

The left side of the slide features a decorative design consisting of several vertical bars of varying heights and widths, and a cluster of five green circles of different sizes. The circles are arranged in a roughly triangular pattern, with the largest circle at the top left and smaller ones below and to the right.

# CHELSEA

## 2018 MiPHY

# Michigan Profile for Healthy Youth (MiPHY)

- School-based survey conducted every two years
- 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grade students
- Computer-based, anonymous
- Chelsea-level data
- County data will be released later this summer



**Very strong, positive trends in the areas of physical activity, substance abuse, family and school bonding**

## **Physical Activity**

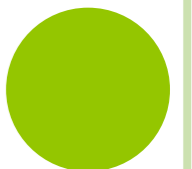
**More kids getting recommended physical activity**

## **Substance Abuse**

**Fewer kids using alcohol, tobacco and marijuana**

## **Family and School**

**More kids reporting strong bonds to family and school**



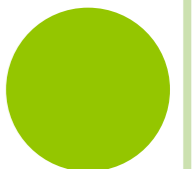
# Chelsea teens are more active than their peers across the state

- Watched 3+ hrs of TV on an average school day
  - MS: 8%
  - HS: 16%
  - State: 21%
- Used computer/phone for 3+ hours on a school day
  - MS: 21%
  - HS: 33%
  - State: 43%
- Active 60+ min/day on 5+ days/week
  - MS: 66%
  - HS: 63%
  - State: 45.6%
- 70% of CHS students play on a sports team



# SAFETY

- 95% of CHS students regularly wear a seatbelt
- 87% of CHS students feel safe at school
- 69% of 11<sup>th</sup> grade students reported texting or emailing while driving recently



