



Adolescent Health Snapshot

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Adolescent & School Health Unit

PHD Grand Rounds: March 10th, 2022



Welcome!

- Introduction to ASH & The Snapshot
- Oregon Youth Data
 - Demographic & socioeconomic context
 - Youth mental health
 - School climate & connectedness
 - Substance use
 - COVID-19 Impacts
- Youth Voice & Engagement



Introductions & Overview



Adolescent & School
Health Unit
(Oregon Public
Health Division)

Who We Are

Our **Vision:** Oregon is the very best place for all youth to learn, grow, and thrive.

Our **Mission:** To support the health of all youth in Oregon through evidence-based and data driven policies, practices, and programs.

Our **Program Areas:**

- Adolescent Health Policy and Assessment
- School-Based Health Centers
- School Nursing
- Youth Sexual Health

Goals of the Snapshot cont.

Build a framework that attempts to acknowledge fundamental drivers of youth health:

- **Strengths**

- Positive Youth Development
- Informed decision making
- Empowerment

- **Systems**

- Public Policy
- Systems of Oppression (Racism, Transphobia & Homophobia)
- Economics

- **Surviving**

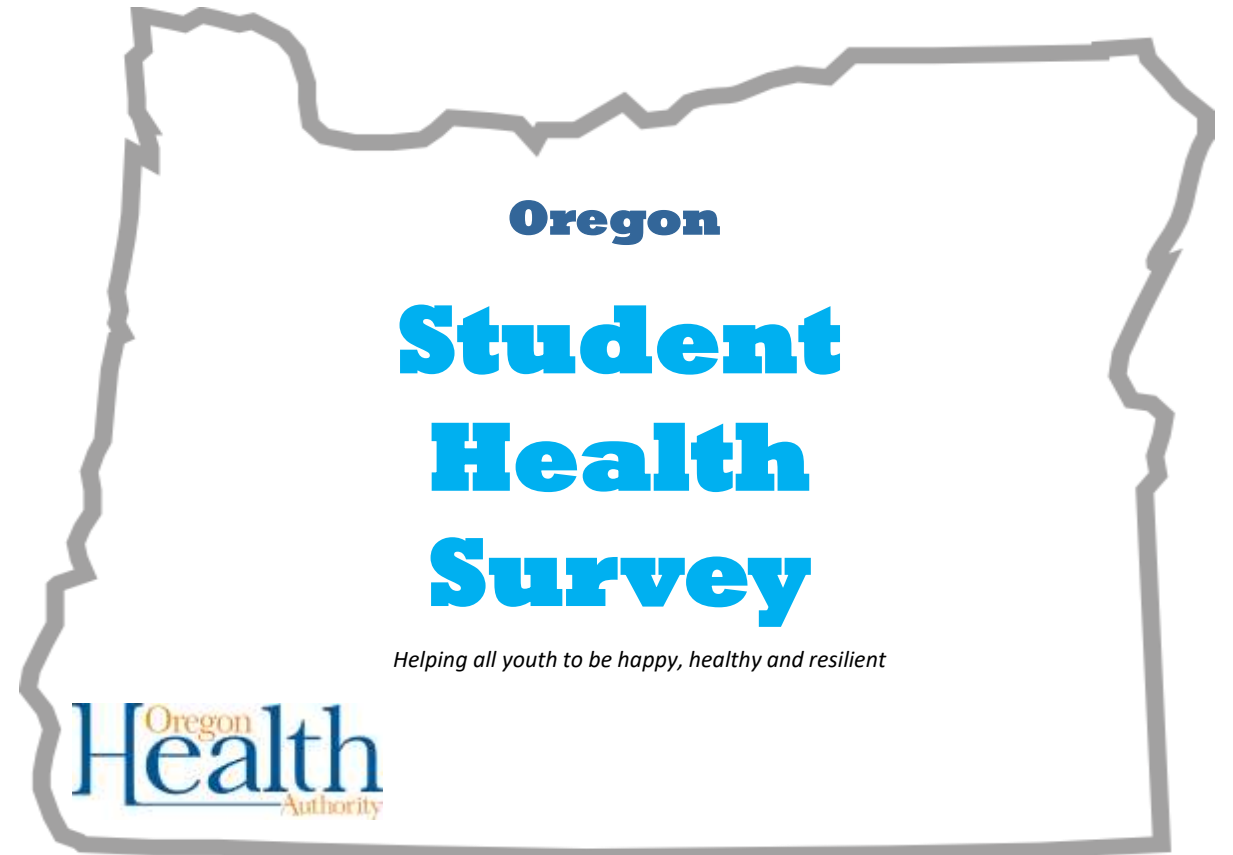
- Coping Behavior
- Mental Health Outcomes (Depression, Suicide Contemplation)
- Health Inequities



What's Different This Year

- Snapshot started in 2017
- Has typically shown trends over time using Oregon Healthy Teens data
- 2020 is an entirely different context...
 - Different survey
 - COVID-19
 - Mostly online
 - Administered over an 8-month period
- We are not showing trends here – want to truly give a “snapshot” of where youth are at

Our Primary Data Source



State Participation in 2020 SHS



MANY thanks to all the internal and external partners, districts and youth who made this survey possible.

2020 participation	6th grade	8th grade	11th grade
# participants	16,233	15,775	9,987
# counties	33	32	32
# school districts	95	94	93

Who are Oregon Adolescents?

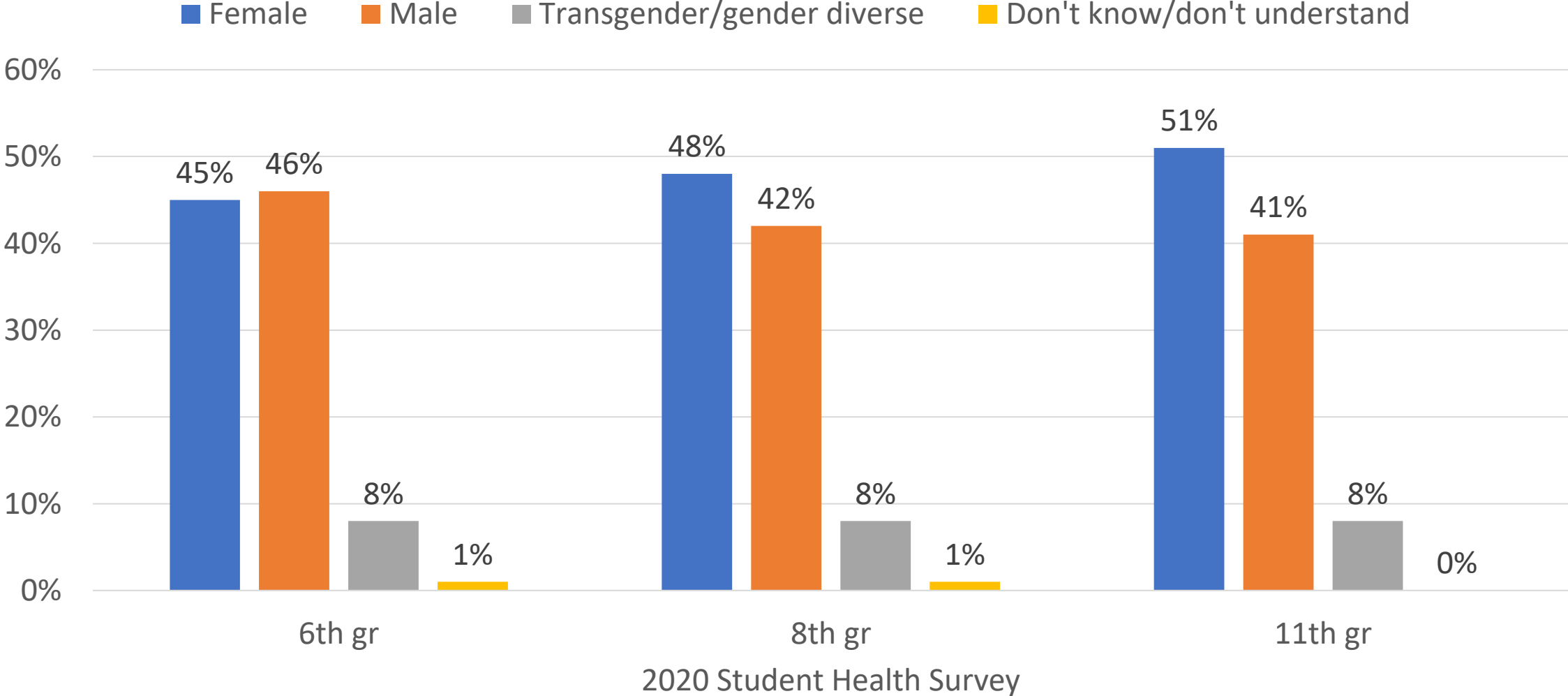
Demographic and Socioeconomic
Context



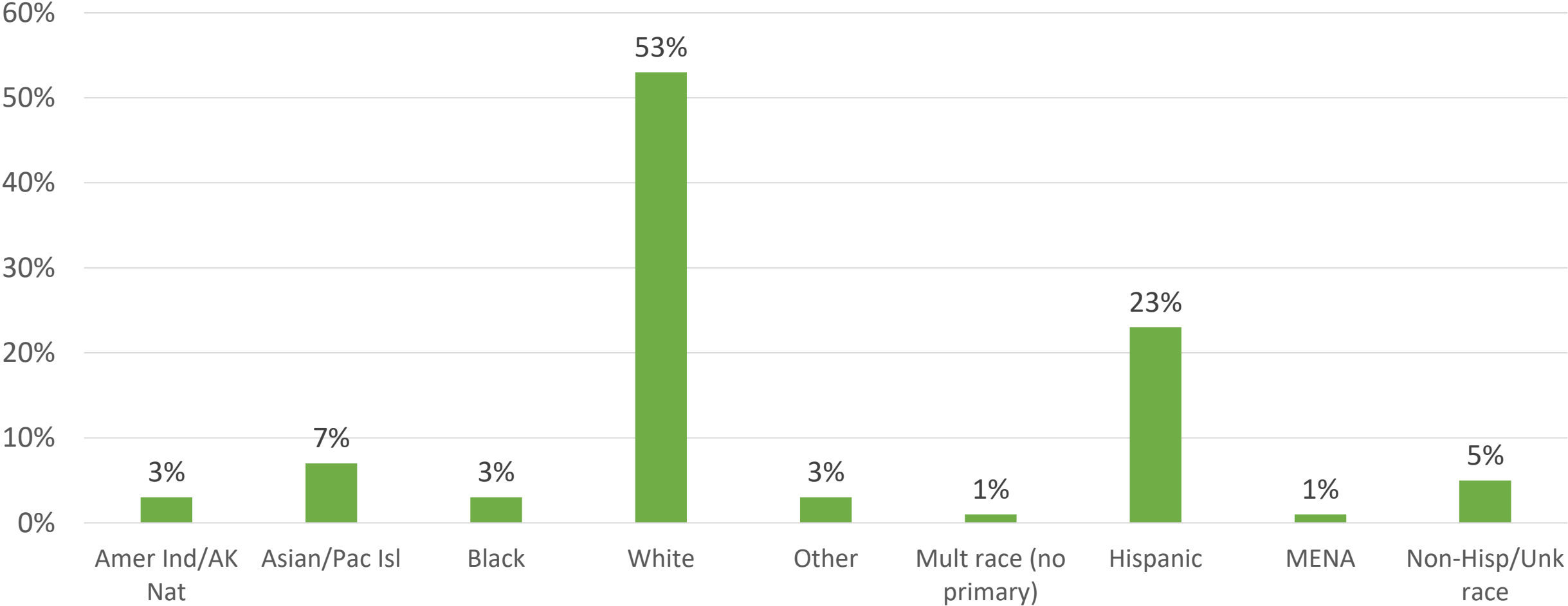
Oregon Adolescents

- Oregon has about 771,000 adolescents (age 10-24)
- Youth make up about 18% of Oregon's population
- About 18% of adolescents live below the poverty line
 - Compared to 11% of all Oregonians
- Medicaid covers about 1 in 2 youth
- Youth are more racially/ethnically diverse than adults and seniors

Gender Identity of Oregon Youth



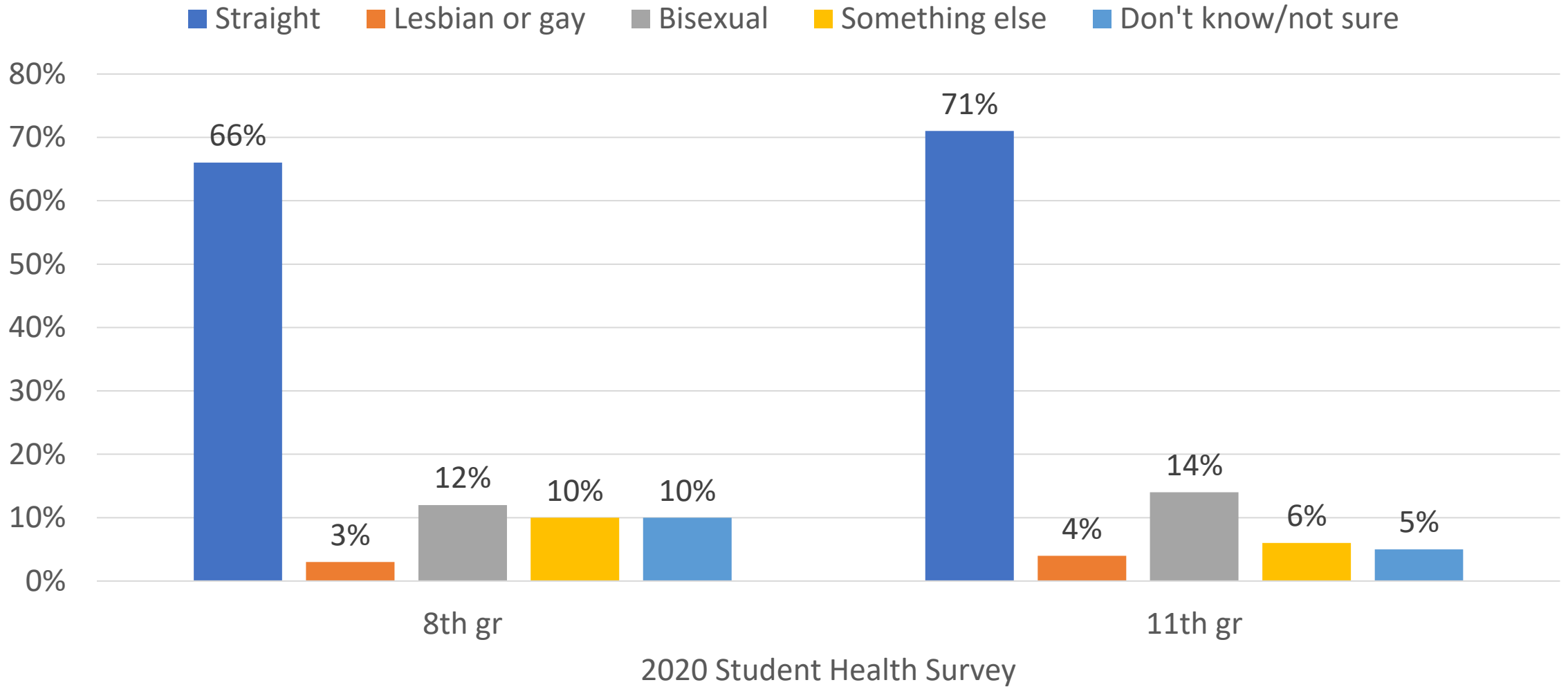
Race/Ethnicity of OR Youth (Grade 6/8/11)



