



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**



## HEALTHY YOUTH SURVEY 2021

# Agenda

---

- Survey Context, Methods, and Changes from Prior Years
- HYS 2021 Themes and Select Data
- Moving HYS Forward
- Applying HYS in Communities and Schools – Being Good Partners
- How to Access HYS Results

# Joint Survey

---



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

Washington State  
**Health Care Authority**



Washington State  
**Liquor and Cannabis Board**

# Who are we?

---

- Maayan Simckes, PhD MPH (she/her)
  - HYS Principal Investigator
  - Department of Health
- Emily Maughan, MPH (she/her)
  - HYS Planning Committee
  - Office of Superintendent of Public Instruction

# Healthy Youth Survey 2021

---

- Administered in October and November 2021, postponed from fall 2020

	2018	2021
Students	234,694	208,638
Schools	970	877
Districts	228	215
Counties	39	39



**A WHOLE LOT HAPPENED HERE!**

# Contextual Reminders

---

- Remember these?
  - Tobacco 21
  - Vaping Association Lung Injuries (EVALI)
  - Flavor Ban
- All of these are respiratory topics followed by a respiratory pandemic...
  - What might this have done to youth perceptions and behaviors around respiratory substance use? Broader health and safety?

# COVID-19

---

- Notable effect on youth, families, schools, and communities.
- Lack of socialization opportunities, more time spent at home, more parental involvement, and educational changes may have influenced risk behaviors, perceptions, and attitudes.
- For example, substance use broadly decreased across age groups. *Other surveys have found similar trends (e.g., Oregon Student Health Survey and Monitoring the Future)*
- Future HYS cycles will tell us more about what trends will persist into the future and which data may be more unique to 2021.

# Methodology Changes

---

- E-survey available to all schools that wanted it
  - *99% of students took the e-survey*
- Remote administration approved, if necessary
  - *99% of students took the survey in-person*
- Shift to odd year means a break in the historical cohort

# Additional Changes

---

- 8<sup>th</sup> - 12<sup>th</sup> grade only
- **Sexual Orientation and Gender Identity** were moved onto the main form.
  - Districts could go through an exemption process (n=9 districts)
    - 99% of students were asked SOGI questions
- **Sexual Violence** remained on the “tear-off” (removable)
- **Sexual Behavior** remained on the “tear off” (removable)
  - E-survey schools opted out of these questions when they registered (or later) if they did not want to ask them. There was no digital “tearing off” process. They selected a button. We saw a reduction in administration of these questions.
    - 2018 = 83% of students
    - 2021 = 59% of students
      - ◆ This has an impact of generalizability

# HYS 2021 Methods Takeaways

---

- ✓ Pre-pandemic there were other relevant policy and public health issues that may have influenced HYS 2021 results.
- ✓ World events have an impact on students' lives and on their communities.
- ✓ HYS 2021 data help us understand the experiences of youth during the pandemic at a specific point in time.
- ✓ Pandemic impact on the results will be easier to distinguish from existing trends with future survey years.
- ✓ We do not believe that structural methods changes are likely responsible for some of the differences we see in 2021 data compared to prior years. More to come.
- ✓ Caution should be used when comparing HYS 2021 data to other years, particularly when examining larger shifts in trend.

HYS 2021

---

MAJOR DATA TAKEAWAYS

# Substance Use

(alcohol, cannabis, rx, poly, perceptions/norms)

