The Health of Teens in Connecticut

Results from the Connecticut School Health Survey

National Prevention Week, 2022

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Media
Marketers have stressed 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

Motor vehicle accidents, 25.0%
Unintentional injuries, 14.9%
Homicide, 14.0%
Suicide, 16.7%
Cancer, 9.6%
Heart Diseases, 5.7%
Other Causes, 15.8%

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
Results from the CT School Health Survey (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.

Connecticut School Health Survey
www.ct.gov/dph/CSHS
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
Results from the CT School Health Survey (CSHS)

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%
Results from the CT School Health Survey (CSHS)

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 abused a prescription drug
Results from the CT School Health Survey (CSHS)

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% of 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
Results from the CT School Health Survey (CSHS)

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)

- 2.2 X to hurt themselves
- 5.3 X to attempt suicide
- Students ever tried any type of drug
- 2.9 X to seriously consider attempting suicide
- 1.8 X to engage gambling

Connecticut School Health Survey
www.ct.gov/dph/CSHS
During the past 30 days, on how many days did you miss school?

- 0 days, 40.6%
- 1 day, 22.2%
- 2 days, 15.1%
- 3 days, 8.8%
- 4 days, 4.7%
- 5 days, 2.0%
- 6 or more days 6.5%

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

Connecticut School Health Survey
www.ct.gov/dph/CSHS
8 out of 10 students said they feel loved and supported by their family.

2 out of 3 students said they could reach at least one adult at school for help.
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*
Results from the CT School Health Survey (CSHS)

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

Connecticut School Health Survey
www.ct.gov/dph/CSHS
### Results from the CT School Health Survey (CSHS)

#### Had Risk Behaviors Before Age 13

<table>
<thead>
<tr>
<th>Addictive Behaviors</th>
<th>Alcohol</th>
<th>Cigarette smoking</th>
<th>Sexual intercourse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current smoker</td>
<td>11.1X</td>
<td>1.8X</td>
<td>11.5X</td>
</tr>
<tr>
<td>Current E-cigarette user</td>
<td>2.2X</td>
<td>2.6X</td>
<td>2.6X</td>
</tr>
<tr>
<td>Current Drinker</td>
<td>2.7X</td>
<td>2.4X</td>
<td>2.2X</td>
</tr>
<tr>
<td>Current marijuana user</td>
<td>2.0X</td>
<td>2.5X</td>
<td>2.4X</td>
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<tr>
<td>Ever Substance Abused</td>
<td>3.1X</td>
<td>3.7X</td>
<td>3.7X</td>
</tr>
</tbody>
</table>
Results from the CT School Health Survey (CSHS)

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.

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 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, Parenting: Monitoring of Adolescents: Current Perspectives for Researchers and Practitioners. 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:

- Look at your teen’s report cards, assignments, and other school work regularly.
- Talk to your teen about his or her grades, projects, homework, and other school activities.
- Make sure your teen is completing his or her homework and assignments.
- Ask your teen if he or she is feeling good or sad, lonely, angry, or     

Connecticut School Health Survey

www.ct.gov/dph/CSHS
Results from the CT School Health Survey (CSHS)

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
Results from the CT School Health Survey (CSHS)

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

- **Current smoker**: 3% (0 or 1) 14% (2 or 3)
- **Current vaper**: 26% (0 or 1) 47% (2 or 3)
- **Current alcohol drinker**: 26% (0 or 1) 33% (2 or 3)
- **Current marijuana user**: 21% (0 or 1) 37% (2 or 3)
- **Ever used drug**: 15% (0 or 1) 30% (2 or 3)
- **Gambled in the past 12 months**: 25% (0 or 1) 37% (2 or 3)
Results from the CT School Health Survey (CSHS)

FC Score & Mental Health and School Performance among CT Students

- Mental health was not good: 69% (2 or 3) vs. 79% (0 or 1)
- Purposely hurt themselves: 14% (2 or 3) vs. 34% (0 or 1)
- Seriously considered suicide: 11% (2 or 3) vs. 29% (0 or 1)
- Attempted suicide: 5% (2 or 3) vs. 26% (0 or 1)
- Grade A or B: 80% (2 or 3) vs. 72% (0 or 1)
- Missed school 3 or more days in past month: 35% (2 or 3) vs. 37% (0 or 1)

Connecticut School Health Survey
www.ct.gov/dph/CSHS
Among CT High School Students...

4.5% of 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.
Results from the CT School Health Profiles

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

Tobacco-use Prevention

- High Schools: 57%
- Middle Schools: 41%

Alcohol- and other drug-use prevention

- High Schools: 60%
- Middle Schools: 42%

2020 School Profile Survey
Percentage of schools that follow a policy that mandates a “tobacco-free environment.” *(including vaping)*

- **All Schools**: 67%
- **High Schools**: 71%
- **Middle Schools**: 64%

2020 School Profile Survey
Lead Health Education Teachers would like to receive more professional development on....

- Alcohol- or other drug-use prevention
- Emotional and mental health
- Human sexuality
- Pregnancy prevention
- STD prevention
- Suicide prevention
- Tobacco-use prevention
- Violence prevention

<table>
<thead>
<tr>
<th>Topic</th>
<th>High Schools</th>
<th>Middle Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol- or other drug-use prevention</td>
<td>65%</td>
<td>65%</td>
</tr>
<tr>
<td>Emotional and mental health</td>
<td>85%</td>
<td>81%</td>
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<tr>
<td>Human sexuality</td>
<td>82%</td>
<td>78%</td>
</tr>
<tr>
<td>Pregnancy prevention</td>
<td>69%</td>
<td>55%</td>
</tr>
<tr>
<td>STD prevention</td>
<td>69%</td>
<td>58%</td>
</tr>
<tr>
<td>Suicide prevention</td>
<td>84%</td>
<td>77%</td>
</tr>
<tr>
<td>Tobacco-use prevention</td>
<td>64%</td>
<td>57%</td>
</tr>
<tr>
<td>Violence prevention</td>
<td>83%</td>
<td>77%</td>
</tr>
</tbody>
</table>
Healthy Students are Ready to Learn

Healthy Kids Make Better Learners

Health *is* Academic
Thank you!

Questions?

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