Transgender Youth

2018 DELAWARE STATE EPIDEMIOLOGICAL PROFILE: SUBSTANCE USE AND RELATED ISSUES

Prepared by the

University of Delaware Center for Drug and Health Studies
&
Its State Partners
for

The Delaware SPF-PFS Program,
The Delaware Division of Substance Abuse and Mental Health,
&
The State Epidemiological Outcomes Workgroup
(SEOW, formerly the Delaware Drug and Alcohol Tracking Alliance/DDATA)

Sponsored by Award SP020704 to the Division of Substance Abuse and Mental Health, Delaware Health and Social Services, from the Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration. Please address all inquiries to: Laura Rapp, PhD, University of Delaware Center for Drug and Health Studies, Department of Sociology and Criminal Justice: lrapp@udel.edu.
Introduction:
The Role of the Delaware SEOW and the Purpose of the Epidemiological Profile

All States, including Delaware, have received support from the Substance Abuse and Mental Health Services Administration's (SAMHSA’s) Center for Substance Abuse Prevention (CSAP) to establish a statewide epidemiological workgroup or SEOW. In Delaware, the Division of Substance Abuse and Mental Health (DSAMH) in the Delaware Department of Health and Social Services is the recipient of a Strategic Prevention Framework-Partnerships for Success Grant (SPF-PFS) and the SEOW is part of this initiative. The SEOW (formerly known as the Delaware Drug and Alcohol Tracking Alliance, or DDATA) is a group of stakeholders representing organizations that collect and use data on substance use, associated behaviors, and their consequences in order to establish and monitor indicators related to substance abuse prevention. The SEOW’s mission is to bring this data to the forefront of the prevention planning process. Its goals are:

- To build monitoring and surveillance systems to identify, analyze, and profile data from state and local sources;
- To provide current benchmarks, trends, and patterns of substance consumption and its consequences;
- To create data-guided products that inform prevention planning and policies;
- To train agencies and communities in understanding, using, and presenting data effectively in order to support prevention efforts.

This annual report highlights the most recently available data on substance use and related issues in Delaware. It also includes special topics, such as populations that experience disproportionate risk for substance use or related behaviors. The information is intended to help decision makers and stakeholders throughout Delaware accomplish their goals related to needs assessments, strategic planning, and evaluation. The 2018 report consists of twelve sections: a state demographic background; tobacco and electronic cigarettes; alcohol; marijuana; opioid use; other illegal drugs; substance exposed infants; gambling; mental health; substance use and adverse childhood experiences (ACEs); substance use among the LGBQ population and new data on Transgender youth in Delaware; and protective factors.

The 2018 Delaware Epidemiological Profile is available, along with all SEOW data products, from the Center on Drug and Health Studies at the University of Delaware website.
Thank You, SEOW Collaborators

for your participation and commitment to data-driven prevention planning, practice, and evaluation!

atTAcK Addiction
Christiana Care Health Systems
Delaware Academy of Medicine
Delaware Criminal Justice Council
Delaware Coalition Against Domestic Violence
Delaware Council on Gambling Problems
Delaware Criminal Justice Information System (DELJIS)
Delaware Afterschool Network
Delaware Courts – Office of the Child Advocate
Delaware Department of Education
Delaware Department of Health and Social Services
  Division of Medicaid and Medical Assistance
  Division of Public Health
  Division of Services for the Aging
  Division of Substance Abuse and Mental Health
Delaware Department of Homeland Security
  Division of Alcohol and Tobacco Enforcement

Division of Forensic Medicine
Division of Prevention and Behavioral Health Trauma Informed Care
Division of Public Health
Delaware Office of Controlled Substance Division of Professional Regulation, Prescription Monitoring Program
Mental Health Association of Delaware
Delaware Prevention Coalition
Delaware State Police
DEMCO
La Esperanza
KIDS COUNT in Delaware, University of Delaware Center for Community Research & Service
Latin American Community Center
Nemours Health and Prevention Services
Open Door, Inc.
Wesley College
West End Neighborhood House
University of Delaware Student Health and Wellness Promotion

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Transgender Youth

It is estimated that there are approximately one million people in the US who identify as transgender (Meerwiljk and Sevelius, 2017). For the first time, the CDC provided states with a question for the 2017 Youth Risk Behavior Survey (YRBS) to capture the rate of students reporting transgender status:

Are you transgender?

a) No, I am not transgender.
b) Yes I am transgender.
c) I am not sure if I am transgender.
d) I do not know what this question is asking.

The question was included in the 2017 Delaware High School YRBS. Among the students who responded, 1.2% identified as transgender, while another 1.2% identified as unsure. With a statewide total of over 40,000 students in Delaware public high schools, that would suggest that approximately 500 students identify as transgender with an additional 500 unsure.

