



HEALTHY YOUTH SURVEY 2023

Results Presentation

Presenters



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Statewide Collaboration



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- Joe Kabel
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Statewide Partners

- Schools
- CPWI Coalitions & Schools
- ESDs
- Local Health Jurisdictions
- Tribes

Communications Team

- HCA: Melissa Thoemke
- DOH: Marisol Mata Somarribas
- OSPI: Zac Murphy
- LCB: Kristen Haley

Overview

- ▶ Administered in fall of even years 2002-2018 and in odd years from 2021 forward
- ▶ Students in 6th-12th grade
- ▶ Administered through school setting
- ▶ Some questions asked on surveys of WA youth since 1988



HYS Participation 2018-2023

Participation	2018	2021	2023
All Students	234,694	208,638	217,546
<i>Percent of enrolled public school students</i>	71%	69%	61%
All Schools	970	877	873
<i>Public Schools</i>	966	870	864
<i>Private/Charter Schools</i>	2	6	5
<i>Tribal Schools</i>	2	1	4
Districts	145	146	143
Counties	39	39	39
ESDs	9	9	9

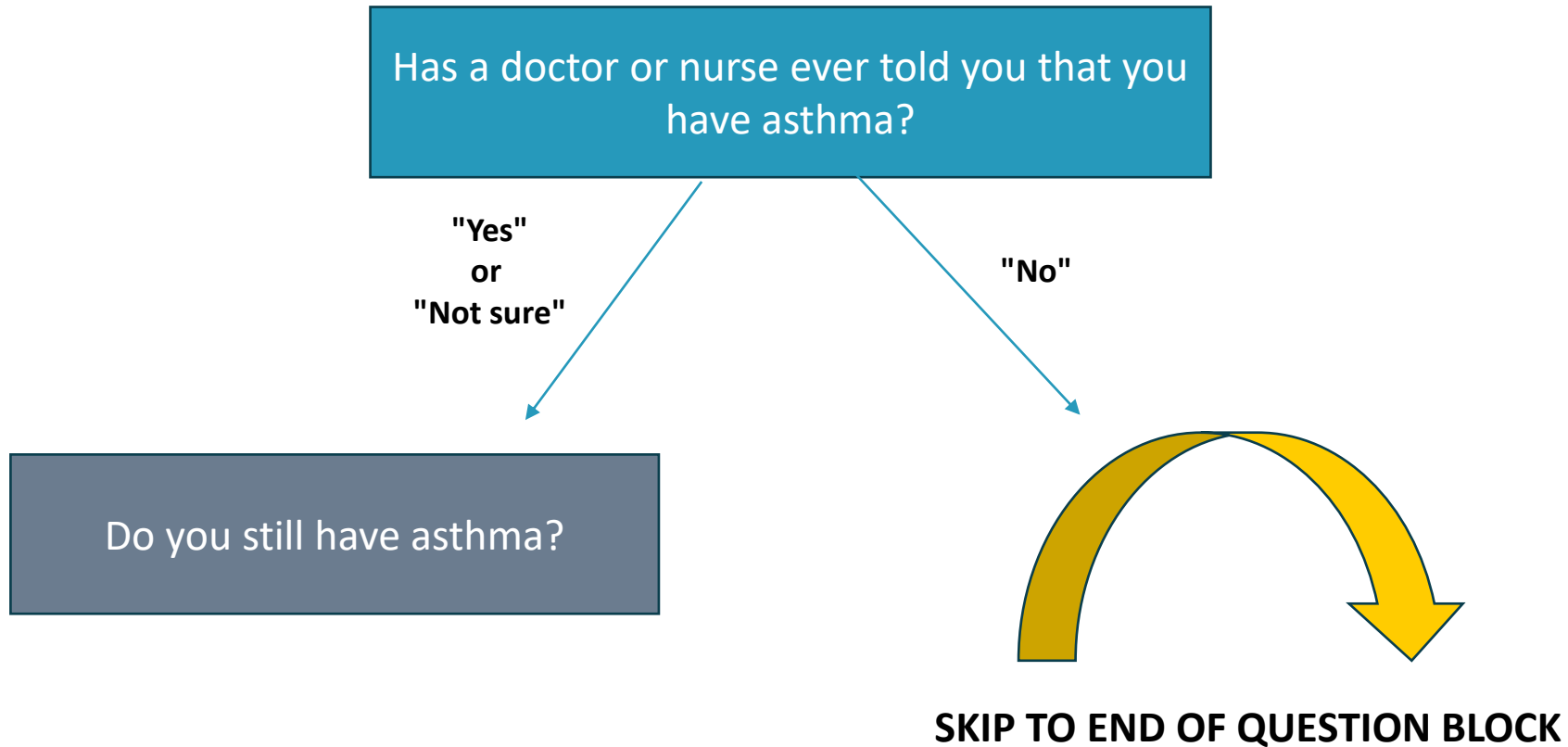
Methods



HYS 2023: Survey Methods Changes

- ▶ Fully online
- ▶ Remote option for ALEs
- ▶ Skip Patterns to reduce survey burden
- ▶ Randomization – no drop off toward end of survey
- ▶ No forms A and B (but there is a 6th/7th grade form)

Skip Logic Example



HYS 2023: Survey Methods Changes

- ▶ No exemption process for sexual orientation and gender identity questions
- ▶ Exemption process for sexual behavior and sexual violence questions
 - **15%** were exempt from sexual violence questions
 - **16%** were exempt from sexual behavior questions
- Opt-In process for a 6th grade gender question that adds "Something else fits better" to response options

Interpreting Trends

- ▶ 2021 results showed dramatic changes compared to pre-pandemic, calling for cautious interpretation
- ▶ 2023 data are beginning to provide a more complete understanding of adolescent health during and after the height of the pandemic
- ▶ 2025 data may further clarify the impact of 2021 on students both that year and going forward

Results Overview



HYS 2023 Substance Use (Grade 10)

- ▶ Substance use remains **50%+ lower** than pre-pandemic (2018)
- ▶ Past 30-day substance use for alcohol, marijuana*, vaping, and cigarettes had **no significant change** from 2021 to 2023
 - ▶ **Lower** than comparable national results (MTF)
 - ▶ Perception of harm for marijuana and vaping **increased** from 2021 to 2023

