

Prepared by:



ST. CLAIR COUNTY  
HEALTH DEPARTMENT  
Our Community. Our Environment.

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# St. Clair County 7th Grade MiPHY Report



**Drink alcohol currently**



**Use vaping products**



Almost 1 in 10  
identify as gay, lesbian or  
bisexual



**Had Sexual  
Intercourse**



**57% of 7th grade students are  
physically active**

**But 30% are overweight or obese**



About 10% of 7th grade students report it is easy to  
get marijuana or cigarettes



**ABOUT 20%**  
did not go to school  
due to safety concerns

**30% OF STUDENTS  
FELT DEPRESSED**



# FOCUS AREA




## HIGH-RISK SUBSTANCE USE









Snapshot: .....	2
Marijuana.....	3
Cocaine/inhalants.....	4
Prescription pain medication.....	5
Injection drugs/school property.....	5
Snapshot: .....	6
Cigarettes/vaping.....	7
Smokeless tobacco/cigars.....	8
Alcohol.....	9



## SNAPSHOT:

Substance use during adolescence is related to a large variety of negative outcomes, such as STDs and HIV. This report focuses on three aspects of substance use: the percentage of middle school students who ever used select illicit drugs, defined here as cocaine, inhalants, heroin, or methamphetamines; the percentage of high school students who ever injected illegal drugs; the percentage of students who used marijuana or synthetic marijuana; and the percentage of high school students who ever misused prescription opioids, defined here as ever having used prescription pain medication without a prescription or differently than indicated by a doctor. Injection drug use places adolescents at direct risk for HIV, while drug use, regardless of mode of administration, places adolescents at risk of overdose. Drug use is also associated with sexual risk behavior, violent behavior, and mental health problems and suicide risks <sup>1</sup>

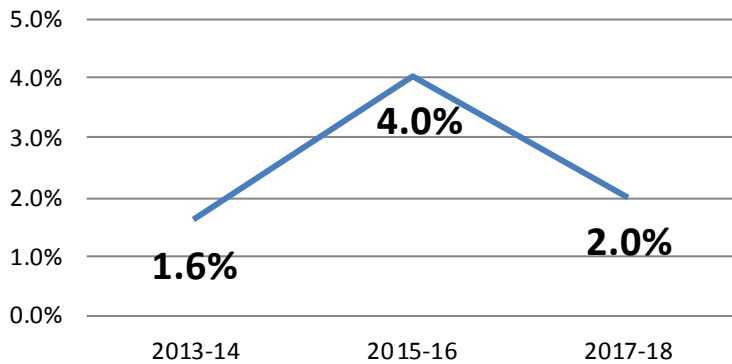
Trend Pattern:	
	In Right Direction
	No Change
	In Wrong Direction

St. Clair County: <sup>1a</sup>	2013-14	2015-16	2017-18
Used marijuana recently	1.6%	4%	2% 
Tried marijuana before age 11	0%	2.1%	1% 
Ever used synthetic marijuana	-	6.5%	8.2% 
Ever used cocaine	-	5.5%	6.6% 
Used inhalants recently	2.7%	4.3%	2.9% 
Ever took a prescription pain pill without a prescription	4%	4.8%	4% 
Ever injected any illegal drug	4.9%	4.9%	6.5% 
Were offered, sold or given an illegal drug on school property	5.6%	4.6%	6.7% 

# FOCUS AREA

## HIGH-RISK SUBSTANCE USE

### Used marijuana recently

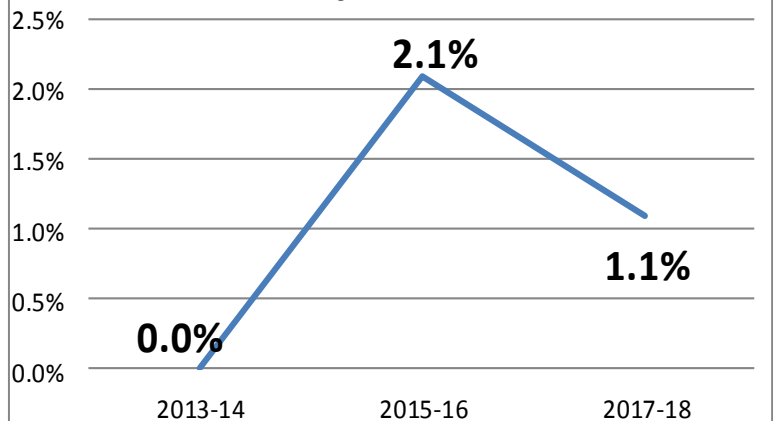


Almost 2% of St. Clair County 7th grade students in 2017-18 have used marijuana in the past 30 days <sup>1a</sup>

MiPHY 2018, 12/18

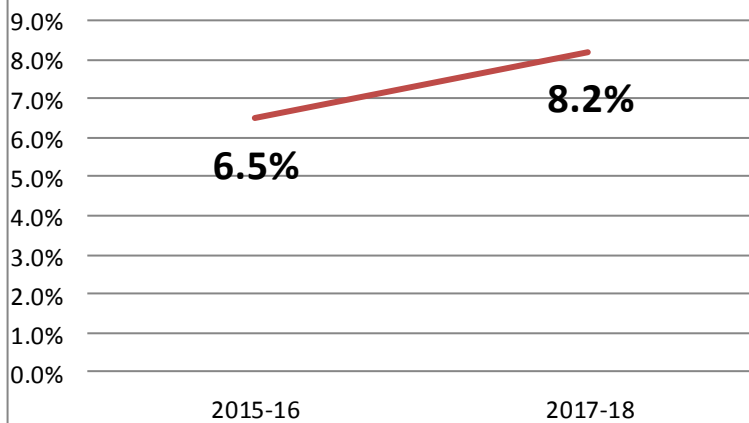
Almost 1% of St. Clair County 7th grade students in 2017-18 have tried marijuana before age 11 <sup>1a</sup>

