



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

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February 27, 2020



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

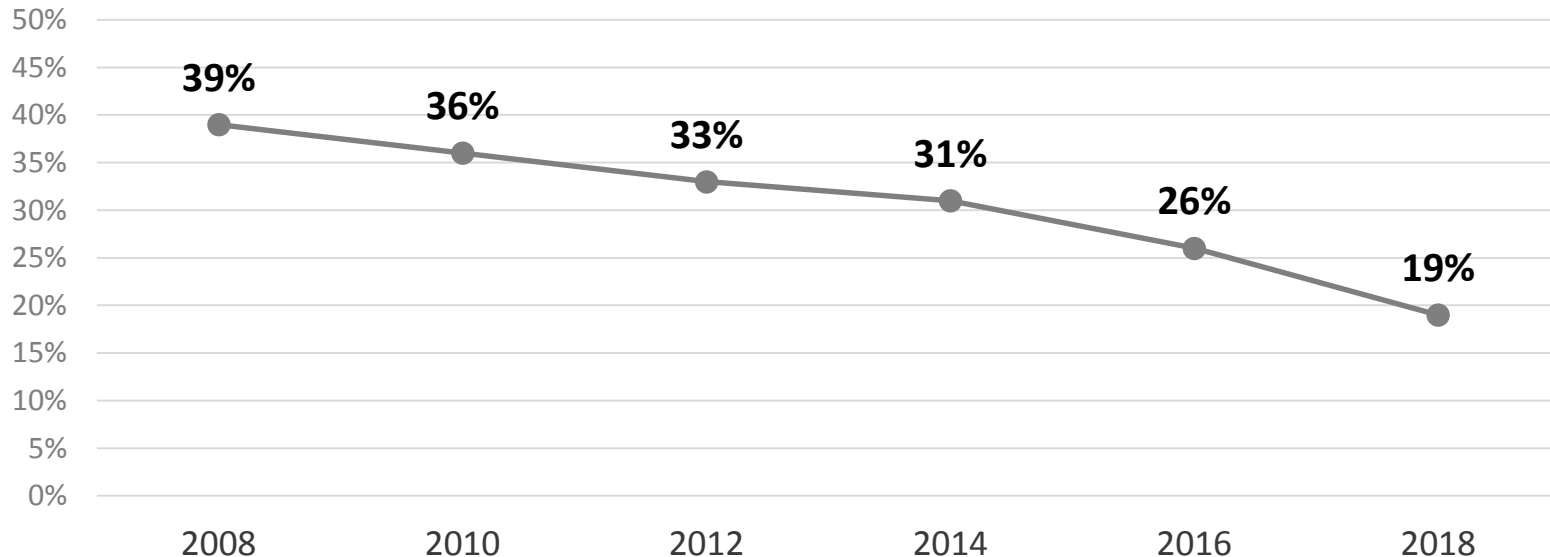
-  Alcohol
-  Marijuana
-  Rx

Orange County and State Comparisons

Past 30 day use

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

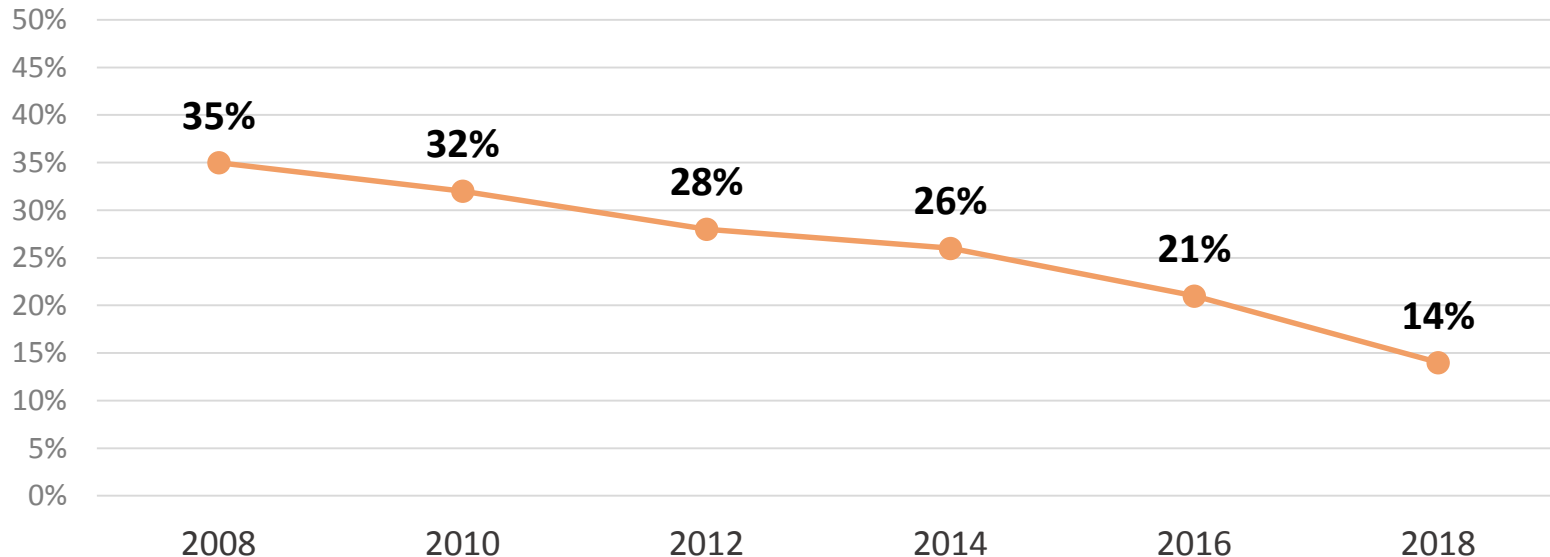
11th grader youth alcohol and other drug use trend



