

A dark green map outline of Washington County, positioned on the left side of the page. The map has a white border and a jagged, irregular edge on its right side.

# Adolescent Health and Well-being in Washington County

A view from the 2022 Minnesota Student Survey (MSS)

April 2023

# Minnesota Student Survey (MSS) Overview

- Conducted every three years since 1989 – 33 years of LOCAL county data!
- Conducted January to June 2022
- Primary source of comprehensive data about youth: 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders
- Collaboration between local schools and state agencies (Education, Health, Human Services, and Public Safety)
- Census design rather than random sample
- Voluntary and anonymous
- Three age-appropriate versions of the survey: 5<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup>/11<sup>th</sup> grade

**Consistent standardized source for state and local data over time**

# MSS Content

## School experiences

- School plans, college, career
- School Attendance
- Educational Engagement
- Supportive school environment
- Perceptions of safety
- Bullying/harassment
- School resource officer (NEW)

## Out of school time experiences

- Activity participation
- Quality of experiences
- Family & community connections

## Social Emotional Learning

- Positive identity
- Social competence
- Empowerment

# MSS Content

## **Health** (all grades)

- Physical health - BMI, chronic illness
- Healthy eating
- Physical activity
- Mental health

## **Risk Factors** (grades 8, 9, 11)

- Self-inflicted injury
- Suicide-consideration & attempts
- Relationship violence
- Adverse childhood experiences

## **Substance Use** (grades 8, 9, 11)

- Alcohol
- Tobacco
- Other Drugs
- Perceptions of risk

## **Sexual Health** (grades 9, 11)

- Sexual intercourse
- Contraception

# First Impressions

- Student mental health has deteriorated further since 2019 (anxiety, depression, suicidal thoughts, long term mental health issues)
- Given the declines in mental health, it is counterintuitive that use of substances and sexual activity have gone down, but that is what the data show
- Good news story is past 30 day vaping reversed itself statewide
- Starting in 8th grade, girls are worse on many indicators of physical health, and emotional well being, suggesting we need to support girls more effectively beginning in middle school.
- Students are feeling less safe at school
- Reveals a clear picture of the continuing need to support student mental & behavioral health

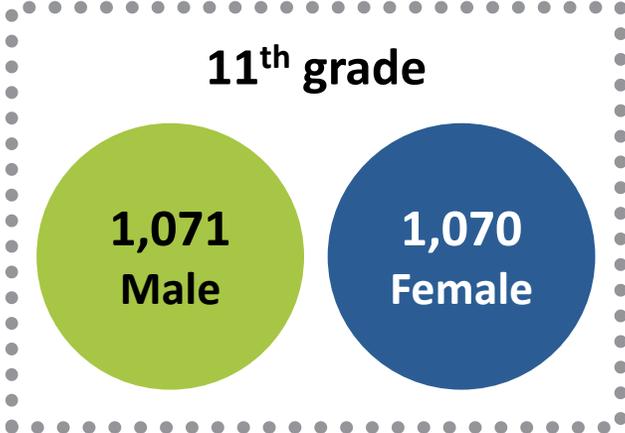
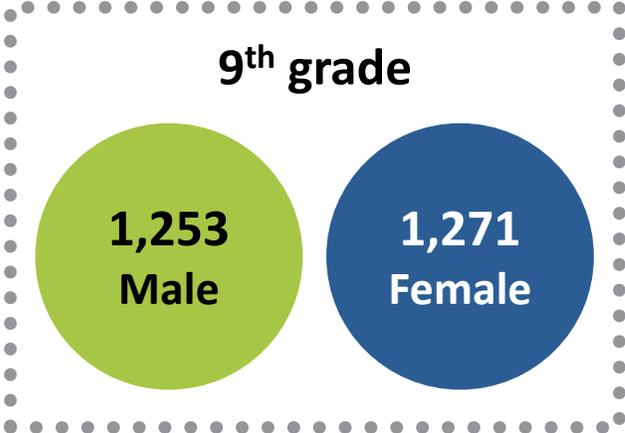
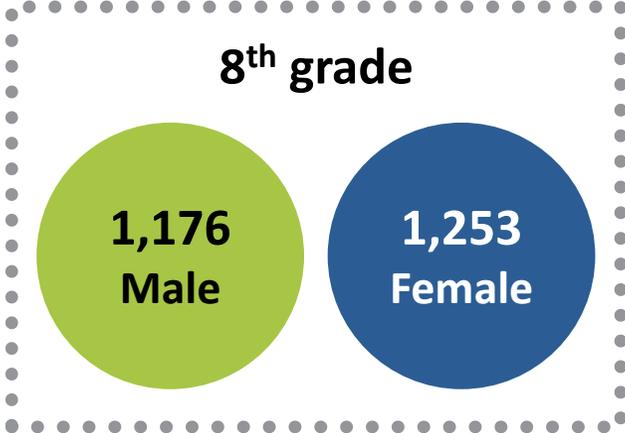
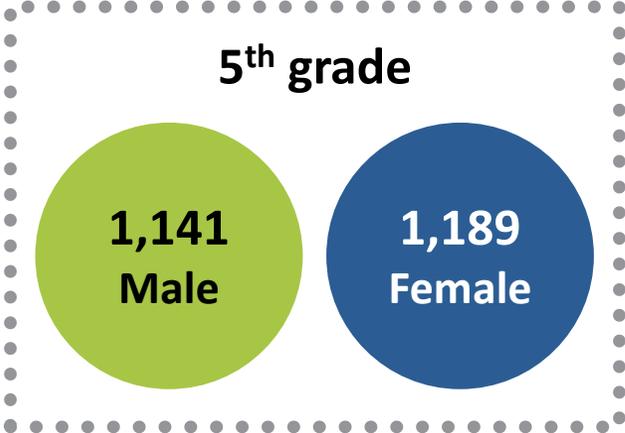
# Number of student participants

## Washington County participation

- Total students: 9,424
- Males: 4,641
- Females: 4,783

## Statewide participation

- Total students: 135,447



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Respondent Demographics

## Race/Ethnicity (Mark ALL that apply)

- 77.6% White
- 11.4% Asian, South Asian, or Asian American
- 9.7% Black, African, or African American
- 7.4% Hispanic or Latino/Latina
- 2.7% American Indian or Alaskan Native
- 1.3% Middle Eastern or North African
- 0.7% Native Hawaiian or Other Pacific Islander

## Gender identity (Mark ALL that apply)

- 47.4% cisgender male
- 45.6% cisgender female
- 11.6% non-cisgender\*

## Sexual orientation

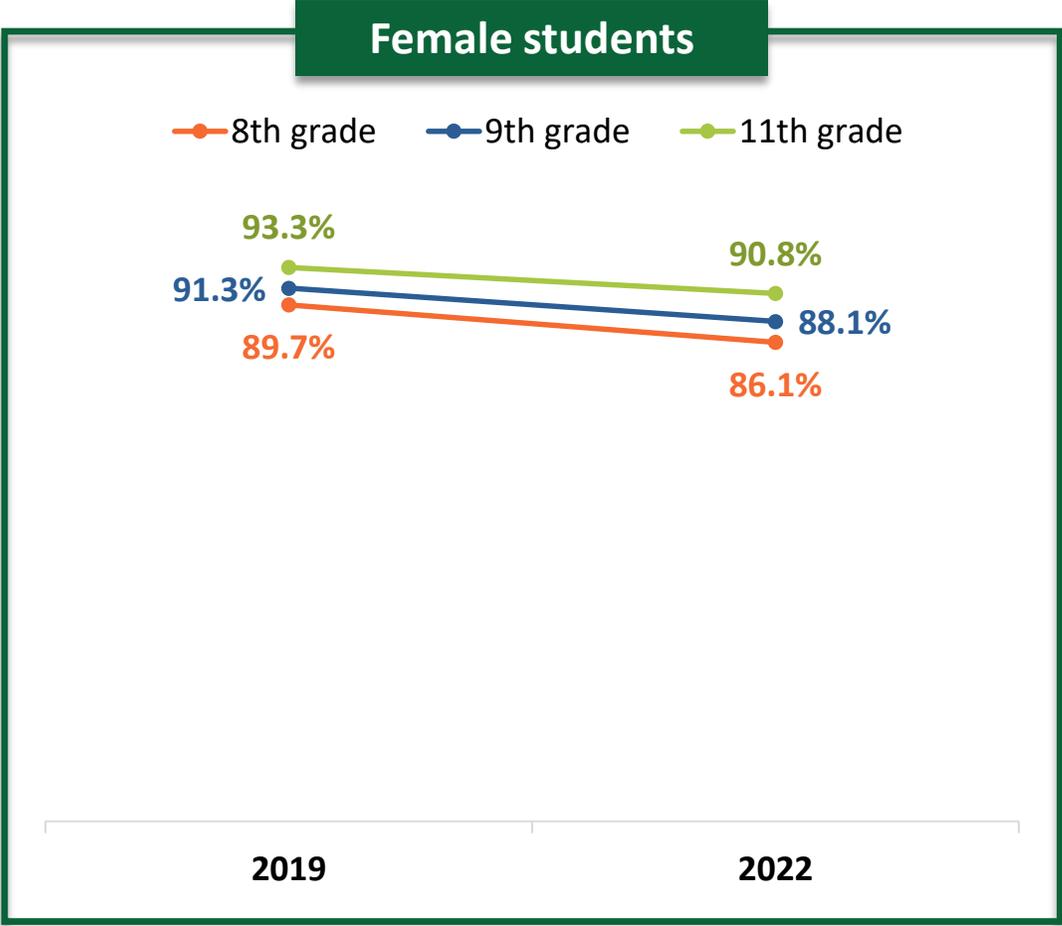
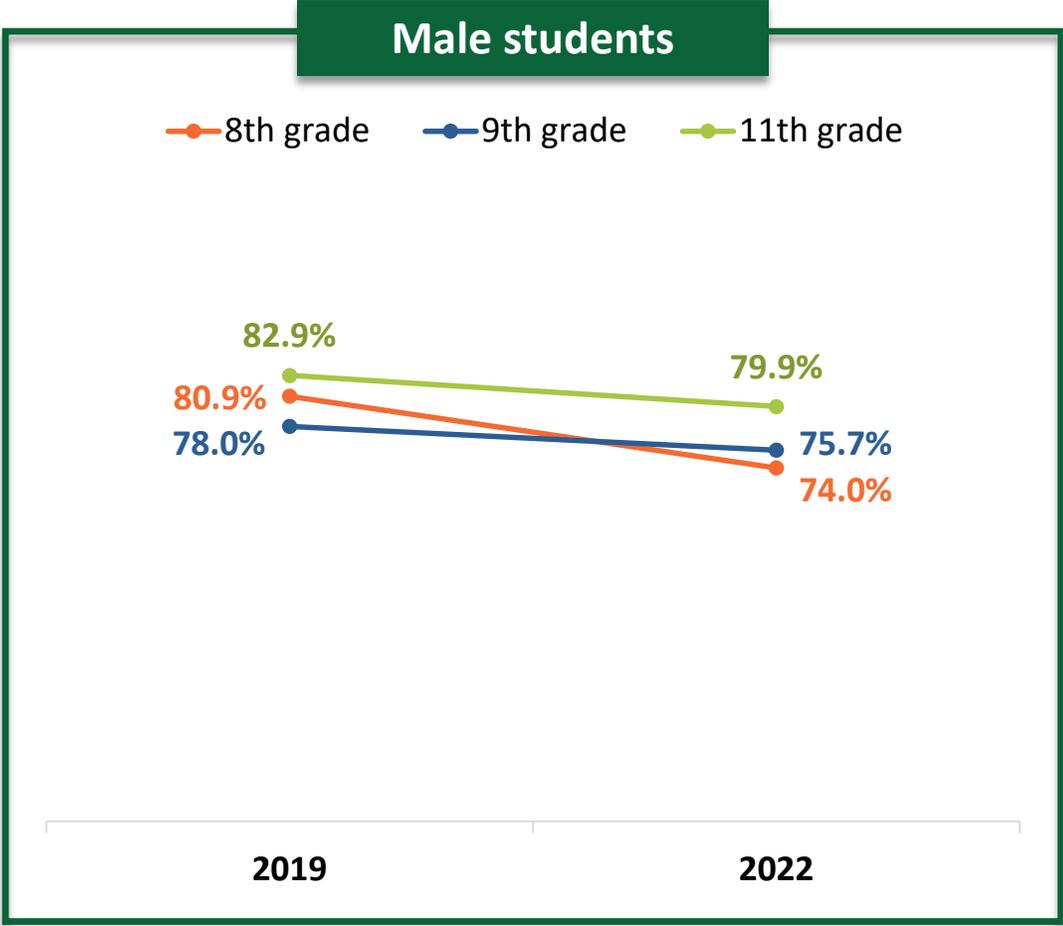
- 77.1% straight (heterosexual)

\*Includes: Transgender, agender, genderfluid/gender nonconforming, nonbinary, two spirit, questioning/unsure, identity not listed



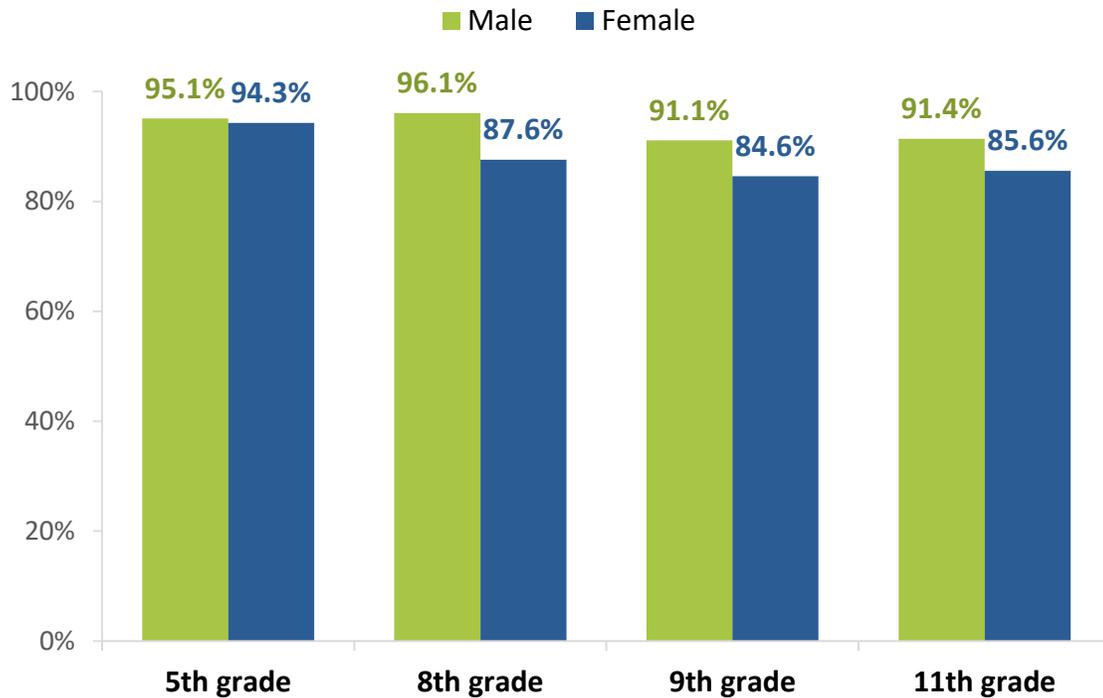
# School Experiences

# Continue education after high school

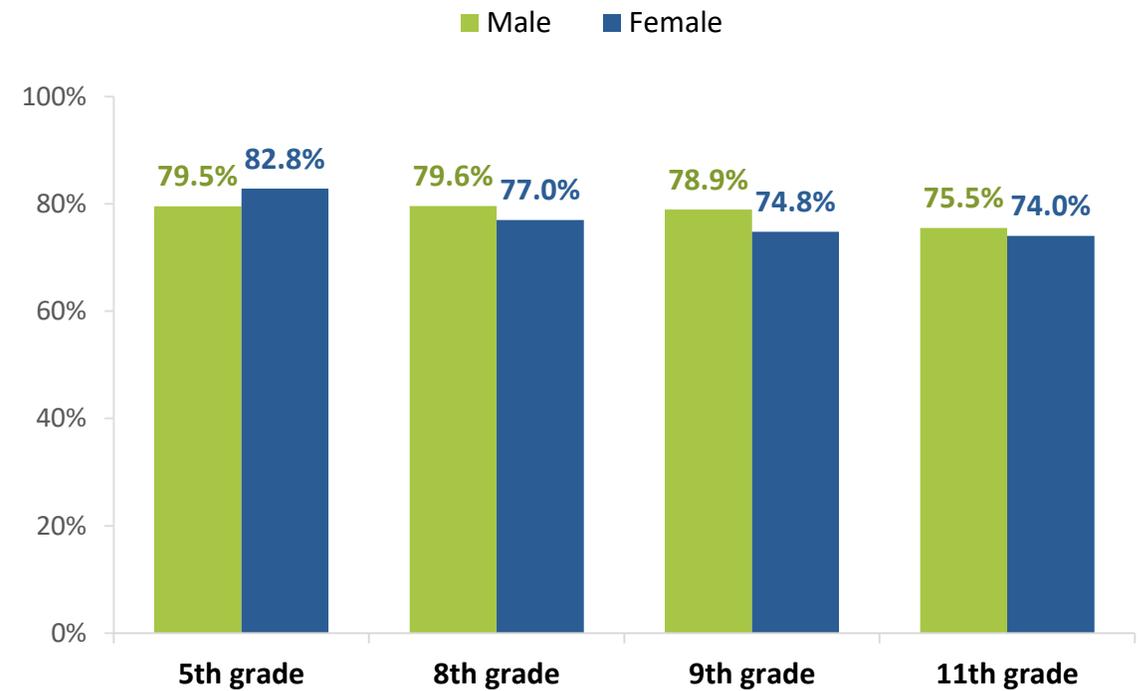


# Feeling cared about

Students that feel **PARENTS** care about them **quite a bit or very much**

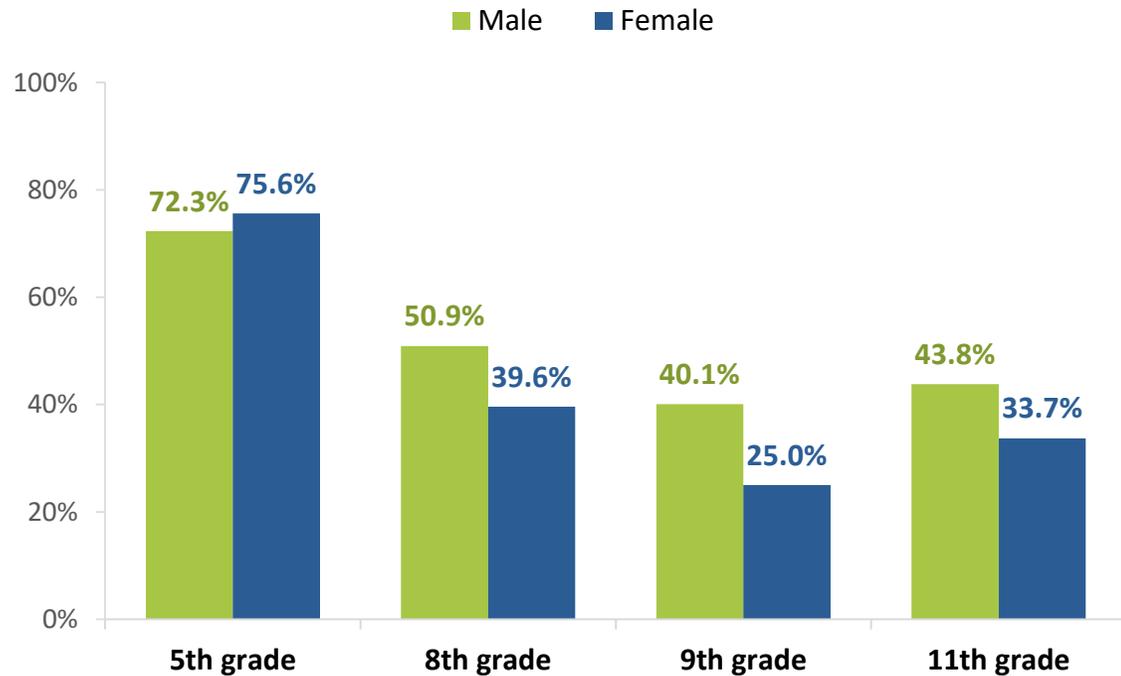


Students that feel **FRIENDS** at school care about them **quite a bit or very much**

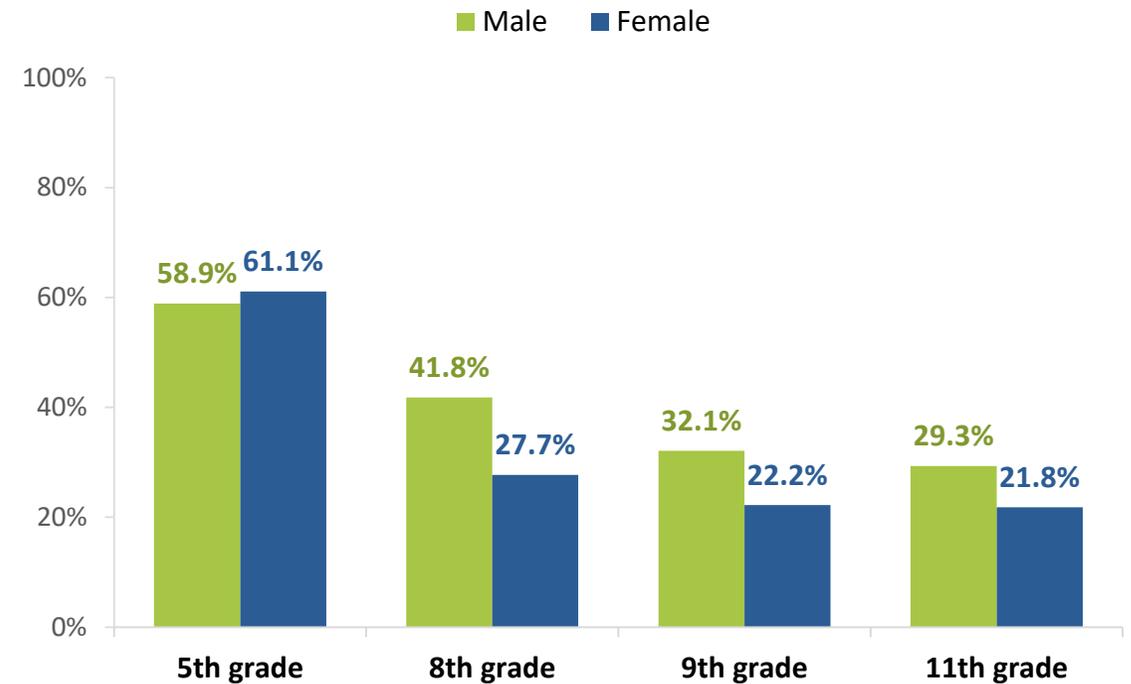


# Feeling cared about

Students that feel **TEACHERS** at school care about them **quite a bit or very much**



Students that feel **OTHER ADULTS** care about them **quite a bit or very much**

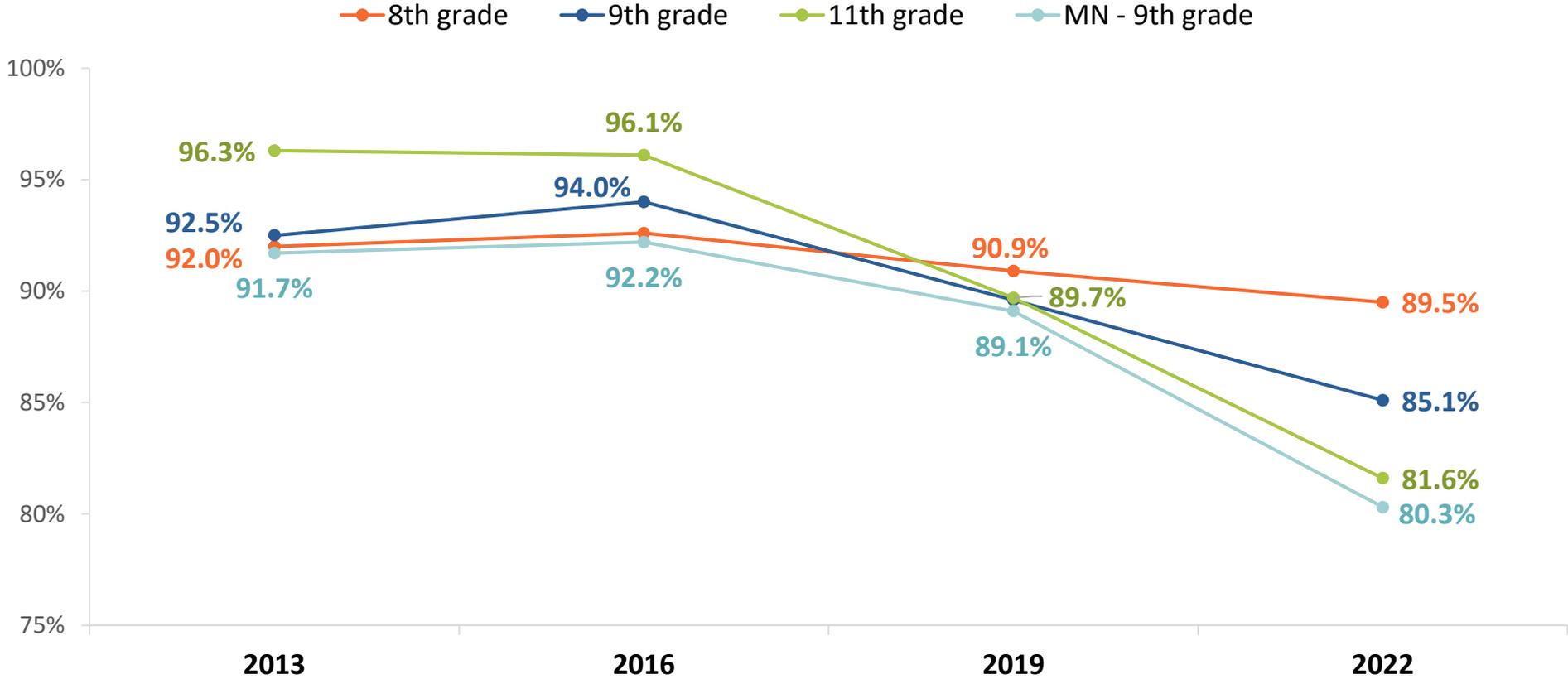




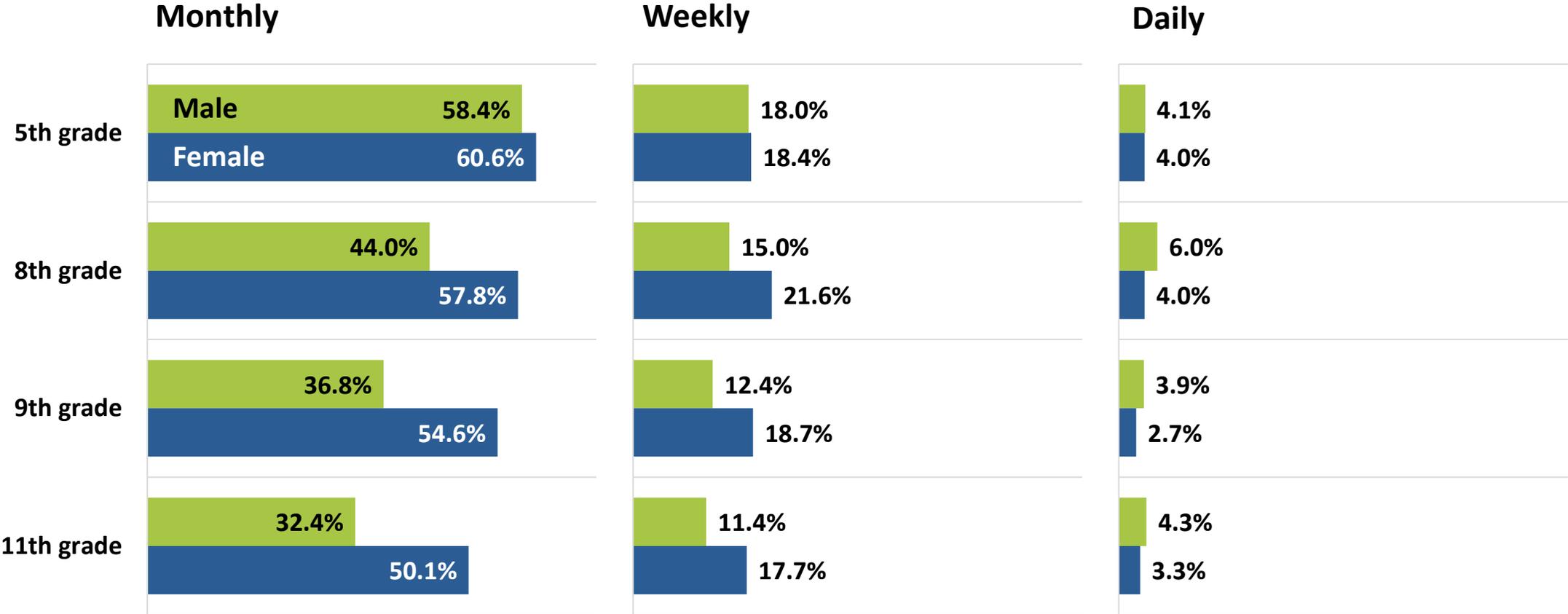
# Safety

# Feeling safe at school

Students who agree or strongly agree that they feel safe at school

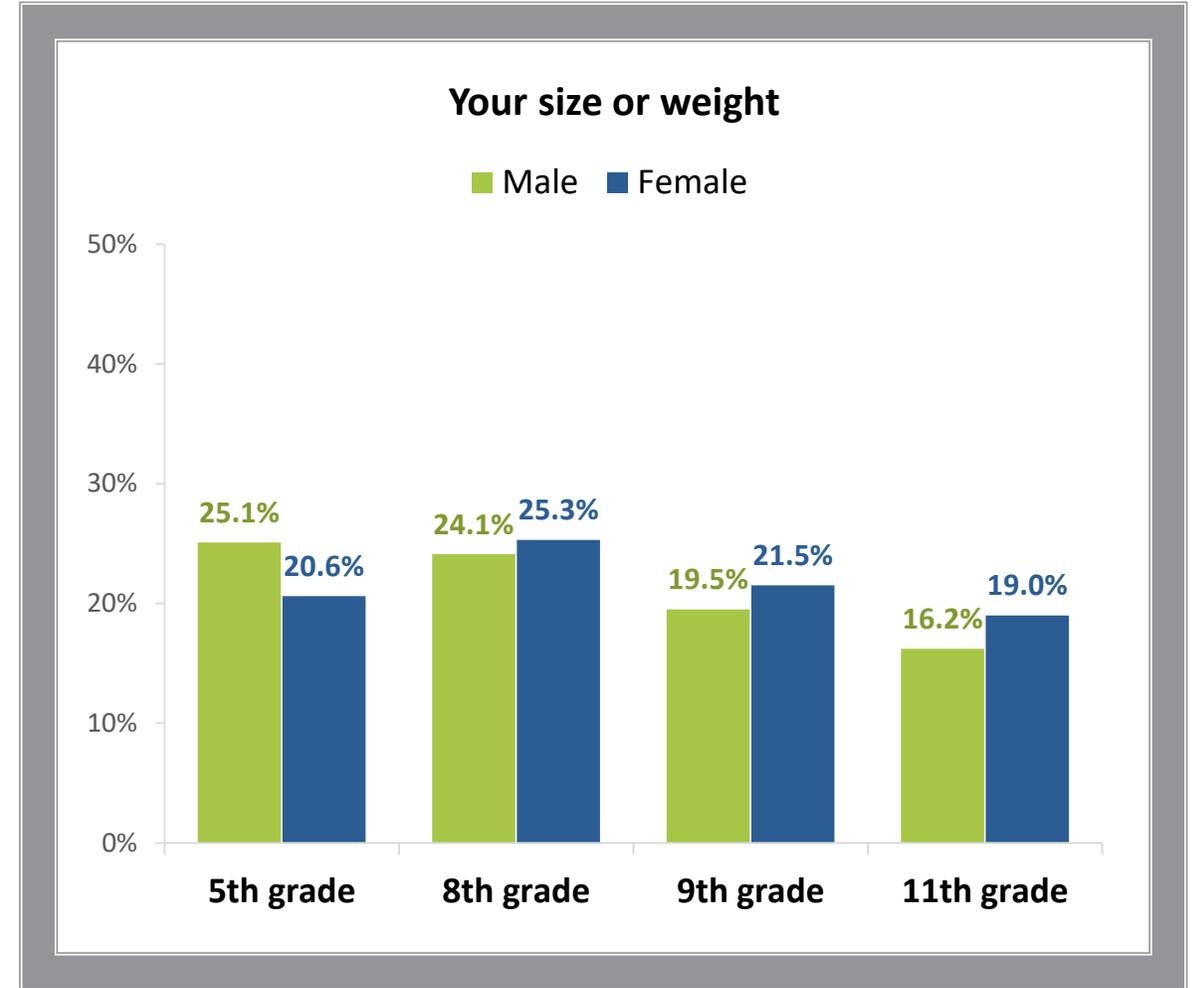
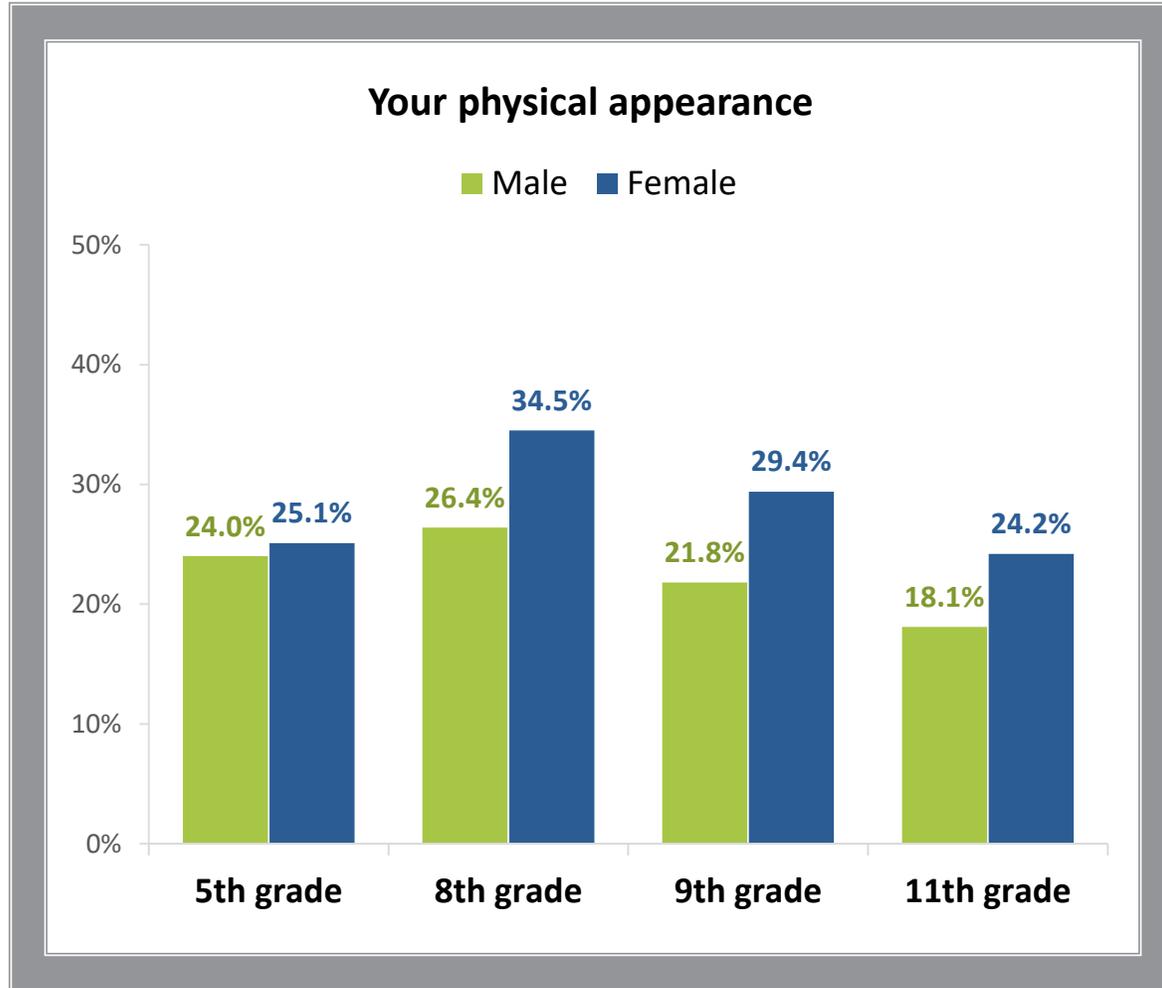


