



Durham Middlefield

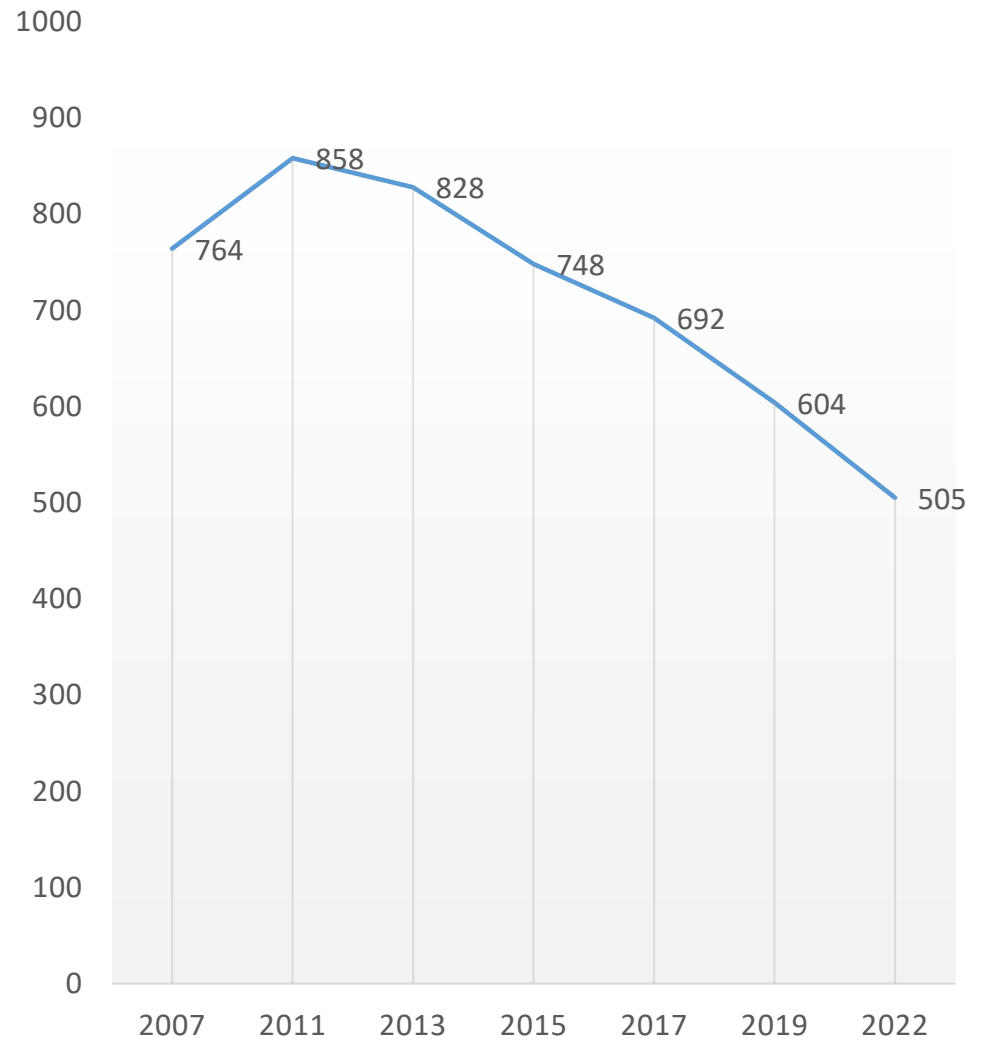
— LOCAL WELLNESS COALITION —

Youth Survey Data

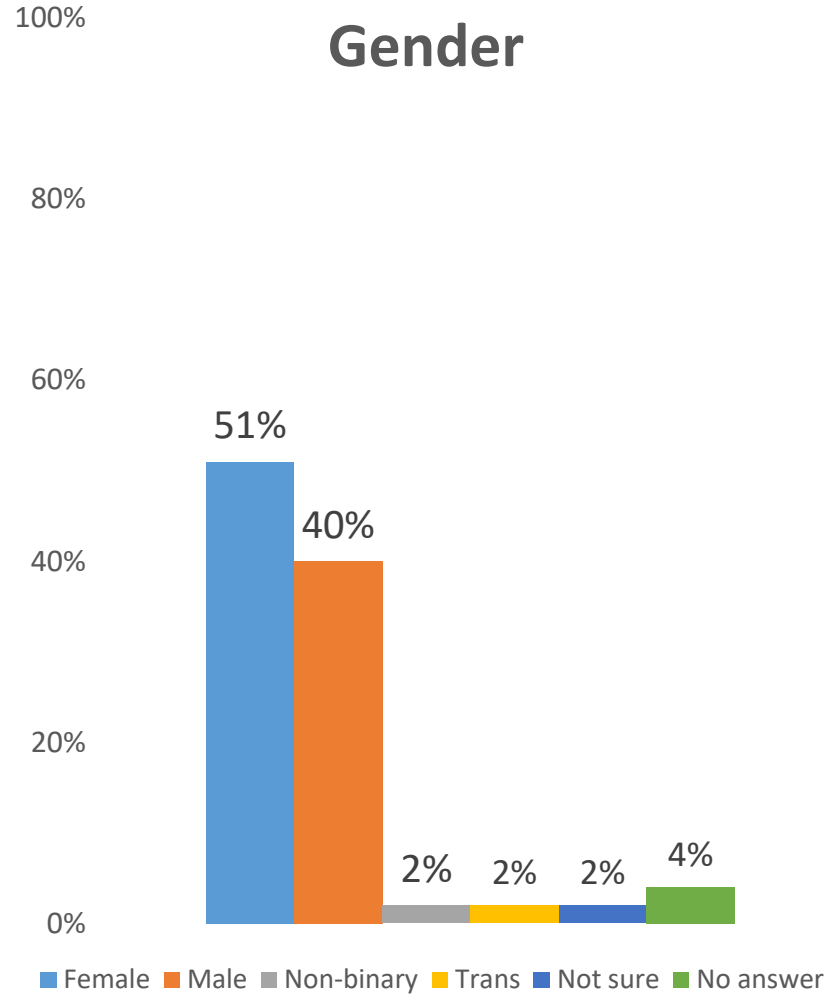
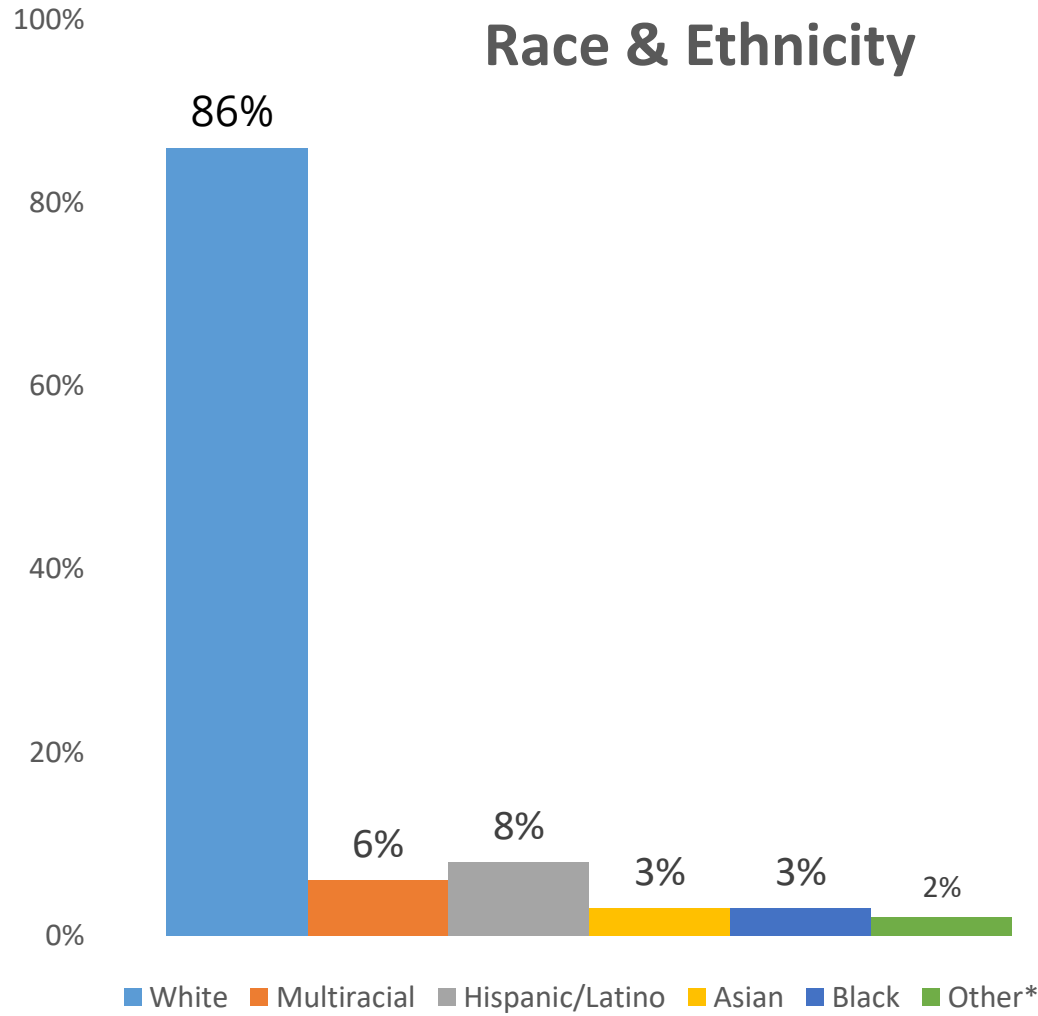
June 2022