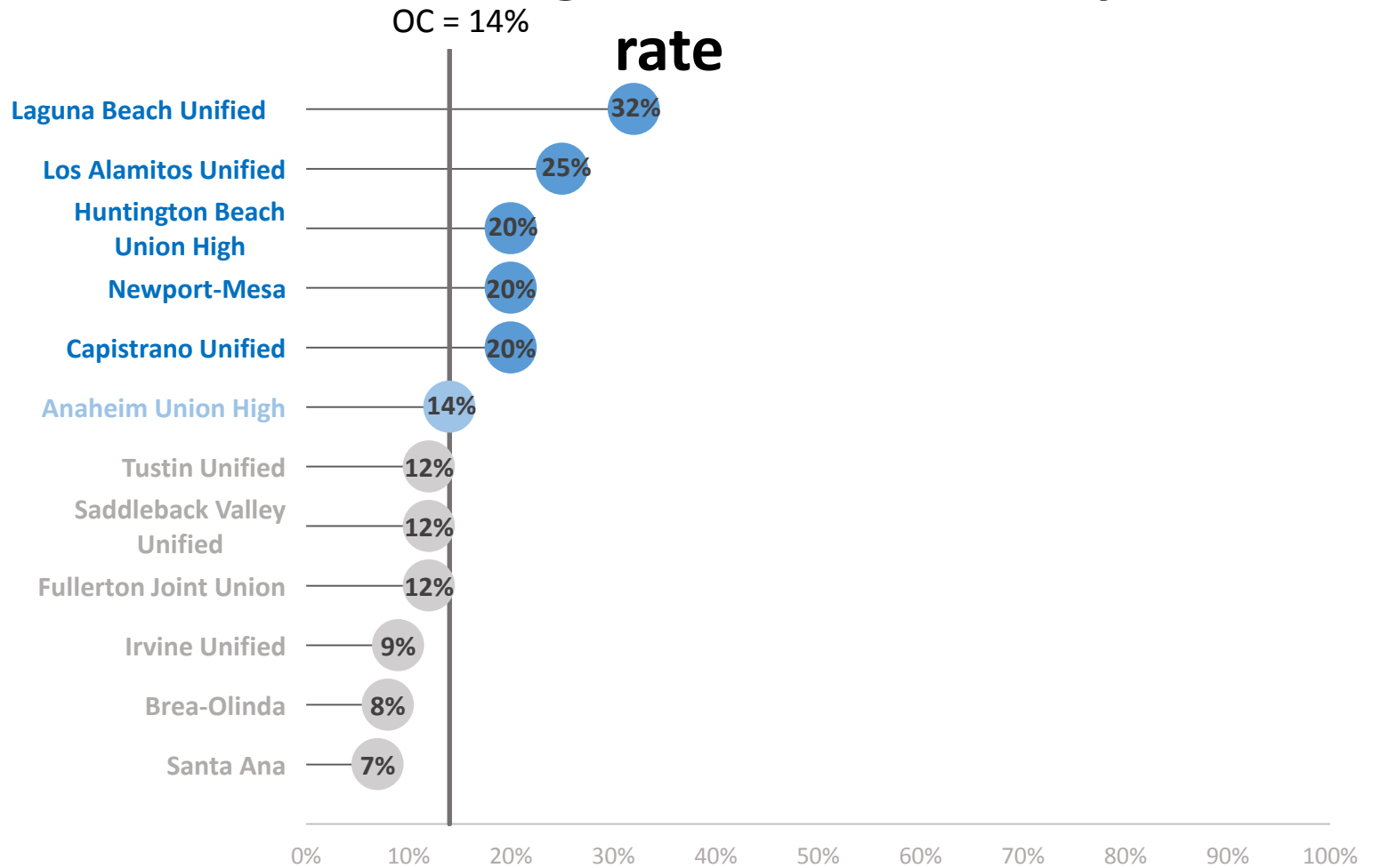
Past 30 day use

The OC **alcohol use** rate is trending **down**.

