

Bainbridge  
Healthy  
YOUTH  
Summit  
An island vision for thriving kids

---

November 2, 2013

# Island Demographic Data

- School district performance (BISD)
  - BHS #6 in WA, #212 in US
  - 40% of 2012 BHS seniors were designated Washington Honors Award winners, distinguishing each as top 10% of graduating seniors
  - 97% on-time graduation rate
  - 3 National Merit Scholarship Finalists in 2012
- Demographic profile

US Census Bureau Data				
	Bainbridge Island	Mercer Island	Kitsap County	Washington State
Population	23,263	23,661	254,991	6,897,012
Households	9,047	9,253	96,683	2,602,568
Families	72.5%	74.4%	71.0%	66.0%
Families w/ children <18 yo	36.8%	35.5%	36.0%	32.7%
HS graduate or higher	98.3%	98.4%	93.0%	89.8%
Bachelor's degree or higher	63.6%	74.7%	28.7%	31.4%
Median household income	\$ 96,130	\$ 123,328	\$ 61,112	\$ 58,890
Persons below poverty level	5.3%	2.7%	9.8%	12.5%

# Youth Engagement Snapshot

More than 250 youth volunteer at the Rotary Auction <sup>(4)</sup>

25% of BI adults consumed 5 or more drinks on one occasion in last 30 days <sup>(4)</sup>

60% teens believe drinking alcohol and using marijuana is acceptable <sup>(1)</sup>

25% of teens (ages 16-19) are employed

Nearly 1,000 athletes participates in BHS sanctioned sports in 2012 <sup>(4)</sup>

Nearly 400 students (K-8) attend Boys and Girls Club <sup>(4)</sup>

1200 hours of free mental health counseling sought by youth <sup>(4)</sup>

130 students attend Bainbridge Dance Center <sup>(4)</sup>

800 Students participate in Bainbridge Island FC <sup>(4)</sup>

63% of HS seniors participate at least 3 days/wk in supervised after-school activities <sup>(1)</sup>

Nearly 50% of seniors have engaged in sexual intercourse, 13% without condoms <sup>(1)</sup>

3 youth arrested for Minor-In-Possession (MIP) in 2012 <sup>(4)</sup>

23% of students attended school drunk <sup>(1)</sup>

300 students attend Bainbridge Performing Arts <sup>(4)</sup>

7 youth arrested for drug use in 2012 <sup>(4)</sup>

37% of youth are heavy consumers of alcohol <sup>(1)</sup>

1,400 Students participate in BI Library programs <sup>(4)</sup>



**Sources:** <sup>(1)</sup> Healthy Youth Survey, <sup>(2)</sup> CEE Survey, <sup>(3)</sup> BHYSE Survey, <sup>(4)</sup> Other private data source

November 2, 2013

# Data Sources

- Data taken from four primary sources
  - Healthy Youth Survey (HYS) 2012, Bainbridge Island School District, Grade 12 (unless otherwise indicated)
  - Center for Educational Effectiveness (CEE), Educational Effectiveness Survey – Bainbridge HS, Student Edition 3.0 (2/26/2013)
  - Bainbridge Healthy Youth Summit Engagement Survey (October 2013)
  - Private data made available from assorted government, non-profit and community organizations
- [www.bihealthyyouth.org](http://www.bihealthyyouth.org)
  - This presentation and the HYS, CEE and BHYSE surveys will be made available as a PDF

# School Engagement

- 98% of HS seniors report having the opportunity to be involved in school activities <sup>(1)</sup>
- Nearly 1,000 youth athletes participate in HS sanctioned sports each year <sup>(4)</sup>
- 65% of HS students “always” or “often” enjoy going to school <sup>(2)</sup>
- 62% of HS students feel their school cares about their well-being as much as it supports their academic success <sup>(3)</sup>
- 47% of HS students feel teachers often tell them how they are doing in their class <sup>(2)</sup>
- 73% of HS students feel that student success is celebrated in their school <sup>(2)</sup>
- 54% of HS students feel adults in school help them plan and set goals for their future <sup>(2)</sup>
- 82% of HS students feel there is at least one adult at school who knows and cares about them <sup>(2)</sup>
- 71% of HS students feel rules against bullying are enforced by all adults in their school <sup>(2)</sup>
- 66% of HS students feel discipline problems are handled fairly and quickly in their school <sup>(2)</sup>

