Youth Risk Behavior Survey

PART II.

YRBS
Reading
2017

RESULTS
April 9, 2018
School Committee
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Prepared by
Erica McNamara, MPH
RCASA Director
2017 YRBS Presentation Plan Overview

Part I. Presentation - July, 2017
- School Climate
- Behavioral Health
- Substance Misuse

Part II. Presentation - April, 2018
- Safety
- Violence & Bullying
- Health Behaviors
Data Partner Roles

Reading Public Schools: Funding, Oversight & Data Collection

Rothenbach Research & Consulting: Data Cleaning & Analysis

RCASA: Coordination, Materials Development, Comparisons, Data Targets & Presentations

2017 Reading Results by Rothenbach for Reading Public Schools. Presentation by Erica McNamara (RCASA). US & Mass data includes weighted results. Middlesex League results by JSI & Lahey Health for Arlington, Burlington, Melrose, Stoneham, Wakefield, Winchester, Woburn
Youth Risk Behavior Survey

- Started in 1990 by U.S. Centers for Disease Control
- Monitors health behaviors of students in grades 6-12
- Reading conducts the survey every 2 years.
- Comparison represent thousands of surveys
1991 = 26 states

2015 = 47 states

United States CDC

YRBS Data Pool

15,624 public/private high school students comprise the 2015 probability sample.

States Participation

Student response rate

School response rate

Actual response rate

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The 2017 Middlesex League YRBS was organized by JSI (John Snow Inc.) and funded by Lahey Health.

Reading participated in the planning process. Reading had already collected 2017 data using their own survey tool earlier in the year.

Middlesex League data for 7 districts was collected in May 2017---Arlington, Burlington, Melrose, Stoneham, Wakefield, Winchester & Woburn.

In 2019, Reading will participate in the league survey (if funding is provided) along with original 7 districts and Belmont, Lexington, Watertown, Wilmington.
Validity

Do students tell the truth?

“According to the CDC, research indicates data of this nature may be gathered as credibly from adolescents as from adults. Internal reliability checks help identify the small percentage of students who falsify their answers. To obtain truthful answers, students must perceive the survey as important and know procedures have been developed to protect their privacy and allow for anonymous participation.

[link to CDC website]

www.cdc.gov/healthyyouth/data/yrbs
Reliability

Do you test for reliability?

“Yes, the CDC Methodology of the Youth Risk Behavior Surveillance System studies include test-retest reliability studies on versions of the questionnaire; a study examining how varying honesty appeals, question wording, and data-editing protocols affect prevalence estimates; and a study examining how varying the mode and setting of survey administration affects prevalence estimates.

www.cdc.gov/healthyyouth/data/yrbs
Data Collection Preparation

Protocols were implemented for obtaining permission from parents for student participation. All surveys and answer sheets were anonymous.

Confidentiality
Wellness teachers that participated in the data collection process signed confidentiality forms.

Setting
Wellness teachers administered the survey in physical education classes.

Survey
With a total of 123 items, the survey was short enough to allow the survey to be completed in 1 class period.

Procedures
Students were told the survey is voluntary. Students could skip any question that they were not comfortable answering.

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2017 Data Pool 80%rr

Gr. 9-12 enrollment
2016-2017

Students surveyed & sent for analysis

80% of surveys included in Final Sample (response rate)

Surveys excluded during data cleaning

Enrolled 1265
Analyzed 1054
Included 1009
Excluded 45

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2017 Sample by Grade & Gender (n=1,009)

GRADE
(#) of students

- Grade 9: 274
- Grade 10: 264
- Grade 11: 201
- Grade 12: 270

GENDER
(#) of students

- Female: 526
- Male: 441
- Other response: 42

2017 Sample by Race (n=1,009)

- **84%** White
- **2%** African American
- **3%** Hispanic
- **5%** Asian or Pacific Islander
- **6%** Other or Multiple

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Middlesex League results by JSI & Lahey Health for Arlington, Burlington, Melrose, Stoneham, Wakefield, Winchester, Woburn
Texted or emailed while driving in past 30 days

- **2017 Reading**: 21%
- **2017 Middlesex League**: 33%
- **2015 US**: 42%
- **2015 Mass**: 39%

Rode with drinking driver in past 30 days

- **2017 Reading, 17%**
- **2017 Middlesex League, 14%**
- **2015 Mass, 18%**
- **2015 U.S., 20%**

Drove after drinking in past 30 days

2017 Reading, 6%

2015 U.S., 8%

2015 Mass, 9%

2017 Middlesex League, 6%

2017 Reading, 6%

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Were Electronically Bullied in past 12 mo

- **2017 Reading**: 17%
- **2015 Middlesex League**: 12%
- **2015 Mass**: 13%
- **2015 U.S.**: 16%

**Middlesex League YRBS wording**: “counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 mo before the survey”

**Reading YRBS wording**: “counting being bullied through texting, Instagram, Facebook, or other social media during the 12 mo before the survey”

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Bullied at school

During the past 12 months, how many times have you been bullied at school? (Being bullied includes being repeatedly teased, threatened, hit, kicked, or excluded by another student or group of students.)

