

Improving the Health of Our Youth

2011 Youth Risk Behavior Survey

St. Vrain Valley School District Highlights

For presentation to the SVVSD Board of Education September 26, 2012
Updated September 26, 2012



YRBS Measures

Risk & Protective Behaviors

- Personal safety, unintentional injury, violence
- Sexual behavior
- Substance use
- Weight, physical activity, dietary behavior
- Mental health
- Protective factors



Tracking Behavior Over Time & Comparing Subpopulations

- 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



SVVSD Areas to Celebrate

SVVSD rates lower than US:

- Never/rarely wore bike helmet
- Rode with a drinking driver
- Felt too unsafe to go to school
- Threatened/injured at school
- In physical fight, medical treatment for fight, in physical fight at school
- Felt sad or hopeless
- Ever drank alcohol
- Ever used prescription drugs without Rx
- Ever used inhalants
- Overweight, obese, perceived overweight
- Fasting for weight control
- 3+ hours TV per day
- Ever smoked cigarettes
- Current cigarette use
- Current, frequent cigarette use
- Bought cigarettes at store
- Cigarette use before age 13
- Ever had sex, sex before age 13
- 4+ sex partners
- Currently sexually active

SVVSD rates higher than US:

- Sleeps 8+ hours per school night



SVVSD Areas of Concern

SVVSD rates higher than US:

- Texting/emailing while driving
- Electronically bullied
- Planned suicide
- Ever used cocaine
- Current cocaine use
- Ever used ecstasy
- Ever used other illegal drugs

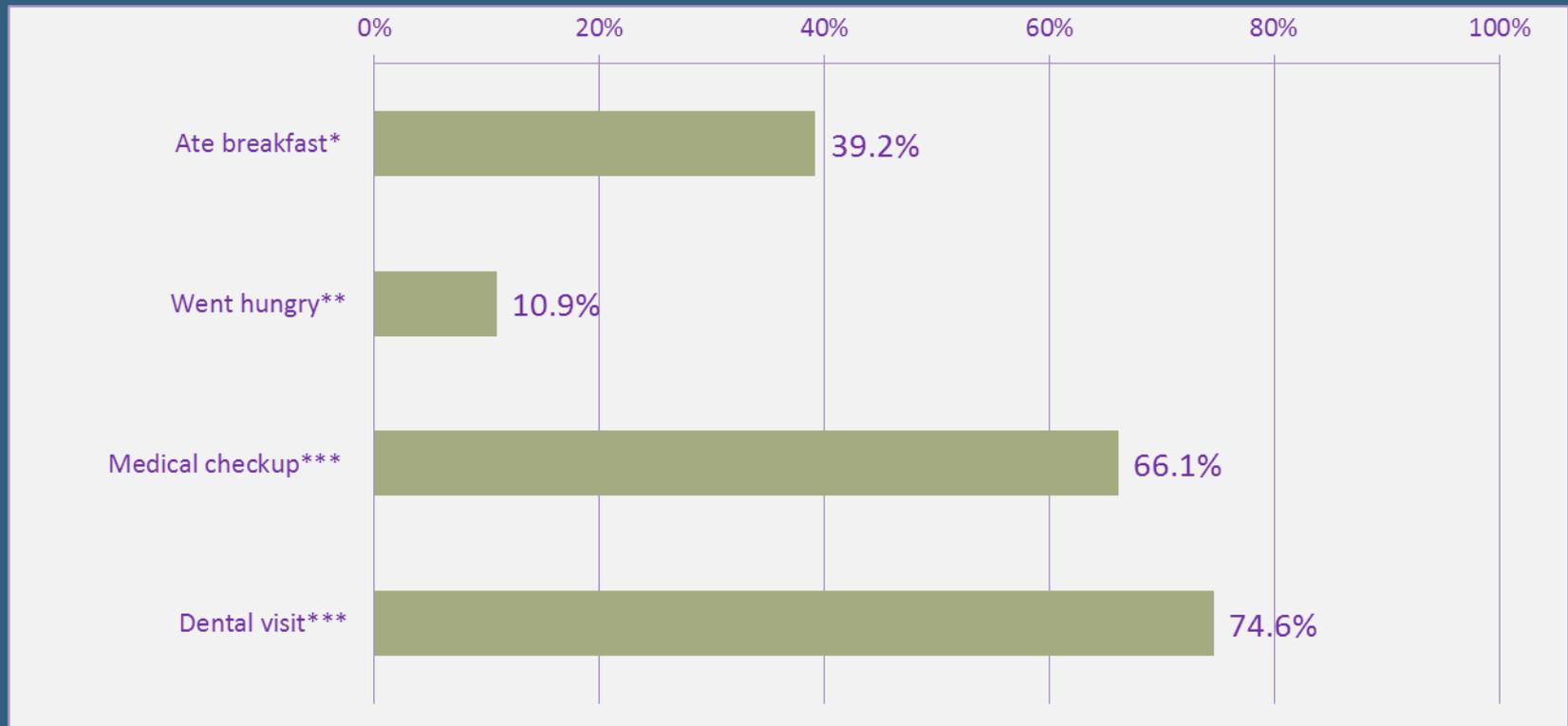
SVVSD rates lower than US:

