



# Nebraska Risk and Protective Factor Student Survey Results for 2023

## Profile Report: THURSTON COUNTY

**Sponsored by:**

Nebraska Department of Health and Human Services  
Division of Behavioral Health

**Administered by:**

Bureau of Sociological Research  
University of Nebraska-Lincoln

*NRPFS is part of the Student Health and Risk  
Prevention (SHARP) Surveillance System that administers  
surveys to youth enrolled in Nebraska schools*

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## Introduction and Overview

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This report summarizes the findings from the 2023 Nebraska Risk and Protective Factor Student Survey (NRPFSS). The 2023 survey represents the tenth implementation of the NRPFSS and the seventh implementation of the survey under the Nebraska Student Health and Risk Prevention (SHARP) Surveillance System. SHARP consists of the coordinated administration of three school-based student health surveys in Nebraska, including the NRPFSS, the Youth Risk Behavior Survey (YRBS), and the Youth Tobacco Survey (YTS). The Nebraska SHARP Surveillance System is administered by the Nebraska Department of Health and Human Services and the Nebraska Department of Education through a contract with the Bureau of Sociological Research at the University of Nebraska-Lincoln. For more information on the Nebraska SHARP Surveillance System please visit <https://bosr.unl.edu/sharp/>.

As a result of the creation of SHARP and its inclusion of the NRPFSS, the administration schedule shifted from the fall of odd calendar years to the fall of even calendar years. The first three administrations of the NRPFSS occurred during the fall of 2003, 2005, and 2007, while the fourth administration occurred during the fall of 2010, leaving a three-year gap (rather than the usual two-year gap) between the most recent administrations. The 2012, 2014, 2016, and 2018 administrations also occurred during the fall. Due to the COVID-19 pandemic, the 2020 administration was postponed to 2021, again leaving a three-year gap. The 2023 administration occurred during the fall. All future administrations take place during the fall of odd calendar years as well (i.e., every two years).

The NRPFSS targets Nebraska students in grades 8, 10, and 12 with a goal of providing schools and communities with local-level data. As a result, the NRPFSS is implemented as a census survey, meaning that every public and non-public school with an eligible grade can choose to participate. Therefore, data presented in this report are not to be considered a representative statewide sample. The survey is designed to assess adolescent substance use, delinquent behavior, and many of the risk and protective measures that predict adolescent problem behaviors. The NRPFSS is adapted from national, scientifically-validated surveys and contains information on risk and protective measures that are locally actionable. These risk and protective measures are also highly correlated with substance misuse as well as delinquency, teen pregnancy, school dropout, and violence. Along with other locally attainable sources of information, the information from the NRPFSS can aid schools and community groups in planning and implementing local prevention initiatives to improve the health and academic performance of their youth.

Table 1.1 provides information on the student participation rate for Thurston County. The participation rate represents the percentage of all eligible students who took the survey. If 60 percent or more of the students participated, the report is generally a good indicator of the levels of substance use, risk, protection, and delinquent behavior in Thurston County. If fewer than 60.0 percent participated, a review of who participated should be completed prior to generalizing the results to the entire student population.

### **2023 NRPFSS Sponsored by:**

The 2023 NRPFSS is sponsored by the 2018 Strategic Prevention Framework - Partnership for Success grant and the 2022 Substance Use Prevention Treatment Recovery Services Block Grant for the Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention through the Nebraska Department of Health and Human Services Division of Behavioral Health.

The Bureau of Sociological Research (BOSR) at the University of Nebraska – Lincoln (UNL) collected the NRPFSS data for this administration as well as the 2010, 2012, 2014, 2016, 2018, 2021, and 2023 administrations. As part of BOSR’s commitment to high quality data, BOSR is a member of the American Association for Public Opinion Research (AAPOR) Transparency Initiative. As part of this initiative, BOSR pledges to provide certain methodological information whenever data are collected. This information as it relates to the NRPFSS is available on BOSR’s website (<https://bosr.unl.edu/sharp/>).

**Table 1.1. Survey Participation Rates, 2023**

Grade	Thurston County			State of Nebraska		
	2023			2023		
	Number Participated	Number Enrolled	Percent Participated	Number Participated	Number Enrolled	Percent Participated
8th	34	145	23.4%	3567	26566	13.4%
10th	12	143	8.4%	4599	27660	16.6%
12th	19	165	11.5%	3394	27460	12.4%
Total	65	453	14.3%	11560	81686	14.2%

*Note: The grade-specific participation rates presented within this table consist of the number of students who completed the NRPFSS divided by the total number of students enrolled within the participating schools.*

Again, the goal of the NRPFSS is to collect school district and community-level data and not to collect representative state data. However, state data provide insight into the levels of substance use, risk, protection, and delinquent behavior among Nebraskan students, especially students in rural areas other than in Douglas, Lancaster, or Sarpy counties. In 2023, 14.2 percent of the eligible Nebraska students in grades 8, 10, and 12 participated in the NRPFSS; 83.7 percent of these participations came from the areas outside of Douglas, Lancaster, and Sarpy counties.

The 2023 participation rate for the state as a whole remains lower than the 60.0 percent level recommended for representing students statewide, so the state-level results should be interpreted with some caution. Failure to obtain a high participation rate statewide is, in part, due to low levels of participation within Douglas, Lancaster, and Sarpy Counties, which combined had a 4.1% participation rate in 2023 compared to 27.3% for the remainder of the state.

Table 1.2 provides an overview of the characteristics of the students who completed the 2023 survey within Thurston County and the state overall.

**Table 1.2. Participant Characteristics, 2023**

	Thurston County 2023		State of Nebraska 2023	
	n	%	n	%
Total students	67		11741	
<b>Grade</b>				
8th	34	50.7%	3567	30.4%
10th	12	17.9%	4599	39.2%
12th	19	28.4%	3394	28.9%
Unknown	2	3.0%	181	1.5%
<b>Gender</b>				
Male	33	49.3%	5952	50.7%
Female	34	50.7%	5719	48.7%
Unknown	0	0.0%	70	0.6%
<b>Race/Ethnicity</b>				
Hispanic*	5	7.5%	2393	20.4%
African American	5	7.5%	389	3.3%
Asian	1	1.5%	227	1.9%
American Indian	44	65.7%	308	2.6%
Pacific Islander	0	0.0%	41	0.3%
Alaska Native	5	7.5%	22	0.2%
White	0	0.0%	8193	69.8%
Other	5	7.5%	110	0.9%
Unknown	2	3.0%	58	0.5%

*Notes: \*Hispanic can be of any race. In columns, n=number or frequency and %=percentage of distribution.*

**Overview of Report Contents**

The report is divided into the following five sections: (1) substance use; (2) transportation safety; (3) violence, bullying, and mental health; (4) nutrition and physical activity; and (5) feelings and experiences at home, school, and in the community. Within each section, highlights of the 2023 survey data for Thurston County are presented along with state and national estimates, when available.

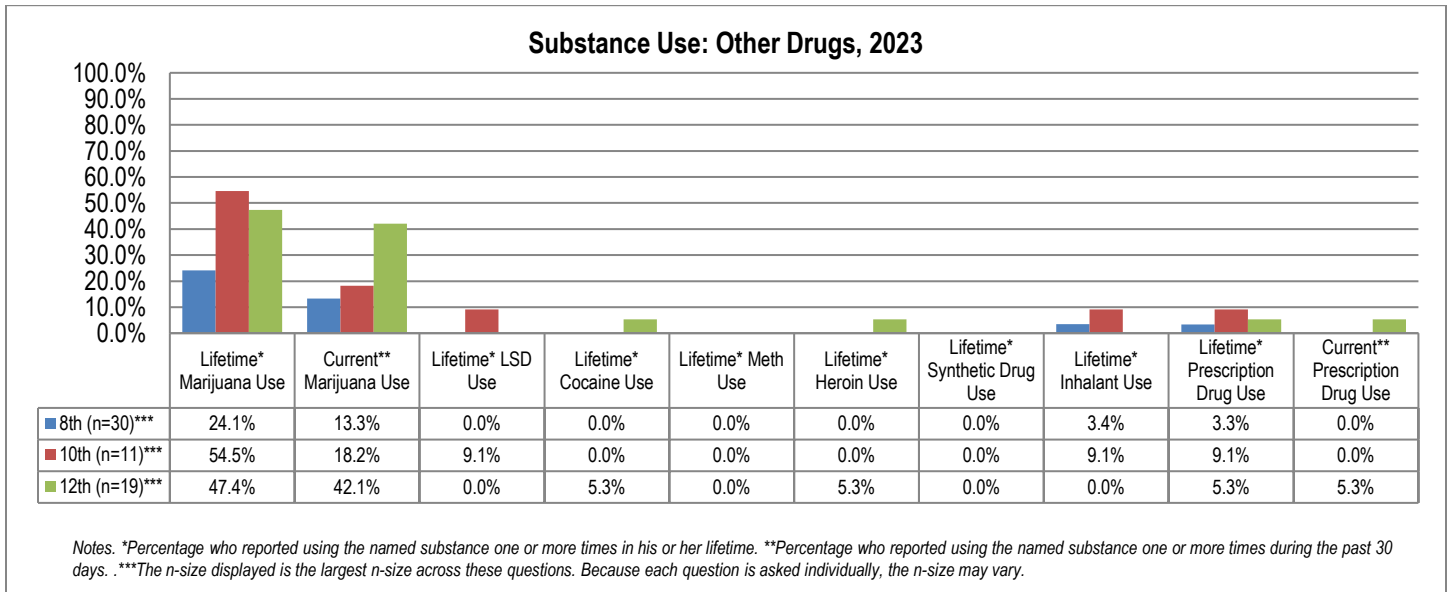
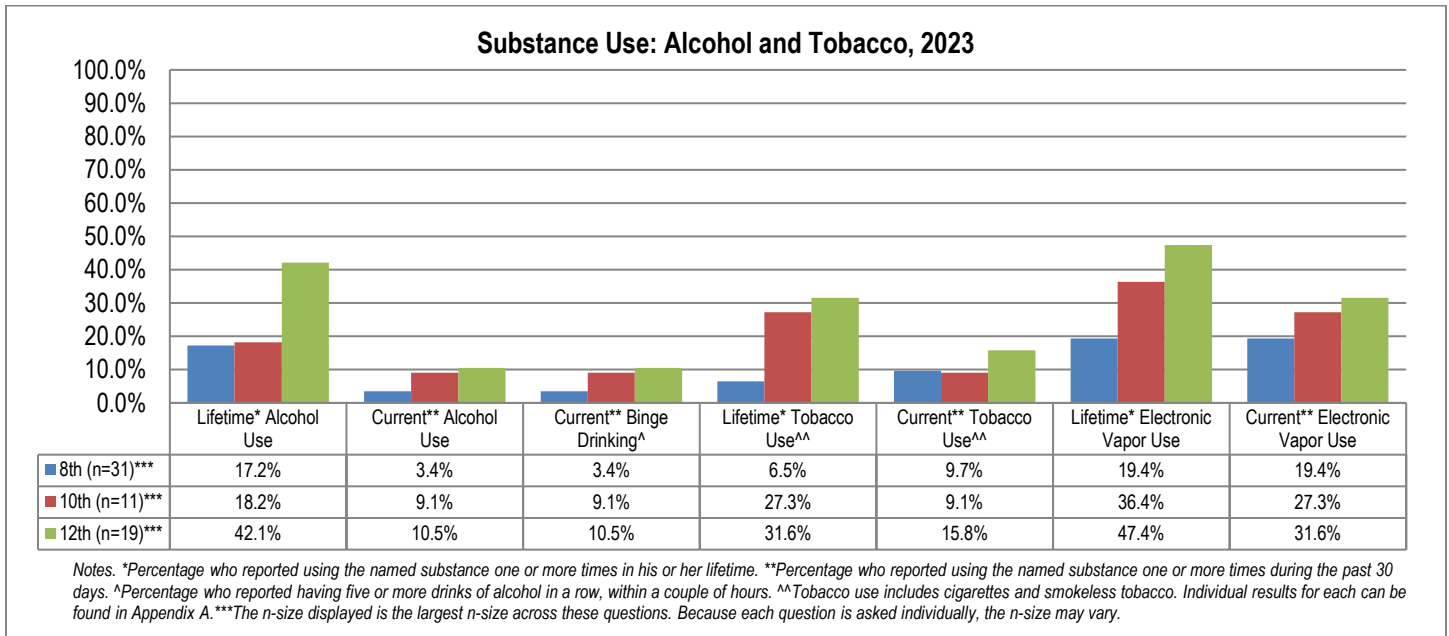
When there are less than 10 survey respondents for a particular grade, their responses are not presented in order to protect the confidentiality of individual student participants. Furthermore, if a grade level has 10 or more respondents but an individual question or sub-group presented in this report has less than 10 respondents then results for the individual item or sub-group are not reported.

A number of honesty measures were also created to remove students who may not have given the most honest answers. These measures included reporting use of a fictitious drug, using a substance during the past 30 days more than in one's lifetime, answering that the student was not at all honest when filling out the survey, and providing an age and grade combination that are highly unlikely. Students whose answers were in question for any one of these reasons were excluded from reporting. For the State of Nebraska, 368 students met these criteria. Three students in Thurston County met these criteria.

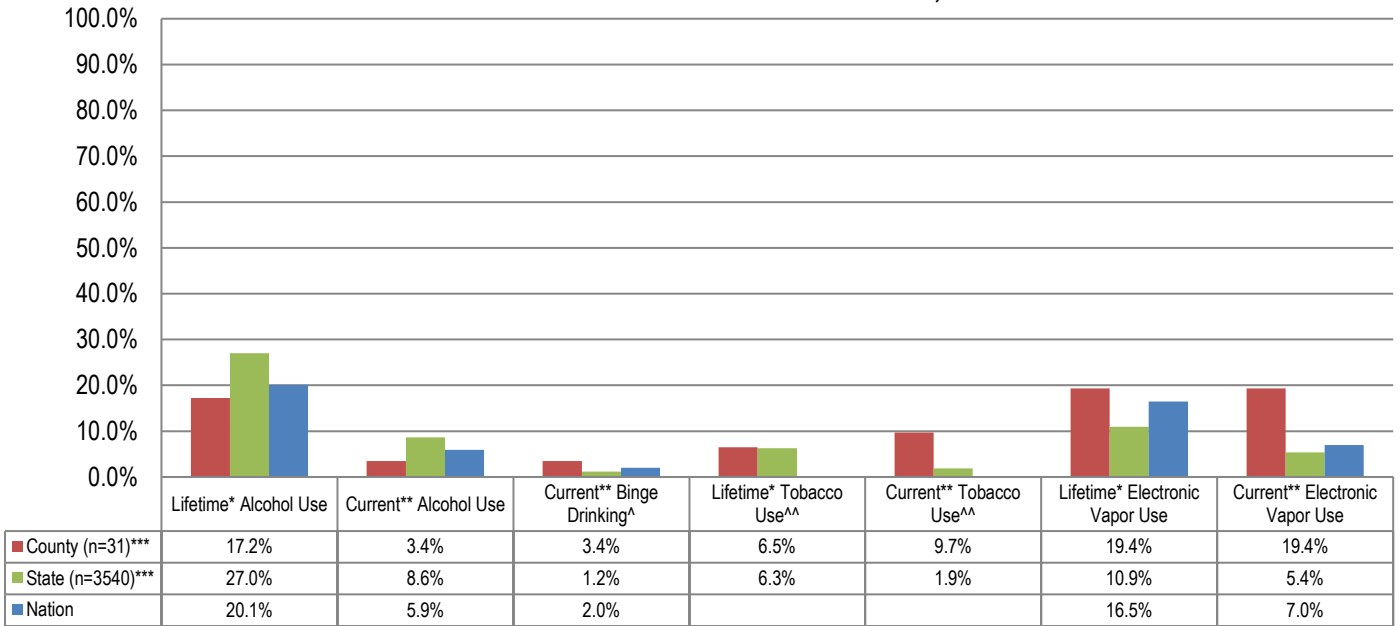
**Substance Use**

This section contains information on the use of alcohol, tobacco, and other drugs among 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students in Thurston County. In addition, there is information on attitudes and perceptions, the sources of substances, and other substance-related topics. To provide greater context for the results from Thurston County, overall state and national results are presented when available. As discussed earlier, the state results are not to be considered a representative statewide sample. The national data source is the Monitoring the Future survey, administered by the Institute for Social Research at the University of Michigan and sponsored by the National Institute on Drug Abuse and National Institutes of Health.

**Substance Use**

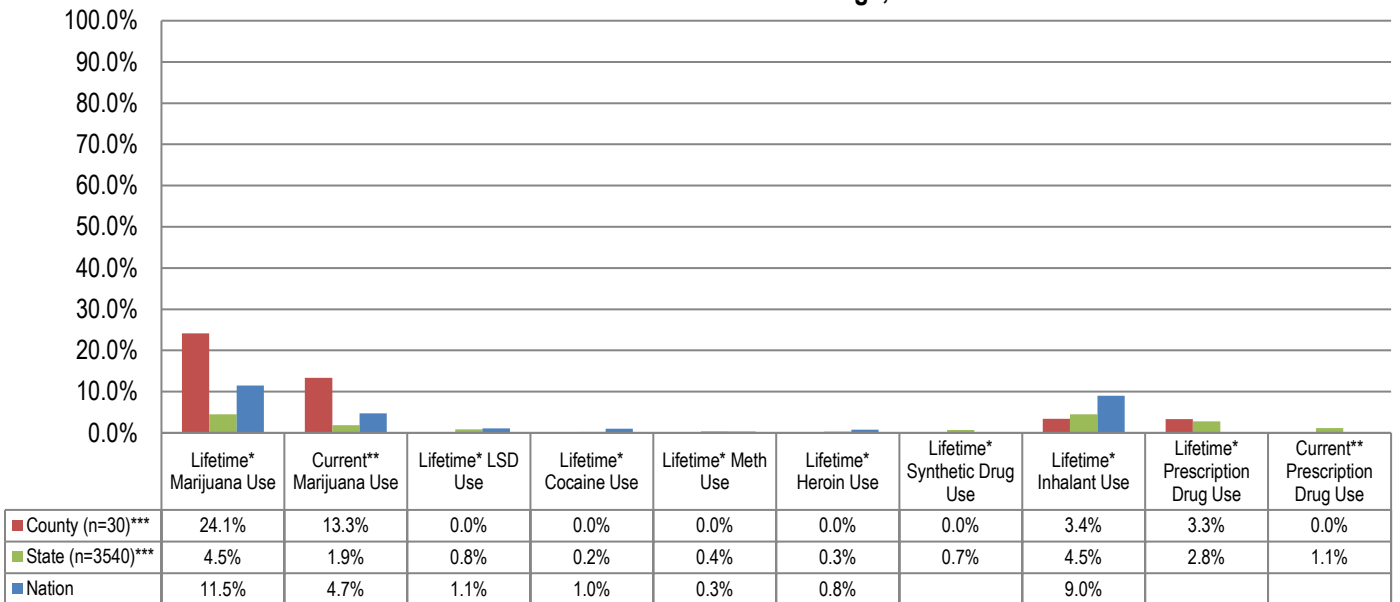


### 8th Grade Substance Use: Alcohol and Tobacco, 2023



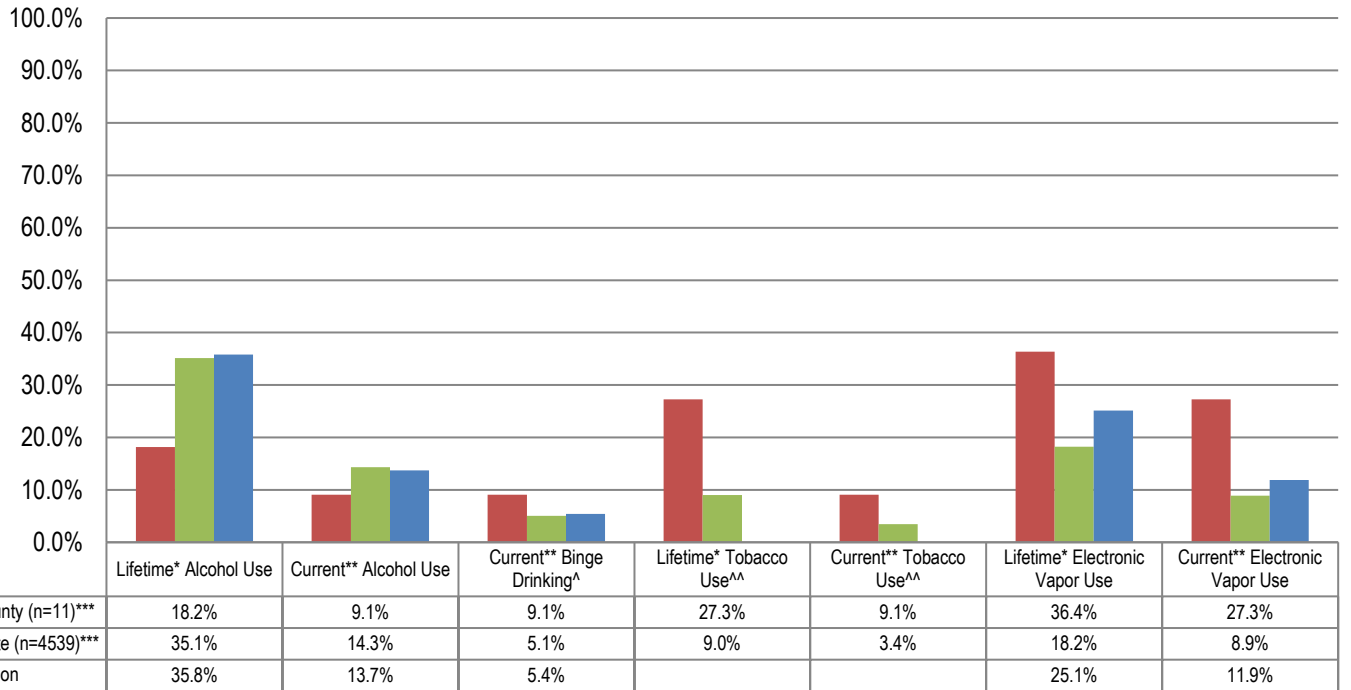
Notes. \*Percentage who reported using the named substance one or more times in his or her lifetime. \*\*Percentage who reported using the named substance one or more times during the past 30 days. <sup>^</sup>Percentage who reported having five or more drinks of alcohol in a row, within a couple of hours. <sup>^^</sup>Tobacco use includes cigarettes and smokeless tobacco. Individual results for each can be found in Appendix A. \*\*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

