



healthy
youth
SURVEY

HEALTHY YOUTH SURVEY 2023

Presenters



Hannah Gorman
HYS Epidemiologist
& Coordinator



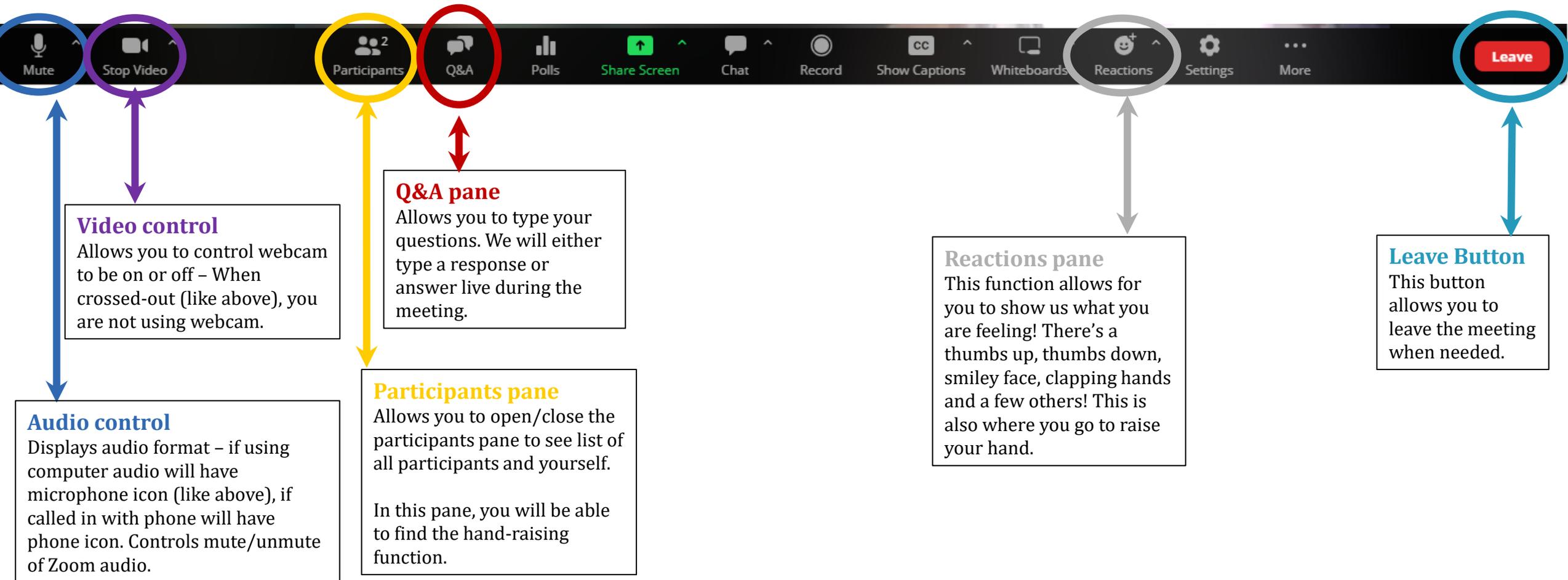
Doua Kha
Student Behavior Support
Program Supervisor



Tyler Watson
Prevention Research &
Evaluation Manager



Overview of Zoom controls



Have a question during the
meeting today?
Ask it using the Q&A function!



We will do our best to either type
a response or answer your
question live.

Please note that the Q&A is public.



Outline

- Background and participation
 - Methods and interpretation
 - Overview of results
 - Accessing results (products)
 - Utilizing results
 - Resources
- 

Poll!

Statewide Collaboration



- Sarah Mariani
- Rebecca Ruiz
- Sandy Salivaras
- Tyler Watson



- Cathy Wasserman
- Maayan Simckes
- Hannah Gorman
- Derick Sekyere



- Dixie Grunenfelder
- Matthew Frizzell
- Doua Kha
- Kelsey Osborne



- Kristen Haley
- Mary Segawa



- Joe Kabel
- Susan Richardson

Statewide Partners

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

Communications Team

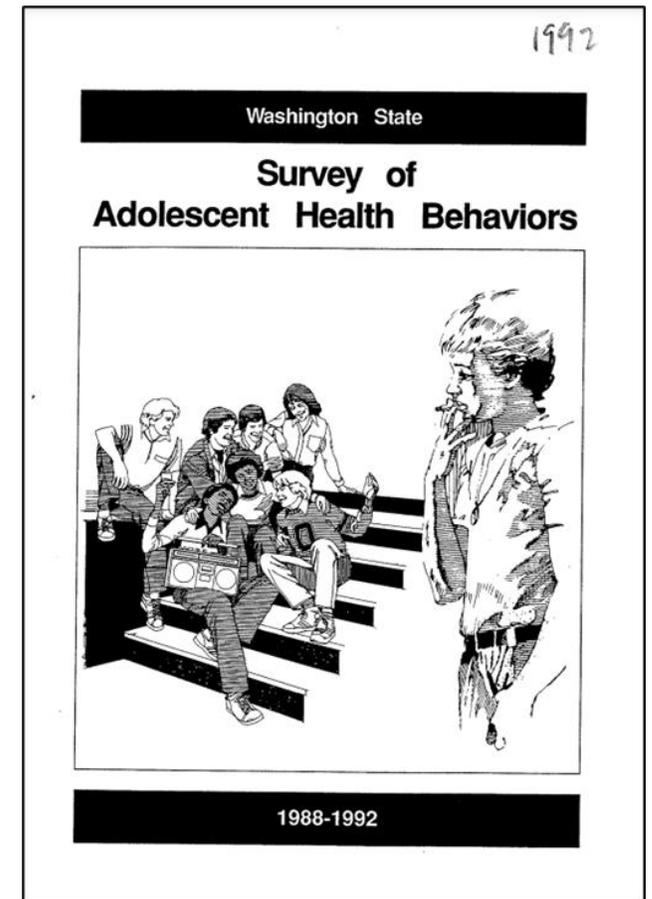
- HCA: Melissa Thoemke
- DOH: Marisol Mata Somarribas
- OSPI: Zac Murphy
- LCB: Kristen Haley

