

9/28/2017

YOUTH MARIJUANA USE IN KING COUNTY, WA: A LOOK AT HEALTHY YOUTH SURVEY DATA

WEBINAR
SEPTEMBER 28, 2017

Public Health
Seattle & King County



Introduction: youth and marijuana use

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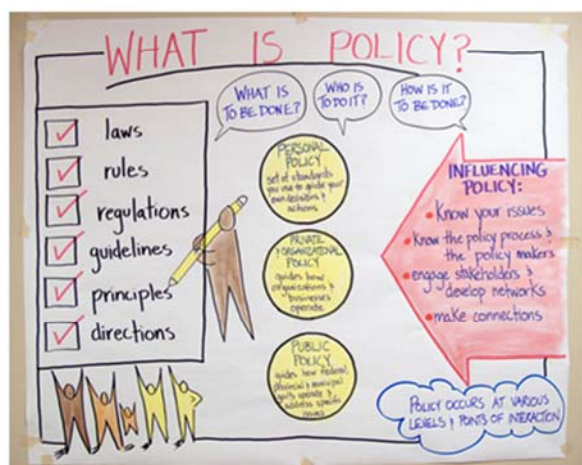


Some logistics as we get started

- Please mute your lines and DON'T put us on hold!
- Introduce yourself to the group by typing your name and organization into the chat box
- You can type questions into the chat box anytime, or email your questions to Lindsey.Greto@kingcounty.gov
- **Today's agenda:**
 - Erin James will give an overview of the King County Youth Marijuana Prevention & Education program (YMPEP)
 - Kaylin Bolt will talk about our current work to develop a five-year strategic plan
 - Myduc Ta will talk about the 2016 Healthy Youth Survey data
 - Erin will come back to talk about risk factors for youth marijuana use
 - Finally, Q&A
- Let's get started!

King County Youth Marijuana Prevention and Education Program (YMPEP)

- Department of Health funded through the Dedicated Marijuana Account
 - Regional – King County (Public Health Seattle – King County & Department of Community and Human Services) are the funded organizations in the King County region to implement “regional” strategies
- Prevention – Focus: Policy, Systems & Environment (PSE Strategies)



- Regional strategies are informed by regional partners in order to address youth marijuana prevention across King County.
- Policy, Systems, & Environmental (PSE) Strategies focus on modifying personal, private/organizational, and public policy, systems, and environment to reduce support/tolerance of problematic or unhealthy behaviors. Our environment is representative of what we support or tolerate. Modifications to an environment support changes for better or worse.
- Ultimately, we want to modify the environment to reduce risk and increase protection. We want modifications to make our environment less conducive to youth substance use.
- PSE works to achieve long-term population level changes by influencing healthy behavior and system changes which facilitate healthy norms/behaviors which pave the road to healthy culture change. (Example: In the past, we smoked on airplanes and in public spaces/buildings. Because of successful PSE work, this is not only illegal today, it is also viewed as unacceptable behavior in the eyes of most. Population level behavior change. Healthy culture change.)

Why do youth use marijuana?

- ❑ Self medication
- ❑ Friends who use
- ❑ Don't see it as a problem - Is it really that bad?
- ❑ Medicine vs. illicit/legal
- ❑ Mixed messaging



Youth report that they use marijuana for a number of reasons:

- Self-medication for anxiety and depression. Used to deal with life issues or hardships.
- Friends who use influence our use.
- Don't see it as a problem. Youth see others who use and seem to be okay.
- Laws and norms are tolerant of the behavior in a legal adult marijuana use environment.
- Youth have internalized messaging about marijuana. It is viewed as medicine. It used to be considered illicit, but is now legal for adults. It does not seem harmful to them.
- Mixed messaging about what marijuana is, its potential harms and benefits have the youth confused to say the least.

Youth say they are impacted



- Hempfest
- Doritos given out by Seattle PD to inform on I-502 laws and that they would rather warn about rather than enforce laws.
- Funny, eye catching and prevalent billboards.
- Attractive/glamorizing storefronts and ads.
- Youth say ads and messages are everywhere! Youth say if it is so bad, why do adults allow all of these messages and ads (this is confusing to the youth)? Where are the counter ads? Perspective is that it must be ok (environment tolerance/support) or that prevention is not doing a good job getting the message out there if it is not ok.

Targeting youth. Youthful bud tender? Cartoon?



- Youth are targeted with ads and social media.
- Examples can include the use of a very youthful bud tender at Uncle Ike's or the use of cartoon images to create memes about marijuana use/effects.

Targeting LGBTQ



- LGBTQHC shirts available at Glass and Goods Shop...



- Populations are targeted by retailers.
- The LGBTQ population is targeted for use and merchandise is linked with causes/movements. Here we see the LGBTQHC shirt marketed by Uncle Ike's... if you missed the parade, you can still pick up your shirt at the Glass and Goods Shop next door...

Youth say they are frustrated about...



Youth tell us that they are frustrated about our mixed messaging.

- We love the tax revenue.
- Risk of death?
- Authority figures provide mixed messaging— Just Say No (Nancy Reagan) vs. Marijuana is no more dangerous than alcohol (President Obama). Who do we believe?
- Harmful vs. not harmful.
- Medicine
- Messaging viewed by youth as “propaganda”

Youth perspective of typical marijuana prevention messages

- Youth find to be:
 - ▣ Off-putting
 - ▣ Disingenuous
 - ▣ Dishonest
 - ▣ Scary
 - ▣ Propaganda



Youth perceive typical marijuana prevention messages put out by adults as...

- Off-putting, disingenuous, dishonest, scary (scare tactics), or downright propaganda.
- Additionally, the industry is a trusted source of information. This is a problem. We need to get ahead of this and provide information that the youth want (safety and health information) in the way they want it. Otherwise, our messages will be continued to be perceived negatively.

Strategic Planning for YMPEP

Kaylin Bolt
Social Research Scientist
Public Health – Seattle & King County

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How do we achieve our mission?



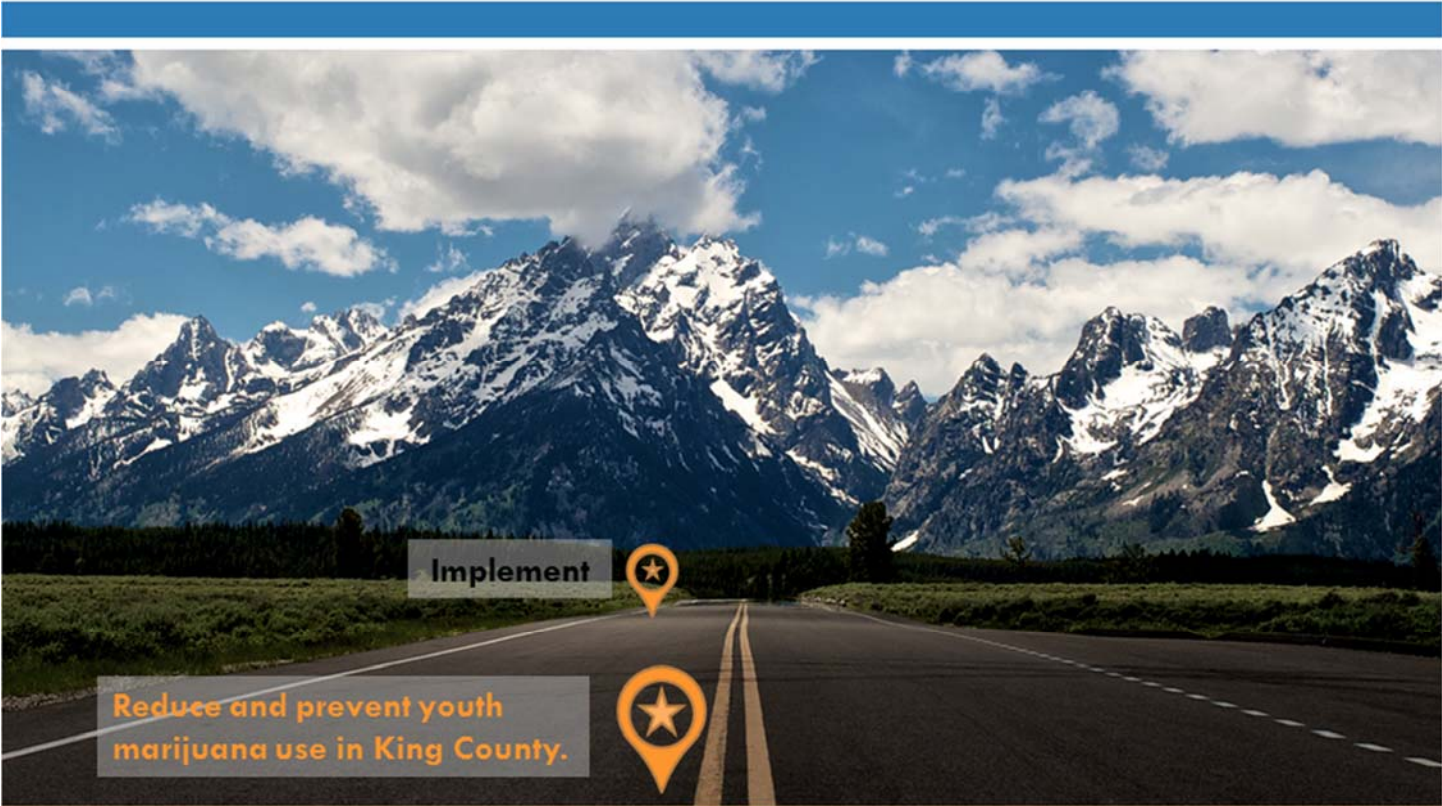
How do we achieve our mission?



