

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

	BVSD Middle Schools	BVSD High Schools
Schools	15	9
Classrooms	33	52
Overall response rate	86.0%	81.8%



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
- 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

BVSD rates higher than US:

- 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

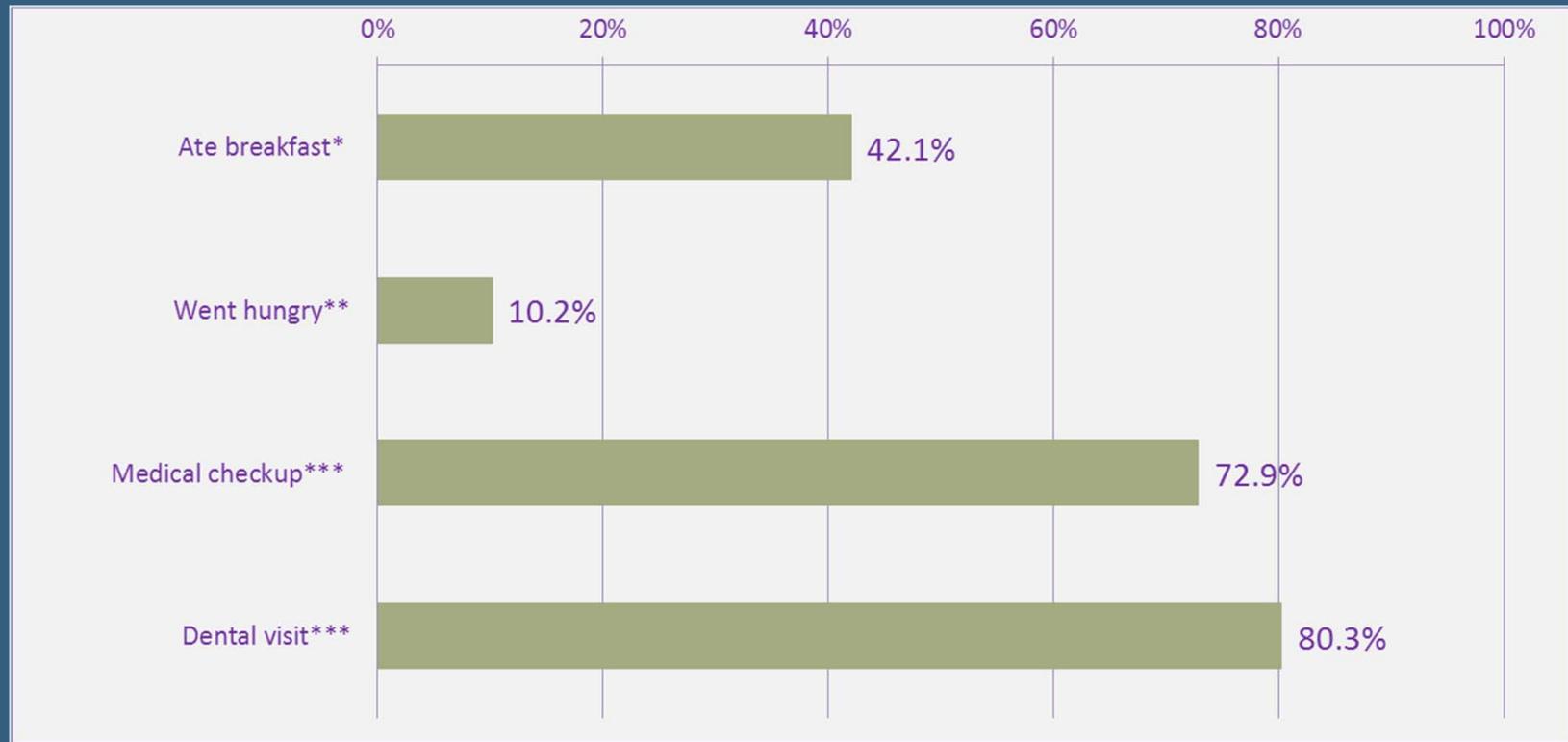


What preventive behaviors did we learn about for the first time from the 2011 YRBS?



