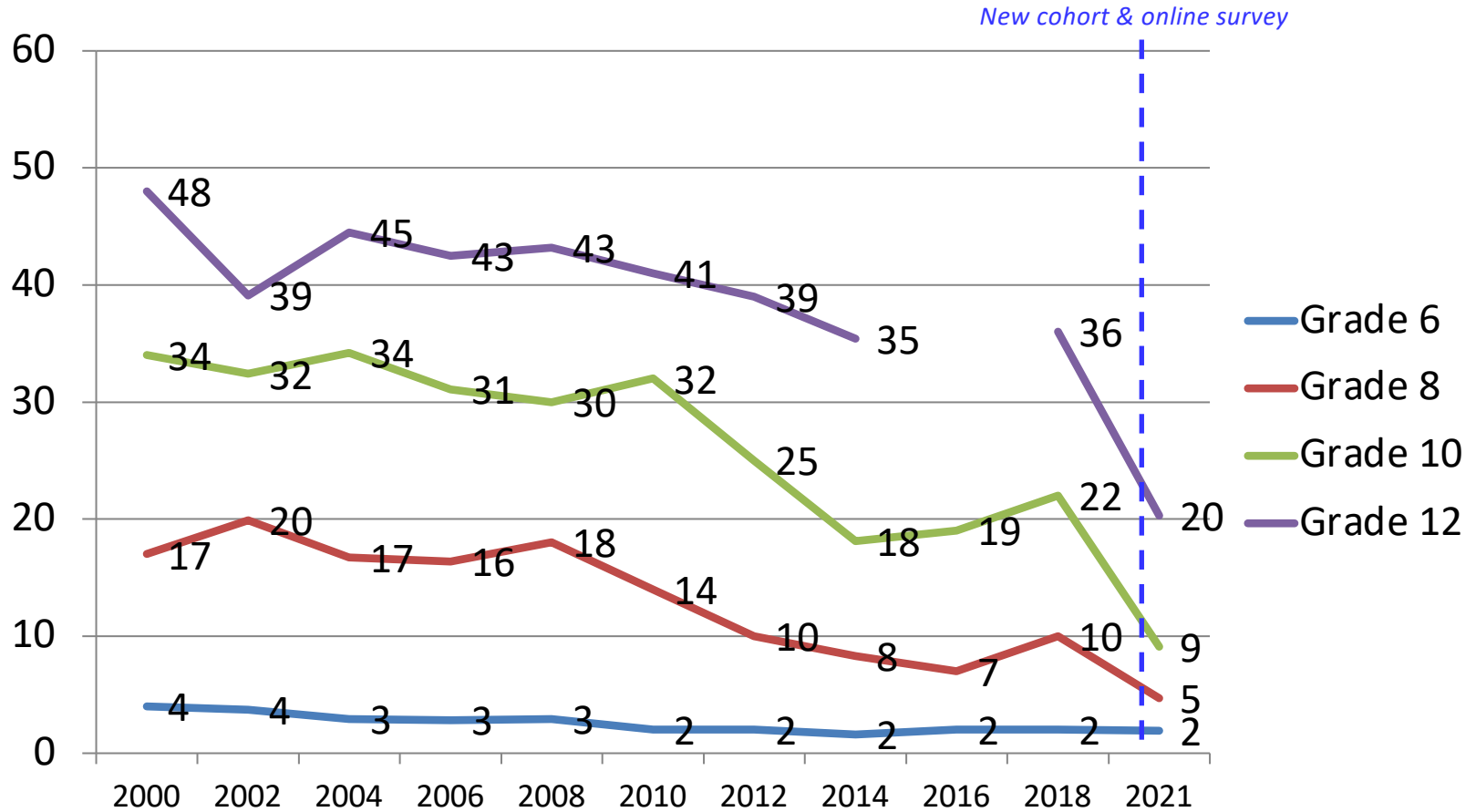
Current E-Cigarette Smoking or Vaping

Percent of students who report using an electronic cigarette, e-cig or vape pen in the past 30 days



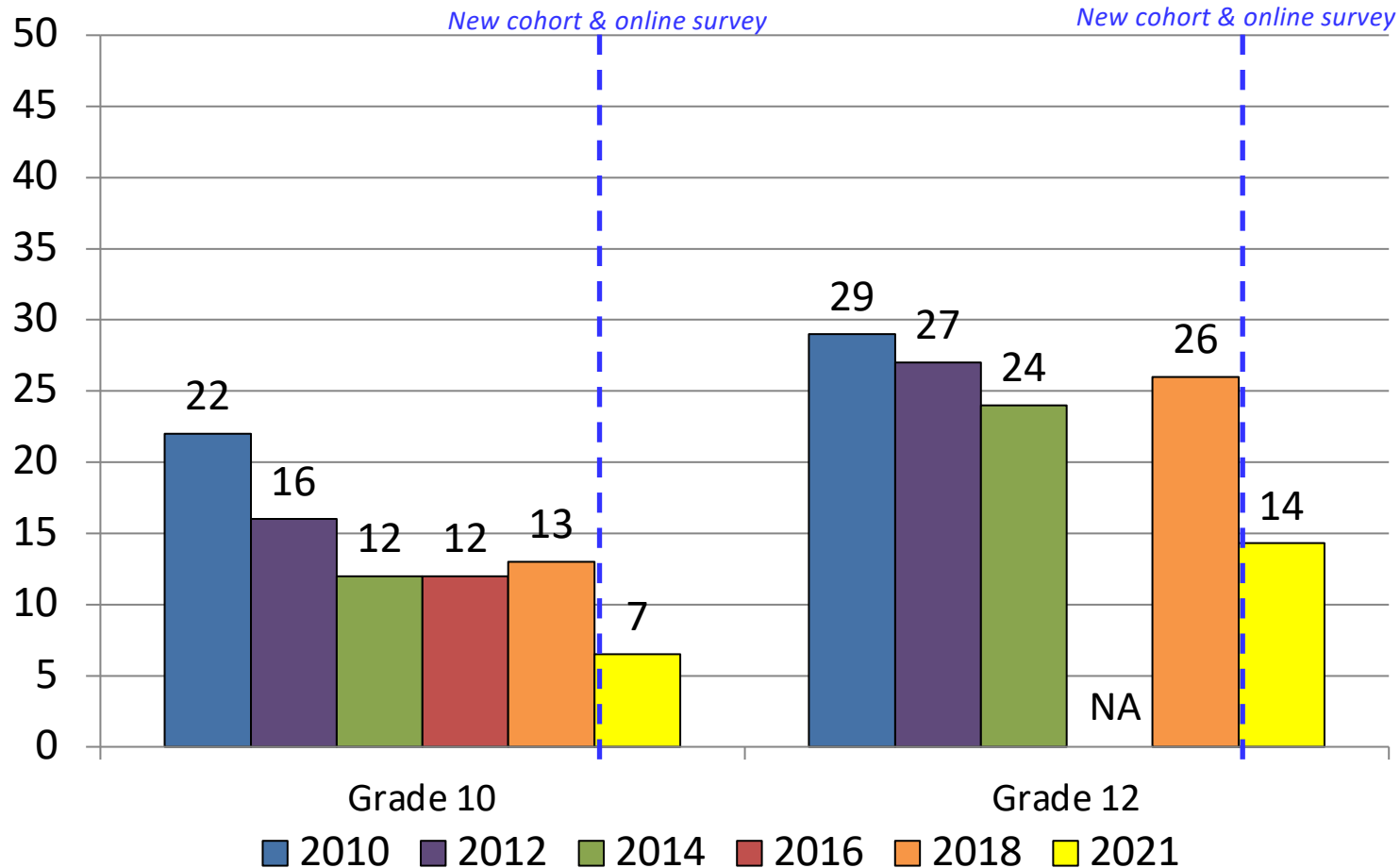
30-Day Use of Alcohol

Whatcom County (2000-2021)



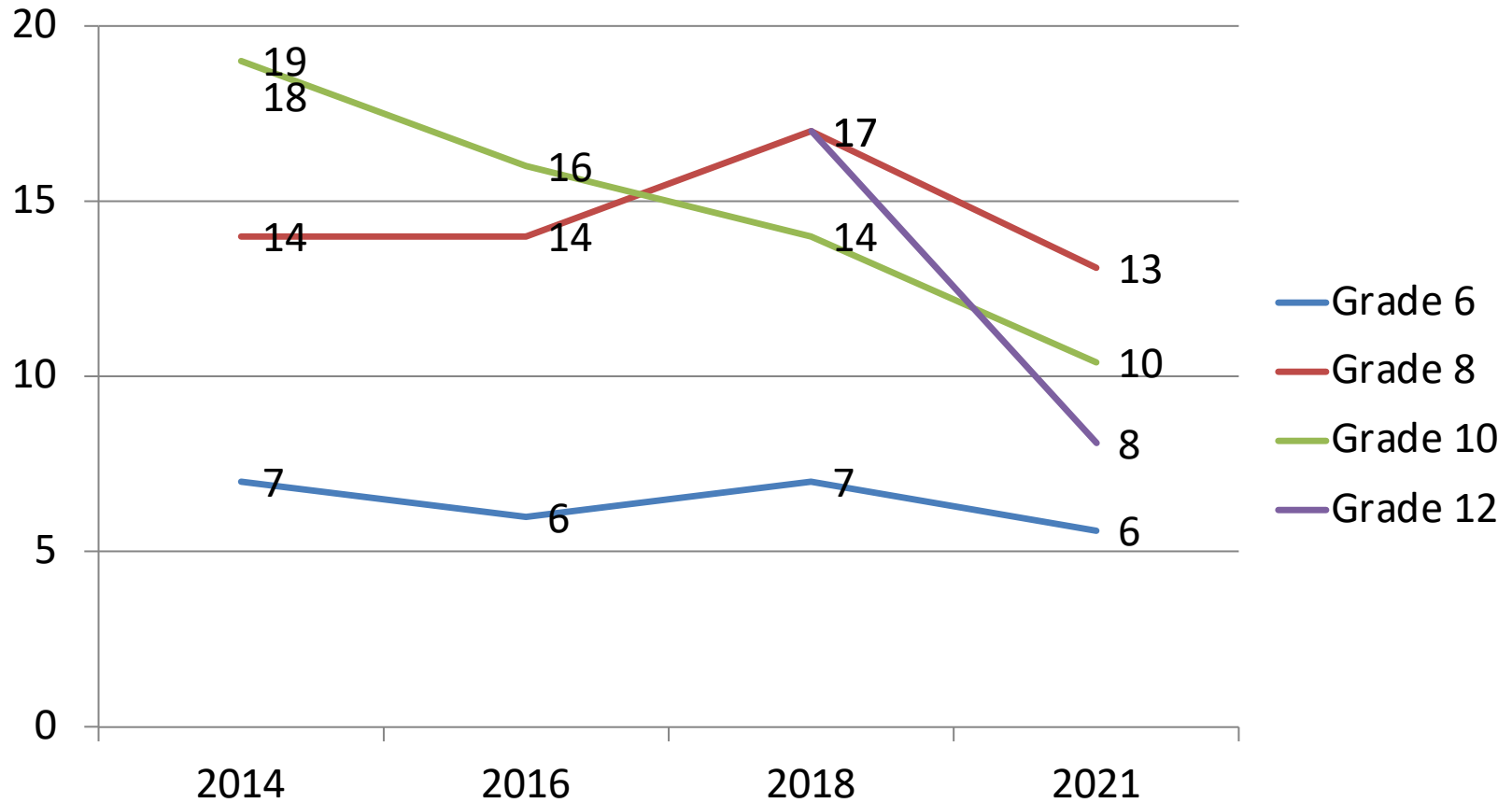
Levels of Alcohol Use – Grades 10 and 12

Percent of Whatcom County Students who indicate **problem drinking** (3-5 days drinking in the past 30 days and/or 1 day binge drinking in past two weeks), or **heavy drinking** (6+ days drinking in the past 30 days and/or 2+ binge drinking days in past two weeks).



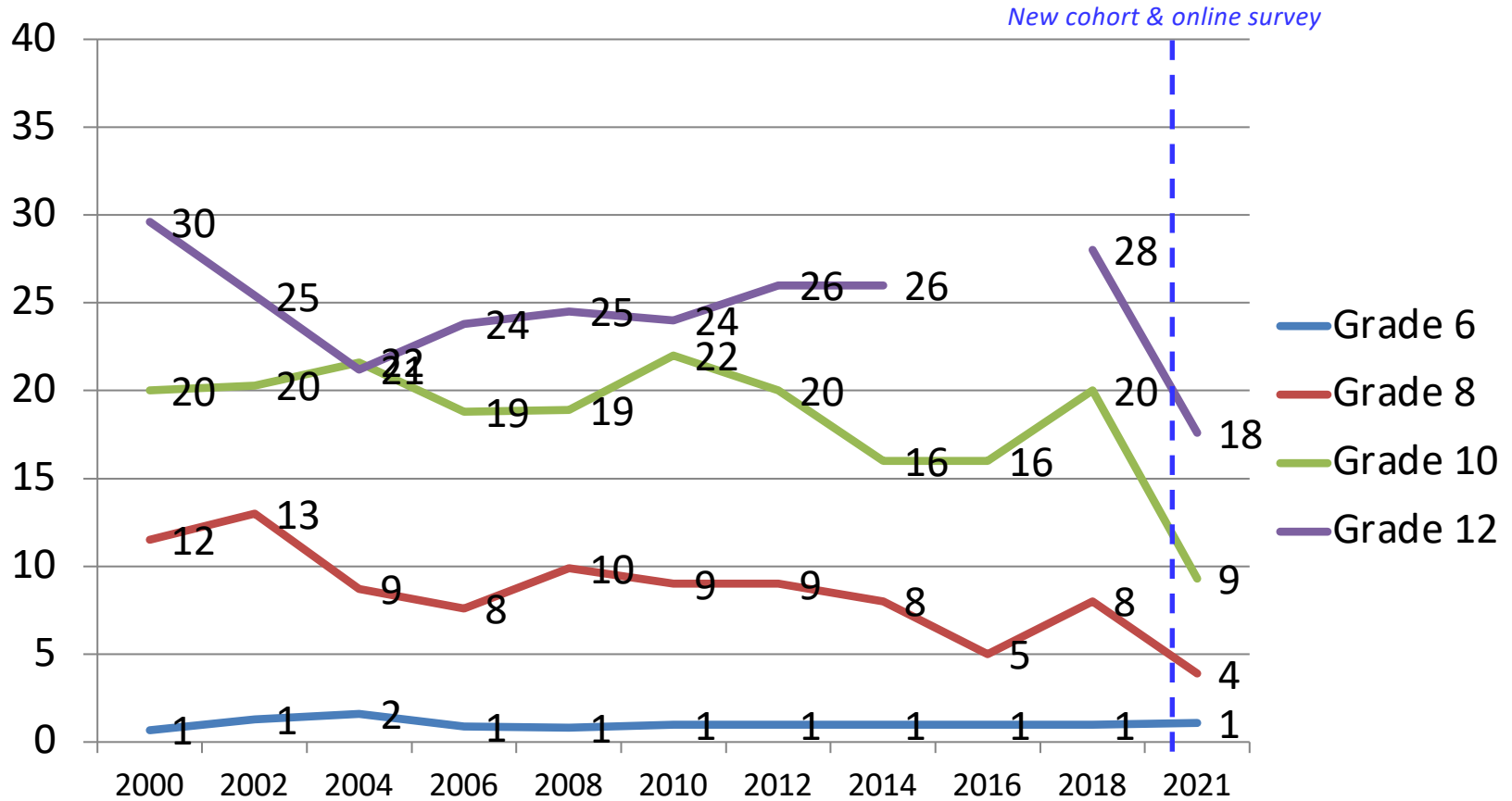
Riding With a Drinking Driver

Percent of students who report having ridden in the past 30 days
with a driver who had been drinking alcohol



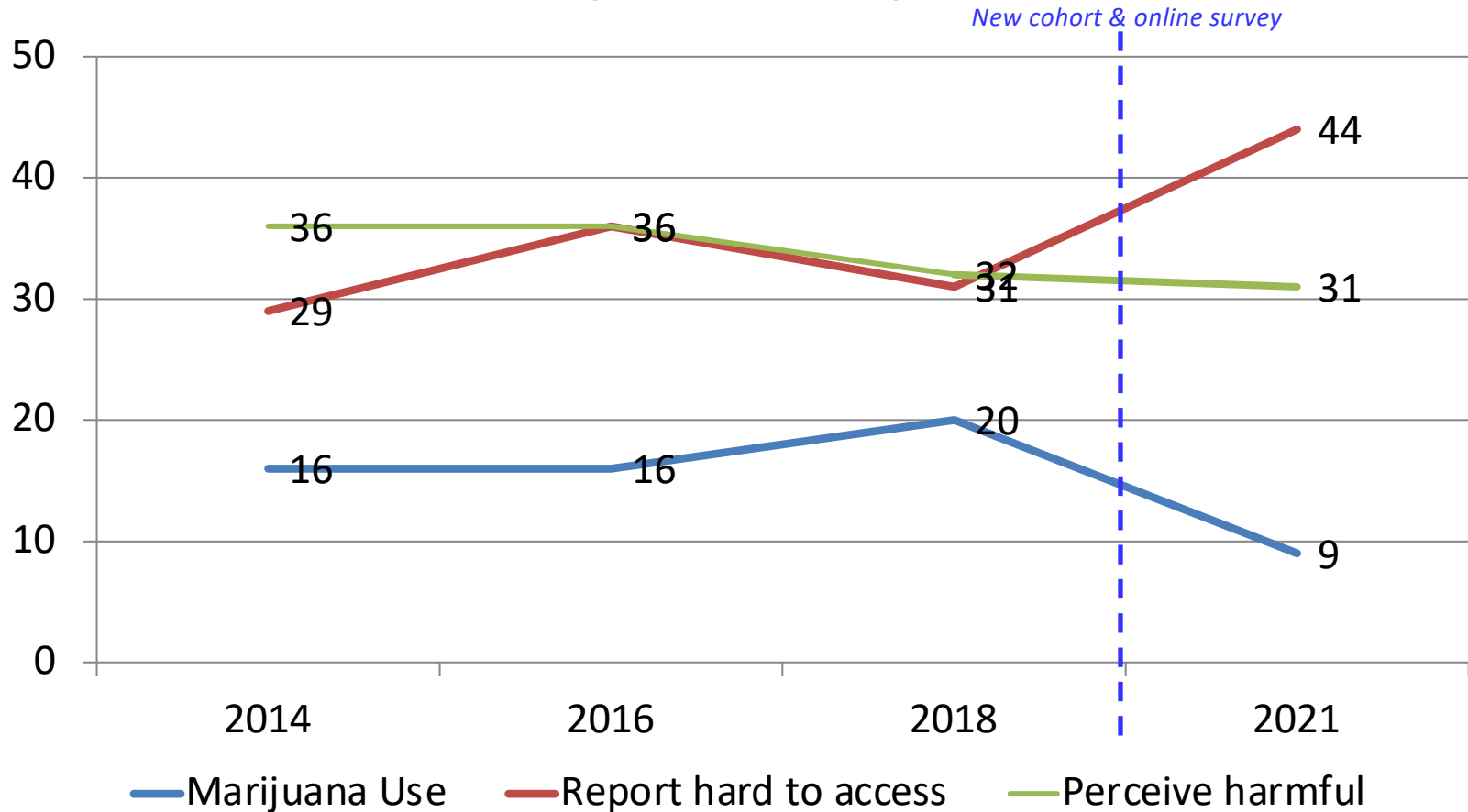
30-Day Use of Marijuana

Whatcom County (2000-2021)