Historically, gender minority research has not been robust, even within studies of issues that face members of the LGBT community as a whole. Despite this research gap, what is known indicates that transgender and genderqueer youth face elevated risk for physical and mental health disparities. Grossman and D’Augelli (2007) point out that these youth are exposed to internal and external stressors that may contribute to risky and dangerous behaviors, such as self-harm and substance use. Adolescence is a developmental stage associated with increased exploration and experimentation while, at the same time, defining the parameters of relationships with peers and adults. For transgender youth, youth who are questioning their gender identity, or youth who identify with neither or both gender or in some other way, there is the additional component of navigating these challenges as an individual who does not conform to traditional gender norms and expectations.
Two ways to promote wellness in adolescence, regardless of gender identity, is to encourage open, non-judgmental conversation, safe spaces, and positive adult support. Ryan, Russell, Huebner, Diaz, and Sanchez (2010) also found that “…family acceptance in adolescence is associated with young adult positive health outcomes…protective for negative health outcomes (depression, substance abuse, and suicidal ideation and attempts)”.

Due to the sample size of the YRBS, further analysis among this group regarding substance use and other risk behaviors, as well as protective factors, is not feasible. It is possible that in the future, researchers will be able to combine YRBS data sets from 2017 and subsequent years, or collaborate with surveyors from other states that posed the transgender question, to analyze these associations. Nonetheless, the existing literature documents the need to provide prevention strategies that are culturally competent and inclusive of this population of youth.
Figure 190 Percentage of high school students who are transgender

Note:
Weighted data

Source:
“2017 Delaware Youth Risk Behavior Survey (YRBS).” Centers for Disease Control and Prevention. Administered by the Center for Drug and Health Studies, University of Delaware.

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About Delaware


**Tobacco**


**Alcohol**


Substance Abuse and Mental Health Services Administration. (n.d.). [Table of data from the Treatment Episode Data Set]. *Substance Abuse Treatment Admissions by Primary Substance of Abuse, According to Sex, Age Group, Race, and Ethnicity among Admissions Aged 12 and Older, Year = 2017*. Retrieved May 14, 2018 from https://wwwdasis.samhsa.gov/webt/quicklink/DE17.htm


Marijuana


Substance Abuse and Mental Health Services Administration. (n.d.). [Table of data from the Treatment Episode Data Set]. *Substance Abuse Treatment Admissions by Primary Substance of Abuse, According to Sex, Age Group, Race, and Ethnicity among Admissions Aged 12 and Older, Year = 2017*. Retrieved May 14, 2018 from https://wwwdasis.samhsa.gov/webt/quicklink/DE17.htm


**Opioids**


Anderson, Tammy L., Martin, Steve, Fang, Yiqian and Jiamin Li. (2016). *Report to the Delaware PDAC on Criteria of High Risk Prescribing for RIPAI D* [Centers for Disease Control Grant].


Neuman, W. (May 3, 2018). De Blasio moves to bring safe injection sites to New York City. *New York Times*. Retrieved from Figure 8 Percentage of high school students who reported smoking in the past 30 days, by sexual orientation


Substance Abuse and Mental Health Services Administration. (n.d.). [Table of data from the Treatment Episode Data Set]. *Substance Abuse Treatment Admissions by Primary Substance of Abuse, According to Sex, Age Group, Race, and Ethnicity among Admissions Aged 12 and Older, Year = 2017*. Retrieved May 14, 2018 from https://wwwdasis.samhsa.gov/webt/quicklink/DE17.htm


**Other Illicit Drugs**


Substance Abuse and Mental Health Services Administration. (n.d.). [Table of data from the Treatment Episode Data Set]. *Substance Abuse Treatment Admissions by Primary Substance of Abuse, According to Sex, Age Group, Race, and Ethnicity among Admissions Aged 12 and Older, Year = 2017*. Retrieved May 14, 2018 from https://wwwdasis.samhsa.gov/webt/quicklink/DE17.htm

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 Transgender Youth


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## 2018 Data Sources

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In addition to the data sources for the figures and tables in the 2018 report, the following data sources are also cited throughout the narrative:

- America’s Health Rankings
- Bureau of Labor Statistics
- Centers for Disease Control and Prevention
- Delaware Health Tracker
- Delaware State Police/Delaware Statistical and Analysis Center
- Health Resources and Services Administration
- Kaiser Family Foundation
- KIDS COUNT in Delaware
- PolicyMap
- Prescription Behavior Surveillance System at Brandeis University
- Tobacco21.org
- U.S. Department of Health and Human Services
- U.S. Census Bureau