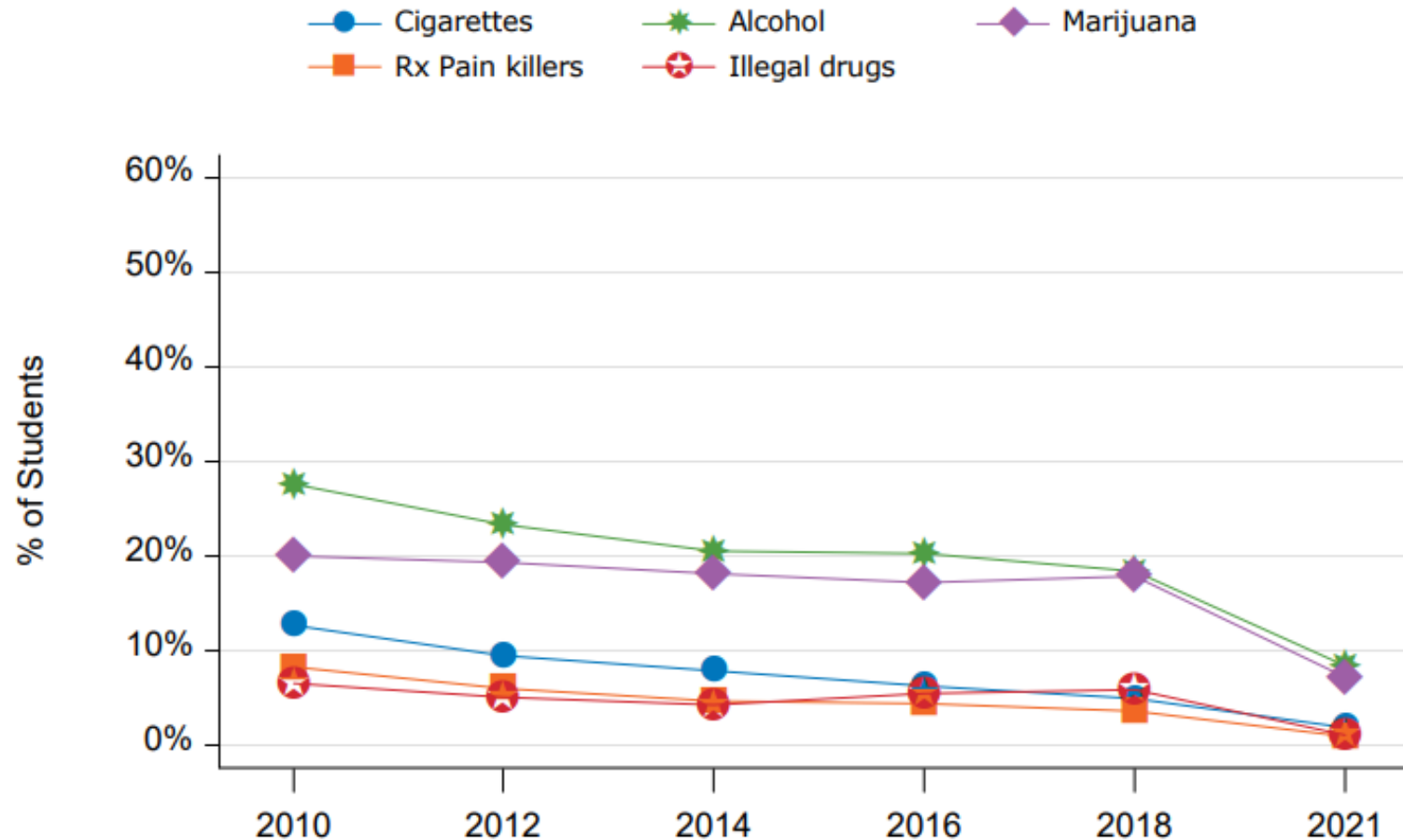


- Substance use decreased significantly across substances, age groups, and other demographics.
- Perceived risks associated with substance use increased.
- We cannot provide a single explanation for this trend nor do the data indicate if this will persist as youth return to pre-pandemic activities.

# Past 30-Day Substance Use

**Remember to USE CAUTION with trend data**

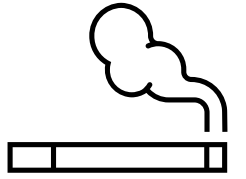
## Current (past 30-day) Substance Use 2010-2021, Grade 10



