

Data to support youth substance use prevention efforts in Forsyth County

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The ask from FROST

- Current(ish) data
- Youth substance use
- Youth mental health

In the chat (or come off mute!)

1. Could you benefit from data about youth substance use? How so/what would you use for?
2. Are you currently collecting data about youth substance use?

WFUSM Substance Use Assessment Team



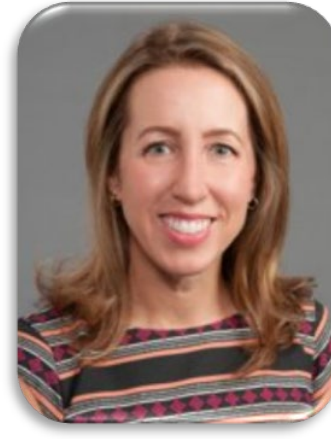
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A hand holding a blue pencil is positioned over a survey form. The form features a grid of small circles, some of which are filled in with blue or red ink. The background is blurred, showing a person's face and other documents.

North Carolina Youth & Young Adult Prevention Survey (*NCYYAP*)

***GOAL: PROVIDE INFORMATION FOR DATA DRIVEN
COMMUNITY ASSESSMENT***

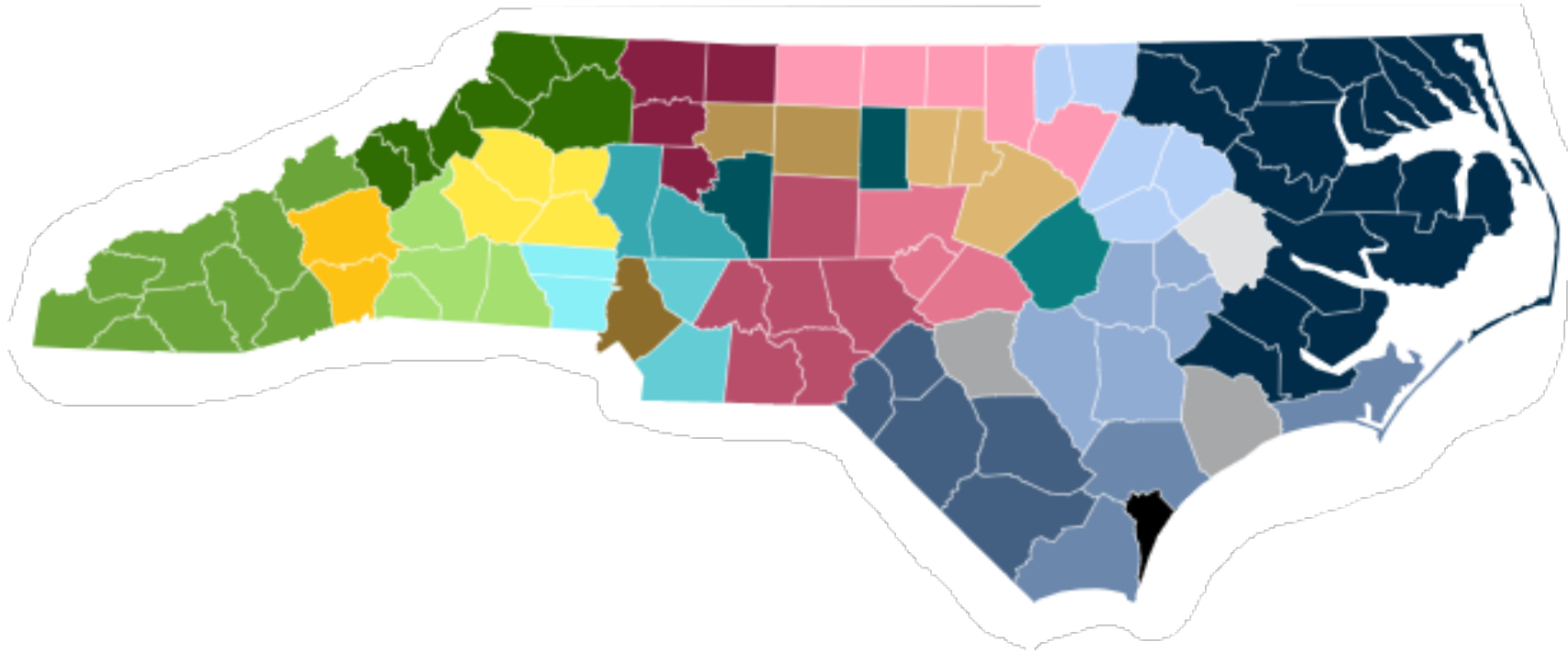
Data Collection

- December 2022 to February 2023
- 15,000 respondents 12-25 years old
 - *9,962 12-20 year olds in NC*
 - *328 12-20 year olds in Forsyth County*
- Qualtrics panel survey
- Surveyed by telephone
- Average interview lasted 29 minutes
- \$25 equivalent incentive



Data Collection

- Recruited by region
- Monitored for representation of all counties within in a region, and to balance responses on age, sex, race/ethnicity



Survey Measures

Substance use behaviors

- Use
- Context
- Source

Demographics

- Age
- Biological Sex
- Race/Ethnicity
- Gender and Sexuality
- Socioeconomic Status

