



2019 DELAWARE STATE EPIDEMIOLOGICAL PROFILE

SUBSTANCE USE AND RELATED ISSUES

CHAPTER 13: Transgender Youth

prepared for

*Director Elizabeth Romero and the
Delaware Division of Substance Abuse and Mental Health*

&

The Delaware State Epidemiological Outcomes Workgroup

with funding from the

Strategic Prevention Framework - Partnerships for Success Program

Introduction: The Role of the Delaware State Epidemiological Outcomes Workgroup 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) Center for Substance Abuse Prevention (CSAP) to establish a Statewide Epidemiological Outcomes Workgroup (SEOW). Some SEOWs, including Delaware's, are incorporated as part of a SAMHSA Strategic Prevention Framework-State Incentive Grant (SPF-SIG) or Strategic Prevention Framework-Partnerships for Success (SPF-PFS) grant. The Division of Substance Abuse and Mental Health (DSAMH) in the Delaware Health and Social Services has been the recipient of an SPF-SIG grant and, more recently, of a SPF-PFS grant. The SEOW is a group of people and organizations in the state that have and use analytical data concerning drug and alcohol use and abuse and related behaviors and consequences; this information can be used to establish and monitor indicators related to substance abuse prevention. Formerly known as the Delaware Drug and Alcohol Tracking Alliance (DDATA), Delaware's SEOW mission is to bring data on substance abuse and related behavioral problems to the forefront of the prevention planning process by pursuing the following goals:

- 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 abuse consumption and consequences
- To create data-guided products that inform prevention planning and policies
- To train agencies and communities in understanding, using, and presenting data effectively

This report, the Delaware State Epidemiological Profile, was developed by the SEOW to disseminate data for strategic planning, decision-making, and evaluation. Using indicators that are available on an ongoing basis, the report briefly describes Delaware-specific patterns of consumption, context, consequences, and trends of substance use, especially among young people.

Chapter 13 covers transgender youth in Delaware. To review the complete Delaware Epidemiological Profile, other chapters, or SEOW data products, please visit the UD [Center for Drug and Health Studies Delaware Epidemiological Reports](#) page.

SEOW Collaborators

Thank you for your participation and commitment to data-driven prevention planning, practice, and evaluation! We are especially grateful for the support from Director Elizabeth Romero and the team at the Delaware Division of Substance Abuse and Mental Health for their guidance and collaboration.

atTAcK Addiction

Christiana Care Health System

Delaware Academy of Medicine

Delaware Afterschool Network

Delaware Criminal Justice Council

Delaware Coalition Against Domestic Violence

Delaware Council on Gambling Problems

Delaware Courts - Office of the Child Advocate

Delaware Criminal Justice Information System

Delaware Department of Education

Delaware Department of Services for Children, Youth and their Families

Division of Prevention and Behavioral Health Services

Delaware Health and Social Services

Division of Medicaid and Medical Assistance

Division of Public Health

Division of Services for Aging and Adults with Physical Disabilities

Division of Substance Abuse and Mental Health

Delaware Information and Analysis Center

Delaware Multicultural and Civic Organization

Delaware Prevention Coalition

Delaware State Police

Department of Safety and Homeland Security

Division of Alcohol and Tobacco Enforcement

Division of Forensic Science

KIDS COUNT in Delaware, University of Delaware Center for Community Research & Service

La Esperanza Community Center

Latin American Community Center

Mental Health Association in Delaware

Nemours Health and Prevention Services

Office of Controlled Substances

Delaware Division of Professional Regulation

Delaware Prescription Monitoring Program

Open Door Inc.

