

# Conducting a Local Youth Risk Behavior Survey and Using the Data

Garrett County Health Department  
*"Working Together for a Healthier Tomorrow"*



# What is the YRBS?

**The Youth Risk Behavior Survey (YRBS) was developed by the Centers for Disease Control and Prevention (CDC) as part of the national Youth Risk Behavior Surveillance System (YRBSS). The YRBSS was designed to:**

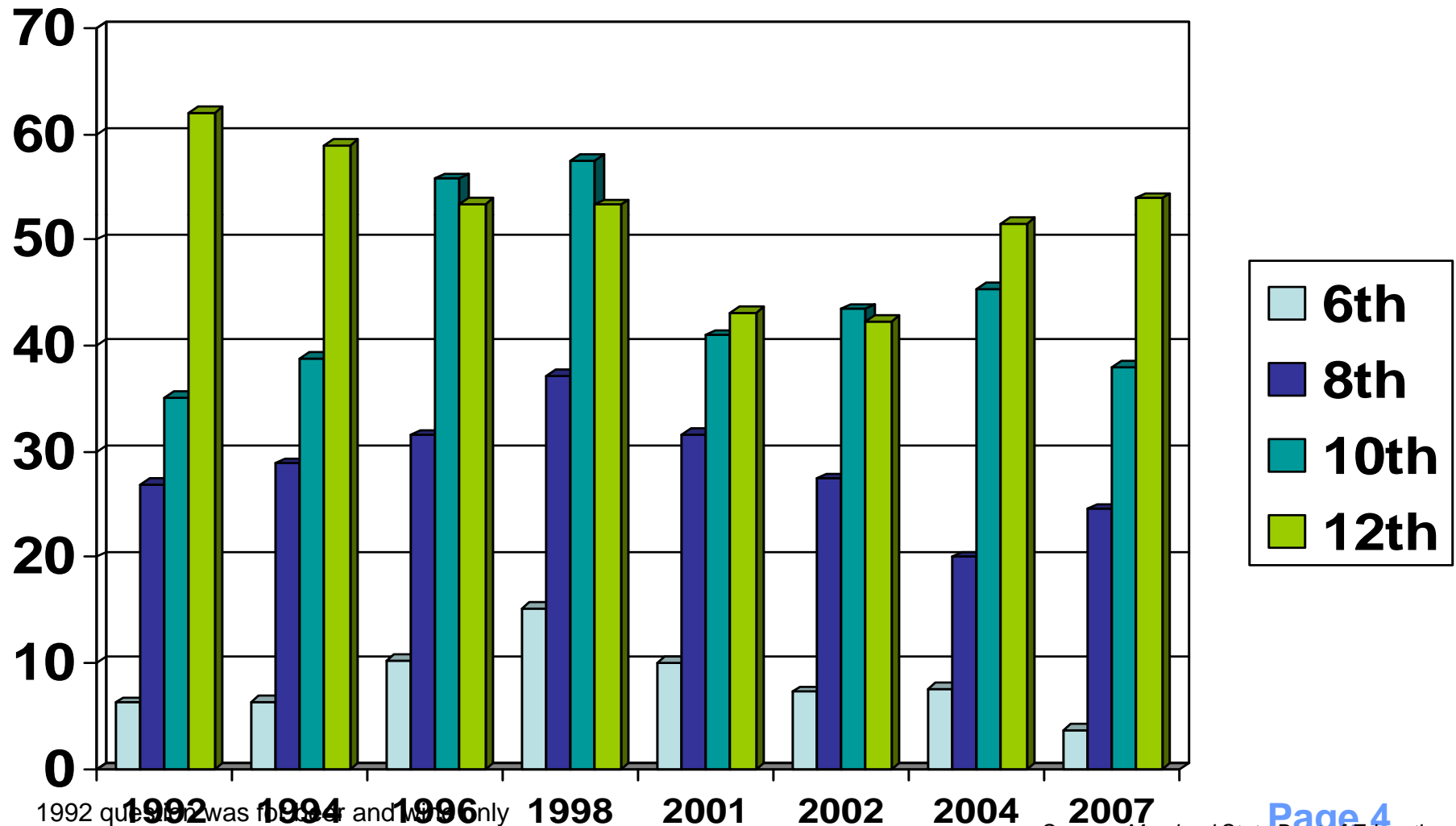
1. Determine the prevalence of health risk behaviors
2. Assess whether health risk behaviors increase, decrease, or stay the same over time
3. Examine the co-occurrence of health risk behaviors
4. Provide comparable national, state, territorial, tribal, and local data
5. Provide comparable data among subpopulations of youth
6. Monitor progress toward achieving the Healthy People 2010 objectives and other program indicators