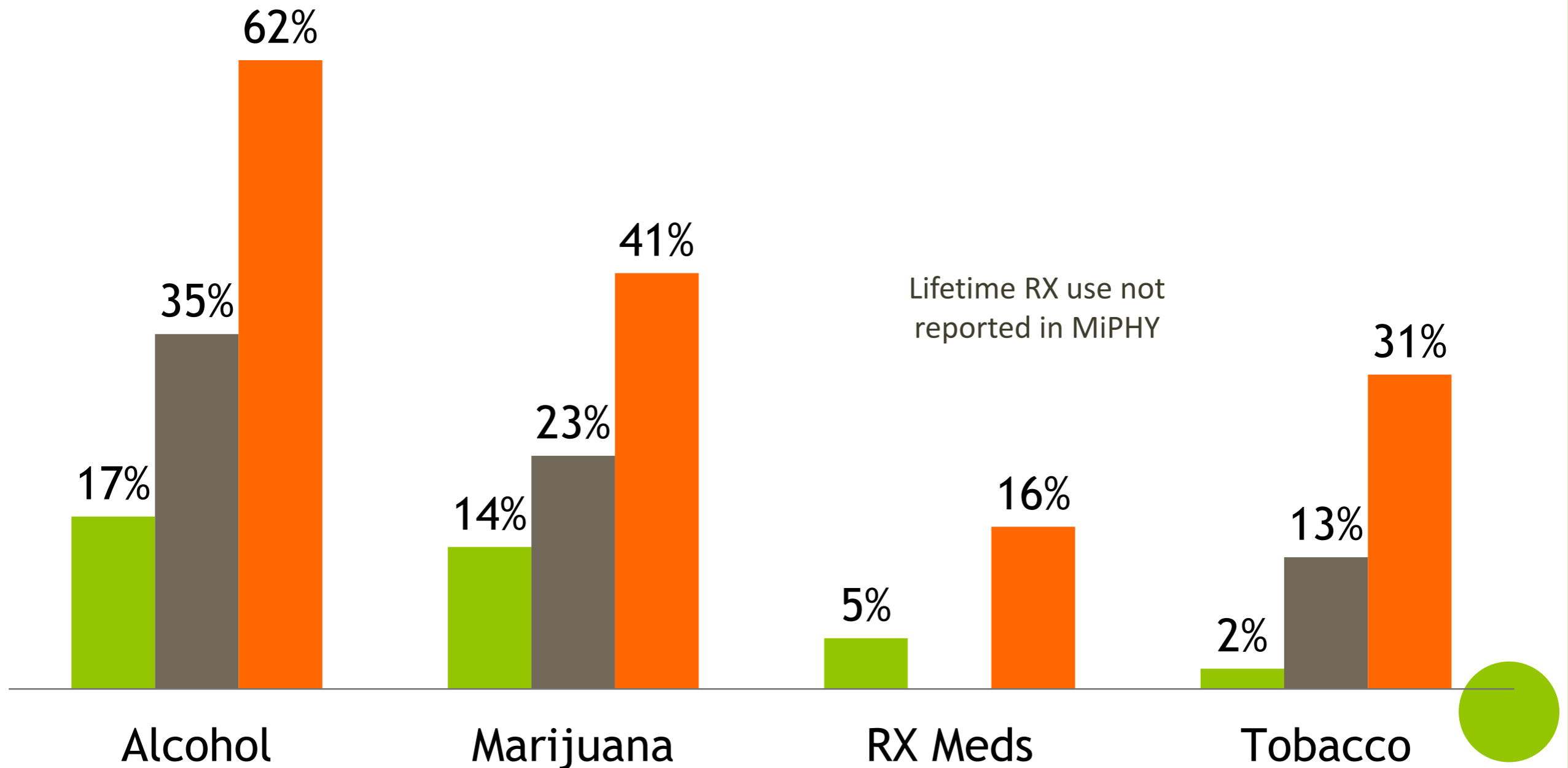
# ALCOHOL, TOBACCO & OTHER DRUGS



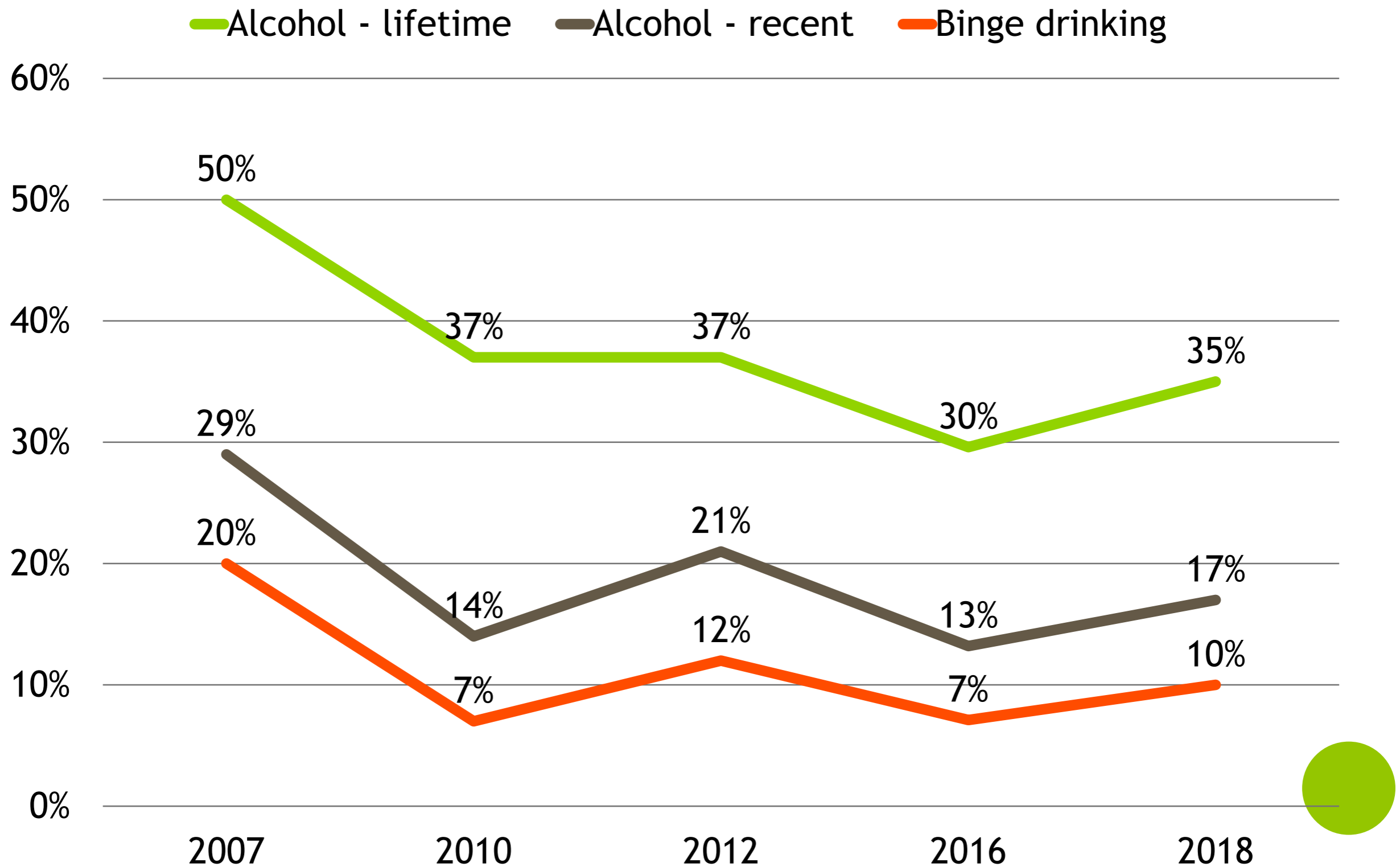
# GOOD NEWS: Majority of Chelsea teens do not use Alcohol, Tobacco, or Other Drugs