- Attempting weight loss
- Condom at last intercourse



Baseline Data for Preventive Behavior

SVVSD High School Results, 2011 YRBS

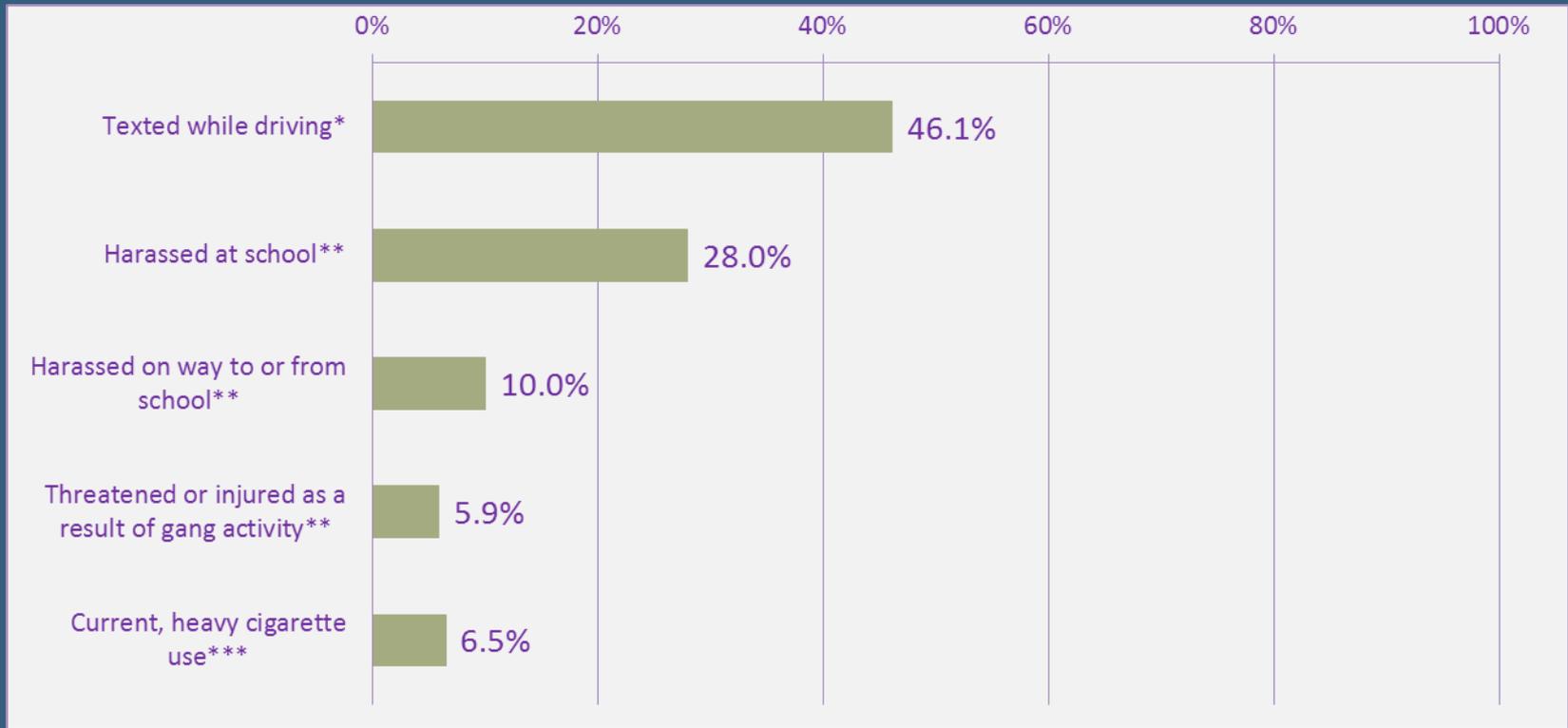


- * All 7 days prior to the survey
- ** During the 30 days prior to the survey
- *** In 12 months prior to the survey



Baseline Data for Risk Behavior

SVVSD High School Results, 2011 YRBS



* Among the 62.6% of students who had driven in the 30 days prior to the survey

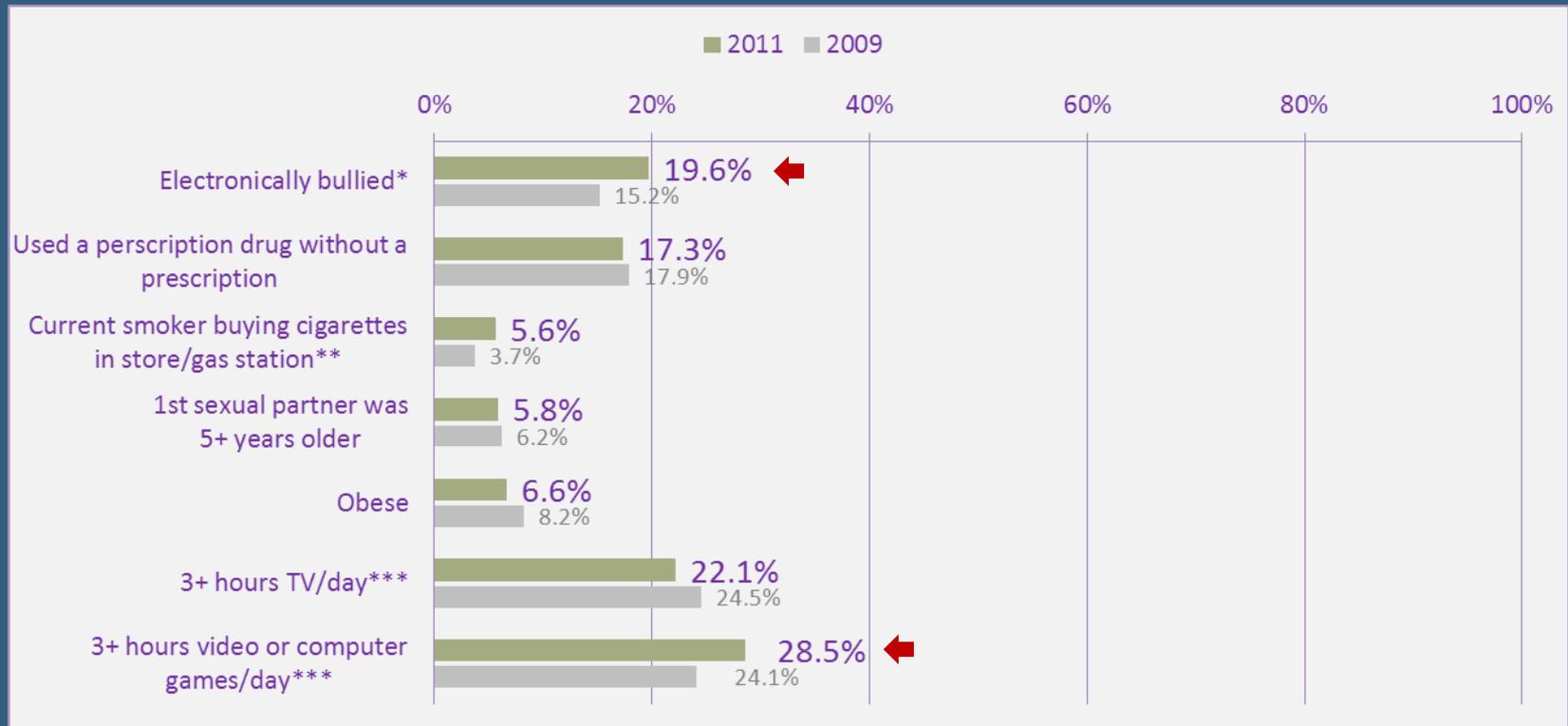
** During the 12 months prior to the survey

