



2021 Summary Report

Survey Administration



- On behalf of the Kansas Department for Aging and Disability Services (KDADS), the Kansas Young Adult Survey (KYAS) is administered every other year to the hard-to-reach population of young adults aged 18-25 both in college and not in college.
- The survey began in 2017 and asks about health, mental health, stress, substance use, and driving under the influence of various substances.
- This statewide survey provides valuable information needed to monitor behavior and attitudes and to plan for prevention.
- Data is located at: <https://kctcdata.org/kansas-young-adult-survey>

Methodology

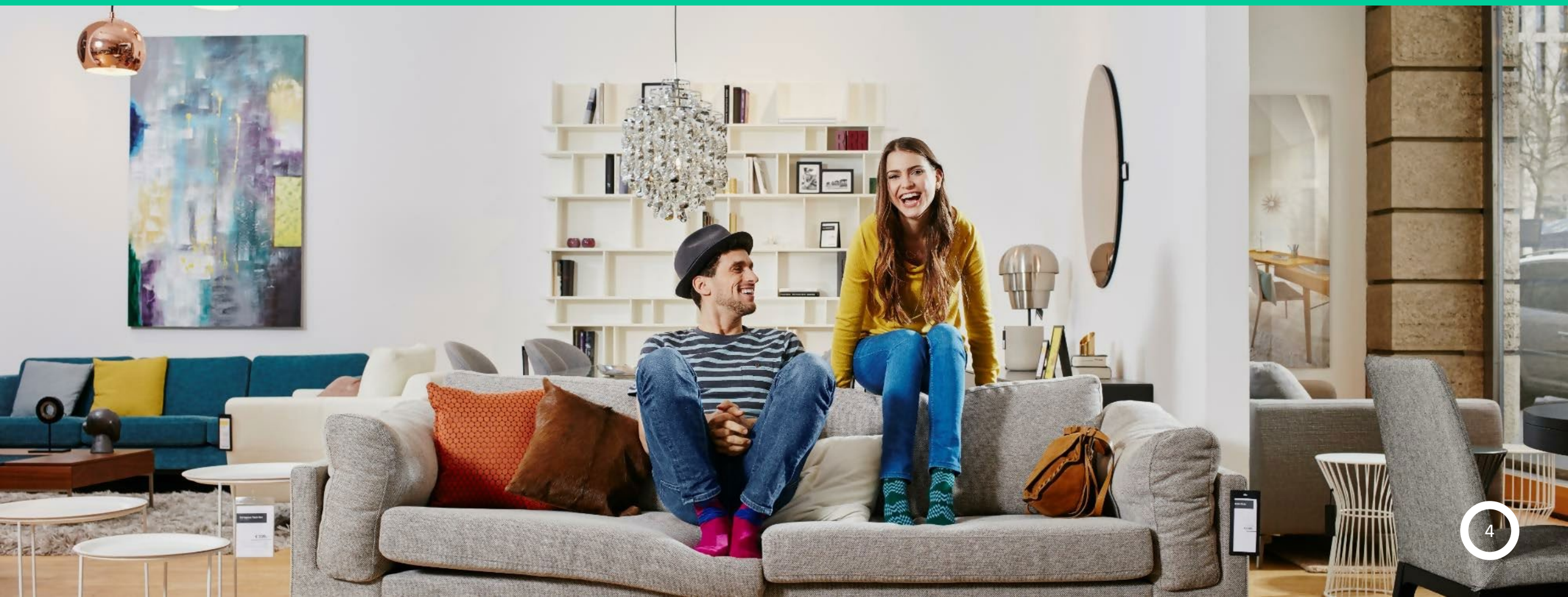
- Young adults in Kansas between the ages of 18 to 25 with cell numbers were randomly recruited by text to an online survey. Those who responded to the text were directed to online consent prior to being directed to the survey.
- Subjects were informed of a \$10 Amazon or Walmart thank-you gift card to be processed via a separate link after the survey was submitted.
- Final sample size was 1,089. The data were weighted to be representative of Kansas adults aged 18 to 25 and is balanced to match population parameters for sex, age, education, race, Hispanic origin, and region.
- To read more about the 2021 KYAS methodology, go to:

<https://kctcdata.org/wp-content/uploads/2022/01/Kansas-2021-Young-Adult-Survey-Methodology.pdf>

Health



General
Physical
Mental



Would you say that in general, your health is:



