
Summary Report

2023

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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 831 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>

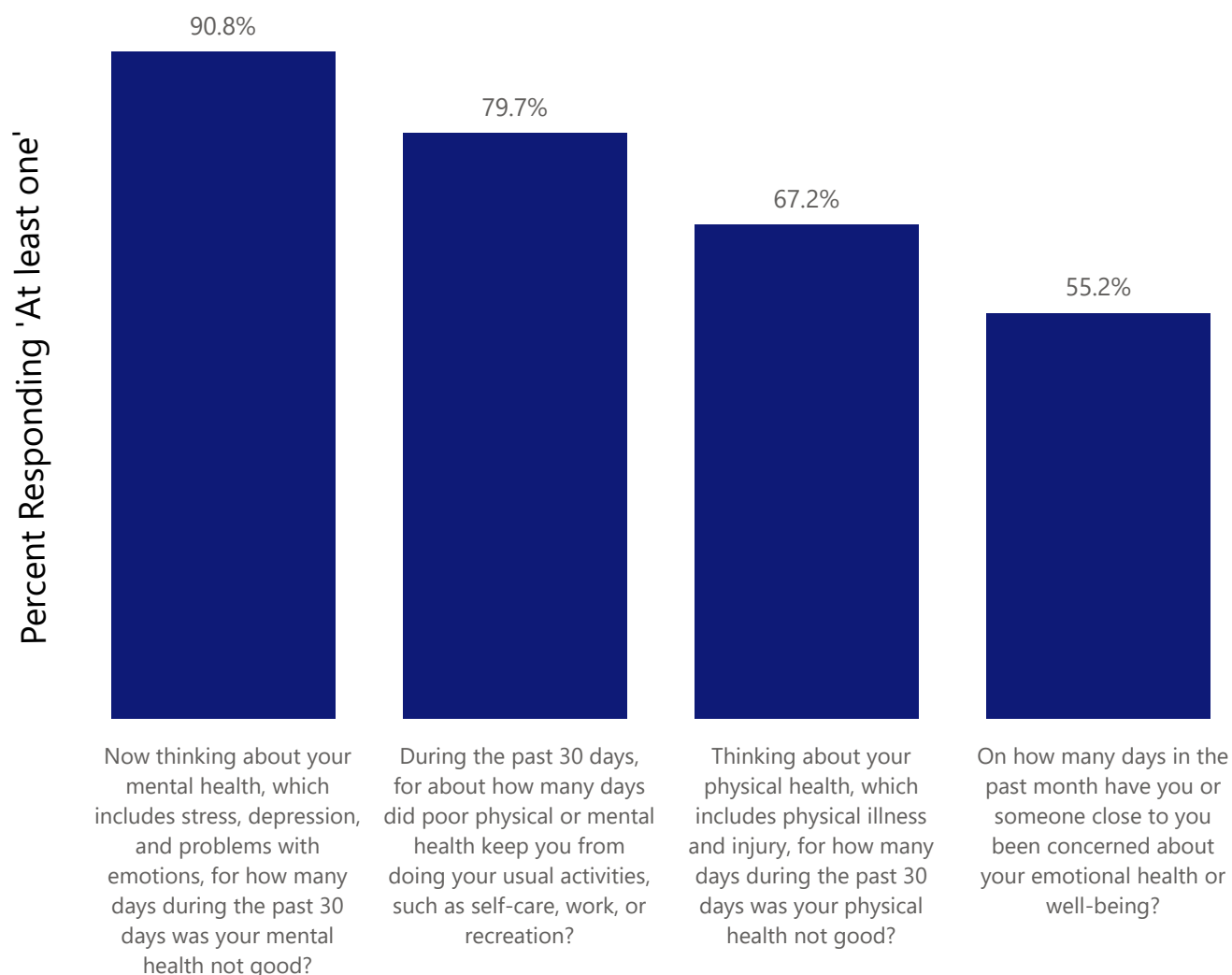
HEALTH

On average, Kansas young adults reported their mental health was not good on average 12 of the past 30 and that they or someone else was concerned about their emotional health on average 2 days of the past 30.