Baseline Data for Preventive Behavior

BVSD High School Results, 2011 YRBS



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

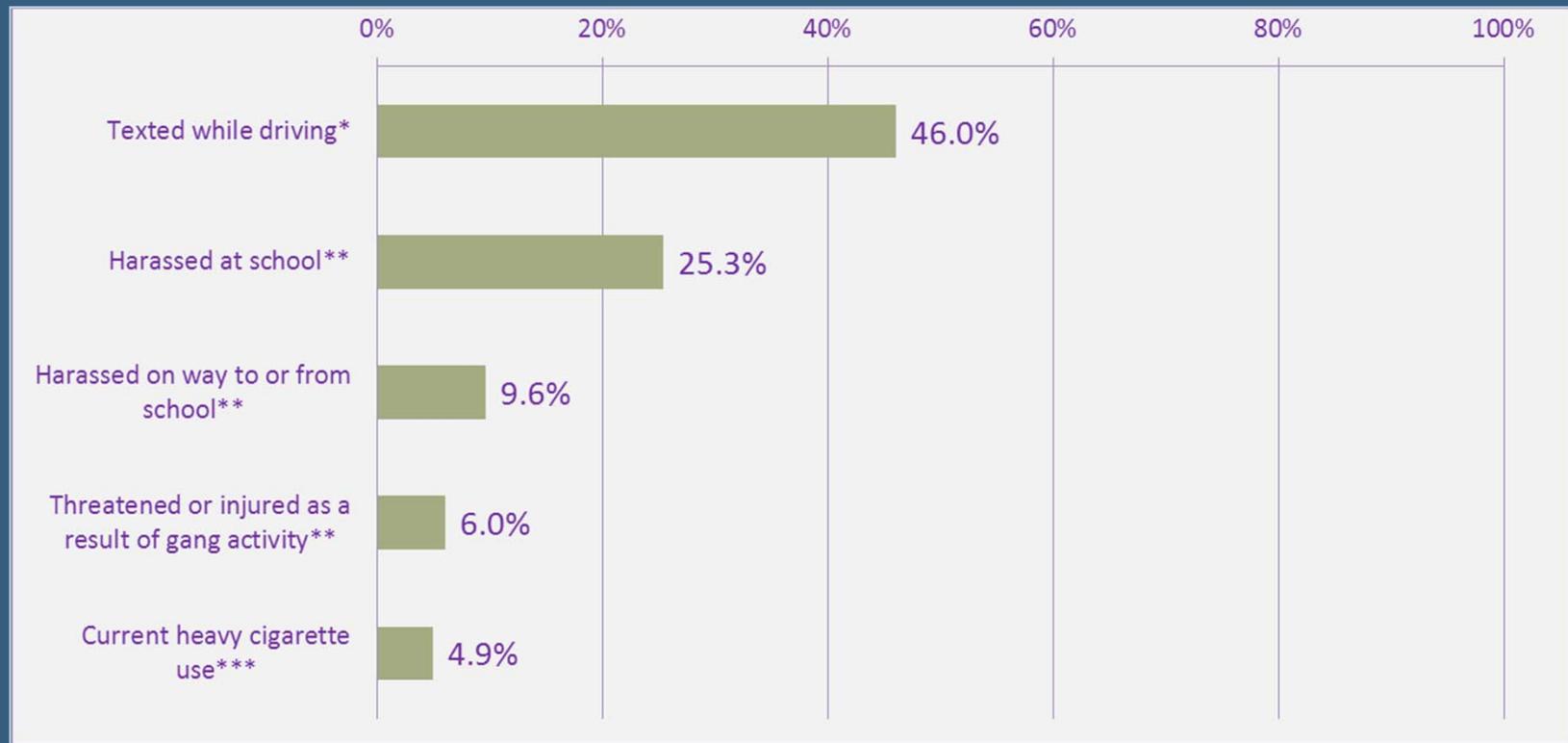


**What baseline
measurements for
emerging risk issues
were available for the
first time from the
2011 YRBS?**



Baseline Data for Risk Behavior

BVSD High School Results, 2011 YRBS



* 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

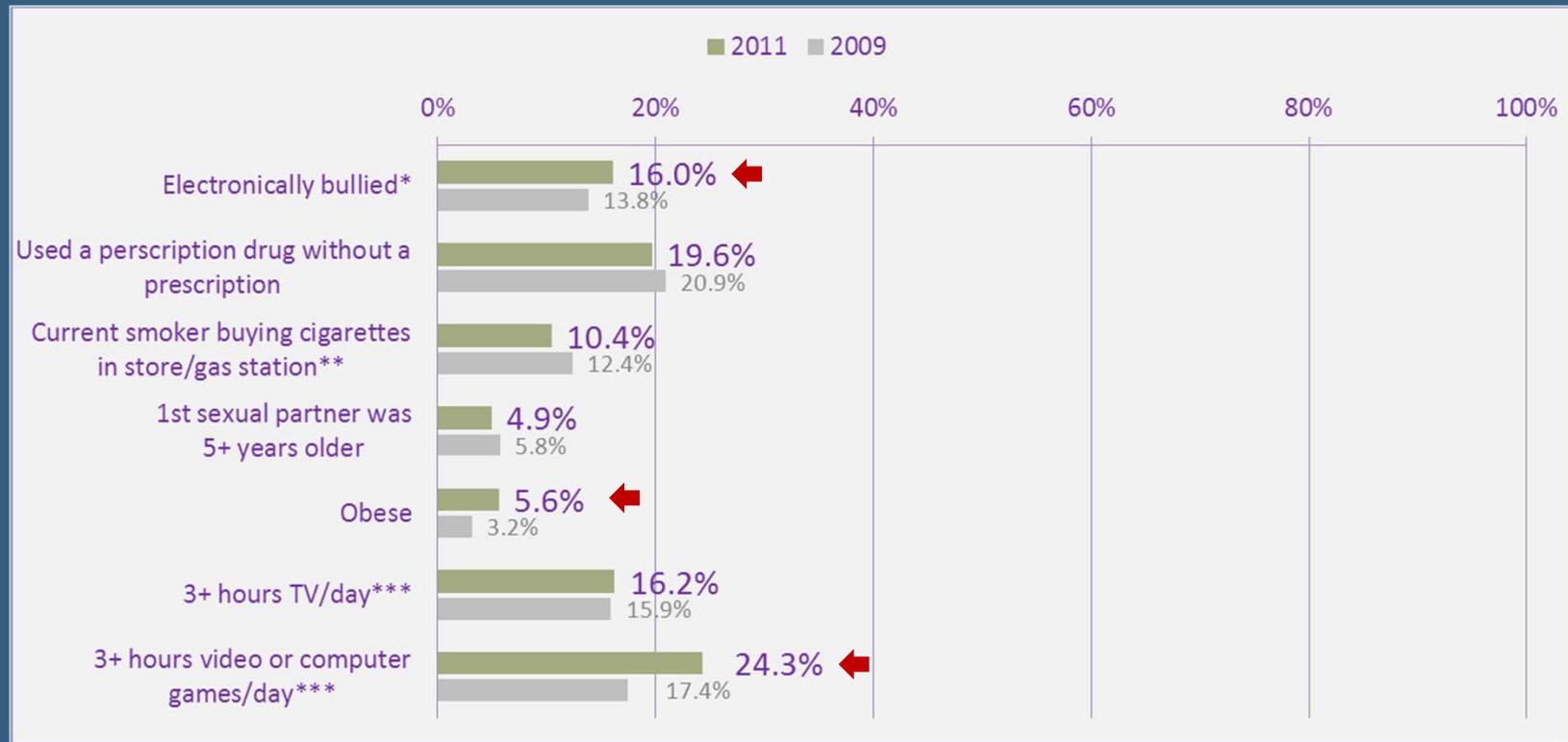


What issues were first measured in 2009 and monitored again in 2011?



Tracking Issues First Measured in 2009

BVSD High School Results, 2009 and 2011 YRBS



* 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

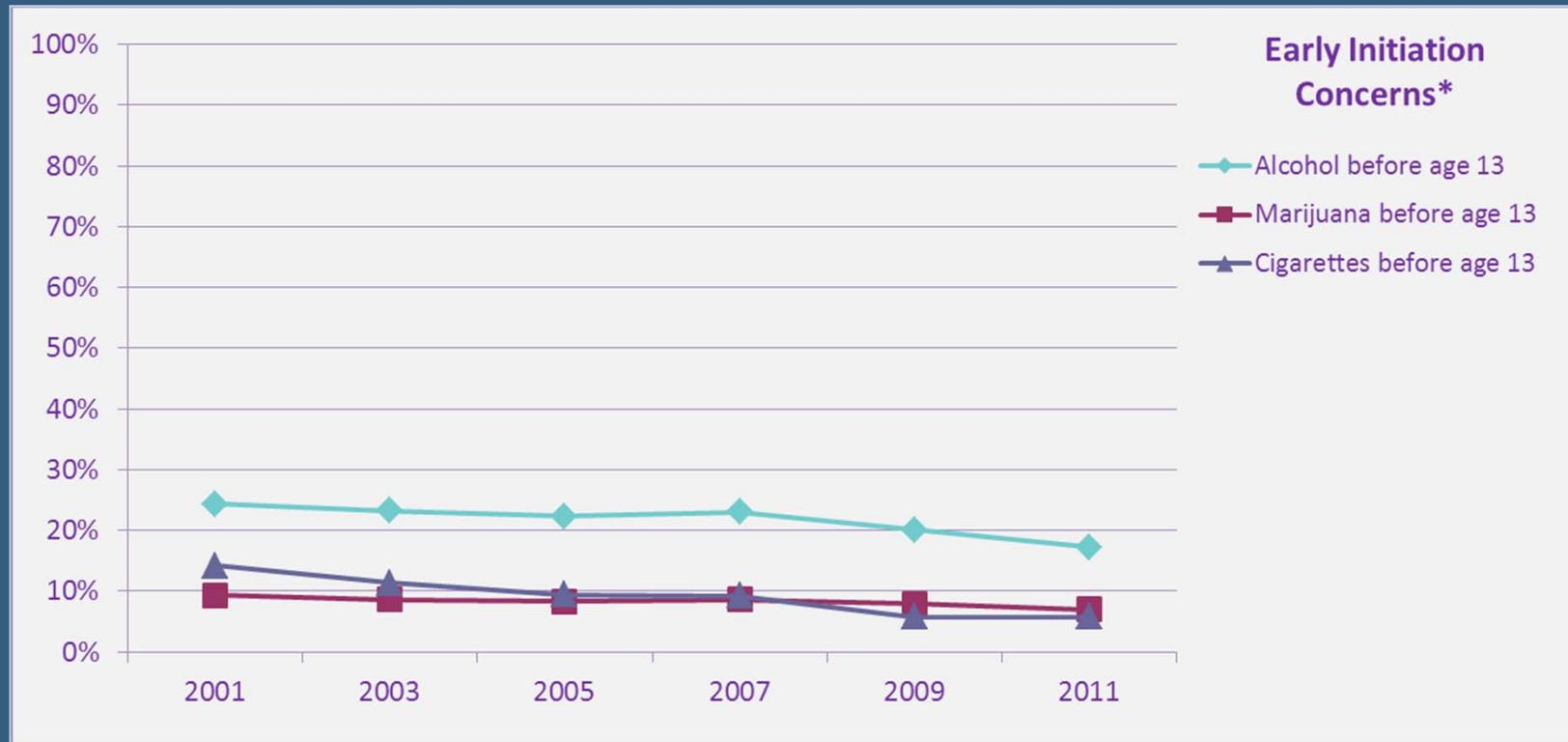
Unfavorable trend:

- 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.*



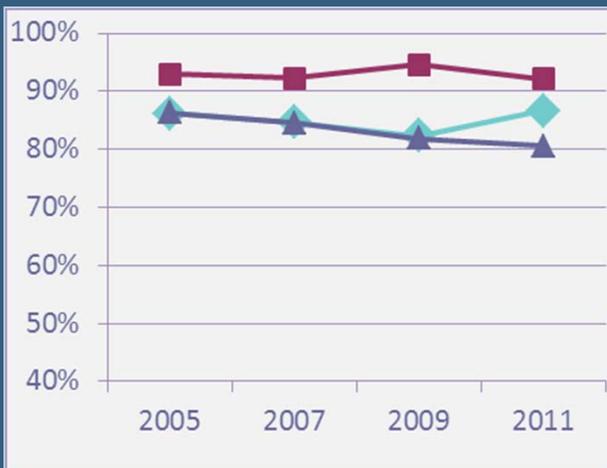
Substance Use:

Marijuana Risk Perception Decreasing

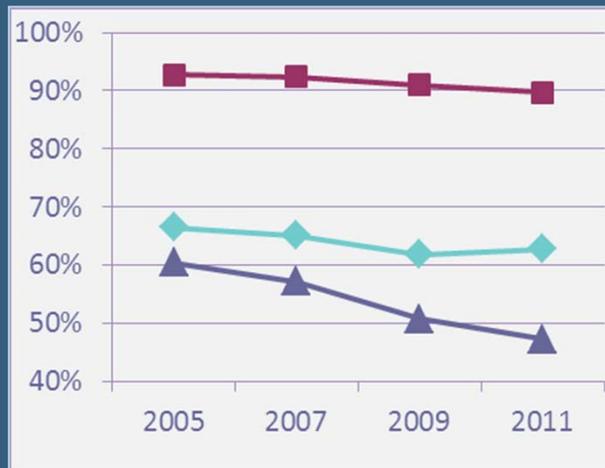
Parental Disapproval, Student Disapproval, Perceived Risk

BVSD High School Results, 2005-2011 YRBS

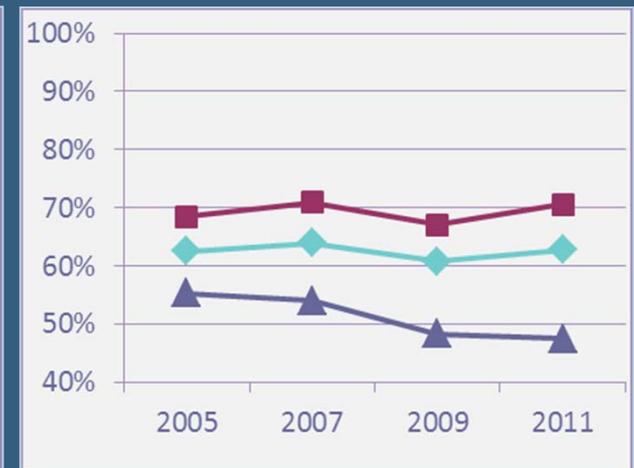
Student perception of parents' disapproval*



Student perception of risk*



Student disapproval*



■ Cigarettes
◆ Alcohol
▲ Marijuana

* 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).

