

Henry County Youth Community Status Assessment: Analysis of the Community Health Survey, 2024

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1 | Safety

Executive Summary: Youth Safety Behaviors in Henry County

This chapter analyzes safety behaviors among Henry County youth, focusing on seat belt usage, riding with impaired drivers, drunk driving, and texting while driving.

Key Findings:

1. **Seat Belt Usage:**

- 88% of youth wear seat belts always or most of the time.
- Only 4% rarely or never wear seat belts, down from 8% in previous years.

2. **Riding with Impaired Drivers:**

- 85% of youth have not ridden with a driver who had been drinking.
- 15% have ridden with an impaired driver at least once in the past 30 days.

3. **Drunk Driving:**

- 4% of youth who drove in the past 30 days did so while drinking.

4. **Texting While Driving:**

- 65% of youth drivers did not text while driving in the past 30 days.
- 35% texted while driving at least once, an increase from 29% in 2022.

Overall, while most youth in Henry County demonstrate safe behaviors, there are areas for improvement, particularly in reducing texting while driving and riding with impaired drivers.

Seat Belts

Distribution of Responses

Henry County youth were asked about their seat belt wearing behaviors, while riding in a motor vehicle.

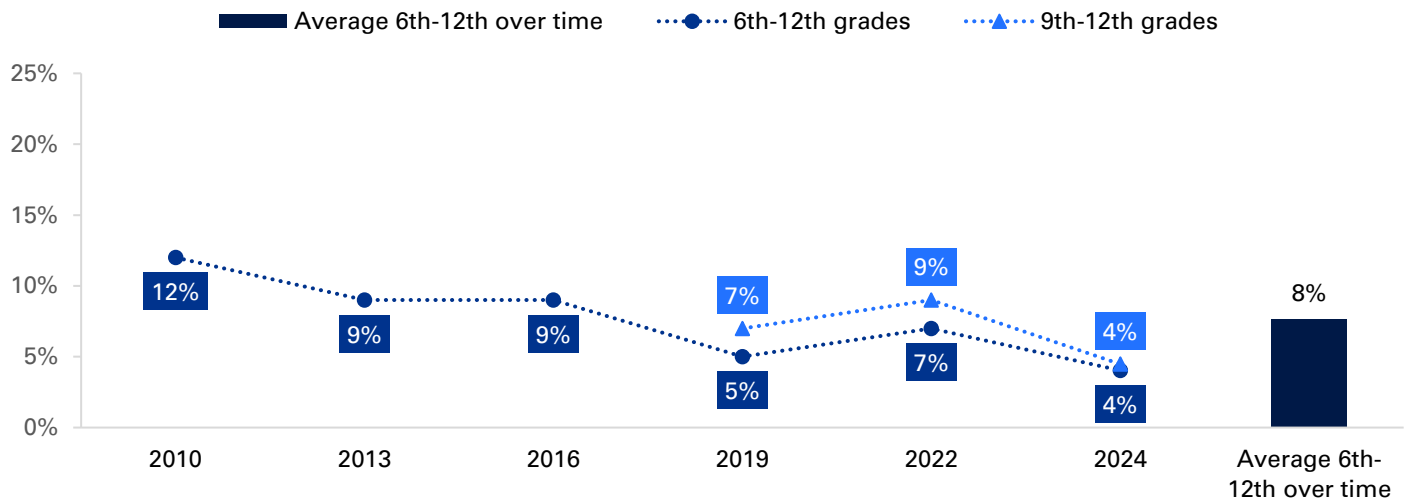
- Regarding riding in a car or other vehicle, well over half (57%) reported they always wore a seatbelt and an additional three-in-ten (31%) said they wore a seatbelt “most of the time.”
- Eight percent (8%) reported they sometimes wore a seatbelt as a passenger. Two percent (2%) reported they rarely did and another 2% said they never did.

Trends in Responses

- The average share (from 2010 to 2022) of Henry County youth reporting they rarely or never wore a seatbelt as a passenger in a motor vehicle over the past 30 days was 8% (see Figure 1.2).
- The overall share in 2024 was lower by half at 4%.
- Among Henry County high school students in 2024, 4% reported they rarely or never wore a seatbelt as a passenger in a motor vehicle. In 2024 the share was more than twice as high at 9%.
- State and national level data on high school students report the percentage who did not always wear a seatbelt when riding in a car driven by someone else. The share among Henry County high schoolers was 41%, compared to 49% among all Ohio high schoolers, and 40% of all U.S. high schoolers.

Figure 1.2

Trend in the percentage of Henry County youth who rarely or never wore a seatbelt when riding in a car or other vehicle driven by someone else, 2010-2024



Drinking While Someone Else Was Driving

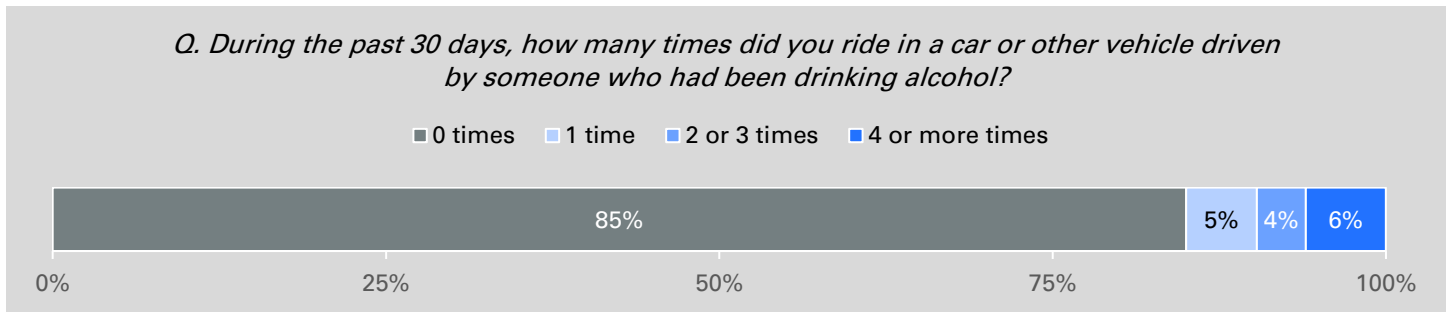
Distribution of Responses

Henry County youth were also asked to report on the frequency (in the past 30 days) they rode with someone who had been drinking alcohol.

- Overwhelmingly, students reported they had not ridden with someone who had been drinking (85%).
- Five percent (5%) said they had one time, 4% said two or three times and 6% reported 4 or more times.

Figure 1.3

Distribution of Henry County youth reporting how often they rode in a car or vehicle in the past 30 days driven by someone who had been drinking alcohol, 2024

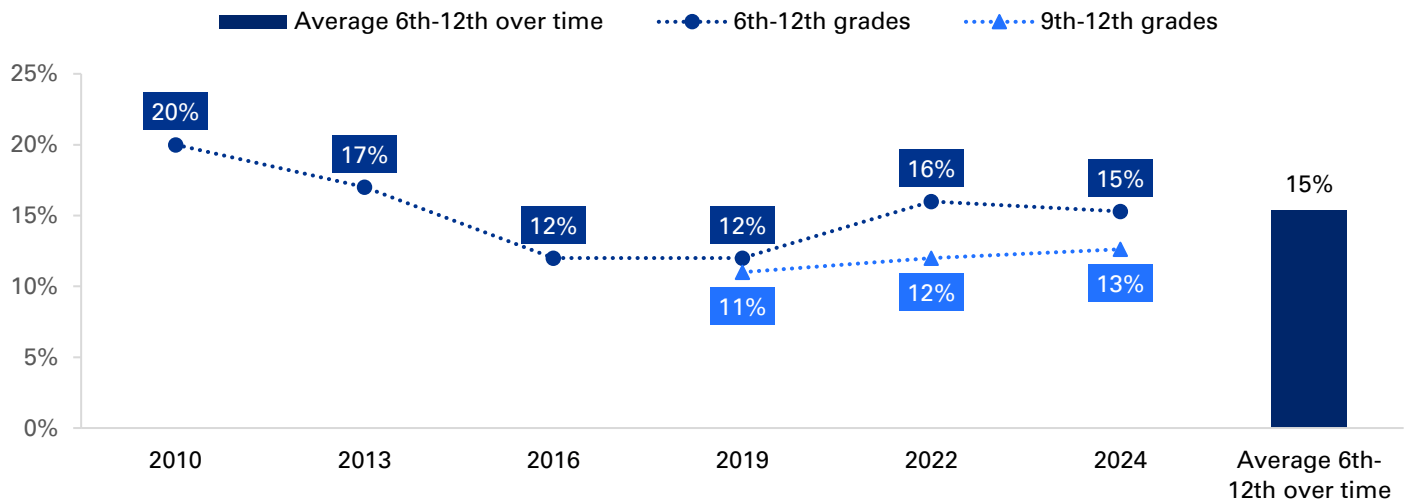


Trends in Responses

- Since 2010, we have tracked the share of youth who reported they had ridden with someone who had been drinking alcohol. The average share over time was 15%.
- In 2024 the share was 15%. Data from 2022 and 2024 show a lightened share of youth reporting ridden with someone who had been drinking.
- The share among high school students in 2024 was slightly lower at 13%. Among high school students in 2021 the national share was similar at 14%.

Figure 1.4

Trend in the percentage of Henry County youth who rode with a driver who had been drinking alcohol in a car or other vehicle, one or more times during the 30 days before the survey, 2010-2024



Drinking While Driving

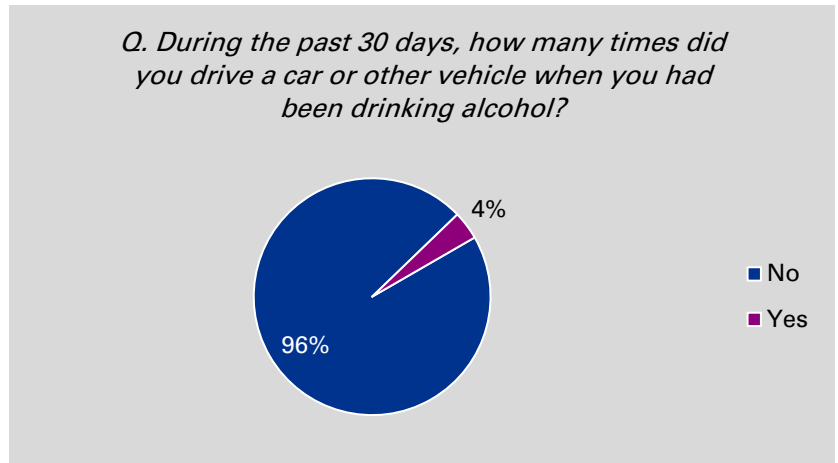
Distribution of Responses

Henry County youth were asked how many times they had driven a car in the past 30 days while they had been drinking.

- Among those who had driven a vehicle in the past 30 days, 4% reported they had done so while drinking.

Figure 1.5

The percentage of Henry County youth who had driven a car in the past 30 days who did so when they had been drinking alcohol one or more times, 2024

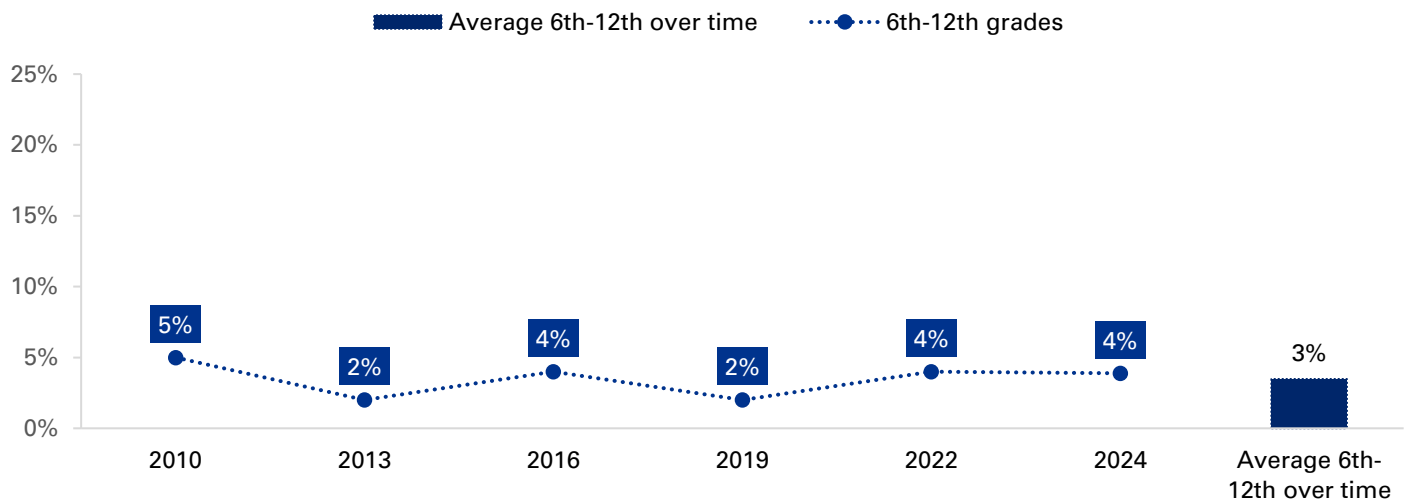


Trends in Responses

- The average share (from 2010 through 2022) of Henry County youth who reported they had driven while drinking alcohol in the past 30 days was 3%. The share in 2024 was just slightly higher at 4%.

Figure 1.6

Trend in the percentage of Henry County youth who drove a car when they had been drinking alcohol, one or more times during the 30 days before the survey, 2010-2024



Texting While Driving

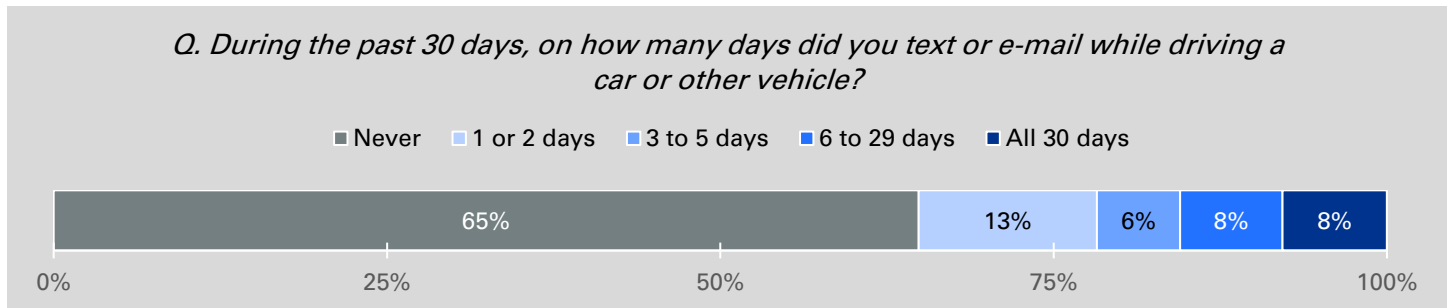
Distribution of Responses

Henry County youth were asked about whether they texted or emailed while driving in the past 30 days.

- Among youth who had driven in the last 30 days, nearly two-thirds (65%) said they had not texted or emailed while doing so.
- There were 13% who reported they had on 1 or 2 days and an additional 6% said 3 to 5 days and 8% said 6 to 29 days.
- There were 8% who reported they texted or emailed while driving every day in the past 30 days.

Figure 1.7

Distribution of Henry County youth reporting how many days in the past 30 they texted or e-mailed while driving a car or other vehicle, 2024

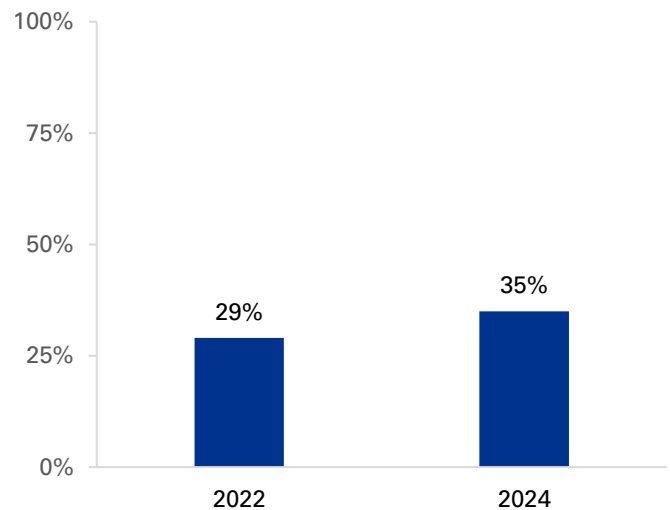


Trend in Responses

- The share of Henry County students who reported they texted at least once while driving a vehicle in 2024 was 35%--higher than the share who reported as such in 2022 (29%).

Figure 1.8

Trend in the percentage of Henry County youth who texted or emailed while driving a car or other vehicle one or more times during the 30 days before the survey, 2022 & 2024



Distracted Driving is illegal in Ohio

It is illegal to hold a cell phone or other electronic device in your hand, lap, or other parts of the body while driving on Ohio roads. If an officer sees a violation, they can pull you over. Generally, anything more than a single touch or swipe is against the law.

! Drivers under the age of 18 are still restricted from using their devices in any way, including hands-free features.

For more details, check out the [Ohio Department of Public Safety page](#).

2 | Violence

Executive Summary: Youth Safety and Violence in Henry County Schools

This chapter analyzes various aspects of safety and violence experienced by Henry County youth in school settings and personal relationships.

Key Findings:

1. **School Safety:**
 - 8% of youth were threatened or injured with a weapon on school property in the past year
 - 9% missed at least one day of school in the past month due to feeling unsafe
 - Both metrics show an increasing trend since 2016
2. **Physical Fights:**
 - 16% of youth were involved in at least one physical fight in the past year
 - Higher rates among males (24%), LGBT students (20%), Hispanic youth (24%), and middle school students (19%)
 - Overall trend shows a decrease in physical fights since 2019
3. **Dating Violence:**
 - 6% of youth who dated experienced physical dating violence
 - 7% of high school students who dated experienced sexual dating violence
4. **Sexual Violence:**
 - 5% of all students reported experiencing sexual violence in the past year
 - 8% of high school students reported ever being forced to have sexual intercourse

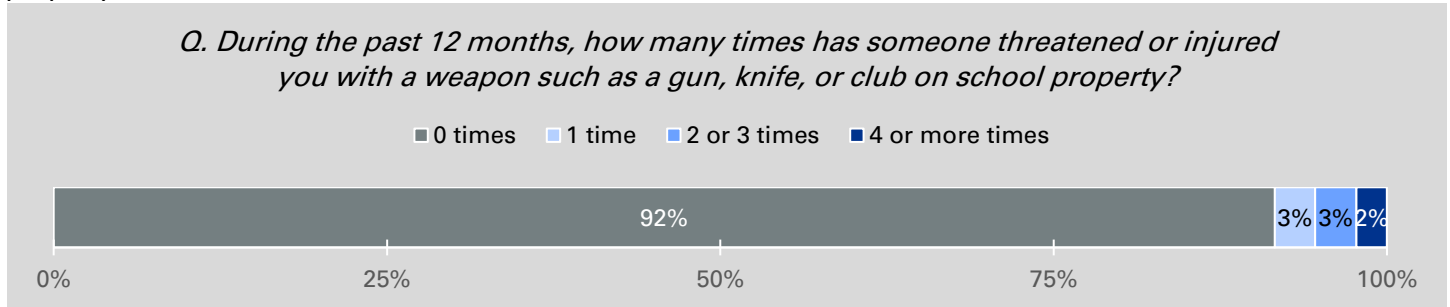
While most youth in Henry County do not experience violence, there are concerning trends in school safety and specific demographics at higher risk for physical fights. Dating violence and sexual violence rates are lower than state and national averages but still warrant attention.

Threatened or Injured on School Property

Distribution of Responses

- Eight percent (8%) of youth were threatened or injured with a weapon on school property in the past year (see Figure 2.1). Two percent reported they had been threatened or injured four or more times.

Figure 2.1 Distribution of Henry County youth reporting how often they had been threatened or injured on school property, 2024

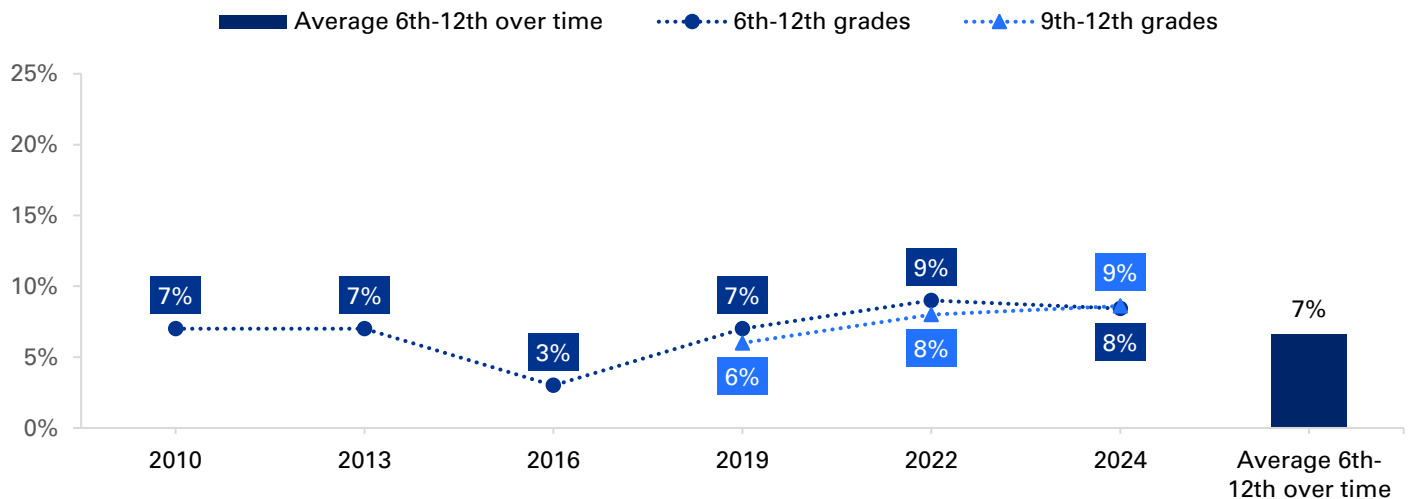


Trends in Responses

- Regarding trends, on average (from 2010 through 2022) 7% of youth reported they had been threatened or injured with a weapon on school property in the past year. Results from 2024 were just higher at 8% of all youth increasing to 9% among high school students.
- Generally, the share reporting being threatened or injured on school property has been increasing since 2016

Figure 2.2

Trend in the percentage of Henry County youth who had been threatened or injured with a weapon on school property (in the past 12 months), 2010-2024



Missed School Because Felt Unsafe

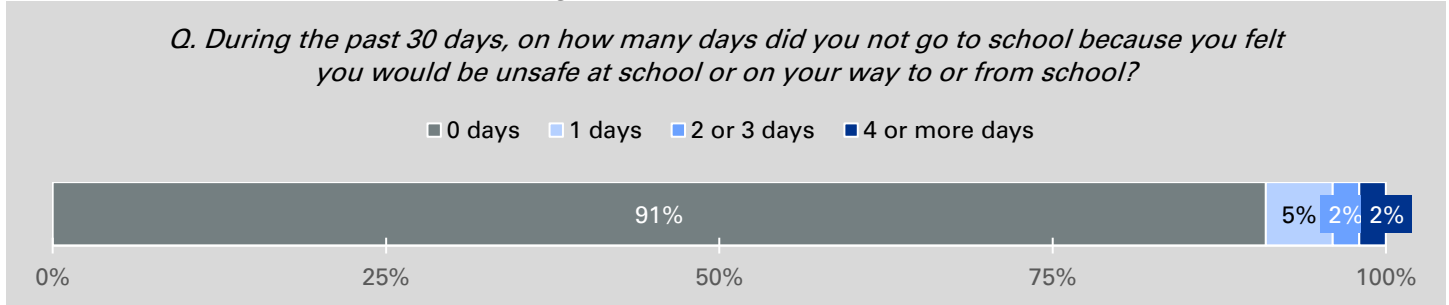
Distribution of Responses

Students in Henry County were also asked about their frequency of missing school in the past month because they felt unsafe. The distribution of responses and the trend mirror those from above regarding being threatened or injured on school property.

- Nine percent (9%) of youth missed at least 1 day of school in the past month because they felt unsafe (see Figure 2.3). Two percent (2%) reported they missed four or more days of school.

Figure 2.3

Distribution of Henry County youth reporting the number of missed school days because they felt unsafe, 2024

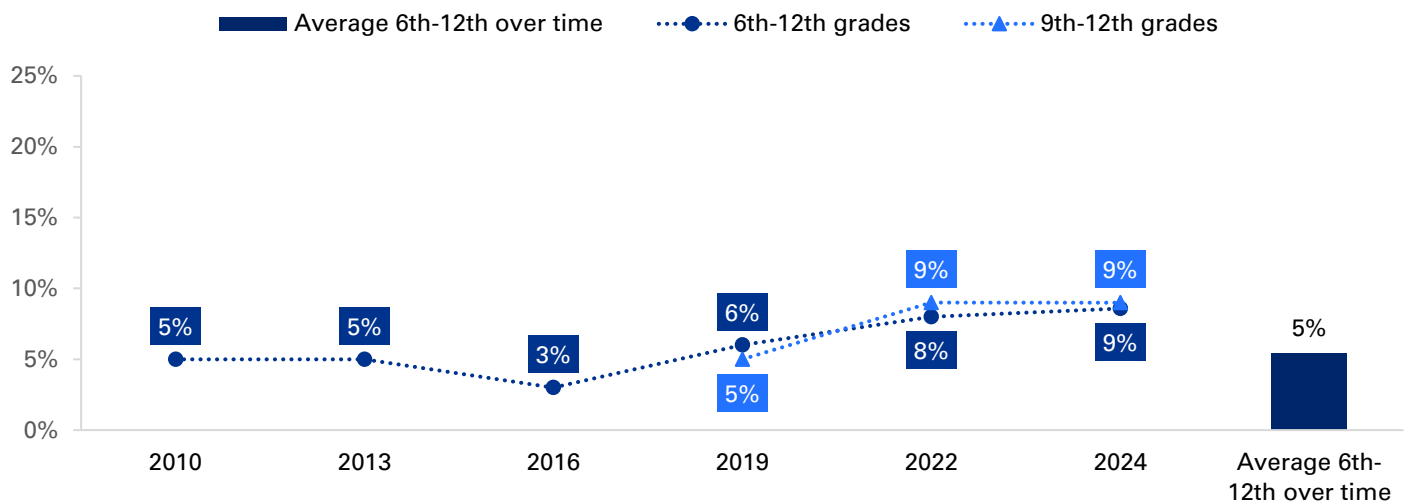


Trends in Responses

- Regarding trends, on average (from 2010 through 2022) 5% of youth reported they had missed at least one day of school in the past month because they felt unsafe. Results from 2024 were higher at 9%. It was also 9% among high school students indicating no variation by age.
- Generally, the share reporting missing at least one day of school in the past 30 days has been increasing since 2016. The share in 2022 and 2024 remain the highest observed since the 2010.

Figure 2.4

Trend in the percentage of Henry County youth who did not go to school because they felt unsafe (at school or on their way to or from school in the past 30 days), 2010-2024



Ever Been in a Physical Fight

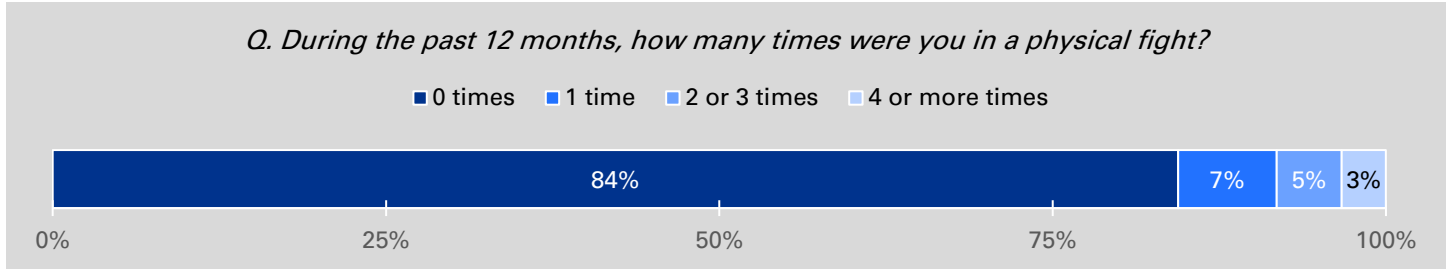
Distribution of Responses

Henry County youth were asked “during the past 12 months, how many times were you in a physical fight?”

- Overwhelmingly, most students had not been in any physical fights in the past 12 months (84%). Conversely, sixteen percent (16%) had been in at least one fight in the past year.
- Seven percent (7%) of youth reported they had been in one physical fight.
- Five percent (5%) reported they had been in a physical fight two or three times, and 3% had been in a fight four or more times in the past 12 months.

Figure 2.5

Distribution of Henry County youth reporting the number of times they had been in a physical fight in the past 12 months, 2024

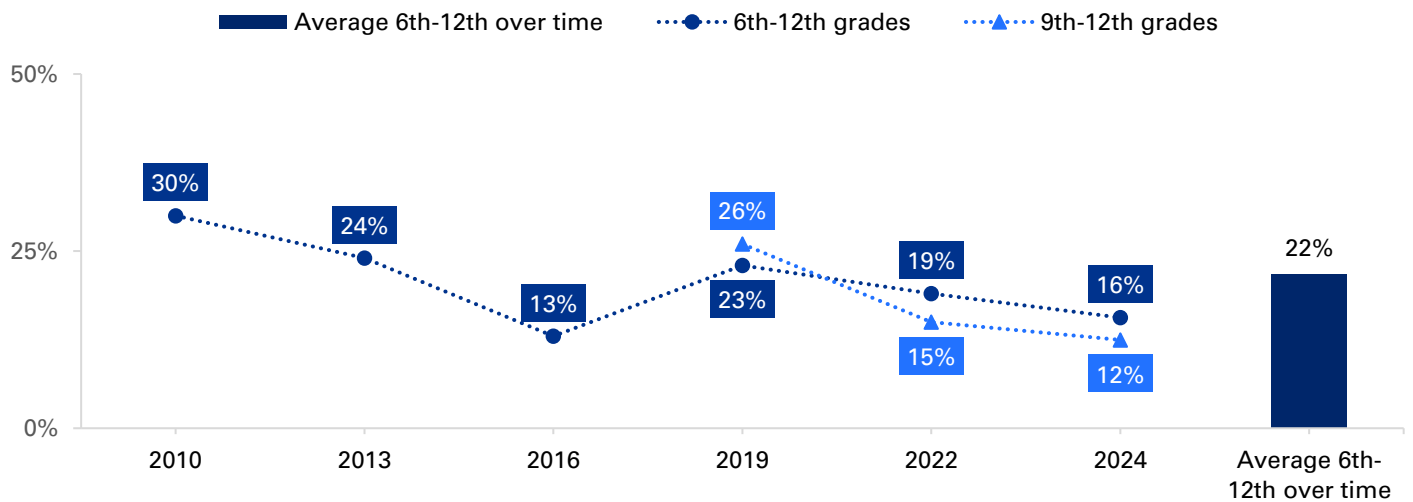


Trends in Responses

- The average share (from 2010 through 2022) of Henry County youth who reported they had been in a physical fight in the past 12 months was 22% (see Figure 2.6).
- The overall share in 2024 was lower at 16%, decreasing to 12% among high school students.
- Since 2019 the percentage of students to report being in a physical fight has decreased.

Figure 2.6

Trends in the percentage of Henry County youth who were in a physical fight (in the past 12 months), 2010-2024

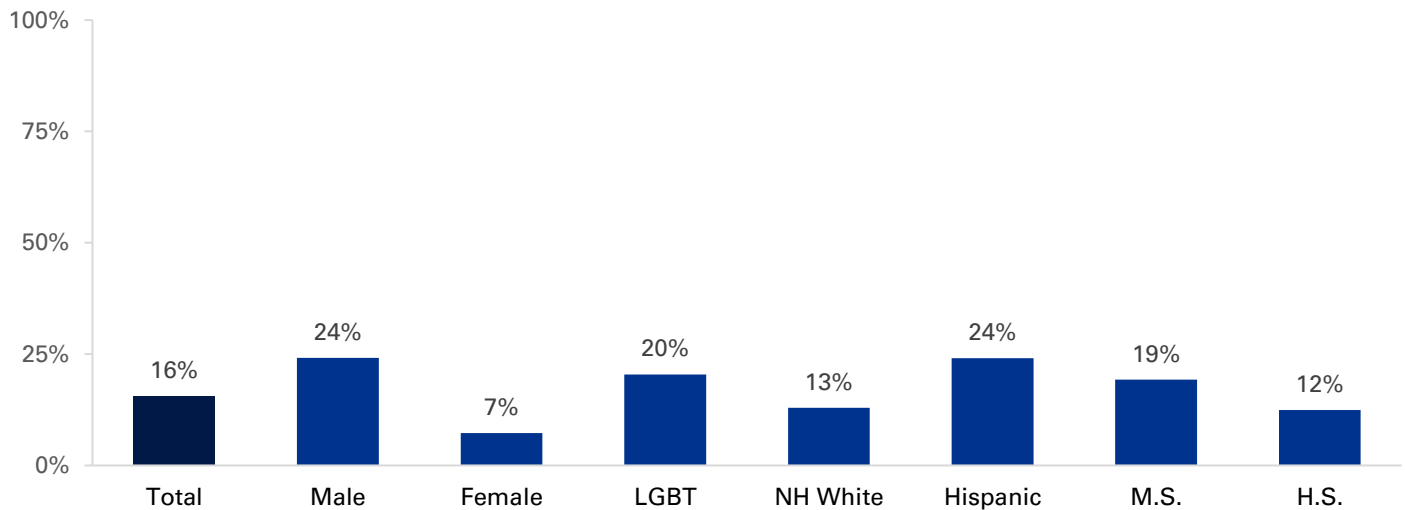


Sociodemographic Variation in Responses

- Male students had a much higher share reporting having been in a fight in the past year compared to female students—24% versus 7%.
- The share among LGBT students was also substantially high at 20%.
- Nearly one-quarter (24%) of Hispanic youth reported they had been a physical fight in the past 12 months compared to 13% among their non-Hispanic White counterparts.
- High school students had 12% who reported fighting in the past year compared to nearly one-fifth (19%) of middle school students.

Figure 2.7

Variation in the percentage of Henry County youth who were in a physical fight (in the past 12 months), 2024



Physical Dating Violence

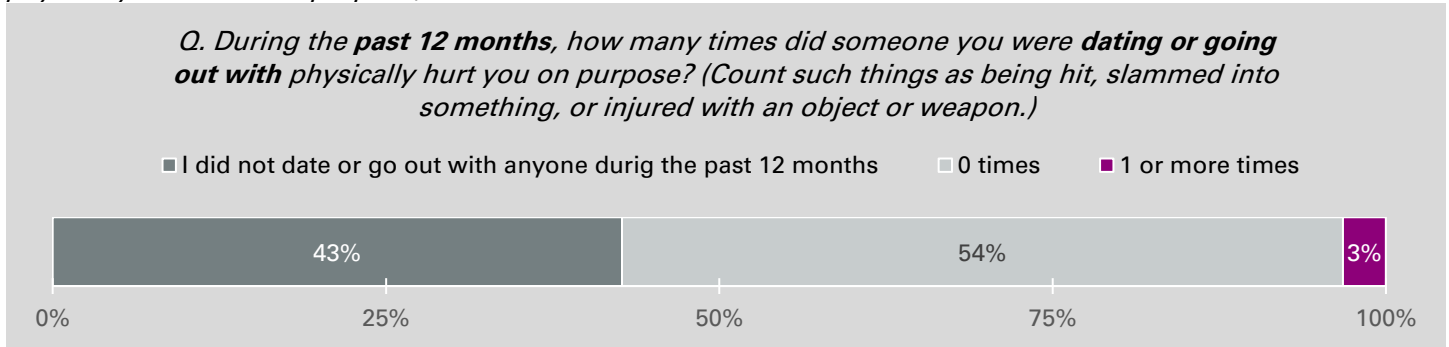
Henry County youth were asked: During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.).

Distribution of Responses

- Forty-three percent (43%) had not dated anyone in the past year. Over half (54%) had been dating someone and not experienced dating violence. Three percent (3%) reported they had been the victim of physical dating violence at least once in the past 12 months.

Figure 2.8

Distribution of Henry County youth reporting the number of times someone they were dating or going out with physically hurt them on purpose, 2024

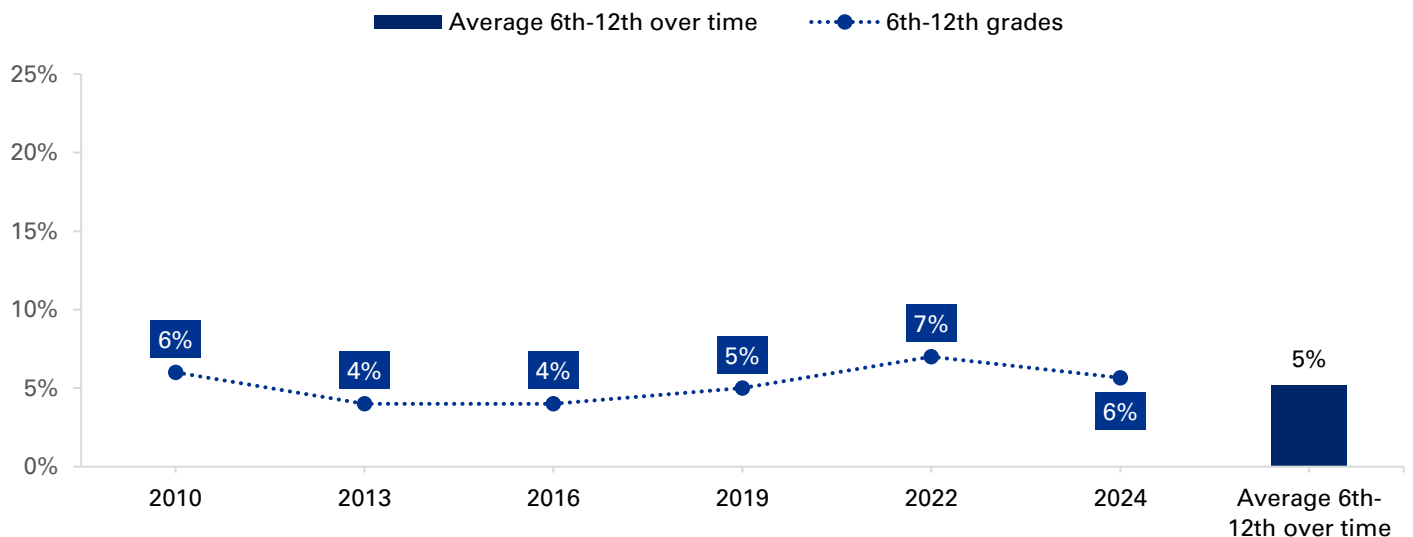


Trends in Responses

- Among all youth who dated or went out with someone in the past year, 6% reported ANY physical dating violence.
- Among those who had dated in the past year, the average share reporting any dating violence from 2010 through 2022 was slightly lower (5%) than the share reporting experiencing dating violence in 2024.
- From 2016 through 2022 the share reporting dating violence among Henry County youth was trending up. This most recent year represents the first reduction since 2013.

Figure 2.9

Trend in the percentage of Henry County youth who dated or went out with someone in the past year and reported any physical dating violence, 2010-2024



Sexual Dating Violence

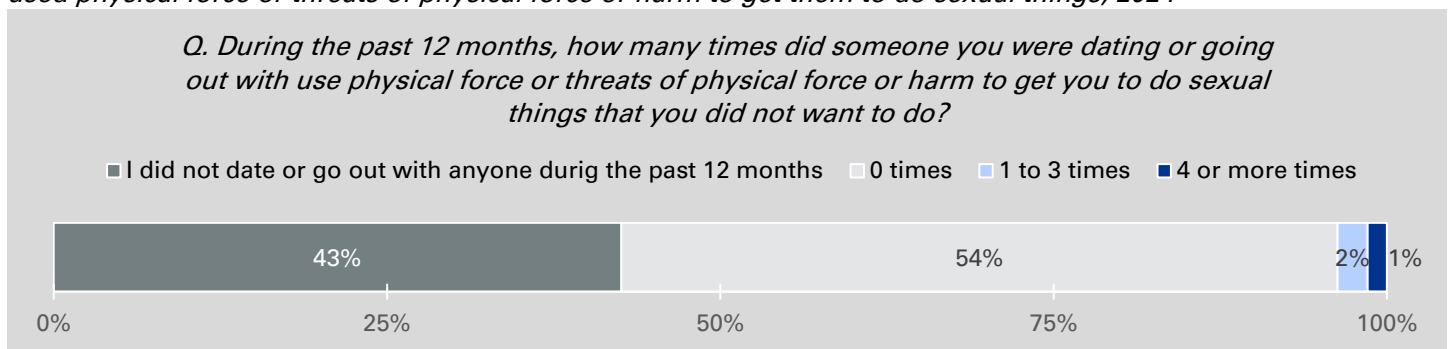
Distribution of Responses

Henry County youth were asked “During the past 12 months, how many times did someone **you were dating or going out** with use physical force or threats of physical harm to get you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being forced to have sexual intercourse). ”

- Forty-three percent (43%) had not dated anyone in the past year. Over half (54%) had been dating someone and not experienced sexual dating violence. Two percent (2%) reported 1 to 3 times and 1% reported 4 or more times.
- Among high school students who dated or went out with someone during the 12 months before the survey, 7% reported they experienced sexual dating violence in 2024. Data from 2021 for the state of Ohio indicates 9% of high school students reported sexual dating violence, and nationally the share was even higher at 10%.

Figure 2.10

Distribution of Henry County youth reporting the number of times someone they were dating or going out with used physical force or threats of physical force or harm to get them to do sexual things, 2024



Sexual Violence

All Henry County youth were also asked “During the past 12 months, how many times did **anyone** use physical force or threats of physical force or harm to get you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)”

- Among all students, 5% reported experiencing sexual violence in the past year. High school student reports were also 5%. The share among middle school students was slightly lower at 4%.
- Comparing data from Henry County high school students in 2024 to the most recent data from the YBRSS (2021), shows the incidence of sexual violence was higher among high school students in Ohio (12%) and the nation (11%).

Students were also asked whether they had **ever** been physically forced to have sexual intercourse when they did not want to.

- Among high school students, 8% reported they had ever been forced to have sexual intercourse when they did not want to. National data from 2021 was similar at 9%.

