
Summary Report

2024

STENZCO

Administration	1
Methodology	2
Health	3
Food Insecurity	4
Mental Health	5
Substance Use	6
Substance Use Trends	7
Substance Use Comparisons by Groups	8
Tobacco Cessation	9
Perceived Risk of Harm	10
Driving Under the Influence	11
Demographics (Age / Race / SOGI)	12
Demographics (Income / Employment / Education)	13

ADMINISTRATION



On behalf of the Kansas Department for Aging and Disability Services (KDADS), the Kansas Young Adult Survey (KYAS) was administered every other year through 2021 and yearly thereafter 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.



Full data can be found at: <https://kctcdata.org/kansas-young-adult-survey>

Administered by:



GRANTS, RESEARCH
AND EVALUATION

Contact us at kctc@greenbush.org

Funded by:



METHODOLOGY



Young adults residing in Kansas between the ages of 18 to 25 with cell phone numbers were randomly recruited by text message 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 855 respondents. The data were weighted to be representative of Kansas adults aged 18 to 25 and balanced to match population parameters for sex, age, education, race, Hispanic origin, and region.

Full methodology can be found at: <https://kctcdata.org/kansas-young-adult-survey>

HEALTH

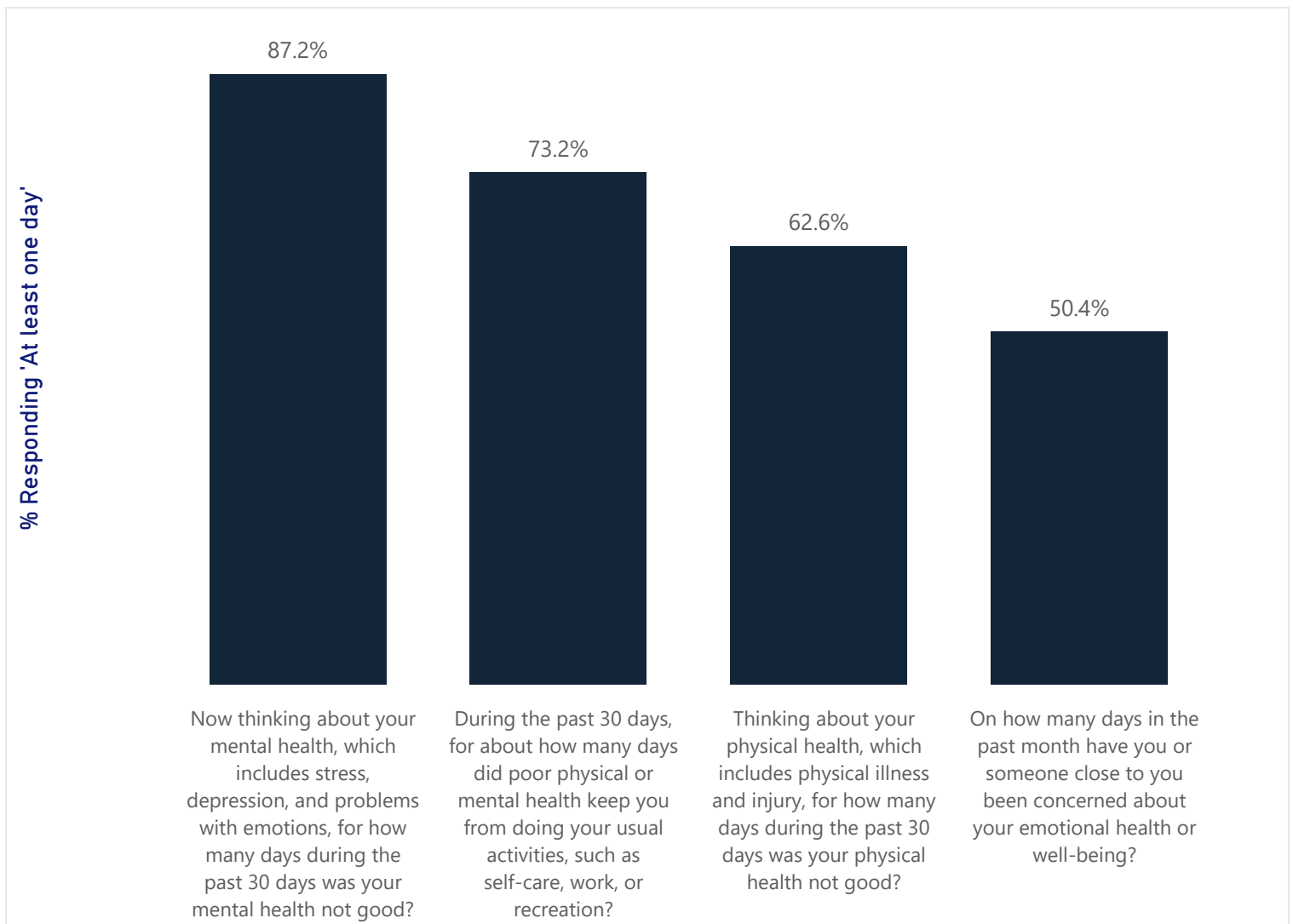
On average, Kansas young adults reported their mental health was not good on average of 10 the past 30 and that they or someone else was concerned about their emotional health on average 4 days of the past 30.