### Tried marijuana before 11



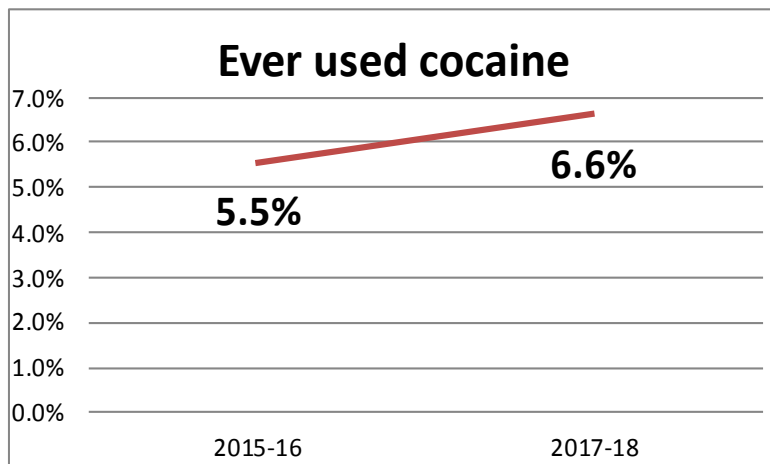
MiPHY 2018, 12/18

### Ever used synthetic marijuana



MiPHY 2018, 12/18

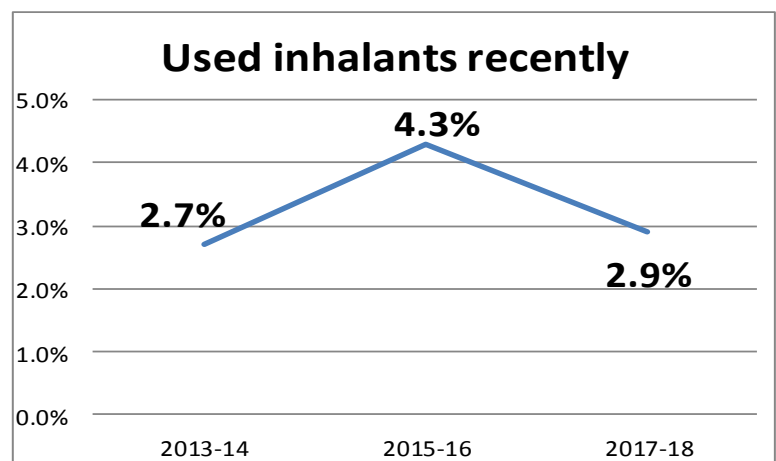
Almost 8% of St. Clair County 7th grade students in 2017-18 have used synthetic marijuana <sup>1a</sup>



Almost 6% of St. Clair County 7th grade students in 2017-18 have used cocaine <sup>1a</sup>

MiPHY 2018, 12/18

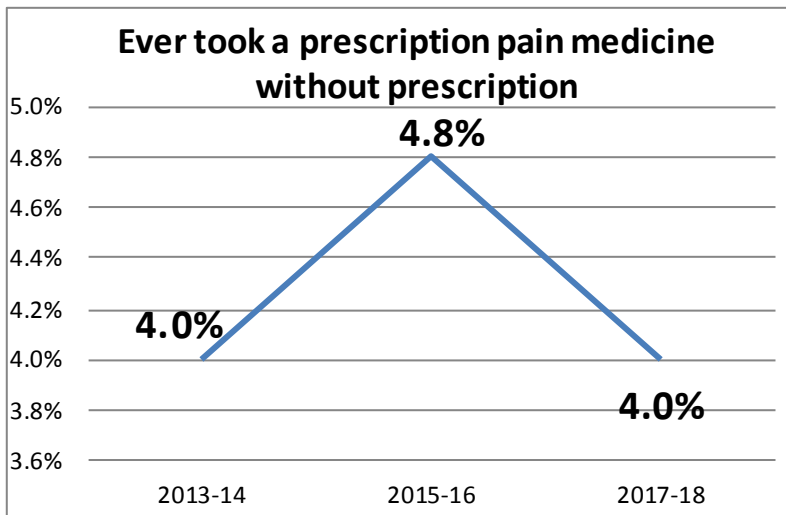
About 3% of St. Clair County 7th grade students in 2017-18 have used inhalants such as glue, hair spray, air fresheners etc. in the past 30 days <sup>1a</sup>



MiPHY 2018, 12/18

# FOCUS AREA

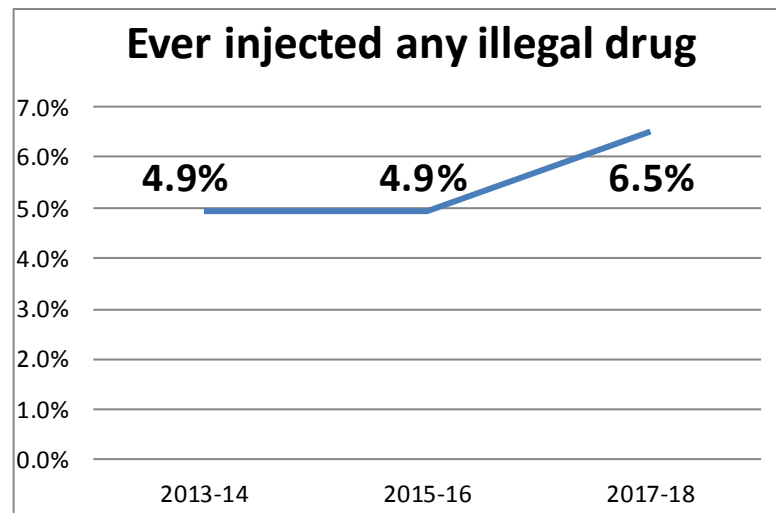
## HIGH-RISK SUBSTANCE USE



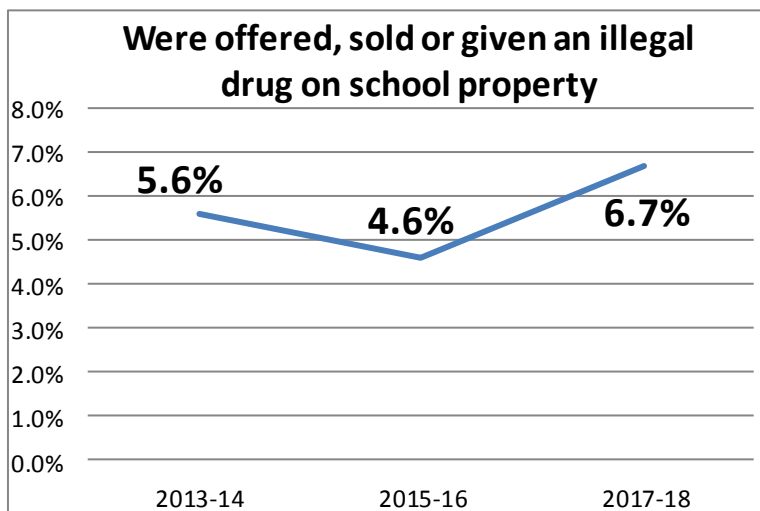
MiPHY 2018, 12/18

Almost 5% of St. Clair County 7th grade students in 2017-18 have ever used heroin <sup>1a</sup>