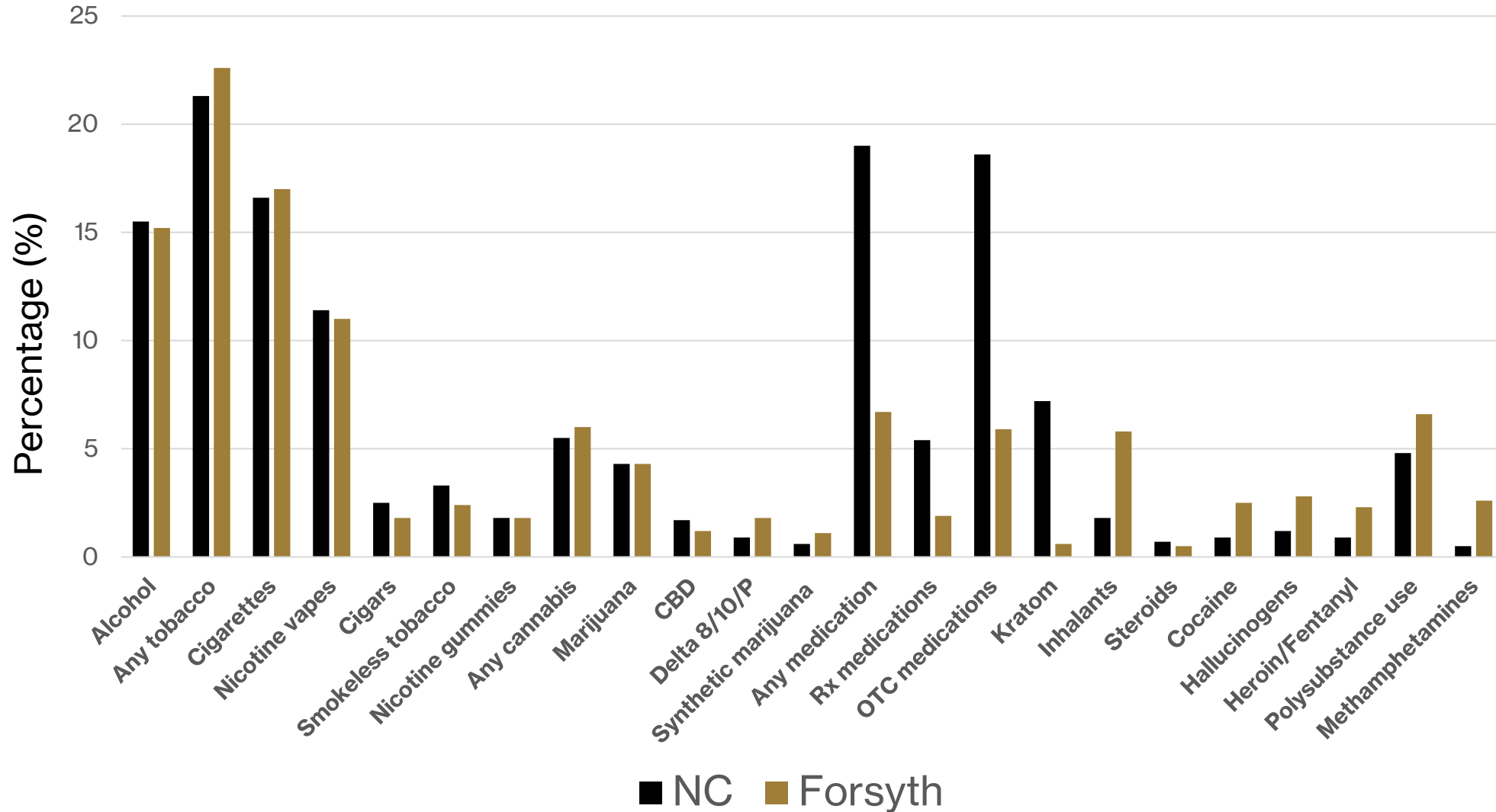
Social determinants of health

- Transportation
- Food Insecurity
- Parental Separation
- Homelessness
- Housing Quality Concern
- Residential Stability
- Immigration Concerns
- Everyday Discrimination
- Community ACEs

Risk & protective factors

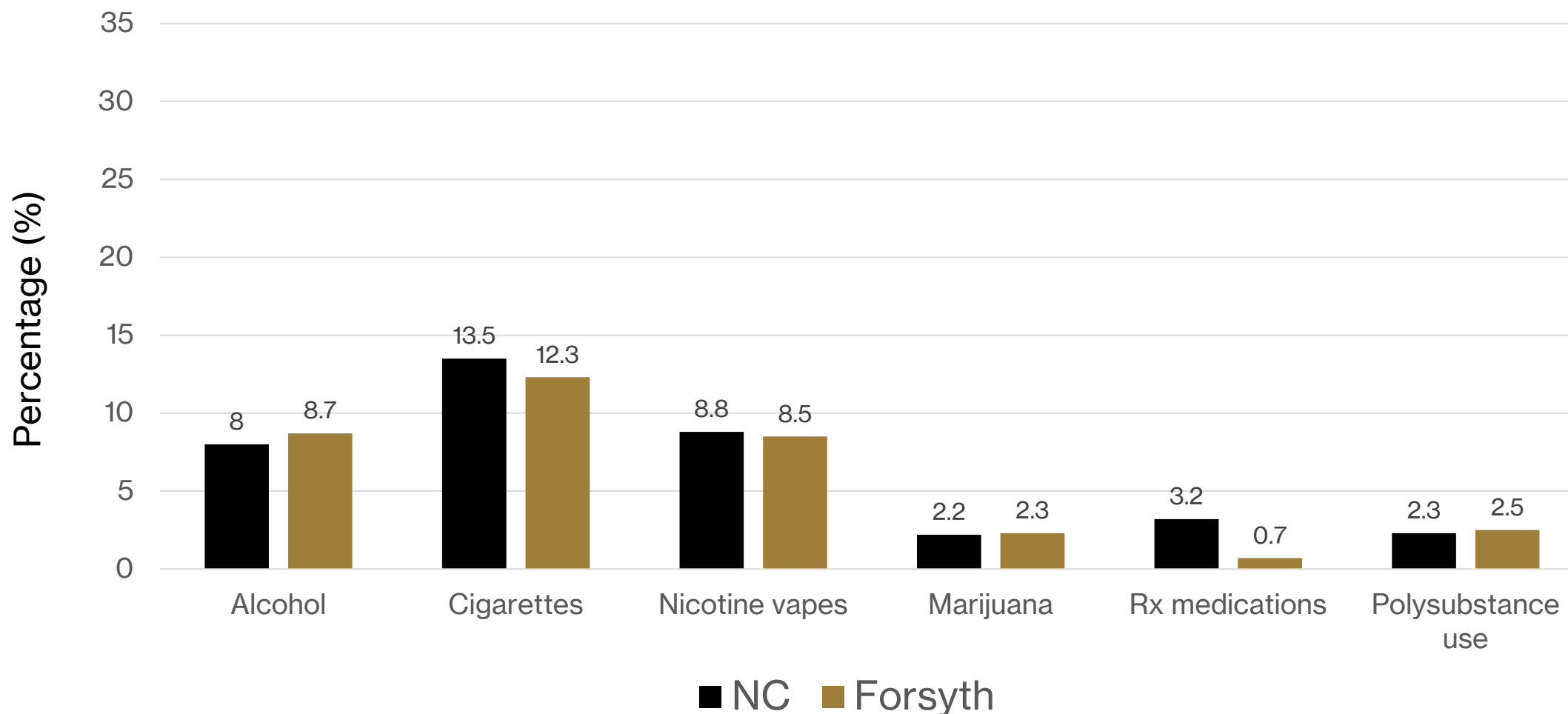
- Individual
 - Prosocial Activities
 - Perceived Harms
 - Close Relationships
 - Connectedness
- Peer
 - Peer Use
 - Peer Disapproval
- Family
 - Parental Disapproval
 - Parental Use
- School and Community
 - Difficulty of Access

