

EAU CLAIRE COUNTY - 2021

YOUTH RISK BEHAVIOR SURVEY

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PARTICIPATING EAU CLAIRE COUNTY SCHOOLS

EAU CLAIRE AREA SCHOOL DISTRICT, REGIS CATHOLIC SCHOOLS, ALTOONA SCHOOL DISTRICT, FALL CREEK SCHOOL DISTRICT, AUGUSTA SCHOOL DISTRICT

SUMMARY OF KEY FINDINGS

The 2021 Youth Risk Behavior Survey (YRBS) highlights areas where students in Eau Claire County are doing well, as well as areas for concern related to health and wellness.

One area of concern is mental health. Mental health is a growing concern across the state and locally with 50% of all high school and middle school students reporting experiencing anxiety and 32% of high school students and 20% of middle school students reporting risk of depression. Also, 17% of high school and 20% of middle school students reported having seriously considered suicide in the past year. Just 22% of high school students and 39% of middle school students reported that they most of the time or always get emotional help when needed. The use of e-cigarettes by young people continues to be a key health concern. In recent years, while cigarette use has decreased,

vaping has remained the most commonly used tobacco product among Eau Claire County youth. In 2021, 12% of high school students reported using an electronic vapor product in the past month and 26% reported they have tried vaping in their life.

Positive trends identified in the 2021 survey results include protective factors reported by youth. Having protective factors in place helps adolescents cope with stress and increases their ability to avoid risky behaviors, such as substance misuse. In 2021, a majority of students responding to the YRBS indicated they have protective factors in their life. For example, over 83% of middle and high school youth reported they have a trusted adult they can talk to at school, and about 3 out of 5 reported they feel they belong at school and participate in extracurricular activities.



Background

The YRBS provides the county with a snapshot of youth health behaviors that contribute to the leading cause of death, disability, and social problems. Topic areas include safety, mental health, alcohol, tobacco and other drug use, sexual health, nutrition, and physical activity. The YRBS is an online survey students complete in the classroom.

The YRBS is a national survey developed by the Center for Disease Control and Prevention (CDC). In Wisconsin, the Department of Public Instruction DPI, supports the implementation of the YRBS. DPI provides both technical assistance for survey implementation and hosts an online survey platform that school districts use to conduct the survey.

In 2021, all 4 public school districts and 1 private school in Eau Claire County completed the YRBS in coordination with the Eau Claire City-County Health Department. This report provides county-level survey results for students in grades 6 through 12 from participating schools including Altoona, Augusta, Eau Claire, Fall Creek, and Regis.

Methods

The YRBS is a self-administered anonymous questionnaire. The Eau Claire County YRBS includes 100 questions for high schools and 50 questions for middle school. Survey procedures protect the privacy of students by allowing anonymous and voluntary participation. Schools inform parents of the survey using a passive permission process which provides information to parents for contacting the school if they choose to opt out of having their child participate.

Eau Claire County schools completed the survey in November of 2021 using the DPI online YRBS system. Schools scheduled the survey at times during the school day that allowed all students to participate.

The DPI analyzed the data in accordance with CDC procedures and provided county-level reports on the Wisconsin YRBS website. Comparisons of YRBS data across years of administration should consider any differences in analytic methods and participation levels.

WHAT IS THE YRBS?

Reading the Report

This report includes percentages for each item for high school students, middle school students, and all Wisconsin high school students. State of Wisconsin numbers are not available middle schools. Also, because middle school survey questions and high school

survey questions differ in many cases, direct comparisons are not always possible between middle and high school students for the county. Where they are available, middle school results are included in the topic area in green by high school results, beginning on page 6.



SURVEY RESPONSE AND STUDENT CHARACTERISTICS

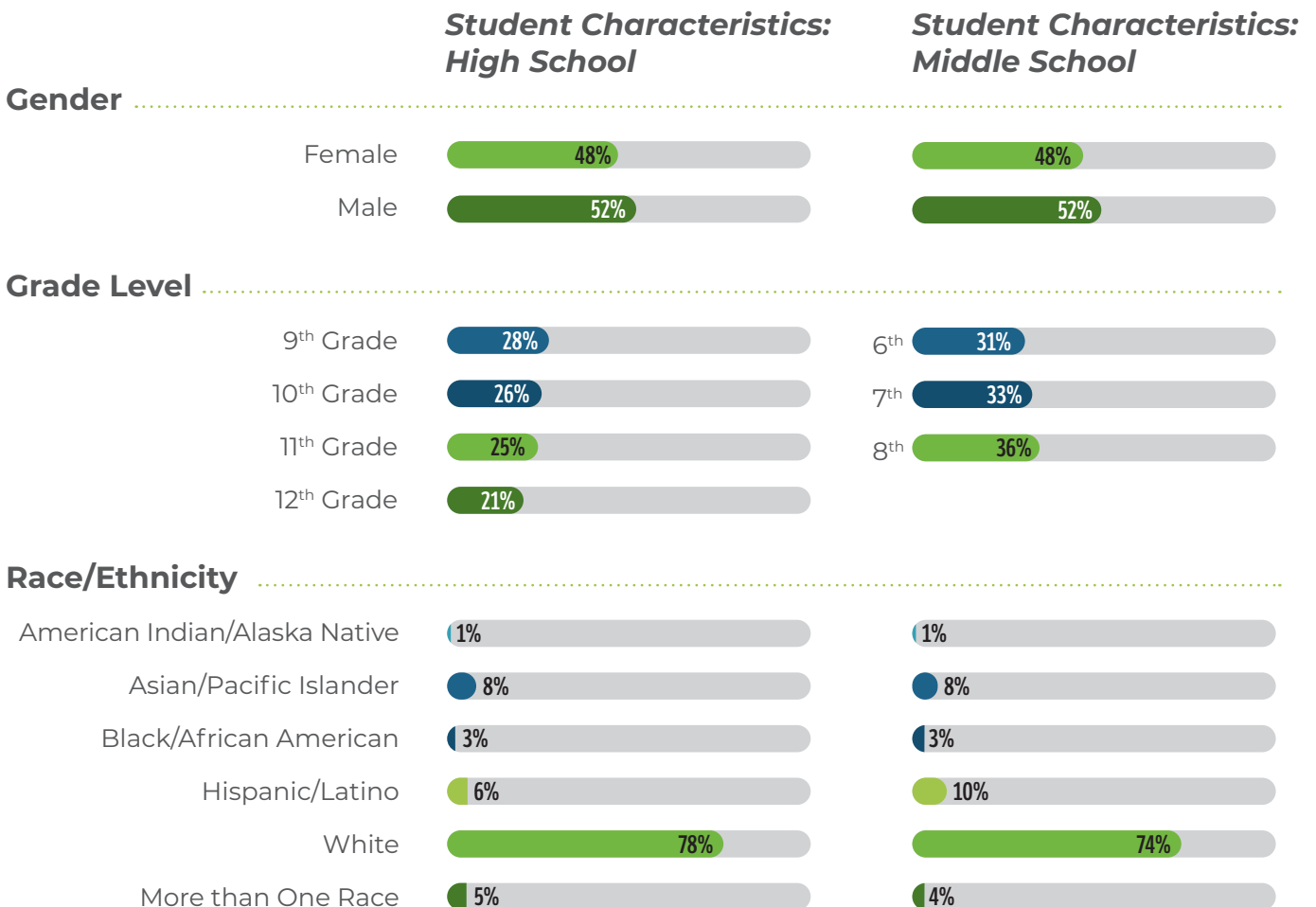
2893 high school students in Eau Claire County participated in the YRBS in 2021.