## Top drugs of abuse among Chelsea teens

■ CHS Recent   ■ CHS Lifetime   ■ State Lifetime



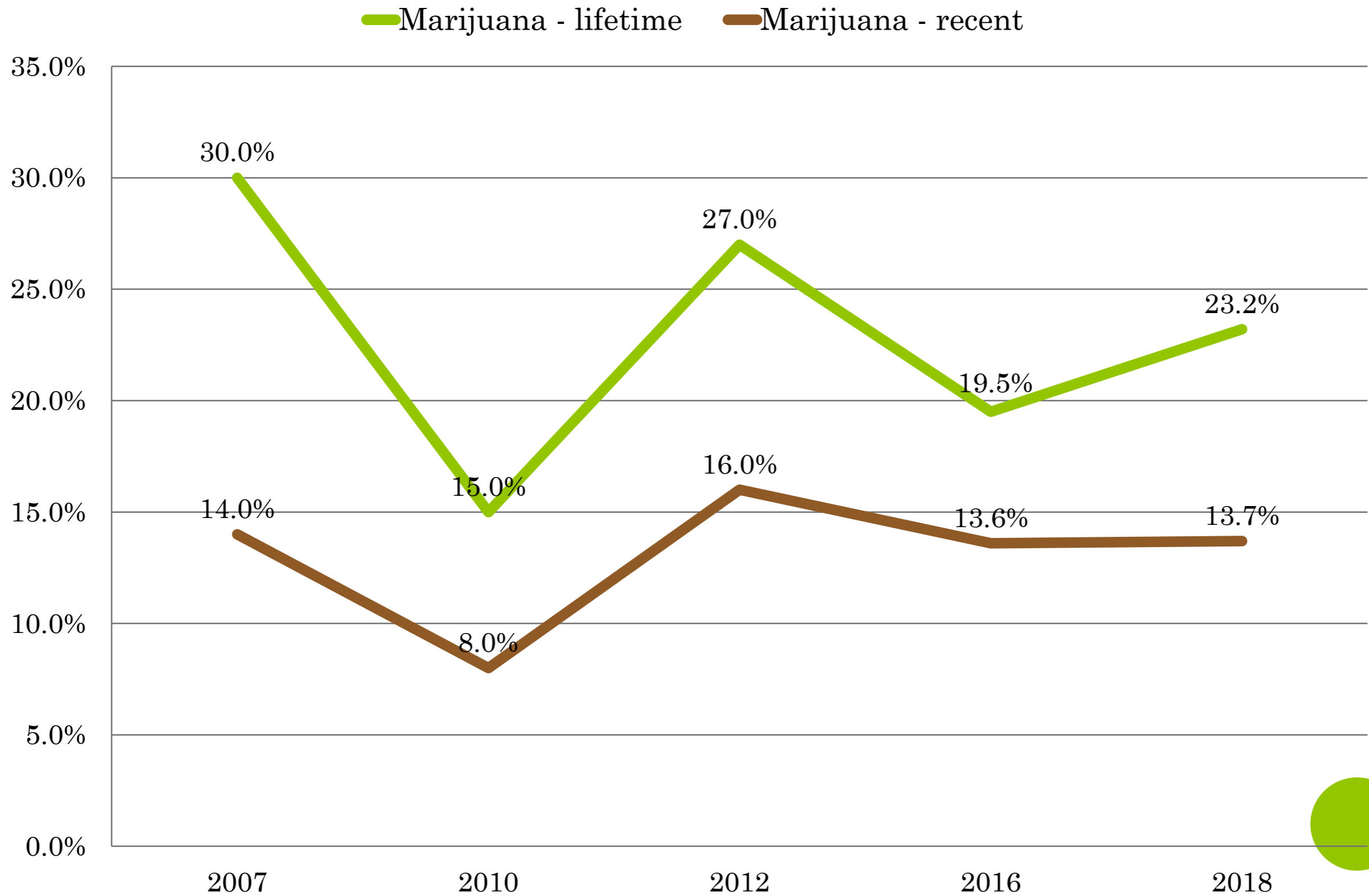
**ALCOHOL:** Lifetime use down by 30%, recent alcohol use down by 42%, binge drinking down by 52% among CHS students, compared to 2007



