

# IDAHO HEALTHY YOUTH SURVEY, 2017: SUPERVISED AFTER-SCHOOL ACTIVITIES IN IDAHO

## BACKGROUND



The Idaho Healthy Youth Survey (IHYS) is a biennial survey administered in the fall/winter of odd years, sponsored by the Office of Drug Policy (ODP). The survey is intended for students in grades 6, 8, 10, and 12, in an effort to provide local-level, behavioral health data for prevention planning. Survey participation was completely voluntary, and it was the choice of each superintendent to allow for administration in their district.

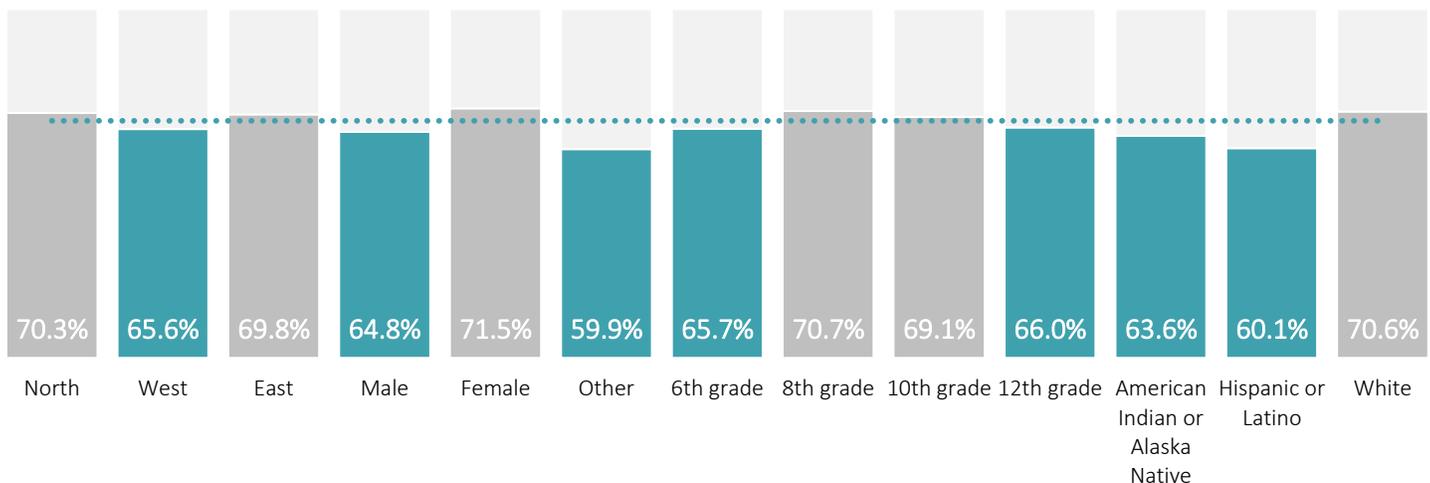
Respondents were represented in all seven Public Health Districts, in 30 of the 44 counties, in 45 school districts for a total of 149 schools. We received 20,927 valid surveys, which were weighted and allowed for hub-level estimates, based on hubs identified by the State Department of Education (left).

There were several validity parameters in the survey to ensure the highest level of honesty from a self-reported survey. Questionnaires were eliminated from the analysis if they were deemed “dishonest” based on several criteria which included 1) reporting the highest level of drug use for each type of drug 2) reporting using a fake drug 3) reporting incongruent age and grade combinations or 4) reporting that they were “not at all honest” in their responses.

ODP partnered with the Out of School Network to include an item on the IHYS: “During an average week, on how many days do you participate in supervised after-school activities either at school or away from school?” students were given the option to select “0 days,” “1 day,” “2 days,” or “3 or more days.”