*** Among the 12.8% 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 Issues First Measured in 2009

SVVSD High School Results, 2009 and 2011 YRBS



* 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



SVVSD Trends Continuing Through 2011

Favorable trends:

- Decreased: Current tobacco use, fasting

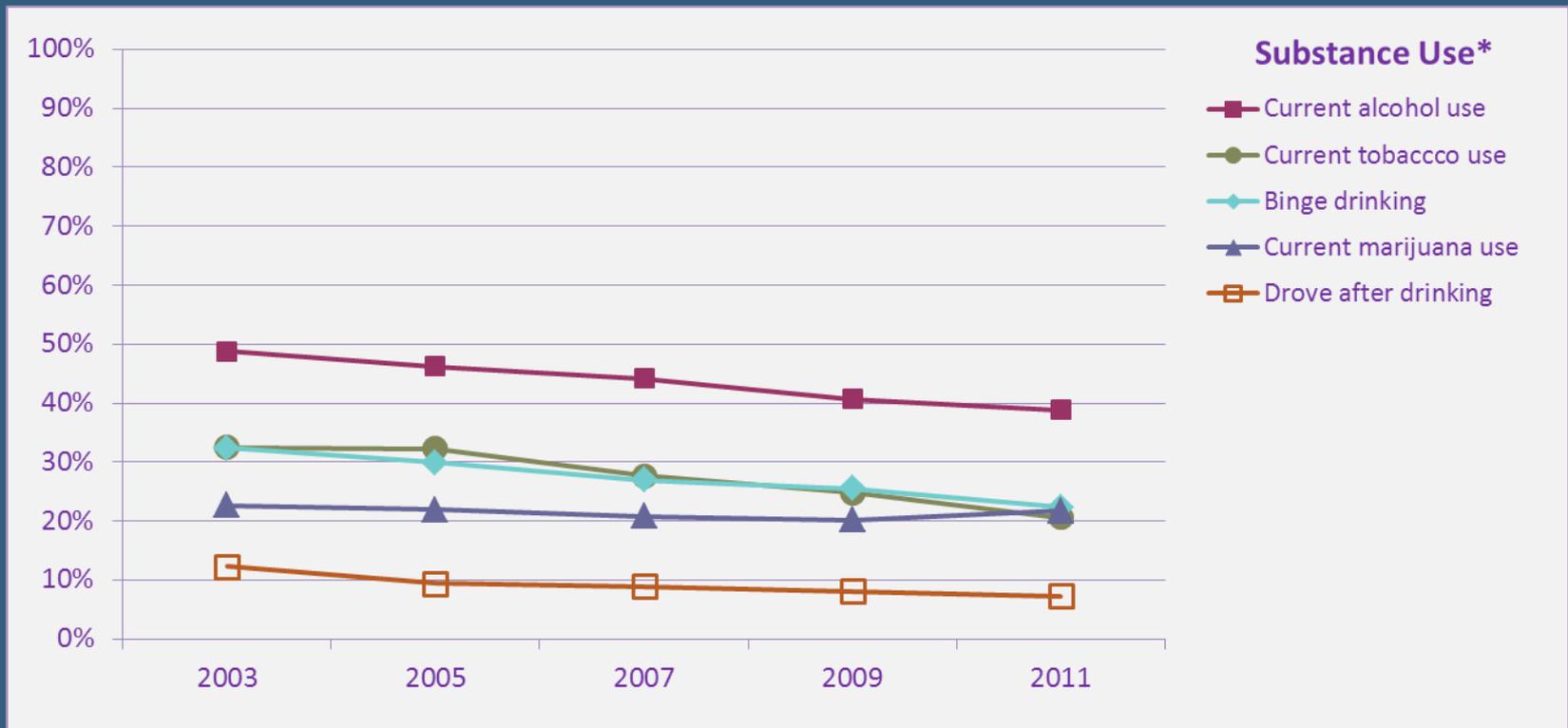
Unfavorable trend:

- Decreased: Smoking marijuana perceived as risky



Tobacco, Marijuana, Alcohol Use

SVVSD High School Results, 2003-2011 YRBS



* Only significant overall trend over three consecutive points from 2007 to 2011 was current tobacco use, which significantly decreased from 2007 to 2009, and again from 2009 to 2011 .



Weight & Weight Control Behavior

SVVSD High School Results, 2003-2011 YRBS



* Overweight and obese rates are mutually exclusive, meaning that obese students are not counted in the overweight rate, and vice versa.

** Only significant overall trend over three consecutive points from 2007 to 2011 was fasting for weight loss or control, which significantly decreased from 2007 to 2009, and again from 2009 to 2011.



