

Adolescent Health and Well-being in
Washington County
A View from the
2019 Minnesota Student Survey (MSS)



Minnesota Student Survey (MSS) Overview

- Primary source of comprehensive data about youth: 5, 8, 9 & 11
- Collaborative effort of local schools and four state agencies (Education, Health, Human Services, and Public Safety)
- Conducted every three years since 1989 – 30 years of LOCAL data!
- Census design rather than random sample
- Voluntary and anonymous
- 3 age appropriate versions of the survey

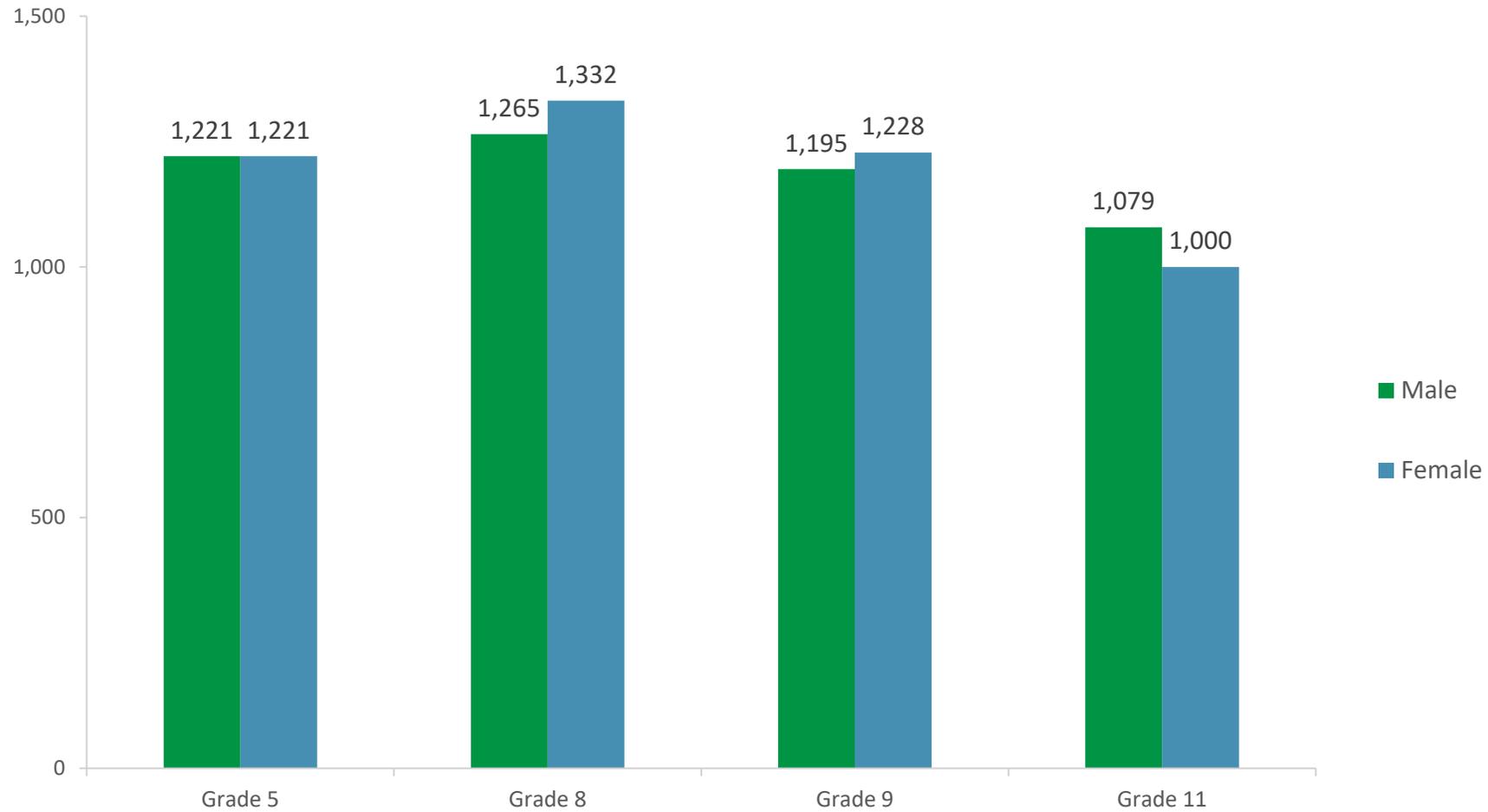
MSS Content

- School experiences
 - School plans, college, career
 - School Attendance
 - Educational Engagement
 - Supportive school environment
 - Perceptions of safety
 - Bullying/harassment
- Out of school time experiences
 - Activity participation
 - Quality of experiences
 - Family & community connections
- Social Emotional Learning
 - Positive identity
 - Social competence
 - Empowerment

MSS Content (continued)

- Health
 - Physical health - BMI, chronic illness
 - Healthy eating
 - Physical activity
 - Mental health
- Risk Factors (grade 8, 9, 11)
 - Self-inflicted injury
 - Suicide-consideration & attempts
 - Relationship violence
 - Adverse childhood experiences
- Substance use (grade 8, 9, 11)
 - Alcohol
 - Tobacco
 - Other drugs
 - Perception of risk
- Sexual Behavior (grade 9, 11)
 - Sexual intercourse
 - Contraception

Number of students taking the survey Washington County (2019) – 9,541 Students in Washington County (4,760 males and 4,781 females). 170,128 statewide

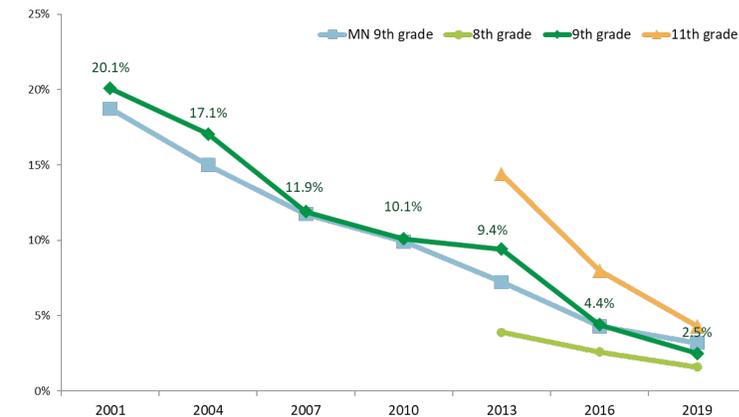
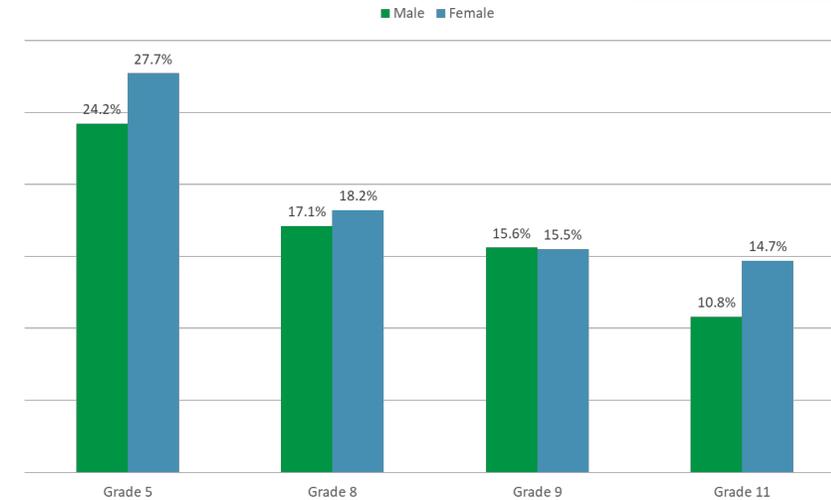


Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Data and technical notes

Minnesota Student Survey (2019)

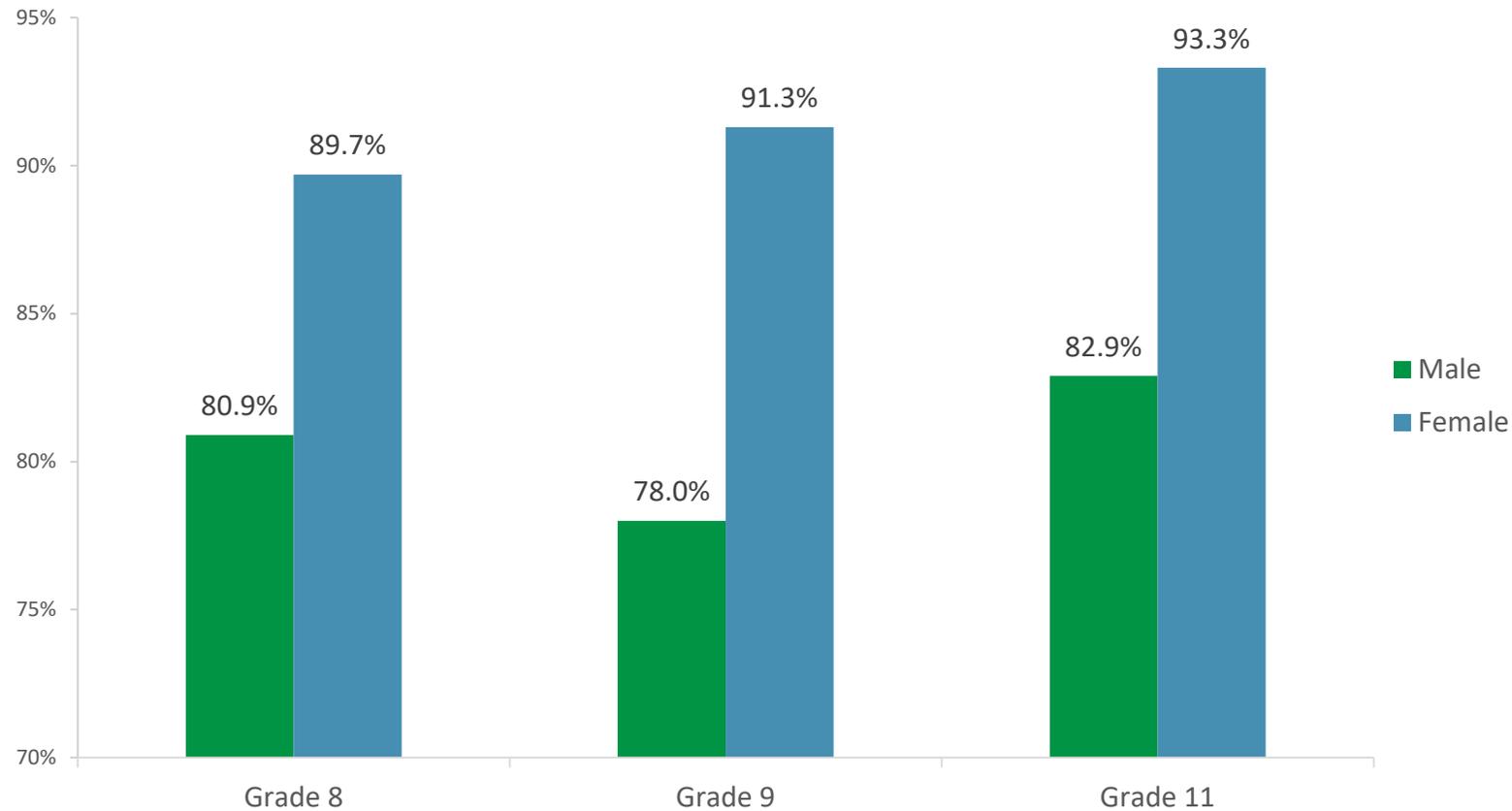
- **Bar graphs:** Single-year charts by grade, gender
- **Line graphs:** data trends of 9th grade, 3 year 11th and 8th grade, gender combined, county-state comparison of 9th grade





School Experiences

Continue education after high school

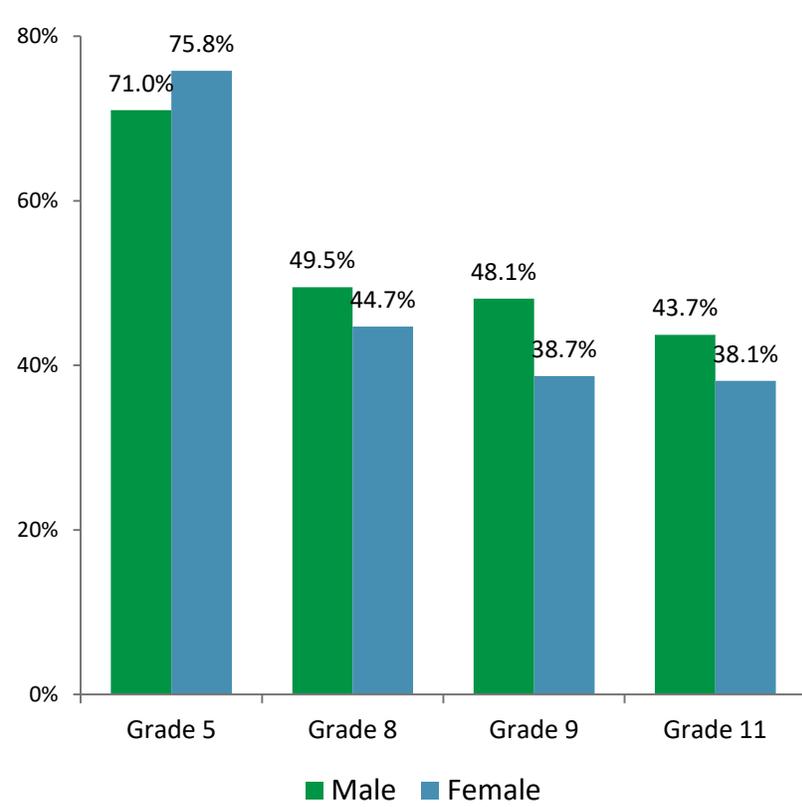


Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

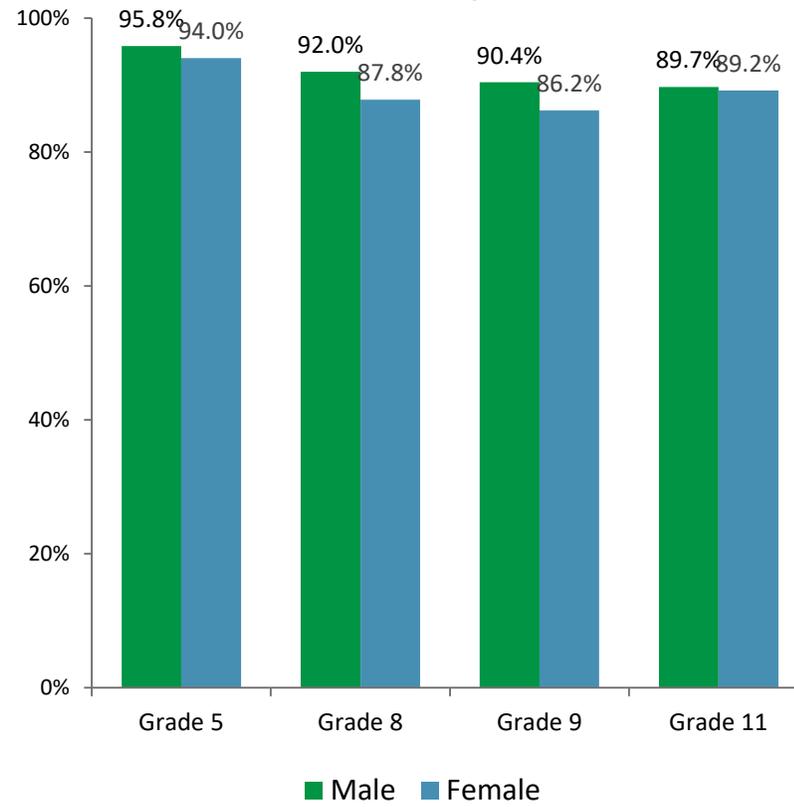
Connections to teachers/other adults, parents & friends

Care about you quite a bit/very much

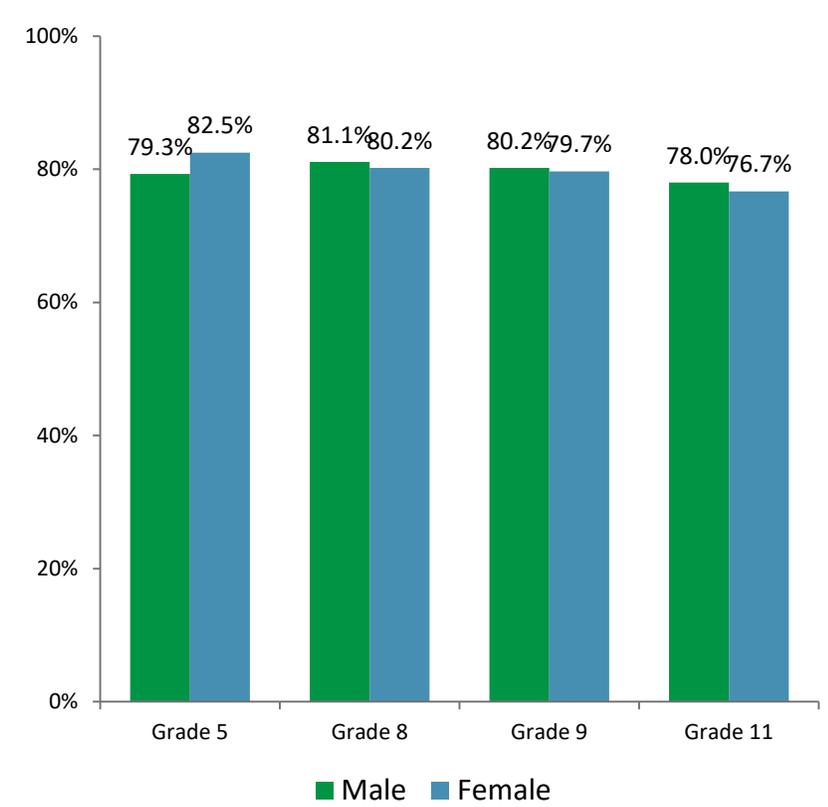
Connection to teachers



Connection to parents



Connection to friends



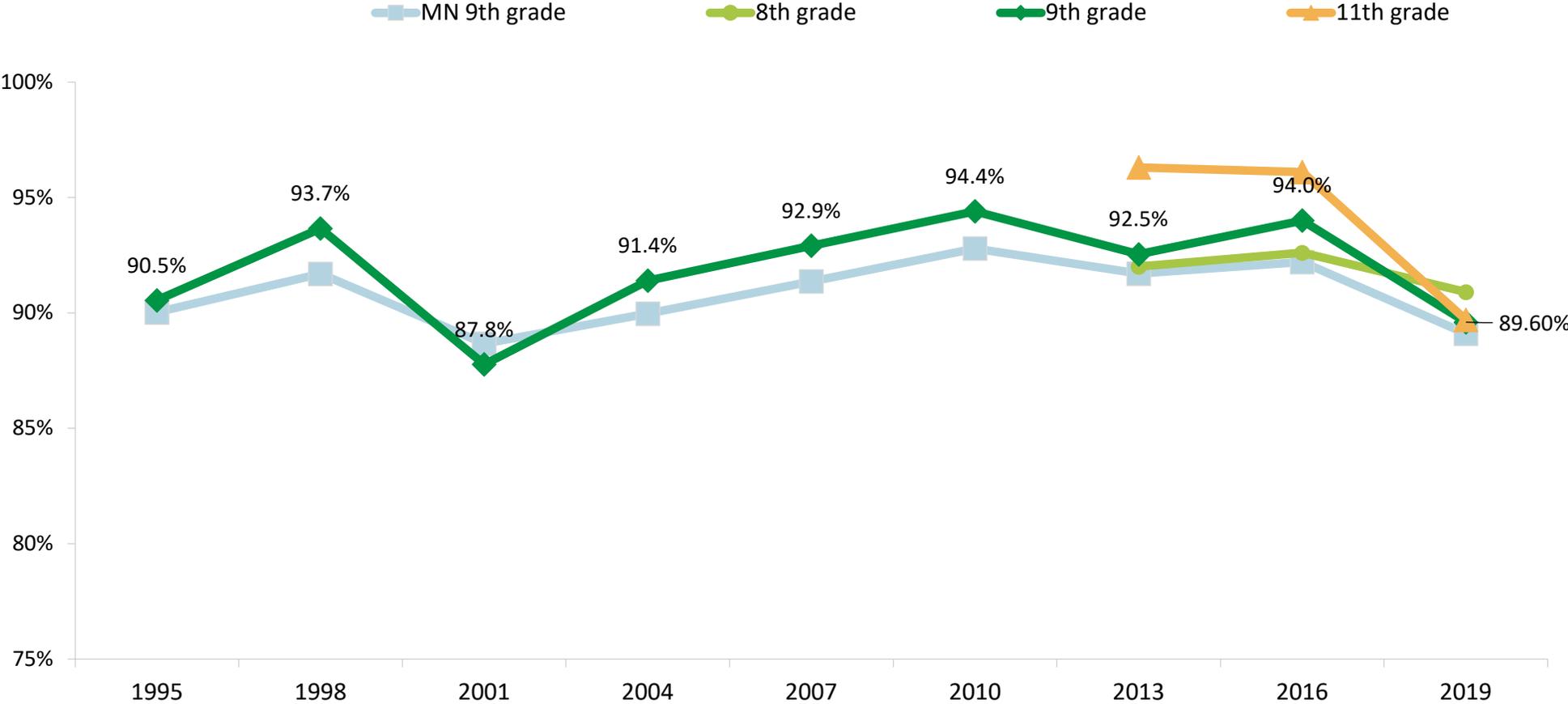
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.