This represents an estimated 68% response rate for high school students across the participating schools.

2625 middle school students in Eau Claire County participated in the YRBS in 2021.

This represents an estimated 83% response rate for middle school students across the participating schools.

DEMOGRAPHIC CHARACTERISTICS OF THE STUDENT SURVEY ARE AS FOLLOWS:





SAFETY & VIOLENCE

TRAFFIC SAFETY

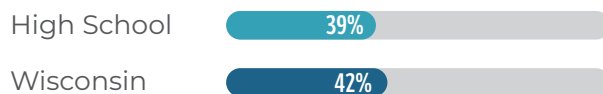
Most middle and high school youth in Eau Claire County report wearing a seatbelt when riding in a car. Of those who drive, under half have texted while driving and 3% report driving after drinking. Nationally and in Wisconsin, there was increased seat belt use and fewer traffic deaths.

Still, according to the National Safety Council, half of teens will be involved in a car crash before graduating from high school. Teens who continue to practice driving with their parents increase their chances of avoiding a crash.

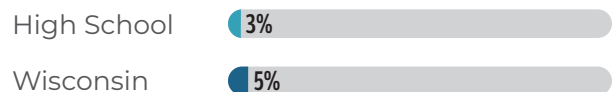
% most of the time or always wear a seat belt



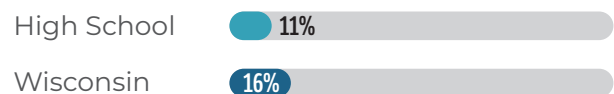
in the past 30 days... % texted or emailed one or more times while driving a car (of those who drove)



in the past 30 days... % drove after drinking alcohol



in the past 30 days... % rode with someone 1 or more times who had been drinking alcohol

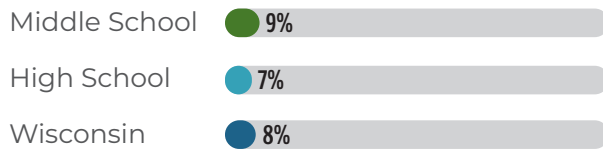


SCHOOL SAFETY

School safety is defined as schools and school-related activities where students are safe from violence, bullying, harassment and substance use. Emotional and physical safety in school is related to better academic performance and attendance. In Eau Claire County, most middle and high school students report feeling safe at school, although 18% of high school students agree that violence is a problem at their school.

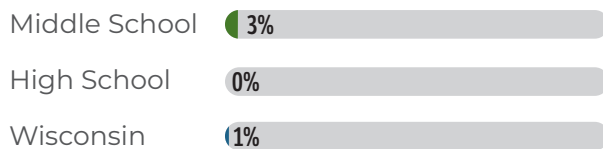
in the past 30 days...

% did not go to school one or more days because they felt unsafe



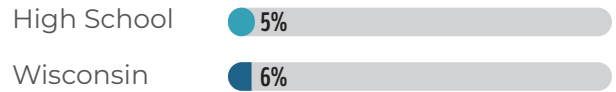
in the past 30 days...

% brought a gun to school on 1 or more days



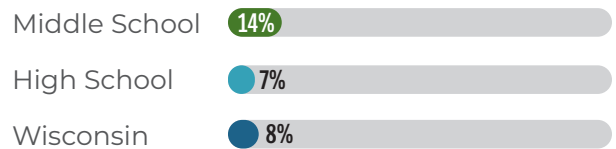
in the past 12 months...

% threatened or injured 1 or more times with a weapon on school property



in the past 12 months...

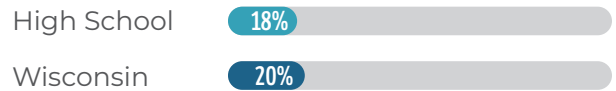
% in a physical fight 1 or more times on school property



% most of the time or always feel safe from physical harm at school



% agree or strongly agree that violence is a problem at school





FOCUS ON: BULLYING

What is Bullying?

- Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance.
- The behavior is repeated or has the potential to be repeated over time.
- Some groups are at higher risk for being bullied or harassed, such as youth who identify as LGBTQ+ and youth with disabilities.

What are Consequences of Bullying?

- Both kids who are bullied and who bully others may have serious, lasting problems.
- In addition to the risk of physical injury, victims of bullying are at risk for depression, anxiety, suicidal behavior, physical health problems, substance misuse into adulthood, low academic achievement, and poor social in school adjustment.

How Can Bullying be Prevented?

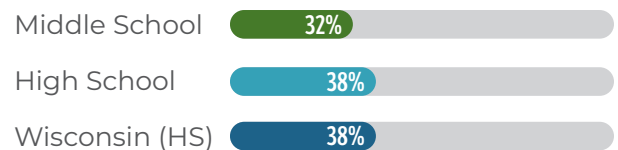
- Parents, school staff and other adults can help prevent bullying by helping youth understand bullying, communicating with youth and listening to them, encouraging them to do what they love, and modeling how to treat others.

For more information, visit stopbullying.gov and cyberbullying.org.

BULLYING

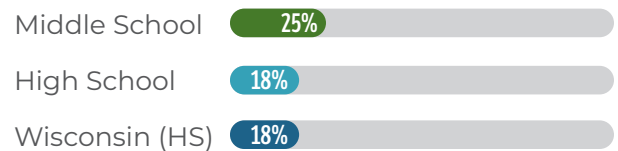
In Eau Claire County 25% of high school students and 35% of middle school students report they have been bullied in person, online or both.

% agree or strongly agree that bullying is a problem at school



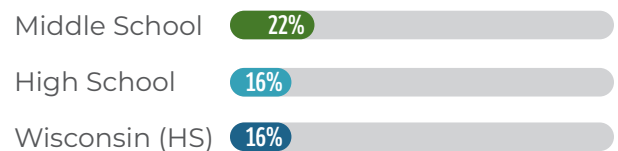
in the past 12 months...

% bullied on school property



in the past 12 months...

