

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

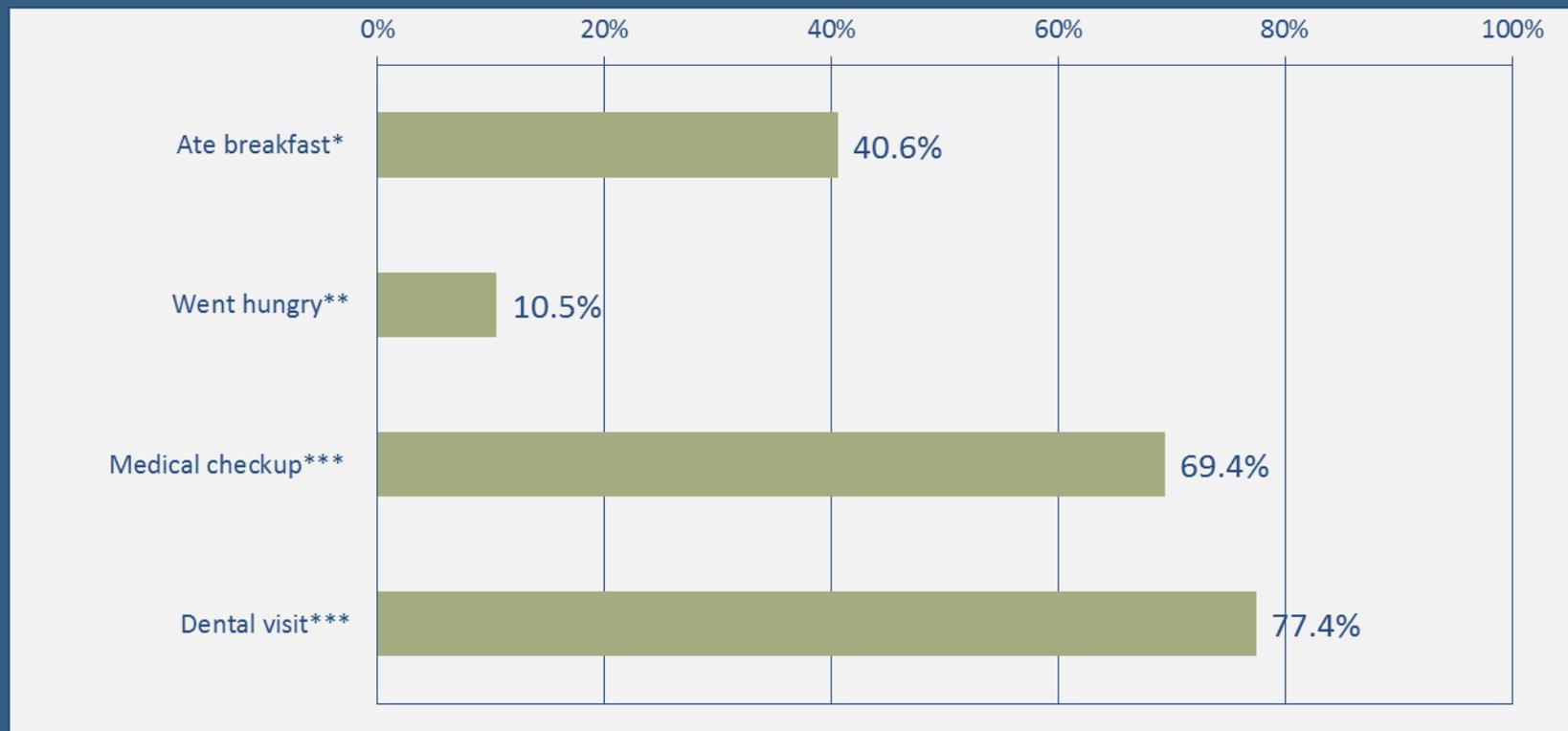
Boulder County high schools

- **