Overall
participation
rate in 2022 =
82%

Number of Participants



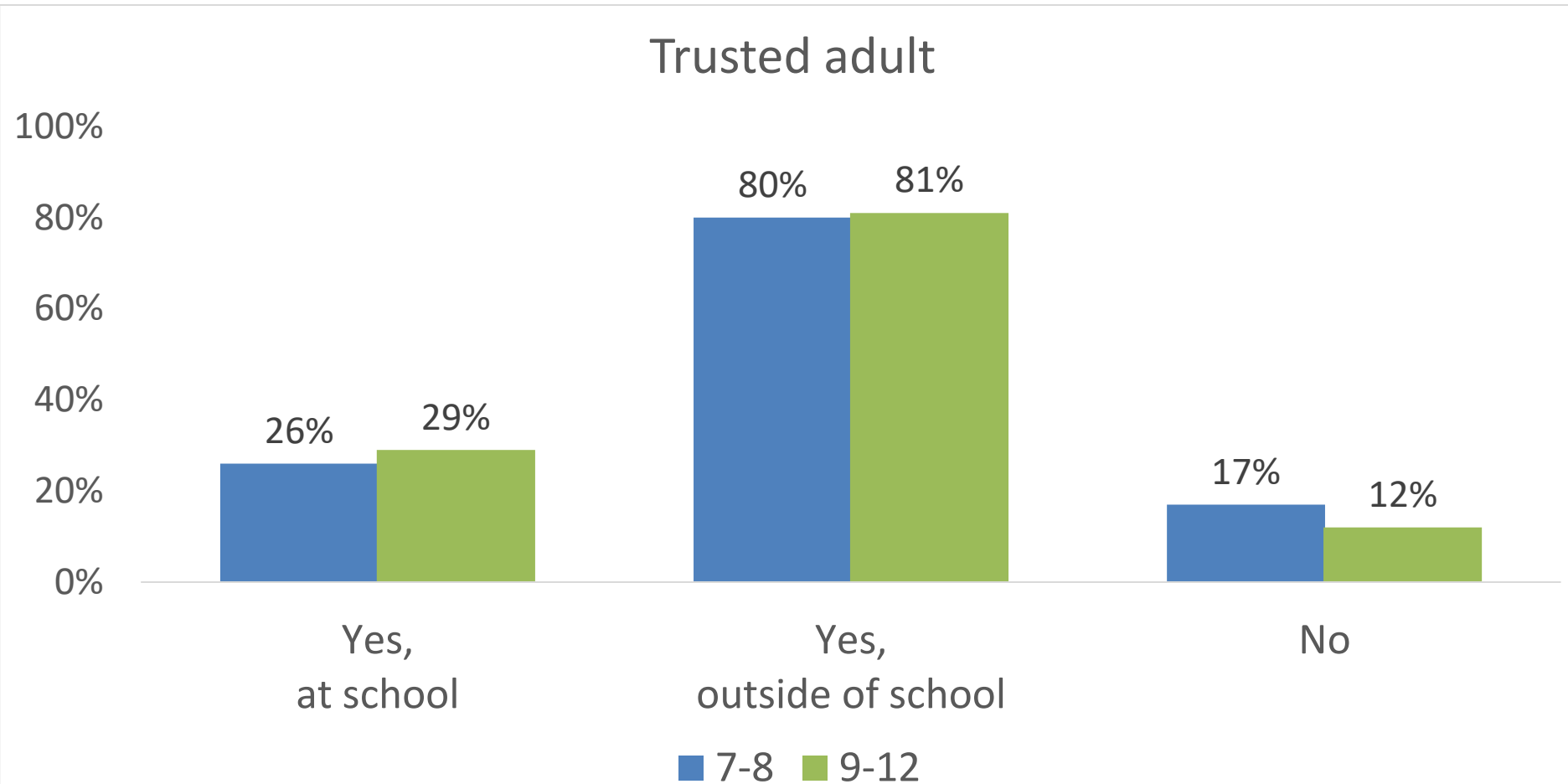
Demographics



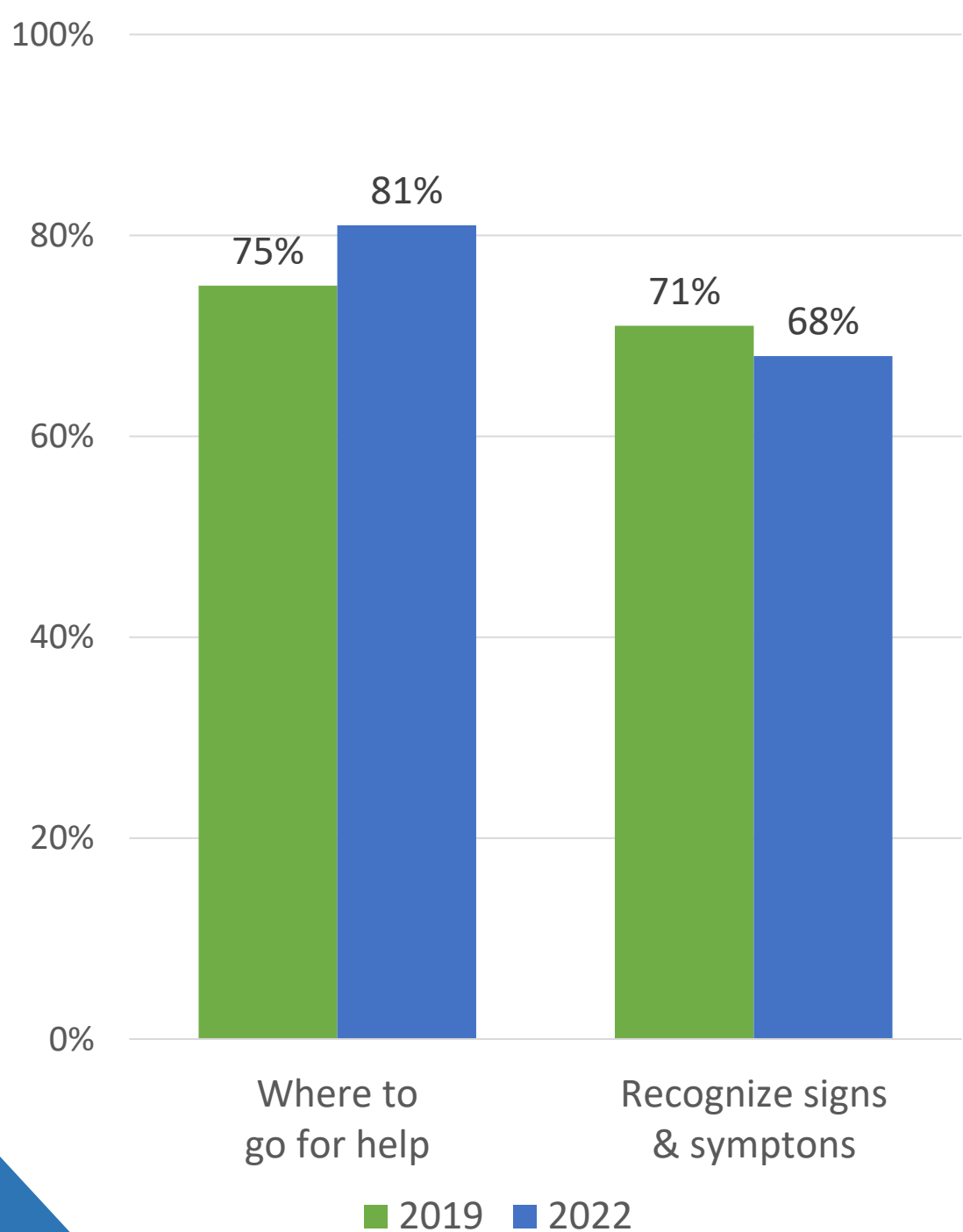


Supports & Mental Health

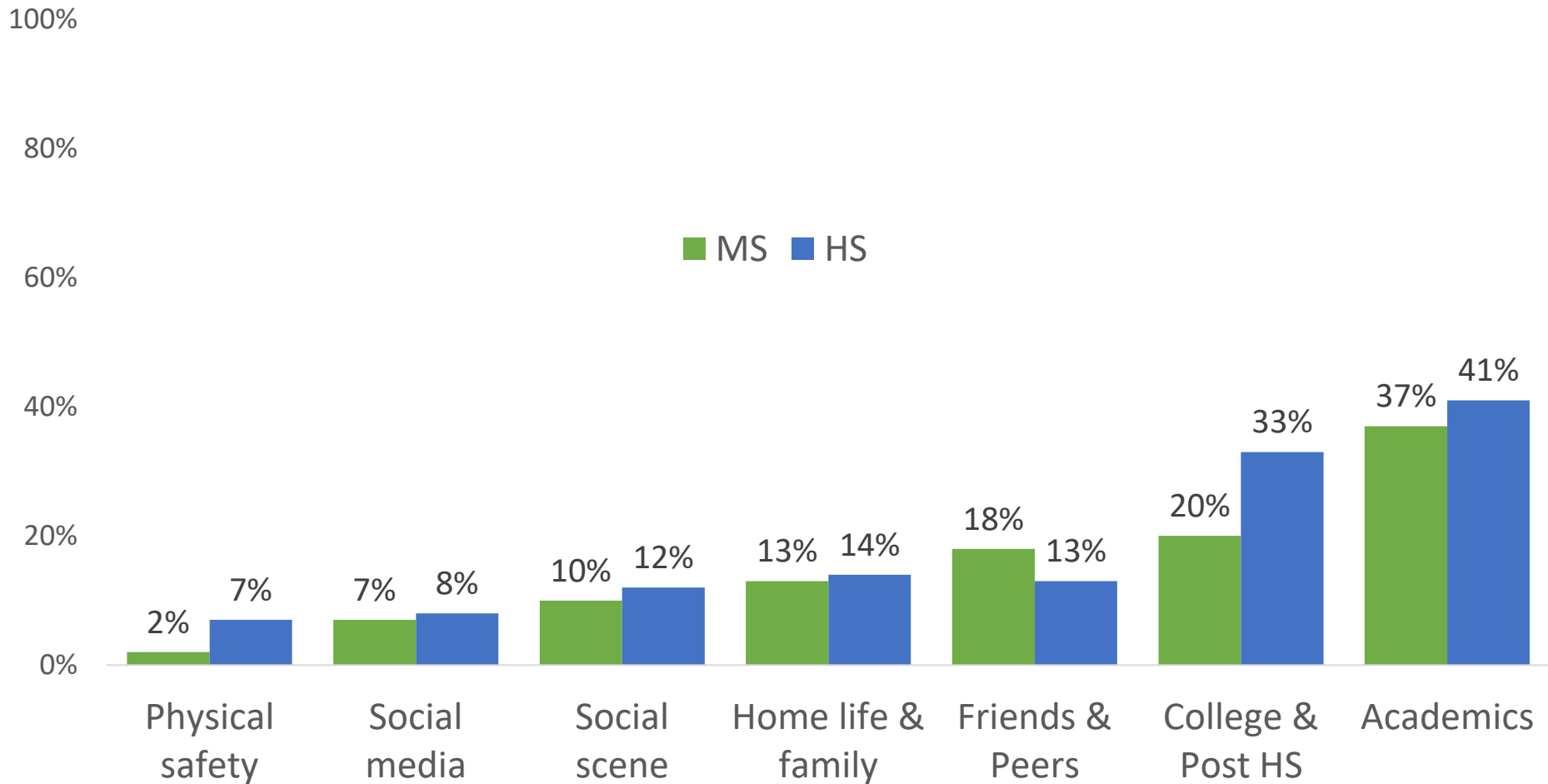
The majority of Durham & Middlefield youth have a trusted adult...