3 | Fairness

In 2024 a new question was added to the Youth Community Assessment to gauge youth’s perceptions of fairness. Students were asked:

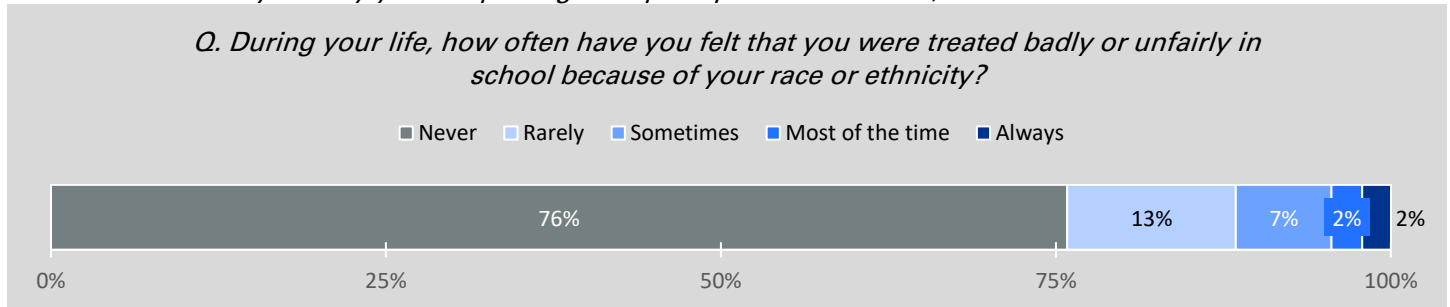
During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?

Distribution of Responses

- Most of Henry County youth in 2024—over three-quarters (76%)—reported they never felt they were treated badly or unfairly in school because of their race or ethnicity. An additional 13% reported they rarely had.
- Seven percent (7%) reported they were treated badly/unfairly, 2% said they were treated this way most of the time, and 2% all the time.

Figure 3.1

Distribution of Henry County youth reporting their perceptions of fairness, 2024

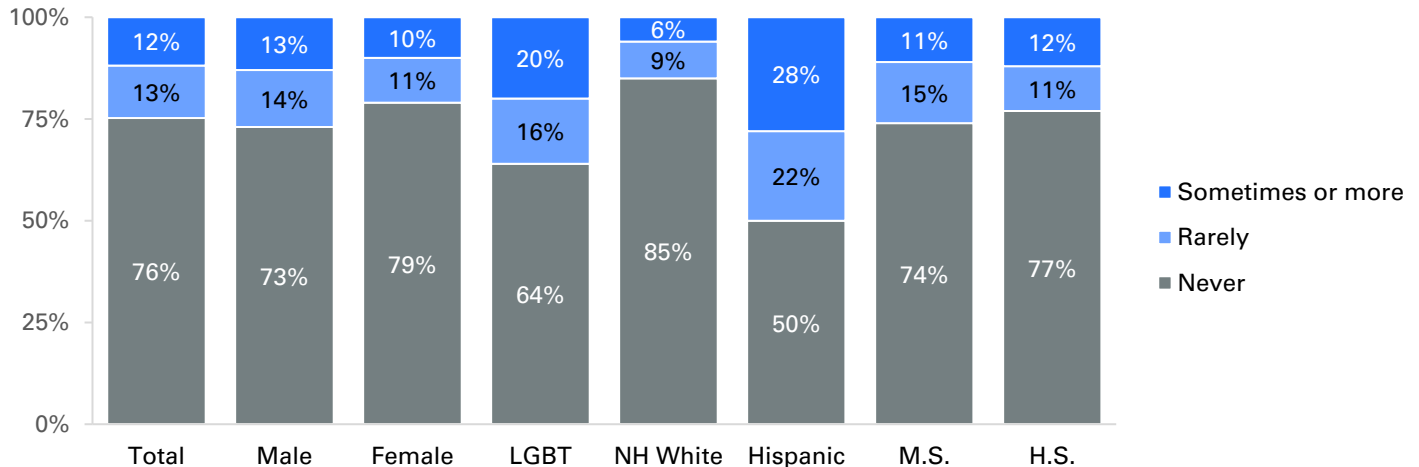


Sociodemographic Variation in Responses

- A total of twelve percent (12%) of Henry County youth who reported they had sometimes, most of the time, or always felt they were treated badly or unfairly in school because of their race or ethnicity. There was variation in this share by students’ characteristics.
 - The share among males was higher (13%) compared to the share among females (10%). One fifth of LGBT identifying students reported as such.
 - The share of Hispanic youth reporting unfairness (28%) was over four times larger than the share reported among non-Hispanic White youth (6%).
 - Shares were similar between middle-schoolers (11%) and high schoolers (12%).

Figure 3.2

Variation in the distribution of youth reporting on their perceptions of fairness, 2024



4 | Bullying

Executive Summary: Bullying Trends Among Henry County Youth

This chapter analyzes the prevalence of electronic and school property bullying among Henry County youth, comparing local trends with state and national data.

Key Findings:

1. **Electronic Bullying:**

- 16% of Henry County youth reported being electronically bullied in 2024
- This is slightly higher than the 2010-2022 average of 13%
- Among high school students, the rate was 15%

2. **School Property Bullying:**

- 29% of Henry County youth reported being bullied on school property in 2024
- This is slightly higher than the 2010-2022 average of 27%
- Among high school students, the rate was 28%

These findings indicate that while Henry County youth experience less electronic bullying compared to state averages, school property bullying remains a significant concern, exceeding both state and national rates. This suggests a need for targeted interventions to address bullying in school settings, while maintaining efforts to combat electronic bullying.

Bullying

Bullying was defined for students as:

Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

Henry County youth were asked about their experiences with bullying while on school property and whether they had experienced electronic bullying.

- Nearly one-third (32%) of youth had been bullied—whether electronically or at school.
- Sixteen percent (16%) were bullied at school but not electronically.
- Thirteen percent (13%) were bullied at school and electronically.
- Only 3 percent (3%) were bullied electronically but not at school.

Electronic Bullying

Henry County students were asked:

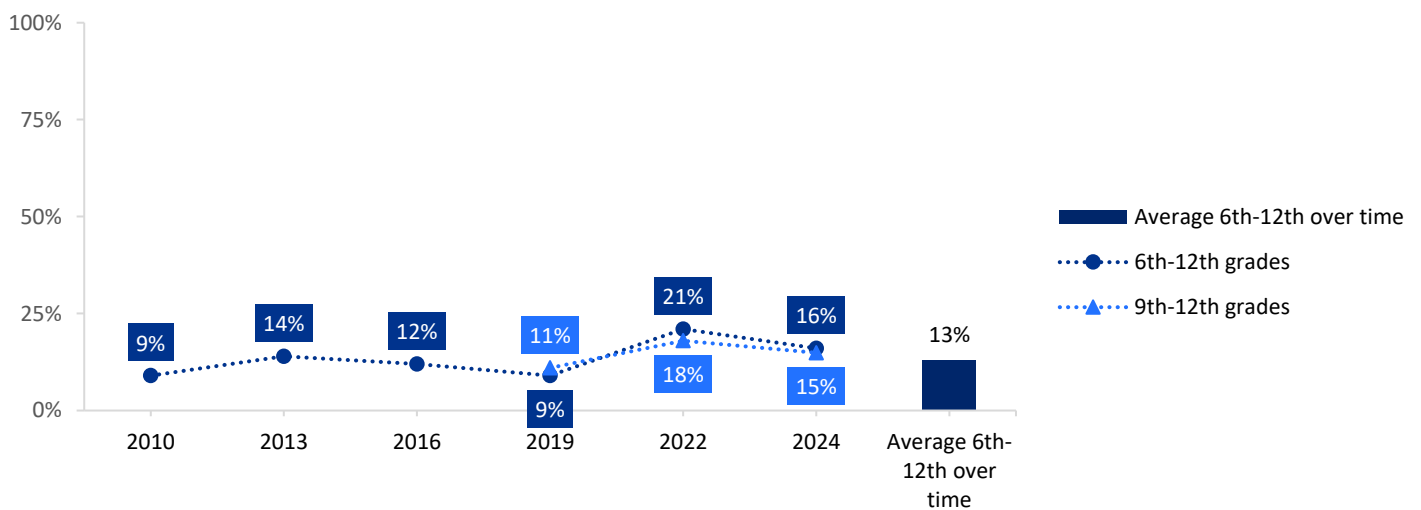
During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media).

Trends in Responses

- From 2010 to 2022, on average, thirteen percent (13%) of Henry County youth reported they had been bullied electronically (bullied through texting, Instagram, Facebook, Snapchat, or other social media) in the past year. The share in the most recent survey year (2024) was slightly higher at 16%.
- Trend data among high school students is only available for three survey rounds (since 2019). Among high schoolers the share in 2024 (15%) is higher than the share in 2019 (11%) but lower than the share in 2022 (18)%.

Figure 4.1

Trends in the percentage of Henry County youth who reported being electronically bullied in the past year, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Bullied on School Property

Henry County students were asked:

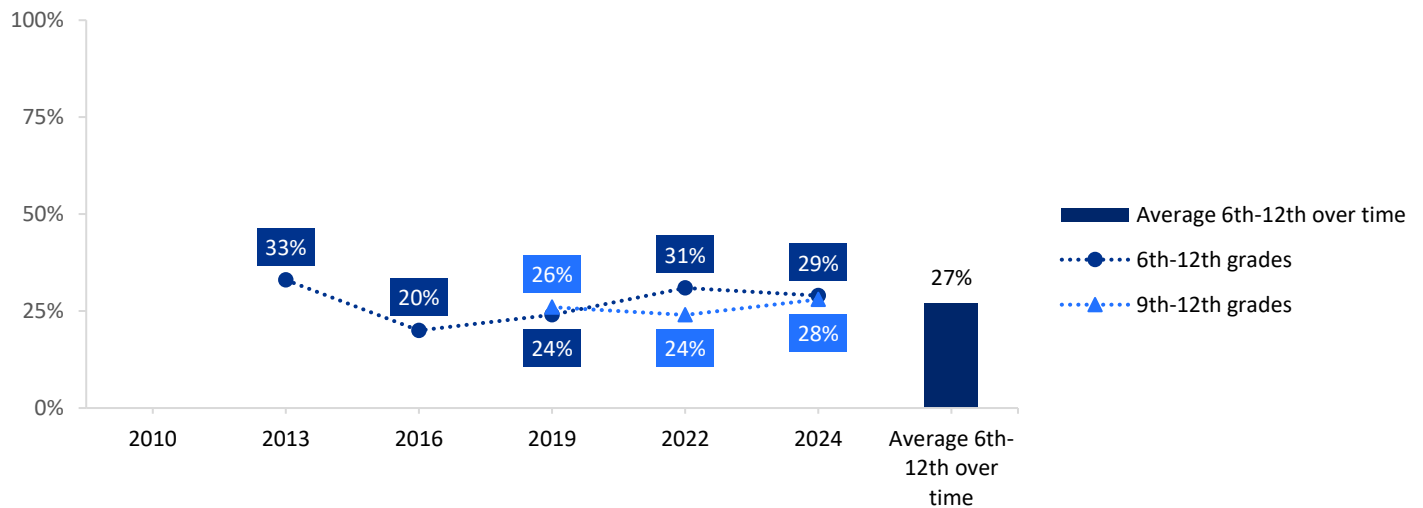
During the past 12 months, have you ever been bullied on school property?

Trends in Responses

- From 2010 to 2022, on average, over one-quarter (27%) of Henry County youth reported they had been bullied on school property in the past year. The share in the most recent survey year (2024) was slightly higher at 29%.
- Among high schoolers the share in 2024 was slightly higher than the share in 2022, 28% versus 24%.

Figure 4.3

Trends in the percentage of Henry County youth who reported they had been electronically bullied in the past year, 2013-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

5 | Suicide

Executive Summary: Suicide-Related Behaviors Among Henry County Youth

This chapter analyzes trends and sociodemographic variations in suicidal thoughts, plans, and attempts among Henry County youth.

Key Findings:

1. **Considering Suicide:**

- 12% of youth reported seriously considering suicide in 2024, down from 17% in 2022
- Higher rates among females (15%), sexual minority youth (40%), and Hispanic youth (16%)
- Henry County's rate (13% for high schoolers) is lower than state and national averages (22%)

2. **Making a Suicide Plan:**

- 10% of youth reported making a suicide plan in 2024
- 69% of those who considered suicide made a plan
- Higher rates among females (11%) and sexual minority youth (34%)
- Hispanic students (15%) more likely to make a plan than non-Hispanic White students (9%)

3. **Suicide Attempts:**

- 6% of youth reported attempting suicide in 2024, down from 9% in 2022
- 2% attempted once, 4% attempted multiple times
- Higher rates among females (7%), LGBT youth (19%), and Hispanic youth (11%)

4. **Trends:**

- Overall decrease in suicidal thoughts and attempts from 2022 to 2024
- Consistent disparities across demographic groups, with sexual minority and Hispanic youth at higher risk

These findings indicate a slight improvement in suicide-related behaviors among Henry County youth from 2022 to 2024. However, significant disparities persist among certain demographic groups, particularly sexual minority and Hispanic youth. The data underscores the need for targeted mental health interventions and support systems, especially for these high-risk groups.

If you or someone you know has serious thoughts of self-harm, please seek help immediately.

- Call the National Suicide Prevention Lifeline at 988
- Text "START" to 741-741 or use the Lifeline Crisis Text line at crisistextline.org or chat at crisischat.org. In Ohio, you can also text "4HOPE."
- Call 911
- Go to your nearest emergency room.

Talking about suicide can be hard, but it's an important way to understand its risks and effects so we can work toward preventing it. Suicidality includes both thinking about suicide (these thoughts can range from brief and unwanted to detailed plans) and trying to take one's own life. Suicide is the second leading cause of death for people aged 10–19 in the United States. To help those who work with or support young people in Henry County, we've added four new questions to better understand this topic.

1. During the past 12 months, did you ever seriously consider attempting suicide?
2. During the past 12 months, did you make a plan about how you would attempt suicide?
3. During the past 12 months, how many times did you actually attempt suicide?
4. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

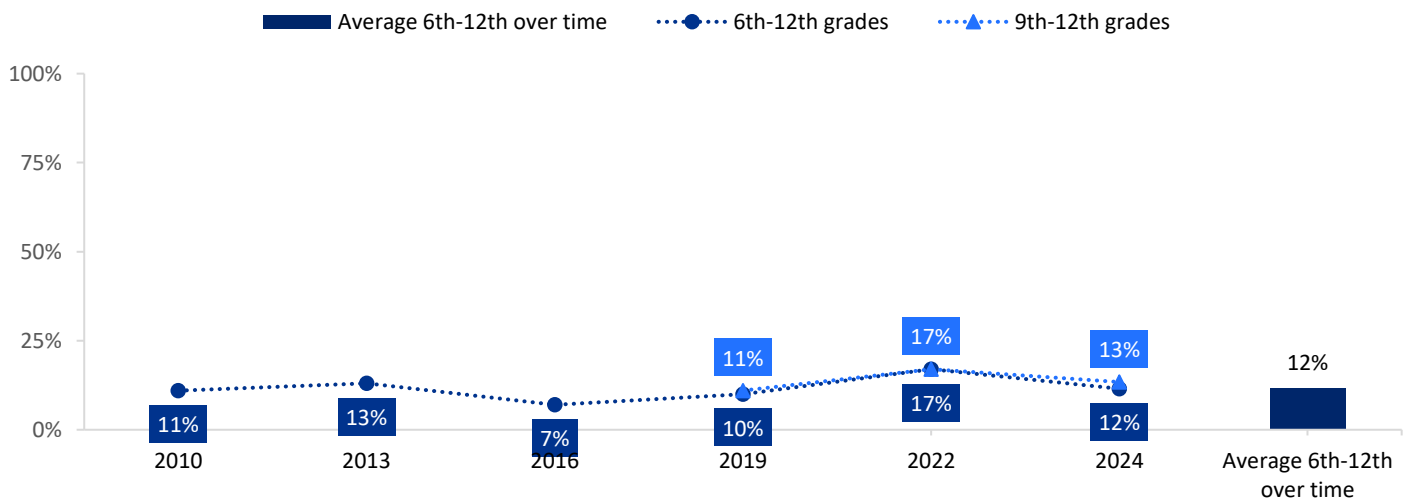
Considering Suicide

Trends in Responses

- Regarding trends in the share of Henry County youth who reported seriously considering attempting suicide in the past 12 months, on average (from 2010 through 2022) more than one-in-ten (12%) youth reported doing so.
- In the most recent data collection, 12% of all youth reported seriously considering suicide in the past year, down from 17% in 2022. The share among high schoolers was just slightly higher at 13%, also down from 17% in 2022.

Figure 5.1

Trends in the percentage of Henry County youth who reported seriously considering attempting suicide in the past 12 months, 2010-2024



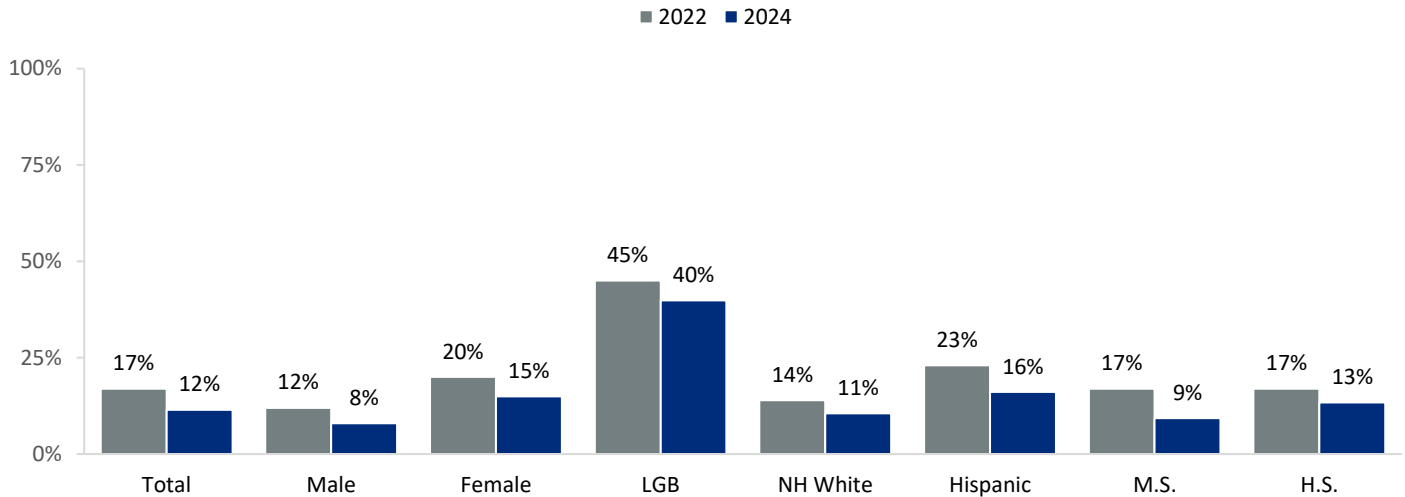
Note: The average represents the arithmetic mean of the share of 6th through 12th graders over the period of 2010-2022.

Sociodemographic Variation in Responses

- Fifteen percent (15%) female youth reported seriously considering attempting suicide which is higher than the share among male youth (8%). Among sexual minority youth two-fifths (40%) reported considering suicide.
- Non-Hispanic White youth had a smaller share at 11% compared to Hispanic youth (16%).
- The share was higher among students in high school (13%) than those in middle school (9%). Further, the share among Henry County high school students was lower than the share of 22% among the state of Ohio and the nation.

Figure 5.2

Variation in the percentage of youth who reported seriously considering attempting suicide in the past 12 months, 2022 & 2024



Making a Plan

In 2024 a question regarding suicide was added to the Youth Community Status Assessment. This question asks if...” During the past 12 months, did you make a plan about how you would attempt suicide?”

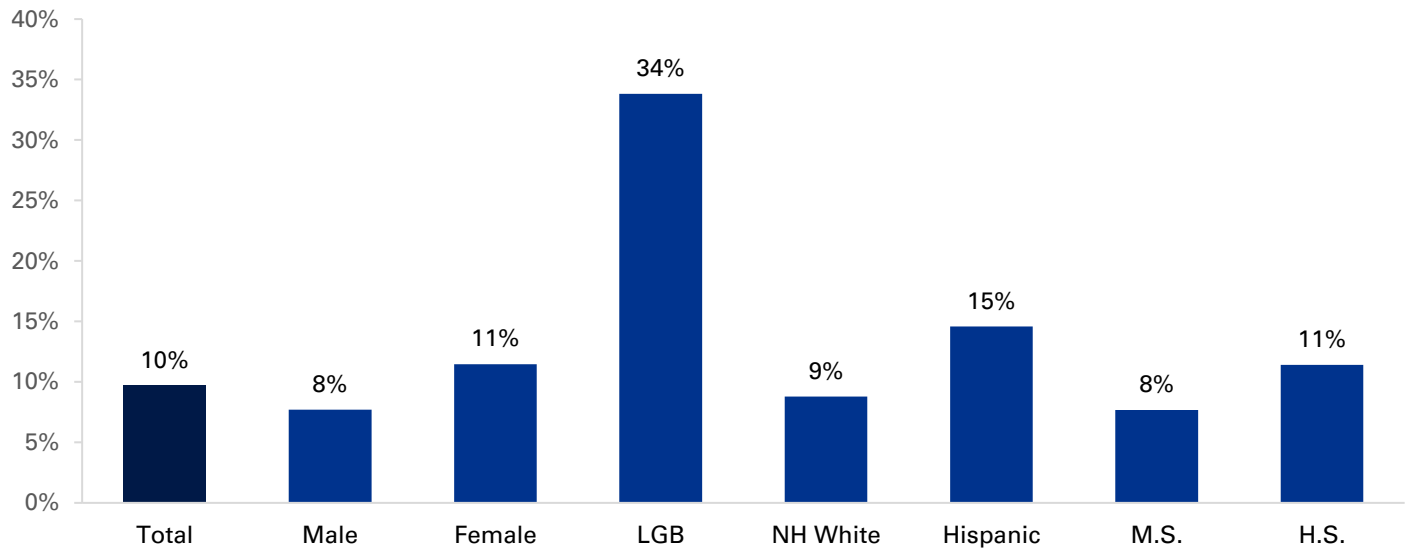
- There were 10% who reported they had made a plan.
 - Recall, in 2024, 17% of students reported they had considered attempting suicide. Among youth who had considered suicide, 69% reported they also made a plan about how they would do it.

Sociodemographic Variation in Responses

- The share of female students to report they made a plan was higher than the share among male students, 11% versus 8%, respectively.
- One-third (34%) of sexual minority students had indicated they made a plan—more than three times the share among all students.
- Hispanic students also had larger shares reporting they made a plan compared to non-Hispanic White students, 15% versus 9%.
- The share among high school students was 11% compared to 8% of middle school students.
- State and national data from 2021 indicate higher shares of high school students reporting they had made a plan (16% and 18%, respectively) compared to Henry County high school students in 2024.

Figure 5.4

Variation in the percentage of youth who reported making a plan about how to attempt suicide, 2024



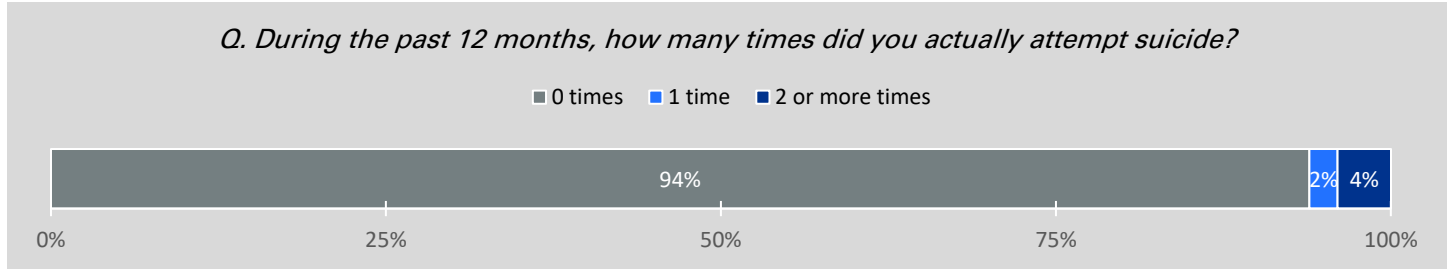
Attempting Suicide

Distribution of Responses

- In 2024, 2% of Henry County youth reported they had attempted suicide 1 time in the past 12 months.
- Four percent (4%) reported they had attempted suicide 2 or more times.

Figure 5.5

Distribution of Henry County youth reports on their number of times they attempted suicide, 2024

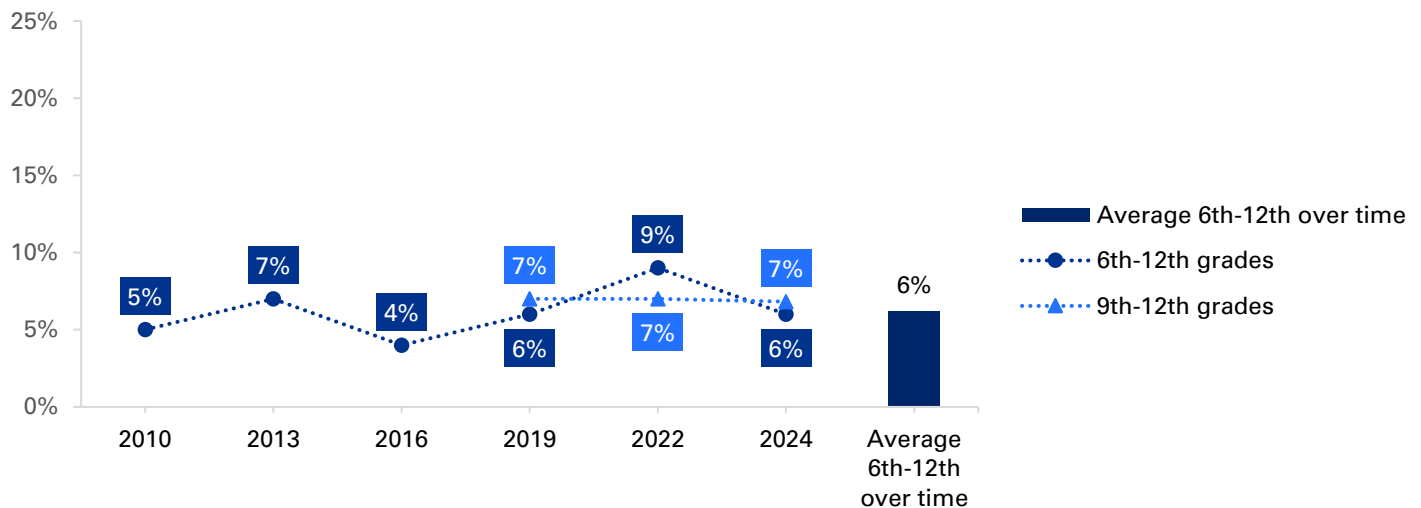


Trends in Responses

- Regarding trends in the share of Henry County youth who reported attempting suicide in the past 12 months, on average (from 2010 through 2022) 6% of youth reported doing so.
- In the most recent data collection, 6% of all youth reported they had attempted suicide in the past year down from a high of 9% in 2022.
- The share among high schoolers was just slightly higher at 7%.

Figure 5.6

Trends in the percent of Henry County youth who attempted suicide in the past 12 months, 2010-2024



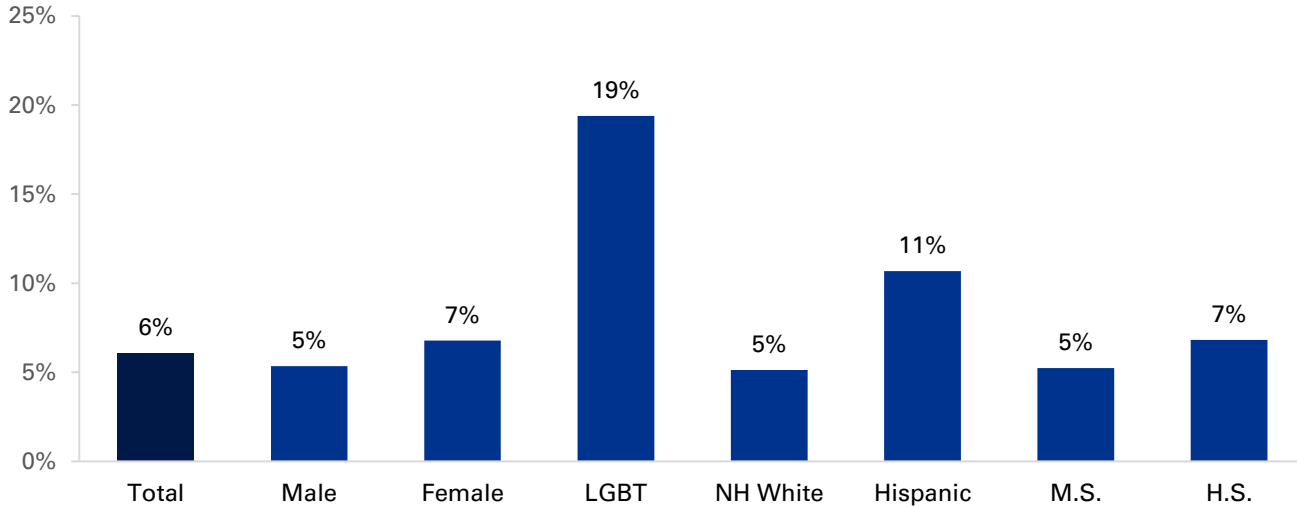
Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- Female students had a slightly larger share reporting they had attempted suicide in the past 12 months – 7% versus 5%.
- The largest share to report they had attempted suicide in the past year was among **LGBT identifying youth, with nearly one fifth (19%) reporting as such—more than three times the share among all youth surveyed.**
- Regarding ethnic differences, twice the share of Hispanic youth reported they had attempted suicide (11%) compared to their non-Hispanic White counterparts (5%).
- The share to report they had attempted suicide was larger among high schoolers (7%) as compared to middle schoolers (5%).

Figure 5.7

Variation in the percentage of youth who had attempted suicide in the past 12 months, 2024



6 | Anxiety, Stress, & Depression

Executive Summary: Mental Health Trends Among Henry County Youth

This chapter evaluates the mental health status of youth in Henry County, focusing on anxiety, stress, and depression, and examining changes over time and variations among different demographic groups.

Key Findings:

1. Recent Mental Health Concerns:

- **Anxiety and Nervousness:** 46% of youth reported feeling nervous, anxious, or on edge at least several days in the past two weeks, a decrease from 54% in 2022.
- **Worrying:** 37% reported difficulty controlling their worrying, with 7% experiencing this "more days than not."
- **Depression:** 27% felt down, depressed, or hopeless for at least several days, with 5% feeling this way "more days than not."
- **Lack of Interest:** 26% reported little interest or pleasure in activities, with 5% feeling this way "more days than not."

2. Long-term Sadness or Hopelessness:

- 20% of youth reported feeling sad or hopeless almost every day for two weeks or more in the past year, down from 33% in 2022.
- Higher rates among females (27%) and LGBT youth (54%).

3. Mental Health Status in the Past Month:

- 41% reported their mental health was "never" not good, an increase from 29% in 2022.
- Higher rates of poor mental health were reported among female students (20%) and sexual minority youth (46%).

4. Cognitive Difficulties:

- 34% reported serious difficulty concentrating, remembering, or making decisions due to physical, mental, or emotional problems, down from 43% in 2022.
- Significant disparities were observed, with 70% of sexual minority students reporting difficulties.

5. Causes of Anxiety and Stress:

- Middle schoolers identified sports (36%) as a major cause of stress, while high schoolers cited self-image (41%) as the leading factor.

6. Help-Seeking Behavior:

- 7% of youth were in treatment, a slight decrease from 8% in 2022.
- 49% expressed willingness to seek help, up from 37% in 2022.

7. Barriers to Seeking Help:

- Common barriers included fear of stigma (18%), lack of time (12%), and financial concerns (9%).

These findings indicate a mixed picture of mental health among Henry County youth, with some improvements in reported feelings of sadness and hopelessness, yet persistent issues related to anxiety and cognitive difficulties. Targeted interventions and support systems are necessary to address the needs of at-risk groups, particularly among female and sexual minority youth.

Things That Bothered Them Over the Past Two Weeks

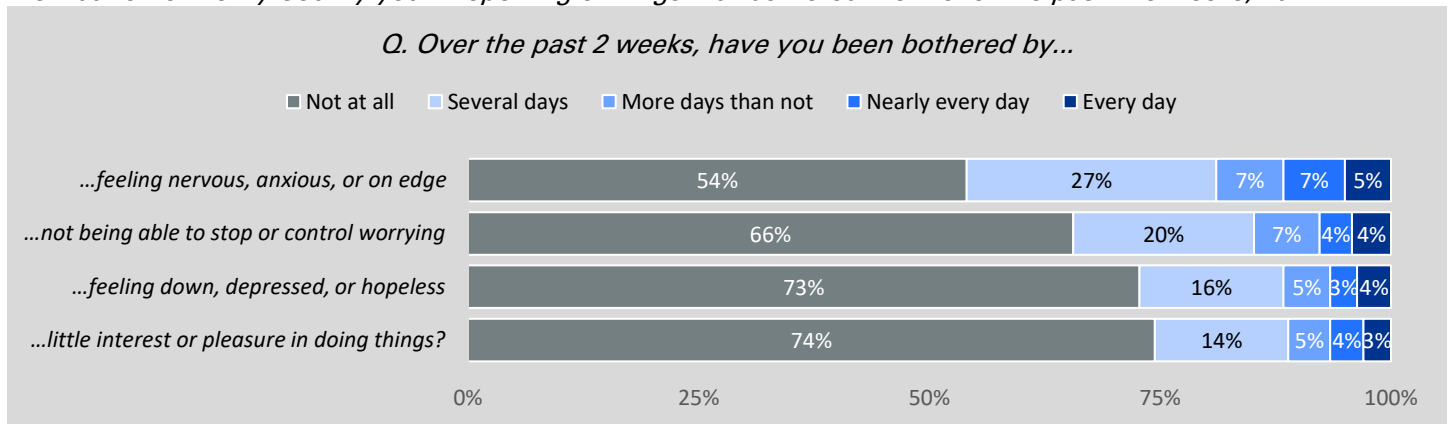
Distribution of Responses

Henry County youth were asked to report on things that may have bothered them over the past two weeks.

- Most often – with nearly half reporting at least several days in the past two weeks (46%) – youth reported being bothered by feeling nervous, anxious, or on edge. This share is lower than 2022 in which 54% reported as such.
 - Seven percent (7%) said they felt nervous, anxious, or on edge “more days than not” in the past two weeks.
 - An additional 5% reported feeling this way every day in the past two weeks.
- Thirty four percent (34%) reported they had not been able to stop or control their worrying.
 - Seven percent (7%) said they were not able to stop or control worrying “more days than not” in the past two weeks.
 - Four percent (4%) reported feeling this way every day in the past two weeks.
- More than one quarter (27%) said they had been bothered in that they felt down, depressed, or hopeless on at least several days in the past two weeks.
 - There were 5% who said they felt down, depressed, or hopeless “more days than not” in the past two weeks.
 - An additional 4% reported feeling this way every day in the past two weeks.
- Finally, about one-quarter (26%) said they had little interest or experienced little pleasure in doing thing in the past two weeks.
 - Five percent (5%) said they had little interest or pleasure in doing things “more days than not” in the past two weeks.
 - Three percent (3%) reported feeling this way every day in the past two weeks.

Figure 6.1

Distribution of Henry County youth reporting o things that bothered them over the past two weeks, 2024

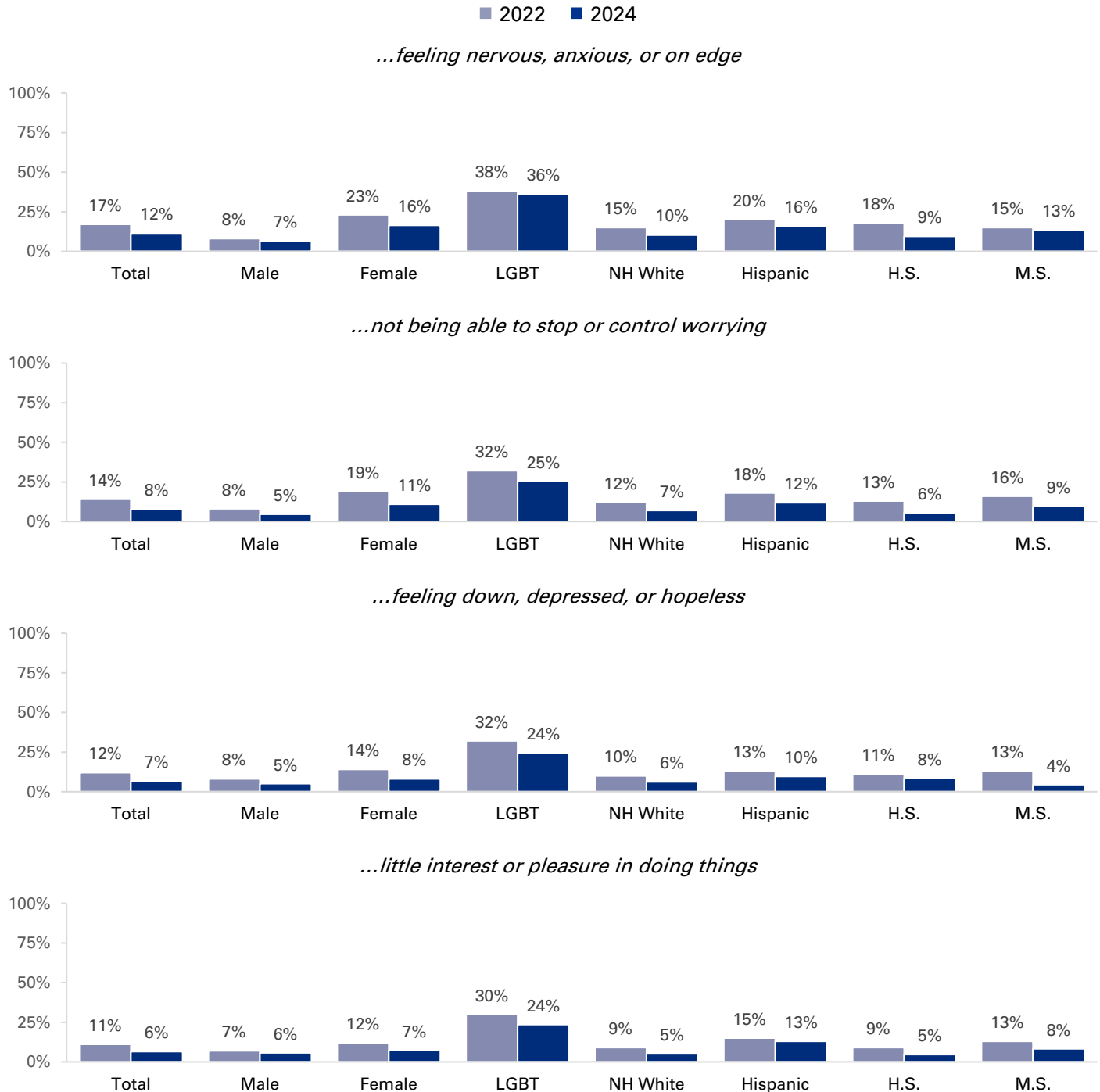


Sociodemographic Variation in Responses

- Generally, female youth, sexual minority youth, and Hispanic youth had higher shares reporting being bothered 'nearly every day' or 'every day' by having little interest or pleasure in doing things, feeling down, depressed, or hopeless, not being able to stop or control worrying, and feeling nervous, anxious or on edge in the past two weeks.
- Further, all groups experienced decreases in their shares reporting being bothered nearly every day.

Figure 6.2

Variation in the percentage of Henry County youth reporting nearly every day or every day on things that bothered them in the past two weeks, 2022 & 2024



Ever Feel So Sad or Hopeless Almost Every Day for Two Weeks or More in A Row

Henry County youth were asked again in 2024 to reflect upon their past year and asked...

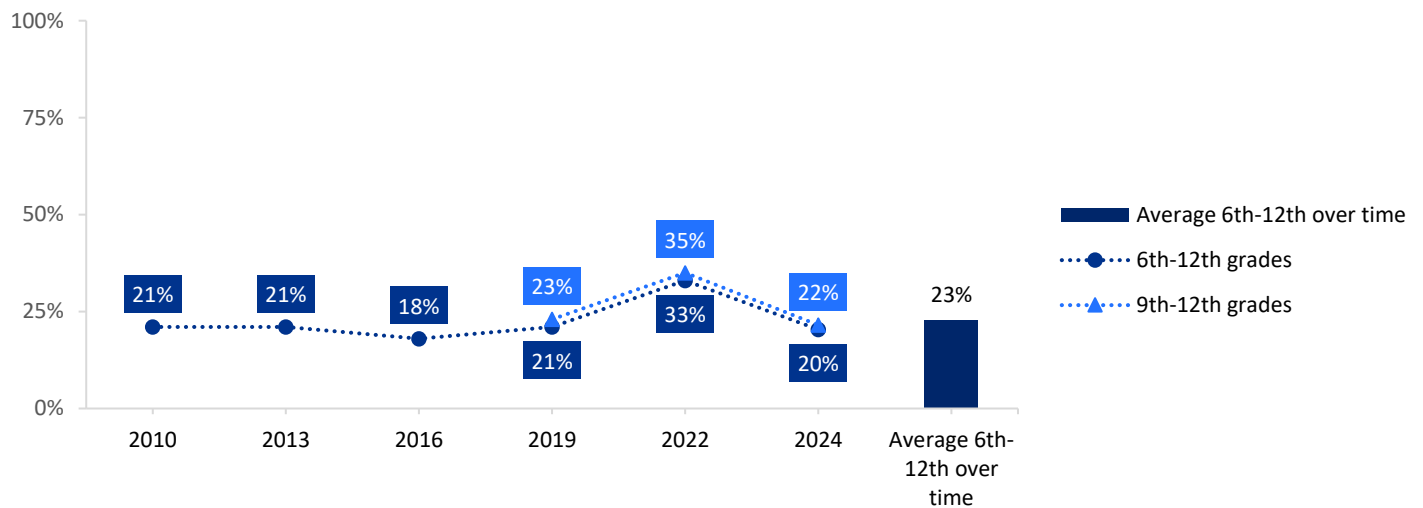
*During the past **12 months**, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?*

Trends in Responses

- One-fifth (20%) of youth reported yes – they felt sad or hopeless almost every day for two weeks or more in a row, down from one-third (33%) in 2022.
- On average (from 2010 through 2022) 23% of all Henry County youth reported they felt sad or hopeless almost every day for two weeks or more in a row in the past 12 months.
- In 2024, the share was slightly higher among high school students at 22%, which is also lower than the 35% observed in 2022.