Wesley College

West End Neighborhood House

University of Delaware

Student Health & Wellness Promotion

SEOW Facilitator Team at the University of Delaware Center for Drug and Health Studies:

David Borton, Darryl Chambers, Roberta Gealt, James Highberger, Dana Holz, Lin Lui, Steve Martin, Sharon Merriman-Nai, Dan O'Connell, Brandie Pugh, Laura Rapp, Rachel Ryding, Meisje Scales, Eileen Sparling, Wenjin Wang

Table of Contents

Delaware State Epidemiological Profile Overview	i
Chapter 13: Transgender Youth	1
National Overview	1
Delaware Overview	1

Table of Figures

Figure 212: Prevalence of students in Del. who report as transgender, HS, 2017.....	3
---	---

Delaware State Epidemiological Profile Overview

Each year, the Center for Drug and Health Studies at the University of Delaware, the facilitator of the State Epidemiological Outcomes Workgroup (SEOW), releases the Delaware State Epidemiological Profile, a project funded under the federal Strategic Prevention Framework-Partnerships for Success initiative. This report (2019) highlights the most recently available data on substance use among various populations across both Delaware and nationwide. Its information is intended to help decision-makers and stakeholders across the state accomplish goals related to needs assessments, strategic planning, and evaluation.

In its entirety, this report includes the following chapters:

1. State Demographic Background
2. Tobacco and Electronic Cigarettes
3. Alcohol
4. Marijuana
5. Opioid Use and Other Trends
6. Other Illegal Drugs
7. Substance-Exposed Infants
8. Gambling
9. Mental Health
10. Persons with Disabilities (new to the report this year)
11. Adverse Childhood Experiences
12. Lesbian, Gay, Bisexual, and Questioning Youth
13. Transgender Youth
14. Protective Factors

Chapter 13: Transgender Youth

National Overview

It is estimated that there are approximately one million people in the United States who identify as transgender (Meerwijk and Sevelius, 2017). For the first time, the Centers for Disease Control and Prevention (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.

Delaware Overview

Among the students who responded, 1.2% identified as transgender, while another 1.2% identified as unsure. A statewide total of more than 40,000 students in Delaware public high schools 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 lesbian, gay, bisexual, and transgender (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 genders 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, nonjudgmental conversation, safe spaces, and positive adult support. Ryan, Russell, Huebner, Diaz, and Sanchez (2010) 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.

2017 Youth Risk Behavior Survey

High School Students Who Report They Are Transgender (in percentages)

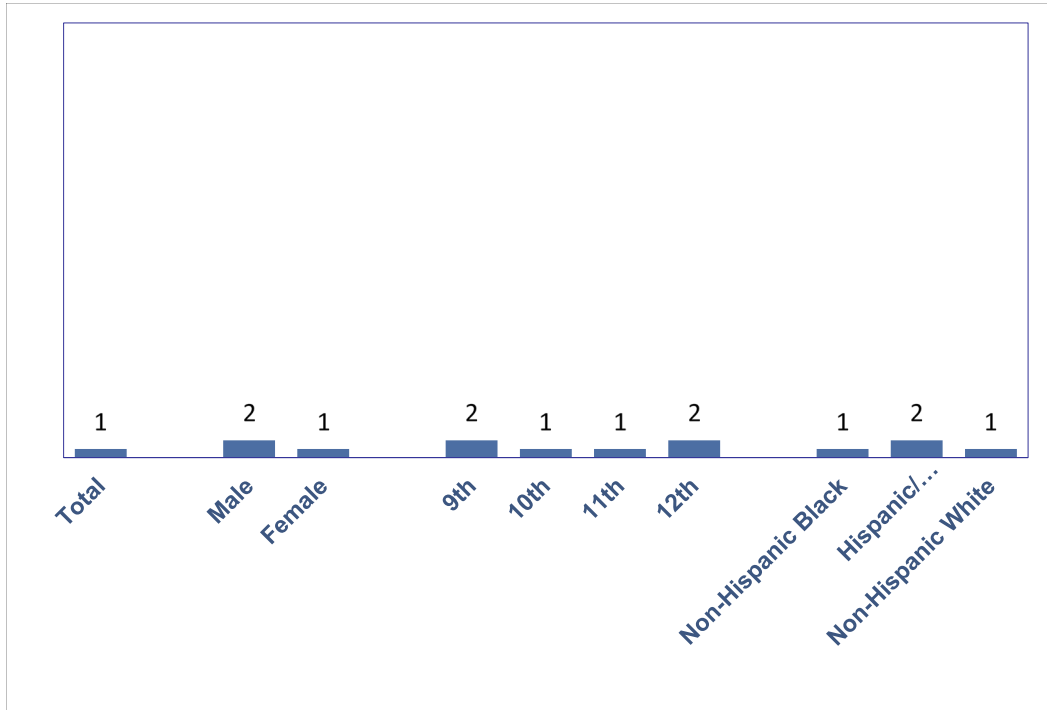


Figure 212: Prevalence of students in Del. who report as transgender, HS, 2017

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.](#)

