



Marsing

Student Well-being

Data Summary Report

Fall 2024

Dear School Leader(s),

As part of the Communities for Youth Southwest Idaho Initiative, your students responded to several survey questions on a range of risk and protective factors associated with youth well-being during the Fall, October 2024. A total of 249 students from Marsing Middle and High participated, which is 54% of your students. This means we have moderate confidence this summary represents the experiences of your student body. The following information is the summary of the data collected for your review and use. Please don't hesitate to contact our team lead, Dr. Megan Smith, at mlsmith@boisestate.edu, if you have any questions about the data collection process, findings, or potential next steps.

Thank you for contributing to make this the best possible community for kids!

With Gratitude,



Well-being. Together.

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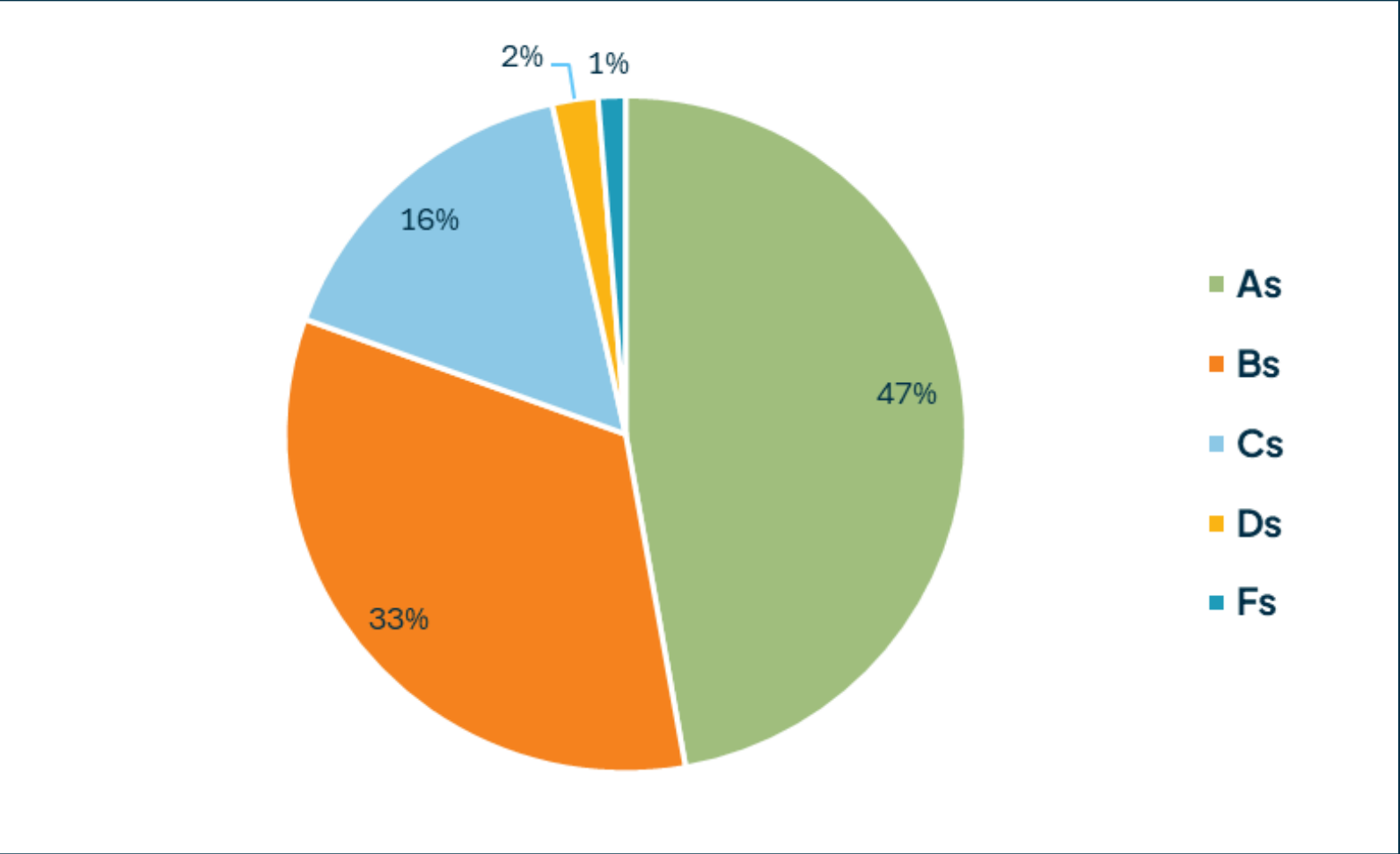
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Academic and Well-being Indicators

Figure 1. Academic Achievement.

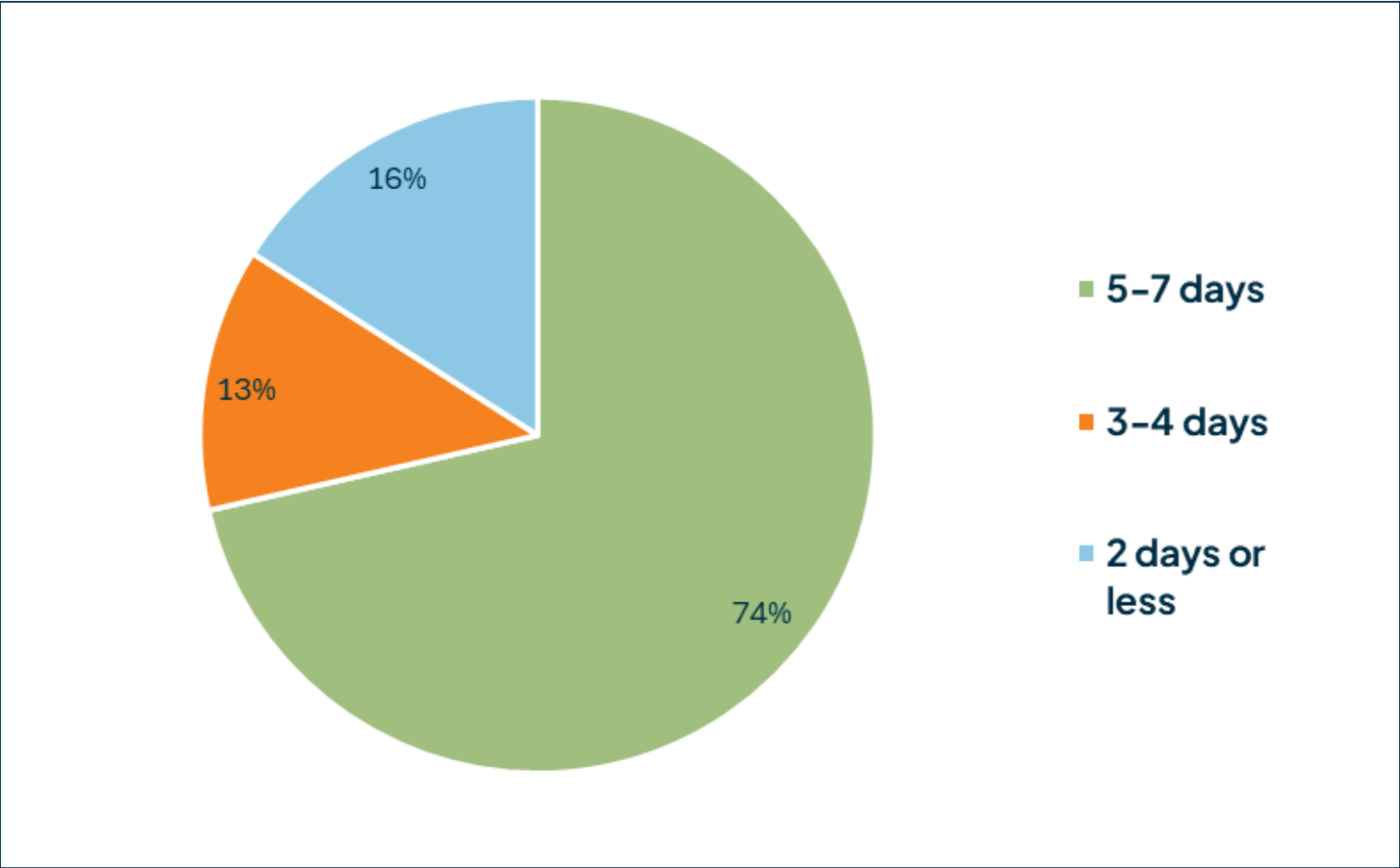
“Thinking about grades you receive in school, I usually earn mostly...”



In January 2024, 50% of students reported earning As.

Figure 2. Physical Health.

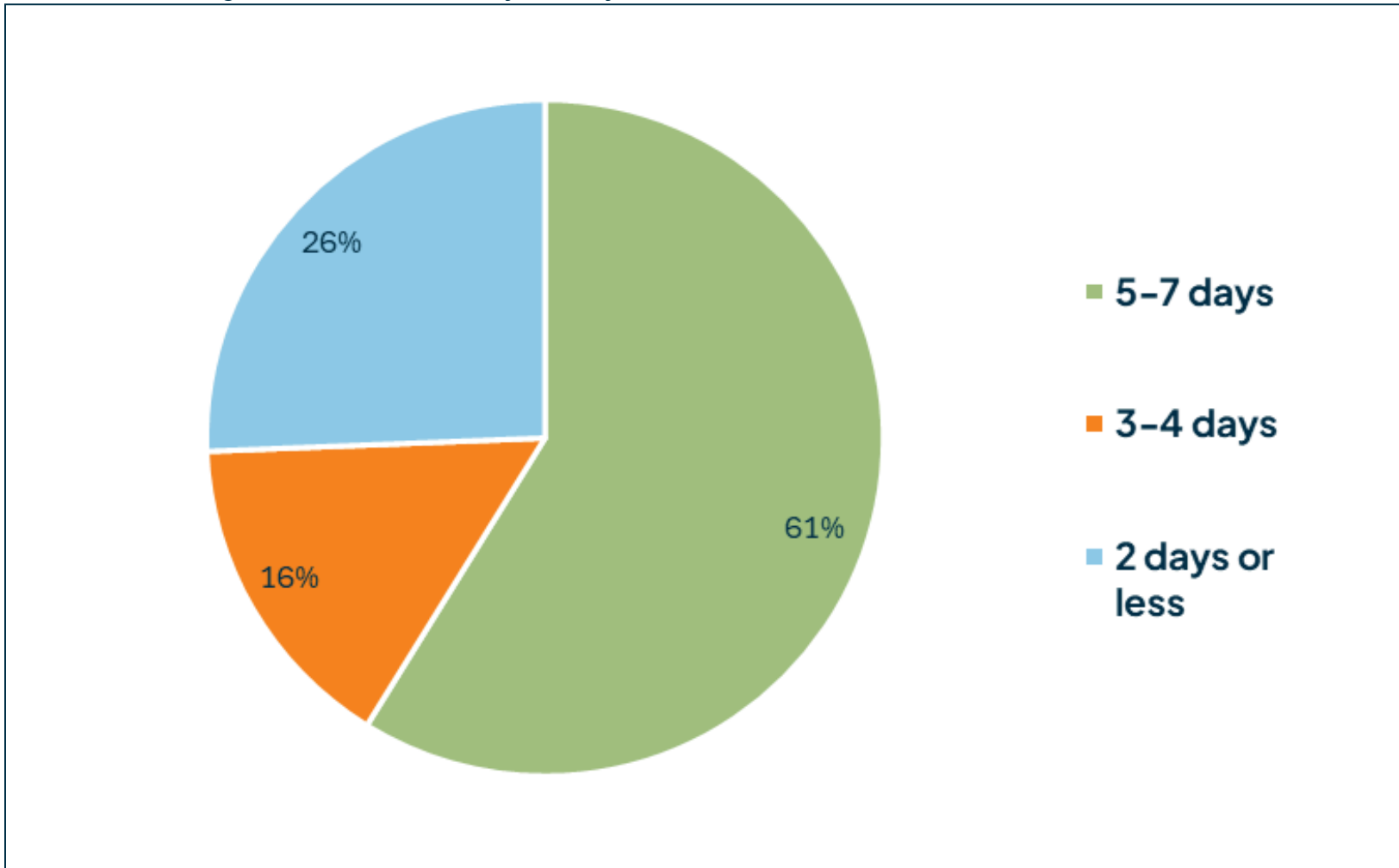
“In an average week, I feel physically healthy...”



In January 2024, 69% students reported feeling physically healthy 5-7 days in an average week.

Figure 3. Mental Health.

“In an average week, I feel mentally healthy...”



In January 2024, 56% of students reported feeling mentally healthy 5-7 days in an average week.

Figure 4. Clinical Depression Symptoms PHQ-9

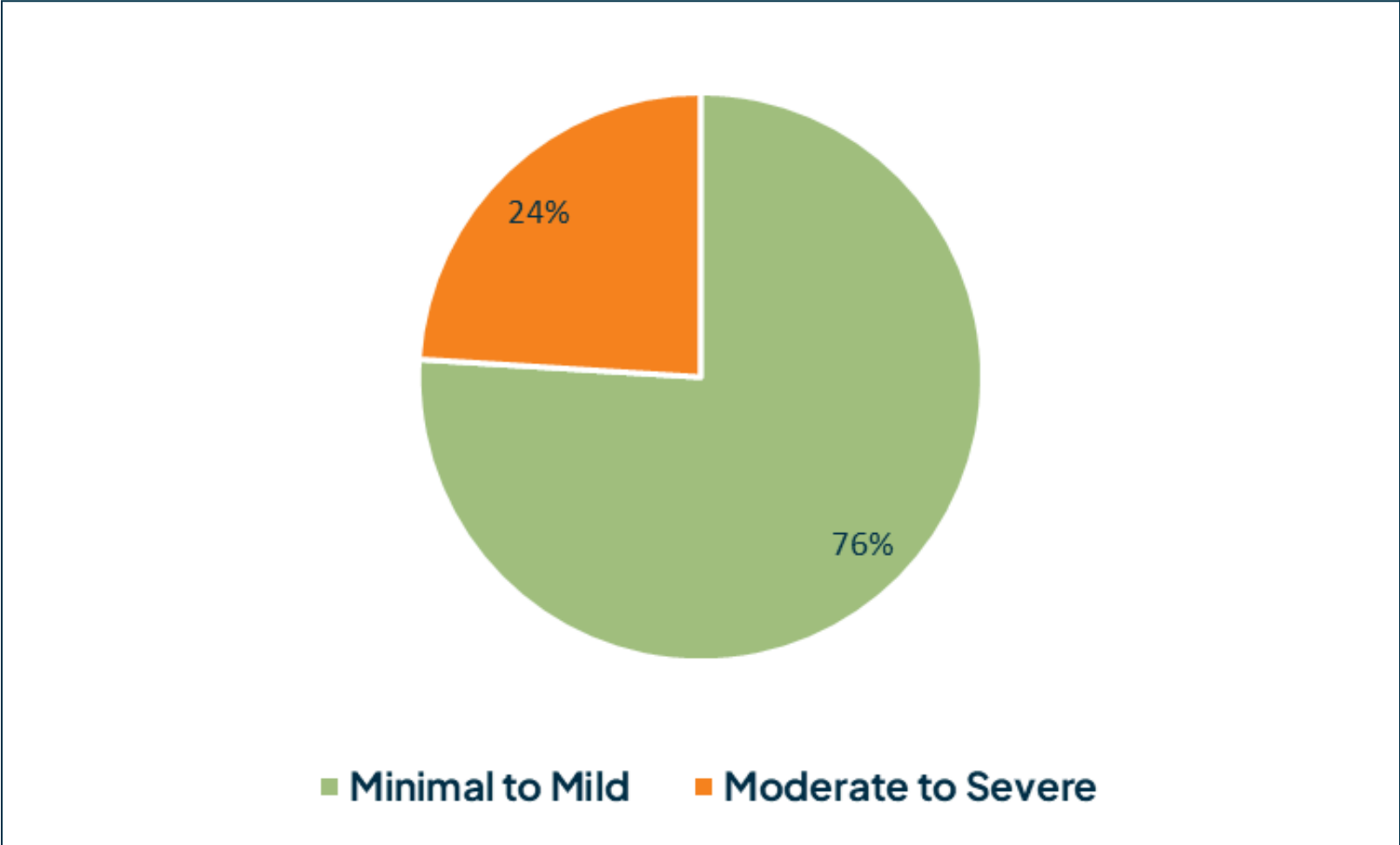


Figure 5. Trends in Depression Symptoms Over Time

Percent of students reporting moderate to severe depressive symptomatology at each data collection.