## PRIORITY POPULATIONS

**STUDENTS WHO IDENTIFY THEIR GENDER AS “OTHER,” HISPANIC/LATINO AND AMERICAN INDIAN STUDENTS, MALES, STUDENTS IN THE WESTERN HUB, AND 6<sup>TH</sup> AND 12<sup>TH</sup> GRADE STUDENTS ARE LESS LIKELY TO PARTICIPATE IN SUPERVISED AFTER-SCHOOL ACTIVITIES.**



Compared to the state average (shown above in the dotted blue line), females, 8<sup>th</sup> grade students, White students, students living in the northern and eastern hubs, and 10<sup>th</sup> grade students were more likely to report participating in supervised after school-activities on at least one day during the average week.

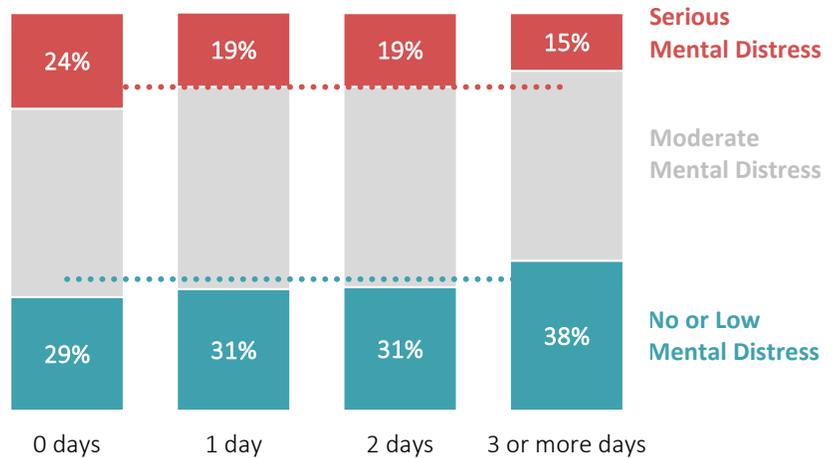
## MENTAL DISTRESS

The IHYS included 6 items, collectively called the Kessler Psychological Distress Scale (K6), which is a screening tool for mental illness (Kessler et al., 2002). With response options that include “none of the time,” “a little of the time,” “some of the time,” or “all of the time,” estimates could determine how often youth were feeling nervous, hopeless, restless or fidgety, so depressed that nothing could cheer them up, that everything was an effort, or worthless in the past 30 days.

According to cut points established by Prochaska et al. (2012), approximately 18.5% of Idaho students in grades 6, 8, 10 and 12 are experiencing serious mental distress.

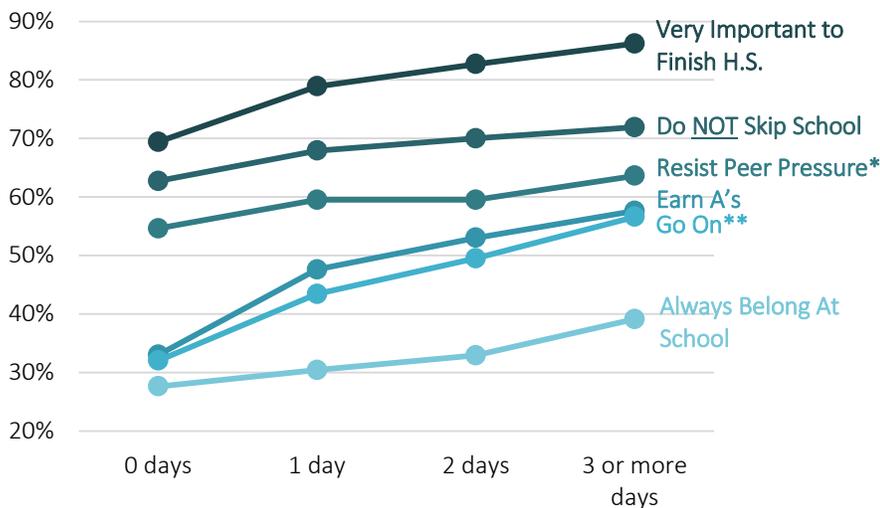
Students who participate in supervised after-school activities on three or more days per week, on average, are 31% more likely to have “no or low mental distress” and are 38% less likely to have “serious mental distress.” Among these Idaho students, those with “serious mental distress” were 45 times more likely to have attempted suicide in the past 12 months than those with “no or low mental distress,” 18% compared to 0.4%, respectively.

