

PHAC Meeting

August 27, 2024



Public Health
Prevent Promote Protect

Meeting Agenda

TOPIC	TIME
WELCOME & PHAC BUSINESS <ul style="list-style-type: none"> Dinner served starting at 5 PM Roll call and icebreaker Review and approve July 23, 2024 meeting minutes 	5:30-5:45
PUBLIC COMMENT* <ul style="list-style-type: none"> Public comment (8/27 PHAC agenda items only) 	5:45 – 6:00
BUDGET UPDATE <ul style="list-style-type: none"> Update on 2026 and 2027 budget 	6:00 – 6:10
PUBLIC HEALTH IN ACTION <ul style="list-style-type: none"> Overview of Clark County Healthy Youth Survey Data 	6:10 – 6:30
HEALTH OFFICER UPDATE <ul style="list-style-type: none"> COVID-19, RSV, and measles update Back-to-school immunization rates 	6:30 – 6:40
COMMUNITY/PHAC UPDATES <ul style="list-style-type: none"> Bylaws/Membership Committee Updates Bylaws vote PHAC Member/Community updates <ul style="list-style-type: none"> Term Expirations 	6:40 – 7:00
ADJOURN/SUBCOMMITTEE MEETING <ul style="list-style-type: none"> Next meeting: September 24, 2024 (virtual on Zoom) Bylaws/Membership subcommittee meeting 	7:00 – 7:30

In accordance with the Open Public Meetings Act (RCW [42.30](#)) PHAC meetings are recorded and posted (audio only) to the PHAC website per RCW [42.30.220](#).



Public Health
Prevent Promote Protect

Healthy Youth Survey

Clark County's 2023 Results

Kathleen Lovgren and Joy Lyons

August 28, 2024



Objectives

1. Overview of Healthy Youth Survey
2. Risk and Protective Factors Framework
3. Explore some new 2023 data
4. Data to action - how data is used to inform youth programming.



Healthy Youth Survey

Washington's Healthy Youth Survey (HYS) is a **school-based, anonymous and voluntary health survey** of 6th, 8th, 10th, and 12th graders.

HYS is a **collaborative effort** between school districts, communities, and State agencies to improve the health and well-being of all Washington students.