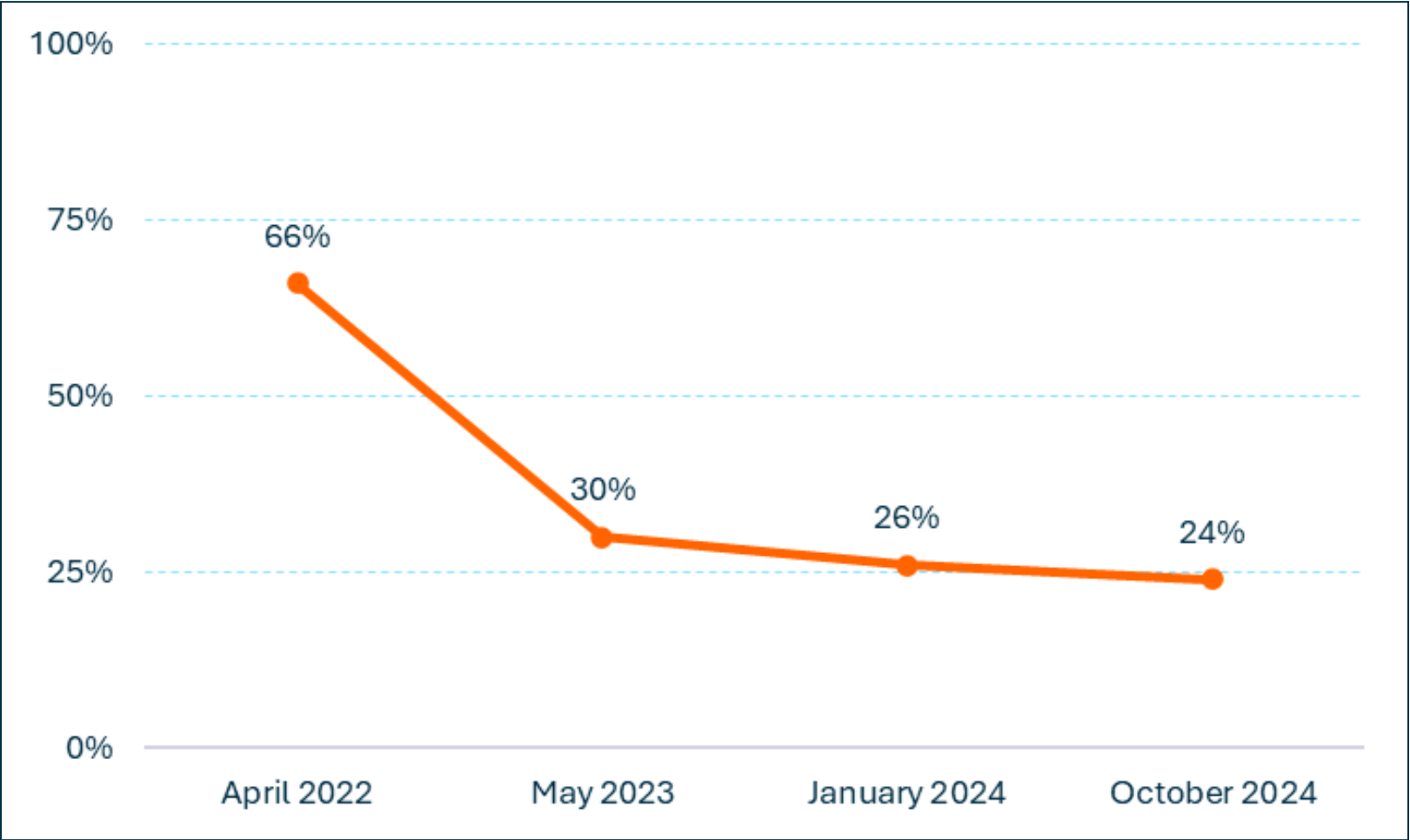
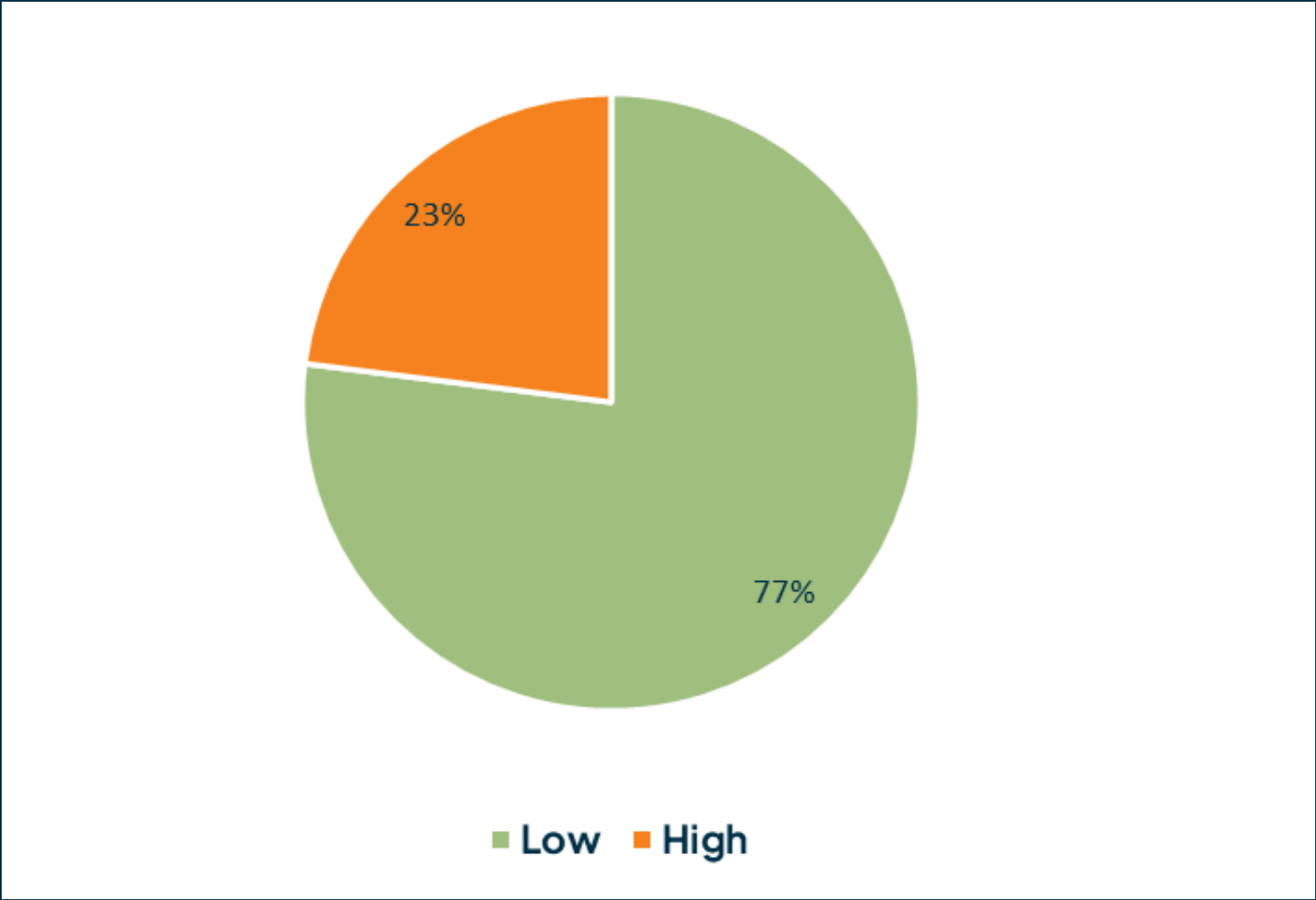


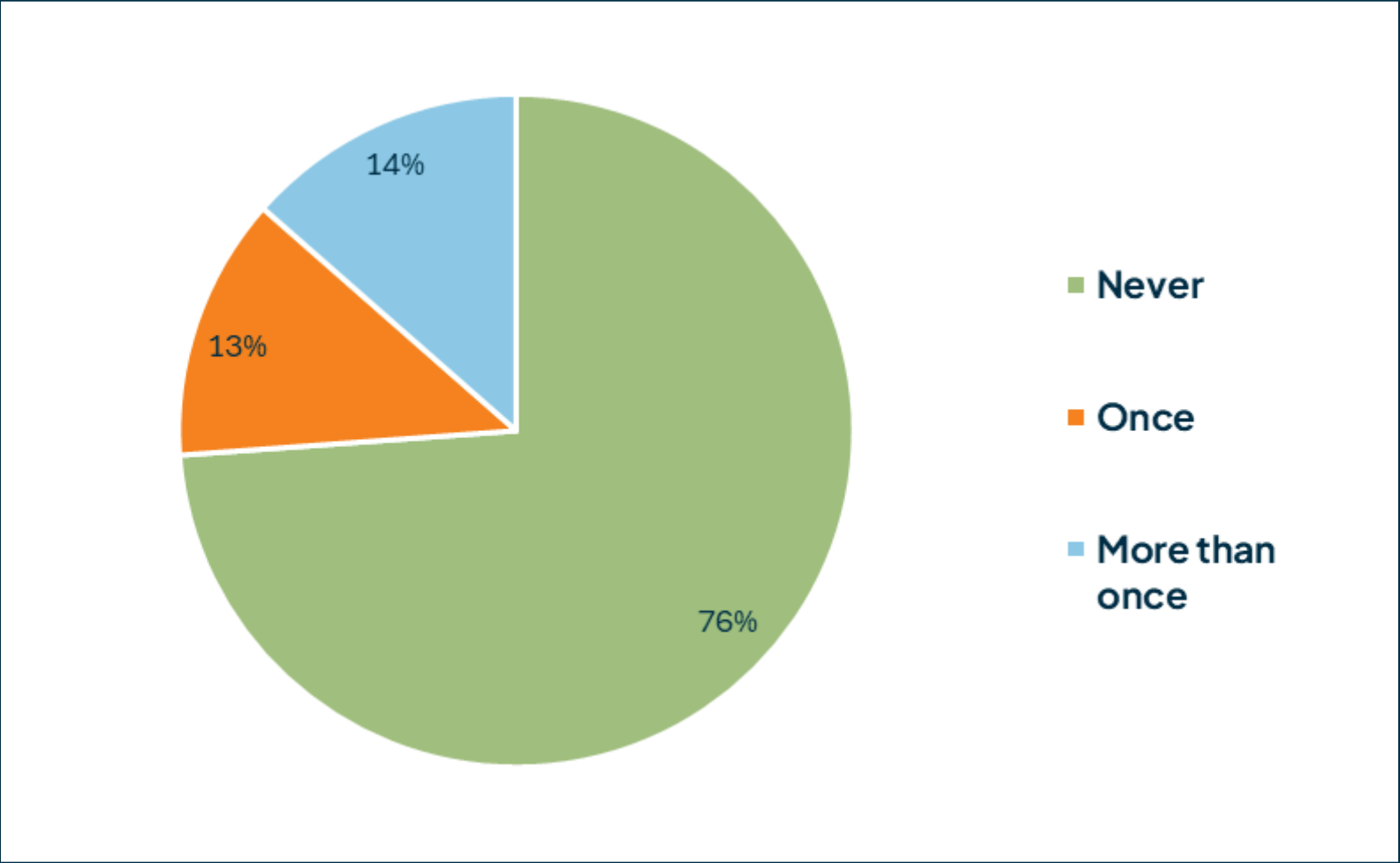
Figure 6. Perceived Stress (PSS-4).



In January 2024, 20% of students reported high perceived stress.

Figure 7. Suicidal Ideation.

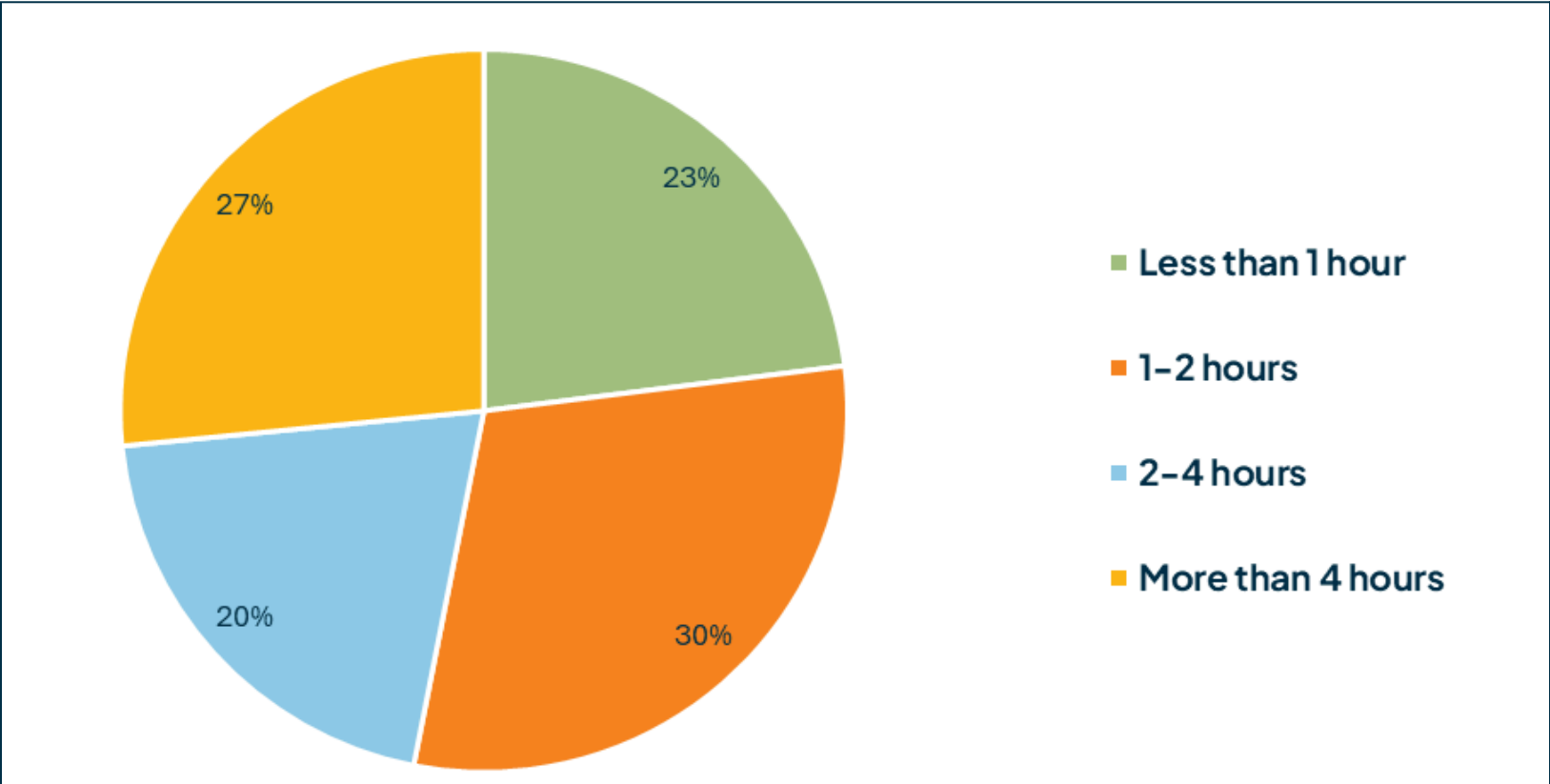
"How often, if ever, have you seriously considered suicide in past 6 months?"



In January 2024, 14% of students reported considering suicide once in the past 6 months and 11% more than once.

Figure 8. Screen Time.

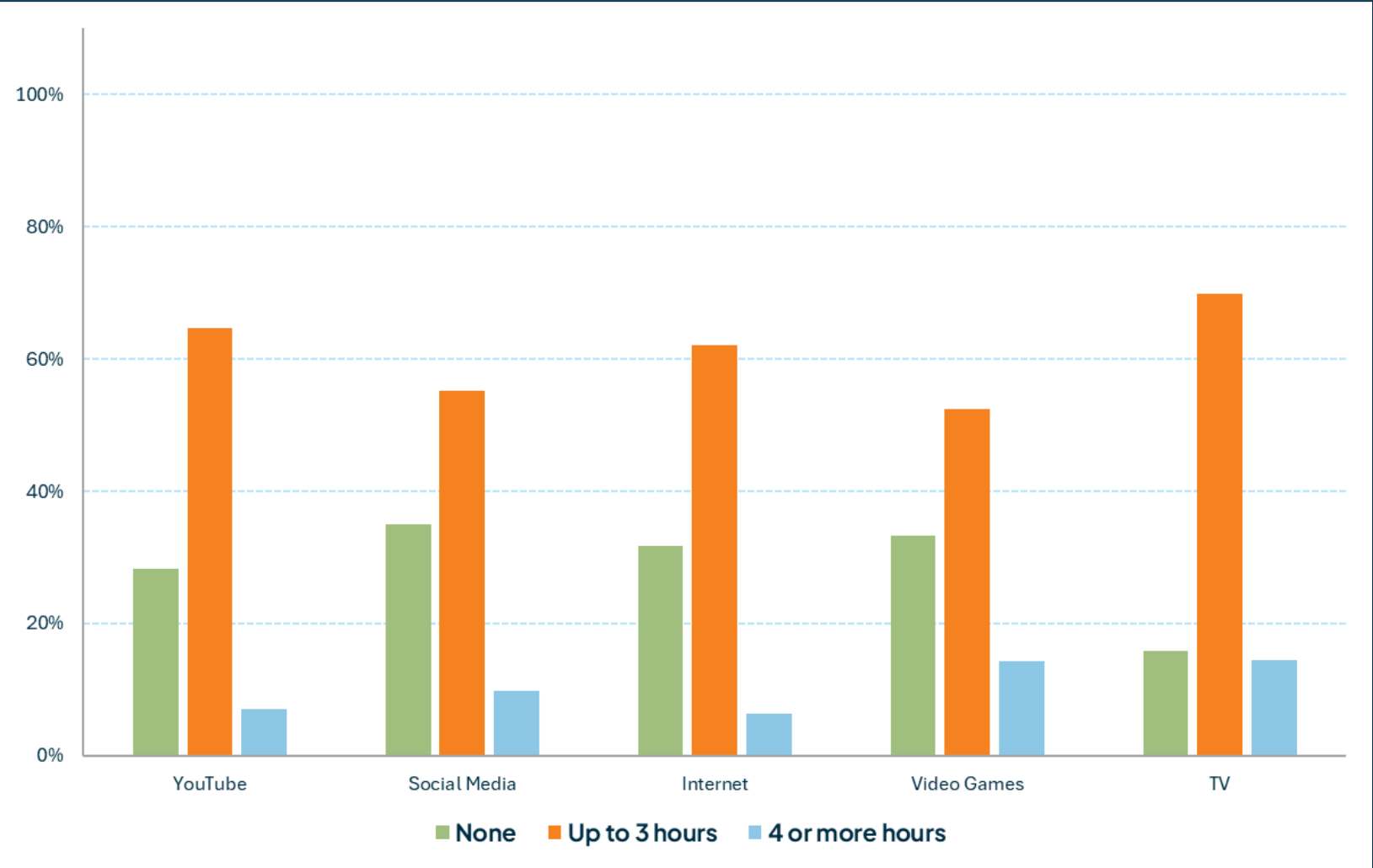
"Outside of school, how much time do you spend in front of a screen per day..."



In January 2024, 21% of students reported spending more than 4 hours in front of a screen per day.

Figure 9. Screen Time Use.