### 8th Grade Substance Use: Other Drugs, 2023



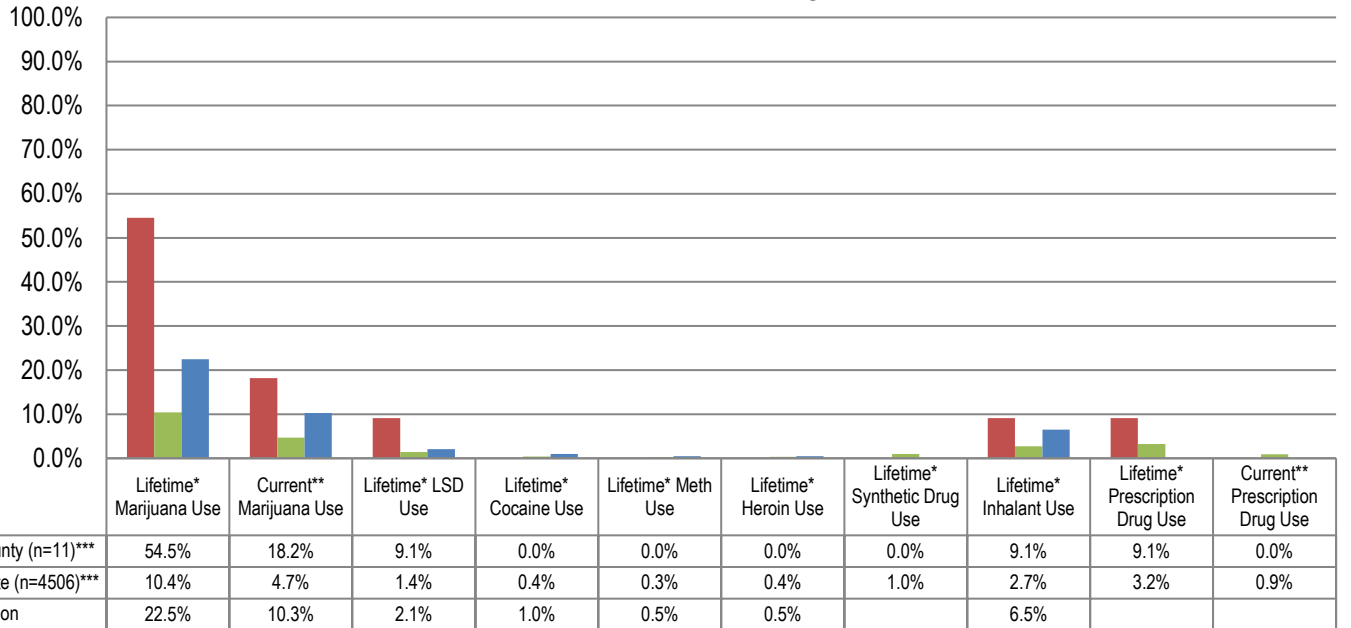
Notes. \*Percentage who reported using the named substance one or more times in his or her lifetime. \*\*Percentage who reported using the named substance one or more times during the past 30 days. \*\*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

### 10th Grade Substance Use: Alcohol and Tobacco, 2023



Notes. \*Percentage who reported using the named substance one or more times in his or her lifetime. \*\*Percentage who reported using the named substance one or more times during the past 30 days. <sup>^</sup>Percentage who reported having five or more drinks of alcohol in a row, within a couple of hours. <sup>^^</sup>Tobacco use includes cigarettes and smokeless tobacco. Individual results for each can be found in Appendix A. \*\*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

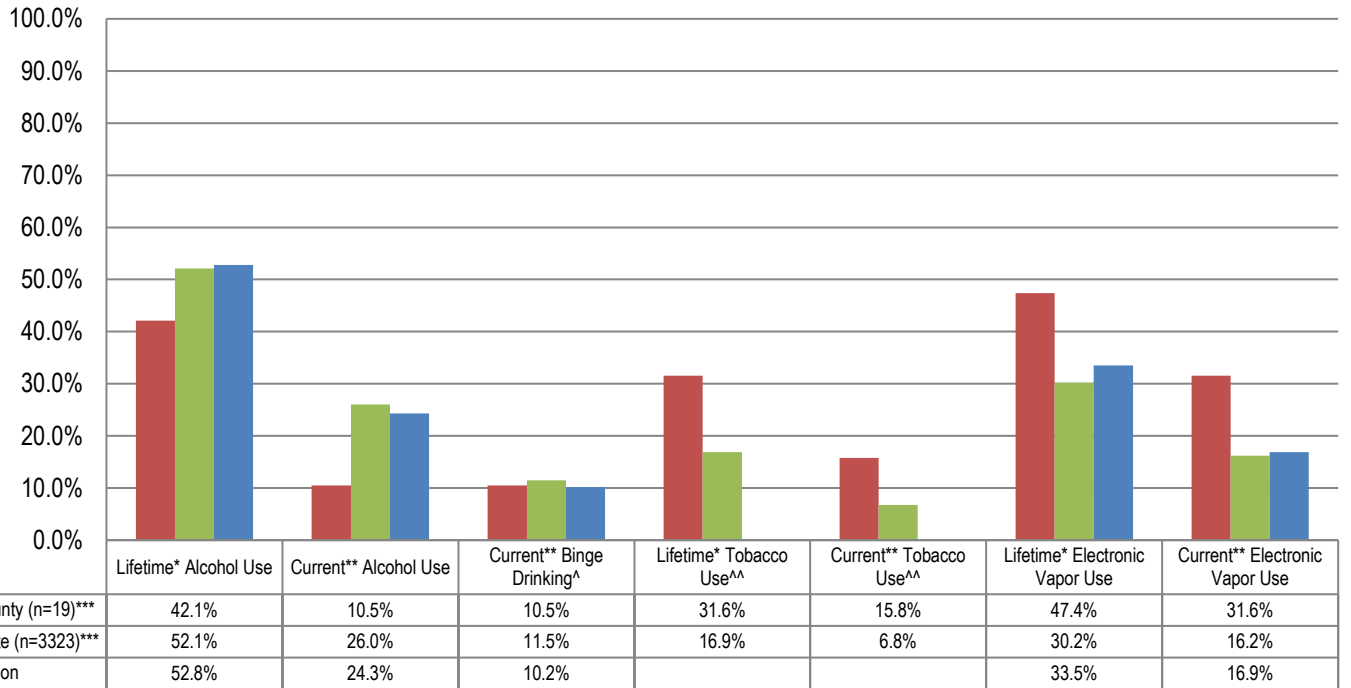
### 10th Grade Substance Use: Other Drugs, 2023



Notes. \*Percentage who reported using the named substance one or more times in his or her lifetime. \*\*Percentage who reported using the named substance one or more times during the past 30 days. \*\*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

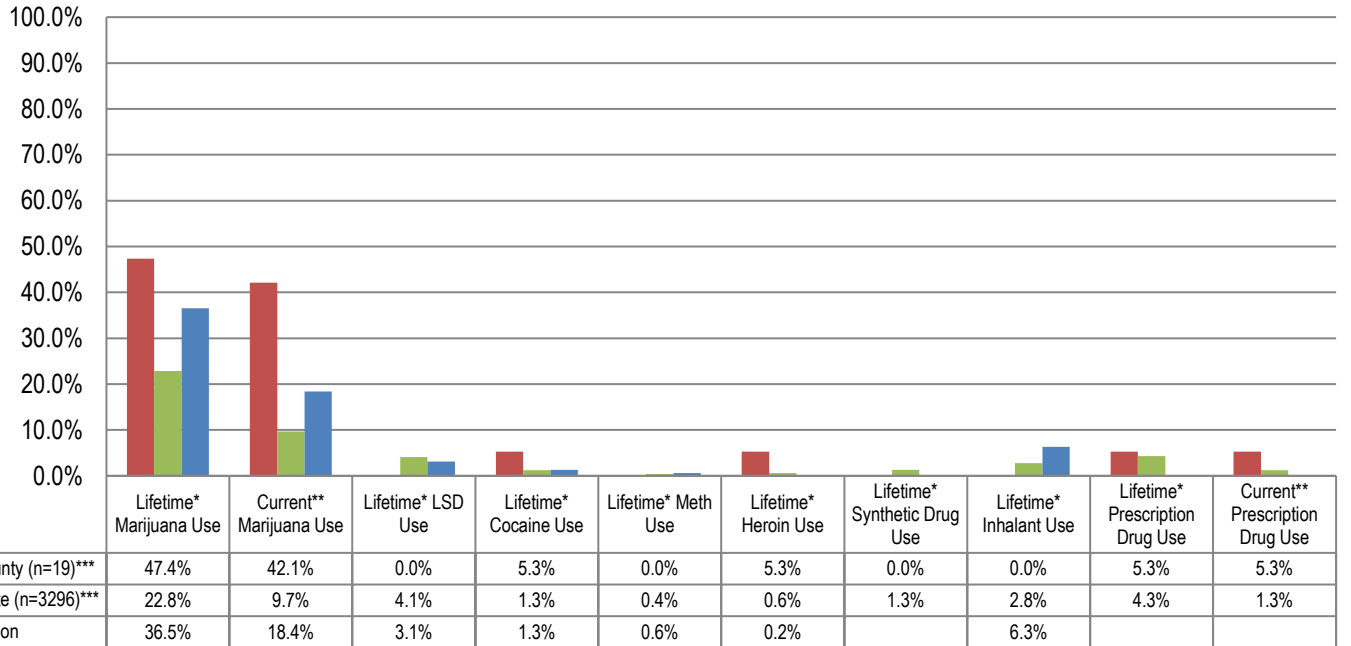


### 12th Grade Substance Use: Alcohol and Tobacco, 2023



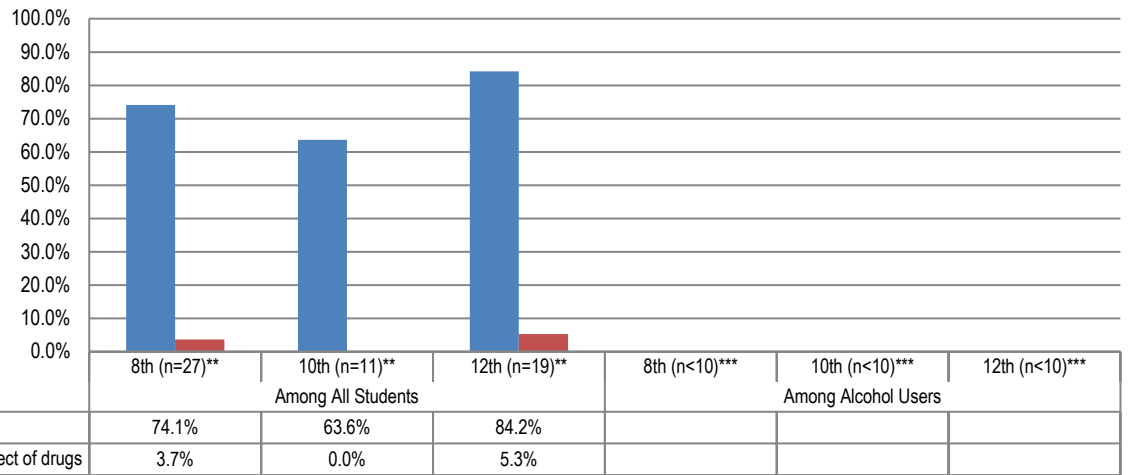
Notes. \*Percentage who reported using the named substance one or more times in his or her lifetime. \*\*Percentage who reported using the named substance one or more times during the past 30 days. <sup>^</sup>Percentage who reported having five or more drinks of alcohol in a row, within a couple of hours. <sup>^^</sup>Tobacco use includes cigarettes and smokeless tobacco. Individual results for each can be found in Appendix A. .\*\*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

### 12th Grade Substance Use: Other Drugs, 2023



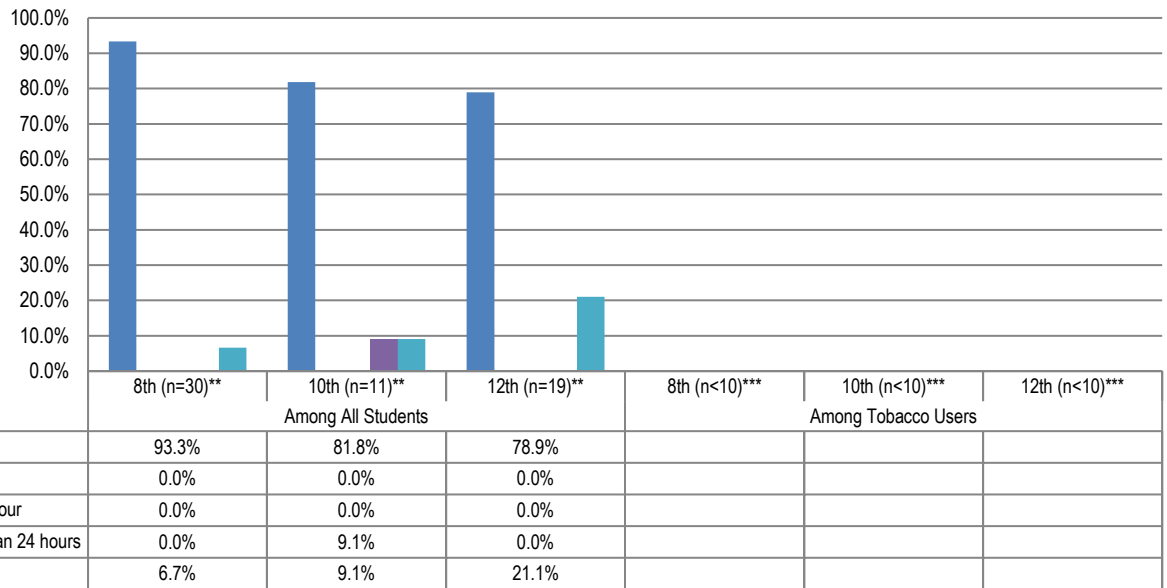
Notes. \*Percentage who reported using the named substance one or more times in his or her lifetime. \*\*Percentage who reported using the named substance one or more times during the past 30 days. .\*\*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

**Percentage Reporting Drinking Alcohol to Increase Effect of Some Other Drug, AMONG Students who Reported Drinking in the Past 30 Days\*, 2023**



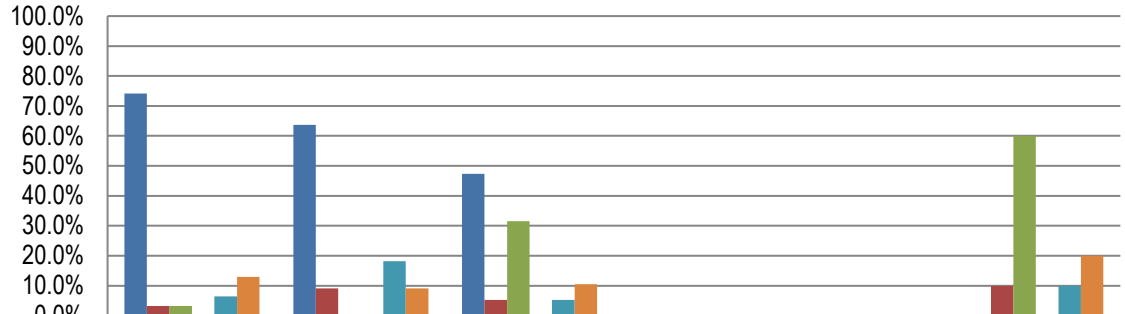
Notes. \*Among past 30 day alcohol users, the percentage who reported drinking alcohol one or more times to increase the effect of some of other drug or drugs during the past 30 days. \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary. \*\*\*Not reporting due to the participation number is less than 10.

**How Soon They Wanted to Use Tobacco Products after Waking Up, AMONG Students Who Reported Using Tobacco Products\*, 2023**



Notes. \*How soon after you wake up do you want to use a tobacco product? \*\*The n-size displayed is the same for all people given that how soon they want to smoke after waking up is asked as one question. \*\*\*Not reporting due to the participation number is less than 10.

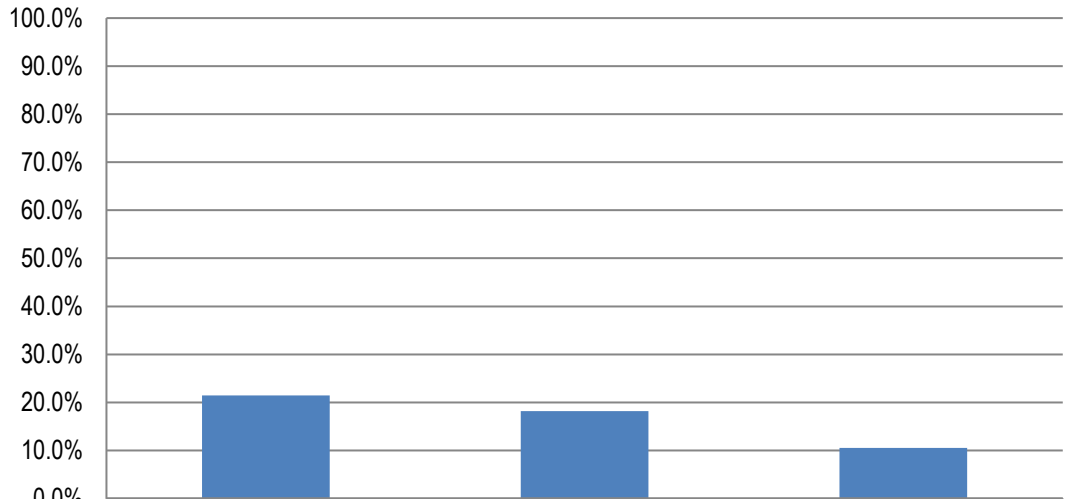
**Type of Mist Inhaled in Electronic Vaporizer, AMONG Students who Reported Using an E-cigarette or Vaping Device\*, 2023**



	8th (n=31)**	10th (n=11)**	12th (n=19)**	8th (n<10)***	10th (n<10)***	12th (n=10)**
	Among All Students			Among E-Vapor Users		
■ Never used a vaping or e-cigarette device	74.2%	63.6%	47.4%			
■ Nicotine or tobacco substitute	3.2%	9.1%	5.3%			10.0%
■ Marijuana or hash oil	3.2%	0.0%	31.6%			60.0%
■ Meth, cocaine, or heroin	0.0%	0.0%	0.0%			0.0%
■ A product without nicotine or other drugs	6.5%	18.2%	5.3%			10.0%
■ Don't know	12.9%	9.1%	10.5%			20.0%

Notes. \*Among past 30 day alcohol users, the percentage who reported drinking alcohol one or more times to increase the effect of some of other drug or drugs during the past 30 days. \*\*The n-size displayed is the same for all people given that type of mist inhaled is asked as one question. \*\*\*Not reporting due to the participation number is less than 10.

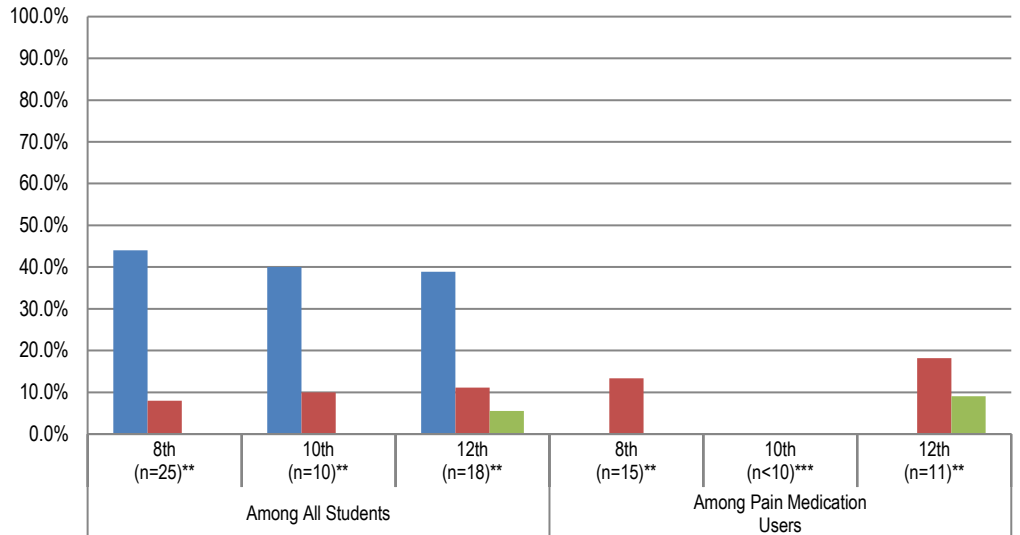
**Percentage Reporting Using Pain Medication Prescribed by a Doctor during the Past 12 Months\*, 2023**



	8th (n=28)	10th (n=11)	12th (n=19)
■ Used pain medication prescribed by doctor	21.4%	18.2%	10.5%

Notes. \*Percentage who reported "Yes" to the question "During the past 12 months, did you use pain medications that a doctor prescribed for you?"