# How often are individual students bullied?

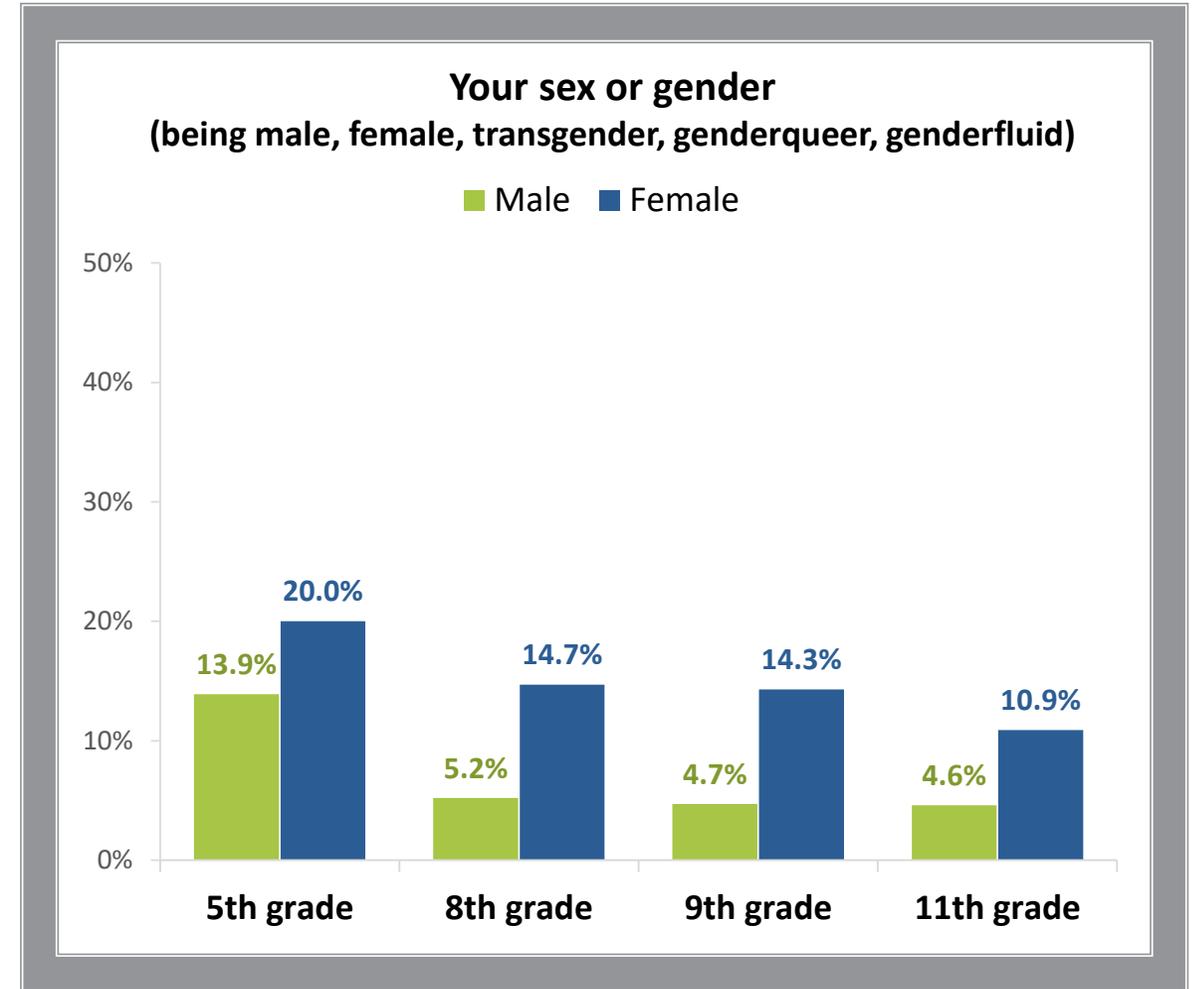
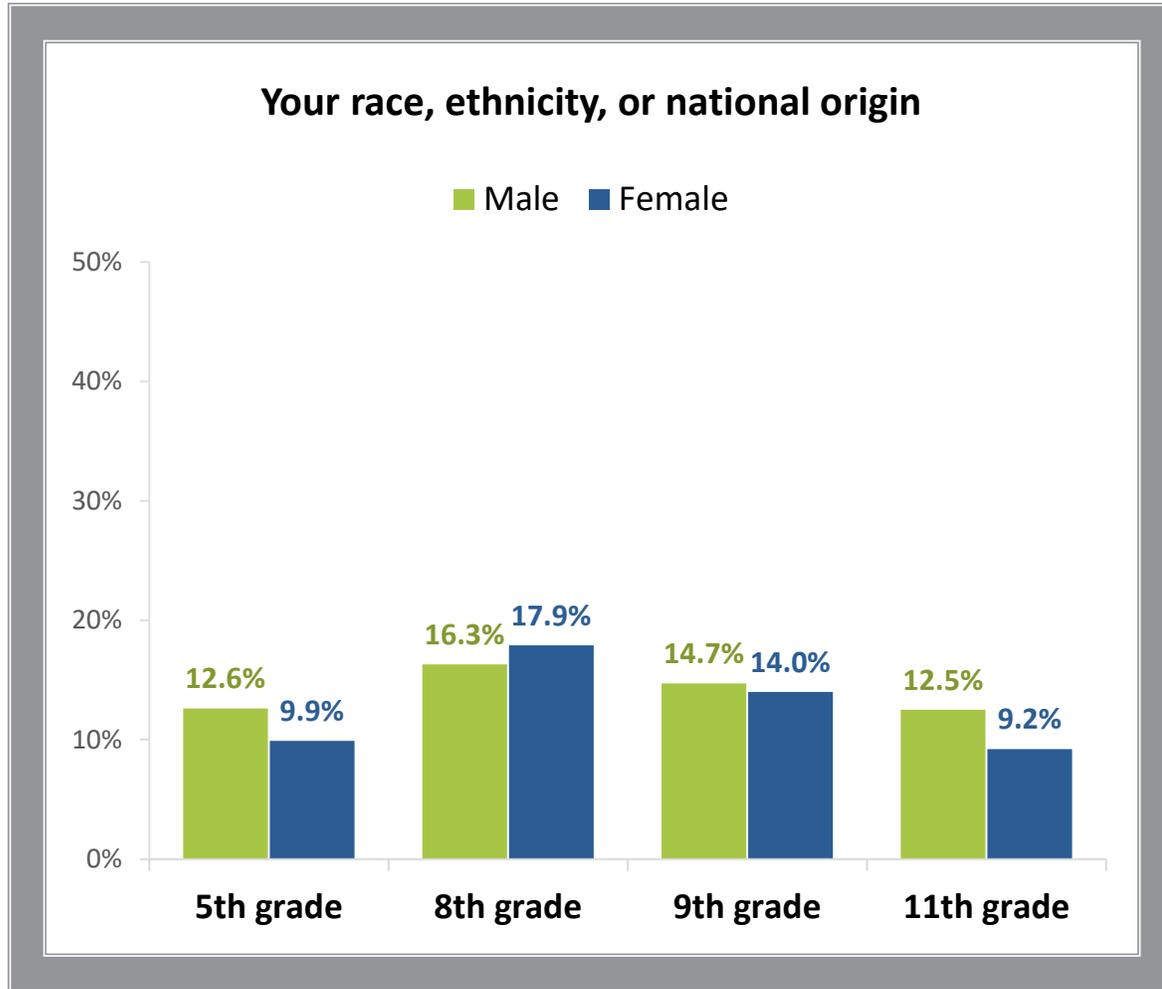


Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

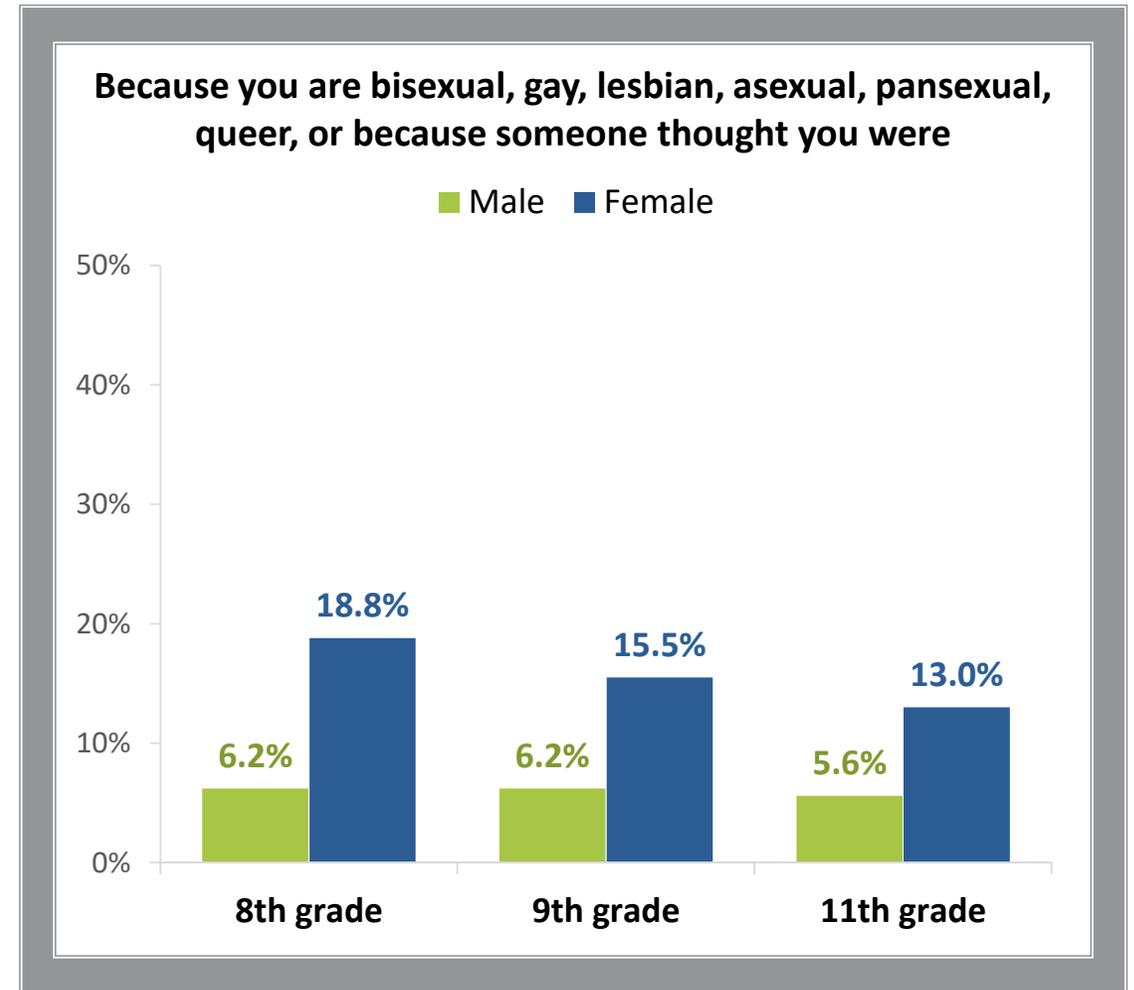
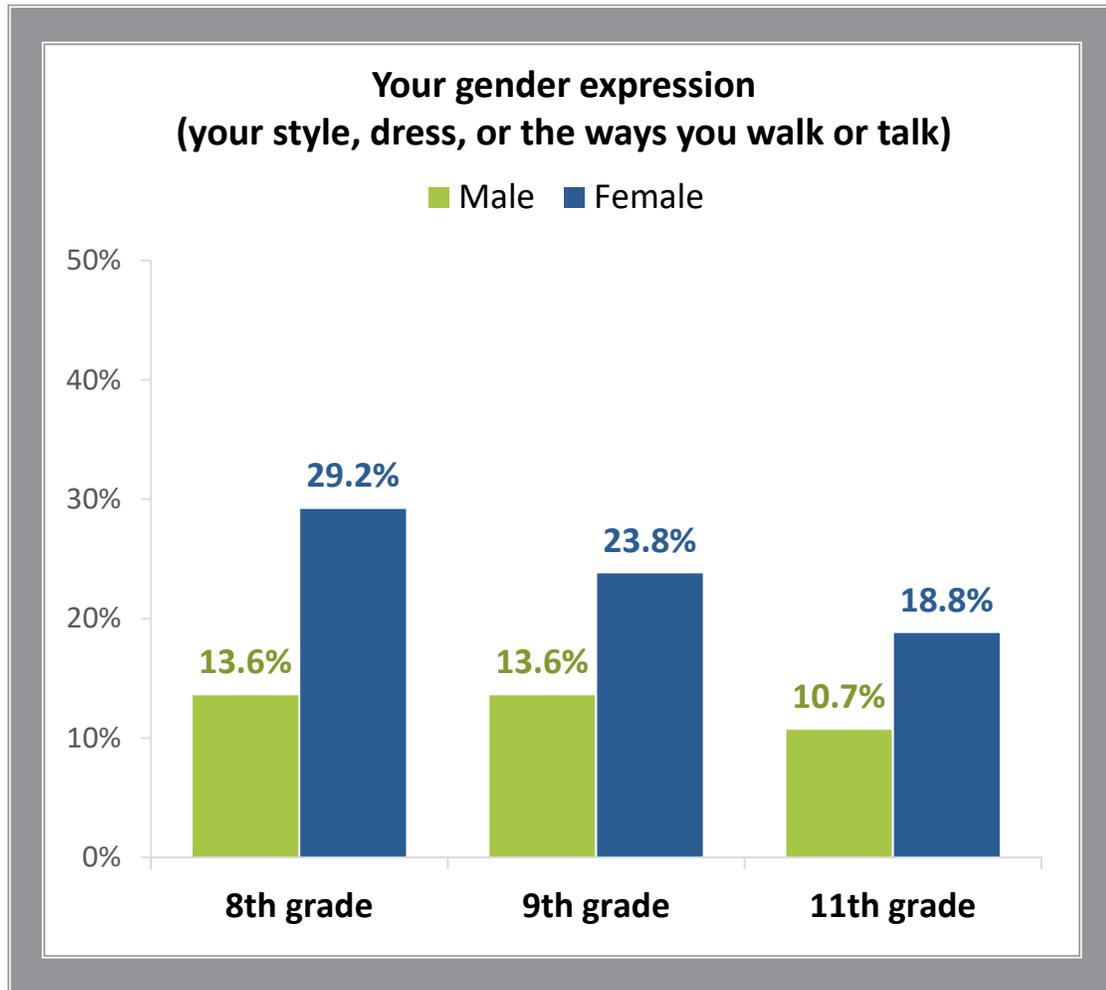
# Bullied for specific reasons



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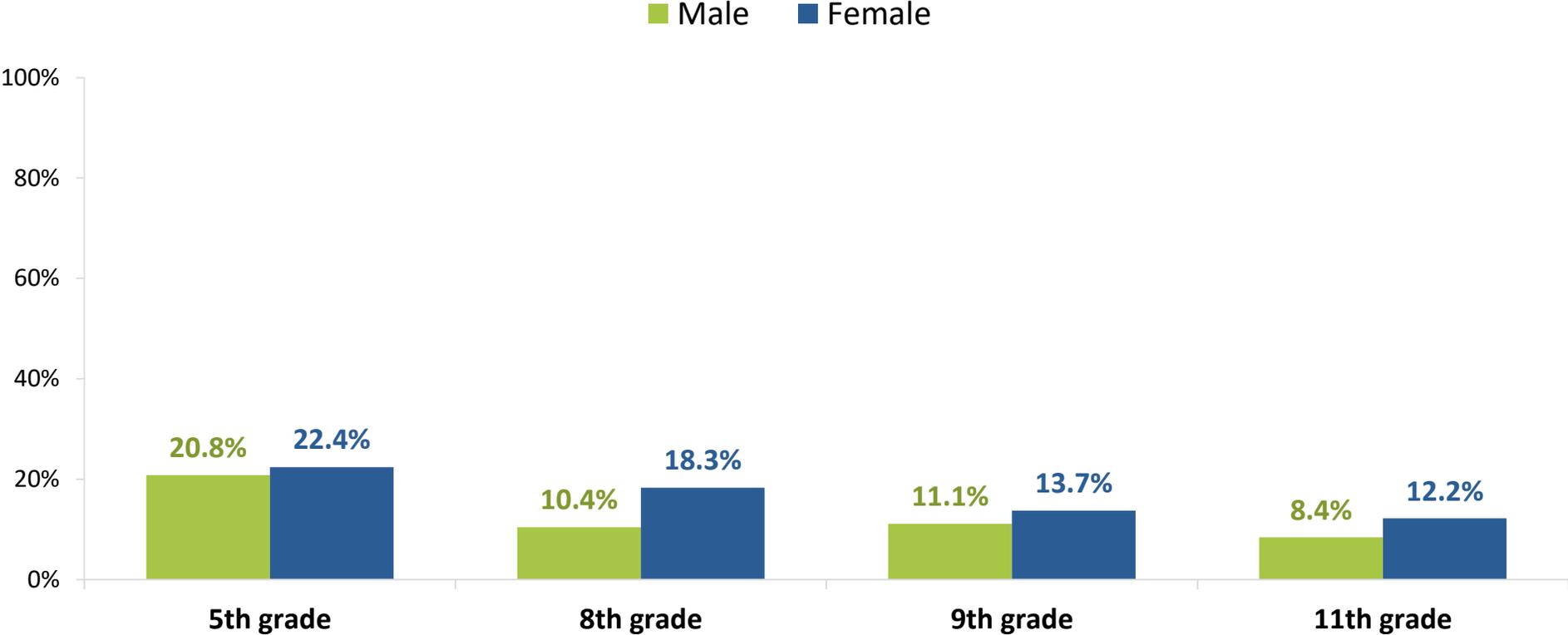
# Bullied for specific reasons



# Cyberbullying

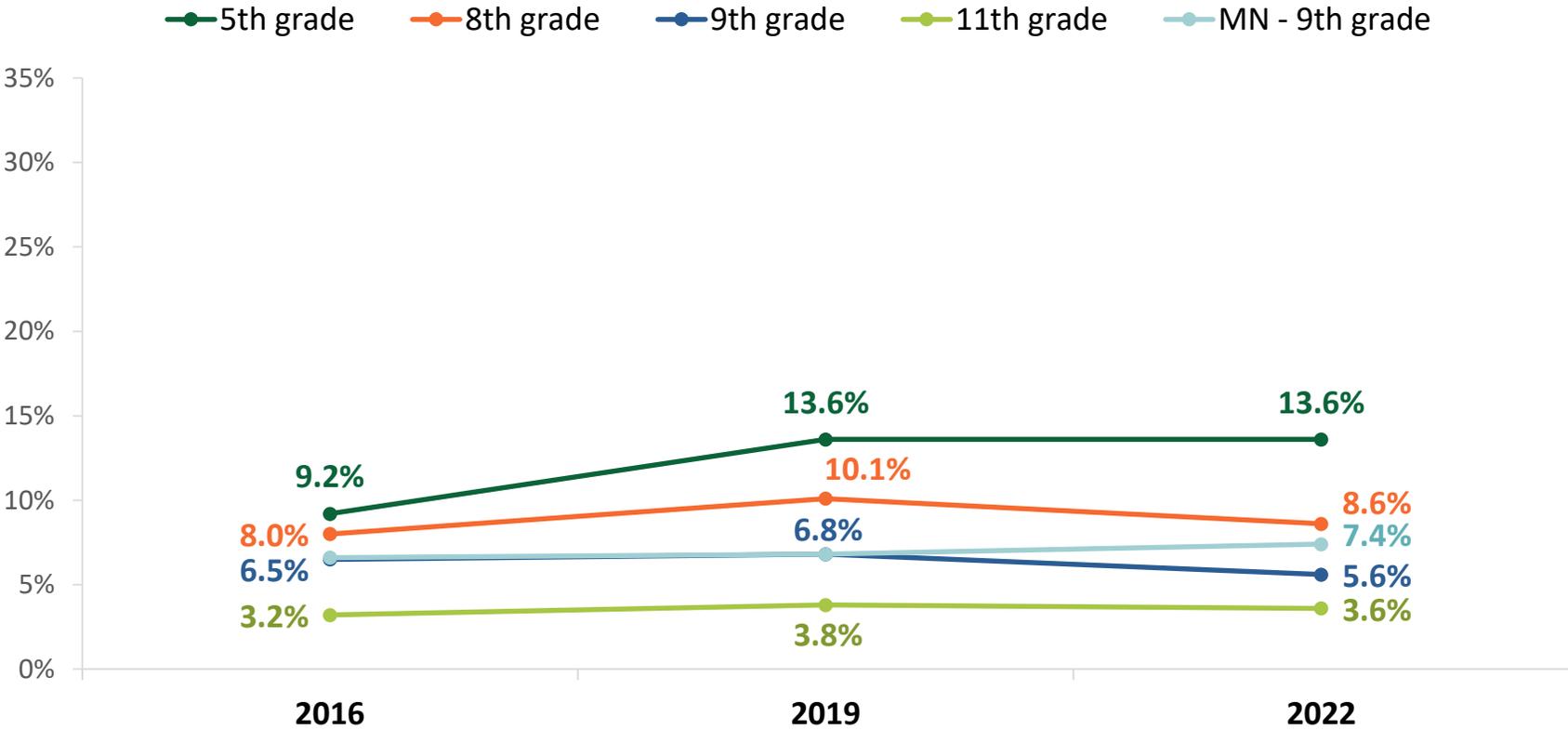
## Students who have been cyberbullied\*, in the past 30 days

\*Cyberbullied: Count being bullied through text, Instagram, Snapchat, TikTok, or other social media



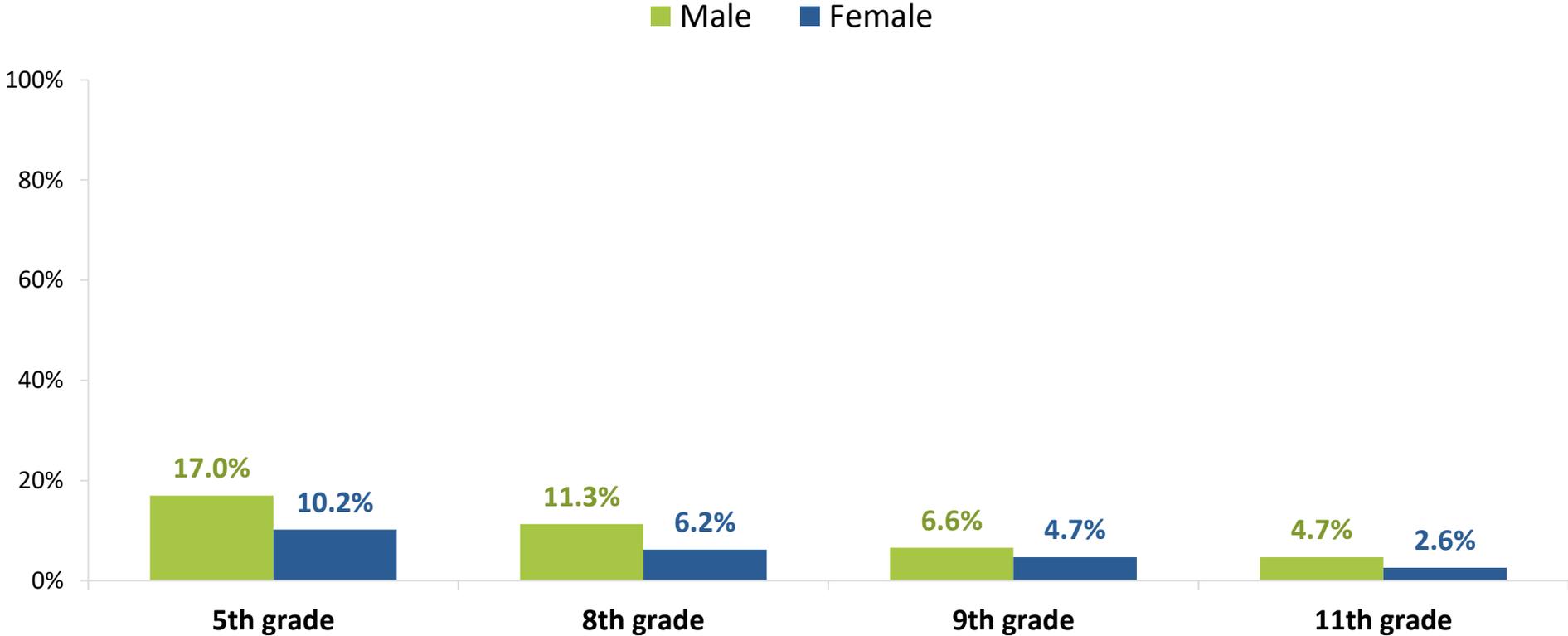
# Bullied other students – Trended

**Students who reported having pushed, shoved, slapped, hit or kicked someone else at least once or more times, in the past 30 days**



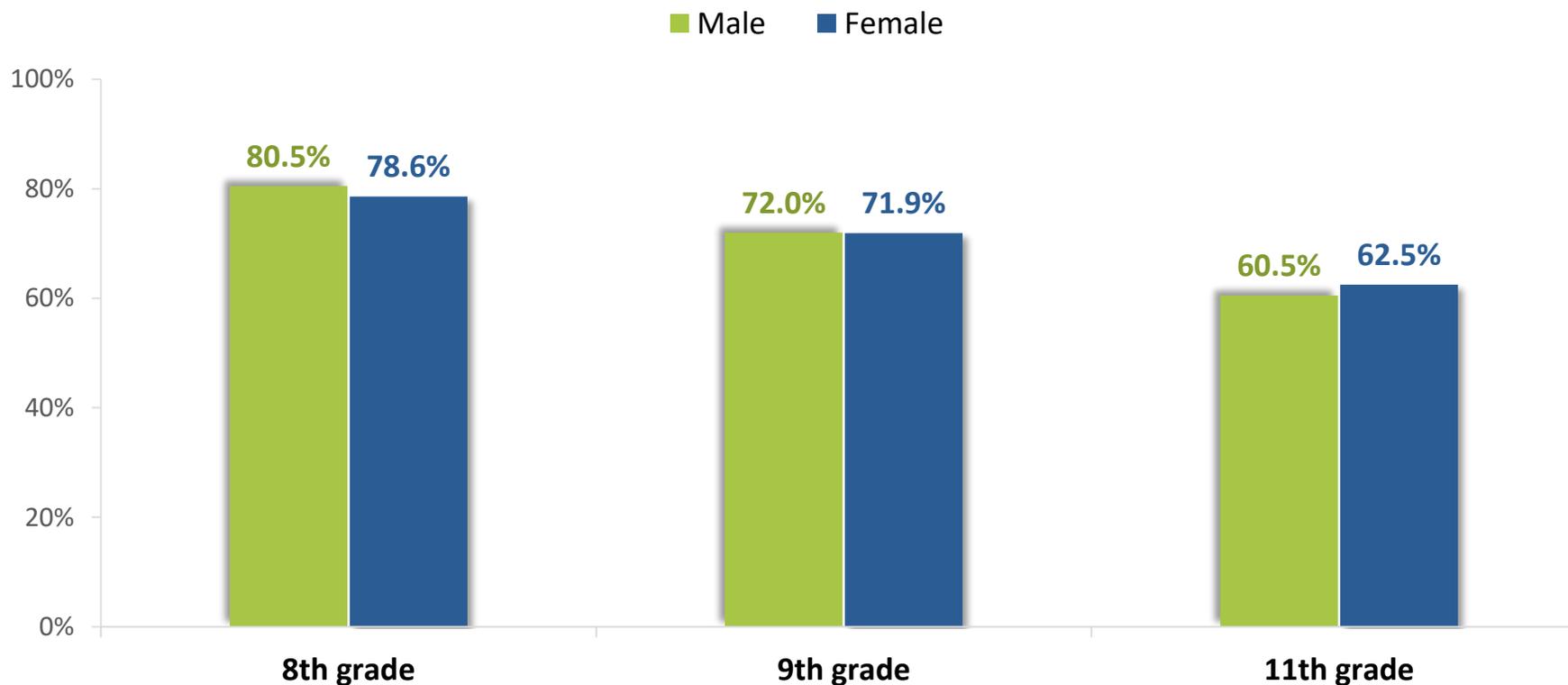
# Bullied other students – By gender

Students who reported having pushed, shoved, slapped, hit or kicked someone else at least once or more times, in the past 30 days



# School Resource Officers (SRO) Presence in the Schools

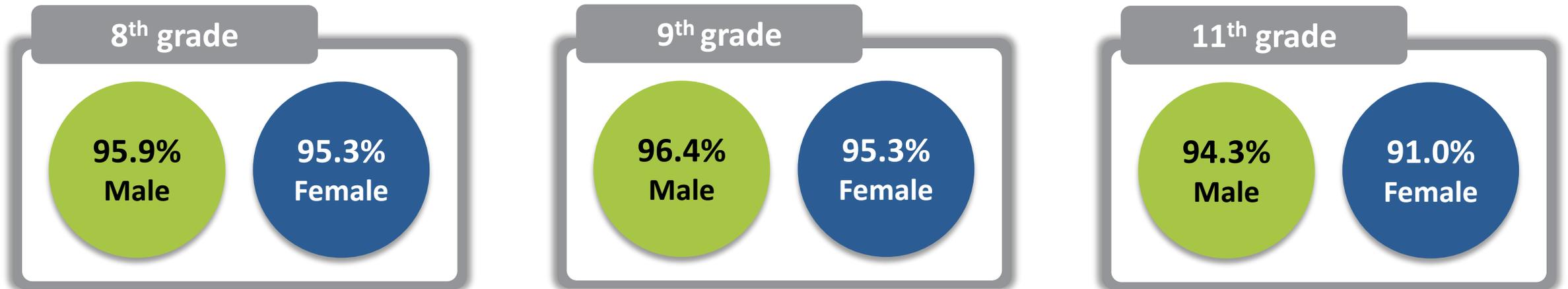
Students who **agree or strongly agree**, that if they knew about something unsafe or illegal at their school, they would tell the SRO or police officer\*



*\*Amongst students that said they do have a police officer or SRO at their school*

# School Resource Officers (SRO) Presence in the Schools

Students who **agree or strongly agree**, that having a SRO or police officer in their school is a good idea\*

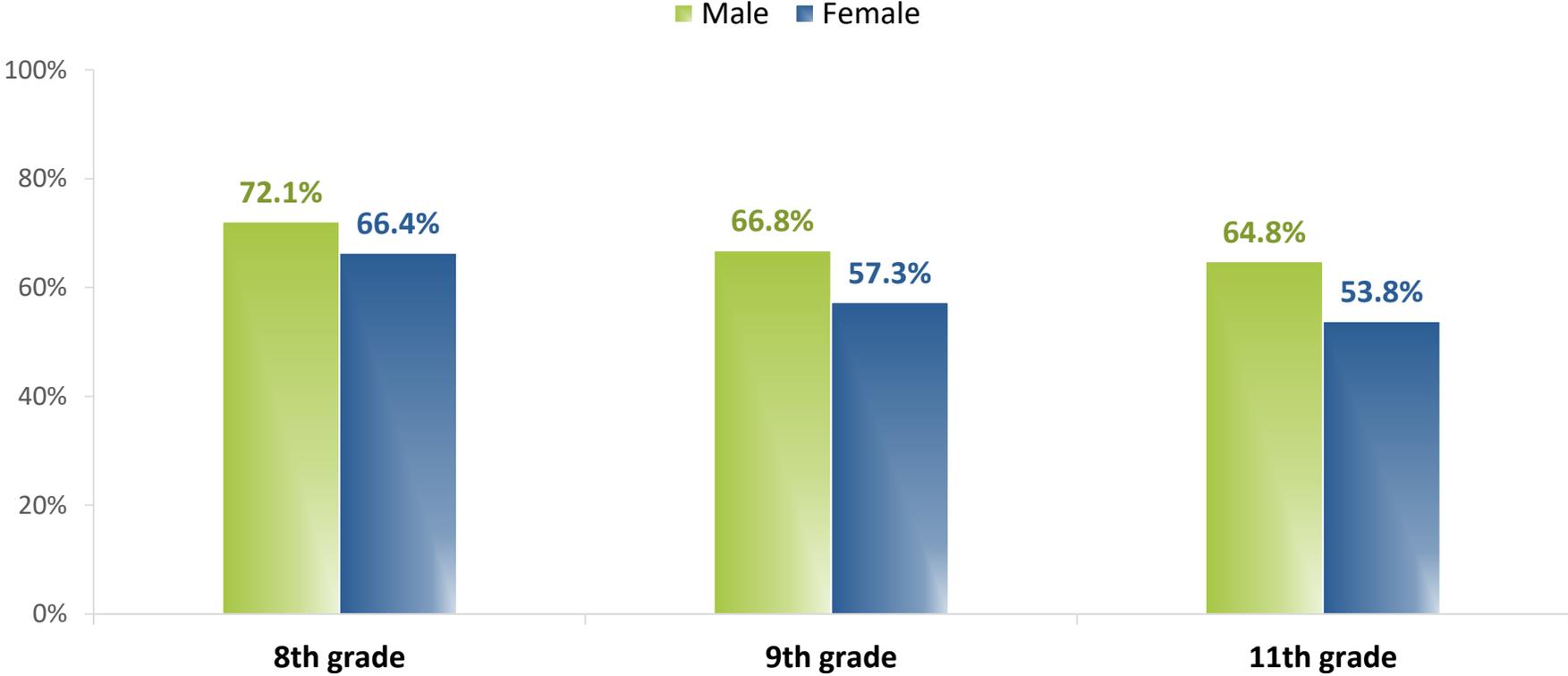


*\*Amongst students that said they do have a police officer or SRO at their school*

Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# School Resource Officers (SRO) Presence in the Schools

Students who **agree or strongly agree**, that they would feel comfortable going to their school's SRO or police officer if they were having problems or needed help\*

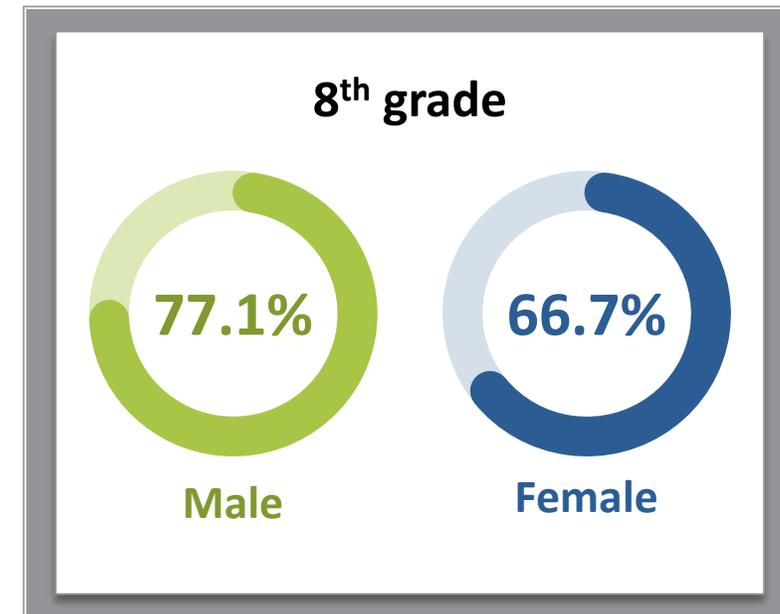
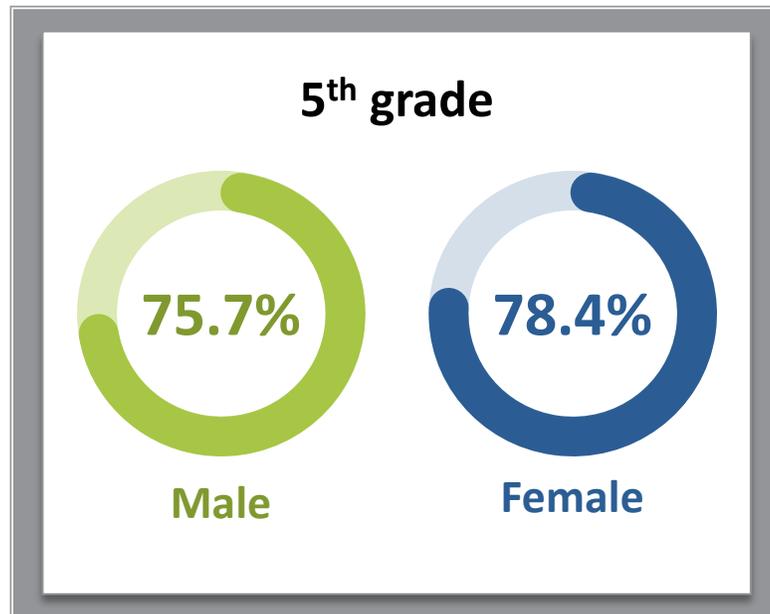


*\*Amongst students that said they do have a police officer or SRO at their school*

# Comfort going to police



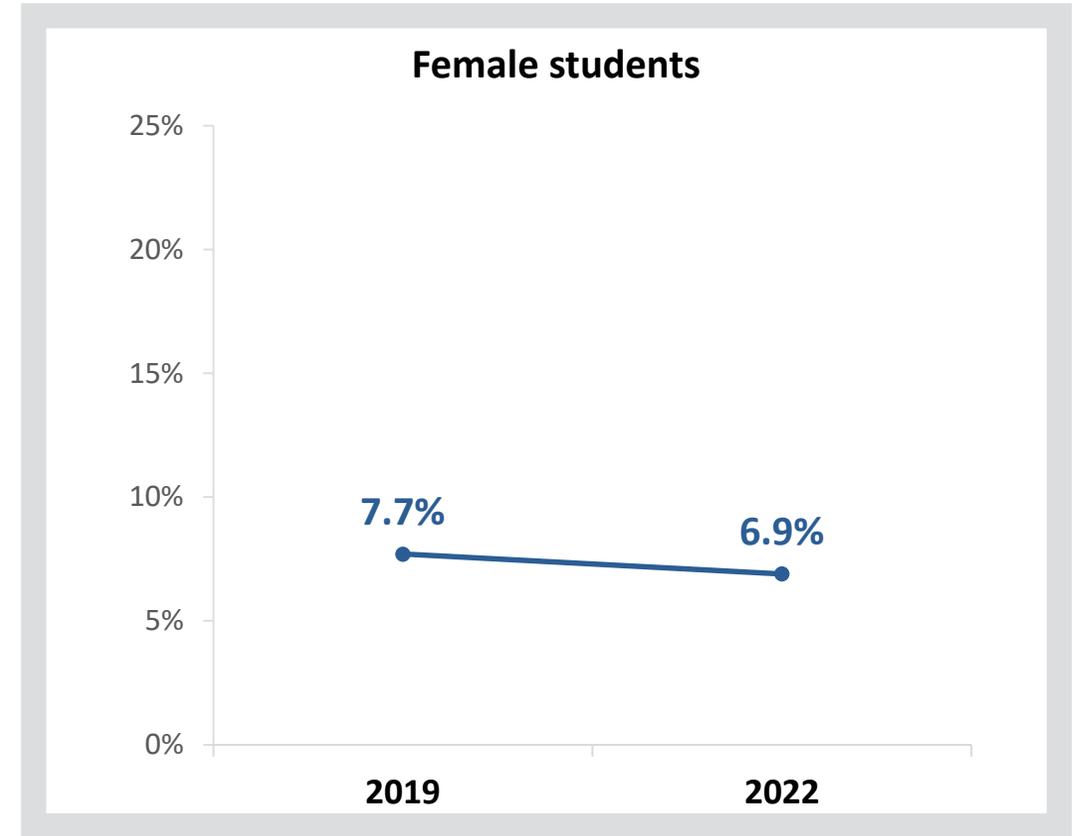
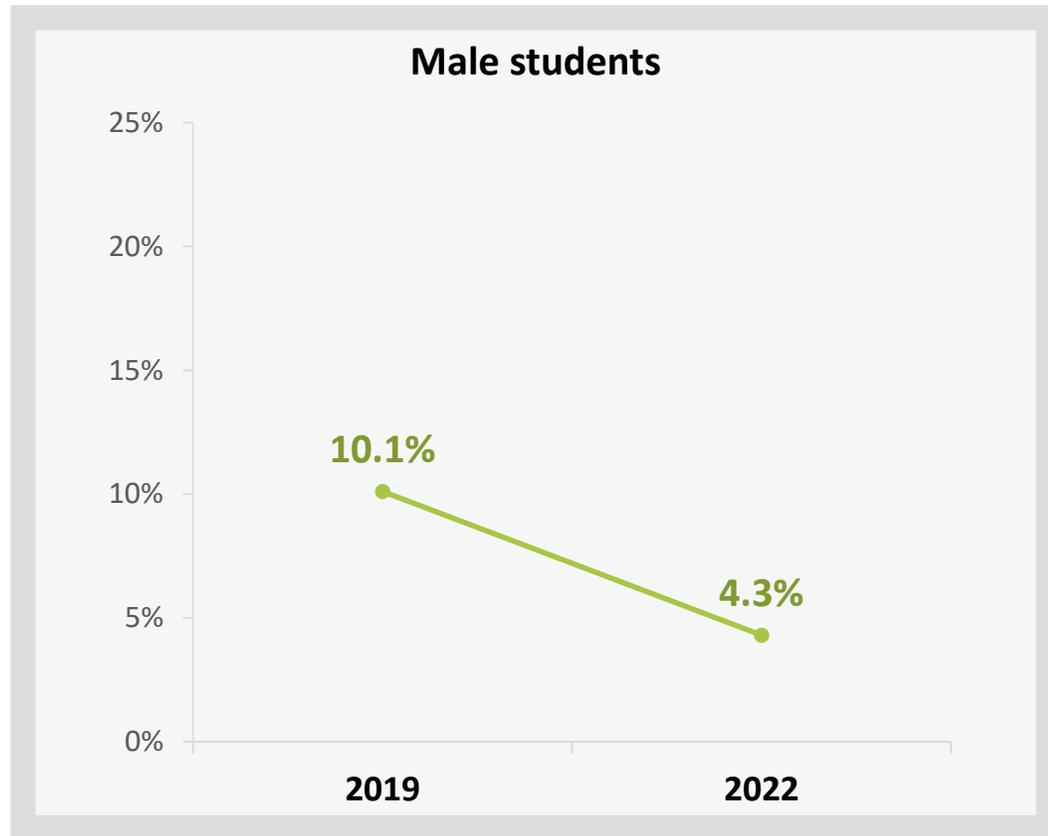
Students who **agree or strongly agree**, that they feel comfortable going to the police if they were having problems or needed help



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

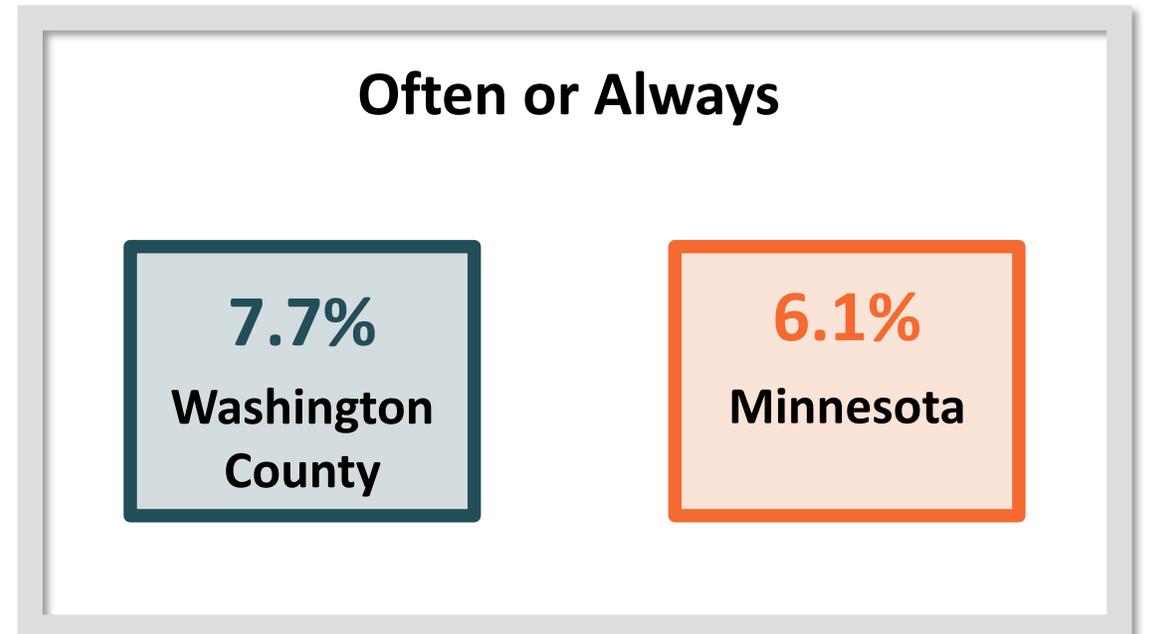
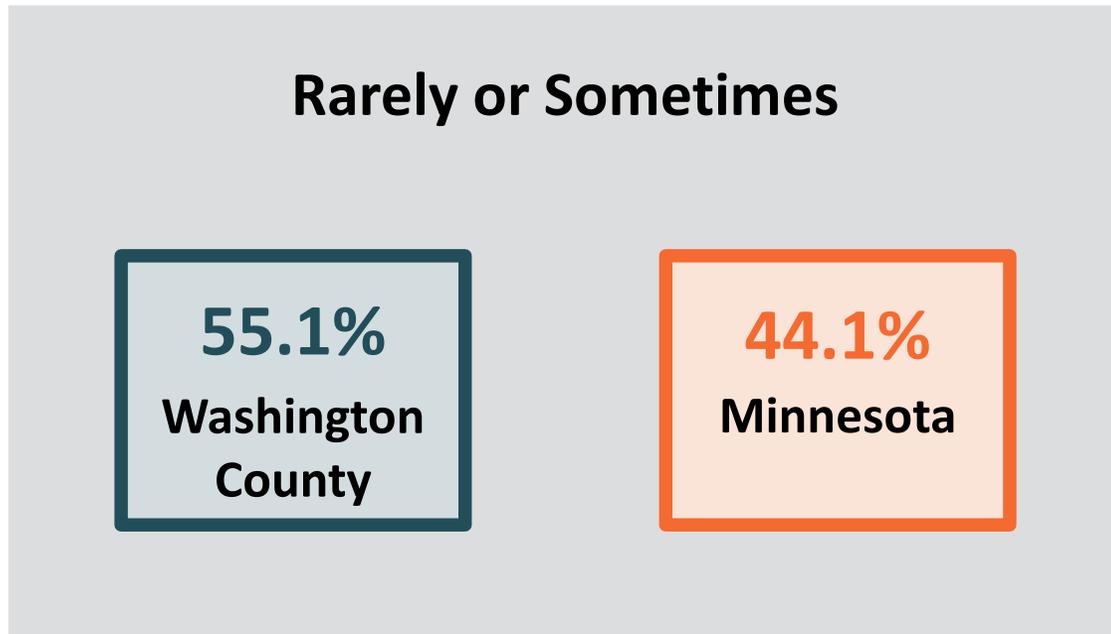
# Vehicle safety – 11<sup>th</sup> graders only

Students who drove at least one or more times after using alcohol or drugs, in the past 12 months



# Vehicle safety – 11<sup>th</sup> graders only\*

When driving a vehicle, how often do you handle your phone to do things like send or read text messages, take pictures, use social media, stream videos, or videochat?