Substance Use: Marijuana Risk Perception Decreasing

SVVSD High School Results, 2005-2011 YRBS



Student perception of risk*

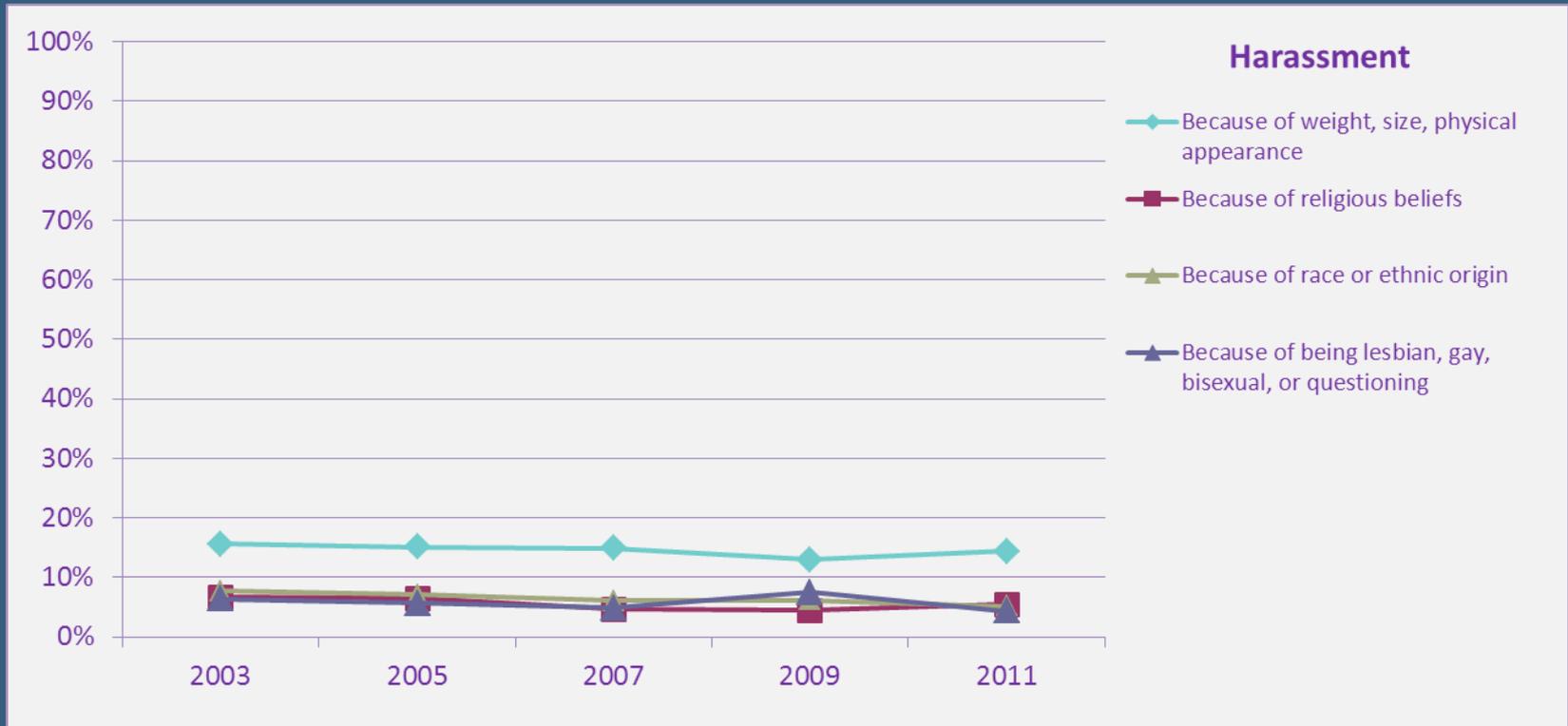
- Cigarettes
- ◆ Alcohol
- ▲ Marijuana

* Only significant overall trend over three consecutive points from 2007 to 2011 was student perception of marijuana as risky, which significantly decreased from 2007 to 2009, and again from 2009 to 2011.



Harassment

SVVSD High School Results, 2003-2011 YRBS

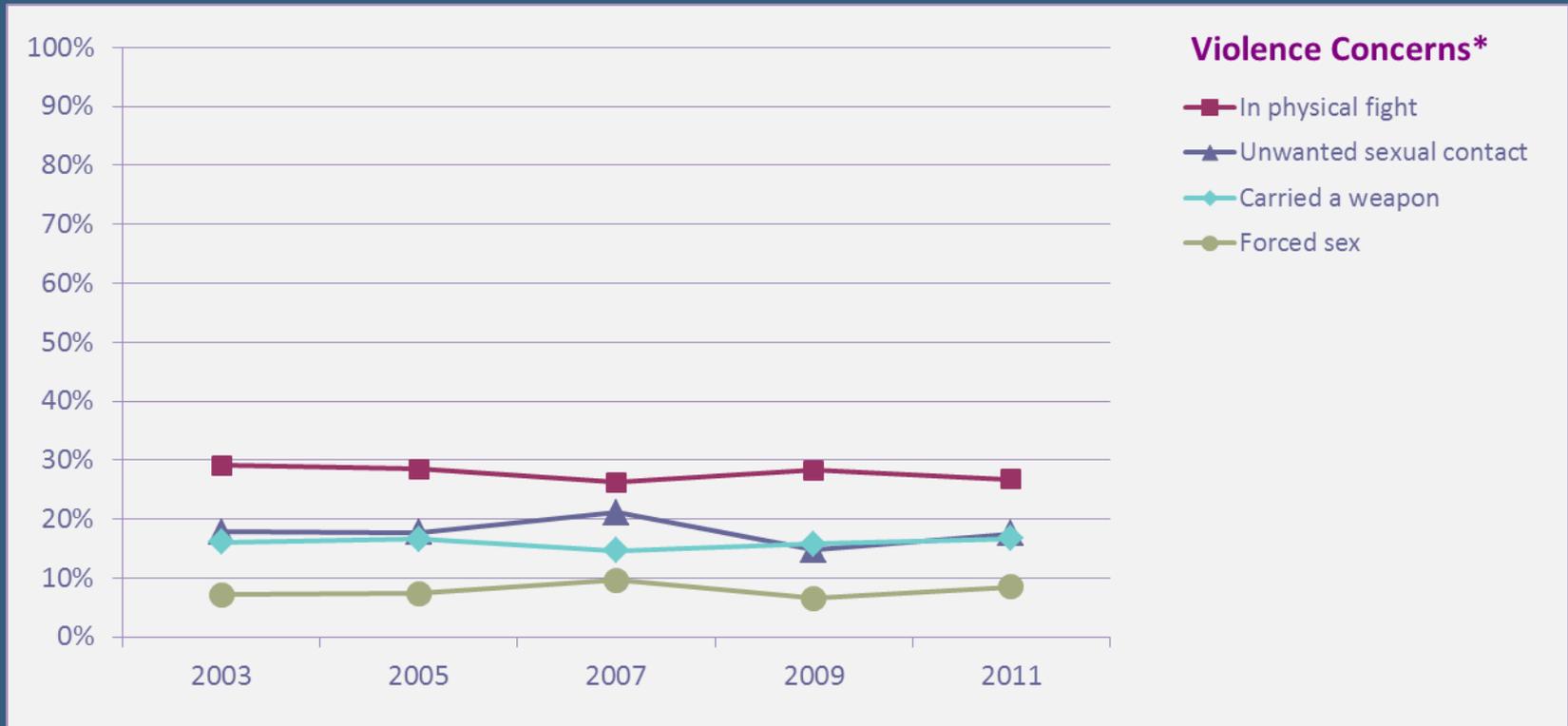


* No significant overall trend over three consecutive points from 2007 to 2011.