**Don't focus too much on the numbers.**

# Tobacco and Vaping

---

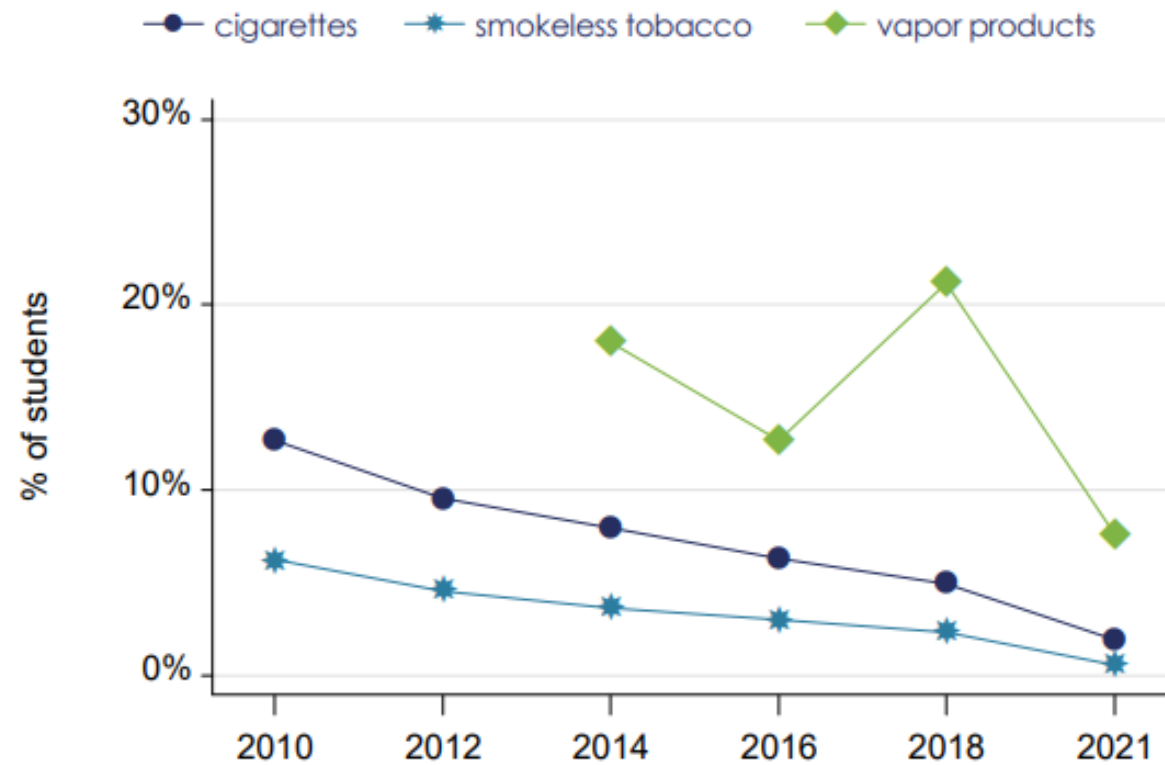


- Both tobacco and vaping decreased significantly across age groups, both current and ever use.
- Perceived access to cigarettes decreased.
- Perceived risk of vaping continued an upward trajectory from prior years.