[Back to table of figures](#)

Transgender Youth

Delaware Department of Education. (n.d.). [Table]. Statewide Fall Enrollment (2017-2018).

Retrieved May 16, 2018 from

<http://profiles.doe.k12.de.us/SchoolProfiles/CommonControls/Reporting.aspx?districtCode=0&schoolCode=0&dataBlock=Demographics&catBlock=Student7Race&Language=English&type=CatUrl>

Grossman, A. H., & Daugelli, A. R. (2007). Transgender Youth and Life-Threatening Behaviors. *Suicide and Life-Threatening Behavior*, 37(5), 527-537.

doi:10.1521/suli.2007.37.5.527

Meerwijk, E. L., & Sevelius, J. M. (2017). Transgender Population Size in the United States: A Meta-Regression of Population-Based Probability Samples. *American Journal of Public Health*, 107(2). doi:10.2105/ajph.2016.303578

Ryan, C., Russell, S. T., Huebner, D., Diaz, R., & Sanchez, J. (2010). Family Acceptance in Adolescence and the Health of LGBT Young Adults. *Journal of Child and Adolescent Psychiatric Nursing*, 23(4), 205-213. doi:10.1111/j.1744-6171.2010.00246.x

Data Sources for the 2019 Delaware State Epidemiological Profile

Data Instrument	Administered/Compiled by	Most Recent Data	Trend Range
Data Base/ Diagnostics Plus	-	-	1989-1993
Delaware Annual Traffic Statistical Report	Delaware State Police/Delaware Statistical and Analysis Center	2015	-
Delaware Criminal Justice Information System (DELJIS)	DELJIS	2016	-
Delaware Behavioral Risk Factor Surveillance System (BRFSS)	DE Division of Public Health (sponsored by the CDC)	2017	-
Delaware Household Health Survey	Delaware Public Health Institute	2015	-
Delaware Prescription Monitoring Program (PMP)	Delaware Office of Controlled Substance, Division of Professional Regulation	2017	2013 - 2017
Delaware School Survey (DSS) – 5 th , 8 th , and 11 th grades	Center for Drug and Health Studies, UD	2018	1995 - 2016
Delaware Youth Risk Behavior Survey (YRBS) – High School	Center for Drug and Health Studies, UD (sponsored by DE Division of Public Health and the CDC)	2017	1999 - 2015
Delaware Youth Risk Behavior Survey (YRBS) – Middle School	Center for Drug and Health Studies, UD (sponsored by Nemours)	2017	1999 - 2015
Department of Public Instruction	-	1994	-
Monitoring the Future	University of Michigan	2018	-
National High School Youth Risk Behavior Survey	US Centers for Disease Control	2017	1995 - 2017
National Poisoning Data System	American Association of Poison Control Centers	2014	2012-2017
Performance Measures, Delaware	National Highway Safety Administration	2017	

National Survey on Drug Use and Health (NSDUH)	US Substance Abuse and Mental Health Services Administration	2017	2002 - 2017
Tobacco Free Kids Organization	Tobacco Free Kids Organization	2014	-
Treatment Admissions Data	US Substance Abuse and Mental Health Services Administration, collected by Delaware Division of Substance Abuse and Mental Health	2018	2002 - 2018

In addition to the data sources for the figures and tables in the 2019 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
- Health Resources and Services Administration
- Kaiser Family Foundation
- PolicyMap
- Prescription Behavior Surveillance System at Brandeis University
- Tobacco21.org
- U.S. Department of Health and Human Services
- U.S. Census Bureau