Ever used a substance(s) among 12-20 year olds *NC vs Forsyth County*



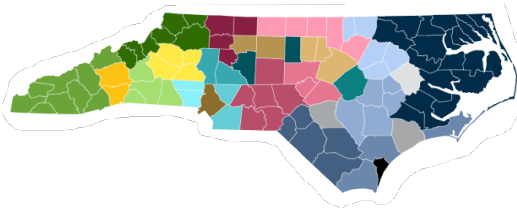
Past 30-day substance use among 12-20 year olds

NC vs Forsyth County

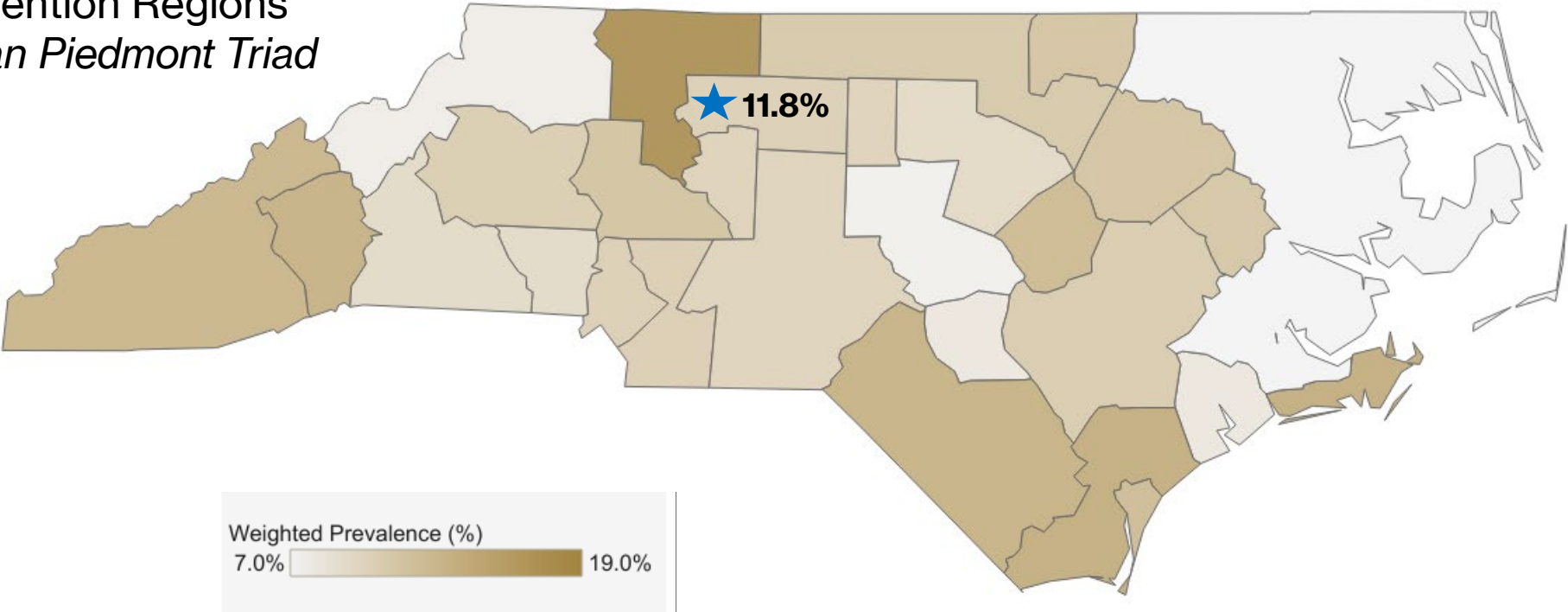


Past 30-day alcohol use

12-20 year olds



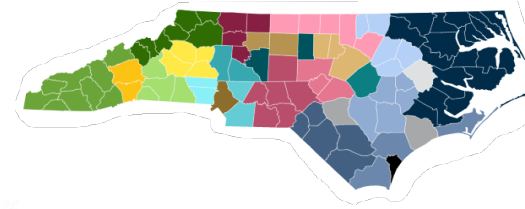
Prevention Regions
Urban Piedmont Triad



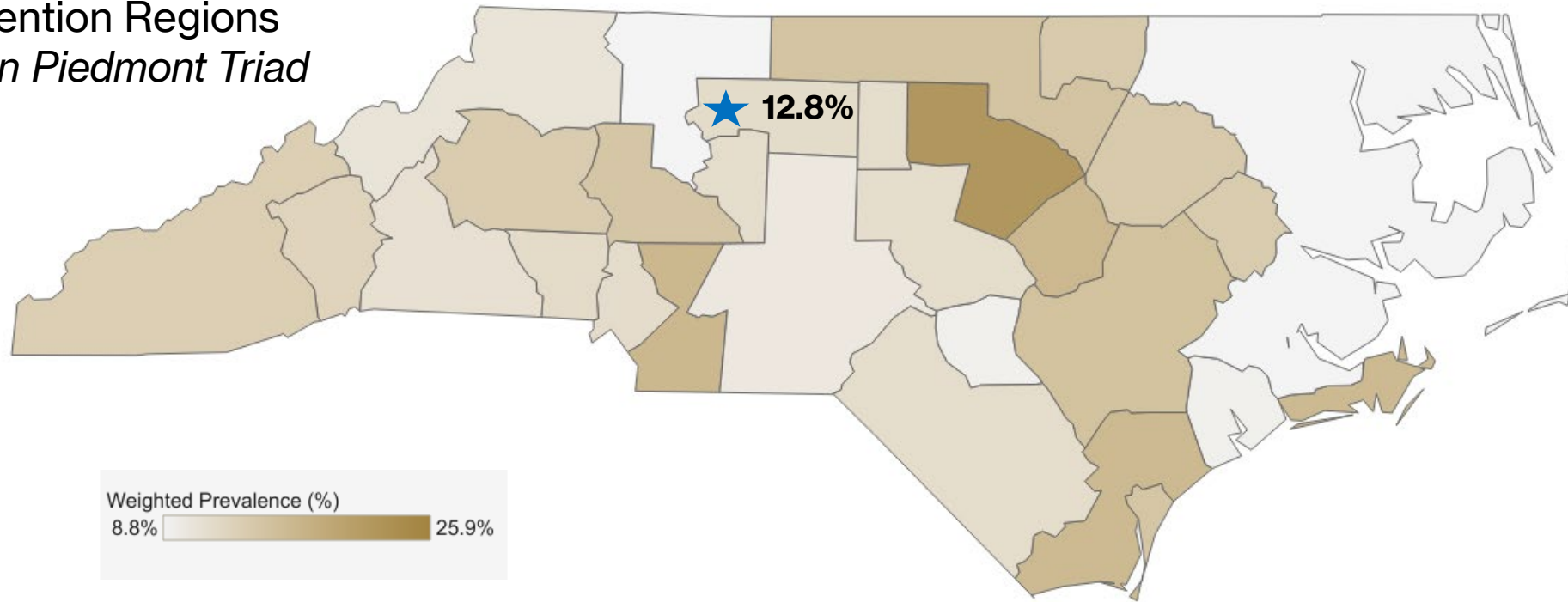