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



* All 7 days prior to the survey

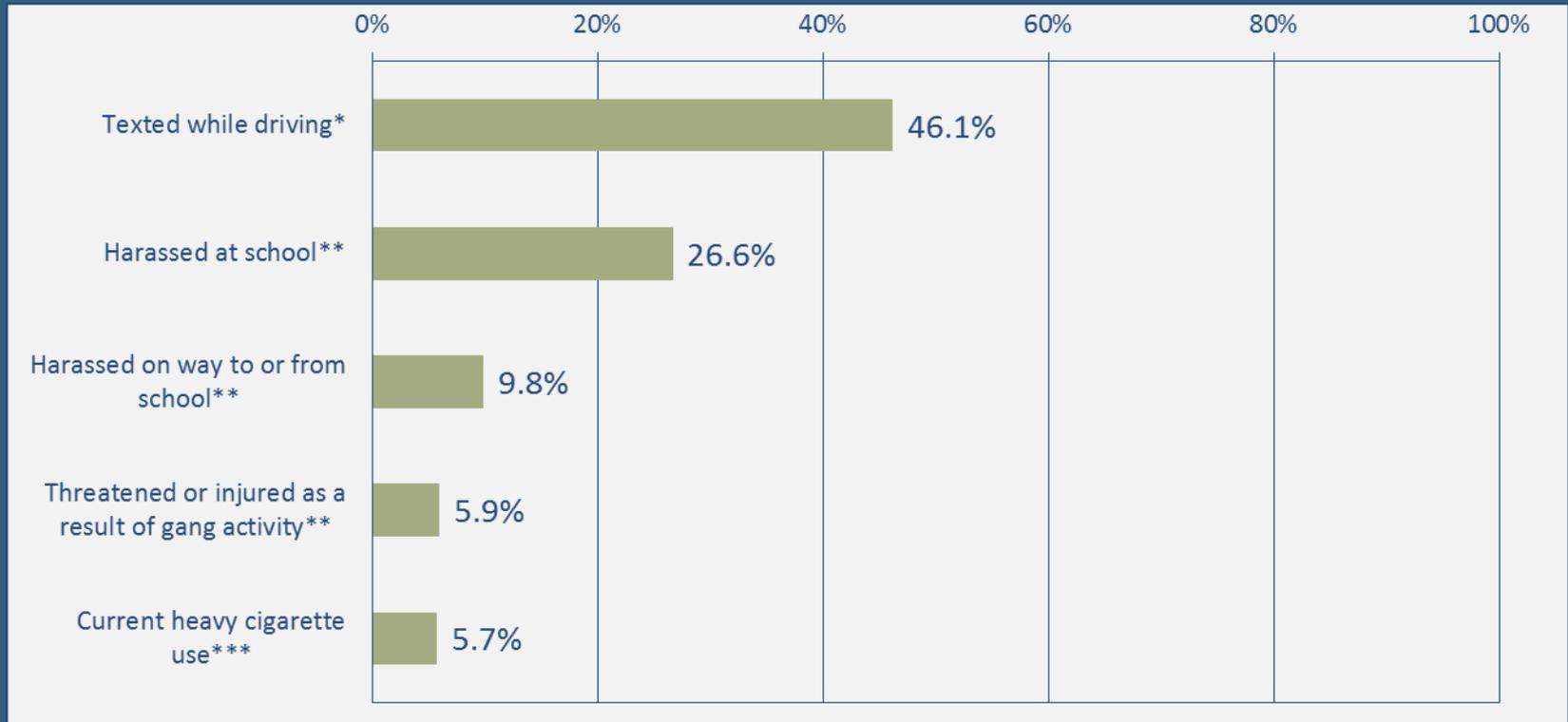
** During the 30 days prior to the survey