Excellent = 18.1%

Very Good = 39.1%

Good = 31.8%

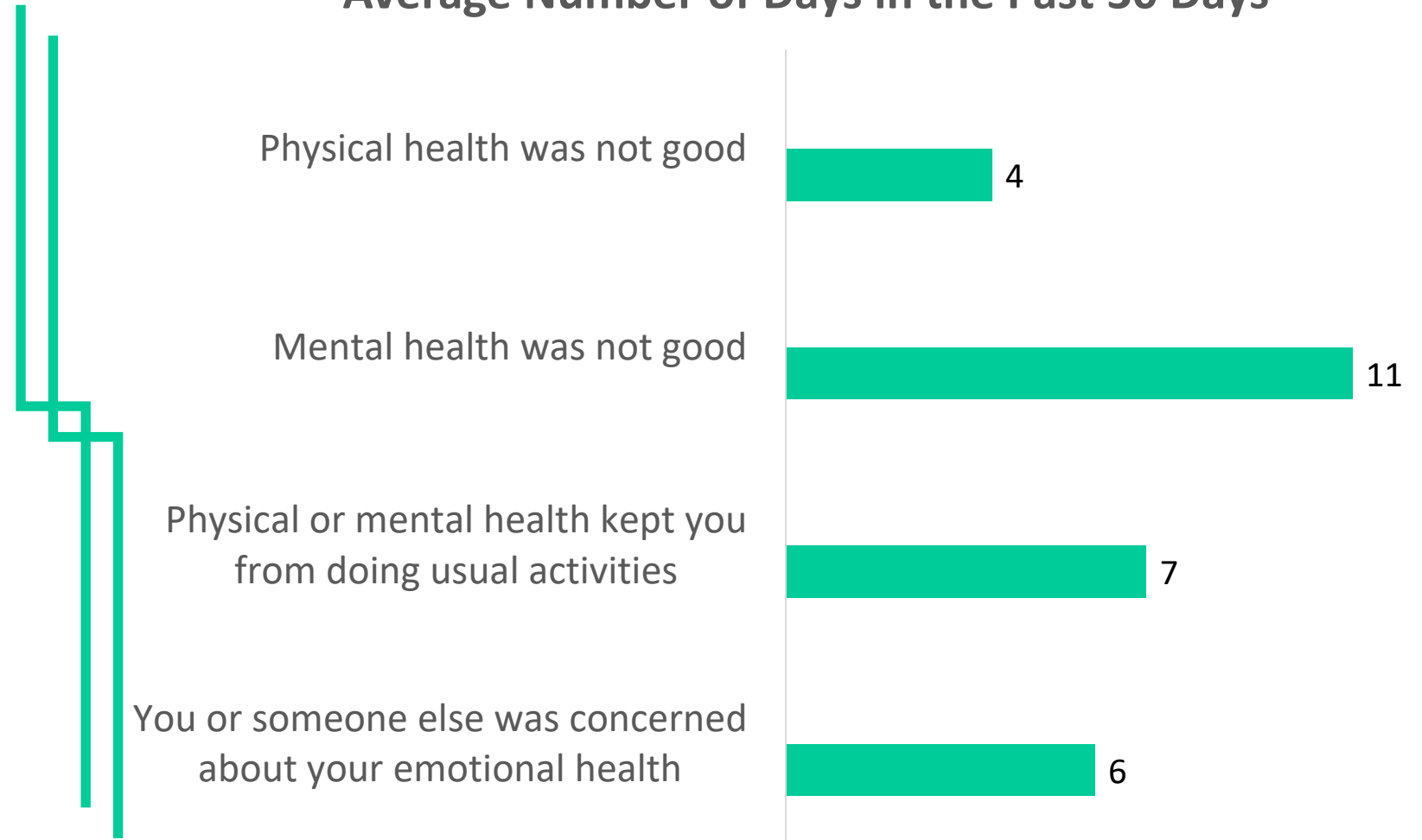
Fair = 9.6%

Poor = 1.6%

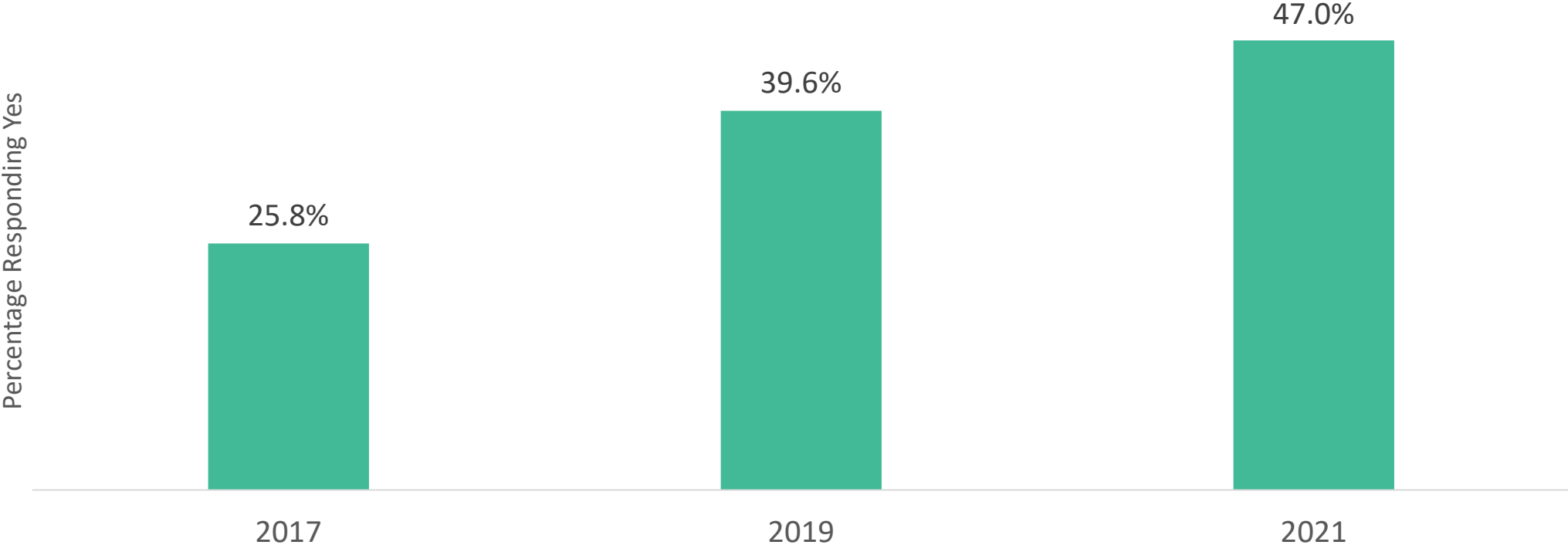
Health Indicators

Kansas young adults reported their mental health was not good on average, 11 days of the past 30 and that they or someone else was concerned about their emotional health on average 6 days of the past 30.

