



Using YRBS and School Health Profiles in Curriculum and School Health Planning

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Objectives

- Describe the Youth Risk Behavior Survey (YRBS) and School Health Profiles Survey (Profiles).
- Identify prevalence rates and data trends from 2013 YRBS and 2016 Profiles.
- Identify how participants can use data from YRBS and Profiles in curriculum or program planning.



The Surveys



YRBS and Profiles

- Youth Risk Behavior Survey (YRBS) and School Health Profiles Survey (Profiles) are both CDC surveys, conducted since the early 1990's across the country
- CDC funds ODH to conduct these surveys and provides technical assistance, along with data analysis



YRBS vs. Profiles

- Survey completed by **students** during class
 - High school students (public and private schools)
 - 52 schools sampled
 - Monitors student health risk behaviors
 - Ohio has participated since 1995
- Questionnaire completed by **Principals and lead health educators**
 - Middle and high schools (public, charter and alternative)
 - 475-480 schools sampled
 - Monitors school health programs and policies
 - Ohio has participated since 1998



Questionnaires

- YRBS questions are determined by an advisory committee made up of state-level subject matter experts
 - Required to keep 2/3 of CDC's core questions, with flexibility to add additional questions
- Profiles questionnaires are determined by CDC and are standard throughout the country (each state gets to vote when changes are made to the questionnaire)



The Data

Health Risk Behaviors of Ohio high school students from 1993-2013

2013 Data

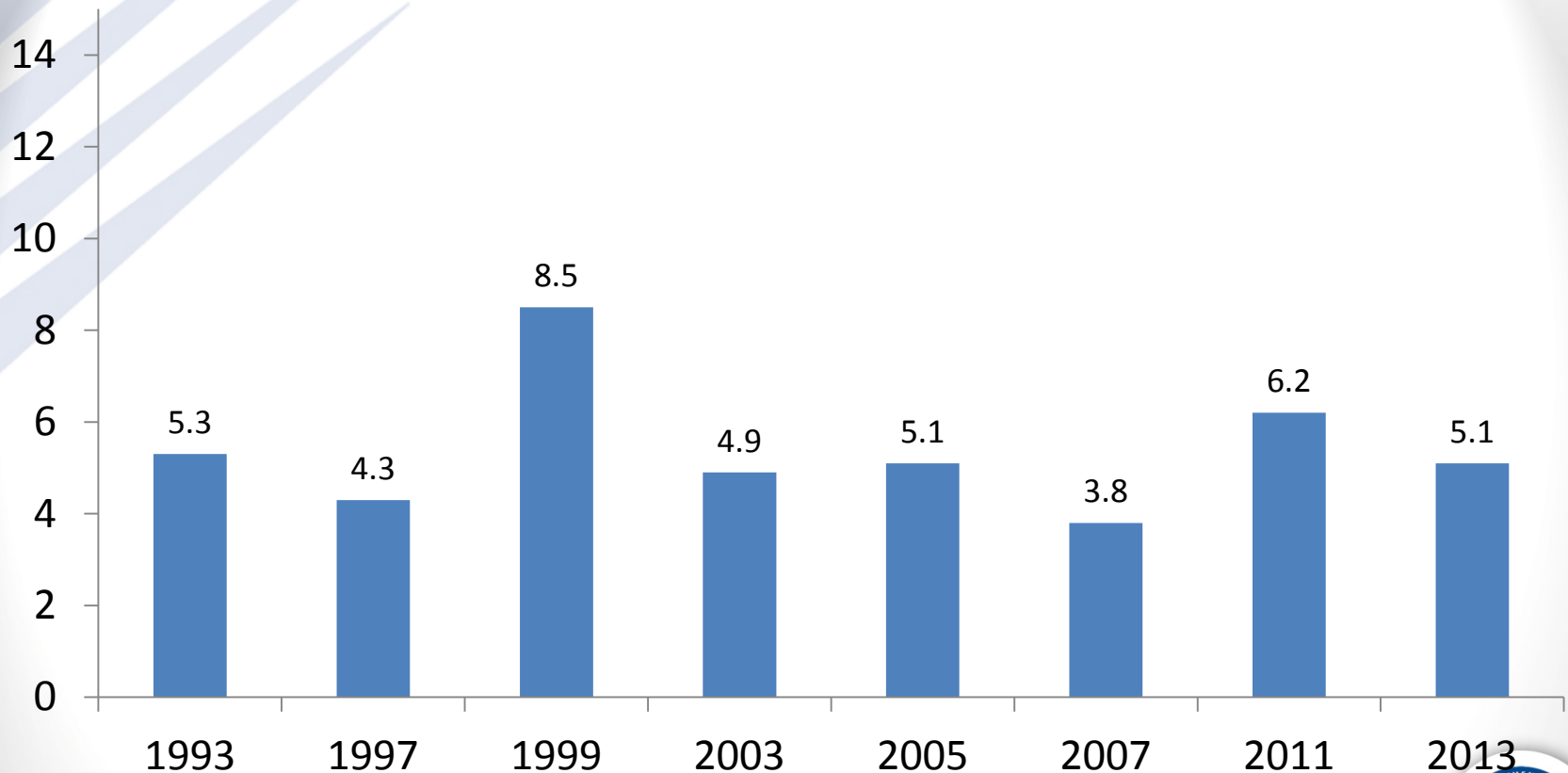
- 1,455 students in 44 public and private high schools in Ohio
- School response rate: 85%, Student response rate: 75%
- Overall response rate: 63%
- Data representative of all students in grades 9-12



Injury and Violence



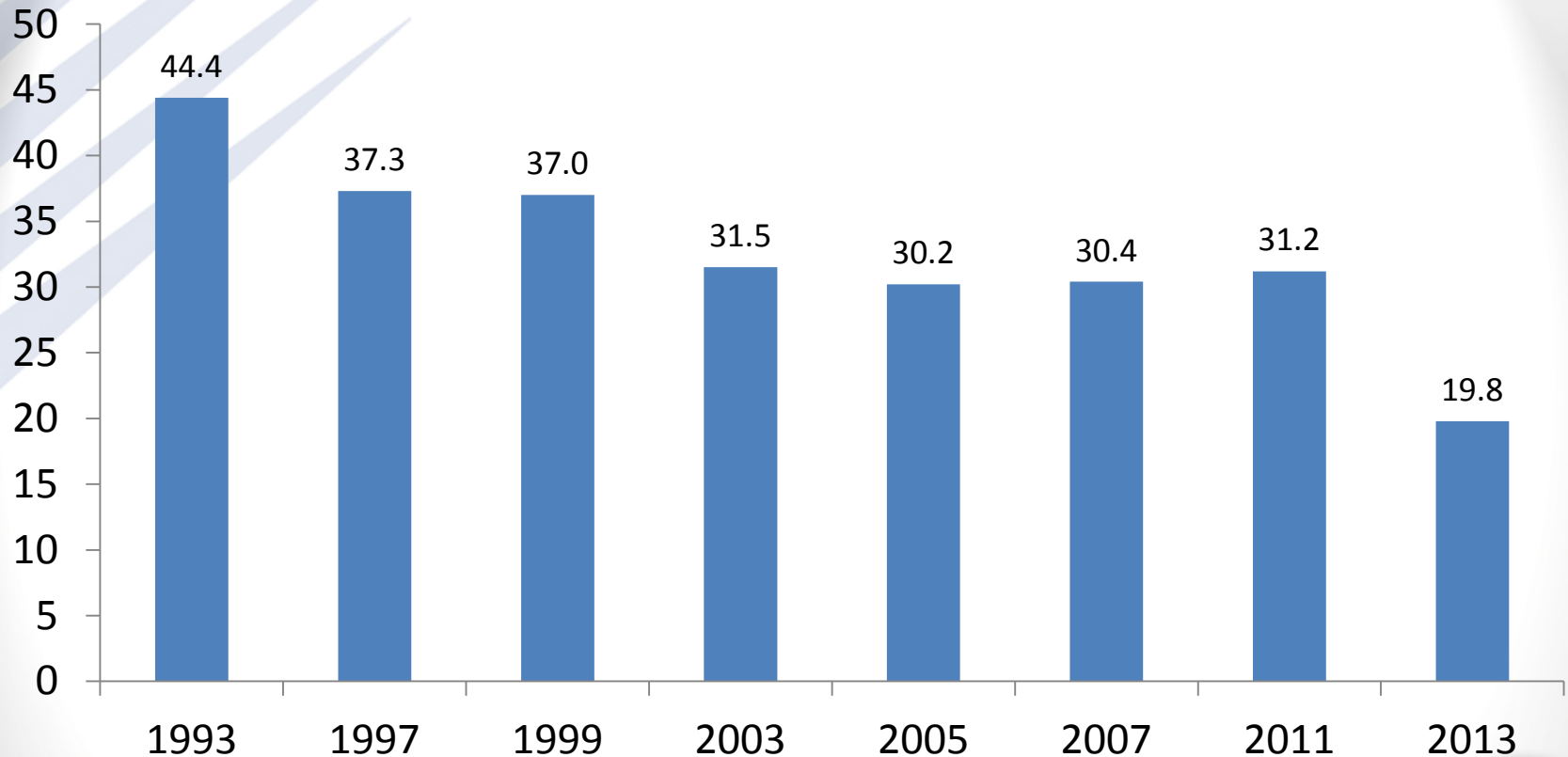
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to and from school



*No significant changes from 1993-2013



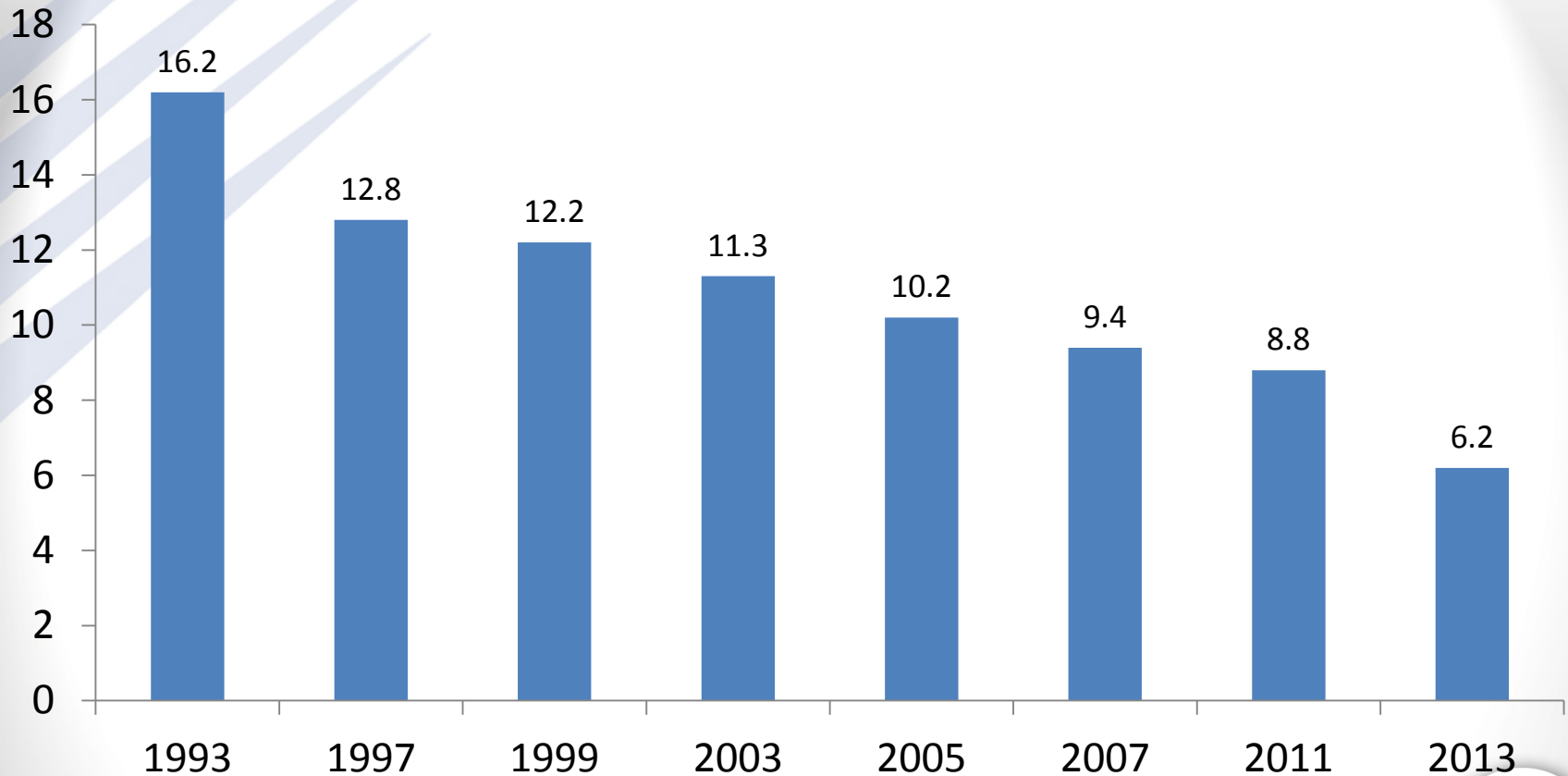
Percentage of students who were in a physical fight one or more times during the past 12 months



*Decreased significantly since 1993



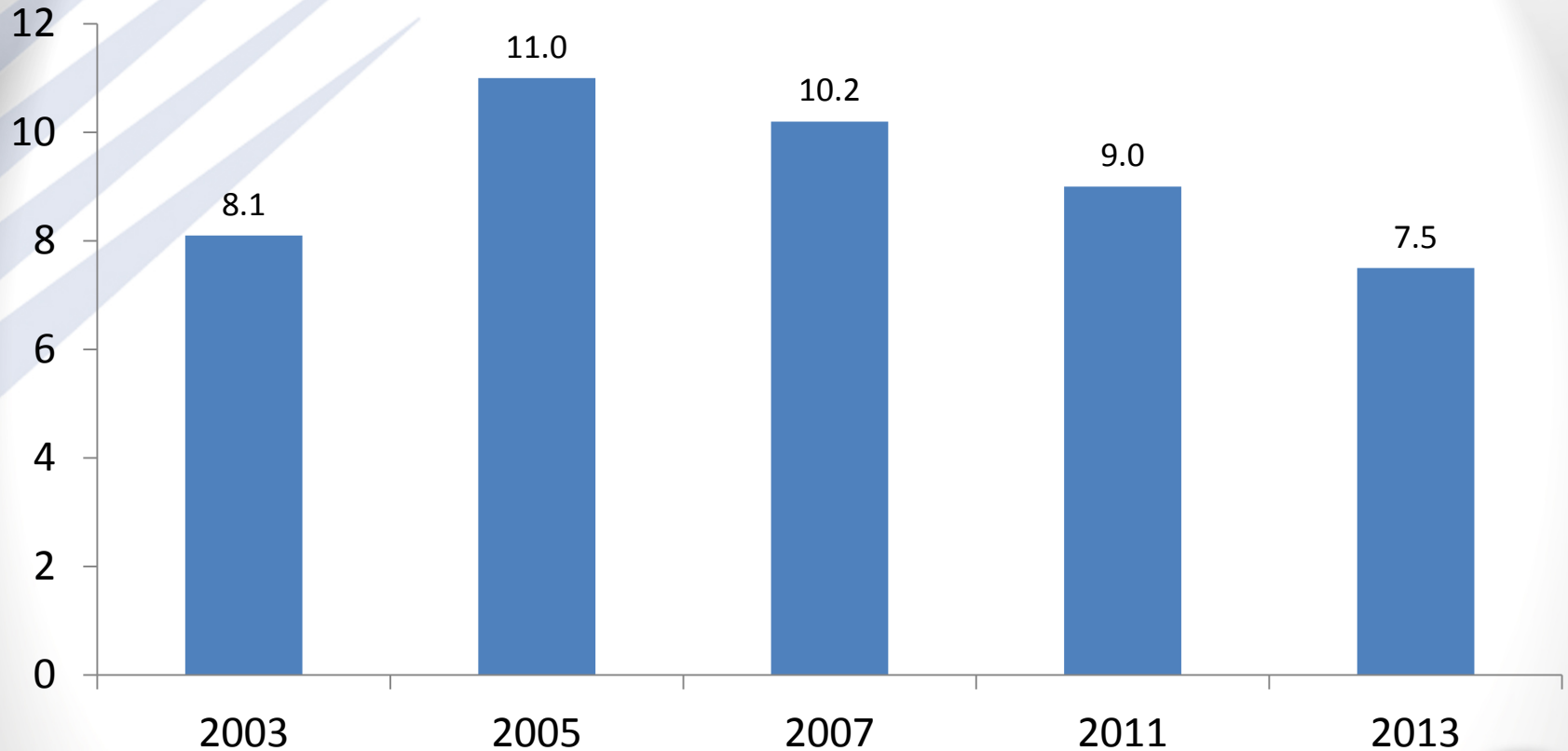
Percentage of students who were in a physical fight on school property during the past 12 months



*Decreased significantly since 1993



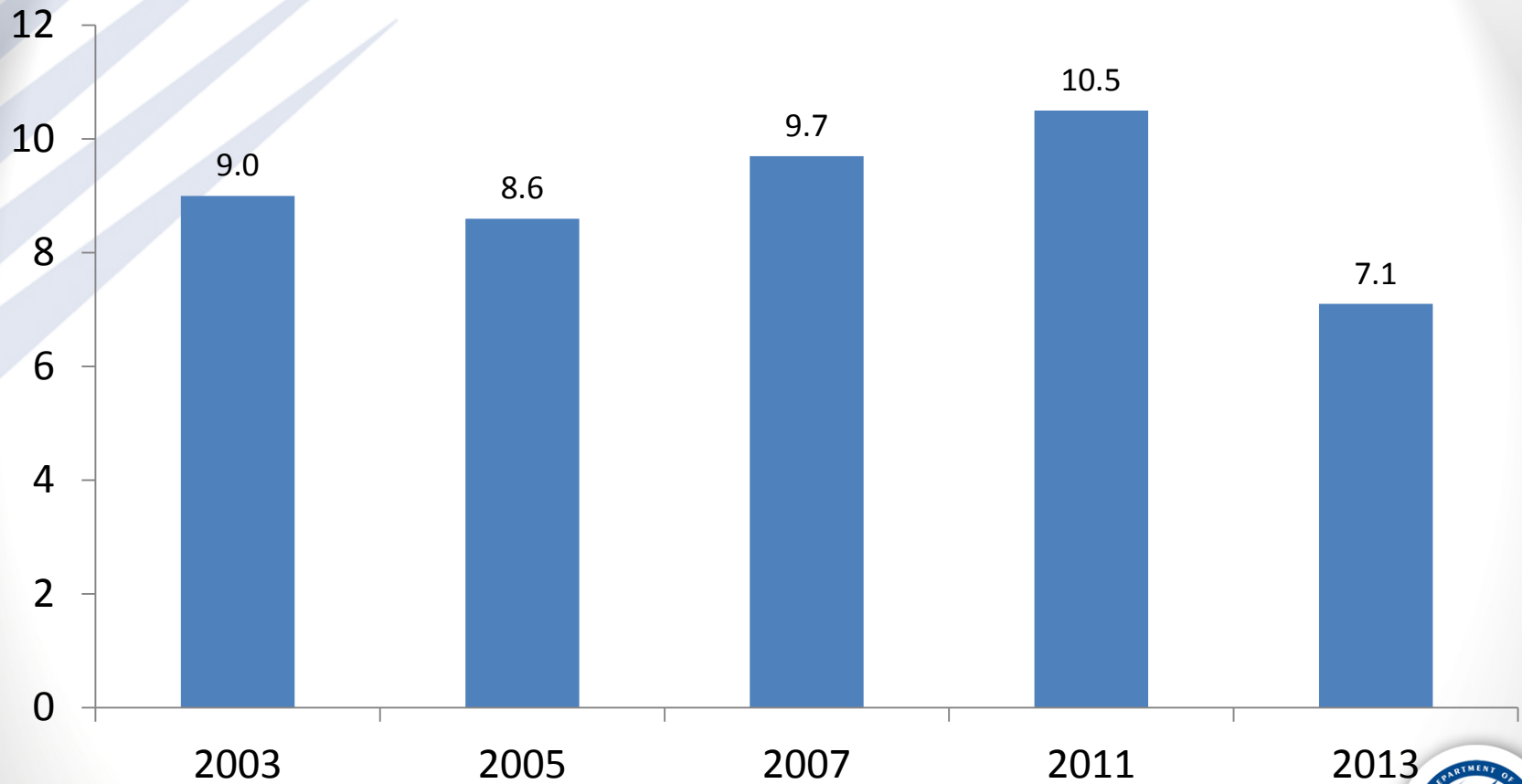
Percentage of students who have been physically forced to have sexual intercourse when they did not want to



*No significant change since 2003



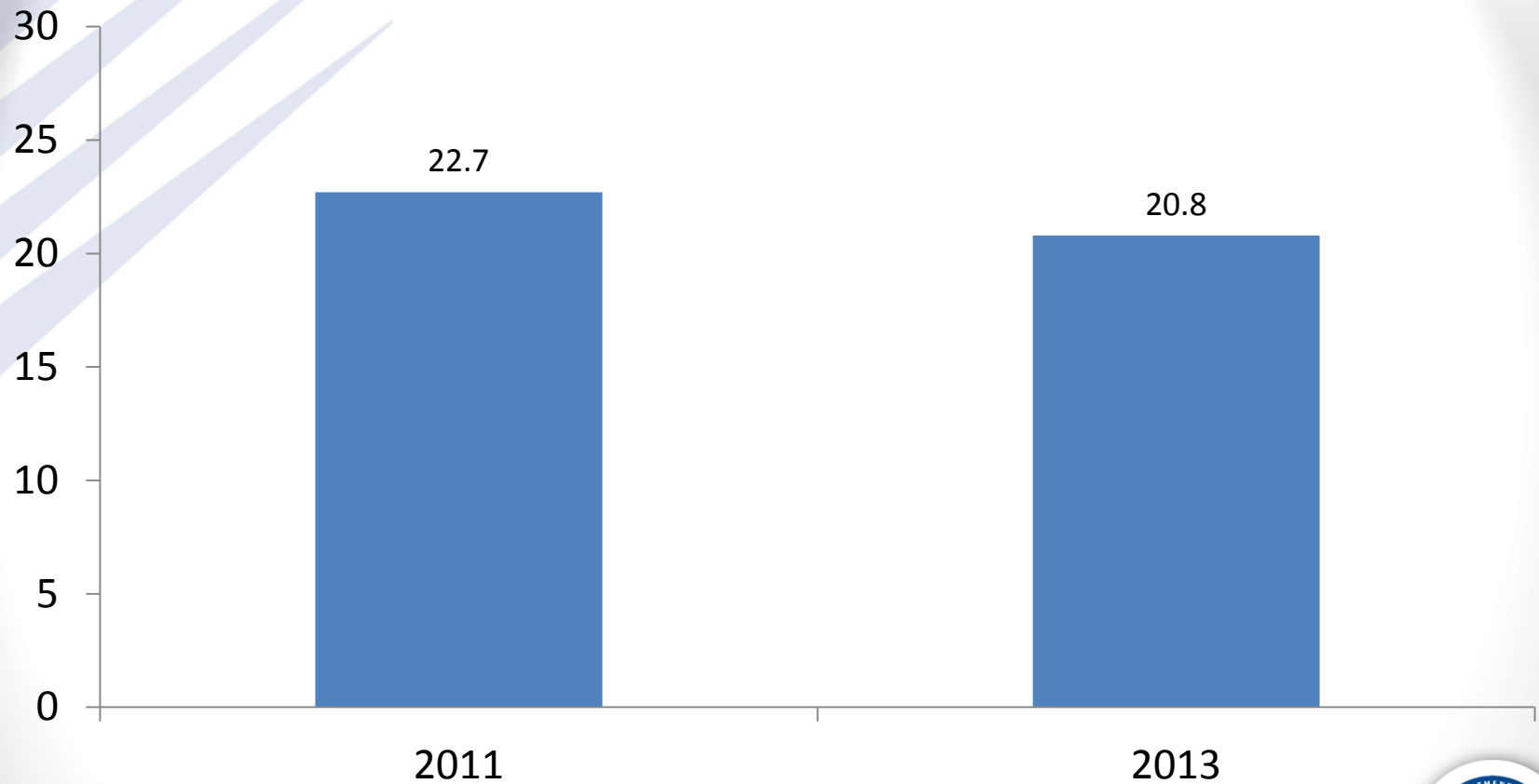
Percentage of students whose boyfriend or girlfriend ever hit, slapped, or physically hurt them on purpose during the past 12 months