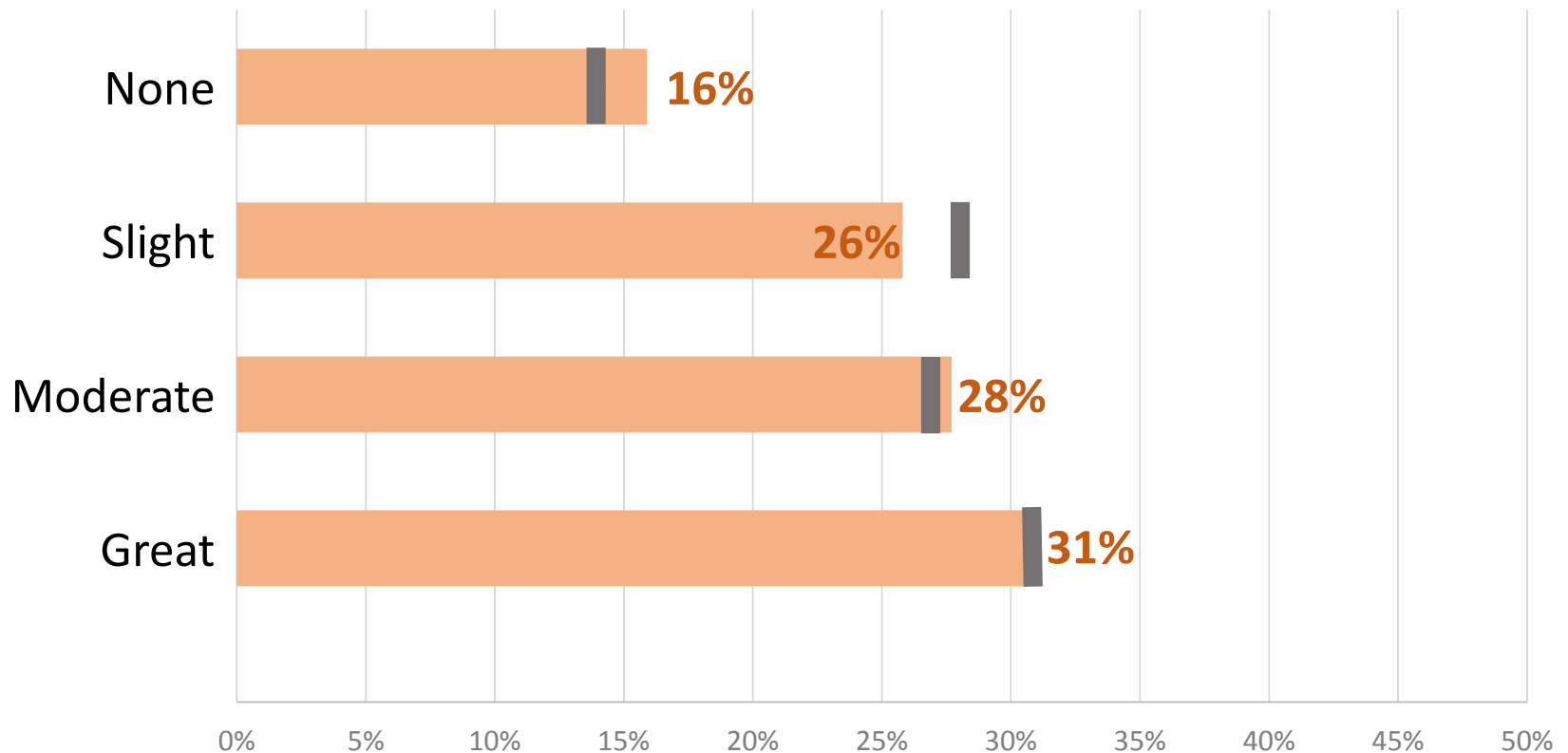
11th grader youth alcohol use trend



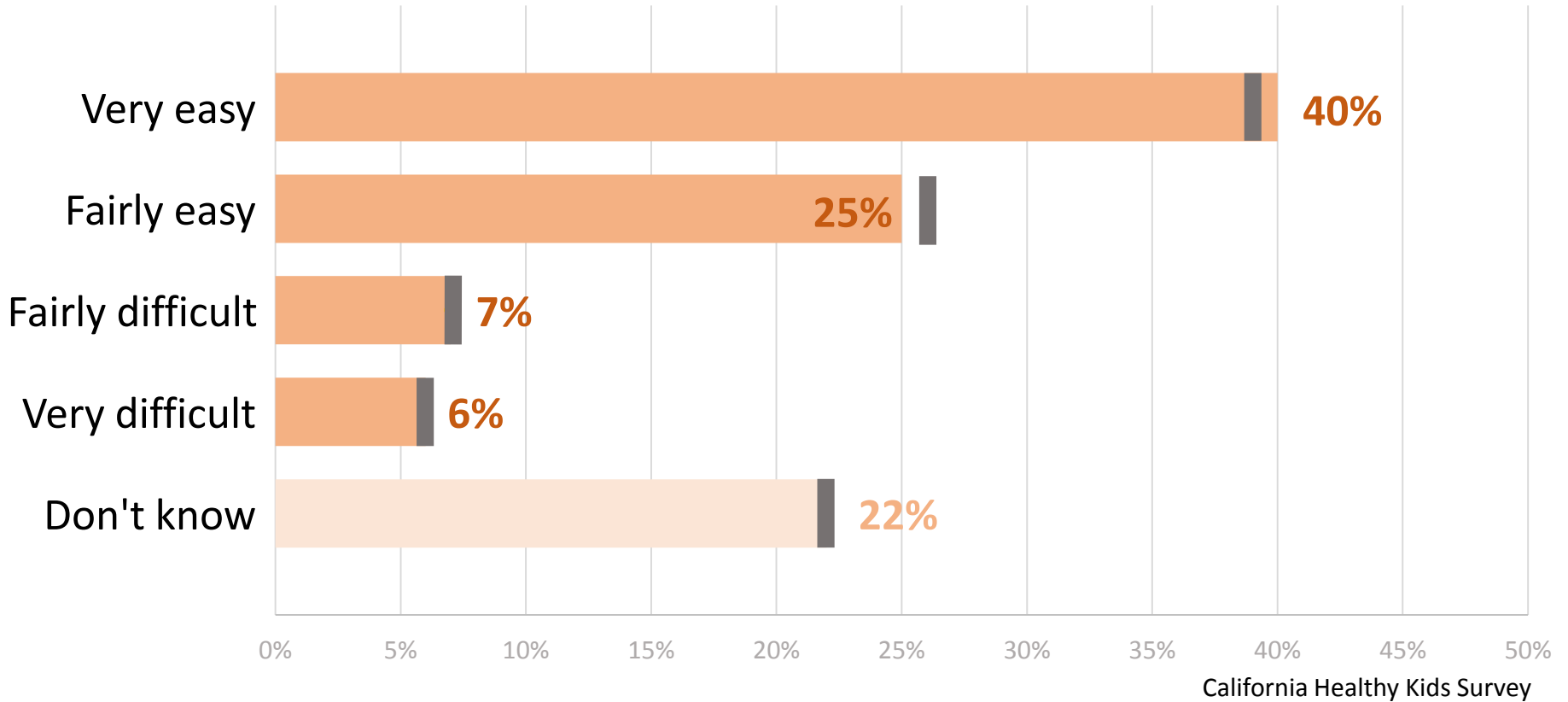
2017-2018 11th grade alcohol 30-day use rate