**HYS 2023 used the word "marijuana" based on student input on survey comprehension*

Healthy Youth Survey Data Dashboard



Trend View



Breakout View



Map View



Data View

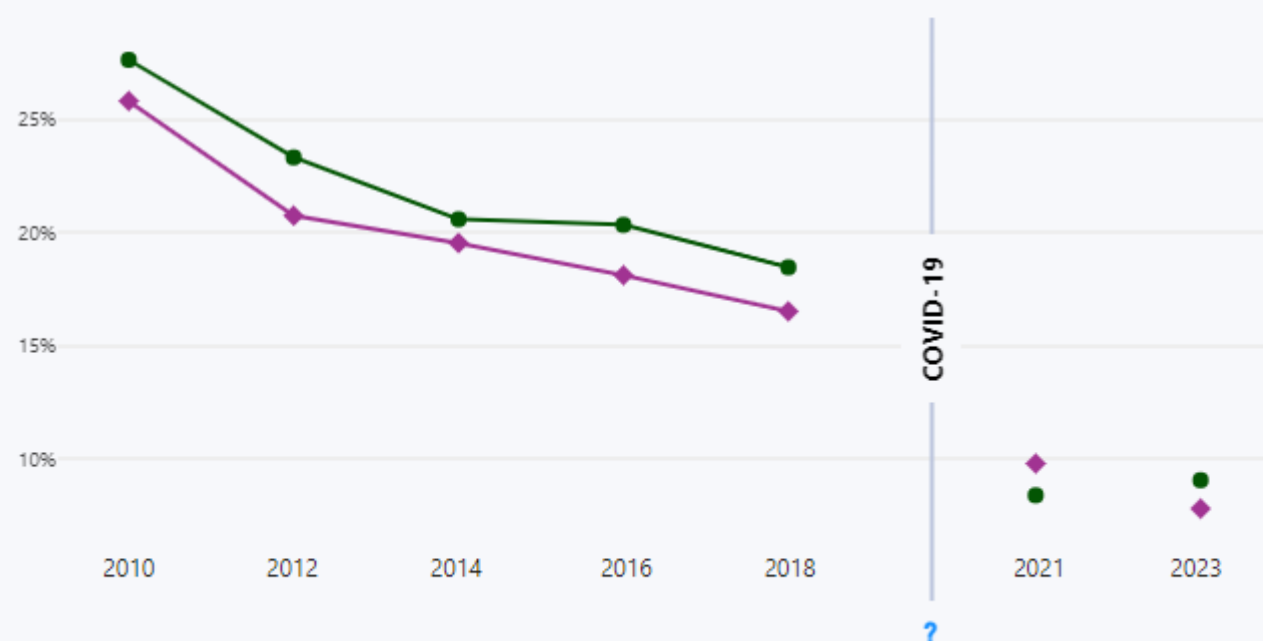
Measure: **Current Alcohol Drinking**

Location: King County

Grade: 10

Survey Years: 2010 - 2023

County State



Survey Trend

Year	County	State
2010	25.8% (+/-2.8%)	27.6% (+/-1.9%)
2012	▼ ^a 20.8% (+/-2.3%)	23.3% (+/-1.6%) ▼ ^c
2014	19.5% (+/-3.3%)	20.6% (+/-1.6%)
2016	18.1% (+/-3.0%)	20.3% (+/-1.4%)
2018	16.5% (+/-2.2%)	18.5% (+/-1.7%)
2021	▼ ^a 9.8% (+/-4.0%)	8.4% (+/-1.6%) ▼ ^c
2023	7.8% (+/-3.7%)	9.1% (+/-1.5%)

^a to the left of the County values, a ▲ arrow means there was a significant increase in the County value from the previous year and a ▼ arrow means there was a significant decrease in the County value from the previous year

^b between the County and State values, a ▲ arrow means that the County is significantly higher than the state and a ▼ arrow means that the county is significantly lower than the state

^c to the right of State values, a ▲ arrow means there was a significant increase in the State value from the previous year and a ▼ arrow means there was a significant decrease in the State value from the previous year

HYS 2023 Substance Use (Grade 10)

- ▶ Substance use remains **50%+ lower** than pre-pandemic (2018)
- ▶ Lifetime alcohol use **increased** from 2021 to 2023
- ▶ Past 30-day substance use for other illegal drugs, painkillers, and prescription drugs **increased** from 2021 to 2023
 - ▶ Remains $\leq 3\%$
 - ▶ **Higher** than comparable national results (MTF) Grade 12
 - ▶ Perception of harm from prescription drugs **decreased** from 2021 to 2023

HYS 2023 New Substances (Grade 10)

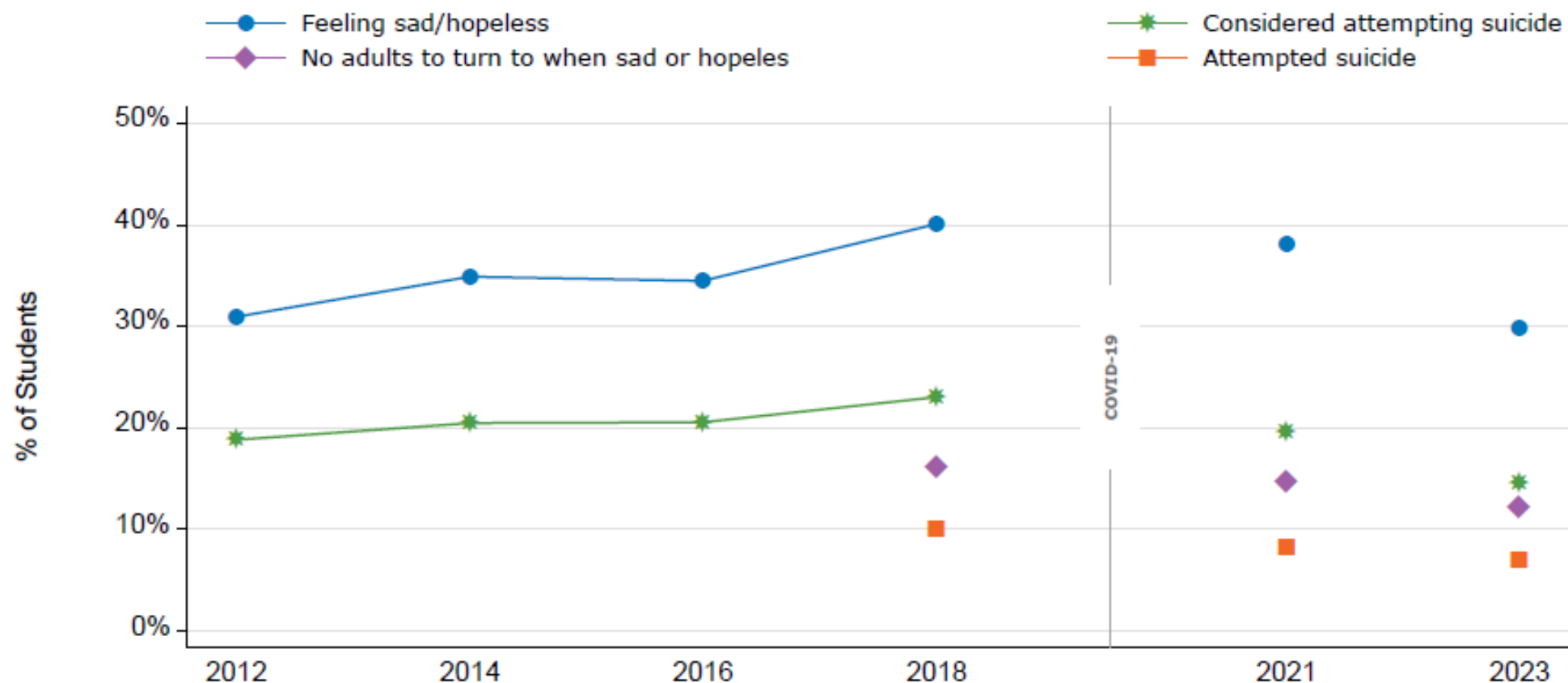
- ▶ Marijuana products (Delta-8, Delta-10, etc.): **2.0%**
- ▶ Psilocybin: **1.3%**
- ▶ Fentanyl: **0.8%**
- ▶ Synthetic products (K2, spice, kronic): **0.4%**
- ▶ Bath salts: **0.4%**
- ▶ Kratom: **0.3%**

