

Nebraska Risk and Protective Factor Student Survey Results for 2021

Profile Report: Custer County



Sponsored by: Nebraska Department of Health and Human Services Division of Behavioral Health

> Administered by: Bureau of Sociological Research University of Nebraska-Lincoln

NRPFSS 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

This report summarizes the findings from the 2021 Nebraska Risk and Protective Factor Student Survey (NRPFSS). The 2021 survey represents the ninth implementation of the NRPFSS and the sixth 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 http://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. All future administrations take place during the fall of odd calendar years (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. <u>Therefore, data presented in this report are not to be considered a representative statewide sample</u>. 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 abuse 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 Custer 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 the Custer 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.

2021 NRPFSS Sponsored by:

The 2021 NRPFSS is sponsored by Grant #5U79SP020162-05 and #1H79SP080988-01 under the Strategic Prevention Framework Partnerships for Success 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.



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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, and 2018 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 (www.bosr.unl.edu/sharp).

	Cı	uster County 2021	1	State 2021				
	Number Participated	Number Enrolled	Percent Participated	Number Participated	Number Enrolled	Percent Participated		
Grade								
8th	21	141	14.9%	4900	26905	18.2%		
10th	10	148	6.8%	4784	26478	18.1%		
12th	9	143	6.3%	4070	27821	14.6%		
Total	40	432	9.3%	13754	81204	16.9%		

Table 1.1. Survey Participation Rates, 2021

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 all students in Nebraska. In 2021, 16.9 percent of the eligible Nebraska students in grades 8, 10, and 12 participated in the NRPFSS.

The 2021 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 and Sarpy Counties, which combined had a 10.7% participation rate in 2021 compared to 29.3% for the remainder of the state.

Table 1.2 provides an overview of the characteristics of the students who completed the 2021 survey within Custer County.

		r County 2021		ate)21	
	n	%	n	%	
Total students	40		14005		
Grade					
8th	21	52.5%	4900	35.0%	
10th	10	25.0%	4784	34.2%	
12th	9	22.5%	4070	29.1%	
Unknown	0	0.0%	1.8%		
Gender					
Male	25	62.5%	7007	50.0%	
Female	15	37.5%	6890	49.2%	
Unknown	0	0.0%	108	0.8%	
Race/Ethnicity					
Hispanic*	1	2.5%	2622	18.7%	
African American	0	0.0%	606	4.3%	
Asian	0	0.0%	272	1.9%	
American Indian	1	2.5%	370	2.6%	
Pacific Islander	0	0.0%	41	0.3%	
Alaska Native	0	0.0%	30	0.2%	
White	38	95.0%	9869	70.5%	
Other	0	0.0%	128	0.9%	
Unknown	0	0.0%	67	0.5%	

Table 1.2. Participant Characteristics, 2021

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 2021 survey data for the Custer County are presented along with national estimates, when available.

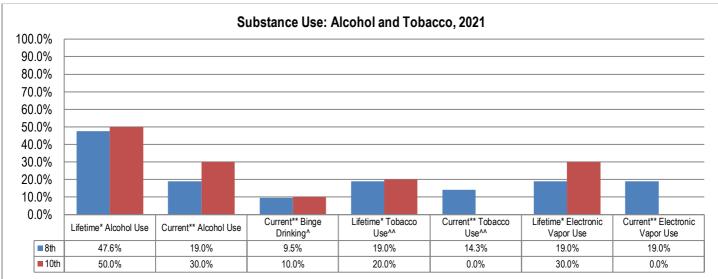
When there are less than 10 survey respondents for a particular grade, their responses are not presented in order to protect the confidentiality of individual student participants. Furthermore, if a grade level has 10 or more respondents but an individual question or sub-group presented in this report 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 Custer County, 1 student met these criteria.

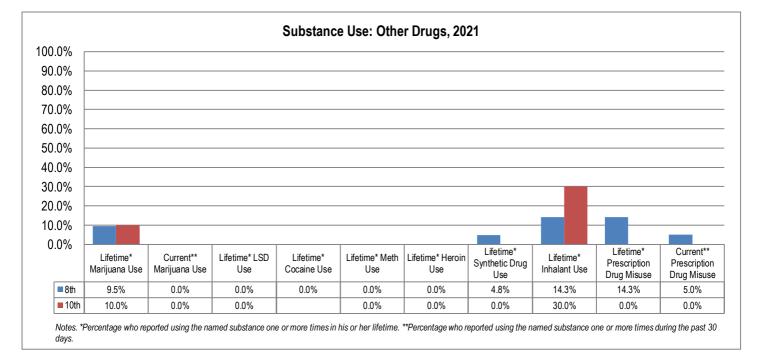
Substance Use

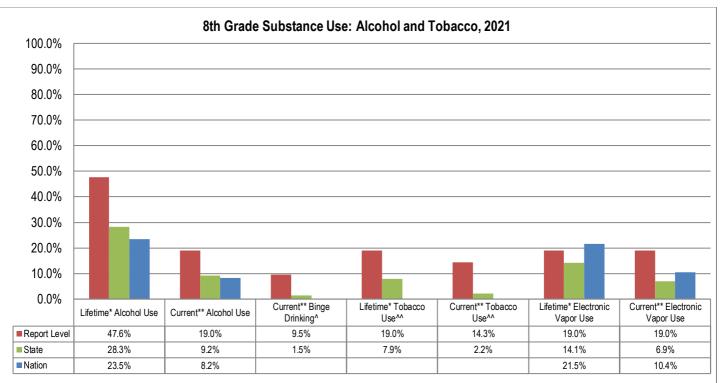
This section contains information on the use of alcohol, tobacco, and other drugs among 8th and 10th grade students in Nebraska. In addition, there is information on attitudes and perceptions, the sources of substances, and other substance-related topics. To provide greater context for the results from Custer County, overall national results are presented when available. As discussed earlier, the state results <u>are not to be considered a representative statewide sample.</u> 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

