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.

First year of HYS

Switch to online survey format


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.

Source: Healthy Youth Survey 2021
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

Source: 2021 Healthy Youth Survey
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

- Source: 2021 Healthy Youth Survey

Your Students

- Heterosexual (straight)
- Gay or lesbian
- Bisexual
- Questioning/Something else/Not sure
- Don't know what the question is asking

Question not asked of this grade

<table>
<thead>
<tr>
<th>Grade</th>
<th>Heterosexual (straight)</th>
<th>Gay or lesbian</th>
<th>Bisexual</th>
<th>Questioning/Something else/Not sure</th>
<th>Don't know what the question is asking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 6</td>
<td>64%</td>
<td>5%</td>
<td>13%</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>Grade 8</td>
<td>66%</td>
<td>4%</td>
<td>12%</td>
<td>14%</td>
<td>8%</td>
</tr>
<tr>
<td>Grade 10</td>
<td>72%</td>
<td>12%</td>
<td>13%</td>
<td>9%</td>
<td>10%</td>
</tr>
<tr>
<td>Grade 12</td>
<td>71%</td>
<td>14%</td>
<td>13%</td>
<td>11%</td>
<td>10%</td>
</tr>
</tbody>
</table>
30-Day Use of Smoking Tobacco
Whatcom County (2000-2021)

Healthy Youth Survey
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

<table>
<thead>
<tr>
<th>Year</th>
<th>Grade 6</th>
<th>Grade 8</th>
<th>Grade 10</th>
<th>Grade 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>9</td>
<td>19</td>
<td>26</td>
<td>19</td>
</tr>
<tr>
<td>2016</td>
<td>1</td>
<td>5</td>
<td>12</td>
<td>10</td>
</tr>
<tr>
<td>2018</td>
<td>2</td>
<td>11</td>
<td>27</td>
<td>38</td>
</tr>
<tr>
<td>2021</td>
<td>2</td>
<td>6</td>
<td>10</td>
<td>19</td>
</tr>
</tbody>
</table>

New cohort & online survey

Healthy Youth Survey
30-Day Use of Alcohol
Whatcom County (2000-2021)

Healthy Youth Survey
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).

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**Healthy Youth Survey**

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![Bar chart showing levels of alcohol use for Grades 10 and 12 from 2010 to 2021. The chart includes data for problem and heavy drinking for both grades, with specific years highlighted for comparison.](chart.png)
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

Healthy Youth Survey
30-Day Use of Marijuana
Whatcom County (2000-2021)

Healthy Youth Survey

New cohort & online survey
30-Day Use of Marijuana
Use of Marijuana & Contributing Factors
(10th Grade)

Marijuana Use
Report hard to access
Perceive harmful

Healthy Youth Survey
Current Illegal Drug Use

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

- Source: 2021 Healthy Youth Survey

Whatcom County
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.

- Felt nervous or anxious in past 2 weeks: Grade 8 - 63%, Grade 10 - 72% (Change: +9%)
- Unable to stop or control worrying in past 2 weeks: Grade 8 - 50%, Grade 10 - 57% (Change: +8%)
- Feeling sad/hopeless in past year: Grade 8 - 35%, Grade 10 - 40% (Change: +6%)
- Considered attempting suicide in past year: Grade 8 - 19%, Grade 10 - 21% (Change: +2%)
- Made a suicide plan in past year: Grade 8 - 17%, Grade 10 - 15% (Change: -2%)
- Attempted suicide in past year: Grade 8 - 10%, Grade 10 - 6% (Change: -4%)

HYS 2021

% change from 2018
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

HYS 2021
Anxiety
Percent of students who reported feeling nervous, anxious or on edge over the last 2 weeks.