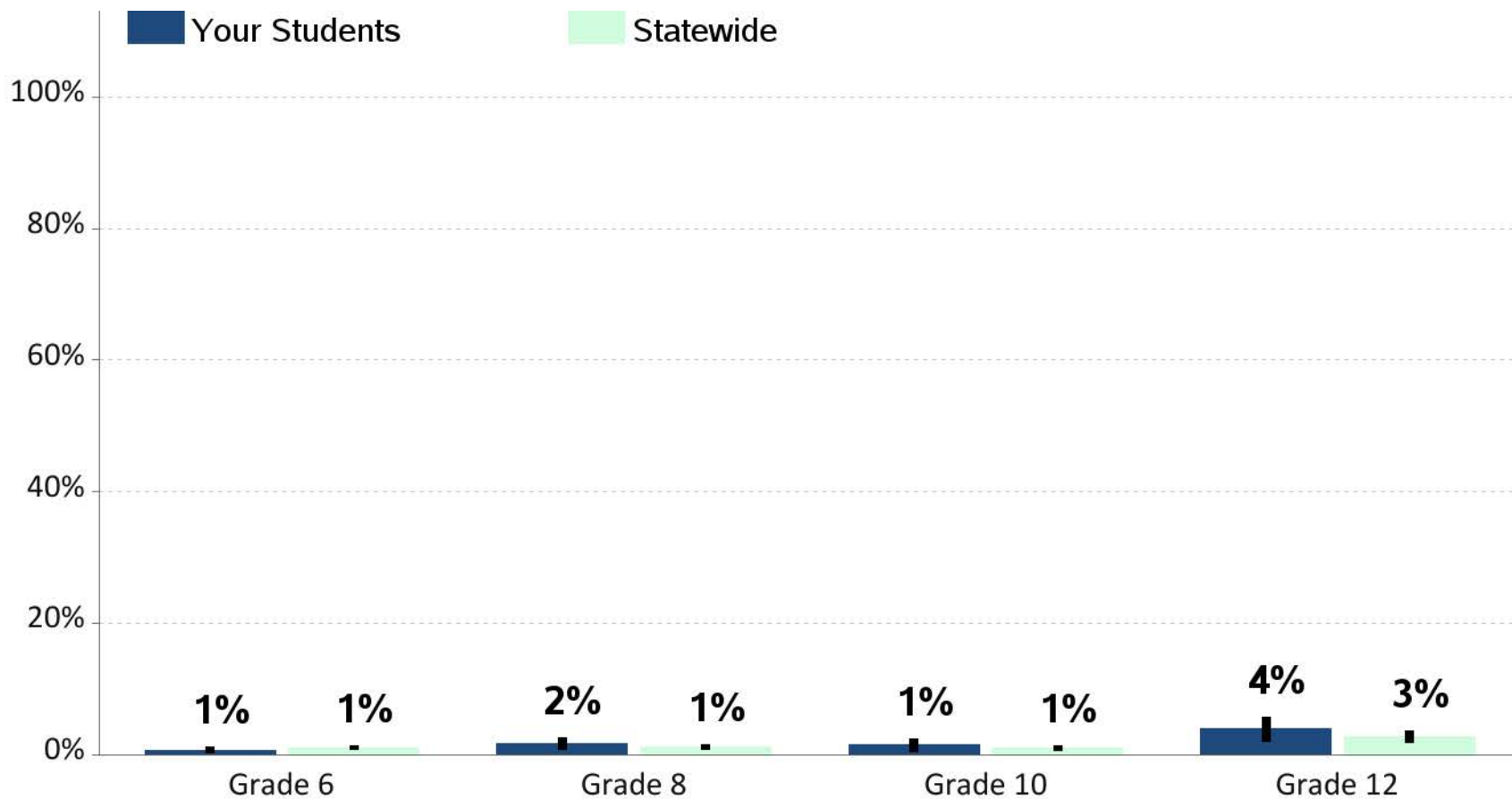
30-Day Use of Marijuana

Use of Marijuana & Contributing Factors (10th Grade)



Current Illegal Drug Use

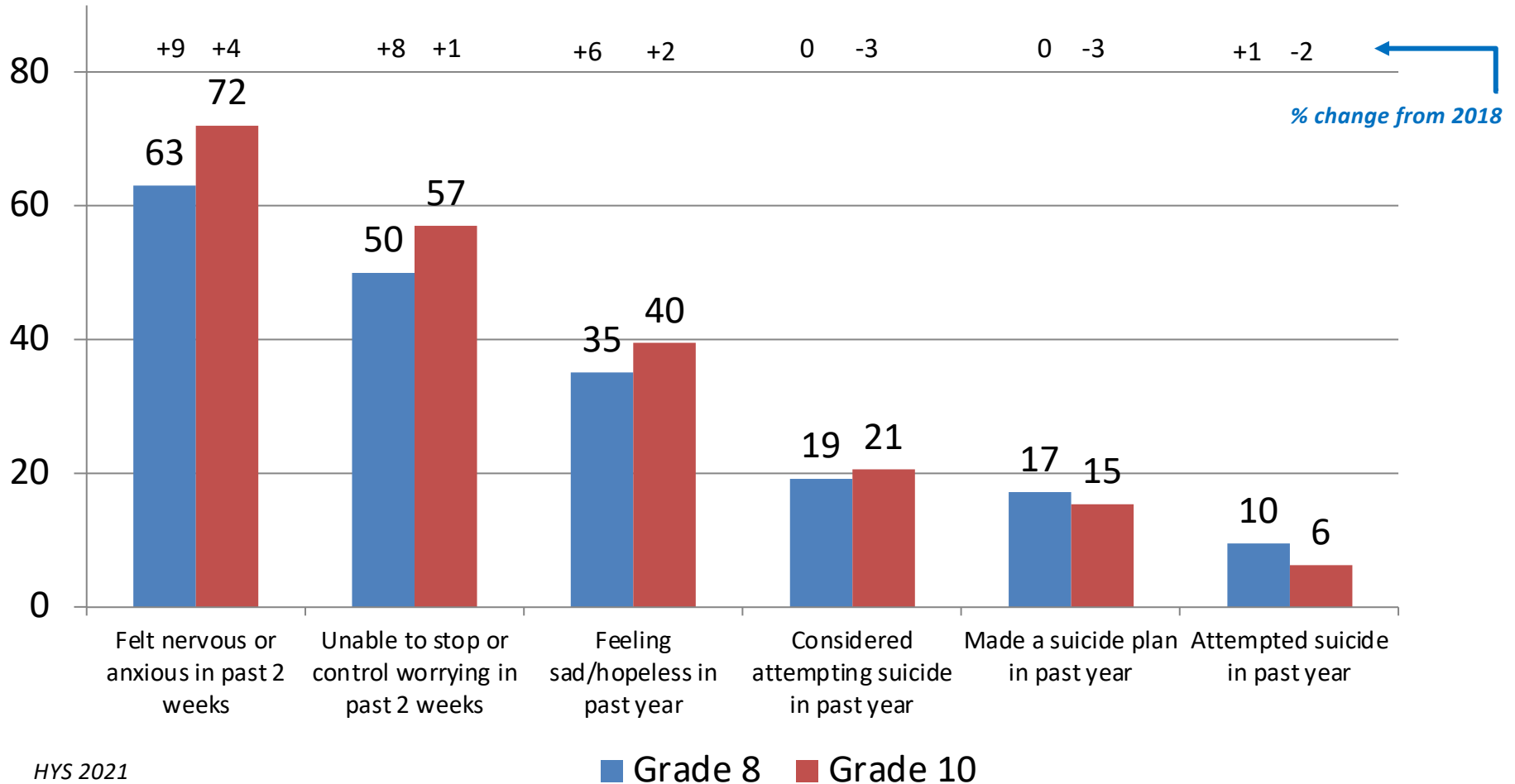
Percent of students who report using illegal drugs
in the past 30 days (not including alcohol, tobacco or marijuana)



Mental Health Status

More than one in three students reported depressive feelings in the past year.

Nearly one in five 10th graders made a plan for suicide in the past year.



MENTAL WELLNESS IN THE CLASSROOM

Impact on a classroom



*In a class of 30 students in grade 10 in
Whatcom County:*

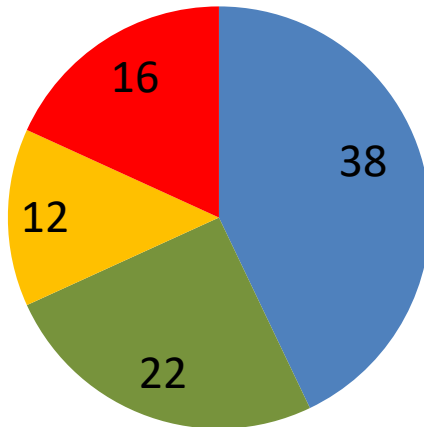
- 21** are dealing with anxiety*
- 12** are dealing with depression
- 6** have contemplated suicide
- 5** have made a suicide plan
- 2** have attempted suicide

*feeling nervous, anxious, or on edge in the past 2 weeks

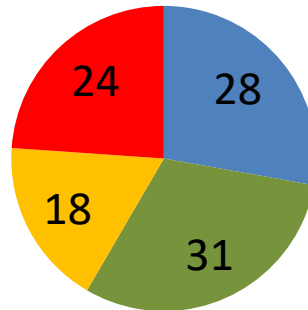
Anxiety

Percent of students who reported feeling nervous, anxious or on edge over the last 2 weeks.

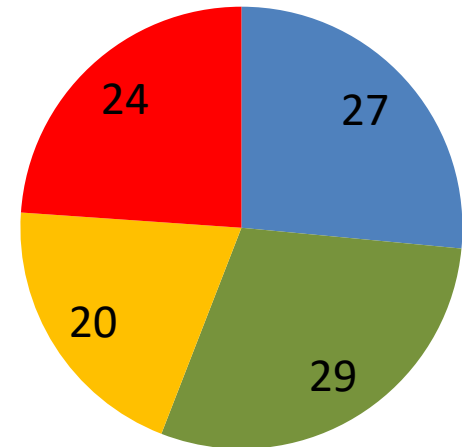
Grade 8



Grade 10

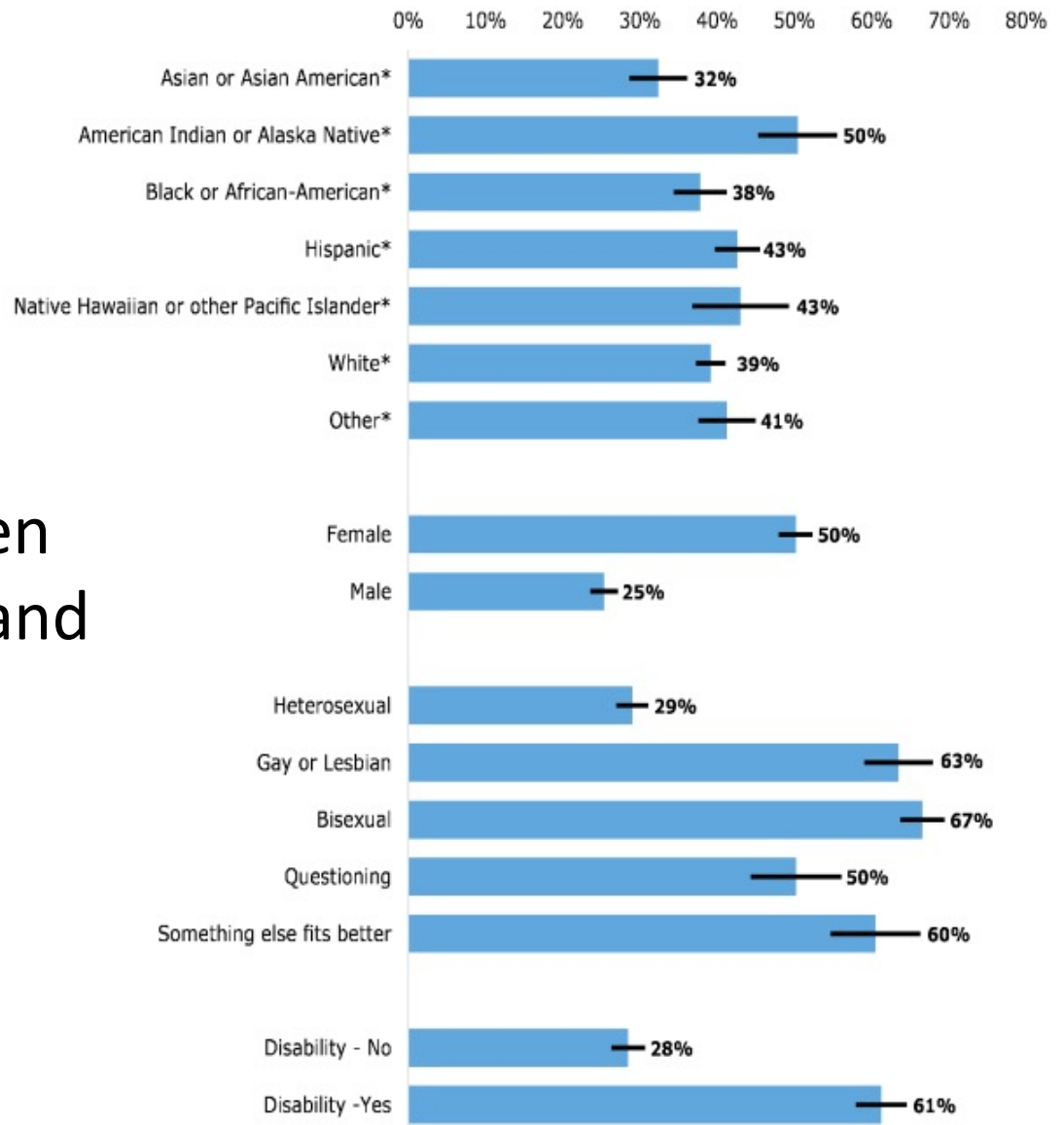


Grade 12



- Not At All
- Several Days
- More than half the days
- Nearly every day

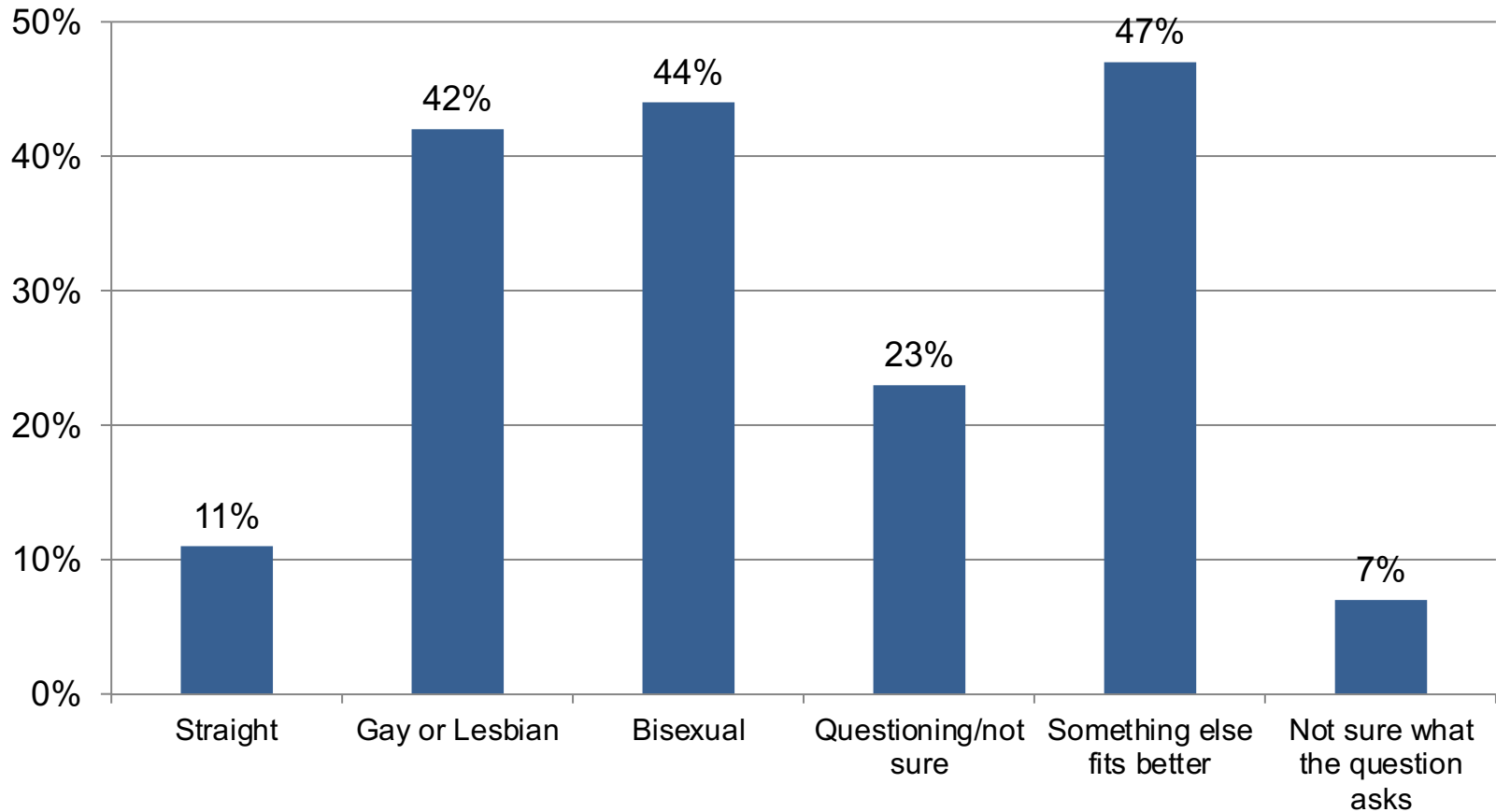
Statewide relationship between feeling sad/hopeless and demographics (Grade 10)