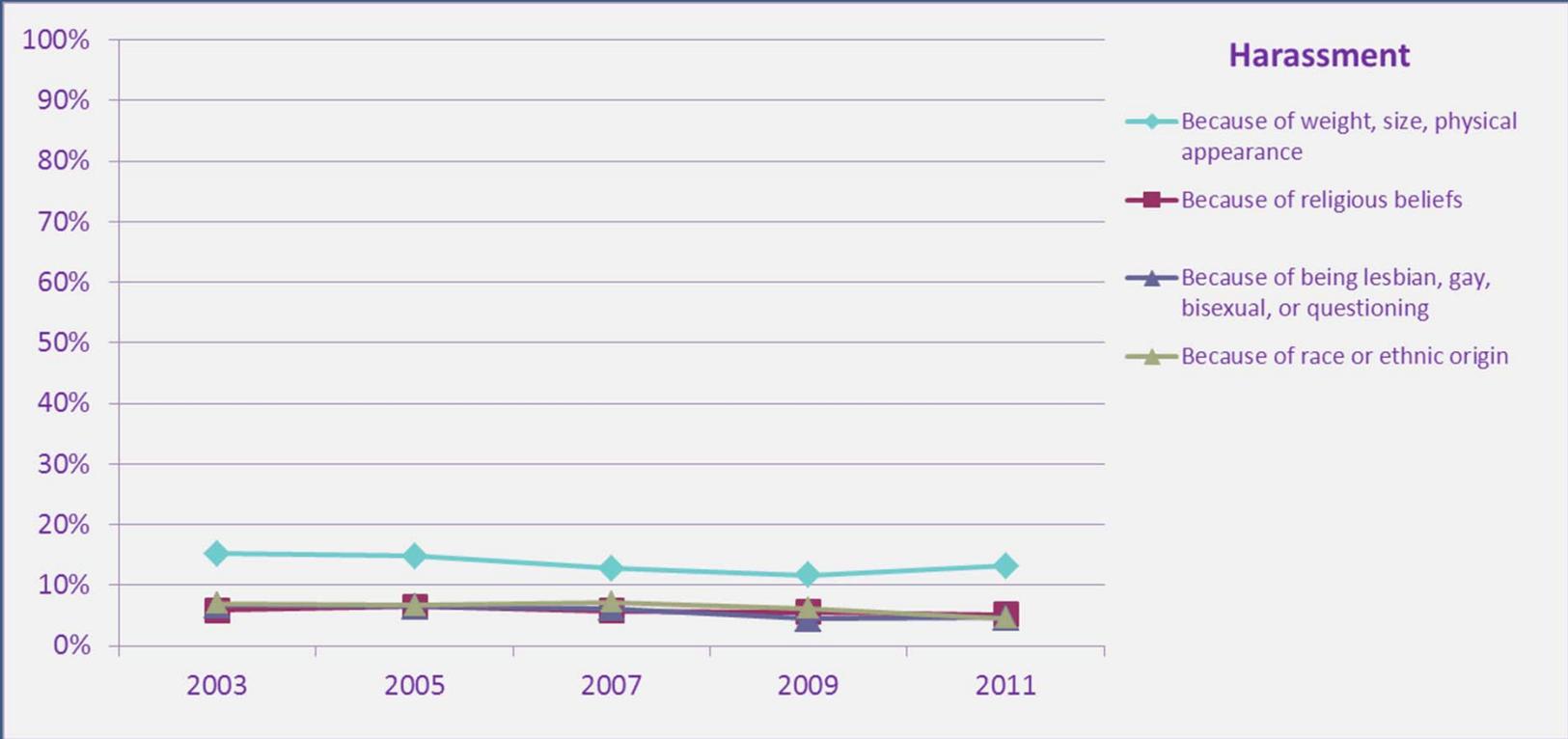


Which risk behaviors do we continue to see in 2011?



Harassment

BVSD High School Results, 2003-2011 YRBS

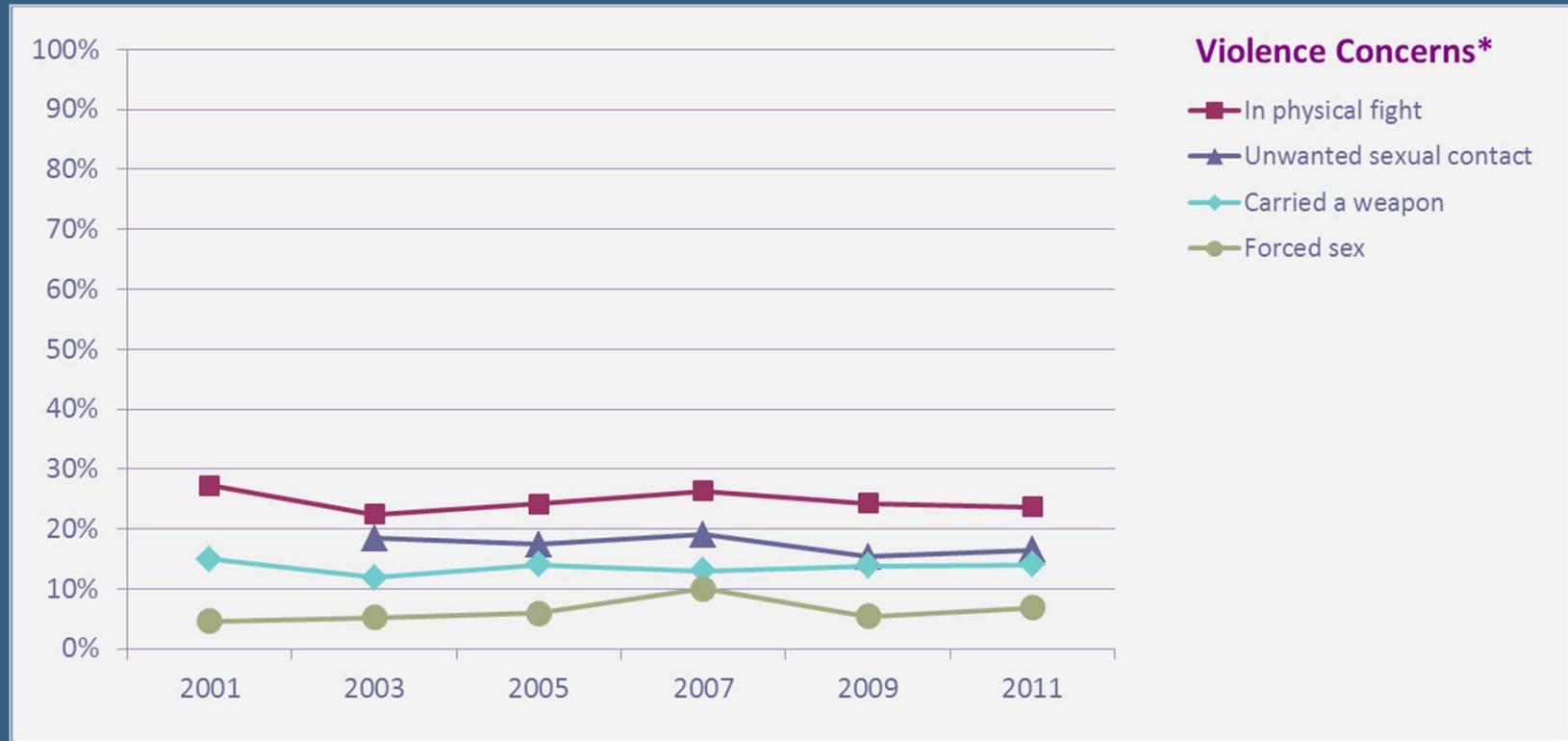


* No significant overall trend over three consecutive points from 2007 to 2011.



