

# Healthy Youth Survey 2023

## Tribal HYS Registration Informational Meeting

April 25, 2023





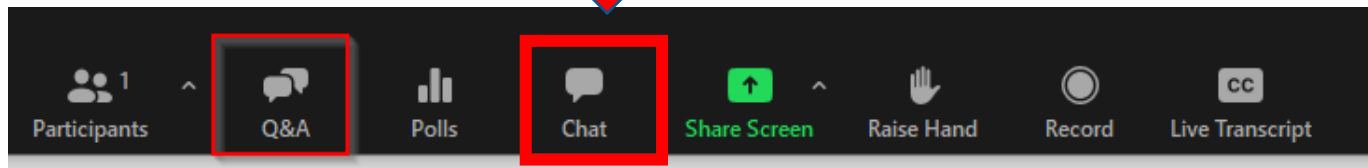
# Welcome, Acknowledgement, Opening Blessing, and Introductions

# Today's Facilitators

---

- ▶ Maayan Simckes, Derick Sekyere, DOH
  - ▶ [healthy.youth@doh.wa.gov](mailto:healthy.youth@doh.wa.gov)
- ▶ Lucilla Mendoza, HCA
  - ▶ [lucilla.mendoza@hca.wa.gov](mailto:lucilla.mendoza@hca.wa.gov)
- ▶ Susan Richardson, Looking Glass Analytics (contractor)
  - ▶ [surveyadmin@askhys.net](mailto:surveyadmin@askhys.net)

Have a question during the meeting today?  
Use the chat button!



*Please note, this meeting is  
being recorded.*

# Outline

---

- ▶ HYS Background
  - ▶ General overview
  - ▶ Current process
- ▶ Native Youth in the Results
  - ▶ What can the data show us?
- ▶ Making the HYS Better for Native Youth
  - ▶ HYS Tribal Workgroup efforts
- ▶ Registration Process
  - ▶ Who, When, and How
- ▶ Q & A

# HYS Background



# Statewide Effort & Support

---



**HYS Planning Committee**

Funding: Dedicated Cannabis Account



# HYS Purpose

---

- ▶ Anonymous and voluntary survey designed to identify and monitor factors that affect the health of youth in Washington
- ▶ Similar youth surveys have been conducted across the state since 1988
- ▶ Survey results can indicate changes in health behaviors over time and schools and communities can use the results to identify important areas of need



# HYS Topics

---

- ▶ Abuse
- ▶ Bullying and harassment
- ▶ Community risk and protection
- ▶ Demographics and miscellaneous
- ▶ Disability, health conditions and care, sleep
- ▶ Family risk and protection
- ▶ Mental health, social and emotional, and quality of life
- ▶ Nutrition and physical activity
- ▶ Alcohol, tobacco and other drug (ATOD) use
- ▶ Peer-individual risk and protection
- ▶ Safety, fighting, gangs and gambling
- ▶ School risk and protection
- ▶ School support, prevention, attendance
- ▶ Sexual Health





Why should a Tribal school participate?

---

# Native Youth in the Results



# AI/AN Participation (grades 6,8,10,12)

## AOIC

---

Race/ethnicity selected	State Sample Num. of Students	Census Num. of Students
American Indian or Alaskan Native	<b>1,721</b>	<b>10,820</b>
Asian or Asian American	4,034	25,501
Black or African American	2,295	14,807
Hispanic or Latino/a	6,859	44,353
Native Hawaiian or Other Pacific Islander	1,022	6,059
White	16,080	96,316
Another Race/Ethnicity	3,794	23,937

# What are we about to look at?

---

- ▶ Results from HYS 2021 representative state sample and AI/AN AOIC students statewide
- ✓ These are **themes** and overall indicators of youth wellbeing.
  - ✓ Best use of 2021 results until we have 2023 data to compare.