Weighted Prevalence (%)
7.0% 19.0%

Past 30-day cigarette use

12-20 year olds



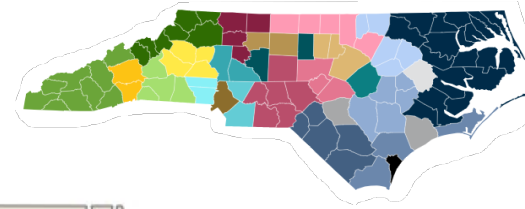
Prevention Regions
Urban Piedmont Triad



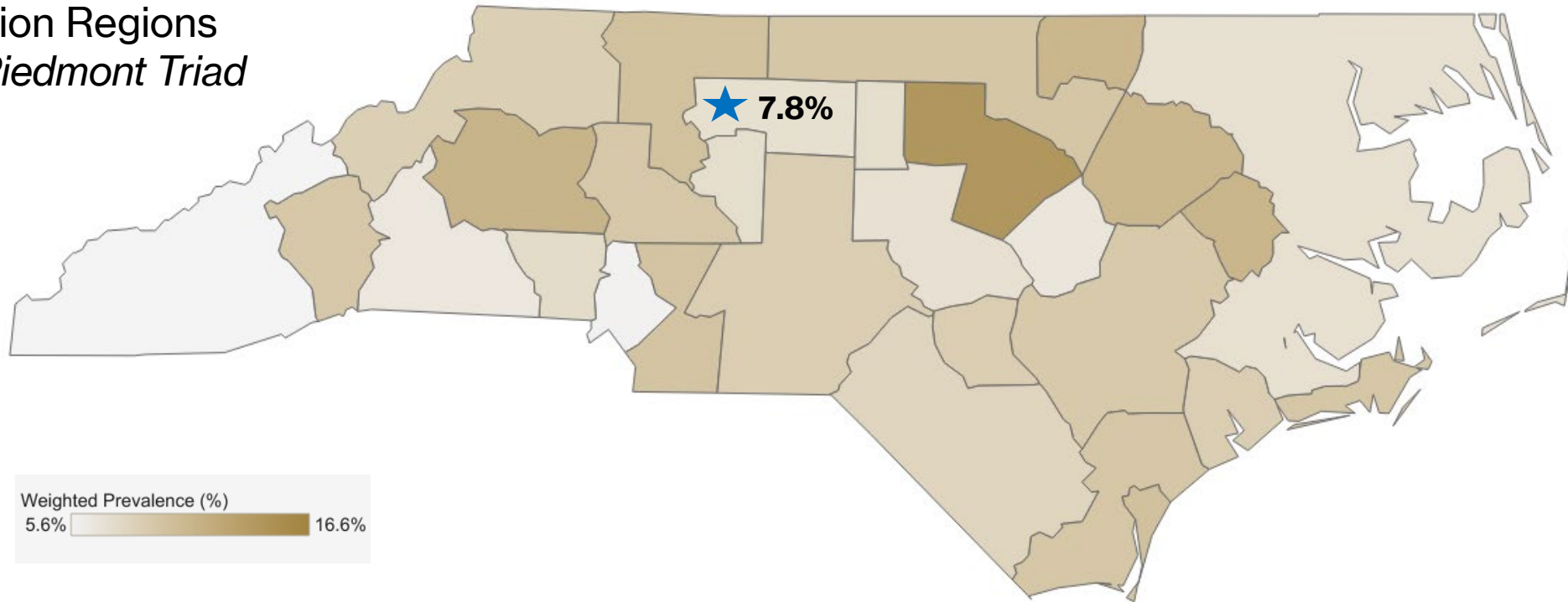
Weighted Prevalence (%)
8.8% 25.9%

Past 30-day nicotine vapes use

12-20 year olds

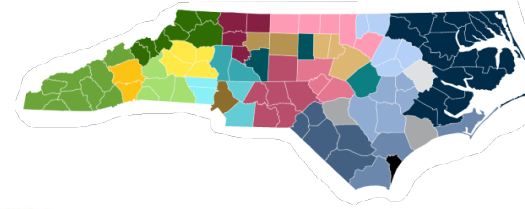


Prevention Regions
Urban Piedmont Triad

