

# 2017 - 2024 MiPHY Countywide Trending Report High School & Middle School

Substance Use, Mental Health, Violence, Sexual Behavior,  
Weight/Nutrition and Physical Activity

The Michigan Profile for Healthy Youth (MiPHY) is a voluntary and anonymous online student health survey provided by the Michigan Department of Education for use by local school and districts to assess the health related needs of their students.

Survey participation allows schools and community agencies to make data driven decisions to improve prevention and health promotions programming.



During the 2023-2024 MiPHY cycle, 5 St. Clair County School districts participated.

## Key Points

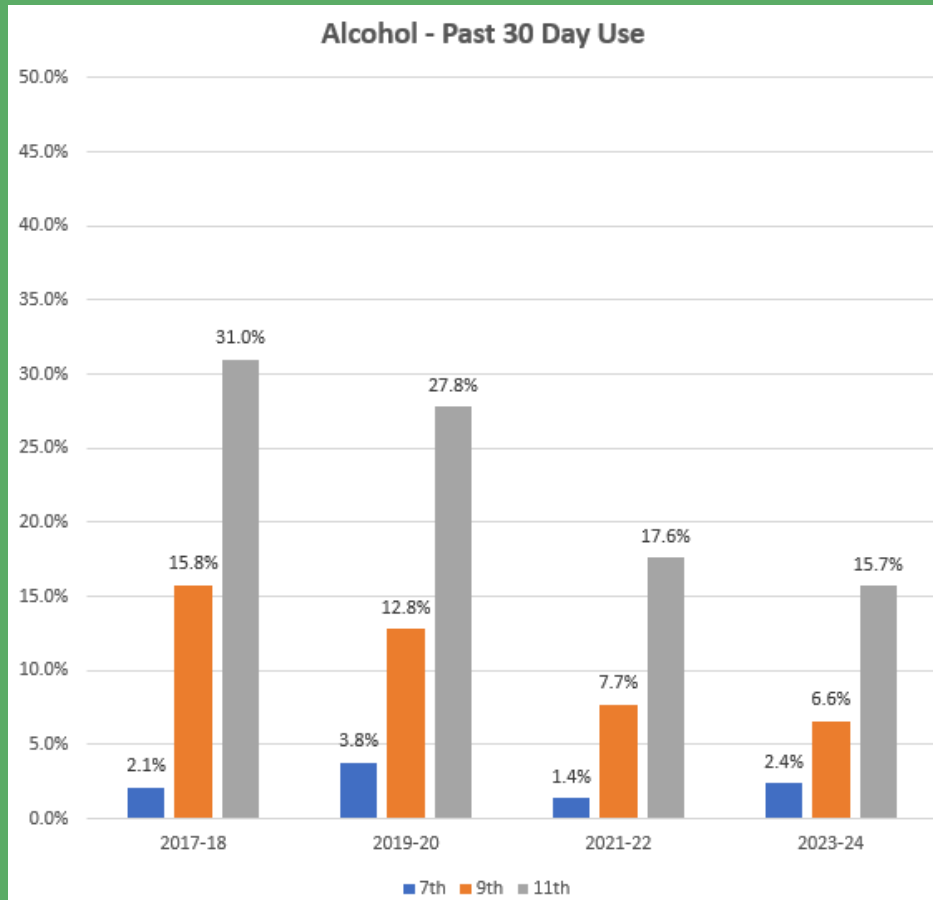
- While vaping, marijuana, and alcohol are still the most commonly used substances among young people in St. Clair County (SCC), their use has **decreased** across most age groups from 2017 to 2024.
- 11th graders are consistently having sex at much **higher rates** than their 7th and 9th grade counterparts.
- The percentage of students who did not go to school because they felt unsafe at school or on their way to school has markedly **increased** during the past two reporting cycles (2021-22, 2023-24).
- The percentage of students who drank soda or pop one or more times per day for the past 7 days has **held steady** throughout the years hovering around **20%** for all age groups.
- From 2017 to 2024, approximately **30%** of students surveyed described themselves as slightly or very overweight and over **40%** reported trying to lose weight.
- Just over **50%** of students across all age groups reported being physically active for at least 60 minutes per day on 5 or more of the past 7 days.

## REPORT BACKGROUND

Data was obtained from the 2017-18, 2019-20, 2021-22 and 2023-24 St. Clair County MiPHY, a student survey assessing 7th, 9th, and 11th graders' substance use, violence, bullying, nutrition, physical activity, sexual behavior, and emotional health.

# ALCOHOL

The graph below depicts past 30 day use of alcohol for county 7th, 9th, and 11th grade students.

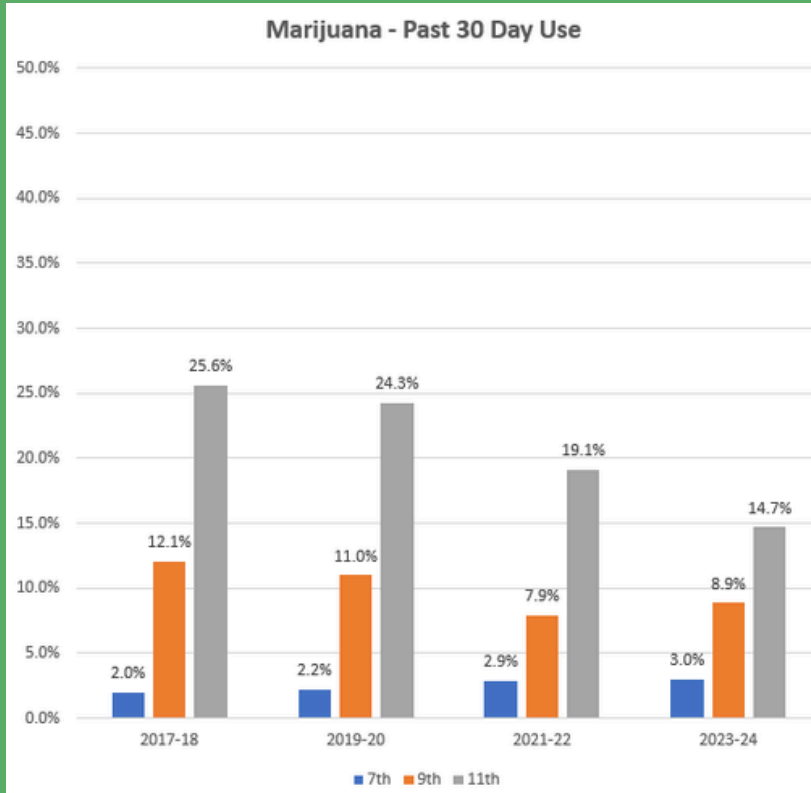


The past 30 day use of alcohol for county 7th graders has remained under 5% throughout the reporting period.

The past 30 day use of alcohol for county 9th & 11th graders has *decreased* each year since the 2017-18 MiPHY cycle.

# MARIJUANA & PRESCRIPTION DRUGS

The graphs below depict past 30 day use of marijuana and prescription drugs for county 7th, 9th, and 11th grade students.