*No significant change since 2003, decreased since 2011



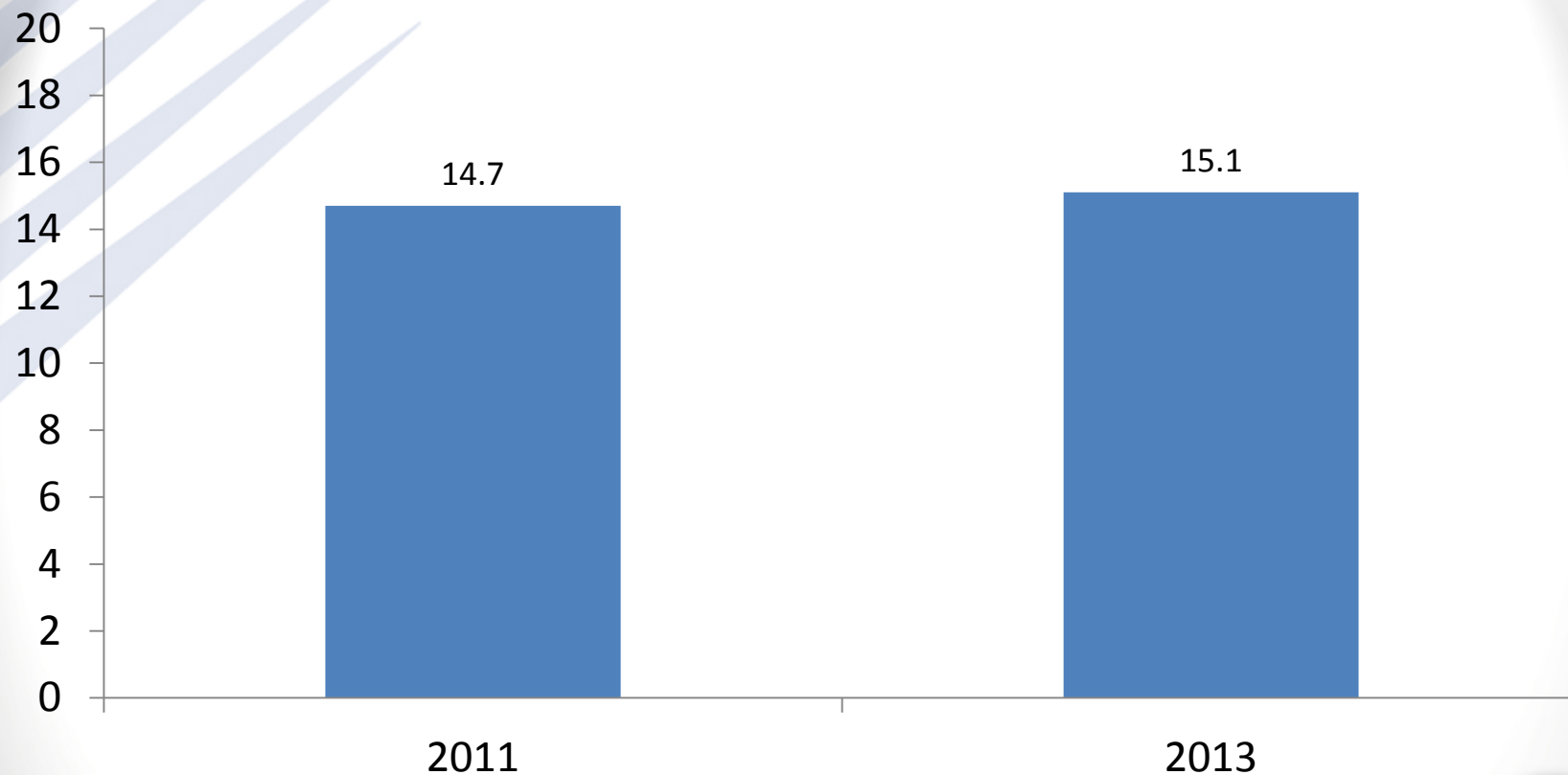
Percentage of students who have been bullied on school property



*No significant change since 2011



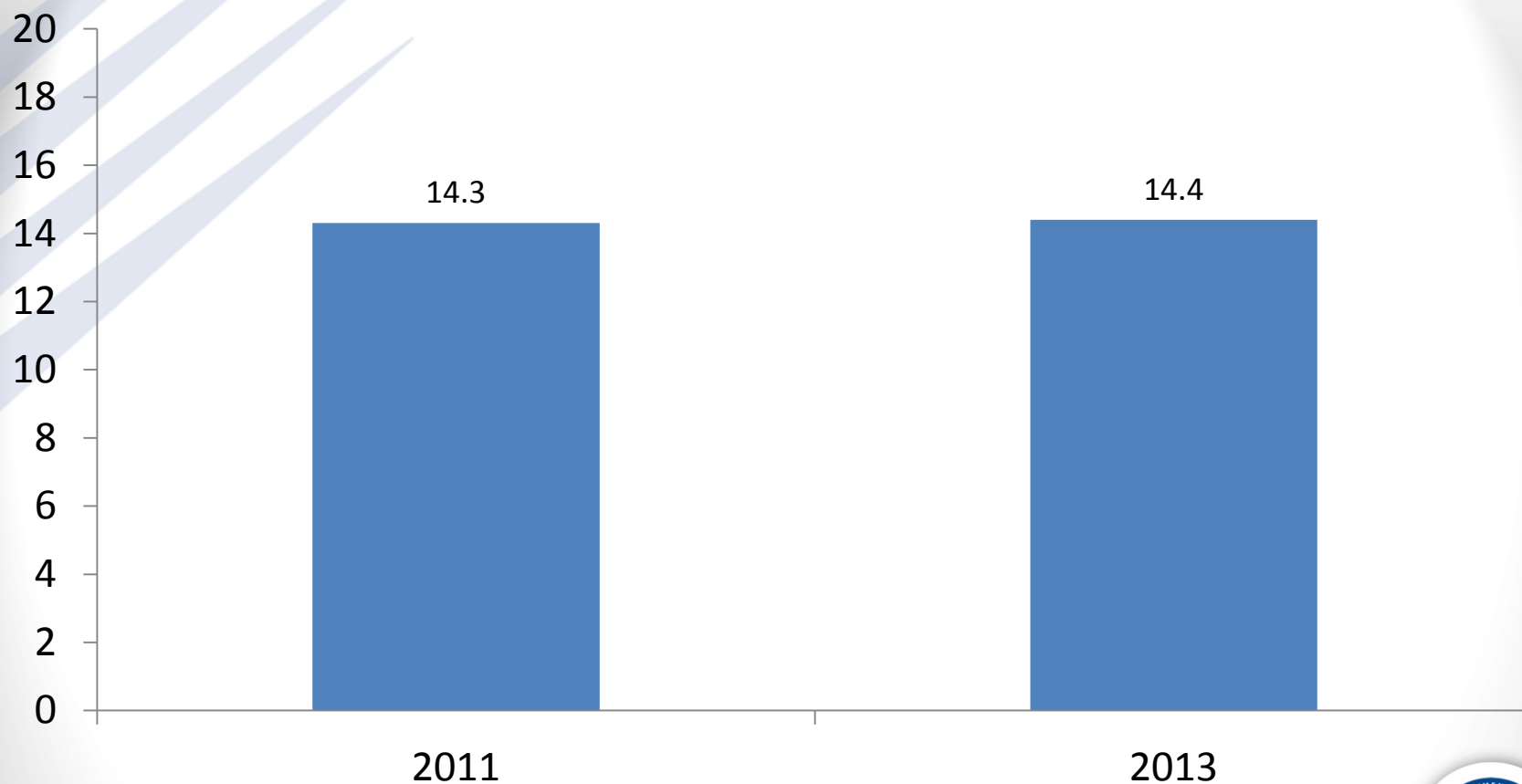
Percentage of students who have been electronically bullied during the past 12 months



*No significant change since 2011



Percentage of students who have ever been bullied away from school property during the past 12 months



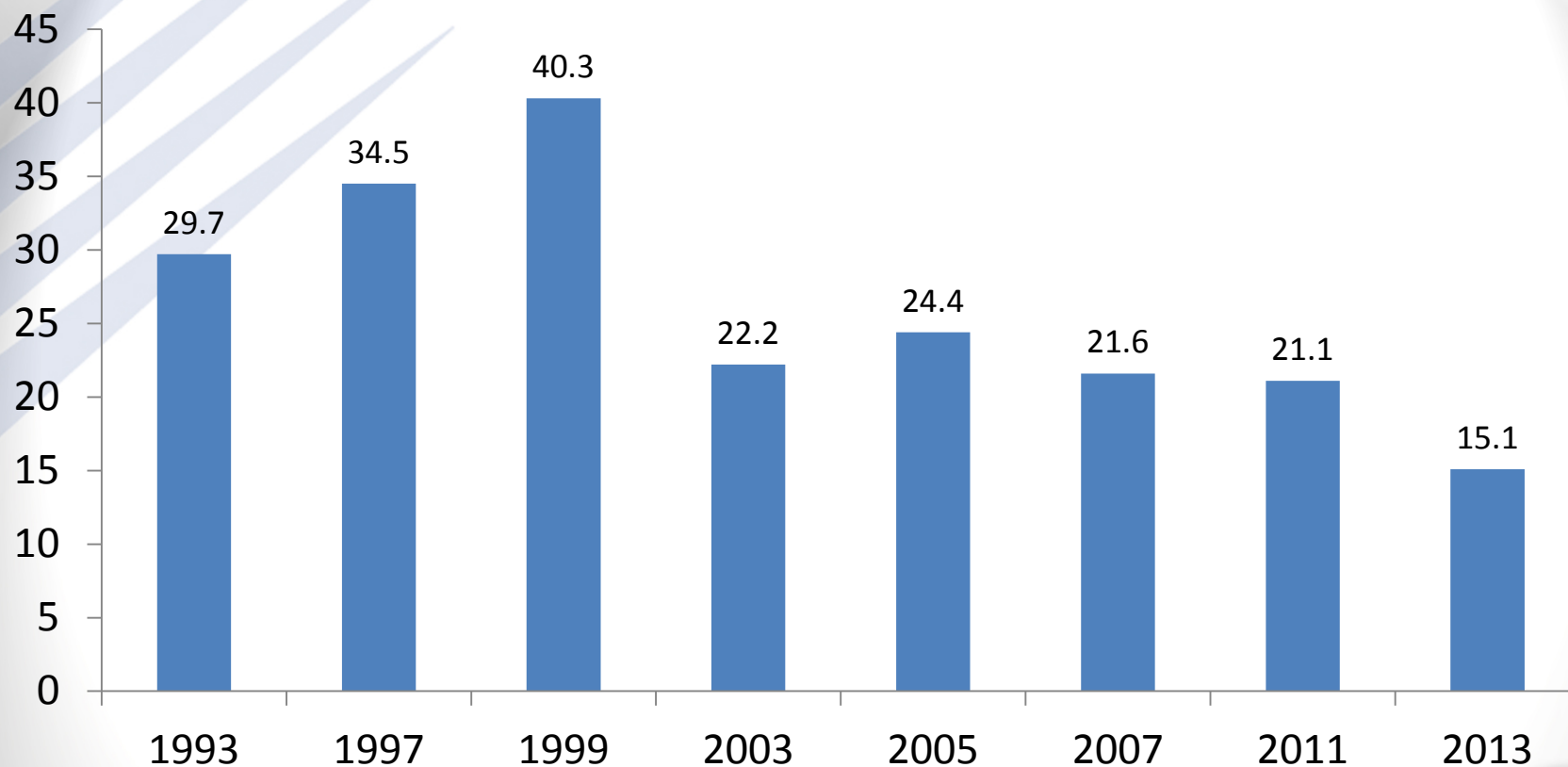
*No significant change since 2011



Tobacco, Alcohol, and Substance Use



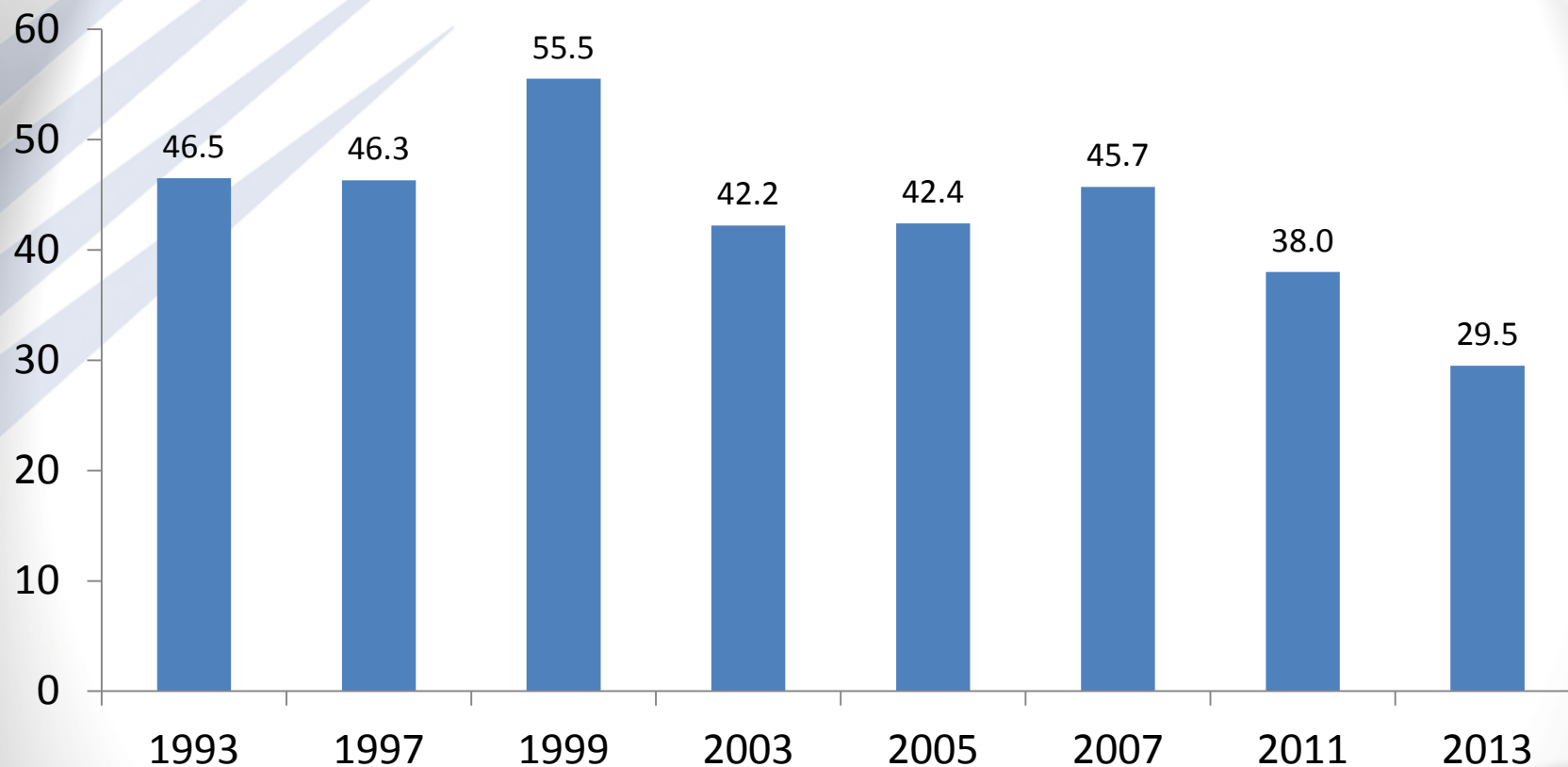
Percentage of student who smoked cigarettes on one or more of the past 30 days



*Decreased significantly 1993-2013 (increased 1993-1999, decreased 1999-2013)



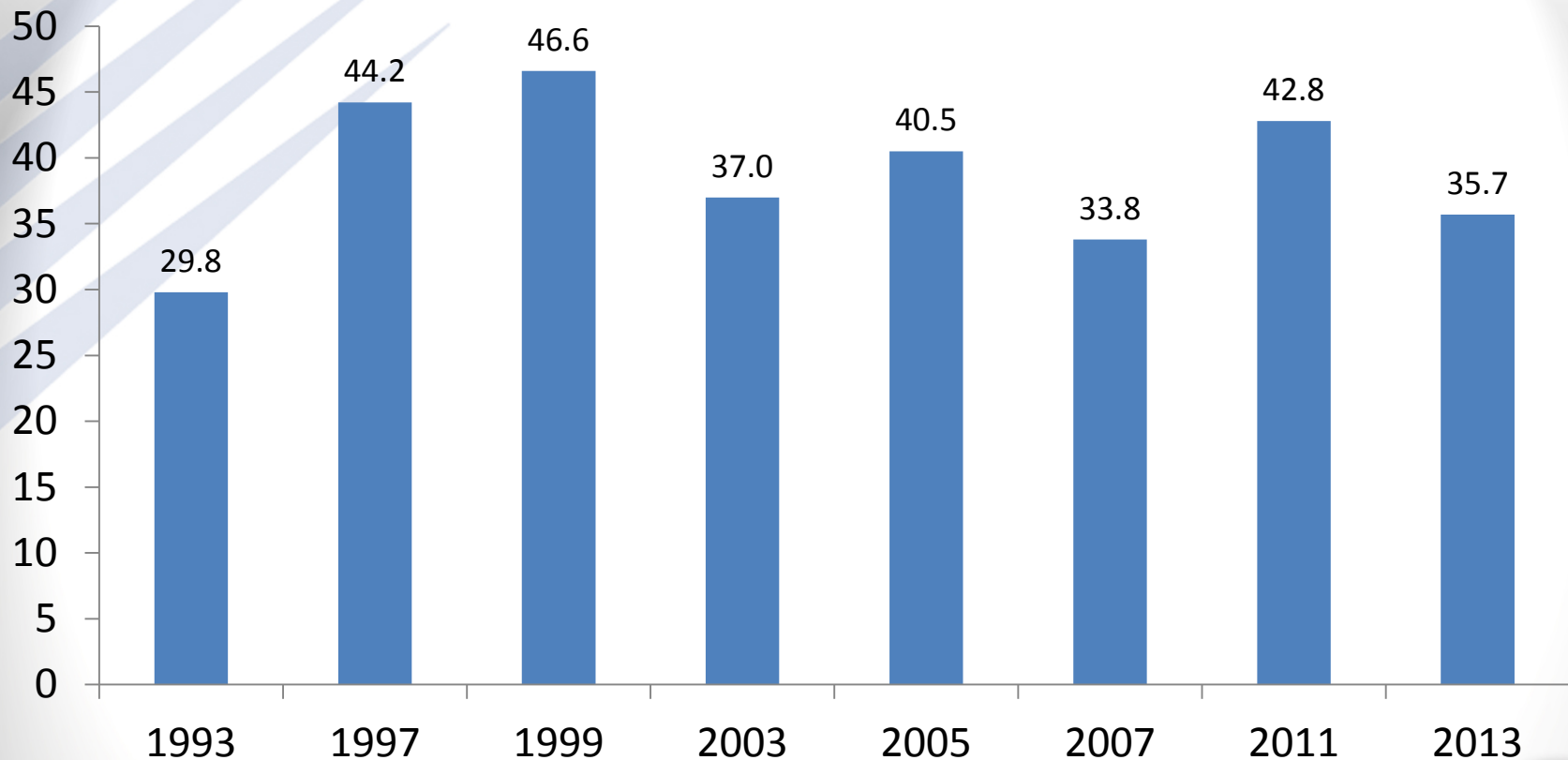
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days



*Decreased significantly since 1993 (increased 1993-1999, decreased 1999-2013)

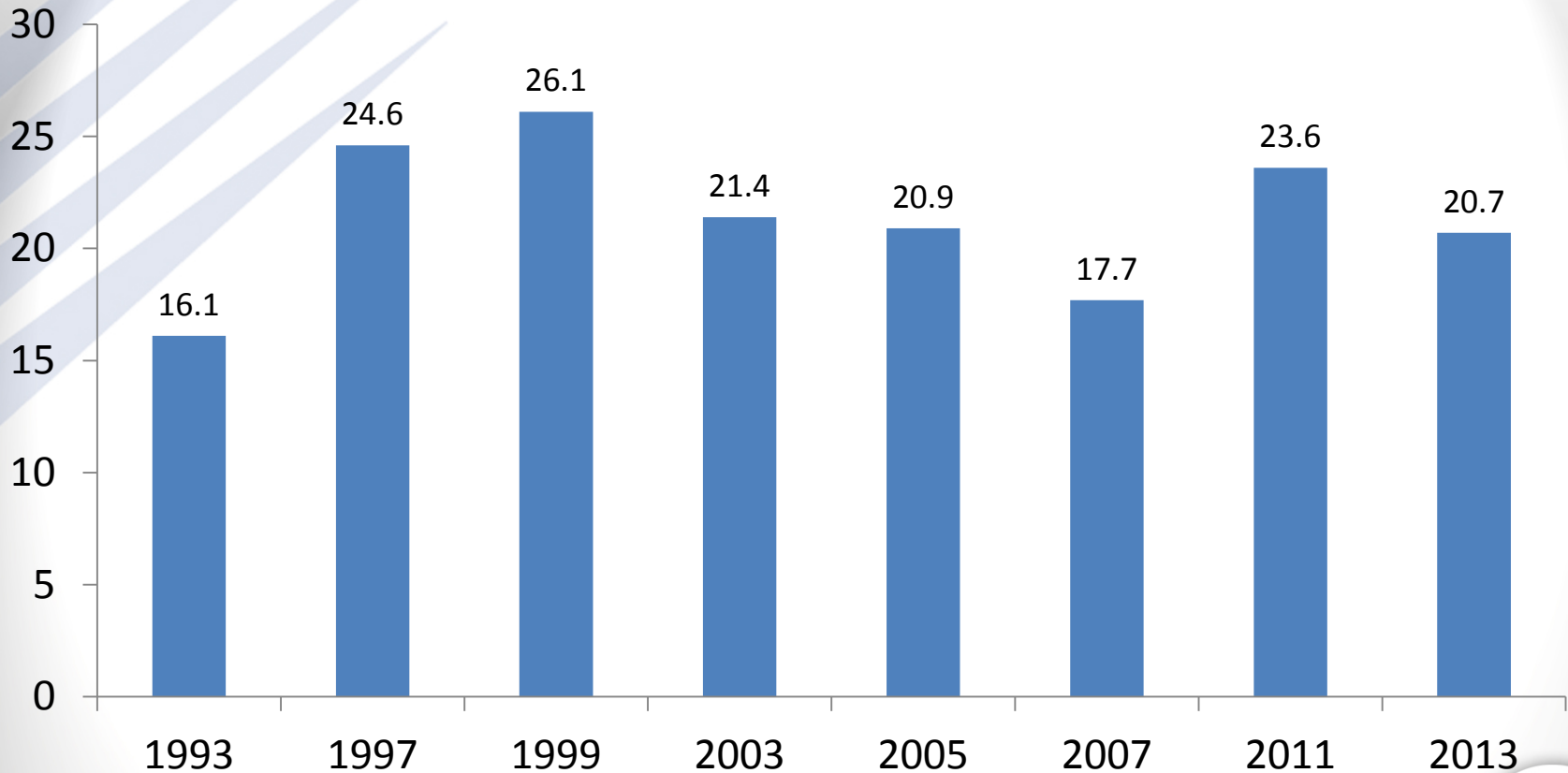


Percentage of students who used marijuana one or more times during their life



*No linear change since 1993 (increased 1993-1999, decreased 1999-2013)

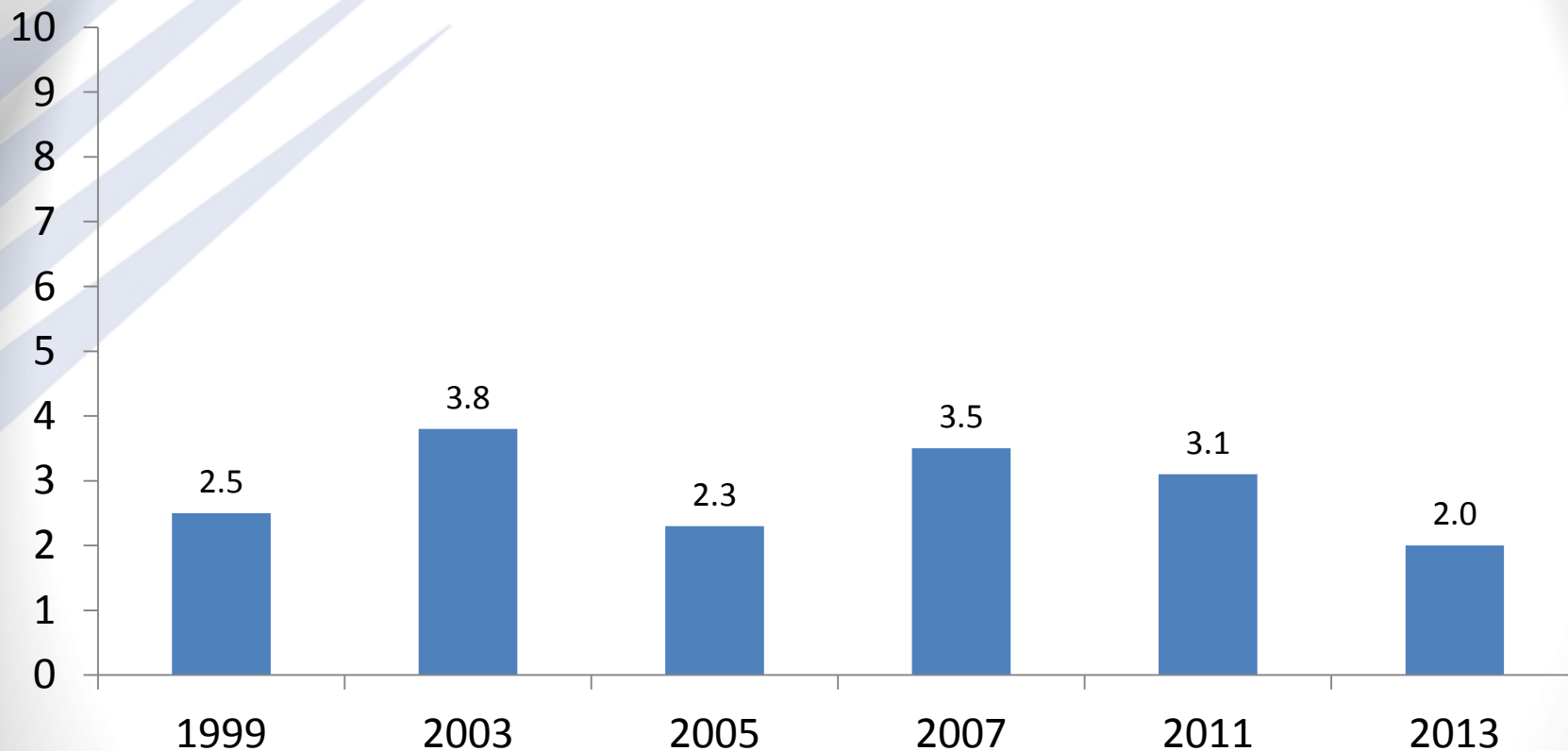
Percentage of students who used marijuana one or more time during the past 30 days