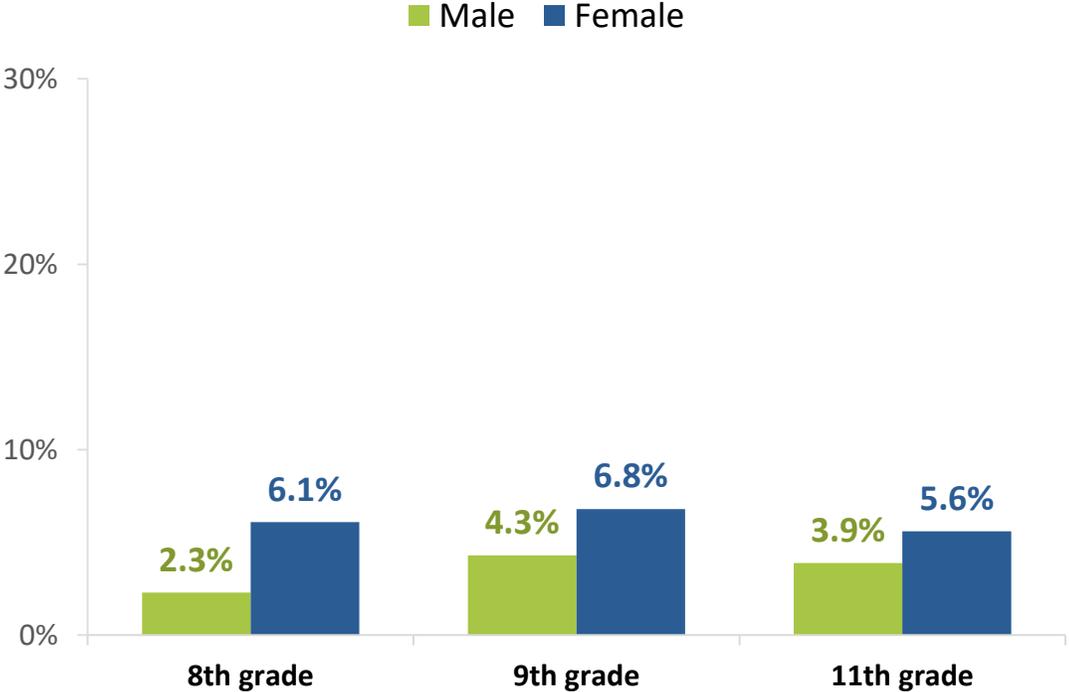
*\*Amongst 11<sup>th</sup> graders that drive (does not include those that selected "I do not drive a car, truck, or SUV")*



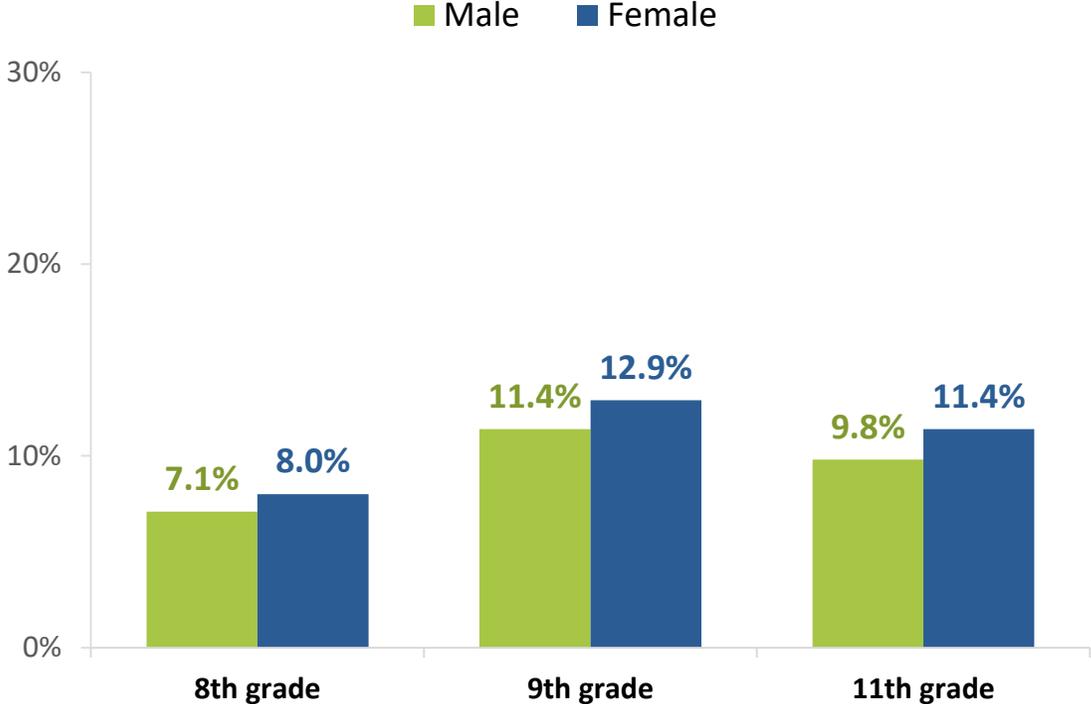
# Family, Sexual, and Dating Violence

# Witness or victim of physical violence within the family

Students who have ever witnessed their parent or other adults in their home slap, hit, kick, punch, or beat each other up (witness)

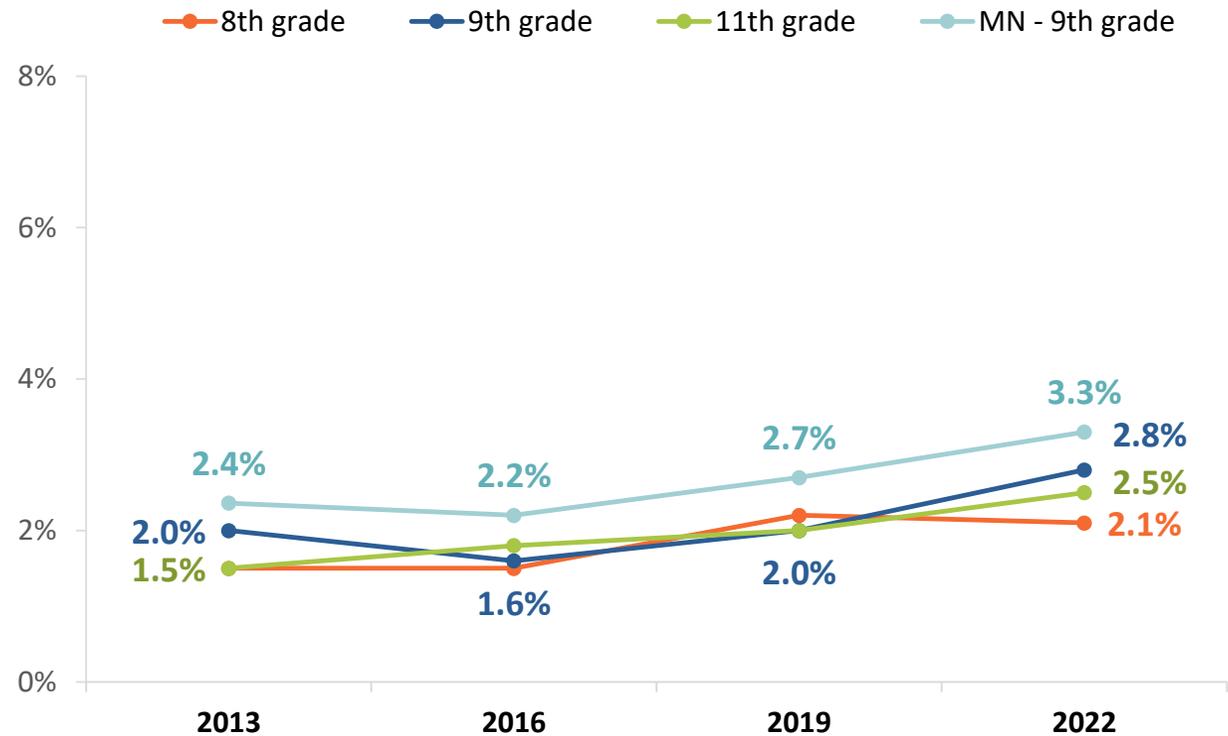
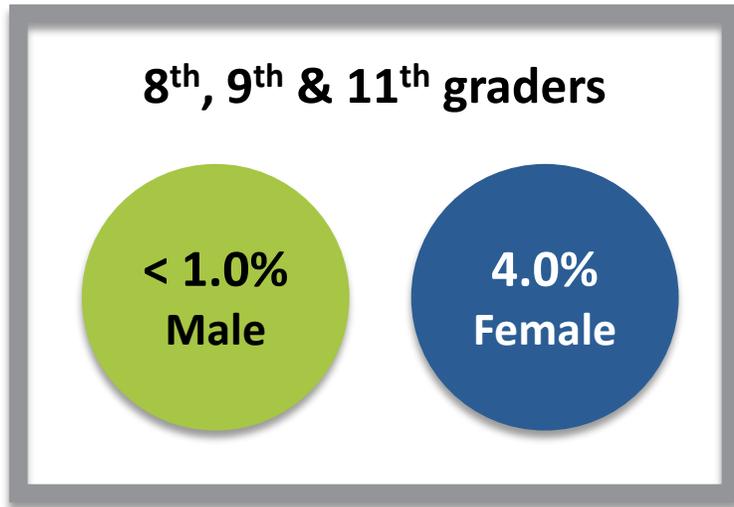


Students whose parent or other adult in their home ever hit, beat, kicked, or physically hurt them in any way (victim)



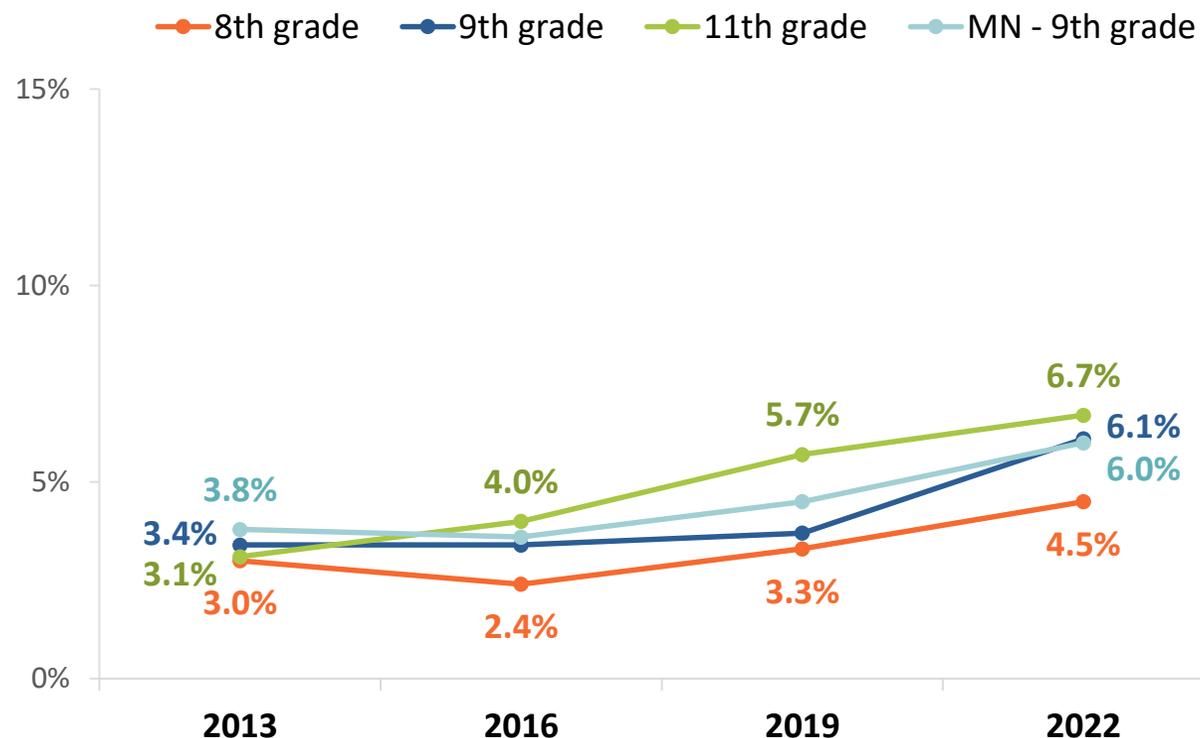
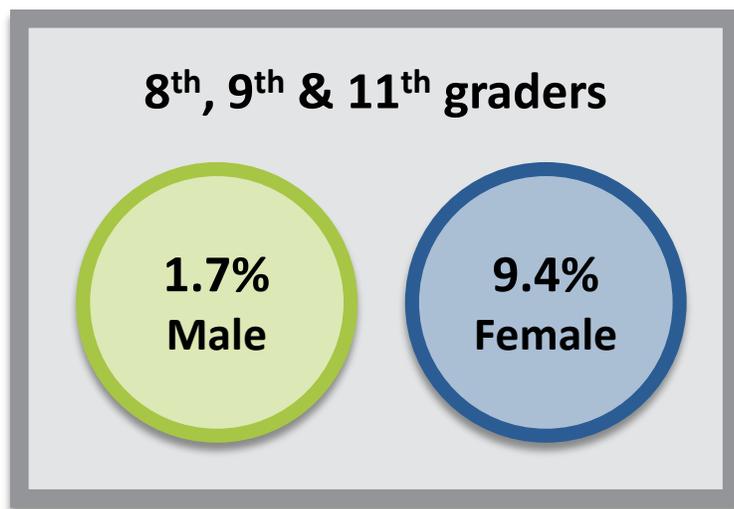
# Victim of sexual violence (in family)

Has any relative/family member ever pressured, tricked, or forced you to do something sexual or done something sexual to you?



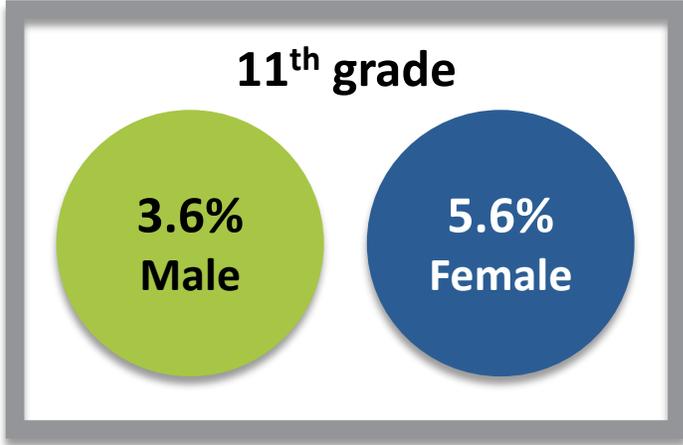
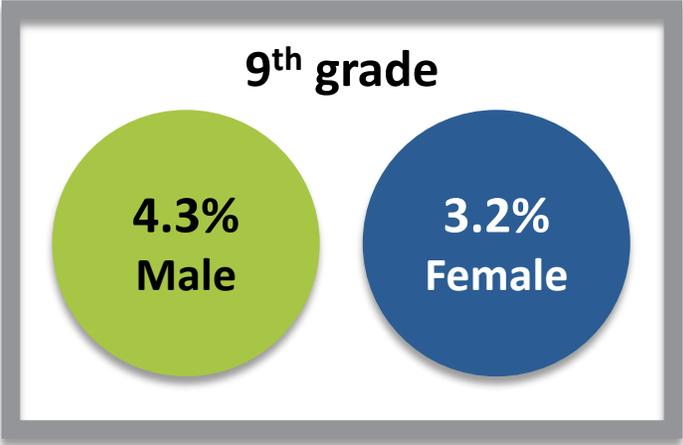
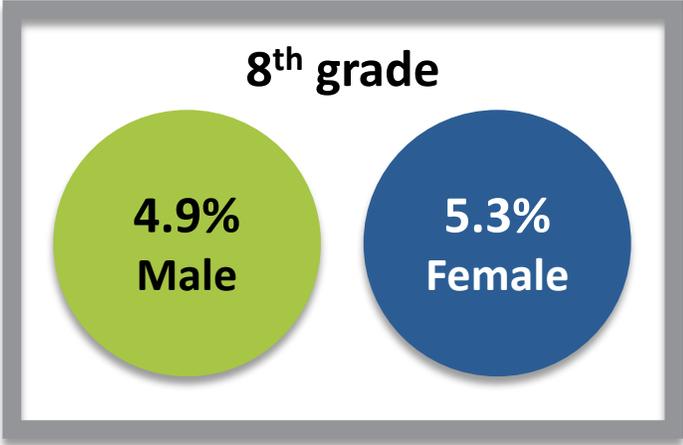
# Victim of sexual violence (out of family)

Has anyone who was not a relative/family member ever pressured, tricked, or forced you to do something sexual or done something sexual to you against your wishes?



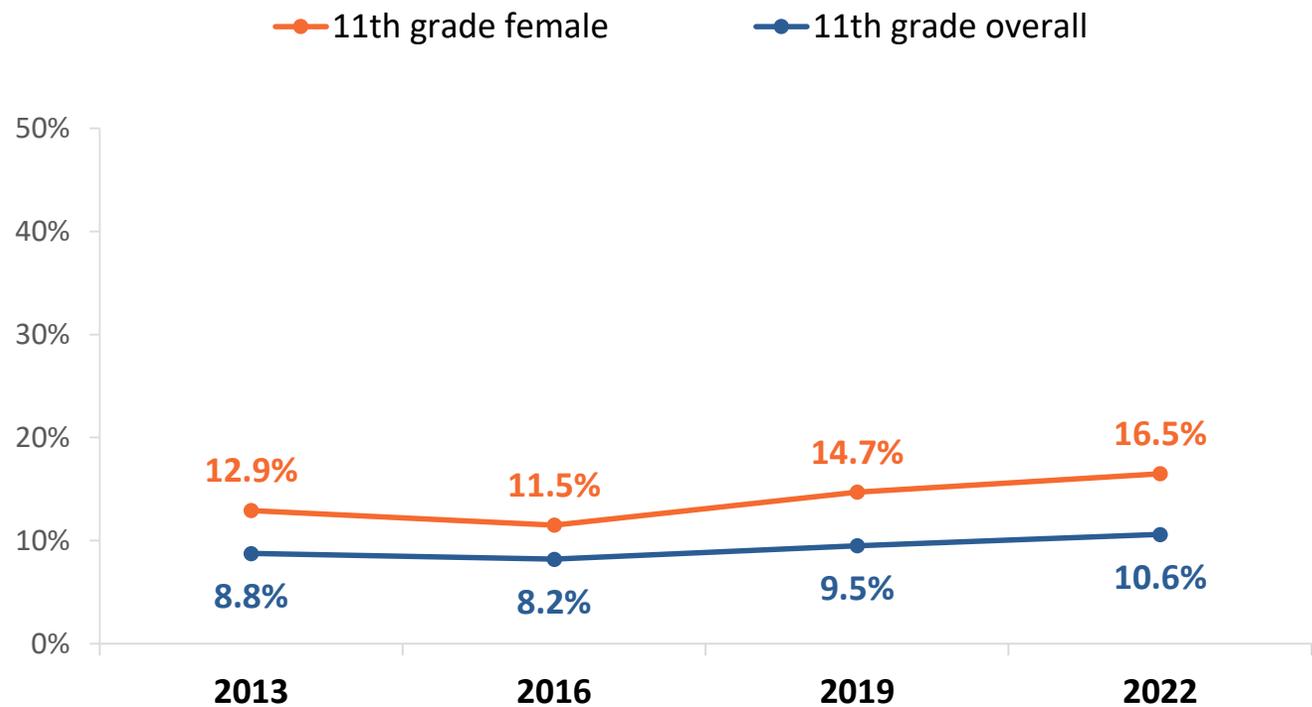
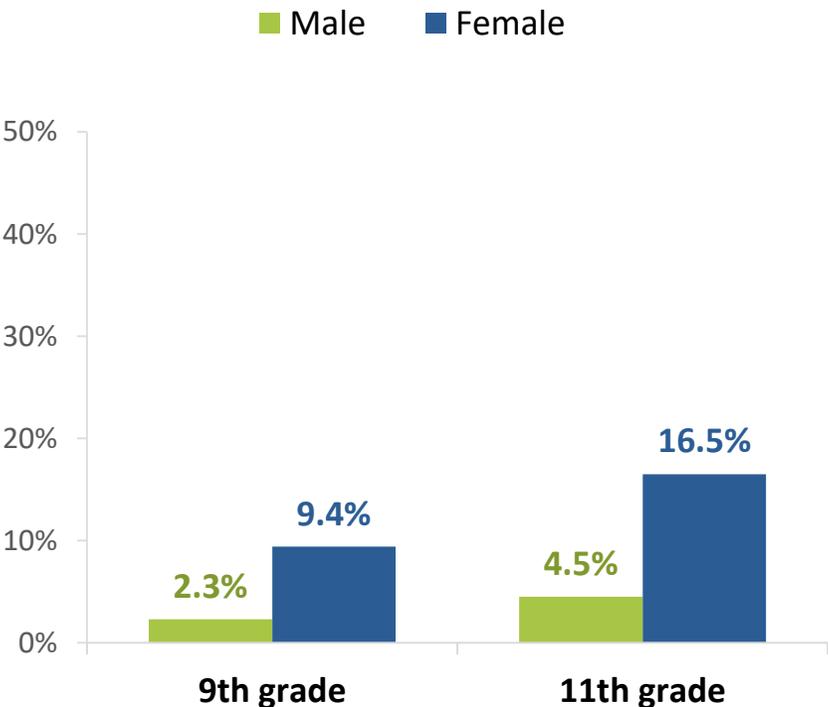
# Dating physical violence

Students who have been in a relationship where their partner ever physically hurt them on purpose



# Dating sexual violence – 9th & 11th grade

Students who have been in a relationship where they were pressured, tricked or forced to do something sexual or something sexual was done to them against their wishes



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.



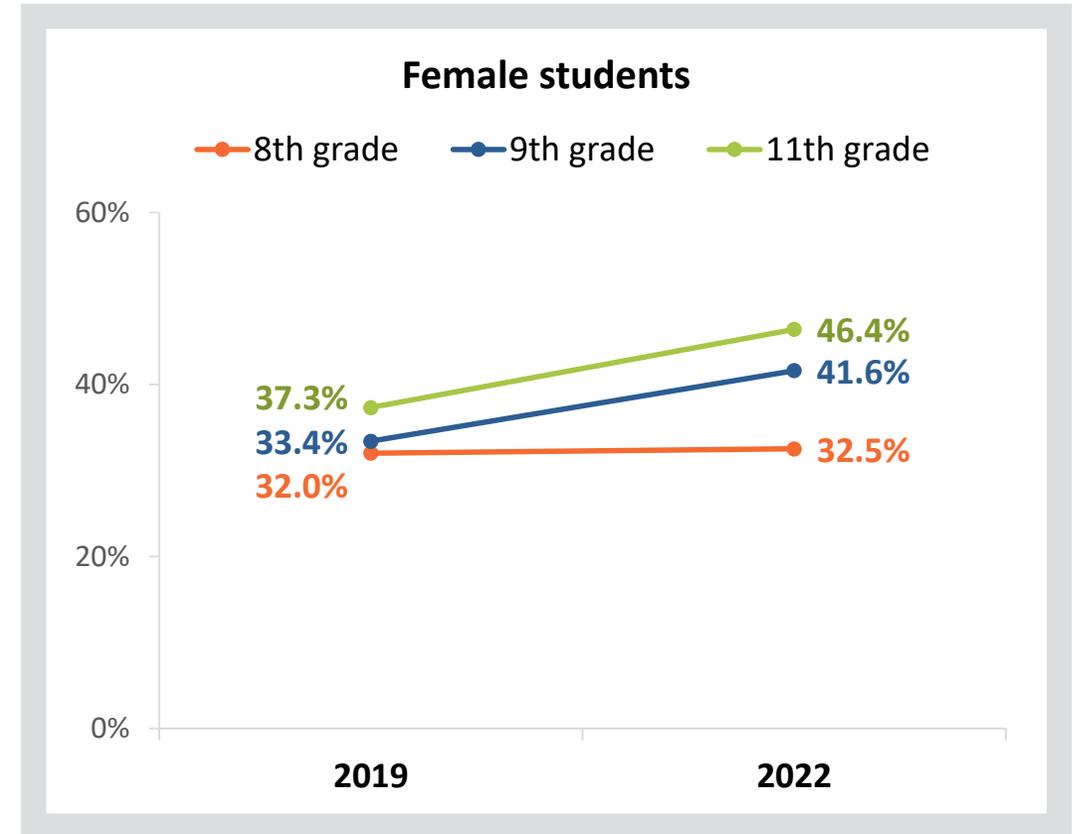
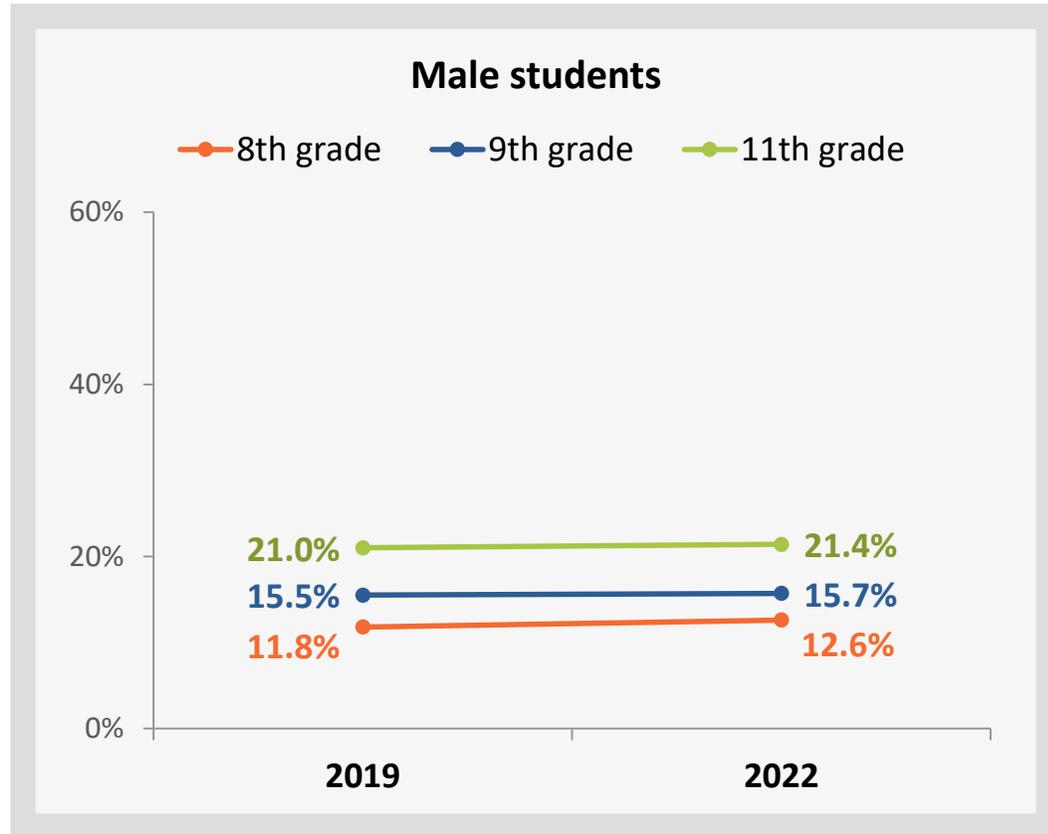
# Mental Well-Being

Mental health deteriorated for all students  
Girls reported poorer mental health than boys

Washington  
County

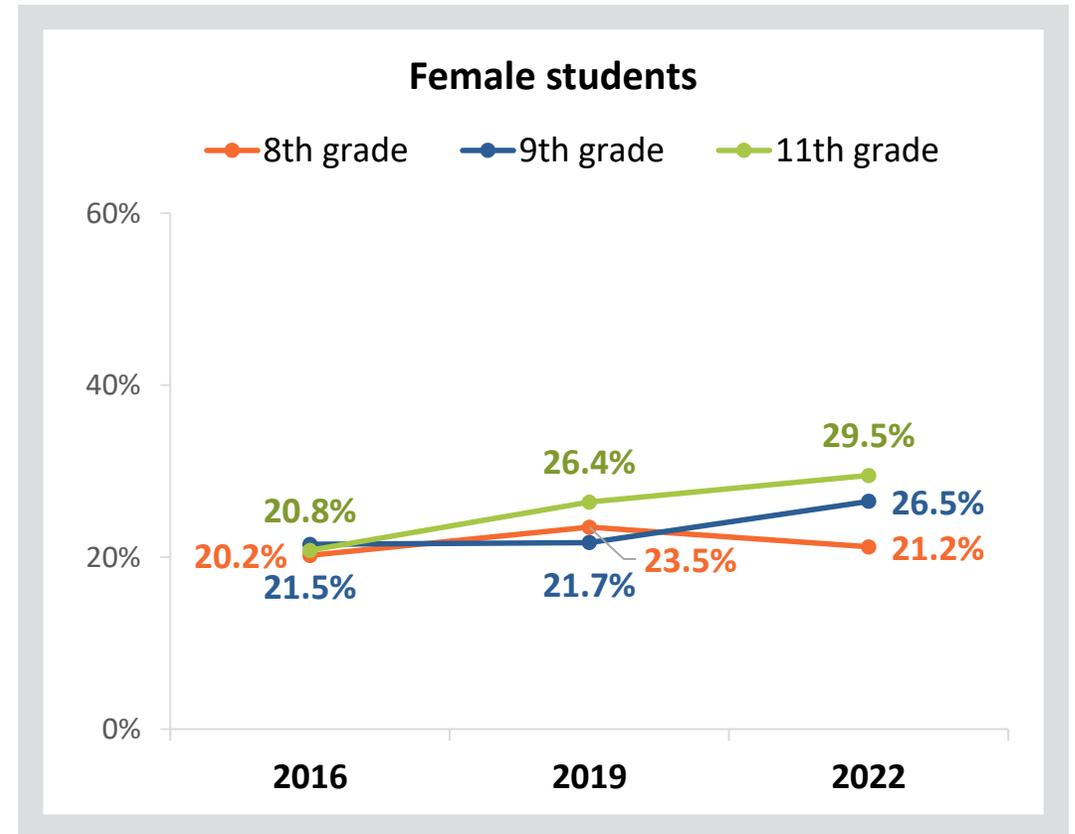
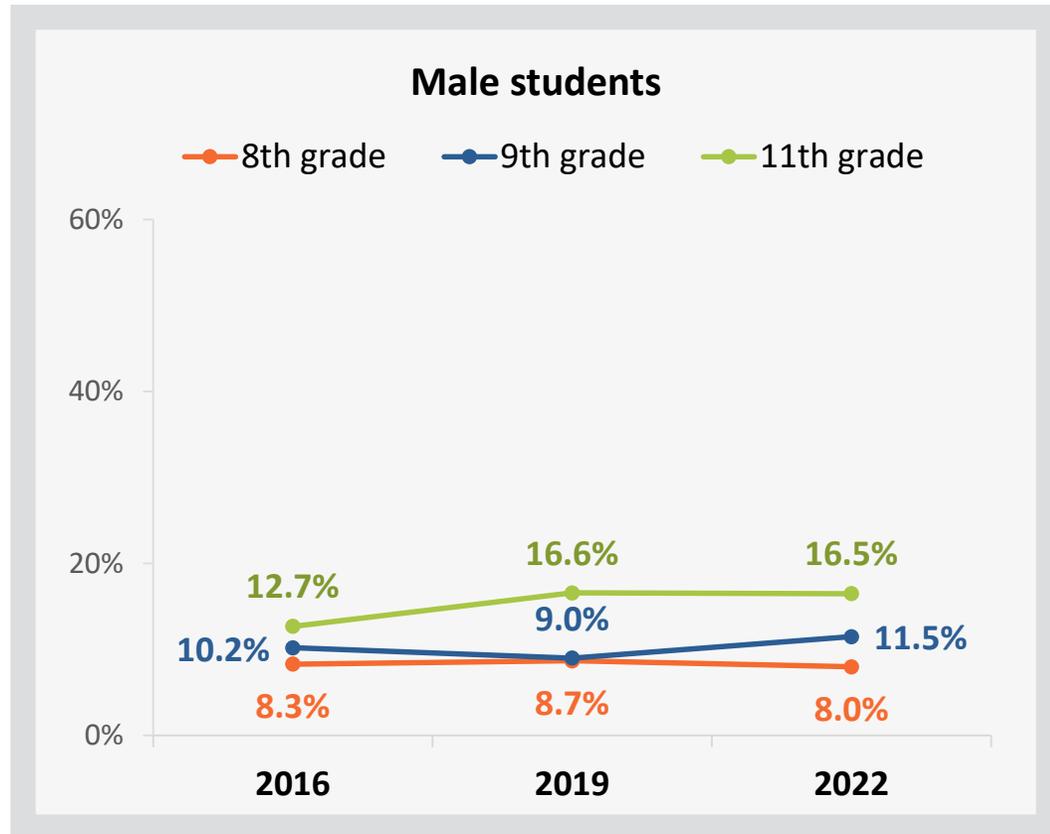
# Anxiety symptoms

Over the last two weeks, students who have been bothered by feeling nervous, anxious, or on edge, more than half the days or nearly every day

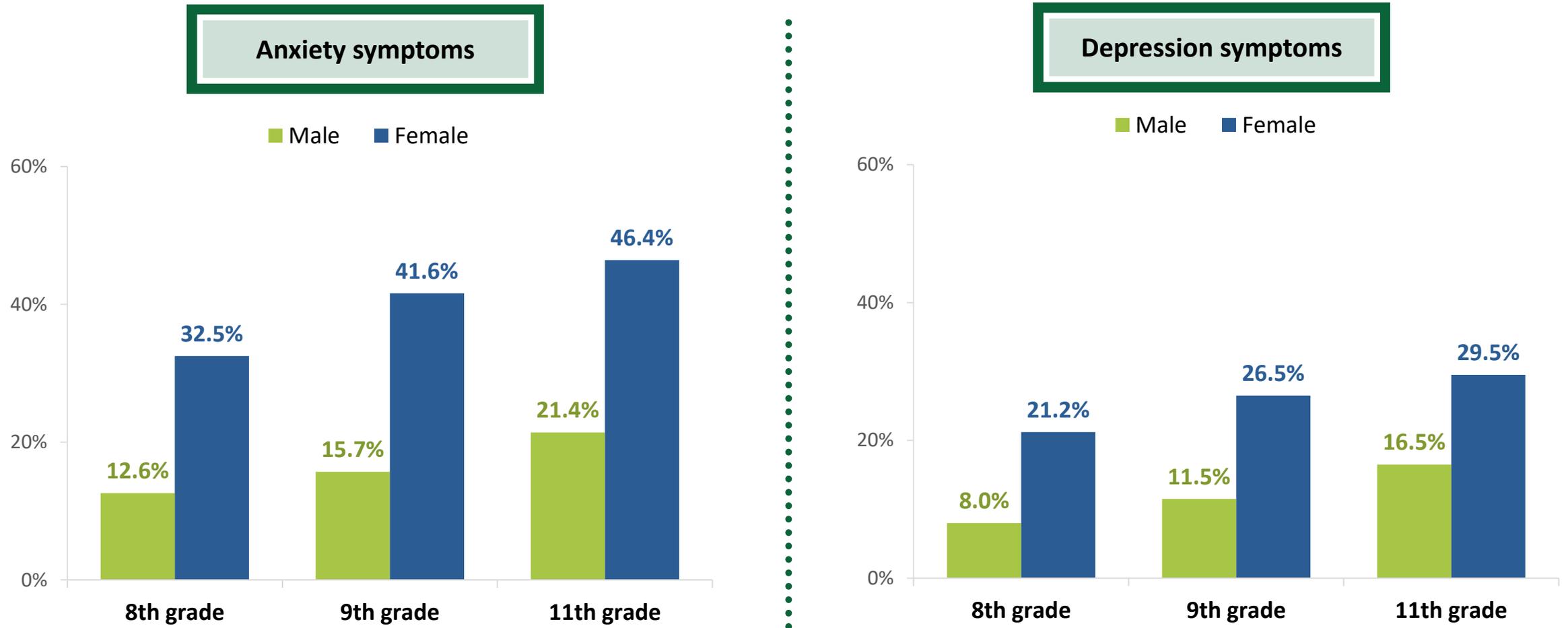


# Depression symptoms

Over the last two weeks, students who have been feeling down, depressed, or hopeless, more than half the days or nearly every day