How would you rate your physical health:

Excellent	13.5 %
Very Good	38.9 %
Good	34.5 %
Fair	11.1 %
Poor	2.0 %

Average number of days this month

Mental health not good	10.3
Physical health not good	4.2
Worried about emotional health	4.2
Poor health kept you from usual activities	6.6



FOOD INSECURITY

Food insecurity, which the U.S. Department of Agriculture (USDA) defines as “a household-level economic and social condition of limited or uncertain access to adequate food,” is an important national health problem and an underrecognized social determinant of health. People experiencing food insecurity often consume a nutrient-poor diet, which may contribute to the development of obesity, heart disease, hypertension, diabetes, and other chronic diseases. *

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 year)

	In college	Not in college
2022	27.7%	35.1%
2023	21.4%	42.8%
2024	19.8%	39.5%

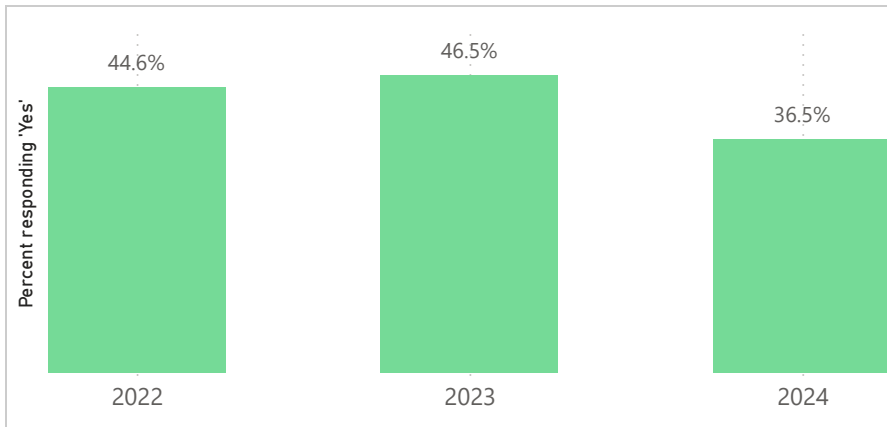
Food insecurity continues to be heightened among young adults not in college compared to those in college.

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 year)

Compared to college students, 10% more young adults not in college skipped a meal because they didn't have enough money to buy food.