Comprehensive picture of youth health and wellbeing



Washington Office of Superintendent of
PUBLIC INSTRUCTION

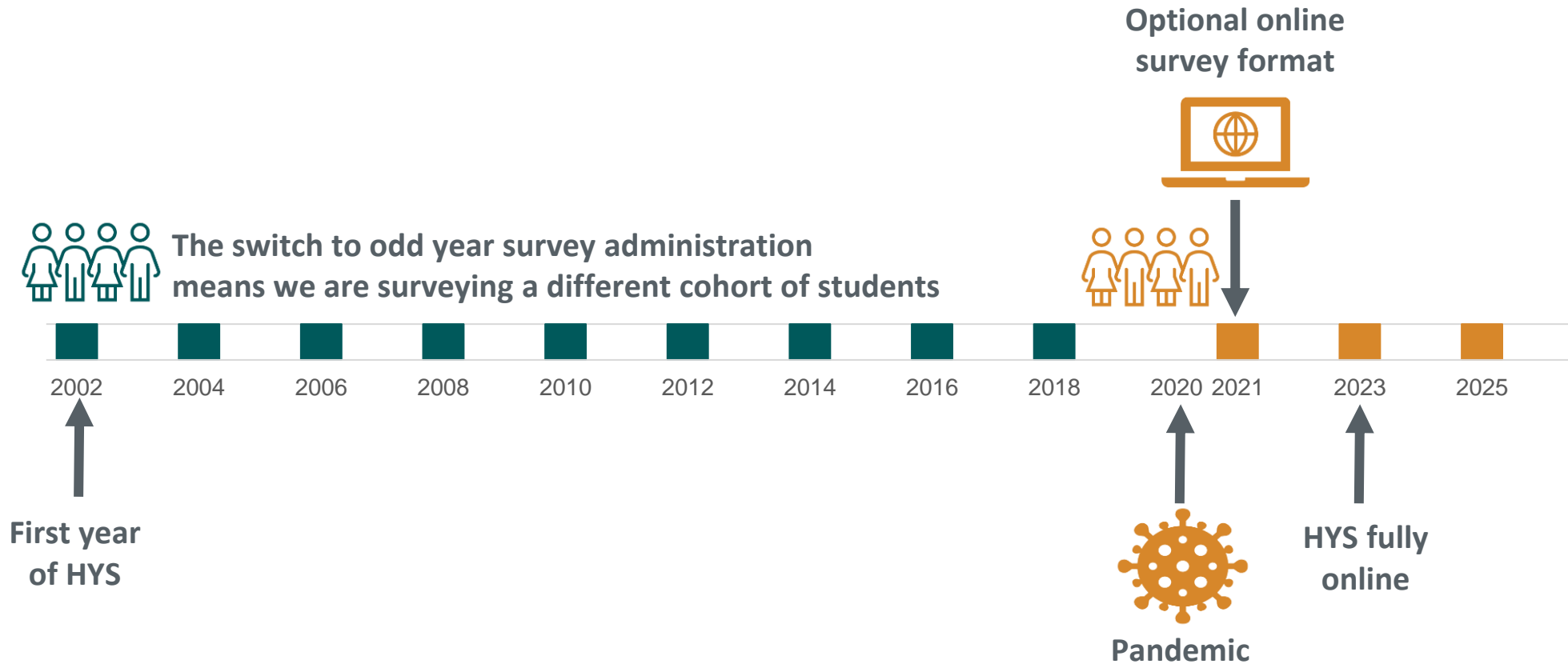


Washington State
Liquor and Cannabis Board

Washington State
Health Care Authority

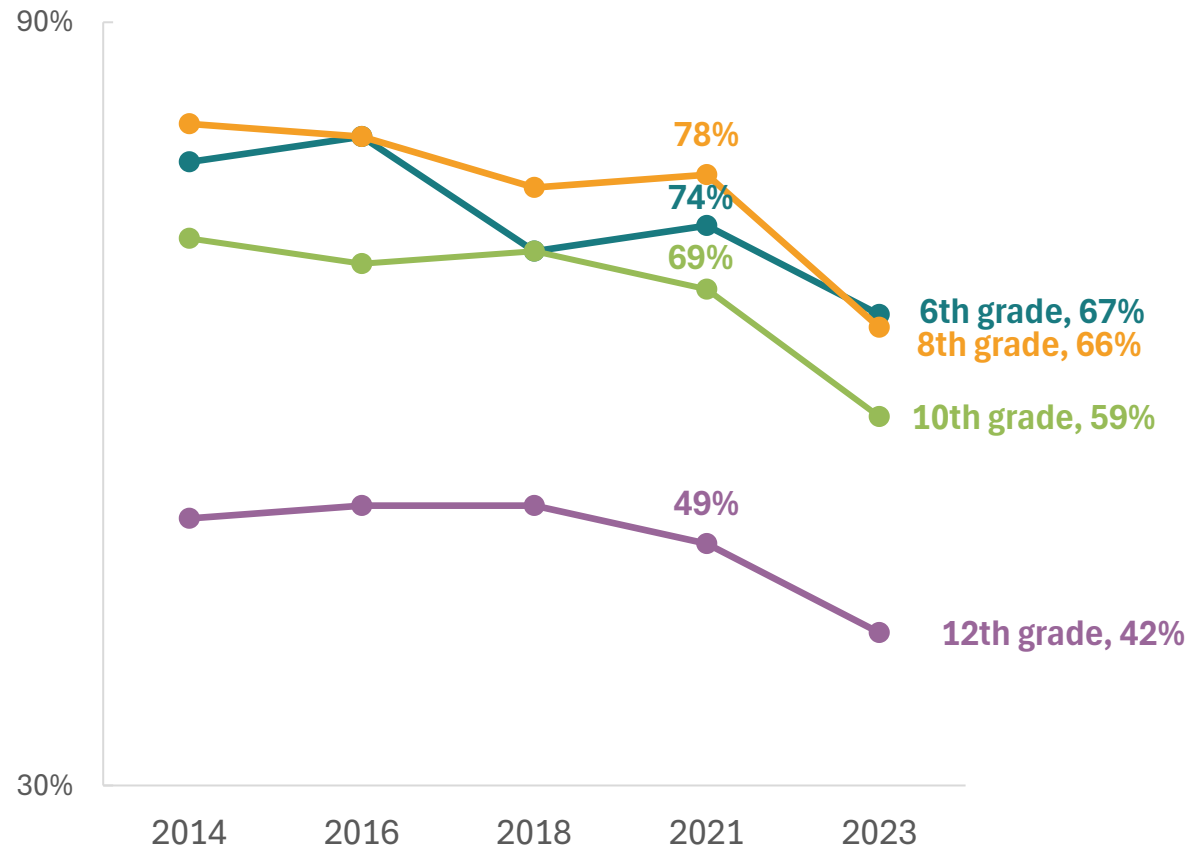


Changes in HYS administration



Participation

Participation in HYS went down from 2021 to 2023 in Clark County among all grades.



70% or greater participation – Results are probably representative of students in this grade.

40-69% participation – Results may be representative of students in this grade.

Less than 40% participation – Results are likely not representative of students in this grade but do reflect students who complete the survey.

14,157 students in Clark County completed the survey in 2023.



Risk and Protective Factors



Protective Factors

- After-school activities
- Faith-based resources
- Access to adult mentors
- Sense of peer belonging



Risk Factors

- Neighborhood violence
- Bullying
- Favorable norms towards drug/alcohol use.
- Low commitment to school

Positive Physical,
Social, and
Mental Health



Substance Use
Initiation and
Experimentation



Chronic Substance
Use



Substance Use
Disorder



Local Conditions & Norms

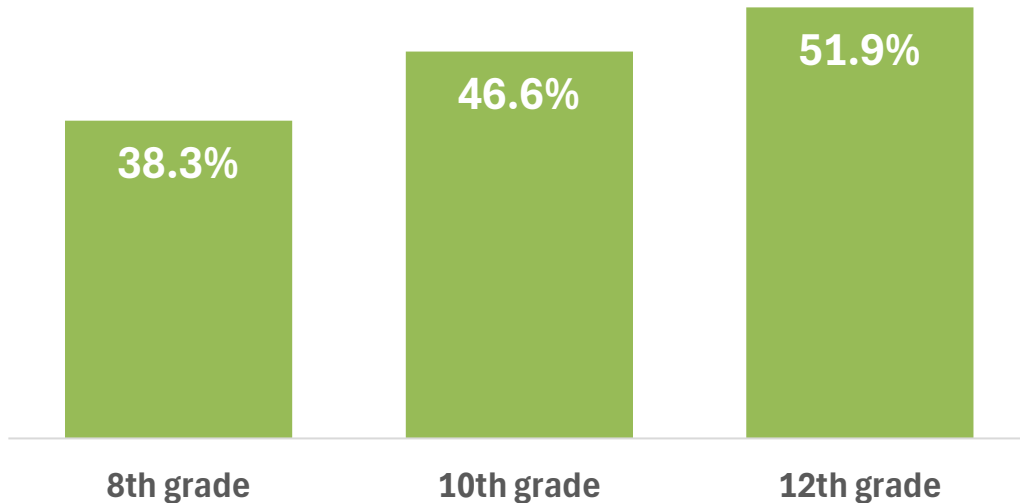
HYS Risk Factor Data



Problematic & Risky Internet Use



Almost half of 10th graders and over half of 12th graders in Clark County showed signs of Problematic Internet Use.



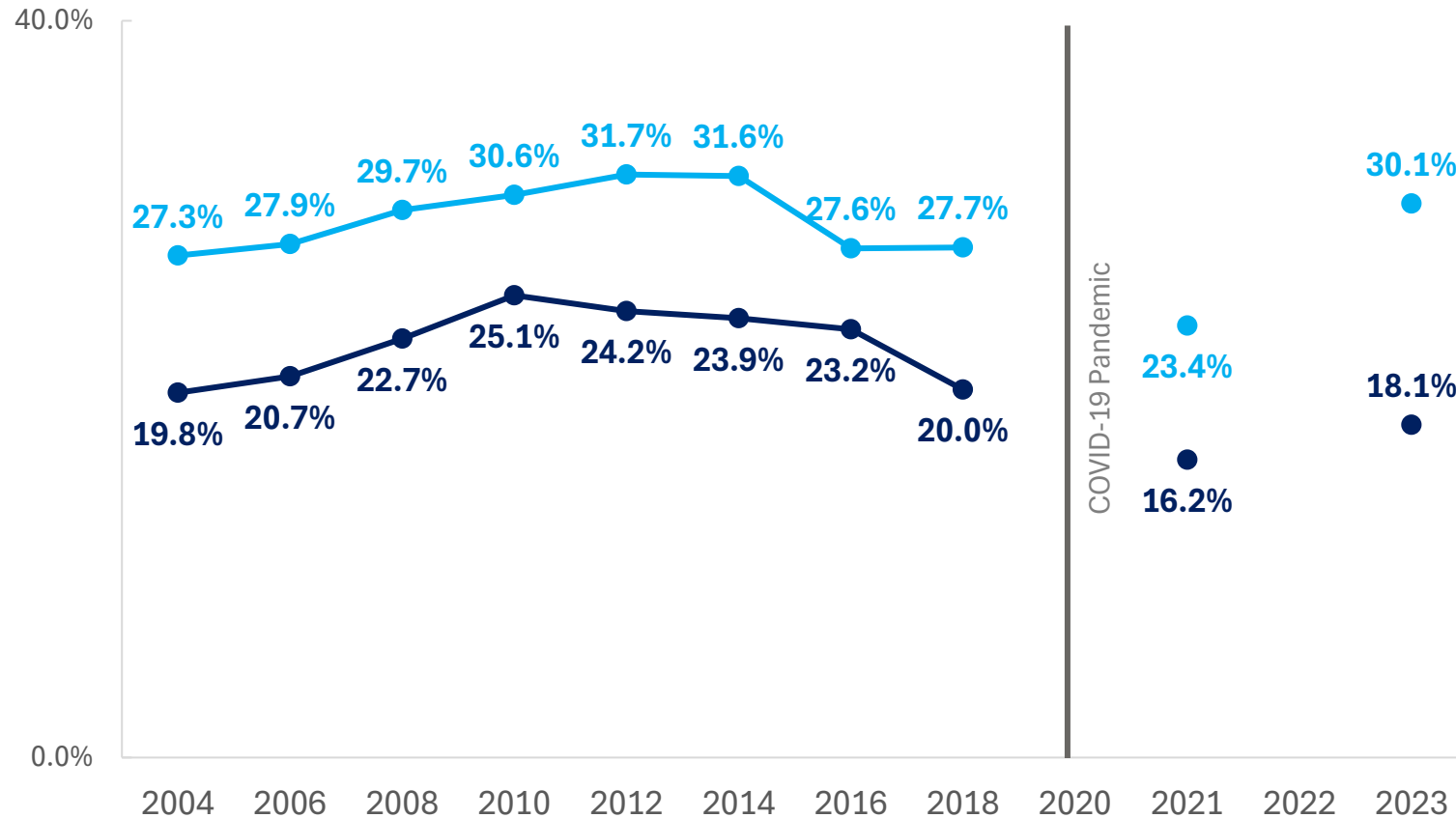
Clark County 10th graders who showed signs of Problematic Internet Use reported a 2.5x higher rate of anxiety than those without Problematic Internet Use. (anxiety rate of 49% v. 20%)



Bullying



Percentage of Clark County **8th graders** and **10th graders** who reported being bullied in the past 30 days.



Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again.

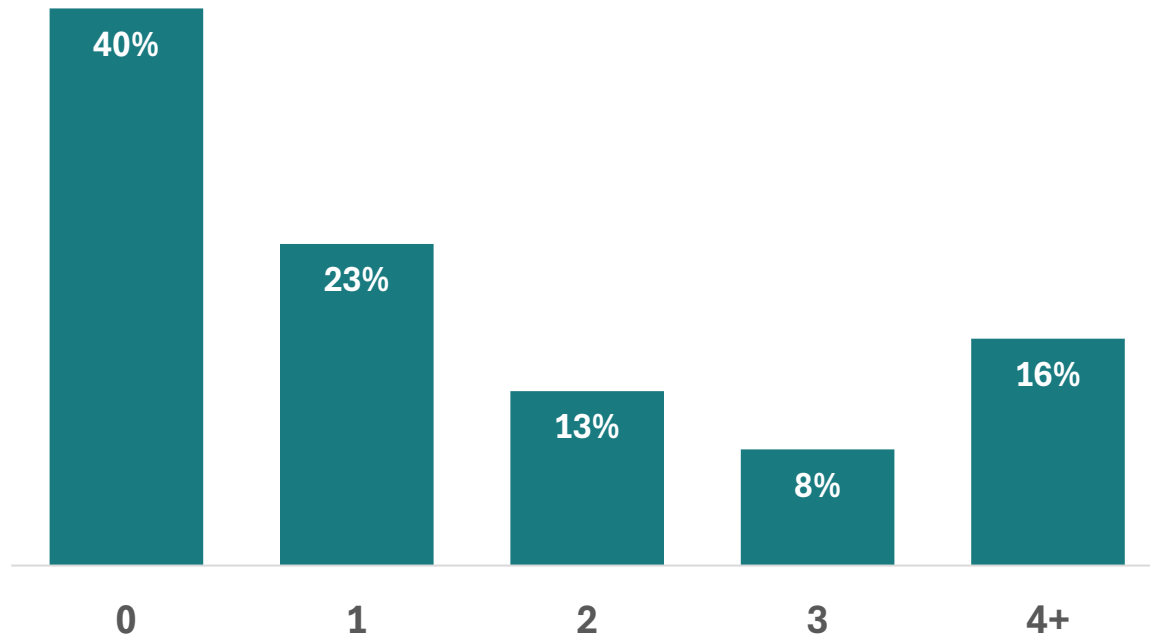
In the past 30 days, how often have you been bullied? (Any days)



Trauma



Number of Adverse Childhood Experiences among Clark County 10th graders (2023).



Physical, emotional, sexual or dating violence



Food or housing insecurity



Feeling unsafe in school or community



Bullied

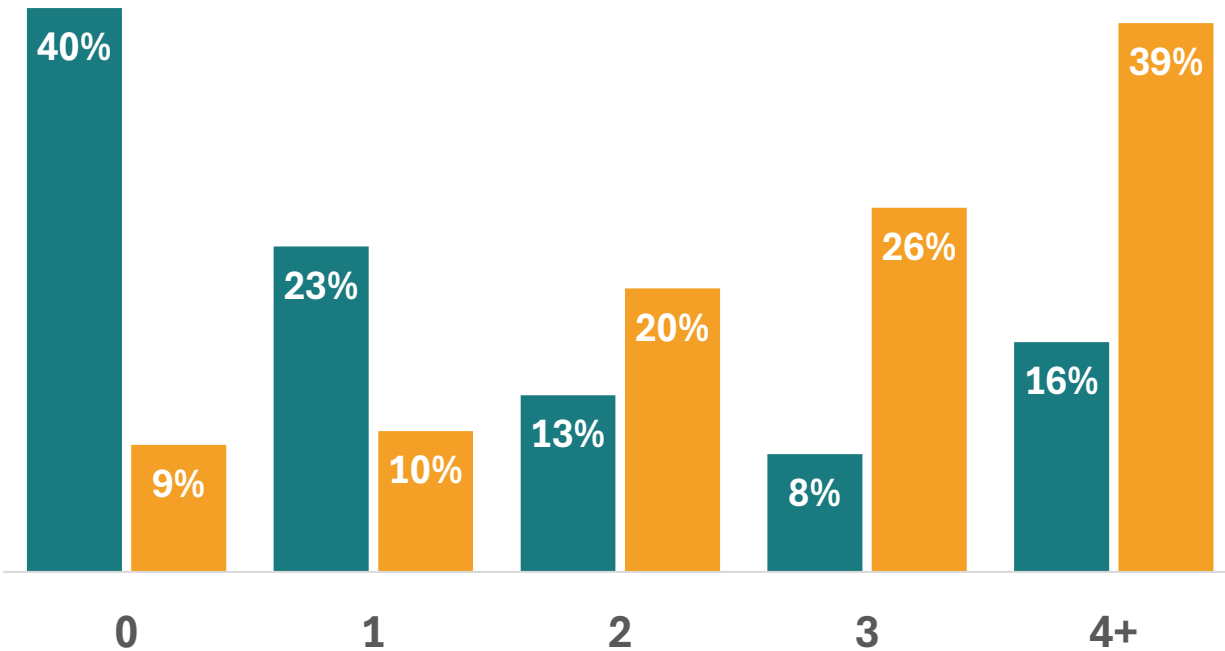


Trauma



Number of Adverse Childhood Experiences among Clark County 10th graders (2023).

Percent of students who use alcohol, marijuana, cigarette or vapor products by number of ACEs.



Physical, emotional, sexual or dating violence



Food or housing insecurity



Feeling unsafe in school or community



Bullied



HYS Protective Factor Data





Trusted adults



Two thirds of 8th and 10th graders in Clark County reported **having an adult in their community they could talk to** about something important.



Over **four out of five** 6th, 8th and 10th graders in Clark County reported being **able to ask a parent or guardian for help** if they had a personal problem.