Safety

Feel Safe at School

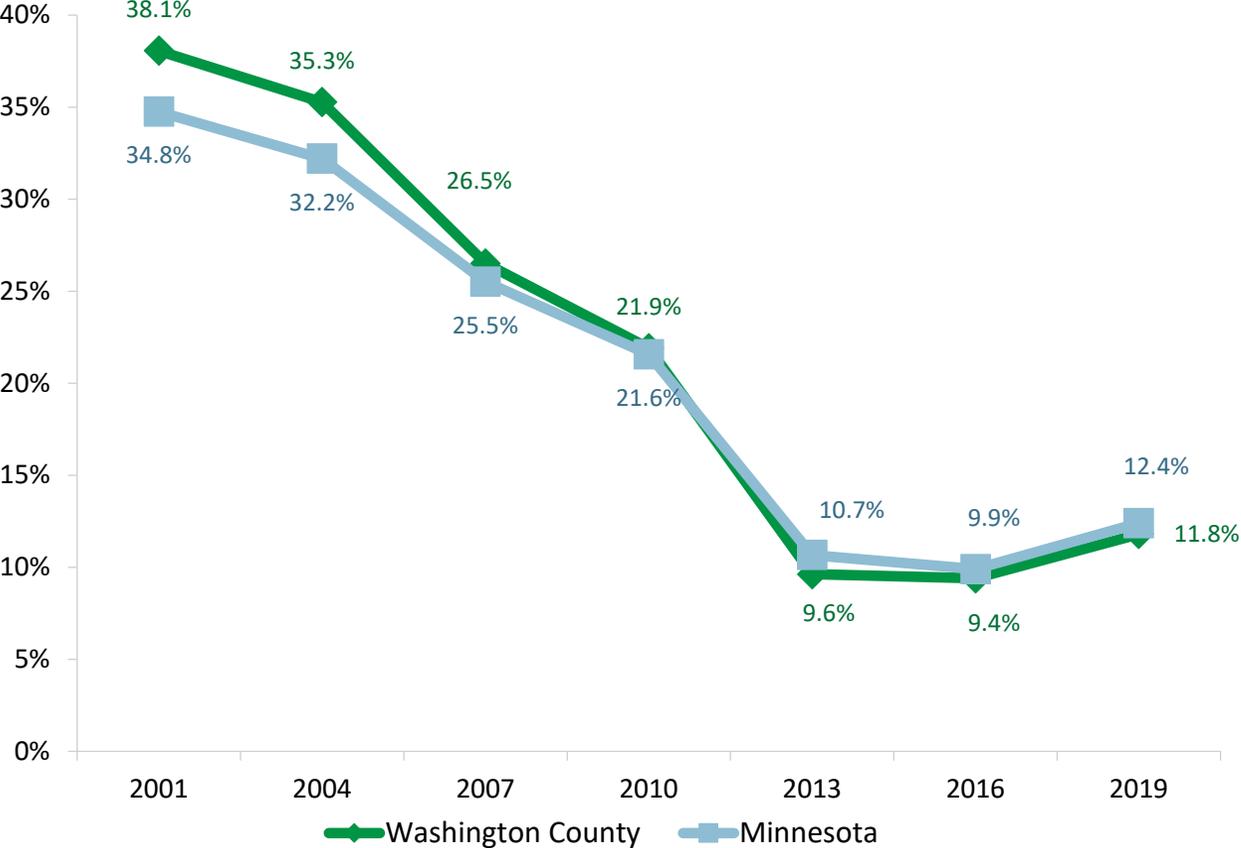
Percent that feel safe at school (agree or strongly agree)



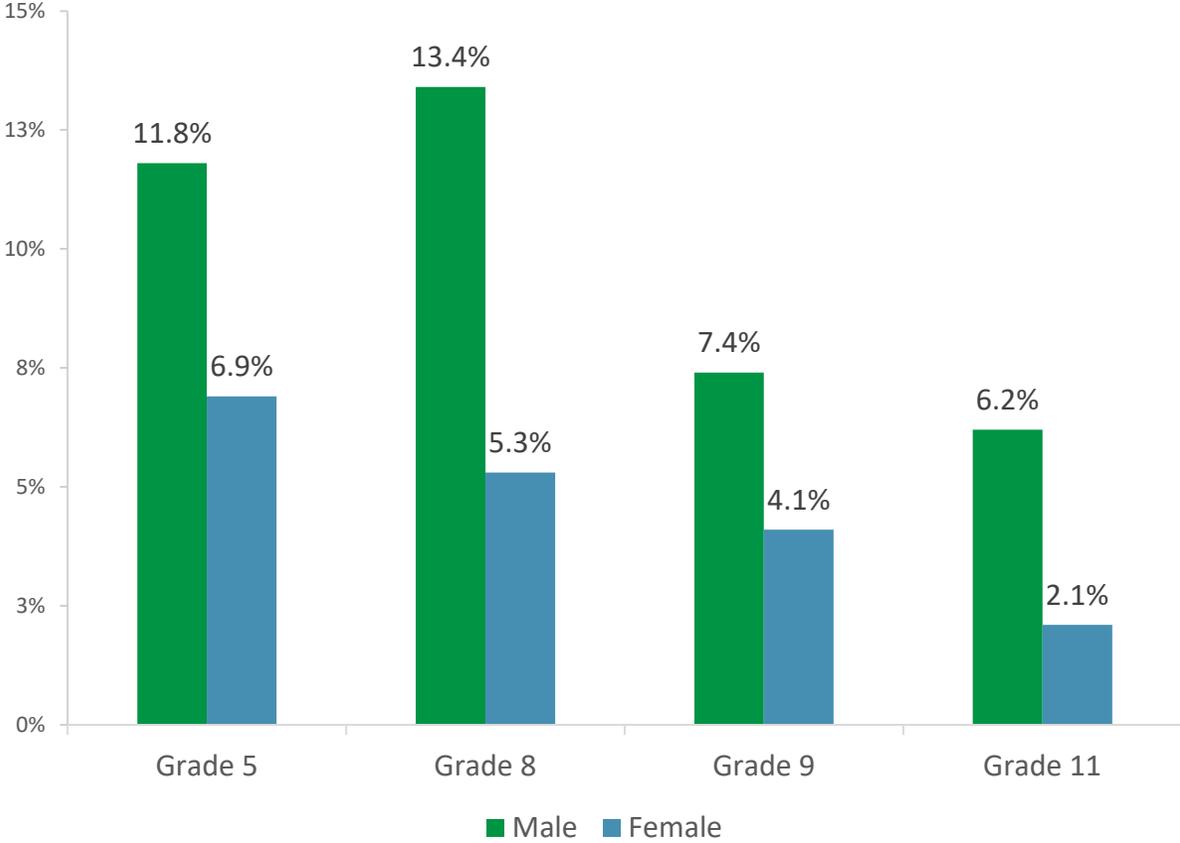
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Pushed, shoved, slapped, hit or kicked someone one or more times during the past 30 days

Percent of 9th grade students who hit or beat up another person one or more times during the past 12 months



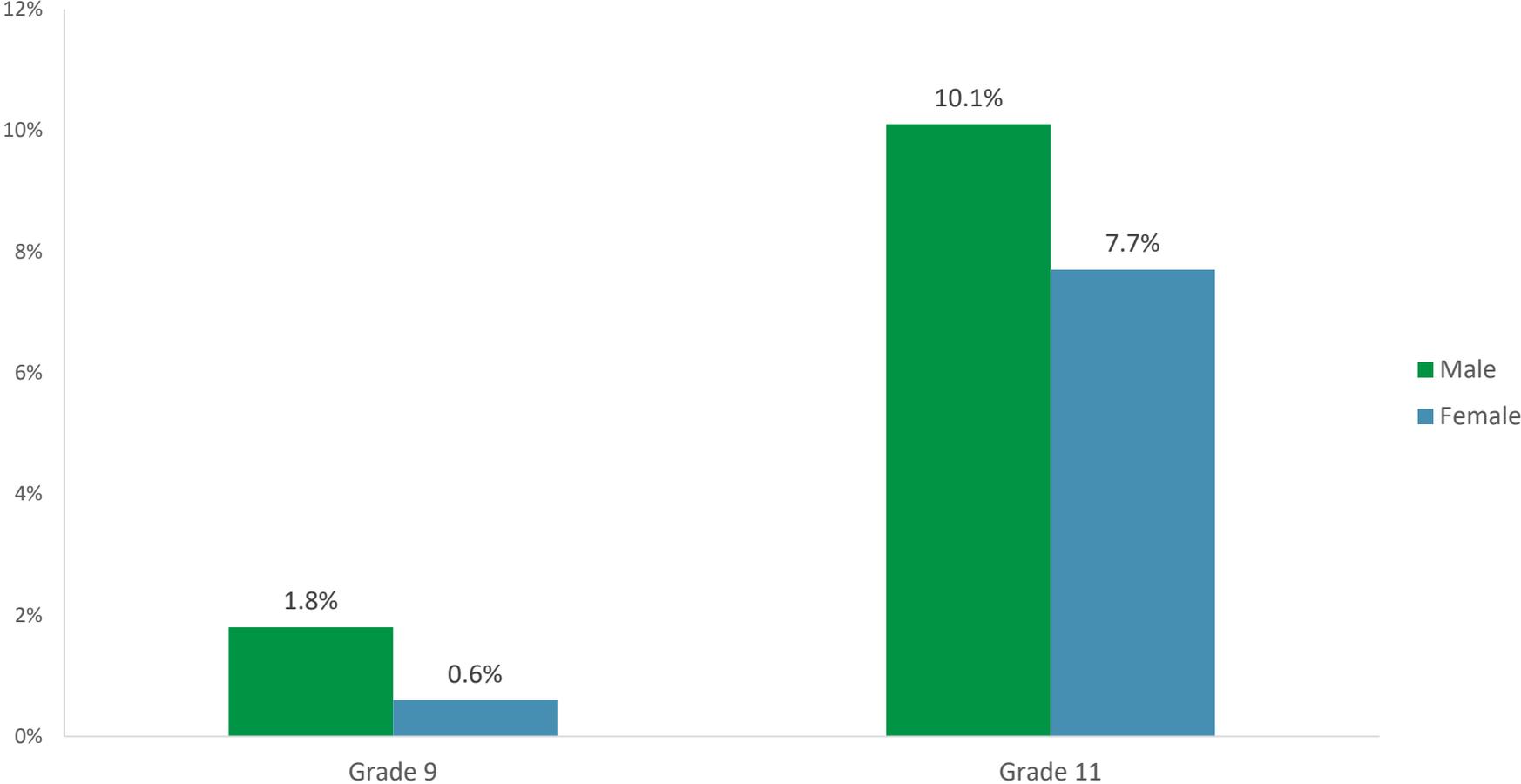
Pushed, shoved, slapped, hit or kicked someone one or more times during the past 30 days



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Vehicle safety

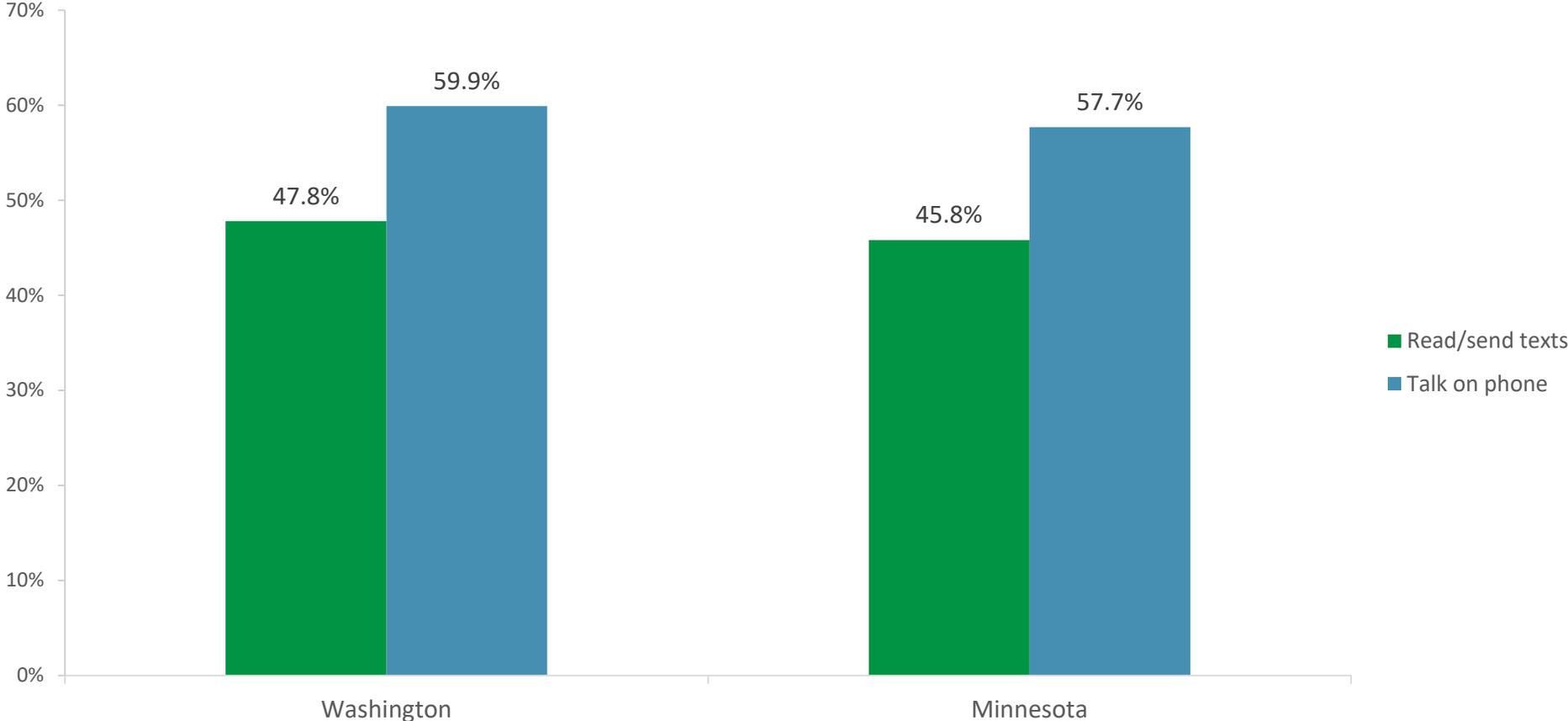
Drove after using alcohol or drugs during the past 12 months



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Vehicle safety- 11th Grade

Ever drive while distracted by texting or phone calls



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.



Family, Sexual, and Dating Violence

Witness and victim of physical violence (in family)

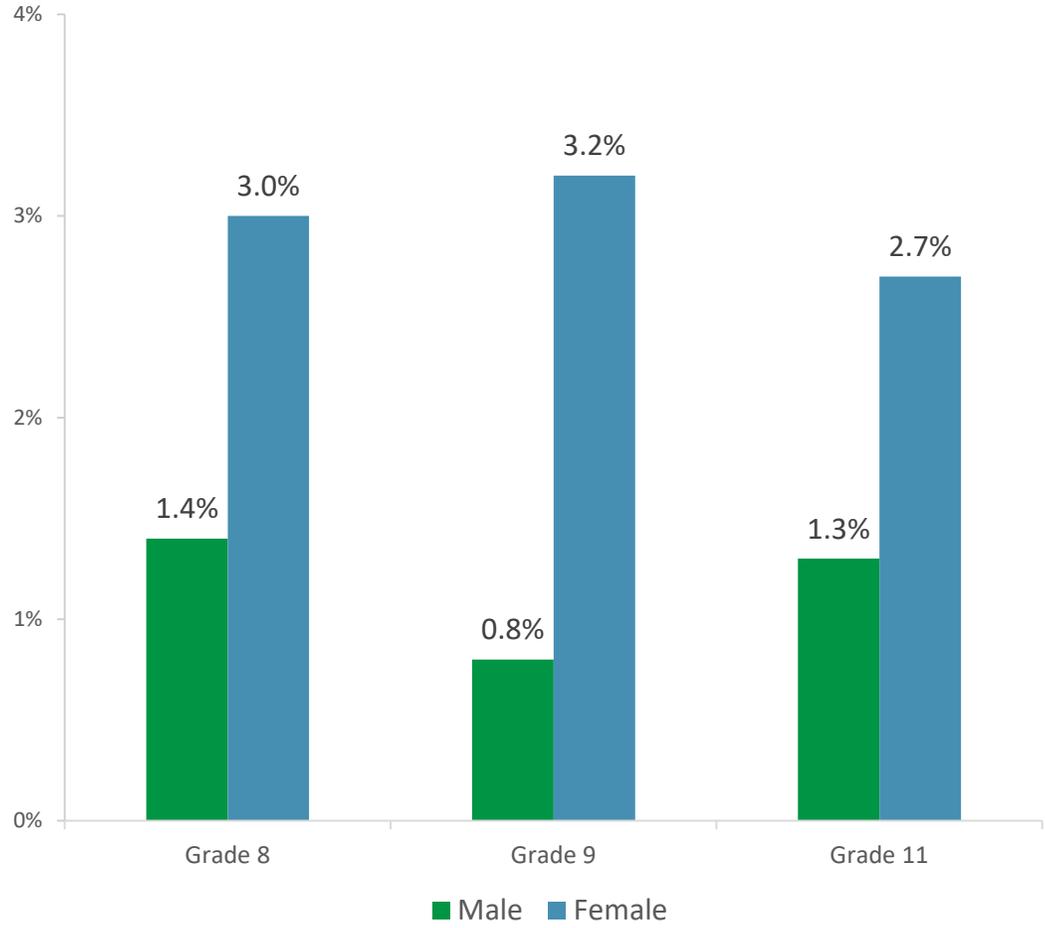
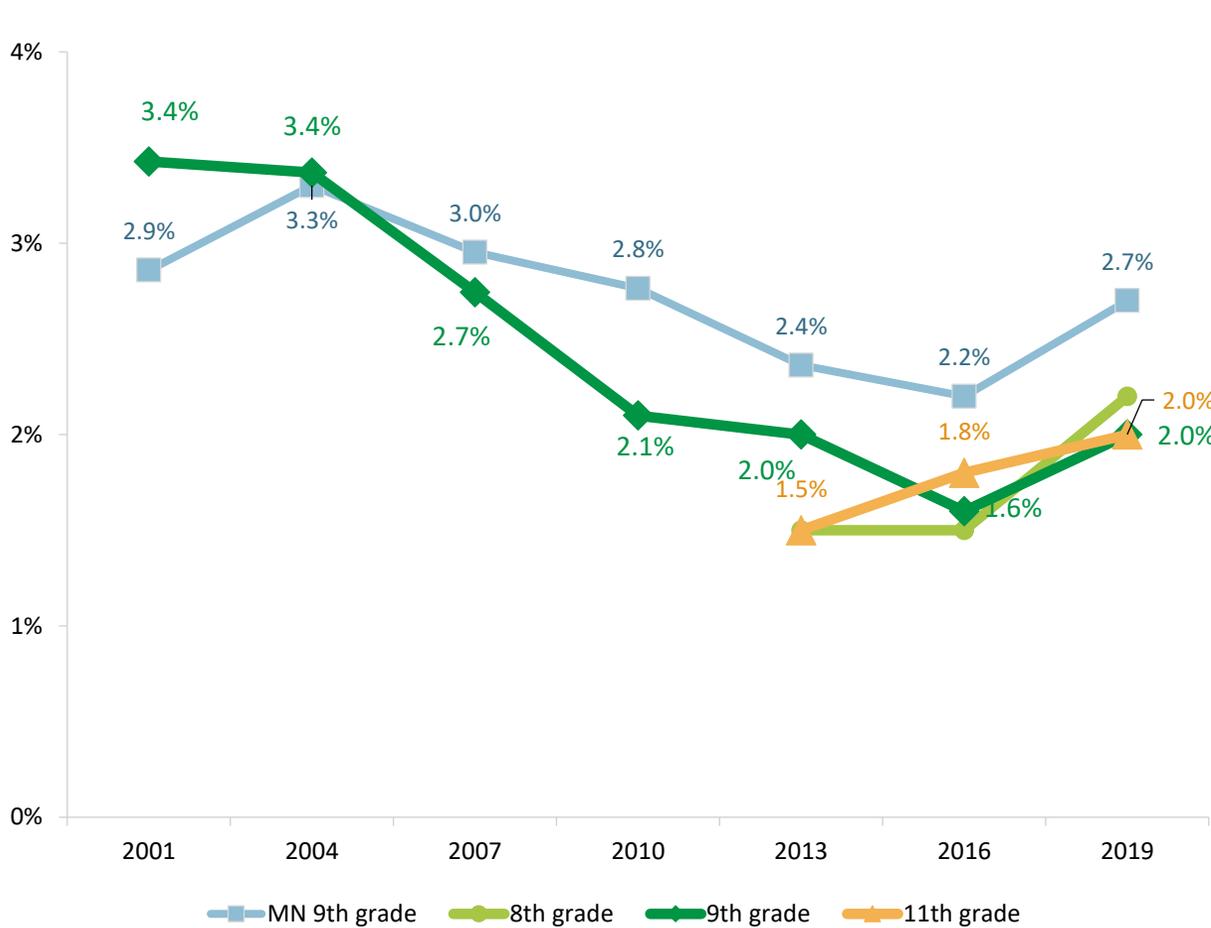
Parents or adults in household ever slapped, hit, kicked, punched or beat each other up



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Victim of sexual violence (in family)

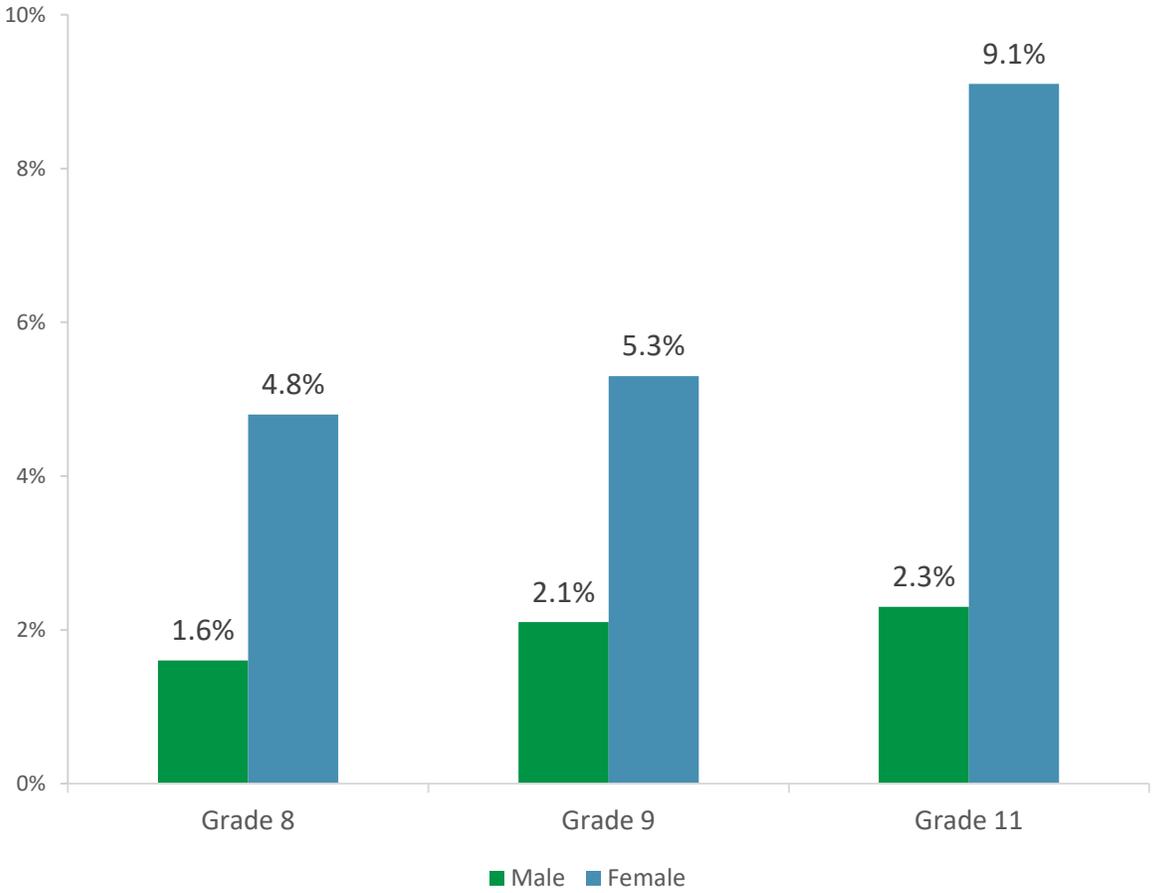
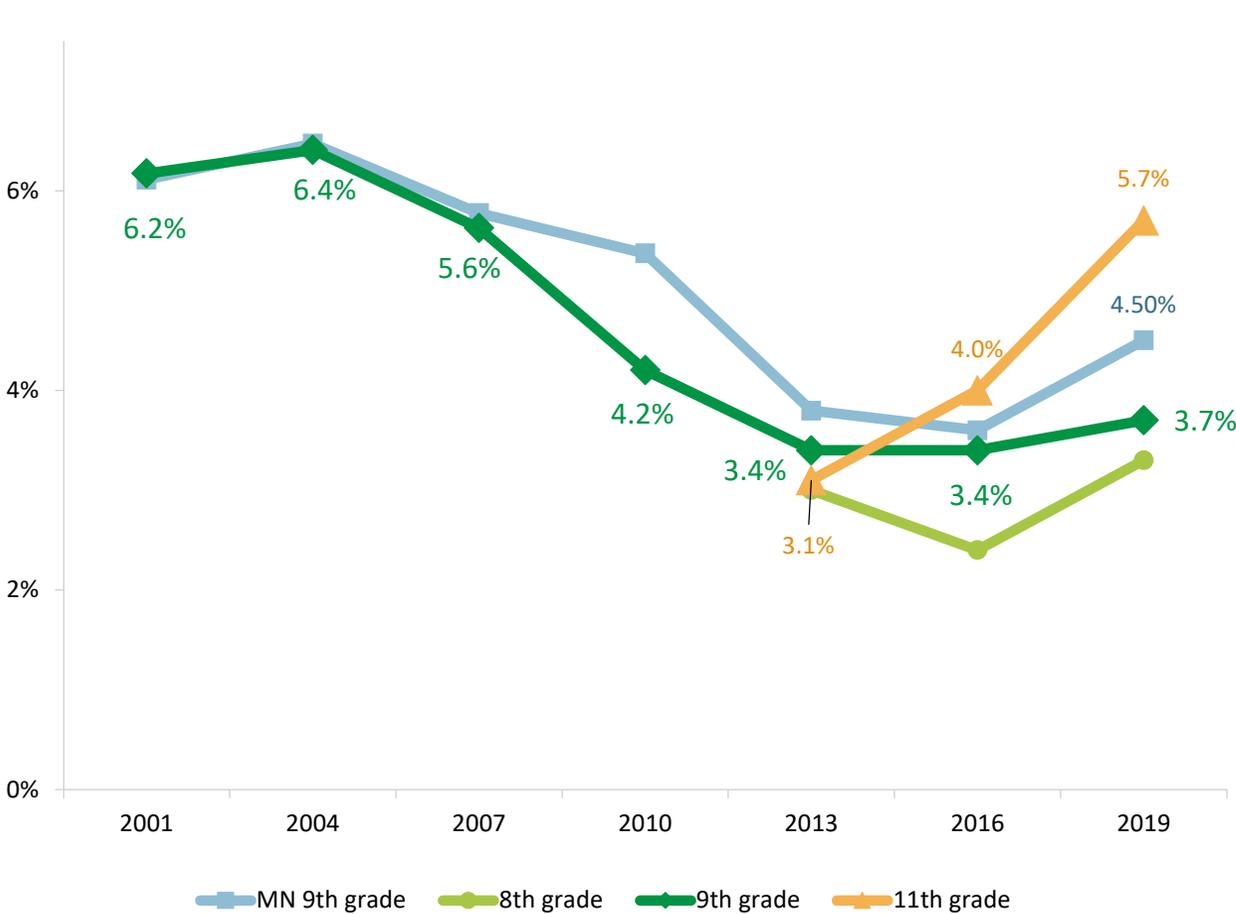
Any older stronger member of your family ever touched you or had you touch them sexually