# Example of Tobacco Trend Data

**Remember to USE CAUTION with trend data**

## Current (past 30-day) use trends, grade 10

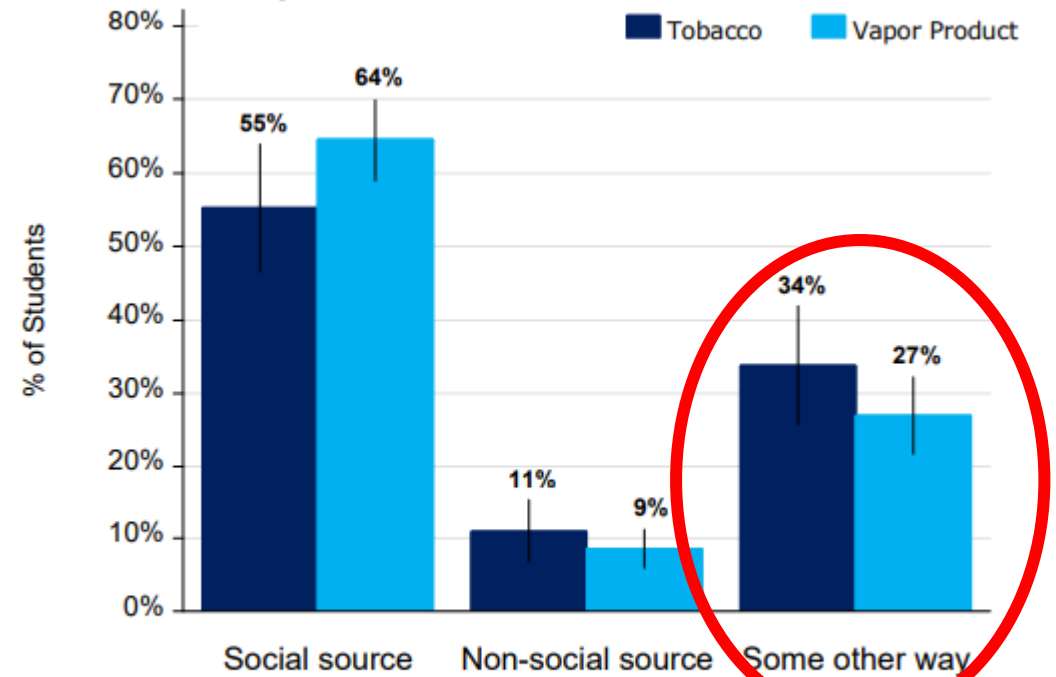


**Don't focus too much on the numbers.**

# Tobacco and Vapor Source

- “Some other way” rose from 13% and 19% in 2018. *Saw a rise for cannabis source as well.*
- What might this mean?
- What info/data might help explain this jump up?

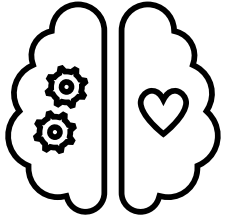
Source of tobacco and vapor products among those who use them, Grade 10



\*\*Social sources include: giving money to someone, "bumming", from a person 18 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

# Mental Health

---



- Mental health continues to be a challenge for WA youth, across ages.
- However, persistent feelings of sadness and hopelessness and suicidal ideation, planning, and attempts remained steady or slightly decreased compared to 2018, despite the substantial burden of the pandemic on their daily lives.
  - This diverts from national trends showing a rise in poor mental health outcomes among youth.
  - But if WA youth were already doing poorly, is staying steady really something to celebrate?
- **Female, LGBTQ+, migratory, and students identifying as having a disability** were substantially more likely than their peers to report poor mental health.

# When Mental Health and Substance Use Intersect

---

- Youth who reported using substances were more likely to report poor mental health.
  - Youth who used marijuana/vaping in the past 30 days were more likely than youth who didn't to report:
    - being sad/hopeless
    - suicidal ideation
- Youth who reported using substances were equally likely to have adult support compared to youth who did not use substances.

# Children's Hope Scale

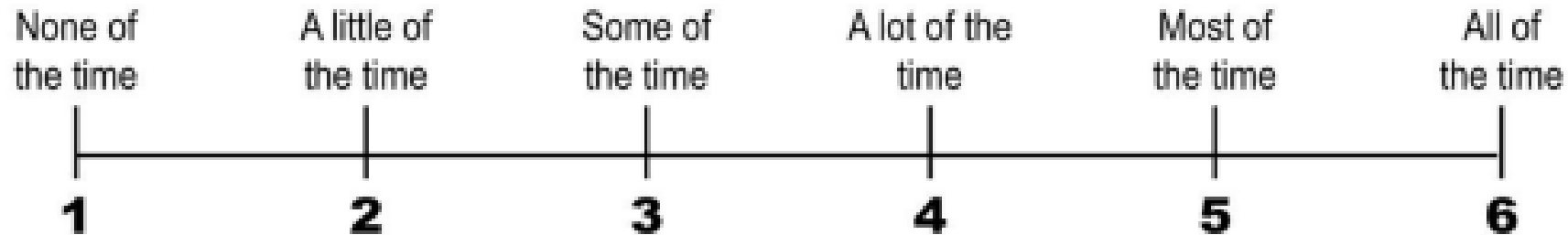
---

- 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.