Grade 8
- Not At All: 38%
- Several Days: 22%
- More than half the days: 12%
- Nearly every day: 16%

Grade 10
- Not At All: 28%
- Several Days: 31%
- More than half the days: 18%
- Nearly every day: 24%

Grade 12
- Not At All: 27%
- Several Days: 29%
- More than half the days: 20%
- Nearly every day: 24%

HYS 2021
Statewide relationship between feeling sad/hopeless and demographics (Grade 10)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian or Asian American*</td>
<td>32%</td>
</tr>
<tr>
<td>American Indian or Alaska Native*</td>
<td>50%</td>
</tr>
<tr>
<td>Black or African-American*</td>
<td>38%</td>
</tr>
<tr>
<td>Hispanic*</td>
<td>43%</td>
</tr>
<tr>
<td>Native Hawaiian or other Pacific Islander*</td>
<td>43%</td>
</tr>
<tr>
<td>White*</td>
<td>39%</td>
</tr>
<tr>
<td>Other*</td>
<td>41%</td>
</tr>
<tr>
<td>Female</td>
<td>50%</td>
</tr>
<tr>
<td>Male</td>
<td>25%</td>
</tr>
<tr>
<td>Heterosexual</td>
<td>29%</td>
</tr>
<tr>
<td>Gay or Lesbian</td>
<td>63%</td>
</tr>
<tr>
<td>Bisexual</td>
<td>67%</td>
</tr>
<tr>
<td>Questioning</td>
<td>50%</td>
</tr>
<tr>
<td>Something else fits better</td>
<td>50%</td>
</tr>
<tr>
<td>Disability - No</td>
<td>28%</td>
</tr>
<tr>
<td>Disability - Yes</td>
<td>61%</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Sexual Orientation</th>
<th>11%</th>
<th>42%</th>
<th>44%</th>
<th>23%</th>
<th>47%</th>
<th>7%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gay or Lesbian</td>
<td>11%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bisexual</td>
<td></td>
<td></td>
<td>44%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Questioning/not sure</td>
<td></td>
<td></td>
<td></td>
<td>23%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Something else fits better</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>47%</td>
<td></td>
</tr>
<tr>
<td>Not sure what the question asks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7%</td>
</tr>
</tbody>
</table>

Source: Healthy Youth Survey 2021
Bullying

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

Source: Healthy Youth Survey 2021
Feeling Safe During School
Percent of students who report that they feel safe during school

<table>
<thead>
<tr>
<th>Grade</th>
<th>Your Students</th>
<th>Statewide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 6</td>
<td>86%</td>
<td>83%</td>
</tr>
<tr>
<td>Grade 8</td>
<td>85%</td>
<td>84%</td>
</tr>
<tr>
<td>Grade 10</td>
<td>86%</td>
<td>83%</td>
</tr>
<tr>
<td>Grade 12</td>
<td>85%</td>
<td>82%</td>
</tr>
</tbody>
</table>

Source: 2021 Healthy Youth Survey
Perceived Risk of Regular Alcohol Use

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

Healthy Youth Survey
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.

<table>
<thead>
<tr>
<th>Grade 6</th>
<th>Grade 8</th>
<th>Grade 10</th>
<th>Grade 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>55</td>
<td>61</td>
<td>46</td>
<td>37</td>
</tr>
<tr>
<td>50</td>
<td>58</td>
<td>53</td>
<td>36</td>
</tr>
<tr>
<td>52</td>
<td>46</td>
<td>42</td>
<td>36 (2014)</td>
</tr>
<tr>
<td>51</td>
<td>47</td>
<td>47</td>
<td>32 (2016)</td>
</tr>
<tr>
<td>47</td>
<td>46</td>
<td>36</td>
<td>31</td>
</tr>
</tbody>
</table>

- 2010
- 2012
- 2014
- 2016
- 2018
- 2021

NA
Perceived Availability of Alcohol

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

Healthy Youth Survey
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

Source: Healthy Youth Survey 2021
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.

- Source: 2021 Healthy Youth Survey

<table>
<thead>
<tr>
<th>Grade</th>
<th>Your Students</th>
<th>Statewide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 6</td>
<td>11%</td>
<td>10%</td>
</tr>
<tr>
<td>Grade 8</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>Grade 10</td>
<td>22%</td>
<td>22%</td>
</tr>
</tbody>
</table>

Whatcom County
- Source: 2021 Healthy Youth Survey
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.

- Alcohol: Abuse 47%, No Abuse 17%
- Marijuana: Abuse 40%, No Abuse 14%
- Anxiety-any days: Abuse 76%, No Abuse 51%
- Depression: Abuse 68%, No Abuse 28%
- Contemplate Suicide: Abuse 49%, No Abuse 15%
- Attempted Suicide: Abuse 60%, No Abuse 20%
- Missed School-any reason: Abuse 49%, No Abuse 14%
- No-slight hope: Abuse 33%, No Abuse 14%

Source: Healthy Youth Survey 2018
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?