% electronically bullied

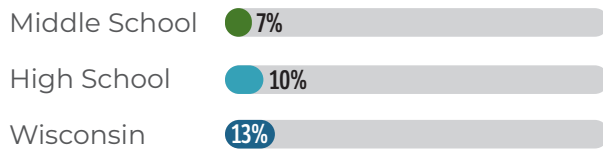


SEXUAL & DATING VIOLENCE

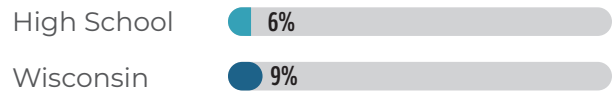
7% of middle school students and 10% of high school students in Eau Claire County report they have ever been forced to do something sexual they didn't want to do. Some high school students reported experiencing physical or sexual dating violence.

Eau Claire County supports prevention programs that aim to stop sexual violence from occurring through raising community awareness, providing youth with education about healthy relationships, and developing policies that support healthy relationships.

% ever forced to do anything sexual

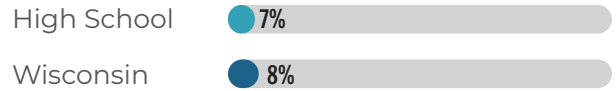


% ever been raped



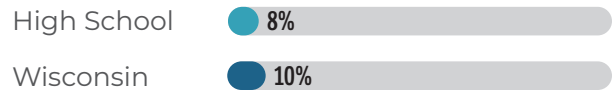
in the past 12 months...

% physical violence by a dating partner



in the past 12 months...

% forced to do something sexual by a dating partner



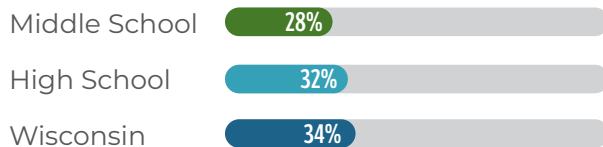


MENTAL HEALTH

about one in three middle school and high school students reported risk for depression in Eau Claire County, and half indicated they felt very anxious in the past year. 20% of high school students and 23% of middle school students reported self-harm in the past 12 months. Only 22% of high school students reported that they get the emotional support they need.

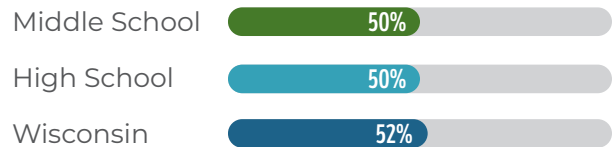
in the past 12 months...

% felt so sad or hopeless almost everyday for two weeks or more in a row that they stopped doing some usual activities

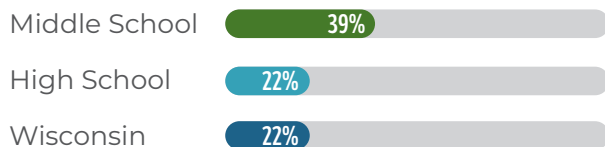


in the past 12 months...

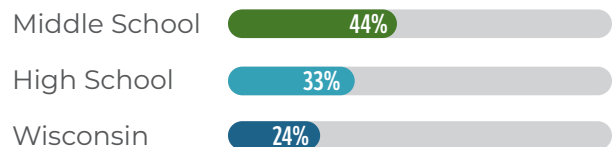
% had significant problems with feeling very anxious, nervous, tense, scared or like something bad was going to happen



% most of the time or always get emotional support when needed



% list adult as most likely source of emotional support



FOCUS ON: SUICIDE PREVENTION

Suicide is the second leading cause of death for young people between the ages of 10 and 24.

In Eau Claire County, about one in 14 high school students reported they attempted suicide in the past year. For some groups of youth (including those who are involved in the child welfare and juvenile justice systems, lesbian, gay, bisexual, and transgender; and American Indian/Alaskan native) the incidence of suicidal behavior is even higher. Everyone has a role to play in preventing suicide and supporting youth.

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can take to help others.

Know the warning signs.

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, like searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Misusing alcohol or drugs.
- Acting anxious or agitated, behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Extreme mood swings.

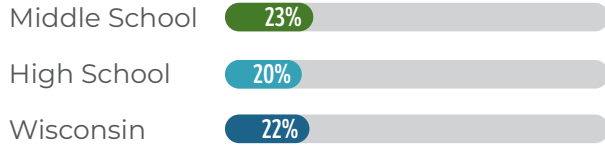
If you are thinking about suicide, are worried about a friend or loved one or would like emotional support call 988. 988 is a suicide & crisis lifeline that provides free and confidential support for anyone experiencing a suicidal, mental health, and/or substance use crisis. **The National Suicide Prevention lifeline 1-800-273-TALK (1-800-273-8255) is another option.** The lifeline network is available 24/7 across the United States and is free and confidential where you will connect to a skilled, trained counselor in your area.

% have a parent or other adult at home who will listen to them

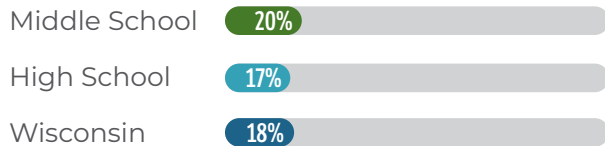


in the past 12 months...

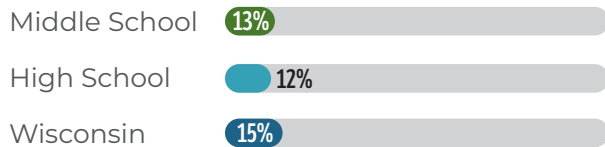
% hurt themselves on purpose (self-harm)



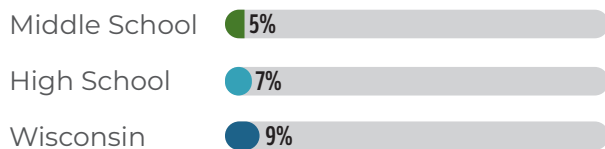
% seriously considered suicide



% made a suicide plan

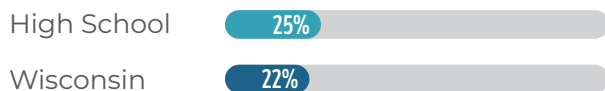


% attempted suicide



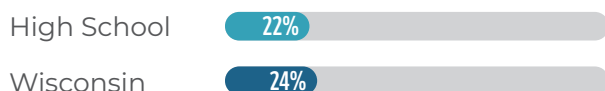
in the past 12 months...

Of students who attempted suicide, % who received medical attention



in the past 12 months...

