

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



Sleep



Breakfast



Sports



But... *not* for every aspect of life



Sleep

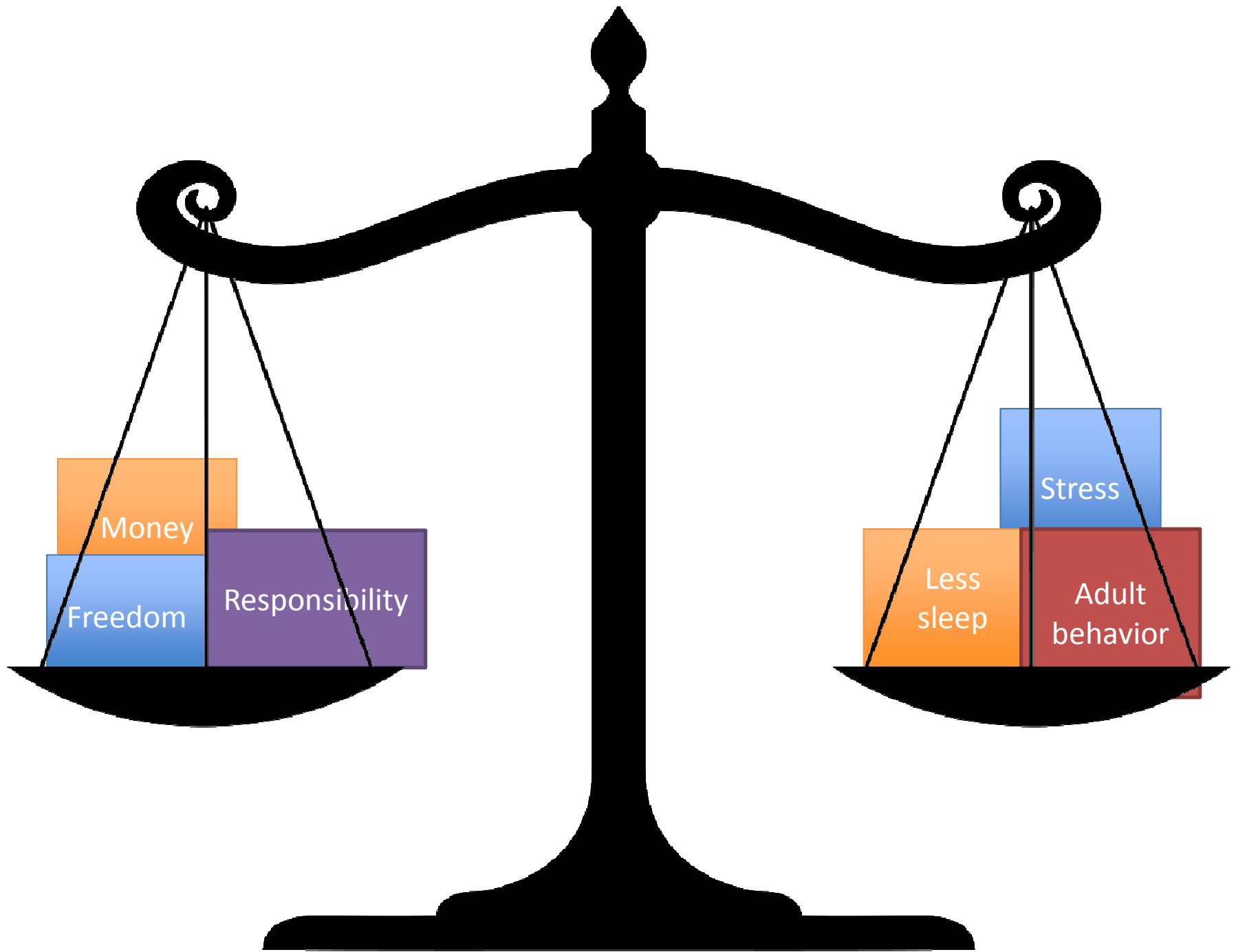


Breakfast



Sports





Money

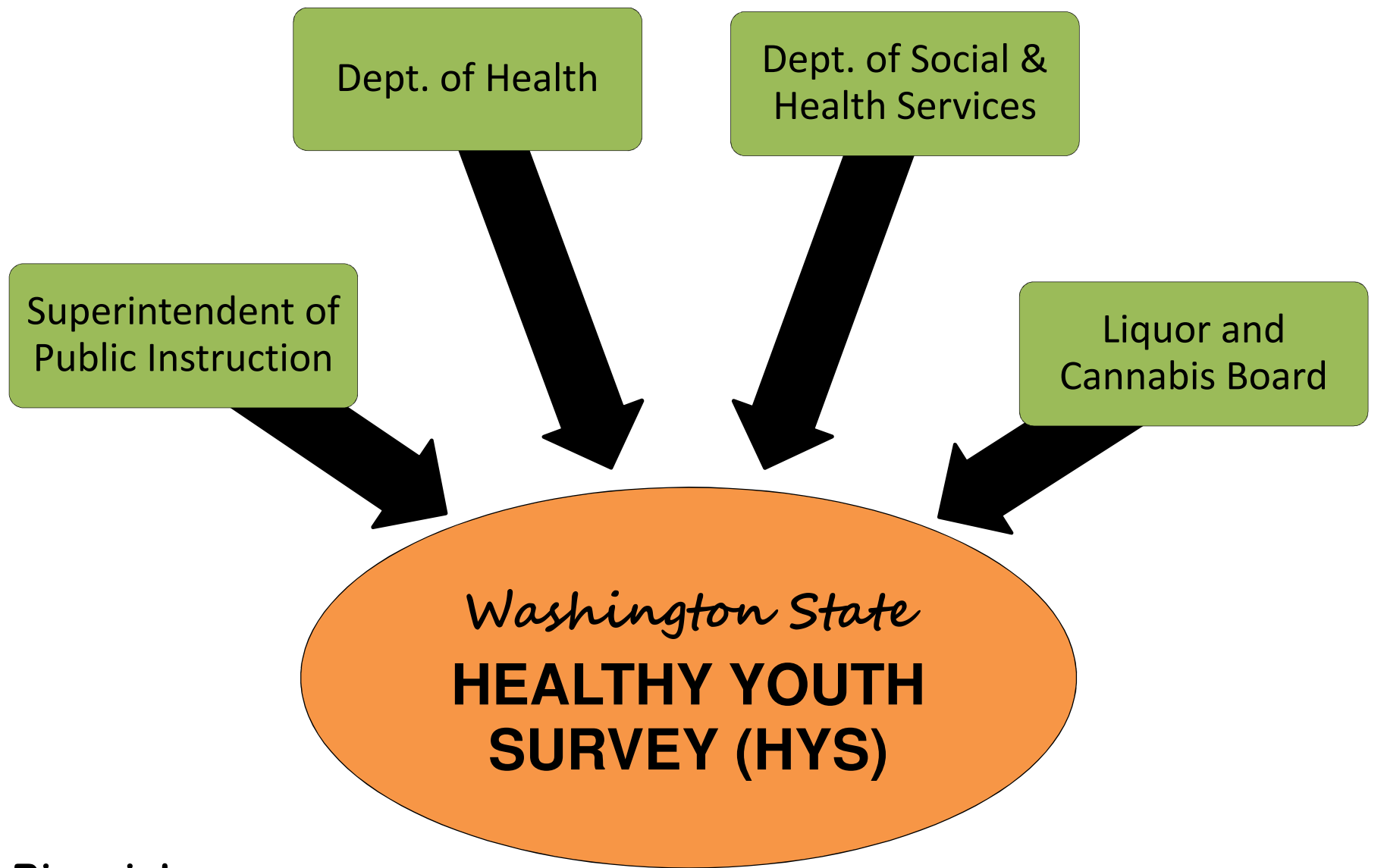
Freedom

Responsibility

Stress

Less
sleep

Adult
behavior



**Biennial
survey**

**Even grades
(6th - 12th)**