Grade 8: 15%
Grade 10: 18%
Grade 12: 20%

Source: Healthy Youth Survey 2021
Depressive Feelings and School

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

Source: Healthy Youth Survey 2021
Impact of Substance Use

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

Source: Healthy Youth Survey 2021
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).

Source: Healthy Youth Survey 2021
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)

- Friend or peer: 49%
- Parent/guardian: 37%
- Sibling or cousin: 26%
- I haven't felt sad or hopeless: 22%
- I don't have anyone I would talk to: 14%
- Teacher, School Counselor, other adult in...: 11%
- Other adult that's not my parent: 10%
- Coach: 7%
- Religious/faith leader: 4%

Source: Healthy Youth Survey 2021
Opportunities for School Involvement
Percent of students who report that they have lots of chances for involvement in school activities

<table>
<thead>
<tr>
<th>Grade</th>
<th>Your Students</th>
<th>Statewide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 6</td>
<td>96%</td>
<td>93%</td>
</tr>
<tr>
<td>Grade 8</td>
<td>95%</td>
<td>93%</td>
</tr>
<tr>
<td>Grade 10</td>
<td>91%</td>
<td>93%</td>
</tr>
</tbody>
</table>

Question not asked of this grade
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.

![Bar chart showing percentages of students' hope levels by grade and comparison to statewide data.](chart.png)

Whatcom County
- Source: 2021 Healthy Youth Survey
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.

**Hope Scale Component Questions Grade 10, 2021**

| Component                        | Percentage
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Can get important things</td>
<td>41%</td>
</tr>
<tr>
<td>Doing as well as others</td>
<td>45%</td>
</tr>
<tr>
<td>Ways to solve problems</td>
<td>39%</td>
</tr>
<tr>
<td>Past will help in future</td>
<td>40%</td>
</tr>
</tbody>
</table>

**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

- Absent from school in past month
  - No, Low, Slight, or Moderate Hope: 67%
  - High Hope: 58%
- Didn’t eat breakfast
  - No, Low, Slight, or Moderate Hope: 35%
  - High Hope: 55%
- Don’t feel safe during school
  - No, Low, Slight, or Moderate Hope: 23%
  - High Hope: 10%
- Current marijuana use
  - No, Low, Slight, or Moderate Hope: 9%
  - High Hope: 5%
- Felt sad or hopeless in past 2 weeks
  - No, Low, Slight, or Moderate Hope: 51%
  - High Hope: 22%
- Seriously considered suicide
  - No, Low, Slight, or Moderate Hope: 29%
  - High Hope: 9%

HYS 2021
Impact of HOPE on Depression

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

Source: Healthy Youth Survey 2021
Impact of HOPE on & Marijuana Use

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

Source: Healthy Youth Survey 2021
Impact of HOPE on & Attendance

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

Source: Healthy Youth Survey 2021
Impact of HOPE on & Grades

Percent of 10\textsuperscript{th} grade students getting ‘mostly A’s & B’s last year’ by Hope Scale.

Source: Healthy Youth Survey 2021
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)

Whatcom County - Source: 2021 Healthy Youth Survey

- Grade 6: 64%
- Grade 8: 69%
- Grade 10: 68%
- Grade 12: 72%

Your Students vs. Statewide
60 Minutes of Physical Activity per Day
Percent of students who report being physically active
60 minutes per day, 7 days a week

Whatcom County
- Source: 2021 Healthy Youth Survey

<table>
<thead>
<tr>
<th>Grade 6</th>
<th>Grade 8</th>
<th>Grade 10</th>
<th>Grade 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>26%</td>
<td>22%</td>
<td>23%</td>
<td>19%</td>
</tr>
<tr>
<td>22%</td>
<td>22%</td>
<td>23%</td>
<td>18%</td>
</tr>
<tr>
<td>20%</td>
<td>18%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Questions?

For questions or more information contact:

Joe Fuller
Program Specialist
Whatcom County Health Department
360-778-6045
Jfuller@whatcomcounty.us