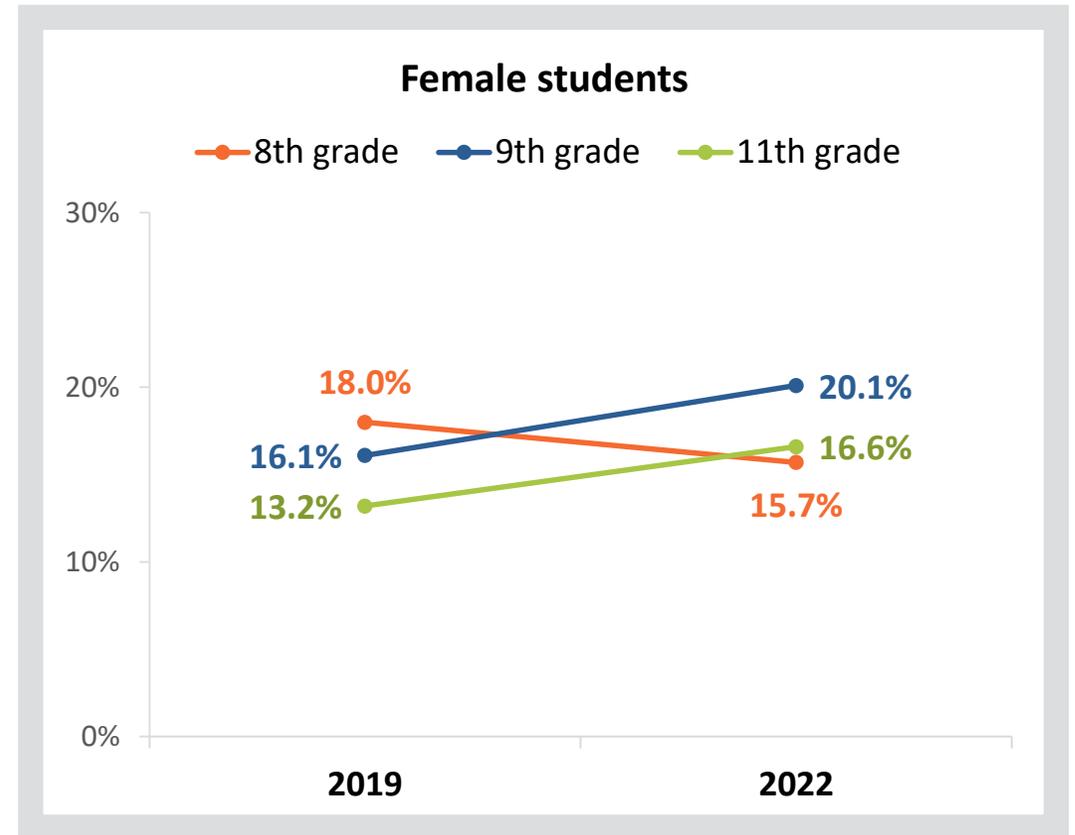
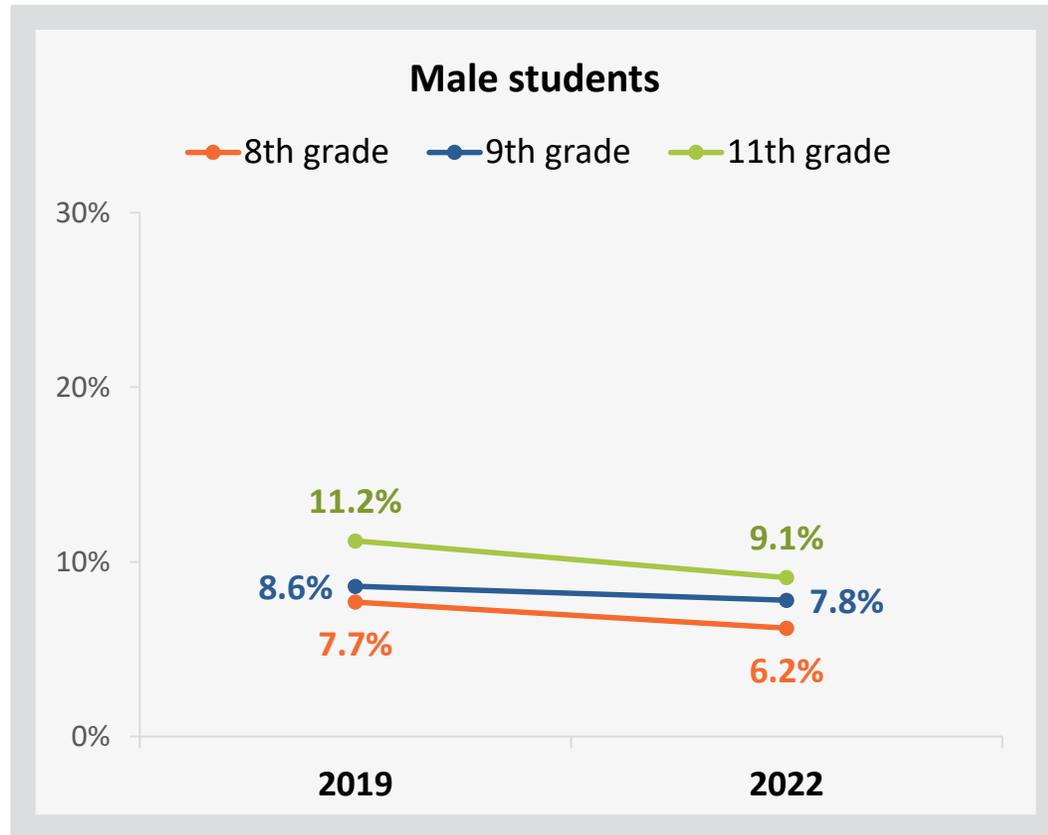
# Anxiety symptoms vs Depression symptoms



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

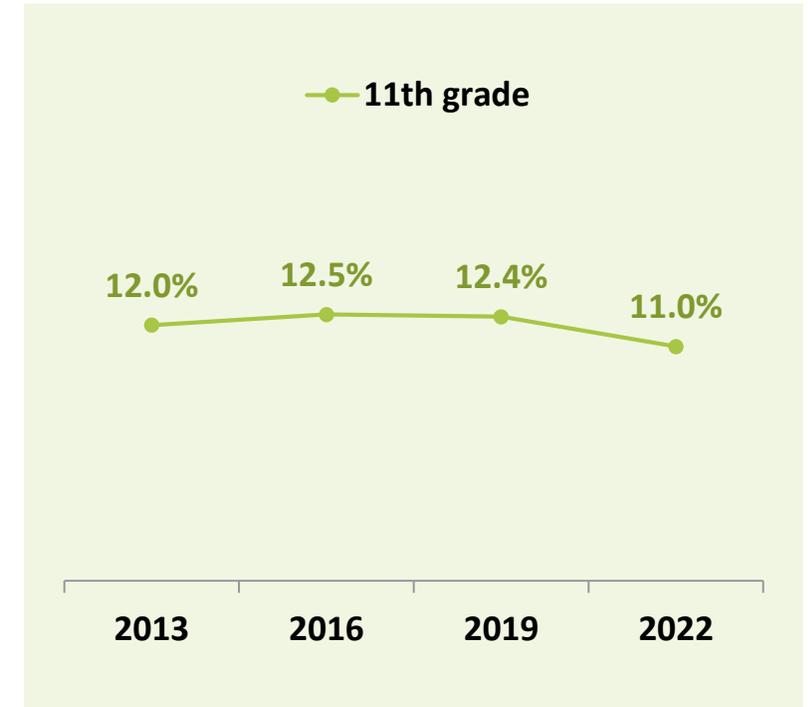
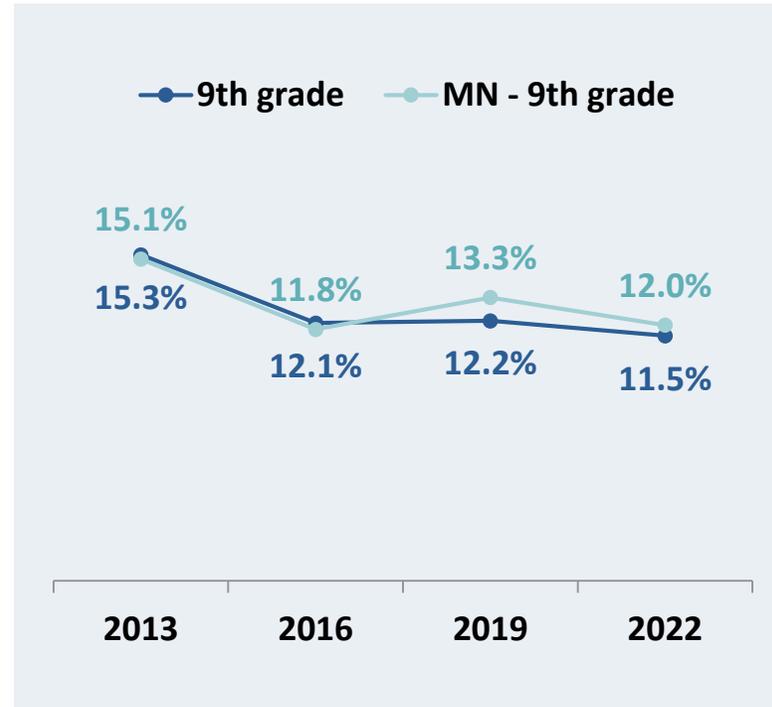
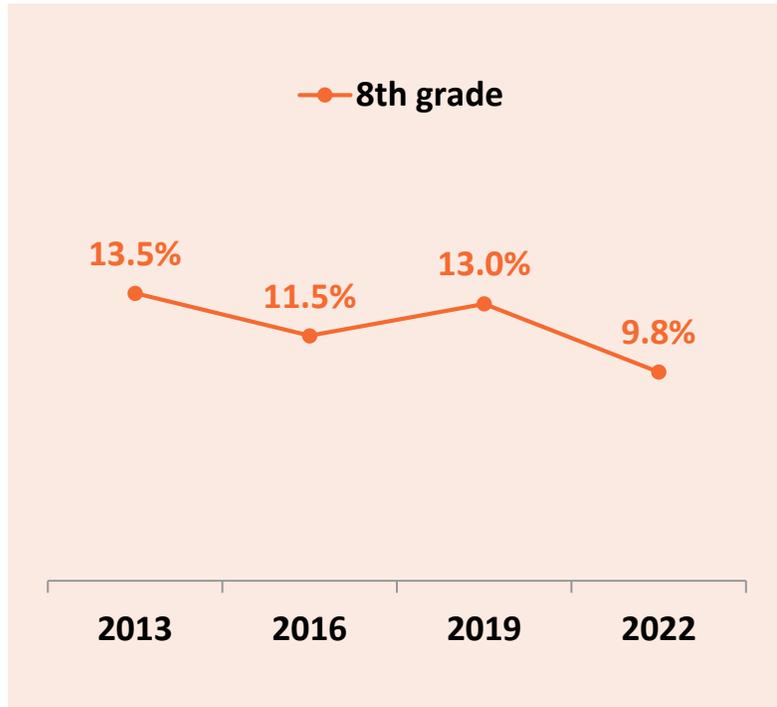
# Suicidal Thoughts

Students who have seriously considered attempting suicide, in the past 12 months



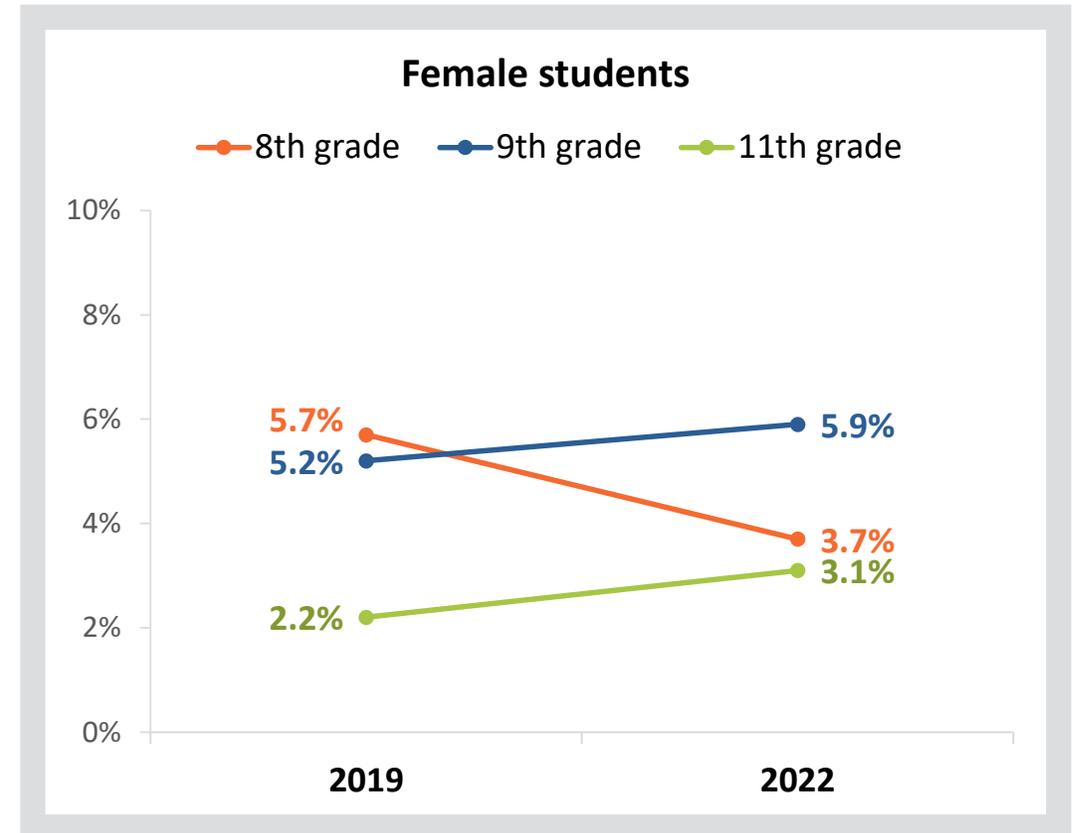
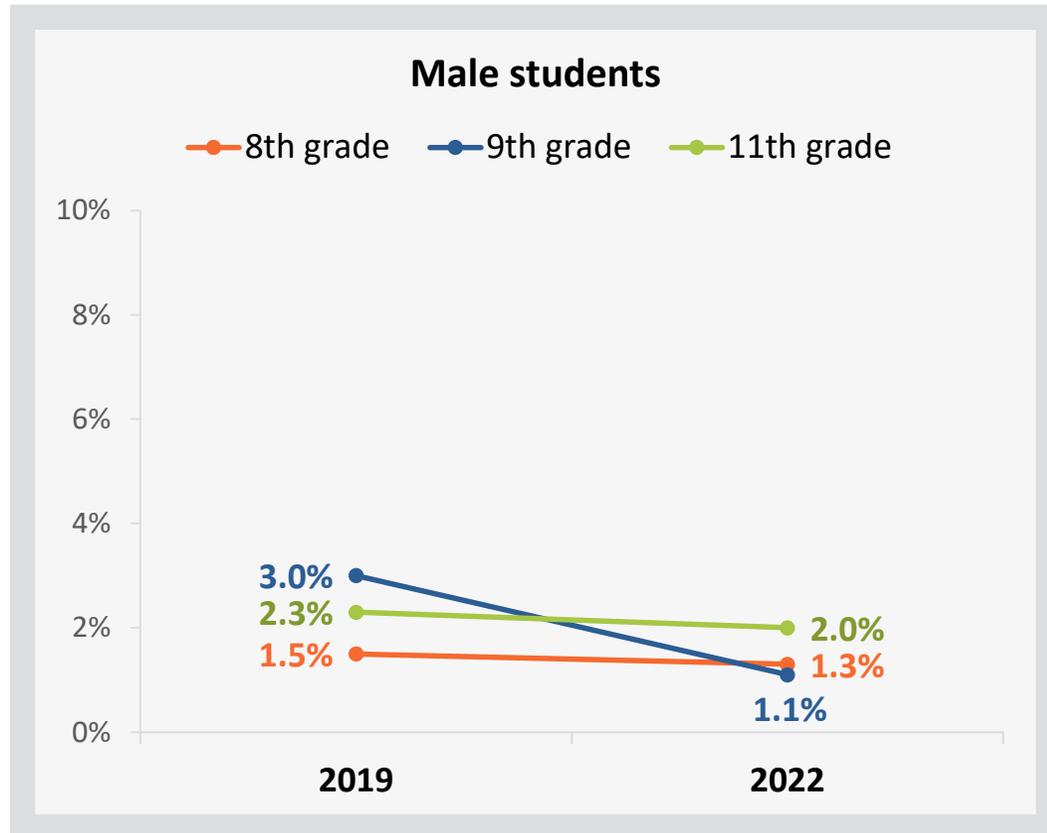
# Suicidal Thoughts - Trended

Students who have seriously considered attempting suicide, in the past 12 months



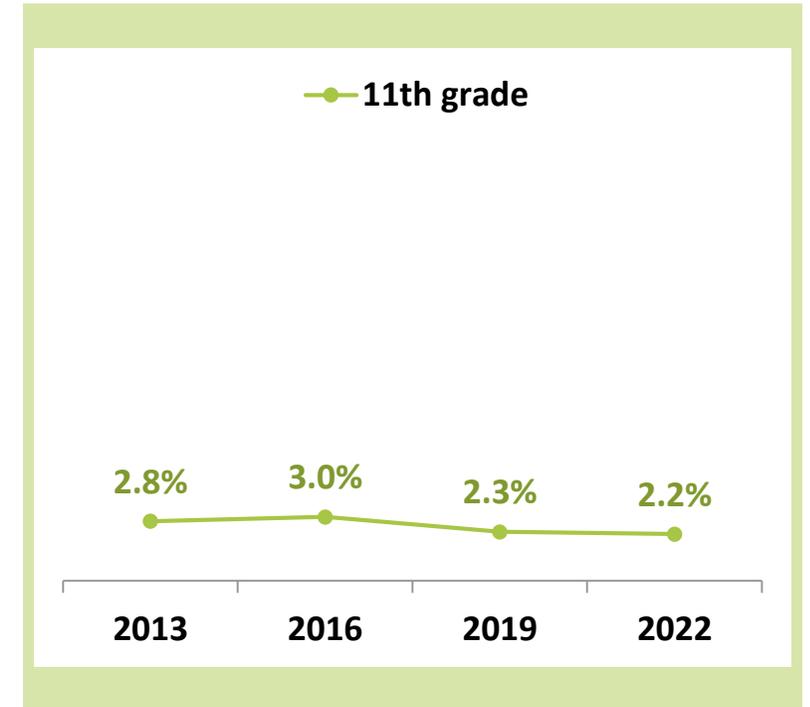
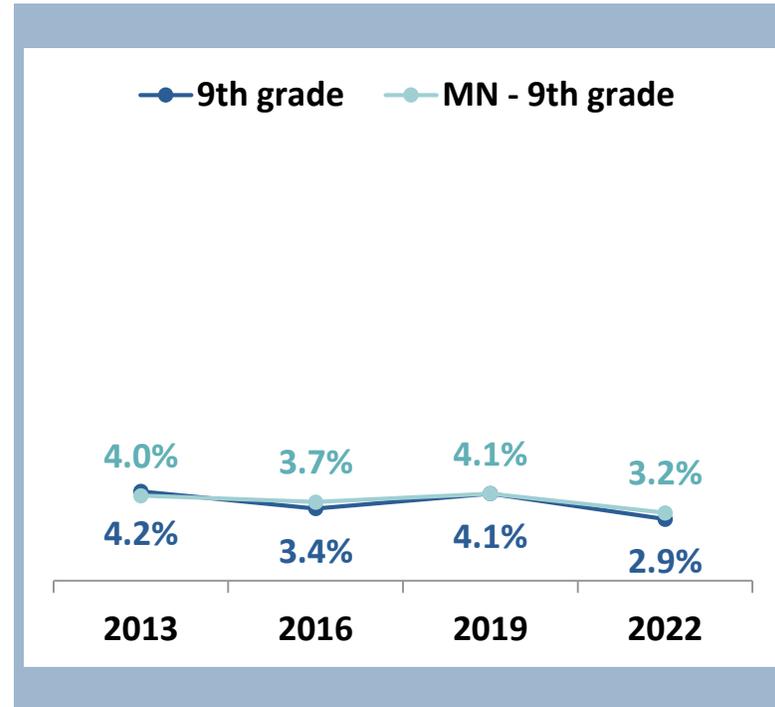
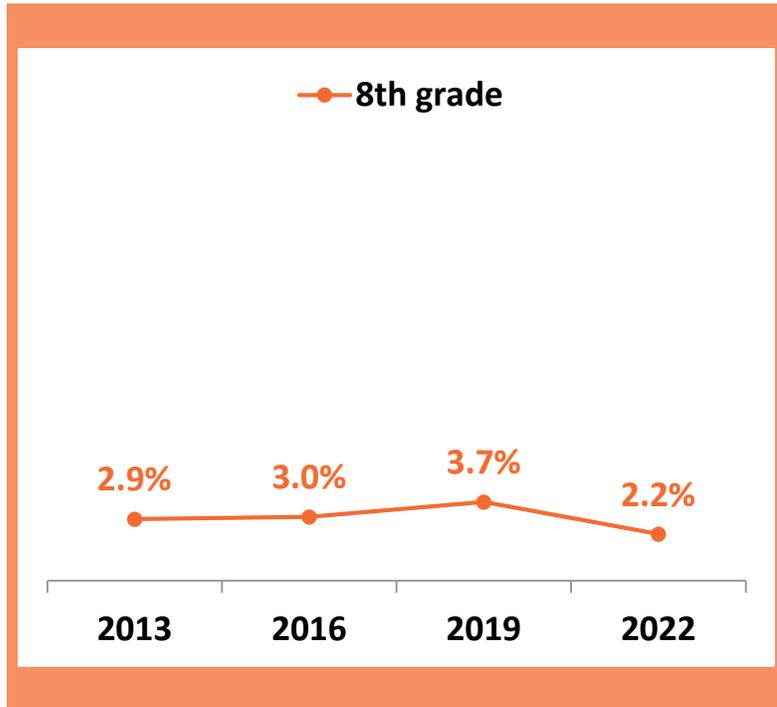
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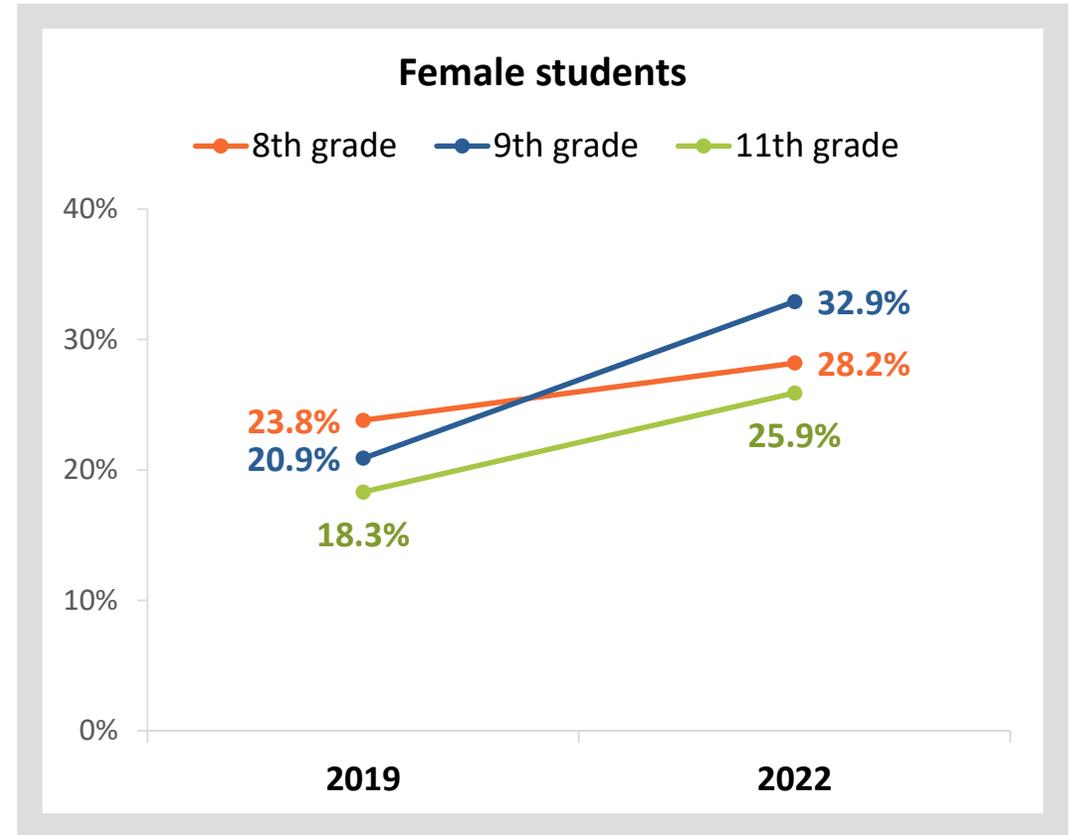
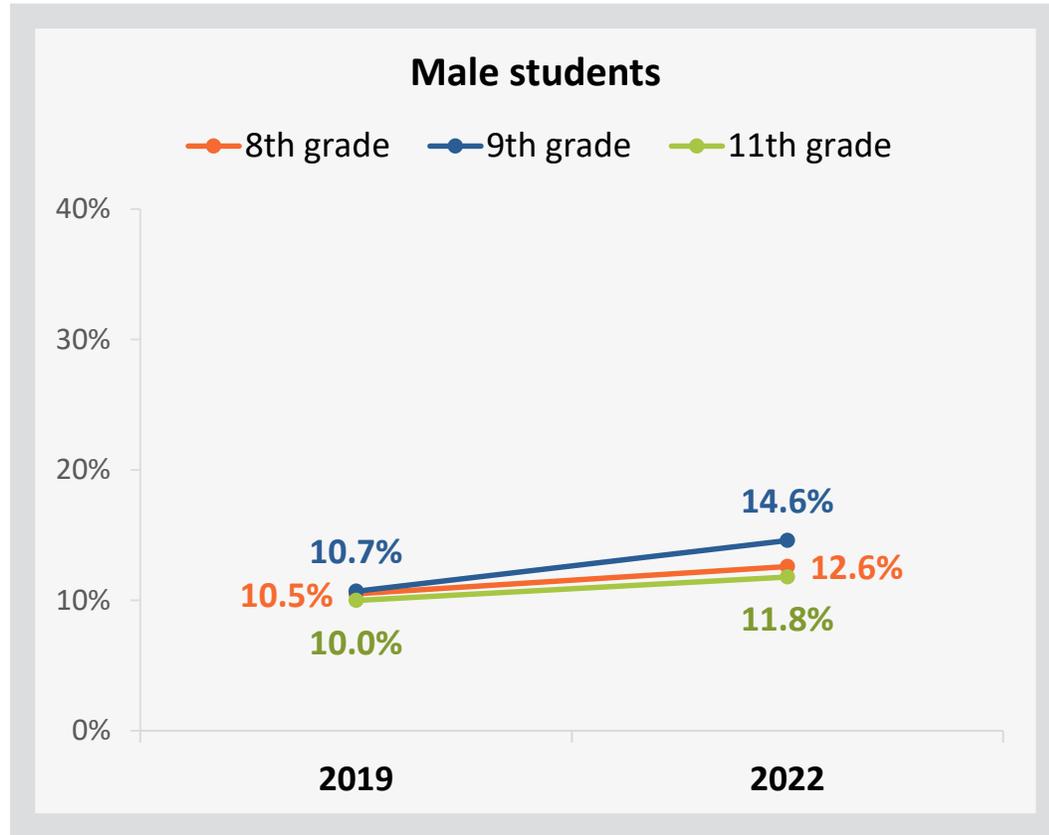
# Suicidal Attempts - Trended

Students who have attempted suicide, in the past 12 months



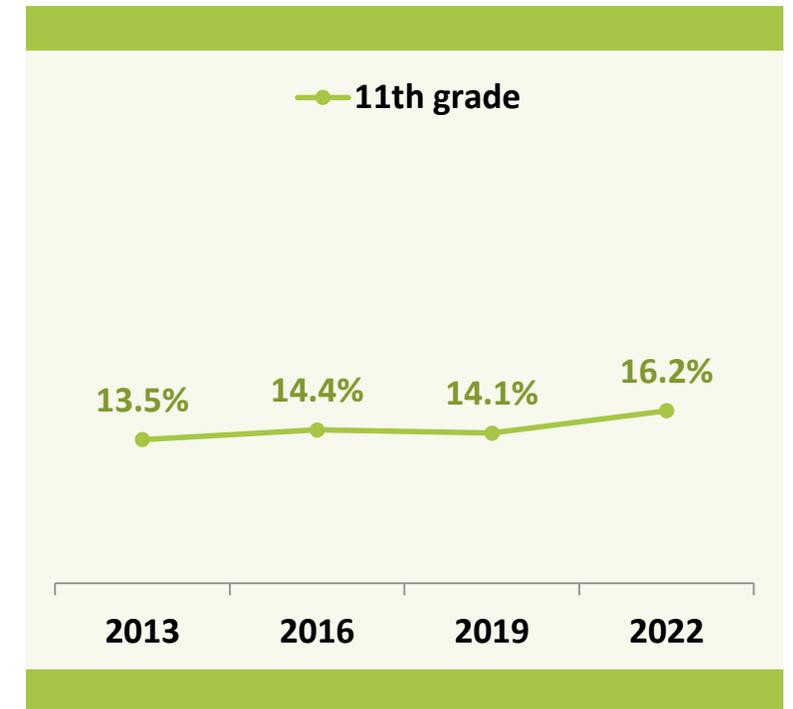
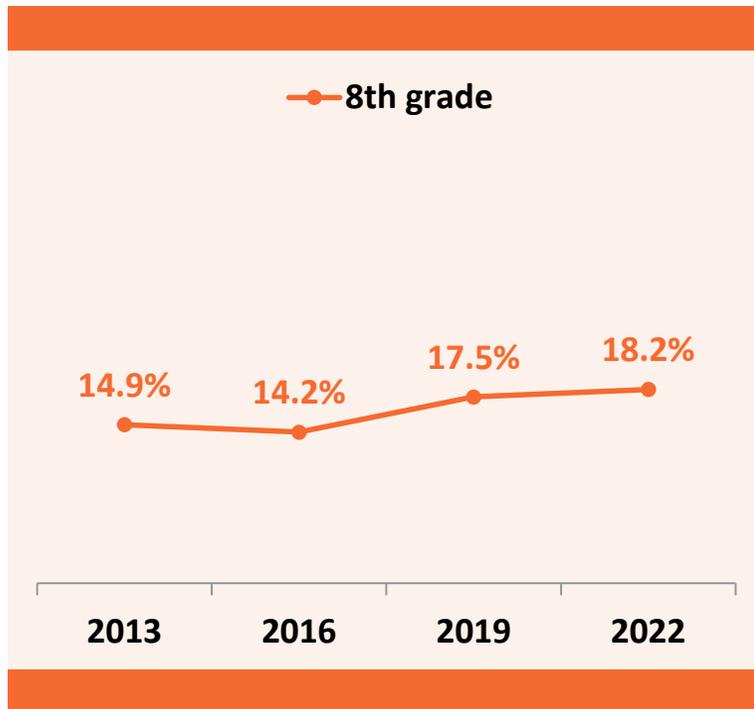
# Self-Harm

Students who have purposely hurt or injured themselves without wanting to die, such as cutting, burning or bruising, one or more times in the past 12 months



# Self-Harm - Trended

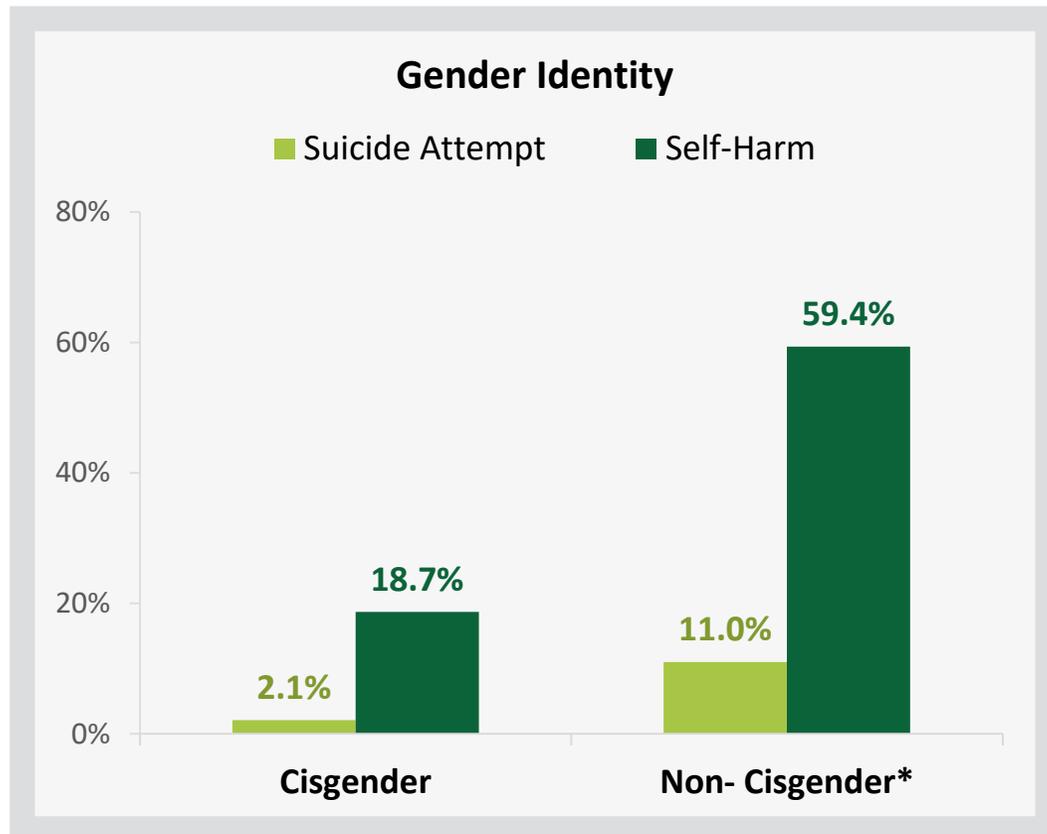
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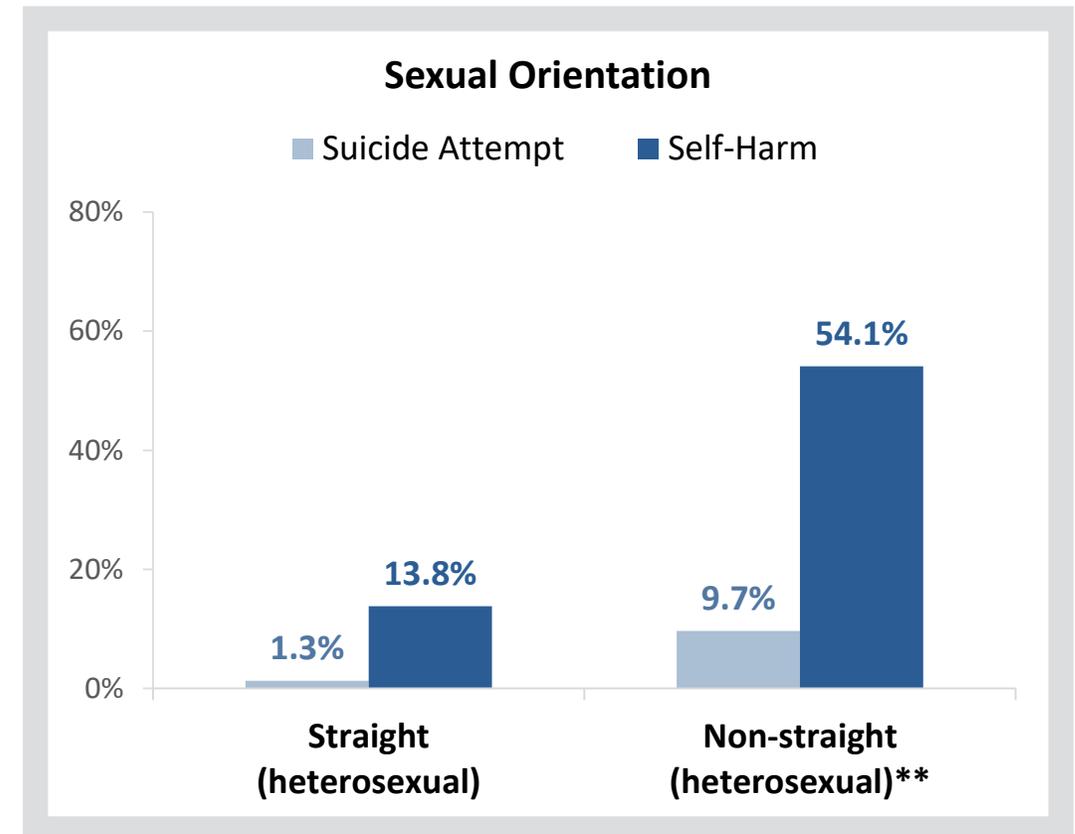
# Suicide Attempt & Self-Harm: By gender identity & sexual orientation (select all that apply)

Suicide Attempt: Students who have attempted suicide in the past year

Self-Harm: Students who purposely hurt or injured themselves without wanting to die, one or more times in the past 12 months



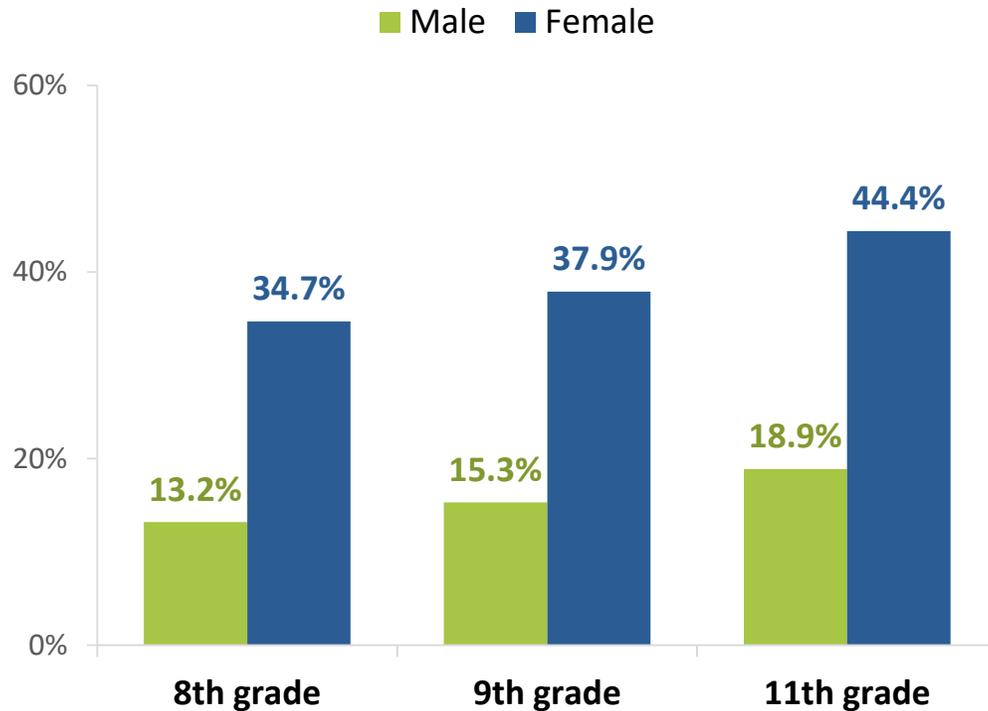
\*Includes: Transgender, agender, genderfluid, nonbinary, two spirit