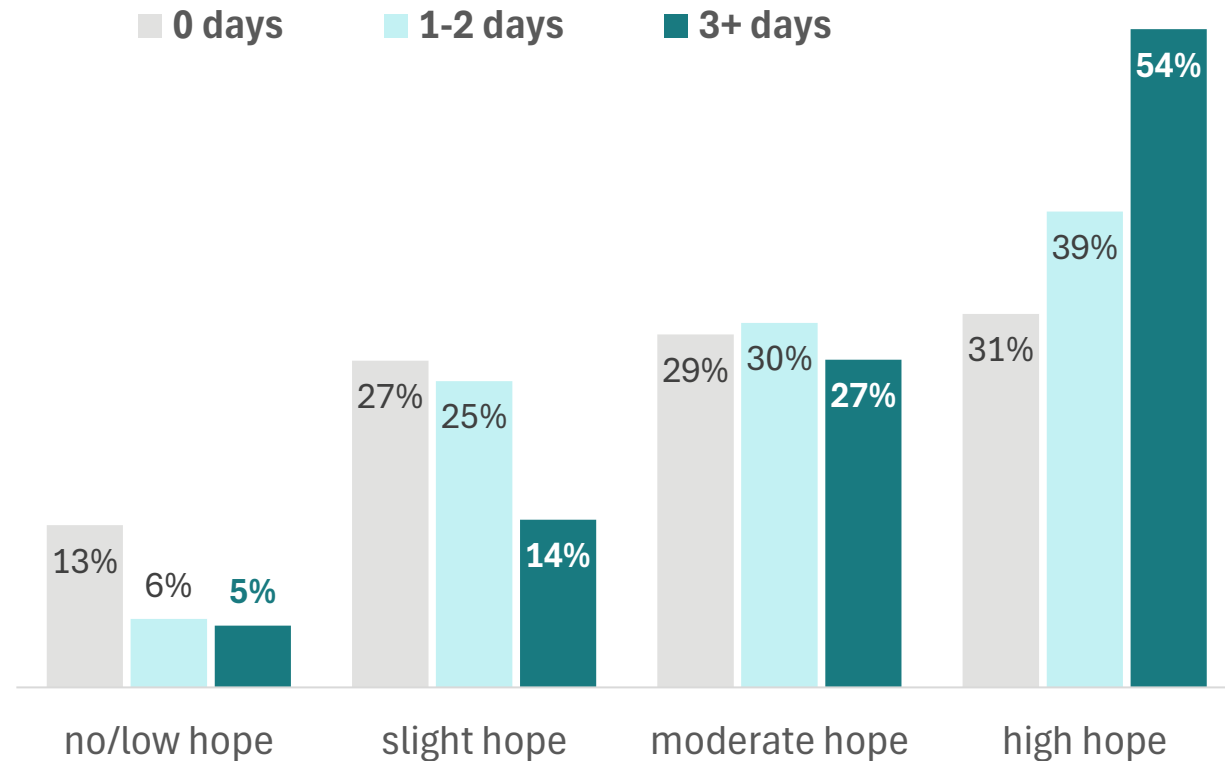


Engaged youth have higher hope

40%

of Clark County 10th graders participate in supervised after school activities three or more days a week.

The more days Clark County 10th graders spent doing after school activities, the higher hope for the future they reported.

