Franklin County/North Quabbin
Teen Health Survey

How often does CTC conduct a survey?

Once a year

What year was the first annual survey?

2003

How many school districts participate?

9

Which grades complete the survey?

8th, 10th, and 12th
Prevention Needs Assessment Survey

Provides data about

substance use

anti-social behavior

What else does this survey assess?

**risk and protective factors**
Local youth substance use
Trends in current (past 30 day) use

- Alcohol: 47% in 2003, 25% in 2018
- Binge drinking: 29% in 2003, 21% in 2018
- Marijuana: 29% in 2003, 13% in 2018
- Cigarettes: 19% in 2003, 6% in 2018

FC/NQ PNA, 2003-2018. Data for all participating districts (5 in 2003, 6 in 2006, and 9 thereafter). 8th, 10th and 12th grades combined, weighted to reflect enrollments. n ranges from 1339 to 1829, about 75% of enrollments for those grades each year.
Current youth substance use by race

**Alcohol**
- Asian (n=82): 13%
- > one race (n=366): 28%
- Latinx (n=165): 28%
- White (n=4098): 29%
- AA/Black (n=82): 30%
- Amer. Indian (n=52): 38%

**Binge**
- Asian (n=83): 10%
- AA/Black (n=83): 14%
- > one race (n=366): 15%
- White (n=4083): 17%
- Latinx (n=161): 19%
- Amer. Indian (n=54): 22%

**Marijuana**
- Asian (n=82): 9%
- Amer. Indian (n=52): 19%
- White (n=4070): 22%
- AA/Black (n=78): 24%
- > one race (n=362): 25%
- Latinx (n=163): 28%

**Cigarettes**
- Asian (n=83): 6%
- AA/Black (n=82): 6%
- White (n=4082): 10%
- Amer. Indian (n=52): 12%
- Latinx (n=161): 12%
- > one race (n=359): 12%

### Current substance use by group

<table>
<thead>
<tr>
<th>Sexual orientation</th>
<th>Family income</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>alcohol</strong></td>
<td><strong>alcohol</strong></td>
</tr>
<tr>
<td>27%</td>
<td>29%</td>
</tr>
<tr>
<td>23%</td>
<td>25%</td>
</tr>
<tr>
<td><strong>binge</strong></td>
<td><strong>binge</strong></td>
</tr>
<tr>
<td>14%</td>
<td>15%</td>
</tr>
<tr>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td><strong>cigarettes</strong></td>
<td><strong>cigarettes</strong></td>
</tr>
<tr>
<td>10%</td>
<td>11%</td>
</tr>
<tr>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td><strong>marijuana</strong></td>
<td><strong>marijuana</strong></td>
</tr>
<tr>
<td>26%</td>
<td>19%</td>
</tr>
<tr>
<td>20%</td>
<td>26%</td>
</tr>
</tbody>
</table>

- **Lesbian, gay, bisexual, not sure (n=268)**
- **Straight/heterosexual (n=1094)**
- **Lower income (n=340)**
- **Higher income (n=557)**

2018 FC/NQ Prevention Needs Assessment.
Eligibility for free/reduced price lunch is used as a proxy for family income.
7 in 10 students do NOT use alcohol, cigarettes or marijuana.

- **Alcohol**: 61% also report marijuana use
- **Marijuana**: 71% also report alcohol use
- **Cigarettes**: 93% also report use of marijuana and/or alcohol
Current youth use of prescription drugs

- Misuse of any prescription drug: 9% in 2009, 3% in 2018
- Narcotic prescription drugs: 5% in 2009, 1% in 2018
- Stimulants: 3% in 2009, 3% in 2018
- Sedatives: 3% in 2009, 2% in 2018
- Tranquilizers: 2% in 2009, 1% in 2018

2009-2018 FC/NQ PNA. 8th, 10th, 12th grades combined, weighted to reflect enrollments.
The exception to the rule of declining teen substance use...

