



2023 Results Snapshot

Tyler Watson, PhD, MPH

Prevention Research and Evaluation Manager
HCA DBHR SUD Px and MH Promotion Section

Outline

- ▶ HYS Background & Timeline
- ▶ HYS 2023 Results Snapshot
- ▶ Q&A

Statewide Collaboration



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



- Cathy Wasserman
- Maayan Simckes
- Hannah Gorman



- Dixie Grunenfelder
- Matthew Frizzell
- Doua Kha



- Kristen Haley



- 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

HYS Timeline

- ▶ Mar 2022-Mar 2023: Revision process
- ▶ Apr-Sept 2023: Recruitment and registration
- ▶ Oct-Nov 2023: Administration
- ▶ Nov 2023-Feb 2024: Data QC, results drafting and review
- ▶ **March 2024: Results sharing**
 - ▶ Mar. 13: Press release and www.AskHYS.net updated
 - ▶ Mar. 20: Public results presentation 1-2:30pm

HYS 2023 Background

- ▶ HYS 2020 postponed to 2021
 - ▶ Changed "grade cohort"
- ▶ Methodology changes for 2023
 - ▶ Fully electronic (no paper-and-pencil)
 - ▶ Remote option remained
 - ▶ Core/bank questions w/randomization
 - ▶ Display and skip logic

"Trend data from before and during/after the pandemic should be interpreted with caution."

HYS 2023 Progress

- ▶ Student user testing prior to administration
- ▶ Display and skip logic (reduced time)
- ▶ Added languages (now 9)
- ▶ Reporting race/ethnicity and sexual and gender diversity as “alone or in combination” (AOIC)
- ▶ Expanded engagement with Tribal Schools