Source: Chelsea MiPHY Surveys

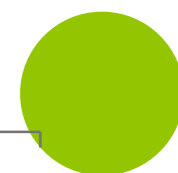
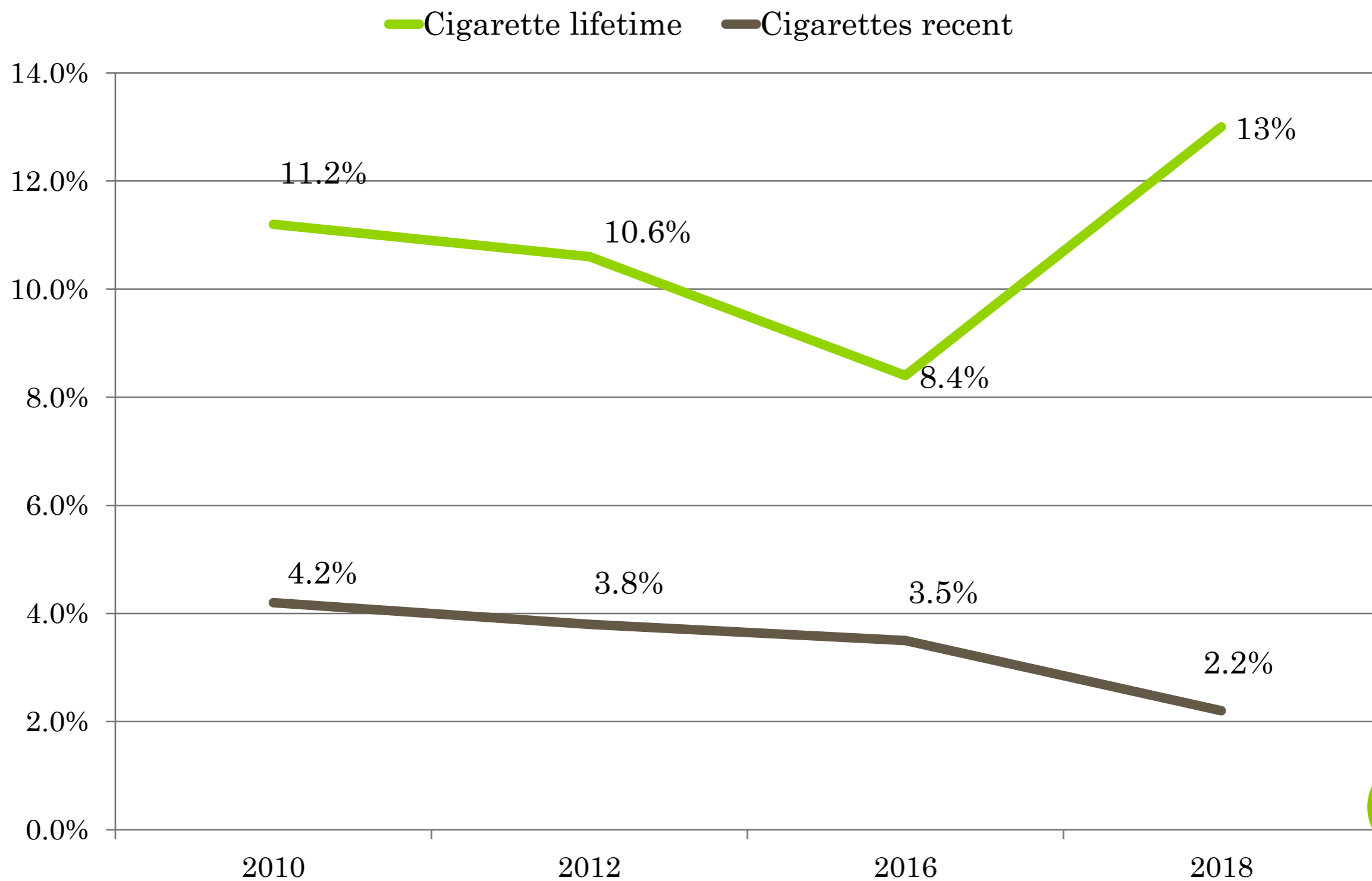