More than 5% St. Clair County 7th grade students in 2017-18 have ever injected any illegal drug <sup>1a</sup>



MiPHY 2018, 12/18










MiPHY 2018, 12/18




More than 5% of St. Clair County 7th grade students in 2017-18 were offered, sold, or given an illegal drug on school property <sup>1a</sup>

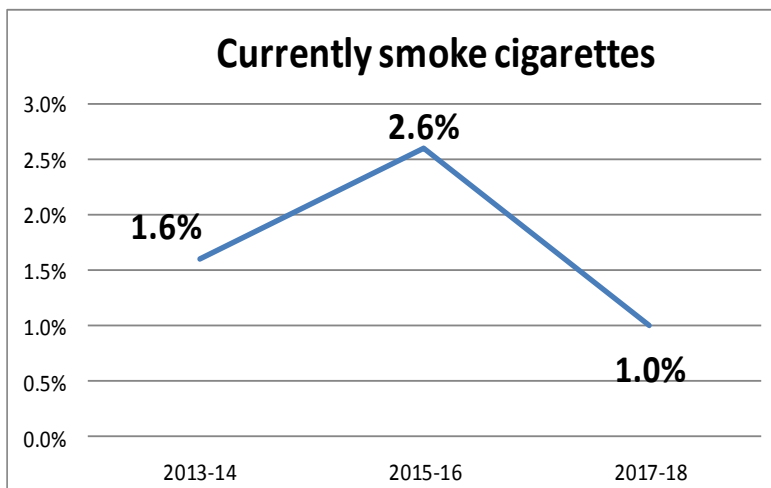
## SNAPSHOT:

Use of tobacco and drinking alcohol can have numerous harmful effects on adolescent health. Drinking alcohol at an early age can lead to underdevelopment of the brain and excessive consumption can lead to liver diseases in the future. Tobacco use can cause lung cancer, diabetes, cancer and even blindness <sup>2,3</sup>

St. Clair County Tobacco Use: <sup>1a</sup>	2013-14	2015-16	2017-18
Currently smoke cigarettes	1.6%	2.6%	1% 
Currently vape	-	8.2%	10% 
Currently use smokeless tobacco	1.1%	1.1%	.5% 
Currently smoke cigars	.7%	2.1%	.4% 

Trend Pattern:	
	In Right Direction
	No Change
	In Wrong Direction

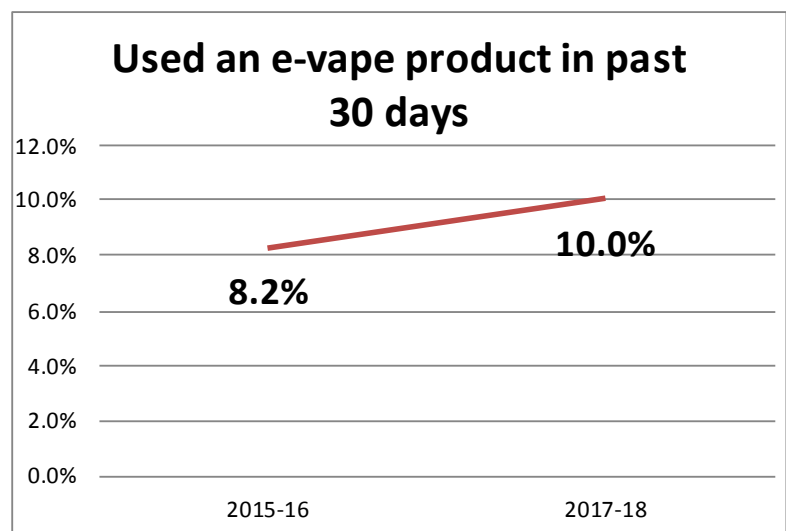
St. Clair County Alcohol Use: <sup>1a</sup>	2013-14	2015-16	2017-18
Had their first drink of alcohol before age 11	4.7%	7.8%	5.1% 
Currently drinking alcohol	4.6%	8.7%	2% 
Binge drinking	2%	3.7%	1.3% 



MiPHY 2018, 12/18

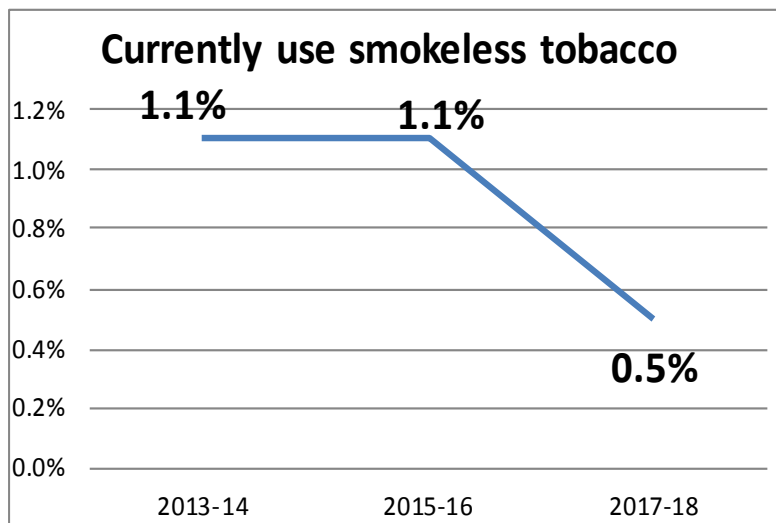
1% of St. Clair County 7th grade students in 2017-18 currently smoke cigarettes <sup>1a</sup>

1 in 10 St. Clair County 7th grade students in 2017-18 currently vape <sup>1a</sup>