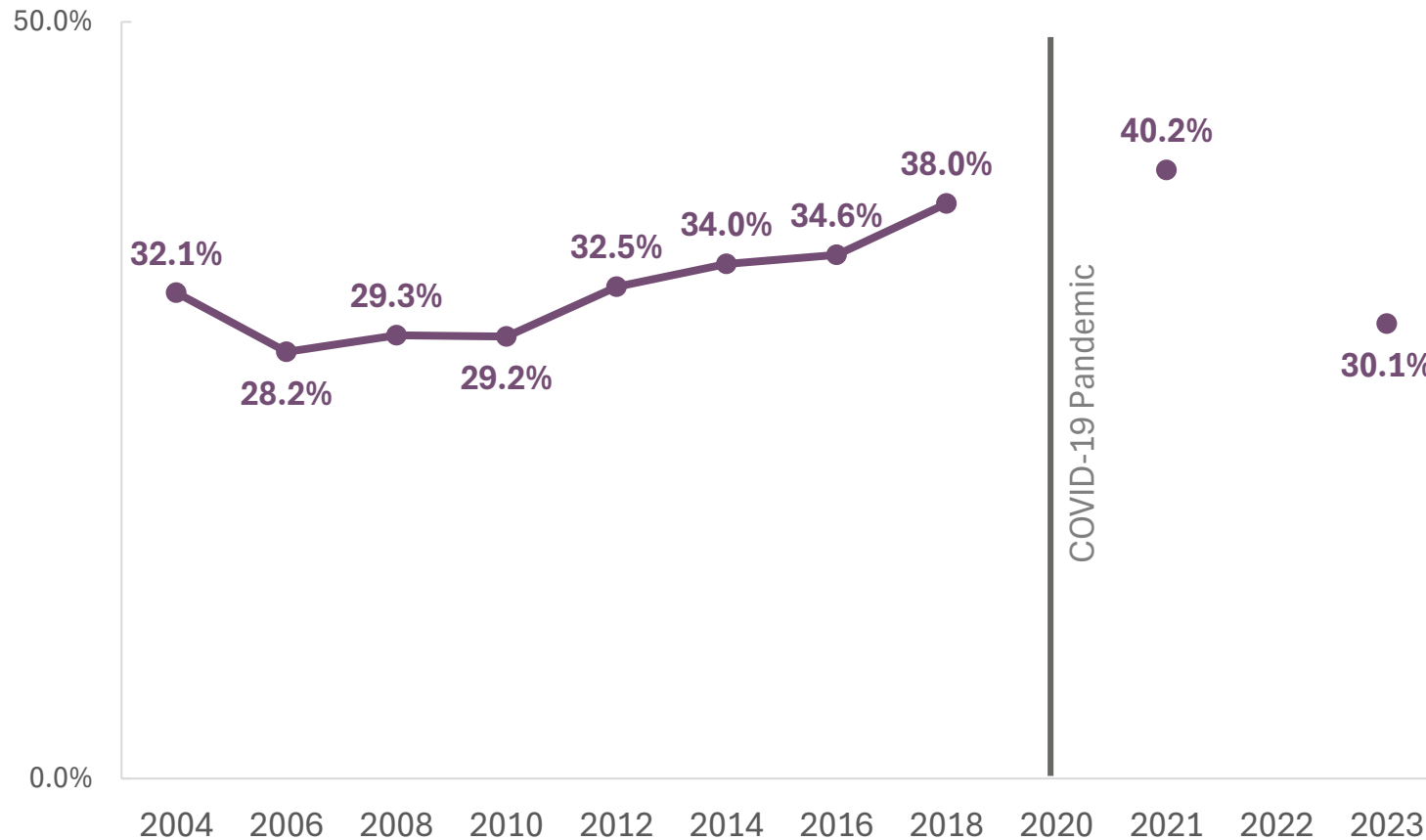


Mental Health Trends



Depression decreased from 2021 to 2023

Depressive feelings in the past year among Clark County 10th graders

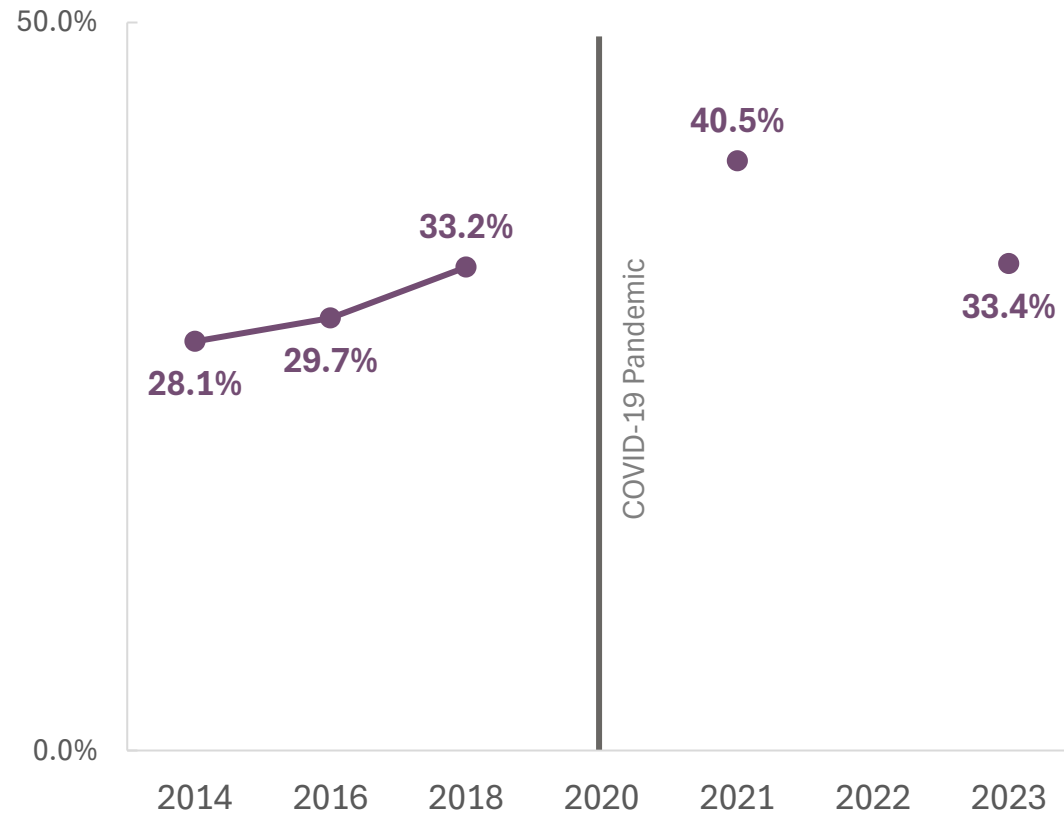


During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (Yes)



Anxiety decreased from 2021 to 2023

Anxious feelings in the past two weeks among Clark County 10th graders



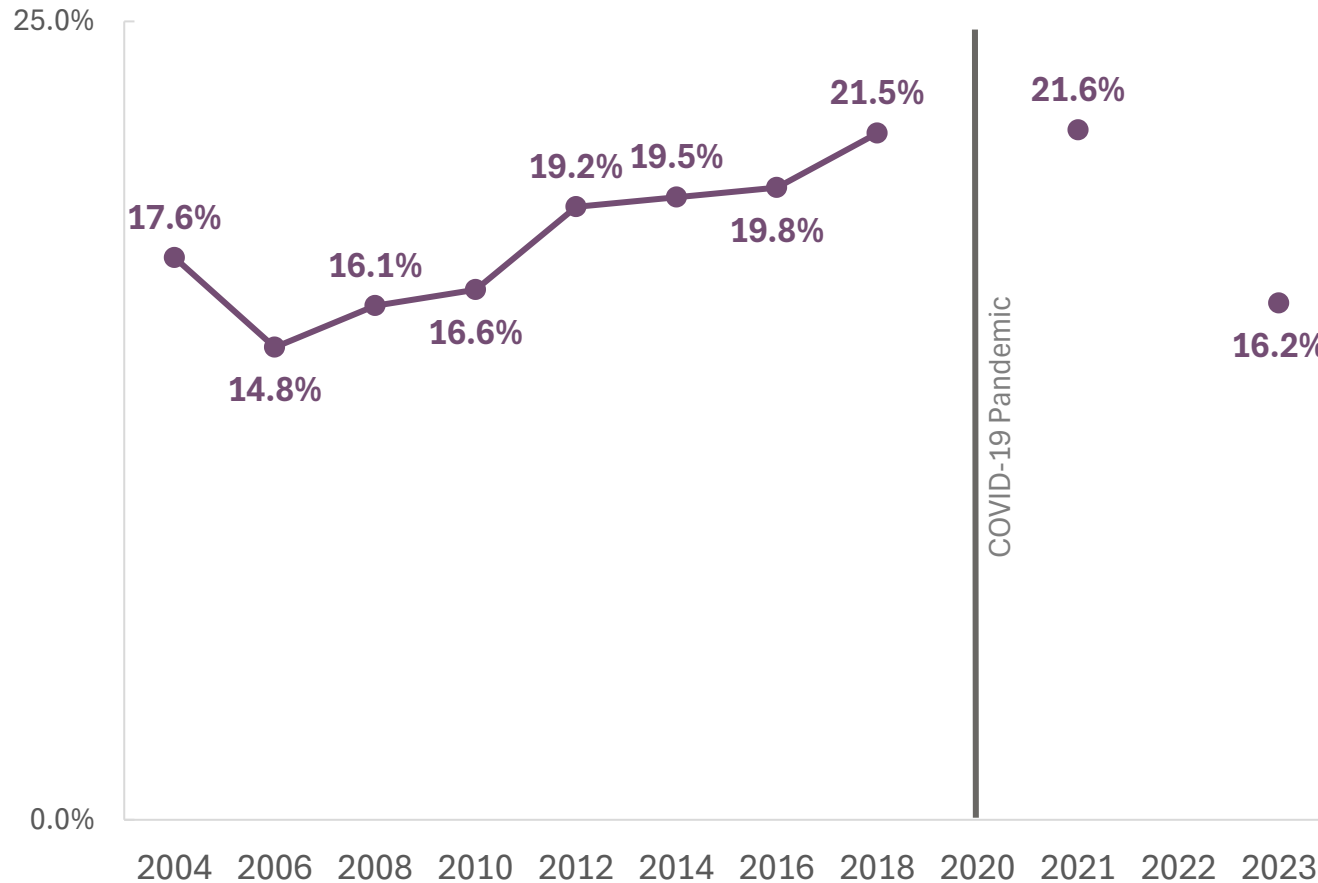
(Composite score)

- How often over the last 2 weeks, were you bothered by feeling nervous, anxious or on edge?
- How often over the last 2 weeks, were you bothered by not being able to stop or control worrying?



Suicide ideation decreased from 2021 to 2023

Suicide ideation in the past year among Clark County 10th graders

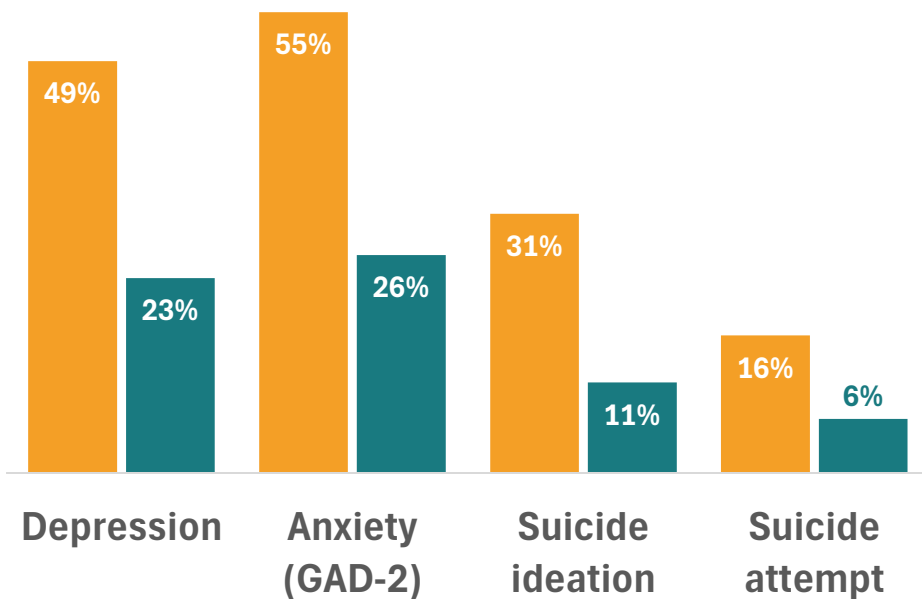


During the past 12 months, did you ever seriously consider attempting suicide? (Yes)