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Victim of sexual violence (out of family)

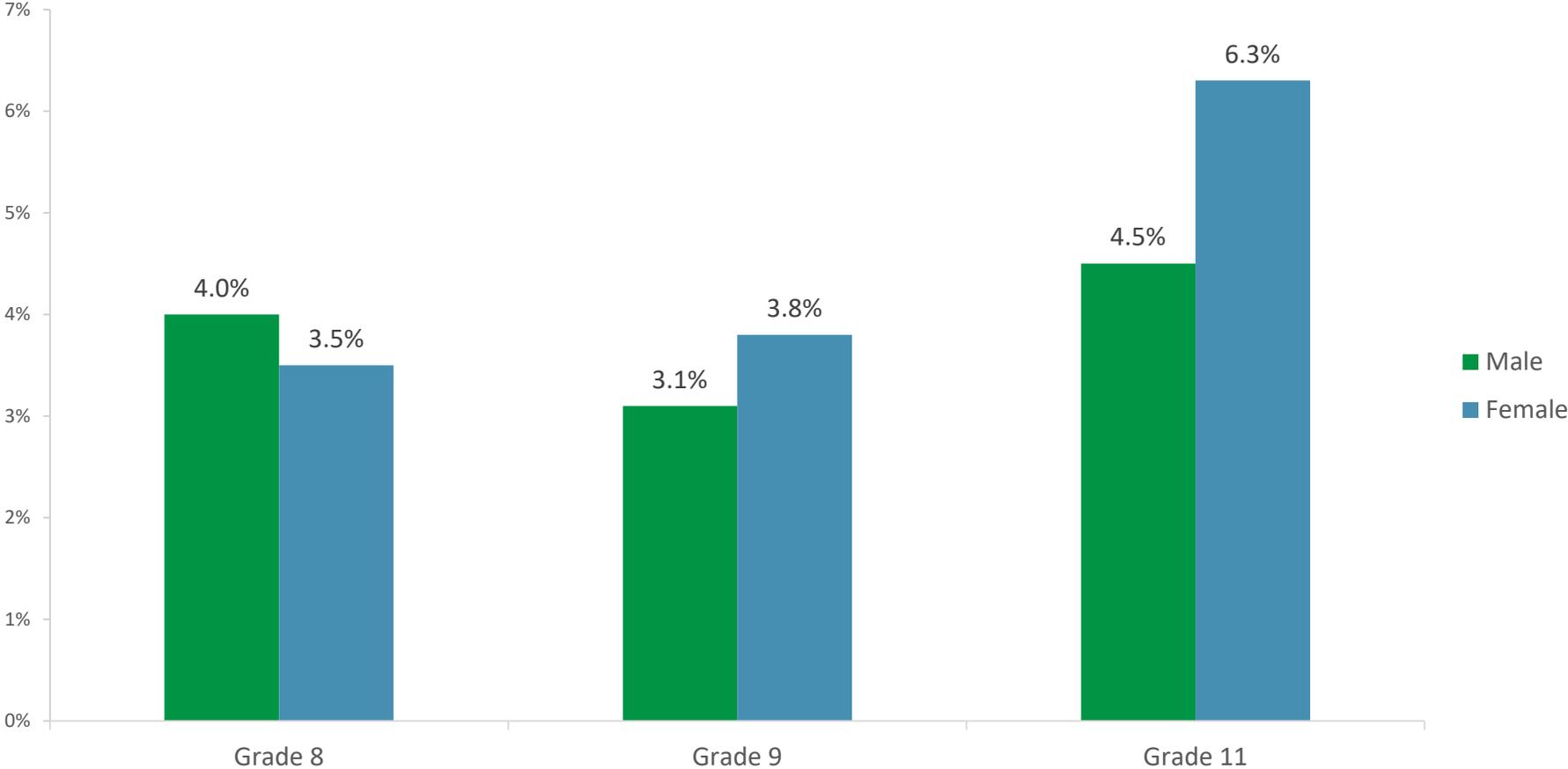
Adult outside the family ever touched you sexually or forced you to touch them



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Dating physical violence

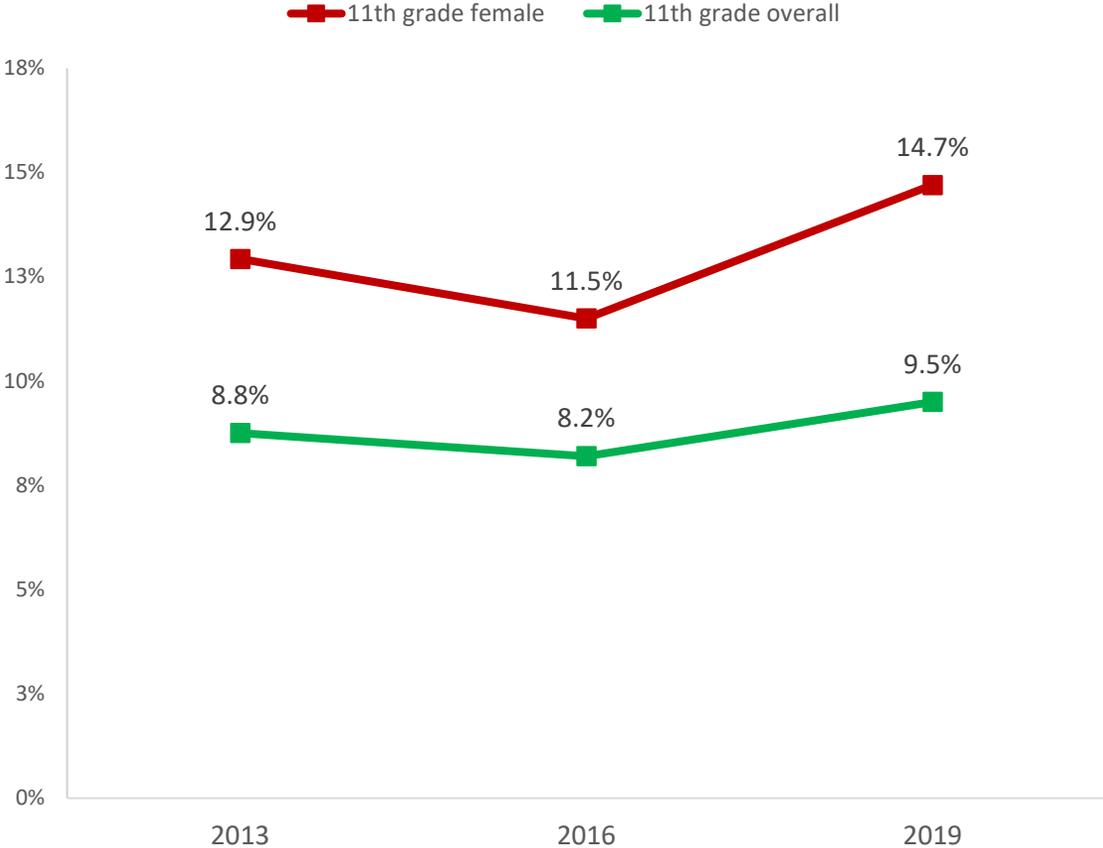
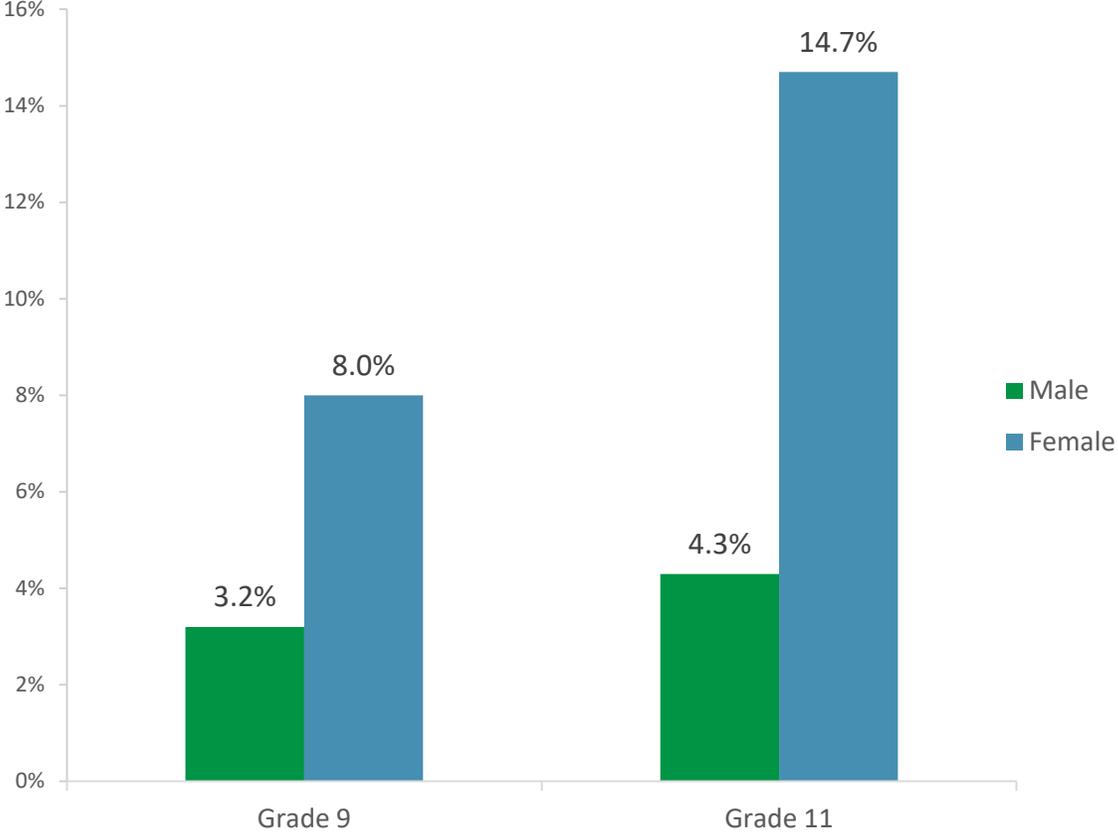
Boyfriend or girlfriend in dating relationship ever hit, slapped, or physically hurt you



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Dating sexual violence

Boyfriend or girlfriend ever pressured you into having sex when you did not want to



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

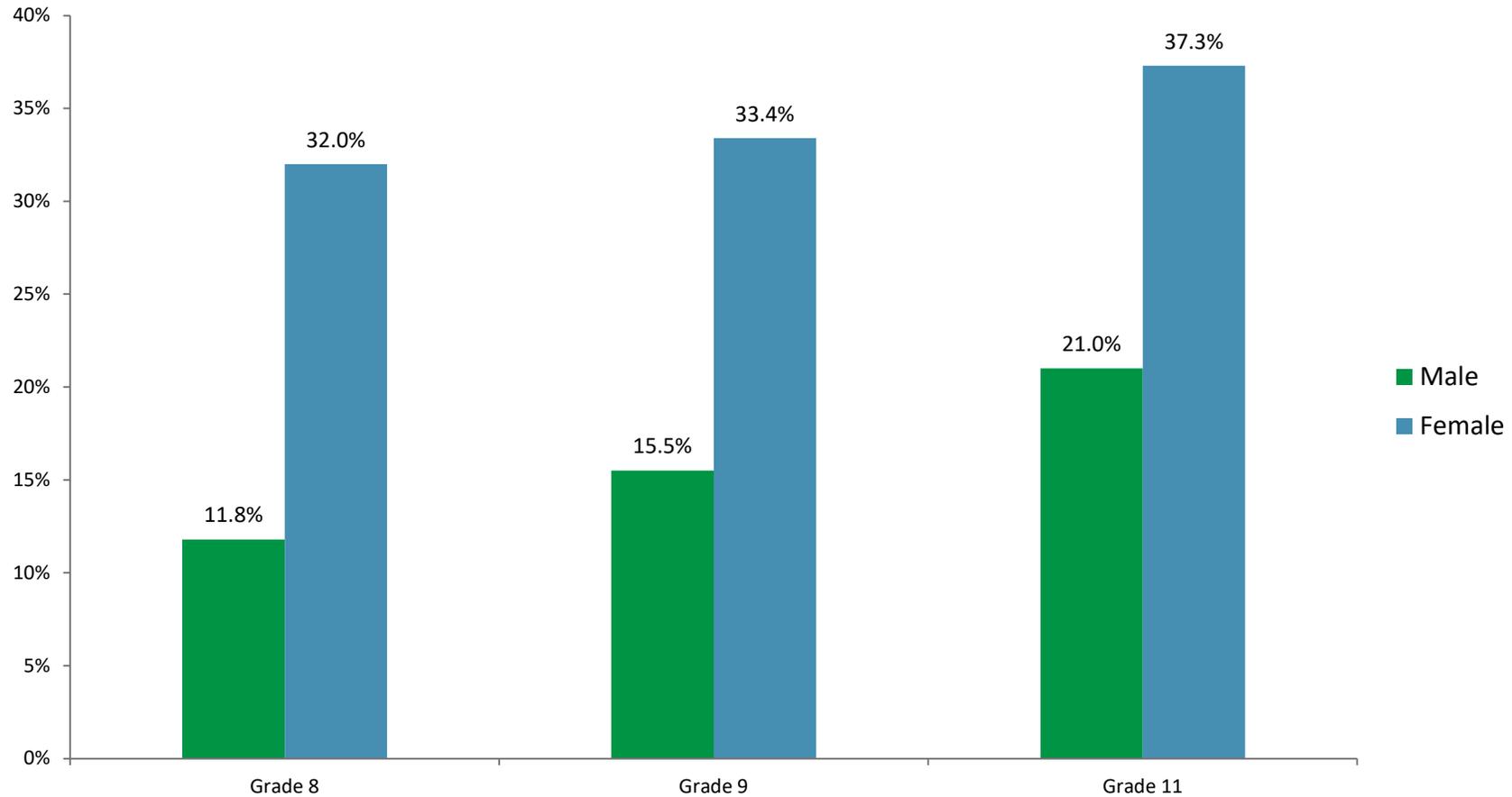


Mental Health



Anxiety

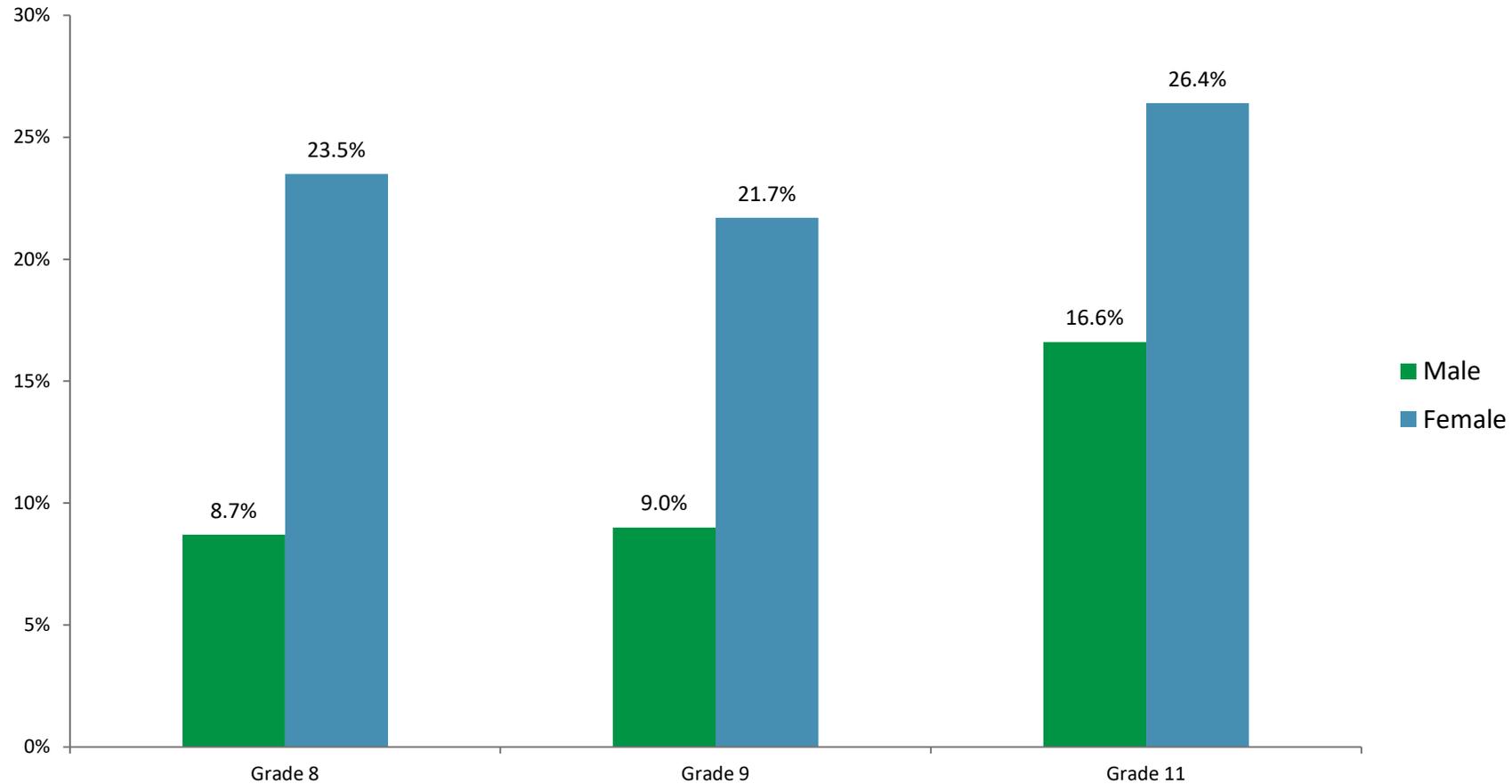
How often have you been bothered by feeling nervous, anxious or on the edge in the past 2 weeks- more than half the days, nearly every day



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Depression

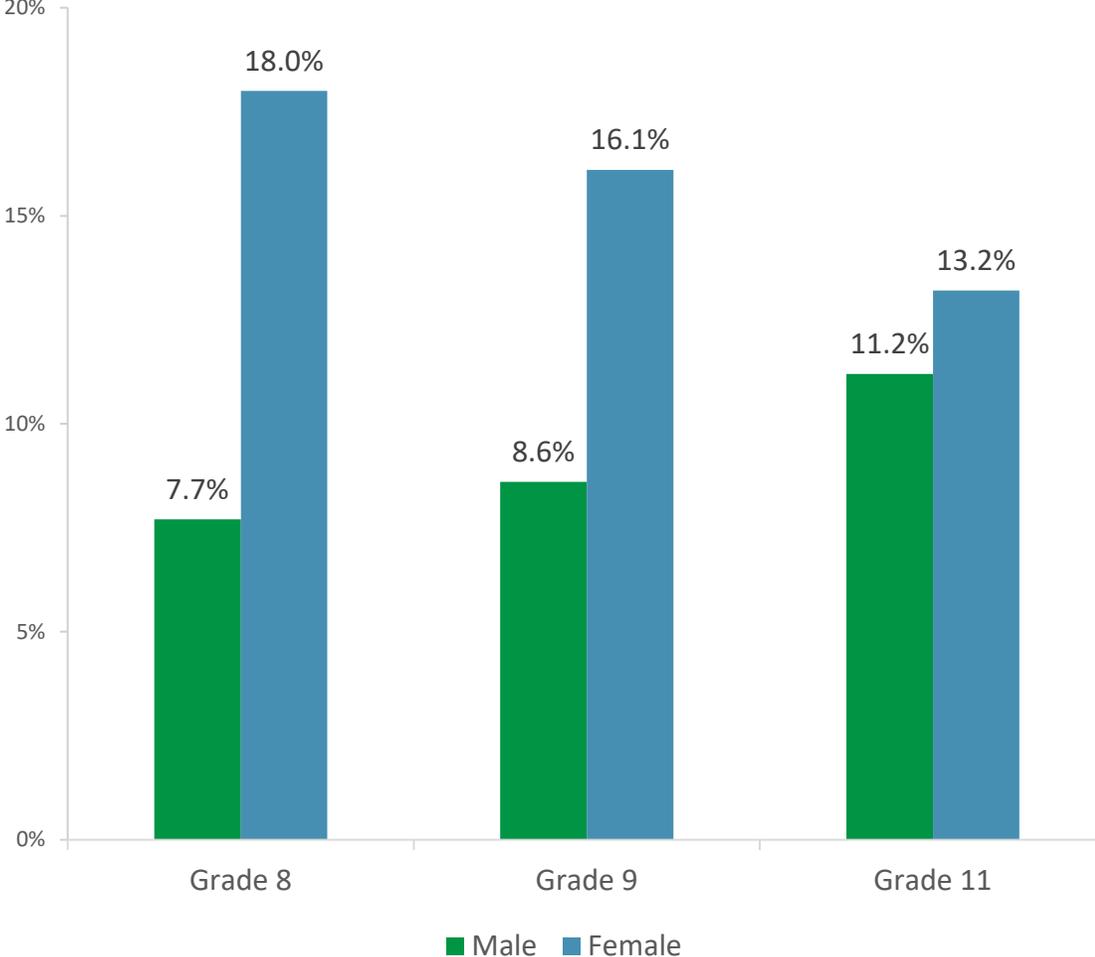
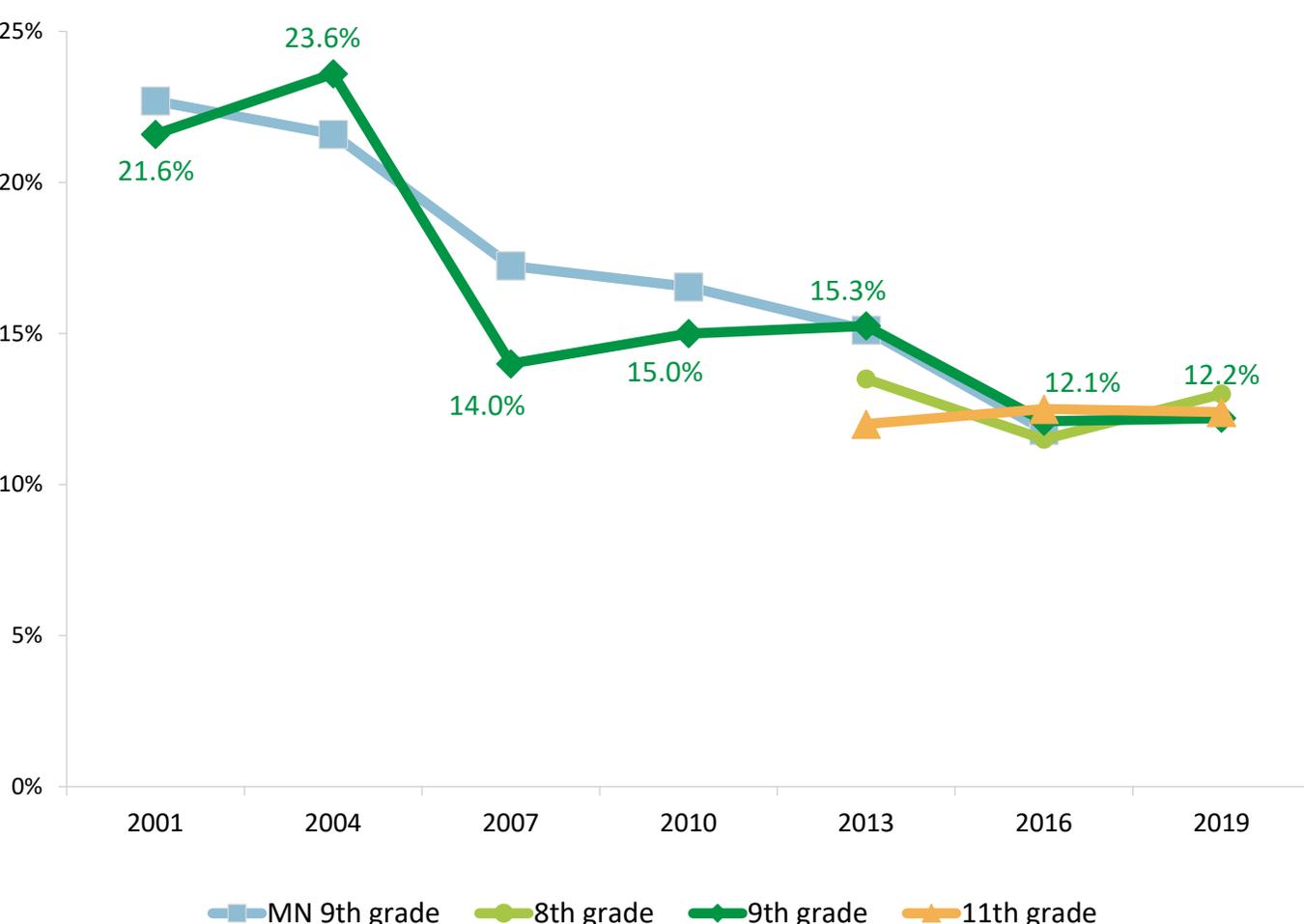
How often have you been bothered by feeling down, depressed or hopeless in the past 2 weeks- more than half the days, nearly every day