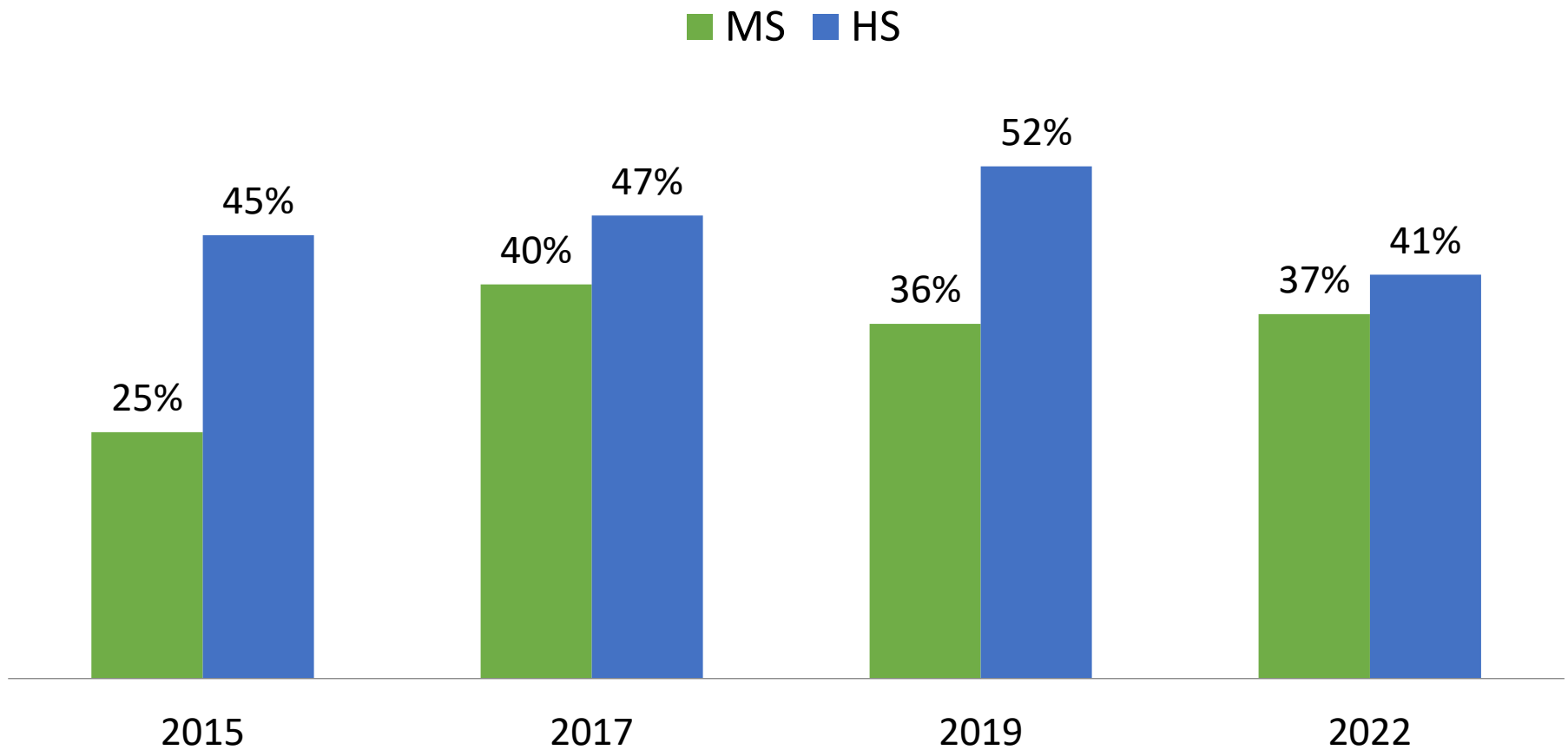
Most youth know where to go for help if struggling with mental health issues.



Causes of Stress, Anxiety and Worry



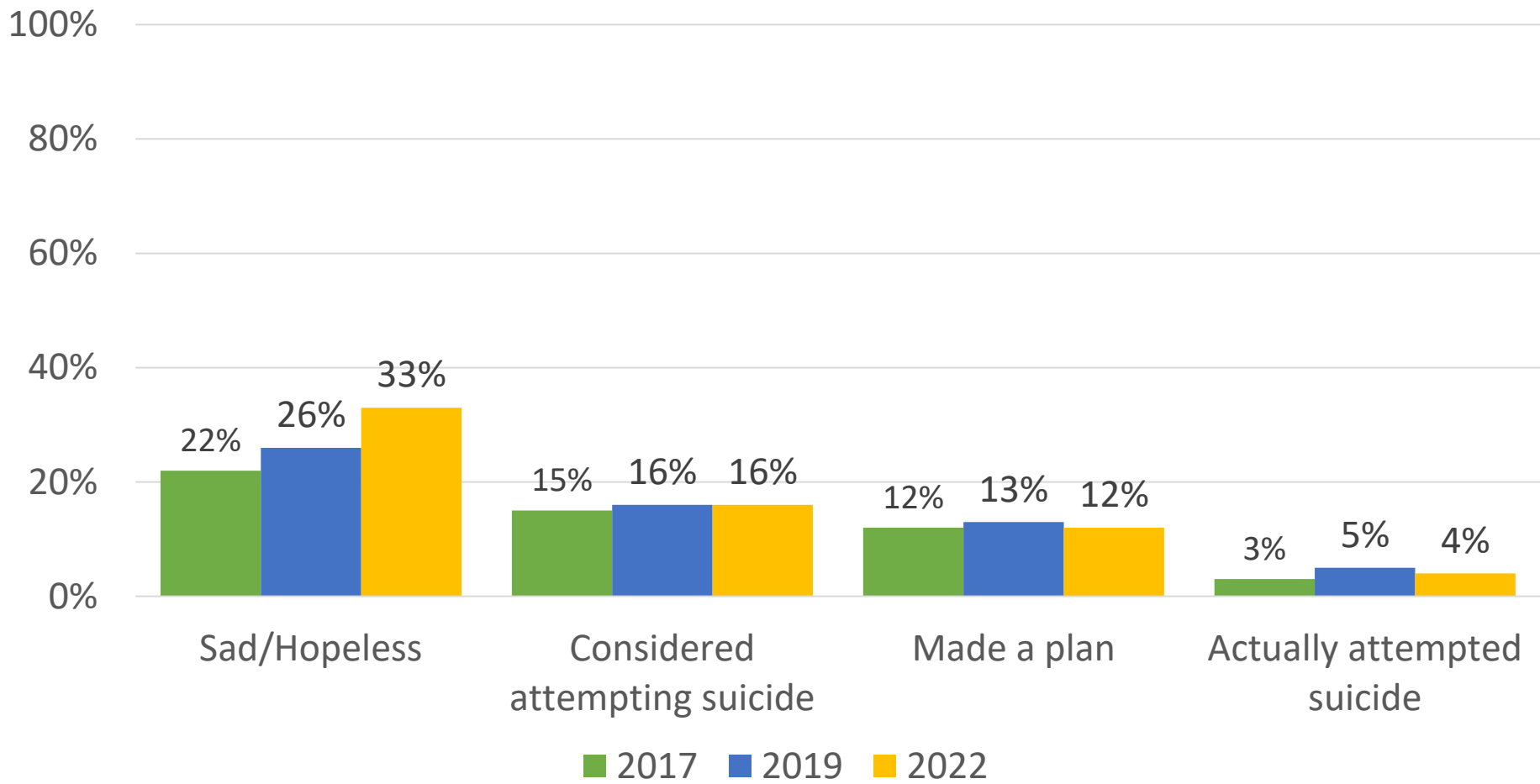
Academics causes the most day to day stress among students.



1 out of every 3 youth reported feeling sad or hopeless in the past year.

In the past year...

- 33% of youth reported feeling **sad or hopeless** (almost every day for 2+weeks or more that they stopped doing some usual activities) (n=165)
- 16% of youth reported that had **seriously considered attempting suicide** (n=80)
- 12% of youth had **made a plan** on how they would attempt suicide (n=61)
- 4% of youth **attempting suicide** (n=19)

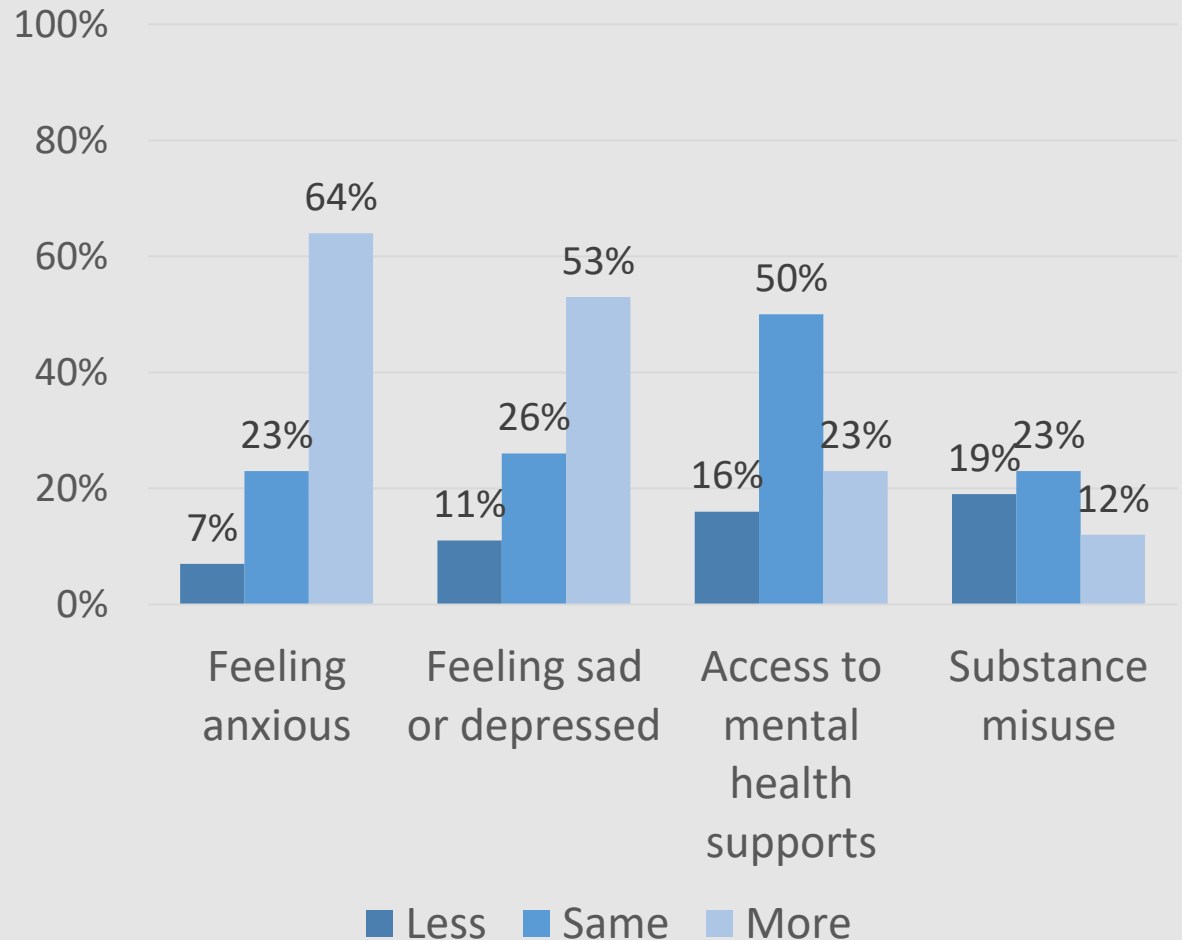


Reported rates of feeling sad or hopeless are increasing among middle and high school youth.

Feelings of anxiety, sadness & depression have increased.



