

Healthy Youth Survey 2016 - Changes from the 2014 Survey

January 21, 2016

Summary

Survey Forms A, B, and C

To manage the length of the survey with the breadth of information desired by stakeholders, there are two questionnaires for grades 8, 10, and 12: Forms A and B. The 6th grade questionnaire is a single version (Form C), with fewer questions.

“Core items” are those that are on Forms A and B. Most of the core items are also on Form C.

In 2014, schools could register for Enhanced Forms A and B that included optional questions. In 2016, schools can choose whether or not to ask optional questions. The optional questions are on a perforated page of the questionnaires that can be removed. Form A contains one sexual orientation question and Form B includes one question on sexual abuse, three questions on sexual behavior and one sexual orientation question. Schools that choose not to administer the optional questions will need to “tear-off” the optional questions page before administering the survey in 2016.

Form A

Form A contains one sexual orientation question on the tear-off form. Revisions to Form A were made after input from school personnel, community and academic stakeholders, and state agency programs. The 2016 Form A has 140 questions – 139 questions on the main questionnaire and 1 on the tear-off. This is one question longer than the 2014 questionnaire.

Form B

Form B contains one question on sexual abuse, three questions on sexual behavior, and one question on sexual orientation on the tear-off. Revisions to Form B were made after input from stakeholders including school personnel, local public health, community agency representatives, and state agency programs. The 2016 Form B has 122 questions - 117 questions on the main survey and 5 on the tear-off. The 2014 Form B had 116 questions and 2014 Form B Enhanced had 122 questions.

Form C

The 2016 Form C has 94 questions which is the same number of questions as the 2014 questionnaire.

Demographics and General Information

At the request of stakeholders, Form B made some changes to the Demographics and General Information section. The sexual orientation question that was asked on Form AE in 2014 was added to Form B tear-off in 2016. This question is also on the Form A tear-off in 2016. This same question is on the national Youth Risk Behavior Survey (YRBS). At the request of Washington State Commission of Asian Pacific American Affairs, a question on Asian and Pacific Islander subpopulations was added to Form B to measure disparities among the Asian youth population. The response options chosen were those with the largest subpopulations. A question on free or reduce price lunches at school was also added to Form B as a measure of socioeconomic status. The question is adapted from the Oregon Healthy Teen Survey. Based on stakeholder feedback, Form A and B made some changes to the response options of the living situation question.

Added

- Which of the following best describes you? [Heterosexual (straight); Gay or lesbian; Bisexual; Not sure.] New: B.
 - 1. If you are of Asian or Pacific Islander background, which groups best describe you? **Mark all that apply. [Not Asian or Pacific Islander; Asian Indian; Cambodian/Khmer; Chinese; Filipino; Japanese; Korean; Vietnamese; Other Asian; Native Hawaiian or other Pacific Islander].** New: B.
- Do you receive free or reduce price lunches at school? [Yes; No; Don't know] New: B.

Changed

- Where did you live most of the time in the **last 30 days**? [In my own house or apartment that my family rents or owns; In someone else's house or apartment with another family; In a group home; In a shelter; In a car, park, or campground; On the street; Moved from place to place; Other]. Forms A and B.

Dropped/Rotated Off

- Has your military parent or guardian been sent to Iraq, Afghanistan, or other combat zone? [I do not have a parent who has ever served in the military; No; Yes; Not sure]. Rotated off from B.
- How far did your father get in school? [Did not finish high school; Graduated from high school or GED; Had some college or technical training after high school; Graduated from a 4-year college; Earned an advanced graduate degree; Don't know; Does not apply]. Dropped from A and B.

Alcohol, Tobacco and Other Drug Use - 30-Day Use

The 30-day electronic cigarette question and 30-day marijuana use question stayed the same, but response options were expanded to be able to measure daily and almost daily use. These changes will be made on Forms A, B and C. The 30-day electronic cigarette use question was added on Form C to be able to measure e-cigarette use among 6th graders in 2016.

Changed

- During the past 30 days, on how many days did you: Use an electronic cigarette, also called e-cigs, or vape pens? [None; 1-2 days; 3-5 days; 6-9 days; 10-19 days; 20-29 days; All 30 days]. New: Form C. Form B: Additional response options included.
- During the past 30 days, on how many days did you: Use marijuana or hashish (weed, hash, pot)? [None; 1-2 days; 3-5 days; 6-9 days; 10-19 days; 20-29 days; All 30 days]. Forms A, B and C: additional response options included.

