

Student Achievement Committee May 6, 2014

Youth Risk Behavior Survey Results 2013

Hawaii School Health Survey

- Two surveys administered under one name
 - Youth Risk Behavior Survey (YRBS)
 - Youth Tobacco Survey (YTS)Elements of the Alcohol Tobacco and Other Drug (ATOD) survey
- Data are made public through
 - Centers for Disease Control & Prevention website
 - Hawaii Health Data Warehouse website
- Data are presented to the Hawaii Board of Education prior to public release

Overview of Survey Administration

- Coordinated between
 - Department of Education
 - Department of Health
 - University of Hawaii
 - Centers for Disease Control and Prevention (CDC)
- Conducted in spring 2013
 - Two-stage complex sample of public middle and high schools (middle school $n = 5,036$ and high school $n = 4,681$)
 - County-level data collected as in 2011
- Weighted data for middle and high schools
 - Data were weighted by the CDC to represent Hawaii public school students

Overview of Survey Administration

- Age-appropriate surveys
 - High school grades 9–12
 - Middle school grades 6–8
- Two-stage complex sample
 - Schools selected on inverse probability by size
 - Random class selection within schools
- Anonymous
- Self-administered
- Completed in one class period (30 minutes)
- Conducted biennially with active consent

Survey Topics

Leading causes of death and disability among youth and adults including

- Unintentional injuries and violence
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors
- Dietary behaviors
- Physical activity
- Body mass index percentile
- Asthma
- State-added questions (e.g., oral health)

Selected YRBS Results

»» Hawaii High School Students

Unintentional Injuries and Violence

Statistically significant decreases from 2009–2013

- Carried a weapon (such as a gun, knife, or club) in the past 30 days
 - 15.9% in 2009, 13.9% in 2011, and 10.5% in 2013
- In a physical fight in the past 12 months
 - 29.5% in 2009, 22.3% in 2011, and 16.7% in 2013

New survey items

- Bullied on school property in the past 12 months
 - 20.3% in 2011 and 18.7% in 2013
- Bullied electronically in the past 12 months
 - 14.9% in 2011 and 15.6% in 2013

Unintentional Injuries and Violence Suicide Specific

Statistically significant decreases in

- Suicidal thoughts in the past 12 months from 27.8% in 1993 to 16.9% in 2013
- Suicide plans in the past 12 months from 21.4% in 1993 to 15.2% in 2013

No statistically significant changes in

- Suicide attempt in the past 12 months: 10.7% in 2013
- Receiving medical treatment from a suicide attempt in the past 12 months: 3.2% in 2013

New question in 2013

- Cut or burned themselves on purpose in the past 12 months without wanting to die: 20.6% in 2013

Cigarette Smoking

Cigarette use continues to decline

- Smoked cigarettes on one or more of the past 30 days (Current Smoker)
 - 15.2% in 2009, 10.1% in 2011, and 10.4% in 2013

Alcohol Consumption

Data that changed significantly from 2009–2013

- Drank alcohol for the first time before age 13
 - 28.6% in 2009, 19.2% in 2011, and 17.5% in 2013
- Drank alcohol in the past 30 days (current drinker)
 - 37.8% in 2009, 29.1% in 2011, and 25.2% in 2013
- Drank 5 or more drinks in a row in the past 30 days (binge drinker)
 - 22.4% in 2009, 15.4% in 2011, and 12.7% in 2013

Data that did not change significantly

- Usually obtained alcohol from social sources
 - 47.2% in 2009, 41.4% in both 2011 and 2013

Other Drug Use

There have been no significant changes in other drug use from 2009–2013

Select 2013 data:

➤ Current marijuana use	18.9%
➤ Lifetime use of Rx drugs	12.9%
➤ Lifetime inhalant use	9.2%
➤ Lifetime ecstasy use	8.0%
➤ Lifetime cocaine use	6.5%
➤ Lifetime hallucinogen use	6.0%
➤ Lifetime methamphetamine use	4.3%
➤ Lifetime heroin use	3.4%
➤ Offered, sold, or given an illegal drug on school property in past 12 months	31.2%

Sexual Behaviors

Statistically significant decreases from 2009–2013:

- Ever had sexual intercourse
 - 44.3% in 2009, 37.0% in 2011, and 35.9% in 2013
- Had sexual intercourse in past 3 months
 - 30.5% in 2009, 23.9% in 2011, and 24.8% in 2013
- Drank alcohol or used drugs before last intercourse (among those who are sexually active)
 - 30.2% in 2009, 20.9% in 2011, and 24.0% in 2013

No change in condom use during last intercourse

- 45.9% in 2013

Dietary Behaviors

Daily soda consumption has decreased

- 20.8% in 2009, 17.5% in 2011, and 15.8% in 2013

Select 2013 data that has not changed statistically:

- | | |
|--|-------|
| • Overweight | 14.9% |
| • Obese | 13.4% |
| • Ate fruit or drank 100% juice 2 ⁺ X/day | 27.1% |
| • Did not eat for 24 or more hours | 15.6% |
| • Took diet pills or powders | 7.3% |
| • Vomited or took laxatives | 5.2% |

Note: vegetable questions are not comparable across survey years

Physical Activity

Some measures of physical activity have changed significantly

- ▶ Physically active for 60+ minutes on 5 or more of the past 7 days increased
 - 34.4% in 2009, 37.9% in 2011, and 40.2% in 2013
- ▶ Attended PE 1 + days in avg. school week decreased
 - 43.8% in 2009, 41.6% in 2011, and 39.1% in 2013

TV viewing 3 + hours on avg. school day was steady at 29.3% in 2013, but playing on computers or video games 3 + hours increased

- 27.4% in 2009, 36.6% in 2011, and 42.1% in 2013

How are the Hawaii School Health Survey Data Used?

- Assess trends in student health risk behaviors
- Conduct further analysis and research
- Set goals for school health and health promotion programs
- Monitor progress toward achieving national, state, and local health objectives
- Support legislation and policies that promote student health
- Seek funding for school and community health initiatives

Hawaii School Health Survey: Next Steps

- Prepare Hawaii data for release in PDF format and on websites
- National results available on June 12, 2014
- Prepare survey highlights brochure
- Continue to address student health issues based on data
- Begin process for 2015 survey administration

For more information on the
Hawaii School Health Surveys
please visit:

▶ Hawaii DOE

- <http://www.hawaiipublicschools.org/VisionForSuccess/SchoolDataAndReports/HawaiiDataSources/Pages/Data-Resources-and-Tools.aspx>

▶ Hawaii Health Data Warehouse

- <http://www.hhdw.org/>

▶ Centers for Disease Control and Prevention

- <http://nccd.cdc.gov/youthonline/App/Default.aspx>