The past 30 day use of marijuana for 7th graders has *remained consistent* throughout the reporting period.

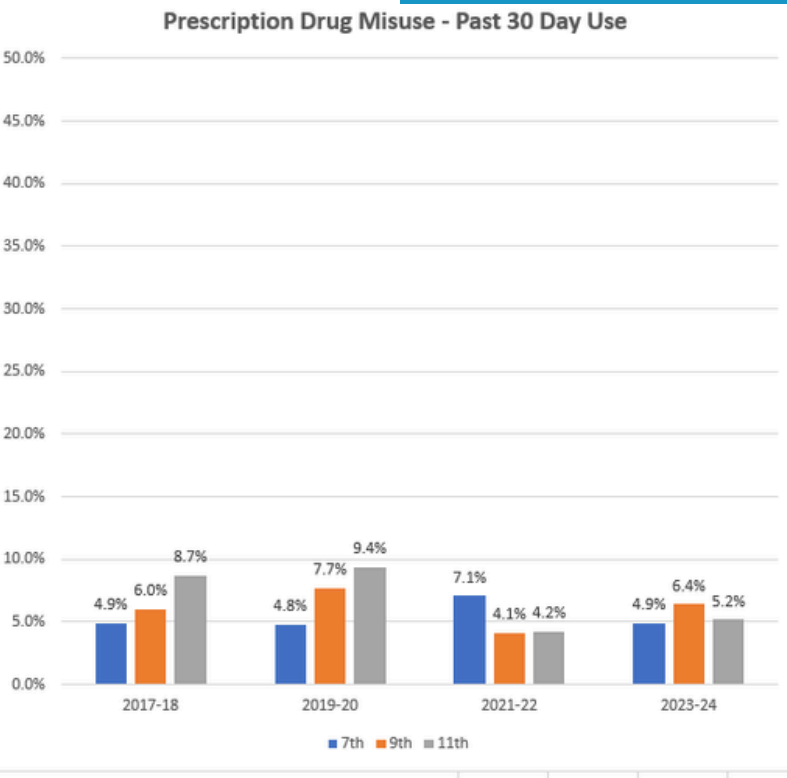
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The past 30 day use of marijuana for county 9th & 11th graders has *decreased* throughout the reporting period.

Prescription drug misuse among county 7th graders in the last 30 days has *remained consistent* with the exception of a spike in 2021-22.

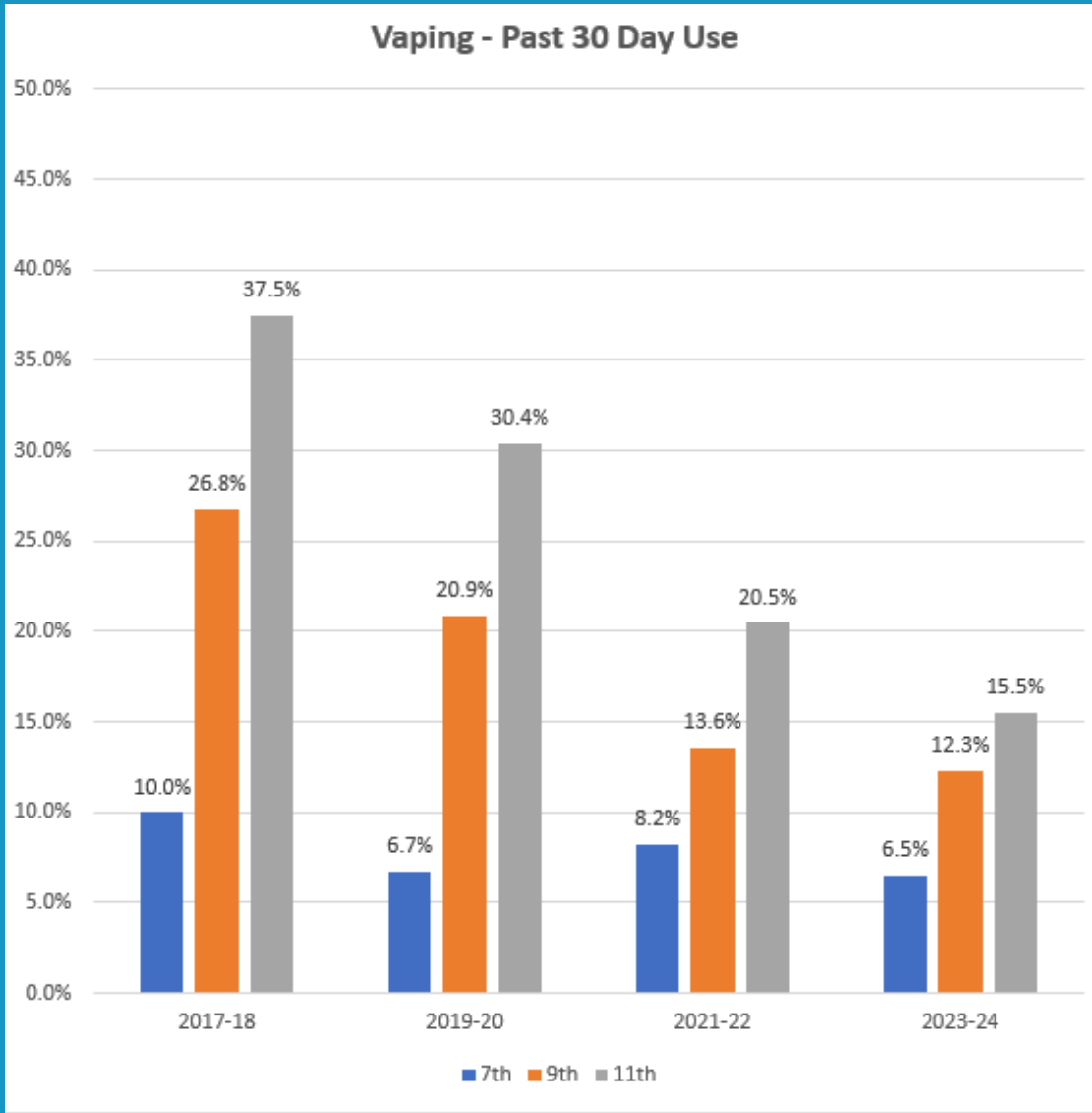
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Prescription drug misuse for county 9th & 11th graders in the last 30 days has *fluctuated* over time with the latest report showing an *increase*.



# VAPING

The graph below depicts the past 30 day use of vaping for county 7th, 9th, 11th grade students.