Violence

BVSD High School Results, 2001-2011 YRBS

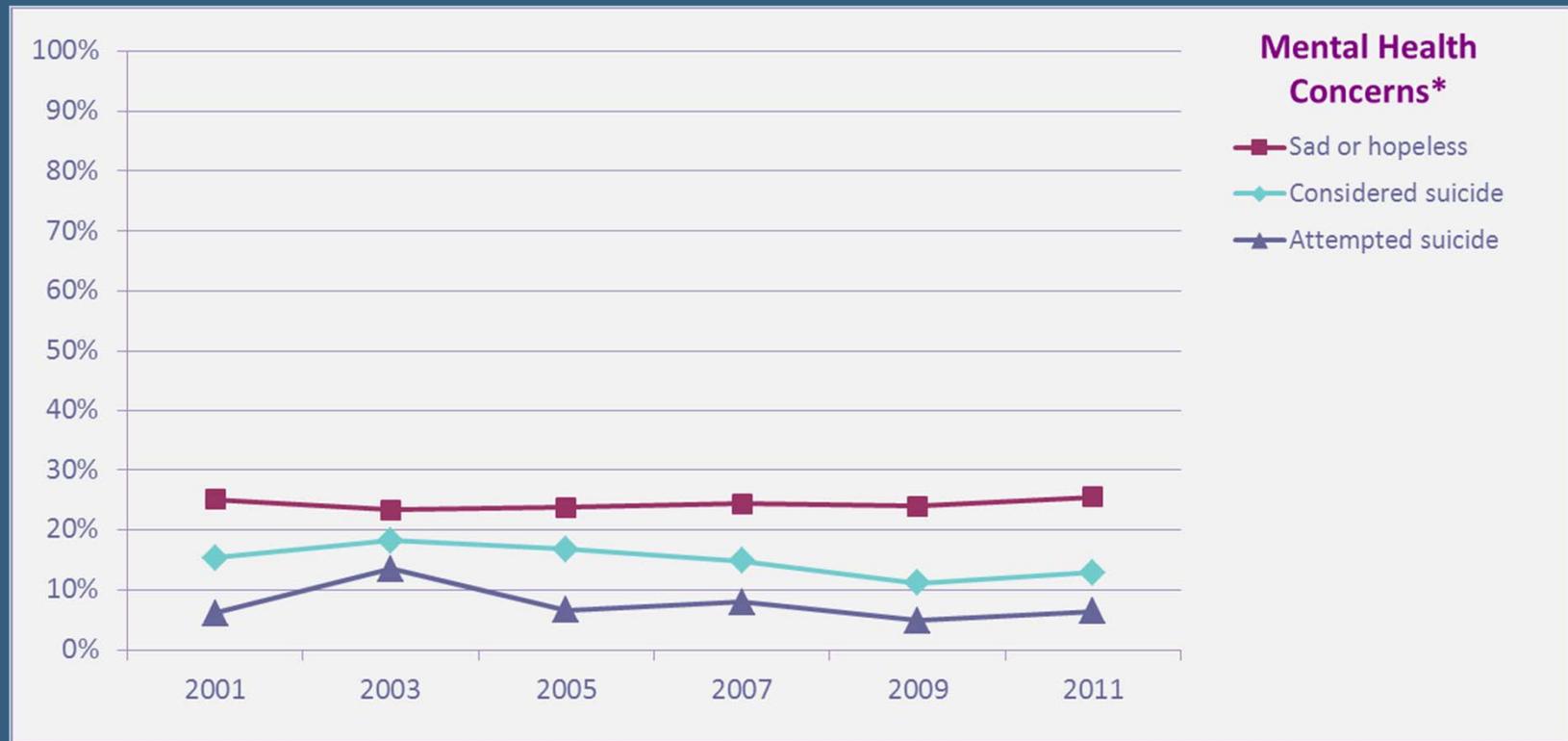


* No significant overall trend over three consecutive points from 2007 to 2011.



Mental Health Concerns

BVSD High School Results, 2001-2011 YRBS

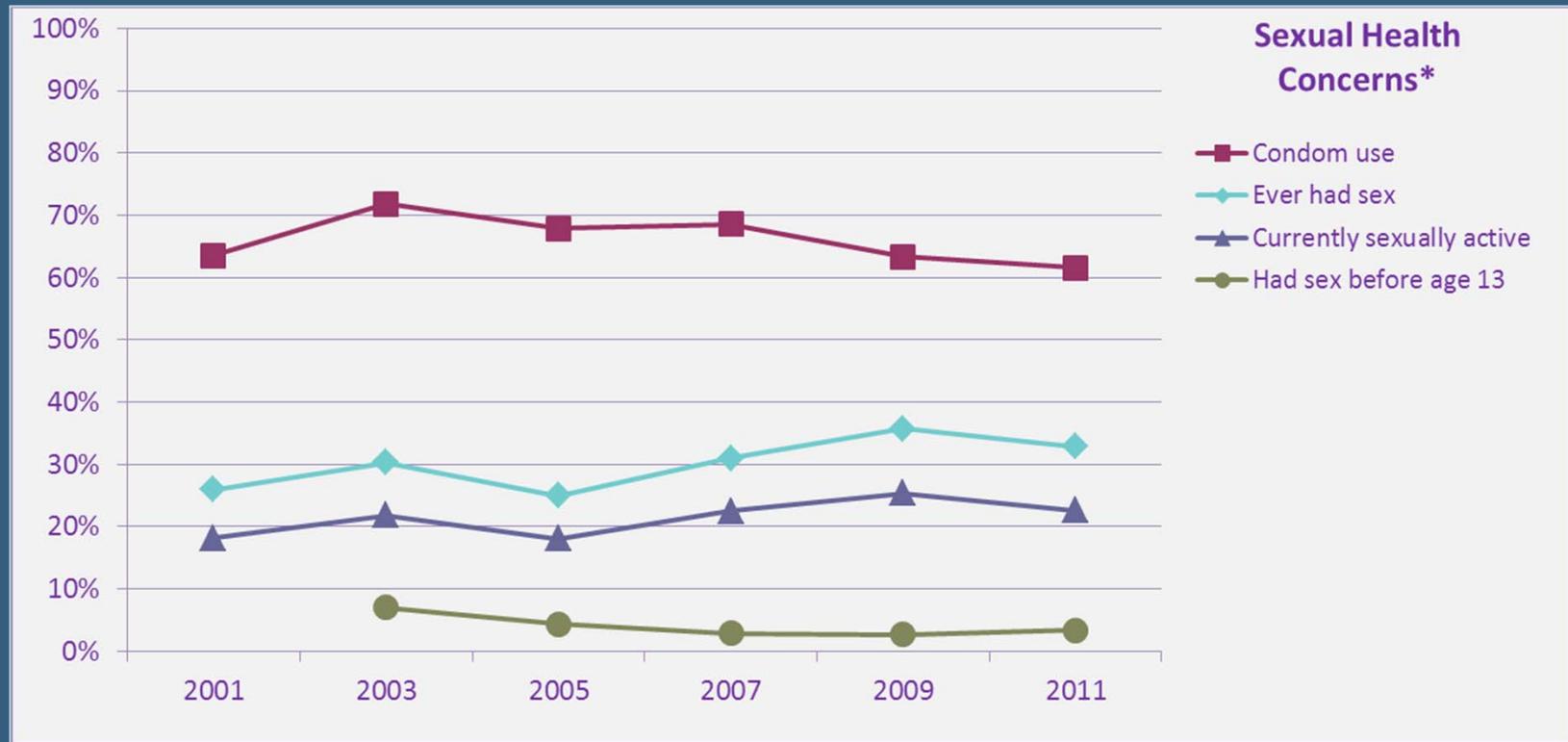


* No significant overall trend over three consecutive points from 2007 to 2011.