Figure 6.3

Trends in the percentage of Henry County youth who felt sad or hopeless almost every day for two weeks or more in a row in the past 12 months, 2010-2024



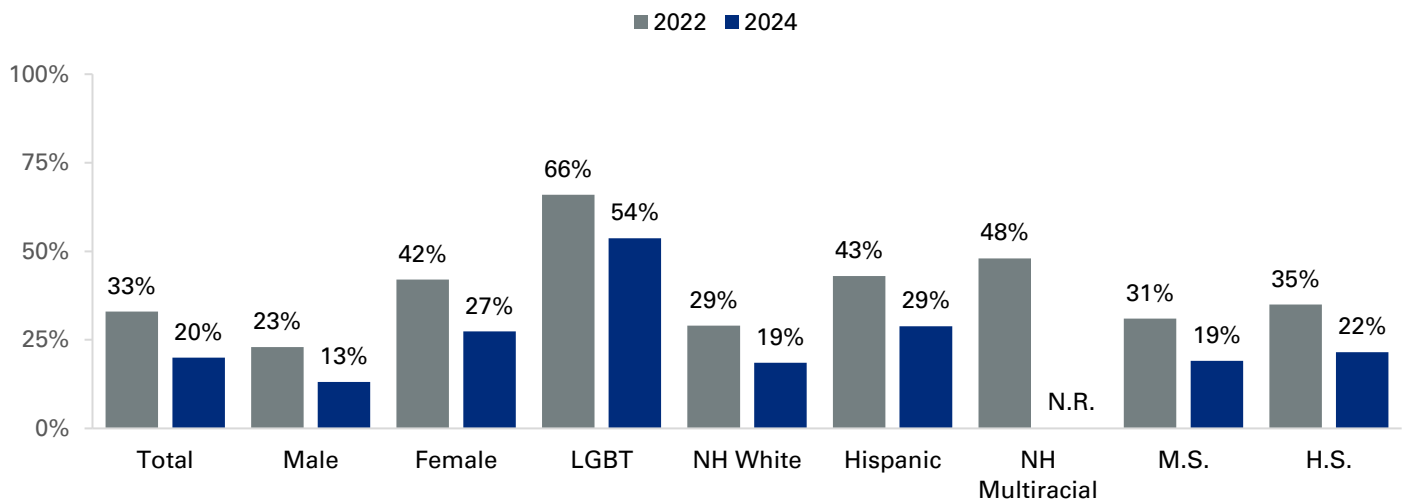
Note: The average represents the arithmetic mean of the share of 6th – 12th graders over the period of 2010 – 2022.

Sociodemographic Variation in Responses

- The share of female students who reported they felt sad or hopeless almost every day for two weeks or more in a row in the past 12 months was two-times higher than the share among males—27% versus 13%.
- The highest share observed was among LGBT identifying youth, with over half (54%) reporting as such.
- Hispanic youth had a higher share reporting they felt sad or hopeless almost every day for two weeks or more in a row in the past year compared to their non-Hispanic White counterparts—29% versus 19%.
- Differences between middle school and high school students was minimal in 2024 at 19% and 22%, respectively.
- All groups of students examined experienced reductions in the share who reported they felt sad or hopeless almost every day for two weeks or more in a row in the past year.
 - The largest reduction was among female students, with 42% reporting they felt sad or hopeless almost every day for two weeks or more in the past year in 2022, and 27% reporting as such in 2024.

Figure 6.4

Variation in the percentage of youth who felt sad or hopeless almost every day for two weeks or more in a row in the past 12 months, 2022 & 2024



Not Good Most of The Time or Always in The Past 30 Days

A new mental health question added in 2022 and asked again in 2024 prompted youth to reflect on their past thirty days and asked...

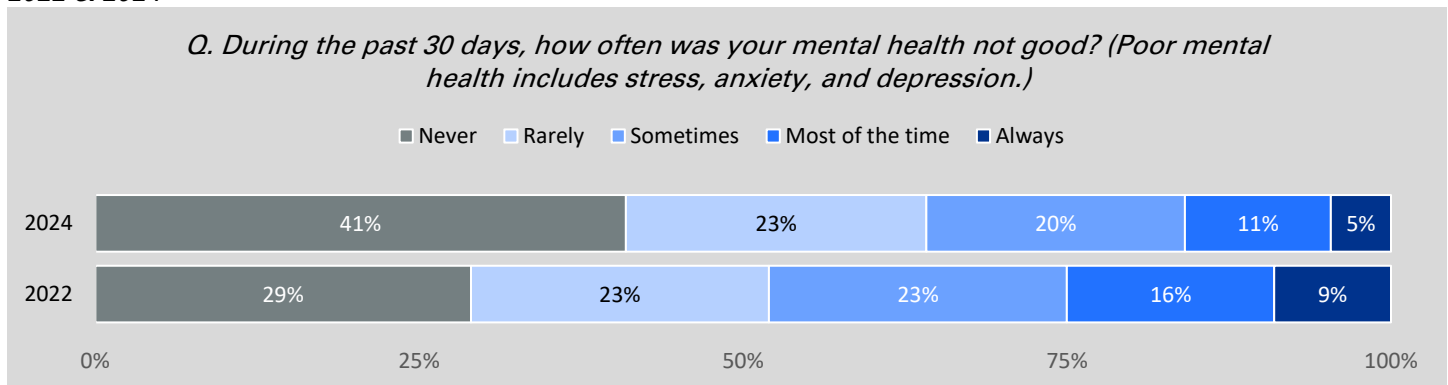
During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression).

Distribution of Responses

- About two-fifths (41%) of youth reported their mental health was “never” not good. About one quarter (23%) responded “rarely” and one-fifth (20%) responded “sometimes.” There were 11% who responded, “most of the times” and 5% “always.”
- Compared to student reports from 2022 a larger share reported “never” (41% versus 29%).
- Fewer students reported “sometimes” (20% versus 23%), “most of the time” (11% versus 16%), and “always” (5% versus 9%).

Figure 6.5

Distribution of Henry County youth reporting how often their mental health was not good in the past 30 days, 2022 & 2024

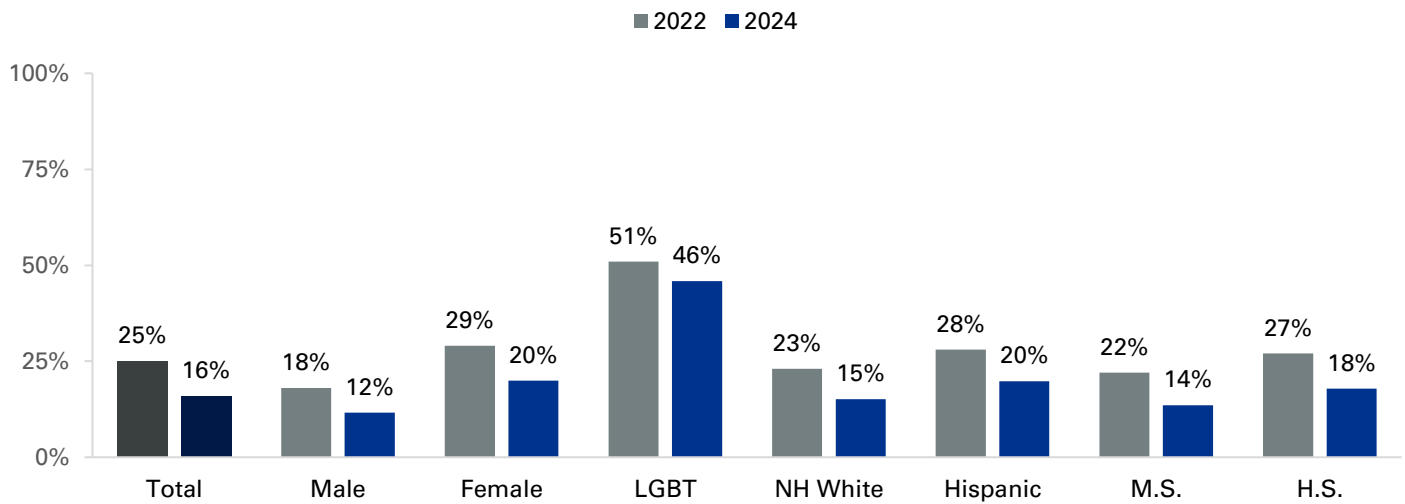


Sociodemographic Variation in Responses

- When this question is analyzed, most often researchers focus on the share who responded, “most of the time” and “always.” Figure 6.6 shows how these responses varied by youth characteristics.
 - A larger share of female students (20%) reported their mental health was not good most of the time or always in the past 30 days compared to males (12%).
 - The largest share to report poor mental health was observed among sexual minority youth at 46%.
 - Hispanic students had a larger share reporting poor mental health in the past month compared to their non-Hispanic White counterparts—20% versus 15%.
 - There was also a larger share of high school students who reported poor mental health at 18% compared to middle school students (14%).
- Regarding change since 2022 by youth characteristics, all youth indicate smaller shares reporting their mental was not good in the past month.
- Data from 2021 indicate the share among all Ohio high schoolers to report poor mental health in the past month was 31%, and nationally the share was 29%.

Figure 6.6

Variation in the percentage of Henry County youth who reported their mental health was not good “most of the time” and “always” in the past 30 days, 2022 & 2024



Difficulty Concentrating, Remembering, or Making Decisions

A second new question added to the Youth Community Status Assessment in 2022 and asked again in 2024 was designed to measure students' perceived impacts on their health. Specifically, students were asked to respond "yes" or "no" to the following question...

"Because of a physical, mental, or emotional problem, do you have serious difficulty concentrating, remembering, or making decisions?"

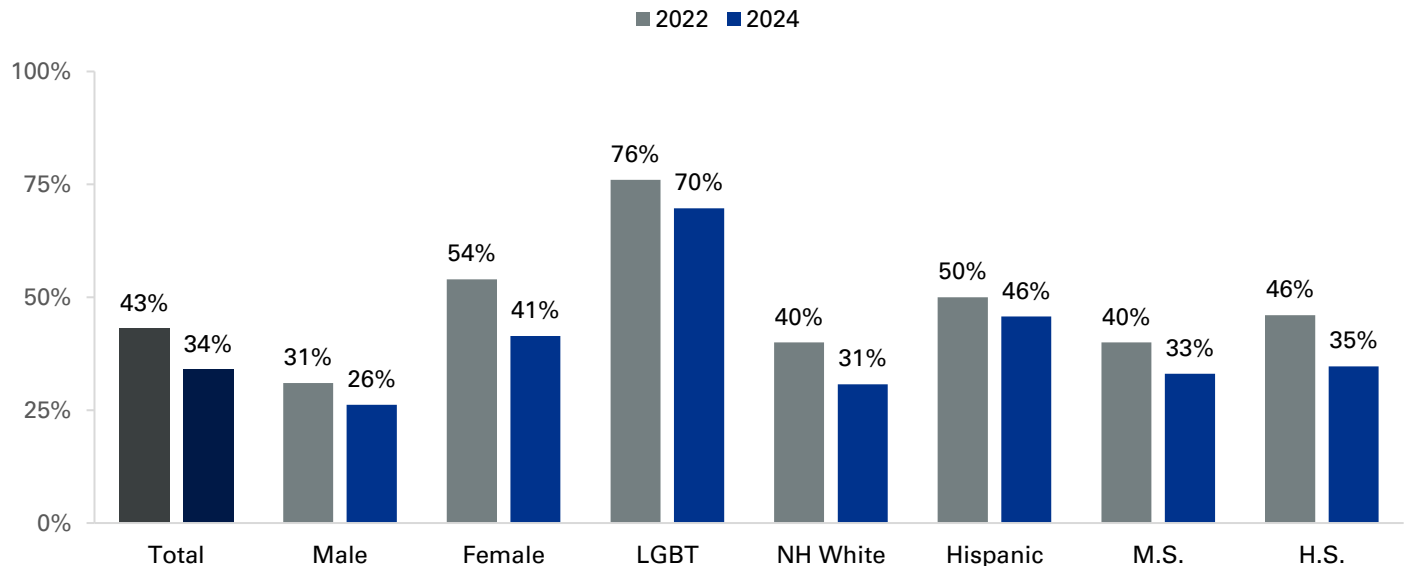
- About one-third (34%) of youth reported they had difficulty concentrating, remembering, or making decisions because of physical, mental, or emotional problems in 2024 down from 43% in 2022.

Sociodemographic Variation in Responses

- There is quite a lot of variation by youth characteristics in the share who report difficulty.
 - A much larger share of female students (41%) reported difficulty concentrating, remembering, or making decisions compare to male student (26%) in 2024.
 - Differences were even more dramatic among sexual minority students with 70% reporting difficulty.
 - There were also ethnic differences in student reports with a larger share among Hispanic students (46%) as compared to non-Hispanic White students (31%).
 - Differences between middle school and high school students were minimal, 33% versus 35%, respectively.
- All groups experienced declines in the share reporting having difficulty concentrating, remembering, or making decisions since 2021, with the largest decline observed among female students dropping from 54% to 41%.

Figure 6.7

Variation in the percentage of Henry County youth reporting they had difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional problem, 2022 & 2024

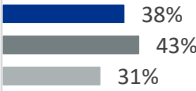


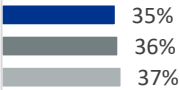





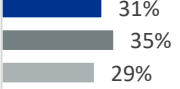


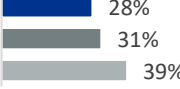


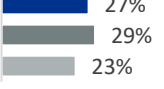


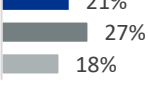


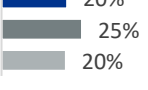


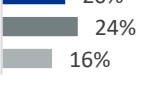

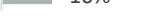














































Causes of Anxiety, Stress, or Depression

Since 2019 Henry County youth have been asked about the things that cause them anxiety, stress, or depression. Table 6.1 shows the share of youth who indicated each item in 2019, 2022, and 2024 order from largest to smallest share reporting in 2024. A trend column indicates how the shares have changed since 2022—whether they increased, decreased, or remained the same. Following the table are the shares reported among high schoolers and middle schoolers separately.

Table 6.1

Youth reports of things that caused them anxiety, stress, or depression, 2019-2024

Causes	Percentage	Trend since 2022
Self-image (38%)	2024  38% 2022  43% 2019  31%	▼
Sports (35%)	2024  35% 2022  36% 2019  37%	▼
Fight with friends (34%)	2024  34% 2022  37% 2019  38%	▼
Peer pressure (31%)	2024  31% 2022  35% 2019  29%	▼
Death of close family member or friend (28%)	2024  28% 2022  31% 2019  39%	▼
Other stress in the home (27%)	2024  27% 2022  29% 2019  23%	▼
Fighting at home (21%)	2024  21% 2022  27% 2019  18%	▼
Being bullied (20%)	2024  20% 2022  25% 2019  20%	▼
Breakup (20%)	2024  20% 2022  24% 2019  16%	▼

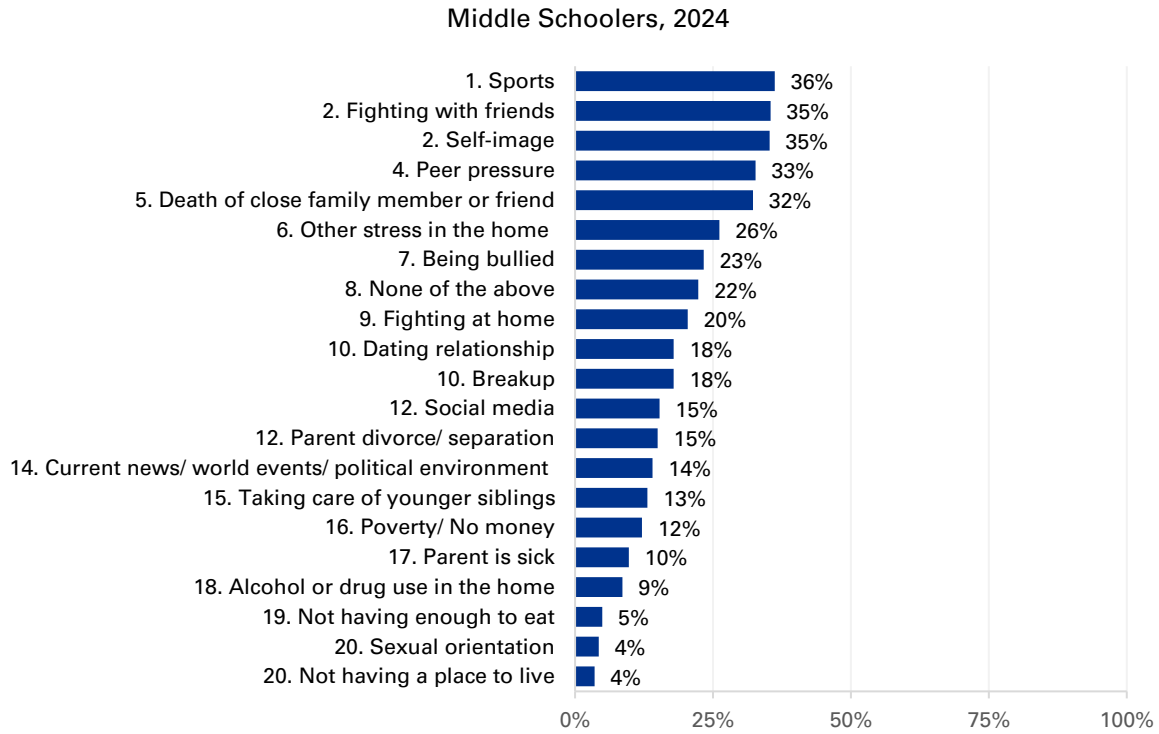
Dating relationship (19%)	<p>2024  19%</p> <p>2022  24%</p> <p>2019  22%</p>	
Social media (17%)	<p>2024  17%</p> <p>2022  15%</p> <p>2019  12%</p>	
Poverty/ No money (15%)	<p>2024  15%</p> <p>2022  16%</p> <p>2019  10%</p>	
Parent divorce/ separation (14%)	<p>2024  14%</p> <p>2022  18%</p> <p>2019  14%</p>	
Current news/ world events/ political environment (14%)	<p>2024  14%</p> <p>2022  15%</p> <p>2019  7%</p>	
Taking care of younger siblings (13%)	<p>2024  13%</p> <p>2022  12%</p> <p>2019  11%</p>	
Alcohol or drug use in the home (9%)	<p>2024  9%</p> <p>2022  9%</p> <p>2019  5%</p>	
Parent is sick (9%)	<p>2024  9%</p> <p>2022  12%</p> <p>2019  12%</p>	
Sexual orientation (5%)	<p>2024  5%</p> <p>2022  7%</p> <p>2019  3%</p>	
Not having enough to eat (5%)	<p>2024  5%</p> <p>2022  6%</p> <p>2019  4%</p>	
Not having a place to live (3%)	<p>2024  3%</p> <p>2022  4%</p> <p>2019  3%</p>	

Middle Schoolers

- When middle school students were asked about the things that caused them anxiety, stress, or depression, they most often reported *sports* (36%).
- Following closely behind sports at 35% each were *fighting with friends* and *self-image*.
- Rounding out the top five were *peer-pressure* at 33% and *death of a close family member or friend* with 32% reporting as such.

Figure 6.8

Henry County middle school student reports on what causes them anxiety, stress, or depression, 2024

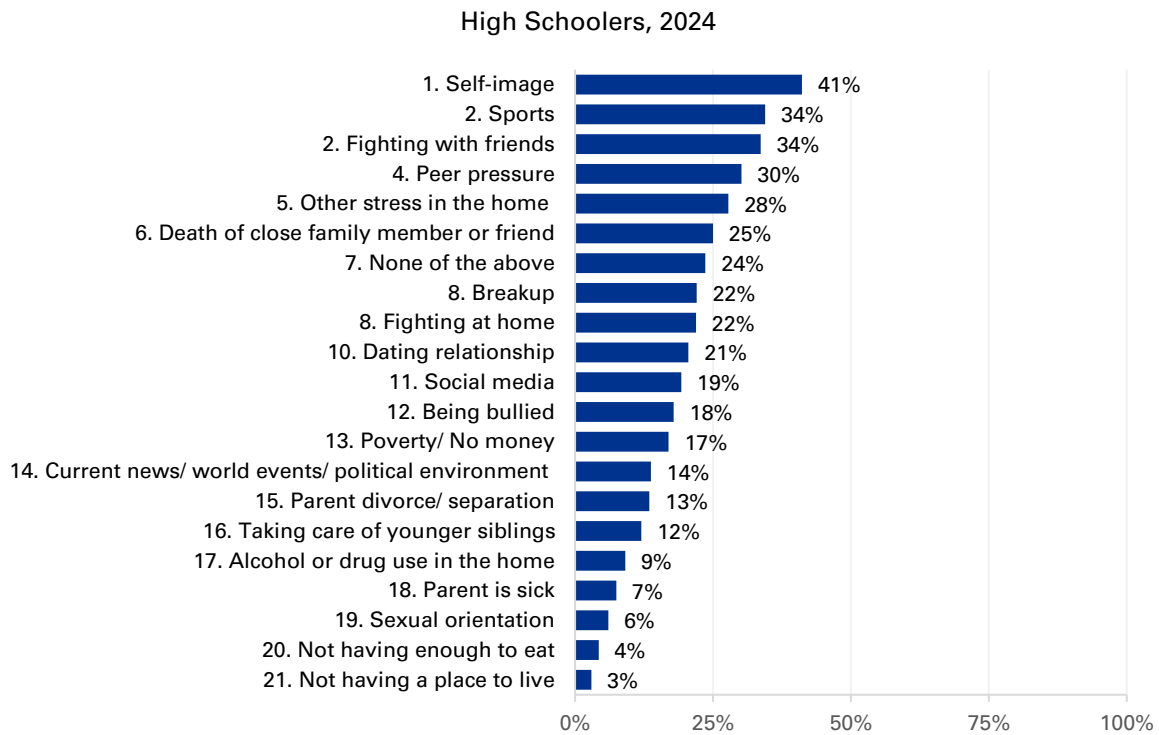


High Schoolers

- High school students most often reported *self-image* (41%) was the cause of their anxiety, stress, or depression.
- There were 34% who reported *sports* and 34% who reported *fighting with friends* caused they anxiety, stress, or depression.
- Rounding out the top five were *peer-pressure* at 30% and *other stress in the home* with 28% reporting as such.

Figure 6.9

Henry County high school student reports on what causes them anxiety, stress, or depression, 2024



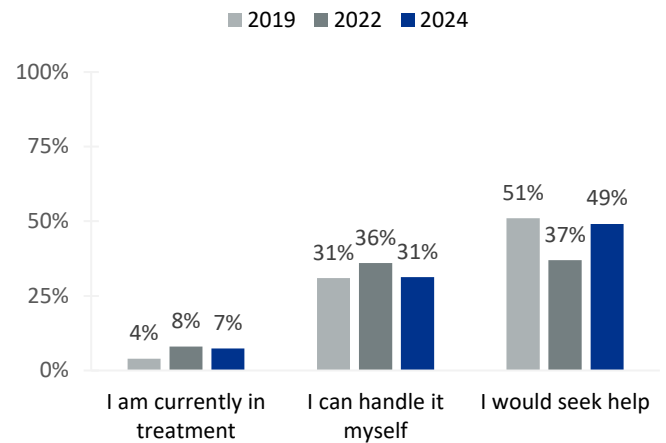
Help Seeking

Trends in Responses

- Regarding trends, in 2024 7% of Henry County youth reported they were currently in treatment, down from 8% in 2022.
- About three-in-ten (31%) said they could handle it themselves. This is also lower than reports in 2022 when 36% said as such.
- An increased share said they would seek help, at nearly half (49%) up from only 37% in 2022. The share in 2024 is still slightly lower than reports in 2019.

Figure 6.10

Trend in the percentage of Henry County youth who reports on seeking help, 2019-2024































Barriers to Help Seeking

When asked about what would keep them from seeking help if they were dealing with anxiety, stress, depression, or thoughts of suicide, over nearly half (49%) said they would seek help and 7% reported they were currently in treatment. About three-in-ten (31%) said they could handle it themselves. Others reported barriers such as:

- Worried what others might think (18%)
- No time (12%)
- Paying for it (9%)
- Don't know where to go (8%)
- Family would not support me in getting help (6%)
- Friends would not support me in getting help (5%)
- Transportation (4%)

Table 6.2 on the next page shows each barrier, the share reporting each in 2019, 2022, and 2024, as well as the direction of the trend since 2022.

Table 6.2*Henry County youth reports on barriers to seeking help, 2019-2024*

Barriers	Percentage	Trend since 2022
Worried what others might think (18%)	2024  18% 2022  28% 2019  19%	
No time (12%)	2024  12% 2022  17% 2019  11%	
Paying for it (9%)	2024  9% 2022  9% 2019  8%	
Don't know where to go (8%)	2024  8% 2022  11% 2019  8%	
Family would not support me in getting help (6%)	2024  6% 2022  10% 2019  5%	
Friends would not support me in getting help (5%)	2024  5% 2022  7% 2019  4%	
Transportation (4%)	2024  4% 2022  4% 2019  2%	

7 | Tobacco Use

Executive Summary: Tobacco and Vaping Use Among Henry County Youth

This chapter analyzes trends in cigarette smoking and electronic vapor product use among Henry County youth, comparing local data with state and national averages.

Key Findings:

1. Cigarette Smoking:

- 7% of all youth and 9% of high school students have tried cigarette smoking, a significant decrease from previous years
- Most youth who tried smoking did so between ages 11-14 (43%)
- Current smoking rates are too low to report accurately (3% in 2022)

2. Electronic Vapor Products (Vaping):

- 16% of all youth and 20% of high school students have tried vaping, lower than 2022 (22% and 32% respectively)
- 7% of all youth and 9% of high school students are current vapers, down from 11% and 15% in 2022
- Henry County's vaping rates are lower than state (20%) and national (18%) averages

3. Sociodemographic Variations:

- Higher rates of both smoking and vaping among:
 - Female students
 - LGBT-identifying youth (18% for smoking, 40% for vaping)
 - Hispanic youth (12% for smoking, 26% for vaping)
- High school students show higher rates than middle school students

4. Quitting Tobacco:

- 45% of youth who smoked or vaped in the past year tried to quit all tobacco products
- 48% of high school students who used tobacco products attempted to quit

5. Trends:

- Overall decrease in both cigarette smoking and vaping since 2022
- Largest reductions observed among high school students

These findings indicate a positive trend in reducing tobacco and vaping use among Henry County youth, with rates lower than state and national averages. However, disparities persist among certain demographic groups, suggesting a need for targeted prevention and cessation efforts, particularly for LGBT-identifying and Hispanic youth.

Research on Tobacco Use

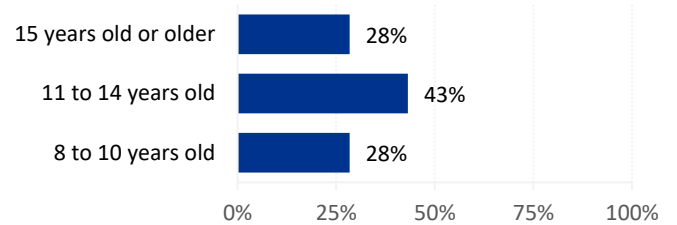
The CDC shares important information about teen cigarette use. According to the 2023 National Youth Tobacco Survey (NYTS), fewer U.S. high school students are using tobacco. Overall use dropped from 16.5% in 2022 to 12.6% in 2023. This decrease was mostly due to fewer teens using e-cigarettes, which went from 14.1% to 10.0%. Even with this decline, e-cigarettes are still the most popular tobacco product among youth for the tenth year in a row. Traditional cigarette smoking is at its lowest ever, with only 1.6% of students saying they currently smoke (CDC, 2023).

The CDC highlights why these findings matter. Nicotine can cause long-term addiction and lead to other substance use problems. The teen brain is especially sensitive to nicotine, which can change how the brain works, affecting emotions and thinking (National Institute on Drug Abuse, 2023). These facts show why it's so important to keep working on preventing tobacco use among young people.

Cigarette Smoking | Ever Tried Cigarette Smoking

- Henry County youth were asked if they had "...ever tried cigarette smoking, even one or two puffs." Seven percent (7%) of all Henry County youth had tried cigarette smoking, increasing to 9% among those in high school.
- Among those who had ever smoked, the largest share did so for the first time between the ages of eleven and fourteen years old (43%). Approaching three-in-ten (28%) reported they were aged eight to ten or 15 years old or older (see Figure 7.1).

Figure 7.1
Henry County youth reports of age first smoked a cigarette, 2024

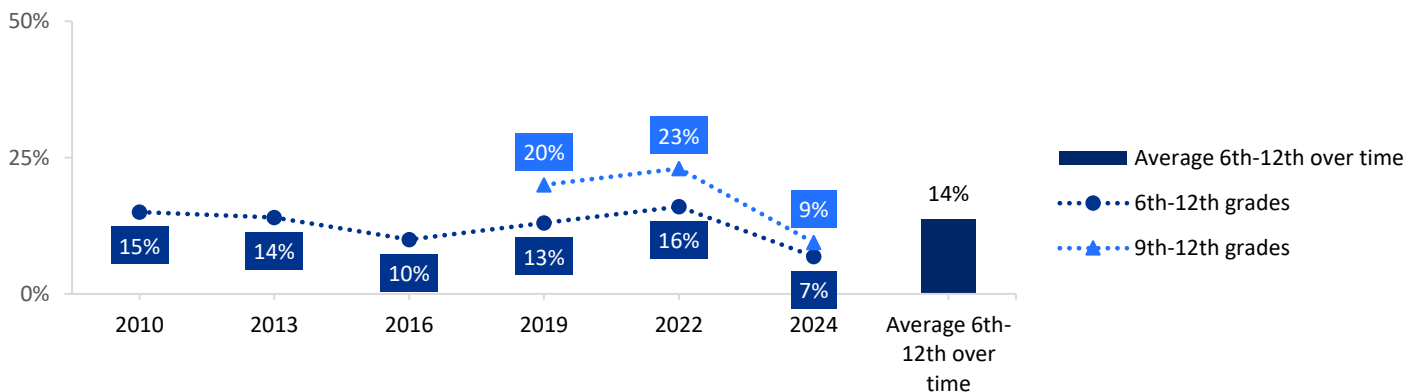


Trends in Responses

- The average share (from 2010 through 2022) of all Henry County youth reporting they had ever tried smoking was 14% (see Figure 7.2). The overall share in 2024 had reduced to a fourteen-year low at 7%, half as large as the twelve-year average.
- When considering only high school students, the trend was similar, however the drop since 2022 was steeper among high schoolers, going from 23% to 9% in just two years.

Figure 7.2

Trends in Henry County youth reports of having ever tried cigarette smoking, 2010-2024



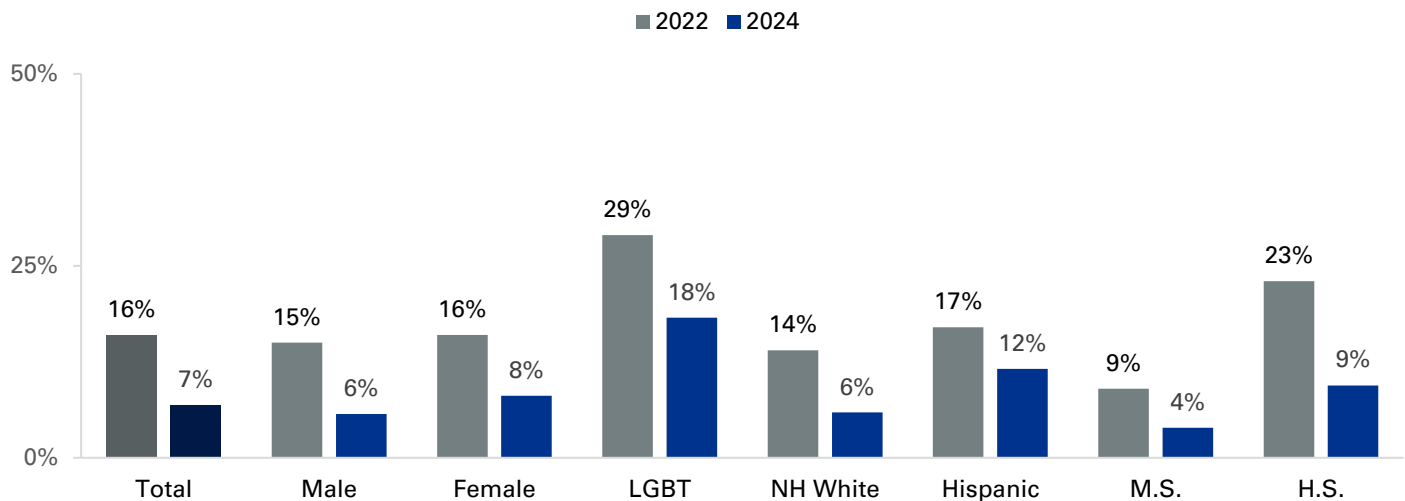
Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- There was a lot of sociodemographic variation in the share of youth who reported they had ever tried smoking a cigarette in 2024.
 - The share among male students was lower than the share among female students, 6% and 8%, respectively.
 - Youth who identified as LGBT had the largest share at 18%.
 - Variation by ethnicity is also evident with the share to have tried a cigarette twice as high among Hispanic youth (12%) as compared to non-Hispanic White youth (6%).
 - An equal share of middle school students (9%) reported they had ever smoked a cigarette compared to high school students (9%).
- Regarding change since 2022, we observe reductions in all groups of students, regardless of their characteristics.
 - The largest reduction was among high school students, dropping from 23% to only 9% - a 61% percentage change.

Figure 7.3

Variation in the percentage of youth who reported they had ever tried cigarette smoking, 2022 & 2024



Current Smokers

Current smokers are defined as those who report having smoked on at least one day during the thirty days before the survey. Too few of Henry County youth reported smoking any cigarettes in the past 30 days to report here. In 2022, only 3% of our youth were considered a current smoker.

Research on Electronic Vapor Product Use

In 2024, the Henry County Health Partners asked our youth about their use of electronic vapor products, like JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick, for the third time. These include e-cigarettes, vapes, vape pens, e-hookahs, and mods. While many teens use these products, they come with serious health risks. Here are some of the main concerns:

Nicotine Addiction

- **Highly Addictive:** E-cigarettes often contain nicotine, which is very addictive. Since teen brains are still developing, they are more vulnerable to addiction. Nicotine can also harm brain areas that control attention, learning, mood, and impulse control.
- **Fast Addiction:** Teens can become addicted to nicotine faster than adults, and early exposure increases the risk of developing other addictions later.

Health Risks

- **Lung Problems:** Vaping can irritate and damage the lungs. Serious lung injuries linked to vaping, called e-cigarette or vaping-associated lung injury (EVALI), have been reported.
- **Heart Risks:** Chemicals in e-cigarettes can raise heart rate and blood pressure, increasing the chance of heart disease over time.

Chemical Exposure

- **Toxins:** E-cigarette vapor contains harmful chemicals, like lead, cancer-causing agents, and volatile organic compounds.
- **Dangerous Flavorings:** Some flavors, such as diacetyl, are linked to serious lung diseases.

Behavioral Risks

- **Gateway Effect:** Teens who vape are more likely to try regular cigarettes or other tobacco products later.
- **Mental Health:** Nicotine use is linked to mood problems, including higher risks of depression and anxiety.

Social and Developmental Effects

- **Peer Pressure:** Friends and social media can make vaping seem cool, leading to more use.
- **School Problems:** Nicotine addiction can hurt school performance by affecting attention and focus.

Understanding these risks can help us protect our youth from the harmful effects of vaping.

For more information, please see the following sources:

- Centers for Disease Control and Prevention. (2023, April 21). *Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults*. Retrieved from [CDC website](#).
- U.S. Food and Drug Administration. (2023, June 21). *E-Cigarettes, Vapes, and other Electronic Nicotine Delivery Systems (ENDS)*. Retrieved from [FDA website](#).
- National Institute on Drug Abuse. (2023, May 10). *Vaping Devices (Electronic Cigarettes)*. Retrieved from [NIDA website](#).

Ever Tried Vaping

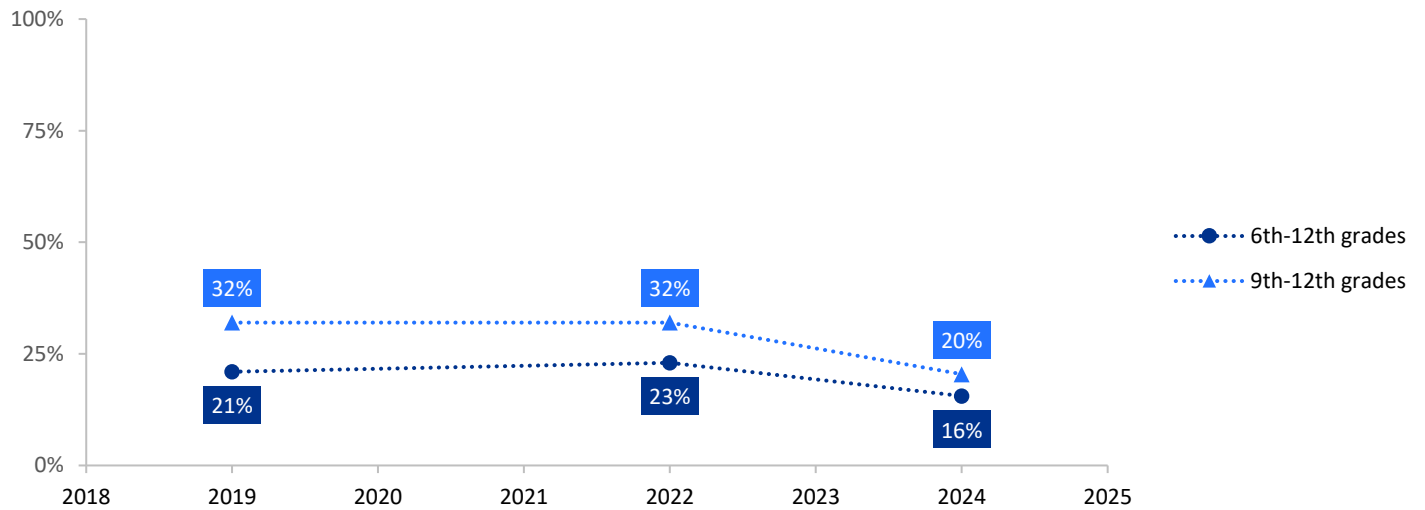
- In 2024 sixteen percent (16%) of Henry County youth reported they had *ever used an electronic vapor product*.

Trends in Responses

- At sixteen percent (16%), the share of all youth to report they had ever tried a vapor product was lower in 2024 than in either 2022 (22%) or 2019 (21%) when the question was first asked.
- The share among high school students was higher in 2024 at 20%. However, it too was lower than what was reported in 2022 (32%) and 2019 (32%).
- State and National reports from 2021 indicate 35% and 36% (respectively) of high school students had ever tried vapor products.

Figure 7.4

Trends in Henry County youth reports of having ever tried an electronic vapor product, 2019-2024

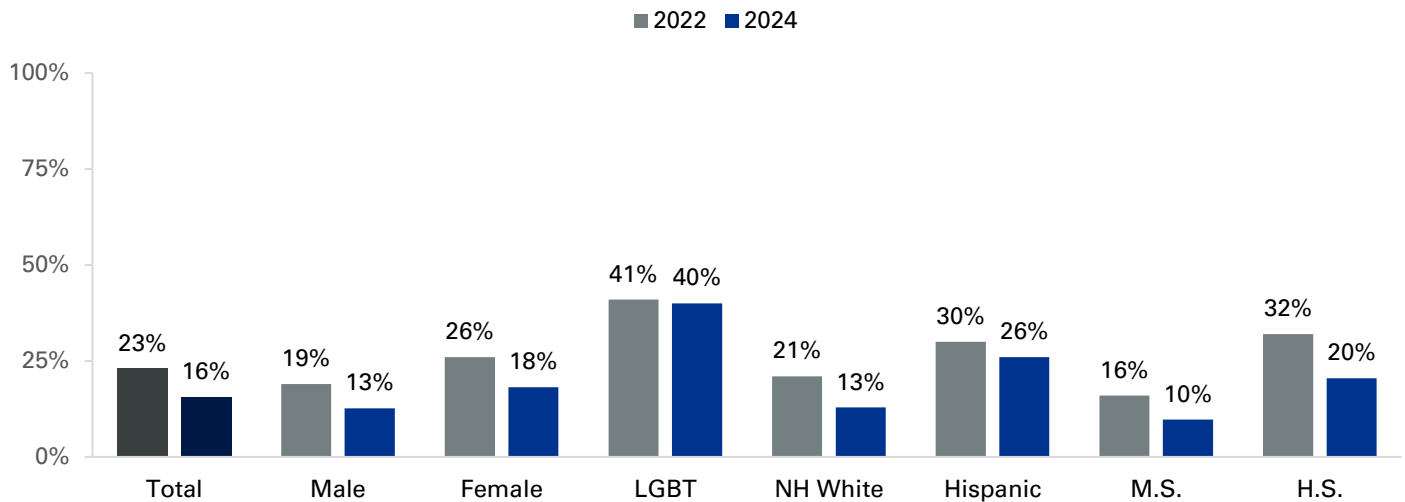


Sociodemographic Variation in Responses

- There was variation in the share of students who reported having ever tried an electronic vapor product in 2024, ranging from a low of 10% among middle schoolers and a high of 40% among LGBT identifying students.
 - The share among male students was lower than the share among female students, at 13% and 18%, respectively.
 - As indicated above, the largest share was observed among students who identified as LGBT with four-in-ten (40%) reporting to have ever tried vaping.
 - The share of Hispanic youth who reported ever vaping was double the share reported among White students, 26% versus 13%.
 - The share among high school students was twice as high as the share among middle school students, 20% versus 10%.
- The share of students to report having ever tried vaping was lower in 2024 compared to 2022 regardless of their sociodemographic characteristics.
 - The biggest reduction was among high school students, in which nearly one-third (32%) had reported ever vaping in 2022 dropping twelve percentage points to twenty percent (20%) in 2024.
 - The smallest reduction was among LGBT identifying students – they dropped one percentage point from 41% in 2023 to 40% in 2024.

Figure 7.5

Variation in the percentage of youth who ever tried an electronic vapor product, 2022 & 2024



Current Vapers

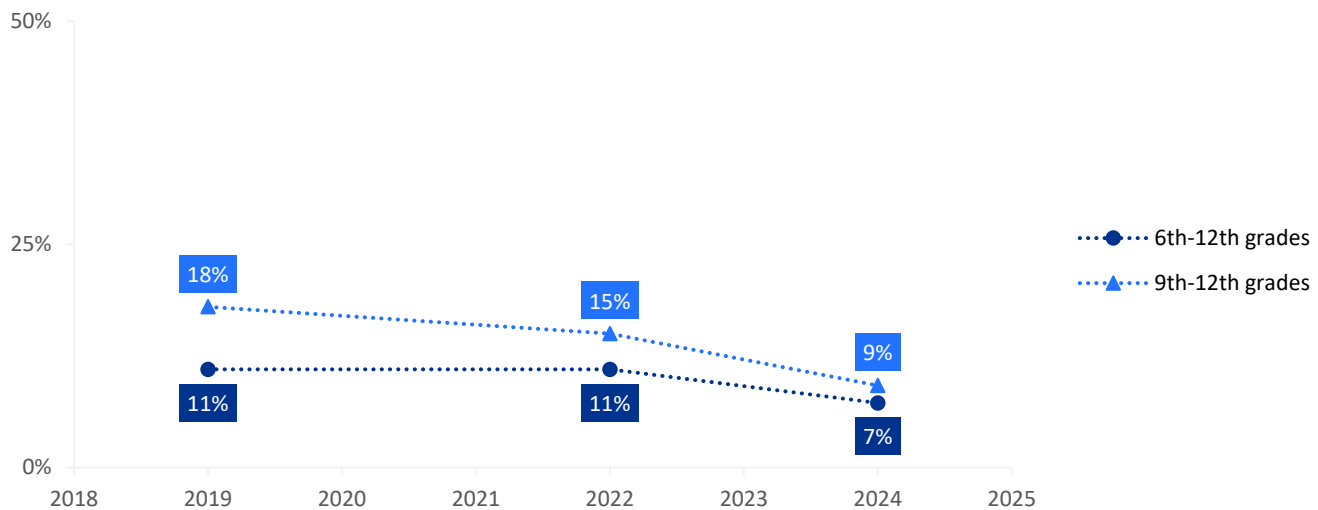
Current Incidence and Trends in Responses

Current electronic vapor product users are defined as those who report having vaped on at least one day during the thirty days before the survey.