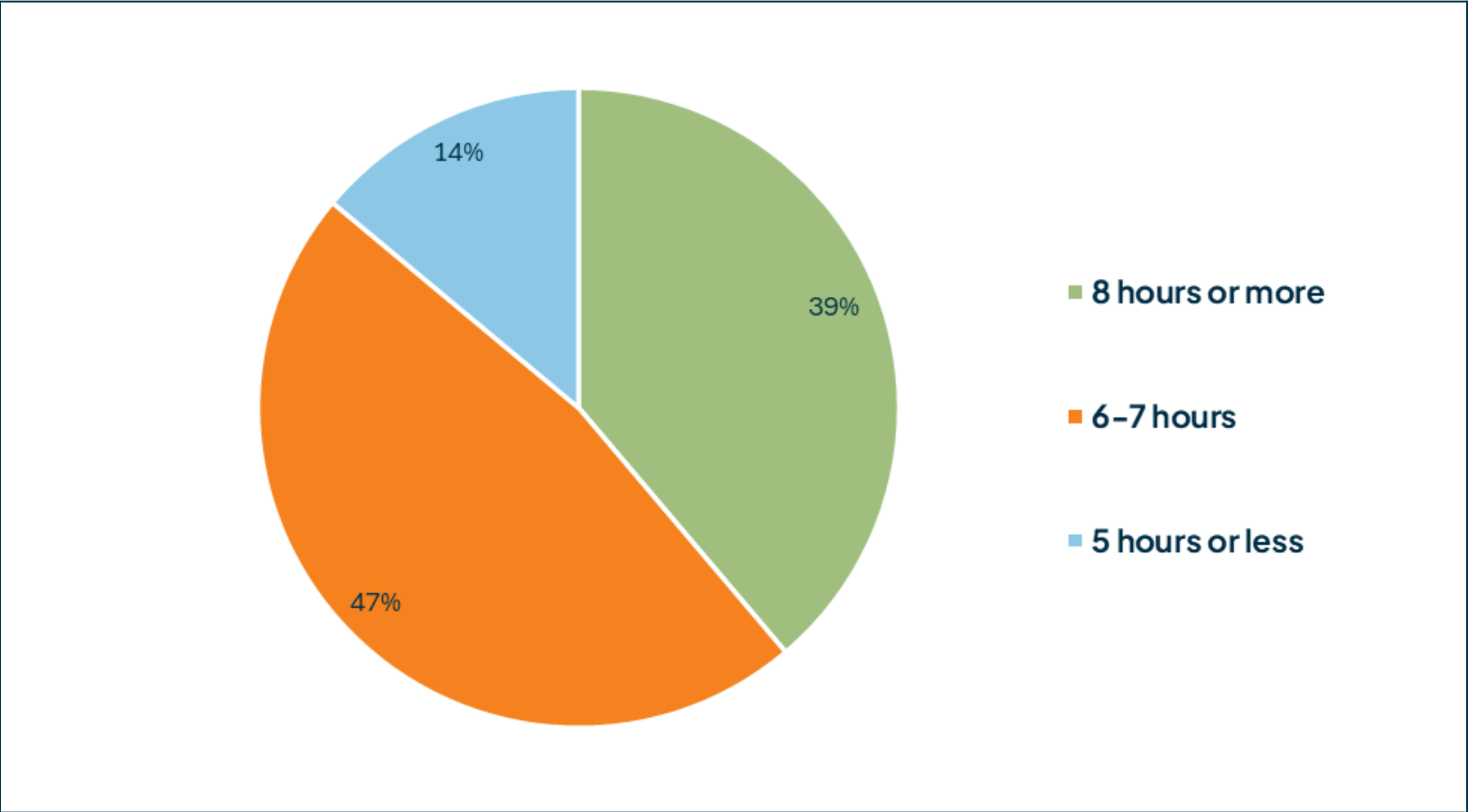
“Outside of school, how much time do you spend in front of a screen on ...”



In January 2024, students spending 4 or more hours in front of a screen, outside of school, were primarily watching TV (24%) and using TikTok (21%).

Figure 10. Sleep.

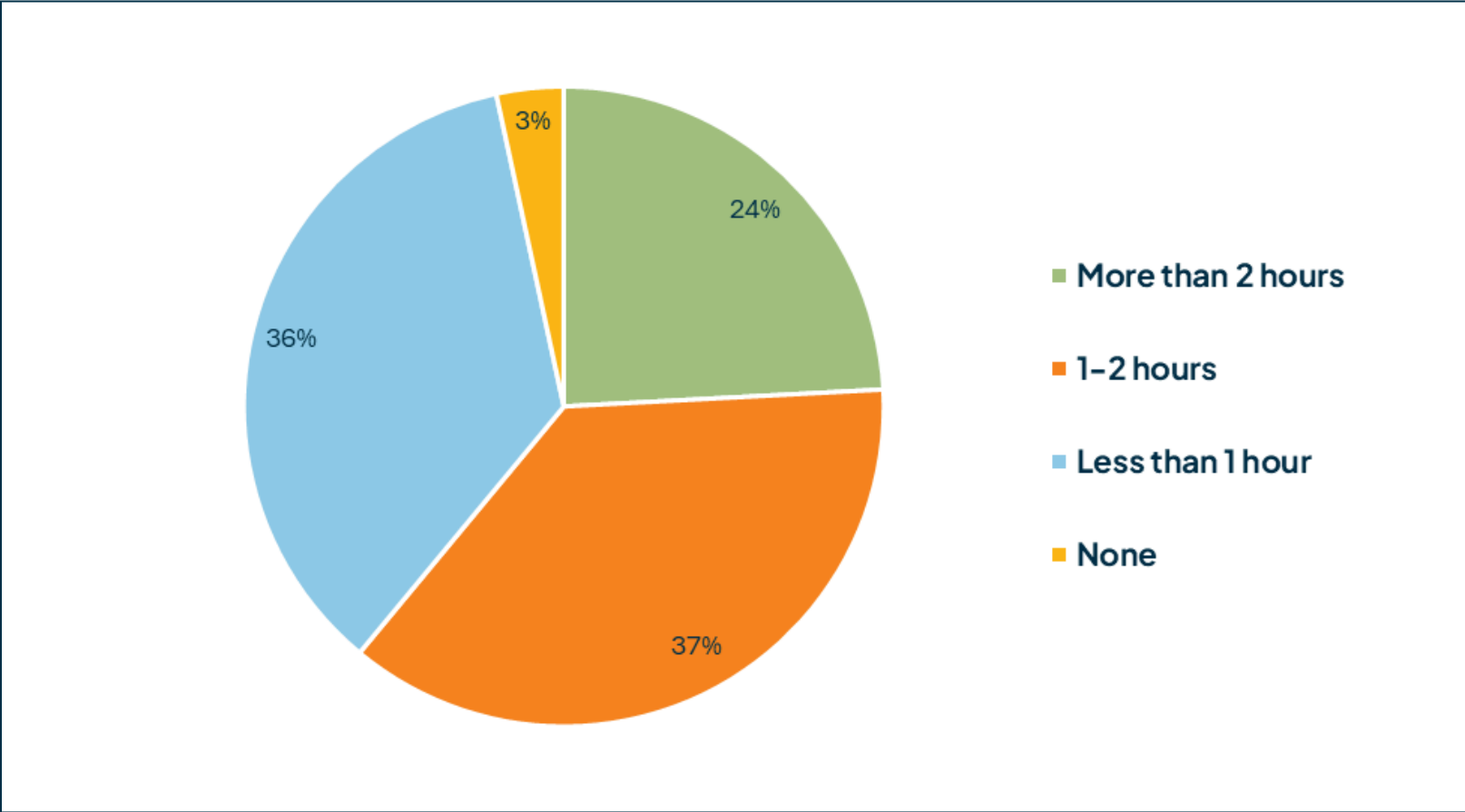
“On an average school night, about how many hours of sleep do you get?”



In January 2024, 45% of students reported getting 8 hours or more of sleep on an average school night.

Figure 11. Physical Activity.

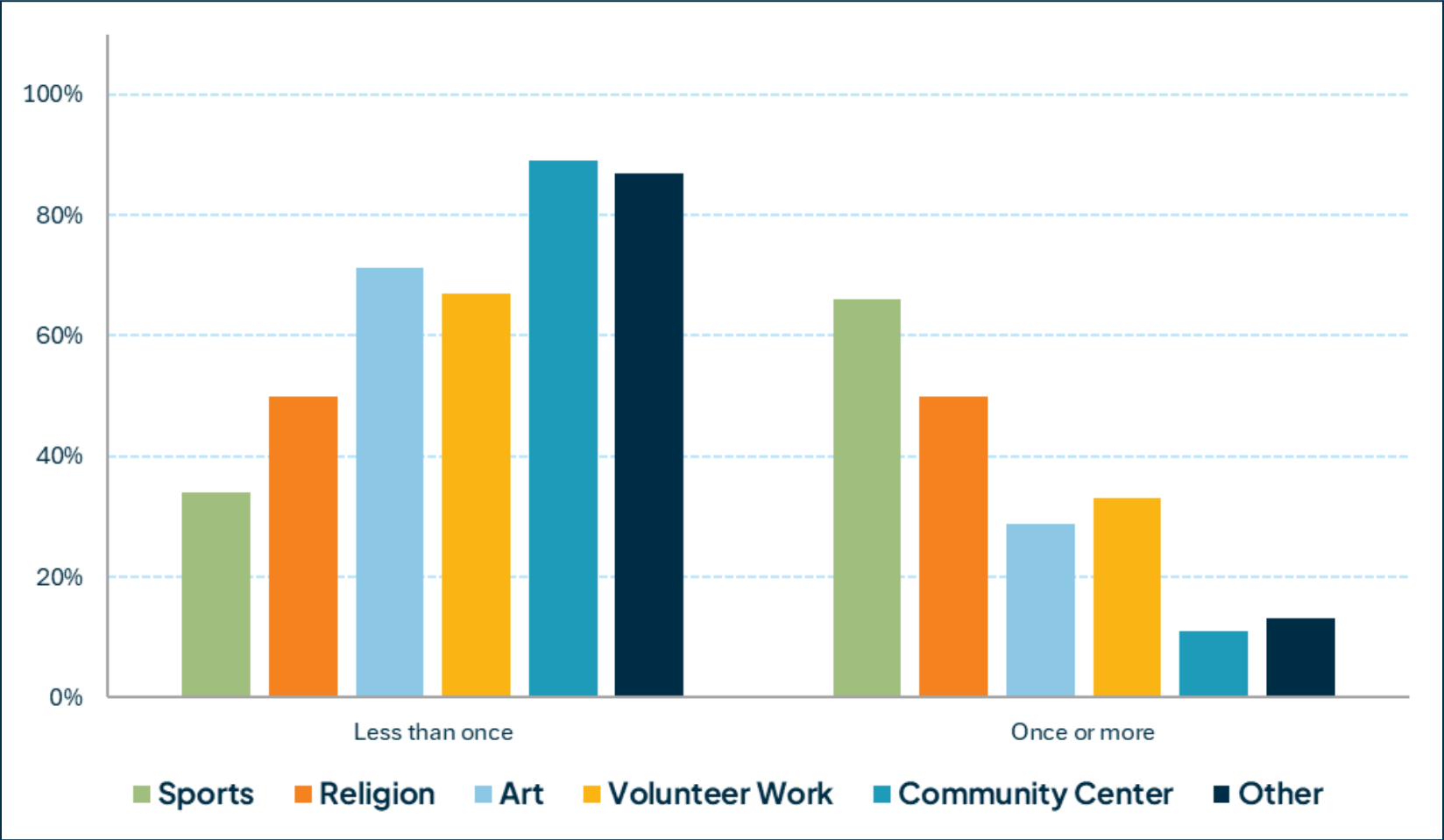
"On an average day, about how much time do you spend being physically active?"



Recommended minimal physical activity for teens is 1 hour/day. In January 2024, 56% of students reported meeting this threshold. This increased this year to 61%.

Figure 12. Supervised Extracurricular Activities.

"How many times per week do you participate in..."



In January 2024, 65% of students reported participating in sports once or more a week, 51% in religious activities, and 80% doing volunteer work.

Substance Use

Figure 13. Cigarettes, Vaping, and Alcohol Use.

"In the past 12 months I have used (at least once)..."

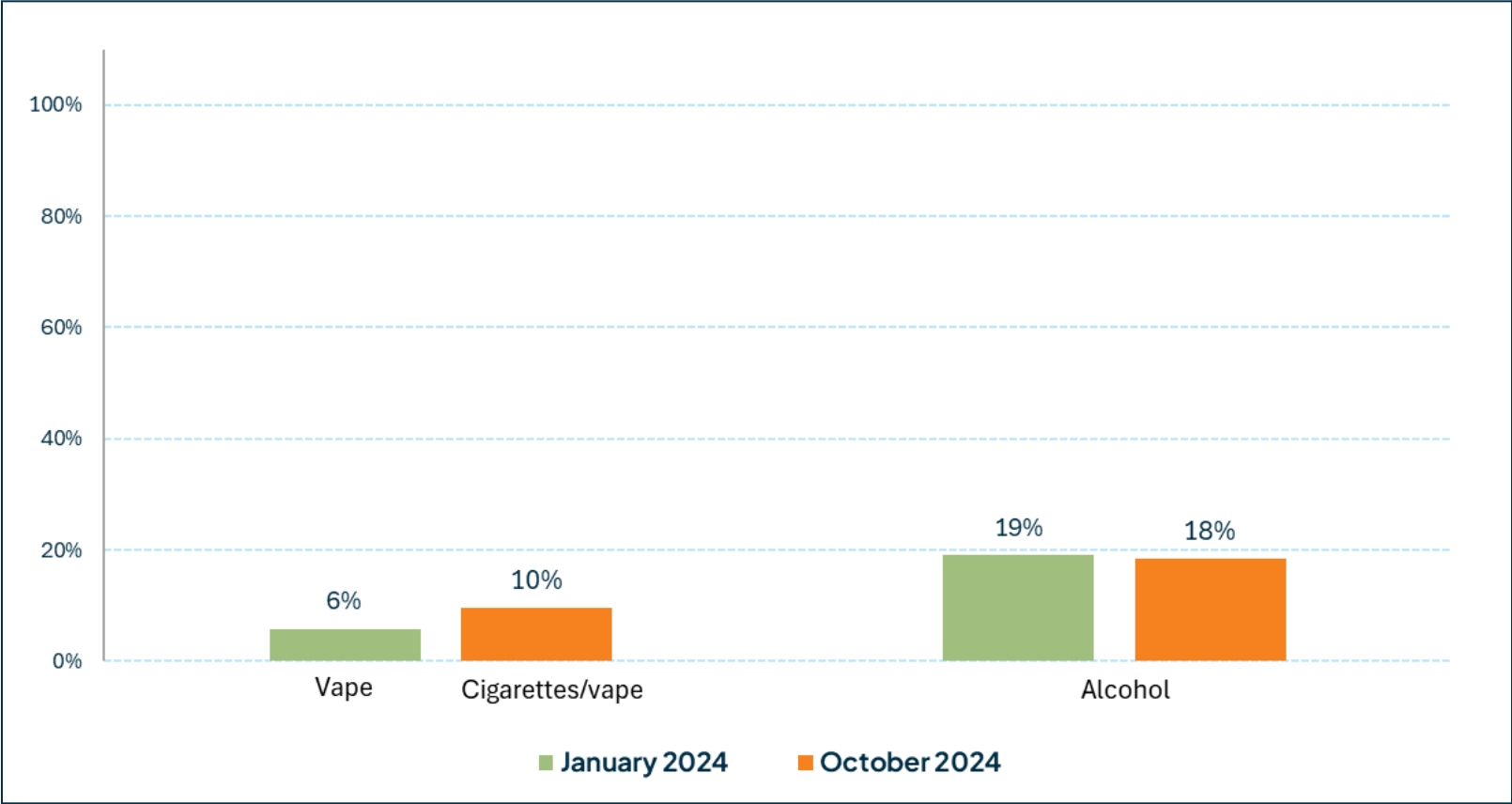
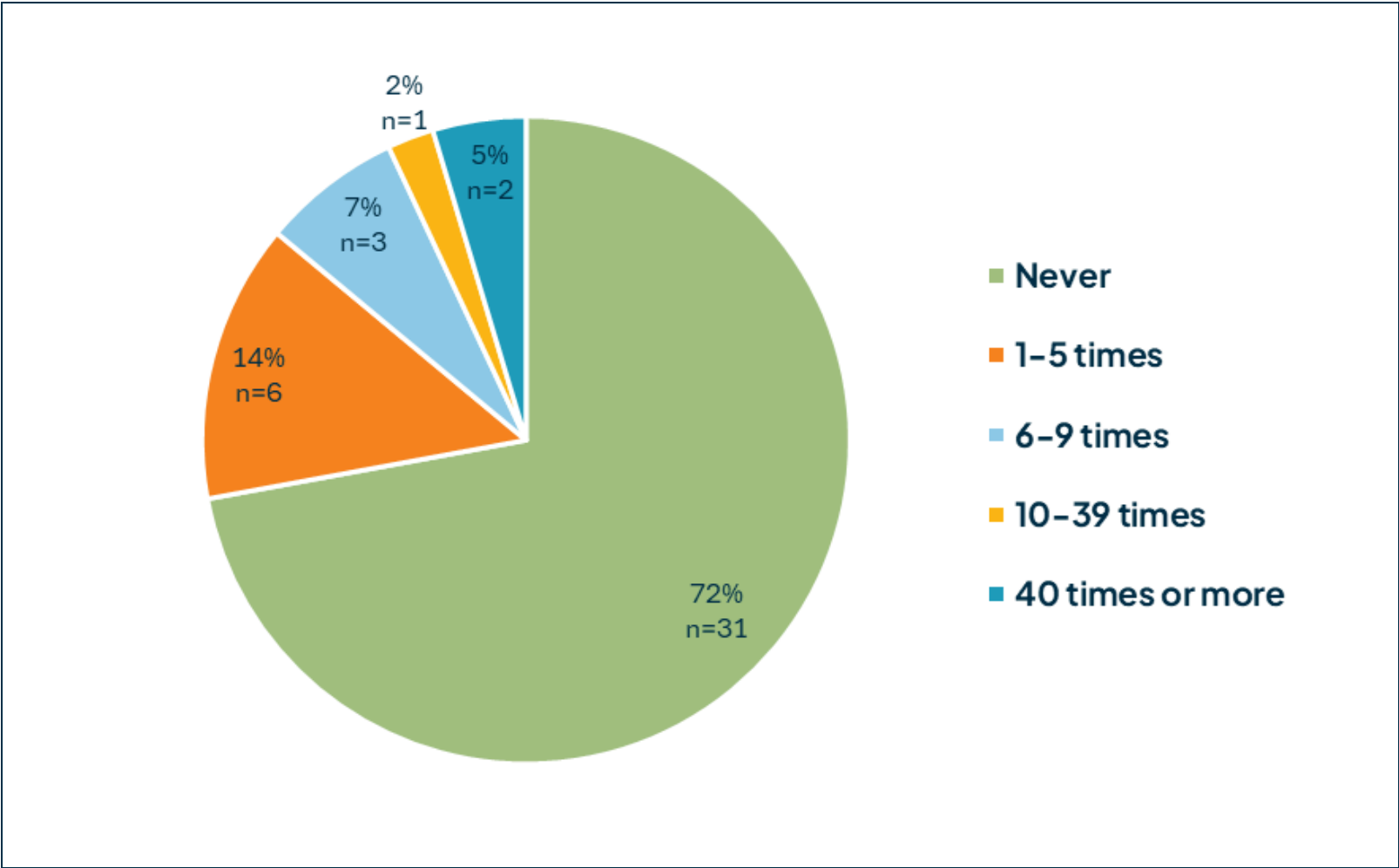