2020 Student Health Survey

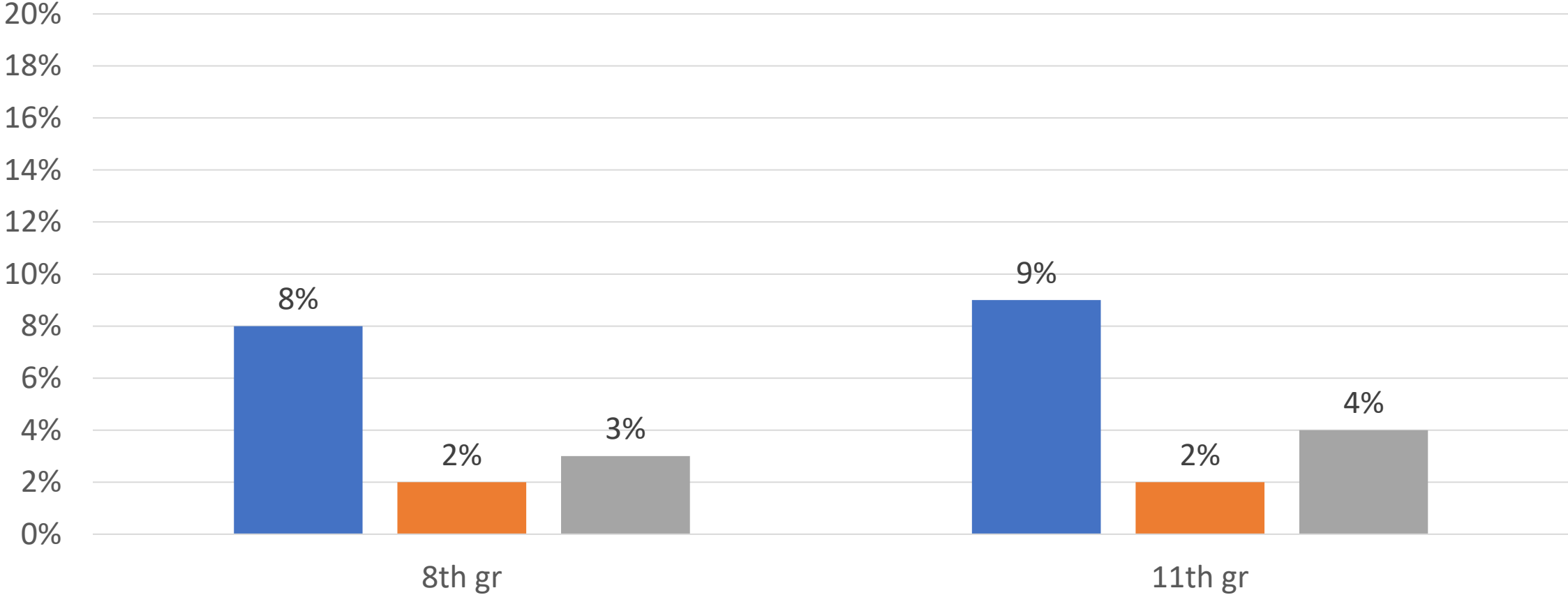
*MENA = Middle Eastern North African

Sexual Orientation of Oregon Youth



Social Determinants of Health

■ Food insecure ■ Unstable housing ■ Has spent time in foster care



2020 Student Health Survey

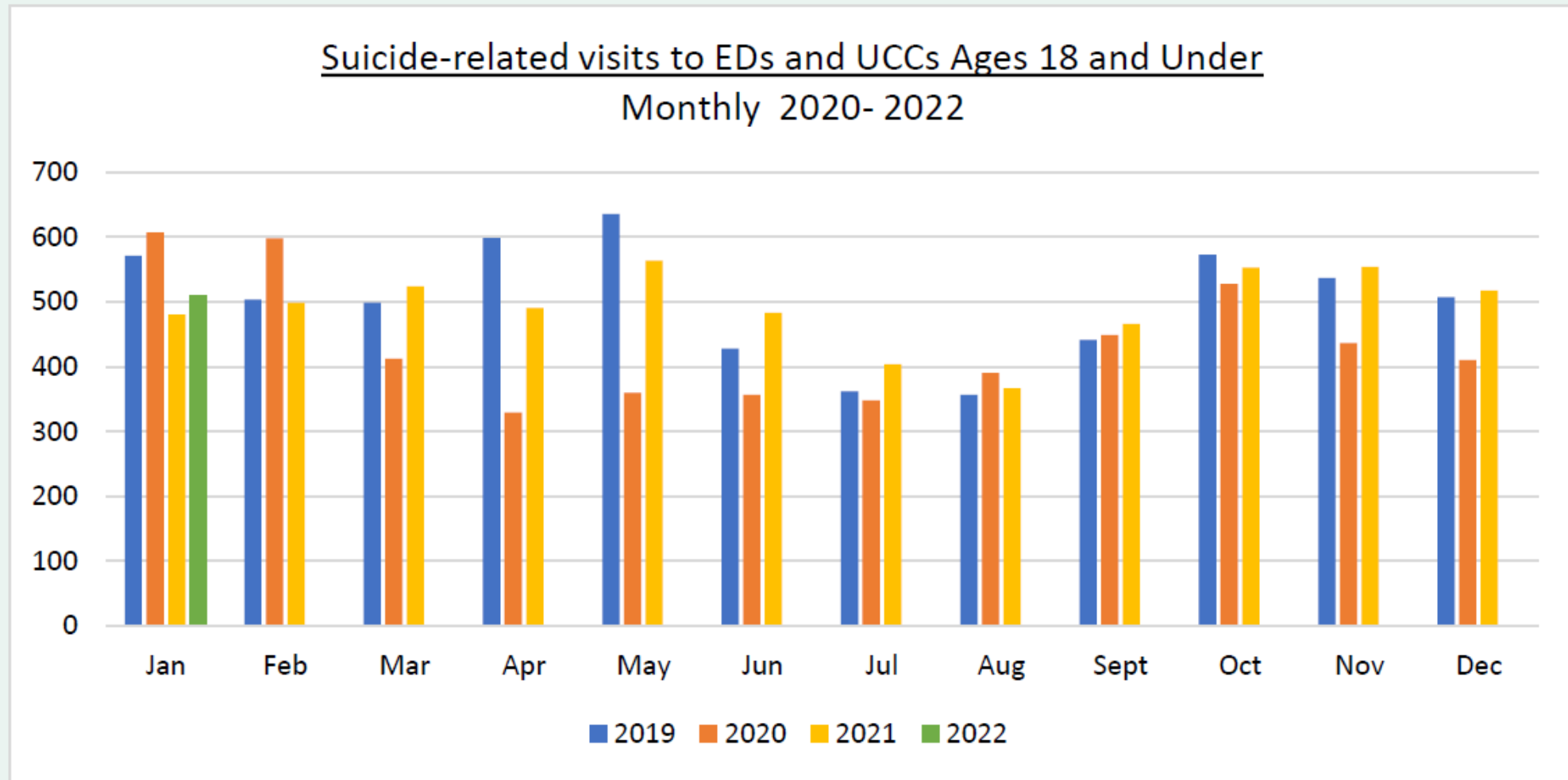


Mental Health & Wellbeing

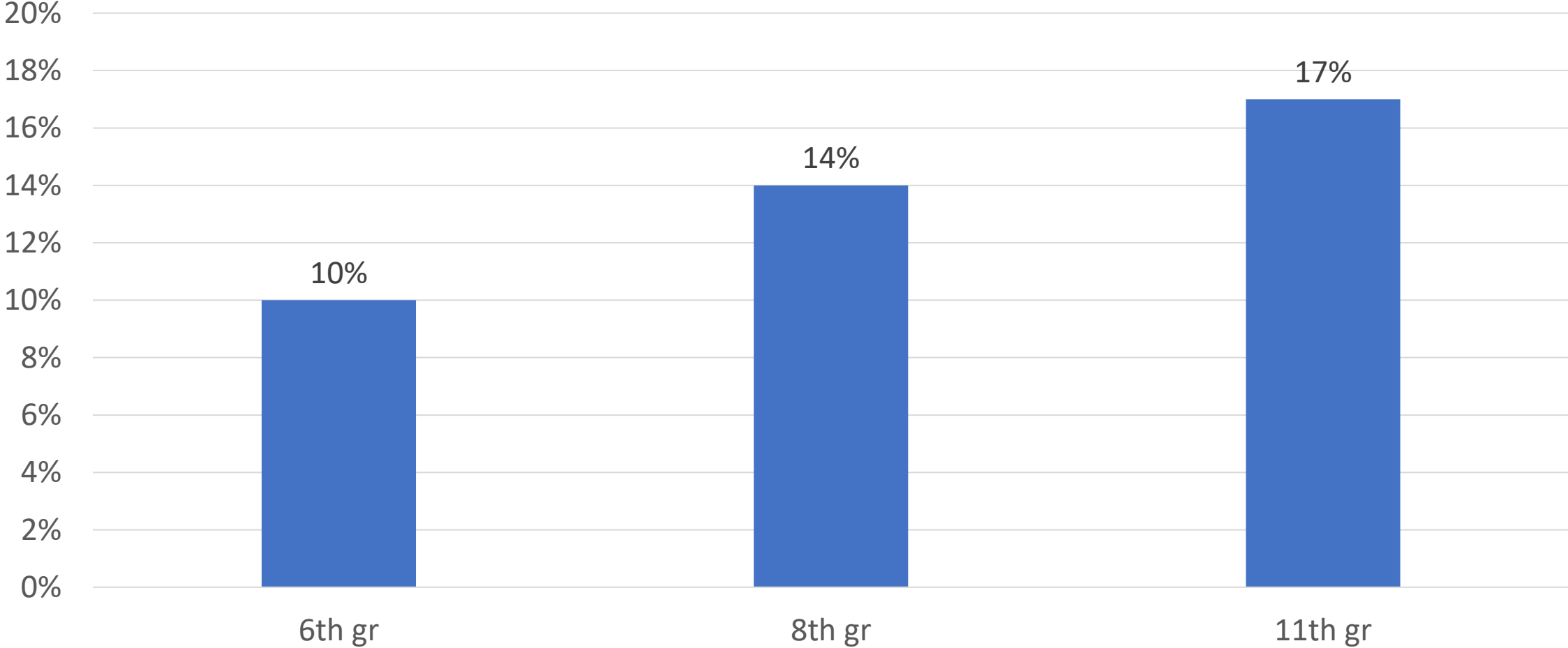
Mental Health Takeaways

- Youth suicide-related visits to urgent care & ER have been steady for the past 3 years
- However, Oregon youth are facing substantial mental health and wellness challenges
- The vast majority of youth have somewhere to go for help outside of school
- Queer, transgender, and to some extent female-identifying youth are experiencing significantly more distress and less adult support than males

Suicide-related visits to EDs and UCCs for youths ages 18 and under in the fourth quarter of 2021, were similar to 2019.

