



Rhode Island Young Adult Survey

# 2020 RHODE ISLAND YOUNG ADULT SURVEY

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Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) Partnerships for Success grant by the Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals (BHDDH)

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Rhode Island Young Adult Survey

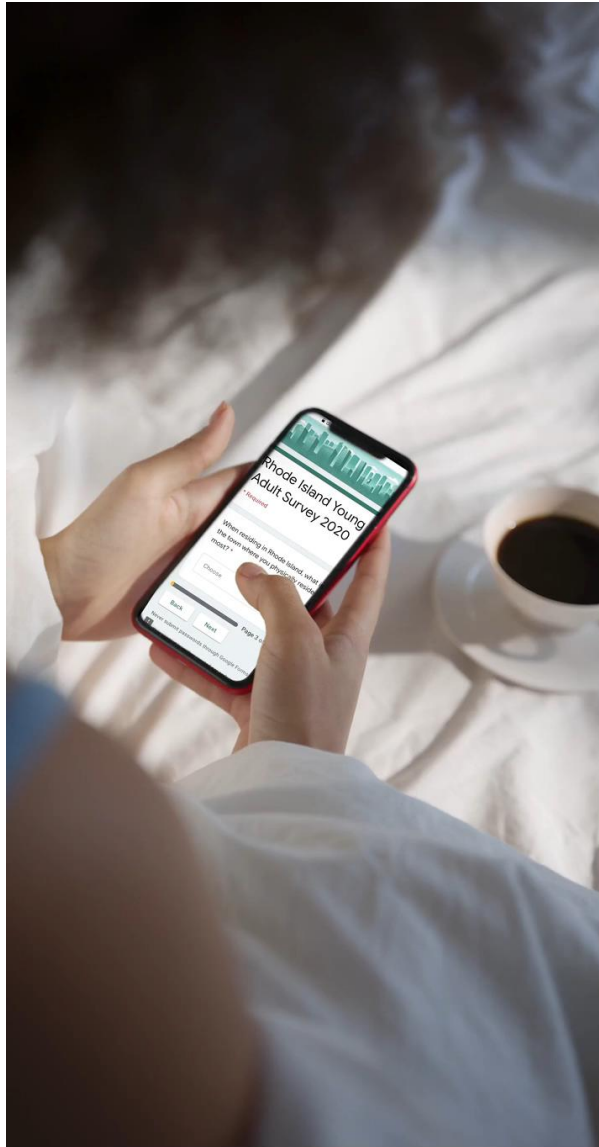


# WHAT IS THE RIYAS?

- The **Rhode Island Young Adult Survey** is a behavioral survey administered to adults aged 18-25 years, residing in RI for at least part of the year
- Recruitment and survey were offered in both English and Spanish
- Recruitment included **paid Instagram ads** (e.g. images and video) targeted to 18-25 year olds georeferenced in Rhode Island
- Recruitment was supplemented by informal posts to **RI community Facebook pages** as well as **informal e-mail recruitment to three institutions of higher education** in RI
- A total of **N = 546** surveys were completed for 2020 administration, May through October 2020



# INSTAGRAM ADS



ARE YOU 18-25 YEARS OLD AND A RHODE ISLAND RESIDENT?

## TAKE OUR SURVEY!

PLEASE HELP US LEARN ABOUT THE HEALTH OF YOUNG ADULTS IN RI

AND RECEIVE A

### FREE \$10 AMAZON GIFT CARD!

TIENES DE 18 A 25 AÑOS Y RESIDES EN RHODE ISLAND?

## PARTICIPA EN NUESTRA ENCUESTA

POR FAVOR AYUDANOS A APRENDER DE LA SALUD EN LOS JOVENES EN RI

Y RECIBE

### \$10.00 EN UNA TARJETA DE AMAZON

**deft**  
film



Rhode Island Young Adult Survey



# WHY IS THE RIYAS SPECIAL?

- Young adults aged 18-25 years have some of the **riskiest behaviors** in terms of substance use, and tend to have **high rates of mental illness**
- Young adulthood is also a developmental transition period in which long-term health outcomes and long-term behaviors are established
- To our knowledge, the Rhode Island Young Adult Survey is the **largest behavioral survey** to date for young adults residing in RI for at least part of the year; also includes visiting college students unlike other surveillance systems
- Prior behavioral estimates from this population have used much smaller samples for annual surveillance: **Behavioral Risk Factor Surveillance System (BRFSS; N<300)** and **National Survey on Drug Use and Health (NSDUH; N<100)**



# HOW DO WE USE THE RIYAS?

- Provides a snapshot of the state of substance use and mental health issues among young adults residing in Rhode Island
- Helps **guide policy and programming** related to young adult:
  - Problematic substance use
  - Risk and protective factors for substance use
  - Substance use consequences
  - Mental health burden
  - Adverse childhood experiences
- Findings provide insights that, when combined with context and other data sources, can be used to help in decision-making about types of resources and where resources should be allocated



# WHAT DATA DO WE COLLECT?

- **Demographics:** Gender, sexual orientation, region of residence, age, race/ethnicity, social ladder, living situation, employment, Greek life, student status
- **Alcohol:** Consumption, frequency, binge, problems, source, fake ID, ease of fake ID use, riding or driving, advertising, perception of harm
- **Vaping:** Consumption, frequency, brand, device, flavor, source, additional nicotine products, perception of harm, consumption in social network
- **Marijuana:** Consumption, frequency, riding or driving, source, primary mode, device, brand, perception of harm, consumption in social network
- **Other Drugs:** Heroin, OTC, Rx consumption, perception of harm, consumption in social network
- **Mental Health:** Anxiety symptoms, depression symptoms, depression diagnosis, social/emotional support, life satisfaction, general health, consider suicide, plan suicide, attempt suicide, adverse childhood experiences



# DEMOGRAPHICS

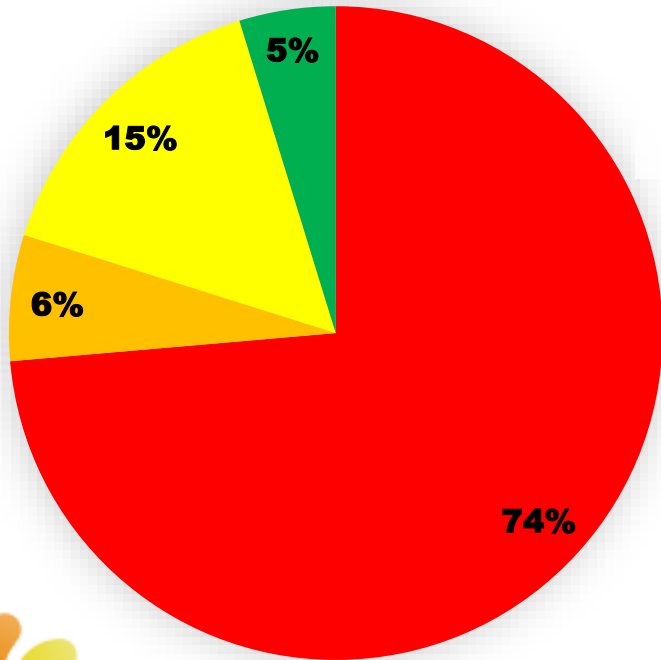


Rhode Island Young Adult Survey



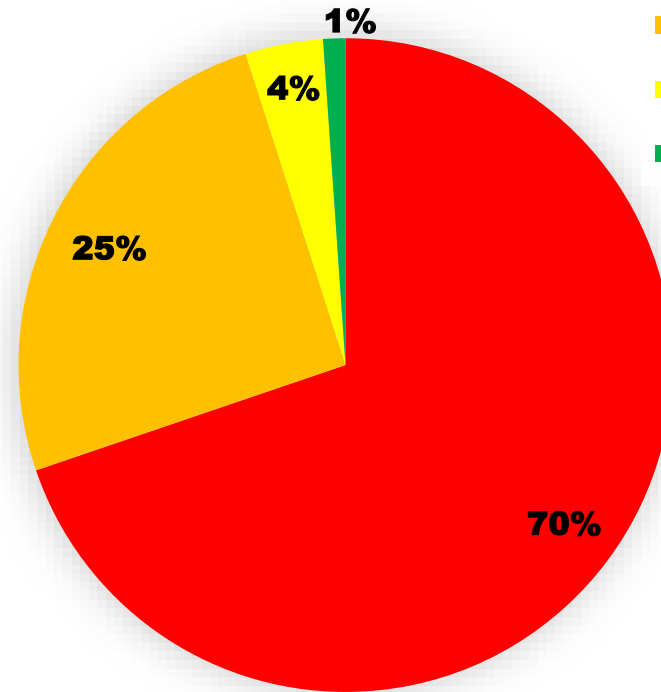


### Sexual Orientation



- Heterosexual
- Homosexual
- Bisexual
- Something Else/Don't Know

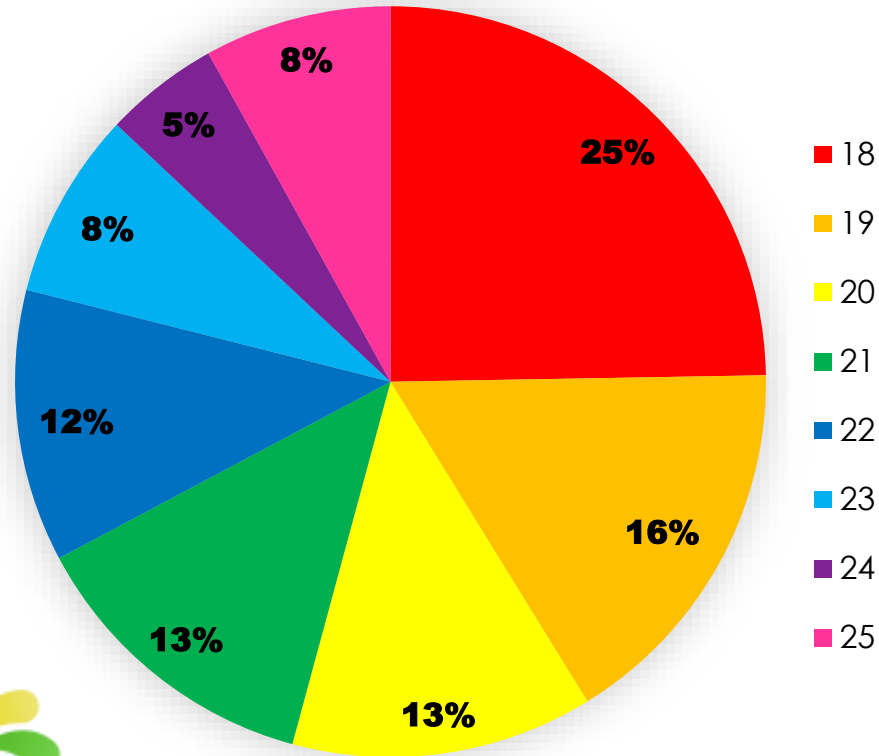
### Gender



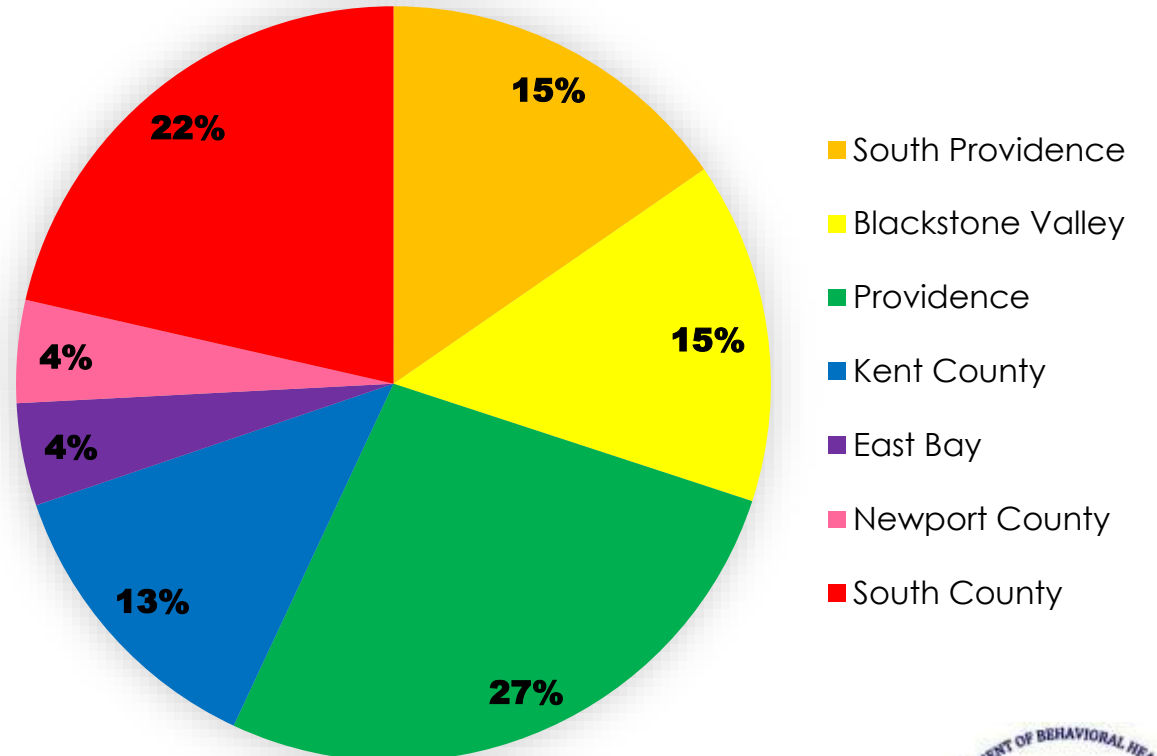
- Female
- Male
- Transgender or Non-Binary
- Don't Wish to Respond



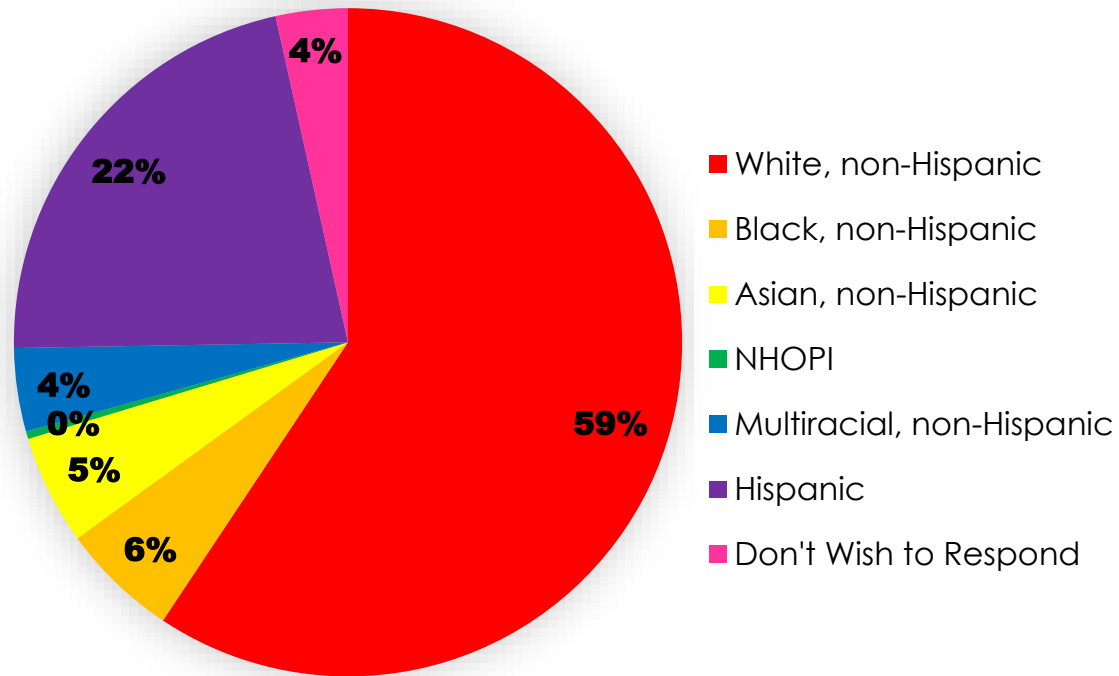
### Age



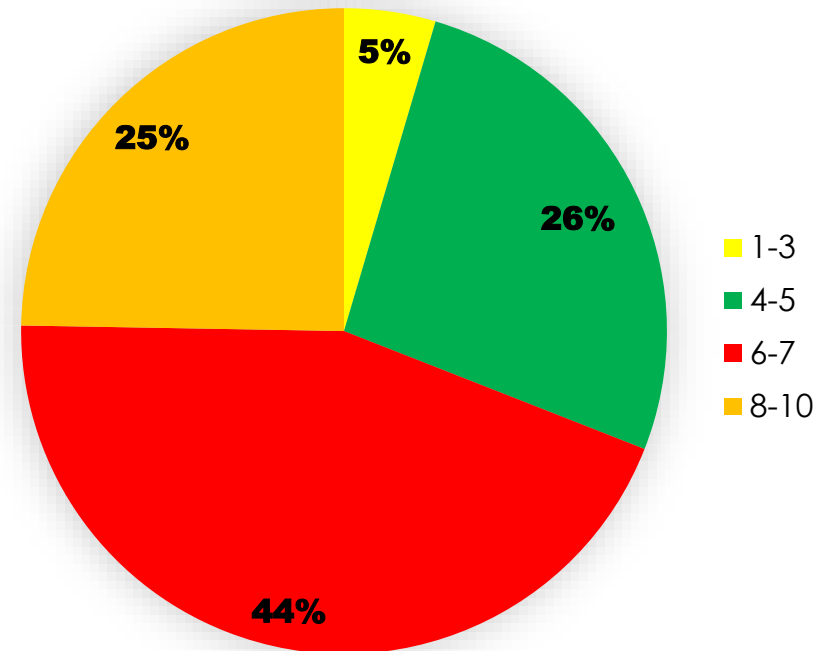
### Region



### Race/Ethnicity



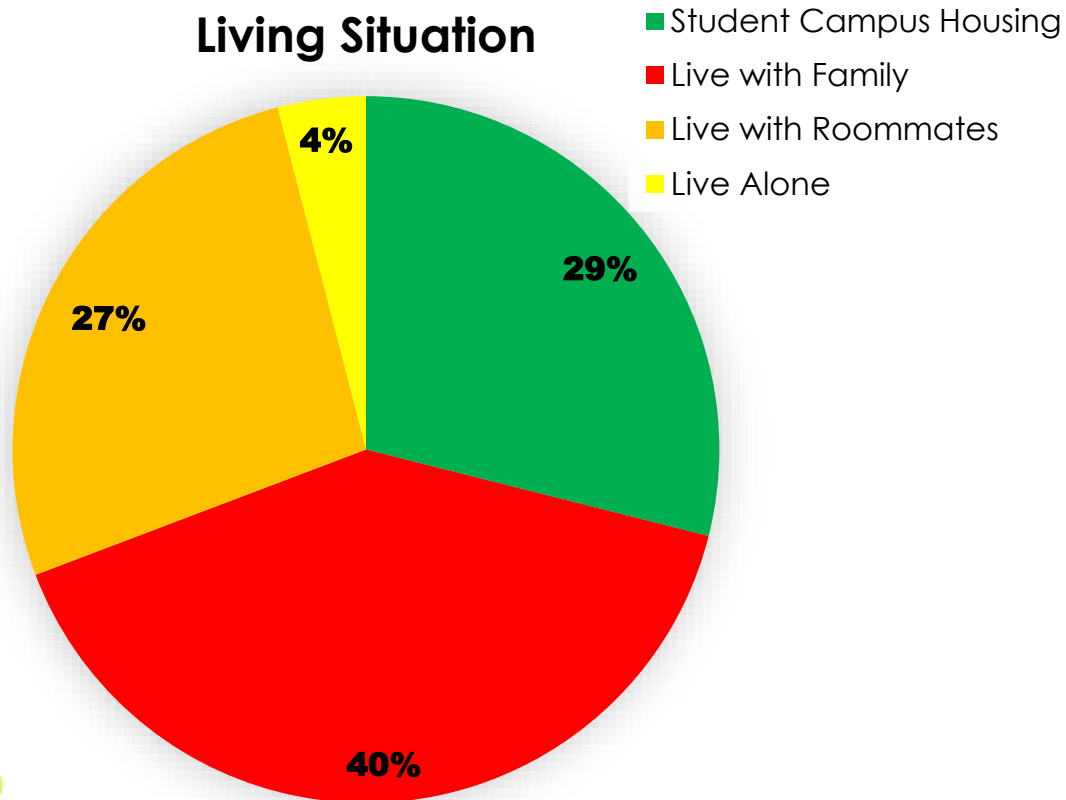
### Social Ladder



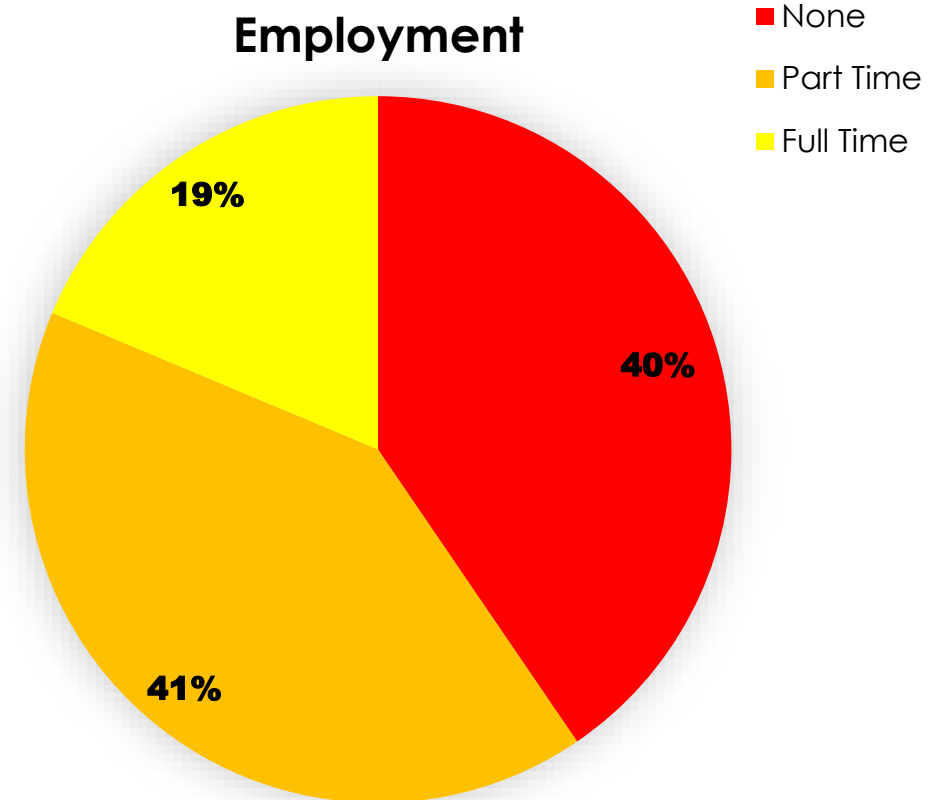
**NOTE:** For social ladder, 1 is "Worst off" and 10 is "Best off"



