

Teens and Alcohol

During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male)? **(Percentage responding one or more.)**

Buffalo County Respondents	8.8%
Nebraska Respondents	9.1%

Teens and Tobacco

During the past 30 days, on how many days did you smoke cigarettes? **(Percentage responding one or more.)**

Buffalo County Respondents	4.4%
Nebraska Respondents	3.6%

Teens and Vaping

During the past 30 days, on how many days did you use an electronic vapor product? **(Percentage responding one or more.)**

Buffalo County Respondents	11.7%
Nebraska Respondents	14.7%

Teens and Marijuana

During the past 30 days, how many times did you use marijuana? **(Percentage responding one or more.)**

Buffalo County Respondents	6.7%
Nebraska Respondents	11.0%

Teens and Prescription Pain Meds

During the past 30 days, how many times did you take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? **(Percentage responding one or more.)**

Buffalo County Respondents	5.2%
Nebraska Respondents	3.2%

FAST FACT

Of the respondents who have consumed alcohol, 87.3%, had their first drink before age 17. A plurality (28.5%) had their first drink at age 15 or 16, followed closely by the group that first drank at age 13 or 14 (24.6%). About a third (34%) of those who drank were 12 or younger.

We can help you talk with your teen.



Family support continues as the strongest asset of our Buffalo County adolescents. According to our Youth Advisory Board students, teens want their parents to talk with them about substance use. It might not be easy, but talking to the teens in your life about alcohol and drugs is an important step in keeping them safe. Use the resources at this link to help start the conversation with the youth in your life: www.bcchp.org/parents



Percent of youth who:

Reported, during the past 12 months, feeling so sad or hopeless almost **every day for two weeks or more** in a row that they stopped doing some usual activities.

2010	2012	2014	2016	2018	2021
21.4%	20.0%	21.0%	24.1%	30.2%	29.2%

Seriously considered attempting suicide in the past 12 months.

2010	2012	2014	2016	2018	2021
12.6%	14.1%	14.7%	16.3%	19.6%	15.9%

Attempted suicide in the past 12 months.

2010	2012	2014	2016	2018	2021
9.2%	13.1%	14.1%	12.9%	10.9%	6.4%

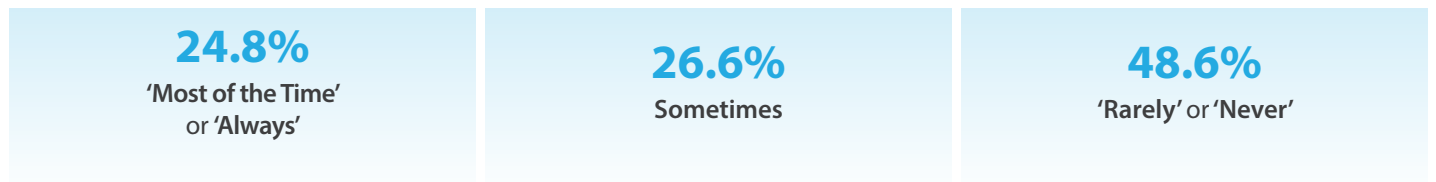
Made a plan about how they would attempt suicide.

2010	2012	2014	2016	2018	2021
-	-	-	-	-	12.7%

Mental Health Snapshot

During the past 30 days, how often was your mental health not good?

(Poor mental health includes stress, anxiety, and depression).



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Family support continues as the strongest asset of our Buffalo County adolescents. According to our Youth Advisory Board students, teens want their parents to talk with them about stress, anxiety and depression. It might not be easy, but talking to the teens in your life about their mental health is an important step in keeping them safe. Use the resources at this link to help start the conversation with the youth in your life: www.bcchp.org/parents

Research Methods

Every two to three years, Buffalo County Community Partners collaborates with the Nebraska Departments of Education and Health and Human Services to administer and analyze the Youth Behavioral and Risk Factor Survey. Data from Buffalo County were collected from a representative sample of Buffalo County youth between October and December 2021. In all, 974 Buffalo County youth completed the 2021 survey, providing a snapshot of their physical and mental health, as well as behaviors that might pose risks to their health and safety. Copies of current and past reports, along with a full description of the Buffalo County research methods, are available at www.bcchp.org/assessments. For research methods respecting the Nebraska data, see www.bosr.unl.edu/youth-risk-behavior-survey-yrebs.