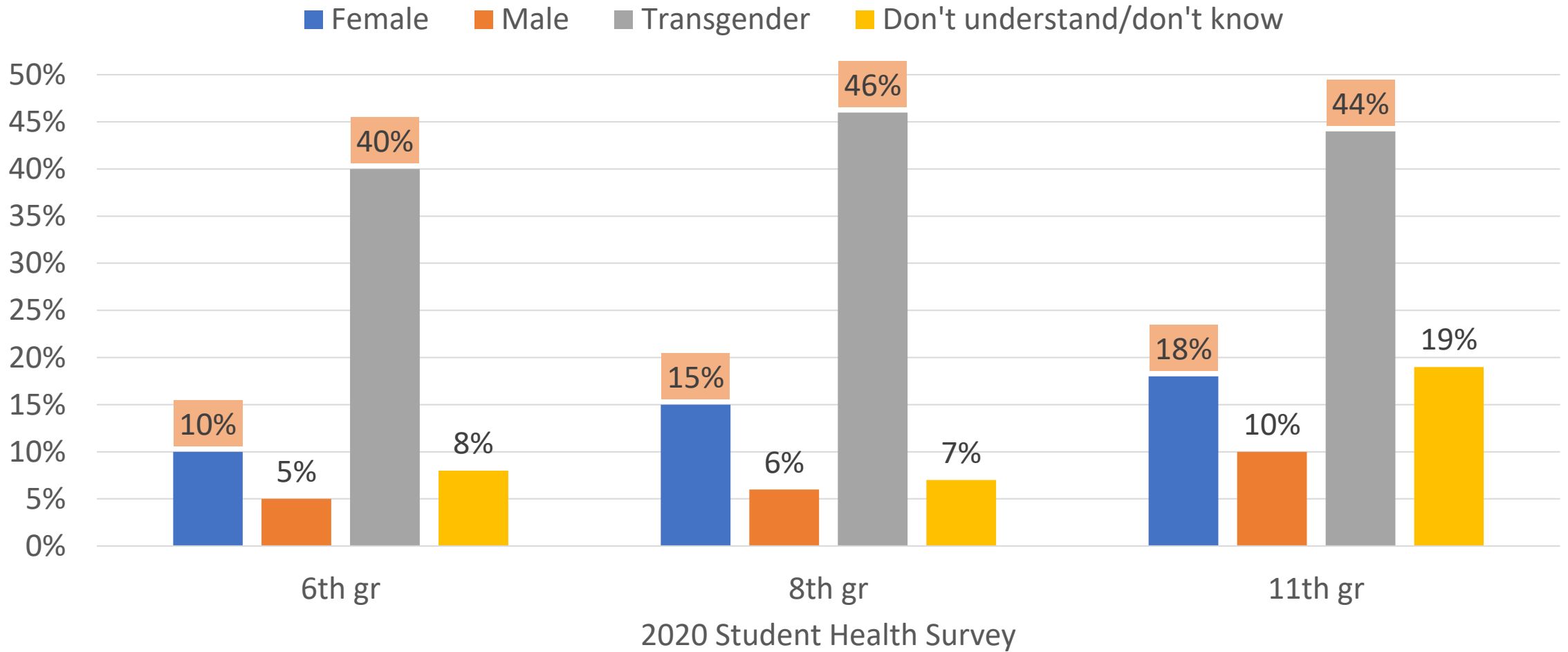


Seriously Contemplated Suicide in Past Year

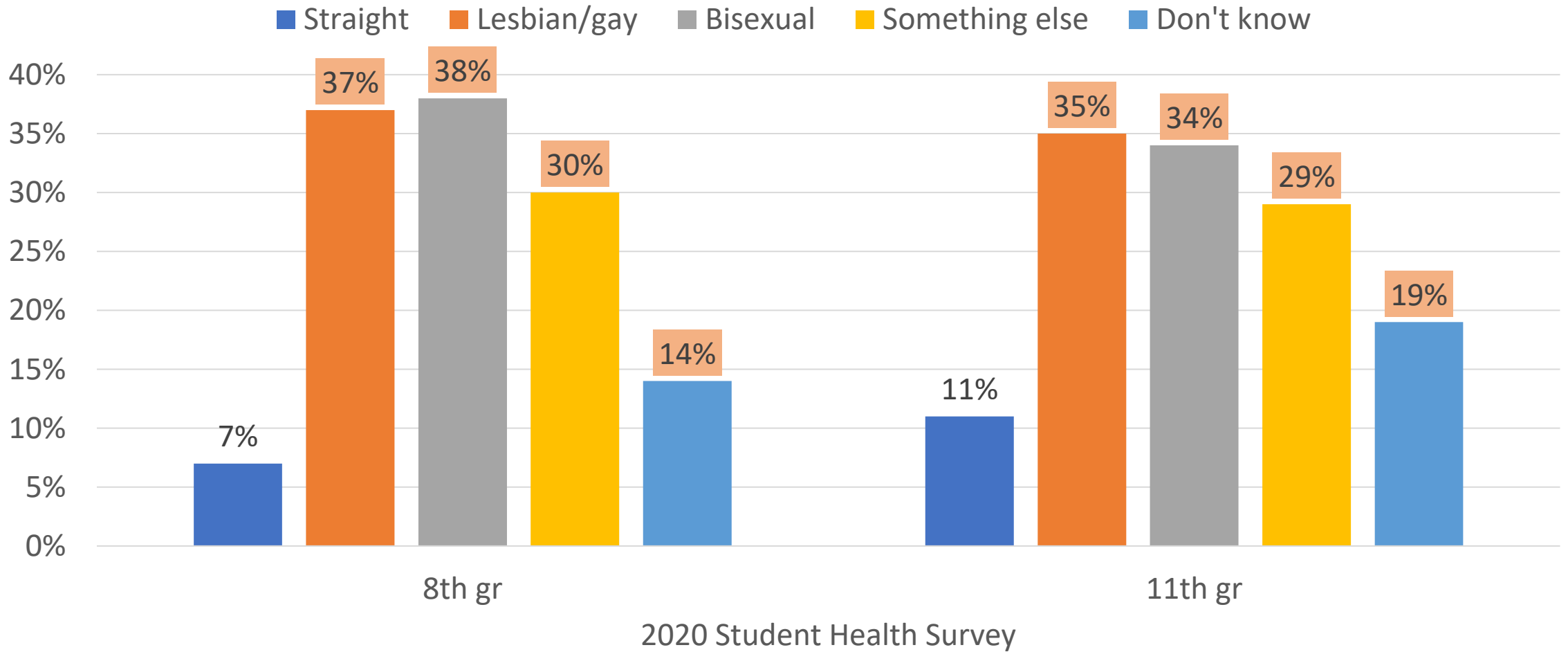


2020 Oregon Student Health Survey

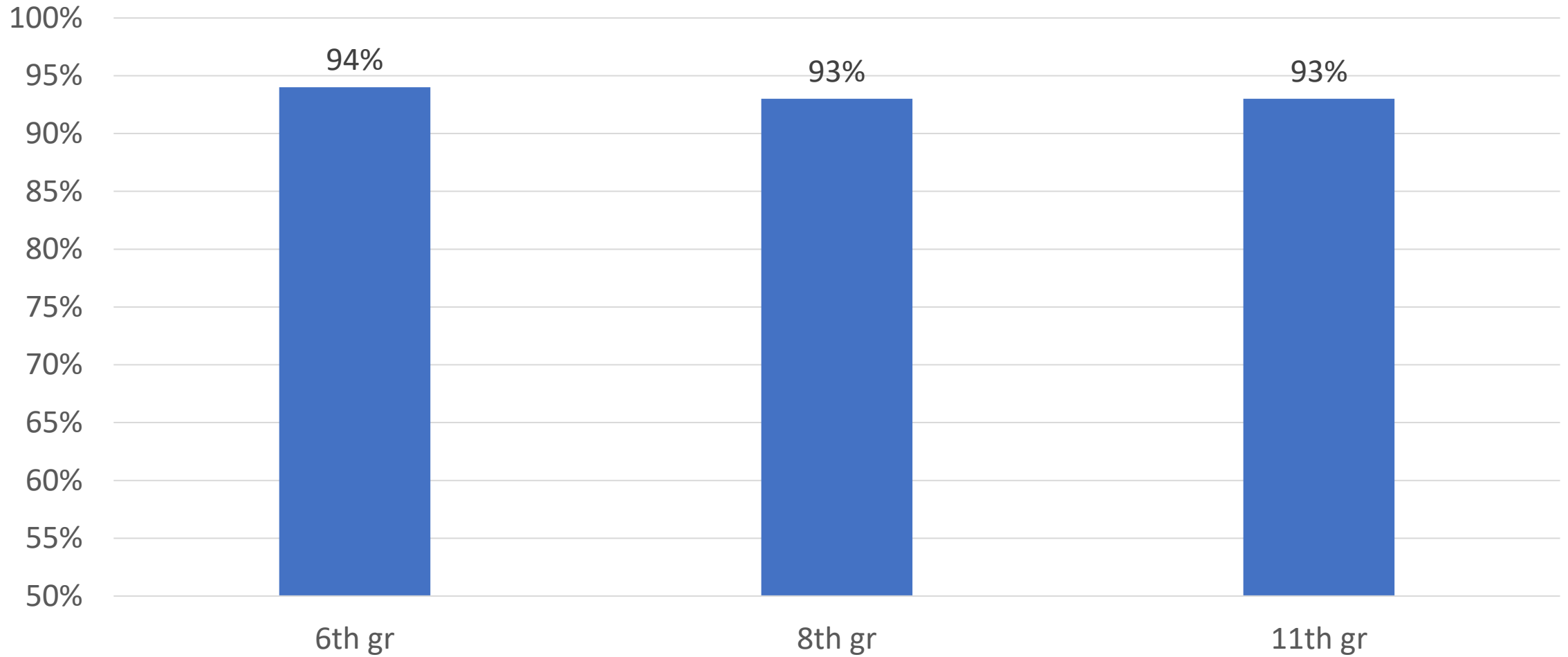
Contemplated Suicide in Past Year: (by gender identity)



Contemplated Suicide in Past Year: (by sexual orientation)

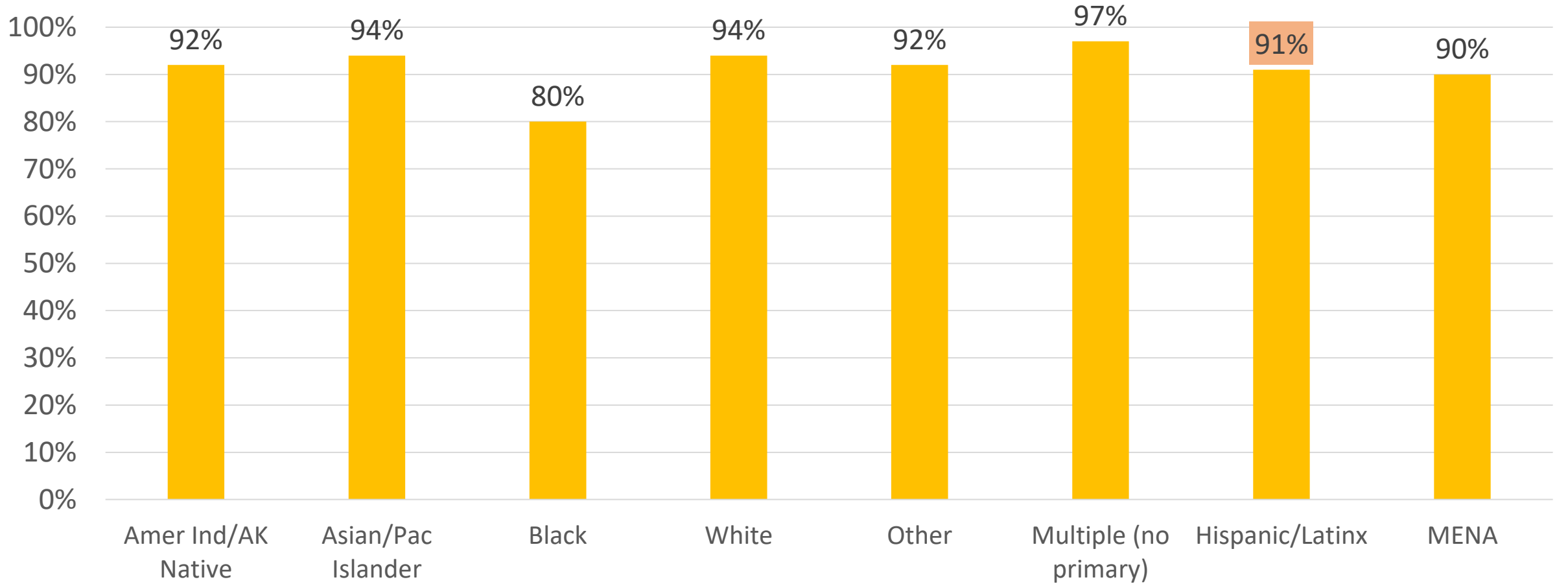


Has Safe Place/Person Outside of School for Help



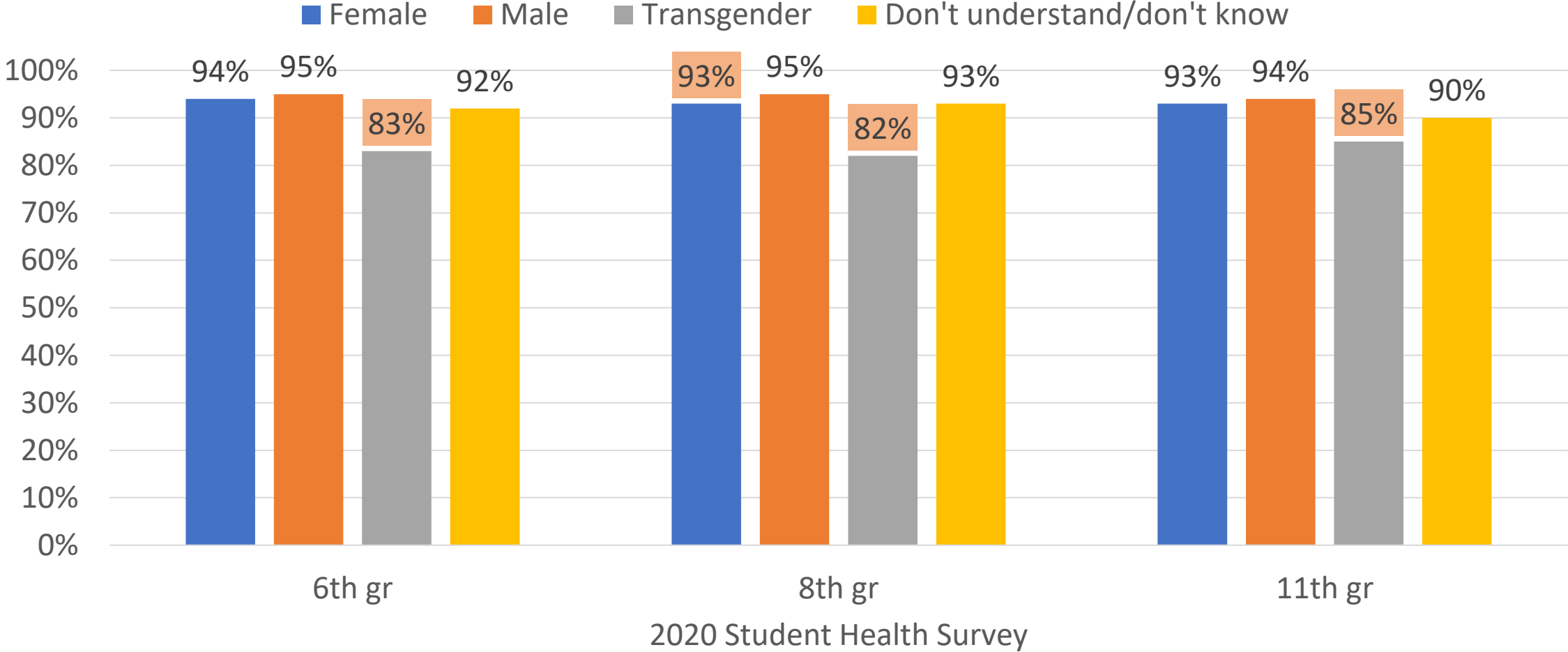
2020 Oregon Student Health Survey

Has Safe Person/Place Outside of School (8th gr. by race/ethnicity)



2020 Student Health Survey

Has Safe Person/Place Outside of School (by gender identity)



Youth Quotes | Mental Health

"I have been struggling with my depression nonstop for almost 2 months due to home and mostly due to school."

"I can't focus on schoolwork because I don't feel like doing anything and can't bring myself to do it."

"High anxiety, can't focus on anything, just bad mental state."

"Nothing too serious, just a little down. I think most people have felt the same."

