Improving the Health of Our Youth

2011 Youth Risk Behavior Survey (YRBS)

Boulder County Results:
Data and Action

For presentation to the Board of County Commissioners on May 2, 2013
Updated on April 30, 2013
YRBS Data

Survey covers risk and protective behavior:

1. Personal safety, unintentional injury, violence
2. Mental health
3. Substance use
4. Sexual behavior
5. Weight, physical activity, dietary behavior
Boulder County Generally Better
When Compared to U.S.
Boulder County High School Results, 2011 YRBS

Boulder County high schools

• **Better** than U.S. for **22** behaviors
  Example: cigarette smoking

• **Worse** than U.S. for **11** behaviors
  Example: binge drinking
New Questions About Preventive Behavior
Boulder County High School Results, 2011 YRBS

- **Ate breakfast***
  - 40.6%
- **Went hungry**
  - 10.5%
- **Medical checkup***
  - 69.4%
- **Dental visit***
  - 77.4%

* All 7 days prior to the survey
** During the 30 days prior to the survey
*** In 12 months prior to the survey
New Questions About Risk Behavior
Boulder County High School Results, 2011 YRBS

- Texted while driving* (46.1%)
- Harassed at school** (26.6%)
- Harassed on way to or from school** (9.8%)
- Threatened or injured as a result of gang activity** (5.9%)
- Current heavy cigarette use*** (5.7%)

* Among the 62.9% of students who had driven in the 30 days prior to the survey
** During the 12 months prior to the survey
*** Among the 14.1% of students who reported current cigarette use, students who smoked more than 10 cigarettes per day on 1 or more days of the 30 days prior to the survey
## Tracking Issues First Measured in 2009

### Boulder County High School Results, 2009 and 2011 YRBS

<table>
<thead>
<tr>
<th>Issue</th>
<th>2009 (%)</th>
<th>2011 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electronically bullied*</td>
<td>14.5%</td>
<td>17.8%</td>
</tr>
<tr>
<td>Used a prescription drug without a prescription</td>
<td>8.4%</td>
<td>18.4%</td>
</tr>
<tr>
<td>Current smoker buying cigarettes in store/gas station**</td>
<td>8.1%</td>
<td>19.4%</td>
</tr>
<tr>
<td>1st sexual partner was 5+ years older or younger</td>
<td>6.0%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Obese</td>
<td>5.7%</td>
<td>6.1%</td>
</tr>
<tr>
<td>3+ hours TV/day***</td>
<td>20.2%</td>
<td>19.3%</td>
</tr>
<tr>
<td>3+ hours video or computer games/day***</td>
<td>20.7%</td>
<td>26.4%</td>
</tr>
</tbody>
</table>

* During the 12 months prior to the survey
** During the 30 days prior to the survey
*** On an average school day

> Prevalence rate is statistically higher in 2011 than in 2009

Boulder County 2011 YRBS for Board of County Commissioners
Updated April 30, 2013
Four Favorable Trends
Boulder County High School Results, 2003-2011 YRBS

- Vigorous Physical Activity
- Fasting For Weight Control
- Current Cigar Use
- Unwanted Sexual Comments
One Unfavorable Trend: Marijuana Risk Perception Decreasing

Boulder County High School Results, 2005-2011 YRBS

*Only significant overall trend over three consecutive points from 2007 to 2011 was student perception of marijuana risky, which significantly decreased from 2005 to 2007, from 2007 to 2009, and from 2009 to 2011 (as well as from 2005 to 2007).*
Safety and Violence
Boulder County High School Results, 2003-2011 YRBS

* No significant overall trend over three consecutive points from 2007 to 2011.

** The 2011 survey split the harassment question into two separate questions: harassed on school property and harassed on the way to or from school.
Mental Health
Boulder County High School Results, 2003-2011 YRBS

* No significant overall trend over three consecutive points from 2007 to 2011.
Drinking and Smoking
Boulder County High School Results, 2003-2011 YRBS

* No significant overall trend over three consecutive points from 2007 to 2011.
Sexual Behavior

Boulder County High School Results, 2003-2011 YRBS

* No significant overall trend over three consecutive points from 2007 to 2011.
** Definition of ‘vigorous physical activity’:
2003, 2005: at least 20 minutes on 3 or more of the 7 days preceding the survey
2007, 2009, 2011: at least 60 minutes on 3 or more of the 7 days preceding the survey
Disparities Exist by Race/Ethnicity, Gender, and Especially Sexual Orientation