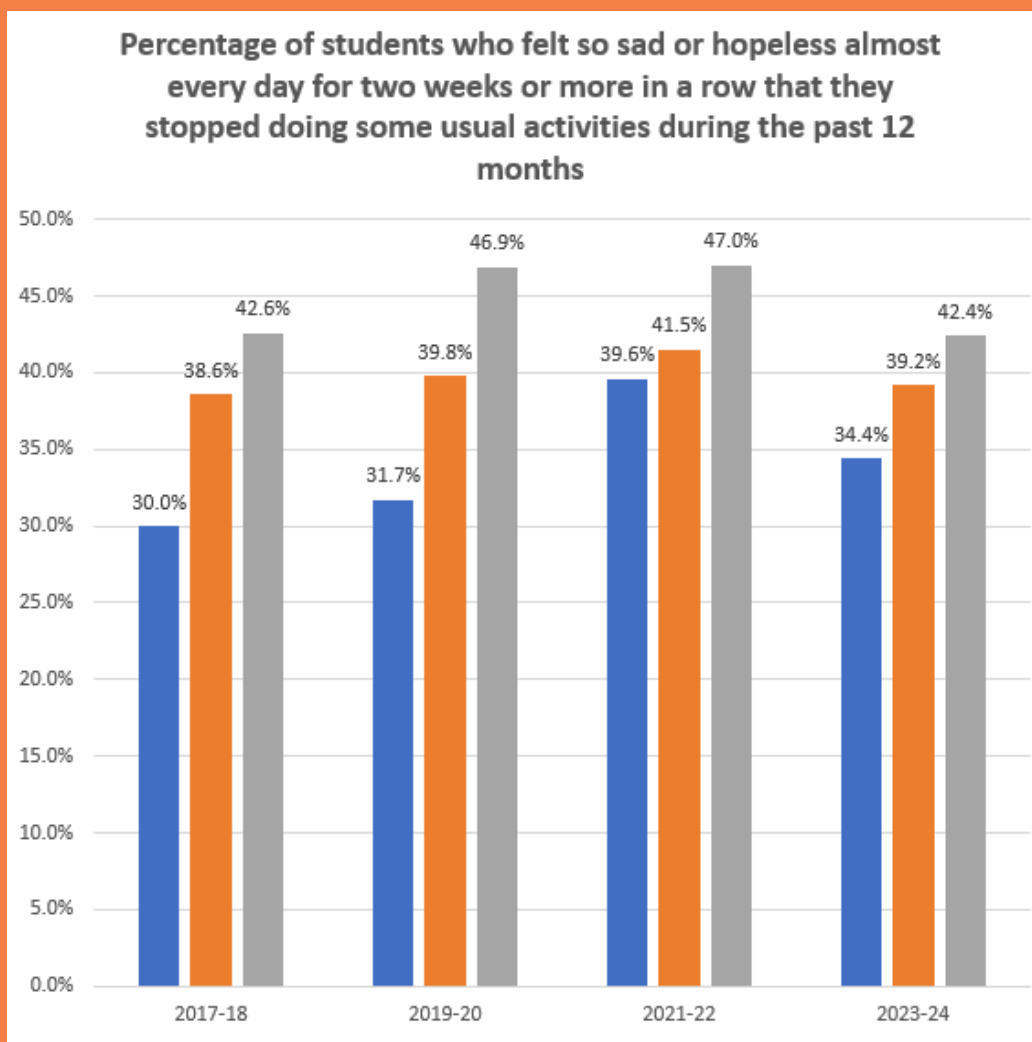


The past 30 day use of vaping for county 7th graders has *stayed at or below 10%* since the 2017-18 MiPHY cycle.

The past 30 day use of vaping for county 9th & 11th graders has *decreased* each year since the 2017-18 MiPHY cycle.

# DEPRESSION YOUTH MENTAL HEALTH

The graph below depicts the percentage of county 7th, 9th, and 11th grade students who reported experiencing depression within the past 12 months.



For the past 7 years, *one in three* 7th graders reported feeling sad or hopeless almost every day for two weeks.

The percentage of 9th & 11th graders who felt sad or hopeless almost every day for two weeks *fluctuated* over time, with the latest reporting showing a *decrease*.



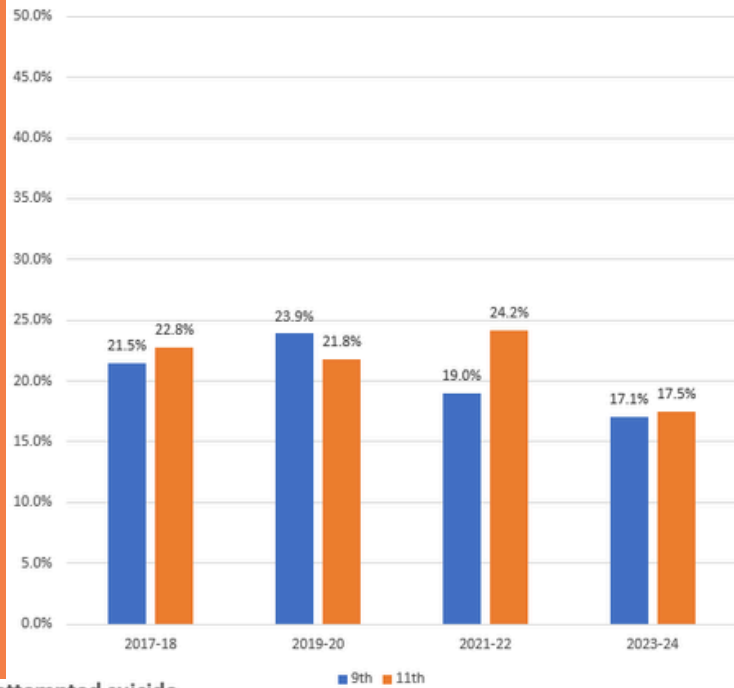
# SUICIDE YOUTH MENTAL HEALTH

The graphs below depict the percentage of county 9th and 11th grade students who reported having suicidal thoughts and suicide attempts within the past 12 months.

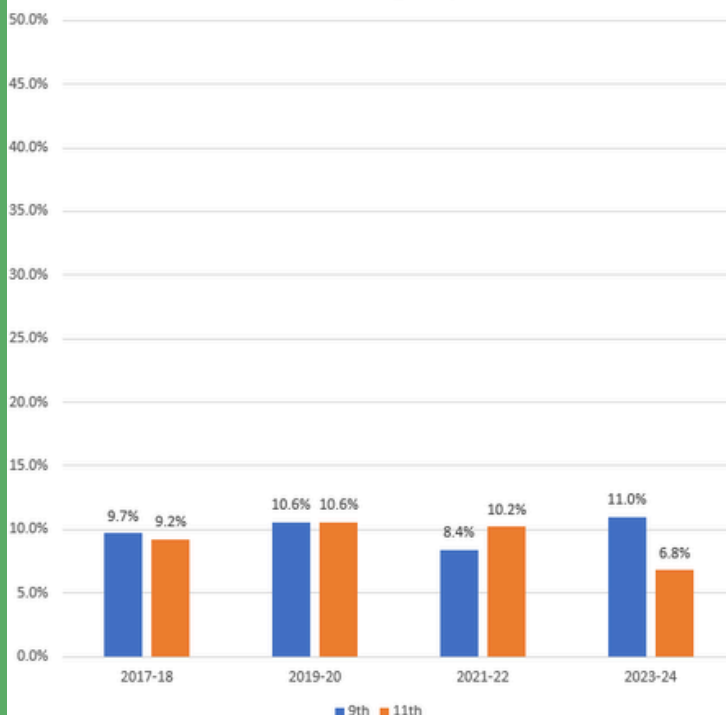


The last reporting cycle of 2023-24 showed the **lowest** percentages of 9th & 11th graders who seriously considered suicide during the past 12 months since 2017-18.

