

# 2018 Washington State Healthy Youth Survey (HYS)

Kitsap County comparisons to WA DOH Press Release scheduled for release 5/1/19

**Participation Rates:** Kitsap County 2018: 6th grade – 2,005 students (75%), 8th grade – 1,774 students (65%), 10th grade – 2,002 students (72%) and 12th grade – 1,433 students (48%).

**Data Source(s):** Washington State Department of Health. Office of the Superintendent of Public Instruction. Department of Social and Health Services. Liquor and Cannabis Board. Healthy Youth Survey. (2008,2016,2018).

The column on the left below includes excerpts from the WA State press release; the column on the right has Kitsap comparison data for comparison.

Introduction from WA press release: “A high number of Washington teens reported feeling sad or hopeless, and many reported having suicidal thoughts or attempting suicide. According to 2017 vital statistics data from the Department of Health, suicide was the leading cause of death for Washington teens 15 to 19 years of age, but it is preventable.

Caring adults, including parents, school staff, coaches, and faith leaders, can all support youth. Educating caring adults and communities in recognizing mental health conditions, increasing social connectedness, improving access to care, and teaching youth resiliency skills will expand systems of support that can help prevent suicide.”

## REPORTED FEELING SAD OR HOPELESS FOR AT LEAST TWO WEEKS IN THE PAST YEAR

Washington State	Kitsap County
<p>At least one in three youth in all grades report feeling sad or hopeless for at least two weeks in the past year. For all grades, the prevalence of students who felt sad or hopeless almost every day during a two-week period in the past year has risen steadily since 2008. From 2008 to 2018, students who experienced a two-week episode where they felt sad or hopeless, stopping their usual activities, in the past year increased:</p> <ul style="list-style-type: none"> <li>• 8th grade – up from 24% to 32%</li> <li>• 10th grade – up from 30% to 40%</li> <li>• 12th grade – up from 29% to 41%</li> </ul>	<p><b>2018 HYS Felt Sad or Hopeless:</b></p> <ul style="list-style-type: none"> <li>• 8th graders – 35% - Almost 4 in 11</li> <li>• 10th graders – 41% - About 4 in 10</li> <li>• 12th graders – 40% - About 4 in 10</li> </ul> <p><b>Change Since 2008 HYS:</b></p> <ul style="list-style-type: none"> <li>• 8th graders – 25% to 35%</li> <li>• 10th graders – 28% to 41%</li> <li>• 12th graders – 28% to 40%</li> </ul>

## REPORTED FEELING NERVOUS, ANXIOUS, ON EDGE IN THE PAST TWO WEEKS, AND NOT BEING ABLE TO STOP WORRYING (I.E., HIGH ANXIETY)

Washington State	Kitsap County
<p>The number of teens reporting feeling nervous, anxious or on edge is also rising. About one in three 10th and 12th graders report feeling nervous, anxious, on edge in the past two weeks, and not being able to stop worrying. From 2016 to 2018, the percentage experiencing these feelings increased for all grades:</p> <ul style="list-style-type: none"> <li>• 8th grade (22% to 26%)</li> <li>• 10th grade (31% to 33%)</li> <li>• 12th grade (33% to 35%)</li> </ul>	<p><b>2018 HYS Felt High Anxiety:</b></p> <ul style="list-style-type: none"> <li>• 8th graders – 29% - Almost 3 in 10</li> <li>• 10th graders – 38% - About 5 in 13</li> <li>• 12th graders – 38% - About 5 in 13</li> </ul> <p><b>Change Since 2016 HYS:</b></p> <ul style="list-style-type: none"> <li>• 8th graders – 25% to 29%</li> <li>• 10th graders – 32% to 38%</li> <li>• 12th graders – 36% to 38%</li> </ul>