Purpose

- ▶ Identify trends and patterns in adolescent health behaviors
- ▶ Identify areas of need to inform policy and practice
- ▶ Evaluate the impact of school and community prevention efforts
- ▶ Provide data for grants and other funding sources

Background

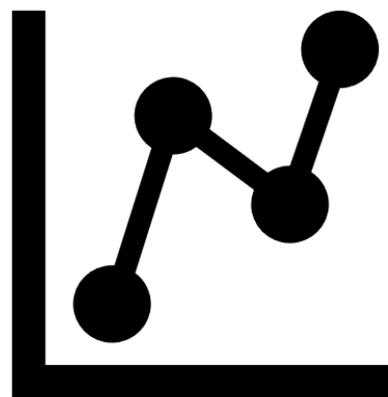
- ▶ Started in 1988, became HYS in 2002
- ▶ Questions from national surveys and partners
- ▶ Autumn of even years 2002-2018; in odd years from 2021 forward
- ▶ Students in 6th-12th grade
- ▶ Administered through school setting



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

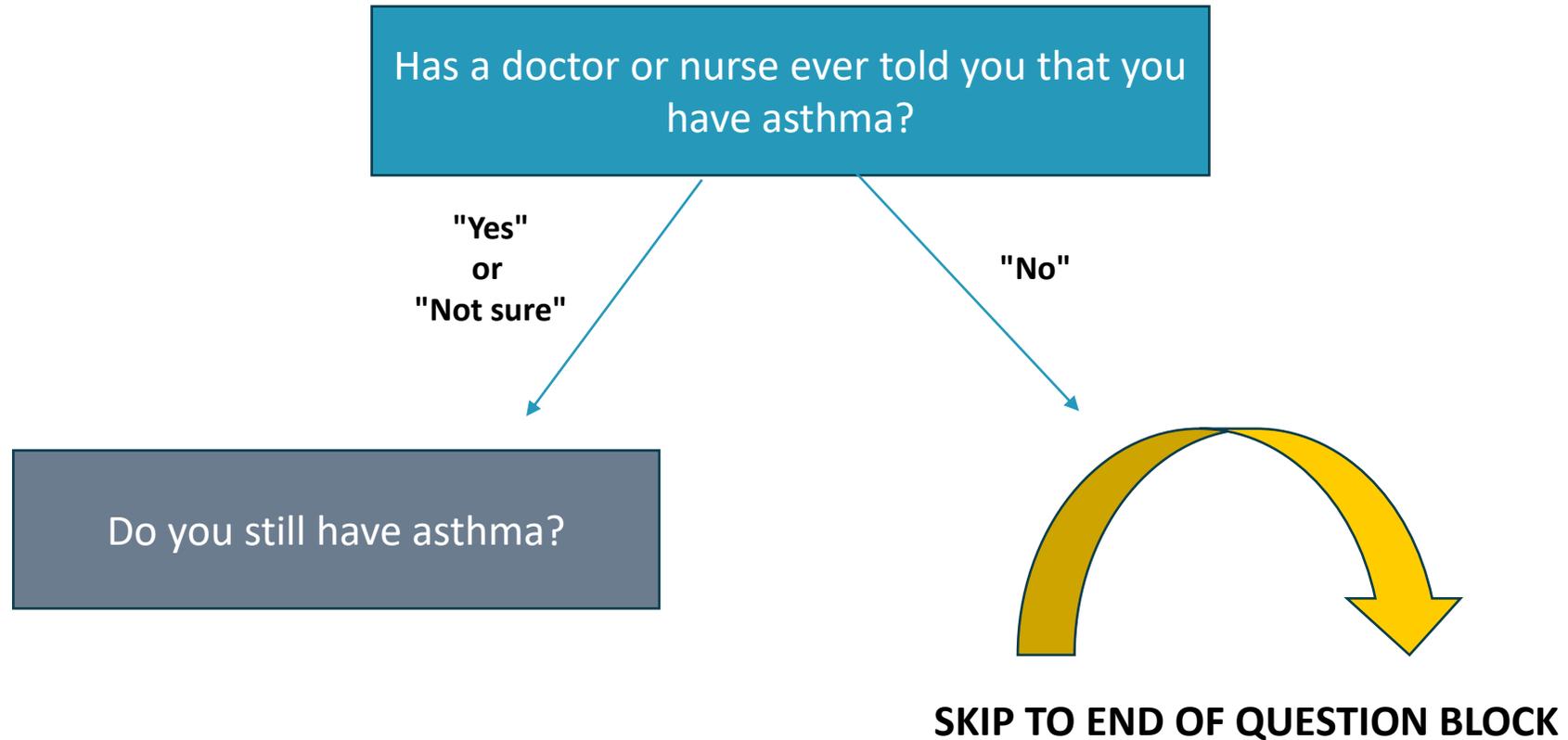
Methods



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

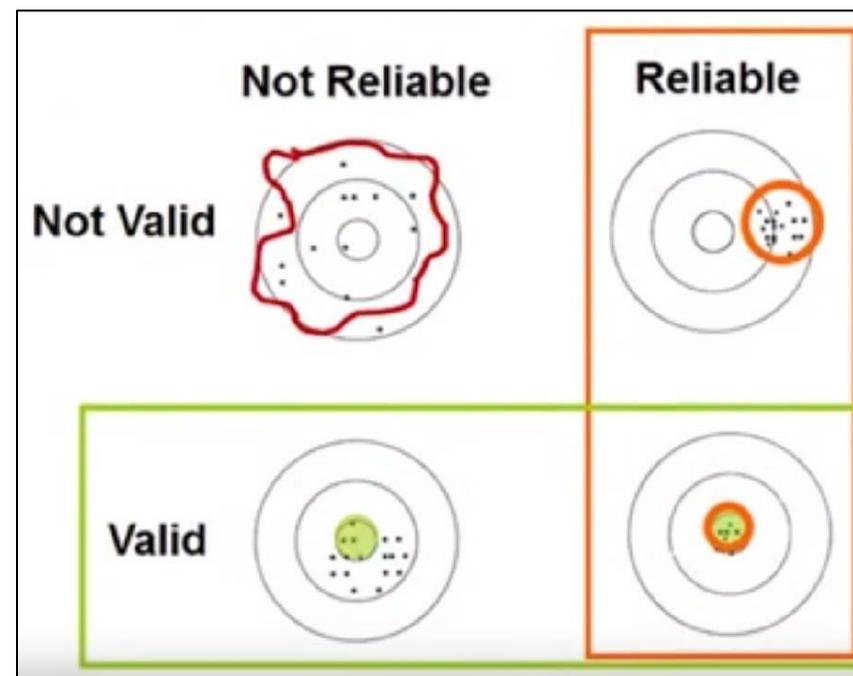
Reliability and Validity

▶ Reliability

- ▶ Do students tell the truth?
 - Results track with national data
 - Importance of survey explained
 - Anonymous

▶ Validity

- ▶ Can we trust the HYS results?
 - Established, regularly followed quality control procedures



Representative Results