- In 2024 seven percent (7%) of Henry County youth were considered current vapers. This represents a four-percentage point decline since 2022 when eleven percent (11%) of youth were current vapers.
- The share of current vapers among high school students was slightly higher at nine percent (9%). The share of current vapers among high school students also declined since 2022 when fifteen percent (15%) reported having vaped at least once in the month before the survey.
- State and national level data from 2021 indicate current vaping among Henry County youth is lower. One fifth (20%) of Ohio youth and eighteen percent (18%) of American high schoolers were current vapers.
- Forty-four percent (44%) of youth reported they get their vapor products "...from a friend, family member, or someone else" down from 62% in 2022.

Figure 7.6

Trends in Henry County youth reports of current vape usage, 2019-2024



Sociodemographic Variation in Responses

- Sociodemographic variation in current vapes use mirrors that found when examining the share who had ever tried vaping, albeit at lower levels. In 2024, the smallest share—at 5%—was observed among middle school students and the largest share—at 19%—was observed among LGBT identifying students.
 - A slightly smaller share of male students were current vapers compared to female students, 7% versus 8%.
 - As mentioned earlier, the highest observed share was among LGBT identifying students at nineteen percent (19%).
 - The share among Hispanic students who were current vapers (14%) was more than twice the share among White students (6%).
 - Among high school students, nine percent (9%) were current vapers compared to 5% of middle school students.
- Again, the share of students to report current vape use was lower in 2024 compared to 2022 regardless of their sociodemographic characteristics.
 - The biggest reduction was among high school students, dropping from 15% in 2022 to 9% in 2024.
 - The smallest reduction was among male students who dropped from 8% in 2022 to 7% in 2024.

Figure 7.7

Variation in the percentage of youth who were current vapers, 2022 & 2024

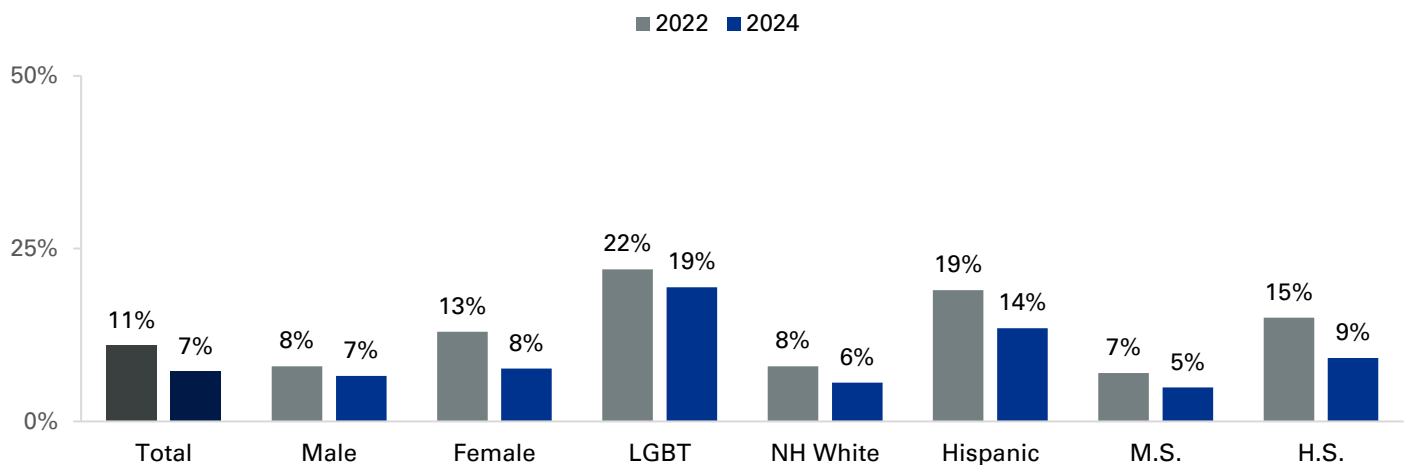


Table 7.1

Behaviors of Henry County youth: Current smokers and/or current vapers vs. noncurrent smokers/vapers

Youth behaviors	Current vaper	Noncurrent vaper	P> z
Had at least one drink of alcohol (in the past 30 days)	48%	6%	***
Participated on a sports team (in the past 12 months)	49%	75%	***
Bullied (in the past 12 months)	64%	30%	***
Experienced three or more adverse childhood experiences (ACEs) (in their lifetime)	78%	23%	***
Seriously considered attempting suicide (in the past 12 months)	50%	8%	***
Misused prescription medication (in the past 30 days)	8%	2%	***
Smoked/used marijuana (in the past 30 days)	47%	N.R.	***

Note. Significance levels indicated by asterisks: * p < 0.05, ** p < 0.01, *** p < 0.001.

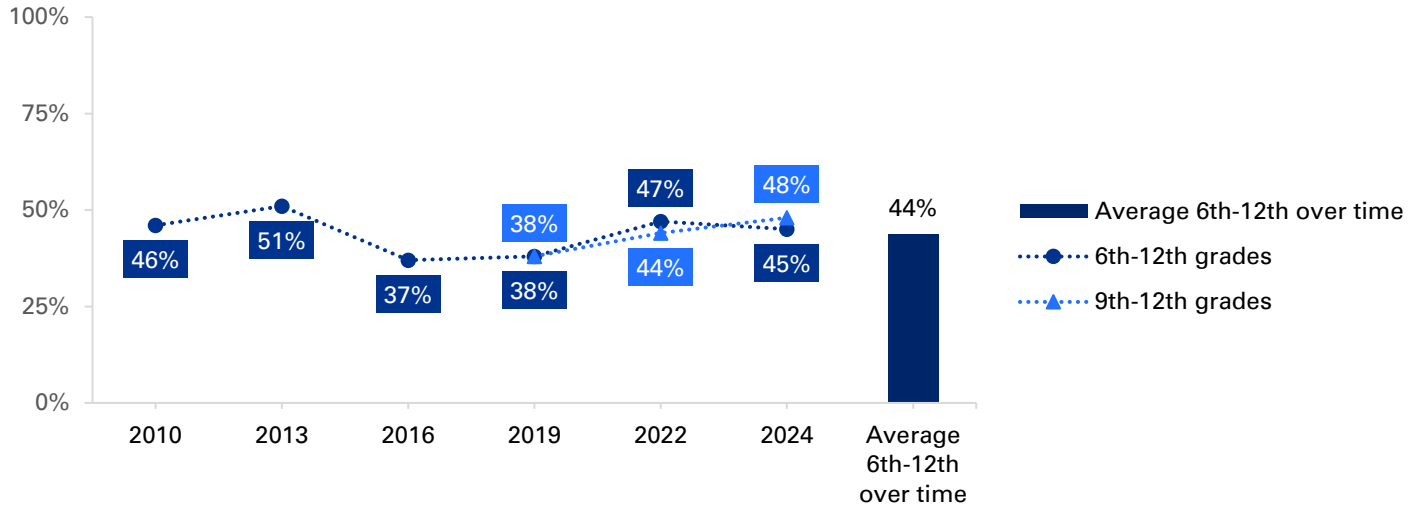
Quitting Tobacco

Trends in Responses

- Among youth who had smoked or vaped in the past year, fort-five percent (45%) reported they had tried to quit using all tobacco products. This share is close to the 44% average from 2010 through 2022.
- When limited to only high school students the share was slightly higher at fort-eight percent (48%).

Figure 7.8

Trends in Henry County youth reports of trying to quit using all tobacco products in the past twelve months, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th – 12th graders over the period of 2010 – 2022.

8 | Alcohol Use

Executive Summary: Alcohol Use Among Henry County Youth

This chapter analyzes trends in alcohol consumption among Henry County youth, comparing local data with state and national averages.

Key Findings:

1. Ever Tried Alcohol:

- 27% of all youth and 34% of high school students have tried alcohol, a significant decrease from previous years
- Highest rates among LGBT-identifying students (51%) and Hispanic youth (38%)

2. Current Alcohol Use:

- 9% of all youth and 13% of high school students reported drinking alcohol in the past 30 days, down from 21% in 2022
- Henry County's rates are lower than the national average (19% for high school students)

3. Binge Drinking:

- 5% of all youth and 7% of high school students reported binge drinking, lower than the national average of 9%
- Among current drinkers, 29% reported having six or more drinks within a couple of hours

4. Age of Drinking Onset:

- 13% of youth reported having their first drink before age 13, down from a 17% average in previous years
- Higher rates among LGBT-identifying students (28%) and Hispanic youth (19%)

5. Obtaining Alcohol:

- 49% of youth drinkers reported someone gave them alcohol
- 22% reported obtaining alcohol "some other way"

6. Trends:

- Overall decrease in alcohol use across all measures since 2022
- Largest reductions observed among high school students

7. Sociodemographic Variations:

- LGBT-identifying and Hispanic youth consistently show higher rates of alcohol use across all measures
- Middle school students generally show lower rates than high school students, except for early onset drinking

These findings indicate a positive trend in reducing alcohol use among Henry County youth, with rates lower than national averages. However, disparities persist among certain demographic groups, suggesting a need for targeted prevention efforts, particularly for LGBT-identifying and Hispanic youth.

Research on Alcohol Use

Alcohol remains the most commonly used substance among U.S. teens. According to the 2023 Youth Risk Behavior Surveillance System (YRBSS), about 19% of high school students drank alcohol in the past 30 days, and 9% reported binge drinking—having five or more drinks in a row. While these numbers have gone down over the last 10 years, underage drinking is still a major public health concern.

Starting to drink alcohol at a young age increases the chance of developing alcohol problems later in life. It's also linked to other risks, like injuries, doing poorly in school, and engaging in unsafe sexual behaviors. The CDC recommends prevention efforts in schools, communities, and families to help reduce underage drinking (CDC, 2024a¹; CDC, 2024b²).

Ever Tried Alcohol

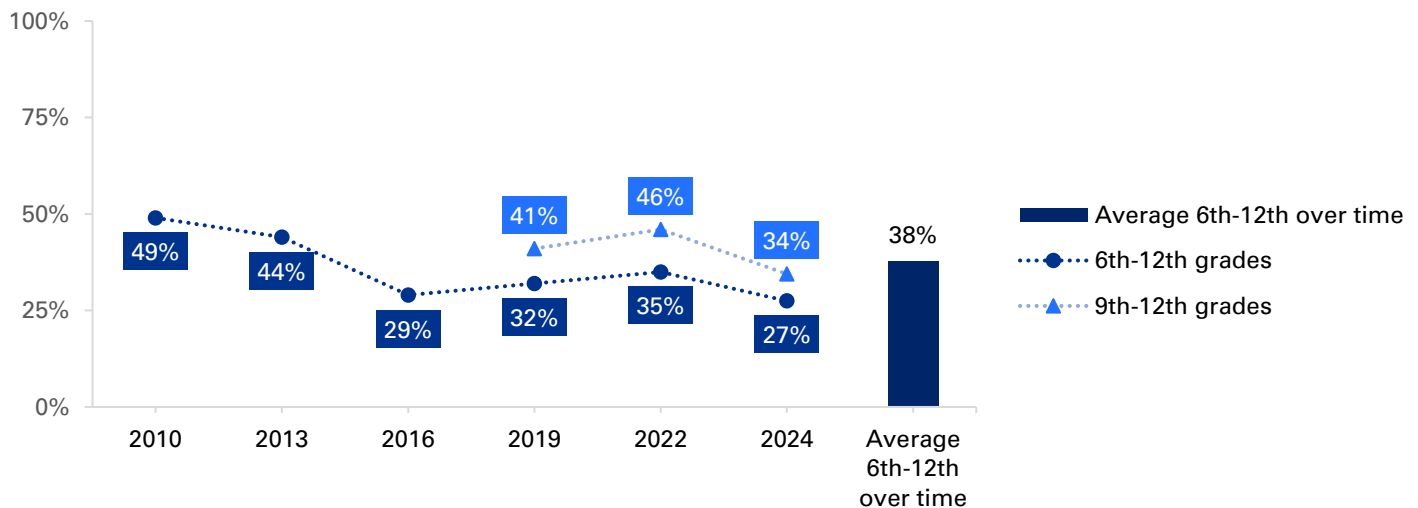
Henry County youth were asked about their consumption of beer, wine, flavored alcoholic beverages, and liquor such as rum, gin, vodka, or whiskey. They were instructed NOT to include drinking a few sips of wine for religious purposes.

Trends in Responses

- The average share (2010 through 2022) of Henry County youth reporting they had ever drunk alcohol was 38% (see Figure 8.1).
- The overall share was lower in 2024 at 27%--the lowest observed share since 2010.
- Among Henry County high school students in 2024, the share was higher with one-third (34%) reporting they had ever drunk alcohol.

Figure 8.1

Trends in the percentage of Henry County youth reporting whether they have ever tried alcohol, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

¹ Centers for Disease Control and Prevention. (2024, April 30). *Alcohol use: FastStats*. National Center for Health Statistics. <https://www.cdc.gov/nchs/fastats/alcohol.htm>

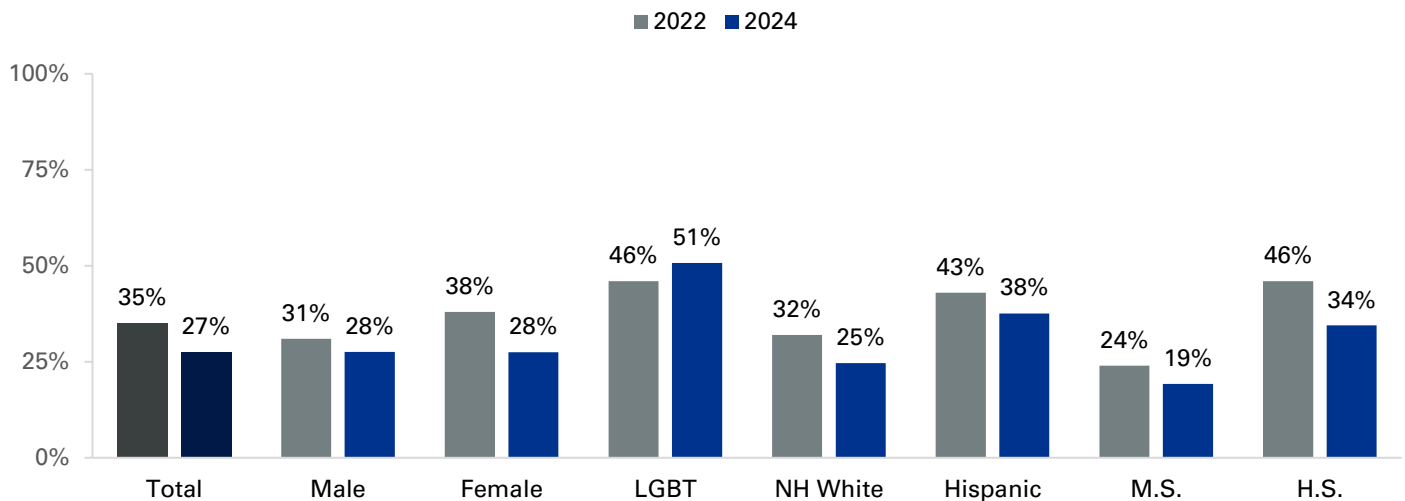
² Centers for Disease Control and Prevention. (2024). *Alcohol use among youth: Alcohol and public health*. <https://www.cdc.gov/alcohol/underage-drinking/index.html>

Sociodemographic Variation in Responses

- Whether a Henry County youth reported ever having tried alcohol in 2024 varied by their sociodemographic characteristics, ranging from a high of 51% among LGBT identifying students to a low of 19% among middle school students.
 - There was no difference between male and female students in the share who reported ever drinking alcohol at 28%.
 - As mentioned earlier, half (51%) of LGBT identifying students had ever drunk alcohol.
 - The share among White students was lower (25%) compared to their Hispanic counterparts (38%).
 - About one-third (34%) of high school students reported they had drunk alcohol compared to one-fifth (19%) of middle school students.
- Regarding changes since 2022, all but LGBT identifying students had smaller shares reporting they had ever drunk alcohol in 2024.
 - The share among LGBT students increased from 46% to 51%.
 - The biggest drop since 2022 was among high school students, decreasing from 46% to 34%.

Figure 8.2

Variation in the percentage of Henry County youth reporting they had ever tried alcohol, 2022 & 2024



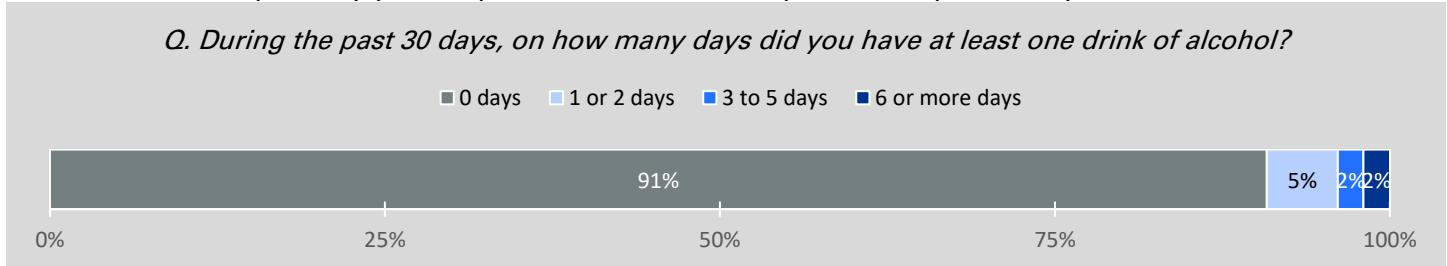
Current Drinkers

Distribution of Responses

- In 2024 91% of Henry County youth reported they did not drink any alcohol in the past 30 days. There were five percent (5%) who reported drinking on 1 or 2 days, two percent (2%) who reported drinking on 3 to 5 days, and two percent (2%) 6 or more days.

Figure 8.3

Distribution of Henry County youth reports of alcohol consumption in the past 30 days, 2024

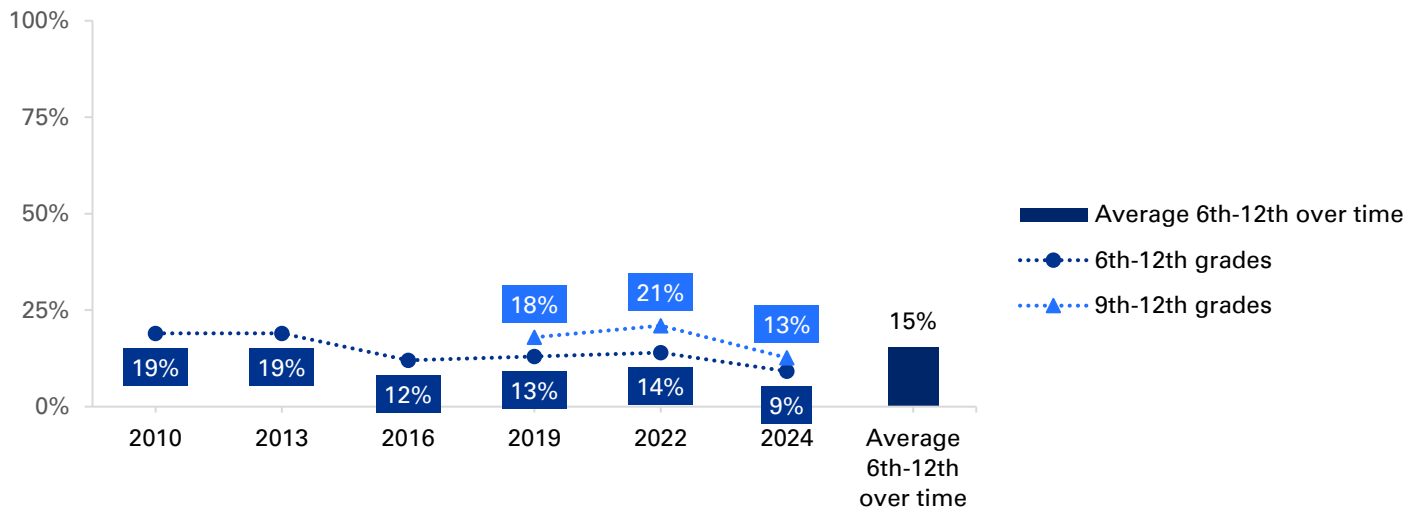


Trends in Responses

- The average share (from 2010 through 2022) of Henry County youth reporting they used alcohol at least once in the past thirty days was 15% (see Figure 8.4).
 - The overall share in 2024 was lower at 9%.
 - Among Henry County high school students in 2024, 13% reported they had used alcohol at least once in the past 30 days, down from 21% in 2022. The share among Henry County youth was lower than the national share of 19% in 2023.

Figure 8.4

Trends in the percentage of Henry County youth who were current drinkers, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- Like other measures of substance use, the share of current drinkers among youth varied by their sociodemographic characteristics. The highest share of current drinkers was observed among LGBT identifying youth at 18% and the lowest share was observed among middle school students at 5%.
 - Female students (10%) had a slightly higher share of current drinkers compared to males (9%).
 - The share of current drinkers among LGBT students (18%) was twice as high as the share among male students (9%).
 - The share among Hispanic youth was 14% compared to only 8% among their non-Hispanic White counterparts.
 - High school students had 13% who reported they were current drinkers compared to only 5% of middle school students.
- All groups reported drops in the share of current drinkers since 2022. The largest observed decline was among high school students dropping from 21% in 2022 to 13% in 2024.

Figure 8.5

Variation in the percentage of current drinkers among Henry County youth, 2022 & 2024

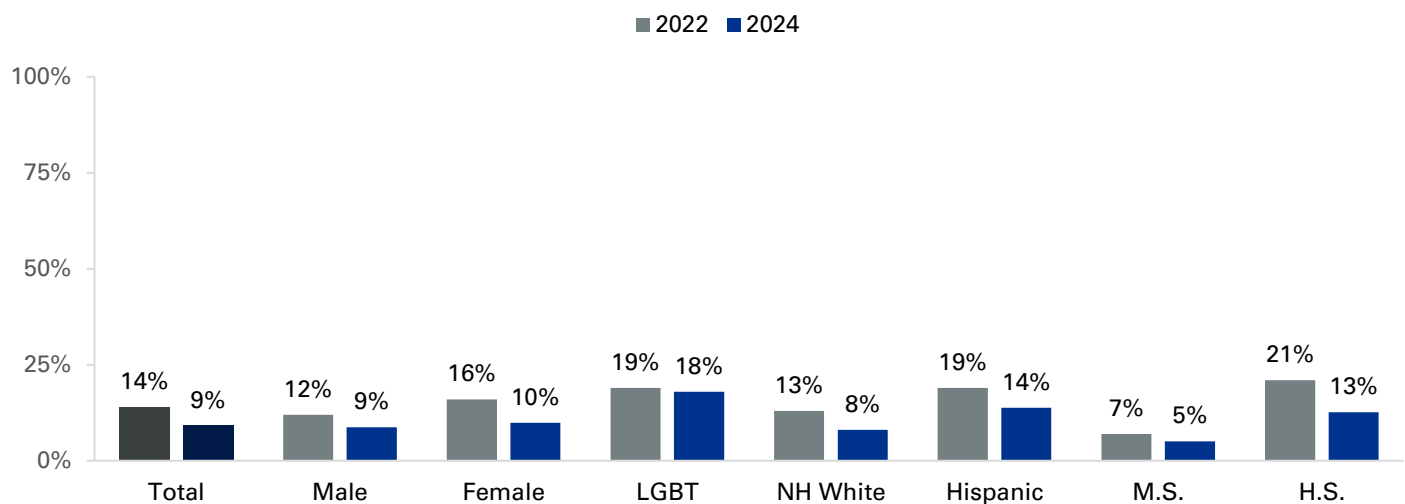


Table 8.1

Behaviors of Henry County youth: Current drinkers vs. noncurrent drinkers

Youth behaviors	Current drinker	Noncurrent drinker	P> z
Used marijuana (in the past 30 days)	35%	2%	***
Participated on a sports team (in the past 12 months)	66%	74%	
Bullied (in the past 12 months)	53%	29%	***
Experienced three or more adverse childhood experiences (ACEs) (in their lifetime)	58%	24%	***
Seriously considered attempting suicide (in the past 12 months)	25%	10%	***
Misused prescription medication (in the past 30 days)	N.R.	2%	***
Smoked and/or vaped (in the past 30 days)	34%	3%	***

Note. Significance levels indicated by asterisks: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Binge Drinking

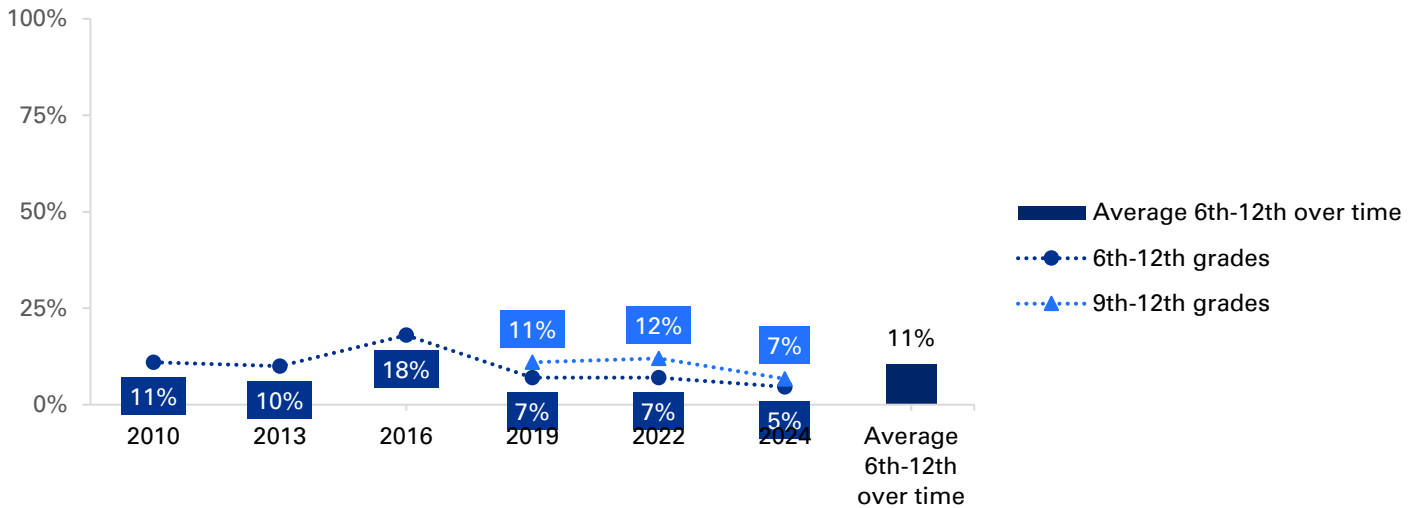
- Binge drinking among youth is defined as consuming five or more alcoholic drinks on an occasion in the last month. In 2024 5% of Henry County youth would be considered binge drinkers, increasing to 7% among high school students. The share among Henry County high school students in 2024 was lower than the national share in 2023 which was 9%.
- Students were also asked about “the largest number of alcoholic drinks [they] had in a row.”
 - Among current drinkers, approaching half (46%) said the most they had within a couple of hours was one or two drinks. One-quarter (26%) said the most they had was three to five drinks, and 29% said they had six or more drinks within a couple of hours.

Trends in Responses

- The average share of binge drinking (from 2010 through 2022) among Henry County youth was 11% (Figure 8.8).
 - The overall share in 2024 was less than half the average over time at 5%. Data from 2024 are the lowest incidence of binge drinking since 2010.
 - The share of binge drinking among high school students has also dropped—from 12% in 2022 to 7% in 2024.

Figure 8.6

Trends in the percentage of Henry County youth who were binge drinking in the past month, 2010-2024



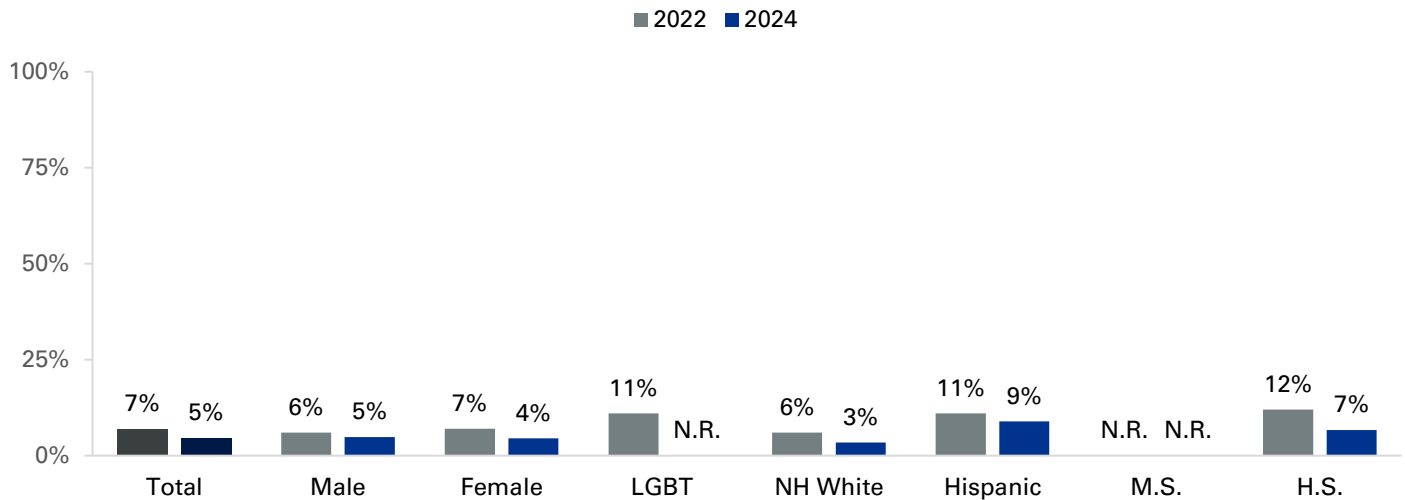
Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- Generally, there was little sociodemographic variation in binge drinking among Henry County youth in 2024.
 - Male students had just slightly higher incident rate of 5% compared to 4% among female students.
 - Too few LGBT students were binge drinking to report here.
 - The share of binge drinking among Hispanic youth was three times higher (9%) than among their non-Hispanic White counterparts (3%).
 - Too few middle school students indicated they had consumed five or more alcoholic beverage on one occasion in the past month to report here.
- Since 2022, all groups of students reported on here showed decreases in the share who were binge drinking in the past 30 days. The largest decrease was observed among high school students, dropping from 12% to 7%.

Figure 8.7

Variation in the percentage of Henry County youth who reported binge drinking in the past 30 days, 2022 & 2024



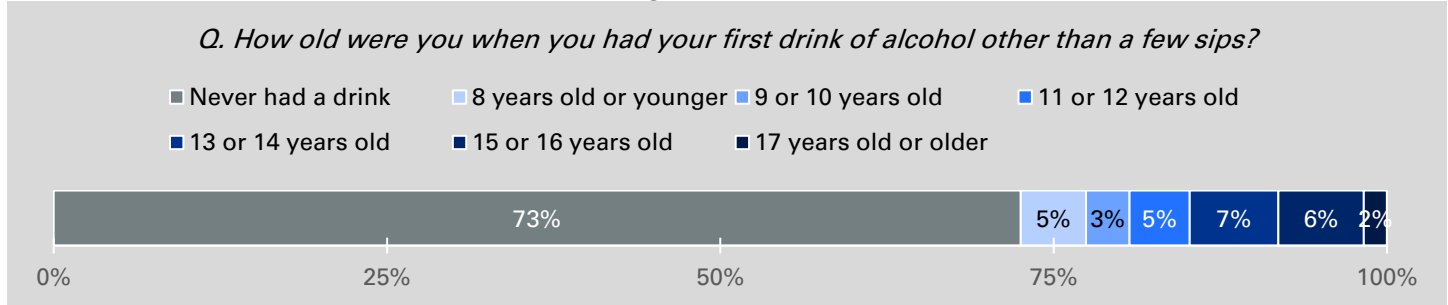
Age of Drinking Onset

Distribution of Responses

- Among all youth, 13% reported they drank for the first time before the age of 13.
 - Five percent (5%) had their first drink at the age of eight or younger, 3% at the age of 9 or 10, and 5% had their first drink at the age of 11 or 12.
 - Seven percent (7%) reported they took their first drink between the ages of 13 or 14, 6% between the ages of 15 or 16, and 2% said they were at least 17 years old.

Figure 8.8

Distribution of Henry County youth reports of the age in which they first tried alcohol, 2024

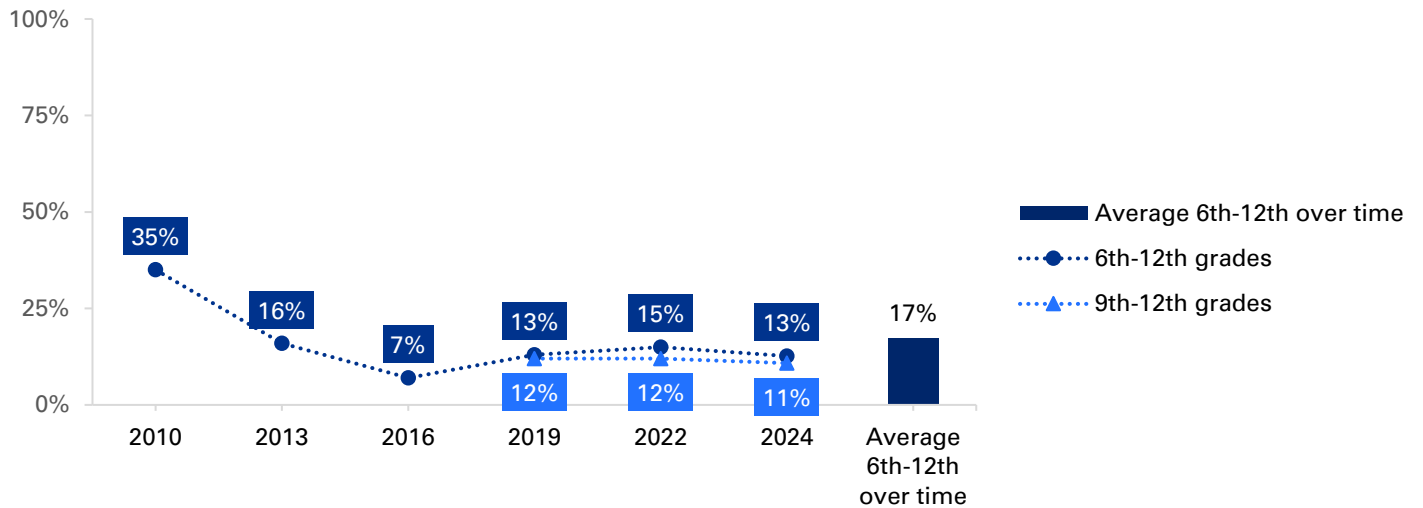


Trends in Response

- On average—from 2010 through 2022—seventeen percent (17%) of Henry County youth reported they had started drinking before the age of thirteen (see Figure 8.9).
 - The overall share in 2024 was lower at 13%.
 - Among Henry County high school students in 2024, 11% reported taking their first drink of alcohol prior to the age of thirteen.

Figure 8.9

Trends in the percentage of Henry County youth who drank for the first time before age 13, 2010-2024



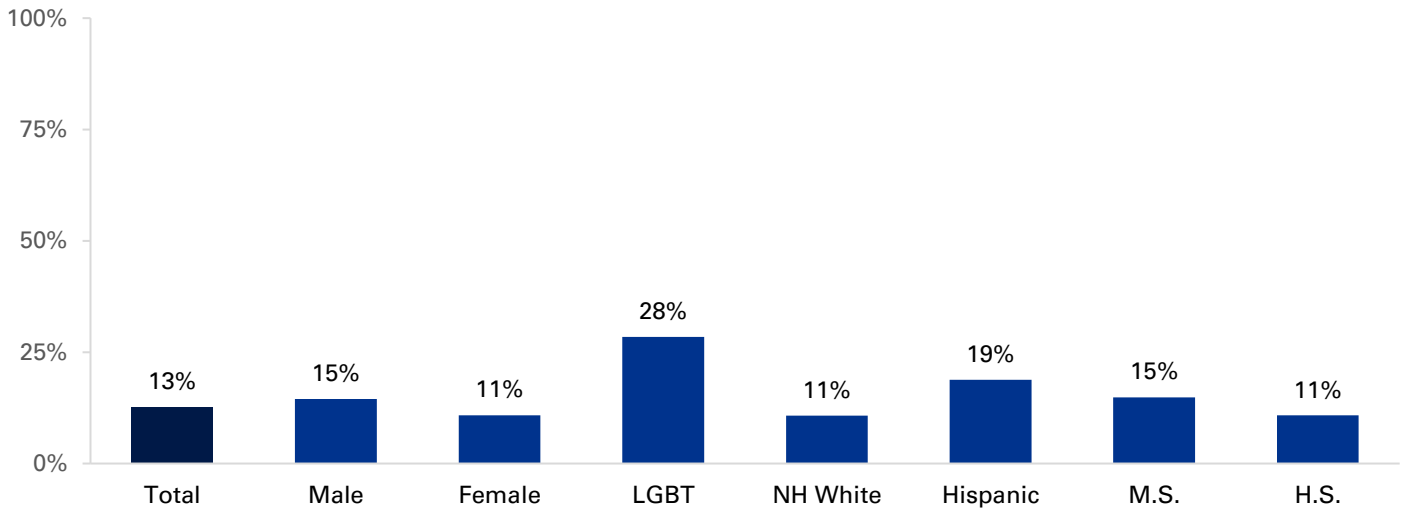
Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- The share of male students who reported they began drinking prior to the age of thirteen was higher (15%) compared to the share among female students (11%).
- LGBT identifying students had the largest share reporting they had their first drink before age thirteen at twenty-eight percent (28%).
- Non-Hispanic White students had smaller shares (11%) reporting drink prior to age 13 compared to Hispanic youth (19%).
- There was a larger share of middle school students who reported they took their first drink prior to the age of thirteen (15%) versus eleven percent (11%) among high school students.

Figure 8.10

Variation in the percentage of Henry County youth who reported taking their first drink before the age of thirteen, 2024



Ways of obtaining Alcohol

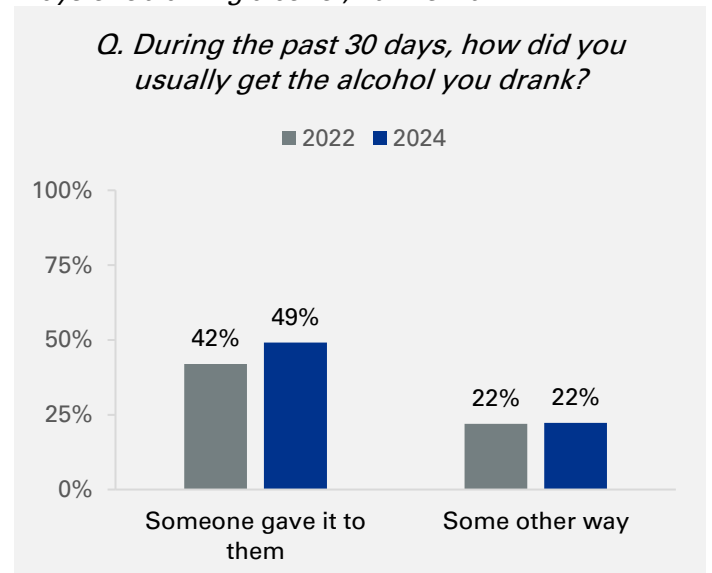
Youth drinkers were asked about how they usually obtained their alcohol. Available responses were:

- ❖ I did not drink alcohol during the past 30 days.
- ❖ I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station.
- ❖ I bought it at a restaurant, bar, or club.
- ❖ I bought it at a public event such as a concert or sporting event.
- ❖ I gave someone else money to buy it for me.
- ❖ Someone gave it to me.
- ❖ I took it from a store or family member.
- ❖ I got it some other way.

Only two responses received enough answers to report here. Most often students said someone gave it to them (49%) and 22% said they got it “some other way.”

Figure 8.11

Ways of obtaining alcohol, 2022 & 2024



9 | Marijuana Use

Executive Summary: Marijuana Use Among Henry County Youth

This chapter analyzes trends in marijuana use among Henry County youth, comparing local data with state and national averages.

Key Findings:

1. **Ever Tried Marijuana:**
 - 10% of all youth have tried marijuana at least once
 - Highest rates among LGBT-identifying students (30%) and Hispanic youth (16%)
 - 13% of high school students and 6% of middle school students have tried marijuana
2. **Current Marijuana Use:**
 - 5% of all youth reported using marijuana in the past 30 days
 - 7% of high school students are current users, lower than state (13%) and national (16%) averages
 - Higher rates among LGBT-identifying students (16%) and Hispanic youth (11%)
3. **Frequency of Use:**
 - 2% of youth used marijuana 1-9 times in the past 30 days
 - 3% used marijuana 10 or more times in the past 30 days
4. **Early Onset Use:**
 - 2.4% of Henry County youth tried marijuana before age 13, lower than the national average of 5% for high school students
5. **Trends:**
 - Overall decrease in current marijuana use since 2022
 - Largest reduction observed among high school students (12% to 7%)
 - Increase in use among LGBT-identifying youth (15% to 16%)
6. **Sociodemographic Variations:**
 - LGBT-identifying and Hispanic youth consistently show higher rates of marijuana use
 - Middle school students show lower rates than high school students, but doubled from 3% to 6% since 2022

These findings indicate that while overall marijuana use among Henry County youth is lower than state and national averages, disparities persist among certain demographic groups. The increase in use among LGBT-identifying youth and middle school students suggests a need for targeted prevention efforts for these groups.

Research on Marijuana Use

Research shows that marijuana use during adolescence can harm development. Key concerns include:

1. **Cognitive Development:** Marijuana use during adolescence, while the brain is still developing, can harm attention, memory, and learning. It may cause long-term thinking problems and reduce IQ ([Mayo Clinic Health System](#)) ([Nature](#)).
2. **Brain Structure and Function:** Regular marijuana use can change brain structure and interfere with neurotransmitters. This can lead to abnormal brain size and shape, affecting how the brain forms connections ([Every Brain Matters](#)).
3. **Mental Health:** Marijuana use is linked to depression, anxiety, and psychosis. Teens who use marijuana are at higher risk for mental health disorders ([Nature](#)) ([Every Brain Matters](#)).
4. **Addiction:** Starting marijuana at a young age increases the risk of developing marijuana use disorder, which can lead to dependence and addiction ([Mayo Clinic Health System](#)).
5. **School and Social Life:** Marijuana use is tied to lower grades, higher dropout rates, and difficulties in relationships and employment later in life ([Mayo Clinic Health System](#)) ([Nature](#)).