*No significant change since 1993



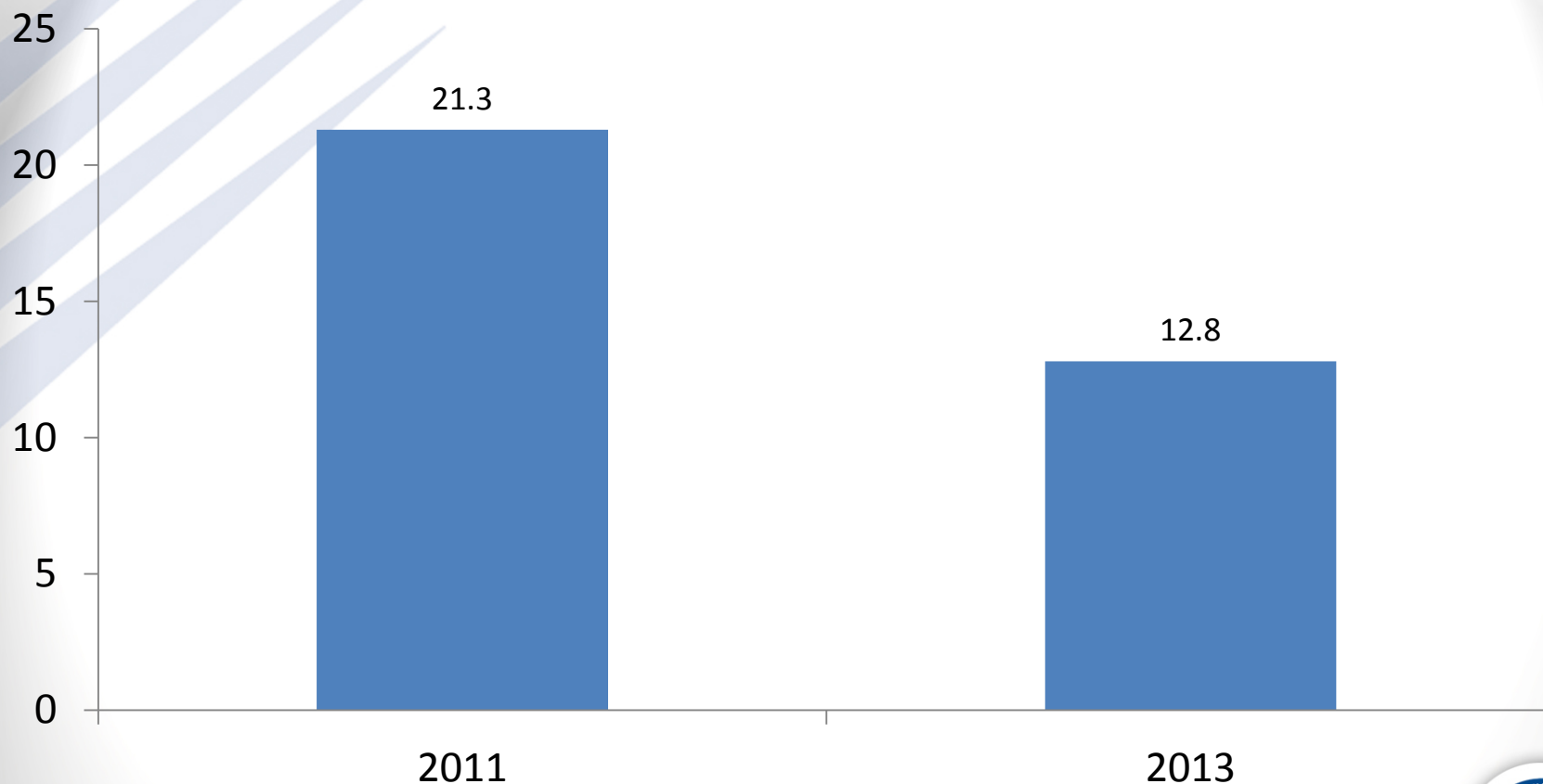
Percentage of students who used heroin one or more times during their life



*No significant change since 1999



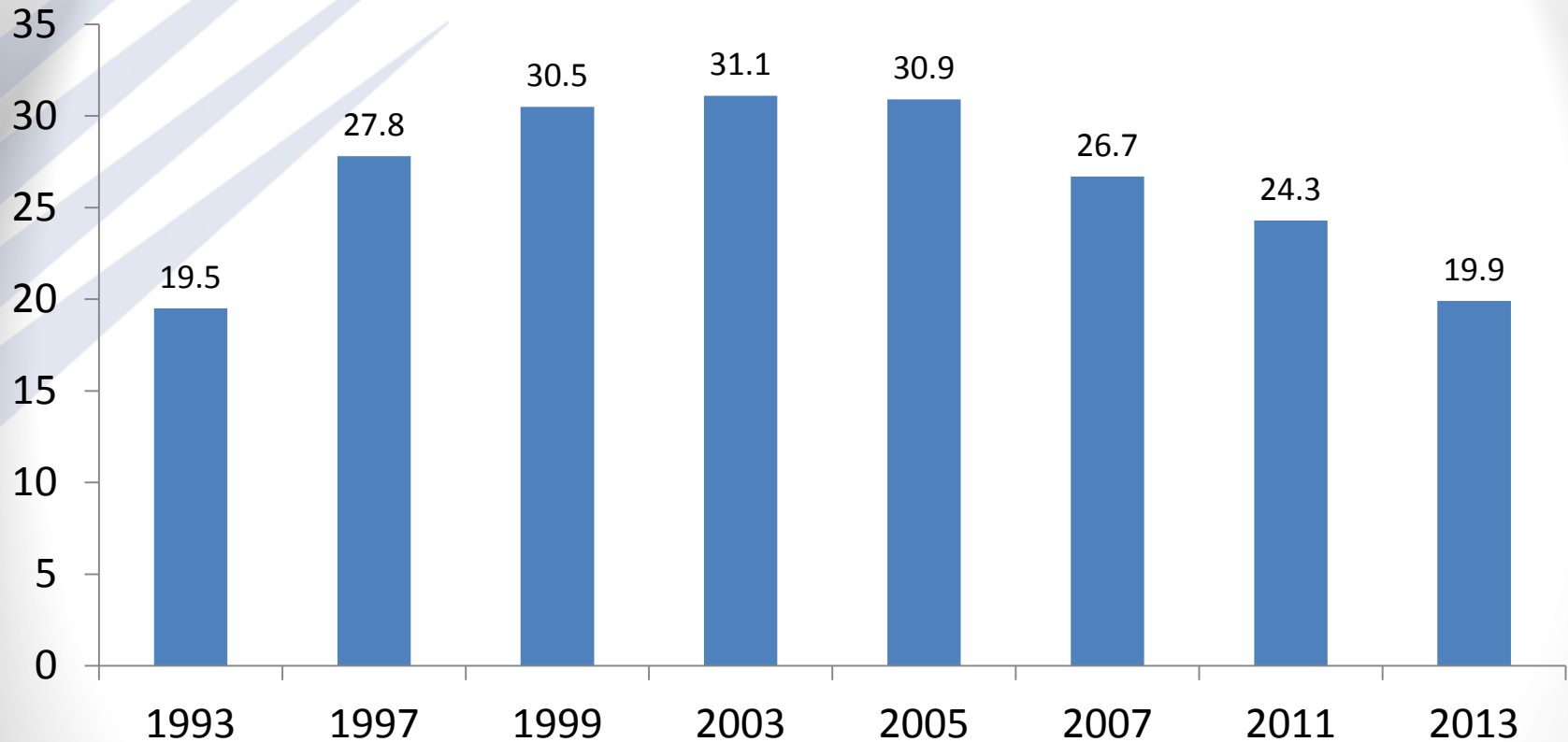
Percentage of students who have used prescription pain relievers or painkillers such as Vicoden, Percocet, OxyContin, Lortabs, or Codeine without a doctor's prescription one or more times during their life



*Decreased significantly since 2011



Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months



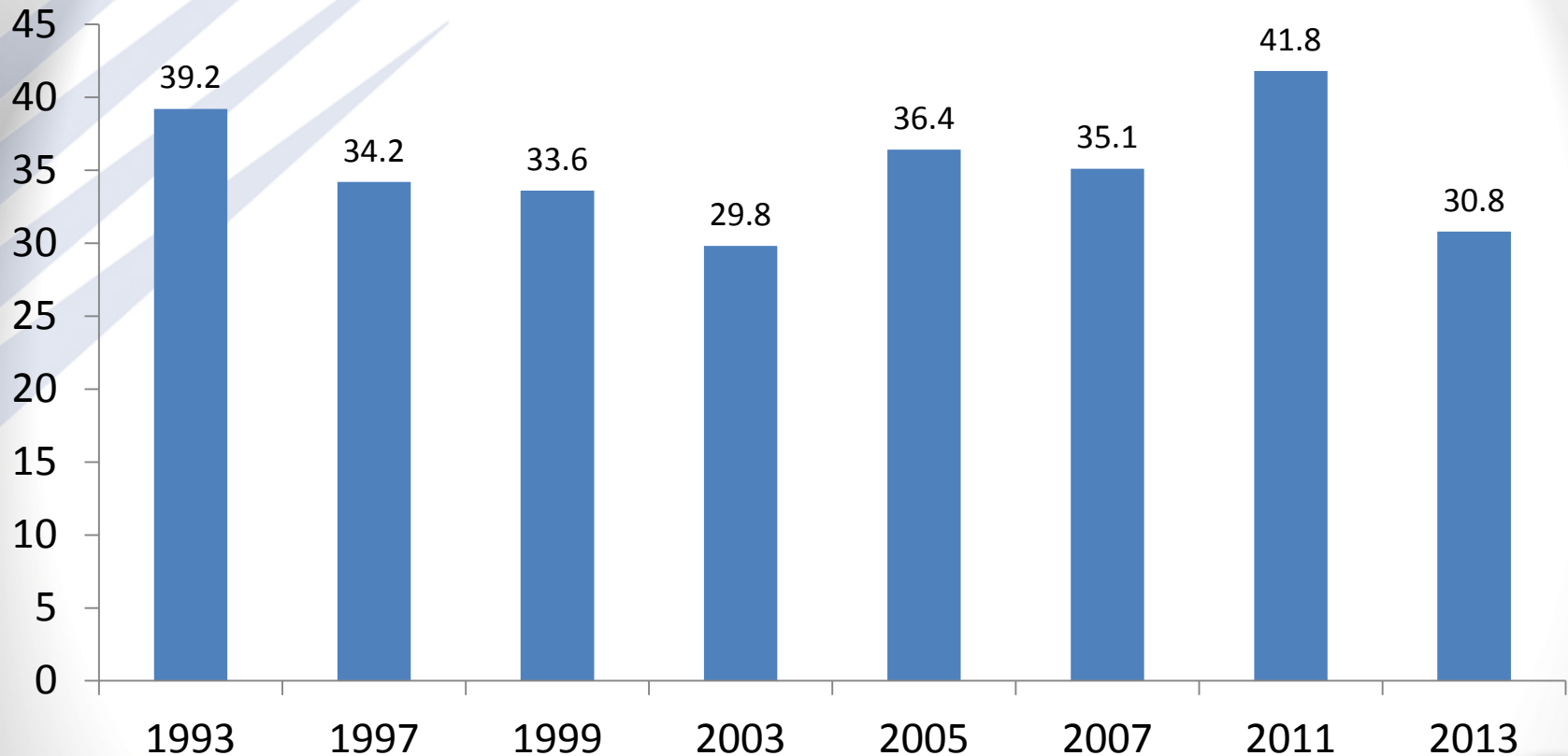
*No linear change since 1993 (increased 1993-1999, decreased 1999-2013)



Sexual Behaviors



Percentage of students who had sexual intercourse with one or more people during the past three months



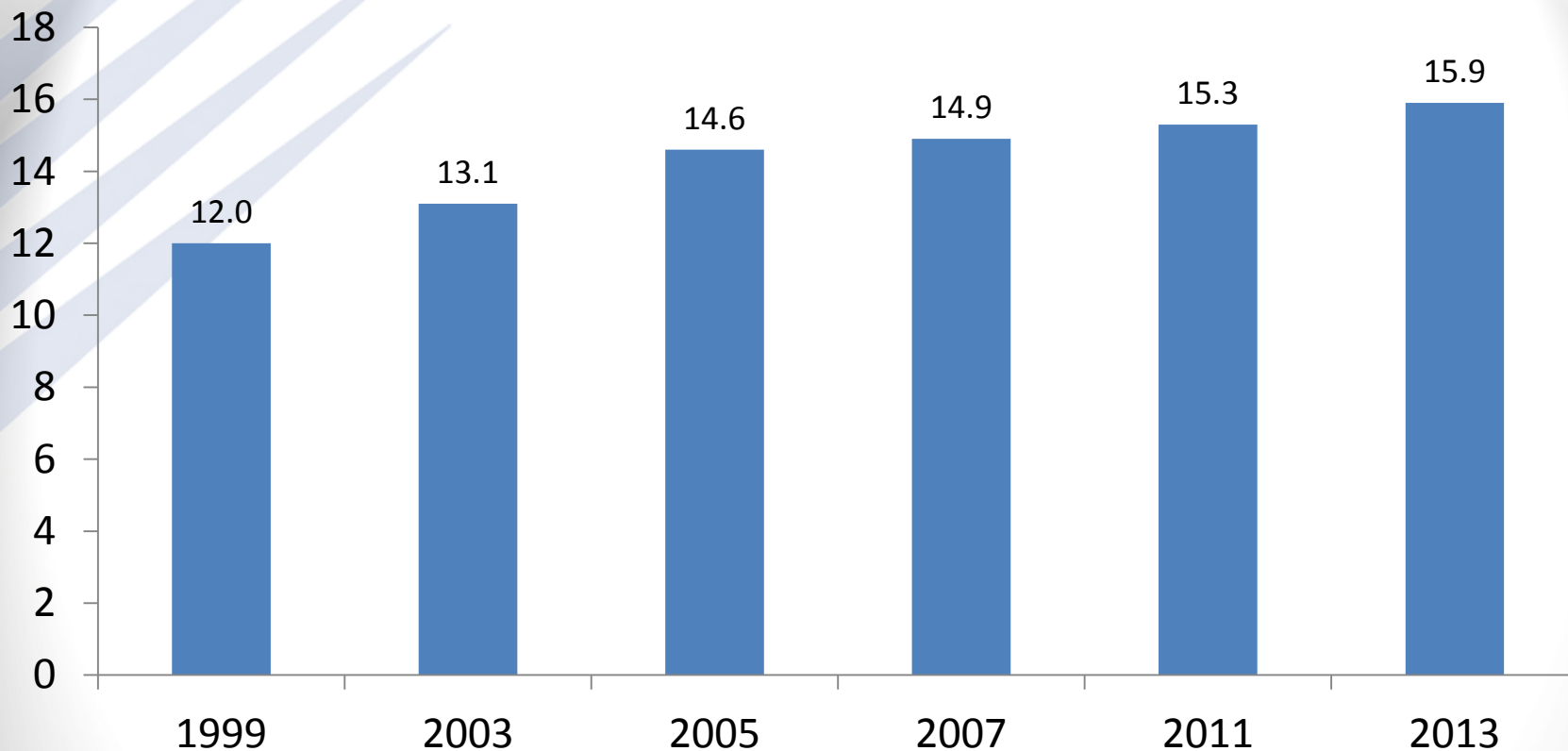
*No significant change since 1993, decreased since 2011



Nutrition/ Physical Activity



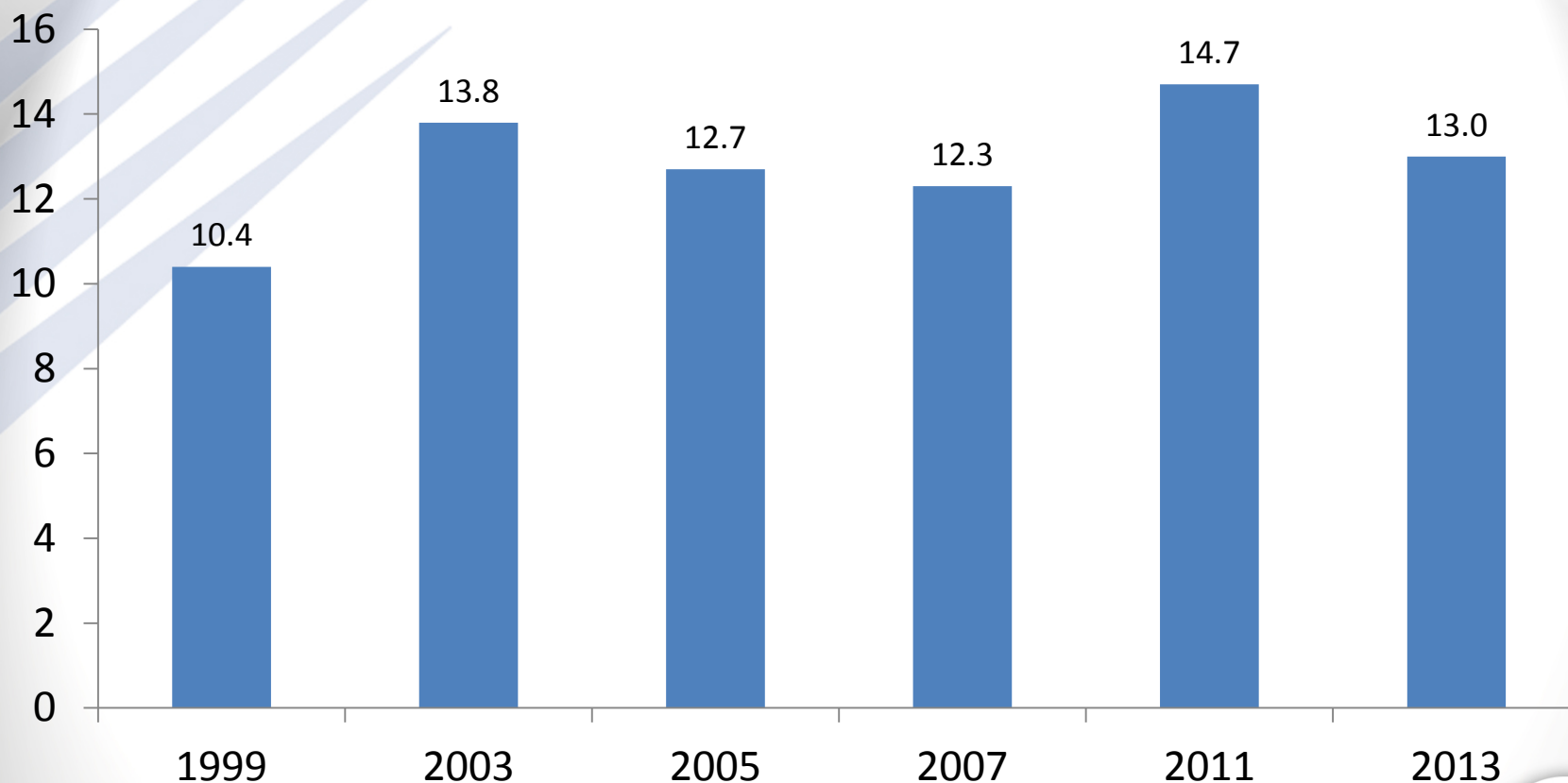
Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)



*Increased significantly since 1999



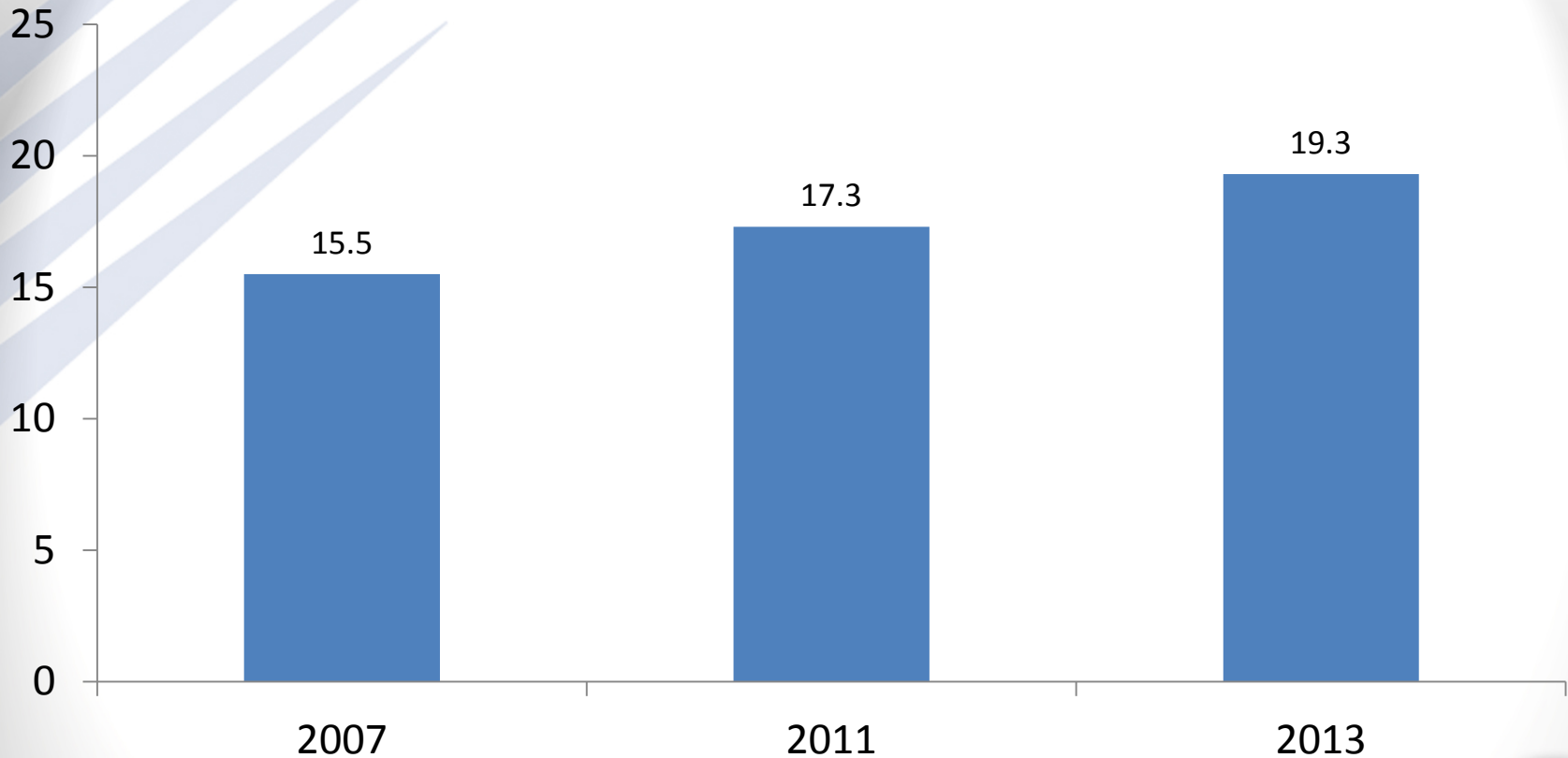
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)