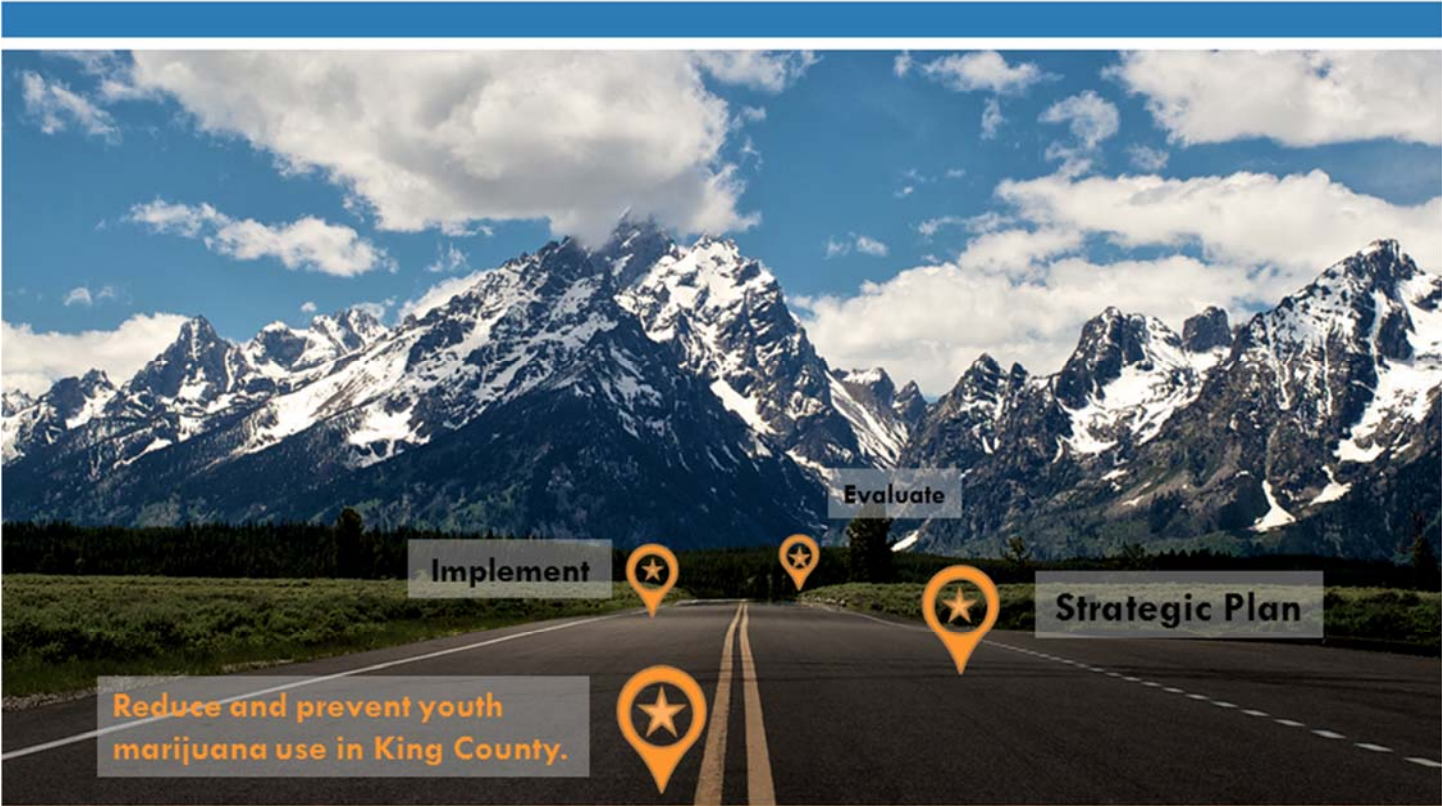
Reduce and prevent youth marijuana use in King County.



How do we achieve our mission?



How do we achieve our mission?



What is the purpose of developing a strategic plan?



To thoughtfully develop **goals, objectives and action strategies** aimed at meeting the needs specific to King County.



What is the purpose of developing a strategic plan?



To thoughtfully develop **goals, objectives and action strategies** aimed at meeting the needs specific to King County.

- Understand community better
- Engage early on with stakeholders and members of community
- Collect and analyze data to in form how to prioritize
- Reduce surprises
- Incorporate cultural / population appropriateness



What can happen when we don't plan?

DARE
Program



- DARE was found to be “instructive.” DARE taught some youth how to use and what to look for at home.

What can happen when we don't plan?

DARE
Program



England's
"Beat Bullying"
campaign



What can happen when we don't plan?

DARE
Program

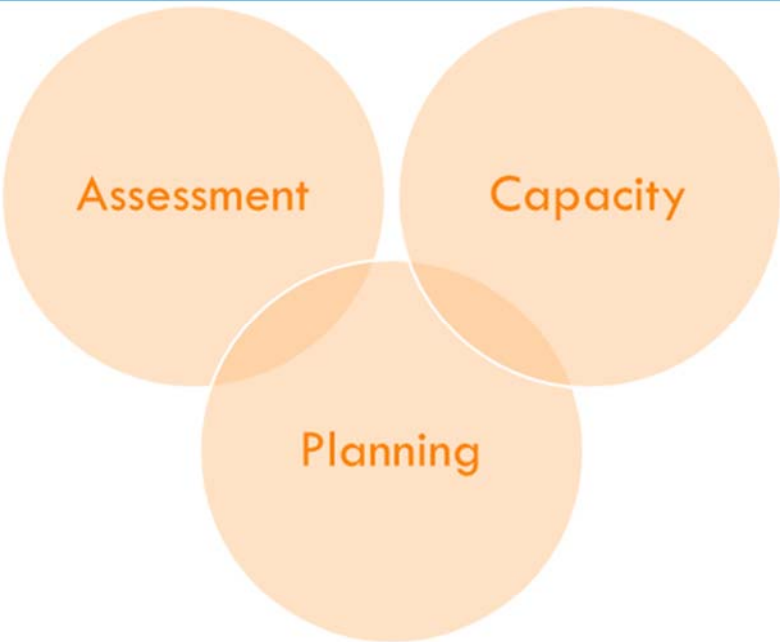


England's
"Beat Bullying"
campaign

California's "Healthy Lunch Box"



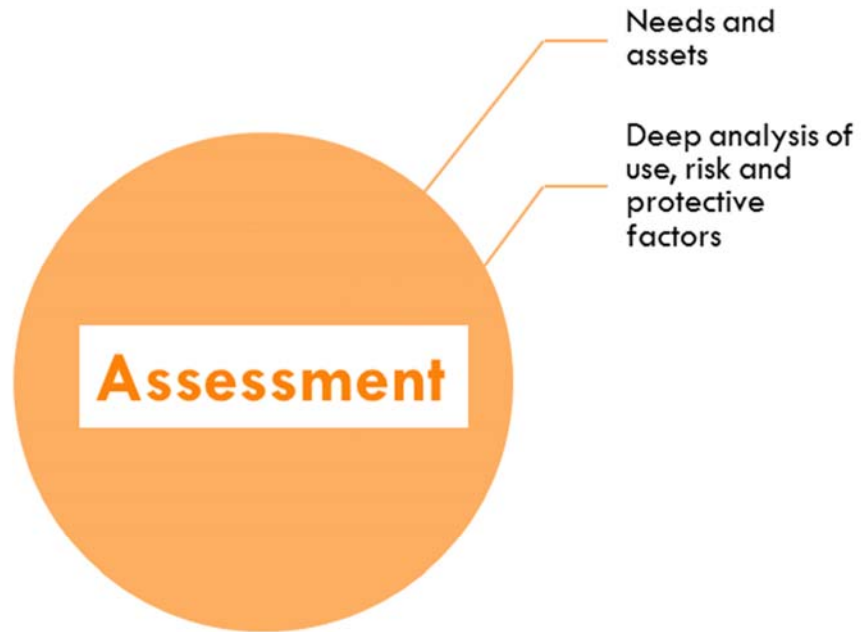
What does strategic planning look like?