# Hope\* and Community Support

---

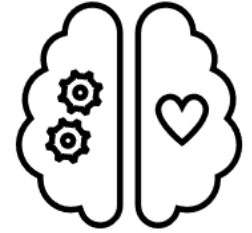


- ▶ AI/AN youth in 10th grade were **just as likely** as their peers to report:
  - ▶ Moderate to high hopefulness (66%)
  - ▶ Having an adult in the community they could talk to (59%)
  - ▶ Opportunities for family prosocial involvement (58%)
    - ▶ If I had a personal problem, I could ask my parent(s) for help.
    - ▶ My parent(s) give me lots of chances to do fun things with them.
    - ▶ My parent(s) ask me what I think before most family decisions affecting me are made.

\*Children's Hope Scale

# Mental Wellness

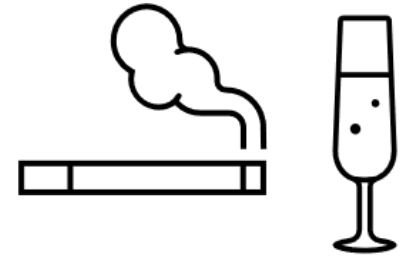
---



- ▶ AI/AN youth in 10th grade were **more likely** than their peers to report:
  - ▶ Depressive feelings (50% vs 38%)
  - ▶ Seriously considering suicide in the past year (27% vs 19%)
  - ▶ Having made a suicide plan (23% vs 15%)



# Substances



- ▶ AI/AN youth in 10th grade were **more likely** than their peers to report any use in the past 30-days of:
  - ▶ Alcohol (12% vs 8%)
  - ▶ Vaping/e-cigarettes (14% vs 7%)
  - ▶ Cannabis (13% vs 7%)
- ▶ Were **just as likely** as their peers to report 30-day use of other illegal drugs (2%)
- ▶ *Even with these ongoing challenges, AI/AN youth experienced reductions in substance use overall from 2018 to 2021, similar to other youth. However, the complex pandemic environment makes it difficult to know WHY.*

# Housing Stability

---



- ▶ AI/AN youth in 10th grade were **more likely** than their peers to report:
  - ▶ Unstable housing (10% vs 5%)
  - ▶ Homelessness (2% vs 0.4%)

# Food Sovereignty

---



- ▶ AI/AN youth in 10th grade were:
  - ▶ **Less likely** to report having breakfast that day (41% vs 53%)
  - ▶ **Just as likely** to report having 5+ fruits and vegetables daily (25%)

# Making the HYS Better for Native Youth



# HYS Workgroup

---

- ▶ Initiated in 2020 to improve the accessibility and utility of the HYS to Tribal communities
- ▶ Tribal liaisons from the four state agencies that run the survey and HYSPC staff
  - ▶ Presented at Governor's Indian Health Advisory Council and HCA/DOH Monthly Tribal Meeting for input on proposed activities.
  - ▶ Implementation ongoing

# Office of Native Education

---

- ▶ Expanded partnership with Office of Native Education at OSPI
- ▶ Exploring opportunities to engage with other Native education organizations in the region

# Revision Process Updates

---

- ▶ Improved the survey revision process to include:
  - ▶ Presentation at MTM about process and invitation to provide guidance
  - ▶ Invitation to contribute via a new digital comment platform, accessible to all
- ▶ Will continue to explore more improvements

# Results Presentation

---

- ▶ Results compiled in partnership with Tribal Epidemiology Centers
- ▶ Results presented to Tribal public health partners at Monthly Tribal Meeting
- ▶ Ensure this continues to happen



# Expanded Use of DTLLs

---

- ▶ Throughout the two-year process we use Dear Tribal Leader Letters to proactively inform of:
  - ▶ Registration
  - ▶ Results release
  - ▶ Revision opportunities

# Funding for a Fellow

---

- ▶ Received funding to bring on a Native fellow to support expanded efforts of this workgroup
- ▶ More on this as it progresses in the coming months

# Alone or in Combination

---

- ▶ Based on guidance from Tribal Epidemiology Centers
- ▶ Race/ethnicity results are presented as "Alone or in Combination"
- ▶ This applies to **all** race/ethnicity categories
- ▶ Continue to expand across reporting and build technical assistance for others in learning how to use AOIC data
  - Work with regional TEC partners to better understand best practices for this data use