Sexual Activity

BVSD High School Results, 2001-2011 YRBS

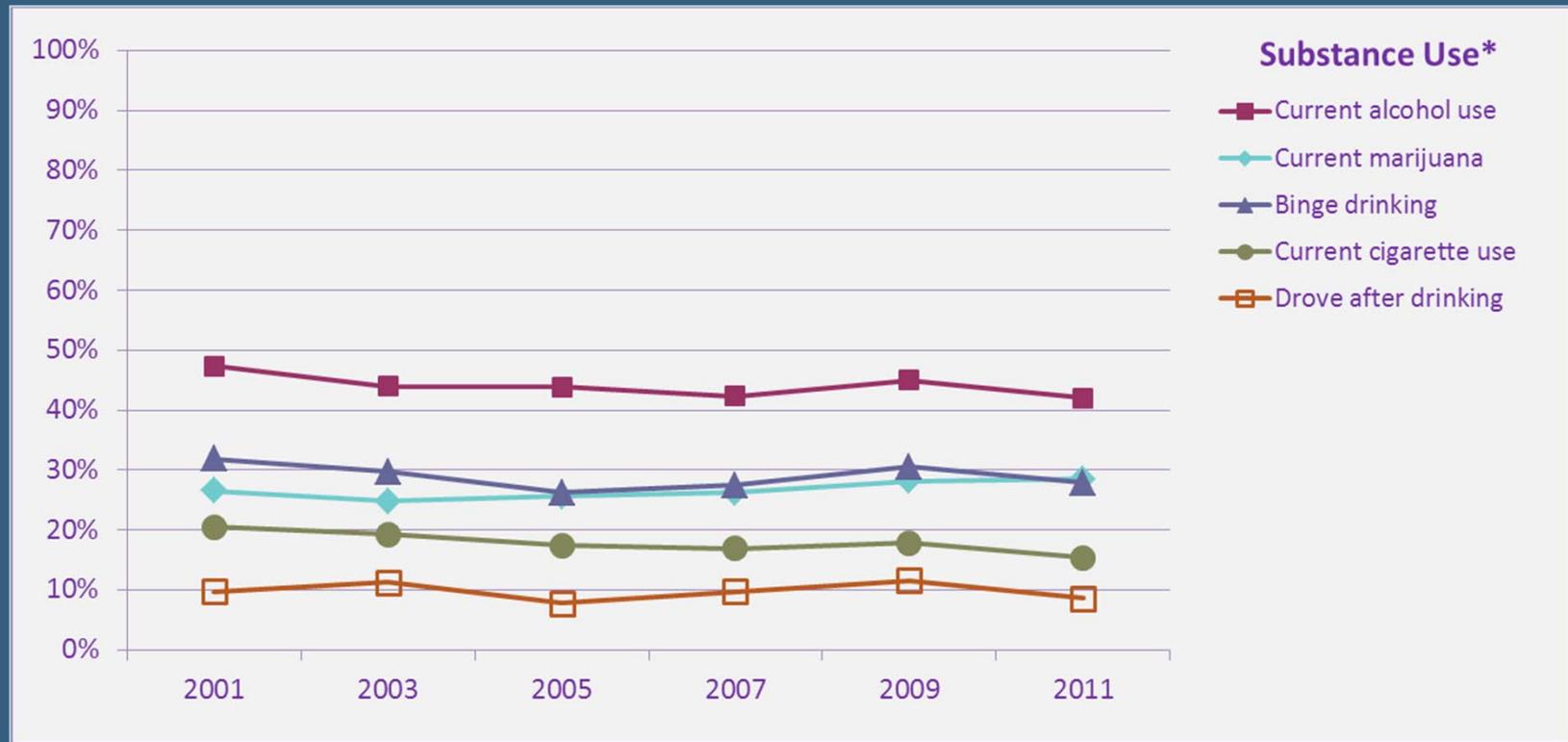


* No significant overall trend over three consecutive points from 2007 to 2011.



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*

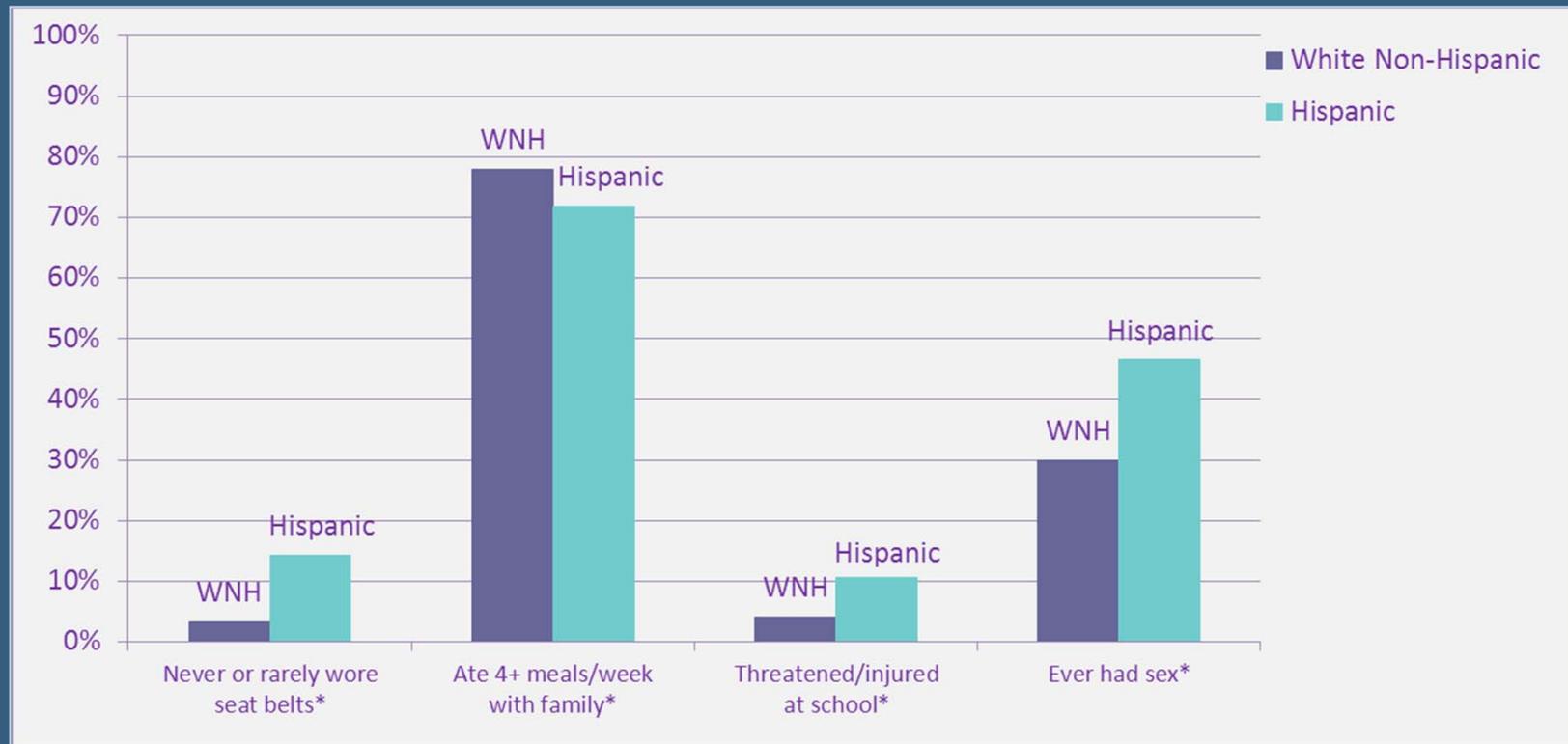
* Currently only reported at the county level



Race & Ethnicity Matter

Hispanics: Lower Prevention, Higher Risk

BVSD High School Results, 2011 YRBS

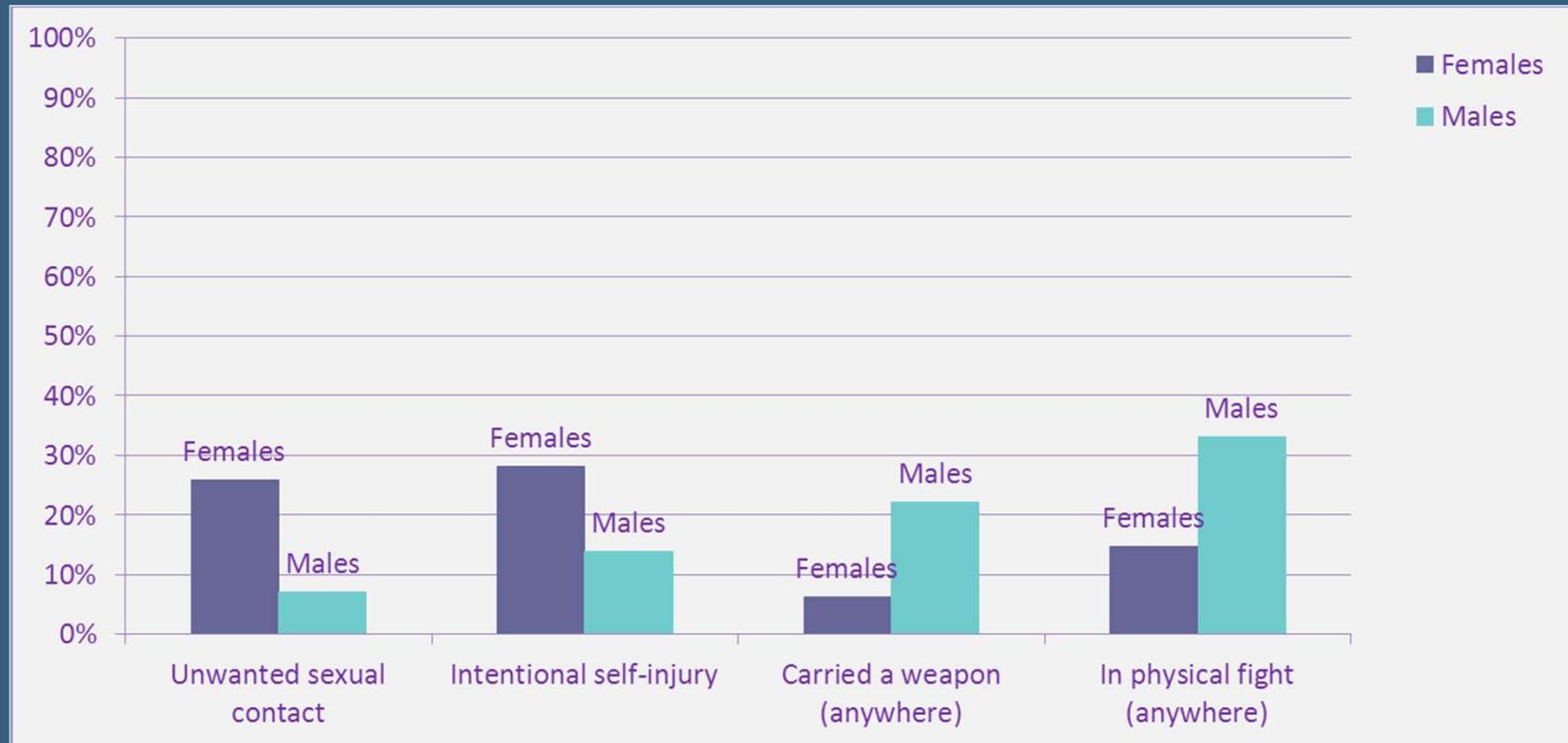


* All differences between white non-Hispanic (WNH) and Hispanic prevalence rates are statistically significant.