### STUDENTS WHO PARTICIPATE IN SUPERVISED AFTER-SCHOOL ACTIVITIES ARE LESS LIKELY TO HAVE SERIOUS MENTAL DISTRESS.



## SCHOOL-RELATED OUTCOMES

### STUDENTS WHO PARTICIPATE IN SUPERVISED AFTER-SCHOOL ACTIVITIES ARE MORE LIKELY TO HAVE BETTER SCHOOL-RELATED OUTCOMES.

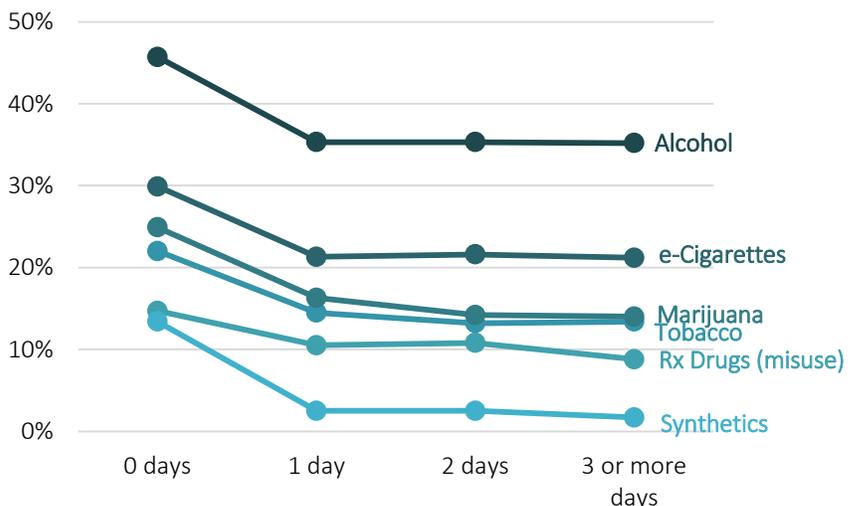


Those who participate in supervised after-school activities are also more likely to report that it is “very important” for them to finish high school; that they did not skip school in the past 30 days; that they “strongly agree” that they can say ‘no’ when someone wants them to do something they know is wrong or dangerous\*; that they earn mostly A’s; that they feel it is “very likely” for them to complete a post high school program such as vocational training, military service, community college, or 4-year college\*\*; and that they “always” feel like they belong at their school.

## LIFETIME DRUG USE

Similarly, students who participate in supervised after-school activities on just one day per week, on average, are less likely to report having ever used drugs including alcohol, e-cigarettes, marijuana, tobacco, prescription drugs (misuse), over-the-counter medications (misuse), synthetic drugs, and ecstasy.

### STUDENTS WHO PARTICIPATE IN SUPERVISED AFTER-SCHOOL ACTIVITIES ARE LESS LIKELY TO HAVE EVER USED DRUGS.



Kessler, R. C., Andrews, G., Colpe, L. J., Hiripi, E., Mroczek, D. K., Normand, S. T., ... & Zaslavsky, A. M. Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological Medicine*, 32, 959-976. doi: 10.1017/S0033291702006074

Prochaska, J. J., Sung, H., Max, W., Shi, Y., & Ong, M. (2012). Validity study of the K6 Scale as a measure of moderate mental distress based on mental health treatment need and utilization. *International Journal of Methods in Psychiatric Research*, 21, 88-97. doi:10.1002/mpr.1349