**Alone or in combination with other race/ethnicities.*

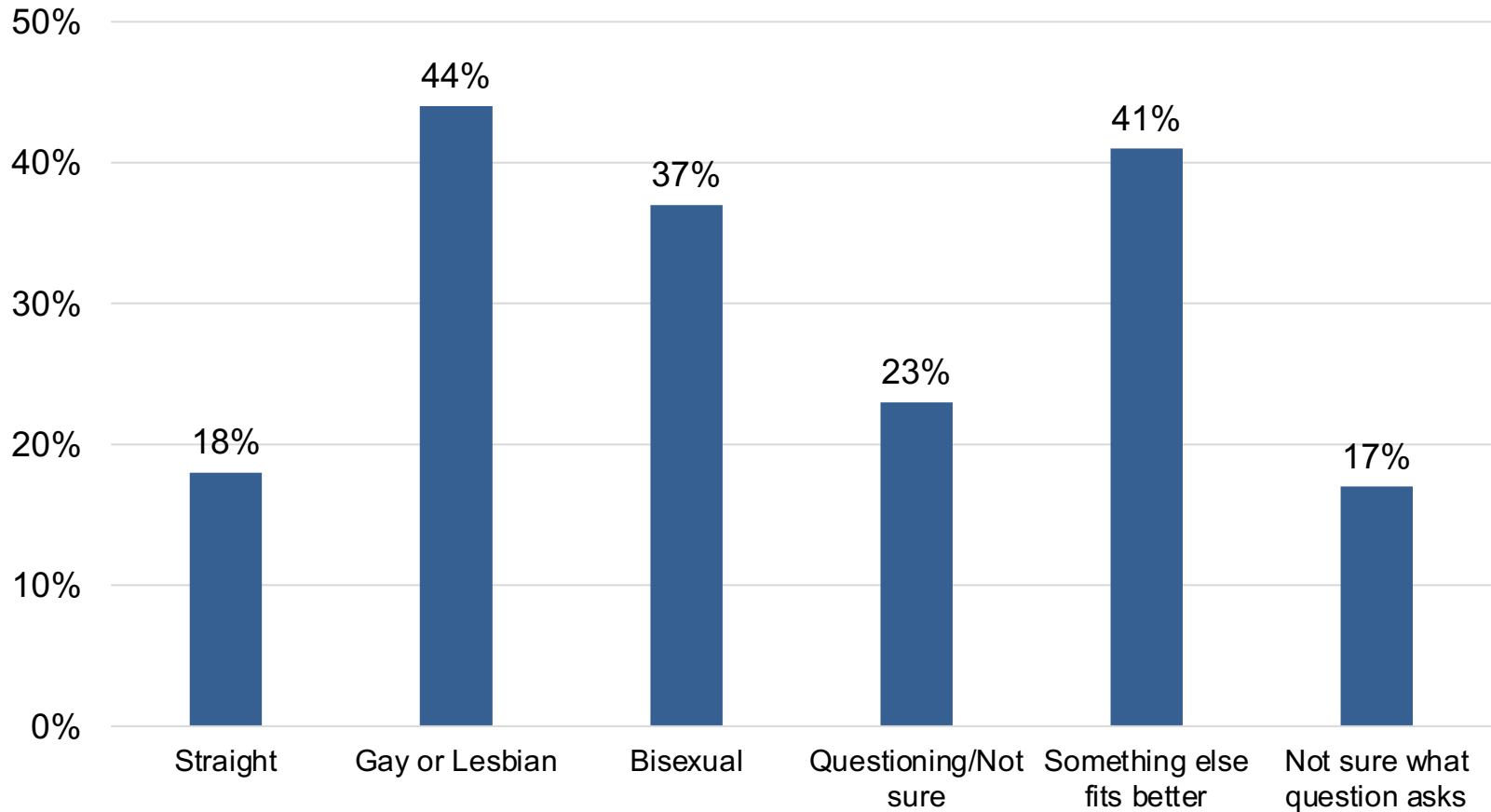
Contemplation of Suicide & Sexual Orientation

Percent of Whatcom County 8th grade students who report having seriously considered suicide in the past year & sexual orientation



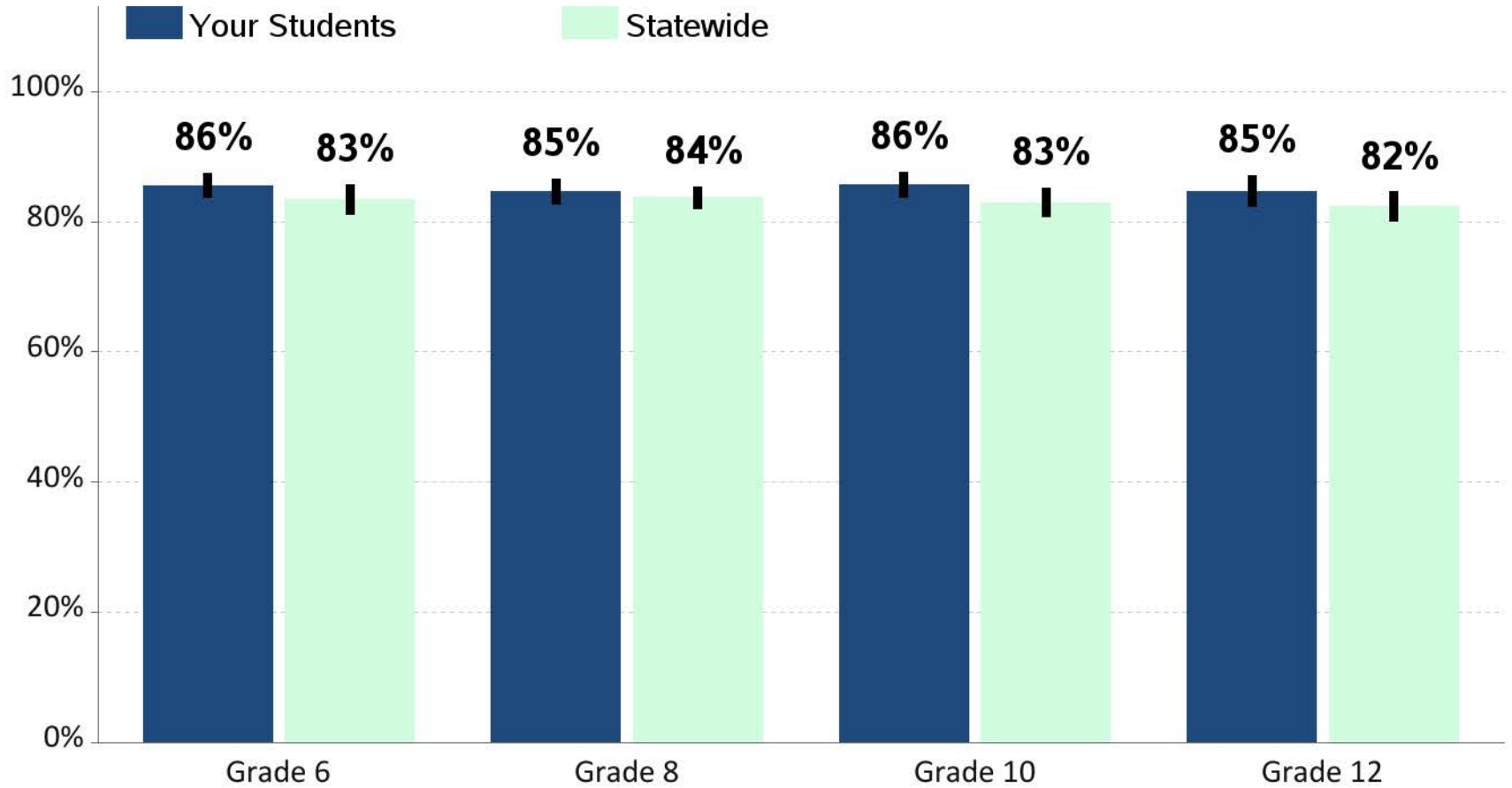
Bullying

Percent of Whatcom County 8th grade students who report being bullied in the past 30 days & sexual orientation