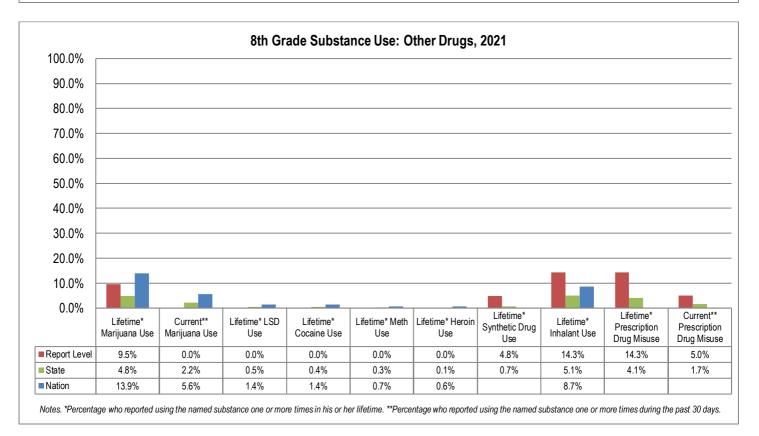


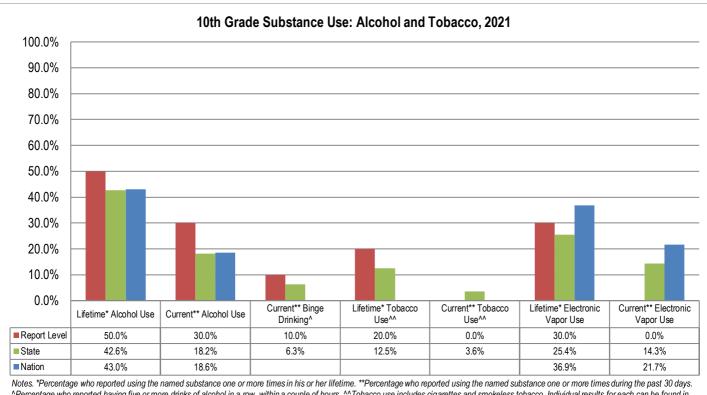
Notes. *Percentage who reported using the named substance one or more times in his or her lifetime. **Percentage who reported using the named substance one or more times during the past 30 days. ^Percentage who reported having five or more drinks of alcohol in a row, within a couple of hours. ^^Tobacco use includes cigarettes and smokeless tobacco. Individual results for each can be found in Appendix A.



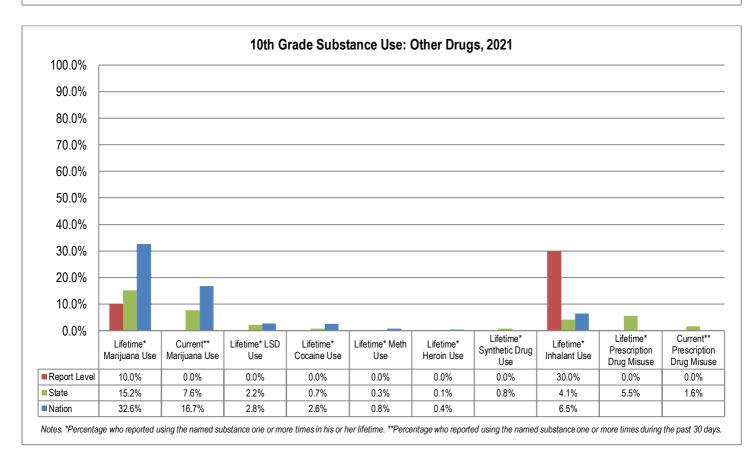


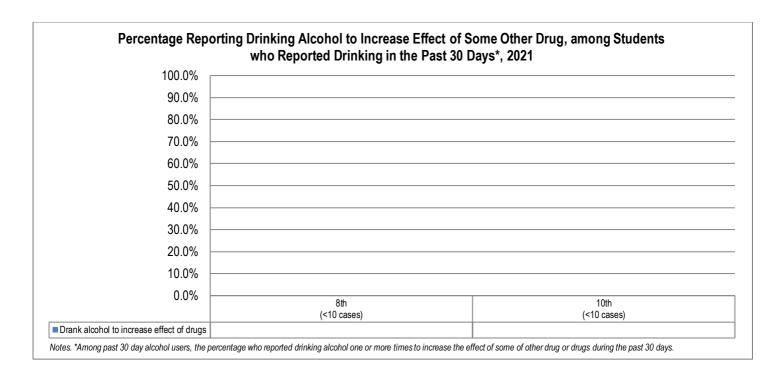
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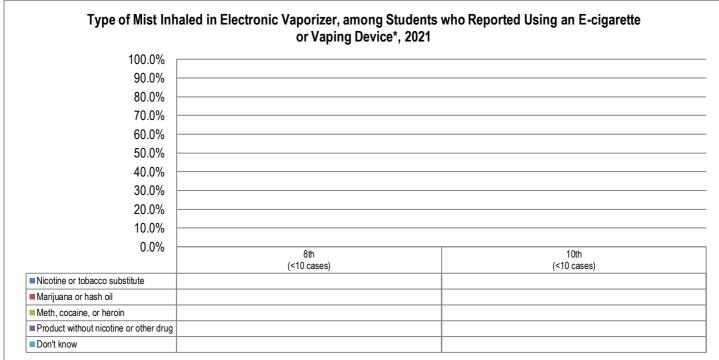




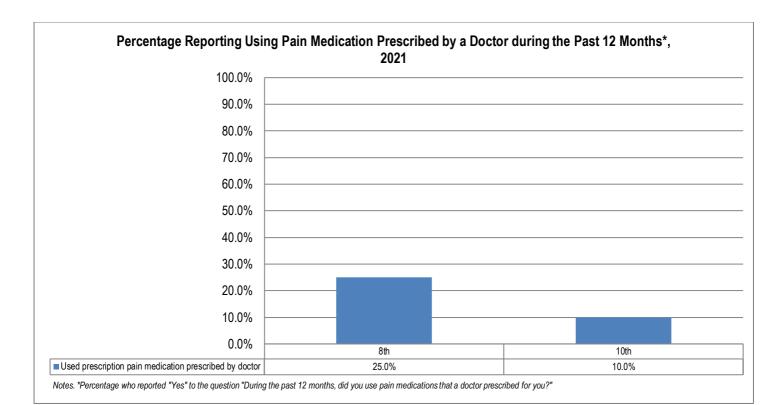
Appendix A.