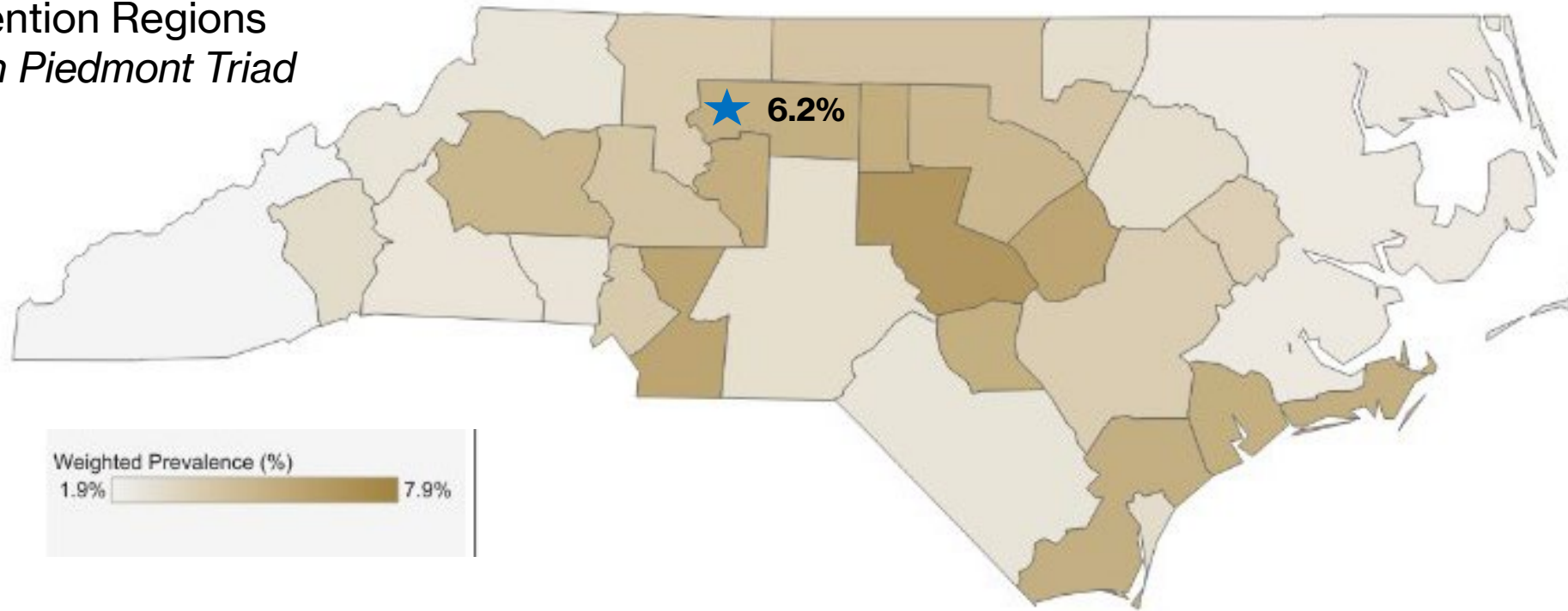


Past 30-day cannabis use

12-20 year olds



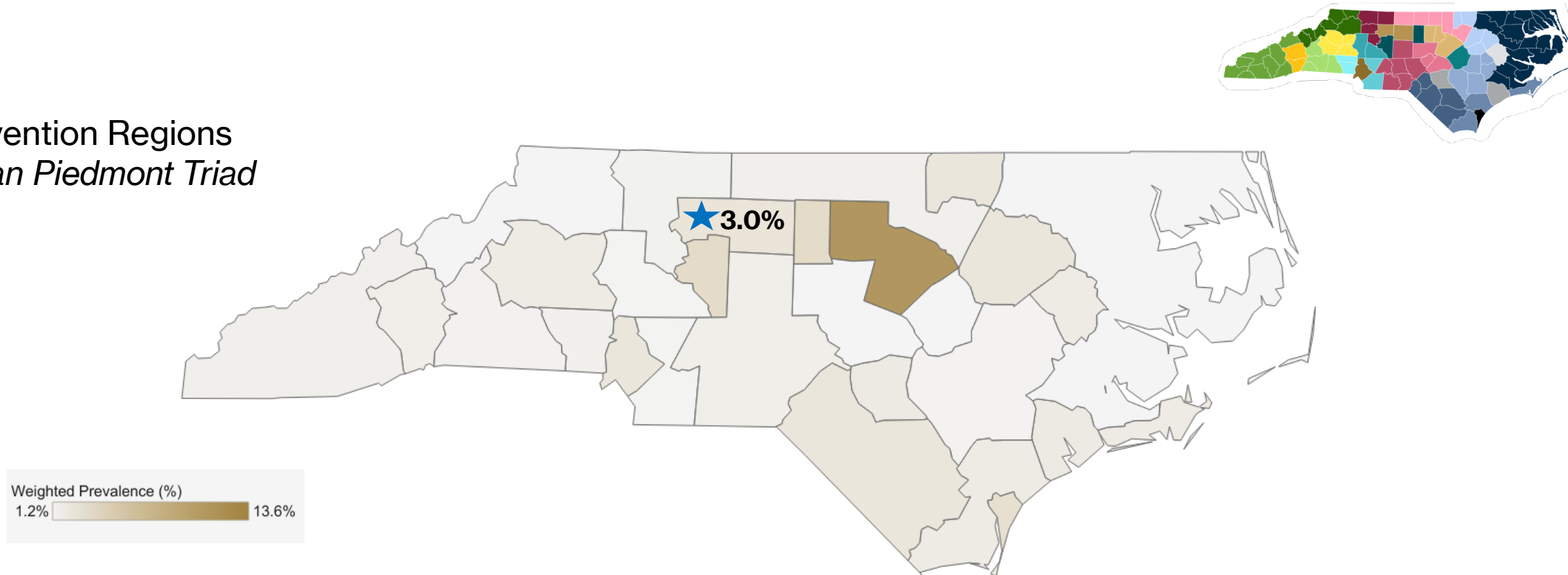
Prevention Regions
Urban Piedmont Triad



Past 30-day RX medications use

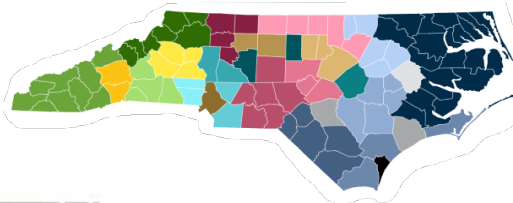
12-20 year olds

Prevention Regions
Urban Piedmont Triad

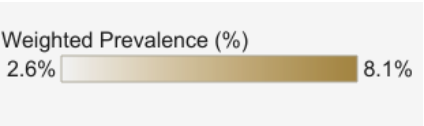
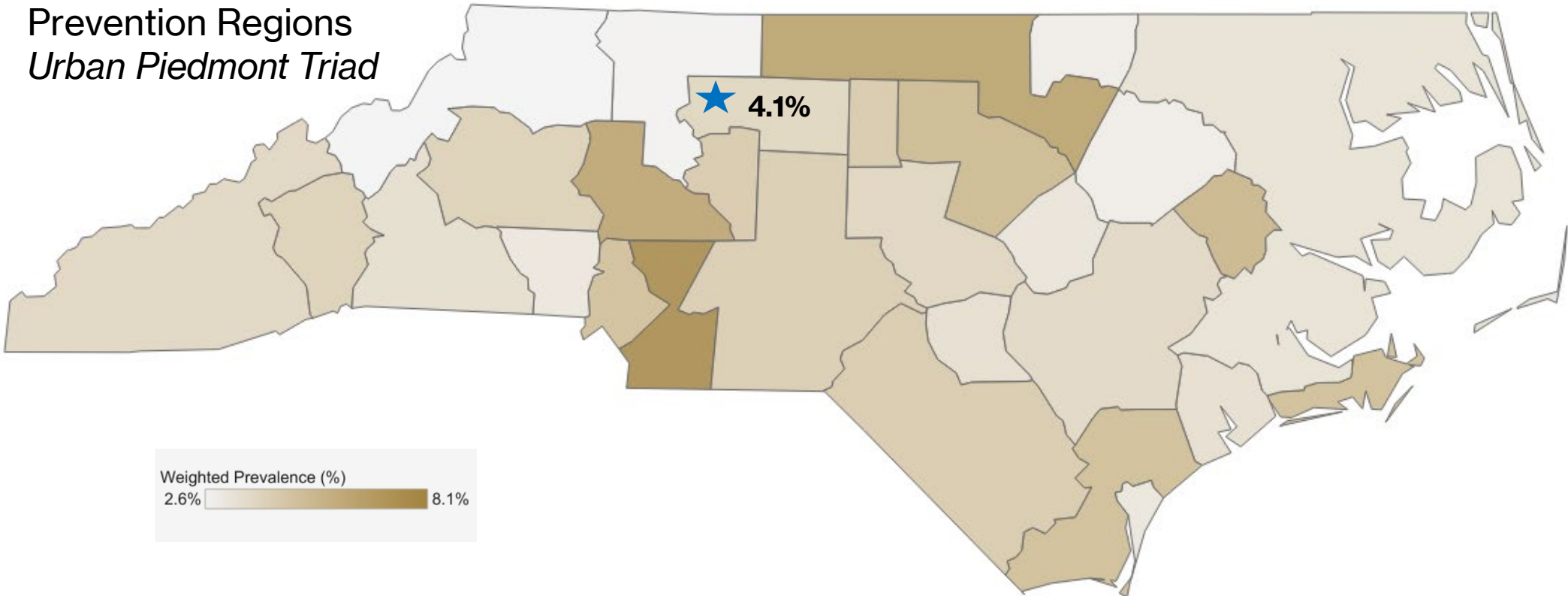