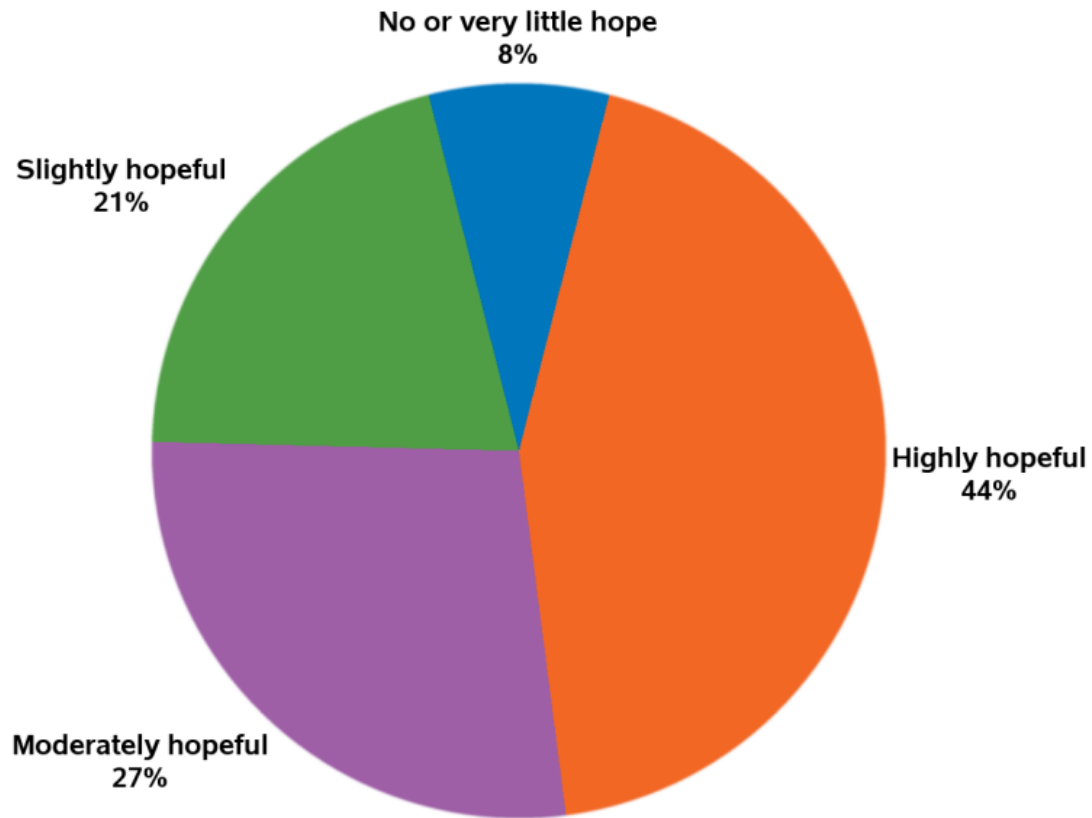
- Agency Questions:

- 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.