MiPHY 2018, 12/18



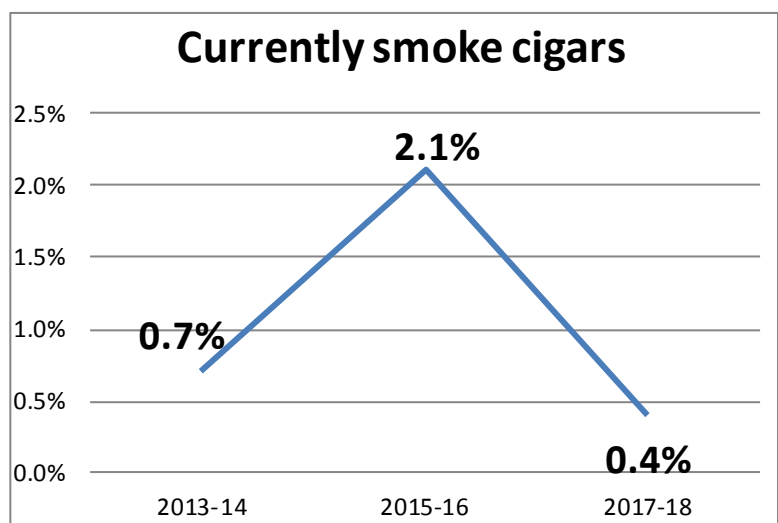


Less than 1% of St. Clair County 7th grade students in 2017-18 currently use smokeless tobacco products

<sup>1a</sup>

MiPHY 2018, 12/18

Less than 1% of St. Clair County 7th grade students in 2017-18 currently smoke cigars <sup>1a</sup>

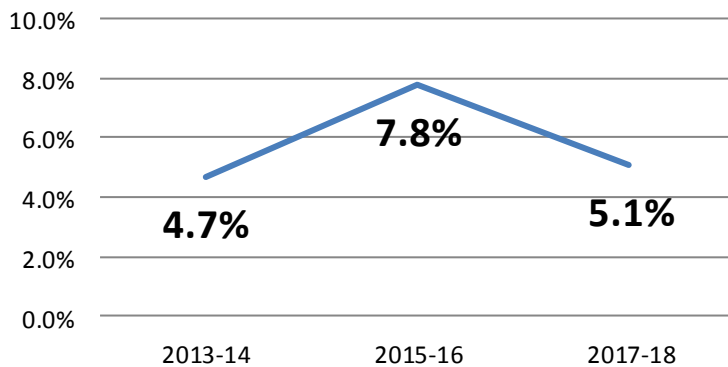


MiPHY 2018, 12/18

# FOCUS AREA

## HIGH-RISK SUBSTANCE USE

### Had their first drink of alcohol before age 11

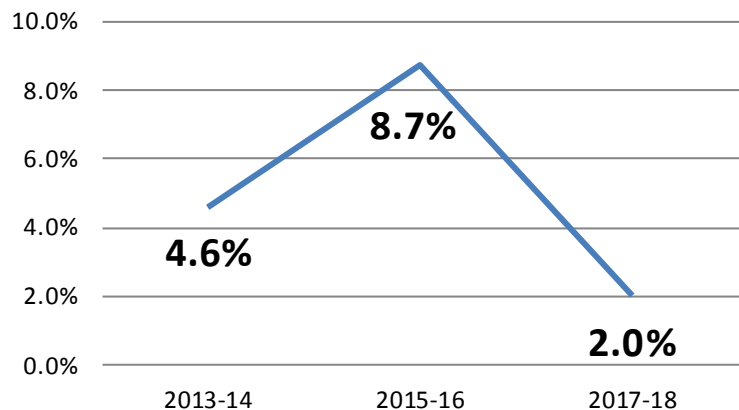


About 5% of St. Clair County 7th grade students in 2017-18 had their first drink of alcohol before age 11 <sup>1a</sup>

MiPHY 2018, 12/18

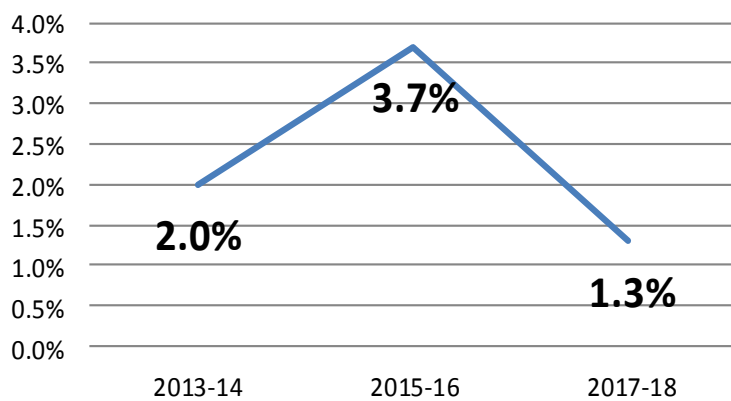
2% of St. Clair County 7th grade students in 2017-18 currently drink alcohol <sup>1a</sup>

### Currently drink alcohol



MiPHY 2018, 12/18

### Binge drinking



MiPHY 2018, 12/18

More than 1% of St. Clair County 7th grade students in 2017-18 binge drink <sup>1a</sup>

# FOCUS AREA

## VIOLENCE VICTIMIZATION




Snapshot: .....	11
Weapons/bullying.....	12
Bullying/safety.....	13








# SNAPSHOT:

Violence is a leading cause of death and nonfatal injuries among adolescents in the United States. Violence victimization (that is, to be a victim of violence) places the lives of adolescents at risk, and the experience may be associated with trauma, diminished academic success, sexual risk behavior, substance use, and risk of STDs, including HIV.