Think about how things have changed for you since Covid began in Spring 2020:



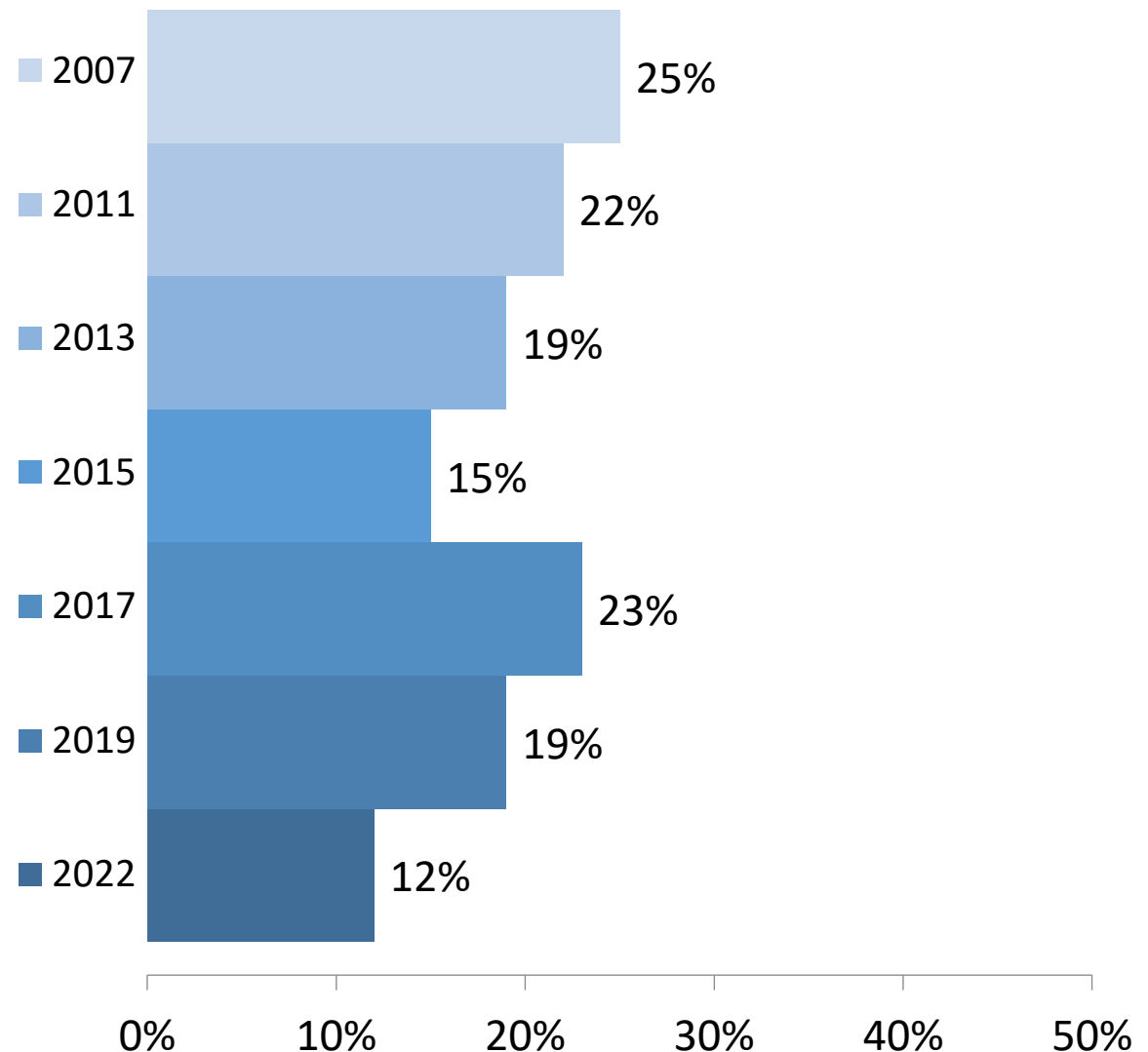
Reducing Risks

Many Durham Middlefield youth are making healthier choices



Alcohol use rates among 7th to 12th graders.

Reported alcohol use rates are lowest since 2007.

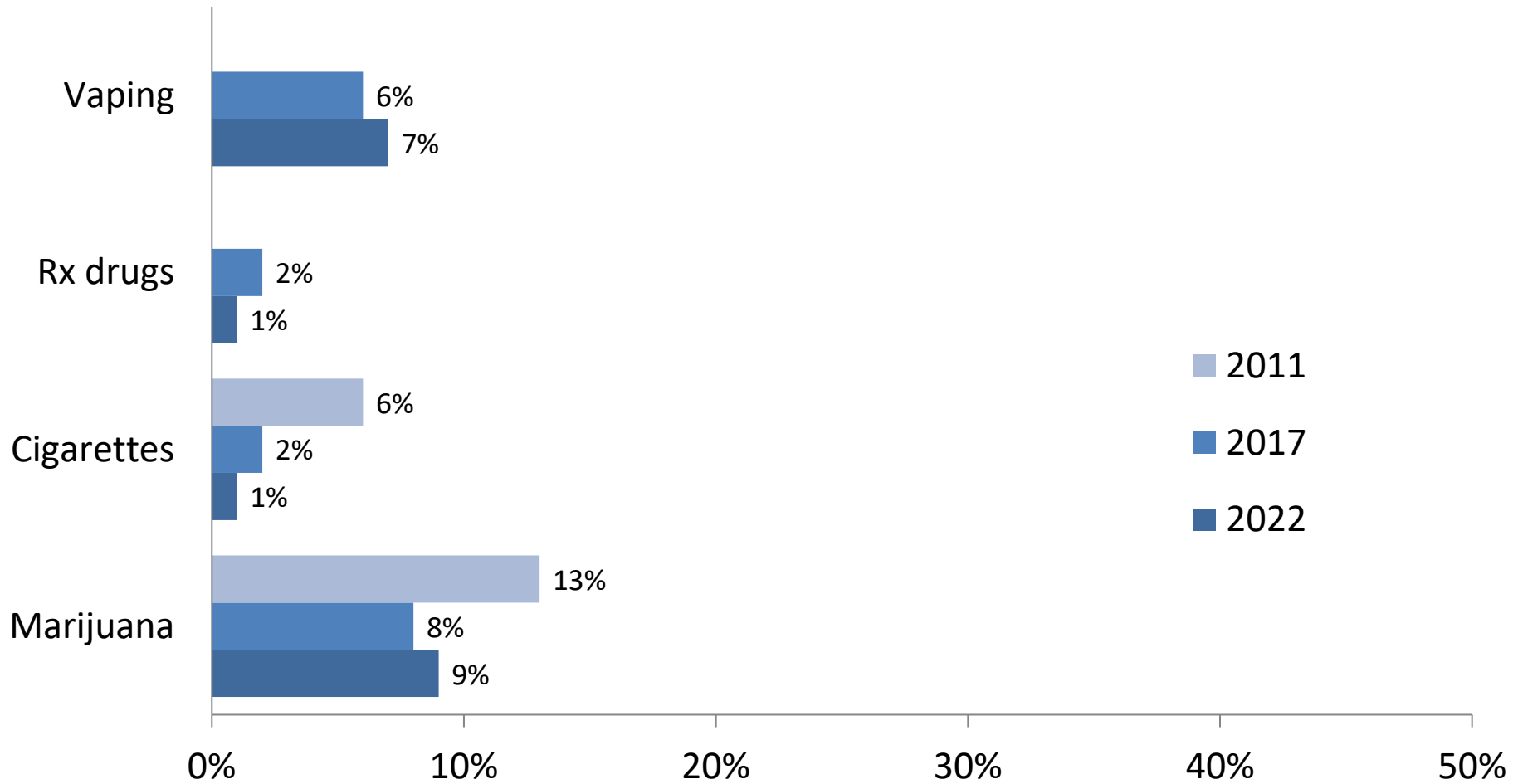


Binge drinking rates among HS students have increased.