**Other Pain Medication Topics, AMONG Students who Reported Receiving Prescription Pain Medication from a Doctor, 2023**

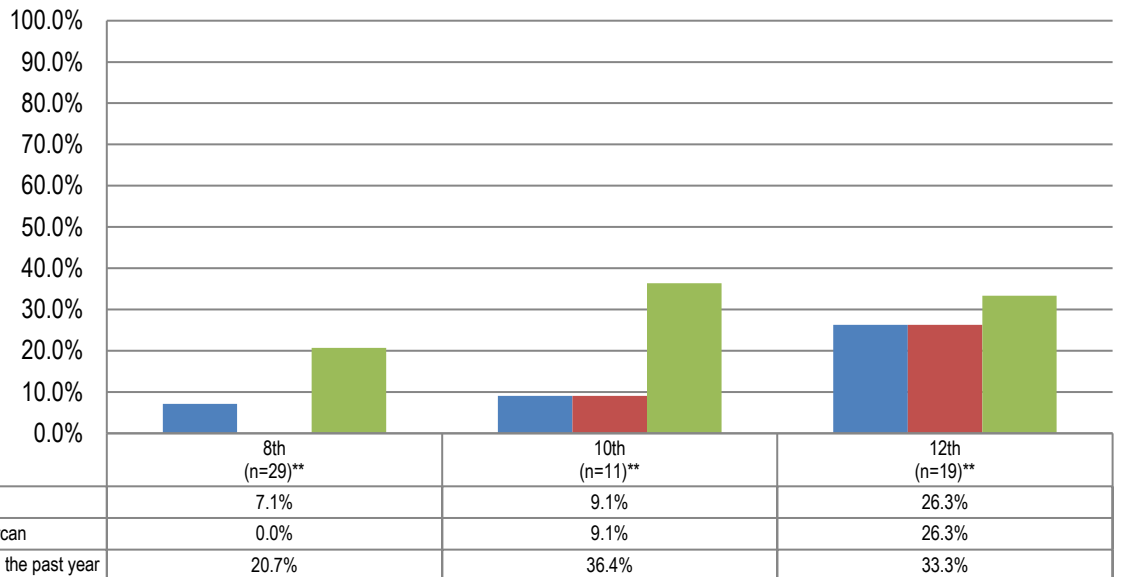


Did not receive a prescription pain medication from a doctor	44.0%	40.0%	38.9%			
Used pain medication more than directed*	8.0%	10.0%	11.1%	13.3%		18.2%
Someone asked to borrow or buy pain medication^	0.0%	0.0%	5.6%	0.0%		9.1%

Notes: \*Percentage who reported "Yes" to the question "The last time a doctor prescribed a pain medication for you, did you use any of the pain medication more frequently or in higher doses than directed by a doctor?" ^Percentage who reported "Yes" to the question "The last time a doctor prescribed a pain medication for you, did anyone ask you about borrowing or buying some of your medication?" \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary. \*\*\*Not reporting due to the participation number is less than 10.

Naloxone, sold as Narcan, is a medication designed to rapidly reverse opioid overdose to restore normal respiration in individuals whose breathing has slowed or stopped as a result of overdosing on heroin or prescription opioid medications. It is a critical tool in emergency responses to opioid overdose, helping to prevent fatalities and providing a window of opportunity for medical treatment.

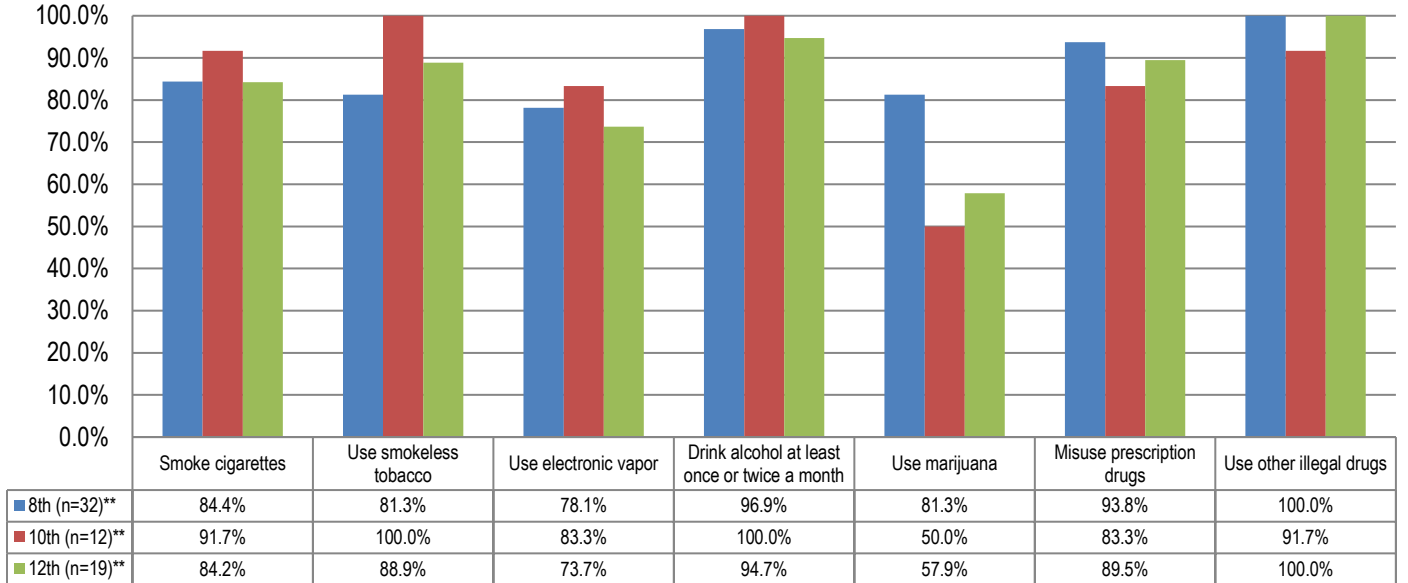
**Awareness and Knowledge of Opioid Overdose Reversal\*, 2023**



Notes: \*Percentage who reported "Yes" to the posted questions. \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

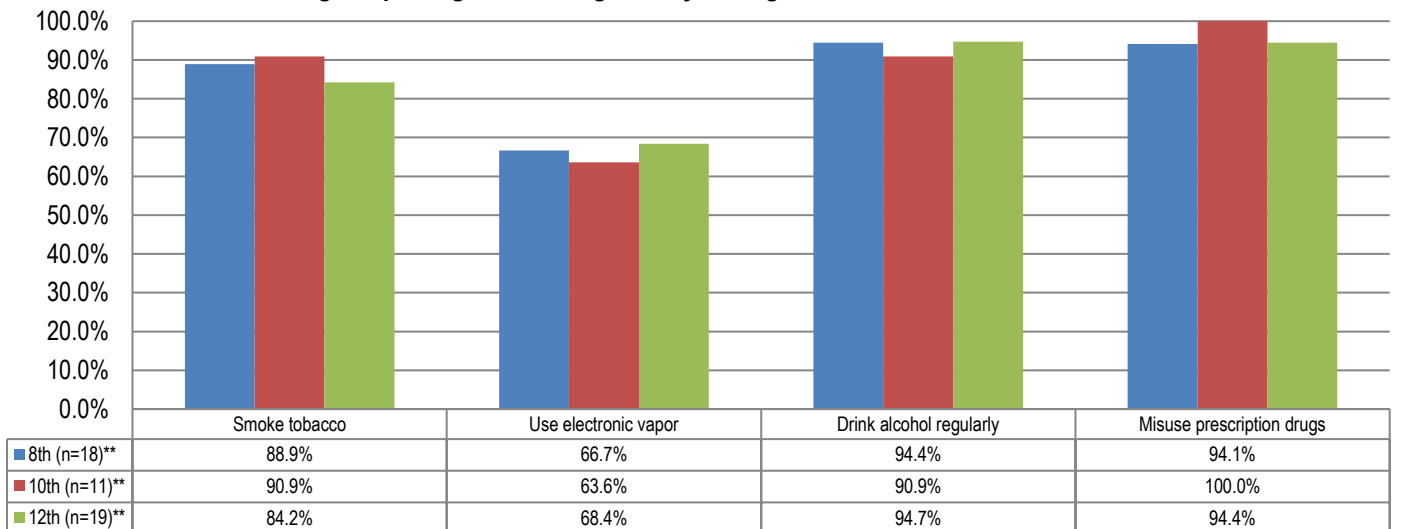
**Attitudes toward Substance Use**

**Percentage Reporting Wrong or Very Wrong to Substance Use Behavior\*, 2023**



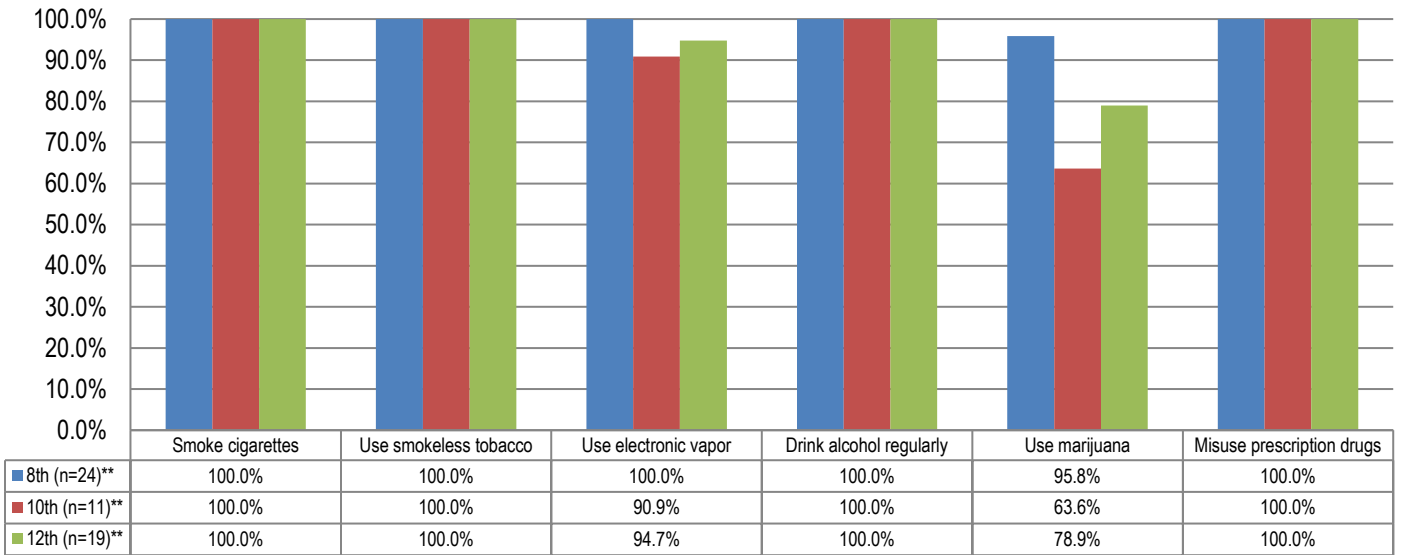
Note. \*Percentage who reported how wrong they think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all. \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

**Percentage Reporting Peer Wrong or Very Wrong to Substance Use Behavior\*, 2023**



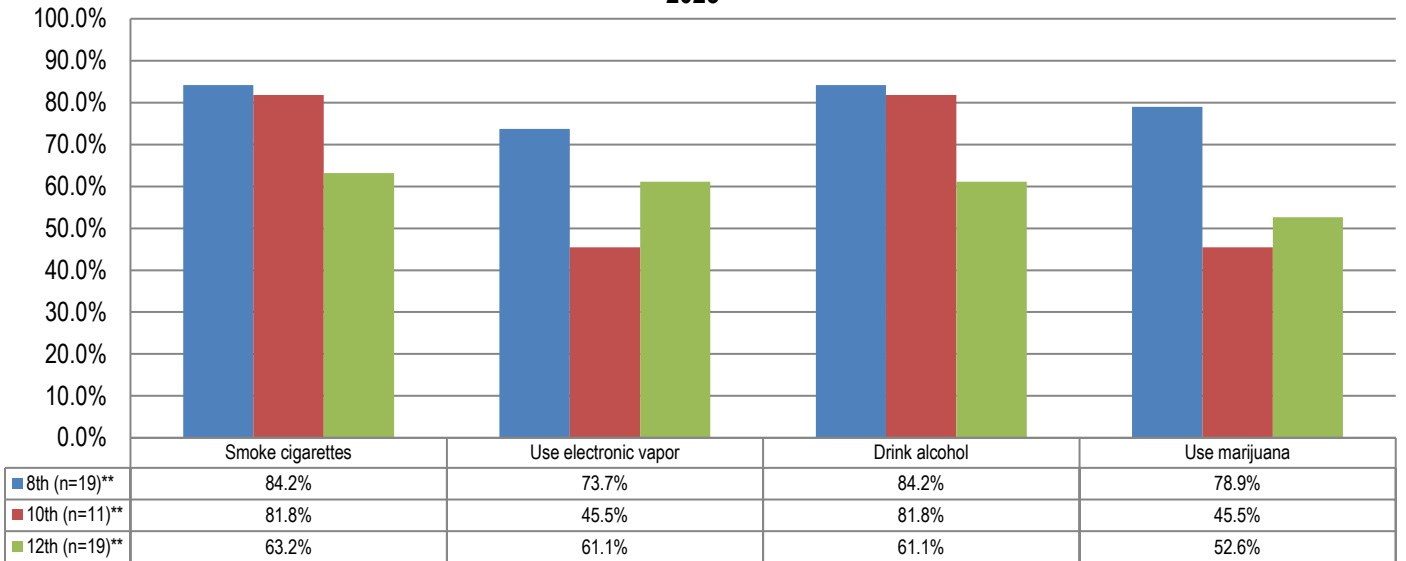
Note. \*Percentage who reported how wrong their friends would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all. \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

**Percentage Reporting Parent Wrong or Very Wrong to Substance Use Behavior\*, 2023**



Note. \*Percentage who reported how wrong their parents would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all. \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

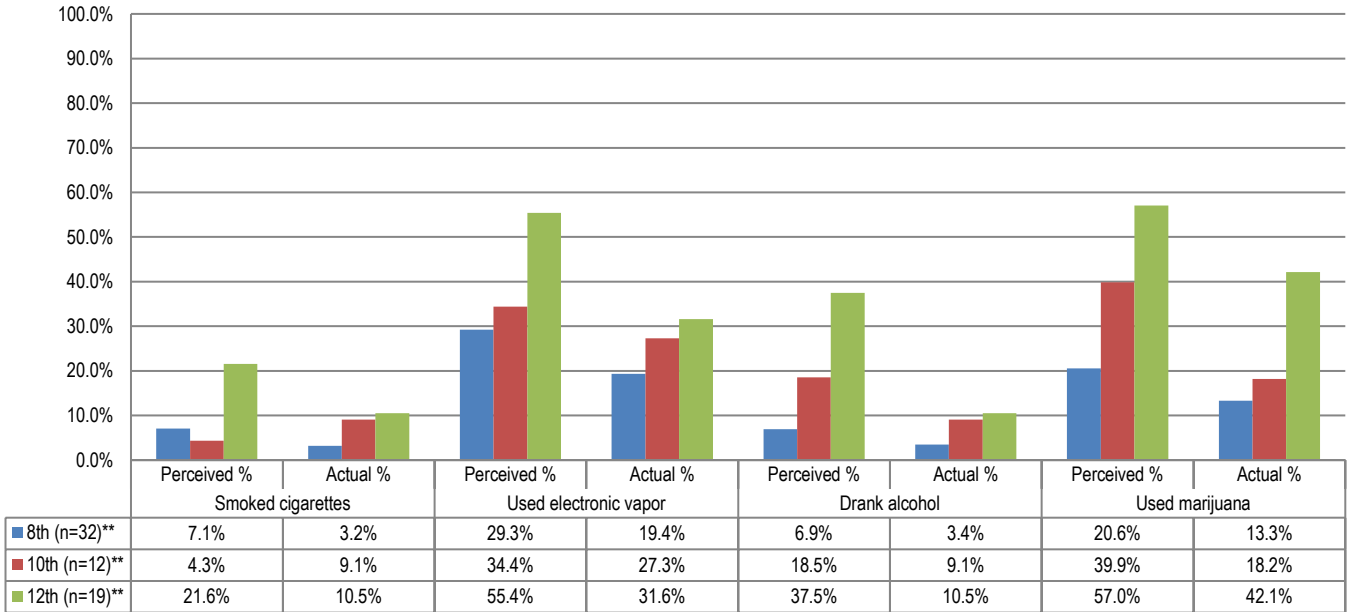
**Percentage Reporting Adults in Neighborhood Wrong or Very Wrong to Substance Use Behavior\*, 2023**



Note. \*Percentage who reported how wrong adults in their neighborhood would think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all. \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

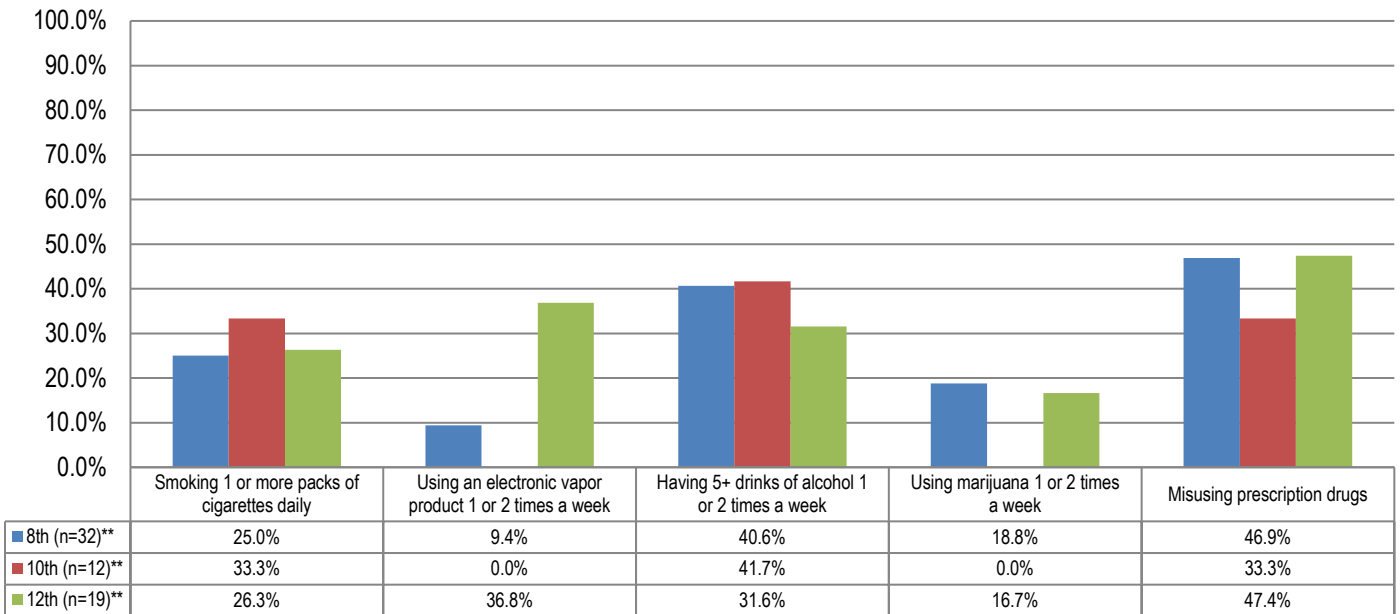
Perceptions of Substance Use

Perceived\* and Actual Past 30 Day Substance Use, 2023



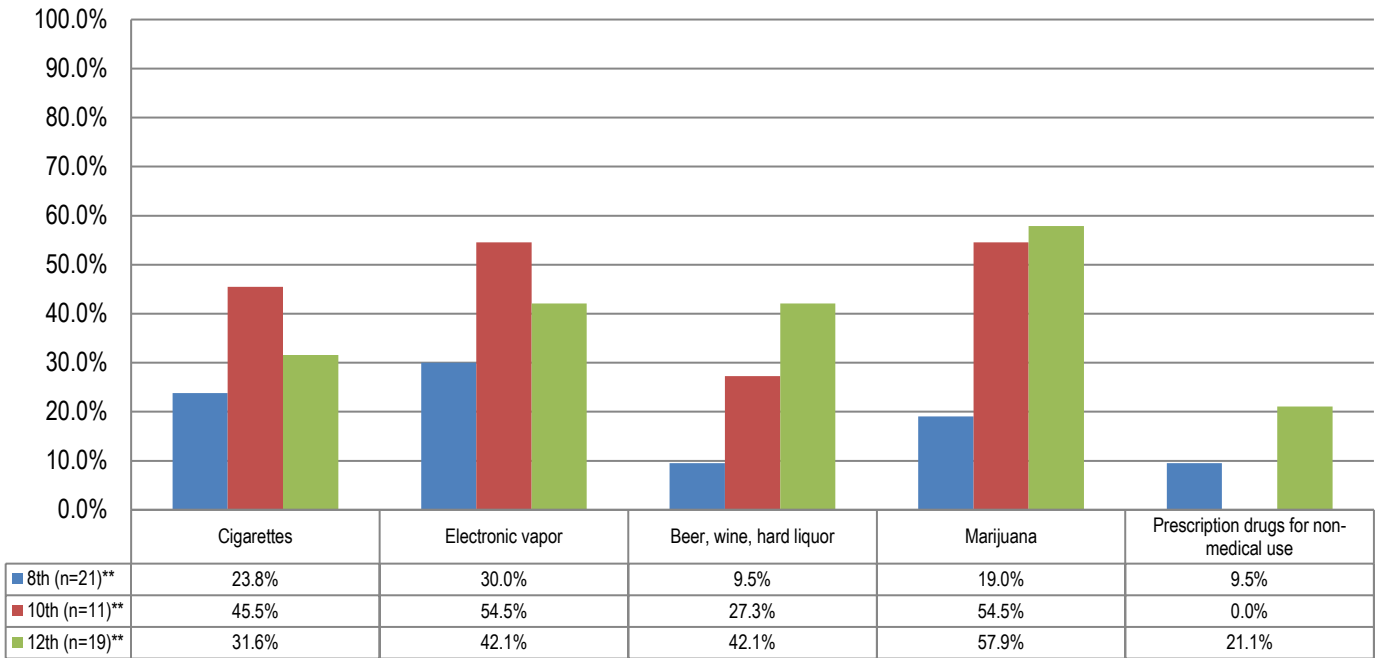
Note. \*Perception based on following question: "Now thinking about all the students in your grade at your school. How many of them do you think: <insert substance use behavior> during the past 30 days?" \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