How would you rate your physical health:



Average number of days this month



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
2021	23.9%	33.4%
2022	27.7%	35.1%
2023	21.4%	42.8%

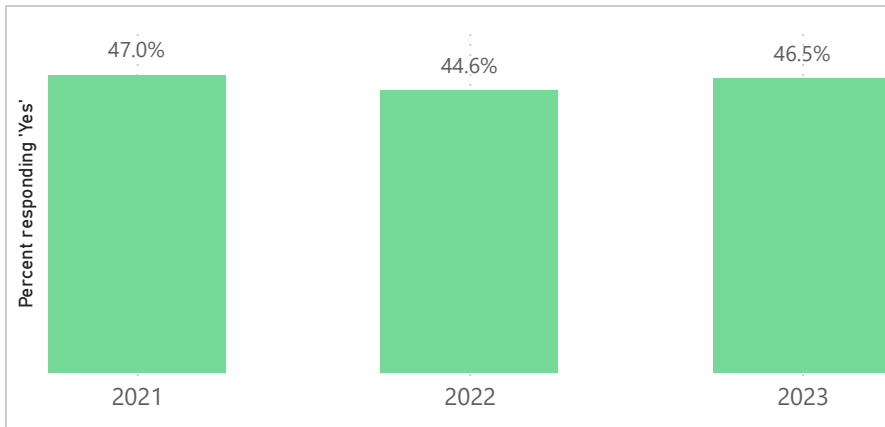
The disparity between college students and those who are not in college has grown to over 20% in 2023

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)

The percent of those food insecure who are not in college has risen steadily and is now almost 12% higher than in 2021

	In college	Not in college
2021	19.7%	27.6%
2022	24.3%	27.8%
2023	21.0%	39.5%

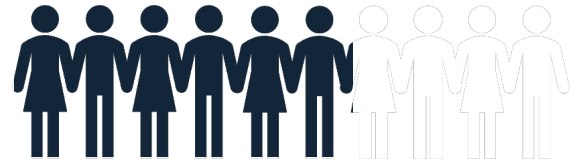
* National Library of Medicine Published online 2016 Aug 24. doi: [10.1177/0033354916664154](https://doi.org/10.1177/0033354916664154)



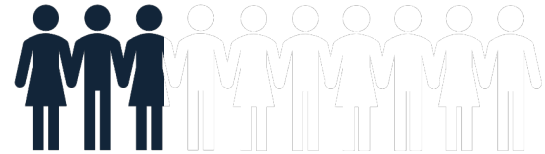
During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

At any time during the past 12 months

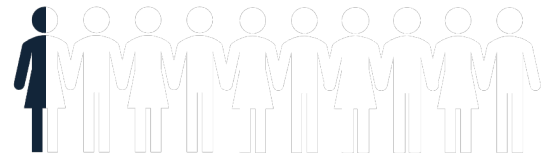
Have you ever seriously thought about killing yourself? 25.6%



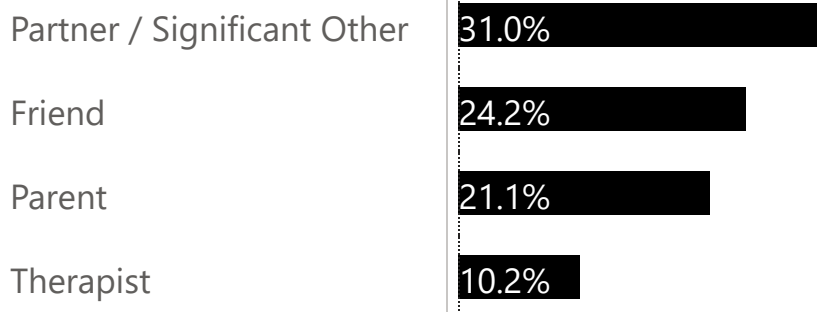
Have you ever made a plan about how you would kill yourself? 11.7%



Have you ever tried to kill yourself? 2.4%



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 the largest increase in use in 2023, jumping almost 6% to 29.2% having used in the past 30 days.

ALCOHOL use has increased steadily with the highest percentage reported in 2022. Reported use decreased this past year by almost 5%.



Reported MARIJUANA use increased from 2017 through 2022. In 2023, use decreased for the first time by approximately 4%.

