

The Health of Teens in Connecticut

Results from the Connecticut School Health Survey

National Prevention Week, 2022

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Media
Marketers have increased the use of videos



Learning Objectives

- ◆ Increase awareness of youth risk behaviors in CT teens, as related to mental health and substance misuse;
- ◆ Increase awareness of preventive or protective behaviors and factors that show reduced risk behavior in CT teens; and,
- ◆ Understand CT school health policies and practices that currently address these risk behaviors.

What is the CT School Health Survey (CSHS)?

- ◇ Sponsored and designed by the CDC
 - ◇ AKA: Youth Risk Behavior Surveillance System (YRBS)
- ◇ Monitors priority health risk behaviors and protective factors
- ◇ School-based survey of public high school students
 - ◇ grades 9 - 12
 - ◇ every other year since 2005
- ◇ Coordinated by the State Department of Public Health
 - ◇ Must keep 2/3 of Standard Questions on CT survey version
 - ◇ Develop state-added questions

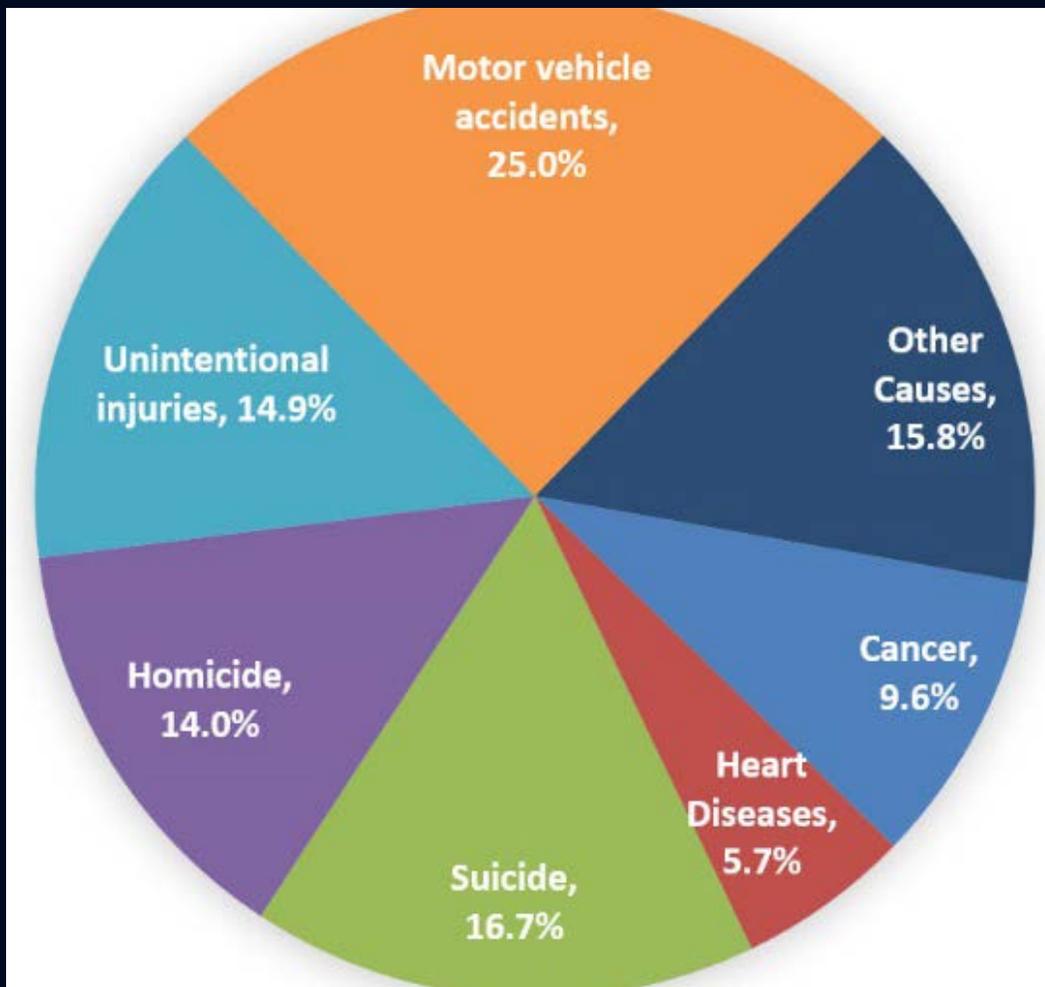
CT School Health Survey (CSHS)?

- The Survey Development Process
 - Standard Questionnaire designed by the CDC
 - Approved “Optional Questions” from the CDC
 - State-Added Questions (SAQ)
 - State-developed questions
- Challenges
 - Funding
 - School participation
 - Sample size & representativeness

LATE BREAKING NEWS

HB 5243 awaiting signature by the Governor

OVER 70% of Deaths Among Youth Age 15-19 Are **Preventable**



Leading Causes of Death in CT Youth Ages 15-19 years, 2013—2015

Source: CT Department of Public Health

What did students tell us?