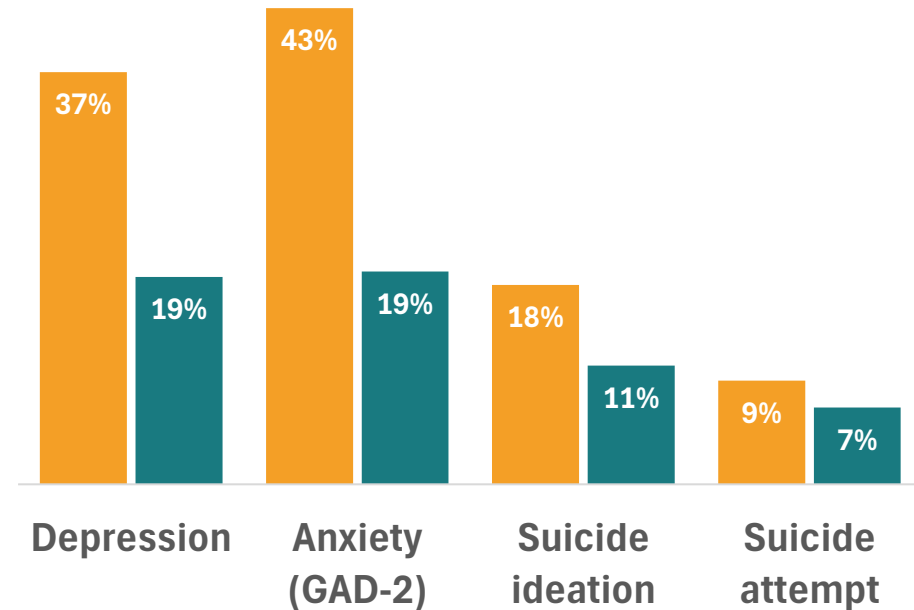


Girls and LGBTQ+ students report higher rates of poor mental health outcomes

LGBTQ+ 10th graders report higher rates of depression, anxiety, suicide ideation and suicide attempt than **straight/cis-gender** 10th graders.



10th grade **girls** report higher rates of depression, anxiety, suicide ideation and suicide attempt than **boys**.

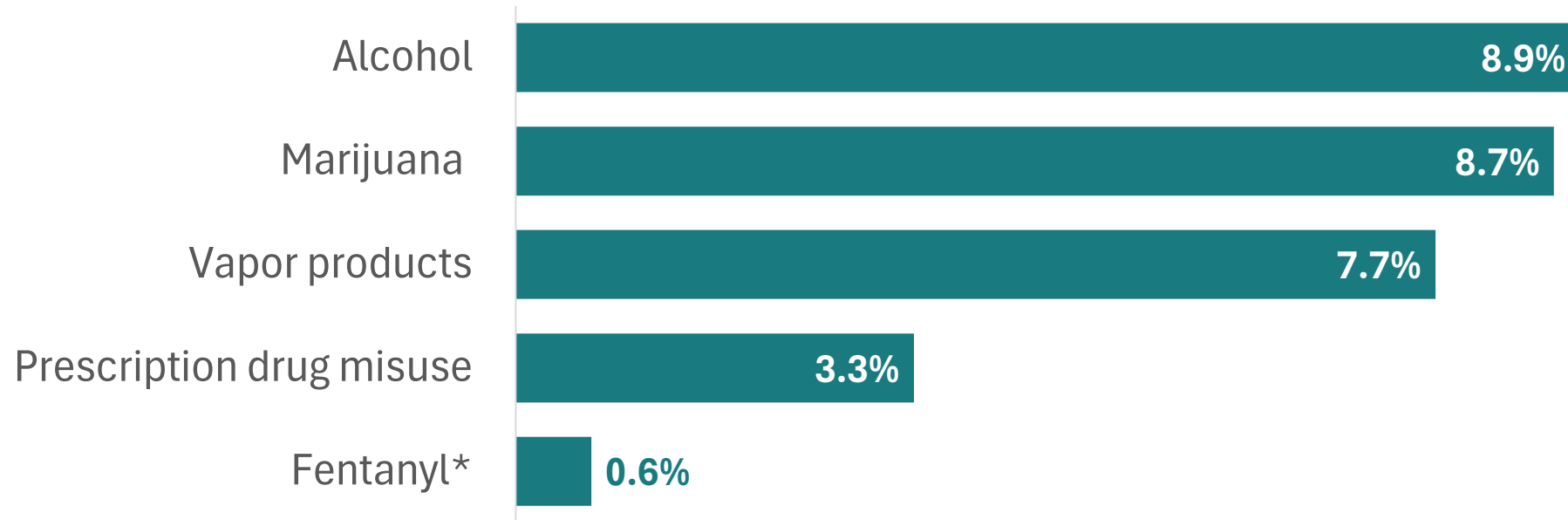


Substance Use Trends



Alcohol, marijuana, and vapor products are the most commonly used substances among youth.

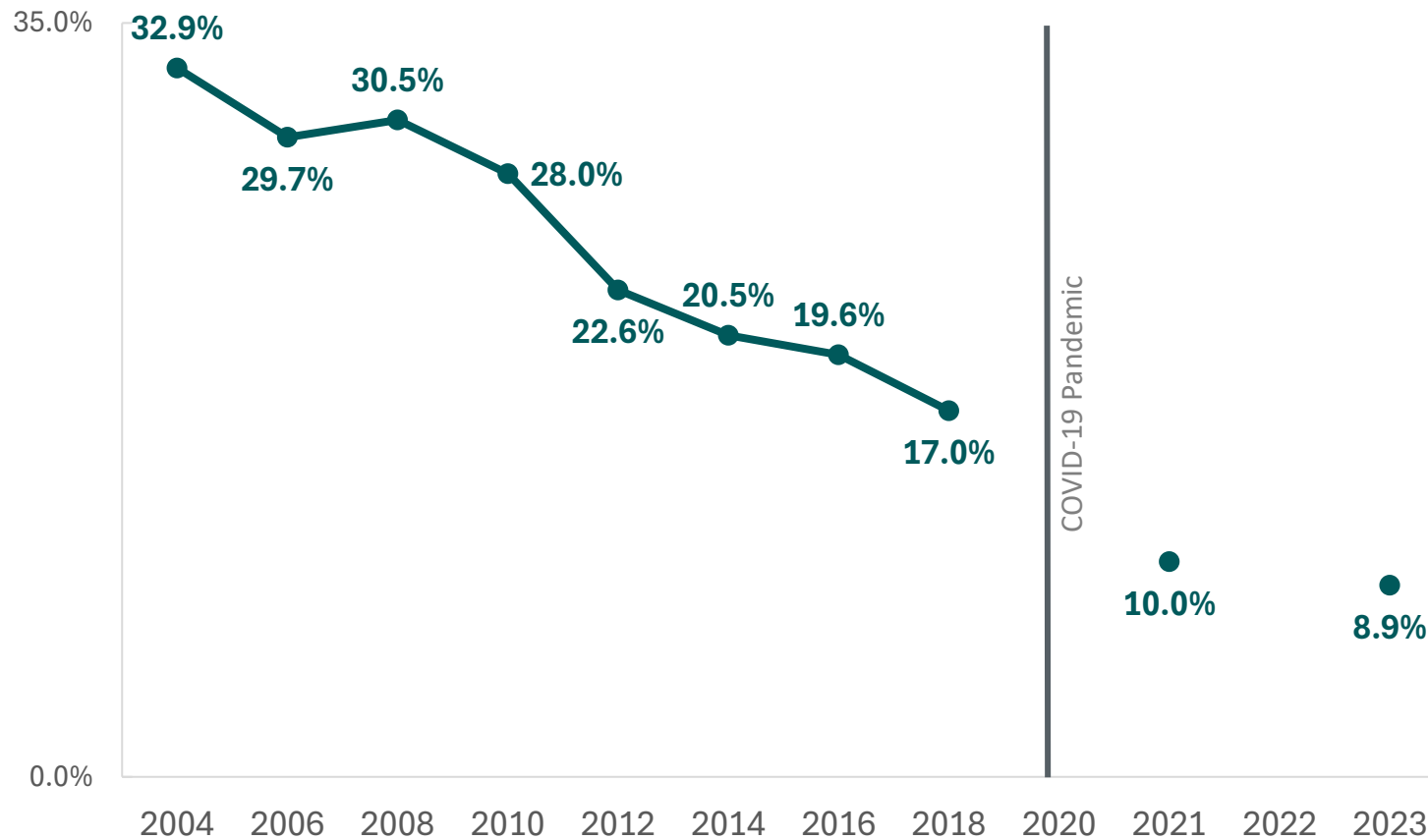
Past 30 day substance use among 2023 10th graders in Clark County.