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REPORTED SERIOUSLY CONSIDERED SUICIDE OR HAVING ATTEMPTED SUICIDE IN THE PAST YEAR	
Washington State	Kitsap County
<p>About one in 10 Washington high school students report having attempted suicide in the past year, while about one in 5 reported seriously considering suicide. Rates of reported suicide attempts were steady for grades 10 and 12 between 2016 and 2018. In 2018:</p> <ul style="list-style-type: none"> <li>10 percent of 8th graders (about 8,200 students in public schools)</li> <li>10 percent of 10th graders (about 8,400 students in public schools)</li> <li>9 percent of 12th graders (about 8,100 students in public schools)</li> </ul> <p>This means that in a typical-sized high school classroom (about 29 students), chances are 2 or 3 students have attempted suicide in the past year.</p>	<p><b>2018 HYS Considered or Attempted Suicide:</b></p> <ul style="list-style-type: none"> <li>High school students <u>consider suicide</u> – 26% - About 1 in 4</li> <li>High school students <u>attempted suicide</u> – 10% - About 1 in 10</li> </ul> <p><b>2018 HYS Attempted suicide:</b></p> <ul style="list-style-type: none"> <li>8th graders – 10% - About 1 in 10</li> <li>10th graders – 11% - About 1 in 9</li> <li>12th graders – 9% - About 1 in 11</li> </ul> <p><b>Change in Attempted Suicide Since 2016 HYS:</b></p> <ul style="list-style-type: none"> <li>8th graders – 9% to 10%</li> <li>10th graders – No change - 11% both years.</li> <li>12th graders – No change - 9% both years.</li> </ul>
REPORTED SERIOUSLY CONSIDERED, PLANNED OR ATTEMPTED SUICIDE IN THE PAST YEAR	
Washington State	Kitsap County
<p>Female students and students who identify as lesbian, gay, or bisexual have reported higher rates of considering, making a plan, and attempting suicide. Among 10th graders in 2018:</p> <ul style="list-style-type: none"> <li>More girls than boys report they had thought about (28%), made a plan (22%), and attempted suicide (12%) in the past year than boys (18%, 14%, and 8%, respectively). However, Washington State vital statistics data shows more teenage boys die from suicide than girls, often due to using more lethal means of suicide.</li> </ul>	<p><b>2018 HYS Considered Suicide by Gender:</b></p> <ul style="list-style-type: none"> <li>10th graders - Female – 33%</li> <li>10th graders - Male – 21%</li> </ul> <p><b>2018 HYS Planned Suicide by Gender:</b></p> <ul style="list-style-type: none"> <li>10th graders - Female – 26%</li> <li>10th graders - Male – 21%</li> </ul> <p><b>2018 HYS Attempted Suicide by Gender:</b></p> <ul style="list-style-type: none"> <li>10th graders - Female – 13%</li> <li>10th graders - Male – 8%</li> </ul>
<ul style="list-style-type: none"> <li>Among schools that administered the optional survey questions, relative to their straight peers, students who identify as lesbian, gay, or bisexual report more than double the rates of considering and attempting suicide (49% vs. 19% and 22% vs. 7%, respectively). Note that because not all schools administered this question, these results may not be representative of students across Washington State.</li> </ul>	<p><b>2018 HYS Considered Suicide by Sexual Orientation:</b></p> <ul style="list-style-type: none"> <li>10th graders – Gay/Lesbian/Bisexual – 54%</li> <li>10th graders – Straight – 20%</li> </ul> <p><b>2018 HYS Attempted Suicide by Sexual Orientation:</b></p> <ul style="list-style-type: none"> <li>10th graders – Gay/Lesbian/Bisexual – 29%</li> <li>10th graders – Straight – 6%</li> </ul>
<ul style="list-style-type: none"> <li>High rates of suicide attempts are also reported among students who identify as non-Hispanic American Indian or Alaskan Native (18%) and students who identify as Hispanic (13%).</li> </ul>	<p><b>2018 HYS Attempted Suicide by Race/Ethnicity:</b></p> <ul style="list-style-type: none"> <li>10th graders – White (Non-H/L) – 9%</li> <li>10th graders – Students of Color (Non-H/L) – 14%</li> <li>10th graders – Hispanic/Latinx – N/A</li> </ul>

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REPORTED THAT THEY HAVE ADULTS TO TURN TO IF THEY FEEL SAD OR HOPELESS & HIGH HOPE	
Washington State	Kitsap County
<p>Despite high rates of psychological distress, adult support can help. However, only half of students report having adult support when experiencing challenges and remain hopeful about their future.</p> <ul style="list-style-type: none"> <li>In 2018, about half of students in 8th grade (50%), 10th grade (49%) and 12th grade (53%) reported that they have adults to turn to if they feel sad or hopeless.</li> </ul>	<p><b>2018 HYS Had an Adult to Turn to*:</b></p> <ul style="list-style-type: none"> <li>8th graders – 61%</li> <li>10th graders – 63%</li> <li>12th graders – 69%</li> </ul>
<ul style="list-style-type: none"> <li>Friends/peers, parents/guardians, and siblings/cousins are the most common people 10<sup>th</sup> graders say they turn to when they feel sad or hopeless.</li> </ul>	<p><b>2018 HYS Common Person Turned to When Felt Sad or Hopeless:</b></p> <ul style="list-style-type: none"> <li>10th graders – Friends/peers – 55%</li> <li>10th graders – parents/guardians – 41%</li> <li>10th graders – siblings/cousins – 25%</li> </ul>
<ul style="list-style-type: none"> <li>HYS 2018 introduced the modified Children's Hope Scale, which measures the ability to initiate and sustain action towards goals and the ability to find a way to carry out goals. In 2018, about half of 8th, 10th and 12th graders (52%, 47%, and 51%, respectively), report being highly hopeful about their future.</li> </ul>	<p><b>2018 HYS Had High Hope**:</b></p> <ul style="list-style-type: none"> <li>8th graders – 48%</li> <li>10th graders – 47%</li> <li>12th graders – 51%</li> </ul>
<ul style="list-style-type: none"> <li>Students feeling sad or hopeless reported high hope less frequently than their peers. Of these students, only about 29% of 8th graders, 30% 10th graders, and 35% of 12th graders reported high hope.</li> </ul>	<p><b>2018 HYS Had High Hope** by Feelings:</b></p> <ul style="list-style-type: none"> <li>8th graders – Felt sad or hopeless – 25%</li> <li>8th graders – <u>Did not</u> feel sad or hopeless – 60%</li> <li>10th graders – Felt sad or hopeless – 26%</li> <li>10th graders – <u>Did not</u> feel sad or hopeless – 61%</li> <li>12th graders – Felt sad or hopeless – 36%</li> <li>10th graders – <u>Did not</u> feel sad or hopeless – 62%</li> </ul>

