

2011 Boulder County Youth Risk Behavior Survey (YRBS) Survey Summary and Boulder Valley School District Middle School Data Tables

Introduction

The Youth Risk Behavior Survey (YRBS) is a tool developed by the Centers for Disease Control and Prevention (CDC) to assist in monitoring priority health-risk behaviors among youth. Since 1991, state and local health departments and education agencies have used the YRBS to meet the shared goal of healthy, educated students who become healthy, successful adults.

Boulder County Public Health (BCPH), Boulder Valley School District (BVSD), St. Vrain Valley School District (SVVSD), and Boulder County Healthy Youth Alliance (BCHYA) collaborate to implement the Youth Risk Behavior Survey (YRBS) biennially. Since 2001, Boulder County YRBS results have measured health-risk and health-promoting behaviors, as well as trends over time. Survey results inform the development and effectiveness of school and community programs to reduce youth risk behaviors and encourage health, safety, and academic achievement.

Most recently, the YRBS was administered in October and November 2011 to a random sample of BVSD grade 7-12 classrooms and SVVSD grade 9-12 classrooms. The high school survey consisted of 109 questions, and the middle school survey consisted of 51 questions; each survey took approximately 45 minutes to complete. A total of 2,197 high school and 613 middle school surveys were completed, yielding excellent response rates of 83.3% in SVVSD high schools, 81.8% in BVSD high schools, and 86.0% in BVSD middle schools.

2011 YRBS results

Data from the 2011 Boulder County YRBS for each school district, as well as data which are in a combined Boulder County format for high schools, will be posted at www.BoulderCountyYRBS.org. Data are presented by grade, gender, race, and ethnicity (i.e. "Hispanic," "white non-Hispanic," or "other non-Hispanic"). Data about sexual orientation (i.e. "heterosexual" or "LGBQ" [lesbian, gay, bisexual, or questioning]) are reported at the county level. The results are generalizable to the entire population (either school district or county) from which each sample was selected.

Data from the 2011 Colorado YRBS and the 2011 national YRBS are included where relevant. While every effort was made to collect and analyze the data using similar protocols, these data are not directly comparable and should be used for reference only. Colorado YRBS data and methods are detailed at <http://hkcs.omni.org>; national YRBS data and methods are described at www.cdc.gov/HealthyYouth/yrbs/index.htm.

Conducting the YRBS

The Boulder County YRBS survey procedures are based on the CDC protocol (www.cdc.gov/healthyouth/yrbs/data/index.htm).

Sample selection

Nine SVVSD high schools, 9 BVSD high schools, and 15 BVSD middle schools were selected for inclusion in the 2011 YRBS. Each school chose a day and class period in October or November 2011 for survey administration. At each school, classes were randomly selected to be surveyed. This yielded 51 SVVSD high school, 52 BVSD high school, and 33 BVSD middle school classrooms that were selected to participate. Information was mailed to the parents of each student in the selected classrooms to inform them about the survey, student selection, and to provide information about how they could ask questions and exclude their student from participating (i.e. phone, mail, or website).

Survey administration

Survey implementation procedures were designed to protect students' privacy by allowing for anonymous and voluntary participation. Participating students completed the survey during regular class time, under the supervision of trained volunteers.

Data analysis

Prevalence estimates and 95% confidence intervals were calculated and are presented in the data tables. The high response rate enabled the data to be weighted by gender and grade level so that the results are representative of the entire population from which the sample was selected. Therefore, the percentages reported are estimates of the occurrence of the behaviors in the *entire population* from which the sample was selected, *not just for the students who took the survey*.

Data tables

A sample data table appears on the next page. Data presented in the tables are *prevalence estimates*. Prevalence estimates have been replaced by “***” where numbers were too small to report for statistical or confidentiality reasons and “---” when data analysis was not completed for the specified category for confidentiality reasons or because the question was not asked.

Also included are *95% confidence intervals* (to the right of each prevalence estimate). These intervals indicate the range in which the *actual prevalence* (when generalized from the sample to the survey population) was likely to fall. The size of the confidence interval reflects the certainty of the accuracy of the estimate. Larger confidence intervals reflect less certainty; smaller confidence intervals reflect greater certainty. Confidence intervals may be used to determine the statistical significance of differences in observed results. Confidence intervals that do not overlap indicate that the difference in estimates is statistically significant (assuming a significance level of $\alpha = 0.05$).

Using the YRBS

The YRBS data are a catalyst for the community process that has emerged to address the health and well-being of Boulder County youth. The data are used as an evaluative tool to monitor the progress of school- and community-based strategies that are being implemented to improve and/or maintain the health of our youth. Although the data tell us what the youth are doing, it is the community response that creates change and positively impacts our youth.

For more information

www.BoulderCountyYRBS.org

Boulder Valley School District 2011 YRBS Sample Middle School Data Table

Prevalence Estimate Health Behavior

TABLE 39. Regular physical activity*								
Category	Female			Male			Total	
	%	CI [§]		%	CI [§]		%	CI [§]
Grade								
7	87.9	85.3	90.1	87.6	85.3	89.5	87.7	86.0 - 89.2
8	92.1	90.6	93.5	84.7	82.4	86.8	88.7	87.3 - 89.9
Race/Ethnicity								
White non-Hispanic	--	--	--	--	--	--	91.0	89.9 - 92.1
Hispanic	--	--	--	--	--	--	76.9	73.4 - 80.0
Other non-Hispanic	--	--	--	--	--	--	88.0	84.8 - 90.6
Total	90.2	88.8	91.5	86.1	84.5	87.6	88.2	87.2 - 89.2
§ 95% confidence interval								
*At least 60 minutes per day during the 7 days preceding the survey								
-- Not available								

95% Confidence Interval