HYS Participation 2018-2023

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

DO NOT SHARE RESULTS UNTIL MAR. 13

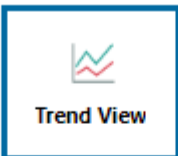
EMBARGO

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

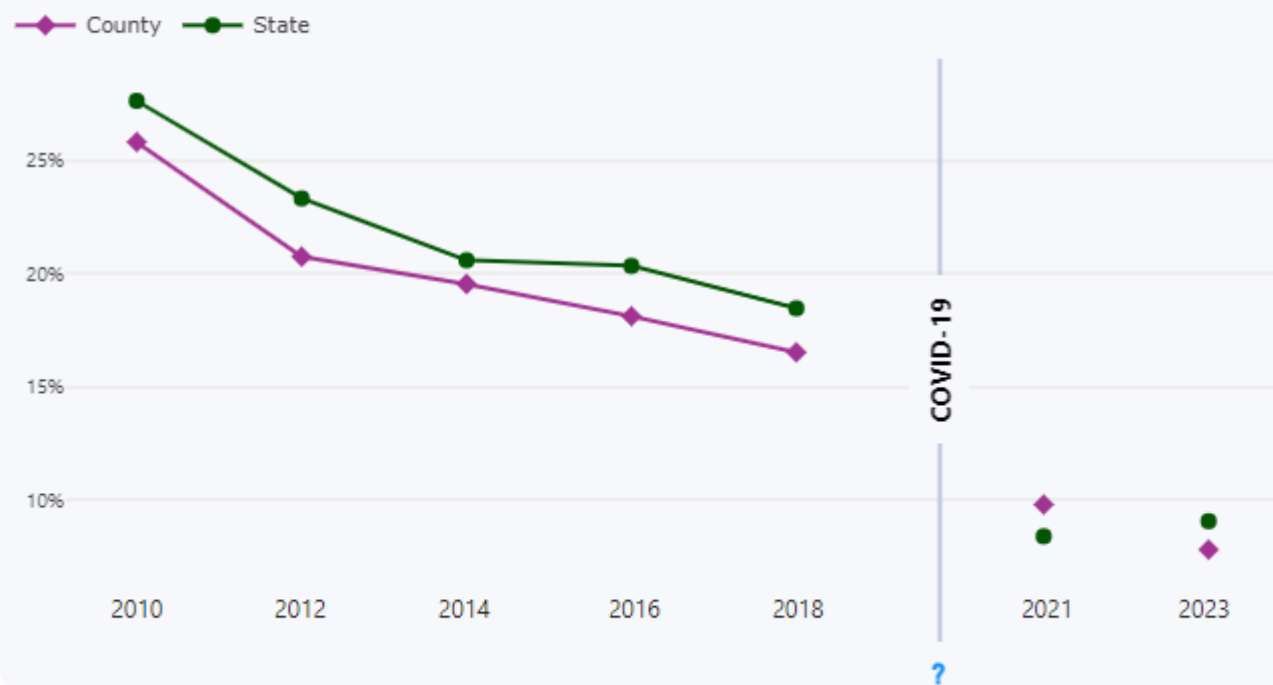


Measure: **Current Alcohol Drinking**

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)*
- ▶ 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)

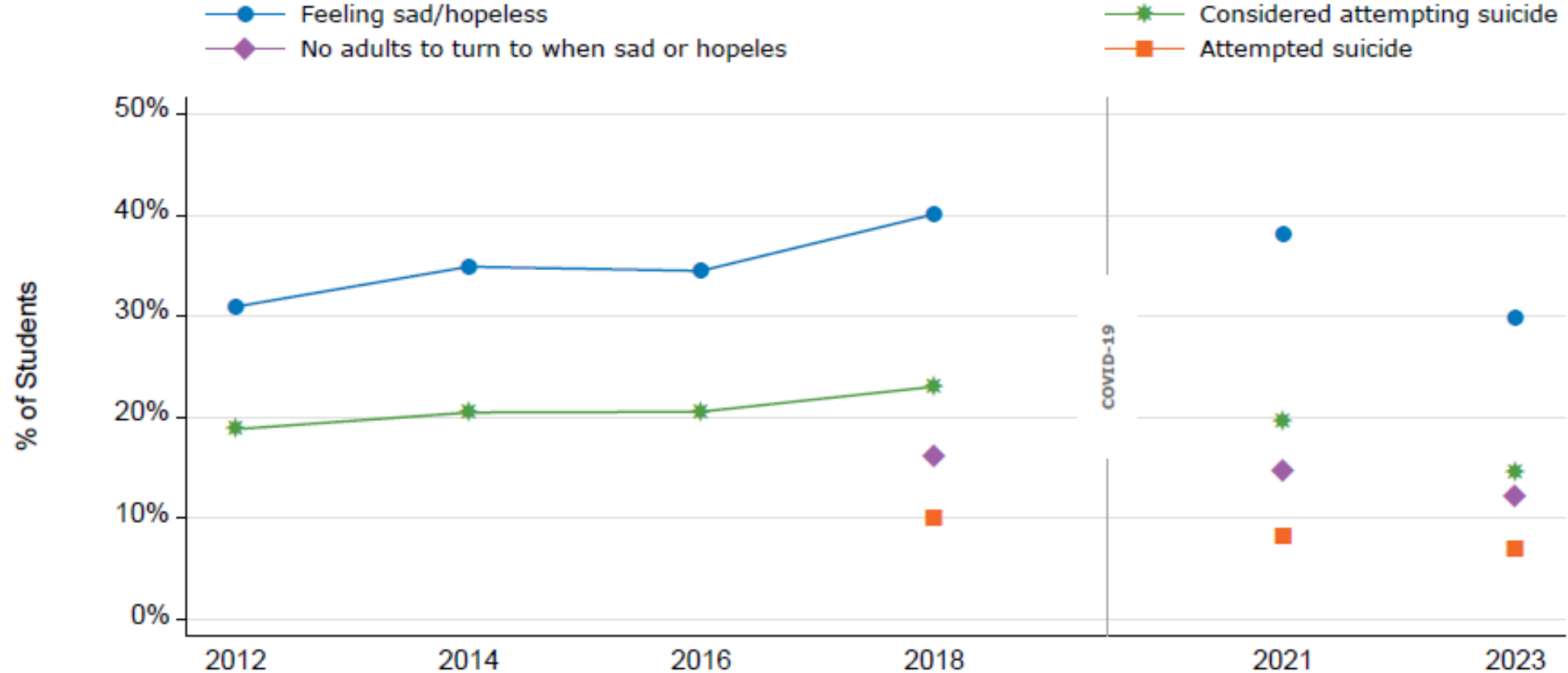
- ▶ Marijuana products (Delta-8, Delta-10, etc.): **2.0%**
- ▶ Psilocybin: **1.3%**
- ▶ Fentanyl: **0.8%**
- ▶ Synthetic products (K2, spice, kronic): **0.4%**
- ▶ Bath salts: **0.4%**
- ▶ Kratom: **0.3%**