Violence

SVVSD High School Results, 2003-2011 YRBS

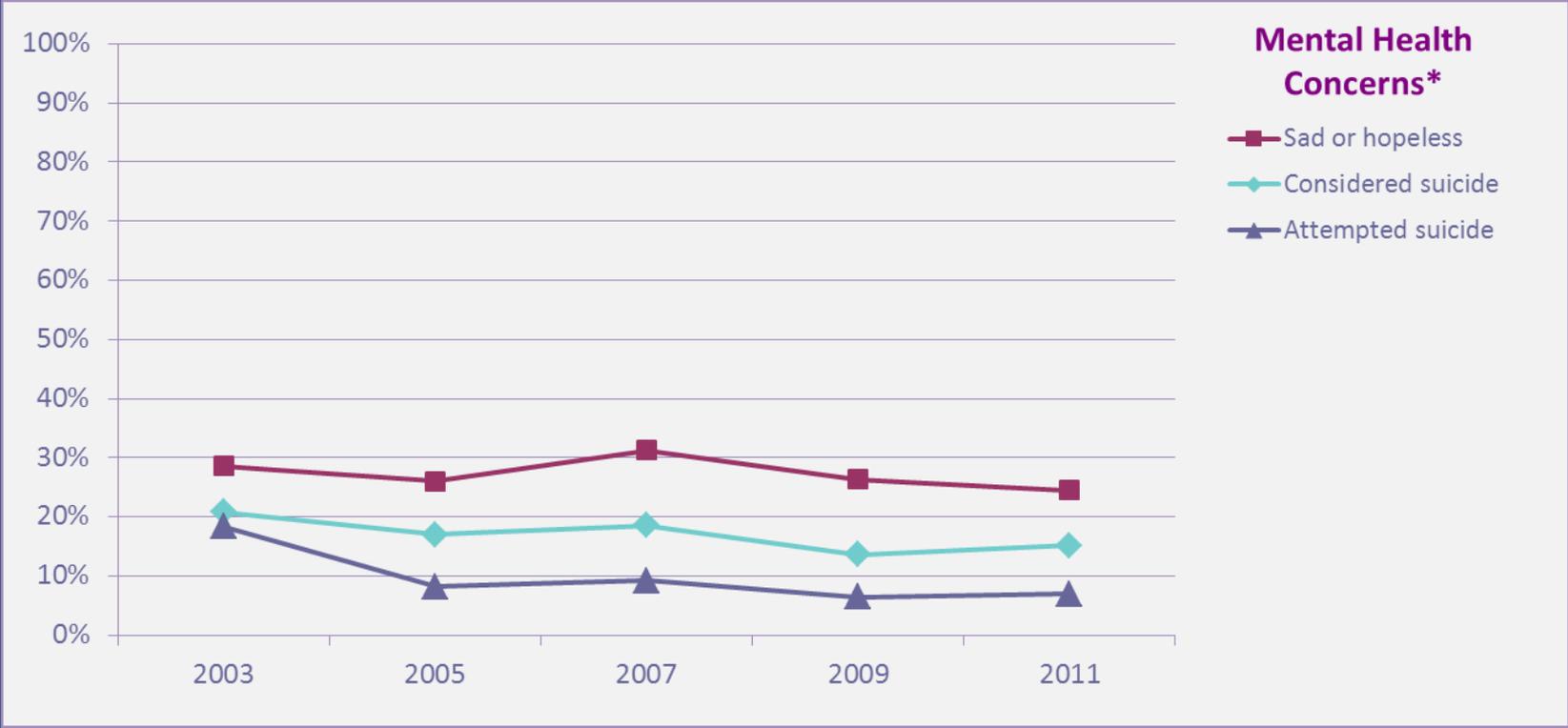


* No significant overall trend over three consecutive points from 2007 to 2011.