# MARIJUANA: Lifetime marijuana use down, but regular use flat among CHS students compared to 2007



Source: Chelsea MiPHY Surveys

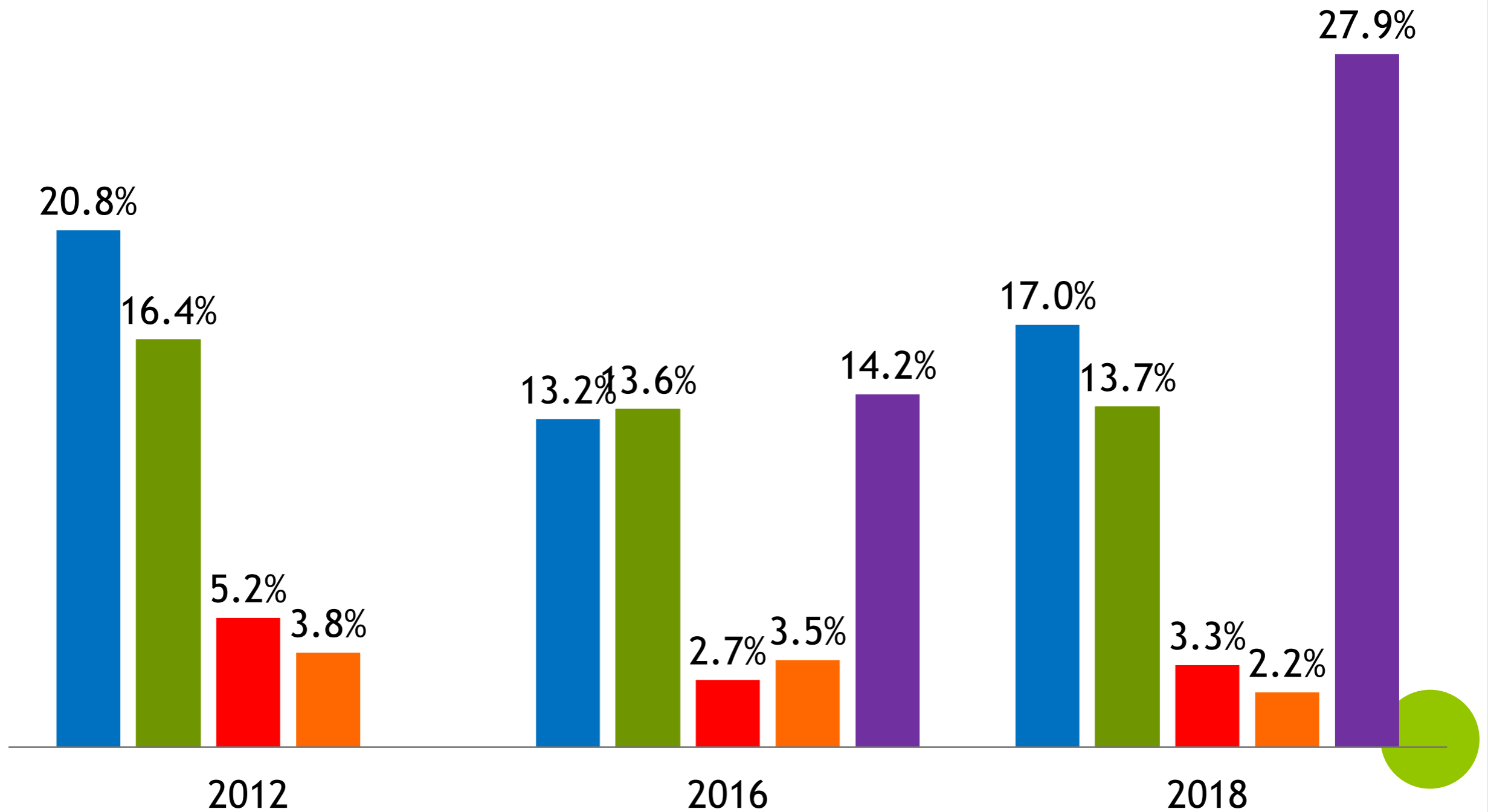
# TOBACCO: Recent cigarette use continues to decline



# Recent Use of Top 4 Drugs in Chelsea

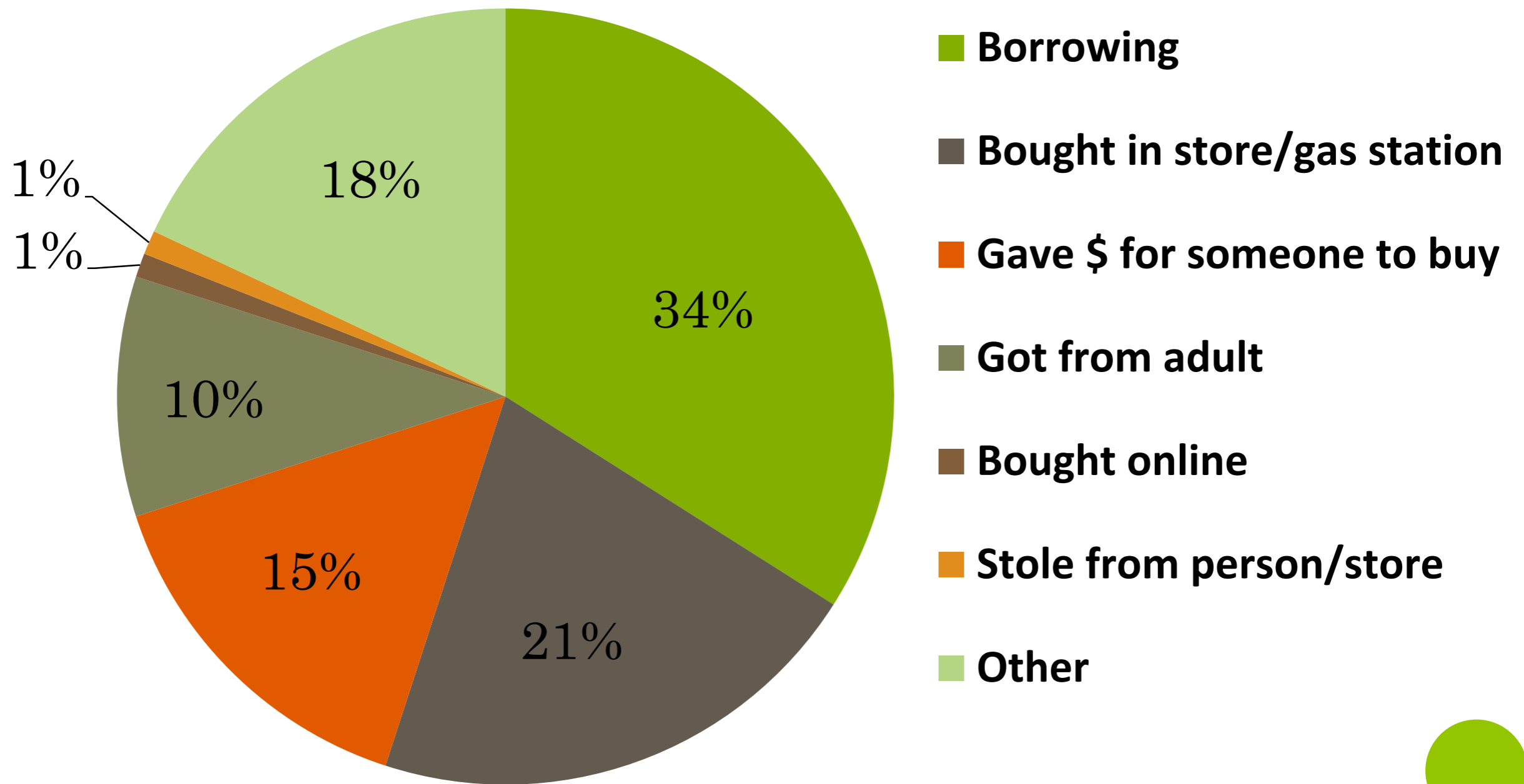
## Past 30-day Use Among 9th and 11th grade