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)

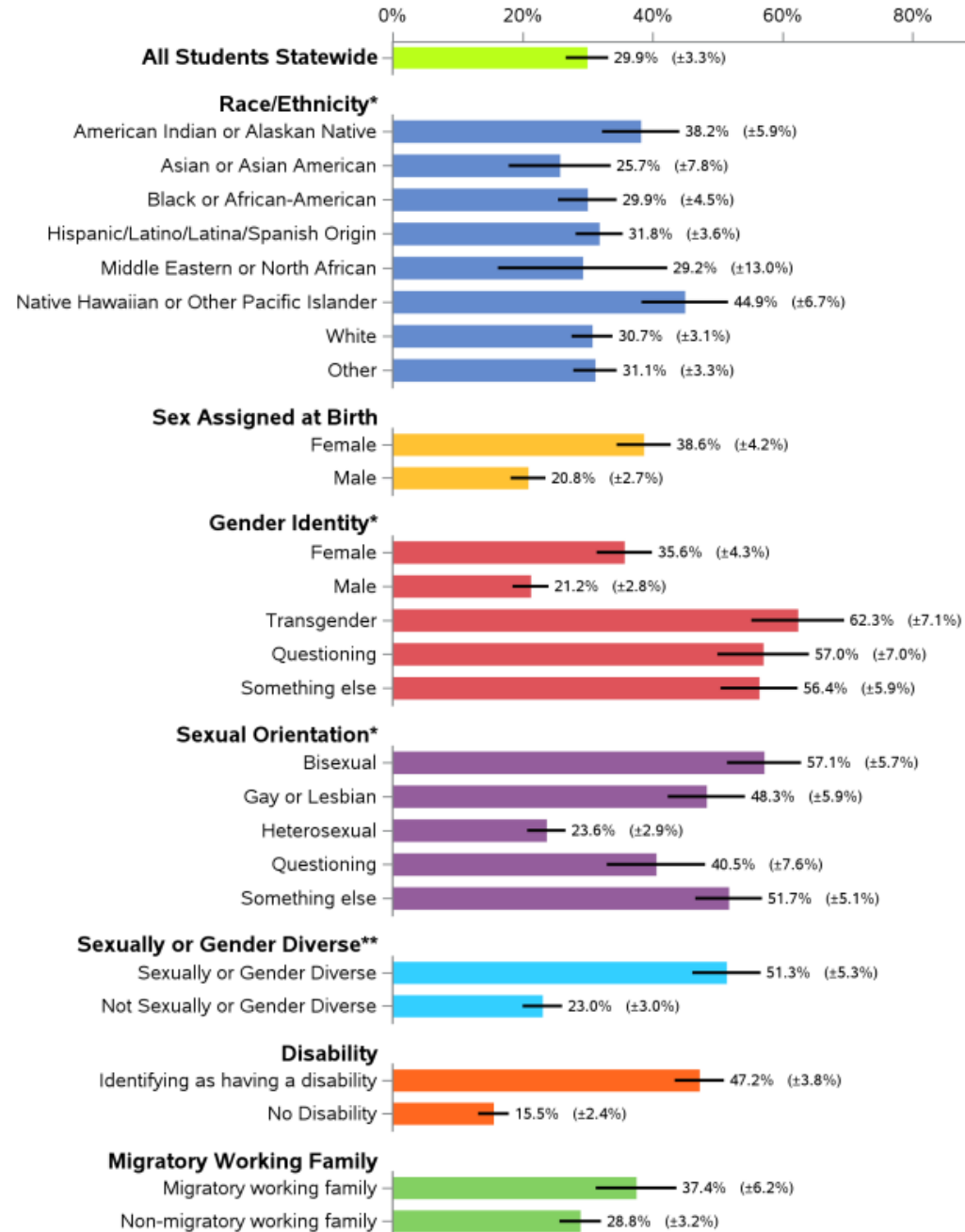
Feeling sad/hopeless and suicide 2012-2023, Grade 10