Some results from the 2019 CSHS

In a classroom of 30...



3.7% or 1 student



Are current cigarette users



44.8% or 13 students



Have **EVER** tried E-cigarettes or vaping



27.0 % or 8 students



Vaped in the past month

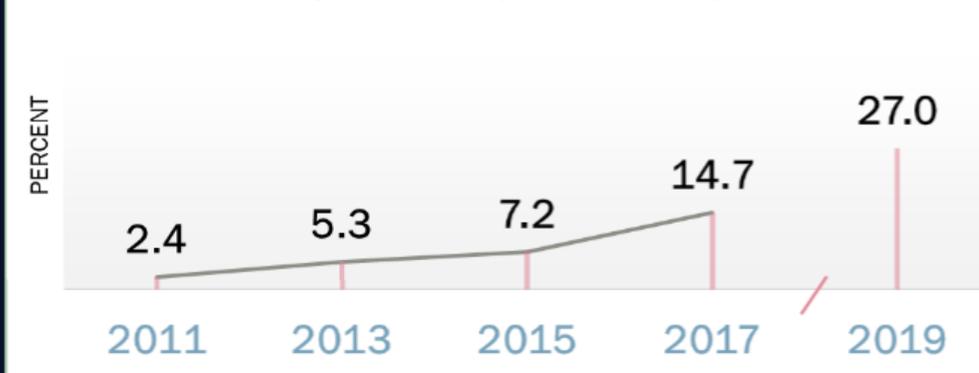
Results from the CT School Health Survey (CSHS)



8.5% were frequent users (more than 20 days in the past month)

11% of students used e-cigarettes on school property in the past 30 days

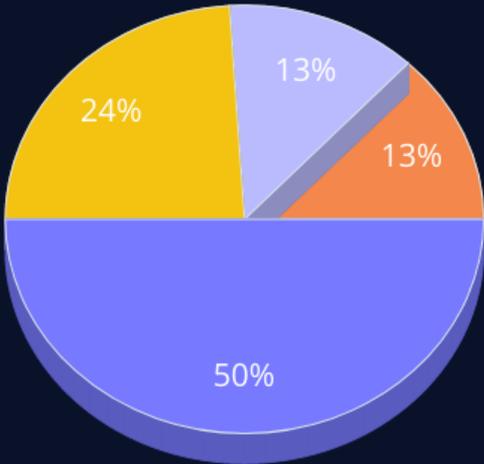
Current Use e-cigarettes/electronic vapor products, (2011-2019)





Electronic Vapor Product Use

First type of tobacco product students ever tried,
(data from the 2017 CT Youth Tobacco Survey)

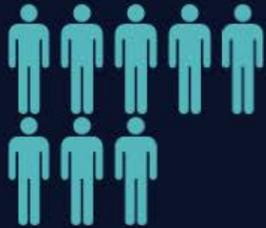


■ E-cigarettes 50% ■ Cigarettes 24% ■ Cigars 13% ■ Other Products 13%

In a classroom of 30...



25.9% or 8 students



Currently drank alcohol



12.9% or 4 students



Have binge drank in the last month



10.1% or 3 students



Have EVER abuse a prescription drug

In a classroom of 30...



35.9 % or 11 students



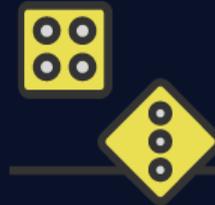
Have Ever used marijuana in the last month



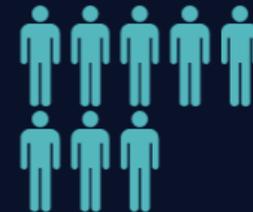
21.7 % or 6-7 students



Used marijuana in the last month



25.4 % or 8 students



gambled in the past year

Student access to tobacco, e-cigarettes, & illicit drugs

1 in **8** students usually got their own **electronic vapor products** by buying them in a **store**

1 in **3** students were **asked** to **show proof of age** when they bought or tried to buy tobacco products in a store