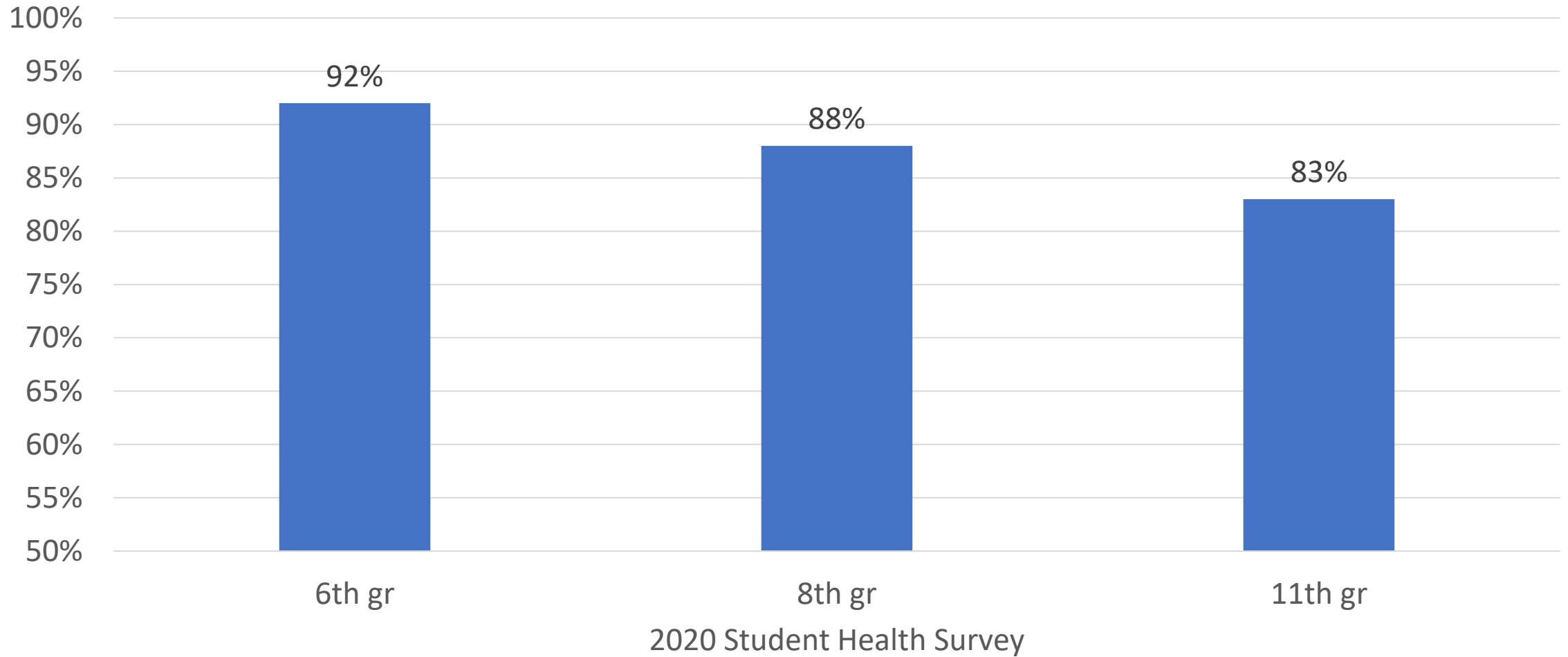


School Climate & Connectedness

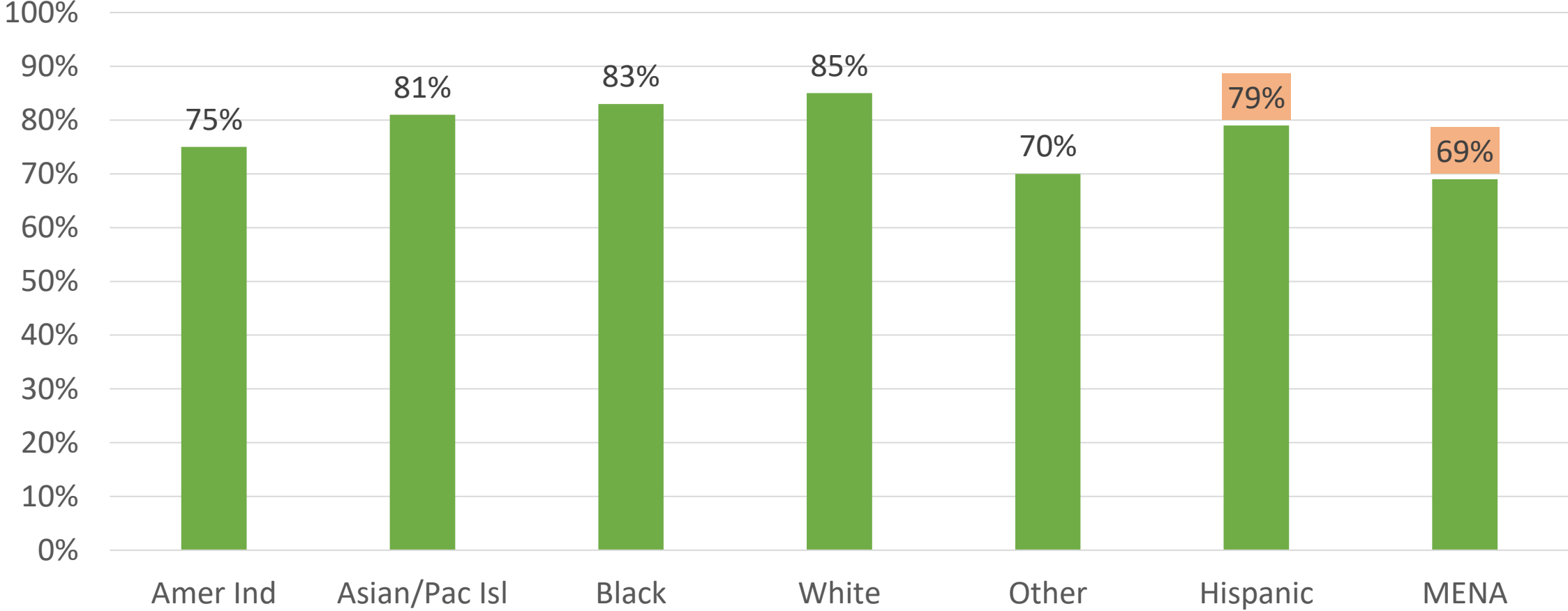
School Climate/ Connectedness Takeaways

- Most youth feel a teacher would notice if they were absent
- This is lower for youth who are older, BIPOC, queer, or transgender
- About 1 in 10 youth experienced school-related bullying
- Queer, trans & rural/frontier youth were much more likely to experience bullying
- About 1 in 4 youth experience conflict/tension at school due to socioeconomic or demographic factors

If I am absent, a teacher/other adult at school will notice
(% Strongly agree/agree)



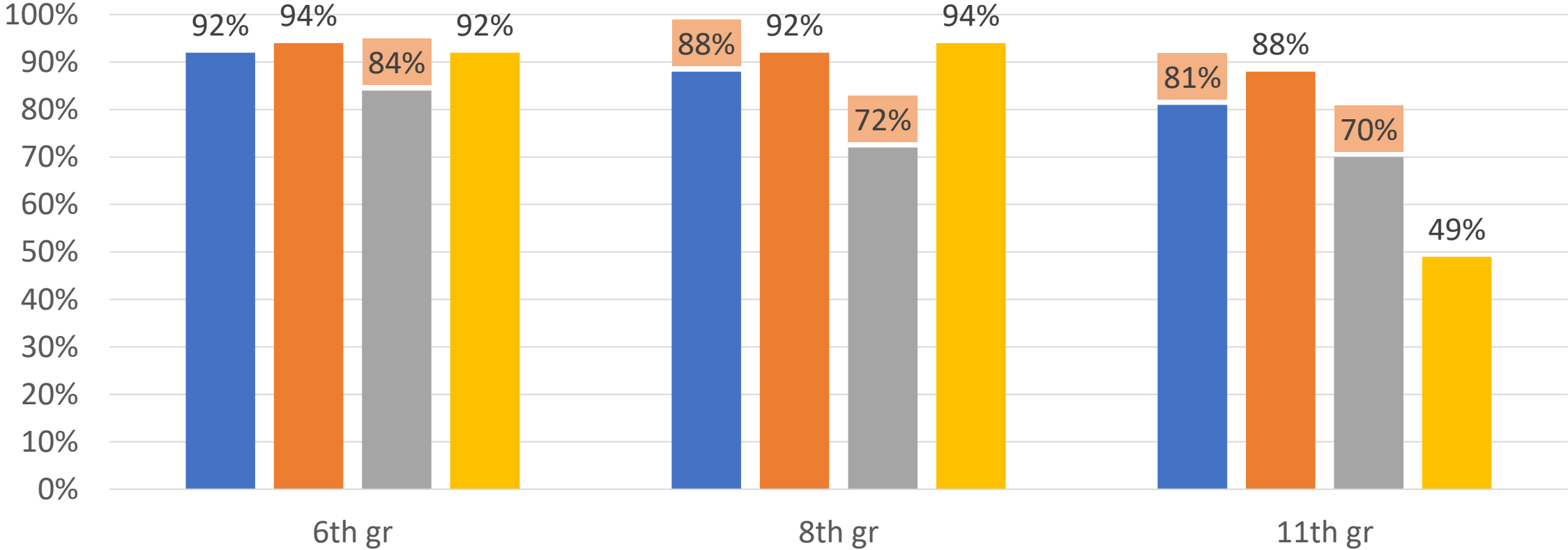
11th gr: Teacher will notice if I'm absent
(% Strongly agree/agree)



2020 Student Health Survey

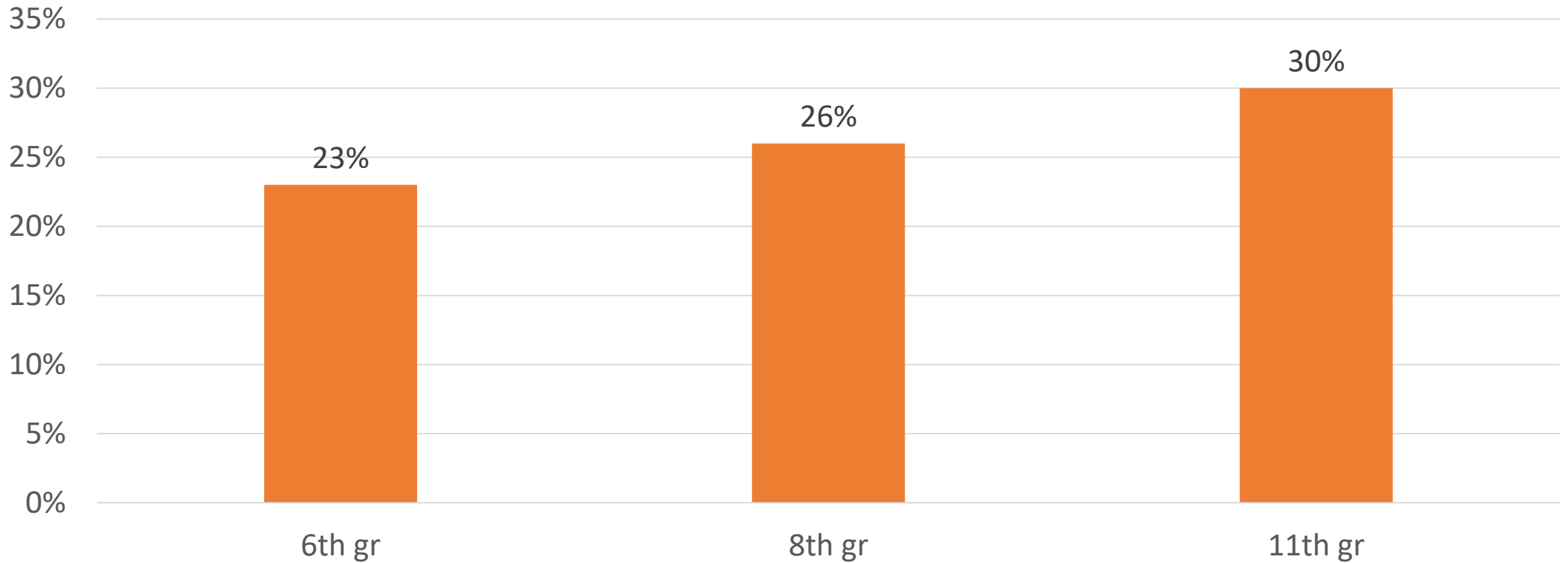
Teacher will notice if I'm absent (% Strongly agree/agree)

Female Male Transgender Don't understand/don't know



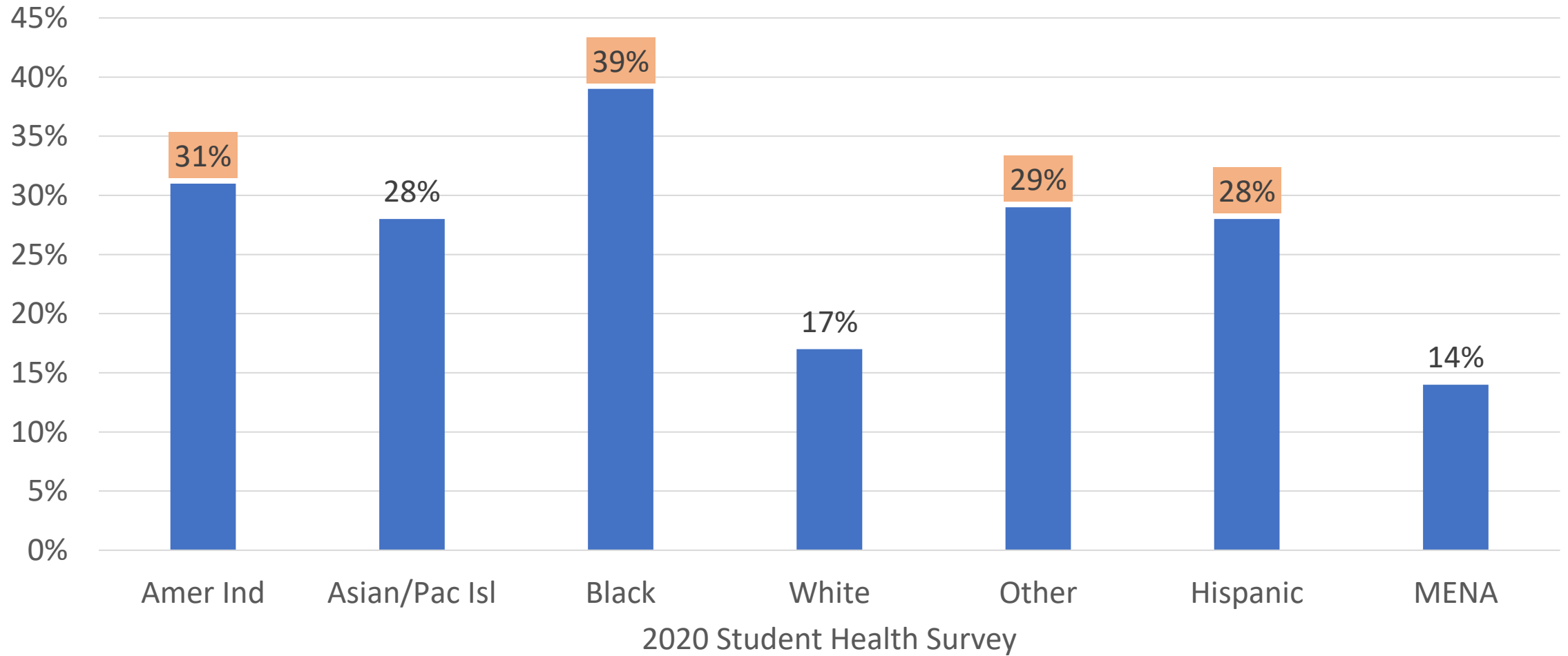
2020 Student Health Survey

At this school, there is conflict based on race, ethnicity, culture, religion,
gender, sexual orientation or disability
(% Strongly agree/agree)