Past 30-day polysubstance use

12-20 year olds



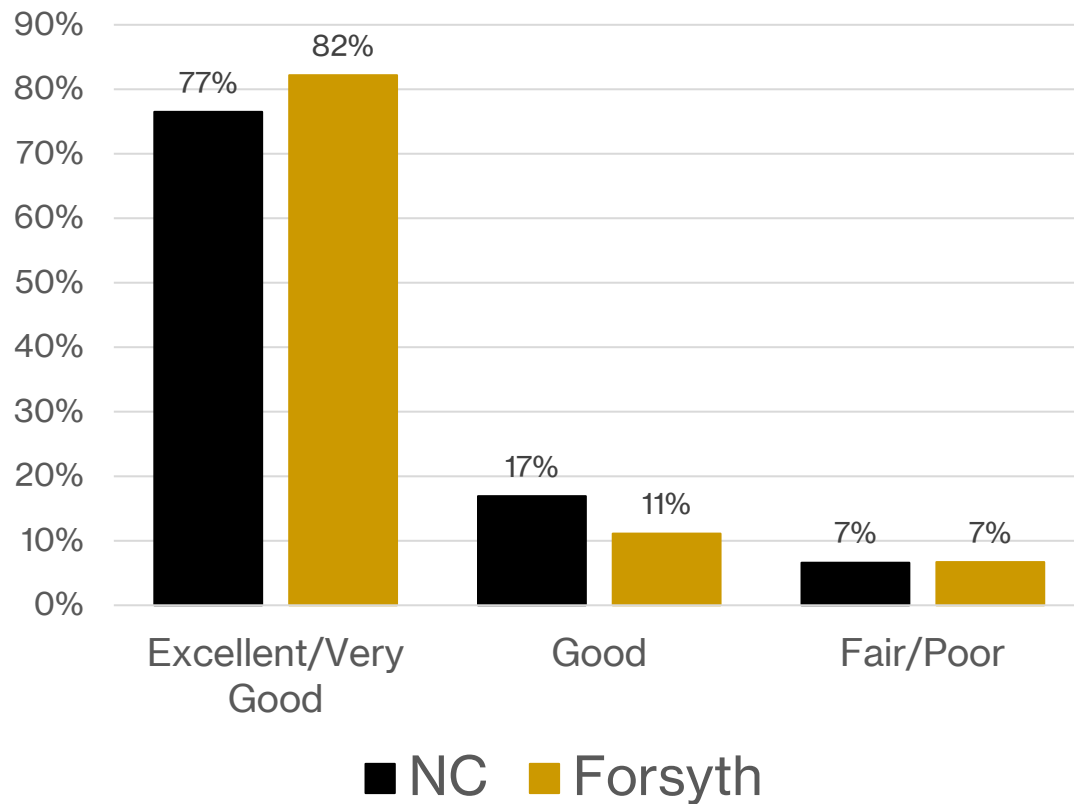
Prevention Regions
Urban Piedmont Triad



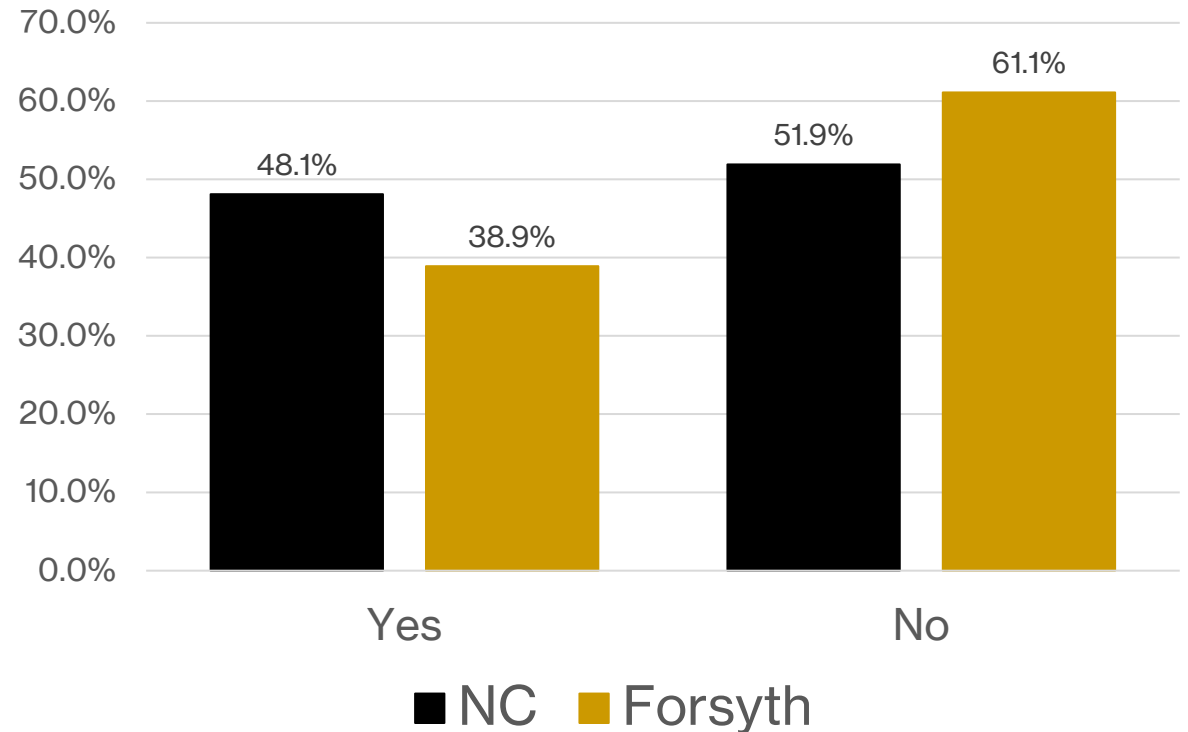