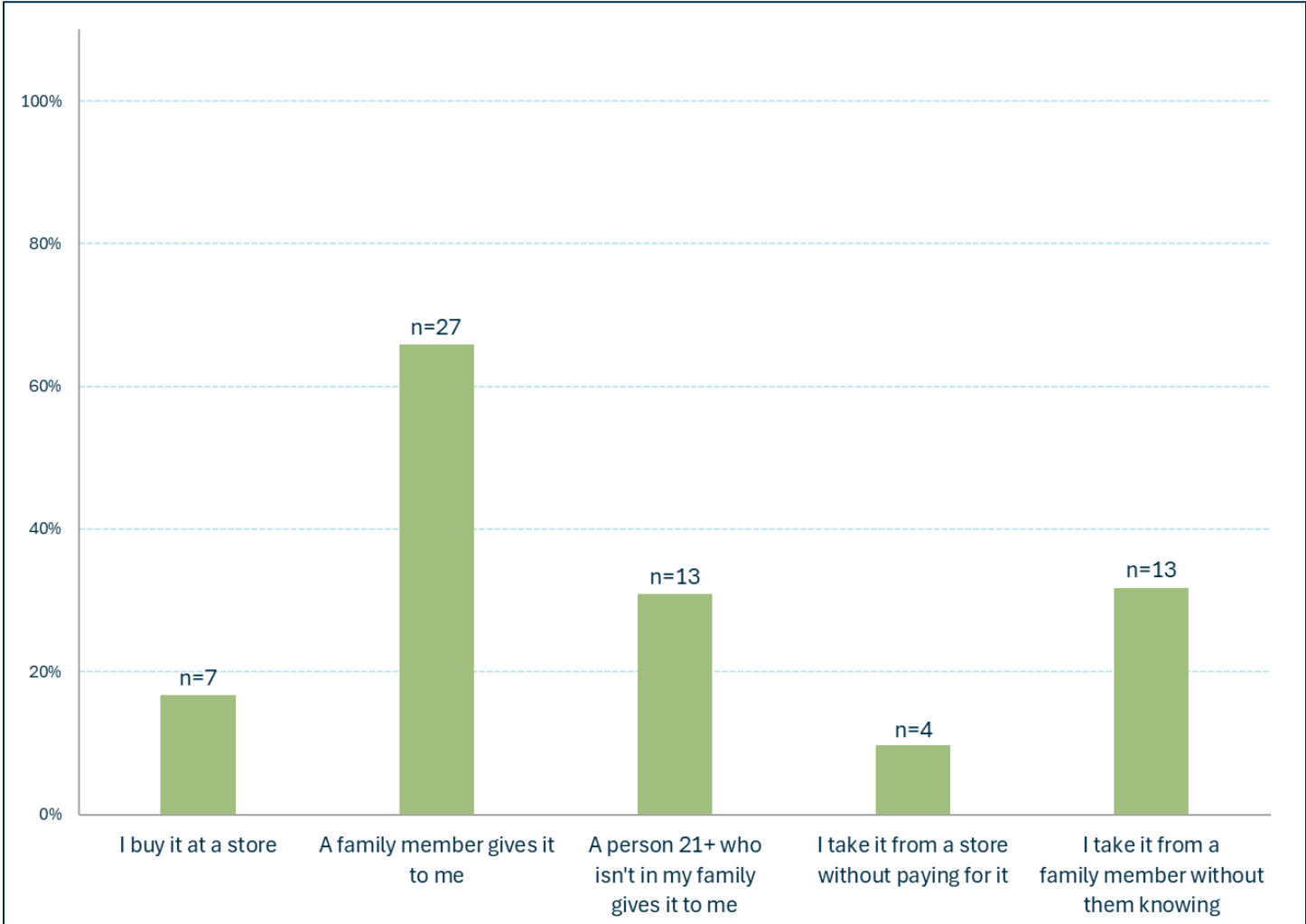
Figure 14. Drunk from Alcohol.
Among Students Who Have Had Alcohol At Least Once in the Past 12 Months (n=44)

“How often have you been drunk in the past 12 months?”



In January 2024, among students who had alcohol at least once in the past 12 months, 94% of students reported never being drunk in the past 12 months.

Figure 15. How Teens Get Alcohol.
Among Students Who Have Had Alcohol At Least Once in the Past 12 Months (n=44)
“How do you usually get the alcohol you drink?”



In January 2024, among students who had alcohol at least once in the past 12 months, most students got the alcohol they drank from a family member who gave it to them.

Figure 16. Illicit Substance Use.

"In the past 12 months I have, one time or more, used..."

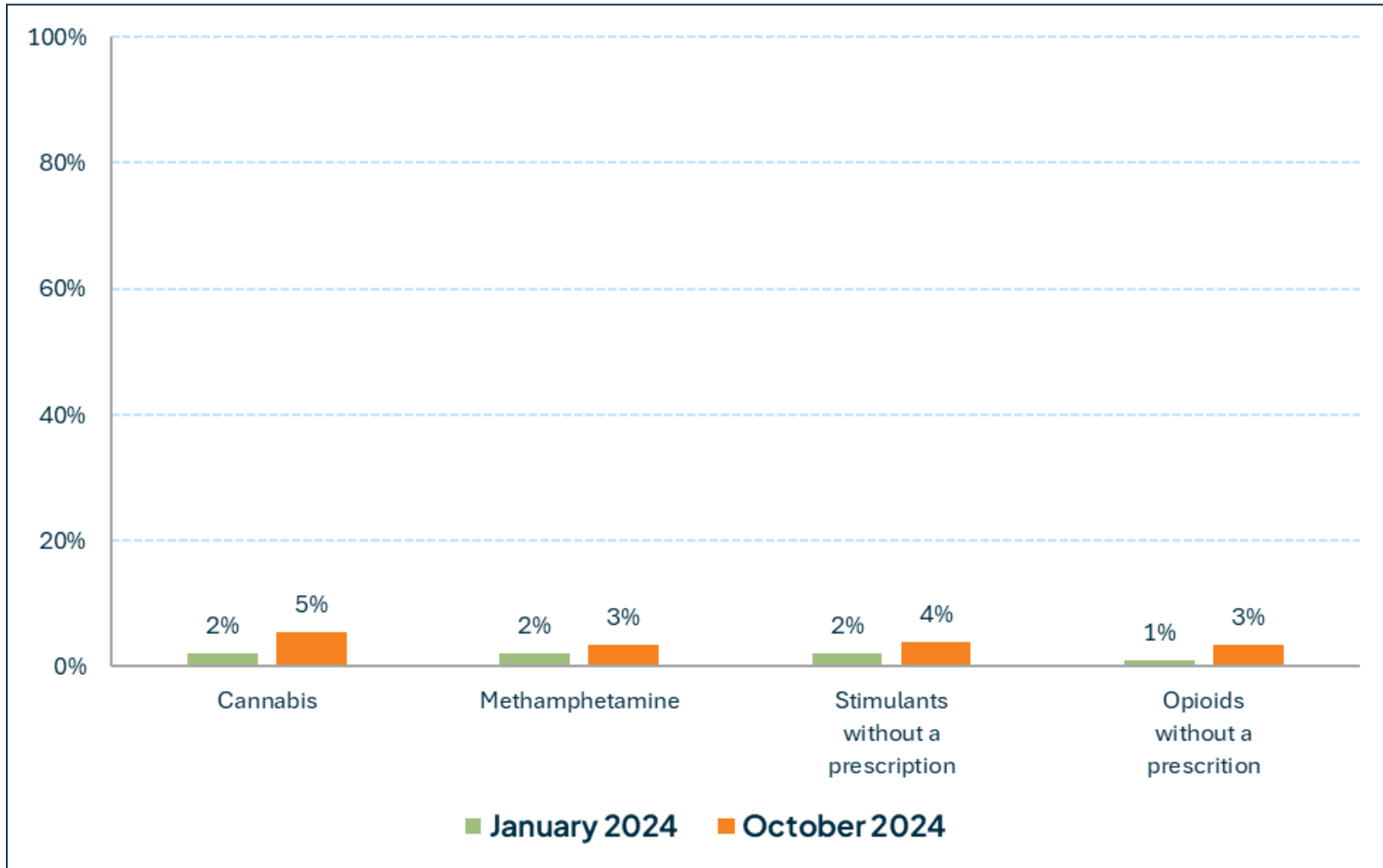
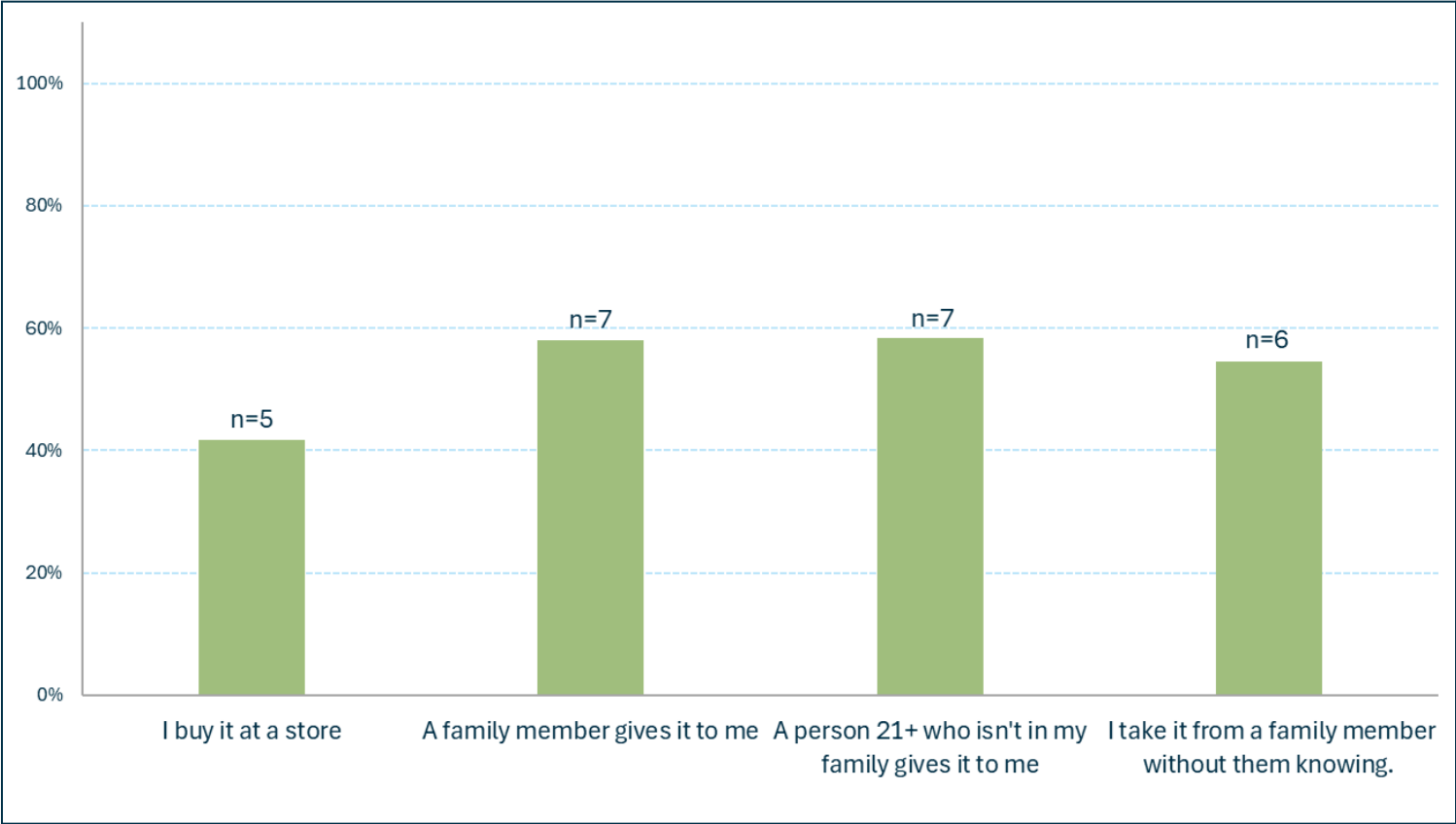


Figure 17. How Teens Get Cannabis.

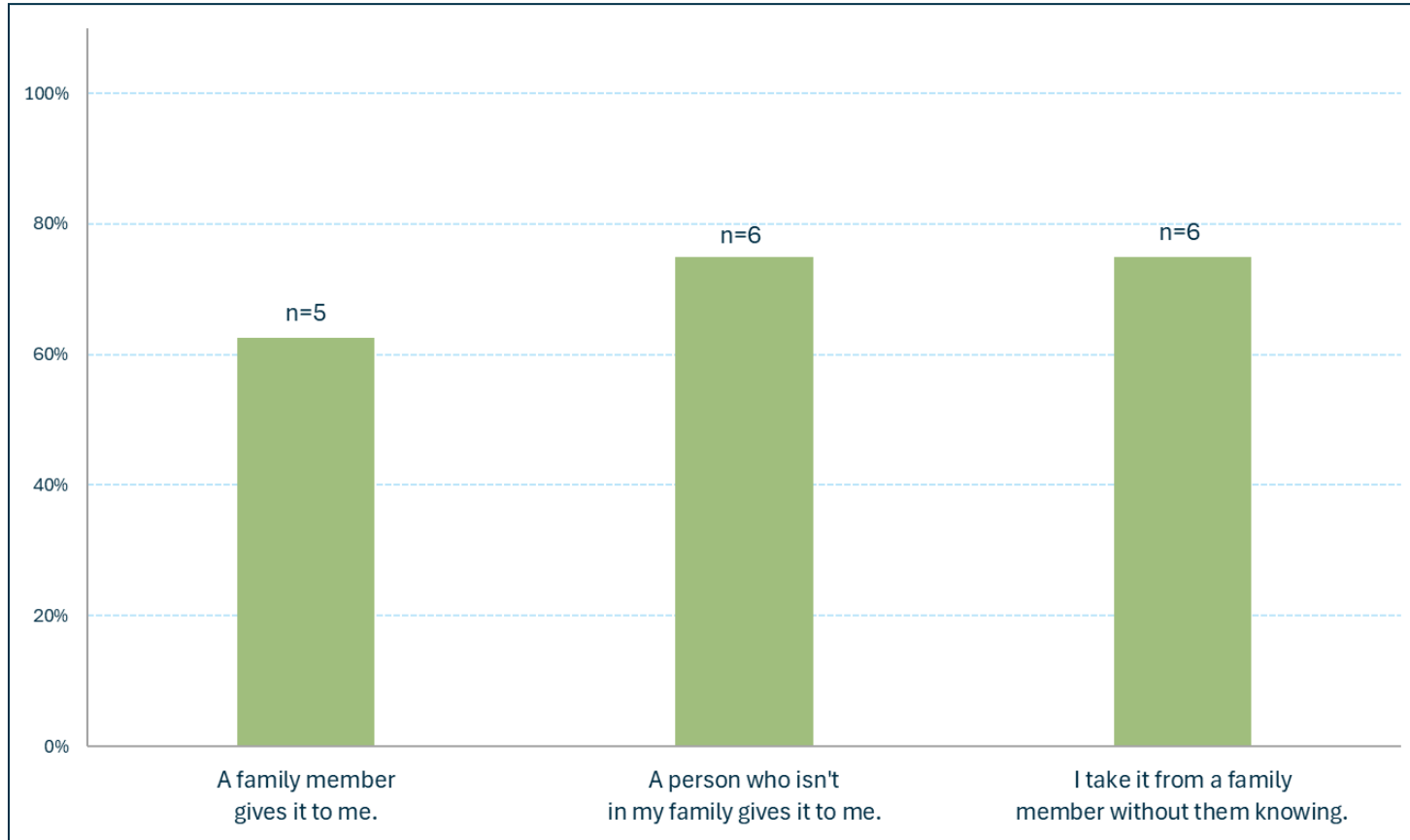
“How do you usually get the cannabis that you use?”



This question was only asked to students who said they have used cannabis at least once (n=13). No January 2024 data for comparison.