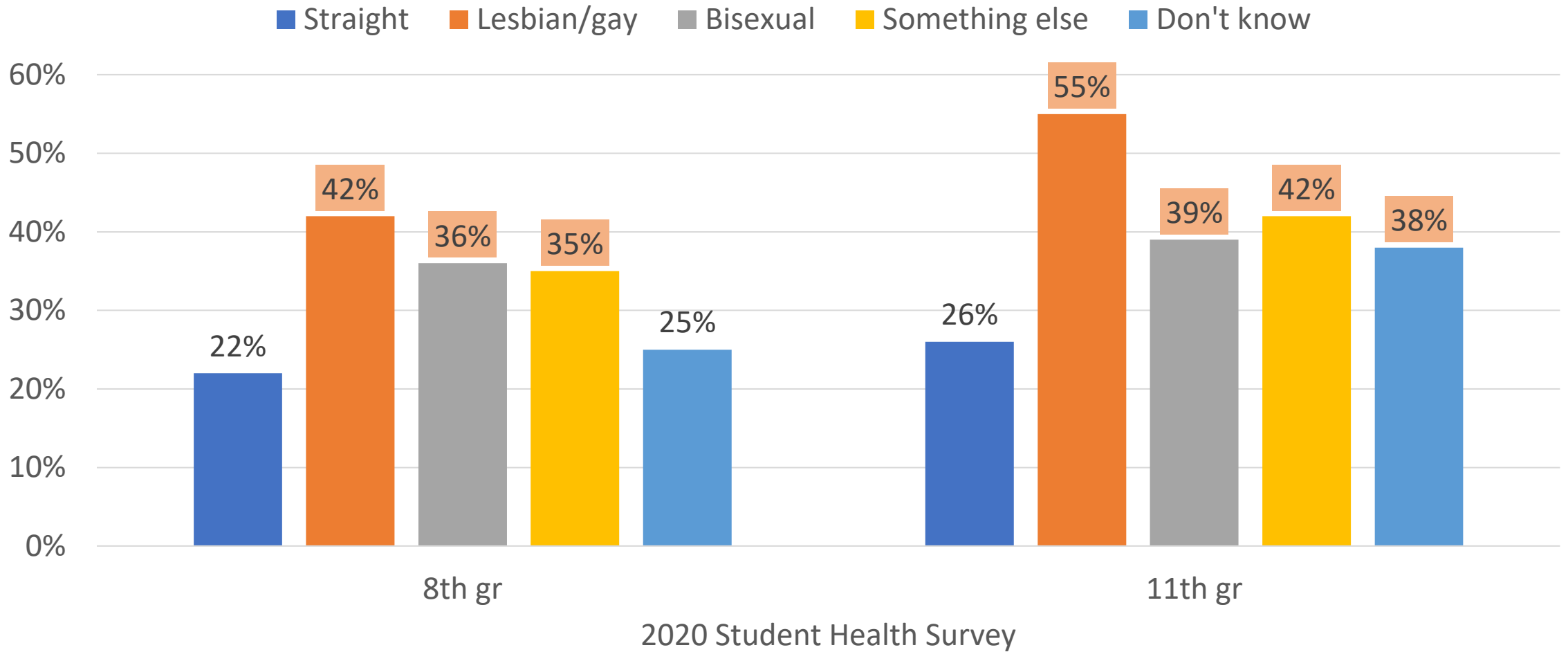


2020 Student Health Survey

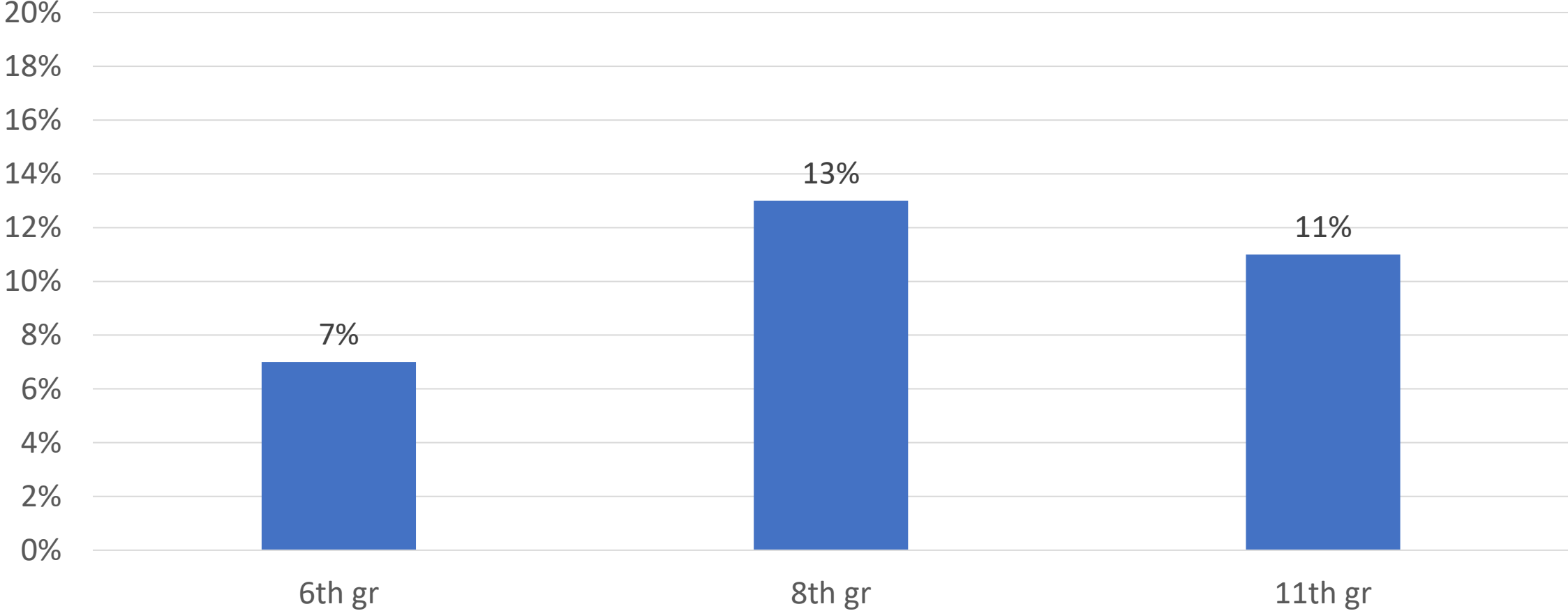
6th grade: School Tension based on Race, Gender, etc.
(% Strongly agree/agree)



School Tension based on Race, Gender, etc. (% Strongly agree/agree)

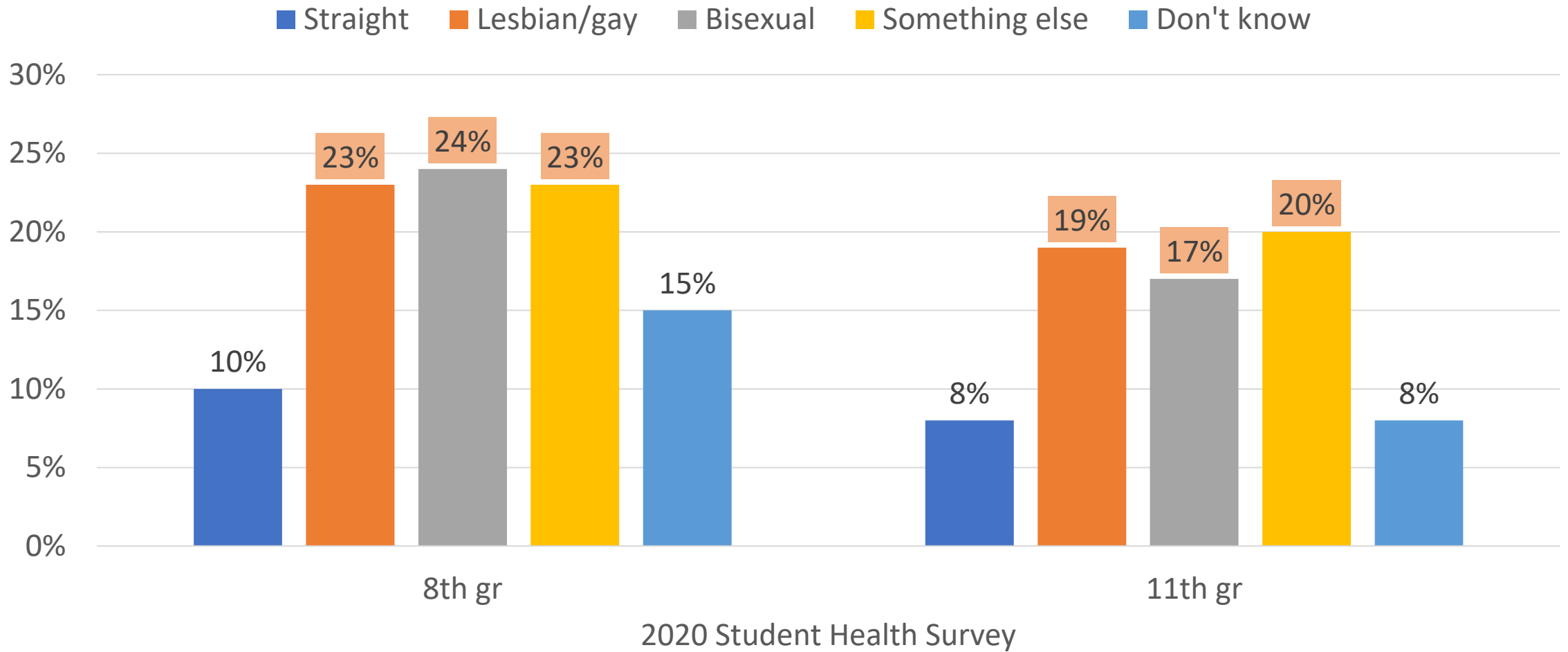


Was Bullied at School in past 30 days (including distance learning)



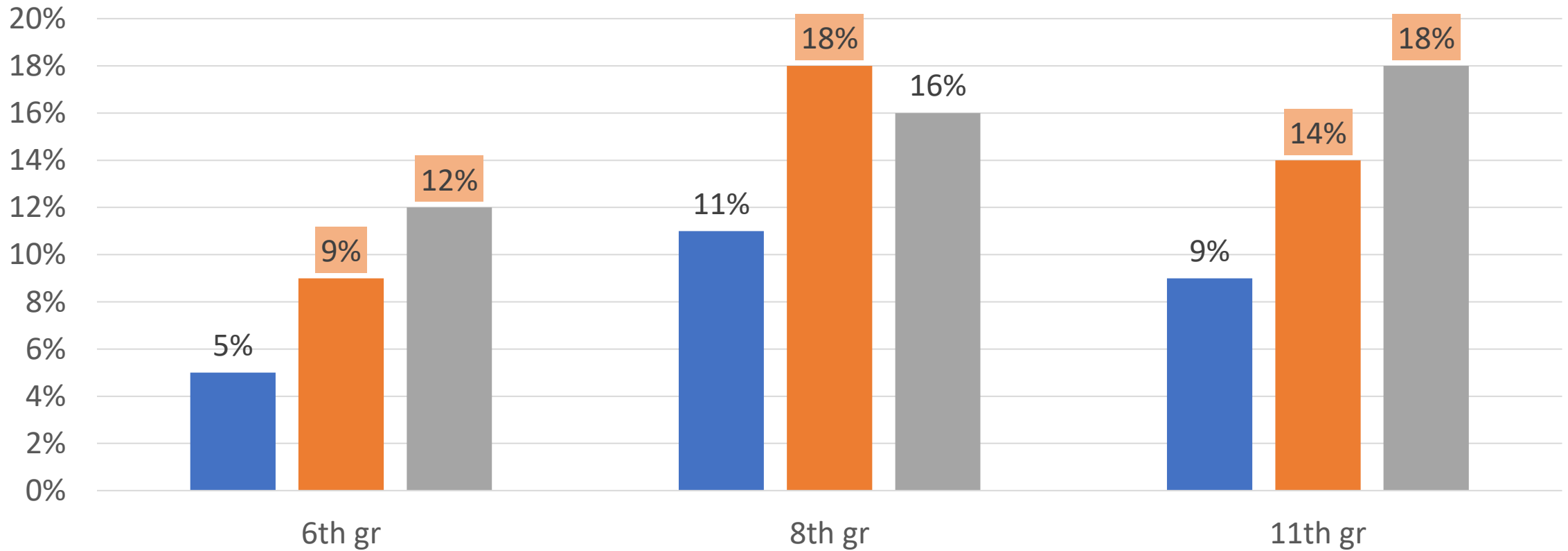
2020 Student Health Survey

Was Bullied at School in Past 30 Days (by sexual orientation)



Was Bullied at School in Past 30 Days (by location)

■ Urban ■ Rural ■ Frontier



2020 Student Health Survey

Frontier = Areas furthest from population centers (OHSU Ofc of Rural Health)

Youth Quotes | School Climate & Connectedness

"I'll be honest. I don't really trust a lot of adults at the school."

"I miss my friends and want to be social at school again.
But don't worry. I am able to stay standing strong currently."