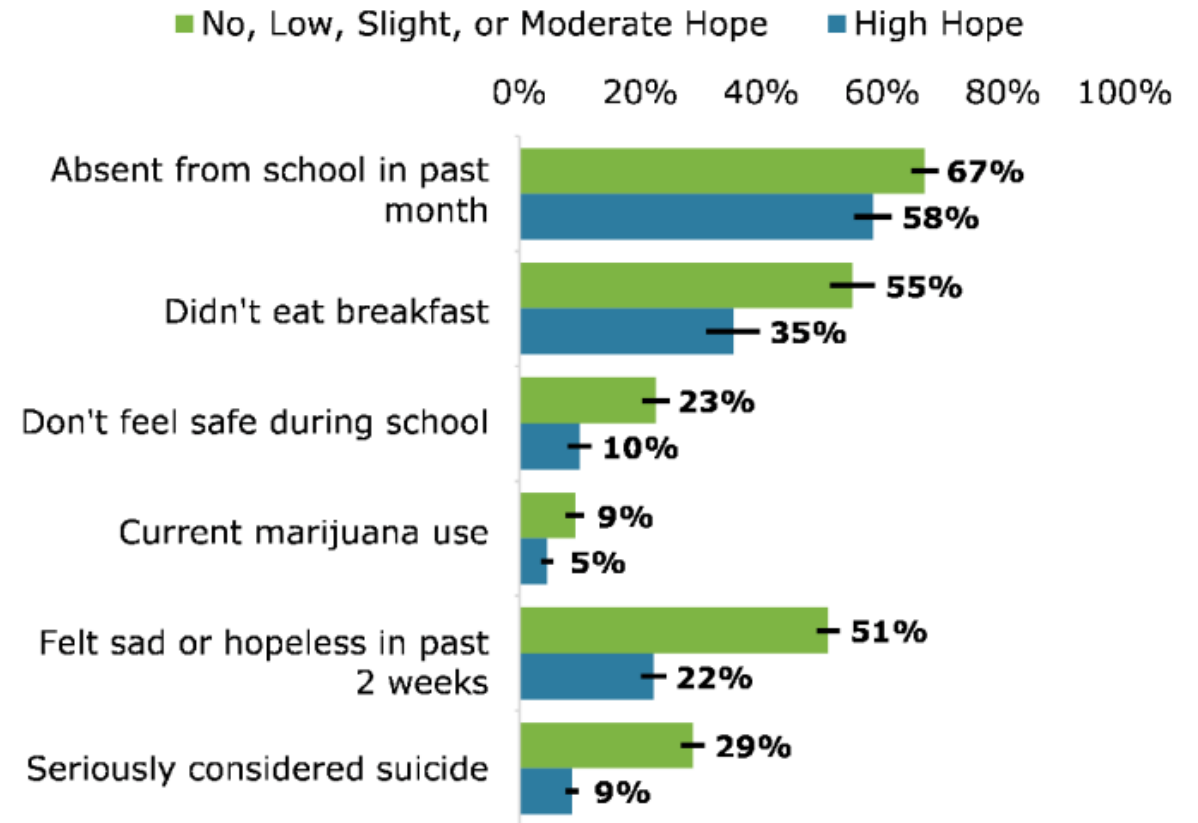


# What about Hope?

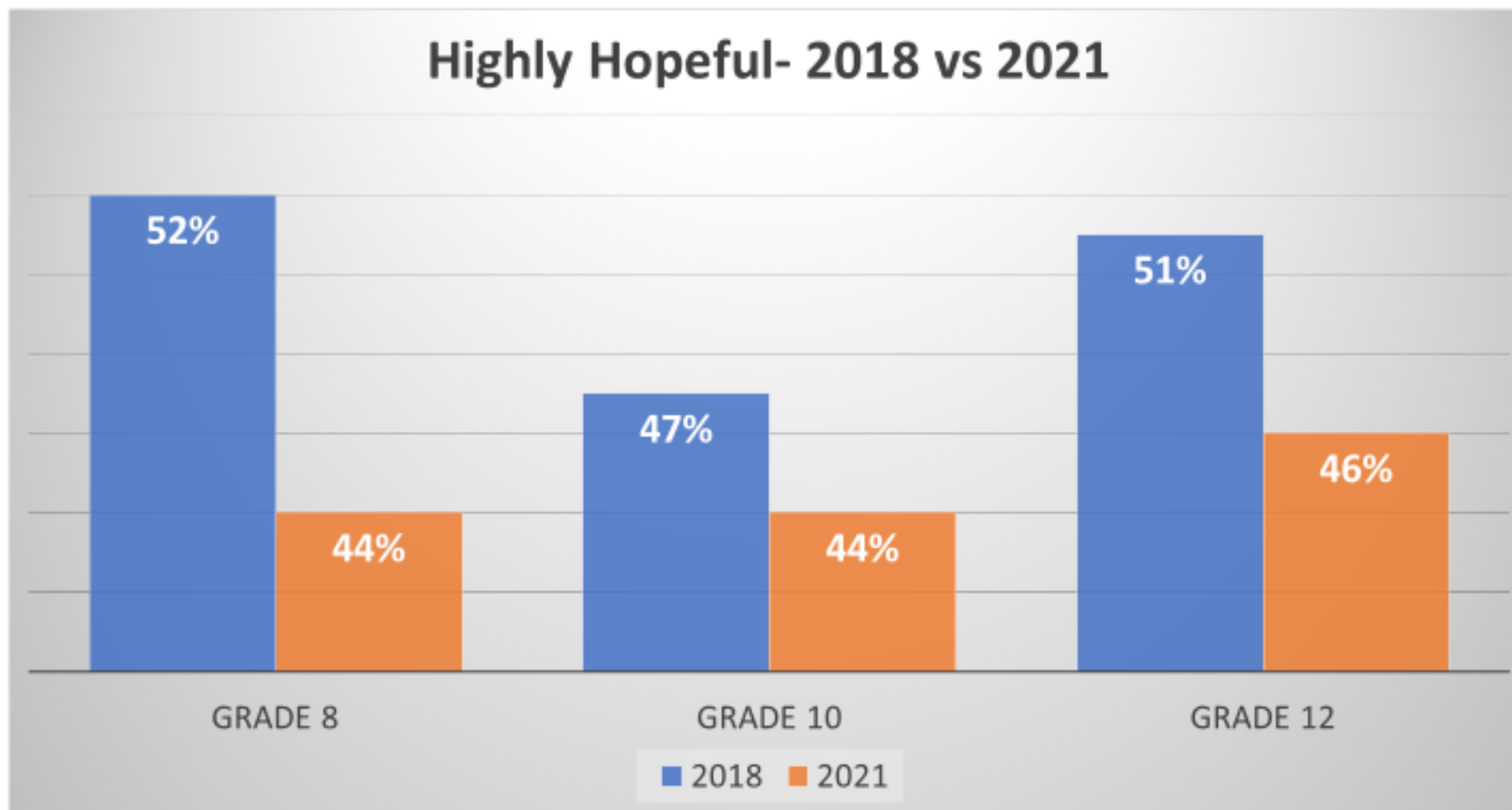
Levels of Hope Grade 10, 2021



Statewide Relationships between High Hope, Grade 10



2018 vs 2021



Data from 2018 & 2021 HYS State Sample

Other Considerations

---

THE FUTURE OF HYS

## Survey Revision Cycle – HYS 2023

---

- Open suggestion survey year-round on AskHYS.net
- Formal proposal window for HYS 2023 for specific questions closes April 15<sup>th</sup>
- Community partner input sessions (May 12 and June 9)
- HYS Planning Committee revision meetings and finalization in Summer 2022
- Survey administration in Fall 2023 (switched to odd years)

## What else are we thinking about?

- Legislative requests
- Parents and community needs
- Political considerations
- School and district priorities
- And more

# Funding

---

- Funding for the 2021 survey is provided by the Dedicated Marijuana Account (DMA) and the U.S. Center for Substance Abuse Prevention, Substance Abuse Block Grant.
- HYS Planning Committee agencies provide in-kind support with staff supporting HYS work as part of their other duties.
- Funding does limit what we can do.

# Survey Accessibility

---

- This year we expanded HYS from English and Spanish to include Ukrainian, Russian, and Vietnamese.
- Added screen-reader functionality to the e-survey.
- Exploring future language and accessibility possibilities!
  - Barriers include technology and funding

What's the “So What?”

APPLYING HYS RESULTS IN YOUR COMMUNITIES

# Applying HYS in Communities and Schools – Being Good Partners

---

- The survey is about the health of our young people
  - What am I doing in that arena?
  - How does my work complement other work that is going on in the community and in schools?
  - Relationships are key
    - Don't create barriers; work together

# OSPI's Message on HYS 2021

---