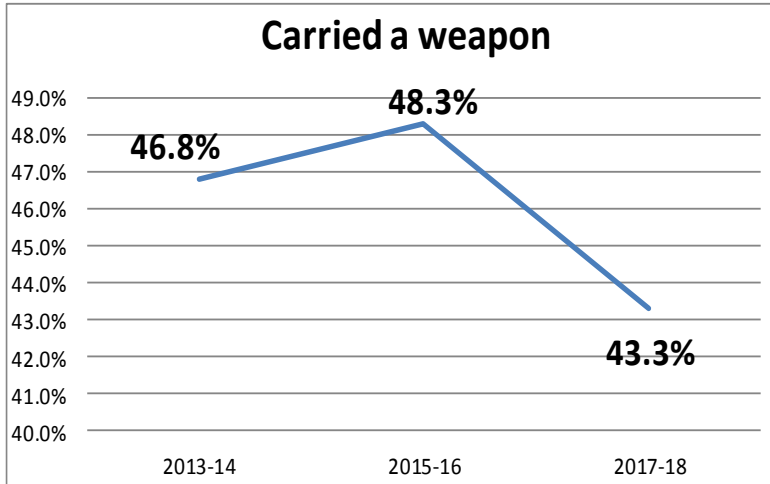
The YRBS and MiPHY includes a number of measures of violence victimization related to safety at school and bullying. At least two questions assessed experiences and perceptions of school safety, including being threatened or injured with a weapon at school in the past year and missing school because of safety concerns in the past month. Some questions also assessed experiences of bullying in the past year, including bullying at school and electronic bullying. <sup>1</sup>

Trend Pattern:	
	In Right Direction
	No Change
	In Wrong Direction

St. Clair County: <sup>1a</sup>	2013-14	2015-16	2017-18
Carried a weapon	46.8%	48.3%	43.3% 
Carried a weapon on school property	1.8%	2.7%	2.5% 
Bullied on school property	39.4%	36.4%	35.3% 
Electronically bullied	21.8%	21%	18.4% 
Did not go to school because they felt unsafe at school or on their way there	10.5%	14.3%	17.5% 

# FOCUS AREA

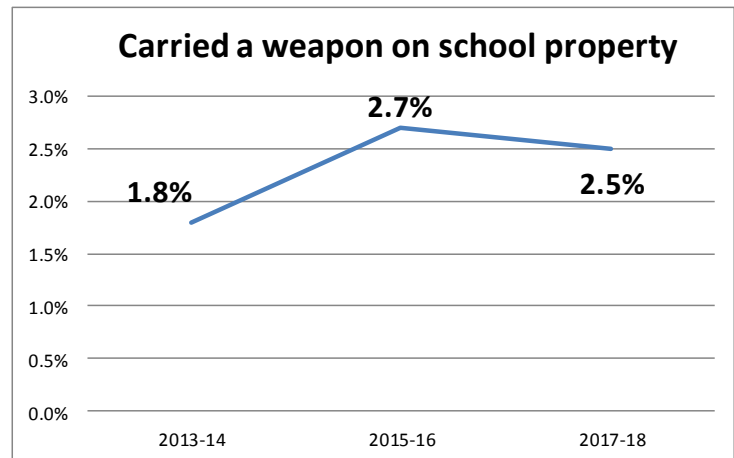
## VIOLENCE VICTIMIZATION



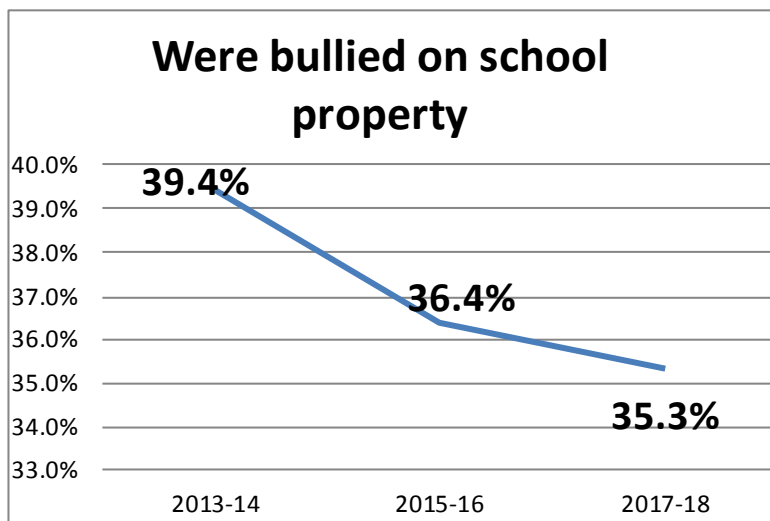
MiPHY 2018, 12/18

Almost 40% of St. Clair County 7th grade students in 2017-18 have carried a weapon in the past 30 days <sup>1a</sup>

More than 2% of St. Clair County 7th grade students in 2017-18 have carried a weapon in the past 30 days on school property <sup>1a</sup>