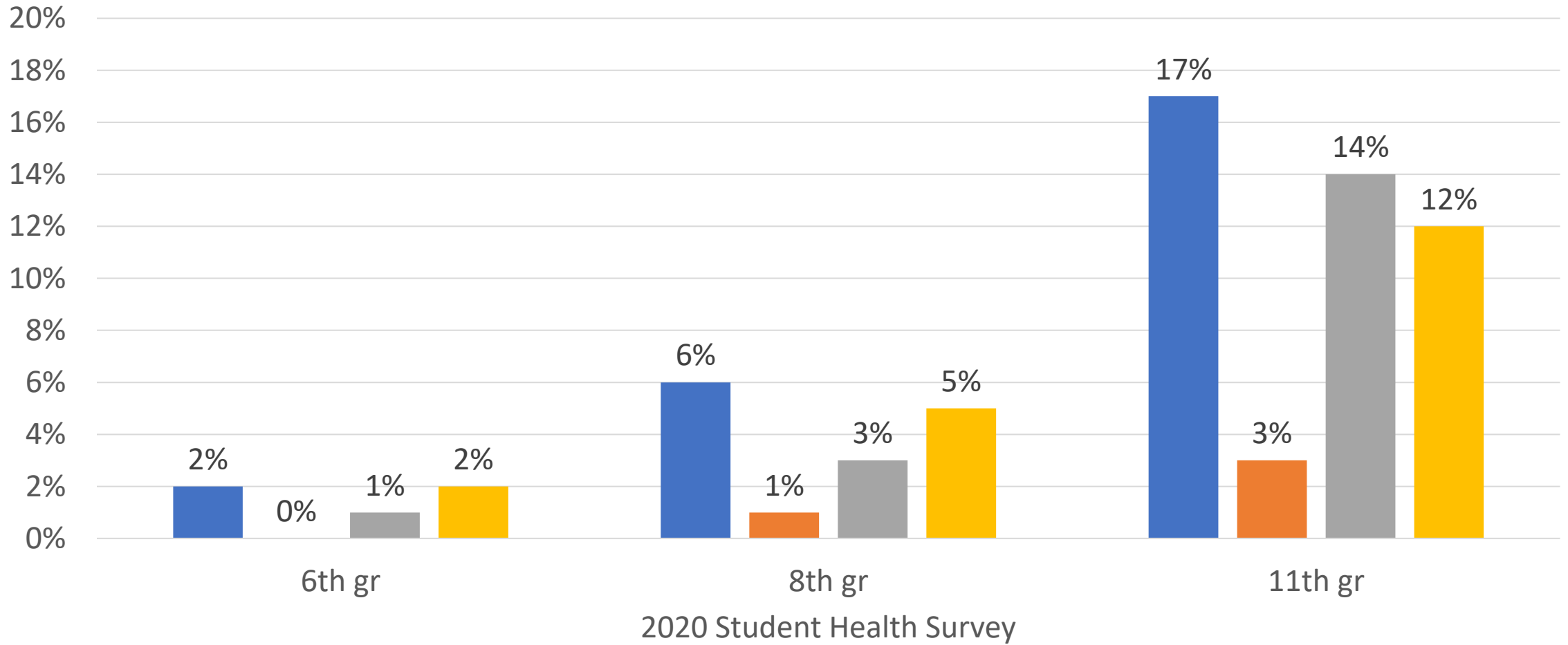
Substance Use

Substance use takeaways

- Youth reported lower recent substance use rates than in prior years
 - Several theories as to why but need more data and input from youth
- Transgender and bisexual youth reported significantly higher levels of substance use
- Asian and Pacific Islander youth had significantly lower rates of alcohol, marijuana and e-cigarette use

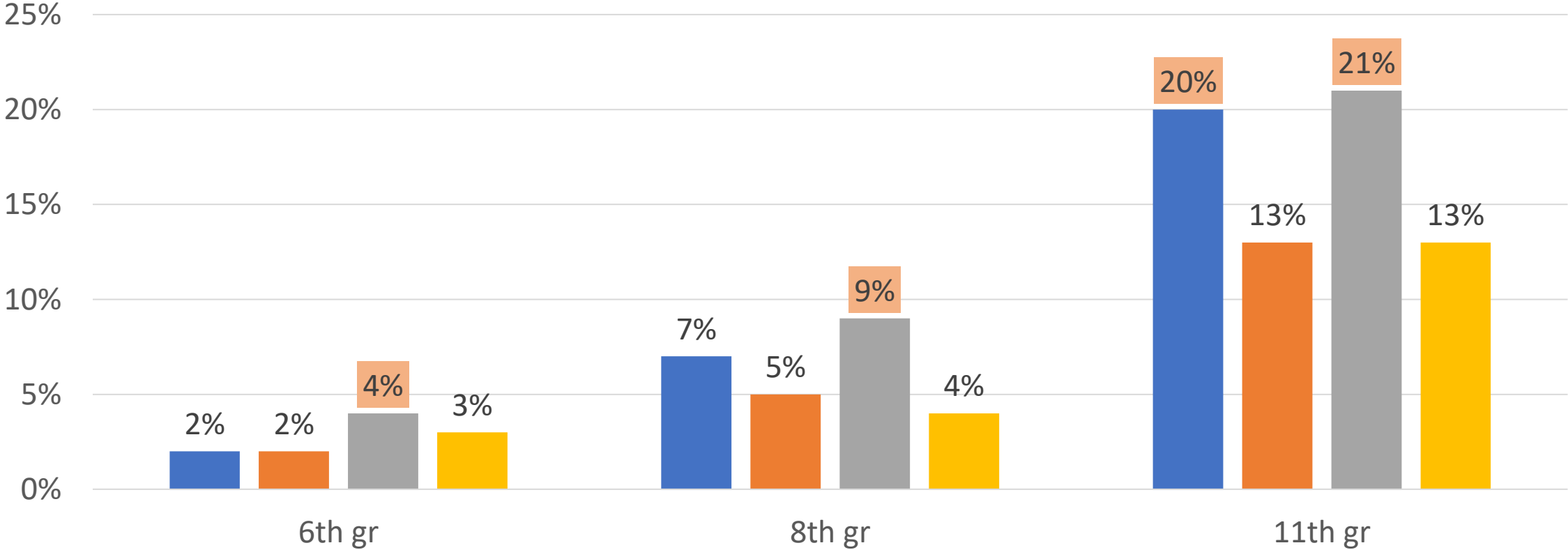
30-day Substance Use

■ Alcohol ■ Cigarettes ■ Marijuana ■ E-cigarettes



Alcohol Use in Past 30 Days (by gender identity)

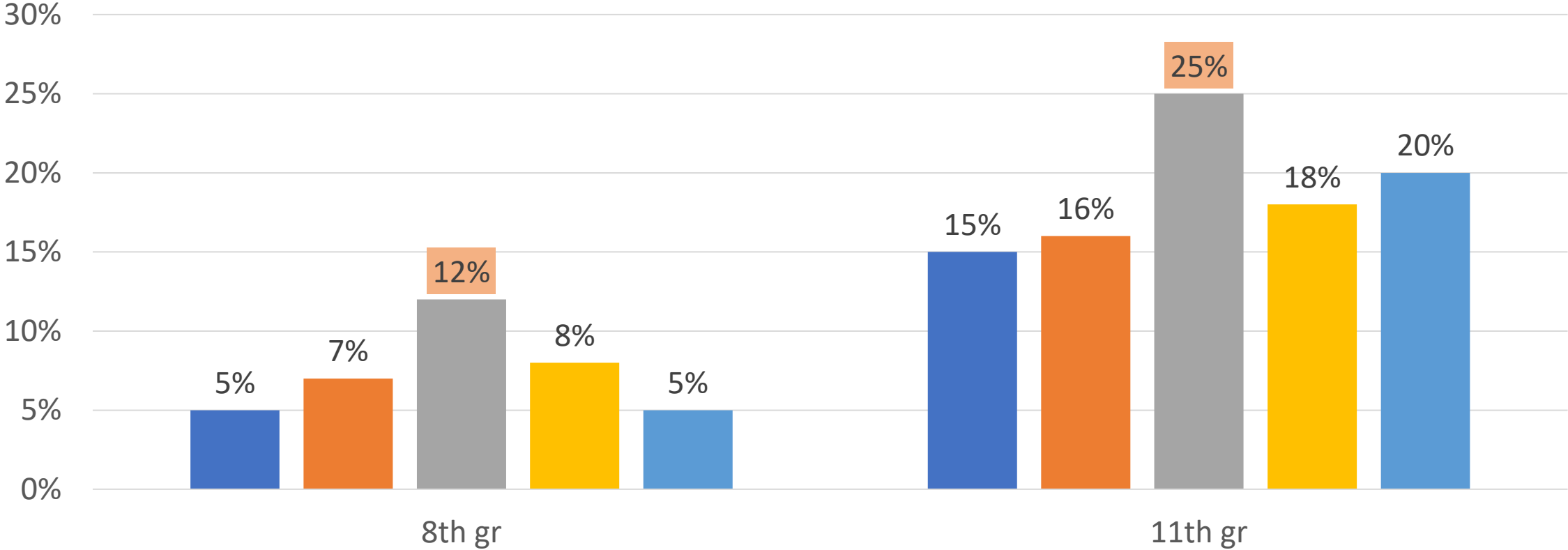
Female Male Transgender Don't understand/don't know



2020 Student Health Survey

Alcohol Use in Past 30 Days (by sexual orientation)

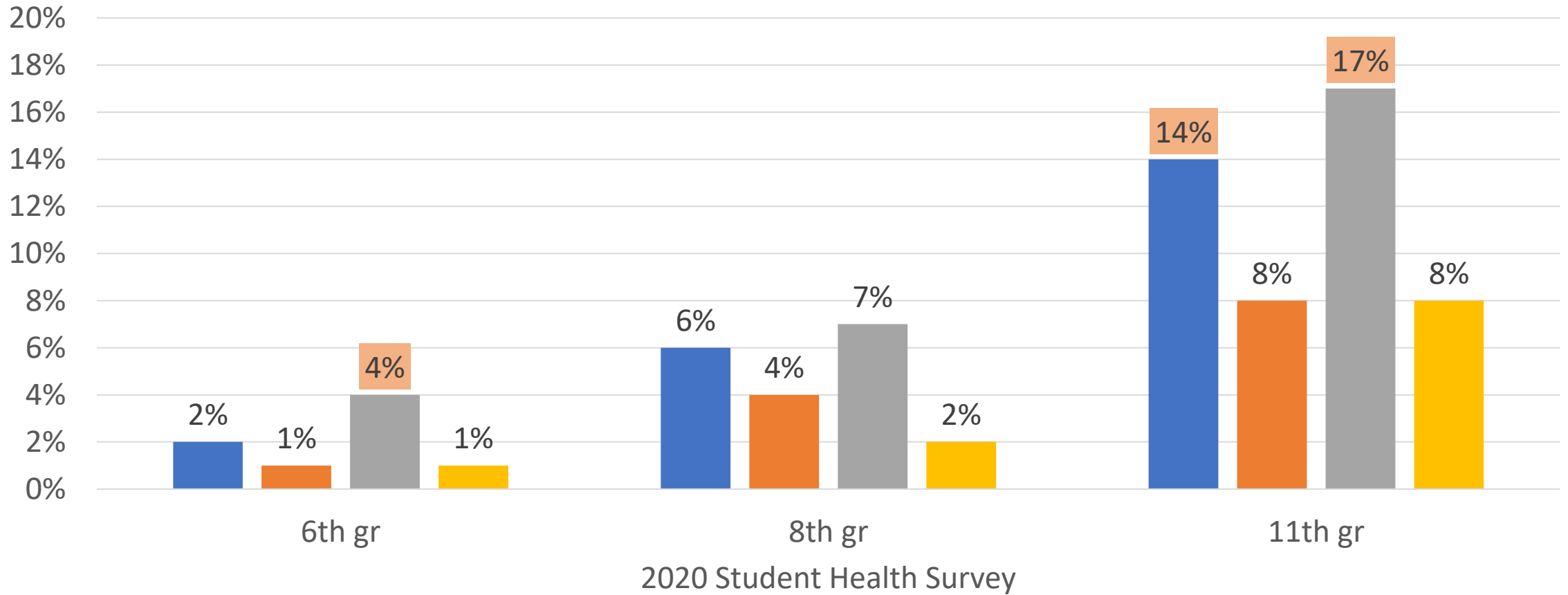
■ Straight ■ Lesbian/gay ■ Bisexual ■ Something else ■ Don't know



2020 Student Health Survey

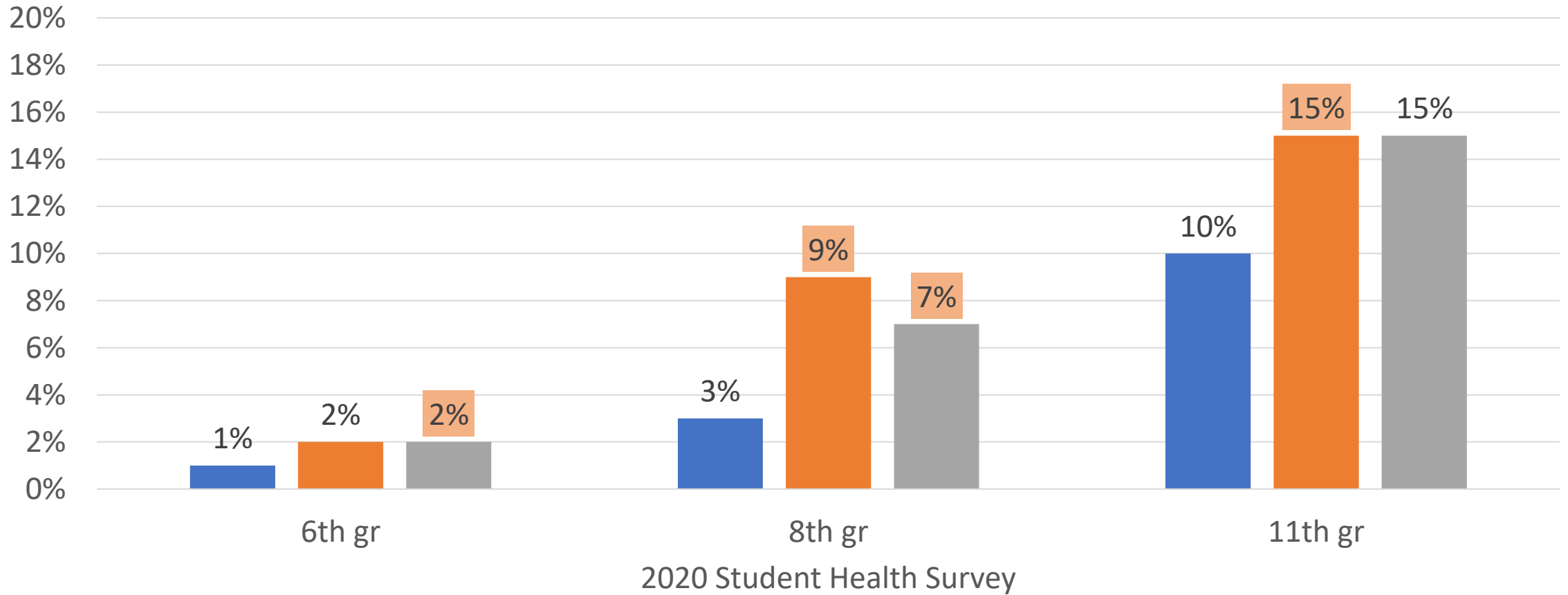
E-cigarette Use in Past 30 Days (by gender identity)