Percentage of students who seriously considered attempting suicide during the past 12 months



Percentage of students who actually attempted suicide one or more times during the past 12 months

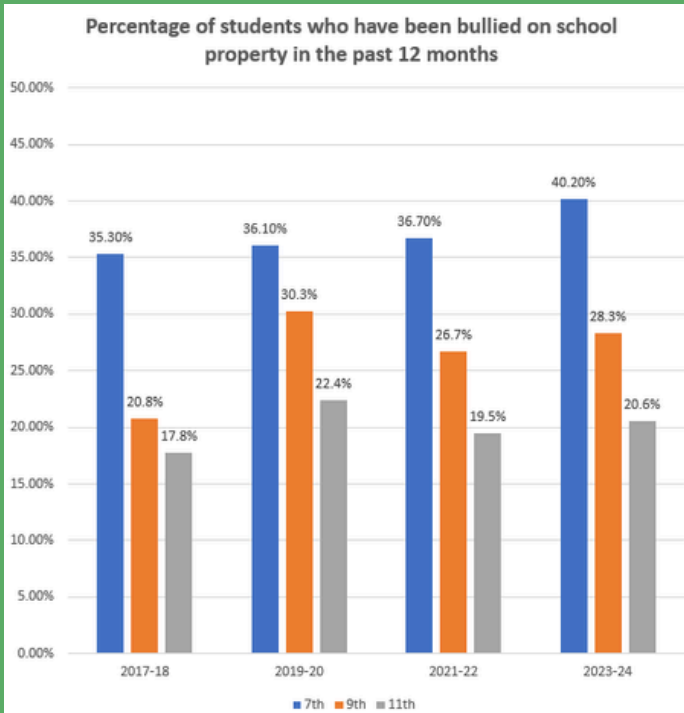


The percentage of 9th graders who actually attempted suicide one or more times during the past 12 months has **hovered around 10%** for the past 7 years.

The percentage of 11th graders who actually attempted suicide one or more times during the past 12 months has **fluctuated** over time with the latest report showing a **decrease**.

# BULLYING

The graphs below depict the percentage of 9th and 11th grade students who reported being bullied on school property and electronically bullied in the past 12 months.



The percentage of 7th graders who reported being bullied on school property in the the past 12 months has *increased* over time.

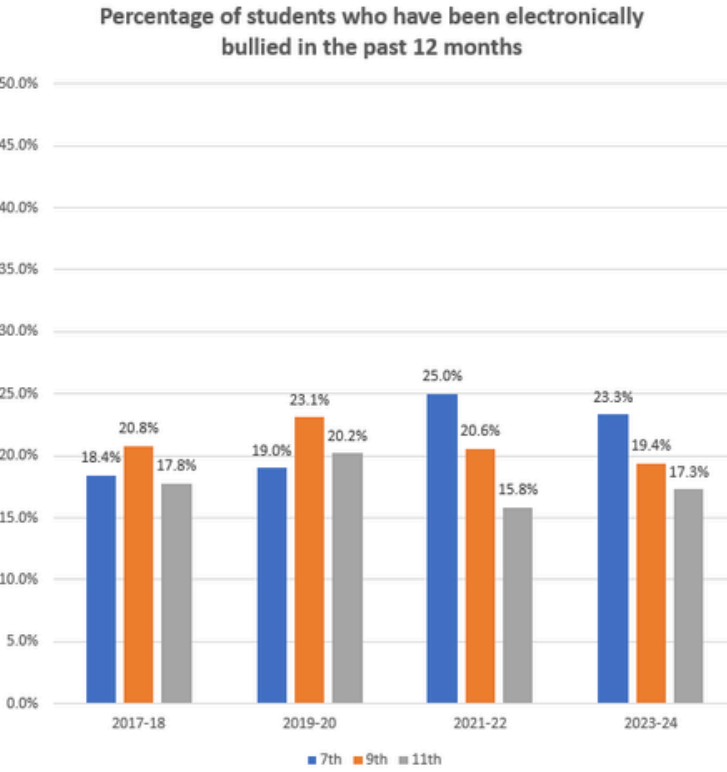
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The percentage of 9th & 11 graders who reported being bullied on school property in the past months has *fluctuated* over time.

During the last two reporting cycles (2021-22, 2023-24) *nearly one in four* 7th graders reported being electronically bullied in the past 12 months.

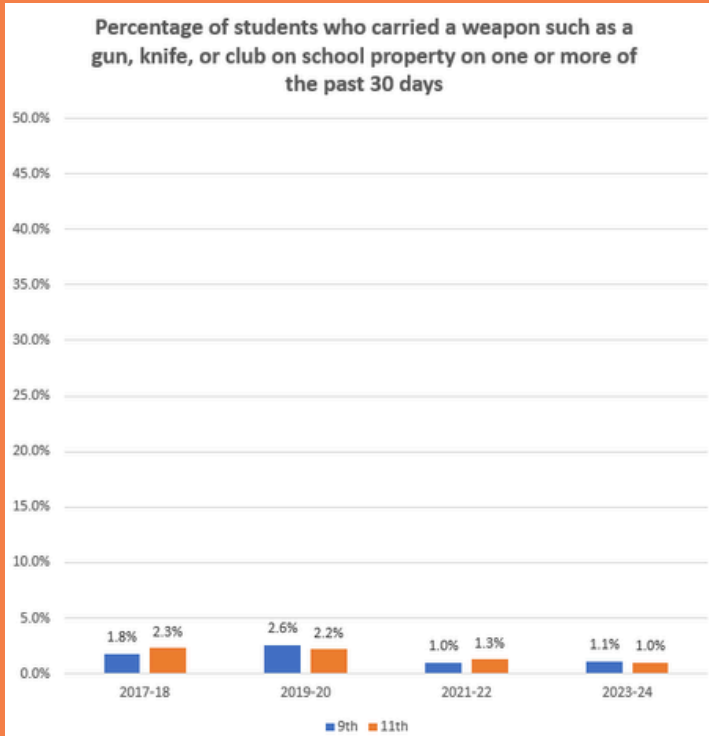
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The percentage of 9th & 11 graders who reported being electronically bullied in the past 12 months has *fluctuated* over time.



# SAFETY & VIOLENCE

The graphs below depict the percentage of county 9th and 11th graders who carried a weapon and those who did not go to school because they felt unsafe at school or on their way to school.