SUBSTANCE USE TRENDS

30-Day Use

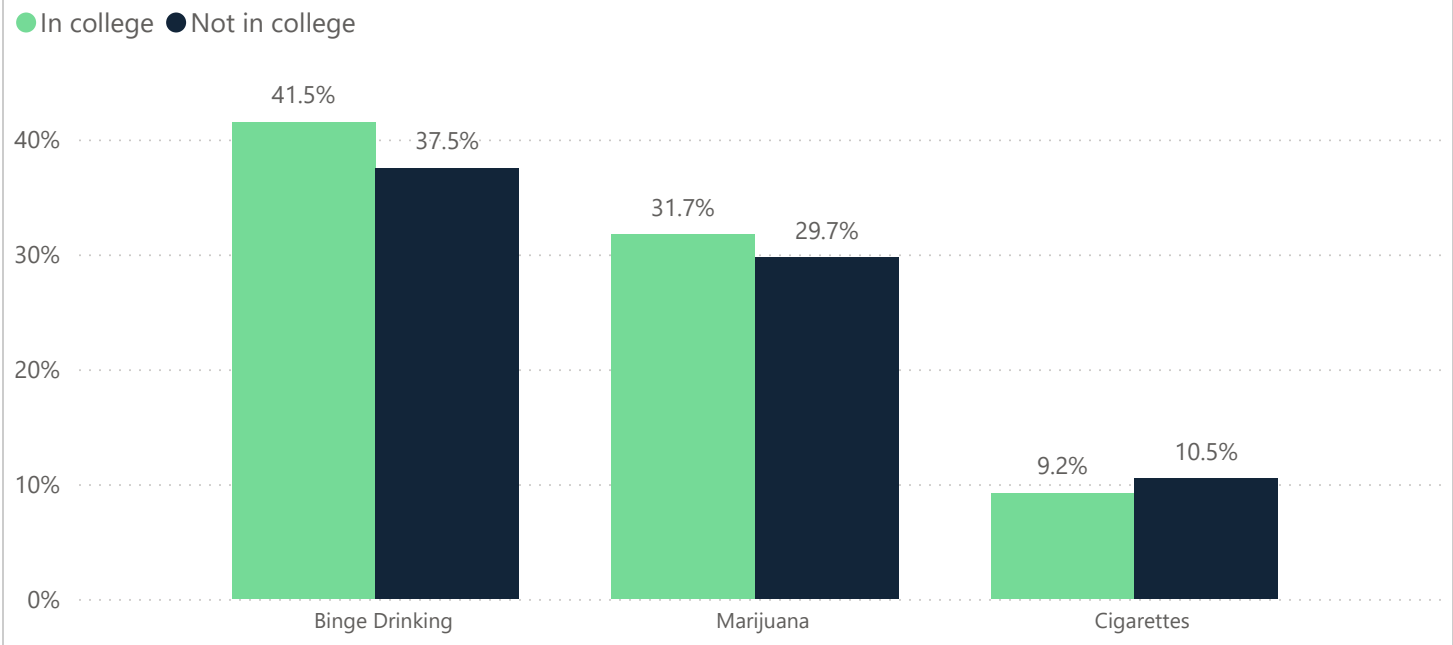
Percent reporting any use

	2021	2022	2023
Alcohol	64.7%	66.9%	62.3%
Marijuana	30.8%	34.5%	30.6%
E-Cigarettes or other vaping devices	23.2%	23.6%	29.2%
Cigarettes	9.4%	9.4%	10.4%
Smokeless Tobacco	3.5%	4.2%	5.4%
LSD	2.6%	3.3%	3.2%
Rx Stimulant Misuse	1.0%	3.0%	1.8%
Cocaine / Crack	1.0%	2.7%	1.5%
Methamphetamine	0.7%	0.6%	1.4%
Rx Tranquilizer Misuse	1.1%	0.6%	0.9%
Ecstasy	1.1%	0.8%	0.6%
Rx Pain Reliever Misuse	0.3%	0.6%	0.3%
Heroin	0.1%	0.5%	0.1%