■ Female ■ Male ■ Transgender ■ Don't understand/don't know



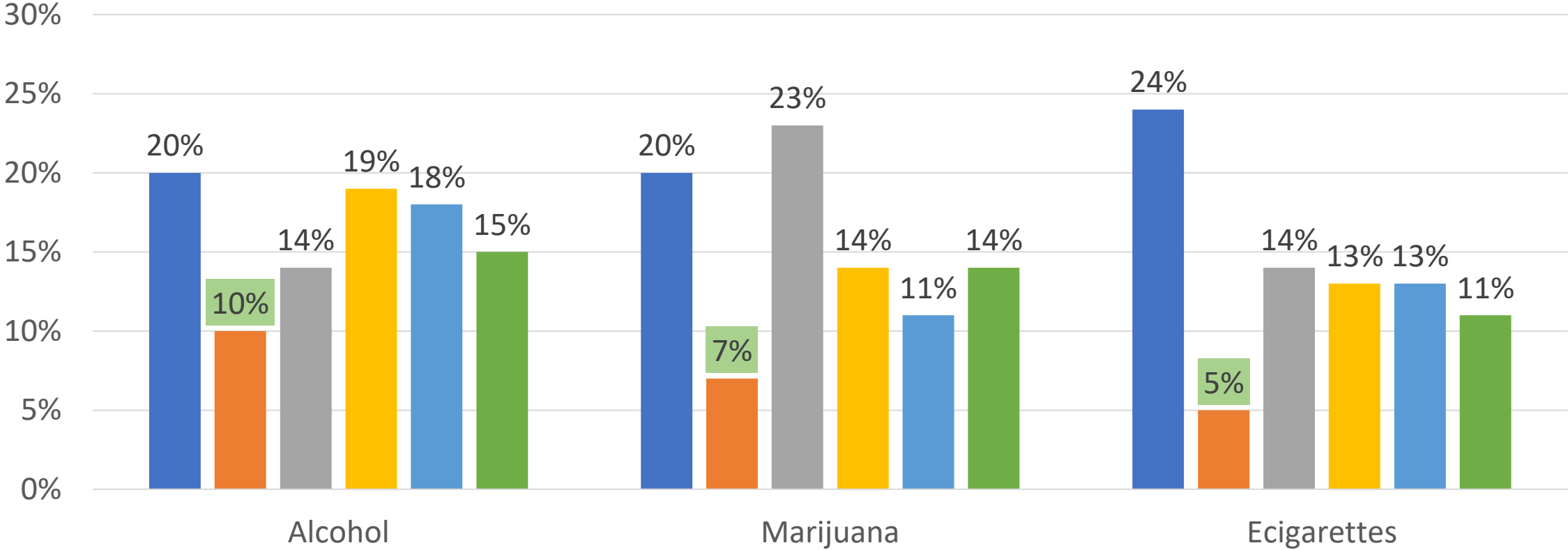
E-cigarette Use in Past 30 Days (by location)

■ Urban ■ Rural ■ Frontier



11th grade 30-Day Substance Use (by race/ethnicity)

Amer Ind Asian/Pac Isl Black White Other Hispanic



2020 Student Health Survey

Effects of COVID

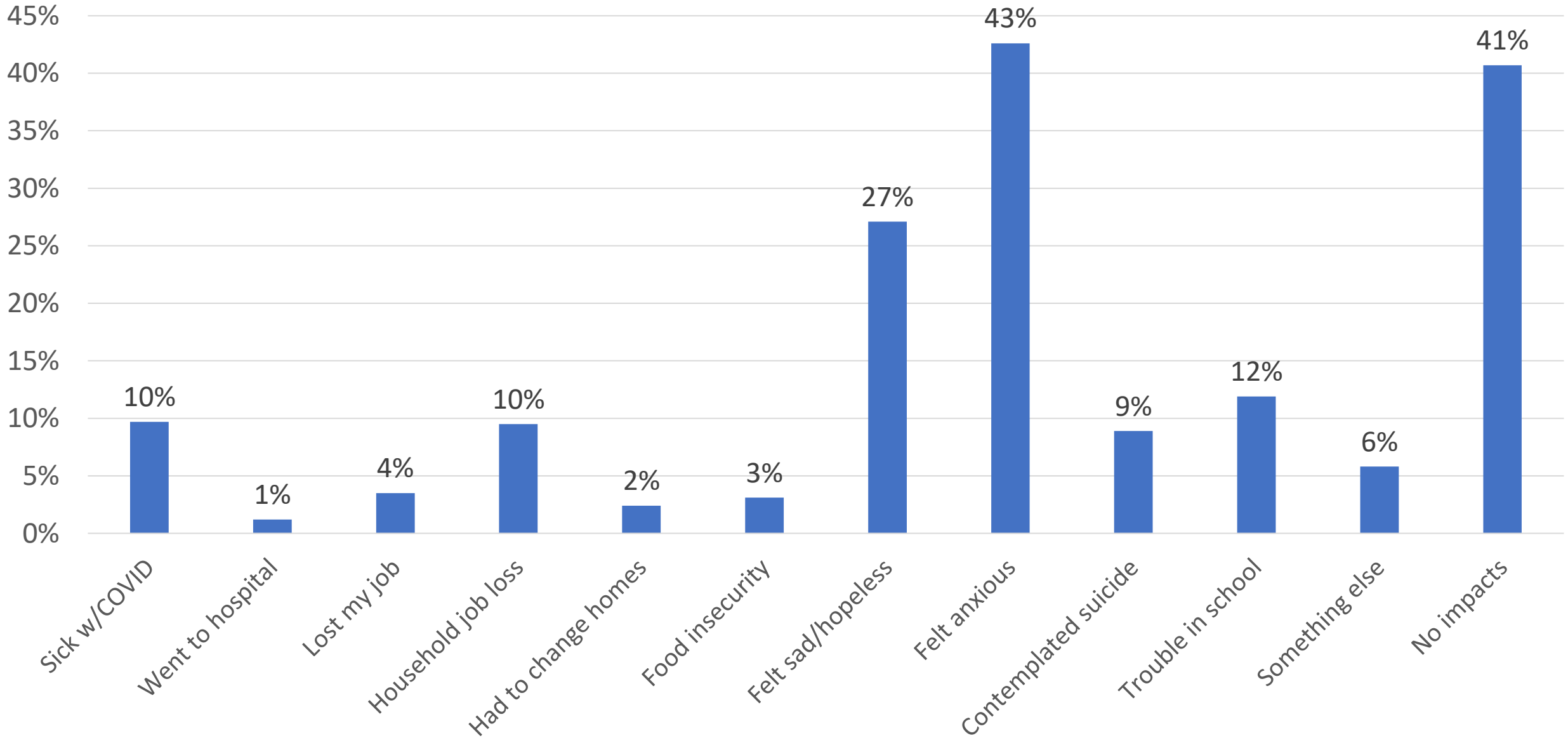


-
26. This past year, many youth and families in Oregon were affected by the Coronavirus (also known as COVID-19). Did you experience any of the following due to the coronavirus or coronavirus symptoms? **(Select one or more responses)**.
- A. I was sick with the coronavirus or coronavirus symptoms
 - B. I had to go to the hospital because of the coronavirus or coronavirus symptoms
 - C. I lost my job
 - D. One or more people living in my home lost their job
 - E. I had to move or change homes
 - F. I had to eat less food than I thought I should
 - G. I felt sad or hopeless almost every day for at least two weeks in a row
 - H. I felt anxious, nervous or on edge
 - I. I seriously considered attempting suicide
 - J. I had difficulty keeping up with school work because I didn't have access to a reliable computer or internet service
 - K. Something else **(Specify)** _____
 - L. None of these

COVID Takeaways

- More than half of Oregon youth experienced negative economic, emotional and/or academic effects from the pandemic
- Female, transgender/gender diverse, and queer youth experienced disproportionate mental health and academic effects
- Keeping up with school due to technology was particularly difficult for youth in rural and frontier areas

Impact of COVID-19 on 11th Graders



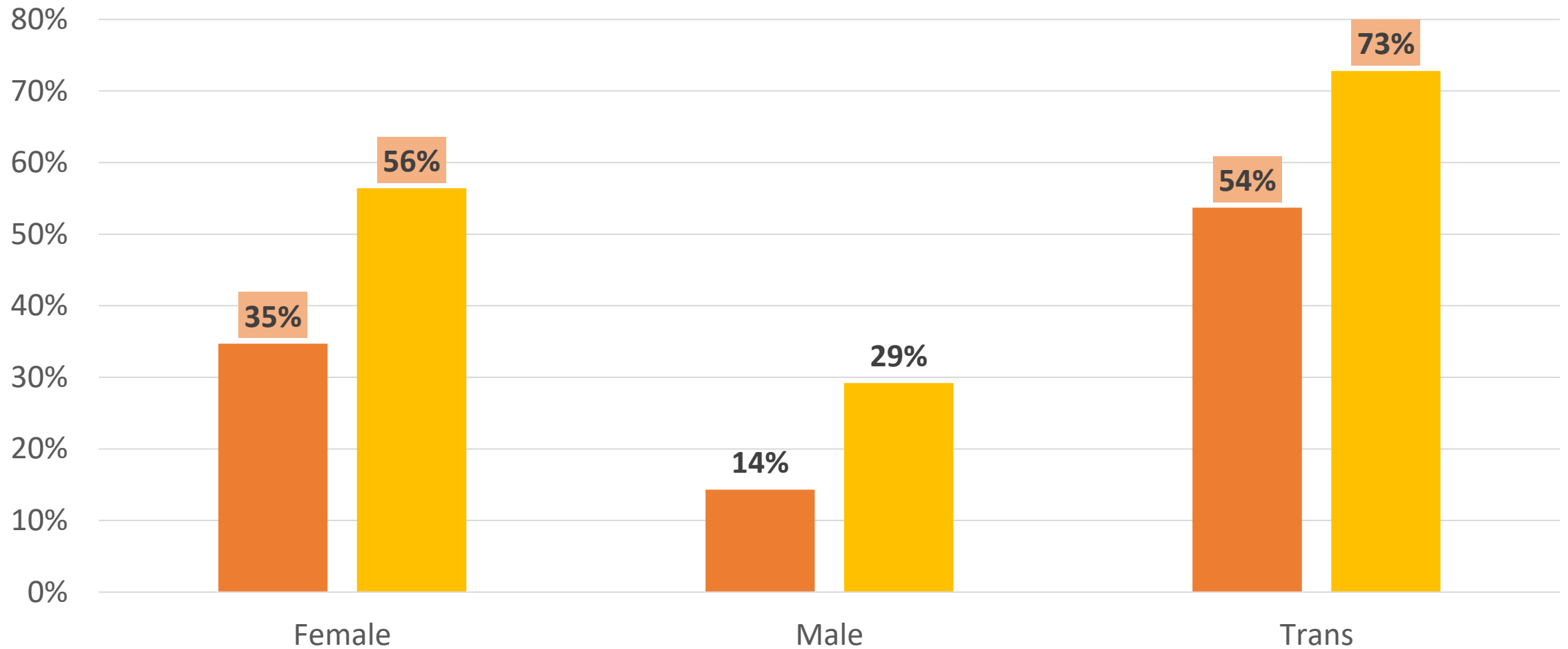
Mental Health Indicators

Mental Health (3)

- Sad for 2+ weeks
- Anxious/nervous
- Seriously contemplated suicide

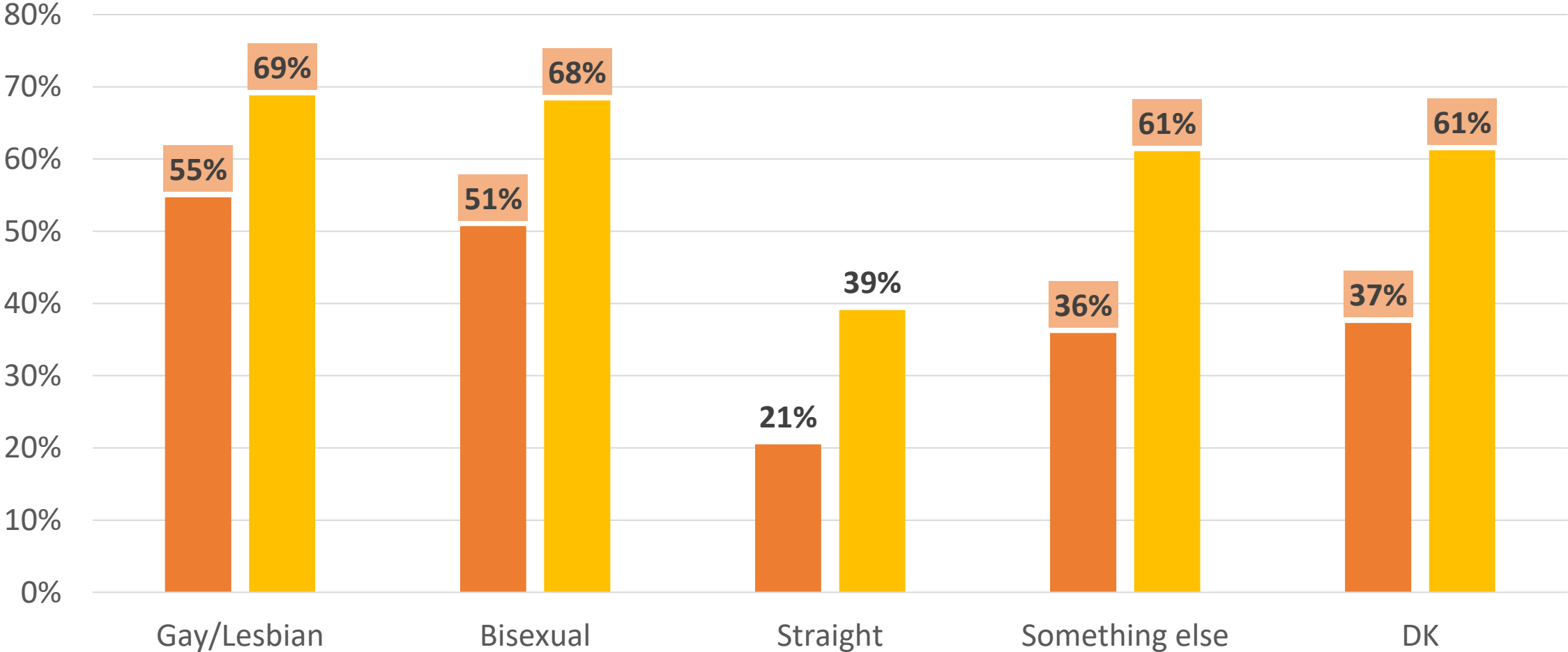
Mental Health Impacts by Gender Identity

■ 1+ MH Impact (8th) ■ 1+ MH Impact (11th)