HYS 2023 Mental Health (Grade 10)

- ▶ Continued **decrease** in mental health concerns from pre-pandemic (2018)
- ▶ Depressive feelings and considering suicide **decreased** from 2021 to 2023
 - ▶ Over half (62%) report anxious feelings (~55k students)
 - ▶ 30% report depressive feelings (~27k students)
 - ▶ 15% considered suicide (~13k students)
 - ▶ 12% planned suicide (~11k students)
 - ▶ 7% attempted suicide (~6,200 students)

HYS 2023 Mental Health (Grade 10)

Feeling sad/hopeless and suicide 2012-2023, Grade 10



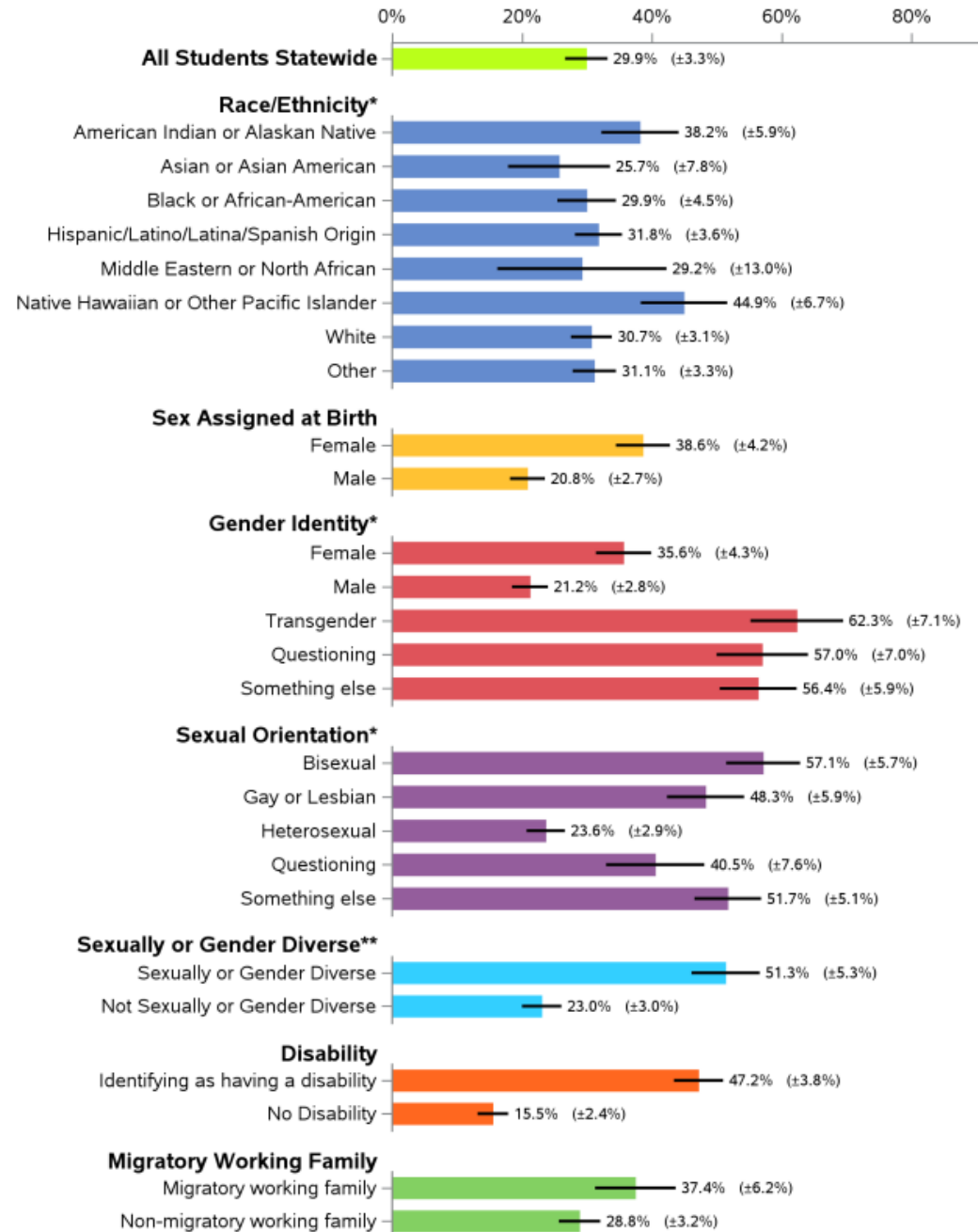
HYS 2023 Hope Scale (Grade 10)

- ▶ **No significant change** in hope from 2021 to 2023, which is a slight decline from pre-pandemic levels (2018)
- ▶ Computed from four questions about agency (ability) and pathways (capacity) related to the future
 - ▶ No or very little hope: **8%**
 - ▶ Slightly hopeful: **21%**
 - ▶ Moderately hopeful: **28%**
 - ▶ Highly hopeful: **43%**



71% *moderately or highly hopeful about the future*

Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 10, 2023



HYS 2023 Mental Health (Grade 10)

- ▶ Continued **disparities** in mental health concerns among sexually and gender diverse youth (SGD) compared to non-SGD youth
 - ▶ More than **2x** - feeling anxious/nervous in past 2 weeks (55% vs. 24%)
 - ▶ More than **2x** - feeling sad or hopeless for two weeks or more in the past year (51% vs. 23%)
 - ▶ **2x** - no or very little hope
 - ▶ **3.5x** - contemplating suicide (32% vs. 9%)
 - ▶ **3.7x** - planning suicide (26% vs. 7%)
 - ▶ **2.6x** - attempting suicide (13% vs. 5%)