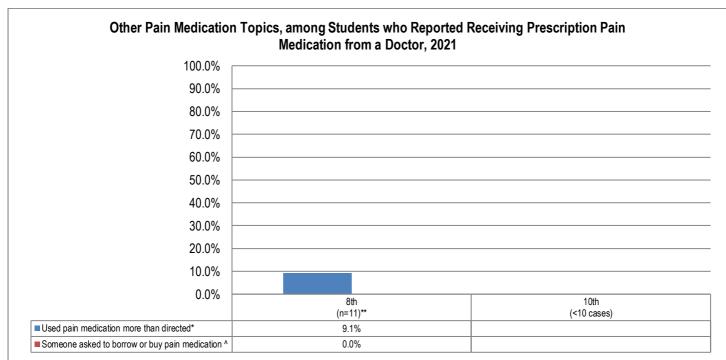






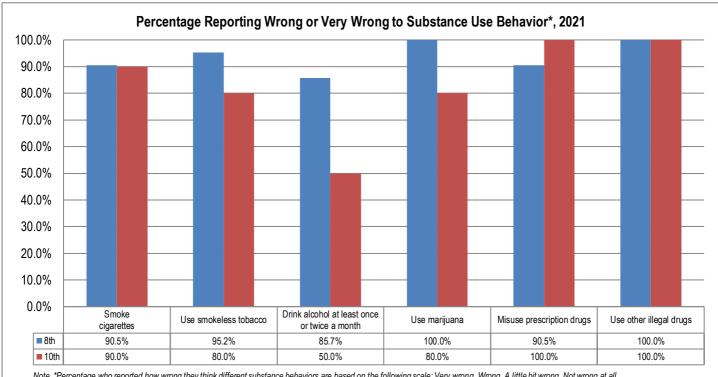
Notes. *Based on the question "The last time you used an electronic vaporizer such as an e-cigarette, what was in the mist you inhaled?" **The n-size displayed is the same for all types of mist given that type of mist inhaled in an electronic vaporizer is asked as one question.



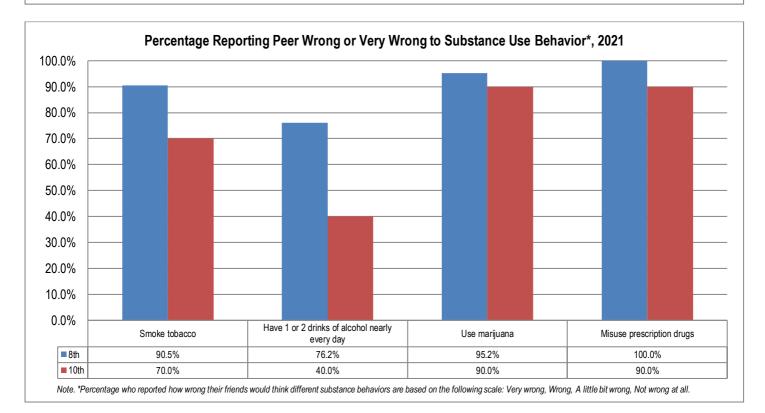


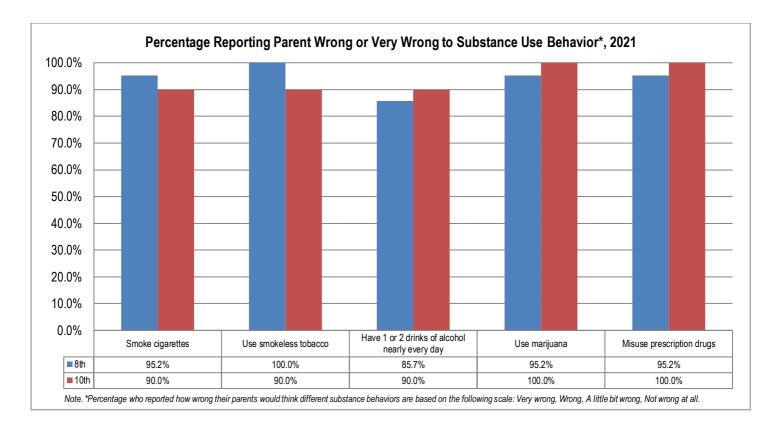
Notes. *Percentage who reported "Yes" to the question "The last time a doctor prescribed a pain medication for you, did you use any of the pain medication more frequently or in higher doses than directed by a doctor?" ^Percentage who reported "Yes" to the question "The last time a doctor prescribed a 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.

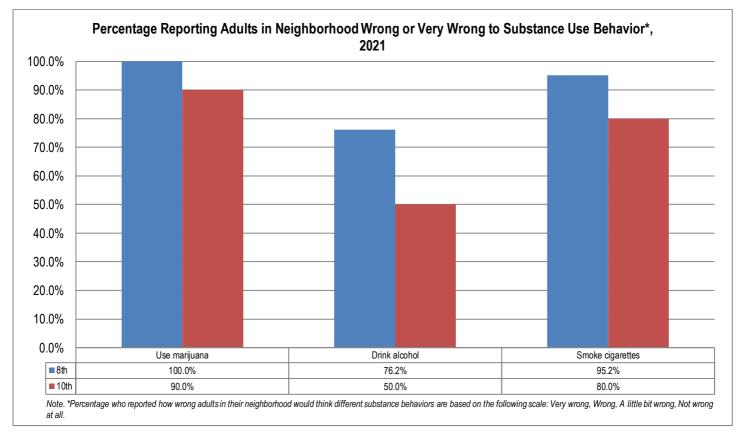
Attitudes toward Substance Use



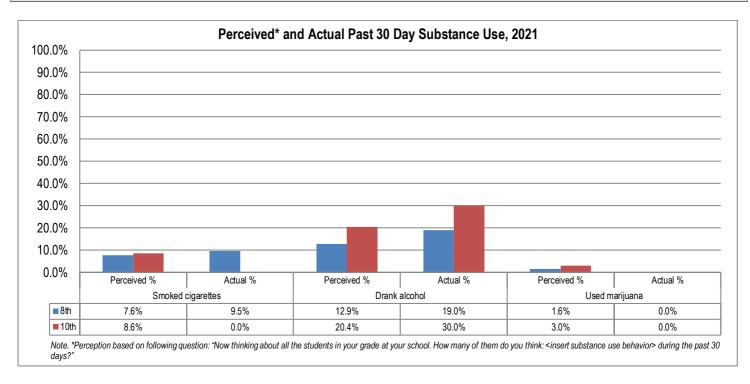
Note. *Percentage who reported how wrong they think different substance behaviors are based on the following scale: Very wrong, Wrong, A little bit wrong, Not wrong at all.