Mental Health Concerns

SVVSD High School Results, 2003-2011 YRBS



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



Sexual Activity

SVVSD High School Results, 2003-2011 YRBS



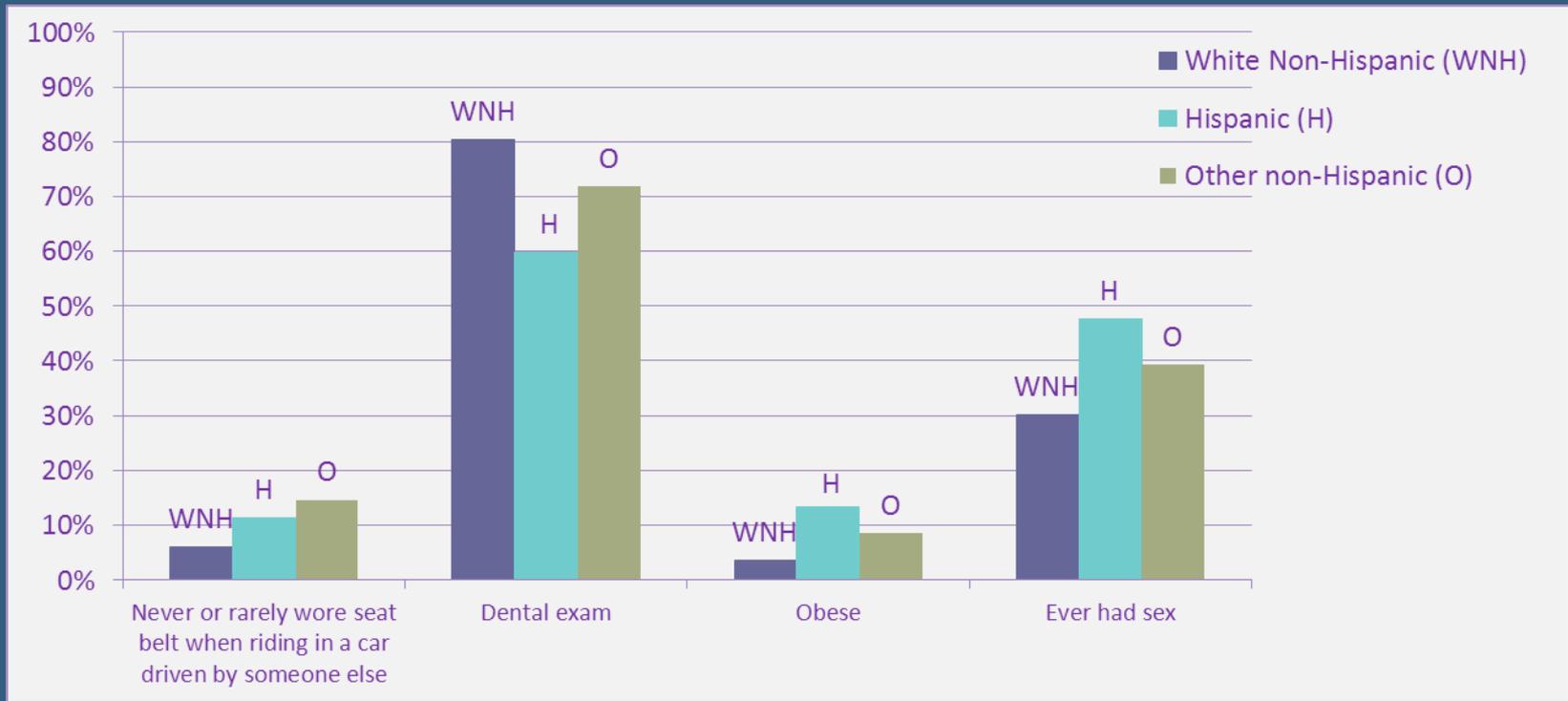
* No significant overall trend over three consecutive points from 2007 to 2011.



Race & Ethnicity Matter

Hispanics & Other non-Hispanics: Lower Prevention, Higher Risk

SVVSD High School Results, 2011 YRBS

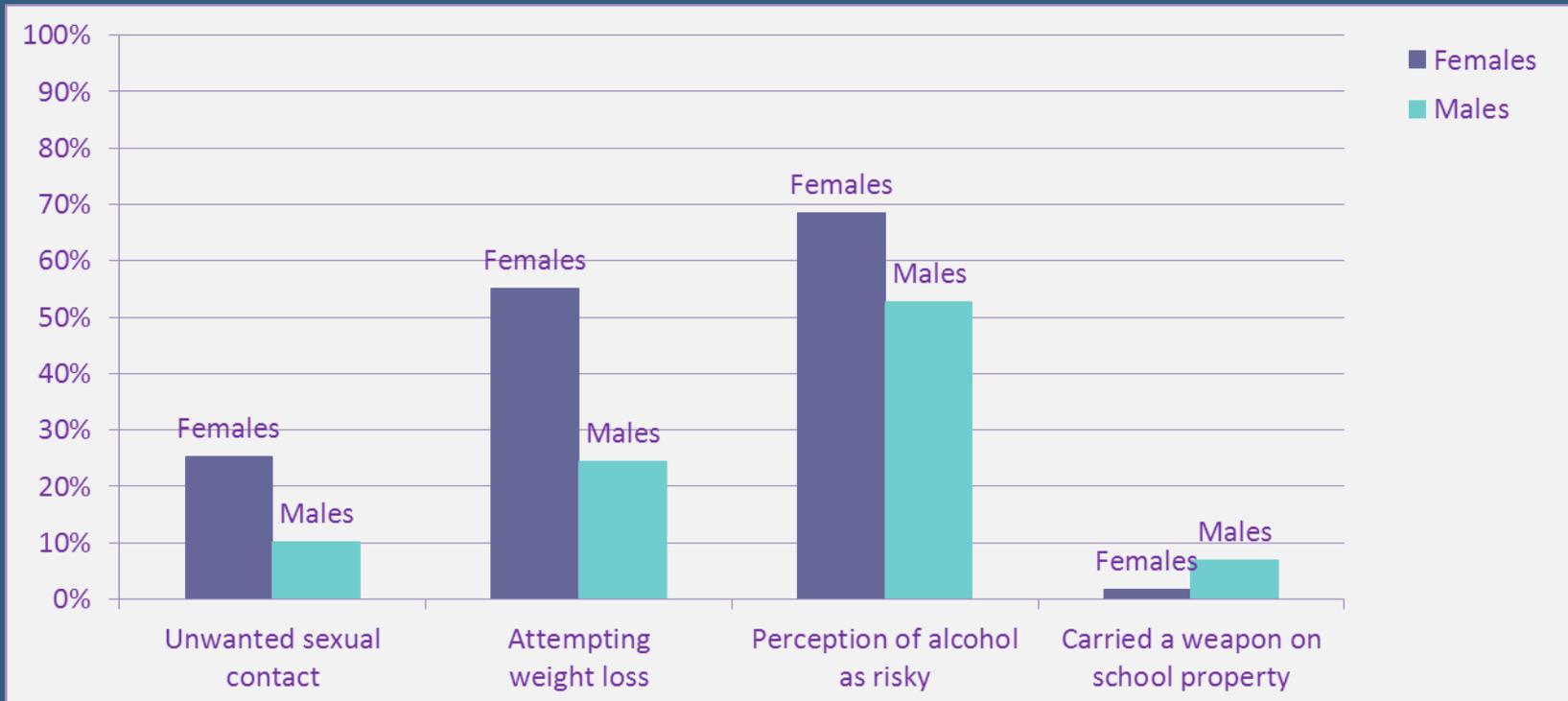


** All differences between white non-Hispanic ("WNH") and Hispanic ("H") and other non-Hispanic ("O") prevalence rates are statistically significant.*