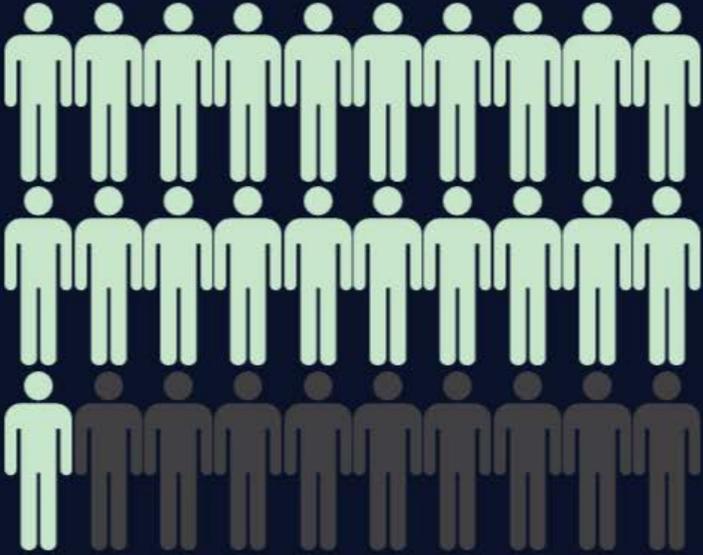


1 in **5** students were **offered, sold** or **given** an **illegal drug on school property**

Among CT High School Students...

70 %

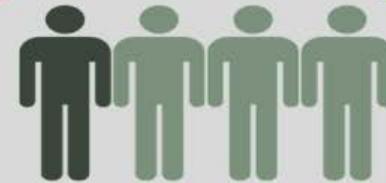
Students report their mental health was not good in the last month



Mental Health Matters



1 in 3 students **FELT SAD OR HOPELESS** for 2 weeks or more



Only **1** out of **4** students **get the help** they need when feeling this way

In a classroom of 30...



15.4 % or 4-5 students



Purposely hurt themselves without wanting to die



12.7 % or 4 students



seriously considered attempting suicide



6.7 % or 2 students



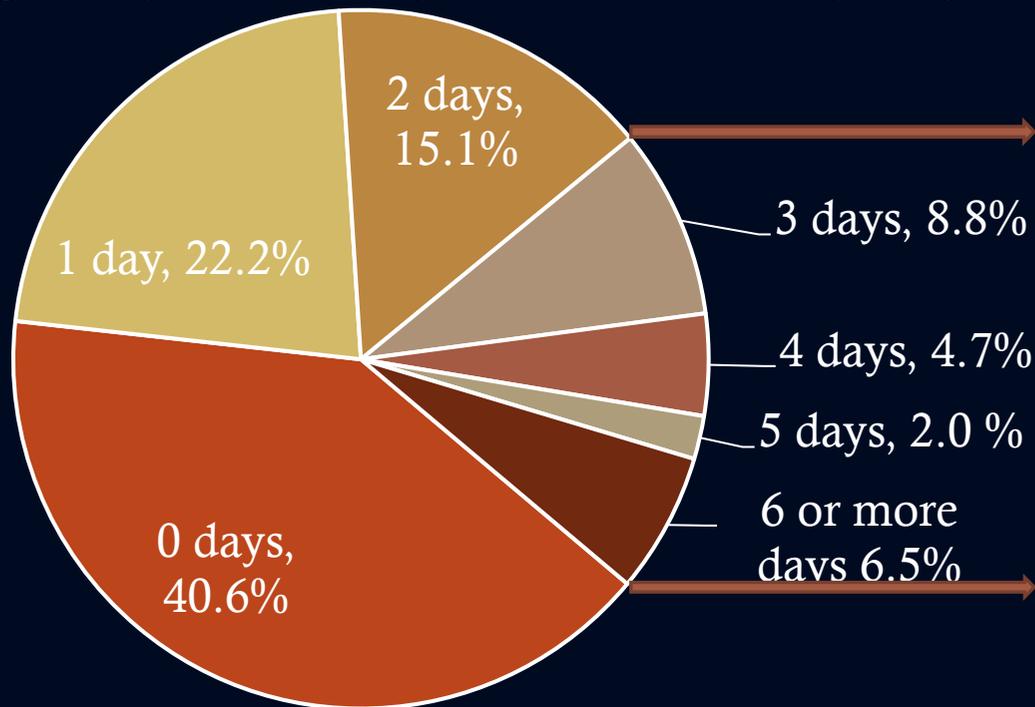
Attempted suicide

Results from the CT School Health Survey (CSHS)



Chronic Absenteeism

During the past 30 days, on how many days did you miss school?



Students who ever tried any type of drug are **2X** more likely to miss school 3 or more days in the past 30 days

Supporting our Teens



8 out of **10** students said they feel **loved**
and supported by their **family**

2 out of **3** students said they could **reach** at
to **at least one adult** at school for help

Results from the CT School Health Survey (CSHS)



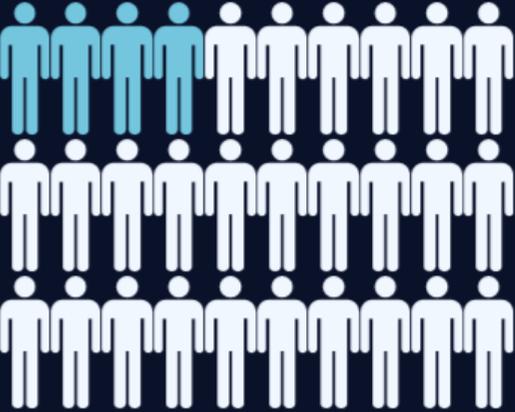
Students who said
“There is **no teacher or other adult** in my school that I can talk to if I have a problem”