**Sources:** <sup>(1)</sup> Healthy Youth Survey, <sup>(2)</sup> CEE Survey, <sup>(3)</sup> BHYSE Survey, <sup>(4)</sup> Other private data source

November 2, 2013

# Law and Safety

Juvenile Arrests - BI (source: BIPD)		
	2012	YTD 10/13
Drug Arrests	7	2
Minor-in-Possession	3	1
Theft Arrests	4	0
Assault Arrests	1	4
Weapons Arrests	1	0
Other (1)	7	2

(1) Includes driving arrests, trespass arrests, warrant arrests and obstruction arrests.

Kitsap County Diversion (439 cases in 2012)	
Theft	31%
Alcohol	19%
Drugs	18%
Assault	11%
Trespass	6%
Weapons	2%
Other	63%

- Actual unlawful activity and incidence is higher than reported arrests
- 95% of HS seniors report feeling safe in our Bainbridge schools <sup>(1)</sup>
- 6% of HS seniors report carrying a weapon to school in the past month <sup>(1)</sup>
  - 75% of HS seniors report it would be difficult to obtain a gun <sup>(1)</sup>
- 15% of HS seniors have been in physical fights in the past year <sup>(1)</sup>
- 10% of HS seniors have been the victim of cyber-bullying <sup>(1)</sup>
- 71% of HS students feel rules against bullying are enforced by all adults in their school <sup>(2)</sup>
- 66% of HS students feel discipline problems are handled fairly and quickly in their school <sup>(2)</sup>
- 37% of HS seniors report being heavy consumers of alcohol <sup>(1)</sup>
  - 19% of HS Seniors have ridden in a car with a driver that consumed alcohol <sup>(1)</sup>
- 48% of HS seniors report having sexual intercourse <sup>(1)</sup>
  - 25% of those seniors didn't use a condom <sup>(1)</sup>

**Sources:** <sup>(1)</sup> Healthy Youth Survey, <sup>(2)</sup> CEE Survey, <sup>(3)</sup> BHYSE Survey, <sup>(4)</sup> Other private data source

November 2, 2013

# Substance Use

Youth Substance Use (1)			
	Bainbridge	State	Difference
Smoked a cigarette in the past 30 days	18%	16%	2%
Consumed alcohol in the past 30 days	51%	36%	15%
Used marijuana in the past 30 days	31%	27%	4%
Used a different illegal drug in the past 30 days	8%	7%	1%
Binge drinking in the past 2 weeks	33%	22%	11%
Heavy consumer of alcohol (>3 days in last 30)	37%	26%	11%
Been drunk or high at school	23%	20%	3%

Adult Behaviors - Alcohol Use		
<i>(source: Health District's Behavioral Risk Factor Surveillance Survey)</i>		
In the past 30 days, Bainbridge adults report:	Estimated %	Survey Years
Having at least one alcoholic drink	81%	2008-10
Number of alcoholic drinks per day on average	1.6	2008-10
Having five or more alcoholic drinks on an occasion	24%	2008-10
Not driving after drinking	97%	2008, 2010

Attitudes Towards Alcohol and Drug Use (1)			
<i>"very wrong" or "wrong"</i>			
	Bainbridge	State	Difference
How wrong do you think it is for youth to drink alcohol	46%	56%	-10%
How wrong do you think it is for youth to smoke cigarettes	77%	72%	5%
How wrong do you think it is for youth to smoke marijuana	48%	55%	-8%
How wrong do you think it is for youth to use illegal drugs	93%	91%	2%