### Living Situation

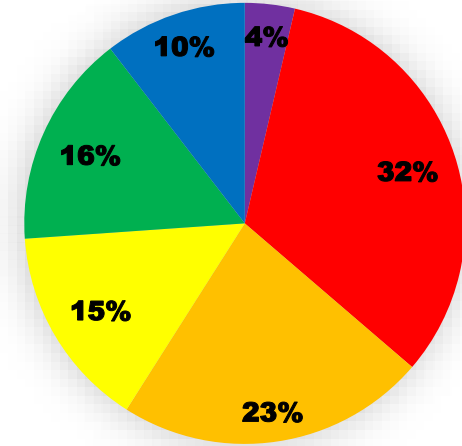


### Employment

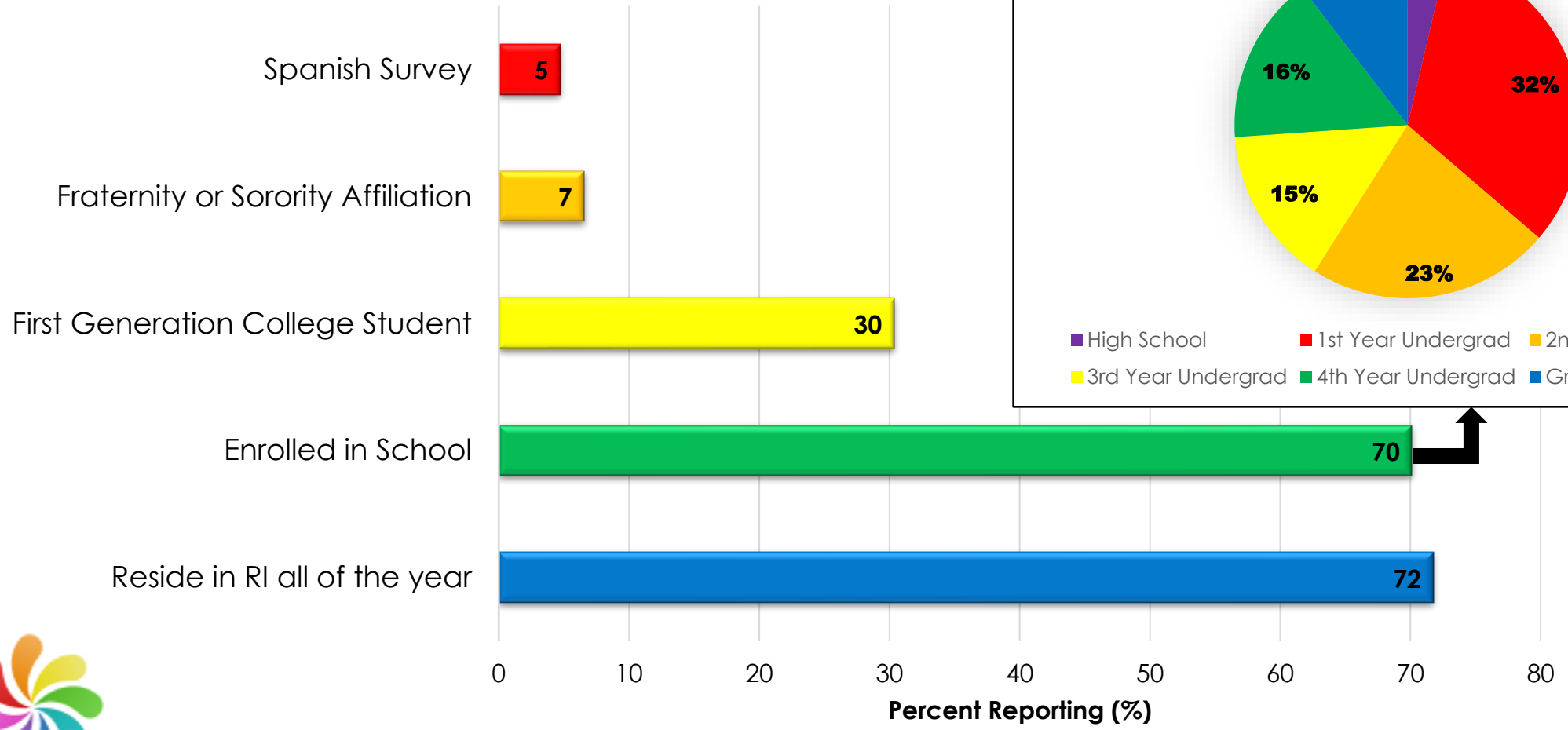




### School Year Among Students



■ High School      ■ 1st Year Undergrad      ■ 2nd Year Undergrad  
■ 3rd Year Undergrad      ■ 4th Year Undergrad      ■ Grad School



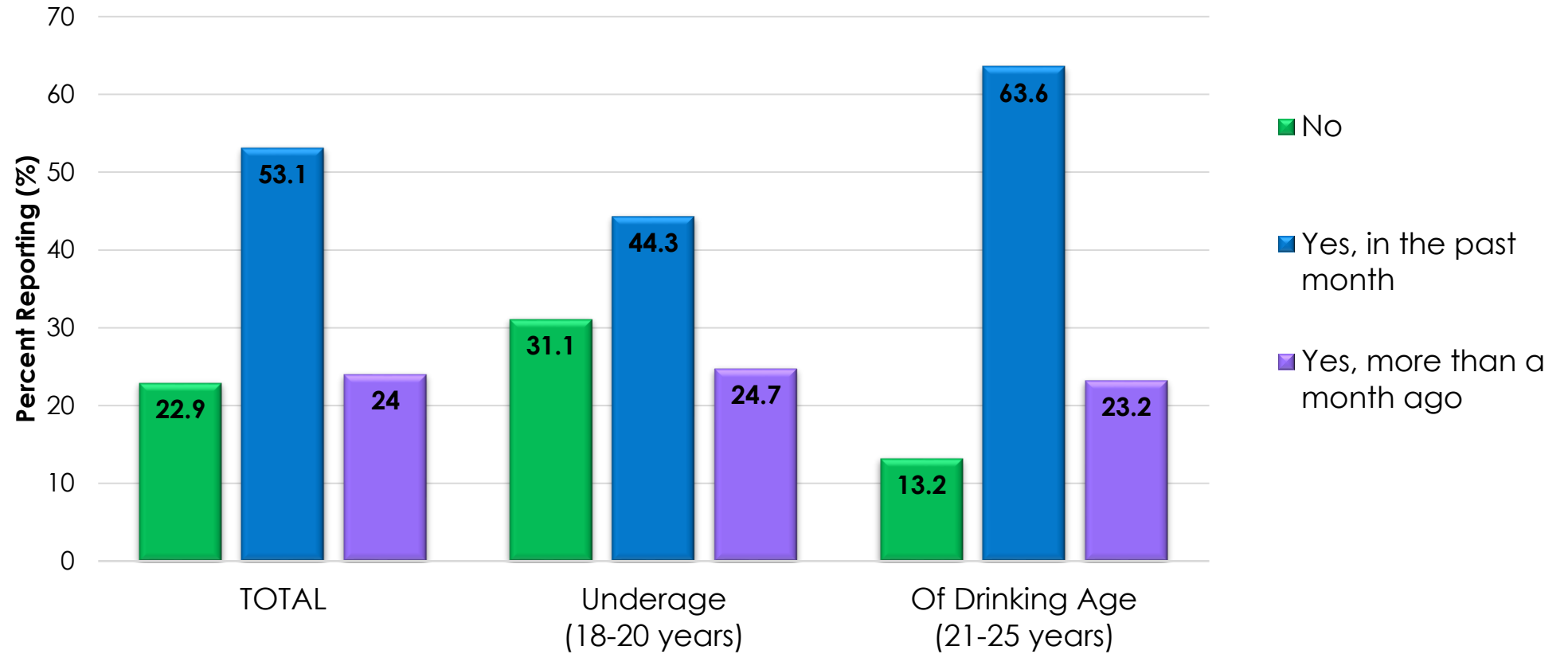
# ALCOHOL



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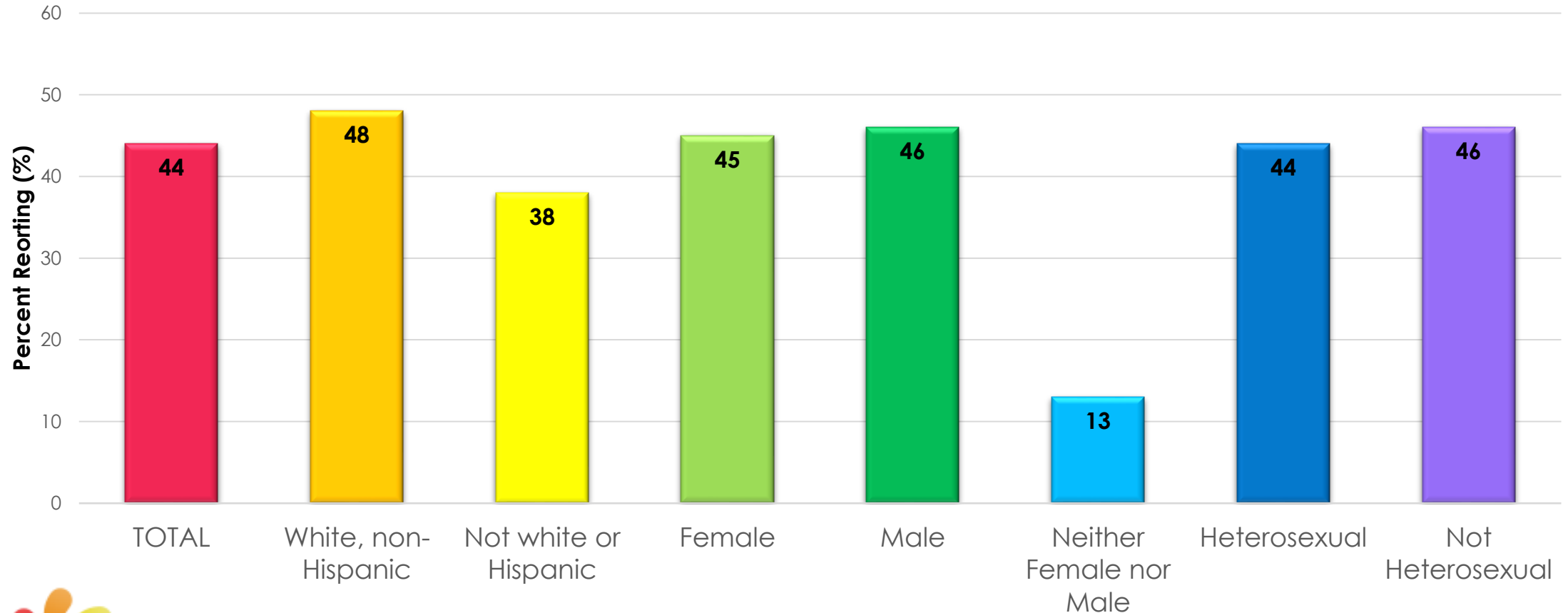
## Alcohol Consumption



**NOTE:** Underage young adults were less likely to have ever drunk alcohol than those of drinking age ( $P < 0.001$ )



## Current Underage Drinking (18-20 year olds)

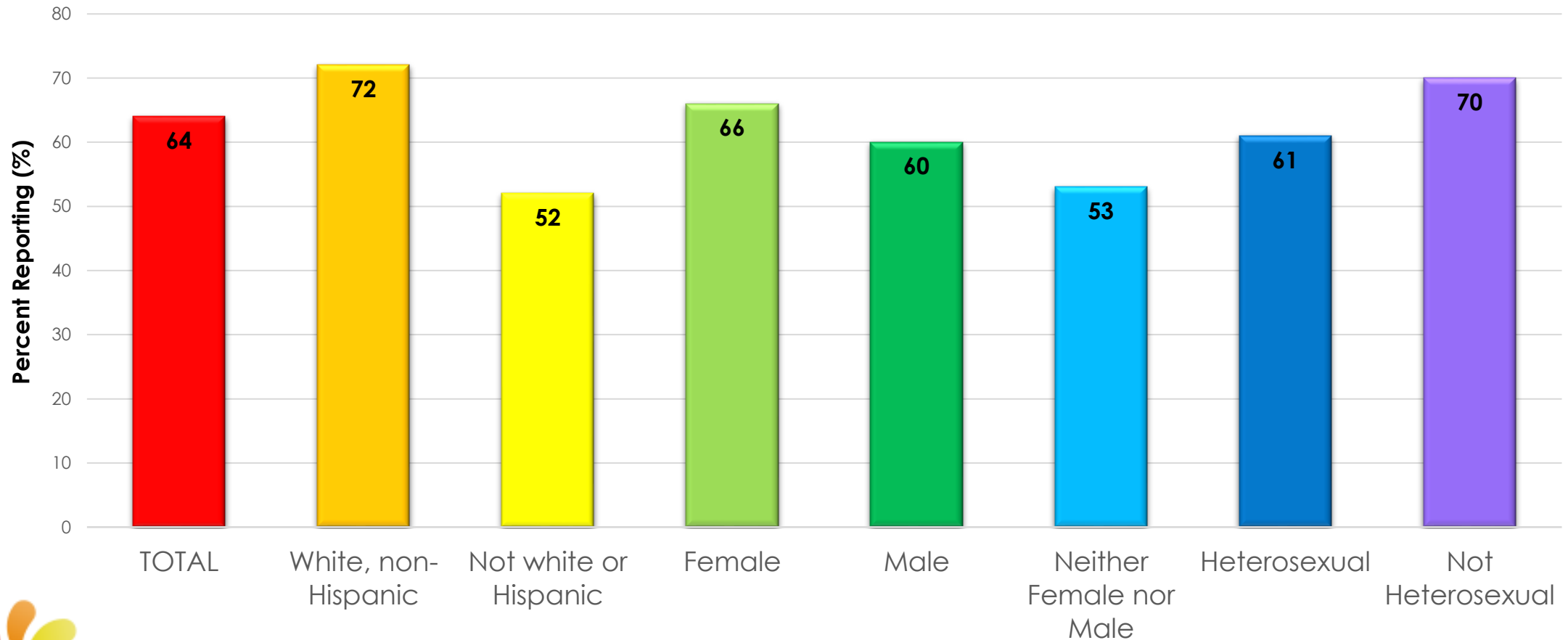


**NOTE:** No significant differences in underage drinking by race/ethnicity, gender, or sexual orientation.



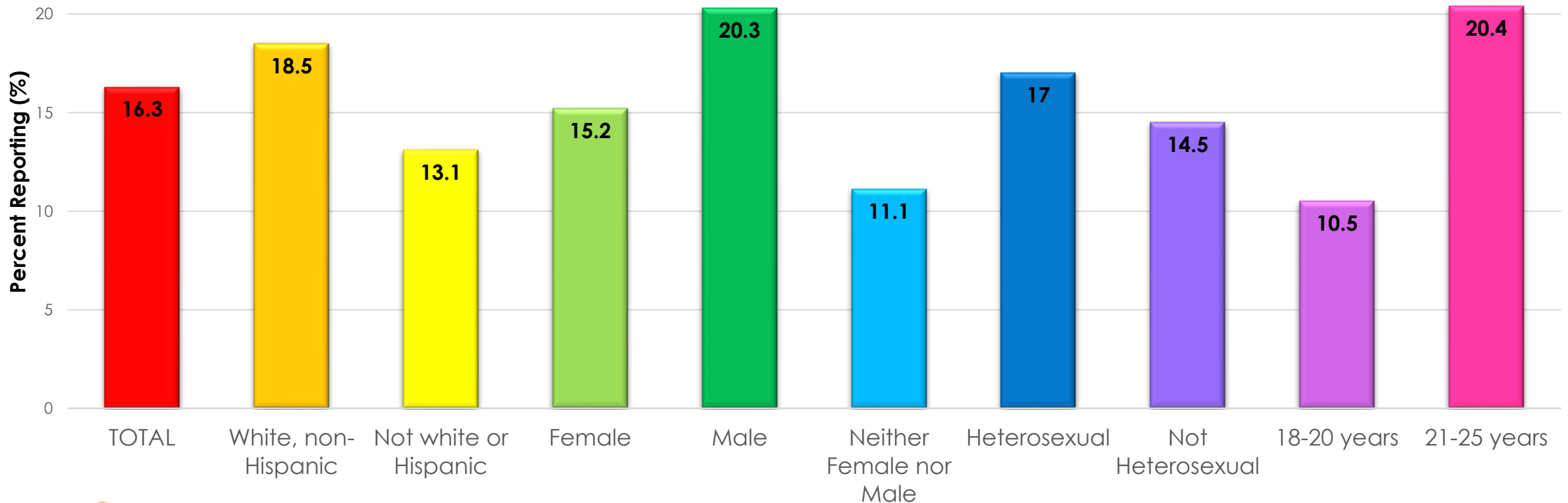


## Current Drinking (21-25 year olds)



**NOTE:** Current drinking is significantly different by race/ethnicity ( $p=0.001$ ). No significant differences in current drinking by gender or sexual orientation.

## Harmful Drinking

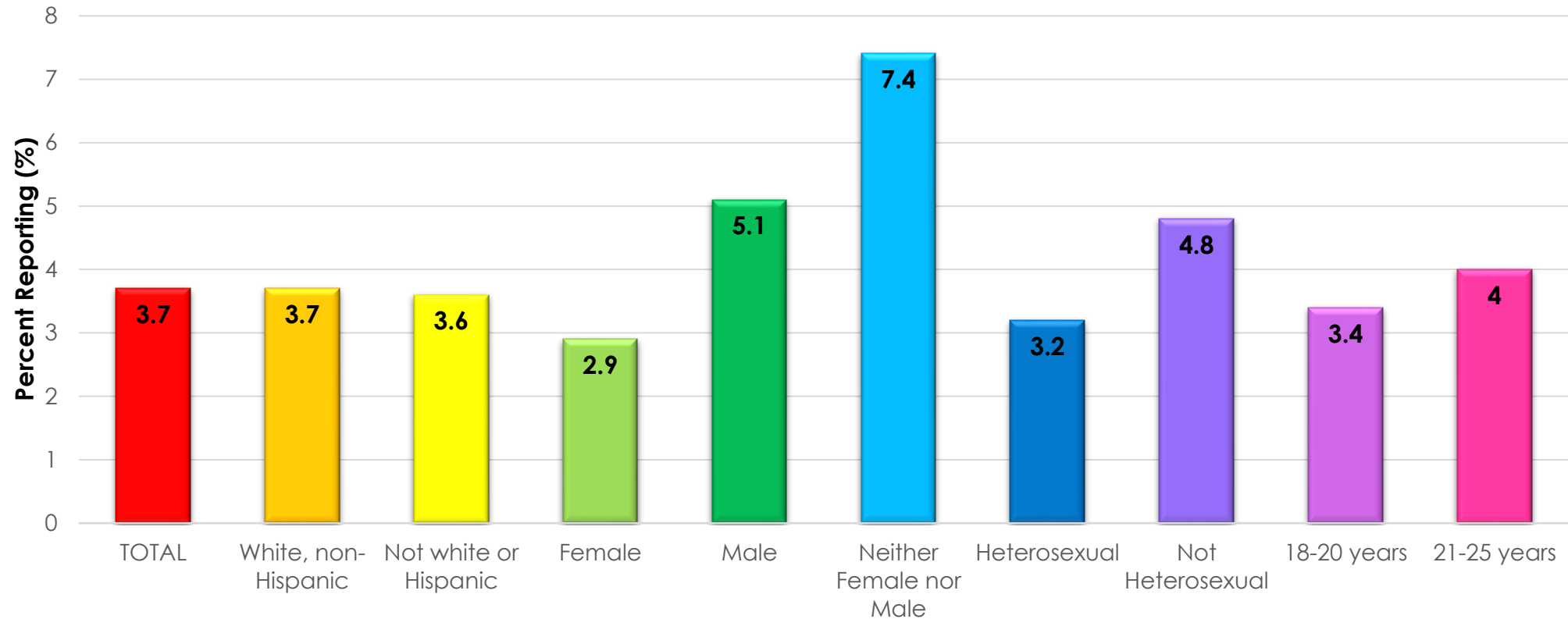


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**NOTE:** AUDIT<sup>1</sup> scores of 8+ were used to define harmful drinking. Those of drinking age were more likely to engage in harmful drinking ( $P=0.017$ ). Differences in harmful drinking by race/ethnicity were marginally significant ( $p=0.097$ ). There were not significant differences by gender or sexual orientation.

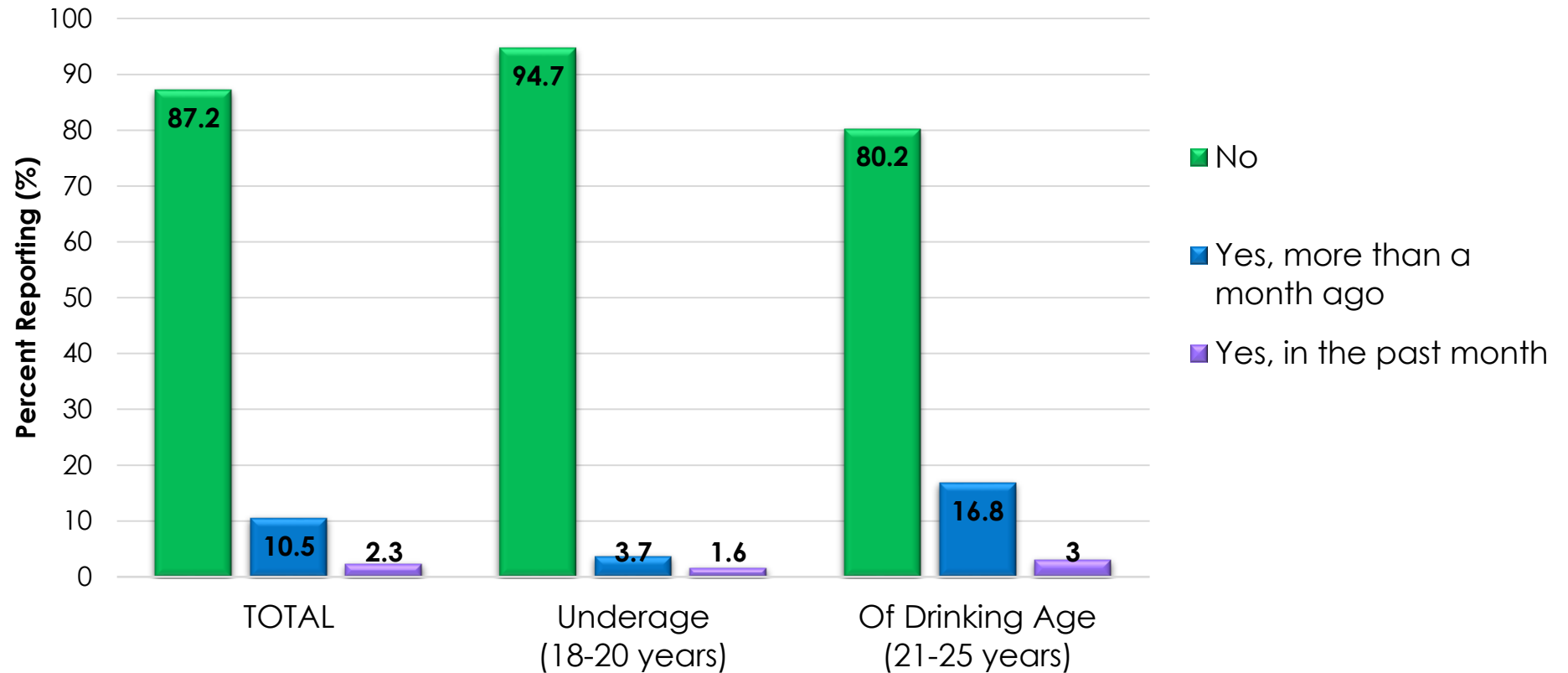


## Alcohol Dependence



**NOTE:** AUDIT<sup>1</sup> scores 15+ were used to define alcohol dependence which may underestimate prevalence for females. There were no significant differences in alcohol dependence by race/ethnicity, gender, sexual orientation, or underage status.