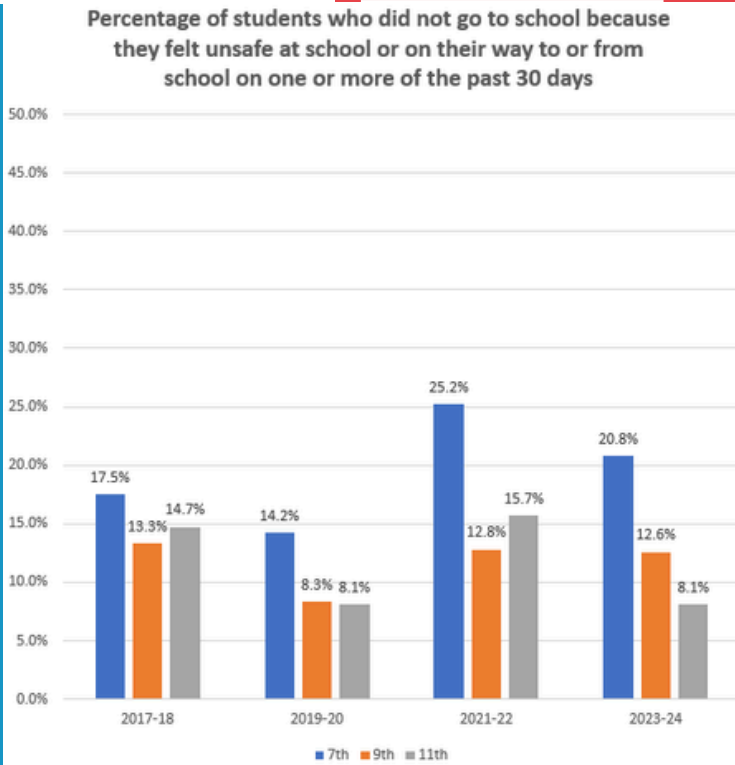


The percentage of 9th & 11 graders who carried a weapon on school property has *hovered around 1%* for the past two reporting cycles (2021-22, 2023-24).



Since 2021-22, the percentage of 7th graders who did not feel safe at school or on their way has *exceeded 20%*.

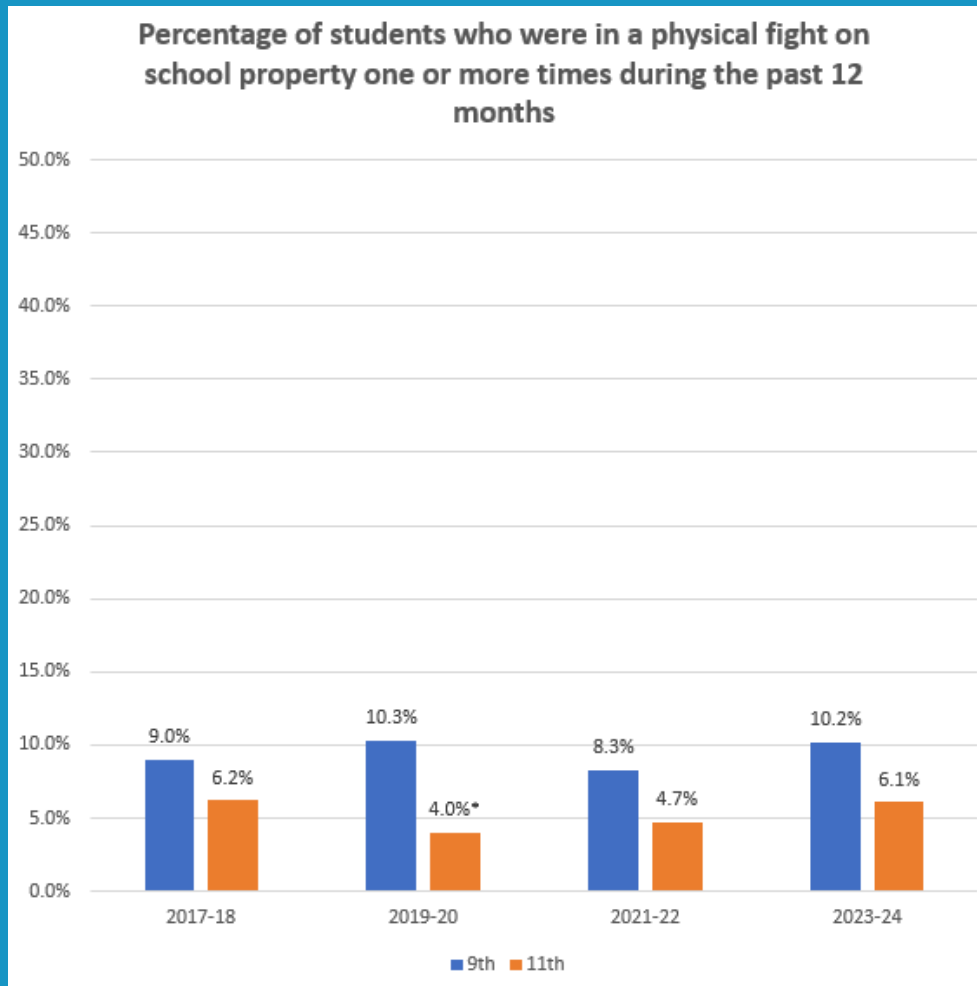
The percentage of 9th & 11th graders who did not feel safe at school or on their way has *fluctuated* with the latest report showing a *decrease*.





# VIOLENCE

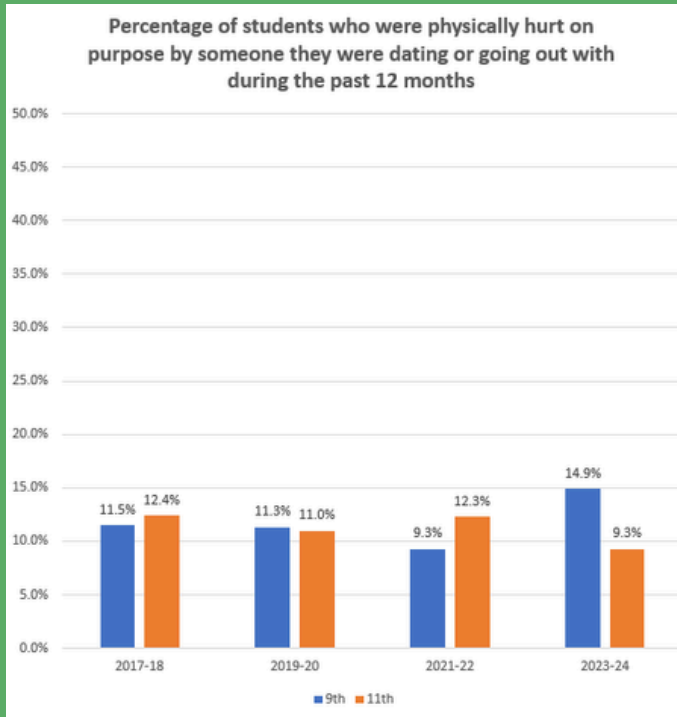
The graph below depicts the percentage of 9th and 11th graders who were in a physical fight on school property.



The percentage of 9th graders who were in a physical fight on school property in the last 12 months has *hovered around 10%*, while the percentage of 11th graders has *hovered around 5%*.