Aims

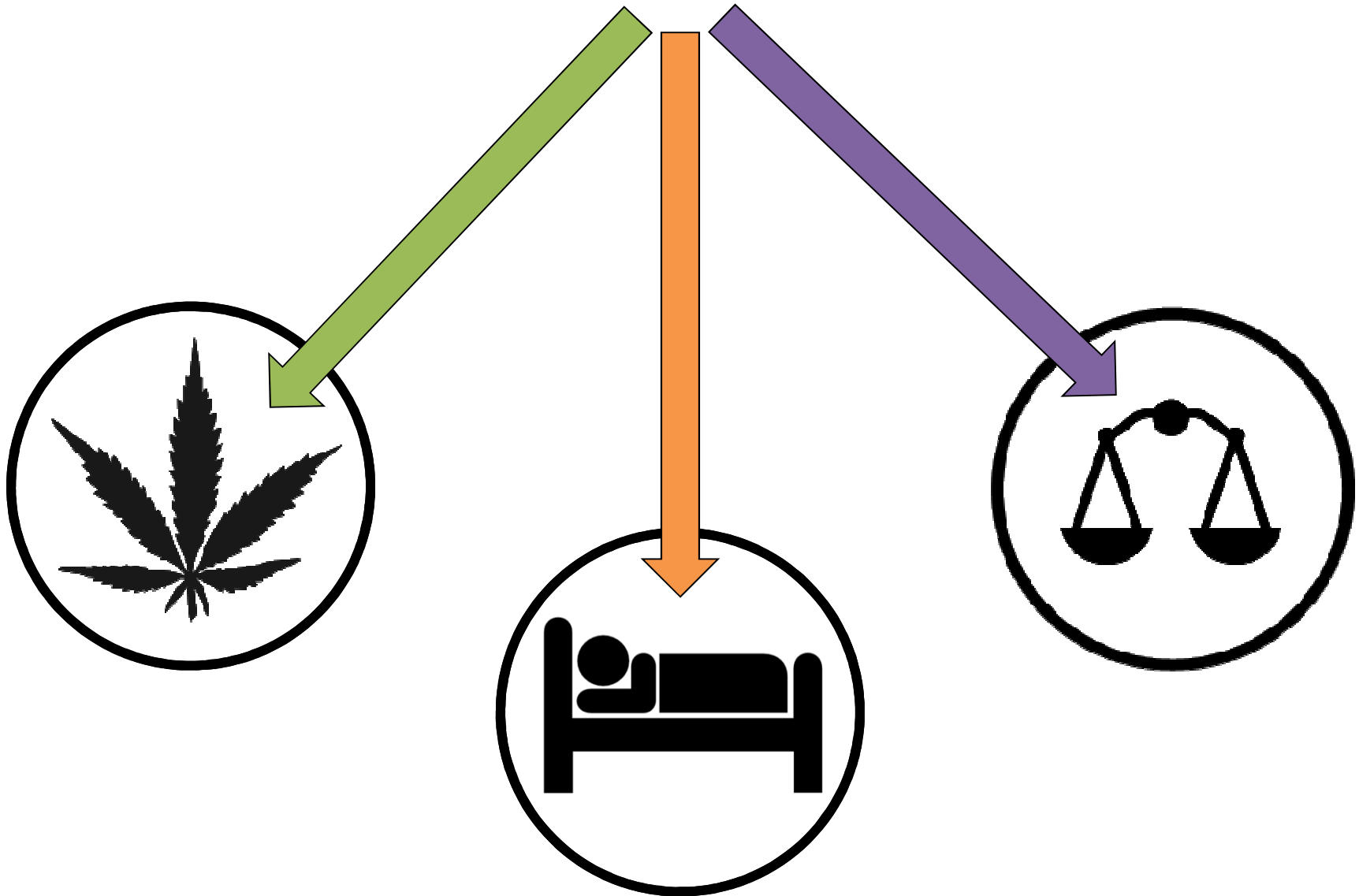
**Describe associations between
work and
health and behavioral
outcomes.**

Exposure variables

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

Variable	Coding
Work status <i>Binary</i>	0 = Not currently working [Reference] 1 = Working
Work intensity <i>Categorical</i>	0 = 10 hours or less a week [Reference] 1 = 11-30 hours a week 2 = 31-40 hours a week 3 = More than 40 hours a week

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*

Recent Marijuana Use by Grade			
	8 th Grade Adjusted OR (95% CI)	10 th Grade Adjusted OR (95% CI)	12 th Grade Adjusted OR (95% CI)
Currently working			
No	Ref	Ref	Ref
Yes	2.03 (1.45-2.83) [†]	1.32 (1.04-1.68) [*]	1.27 (1.07-1.52) [†]