Average Number of Days in the Past 30 Days



Young adults reported depression increased 21 percentage points from 2017 to 2021



Sources of Stress -

Highest to
lowest

Academic/Education

Financial Concerns

Job/Career

Other/Multiple Sources

Mental Health

Uncertain Future/State of the World

Work/School Balance

Family Issues

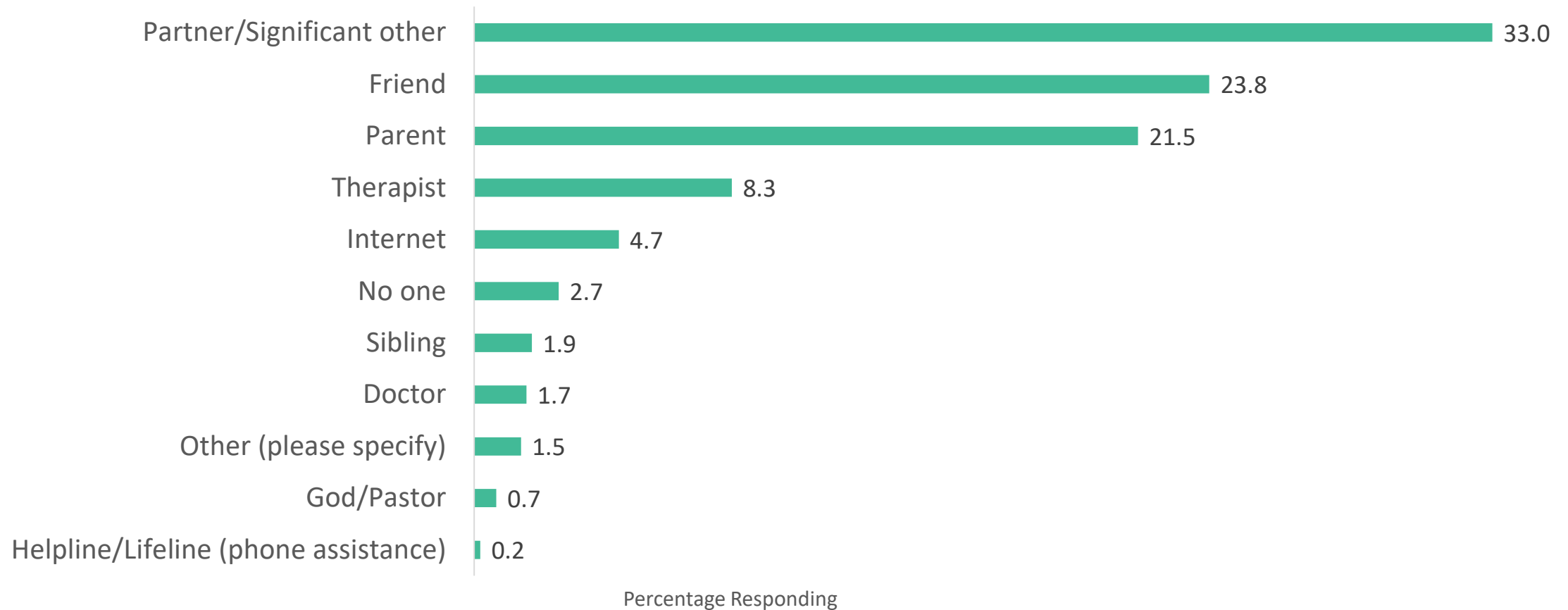
Interpersonal Relationships

Time Management

Physical Health

COVID-Related Issues

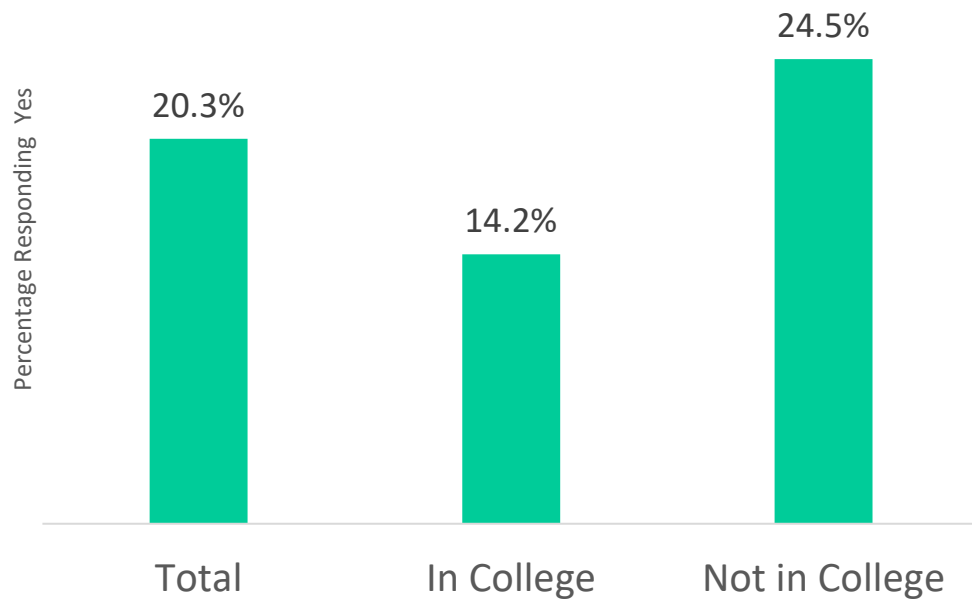
If you had a mental health concern, where are you most likely to go for help?