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



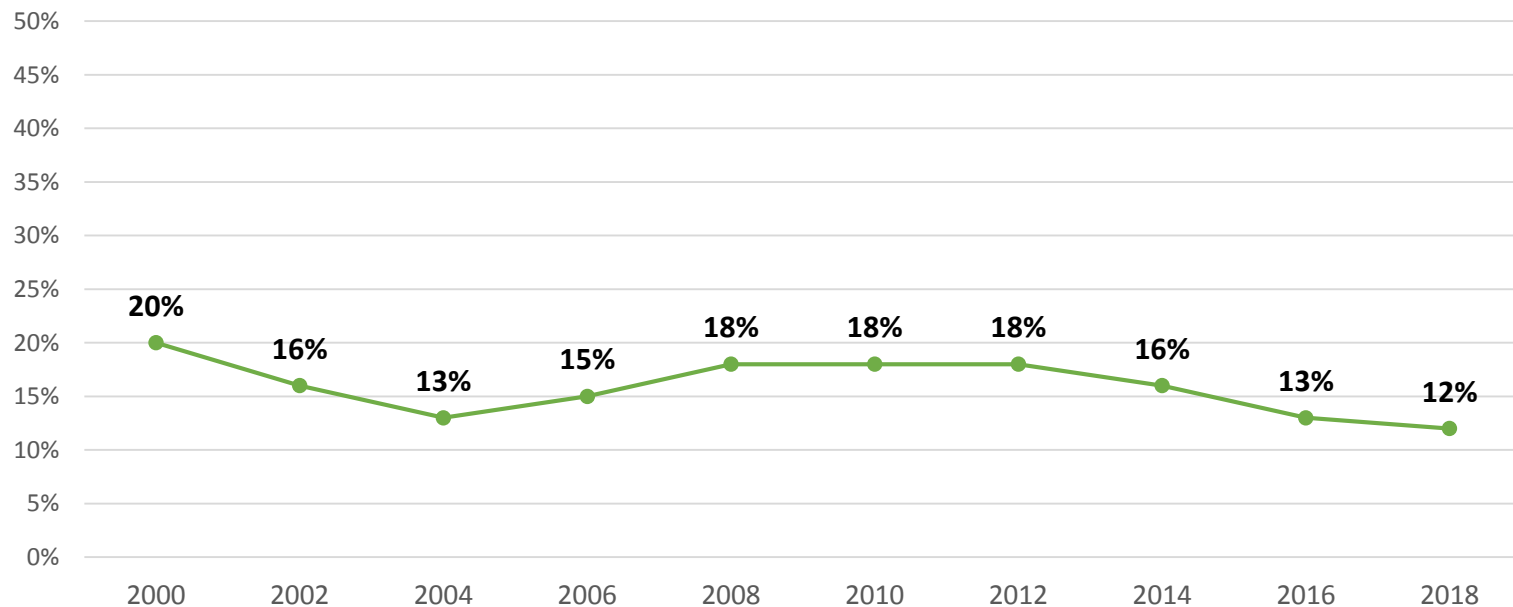
2015-2017 11th grade perceived difficulty of obtaining alcohol in California and Orange County