These findings highlight the need for prevention strategies to reduce marijuana use among teens.

Legalization of Marijuana – National, State, and Local Laws

Marijuana legalization is expanding in the U.S. In 2016, Ohio approved medical marijuana, and in November 2023, it became the 24th state to legalize recreational use, with sales starting on August 6, 2024 ([The Columbus Dispatch, 2024](#)). Adults aged 21 and older can now legally buy and possess up to 2.5 ounces of marijuana ([Ohio Laws and Administrative Rules, Legislative Service Commission](#)). However, marijuana is still federally classified as a Schedule 1 controlled substance, meaning it is considered to have no accepted medical use and a high potential for abuse. Some Ohio cities, like Napoleon, have banned its use, despite state legalization ([The Columbus Dispatch, 2024](#)).

National Trends in Youth Marijuana Use

According to the CDC, marijuana use among teens in the U.S. has declined over the past decade, even as legalization has expanded. For example:

- From 2013 to 2023, marijuana use among male high school students dropped from 25% to 15%, while use among females decreased from 22% to 19% ([Filter; Marijuana Moment](#)).
- National data shows marijuana use among youth aged 12–17 fell by 18% from 2014 to 2023 ([Marijuana Moment; MPP](#)).
- The CDC's Youth Risk Behavior Survey also shows a decline in marijuana use across all racial groups in the past decade ([Marijuana Moment; MPP](#)).

These findings suggest that legalizing marijuana for adults has not led to increased use among teens. Instead, youth usage has decreased, though further research is needed to fully understand these trends ([MPP; Marijuana Moment](#)).

Ever Tried Marijuana

In previous Henry County youth assessments, students were asked about their marijuana use in the past month (results, including trends are in the next section). Beginning with the 2022 youth assessment we began asking students if they had ever tried marijuana. Marijuana was first described to students as:

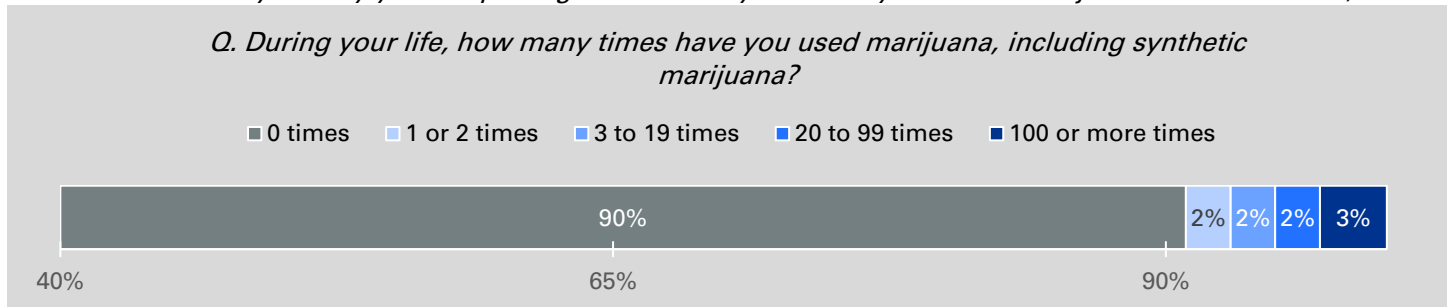
Marijuana also is called pot or weed. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Distribution of Responses

- In 2024 one-in-ten (10%) of Henry County youth reported they had ever tried marijuana.
- Two percent (2%) reported they had tried it 1 or 2 times, 2% reported they had tried it 3 to 19 times, 2% reported trying it 20 to 99 times, and 3% said they had tried it 100 or more times (see Figure 9.1).

Figure 9.1

Distribution of Henry County youth reporting on how many times they had tried marijuana in their lifetime, 2024



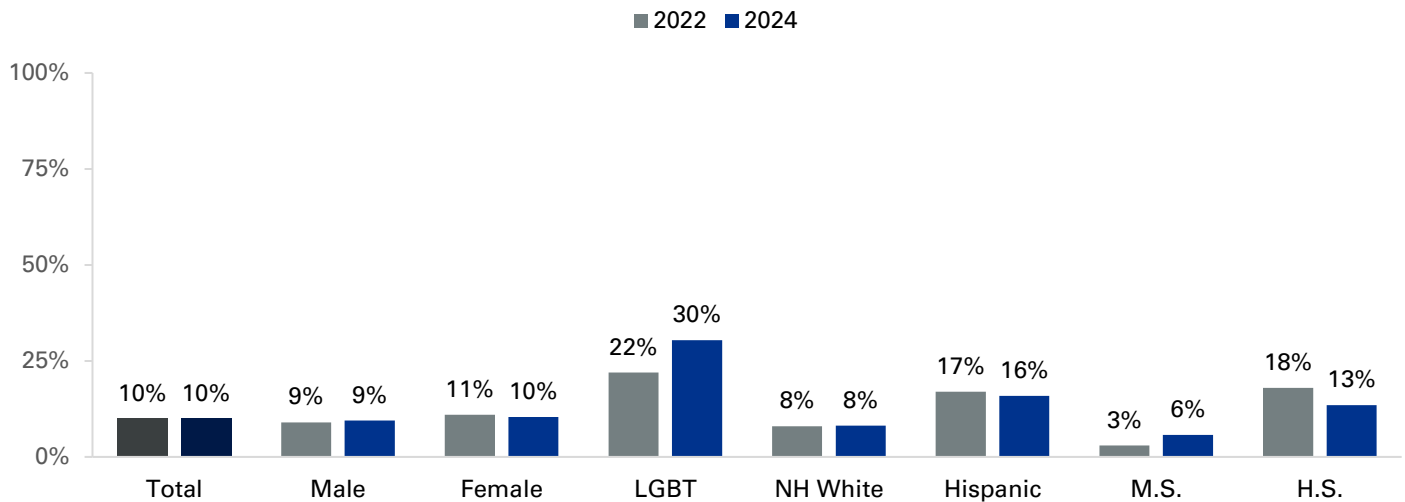
Sociodemographic Variation in Responses

Figure 9.2 shows the two-time-point trend in youth reports having ever tried marijuana beginning in 2022 as well as the sociodemographic variation in having ever tried marijuana.

- There was some sociodemographic variation in the share of youth who reported they had ever tried marijuana.
 - The share among males (9%) was like females (10%). The highest share to report they had ever used marijuana was among those who identified as LGBT at 30% - 3 times higher than the rate among all Henry County youth.
 - There was also variation by ethnicity with the share among Hispanic youth (16%) double the share among non-Hispanic White youth (8%).
 - The share among high schoolers (13%) was more than double the share among middle schoolers (6%).
- Regarding changes since 2022, the pattern was dependent upon youth characteristics.
 - Rates remained relatively unchanged by sex and race/ethnicity. However, among LGBT identifying youth we observe an eight percent increasing—from 22% in 2022 to 30% in 2024.
 - The share of middle school students who reported having ever tried marijuana doubled from 3% in 2022 to 6% in 2024, whereas the share decreased among high school students from 18% to 13%.

Figure 9.2

Variation in the percentage of Henry County youth reporting they had ever tried marijuana in their lifetime, 2022 & 2024



Current Marijuana Users

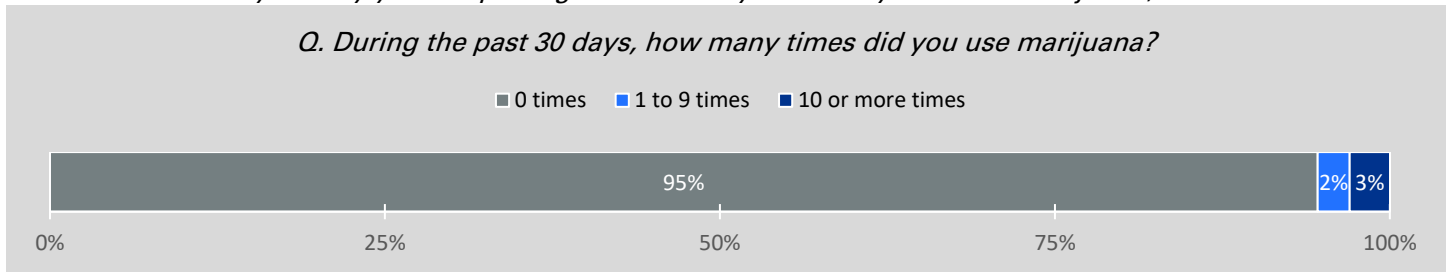
Consistent with past Henry County youth assessments, if a student reported they had used marijuana at least once in the past 30 days they were considered a current marijuana user.

Distribution of Responses

- In 2024 five percent (5%) of Henry County youth reported they used marijuana in the past 30 days.
- Two percent (2%) reported they had used it between 1 and 9 times, and 3% reported they had used it ten or more times (see Figure 9.3).

Figure 9.3

Distribution of Henry County youth reporting on how many times they had tried marijuana, 2024

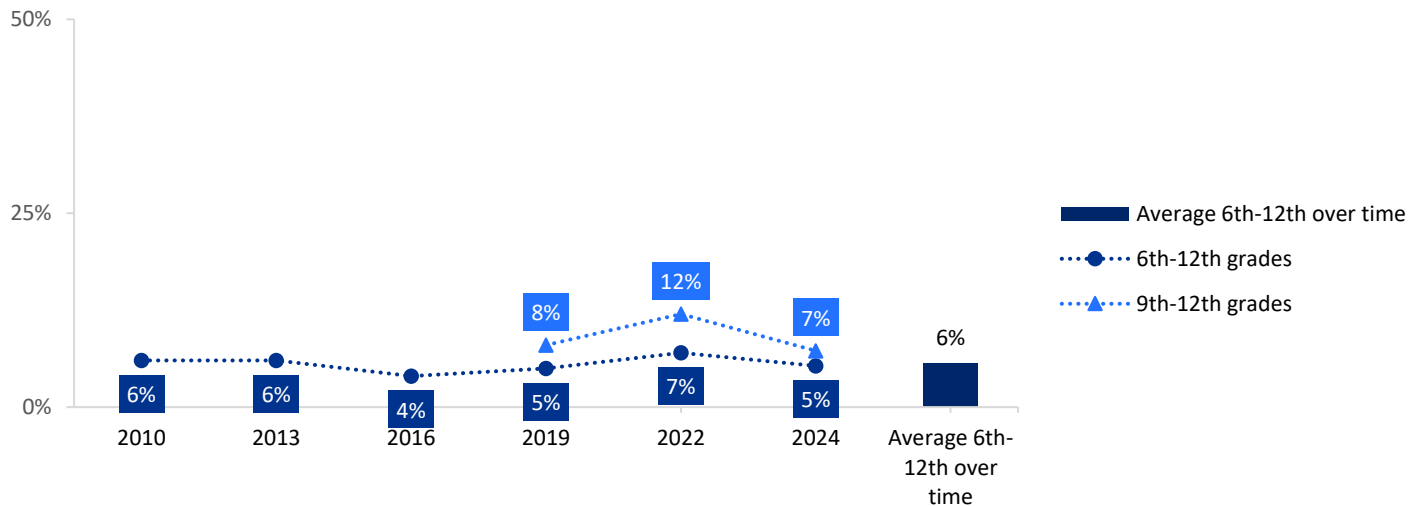


Trends in Responses

- The average share (from 2010 through 2022) of Henry County youth reporting they had recently used marijuana was 6% (see Figure 9.4).
 - The overall share in 2024 was slightly lower at 5%.
 - Among Henry County high school students in 2024, 7% reported using marijuana in the past 30 days. The most recent state and national data were from 2021 in which 13% of Ohio high school students, and 16% of U.S. high schools students reported current use (not shown).

Figure 9.4

Trends in the percentage of Henry County youth reporting on how many times they had tried marijuana, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- The pattern of recent marijuana use by youth characteristics was like what we observed among those who had ever tried marijuana.
 - The share among males and females was the same at 5%. The share among LGBT identifying youth was three-times larger at 16%.
 - There was also variation by ethnicity with the share among Hispanic youth (11%) more than double the share among non-Hispanic White youth (5%).
 - The share among high schoolers was 7%. There were too few middle school students who reported recent use to report here.
- Regarding changes since 2022, most shares were slightly lower in 2024. The biggest drop is observed among high school students dropping from 12% in 2022 to 7% in 2024. Two exceptions were an observed increase among LGBT identifying youth from 15% to 16% and the share among Hispanic youth remained the same at 11%.
- The CDC reports on the share of high school students who tried marijuana before the age of 13, which was 5% in 2021. Too few of Henry County high school students had done so to report here, however among all Henry County youth 2.4% reported trying before the age of 13.

Figure 9.5

Variation in the percentage of Henry County youth reporting on how many times they had tried marijuana in the past 30 days, 2022 & 2024

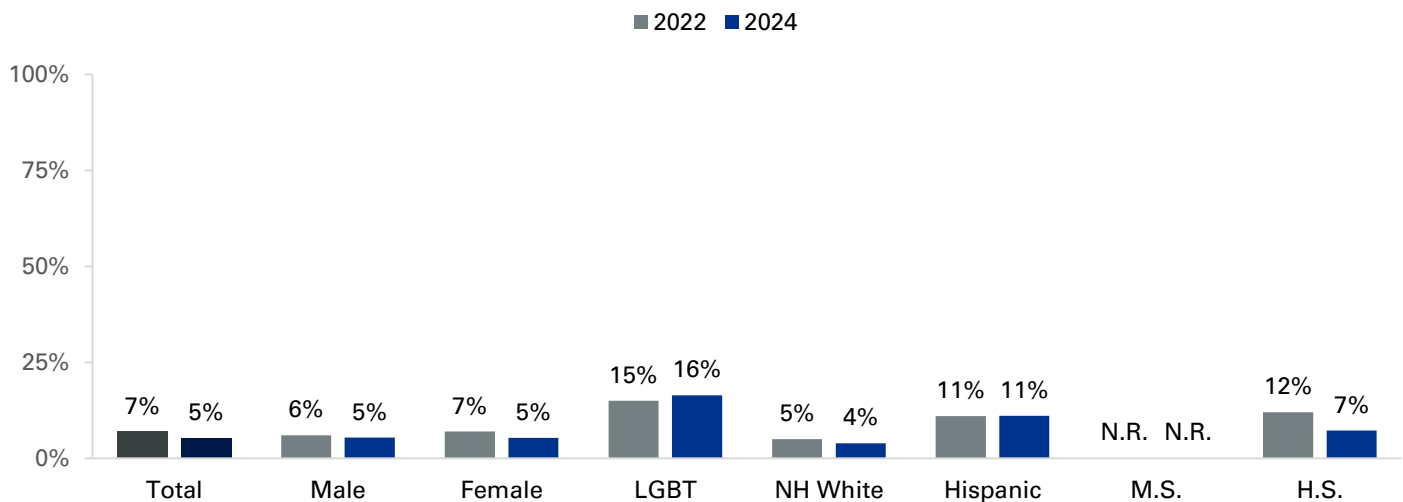


Table 9.1

Behaviors of Henry County youth: Current marijuana user vs. non-current marijuana user, 2024

Youth behaviors	Current marijuana user	Non current marijuana user	P> z
Had at least one drink of alcohol (in the past 30 days)	60%	6%	***
Participated on a sports team (in the past 12 months)	40%	75%	***
Bullied (in the past 12 months)	59%	31%	***
Experienced three or more adverse childhood experiences (ACEs) (in their lifetime)	80%	24%	***
Seriously considered attempting suicide (in the past 12 months)	51%	9%	***
Misused prescription medication (in the past 30 days)	N.R.	2%	***
Smoked and/or vaped (in the past 30 days)	67%	3%	***

* $p < .05$. ** $p < .01$. *** $p < .001$

10 | Prescription Pain Medication Use

Executive Summary: Prescription Pain Medication Misuse Among Henry County Youth

This chapter examines the misuse of prescription pain medications among Henry County youth, focusing on trends and sociodemographic variations.

Key Findings:

1. Ever Tried Prescription Pain Medicine:

- In 2024, 7% of youth reported ever using prescription pain medicine without a doctor's prescription or differently than prescribed
- Usage varied slightly by frequency, with 3.6% using 1-2 times, and 1.8% using 3-9 times or 10 or more times

2. Trends in Misuse:

- Misuse rates increased from 2% in 2019 to 7% in 2022 but decreased to 3% in 2024
- The reduction in misuse was observed across all sociodemographic groups

3. Sociodemographic Variations:

- Females reported higher misuse (8%) compared to males (6%)
- Hispanic youth reported higher misuse (10%) compared to non-Hispanic youth (6%)
- Misuse rates were consistent across middle and high school students at 7%

4. Drugs on School Property:

- In 2024, 4% of youth reported being offered, sold, or given illegal drugs on school property, the lowest rate since 2010

5. Reasons for Not Using Drugs:

- The most common reasons for abstaining from drug use were personal values and parental disapproval (71% each)
- Other significant deterrents included legal consequences (55%) and risk of being kicked out of extracurricular activities (51%)

These findings indicate a positive trend in reducing the misuse of prescription pain medications among Henry County youth, with significant decreases observed since 2022. The data highlights the importance of continued prevention efforts and education on the risks of prescription drug misuse.

Research on Prescription Pain Medication Use

Current research shows that the misuse of prescription pain medications is a serious issue among U.S. youth. According to the National Institute on Drug Abuse (NIDA), overall drug use among teens has stayed below pre-pandemic levels, but prescription drug misuse remains a major concern. The **Monitoring the Future** survey highlights that while drug use hasn't increased, the risks have grown. A key danger is illicit fentanyl contaminating counterfeit pills made to look like prescription medications ([National Institutes of Health](#))³.

The **National Institutes of Health (NIH)** also notes that adolescents aged 12–17 are especially vulnerable to developing substance use disorders soon after misusing prescription drugs. Within a year of first misuse, many teens develop disorders related to opioids and stimulants ([NIH](#))⁴.

Efforts to address prescription drug misuse include:

- Healthcare providers prescribing medications responsibly.
- Educating patients about the risks of misuse. Organizations like NIDA emphasize research and public education to prevent drug misuse ([SingleCare](#))⁵.

Organizations Combating Prescription Drug Misuse

Several groups focus on preventing prescription drug misuse among youth by providing resources, education, and support:

1. **National Institute on Drug Abuse (NIDA)**: NIDA researches addiction and provides information to help prevent and treat drug misuse ([SingleCare](#)).
2. **Substance Abuse and Mental Health Services Administration (SAMHSA)**: SAMHSA supports prevention, treatment, and recovery programs to reduce substance abuse and mental health issues in communities ([SingleCare](#)).
3. **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**: Although focused on alcohol, NIAAA also addresses substance use disorders through research and education ([SingleCare](#)).
4. **Partnership to End Addiction**: This group helps families and individuals dealing with addiction by offering resources for prevention, treatment, and recovery ([SingleCare](#)).
5. **Community Anti-Drug Coalitions of America (CADCA)**: CADCA works with local coalitions to prevent drug use by providing training and resources ([SingleCare](#)).
6. **National Coalition Against Prescription Drug Abuse (NCAPDA)**: NCAPDA focuses on preventing prescription drug misuse through education and advocacy ([SingleCare](#)).

These organizations play an important role in fighting prescription drug misuse. They provide education and support to help individuals, families, and communities reduce the harmful effects of substance abuse.

³ National Institutes of Health. (2023). *Reported drug use among adolescents continued to hold below pre-pandemic levels in 2023*. NIH. <https://www.nih.gov/news-events/news-releases/reported-drug-use-among-adolescents-continued-hold-below-pre-pandemic-levels-2023>

⁴ National Institutes of Health. (2021). *Younger age of first cannabis use or prescription drug misuse is associated with faster development of substance use disorders*. NIH. <https://www.nih.gov/news-events/news-releases/younger-age-first-cannabis-use-or-prescription-drug-misuse-associated-faster-development-substance-use-disorders>

⁵ SingleCare. (2024). *Prescription drug statistics*. SingleCare. <https://www.singlecare.com/blog/news/prescription-drug-statistics/>

Ever Tried Prescription Pain Medicine

The most recent youth assessment represents the second time questions on prescription pain medication use was asked among Henry County Youth. The students were prompted with the following text:

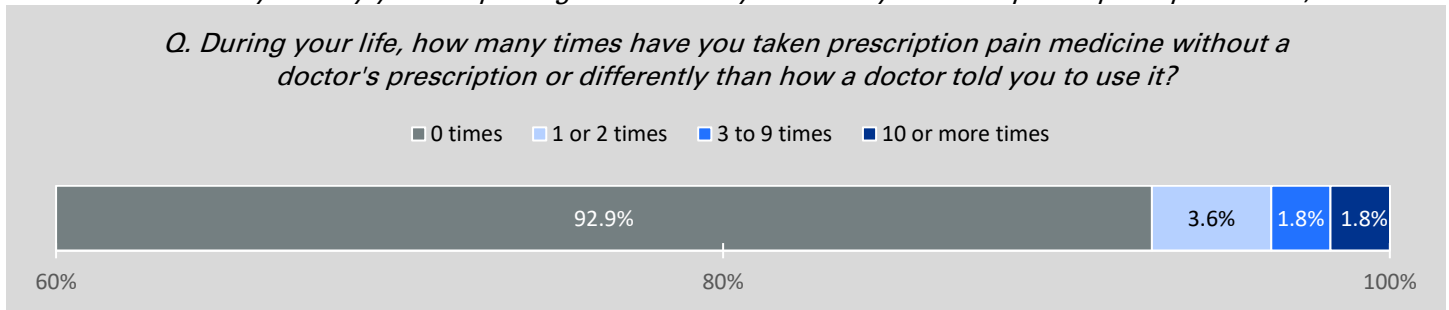
The next question asks about your use of prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For this question, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.

Distribution of Responses

- In 2024, about 7% of Henry County youth reported they had ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told them to.
- Approaching four percent (3.6%) reported they had 1 or 2 times.
- Nearly two percent (1.8%) reported 3 to 9 times, as well as 10 or more times (1.8%).

Figure 10.1

Distribution of Henry County youth reporting on how many times they misused prescription pain meds, 2024

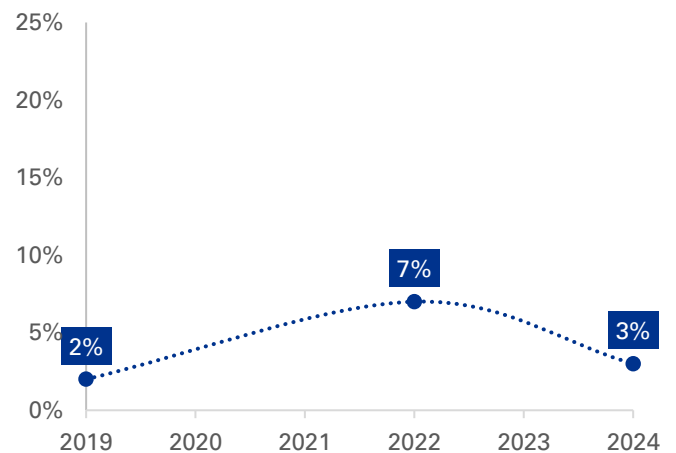


Trends in Responses

- The question on prescription pain medicine misuse is still relatively new to the Henry County youth assessment, having been added in 2019 when only 2% reported they were currently misusing prescription pain medicine.
- The share reporting rose to 7% in 2022 but has dropped to 3% in 2024.

Figure 10.3

Trends in the percentage of Henry County youth reported they misused prescription pain medicine at least once in the past 30 days, 2019-2024



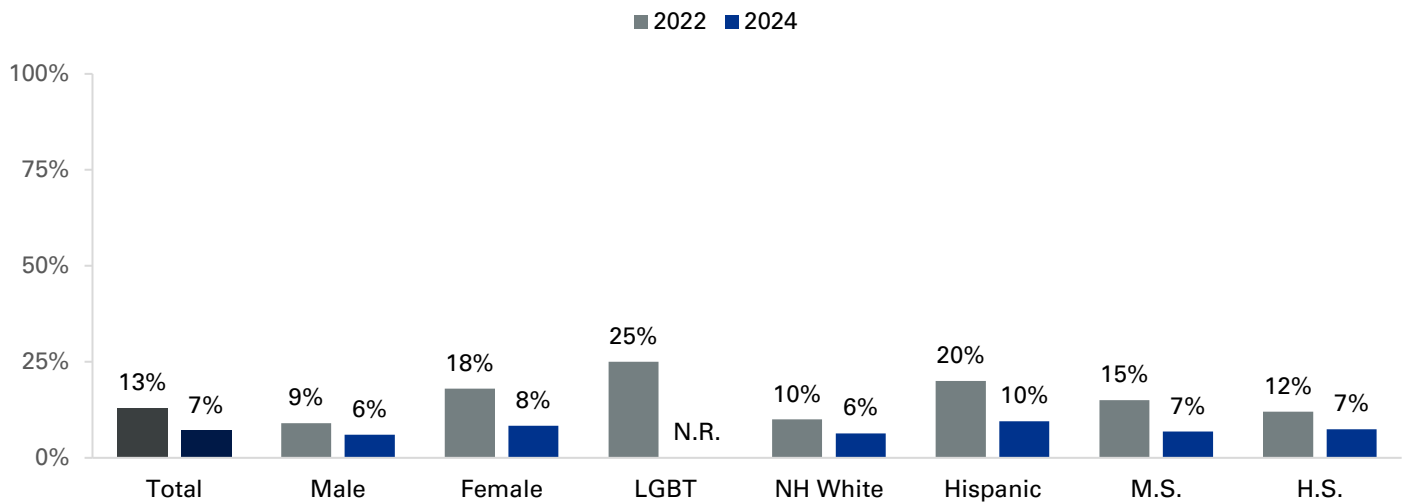
Sociodemographic Variation in Responses

Figure 10.2 shows the two-time-point trend in youth reports of ever misusing prescription pain medicines as well as the sociodemographic variation in having ever misused prescription pain medicines.

- There was very little sociodemographic variation in the share of youth who reported misuse.
 - The share among females (8%) was slightly larger than the share among males (6%).
 - The share among Hispanic youth was larger (10%) than the share among non-Hispanic youth (6%).
 - There was no difference in misuse between middle and high school students with both at 7%.
- Regarding changes since 2022, all reportable groups experienced a reduction in the share who reported misuse.
 - Females dropped by more than half—from 18% to 8%. Males dropped as well, from 9% in 2022 to 6% in 2024.
 - Hispanic youth reported a 50% drop from 20% to 10%. Non-Hispanic White students also dropped, but by two-fifths, from 10% to 6%.
 - Finally, there were drops in reported misuse among middle schoolers (15% to 7%) and high schoolers (12% to 7%).

Figure 10.2

Variation in the percentage of Henry County youth reporting they had ever misused prescription pain medicine, 2022 & 2024



Drugs on School Property

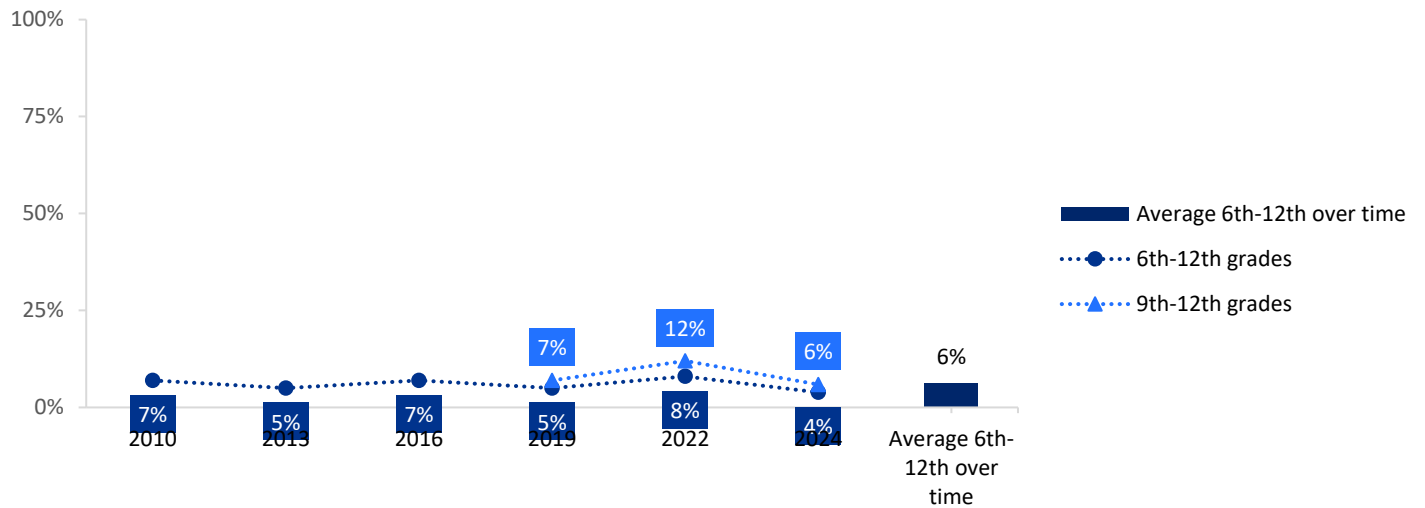
Henry County students were asked if they were offered, sold, or given an illegal drug on school property in the past 12 months. In 2024 4% said yes.

Trends in Responses

- The average share (from 2010 through 2022) of Henry County youth reporting they had been offered, sold, or given an illegal drug on school property in the past 12 months was 6% (see Figure 10.3).
- The overall share in 2024 was slightly lower at 4% - the lowest it has been since the question was first asked in 2010.
- Among high school students in 2024, 6% had a drug related experience on school property in the past year.

Figure 10.3

Trend in the percentage of Henry County youth who said they were offered, sold, or given an illegal drug on school property in the past 12 months, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Reasons for Not Using Drugs

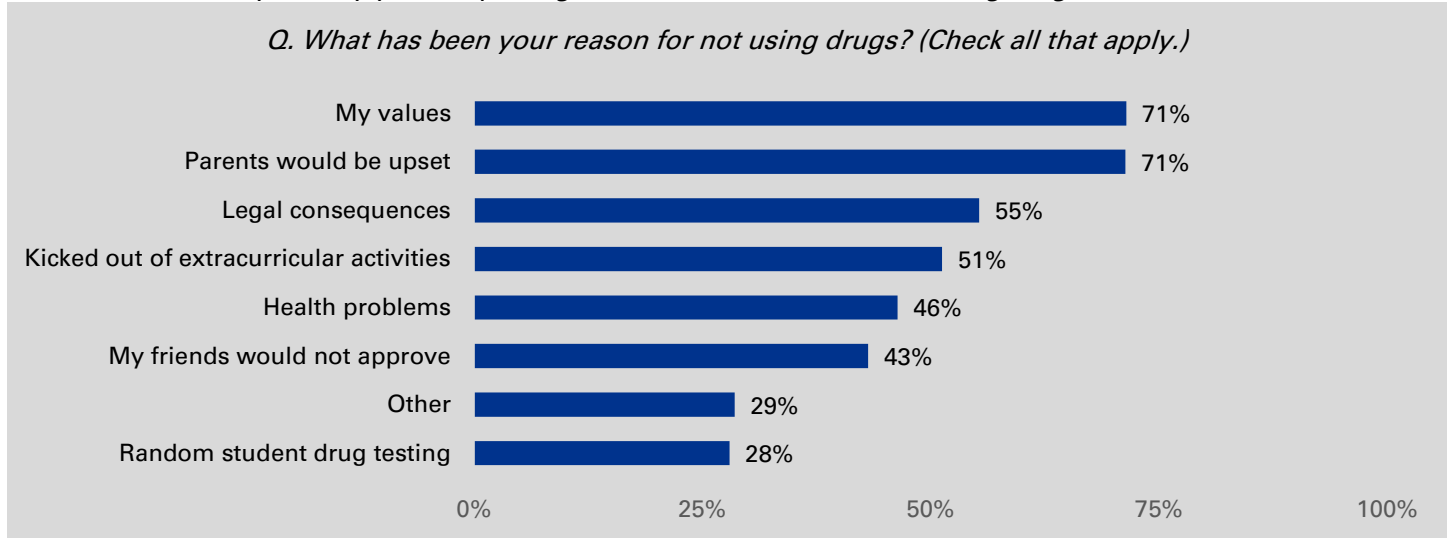
Distribution of Responses

Students were given a list of reasons why they might choose not to do drugs and told to check all that apply to them.

- The most frequently selected reasons were *my values* and *parents would be upset*, tying at 71%.
- With over half of students selecting *legal consequences* (55%) and *kicked out of extracurricular activities* (51%) were the third and fourth most selected response.
- Forty-six percent (46%) chose *health problems* and 43% claimed their friends would not approve.
- Nearly three-in-ten reported *other* (29%) and *random student drug testing* (28%) as deterrents.

Figure 10.4







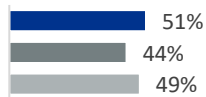

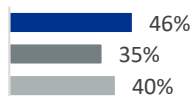

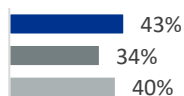

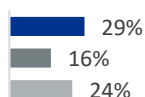

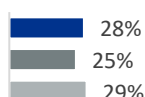

Distribution of Henry County youth reporting on different reasons for not using drugs, 2024



Trends in Responses

Table 10.1

Trends in Henry County youth reports on the reasons they do not use drugs, 2019-2024

Reason	Percentages	Trend
My values	2024  2022 59% 2019 61%	
Parents would be upset	2024  2022 63% 2019 61%	
Legal consequences	2024  2022 51% 2019 52%	
Kicked out of extracurricular activities	2024  2022 44% 2019 49%	
Health problems	2024  2022 35% 2019 40%	
My friends would not approve	2024  2022 34% 2019 40%	
Other	2024  2022 16% 2019 24%	
Random student drug testing	2024  2022 25% 2019 29%	

11 | Sexual Behavior & Family Planning

Executive Summary: Sexual Behavior Among Henry County Youth

This chapter analyzes trends in sexual behavior among Henry County youth, focusing on sexual intercourse, age of debut, number of partners, substance use, and contraception practices.

Key Findings:

1. Sexual Intercourse:

- 16% of all youth and 26% of high school students reported ever having sexual intercourse, lower than the 2010-2022 average of 18%
- Higher rates among LGBT-identifying youth (29%) and Hispanic youth (21%)

2. Age of Sexual Debut:

- 2% of youth were sexually active before age 13, consistent with recent years

3. Number of Sexual Partners:

- 10% had intercourse with one person in the past three months
- 1.7% had intercourse with two or more people in the past three months
- 2% of all youth (4% of high school students) reported 4+ lifetime partners

4. Substance Use and Sexual Intercourse:

- 15% of sexually active youth used alcohol or drugs before their last sexual encounter
- This rate is consistent with Ohio's average but lower than the national average (21%)

5. Contraception:

- 54% of sexually active youth used condoms during their last sexual intercourse
- 15% used birth control pills
- 12% used no method of contraception, 14% were unsure

6. Trends:

- Overall decrease in sexual activity since 2022, especially among high school students
- Increase in sexual activity among LGBT-identifying youth (25% to 29%)
- Slight increase in condom use among high school students (58% to 60%)

7. Sociodemographic Variations:

- Higher rates of sexual activity among females, LGBT-identifying youth, and Hispanic youth
- Significant difference between high school (26%) and middle school (5%) students

These findings indicate a general decrease in sexual activity among Henry County youth, with rates lower than state and national averages. However, disparities persist among certain demographic groups. The data suggests a need for continued comprehensive sexual education, with a focus on safe sex practices and targeted interventions for high-risk groups.

Public Health, Sexual Behavior & Family Planning

Asking teens about their sexual behavior and experiences is important for public health, even though some adults might feel uncomfortable with these questions. Understanding these behaviors helps keep young people safe and healthy for several reasons:

- ❖ **Preventing STIs and HIV:** Learning about youth sexual behavior helps public health experts figure out what puts teens at risk for sexually transmitted infections (STIs) and HIV. This data allows them to create programs that promote safe sex and reduce infection rates.
- ❖ **Preventing Teen Pregnancy:** By understanding youth sexual activity, public health programs can develop strategies to prevent unplanned pregnancies. These often include teaching about birth control, offering access to reproductive health services, and providing sexual education.
- ❖ **Improving Sexual Health Education:** Knowing what teens experience and need helps educators design programs that are realistic and helpful. These programs can teach young people how to make informed choices, stay safe, and understand the consequences of their actions.
- ❖ **Addressing Health Disparities:** Data can show differences in sexual health risks among groups of teens based on race, ethnicity, sexual orientation, or income. This information helps create programs to support marginalized or at-risk groups.
- ❖ **Supporting Mental Health:** Negative or non-consensual sexual experiences can harm a young person's mental health. Asking about these experiences helps identify teens who might need counseling or other mental health services.
- ❖ **Shaping Public Health Policies:** Accurate data ensures that health programs and policies meet real needs. Whether it's providing better sexual health services, improving education, or creating prevention campaigns, having the right information leads to better decisions and use of resources.
- ❖ **Helping LGBTQ+ Youth:** For LGBTQ+ teens, talking about sexual experiences helps identify their specific challenges. This can guide efforts to reduce stigma, create supportive environments, and offer the health services they need.

While these questions might feel sensitive, the information they provide is vital. It helps public health professionals protect teens, reduce risks, and support their overall health and well-being.

Ever Had Sexual Intercourse

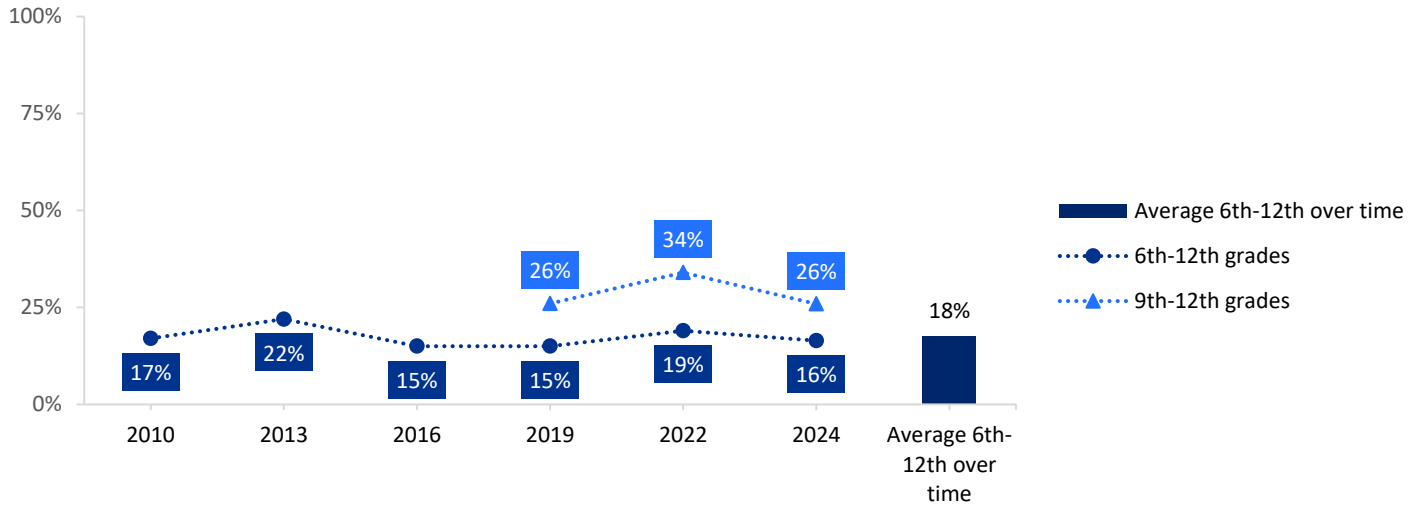
Trends in Responses

Since 2010 Henry County youth have been asked if they “...ever had sexual intercourse.”

- The average share (2010 through 2022) of Henry County youth to report they had ever had sexual intercourse was 18% (see Figure 11.1).
- The overall share was lower in 2024 at 16%.
- Among Henry County high school students in 2024, the share was higher than among all students at about one-quarter (26%). However, this share is lower than what was reported in 2022 when about one-third (34%) of high school students said they had ever had sexual intercourse.

Figure 11.1

Trends in the percentage of Henry County youth reporting they had ever had sexual intercourse, 2010-2024



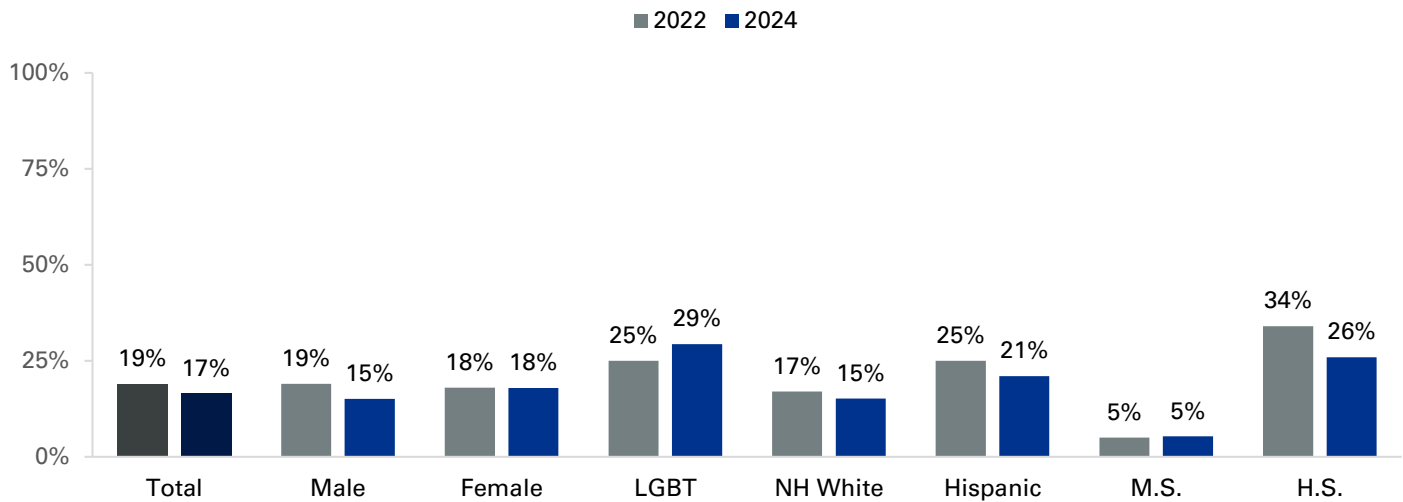
Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- Whether a Henry County youth reported they had ever had sexual intercourse varied by their sociodemographic characteristics.
 - A larger share of female youth reported they had ever had sexual intercourse than among male youth, 18% versus 15%, respectively. The share among LGBT identifying youth was even higher at 29%.
 - Ethnic differences are also apparent, with about one-fifth (21%) of Hispanic youth having ever had sex compared to 15% among non-Hispanic White youth.
 - The share among high school students was five-times higher than the share among middle school students (26% versus 5%).
- Regarding changes since 2022, this too varied by youth characteristics.
 - The shares to report they had ever had sexual intercourse was lower among male students, non-Hispanic White students, Hispanic students, and high school students.
 - The biggest drop is observed among high school student reports—from 34% in 2022 to 26% in 2024.
 - Female students and middle school students share remained the same.
 - The shares among LGBT identifying students were the only to increase since 2022—from 25% to 29%.