What does strategic planning look like?



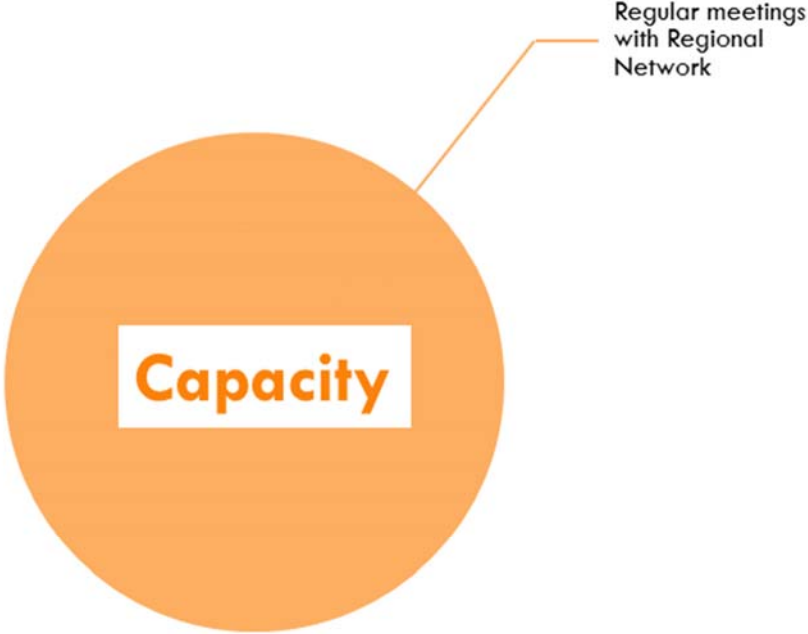
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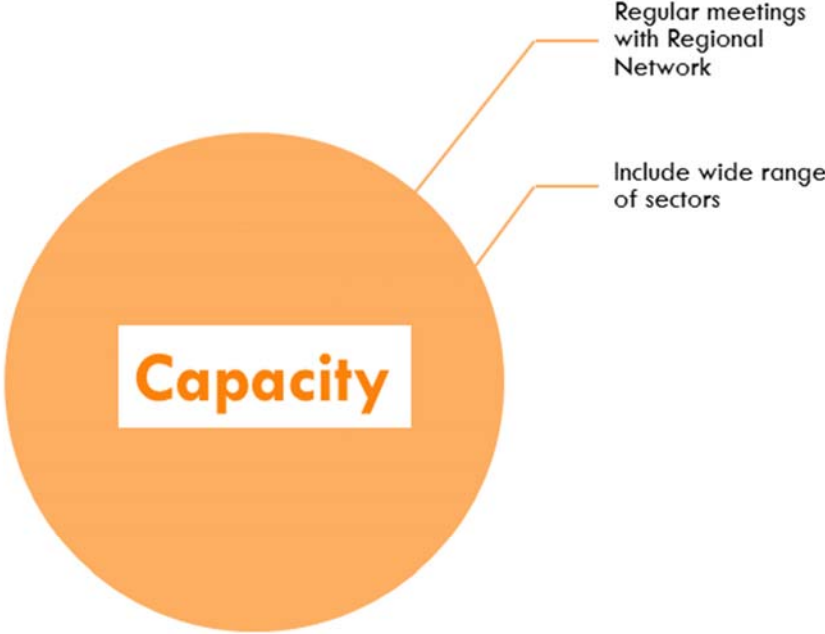
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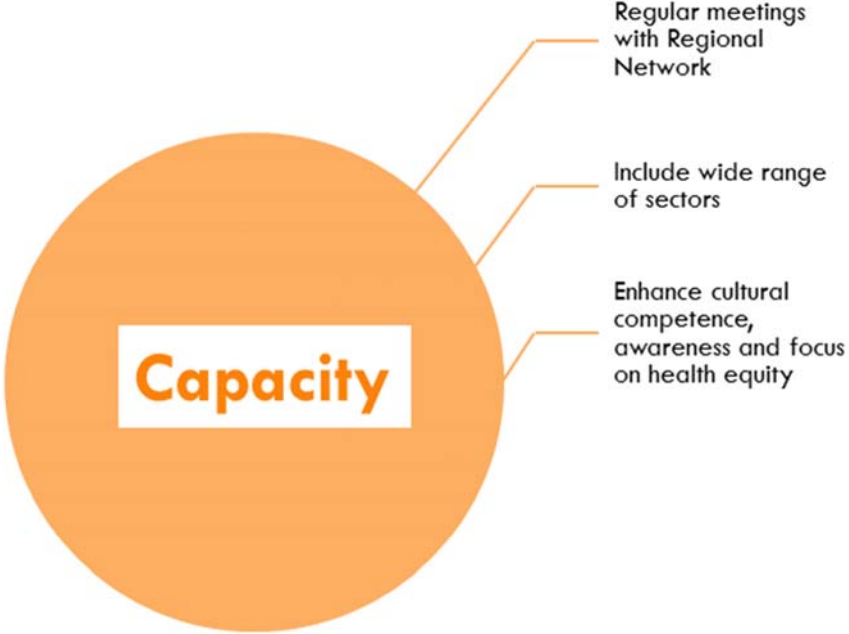
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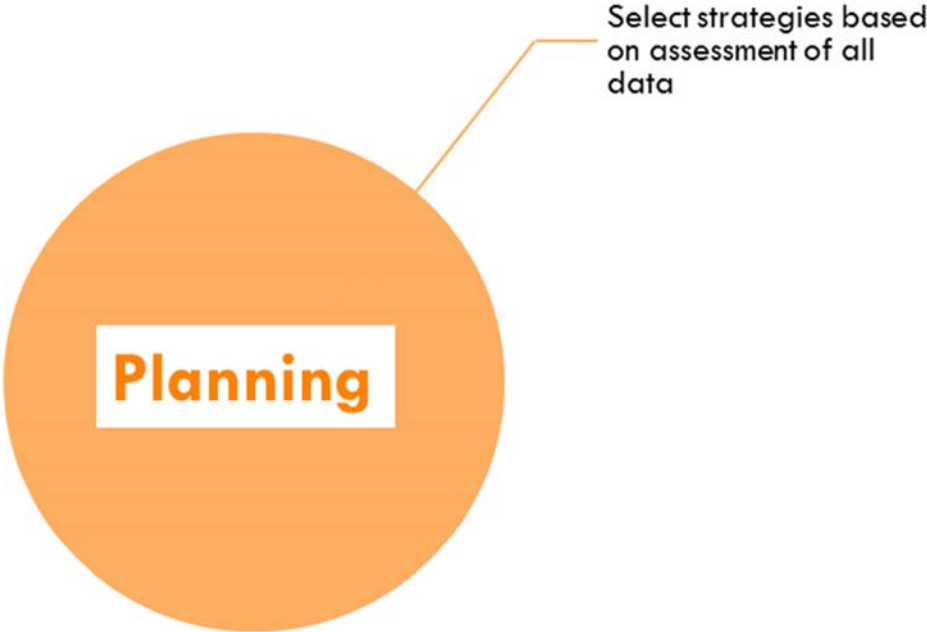
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What does strategic planning look like?



What does strategic planning look like?