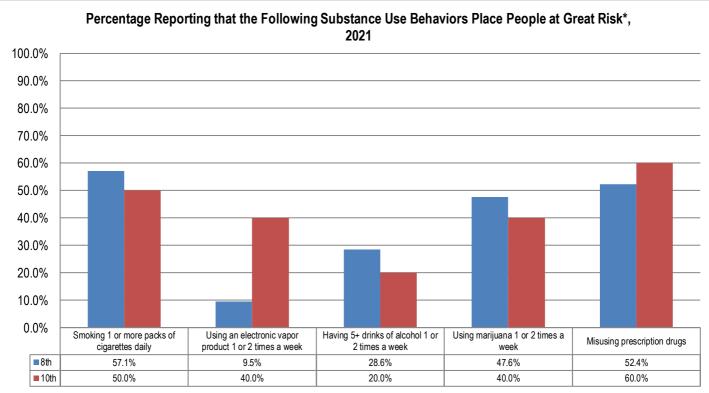




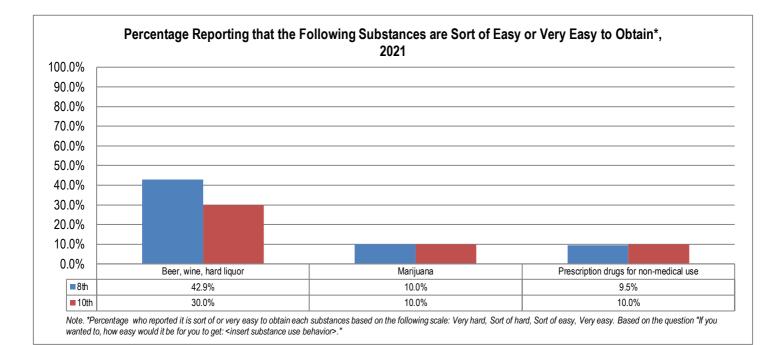


Perceptions of Substance Use





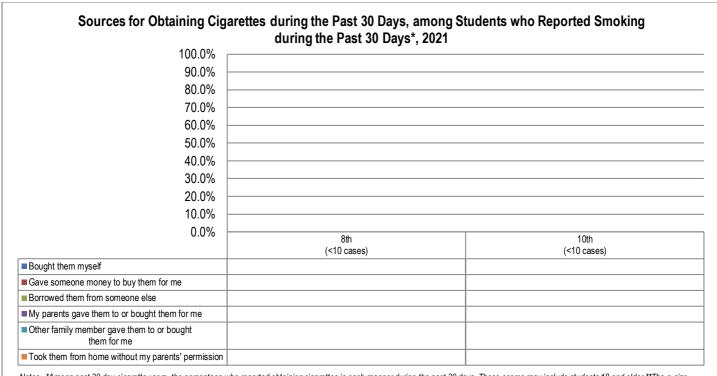
Note. *Percentage who reported great risk associated with each substance behaviors based on the following scale: No risk, Slight risk, Moderate risk, Great risk. Based on the question "How much do you think people risk harming themselves (physically or in other ways) if they: <insert substance use behavior>."



Sources of Substances

100.0%		
90.0%		
80.0%		
70.0%		
60.0%		
50.0%		
40.0%		
30.0%		
20.0%		
10.0%		
0.0%	8th	10th
	(<10 cases)	(<10 cases)
Bought it in liquor store, gas station, or grocery store		
Got it at a party		
Gave someone money to buy it for me		
Parents gave or bought it for me		
Other family member gave or bought it for me		
Took it from home without my parents' permission		

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.

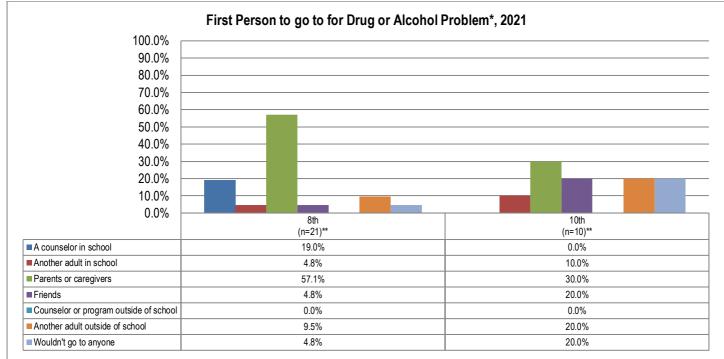


Notes. *Among past 30 day cigarette users, the percentage who reported obtaining cigarettes in each manner during the past 30 days. These scores may include students 18 and older.**The n-size displayed is the largest n-size across these questions. Because each source is asked individually, the n-size may vary across sources.

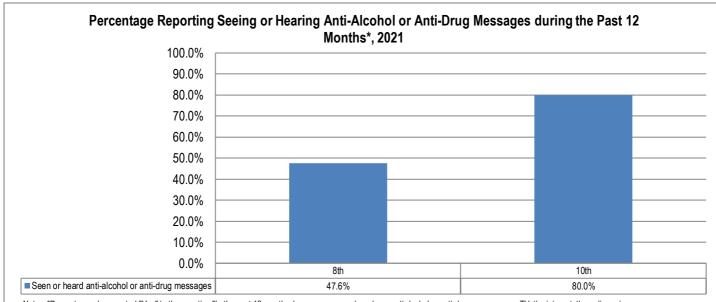
	cription Drugs during the Past 30 Days, a Prescription Drugs during the Past 30 D	
100.0%		
90.0%		
80.0%		
70.0%		
60.0%		
50.0%		
40.0%		
30.0%		
20.0%		
10.0%		
0.0%	8th	404
	المتر (<10 cases)	10th (<10 cases)
Took them from home without my parents' knowledge		
Bought them from someone		
Took them from someone else without their knowledge		
Someone gave them to me		
Got them some other way (not listed)		

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.