Figure 11.2

Variation in the share of Henry County youth who reported they had ever had sexual intercourse, 2022 & 2024



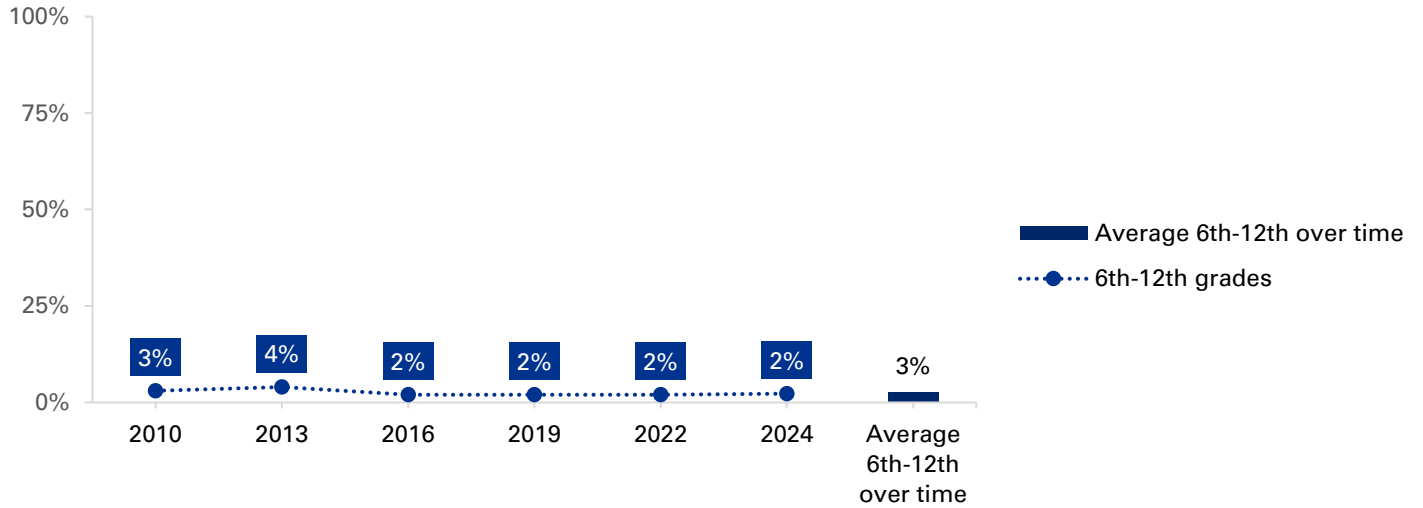
Age of Sexual Debut

Trends in Responses

- Among all youth, 2% were sexually active before the age of 13. While the average from 2010 through 2022 was slightly higher at 3%, the share has been stable since 2016.

Figure 11.3

Trends in the percentage of Henry County youth who had sexual intercourse before the age of thirteen for the first time, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Number of Sexual Partners | In the Past Three Months

- When asked about the number of people they had sexual intercourse with in the past three months, eleven percent (10%) had intercourse with one person and 1.7% reported they had intercourse with two or more people.

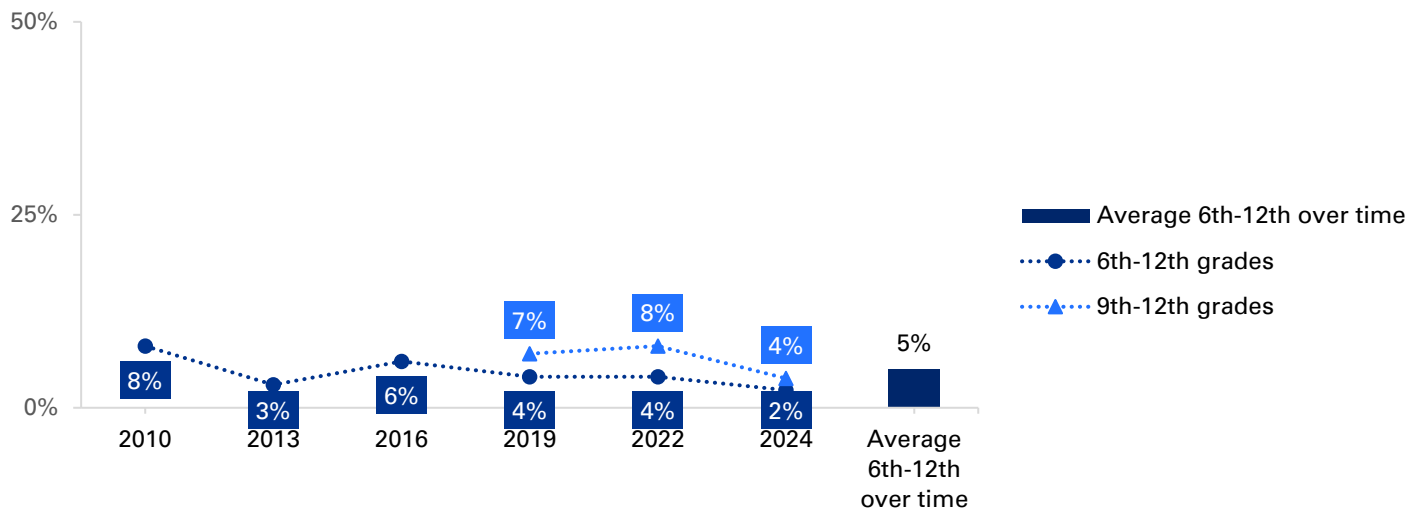
Number of Sexual Partners | Lifetime Partners

Trends in Responses

- Two percent (2%) of all youth have had four or more sexual partners in their lifetime doubling to 4% among high school students. In 2021 the share among high school students nationally was 6%.
- The current overall share of 2% is more than half as low as the average since 2010 of 5% and is the lowest percent reporting since 2010.

Figure 11.4

Trends in the percentage of Henry County youth who reported they had four or more sexual partners in their lifetime, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

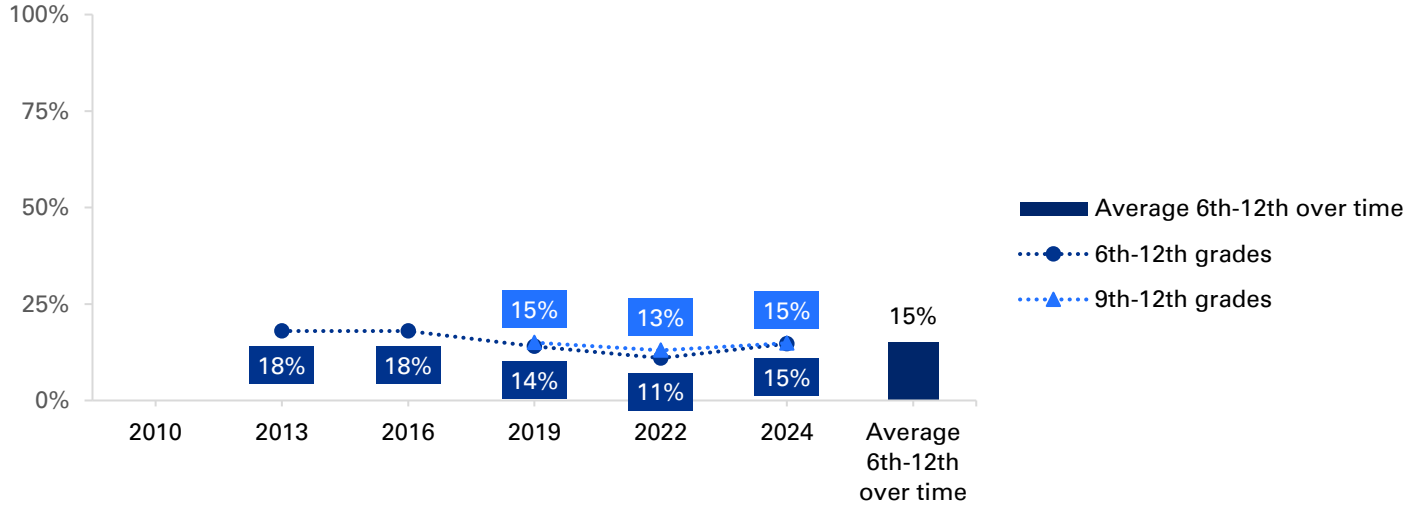
Alcohol and/or Drug Use and Sexual Intercourse

Trends in Responses

- Among sexually active youth, 15% reported they drank alcohol or used drugs before their last sexual encounter. The share among high school students and middle school students was the same.
- The 2024 experiences are a reversal in a trend of decreasing share of students reporting drug and alcohol use prior to sexual behavior.
- Data from 2021 for Ohio indicates similar results with 15% of highschoolers reporting they used drugs and/or alcohol before their last sexual encounter. Nationally the share was higher at 21%.

Figure 11.5

Trend in the percentage of sexually active Henry County youth who reported they drank alcohol or used drugs before their last sexual encounter, 2013-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

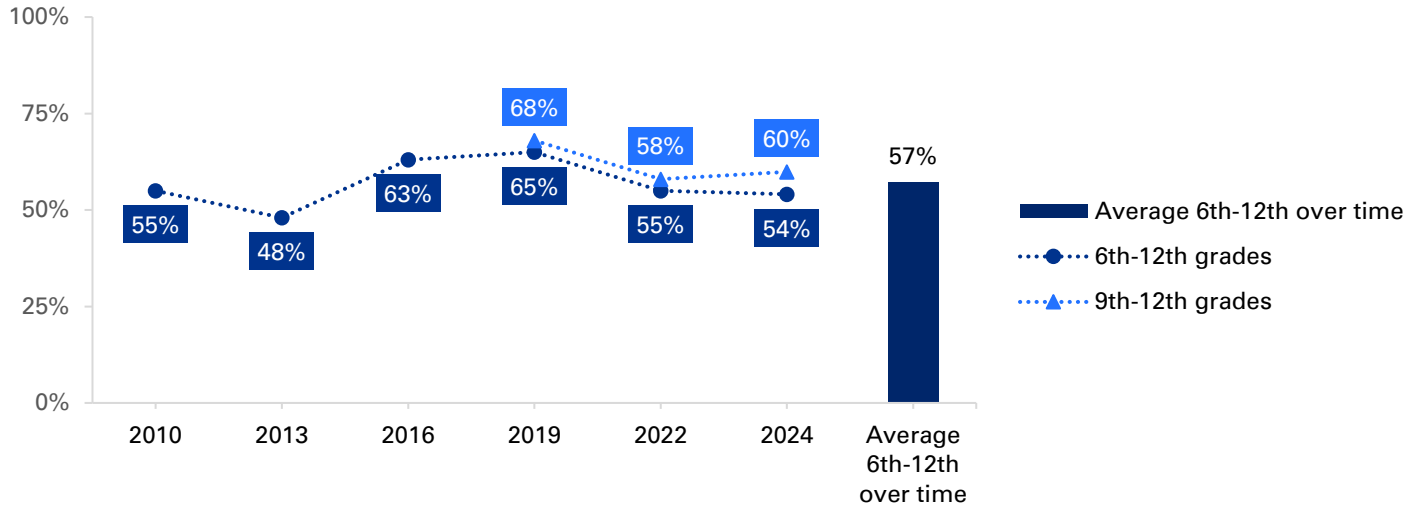
Condom Use

Trends in Responses

- Over half (54%) of sexually active youth reported using condoms the last time they had sexual intercourse. This is lower than the average of 57% from 2010 through 2022 and slightly lower than in 2022 (55%).
- The share of sexually active high school students to report they used a condom they last time they had intercourse was higher at 60%. This is also a slight increase over the 58% who reported doing so in 2022.

Figure 11.6

Trends in the percentage of youth who used a condom when they last had sexual intercourse, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

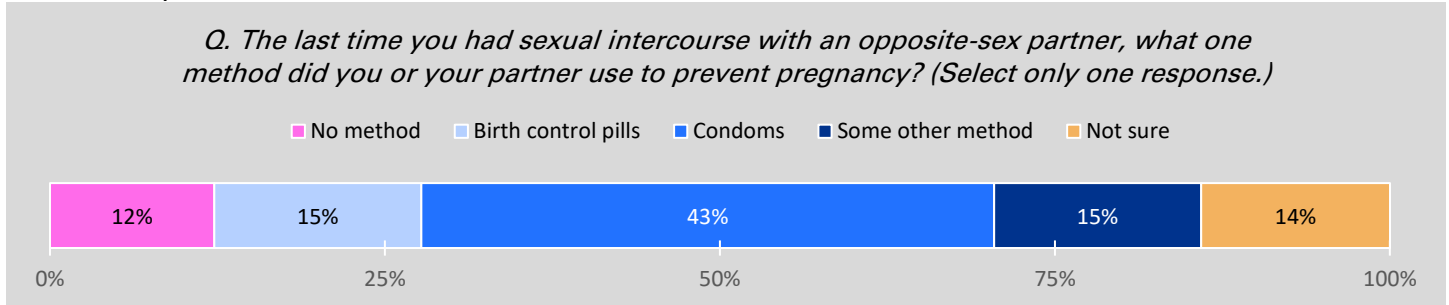
Birth Control

Distribution of Responses

- When Henry County youth were asked about methods they used to prevent pregnancy, twelve percent (12%) reported no using any method, and 14% reported they were not sure if any method was used.
- Fifteen percent (15%) reported they used birth control pills.
- More than two fifths (43%) reported they used condoms.
- The remaining fifteen percent (15%) said they had used some other method (e.g., an IUD, a shot, withdrawal, etc.).

Figure 11.7

Distribution of Henry County youth reporting on the method of birth control they used to prevent pregnancy the last time they had sexual intercourse, 2024

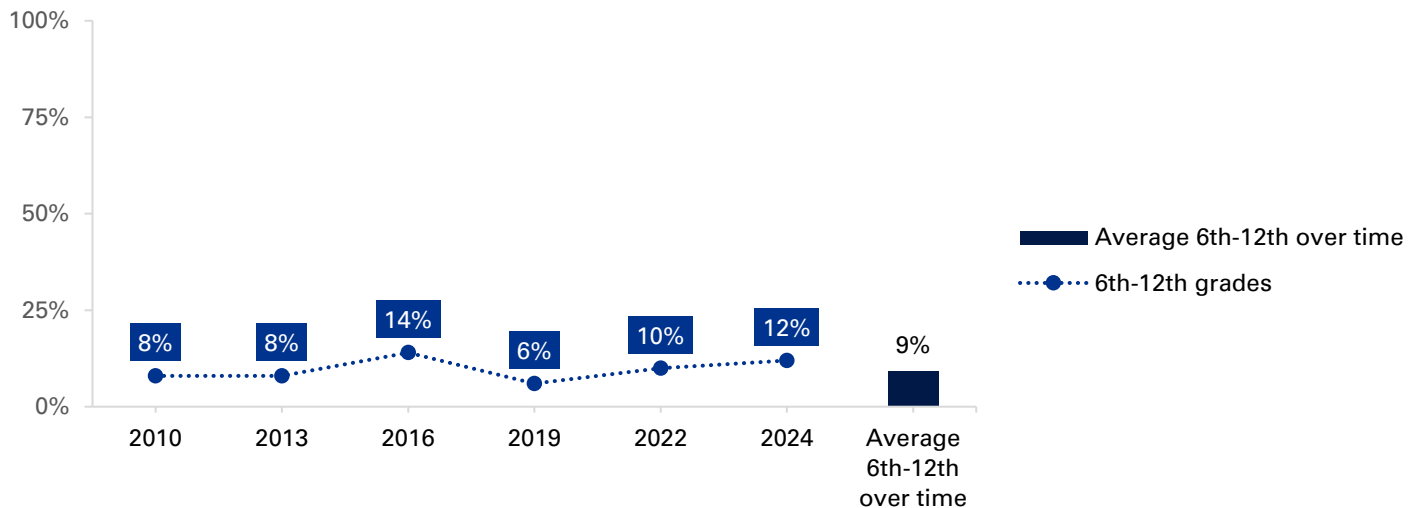


Trends in Responses

- The average share (2010 through 2022) of Henry County youth reporting they used some form of birth control when they last had sexual intercourse was 9%.
- The overall share in 2024 was higher at 12% compared to 10% in 2022.

Figure 11.8

Trend in the percentage of Henry County youth who reported they used some form of birth control when they last had sexual intercourse, 2010-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

12 | Body Weight

Executive Summary: Youth Self-Perceptions of Weight and Weight Management in Henry County

This chapter analyzes trends in self-perceived weight status and weight management behaviors among Henry County youth.

Key Findings:

1. Self-Perceived Weight Status:

- 52% of youth described themselves as "about the right weight"
- 32% perceived themselves as slightly or very overweight, up from the 2010-2022 average of 30%
- 15% perceived themselves as very or slightly underweight

2. Trends in Overweight Perception:

- Slight increase in youth perceiving themselves as overweight (32% in 2024 vs. 30% average from 2010-2022)
- Overall decrease since 2022 (37% to 32%)

3. Sociodemographic Variations in Overweight Perception:

- Higher rates among females (36%) compared to males (28%)
- LGBT youth showed the highest rate at 53%
- Hispanic youth (45%) higher than non-Hispanic White youth (30%)
- High school students (34%) higher than middle school students (30%)

4. Weight Management Behaviors:

- 44% of youth reported trying to lose weight in the past 30 days
- 20% trying to gain weight, 17% trying to stay the same weight, 19% not trying to do anything

5. Trends in Weight Loss Attempts:

- Slight decrease in youth trying to lose weight (44% in 2024 vs. 45% average from 2010-2022)

6. Sociodemographic Variations in Weight Loss Attempts:

- Higher rates among females (55%) compared to males (33%)
- LGBT youth showed the highest rate at 58%
- Hispanic youth (55%) higher than non-Hispanic White youth (42%)
- No difference between middle and high school students (44% each)

7. Changes Since 2022:

- General decrease in youth trying to lose weight (47% to 44%)
- Increases observed among LGBT youth (57% to 58%) and Hispanic youth (51% to 55%)

These findings indicate a complex picture of weight perception and management among Henry County youth. While overall rates of perceived overweight status and weight loss attempts have slightly decreased since 2022, significant disparities persist among demographic groups, particularly for female, LGBT, and Hispanic youth. This suggests a need for targeted interventions addressing body image and healthy weight management strategies for these groups.

Self-Perceptions of Weight Status

Research on youth self-perception of weight status highlights several key findings^{6 7}:

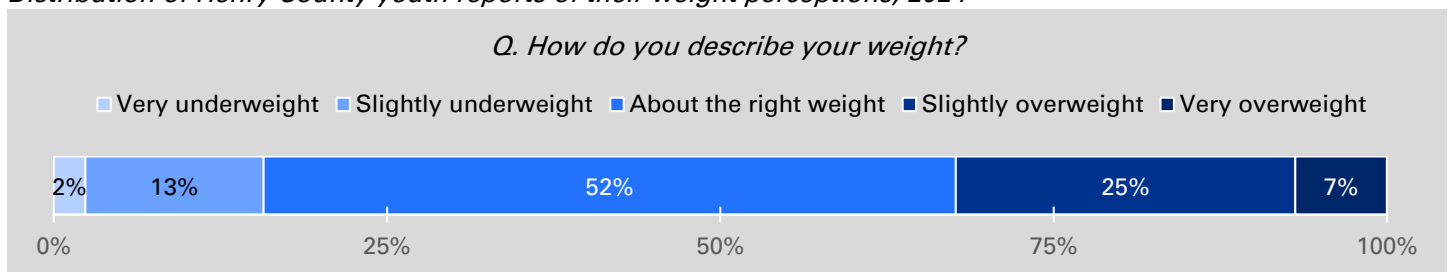
- ❖ **Weight Misperception:** Many adolescents inaccurately perceive their weight status. Studies indicate that overweight or obese youth often underestimate their weight, while some underweight individuals perceive themselves as normal or overweight.
- ❖ **Influence of Gender and Socio-Demographics:** Girls are more likely than boys to perceive themselves as overweight. Self-perception of weight is also influenced by socio-demographic factors, such as ethnicity and socioeconomic status.
- ❖ **Psychological and Behavioral Impact:** Incorrect weight perception is linked to negative psychological outcomes, including lower self-esteem, body dissatisfaction, and unhealthy weight control practices.
- ❖ **Health Behaviors:** Youth who misperceive their weight may be less likely to engage in health-promoting behaviors, such as regular physical activity or healthy eating.

Distribution of Responses

- In 2024, over half (52%) of youth described themselves as *at about the right weight*, nearly one-third (32%) described themselves as *slightly* or *very overweight*, and 15% as *very* or *slightly underweight* (see Figure 12.1).
 - Approaching one-third (32%) of Henry County youth described themselves as being slightly or very overweight.

Figure 12.1

Distribution of Henry County youth reports of their weight perceptions, 2024



⁶ Ataey, A., Jafarvand, E., Moradi, F., & Qorbani, M. (2020). A systematic review and meta-analysis of the prevalence of orthorexia nervosa among adolescents and young adults. *Eating and Weight Disorders*, 25(4), 822-830. <https://doi.org/10.1007/s40519-019-00848-5>

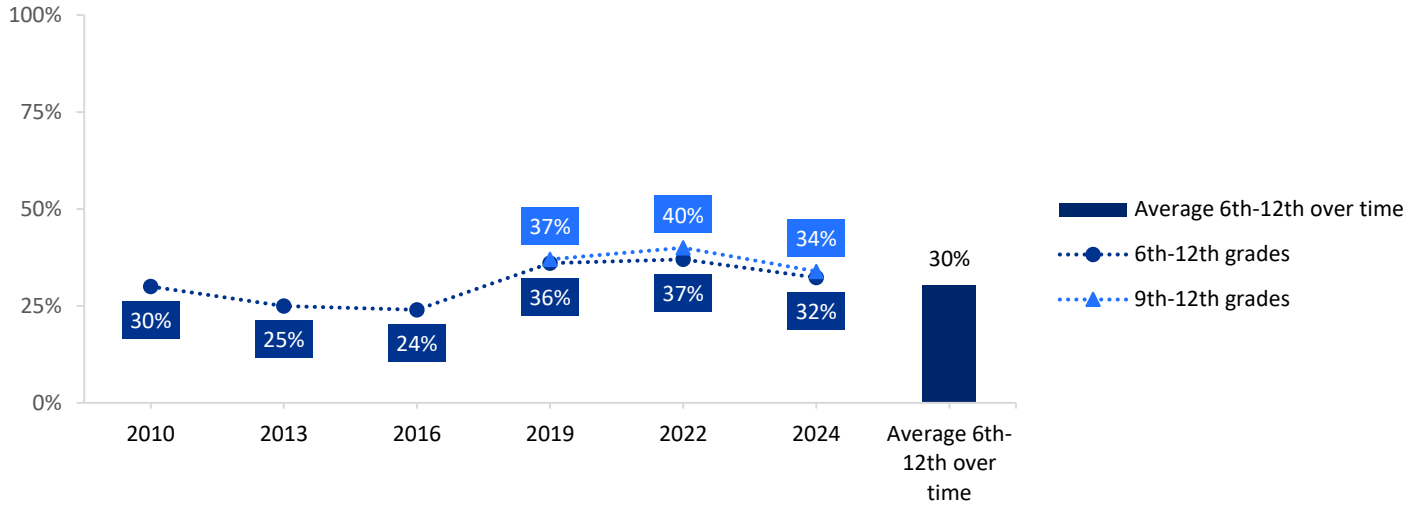
⁷ Langellier, B. A., & Rogers, A. (2022). Weight misperception among adolescents: A systematic review. *Body Image*, 41, 145-158. <https://doi.org/10.1016/j.bodyim.2022.01.002>

Trends in Responses

- The average share (from 2010 through 2022) of Henry County Youth who described themselves as slightly or very overweight was 30% (see Figure 12.2). The share in 2024 was slightly higher at 32%.
- The trend since 2019 among high schoolers mirrored that of all students. Albeit at slightly higher shares.

Figure 12.2

Trends in the percentage of youth reporting their weight as slightly or very overweight, 2010-2024



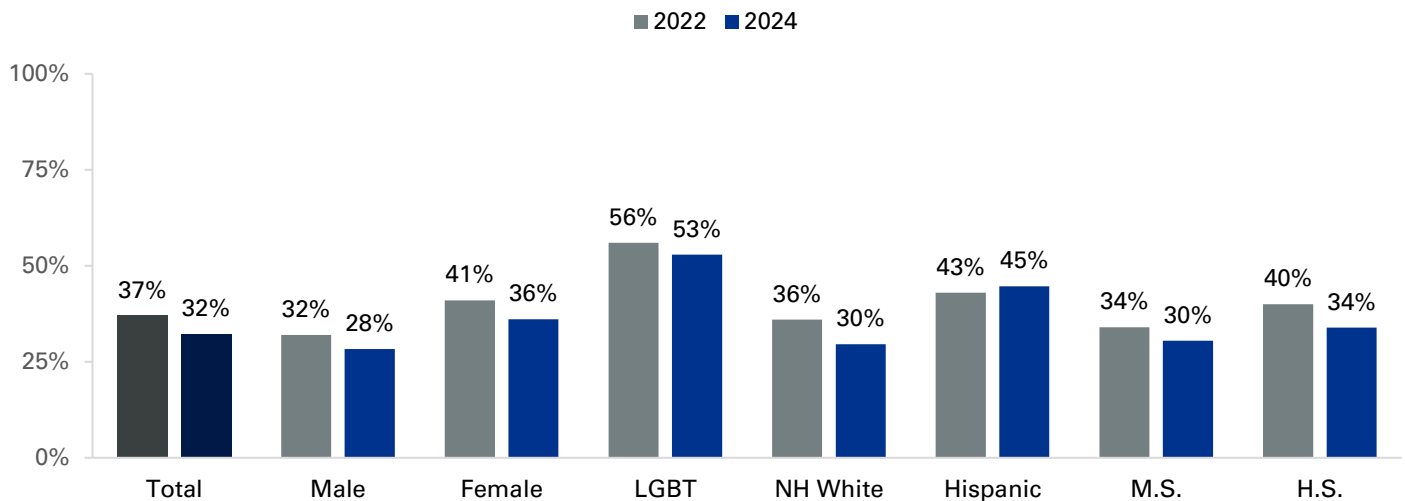
Note: The average represents the arithmetic mean of the share of 6th - 12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- There was marked differences by sociodemographic characteristics in the share of youth reporting they were slightly or very overweight.
 - The share of female youth in Henry County was higher (36%) than their male counterparts (28%). Among LGBT identifying youth more than half (53%) described themselves as overweight.
 - The share among Hispanic youth was higher at 45% than non-Hispanic White youth (30%).
 - The share among high schoolers was larger than the share among middle schoolers, 34% versus 30%.
- Regarding changes since 2022, generally, the share of youth reporting their weight as slightly or very overweight declined since 2022.
 - The total share reporting being overweight declined by five percentage points (37% to 32%) representing an overall 13.5% percent change. The largest change is observed among non-Hispanic White youth dropping from 36% to 30%.
 - The only group examined here to show an increase since 2022 in the share who perceived themselves as overweight was among Hispanic youth, increasing from 43% to 45%.

Figure 12.3

Variation in the percentage of youth reporting their weight as slightly or very overweight, 2022 & 2024



Research on Weight Management: Key Strategies

Research shows that helping kids and teens manage their weight works best when families get involved and professional guidance is available. The goal is to improve overall health and well-being, not just focus on weight. Here are some key areas of research and strategies:

- ❖ **Behavioral Interventions:** Programs that combine healthy eating, exercise, and behavior changes can help improve weight. A review for the U.S. Preventive Services Task Force (USPSTF) found these programs work well, especially when done with support from healthcare professionals. These programs are often more effective when personalized for each child and their family.
- ❖ **Support for Special Groups:** Some youth, like those with autism spectrum disorder (ASD), face unique challenges. A study in the *Journal of Autism and Developmental Disorders* found that weight management programs using medical monitoring and behavior strategies can be helpful for children with ASD.
- ❖ **Primary Care Guidelines:** Groups like the American Academy of Pediatrics (AAP) and the Canadian Task Force on Preventive Health Care recommend regular checkups to track growth and identify weight concerns early. They encourage family-focused approaches to help kids adopt healthier habits.
- ❖ **Healthcare Provider Support:** Doctors and other healthcare providers play an important role in spotting kids at risk for weight-related issues. They can screen for health problems linked to obesity, offer advice, and provide tools for improving eating and exercise habits.

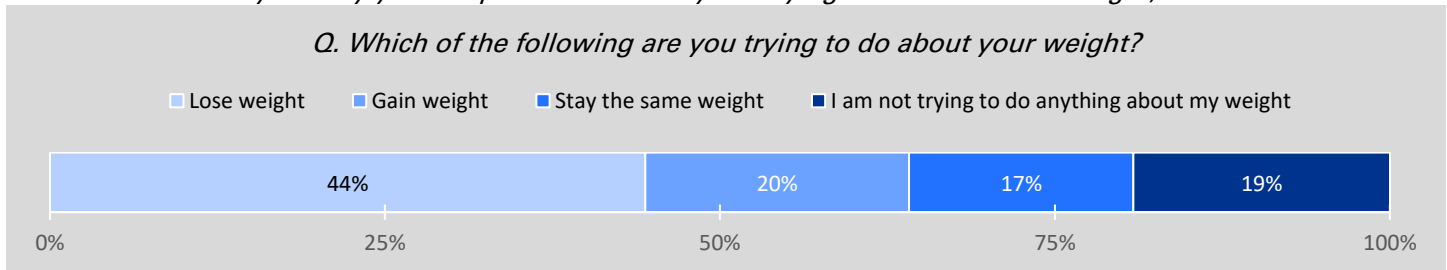
These strategies show that managing weight in youth is not just about diet and exercise—it requires a team effort that includes families and healthcare professionals to ensure long-term success.

Distribution of Responses

- In 2024, nearly half (44%) of youth reported they were trying to lose weight in the past 30 days. Nearly one-fifth (19%) were not trying to do anything about their weight, one-fifth (20%) were trying to gain weight, and 17% were trying to stay the same weight.

Figure 12.4

Distribution of Henry County youth reports of what they are trying to do about their weight, 2024

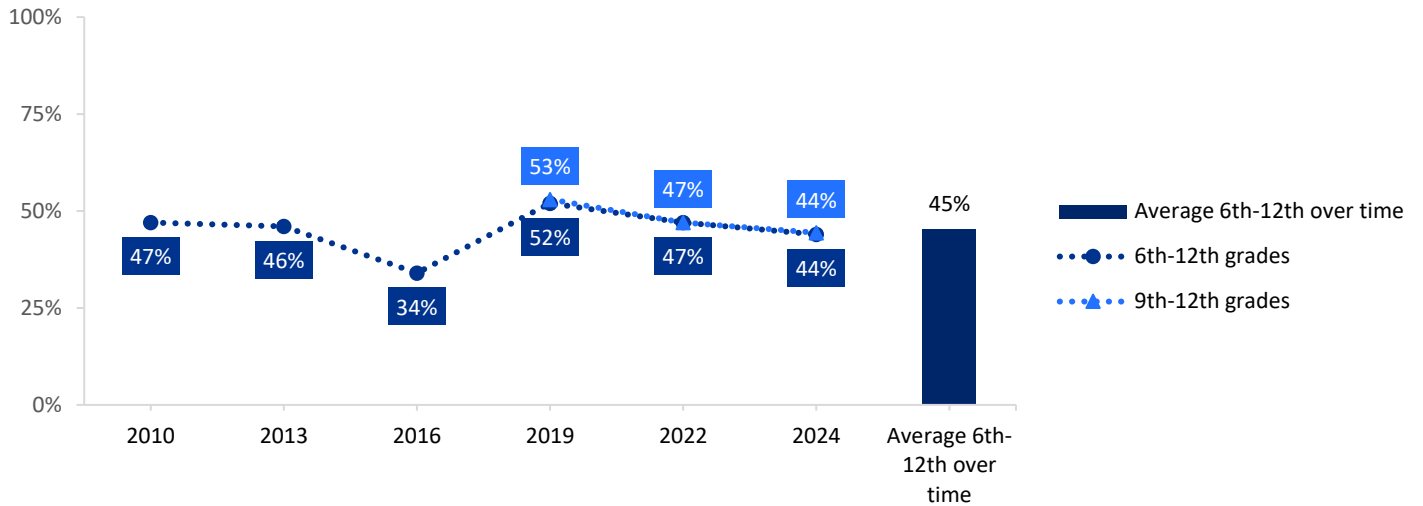


Trends in Responses

- The average share (from 2010 through 2022) of Henry County Youth reporting they had tried to lose weight in the past 30 days was 45%. The overall share in 2024 was slightly lower at 44%.
- The trend (since 2019) among high schoolers mirrored that of all youth and was nearly indistinguishable.

Figure 12.5

Trends in the percentage of Henry County youth reporting they had tried to lose weight (in the past 30 days), 2010-2024



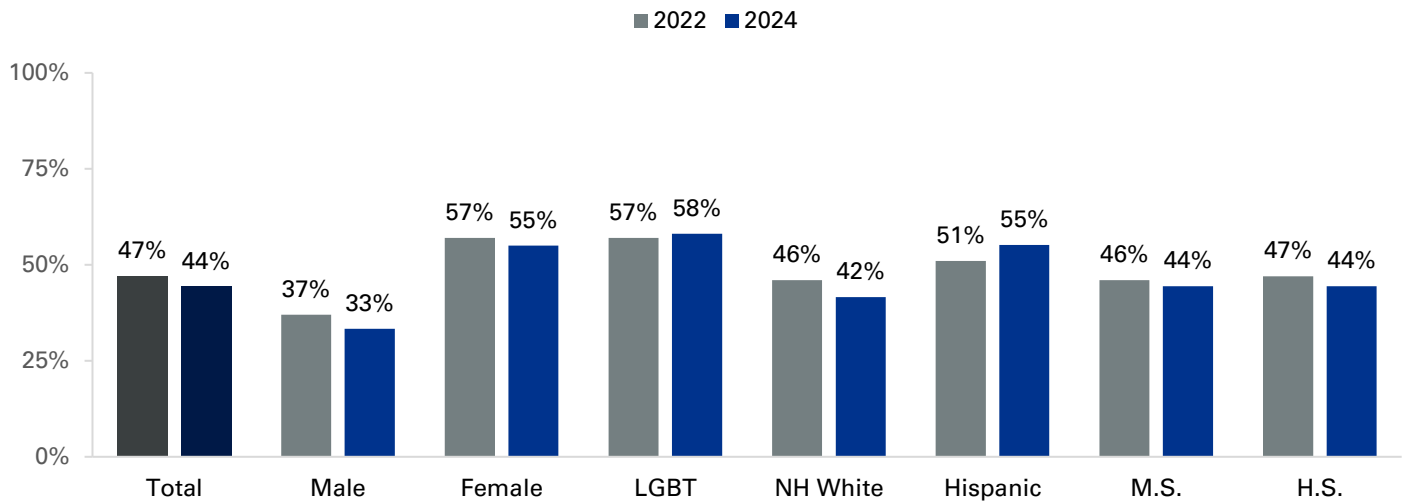
Note: The average represents the arithmetic mean of the share of 6th - 12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Reponses

- In 2024, the share of youth reporting they were trying to lose weight differed by sociodemographic characteristics ranging from a low of 33% among males to a high of 58% among LGBT identifying youth.
 - The share of youth reporting they had tried to lose weight in the past 30 days was larger among females (55%) compared to males (33%). There were also over half (58%) of LGBT identifying youth who reported trying to lose weight in the past 30 days.
 - Over half (55%) of Hispanic youth reported trying to lose weight compared to 42% of their non-Hispanic White counterparts.
 - There was no difference in the share of middle schoolers compared to high schoolers who reported trying to lose weight (44%).
- Regarding changes since 2022, generally a smaller share reported they were trying to lose weight – dropping from 47% to 44%. However, two groups experienced increases.
 - The share of LGBT identifying youth increased slightly from 57% to 58%.
 - Their share among Hispanic youth was greater increasing from 51% to 55%.

Figure 12.6

Variation in the percentage of Henry County youth reporting they had tried to lose weight (in the past 30 days), 2022 & 2024



13 | Food and Drink Consumption

Executive Summary: Beverage Consumption and Dietary Habits Among Henry County Youth

This chapter examines the beverage consumption patterns, fruit and vegetable intake, and breakfast habits among Henry County youth, highlighting trends and sociodemographic variations.

Key Findings:

1. Beverage Consumption:

- Water: 94% of youth reported drinking at least one serving of plain water daily, with 68% consuming four or more servings.
- Milk: 73% drank at least one serving of milk daily, with 28% consuming four or more servings.
- Sports Drinks: Consumption of four or more servings per day remained stable at 13% in 2024.

2. Fruit and Vegetable Intake:

- Most youth reported eating fruit (28%) or vegetables (33%) 1-3 times per week.
- Only 8% consumed fruit and 6% consumed vegetables four or more times per day.
- Approximately 10% did not eat any fruits, and 11% did not eat any vegetables in the past week.

3. Breakfast Habits:

- 30% of youth ate breakfast every day in the past week, while 17% did not eat breakfast at all.
- 44% ate breakfast on at least five days in the past week.
- The share of students not eating breakfast daily increased from 65% in 2022 to 70% in 2024.

4. Sociodemographic Variations:

- Breakfast Habits:
 - More females (75%) than males (64%) reported not eating breakfast daily.
 - LGBT students (87%) and Hispanic students (74%) reported higher rates of not eating breakfast daily compared to their peers.
 - High school students (75%) were less likely to eat breakfast daily compared to middle school students (63%).

5. Trends:

- A slight increase in daily water consumption from 66% in 2022 to 68% in 2024.
- Stable milk consumption rates.
- A decrease in the share of youth not eating breakfast at all from 19% in 2022 to 17% in 2024.

These findings highlight the importance of promoting healthy dietary habits among Henry County youth, particularly in increasing fruit and vegetable intake and encouraging regular breakfast consumption. The data suggests a need for targeted interventions to address disparities in dietary habits among different sociodemographic groups.

Healthy Eating Guidelines for Youth in the U.S.

The U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) provide healthy eating recommendations for young people in the *Dietary Guidelines for Americans, 2020-2025*. These tips are designed to help youth build lifelong healthy habits:

- ❖ **Eat a Balanced Diet:** Include a variety of foods from all food groups—fruits, vegetables, grains, protein, and dairy. Choose whole fruits and colorful vegetables for the most nutrients.
- ❖ **Choose Whole Grains:** At least half of the grains you eat should be whole grains, like whole wheat bread, oatmeal, or brown rice.
- ❖ **Get Enough Protein:** Eat different types of protein, such as lean meats, poultry, eggs, seafood, beans, nuts, seeds, and soy products.
- ❖ **Include Dairy:** Drink low-fat or fat-free milk or choose fortified soy alternatives to get enough calcium and other important nutrients.
- ❖ **Pick Healthy Fats:** Foods like nuts, seeds, avocados, and fish are great sources of healthy fats. Avoid trans fats and limit saturated fats.
- ❖ **Drink Smart:** Water is the best choice for staying hydrated. Limit sugary drinks and opt for low-fat or fat-free milk or fortified soy beverages instead.
- ❖ **Cut Back on Added Sugars and Sodium:** Reduce foods and drinks with added sugars and salty ingredients.

These guidelines aim to help youth stay healthy, avoid chronic illnesses, and maintain a good weight. For more tips and resources, visit the USDA’s [MyPlate website](#).

Beverages

Henry County youth were asked about their frequency of drinking five types of beverages in the past week. The frequencies are presented in Table 13.1, below.

- The most frequently consumed beverage was plain water—94% reported they drank at least one serving a day. More than two-thirds (68%) reported they drank 4 or more servings a day.
- The second most frequently consumed beverage was milk, with nearly three-quarters (73%) reporting they drank at least one serving a day. Twenty-eight percent (28%) reported they drank four or more servings a day in the past week.

Table 13.1

Percent distribution in consumption of beverages by type among all Henry County Youth, 2024

	0 times	1 to 3 times in the past week	4 to 6 times in the past week	1 time per day	2 to 3 times per day	4 times or more times per day	Total
Beverages							
Soda or pop	29%	46%	10%	5%	6%	4%	100%
100% fruit juice	36%	39%	11%	6%	5%	3%	100%
Sports drinks	35%			23%	29%	13%	100%
Plain water	6%			4%	22%	68%	100%
Milk	27%			17%	29%	28%	101%

Note: The table above indicates the number of servings of different beverages Henry County youth reported consuming in the past 7 days. Available response categories for soda, pop, and 100% fruit juice were different than those available for sports drinks, plain water, and milk. Totals may not equal 100% due to rounding.

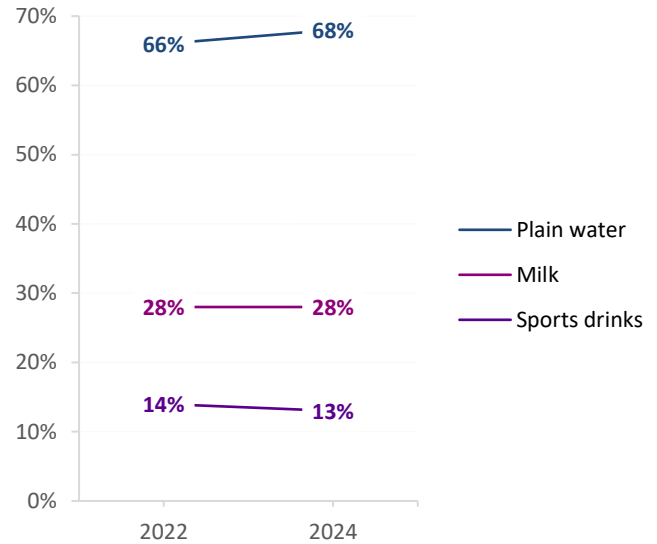
Trends in Beverage Consumption

The dietary guidelines for youth state water as the preferred beverage. They further advise youth to limit their consumption of sugar-sweetened beverages and choose low-fat or fat-free milk or fortified soy alternatives. Figure 13.1 shows the share of Henry County youth who reported drinking four or more servings per day in the past week of five different types of beverages for the years 2022 and 2024.

- The share of youth who reported four or more servings a day of plain water increase slightly from 66% in 2022 to 68% in 2024.
- Drinking four or more servings a day of milk remained unchanged with twenty-eight percent (28%) reporting in 2022 and 2024.
- Sport drink consumption of four or more servings per day remained similar at 14% in 2022 and 13% in 2024.

Figure 13.1

Two-year trends in beverage consumption among Henry County youth, the share reporting they had four or more servings per day in the past week, 2022 & 2024



Fruits and Vegetables

A new feature at myplate.gov is the ability to get a personalized [MyPlate Plan](#) based on your individual age, sex, height, weight, and physical activity level.