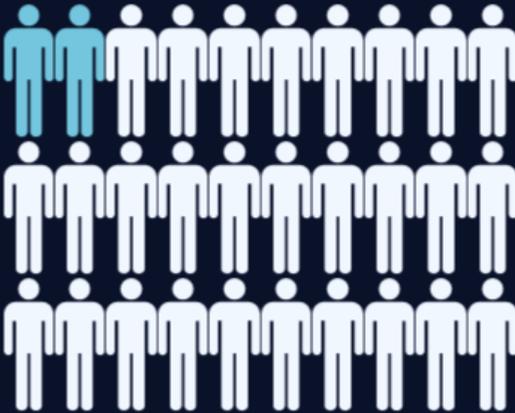
- **1.6X** more likely to *hurt themselves*
- **1.6 X** more likely to *seriously consider suicide*
- **2.4 X** more likely to *attempt suicide*

Before Age 13 years old

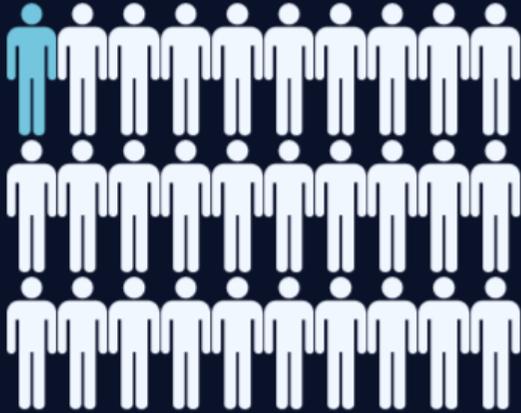
11.7% Students had their first drink of alcohol



5.0% Students first tried cigarette smoking



3.5% Students had sexual intercourse for the first time



Results from the CT School Health Survey (CSHS)

Had Risk Behaviors Before Age 13

Addictive Behaviors	Alcohol	Cigarette smoking	Sexual intercourse
 Current smoker	11.1X	1.8X	11.5X
 Current E-cigar user	2.2X	2.6X	2.6X
 Current Drinker	2.7X	2.4X	2.2X
 Current marijuana user	2.0X	2.5X	2.4X
 Ever Substance Abused	3.1X	3.7X	3.7X

School/Parent/Family Engagement and/or Connectedness

Having a supportive adult to turn to, even if outside of a parent or guardian, is a protective factor in a teen's life.

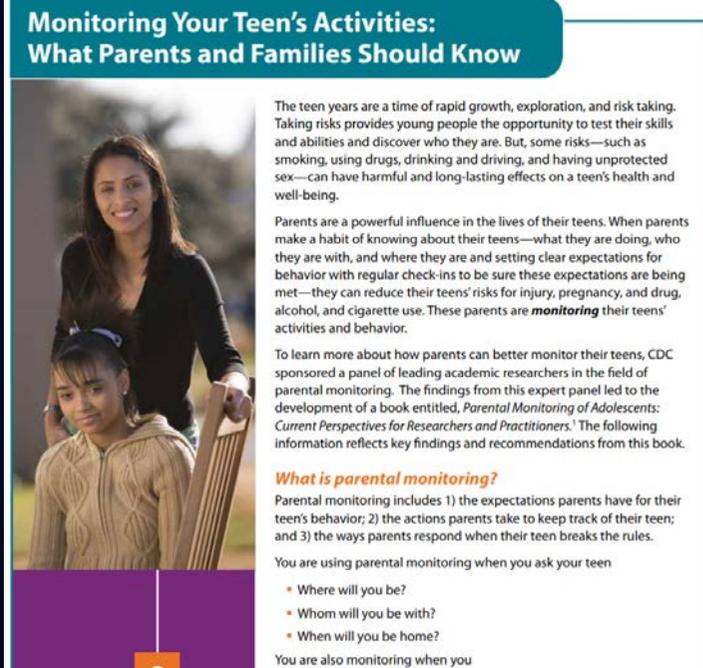


The screenshot shows the CTECS website header with navigation links: Home, Schools, Powerschool, and a search bar. Below the header is a blue navigation bar with links: Home, About, Parents & Students, Programs, Adult Education, and Adr. The main content area is titled "Family Engagement" and contains the following text:

Welcome to the Connecticut Technical High School Family Community Partnership Program. Across our district, families, schools and communities are partnering to ensure student achievement.