*No significant change since 1999



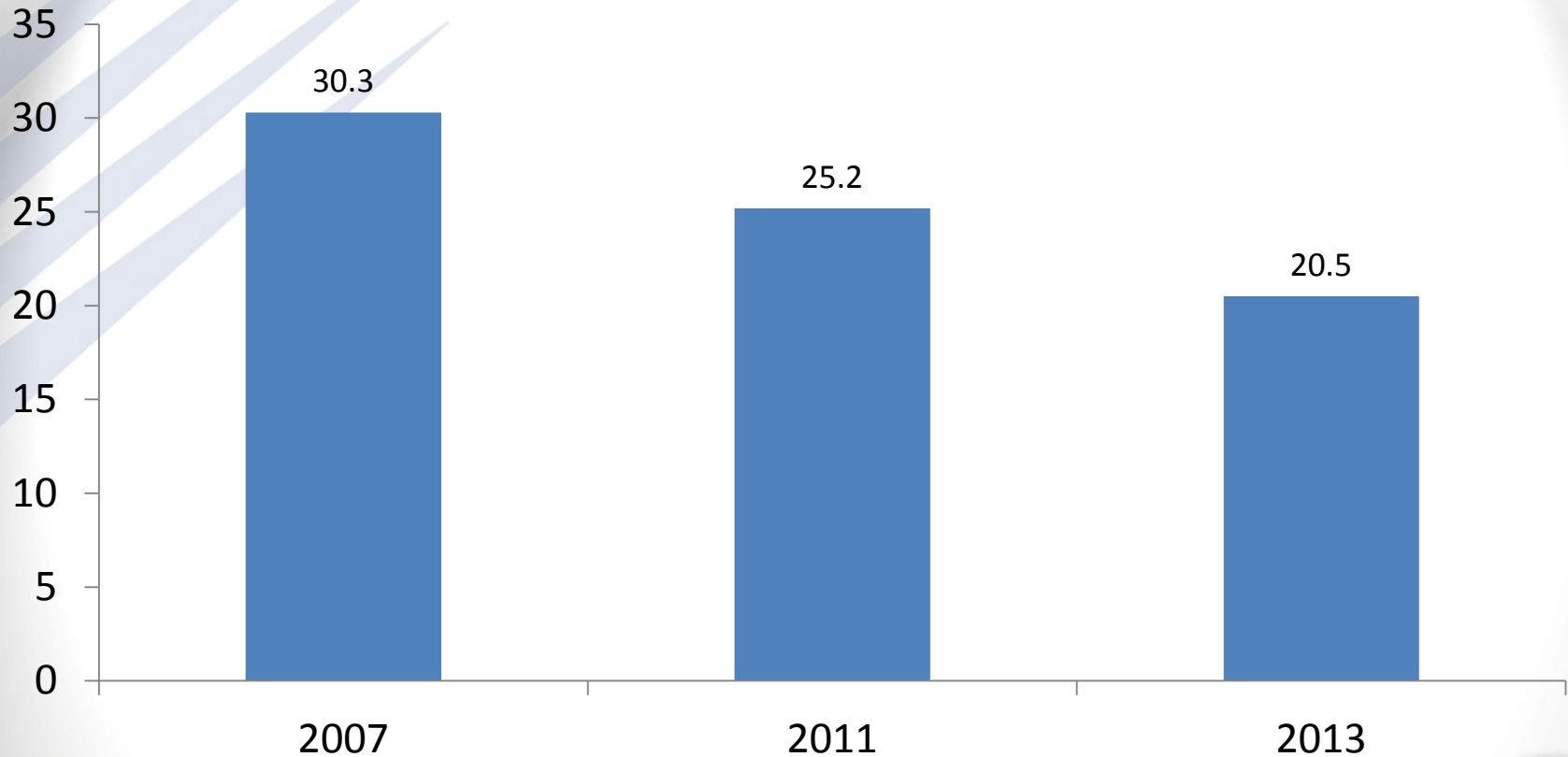
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days



*Increased significantly since 2007



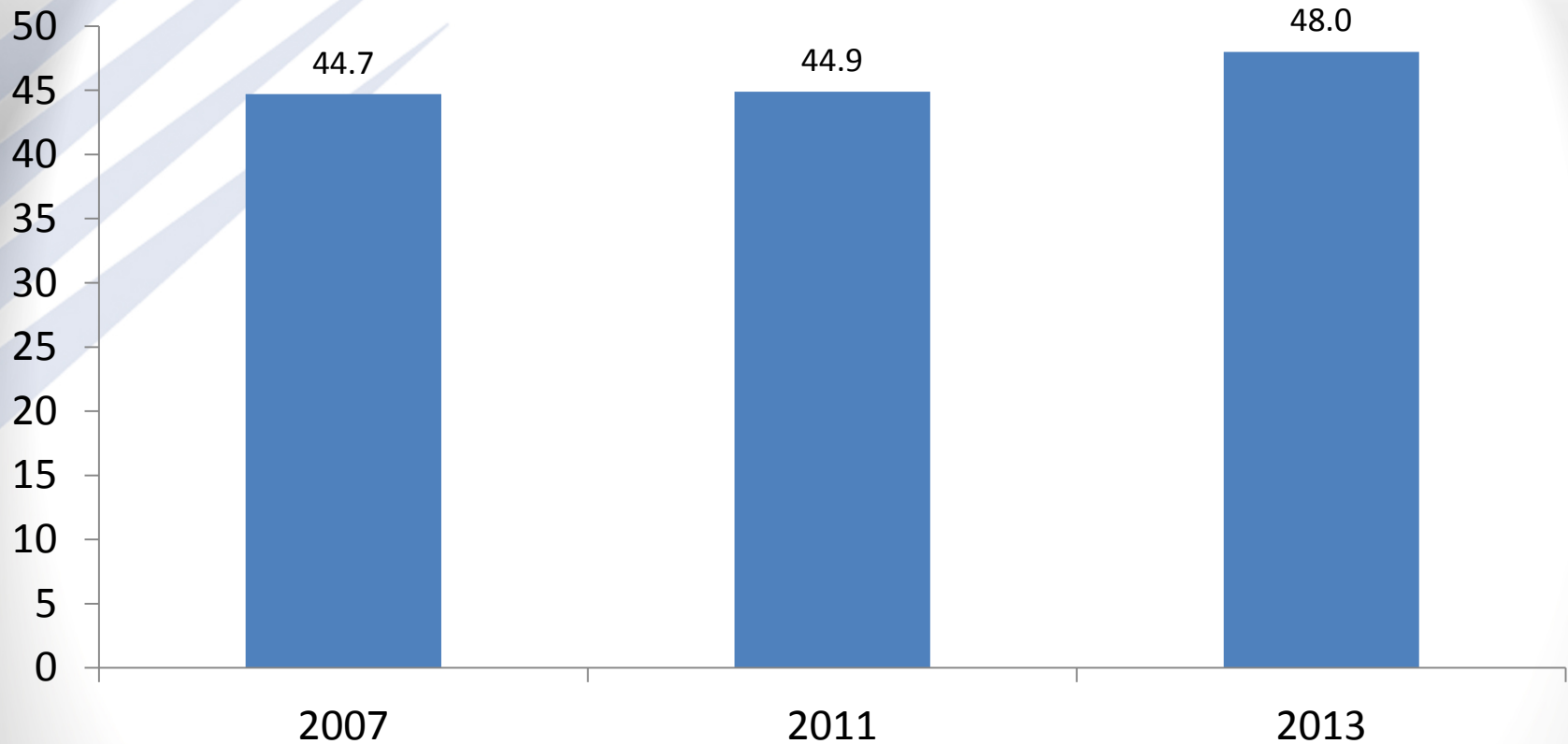
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days



*Decreased significantly since 2007



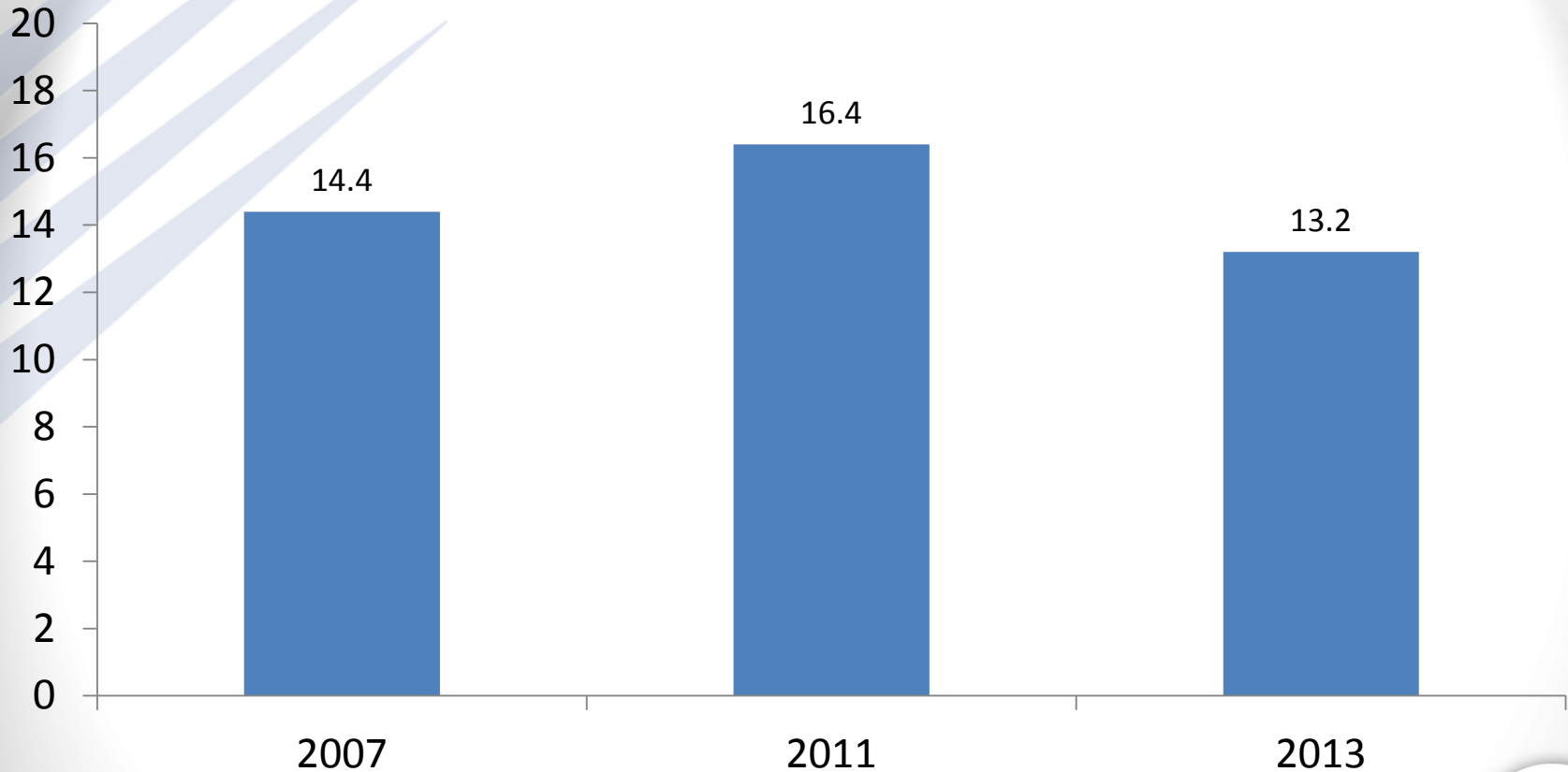
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days



*No significant change since 2007



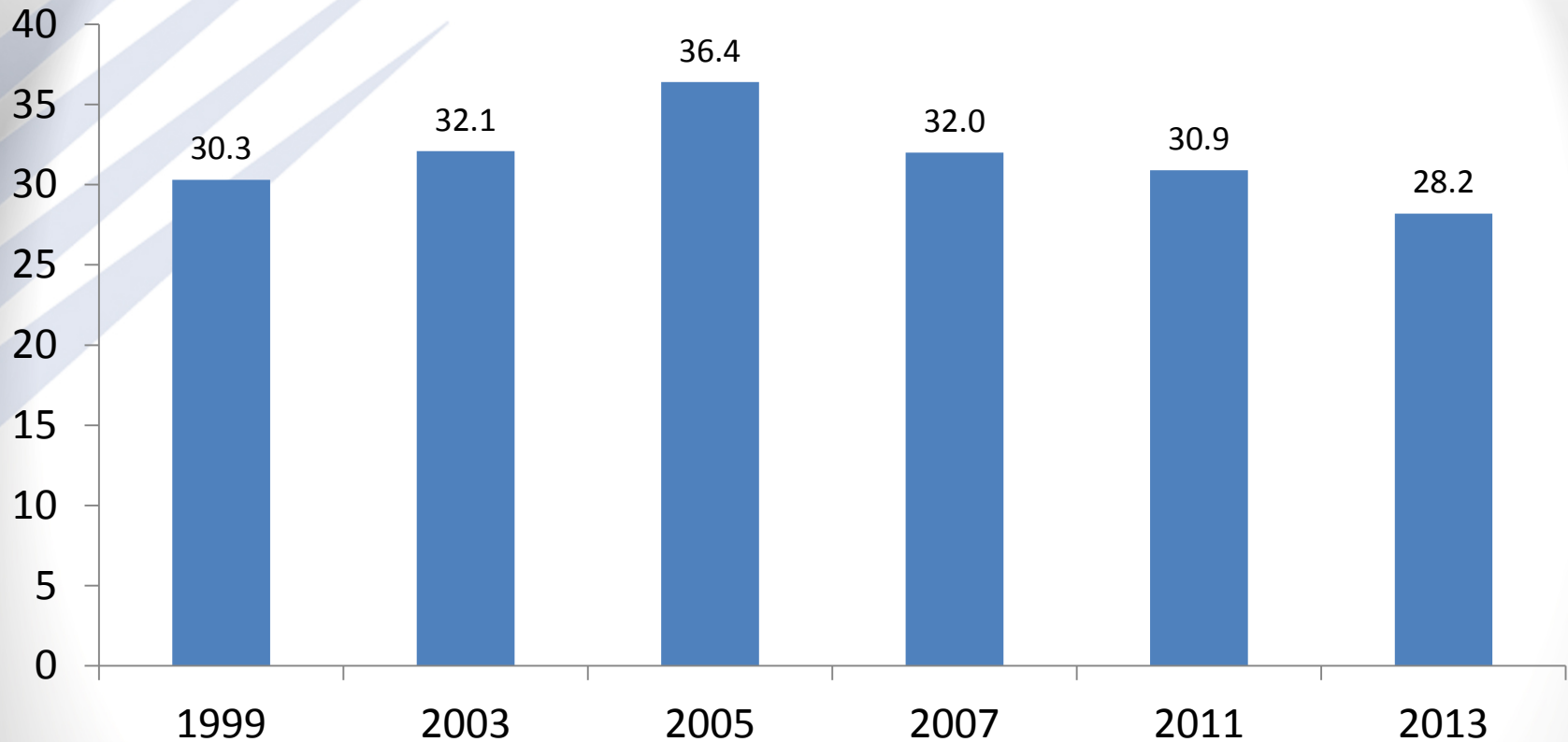
Percentage of students who were physically active for 60 minutes per day on 0 of the past seven days



*No significant change since 2007

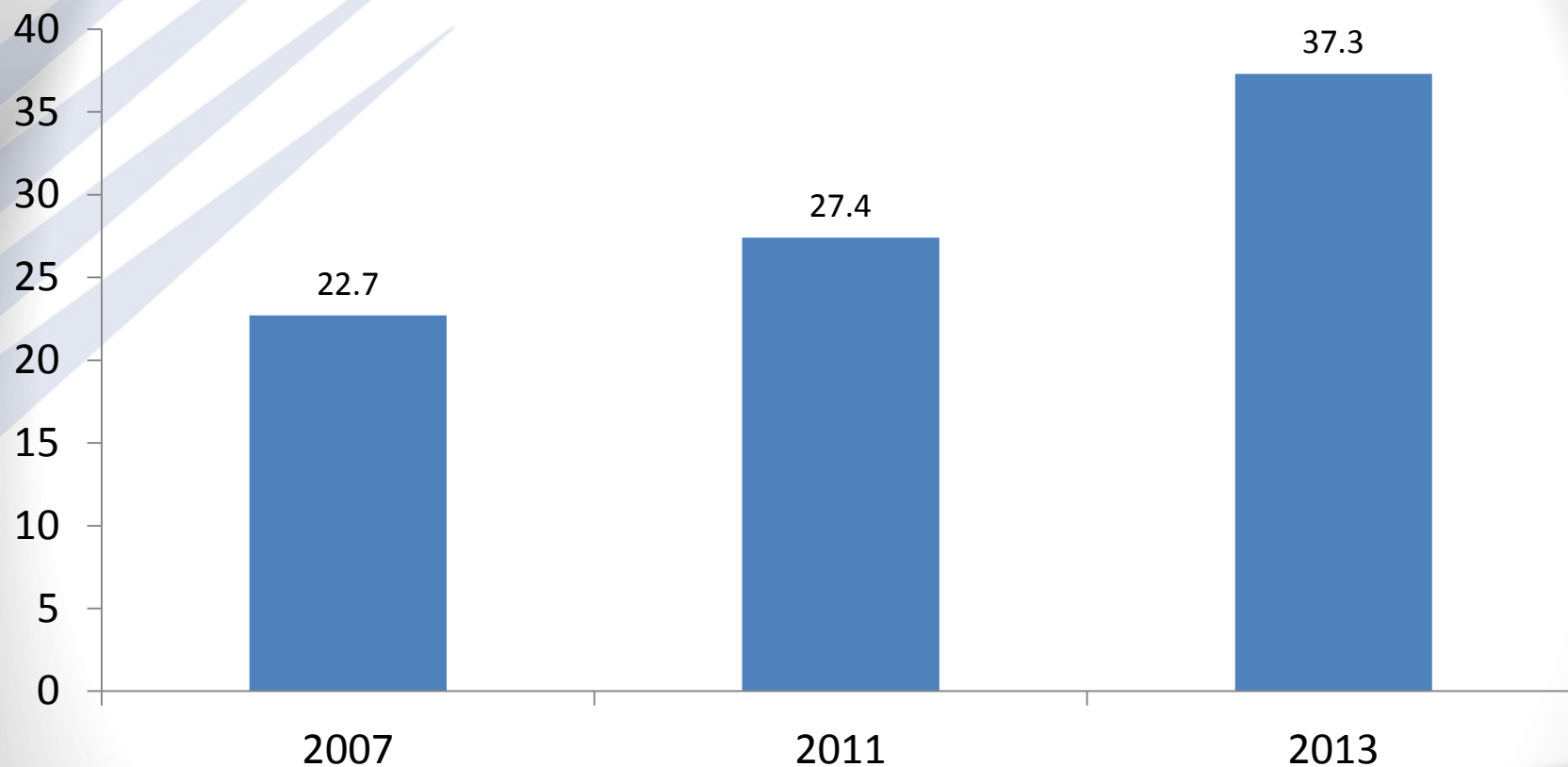


Percentage of students who watched three or more hours per day of TV on an average school day



*Decreased significantly since 1999(increased 1999-2005, decreased 2005-2013)

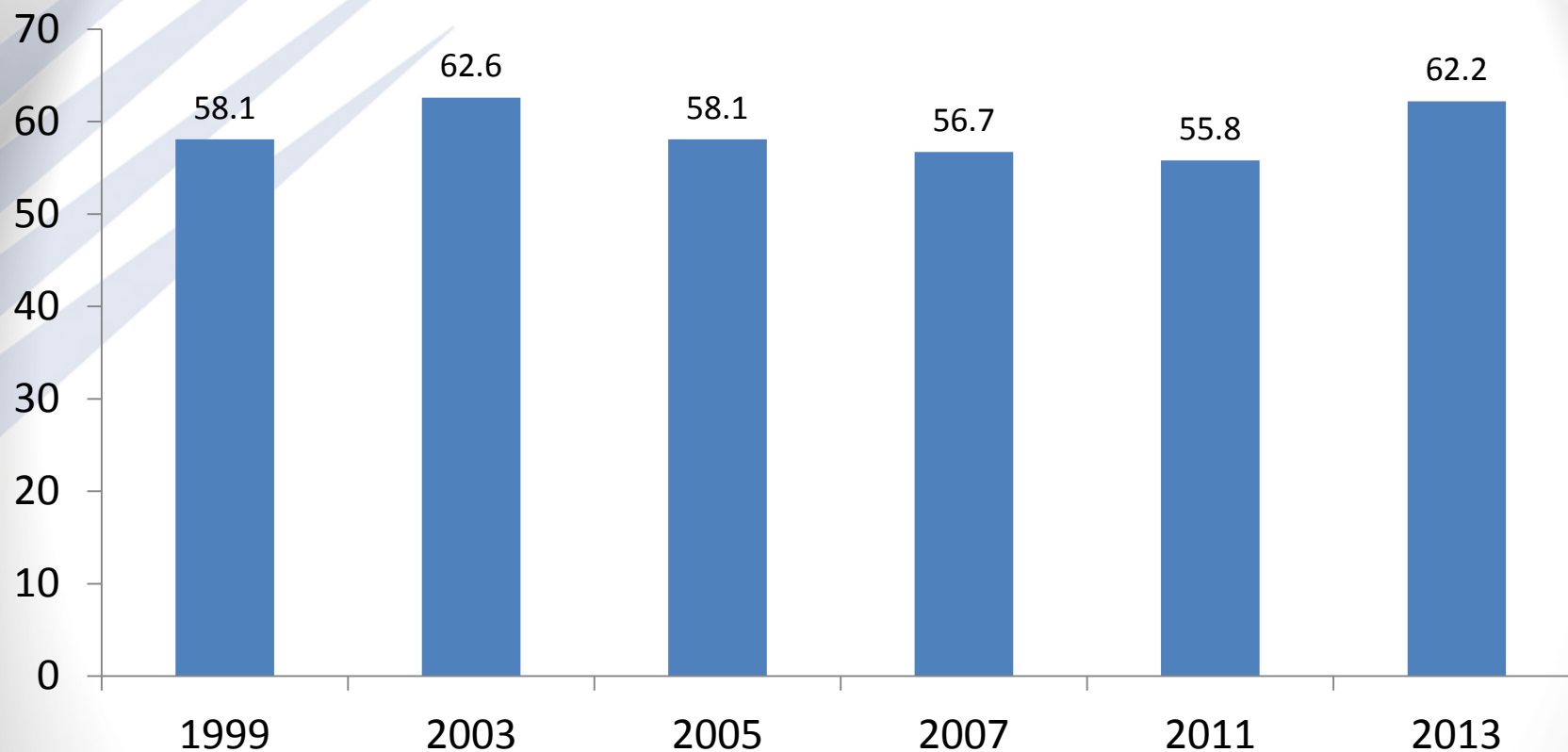
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day



*Increased significantly since 2007



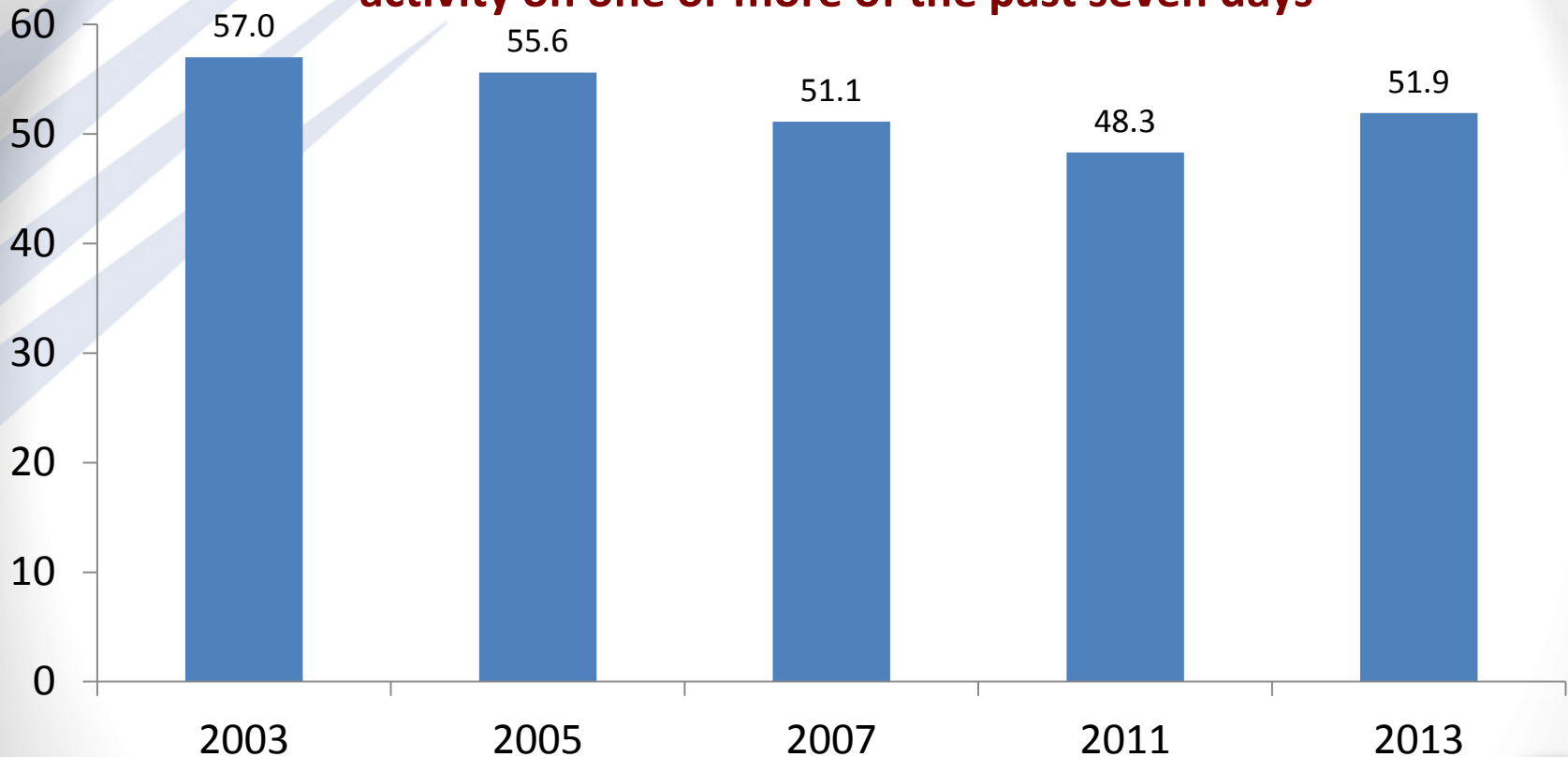
Percentage of students who played on one or more sports team during the past 12 months