Other Substance-Related Topics



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 for all sources given that source of help for a drug or alcohol problem is asked as one question.

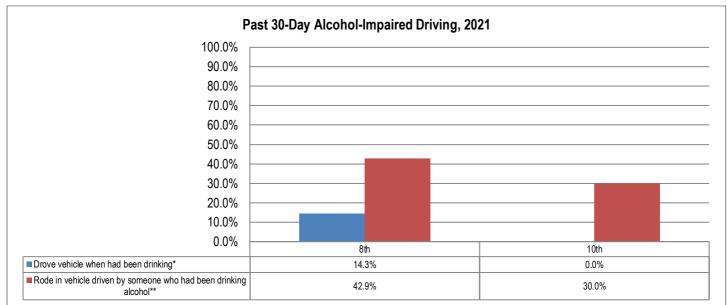


Notes. *Percentage who reported "Yes" to the question "In the past 12 months, have you seen or heard any anti-alcohol or anti-drug messages on TV, the internet, the radio, or in newspapers or magazines?"

Transportation Safety

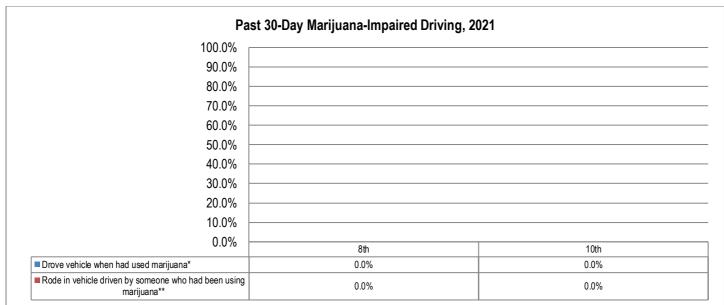
This section contains information on transportation safety relating to alcohol-impaired and distracted driving among 8th and 10th grade students in Nebraska.

Past 30 Day Alcohol-Impaired Driving



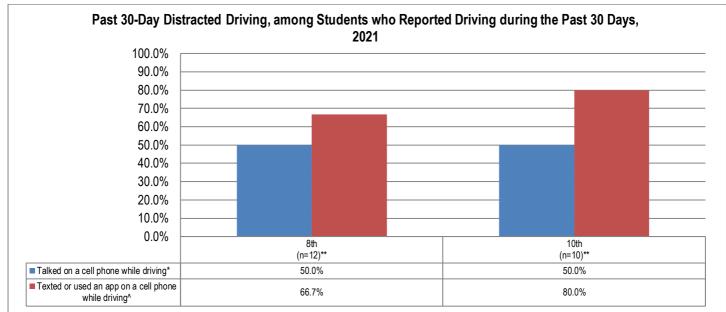
Notes. *Percentage who reported one or more occurences to the question "During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?"
**Percentage who reported one or more occurences to the question "During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?"

Past 30 Day Marijuana-Impaired Driving



Notes. *Percentage who reported one or more occurences to the question "During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?" **Percentage who reported one or more occurences to the question "During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?"

Past 30 Day Distracted Driving

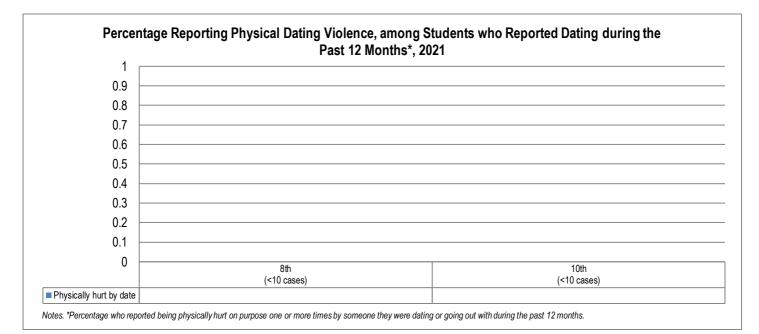


Notes. *Percentage who reported talking on a cell phone while driving a car or other vehicle in the past 30 days. ^Percentage who reported one or more occurences of texting or using an app on a cell phone while driving a car or other vehicle. **The n-size displayed is the largest n-size across these questions. Because each question is asked individually, the n-size may vary.

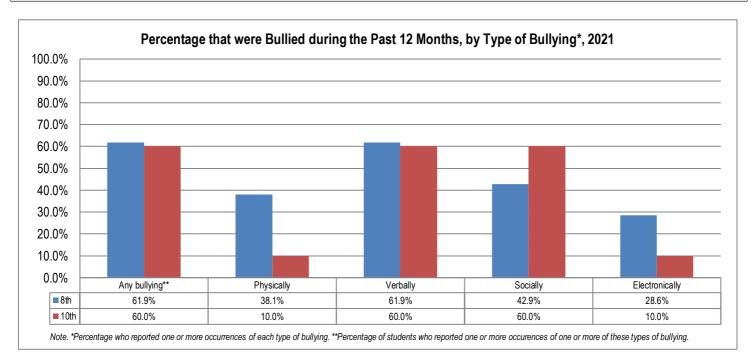
Violence, Bullying, and Mental Health

This section contains information on dating violence, bullying, anxiety, depression, suicide, and attitudes toward the future among 8th and 10th grade students in Nebraska.