# Alone or in Combination

## Quick Links



Frequently Asked Questions



New - Data Dashboard



Reports and Analysis



Family, School, & Community Resources

## Frequency Reports

### Survey Year (Required)

2021

### Survey Population (Required)

State  
State Sample

ESD  
ESD 101

County  
Adams County

Special Regions (ACH, BHO and RSA)  
Accountable Communities of Health

Non-Geographic Subpopulations  
American Indian or Alaska Native AO

### American Indian or Alaska Native AOIC

#### Report and Grade

[Grade 6](#)

[Grade 8](#)

[Grade 10](#)

[Grade 12](#)

# More activities on the horizon!

---

- ▶ Develop a data release/report for Native youth for Tribal use, guided by Tribal, urban Indian, Native Ed. partners.
- ▶ Explore Tribal-specific workshops for Tribes, Tribal orgs, and Tribal schools on HYS reports and using data results.
- ▶ Explore data sharing agreements, data books, or other products as appropriate.
- ▶ Engage Tribes/Tribal schools to identify AI/AN youth to pilot test survey revisions in future.

# HYS 2023 Registration



# HYS 2023 Timeline

---

- ▶ March 2022-March 2023
  - ▶ Revision process
- ▶ **April-June 2023**
  - ▶ **Registration**
- ▶ October 2023
  - ▶ Administration (electronic, in-person)
- ▶ Feb-March 2024
  - ▶ Results available

# HYS Participation

---

- ▶ Any Washington public school with students in grades 6, 8, 10, or 12.
  - ▶ Tribal schools
  - ▶ Online/virtual schools
  - ▶ Private schools can participate on request
  - ▶ No detention facilities
  - ▶ Small school districts (<150 students in grades 6, 8, 10, 12) can survey additional grades 7, 9, and 11



# Student Protections

---

- ▶ HYS is anonymous and voluntary
- ▶ HYS is reviewed by the Washington State Institutional Review Board (WSIRB)
- ▶ This includes, but isn't limited to approval of:
  - ▶ Methods
  - ▶ Materials
  - ▶ Parent and student notification processes
  - ▶ Survey questions
  - ▶ Data and results sharing requirements



# Schools Register for and Administer the Survey

---

- ▶ Schools register now, administer in October 2023
  - ▶ Small schools can register odd year grades as well
- ▶ Spring 2024
  - ▶ Reports are generated for schools with aggregate data when enough students participate
  - ▶ Schools can share those reports with anyone they wish, but state agencies never share school-level data
- ▶ Statewide report for AI/AN youth produced
  - ▶ Would like to improve this to better represent the needs of AI/AN youth
  - ▶ Other data sharing conversations underway

# New AskHYS.net - Arrived April 12th



About HYS

Survey Results

HYS 2023

Resources

Contact

🔒 Login

## Quick Links

Purpose

Survey Content



Frequently Asked Questions



New - Data Dashboard



Reports and Analysis



Family, School, & Community Resources

## Healthy Youth Survey

**Registration for the HYS 2023 is open now! [Click here to find out more.](#)**

**Healthy Youth Survey, Helping Washington's students thrive and lead healthier, happier lives.**

- ✓ The survey shows trends over time and helps parents, schools, and communities address issues impacting youth.
- ✓ Schools and districts get reports of their results – helping them understand their students' needs.
- ✓ About 200,000 students in grades 6 -12 across the state take the survey every two years.
- ✓ Participation is voluntary and anonymous.
- ✓ Free for schools in Washington State.

EXPLORE RESULTS →

## Latest Updates

Check out the updated AskHYS.net website!

Registration for the HYS 2023 is open on April 12th. Click [Registration](#) for details and to sign up.

For more information about HYS 2023 and registration, please see the HYS [Kick-Off Conference Presentation \(PPT\)](#).

# HYS 2023 Information page



Navigation bar: About HYS | Survey Results | **HYS 2023** | Resources | Contact | Admin | LOGOUT

**Quick Links**

- Frequently Asked Questions
- New - Data Dashboard
- Reports and Analysis
- Survey Coordinator Portal**
- Parent & Student Resources

## HYS 2023 Information

**Survey Coordinator Portal**

Go to the Survey Coordinator Portal to:

- Register for HYS or to update your registration.
- Verify that your school has notified Parents and Students about HYS.
- Access your student survey folder.