- Statistically higher incidence of alcohol use amongst youth versus state
- 56% of HS seniors believe there is not a great risk of harm from drinking alcohol on a daily basis <sup>(1)</sup>
- 89% of HS seniors believe there is not a great risk of harm from using marijuana occasionally <sup>(1)</sup>
- 19% of HS seniors have ridden in a car with a driver who had been drinking alcohol <sup>(1)</sup>
- 35% of HS seniors feel they cannot discuss drug or alcohol problems w/ supportive adults at school <sup>(1)</sup>
- 5 BI “youth-exclusive” therapists anecdotally report:
  - “No point in drinking at all if you aren’t going to get DRUNK” sentiment
  - Growing abuse of alcohol, cocaine, MDMA, prescription drugs

**Sources:** <sup>(1)</sup> Healthy Youth Survey, <sup>(2)</sup> CEE Survey, <sup>(3)</sup> BHYSE Survey, <sup>(4)</sup> Other private data source

# Emotional Health

Emotional Health / Depression (1)			
	<u>Bainbridge</u>	<u>State</u>	<u>Difference</u>
Experienced serious depression for at least 2 wks	20%	30%	-10%
Seriously considered attempting suicide	11%	17%	-6%
Made a plan to attempt suicide	13%	14%	-1%
Strongly agree they get along with their parents	58%	59%	-1%

- 66% of HS students feel people care about them as a person as much as their academic and sport achievements <sup>(3)</sup>
- 62% of HS students feel the school cares about their well-being as much as it supports their academic success <sup>(3)</sup>
- 77% of HS students have at least one adult (other than their parents) they can confide in <sup>(3)</sup>
- 76% of HS students know what services are available if they require additional emotional support outside of their friends and family <sup>(3)</sup>
- 135 students sought >1,200 hours of free mental health services at BYS in 2012 <sup>(4)</sup>
- 5 BI “youth-exclusive” therapists anecdotally report that stress, anxiety and depression are at high levels
  - Limited cultural efforts to role model managing stress, or discuss healthy approaches to reducing stress
  - Significant presence of “despair” and/or “suicidal ideation”

**Sources:** <sup>(1)</sup> Healthy Youth Survey, <sup>(2)</sup> CEE Survey, <sup>(3)</sup> BHYSE Survey, <sup>(4)</sup> Other private data source



# Norms & Relationships

- 66% of HS students feel as a youth growing up in Bainbridge, people care about me as a person as much as their academic and sports achievements <sup>(3)</sup>
- 71% of HS seniors report being included in family decisions affecting them <sup>(1)</sup>
- 74% of HS seniors report that their parents “often” or “always” notice when they are doing a good job and let them know about it <sup>(1)</sup>
- 77% of HS students have at least one adult (other than their parents) they can confide in <sup>(3)</sup>
- 35% of HS seniors feel they cannot discuss drug or alcohol problems w/ supportive adults at school<sup>(1)</sup>
- 54% of HS students feel their school helps them plan and set goals for their future <sup>(2)</sup>

Attitudes Towards Alcohol and Drug Use (1) "very wrong" or "wrong"			
	Bainbridge	State	Difference
How would your parents feel about you drinking alcohol	78%	76%	2%
How would your parents feel about you smoking cigarettes	94%	90%	4%
How would your parents feel about you smoking marijuana	85%	86%	-1%
How wrong do you think it is for youth to drink alcohol	46%	56%	-10%
How wrong do you think it is for youth to smoke cigarettes	77%	72%	5%
How wrong do you think it is for youth to smoke marijuana	48%	55%	-8%
How wrong do you think it is for youth to use illegal drugs	93%	91%	2%

- The likelihood of being caught drinking by adults, as well as the consequences, is low <sup>(1)</sup>
- 41% of HS students believe parents have an accurate awareness of what is going on with Bainbridge youth <sup>(3)</sup>
- 5 BI “youth-exclusive” therapists anecdotally highlight cultural instability
  - Cultural norms emphasize achievement (eg: building the resume, going to college) versus social emotional development (eg: overall well-being, playtime, social life)

**Sources:** <sup>(1)</sup> Healthy Youth Survey, <sup>(2)</sup> CEE Survey, <sup>(3)</sup> BHYSE Survey, <sup>(4)</sup> Other private data source