California Healthy Kids Survey – What is the data telling us?

Carolyn Secrist, Program Supervisor
Behavioral Health Services
Orange County Health Care Agency
County of Orange

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California Healthy Kids Survey

State survey

- Random sampling method
- Survey sample
  - 43-45 districts
  - 51 to 60 schools represented
  - Sample sizes range from 13,451 to 14,987

Orange County report

- Survey sample
  - Sample sizes range from 23,090 to 27,368
California Healthy Kids Survey

Today’s Focus
- Alcohol
- Marijuana
- Rx

Orange County and State Comparisons
Past 30 day use

The OC alcohol and other drug use rate is trending down.

11th grader youth alcohol and other drug use trend
Past 30 day use

The OC alcohol use rate is trending down.

11th grader youth alcohol use trend

California Healthy Kids Survey
2017-2018 11th grade alcohol 30-day use rate

OC = 14%

Laguna Beach Unified: 32%
Los Alamitos Unified: 25%
Huntington Beach Union High: 20%
Newport-Mesa: 20%
Capistrano Unified: 20%
Anaheim Union High: 14%
Tustin Unified: 12%
Saddleback Valley Unified: 12%
Fullerton Joint Union: 12%
Irvine Unified: 9%
Brea-Olinda: 8%
Santa Ana: 7%

California Healthy Kids Survey
2015-2017 11th grade perceived harm of use of alcohol (drink occasionally) in California and Orange County

- None: 16%
- Slight: 26%
- Moderate: 28%
- Great: 31%
2015-2017 11th grade perceived difficulty of obtaining alcohol in California and Orange County

- Very easy: 40%
- Fairly easy: 25%
- Fairly difficult: 7%
- Very difficult: 6%
- Don't know: 22%

California Healthy Kids Survey
Past 30 day use

The OC marijuana rate has decreased.

11th grader youth marijuana use trend

California Healthy Kids Survey
2015-2017 11th grade perceived harm of use of marijuana (smoke occasionally) in California and Orange County
2015-2017 11th grade perceived difficulty of obtaining marijuana in California and Orange County

- Very easy: 46%
- Fairly easy: 21%
- Fairly difficult: 5%
- Very difficult: 6%
- Don't know: 23%

California Healthy Kids Survey
11th grade Rx 30 day reported use trend

Students reported using less within the past 30 days in 2018

California Healthy Kids Survey
2017-2018 11th grade alcohol and other drug past 30 day use

Santa Ana Unified School District is lower than Orange County

<table>
<thead>
<tr>
<th>Substance</th>
<th>Santa Ana</th>
<th>Orange County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol and Other Drugs</td>
<td>12%</td>
<td>19%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>7%</td>
<td>14%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>7%</td>
<td>12%</td>
</tr>
<tr>
<td>Prescription Medication</td>
<td>1%</td>
<td>2%</td>
</tr>
</tbody>
</table>

California Healthy Kids Survey
2017-2018 11th grade perceived harm of use of alcohol (drink occasionally) Santa Ana Unified School District and Orange County

- Alcohol: 63%
- Marijuana: 56%

California Healthy Kids Survey
11th grade perceived difficulty of obtaining substances

Santa Ana Unified School District and Orange County

- Alcohol: 17% perceived difficulty
- MJ: 14% perceived difficulty

California Healthy Kids Survey
Teen vaping
Vaping in Orange County, past 30 days

11th graders reported NOT using electronic cigarettes in the past 30 days.

87 out of 100
If the numbers are low, why is vape prevention important?

- We care about all youth.
- Youth influence each other’s behavior.
- Youth share ideas and information with each other.
Vapes are considered e-cigarettes

- Vapes are also known as:
  - E-cigs
  - Vapes
  - Mods
  - E-hookah
  - Tanks
  - Sourin, Phix, Rubi, JUUL
Resources

- Free quit smoking and vaping services for teens and adults
  
  1.866.newlung (639-5864)

- Truth x Quitting (#THISISQUITTING)
  - Text QUIT to (706) 222-QUIT to leave JUUL or other vape products
  - Text QUITNOW to (202) 759-6436 to quit cigarettes

- For more information:
  - Tobacco Use Prevention Program
    - (714) 541-1444
    - www.ochealthinfo.com/tupp
Parental Involvement

- Set a good example
- Create clear rules according to beliefs
- Teach refusal skills – ways to say “NO”
- Manage family conflicts
- Increase your knowledge: Alcohol and drugs
- Strengthen bonds
Strengthen Bonds

- Eating meals together
- Family outings
- Encourage and support each other
- Expressing warmth and love
Effective Communication

- Share your emotions
- Choose words carefully
- Children watch and learn from YOU
- Acknowledge their feelings
- Make yourself available
- Understand puberty and teens
California Healthy Kids Survey

Website Resources

https://calschls.org/

https://www.kidsdata.org/
California Healthy Kids Survey

Questions?

Thank you!