*** In 12 months prior to the survey



New Questions About Risk Behavior

Boulder County High School Results, 2011 YRBS



* 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



* During the 12 months prior to the survey

** During the 30 days prior to the survey

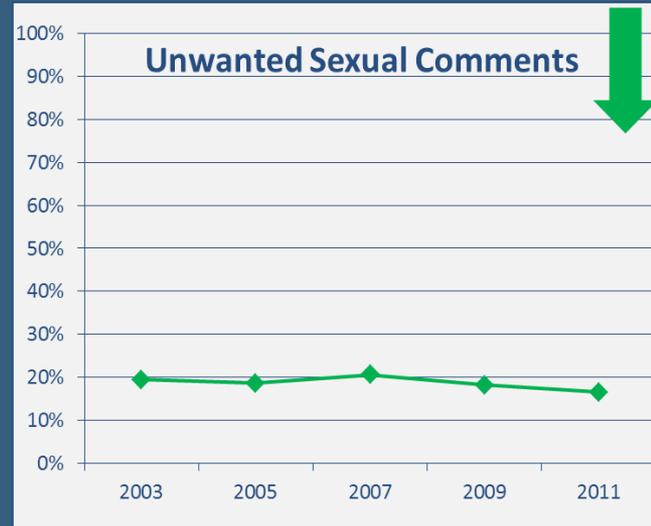
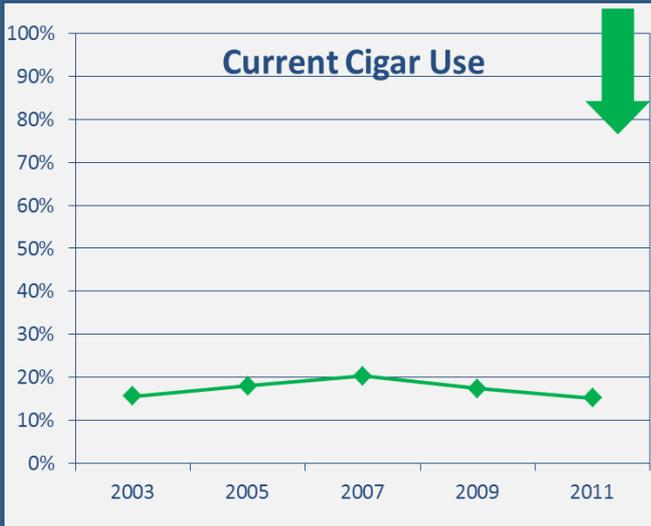
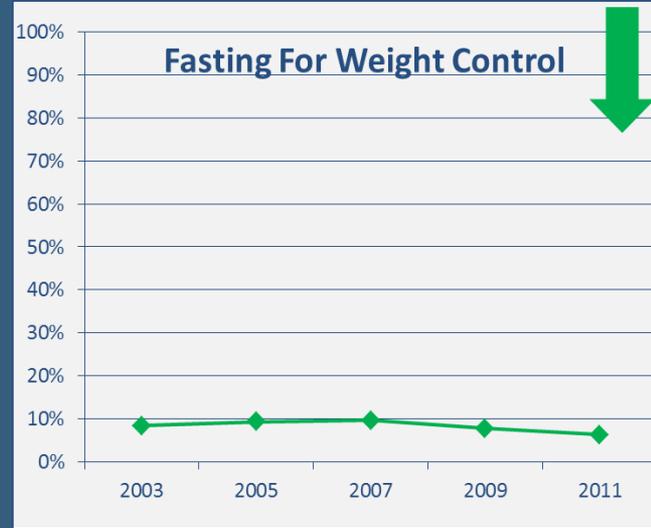
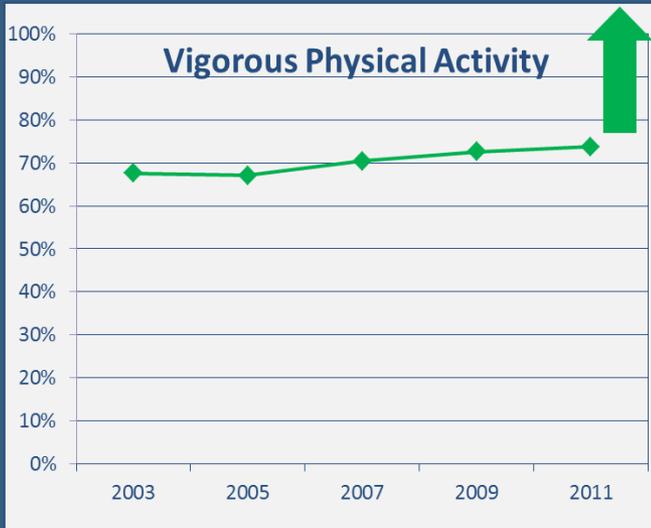
*** On an average school day