▶ Are our HYS results representative?

- ▶ Response Rates within your frequency report
- ▶ Groups of students that did or did not participate

Survey Participation in this Report

<i>Number of students surveyed:</i>	1,957
<i>Number of valid responses:</i>	1,908
<i>Number of enrolled students*:</i>	3,199
<i>Your survey participation rate**:</i>	60%

* The estimate of enrolled students is based on figures from the 2021-22 school year, provided by OSPI.

** The survey participation rate is the number of valid responses divided by the number of enrolled students.

▶ What if they are not representative?

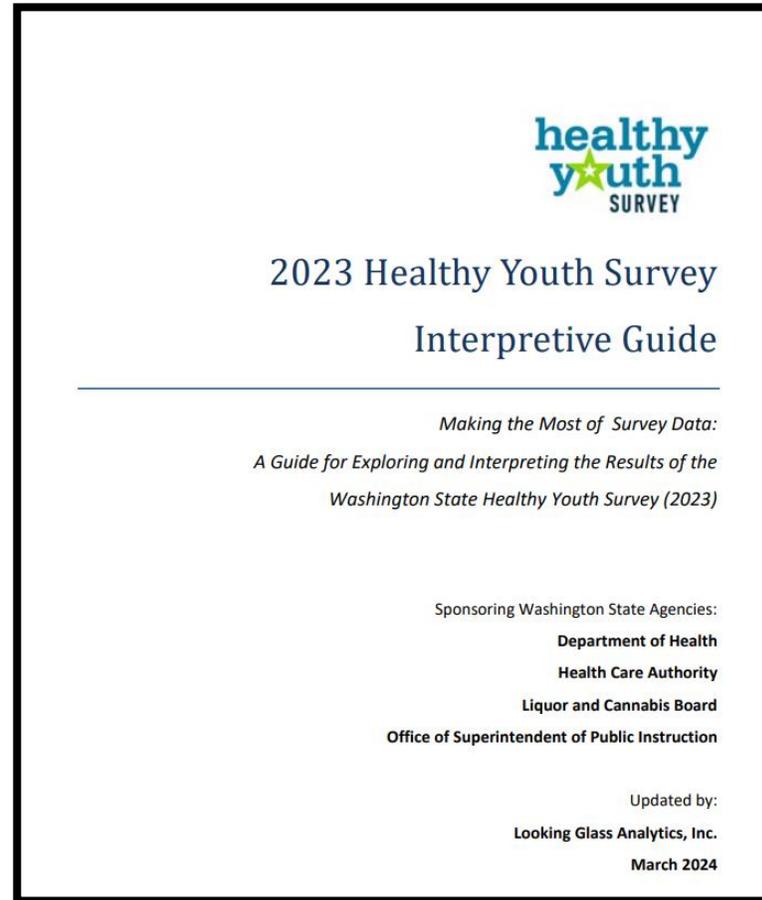
- ▶ Use caution when interpreting results and comparing results over time
- ▶ Explain limitations
 - ▶ *"Students at our school **who took the survey** said..."*



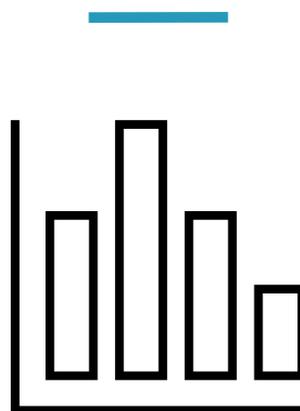
Interpreting Trends

- ▶ 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

Interpretive Guide



Results Overview

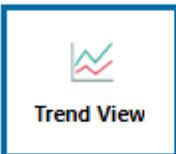


HYS 2023 Substance Use (Grade 10)