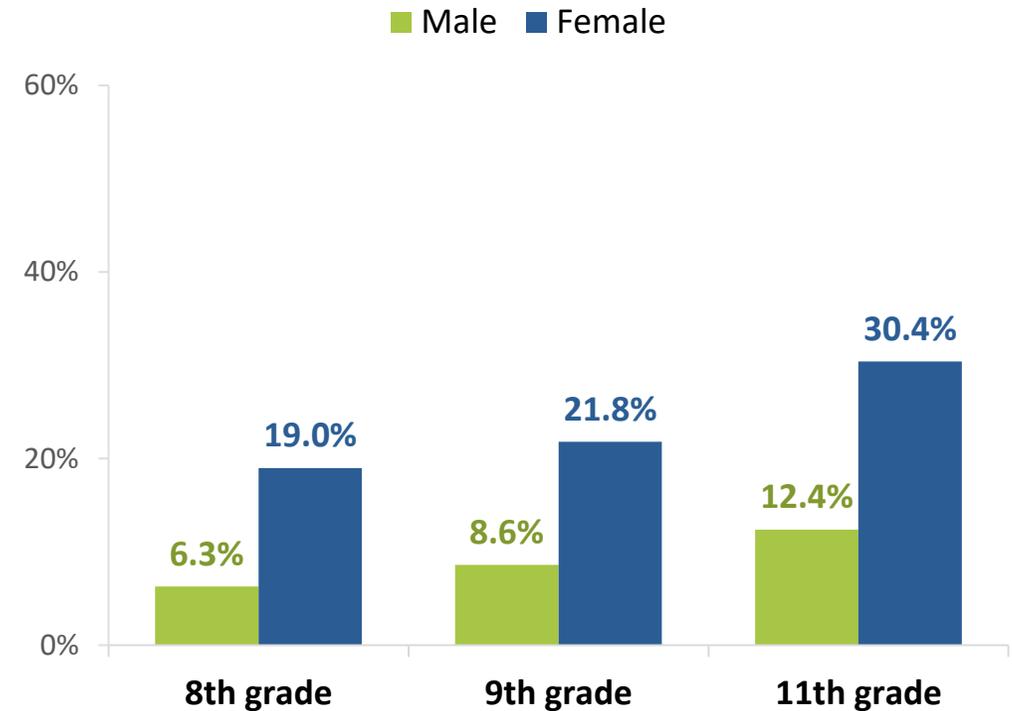
\*\*Includes: Asexual, bisexual, gay or lesbian, pansexual, queer

# Mental Health Problems

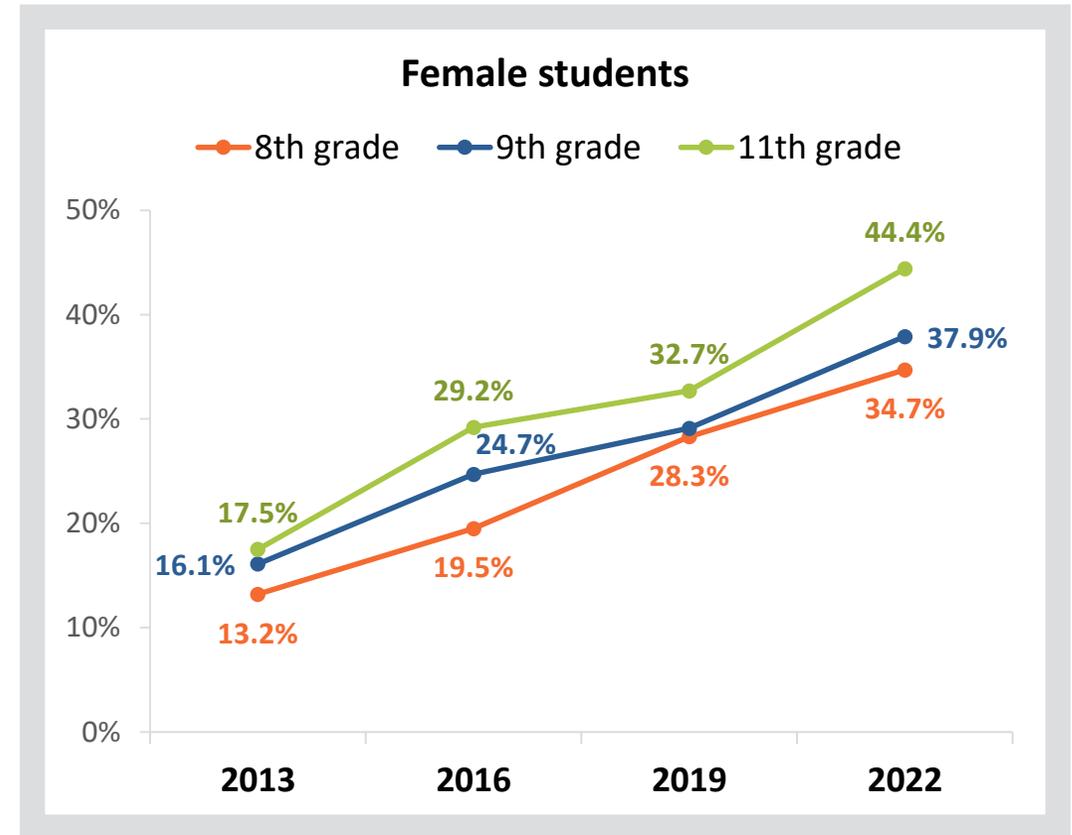
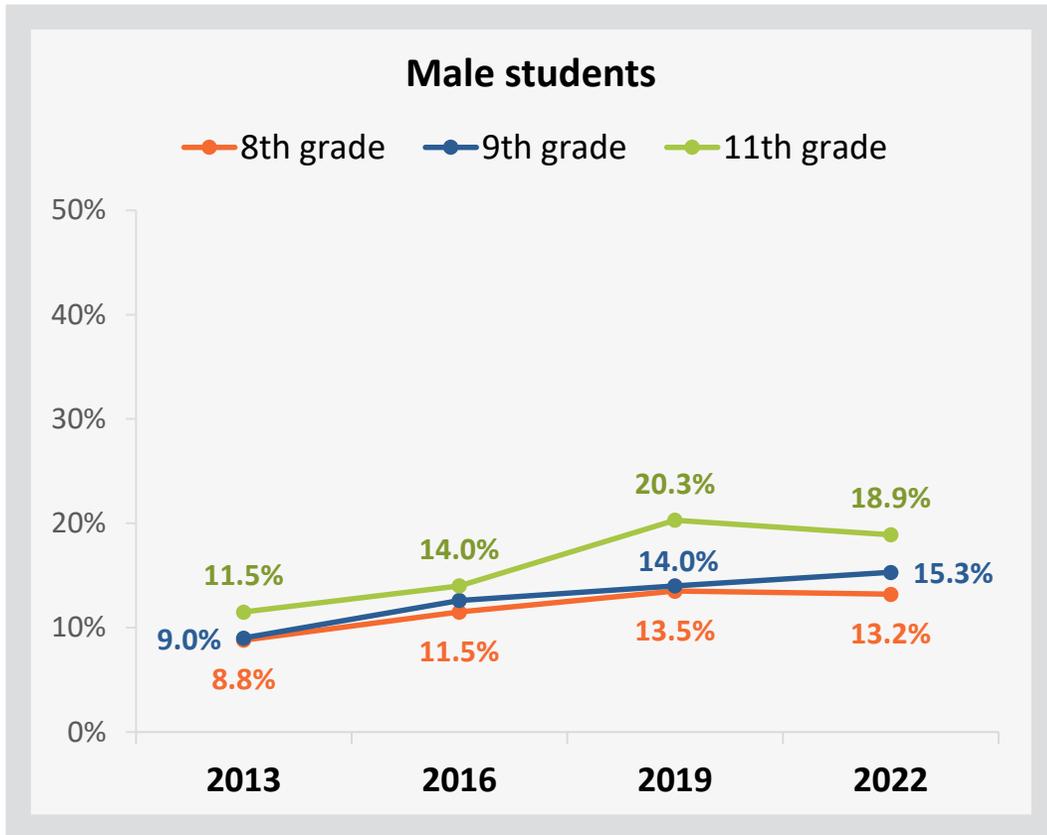
Students who have a mental health, emotional, or behavioral problem, lasting 6 months or more



Students who have been treated for a mental health, emotional, or behavioral problem, within the last 12 months



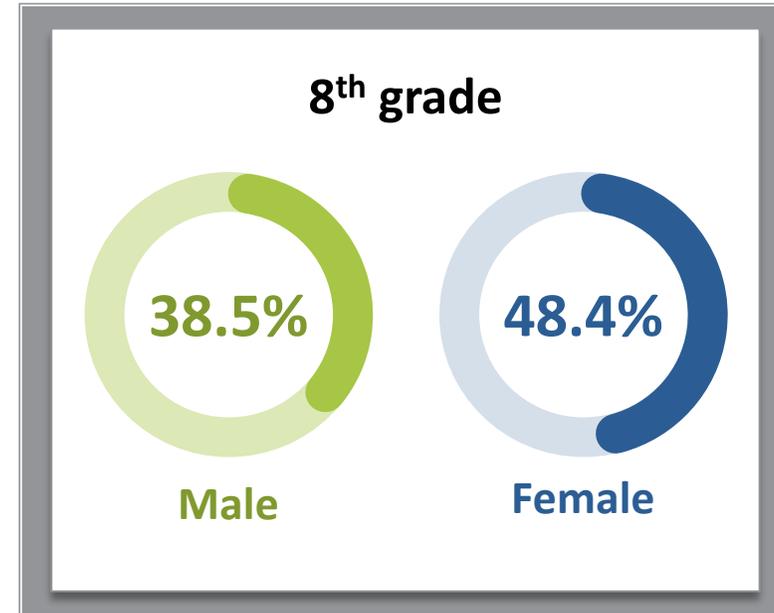
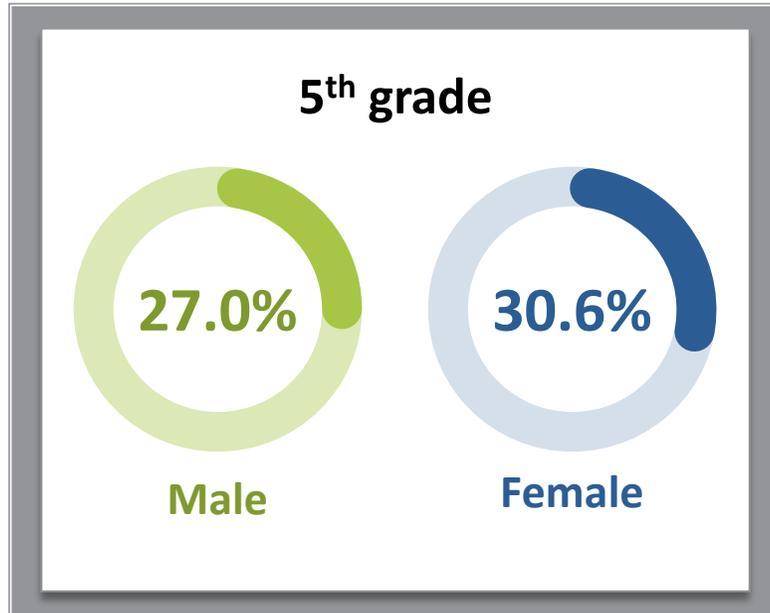
# Female students are more likely to report long-term mental health, emotional, or behavioral problems, lasting 6 months or more



# School Mental Health Resources



Students who are “not at all comfortable” talking with a counselor or social worker at school, when they are feeling upset, stressed, or having problems



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

A black and white photograph of a bird's nest with several fluffy chicks. The nest is made of twigs and is filled with downy birds. A dark green horizontal band is overlaid across the middle of the image, containing the text "Adverse Childhood Experiences (ACEs)" in white. The background is dark, making the white text stand out.

# Adverse Childhood Experiences (ACEs)

# Eight ACE Items on MSS

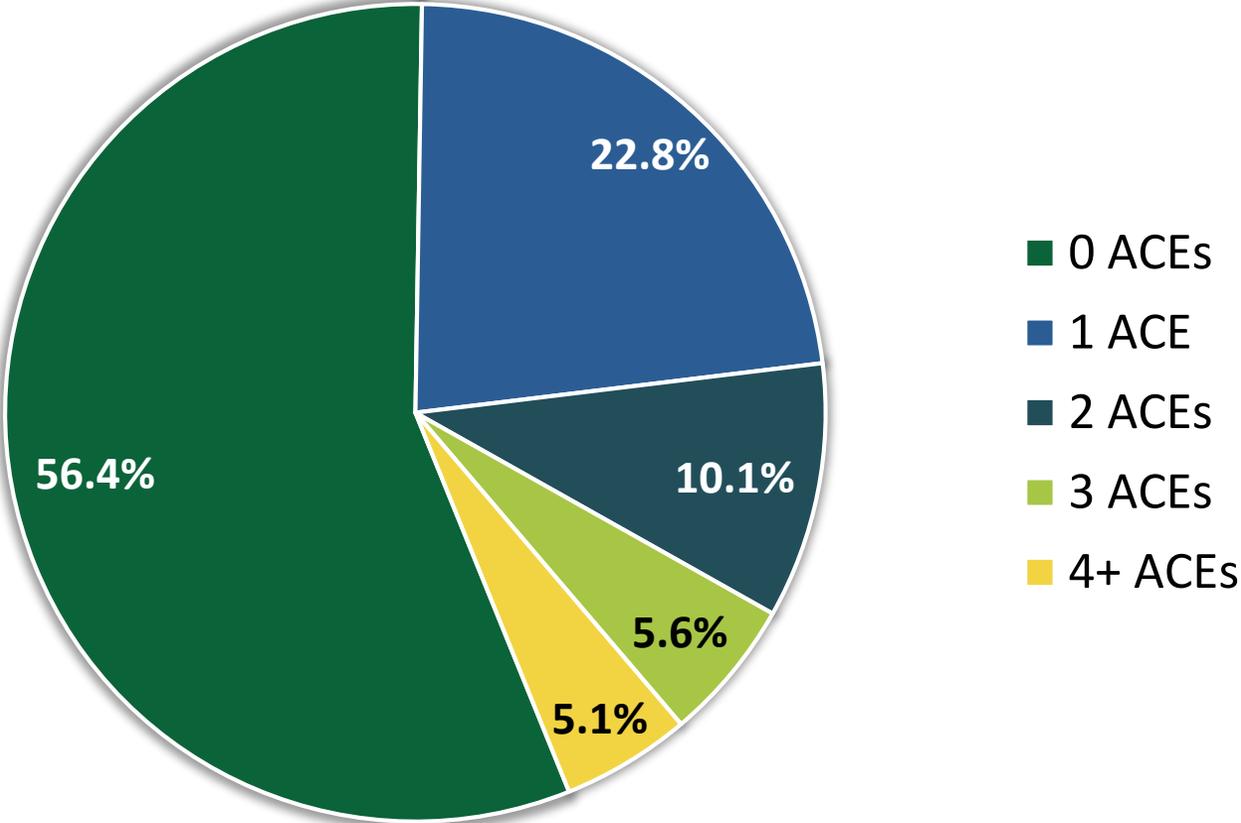
1. Incarcerated parent/caregiver
2. Living with someone who drinks too much alcohol
3. Living with someone who abuses illegal or prescription drugs
4. Verbal abuse
5. Physical abuse
6. Household domestic abuse
7. Sexual abuse (family or non-family)
8. Living with someone who has depression or mental health issues

\*The original ACE study also included physical and emotional neglect, parental separation or divorce

\*Some subsequent studies have included additional items, such as measures of poverty, community violence, dating violence, and racism

# Number of ACEs reported by 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders

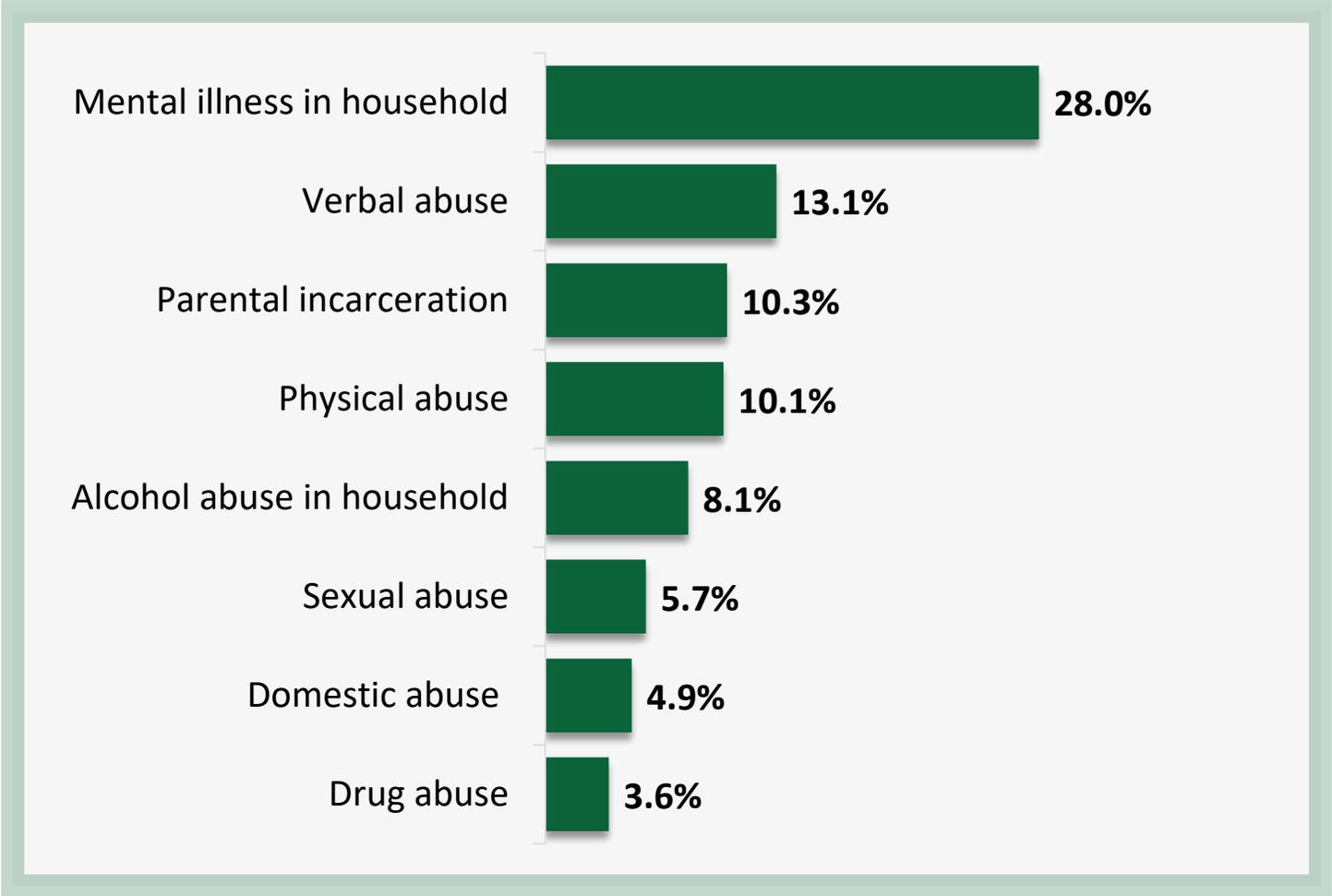
Students report about the same portion of ACEs, regardless of grade level



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

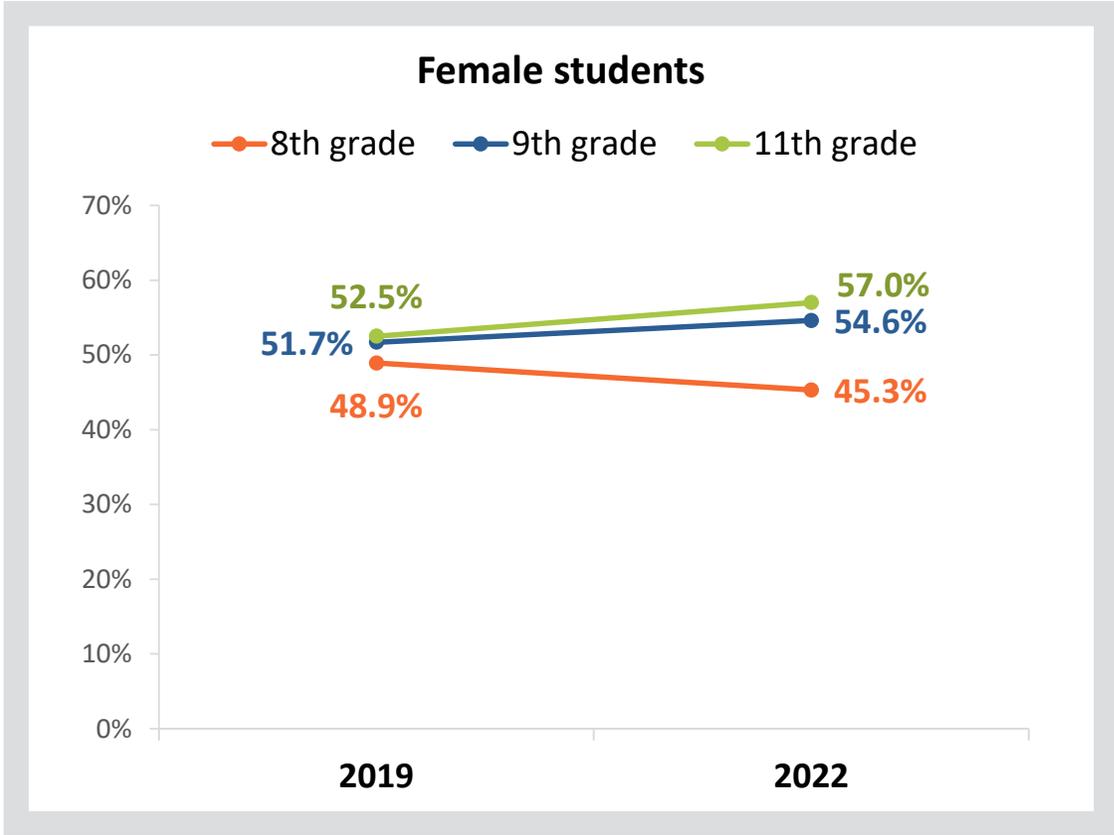
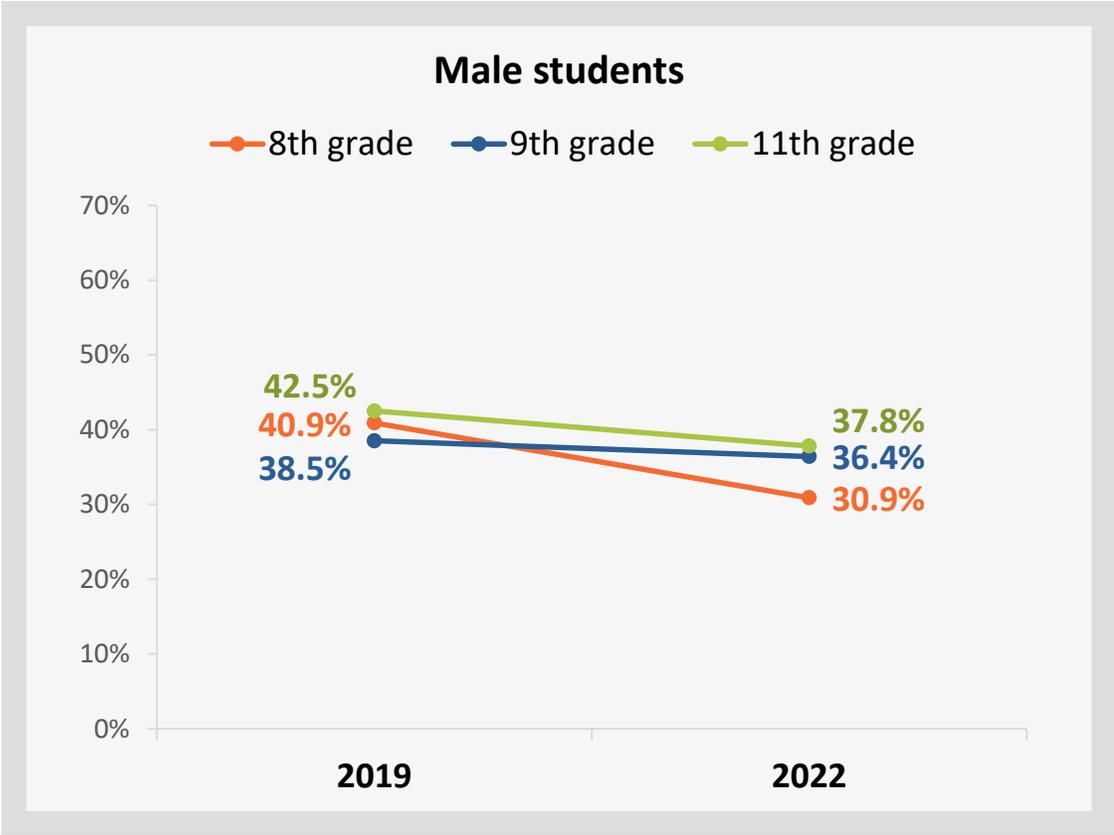
# Frequency of ACE categories

8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> Graders



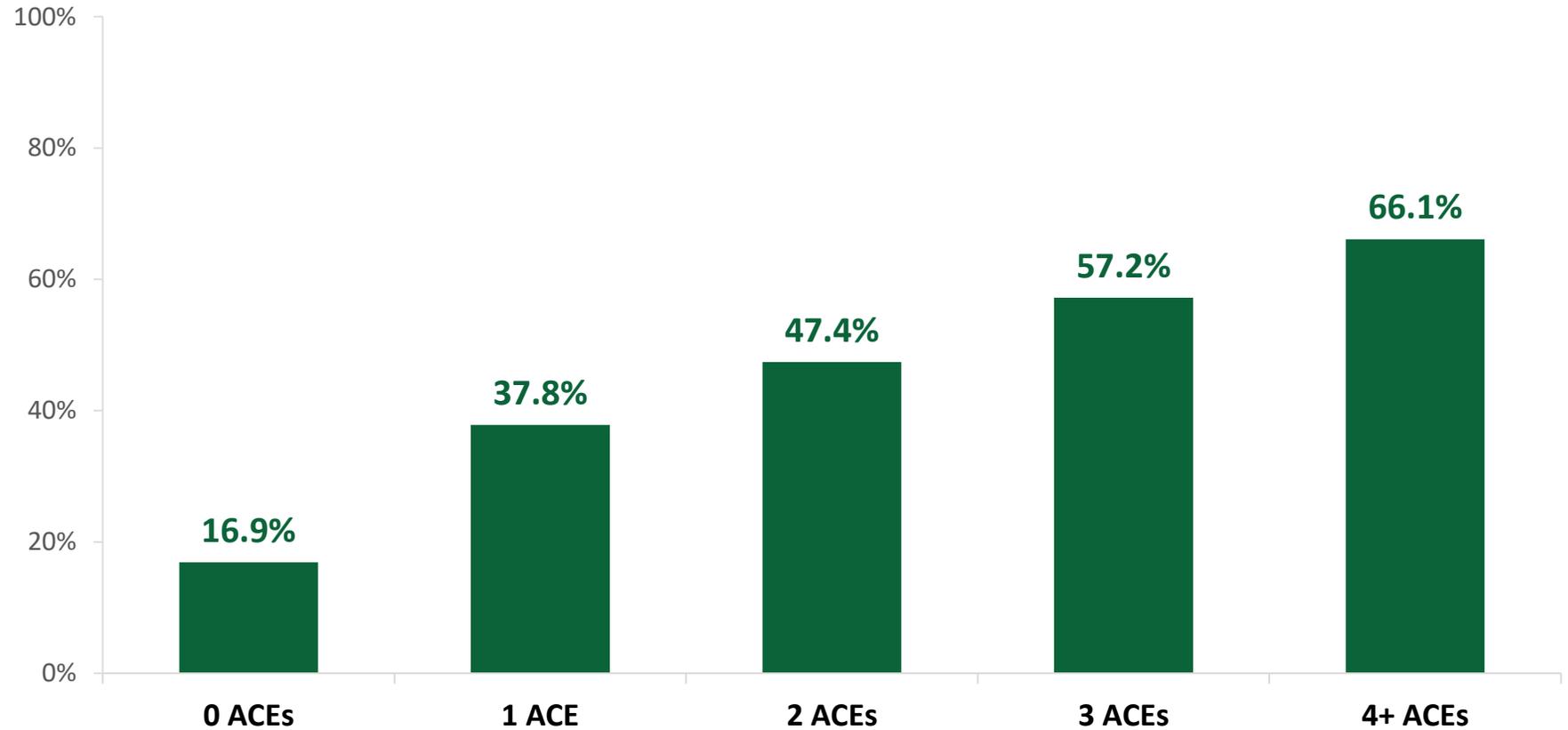
Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Female students are more likely to report experiencing one or more ACEs



# 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> Graders reporting anxiety symptoms, by ACE scores

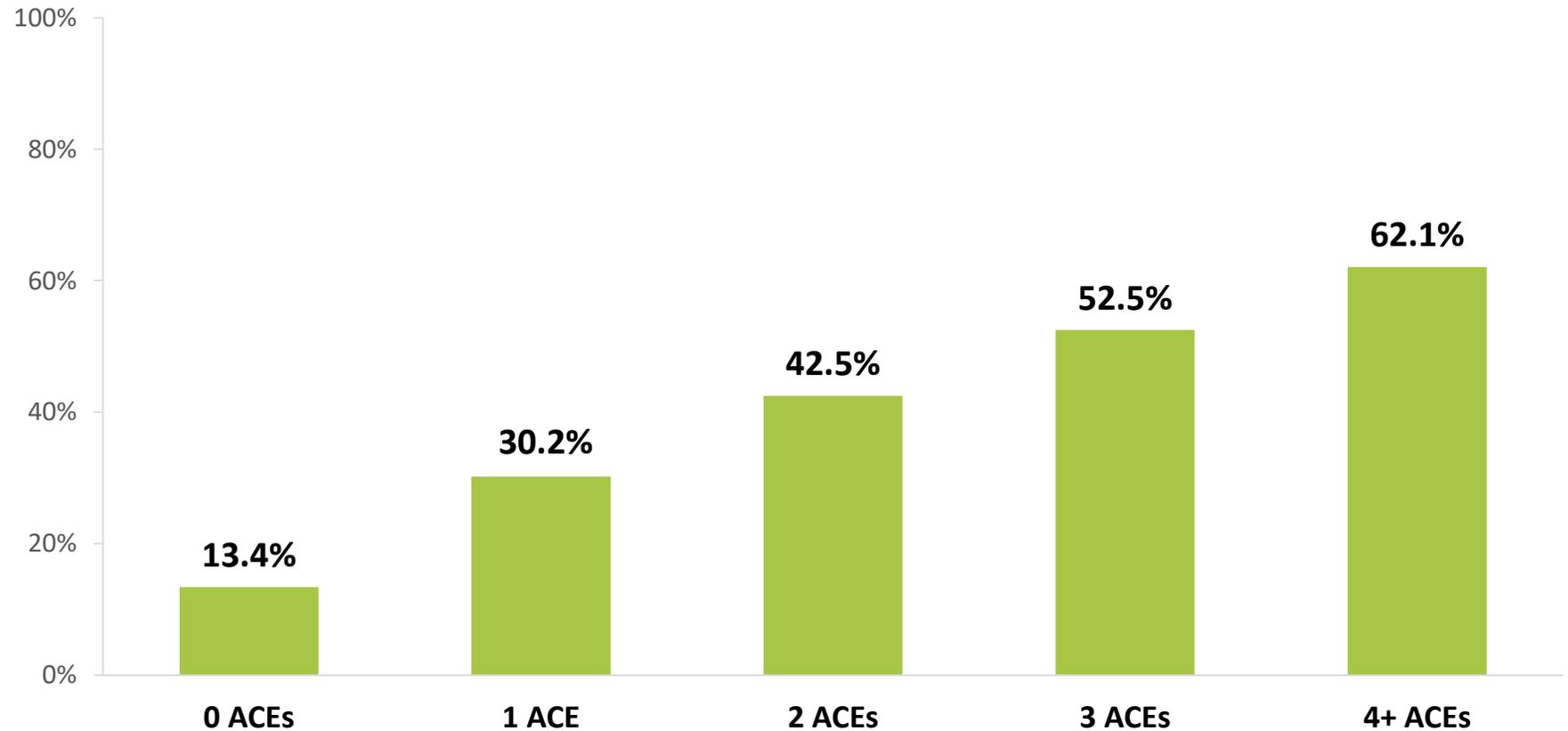
Of students with **4+ ACEs**, more than **66%** reported symptoms of **anxiety** in the past 2 weeks



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> Graders reporting depression symptoms, by ACE scores

Students with **4+ ACEs**, are over **4.5 times more likely** to report symptoms of **depression** in the past 2 weeks



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.



# Substance Use

Decrease in alcohol, cigarettes, vaping/e-cigarettes, and marijuana

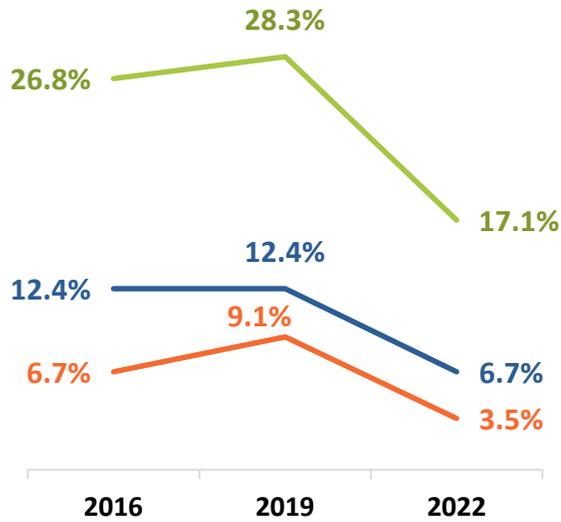


# Substance use – Used at least once in the past 30 days

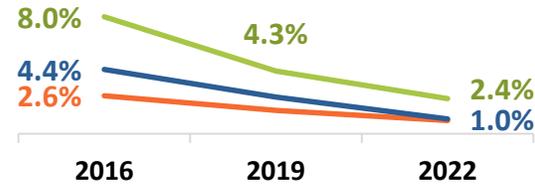
8<sup>th</sup> grade 9<sup>th</sup> grade 11<sup>th</sup> grade



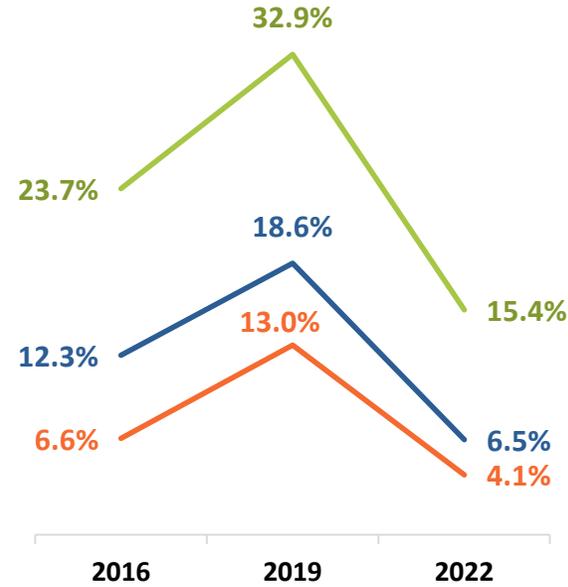
Alcohol



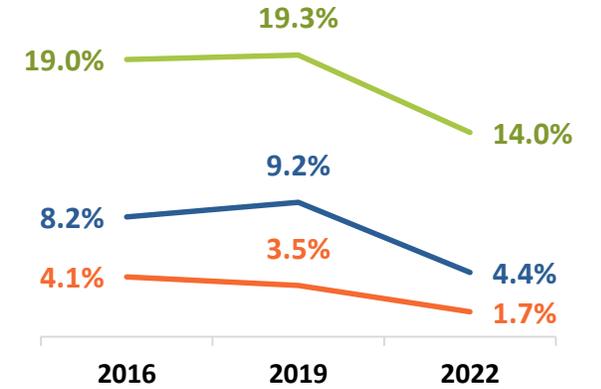
Cigarettes



Vape / E-Cigarettes



Marijuana



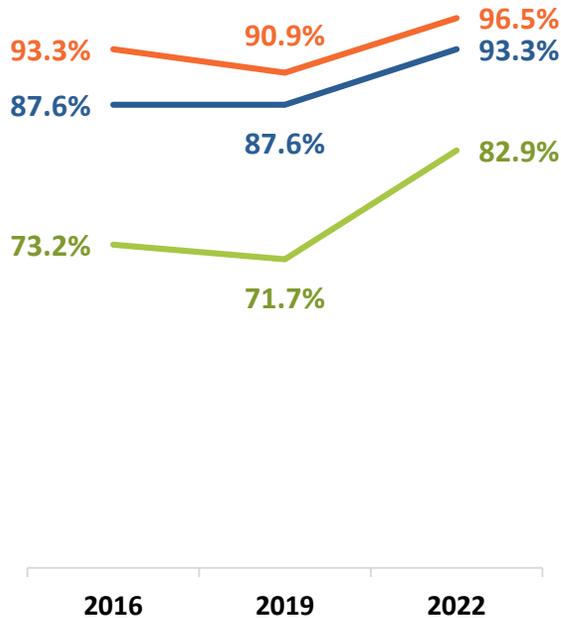
Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Substance use – NEVER used in past 30 days

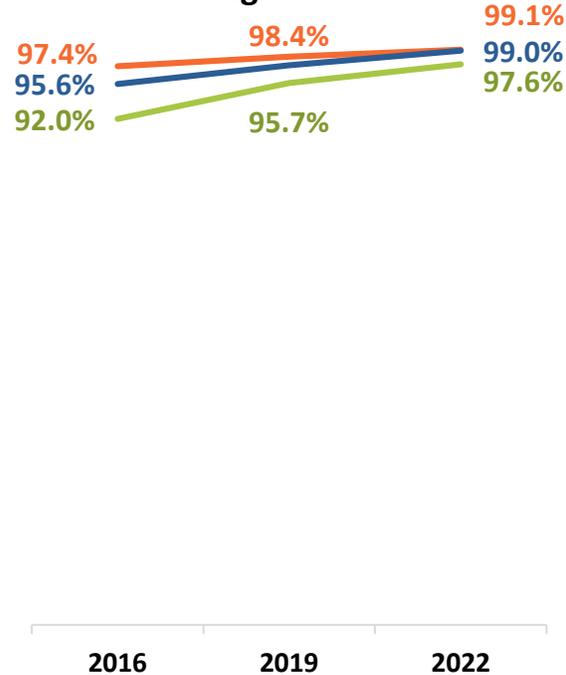
— 8<sup>th</sup> grade — 9<sup>th</sup> grade — 11<sup>th</sup> grade



