YOUTH RISK BEHAVIOR SURVEY

Boulder County Highlights
Quick YRBS Overview

- Data collected every two years since 2003.
- The survey is administered to a random sample of classrooms to students in grades 7 – 12.
- Includes BVSD middle and high schools and SVVSD high schools.
- Response rates – 86% for BVSD middle school, 82% for high school.
- The results are generalizable to the entire population from which the sample was drawn.
New High School Questions in 2011

- Last dental exam: 77%
- Last physical: 69%
- Went hungry b'c not enough food: 11%
- Ate breakfast every day: 41%
- Current heavy cigarette use: 6%
- Threatened/injured b'c of gang activity: 6%
- Harassed on way to/from school: 10%
- Harassed on school property: 27%
- Texting/emailing while driving: 46%
Health Promoting Behaviors

Parents feel it would be wrong to have sex: 63%
Sleep 8+ hours on average school night: 42%
Participates in vigorous physical activity: 74%
Exercised to lose weight: 55%
Ate breakfast every day: 41%
Used a condom: 57%
Felt safe in neighborhood: 91%
Has someone to talk to when sad: 77%
Did community service: 41%
4+ meals with family: 75%
Parents have clear rules for behavior: 87%
Perception of Risk/Harm Over Time

- Cigarettes
- Alcohol
- Marijuana
Parent Disapproval Over Time

- Cigarettes
- Alcohol
- Marijuana

Graph showing the disapproval rates for cigarettes, alcohol, and marijuana from 2005 to 2011.
Peer Disapproval Over Time

- Cigarettes
- Alcohol
- Marijuana
Drinking/Driving Over Time

- Rode with: Decreasing trend from 2003 to 2011
- Drove: Generally stable trend from 2003 to 2011
Cigarette Use Over Time

- **Ever**
- **Before 13**
- **Current**
- **Current Frequent**

Alcohol Use Over Time

- Ever
- Before 13
- Current
- Binge
Other Drug Use Over Time

- Cocaine
- Inhalants
- Heroin
- Meth
- Ecstasy
- Other

Year:
- 2003
- 2005
- 2007
- 2009
- 2011
On School Property

- Cigarettes
- Alcohol
- Offered Illegal Drugs
Harassment Over Time

- Race/ethnic origin
- Someone thought LGB
- Religious beliefs
- Physical appearance
- Unwanted sexual comments/attention
Physical Health Over Time

- Overweight
- Thought Overweight
- Participated in Vigorous Physical Activity
Areas to Watch

- Parents feel it's wrong to have sex
- Sleeps 8+ hrs on school night
- 3+ hrs video/computer games per day
- 3+ hrs of TV/day
- Obese
- Electronically Bullied
- Attended school under the influence (alcohol/other illegal drugs)
- Prescription Drug Use

Comparing 2009 to 2011 data, significant changes are observed in the areas listed.
New Middle School Questions in 2011

- Electronically bullied: 19%
- Threatened/injured b'c of gang activity: 6%
- Ever taken prescription drugs w/o prescription: 3%
Areas to Celebrate – Middle School

- Watched 3+ hrs of TV/day
- In physical fight
- Ever had sex
- Ever drank alcohol
- Smoked cigarettes before 13
- Drank alcohol before 13

2009 vs 2011
Thank You!!

- Boulder County Departments
  - Administrative Services
  - Community Services
  - Housing and Human Services
  - Land Use
  - Parks and Open Space
  - Public Health
- Boulder Valley School District
- City of Boulder
- Community Foundation
- Community Volunteers
- Ed and Ruth Lehman YMCA
- Front Range Community College
- City of Longmont Children and Youth Resources
- OMNI Institute
- Safe Shelter St. Vrain
- St. Vrain Valley School District
- YMCA of Boulder Valley