Percentage Reporting that the Following Substance Use Behaviors Place People at Great Risk\*, 2023



Note. \*Percentage who reported great risk associated with each substance behaviors based on the following scale: No risk, Slight risk, Moderate risk, Great risk. Based on the question "How much do you think people risk harming themselves (physically or in other ways) if they: <insert substance use behavior>." \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

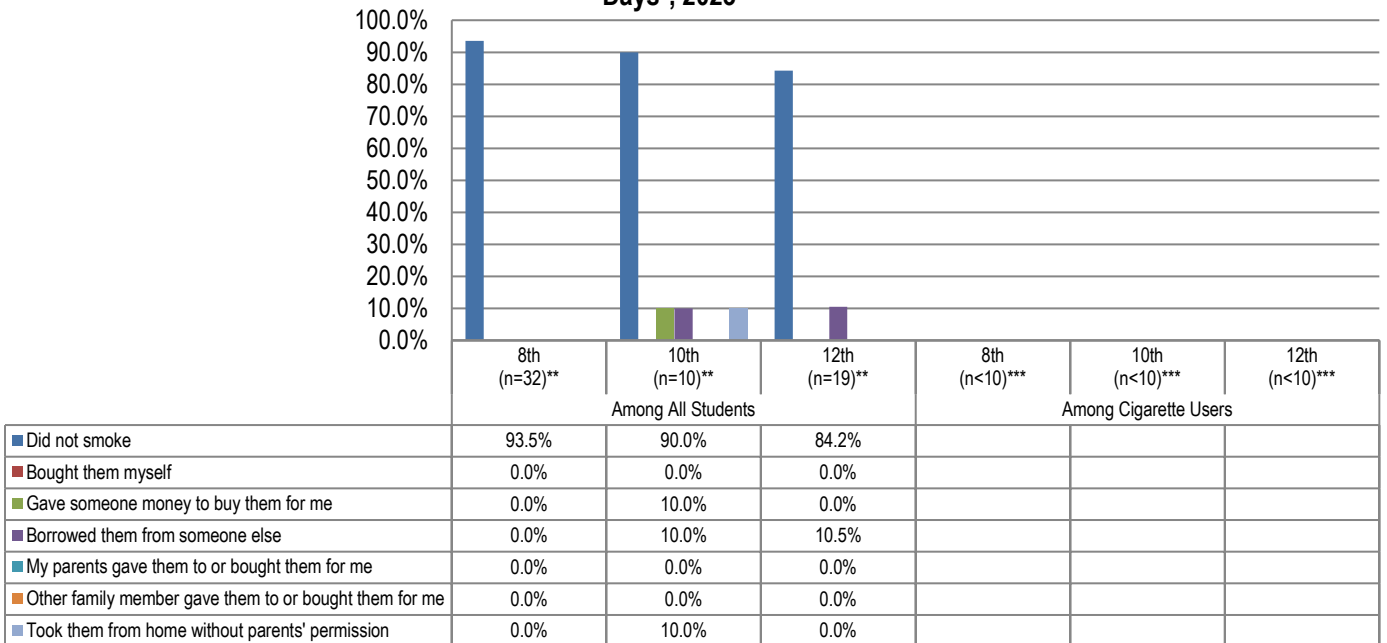
Percentage Reporting that the Following Substances are Sort of Easy or Very Easy to Obtain\*, 2023



Note. \*Percentage who reported it is sort of or very easy to obtain each substances based on the following scale: Very hard, Sort of hard, Sort of easy, Very easy. Based on the question "If you wanted to, how easy would it be for you to get: <insert substance use behavior>." \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

Sources of Substances

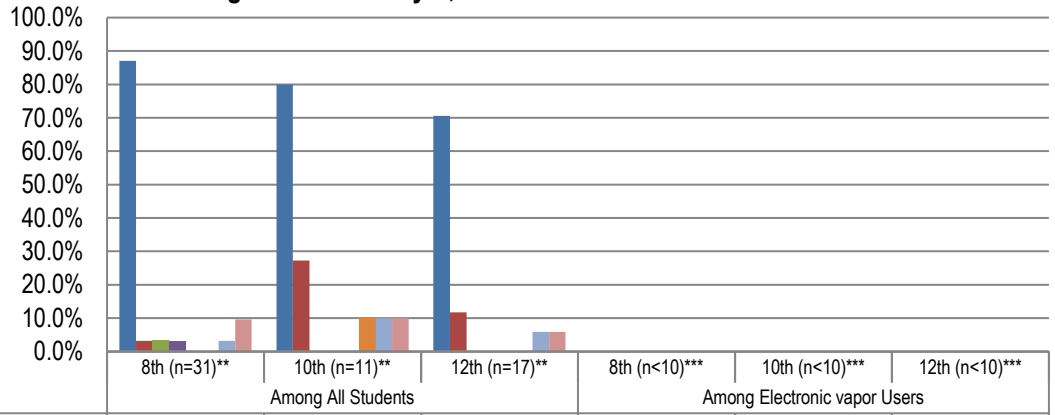
Sources for Obtaining Cigarettes, AMONG Students who Reported Smoking during the Past 30 Days\*, 2023



Notes. \*Among past 30 day cigarette users, the percentage who reported obtaining cigarettes in each manner during the past 30 days. These scores may include students 18 and older.\*\*The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary across sources. \*\*\*Not reporting due to the participation number is less than 10.



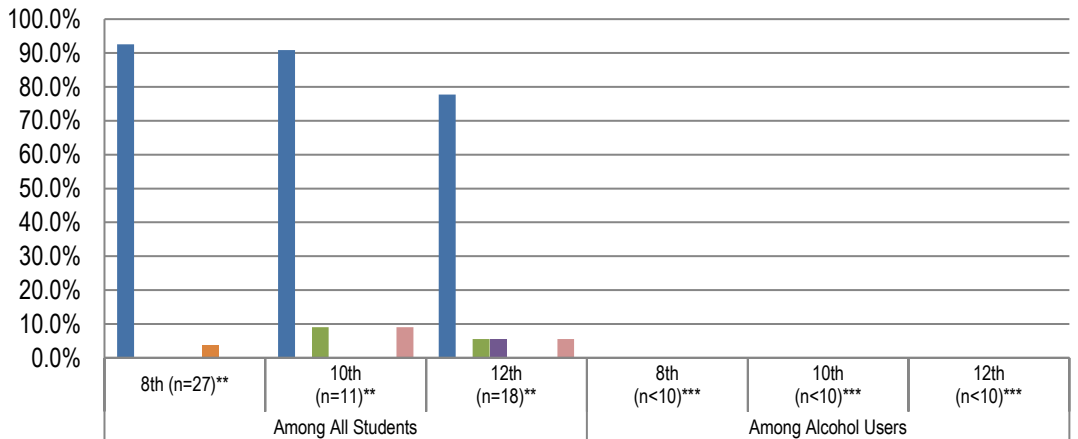
**Sources for Electronic Vapor, AMONG Students who Reported Using Electronic Vapor Products during the Past 30 Days\*, 2023**



	8th (n=31)**	10th (n=11)**	12th (n=17)**	8th (n<10)***	10th (n<10)***	12th (n<10)***
<b>Among All Students</b>						
Did not vape	87.1%	80.0%	70.6%			
Bought them from a friend or family member	3.2%	27.3%	11.8%			
Bought them in a vape shop or tobacco shop	3.3%	0.0%	0.0%			
Bought them in a store, supermarket, or gas station	3.2%	0.0%	0.0%			
Bought them at a mall or shopping center kiosk or stand	0.0%	0.0%	0.0%			
Bought them off the internet	0.0%	10.0%	0.0%			
Bought them from another person	3.2%	10.0%	5.9%			
Bought them in some other way	9.7%	10.0%	5.9%			
<b>Among Electronic Vapor Users</b>						

Notes. \*Among past 30 day alcohol users, the percentage who reported obtaining alcohol in each manner during the past 30 days. \*\*The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary across sources. \*\*\*Not reporting due to the participation number is less than 10.

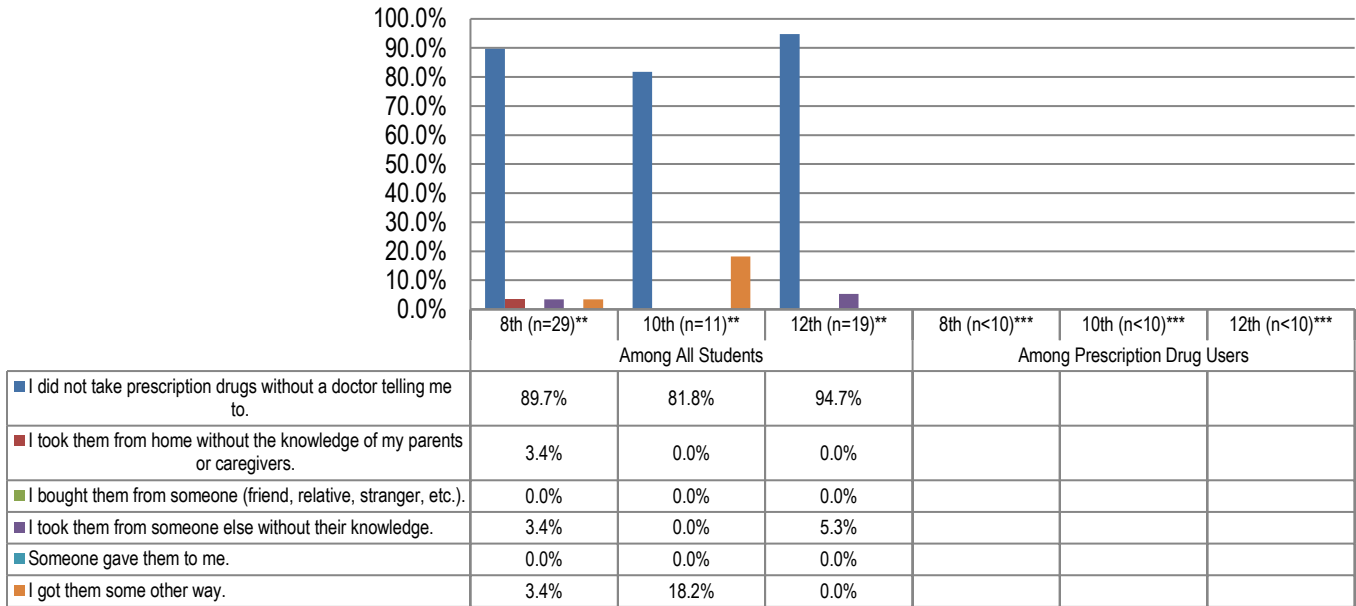
**Sources for Obtaining Alcohol, AMONG Students who Reported Drinking during the Past 30 Days\*, 2023**



	8th (n=27)**	10th (n=11)**	12th (n=18)**	8th (n<10)***	10th (n<10)***	12th (n<10)***
<b>Among All Students</b>						
Did not drink	92.6%	90.9%	77.8%			
Bought in store	0.0%	0.0%	0.0%			
Got it at a party	0.0%	9.1%	5.6%			
Gave someone money to buy it for me	0.0%	0.0%	5.6%			
Parents gave or bought it for me	0.0%	0.0%	0.0%			
Other family member gave or bought it for me	3.7%	0.0%	0.0%			
Took it from home without my parents' permission	0.0%	0.0%	0.0%			
Took it from friend's house	0.0%	9.1%	5.6%			
<b>Among Alcohol Users</b>						

Notes. \*Among past 30 day alcohol users, the percentage who reported obtaining alcohol in each manner during the past 30 days. \*\*The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary across sources. \*\*\*Not reporting due to the participation number is less than 10.

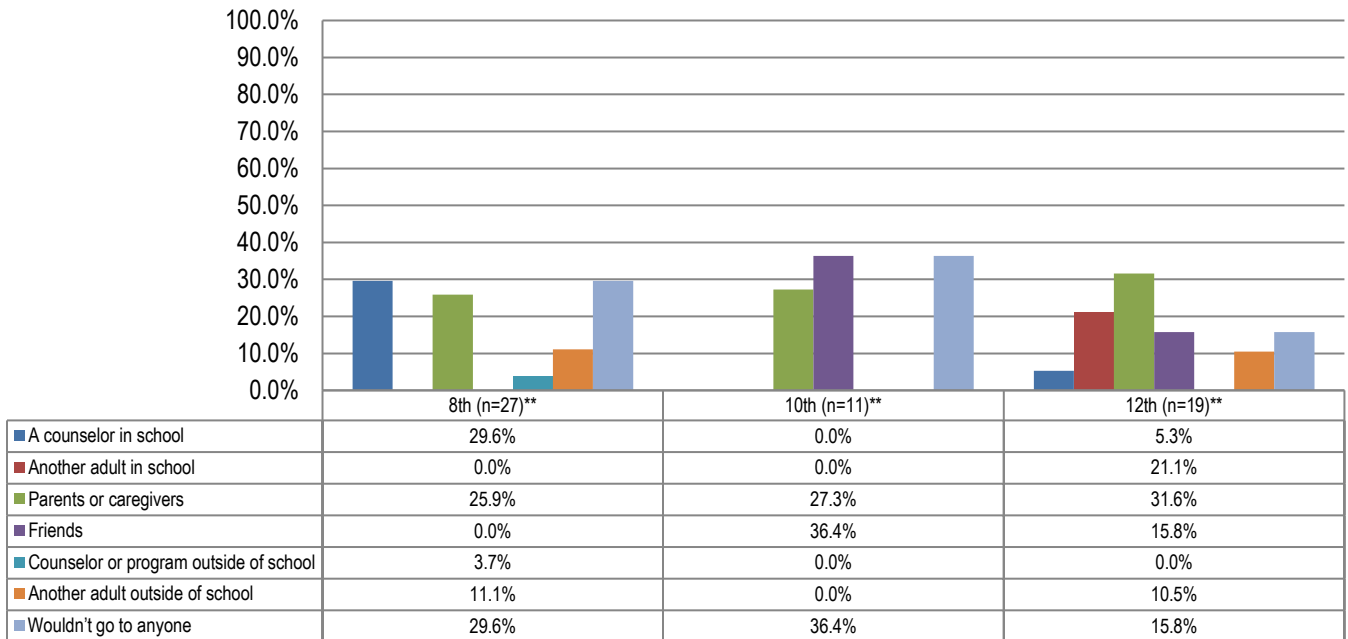
**Sources for Obtaining Prescription Drugs, AMONG Students who Reported Taking Prescription Drugs during the Past 30 Days\*, 2023**



Notes. \*Among past 30 day prescription drug users, the percentage who reported obtaining prescription drugs in each manner during the past 30 days. \*\*The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary across sources. \*\*\*Not reporting due to the participation number is less than 10.

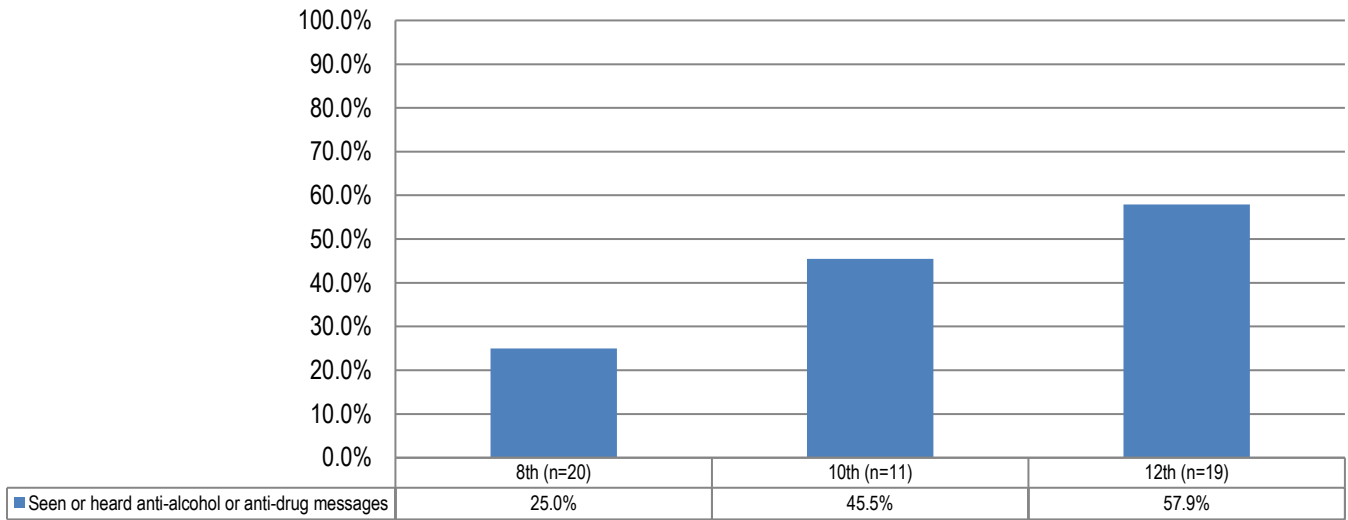
**Other Substance-Related Topics**

**First Person to go to for Drug or Alcohol Problem\*, 2023**



Notes. \*Based on the question "If you had a drug or alcohol problem and needed help, who is the first person you would go to?" \*\*The n-size displayed is the same given that asking who for help is asked as one question.

Percentage Reporting Seeing or Hearing Anti-Alcohol or Anti-Drug Messages during the Past 12 Months\*, 2023

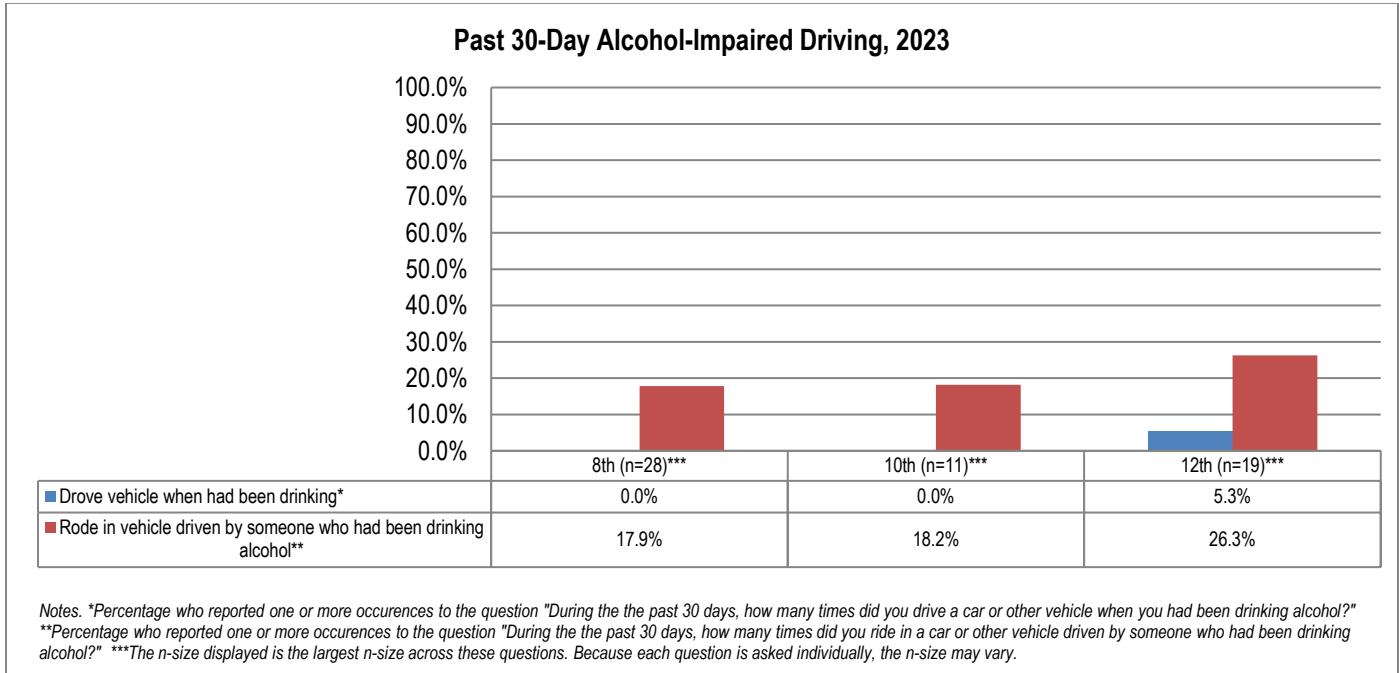


Notes. \*Percentage who reported "Yes" to the question "In the past 12 months, have you seen or heard any anti-alcohol or anti-drug messages on TV, the internet, the radio, or in newspapers or magazines?"