This partnership can improve school programs and school climate, provide support for families, increase parents' skills and leadership as well as connect families in the school with others in the community. With frequent interactions and communication between schools, families and communities, our students will hear the same message of the importance of school, hard work and contributing to the community. Our system encourages families to partner with the school through the Family Engagement Action Team. Participation does not require a parent or family member to be a member of the Parent/Faculty Organization.

Please view our individual school family engagement sites for detailed information pertaining to that location.



Monitoring Your Teen's Activities: What Parents and Families Should Know

The teen years are a time of rapid growth, exploration, and risk taking. Taking risks provides young people the opportunity to test their skills and abilities and discover who they are. But, some risks—such as smoking, using drugs, drinking and driving, and having unprotected sex—can have harmful and long-lasting effects on a teen's health and well-being.

Parents are a powerful influence in the lives of their teens. When parents make a habit of knowing about their teens—what they are doing, who they are with, and where they are and setting clear expectations for behavior with regular check-ins to be sure these expectations are being met—they can reduce their teens' risks for injury, pregnancy, and drug, alcohol, and cigarette use. These parents are **monitoring** their teens' activities and behavior.

To learn more about how parents can better monitor their teens, CDC sponsored a panel of leading academic researchers in the field of parental monitoring. The findings from this expert panel led to the development of a book entitled, *Parental Monitoring of Adolescents: Current Perspectives for Researchers and Practitioners*.¹ The following information reflects key findings and recommendations from this book.

What is parental monitoring?

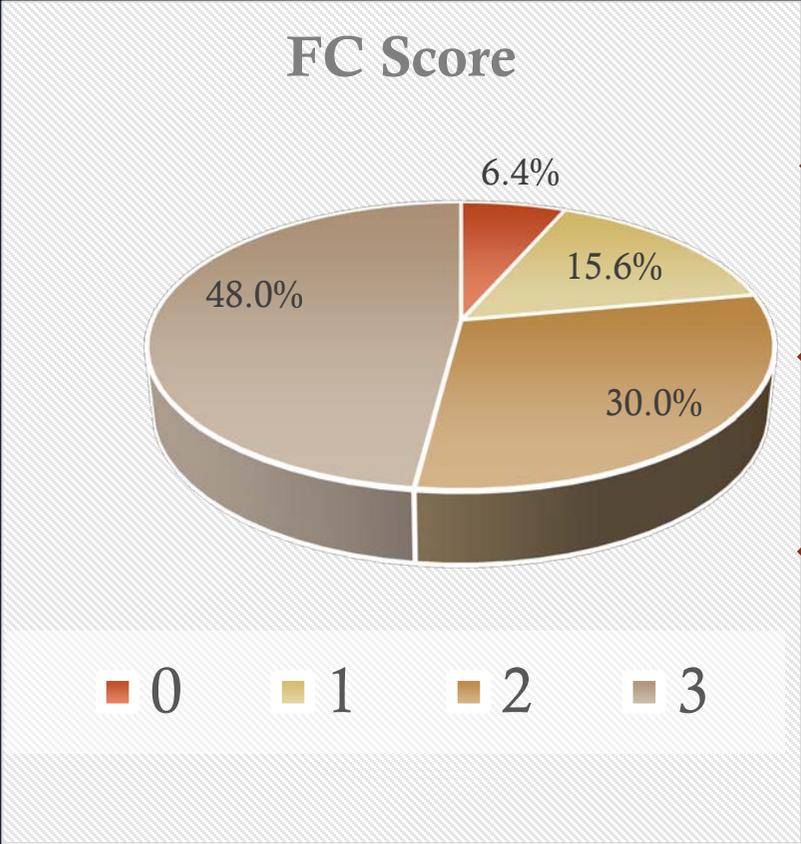
Parental monitoring includes 1) the expectations parents have for their teen's behavior; 2) the actions parents take to keep track of their teen; and 3) the ways parents respond when their teen breaks the rules.

You are using parental monitoring when you ask your teen

- Where will you be?
- Whom will you be with?
- When will you be home?