HYS 2023 Mental Health (Grade 10)

- ▶ Continued **disparities** in mental health concerns among youth who have one or more disabilities compared to youth without disabilities
 - ▶ **2x higher** - no or little hope
 - ▶ Nearly **3x higher** - feeling sad or hopeless for two weeks or more in the past year (47% vs. 16%)
 - ▶ **4x higher** - considering suicide (25% vs. 6%)
 - ▶ **4x higher** - planning suicide (20% vs. 5%)
 - ▶ **6.5x higher** - attempting suicide (13% vs. 2%)

HYS 2023 Gambling (Grade 10)

- ▶ *Two-part question included in 2021*
- ▶ **No significant difference** in gambling from 2021 to 2023;
significant increase in problem gambling*
- ▶ In the past 12 months, has YOUR gambling ever caused you problems at home, school or with your friends?
 - ▶ No, I have not gambled: **90%**
 - ▶ No, I have gambled but it has not caused problems: **8.8%**
 - ▶ Yes, I have gambled and it has caused problems: **1.2%**

**effect size and value is so small that it may not be practically significant*

Disordered Eating (All Grades)

- ▶ NEW in 2023
- ▶ **50%** of students said they were **shamed** by friend or family member about their body.
- ▶ **58%** reported **at least one disordered eating behavior**, such as, taking diet pills or laxatives, vomiting, or fasting to lose weight or keep from gaining weight.
- ▶ The likelihood of reporting disordered eating behaviors increased as students reported more frequent body shaming by people in their lives.

Handguns (Grade 10)

▶ **More perceived access** to handguns

- ▶ In 2023, 56% of 10th graders felt it would be very hard to get a handgun if they wanted one, compared to 71% in 2021.

Perception does not necessarily equal actual access, however, among 10th graders:

- ▶ who **seriously considered attempting suicide** in the past 12 months, 11% said they could very easily access a handgun compared to 5% who did not consider suicide.
- ▶ 13% of youth with **4 or more ACEs** reported very easy access to a handgun compared to 4% with no ACEs.
- ▶ those with **no or very low hope** were more than 2x as likely as youth with higher levels of hope to report very easy access to firearms.

Social Media

- ▶ NEW in 2023
- ▶ **40%** of 6th graders report having social media accounts; 12th grade, **92%** say they do.
- ▶ Across all grades, use social media several times a day.
 - ▶ **20%** of 8th-12th graders use it more than once an hour.

CAUTION: Youth don't want us to see social media only as a bad thing.

Back in the Classroom

- ▶ Consent education **jumped up** (65% to 75%) for 10th graders
- ▶ Warning signs of suicide education **rose** (47% to 56%) for 10th graders
- ▶ Faced tremendous challenges trying to manage online learning in 2020 and 2021

Getting this kind of curriculum back on schedule is a good thing

- ▶ 10th graders reported an **increase in feeling positively** about their academic success (56%) compared to 2021 (52%)

Social Support

- ▶ 10th graders report **significant increases** in social support.
 - ▶ Having **adults to turn to** when feeling depressed (50% in 2021 vs. 59% in 2023)
 - ▶ Having **people from school** who would help them (72% in 2021 vs. 77% in 2023)
 - ▶ **Receiving information** from their school about the warning signs of suicide (47% in 2021 vs. 56% in 2023)
 - ▶ **Success** on academic indicators (52% in 2021 vs. 56% in 2023)

Schools, Families, Communities, and Programs are doing really important work and it's paying off.

Takeaways

- ▶ Emphasis on student **resiliency and finding hope**
- ▶ Health indicators trending in positive directions
- ▶ Substance use has mostly **remained steady** since 2021
- ▶ Mental health trends continue in the right direction
- ▶ But **disparities** remain
- ▶ Report **more social support** at school and at home

We can't pull back our momentum and need to continue working together to support youth and make positive change.

Accessing Results



HYS Results

www.AskHYS.net/SurveyResults

- ▶ Public: state, ESD, county
- ▶ Not public: school district, schools
 1. Frequency Reports (by question)
 2. Fact Sheets (by topic)
 3. QxQ Analysis Tool (cross-tabulation)
 4. Other Reports (detailed analysis)
 5. Data Dashboard (NEW!)

Frequency Reports



Healthy Youth Survey 2023 Report of Results

Statewide Results
Grades 6, 8, 10 and 12

February 15, 2024

Looking Glass Analytics
101 Capital Way N, Suite 203
Olympia, WA 98501

More information about the Healthy Youth Survey is available at www.AskHYS.net

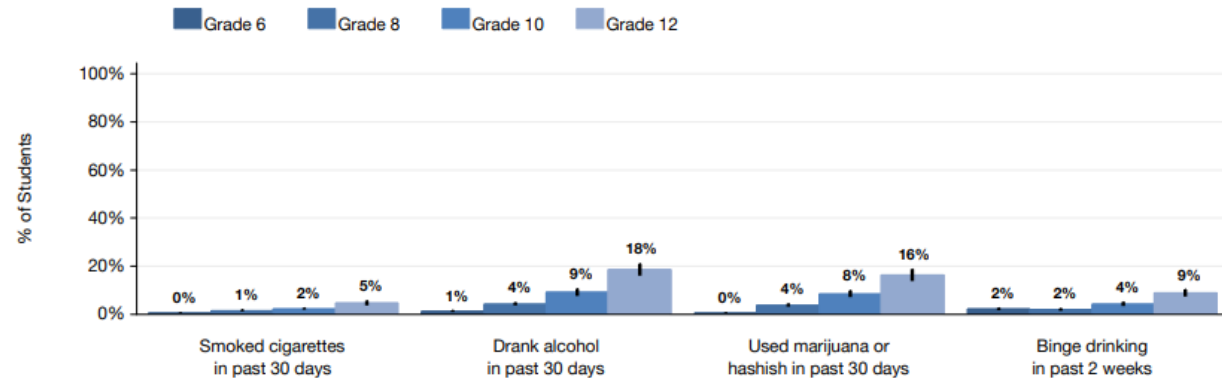
Statewide Results

Grades 6, 8, 10 and 12

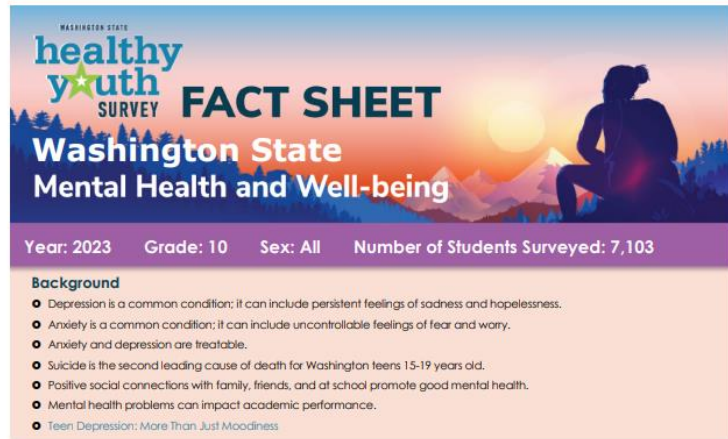
Highlights of the Local Results

Local students reported the following behaviors and attitudes:

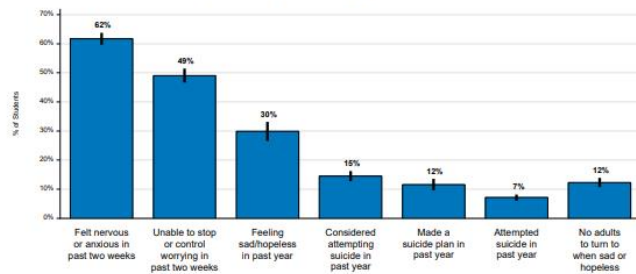
	Grade 6	Grade 8	Grade 10	Grade 12
Substance Use	% (± CI)	% (± CI)	% (± CI)	% (± CI)
Smoked cigarettes in past 30 days	0.4% (±0.2)	1.5% (±0.3)	2.2% (±0.4)	4.6% (±1.0)
Drank alcohol in past 30 days	1.2% (±0.3)	4.2% (±0.6)	9.1% (±1.5)	18.4% (±2.5)
Used marijuana or hashish in past 30 days	0.5% (±0.2)	3.7% (±0.7)	8.4% (±1.3)	16.3% (±2.5)
Binge drinking in past 2 weeks	2.1% (±0.4)	1.9% (±0.4)	4.2% (±0.8)	8.7% (±1.5)



Fact Sheets



Mental Health Indicators, Grade 10, 2023



In 2023, 30% of 10th graders in our state felt so sad or hopeless for two weeks or more that they stopped doing their usual activities

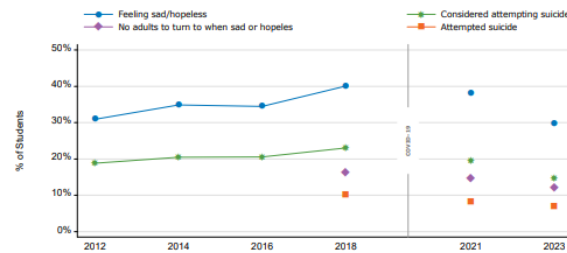
missing codes

S = result suppressed due to insufficient reporting from students of schools;
N/G = grade not available; N/S = question was not surveyed this year;
N/A = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (ast or black bar |)
*Indicates a significant change from the previous year, <0.05
results generated at www.ashy1.net on 02/24/2024

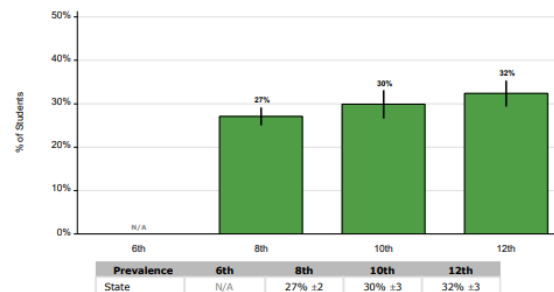


Feeling sad/hopeless and suicide 2012-2023, Grade 10



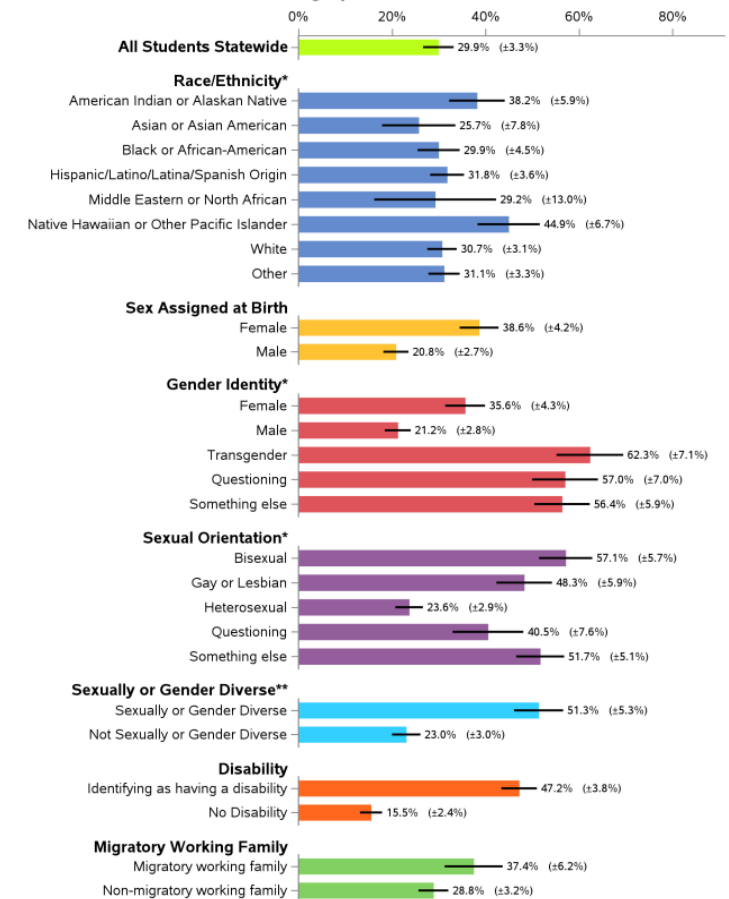
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	31% ±1	35% ±2*	34% ±2	40% ±2*	38% ±2	30% ±3*
Considered attempting suicide	19% ±1	20% ±1	21% ±1	23% ±2*	20% ±1*	15% ±2*
No adults to turn to when sad or hopeless	N/S	N/S	N/S	16% ±1	15% ±1	12% ±2*
Attempted suicide	N/S	N/S	N/S	10% ±1	8% ±1*	7% ±1

Feeling sad/hopeless (statewide) by grade, 2023





Prevalence	6th	8th	10th	12th
State	N/A	27% ±2	30% ±3	32% ±3

Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 10, 2023



QxQ Analysis Tool (updated!)

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[Survey Results](#)
[HYS 2025](#)
[Resources](#)
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Thank you for visiting the new Beta version of the HYS QxQ analytic tool. As before, you may analyze variable-level results here by placing variables in the Row, Column, or Breakout box, then clicking Get Report. Variables may be moved in or out of analysis boxes using drag-and-drop, or now, by clicking small icons that appear in each variable description. Additional help and instructions will be added soon.