	In college	Not in college
2022	24.3%	27.8%
2023	21.0%	39.5%
2024	21.6%	31.6%

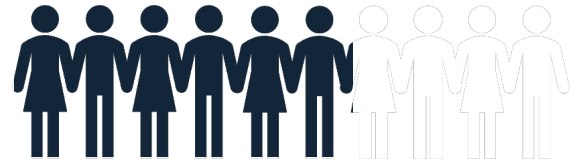
* National Library of Medicine Published online 2016 Aug 24. doi: [10.1177/0033354916664154](https://doi.org/10.1177/0033354916664154)



During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

At any time during the past 12 months

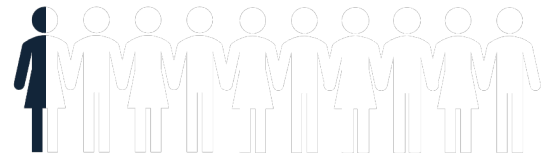
Have you ever seriously thought about killing yourself? 16.7%



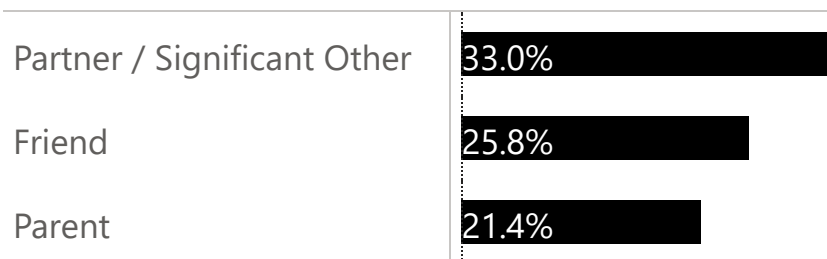
Have you ever made a plan about how you would kill yourself? 8.2%



Have you ever tried to kill yourself? 1.1%



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



2.6%

Responded that they would not seek help from anyone

SUBSTANCE USE



E-CIGARETTE / VAPING showed a 2 percentage point reduction in 2024, reversing a continuous upward trend. While the percentage of young adults vaping remains high (27.3%), this small reduction is a move toward the goal direction.

ALCOHOL use has decreased over the past two years, with the lowest reported use in 2024, with 59.4% of young adults reporting drinking alcohol in the past 30 days.



The percentage of young adults in Kansas reporting MARIJUANA use in the past 30 days remained about the same in 2024 (30.8%).