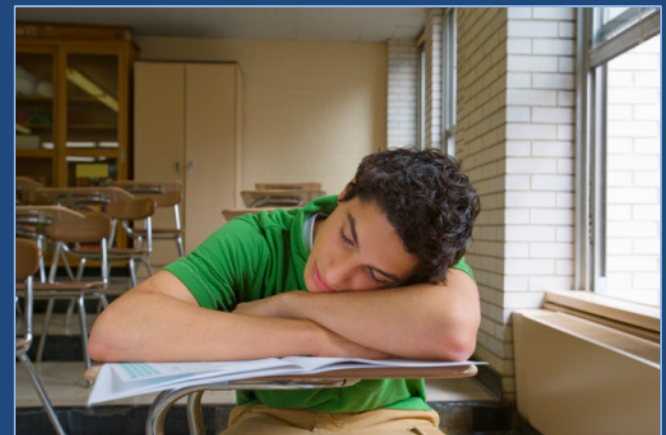
*p<0.05; †p<0.01

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

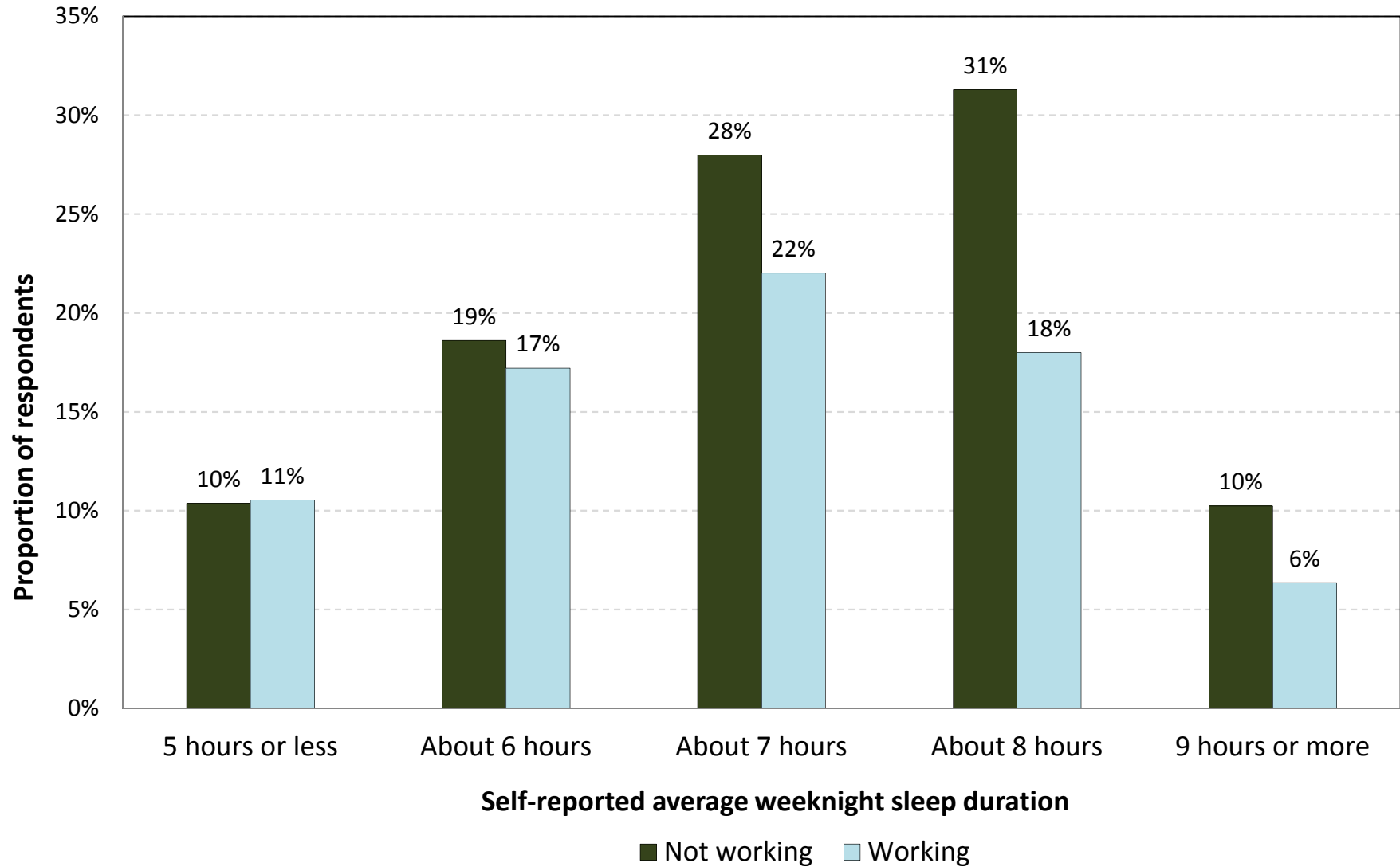
Emotional well-being

Physical health