A closer look at King County's HYS data

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Healthy Youth Survey (HYS)

Background of Healthy Youth Survey

Enhancements to survey

Differences in estimates produced by State and King County Public Health



Washington State Healthy Youth Survey (HYS)



- Multi-state agency collaborative effort
- Administered even years since 2002 in grades 6, 8, 10, & 12
- Describe youth health behaviors habits, risks, and outcomes
- Gathers district, county, and state-level data in a consistent way
- Public Health uses HYS data for public health assessment and evaluation



Enhancements to HYS

- “Small school districts” pilot (starting in 2014)
 - Schools with small enrollments have option of administering survey to students in grades 7, 9 and 11 (in addition to students in grades 6, 8, 10 and 12)
- Sexual orientation, behavior and abuse questions (starting in 2014)
 - Schools have option to register for forms with or without these questions
 - Form A Enhanced: One sexual orientation question
 - Form B Enhanced: three sexual behavior questions, one sexual orientation question (asked as sex of partners), and two sexual abuse questions
- Disaggregated Asian ethnicity (starting in 2016)

Differences in HYS estimates produced by DOH and Public Health

WA Dept. of Health reports

- ❑ Frequencies by grade
- ❑ No examination of trends
- ❑ Comparisons by gender only for select indicators
- ❑ Limited to state and county sampled schools

Public Health reports

- ❑ Combines grades
- ❑ Able to examine trends
- ❑ Comparisons by demographic characteristics including gender
- ❑ Includes all participating schools in King County

Note: Due to differences in reporting, King County estimates from AskHYS.net will be slightly different from what is produced by Public Health.



HYS data caveats

Limitations

- ❑ Self-report and self-administered
- ❑ Represent youth who attend public school and not all youth in age group
- ❑ Voluntary participation
- ❑ Findings show associations and cannot be interpreted as causal

Strengths

- ❑ Opportunity to hear from youth directly
- ❑ Standard survey administration procedures and questions from established surveys
- ❑ High level of participation among King County schools

Other ongoing data collection efforts

Behavioral Risk Factor Surveillance System (BRFSS)

- Partnership between states and Centers for Disease Control and Prevention
- Annual telephone-based survey of adults 18 years and older
- Collects information about health-related risk behaviors, chronic health conditions, and use of preventive services
- Marijuana use question asked in Washington state since 2009
- Conducting analyses and results will be posted online when available:
<http://kingcounty.gov/depts/health/data/community-health-indicators.aspx>

Washington State Young Adult Health Survey

- Partnership between UW Center for the Study of Health and Risk Behaviors and WA Dept. of Social and Health Services
- Internet survey of young adults 18-25 years
- Collects information on marijuana consumption patterns and attitudes
- Participants recruited from:
 - direct mail advertising to a random sample of 18-25 year olds registered with Department of Licensing
 - online advertising, including social media
- For more information see:
blogs.uw.edu/uwwyahs

Overview of King County 2016 HYS Results

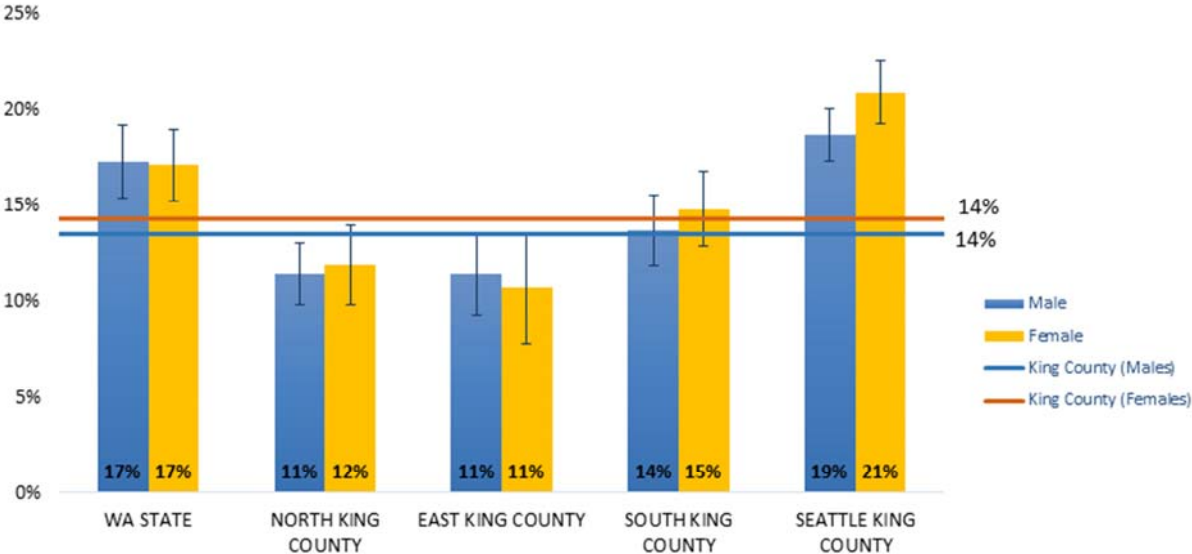
Overall youth marijuana use rates by sex and place

Trends over time



Current marijuana use among female and male students are similar across areas in King County and statewide

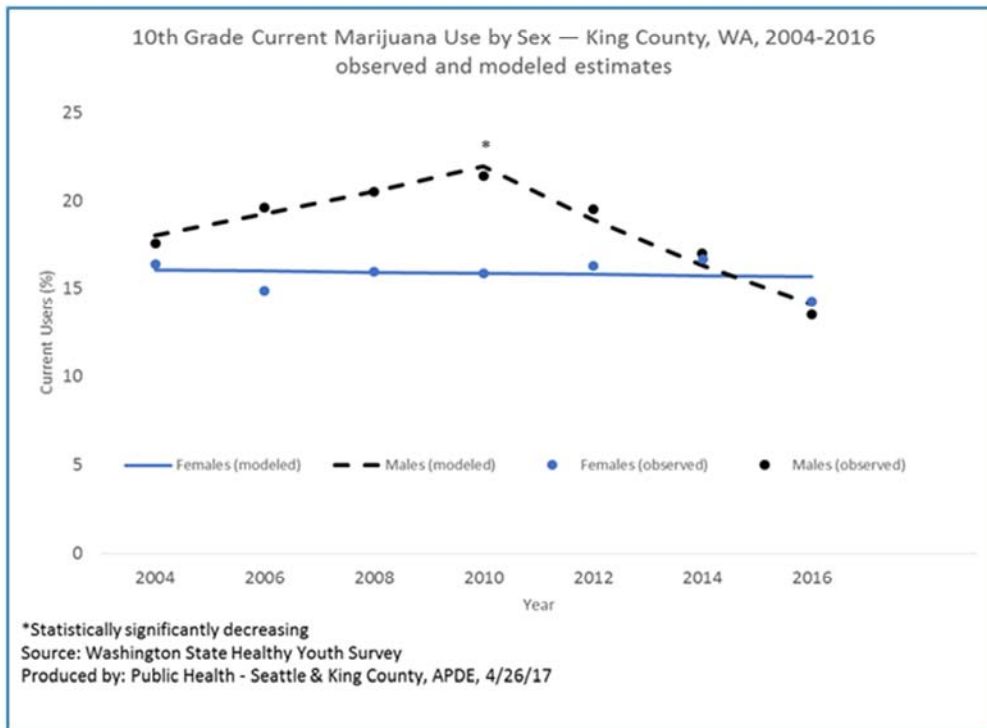
KING COUNTY
10th grade current marijuana use by sex and geography