SUBSTANCE USE TRENDS

30-Day Use

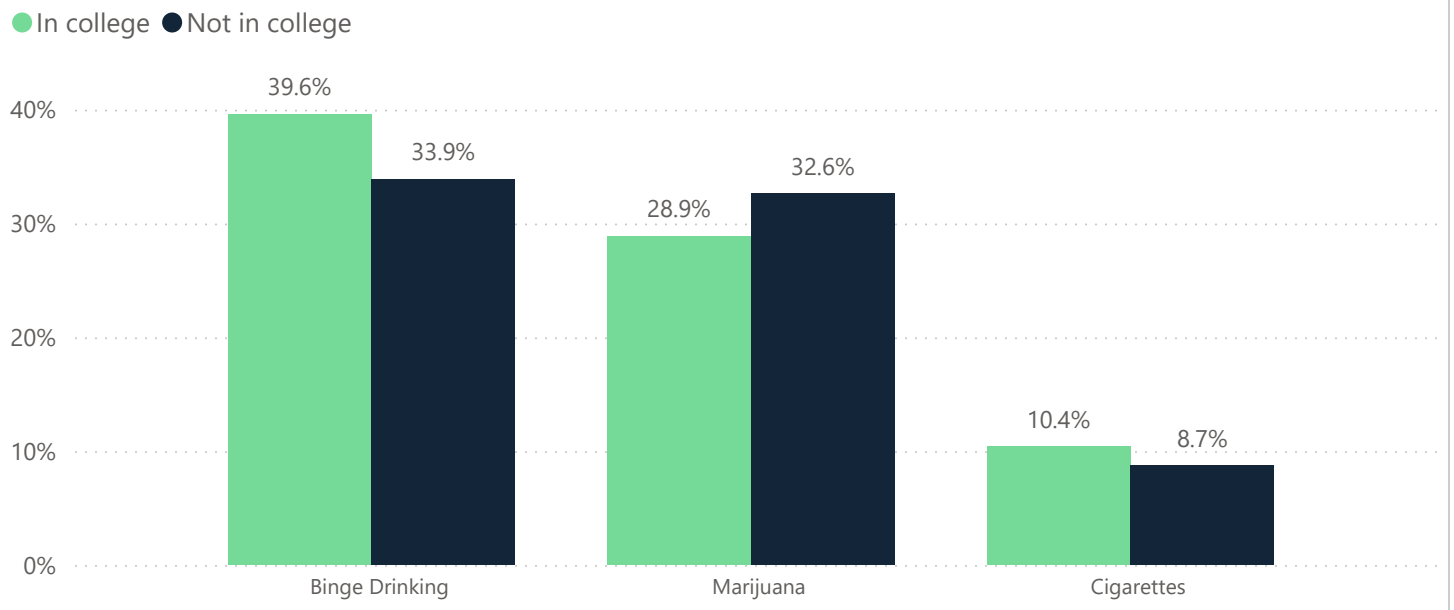
Percent reporting any use

	2022	2023	2024
Alcohol	66.9%	62.3%	59.4%
Marijuana	34.5%	30.6%	30.8%
E-Cigarettes or other vaping devices	23.6%	29.2%	27.3%
Cigarettes	9.4%	10.4%	9.4%
Smokeless Tobacco	4.2%	5.4%	4.2%
LSD	3.3%	3.2%	2.5%
Rx Stimulant Misuse	3.0%	1.8%	1.5%
Cocaine / Crack	2.7%	1.5%	2.5%
Methamphetamine	0.6%	1.4%	0.8%
Rx Tranquilizer Misuse	0.6%	0.9%	0.4%
Ecstasy	0.8%	0.6%	0.7%
Rx Pain Reliever Misuse	0.6%	0.3%	0.1%
Heroin	0.5%	0.1%	0.5%

