Improving the Health of Our Youth
2011 Youth Risk Behavior Survey

Boulder Valley School District Highlights

For presentation to the BVSD Board of Education August 14, 2012
Updated August 21, 2012
Where did the YRBS come from?

How often is it done?
Youth Risk Behavior Survey (YRBS)

Administered in Boulder County in odd-numbered years since 2001

Milestones:

1991: Established by CDC
2001: Initiated in BVSD high schools
2003: Initiated in SVVSD high schools
2009: Initiated in BVSD middle schools
How many students, in how many classrooms, in how many schools participate?
### 2011 YRBS Successful in BVSD

<table>
<thead>
<tr>
<th></th>
<th>BVSD Middle Schools</th>
<th>BVSD High Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schools</td>
<td>15</td>
<td>9</td>
</tr>
<tr>
<td>Classrooms</td>
<td>33</td>
<td>52</td>
</tr>
<tr>
<td>Overall response rate</td>
<td>86.0%</td>
<td>81.8%</td>
</tr>
</tbody>
</table>
What risk and protective behaviors does the YRBS ask about?
YRBS Measures
Risk & Protective Behaviors

• Unintentional injury
• Violence
• Mental health

• Sexual health
• Substance use
• Weight & exercise
BVSD High School Data
In which risk and preventive behavior areas are BVSD high school students doing better than students nationwide?
BVSD behavior better than US

BVSD rates lower than US:

- Never/rarely wore bike helmet
- Rode with a drinking driver
- Carried a weapon
- Threatened/injured at school
- In physical fight, in physical fight at school
- Felt sad or hopeless
- Considered suicide
- Overweight, obese
- Attempting weight loss, fasting
- 3+ hours TV per day
- 3+ hours video/computer per day
- Drank alcohol before age 13
- Ever used inhalants

BVSD rates higher than US:

- Ever smoked cigarettes
- Current frequent cigarette use
- Cigarette use before age 13
- Ever had sex, sex before age 13
- 4+ sex partners
- Currently sexually active

• Number of days ate breakfast
• Birth control pills at last sex
• Sleeps 8+ hours per school night
In which risk and preventive behavior areas are BVSD high school students doing worse than students nationwide?
BVSD behavior worse than US

BVSD rates higher than US:

- Current cigar use
- Current alcohol use
- Binge drinking
- Ever used marijuana
- Current marijuana use
- Current cocaine use
- Ever used ecstasy
- Smoked cigarettes at school
- Drank alcohol at school
- Offered drugs at school
- Alcohol/drugs before last sex
- Vomited/laxatives for weight
- Planned suicide
What preventive behaviors did we learn about for the first time from the 2011 YRBS?
Baseline Data for Preventive Behavior
BVSD High School Results, 2011 YRBS

- Ate breakfast*: 42.1%
- Went hungry**: 10.2%
- Medical checkup***: 72.9%
- Dental visit***: 80.3%

* All 7 days prior to the survey
** During the 30 days prior to the survey
*** In 12 months prior to the survey
What baseline measurements for emerging risk issues were available for the first time from the 2011 YRBS?
Baseline Data for Risk Behavior

BVSD High School Results, 2011 YRBS

- Texted while driving* 46.0%
- Harassed at school** 25.3%
- Harassed on way to or from school** 9.6%
- Threatened or injured as a result of gang activity** 6.0%
- Current heavy cigarette use*** 4.9%

* During the 30 days prior to the survey
** During the 12 months prior to the survey
*** Among the 14.1% of the 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 Behavior Over Time

- A change of even a few percentage points can impact youth health

- *Significant* = statistical significance

- *Trend* = significant change over the 3 most recent consecutive data points (e.g. increase from 2007 to 2009 and again from 2009 to 2011)

- Not denoted as *significant* or *trend* = no statistical difference by above definitions
What issues were first measured in 2009 and monitored again in 2011?
Tracking Issues First Measured in 2009
BVSD High School Results, 2009 and 2011 YRBS

<table>
<thead>
<tr>
<th>Issue</th>
<th>2011</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electronically bullied*</td>
<td>16.0%</td>
<td>13.8%</td>
</tr>
<tr>
<td>Used a prescription drug without a prescription</td>
<td>19.6%</td>
<td>20.9%</td>
</tr>
<tr>
<td>Current smoker buying cigarettes in store/gas station**</td>
<td>10.4%</td>
<td>12.4%</td>
</tr>
<tr>
<td>1st sexual partner was 5+ years older</td>
<td>4.9%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Obese</td>
<td>5.6%</td>
<td>3.2%</td>
</tr>
<tr>
<td>3+ hours TV/day***</td>
<td>16.2%</td>
<td>15.9%</td>
</tr>
<tr>
<td>3+ hours video or computer games/day***</td>
<td>24.3%</td>
<td>17.4%</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
What favorable and unfavorable trends in risk behavior has the YRBS shown among BVSD high school students?
BVSD Trends Continuing Through 2011

Favorable trend:
• Decreased: Drank alcohol before age 13

Unfavorable trend:
• Decreased: Smoking marijuana perceived as risky
Early Initiation: Alcohol Before Age 13 Decreasing

BVSD High School Results, 2001-2011 YRBS

*Alcohol before age 13 significantly decreased from 2007 to 2009, and from 2009 to 2011. No significant overall trend over three consecutive points from 2007 to 2011 in marijuana before age 13 or cigarettes before age 13.*
Substance Use: Marijuana Risk Perception Decreasing
Parental Disapproval, Student Disapproval, Perceived Risk
BVSD 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 2007 to 2009, and from 2009 to 2011 (as well as from 2005 to 2007).
Which risk behaviors do we continue to see in 2011?
Harassment
BVSD High School Results, 2003-2011 YRBS