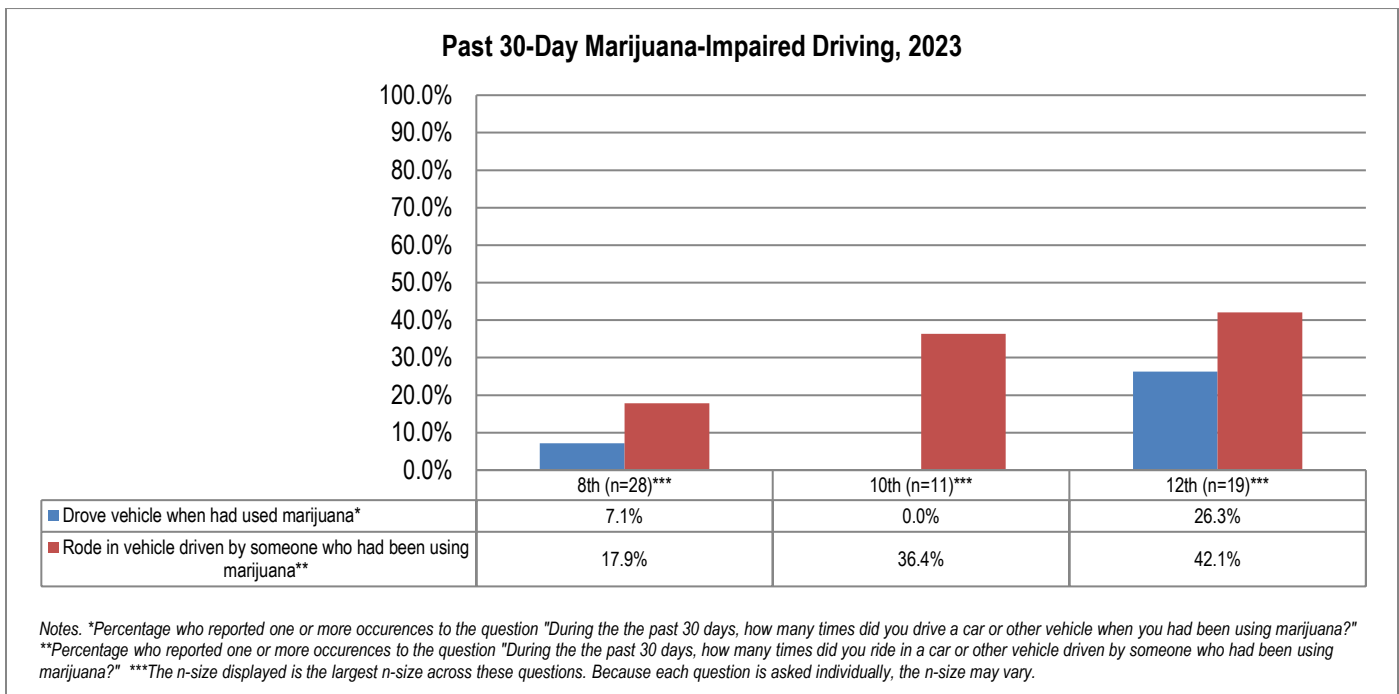
**Transportation Safety**

This section contains information on transportation safety relating to alcohol-impaired and distracted driving among 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students in Thurston County.

**Past 30 Day Alcohol-Impaired Driving**

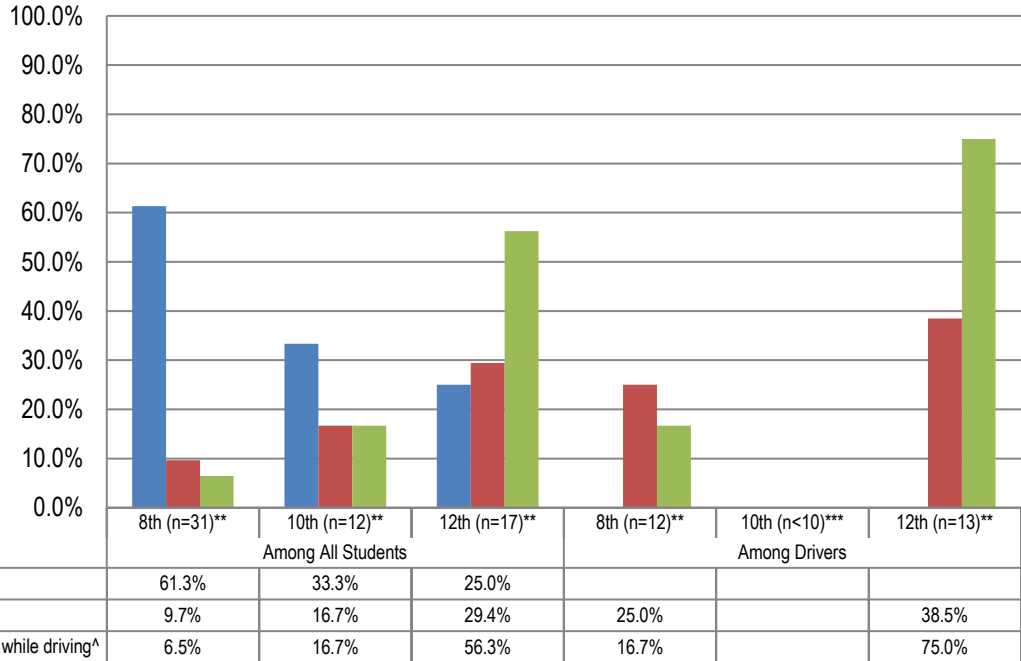


**Past 30 Day Marijuana-Impaired Driving**



Past 30 Day Distracted Driving

Past 30-Day Distracted Driving, AMONG Students who Reported Driving during the Past 30 Days, 2023

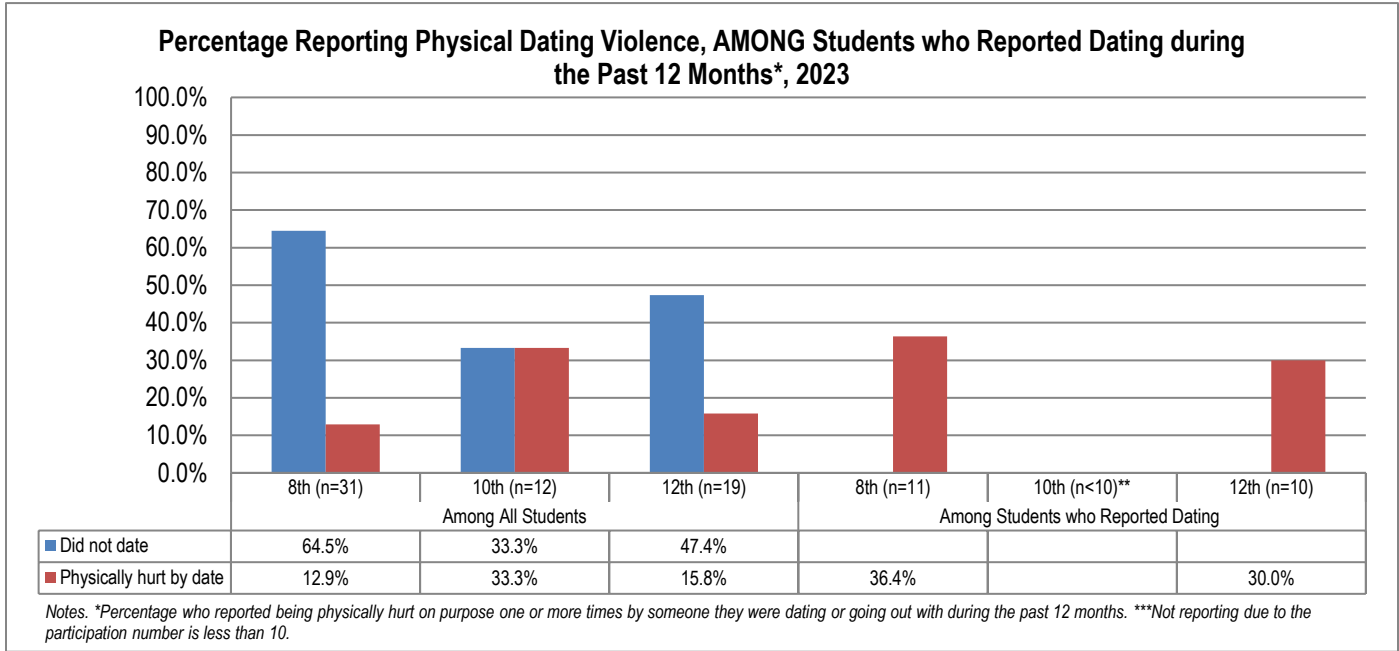


Notes. \*Percentage who reported talking on a cell phone while driving a car or other vehicle in the past 30 days. ^Percentage who reported one or more occurrences of texting or using an app on a cell phone while driving a car or other vehicle. \*\*The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary. \*\*\*Not reporting due to the participation number is less than 10.

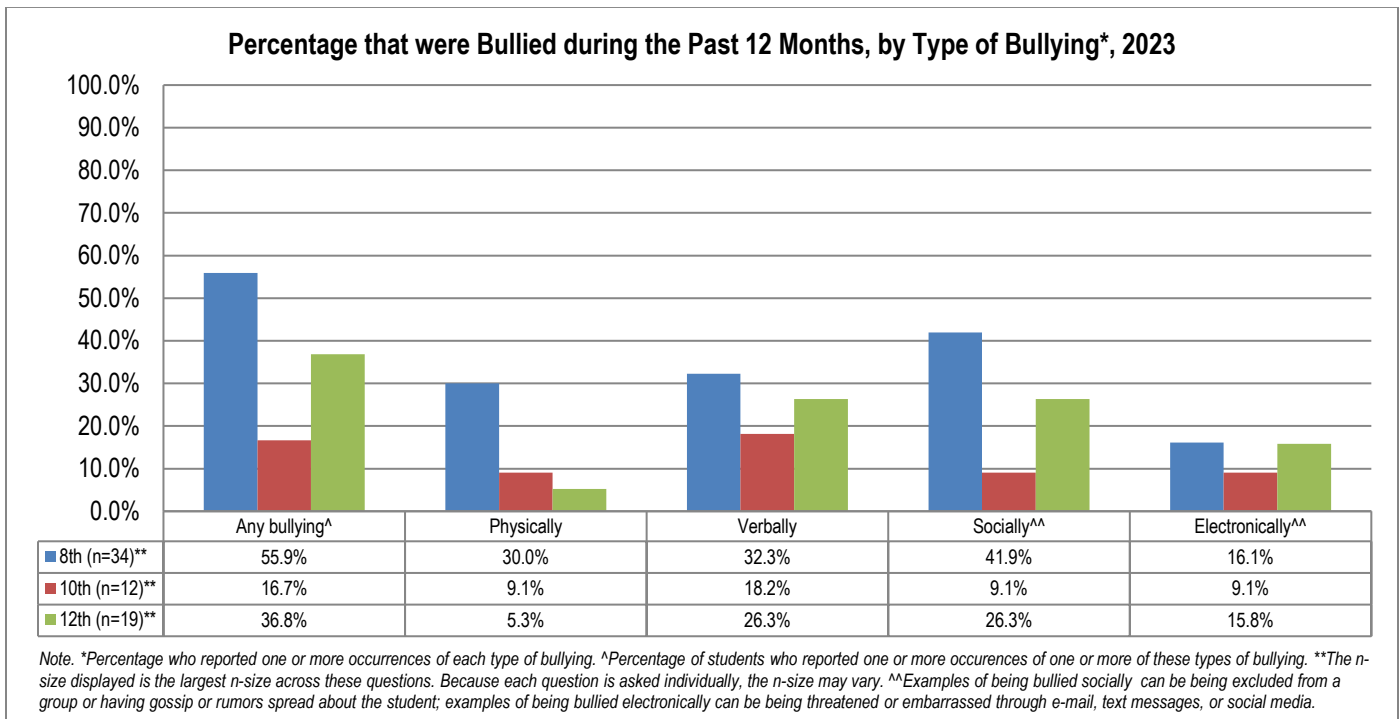
**Violence, Bullying, and Mental Health**

This section contains information on dating violence, bullying, anxiety, depression, suicide, and attitudes toward the future among 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students in Thurston County.

**Dating Violence during the Past 12 Months**

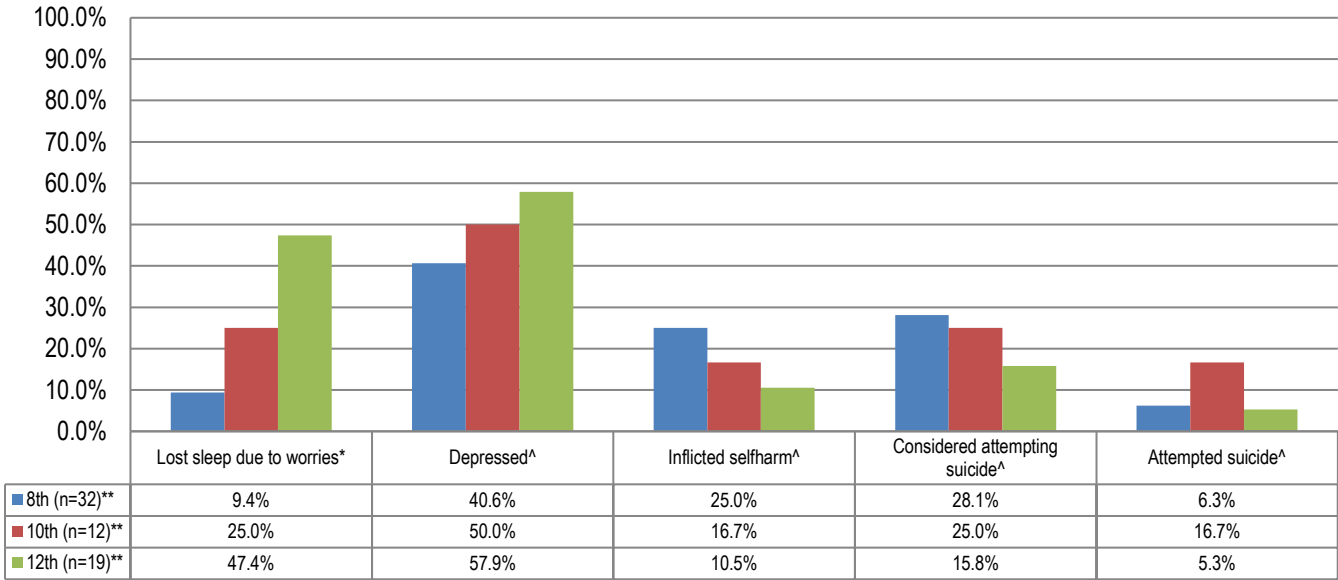


**Bullying during the Past 12 Months**



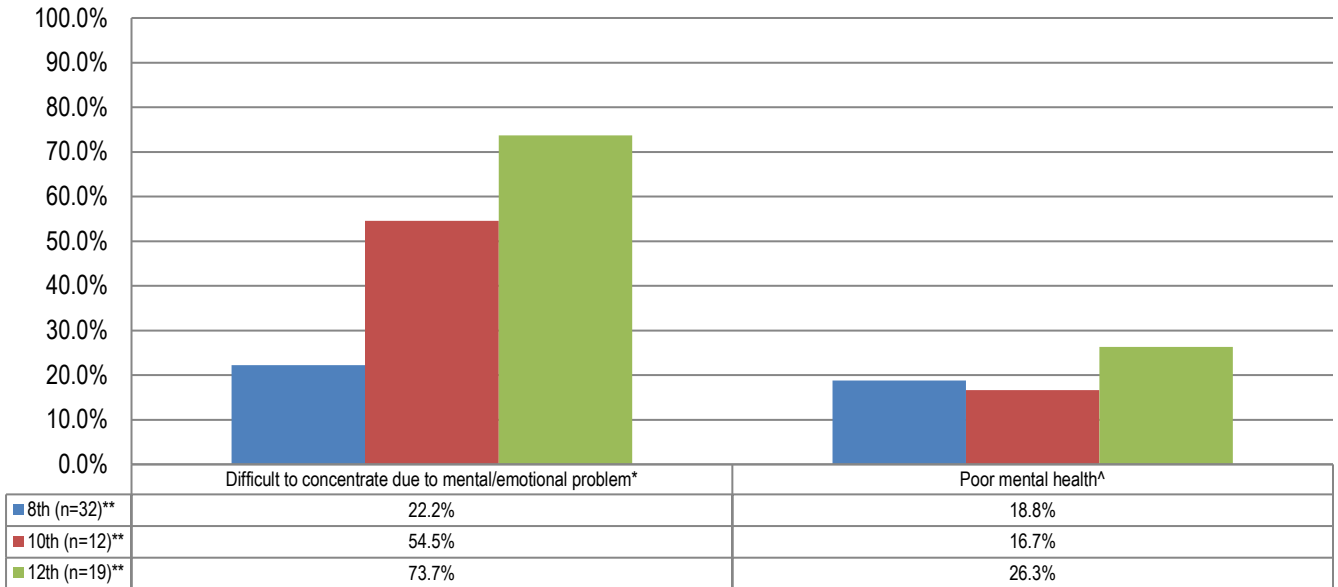
Anxiety, Depression, and Suicide during the Past 12 Months

Percentage Reporting Anxiety, Depression, and Suicide during the Past 12 Months, 2023



Notes. \*Percentage who reported during the past 12 months being so worried about something they could not sleep well at night most of the time or always based on the following scale: Never, Rarely, Sometimes, Most of the time, Always. <sup>^</sup>Percentage who reported "Yes" to the question "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?" <sup>?</sup>, the question "During the past 12 months, did you hurt or injure yourself on purpose without wanting to die?", the question "During the past 12 months, did you ever seriously consider attempting suicide?", and the question "During the past 12 months, did you actually attempt suicide?". \*\*The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary.

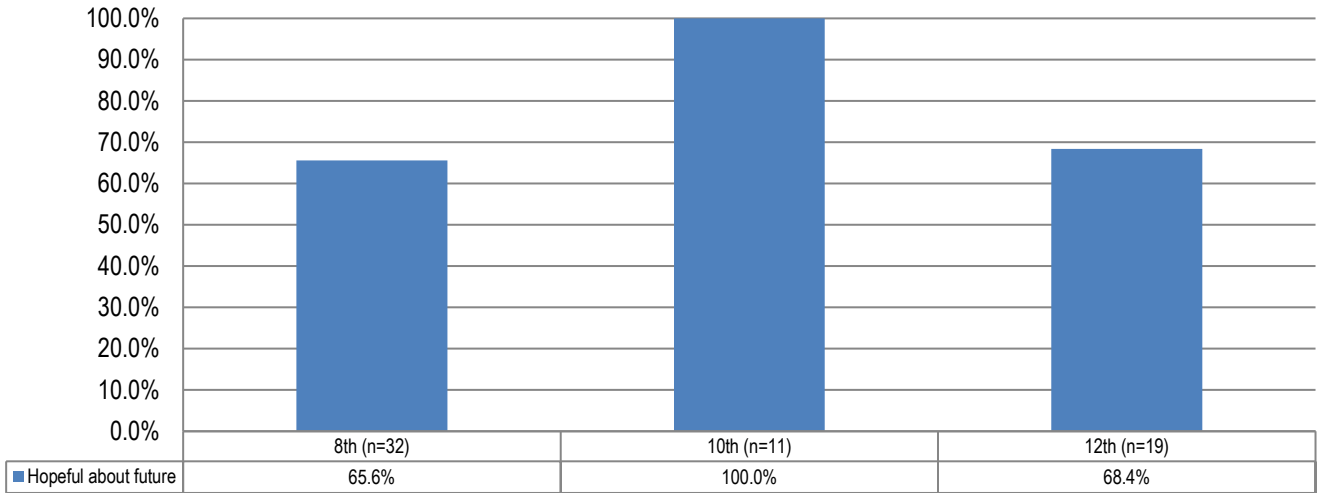
Percentage Reporting Difficult to Concentrate, and Poor Mental Health during the Past 12 Months, 2023



Notes. \*Percentage who reported "Yes" to the question "Because of a physical, mental, or emotional problem, do you have serious difficulty concentrating, remembering, or making decisions?" <sup>^</sup>Percentage who reported "Most of the time" or "Always" to the question "During the PAST 30 DAYS, how often was your mental health not good? (Poor mental health include stress, anxiety, and depression.)". \*\*The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary.

Attitudes toward the Future

Percentage Reporting they were Hopeful About the Future during the Past Week\*, 2023



Notes. \*Percentage who reported they "Agree" or "Strongly agree" to the question "In the past week, I have felt hopeful about the future." Based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree.

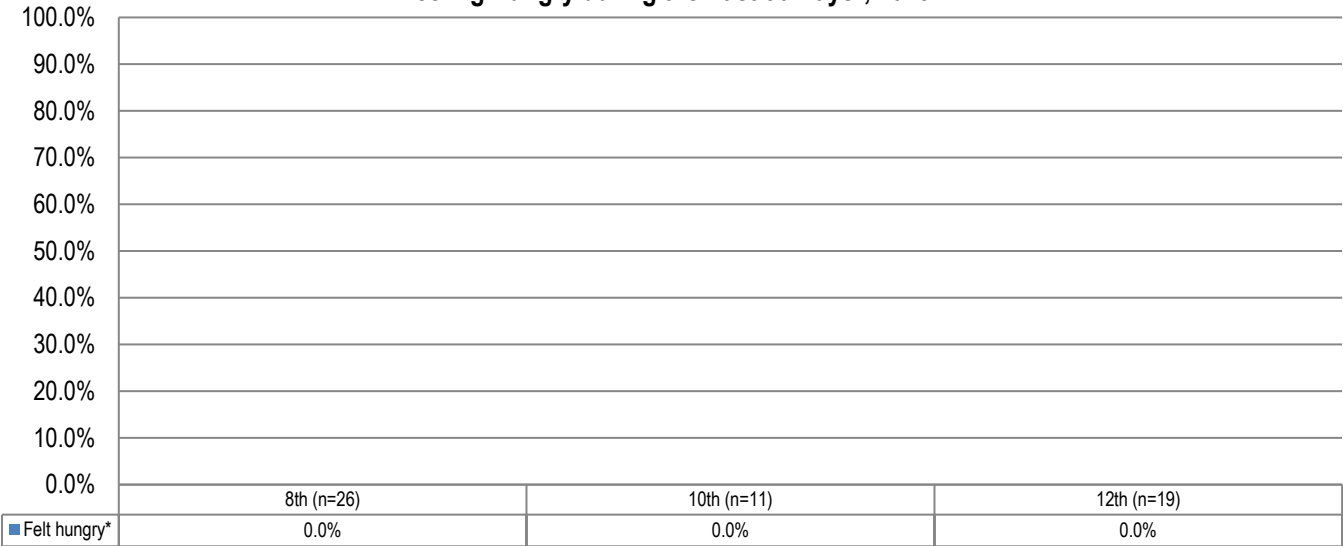


**Nutrition and Physical Activity**

This section contains information on food security, eating habits, physical activity, and sleep habits among 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students in Thurston County.