*No significant change since 1999



Percentage of students who took part in organized after school, evening, or weekend activities (other than sports teams) such as school clubs, community center groups, music/art/dance lessons, drama, church or other supervised activity on one or more of the past seven days



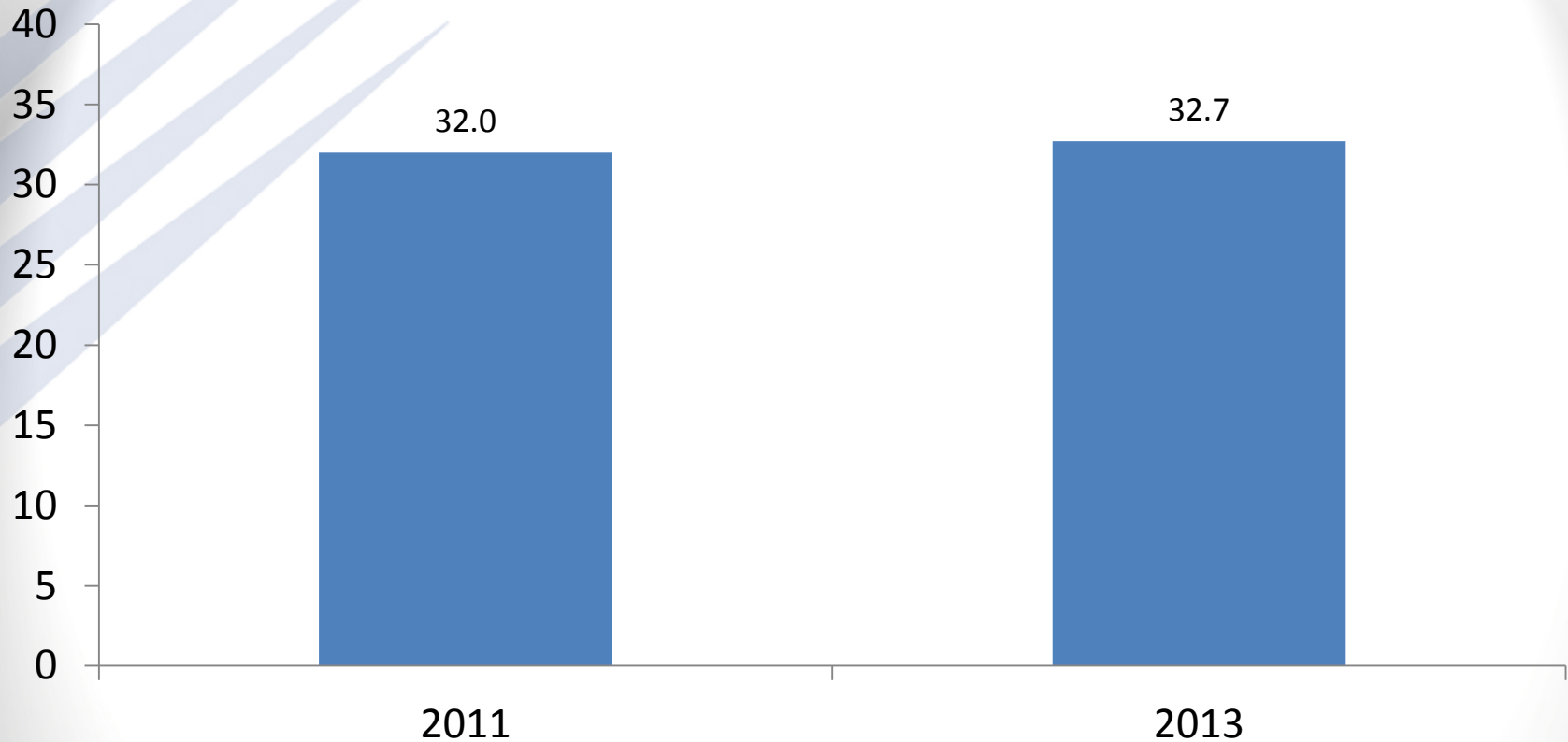
*Decreased significantly since 2003



Other health-related topics



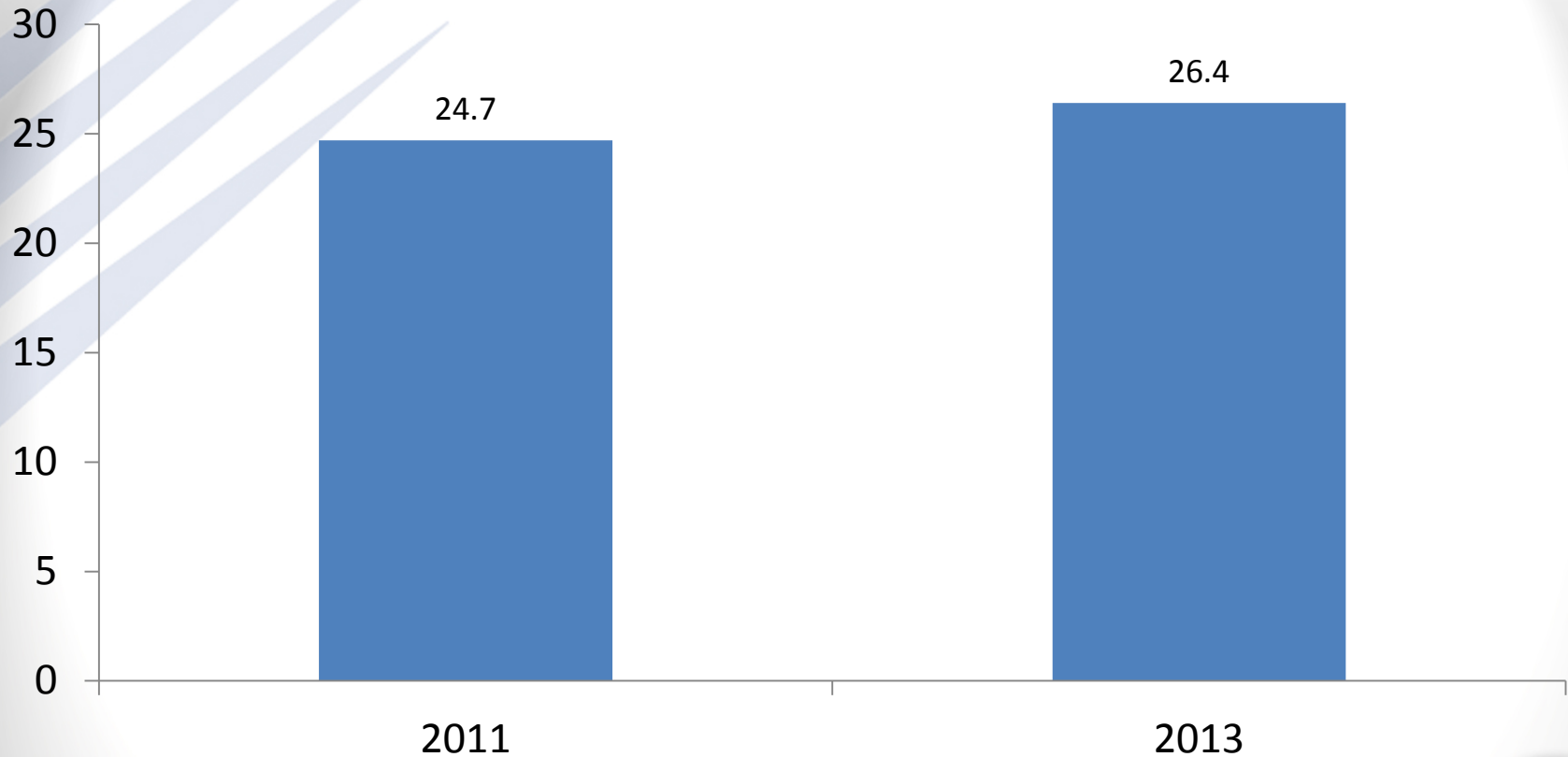
Percentage of students who ate seven or more meals with their family during the past seven days



*No significant change since 2011



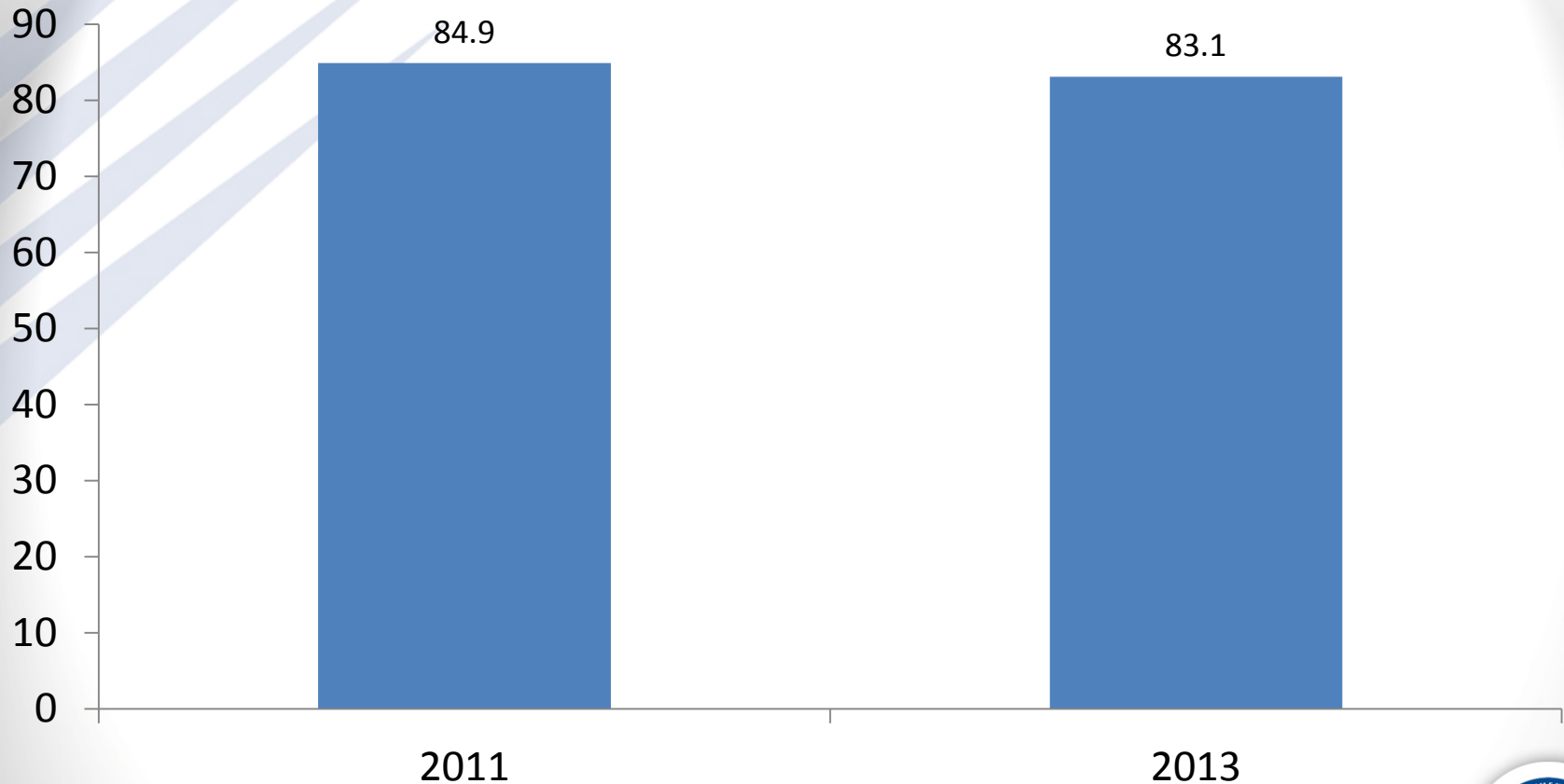
Percentage of students who get eight or more hours of sleep per night on an average school night



*No significant change since 2011



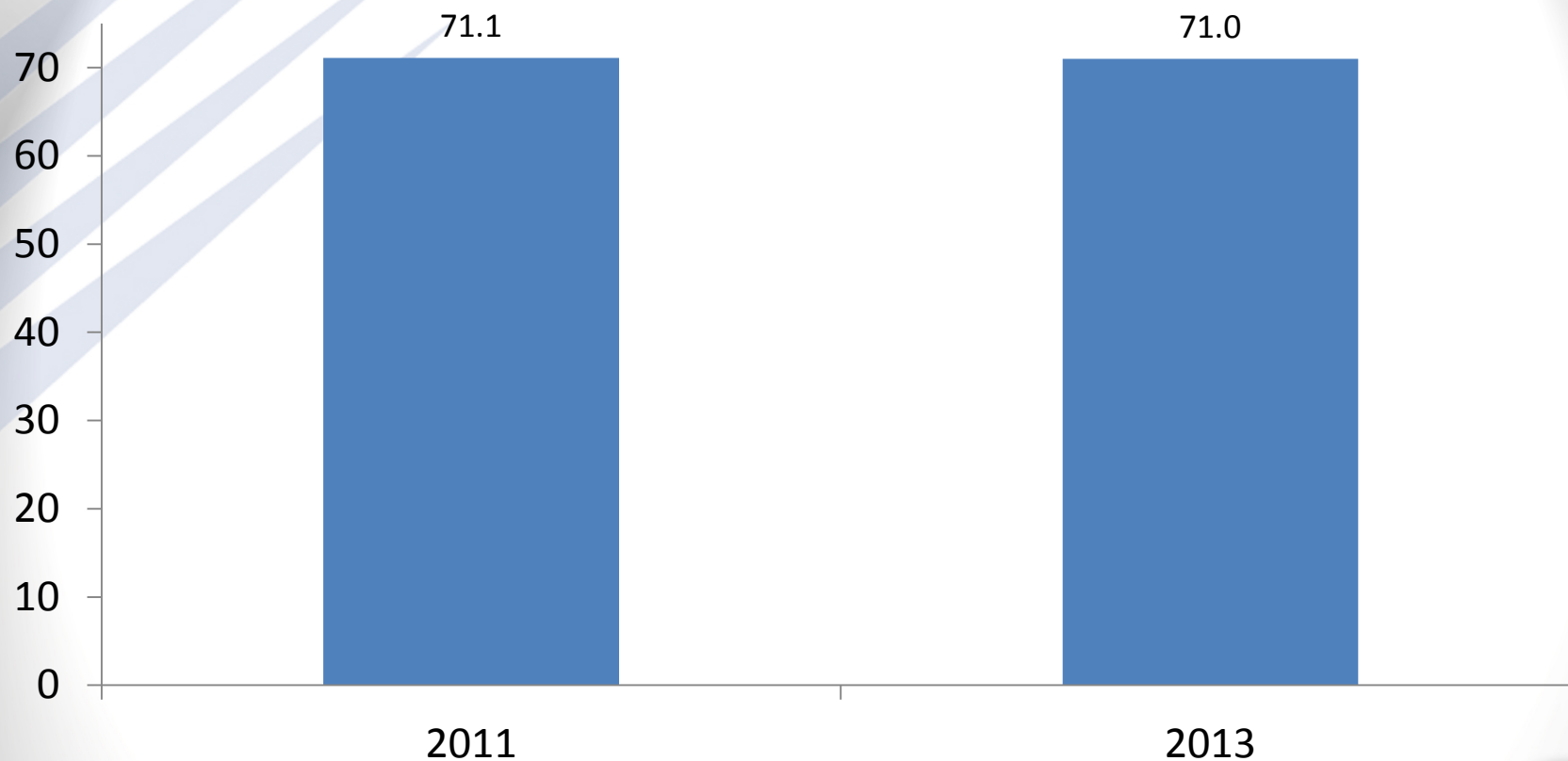
Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life



*No significant change since 2011



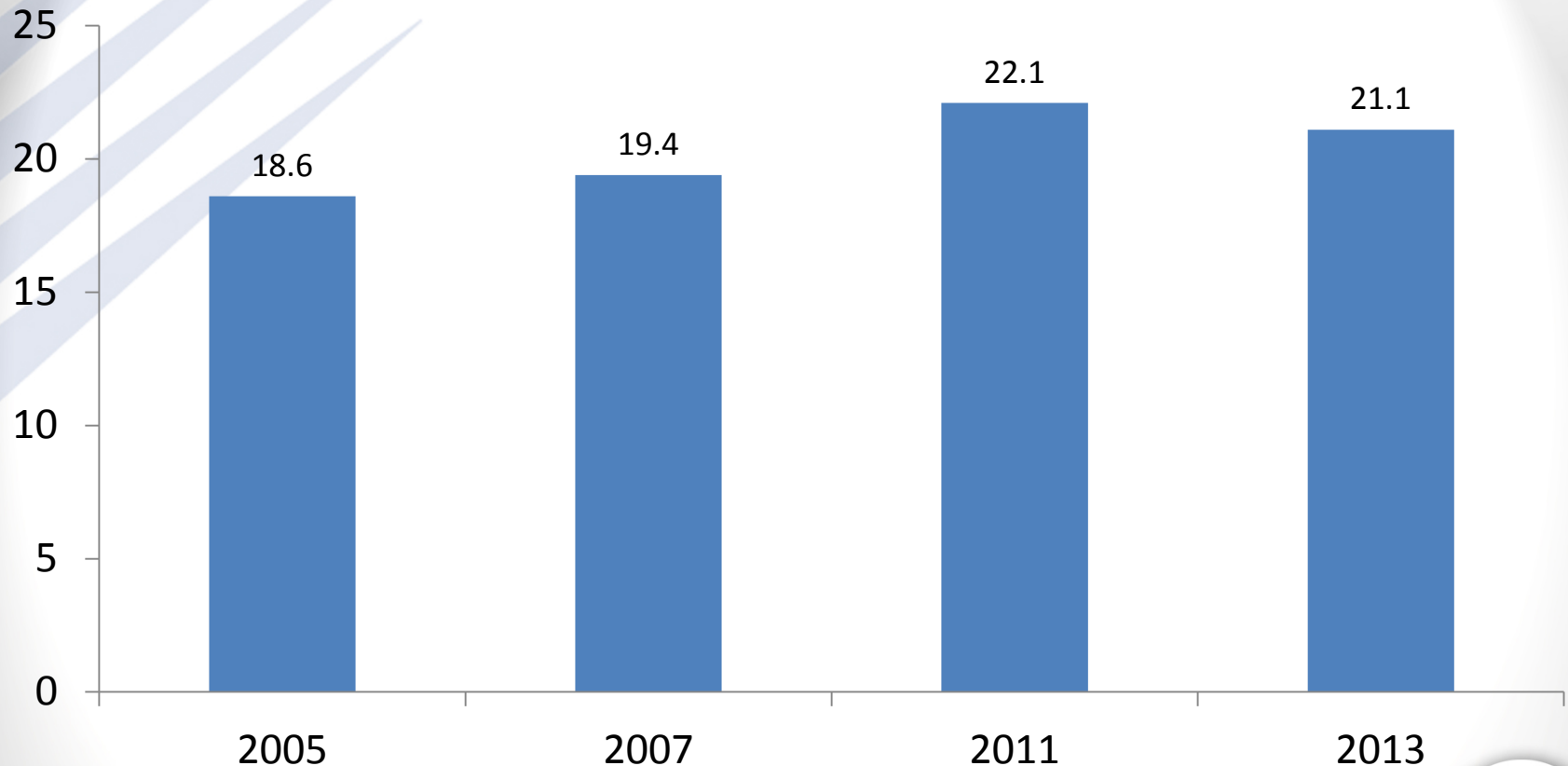
Percentage of students who responded there is at least one teacher or other adult in this school that they can talk to if they have a problem



*No significant change since 2011



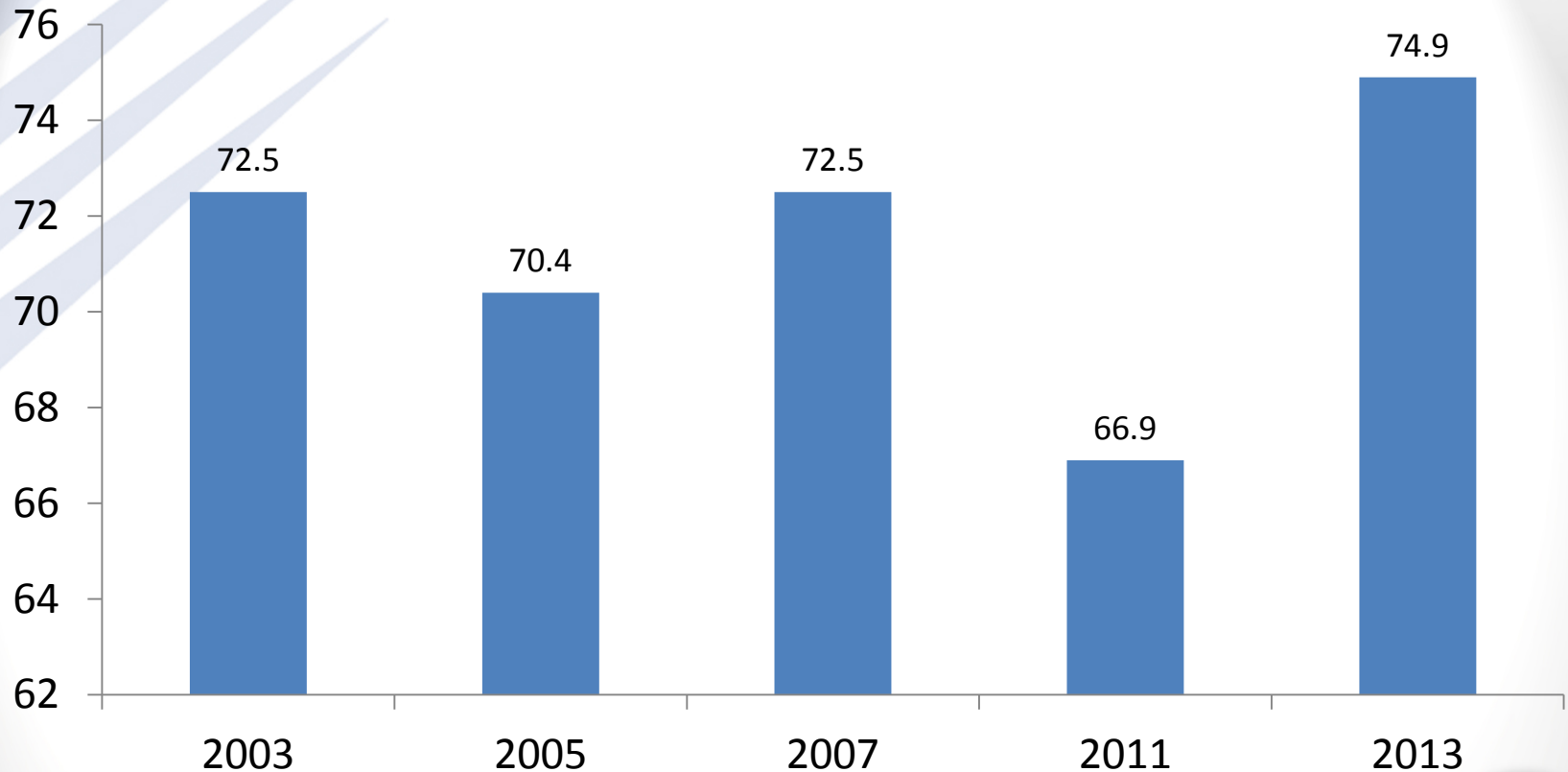
Percentage of students who last saw a doctor, nurse, therapist, social worker, or counselor for a mental health problem during the past 12 months