Gender Matters

SVVSD High School Results, 2011 YRBS



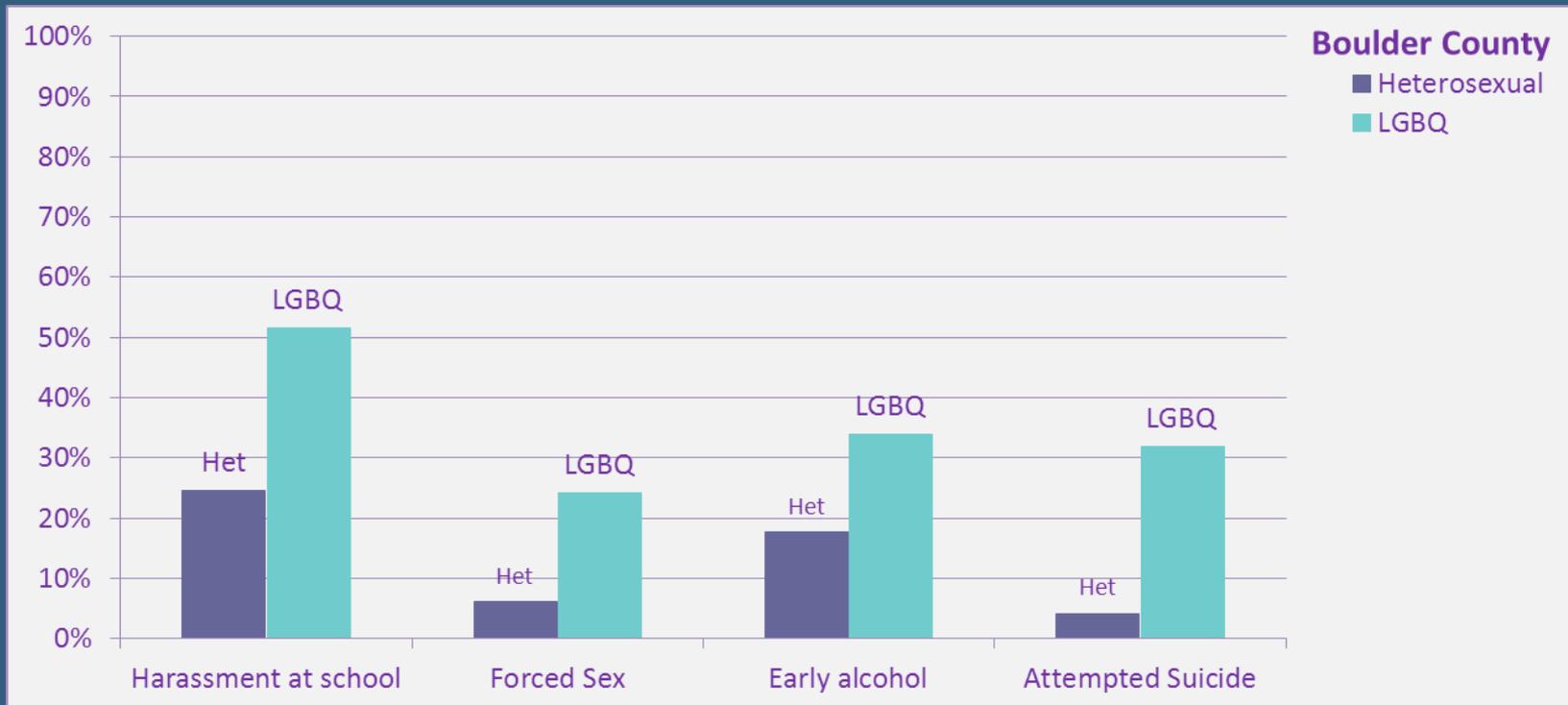
** All differences between female and male prevalence rates are statistically significant.*



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



BVSD Middle School YRBS

- 7th & 8th graders surveyed in 2009 & 2011
- Not comparable to high school
- Risk & preventive behavior already in middle school
- Disparities already evident in middle school
- Lower in 2011: substance use, sex, early initiation