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Suicidal thoughts

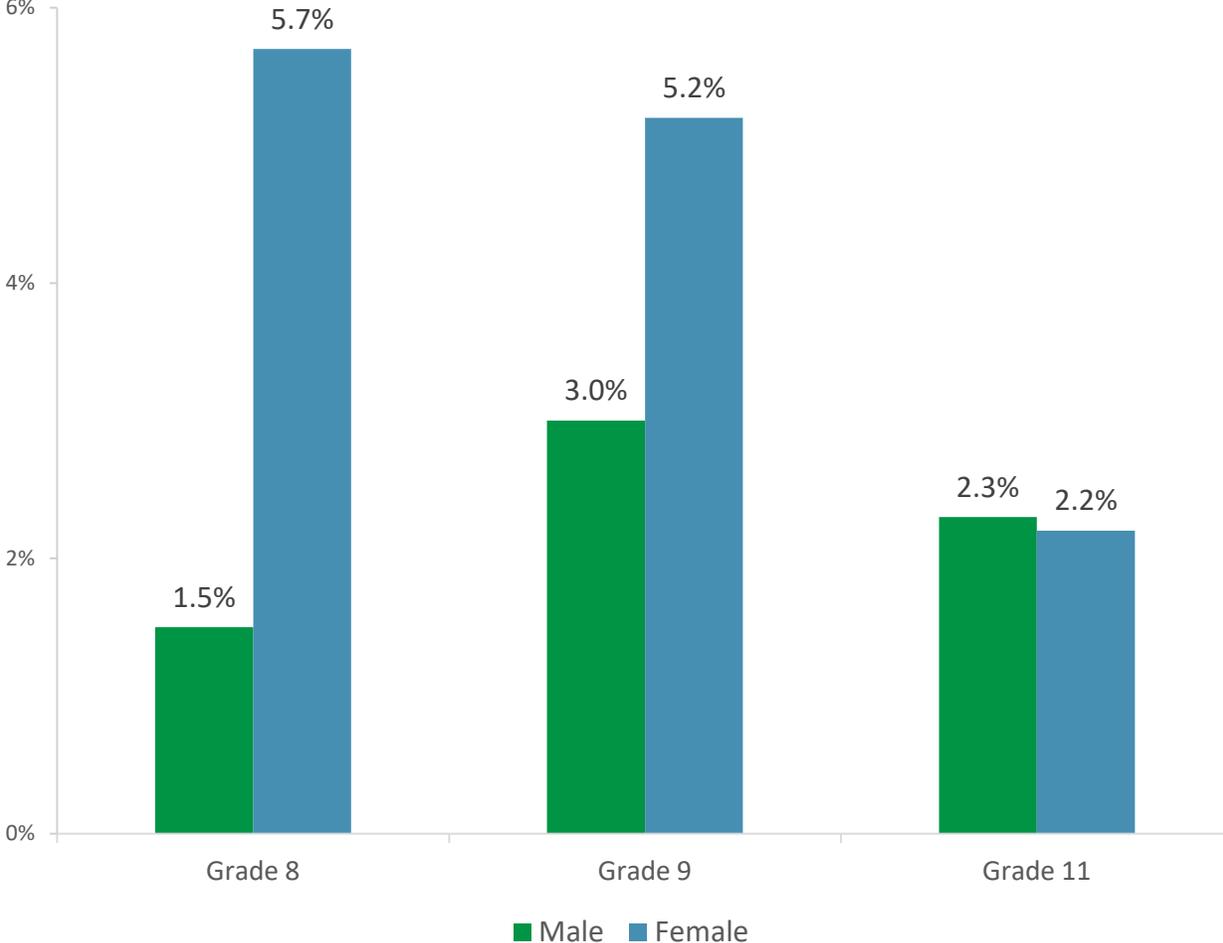
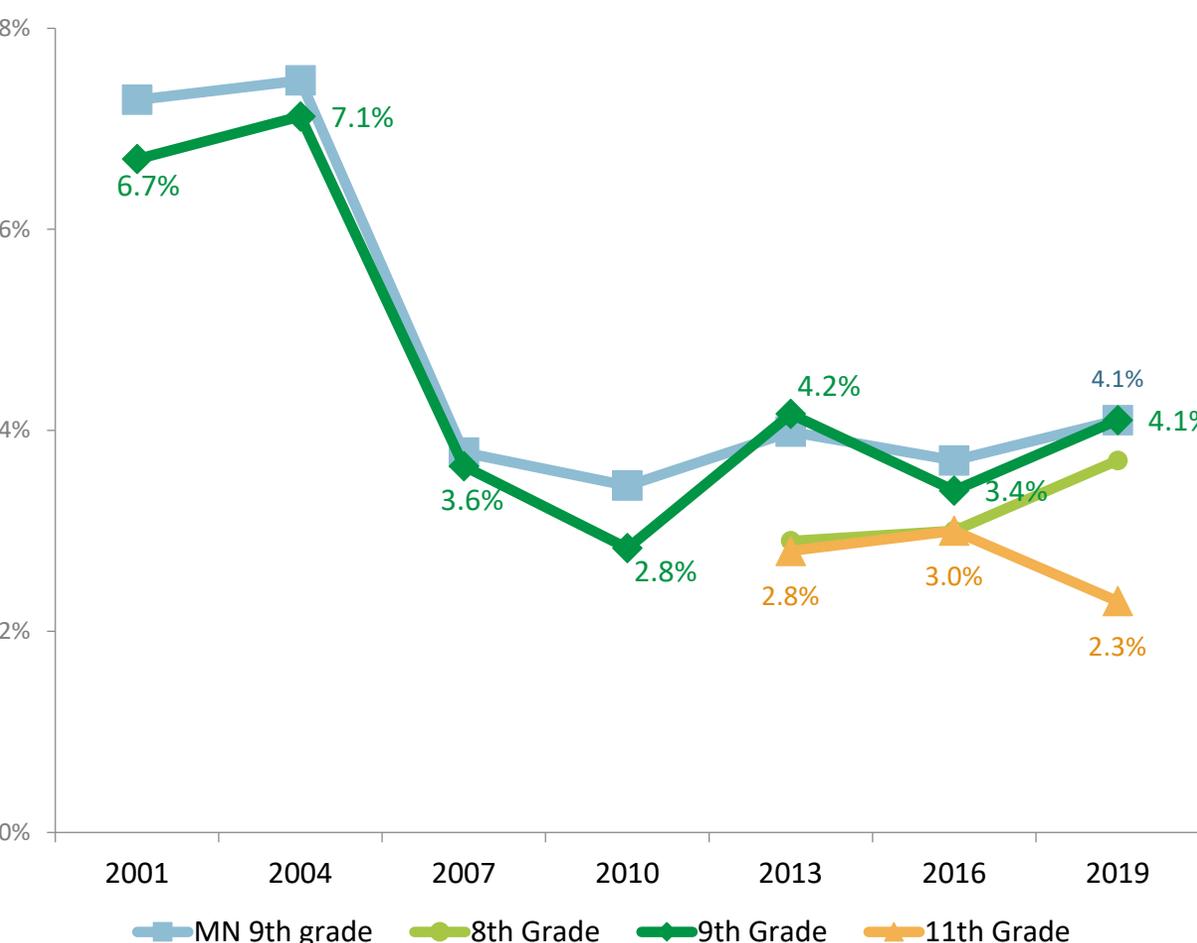
Seriously considered attempting suicide during the past 12 months



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Suicidal behavior

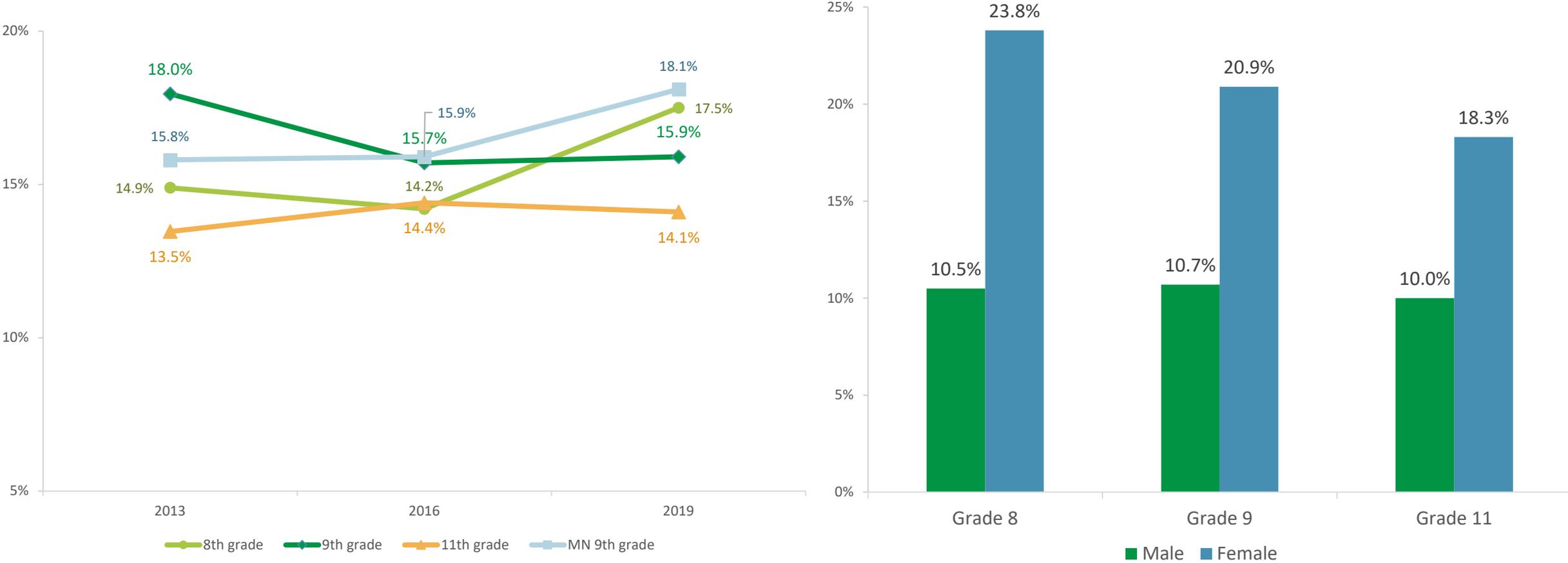
Attempted suicide during the past 12 months



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Non-suicidal self-harm

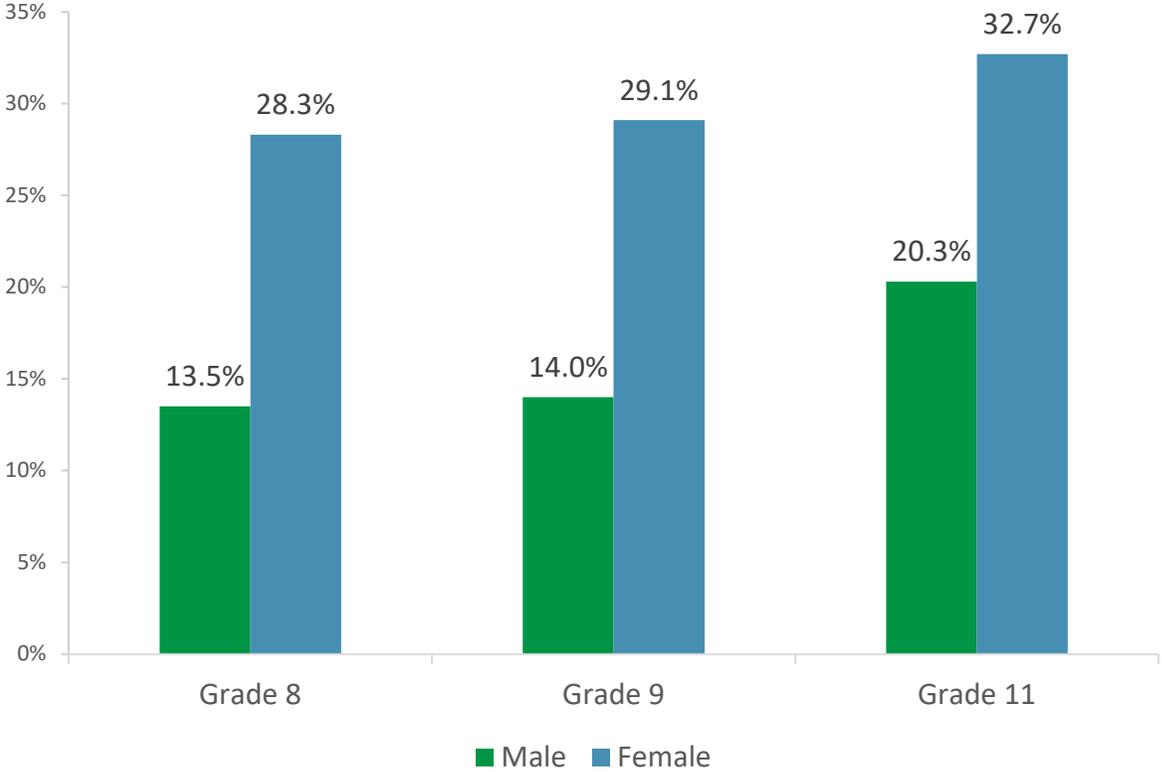
Purposely hurt or injured yourself without wanting to die during past 12 months



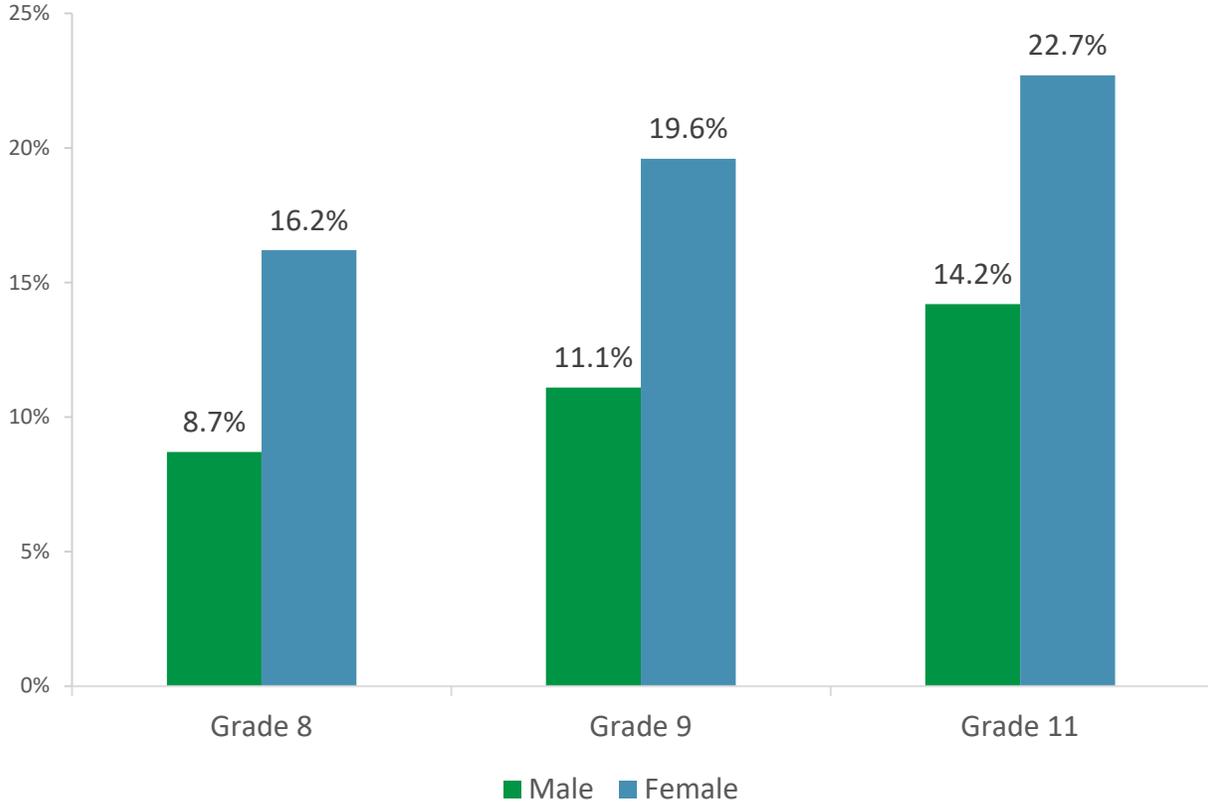
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Mental Health Problem

Have long-term mental health, behavioral or emotional problems (long-term means lasting 6 months or more)



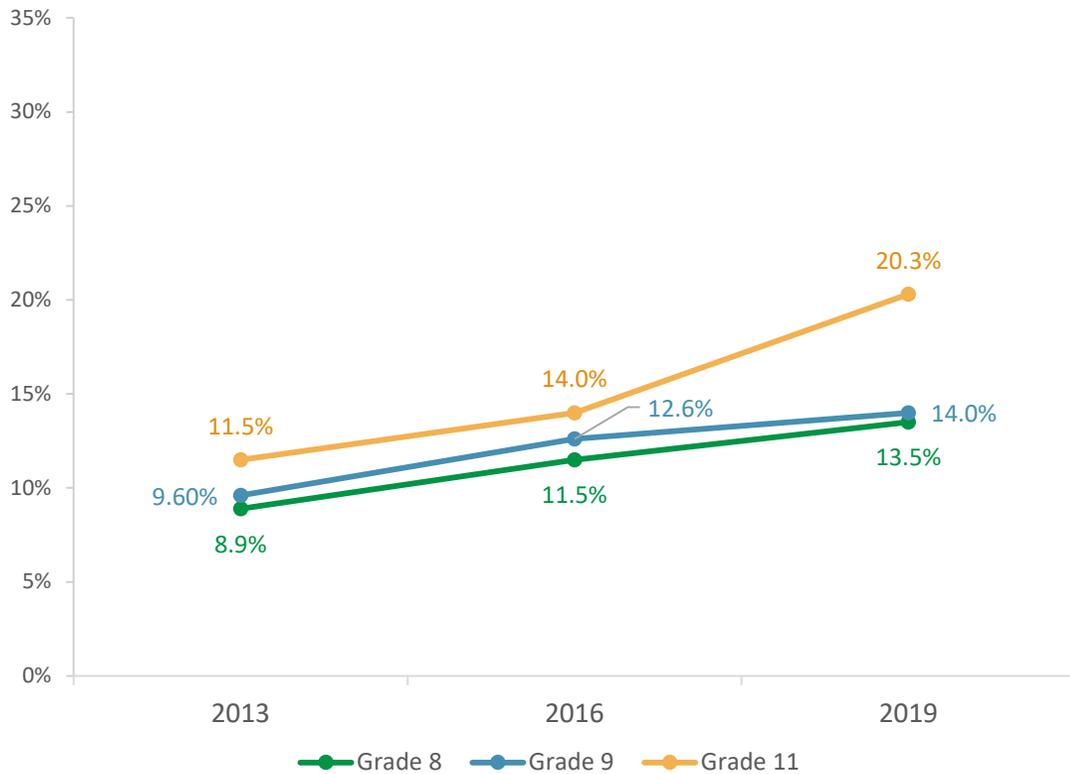
Treated for mental health problem in the past 12 months



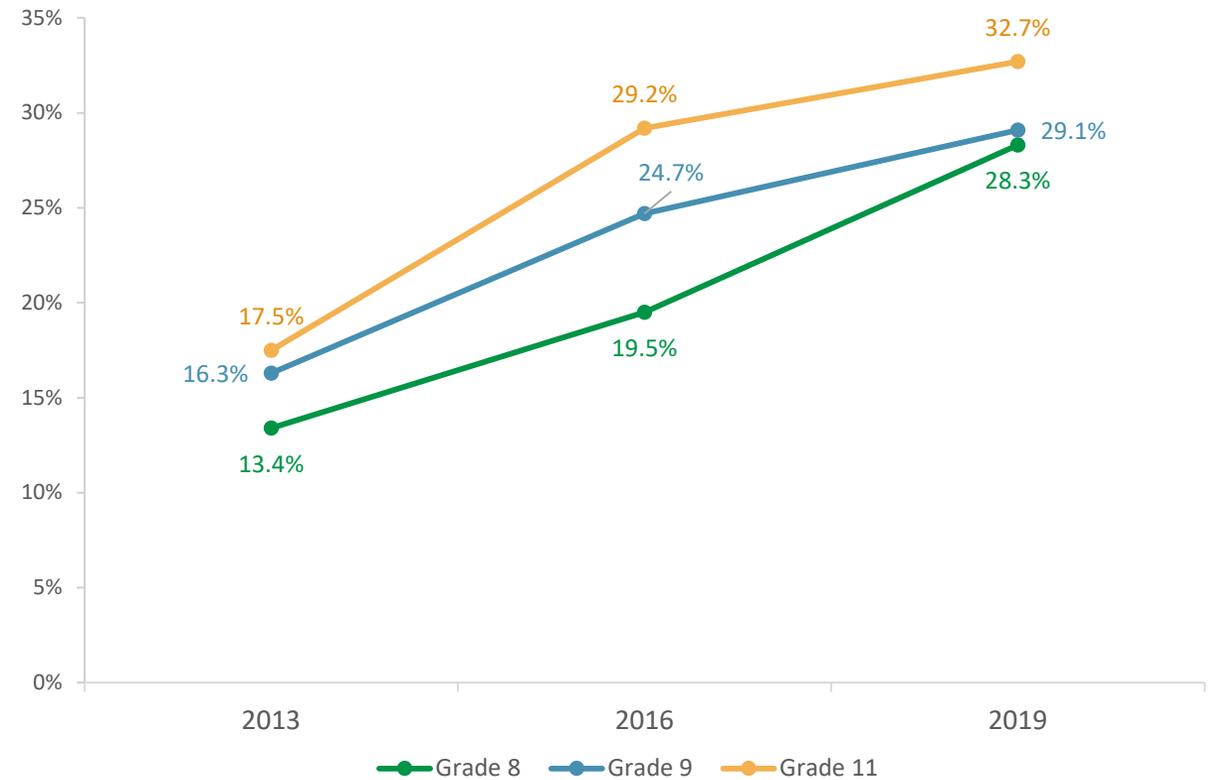
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Female students are more likely to report long term mental health, behavioral or emotional problems

