Oregon Health Authority

Young Adult Survey Results

PACIFIC Research & Evaluation

Why survey young adults?

- Track current trends of health behavior
- Monitor impact of COVID on young adults
- Inform policies that impact young adults
- Guide decision-making for expenditures
- Prioritize and mobilize resources

How has data been used in the past?

- To understand and track health behaviors and trends (like cigarette smoking or alcohol use)
- To identify new or emerging health concerns (like vaping/e-cigarettes)
- To measure the impact of programs and policies (Tobacco 21 legislation)

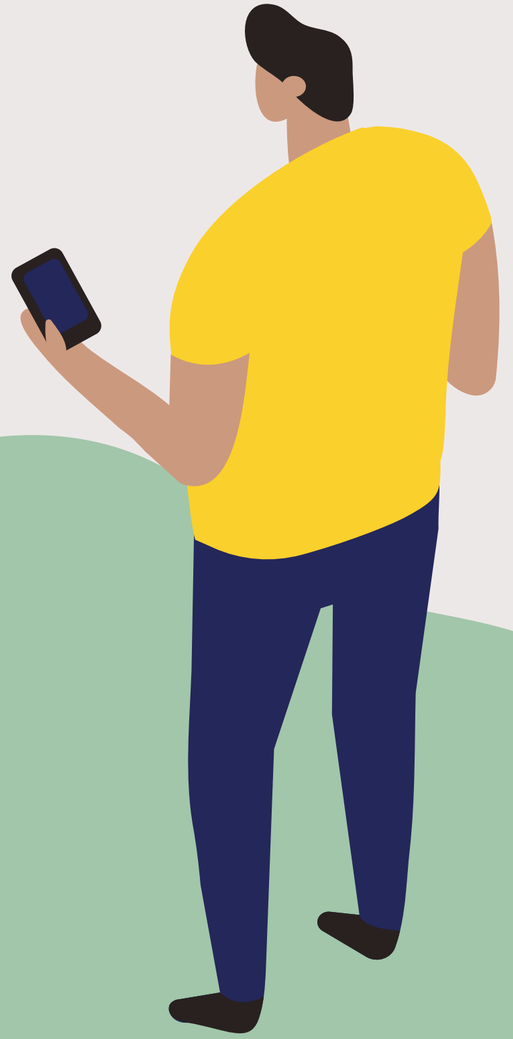
Recruiting young adults for a survey

- For data to be valid, it needs to be representative
- Previous efforts included random-digit dialing landlines
- Necessary to use new methods
- Two main efforts in this phase:
  - Facebook/Instagram ads
  - Peer-to-peer text campaign

Zoom Poll

Recruiting young adults for a survey

- Zoom poll results
- Facebook/Instagram ads
  - Did the social media ads catch your attention the first time?
- Peer-to-peer text campaign
  - What helped you trust the text(s) you received?
  - What do you think would increase the legitimacy of a text campaign?



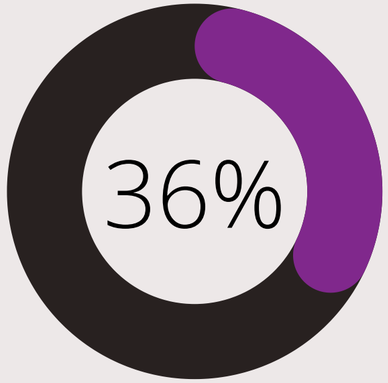
Impact of COVID on education/work

COVID impacted young adults in three main ways:

1. Difficulty in keeping up with work/school (43%)
2. Delayed going to school/training/college (29%)
3. Hours at work were reduced (28%)