Alcohol



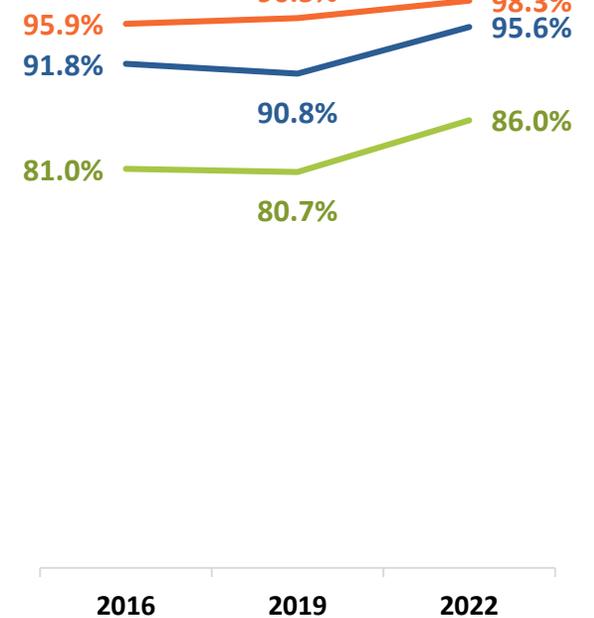
Cigarettes



Vape / E-Cigarettes



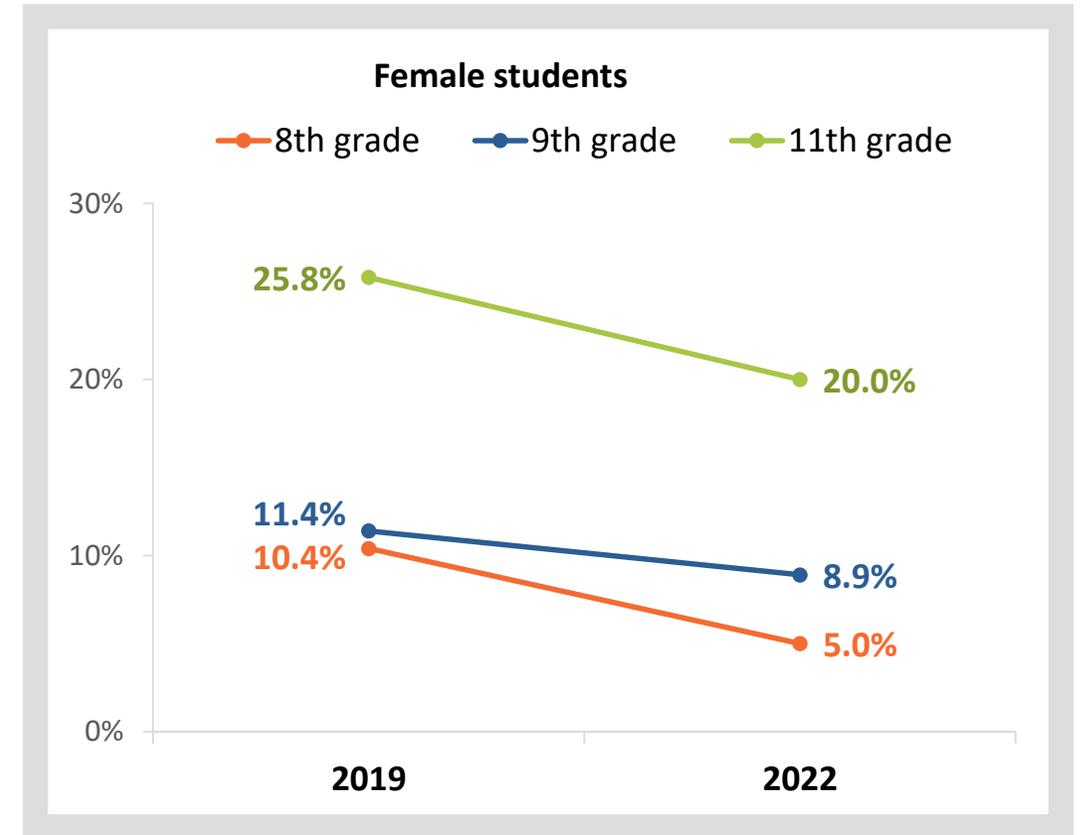
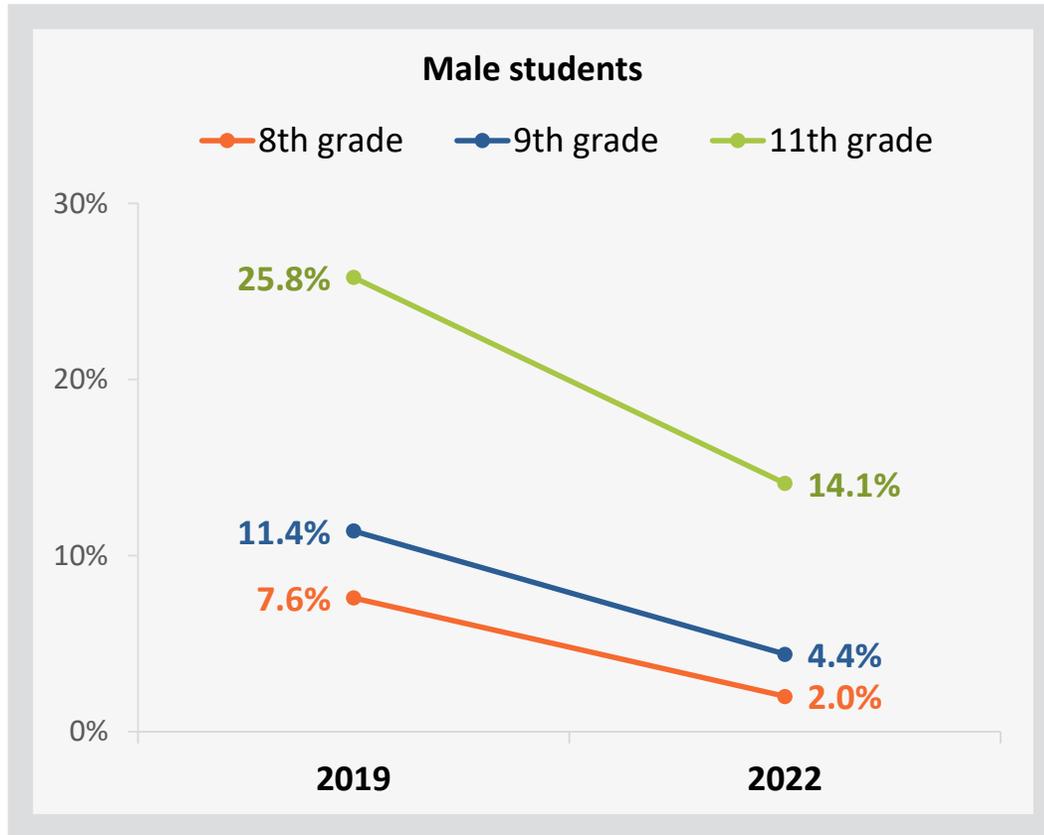
Marijuana



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Alcohol Use

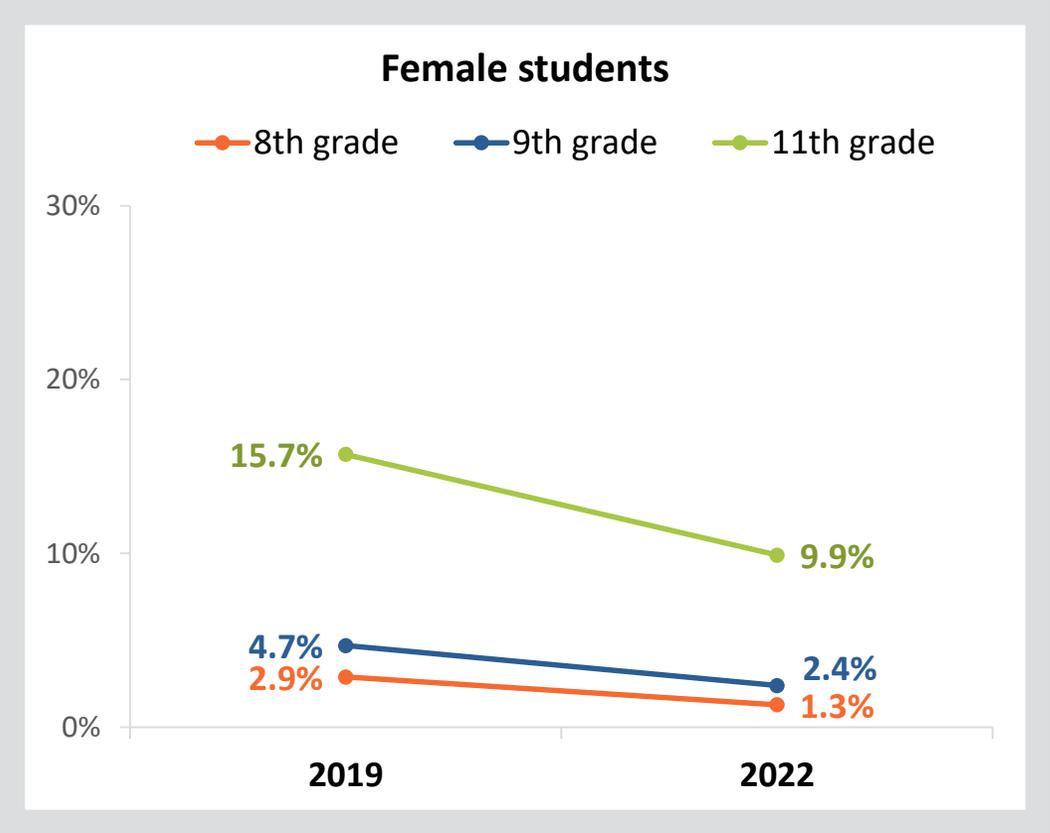
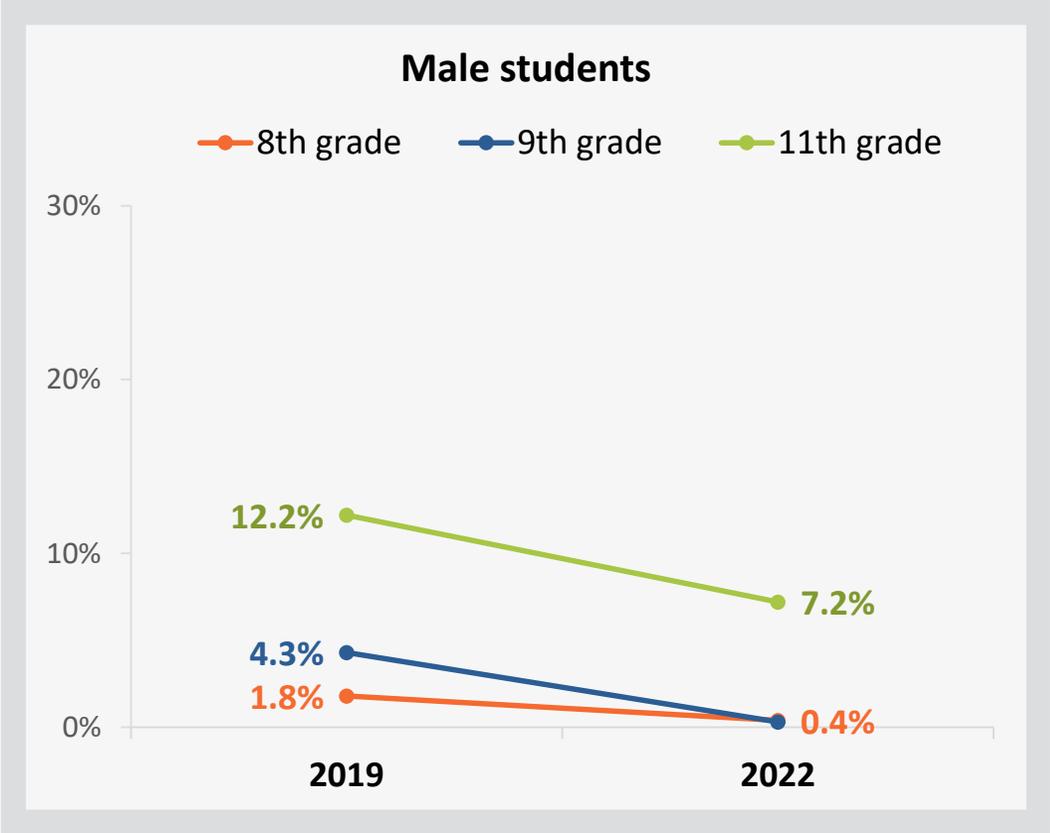
Students that drank alcohol at least once in the past 30 days



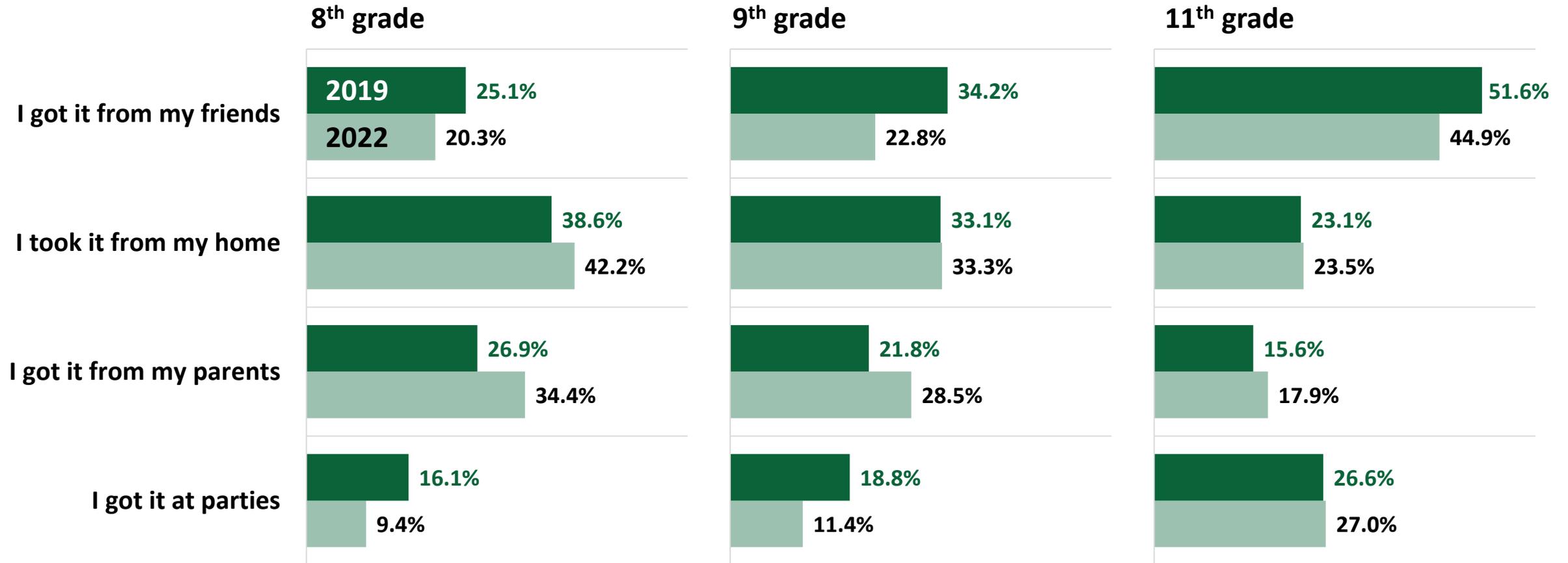
Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Binge Drinking

Definition: male students who drank 5 or more alcoholic drinks & female students who drank 4 or more alcoholic drinks, within a couple of hours, at least once in the past 30 days

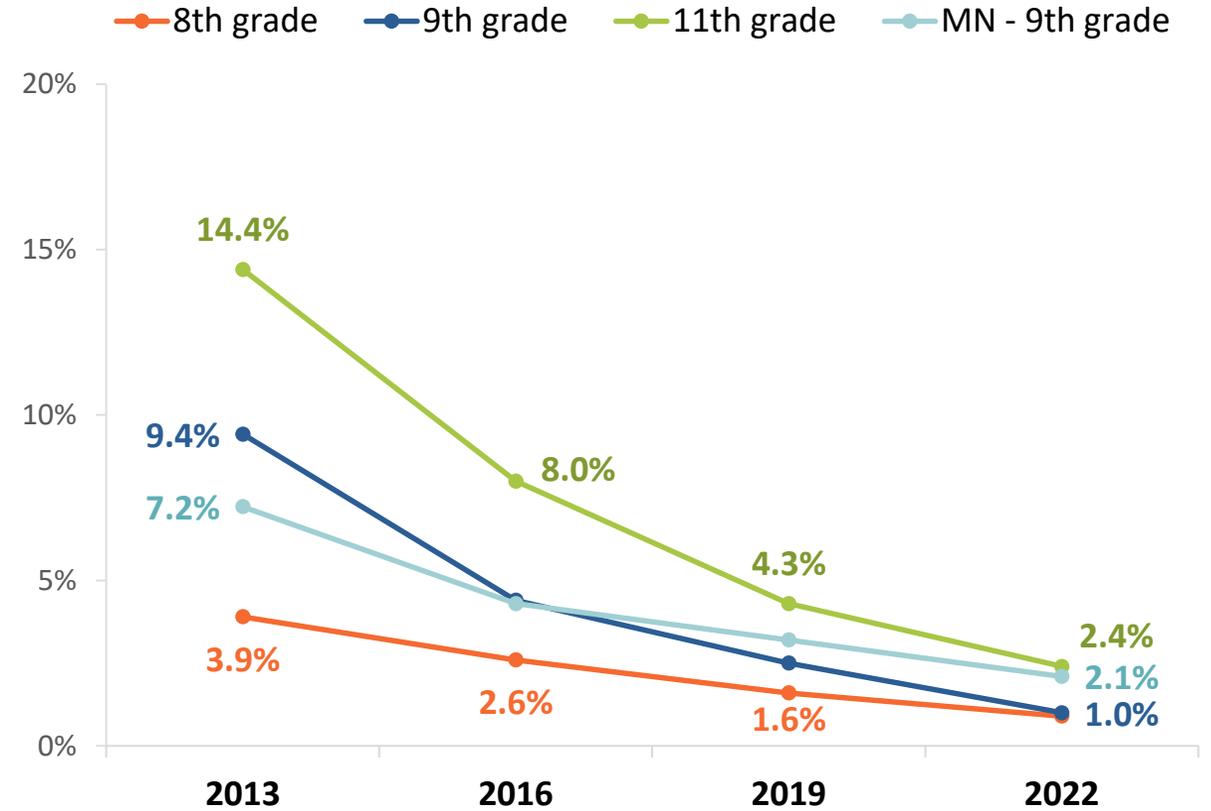
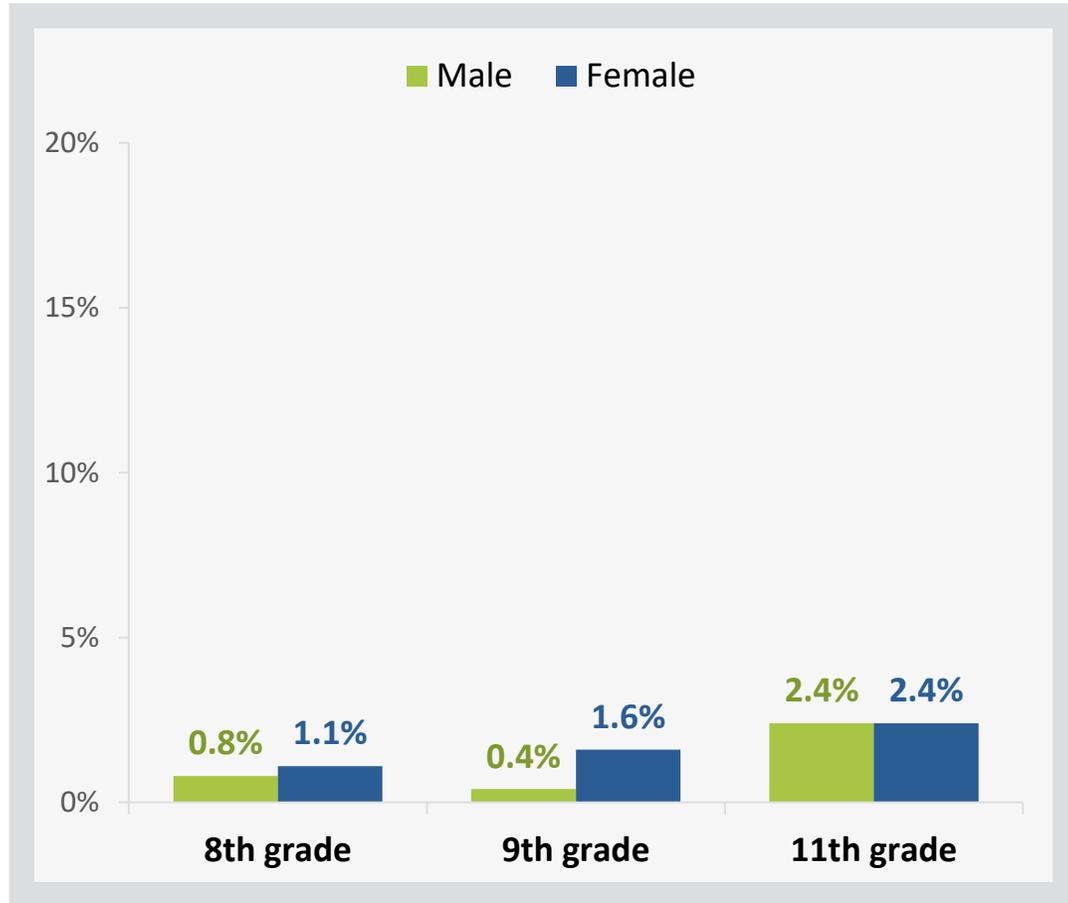


# The majority of students who drank in the past 30 days, reported getting their alcohol socially



# Cigarette Use

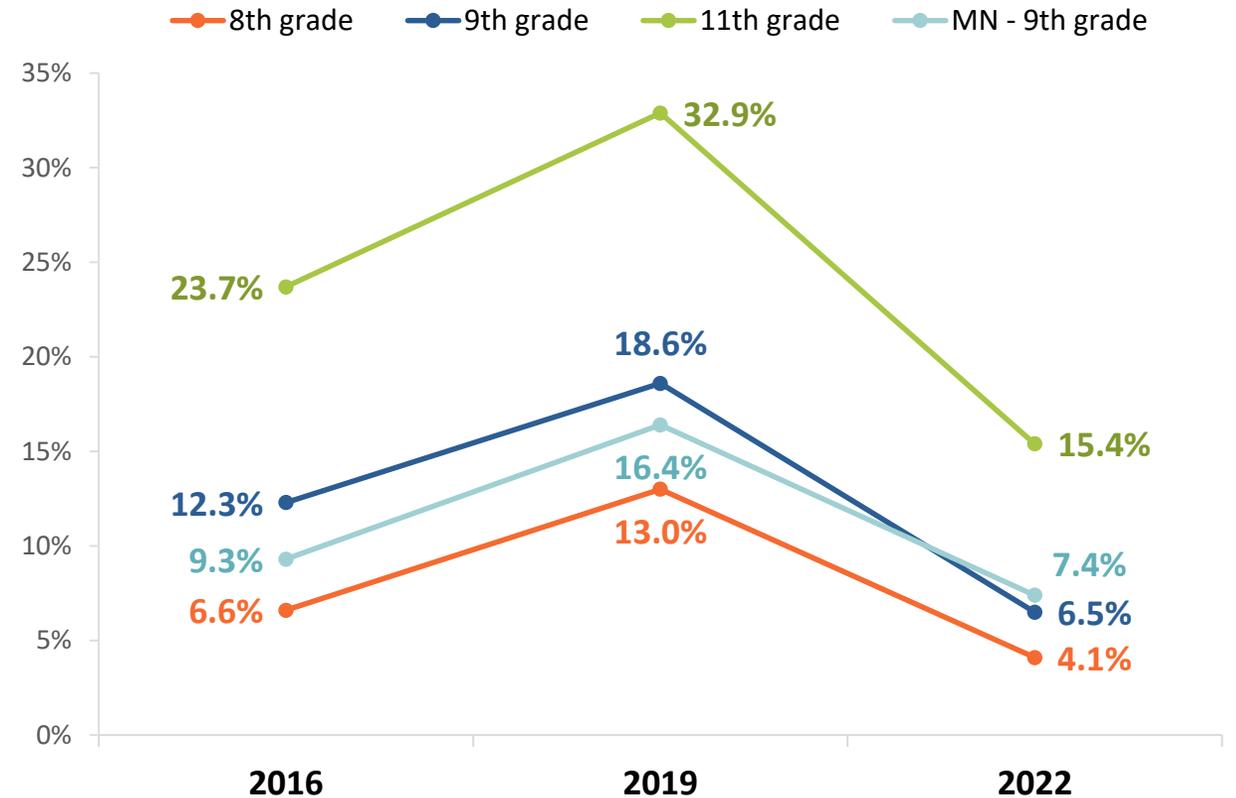
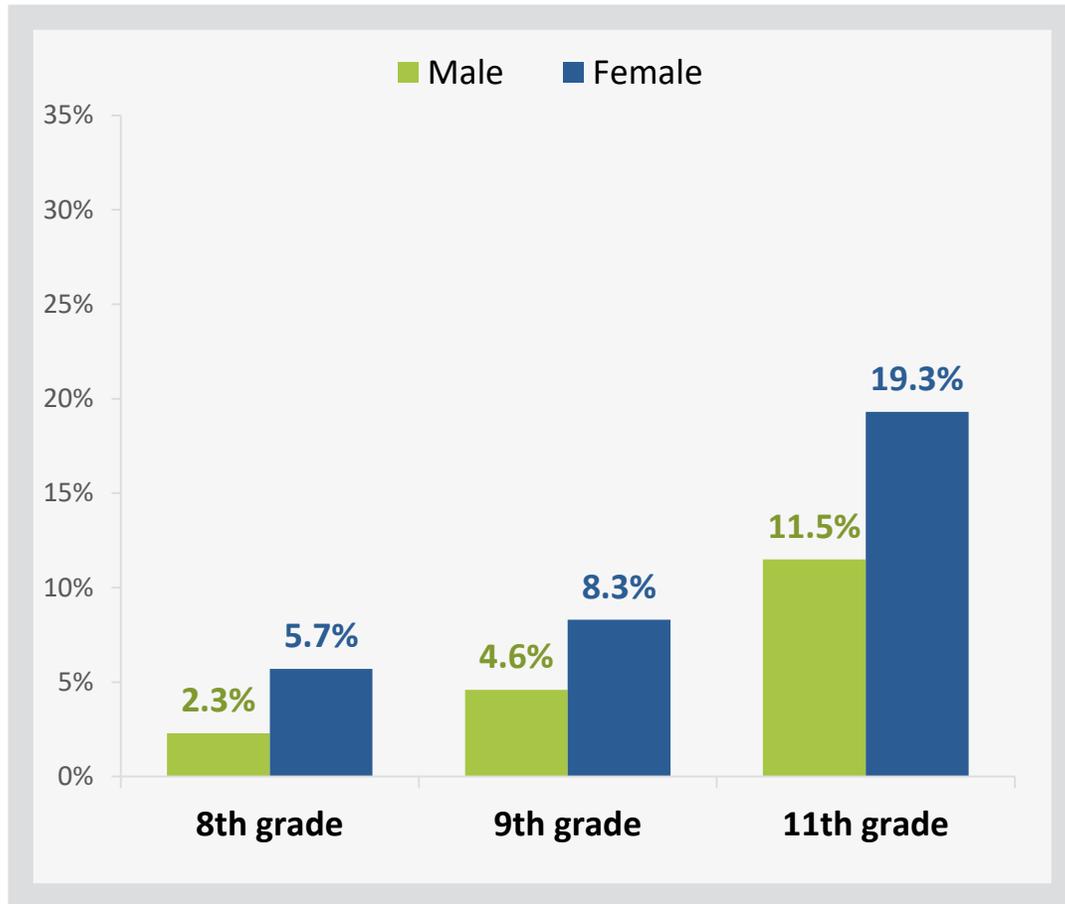
Students that smoked a cigarette at least once in the past 30 days



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Vape or E-Cigarette Use

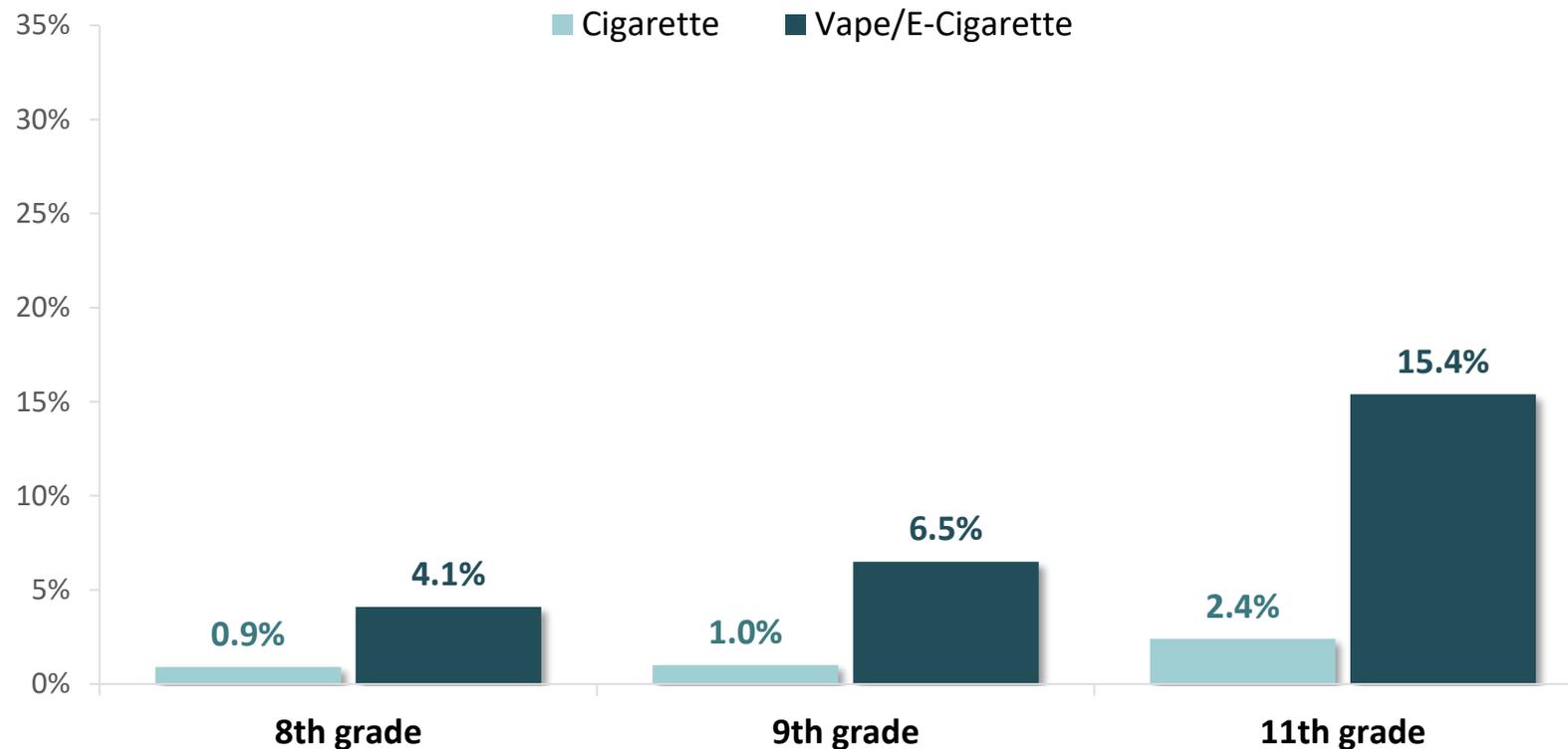
Students that vaped or used an e-cigarette at least once in the past 30 days



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

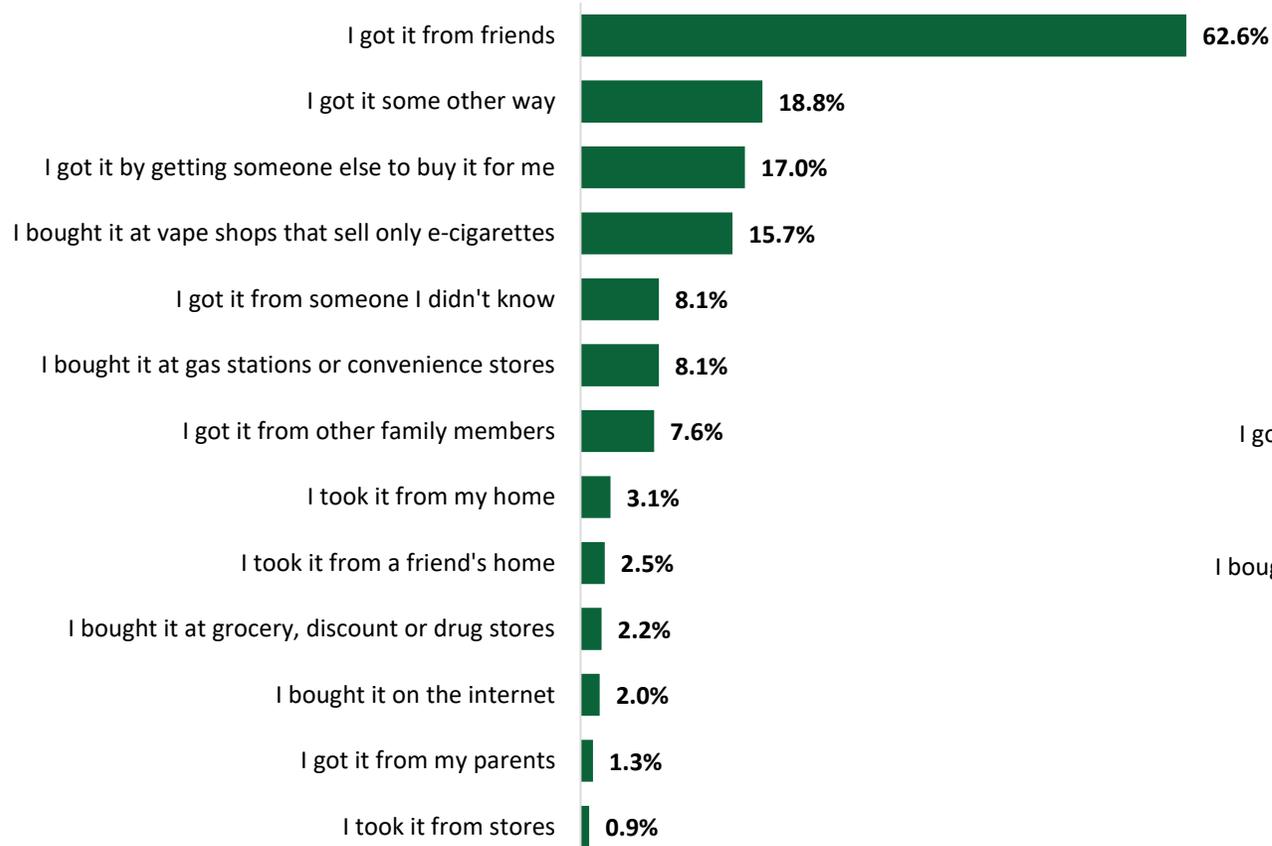
# Cigarette or Vape/E-Cigarette past 30 days

Students that used a cigarette or vaped/e-cigarette at least once in the past 30 days

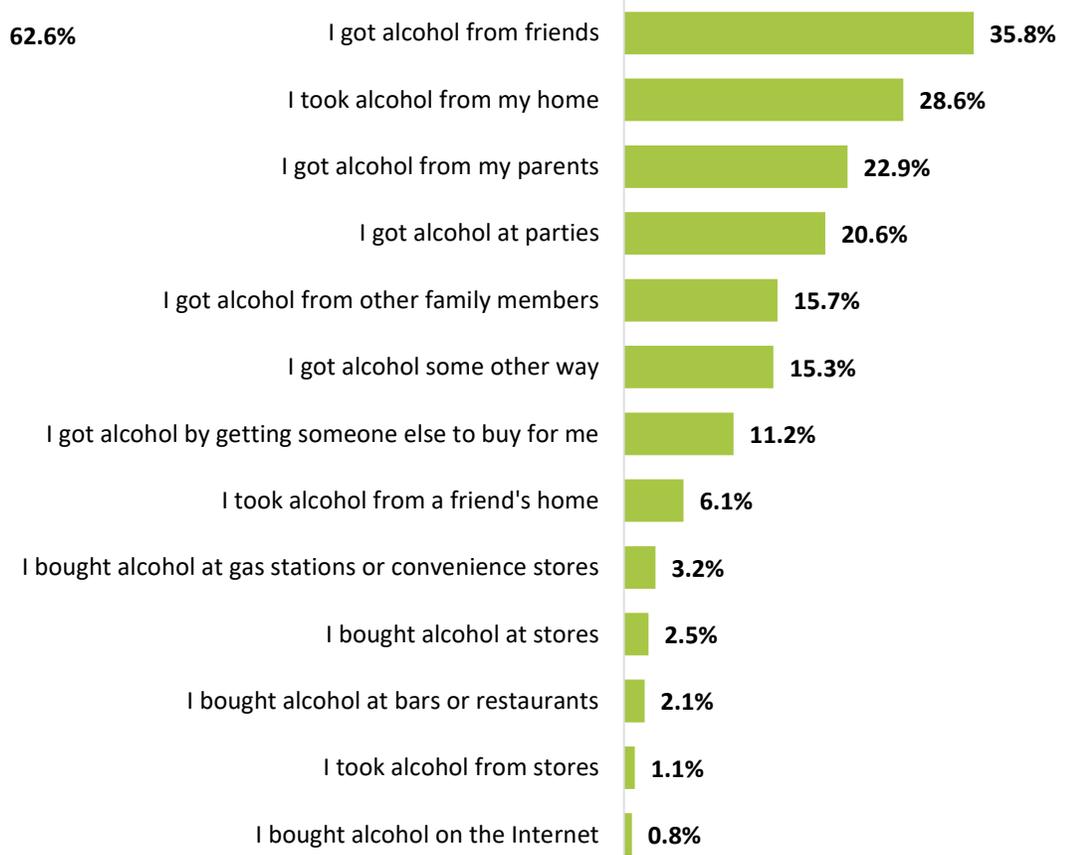


# Access to e-cigarettes and alcohol

## Access to e-cigarettes



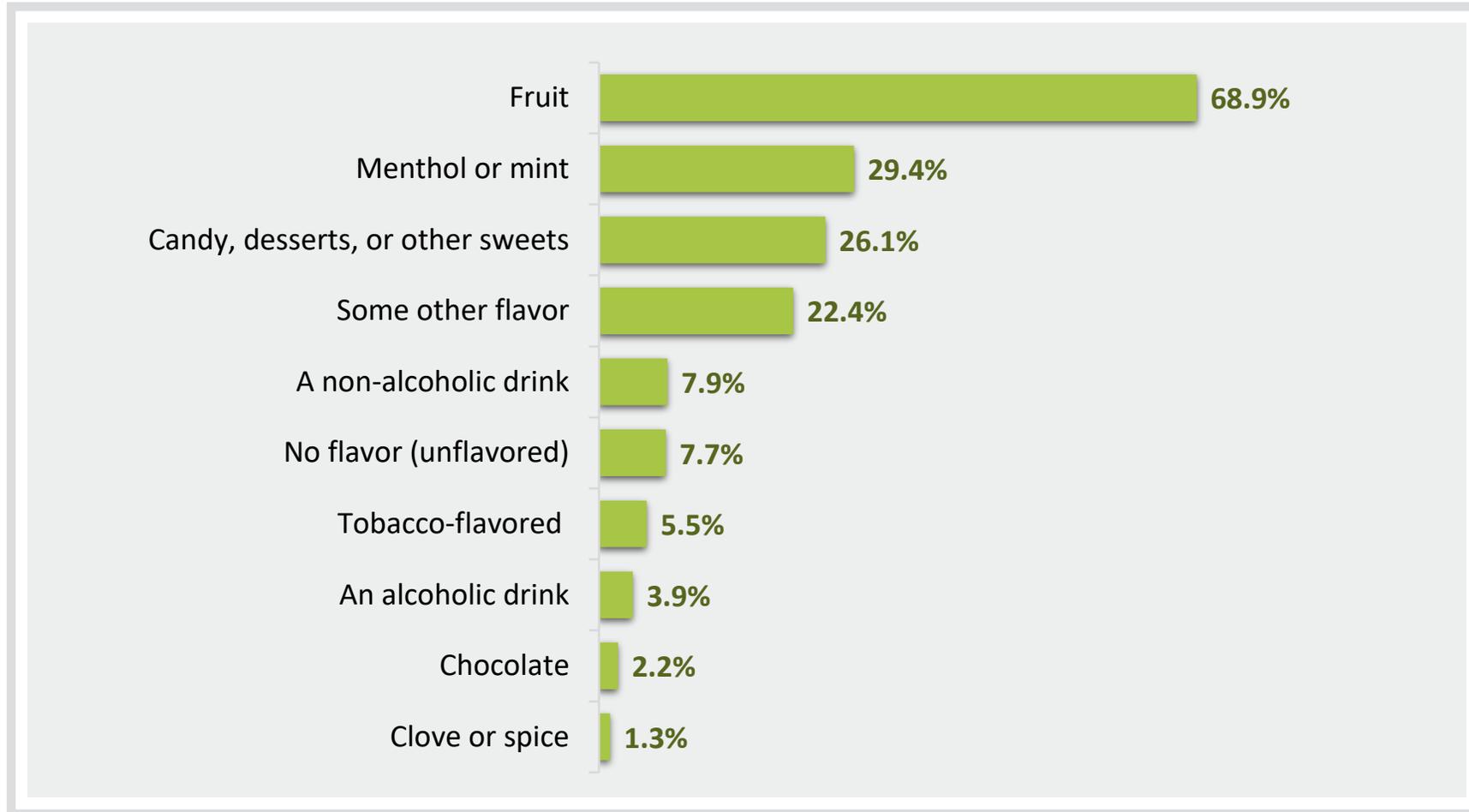
## Access to alcohol



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Flavors of E-Cigarettes used in the last 30 days

Among students that used an e-cigarette in the past 30 days



# Use of Flavored Tobacco Products by Grade

If used a tobacco product in the past 30 days, used a flavored product.