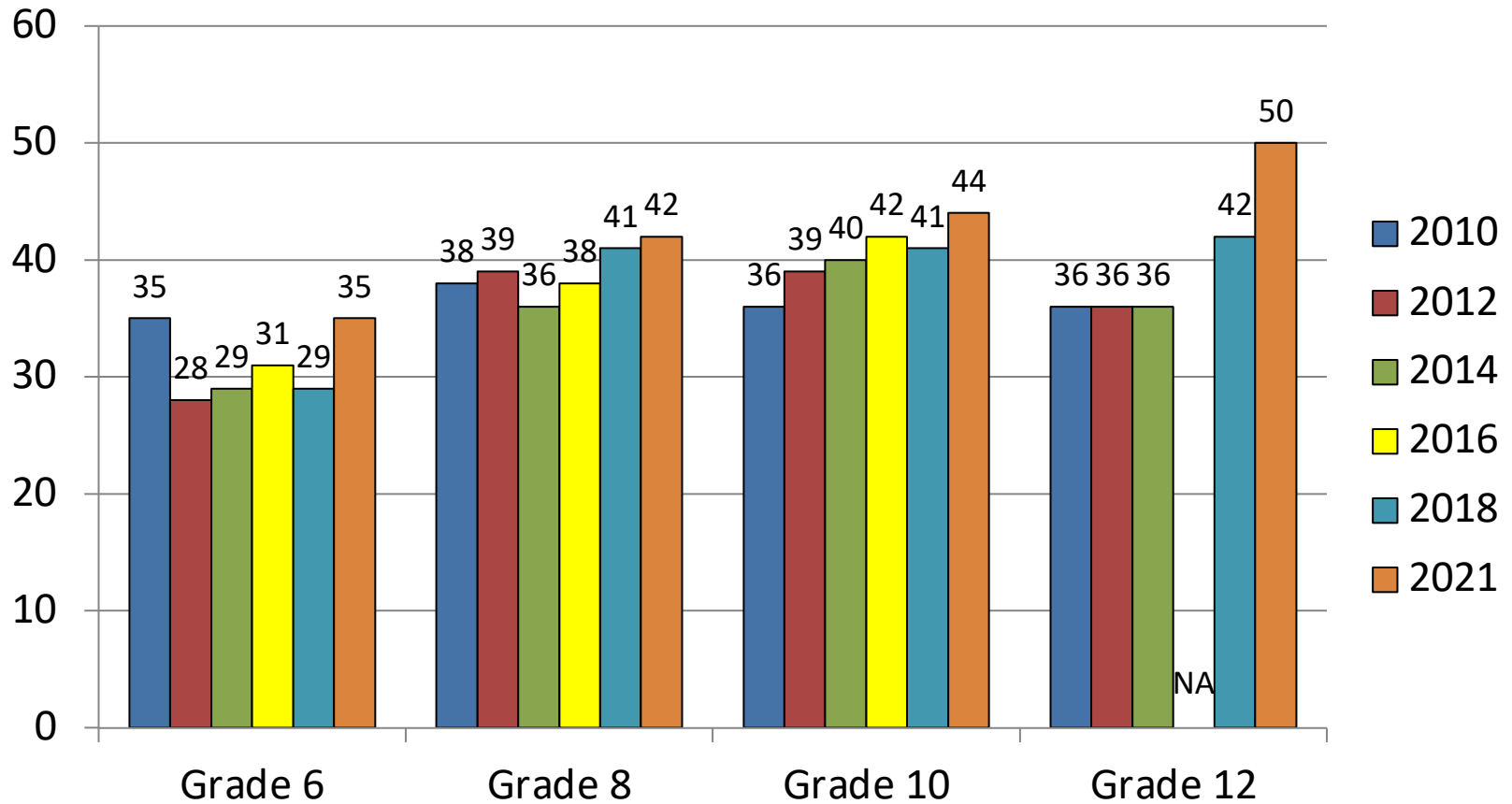
Feeling Safe During School

Percent of students who report that they feel safe during school



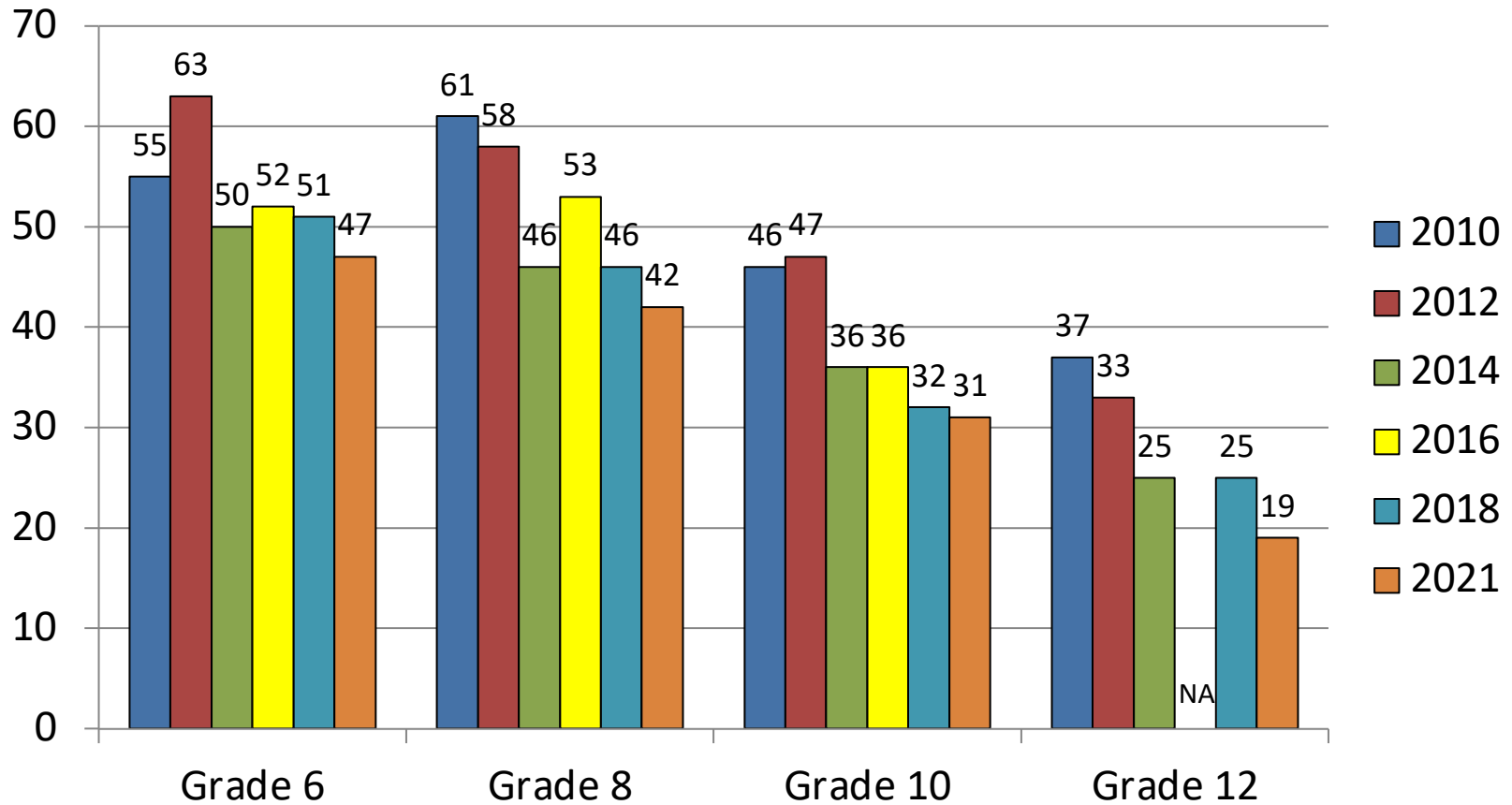
Perceived Risk of Regular Alcohol Use

Percent of students who report "great risk" of harm
from drinking alcohol daily



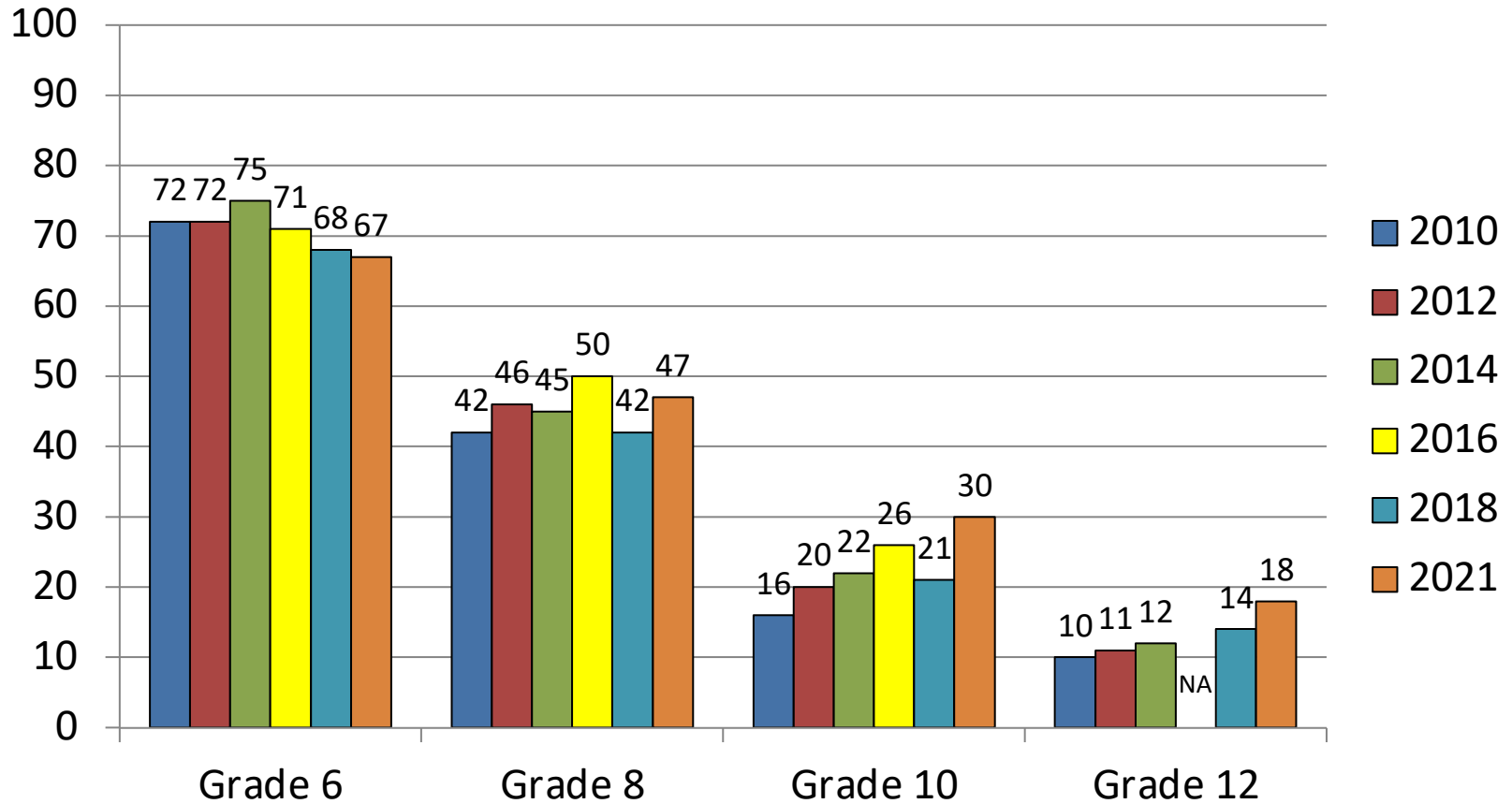
Perceived Risk of Regular Marijuana Use

Percent of students who report "great risk" of harm from smoking marijuana at least once or twice a week



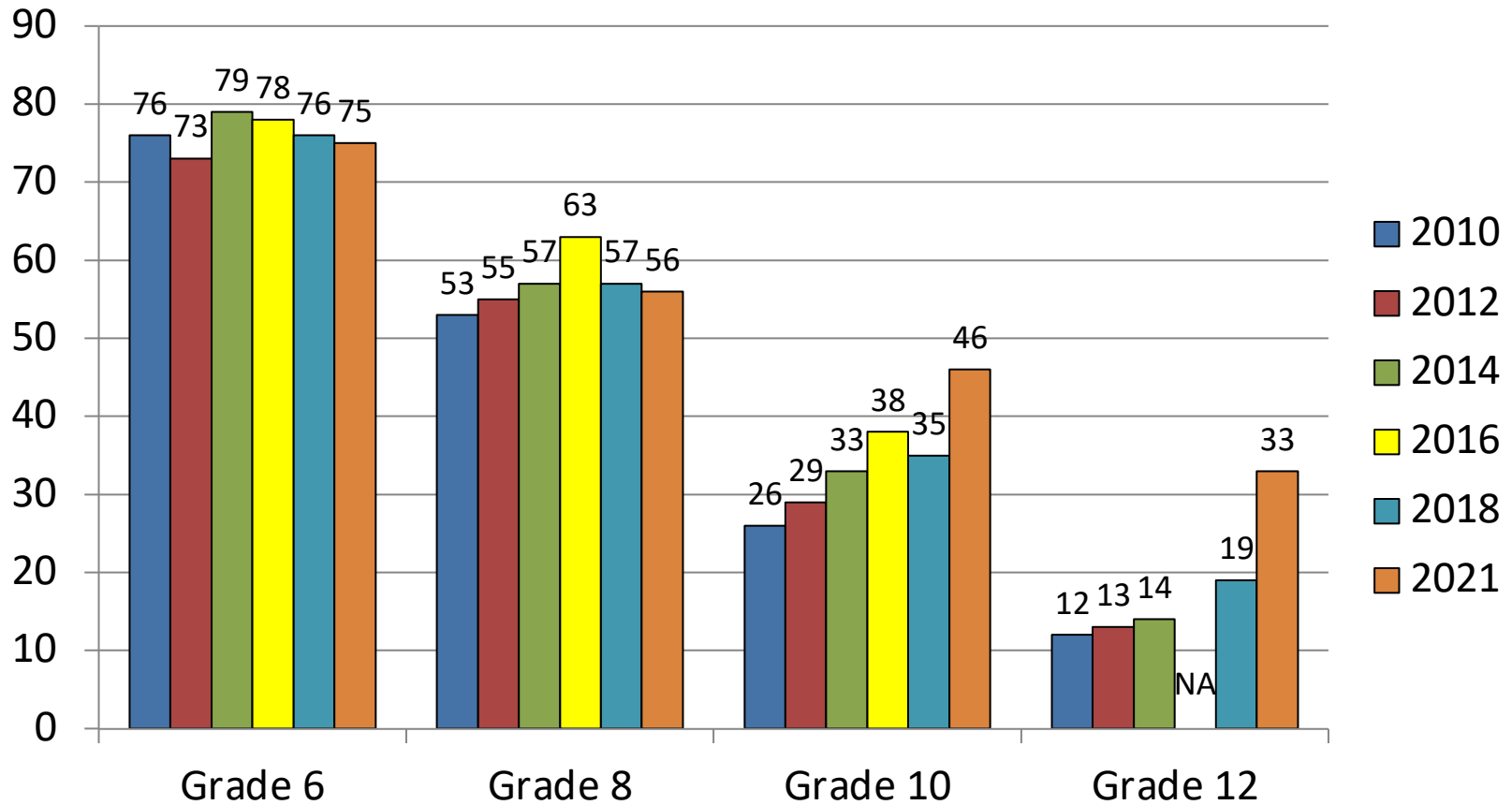
Perceived Availability of Alcohol

Percent of students who report alcohol
would be "**very hard**" to get



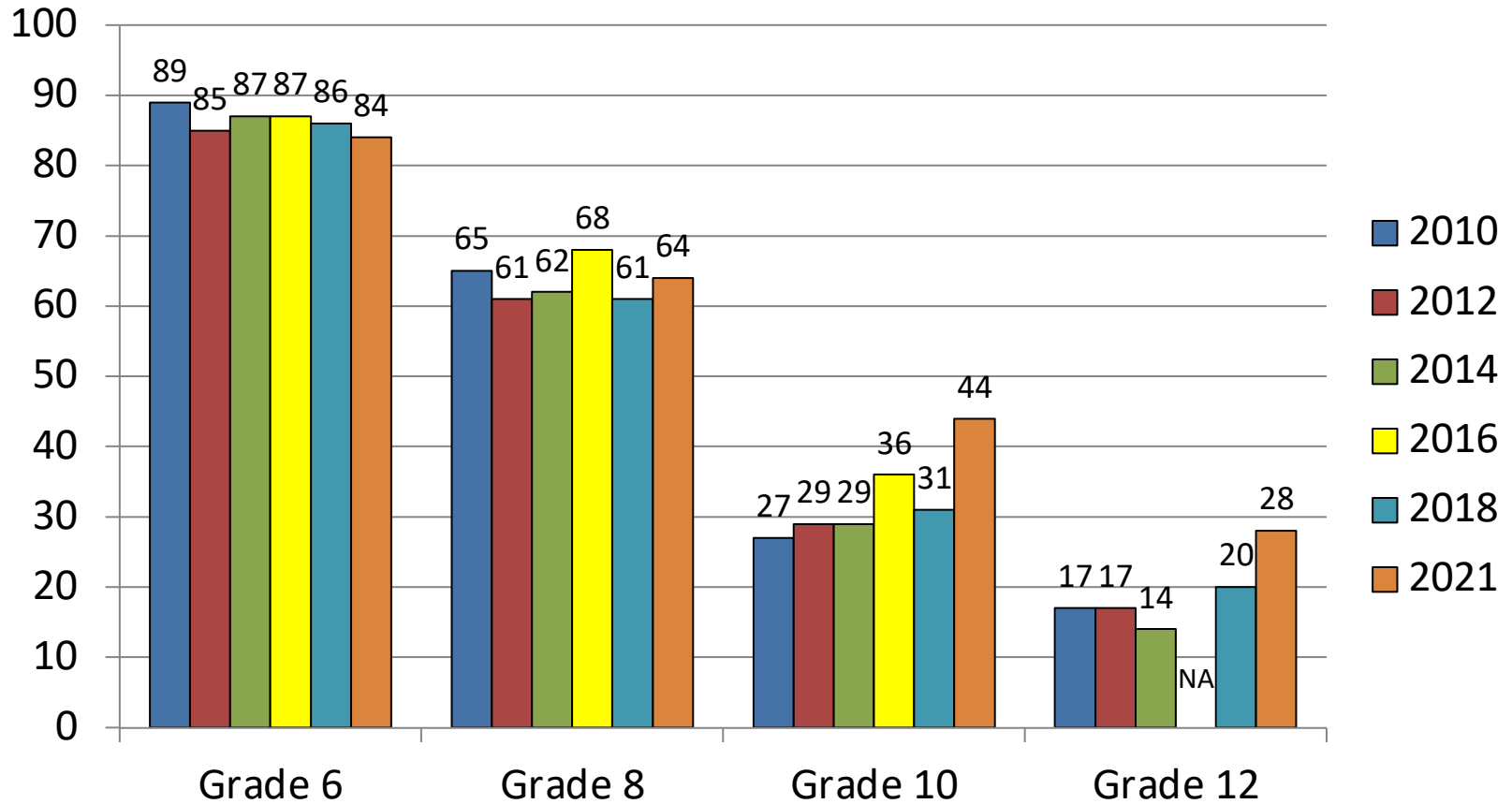
Perceived Availability of Cigarettes

Percent of students who report cigarettes
would be "very hard" to get

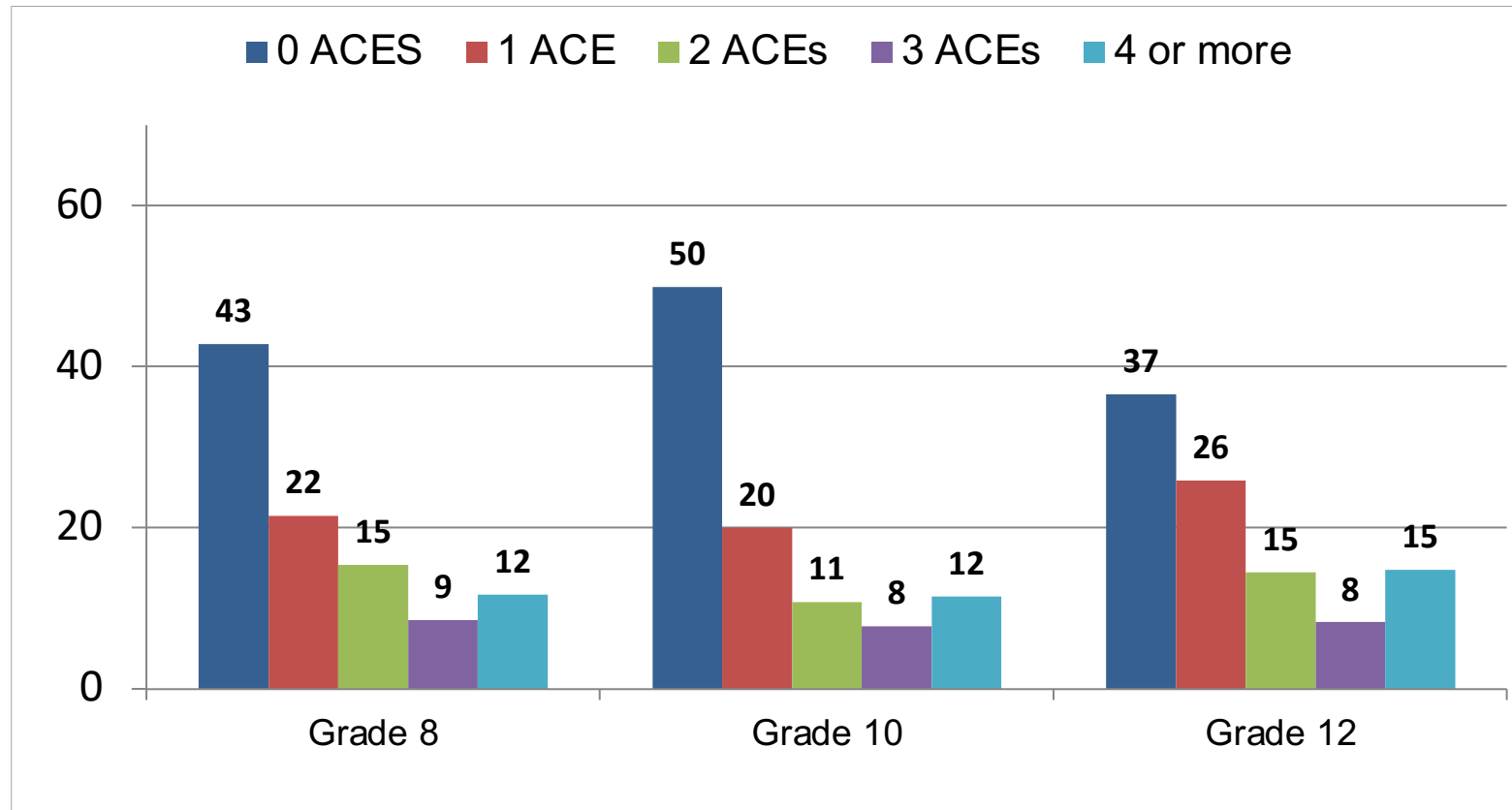


Perceived Availability of Marijuana

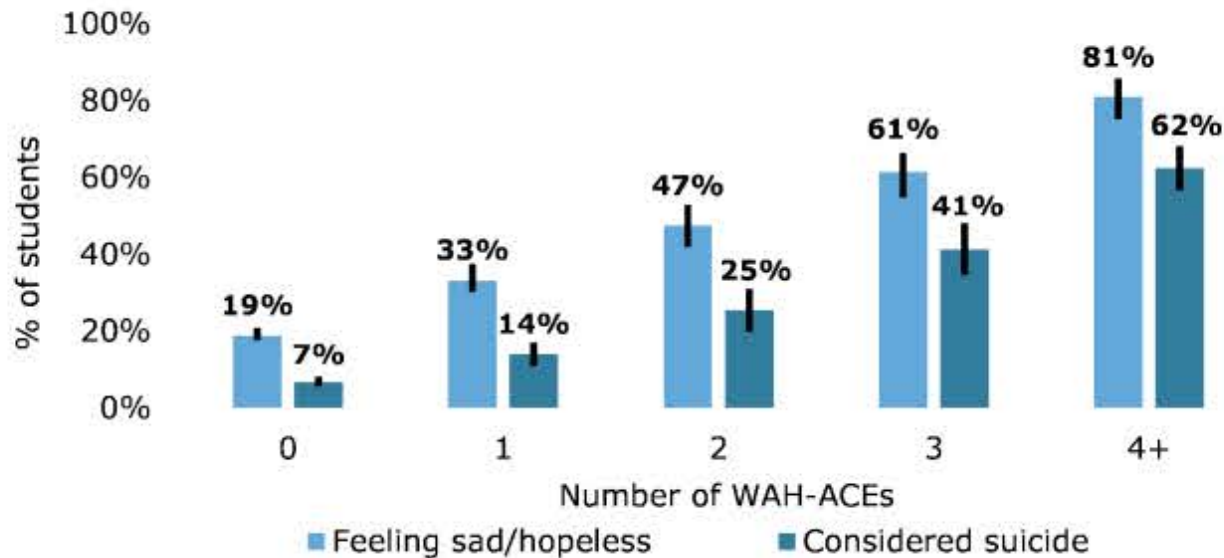
Percent of students who report marijuana
would be "**very hard**" to get



Adverse Childhood Experiences Scale



Statewide Relationship between WAH-ACEs score and mental health indicators, Grade 10