Male students



Female students



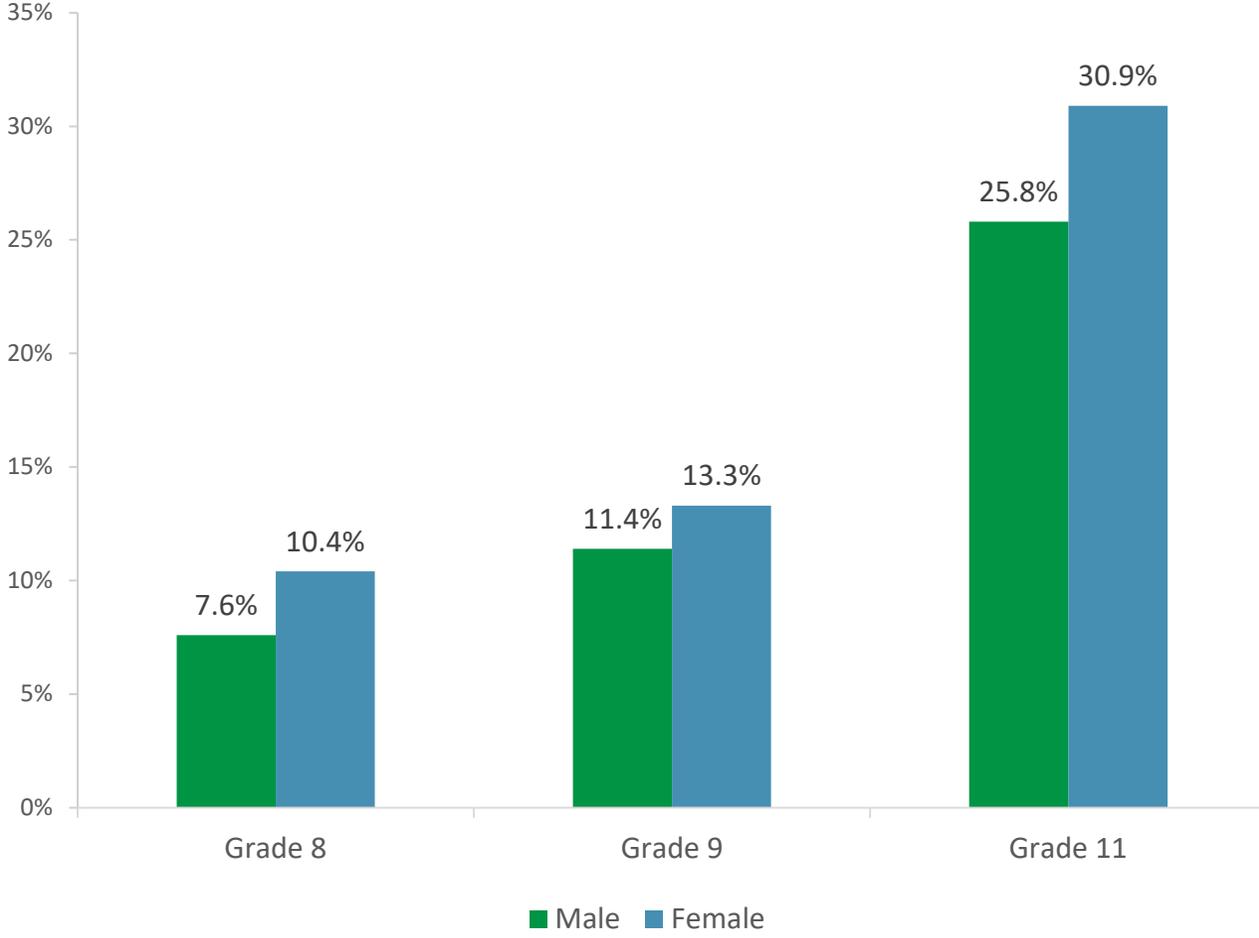
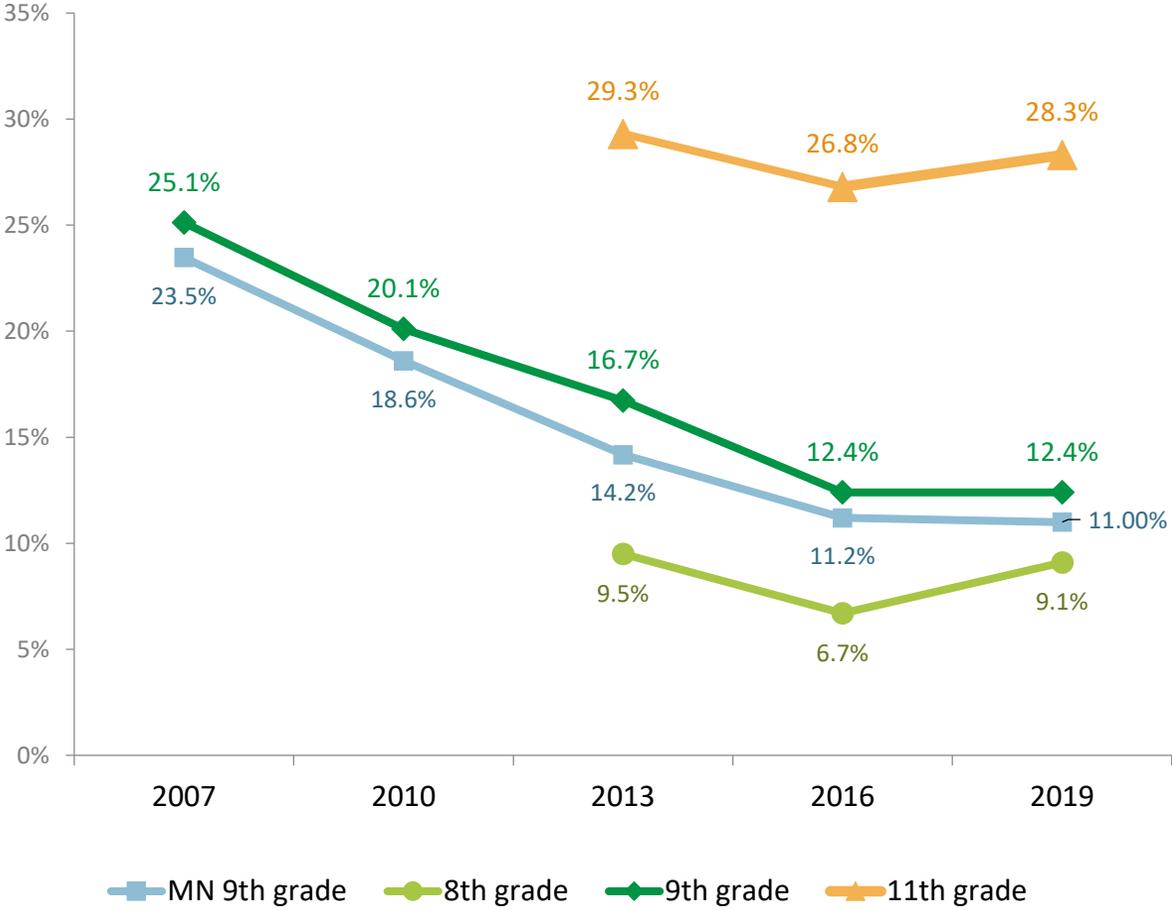
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.



Alcohol, Tobacco, and Other Drugs

Alcohol past 30 days

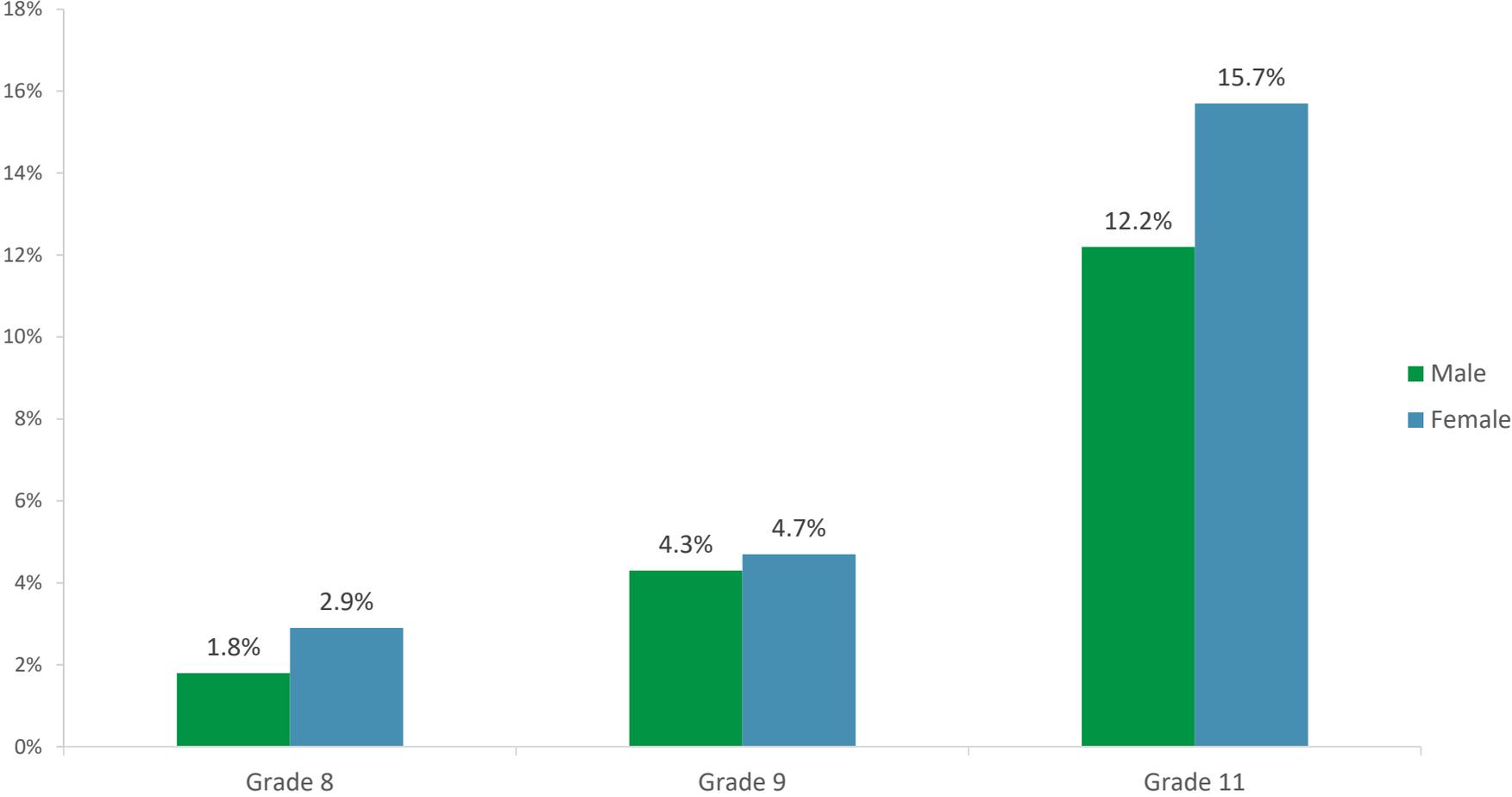
Drank alcohol at least once during the past 30 days



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Binge drinking

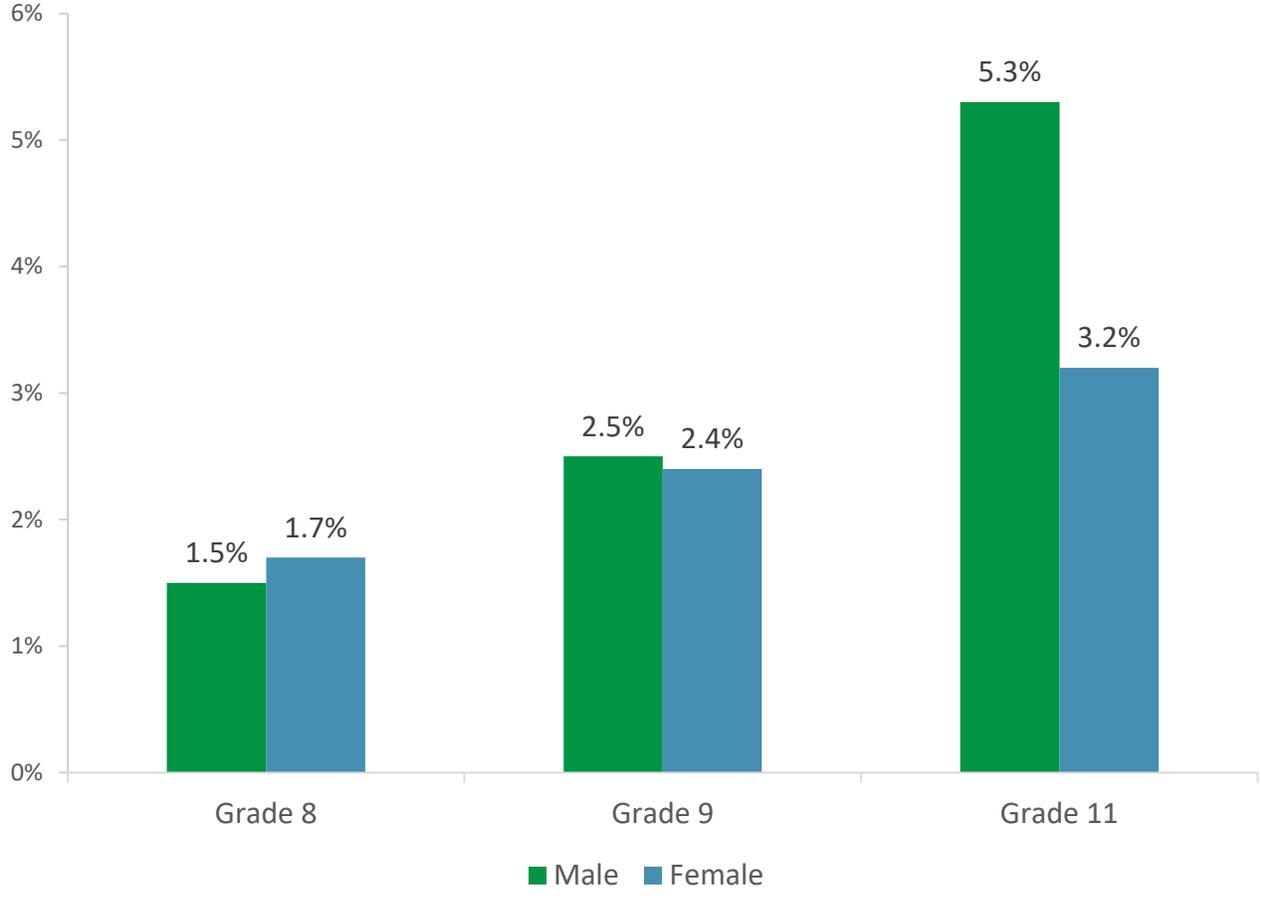
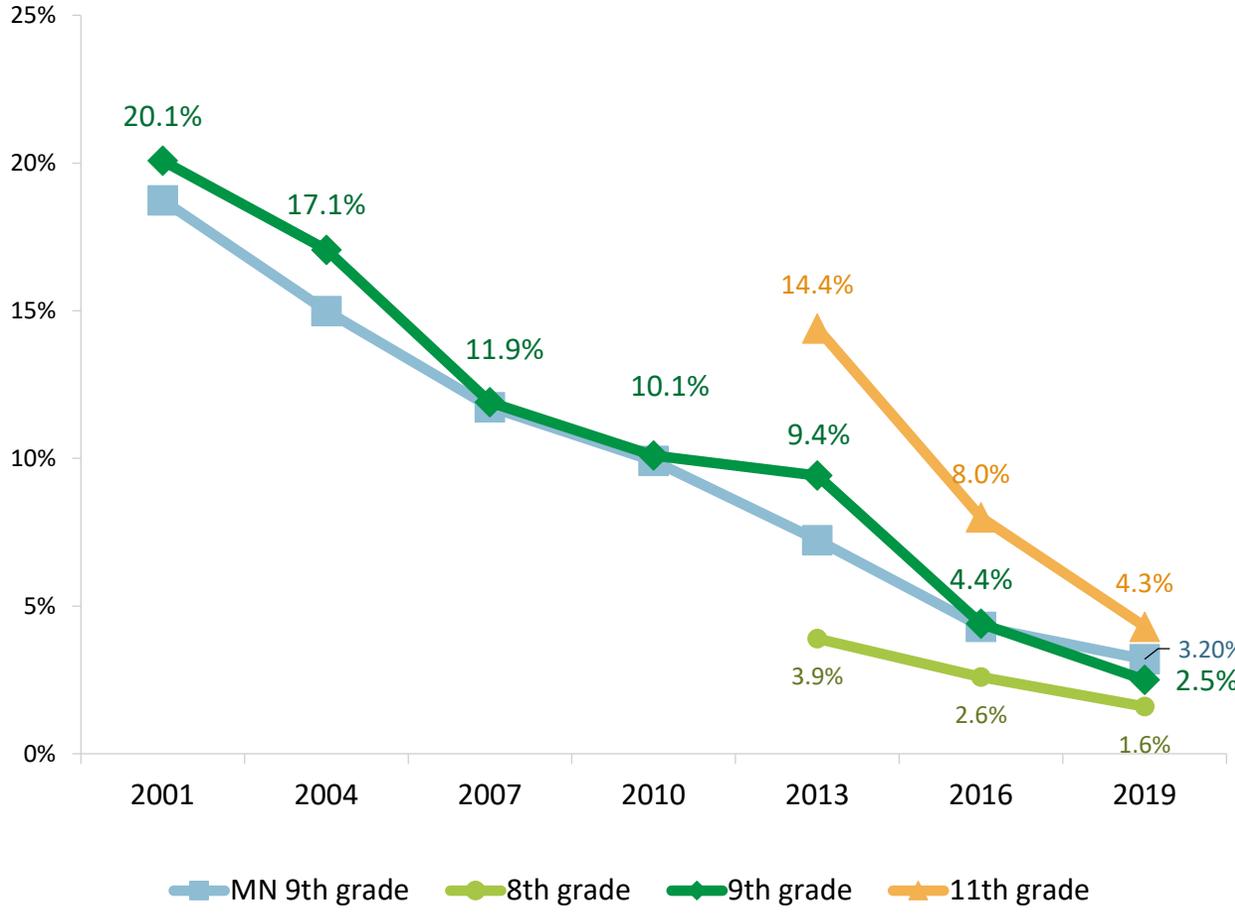
Males drank 5 or more and females drank 4 or more alcoholic beverages in a row during past 30 days



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Cigarettes past 30 days

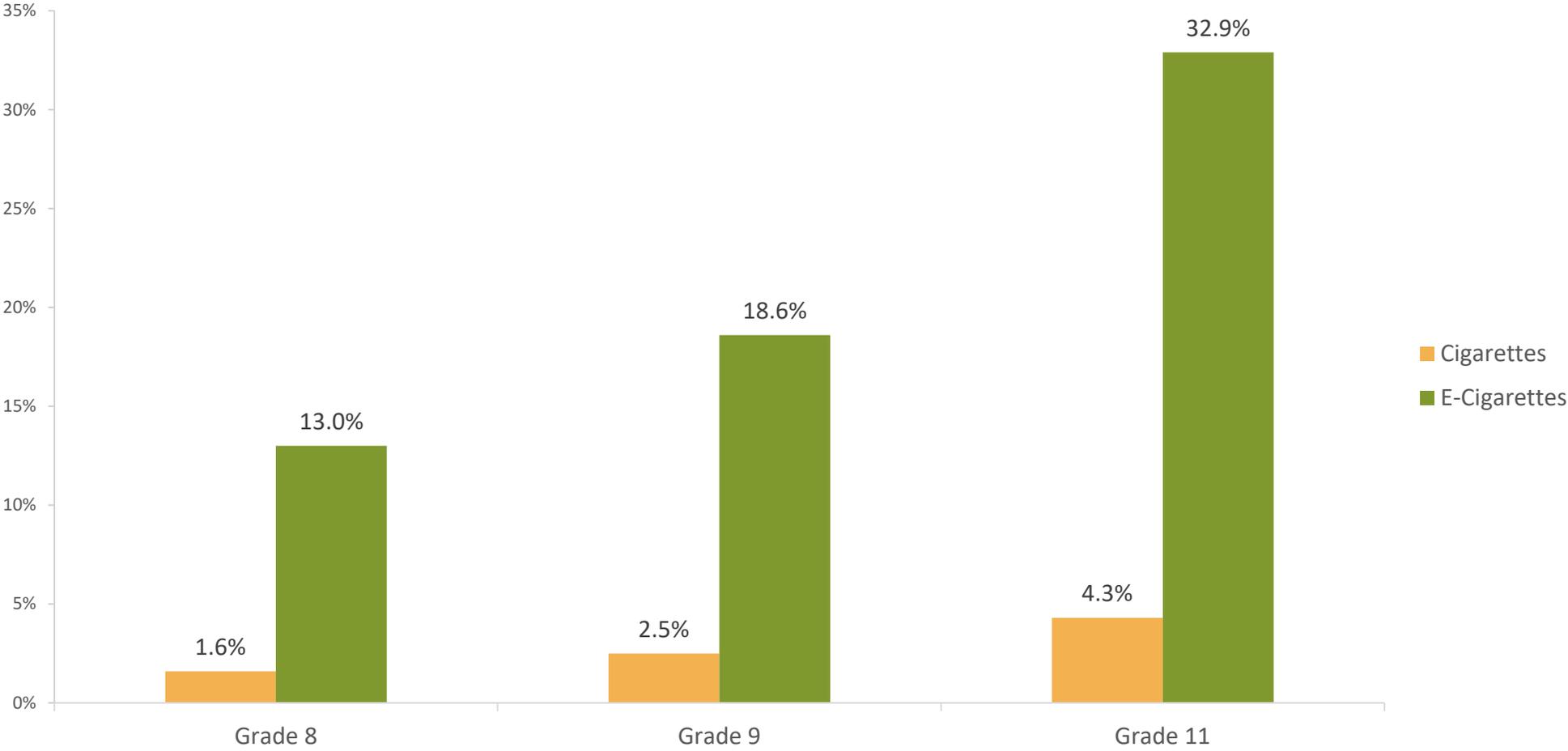
Smoked cigarettes on one or more days during the past 30 days



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Cigarettes and E-Cigarettes past 30 days