1 Select Survey Year

2023

3 Available Variables

Variable Topics

Living Situation

Living Arrangements Due to Finances (F36)

Live with Most of the Time (F34_20)

Where Live Most of the Time (F35_18)

A row variable is required.

GET REPORT

2 Filter Variables (required)

Geography

State

ESD

County

State Sample

Grade

Grades

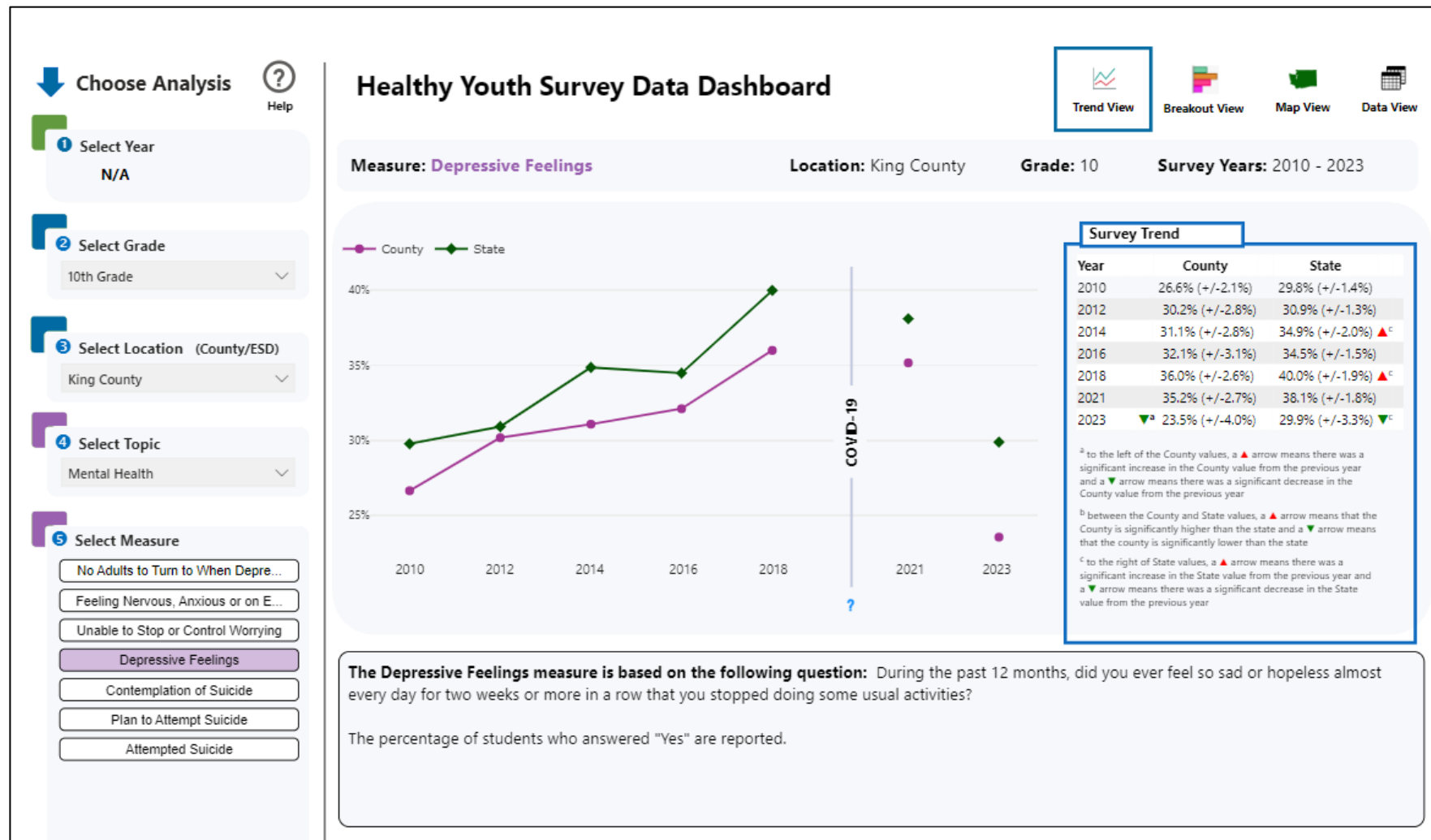
10th

4 Row Variable (required)

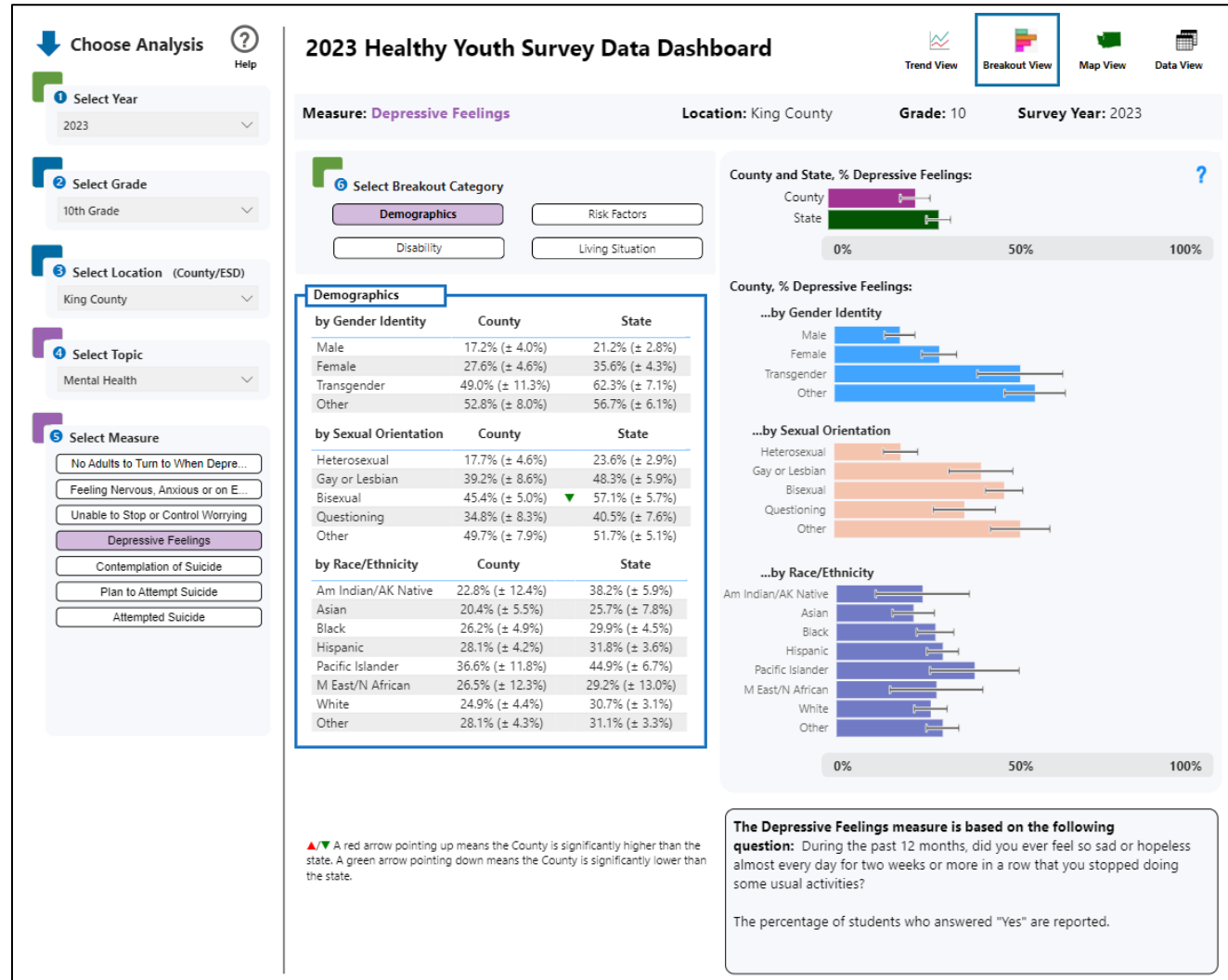
4 Column Variable (optional)