# Why is a local YRBS important

- Since the early 90s MSDE administered their own survey at the jurisdictional level the Maryland Adolescent Survey (MAS) to monitor certain health risk behaviors – Primarily drug and alcohol use.
- But, 2007 was the last year for the MAS, which contained jurisdictional-level data for grades 6, 8, 10 and 12.
- The Maryland Youth Risk Behavior Surveys (YRBS) administered in 2005, 2007 and 2009 do not report out on jurisdictional-level data. *(1,644 MD students were surveyed in 2009.)*

# Sample MAS Data

Percent of students who used any form of alcohol in the last 30 days



# Rationale to administer local survey

- The **Garrett County Drug Free Communities Coalition** (DFCC) is the recipient of a 5-year Federal grant designed to implement county-wide strategies to address youth substance abuse in Garrett County, MD.
- Data for **FOUR CORE MEASURES** of youth substance abuse is **REQUIRED** for continued funding.
- Since MSDE is no longer administering a survey we needed data to fulfill grant obligations and more importantly to evaluate our programs
- The YRBSS is supported by CDC.
  - There is National and State comparison data.
  - CDC provides TA on administering your own local survey

# Local Administration of the YRBS

Acting on behalf of the Drug Free Communities Coalition, the Garrett County Health Department facilitated the administration of the YRBS to all Middle and High School youth in Garrett County in March 2010 and will re-administer in March 2012

The purpose of the YRBS is to monitor the following health-risk behaviors among youth:

1. Unintentional injuries and violence;
2. Tobacco use;
3. Alcohol and other drug use;
4. *Sexual behaviors that contribute to unintended pregnancies and sexually transmitted diseases;*
5. *Unhealthy dietary behaviors; and*
6. *Physical inactivity.*

# Examples of the data

# Unintentional Injuries

2010 YRBS

Garrett County

- Among the 65.6% of youth who had ridden a bicycle during the 12 months before the survey, **78.7%** had rarely or never worn a bicycle helmet. (Q#8)
  - *US 2009: 84.7%*
  - *MD 2009: 83.8%*
  
- **14.8%** of youth had driven a car or other vehicle one or more times when they had been drinking alcohol during the past 30 days. (Q#11)
  - *US 2009: 9.7%*
  - *MD 2009: 8.7%*

# Violence

## 2010 High School YRBS

Garrett County

- **21.0%** of youth had been bullied on school property during the past 12 months. (Q#18)
  - *US 2009: 19.9%*
  - *MD 2009: 20.9%*
  
- **7.2%** of youth did not go to school because they felt they would be unsafe at school or on their way to or from school on at least 1 day during the past 30 days. (Q#12)

*Difference by gender: 5.2% females vs. 9.2% males*

  - *US 2009: 5.0%*
  - *MD 2009: 7.1%*

# Stress, Depression and Suicide

## 2010 High School YRBS

## Garrett County

- **12.5%** of youth had *seriously* considered attempting suicide during the past 12 months (Q#22)
  - *US 2009: 13.8%*
  - *MD 2009: 14.5%*
  
- **6.2%** of youth (*29 females and 32 males*) had attempted suicide one or more times during the 12 months before the survey. (Q#24)
  - *US 2009: 6.3%*
  - *MD 2009: 10.4%*
  