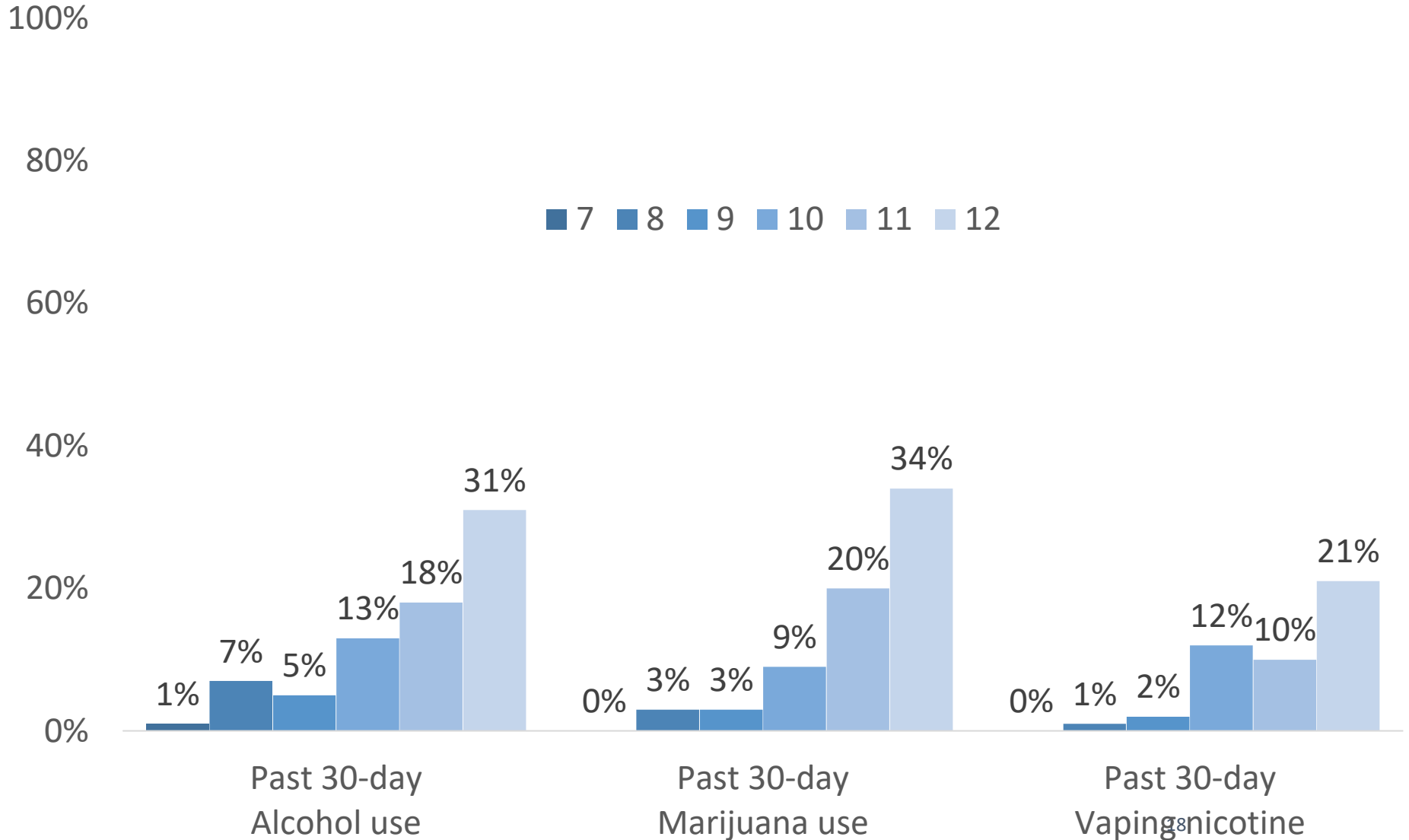
18% of HS students



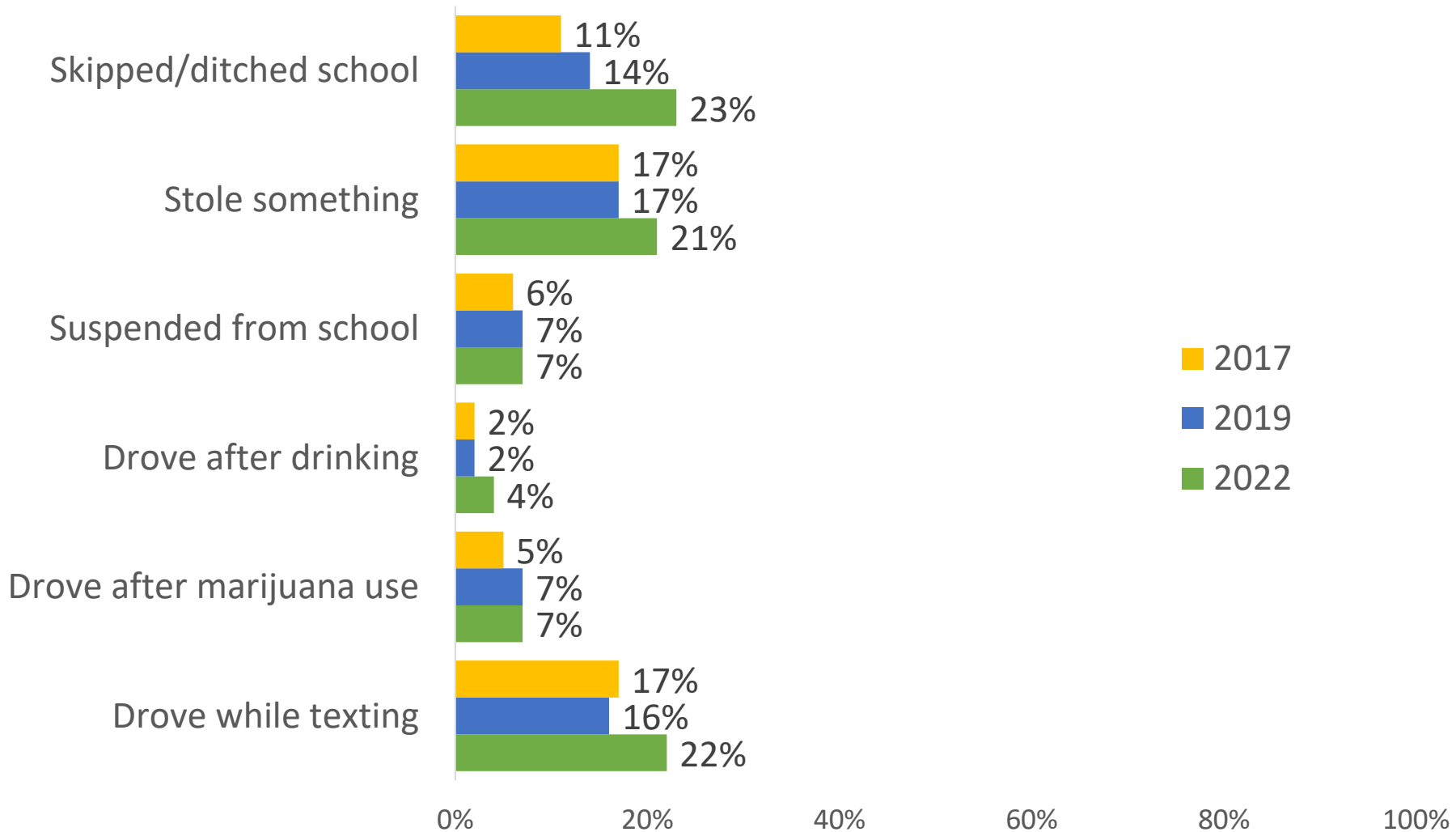
30-day use rates for other substances are low.



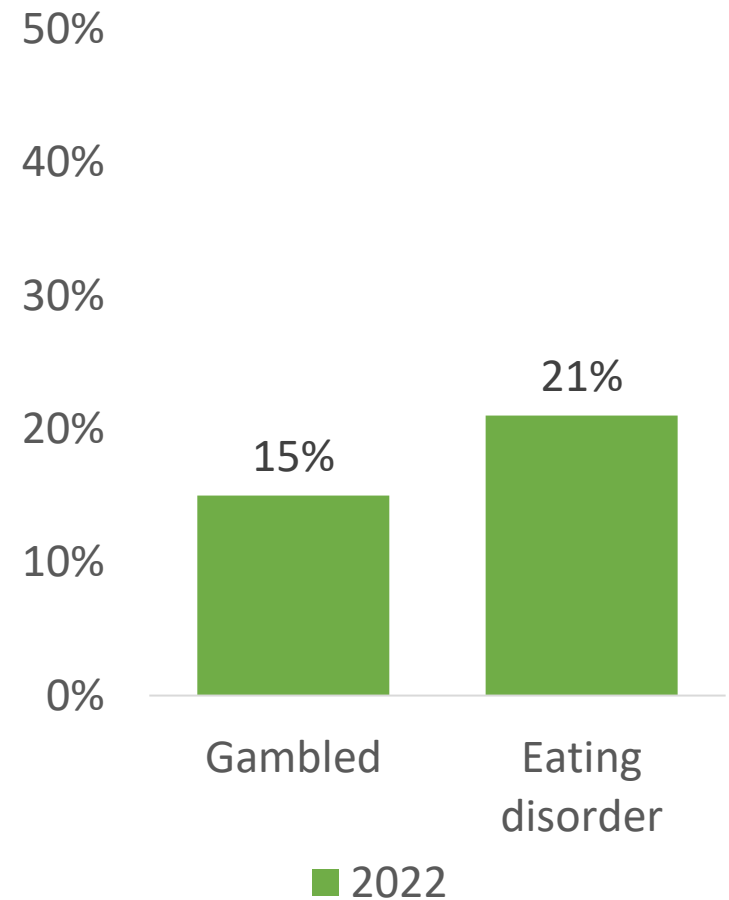
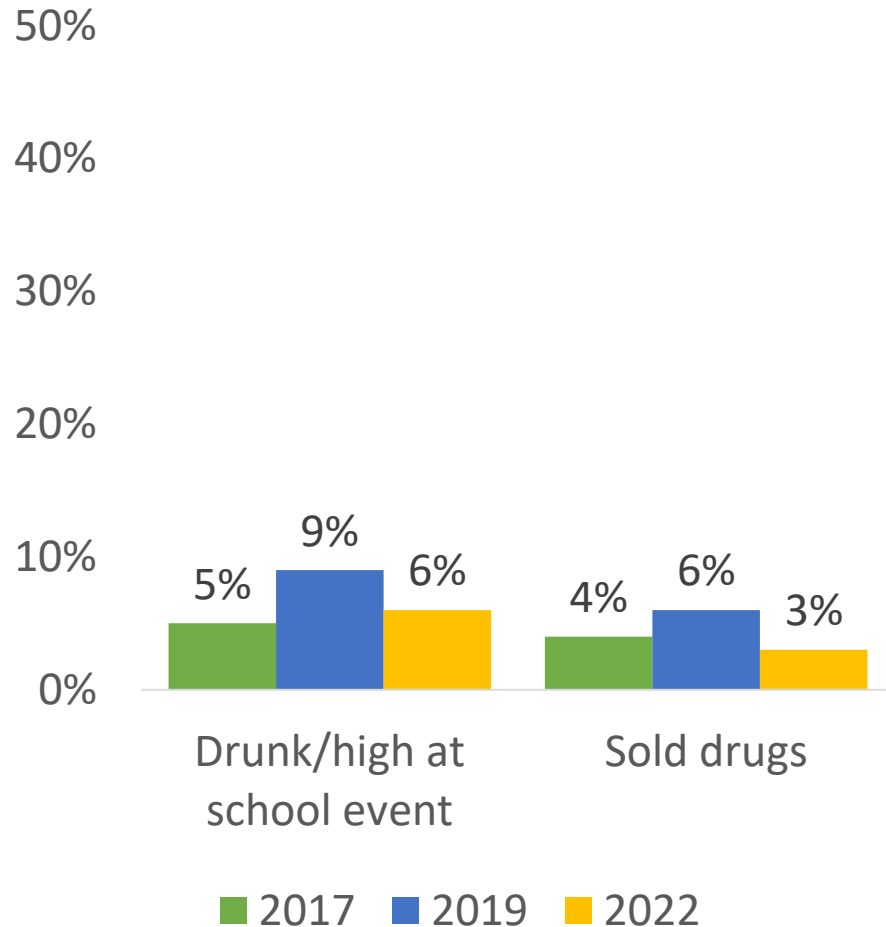
Use rates increase as grade level does.



Other risky behaviors have **increased** among high school youth.



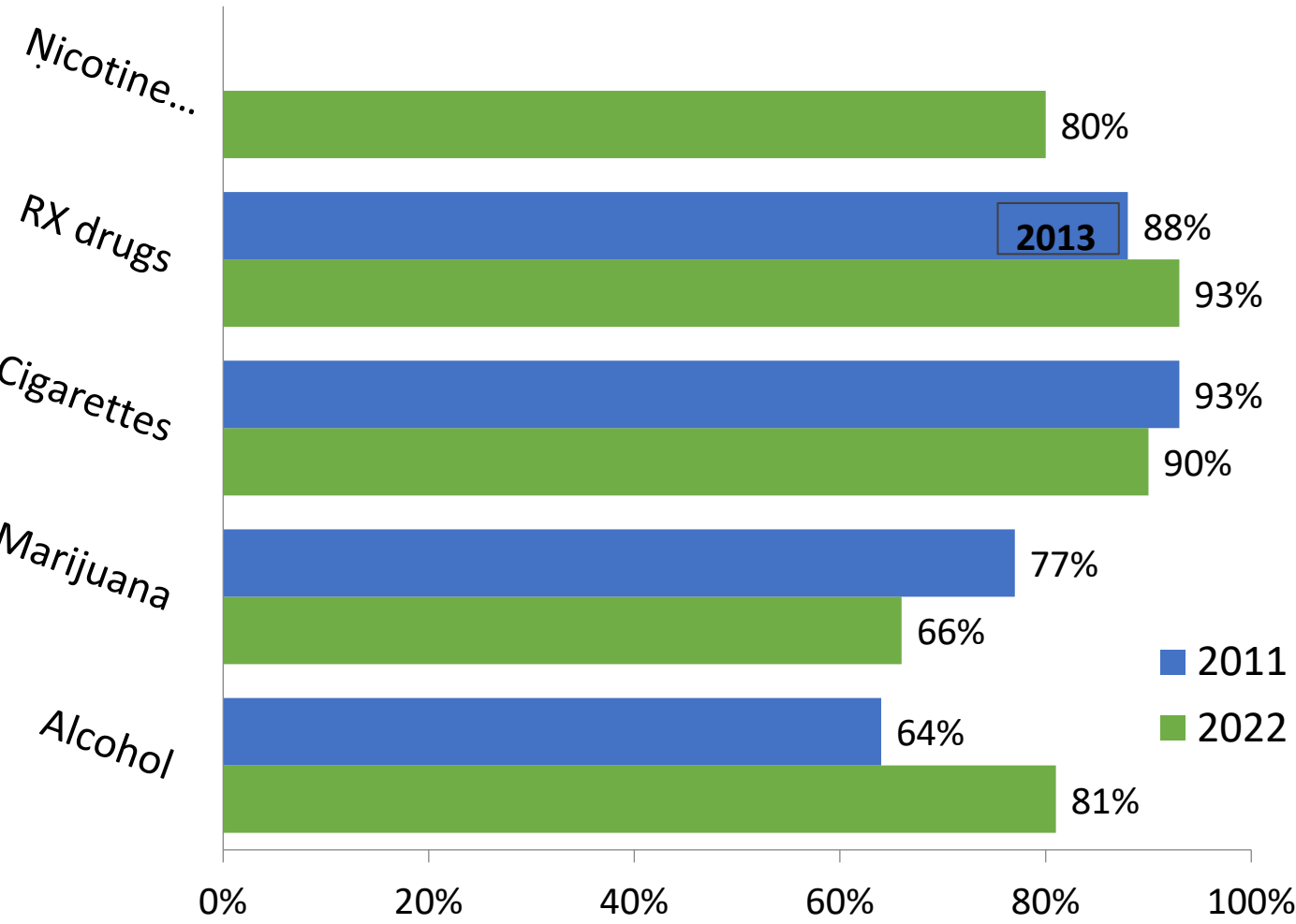
Some behaviors have **decreased**.