- Most often, Henry County youth reported eating fruit or vegetables 1 to 3 times in the past week, at 28% and 33% respectively.
- Only 8% of youth reported consuming fruit four times or more per day and even smaller share (6%) reported eating vegetables four or more times per day.
- Approximately one-in-ten said they did not eat any fruits or vegetables in the past week (10% and 11%, respectively).

Table 13.2

Percent distribution in consumption of fruits and vegetables among all Henry County Youth, 2024

	0 times	1 to 3 times in the past week	4 to 6 times in the past week	1 time per day	2 to 3 times per day	4 times or more times per day	Total
Fruit	10%	28%	27%	10%	17%	8%	100%
Vegetables	11%	33%	23%	12%	15%	6%	100%

Breakfast

The USDA and CDC have created guidelines for school breakfasts to encourage healthy eating for children and teens. These guidelines focus on foods that are rich in nutrients, such as whole grains, fruits, vegetables, lean proteins, and milk, to ensure balanced nutrition. Key parts of the guidelines include limiting added sugars and sodium, adding more whole grains, and supporting local food sources ([USDA](#)) ([USDA Food and Nutrition Service](#)) ([USDA Food and Nutrition Service](#)).

USDA and CDC Recommendations:

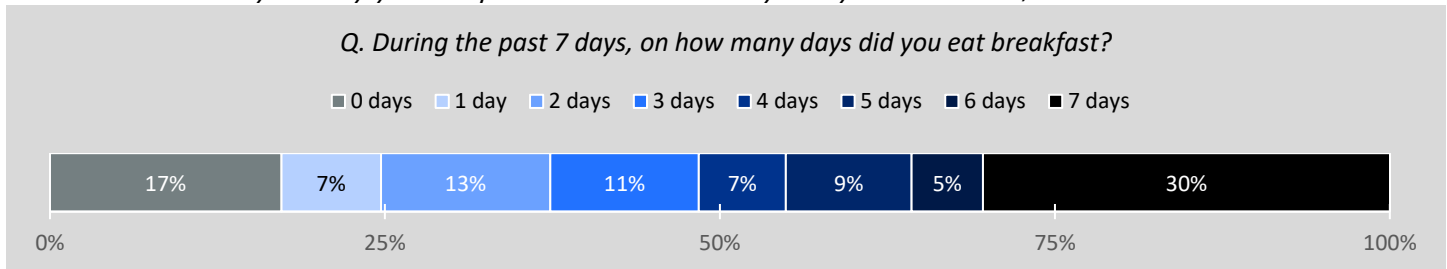
- ❖ **Nutrient-Rich Meals:** The USDA's school breakfast program emphasizes meals that include fruits, vegetables, whole grains, and lean proteins. This helps provide important nutrients like calcium, vitamin D, and potassium ([USDA](#)) ([USDA Food and Nutrition Service](#)).
- ❖ **Limits on Sugars and Sodium:** Starting in Fall 2025, school breakfasts will have new limits on added sugars, and by Fall 2027, the sodium levels will be slightly reduced. These changes aim to reduce the amount of sugar and salt kids consume ([USDA Food and Nutrition Service](#)).
- ❖ **Whole Grains and Proteins:** Schools must offer a variety of whole grains. From Fall 2024, it will be easier for schools to serve protein-rich foods like yogurt, tofu, eggs, nuts, and seeds ([USDA Food and Nutrition Service](#)).
- ❖ **Local Food Sourcing:** Schools are encouraged to use local, unprocessed foods to support local farmers and provide fresh ingredients ([USDA](#)).

Distribution of Responses

- In 2024, one-in-three (30%) of Henry County youth ate breakfast on all seven days in the past week. In other words, 70% of Henry County youth did not eat breakfast every day last week.
- Approaching one-in-ten (9%) ate breakfast on five days in the past week. In total, 44% of Henry County youth ate breakfast on *at least* five days in the past week.
- Seventeen percent (17%) of students said they did not eat breakfast on any day in the past week.

Figure 13.2

Distribution of Henry County youth reports on number of days they ate breakfast, 2024

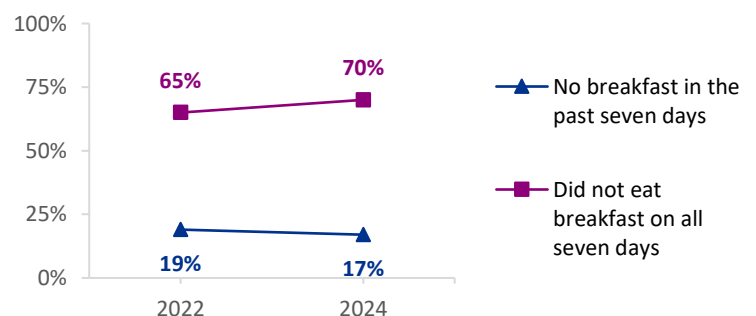


Trends in Responses

- Examining differences in reports from 2022 and 2024 provide missed results (see Figure 13.3).
- The share of students who did not eat breakfast on all seven days in the past week increased from 65% to 70%.
- However, the share who reported they did not eat any breakfast in the past week decreased from 19% to 17%.

Figure 13.3

Trends in Henry County youth reports of breakfast consumption, 2022 & 2024



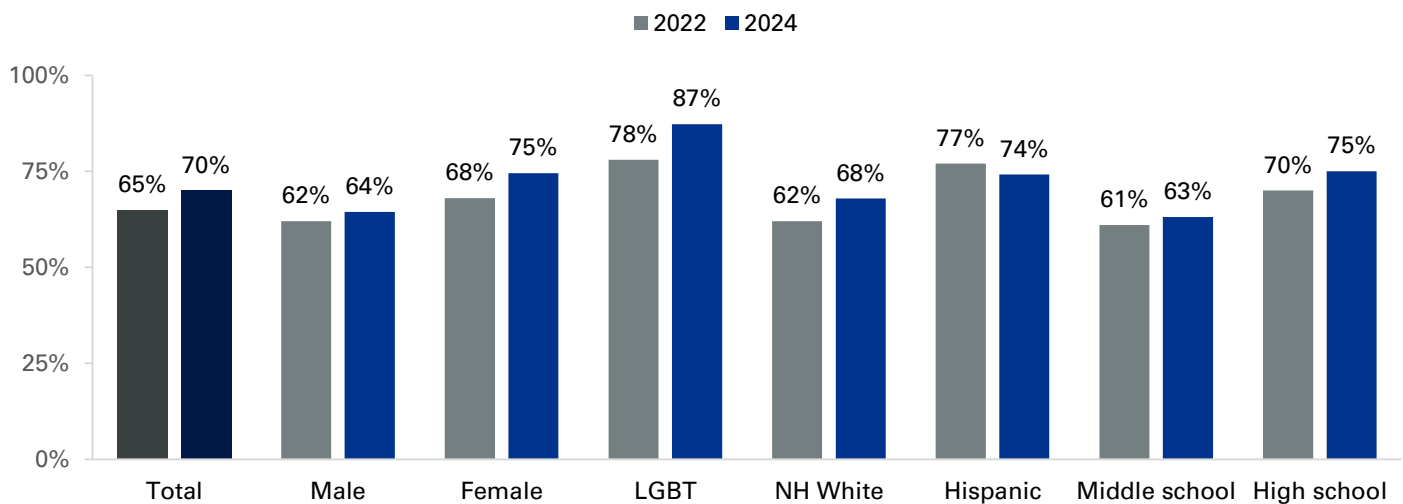
Youth who did not eat breakfast on all seven days in the past week

Sociodemographic Variation in Responses

- There was sociodemographic variation in the share of youth who reported they did not eat breakfast on all seven days in the past week in 2024.
 - The share among males (64%) was smaller than the share among females (75%).
 - The largest share of any group was observed among students who identified as LGBT at 87%.
 - There was also variation by ethnicity with smaller shares among non-Hispanic White students (68%) compared to their Hispanic counterparts (74%).
 - A smaller share of middle school students (63%) reported not eating breakfast on all seven days in the past week compared to high school students (75%).
- Regarding changes since 2022, the patterns remained the same, and all but one group experienced an increase in the share reporting they did not eat breakfast on all seven days in the past week.
 - The one exception was among Hispanic students. In 2022 77% reported not eating breakfast every day dropping to 74% in 2024.

Figure 13.4

Variation in the percentage of youth who did not eat breakfast on all seven days in the past week, 2022 & 2024



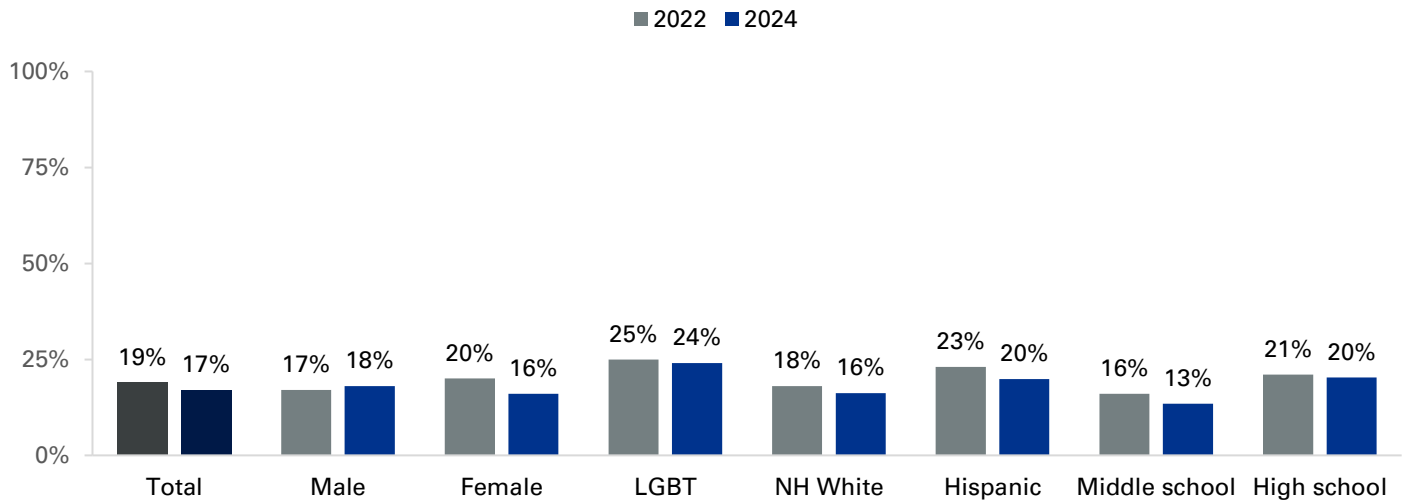
Youth who did not eat breakfast on any of the days in the past week

Sociodemographic Variation in Responses

- There was sociodemographic variation in the share of youth who reported they did not eat breakfast on any of the days in the past week in 2024.
 - The share among males (18%) was larger than the share among females (16%).
 - The largest share of any group was observed among students who identified as LGBT at 24%.
 - There was also variation by ethnicity with smaller shares among non-Hispanic White students (16%) compared to their Hispanic counterparts (20%).
 - A smaller share of middle school students (13%) reported not eating breakfast on any of the days in the past week compared to high school students (20%).
- Regarding changes since 2022 all but one group experienced a reduction in the share reporting they did not eat breakfast on any of the days in the past week.
 - The one exception was among male students. In 2022 17% reported not eating breakfast increasing to 18% in 2024.

Figure 13.5

Variation in the percentage of youth who did not eat breakfast on any of the days in the past week, 2022 & 2024



14 | Exercise

Executive Summary: Physical Activity and Sports Participation Among Henry County Youth

This chapter examines the physical activity levels and sports team participation among Henry County youth, comparing local data with state and national averages.

Key Findings:

1. Physical Activity:

- 32% of youth were physically active for at least 60 minutes every day in the past week, slightly higher than the 2010-2022 average of 29%
- Among high school students, 31% reported daily physical activity, compared to 26% in Ohio and 24% nationally in 2021

2. Sociodemographic Variations in Physical Activity:

- Males (42%) were more likely to be physically active every day than females (24%)
- Non-Hispanic White youth (34%) reported higher daily activity than Hispanic youth (25%)
- Middle school students (35%) were more active than high school students (31%)

3. Trends in Physical Activity:

- Overall decline in daily physical activity since 2022, except for increases among male students (41% to 42%) and high schoolers (28% to 31%)

4. Sports Team Participation:

- 73% of youth participated in at least one sports team in the past year
- 21% played on one team, 20% on two teams, and 32% on three or more teams

5. Sociodemographic Variations in Sports Participation:


- Female youth (74%) were more likely to participate in sports than male youth (70%)
- LGBT youth reported lower participation (42%)
- Non-Hispanic White youth (73%) participated more than Hispanic youth (70%)
- Middle school students (78%) participated more than high school students (68%)

6. Trends in Sports Participation:

- Increase in overall sports participation from 70% in 2022 to 73% in 2024
- Decrease among LGBT youth from 47% to 42%

These findings indicate that while physical activity levels among Henry County youth are generally in line with national recommendations, there are disparities in activity levels and sports participation among different demographic groups. The data suggests a need for targeted interventions to increase physical activity and sports involvement, particularly among female, Hispanic, and LGBT youth.

Physical Activity

The US Department of Health and Human Services recommends children and adolescents aged 6-17 years should have a minimum of 60 minutes of physical activity a day (see → [Physical Activity Guidelines for Americans](#)  for more details).⁸ They suggest doing three types of activities:

- ❖ **Aerobic:** Most of the 60 minutes should be spent doing moderate- or vigorous-intensity aerobic physical activity. The vigorous-intensity activity should be included at least 3 days a week.
- ❖ **Muscle-strengthening:** At least 3 days a week, activities should include exercises that strengthen muscles.
- ❖ **Bone-strengthening:** At least 3 days a week, activities should also include exercises that help strengthen bones.

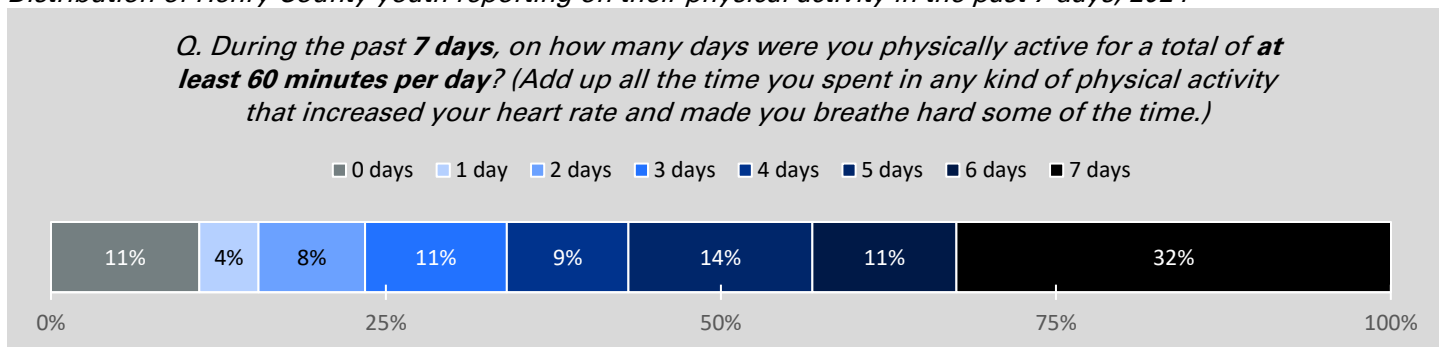
The CDC and their partners have created a toolkit to promote these guidelines and support physical activity. You can find more information here Information is available here → [hyperlink](#).

Distribution of Responses

- During the past week, youth participated in at least 60 minutes of physical activity at the following frequencies:
 - Zero days (11%)
 - Three or more days (77%)
 - Five or more days (57%)
 - Every day (32%)

Figure 14.1

Distribution of Henry County youth reporting on their physical activity in the past 7 days, 2024



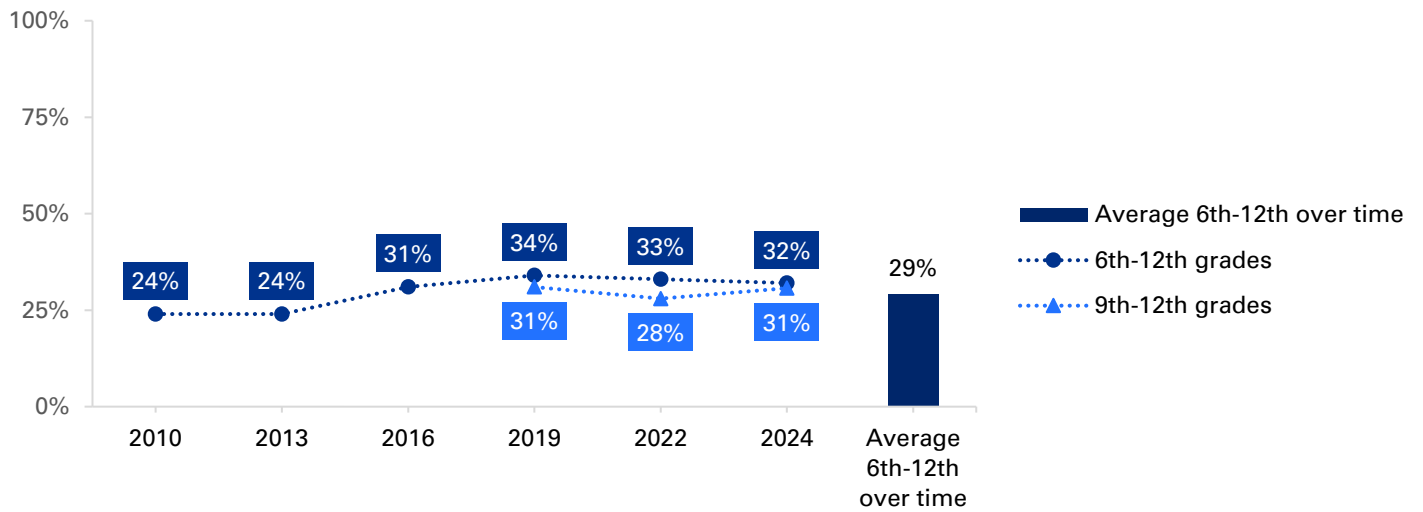
⁸ US Department of Health and Human Services. Physical Activity Guidelines for Americans. Washington, DC: US Department of Health and Human Services; 2008.

Trends in Responses

- The average share (from 2010 through 2022) of Henry County youth reporting they were physically active for at least 60 minutes a day **every day in the past week** was 29% (see Figure 14.2).
 - The overall share in 2024 was slightly higher at 32%.
 - Among Henry County high schoolers in 2024, 31% reported being physically active every day in the past week. The most recent state and national data were from 2021 in which 26% of high schoolers in Ohio and 24% of high schoolers in the US were physically active every day (not shown).

Figure 14.2

Trends in the percentage of Henry County youth physically active for at least 60 minutes on every day in the past week, 2010-2024



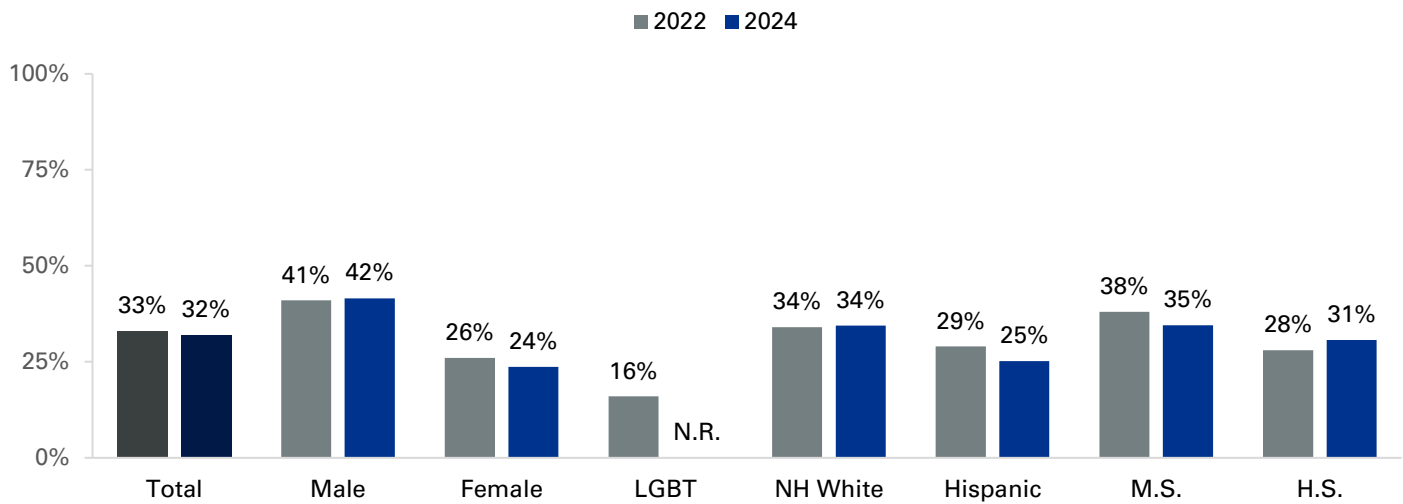
Note: The average represents the arithmetic mean of the share of 6th - 12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- There was also sociodemographic variation in the share of youth who reported they were physically active **every day in the past week** in 2024.
 - The share among males (42%) was higher than the share among females (24%).
 - There was also variation by ethnicity—the share of non-Hispanic Whites who were physically active every day in the past week was higher (34%) than the share among Hispanic identifying youth (25%).
 - A larger share of middle school students (35%) reported being physically active every day in the past week compared to their high school attending counterparts (31%).
- Regarding changes since 2022, the pattern was dependent upon youth characteristic.
 - The total share reporting being physically active **every day in the past week** declined by one percentage point (33% to 32%). We can also observe declines among female youth (26% to 24%), Hispanic youth (29% to 25%), and middles schoolers (38% to 35%).
 - The share among male students increased by one percentage point (41% to 42%) and the share among high schoolers also increased—from 28% to 31%.
 - The share among non-Hispanic White students remained unchanged (34%).

Figure 14.3

Variation in the percentage of youth physically active for at least 60 minutes on every day in the past week, 2022 & 2024



Sports Teams

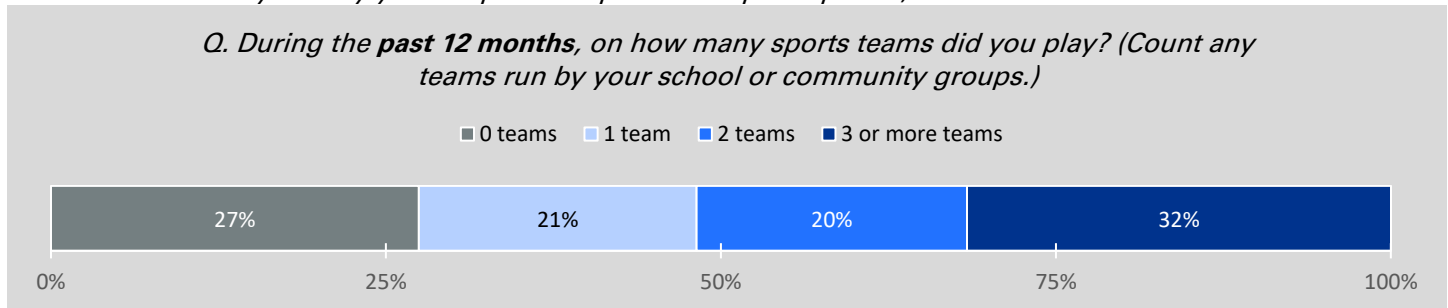
A study published in 2020 looked at several research studies and found that playing team sports is linked to positive outcomes for young athletes ([Zuckerman et al., 2020](#)).⁹ Specifically, participating in sports is associated with lower chances of using tobacco, alcohol, and drugs, as well as lower chances of feeling depressed or anxious. Overall, the studies showed that playing sports can improve behavior, mental health, and social well-being. In 2024, a question about sports team participation was added to the Youth Henry County Community Status Assessment.

Distribution of Responses

- Twenty-seven percent (27%) of Henry County youth did not play on any sports teams in the previous 12 months. About one-fifth (21%) played on one team and one-fifth (20%) played on two teams. Nearly one-third (32%) reported playing on 3 or more sports teams.
 - Seventy-three percent (73%) of Henry County youth reported they played on at least one sports team.

Figure 14.4

Distribution of Henry County youth reports of sports team participation, 2024



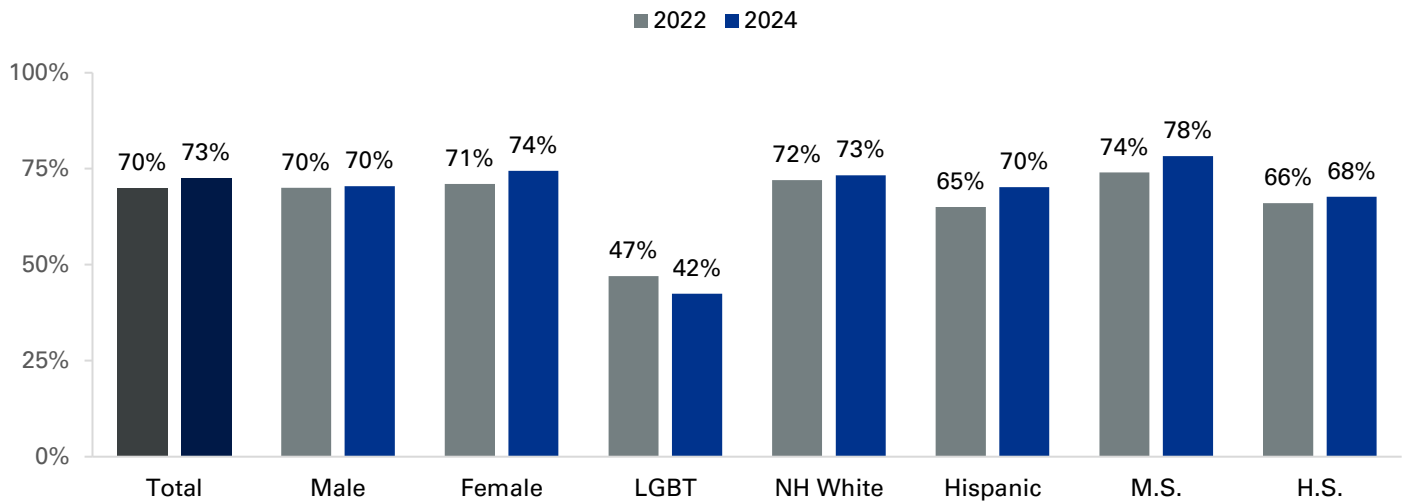
⁹ Zuckerman, S. L., Tang, A. R., Richard, K. E., Grisham, C. J., Kuhn, A. W., Bonfield, C. M., Yengo-Kahn, A. M. (2020). The behavioral, psychological, and social impacts of team sports: A systematic review and meta-analysis. *The Physician and Sportsmedicine*, 49(3).

Sociodemographic Variation in Responses

- There was some sociodemographic variation in sports team participation.
 - The share of female youth in Henry County playing on at least one sports team was slightly higher than the share of male youth (74% versus 70%). LGBT youth reported smaller shares at only 42%.
 - The share among Hispanic youth participating in at least one sport in 2024 (70%) was lower than the share among non-Hispanic White youth (73%).
 - Sport team participation was higher among middle school students (78%) than among high school students (68%).
- Generally, the share of youth who participated in at least one sports team increased since 2022—from 70% to 73%. There were two exceptions.
 - The share among male students remained the same at 70% and the share among LGBT identifying youth decreased from 47% to 42%.

Figure 14.5

Variation in the percentage of youth who played on at least one sports team, 2022 & 2024



15 | Concussions

Executive Summary: Concussions Among Henry County Youth

This chapter analyzes the prevalence and trends of concussions among Henry County youth, focusing on sports-related injuries and sociodemographic variations.

Key Findings:

1. Overall Concussion Rate:

- 14% of youth reported experiencing a concussion in the past 12 months while playing a sport or being physically active
- This represents a slight decrease from 15% in 2022
- Exceptions:
 - Female students' rate remained stable at 12%
 - High school students' rate remained stable at 15%
 - Hispanic youth saw an increase from 17% to 19%

2. Multiple Concussions:

- Among those who experienced a concussion, 36% reported having more than one
- This is a decrease from 40% in 2022

3. Sociodemographic Variations:

- **Gender:** Male youth (17%) reported higher rates of concussions compared to female youth (12%)
- **Ethnicity:** Hispanic youth (19%) had a higher rate of concussions compared to non-Hispanic White youth (13%)

These findings indicate a slight overall improvement in concussion rates among Henry County youth, but with persistent disparities among certain demographic groups. The data suggests a need for continued focus on concussion prevention strategies, particularly in sports and physical activities, with special attention to male and Hispanic youth who show higher rates of concussions.

The CDC has developed a special initiative—HEADS UP Concussion in Youth Sports—to help ensure the health and safety of young athletes. This initiative offers a free, online course for coaches, parents, sports officials, athletic trainers, and others. More information on HEADS UP can be found here – [hyperlink](#). Common concussion symptoms can include:

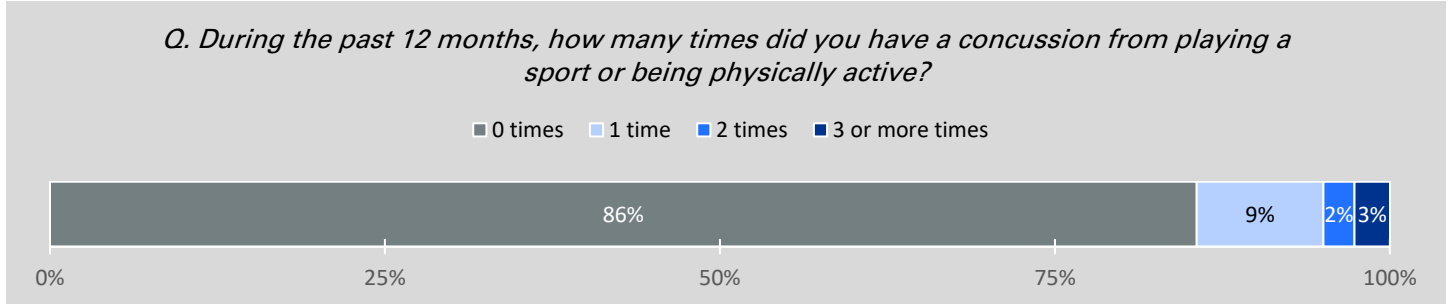
- ❖ Trouble with thinking skills, such as memory and attention.
- ❖ Dizziness.
- ❖ Fatigue.
- ❖ Headaches.
- ❖ Irritability.
- ❖ Sleeping more or less than usual.

Distribution of Responses

- In the past year, 14% of youth had a concussion in the past 12 months while playing a sport or being physically active. This share is just slightly lower than the 15% who reported a concussion in 2022. Among those who had experienced at least one concussion, 36% had experienced more than one. This is also lower than the proportion reported in 2022 (40%).

Figure 15.1

Distribution of Henry County youth reports of concussions in the past 12 months, 2024

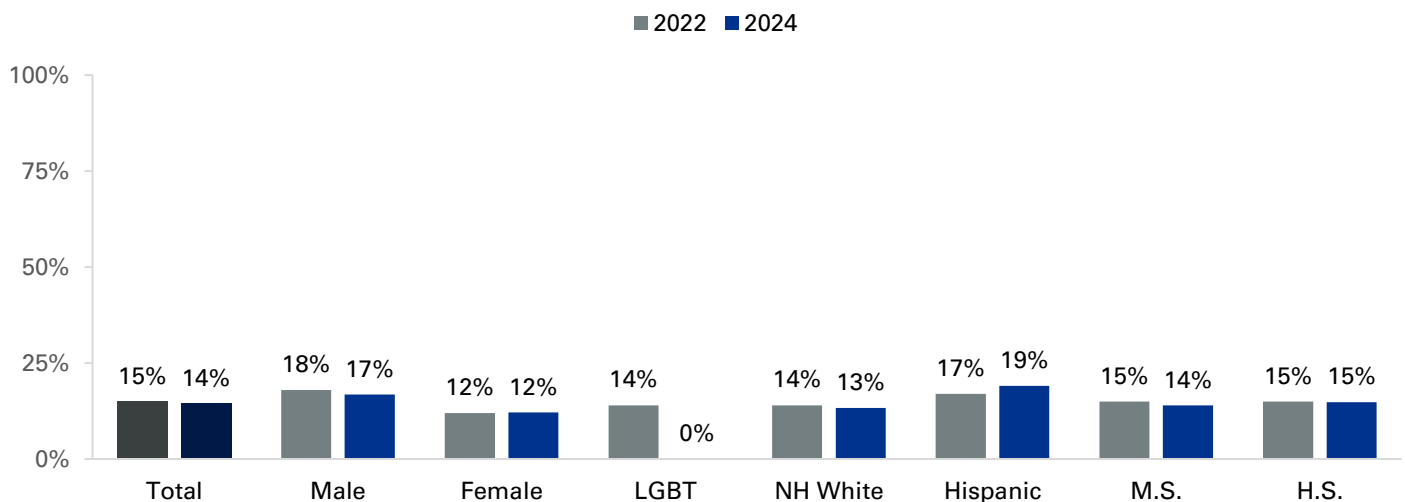


Sociodemographic Variation in Responses

- There was some sociodemographic variation in Henry County youth experiences of concussions.
 - Concussions were more common among male youth in 2024 (17%) compared to female youth (12%). Too few LGBT identifying youth had a concussion to report here.
 - Hispanic youth had a higher share reporting a concussion at 19% compared to their non-Hispanic White counterparts (13%).
- Generally, the share of youth who experienced a concussion decreased slightly since 2022—from 15% to 14%. There were two exceptions.
 - The share among female students remained the same at 12% and the share among high school students remained the same at 15%. The share among Hispanic identifying youth increased from 17% to 19%.

Figure 15.2

Variation in the percentage of youth who experienced a concussion in the past 12 months, 2022 & 2024



16 | Technology Use

Executive Summary: Screen Time and Social Media Usage Among Henry County Youth

This chapter analyzes the trends in screen time and social media usage among Henry County youth, highlighting sociodemographic variations.

Key Findings:

1. Overall Screen Time:

- 71% of youth reported spending 3 or more hours per day on electronic devices outside of schoolwork
- 33% reported 5 or more hours of daily screen time

2. Social Media Usage:

- 41% of youth use social media several times a day
- 33% use social media at least once an hour
- 9% do not use social media at all

3. Sociodemographic Variations in Screen Time (3+ hours/day):

- Higher rates among females (76%) compared to males (65%)
- LGBT-identifying youth reported the highest rate at 80%
- Hispanic youth (72%) slightly higher than non-Hispanic White youth (70%)
- High school students (75%) higher than middle school students (65%)

4. Sociodemographic Variations in Social Media Usage (at least once/hour):

- Higher rates among males (35%) compared to females (29%)
- Hispanic youth (41%) higher than non-Hispanic White youth (30%)
- High school students (37%) higher than middle school students (27%)

5. Trends:

- Slight overall decrease in screen time from 72% to 71% since 2022
- Increases observed among females (75% to 76%), LGBT youth (76% to 80%), and Hispanic youth (71% to 72%)

These findings indicate high levels of screen time and social media usage among Henry County youth, with notable variations across different demographic groups. The data suggests a need for targeted interventions to promote healthy screen time habits, particularly among high-risk groups such as LGBT-identifying youth and high school students.

Screen Time

Too much screen time for children can lead to a variety of negative effects on their physical, mental, and behavioral health.^{10 11 12 13} Some key concerns include:

- ❖ **Obesity:** Spending too much time on screens can increase the risk of obesity. This is partly because it encourages sitting still and snacking while watching. Ads for unhealthy foods can also lead to poor food choices.
- ❖ **Sleep Problems:** Too much screen time can mess up sleep patterns, making it hard to fall asleep or keep a regular sleep schedule. This can lead to feeling tired and affect overall health.
- ❖ **Behavioral Issues:** Kids who use screens for more than two hours a day may have more trouble with behavior, like being overly active or having trouble paying attention. There's also a link between screen time and more aggressive behavior, especially when they see violent content.
- ❖ **Academic Performance:** Kids with screens in their bedrooms tend to do worse in school compared to those without them. Too much screen time can take away time from homework and reading, leading to lower grades.
- ❖ **Mental Health:** Spending a lot of time on screens, especially on social media, can make kids feel lonelier and more depressed. This can happen because of comparing themselves to others or being bullied online. It can also lead to anxiety and stress.
- ❖ **Developmental Delays:** For younger children, too much screen time can slow down important growth in areas like language, social skills, and problem-solving. Real-life play and face-to-face interactions are important for healthy development.

Health organizations like the American Academy of Pediatrics (AAP)^{14,15}, the World Health Organization (WHO)¹⁶, and the Centers for Disease Control and Prevention (CDC)¹⁷ have recommendations for screen time based on age:

- ❖ **Infants (0-18 months):** The AAP and WHO recommend no screen time, except for video chatting with family.
- ❖ **Toddlers (18-24 months):** If screen time is introduced, it should be high-quality and watched with a caregiver.
- ❖ **Preschoolers (2-5 years):** The AAP recommends no more than one hour per day of high-quality programming, with parents watching too, to help kids understand what they're seeing.
- ❖ **Children (6 years and older):** The AAP suggests creating a plan for screen time that doesn't interfere with sleep, physical activity, or other healthy habits. The CDC recommends no more than two hours of screen time for fun each day.
- ❖ **Teenagers:** The AAP encourages families to create a screen time plan that balances screen use with physical activities and other responsibilities.
- ❖ **General recommendations:** The CDC advises physical activity and suggests avoiding screens during meals and at least one hour before bedtime.

For helpful tips, see → [Talking With Teens About Media: Conversations Starters](#) from the American Academy of Pediatrics.

¹⁰ Cleveland Clinic. (2024, July 24). How screen time harms kids' development. Cleveland Clinic Health Essentials. Retrieved from <https://health.clevelandclinic.org/how-screen-time-harms-kids-development/>

¹¹ Johns Hopkins Medicine. (2024). Screen time side effects in kids and teens. Johns Hopkins Medicine. Retrieved from <https://www.hopkinsmedicine.org>

¹² Mayo Clinic Health System. (2021, May 28). Children and screen time: How much is too much? Mayo Clinic Health System. Retrieved from <https://www.mayoclinichealthsystem.org>

¹³ University of California, San Francisco. (2022, December 19). Is too much screen time bad for kids? It's complicated. UCSF News Center. Retrieved from <https://www.ucsf.edu>

¹⁴ American Academy of Pediatrics. (2016). Media and young minds. *Pediatrics*, 138(5), e20162591. <https://doi.org/10.1542/peds.2016-2591>

¹⁵ American Academy of Pediatrics. (2016). Media use in school-aged children and adolescents. *Pediatrics*, 138(5), e20162592. <https://doi.org/10.1542/peds.2016-2592>

¹⁶ World Health Organization. (2019). Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age. <https://www.who.int/publications/i/item/9789241550536>

¹⁷ Centers for Disease Control and Prevention. (2023). Screen time vs. lean time. CDC. <https://www.cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html>

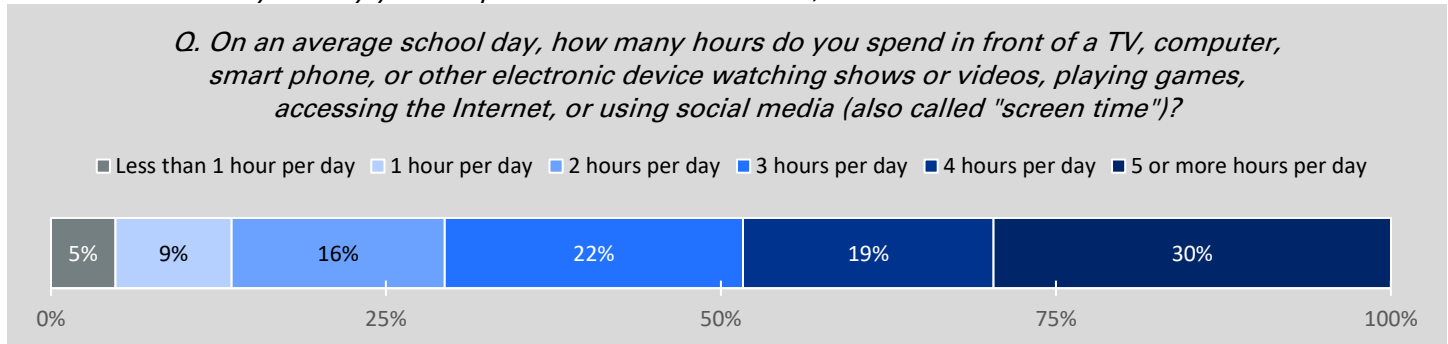
Distribution of Responses

Consistent with the 2022 Youth assessment, Henry County youth reported on the number of hours they spent on ALL devices combined outside of schoolwork.

- Small shares of youth reported less than one hour of screen time a day (5%) or only one hour a day (9%). Sixteen percent (16%) reported 2 hours of screen time, 22% reported 3 hours, and 19% reported four hours. One-in-three reported five or more hours of screen time per day.
 - Seven-in-ten (71%) of Henry County youth reported they spent an average of 3 or more hours in a school day in front of a TV, computer, smartphone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media.

Figure 16.1

Distribution of Henry County youth reports of their "screen time," 2024

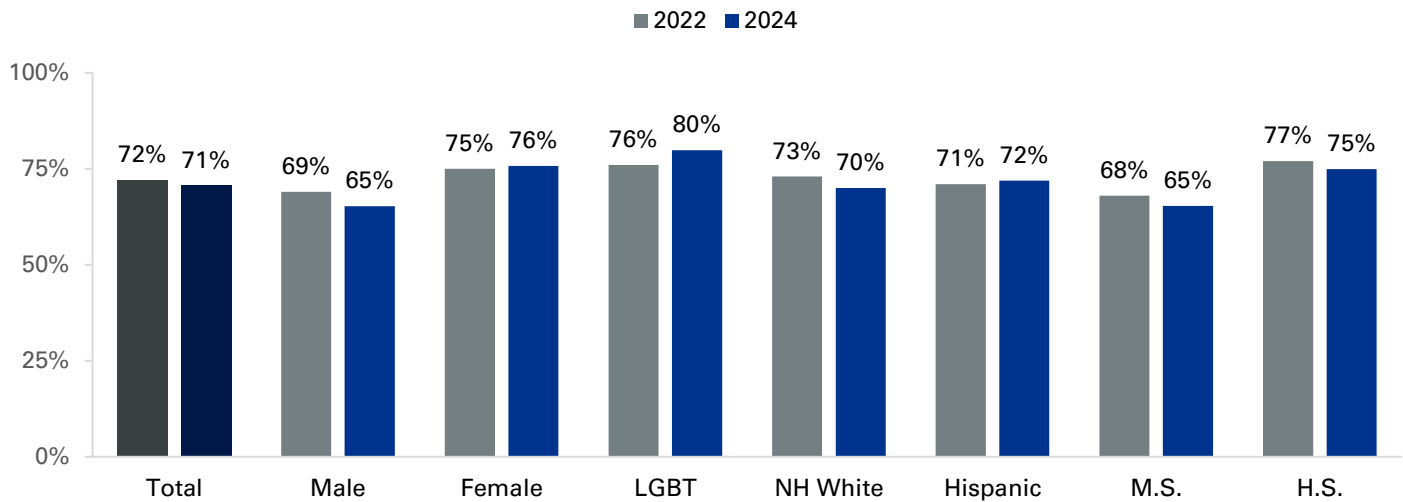


Sociodemographic Variation in Responses

- There was some sociodemographic variation in the share of Henry County youth reporting 3 or more hours of screen time outside of school.
 - Among Henry County youth, screen time was more prevalent among females—about three-quarters (76%) reported three or more hours per day compared to 65% among males. Usage among LGBT identifying youth was even higher at 80%.
 - The share among Hispanic youth was slightly higher than the share among non-Hispanic White youth, 72% versus 70%.
 - The share among high schoolers (75%) was also larger than the share among middle schoolers (65%).
- Generally, the share of youth who reported 3 or more hours of screen time outside of school declined modestly since 2022—from 72% to 71%. There were three exceptions.
 - The share among female students increased by one percent—from 75% to 76% and the share among LGBT identifying students increased from 76% to 80%. The share among Hispanic identifying youth also increased, but modestly from 71% to 72%.