- **3.1%** of the youth attempted suicide one or more times in the past 12 months and had to be treated by a doctor or nurse for an injury, poisoning or overdose. (Q#25)
  - *US 2009: 1.9%*
  - *MD 2009: 3.5%*

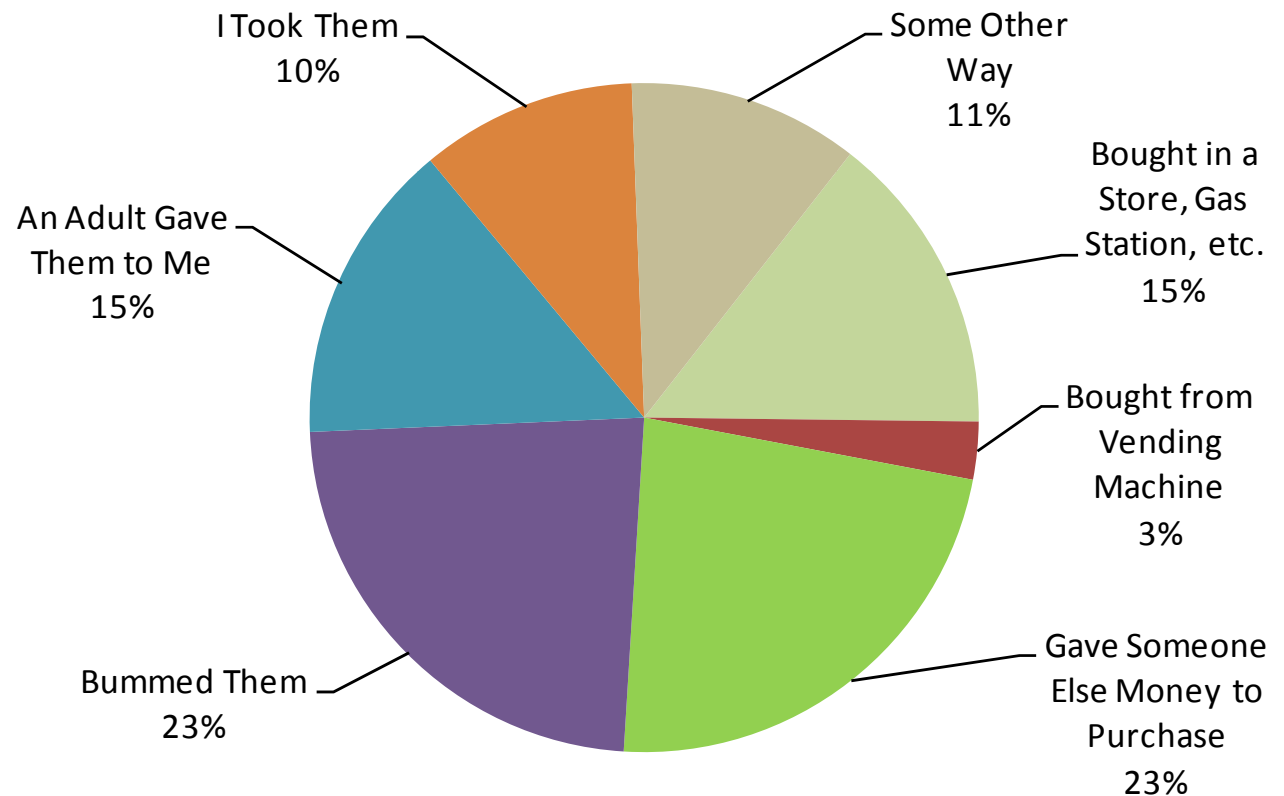
# Cigarette Use

Garrett County

Q#30:  
During the  
past 30 days  
how did you  
**usually** get  
your own  
cigarettes?  
(Select only  
**one**  
response.)