Daytime performance

Safety

Work and *sleep*



Work and *sleep and injuries*

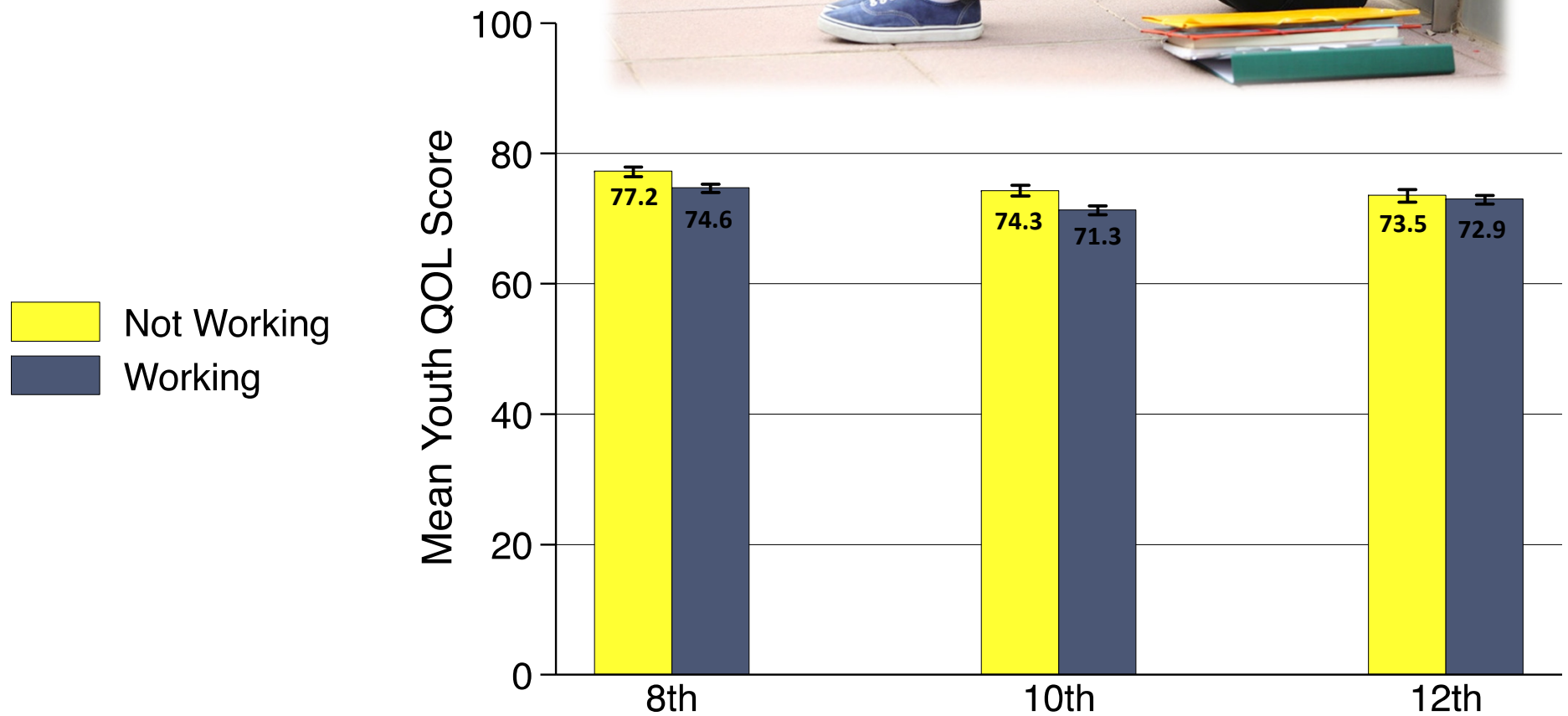
Reduced sleep duration
was associated with
work-related injury risk.