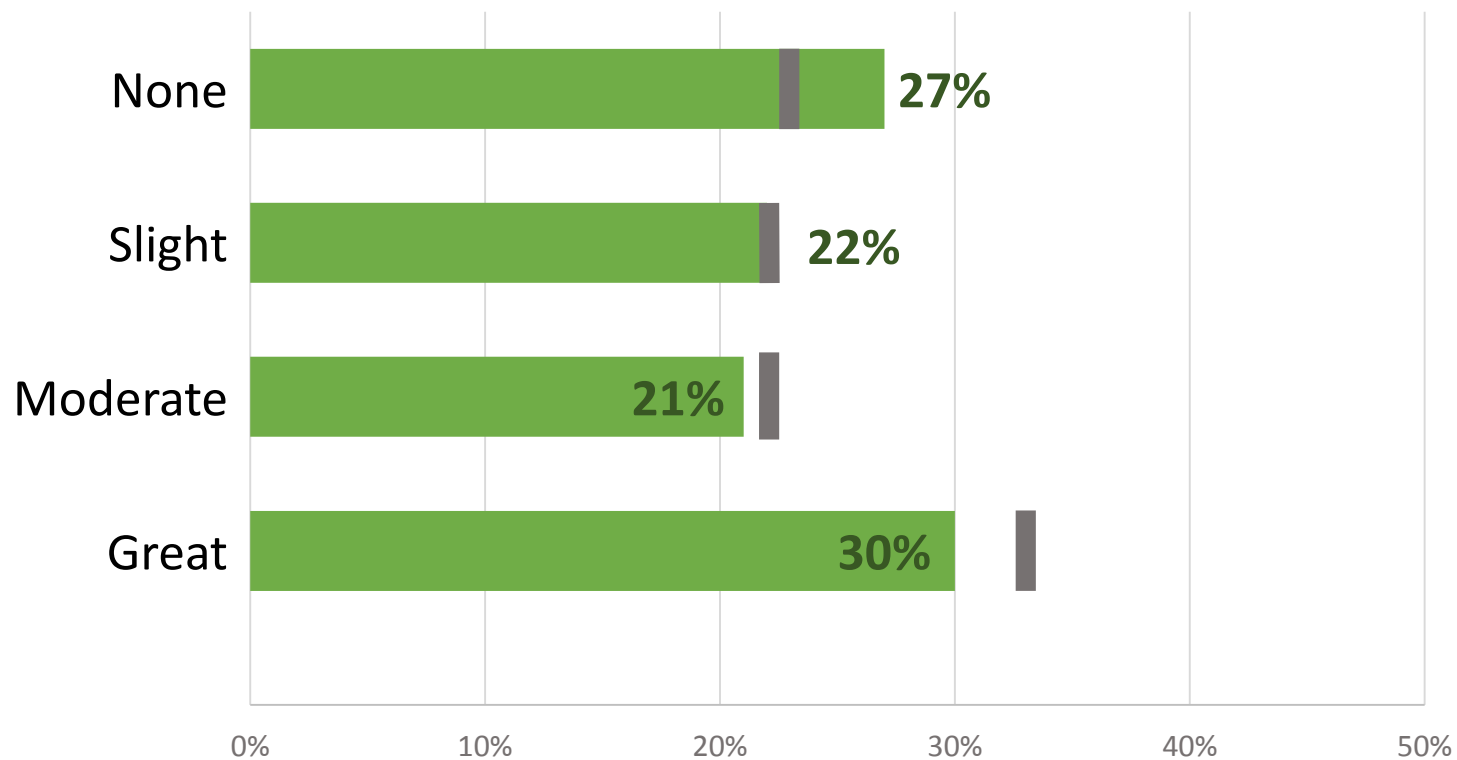
Past 30 day use

The OC **marijuana** rate has **decreased**.

