



USC H&H

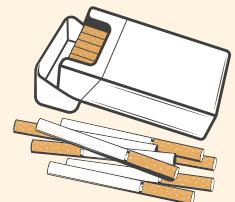
Happiness and Health Study

Your participation in the Happiness & Health (H&H) Study has made all the difference in raising awareness, clarifying misperceptions, counteracting stigma, and informing policies that support youth and young adults like yourself. Your willingness to share your thoughts and experiences have been extremely valuable.

What We Want to Know...

The H&H Study aims to understand why some adolescents and young adults use tobacco, marijuana, alcohol, and other drugs, and why some do not. To do so, we collected information on a range of health factors including:

- concern for social issues
- social and emotional health
- substance use
- social and digital media use
- risky behaviors
- and more



About Our Participants

In 2013, over 3,300 9th graders across 10 public high schools in the L.A. area were enrolled in the H&H study. In high school, USC researchers administered the survey in the classroom every fall and spring semester for a total of 8 waves of data collection. Since graduating in 2017, participants have continued to complete online surveys every 6 months, allowing us to stay up to date with current trends that young adults experience. H&H is currently approaching its 12th wave of data collection as of 2021.



Benefits of Participating

- Play an active part in a longitudinal cohort study that directly impacts change in schools and communities across California and the US for adolescent and young adult health.
- Receive a \$60 gift card for each completed survey as a thank you from the H&H research team!

Ongoing Impacts of This Study

The data from this research provides insight on important trends such as improving health, supporting at-risk youth, and breaking down stereotypes. Study findings have created opportunities for policy makers and educators to better understand young people and provide them with greater support. Here are just a few study findings...



- "Gonna Getcha"/"Dangers of Vaping" by TobaccoFreeCA @ <https://stillblowingsmoke.org/#health>
- Those who vape e-cigarettes are associated with also smoking combustible cigarettes
- Those who vape stronger nicotine concentrations are associated with accelerated use of e-cigarette frequency and use of combustible cigarettes
- Check out our website for more information about the study and its publications!



FOR MORE INFO

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