Protective Factors

Perceived risk of substance use among 7th to 12th graders.



Rates decrease as youth get older.

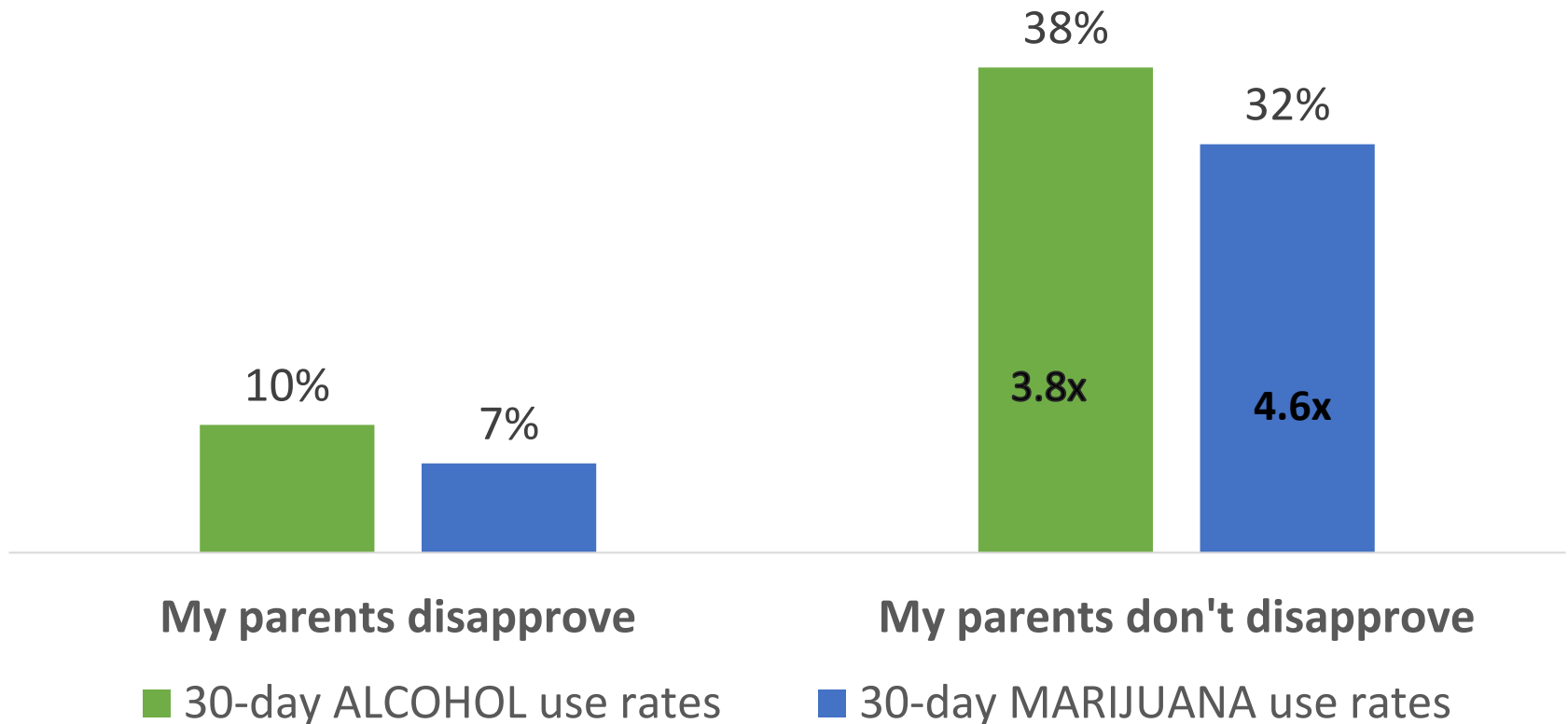
Perception of harm around marijuana use among
 7th graders: 88%
 12th graders: 35%

Perception of harm around vaping nicotine among
 7th graders: 90%
 12th graders: 72%

PARENTS have the power!

- Youth who believe their parents disapprove of substance use are **less likely to use** than those who do not.

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Attitudes and behaviors around substance use are positive.

Very few Durham Middlefield youth **agree** to the following statements:

- It's OK to take someone else's prescription drugs to do better in school (homework, tests, SATs, projects) (3%)
- It's OK to take someone else's prescription drugs for pain relief (9%)
- It is OK to drive if you've only had a couple of drinks (8%)
- It is OK to drive if you've smoked marijuana (5%)

Slightly higher approval rates were found around casual use of alcohol and marijuana use:

- It is okay to drink sometimes even if you are underage (27%)
- It's not a big deal to use marijuana (25%)

The majority of middle and high school youth understand the health effects that vaping nicotine has on teens.

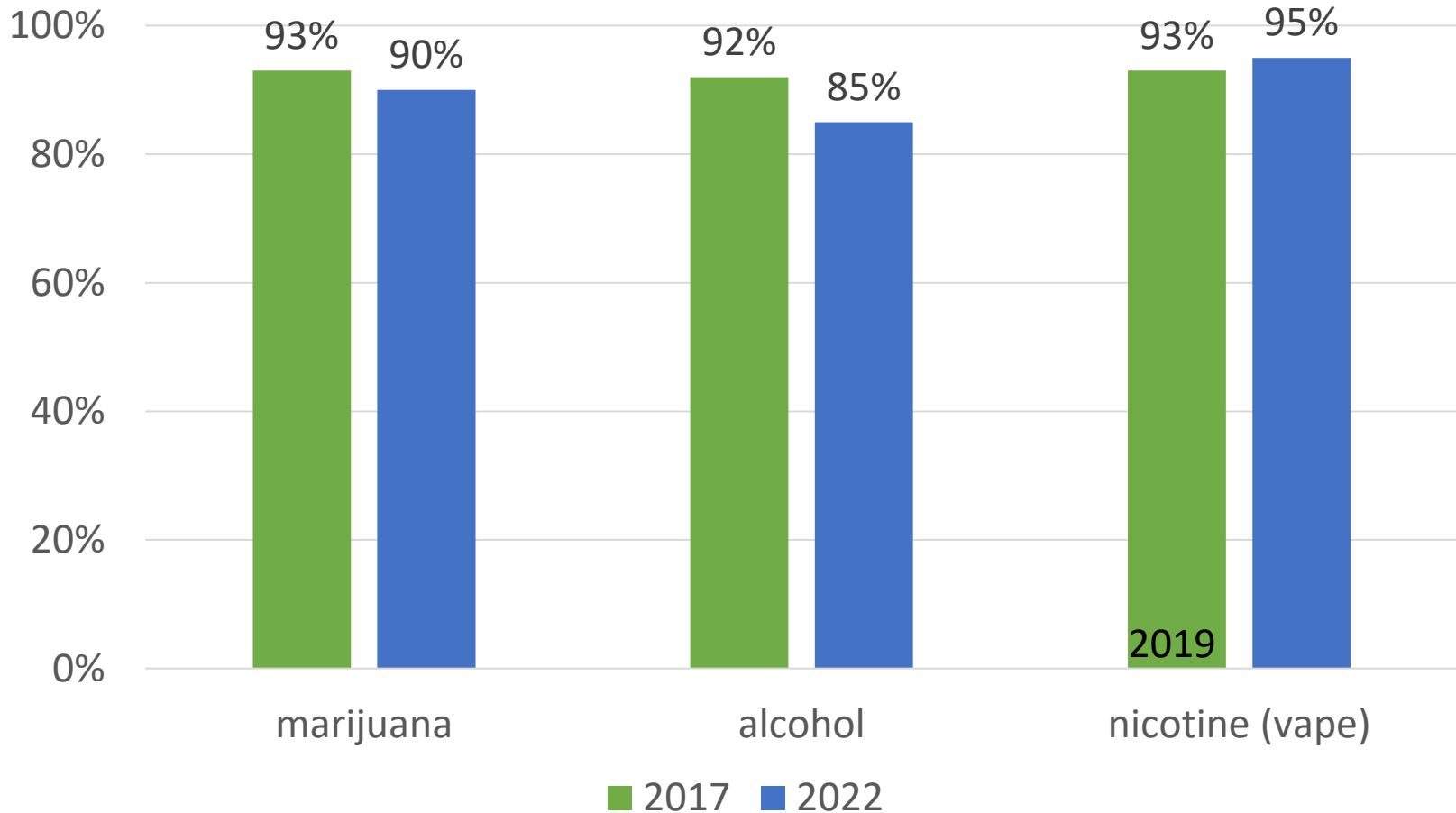
I have a good understanding of the health effects that:

- vaping nicotine has on teens – 91%
- vaping marijuana or THC has on teens – 84%
- The contents of e-liquid found in most vaping devices – 80%

Family
norms
support
substance
use
prevention.



My parents/guardian do think it is a big deal to use...even if you are underage.



My family has clear rules discouraging me from...

Drinking alcohol – 59%

Using marijuana – 75%

Vaping nicotine – 82%

My parents/guardian take steps to ensure that minors...