Boulder County High School Results, 2011 YRBS

* All differences displayed are statistically significant.
BVSD Middle Schools Surveyed for Second Time

- Data collected from 7th and 8th graders
- Not comparable to high school data
- Evidence disparities by subpopulation
- Show risk behaviors already started
- Inform prevention and intervention
Areas to Celebrate
BVSD Middle Schools (7th and 8th Grade), 2009 and 2011 YRBS

More favorable rates in 2011 compared to 2009:

- Watched 3+ hours of TV per day
- In physical fight
- Rode with drinking driver
- Drank alcohol before 13
- Smoked cigarettes before 13
- Current cigarette use

- Ever drank alcohol
- Ever used marijuana
- Ever used cocaine
- Ever used inhalants
- Ever used steroids
- Ever had sex
Areas of Concern
BVSD Middle Schools (7th and 8th Grade), 2009 and 2011 YRBS

Less favorable rates in 2011 compared to 2009:

- Never/rarely wore bike helmet
- Carried a weapon
- Exercised for weight
- Fasted for weight
- 1+ P.E. class per week
## Intense Efforts in 5 YRBS Areas

<table>
<thead>
<tr>
<th></th>
<th>Number of Stakeholder Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal safety, unintentional injury, violence</td>
<td>40</td>
</tr>
<tr>
<td>Mental health</td>
<td>39</td>
</tr>
<tr>
<td>Weight, physical activity, dietary behavior</td>
<td>39</td>
</tr>
<tr>
<td>Substance use</td>
<td>37</td>
</tr>
<tr>
<td>Sexual behavior</td>
<td>31</td>
</tr>
</tbody>
</table>
YRBS Helps Our County Health Improvement Process

Select focus areas: mental health, substance abuse, obesity

Identify specific populations and strategies

Set measurable objectives

Track progress

High School Student Physical Activity
- Current: 73.8 percent
- Target: 75.0 percent

High School LGBQ Student Attempted Suicide
- Current: 31.8 percent
- Target: 12.2 percent

High School Student Illegal Prescription Drug Use
- Current: 18.4 percent
- Target: 17.5 percent

www.BoulderCountyHealthData.org
Our Work Makes a Difference

Reinforce!
- Family/community engagement
- Safe driving
- Healthy eating
- Active living
- Perceived risk
- No early risk taking

Prevent!
- Harassment
- Depression
- Unsafe sex

Intervene!
- Self-injury
- Violence
- Suicide
Using YRBS data to direct prevention efforts

Implementing Sources of Strength (SOS)

- Evidenced-based suicide prevention program
- Population-based (school-wide)
- Peer leaders: break codes of silence, increase help seeking
- Messages of hope, help, strength
Boulder County Public Health

Action Example:

OASOS Program

• Significant disparities between LGB (lesbian, gay, and bisexual) and heterosexual youth
• LGB more likely to:
  • Be currently sexually active
  • Have 4+ partners during lifetime
  • Have first sexual partner 5+ years older or younger
  • Have first sexual intercourse under age 13
• OASOS youth group topics: safer sex, healthy relationships, HIV testing, refusal skills, substance use, etc.
Boulder County Community Services

Action Examples:

Angevine Middle School parents
Boulder Broomfield Latino Health Coalition
Boulder City Council
Boulder County Housing Partners
Boulder County Kinship Fair
Boulder County Movement for Children
Boulder County Prevention & Intervention Program
Boulder County Public Service Institute
Boulder Valley Rotary
BVSD health teachers inservice
BVSD Latino Youth Leadership Conference
Community Foundation Board
Community Services brown bag
Covidien
CU/City subcommittee
Cumbre conference
Fairview High School faculty
Foothills United Way
Gatekeeper depression & suicide awareness training
Gateway Drugs Peer Educators
Holy Family High School
I Have A Dream Foundation Board
Interfaith Network on Mental Illness
Jewish Community Center
KGNU
Lafayette Youth Families Together
Latino Education Task Force (SVVSD)
Parent Engagement Network
Parents Involved in Education
Pathways to Parenting TV show
Phi Alpha
Platt Middle School parents
Restoring the Soul
Silver Creek High School
Social Venture Partners Board
St. Vrain Valley Community Council
St. Vrain Valley Latino Coalition
Summit Middle School parents
Superior Town Board
SVVSD high school principals
YMCA of Boulder Valley Board
Youth Empowerment Program
Youth ministers group
Youth Opportunities Advisory Board