You are also monitoring when you

Family Connectedness (FC) Score

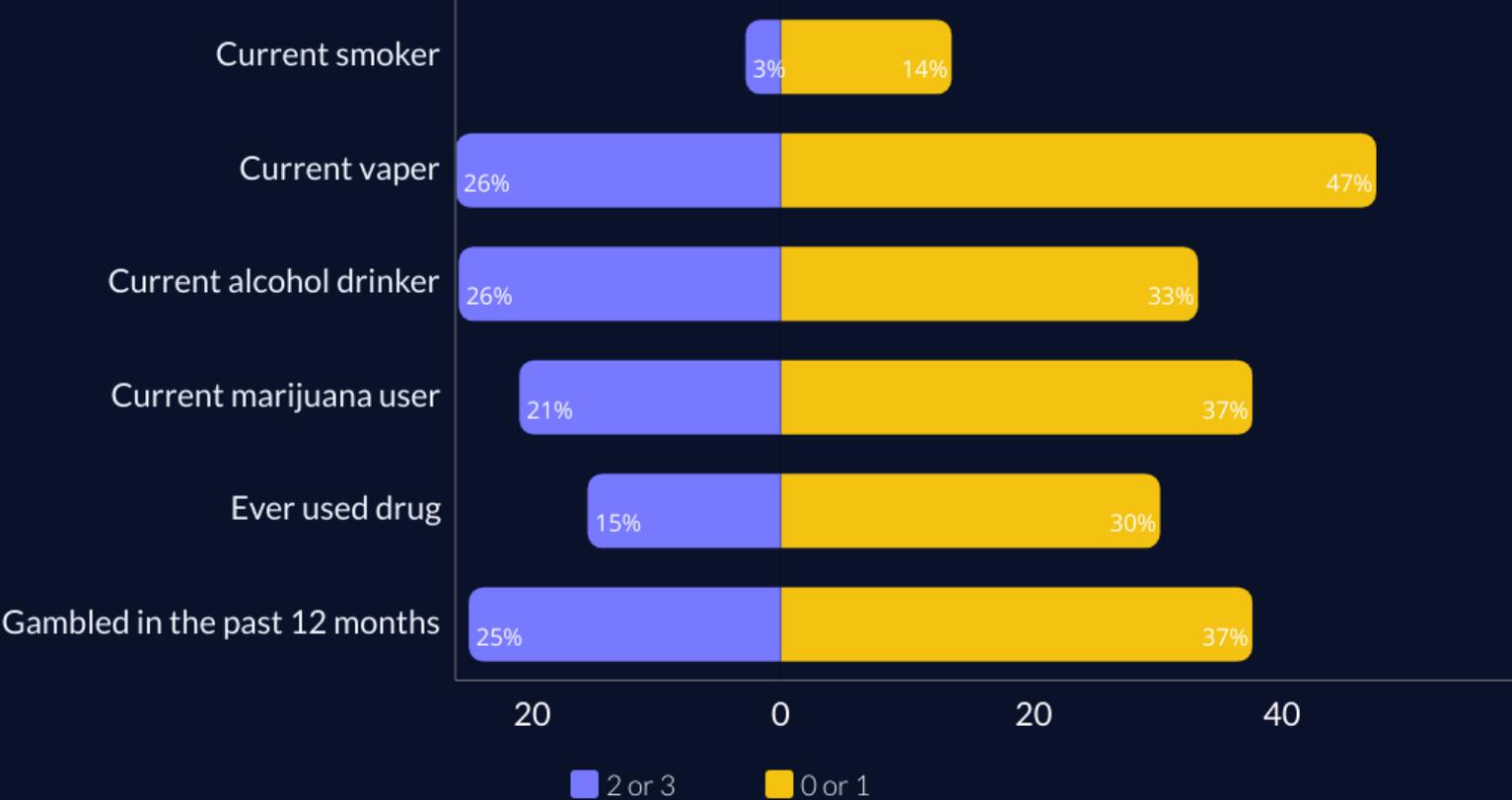


Student ate at least one meal with their family

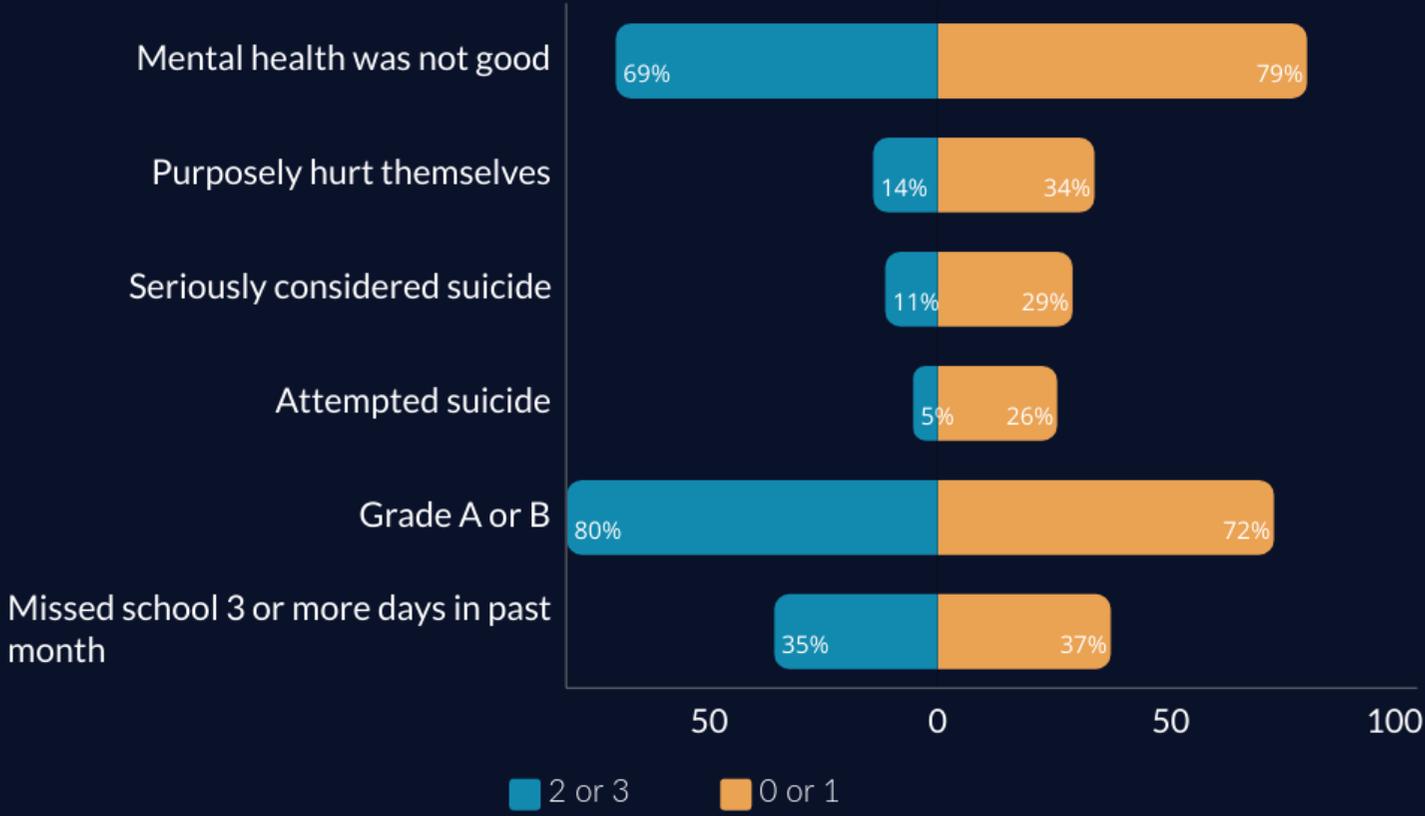
Students strongly agree or agree that their family loves them and gives them help and support when they need it

Students reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be

FC Score and Prevalence of Addictive Behaviors among CT High School Students

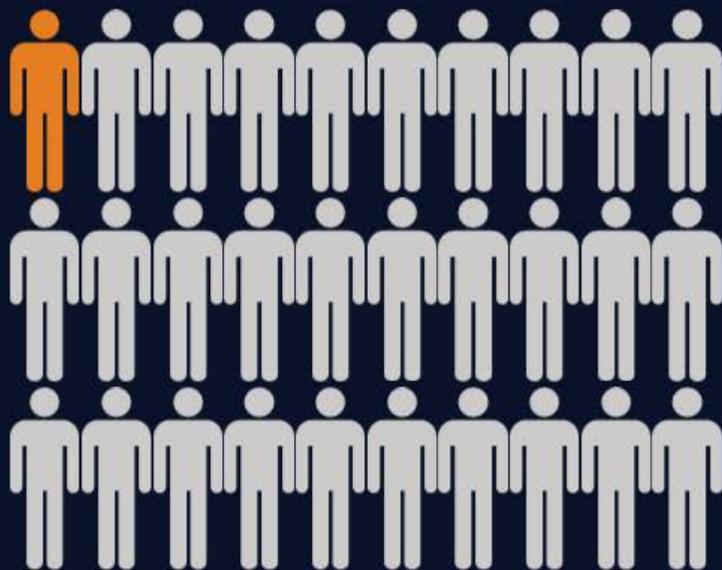


FC Score & Mental Health and School Performance among CT Students



Among CT High School Students...

4.5 % Students had ever slept away from their parents or guardians because they were kicked out, run away, or were abandoned.



13.7X as likely to currently smoke

2X as likely to currently use e-cigarette

2.2X as likely to current drink alcohol

2.3X as likely to current use marijuana

3X as likely to ever used drug

2.3X as likely to gambling in the past 12 month

2.7X as likely to hurt themselves

2.6X as likely to seriously considered attempting suicide

6.2X as likely to attempt suicide

Results from the 2020 CT School Health Profiles Survey

- Designed by the CDC that assess *school health policies and practices*
- Conducted biennially by the CT Department of Public Health among middle and high school Principals & lead Health Education Teachers.

Schools that ever used the School Health Index or other self-assessment tool to assess ...