Impact of COVID on education/work

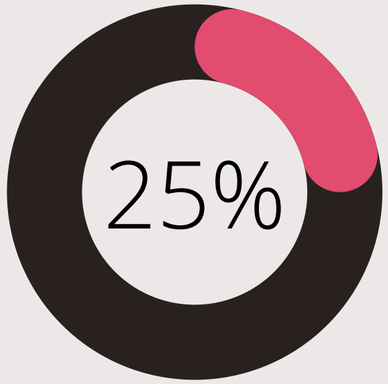
AGES 18 - 20



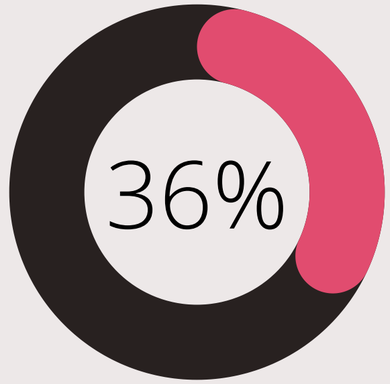
Delaying school/training

Difficulty in school/work

AGES 21 - 25



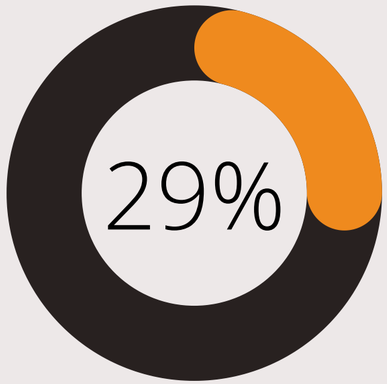
Delaying school/training



Difficulty in school/work

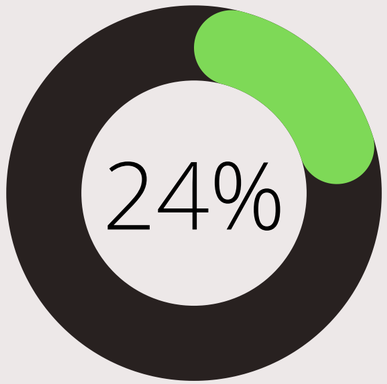
Impact of COVID on education/work

Male



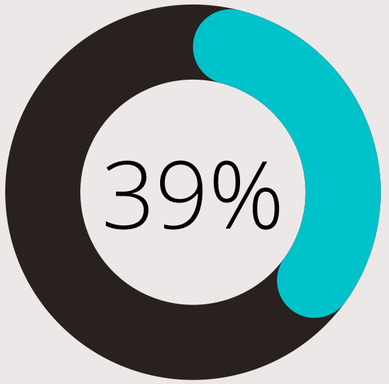
Delaying school/training

Female



Delaying school/training

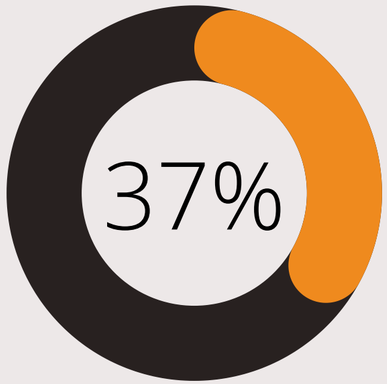
Non-Binary



Delaying school/training

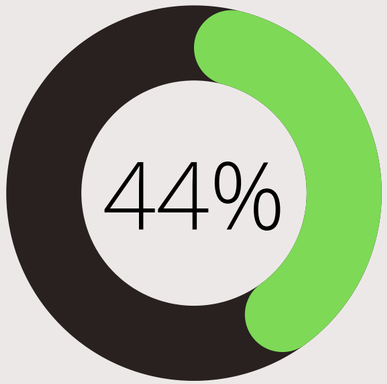
Impact of COVID on education/work

Male



Difficulty in school/work

Female



Difficulty in school/work

Non-Binary

Difficulty in school/work

Zoom Poll

Feedback on these findings?

- Zoom poll results
- Why would 18-20 year olds have more difficulty keeping up with work / their grades suffering due to COVID compared to 21-25 year olds?
- Why would non-binary folks be more likely to delay school/training due to COVID compared to males and females?

Impact of COVID on substance use

<u>More than half</u> used these substances more during COVID:

62% smoked cigarettes more than usual

55% smoke marijuana more than usual

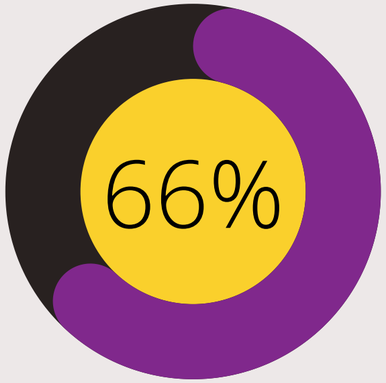
58% vaped more than usual

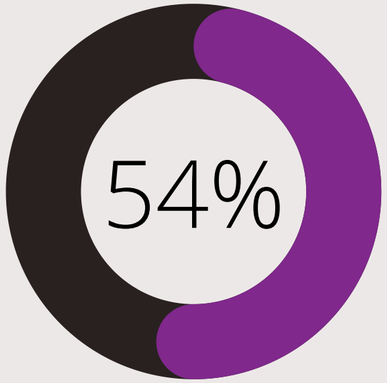
<u>Less than half</u> used these substances more during COVID:

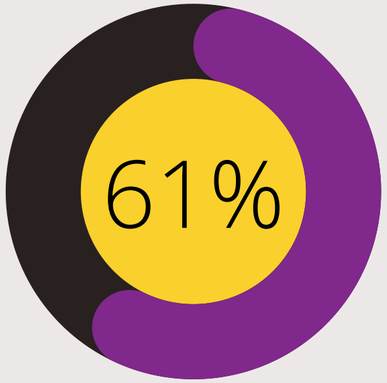
40% drank alcohol more than usual

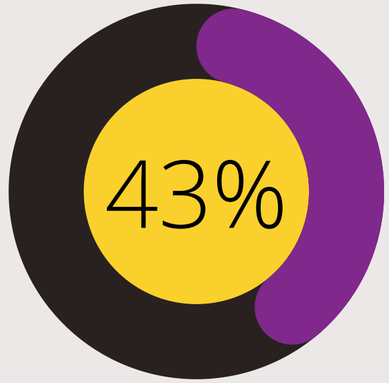
Substances used more during COVID:

AGES 18 - 20









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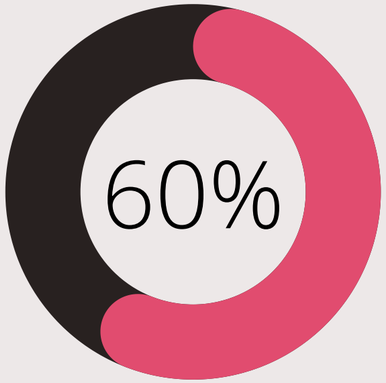
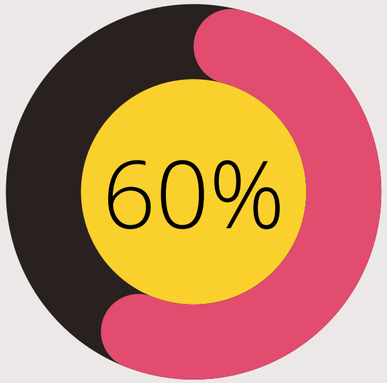
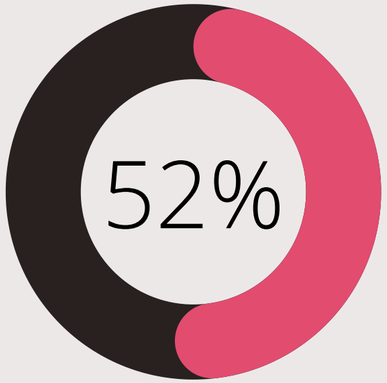
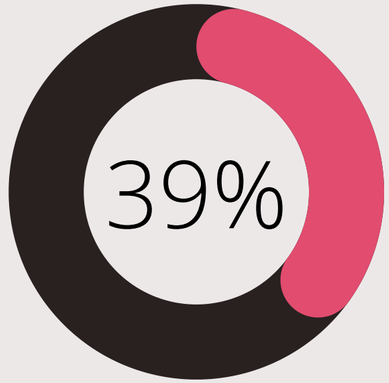
AGES 21 - 25









Zoom Poll

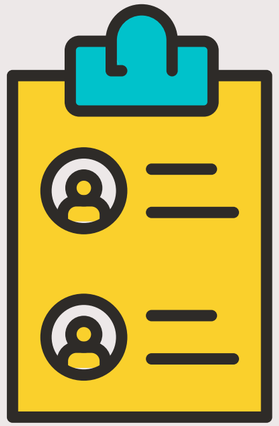
Feedback on these findings?

- Zoom poll results
- Compared to 21-25 year olds, 18-20 year olds increased their substance use (cigarettes, marijuana, alcohol) more during COVID - the only exception was with vaping.
- What are some reasons as to why 18-20 year olds are increasing substance use more during COVID?

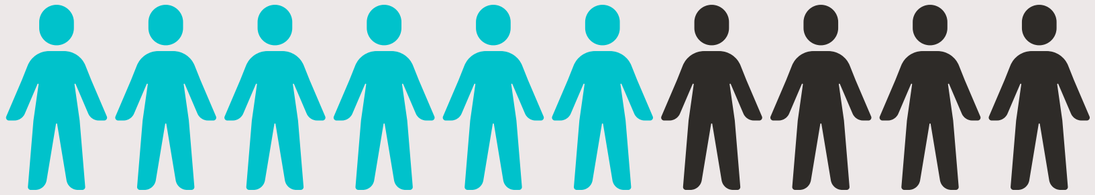
How is COVID impacting you now?

- Survey was created early 2021 - pre vaccine
- Going into this fall, what are the changing struggles that young adults might be facing?