**Hunger**

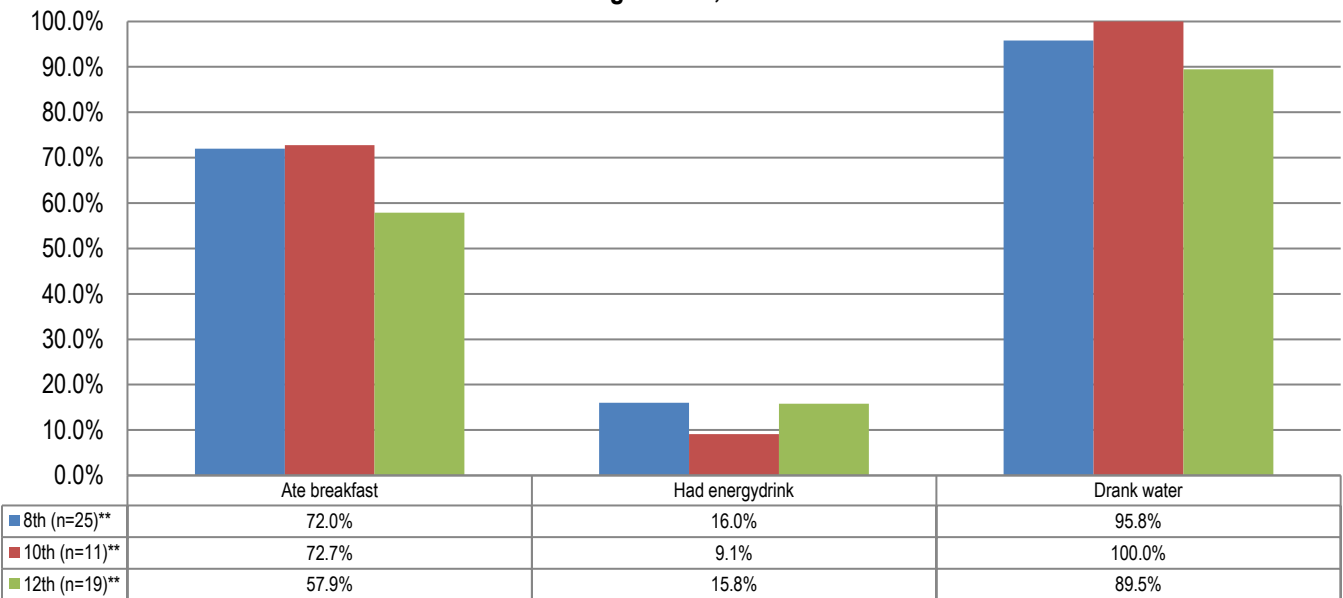
**Feeling Hungry during the Past 30 Days\*, 2023**



Notes. \*Percentage who reported "Most of the time" or "Always" to the question "During the PAST 30 DAYS, how often did you go hungry because there was not enough food in your home?"

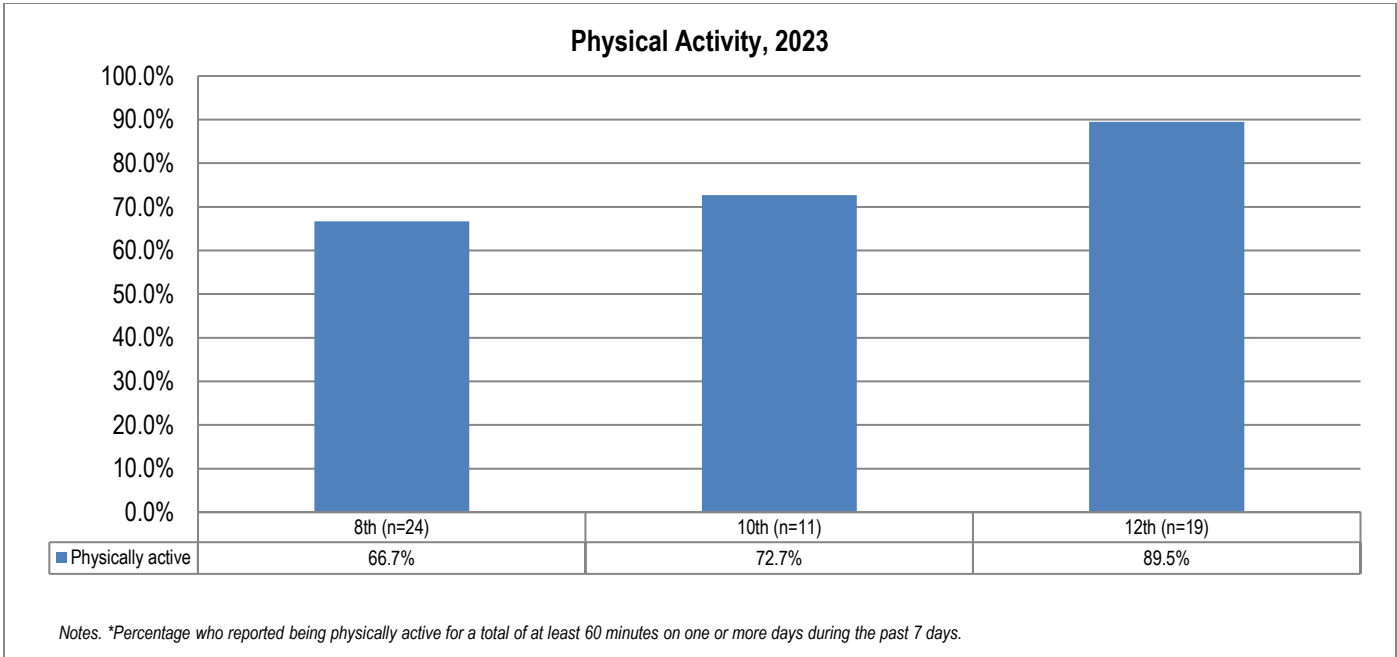
**Eating Habits**

**Eating Habits\*, 2023**

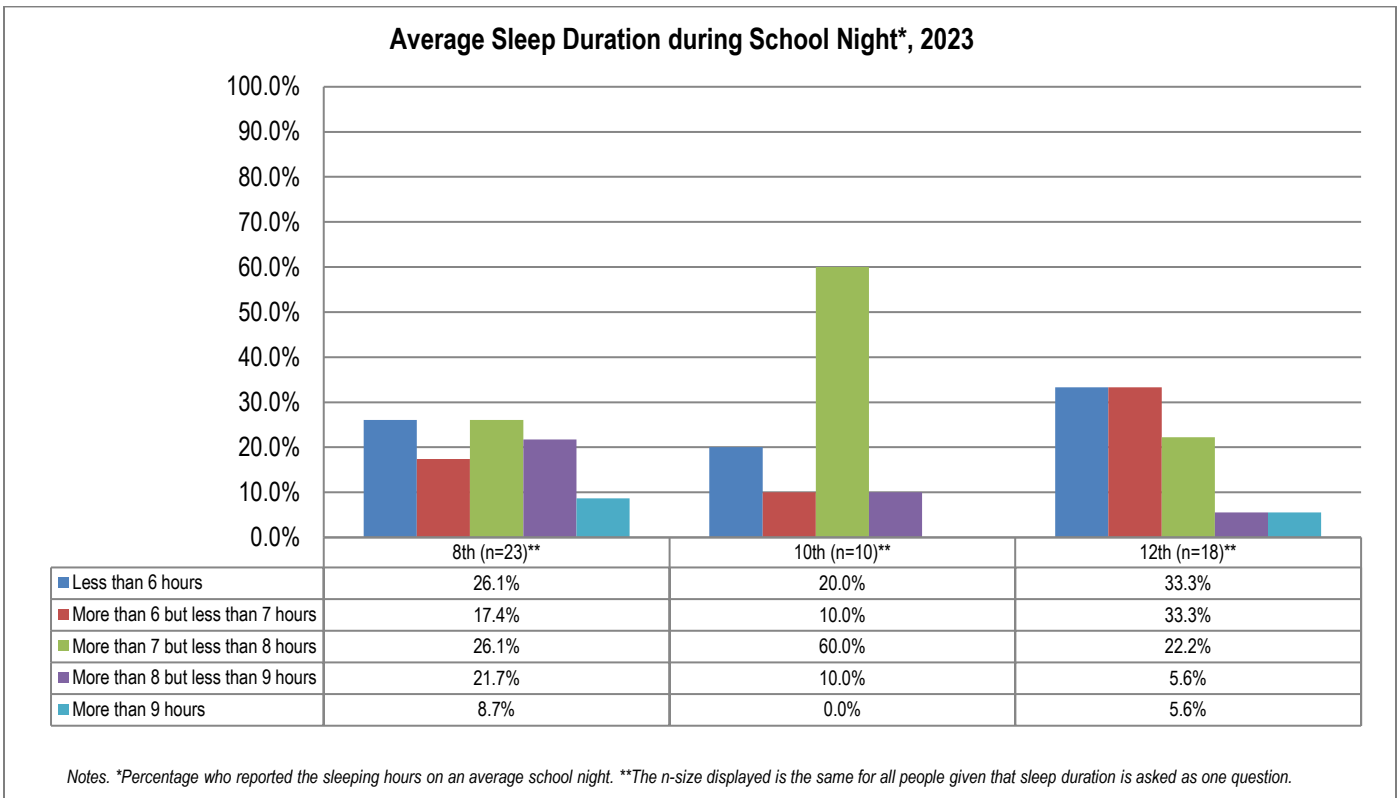


Notes. \*Percentage who reported consuming the named drink or food one or more times during the past 7 days. \*\*The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary.

**Physical Activity**



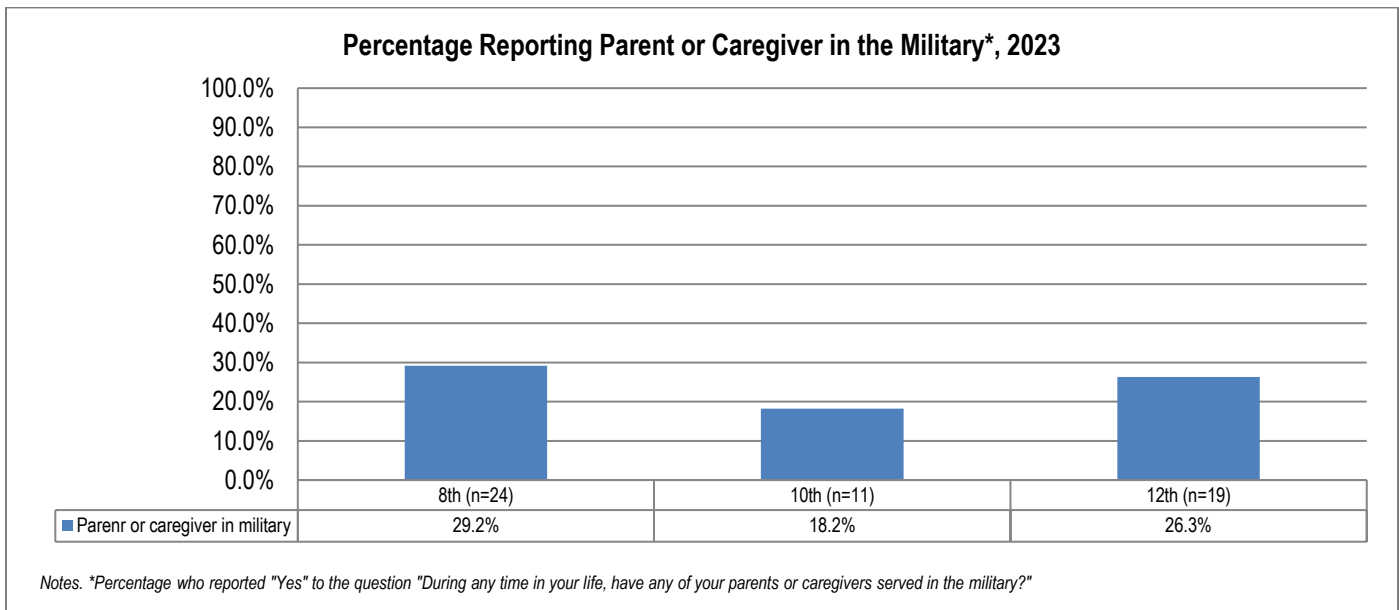
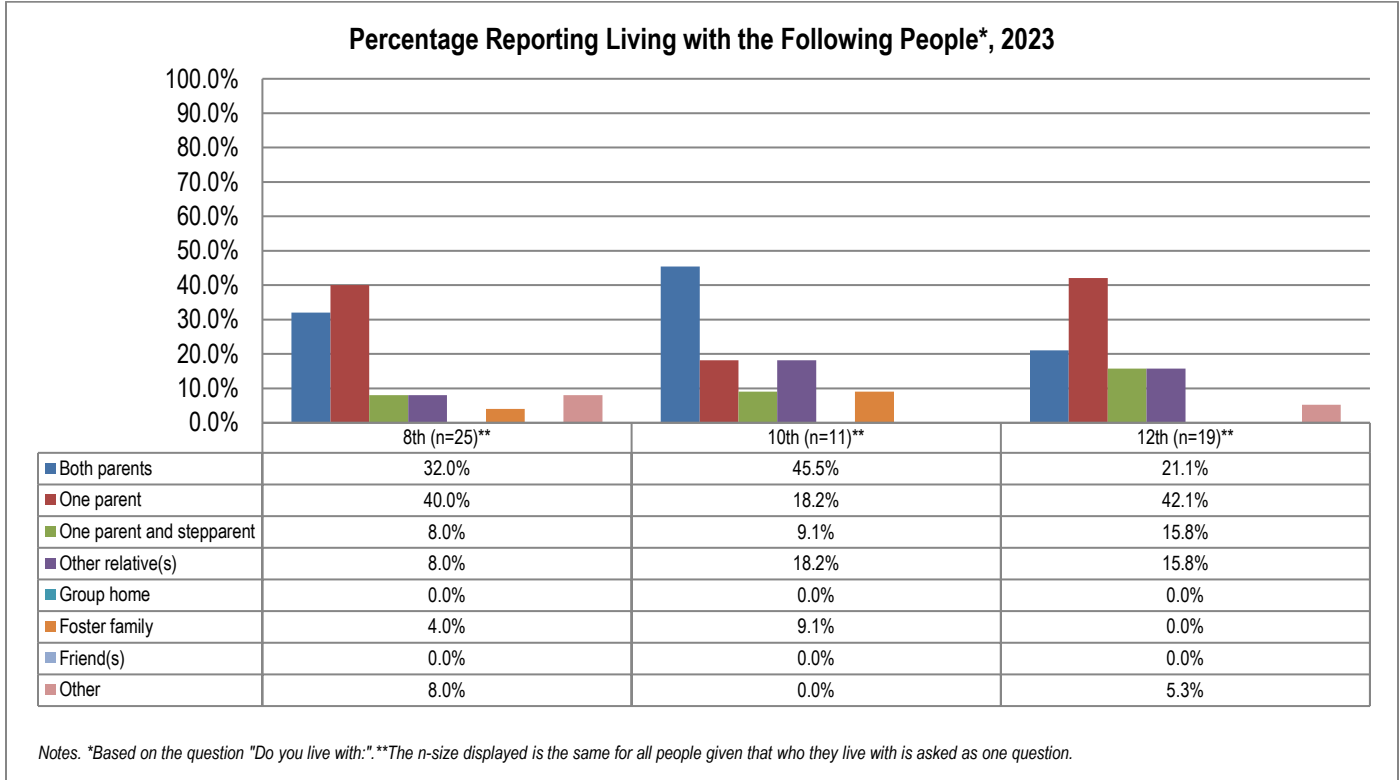
**Sleep Habits**



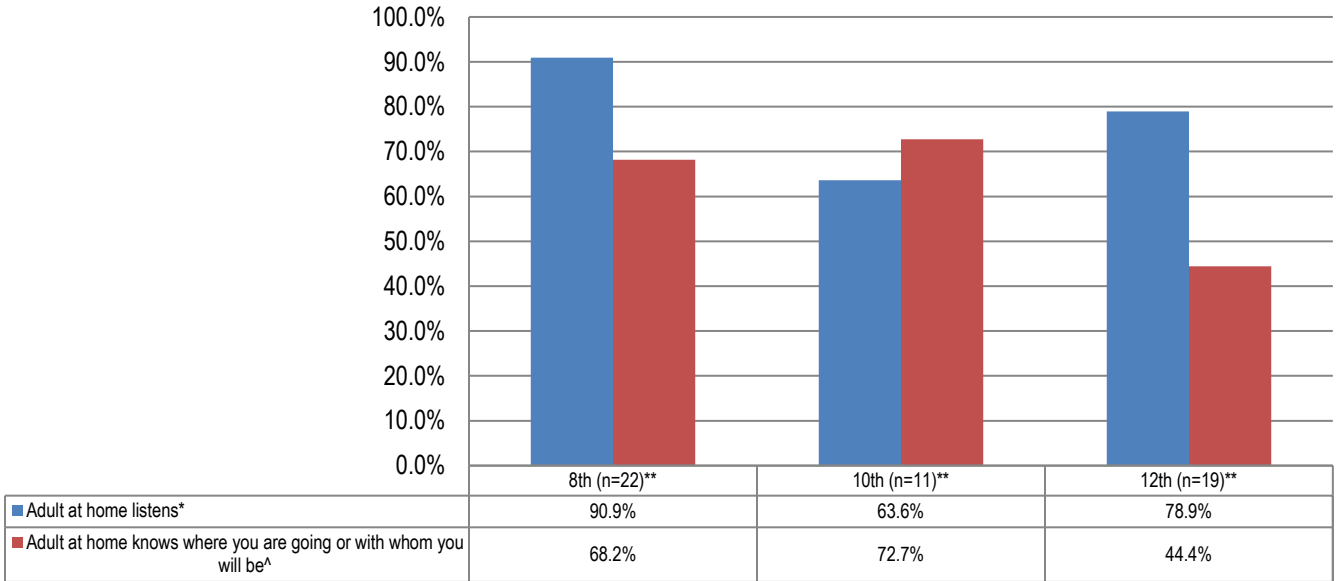
Feelings and Experiences at Home, School, and in the Community

This section contains information on feelings and experiences with family, at school, and in the community for 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students in Thurston County.

Feelings and Experiences with Family



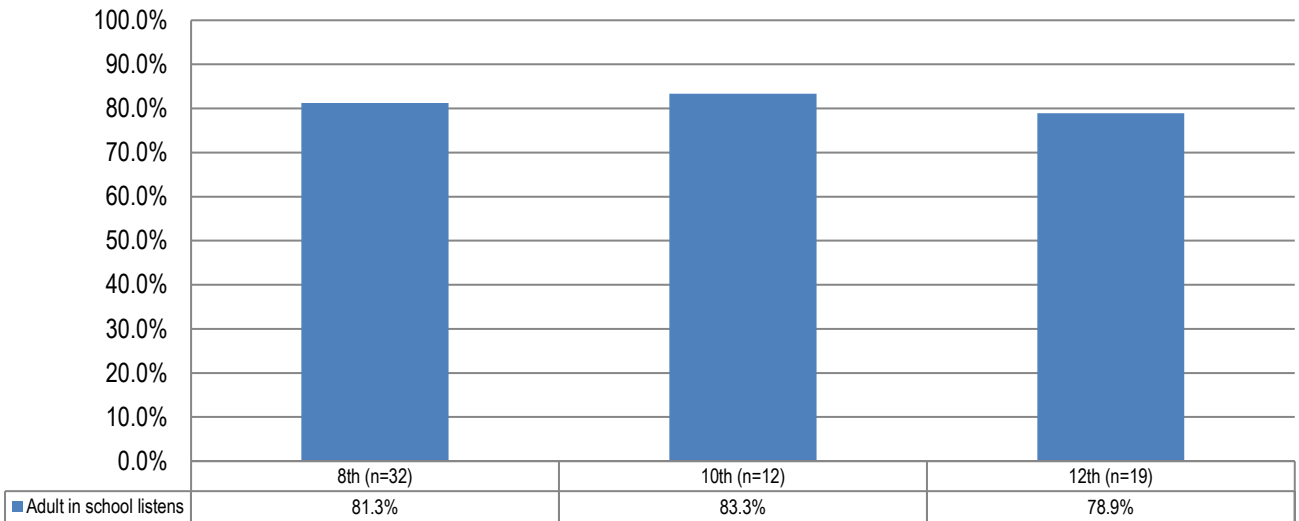
Percentage Reporting Adult at Home Who Listens, and Know Where They Are Going, 2023



Notes. \*Percentage who reported they "Agree" or "Strongly agree" to the statement "In my home, there is an adult who listens to me when I have something to say." based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree. ^Percentage who reported "Always" or "Most of the time" to the question "How often do your parents or other adults in your family know where you are going or with whom you will be?" based on the following scale: Never, Rarely, Sometimes, Most of the time, Always. \*\*The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary.