Figure 18. How Teens Get Illicit Stimulants

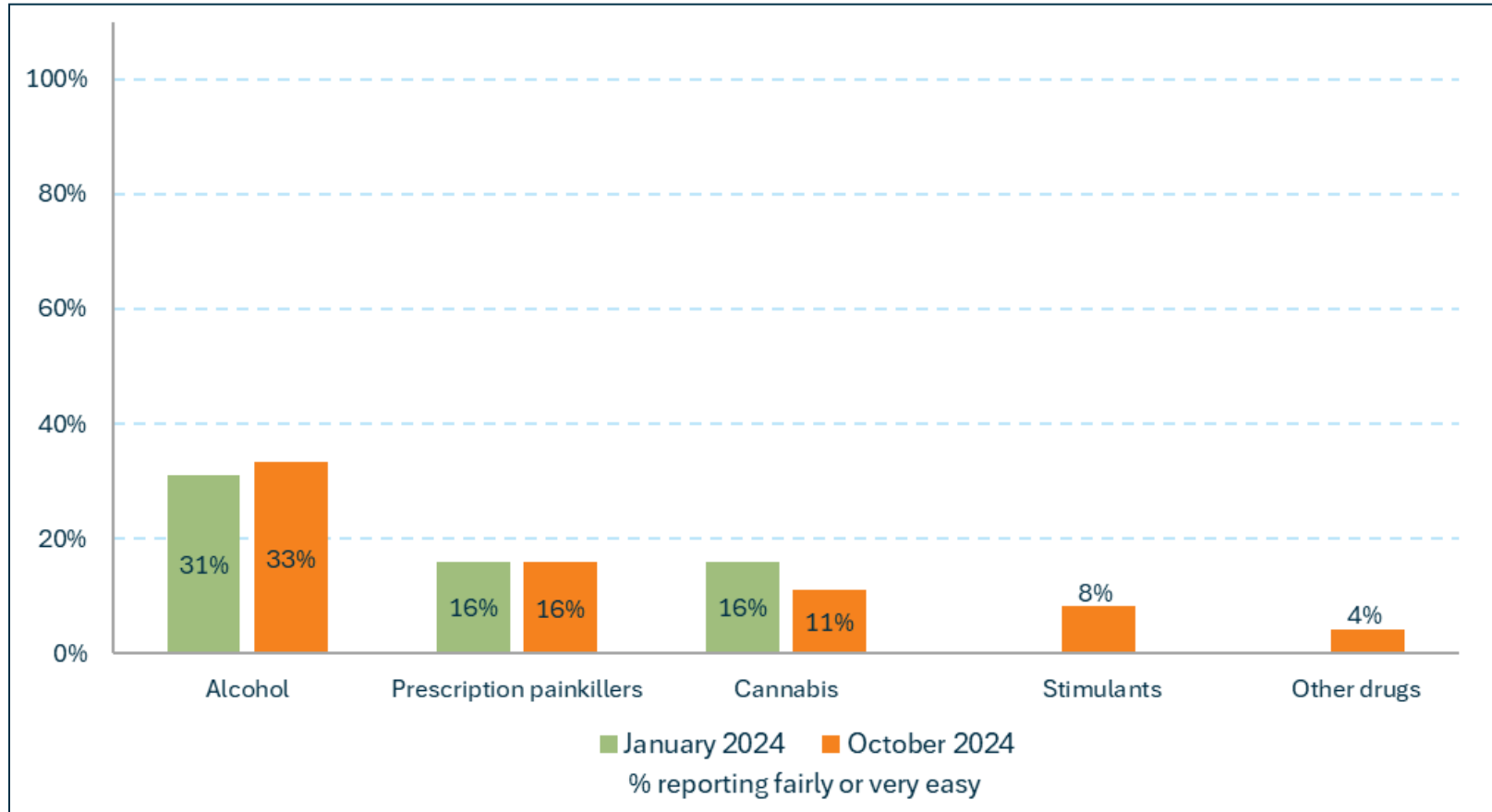
“How do you usually get the stimulants that you use?”



This question was only asked to students who said they had used illicit stimulants at least once (n=9). No January 2024 data for comparison.

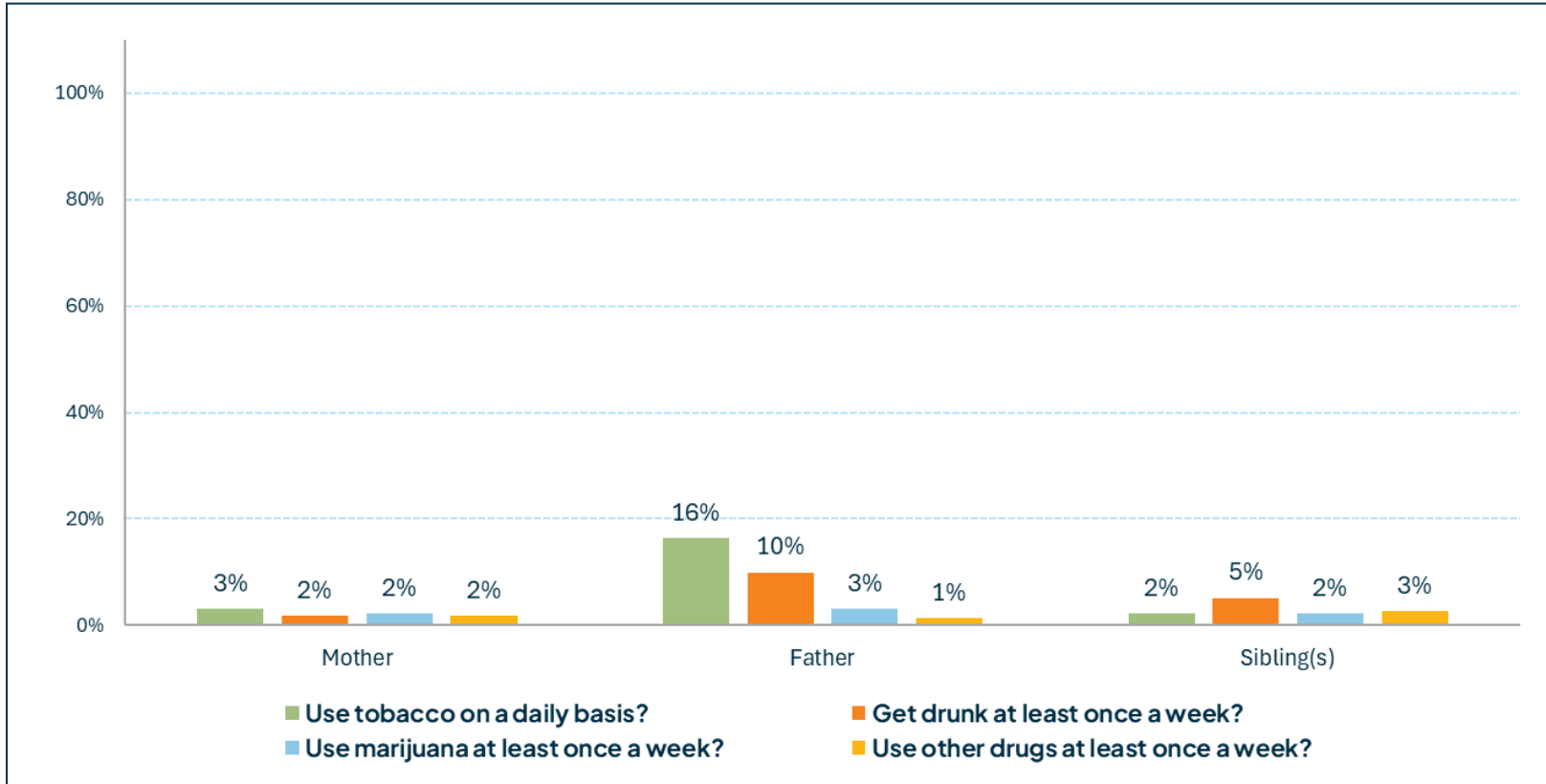
Figure 19. Ease of Access to Substances

“How easy or hard would it be for you to get the following substances if you wanted to?”



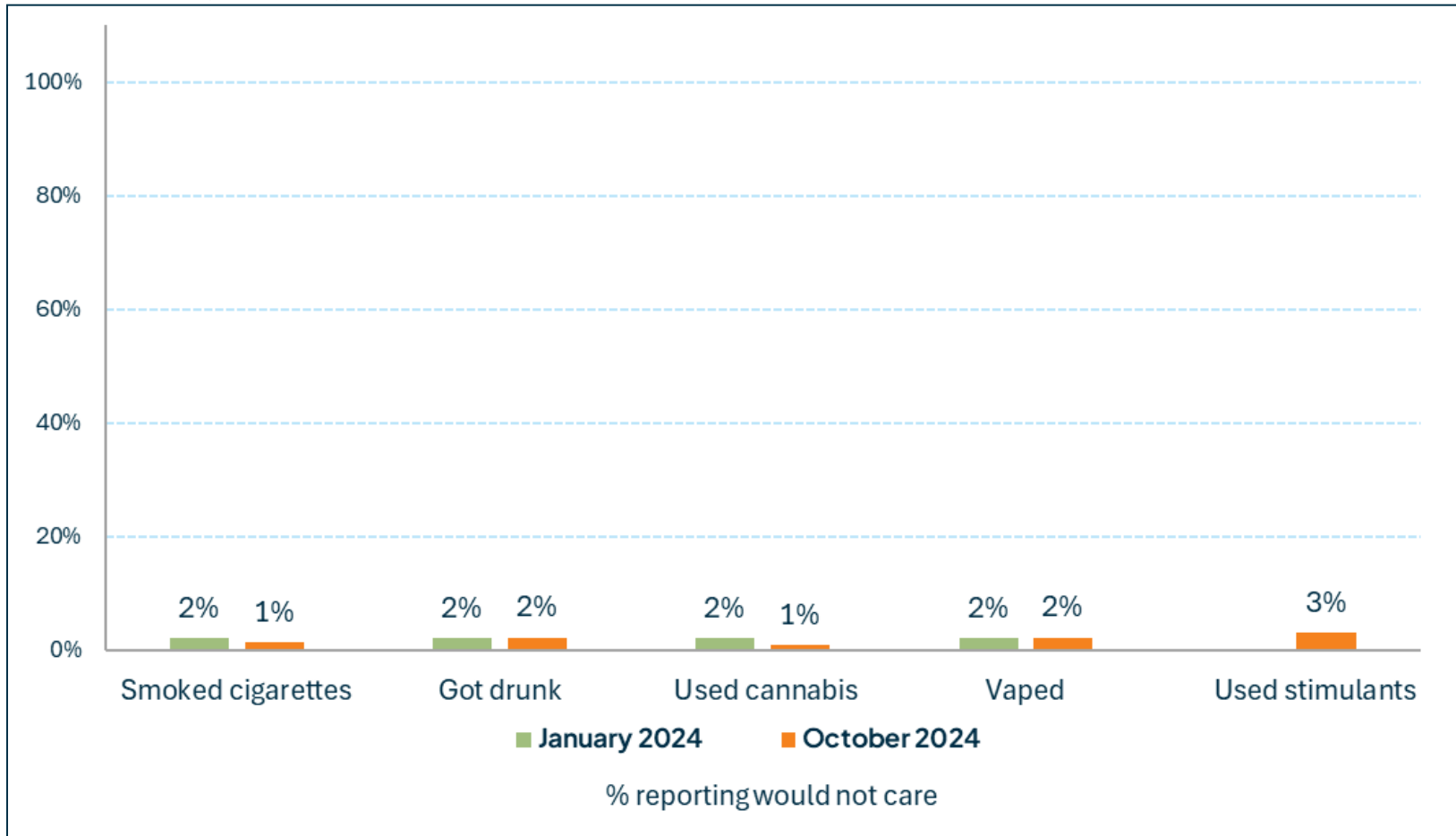
No January 2024 data for comparison on stimulants or other drugs.

Figure 20. Family Substance Use
 “Do any of the following people...”



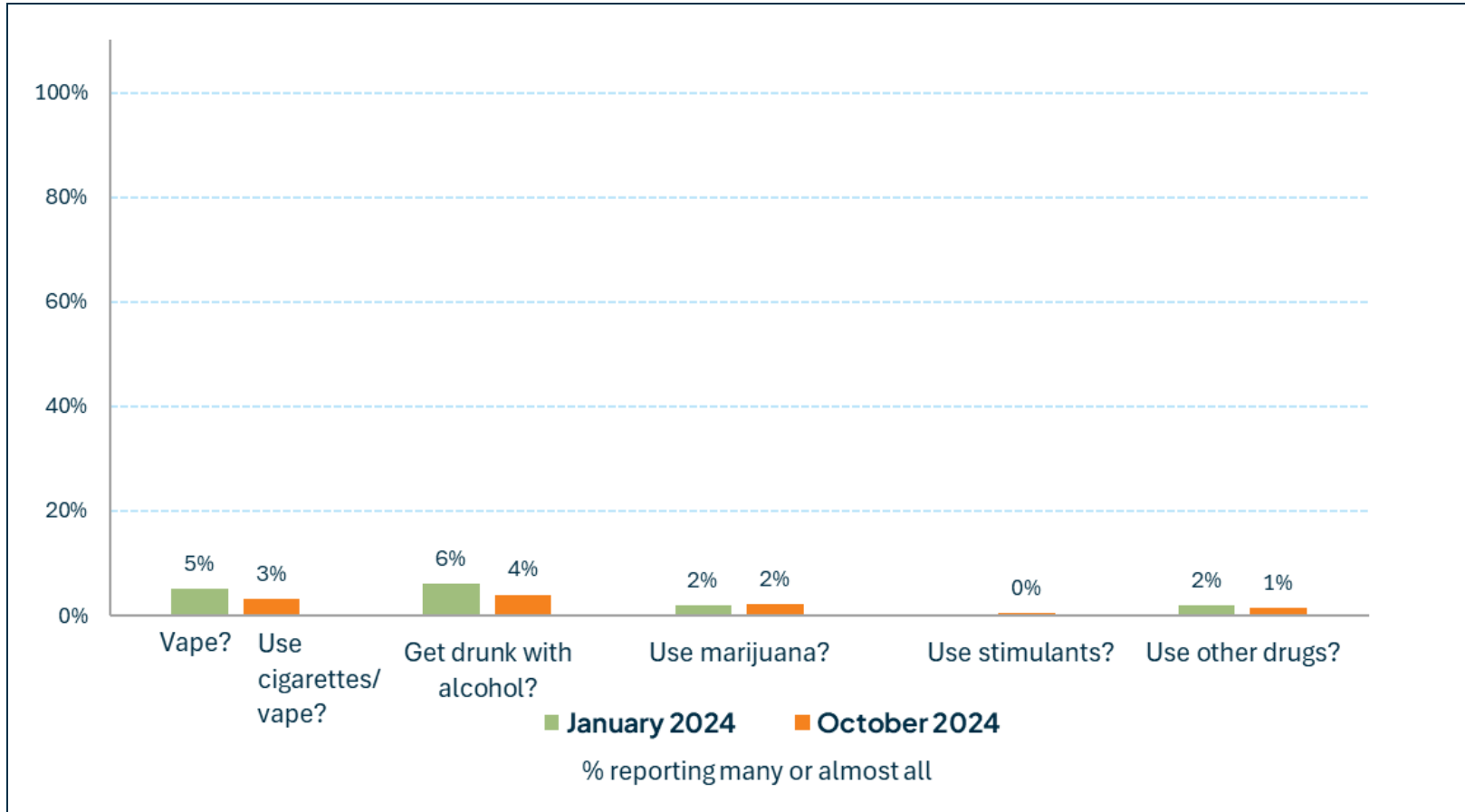
In January 2024, daily tobacco use, weekly marijuana use, and getting drunk at least once a week was most common among fathers. Using other drugs at least once a week was most common among sibling(s).

Figure 21. Parental Reactions to Substance Use
“How do you think your parents would react if you...”



No January 2024 data for comparison on stimulants.

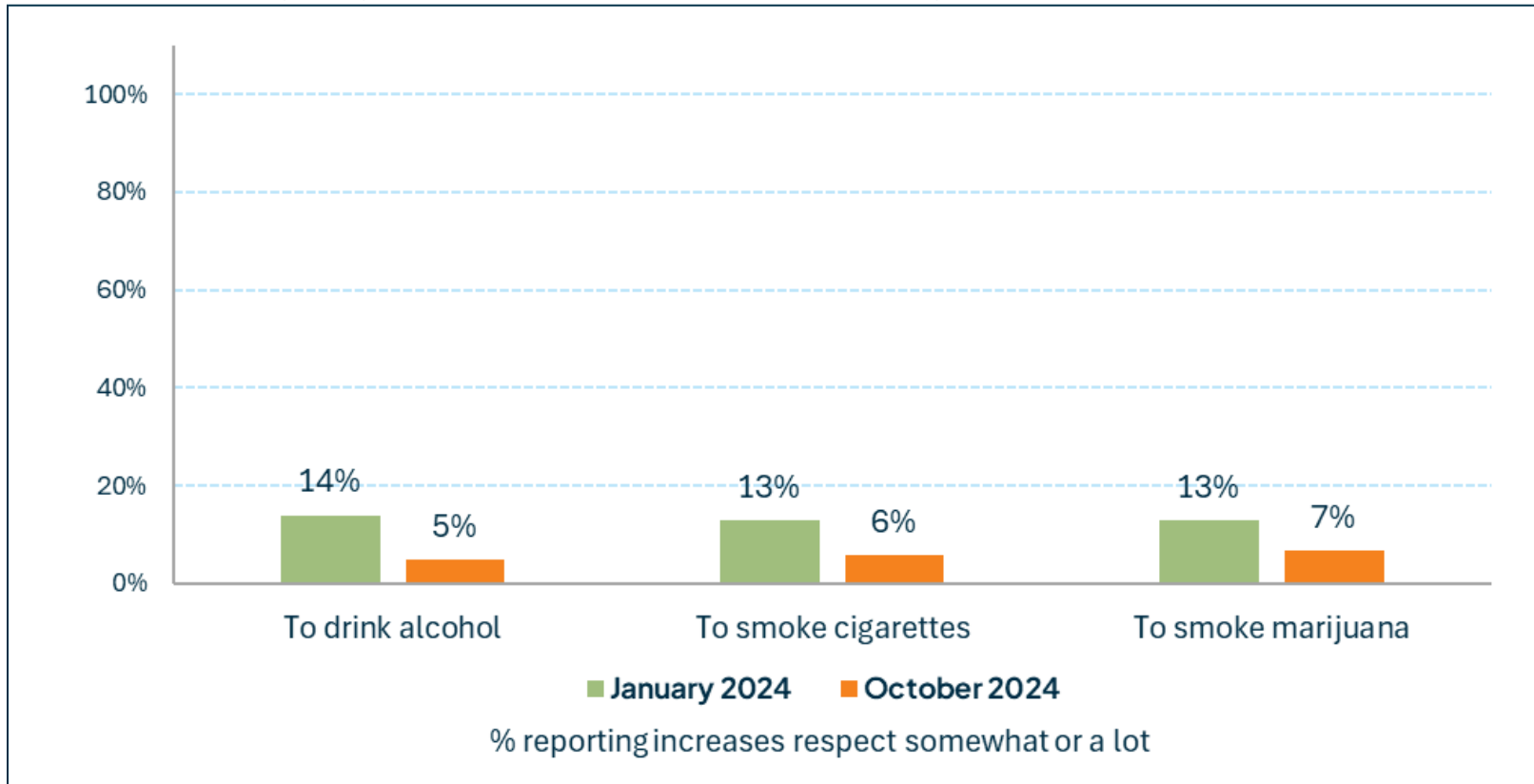
Figure 22. Peer Substance Use
“How many of your friends...”