## Drinking and Driving Among Drinkers, N=421

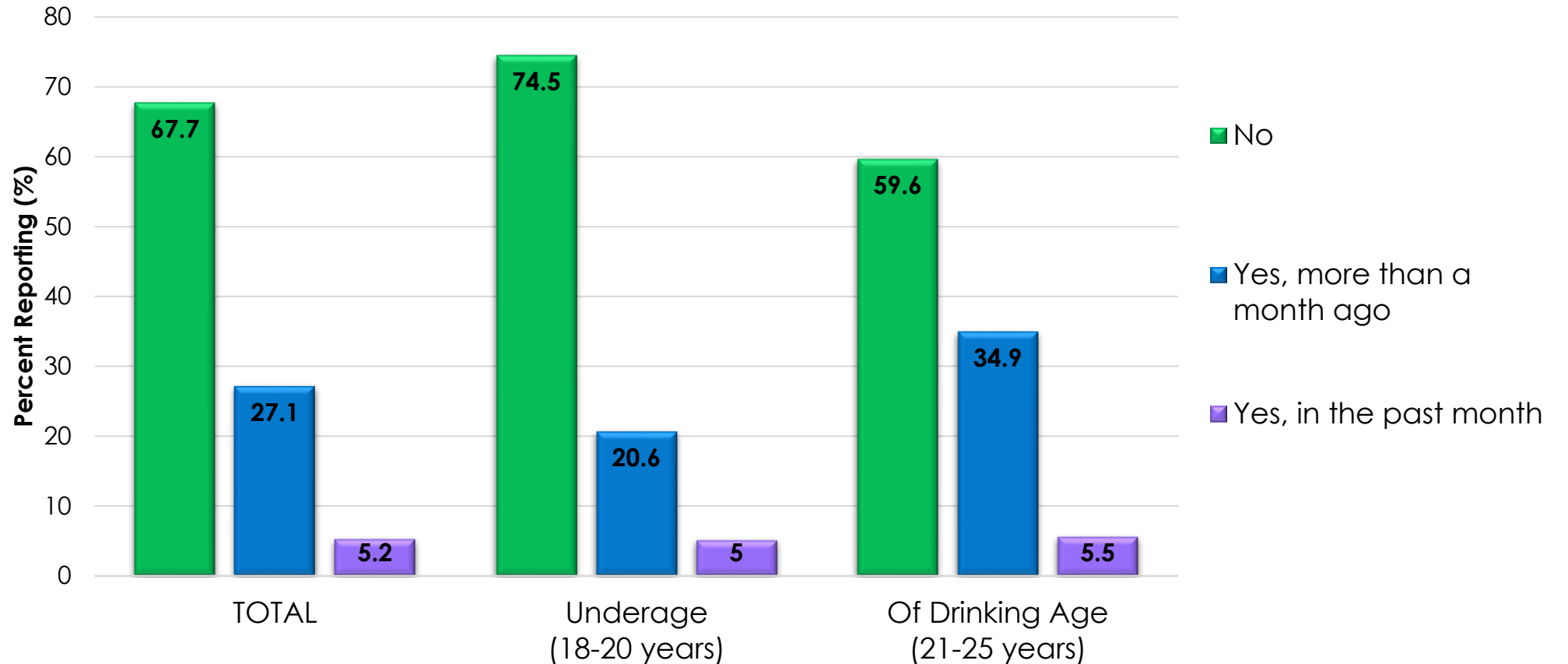


**NOTE:** Underage young adults were less likely to ever drink and drive ( $P < 0.001$ ).





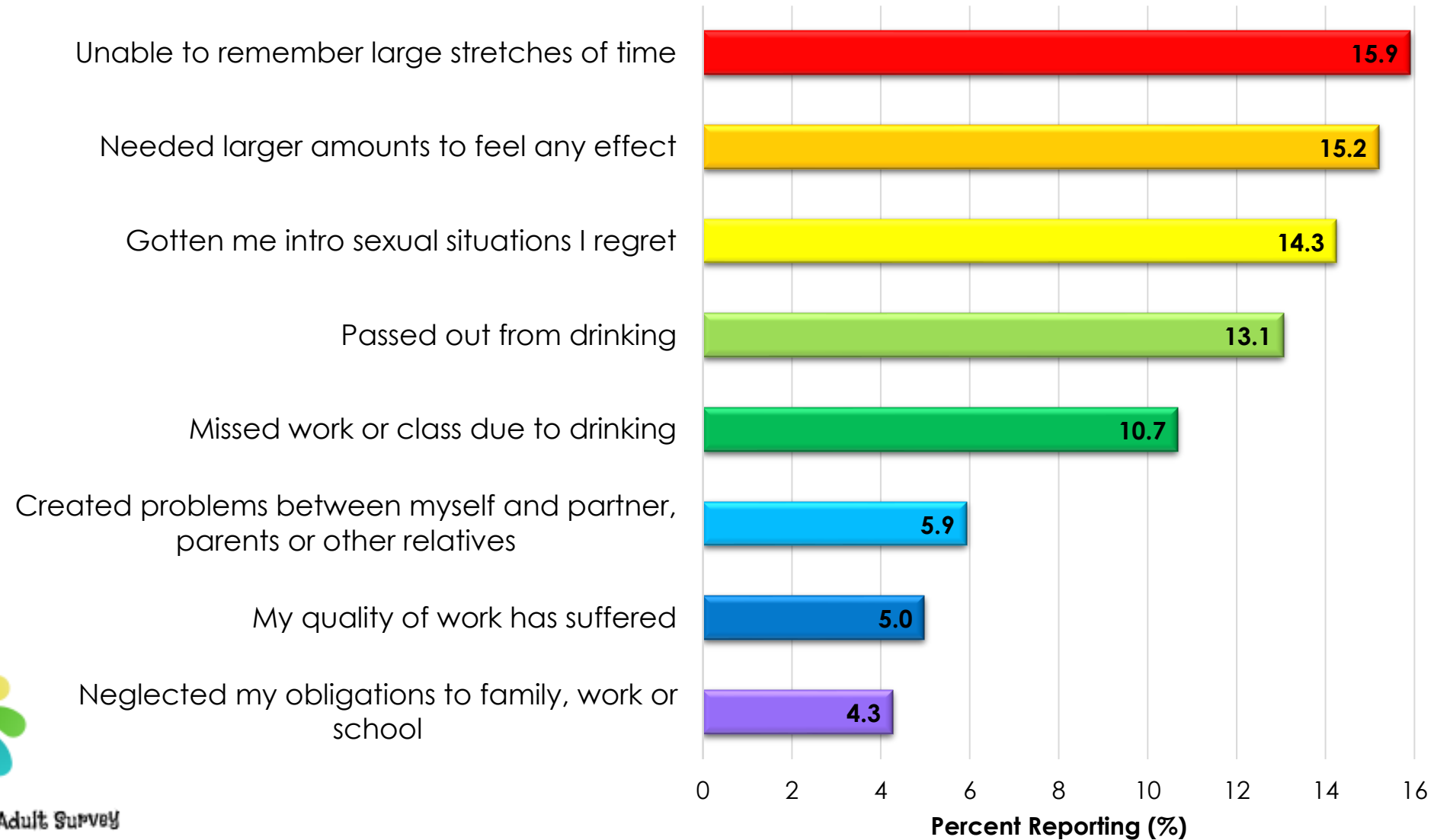
## Riding with a Drinking Driver



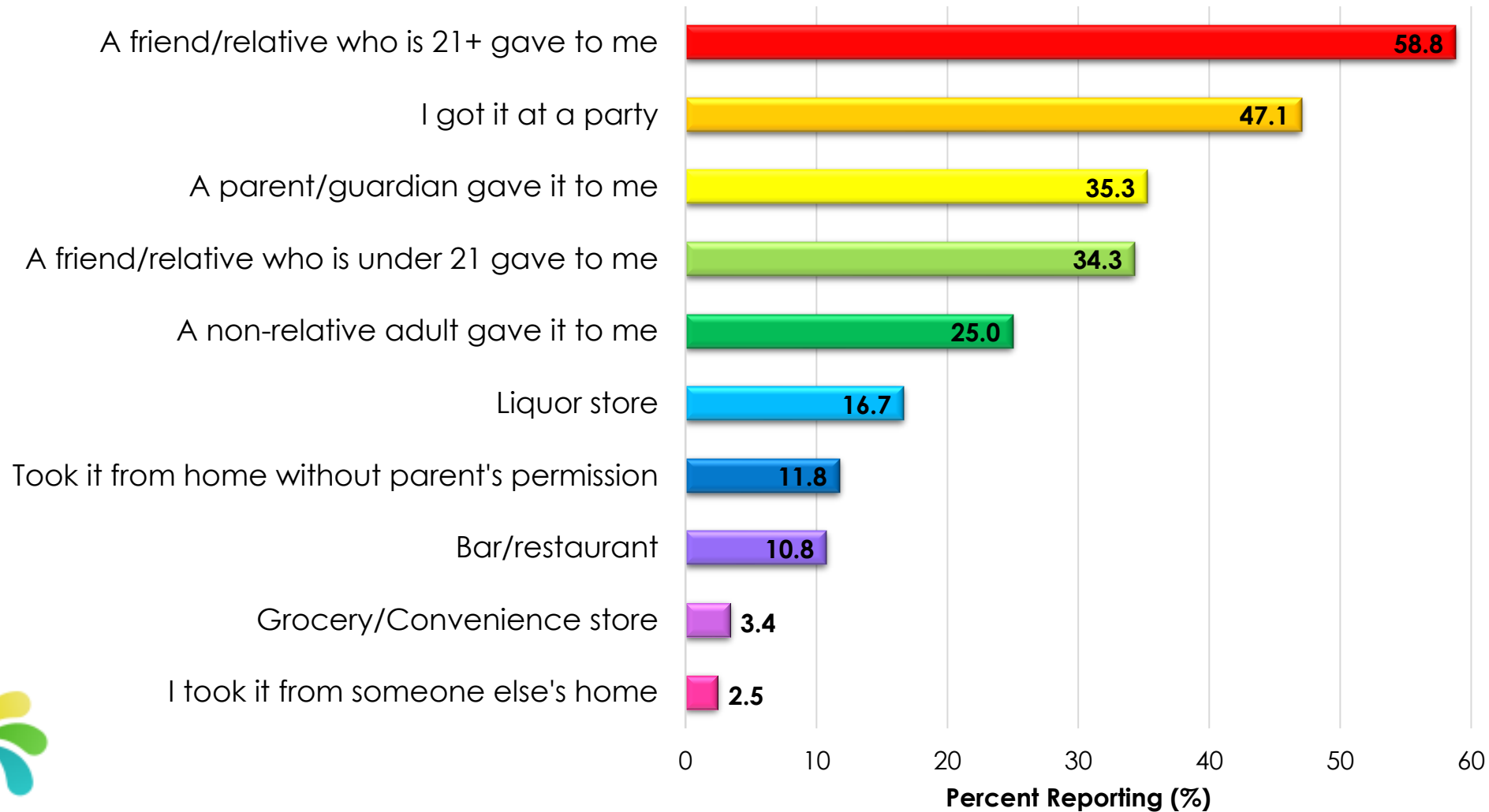
**NOTE:** Underage young adults were less likely to have ever ridden with a drinking driver ( $P < 0.001$ ).



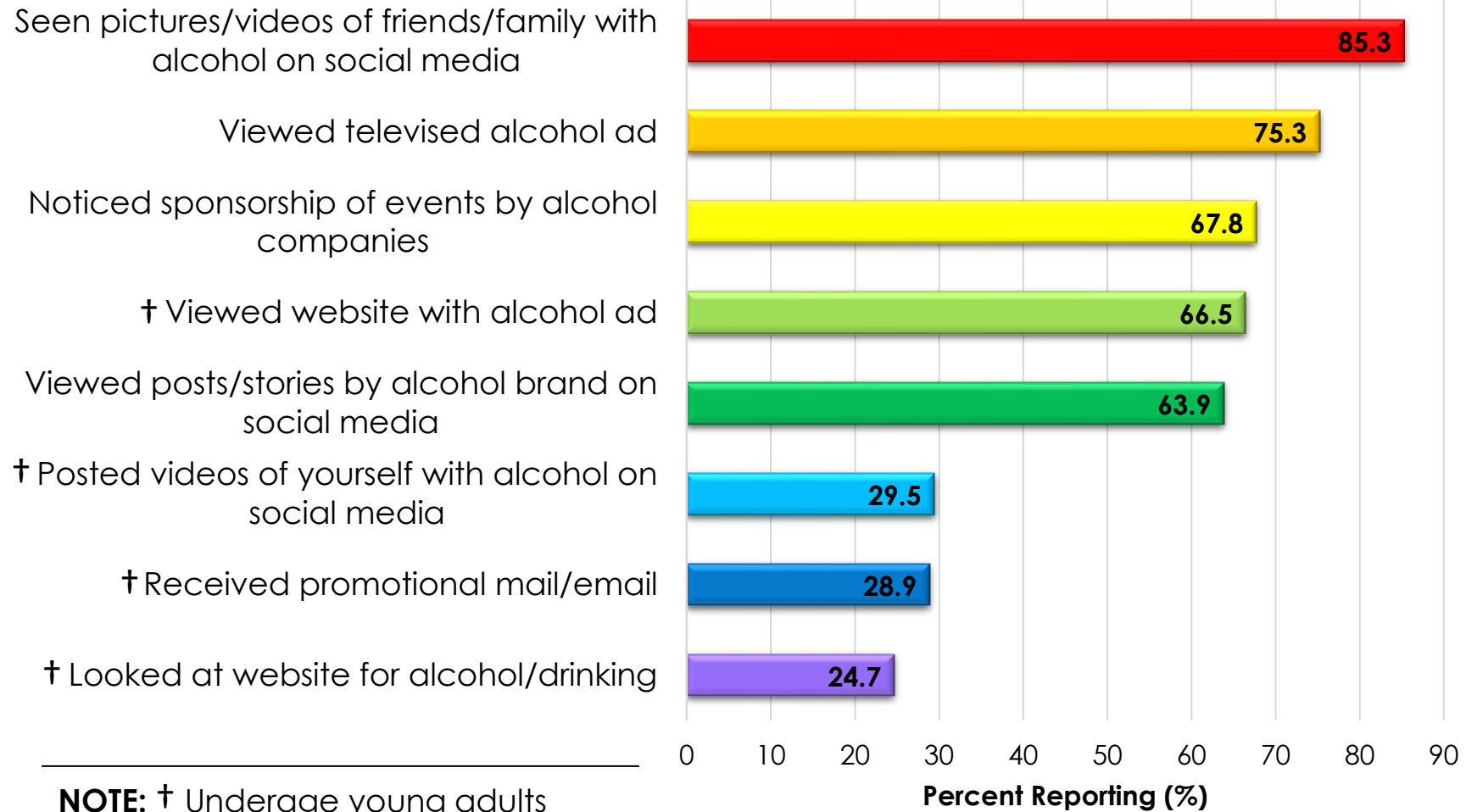
## Alcohol Consequences Among Drinkers, N=421



## Source of Alcohol Among Underage Drinkers, N=204



## Alcohol Marketing Exposure in the Past 30 Days

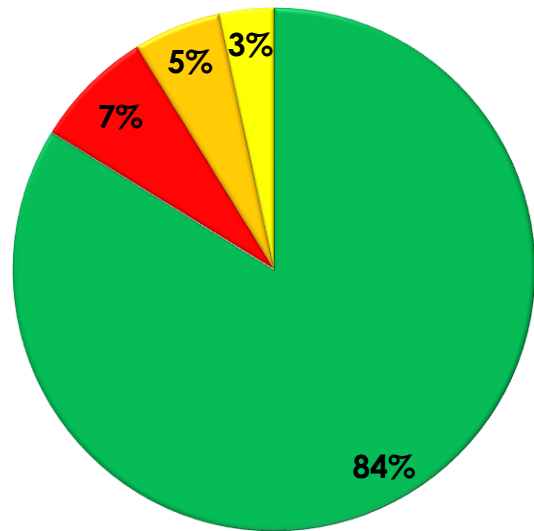


**NOTE:** † Underage young adults were significantly less likely to have these alcohol marketing exposures





## Have a Fake ID Among Underage Young Adults, N=296



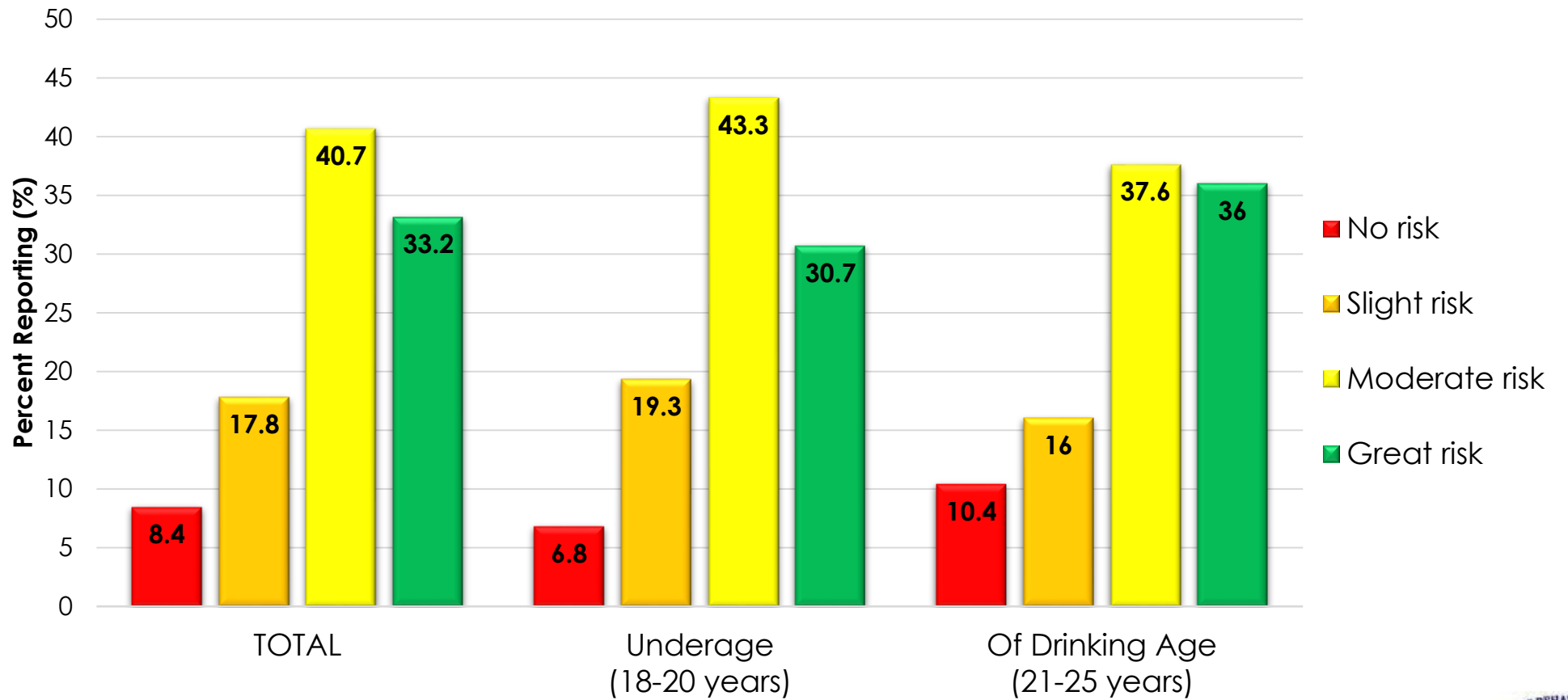
- No, and no intention of getting one
- No, but I plan on getting one
- Yes, and I have used it
- Yes, but I have not used it



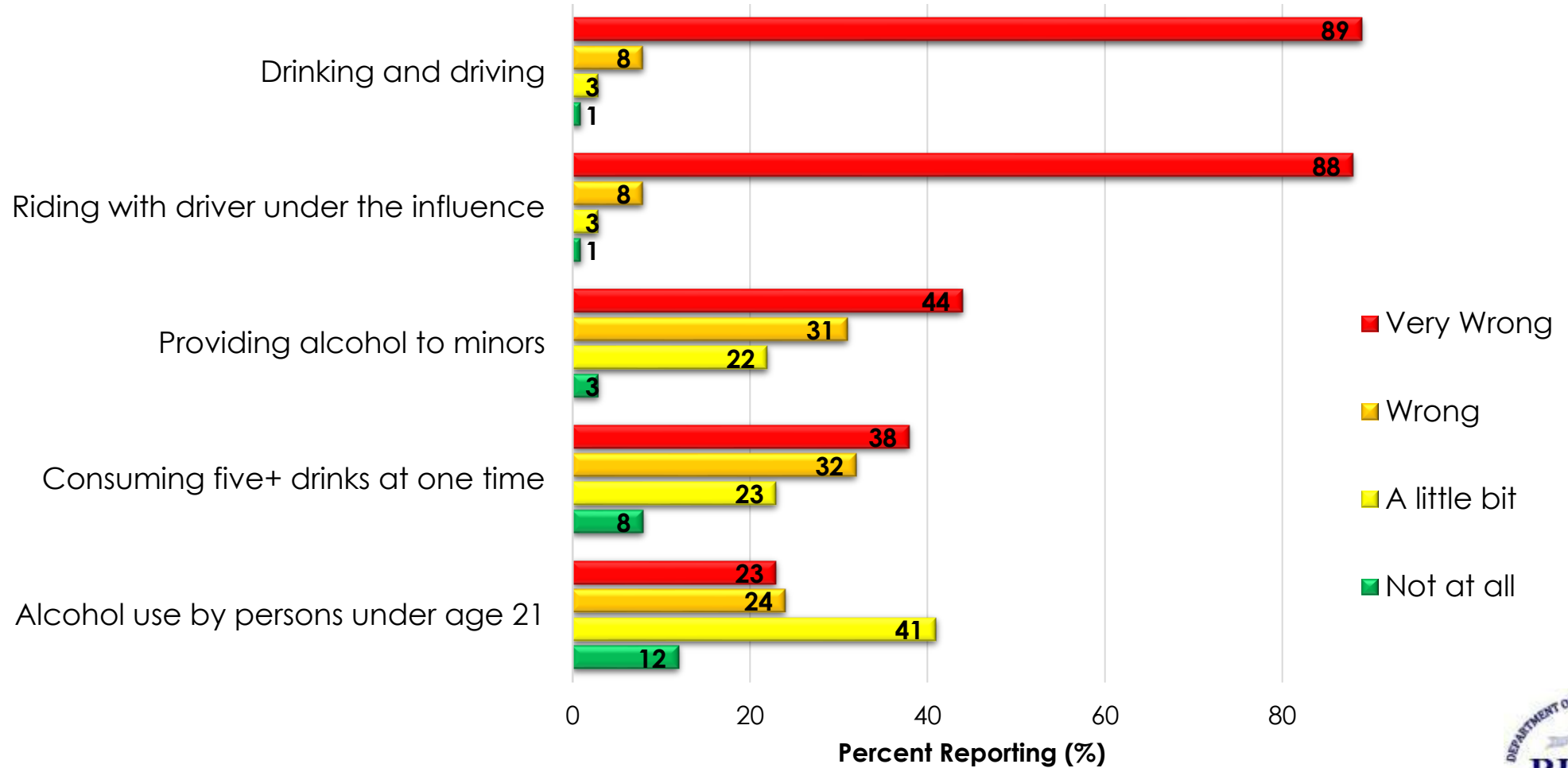
## How easy is it for young adults to . . .



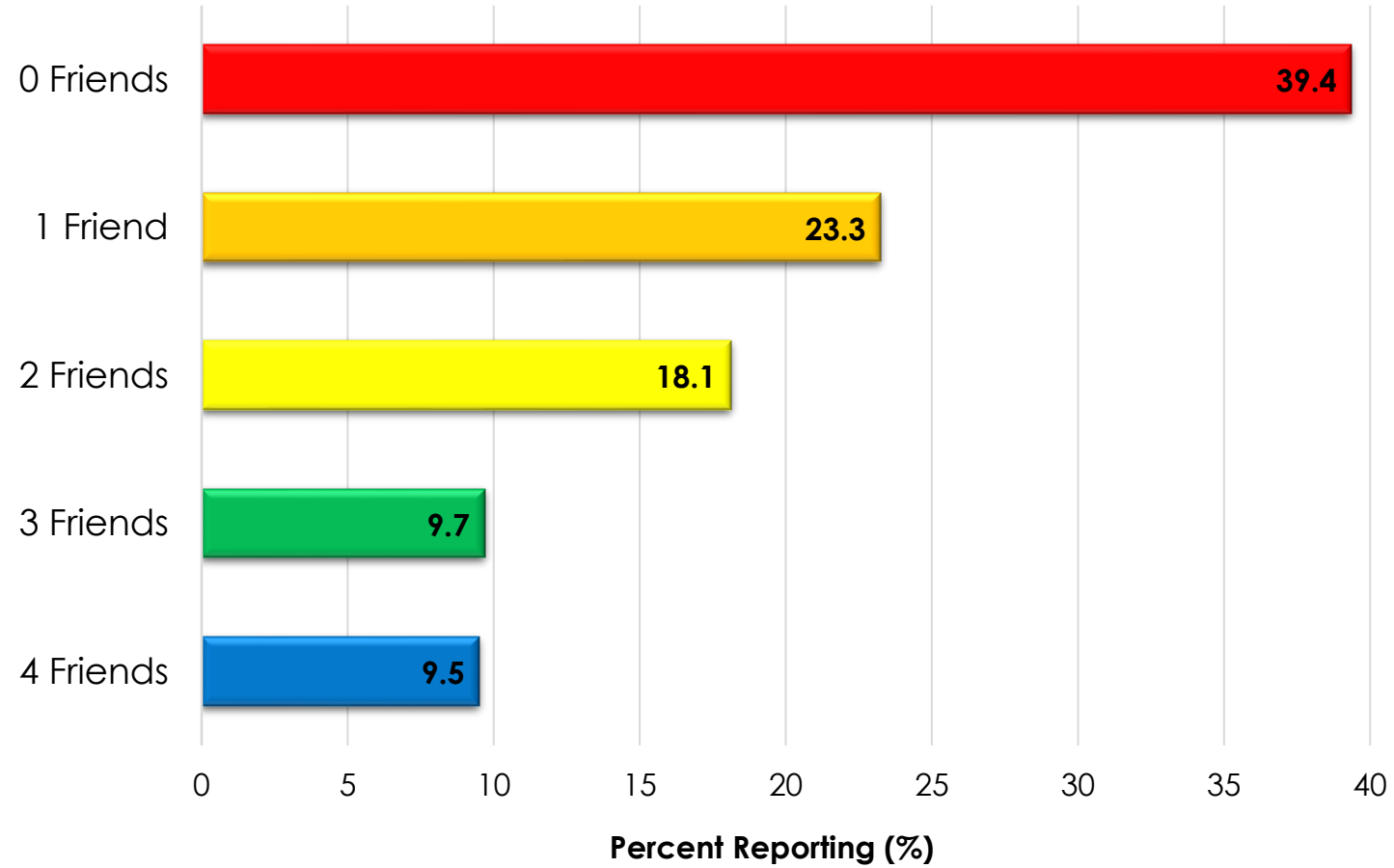
## Perception of Harm from Binge Drinking Once or Twice a Week