*No significant overall trend over three consecutive points from 2007 to 2011.*
Violence
BVSD High School Results, 2001-2011 YRBS

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

BVSD High School Results, 2001-2011 YRBS

Mental Health Concerns*
- Sad or hopeless
- Considered suicide
- Attempted suicide

* No significant overall trend over three consecutive points from 2007 to 2011.
Sexual Activity
BVSD High School Results, 2001-2011 YRBS

*No significant overall trend over three consecutive points from 2007 to 2011.*
Drinking and Smoking
BVSD High School Results, 2001-2011 YRBS

* No significant overall trend over three consecutive points from 2007 to 2011.
In which groups of students is the prevalence of risk behavior and lack of preventive behavior higher?
Disparities Exist in Risk & Preventive Behavior

- Race/ethnicity
- Gender
- Sexual orientation*

* Currently only reported at the county level
Race & Ethnicity Matter
Hispanics: Lower Prevention, Higher Risk
BVSD High School Results, 2011 YRBS

*All differences between white non-Hispanic (WNH) and Hispanic prevalence rates are statistically significant.
Gender Matters
BVSD High School Results, 2011 YRBS

*All differences between female and male prevalence rates are statistically significant.*
**Sexual Orientation Matters**

**Lesbian/Gay/Bisexual/Questioning: High Risk**

Boulder County High School Results, 2011 YRBS

*All differences between LGBQ and heterosexual prevalence rates are statistically significant.*

*Het = Heterosexual; LGBQ = Lesbian, Gay, Bisexual, or Questioning*
When in high school do rates of unfavorable behavior tend to increase?
Grade matters

We compared frequency of differences in risk and preventive behaviors prevalence rates in 9th vs 10th grade, 10th vs 11th grade, and 11th vs 12th grade.

Differences are most frequent between 9th and 10th grades, with more risk and less preventive behavior in 10th grade than 9th grade.
BVSD Middle School Data

- Collected from 7\textsuperscript{th} and 8\textsuperscript{th} graders
- Inform middle school prevention and intervention efforts
- Not comparable to high school data
Areas to Celebrate
BVSD Middle Schools (7th and 8th Grade), 2009 and 2011 YRBS

More favorable rates in 2011 compared to 2009 of:

• 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 of:

- Never/rarely wore bike helmet
- Carried a weapon
- Exercised for weight
- Fasted for weight
- 1+ P.E. class per week
Racial/Ethnic Disparities
BVSD Middle Schools (7th and 8th Grade), 2011 YRBS

*All differences between racial/ethnic groups are statistically significant.*
Gender Disparities

BVSD Middle Schools (7th and 8th Grade), 2011 YRBS

* All differences between female and male are statistically significant.
Grade Disparities
BVSD Middle Schools (7th and 8th Grade), 2011 YRBS

*All differences between 7th and 8th grade prevalence rates are statistically significant.*
How does the YRBS support efforts to help BVSD youth?

YRBS shows what behaviors to impact, in whom, and when.
YRBS Helps to Focus Resources

• Measure prevalence of risk and preventive behaviors
• Monitor behaviors over time
• Inform, educate, and empower the community
• Develop health and education programs, policies, laws
• Evaluate prevention and intervention efforts
• Justify funding, resource needs, and prioritization
Local Use of YRBS Data

Does your agency/program use Boulder County youth risk behavior survey data for (choose all that apply):

- Strategic planning
- Building capacity (funding requests, grant writing, etc.)
- Program planning
- Evaluation
- Reporting outcomes
- Don't use
- Other (please specify)

![Image of bar chart showing the use of YRBS data for various purposes.}

Boulder Valley School District 2011 YRBS
Updated August 21, 2012
Local Focus on YRBS Areas

What are the areas your agency/program impacts? (Choose all that apply)

- Unintentional injuries
- Substance use
- Mental health
- Sexual health
- Violence
- Physical health

Boulder Valley School District 2011 YRBS
Updated August 21, 2012
Overlapping Concern & Action Areas

• Boulder Valley School District:
  Promote Whole Child Tenets for healthy, safe, engaged, supported, and challenged students

• Healthy Youth Alliance:
  Address early initiation, harassment, depression and suicide

• Public Health Improvement Process:
  Address substance abuse, promote mental health, and reduce obesity
Continued Collaboration is Crucial

• Increase awareness of data on youth behavior
• Address disparities
• Reach kids at a younger age
• Continue school-community partnership
• Thank you!
More Info:  www.BoulderCountyYRBS.org

Youth Risk Behavior Survey

En Español

Youth Risk Behavior Survey (YRBS) Overview

The Centers for Disease Control and Prevention (CDC) developed the Youth Risk Behavior Surveillance (YRBS) System to monitor risk behaviors among youth. Since 2001, Boulder County YRBS survey results have measured how many youth engage in health risk behaviors and how many practice health-promoting behaviors, as well as trends over time.

Survey results are used to create school and community programs to reduce youth risk behaviors, and to encourage health, safety, and academic achievement.

YRBS Quick Facts

- YRBS surveys will be administered in October and November 2011.
- The survey will be administered to a random sample of 7th - 12th grade classrooms in Boulder Valley School District and 9th - 12th grade classrooms in St. Vrain Valley School District.
- The YRBS survey is designed to be completed in one regular classroom period. It does not include a physical test or exam.
- The high school survey consists of 109 questions. The middle school survey is 51 questions.
- Student participation is anonymous. Results are reported by school district and county only.
- Students who are opted-out by their parents or guardians are assigned an alternate educational activity within the same classroom.
- Input from all students in sampled classrooms helps produce an accurate picture of youth behavior county-wide.

Related Links

- Participation
- Questionnaires
- Results
- YRBS Overview

View background info, surveys, results, and more!