Alcohol

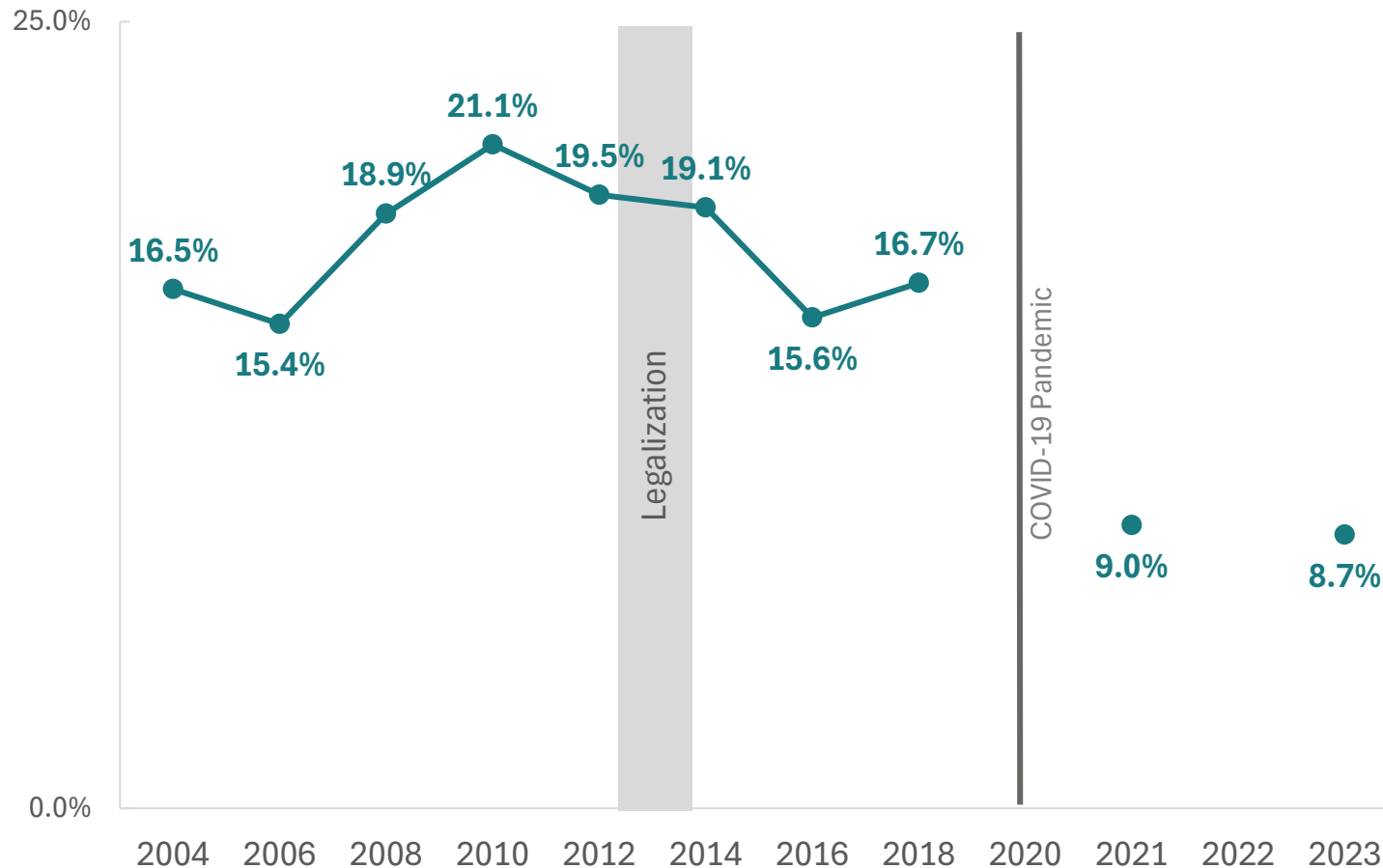
Past 30 day alcohol use has been decreasing among Clark County 10th graders

During the past 30 days, on how many days did you drink a glass, can or bottle of alcohol? (Any days)



Marijuana

Past 30 day marijuana use among Clark County 10th graders

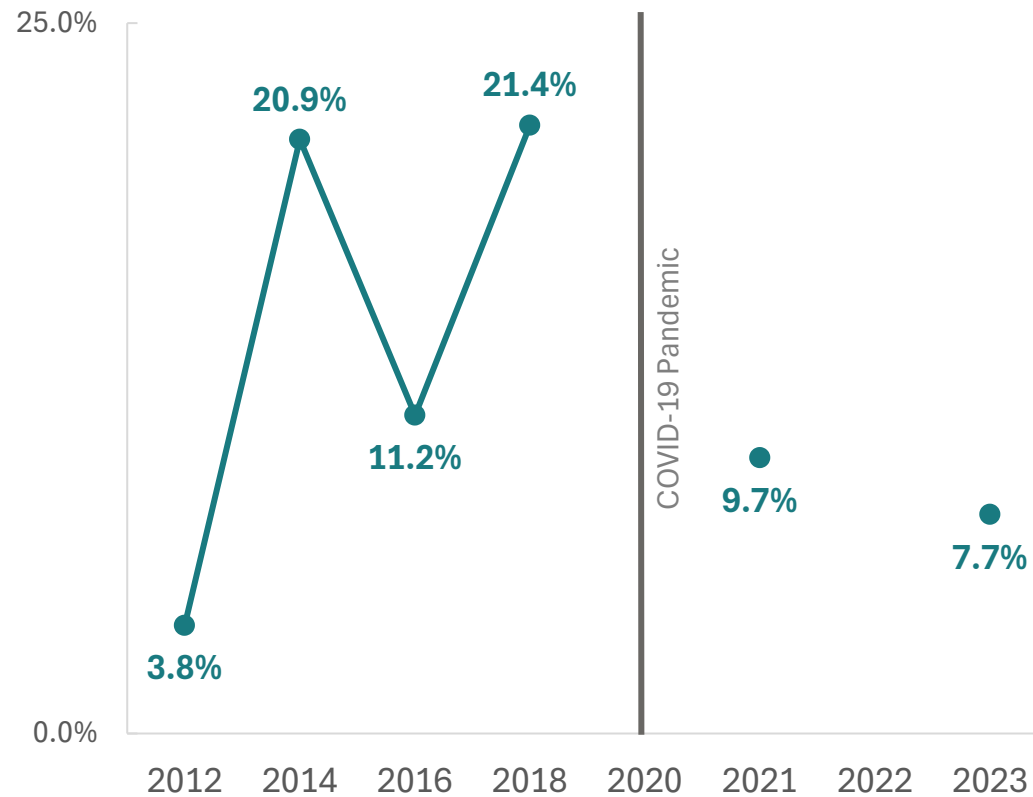


During the past 30 days, on how many days did you use marijuana or hashish? (Any days)