- 31% of local middle/high school students have tried vaping
- 22% say they have vaped in the past 30 days
Official pods:
- Mango
- Mint
- Cucumber
- Virginia Tobacco
- Crème
- Fruit

JUUL-compatible pods:
- Strawberry Banana Smash
- Sour Berry Belts
- Airbender
- Strawberry Milk
- ICE
- Mr. Grapefruit
- Sour Gummy
- Grape Ice
- Pinkie Pods
Vaping 101
Who’s vaping?

<table>
<thead>
<tr>
<th>Race/ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA/Black (n=31)</td>
<td>29%</td>
</tr>
<tr>
<td>Latinx (n=58)</td>
<td>26%</td>
</tr>
<tr>
<td>&gt; one race/ethnicity (n=128)</td>
<td>25%</td>
</tr>
<tr>
<td>Amer. Indian (n=12)</td>
<td>25%</td>
</tr>
<tr>
<td>White (n=1236)</td>
<td>22%</td>
</tr>
<tr>
<td>Asian (n=23)</td>
<td>4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sexual orientation</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>straight/heterosexual (n=1088)</td>
<td>23%</td>
</tr>
<tr>
<td>lesbian, gay, bisexual, not sure (n=266)</td>
<td>22%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family income</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>lower income (n=337)</td>
<td>29%</td>
</tr>
<tr>
<td>higher income (n=551)</td>
<td>23%</td>
</tr>
</tbody>
</table>

2018 FC/NQ Prevention Needs Assessment, 8th, 10th and 12th grades combined and weighted.
FDA News Release

FDA launches new, comprehensive campaign to warn kids about the dangers of e-cigarette use as part of agency’s Youth Tobacco Prevention Plan, amid evidence of sharply rising use among kids

“The Real Cost” Youth E-Cigarette Prevention Campaign to target nearly 10.7 million at-risk youth through digital platforms, social media, and in-school ads nationwide

For Immediate Release

September 18, 2018
Risk & protective factors

- The survey measures 20 risk factors and 11 protective factors in family, school, peer, and community domains.
- A student either has a risk/protective factor or does not.
- We measure the percent of students who have each risk/protective factor.
Change in % of youth with each risk factor, 2003 – 2018

- Decrease
- No change
- Increase

FC/NQ PNA. Data for original 5 districts, 8th, 10th, 12th grades combined, weighted to reflect enrollments.
Family risk factors

We want this to:

![Graph showing family risk factors]

2009 & 2018 FC/NQ PNA. 8th, 10th, 12th grades combined, weighted to reflect enrollments.
Family protective factors

We want this to:

Family attachment
Family opportunities for involvement
Family rewards for involvement

2009 & 2018 FC/NQ PNA. 8th, 10th, 12th grades combined, weighted to reflect enrollments.
Risk factor “Depressive symptoms”

43%  47%

2018 FC/NQ Prevention Needs Assessment, 8th, 10th and 12th grades combined and weighted.
Risk factor “Depressive symptoms”


Female
- 2003: 52%
- 2009: 50%
- 2012: 58%
- 2015: 62%
- 2018: 62%

Male
- 2003: 34%
- 2006: 32%
- 2009: 34%
- 2012: 34%
- 2015: 31%
- 2018: 31%

2018 FC/NQ Prevention Needs Assessment, 8th, 10th and 12th grades combined and weighted.
National data on depressive symptoms

Felt sad or hopeless every day for 2+ weeks in a row, past year, US, high school age

- Female:
  - 2009: 34%
  - 2011: 34%
  - 2013: 34%
  - 2015: 41%
  - 2017: 41%

- Male:
  - 2009: 19%
  - 2011: 21%
  - 2013: 21%
  - 2015: 21%
  - 2017: 21%

Major depressive episode, past year, US, age 12-17

- By sex:
  - Girls: 20%
  - Boys: 7%

- 2010: 8%
- 2012: 9%
- 2014: 11%
- 2016: 13%

US High School Youth Risk Behavior Survey, 2009-17
US Natl Survey Drug Use & Health, 2010-17
Risk factor “Depressive symptoms,” by group