Of students who know someone who has attempted suicide or dies by suicide





PROTECTIVE FACTORS & STABILITY AT HOME

When youth have protective factors in place, they are more likely to be resilient, less likely to engage in risky behaviors, and more likely to succeed academically. Protective factors can be thought of as “buffers” or characteristics or conditions that reduce the negative effects of adversity on child outcomes. Important protective factors include having support at home, in school, and in the community.

Many Eau Claire County youth reported having protective factors in place at school, including feeling they belong at school, having an adult to talk to, and participating in school activities. Likewise, a majority of middle and high school students reported they have a supportive adult in their lives other than their parents. An area of concern is that almost one in five high school students and almost three in 10 middle school students reported experiencing hunger due to lack of food at home.

FACTORS AT SCHOOL

% agree or strongly agree that they belong at school



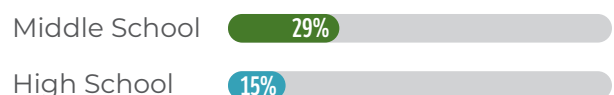
% have at least one teacher or other adult at school they can talk to



% participate in school activities, teams, or clubs



% most of the time or always very stressed about school

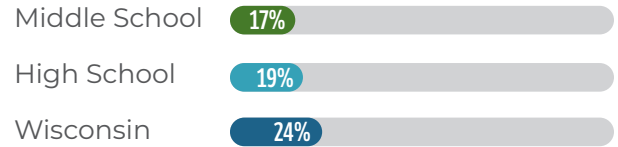


FACTORS IN COMMUNITY AND AT HOME

% have at least one supportive adult besides parent(s)

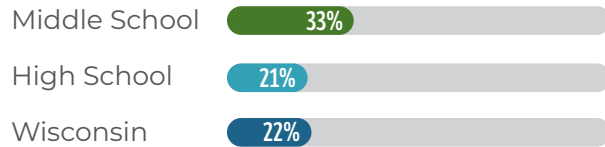


% parent or other adult in the home lost job during the COVID-19 pandemic

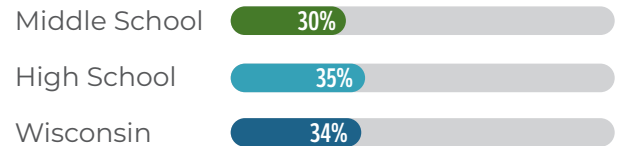


in the past 30 days...

% experienced hunger due to lack of food at home

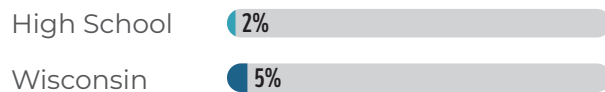


% lived in four or more residences

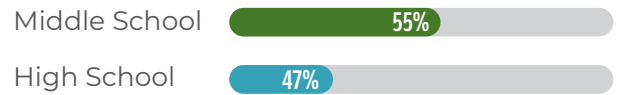


in the past 12 months...

% of students that have been kicked out, abandoned, or ran away from home



% most of the time or always very stressed about friends



% of students that agree or strongly agree that they can work out their problems



% most of the time or always very stressed about family or life at home





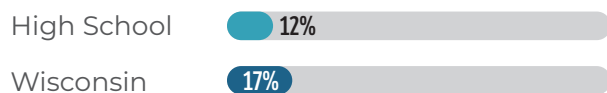
TOBACCO

E-cigarettes continued to be the most used tobacco product among youth in Eau Claire County in 2021. Currently high schoolers in Eau Claire County are twice as likely to report ever trying e-cigarettes compared to traditional cigarettes (12% versus 26%). Furthermore, about four times as many students reported

current e-cigarette use/vaping compared to cigarette use (3% versus 12%).

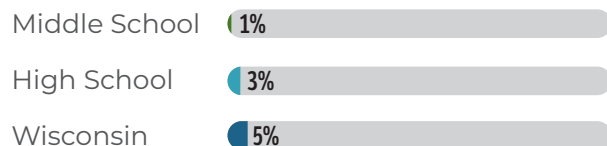
Some groups report more use than others, for example, more high school youth who identify as LGBT report ever smoking cigarettes (21%) compared to straight/cis identifying youth (11%).

% ever tried cigarettes

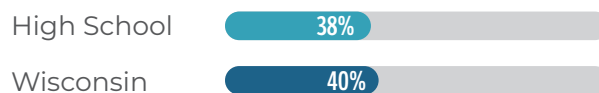


in the past 30 days...

% smoked cigarettes

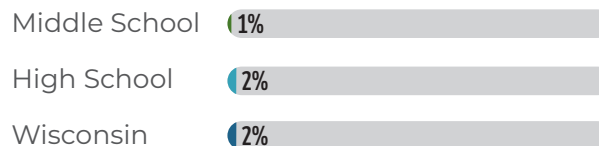


% first tried cigarette smoking before age 13

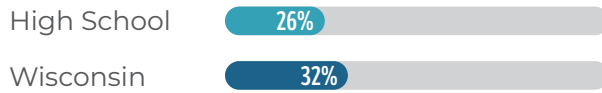


in the past 30 days...

% smoked cigars, cigarillos, or little cigars

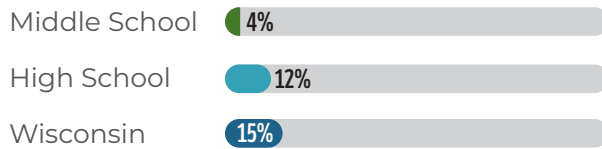


% ever tried e-cigarettes/vaping/JUUL



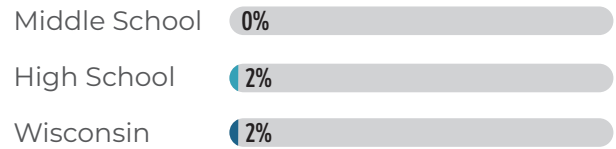
in the past 30 days...

% used e-cigarettes/vape/JUUL



in the past 30 days...

% use smokeless tobacco (chew, etc.)



in the past 12 months...

% tried to quit tobacco (of those who have used tobacco)



4 REASONS TO BE CONCERNED ABOUT E-CIGARETTES/VAPING.

- 1 Use of e-cigarettes is high among youth:**

From 2015 to 2019, there was 142% increase in current e-cigarette use among Eau Claire County high school students. Aggressive marketing and candy flavoring appeal to youth.
- 2 E-cigarettes produce more than just water vapor:**

E-cigarettes emit an aerosol that may contain nicotine, ultrafine particles, heavy metals, and cancer-causing chemicals.