## How Wrong Do Adults in Your Family Think the Following are?



## Number of 4 Best Friends Who Binge Drank in the Past Year



# TOBACCO & VAPING

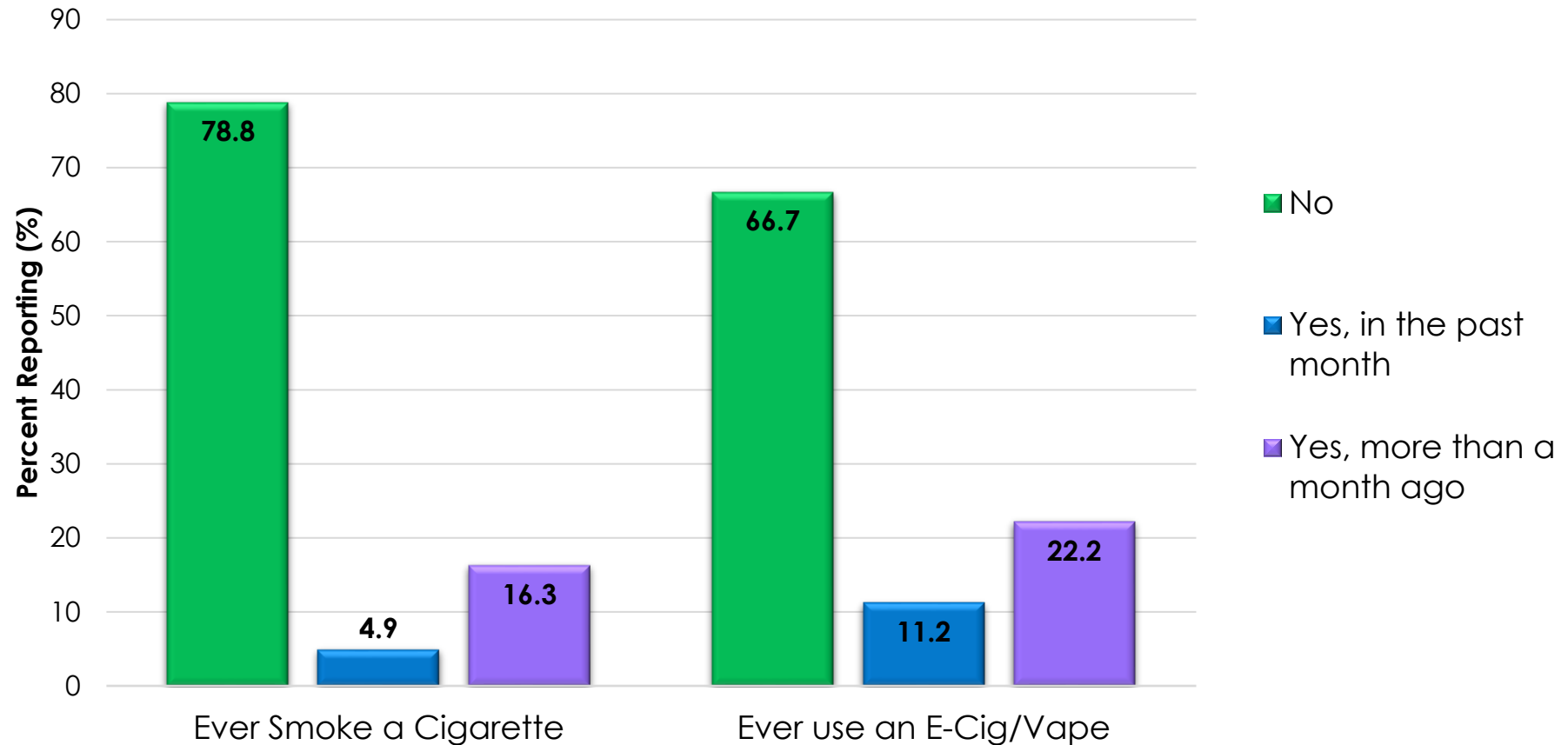


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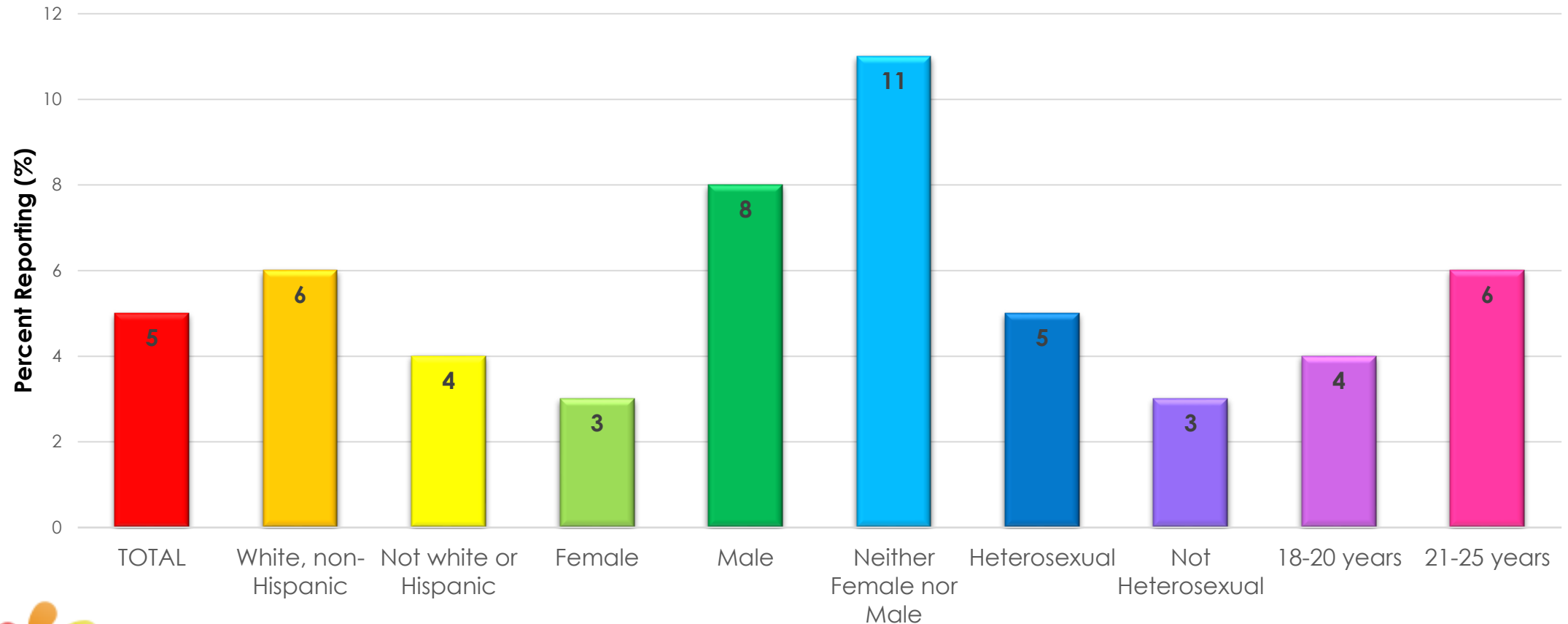


## Smoking and Vaping



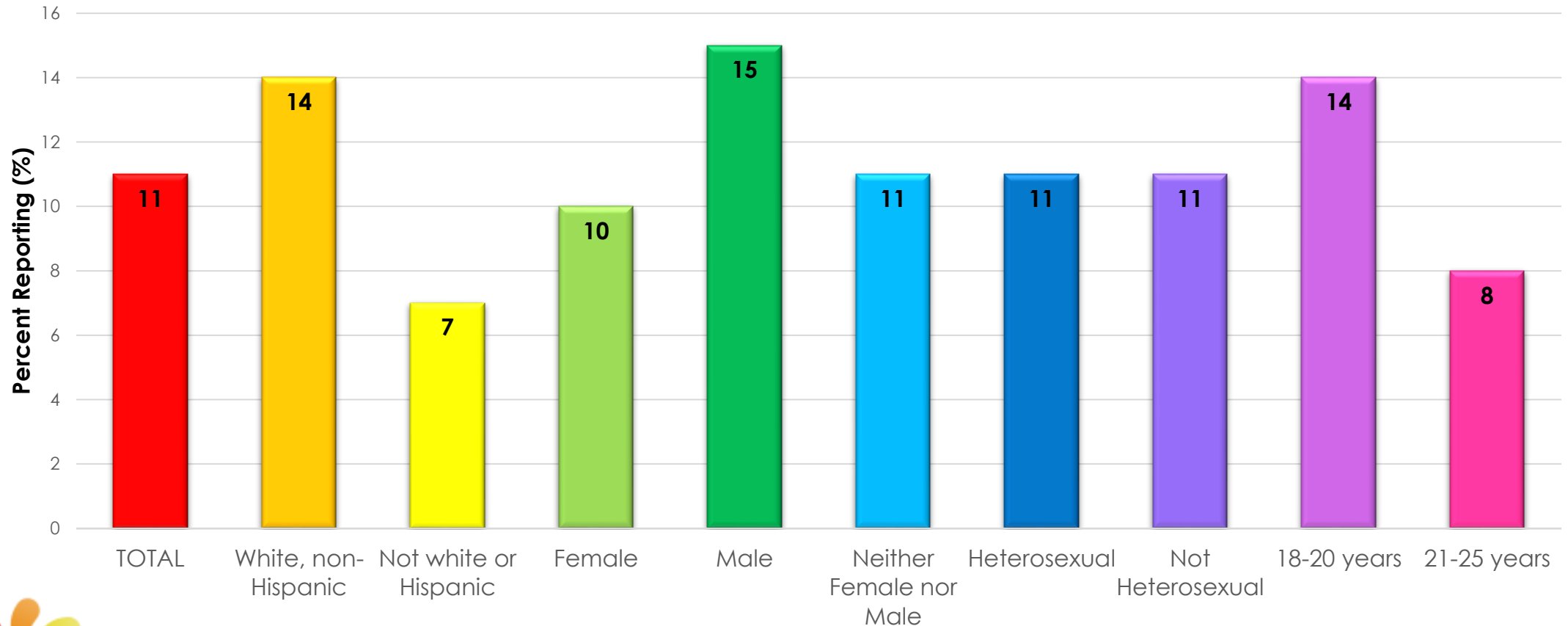
**NOTE:** Underage young adults were less likely to have ever smoked a cigarette ( $P < 0.001$ ).

## Current Smoking



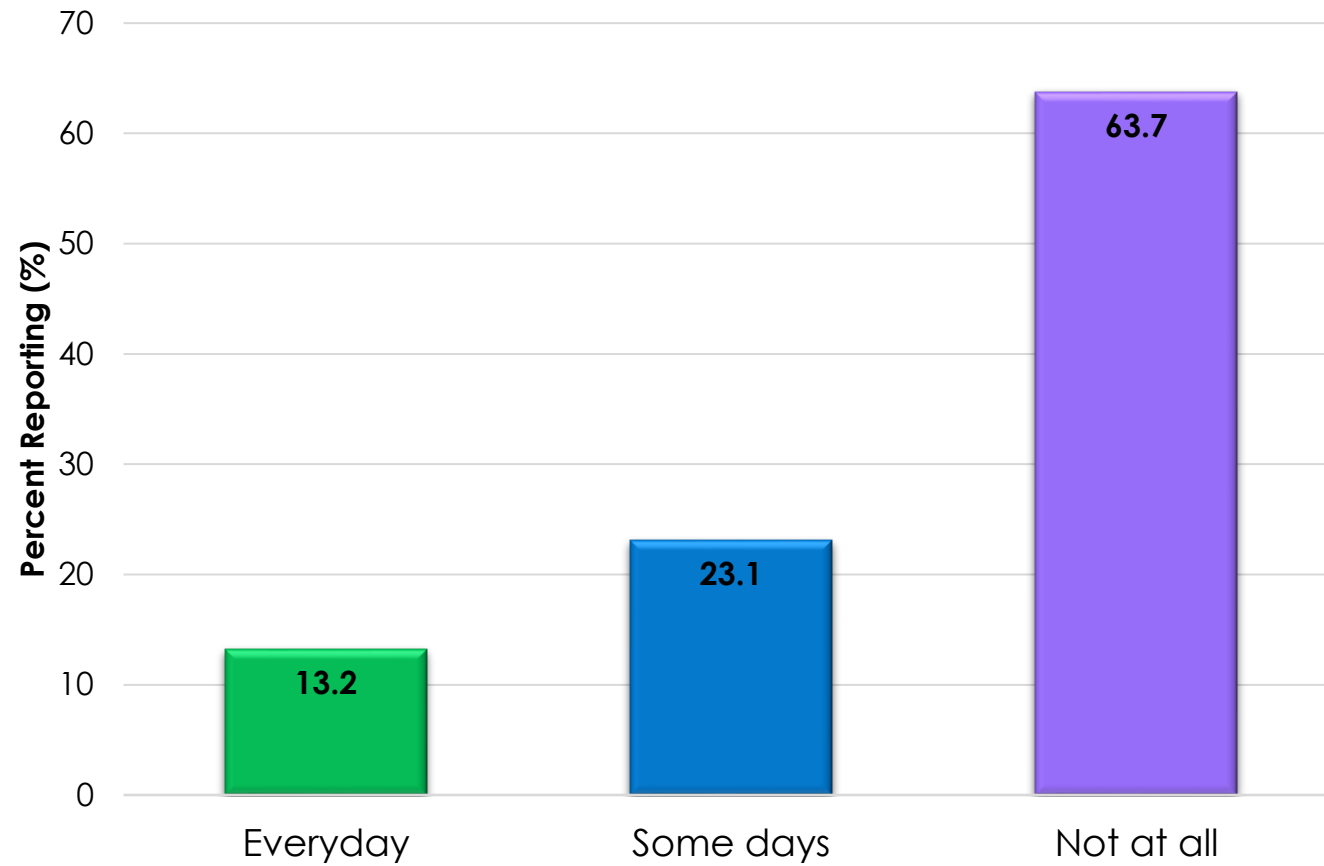
**NOTE:** Current (past month) smoking was significantly different by gender ( $p=0.034$ ), but there were no significant differences by race/ethnicity, sexual orientation, or underage status.

## Current Vaping

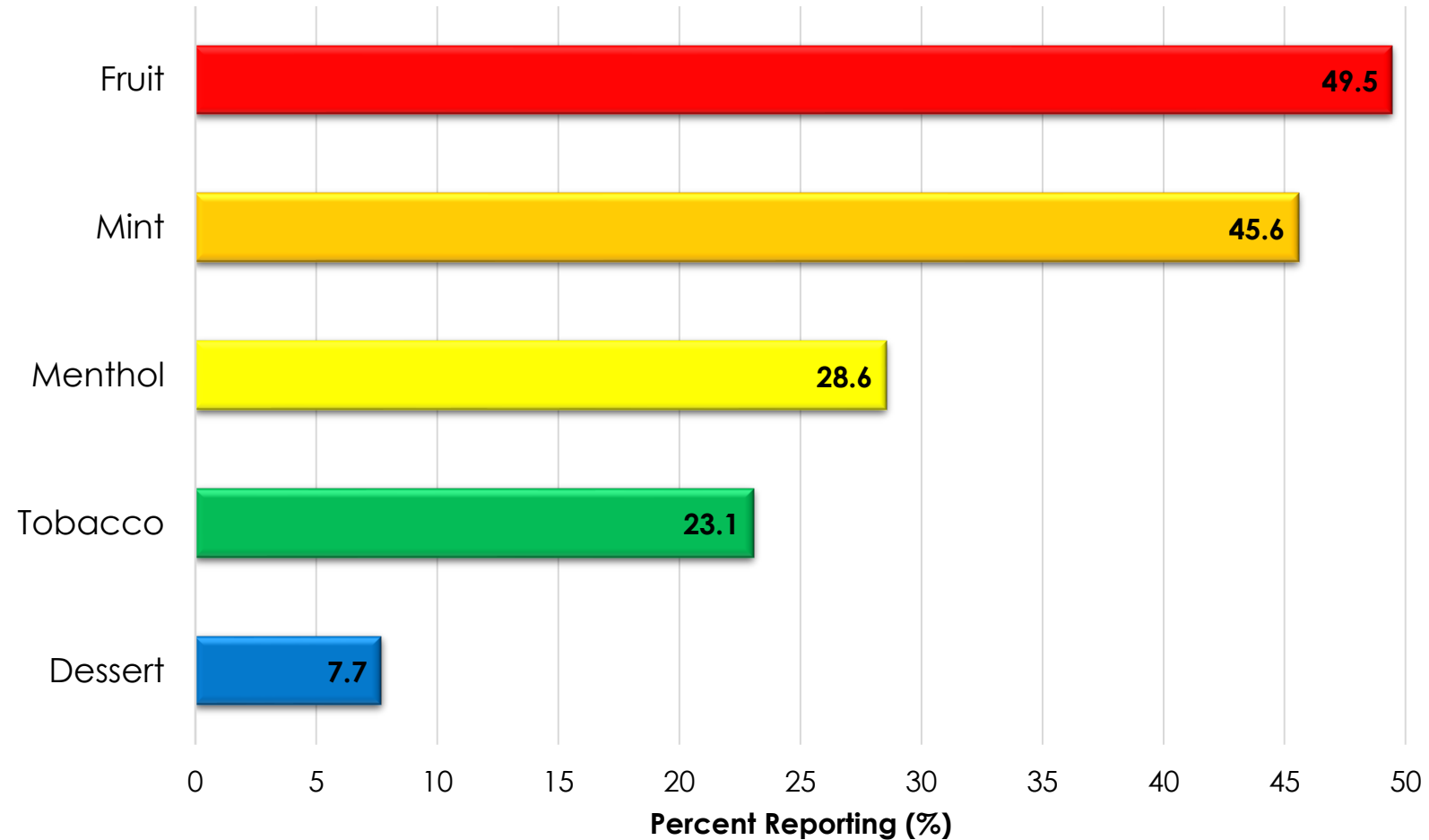


**NOTE:** Current (past month) vaping was significantly different by race/ethnicity ( $p=0.016$ ) and underage status ( $p=0.015$ ), but there were no significant differences by gender or sexual orientation.

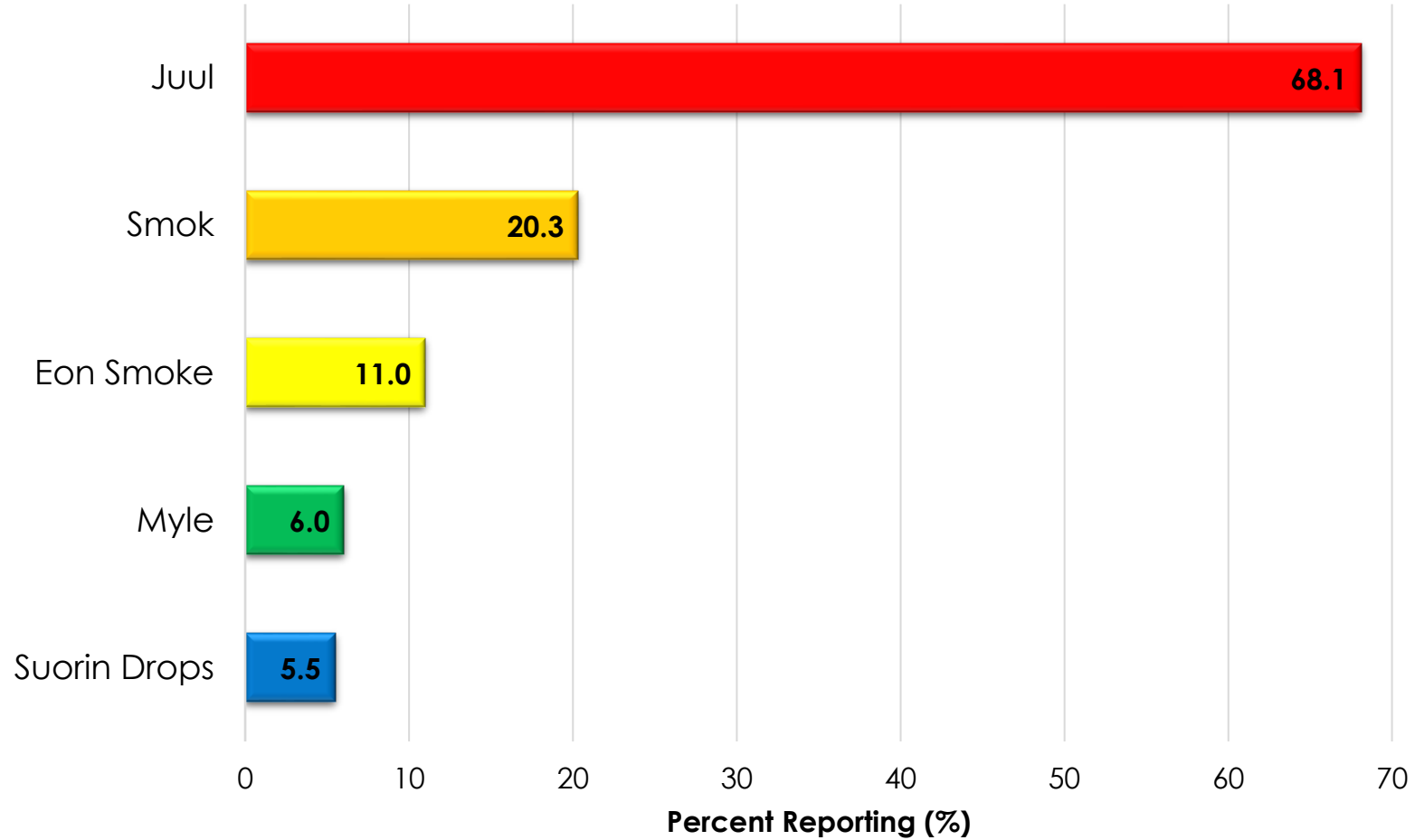
### Frequency of Vaping Among Those Who Have Ever Vaped, N=182