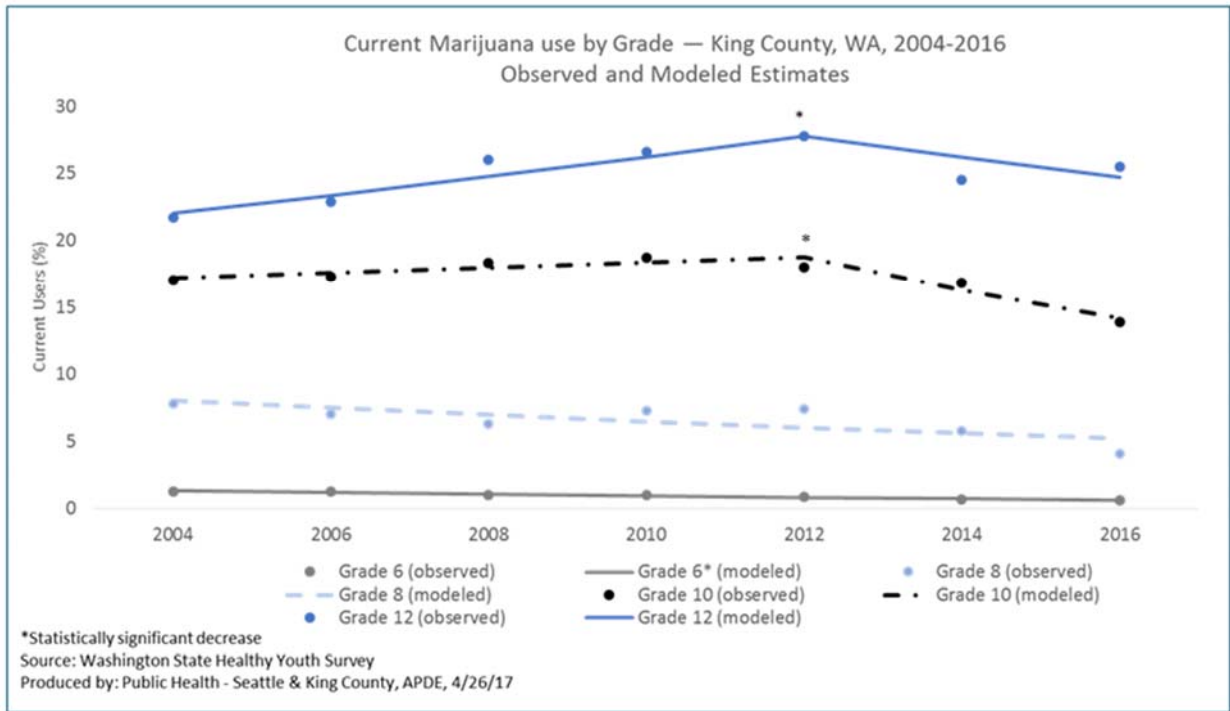
Source: Washington State Healthy Youth Survey, 2016
 — : Confidence interval shows range that includes true value 95% of the time



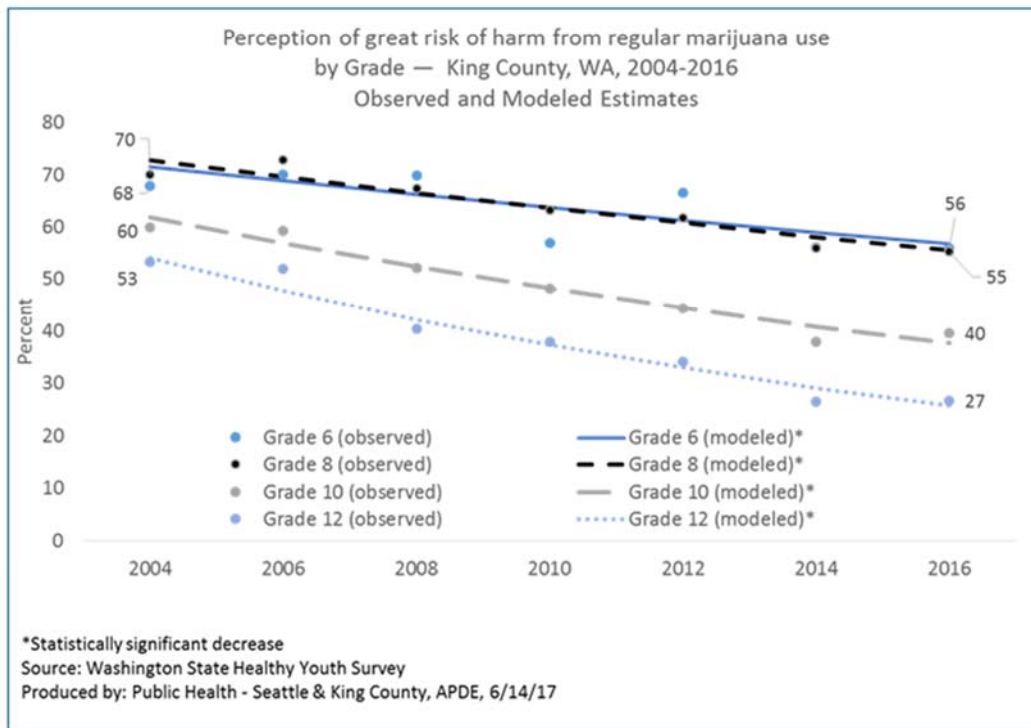
Decreasing trend in marijuana use among male 10th grade students in King County, WA as of 2010; no change among females



Current marijuana use decreasing as of 2012 among 10th & 12th grade students in King County, WA



Perceptions of harm from regular marijuana use decreasing over time among all grades



2016 King County youth marijuana use by demographics

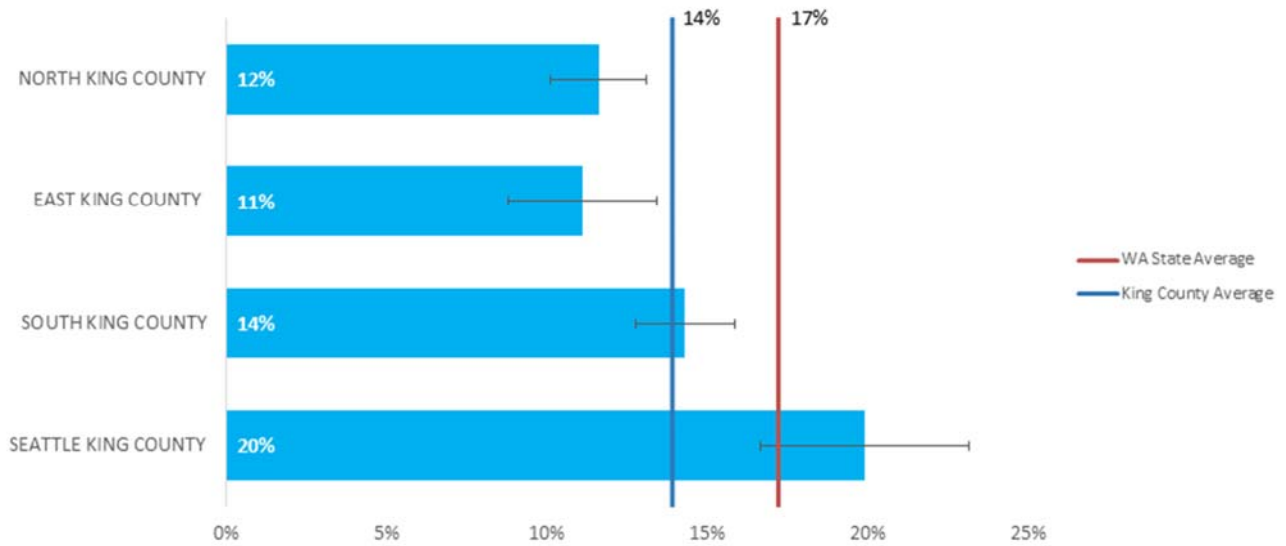
Focus on 10th grade students

Current marijuana use across populations and geography



Among Seattle 10th grade students, about 1 in 5 had used marijuana in the past 30 days, higher than in other areas of the county

Past 30-day marijuana use by King County region
King County 10th graders



Source: Washington State Healthy Youth Survey, 2016

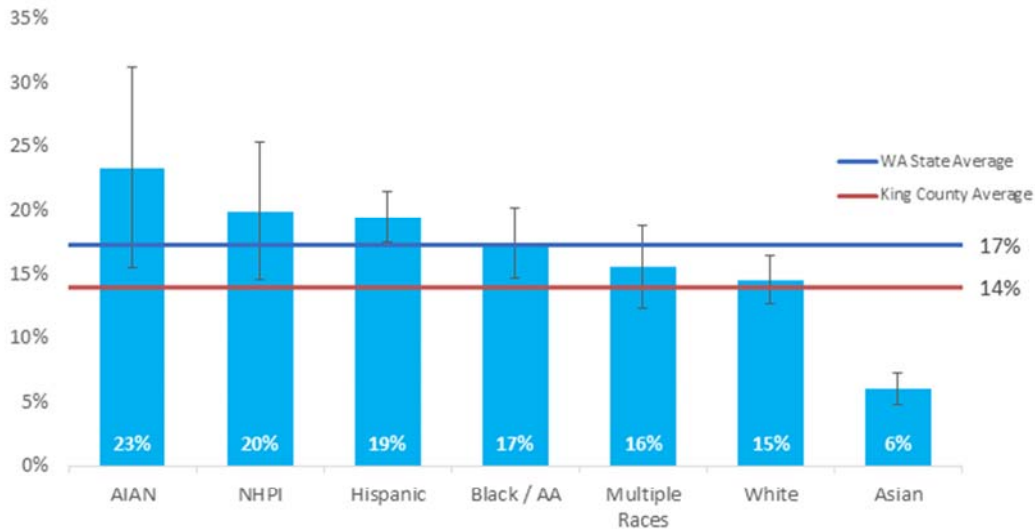
— : Confidence interval shows range that includes true value 95% of the time