- ▶ 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

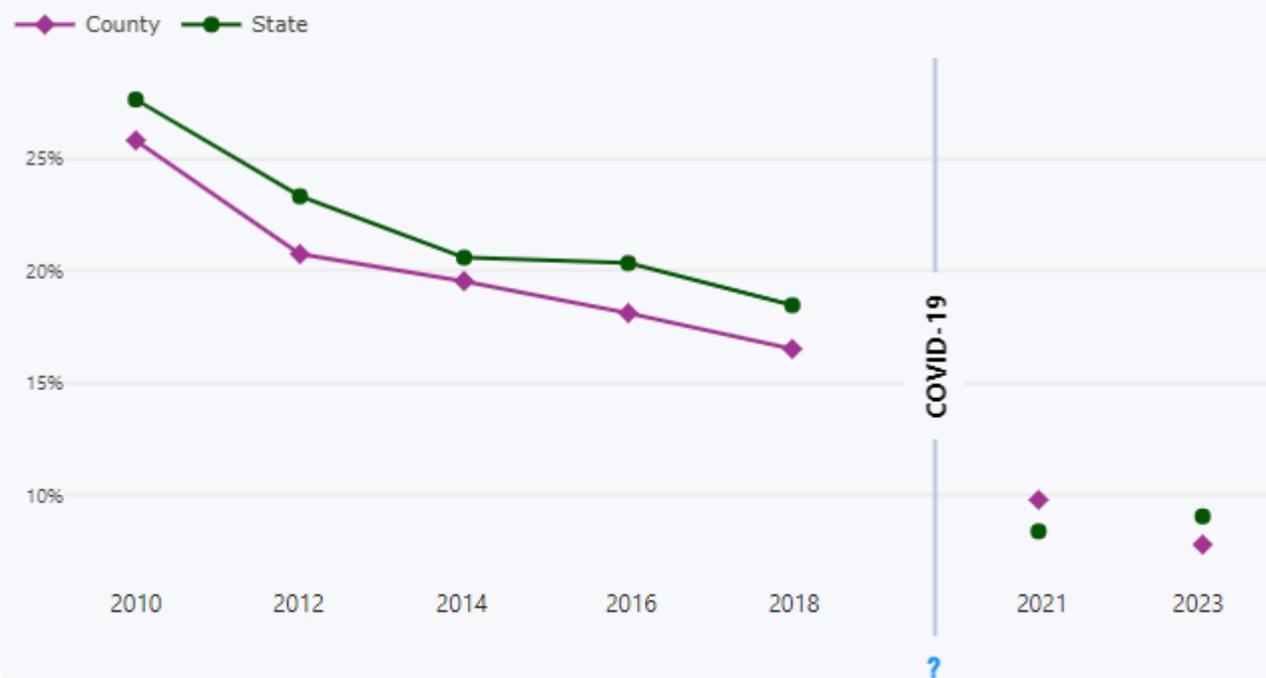


Measure: **Current Alcohol Drinking**

Location: King County

Grade: 10

Survey Years: 2010 - 2023



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)

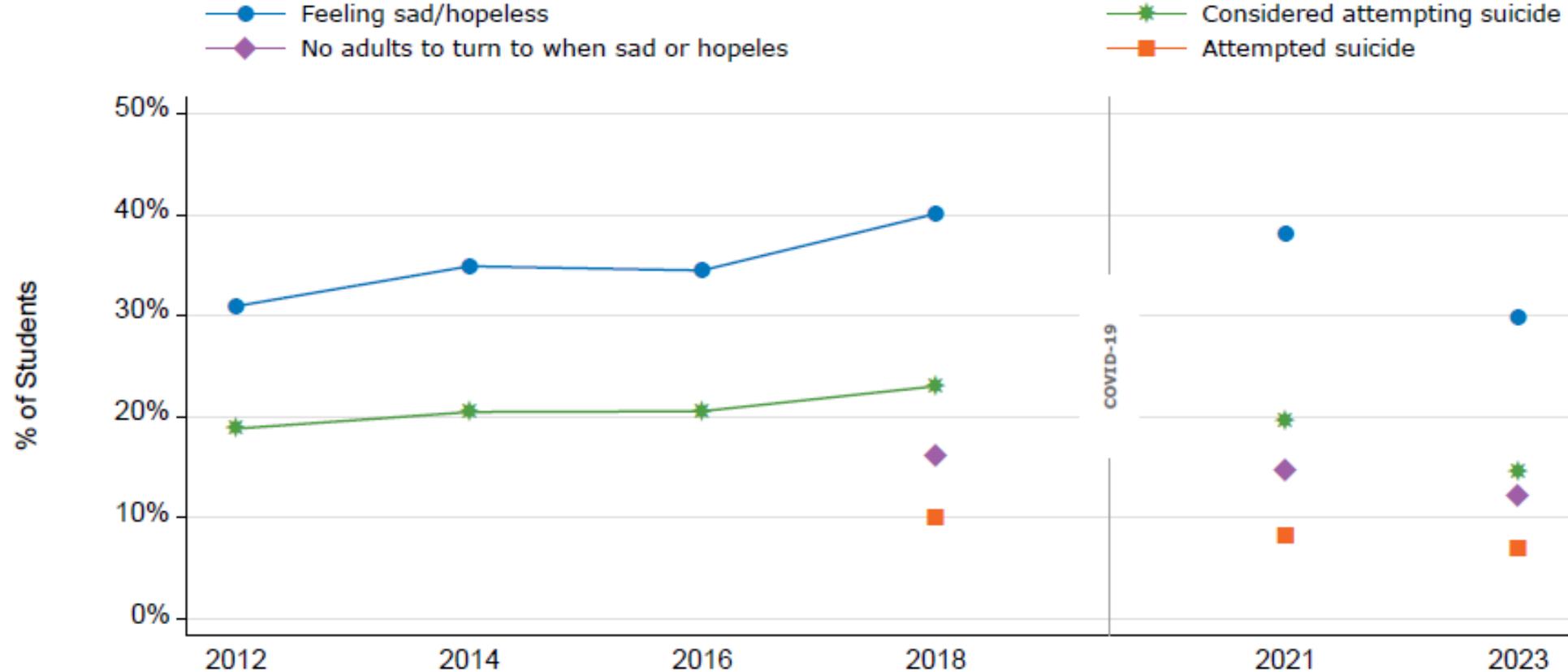
- ▶ Marijuana products (Delta-8, Delta-10, etc.): **2.0%**
- ▶ Psilocybin: **1.3%**
- ▶ Fentanyl: **0.8%**
- ▶ Synthetic products (K2, spice, kronic): **0.4%**
- ▶ Bath salts: **0.4%**
- ▶ Kratom: **0.3%**

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)