← Prevalence rate is statistically higher in 2011 than in 2009



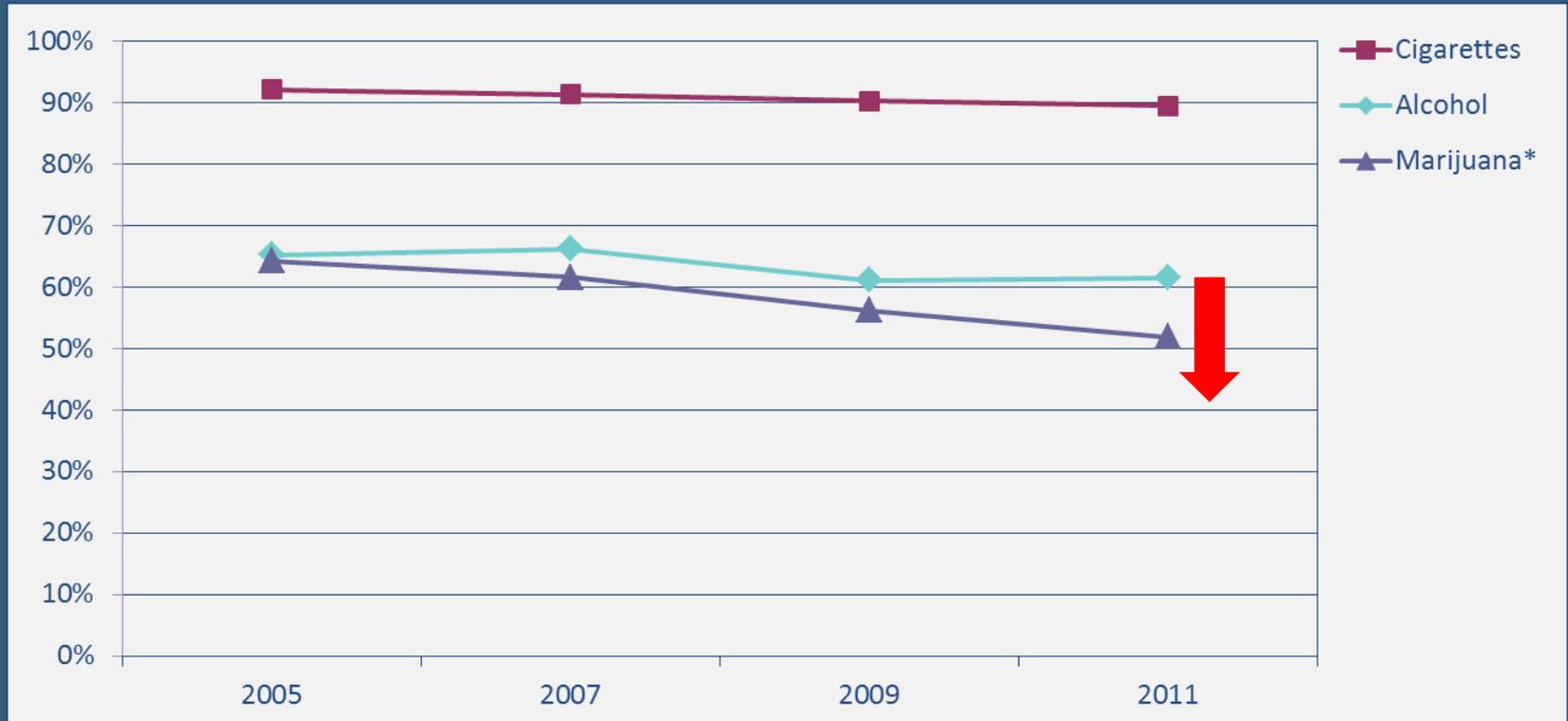
Four Favorable Trends

Boulder County High School Results, 2003-2011 YRBS



One Unfavorable Trend: Marijuana Risk Perception Decreasing

Boulder County High School Results, 2005-2011 YRBS