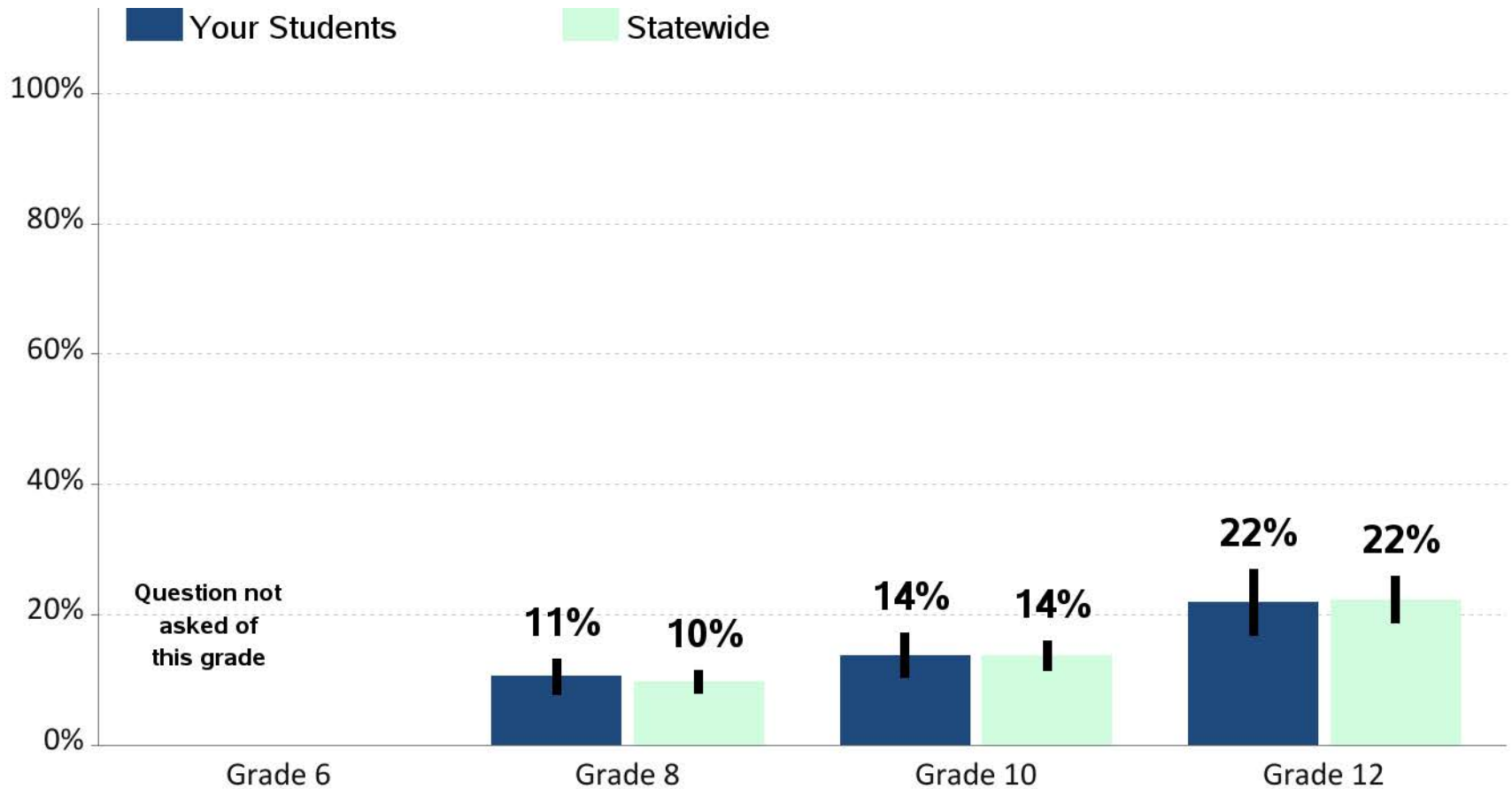


Statewide, more 10th grade students who felt sad or hopeless for at least two weeks in the past year reported higher WAH-ACEs scores.

Similarly, more 10th grade students who reported contemplating suicide reported higher WAH-ACEs scores than those who did not consider suicide.

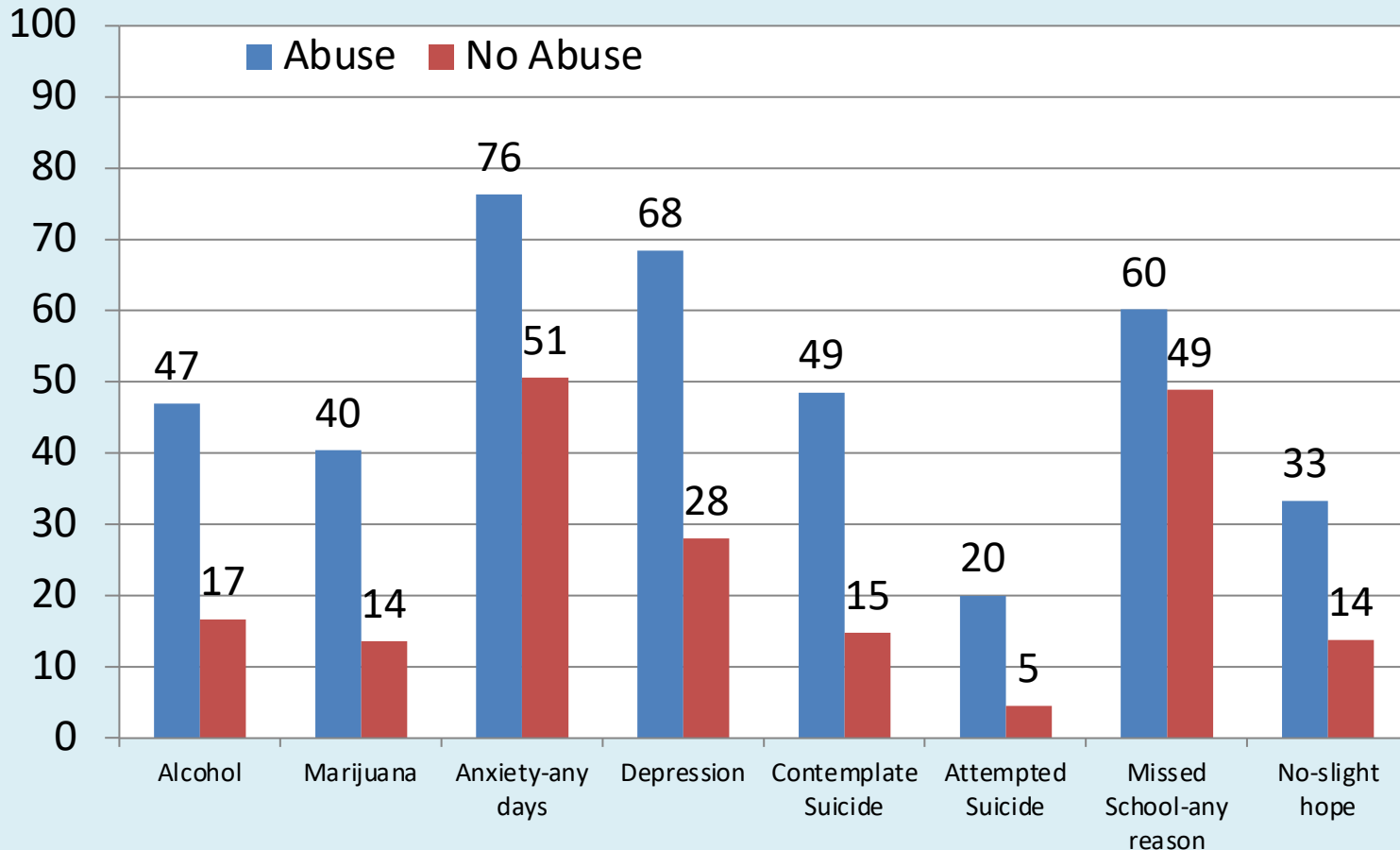
Lifetime Sexual Abuse

Percent of students who report having ever been in a situation where someone made them engage in kissing, sexual touch or sexual intercourse when they did not want to



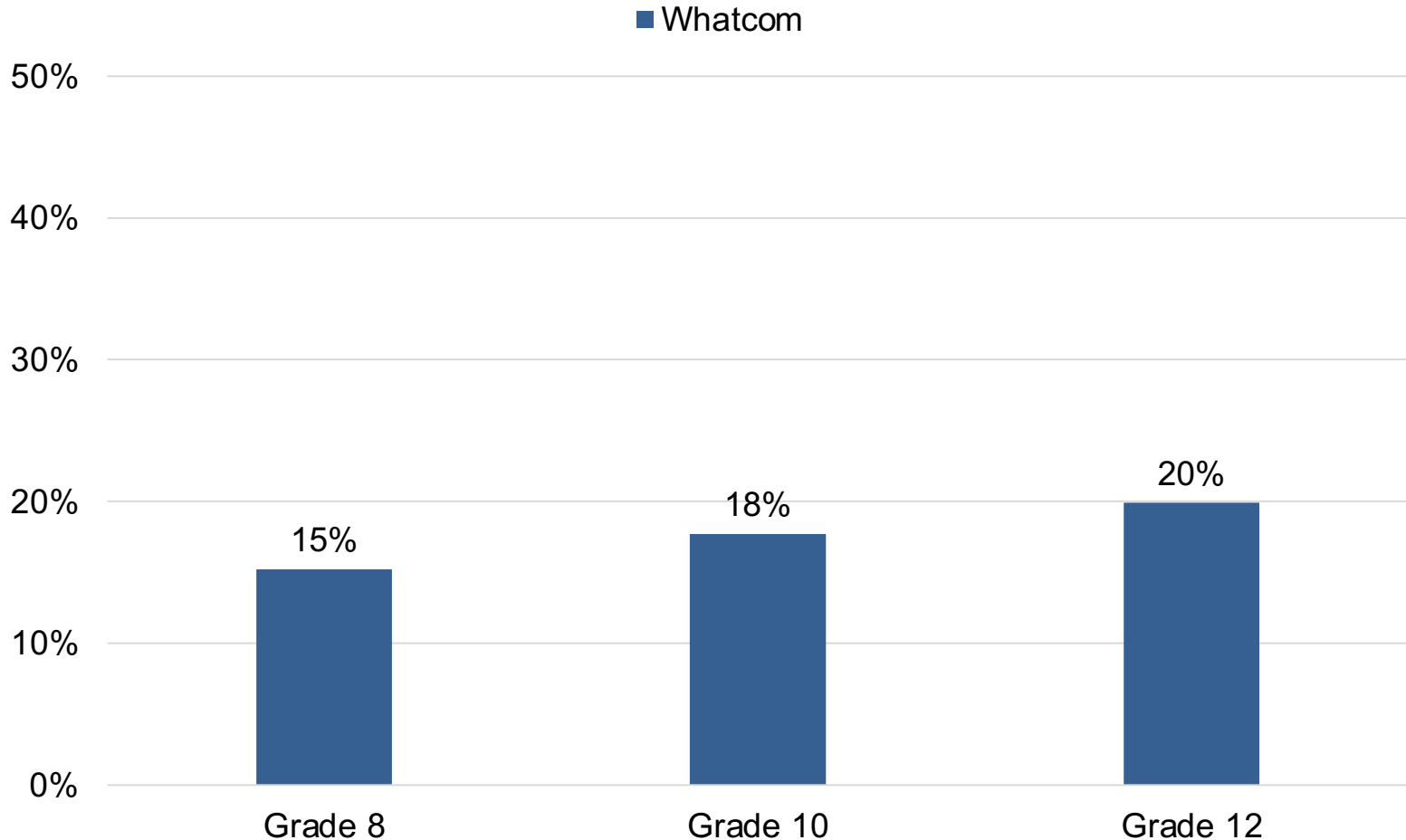
Impacts of Lifetime Sexual Abuse

Percent of 10th grade students who report having ever been in a situation where someone made them engage in kissing, sexual touch or sexual intercourse when they did not want to



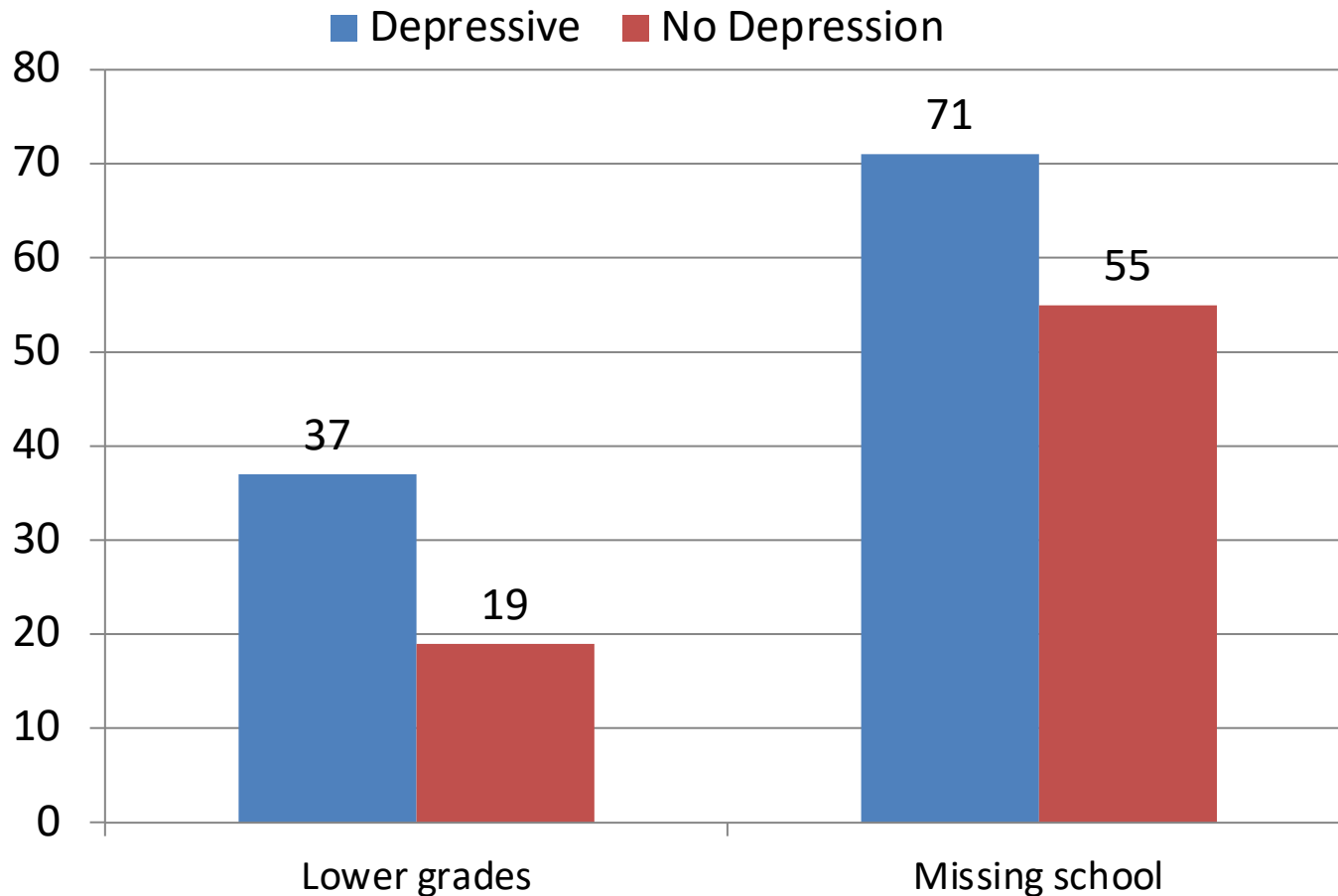
Physical Abuse

130. Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury?



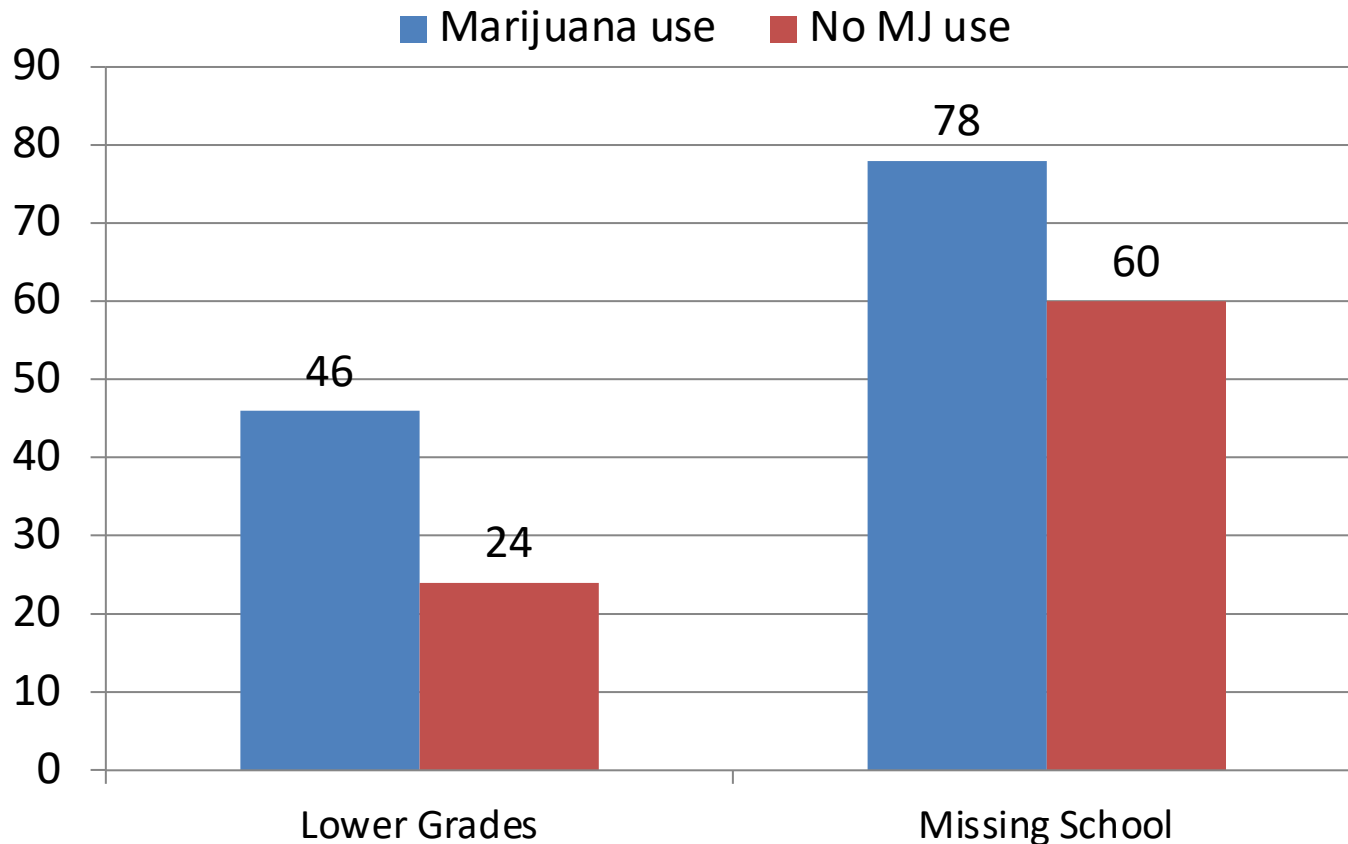
Depressive Feelings and School

Percent of students in 10th grade that reported **depressive feelings** in the past year experienced **lower grades** and **missing school**.