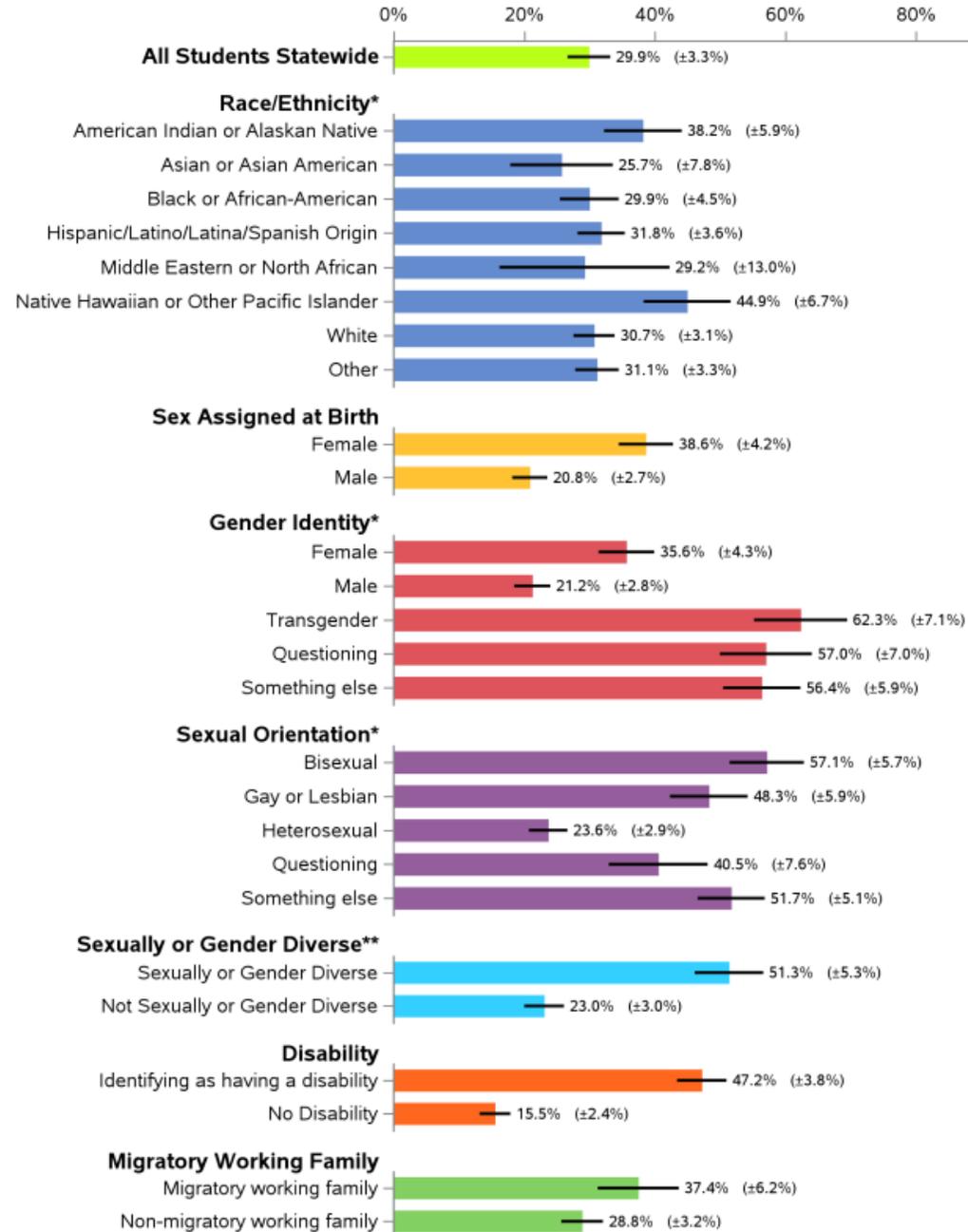
Feeling sad/hopeless and suicide 2012-2023, Grade 10



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.

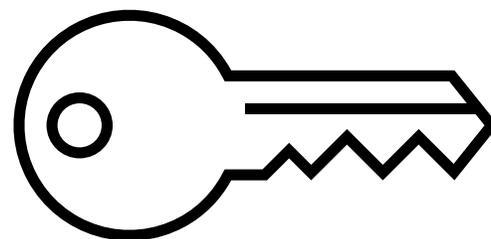
Takeaways

- ▶ 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.

Poll!