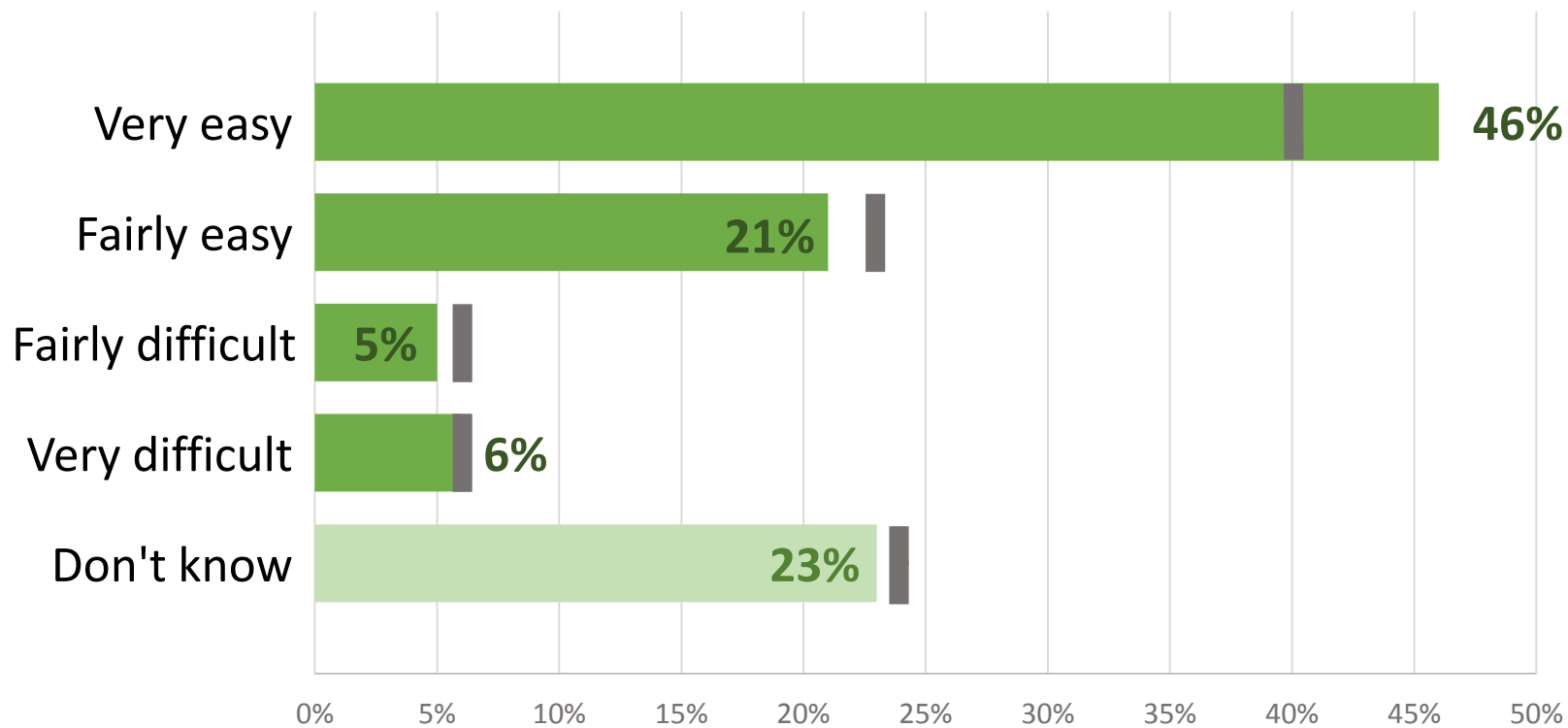
11th grader youth marijuana use trend



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

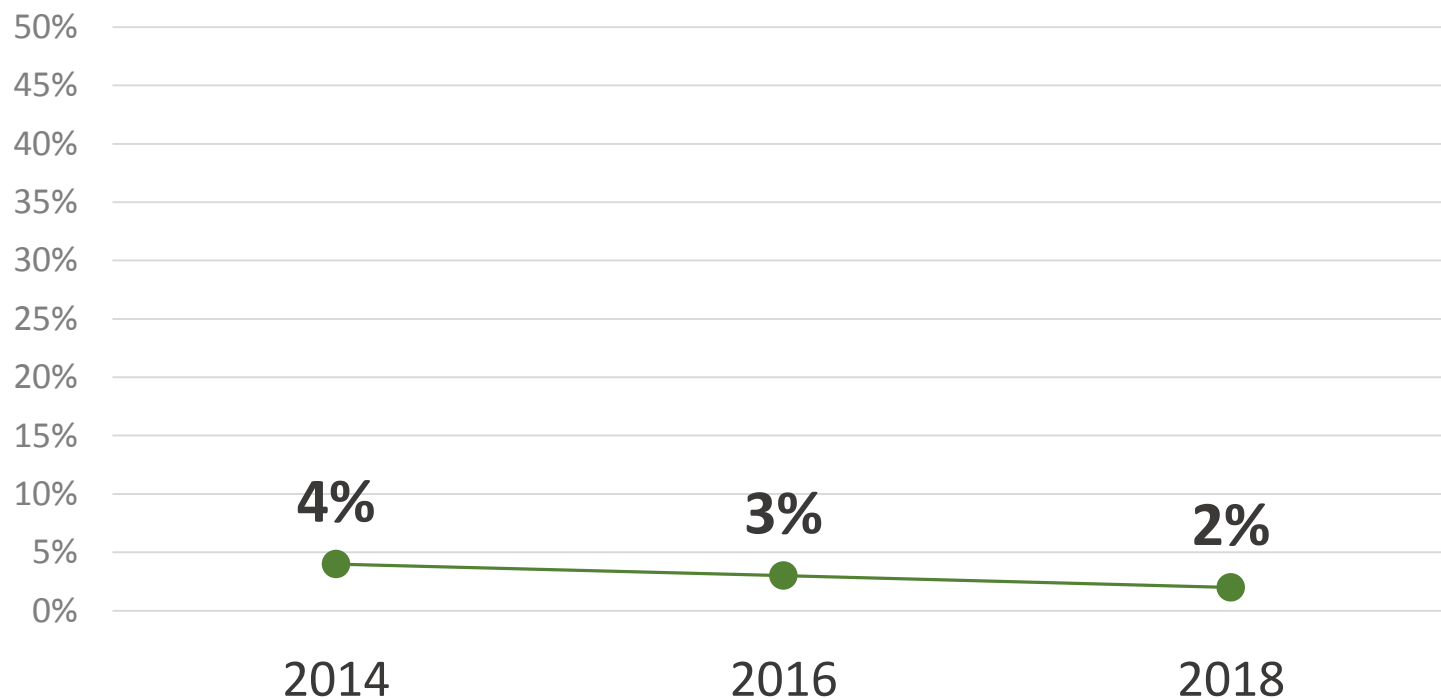


2015-2017 11th grade perceived difficulty of obtaining marijuana in California and Orange County