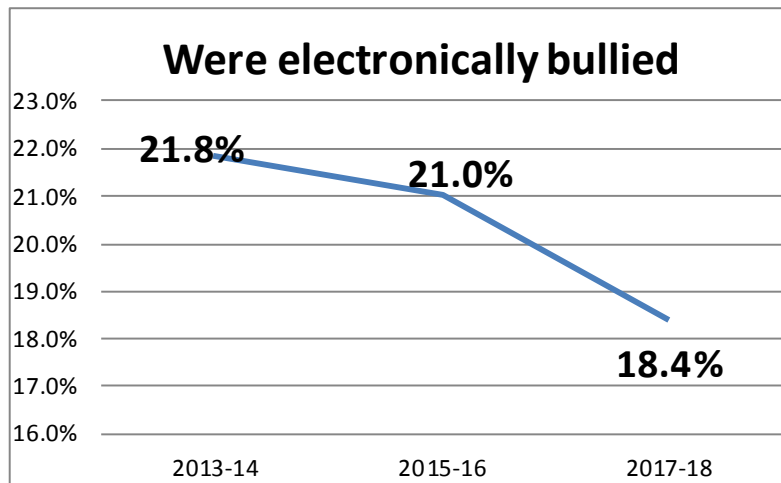


MiPHY 2018, 12/18



MiPHY 2018, 12/18

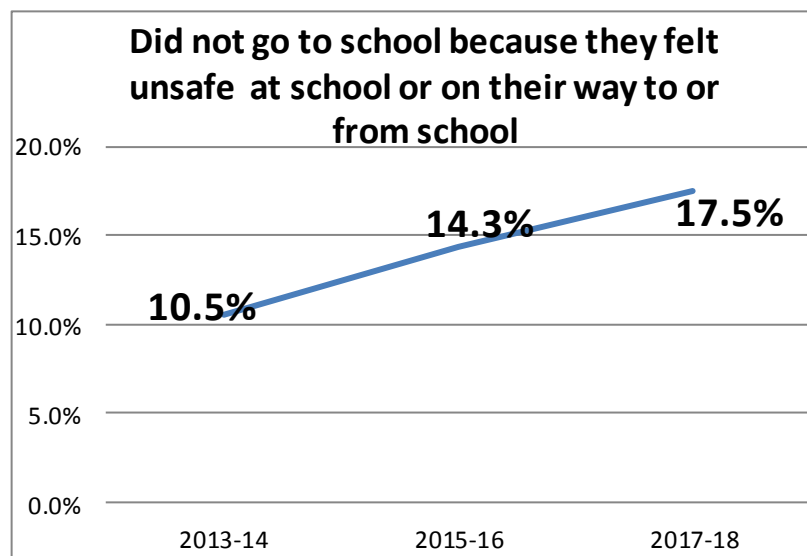
More than 1 in 3 of St. Clair County 7th grade students in 2017-18 were bullied while on school property <sup>1a</sup>



Almost 20% of St. Clair County 7th grade students were electronically bullied<sup>1a</sup>

MiPHY 2018, 12/18

More than 15% of St. Clair County 7th grade students in 2017-18 did not go to school because they felt unsafe at school or on their way to or from school<sup>1a</sup>



MiPHY 2018, 12/18

# FOCUS AREA

## MENTAL HEALTH & SUICIDE

Snapshot: .....15




Mental Health.....16







## SNAPSHOT:

Poor mental health can result in serious negative outcomes for the health and development of adolescents. It can lead to risky sexual behavior, illicit substance use, adolescent pregnancy, school absences/dropout, and other delinquent behaviors.

Mental health is measured in the YRBS and the MiPHY with one question addressing persistent feelings of sadness or hopelessness and four questions on suicide ideation or action. Persistent feelings of sadness or hopelessness is defined in the survey as feeling sad or hopeless almost every day for two weeks or more in a row in the past year. Suicide ideation or action questions assess consideration of and planning for suicide, attempting suicide, and being medically treated for suicide attempts. <sup>1</sup>

Trend Pattern:	
	In Right Direction
	No Change
	In Wrong Direction

St. Clair County: <sup>1a</sup>	2015-16	2017-18
Felt Sad or hopeless	29.9%	30% 
Seriously considered suicide	22.4%	22.1% 
Made a suicide plan	15.7%	15.6% 
Attempted suicide	9.2%	9% 



# FOCUS AREA

## SEXUAL BEHAVIOR

Snapshot: .....17

Sexual Intercourse/drugs and alcohol use.....18




First partner/condom use.....19








## SNAPSHOT:

Sexual intercourse at a young age can have far-reaching consequences later on in life. Sexual intercourse can lead to unintended pregnancy. In fact, among women aged 19 years or younger, more than 4 out of 5 pregnancies were unintended. The proportion of unintended was highest among teens younger than age 15 at 98%. Sexual intercourse can also spread STDs. The CDC estimates that youth ages 15-24 account for half of the 20 million new sexually transmitted infections in the US. STDs can lead to fever, rash, painful urination sore lymph nodes etc. <sup>4,5</sup>

### Trend Pattern:

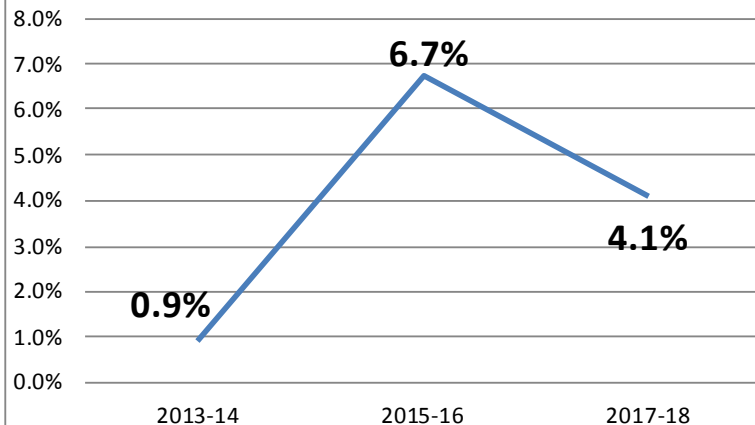
-  In Right Direction
-  No Change
-  In Wrong Direction

St. Clair County: <sup>1a</sup>	2013-14	2015-16	2017-18
Ever had sexual intercourse	.9%	6.7%	4.1% 
Had sexual intercourse before age 11	.9%	2.1%	1.6% 
Drank alcohol or used before last set sexual intercourse	-	21.9%	23.9% 
Used a condom during last sexual intercourse	-	40.6%	60.9% 
First partner was 3+ years older	-	21.9%	23.9% 

# FOCUS AREA

## SEXUAL BEHAVIOR

### Ever had sexual intercourse

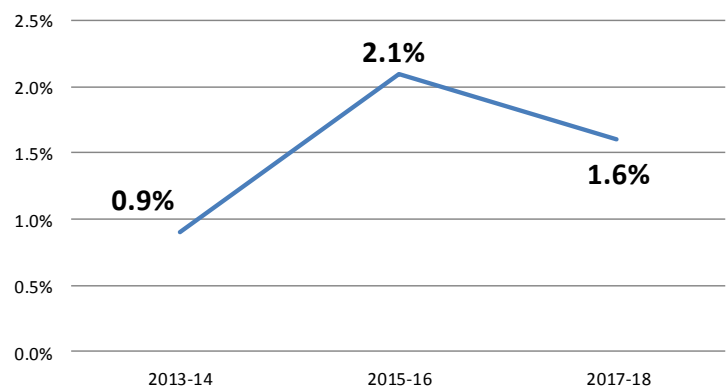


About 5% of St. Clair County 7th grade students in 2017-18 have ever had sexual intercourse <sup>1a</sup>