Accessing Results

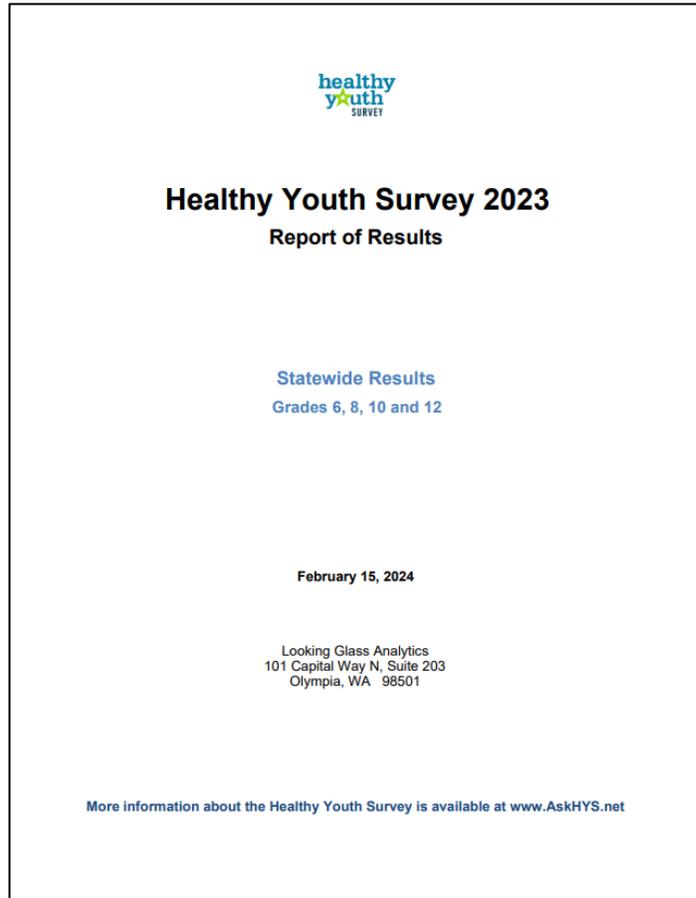


HYS Results

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

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

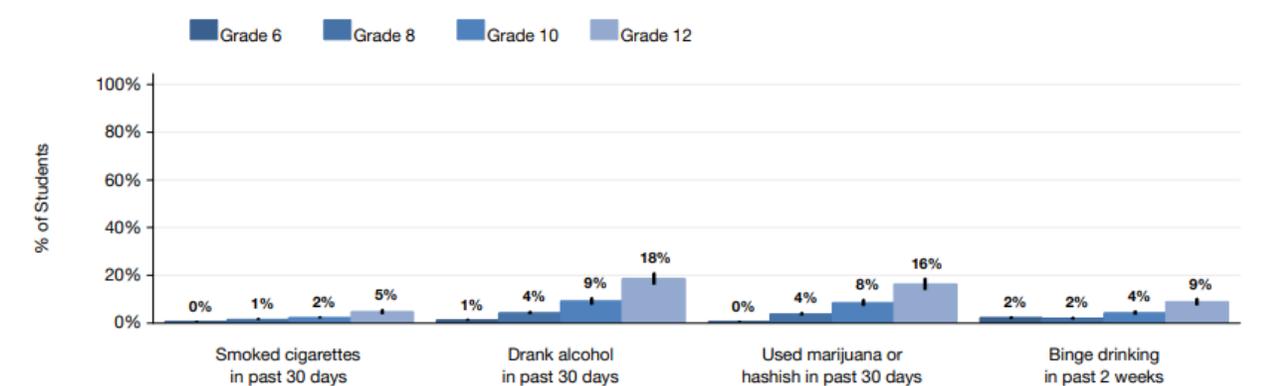
More information about the Healthy Youth Survey is available at www.AskHYS.net

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)



Legend: Grade 6 (darkest blue), Grade 8 (medium-dark blue), Grade 10 (medium-light blue), Grade 12 (lightest blue)

Behavior	Grade 6	Grade 8	Grade 10	Grade 12
Smoked cigarettes in past 30 days	0%	1%	2%	5%
Drank alcohol in past 30 days	1%	4%	9%	18%
Used marijuana or hashish in past 30 days	0%	4%	8%	16%
Binge drinking in past 2 weeks	2%	2%	4%	9%

Fact Sheets

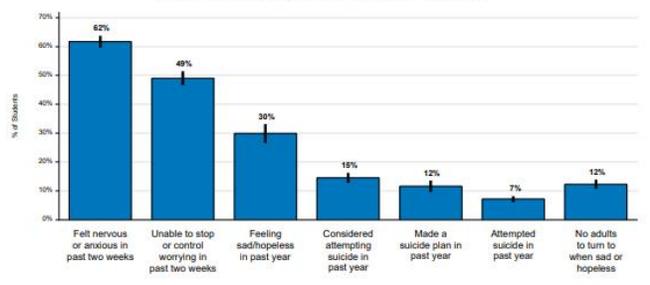
WASHINGTON STATE
healthy youth SURVEY FACT SHEET
Washington State
Mental Health and Well-being

Year: 2023 Grade: 10 Sex: All Number of Students Surveyed: 7,103

Background

- Depression is a common condition; it can include persistent feelings of sadness and hopelessness.
- Anxiety is a common condition; it can include uncontrollable feelings of fear and worry.
- Anxiety and depression are treatable.
- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Positive social connections with family, friends, and at school promote good mental health.
- Mental health problems can impact academic performance.
- Teen Depression: More Than Just Moodiness

Mental Health Indicators, Grade 10, 2023



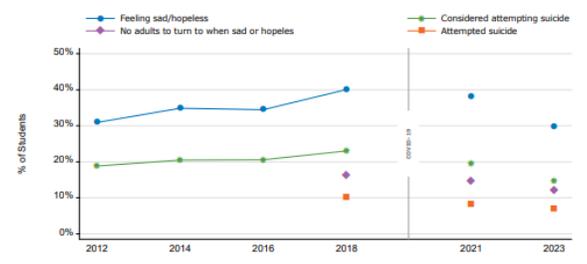
In 2023, 30% of 10th graders in our state felt so sad or hopeless for two weeks or more that they stopped doing their usual activities

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.ashys.net on 02/24/2024

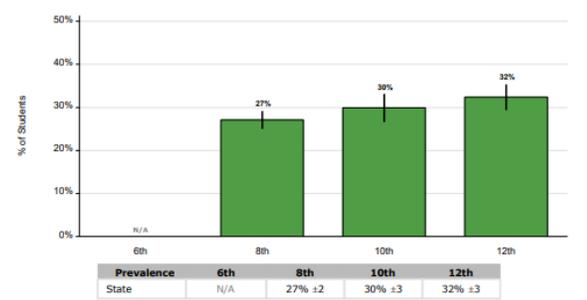
WASHINGTON STATE
healthy youth SURVEY FACT SHEET
Mental Health and Well-being

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



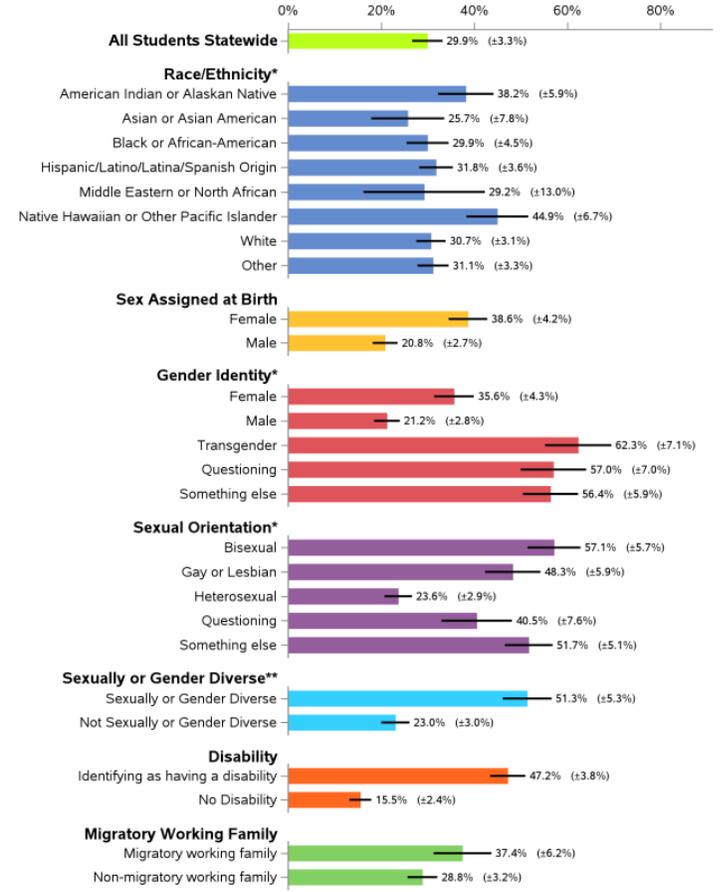
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	31% ±1	35% ±2*	34% ±2	40% ±2*	38% ±2	30% ±3*
Considered attempting suicide	19% ±1	20% ±1	21% ±1	23% ±2*	20% ±1*	15% ±2*
No adults to turn to when sad or hopeless	N/S	N/S	N/S	16% ±1	15% ±1	12% ±2*
Attempted suicide	N/S	N/S	N/S	10% ±1	8% ±1*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