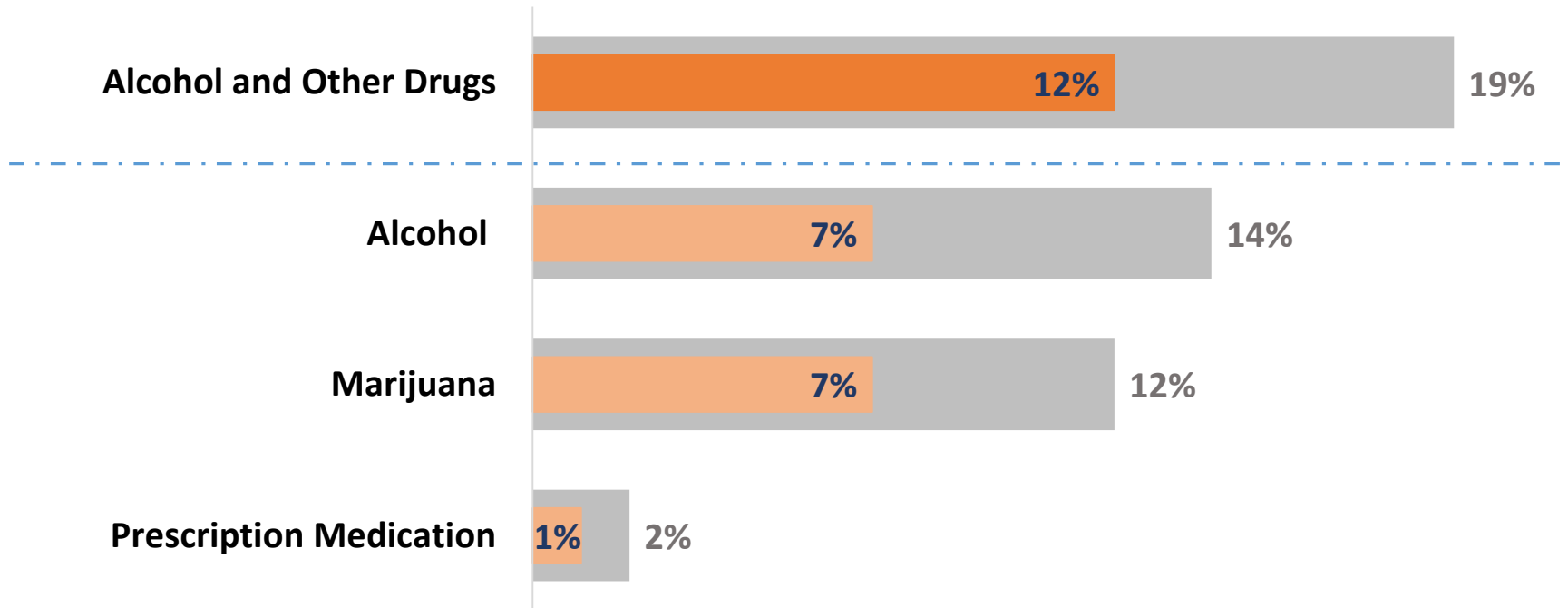
11th grade Rx 30 day reported use trend

Students reported using less within the past 30 days in 2018

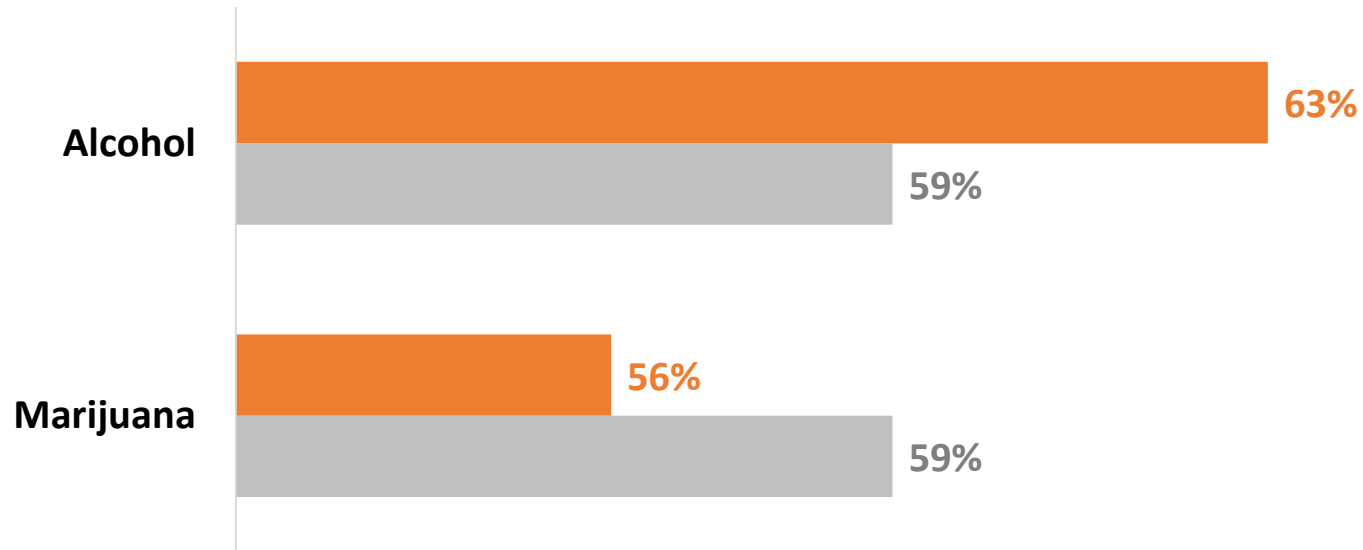


2017-2018 11th grade alcohol and other drug past 30 day use

Santa Ana Unified School District is lower than Orange County

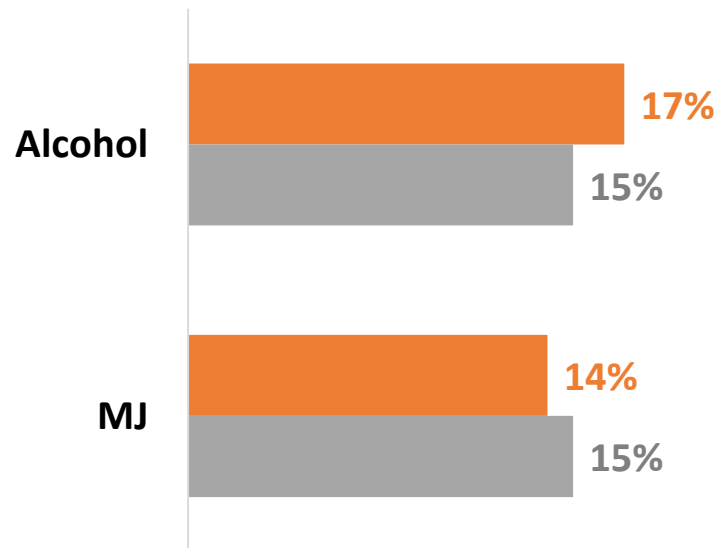


2017-2018 11th grade perceived harm of use of alcohol (drink occasionally) Santa Ana Unified School District and Orange County