Other Tobacco-Related Questions

At the request of DOH and other stakeholders, 4 new vaping questions were added on Form B in order to obtain more information on e-cigarette use among youth. The source of electronic vapor products question is from the optional module of YRBS.

Added

- During the past 30 days, on how many days did you: Use an electronic cigarette, also called e-cigs, or vape pens on school property? [0 days, 1-2 days, 3-9 days, 10-29 days, all 30 days]. New: Form B.
- During the past 30 days, what type of substances did you use in an electronic cigarette, also called e-cigs, or vape pens? **Select all that apply.** [I did not use an electronic cigarette; liquid with nicotine in it; liquid with THC (marijuana) in it; liquid with flavor only (no nicotine or THC); Don't know]. New: Form B.
- During the past 30 days, how did you usually get your own electronic vapor products? (Choose only one answer.) [I did not use electronic vapor products during the past 30 days; I bought them in a store such as a convenience store, supermarket, discount store, or gas station; I got them on the Internet; I gave someone else money to buy them for me; I borrowed (or bummed) them from someone else; A person 18 years old or older gave them to me; I took them from a store or family member; I got them some other way]. New: Form B.
- How much do you think people risk harming themselves if they: use electronic cigarettes, also called e-cigs or vape pens regularly (almost daily)? [No risk; Slight risk; Moderate risk; Great risk; Not sure]. New: Form B.

Rotated On:

- How old were you the first time you smoked a whole cigarette? [Never have; 10 or younger; 11; 12; 13; 14; 15; 16; 17 or older]. Rotated on B.
- If one of your best friends offered you a cigarette, would you smoke it? [Definitely no; Probably no; Probably yes; Definitely yes]. Rotated on B.
- Do you think that you will smoke a cigarette anytime in the next year? [Definitely no; Probably no; Probably yes; Definitely yes]. Rotated on B.
- During the past 30 days, how did you usually get your own tobacco? (Choose only one answer.) [I did not use tobacco during the past 30 days, I bought it in a store such as a convenience store, supermarket, discount store or gas station; I bought it from a vending machine; I gave someone else money to buy them for me; I borrowed (or bummed) them from someone else; a person 18 years old or older gave them to me; I took them from a store or family member; I got them some other way]. Rotated on B.
- During the past 12 months, have you ever tried to quit using tobacco (cigarettes, cigars, chew/dip)? [I did not use tobacco during the past 12 months; Yes; No]. Rotated on B.
- During the past 30 days, on how many days did you use tobacco (cigarettes, cigars, or chew/dip) on school property? [0 days; 1-2 days; 3-9 days; 10-29 days; All 30 days]. Rotated on B.

Dropped/Rotated Off:

- Are the cigarettes that you usually smoke menthol cigarettes? [I do not smoke cigarettes; Yes; No]. Rotated off B.

- Not including menthols – during the past 30 days on how many days did you use tobacco that tastes like candy, fruit or alcohol (tobacco includes: little cigars, bidis, cloves, chew, spit, snus, hookah)? [0 days; 1-2 days; 3-9 days; 10-29 days; all 30 days]. Rotated off B.
- During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes? [0 days; 1-2 days; 3-4 days; 5-6 days; 7 days]. Rotated off B. Question is still on Form C.
- Does anyone who lives with you now smoke cigarettes? [No; Yes]. Rotated off B.

Other Marijuana-Related Questions

At the request of DSHS and other stakeholders, one new marijuana question was added to Form A to obtain more information about marijuana use intensity among youth. This question is adapted from the annual Monitoring the Future Study.

Added

- If you use marijuana or hashish (weed, hash, pot) how long do you usually stay high? [I do not use marijuana; Usually don't get high; 1 to 2 hours; 3 to 4 hours; 5 to 6 hours; 7 to 8 hours; 9 or more hours]. New: A.

Other Alcohol and Drug-Related Questions

Dropped/Rotated off:

- During the past 30 days, on how many days did you: Not counting alcohol, tobacco, or marijuana, use another illegal drug? [None; 1-2 days; 3-5 days; 6-9 days; 10 or more days]. Rotated off B.

Nutrition and Fitness

Form B rotated off 1 nutrition question in 2016.

Dropped/Rotated off:

- During the past 7 days, where did you usually get the chips and similar snack items you ate at school? (Choose only one answer). [I did not eat potato chips or similar snack foods at school; I bought it from a store; I got them from friends; I bought them at school; Other]. Rotated off B.