### Vape Flavors Used in Past 6 Months Among Those Who Ever Vaped, N=182

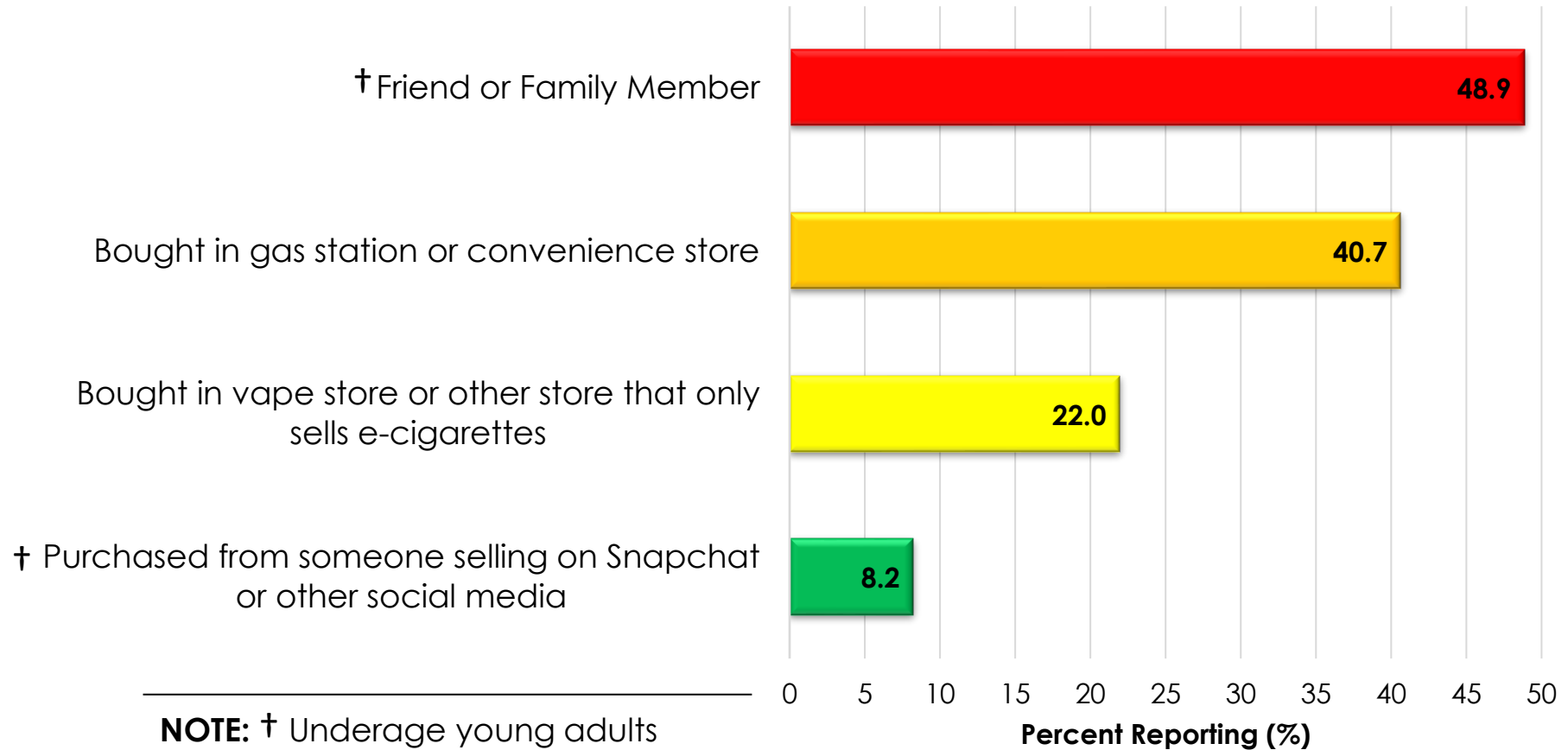


### Vape Brands Used in Past 6 Months Among Those Who Ever Vaped, N=182





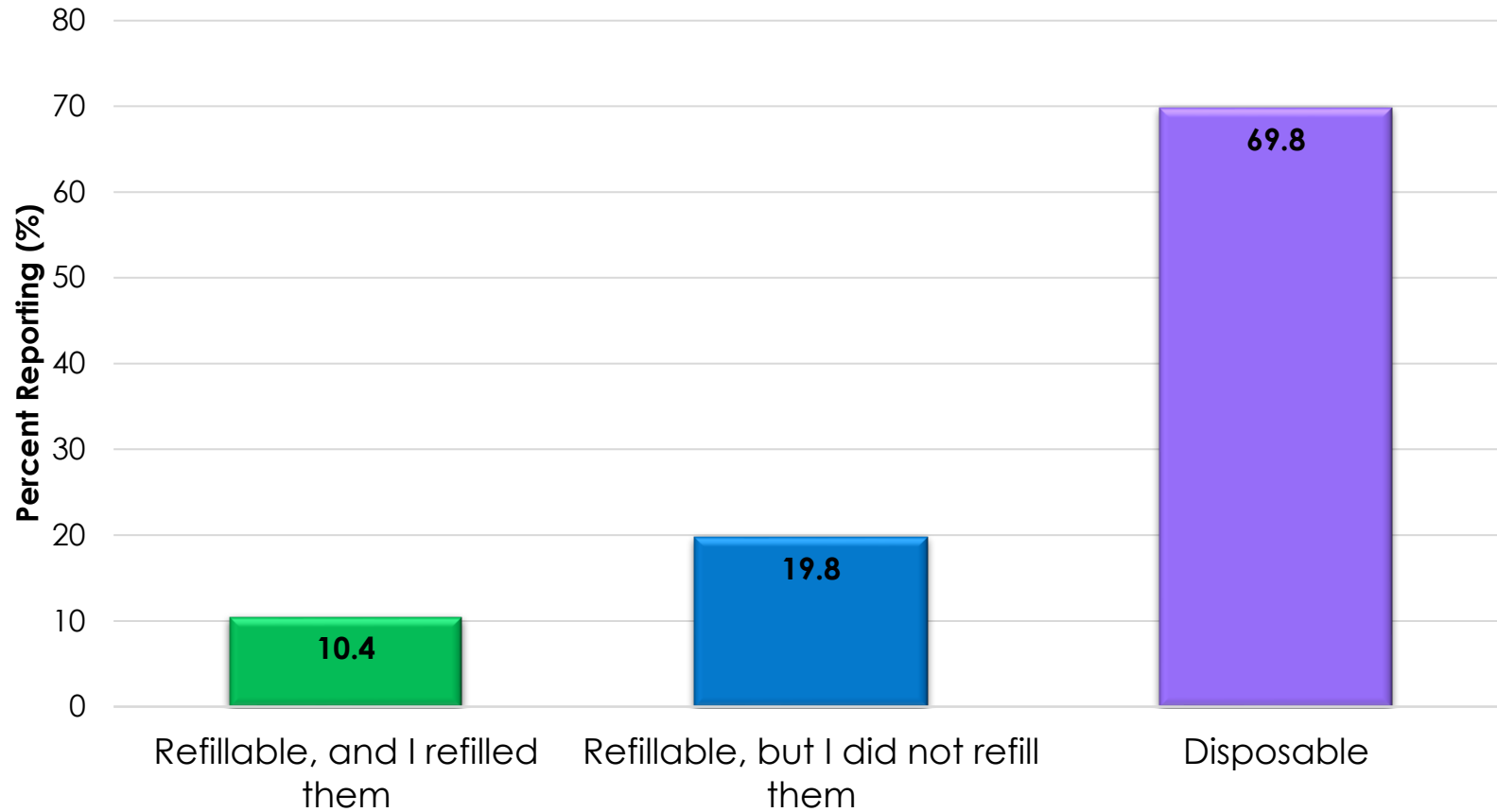
## Source of Vape Products in Past 6 Months Among Those Who Ever Vaped, N=182



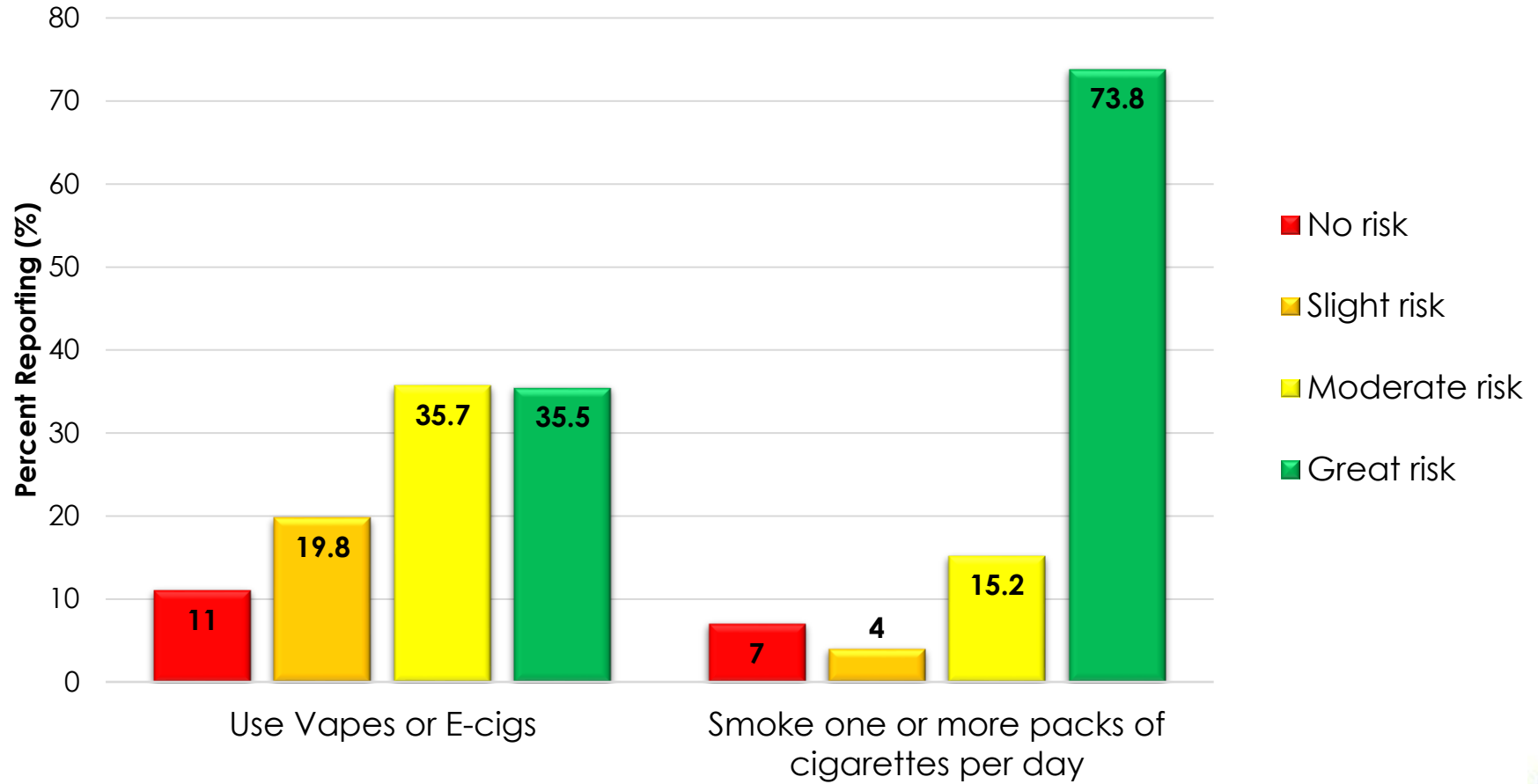
**NOTE:** † Underage young adults were significantly more likely to have these sources of vape products



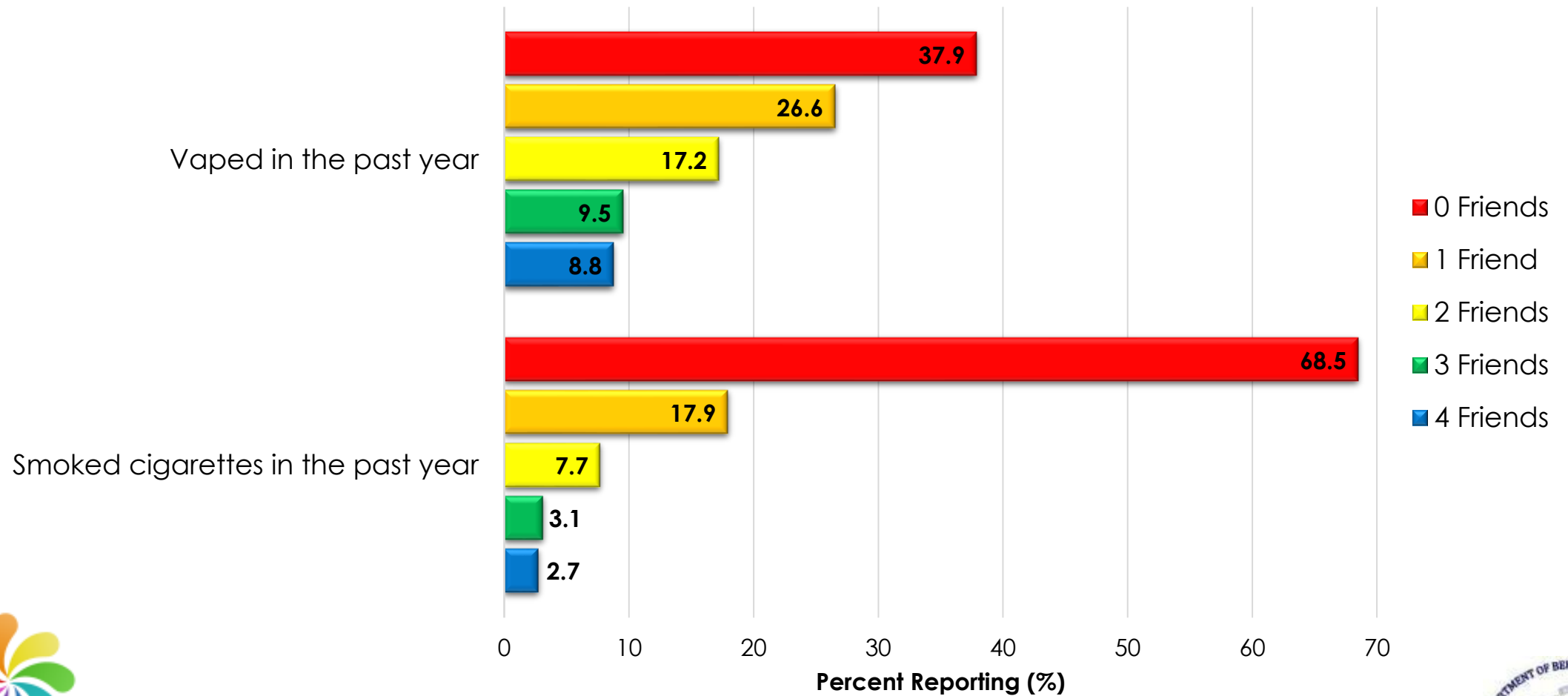
### Vape Mechanism Used in Past 6 Months Among Those Who Ever Vaped, N=182



## Perceptions of Harm from Vaping and Smoking



## Number of 4 Best Friends Who . . .



**NOTE:** Underage young adults had significantly higher number of friends who vape ( $P < 0.001$ ).



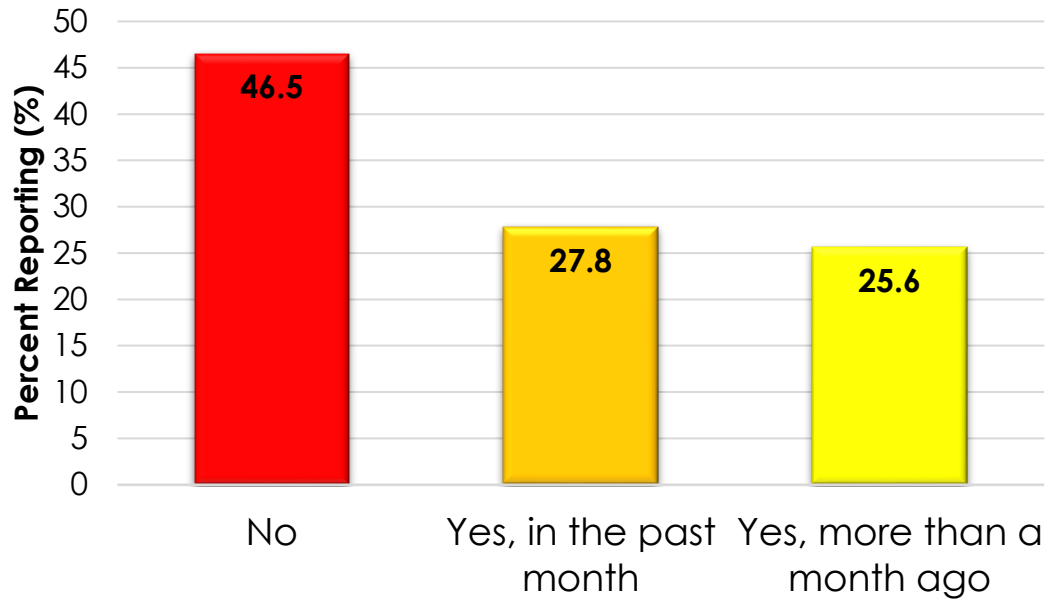
# MARIJUANA



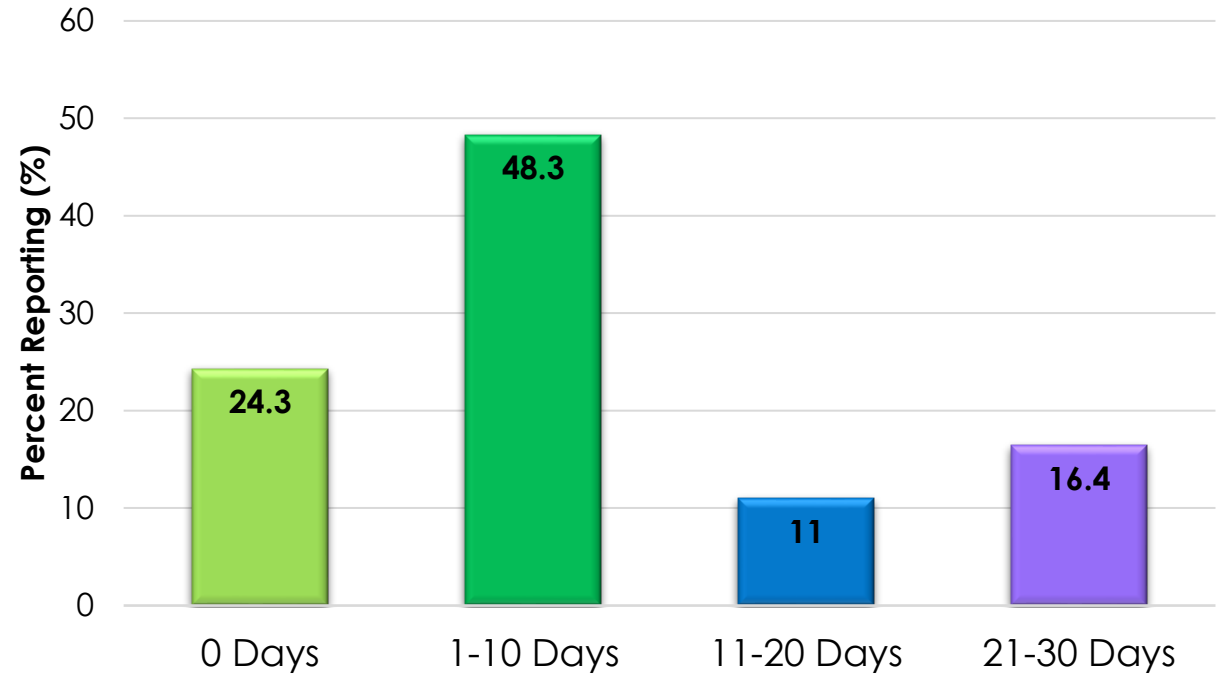
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### Marijuana Use

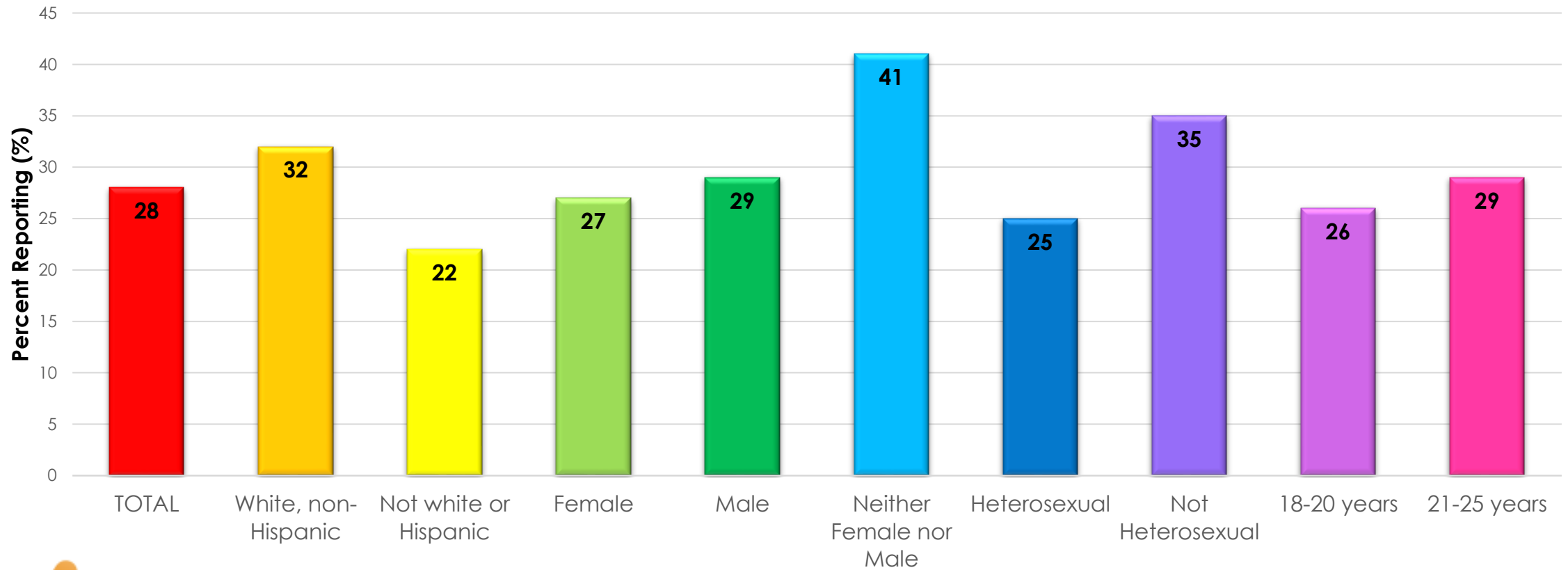


### Number of Days Using Marijuana in an Average Month Among Users, N=292





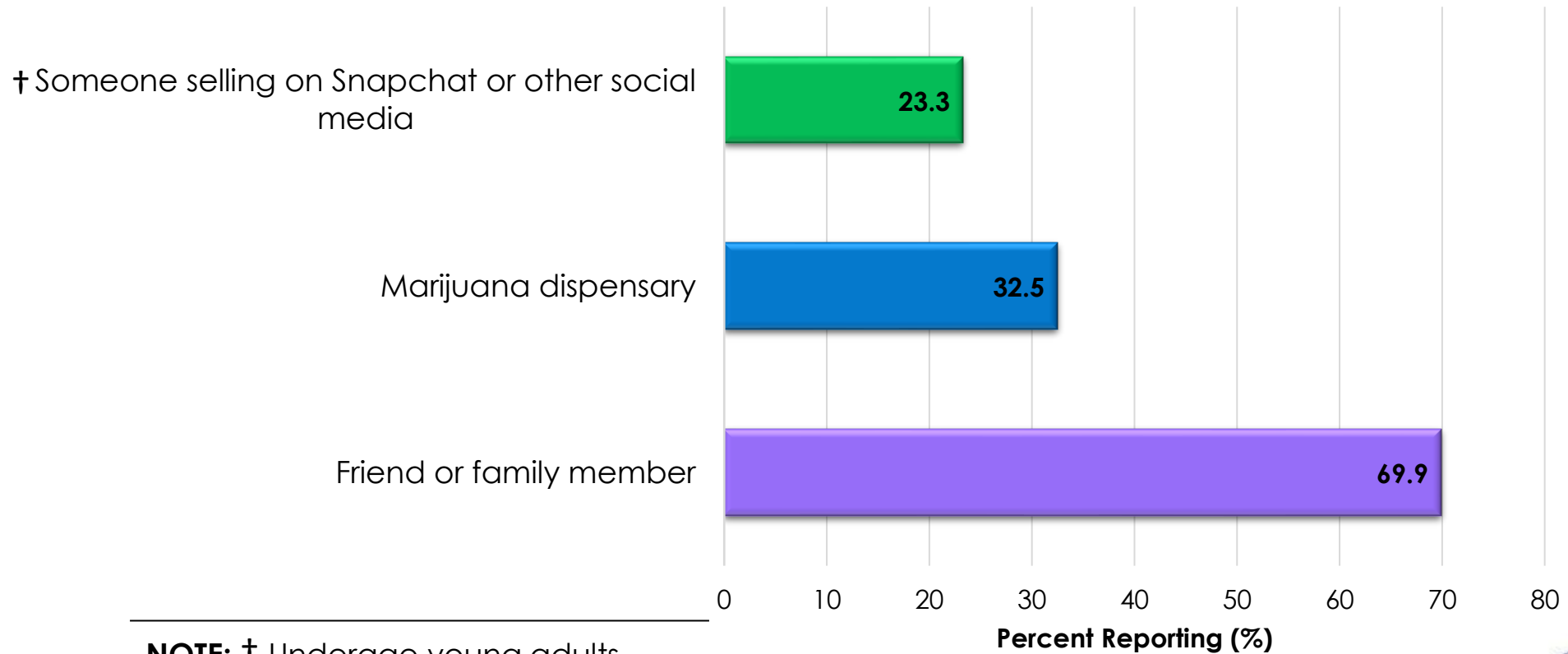
## Current Marijuana Use



**NOTE:** Current (past month) marijuana use was significantly different by race/ethnicity ( $p=0.009$ ) and sexual orientation ( $p=0.022$ ), but there were no significant differences by gender or underage status.