*No significant change since 2005



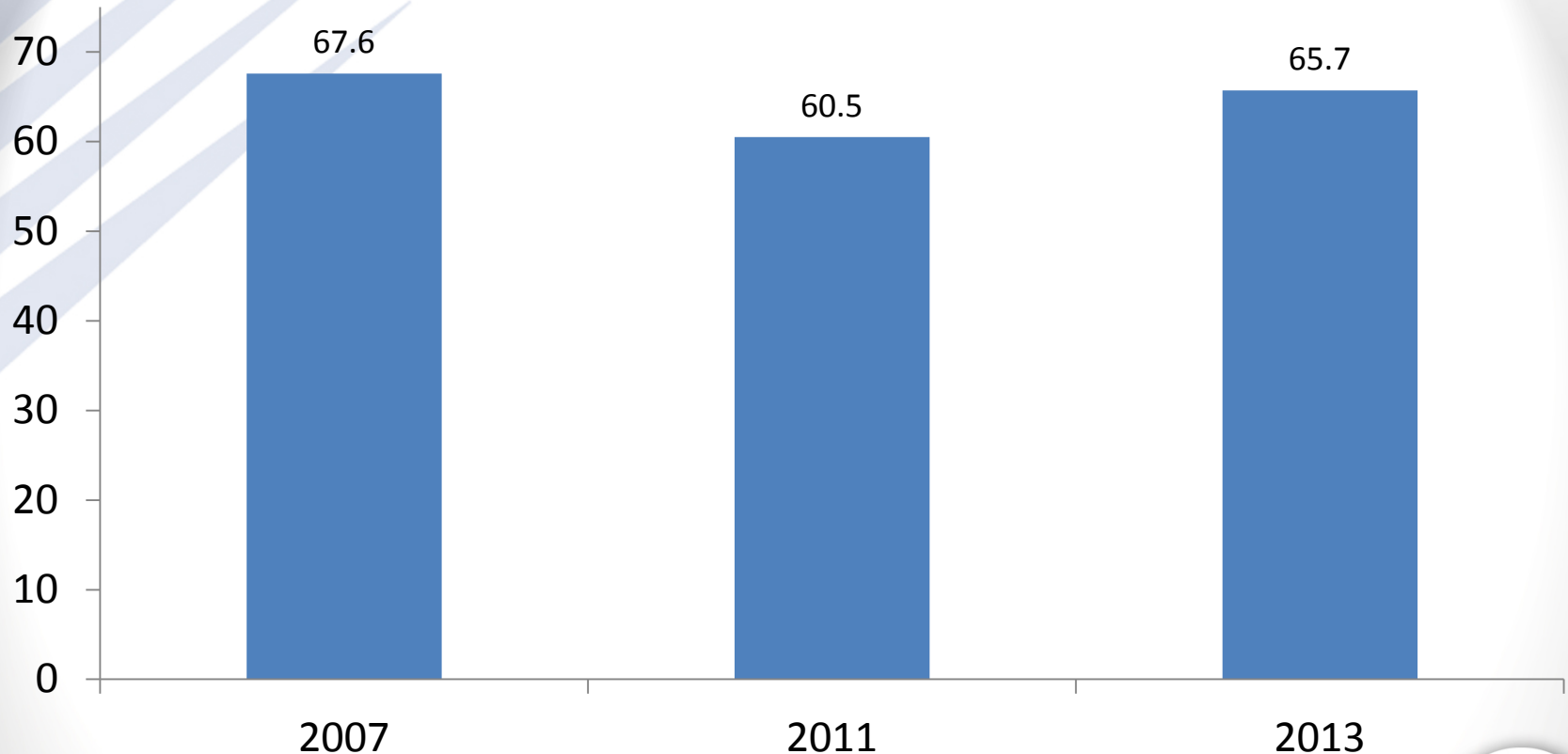
Percentage of students who last saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months



*No significant change since 2003, increased significantly since 2011



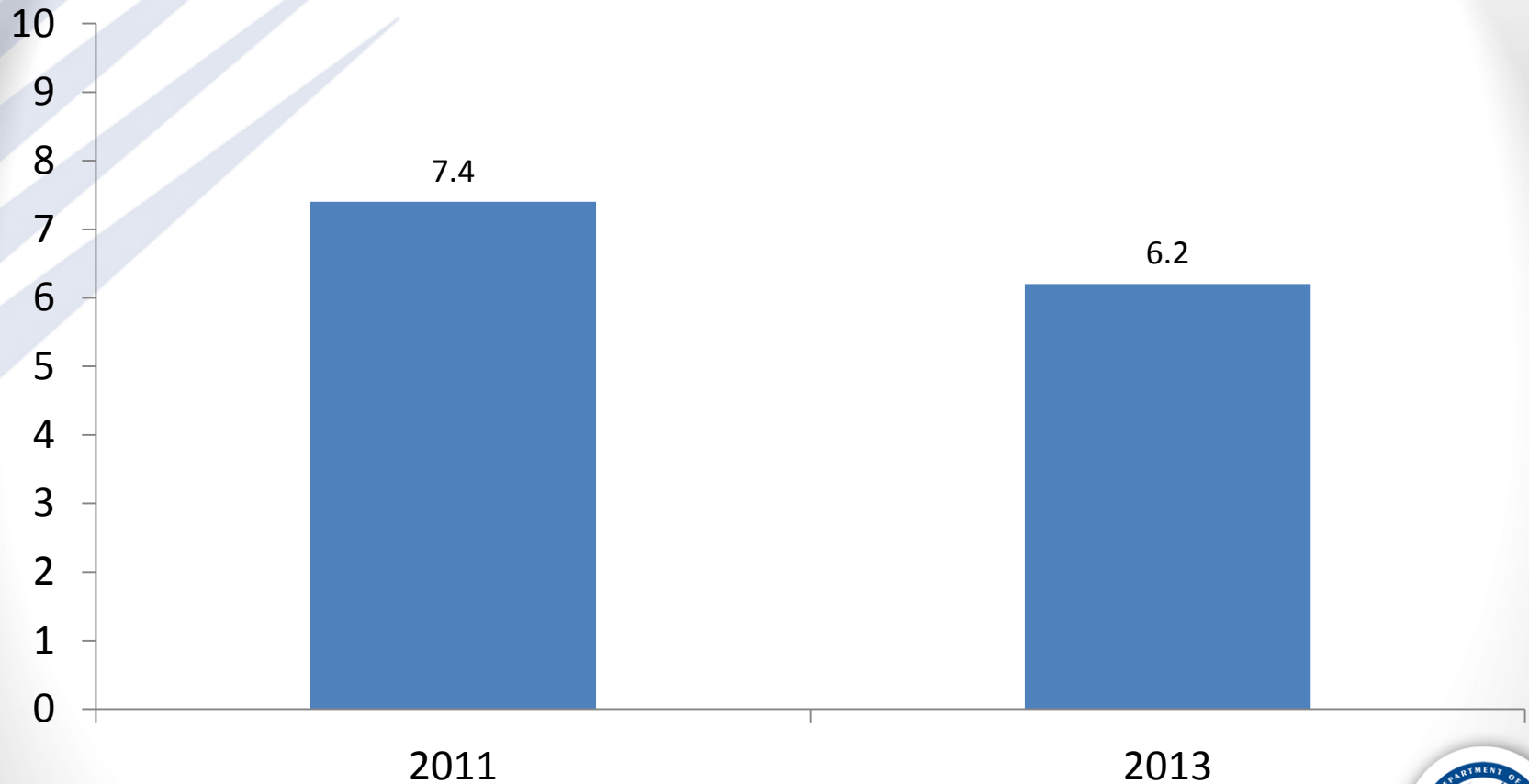
Percentage of students who last saw a doctor or nurse for a check-up or physical exam during the past 12 months when they were not sick or injured



*No significant change since 2007



Percentage of students who did not go to school due to a problem with their asthma or difficulty breathing due to asthma on one or more days during the past 12 months



*No significant change since 2011



2016 School Health Profiles Data

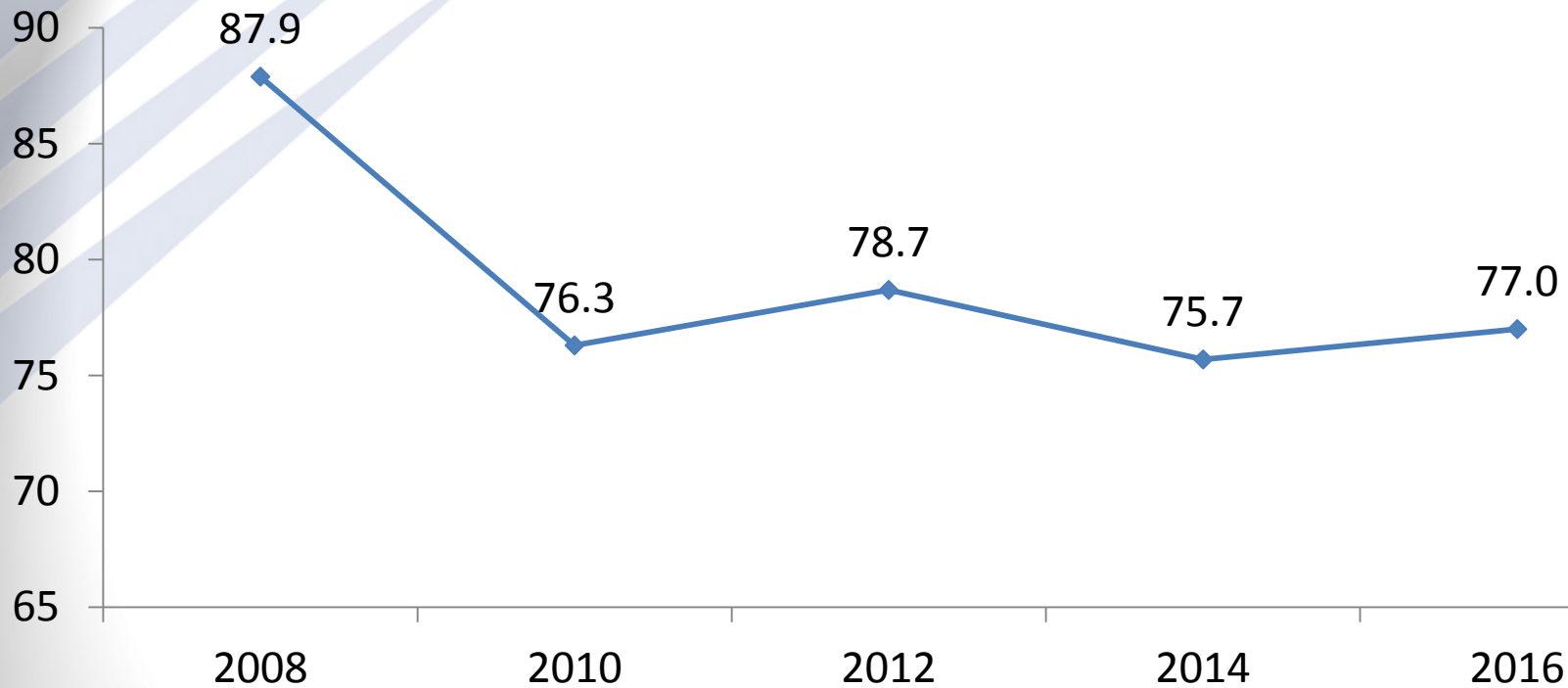
- Sample consisted of 474 middle and high schools in Ohio
- Usable surveys received from 76% of sampled schools
 - 71% principal surveys returned
 - 71% lead health educator surveys returned
- Data representative of all traditional public, charter and alternative schools having at least one grade 6 to 12



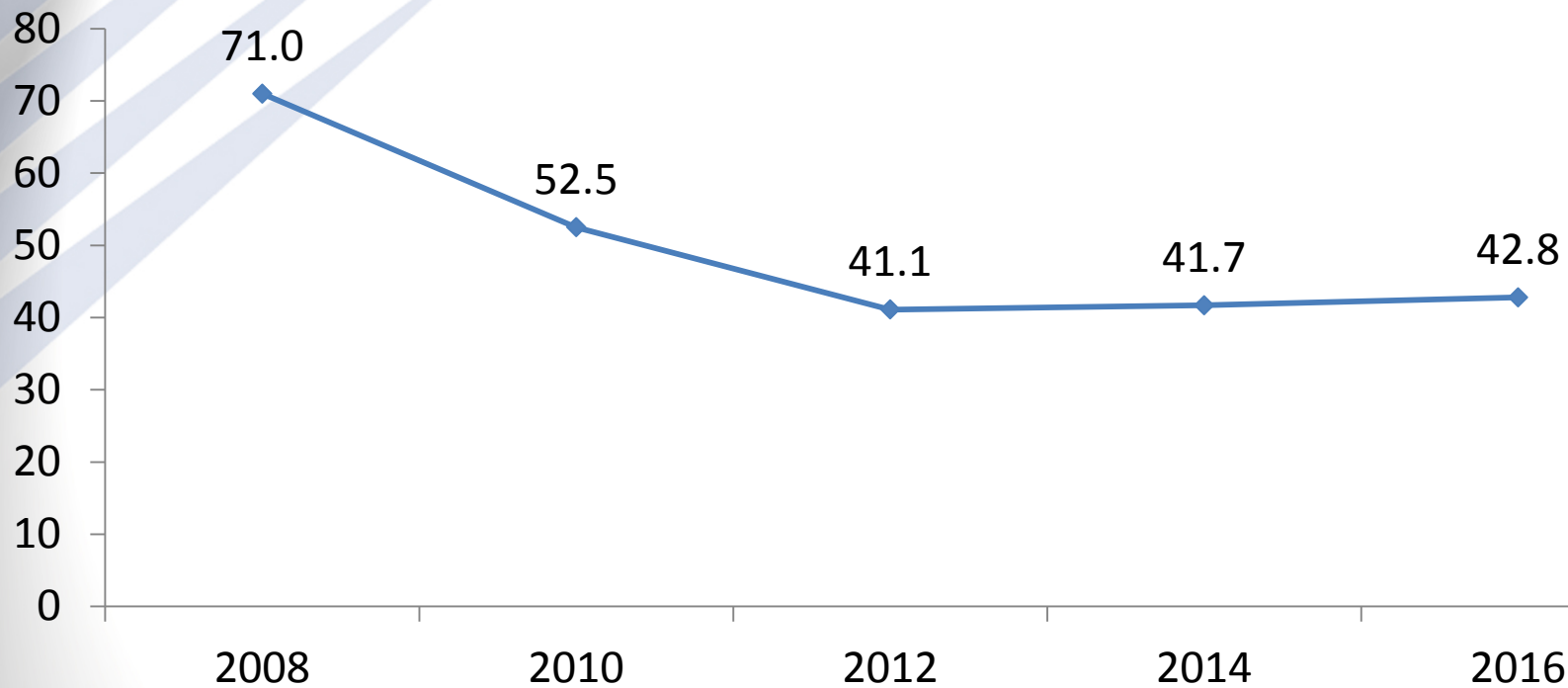
School Health Coordination



Percentage of schools that currently have someone who oversees or coordinates school health and safety programs and activities



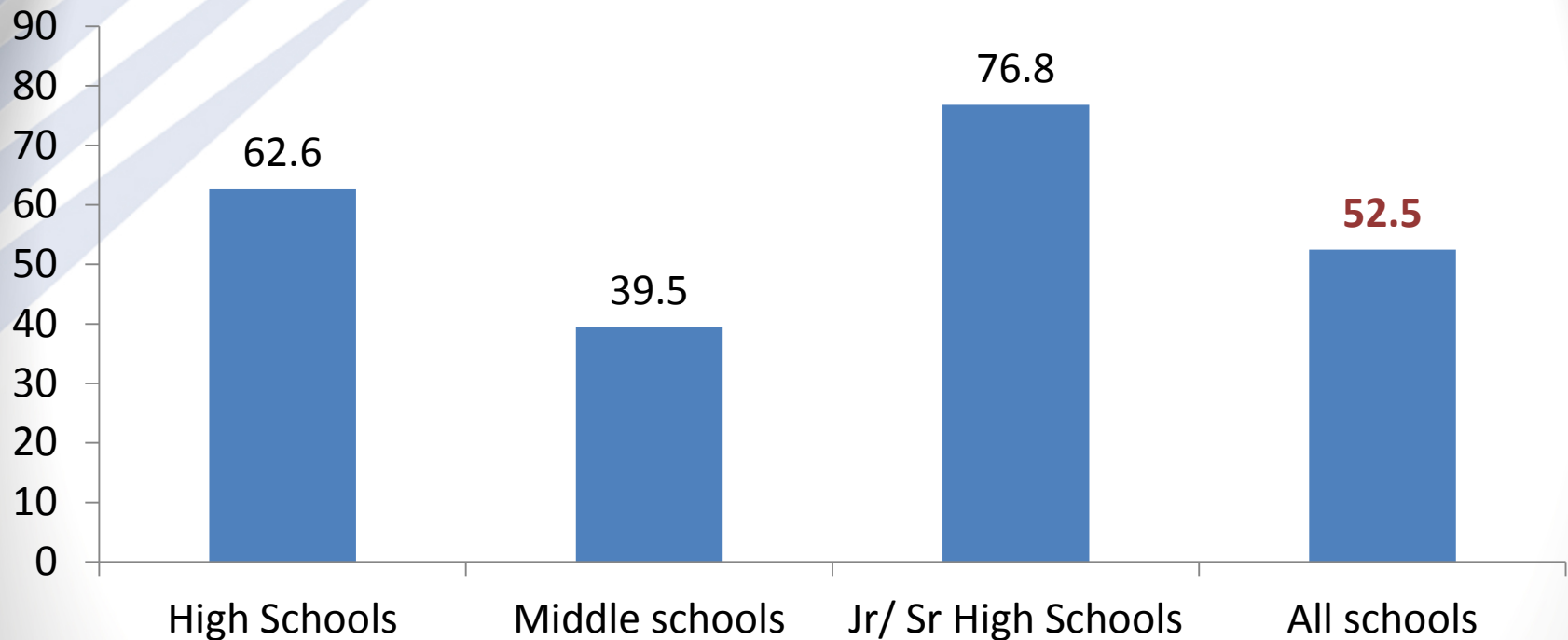
Percentage of schools that have one or more than one group (e.g., a school health council, committee or team) that offers guidance on the development of policies or coordinates activities on health topics



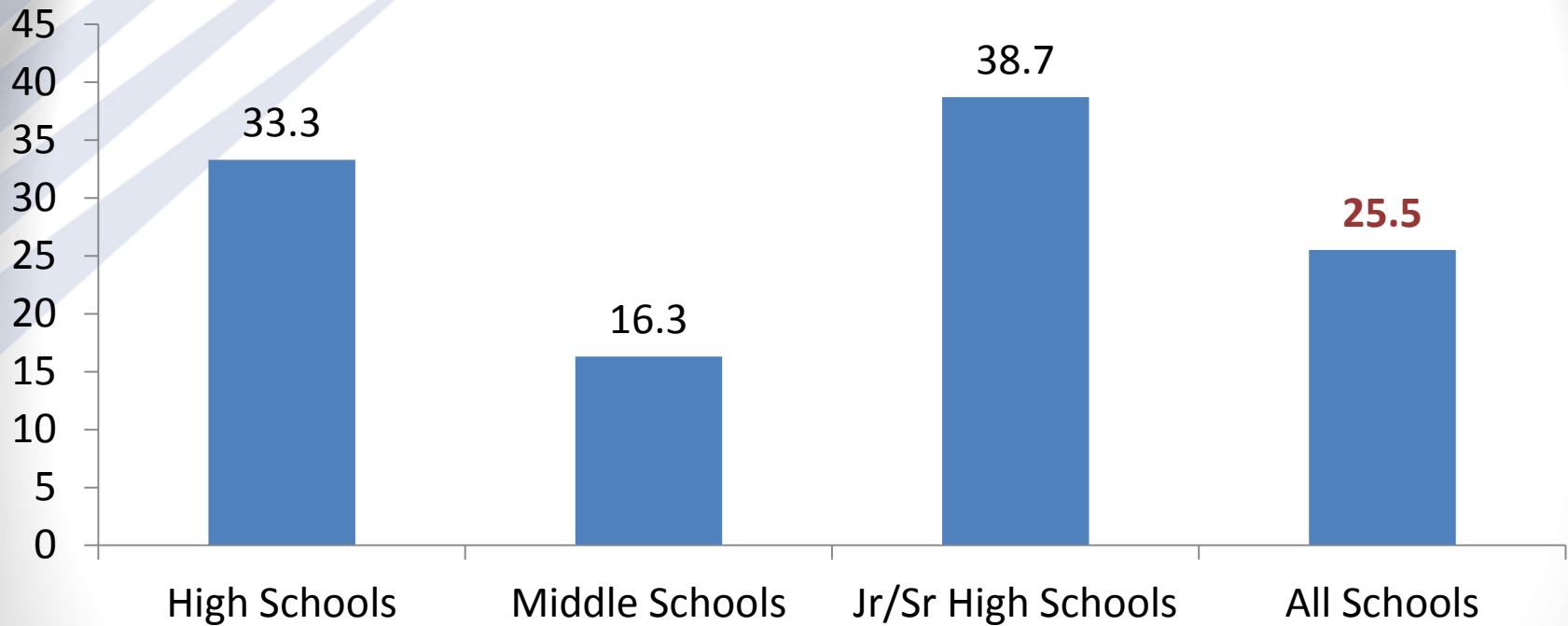
Safe and Supportive Environment



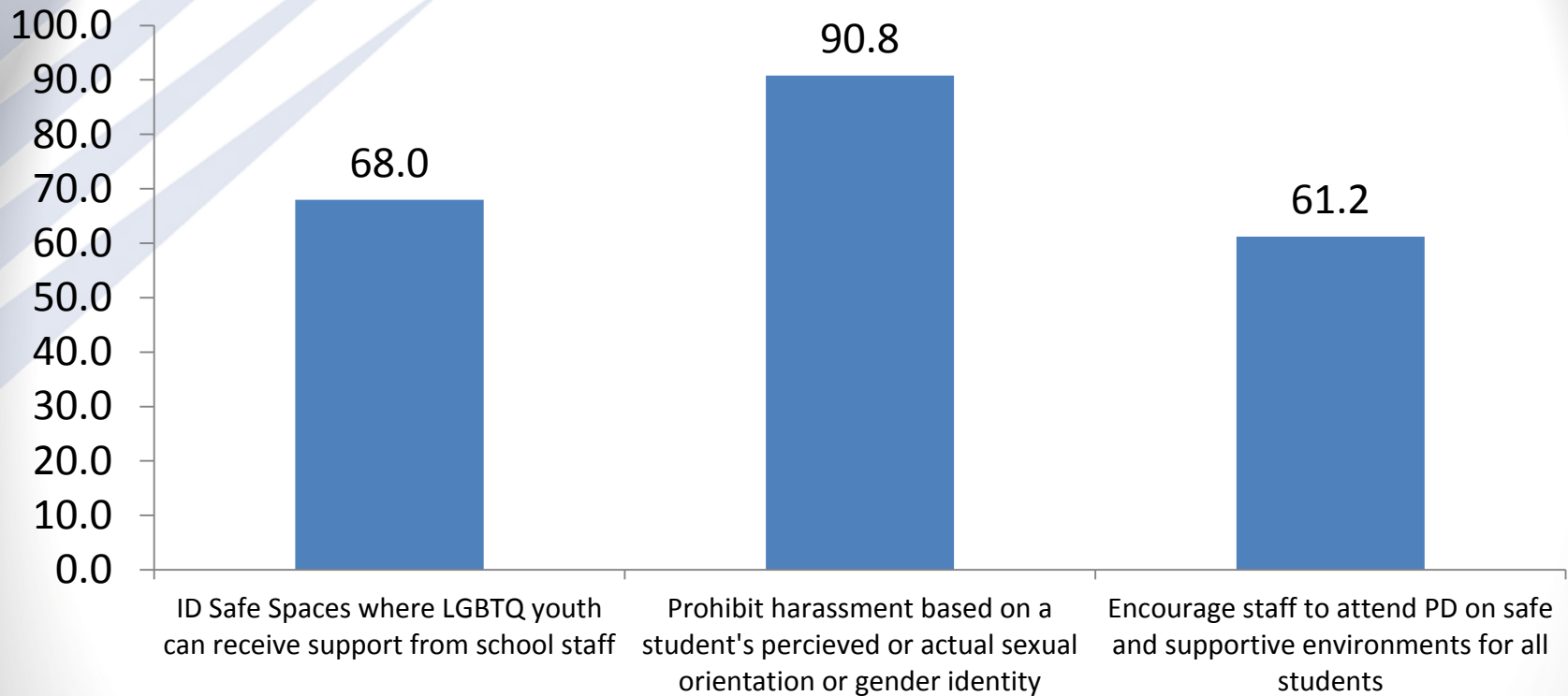
Percentage of schools that have any clubs that give students opportunities to learn about people different from them, such as students with disabilities, homeless youth, or people from different cultures



Percentage of schools that have a student-led club that aims to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity