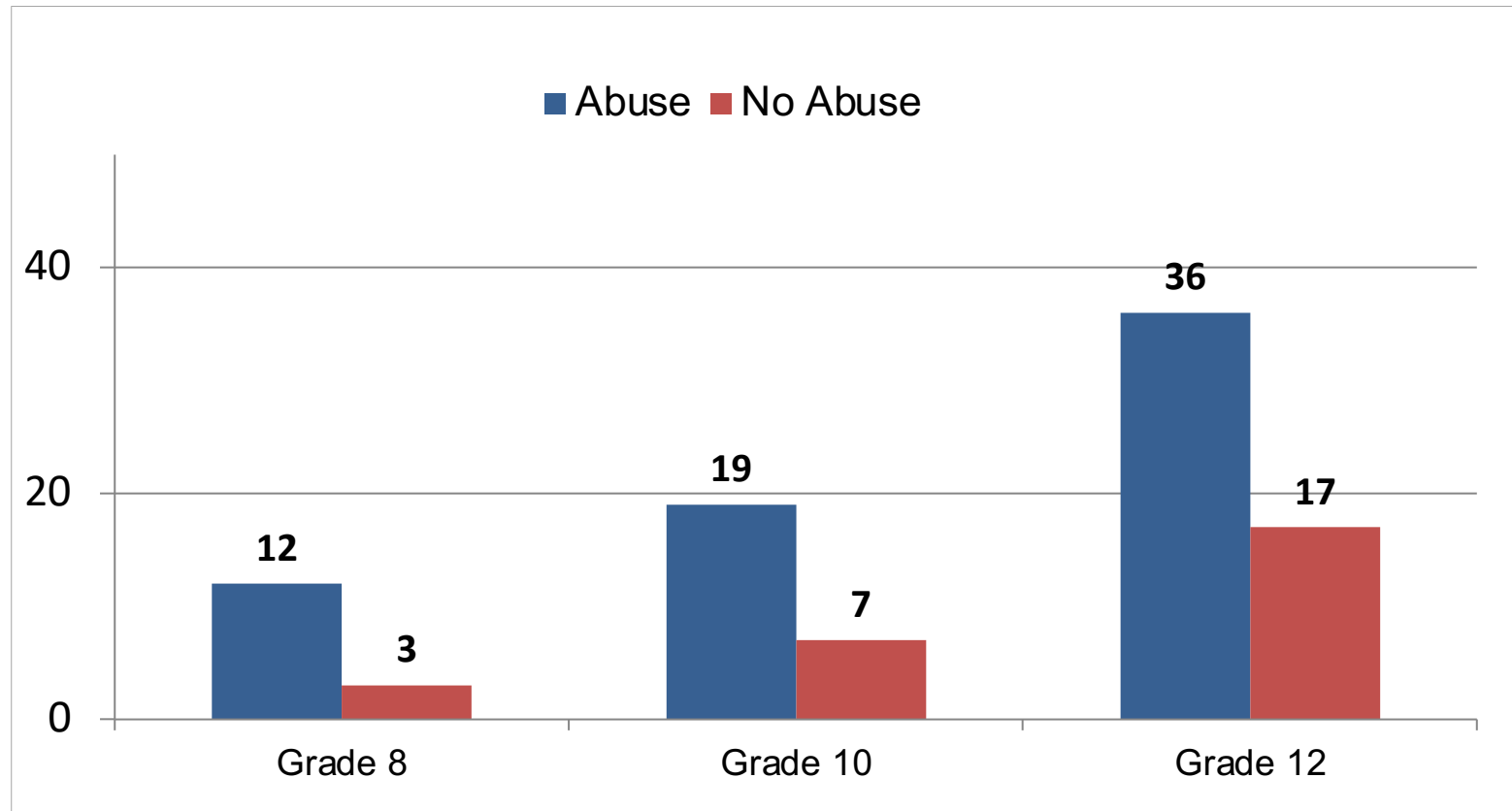
Impact of Substance Use

Students in 10th grade that reported **current marijuana** use experienced **lower grades** and **missing more school**.



Physical Abuse & Current Drinking

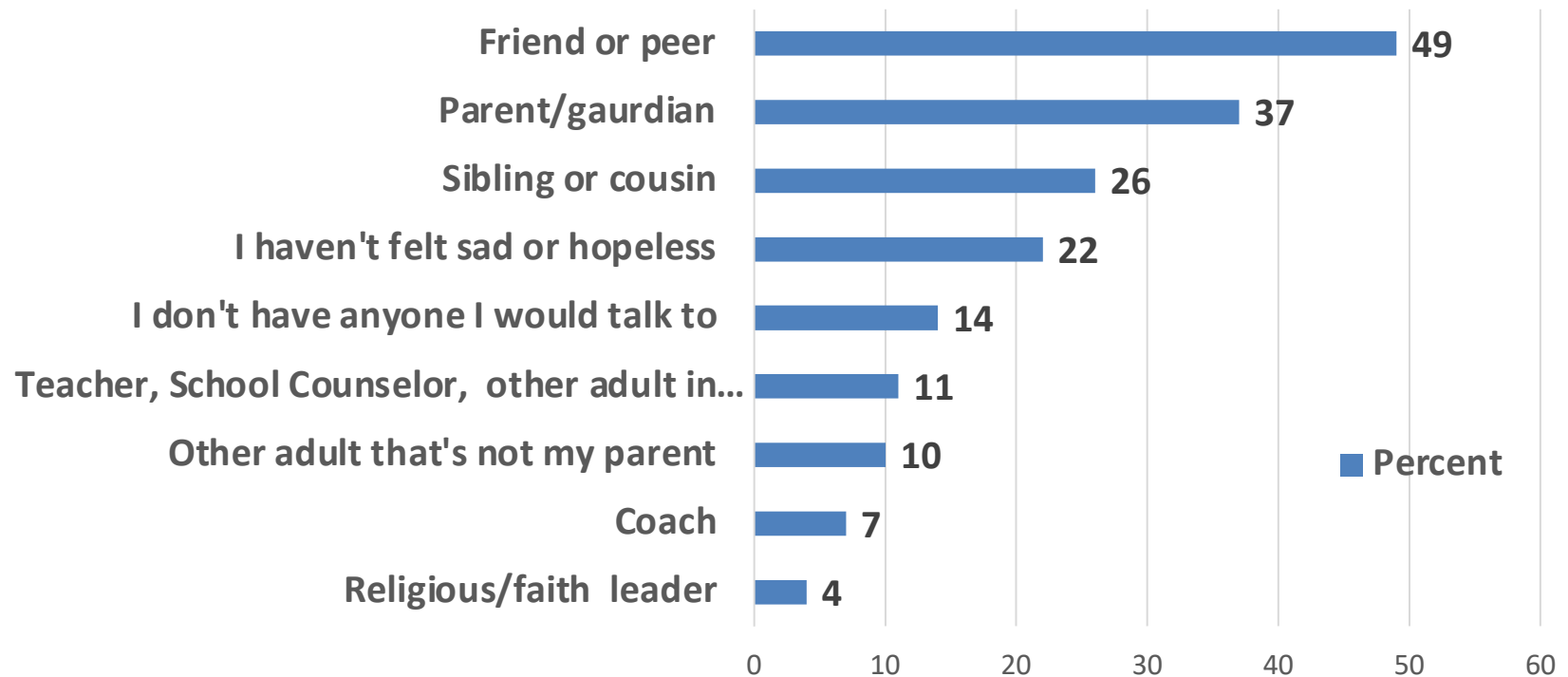
Current drinking is higher among students who report having ever been physically hurt by an adult (Has an adult ever physically hurt you on purpose-like pushed, slapped, hit, kicked or punched you).



Support

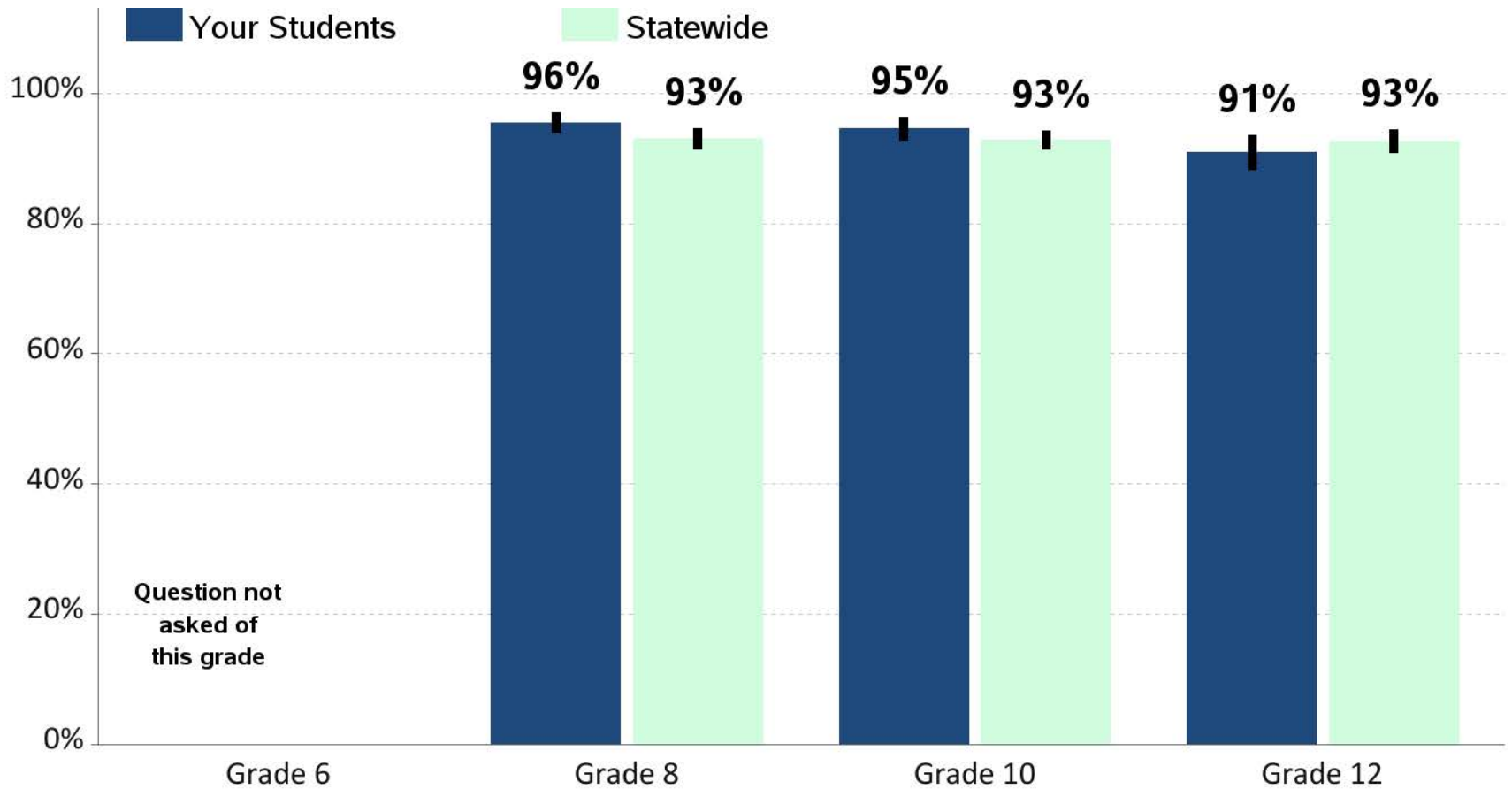
If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn to for help?

(choose all that apply)



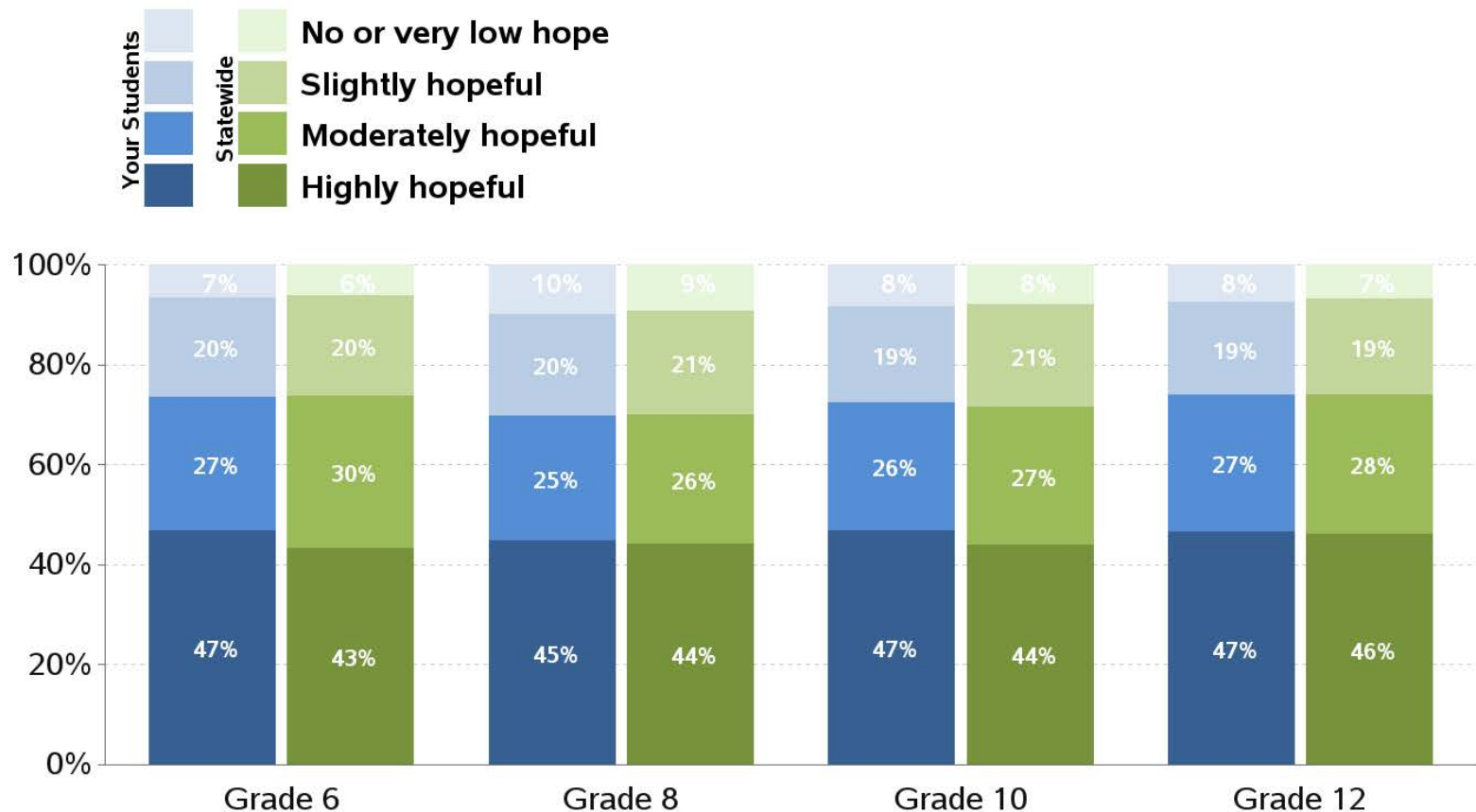
Opportunities for School Involvement

Percent of students who report that they have lots of chances for involvement in school activities



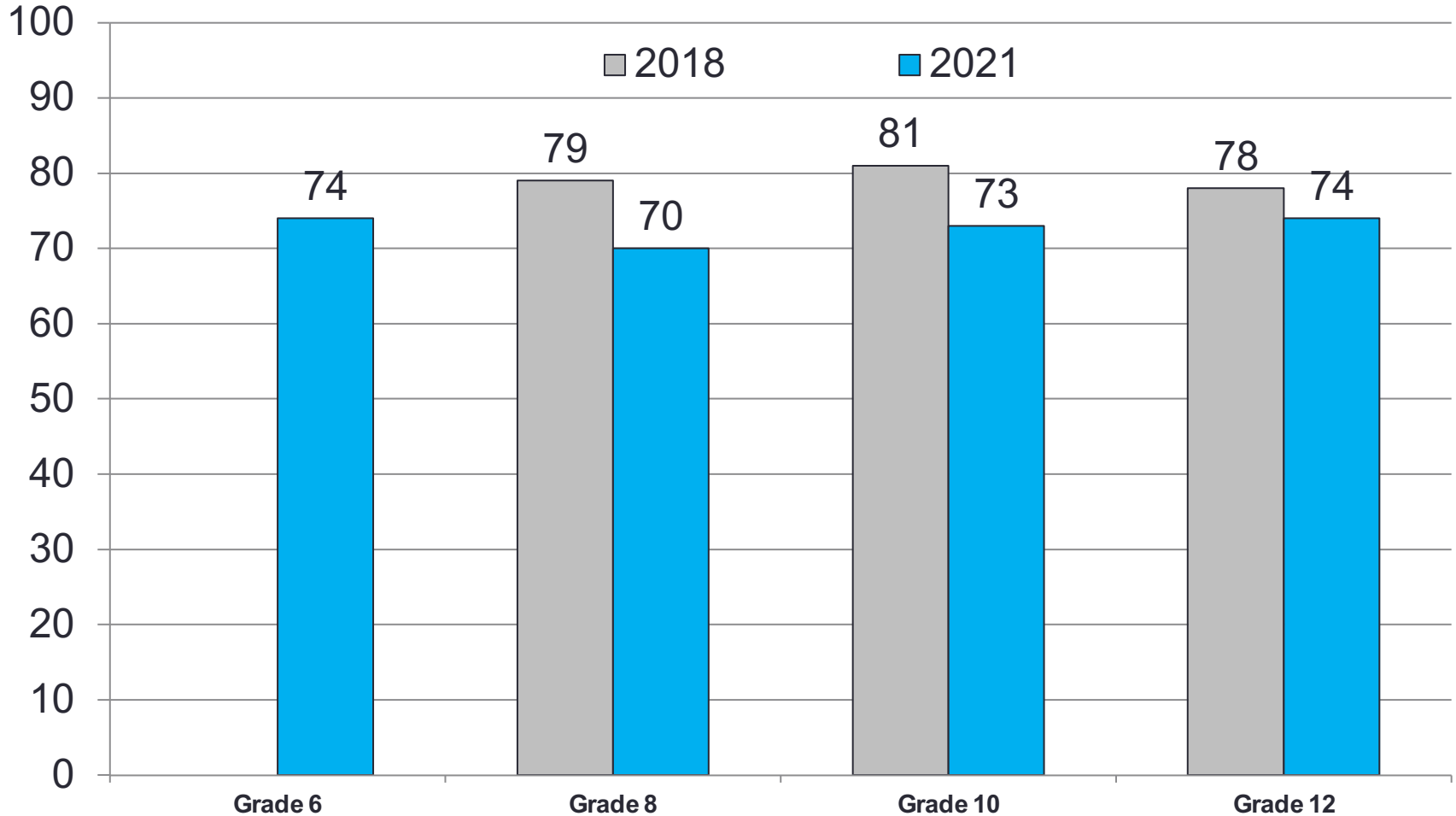
Children's Hope Scale

Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal. Research has linked hope with overall physical, psychological, and social well-being.