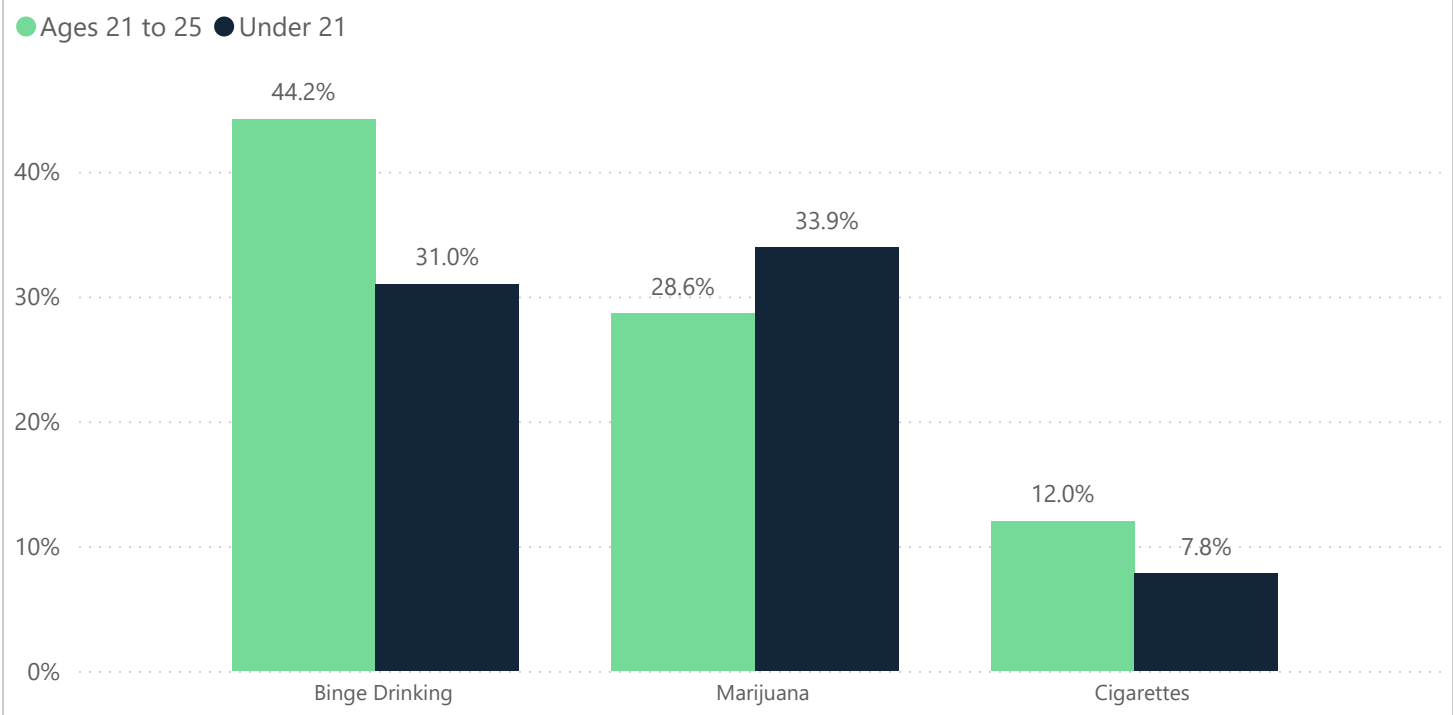


SUBSTANCE USE COMPARISONS BY GROUPS

Use by School Enrollment



Use by Age Group



TOBACCO CESSATION



Of those currently using smokeless tobacco , less than half of them intend to quit for good.

Tobacco Product	Yes Response
Do you plan to stop smoking cigarettes for good?	52.1%
Do you plan to stop using electronic cigarettes or other vaping devices for good?	61.9%
Do you plan to stop using smokeless tobacco for good?	46.8%

When do you intend to quit?	Cigarettes	E-Cigarettes or other vaping devices	Smokeless Tobacco
In the next 7 days	37.7%	19.5%	27.8%
In the next 30 days	15.5%	24.2%	10.5%
In the next 6 months	11.8%	22.9%	46.0%
In the next year	27.9%	24.9%	13.3%
More than one year from now	7.1%	8.5%	2.5%

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?

24.1%

45.5%

22.6%

7.8%

... take fentanyl accidentally or on purpose?