Vapor products

Past 30 day vapor product use among Clark County 10th graders

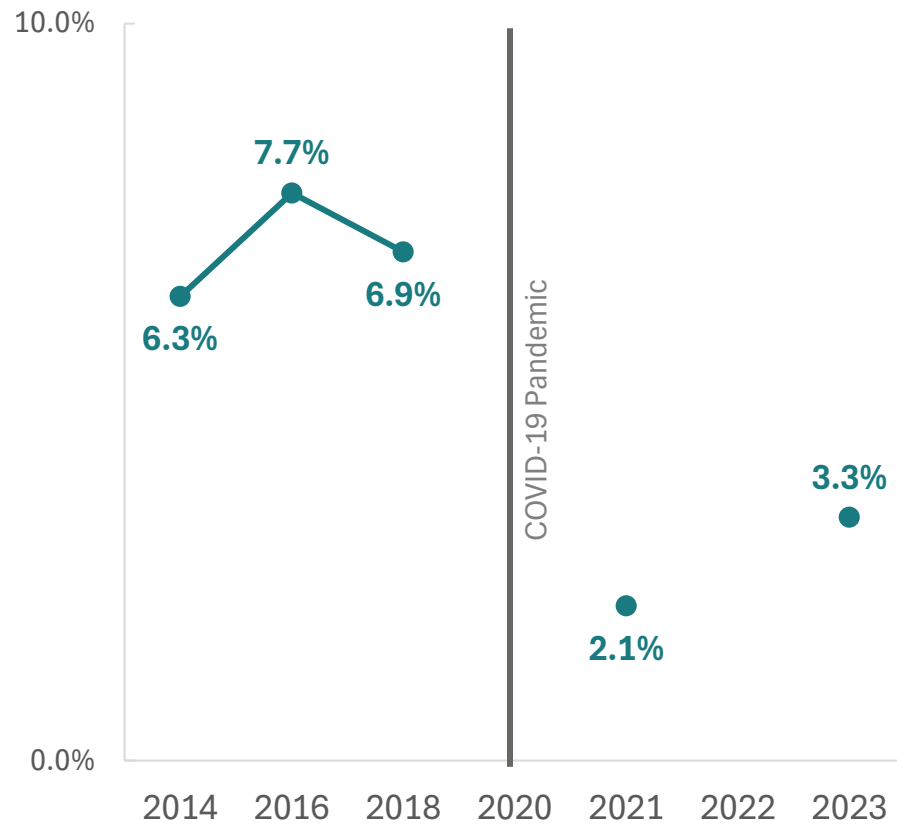


During the past 30 days, on how many days did you use an electronic cigarette, also called e-cigs, device pens, or vape pens? (Any days)



Prescription drug misuse

Past 30 day prescription drug misuse among Clark County 10th graders



During the past 30 days, on how many days did you use prescription drugs not prescribed to you? (Any days)



Data-to-Action: ESD112 Prevent Coalitions



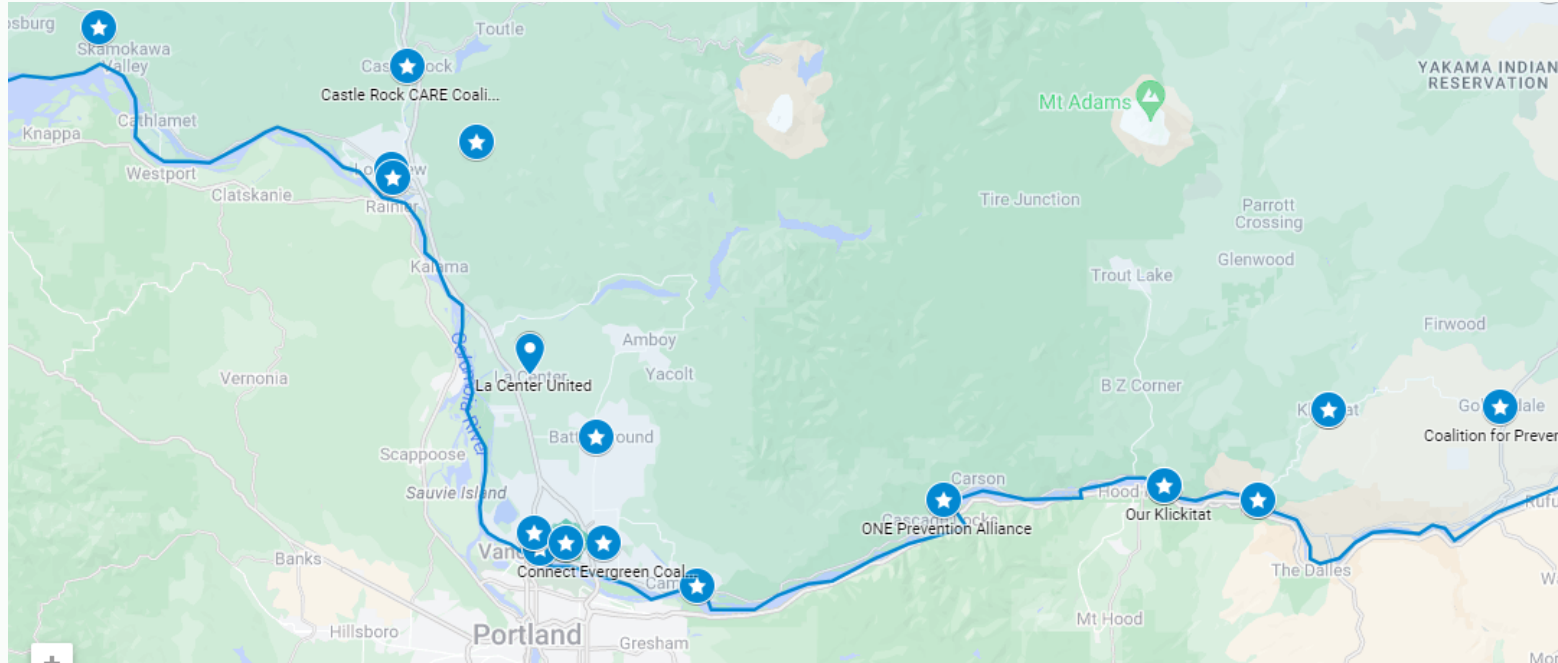
OUR MISSION



SERVING CHILDREN,
SCHOOLS AND THEIR
COMMUNITIES

Connecting and supporting
communities to build
resilience and prevent youth
substance misuse

ESD112 Prevent Coalitions



Supports youth serving coalitions across the region by providing:

- Professionals Training
- Substance prevention tools for parents & guardians
- Empowering youth through education and leadership
- Youth policy work





Elevate Youth Summit

Participant Objectives

- Created a space to form meaningful connections with other caring youth,
- Felt empowered as an agent of change and a leader in their community,
- Engaged in a variety of activities and content relevant to prevention, wellness, and youth leadership.

Explore more data

See results from Clark County and across the state at <https://www.askhys.net/>

- [Full reports](#)
- [Data dashboard](#)
- [Fact sheets on specific topics](#)
- [Survey questionnaires](#)

[Clark County HYS dashboard](#) – will be updated soon!

- Clark County data (2004-2021)

[ESD112 Prevent Coalition HYS dashboard](#) – will be updated VERY soon!

- Southwest Washington (Clark, Klickitat and Skamania counties) and Rural Washington data (2004-2021)



Thank you!

Kathleen Lovgren, MPH (she/her)
Epidemiologist, Clark County Public Health
CntyHealthHAE@clark.wa.gov

Joy Lyons (she/her)
Assistant Director Prevention, ESD 112
joy.lyons@esd112.org

