Nicotine & Tobacco Data Highlights

Reading Youth Risk Behavior Survey

Excerpts from the 2015 Results for Reading Board of Health

Erica McNamara, MPH, RCASA Director
Data Partner Roles

Reading Public Schools
Survey Oversight & Collection

RCASA Coordination, Materials Development, Comparison, Data Targets

Rothenbach Research & Consulting Data Cleaning & Analysis

“Youth health data is necessary for local, state and federal funding for prevention, education and treatment services. Reading is required as part of its state and federal funding to collect and report this data.”
-CDC and Reading YRBS
The Youth Risk Behavior Survey

CDC National Survey
monitors priority health behaviors of middle and high school Students in U.S./territories on a biannual basis.

2.6 million
From 1991-2013, 1,100 CDC surveys were conducted involving millions of students.

50,000
9,300+ MA students in 144 schools participates biannually.

10,000
Reading conducts the survey every 2 years.

Comparison data in this presentation represents thousands of local surveys from 2005-2015.
The Survey Process

District procured new consultant

Developed Questionnaire & Parent Binder

Survey letter released to parents

Parent Binder Survey Review

H.S. Survey collection conducted in the winter of 2015

Scantrons provided to Rothenbach Consulting

Rothenbach conducted data cleaning, analysis and delivered summary reports.

Preliminary results review

Cross-tabs and additional data requested.
High School Survey Categories

- School Climate
- Substance Misuse
- Violence & Bullying
- Physical Activity & Health
- Body & Dieting
- Auto & Bike Safety

122 Questions
High School Survey Sample n=1,057

By Grade

<table>
<thead>
<tr>
<th>Grade</th>
<th>24%</th>
<th>31%</th>
<th>24%</th>
<th>22%</th>
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<tbody>
<tr>
<td>Grade 9</td>
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<td>Grade 10</td>
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<td>Grade 11</td>
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<tr>
<td>Grade 12</td>
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By Gender

- Female
- Male
- Other response
High School Categories (2005-2015 Analysis)

Data was analyzed across risk categories:

On average, 13% of local high school youth reported risky behavior.

The risk behaviors reported with the most frequency in each category included:

- Nicotine use
- Underage drinking/marijuana use
- Depressive symptoms
- Fasting
- Seriously considered suicide

Reading YRBS High School
Understanding Comparison Samples

State/national data lag typically 1-2 years behind local data

Nicotine Product Comparison

- Ever used cigarettes: Reading 2015: 18%, U.S. 2013: 32%, MA 2013: 43%
- Recent cigarette use: Reading 2015: 10%, U.S. 2013: 16%, MA 2013: 11%
- Recent smokeless tobacco use: Reading 2015: 7%, U.S. 2013: 9%, MA 2013: 5%
- Recent cigar use: Reading 2015: 11%, U.S. 2013: 13%, MA 2013: 11%
- E vapor: Reading 2015: 24%

Reading YRBS High School
2015 Results: What product is used the most?

- **E-vapor**
  - 24%
  - None

- **Recent cigarette use**
  - 10%
  - None

- **Recent smokeless tobacco**
  - 7%
  - None

- **Recent cigar use**
  - 6%
  - None

- **Electronic vapor products**
  - 10%
  - None

- **Alcohol**
  - 55%
  - None

- **Marijuana**
  - 30%
  - None
2015 Results

Current Tobacco & Nicotine Use

- Current use of E-NDPS: 24% Reading, 24% Massachusetts, 24% U.S.
- Current use of cigarettes: 10% Reading, 8% Massachusetts, 11% U.S.
- Current use of smokeless tobacco: 8% Reading, 6% Massachusetts, 7% U.S.
- Current use of cigars: 7% Reading, 10% Massachusetts, 10% U.S.

Reading YRBS High School
2015 Results

Current Cigarette Use 2005 vs 2015

- Current use of cigarettes - Reading: 18% (2005) vs 10% (2015)
Lifetime Substance Use

Reading 2015

- Illegal Drug Injection: 4%
- Non-prescribed Steroids: 4%
- Meth: 4%
- Heroin: 5%
- Hallucinogens: 6%
- Cocaine: 7%
- Inhalants: 9%
- Non-prescribed Rx: 12%
- Cigarettes: 18%
- E-vapor products: 24%
- Marijuana: 30%
- Alcohol: 55%
Past 30-day Substance Use

Reading 2015

- Cocaine: 5%
- Smokeless tobacco: 7%
- Non-prescribed Rx: 10%
- Cigarette: 10%
- Cigar: 11%
- Binge Drinking: 22%
- Marijuana: 24%
- Alcohol: 38%
Subset Analysis: Polysubstance use

In 2015, amongst the high school sample…

• 301 students reported both recent alcohol & cigarette use

• 164 students reported recent marijuana use & smoking cigarettes

• 31 students reported ever using Rx drugs without a doctor’s order to get high & smoking cigarettes
The CDC has managed the Youth Risk Behavior Survey (YRBS) since 1990.

Sample drawn from both Coolidge & Parker Middle Schools.

The questionnaire, which included 90 questions, was administered during a single class period.

After removing invalid survey records, participation includes 265 6th grade, 282 7th grade, and 314 8th grade respondents, n=861.

Largest margin of error for the full middle school sample is less than 2.0 percentage points.
Middle School: Tobacco/Nicotine

- **Ever used cigarettes**: Yes 10%
  - About 86 students reported “ever” using cigarettes

- **Recent cigarette use**: Yes 5%
  - 10 year average 2005–2015
  - About 43 students reported “recent” use of cigarettes
Past 30-day Nicotine Use Amongst Middle School Students

<table>
<thead>
<tr>
<th>Cigar</th>
<th>Cigarette</th>
<th>Smokeless tobacco</th>
<th>E vapor</th>
</tr>
</thead>
<tbody>
<tr>
<td>3%</td>
<td>3%</td>
<td>3%</td>
<td>7%</td>
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## RCASA Support

<table>
<thead>
<tr>
<th>RCASA Assistance</th>
<th>Alcohol Use</th>
<th>Illegal Drug Use</th>
<th>Mental Health</th>
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</thead>
<tbody>
<tr>
<td>Developed, revised, or assisted in developing model policies, policy guidance, or other materials</td>
<td>2007-present</td>
<td>2007-present</td>
<td>2011-present</td>
</tr>
<tr>
<td>Coordinated projects or program improvement initiatives</td>
<td>2007-present</td>
<td>2007-present</td>
<td>2011-present</td>
</tr>
<tr>
<td>Provided technical assistance to support staff and initiate professional development</td>
<td>2007-present</td>
<td>2007-present</td>
<td>2014-present</td>
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Get in Touch

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