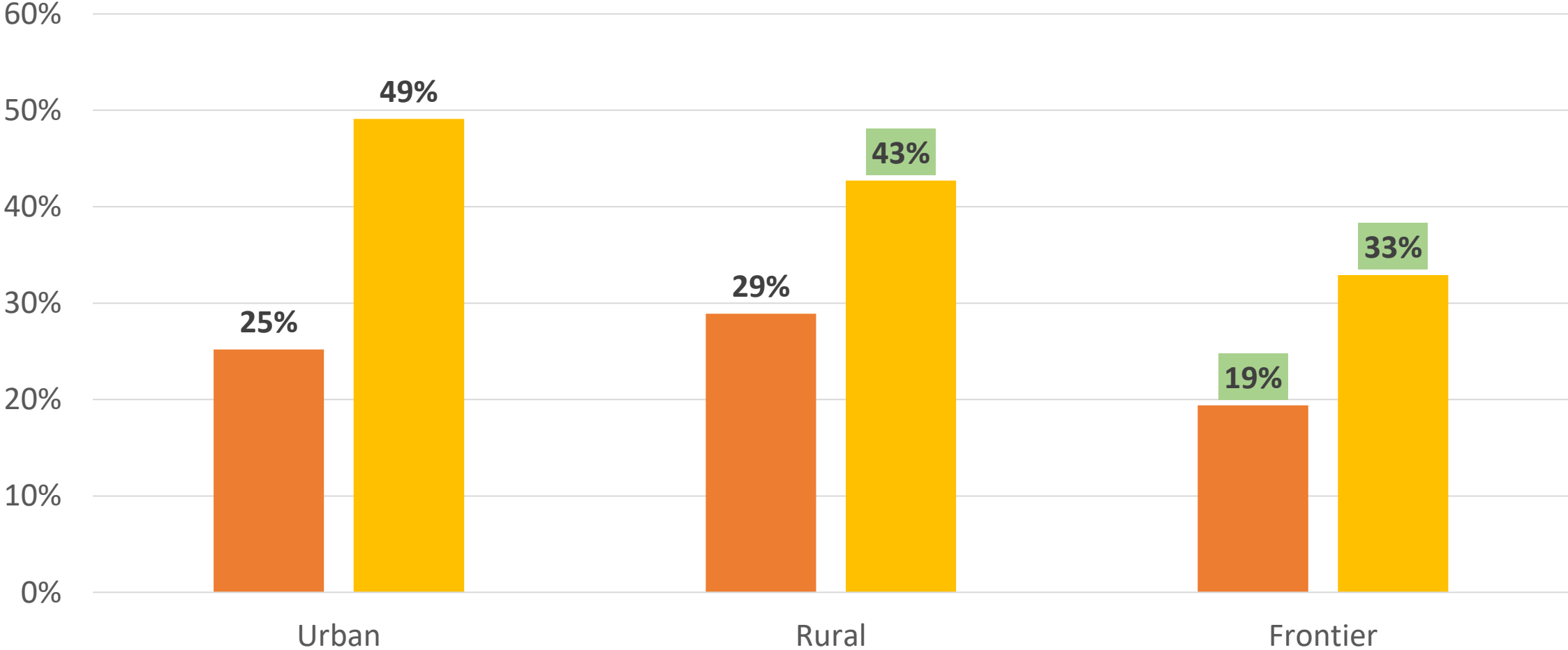
Mental Health Impacts by Sexual Orientation

■ 1+ MH Impact (8th) ■ 1+ MH Impact (11th)



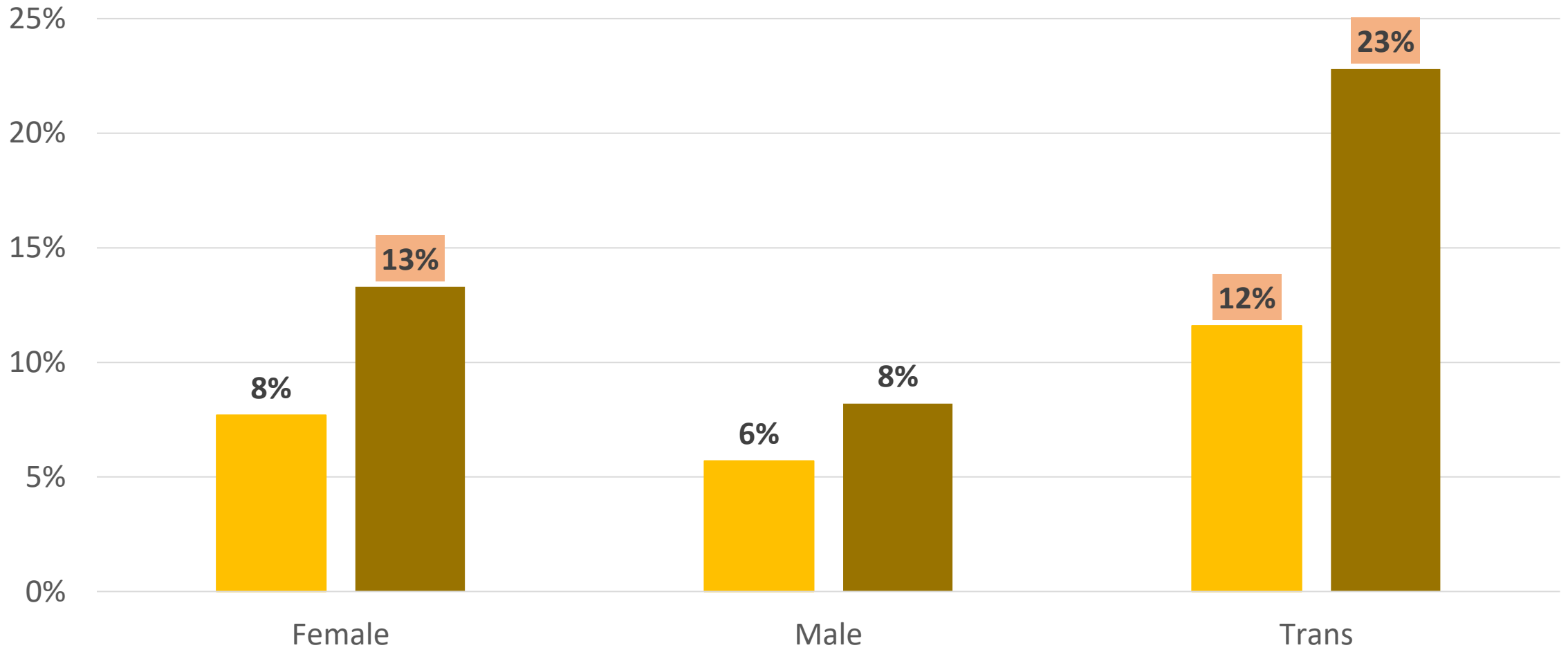
Mental Health Impacts by Location

1+ MH Impact (8th) 1+ MH Impact (11th)



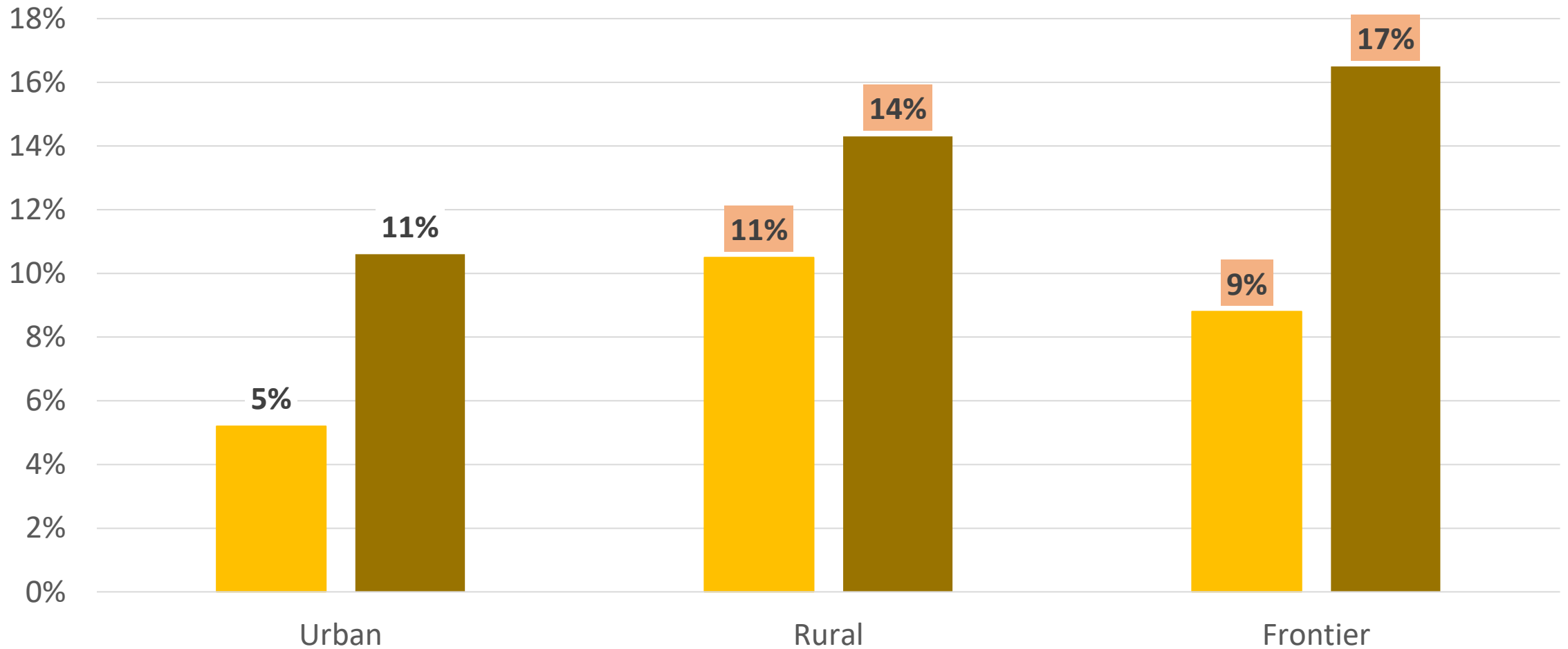
Difficulty Keeping Up w/School (tech/wifi)

8th 11th



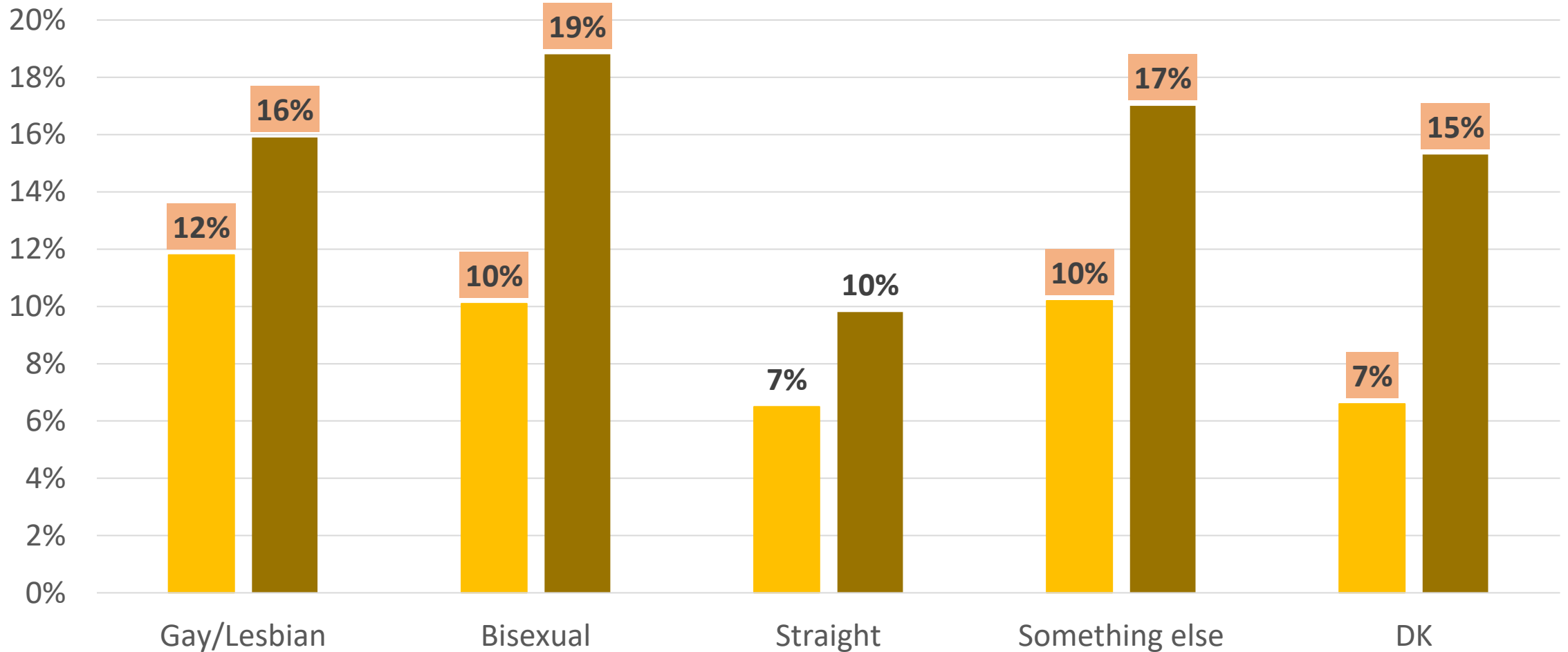
Difficulty Keeping Up w/School (tech/wifi)

8th 11th



Difficulty Keeping Up w/School (tech/wifi)

8th 11th



Youth Quotes | COVID-19 Impact

"I had difficulty focusing on schoolwork because a person living in my home had to go to the hospital."

"I moved to a new place so I am unable to make human contact with anyone other than my family. There is literally no way for me to meet other people."

"My grandfather died. I had to take a few weeks off school to drive down and ended up failing several of my classes because of it."

"I got in my own head a lot overthinking, feeling alone, etc. [but] I was also able to find positives, and I was eating really well and working out every day for a while."



Youth Voice & Engagement

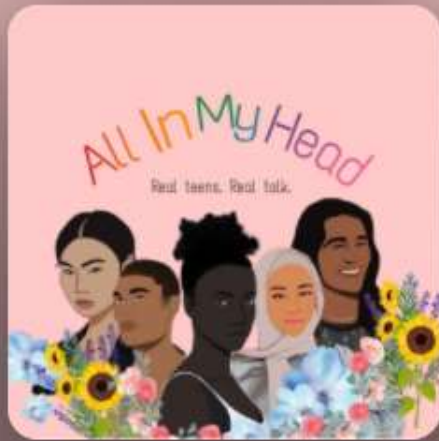
Youth Engagement Across Oregon

SHS Youth Data Council (YDC)

- Paid opportunity for youth ages 15-20 with experience in Oregon's public K-12 education system
 - Provide insight and guidance to improve the SHS
 - Address health equity and advance racial justice by amplifying the voices of *all* youth

ASH Youth Advisory Council (YAC)

- Youth-led, paid opportunity for youth ages 15-19
 - Overarching goal to increase health equity
 - Determine how to invest \$1 million for COVID-19 recovery in youth, schools, and communities
 - Applications now open! **Deadline: March 31, 2022**



PODCAST

All in My Head: Real Teens, Real Talk

All in My Head Podcast

Youth Voice

- Initially funded by OHA's LGBTQ2SIA+ mini-grants
- Multnomah County youth discuss
 - Cultural appropriation & experiences of BIPOC youth
 - Mental health & suicide
 - Challenges & experiences of LGBTQ2SIA+ youth
- Discover the podcast [here](#)



Resources & Contact Info

- Student Health Survey main page:
www.oregon.gov/oha/PH/BIRTHDEATHCERTIFICATES/SURVEYS/Pages/student-health-survey.aspx
- Student Health Survey Dashboard
www.bach-harrison.com/OSHSDashboard/Default.aspx
- Adolescent & School Health Unit
www.healthoregon.org/ah
- Sarah Knipper (School Health Epidemiologist)
sarah.knipper@dhsoha.state.or.us
- Alexis W. Phillips (Policy & Assessment Specialist)
alexis.w.phillips@dhsoha.state.or.us