- 3 E-cigarette use cause health risks:**

Most e-cigarettes contain nicotine, which is highly addictive and can harm brain development up to age 25. A consensus report shows e-cigarettes contain and emit several potentially toxic substances; can cause short term lung changes and irritations; and is linked to increased risk for cough, wheezing, and asthma exacerbations among youth.
- 4 E-cigarettes have not been approved by the FDA to help smokers quit:**

Informing youth about the potential risk of vaping is an important first step to change the trend of high e-cigarette use by Eau Claire County youth. Find more facts and information about vaping here:

[HTTPS://www.cdc.gov/tobacco/basic_information/e-cigarettes/](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/)

[HTTPS://e-cigarettes.surgeongeneral.gov/](https://e-cigarettes.surgeongeneral.gov/)

[HTTPS://tobwis.org/](https://tobwis.org/)



ALCOHOL, MARIJUANA, AND PRESCRIPTION DRUG USE

Alcohol remains the most used substance among youth, with 42% high school students reporting that they have ever had alcohol, and almost one in four reporting that they drank in the past month. Marijuana use in the previous month decreased in 2021 to 10% compared to 14% in 2019. Prescription drug misuse also decreased from 2019 to 2021, from 9% to 5% for Eau Claire County high school students, and reported use of heroin and methamphetamine remained very low.

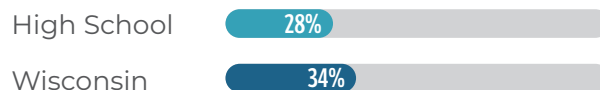


ALCOHOL

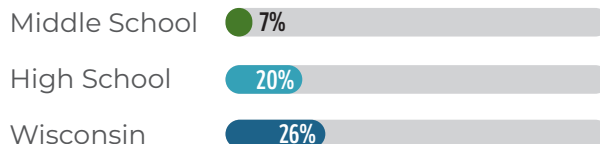
% ever have had at least one drink of alcohol



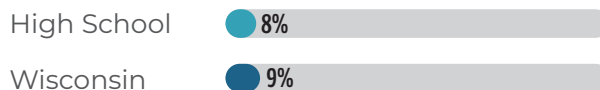
% had their first drink of alcohol before age 13



on at least one of the past 30 days... % drank alcohol

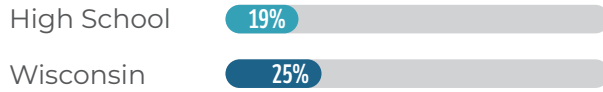


on at least one of the past 30 days... % binge drank

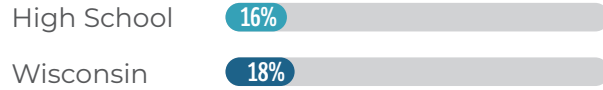


MARIJUANA

% ever used marijuana

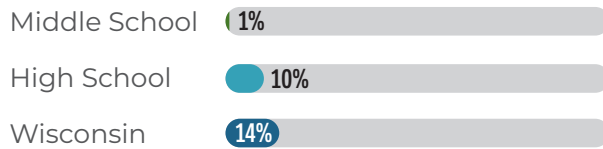


% tried marijuana for the first time before age 13



in the past 30 days...

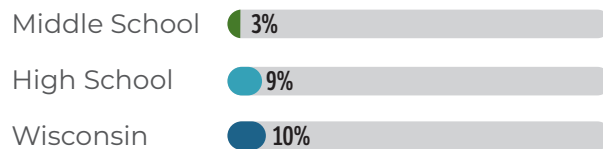
% who used marijuana at least one time



ALCOHOL AND DRUGS AT SCHOOL

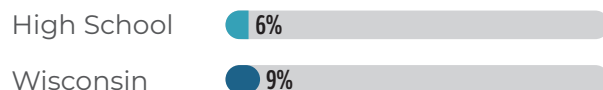
in the past 12 months...

% offered, sold or given drugs on school property



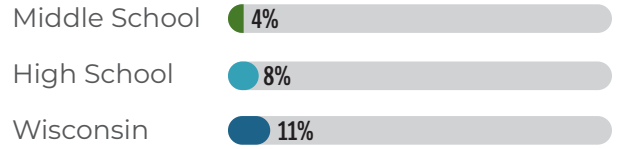
in the past 12 months...

% attended school under the influence of alcohol or drugs



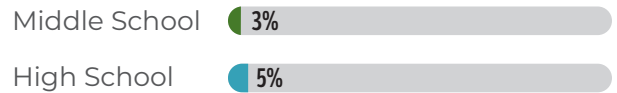
PRESCRIPTION AND OTHER DRUG USE

% ever misused a prescription pain medication

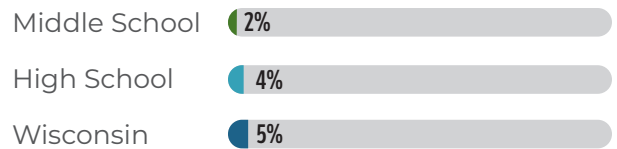


in the past 30 days...

% misused any prescription drug



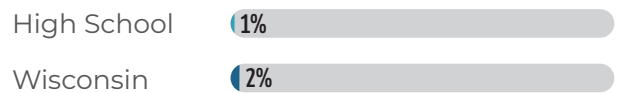
% ever misused and over-the-counter drug



% ever used heroin

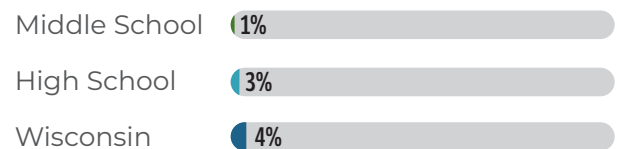


% ever used methamphetamine



in the past 12 months...

% used any illegal drugs besides marijuana

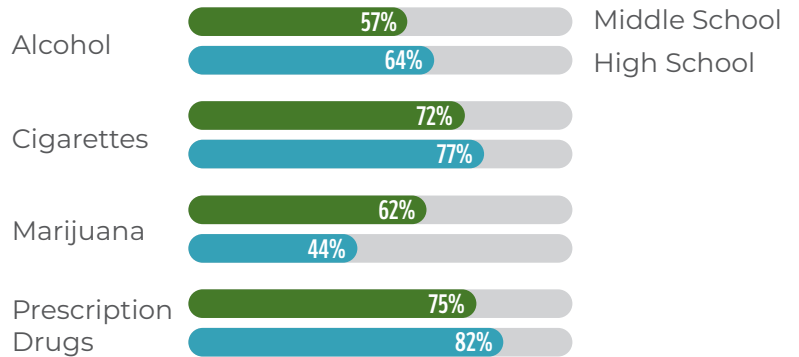


FOCUS ON: YOUTH BELIEFS ABOUT ALCOHOL, TOBACCO, & DRUGS

HOW RISKY IS USE?

Teens who believe that using alcohol, marijuana and other drugs is risky are less likely to use these substances. There is a significant disparity in perceptions of the risks involved in using substances, this disparity is most pronounced when assessing marijuana, which stands in stark contrast to all other substances. Among Eau Claire County students, the use of cigarettes and prescription drugs are universally regarded as risky, whereas marijuana is perceived as the least risky drug to use by a significant margin.