Figure 16.2

Variation in the percentage of Henry County youth reporting they spend 3 or more hours of screen time per school day (not counting time spent doing schoolwork), 2022 & 2024



Social Media

In 2024, we added a new question to the Henry County youth assessment to measure how often young people use social media. Research shows that too much social media use can have negative effects on mental health and well-being.^{18 19} Here are some key findings:

- ❖ **Mental Health Issues:** Too much social media is strongly linked to higher levels of anxiety, depression, and stress in young people. This is because of things like cyberbullying, comparing oneself to others, and the pressure to keep up a certain online image.
- ❖ **Sleep Problems:** Using social media, especially before bed, can lead to poor sleep and shorter sleep time. This can cause tiredness, trouble concentrating, and irritability during the day.
- ❖ **Body Image and Self-Esteem:** Seeing idealized images on social media can harm body image and self-esteem, especially for teenagers. Comparing oneself to others often makes young people unhappy with their appearance.
- ❖ **Academic Performance:** Spending too much time on social media can distract from schoolwork, leading to lower grades. Time spent on social media could be better used for studying or other educational activities.
- ❖ **Social Skills and Relationships:** While social media helps people connect, too much use can hurt face-to-face social skills and lead to feelings of loneliness. It can also hurt real-life relationships if online chats replace in-person conversations.

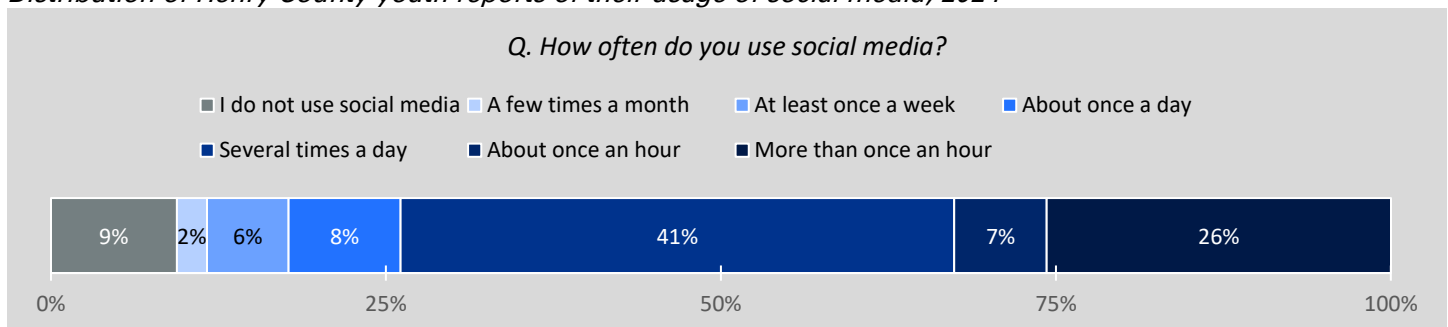
To address these issues, it's important to set limits on social media use, encourage a balance of online and offline activities, and teach young people how to use social media responsibly.

Distribution of Responses

- Approaching one-in-ten (9%) Henry County youth reported that they did not use social media. Most often, youth reported using social media several times a day, at 41%. Over one-quarter (26%) reported using it more than once an hour.
 - One-third (33%) reported using social media for at least once an hour.

Figure 16.3

Distribution of Henry County youth reports of their usage of social media, 2024



¹⁸ U.S. Department of Health and Human Services. (2023). *Surgeon General's Advisory on Social Media and Youth Mental Health*. <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

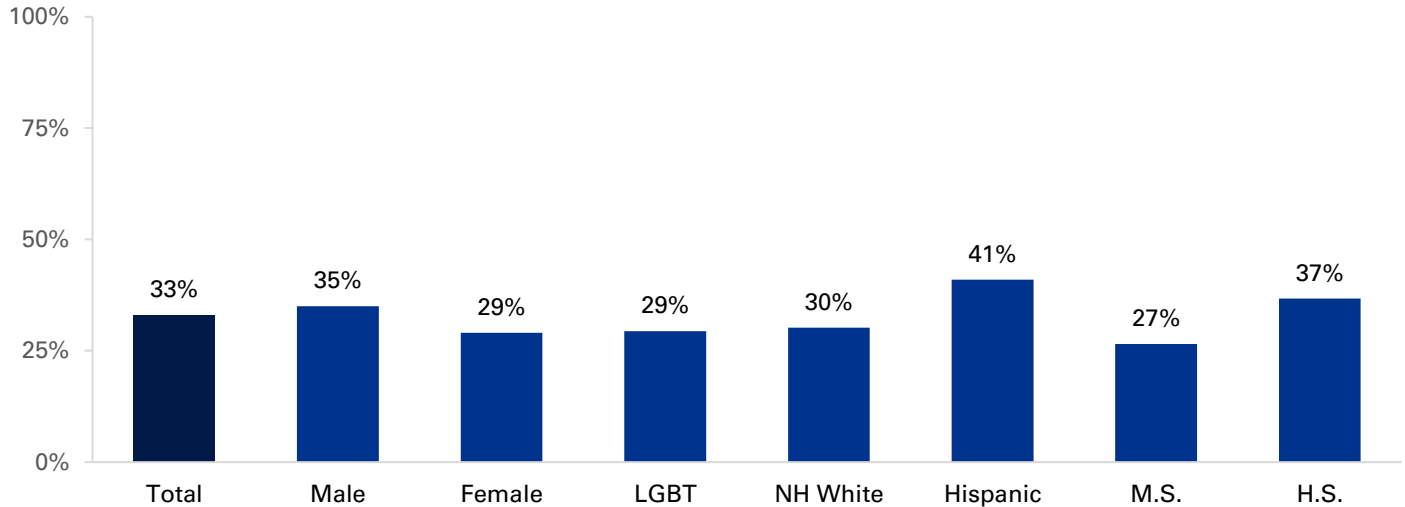
¹⁹ American Psychological Association. (2024). Social media use and mental health: APA monitor. <https://www.apa.org/monitor/2024/04/teen-social-use-mental-health>

Sociodemographic Variation in Responses

- Figure 16.4 displays sociodemographic variation in the share of Henry County youth reporting they used social media at least once an hour each day.
 - Among Henry County youth, social media usage at least once an hour was more prevalent among males compared to females at 35% and 29%, respectively. Usage among LGBT identifying youth was like that of females at 29%
 - The share among Hispanic youth was higher than the share among non-Hispanic White youth, 30% versus 41%.
 - The share among high schoolers (37%) was also larger than the share among middle schoolers (27%).

Figure 16.4

Variation in the percentage of Henry County youth reporting they used social media at least once an hour, 2024



17 | Other Health Related Topics

Executive Summary: Health and Well-being Among Henry County Youth

This chapter examines various aspects of health and well-being among Henry County youth, focusing on disease testing, dental care, sleep, housing stability, and social connections.

Key Findings:

1. **Disease Testing:**

- Only 2% of youth reported being tested for sexually transmitted diseases (STDs) in 2024, a decrease from 4% in 2022.
- 93% reported not being tested, and 5% were unsure.

2. **Dental Care:**

- 73% of youth visited a dentist in the past year, consistent with the 2010-2022 average.
- Higher rates among non-Hispanic White students (76%) compared to Hispanic students (64%).
- Sexual minority students reported lower rates of dental visits (53%).

3. **Sleep:**

- 59% of youth reported sleeping 7 hours or less on an average school night.
- 29% reported sleeping 8 hours, 9% for 9 hours, and 4% for 10 or more hours.
- A decrease in the share of students getting 8+ hours of sleep from 64% in 2022 to 59% in 2024.

4. **Unstable Housing:**

- 97% of youth reported living in their parent's or guardian's home, consistent with 2022.
- 3% of high schoolers reported not usually sleeping in their parent's or guardian's home.

5. **Social Connections:**

- 74% of youth reported feeling close to people at their school.
- Higher than the national average of 62% in 2021.

These findings highlight key areas of health and well-being among Henry County youth, with a focus on improving STD testing rates, dental care access, and sleep quality. The data suggests a need for targeted interventions to address disparities in dental care and sleep, particularly among sexual minority and Hispanic youth. Additionally, fostering social connections within schools may enhance overall well-being.

Disease testing

While talking about sexual health can be difficult, especially with young people, it's important to know whether youth are being tested for STDs/STIs for several reasons:

1. **Early Detection and Treatment:** Testing is important because it helps catch infections early. Many STDs/STIs don't show symptoms, so regular testing is often the only way to find and treat them before they cause serious health problems or spread to others.
2. **Education Opportunity:** Testing also gives healthcare providers a chance to talk to young people about sexual health. These conversations can help them make better choices, practice safer behaviors, and protect themselves and others. This not only helps their health but also benefits the community by lowering infection rates.
3. **Monitoring Public Health:** Public health professionals use testing data to track trends, find high-risk groups, and create programs to help those most at risk. Although some might find these questions uncomfortable, the information is key to creating plans that protect young people's health.
4. **Cost Savings:** Early detection and treatment of STDs/STIs can prevent serious, long-term health issues that could be expensive to treat later. Public health programs that promote testing help reduce these costs and ease the strain on the healthcare system.

While discussing these topics may be uncomfortable, the benefits of helping young people stay healthy far outweigh any discomfort these questions might cause.

National Portrait

Recent trends show worrying increases in STIs among U.S. youth. In particular, syphilis rates have risen by 80% over the past five years. Gonorrhea rates dropped slightly in 2022, the first decrease in a decade, but this could be due to changes in diagnosis and reporting. Chlamydia rates have stayed steady, but since there are so many cases, it remains a big health concern.

Most young people prefer getting STI testing and treatment from their primary care provider. However, many avoid testing because of worries about privacy, cost, or feeling embarrassed, even though STIs are becoming more common. This shows the need for better public health programs that stress the importance of regular testing and help remove these barriers as infections continue to rise among youth ([CDC, 2024](#)²⁰; Gogineni, Waselewski, Jamison, Bell, Hadler, Chaudhry, Chang, & Mmeje, 2021²¹; Morales, 2023²²).

²⁰ Centers for Disease Control and Prevention. (2024, January 30). *Sexually Transmitted Infections (STI) surveillance, 2022*. U.S. Department of Health and Human Services. <https://www.cdc.gov/std/statistics/2022/default.htm>

²¹ Gogineni, V., Waselewski, M. E., Jamison, C. D., Bell, J. A., Hadler, N., Chaudhry, K. A., Chang, T., & Mmeje, O. O. (2021). The future of STU screening and treatment for youth: A national survey of youth perspectives and intentions. *BMC Public Health, 21*, Article 2006. <https://doi.org/10.1186/s12889-021-12091-y>

²² Morales, J. (2023, June 6). *Gonorrhea, syphilis, and congenital syphilis cases continue to rise in U.S.* Axios. <https://www.axios.com/2023/06/06/us-syphilis-cases-continue-rise-2022>

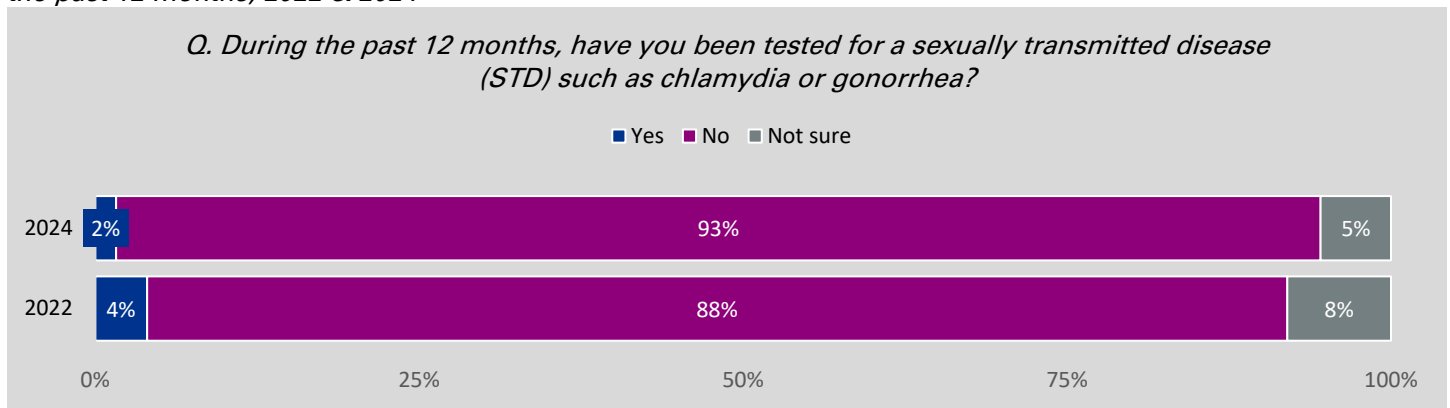
Local Portrait

Distribution of Responses

- In 2024 Henry County middle school and high school students were asked whether they had been tested for a sexually transmitted disease such as chlamydia or gonorrhea. Very few reported they had been—only 2%. Ninety three percent said no, and 5% were unsure.
- In 2022 4% reported they had been tested—half the rate of 2023. A larger share in 2022 were also unsure whether they had been tested at 8%.

Figure 17.1

Distribution of Henry County youth reporting whether they had been tested for a sexually transmitted disease in the past 12 months, 2022 & 2024



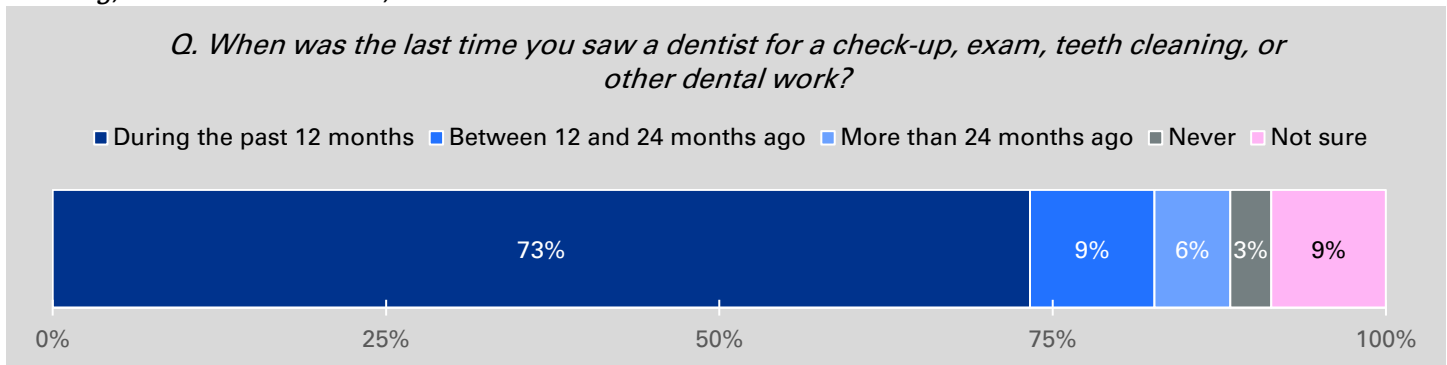
Dental Care

Distribution of Responses

- In 2024, approaching three-fourths (73%) of Henry County youth reported they had seen a dentist for a checkup, exam, teeth cleaning, or other dental work during the past 12 months. An addition 9% reported having done so in the past two years.
- For 6% of youth, they had not had dental care in for than two years and 3% had never received care. Nine percent (9%) were unsure.

Figure 17.2

Distribution of Henry County youth reporting on the last time they saw a dentist for a check-up, exam, teeth cleaning, or other dental work, 2024

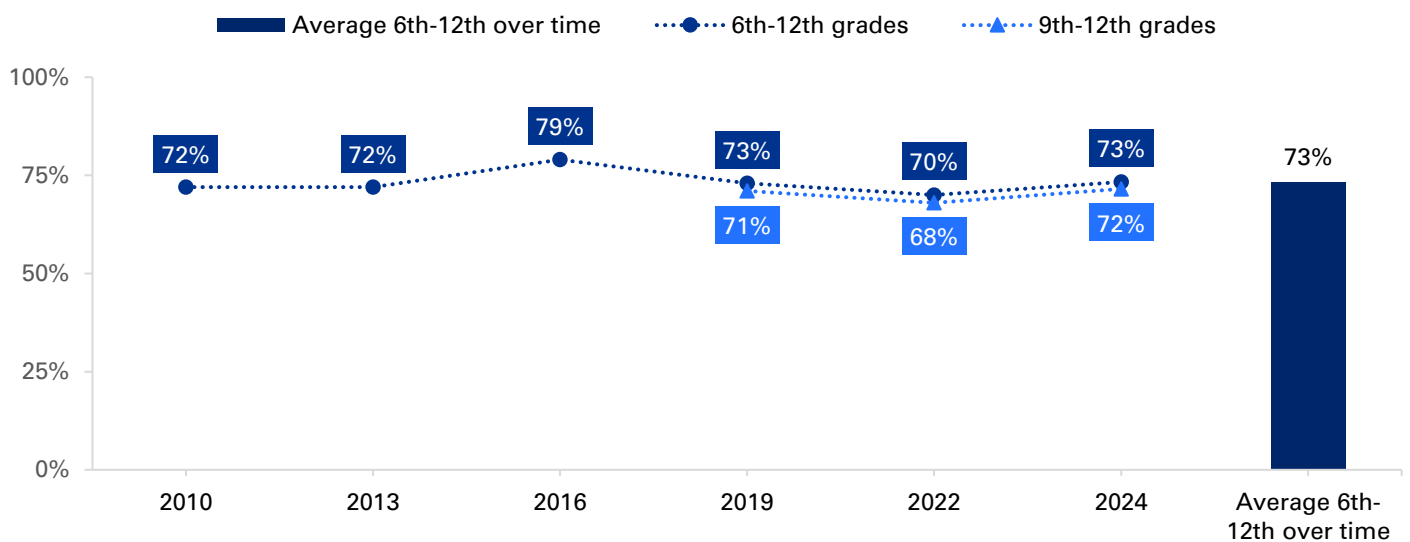


Trends in Responses

- Figure 17.3 shows the trend in the share of Henry County youth who had visited a dentist in the past year. On average (2010 through 2022) 73% of all youth reported they had been to the dentist in the past year which is the same for the year 2024.
- The share of high school students to report they had gone to the dentist in the past year was very slightly smaller than the overall share at 72%. This share is higher than the state share in 2021 which was 67%, but lower than the national share which was 74%.

Figure 17.3

Trend in the percentage of Henry County youth who reported they visited a dentist in the past year, 2010-2024



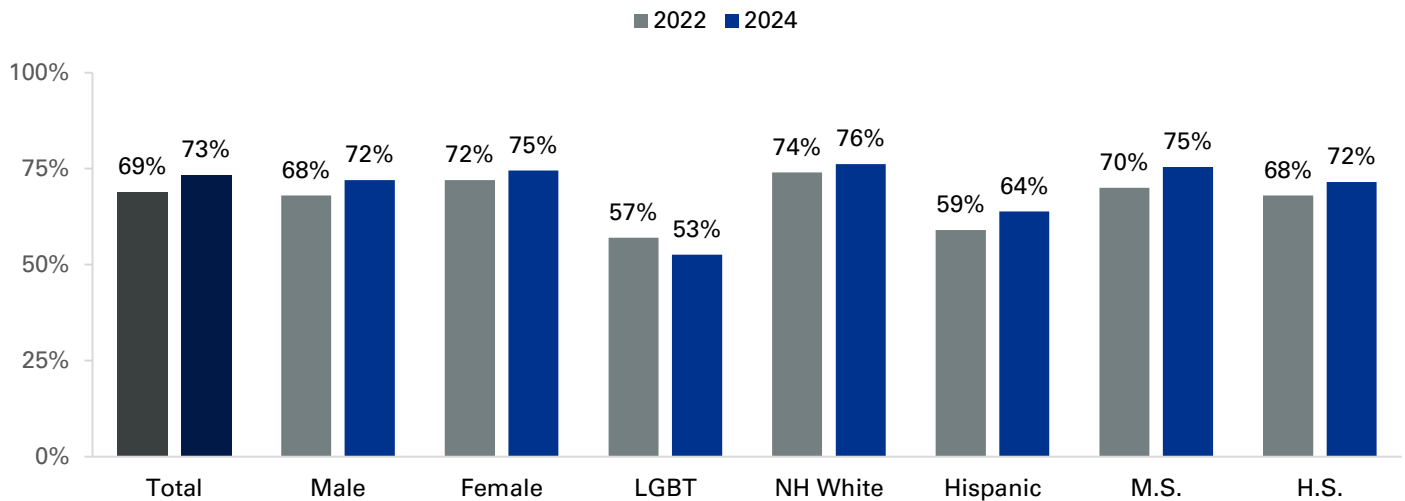
Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

Sociodemographic Variation in Responses

- There was variance in the share who reported seeing the dentist in the past year by sexual orientation and ethnicity. Other characteristics should minimal variation.
 - Female students slightly edged out their male counterparts regarding yearly dental visits, 75% versus 72%. The share among sexual minority students was much lower at just over half (53%).
 - Non-Hispanic White students had larger shares attending the dentist in the past year compared to their Hispanic counterparts at 76% and 64%, respectively.
 - Similar shares of middle school students (75%) and high school students (72%) saw a dentist in the past year.
- Regarding changes since 2022, all students except sexual minority students, reported increases in the share who had gone to a dentist in the past year.
 - The share among sexual minority students dropped from 57% to 53%.

Figure 17.4

Variation in the percentage of Henry County youth reporting they saw a dentist in the past year, 2022 & 2024



Research on Sleep

The American Academy of Pediatrics (AAP) recommends that adolescents aged 12 to 18 get 8 to 10 hours of sleep each night. This amount of sleep is important for their physical health, emotional well-being, and brain function. Getting enough sleep supports growth, learning, and development during these important years.

However, many U.S. teens are not getting enough sleep. Research shows the following:

1. **Not Enough Sleep:** Many adolescents are not meeting the 8 to 10 hours of sleep recommended by the AAP. Many teens only get about 6 to 7 hours of sleep on school nights, which can affect their mood, attention, and overall health (National Sleep Foundation, 2023 ²³).
2. **Too Much Screen Time:** High screen time, especially late at night, makes sleep worse and shorter. Using smartphones, tablets, and computers late into the evening can disrupt the body's natural sleep-wake cycle (National Sleep Foundation, 2023 ²⁴).
3. **Early School Start Times:** Many high schools start early in the morning, which is tough for teens because their sleep rhythms change during puberty, making them naturally want to stay up later (American Academy of Sleep Medicine, 2021 ²⁵).
4. **Sleep Problems:** More teens are having sleep problems, like insomnia and sleep apnea, which can make it harder to get good sleep (Gozal & Kheirandish-Gozal, 2020 ²⁶).
5. **School and Social Pressures:** Schoolwork, extracurricular activities, and social pressures can also reduce the amount of sleep teens get (Carskadon, 2019 ²⁷).

To help teens get the sleep they need, solutions might include better sleep habits, later school start times, and managing screen time.

²³ National Sleep Foundation. (2023). *2023 Sleep in America poll: Sleep and adolescent health*. National Sleep Foundation. Retrieved from <https://www.sleepfoundation.org/sleep-polls>

²⁴ National Sleep Foundation. (2023). *2023 Sleep in America poll: Sleep and adolescent health*. National Sleep Foundation. Retrieved from <https://www.sleepfoundation.org/sleep-polls>

²⁵ American Academy of Sleep Medicine. (2021). *Delayed school start times for adolescents: A review of the research*. *Journal of Clinical Sleep Medicine*, 17(2), 389-400. <https://doi.org/10.5664/jcsm.8602>

²⁶ Gozal, D., & Kheirandish-Gozal, L. (2020). *Obstructive sleep apnea and neurocognitive deficits in children: The importance of sleep assessment*. *Sleep Medicine Reviews*, 51, 101-106. <https://doi.org/10.1016/j.smrv.2020.101306>

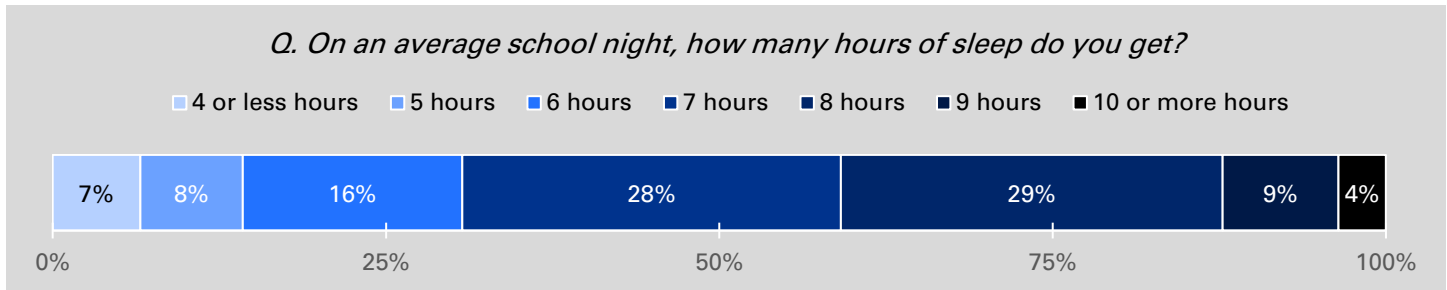
²⁷ Carskadon, M. A. (2019). *Sleep in adolescents: The perfect storm*. *Pediatric Clinics of North America*, 66(2), 347-359. <https://doi.org/10.1016/j.pcl.2018.11.002>

Distribution of Responses

- In 2024 most Henry County youth reported sleeping 7 hours or less (59%) on an average school night, meaning they weren't getting the AAP recommended 8 to 10 hours of sleep per night.
 - Approaching three-in-ten slept an average of seven hours a night and 16% slept only six hours. Fifteen percent (15%) reported sleeping five hours or less.
 - Conversely, about three-in-ten (29%) reported they slept an average of eight hours a night. Nine percent (9%) said they slept an average of nine hours and 4% said they slept for 10 or more hours a night on average.

Figure 17.5

Distribution of Henry County youth reporting pm how many hours sleep they got on an average school night, 2024

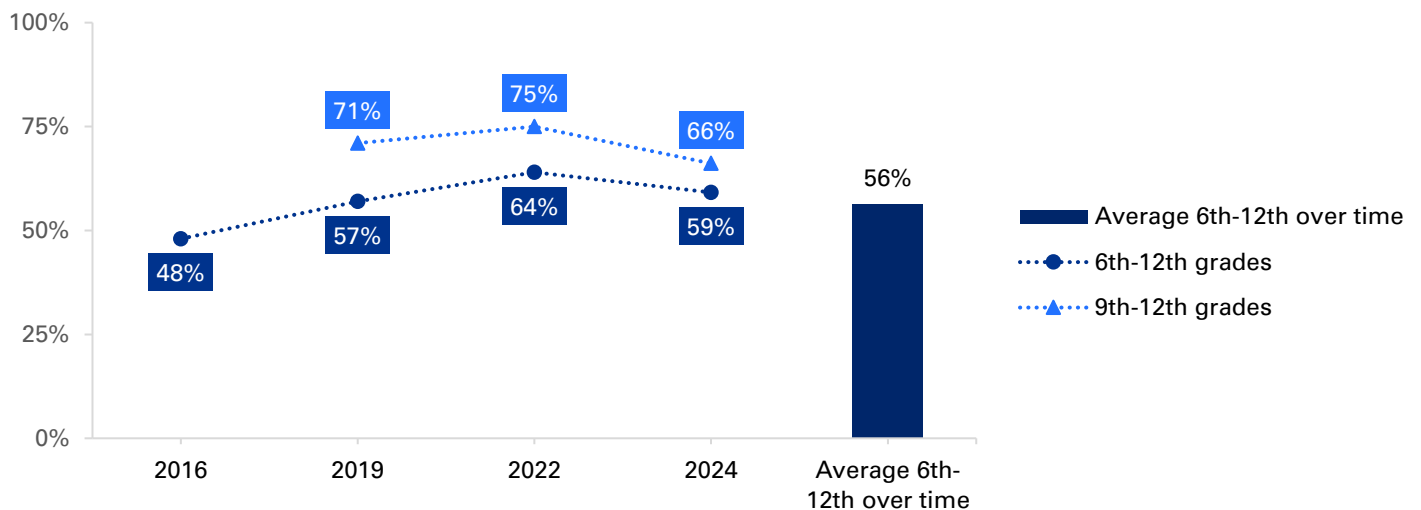


Trends in Responses

- On average (from 2016 through 2022) 56% of Henry County youth reported getting at least eight hours of sleep a night. The share in 2024 was slightly higher at 59%, however this share is lower than the 64% reported in 2022.
- The share of high school students who reported getting eight or more hours of sleep a night was slightly higher than the share among all students at 66%. The share statewide and nationally in 2021 was much higher, at 81% and 77%, respectively.

Figure 17.6

Trend in the percentage of Henry County youth reported getting at least eight hours of sleep a night, 2016-2024



Note: The average represents the arithmetic mean of the share of 6th -12th graders over the period of 2010 - 2022.

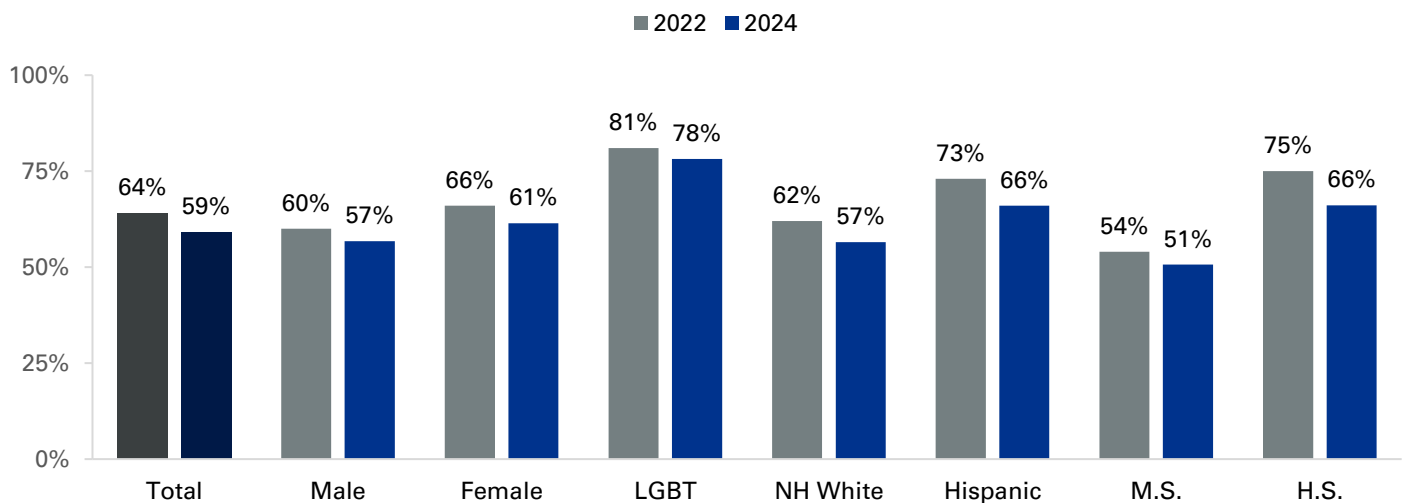
Sociodemographic Variation in Responses

Figure 17.7 presents variation in the share of students who reported getting sufficient sleep on an average school night.

- The share of female students who reported getting sufficient sleep was higher than the share among male students, 61% versus 57%.
- The share among sexual minority students was the highest among the groups observed at more than three-quarters (78%).
- The share among Hispanic youth was also higher than the share among non-Hispanic White students, 66% versus 57%.
- Further, a larger share of high schoolers (66%) reported getting at least eight hours a sleep on average compared to only 51% among middle schoolers.
- Consistent with the overall trend since 2022, all groups reported declines in the share getting at least eight hours of sleep on an average school night.

Figure 17.7

Variation in the percentage of Henry County youth reporting they got sufficient sleep on an average school night, 2022 & 2024



Research on Unstable Housing

Housing instability among youth in the U.S. is becoming a bigger problem, and it is affecting their well-being in many ways. Here are some key points:

1. Prevalence of Housing Instability ²⁸:

- ❖ **Rising Numbers:** More and more young people are facing housing instability, including homelessness and frequent moves. The U.S. Department of Education's Office of Homeless Education reports that millions of students experience homelessness each year. For example, over 1.3 million students were identified as homeless during the 2021-2022 school year.
- ❖ **Hidden Homelessness:** Many youths who are unstable in housing are not visibly homeless. Instead, they may be living with friends or family, in motels, or in other temporary and unstable places. This "hidden homelessness" makes it harder to track and support them.

2. Impact on Education ²⁹:

- ❖ **Academic Struggles:** Youth facing housing instability often have lower academic achievement, higher dropout rates, and lower school engagement. Constantly moving schools and lacking important resources make it harder for them to succeed.
- ❖ **Barriers to Success:** Unstable housing can cause problems with attending school regularly, not having the right school supplies, and other disruptions that hurt learning and emotional growth.

3. Mental and Physical Health ³⁰:

- ❖ **Health Risks:** Youth with unstable housing are more likely to have mental health issues like anxiety and depression. They also experience higher rates of physical health problems because of poor living conditions and limited healthcare access.
- ❖ **Increased Stress:** The stress of not having a stable home can affect their thinking, emotions, and overall well-being.

²⁸ U.S. Department of Education, National Center for Homeless Education. (2023). *Education for homeless children and youth program data collection*. Retrieved from <https://nche.ed.gov/data-and-stats/>

²⁹ Parrott, K. A., Huslage, M., & Cronley, C. (2022). Educational equity: A scoping review of the state of literature exploring educational outcomes and correlates for children experiencing homelessness, *Children and Youth Services Review, 143*, 1-13. <https://doi.org/10.1016/j.childyouth.2022.106673>

³⁰ Gultekin, L. E., Brush, B. L., Ginier, E., Cordon, A., Dowdell, E. B. (2020). Health risks and outcomes of homelessness in school-age children and youth: A scoping review of the literature. *The Journal of School Nursing, 36*(1), 10-18. doi:10.1177/1059840519875182

Distribution of Responses

In 2022, we began asking local youth about where they usually slept in the past 30 days. Available responses were: (1) In my parent’s or guardian’s home, (2) In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing, (3) In a shelter or emergency housing, (4) in a motel or hotel, (5) In a car, park, campground, or other public place, (6) I do not have a usual place to sleep, and (7) Somewhere else.

- The percentage of youth who reported they lived in their parent’s or guardian’s home was high at 97% and like reports from 2022 (96%).
- While too few reported any of the other categories to report individual percentages here, if an option other than a parent’s or guardian’s home was selected it was most often that they were in the home of a friend, family member, or other person because their parent or guardian couldn’t afford housing.
- Data from 2021 indicate statewide 1% of high school students weren’t usually sleeping in their parent’s or guardian’s home, and nationally, 3% weren’t. Among Henry County high schoolers 3% reported they weren’t usually sleeping in their parent’s or guardian’s home.

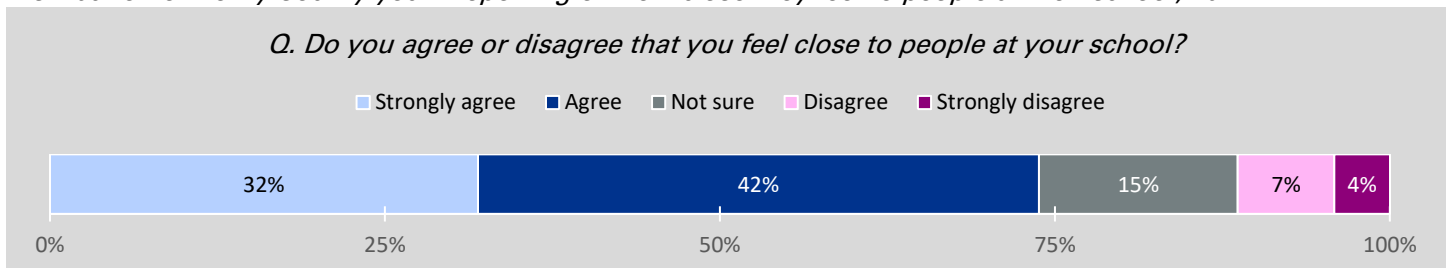
Feel Close to People at Their School

Distribution of Responses

- A new question added to the 2024 Youth Community Status Assessment was whether students agreed or disagreed that they felt close to people at their school. Figure 17.8 shows the distribution of their responses.
 - Approaching one-third (32%) of Henry County youth reported they strongly agree that they feel close to the people at their school, and more than two-fifths (42%) agreed for a total of 74%.
 - Fifteen percent (15%) were unsure.
 - There was about one-in-ten (11%) of students who said they disagreed or strongly disagreed that they felt close to people at their school.
- Data from 2021 indicate nationally, 62% of high school students felt close to people at their school. Among Henry County high schoolers, their share in 2024 was higher at 70%.

Figure 17.8

Distribution of Henry County youth reporting on how close they feel to people at their school, 2024



Appendix

Sociodemographic Characteristics of Respondents

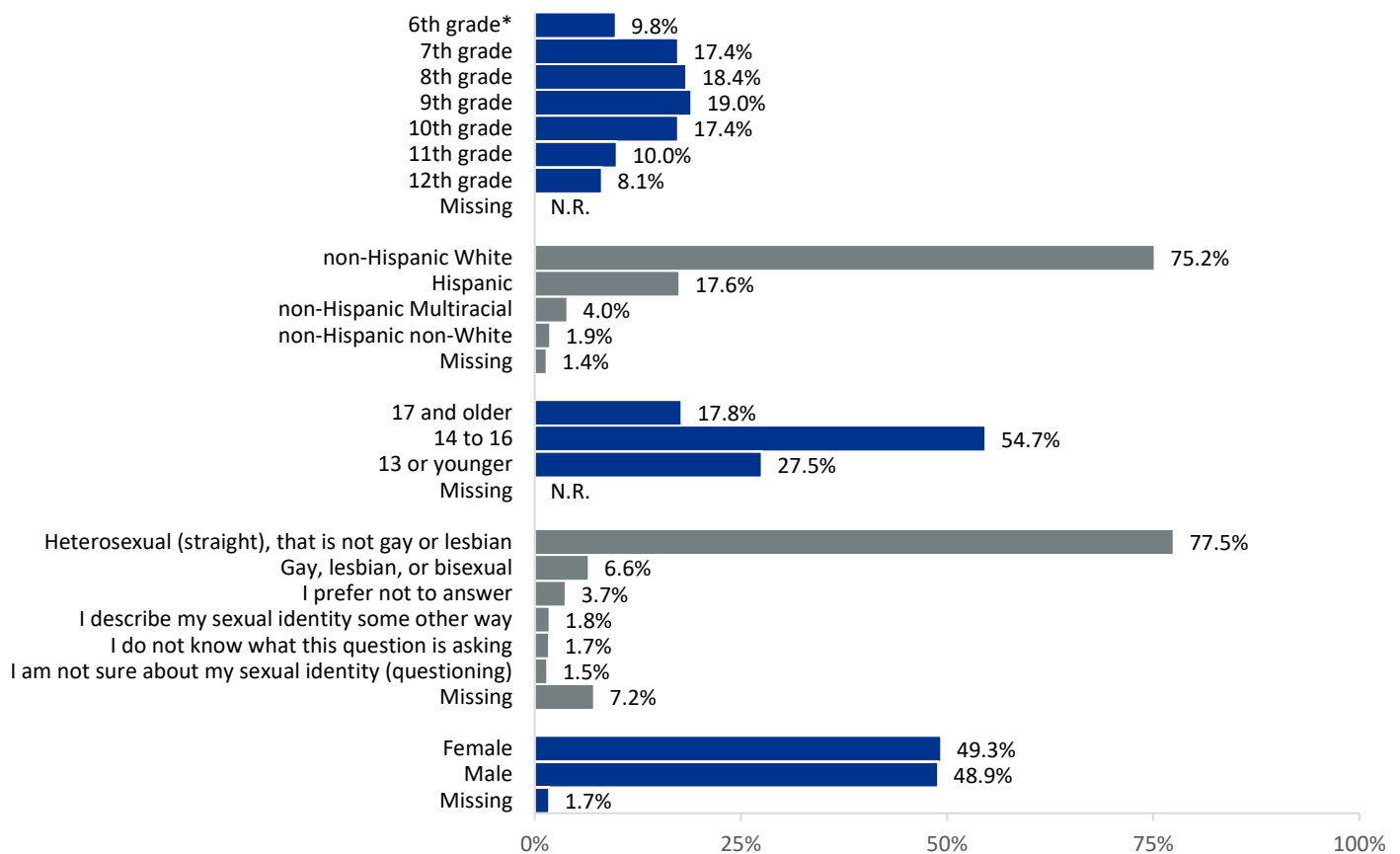
In May of 2024, 1,390 students attending Holgate, Liberty Center, Napoleon, and Patrick Henry started the Henry County Youth Community Status Assessment (Y-CSA).³¹

- The resulting response rate for Henry County public schools was 60.2%.³²
- Not all students completed the survey—127 had stopped responding by the time they reached the last question for a loss of 9.1% of the original respondents. This means slightly fewer than 55% of all enrolled students completed the entire survey.

Whenever possible we will report on youth experiences by their sociodemographic characteristics. However, sometimes the number of students gets quite small. In order to protect identities and the integrity of the report statistics, if there were fewer than 20 students in a given category they are deemed ‘Not Reportable’ and an ‘N.R.’ will be indicated.

Appendix Figure 1.

Distribution of characteristics of youth responding to the 2024 Y-CSA



* Sixth graders in the Napoleon school district did not respond to the Y-CSA, only students enrolled in Napoleon Junior High (7th and 8th graders) and Napoleon High School (9th-12th graders).

³¹ Students attending Four County Career Center are not included in the Y-CSA and FCC accounts for approximately 28% of the areas’ juniors and seniors, hence the reduced share of juniors and seniors responding to the survey.

³² This figure removes the estimated 28% of juniors and seniors estimated to attend FCC.