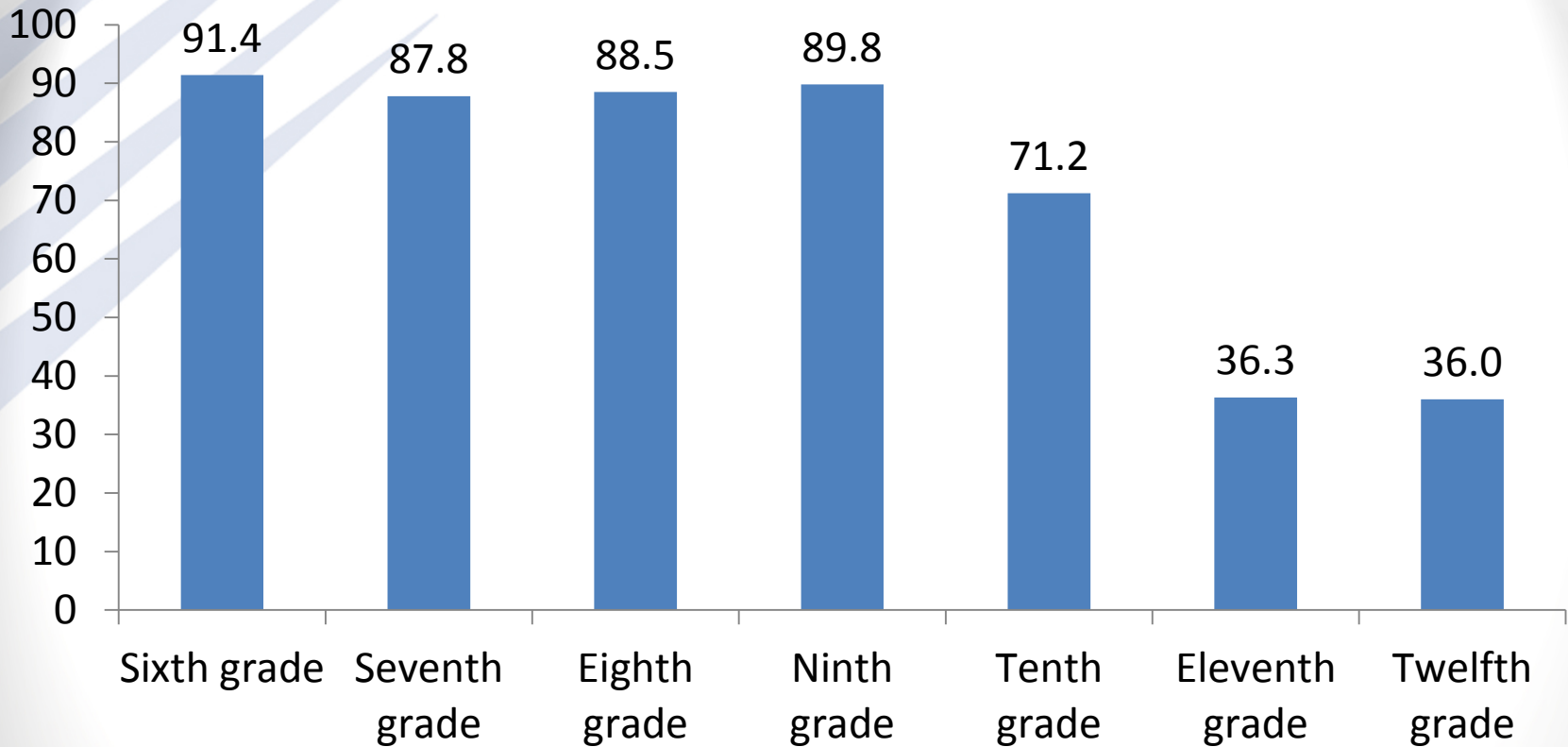
Percentage of schools that engage in the following practices related to LGBTQ youth



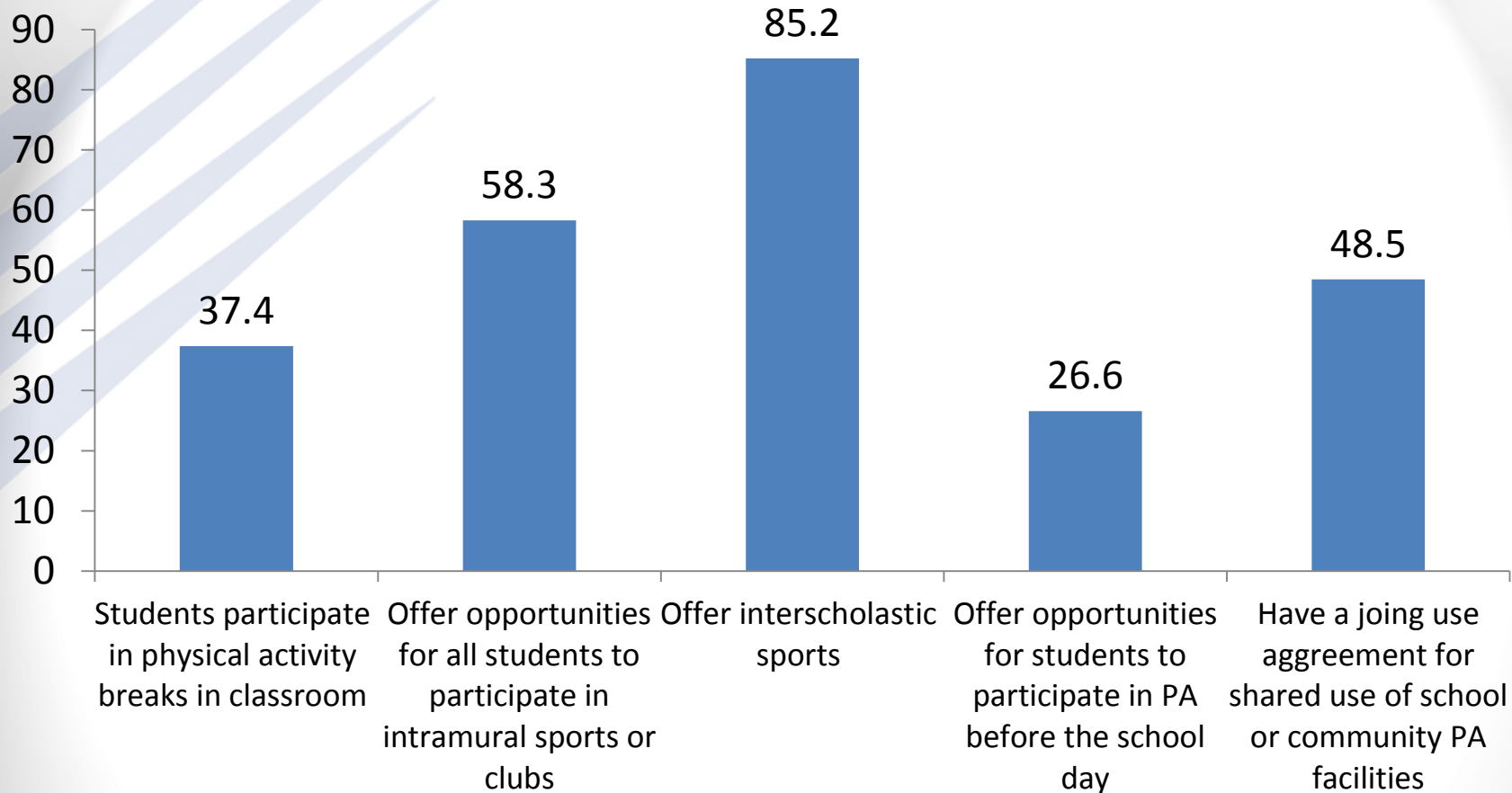
Physical Education and Activity



Percentage of schools that a required physical education course in each of the following grades



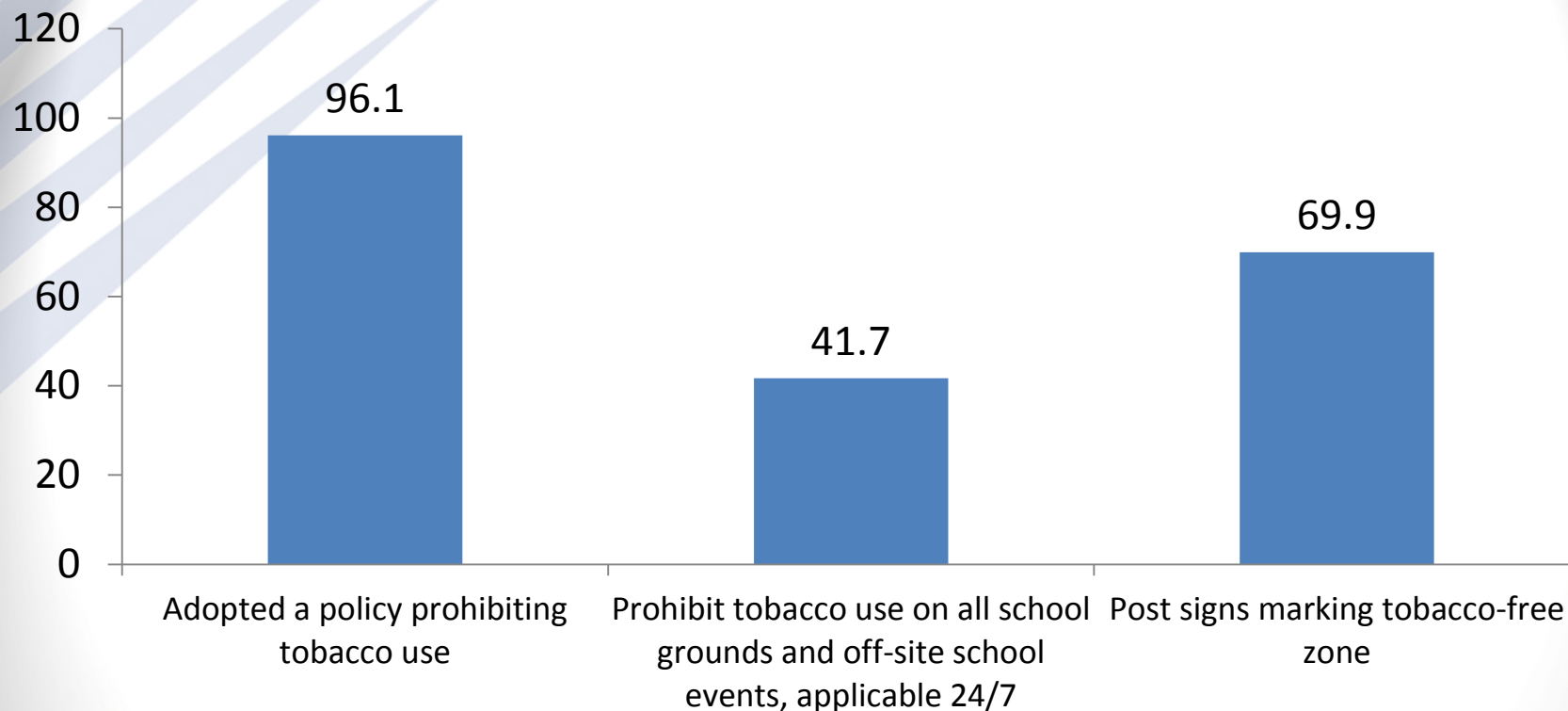
Percentage of schools that offer the following activities



Tobacco-Use Prevention Policies



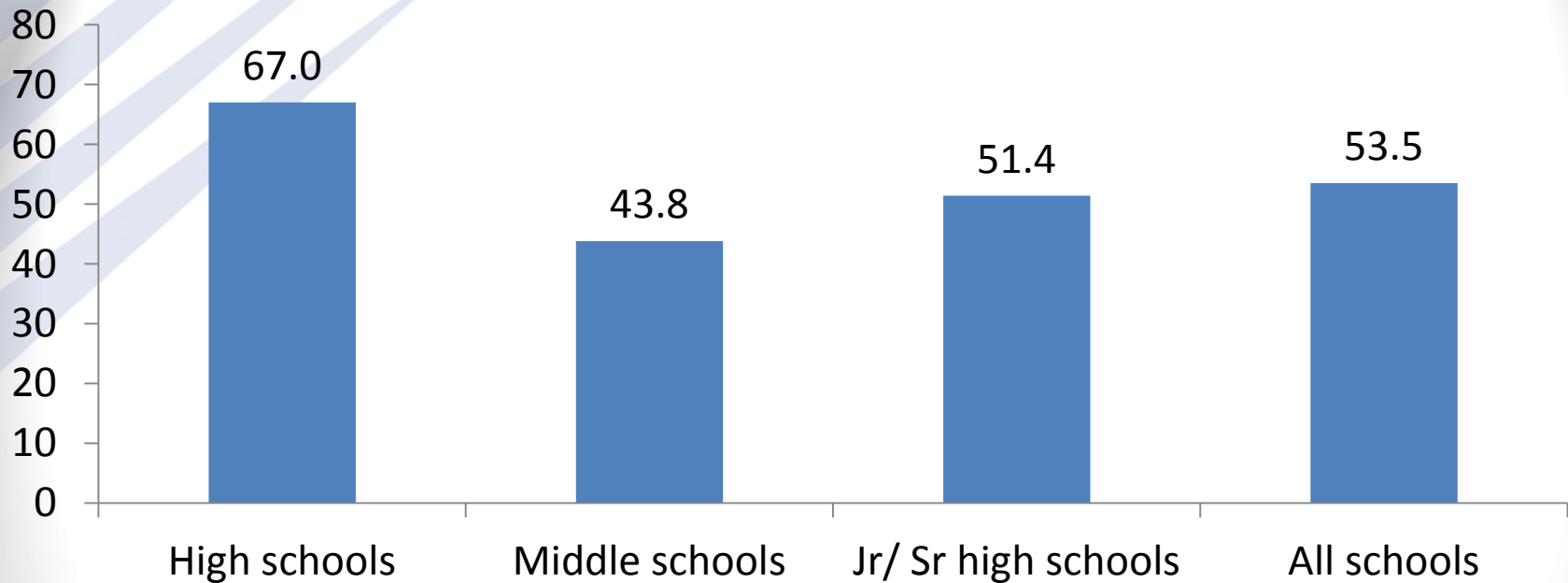
Percentage of schools that engage in the following practices regarding tobacco use by students, staff and visitors



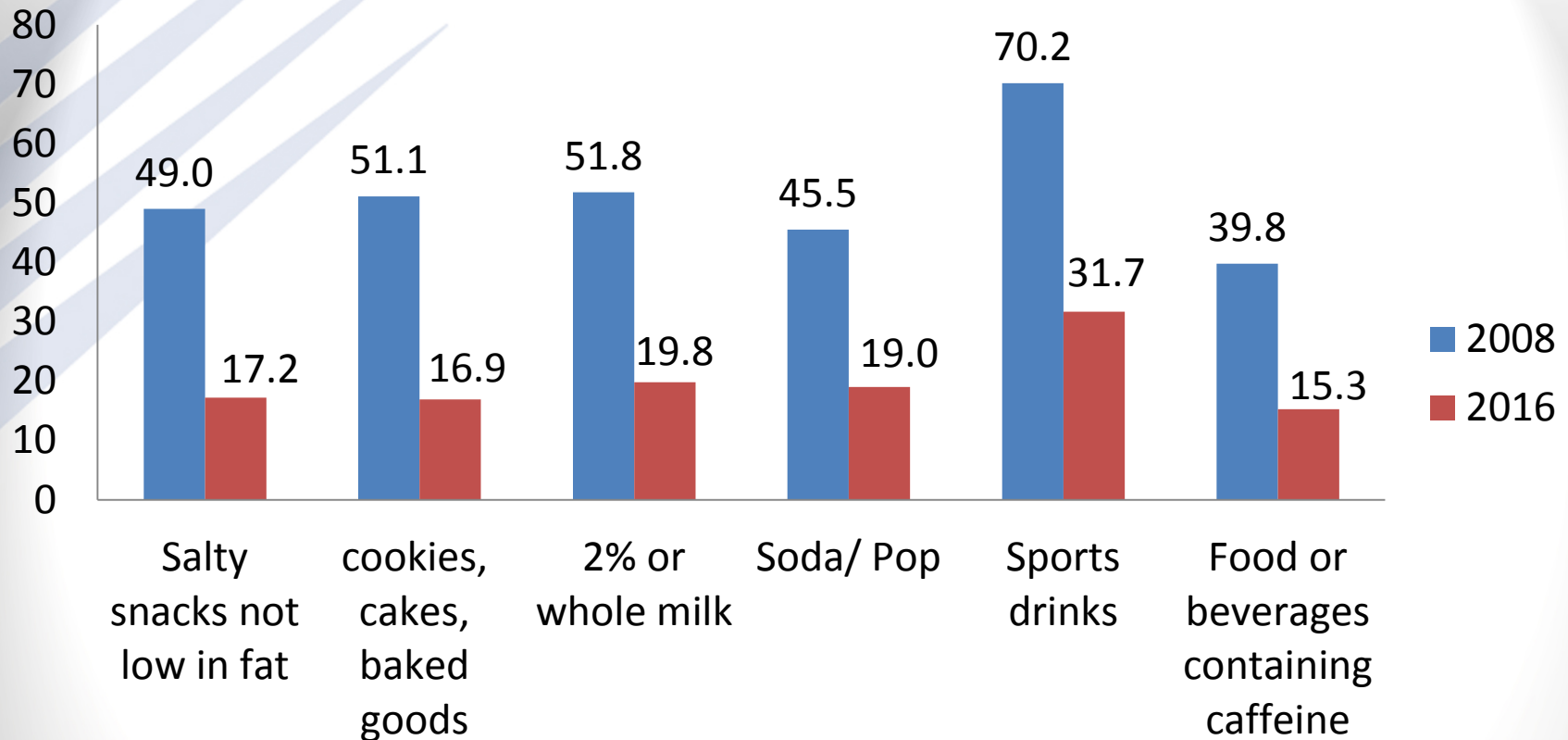
Nutrition Policies and Practices



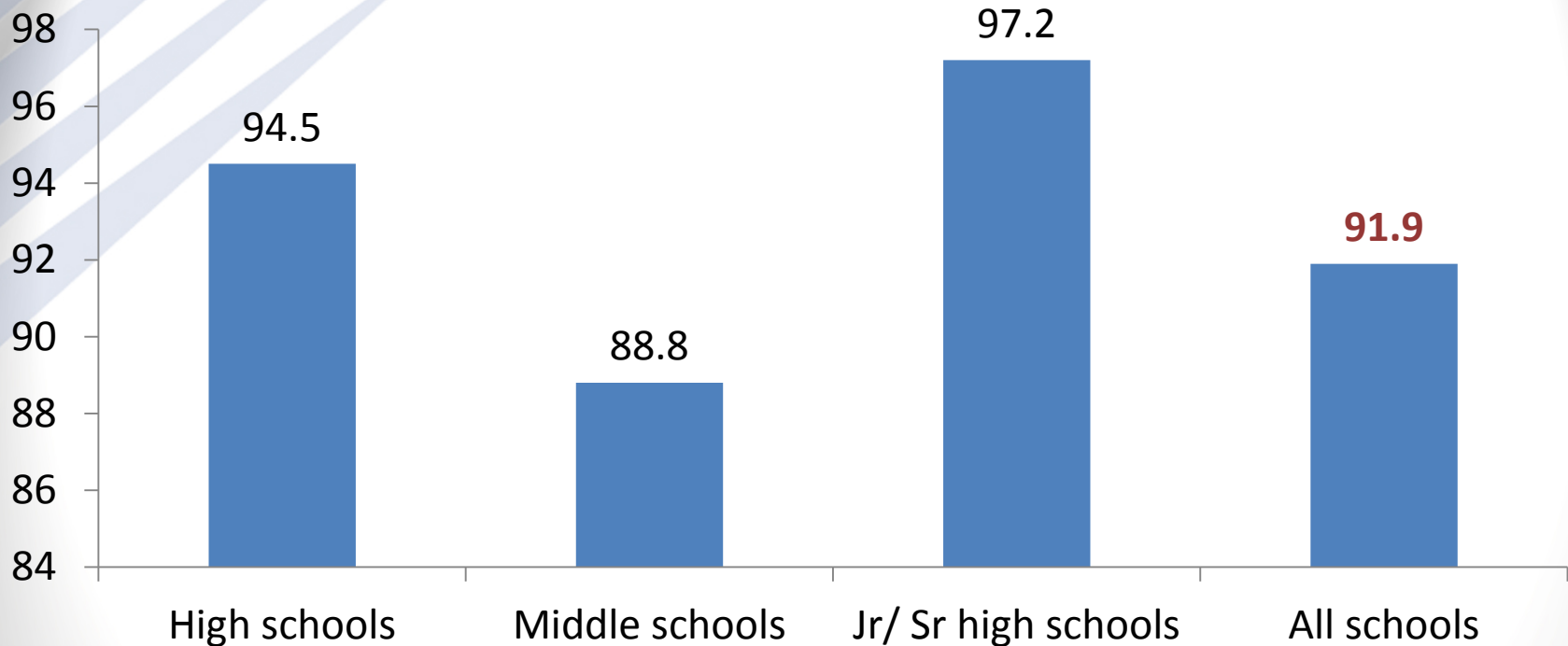
Percentage of schools in which students can purchase snack foods or beverage from one or more vending machines, at a school store, canteen or snack bar



Percentages of schools where students can purchase the following from a vending machine, school store or snack bar



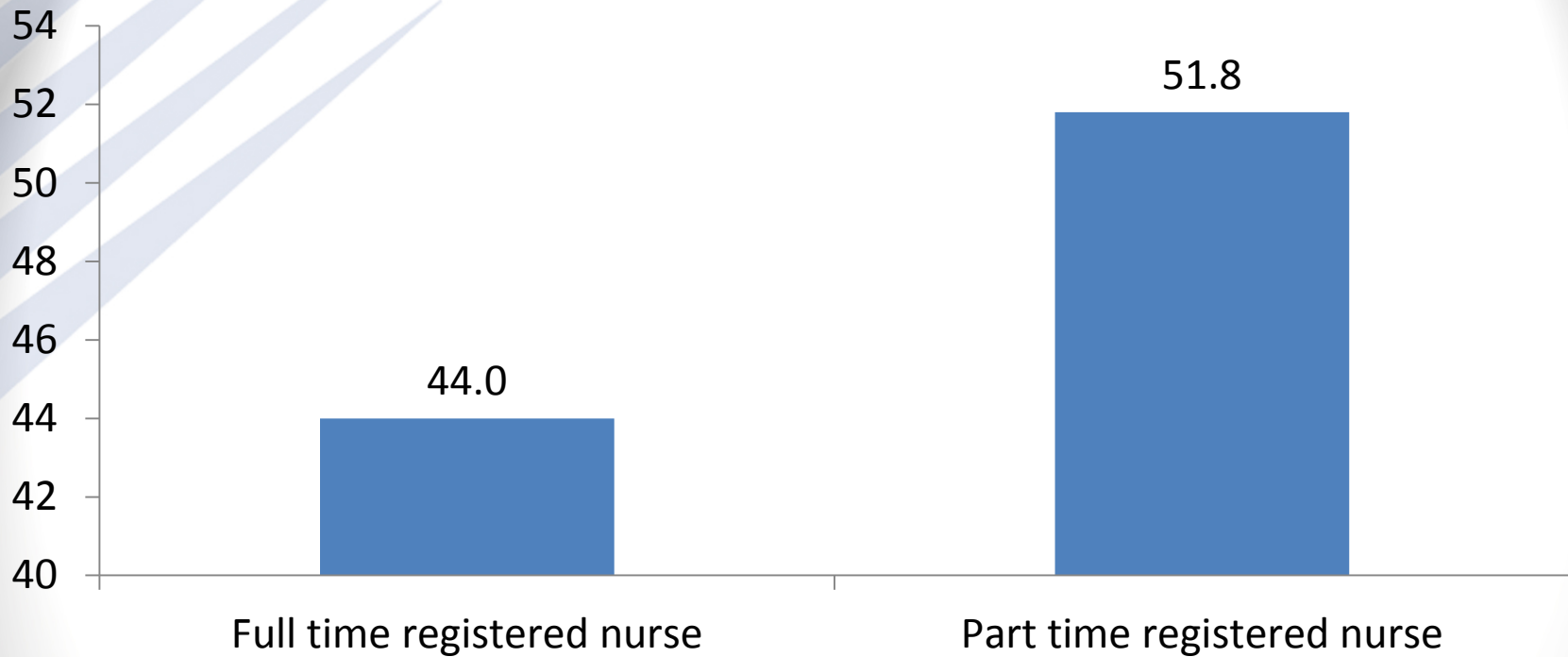
Percentage of schools that permit students to have a drinking water bottle with them in either all locations or certain locations throughout the school day