2.1%

1.0%

11.9%

85.0%

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

11.1%

30.6%

38.7%

19.6%

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

1.6%

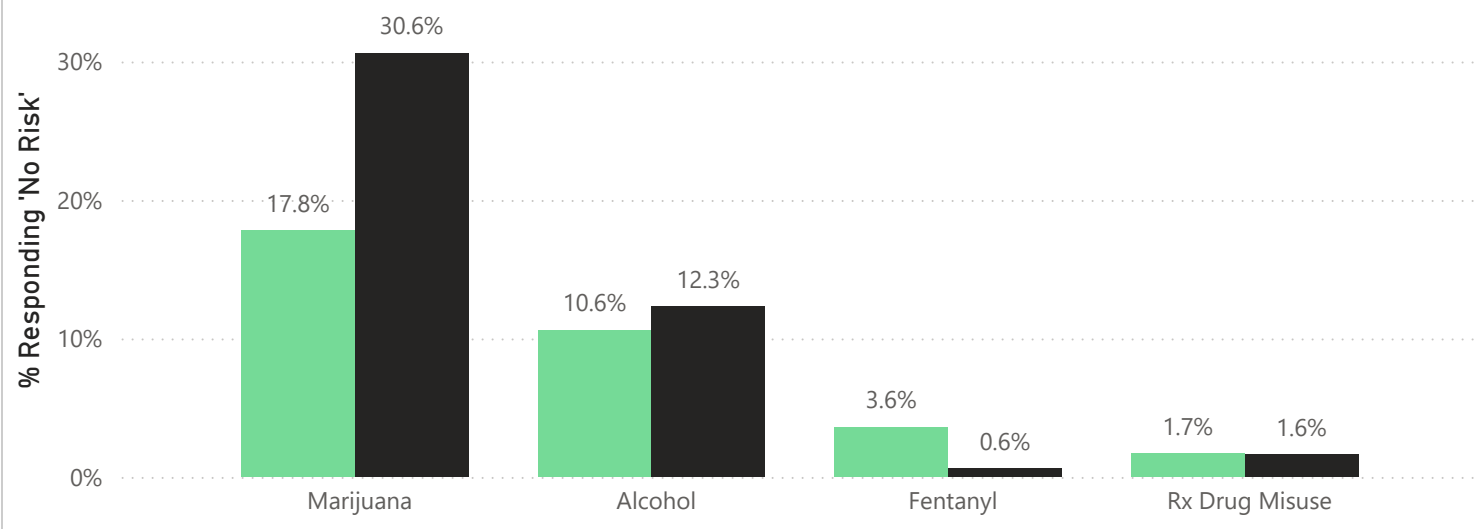
9.8%

33.3%

55.2%

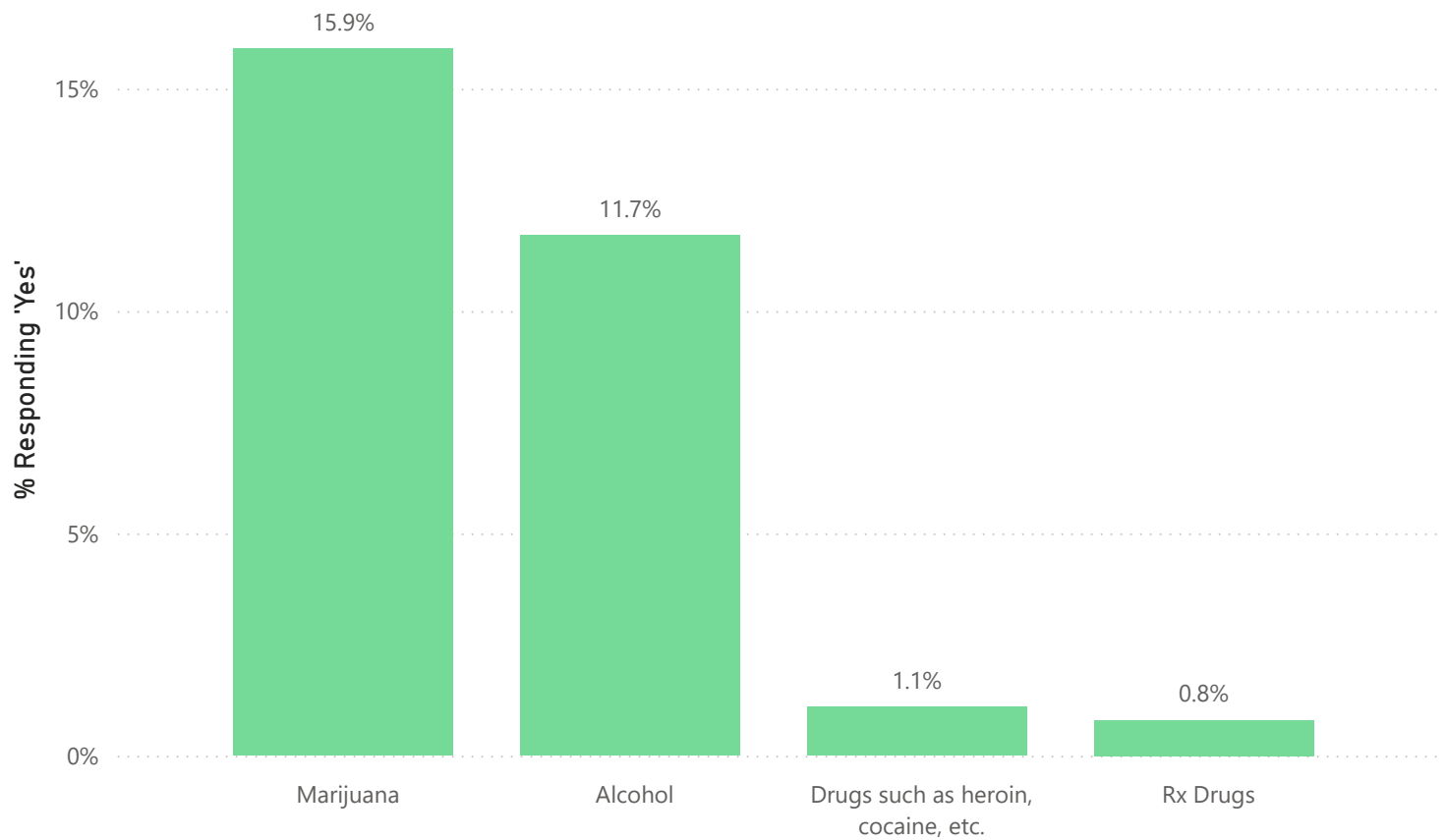
Perception of No Risk of Harm by College Enrollment