American Indian/Alaskan Native and Hispanic youth report disproportionately high marijuana use rates compared to the county overall

Past 30-day marijuana use by race / ethnicity

King County 10th graders

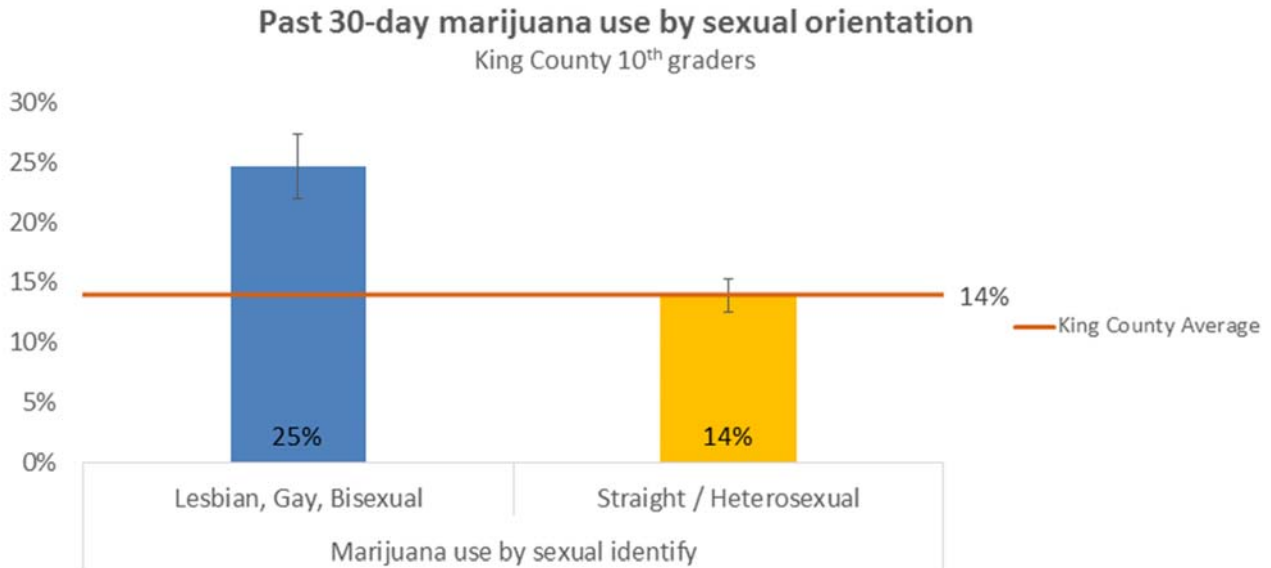


Source: Washington State Healthy Youth Survey, 2016

— : Confidence interval shows range that includes true value 95% of the time



Almost 2 times higher rate of marijuana use among students identifying as lesbian, gay or bisexual compared to straight/heterosexual students



Source: Washington State Healthy Youth Survey, 2016

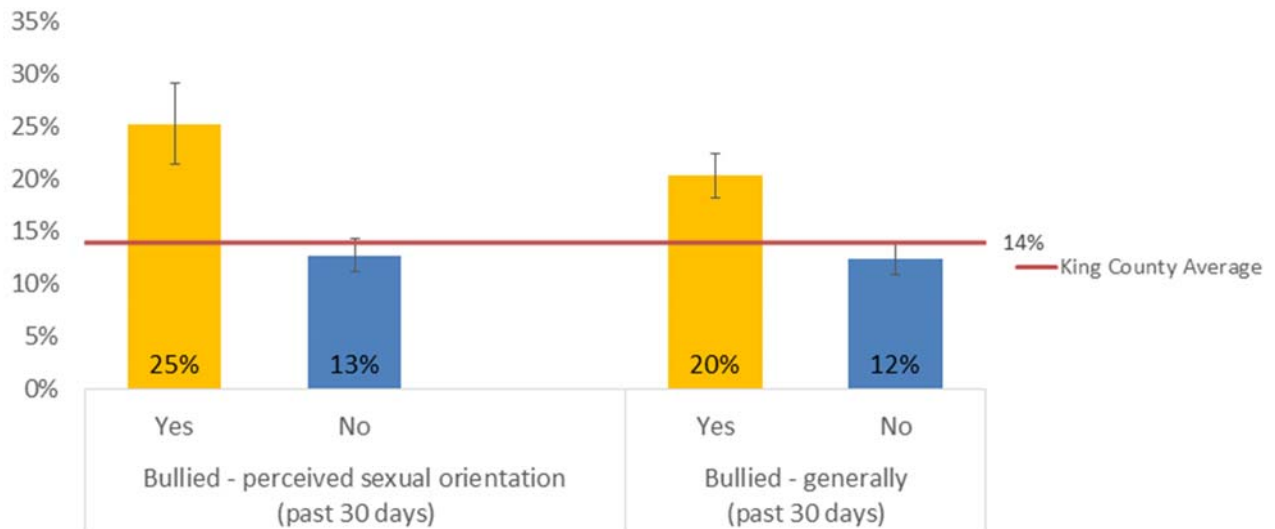
— : Confidence interval shows range that includes true value 95% of the time



The rate of past 30-day marijuana use was about 2 times higher among youth bullied due to perceived sexual orientation

Past 30-day marijuana use among bullied and non bullied

King County 10th graders



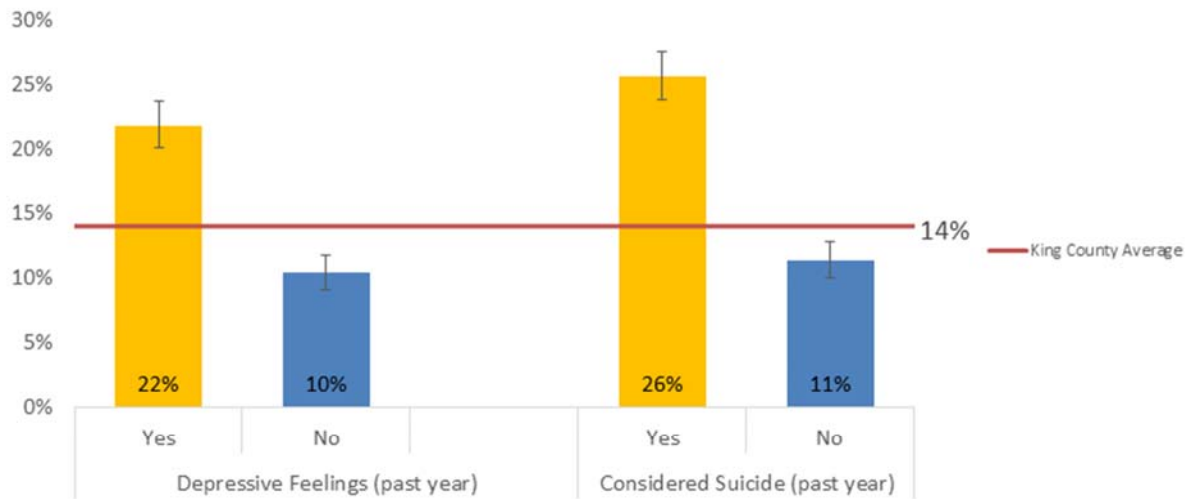
Source: Washington State Healthy Youth Survey, 2016

— : Confidence interval shows range that includes true value 95% of the time



Marijuana use is 2 times higher among students reporting depressive feelings or considering suicide