No January 2024 data for comparison on stimulants.

Figure 23. Peer Influence on Substance Use

“The following things are important for me to do in order to gain respect from my peers...”



Community Domain

Figure 24. Community Connectedness.
“When it comes to my community...”

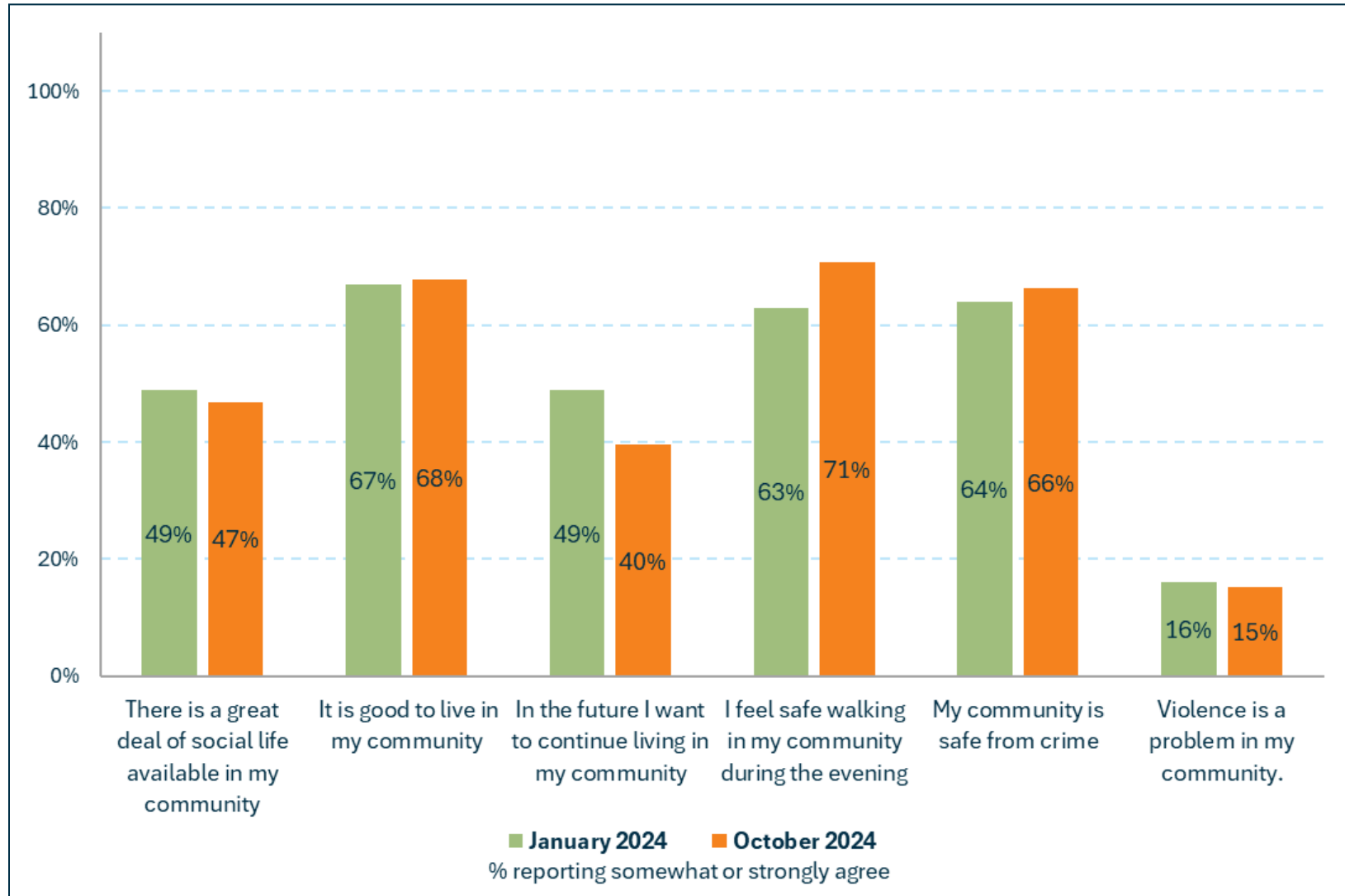


Figure 25. Trusted Adult Support (Outside of Parents/Caregivers).

"Outside of my parents/caregivers, I have a trusted adult who..."

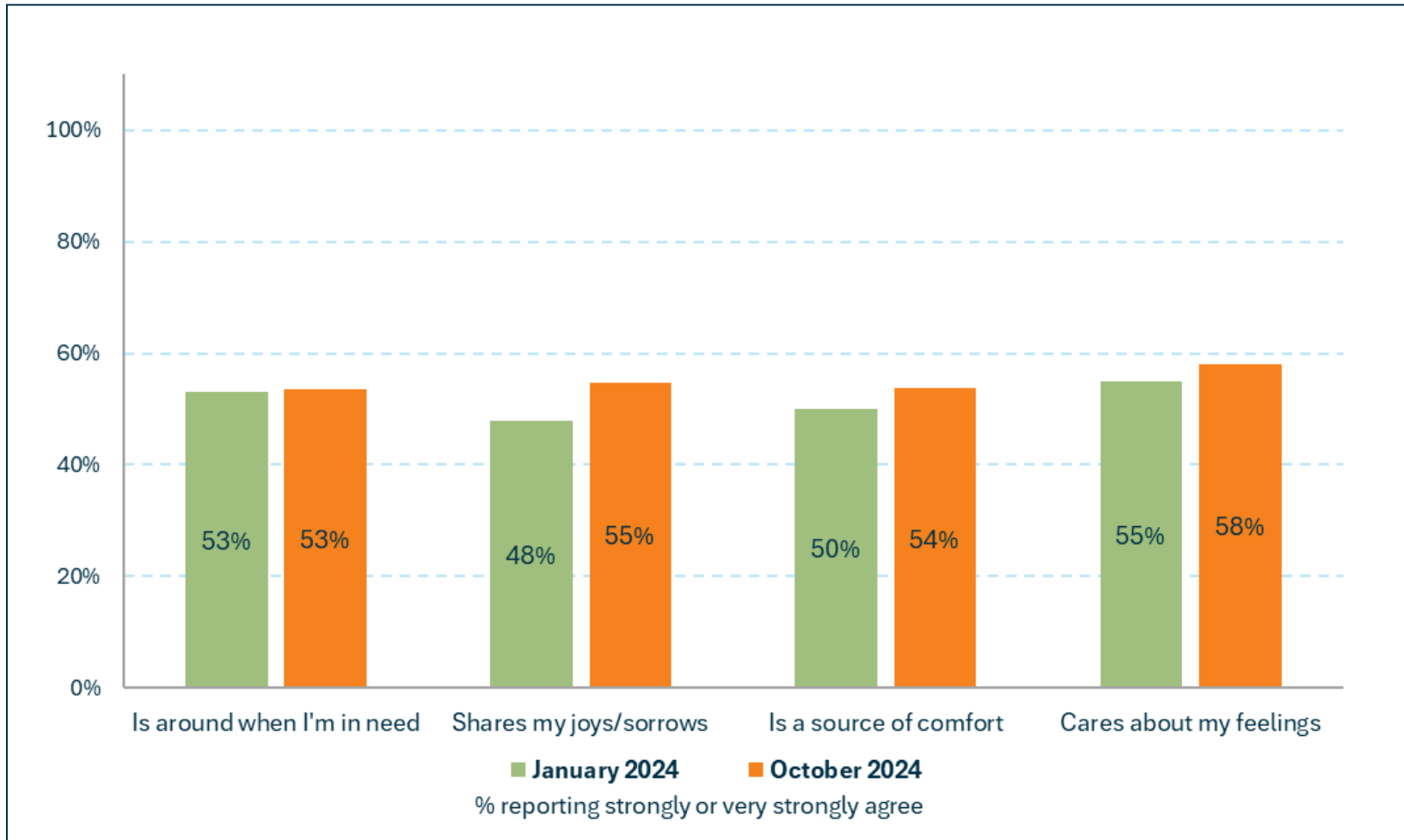
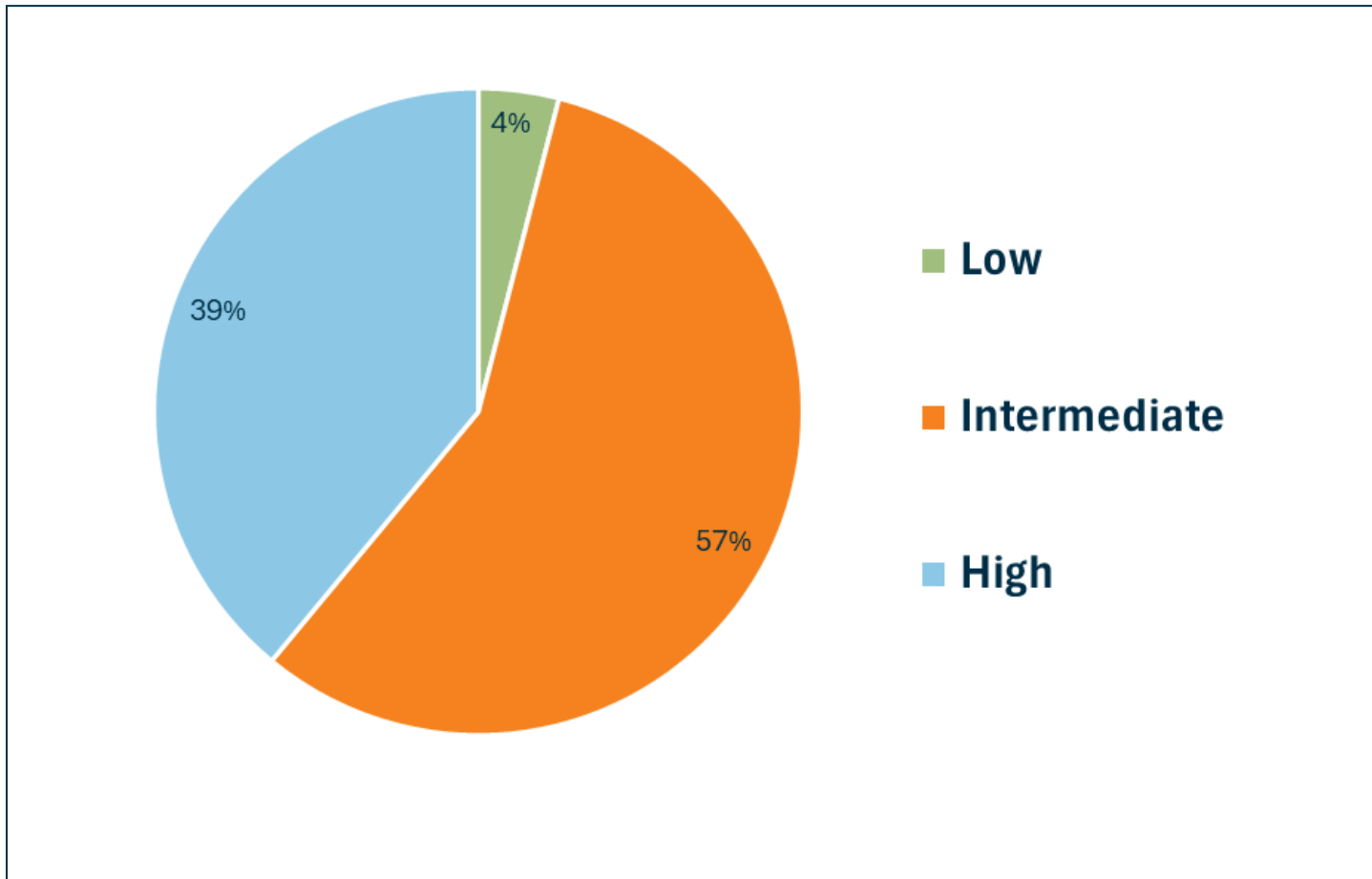
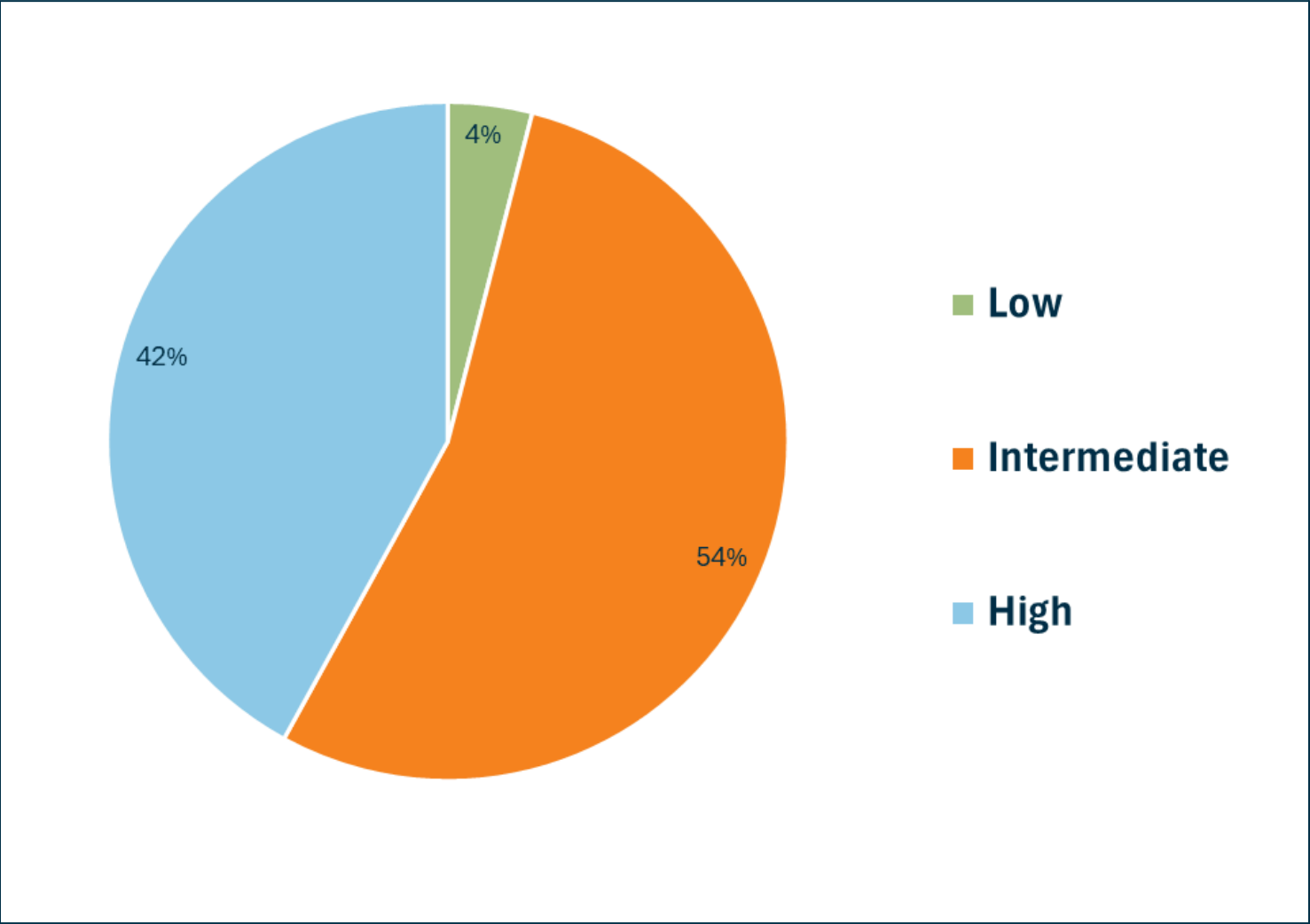


Figure 26. Sense of Mattering.



In January 2024, 4% of students reported low, 60% students reported intermediate, and 36% reported high mattering.

Figure 27. Social Isolation.



In January 2024, 4% of students reported low, 60% students reported intermediate, and 36% reported high social isolation.

School Domain

Figure 28. Motivation to Learn and Grow.
“Based on my experiences at school...”