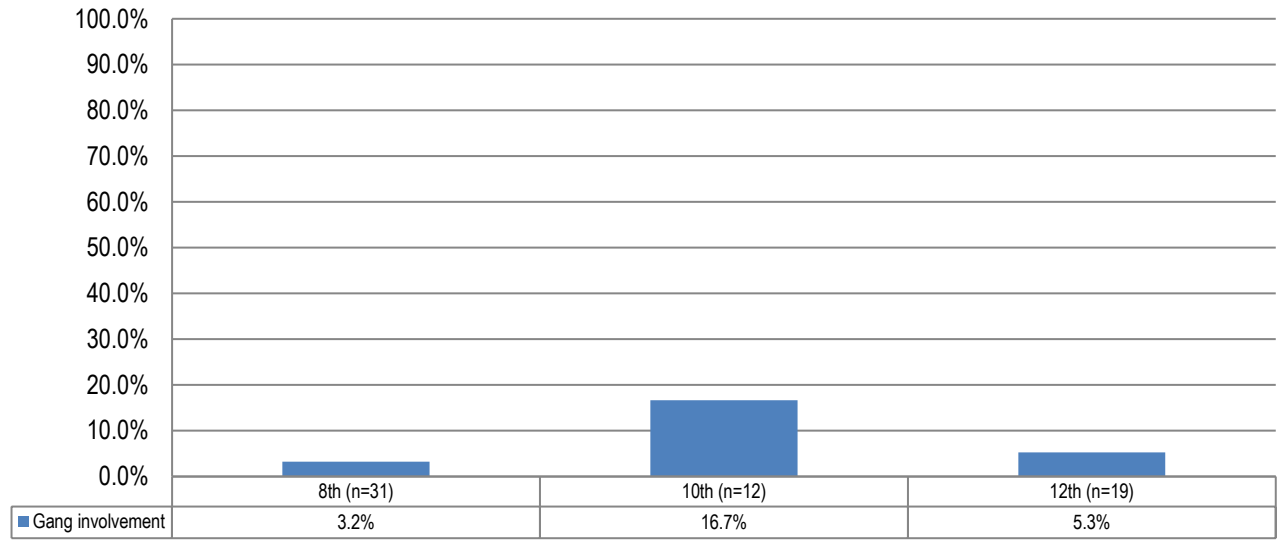
Feelings and Experiences at School and in the Community

Percentage Reporting Adult in School who Listens\*, 2023



Notes. \*Percentage who reported they "Agree" or "Strongly agree" to the statement "In my school, there is an adult (such as a counselor, teacher, or coach) who listens to me when I have something to say." Based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree.

Percentage Reporting Gang Involvement\*, 2023



Notes. \*Percentage who reported "Yes" to the question "Do you belong to a gang?"

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## Tips for Using the NRPFSS Results

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As a valued stakeholder in your community, you play an important role in prevention by teaching skills, imparting knowledge, and in helping to establish a strong foundation of character and values based on wellness, including prevention of substance use, suicide, and other risky behaviors. Preventing mental and/or substance use disorders and related problems in children, adolescents, and young adults is critical to promoting physical health and overall wellness.

There are a variety of strategies (or interventions) that can be used to increase protective factors and reduce the impact of risk factors. Prevention in schools is often completed through educational programs and school policies and procedures that contribute to the achievement of broader health goals and prevent problem behavior.

Prevention strategies typically fall into six categories:

- **Alternative**
  - This strategy provides for the participation of the target populations in activities that exclude alcohol and drug use through the provision of constructive and healthy activities.
    - Examples of methods used for alternative strategies include the following:
      - Drug-free Social and Recreational Activities (e.g. Dances or Parties)
      - Youth and Adult Leadership Activities
      - Community Drop-in Centers
      - Community Service Activities
      - Mentoring Programs
- **Community-Based**
  - This strategy aims to enhance the ability of the community to more effectively provide substance abuse prevention services. Activities in this strategy include organizing, planning, enhancing the efficiency and effectiveness of service implementation, building coalitions and networking.
    - Examples of methods used for this strategy include the following:
      - Community and Volunteer Training (i.e. neighborhood action training, training of key people in the system)
      - Systematic Planning
      - Multi-Agency Coordination and Collaboration (i.e. leveraging resources, developing strategic partnerships)
      - Accessing Service and Funding
      - Community Team-Building
- **Education**
  - This strategy provides information and activities aimed to affect critical life and social skills, including decision-making, refusal skills and critical analysis. Prevention education is characterized by two-way communication based on an interaction between the educator and the participants.
  - Examples of methods used for this strategy include the following:
    - Classroom and Small Group Sessions
    - Parenting and Family Management Classes
    - Peer Leader and Peer Helper Programs
    - Education Programs for Youth Groups
    - Groups for Children of Substance Abusers

- **Environmental**

- This strategy seeks to establish or change community standards, codes and attitudes, thereby influencing the incidence and prevalence of drug misuse in the general population.
  - Examples of methods used for this strategy include the following:
    - The Establishment and Review of Drug Policies in Schools
    - Technical assistance to communities to maximize local enforcement procedures governing the availability and distribution of drugs.
    - The review and modification of alcohol and tobacco advertising practices
    - Product pricing strategies

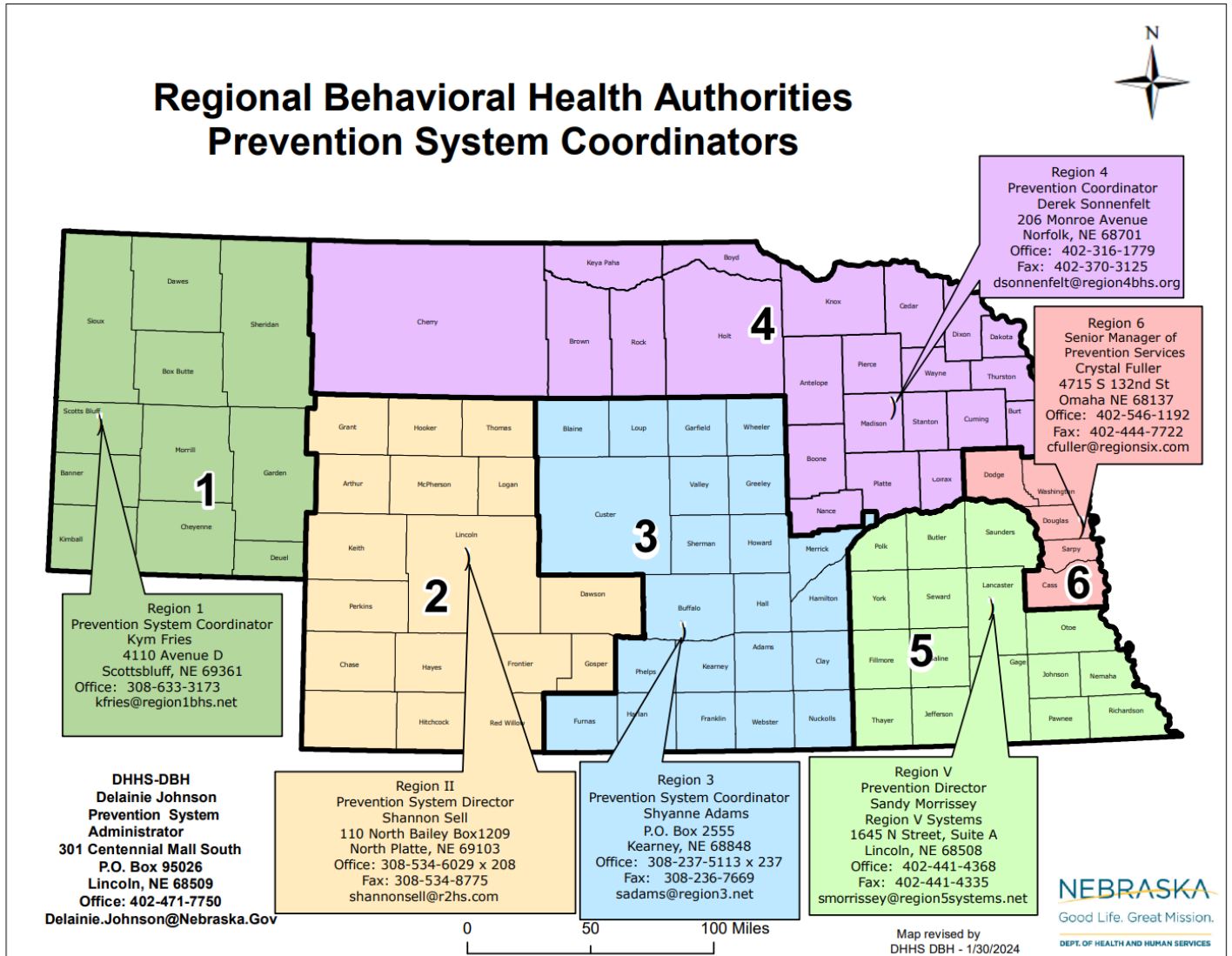
- **Information Dissemination**

- This strategy provides information about the nature of drug use, misuse, addiction and the effects on individuals, families and communities. It also provides information of available prevention programs and services. The dissemination of information is characterized by one-way communication from the source to the audience, with limited contact between the two.
  - Examples of methods used for this strategy include the following:
    - Clearinghouse and other information resource centers
    - Resource directories
    - Media campaigns
    - Brochures
    - Radio and Television Public Service Announcements
    - Speaking engagements
    - Health fairs

- **Problem Identification & Referral**

- This strategy aims to identify those who have misused substances in order to assess if their behavior can be reversed through education. It should be noted, however, that this strategy does not include any activity designed to determine if an individual is in need of treatment.
  - Examples of methods used for this strategy include the following:
    - Brief Screening/Intervention
    - Driving-while-intoxicated Education Programs
    - Employee Assistance Programs
    - Student Assistance Programs
    - Teen Courts

If you would like to implement strategies in your school or community, please contact your regional representative as shown on the map below.





You may also wish to do your own research. The following websites provide listings of evidence-based practices:

- **The Evidence-Based Practices Resource Center**
  - This is a searchable online evidence-based repository and review system designed to provide the public with reliable information on mental health and substance use interventions that are available for implementation.
  - **Website:** <https://www.samhsa.gov/ebp-resource-center>
  
- **Blueprints for Healthy Youth Development**
  - This searchable registry provides information about evidence-based programs that prevent or reduce the likelihood of antisocial behavior and promote a healthy course of youth development and adult maturity.
  - **Website:** <https://www.blueprintsprograms.org/>
  
- **The Suicide Prevention Resource Center**
  - This has a variety of suicide prevention resources available.
  - **Website:** <https://sprc.org/>

In accordance with LB923, public school staff in Nebraska are required to complete at least 1 hour of suicide awareness and prevention training each year. To learn more, visit the Nebraska Department of Education website at <https://www.education.ne.gov/Safety/index.html>. Resources on Bullying Prevention and Suicide Prevention are listed.

A variety of print materials on behavioral health topics including depression, trauma, anxiety, and suicide are available from the Substance Abuse and Mental Health Services Administration (SAMHSA). Materials include toolkits for school personnel, educational fact sheets for parents and caregivers, wallet cards and magnets with the National Suicide Prevention Lifeline. The direct link to the SAMHSA store is <https://store.samhsa.gov/>.

Another resource for kids, teens, and young adults is the **Boys Town National Hotline**, specifically the **Your Life Your Voice campaign**. Wallet cards and other promotional materials are available at no cost for distribution to students, school staff, parents, etc. <http://www.yourlifeyourvoice.org/Pages/home.aspx>. Remember, talking about suicide with a student does not put an idea of attempting suicide in a student's mind.

For information about Nebraska's implementation of the **988 Suicide and Crisis Lifeline** and other helpful resources, visit <https://dhhs.ne.gov/Pages/988-Suicide-and-Crisis-Lifeline.aspx>

Additional contacts for tips on data use and prevention resources can be found in Appendix B.

APPENDIX A: Trend Data

Metric	Definition	8th Grade County-Level <sup>^^^</sup>					8th Grade State-Level <sup>^^^</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Substance Use Outcomes</b>											
Lifetime Substance Use	Alcohol	16.2%	16.7%	23.0%	16.1%	17.2%	18.4%	23.0%	28.4%	28.3%	27.0%
	Cigarettes	13.6%	16.7%	24.2%	8.8%	3.2%	10.1%	7.6%	7.0%	5.8%	5.0%
	Electronic vapor product <sup>^^</sup>	NA <sup>**</sup>	19.7%	19.4%	26.3%	19.4%	NA <sup>**</sup>	12.4%	17.7%	14.1%	10.9%
	Smokeless tobacco	0.0%	3.0%	3.2%	7.0%	3.2%	3.7%	3.6%	3.4%	3.3%	2.0%
	Marijuana	27.9%	25.8%	37.1%	17.5%	24.1%	5.8%	5.4%	6.0%	4.8%	4.5%
	LSD/other psychedelics	0.0%	0.0%	0.0%	0.0%	0.0%	0.4%	0.4%	0.7%	0.5%	0.8%
	Cocaine/crack	0.0%	0.0%	0.0%	0.0%	0.0%	0.5%	0.2%	0.3%	0.4%	0.2%
	Meth	0.0%	1.5%	0.0%	0.0%	0.0%	0.3%	0.2%	0.2%	0.3%	0.4%
	Inhalants	0.0%	4.5%	16.1%	0.0%	3.4%	4.3%	3.6%	4.6%	5.1%	4.5%
	Prescription drugs	0.0%	3.0%	3.2%	3.6%	3.3%	1.7%	1.6%	2.3%	4.1%	2.8%
Past 30-Day Substance Use	Alcohol	5.9%	7.6%	8.1%	1.8%	3.4%	4.4%	7.3%	9.8%	9.2%	8.6%
	Binge drinking	2.9%	1.6%	1.6%	0.0%	3.4%	2.2%	1.0%	1.3%	1.5%	1.2%
	Alcohol with other substance	NA <sup>**</sup>	NA <sup>**</sup>	31.3%	NA <sup>***</sup>	NA <sup>***</sup>	NA <sup>**</sup>	NA <sup>**</sup>	12.6%	9.2%	11.2%
	Cigarettes	2.9%	3.0%	8.1%	1.8%	3.2%	2.9%	2.3%	2.0%	1.2%	1.0%
	Electronic vapor product <sup>^^</sup>	NA <sup>**</sup>	6.1%	9.7%	16.4%	19.4%	NA <sup>**</sup>	6.0%	10.4%	6.9%	5.4%
	Smokeless tobacco	1.5%	4.5%	8.1%	5.4%	9.7%	2.1%	1.9%	2.4%	1.5%	1.0%
	Marijuana	14.7%	16.7%	30.6%	13.0%	13.3%	2.3%	2.8%	3.0%	2.2%	1.9%
	Prescription drugs	0.0%	1.5%	1.6%	3.9%	0.0%	0.6%	0.5%	1.0%	1.7%	1.1%
Past 30-Day Impaired Driving	Drove a car under the influence of alcohol	0.0%	0.0%	1.6%	1.8%	0.0%	0.4%	1.0%	0.9%	1.0%	1.0%
	Rode in a car driven by someone under the influence of alcohol	13.2%	9.2%	24.2%	16.1%	17.9%	13.3%	14.0%	16.1%	17.6%	16.9%
	Drove a car under the influence of Marijuana	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	7.4%	7.1%	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	0.9%	0.7%
	Rode in a car driven by someone under the influence of Marijuana	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	22.2%	17.9%	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	4.9%	4.1%

**SHARP | NRPFSS 2023**

Metric	Definition	8th Grade County-Level <sup>AAA</sup>					8th Grade State-Level <sup>AAA</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Mental Health Outcomes</b>											
Past 12 Months Mental Health	Lost Sleep	NA**	13.6%	19.4%	24.6%	9.4%	NA**	16.1%	18.0%	21.4%	19.9%
	Depressed	NA**	36.4%	38.7%	47.4%	40.6%	NA**	28.4%	31.1%	36.1%	32.5%
	Inflicted self-harm	NA**	12.3%	17.7%	19.3%	25.0%	NA**	12.2%	13.6%	17.0%	14.7%
	Considered attempting suicide	NA**	10.6%	21.0%	22.8%	28.1%	NA**	13.9%	16.1%	16.1%	14.3%
	Attempted suicide	NA**	6.1%	6.5%	10.5%	6.3%	NA**	3.6%	3.9%	4.4%	3.8%
	Difficult to concentrate	NA**	NA**	NA**	NA**	22.2%	NA**	NA**	NA**	NA**	33.5%
<b>Behavioral Health Risk Factors</b>											
Age of First Use (12 or Younger)	Smoked cigarettes	14.7%	10.9%	29.5%	14.0%	15.6%	6.7%	5.3%	5.0%	5.7%	4.2%
	Electronic vapor product <sup>AA</sup>	NA**	NA**	NA**	NA**	9.4%	NA**	NA**	NA**	NA**	6.2%
	Drank alcohol	7.5%	12.3%	18.0%	12.3%	6.3%	14.2%	15.1%	17.5%	18.3%	15.5%
	Smoked Marijuana	11.9%	14.1%	11.7%	5.3%	12.9%	2.4%	2.2%	2.2%	1.9%	2.2%
Perception of Peer's Past 30-Day Substance Use	Smoked cigarettes	10.6%	11.3%	12.7%	8.0%	7.1%	9.8%	7.6%	7.4%	11.6%	6.9%
	Used electronic vapor product <sup>AA</sup>	NA**	NA**	NA**	NA**	29.3%	NA**	NA**	NA**	NA**	16.4%
	Drank alcohol	13.6%	6.2%	9.5%	6.7%	6.9%	10.0%	9.1%	9.8%	13.7%	11.8%
	Used Marijuana	24.4%	18.8%	18.2%	11.5%	20.6%	9.0%	8.0%	7.1%	8.7%	6.0%
Experienced bullying in past 12 months	Physically	NA**	35.8%	33.9%	15.8%	30.0%	NA**	27.8%	26.8%	27.5%	26.2%
	Verbally	NA**	46.3%	41.0%	24.6%	32.3%	NA**	55.7%	52.8%	51.3%	53.4%
	Socially	NA**	35.8%	41.9%	14.3%	41.9%	NA**	47.0%	45.3%	43.4%	44.2%
	Electronically	16.4%	25.4%	29.5%	15.8%	16.1%	21.0%	22.2%	20.0%	22.5%	21.0%
Sort of Easy or Very Easy to Obtain Substance	Alcohol	15.4%	19.0%	23.3%	9.1%	9.5%	31.1%	31.5%	34.1%	31.6%	31.7%
	Marijuana	32.3%	34.4%	56.7%	21.2%	19.0%	14.1%	13.3%	13.5%	9.5%	8.2%
	Prescription drugs	20.0%	15.9%	16.7%	7.7%	9.5%	18.0%	17.6%	20.3%	16.9%	16.0%
	Cigarettes	21.5%	25.4%	NA**	NA**	23.8%	22.9%	21.5%	NA**	NA**	16.0%
	Electronic vapor products <sup>AA</sup>	NA**	NA**	NA**	NA**	30.0%	NA**	NA**	NA**	NA**	20.3%

SHARP | NRPFSS 2023

Metric	Definition	8th Grade County-Level <sup>AAA</sup>					8th Grade State-Level <sup>AAA</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Behavioral Health Protective Factors</b>											
Experiences at School	Grades were A's and B's	71.8%	65.6%	72.6%	71.9%	55.9%	83.0%	83.1%	82.5%	81.5%	81.3%
	Felt safe	92.8%	81.8%	90.2%	86.0%	84.4%	89.5%	89.2%	88.9%	88.6%	87.2%
Experiences with Families	Help for personal problems <sup>A</sup>	87.7%	81.0%	68.9%	78.2%	77.3%	84.3%	86.2%	83.9%	85.2%	81.0%
	Discussed dangers of alcohol	47.7%	46.9%	32.8%	17.3%	9.1%	54.0%	45.3%	46.6%	41.1%	37.9%
	Discussed dangers of electronic vapor products <sup>AA</sup>	NA**	NA**	NA**	NA**	18.2%	NA**	NA**	NA**	NA**	40.4%
Very wrong for person your age to:	Smoke cigarettes	95.6%	90.8%	90.2%	93.0%	84.4%	94.6%	94.6%	94.7%	94.4%	95.9%
	Use smokeless tobacco	97.1%	89.2%	91.8%	89.5%	81.3%	95.0%	93.9%	94.2%	94.2%	95.5%
	Use electronic vapor product <sup>AA</sup>	NA**	NA**	NA**	NA**	78.1%	NA**	NA**	NA**	NA**	93.1%
	Drink alcohol	95.7%	93.8%	91.8%	94.7%	96.9%	92.9%	88.0%	85.9%	85.8%	85.6%
	Use Marijuana	80.6%	76.9%	63.9%	83.9%	81.3%	92.2%	90.9%	91.6%	93.1%	94.7%
	Misuse prescription drugs	100.0%	92.3%	93.3%	93.0%	93.8%	96.5%	95.4%	95.4%	94.4%	94.5%
	Use other illegal substances	100.0%	95.4%	100.0%	98.2%	100.0%	98.3%	98.3%	98.4%	98.6%	98.6%
Recall of Prevention Advertisement	Saw or Heard Anti-Alcohol or Anti-Substance Media in the Past 12 Months	NA**	68.8%	55.9%	51.9%	25.0%	NA**	76.4%	72.3%	66.8%	60.5%
Perceived Great Risk of Harm From:	Smoking 1 or more packs of cigarettes daily	47.1%	41.9%	37.7%	32.1%	25.0%	65.8%	67.8%	63.0%	58.2%	58.5%
	Using electronic vapor product 1 or 2 times per week <sup>AA</sup>	NA**	NA**	NA**	20.0%	9.4%	NA**	NA**	NA**	31.8%	34.1%
	Binge drinking 1 or 2 times per week	31.3%	43.5%	25.8%	30.9%	40.6%	50.8%	57.4%	43.1%	37.3%	40.5%
	Using Marijuana	48.5%	28.8%	14.5%	18.2%	18.8%	69.1%	51.6%	48.0%	46.8%	51.1%
	Misusing prescription drugs	53.7%	50.0%	33.9%	36.4%	46.9%	61.0%	59.5%	62.0%	56.3%	60.2%

