Work and Adolescents:
Results from the Washington Healthy Youth Survey

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For teens, work can be positive.
But... not for every aspect of life.
But... **not** for every aspect of life

Sleep  
Breakfast  
Sports  
WORK
Money
Freedom
Responsibility

Less sleep
Stress
Adult behavior
Washington State
HEALTHY YOUTH SURVEY (HYS)

Biennial survey
Even grades (6th - 12th)
Aims

Describe associations between work and health and behavioral outcomes.
**Exposure variables**

How many hours per week are you currently working for pay, NOT counting chores around your home, yard work, or babysitting?

<table>
<thead>
<tr>
<th>Variable</th>
<th>Coding</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Work status</strong></td>
<td>0 = Not currently working [Reference]</td>
</tr>
<tr>
<td><em>Binary</em></td>
<td>1 = Working</td>
</tr>
<tr>
<td><strong>Work intensity</strong></td>
<td>0 = 10 hours or less a week [Reference]</td>
</tr>
<tr>
<td><em>Categorical</em></td>
<td>1 = 11-30 hours a week</td>
</tr>
<tr>
<td></td>
<td>2 = 31–40 hours a week</td>
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<tr>
<td></td>
<td>3 = More than 40 hours a week</td>
</tr>
</tbody>
</table>
Outcome variables
Which teens work?

27.5% of teens in WA (2010)

- Older teens
- Boys
- Boys
- 12th graders
- Hispanic
- Lower SES
- Larger families
- Living away from parents/guardians
Work and marijuana use

23% of working teens used in last month compared to 14% of non-working teens
Work + marijuana use

<table>
<thead>
<tr>
<th>Currently working</th>
<th>8th Grade Adjusted OR (95% CI)</th>
<th>10th Grade Adjusted OR (95% CI)</th>
<th>12th Grade Adjusted OR (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Ref</td>
<td>Ref</td>
<td>Ref</td>
</tr>
<tr>
<td>Yes</td>
<td>2.03 (1.45-2.83)†</td>
<td>1.32 (1.04-1.68)*</td>
<td>1.27 (1.07-1.52)†</td>
</tr>
</tbody>
</table>

*p<0.05; †p<0.01

For 12th graders, currently working was associated with a 27% higher odds of reporting recent marijuana use.
Work + **sleep**

Teens who work **SLEEP LESS**

**Sleep is necessary for...**

- Healthy brain function
- Emotional well-being
- Physical health
- Daytime performance
- Safety
Work and sleep

Proportion of respondents

<table>
<thead>
<tr>
<th>Self-reported average weeknight sleep duration</th>
<th>Not working</th>
<th>Working</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 hours or less</td>
<td>10%</td>
<td>11%</td>
</tr>
<tr>
<td>About 6 hours</td>
<td>19%</td>
<td>17%</td>
</tr>
<tr>
<td>About 7 hours</td>
<td>28%</td>
<td>22%</td>
</tr>
<tr>
<td>About 8 hours</td>
<td>31%</td>
<td>18%</td>
</tr>
<tr>
<td>9 hours or more</td>
<td>10%</td>
<td>6%</td>
</tr>
</tbody>
</table>
Work and sleep and injuries

Reduced sleep duration was associated with work-related injury risk.

2010 Washington HYS data
Lifetime risk of work-related injury

Work and quality of life among working students

![Bar graph showing mean youth QOL scores for not working and working students across 8th, 10th, and 12th grades. The scores are as follows:
- 8th grade: Not Working 77.2, Working 74.6
- 10th grade: Not Working 74.3, Working 71.3
- 12th grade: Not Working 73.5, Working 72.9]
Work + quality of life

by Work Intensity

Mean Youth QOL Score

Work duration (hours per week)

- Not working: 69.5
- 10 or fewer: 74.9
- 11-30: 70.9
- 31-40: 60.5
- More than 40: 55.8
Future directions

Prospective data collection

We must recognize benefits AND disadvantages of working.