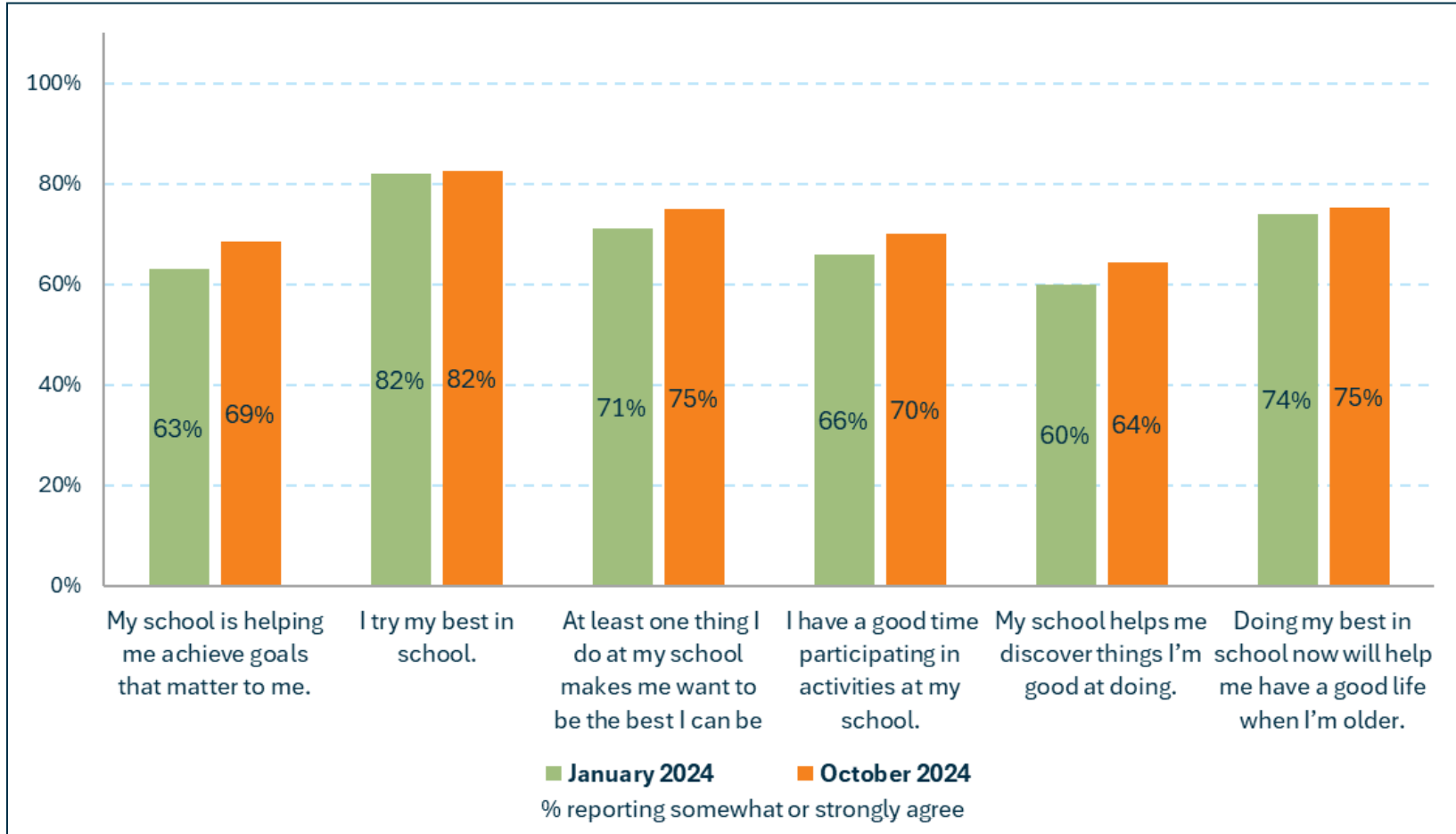


Figure 29. School Connectedness.

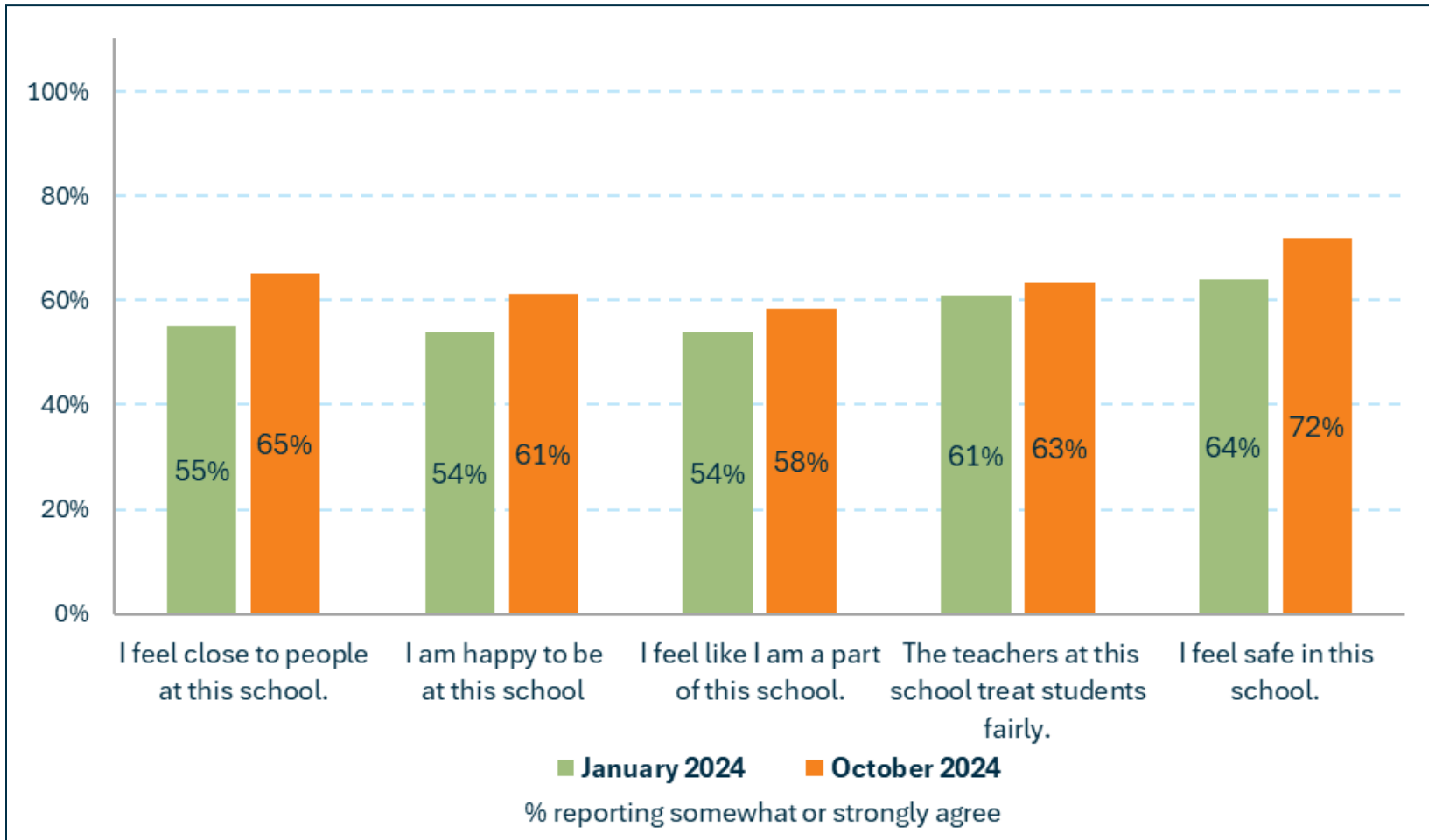
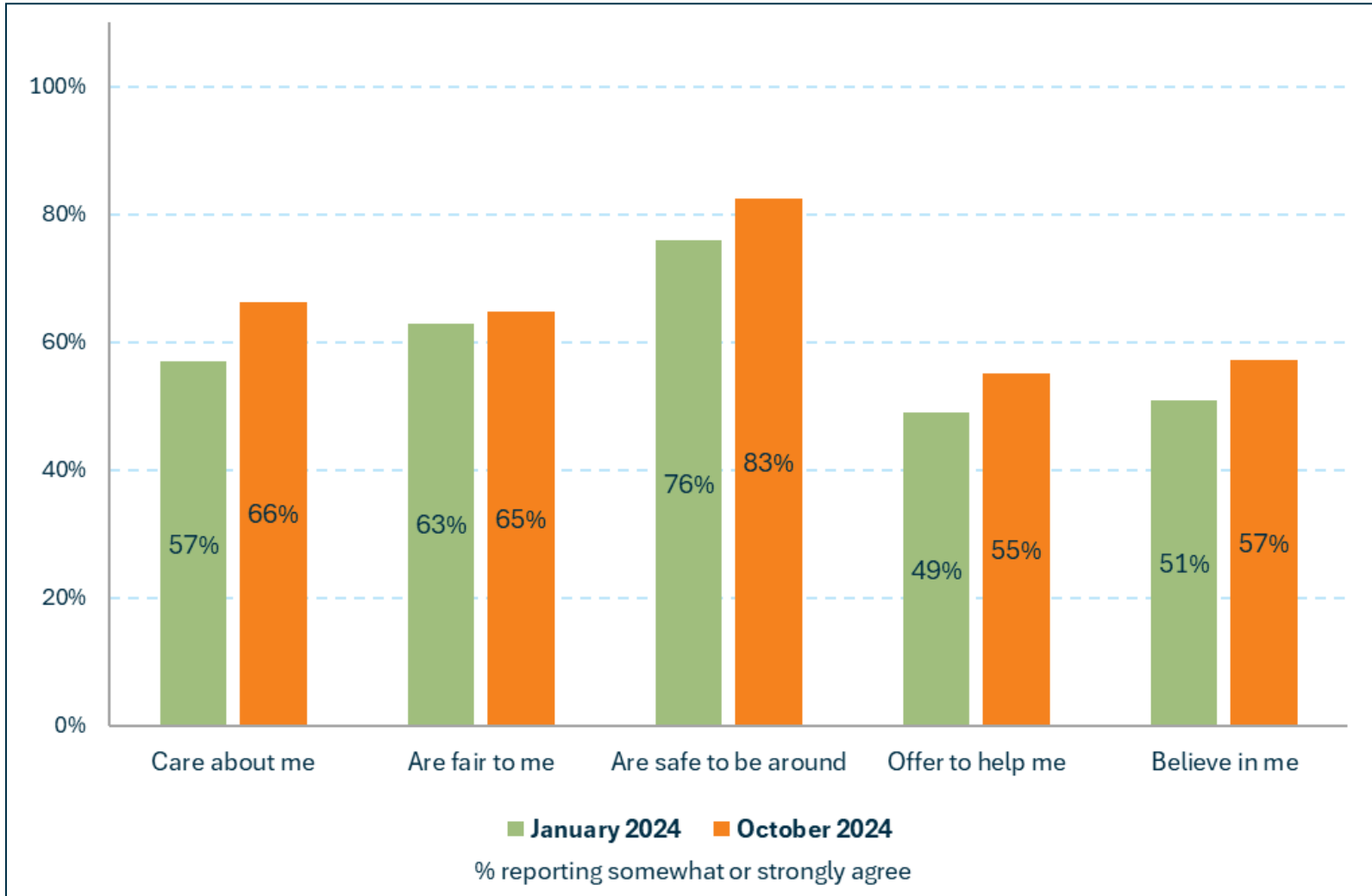


Figure 30. Supportive Relationships with Adults at School.

“The adults at my school...”



Family Domain

Figure 31. Family Social Support.

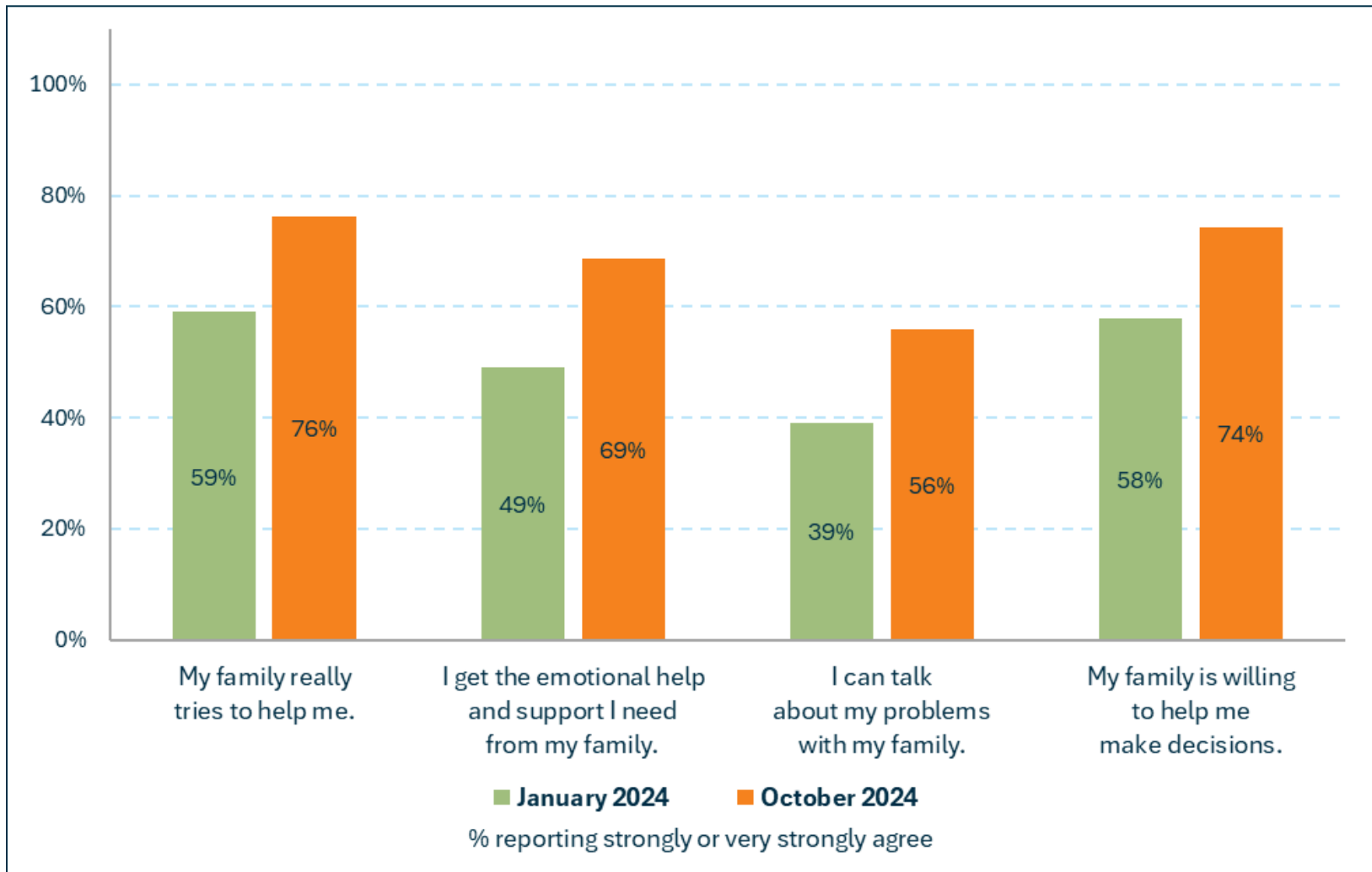
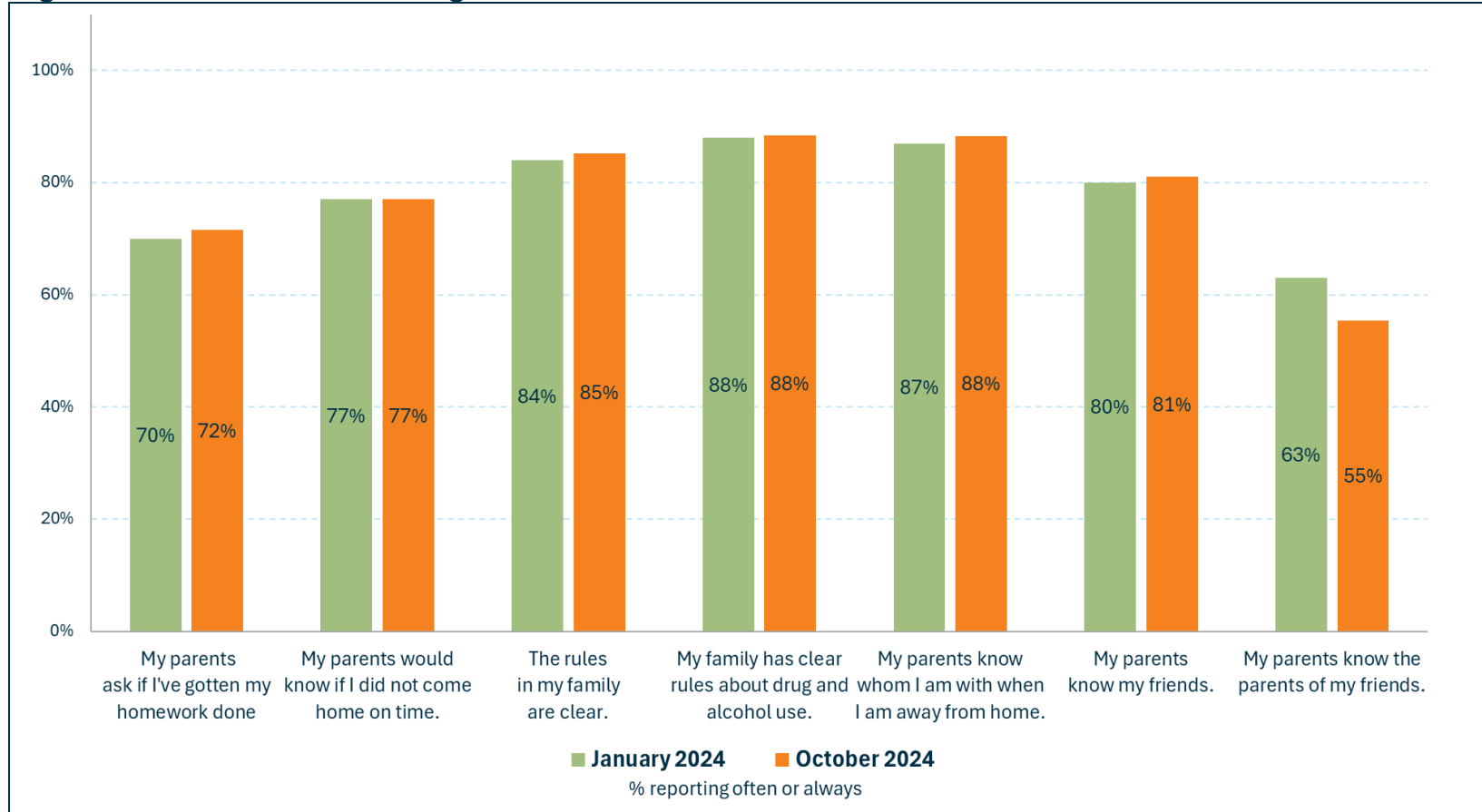


Figure 32. Parental Monitoring.