Past 30-day marijuana use among students reporting depressive feelings or considering suicide
King County 10th graders



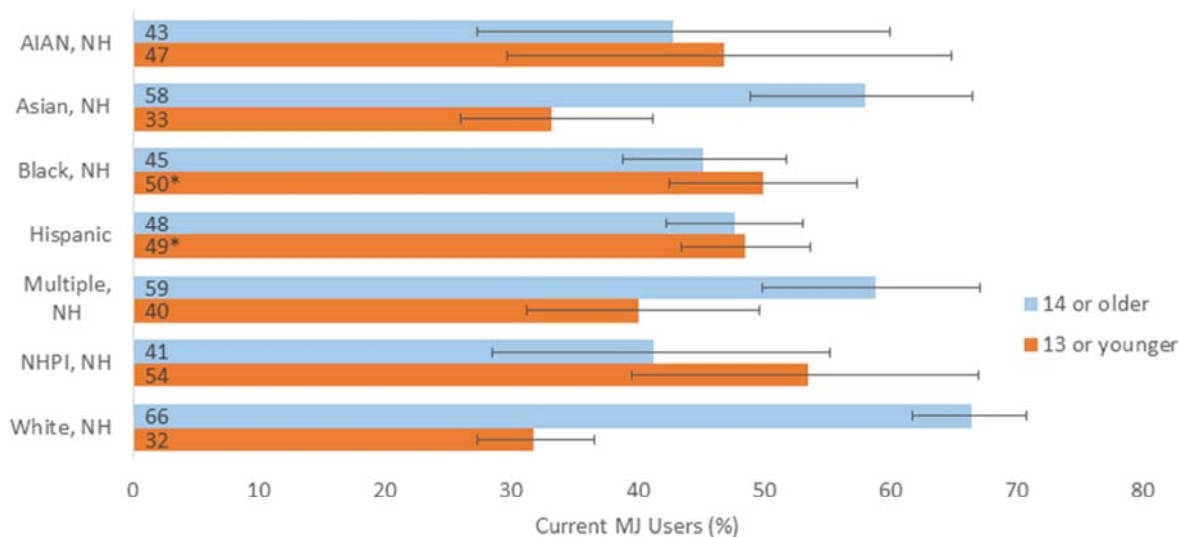
Source: Washington State Healthy Youth Survey, 2016

— : Confidence interval shows range that includes true value 95% of the time



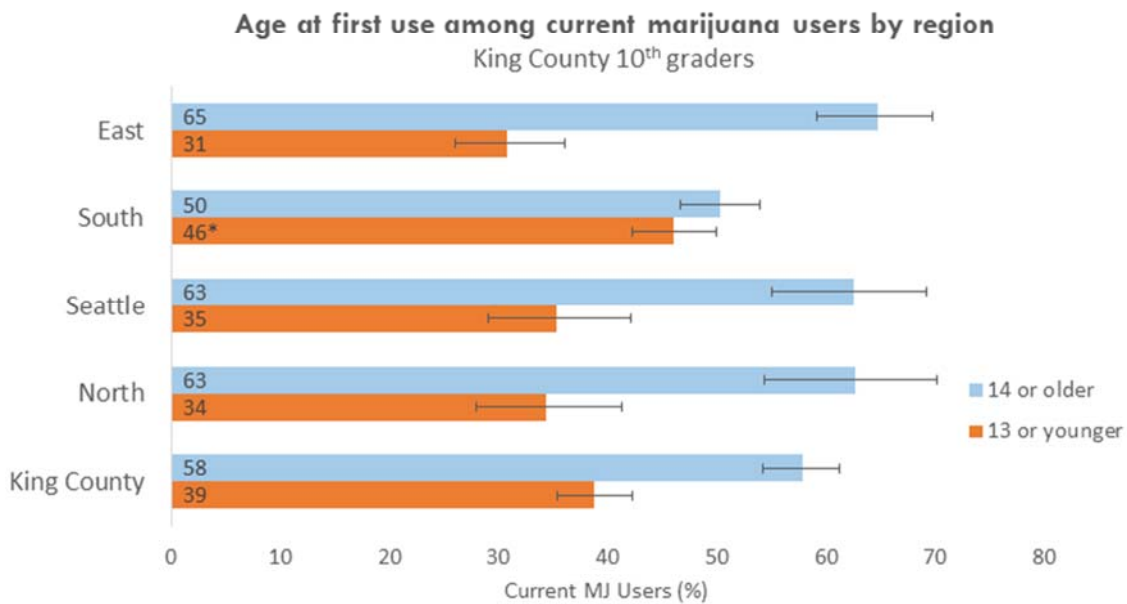
Among youth reporting current marijuana use, a higher percentage of Hispanic and black youth report first use at age 13 or younger compared to white, non-Hispanic youth

Age at first use among current marijuana users by race
King County 10th graders



*Statistically different from white, NH students
 —: Confidence interval shows range that includes true value 95% of the time
 Source: Washington State Healthy Youth Survey, 2016
 Produced by: Public Health - Seattle & King County, APDE, 9/19/2017

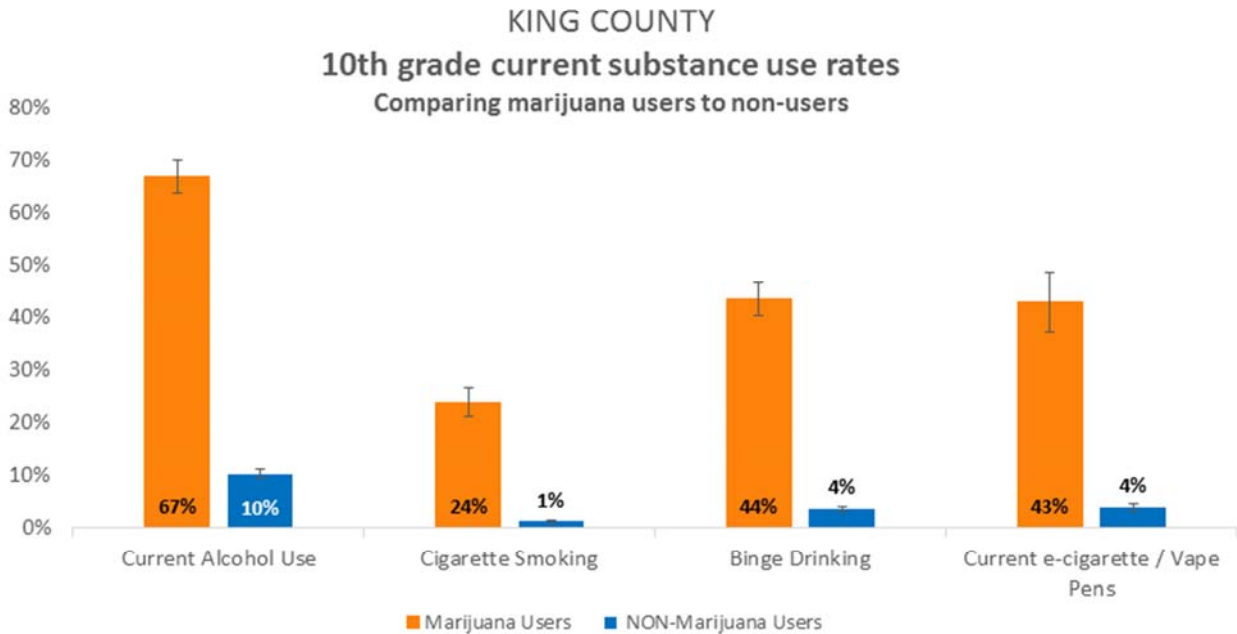
Among youth reporting current marijuana use, a higher percentage of South King County youth reported using at age 13 or younger compared to youth in other areas



*Statistically different from other county sub-regions and county overall
 — : Confidence interval shows range that includes true value 95% of the time
 Source: Washington State Healthy Youth Survey, 2016
 Produced by: Public Health - Seattle & King County, APDE, 9/19/2017



Marijuana users, compared to non-users, are more likely to report using other substances



Source: Washington State Healthy Youth Survey, 2016

— : Confidence interval shows range that includes true value 95% of the time



Healthy Youth Survey – what risk factors are measured?