Mental health status among 12-20 year olds

NC vs Forsyth County

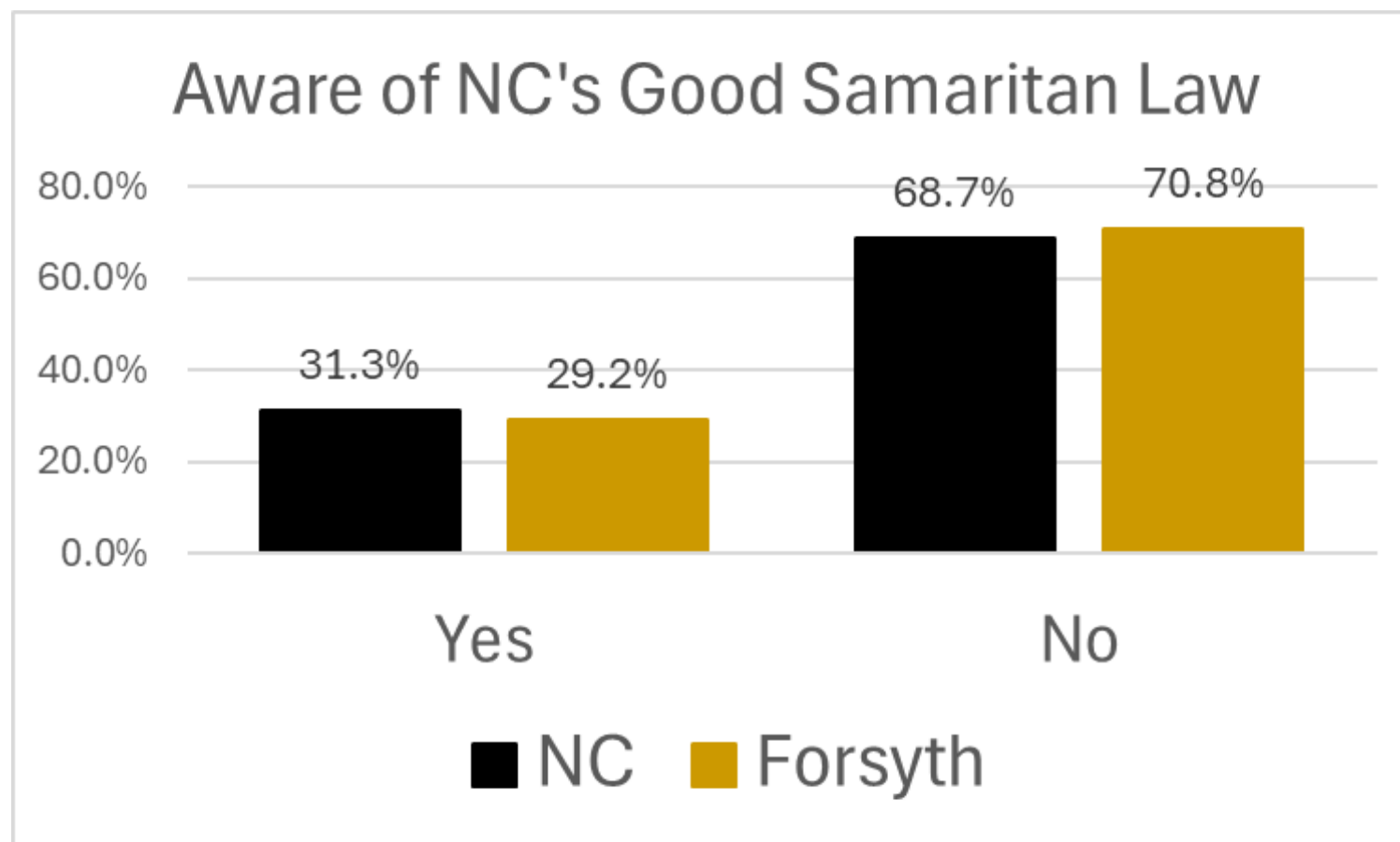
In general, how is your mental health...