# RELATIONSHIP VIOLENCE

The graphs below depict the percentage of students who were physically hurt on purpose by someone they were dating and those who were forced to do sexual things they did not want to do by someone they were dating in the past 12 months.



In 2023-24, the percentage of 9th graders who were physically hurt by someone they were dating *spiked to nearly 15%*.

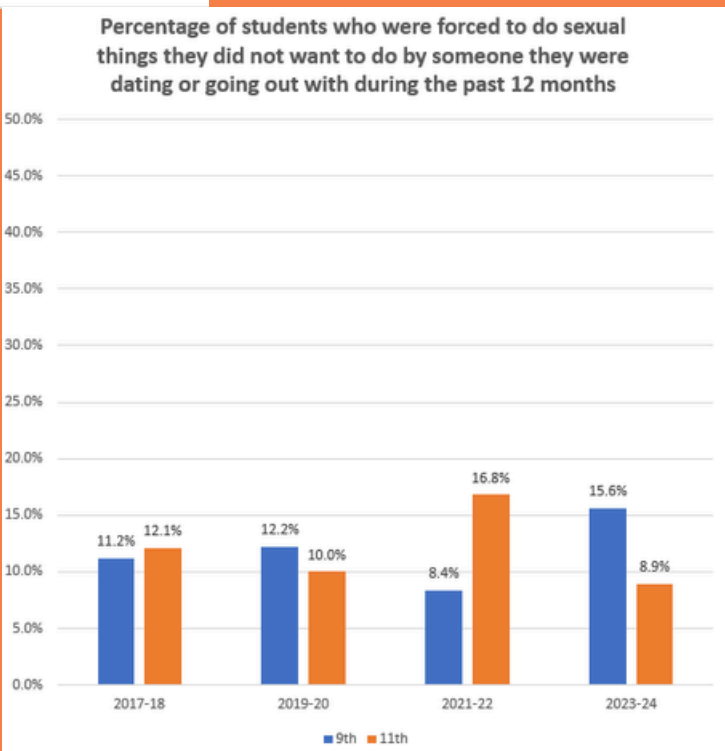
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The percentage of 11th graders who were physically hurt by someone they were dating *decreased* over time.

In 2023-24, the percentage of 9th graders who were forced to do sexual things they did not want to do by someone they were dating *spiked to nearly 16%*.

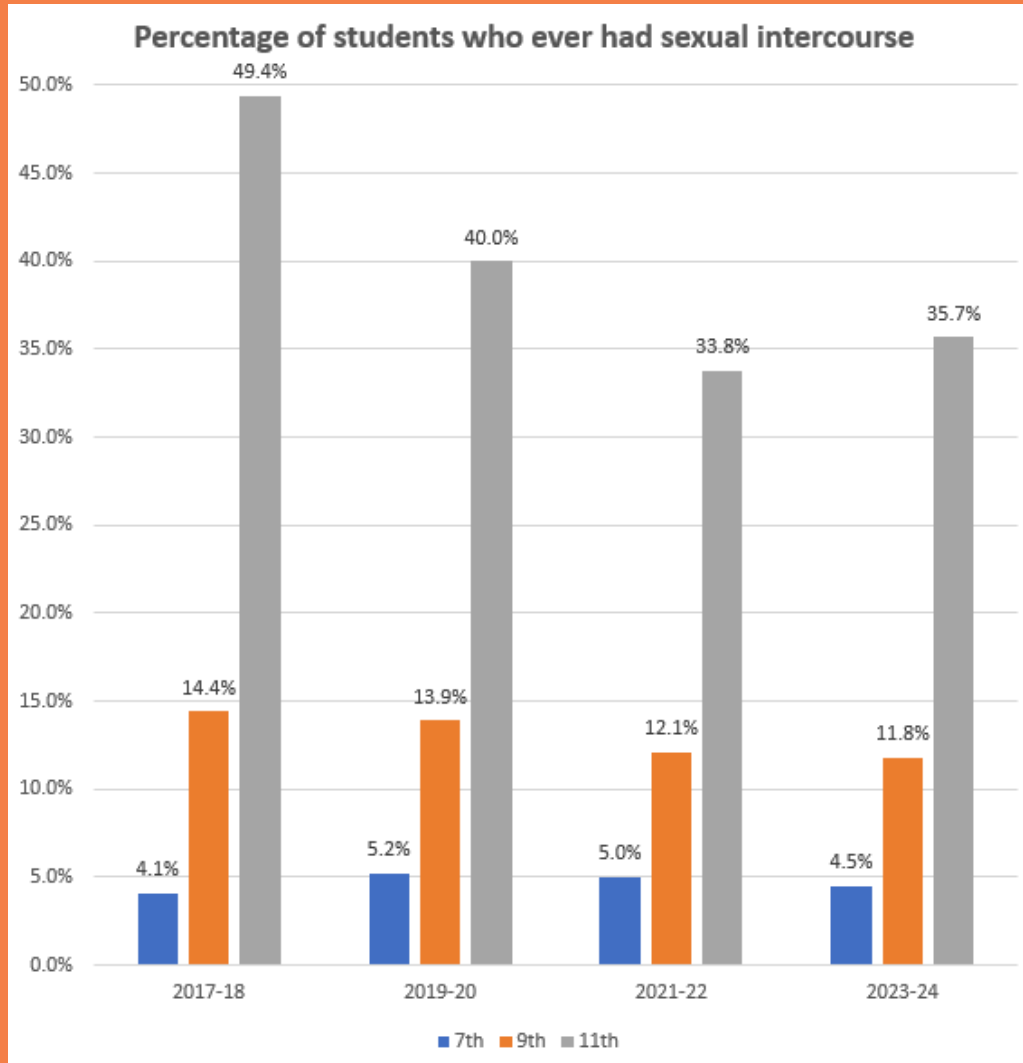
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The percentage of 11th graders who were forced to do sexual things they did not want to do by someone they were dating *fluctuated* over time.



# SEXUAL BEHAVIOR

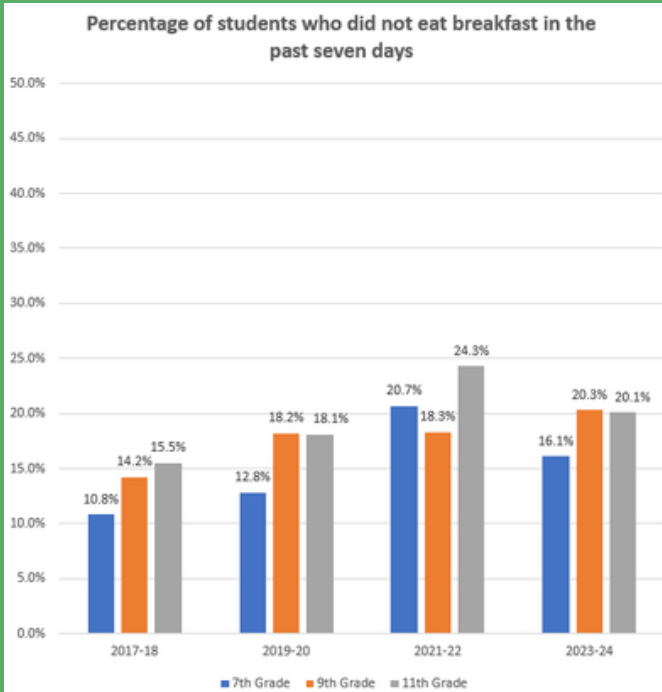
The graph below depicts the percentage of students who ever had sexual intercourse.