Risk Factors for Adolescent Problem Behavior

Risk Factors	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
Community						
Availability of Drugs	x				x	
Availability of Firearms		x			x	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	x	x			x	
Media Portrayals of Violence					x	
Transitions and Mobility	x	x		x	x	x
Low Neighborhood Attachment and Community Disorganization	x	x			x	
Extreme Economic Deprivation	x	x	x	x	x	
Family						
Family History of the Problem Behavior	x	x	x	x	x	x
Family Management Problems	x	x	x	x	x	x
Family Conflict	x	x	x	x	x	x
Favorable Parental Attitudes and Involvement in the Problem Behavior	x	x			x	
School						
Academic Failure Beginning in Late Elementary School	x	x	x	x	x	x
Lack of Commitment to School	x	x	x	x	x	
Individual/Peer						
Early and Persistent Antisocial Behavior	x	x	x	x	x	
Rebelliousness	x	x		x	x	
Friends Who Engage in the Problem Behavior	x	x	x	x	x	
Favorable Attitudes Toward the Problem Behavior	x	x	x	x	x	
Early Initiation of the Problem Behavior	x	x	x	x	x	
Constitutional Factors	x	x			x	x

Adapted with permission from Social Development Research Group and Channing Bete Company, Inc.

<http://theathenaforum.org/sites/default/files/Risk%20Factor%20Chart.pdf>



- Risk Factor chart developed by Social Development Research Group (SDRG), University of Washington.
- These risk factors for youth problem behavior are what the Healthy Youth Survey measure.
- Four domains: Community, Family, School, and Individual/Peer.
- Risk factors measured are predictive of substance use and other noted youth problem behaviors (see chart).
- This chart includes risk factors predictive of depression and anxiety. We know that youth cite “self-medication” for depression and anxiety and to deal with life issues/hardships.
- LGBTQ population cite increased risk for self-medication. LGB data from HYS shows nearly double the marijuana use of their straight/heterosexual peers. This lines up with the increased risk factors that face LGBTQ youth: Homelessness (community domain: transitions and mobility), lack of family support (family domain: family management problems; family conflict), school bullying/community bullying because of perceived sexual orientation (school/community domains), academic failure and lack of commitment to school (school domain), and mental health related to risk factors as presented in this population of youth. This population of youth are faced with so many life issues and hardships that many say they are not concerned about their personal health. “I’m not going to be here long enough for it to matter.”
- In the Individual/Peer domain, if we have friends who use, we are more likely to use. Additionally, we are more likely to use if our constitutional factors/“resiliency” is low.

NOTE: SCROLL AHEAD FOR THREE ADDITIONAL SLIDES THAT WE DIDN'T PRESENT ON THE WEBINAR

Thank you for joining us!

For any additional follow up, email Lindsey.Greto@kingcounty.gov

To stay connected with King County YMPEP, visit
<http://www.kingcounty.gov/depts/health/smoking/youth-marijuana-prevention.aspx>

Risk Factors & Normative Data – King County

YMPEP Needs Assessment by Subcounty Regions — King County, WA, 2016

[created 6-2-17]
[revised 9-27-17]

Permission for sharing Seattle Public Schools HYS data received June 5, 2017

10th Grade Risk Factors	King County, WA 10th Grade Students (2016)											
	East			South			Seattle			North		
	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI
Current Marijuana Use	11.1	9	13.6	14.3	12.8	15.9	19.9	16.8	23.3	11.6	10.2	13.2
Household Marijuana use (living with someone who uses MJ)	12	10.2	14.1	19.9	18.1	22	19.4	17	22	15.5	13.7	17.5
Parents have NOT talked about not using MJ	41.5	39	40	38.1	36.2	40.1	38.6	34.6	42.8	40.4	36.5	44.5
Parents have talked about not using MJ	58.5	56	61	61.9	59.9	63.8	61.4	57.2	65.4	59.6	55.5	63.5
1+ best friends who used marijuana	30.3	25.8	35.2	37	34.7	39.4	47.8	42.8	52.9	34.2	29.8	39
Perceived great risk of harm from regular MJ use	47.7	44	51.5	35.9	32.9	39	33	29.6	36.7	41.2	38.5	43.9
Not very hard to get marijuana	57.6	54.6	60.5	61.5	59.3	63.6	70.4	65.8	74.7	61	57.1	64.8
At academic risk (C grades or below)	12.9	10.9	15.2	24.4	21.4	27.5	15.7	11.9	20.3	13.7	11.9	15.6
Bullied 1+ times in past 30 days	19	17.4	20.8	19	17.7	20.4	14.4	12.8	16.1	17.6	14.6	21
Driving within 3 hours of using MJ (1+ times in past month)	5	4.2	6	9.8	8.4	11.4	6.3	5	7.9	4.6	3.9	5.4
Ride in car (1+ times in past month) with driver who has used MJ	11.7	9.6	14.2	17.6	15.6	19.7	12.1	9.9	14.7	11	9.1	13.2

Brief discussion regarding norms and normative data found in HYS...

- Many parents are having discussions about not using marijuana (Normative: around 60%). However we do not know what the context of those discussions looks like. We do not know what parental views, discussion, or personal use looks like. We can always help parents with this piece and we need to do better to provide education and support of parents to have this conversation in the right way and often with their kids.
- Youth can get/access marijuana easily (Normative: between 57-70%).

Sexual Orientation – LGB Data – Increased Use/Bullied

Subpopulations	King County, WA 10th Grade Current Marijuana Use (2016)											
	East			South			Seattle			North		
	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI
Race/ethnicity												
American Indian/Alaskan Native, NH	*	*	*	26	16.2	39	*	*	*	*	*	*
Asian, NH	3.5	2.4	5	7.3	5.9	9.1	9.2	6.7	12.4	5.2	2.9	9
Black/African American, NH	15.2	10.4	21.8	17.2	13.4	21.7	20.5	16.4	25.4	*	*	*
Hispanic	17.7	13.1	23.3	18.6	16.2	21.2	27.3	22	33.3	20.8	18.7	23.1
Multiple race, NH	13.1	10.5	16.2	13.9	9.3	20.3	24	19.2	29.6	14	7.5	24.5
Native Hawaiian/Pacific Islander, NH	28.8	14.5	49.2	17.5	12	24.8	27.9	15.6	44.7	*	*	*
White, NH	12.5	10.3	15.1	13.9	11.8	16.2	21.7	17	27.4	11.6	9.4	14.3
Sexual Orientation (2016 only)												
Lesbian, Gay, Bisexual	17.1	13.8	20.9	27.4	22.2	33.3	28.2	23.3	33.5	21	16.8	26
Straight/Heterosexual	11	8.6	13.9	12.5	10.9	14.4	17.7	14.2	21.8	10.7	9.3	12.3
Bullied due to perceived sexual orientation												
Yes	9.6	7.4	12.5	25.9	22.7	29.4	41.7	30.3	54.1	17.8	11.4	26.8
No	17.2	12.9	22.6	12.6	10.6	14.8	19	16	22.5	12.1	9.5	15.5
Bullied in past 30 days												
Yes	17.9	15.2	20.9	22.3	19.3	25.7	24.6	19.1	31.1	14.7	11.2	19.1
No	9.3	7.2	12	12.4	10.9	14	19	15.9	22.6	11	9.8	12.3

- LGB data – Nearly double the use of heterosexual/straight peers.
- High rates of bullying due to perceived sexual orientation, especially South and Seattle King County areas. (Increases risk for substance use behavior.)

Marijuana & Other Substance Use - Normative

Other Substance Use (among current marijuana users)	King County, WA 10th Grade (2016)											
	East			South			Seattle			North		
	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI	Percent	Lower CI	Upper CI
Current alcohol use	72.2	67	76.9	62.4	57.9	66.6	70.3	64.3	75.6	67	59.2	73.9
Cigarette smoking	26.2	22.1	30.9	24.8	20.4	29.7	20.2	16.6	24.3	23.8	19.7	28.5
Binge drinking*	50.9	42.7	59.1	41.7	37.3	46.2	39.7	35.1	44.5	42.1	36.8	47.6
Current e-cigarettes/vape pens	65.4	58.1	72	42.1	36.1	48.4	23.6	19.9	27.7	44.7	33.4	56.7

Polysubstance Use is Normative with Marijuana Users

- Percentages of marijuana plus alcohol use (62-72%)p
- Percentage of marijuana use plus binge drinking behavior (50% in East area of King County)
- Percentage of marijuana use plus e-cigarette/vaping (65% in East area of King County)