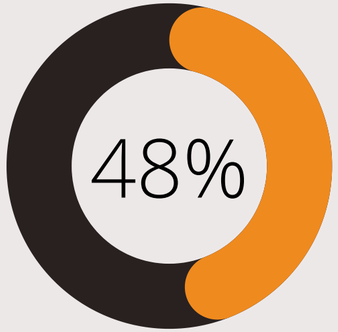
Young adult mental health history



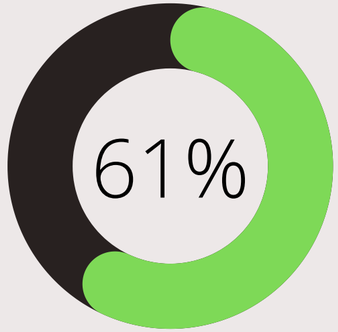
Overall, 59% reported a past mental health diagnosis



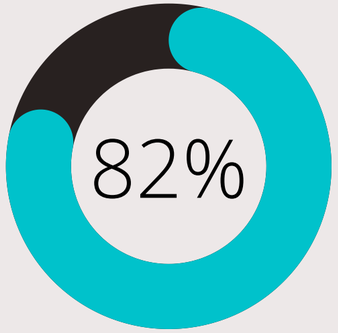
Male



Female



Non-Binary

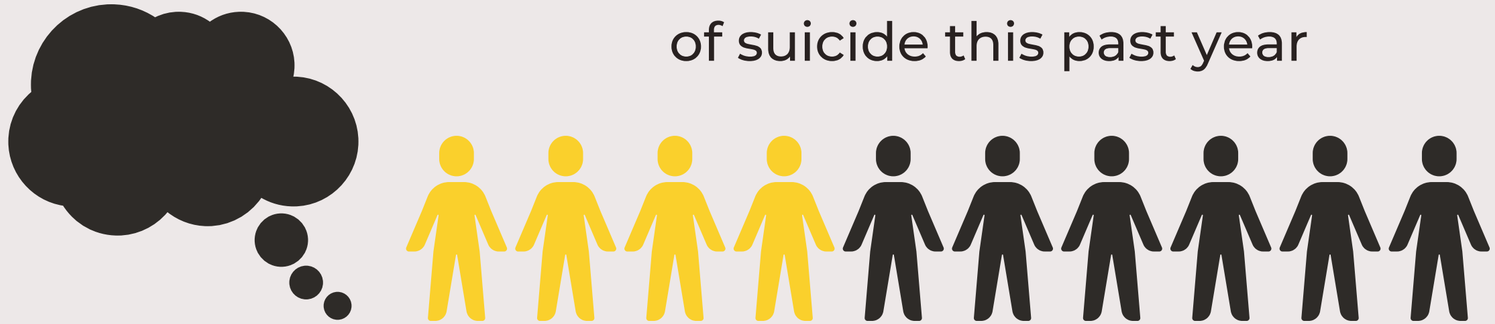


Feedback on these findings?

- Past mental health diagnosis included:
  - Depression or anxiety
  - Personality disorder
  - Attention hyperactivity disorder (ADHD)
  - Post-traumatic stress disorder
  - Or "other" diagnosis
- In your opinion what is driving the high number (59%) of past diagnoses in young adults?
  - Why is this much higher for non-binary (82%)?

Young adult mental health needs

Overall, 38% reported thoughts
of suicide this past year



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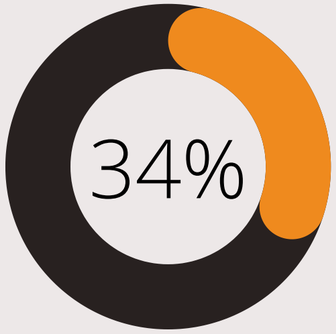

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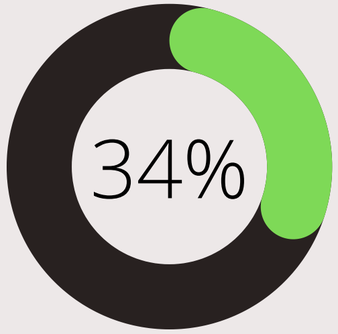

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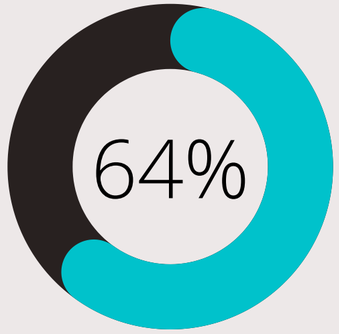

AGES 18 - 20

AGES 21 - 25

Zoom Poll

Feedback on these findings?

- Zoom poll results
- In your opinion, why are a higher percentage of non-binary individuals struggling with suicidal thoughts compared to male/female individuals?
- In your opinion, why are a higher percentage of 18-20 year olds struggling with suicidal thoughts compared to 21-25 year olds?

Reactions to the survey results

- What do you think is impacting your health opportunities?
- What should OHA focus on to improve your health possibilities?
- What is the story that isn't being told in these results?

Anything else you want OHA to know?

- What do you wish we had asked?
- What do you wish we knew about you?