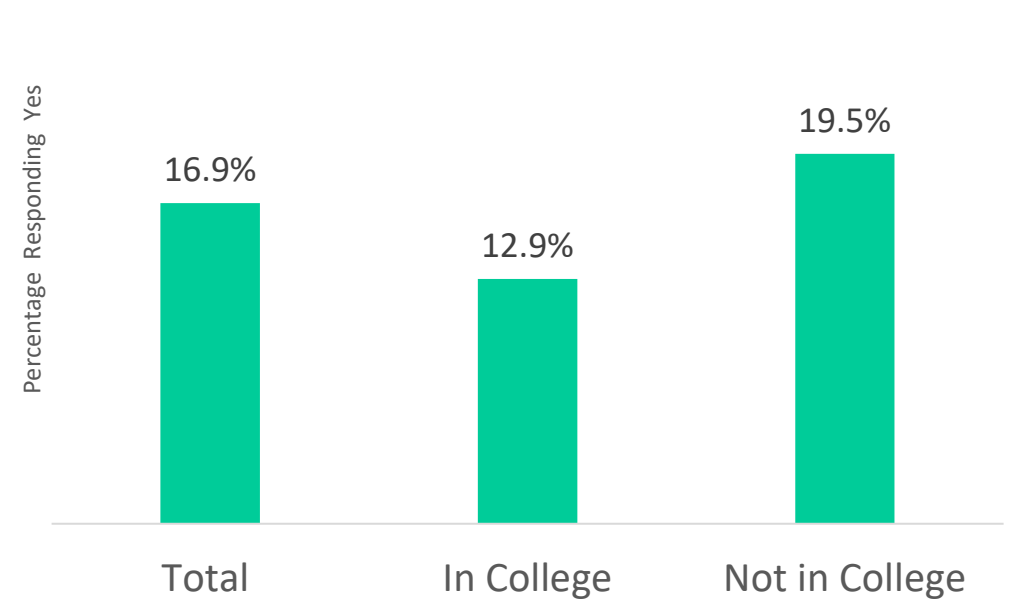


Food Security

How many times have you been worried that food at home would run out before you or your family got money to buy more?
(At least once in the past month)



How many times have you skipped a meal because you or your family did not have enough money to buy food?
(At least once in the past month)





Substance Use

From 2017 to 2021

ALCOHOL use has remained about the same

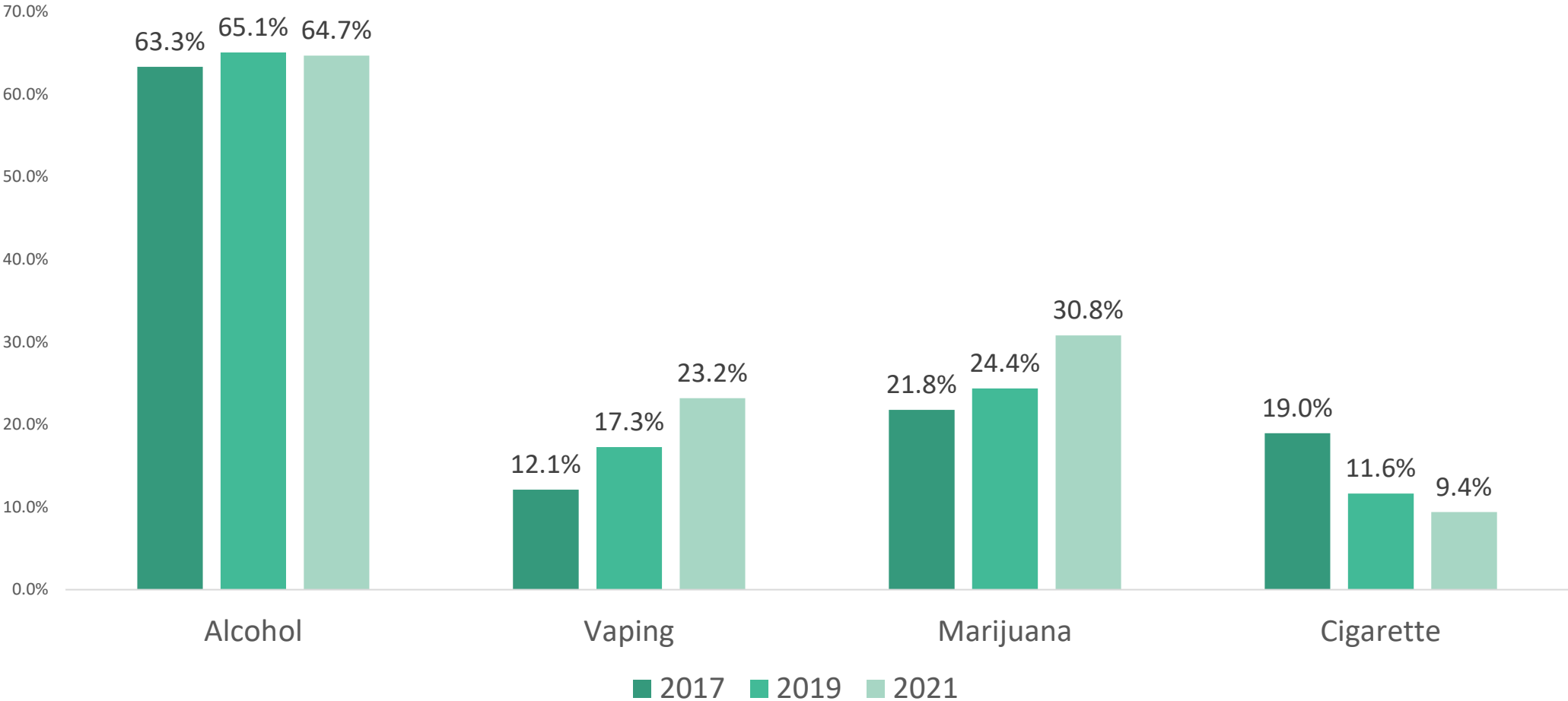
CIGARETTE smoking has reduced by 9.6 percentage points