● In college ● Not in college



DRIVING UNDER THE INFLUENCE

DUI by Substance



	Alcohol	Drugs such as heroin, cocaine, etc.	Marijuana	Rx Drugs
Under 21	6.5%	0.0%	17.4%	0.6%
Ages 21 to 25	14.8%	1.8%	15.0%	1.0%
Not in college	15.1%	2.5%	16.7%	0.8%
In college	9.2%	0.0%	16.3%	1.0%

DEMOGRAPHICS



Age / Race / Gender % Surveyed

Age Group	
Ages 21 through 25 years old	62.0%
Under 21 years old	38.0%
Do you identify as Transgender?	
No, I do not identify as transgender	91.4%
Yes, I identify as transgender	5.5%
I am not sure if I am transgender	2.2%
I do not know what this question is asking	0.9%
Latino or Hispanic origin	
Hispanic	17.0%
Race	
White	81.9%
Black or African American	9.8%
American Indian or Alaskan Native	0.0%
Asian	2.9%
Native Hawaiian / Pacific Islander	5.1%
Multi-racial	0.0%
Other	0.3%
What is your gender? - Selected Choice	
Man	49.1%
Woman	44.4%
Non-binary/Genderqueer	4.3%
Other	0.6%
Questioning/Not sure	1.2%
Prefer not to answer	0.4%
What sex were you assigned at birth?	
Male	52.8%
Female	47.2%
Which on the following best describes your sexual orientation?	
Straight (heterosexual)	64.5%
Gay or Lesbian	8.1%
Bisexual or pansexual	19.7%
Asexual	1.4%
Other	1.7%
Questioning / Not sure	2.4%
Prefer not to answer	2.3%

DEMOGRAPHICS II



Income / Employment / Education

% Surveyed

EDUCATION

8th Grade or Less	0.0%
High School Incomplete (Grades 9, 10 and 11)	2.5%
High School Complete (Grade 12 or high school equivalency)	34.1%
Vocational/Technical School (includes Cosmetology schools, Welding Certificate Programs)	4.4%
Some College	33.1%
Junior College Graduate (2 Year, Associates Degree)	9.4%
4 Year College Graduate (Bachelor's Degree)	13.2%
Graduate Work (Master's, Law/Medical School, etc)	2.1%
Other	1.2%

EMPLOYMENT

Full-time	40.1%
Part-time employee	35.8%
Unemployed and looking for work	13.0%
Unemployed and not looking for work	11.1%

INCOME

Less than \$20,000	50.2%
\$20,000 to \$29,999	19.0%
\$30,000 to \$39,999	13.4%
\$40,000 to \$49,999	5.8%
\$50,000 to \$74,999	9.0%
\$75,000 to \$99,999	1.8%
\$100,000 to \$149,999	0.8%
\$150,000 or more	0.2%

MILITARY STATUS

Previously Served or Currently Serving in the Military	2.3%
Ever deployed in active combat zone	4.0%

PARENT/GUARDIAN OF CHILD(REN) UNDER 18

10.2%