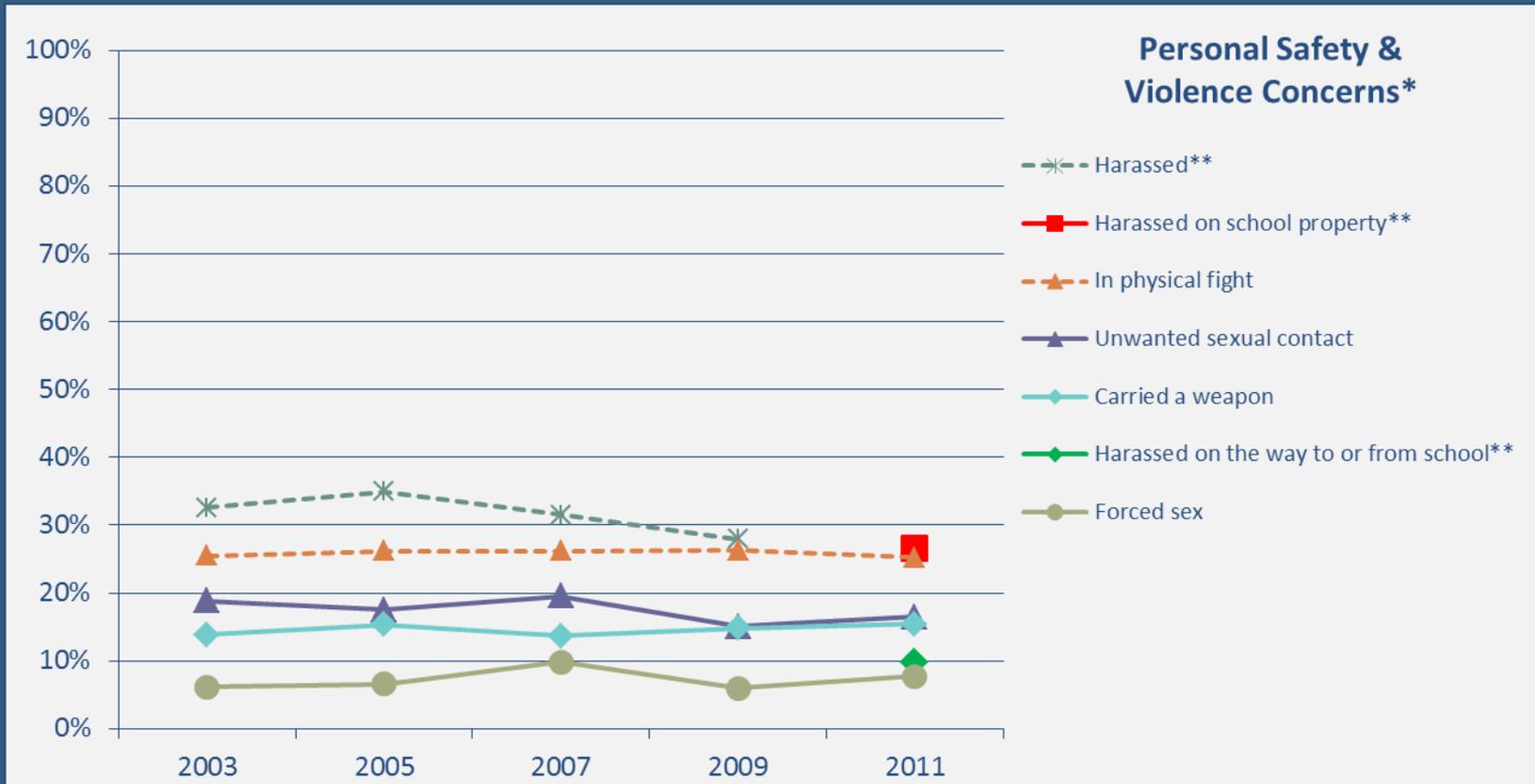


** Only significant overall trend over three consecutive points from 2007 to 2011 was student perception of marijuana risky, which significantly decreased from 2005 to 2007, from 2007 to 2009, and from 2009 to 2011 (as well as from 2005 to 2007).*