About HYS
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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

Grade
 Grades

State Sample
10th

4 Row Variable (required)

4 Column Variable (optional)

4 Breakout Variable (optional)

Data Dashboard – Trend View

Choose Analysis ? Help

1 Select Year
N/A

2 Select Grade
10th Grade

3 Select Location (County/ESD)
King County

4 Select Topic
Mental Health

5 Select Measure

- No Adults to Turn to When Depre...
- Feeling Nervous, Anxious or on E...
- Unable to Stop or Control Worrying
- Depressive Feelings**
- Contemplation of Suicide
- Plan to Attempt Suicide
- Attempted Suicide

Healthy Youth Survey Data Dashboard

Measure: **Depressive Feelings** Location: King County Grade: 10 Survey Years: 2010 - 2023

Trend View
Breakout View
Map View
Data View

Survey Trend		
Year	County	State
2010	26.6% (+/-2.1%)	29.8% (+/-1.4%)
2012	30.2% (+/-2.8%)	30.9% (+/-1.3%)
2014	31.1% (+/-2.8%)	34.9% (+/-2.0%) ▲ ^c
2016	32.1% (+/-3.1%)	34.5% (+/-1.5%)
2018	36.0% (+/-2.6%)	40.0% (+/-1.9%) ▲ ^c
2021	35.2% (+/-2.7%)	38.1% (+/-1.8%)
2023	▼ ^a 23.5% (+/-4.0%)	29.9% (+/-3.3%) ▼ ^f

^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

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.

Data Dashboard – Breakout View

Choose Analysis ?

1 Select Year
2023

2 Select Grade
10th Grade

3 Select Location (County/ESD)
King County

4 Select Topic
Mental Health

5 Select Measure

- No Adults to Turn to When Depre...
- Feeling Nervous, Anxious or on E...
- Unable to Stop or Control Worrying
- Depressive Feelings**
- Contemplation of Suicide
- Plan to Attempt Suicide
- Attempted Suicide

2023 Healthy Youth Survey Data Dashboard

Measure: **Depressive Feelings**
Location: King County
Grade: 10
Survey Year: 2023

Trend View
Breakout View
Map View
Data View

6 Select Breakout Category

Demographics
Risk Factors

Disability
Living Situation

Demographics

by Gender Identity	County	State
Male	17.2% (± 4.0%)	21.2% (± 2.8%)
Female	27.6% (± 4.6%)	35.6% (± 4.3%)
Transgender	49.0% (± 11.3%)	62.3% (± 7.1%)
Other	52.8% (± 8.0%)	56.7% (± 6.1%)

by Sexual Orientation	County	State
Heterosexual	17.7% (± 4.6%)	23.6% (± 2.9%)
Gay or Lesbian	39.2% (± 8.6%)	48.3% (± 5.9%)
Bisexual	45.4% (± 5.0%)	57.1% (± 5.7%)
Questioning	34.8% (± 8.3%)	40.5% (± 7.6%)
Other	49.7% (± 7.9%)	51.7% (± 5.1%)

by Race/Ethnicity	County	State
Am Indian/AK Native	22.8% (± 12.4%)	38.2% (± 5.9%)
Asian	20.4% (± 5.5%)	25.7% (± 7.8%)
Black	26.2% (± 4.9%)	29.9% (± 4.5%)
Hispanic	28.1% (± 4.2%)	31.8% (± 3.6%)
Pacific Islander	36.6% (± 11.8%)	44.9% (± 6.7%)
M East/N African	26.5% (± 12.3%)	29.2% (± 13.0%)
White	24.9% (± 4.4%)	30.7% (± 3.1%)
Other	28.1% (± 4.3%)	31.1% (± 3.3%)

County and State, % Depressive Feelings:

0% 50% 100%

County, % Depressive Feelings:

...by Gender Identity

...by Sexual Orientation

...by Race/Ethnicity

0% 50% 100%

▲/▼ A red arrow pointing up means the County is significantly higher than the state. A green arrow pointing down means the County is significantly lower than the state.

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.

Data Dashboard – Map View

Choose Analysis ?

1 Select Year
2023

2 Select Grade
10th Grade

3 Select Location
Counties

4 Select Topic
Mental Health

5 Select Measure

No Adults to Turn to When Depre...

Feeling Nervous, Anxious or on E...

Unable to Stop or Control Worrying

Depressive Feelings

Contemplation of Suicide

Plan to Attempt Suicide

Attempted Suicide

2023 Healthy Youth Survey Data Dashboard

Measure: **Depressive Feelings**
By County
Grade: 10
Survey Year: 2023

20-24% 24-28% 28-32% 32-36% 36-40% ?