The percentage of 7th graders who ever had sexual intercourse has *hovered around 4.5%* over time. The percentage of 9th & 11th graders who ever had sexual intercourse generally *decreased* over time.

# NUTRITION

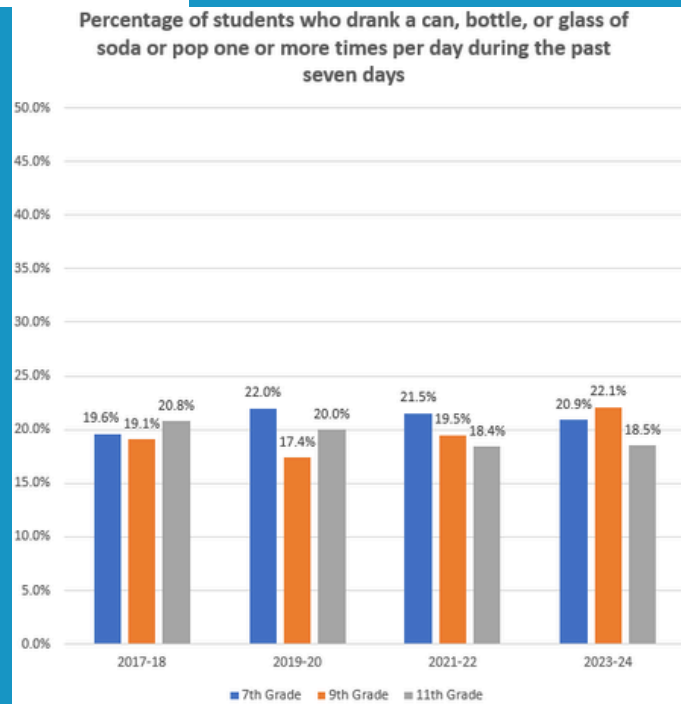
The graphs below depict the percentage of students who did not eat breakfast and those who drank a can, bottle, or glass of soda or pop one or more times per day during the past 7 days.



The percentage of 7th graders who did not eat breakfast in the past seven days was trending *upward* until the latest reporting cycle (2023-24) where it *dipped* to 16.1%.

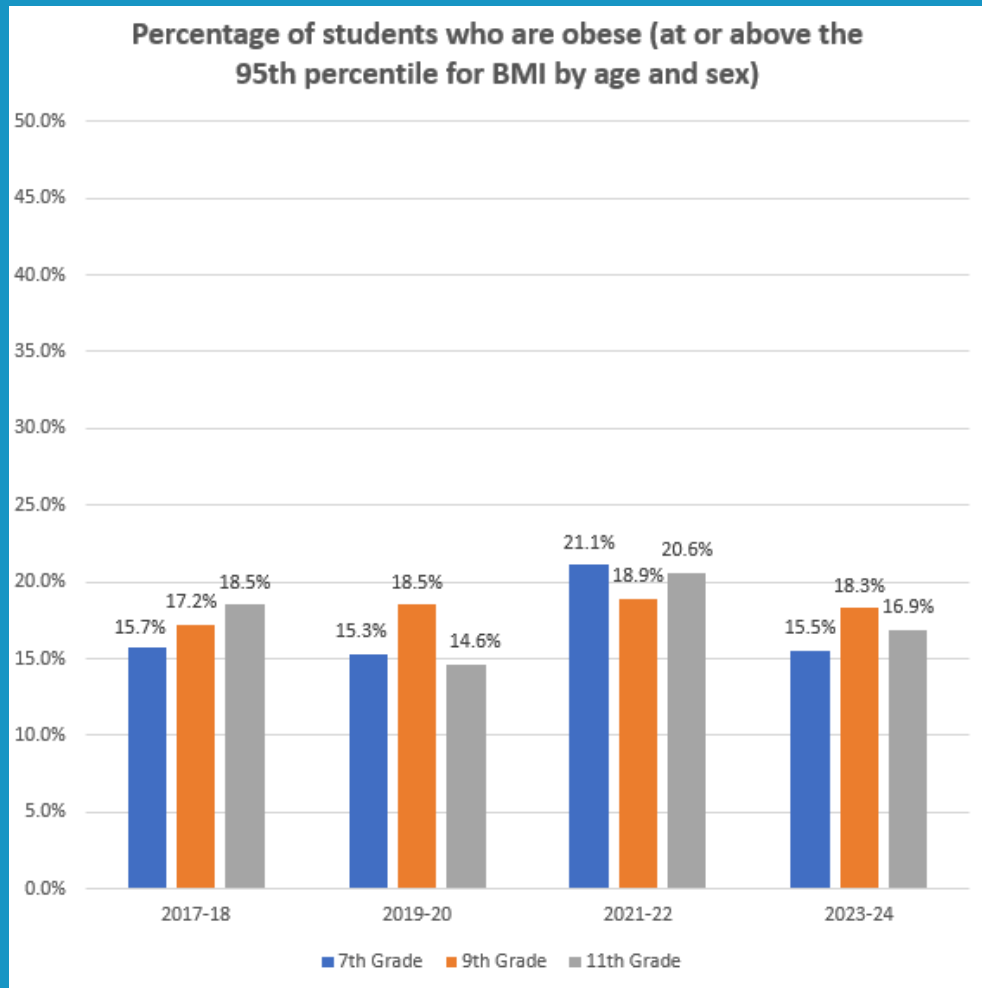
The percentage of 9th graders who did not eat breakfast in the past seven days has *increased* over time while 11th graders reported a *dip* in the latest reporting cycle (2023-24) to 20.1%.

The percentage of 7th, 9th, and 11th graders who consumed a can of soda or pop at least once a day over the past week has *consistently been around 20%* across all age groups.