\* Excludes students who reported they never felt sad or hopeless.

\*\* In this context, the construct of hope entails having: a goal, ideas of how to reach that goal (i.e., pathways thinking), and the motivation and belief in one's ability to achieve that goal (i.e., agency thinking).

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REPORTED THAT THEY HAVE ADULTS TO TURN TO IF THEY FEEL SAD OR HOPELESS & HIGH HOPE (CONT.)	
Washington State	Kitsap County
<ul style="list-style-type: none"> <li>Similarly, students who identify as lesbian, gay or bisexual and students of color were less likely to report adult support and were less likely to be highly hopeful for their future than were their peers.</li> </ul>	<p><b><u>These estimates are for all grades combined. Grade-specific estimates vary.</u></b></p> <p><b>2018 HYS Had an Adult to* Turn to by Sexual Orientation:</b></p> <ul style="list-style-type: none"> <li>All grades – Gay/Lesbian/Bisexual – 50%</li> <li>All grades – Straight – 70%</li> </ul> <p><b>2018 Had an Adult to Turn to* by Race/Ethnicity:</b></p> <ul style="list-style-type: none"> <li>All grades – White (Non-H/L) – 73%</li> <li>All grades – Students of Color (Non-H/L) – 64%</li> <li>All grades – Hispanic/Latinx – 64%</li> </ul> <p><b>2018 HYS Had High Hope** by Sexual Orientation:</b></p> <ul style="list-style-type: none"> <li>All grades – Gay/Lesbian/Bisexual – 31%</li> <li>All grades – Straight – 55%</li> </ul> <p><b>2018 HYS Had High Hope** by Race/Ethnicity:</b></p> <ul style="list-style-type: none"> <li>All grades – White (Non-H/L) – 51%</li> <li>All grades – Students of Color (Non-H/L) – 45%</li> <li>All grades – Hispanic/Latinx – 35%</li> </ul>
REPORTED BULLYING	
Washington State	Kitsap County
<p>Efforts to address bullying may be starting to pay off, but too many students, particularly those who identify as lesbian, gay, or bisexual, are still reporting being bullied. Among 10th graders in 2018:</p> <ul style="list-style-type: none"> <li>Almost one in 5 students (19%) reported being bullied in the last 30 days.</li> <li>More female than male students reported being bullied in the past month (22% vs. 16%).</li> <li>Relative to their straight peers, more 10th grade students who identify as lesbian, gay, or bisexual reported experiencing bullying in the past month (29% vs. 16%).</li> <li>Relative to their non-Hispanic white peers, students who identify as non-Hispanic American Indian/Alaska Native reported higher rates of being bullied (32% vs. 21%).</li> </ul>	<p><b>2018 HYS Bullying:</b></p> <ul style="list-style-type: none"> <li>10th graders – 21% - Almost 2 in 9</li> </ul> <p><b>2018 HYS Bullying by Gender:</b></p> <ul style="list-style-type: none"> <li>10th graders - Female – 25%</li> <li>10th graders - Male – 17%</li> </ul> <p><b>2018 HYS Bullying by Sexual Orientation:</b></p> <ul style="list-style-type: none"> <li>10th graders – Gay/Lesbian/Bisexual – 33%</li> <li>10th graders – Straight – 17%</li> </ul> <p><b>2018 HYS Bullying by Race/Ethnicity:</b></p> <ul style="list-style-type: none"> <li>10th graders – White (Non-H/L) – 22%</li> <li>10th graders – Students of Color (Non-H/L) – 20%</li> <li>10th graders – Hispanic/Latinx – 21%</li> </ul>

\* Excludes students who reported they never felt sad or hopeless.

\*\* In this context, the construct of hope entails having: a goal, ideas of how to reach that goal (i.e., pathways thinking), and the motivation and belief in one's ability to achieve that goal (i.e., agency thinking).