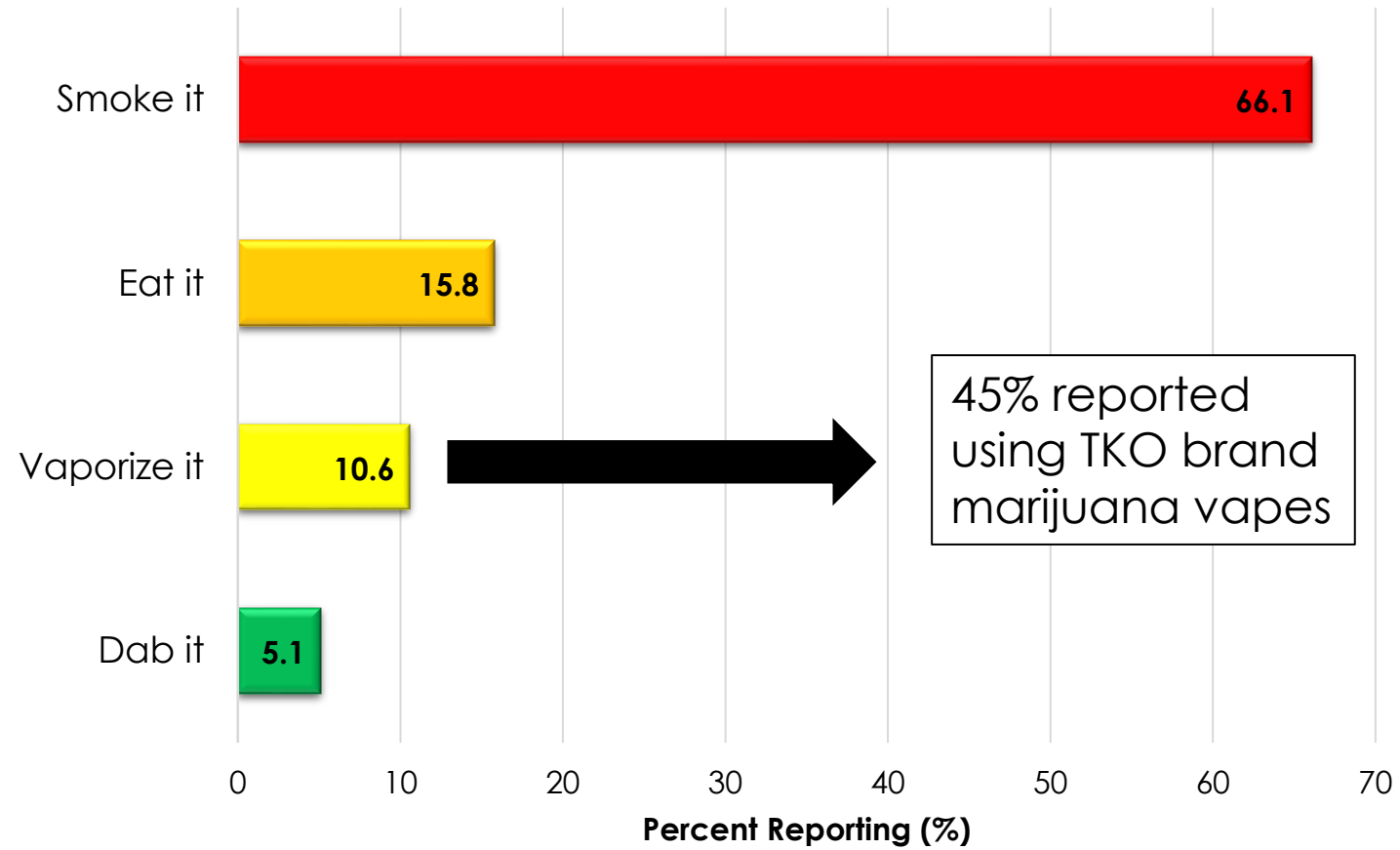
## Source of Marijuana in Past 6 Months Among Users, N=292



**NOTE:** † Underage young adults were significantly more likely to have this source of marijuana



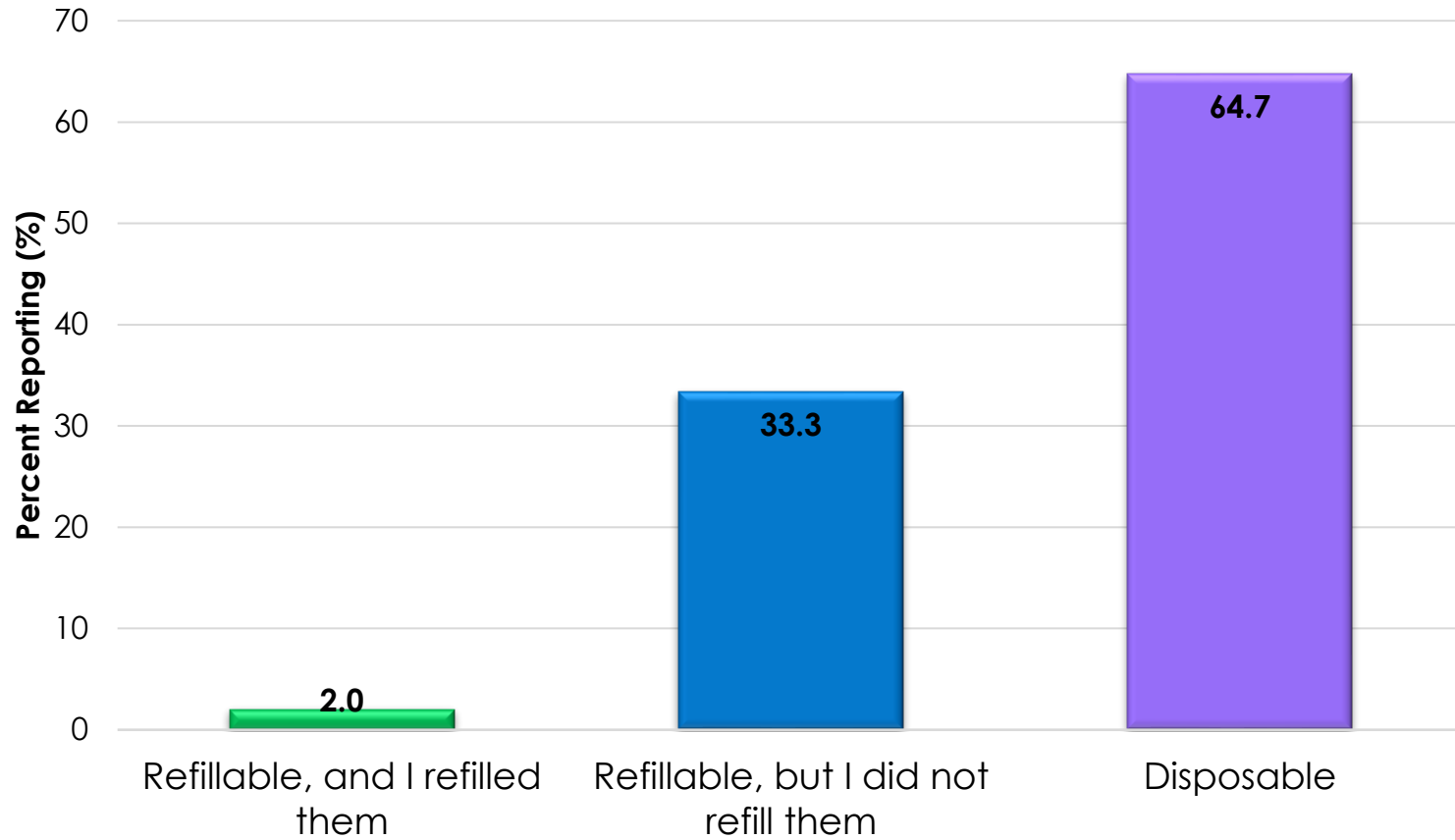
### Most Recent Mode of Using Marijuana Among Users, N=292



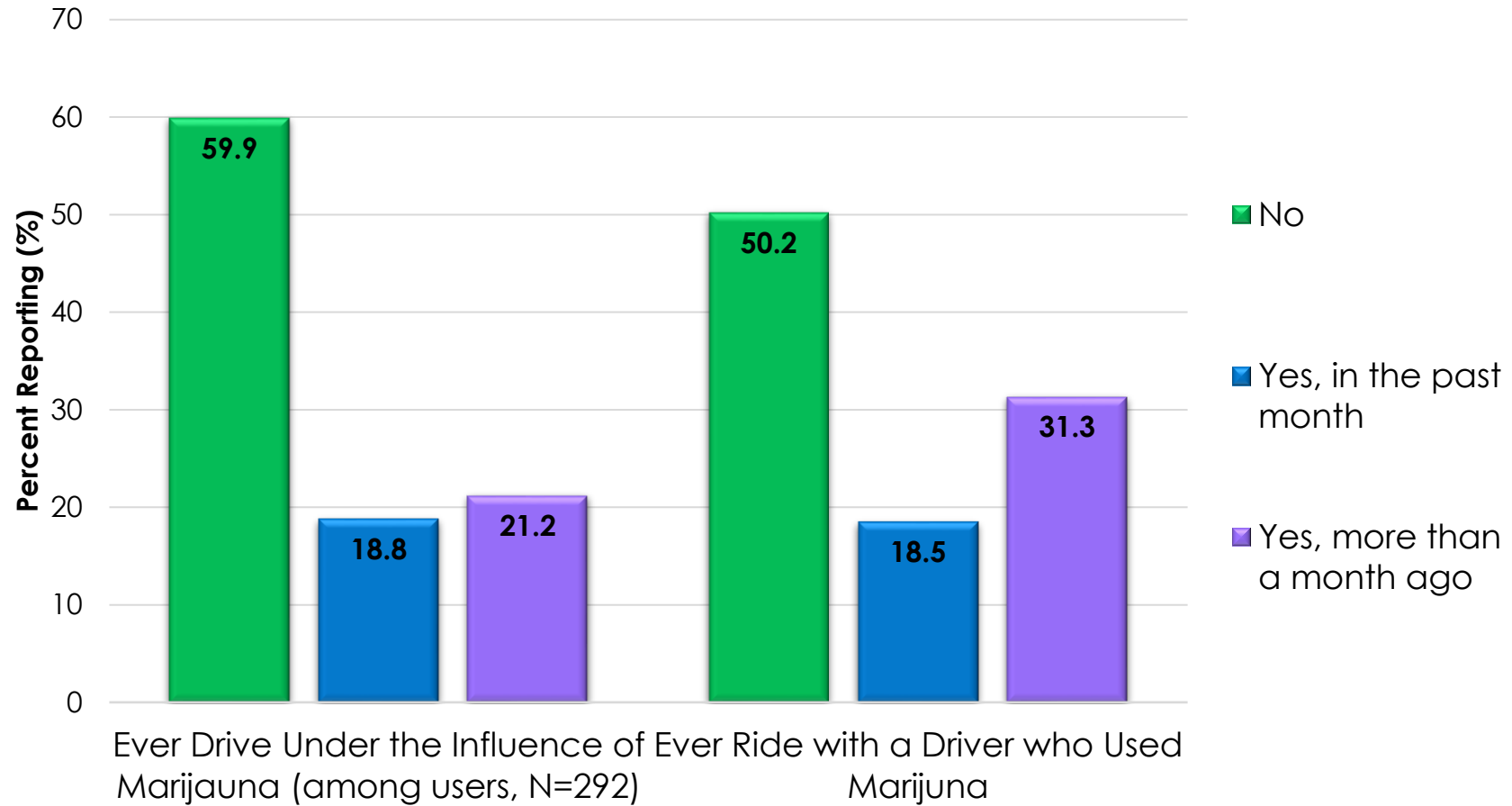
**NOTE:** Underage young adults were significantly more likely to report using TKO brand marijuana vapes (P=0.018).



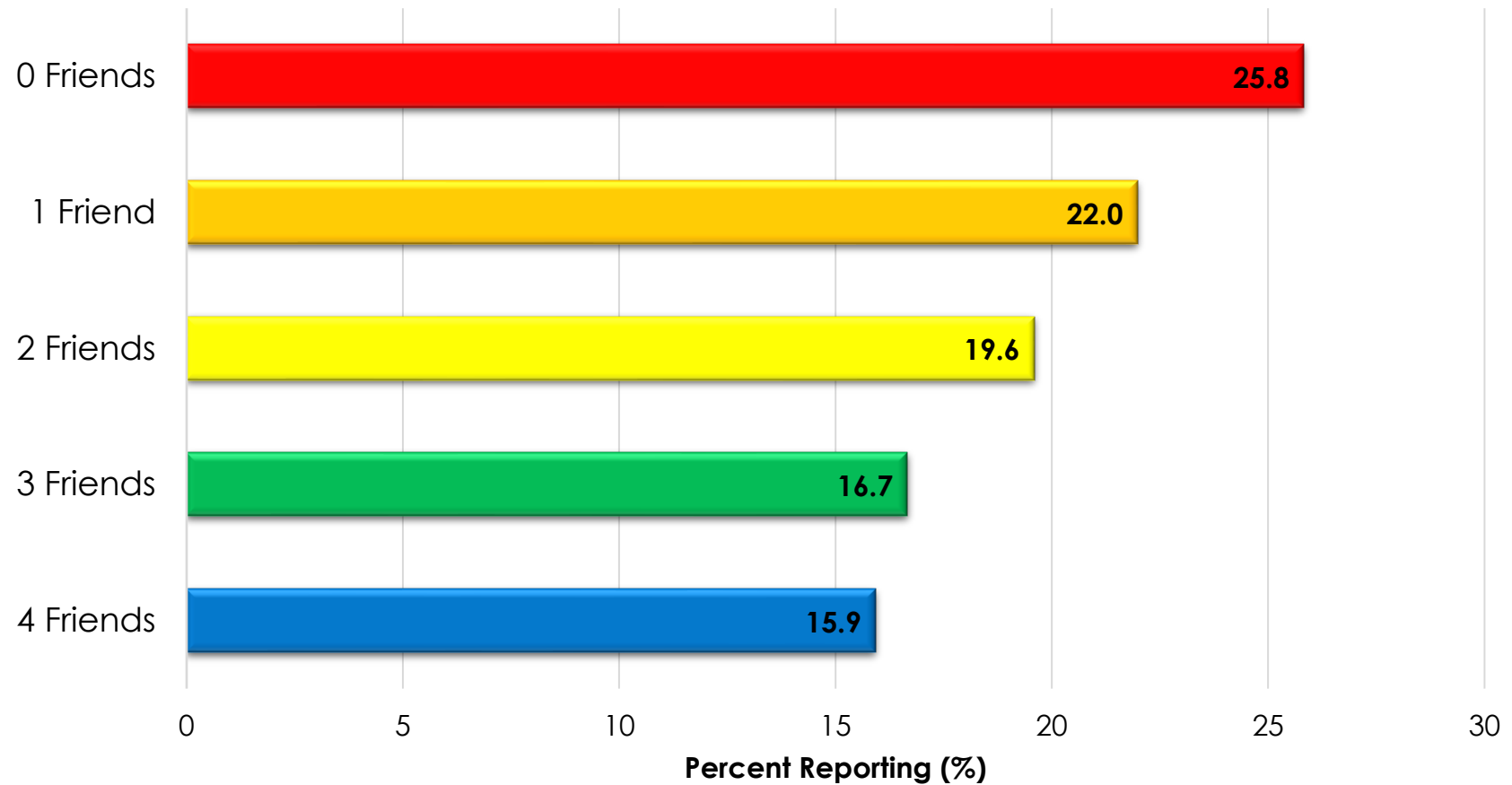
## Marijuana Vape Mechanism Among Those Who Vape Marijuana, N=51



## Marijuana Use and Driving



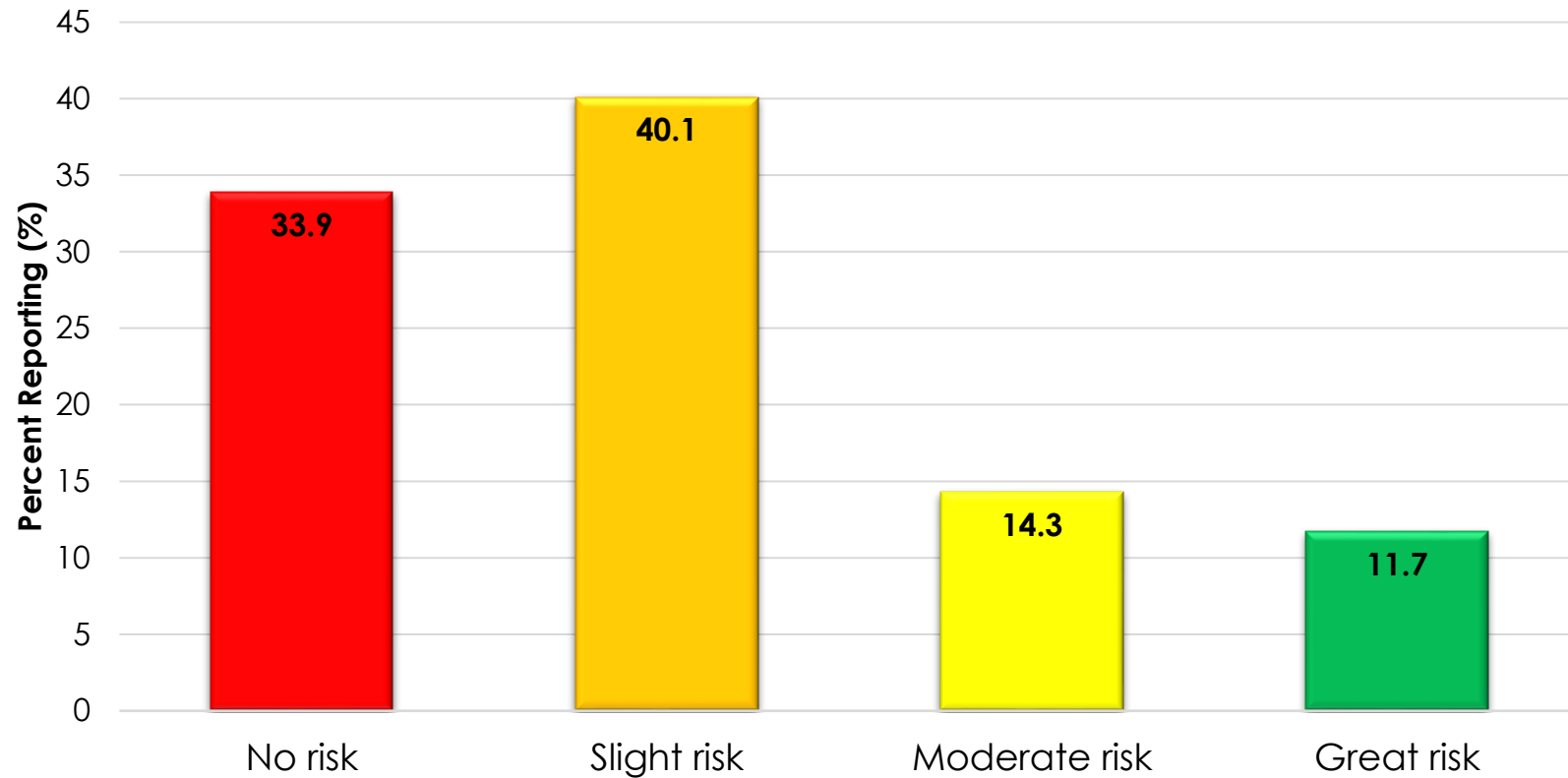
## Number of 4 Best Friends Who Used Marijuana in the Past Year



**NOTE:** Underage young adults had more friends who used marijuana in the past year ( $P=0.02$ ).



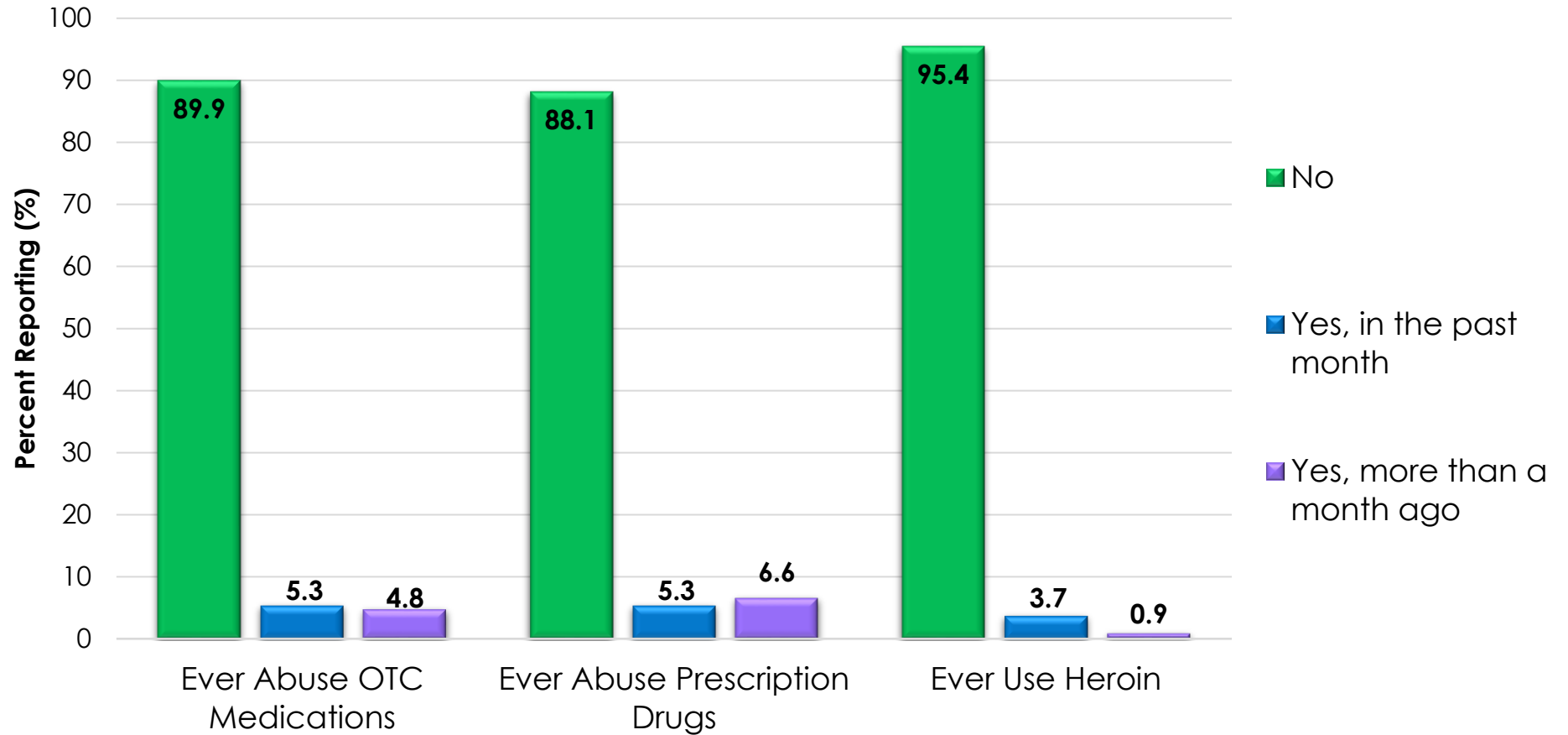
## Perception of Harm from Using Marijuana Once or Twice per Week



# OTHER DRUGS



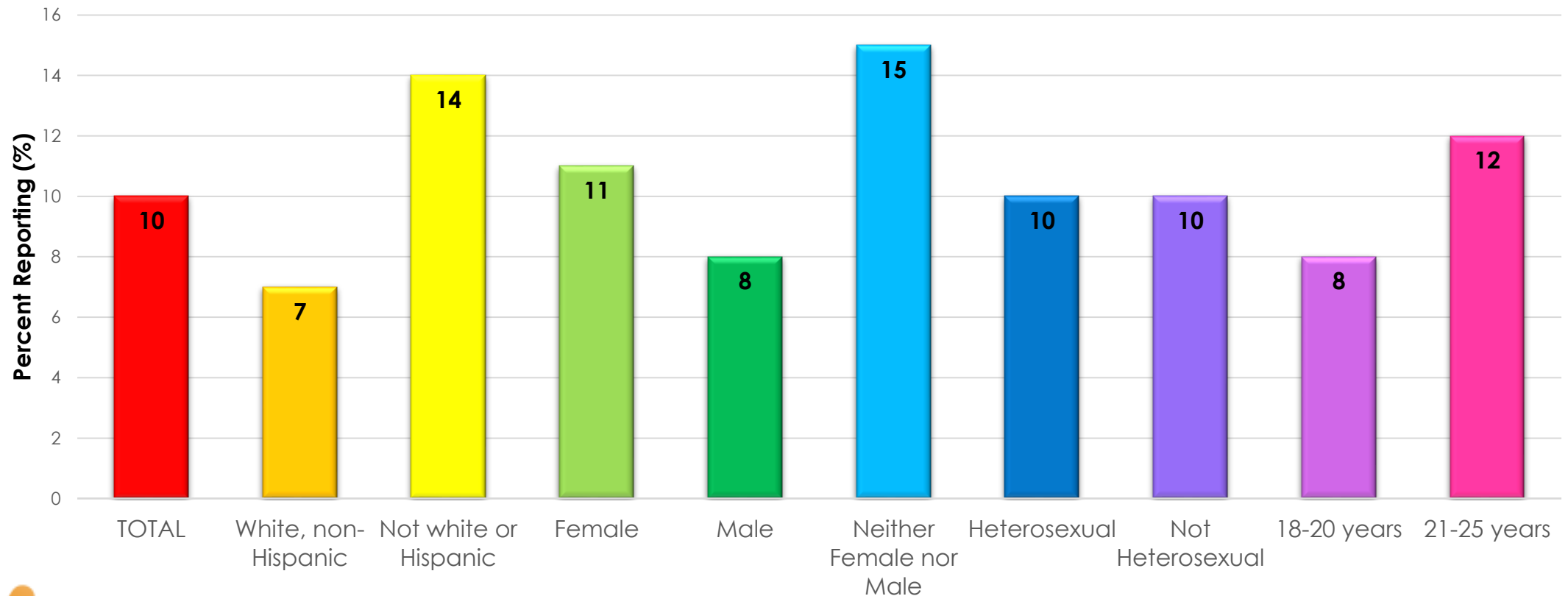
## Other Drug Use



**NOTE:** Underage young adults were less likely to ever abuse prescription drugs (P=0.001).

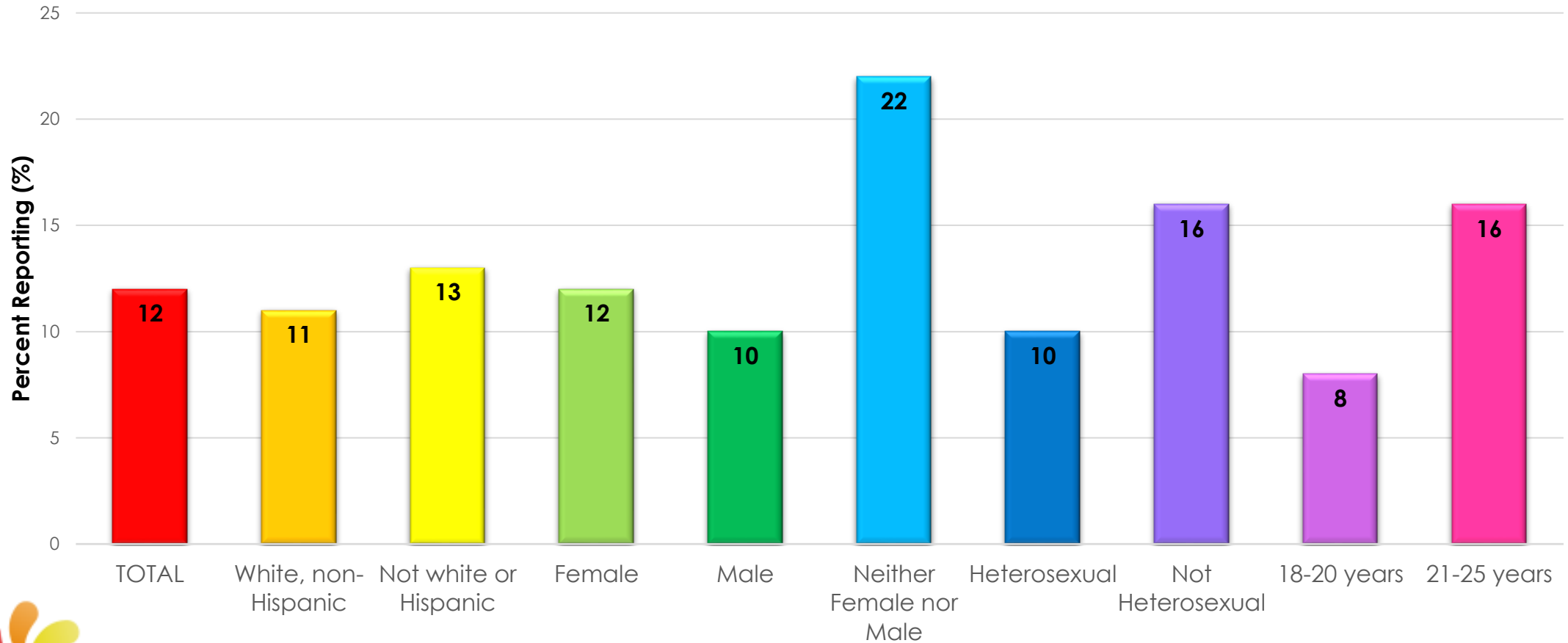


## Ever Abuse OTC Medications



**NOTE:** Over-the-counter (OTC) medication abuse was significantly different by race/ethnicity ( $p=0.011$ ), but not significantly different by gender, sexual orientation, or underage status.