## How High School Youth Obtained Cigarettes

Garrett County 2010 YRBS, Youth Smoking N=287



# Other Tobacco Use

## 2010 High School YRBS

Garrett County

- **19.6%** of youth had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the past 30 days. (Q#33)
  - *US 2009: 8.9%*
  - *MD 2009: 5.4%*

*Difference by gender: 7.7% females vs. 31.5% males*

Smokeless Tobacco - Past 30-Day Use				
	9th Grade	10th Grade	11th Grade	12th Grade
Female	12.7%	7.4%	3.5%	7.4%
Male	27.6%	35.1%	28.9%	38.5%

# Alcohol Use

## DFCC CORE MEASURES

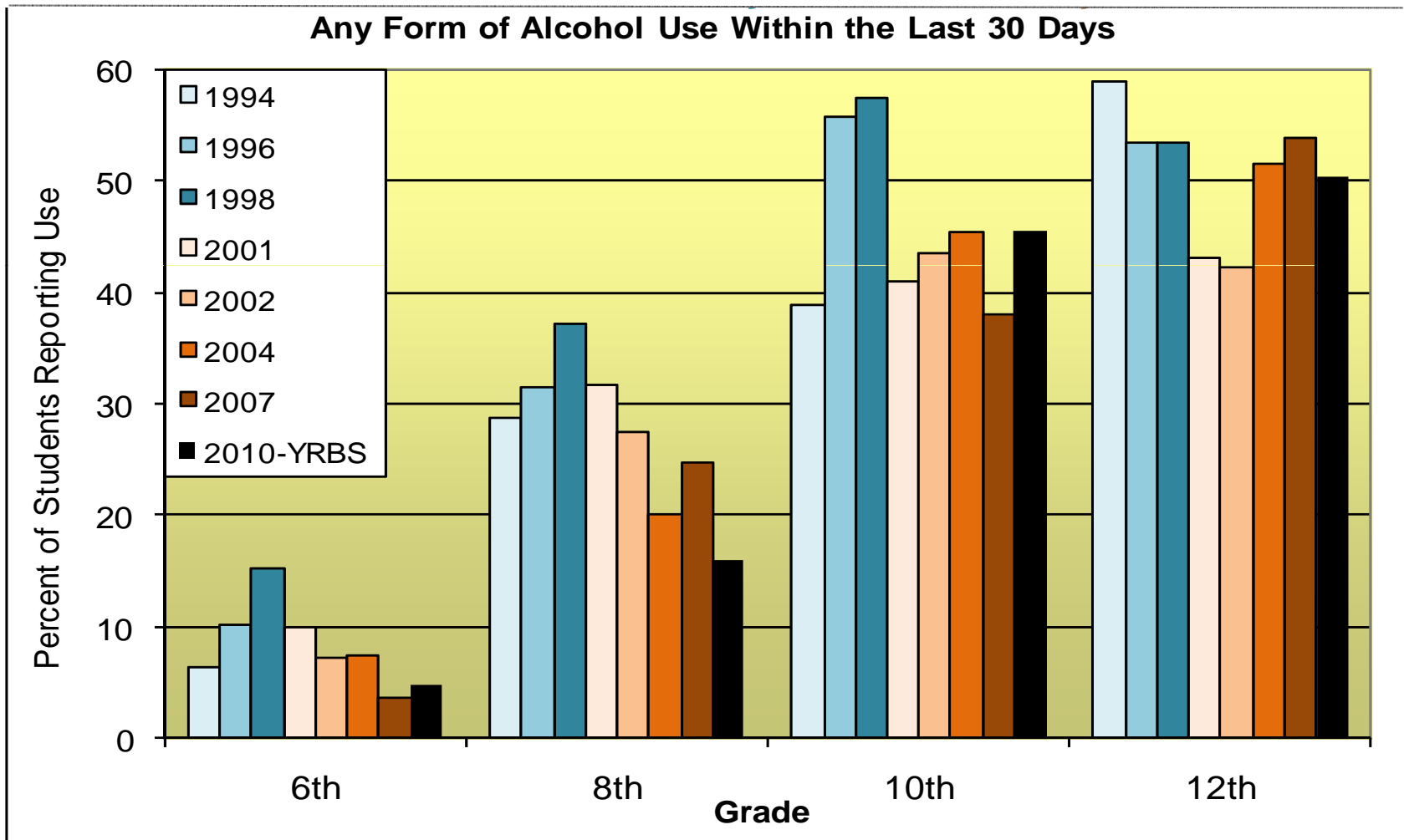
Garrett County

MEASURE	8 <sup>th</sup> Grade			10 <sup>th</sup> Grade			12 <sup>th</sup> Grade		
	2004 MAS	2007 MAS	2010 YRBS	2004 MAS	2007 MAS	2010 YRBS	2004 MAS	2007 MAS	2010 YRBS
<b>Past 30-Day Use (%)</b>	20.0	24.5	15.9	45.4	38.0	45.6	51.5	53.9	50.3
<b>Average Age of Onset (yrs.)</b>	11.8	11.9	11.1	12.9	13.0	12.0	14.1	14.4	12.9
<b>Perception of Risk (%)</b>	65.4	60.0	58.0	47.4	43.6	39.8	47.6	44.4	37.2