- **2015**
  - U.S., 20%

- **2015**
  - Mass, 16%

- **2017**
  - Middlesex League, 12%

- **2017**
  - Reading, 16%

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Bullied at school (past 12 mo)

- 84% reported being bullied at school 0 times.
- 4% reported being bullied 1 time.
- 5% reported being bullied 2 or 3 times.
- 3% reported being bullied 4 - 7 times.
- 4% reported being bullied 8-12 times.

Local Declines in Types of Bullying

- Bullied at school (past 12 mo)
- Electronically bullied (past 12 mo)

2011: 27%, 23%
2013: 26%, 19%
2015: 24%, 19%
2017: 16%, 17%

Got into a physical fight in past 12 mo

- **U.S. 2015**: 8% (8%), 23% (23%)
- **Mass 2015**: 6% (6%), 19% (19%)
- **Middlesex League 2017**: 4% (4%), 15% (15%)
- **Reading 2017**: 6% (6%), 14% (14%)

- Got in a physical fight on school property
- Got into a physical fight in past 12 mo

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Weapon-carrying on a least 1 day in the past month (general)

2017 Reading, 4%

2017 Middlesex League, 8%

2015 Mass, 13%

2015 U.S. , 16%

M. League YRBS wording” During the past 30 days, on how many days, did you carry a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey?”

Reading YRBS wording “During the past 30 days, on how many days did you carry a weapon, such as a gun, knife, or club? (Do not count weapons carried when camping or fishing)”

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Gun-carrying in the past month (general)

During the past 30 days, on how many days did you carry a gun?

Threats vs Weapon-carrying

During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

- Threatened/Injured with weapon at school in past 12 mo:
  - U.S.: 6%
  - Mass: 4%
  - Middlesex League: 4%
  - Reading: 4%

- Carried a weapon at school in past mo:
  - U.S.: 4%
  - Mass: 3%
  - Middlesex League: 2%
  - Reading: 4%

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Dating Violence & Sexual Assault

Of those that reported dating...

2017

- Dating, no violence: 57%
- Not dating: 43%

2017

- Yes, I was hurt physically: 2%
- Yes, I was hurt both physically and sexually: 2%

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Dating Violence & Sexual Assault

Among high school students who have been on a date, nearly one out of four (24%) have ever had their activities monitored by someone they were dating.

- Ever experienced violence in a dating relationship
- Ever physically forced to have sexual intercourse

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Ever sent or received sexual messages or nude or semi-nude pictures or videos electronically

This slide does not include data from Reading YRBS

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Arlington</td>
<td>38%</td>
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<tr>
<td>Burlington</td>
<td>44%</td>
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<tr>
<td>Melrose</td>
<td>48%</td>
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<td>Stoneham</td>
<td>44%</td>
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<tr>
<td>Wakefield</td>
<td>44%</td>
</tr>
<tr>
<td>Winchester</td>
<td>37%</td>
</tr>
<tr>
<td>Woburn</td>
<td>45%</td>
</tr>
<tr>
<td>Middlesex League</td>
<td>43%</td>
</tr>
</tbody>
</table>

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Did not go to school because they felt unsafe on their way to or from school in past 30 days

- 2017 Reading, 6%
- 2015 U.S., 6%
- 2015 Mass, 5%
- 2017 Middlesex League, 4%

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Did not go to school because they felt unsafe on their way to or from school in past 30 days

<table>
<thead>
<tr>
<th></th>
<th>Reading</th>
<th>MA</th>
<th>U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>4%</td>
<td>5%</td>
<td>6%</td>
</tr>
<tr>
<td>2013</td>
<td>7%</td>
<td>6%</td>
<td>7%</td>
</tr>
<tr>
<td>2015</td>
<td>6%</td>
<td>5%</td>
<td>6%</td>
</tr>
</tbody>
</table>

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Ever had sexual intercourse (high school)

- U.S., 41%
- Mass, 36%
- Middlesex League, 28%
- Reading, 24%

In 2017, 2/3 of students that reported being sexually active used a condom at last intercourse.
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)

- U.S., 20%
- Mass, 22%
- Middlesex League, 21%
- Reading, 24%

Were not physically active at least 60 min. per day during the week

U.S., 14%

Mass, 15%

Middlesex League, 11%

Reading, 14%

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Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

- Reading, 16%
- Middlesex League, 14%
- Mass, 14%

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Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)

- U.S., 42%
- Mass, 43%
- Middlesex League, 46%
- Reading, 48%

Described themselves as slightly or very overweight

- U.S., 32%
- Mass, 32%
- Middlesex League, 27%
- Reading, 24%

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Unhealthy diet behaviors

- **Fasted for 24hrs or more at least 1x in past mo**
  - Reading: 9%
  - Mass: 10%

- **Took diet pills/powders without a dr.'s advice in past mo**
  - Reading: 5%
  - Mass: 3%

- **Purged in past mo to lose or control weight**
  - Reading: 5%
  - Mass: 4%

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Health Education

Have you ever been taught about HIV/AIDS prevention in high school?