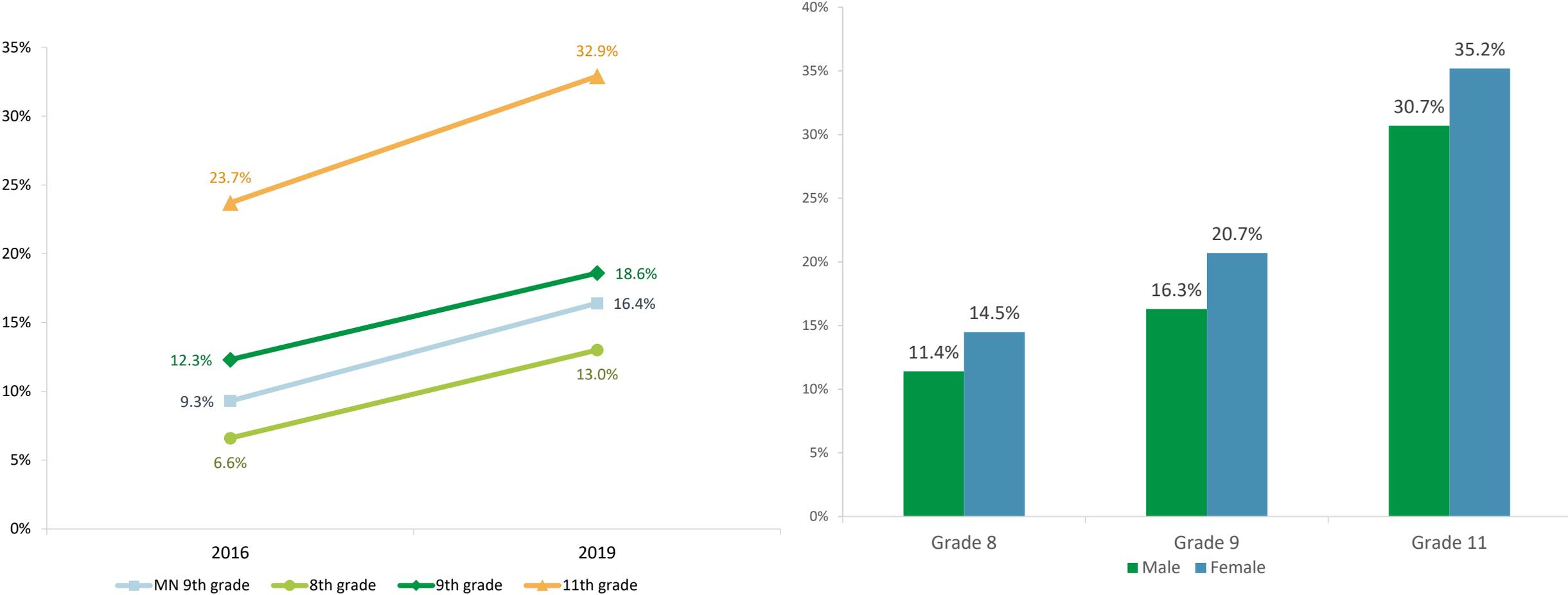
Use a cigarette or electronic cigarette at least once in the past 30 days



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

E-Cigarettes past 30 days

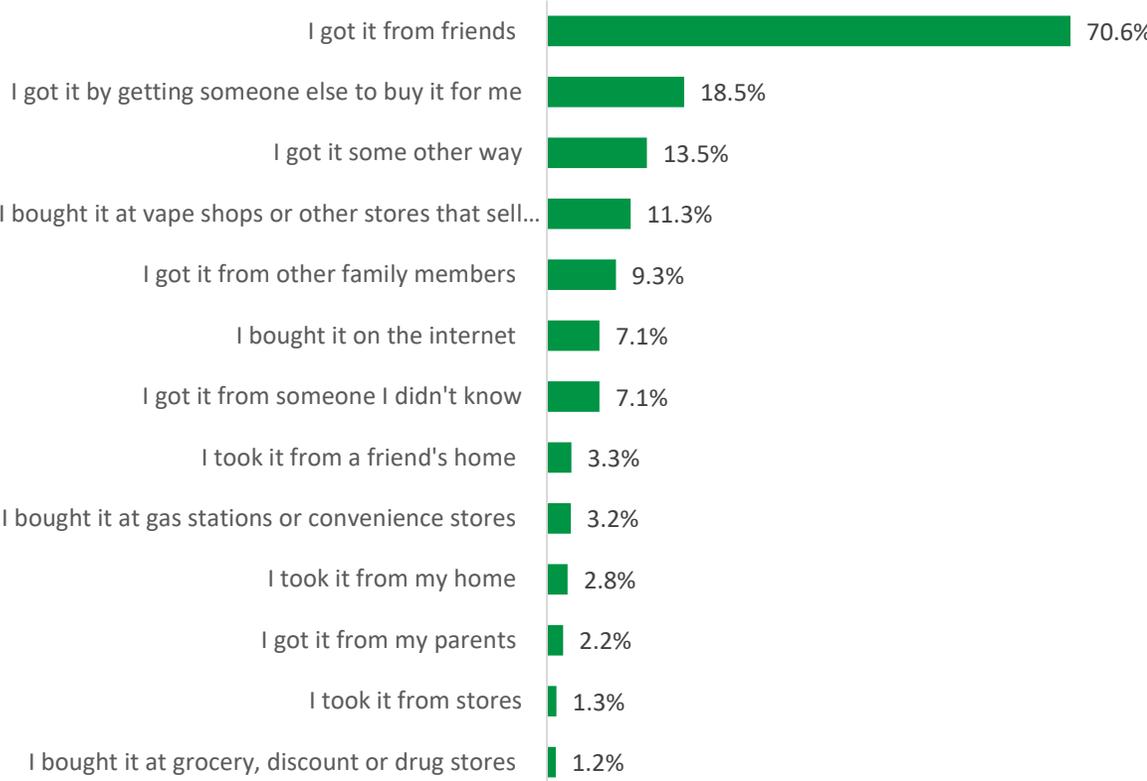
Used an electronic cigarette at least once in the past 30 days



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Access to e-cigarettes and alcohol

Access to e-cigarettes



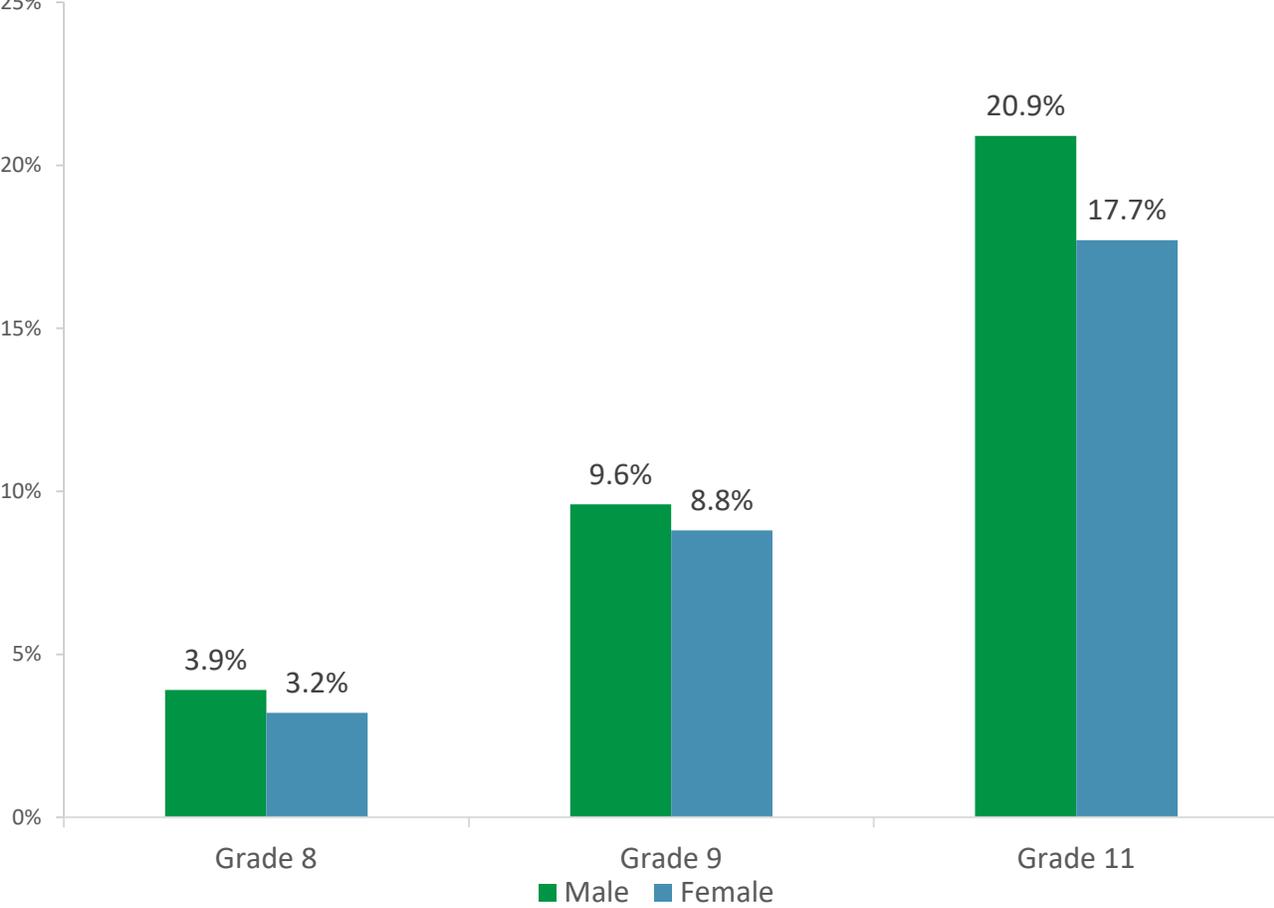
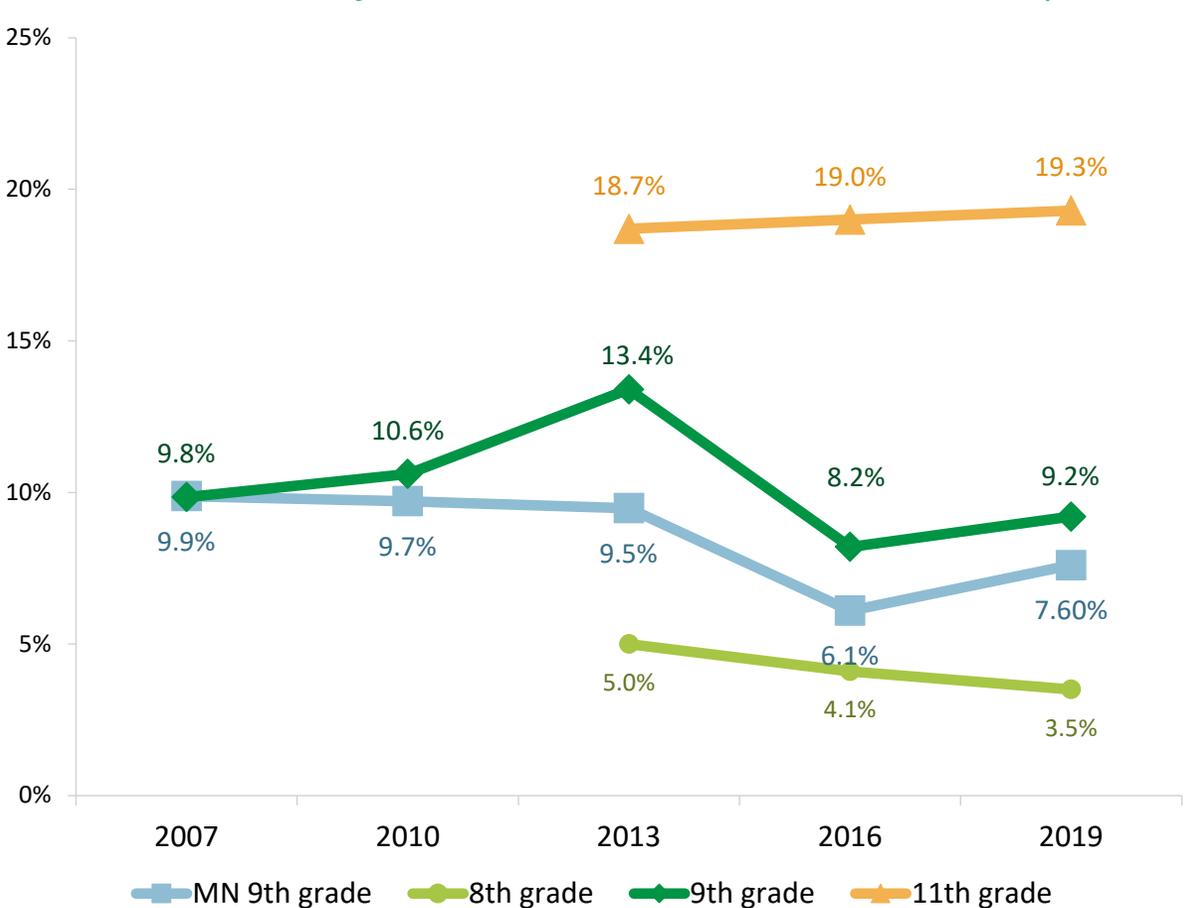
Access to alcohol



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Marijuana past 30 days

Used marijuana or hashish at least once in the past 30 days

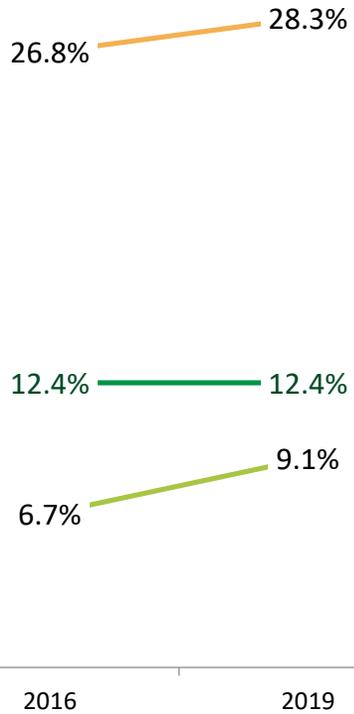


Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

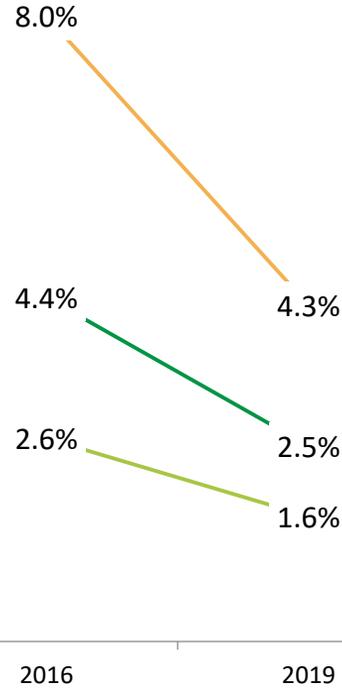
Alcohol, Tobacco and Marijuana Use Trends



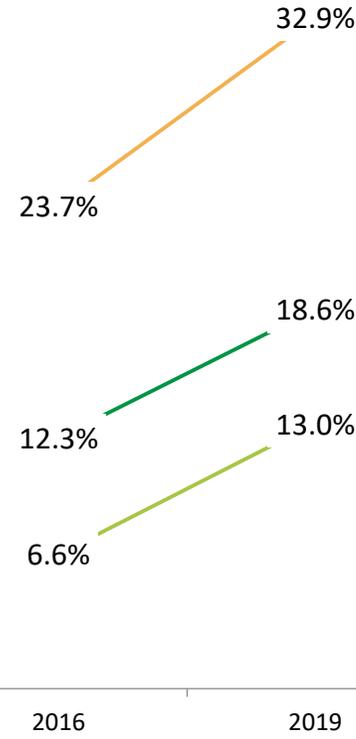
Past 30-day alcohol



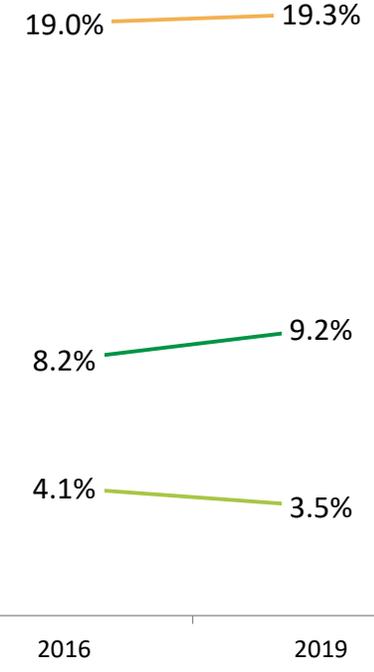
Past 30-day cigarette



Past 30-day e-cigarettes



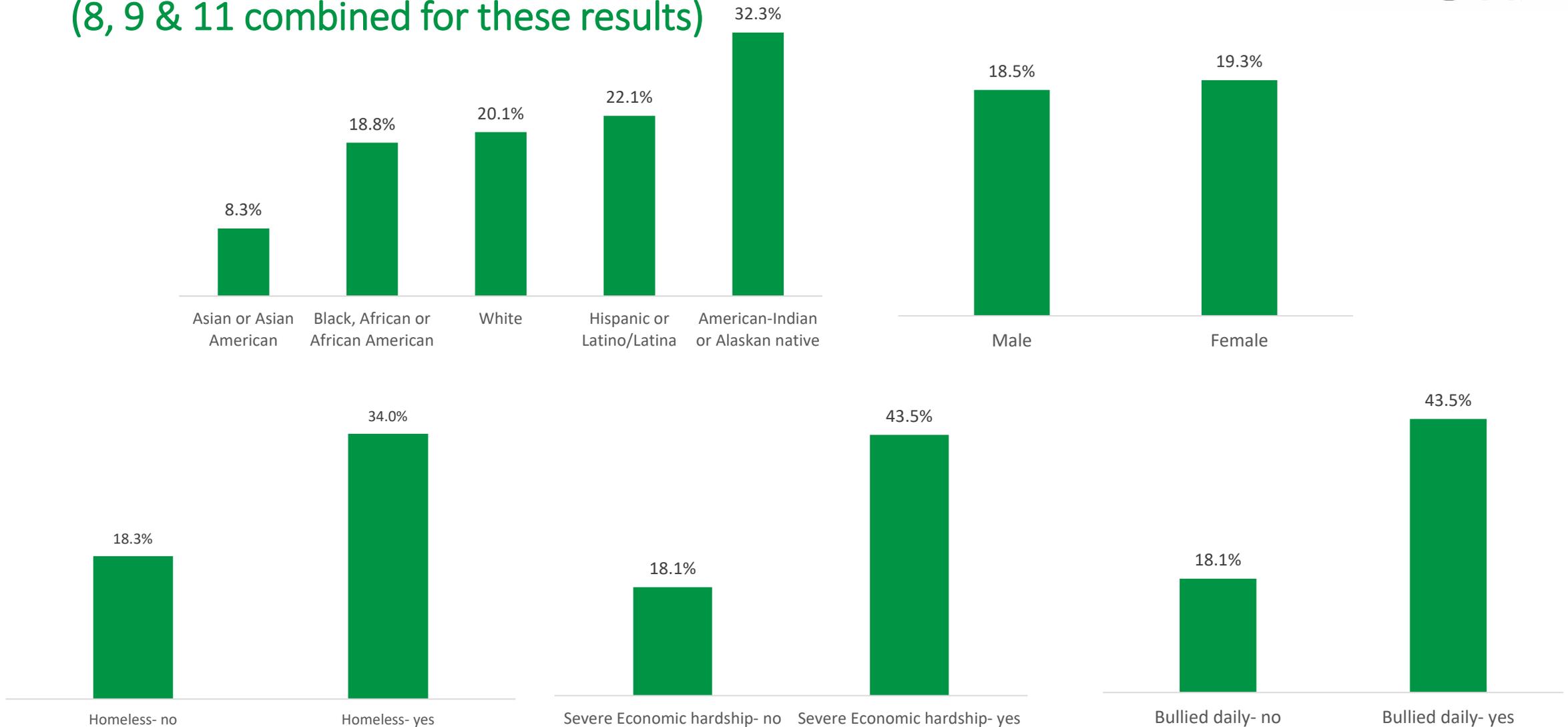
Past 30-day marijuana



8th grade 9th grade 11th grade

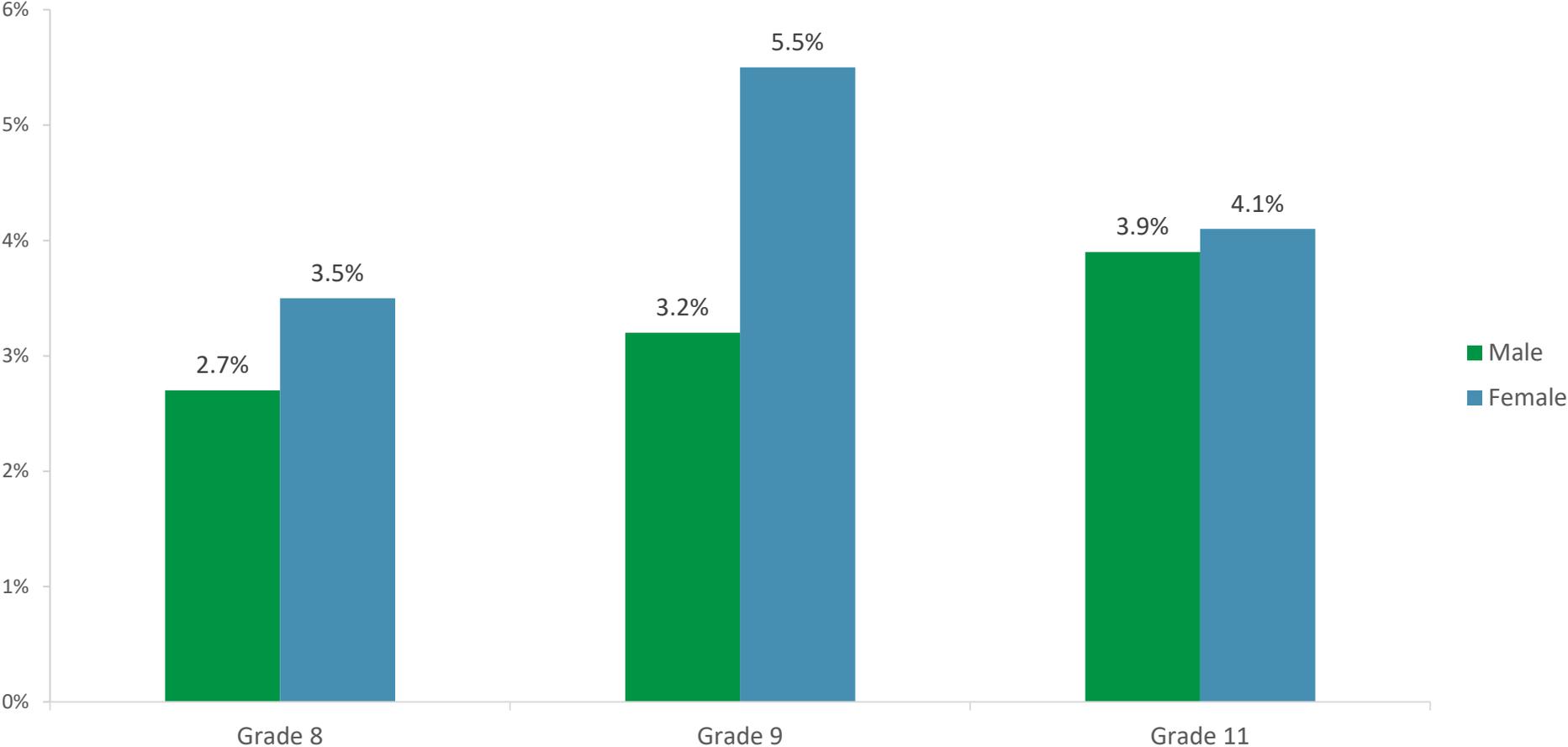
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Current use of alcohol, tobacco, or marijuana by race/ethnicity, gender, homelessness, economic hardship and bullying (8, 9 & 11 combined for these results)