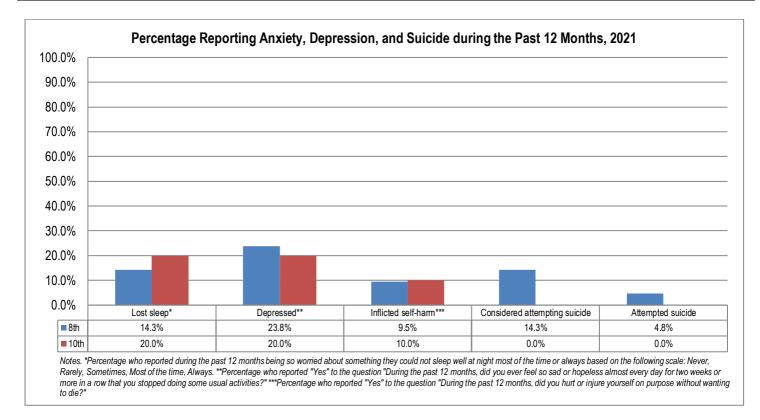
Dating Violence during the Past 12 Months



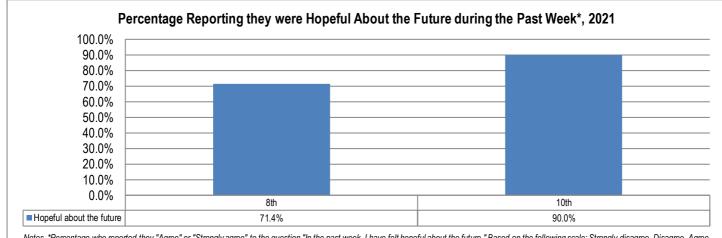
Bullying during the Past 12 Months



Anxiety, Depression, and Suicide during the Past 12 Months



Attitudes toward the Future

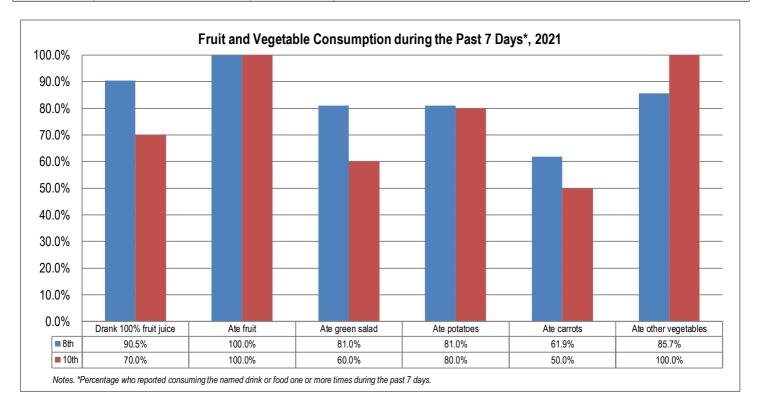


Notes. *Percentage who reported they "Agree" or "Strongly agree" to the question "In the past week, I have felt hopeful about the future." Based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree.

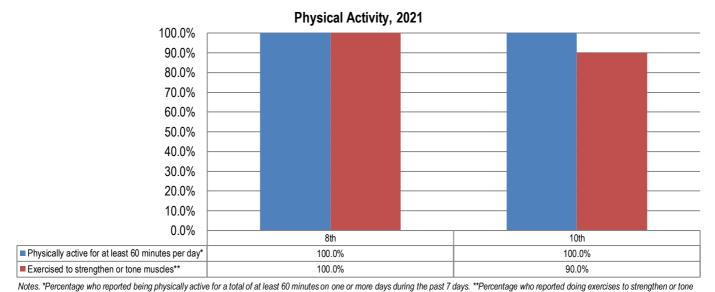
Nutrition and Physical Activity

This section contains information on fruit and vegetable consumption and physical activity among 8th and 10th grade students in Nebraska.

Fruit and Vegetable Consumption during the Past 7 Days



Physical Activity

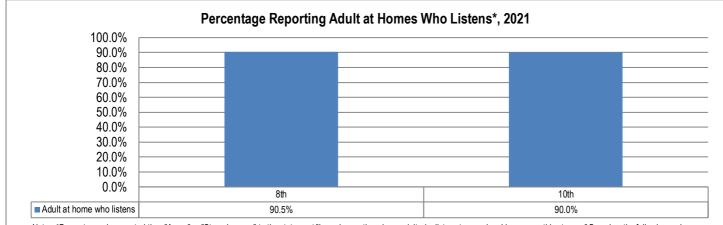


Notes. *Percentage who reported being physically active for a total of at least 60 minutes on one or more days during the past 7 days. **Percentage who reported doing exercises to strengthen or tone muscles, such as push-ups, sit-ups, or weight lifting on one or more days during the past 7 days.

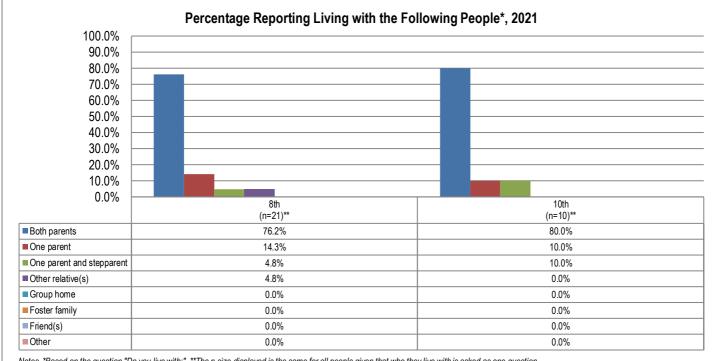
Feelings and Experiences at Home, School, in the Community, and During COVID-19

This section contains information on feelings and experiences with family, at school, and in the community for 8th and 10th grade students in Nebraska.

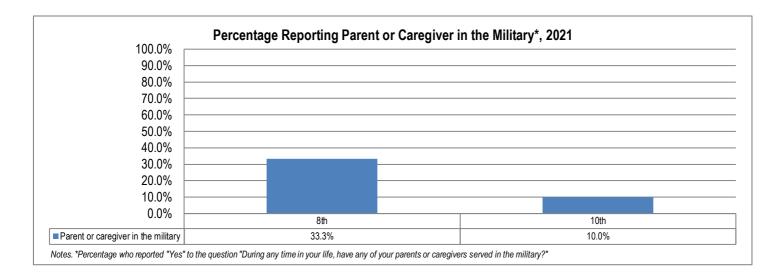
Feelings and Experiences with Family



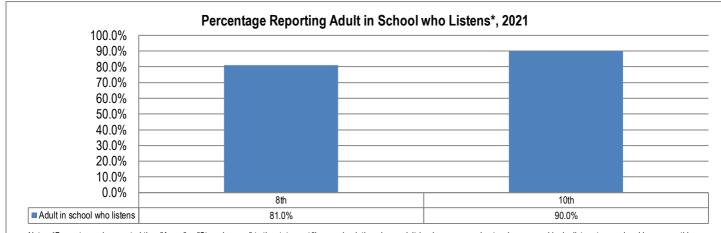
Notes. "Percentage who reported they "Agree" or "Strongly agree" to the statement "In my home, there is an adult who listens to me when I have something to say." Based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree.