MiPHY 2018, 12/18

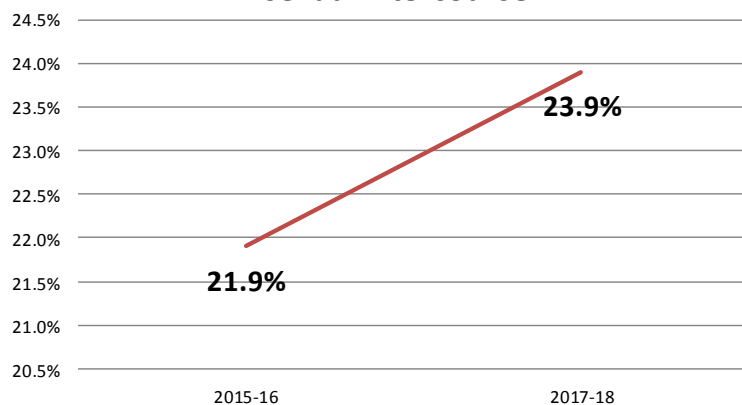
2% of St. Clair County 7th grade students in 2017-18 had sexual intercourse before age 11 <sup>1a</sup>

### Had sexual intercourse before age 11



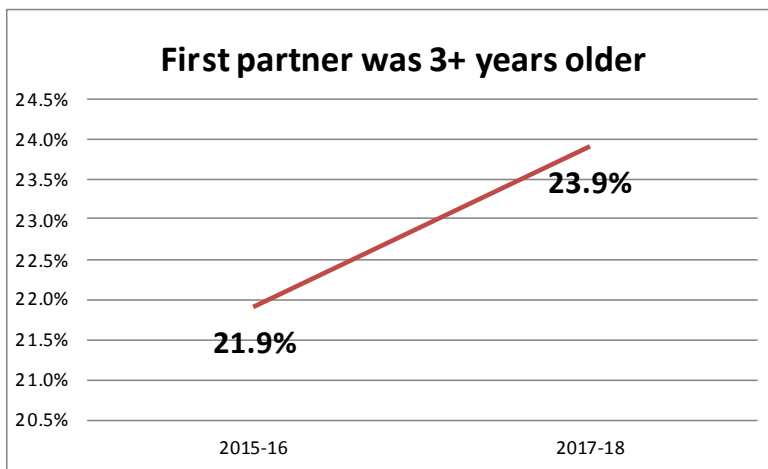
MiPHY 2018, 12/18

### Drank alcohol or used drugs before last sexual intercourse



MiPHY 2018, 12/18

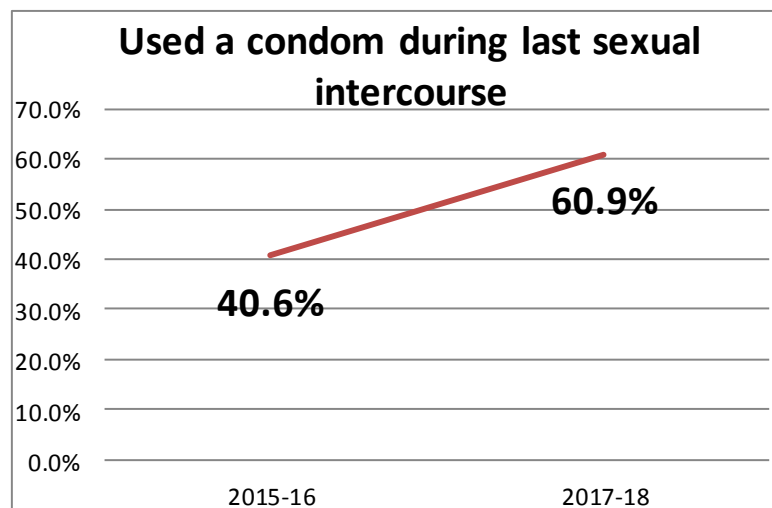
Almost 1 in 4 of St. Clair County 7th grade students in 2017-18 who had sexual intercourse drank or used drugs before their last sexual intercourse <sup>1a</sup>



MiPHY 2018, 12/18

The first sexual partner of more than 20% of St. Clair County 7th grade students in 2017-18 who had sexual intercourse were 3 or more years older than them <sup>1a</sup>

6 in 10 St. Clair County 7th grade students in 2017-18 who had sexual intercourse used a condom during their last sexual intercourse <sup>1a</sup>



MiPHY 2018, 12/18

# FOCUS AREA

## Nutrition and Physical Activity




Snapshot.....	23
Obesity/overweight.....	24
Physical activity/TV/computer use.....	25








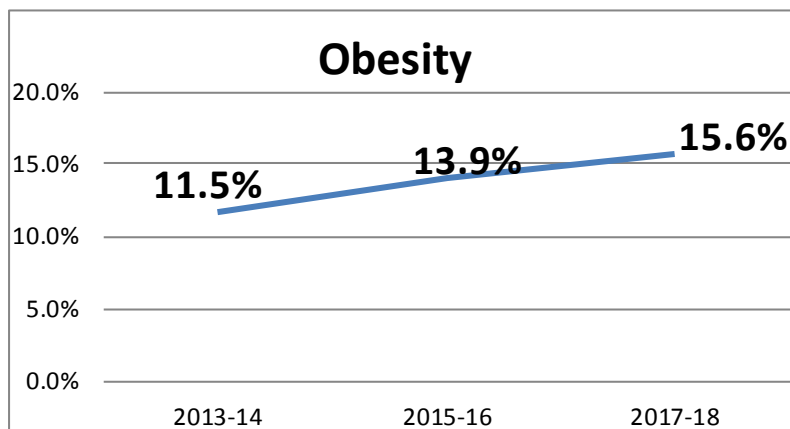
## SNAPSHOT:

People who have obesity compared to those with a healthy weight are at an increased risk for many serious diseases including: high blood pressure, Type 2 diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, some cancers, mental illness and many more. For children aged 2-19 years old, there are over 13.7 million or 18.5% that are obese. <sup>67</sup>