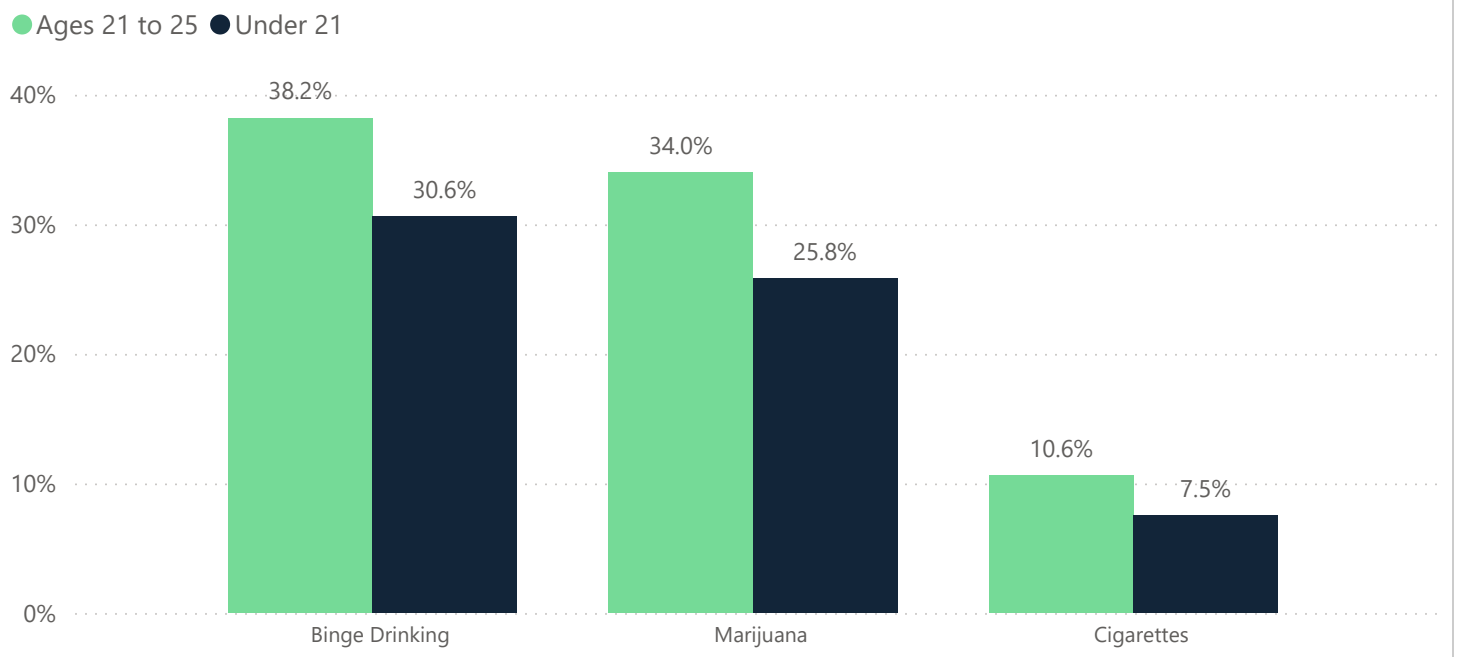


SUBSTANCE USE COMPARISONS BY GROUPS

Use by School Enrollment



Use by Age Group



TOBACCO CESSATION



Less than half of young adults currently using smokeless tobacco intend to quit for good.

Tobacco Product	Yes Response
Do you plan to stop smoking cigarettes for good?	58.3%
Do you plan to stop using electronic cigarettes or other vaping devices for good?	69.6%
Do you plan to stop using smokeless tobacco for good?	40.0%

When do you intend to quit?	Cigarettes	E-Cigarettes or other vaping devices	Smokeless Tobacco
In the next 7 days	27.7%	18.2%	18.6%
In the next 30 days	6.7%	14.0%	8.9%
In the next 6 months	42.1%	27.4%	24.6%
In the next year	12.4%	25.4%	16.0%
More than one year from now	11.1%	14.9%	31.9%

PERCEIVED RISK OF HARM

How much do people risk harming themselves (physically or in other ways) if they

No Risk

Slight Risk

Moderate Risk

Great Risk

... smoke marijuana regularly?

23.3%

44.1%

23.2%

9.4%

... take fentanyl accidentally or on purpose?

1.2%

3.9%

8.2%

86.6%

... take one or two drinks of an alcoholic beverage (beer, wine, or hard liquor) nearly every day?

9.2%

35.9%

34.9%

20.0%

... use prescription drugs that are not prescribed to them?