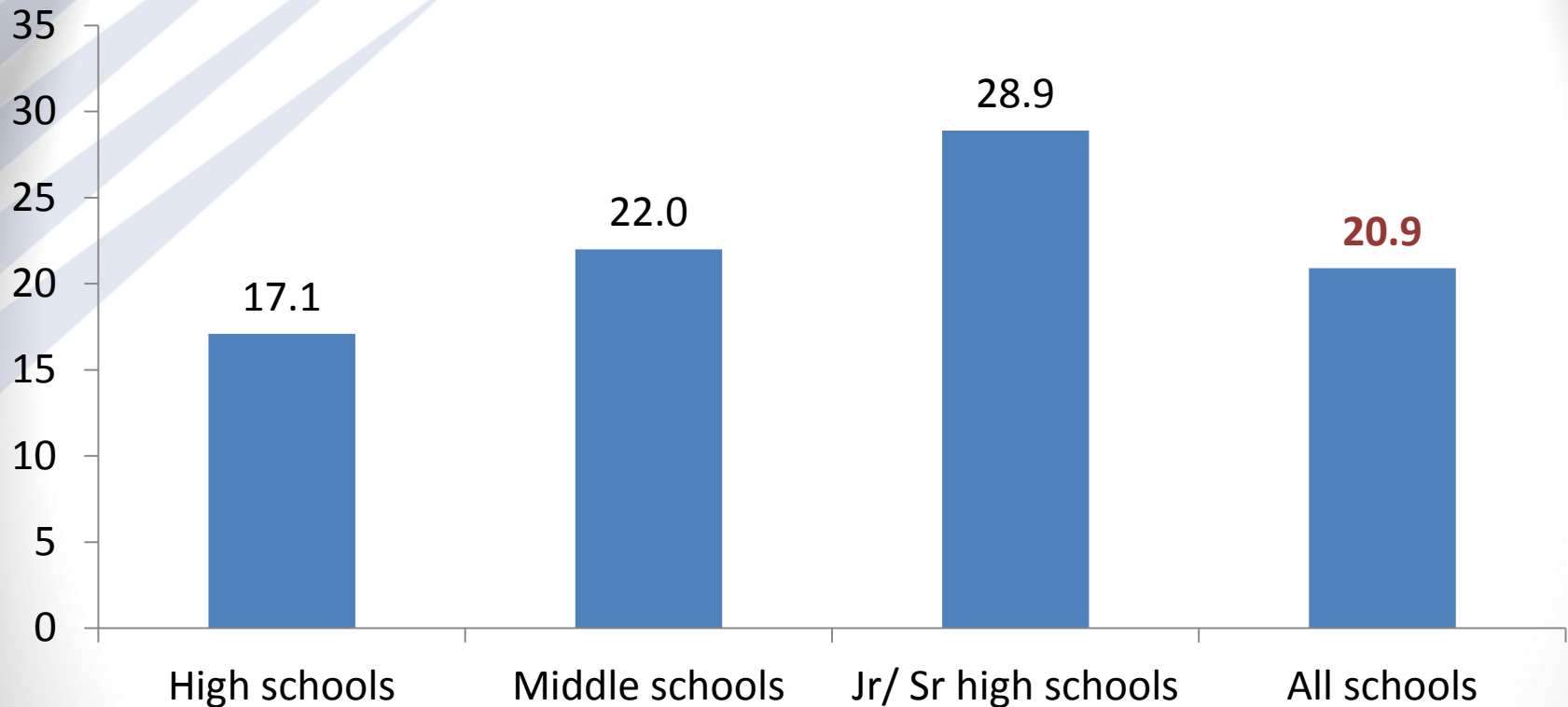
Health Services



Percentages of schools that have one or more registered nurses



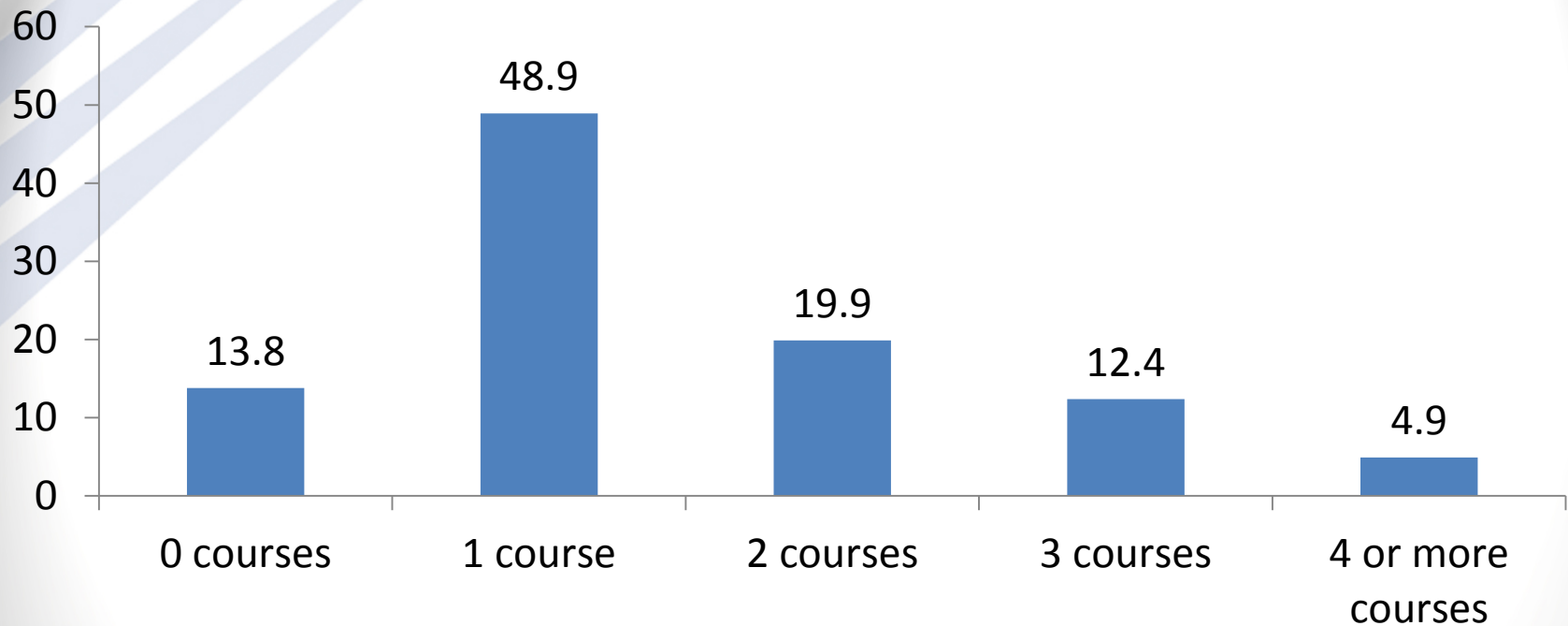
Percentage of schools that have a school-based health center that offers health services to students



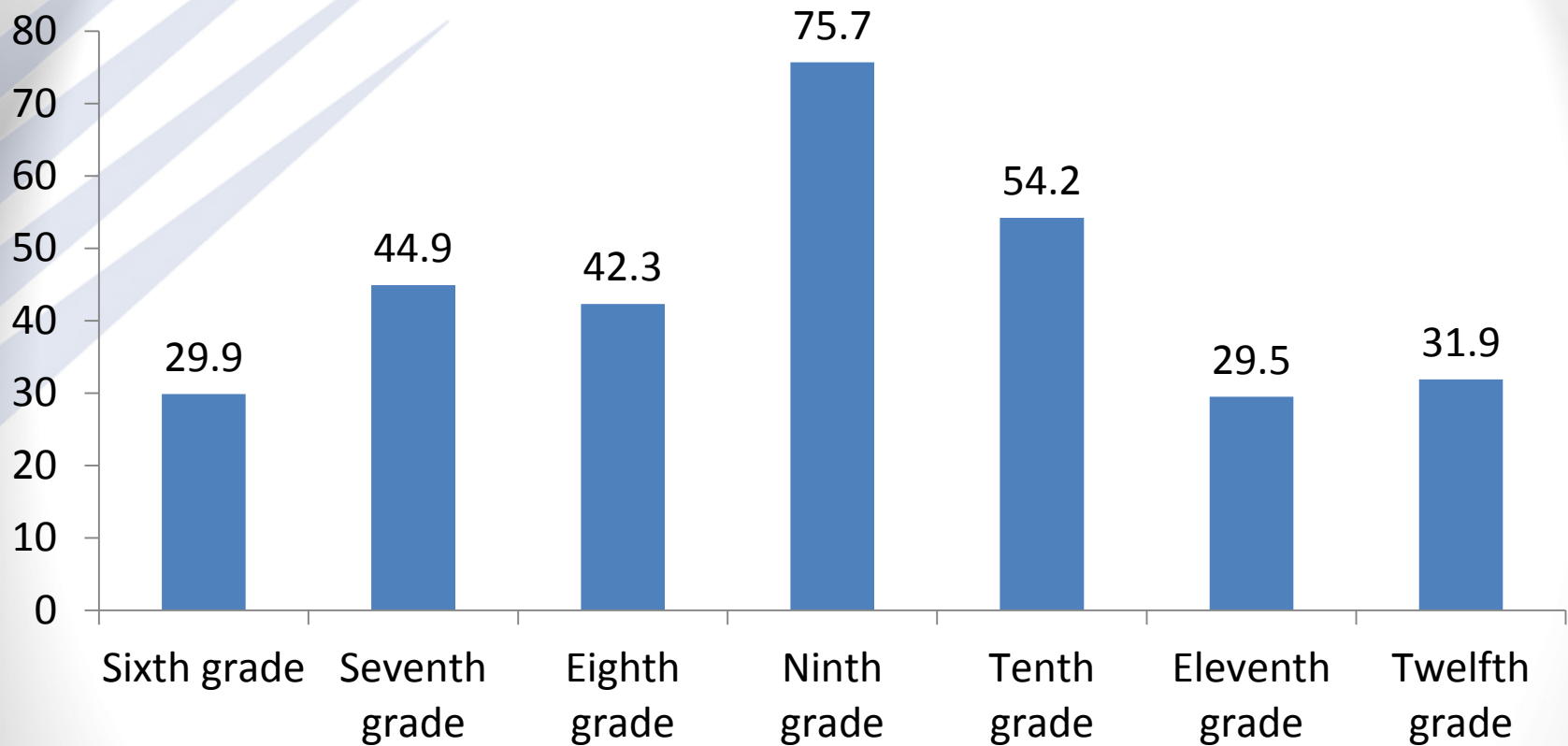
Required Health Education



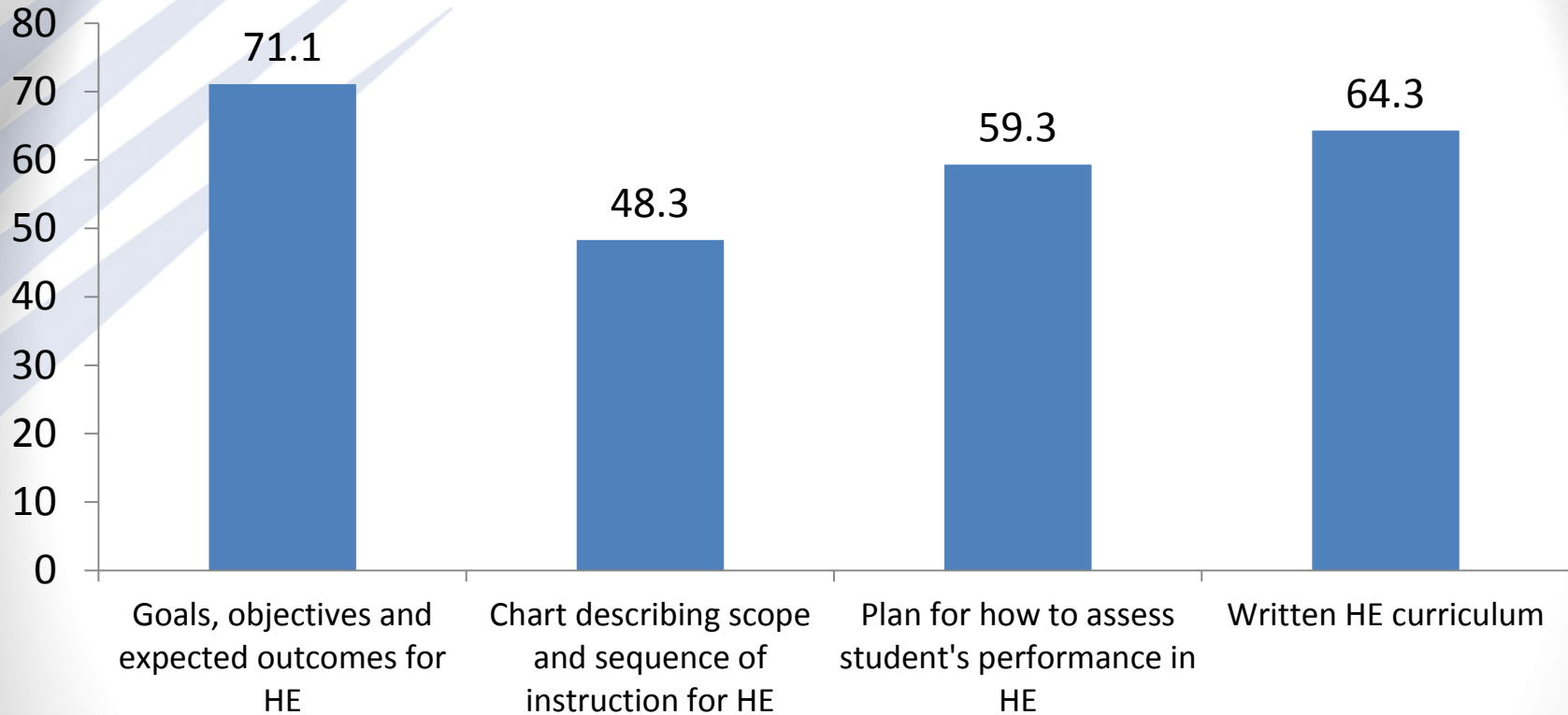
Percentage of schools in which students take the following number of required health education courses in grades 6 through 12



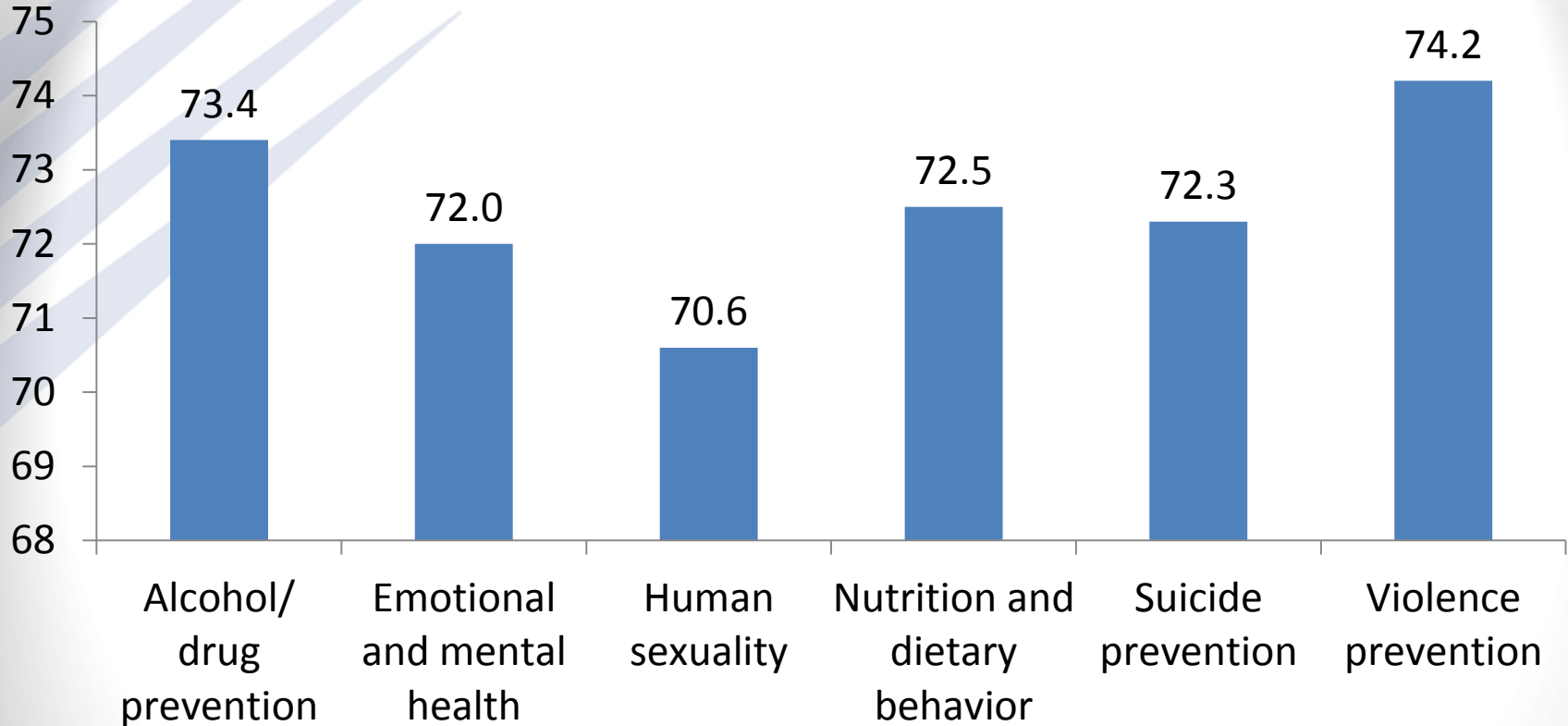
Percentage of schools that taught a required health education course in each of the following grades



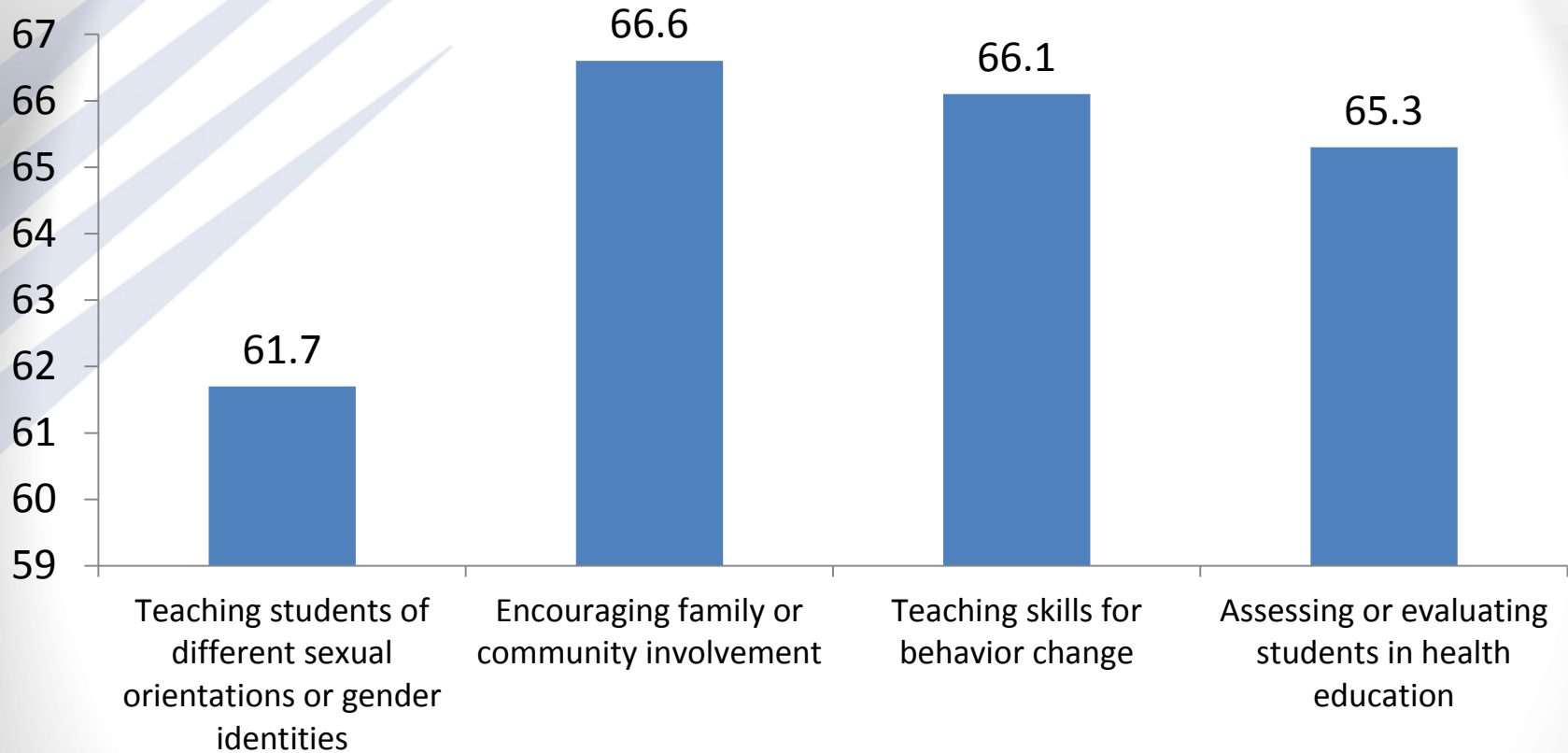
Percentage of schools in which those who teach health education are provided with each of the following material



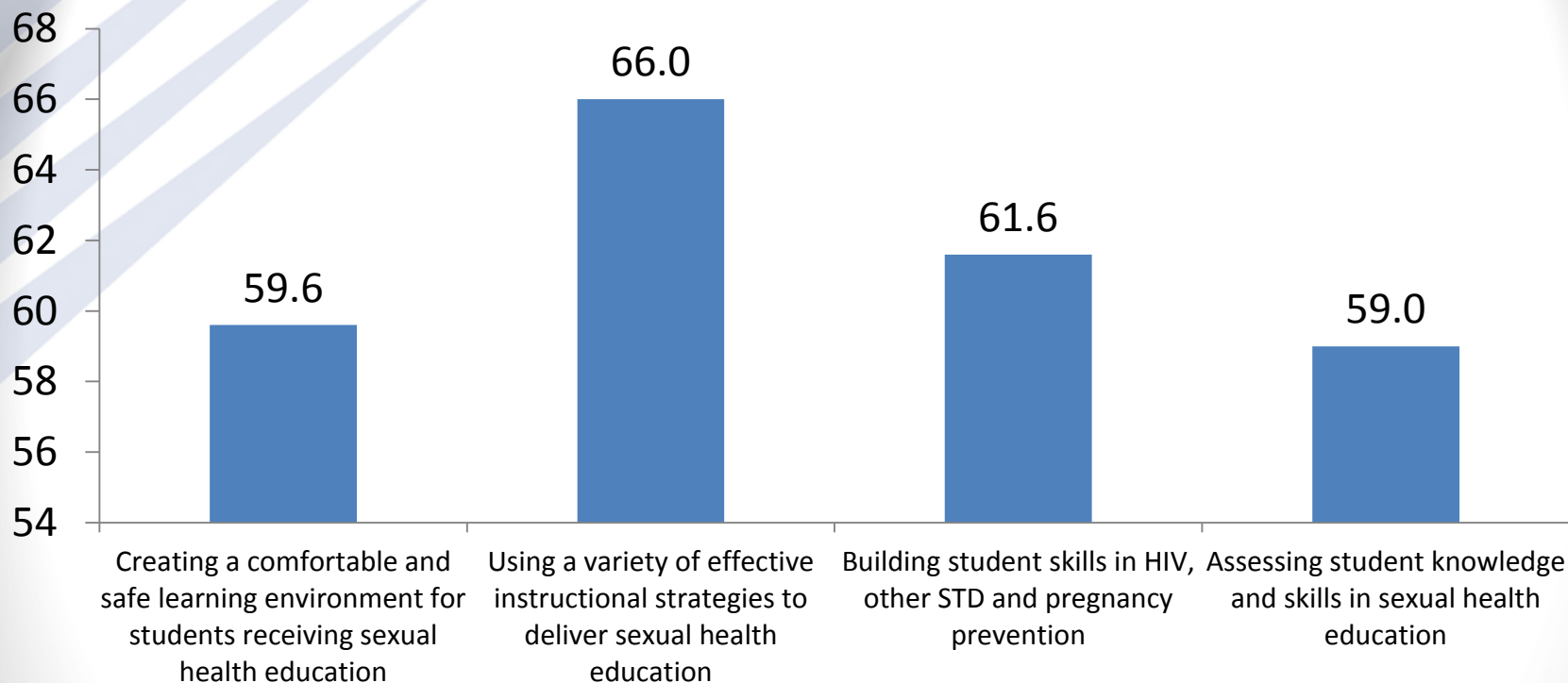
Percentage of schools in which lead health educator would like to receive PD on the following topics



Percentage of schools in which the lead health education teacher would like to receive PD on each of the following topics



Percentage of schools in which the lead health education teacher would like to receive PD on the following topics related to teaching sexual health education



How can YOU use this data?

In the classroom:

- Data can be used to engage and inform students on health behaviors
- Local and national data can be used for comparison
 - Find out what data is available in your area
- Examples from Ohio teachers that use YRBS data in class curriculum



How can YOU use this data?

In school health planning:

- YRBS can be used to inform lessons
- YRBS/ Profiles can be used to educate your school/ district administrators, community, etc.
- Can be used to help expand programs of interest
- Trend data can influence programs/ policy
- Local and national data can be used for comparison



Contact Information

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