Peer Domain

Figure 33. Supportive Relationships with Peers at School.
“At my school...”

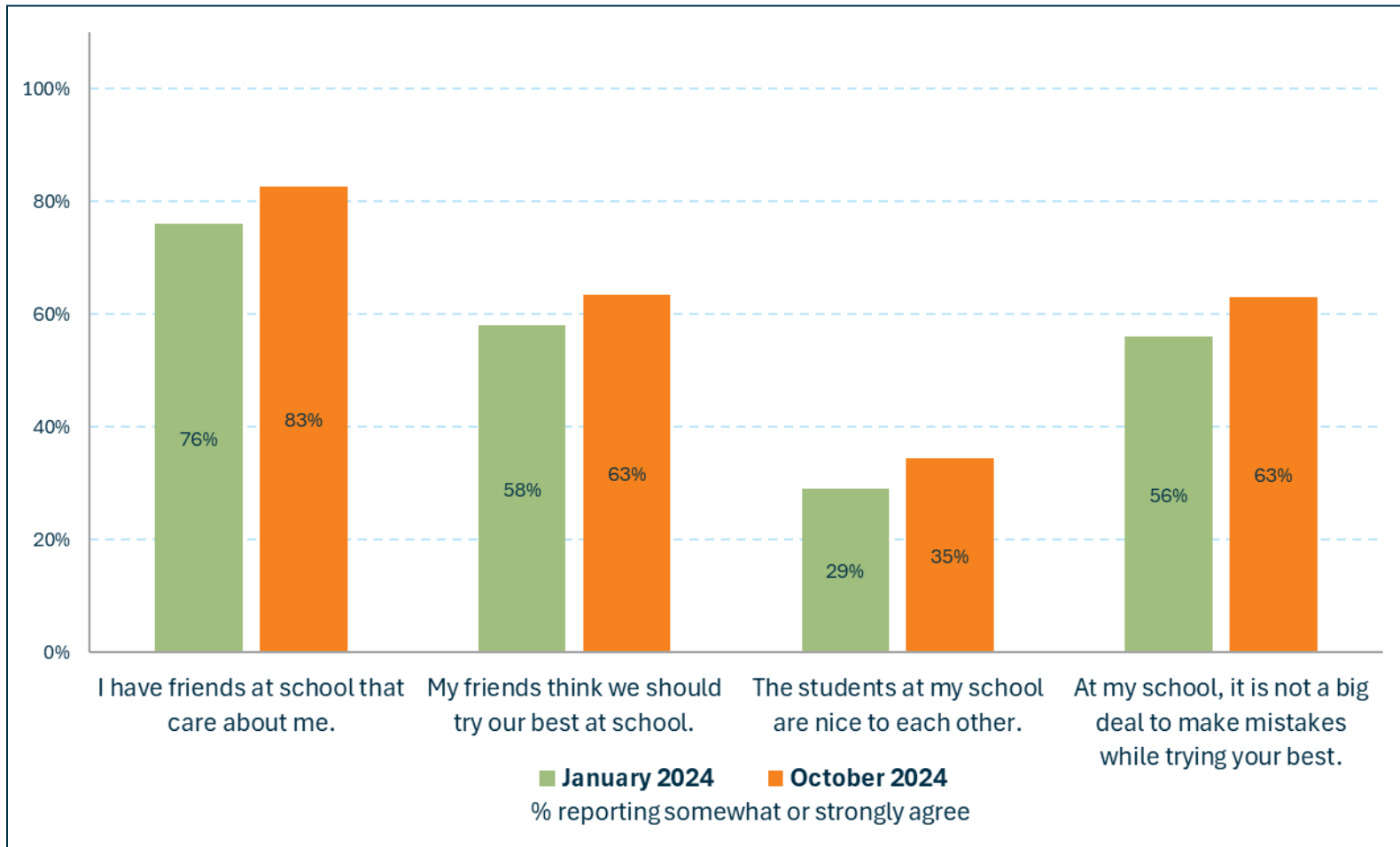
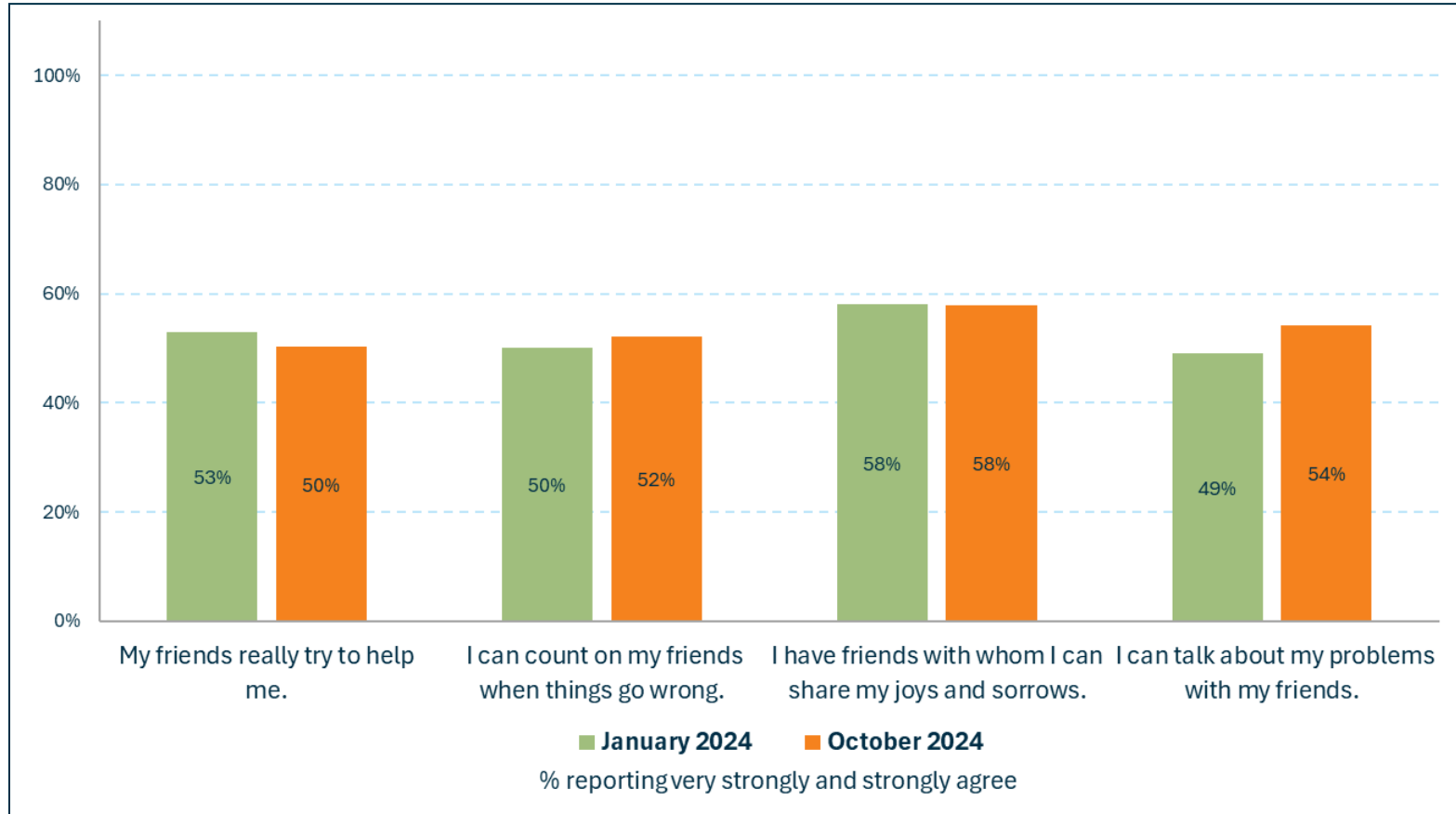
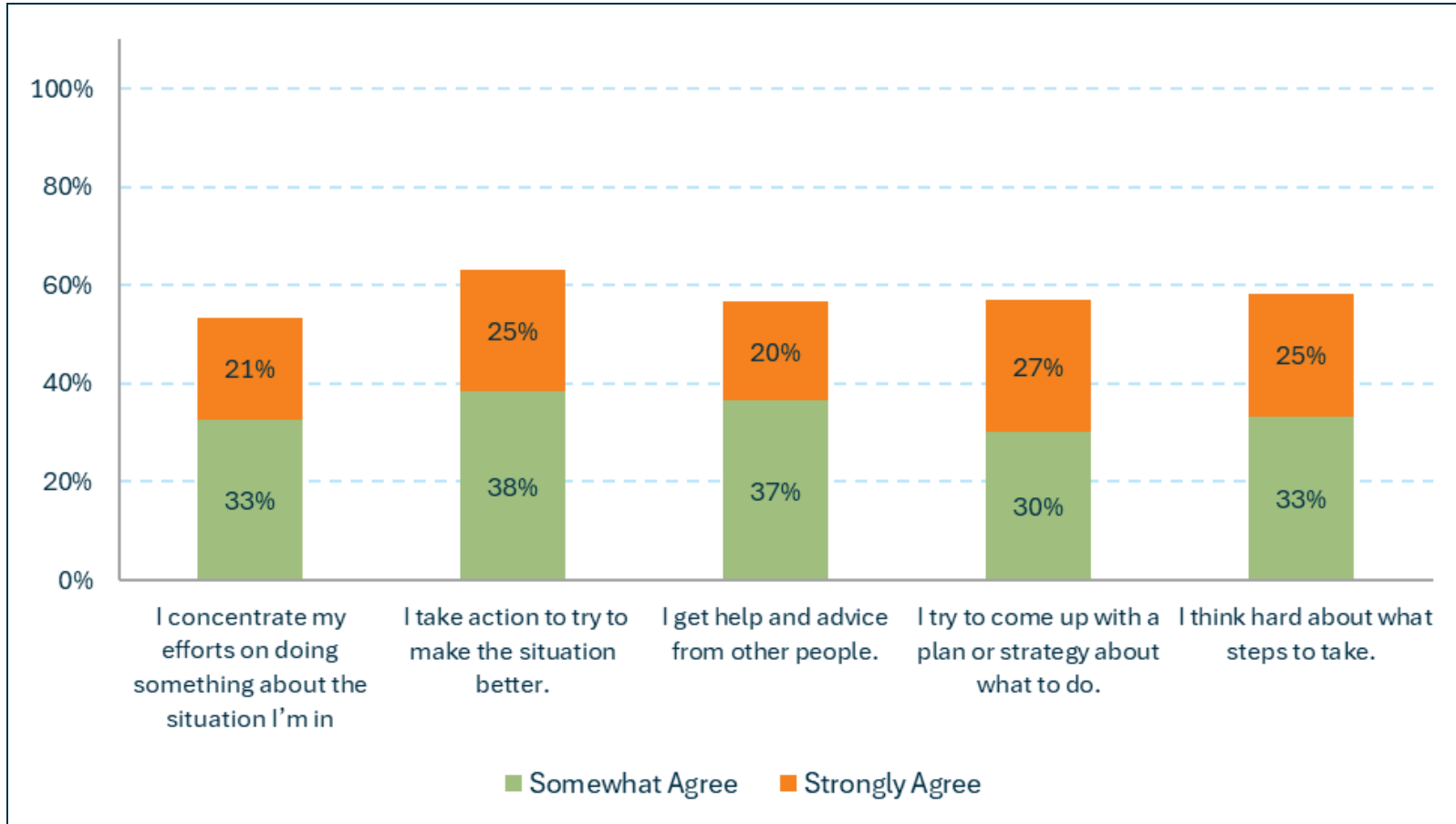


Figure 34. Friend Social Support.



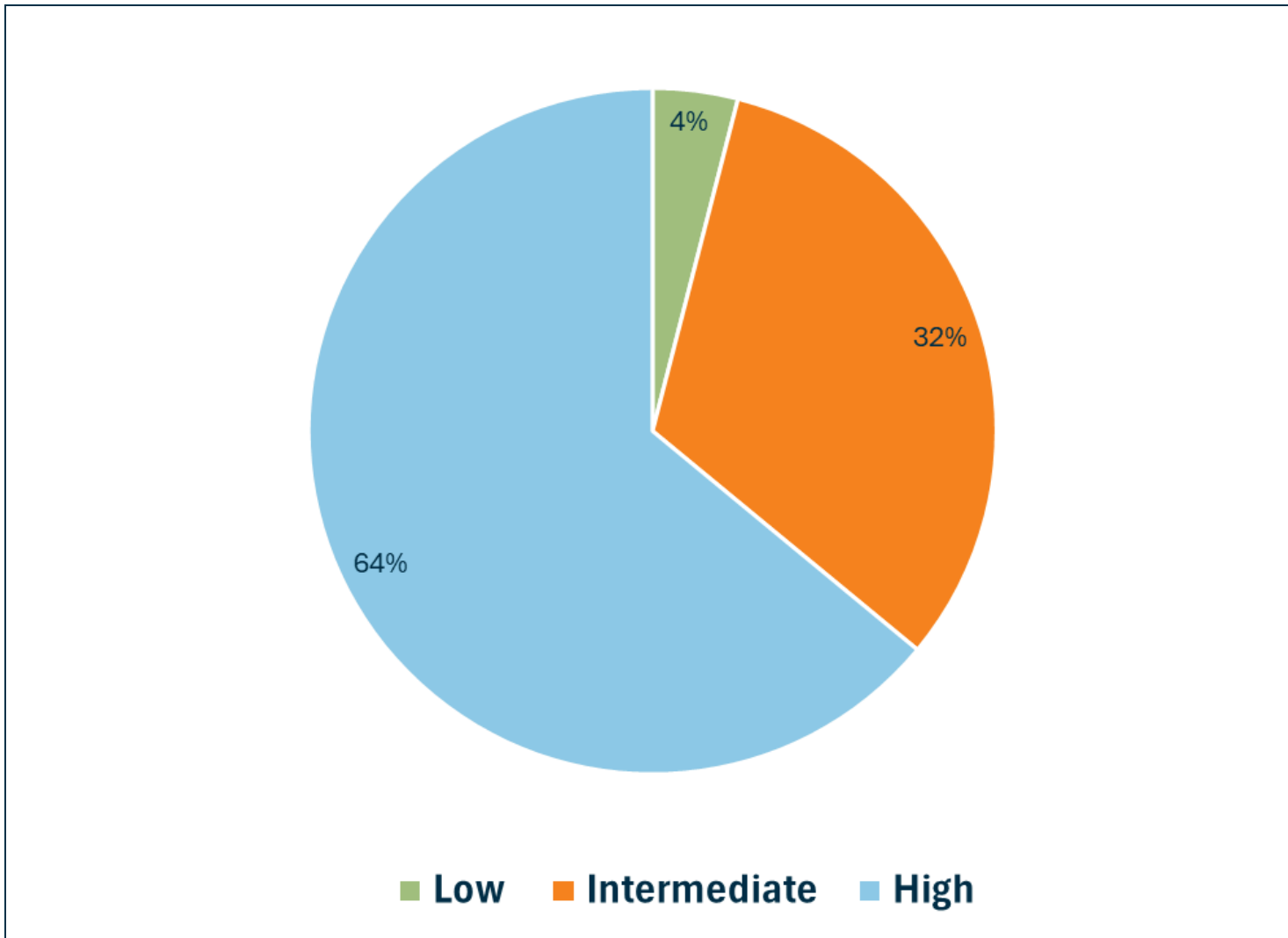
Individual Domain

Figure 35. Problem Focused Coping.
"If I am facing a problem..."



No January 2024 data for comparison.

Figure 36. Positive Future Identity.



In January 2024, 6% of students reported low, 32% students reported intermediate, and 62% reported high positive future identity.

Diagnostic Model Outcomes

Key Significant Risk and Protective Factors for Depression

We ran a diagnostic model to determine significant associations between known risk and protective factors and students' reported PHQ9 Depression score. The following factors are presented in order of impact on depression for students attending Marsing schools this year:

- **Stress: Higher stress** was associated with a **higher depression** score.
- **Sleep: Less sleep** was associated with **higher depression**.
- **Time on Social Media:** The **more time on social media** teens reported, the **higher the depression** score.
- **Physical Health:** The **less physically well** reported was associated with **higher depression**.
- **School Adults:** The **more positive students reported school adults** were, the **lower the depression**.
- **Mattering:** A **higher sense of mattering** was associated with a **lower depression** score.
- **Family Support:** A **higher sense of family support** was associated with **lower depression**.

Key Significant Risk and Protective Factors for Drinking Alcohol (At Least Once) in the Past 12 Months

We ran a diagnostic model to determine significant associations between known risk and protective factors and students' reported alcohol use. The following factors are presented in order of impact on alcohol use for students attending Marsing schools this year:

- **Cannabis Use: Higher cannabis use** was the number one factor associated with **higher alcohol use**.
- **Mattering:** A **higher sense of mattering** was associated with **lower alcohol use**.
- **Media Use: More media use** (social media, TV, video games, etc) was associated with **higher alcohol use**.

Key Significant Risk and Protective Factors for Cannabis Use

We ran a diagnostic model to determine significant associations between known risk and protective factors and students' reported cannabis use. The following factors are presented in order of impact on cannabis use for students attending Marsing schools this year:

- **Alcohol Use:** Higher alcohol use was the number one factor associated with **higher cannabis use**.
- **Depression:** Students who reported **higher depression** scores also reported **higher cannabis use**.
- **Parental Monitoring:** Those who reported **higher parental monitoring** also reported **lower cannabis use**.
- **Family Support:** Those who reported **higher family support** also reported **lower cannabis use**.
- **Friend Support:** Those who reported **higher friend support** also reported **lower cannabis use**.

Recommendations on Focus Areas for Marsing Schools

We recommend taking a closer look at what is causing stress and preventing sleep for students at your school. The fact that school adults are acting as a protective factor now is awesome, we recommend working on continuing to bolster that at your schools. If we were to engage parents/community members we would recommend a focus on stress, sleep and family support.