- 84%

Have you ever been taught about alcohol and drug prevention in high school?

- 88%

Have you ever been taught about alcohol and drug prevention in high school?

- 88%

Have you ever been taught about bullying prevention in high school?

- 77%

In high school, have you been taught how to choose foods that will keep you healthy and how to eat a balanced, nutritious diet?

- 78%

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Middle School Data Collection

- All teachers signed confidentiality forms.
- The survey was administered in physical education classes.
- Teacher received an appropriate number of surveys.
- Questionnaire easily completed in 1 class period (91 qu).
- Students participation is voluntary.
- Students could skip any question.
- Appropriate procedures for obtaining parent permission followed.
Middle School Data Pool

Gr. 6-8 enrollment 2016-2017

Students surveyed & sent for analysis

81% of Surveys included in Final Sample (response rate)

Surveys excluded during data cleaning

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Middle School Survey Sample n=837

GRADE

Grade 6: 32%
Grade 7: 31%
Grade 8: 37%

GENDER

Female: 52%
Male: 47%
Other response: 1%
Middle School Survey Sample n=837

- White: 84%
- African American: 8%
- Hispanic: 4%
- Asian or Pacific Islander: 2%
- Other or Multiple: 3%

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Bike & Auto Safety

- Never or rarely wore a helmet when riding a bike: 23% (Reading) vs 38% (Middlesex League)
- Never or rarely wore a seatbelt when riding in a car: 1% (Reading) vs 3% (Middlesex League)
- Rode in a car driven by someone who had been drinking alcohol: 16% (Reading) vs 16% (Middlesex League)

Bullying & Fighting

<table>
<thead>
<tr>
<th></th>
<th>Reading</th>
<th>Middlesex League</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-bullied</td>
<td>16%</td>
<td>20%</td>
</tr>
<tr>
<td>Bullied on school</td>
<td>31%</td>
<td>30%</td>
</tr>
<tr>
<td>property</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Been in a physical</td>
<td>30%</td>
<td>31%</td>
</tr>
<tr>
<td>fight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carried a weapon</td>
<td>14%</td>
<td>18%</td>
</tr>
</tbody>
</table>

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Areas to watch for Middle School

In Massachusetts, sixteen percent (16%) of middle school students who have been on a date reported ever having had their activities monitored by someone they were dating. This is a question that may be on future surveys.
Ever had sexual intercourse (middle school)

**READING**
- 4% Yes
- 96% No

**MIDDLESEX LEAGUE**
- 4% Yes
- 96% No

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Had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)

Middlesex League, 37%

Reading, 36%

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Described themselves as slightly or very overweight

- Middlesex League, 26%
- Reading, 20%

Unhealthy diet behaviors

- Fasted in past 30 days: Reading 9%, Mass 10%
- Took diet pills in past 30 days: Reading 5%, Mass 3%
- Purged in past 30 days to lose or control weight: Reading 5%, Mass 4%
Health Education

Have you ever been taught about HIV/AIDS prevention in high school?

17%

Have you ever been taught about alcohol and drug prevention in high school?

58%

Have you ever been taught about bullying prevention in high school?

82%

Majority of Middle School Students Exhibited Healthy Behaviors

- Chose a safe ride: 84%
- Always wore a seatbelt: 81%
- Healthy dietary behaviors: 93%
- Physically active: 93%

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Majority of High School Students Exhibited Healthy Behaviors

- Chose a safe ride: 83%
- Safe driver (no substances): 94%
- Safe driver (no texting): 79%
- No weapon carrying: 96%
- No threatening behaviors: 96%
- Healthy dietary behaviors: 91%
- Physically active: 86%

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Health-related Projects

Screening

No
Healthcare professional reinforces positive behavior

Yes
Healthcare professional asks further questions to assess level of use

Brief Intervention

High-risk use

Severe use

Referral to Treatment

PRIDE Surveys

Screening, Brief Intervention and Referral to Treatment

School SBIRT

GAME CHANGE - THE PATRIOTS ANTI-VIOLENCE PARTNERSHIP

53
Recent school prevention events

- **Vaping Prevention** presentations for parents were hosted at the middle school, high school and Austin Prep.
- **Alex's Story** was featured at Reading Memorial High School. Students in 11th and 12th grade had the opportunity to view a unique presentation from Plymouth State University's TIGER Program on the issue of opioid awareness. Students learned about the impact of substance abuse and had the opportunity to ask questions.

https://www.reading.k12.ma.us/community/rcasa/
May 9, 2018
Film Screening * 7 pm
Coolidge Middle School
Coordinated by Jen White, Health Educator