Health Conditions and Health Care

Form B dropped questions on diabetes and medical check-up, and rotated off 3 questions on asthma.

Dropped/Rotated Off

- When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured? [During the past 12 months; Between 12 and 24 months ago; More than 24 months ago; Never; Not sure]. Dropped from B.
- During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma? [I do not have asthma.; None; 1 to 3 times; 4 to 9 times; 10 to 12 times; More than 12 times; Not sure]. Rotated off B.
- RESCUE inhalers are asthma medicine that you breathe in through your mouth that gives you QUICK relief from asthma symptoms. They are PRESCRIBED by a doctor. During the past 4 weeks, about how many days per week on average did you use a rescue inhaler? [Never; 1 or 2 days per week; 3 to 6 days per week; Every day, but not throughout the day; Every day,

- throughout the day; Not sure]. Rotated off B.
- Symptoms of asthma include coughing, wheezing, shortness of breath, and chest tightness when you don't have a cold or the flu. During the past 4 weeks, about how many days per week on average did you have any symptoms of asthma? [Never; 1 or 2 days per week; 3 to 6 days per week; Every day, but not throughout the day; Every day, throughout the day; Not sure]. Rotated off B.
- Have you ever been told by a doctor or other health professional that you have diabetes? [No; Yes; Not sure]. Dropped from B.

Sexual Behavior

At the request of numerous stakeholders, Form B added the sexual orientation question that was asked on Form AE in 2014. In 2016, this question will be on Form A and B tear-off. The question is from the YRBS. In order to make space for this question, Form B dropped the question that was used to estimate sexual orientation among students who had sexual contact.

Added

- Which of the following best describes you? [Heterosexual (straight); Gay or lesbian; Bisexual; Not sure.]. New: B.

Dropped/Rotated Off

- During your life, with whom have you had sexual contact? [I have not had sexual contact; Males; Females; Males and females]. Dropped from B.

Unintentional Injury

At request of stakeholders, DOH replaced one of the swimming questions on Forms B and C.

Added

- How good a swimmer do you think you are? [Good; So-so; Not good; Can't swim]. New: Forms and C.

Dropped/Rotated Off

- I am comfortable playing and swimming in water over my head. [Strongly agree; Agree; Disagree; Strongly disagree]. Dropped from B and C.

Physical, Emotional and Sexual Abuse

At the request of several stakeholders, 2 questions on physical abuse were added to Form B. The question on witnessing abuse was rotated on from the 2010 HYS. In order to make space for these questions, the question on sexual abuse in the past 12 months was dropped from Form B.

Added

- How often does a parent or adult **in your home** swear at you, insult you, put you down or humiliate you? [Never or almost never; Sometimes; Often; Very often]. New: Form B.

Rotated On

- Not counting TV, movies, video games, and sporting events, have you seen an adult hit, slap, punch, shove, kick, or otherwise physically hurt another adult more than one time? [No; Yes]. Rotated on B.

Dropped/Rotated Off

- In the past 12 months, have you been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to? [No; Yes]. Dropped from B.

Mental Health

At the request of DSHS and stakeholders, Form A added a question on emotional support. The question was developed based on stakeholder input, focus group comments, and a similar question already on Forms B and C.

Added

- If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help? (Check all that apply) [Sibling or cousin; Teacher, school counselor, or other adult in my school; Friend or peer; Parent/Guardian; Adult friend or adult relative that is not my parent/guardian; Religious/faith leader; I don't have anyone I would talk to; I have not felt sad or hopeless for two weeks or more in a row]. New: Form A

Social and Emotional Learning

One question from this module was dropped from Form B and C to make space for new questions.

Dropped/Rotated off

- I get along well with students who are different from me. [Strongly agree; Agree; Disagree; Strongly disagree]. Dropped from B and C.

School Climate

At the request of Office of Superintendent of Public Instruction (OSPI) and other stakeholders, one new sexting question was added to Form B. This question is from the YRBS optional module.

Added

- During the past 30 days, have you received a text or an e-mail with a revealing or sexual photo of someone? [Yes; No]. New: B

Work-related

At the request of UW stakeholders, a 2010 HYS question related to work for pay was added to Form B with some modifications.

Added

- How many hours per week are you currently working for pay, NOT counting chores around your home, yard work, or babysitting? [None, Not currently working; 10 hours or less a week; 11-20 hours a week; 21-30 hours a week; 31-40 hours a week; More than 40 hours a week]. New: Form B.