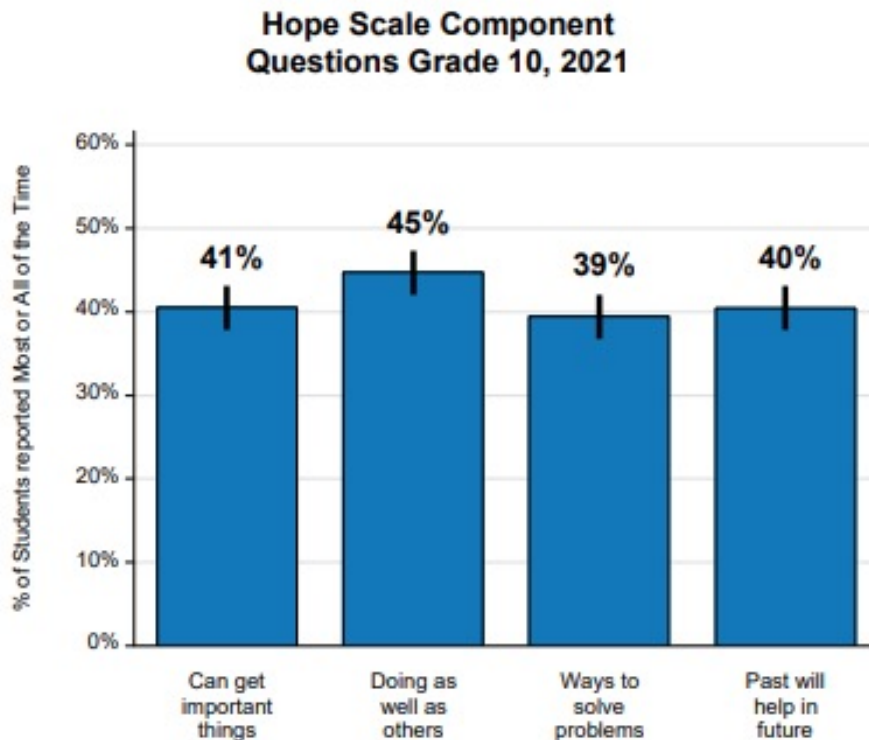
Children's Hope

Percent of students reporting "Moderately" or "Highly" hopeful in grades 6, 8, 10, 12 in 2018 and 2021.



Hope Scale Components (Whatcom)

Research has shown that hope can be taught and is connected to academic achievements, well-being and positive life outcomes.



Pathway Questions:

- I can think of many ways to get the things in life that are most important to me.
- When I have a problem, I can come up with lots of ways to solve it.

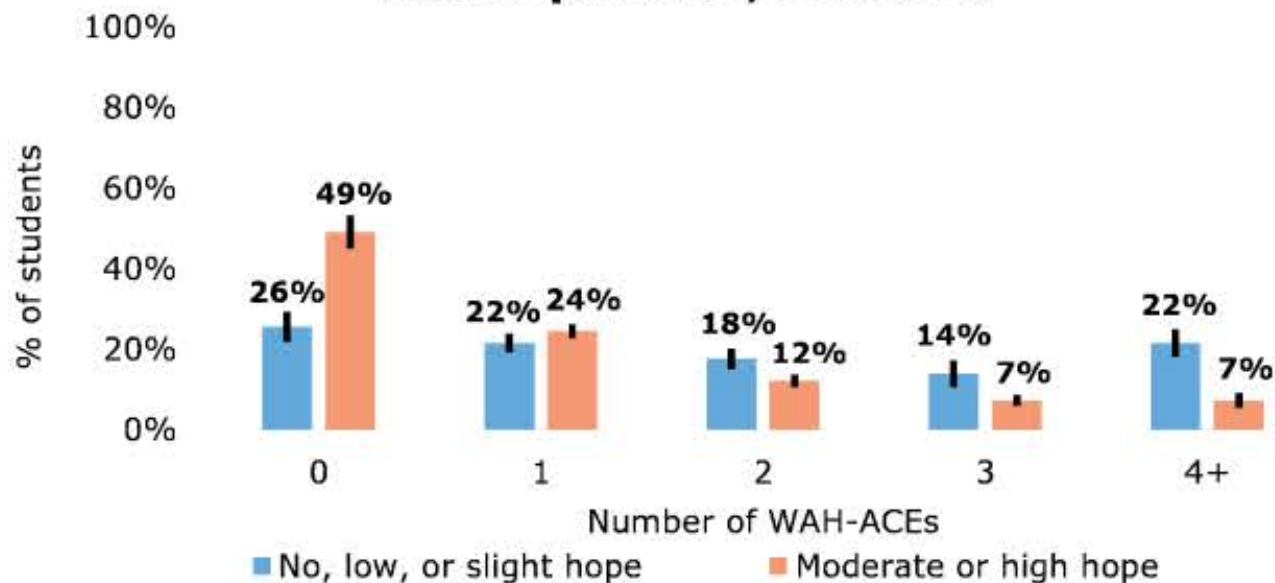
Pathways thinking is a child's belief in their capacity to find multiple ways to reach their goals.

Agency Questions:

- I am doing just as well as other kids my age.
- I think the things I have done in the past will help me in the future.

Agency thinking is a child's self-efficacy and motivation to use multiple ways to reach their goal.

Statewide Relationship between WAH-ACEs score and Hope Scale, Grade 10

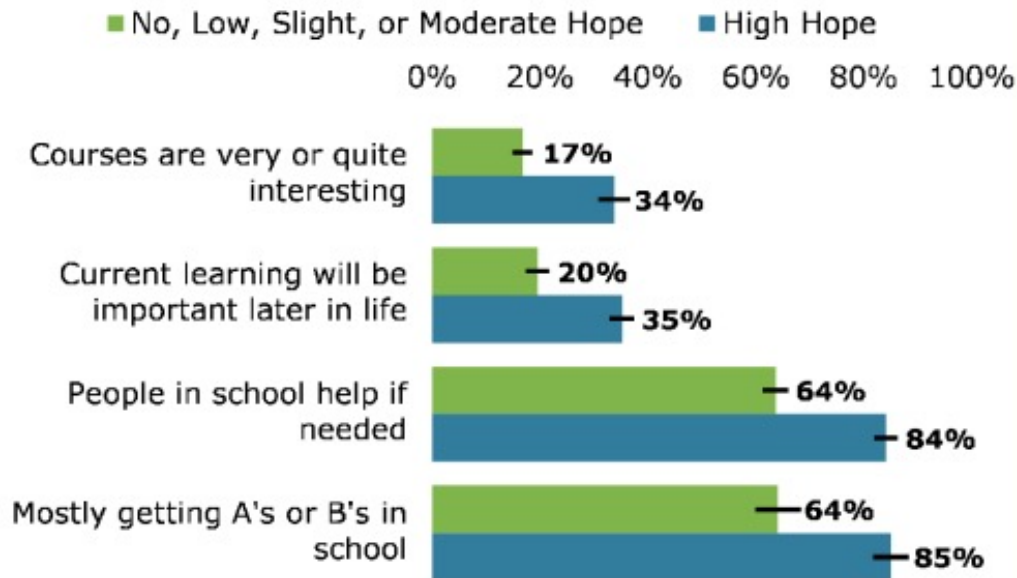


Statewide, 10th grade students who reported more hope tended to also have a lower WAH-ACEs scores.

NOTE: Hope is the belief that the future can be better than the past and you play a role in making it so. Hope can also be taught.

Benefits of Hope

Statewide Relationships between High Hope, Grade 10



For 10th graders statewide, those with **high levels of hope** are:

- *More likely to find courses more interesting and helpful for their future*
- *More likely to think the things they are learning in school will be important later in life*
- *More likely to report having a person at schools that could help them if needed*
- *More likely to report getting high grades (A's or B's)*

Compared to those with **lower levels of hope**.

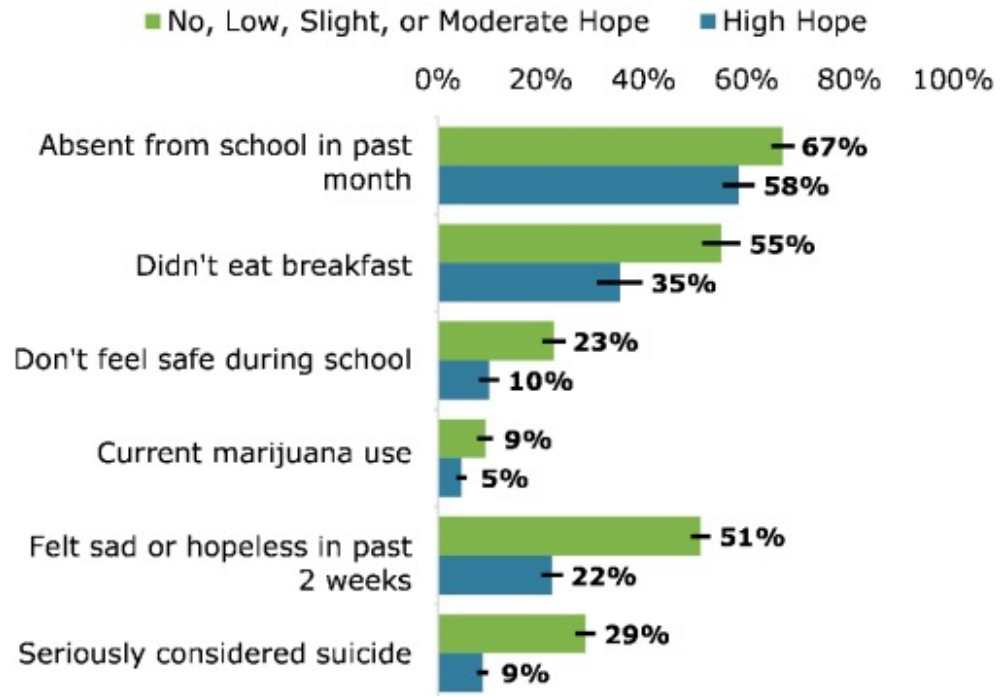
Benefits of Hope

For 10th graders statewide, those **with high levels of hope** are:

- *Less likely to be absent from school in the past month*
- *Less likely to not have eaten breakfast*
- *Less likely to not feel safe during school*
- *Less likely to use marijuana in the past 30 days*
- *Less likely to feel sad or hopeless*
- *Less likely to have seriously considered suicide in the past year*

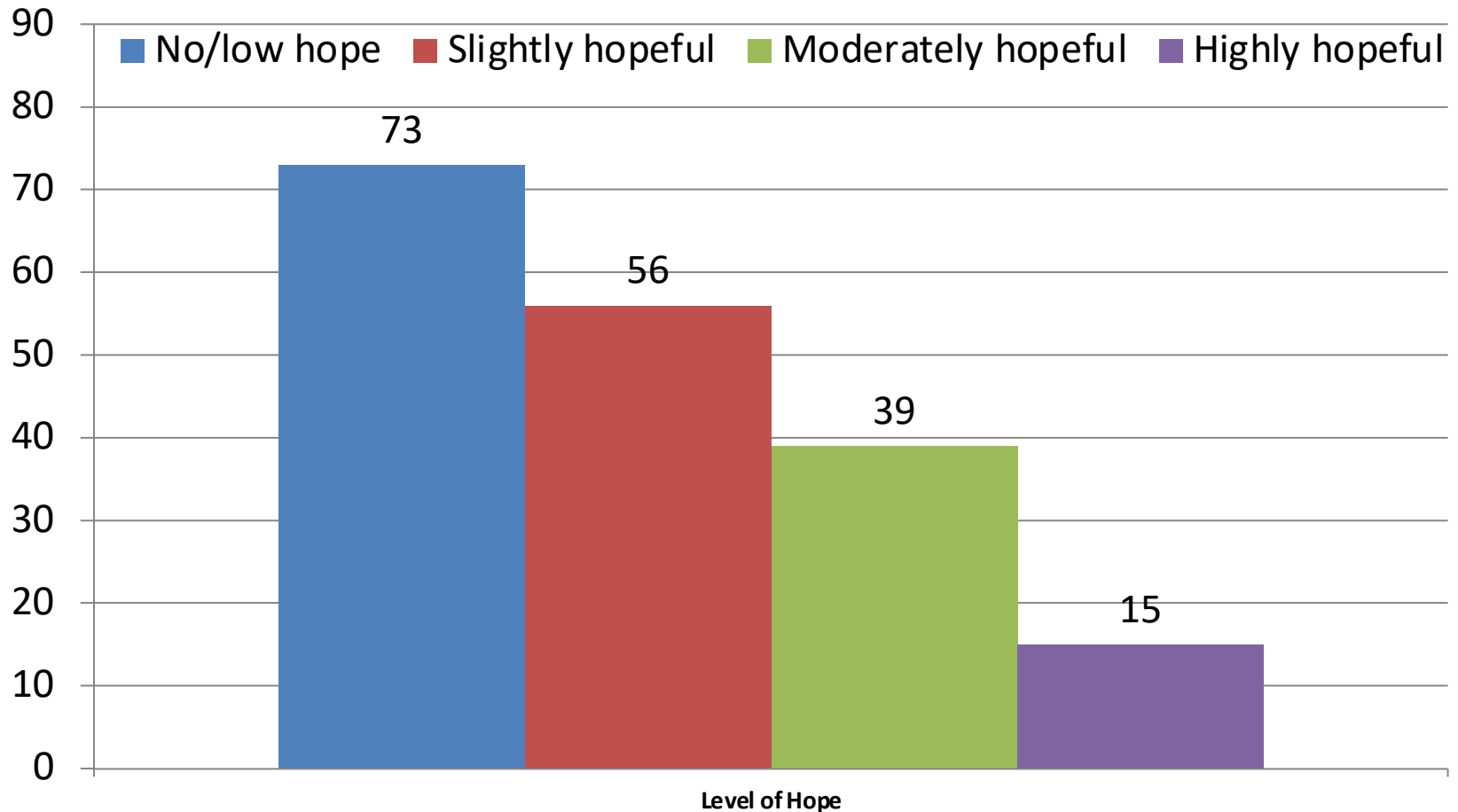
Compared to those with **lower levels of hope**.