County	Surveys	% Yes	% +/-
Cowlitz	780	35.1%	3.4%
Douglas	404	26.7%	4.3%
Garfield	22	31.8%	21.1%
Grant	928	29.3%	2.9%
Grays Harbor	444	34.5%	4.4%
Island	427	32.6%	4.5%
Jefferson	109	33.9%	9.0%
King	2,862	23.5%	4.0%
Kitsap	1,439	36.1%	2.5% ▲
Kittitas	209	24.4%	5.9%
Klickitat	181	29.3%	6.7%
Lewis	438	35.8%	4.5%
Lincoln	76	38.2%	11.2%
Mason	377	38.5%	4.9% ▲
Pacific	170	34.7%	7.2%
Pierce	3,158	31.8%	2.0%
San Juan	80	31.3%	10.4%
Skagit	914	30.0%	3.0%
Skamania	40	27.5%	14.5%

Depressive Feelings across counties ranged from 23.5% to 38.7%
(Statewide: 29.9%)

▲▼ A red arrow pointing up means the County is significantly higher than the state. A green arrow pointing down means the County is significantly lower than the state.

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.

Data Dashboard – Data View

Choose Analysis Help

2023

2 Select Grade

10th Grade

3 Select Location (County/ESD)

King County

4 Select Topic

Mental Health

5 Select Measure

No Adults to Turn to When Depre...

Feeling Nervous, Anxious or on 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)

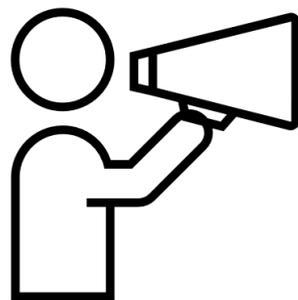
Trend Data:

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.

Utilizing Results



Share how you use HYS results

Talking Tips!

- ▶ Keep it simple
 - ▶ Double check your numbers and note that HYS results are estimates
 - ▶ Include the confidence interval
 - ▶ Acknowledge participation rates
 - ▶ Say "About"
 - ▶ Ask others to review your work before you share it
 - ▶ Don't speculate – acknowledge your limitations
 - ▶ It's ok to say "I don't know, I'll get back to you"
 - ▶ Be compassionate – there are youth behind all HYS numbers
 - ▶ Include a call-to-action for your audience
- 

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



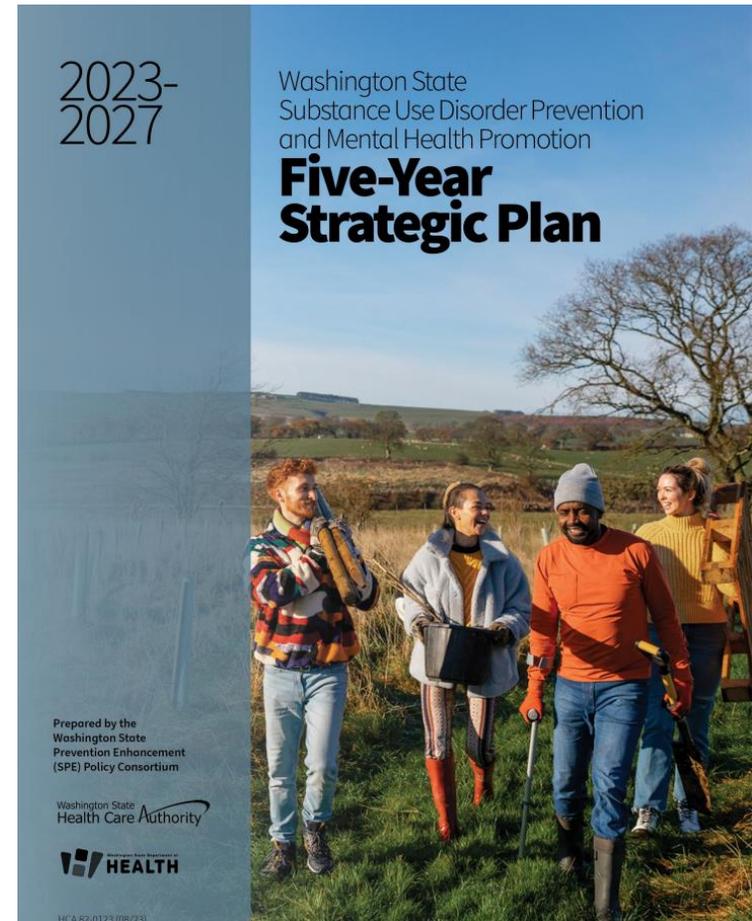
How does OSPI use results?

- 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
 - [Title IV, Part A – Stronger Connections Grant](#)
- 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



Training & Resources

▶ www.AskHYS.net/Resources/Data

▶ Drop-In Office Hour #1

▶ Tuesday 3/26, 1-2pm

▶ Drop-In Office Hour #2

▶ Wednesday 3/27, 10-11am

Data Resources

HYS Interpretive Guide

Information to help those involved in local program planning make the most of their survey results. Includes an overview of statistical considerations, local reports, and ways to use local data.

[HYS Interpretive Guide \(PDF\)](#)

Using your Healthy Youth Survey Results

Training on accessing, understanding, interpreting, and communicating HYS results from Spring 2022.

[Training Presentation \(PDF\)](#)
[Recorded Training Webinar \(MP4\)](#)

HYS Data Dictionary and Crosswalk

An Excel file with a tab for each survey administration year that includes details about the survey questions, variables, and locations of questions on survey forms and reports.

[Data Dictionary and Crosswalk \(XLSX\)](#)

Testing Significant Difference

A tool to determine if two survey results are different from another. Enter the percentage and confidence interval for two results to test for statistical significance.

[Tool for Determining HYS \(XLS\)](#)

HYS Chart Template

A template to create standardized HYS charts. Users can enter data, titles, location and more into sheet to create localized data charts.

[HYS Chart Template \(XLSX\)](#)

Data Analysis & Technical Assistance Manual

A manual for users with an individual record dataset that establishes standard methods for simple frequency and crosstab analysis of Healthy Youth Survey data. Supports STATA programming of HYS analysis.

[Data Analysis Manual \(PDF\)](#)

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
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- ▶ 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>