Prescription meds, non-prescribed use

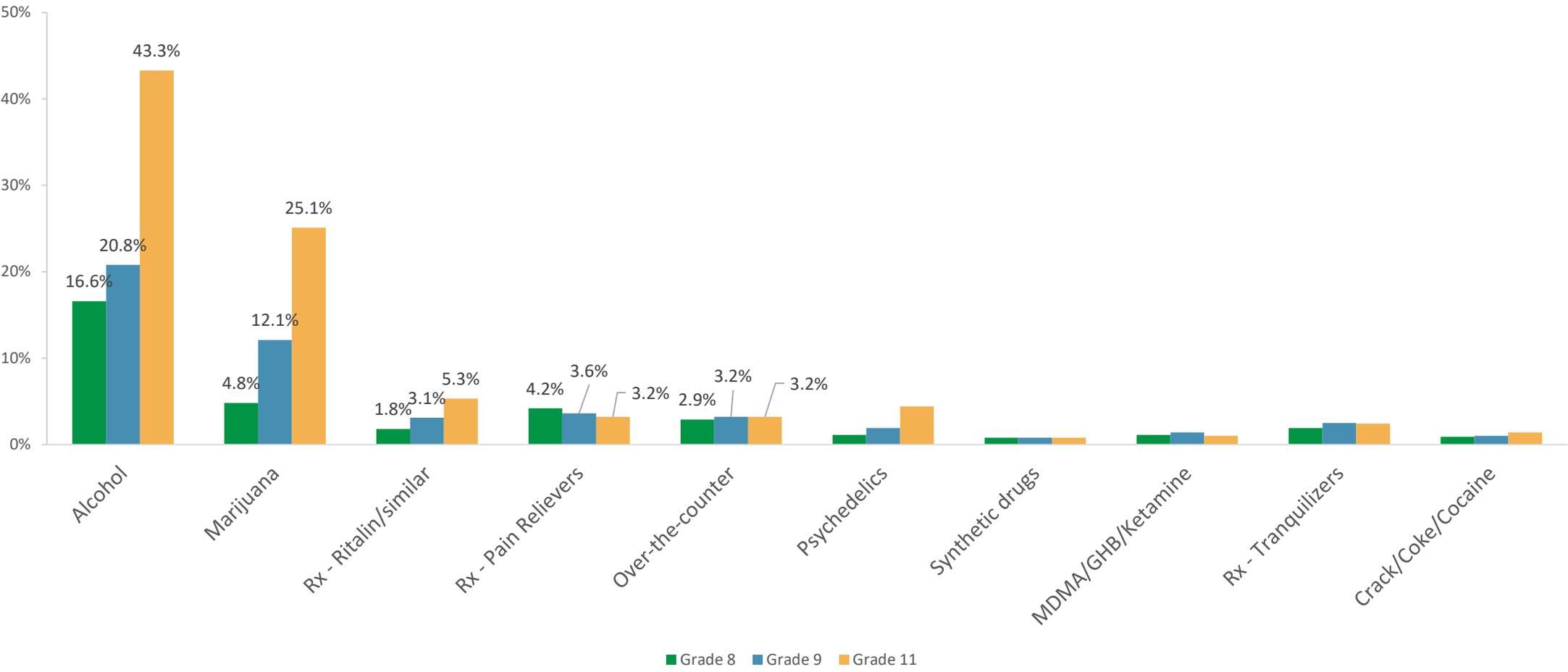
Used prescription drugs not prescribed for you or that you only took to get high, past 30 days



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Substance Use – past 12 months

Used any of these substances, past 12 months



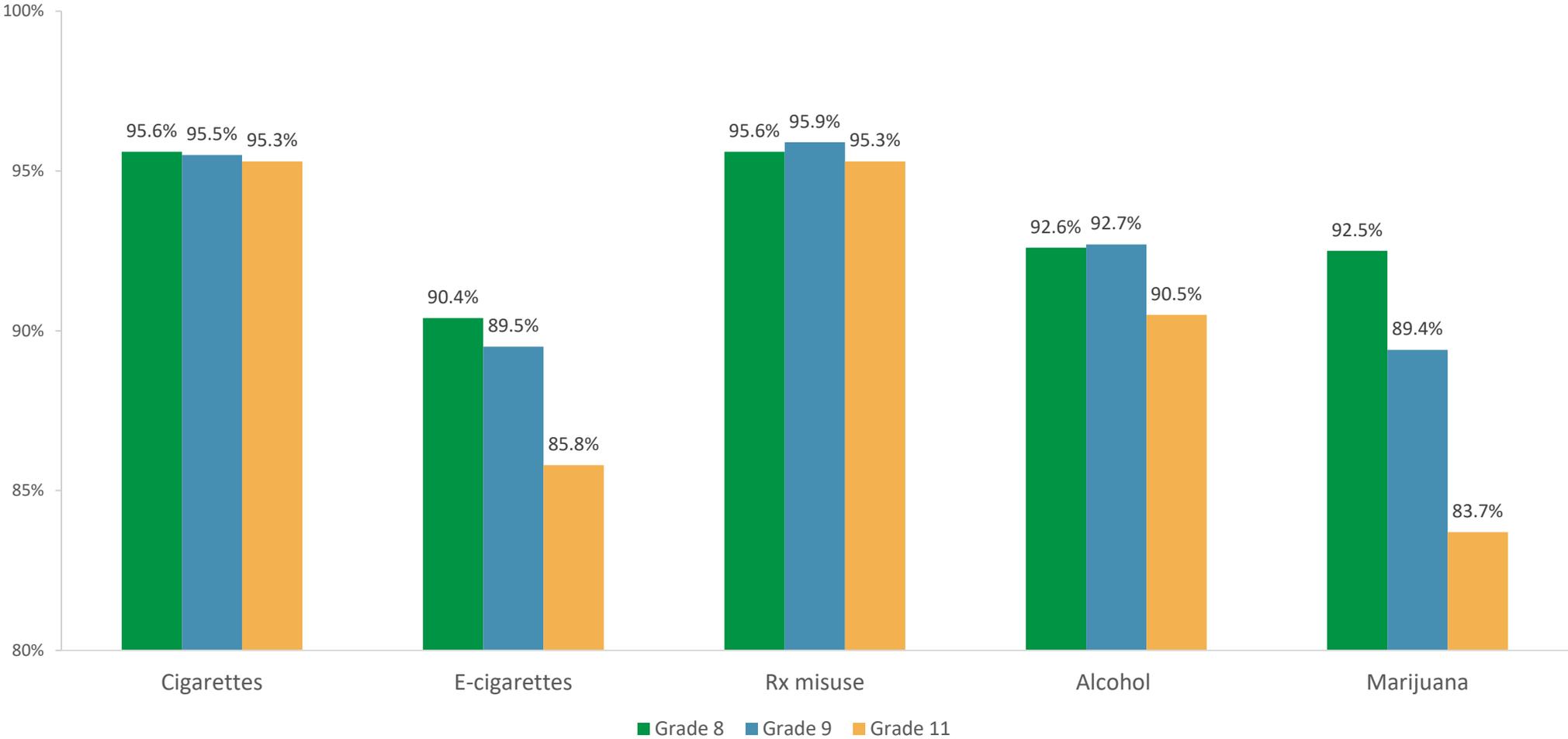
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.



**Perceived Risk of Harm
Parental Disapproval**

Parental Disapproval

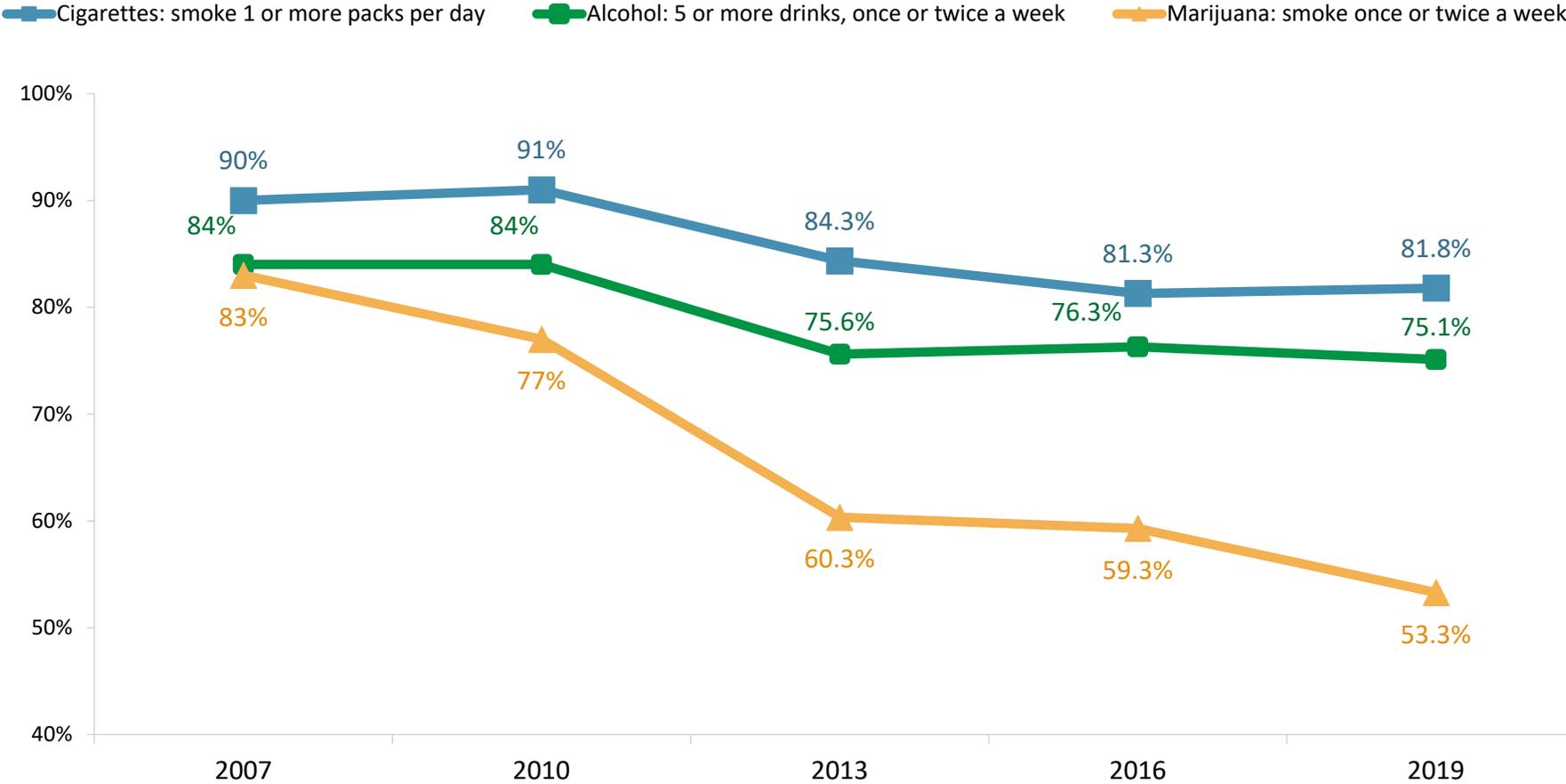
How wrong or very wrong do your parents feel it would be for you to use...



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Perceived Risk of Harm – 9th Grade

How much do you think people risk harming themselves by using alcohol, cigarettes, and marijuana



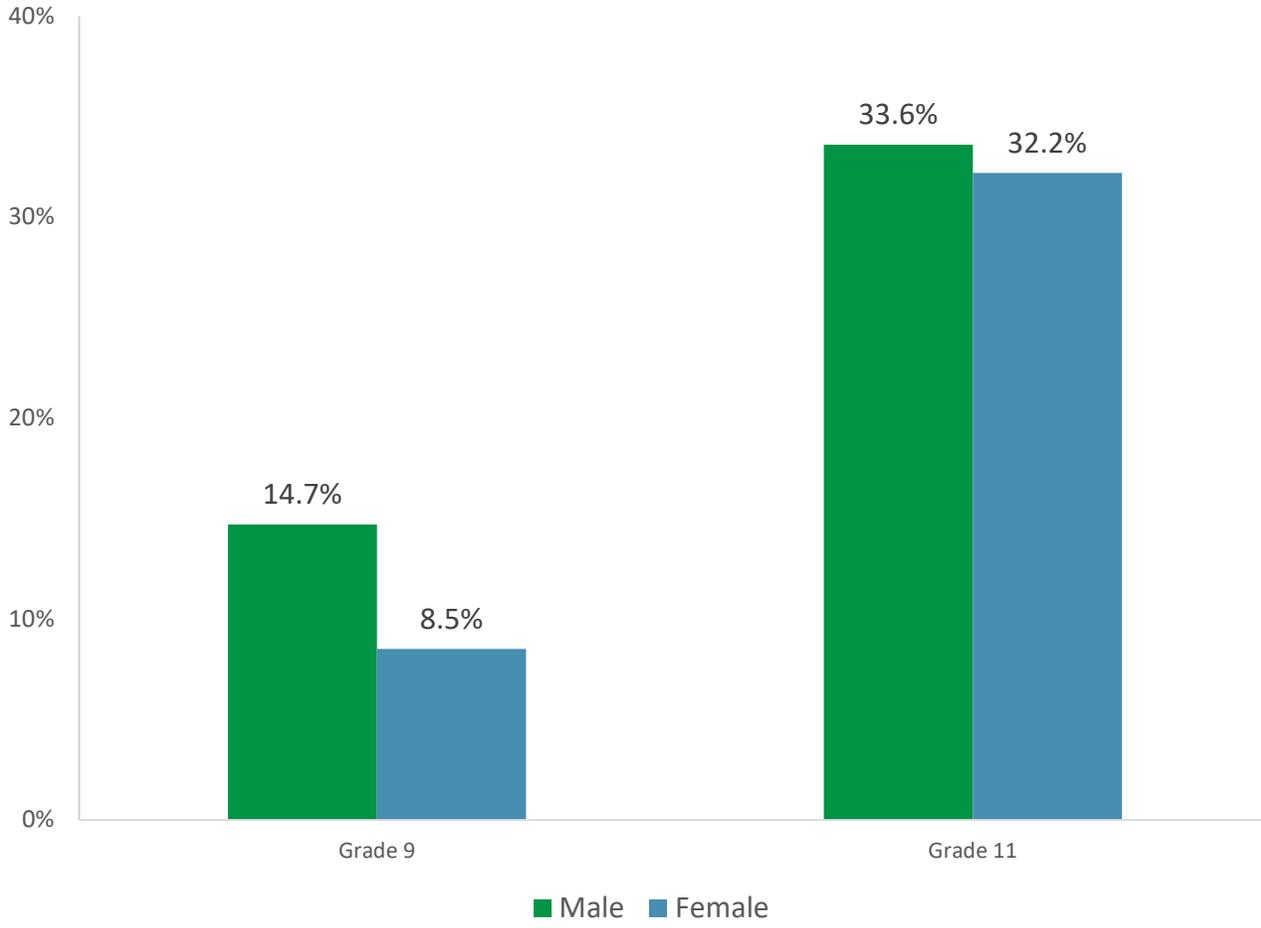
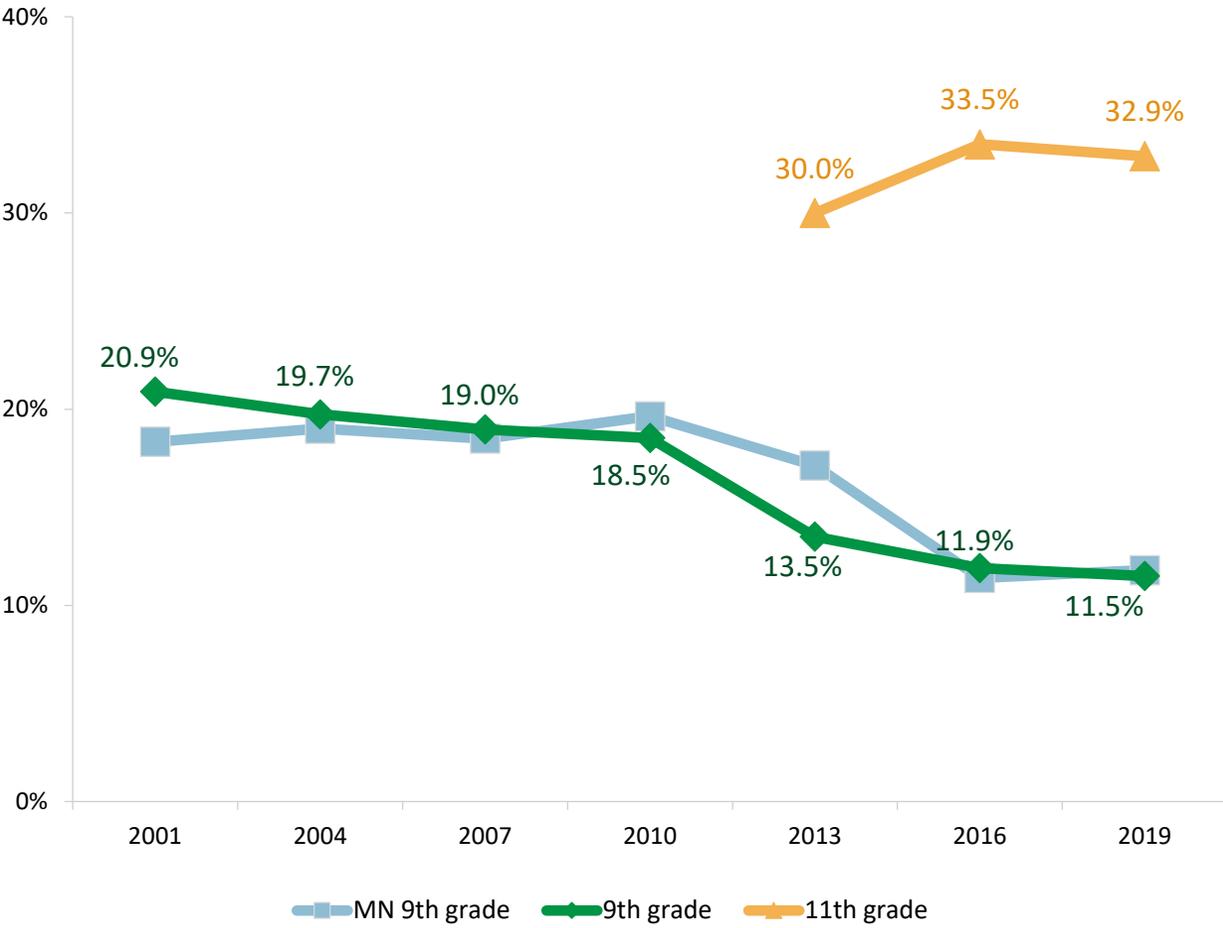
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

A black and white silhouette of a man and a woman riding bicycles side-by-side, holding hands. They are positioned against a dramatic, cloudy sky. The scene is captured in a low-angle shot, emphasizing the silhouettes against the bright, overcast sky. The overall mood is romantic and active.

Sexual Behavior

Sexual Intercourse

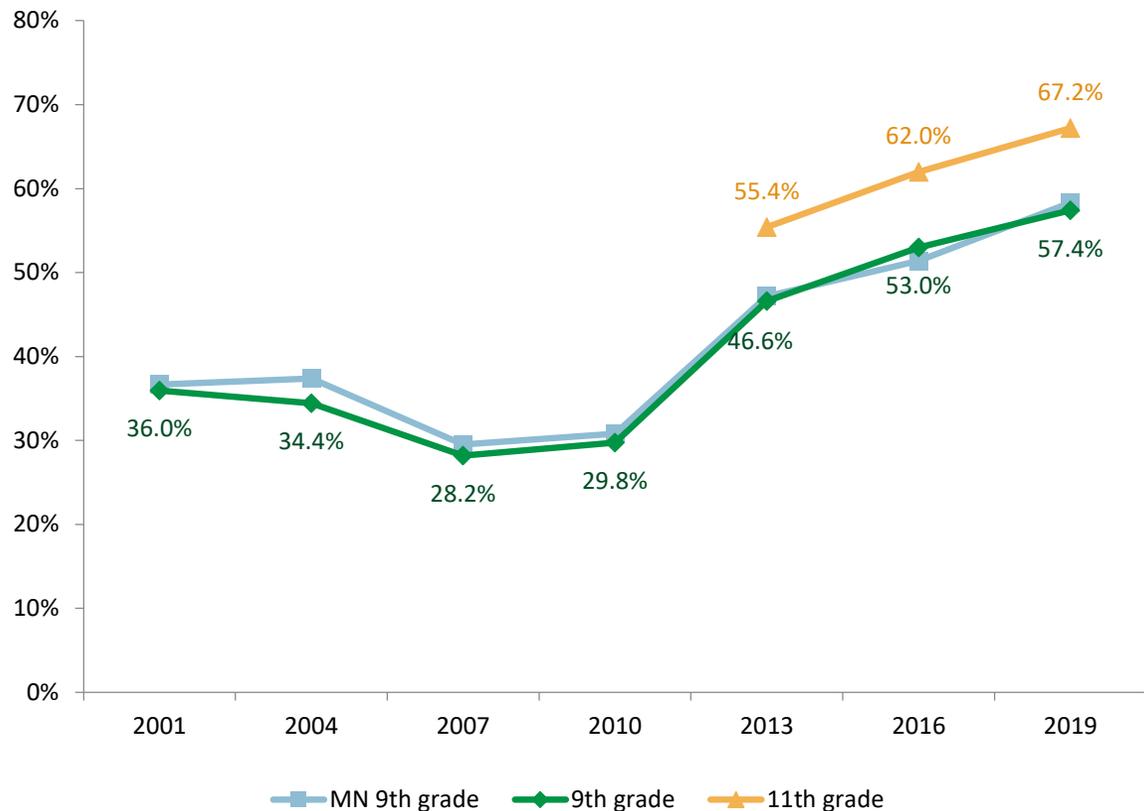
Have ever had sexual intercourse



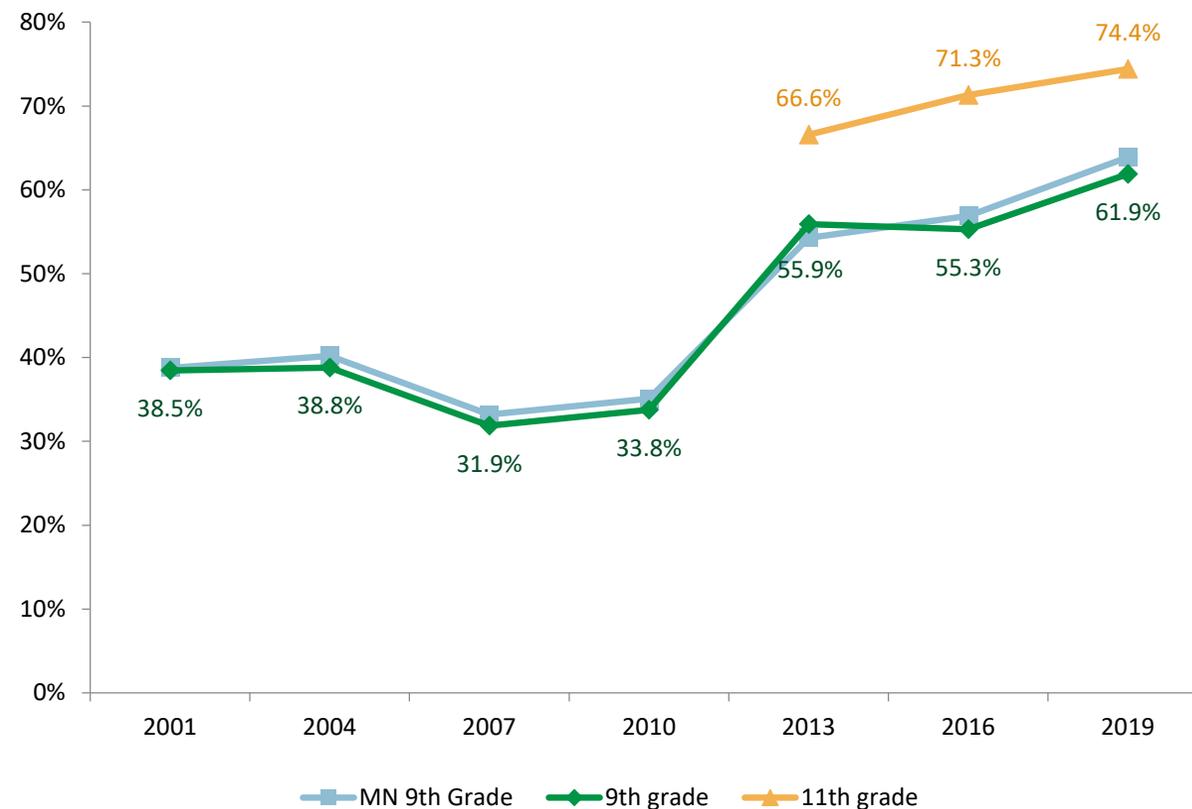
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Pregnancy and sexually transmitted infections