8<sup>th</sup> Grade



9<sup>th</sup> Grade

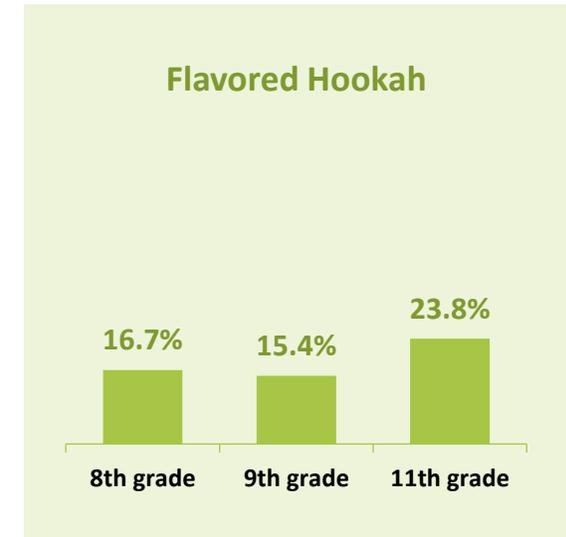
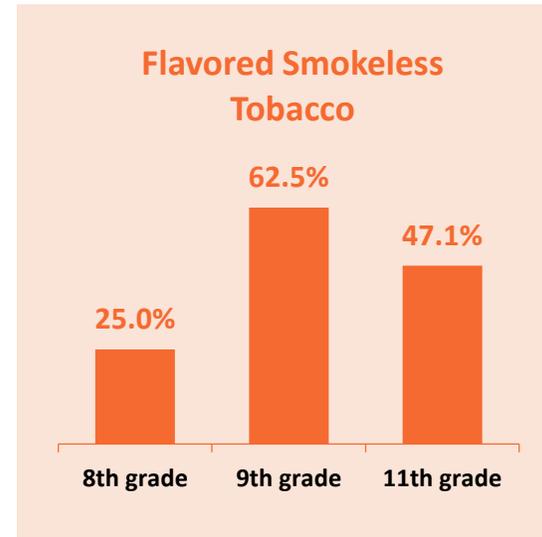
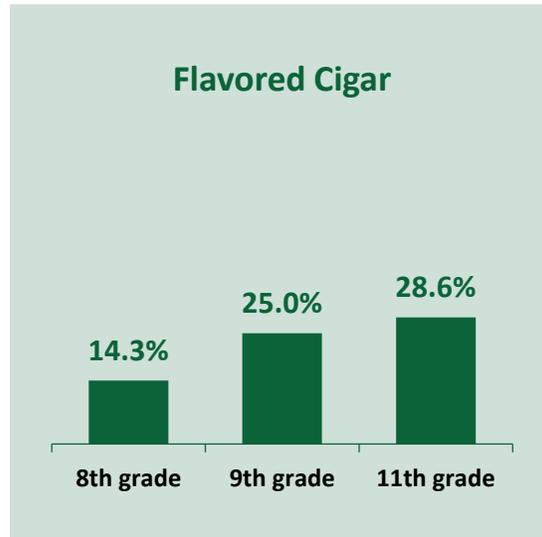
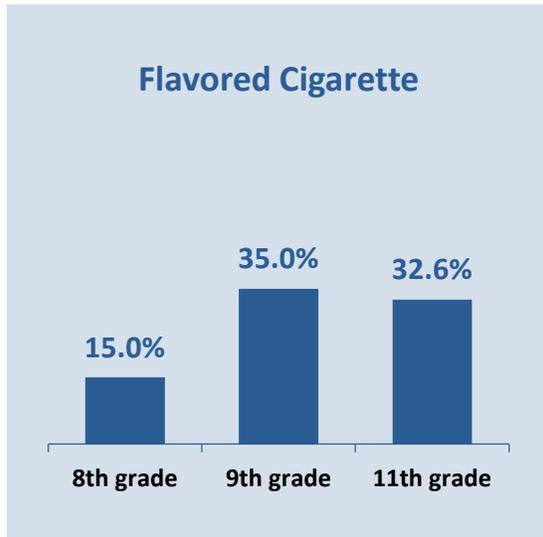


11<sup>th</sup> Grade

Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Use of Flavored Tobacco Products by Product Type

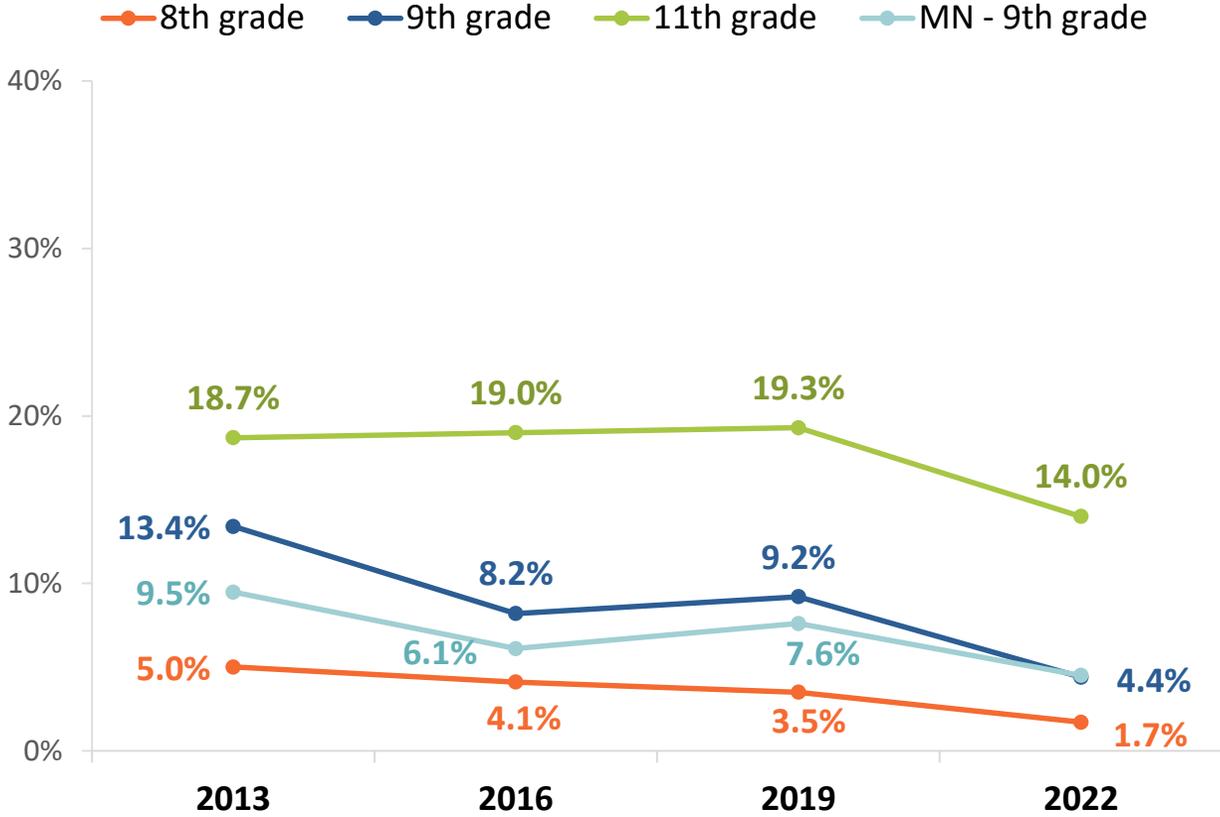
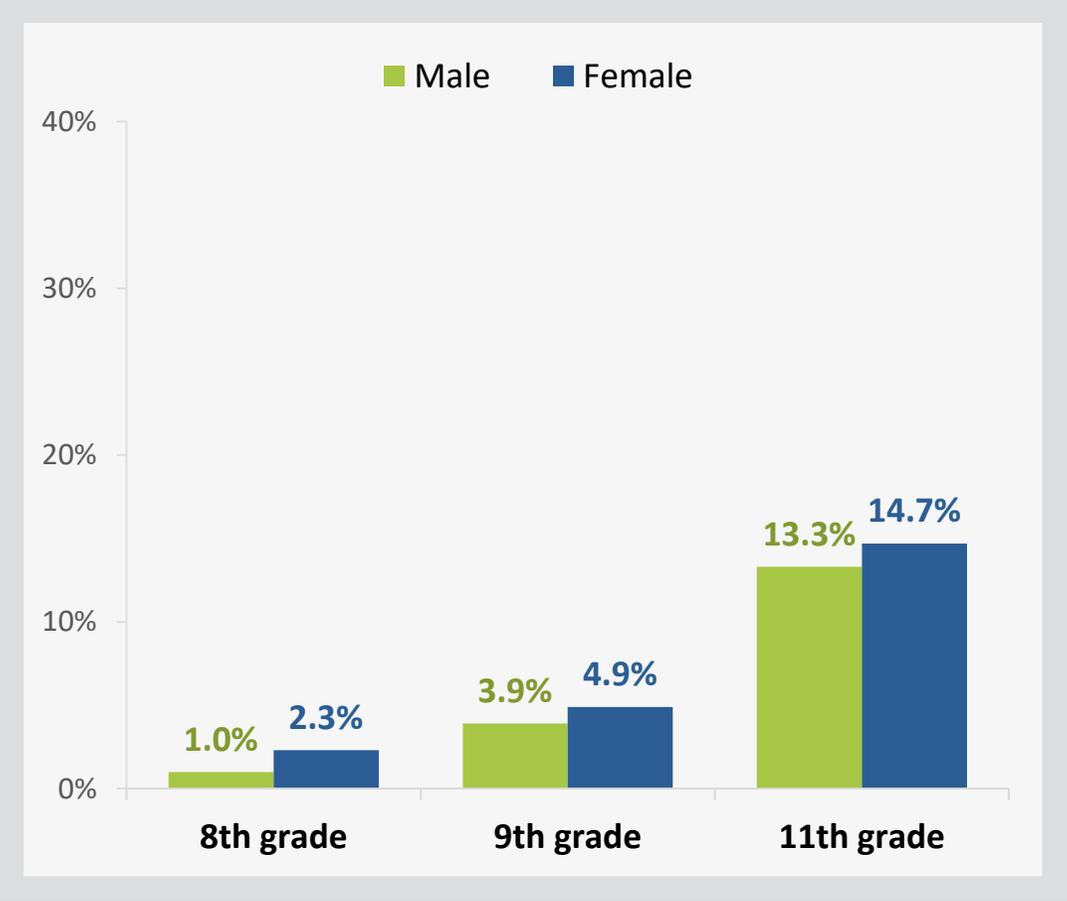
Among students that used the product in the past 30 days



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Marijuana Use

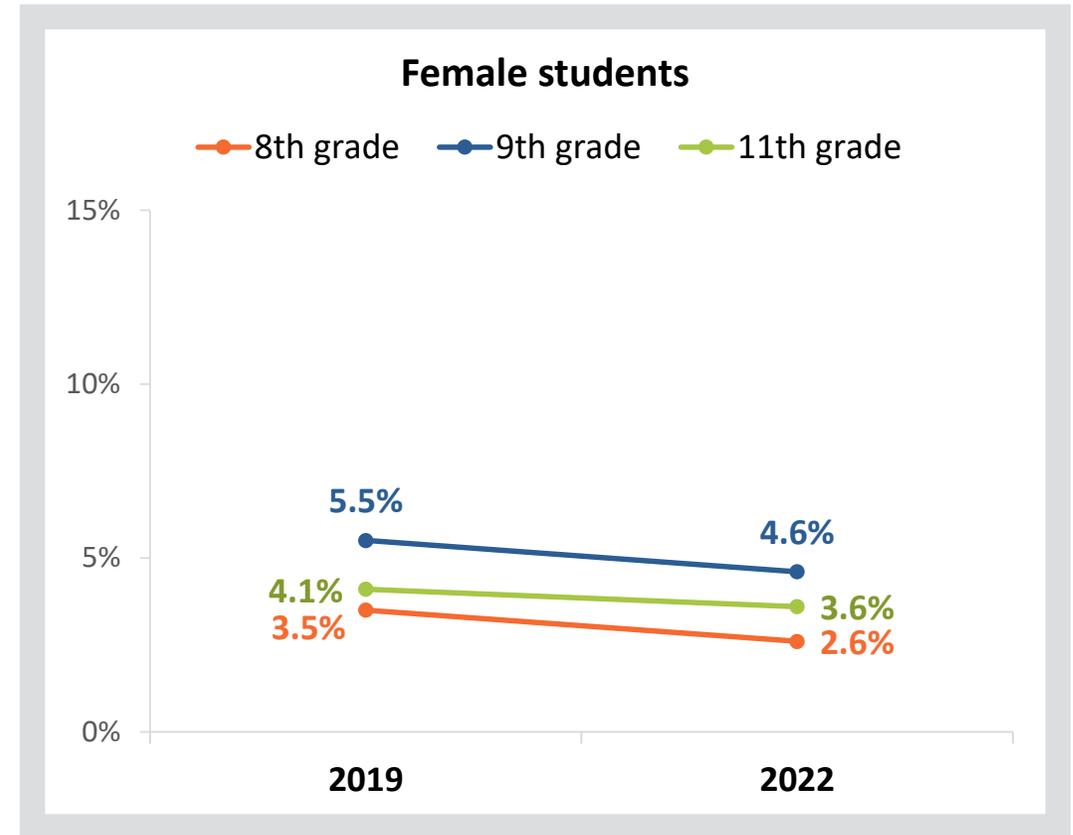
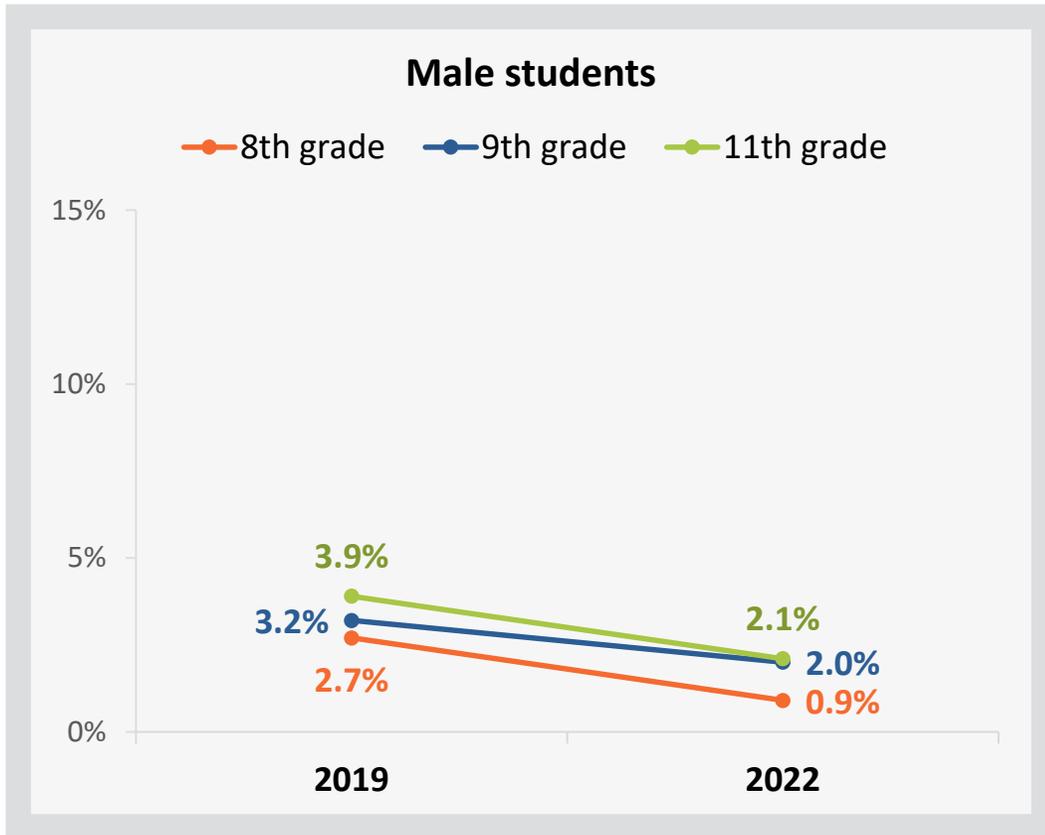
Students that used marijuana at least once in the past 30 days



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Prescription meds, non-prescribed use

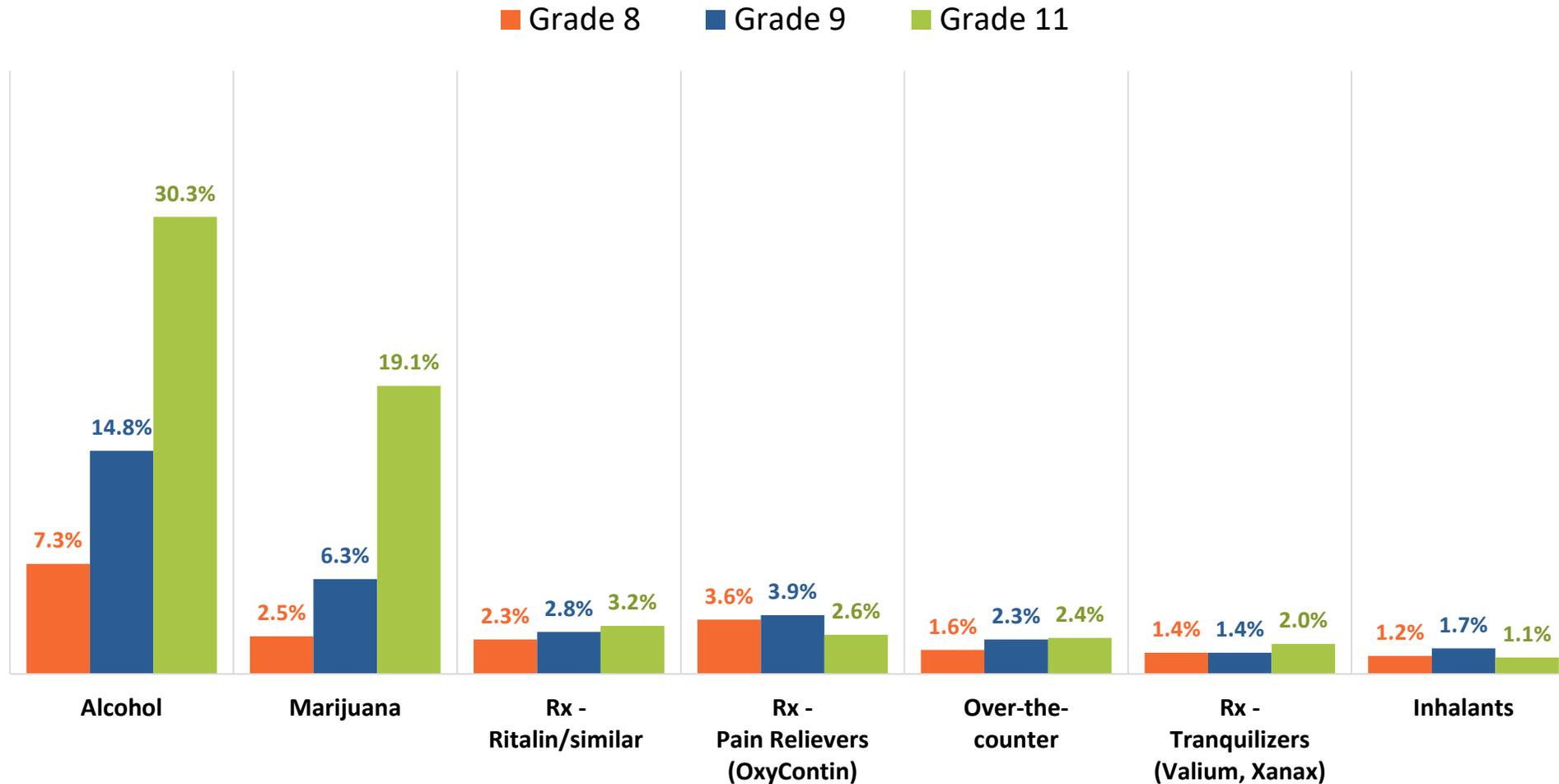
Students that used prescription drugs without a doctor's prescription or differently than instructed, at least once in the past 30 days



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Substance Use – Past 12 months

Students any of these substances, least once in the past 12 months



The following had less than 1% for at least 2 of the 3 grades:

- Psychedelics
- Rx – Stimulants
- MDMA/GHB/Ketamine
- Crack/Coke/Cocaine
- Synthetic drugs
- Methamphetamine
- Heroin



# Parental Disapproval & Perceived Risk of Harm

# The Power of Social Norms on Behavior

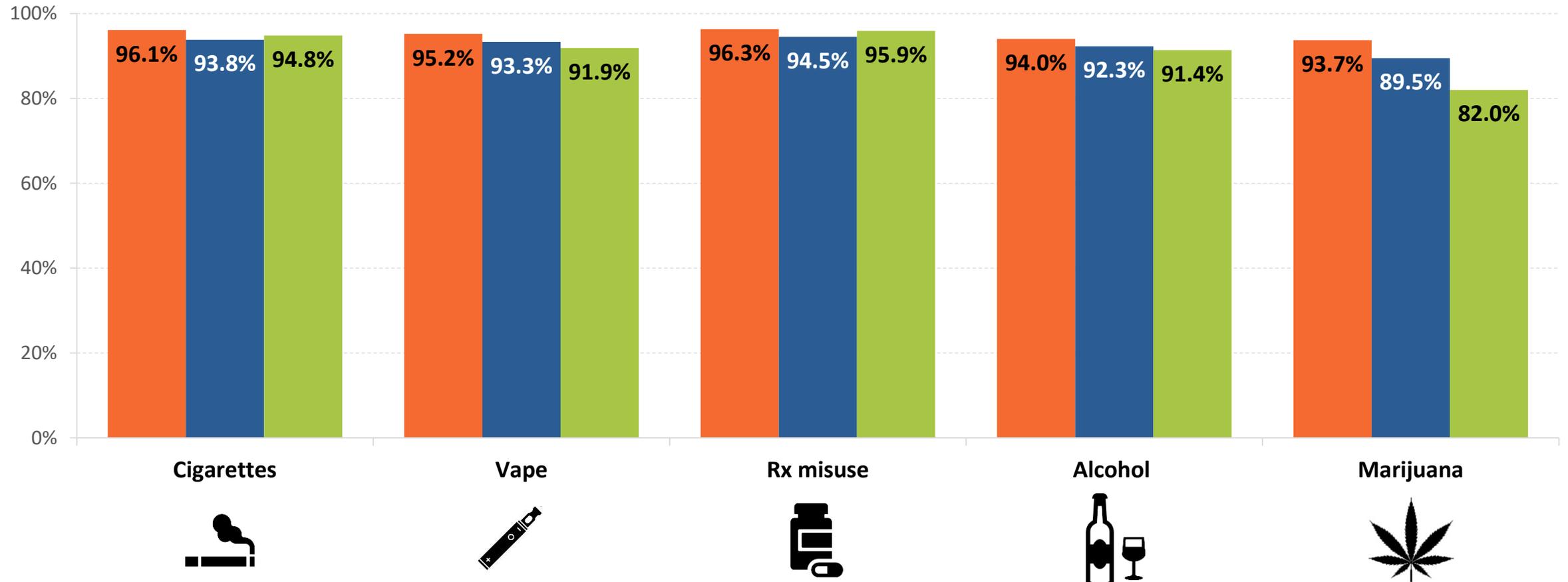
- **The peer norm** is one of the **strongest predictors of personal behavior**.
- Youth aged 12-18 overwhelmingly **overestimate** the number of their peers who use substances.
- They believe that use is more common than it is and, as a result, are more likely to make choices that align with that misperception (e.g., acceptance or use of substances).

**MOST YOUTH MAKE HEALTHY CHOICES AND  
DO NOT USE SUBSTANCES**

# Perceived Disapproval - Parents

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

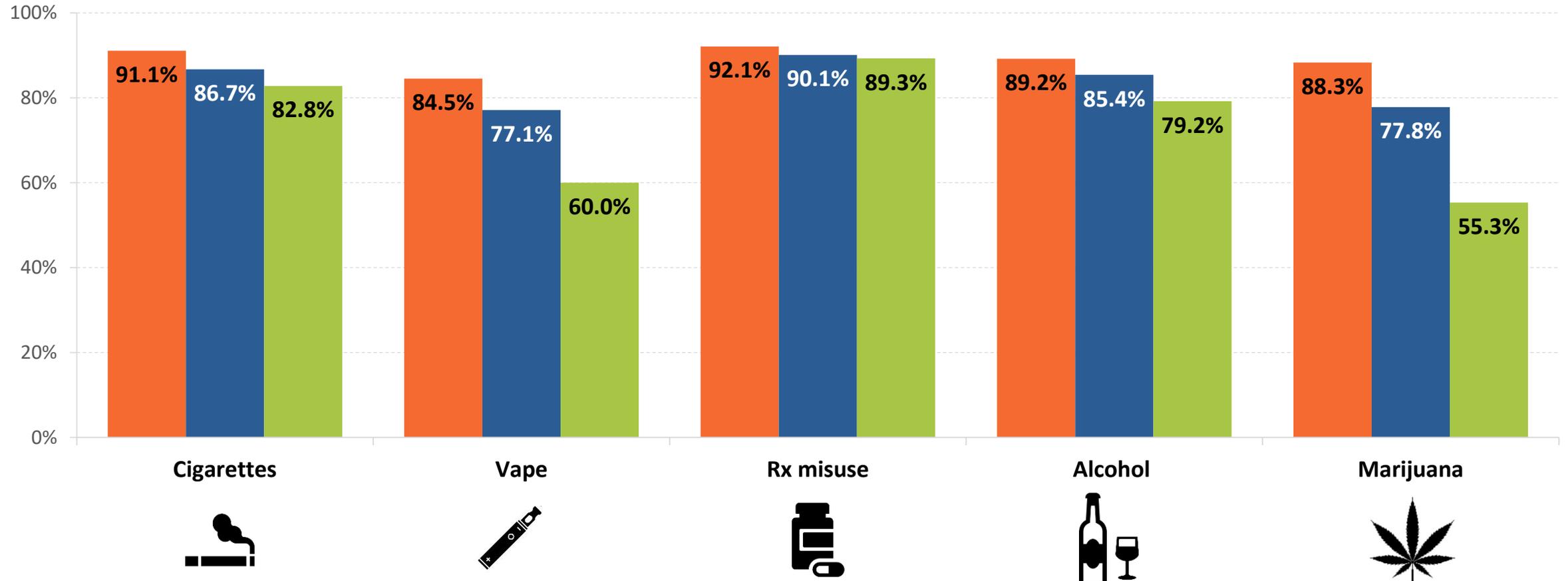
8th grade 9th grade 11th grade



# Perceived Disapproval - Friends

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

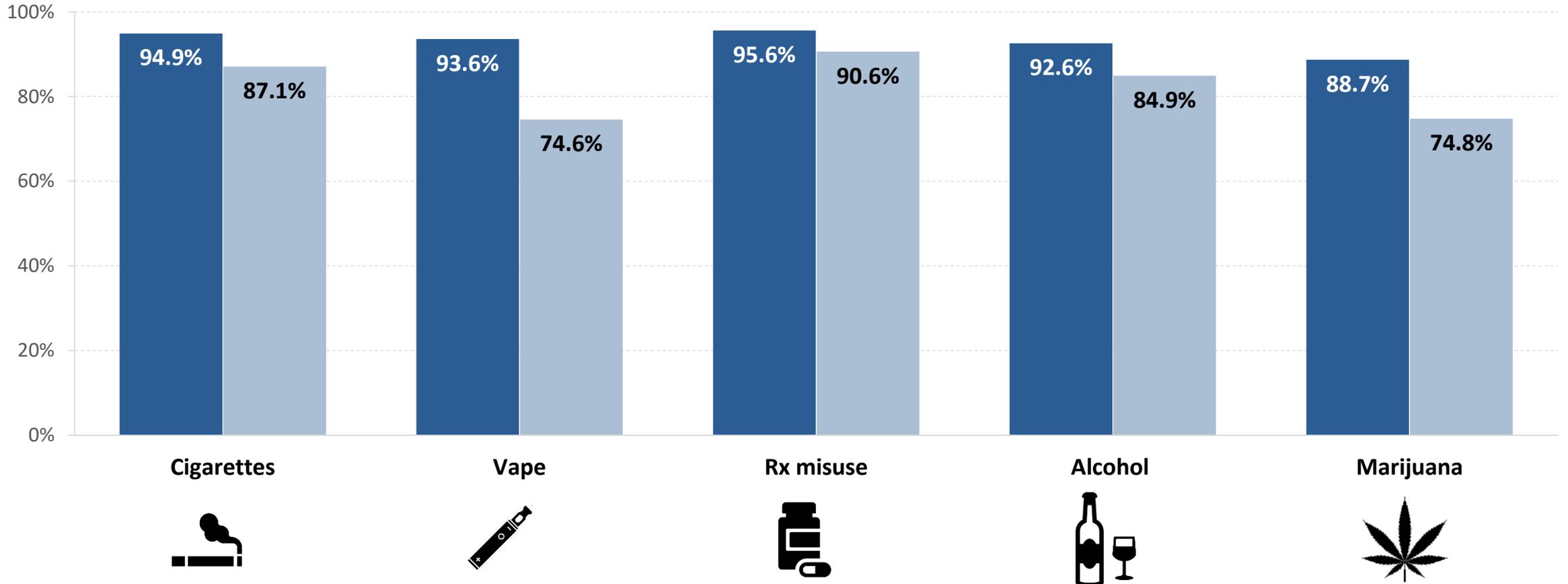
8th grade 9th grade 11th grade



# Perceived Disapproval - All Grades

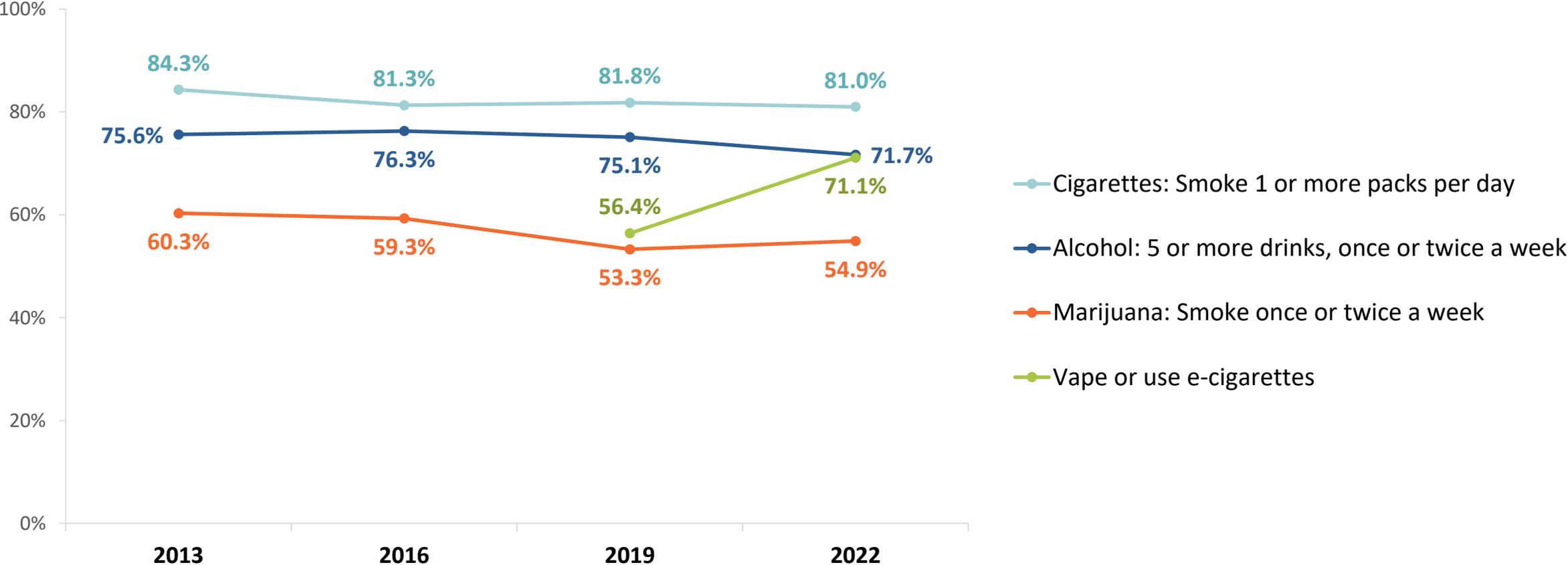
How wrong or very wrong do your PARENTS vs FRIENDS feel it would be for you to use . . .

■ Parents ■ Friends



# Perceived Risk of Harm – 9<sup>th</sup> Grade

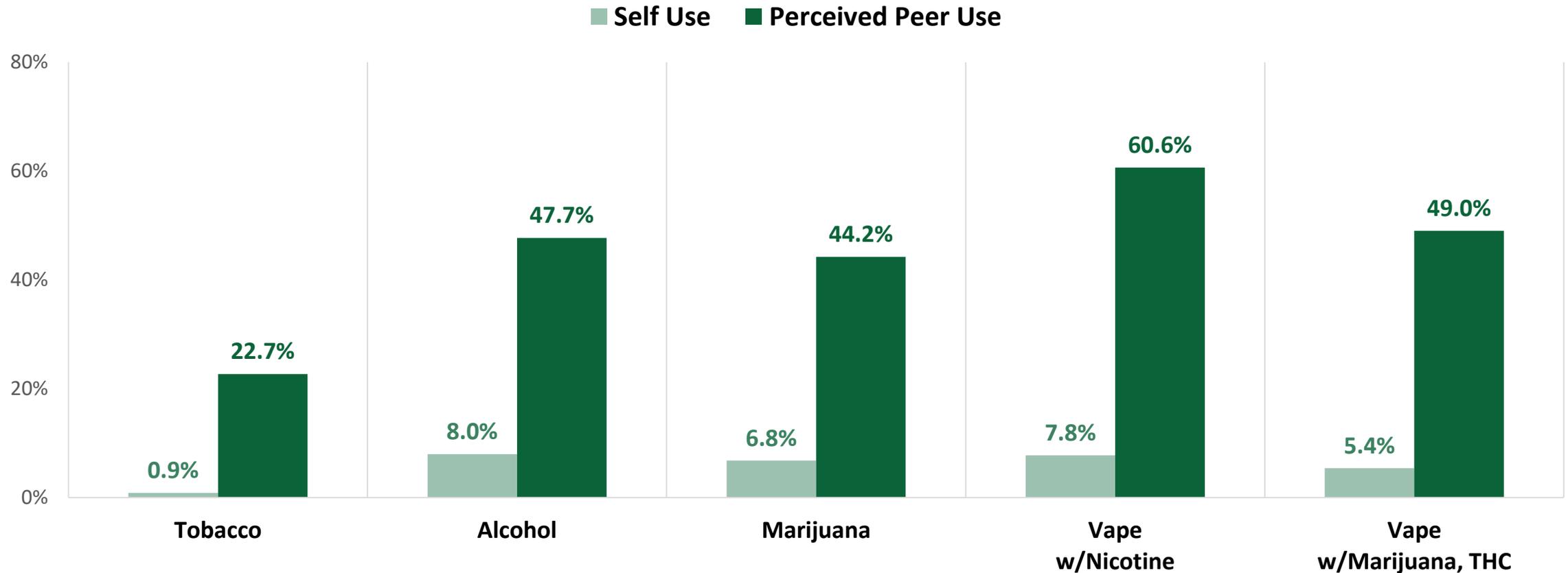
9th grade students who think people are at a **moderate or great risk** for harming themselves by using . . .