1.6%

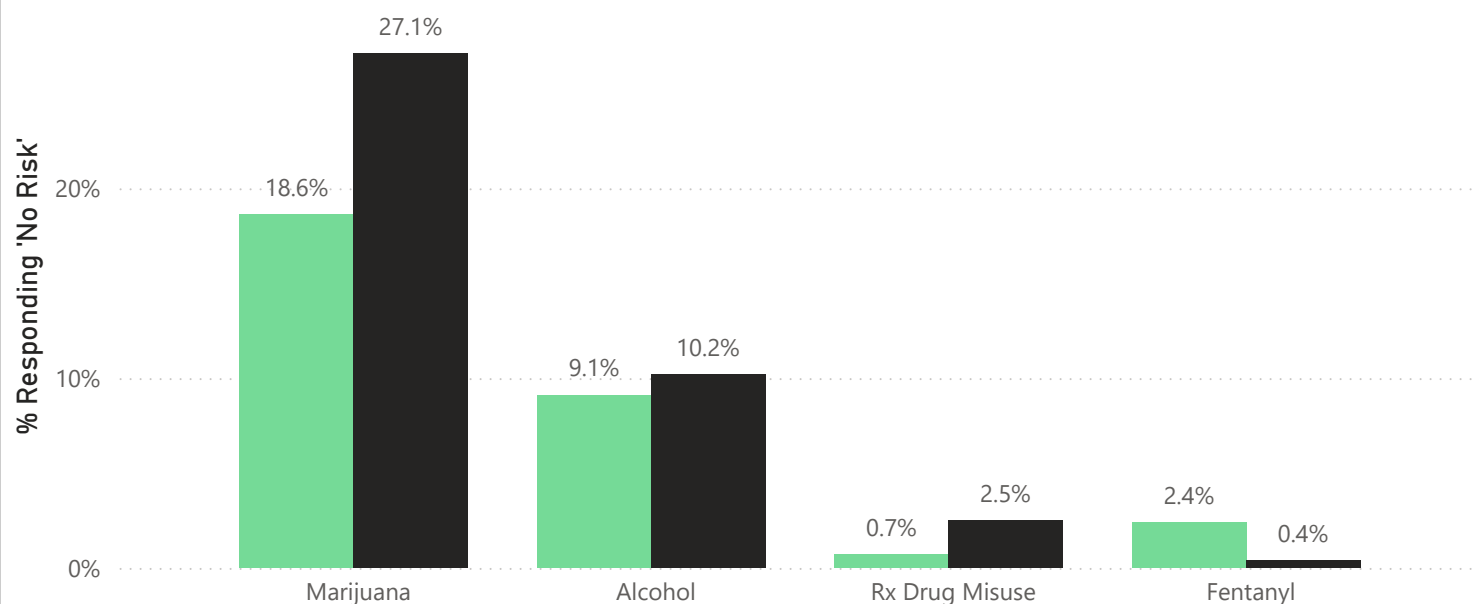
10.5%

34.4%

53.5%

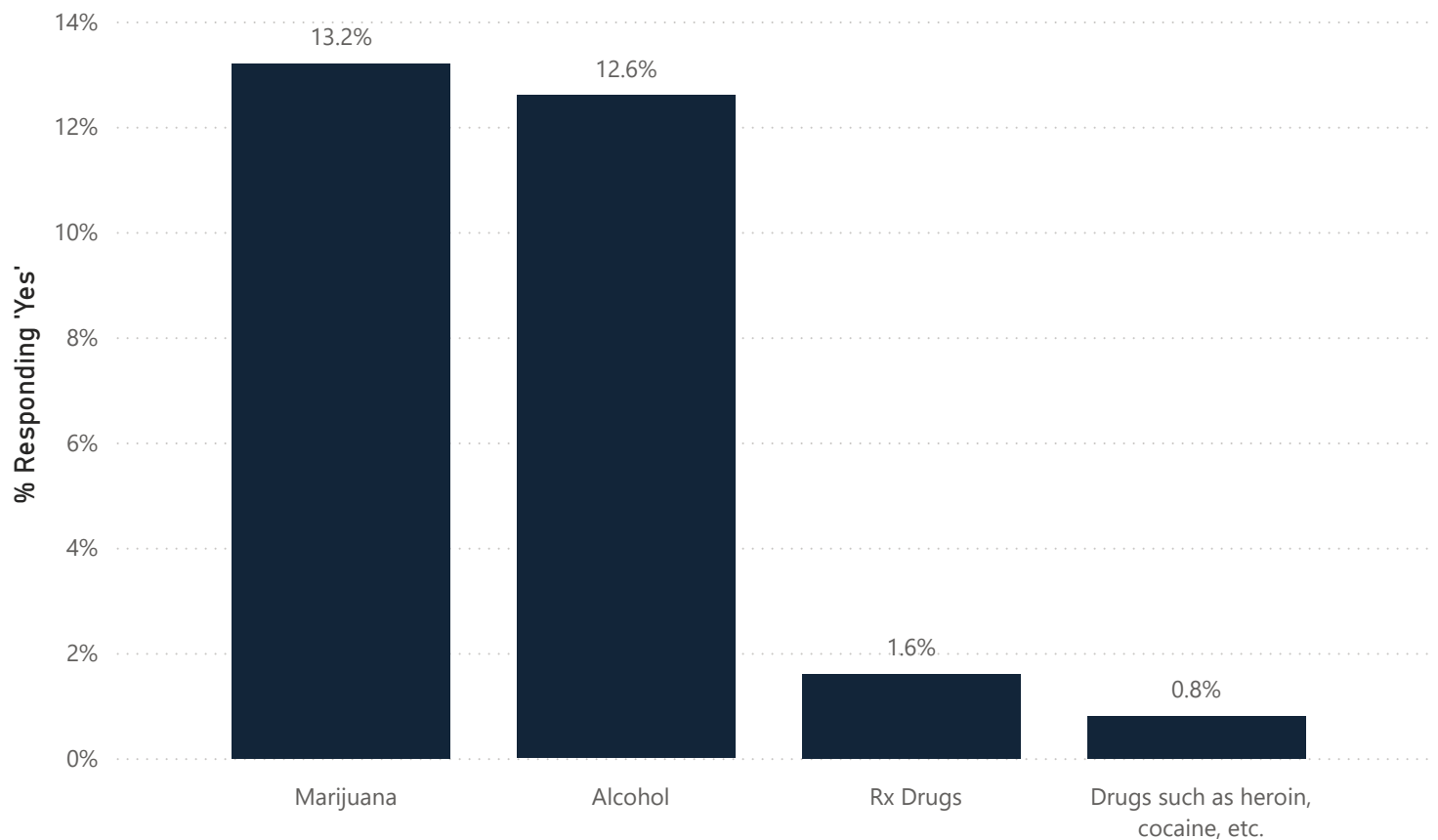
Perception of No Risk of Harm by College Enrollment