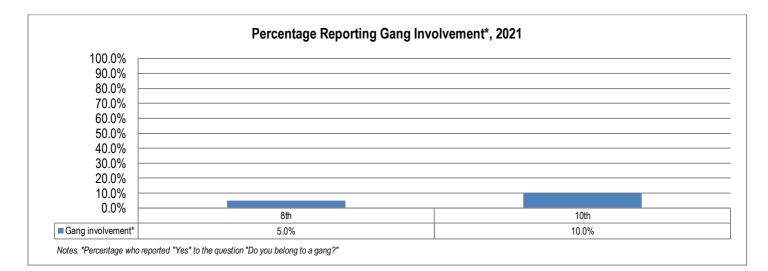
Notes. *Based on the question "Do you live with:". **The n-size displayed is the same for all people given that who they live with is asked as one question.



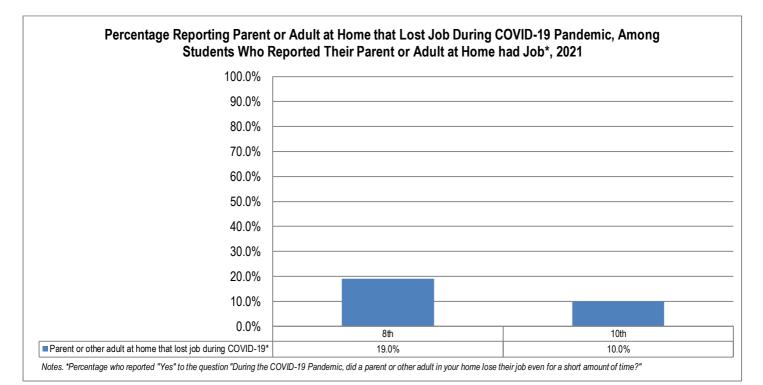
Feelings and Experiences at School and in the Community

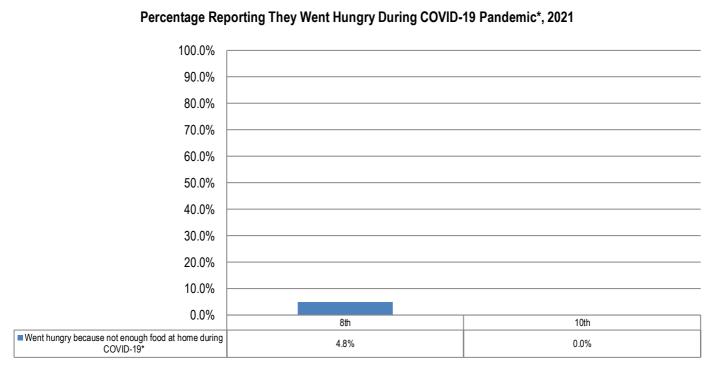


Notes. *Percentage who reported they "Agree" or "Strongly agree" to the statement "In my school, there is an adult (such as a counselor, teacher, or coach) who listens to me when I have something to say." Based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree.

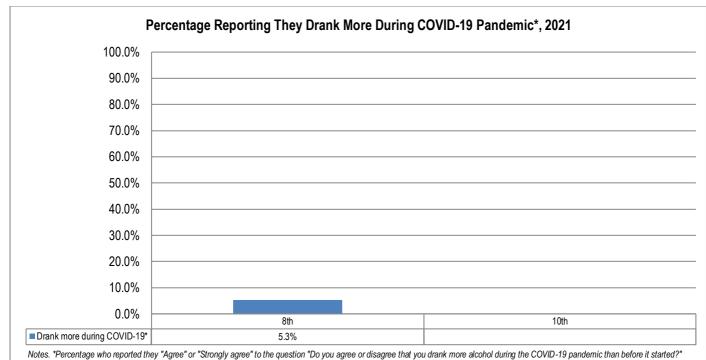


Feelings and Experiences During COVID-19 Pandemic

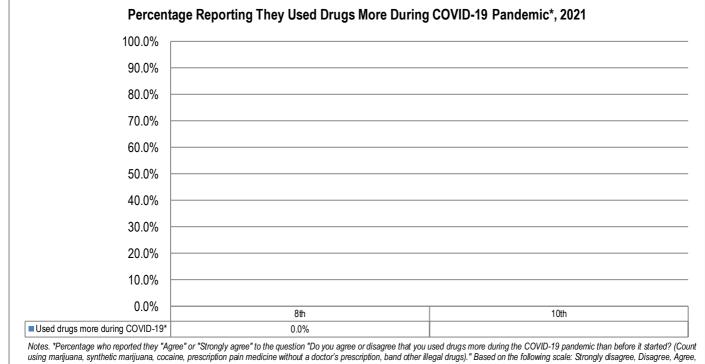




Notes. *Percentage who went hungry because there was not enough food in their home during the COVID-19 pandemic most of the time or always based on the following scale: Never, Rarely, Sometimes, Most of the time, Always.



Based on the following scale: Strongly disagree, Disagree, Agree, Strongly agree.



using marijuana, synthetic Strongly agree.

Tips for Using the NRPFSS Results

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 two categories:

- Environmental Strategies
 - These strategies effect the entire school environment and the youth within it.
 - An example of an environmental strategy would be changing school policy to not allow athletes to play if they are caught using substances.

• Individual Strategies

- These strategies target individual youth to help them build knowledge, wellness, and resiliency.
 - An example of an individual strategy would be providing a curriculum as part of a health class about the harms of substances.

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
- The Office of Juvenile Justice and Delinquency Prevention's (OJJDP's) Model Programs Guide (MPG)
 - This contains information about evidence-based juvenile justice and youth prevention, intervention, and reentry programs. It is a resource for practitioners and communities about what works, what is promising, and what does not work in juvenile justice, delinquency prevention, and child protection and safety.
 - Website: https://www.ojjdp.gov/mpg/
- The Suicide Prevention Resource Center
 - This has a variety of suicide prevention resources available.
 - Website: http://www.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.