■ Alcohol ■ Marijuana ■ Rx Painkiller ■ Tobacco ■ E-Cigarette



Source: Chelsea MiPHY Surveys

# Vaping: Where get it? (among recent users)



# RISK & PROTECTIVE FACTORS

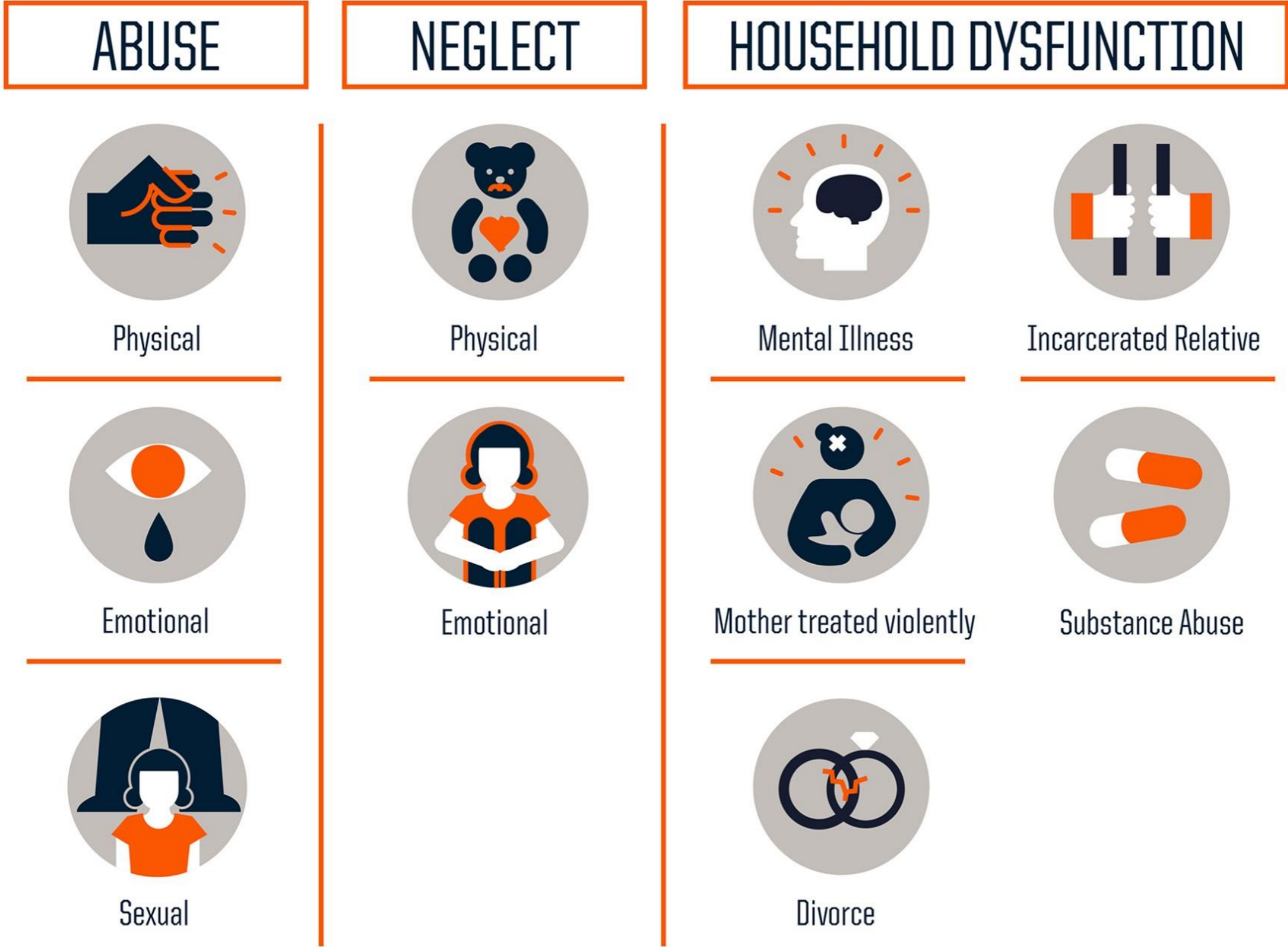


# RISK FACTOR: Mental health

- 27% of CHS students reported feeling depressed in the past year



25% of CHS have experienced two or more “Adverse Childhood Events” in their lifetime