Safety and Violence

Boulder County High School Results, 2003-2011 YRBS



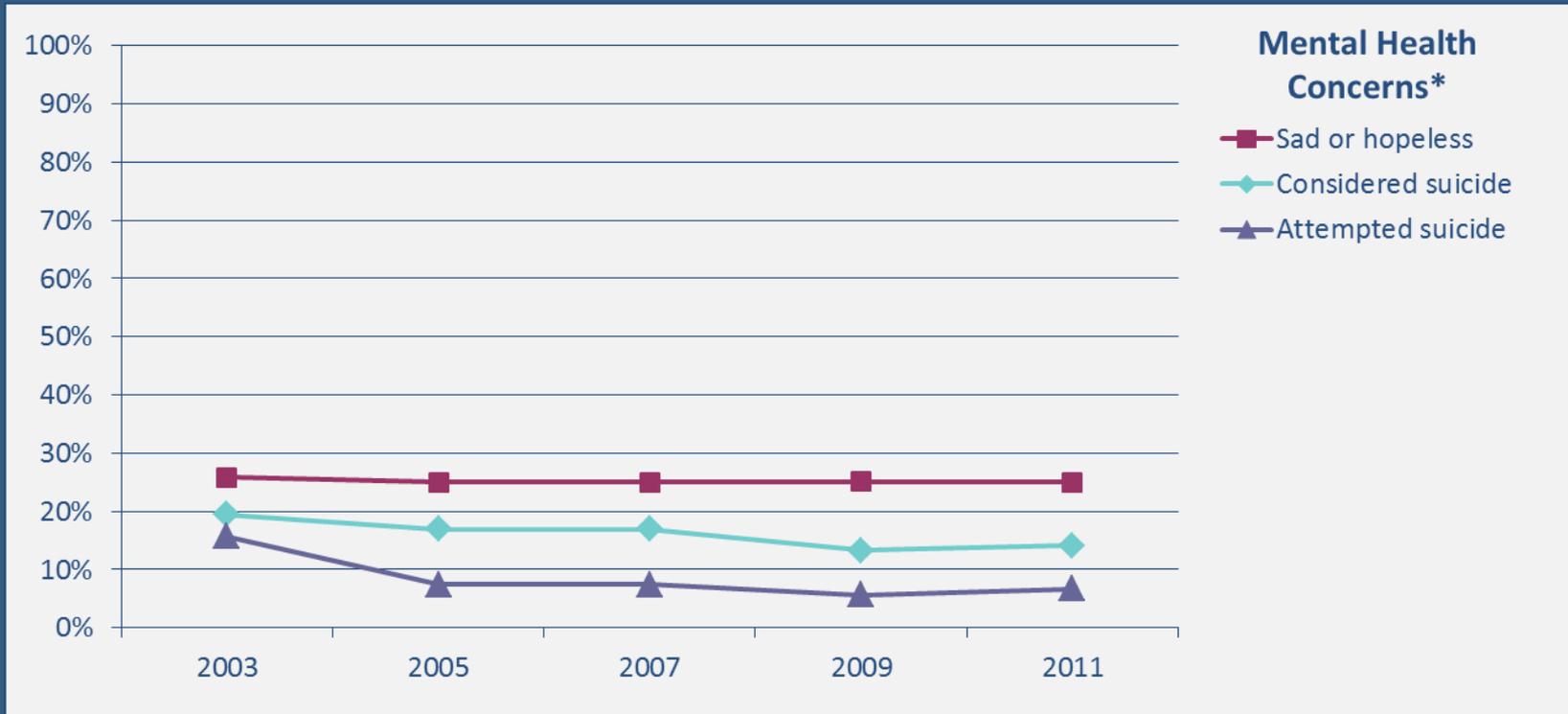
* No significant overall trend over three consecutive points from 2007 to 2011.