### Trend Pattern:

-  In Right Direction
-  Similar
-  In Wrong Direction

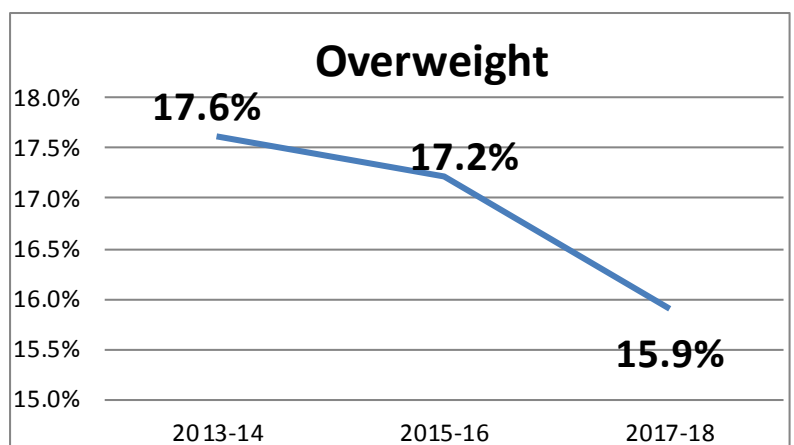
Nutrition and Weight <sup>1a 2a1a</sup>	2013-14	2015-16	2017-18
Obese	11.5%	13.9%	15.6% 
Overweight	17.6%	17.2%	15.9% 
Physically active for 60 minutes on five or more days	64%	60.4%	56.8% 
Watched TV for 3+ hours per day	22.5%	25.6%	21.7% 
Played video games or used the computer for non-school reasons for 3+ hours per day	29%	35.7%	49% 



Almost 15% of St. Clair county 7th grade students in 2017-18 were obese<sup>1a2a</sup>

MiPHY 2018, 12/18

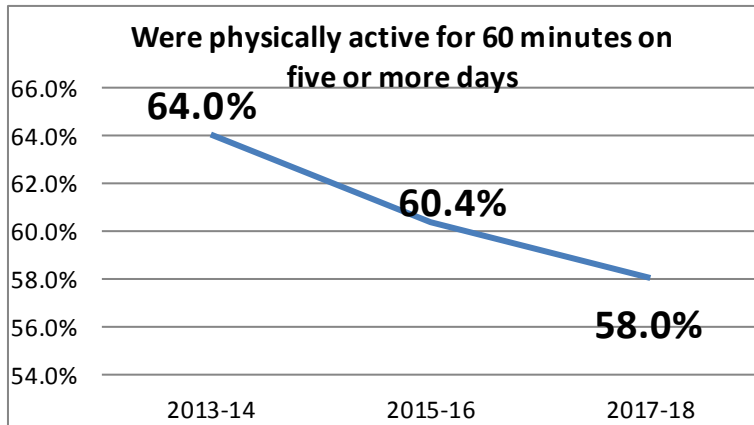
Almost 15% of St. Clair county 7th grade students in 2017-18 were overweight<sup>1a2a</sup>



MiPHY 2018, 12/18

# FOCUS AREA

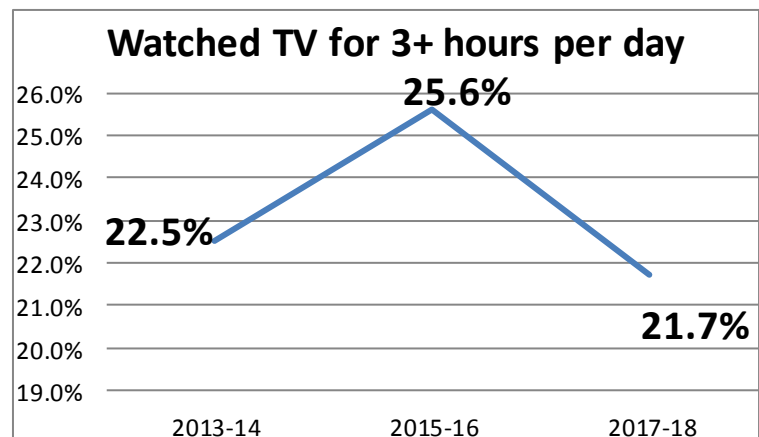
## Nutrition and Physical Activity



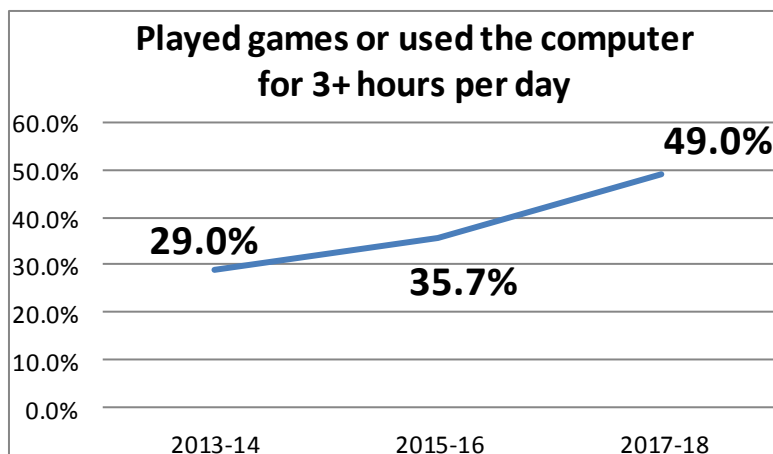
Almost 60% of St. Clair County 7th grade students in 2017-18 were physically active for 60 minutes on five or more days <sup>1a2a</sup>

MiPHY 2018, 12/18

Almost 1 in 5 St. Clair County 7th grade students in 2017-18 watched TV for 3 or more hours per day <sup>1a2a</sup>



MiPHY 2018, 12/18



MiPHY 2018, 12/18

Almost 1 in 2 St. Clair County 7th grade students played video games or used the computer for 3 or more hours per day for non-school purposes <sup>1a2a</sup>





## References:

1. CDC: Youth Risk Behavior Survey– Data Summary & Trends report 2007-2017
2. CDC: Health Effects of Cigarette smoking
3. CDC: Fact Sheets-Alcohol Use and Your Health
4. CDC: Sexually Transmitted diseases (STDs)
5. CDC: Reproductive health: Unintended Pregnancy prevention
6. CDC: Childhood Obesity Facts
7. CDC: The Health Effects of Overweight and Obesity

## Graph Data from:

1a. MDE: Michigan Profile for Healthy Youth: Middle School 2013-14, 2015-16, 2017-18

Prepared by:

Anthony Lai, MPH

Informatics Coordinator

Email: [alai@stclaircounty.org](mailto:alai@stclaircounty.org)



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