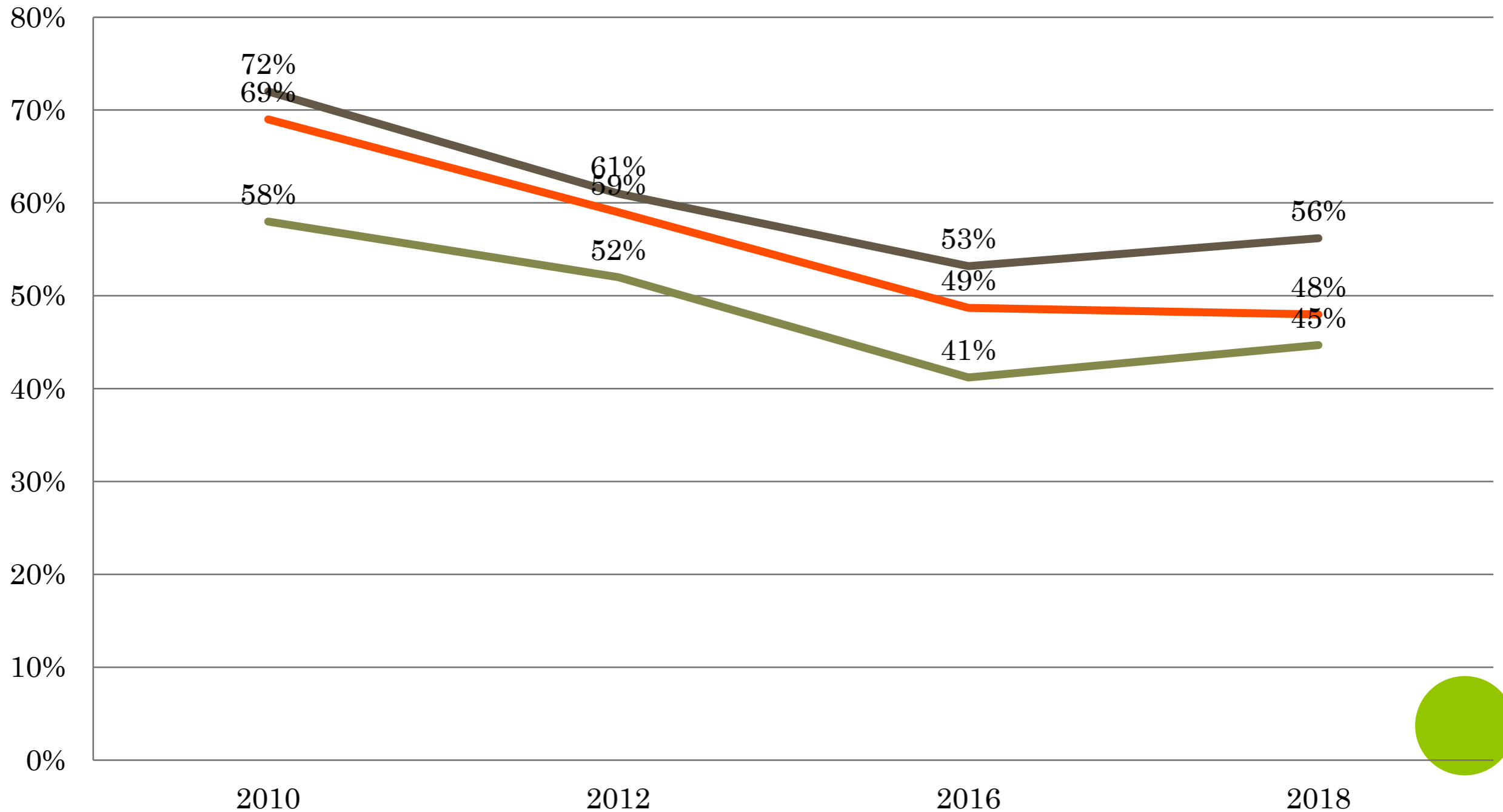
Source: NPR, Take the ACE Quiz- And learn what it does and doesn't mean, 3/2/15