4 Breakout Variable (optional)

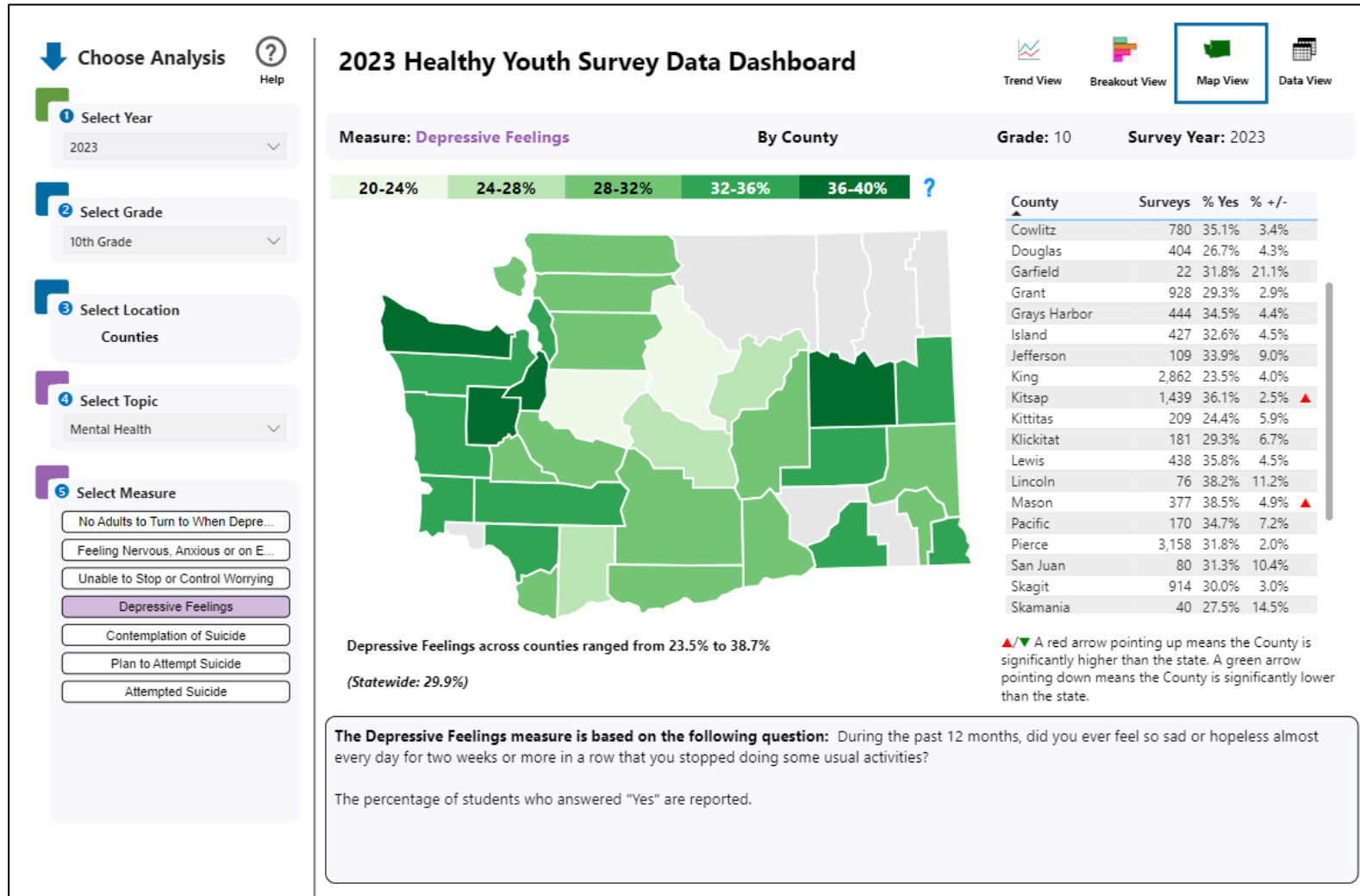
Data Dashboard – Trend View



Data Dashboard – Breakout View



Data Dashboard – Map View



Data Dashboard – Data View

Choose Analysis

2023

Select Grade

10th Grade

Select Location (County/ESD)

King County

Select Topic

Mental Health

Select Measure

No Adults to Turn to When Depre...

Feeling Nervous, Anxious or E...