<table>
<thead>
<tr>
<th>Race/ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black/African American (n=33)</td>
<td>55%</td>
</tr>
<tr>
<td>Hispanic/Latino (59)</td>
<td>49%</td>
</tr>
<tr>
<td>Asian (23)</td>
<td>48%</td>
</tr>
<tr>
<td>White (1267)</td>
<td>47%</td>
</tr>
<tr>
<td>More than one race/ethnicity (n=135)</td>
<td>46%</td>
</tr>
<tr>
<td>American Indian (n=14)</td>
<td>36%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sexual orientation</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>lesbian, gay, bisexual, not sure (n=266)</td>
<td>72%</td>
</tr>
<tr>
<td>straight/heterosexual (n=1099)</td>
<td>41%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family income</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>lower income (n=341)</td>
<td>51%</td>
</tr>
<tr>
<td>higher income (n=557)</td>
<td>41%</td>
</tr>
</tbody>
</table>

2018 FC/NQ Prevention Needs Assessment, 8th, 10th and 12th grades combined and weighted.
# risk factors and likelihood of substance use

### Median # risk factors, by group

<table>
<thead>
<tr>
<th>Group</th>
<th>Median # Risk Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian (n=67)</td>
<td>5</td>
</tr>
<tr>
<td>White (n=3179)</td>
<td>8</td>
</tr>
<tr>
<td>AA/black (n=65)</td>
<td>9</td>
</tr>
<tr>
<td>&gt;one race/ethnicity (n=259)</td>
<td>9</td>
</tr>
<tr>
<td>Amer Ind. (n=42)</td>
<td>9</td>
</tr>
<tr>
<td>Latinx (n=115)</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group</th>
<th>Median # Risk Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>LGBQ (n=217)</td>
<td>9</td>
</tr>
<tr>
<td>straight (n=922)</td>
<td>7</td>
</tr>
<tr>
<td>lower income (n=287)</td>
<td>9</td>
</tr>
<tr>
<td>higher income (n=460)</td>
<td>7</td>
</tr>
</tbody>
</table>

**By race & ethnicity**

**By sexual orientation**

**By family income**

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2018 FC/NQ Prevention Needs Assessment.
Reduction in total number of risk factors per student, 2003-2018
How many servings of fruits & vegetables are students eating each day?

91% at least one
79% at least two
63% at least three
43% four or more
Healthy eating and active living

3+ fruit/veg a day

- 2012: 59%
- 2013: 57%
- 2014: 62%
- 2015: 57%
- 2016: 63%
- 2017: 68%
- 2018: 68%

3+ fruit/veg by family income

- Lower income:
  - 2013: 57%
  - 2014: 57%
  - 2015: 62%
  - 2016: 62%
  - 2017: 58%
  - 2018: 68%

- Higher income:
  - 2013: 62%
  - 2014: 57%
  - 2015: 57%
  - 2016: 57%
  - 2017: 62%
  - 2018: 68%
Healthy eating and active living

The CDC recommends:

Be Active and Play, 60 minutes, every day!

Physical activity

- Active most days:
  - 2012: 56%
  - 2014: 45%
  - 2016: 22%
  - 2018: 18%

- Active 60+ min. every day:
  - 2012: 22%
  - 2014: 22%
  - 2016: 22%
  - 2018: 18%
Life expectancy at birth

United States 78.80
Massachusetts 80.40
Franklin County 80.27
Life expectancy at birth, by census tract in Franklin County

73.1

86.6
Life expectancy & median household income

![Graph showing life expectancy and median household income](image-url)
For full regional report on the 2018 survey, go to:

http://www.communitiesthatcarecoalition.org/surveys

Questions?
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