



Youth Risk Behavior Survey

What are **they** doing?

What are **we** doing about it?

Today, 3,000 youth will become daily smokers. This year, 1 million will become pregnant, and 3 million will become infected with a sexually transmitted disease.

Risk behaviors are affecting students' school attendance and their ability to pay attention in class, control their anger, and restrain from self-destructive impulses.

Six types of high-risk behaviors cause the most serious problems today: behaviors that result in unintentional and intentional injury, tobacco use, alcohol and drug use, sexual behaviors, unhealthy diet, and physical inactivity.

Survey results create an awareness of unhealthy behaviors practiced by youth, allow for development of programs to reduce these behaviors, assist in establishment of program goals, support health-related legislation, and justify requests for funding.

To monitor priority health-risk behaviors among youth, the Centers for Disease Control and Prevention (CDC) developed the Youth Risk Behavior Surveillance System (YRBSS). Since 1991, the YRBSS has been used by state and local health departments and education agencies to meet their shared goal of healthy, educated students who become adults equipped with health-related skills, beliefs, and practices conducive to a lifetime of learning, good health, productivity, and success.

Boulder County Public Health, Boulder Valley School District, St. Vrain Valley School District, and Boulder County Healthy Youth Alliance (BCHYA) are collaborating to implement the Youth Risk Behavior Survey (YRBS) during the 2009-2010 school year. The survey will be administered to a random sample of 1,000 students from each school district, in grades 7-12. The high school survey will consist of 108 questions, and the middle school survey will consist of 51 questions. Each will take approximately 45 minutes to complete. Student participation in the survey will be anonymous and results will be reported only in aggregate.

Working together, we can improve the health and academic achievement of our youth.

For more information, go to www.BoulderCountyYRBS.org.