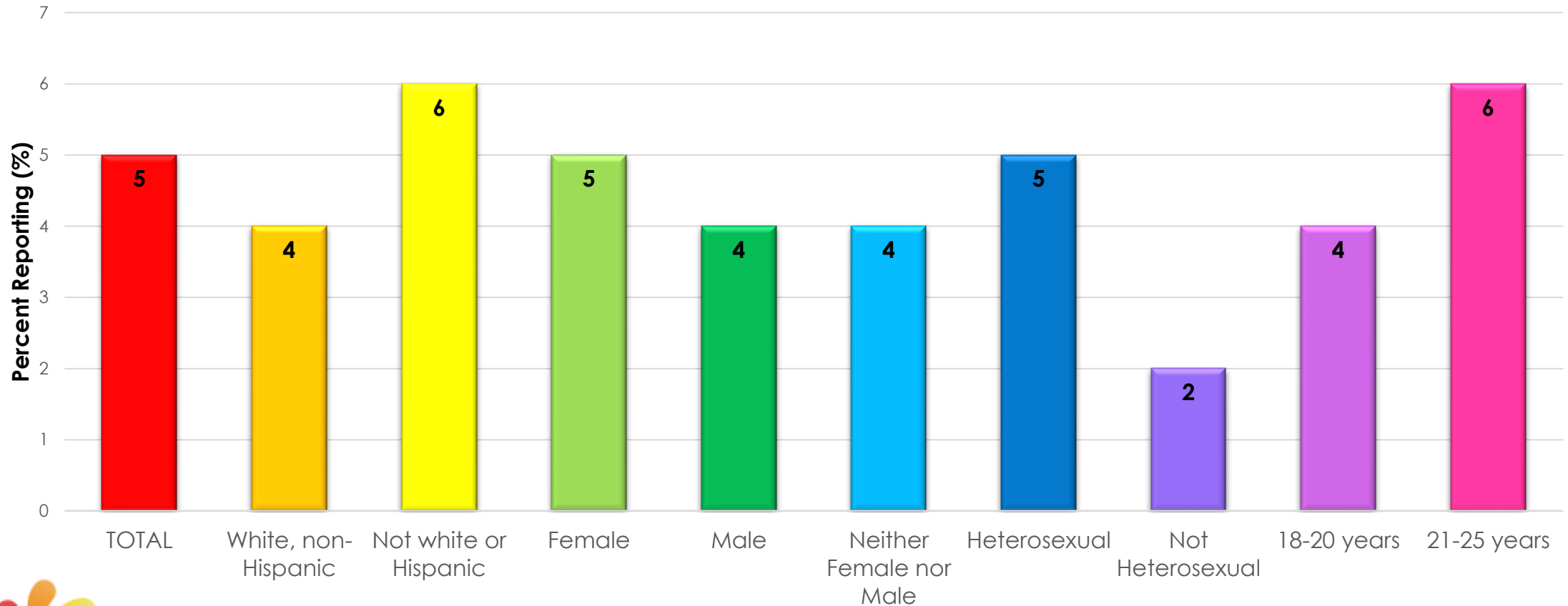
## Ever Abuse Prescription Drugs



**NOTE:** Prescription drug abuse was significantly different by underage status ( $p=0.003$ ), but not significantly different by race/ethnicity, gender, or sexual orientation.



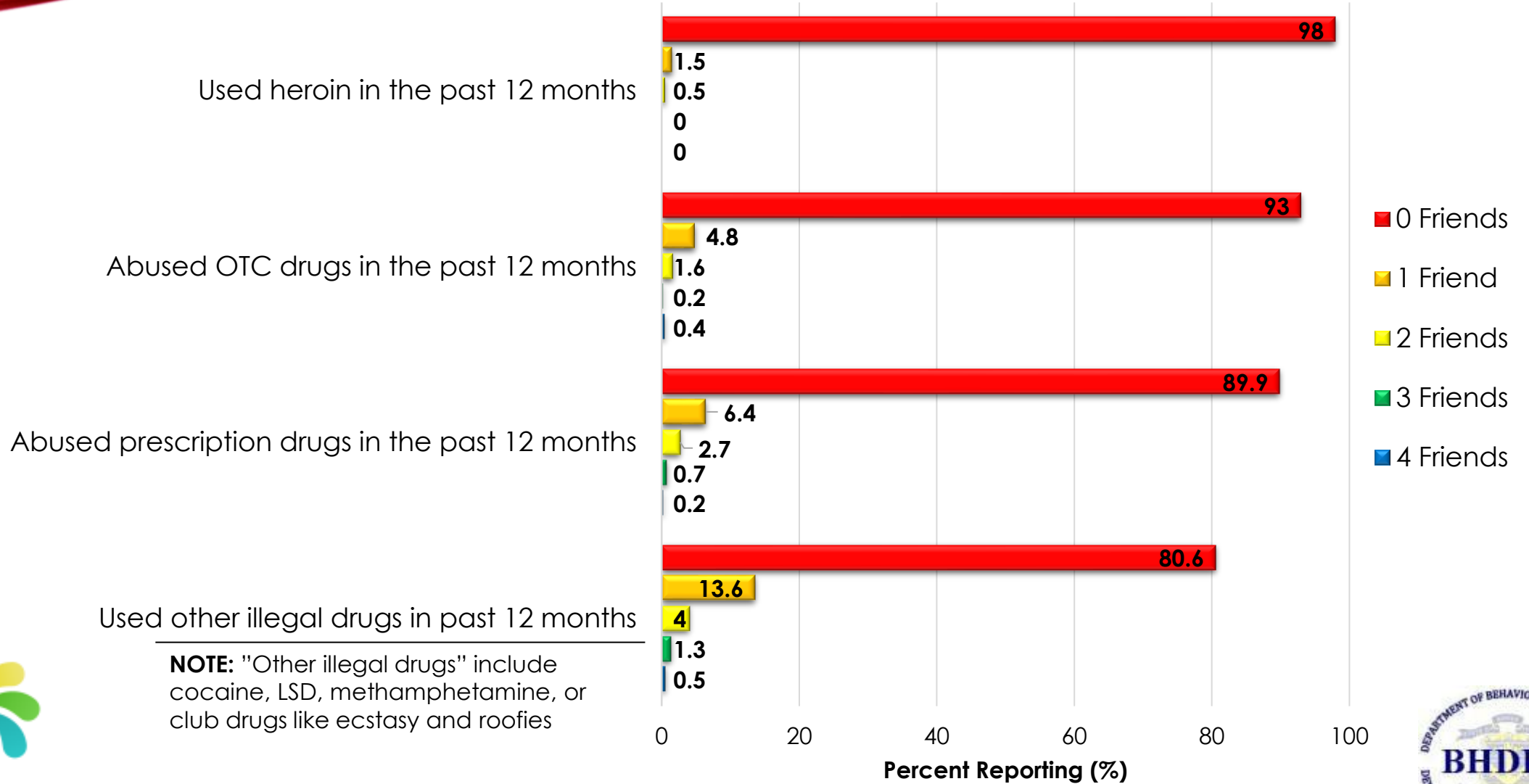
## Ever Use Heroin



**NOTE:** There are no significant differences in ever using heroin by race/ethnicity, gender, sexual orientation, or underage status.



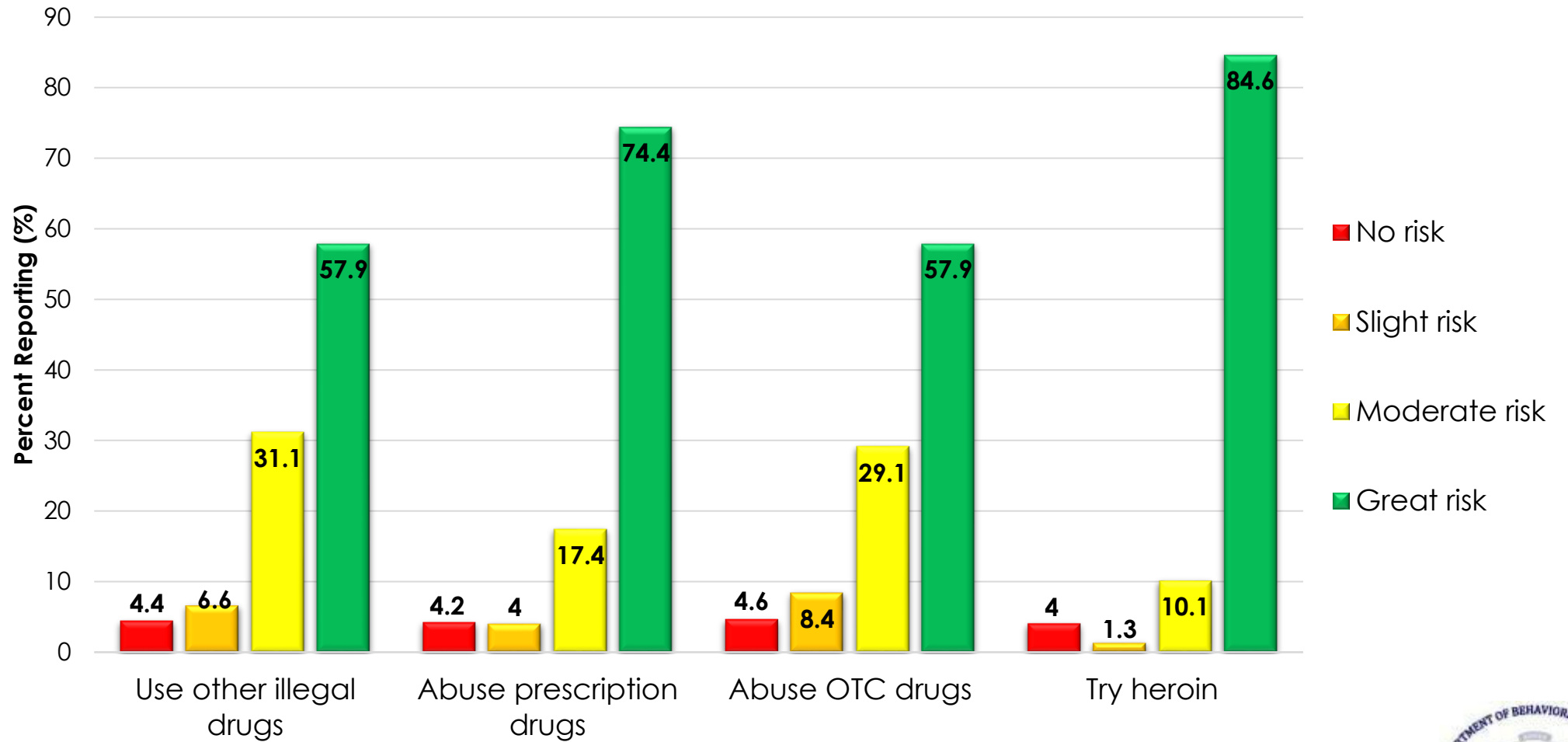
## Number of 4 Best Friends Who . . .



**NOTE:** "Other illegal drugs" include cocaine, LSD, methamphetamine, or club drugs like ecstasy and roofies



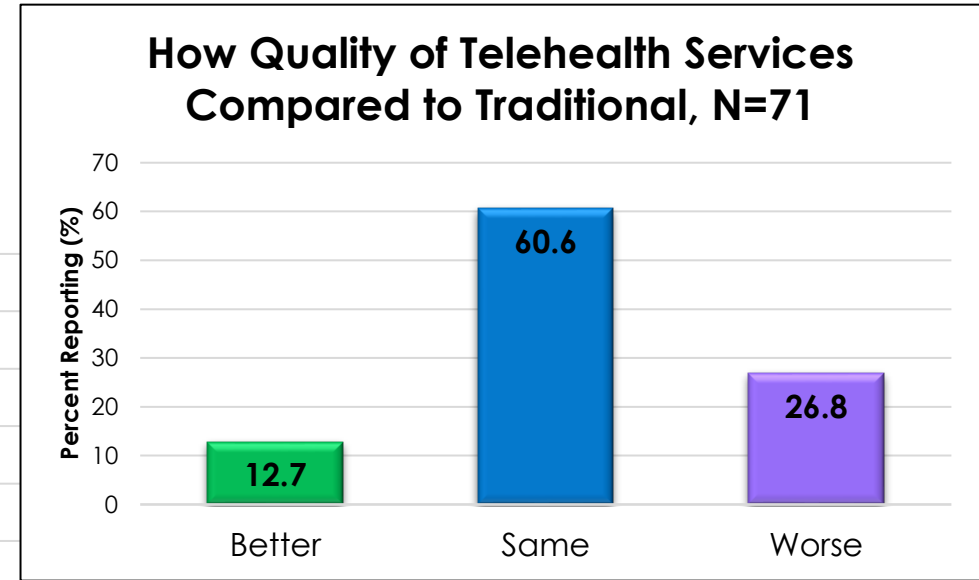
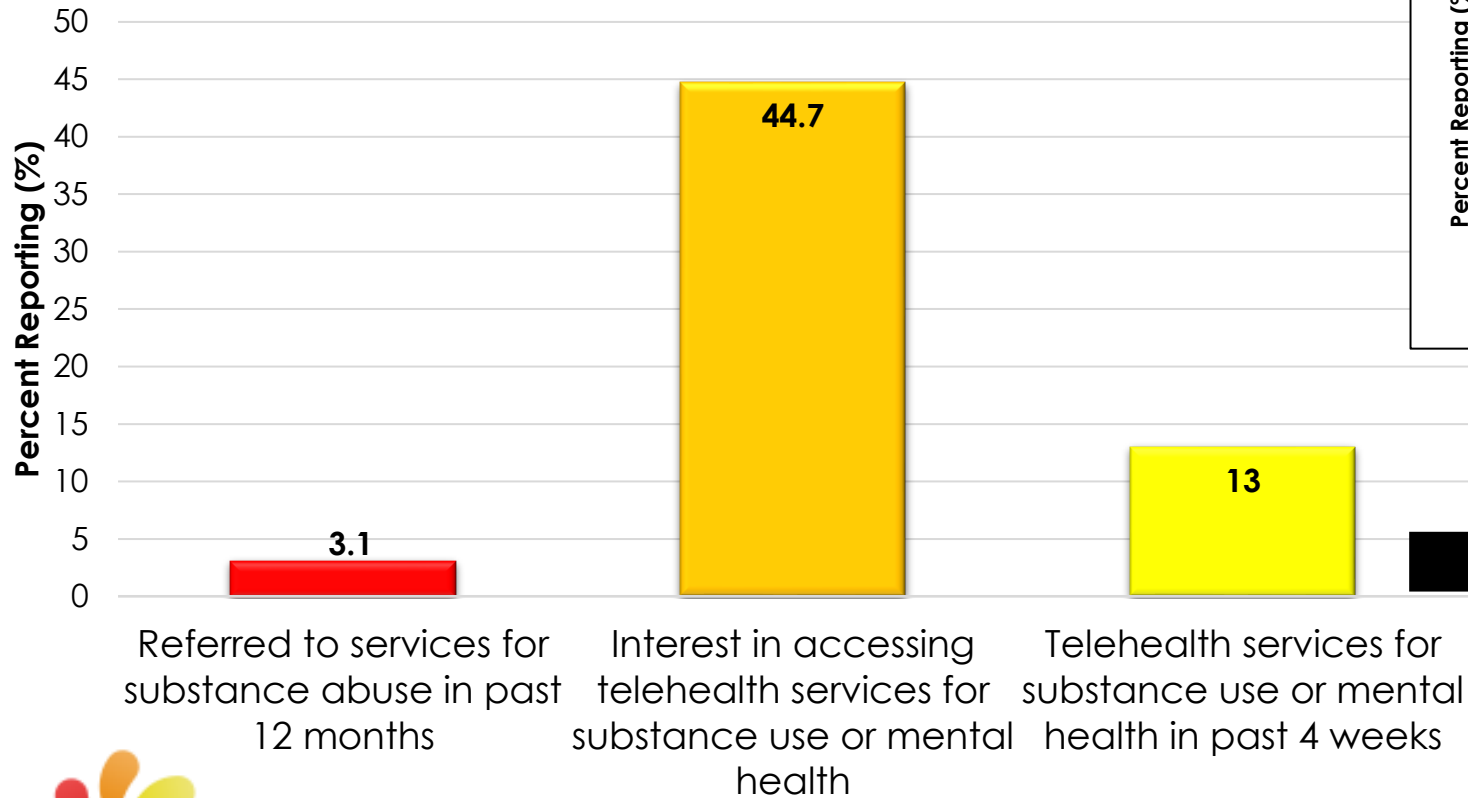
## Perception of Harm from Other Drugs



**NOTE:** "Other illegal drugs" include cocaine, LSD, methamphetamine, or club drugs like ecstasy and roofies



## Behavioral Health Services



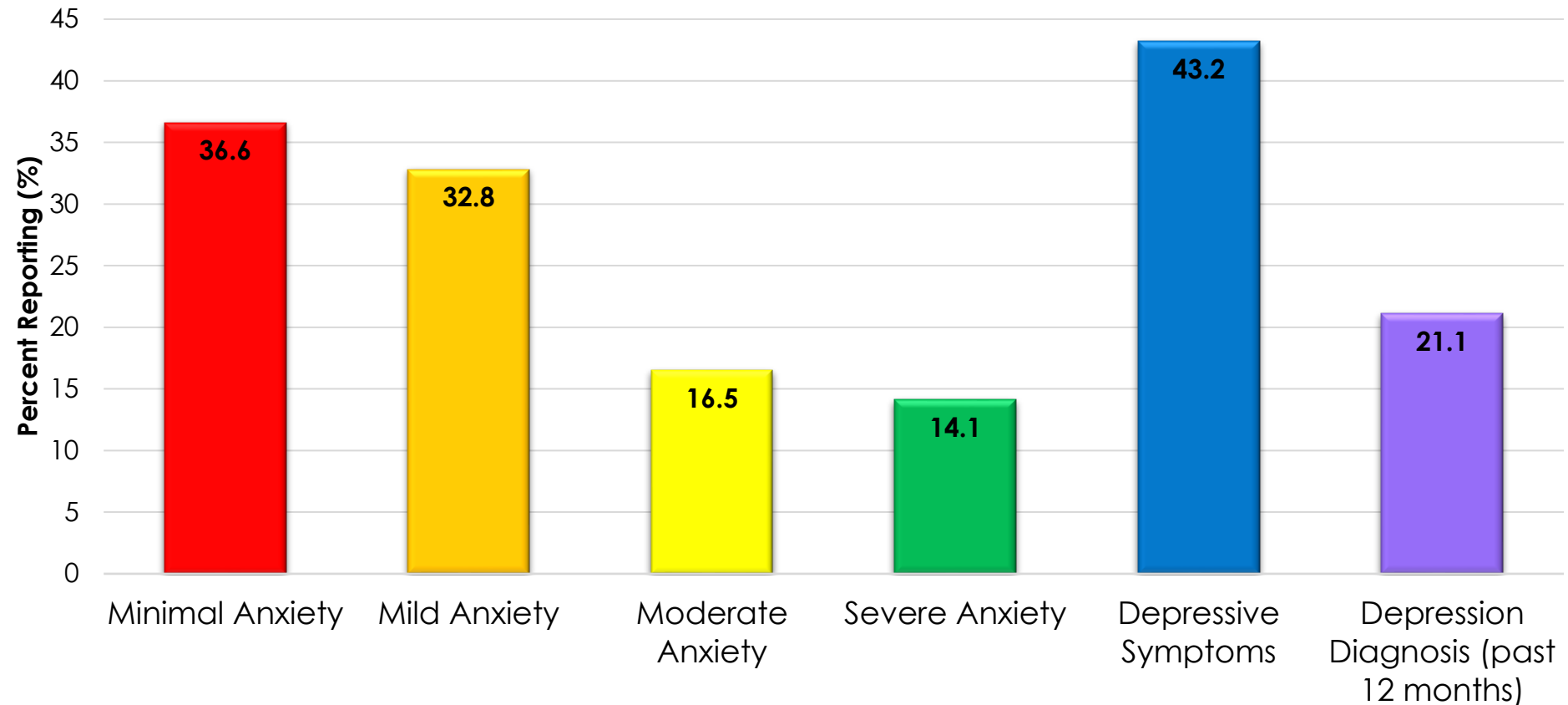
# MENTAL HEALTH



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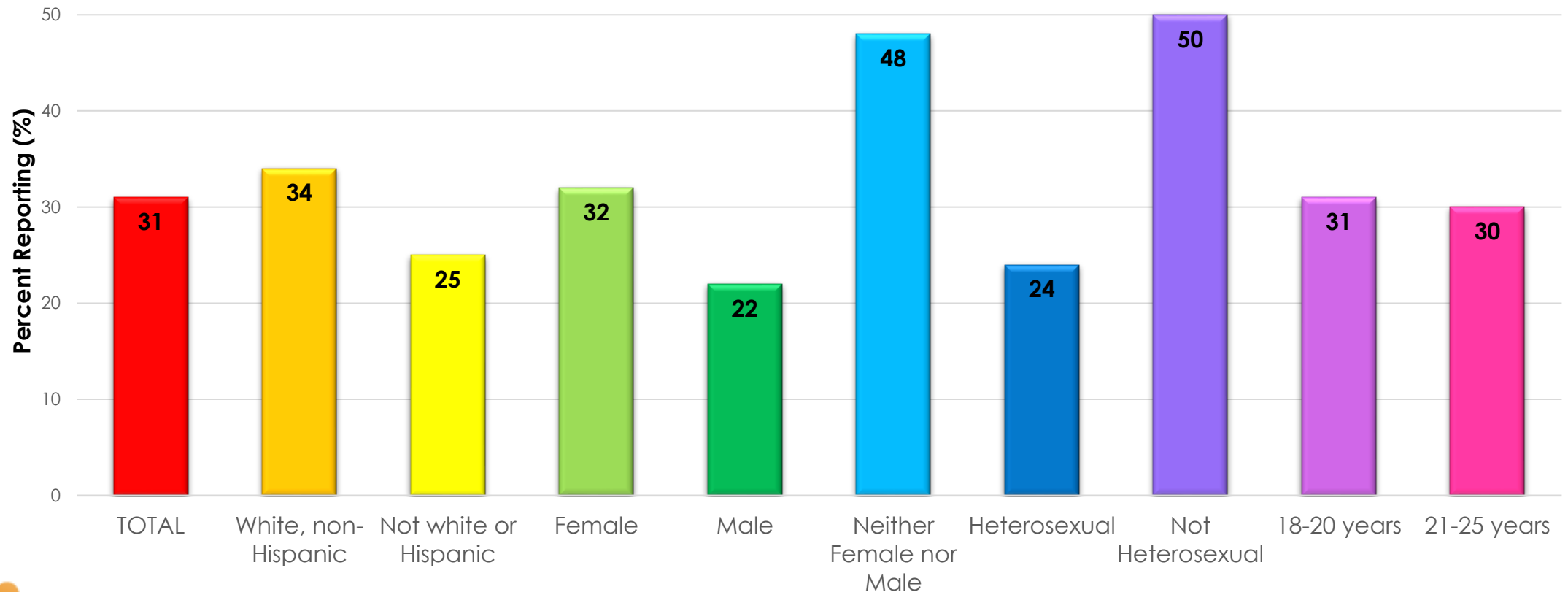
## Mental Health Outcomes



**NOTE:** Anxiety outcomes were assessed with the GAD-7<sup>2</sup> with scores 0-4 for minimal anxiety, 5-9 for mild anxiety, 10-14 for moderate anxiety, and 15-21 for severe anxiety. Depressive symptoms were assessed using the CES-D-10<sup>3</sup>, with a cut-off score of 10+.