Gender Matters

BVSD High School Results, 2011 YRBS



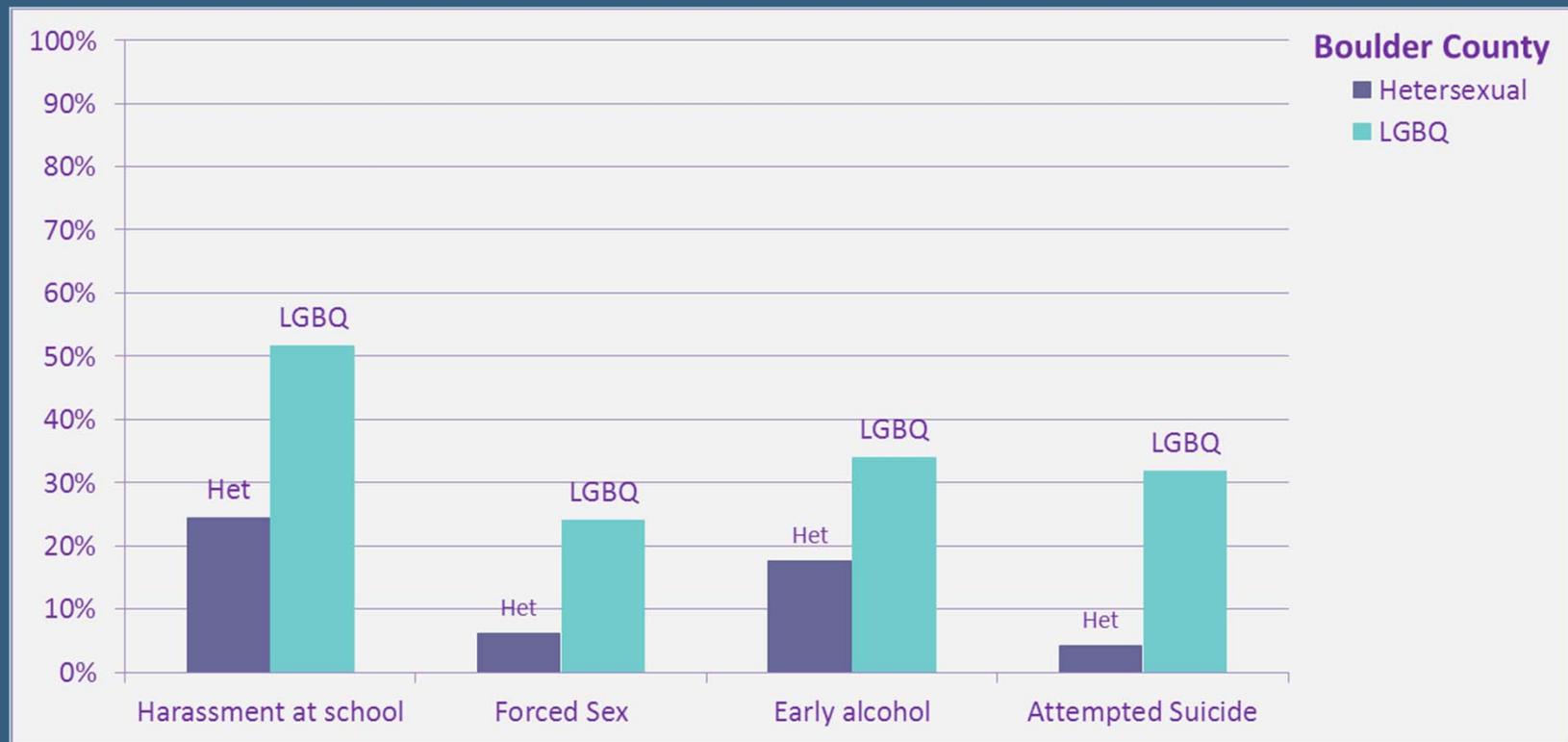
** All differences between female and male prevalence rates are statistically significant.*



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 7th and 8th 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

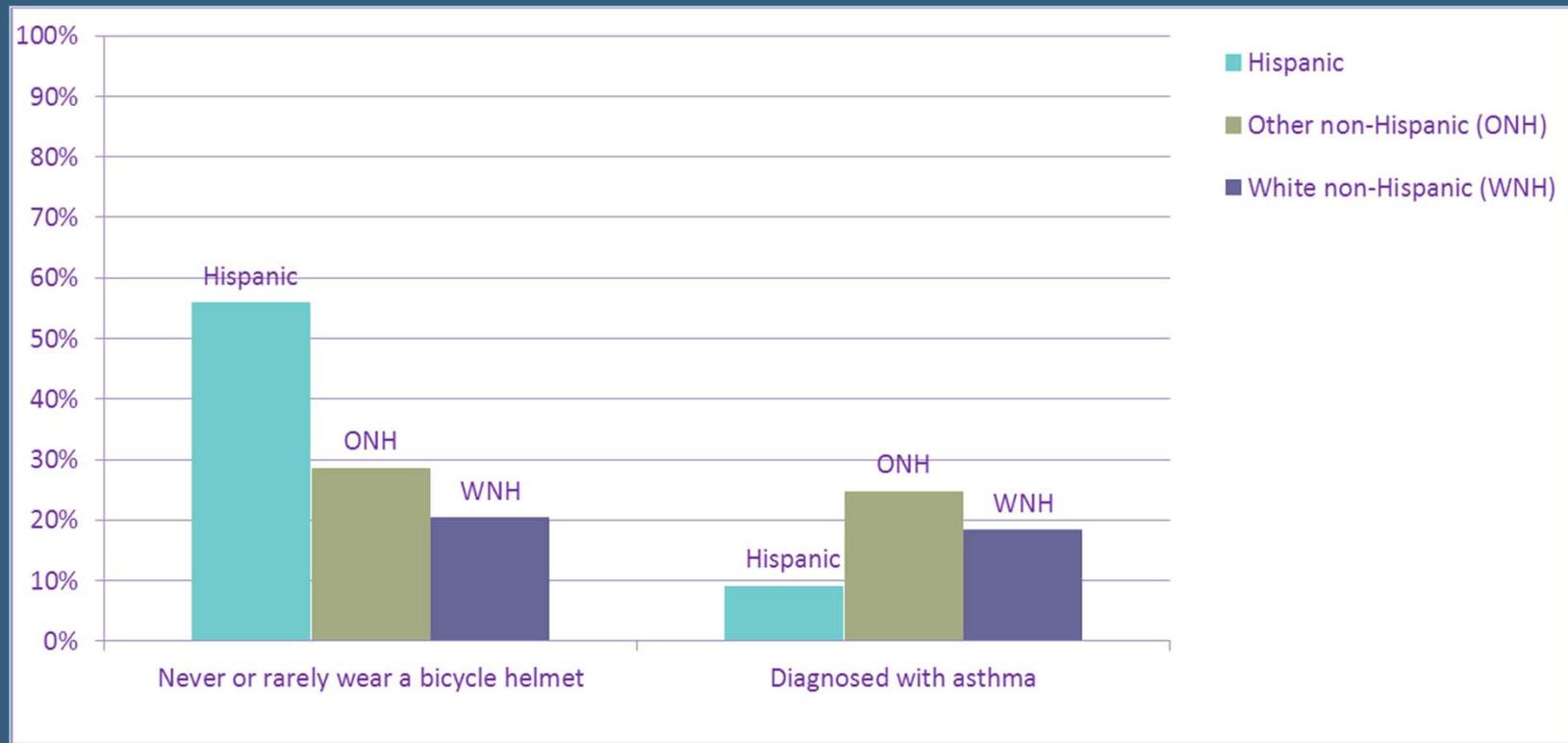
Less favorable rates in 2011 compared to 2009 of:

- 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

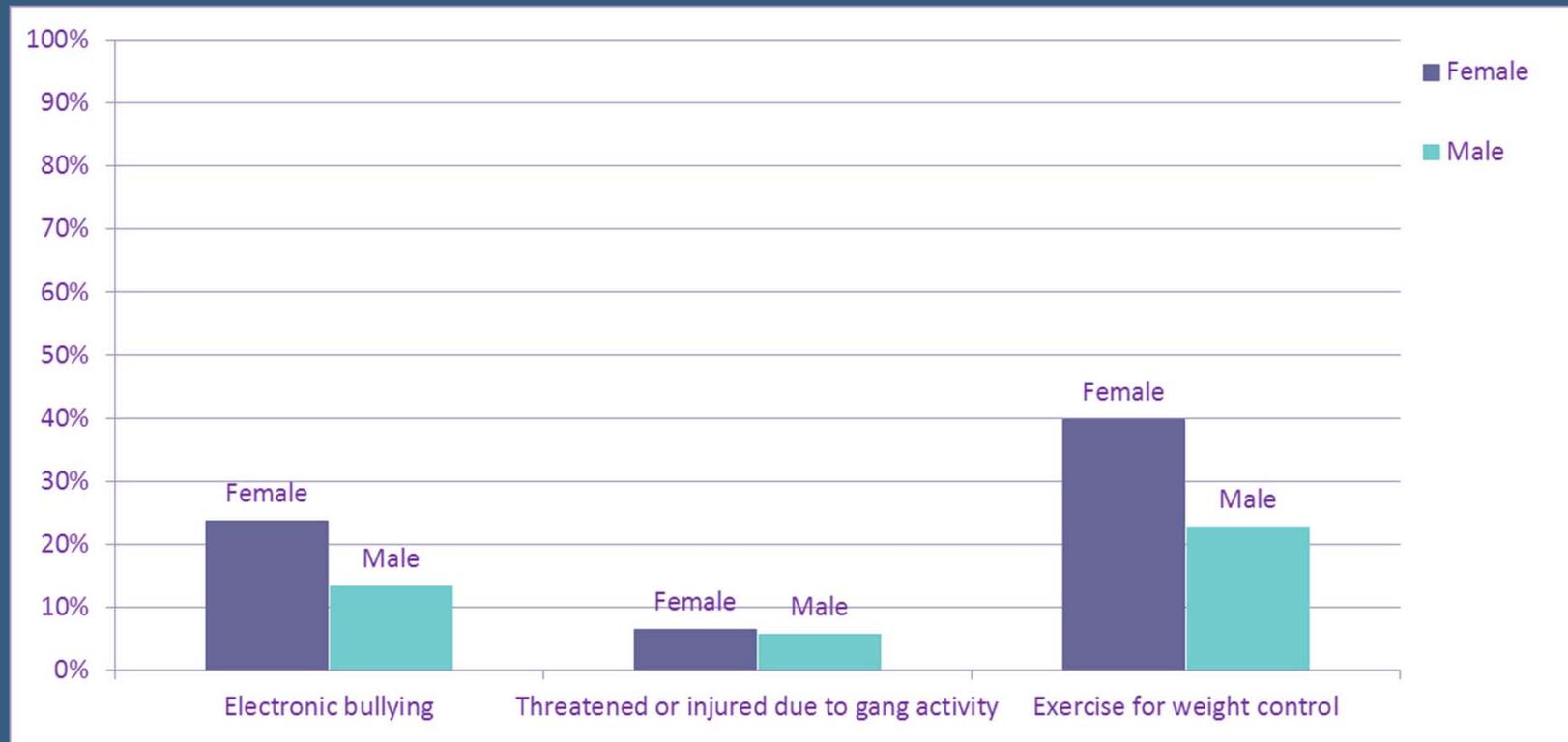


** All differences between racial/ethnic groups are statistically significant.*



Gender Disparities

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

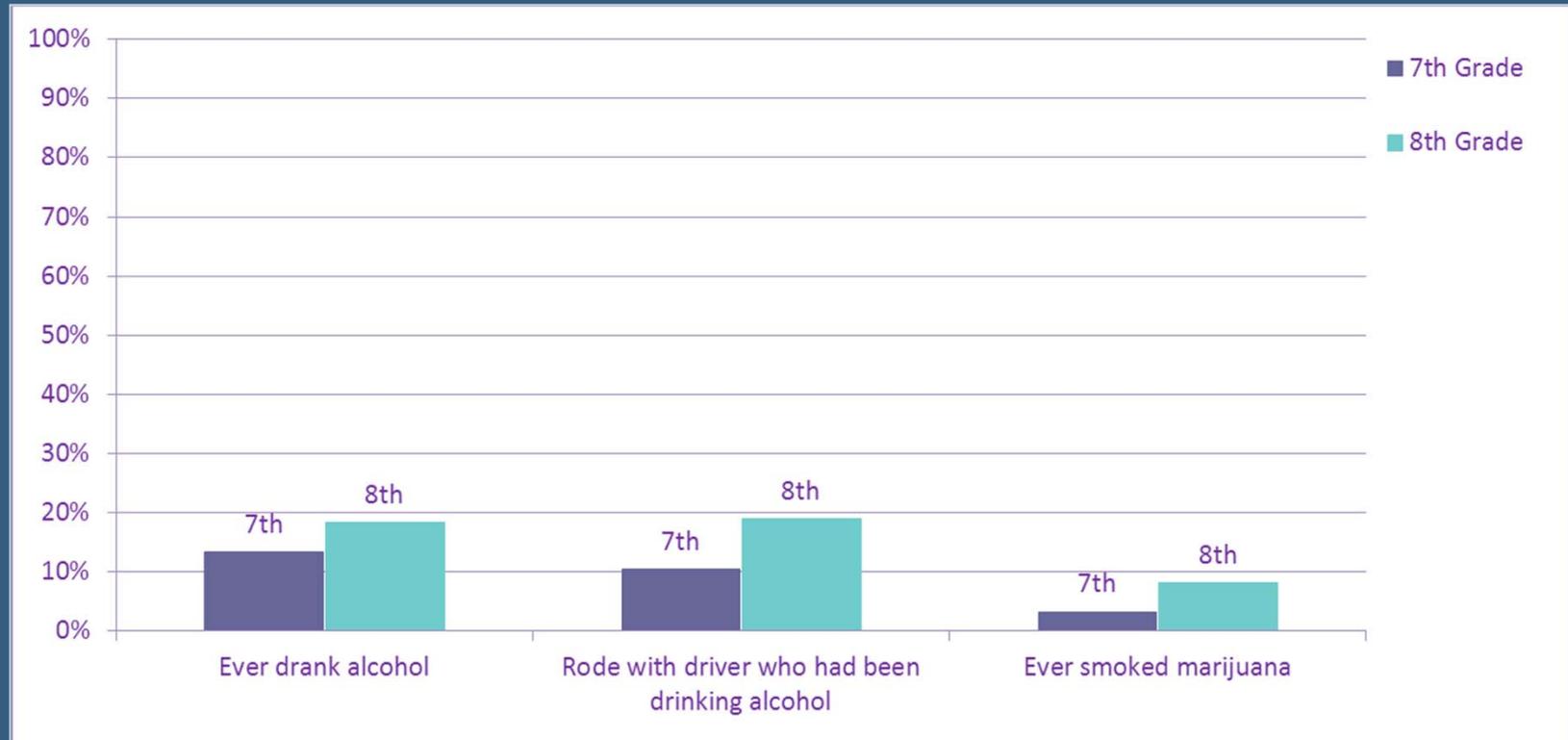


* All differences between female and male are statistically significant.