Unable to Stop or Control Worrying

Depressive Feelings

Contemplation of Suicide

Plan to Attempt Suicide

Attempted Suicide

2023 Healthy Youth Survey Data Dashboard

Trend View

Breakout View

Map View

Data View

Measure: Depressive Feelings

Location: King County

Grade: 10

Survey Year: 2023

Breakout Data:

Location	Grade	Measure	Breakout	Breakout Value	County %	County +/-	State %	State +/-
King County	10th Grade	Depressive Feelings	Grades in School	Mostly A's	18.3%	3.4%	22.5%	3.4%
King County	10th Grade	Depressive Feelings	Grades in School	Mostly B's	28.4%	5.6%	31.9%	3.4%
King County	10th Grade	Depressive Feelings	Grades in School	Mostly C's	31.7%	7.2%	37.7%	4.0%
King County	10th Grade	Depressive Feelings	Grades in School	Mostly D's/F's	49.1%	14.9%	49.8%	4.8%
King County	10th Grade	Depressive Feelings	Gender Identity	Male	17.2%	4.0%	21.2%	2.8%
King County	10th Grade	Depressive Feelings	Gender Identity	Female	27.6%	4.6%	35.6%	4.3%
King County	10th Grade	Depressive Feelings	Gender Identity	Transgender	49.0%	11.3%	62.3%	7.1%
King County	10th Grade	Depressive Feelings	Gender Identity	Other	52.8%	8.0%	56.7%	6.1%
King County	10th Grade	Depressive Feelings	Sexual Orientation	Heterosexual	17.7%	4.6%	23.6%	2.9%
King County	10th Grade	Depressive Feelings	Sexual Orientation	Gay or Lesbian	39.2%	8.6%	48.3%	5.9%
King County	10th Grade	Depressive Feelings	Sexual Orientation	Bisexual	45.4%	5.0%	57.1%	5.7%
King County	10th Grade	Depressive Feelings	Sexual Orientation	Questioning	34.8%	8.3%	40.5%	7.6%
King County	10th Grade	Depressive Feelings	Sexual Orientation	Other	49.7%	7.9%	51.7%	5.1%

Note: Some of the grades in the data download are suppressed. Click [here](#) to download the 2023 Mental Health topic data for King County as a spreadsheet (all available grades and all measures in the topic)

Trend Data:

Location	Grade	Year	Measure	County %	County +/-	State %	State +/-
King County	10th Grade	2023	Depressive Feelings	23.5%	4.0%	29.9%	3.3%
King County	10th Grade	2021	Depressive Feelings	35.2%	2.7%	38.1%	1.8%
King County	10th Grade	2018	Depressive Feelings	36.0%	2.6%	40.0%	1.9%
King County	10th Grade	2016	Depressive Feelings	32.1%	3.1%	34.5%	1.5%
King County	10th Grade	2014	Depressive Feelings	31.1%	2.8%	34.9%	2.0%
King County	10th Grade	2012	Depressive Feelings	30.2%	2.8%	30.9%	1.3%
King County	10th Grade	2010	Depressive Feelings	26.6%	2.1%	29.8%	1.4%

The Depressive Feelings measure is based on the following question: During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

The percentage of students who answered "Yes" are reported.

Examples



How does DOH use the results?

A NEEDS ASSESSMENT OF RURAL YOUTH SUBSTANCE USE IN WASHINGTON

February 2021

This report is the second part of a two-part [needs assessment](#) of rural youth substance use in Washington. In this report, we utilized data from the Washington State Healthy Youth Survey to compare substance use rates, trends, risk and protective factors in rural and non-rural communities in Washington. The purpose of this analysis is to identify factors influencing substance use in rural Washington communities and examine how that is different from non-rural Washington communities. Below are six key findings from this analysis.



Maternal and
Child Health
Block Grant

2024 Application and 2022
Report



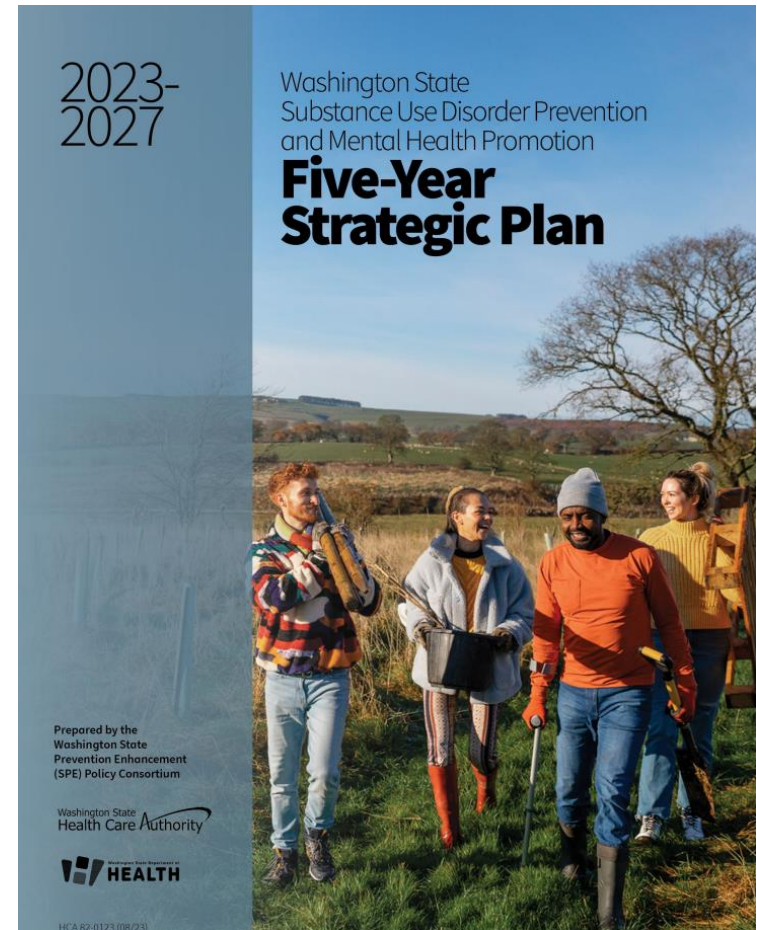
How does OSPI use results?

- Raise awareness of youth thoughts, feelings and behaviors; provide insight on current health trends
- Make evidence-based decisions; provides information to identify conditions that impact student learning Evaluating outcomes over time
- Apply for grants, and inform programming and planning
 - [LifeSkills Grants](#)



How does HCA use the results?

- Prioritizing funding for areas with highest need
- Evaluating outcomes over time
- [Substance Use Disorder Prevention and Mental Health Promotion Interagency State Strategic Plan](#)
- [Community-Based Organization \(CBO\)](#) grants for substance use disorder prevention and mental health promotion/suicide prevention
- [Community Prevention and Wellness Initiative \(CPWI\)](#) in nearly 100 communities
- Leveraging additional funding and resources



HYS 2025 Revision Process

- ▶ Tribal listening sessions #1-5 Feb-May
- ▶ Question edits/proposals accepted through Apr. 12
 - ▶ [Question Proposal Form](#)
- ▶ Spring Youth Forum on May 8th
- ▶ Partner revision meetings May 22nd & May 30th 8:30am-4:30pm

Questions?

- ▶ Hannah Gorman, DOH
 - ▶ healthy.youth@doh.wa.gov
- ▶ Doua Kha, OSPI
 - ▶ doua.kha@k12.wa.gov
- ▶ Tyler Watson, HCA DBHR
 - ▶ tyler.watson@hca.wa.gov
- ▶ Susan Richardson, Looking Glass Analytics (contractor)
 - ▶ surveyadmin@askhys.net

Submit HYS questions and comments
directly to:

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