Do not get alcohol
from our house:

83% mostly or
always



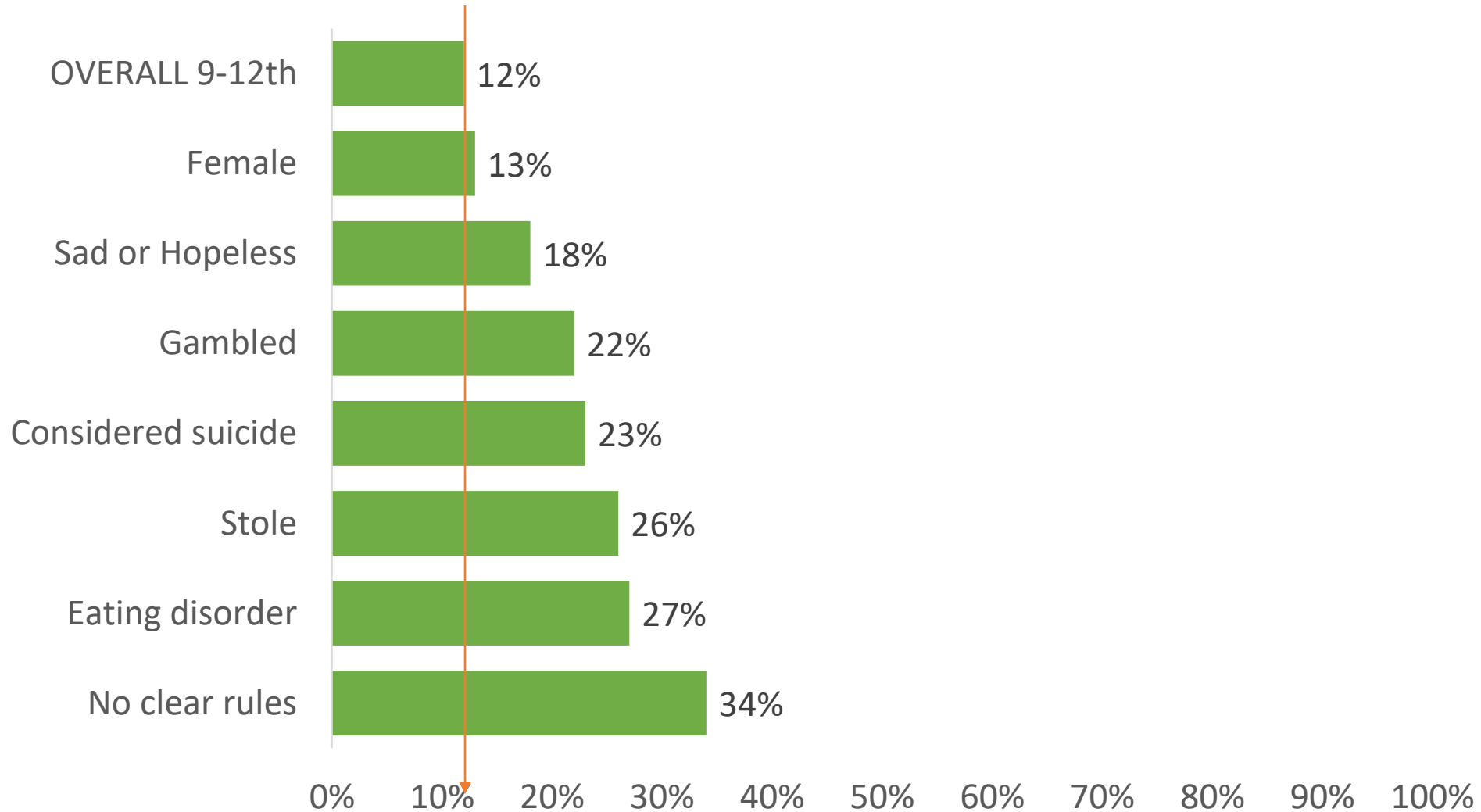
Do not drink alcohol
in our house

78% mostly or
always

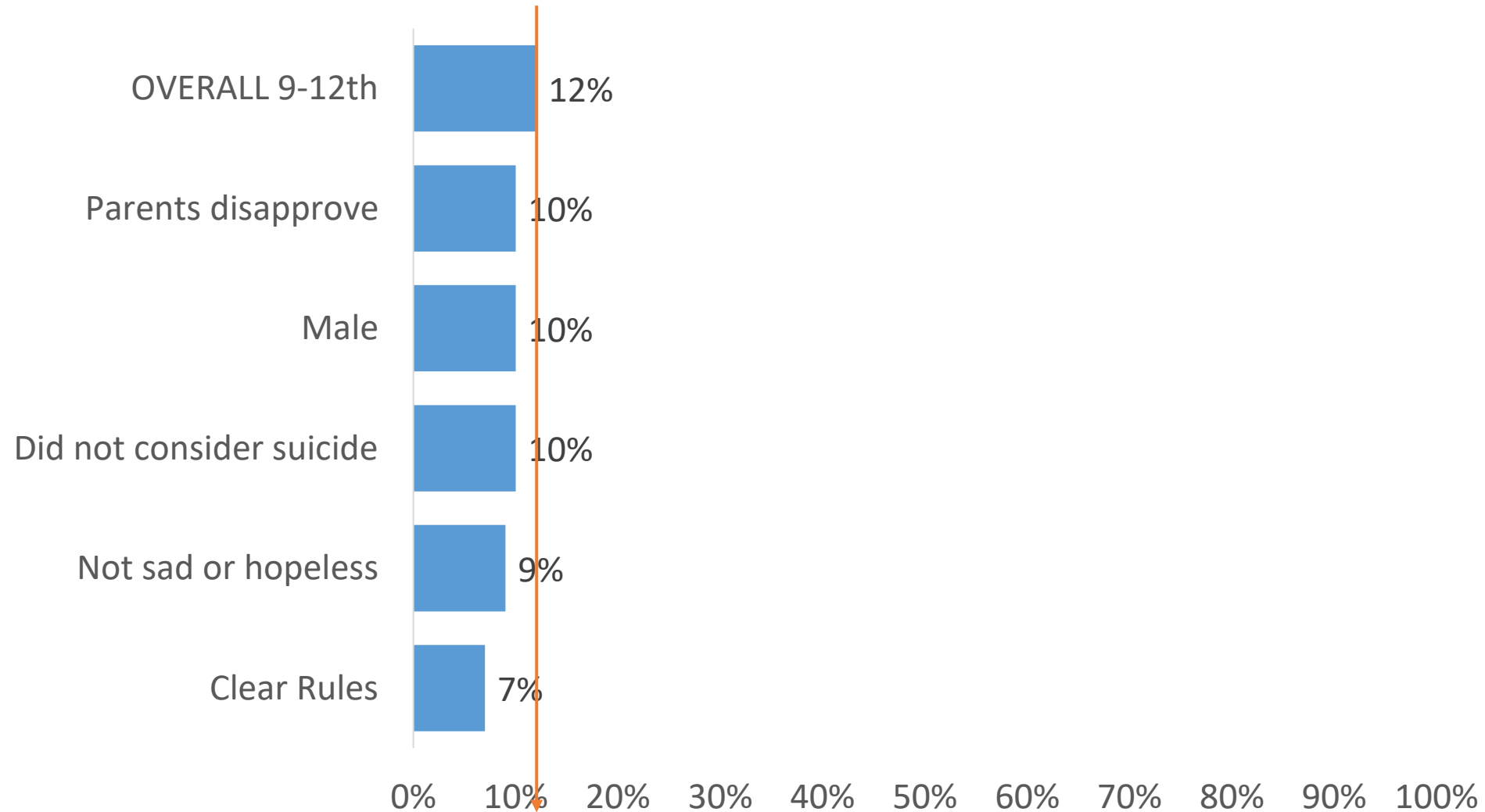


Protective
factors impact
risky behaviors

Groups reporting **higher rates of alcohol use.**



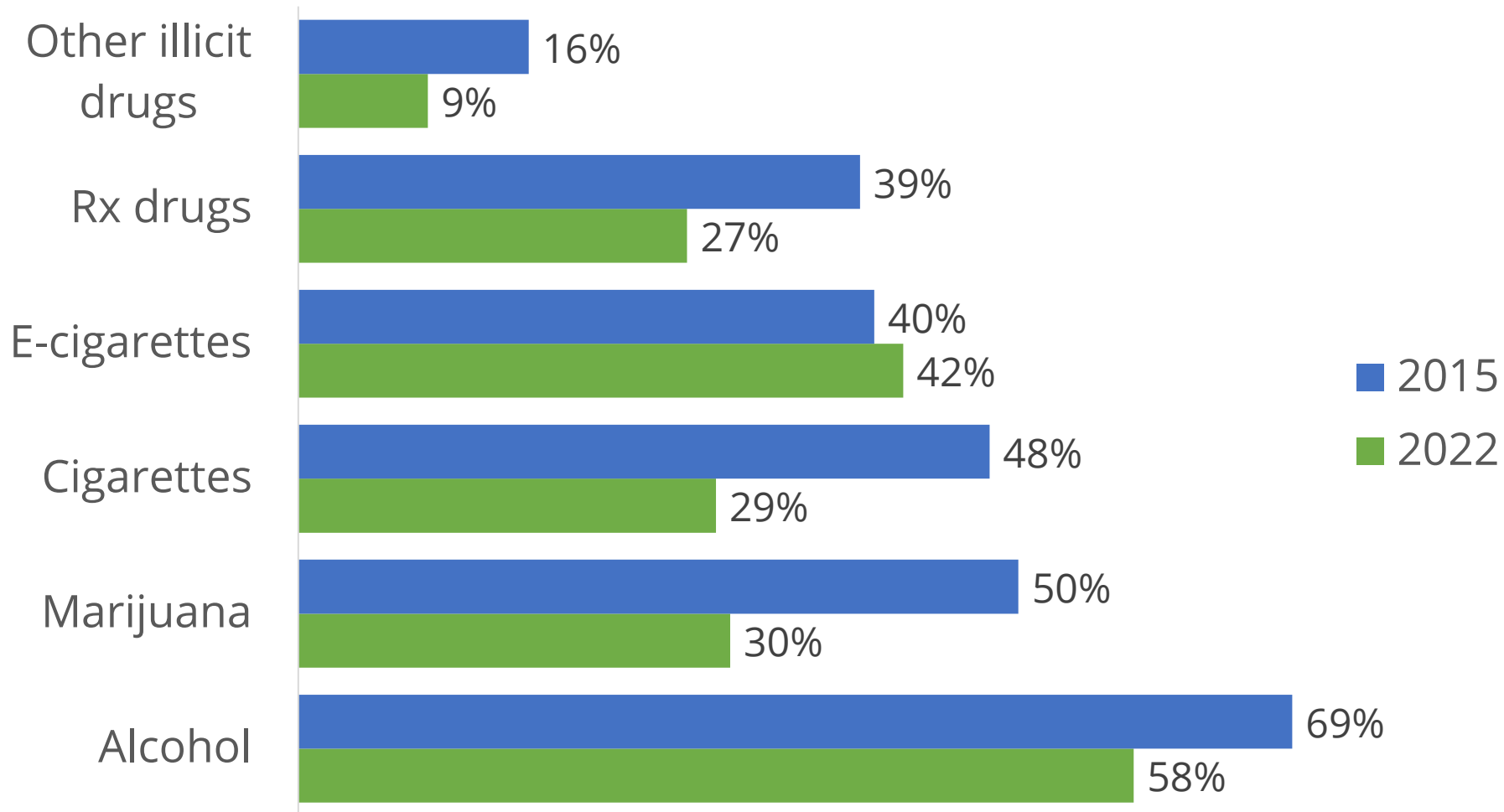
Groups reporting **lower rates** of alcohol use.