Talk with every partner about protecting from STIs/HIV/AIDS



Talk with every partner about protecting from pregnancy

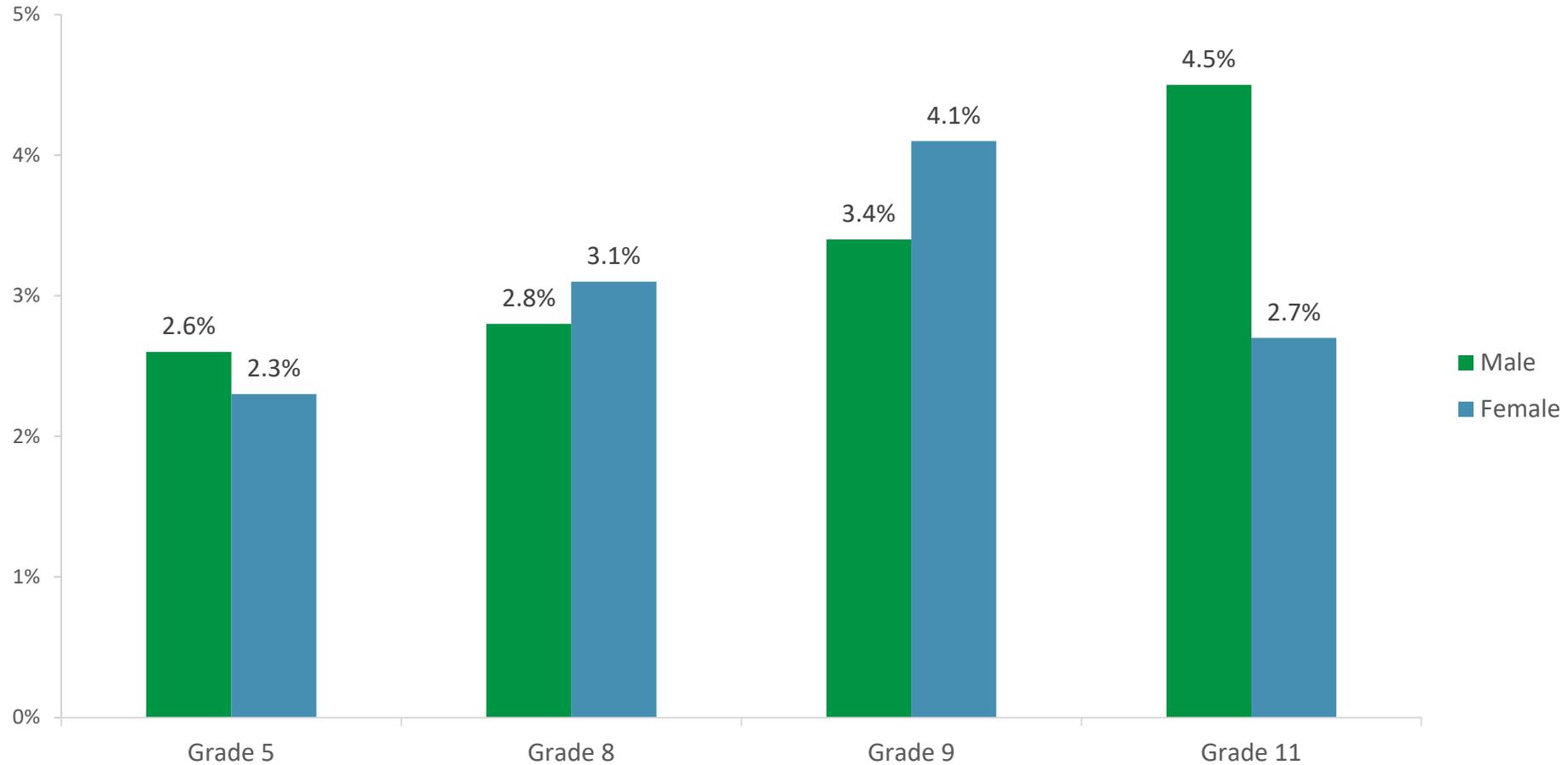




Food and housing insecurity

Food insecurity

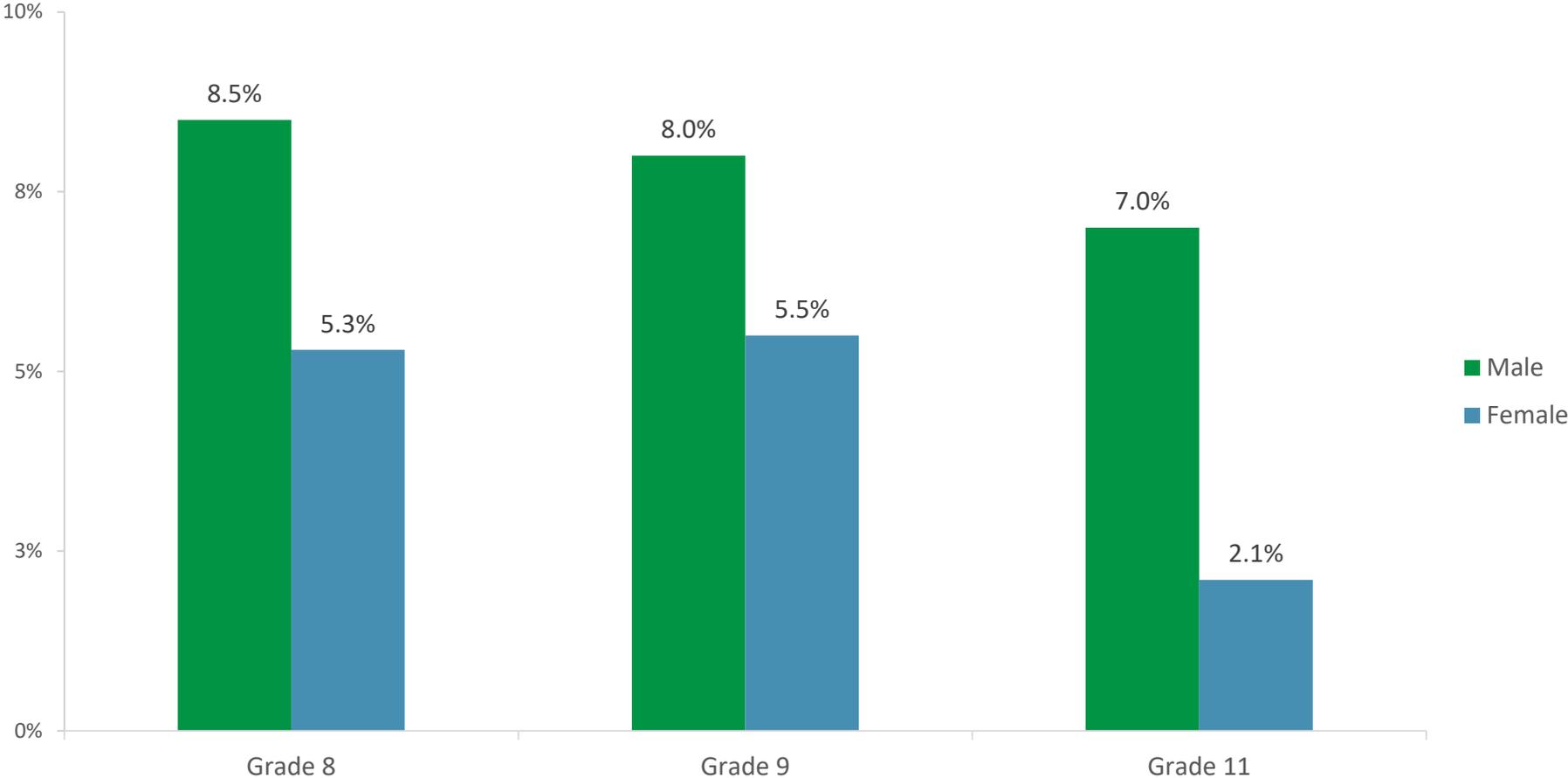
In the last 30 days had to skip a meal (1 or more) because your family did not have enough money to buy food



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Homelessness

Past 12 months ever stayed in a shelter, somewhere not intended as a place to live, or someone else's home because you had no other place to stay



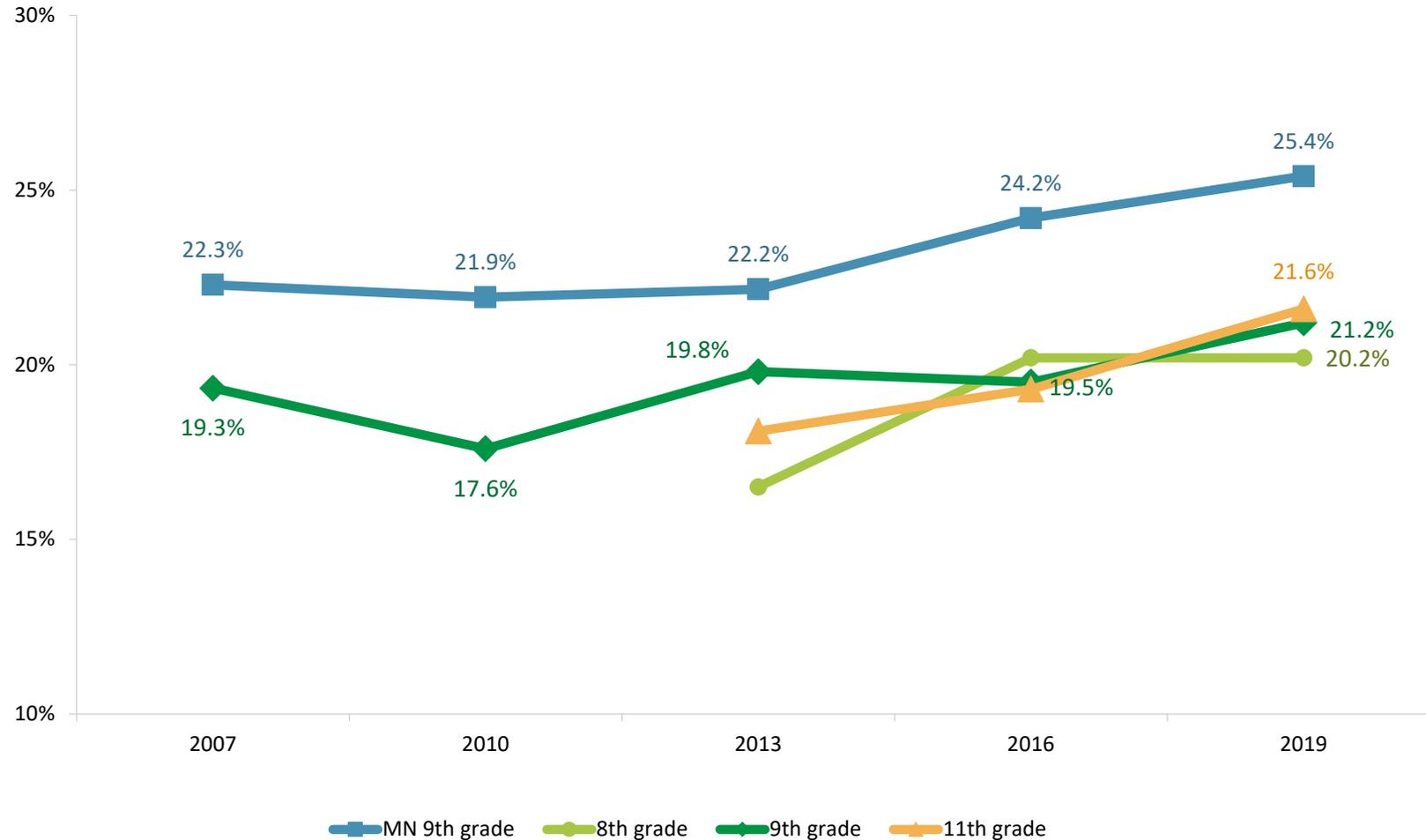
Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.



Physical Activity Nutrition

Overweight or Obese

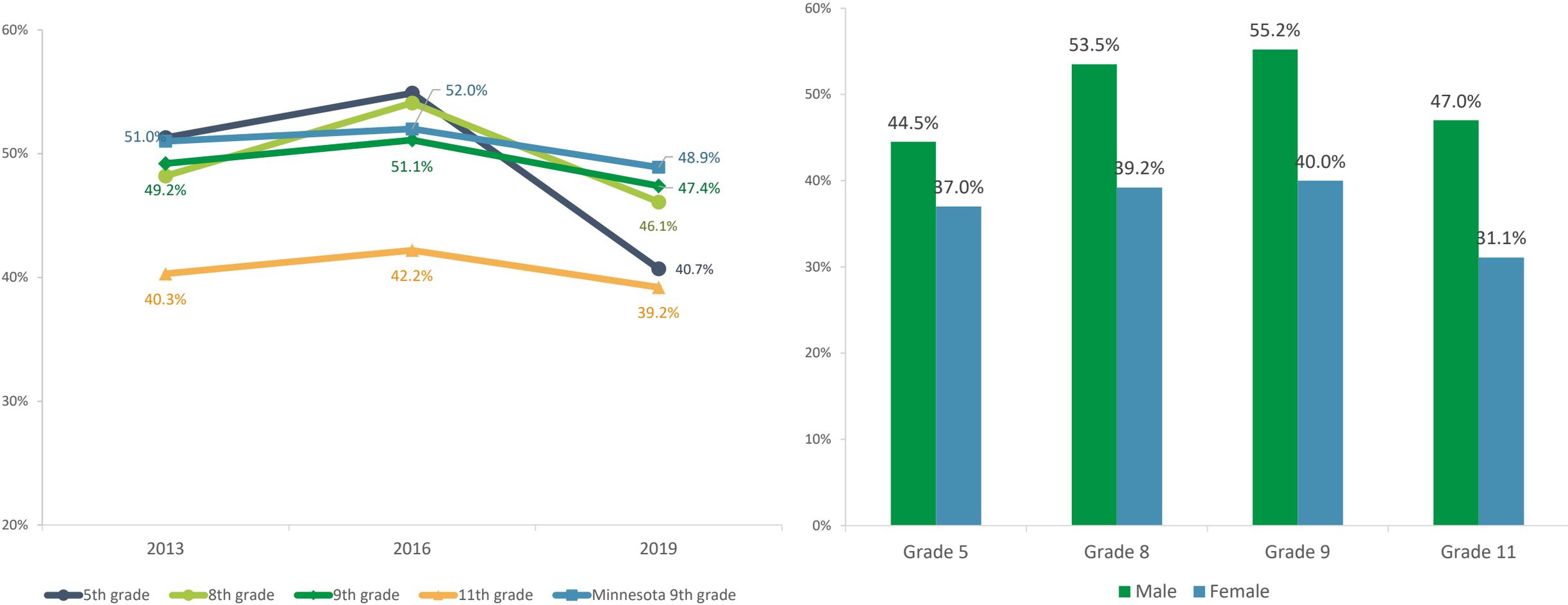
Weight status based on self-reported height and weight



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Physical Activity

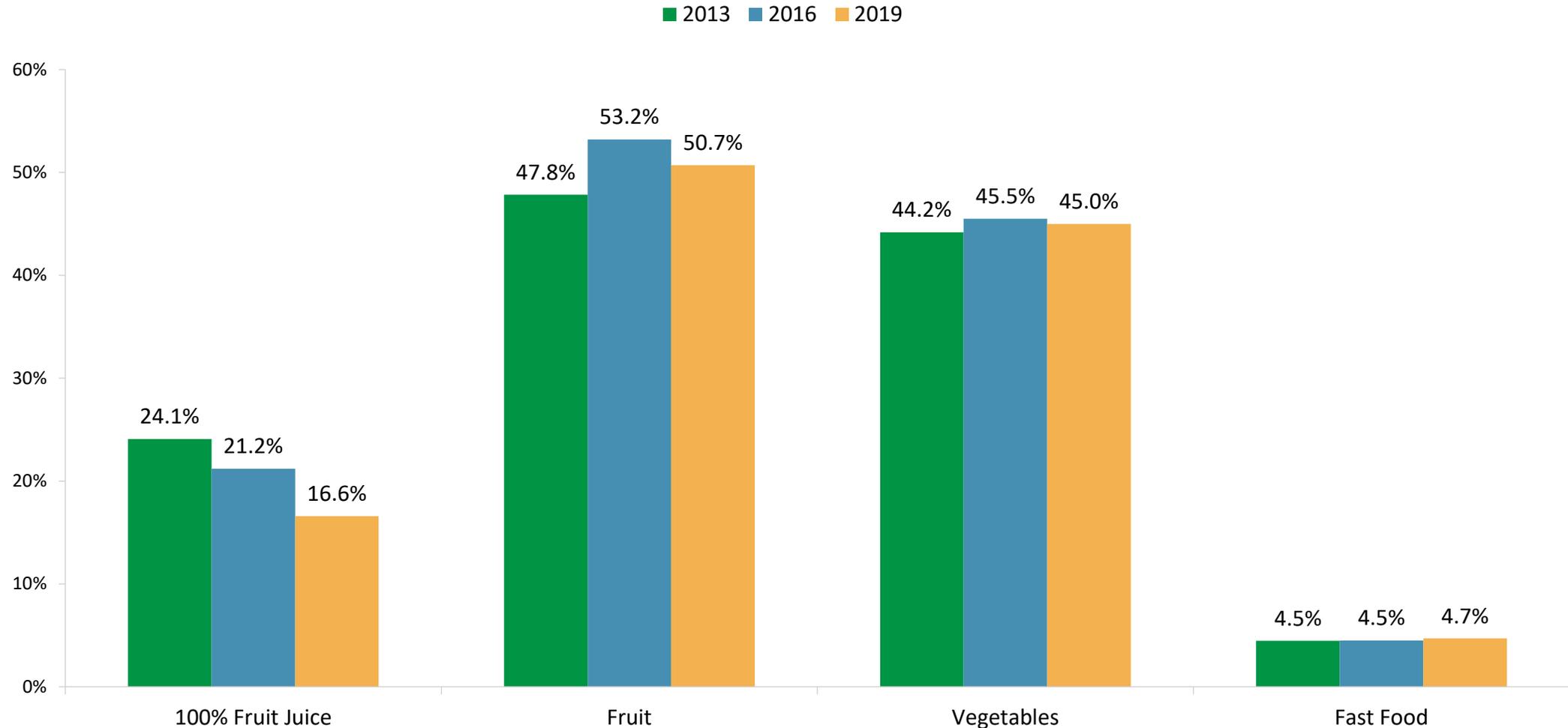
Physically active at least 60 minutes for 5 or more days, past week



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Daily Nutrition

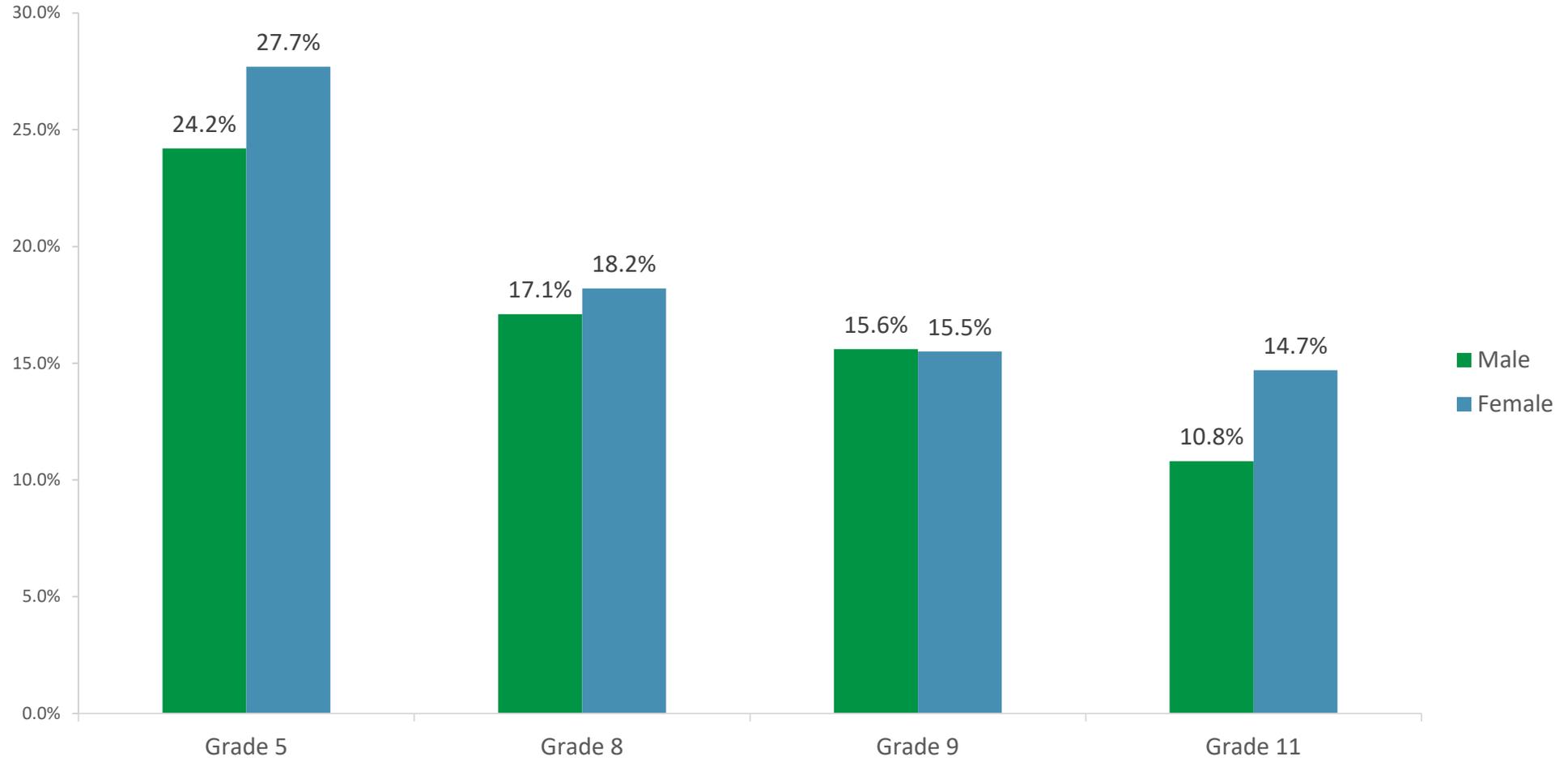
During the last 7 days, consumed each type of food at least once per day- all grades combined



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Daily Nutrition

On average consumed 5 servings of fruits and vegetables per day in last 7 days



Source: Minnesota Student Survey, 2019. Created by Washington County Public Health and Environment.

Resources: MN Student Survey

- Minnesota Department of Education
 - <https://education.mn.gov/MDE/dse/health/mss/index.htm>
 - MDE → Data Center → Data Reports and Analytics → Minnesota Student Survey Reports 2013-2019
- Minnesota Department of Health– MN Student Survey
 - <https://www.health.state.mn.us/data/mchs/surveys/mss/index.html>
- Substance Use in Minnesota
 - <http://www.sumn.org/>
- Tobacco NUMBRS
 - <https://www.health.state.mn.us/tobaccodata>
- Washington County Health Data
 - <https://www.co.washington.mn.us/1211/Health-Data>

MSS Reports

[MDE](#) > [Data Center](#) > Data Reports and Analytics

Minnesota Student Survey Reports 2013-2019

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The Minnesota Student Survey was developed in 1989 to monitor risk and protective behaviors among students. From 1989 through 2010, students in grades 6, 9, and 12 responded to the survey. Beginning in 2013, grade-levels changed to 5, 8, 9, and 11. While many categories remain consistent over time, others are adjusted to reflect current priority topics. Some categories include tobacco, alcohol, and other drug use; nutrition; physical activity; sexual behavior; school safety; mental health; and relationships. The survey is voluntary and anonymous. If a district-level table is not provided, either the district did not participate in the survey that year or the number of participating students was not large enough to provide an individual table. Read the list of questions included in each category and report for the [2013 survey](#), [2016 survey](#) and the [2019 survey](#).

Level	State ▼	Run Report
Name	Statewide ▼	
Year	2019 ▼	
Category	Mental Health ▼	
Report	ALL ▼	
Grade	Grade 5 ▼	
Demographics	ALL ▼	
	ALL	
	Gender: Male	
	Gender: Female	
	Race: American Indian or Alaskan Native	
	Race: Asian or Native Hawaiian Pacific Islander	
	Race: Black, African or African American	
	Race: White	
Ethnicity: Hispanic or Latino/Latina		
Other: Free and Reduced Price Lunch		
Other: Non-Free and Reduced Price Lunch		
Other: Special Ed		
Other: Non-Special Ed		

Students were not re
Statewide
2019, Grade 5

For more information or a
presentation please contact:

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