**REGISTER, NOTIFY PARENTS & GET E-SURVEY LINKS →** \*Login required


### Why Participate in HYS 2023

The Washington State Healthy Youth Survey (HYS) measures health risk behaviors that contribute to health, injury, illness, and social problems among youth in Washington State. The survey produces estimates of the prevalence of major adolescent health risk behaviors and provides crucial information to school officials, health professionals, human service agencies, policymakers, and parents as they work together to ensure the optimum health of young people across the state. The survey results also provide important needs assessment data for program planning. They offer insight into the effectiveness of statewide prevention and health promotion initiatives designed to reach a range of education- and health-related goals at the federal, state, and local levels.

[Question and Answer Fact Sheet](#)  
[How Can the Data Be Used](#)

### Survey Timeline

- Registration – April to June 2023
- School preparation and training – September 2023
- Parent and student notification – at least two weeks prior to survey administration
- Survey administration – October 9th through 27th 2023
- Survey results – winter 2024



**Looking for Administrations Materials?**

**▶ LEARN MORE →**

# Survey Coordinator Portal

About HYS

Survey Results

HYS 2023

Resources

Contact

Admin

LOGOUT

## Quick Links



Frequently Asked  
Questions



New - Data  
Dashboard



Reports and Analysis



Survey Coordinator  
Portal



Parent & Student  
Resources

## Register a School

### Select a School

Your OSPI EDS account allows you to register the following schools. If you need to register additional schools, contact your [District Data Security Manager](#) and ask them to add the school to your AskHYS permission.

If new schools or schools with different grade levels from last year are not showing up in the dropdown menu, please contact [SurveyAdmin@AskHYS.net](mailto:SurveyAdmin@AskHYS.net) to add it to the registration system.

You will receive a confirmation email when you submit the online registration form.

By submitting this registration, your school commits to performing the tasks required to successfully implement the survey in a standardized manner and to collect data with the highest possible integrity:

- ✓ Assigning staff to coordinate and implement the survey.
- ✓ Notifying parents and students about the survey.
- ✓ Following all survey administration procedures.
- ✓ Ensuring that student participation is voluntary and anonymous.



Select the school and click Next to complete the online registration form.

Please Select a school



Please Select a school

Two Rivers School

NEXT →

# HYS 2023 Information page

## School Registration Status

Use the dropdown menu to find out which schools have registered for the 2023 HYS.

### School District

Please Select a District



School Name	Survey Coordinator	Optional Questions	Parents Notified
Tumwater High School	Sally Ride	Yes	No
A G West Black Hills High School	Not registered	NA	NA
Tuwmater Milddle School	Neil Armstrong	No	Yes
George Washington Bush Middle School	Not registered	NA	NA

Q+A



# Questions?

---

- ▶ Candice Wilson, DOH, Tribal Policy Director
  - ▶ [Candice.wilson@doh.wa.gov](mailto:Candice.wilson@doh.wa.gov)
- ▶ Hannah Gorman, Derick Sekyere, Maayan Simckes, DOH
  - ▶ [healthy.youth@doh.wa.gov](mailto:healthy.youth@doh.wa.gov)
- ▶ Tyler Watson, HCA DBHR
  - ▶ [tyler.watson@hca.wa.gov](mailto:tyler.watson@hca.wa.gov)
- ▶ Lucilla Mendoza, HCA
  - ▶ [lucilla.mendoza@hca.wa.gov](mailto:lucilla.mendoza@hca.wa.gov)
- ▶ Doua Kha, OSPI
  - ▶ [doua.kha@k12.wa.gov](mailto:doua.kha@k12.wa.gov)
- ▶ Susan Richardson, Looking Glass Analytics (contractor)
  - ▶ [surveyadmin@askhys.net](mailto:surveyadmin@askhys.net)
- ▶ Submit HYS questions and comments directly to
  - ▶ <https://www.surveymonkey.com/r/HYSquestion>



# THANK YOU!

---

**From the Healthy Youth Survey Planning Committee**

More information: [www.AskHYS.net](http://www.AskHYS.net)

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).



**healthy  
youth  
SURVEY**