Tobacco-use Prevention



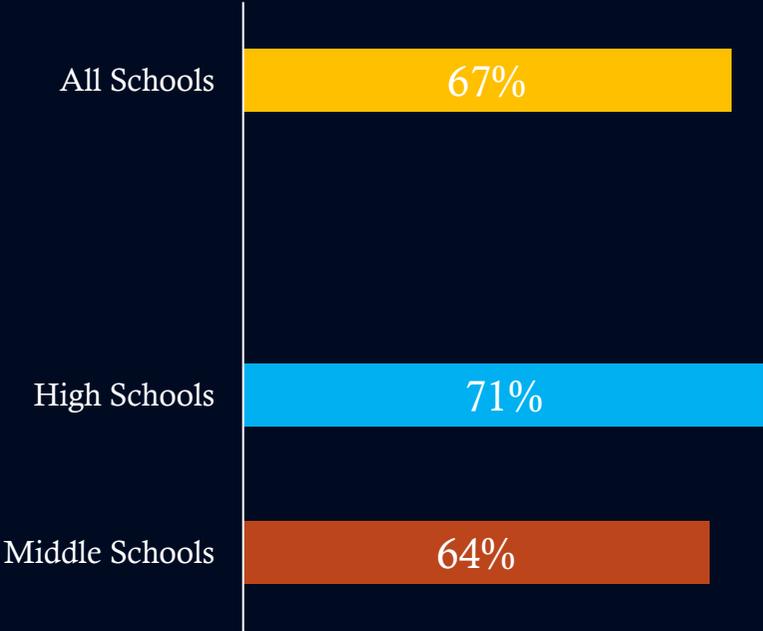
Alcohol- and other drug-use prevention



2020 School Profile Survey



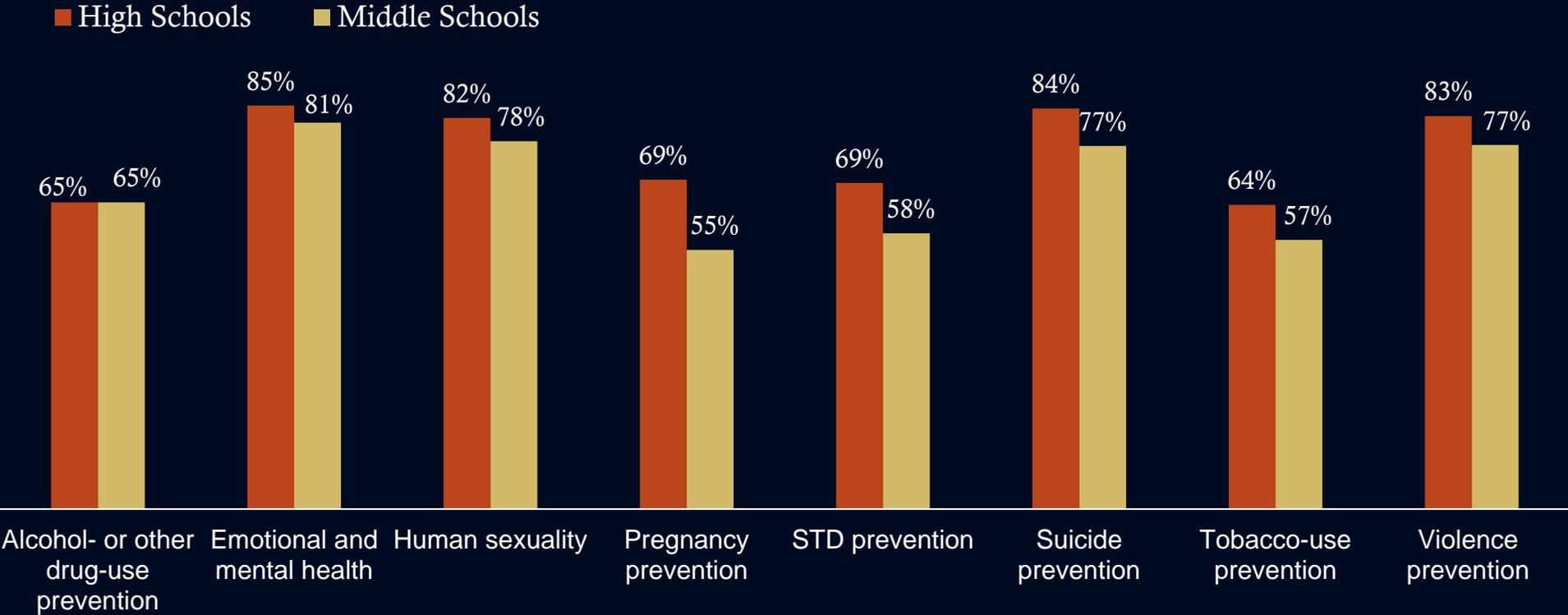
Percentage of schools that follow a policy that mandates a “tobacco-free environment.” *(including vaping)*



2020 School Profile Survey



Lead Health Education Teachers would like to receive more professional development on....



Healthy Students are Ready to Learn

Healthy Kids Make Better Learners

Health **is** Academic



Connecticut School Health Survey
www.ct.gov/dph/CSHS

Thank you!

Questions?

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