<b>Perception of Parental Disapproval (%)</b>	88.0	80.3	84.2	70.1	74.4	73.2	66.6	69.9	64.8

# Alcohol Use

## TRENDS

Garrett County



# Marijuana Use

## 2010 High School YRBS

Garrett County

- **35.9%** of youth had used marijuana one or more times during their life. (Q#42)
  - *US 2009: 36.8%*
  - *MD 2009: 35.9%*
  
- **22.2%** of youth had used marijuana one or more times during the past 30 days. (Q#44)
  - *US 2009: 20.8%*
  - *MD 2009: 21.9%*

# Marijuana v. Cigarette

## DFCC CORE MEASURES

Garrett County

	8 <sup>th</sup> Grade			10 <sup>th</sup> Grade			12 <sup>th</sup> Grade		
	2004 MAS	2007 MAS	2010 YRBS	2004 MAS	2007 MAS	2010 YRBS	2004 MAS	2007 MAS	2010 YRBS
<b>Perception of Risk (%) Mar.</b>	91.7	92.8	86.7	78.0	77.3	54.8	72.6	74.3	52.3
<b>Perception of Parental Disapproval (%)</b>	98.7	97.2	94.7	92.6	97.1	87.5	92.0	95.8	89.5
<b>Perception of Risk (%) Cig.</b>	82.4	78.1	89.1	65.8	69.0	71.4	66.0	62.0	68.0
<b>Perception of Parental Disapproval (%)</b>	98.5	93.4	93.6	86.3	93.0	82.7	82.7	86.6	88.2