- Build and maintain strong relationships
- Always ask, don't force/insist
- If a current relationship exists
  - Use HYS to highlight state or county trends as an introduction to your group's mission and goals
- Schools are doing a lot with social emotional learning
  - How does your work connect to social emotional learning?
- Hope!
  - Can be taught.
    - How can you help youth create and achieve goals and find pathways to those goals?

Want to Dig In?

WHERE TO FIND HYS RESULTS

# Data Products

- Schools and districts receive frequency reports and access to their fact sheets via a secure login managed by the HYS contractor.
- Agencies with data sharing agreements receive datasets or other data products.
- Anyone can use [AskHYS.net](https://www.askhys.net) for:
  - Frequency reports
  - Fact Sheets
  - QxQ
  - Questionnaires
  - Press Releases
- OSPI's HYS website



# School and District Reports

---

- Talk to your superintendent!

# Data Sharing Agreements

---

- Certain organizations can request data sharing agreements for a full dataset (e.g., local health jurisdictions)
- To learn more or to find out if your organization already has a DSA, email [Healthy.Youth@doh.wa.gov](mailto:Healthy.Youth@doh.wa.gov)

## Wrapping Up

---

- HYS is an anonymous and rich source of information about student wellbeing in WA.
- HYS 2021 data are unique and require some careful thought before comparing to prior years.
- They give a snapshot view of how students were doing in Fall 2021 and help us understand student wellbeing during the pandemic.
- There are lots of ways to access survey results.
- The results are used for a variety of things: policy, grant applications, surveillance, programming at all levels.

# Thank You!

Questions?

OSPI: [emily.maughan@k12.wa.us](mailto:emily.maughan@k12.wa.us)

DOH: [healthy.youth@doh.wa.gov](mailto:healthy.youth@doh.wa.gov)