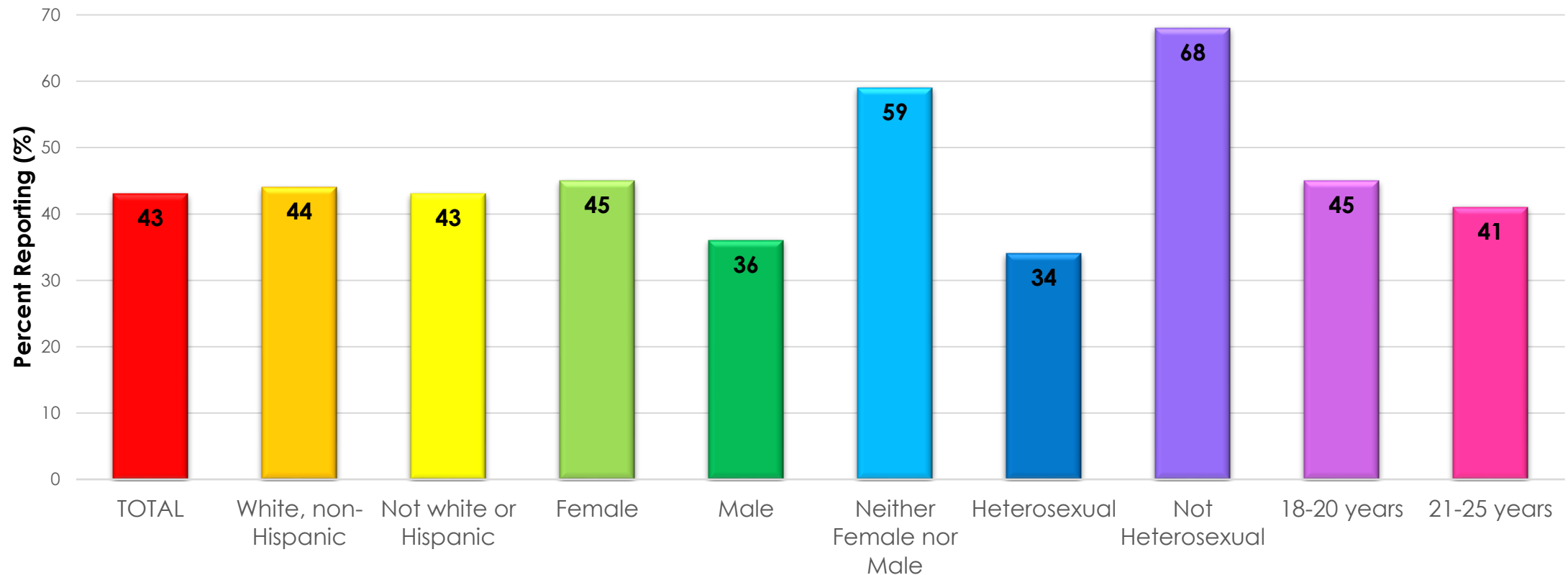
## Anxiety



**NOTE:** Anxiety was assessed with the GAD-7<sup>2</sup> with a cut-off score of 10+. Anxiety is significantly different by race/ethnicity ( $p=0.017$ ), gender ( $p=0.013$ ), sexual orientation ( $p<0001$ ), but not significantly different by underage status.



## Depressive Symptoms

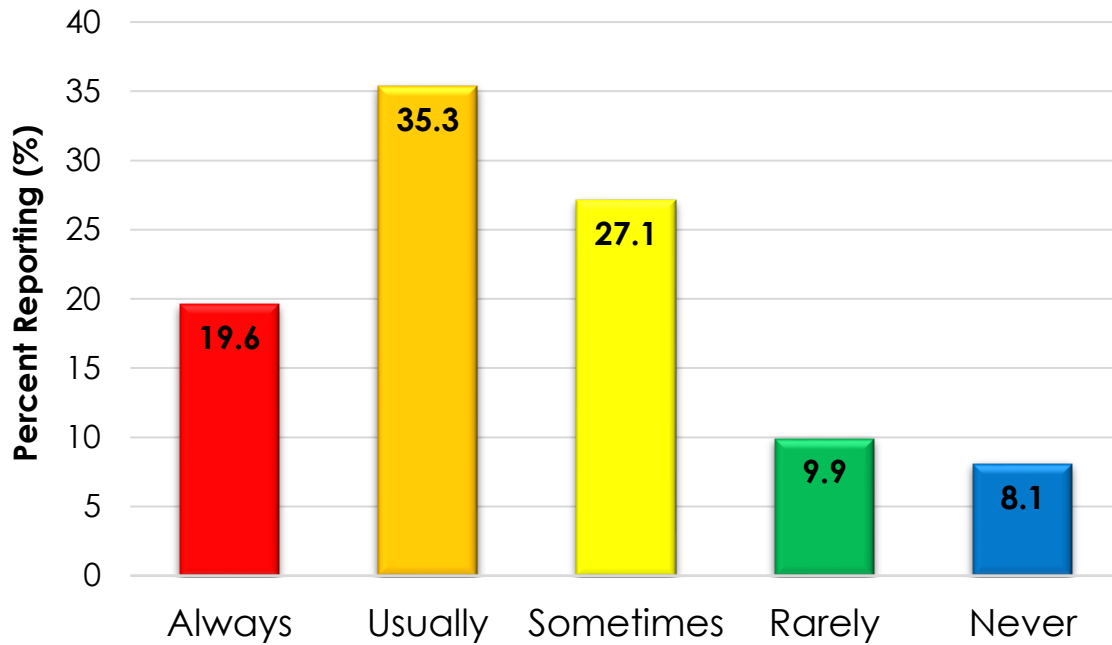


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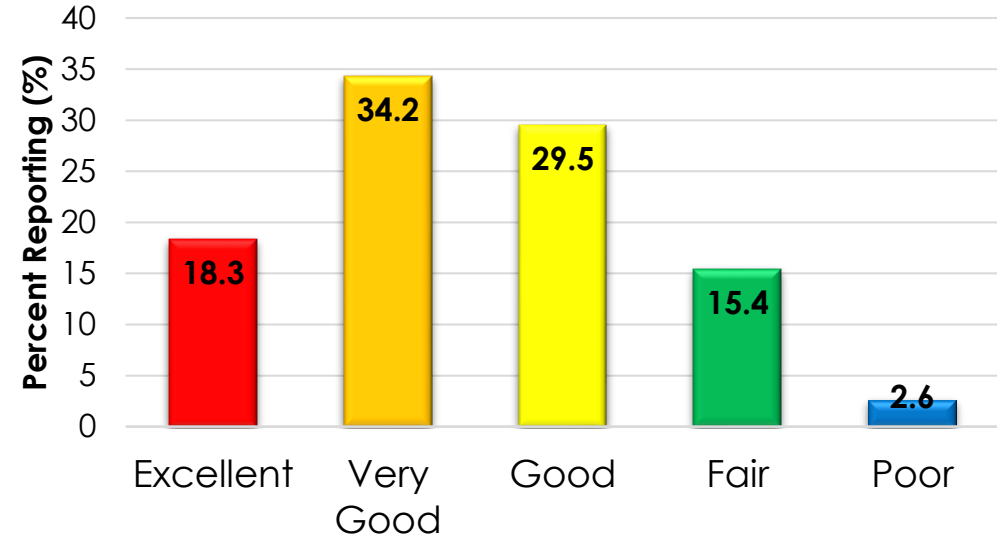
**NOTE:** Depressive symptoms were assessed using the CES-D-10<sup>3</sup>, with a cut-off score of 10+. Depressive symptom differences by sexual orientation were significant ( $p < 0.001$ ), and by gender were marginally significant ( $p = 0.053$ ), but no significant differences by race/ethnicity or underage status.



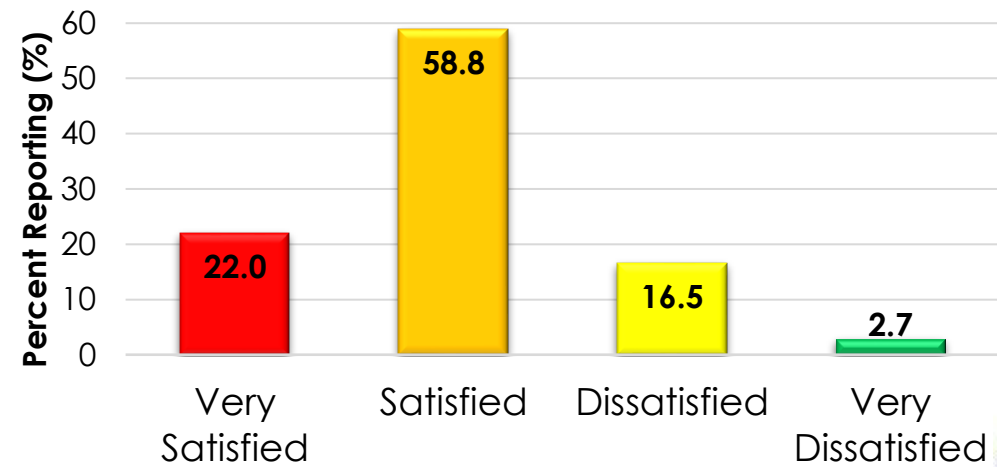
## How often do you get the social and emotional support you need?



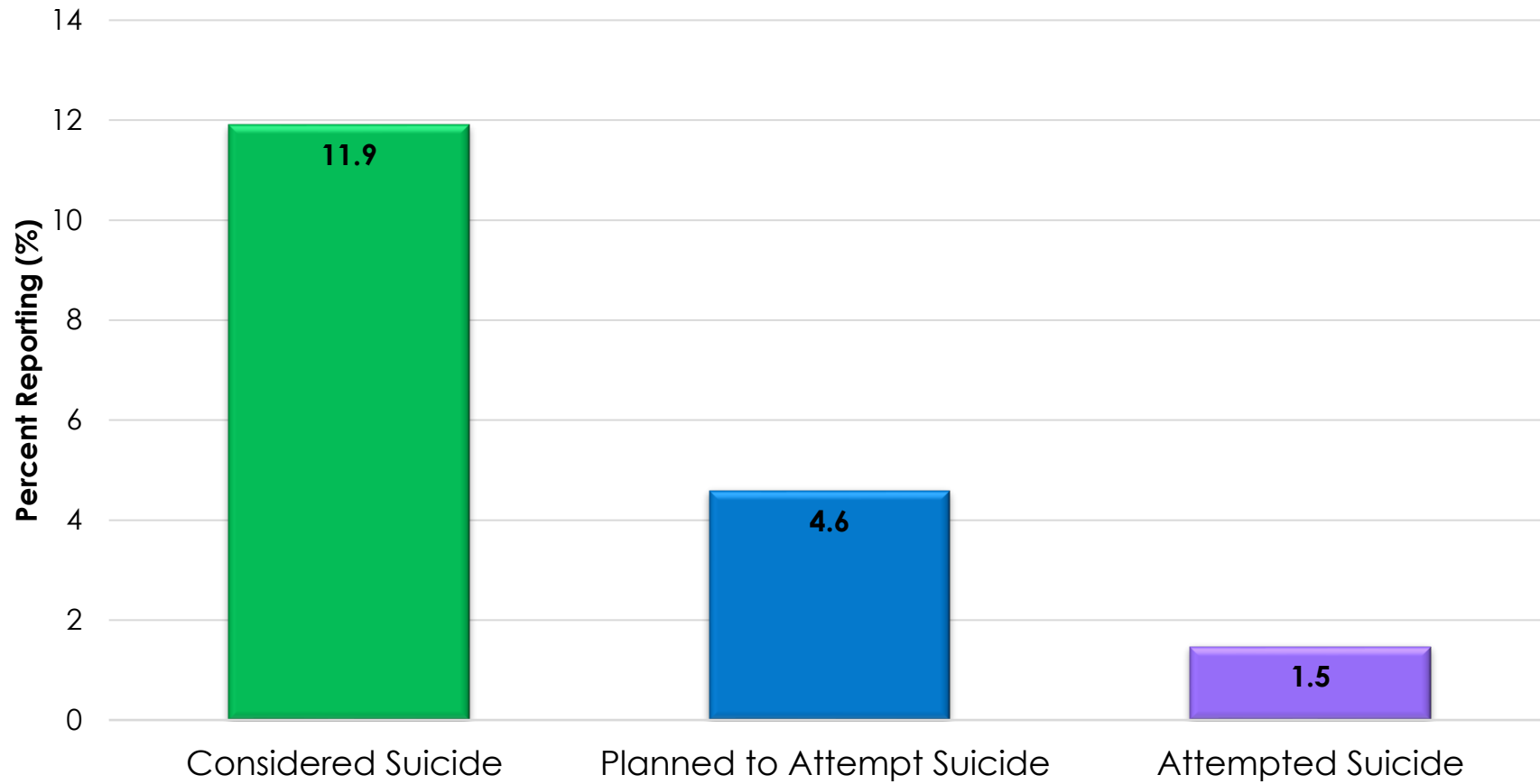
## General Health



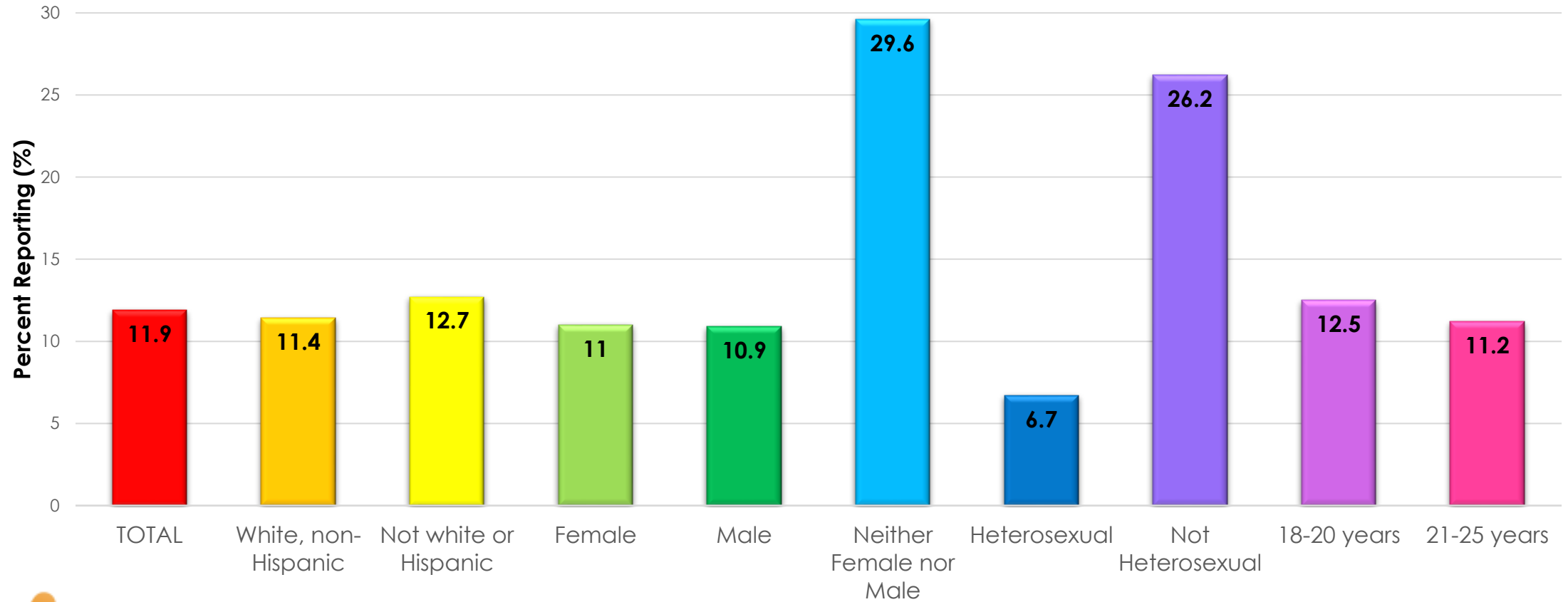
## Life Satisfaction



## Suicide Outcomes in the Past 12 Months

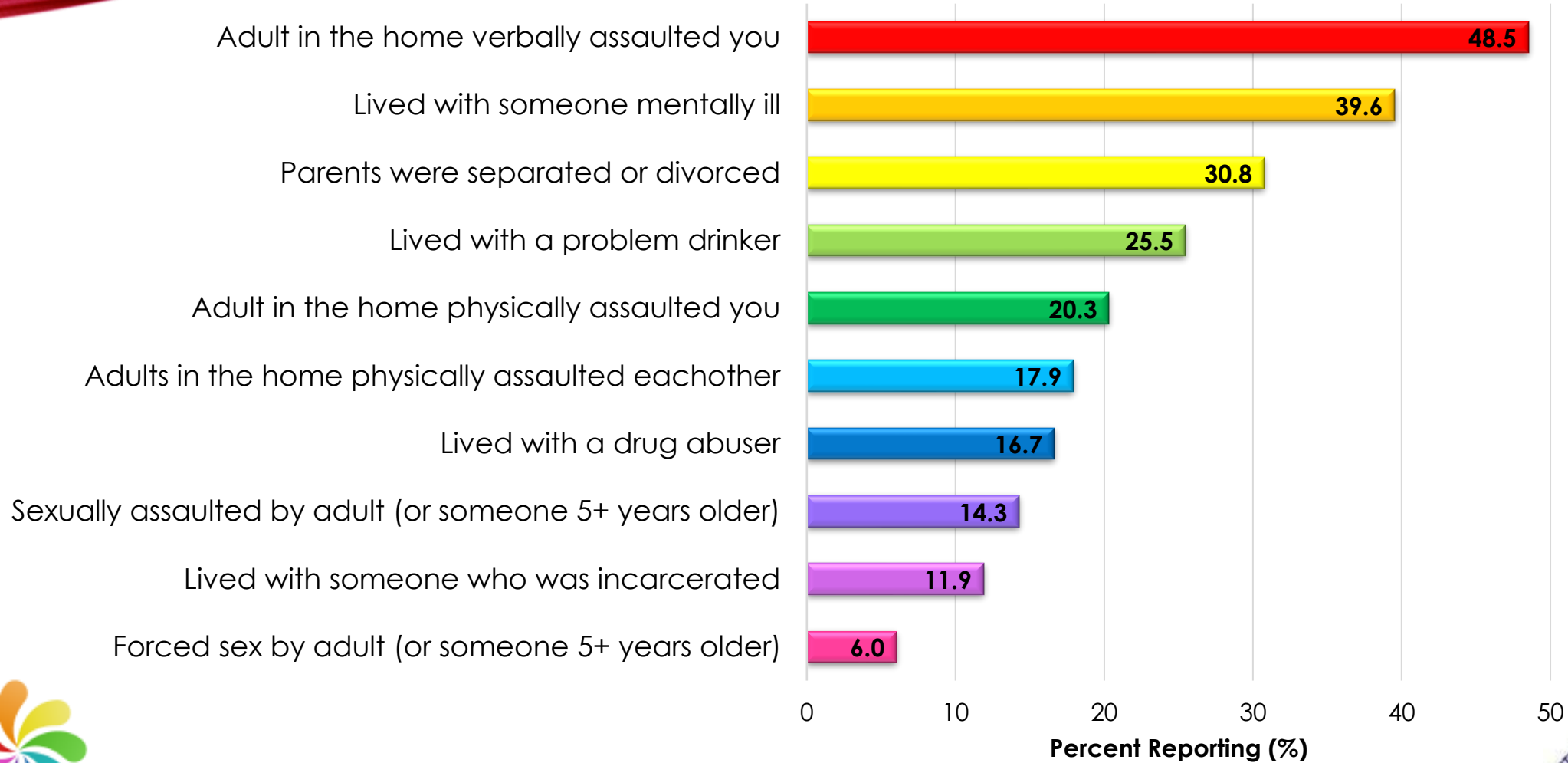


## Considered Suicide in Past 12 Months

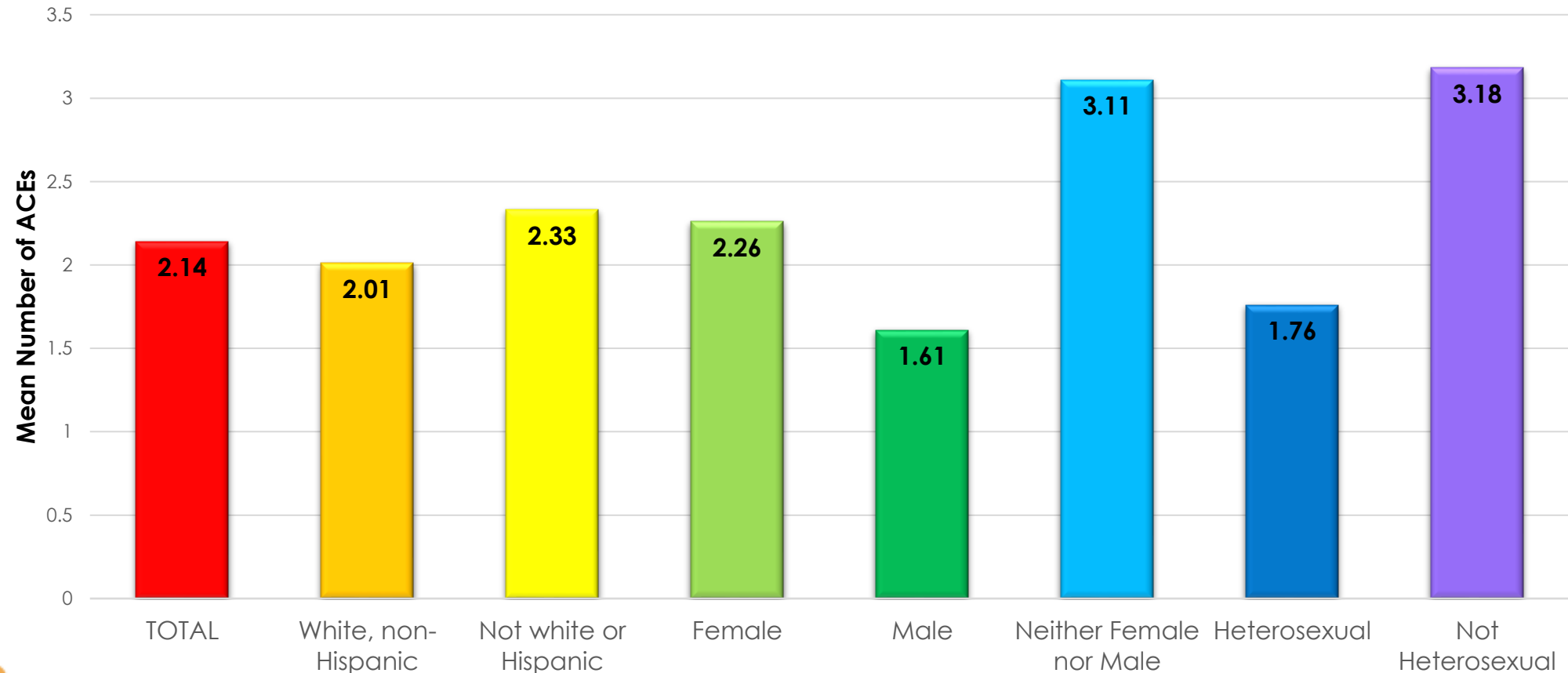


**NOTE:** Having considered suicide was significantly different by gender ( $p=0.014$ ) and sexual orientation ( $p<0.001$ ), but not by race/ethnicity or underage status.

## Adverse Childhood Experiences



## Adverse Childhood Experiences



**NOTE:** The ACEs module from the BRFSS was used, with a possible 0-8 ACEs score. Mean ACE differences were marginally significant by race/ethnicity ( $p=0.08$ ), and significantly different by gender ( $p=0.002$ ) and sexual orientation ( $p<0.001$ ).



# WHAT'S NEXT?

- The RIYAS will be **administered again in 2022**, with a goal to sustain the RIYAS moving forward
- We aim to use future administrations to make region-specific estimates and comparisons
- For questions or data requests, please contact **[srrosenthal@gmail.com](mailto:srrosenthal@gmail.com)**



# REFERENCES

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