** 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

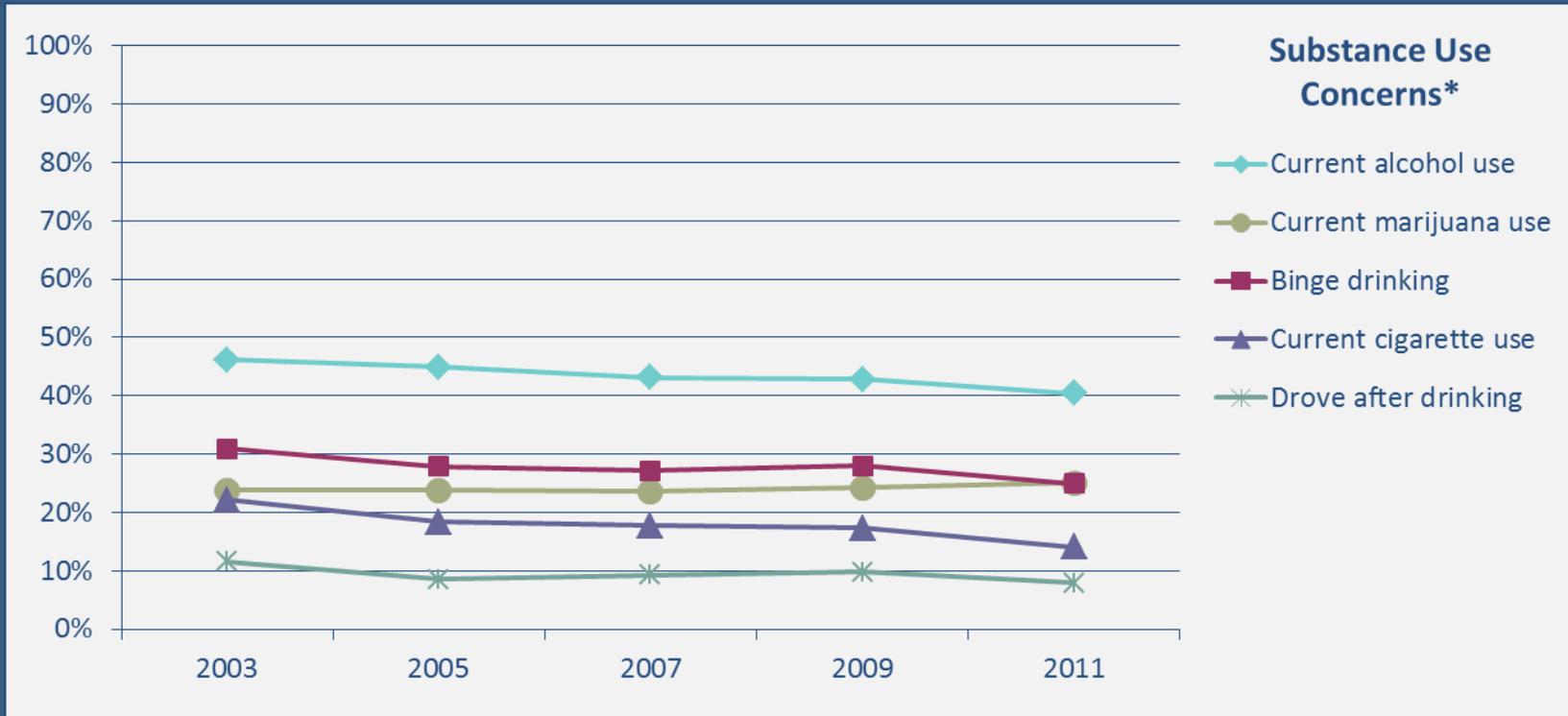


* No significant overall trend over three consecutive points from 2007 to 2011.



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

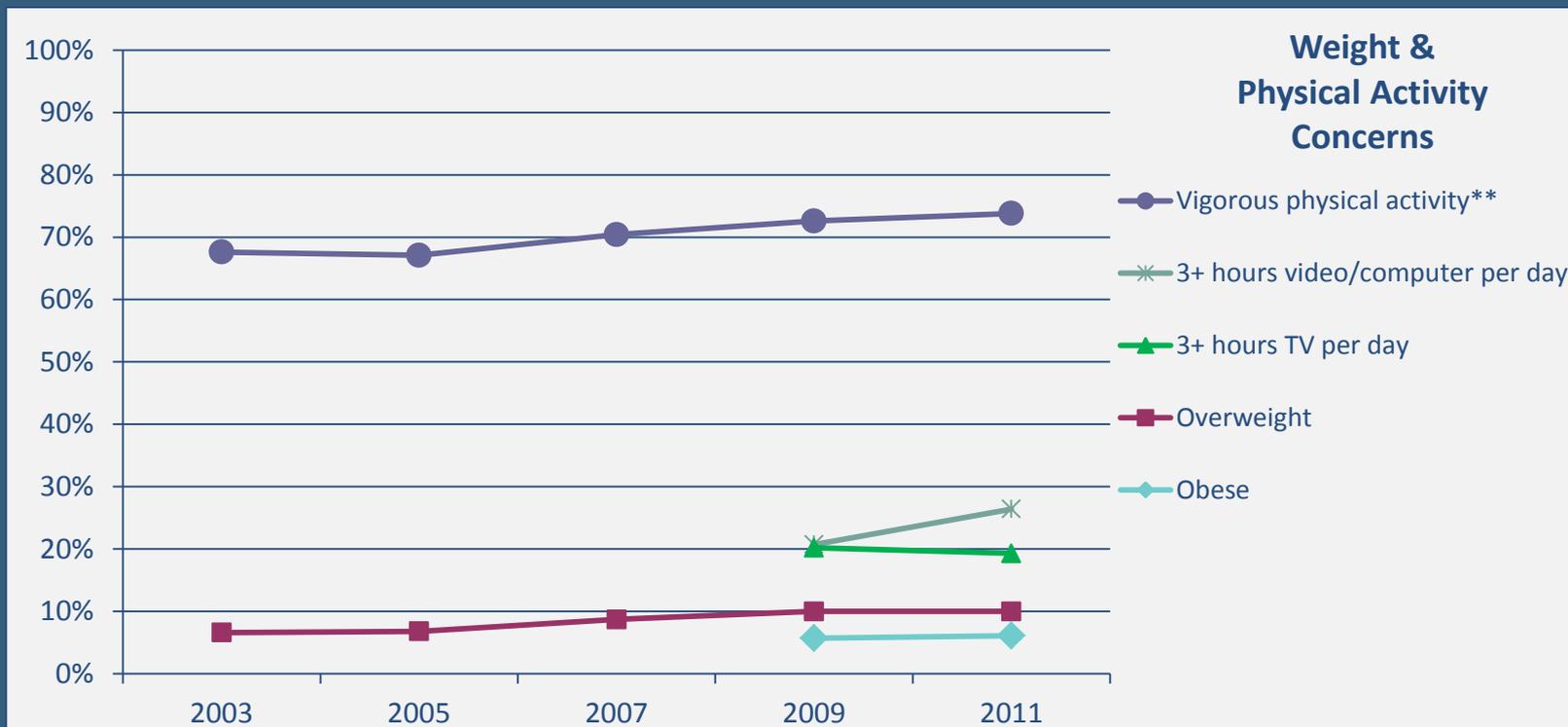


* No significant overall trend over three consecutive points from 2007 to 2011.