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

APPENDIX A: Trend Data

Outcomes	Definition	8th					10th				
Outcomes		2012	2014	2016	2018	2021	2012	2014	2016	2018	2021
	Alcohol	34.0%	10.5%	13.8%	NA ²	47.6%	55.8%	50.7%	33.8%	NA ²	50.0%
	Cigarettes	6.4%	1.8%	0.0%	NA ²	14.3%	20.0%	20.0%	8.8%	NA ²	20.0%
	Electronic vapor product	NA*	NA*	NA*	NA*	14.3%	NA*	NA*	NA*	NA*	30.0%
Lifetime	Smokeless tobacco	2.1%	7.0%	1.1%	NA ²	14.3%	19.1%	24.6%	10.3%	NA ²	10.0%
Substance	Marijuana	0.0%	1.8%	1.1%	NA ²	9.5%	9.5%	10.6%	5.9%	NA ²	10.0%
Use	LSD/other psychedelics	0.0%	0.0%	1.1%	NA ²	0.0%	0.0%	1.5%	1.5%	NA ²	0.0%
036	Cocaine/crack	0.0%	0.0%	1.1%	NA ²	0.0%	1.1%	0.0%	2.9%	NA ²	NA**
	Meth	0.0%	0.0%	0.0%	NA ²	0.0%	1.1%	1.5%	0.0%	NA ²	0.0%
	Inhalants	4.3%	1.8%	0.0%	NA ²	14.3%	3.2%	4.5%	1.5%	NA ²	30.0%
	Prescription drugs	4.3%	1.8%	2.2%	NA ²	14.3%	5.3%	6.0%	5.9%	NA ²	0.0%
	Alcohol	6.4%	3.5%	2.1%	NA ²	19.0%	12.6%	23.9%	10.3%	NA ²	30.0%
	Binge drinking	4.3%	3.5%	0.0%	NA ²	9.5%	7.4%	16.4%	5.9%	NA ²	10.0%
Past 30 Day	Cigarettes	0.0%	0.0%	0.0%	NA ²	9.5%	7.4%	9.1%	8.8%	NA ²	0.0%
Substance	Electronic vapor product	NA*	NA*	NA*	NA*	19.0%	NA*	NA*	NA*	NA*	0.0%
Use	Smokeless tobacco	0.0%	5.3%	0.0%	NA ²	9.5%	6.3%	12.1%	4.4%	NA ²	0.0%
	Marijuana	0.0%	1.8%	0.0%	NA ²	0.0%	5.3%	6.0%	3.0%	NA ²	0.0%
	Prescription drugs	0.0%	1.8%	1.1%	NA ²	5.0%	1.1%	4.5%	2.9%	NA ²	0.0%
Age of First	Smoked cigarettes	4.3%	1.8%	2.2%	NA ²	14.3%	5.2%	6.2%	5.9%	NA ²	10.0%
Use (12 or	Drank alcohol	23.4%	5.5%	6.6%	NA ²	19.0%	9.3%	21.9%	10.3%	NA ²	20.0%
Younger)	Used marijuana	0.0%	1.8%	0.0%	NA ²	4.8%	0.0%	1.5%	3.0%	NA ²	0.0%
Experiences	Grades were A's and B's	80.0%	94.6%	81.9%	NA ²	61.9%	74.5%	83.3%	84.8%	NA ²	90.0%
at School	Felt safe	90.9%	92.9%	92.2%	NA ²	90.5%	98.0%	87.3%	87.9%	NA ²	100.0%
Experiences	Help for personal problems ¹	85.1%	86.0%	90.4%	NA ²	90.5%	76.0%	83.3%	86.8%	NA ²	90.0%
with Families	Discussed dangers of alcohol ¹	62.2%	64.9%	52.1%	NA ²	42.9%	55.8%	48.5%	45.6%	NA ²	40.0%

¹Prior to 2016, the question asked students about their "parents" or "mom or dad". In 2016, the wording was changed to "parents or caregivers". ²This indicates that the criteria for a report were not met. * Prior to 2021, electronic vapor products were not included. Note. 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. **This indicates that there were less than 10 cases.

APPENDIX B: Contacts for Prevention

Division of Behavioral Health

Nebraska Department of Health and Human Services Danielle Wing, Prevention System Administrator danielle.wing@nebraska.gov 301 Centennial Mall South P.O. Box 95026 Lincoln, NE 68509-5026 (402) 471-7750 phone (402) 471-7859 fax http://dhhs.ne.gov/Pages/Behavioral-Health.aspx

Tobacco Free Nebraska

Nebraska Department of Health and Human Services Amanda Mortensen Tobacco Free Nebraska Program Manager amanda.mortensen@nebraska.gov 301 Centennial Mall South P.O. Box 95026 Lincoln, NE 68509-5026 (402) 471-9270 phone (402) 471-6446 fax www.dhhs.ne.gov/tfn

Nebraska Department of Education

Jessie Coffey, Whole Child Project Coordinator jessie.coffey@nebraska.gov 500 S. 84th St., 2nd Floor Lincoln, NE 68510-2611 (402) 617-5796 phone

Nebraska Department of Highway Safety

Mark C. Segerstrom, Highway Safety Administrator mark.segerstrom@nebraska.gov 5001 S. 14th Street P.O. Box 94612 Lincoln, NE 68509 (402) 471-2515 phone (402) 471-3865 fax https://dot.nebraska.gov/ This report was prepared for the State of Nebraska by the Bureau of Sociological Research (BOSR) at the University of Nebraska-Lincoln. bosr@unl.edu 907 Oldfather Hall P.O. Box 880325 Lincoln, NE 68588-0325 http://bosr.unl.edu

For information about SHARP and/or the NRPFSS:

Mekenzie Kerr, Senior Project Manager Bureau of Sociological Research University of Nebraska-Lincoln mkerr4@unl.edu (402) 472-6733 phone (402) 472-4568 fax http://bosr.unl.edu/sharp

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