I have access to mental health support services (such as counseling) if I feel sad, stressed, or depressed



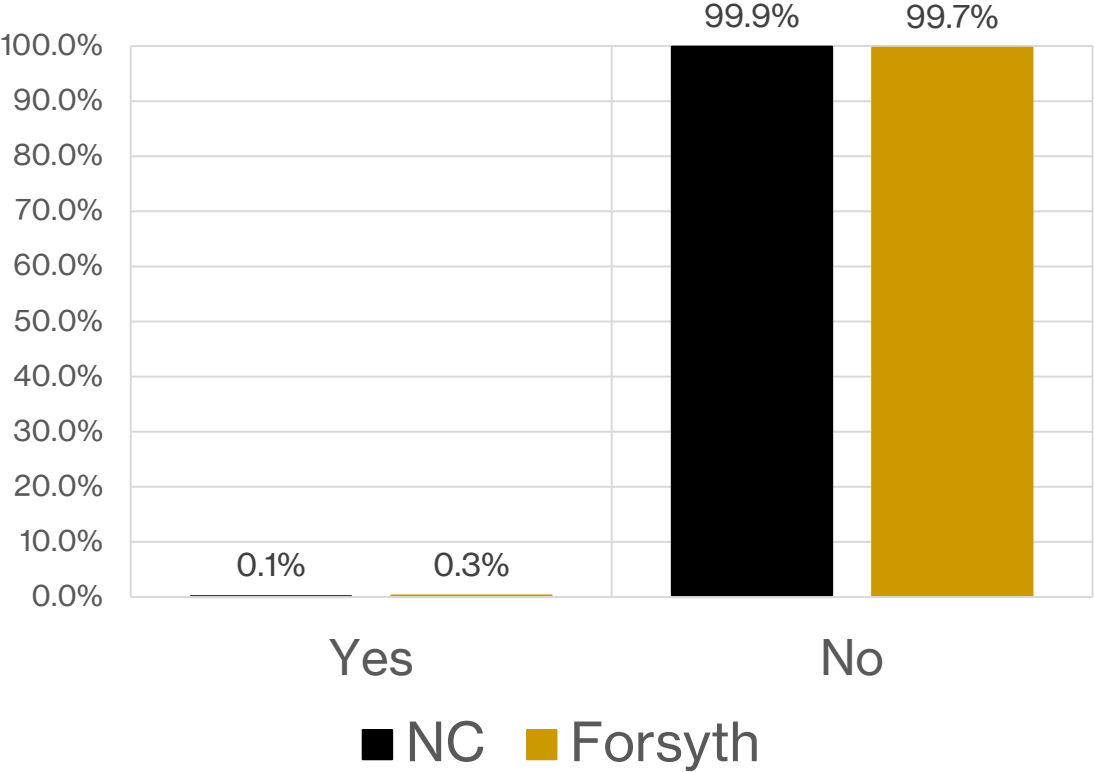
Awareness of NC's Good Samaritan Law among 12-20 year olds *NC vs Forsyth County*



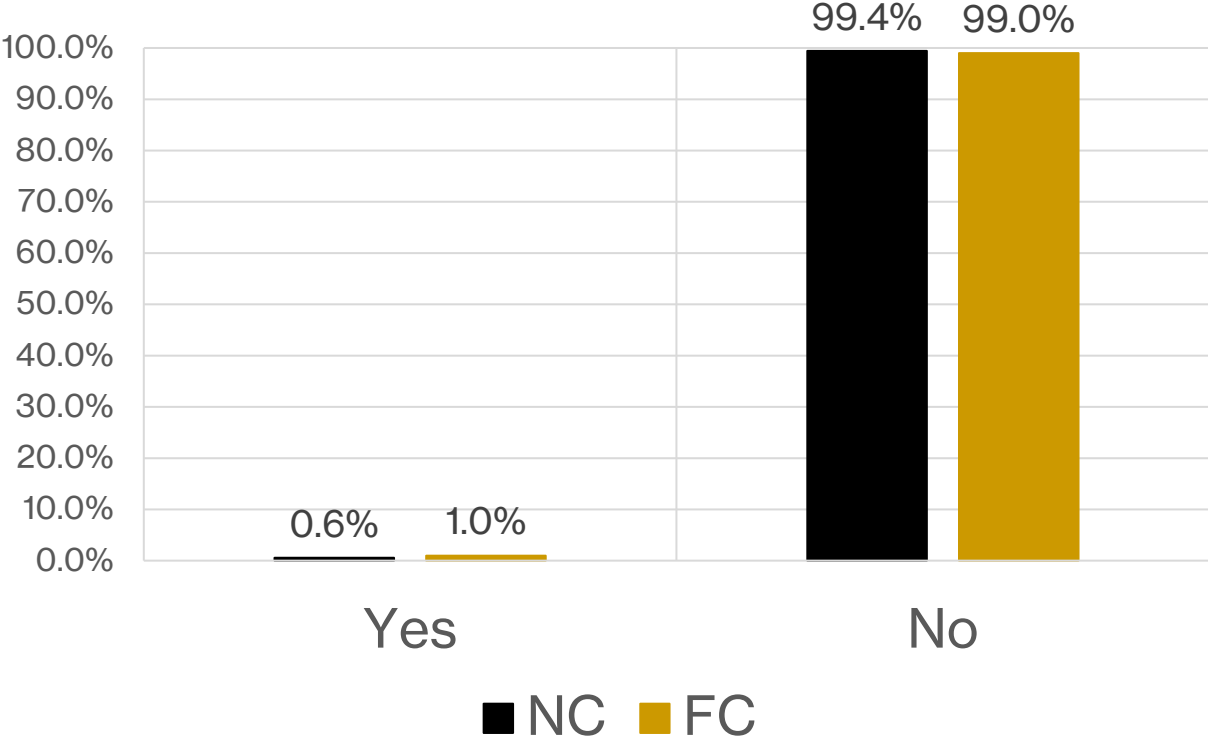
Self-Identified Recovery among 18-20 year olds

NC vs Forsyth County

Self-Identified Recovery from Alcohol



Self-Identified Recovery from Other Substance Use



Summary

- Overall, substance use among youth (12 – 20) in Forsyth County is very similar to use across the state of NC
- Compared to 12- 20 year olds in NC, youth in Forsyth County appear to report higher "ever use" of:
 - inhalants, cocaine, hallucinogens, heroin/fentanyl, methamphetamines, and poly substance use
- Our region is "middle of the road" compared to other NC regions on past 30-day use of alcohol, cigarettes, nicotine vapes, cannabis and rx meds
- Self-reported mental health is high in Forsyth County
 - however, perceived access to mental health services is low (and lower compared to North Carolina) with over half of respondents not perceiving access to mental health support services

Implications & Suggestions for Prevention in Forsyth County

- Keep up prevention efforts, especially around Rx medications
- Need to address access to mental health services for youth
 - Increase services and access
 - Increase communication and awareness of the services available
- Monitor use of substances such as inhalants, cocaine, hallucinogens, heroin/fentanyl, methamphetamines, and poly substance use
- Need to increase awareness of Good Samaritan Law
- Continued monitoring of cannabis use and consequences as NC gets closer to legalization

Thank you! Questions/thoughts?

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