% who believe that using alcohol, cigarettes, marijuana, and prescription drugs is risky

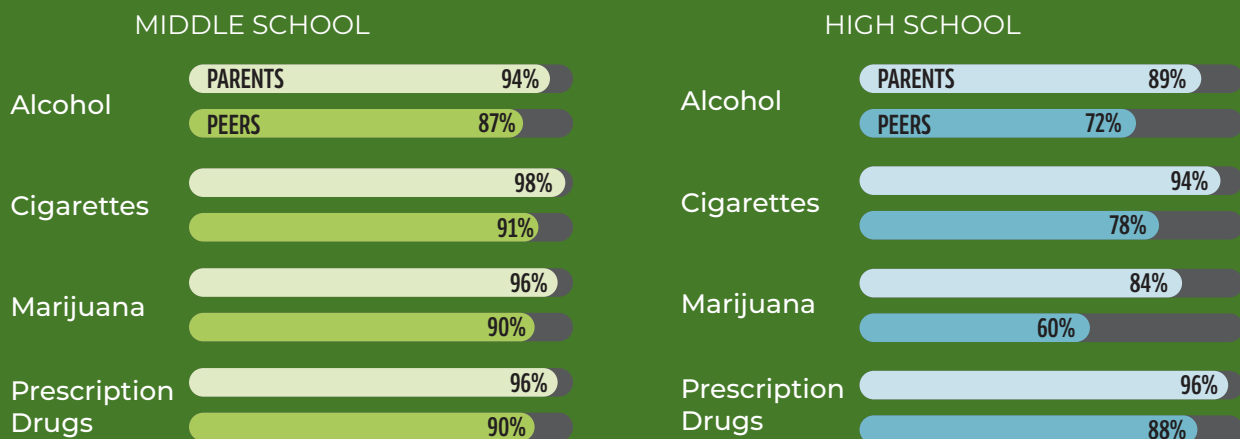


INFLUENCE OF PEERS AND PARENTS

Middle and high school students report they believe their parents would disapprove of them using tobacco, alcohol, marijuana, and prescription drugs at high levels. However, when asked about their friends' disapproval, there is a decline from middle to high school, with fewer students reporting their friends

would disapprove, especially for alcohol and marijuana. Local programs should consider focusing attention on the transition between middle and high school as a time to educate about substance abuse prevention, especially for alcohol and marijuana.

% WHO BELIEVE THAT PARENTS OR PEERS DISAPPROVE OF SUBSTANCE USE



It is important for parents to continue to talk with older youth about substances to counteract messages they receive from their peers. Studies show that parents can make a big impact on their kids' choices about alcohol and drugs through open communication and honest conversations. Short, frequent discussions can make a difference on a child's decision to use alcohol or drugs. For more resources about what parents can do, visit <https://www.dhs.wisconsin.gov/small-talks/index.htm>

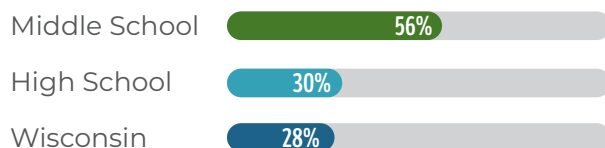


HEALTH HABITS & CONDITIONS

Adequate sleep, physical activity and good nutrition are all important for youth. Sleep is an area of concern for Eau Claire County youth, with just 30% of high school students reporting that they got more than eight hours of sleep on average on a school night. Many middle and high school students reported that they skip breakfast one or more days a week. About half of high school students report that their health is very good or excellent.

SLEEP

% get eight or more hours of sleep on average on a school night



OVERALL HEALTH

% described their health in general as excellent or very good



PHYSICAL ACTIVITY

in the past 7 days...

% physically active 60 min/day 5+ more days

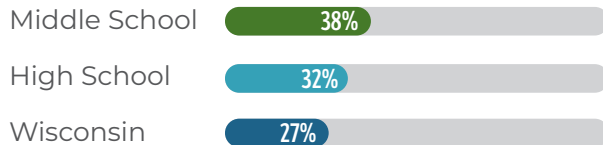




NUTRITION

in the past 7 days...

% ate breakfast every day



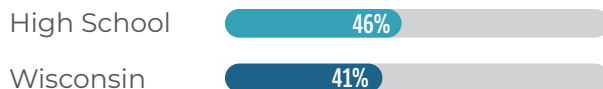
in the past 7 days...

% drank water every day



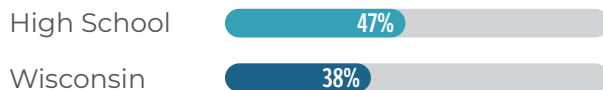
in the past 7 days...

% ate fruit every day



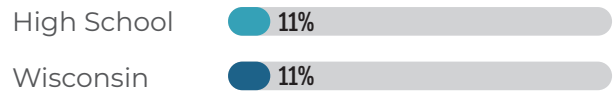
in the past 7 days...

% ate vegetables every day

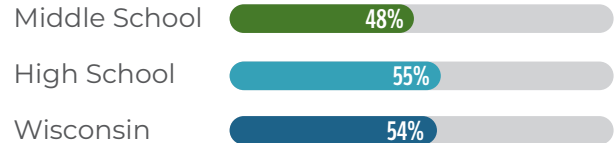


HEALTH CONDITIONS

% have physical disability or chronic health problem

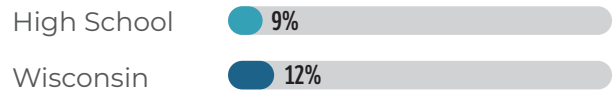


% knew at least 1 person who got very sick or died from COVID-19



in the past 12 months...

% had a sports-induced concussion



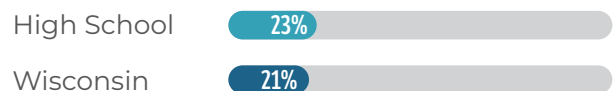
OTHER HEALTH HABITS

in the past 12 months...