Metric	Definition	10th Grade County-Level <sup>^^^</sup>					10th Grade State-Level <sup>^^^</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Substance Use Outcomes</b>											
Lifetime Substance Use	Alcohol	50.0%	45.3%	36.6%	24.2%	18.2%	40.5%	42.3%	44.3%	42.6%	35.1%
	Cigarettes	50.8%	25.0%	26.4%	25.0%	27.3%	20.8%	17.5%	13.8%	10.1%	7.0%
	Electronic vapor product <sup>^^</sup>	NA <sup>**</sup>	28.6%	34.3%	27.3%	36.4%	NA <sup>**</sup>	28.0%	37.6%	25.4%	18.2%
	Smokeless tobacco	14.5%	3.2%	0.0%	6.1%	0.0%	11.9%	10.4%	8.5%	4.9%	3.8%
	Marijuana	46.6%	45.3%	43.7%	36.4%	54.5%	17.7%	17.4%	16.7%	15.2%	10.4%
	LSD/other psychedelics	3.4%	4.7%	2.9%	3.0%	9.1%	2.0%	2.7%	2.3%	2.2%	1.4%
	Cocaine/crack	3.4%	0.0%	0.0%	0.0%	0.0%	1.3%	1.0%	0.7%	0.7%	0.4%
	Meth	1.7%	0.0%	1.4%	0.0%	0.0%	0.7%	0.5%	0.5%	0.3%	0.3%
	Inhalants	15.5%	1.5%	2.8%	0.0%	9.1%	3.5%	3.2%	3.6%	4.1%	2.7%
	Prescription drugs	6.9%	9.2%	2.8%	3.0%	9.1%	5.0%	5.6%	4.3%	5.5%	3.2%
Past 30-Day Substance Use	Alcohol	24.1%	21.5%	15.7%	3.0%	9.1%	15.9%	20.0%	20.1%	18.2%	14.3%
	Binge drinking	17.2%	7.8%	1.4%	6.1%	9.1%	9.5%	6.9%	6.2%	6.3%	5.1%
	Alcohol with other substance	NA <sup>**</sup>	NA <sup>**</sup>	20.0%	NA <sup>***</sup>	NA <sup>***</sup>	NA <sup>**</sup>	NA <sup>**</sup>	11.6%	11.3%	11.4%
	Cigarettes	22.0%	9.4%	8.5%	3.1%	9.1%	7.6%	6.7%	4.1%	1.8%	1.6%
	Electronic vapor product <sup>^^</sup>	NA <sup>**</sup>	10.9%	15.5%	15.2%	27.3%	NA <sup>**</sup>	12.3%	24.7%	14.3%	8.9%
	Smokeless tobacco	15.3%	6.3%	0.0%	0.0%	0.0%	7.1%	6.1%	5.4%	2.5%	2.5%
	Marijuana	22.4%	30.8%	33.3%	21.2%	18.2%	7.6%	8.8%	7.3%	7.6%	4.7%
	Prescription drugs	6.9%	4.6%	0.0%	0.0%	0.0%	2.2%	2.6%	1.4%	1.6%	0.9%
Past 30-Day Impaired Driving	Drove a car under the influence of alcohol	1.7%	1.6%	1.4%	3.0%	0.0%	1.8%	2.1%	2.7%	1.8%	2.6%
	Rode in a car driven by someone under the influence of alcohol	20.7%	6.3%	11.6%	12.1%	18.2%	15.7%	12.4%	16.7%	14.3%	16.1%
	Drove a car under the influence of Marijuana	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	6.1%	0.0%	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	3.0%	2.1%
	Rode in a car driven by someone under the influence of Marijuana	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	12.5%	36.4%	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	8.9%	7.0%

Metric	Definition	10th Grade County-Level <sup>^^^</sup>					10th Grade State-Level <sup>^^^</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Mental Health Outcomes</b>											
Past 12 Months Mental Health	Lost Sleep	NA**	19.4%	28.8%	18.2%	25.0%	NA**	19.5%	20.6%	23.7%	20.1%
	Depressed	NA**	34.9%	54.8%	54.5%	50.0%	NA**	33.9%	34.8%	42.0%	35.0%
	Inflicted self-harm	NA**	17.5%	20.5%	27.3%	16.7%	NA**	14.3%	13.7%	17.5%	13.9%
	Considered attempting suicide	NA**	13.1%	21.9%	30.3%	25.0%	NA**	17.3%	17.7%	20.2%	13.8%
	Attempted suicide	NA**	1.6%	6.8%	6.1%	16.7%	NA**	4.6%	4.3%	5.5%	3.6%
	Difficult to concentrate	NA**	NA**	NA**	NA**	54.5%	NA**	NA**	NA**	NA**	33.0%
<b>Behavioral Health Risk Factors</b>											
Age of First Use (12 or Younger)	Smoked cigarettes	25.9%	9.4%	8.1%	12.1%	8.3%	8.1%	6.6%	5.6%	4.8%	3.3%
	Electronic vapor product <sup>^^</sup>	NA**	NA**	NA**	NA**	16.7%	NA**	NA**	NA**	NA**	4.3%
	Drank alcohol	6.9%	10.9%	9.6%	3.0%	8.3%	10.4%	10.0%	11.0%	11.3%	9.3%
	Smoked Marijuana	17.2%	15.6%	14.9%	9.1%	0.0%	2.9%	2.9%	2.9%	2.2%	1.7%
Perception of Peer's Past 30-Day Substance Use	Smoked cigarettes	29.6%	15.7%	7.0%	19.2%	4.3%	23.1%	20.6%	16.6%	17.2%	14.0%
	Used electronic vapor product <sup>^^</sup>	NA**	NA**	NA**	NA**	34.4%	NA**	NA**	NA**	NA**	33.9%
	Drank alcohol	38.2%	25.5%	13.3%	23.2%	18.5%	32.0%	30.7%	28.1%	30.4%	29.2%
	Used Marijuana	43.5%	32.3%	28.9%	29.3%	39.9%	24.4%	24.6%	20.3%	21.2%	18.4%
Experienced bullying in past 12 months	Physically	NA**	13.8%	19.2%	24.2%	9.1%	NA**	19.9%	17.2%	15.3%	15.7%
	Verbally	NA**	50.8%	44.4%	30.3%	18.2%	NA**	50.9%	45.8%	42.3%	43.1%
	Socially	NA**	36.9%	44.4%	30.3%	9.1%	NA**	45.2%	43.0%	39.1%	39.8%
	Electronically	20.3%	23.1%	19.4%	21.2%	9.1%	19.3%	23.4%	21.4%	21.4%	19.4%
Sort of Easy or Very Easy to Obtain Substance	Alcohol	54.4%	47.6%	32.8%	46.7%	27.3%	55.5%	52.8%	53.7%	47.8%	46.2%
	Marijuana	56.1%	61.9%	43.8%	53.3%	54.5%	34.6%	34.9%	32.5%	25.9%	22.3%
	Prescription drugs	29.8%	20.3%	15.6%	20.0%	0.0%	28.2%	26.4%	26.5%	19.7%	19.4%
	Cigarettes	54.4%	50.0%	NA**	NA**	45.5%	43.6%	39.8%	NA**	NA**	23.7%
	Electronic vapor products <sup>^^</sup>	NA**	NA**	NA**	NA**	54.5%	NA**	NA**	NA**	NA**	35.4%

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Metric	Definition	10th Grade County-Level <sup>AAA</sup>					10th Grade State-Level <sup>AAA</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Behavioral Health Protective Factors</b>											
Experiences at School	Grades were A's and B's	55.0%	56.1%	74.3%	51.5%	33.3%	78.4%	79.7%	80.8%	78.4%	79.5%
	Felt safe	75.9%	84.1%	95.9%	90.9%	91.7%	87.2%	87.1%	88.5%	86.7%	87.6%
Experiences with Families	Help for personal problems <sup>A</sup>	71.9%	83.9%	82.1%	81.8%	45.5%	80.1%	82.4%	81.8%	83.4%	81.1%
	Discussed dangers of alcohol	49.1%	59.4%	52.2%	48.5%	36.4%	50.3%	41.8%	46.0%	42.5%	45.8%
	Discussed dangers of electronic vapor products <sup>AA</sup>	NA**	NA**	NA**	NA**	30.0%	NA**	NA**	NA**	NA**	45.4%
Very wrong for person your age to:	Smoke cigarettes	80.7%	93.8%	94.6%	87.9%	91.7%	86.1%	87.4%	89.9%	88.9%	93.0%
	Use smokeless tobacco	91.2%	92.2%	94.6%	87.5%	100.0%	84.3%	84.9%	88.1%	87.2%	91.5%
	Use electronic vapor product <sup>AA</sup>	NA**	NA**	NA**	NA**	83.3%	NA**	NA**	NA**	NA**	87.0%
	Drink alcohol	87.7%	85.9%	93.2%	84.4%	100.0%	78.6%	74.7%	74.5%	69.3%	75.8%
	Use Marijuana	70.2%	67.2%	66.2%	57.6%	50.0%	80.5%	76.3%	80.8%	77.6%	88.1%
	Misuse prescription drugs	94.7%	95.3%	91.8%	90.9%	83.3%	93.4%	92.8%	94.7%	92.1%	93.5%
	Use other illegal substances	93.0%	98.4%	94.6%	97.0%	91.7%	96.3%	96.1%	97.2%	96.4%	97.6%
Recall of Prevention Advertisement	Saw or Heard Anti-Alcohol or Anti-Substance Media in the Past 12 Months	NA**	77.8%	62.9%	60.0%	45.5%	NA**	78.1%	75.1%	68.7%	66.1%
Perceived Great Risk of Harm From:	Smoking 1 or more packs of cigarettes daily	55.9%	60.3%	58.1%	40.6%	33.3%	65.7%	69.3%	67.1%	59.9%	59.3%
	Using electronic vapor product 1 or 2 times per week <sup>AA</sup>	NA**	NA**	NA**	9.4%	0.0%	NA**	NA**	NA**	29.3%	33.1%
	Binge drinking 1 or 2 times per week	34.5%	44.4%	41.9%	37.5%	41.7%	45.4%	54.1%	42.1%	33.7%	39.3%
	Using Marijuana	33.3%	24.2%	33.8%	18.8%	0.0%	52.3%	36.3%	37.8%	33.4%	40.6%
	Misusing prescription drugs	55.2%	49.2%	56.8%	50.0%	33.3%	59.8%	59.0%	64.9%	60.1%	60.4%

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Metric	Definition	12th Grade County-Level <sup>AAA</sup>					12th Grade State-Level <sup>AAA</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Substance Use Outcomes</b>											
Lifetime Substance Use	Alcohol	65.9%	74.4%	56.3%	50.0%	42.1%	60.0%	61.2%	62.0%	58.3%	52.1%
	Cigarettes	47.7%	51.4%	26.8%	36.8%	31.6%	34.9%	28.6%	24.7%	15.8%	14.1%
	Electronic vapor product <sup>AA</sup>	NA <sup>**</sup>	48.6%	34.3%	47.4%	47.4%	NA <sup>**</sup>	43.4%	52.3%	38.7%	30.2%
	Smokeless tobacco	25.6%	13.2%	7.0%	0.0%	5.3%	21.6%	18.3%	16.2%	9.3%	7.8%
	Marijuana	40.9%	48.7%	45.1%	52.6%	47.4%	30.3%	32.4%	29.9%	27.0%	22.8%
	LSD/other psychedelics	0.0%	2.6%	8.5%	10.5%	0.0%	4.2%	5.7%	5.3%	4.3%	4.1%
	Cocaine/crack	0.0%	5.1%	1.4%	0.0%	5.3%	2.7%	3.1%	2.5%	1.3%	1.3%
	Meth	2.3%	5.1%	2.9%	0.0%	0.0%	1.4%	1.0%	0.9%	0.5%	0.4%
	Inhalants	2.3%	5.1%	1.4%	5.3%	0.0%	3.2%	2.7%	3.3%	3.1%	2.8%
	Prescription drugs	4.5%	7.7%	9.9%	15.8%	5.3%	9.2%	9.1%	8.1%	5.1%	4.3%
Past 30-Day Substance Use	Alcohol	31.8%	53.8%	29.6%	31.6%	10.5%	29.6%	34.4%	34.2%	31.9%	26.0%
	Binge drinking	34.1%	35.9%	11.4%	10.5%	10.5%	21.2%	16.1%	15.0%	13.7%	11.5%
	Alcohol with other substance	NA <sup>**</sup>	NA <sup>**</sup>	33.3%	NA <sup>***</sup>	NA <sup>***</sup>	NA <sup>**</sup>	NA <sup>**</sup>	13.9%	10.5%	11.9%
	Cigarettes	20.5%	26.3%	12.9%	10.5%	10.5%	15.8%	11.9%	8.7%	3.8%	3.8%
	Electronic vapor product <sup>AA</sup>	NA <sup>**</sup>	13.2%	18.3%	36.8%	31.6%	NA <sup>**</sup>	18.7%	37.3%	21.0%	16.2%
	Smokeless tobacco	11.4%	10.5%	2.9%	0.0%	5.3%	12.8%	10.2%	10.1%	4.1%	4.7%
	Marijuana	15.9%	33.3%	26.8%	42.1%	42.1%	12.7%	15.7%	13.9%	12.5%	9.7%
	Prescription drugs	0.0%	7.7%	2.8%	0.0%	5.3%	3.3%	3.4%	2.2%	1.7%	1.3%
Past 30-Day Impaired Driving	Drove a car under the influence of alcohol	9.3%	20.5%	1.4%	5.3%	5.3%	8.0%	6.4%	7.6%	5.9%	5.8%
	Rode in a car driven by someone under the influence of alcohol	23.3%	28.2%	22.9%	21.1%	26.3%	15.9%	13.3%	16.1%	13.5%	14.6%
	Drove a car under the influence of Marijuana	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	26.3%	26.3%	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	6.8%	5.7%
	Rode in a car driven by someone under the influence of Marijuana	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	31.6%	42.1%	NA <sup>**</sup>	NA <sup>**</sup>	NA <sup>**</sup>	10.4%	10.1%



Metric	Definition	12th Grade County-Level <sup>AAA</sup>					12th Grade State-Level <sup>AAA</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Mental Health Outcomes</b>											
Past 12 Months Mental Health	Lost Sleep	NA**	27.0%	24.7%	21.1%	47.4%	NA**	18.9%	21.6%	23.4%	20.8%
	Depressed	NA**	39.5%	42.5%	47.4%	57.9%	NA**	33.5%	35.3%	42.9%	38.0%
	Inflicted self-harm	NA**	10.5%	19.2%	15.8%	10.5%	NA**	11.3%	12.7%	13.6%	11.7%
	Considered attempting suicide	NA**	26.3%	17.8%	21.1%	15.8%	NA**	14.8%	16.3%	17.1%	14.1%
	Attempted suicide	NA**	5.3%	4.1%	5.3%	5.3%	NA**	3.6%	3.9%	3.7%	2.7%
	Difficult to concentrate	NA**	NA**	NA**	NA**	73.7%	NA**	NA**	NA**	NA**	33.0%
<b>Behavioral Health Risk Factors</b>											
Age of First Use (12 or Younger)	Smoked cigarettes	16.3%	21.6%	13.7%	26.3%	21.1%	7.5%	6.5%	5.4%	4.3%	3.9%
	Electronic vapor product <sup>AA</sup>	NA**	NA**	NA**	NA**	5.3%	NA**	NA**	NA**	NA**	3.5%
	Drank alcohol	7.0%	5.6%	5.6%	0.0%	10.5%	8.6%	7.9%	7.7%	7.6%	6.6%
	Smoked Marijuana	11.9%	13.2%	13.9%	15.8%	11.1%	2.8%	2.5%	2.6%	1.5%	1.7%
Perception of Peer's Past 30-Day Substance Use	Smoked cigarettes	23.1%	28.3%	17.7%	12.9%	21.6%	27.2%	24.3%	18.8%	17.3%	14.3%
	Used electronic vapor product <sup>AA</sup>	NA**	NA**	NA**	NA**	55.4%	NA**	NA**	NA**	NA**	39.4%
	Drank alcohol	41.7%	46.0%	23.9%	27.2%	37.5%	42.4%	42.8%	35.0%	37.6%	37.1%
	Used Marijuana	27.8%	32.9%	30.2%	39.6%	57.0%	27.9%	30.3%	23.9%	26.3%	23.1%
Experienced bullying in past 12 months	Physically	NA**	5.3%	12.5%	0.0%	5.3%	NA**	12.2%	11.8%	10.3%	11.2%
	Verbally	NA**	34.2%	36.1%	21.1%	26.3%	NA**	42.3%	39.5%	37.4%	37.0%
	Socially	NA**	28.9%	36.1%	26.3%	26.3%	NA**	40.1%	39.5%	37.8%	37.9%
	Electronically	22.7%	15.8%	19.4%	10.5%	15.8%	17.1%	20.1%	19.3%	18.9%	17.7%
Sort of Easy or Very Easy to Obtain Substance	Alcohol	62.8%	76.9%	47.8%	36.8%	42.1%	68.5%	67.4%	66.0%	58.1%	59.9%
	Marijuana	38.1%	66.7%	48.5%	63.2%	57.9%	49.0%	49.8%	46.3%	37.0%	35.5%
	Prescription drugs	19.0%	46.2%	20.9%	22.2%	21.1%	34.9%	32.0%	29.3%	20.7%	19.0%
	Cigarettes	67.4%	79.5%	NA**	NA**	31.6%	67.5%	62.9%	NA**	NA**	33.9%
	Electronic vapor products <sup>AA</sup>	NA**	NA**	NA**	NA**	42.1%	NA**	NA**	NA**	NA**	49.8%

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Metric	Definition	12th Grade County-Level <sup>^^^</sup>					12th Grade State-Level <sup>^^^</sup>				
		2014	2016	2018	2021	2023	2014	2016	2018	2021	2023
<b>Behavioral Health Protective Factors</b>											
Experiences at School	Grades were A's and B's	69.8%	61.5%	61.1%	47.4%	68.4%	80.1%	80.1%	82.7%	83.8%	80.4%
	Felt safe	90.7%	89.5%	91.8%	78.9%	89.5%	90.6%	89.4%	89.9%	89.4%	90.8%
Experiences with Families	Help for personal problems <sup>^</sup>	83.7%	76.3%	88.1%	73.7%	73.7%	80.1%	82.4%	83.4%	83.2%	81.6%
	Discussed dangers of alcohol	43.6%	35.9%	50.7%	42.1%	52.6%	46.0%	38.3%	44.8%	41.6%	46.5%
	Discussed dangers of electronic vapor products <sup>^^</sup>	NA**	NA**	NA**	NA**	52.6%	NA**	NA**	NA**	NA**	43.3%
Very wrong for person your age to:	Smoke cigarettes	74.4%	76.3%	78.1%	89.5%	84.2%	72.3%	72.8%	74.6%	80.5%	84.2%
	Use smokeless tobacco	79.1%	81.6%	83.1%	89.5%	88.9%	69.0%	69.5%	72.0%	77.3%	82.6%
	Use electronic vapor product <sup>^^</sup>	NA**	NA**	NA**	NA**	73.7%	NA**	NA**	NA**	NA**	77.4%
	Drink alcohol	65.1%	55.3%	82.2%	84.2%	94.7%	62.2%	58.5%	57.1%	53.5%	59.3%
	Use Marijuana	74.4%	52.6%	58.9%	21.1%	57.9%	70.5%	63.5%	69.3%	64.3%	74.3%
	Misuse prescription drugs	93.0%	92.1%	93.2%	100.0%	89.5%	90.6%	91.7%	93.0%	91.9%	93.2%
	Use other illegal substances	100.0%	100.0%	95.9%	100.0%	100.0%	95.4%	94.5%	94.6%	95.4%	96.3%
Recall of Prevention Advertisement	Saw or Heard Anti-Alcohol or Anti-Substance Media in the Past 12 Months	NA**	82.1%	78.7%	57.9%	57.9%	NA**	78.1%	75.1%	71.3%	67.3%
Perceived Great Risk of Harm From:	Smoking 1 or more packs of cigarettes daily	59.1%	71.1%	55.6%	57.9%	26.3%	65.3%	69.5%	67.3%	59.4%	58.1%
	Using electronic vapor product 1 or 2 times per week <sup>^^</sup>	NA**	NA**	NA**	26.3%	36.8%	NA**	NA**	NA**	25.6%	29.3%
	Binge drinking 1 or 2 times per week	36.4%	42.1%	37.0%	36.8%	31.6%	40.1%	47.1%	36.4%	29.6%	32.1%
	Using Marijuana	43.2%	26.3%	17.8%	15.8%	16.7%	41.2%	24.7%	30.0%	23.1%	30.6%
	Misusing prescription drugs	54.5%	50.0%	52.8%	52.6%	47.4%	58.1%	58.4%	66.9%	61.6%	64.4%

**Notes:**

<sup>^</sup> Prior to 2016, the question asked students about their "parents" or "mom or dad". In 2016, the wording was changed to "parents or caregivers".

<sup>^^</sup> Prior to 2021, electronic vapor products were not included.

<sup>^^^</sup> The number of students and/or school districts included from year to year could vary due to schools participating in some administrations and not others. As a result, these trend findings should be approached with some caution.

\* Report is not available for this year.

\*\* Question was not included in this year's survey.

\*\*\* Data not available due to participation number being less than 10.

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**APPENDIX B: Contacts for Prevention**

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**Division of Behavioral Health**

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**Tobacco Free Nebraska**

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**Nebraska Department of Education**

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