2010 Washington HYS data
Lifetime risk of work-related injury

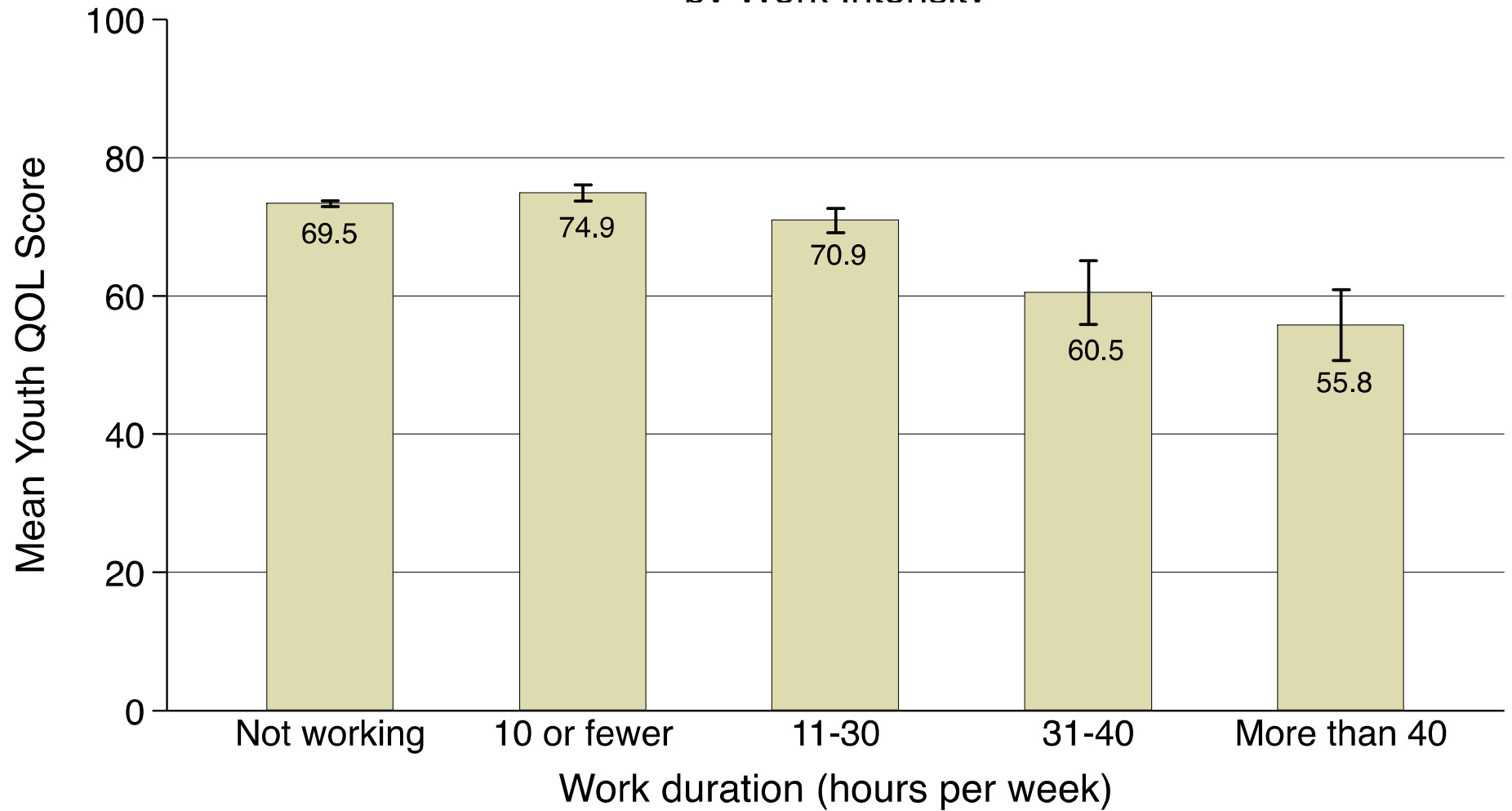
Graves JM, Miller ME. Am J Ind
Med. 2015 Apr;58(4):464-71.

Work and *quality of life* among working students



Work + *quality of life*

by Work Intensity





Future directions

Prospective data collection

Q U A L I T Y
O F W O R K



We must recognize benefits **AND** disadvantages of working.