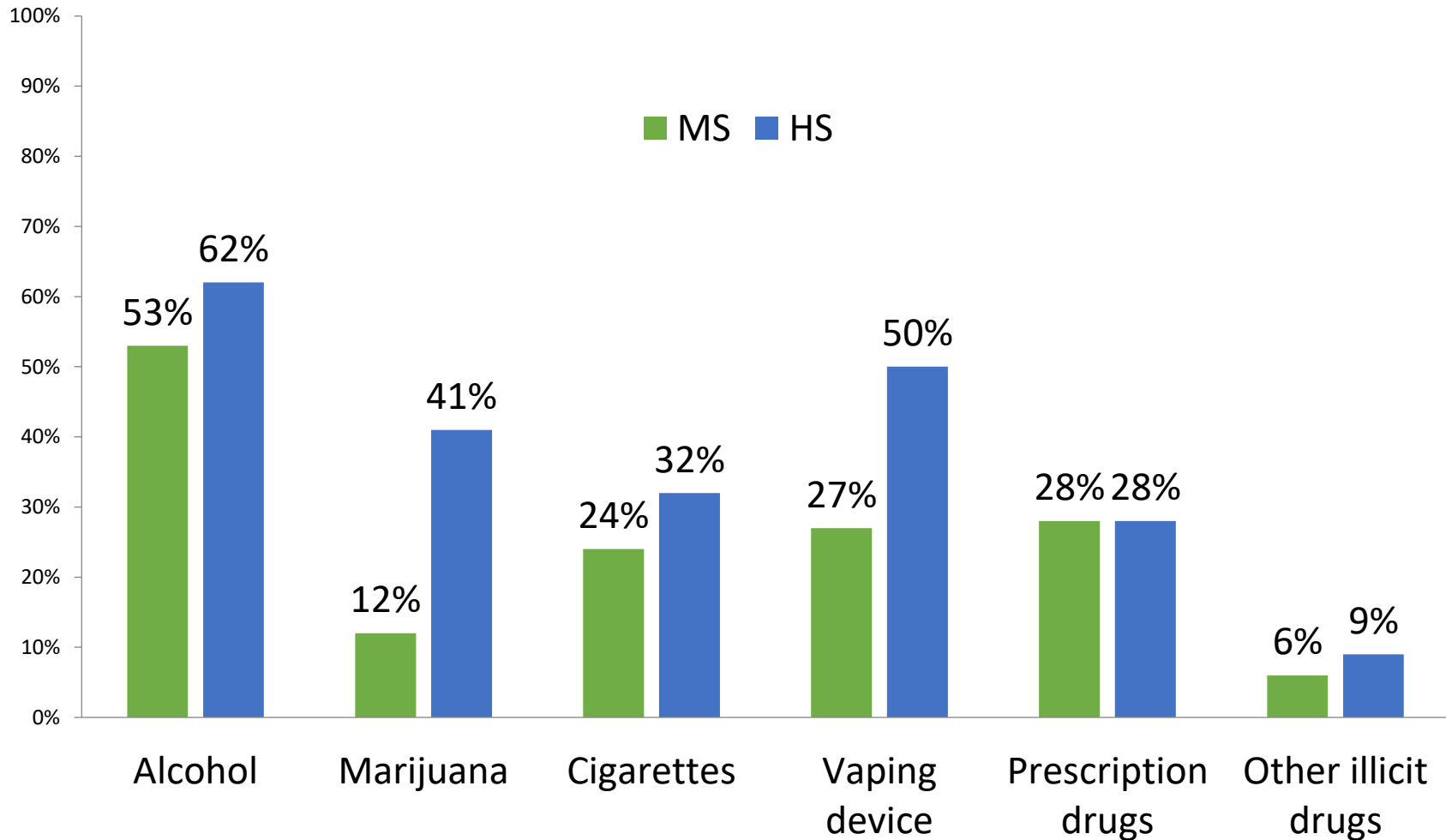
DMLWC is committed to reducing ACCESS to all substances.



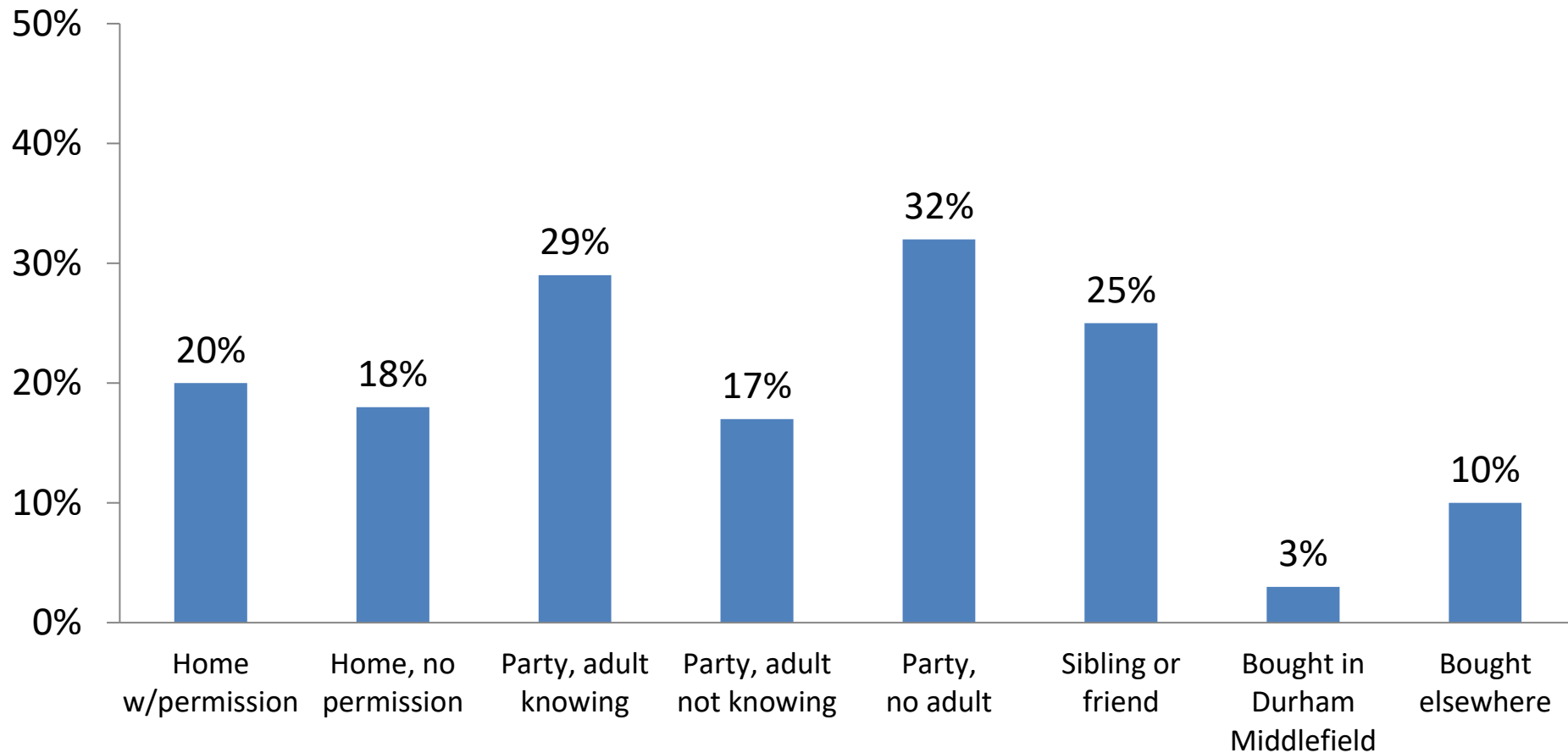
Perception that access to substances is **easy** is mostly decreasing.



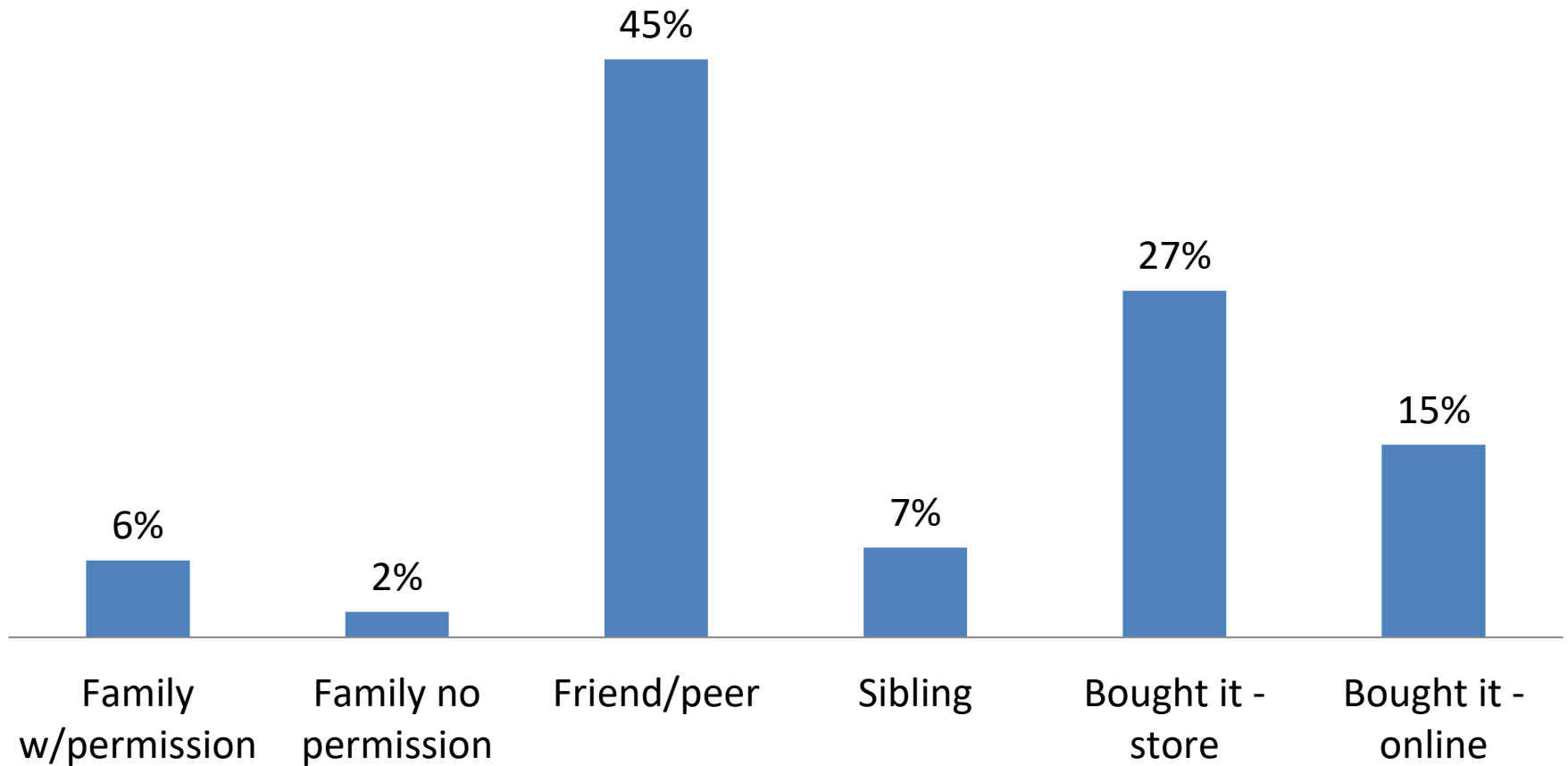
Perception that access to alcohol and vaping devices is *easy* among high school students.



Youth who have drunk report getting alcohol at parties.



Youth who vape nicotine report getting vapes from friends.





- What jumped out at you?
- Any surprises?
- Is there anything you would like to know more about?
- What should we be sharing with the community?
- What do you feel is most relevant?

Any questions:
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