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Self Use vs Perceived Peer Use

9th & 11th Graders that use monthly or more often compared to what they THINK most students are using once a month or more often





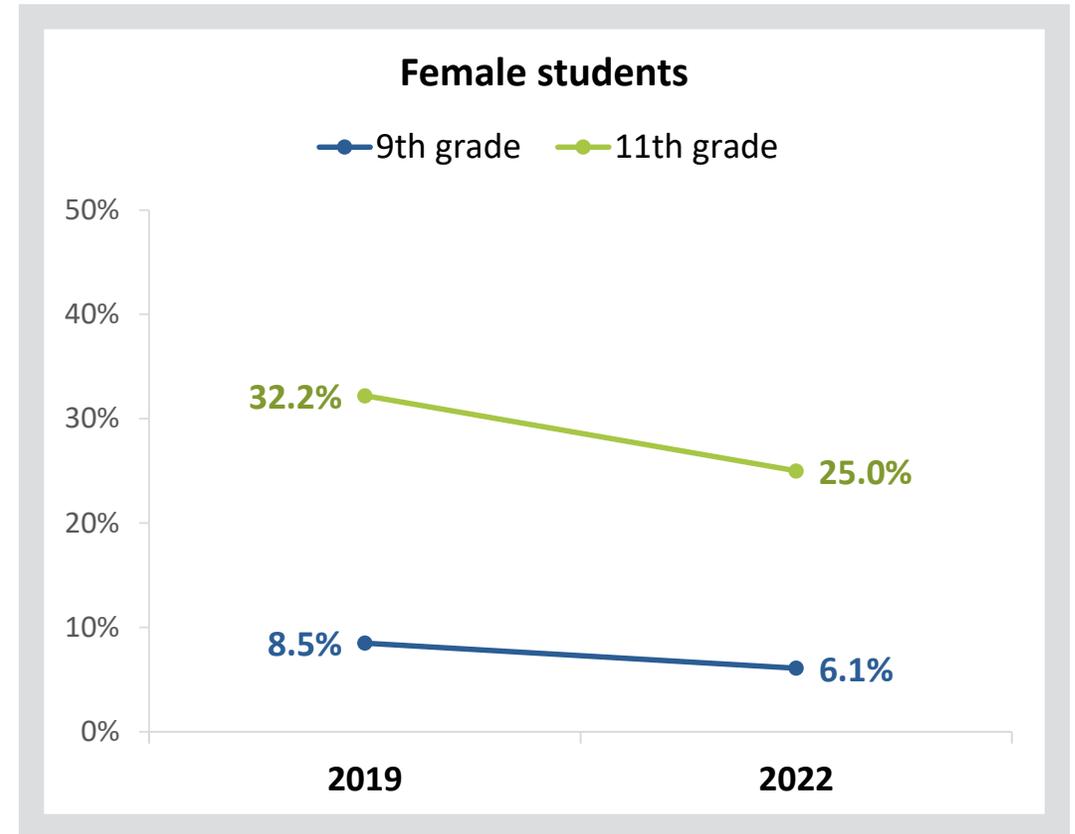
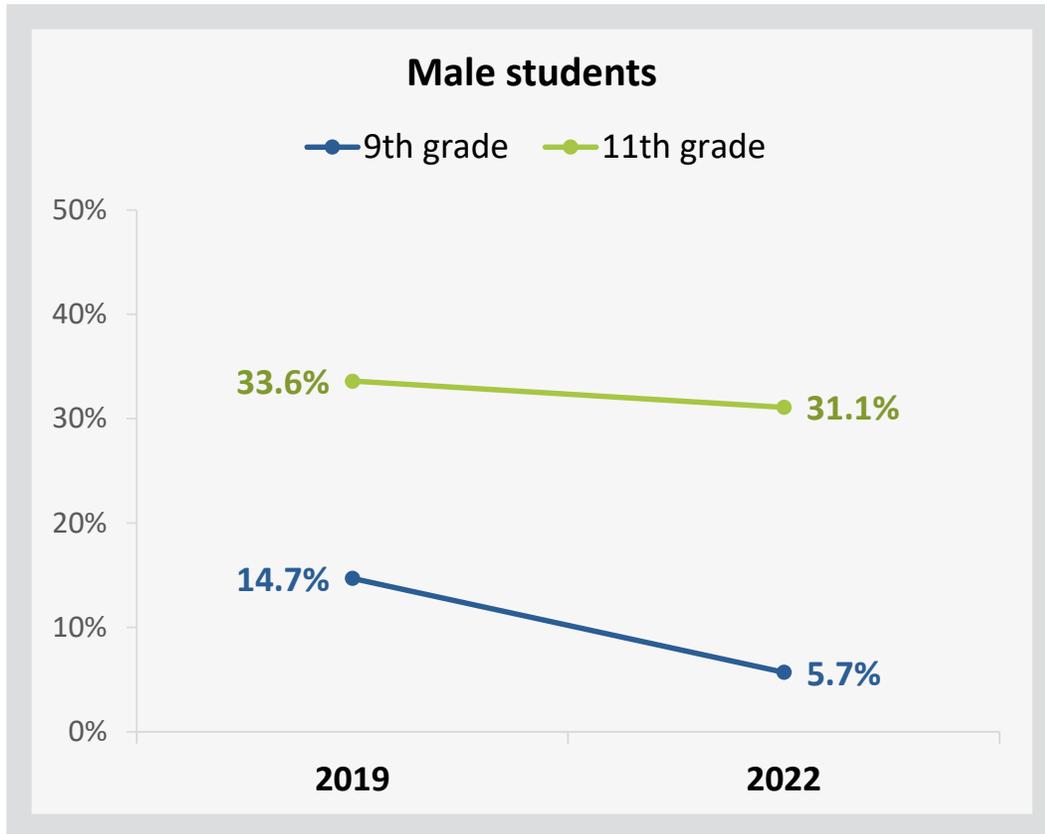
# Sexual Health

Fewer student reported having sex

Washington  
County

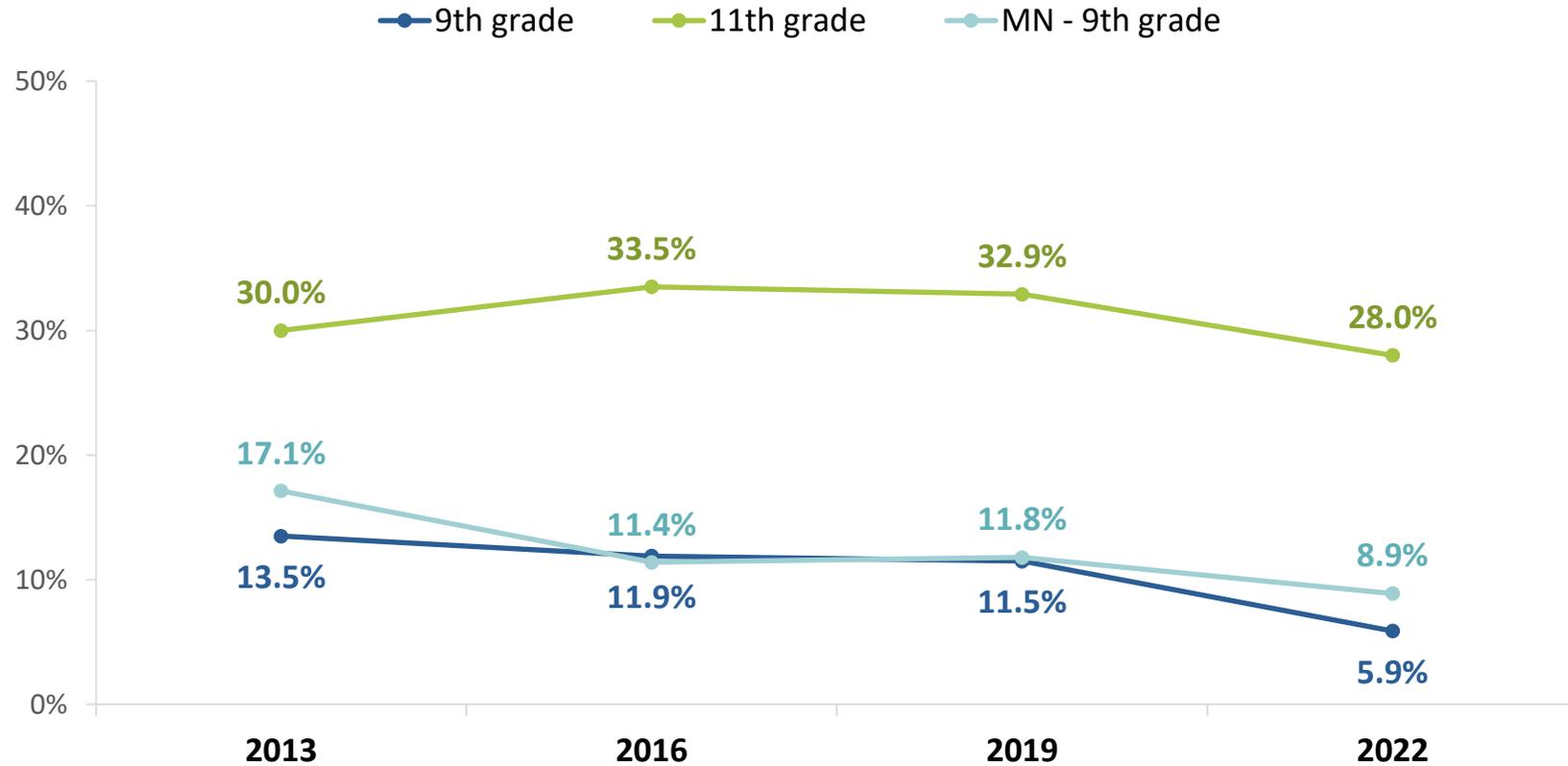
# Sexual Intercourse

## Students that have ever had sex



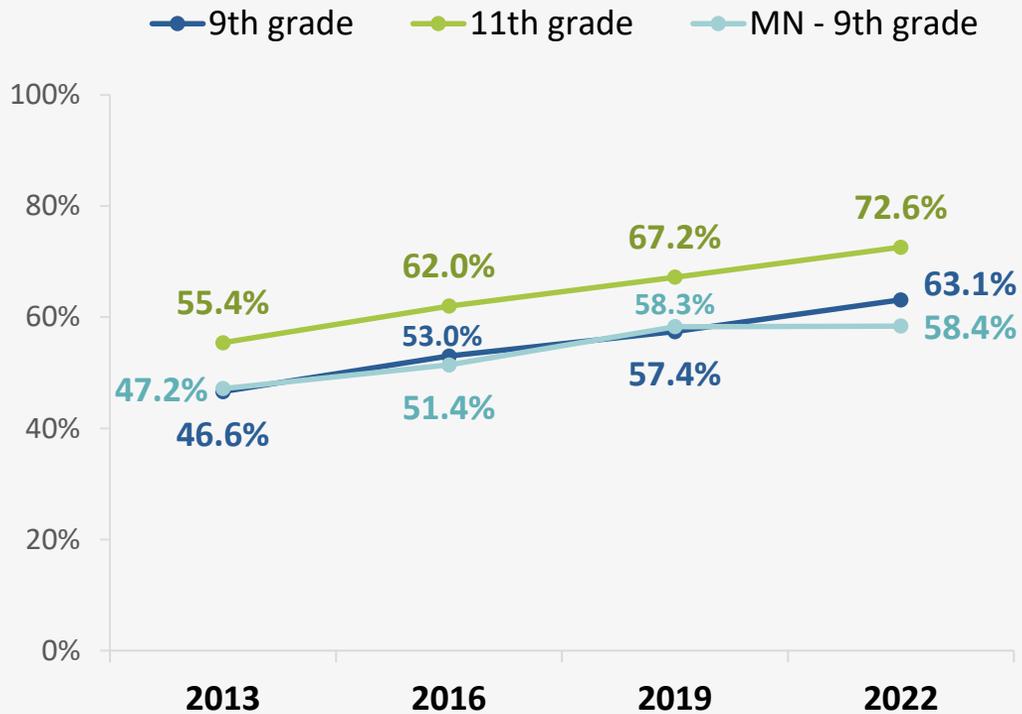
# Sexual Intercourse - Trended

## Students that have ever had sex



## Sexually Transmitted Infections\*

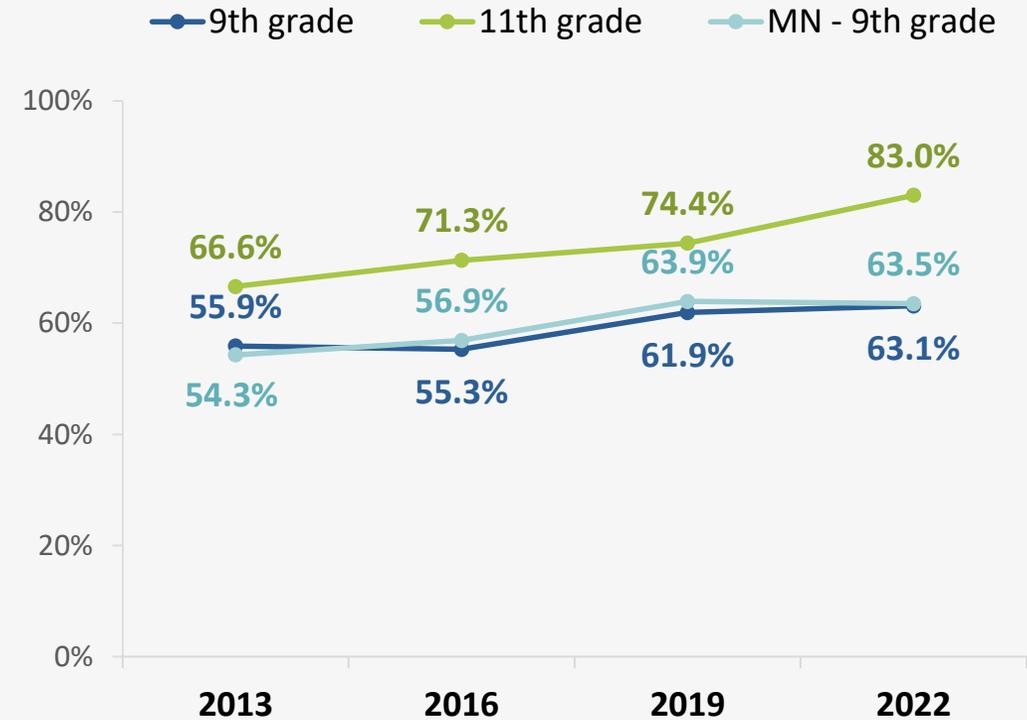
Students who have talked with every partner about protecting themselves from STIs/HIV/AIDS



\*Amongst students who have ever had sex

## Pregnancy\*

Students who have talked with every partner about preventing pregnancy



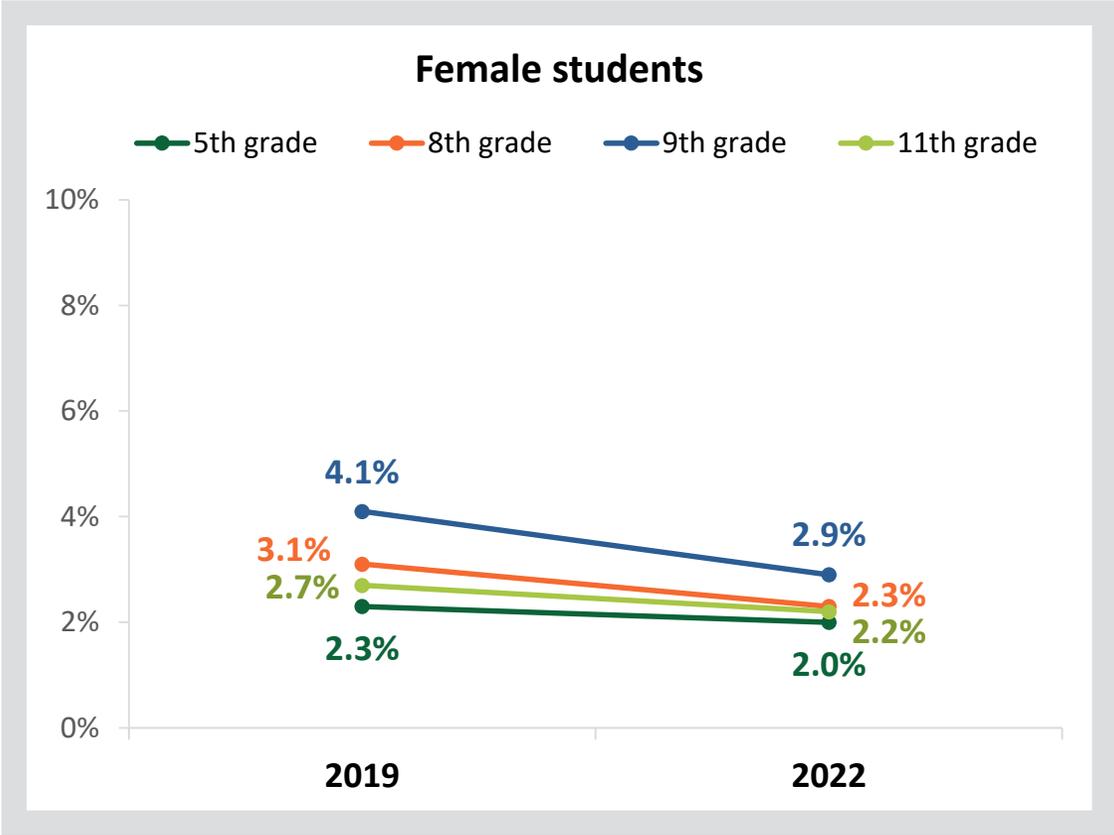
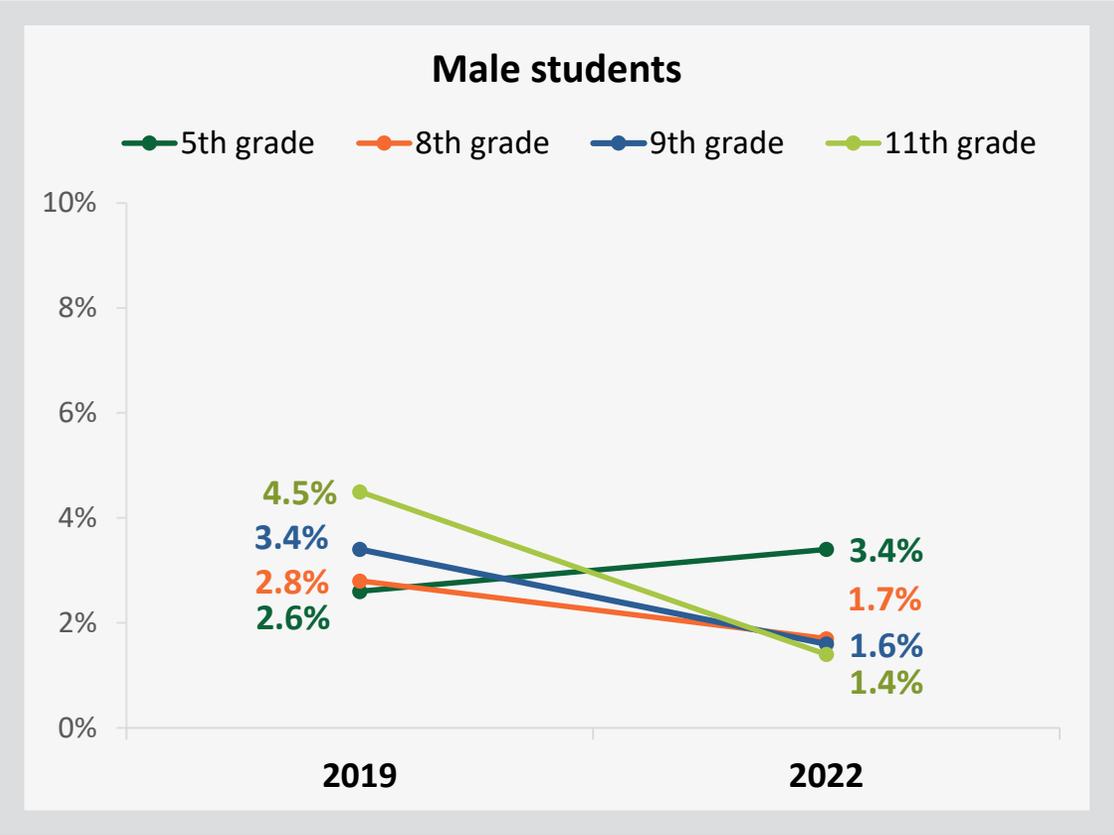


# Food and Housing

# Food insecurity



Students had to skip meals because their family did not have enough money to buy food, during the past 30 days



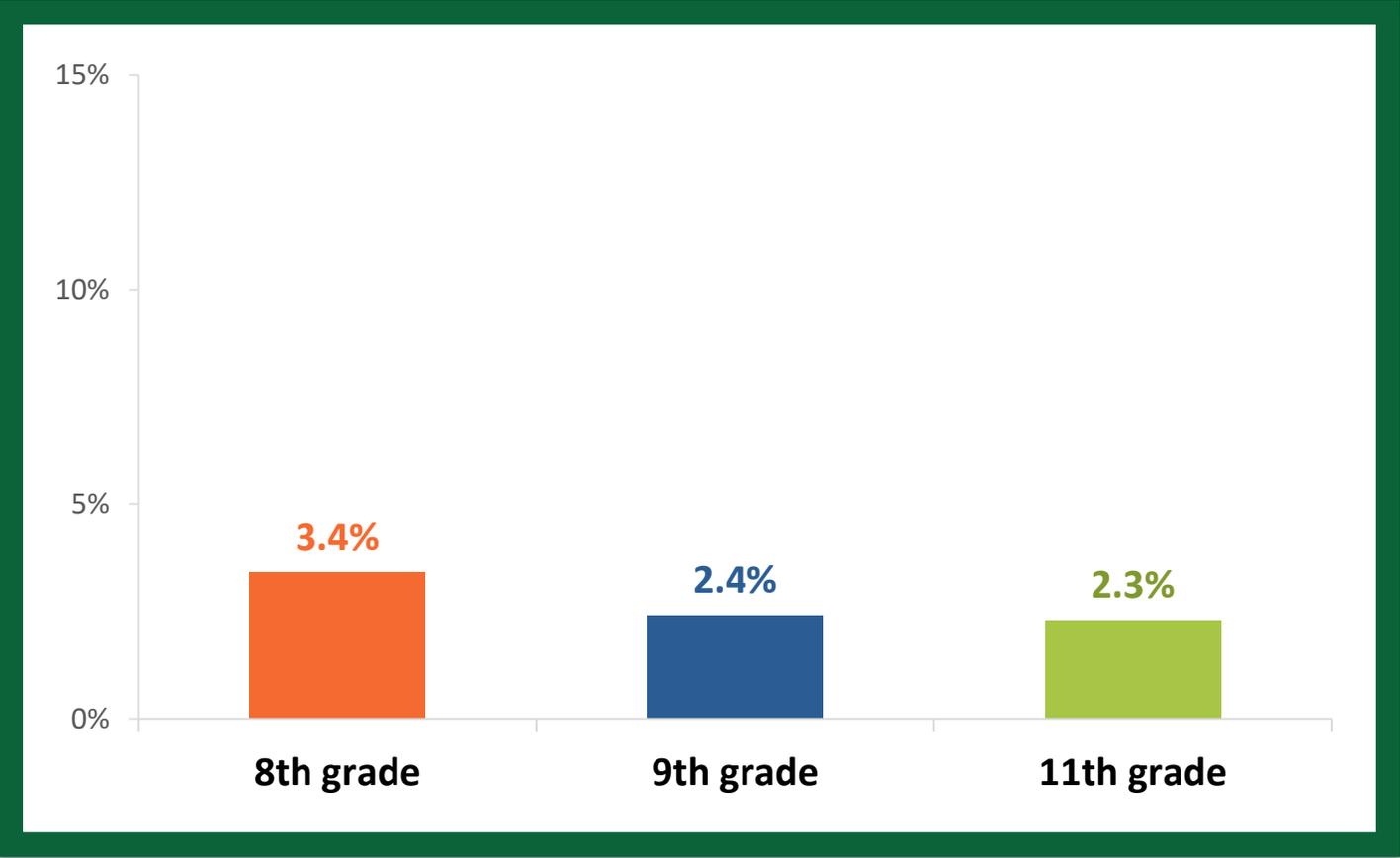
Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Unhoused

Students who have 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, during the past 12 months

Percentages reflect those that selected:

- Yes, I was with my parents or adult family member
- Yes, I was on my own without any adult family member



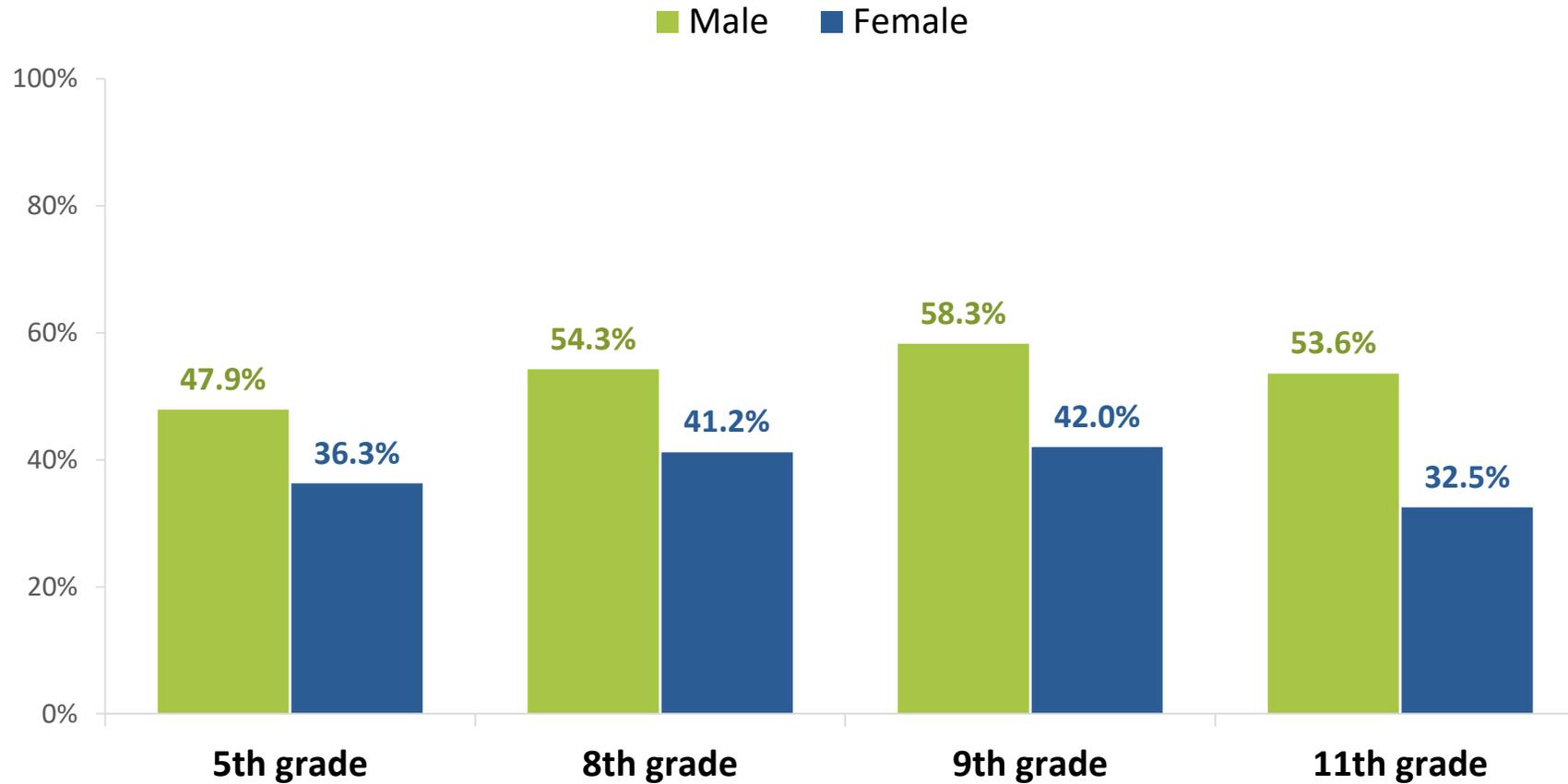


# Physical Activity Nutrition

# Physical activity



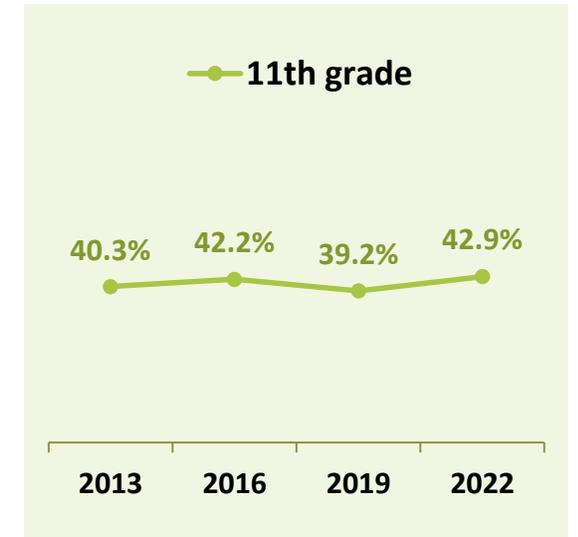
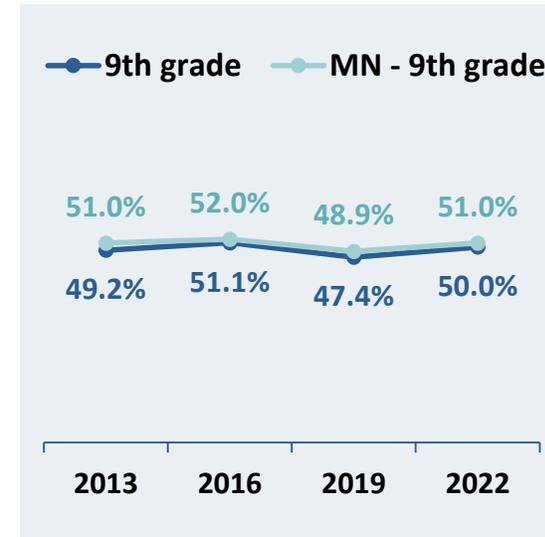
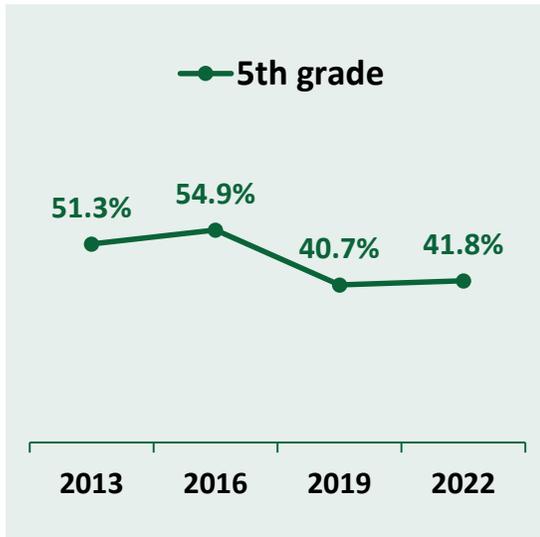
Students who were physically active at least 60 minutes for 5 or more days, during the past 7 days



# Physical activity - Trended



Students who were physically active at least 60 minutes for 5 or more days, during the past 7 days

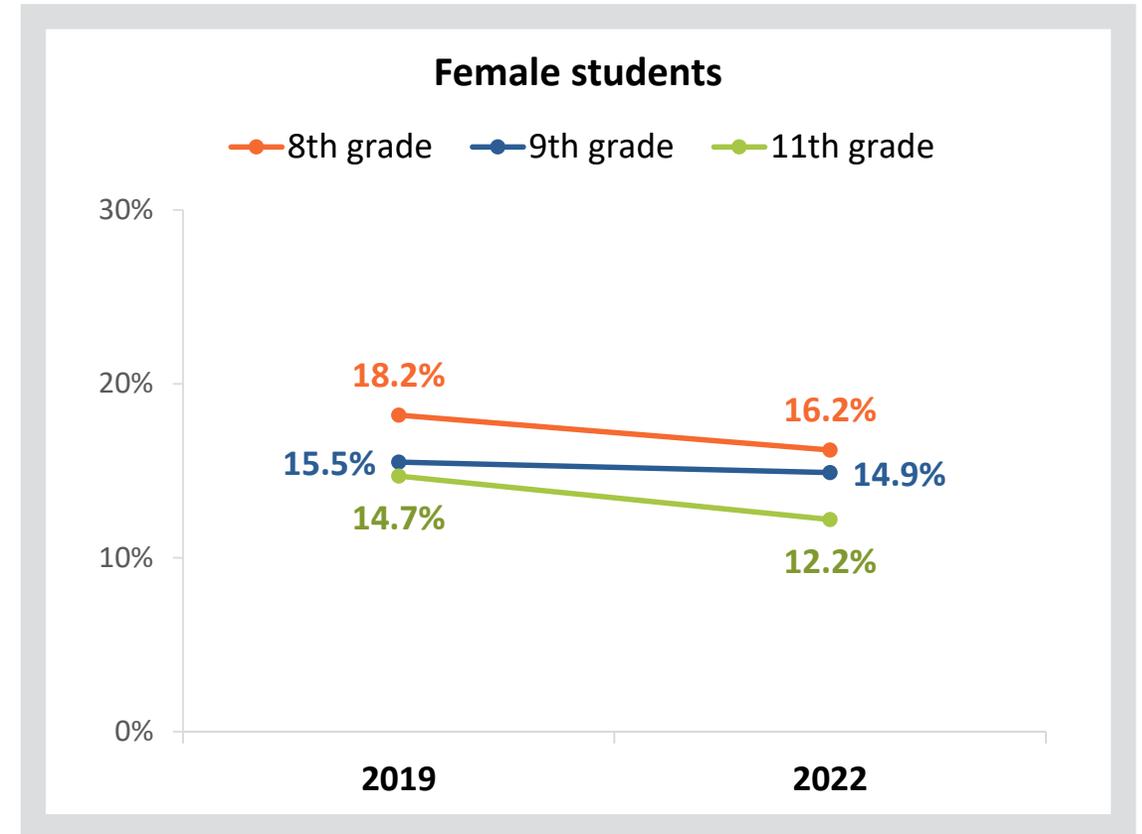
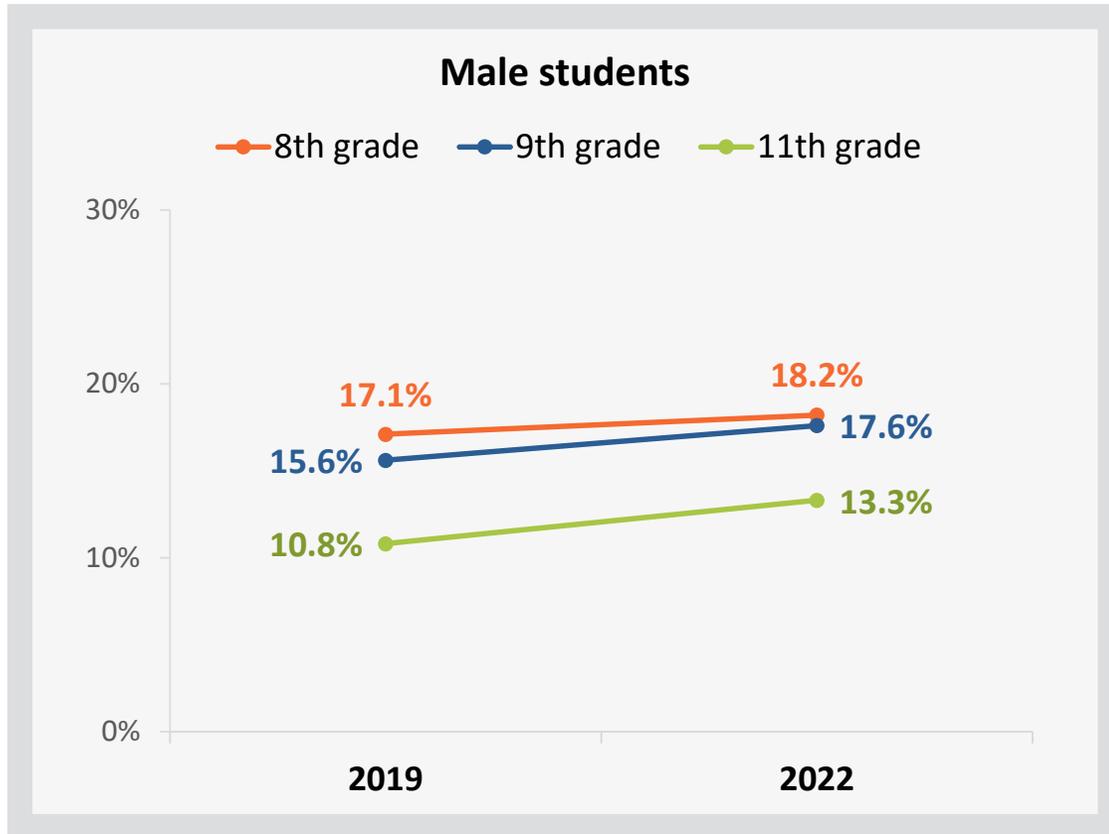


Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Daily nutrition



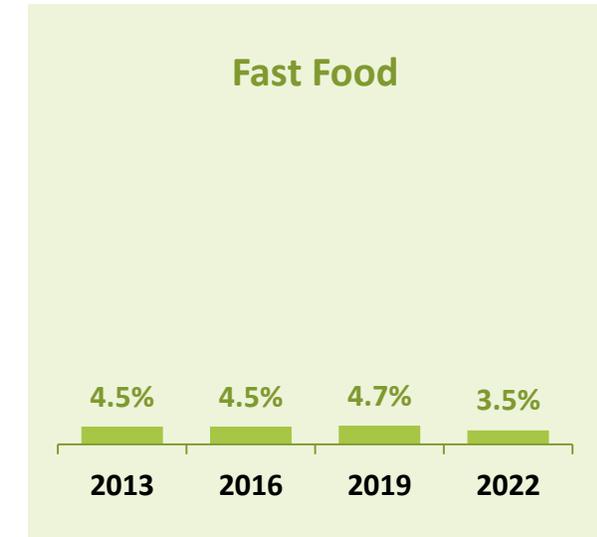
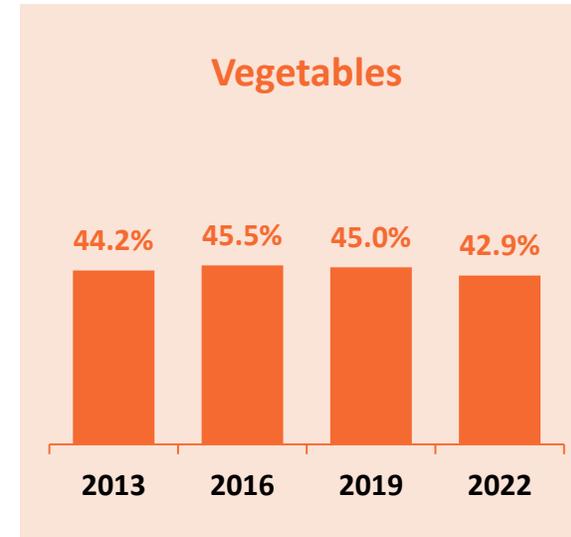
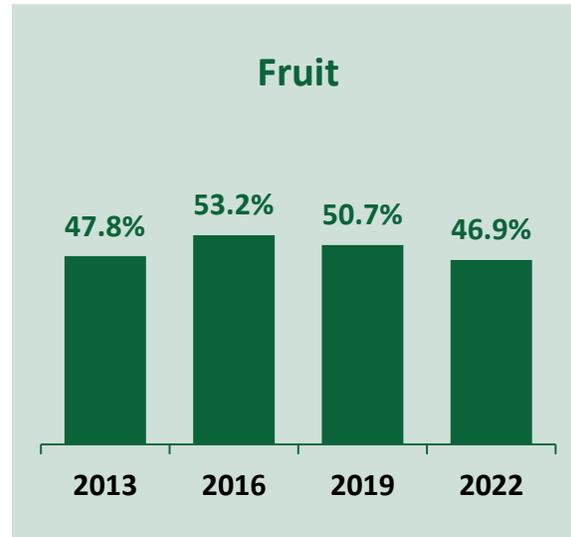
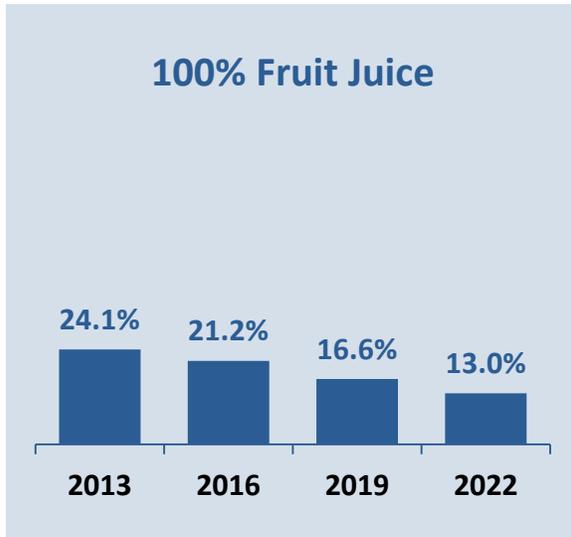
Students that consumed an average of 5 servings of fruits and vegetables per day, during the past 7 days



# Daily nutrition - Trended



Students who consumed the following, at least once a day, during the past 7 days



Source: Minnesota Student Survey, 2022. Created by Washington County Public Health and Environment.

# Mental Health Resources

**In a moment of crisis or distress, Minnesotans now have the option to call, chat, or text the Lifeline.**

If you need suicide or mental health crisis support, or are worried about someone else, please call or text 988 or visit the [988 Suicide & Crisis Lifeline](https://988lifeline.org) to connect with a trained crisis specialist.

<https://988lifeline.org>

**Fast Tracker** <https://fasttrackermn.org>

Real time information and availability of mental health and substance use disorder resources

# Resources: MN Student Survey

Minnesota Department of Education:  
state, county & district ([Link](#))

- [Online interactive reports](#)
- [Downloadable PDF tables](#)

Minnesota Department of Health:  
state, county, and regional tables  
(metro) ([Link](#))

Substance Use in Minnesota ([Link](#))

Tobacco NUMBRS ([Link](#))

Washington County Health Data ([Link](#))

# MSS Reports

<https://public.education.mn.gov/MDEAnalytics/DataTopic.jsp?TOPICID=242>

## Minnesota Student Survey Reports 2013-2022

[Download](#)

[PDF](#)

Select Download Format 

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](#), [2019 survey](#), and the [2022 survey](#).

Level	State	
Name	Statewide	
Year	2022	
Category	Activities	
Report	ALL	
Grade	Grade 5	
Demographics	ALL	

**Run Report**

A large, dark green, irregularly shaped graphic element on the left side of the slide, resembling a torn piece of paper or a stylized letter 'L'.

For more information or a presentation please contact:

[PHE@co.washington.mn.us](mailto:PHE@co.washington.mn.us)

(651) 430-6655