# RISK FACTOR: Perception of Peer Use

**% of teens who over-estimate recent peer use**

— Alcohol — Marijuana — Tobacco

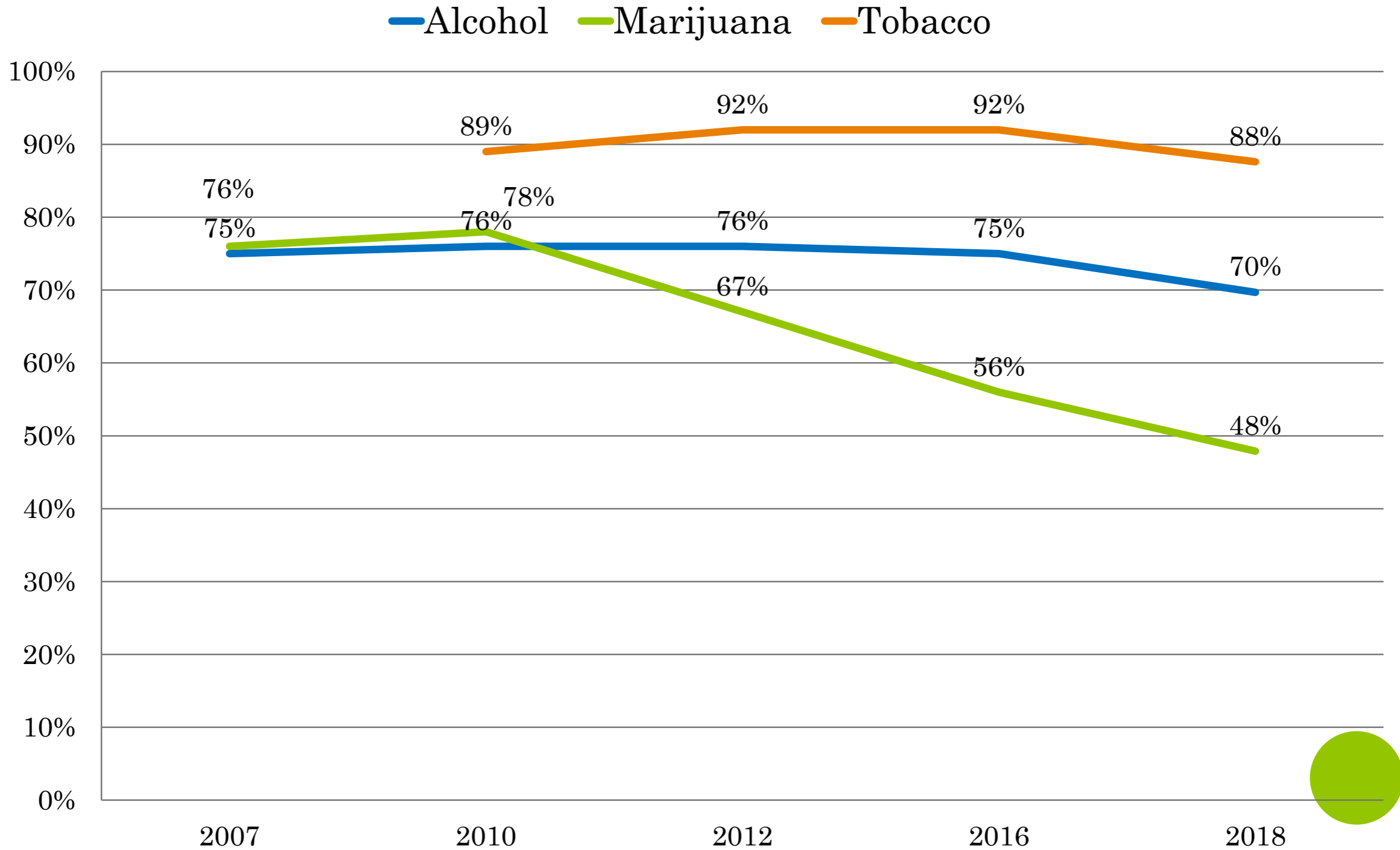


Source: Chelsea MiPHY Surveys



# RISK FACTOR: Perception of Risk

Percentage of high school youth who reported regular use to be of moderate or great risk.



Source: Chelsea MiPHY Surveys

# PROTECTIVE FACTOR: Connection to School

- 93% of CHS students report lots of chances to get involved outside of class
- 88% of CHS students feel able to be part of classroom discussions and activities



# PROTECTIVE FACTOR: Community Involvement

- Youth sports teams, scouting, service clubs, and 4-H available
- Neighbors and other adults noticing when youth do something well, and telling them
- Neighbors and other adults encouraging youth to do their best
- Neighbors saying they are proud of youth

18% increase  
in 7<sup>th</sup> graders  
reporting  
neighbors  
noticing and  
telling youth  
they did a good  
job since 2007



# PROTECTIVE FACTOR: Family Involvement

Younger teens more likely to feel included in family decisions, enjoy spending time with parents.

- Asking if homework is done
- Knowing when kids come home
- Noticing and telling kids they've done a good job, and you are proud of them
- Doing fun things with your kids
- Including kids in family decisions
- Listening and helping kids with personal problems

**12% increase in CHS students reporting parents giving youth chances to do fun things since 2007**

**87% of CHS students enjoy spending time with parents**

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