% saw a dentist



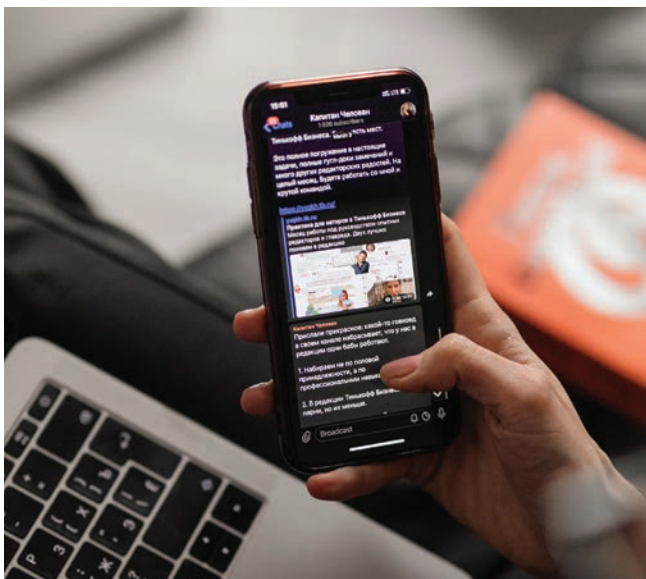
% use sunscreen most of the time or always





TECHNOLOGY USE AND SCREEN TIME

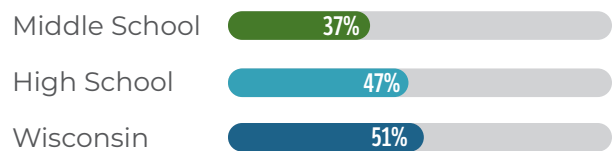
59% of middle school and 76% of high school youth in Eau Claire County reported using technology for more than three hours a day. About half of high schoolers report using a device after midnight on a school night. There was a decrease (21% in 2019 versus 17% in 2021) in high school students reporting sending, receiving, or sharing sexual photos or images in the past month.



% spend 3 or more hours/day on phone, Xbox, or other device for 3 or more hours per day (not for homework)

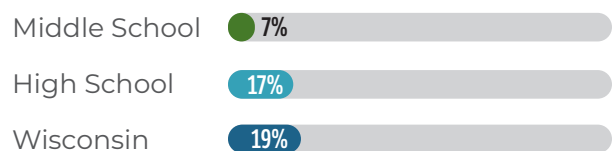


% use phone, Xbox, or other device after midnight on a school night



in the past 30 days..

% sent, received or shared sexual photos or images

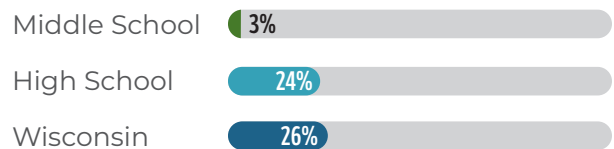




SEXUAL HEALTH AND RELATIONSHIPS

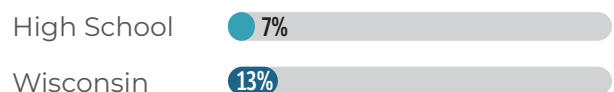
The percent of high school students who reported they have ever had sex decreased slightly from 2019 to 2021, from 27% to 24%. Among high school students who have had sex, 61% reported using a condom the last time they had sex. Approximately 1 out of 5 students who reported having sex in the past 3 months reported having 4 or more partners.

% ever had sexual intercourse



of those who have had sex...

% had sexual intercourse for the first time before age 13



FOCUS ON: HEALTHY RELATIONSHIPS



To encourage healthy dating behavior for teens, here are 5 signs of a healthy teen relationship to share with young people:

They give each other space to hang out with friends and family.

It's a good sign when teens are balancing all the relationships in their lives, as well as continuing to pursue hobbies and activities outside of their romantic partnership.

It's OK to disagree.

If one partner isn't feeling comfortable speaking their mind or seems afraid to disagree with their partner, it could be a red flag.

Physical boundaries are respected.

Constant and affirmative consent is key, including not pressuring someone to drink alcohol or do drugs or engage in sexual activity.

They are in control.

Teens should feel able to wear clothing they choose, go where they want to go and do what they like to do - without fear of a partner being upset or trying to control them.

They exhibit healthy texting behavior.

As long as texts are not excessive or interrupting daily life, it's not necessarily what we call "textual harassment". If texts become abusive, or if someone is pressuring them to send private photos, it might be time to talk about digital boundaries.

From futureswithoutviolence.org.

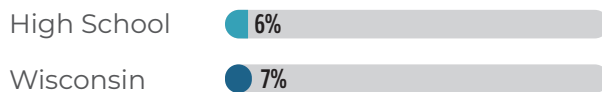
of those who have had sex...

% used a condom during last sexual intercourse

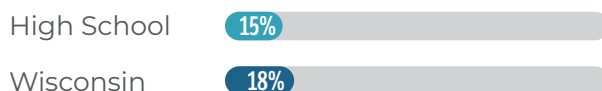


of those who have had sex...

% who had sex without any pregnancy prevention method



% identify as lesbian, gay, bisexual and/or transgender



2019 - 2021 TRENDS

KEY



Positive Change



Negative Change

ALCOHOL

- ↓ Ever drank
- ↑ First drink before 13
- ↓ Binge drinking

TOBACCO

- ↓ Ever tried
- ↓ Currently smoke

OTHER DRUGS

- ↓ Ever tried marijuana
- ↓ Currently use marijuana
- ⊖ Tried marijuana before age 13
- ↓ Ever used heroin
- ↓ Ever abused over-the-counter drugs
- ↓ Were offered, sold, or given drugs on school property

SCHOOL SAFETY

- ↓ Physically hurt at school
- ↓ Usually feel safe at school
- ↓ In a physical fight
- ↑ Bullied at school

TRAFFIC SAFETY

- ↓ Rode in a car with a driver who had been drinking alcohol
- ↓ Drove a car under the influence of alcohol
- ⊖ Seat belt use

SEXUAL BEHAVIOR

- ↓ Ever had sex
- ↓ Currently sexually active
- ↑ Multiple sexual partners
- ↓ Used a condom

DATING VIOLENCE

- ↓ Forced to do anything sexual
- ↓ Ever been raped
- ↑ Physical violence by a dating partner
- ↓ Forced to do anything sexual by a dating partner

MENTAL HEALTH & SUICIDE

- ↑ Feeling sad or hopeless
- ↑ Seriously considered suicide
- ⊖ Made a plan
- ⊖ Attempted suicide