MARIJUANA use has increased by 9 percentage points

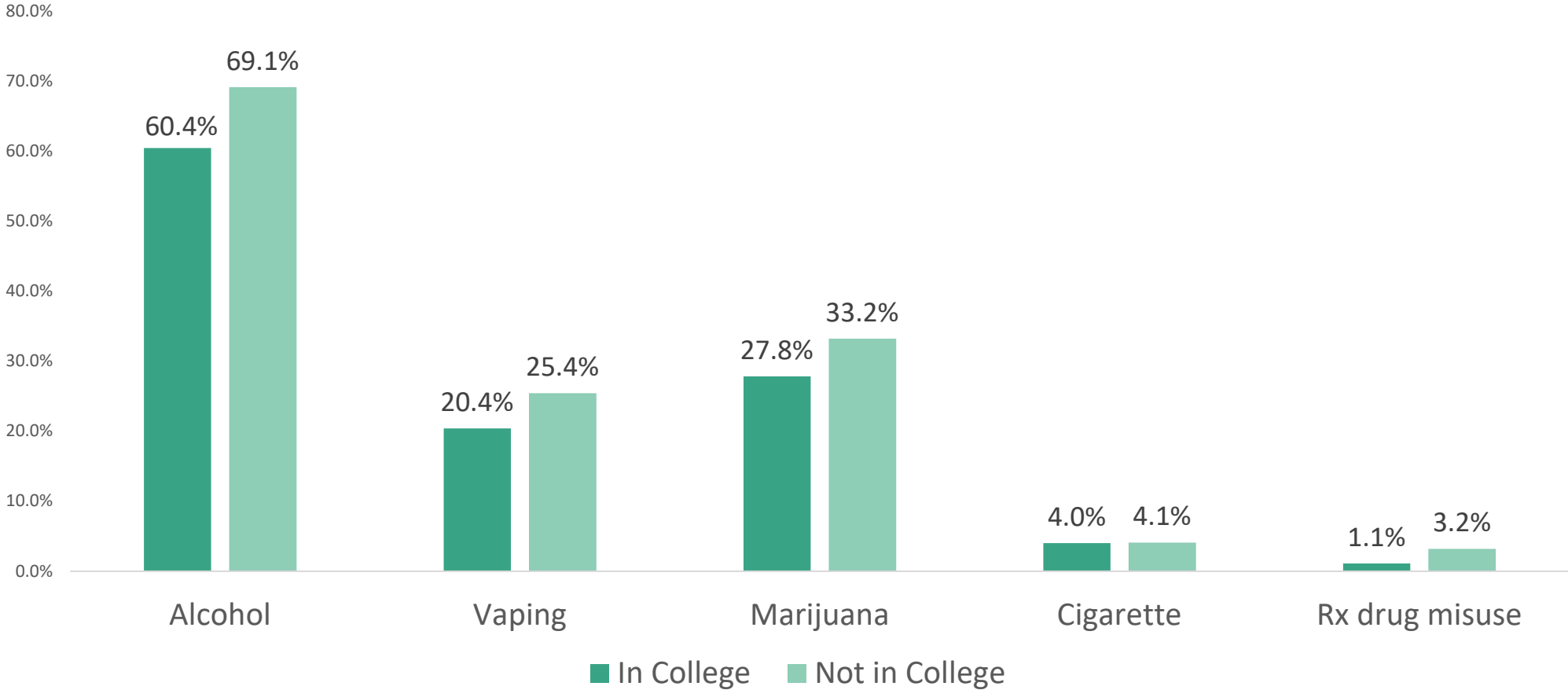
E-CIGARETTE/VAPING increased by 11 percentage points

Substance Use

– Percentage Reporting Any Use in the Past 30 Days



2021 Substance Use by Young Adults in College Compared to those Not in College



Intention to Stop Using Tobacco

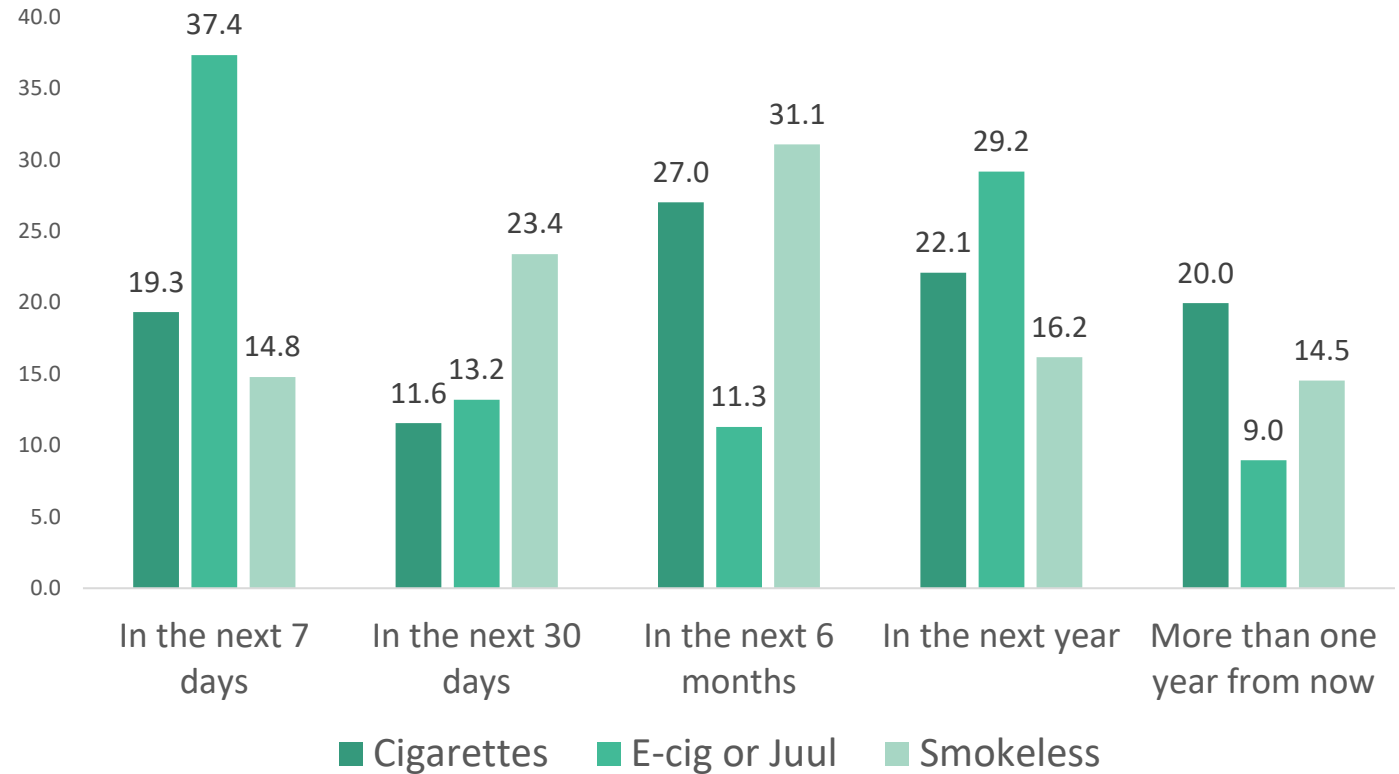
Of those who used tobacco products, the percentage that said they plan to stop for good:

Cigarettes = 82.7%

E-Cigarettes or Juul = 68.9%

Smokeless Tobacco = 45.4%

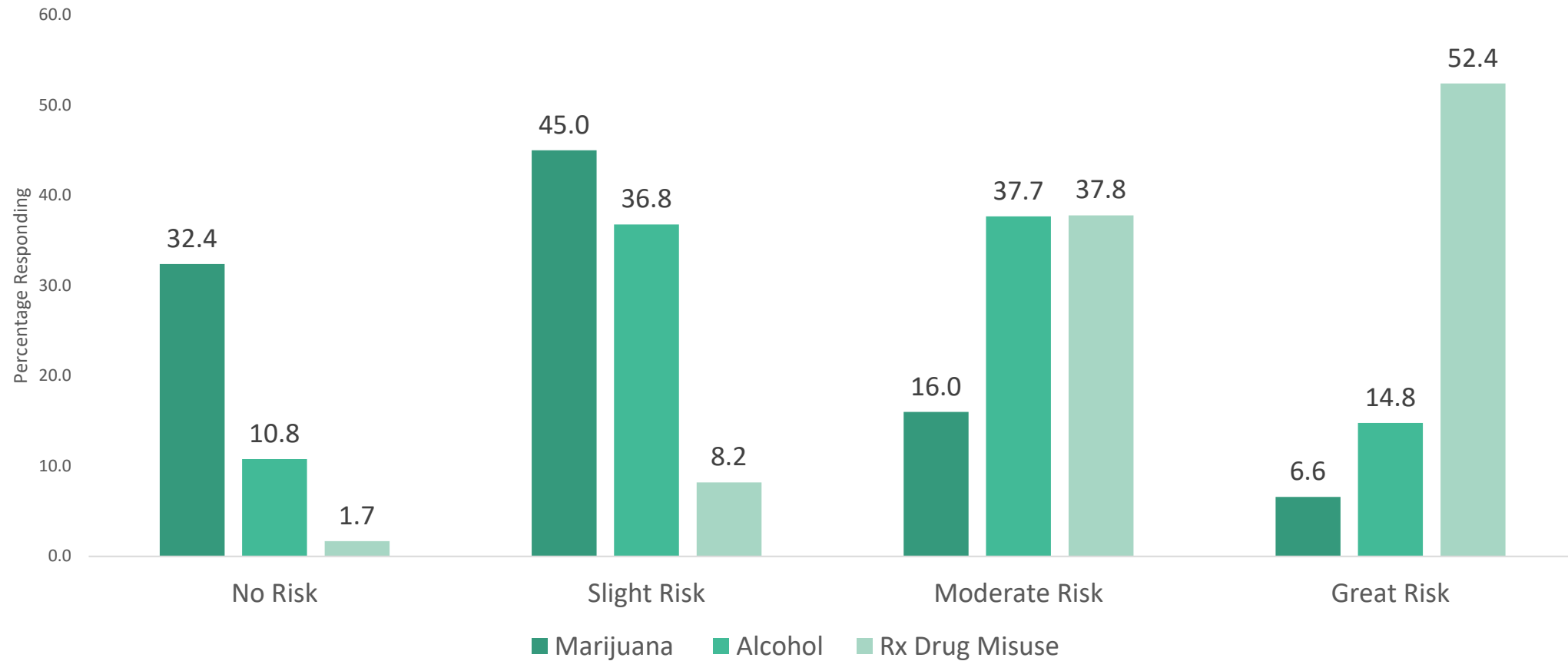
When do you plan to stop using tobacco products?



Of alcohol, marijuana, and prescription drug (Rx) misuse, young adults perceive the *greatest risk of harm* from *Rx drug misuse* and the *least risk* from *marijuana* use.

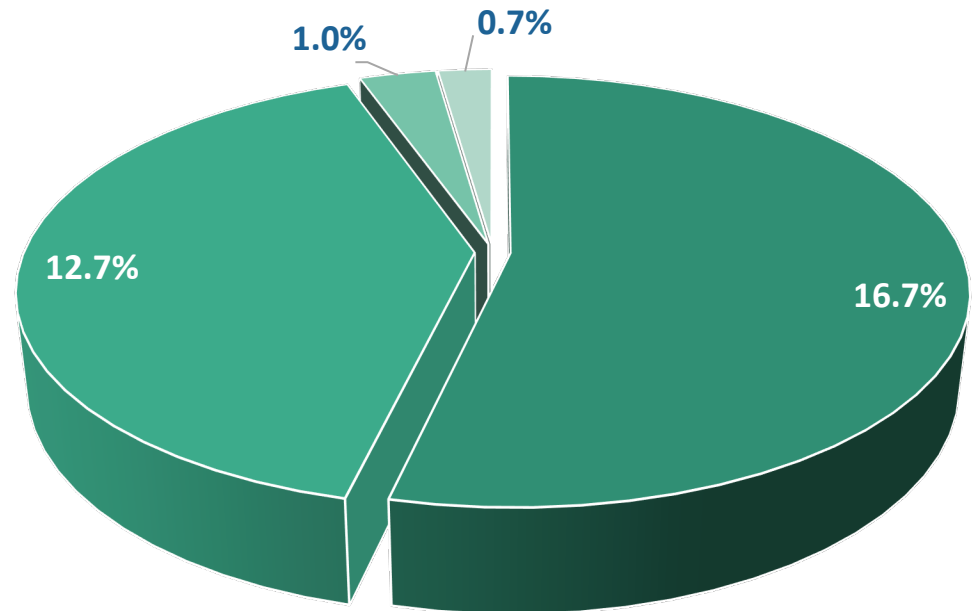


Perceived Risk of Harm from Regular Use



Driving Under the Influence

Percentage Driving Under the Influence



■ Marijuana ■ Alcohol ■ Rx Drug Misuse ■ Other Illicit



COVID-19 Vaccination

75% of Kansas Young Adults surveyed reported having received the COVID-19 vaccine.