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.**



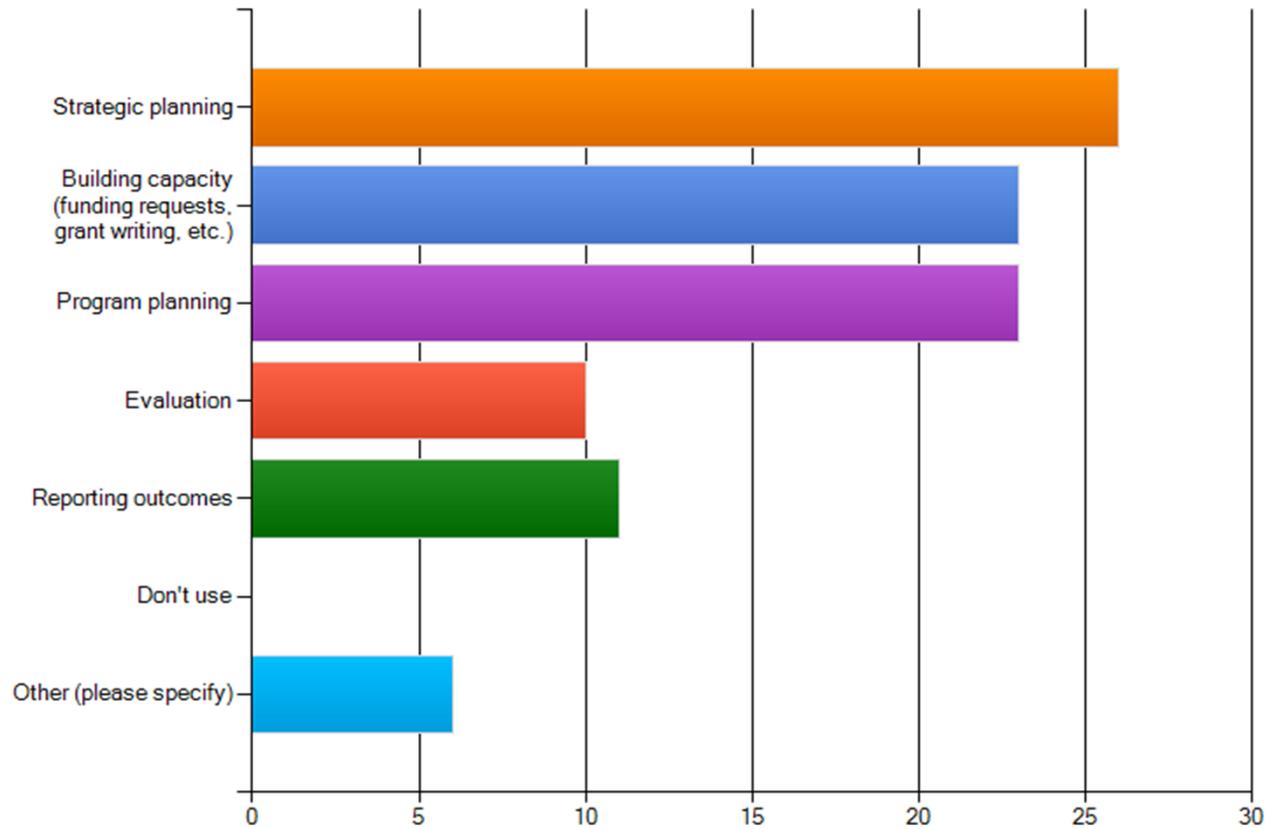
YRBS Helps to Focus Resources

- 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

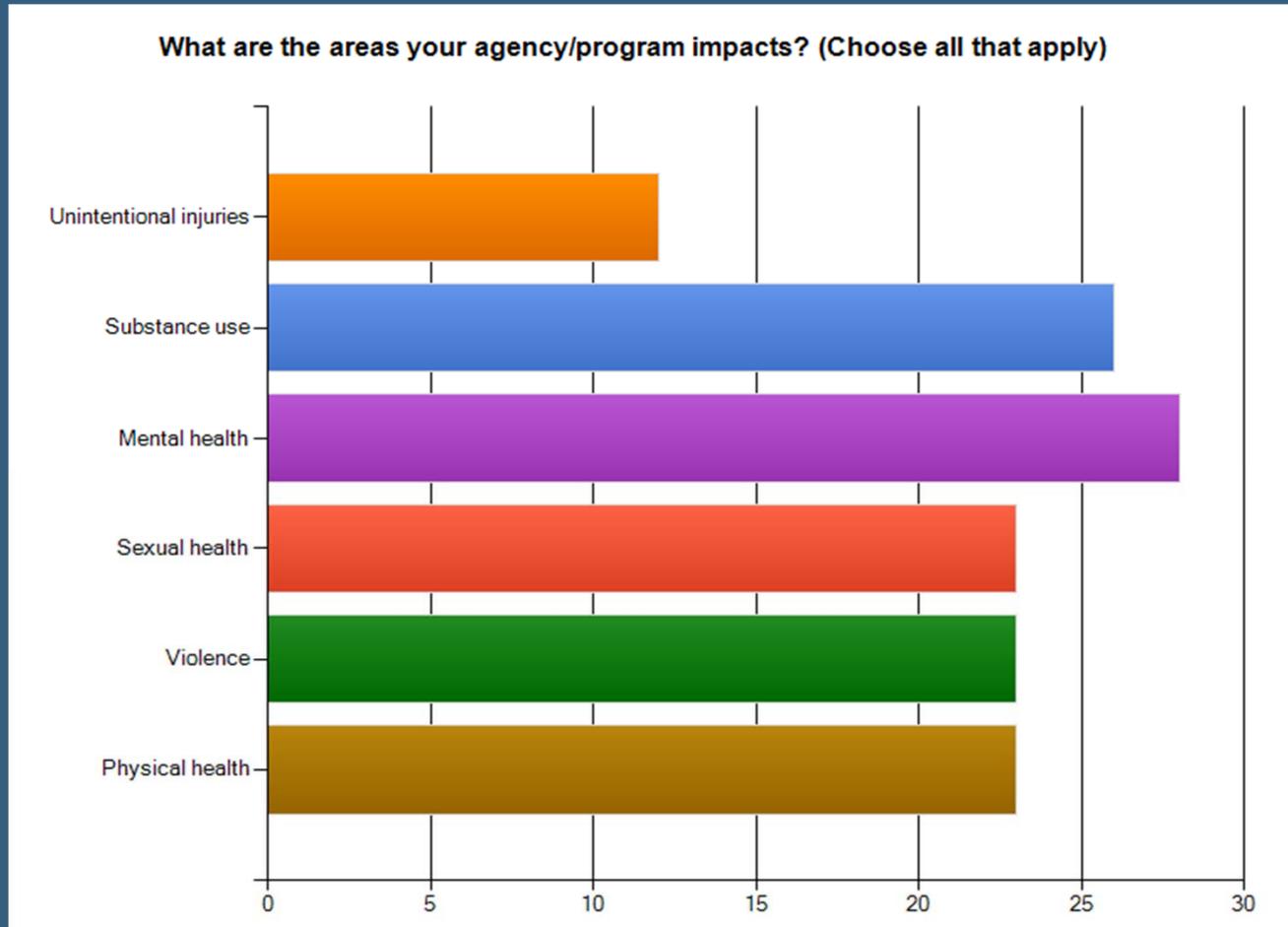


Local Use of YRBS Data

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



Local Focus on YRBS Areas



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

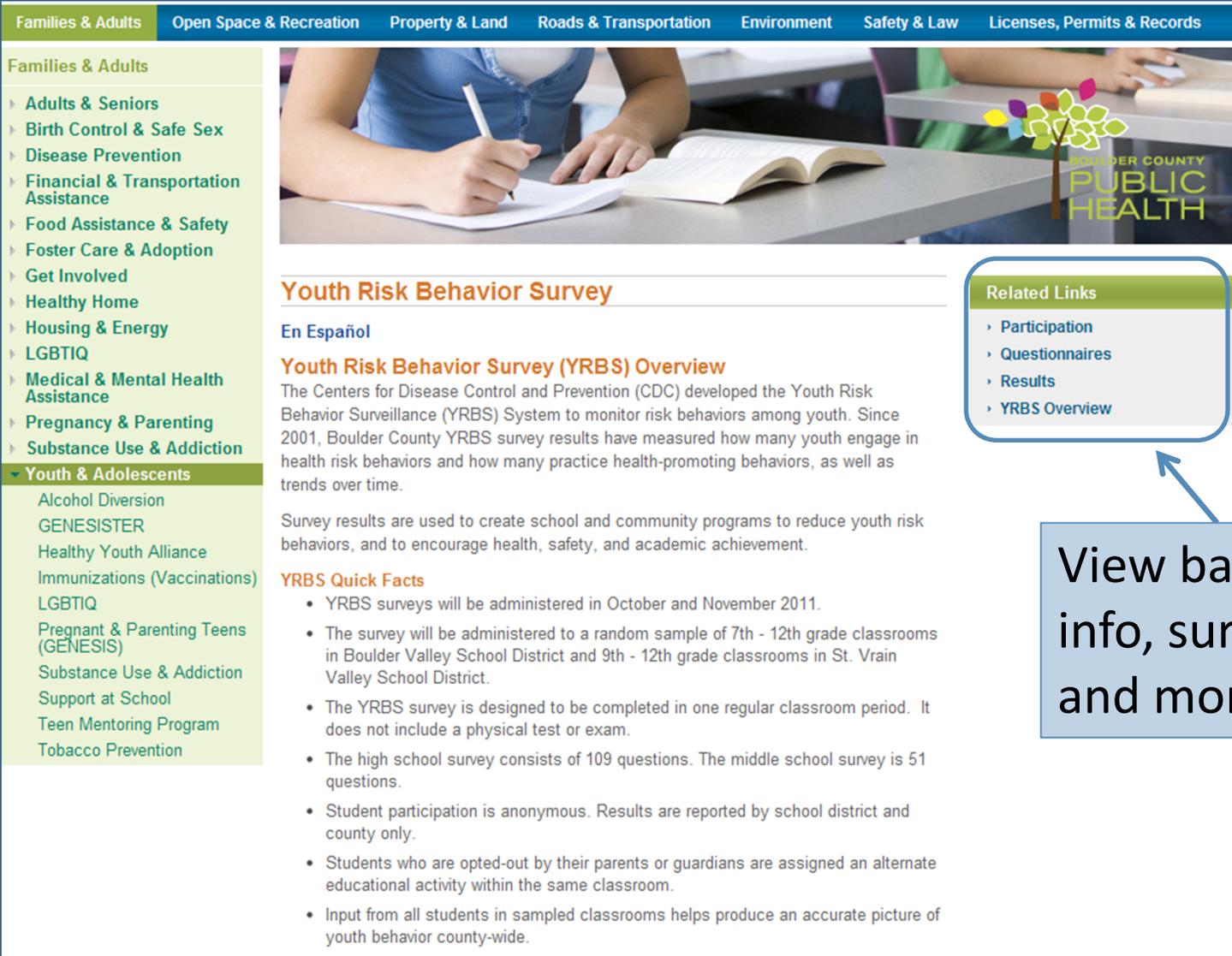


Continued Collaboration is Crucial

- 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



The screenshot shows the website's navigation menu at the top with categories like Families & Adults, Open Space & Recreation, Property & Land, Roads & Transportation, Environment, Safety & Law, and Licenses, Permits & Records. The left sidebar lists various services, with 'Youth & Adolescents' expanded to show options like Alcohol Diversion, GENESISTER, Healthy Youth Alliance, Immunizations (Vaccinations), and LGBTIQ. The main content area features a photo of students at a desk, the 'Youth Risk Behavior Survey' title, an 'En Español' link, and an overview of the survey. A 'Related Links' box on the right contains links for Participation, Questionnaires, Results, and YRBS Overview. A callout box points to this menu with the text 'View background info, surveys, results, and more!'.

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!