11th grade perceived difficulty of obtaining substances

Santa Ana Unified School District and Orange County

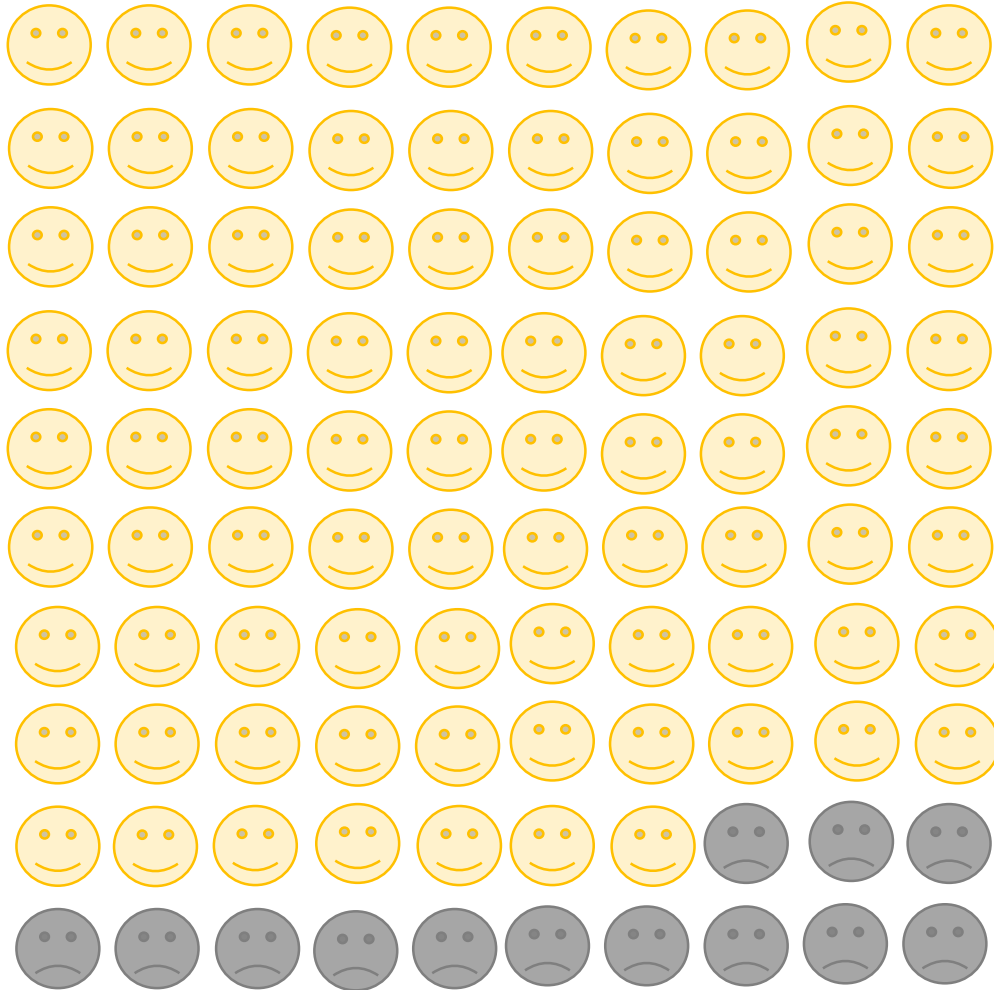


Teen vaping



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Vaping in Orange County, past 30 days



87 out of **100**

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

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.new  lung (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!