Physical Activity

Boulder County High School Results, 2003-2011 YRBS



** Definition of 'vigorous physical activity':

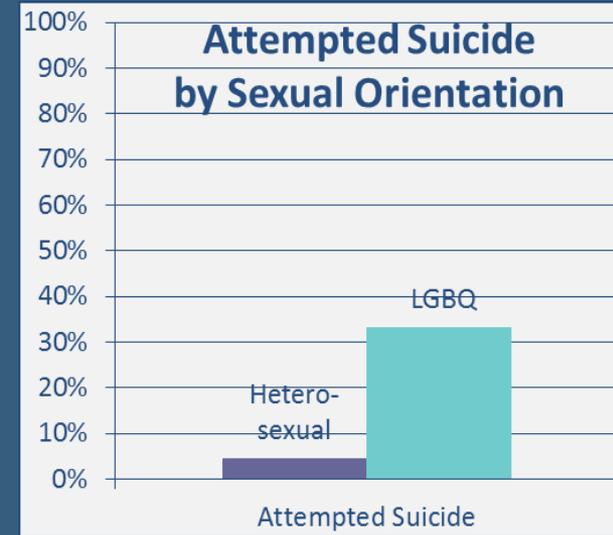
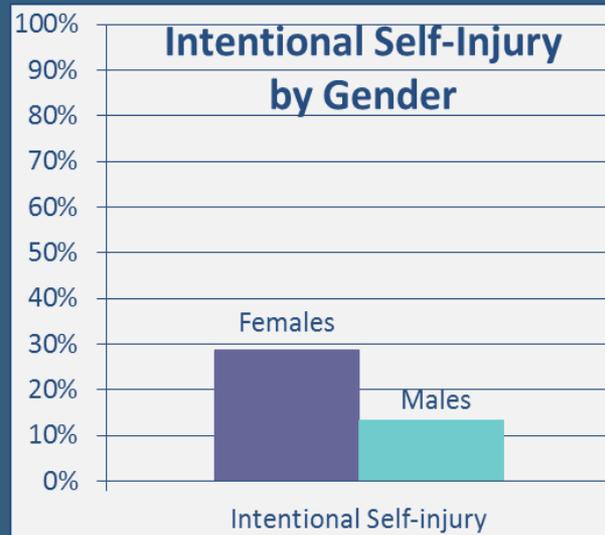
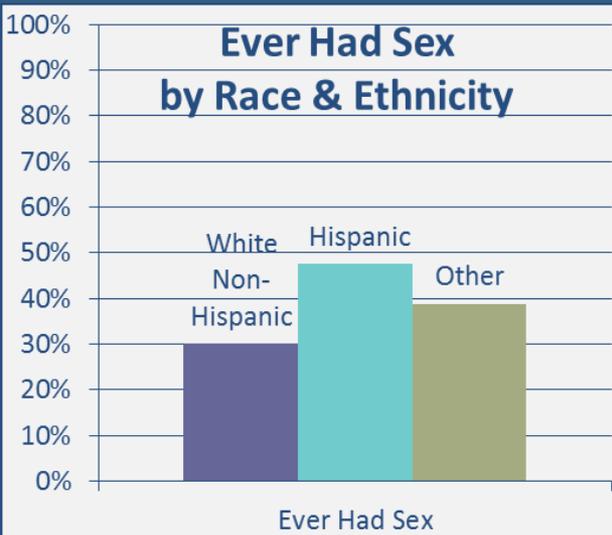
2003, 2005: at least 20 minutes on 3 or more of the 7 days preceding the survey

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



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!



Intense Efforts in 5 YRBS Areas

	Number of Stakeholder Responses
Personal safety, unintentional injury, violence	40
Mental health	39
Weight, physical activity, dietary behavior	39
Substance use	37
Sexual behavior	31



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



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



Boulder County Public Health Action Example:

Prevention & Intervention Program

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