# NUTRITION

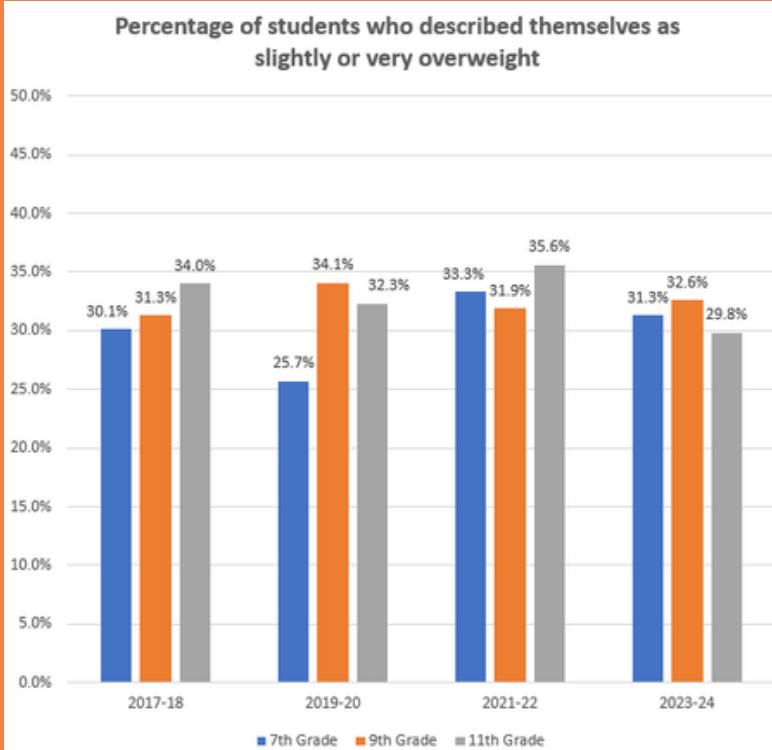
The graph below depicts the percentage of students who are obese.



The percentage of 7th graders who reported themselves as obese *remained consistent* over time with a *spike* in the 2021-22 reporting cycle. The percentage of 11th graders who reported being obese fluctuated over time, while 9th graders *hovered around 18%*.

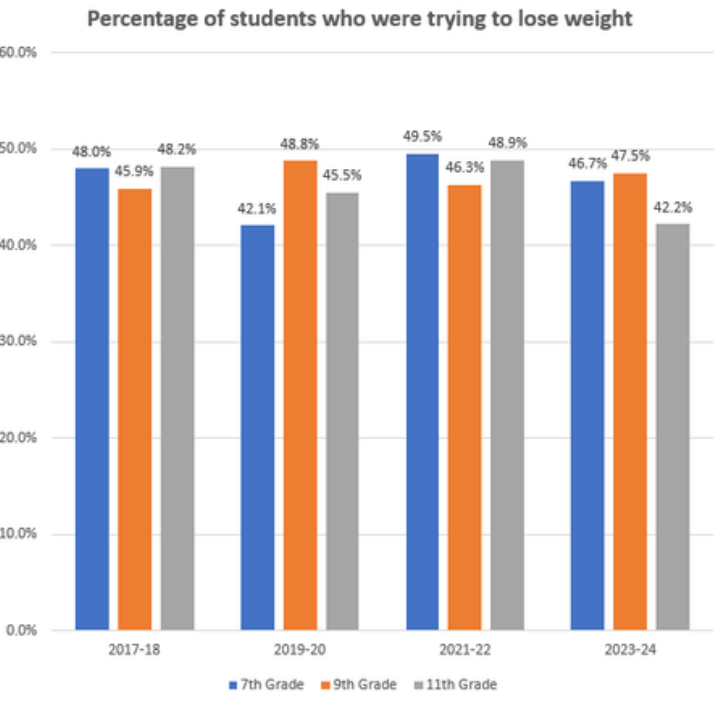
# NUTRITION/PHYSICAL ACTIVITY

The graphs below depict the percentage of students who are trying to lose weight and those who describe themselves as slightly or very overweight.



**1 in 3** students surveyed described themselves as slightly or very overweight throughout the reporting period.

Nearly 50% of all students surveyed reported trying to lose weight throughout the reporting period.



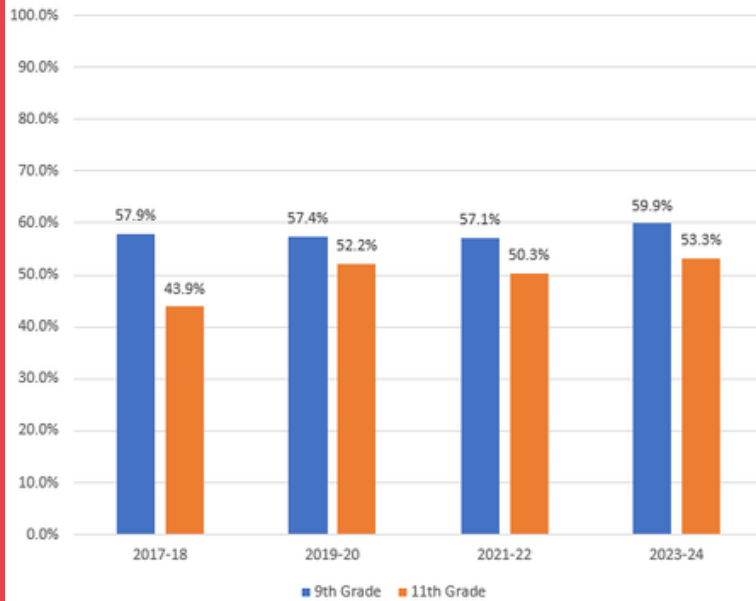
# PHYSICAL ACTIVITY

The graphs below depict the percentage of students who were physically active for a total of 60 minutes per day on five or more of the past 7 days and who attended physical education class daily in an average week when they were at school.

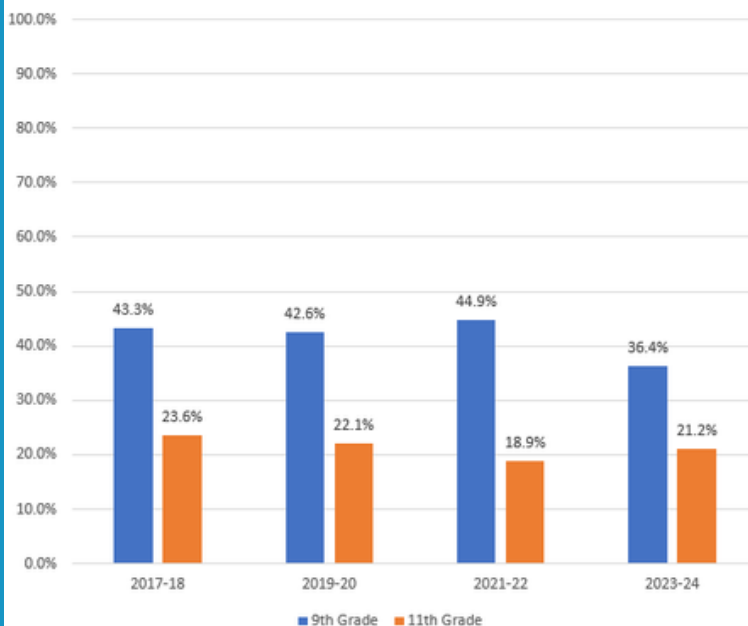
The percentage of 9th graders who were regularly physically active *increased slightly* during the 2023-24 reporting cycle.

The percentage of 11th graders who were regularly physically active *fluctuated* over time with the latest report showing an *increase*.

Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days



Percentage of students who attended physical education (PE) classes daily in an average week when they were in school



The percentage of 9th graders who attended physical education (PE) classes daily when they were in school *dropped by 8.5%* during the last reporting period, while 11th graders participation has *hovered around 21%* over time.