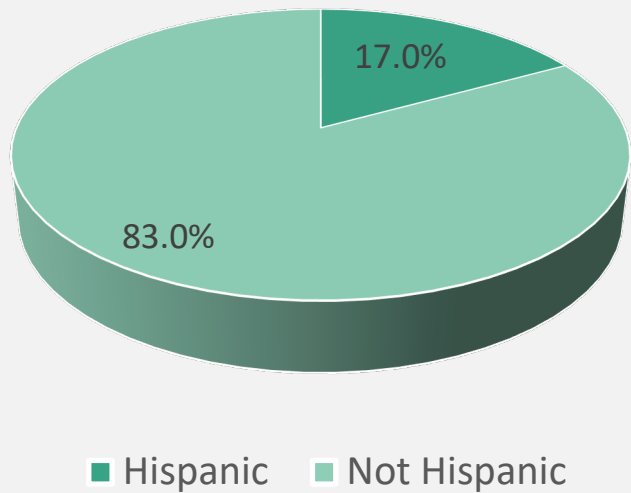
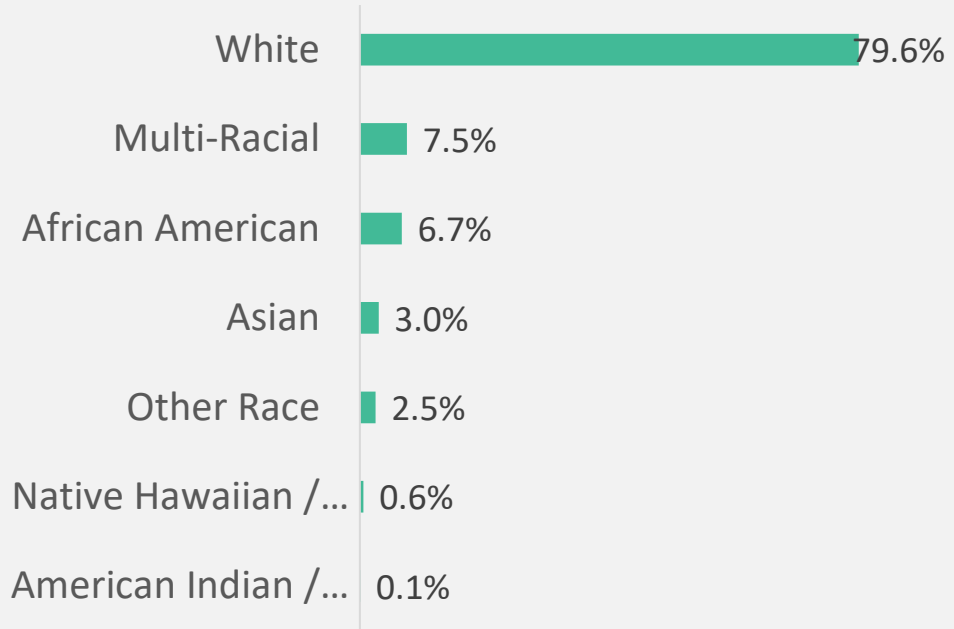
Of the 25% who had not...

33% said they probably or definitely *would* get the vaccine.

67% said they probably or definitely *would NOT* get the vaccine.



Demographics



Race & Ethnicity

What is your gender?

Female	46.9%
Male	49.3%
Nonbinary/Genderqueer	2.0%
Questioning/Not sure	.5%
Prefer not to answer	.4%
Not listed	.8%

Do you identify as Transgender?

I do not identify as transgender	95.3%
Yes, I identify as transgender	2.7%
I am not sure if I am transgender	1.2%
I don't know what this is asking	.8%