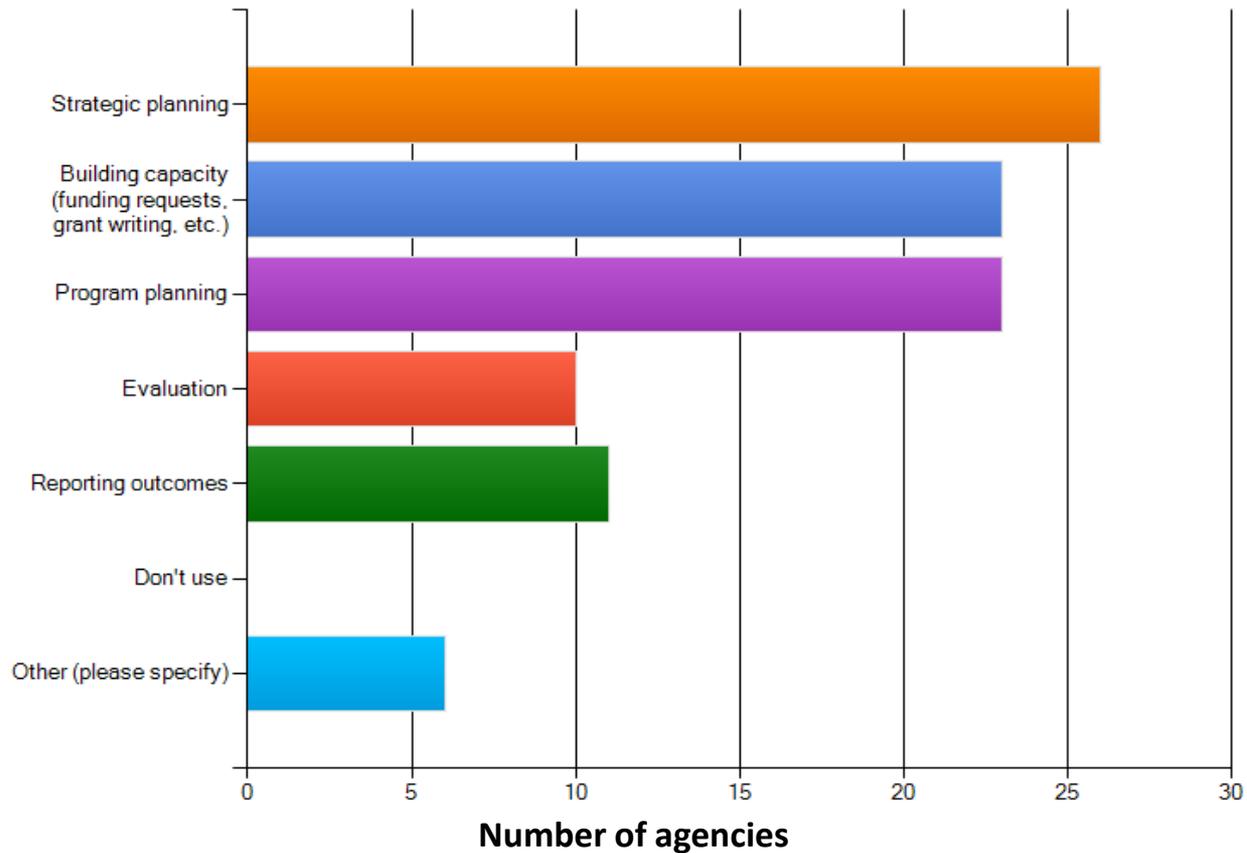
YRBS Helps Focus Resources

- Measure prevalence of risk & preventive behaviors
- Monitor behaviors over time
- Inform, educate, empower the community
- Develop health & education programs, policies, laws
- Evaluate prevention & intervention efforts
- Justify funding, resource needs, prioritization



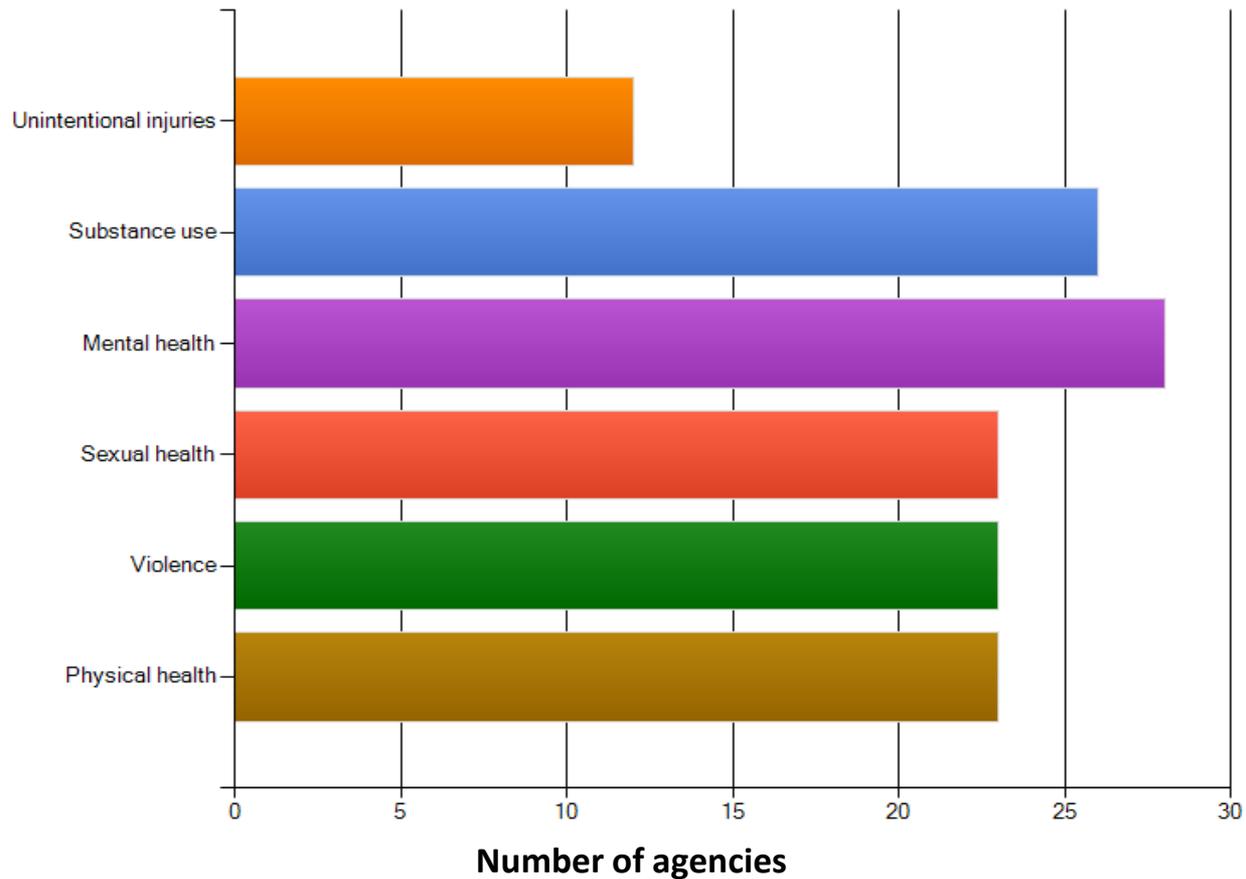
Local Use of YRBS Data

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



Local Focus on YRBS Areas

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



Overlapping Concern & Action Areas

- St. Vrain Valley School District:
Foster student achievement, well being, and partnerships in a safe learning environment
- Healthy Youth Alliance:
Address early initiation, harassment, depression, and suicide
- Public Health Improvement Process (PHIP):
Address substance abuse, promote mental health, and reduce obesity

Healthy kids learn better!



More Info: www.BoulderCountyYRBS.org

Families & Adults

Open Space & Recreation

Property & Land

Roads & Transportation

Environment

Safety & Law

Licenses, Permits & Records

Families & Adults

- ▶ Adults & Seniors
- ▶ Birth Control & Safe Sex
- ▶ Disease Prevention
- ▶ Financial & Transportation Assistance
- ▶ Food Assistance & Safety
- ▶ Foster Care & Adoption
- ▶ Get Involved
- ▶ Healthy Home
- ▶ Housing & Energy
- ▶ LGBTIQ
- ▶ Medical & Mental Health Assistance
- ▶ Pregnancy & Parenting
- ▶ Substance Use & Addiction

▶ Youth & Adolescents

- Alcohol Diversion
- GENESISTER
- Healthy Youth Alliance
- Immunizations (Vaccinations)
- LGBTIQ
- Pregnant & Parenting Teens (GENESIS)
- Substance Use & Addiction
- Support at School
- Teen Mentoring Program
- Tobacco Prevention



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!