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 Disordered Eating (Grade 10)

▶ *New questions for 2023*

▶ During the past year did you:

- ▶ Exercise to lose weight: **61%**
- ▶ Eat so much food in a short period of time that you'd be embarrassed if others saw you: **53%**
- ▶ Eat less food to lose weight: **48%**
- ▶ Intentionally go without eating for 12 hours or more (also called fasting) to lose weight: **27%**
- ▶ Vomit, use laxatives, or eat certain foods or liquids intentionally to lose weight: **8.7%**
- ▶ Take any diet pills, powders, teas, juice cleanses or other liquids without a doctor's advice to lose weight: **7.5%**

HYS 2023 Disordered Eating (Grade 10)

- ▶ *New question for 2023*
- ▶ How often do family, friends, peers or others do or say things about your body or the food you eat to make you feel bad?
 - ▶ Any times: **53%**
 - ▶ Less than once a year: **13%**
 - ▶ A few times a year: **18%**
 - ▶ A few times a month: **13%**
 - ▶ A few times a week: **8.9%**

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*

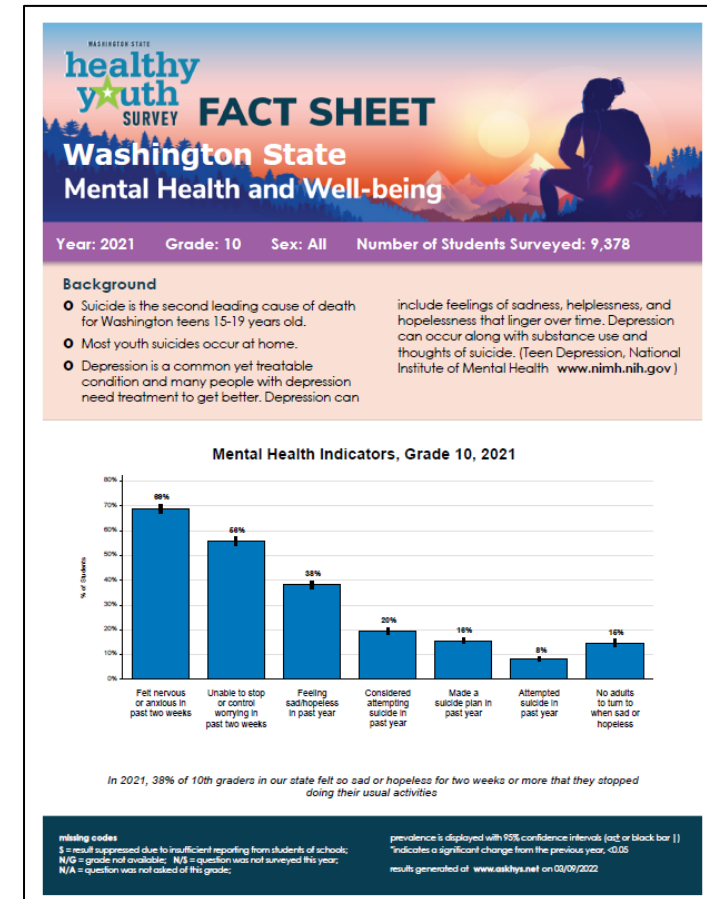
HYS 2023 Student Support (Grade 10)

- ▶ Continued **increase** in student support since pre-pandemic (2018)
- ▶ Received information from school about warning signs of suicide 47% → 56%
- ▶ Having adults to turn to when feeling depressed 50% → 59%
- ▶ There are people at my school who will help me 72% → 77%

HYS Results (Available Mar. 13)

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!)



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

HYS Future Goals

- ▶ Expand data dashboard
- ▶ Increase participation across the state
 - ▶ Marketing campaign
- ▶ Reduce results turnaround time
- ▶ Expand student ownership and input
 - ▶ Student ambassadors
 - ▶ Nested cohort

Questions?

▶ www.AskHYS.net

▶ tyler.watson@hca.wa.gov