WEIGHT & NUTRITION

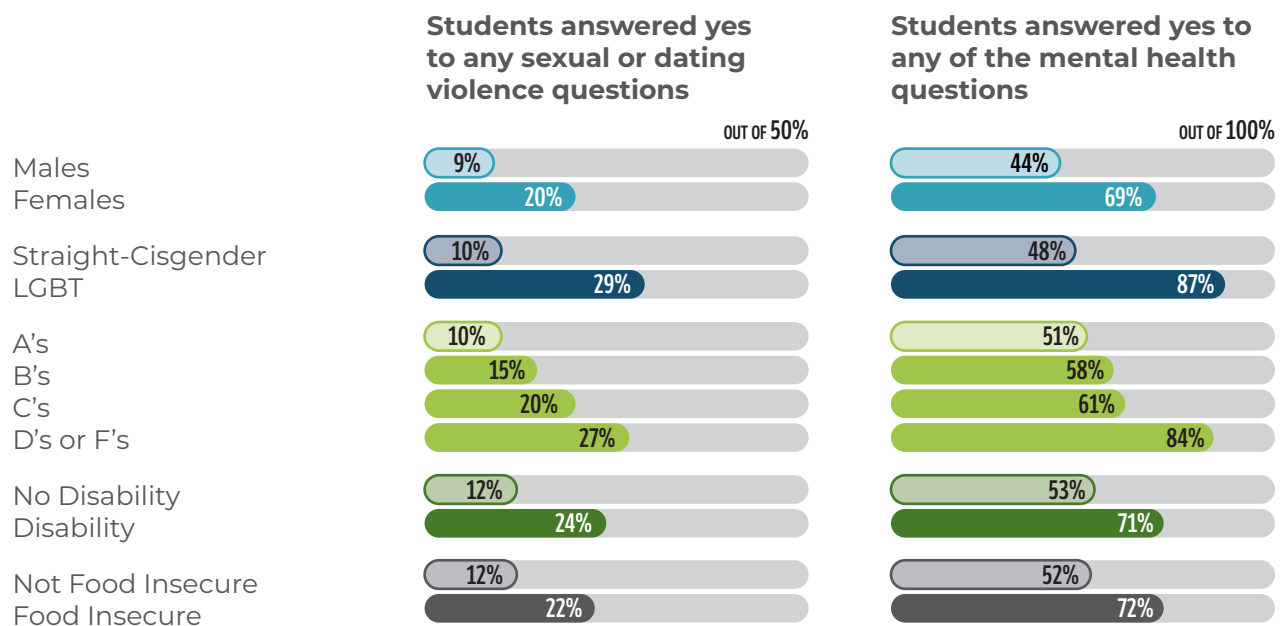
- ↓ Ate vegetables every day
- ↓ Ate breakfast every day
- ⊖ Experienced hunger

OTHER HEALTH ISSUES

- ↓ Say health is excellent or good
- ↑ Get 8 hours of sleep
- ↓ Use sunscreen
- ↑ Other screen time
- ↓ Saw a dentist

DISPARITIES & DEMOGRAPHIC-BASED RESULTS

Some student groups show higher risks across topic areas. Groups reporting fewer supports and more challenges on the YRBS include female students, students of color, students with physical disabilities or chronic health conditions, students receiving special education services, students facing food insecurity, students who are lesbian, gay, bisexual or transgender, and students with low grades. The tables below provide an example of group differences reported by Eau Claire County youth for mental health and sexual and dating violence questions.



FOCUS ON: HEALTH DISPARITIES

Youth reporting food insecurity in Eau Claire County: 21% of Eau Claire County students reported food insecurity (hunger in the past month because there was not enough food at home) in 2021. Students with food insecurity reported higher levels of bullying (37% versus 21%), depression (47% versus 28%) and anxiety (64% versus 47%) compared to peers who did not report food insecurity. Additionally, 64% of food secure students reported feeling they belong at school compared to 42% of food insecure students.

Youth who identify as LGBT in Eau Claire County: Of the students who completed the YRBS in 2021, 15% identified as LGBT. Compared to their straight/cisgender peers, more students who identified as LGBT reported bullying (41%

versus 21%), depression (63% versus 23%), and anxiety (79% versus 42%). And just 39% of LGBT identifying students reported feeling they belong at school compared to 66% of straight/cisgender identifying students.

Young people in groups that show these differences, like their peers, are responsive to welcoming environments and supportive adults. Schools and communities can make efforts to reduce current disparities. Examples of actions schools can take to address disparities include reviewing and updating policies (e.g., bullying policies, disciplinary practices), providing staff training to improve school climate, and creating groups or programs to connect students with each other and with caring adults.



YOUTH MENTAL HEALTH SCORECARD

The Mental Health Matters coalition created this Youth Mental Health Scorecard to assist the community to identify and address youth mental health needs.

The scorecard includes a subset of items from the Youth Risk Behavior Survey* organized into 4 categories that highlight important factors associated with youth mental health. Together these topics highlight key issues to consider related to youth mental wellbeing, and data included here can help put a spotlight

on areas where more support and intervention are needed in the community.

Some demographic groups are at higher risk for poor mental health. For example, consistent with state and national reports, more youth who are female or identify as LGBTQ in Eau Claire County report mental health problems compared to their peers, and disparities can exist by race or ethnicity and for youth living in poverty. It is important to consider the needs of these groups when planning for support and intervention.

KEY

MIDDLE SCHOOL

HIGH SCHOOL

1**Social Emotional Wellbeing**

Social emotional wellbeing items provide an overview of the state of mental health of youth in the Chippewa Valley, including the percent of young people at risk for depression, experience anxiety, and who have considered suicide.

So sad or hopeless that stopped usual activities (past 12 months)

28%

32%

Problems with anxiety (past 12 months)

50%

50%

Seriously considered suicide (past 12 months)

20%

17%

2**Protective Factors / Resilience**

Protective factors lessen risk for mental health issues. Supportive relationships with adults are critical to youth resilience. Other protective factors that support youth mental health are feeling safe at school and meaningful participation.

Have at least one supportive adult besides parent(s)

83%

83%

Most or all of the time get emotional support when need it

39%

22%

Have at least one teacher or other adult at school to talk to

66%

66%

Agree or strongly agree that they belong at school

70%

59%

Most of the time or always feel safe at school

82%

82%

Participate in school activities, teams or clubs

68%

63%

3 Risk Behaviors

Risk behaviors include tobacco, alcohol and other drug use and can be both a symptom and cause of mental health issues. Risk behaviors are often unhealthy ways of coping with stress.

Drank alcohol

(past 30 days)

7%

20%

Used marijuana

(past 30 days)

1%

10%

Vape/JUUL/E-cigarettes

(past 30 days)

4%

12%

Used any illegal drugs besides

marijuana (past 12 months)

1%

3%

Ever misused a prescription

pain medication

4%

8%

4**Risk Factors**

Risk factors include measures that when present in the lives of youth are associated with an increase for mental health issues. on the scorecard include indicators of physical violence and bullying, food insecurity, screen time, and lack of sleep.

Electronically bullied

(past 12 months)

22%

16%

Ever been forced to do anything sexual

7%

10%

Experienced hunger due to lack of food in the home (past 30 days)

33%

21%

Sleep fewer than 8 hours per night

44%

70%

3+ hours/day screen time (Xbox, phone, computer) excluding for schoolwork

59%

76%



**THIS REPORT WAS PREPARED BY THE
EAU CLAIRE CITY-COUNTY HEALTH
DEPARTMENT IN PARTNERSHIP WITH
EAU CLAIRE COUNTY SCHOOLS.**

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