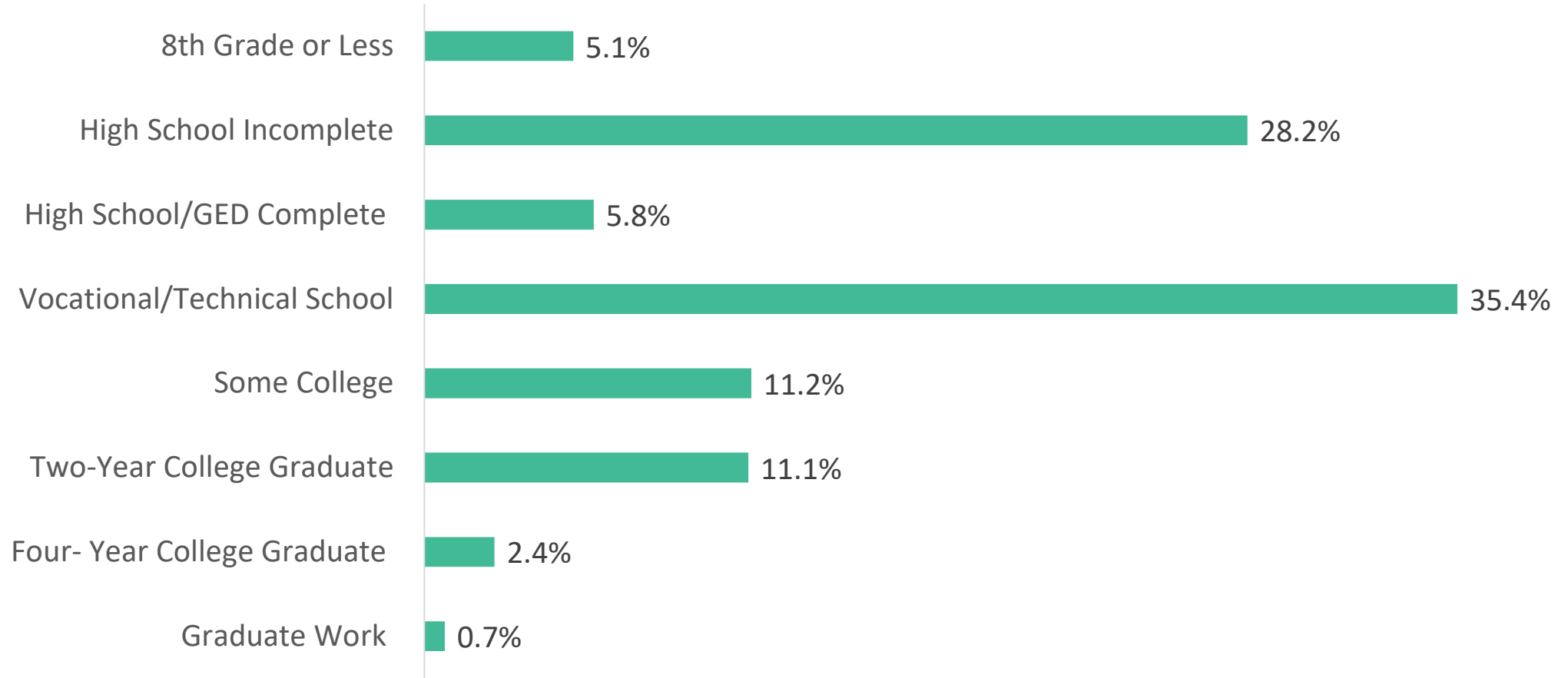
Gender Identity

Sexual Orientation

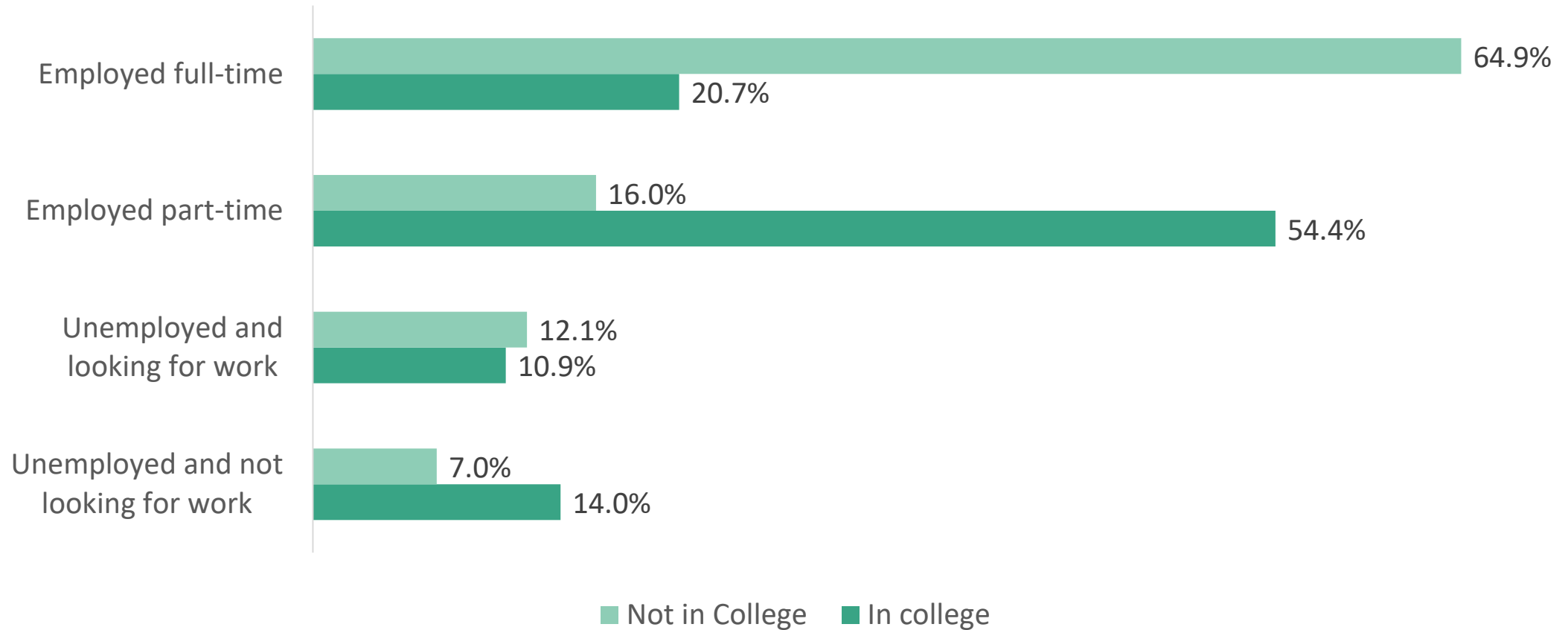
Sexual Orientation

Straight/Heterosexual	68.3%
Bisexual/Pansexual	19.6%
Gay/Lesbian	5.8%
Asexual	1.4%
Questioning/Not sure	2.0%
Prefer not to answer	1.9%
Other not listed	.9%

Education



Employment Status



Ten percent (10%) of the Kansas young adults surveyed are a parent, legal guardian, or caretaker of a child(ren) under age 18.

Two percent (2%) serve or have served in a branch of the U.S. military.





GREENBUSH
RESEARCH, GRANTS & EVALUATIONS

Contact Us!

kctc@greenbush.org