● In college ● Not in college



DRIVING UNDER THE INFLUENCE

DUI by Substance



	Alcohol	Drugs such as heroin, cocaine, etc.	Marijuana	Rx Drugs
Under 21	9.1%	1.2%	12.7%	1.3%
Ages 21 to 25	14.8%	0.6%	13.5%	1.8%
Not in college	12.4%	0.5%	13.9%	2.1%
In college	12.5%	1.1%	12.0%	1.1%

DEMOGRAPHICS



Age / Race / Gender % Surveyed

Age Group	
Ages 21 through 25 years old	60.7%
Under 21 years old	39.3%
Do you identify as Transgender?	
No, I do not identify as transgender	94.4%
Yes, I identify as transgender	4.6%
I am not sure if I am transgender	0.7%
I do not know what this question is asking	0.3%
Latino or Hispanic origin	
Hispanic	18.0%
Race	
White	80.6%
Black or African American	5.2%
American Indian or Alaskan Native	0.0%
Asian	0.9%
Native Hawaiian / Pacific Islander	2.3%
Multi-racial	1.7%
Other	0.0%
What is your gender? - Selected Choice	
Man	48.2%
Woman	45.3%
Non-binary/Genderqueer	4.2%
Other	0.8%
Questioning/Not sure	1.0%
Prefer not to answer	0.6%
What sex were you assigned at birth?	
Male	51.0%
Female	49.0%
Which on the following best describes your sexual orientation?	
Straight (heterosexual)	73.4%
Gay or Lesbian	6.2%
Bisexual or pansexual	15.6%
Asexual	1.2%
Other	0.7%
Questioning / Not sure	1.5%
Prefer not to answer	1.4%

DEMOGRAPHICS II



Income / Employment / Education

% Surveyed

EDUCATION

8th Grade or Less	0.0%
High School Incomplete (Grades 9, 10 and 11)	3.9%
High School Complete (Grade 12 or high school equivalency)	30.7%
Vocational/Technical School (includes Cosmetology schools, Welding Certificate Programs)	4.9%
Some College	28.6%
Junior College Graduate (2 Year, Associates Degree)	12.6%
4 Year College Graduate (Bachelor's Degree)	15.3%
Graduate Work (Master's, Law/Medical School, etc)	1.9%
Other	2.0%

EMPLOYMENT

Full-time	40.9%
Part-time employee	36.0%
Unemployed and looking for work	11.6%
Unemployed and not looking for work	11.5%

INCOME

Less than \$20,000	51.0%
\$20,000 to \$29,999	13.3%
\$30,000 to \$39,999	11.6%
\$40,000 to \$49,999	10.2%
\$50,000 to \$74,999	10.0%
\$75,000 to \$99,999	2.3%
\$100,000 to \$149,999	0.8%
\$150,000 or more	0.8%

MILITARY STATUS

Previously Served or Currently Serving in the Military	3.3%
Ever deployed in active combat zone (% of those previously served)	15.8%

PARENT/GUARDIAN OF CHILD(REN) UNDER 18

12.9%