Statewide Relationships between High Hope, Grade 10



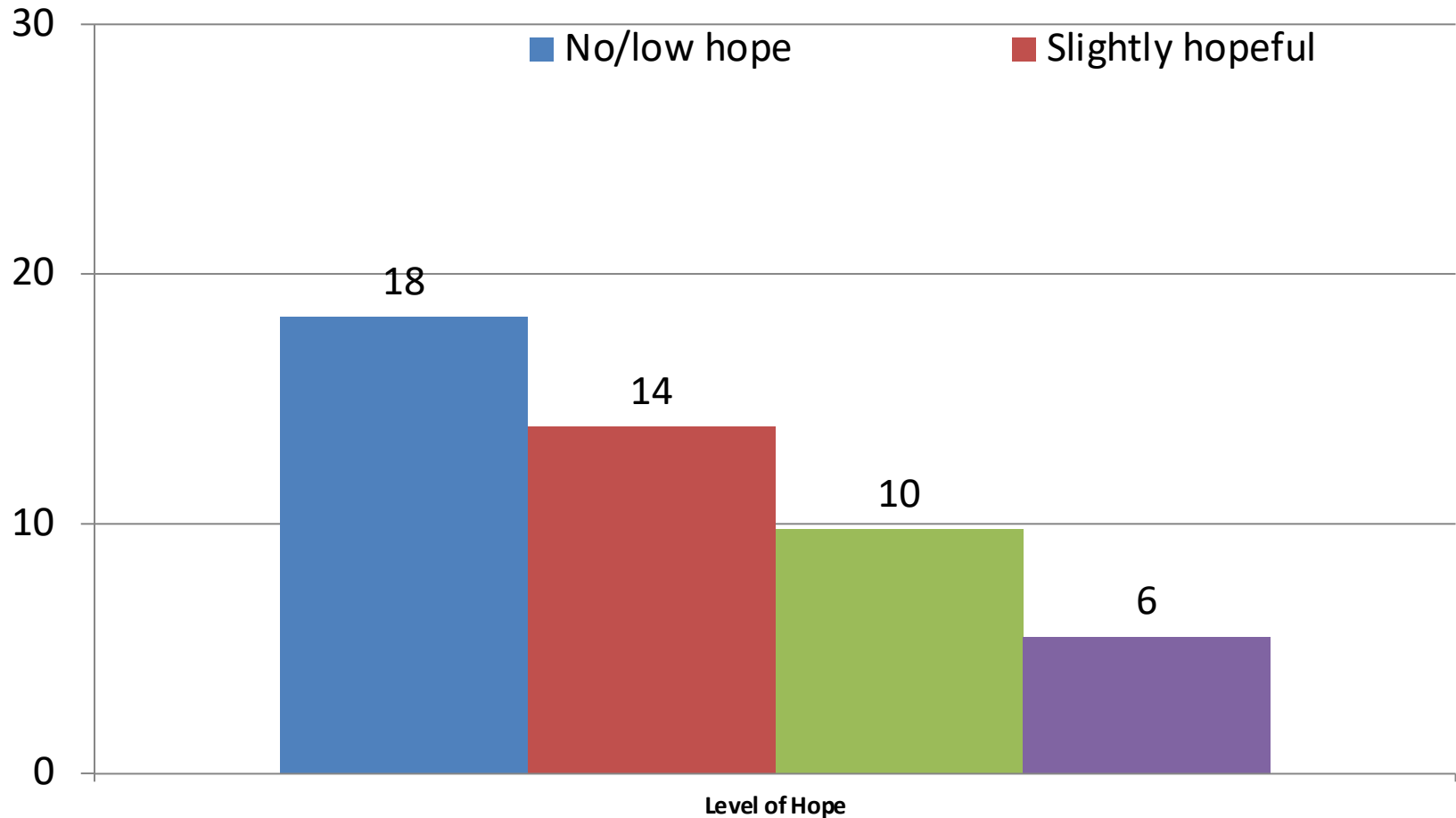
Impact of HOPE on Depression

Percent of **depression** among 8th grade students by Hope Scale.



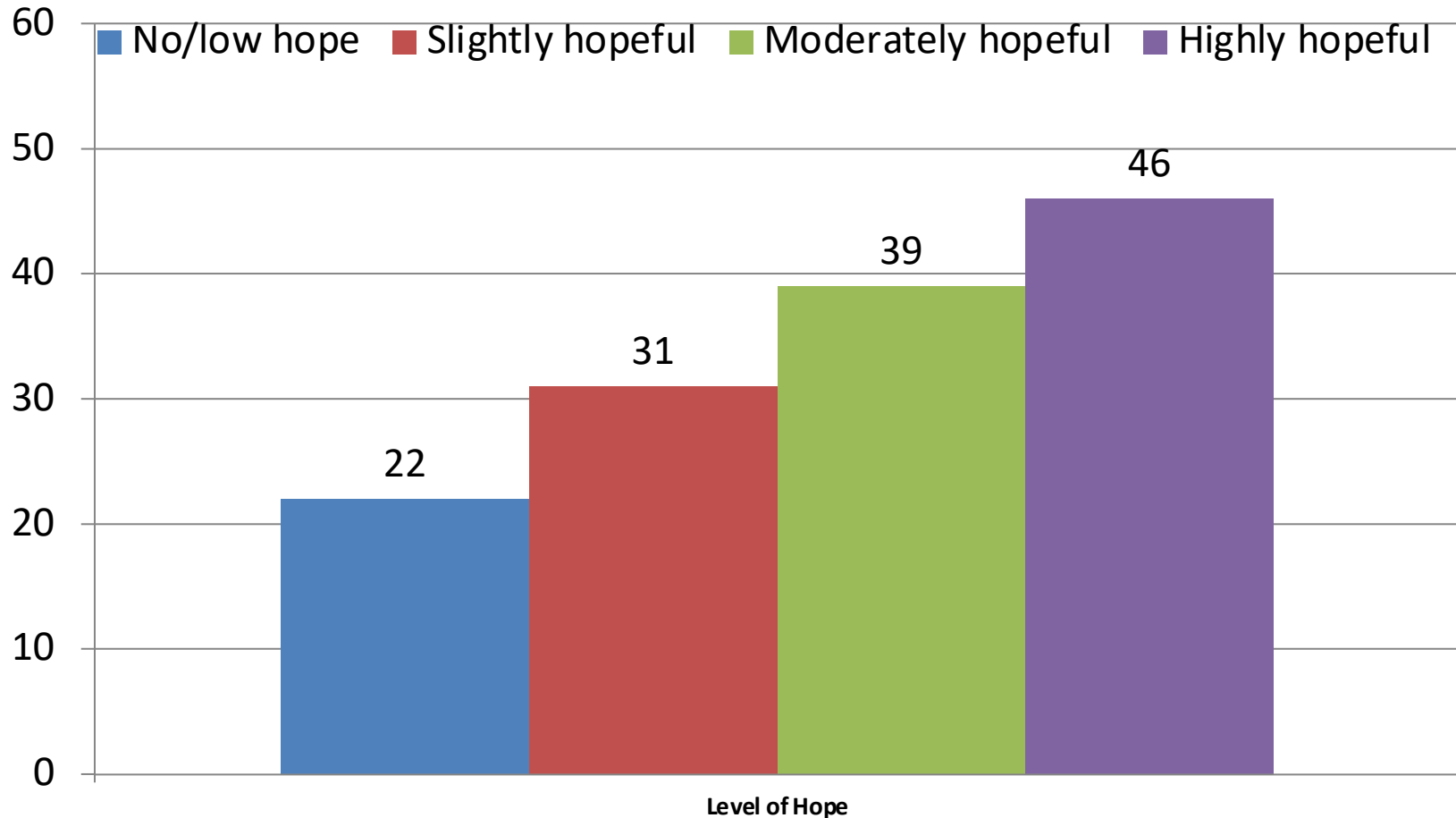
Impact of HOPE on & Marijuana Use

Percent of **marijuana use** among 10th grade students by Hope Scale.



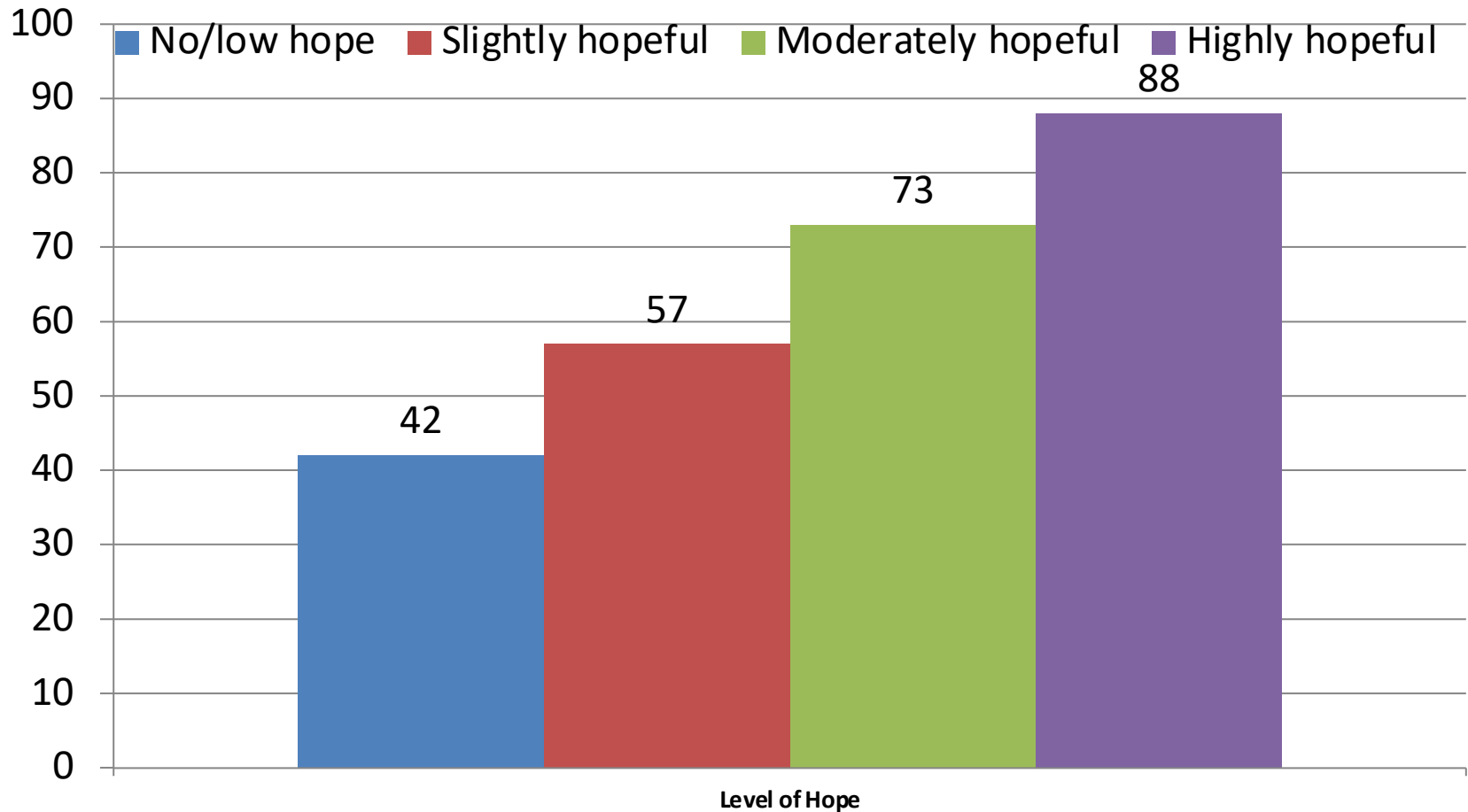
Impact of HOPE on & Attendance

Percent of 10th grade students '**NOT** missing school for any reason (any days)' by Hope Scale.



Impact of HOPE on & Grades

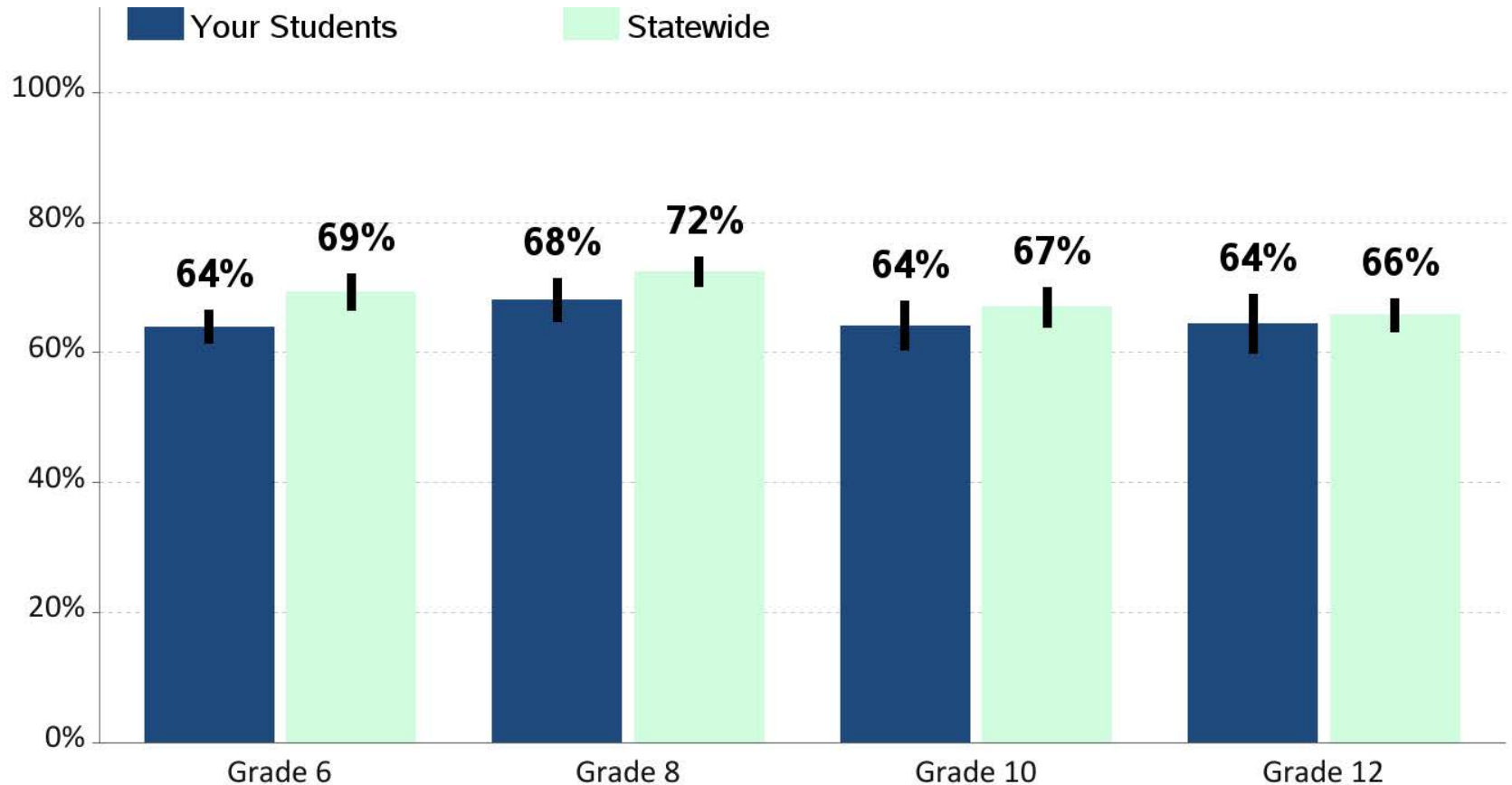
Percent of 10th grade students getting 'mostly A's & B's last year' by Hope Scale.



Excessive Television/Video Game Use

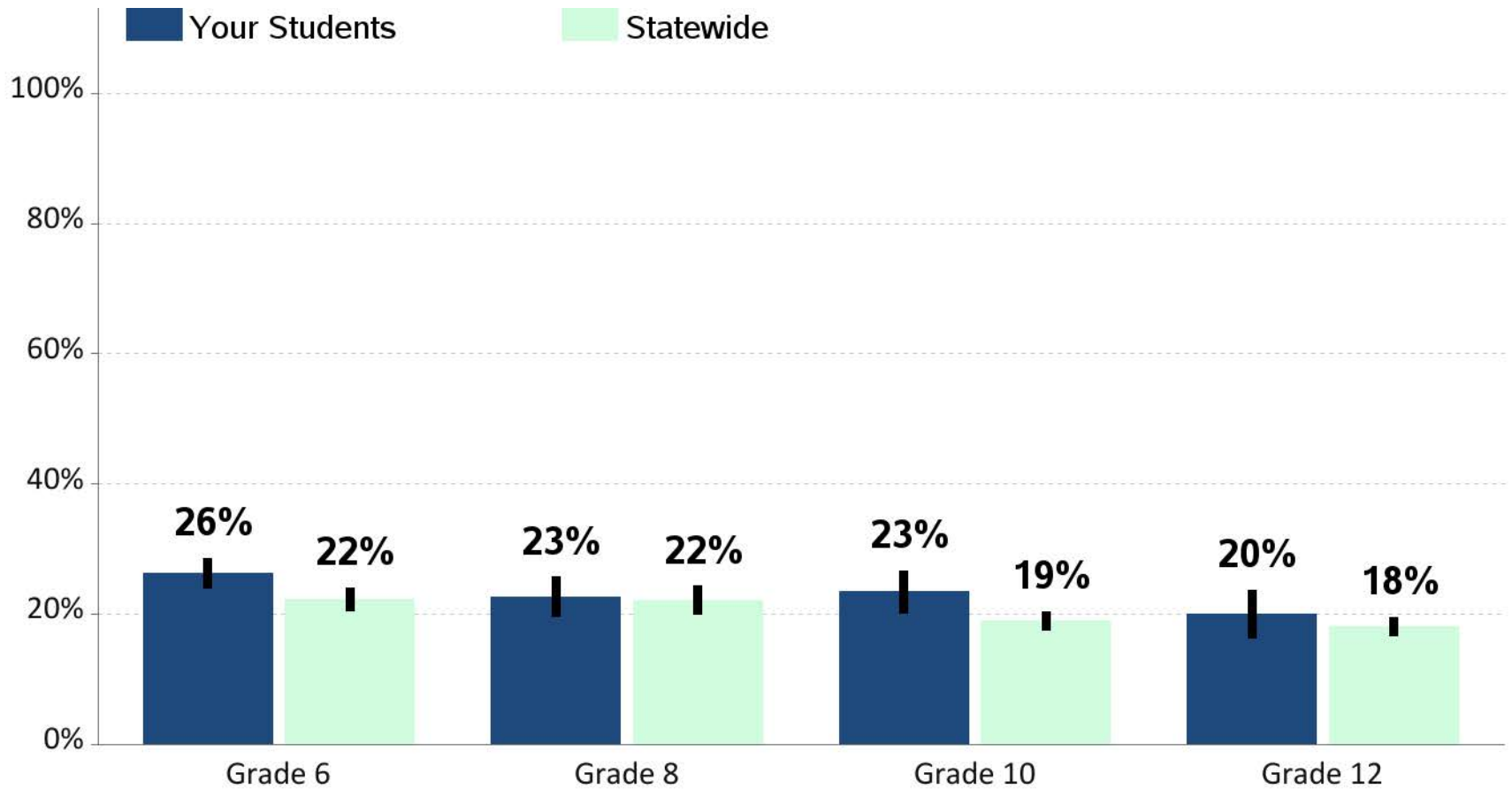
Percent of students who report 3 or more hours watching television, playing video games or using the computer for fun on an average school day

(TV includes movies or stream videos on any electronic device. Video games includes tablets, smartphone, social media)



60 Minutes of Physical Activity per Day

Percent of students who report being physically active
60 minutes per day, 7 days a week



Questions?



For questions or more information contact:

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PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER COMMUNITY