# Prescription Drug Use

## 2010 High School YRBS

Garrett County

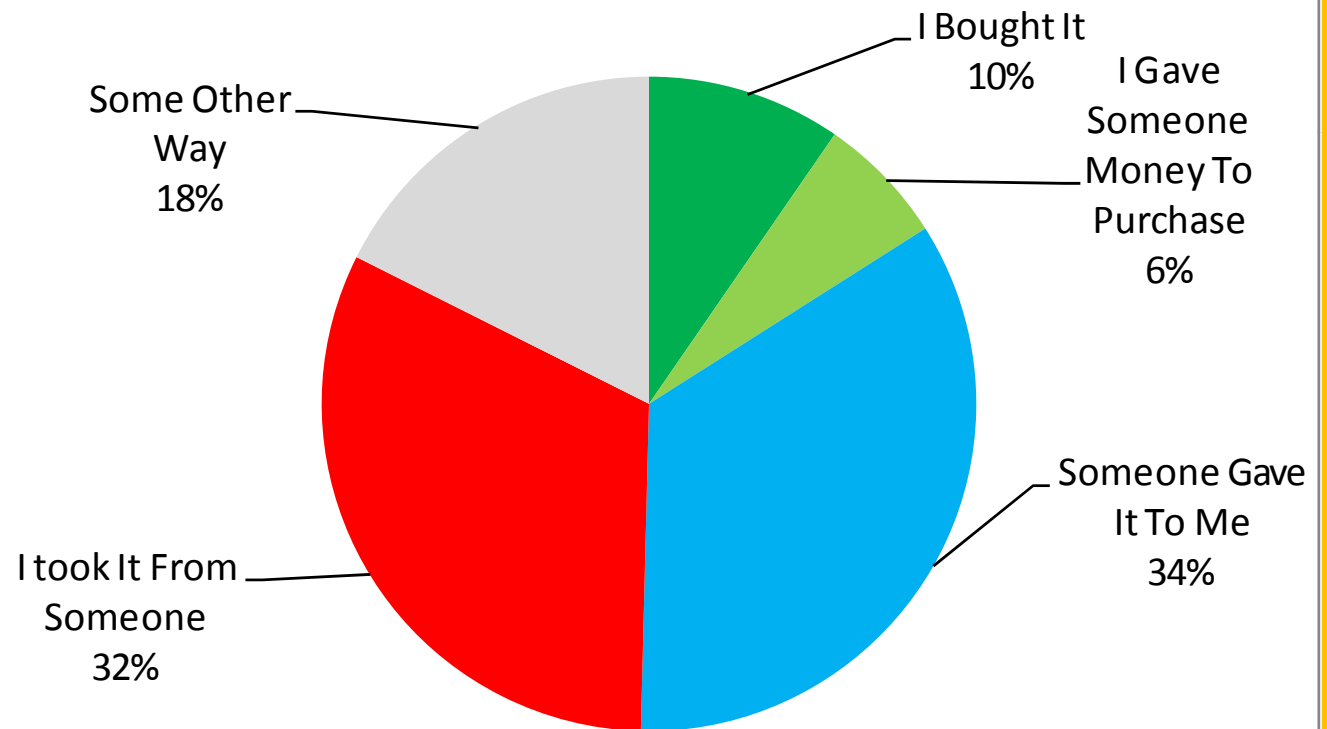
- **25.4%** of youth had taken a prescription drug that was not prescribed to them during their life. (Q#46)
- **13.6%** of youth used a prescription drug to get high or alter their mood at least one time during the past 30 days. (Q#48)
- **6.9%** of youth used a prescription drug to get high or alter their mood one or more times on school property during the past 30 days. (Q#51)

# Prescription Drug Use

Garrett County

Q#50:  
During the  
past 30  
days how  
did you  
**usually**  
get the  
prescription  
drug that  
you used to  
get high or  
alter your  
mood?

**How HS Youth Obtained Prescription Drugs**  
Garrett County 2010 YRBS,  
Youth Using Rx Drugs to "alter their mood," N=125



# Dietary Behaviors

## 2010 High School YRBS

Garrett County

- **30.5%** of youth did not eat a green salad in the past 7 days.(Q#82)
  - *US 2009: 36.6%*
  - *MD 2009: 38.2*
  
- **32.6%** of youth drank a soda or pop at least one time per day (not including diet soda or pop) in the past 7 days. (Q86)
  - *US 2009: 29.2%*
  - *MD 2009: 21.3%*
  
- **14.2%** of youth were identified as obese ( $\geq 95^{\text{th}}$  percentile for BMI based on reference data).
  - *US 2009: 12%*
  - *MD 2009: 12.2%*

# Physical Activity

## 2010 High School YRBS

Garrett County

- **50%** of youth reported they were **physically active at least 60 minutes less than five days per week.** (Q#88)
  - *US 2009: 63%*
  - *MD 2009: 61.2%*
  
- **17%** of youth reported they were **not physically active at least 60 minutes any day** in the past week.(Q#88)
  - *US 2009: 23.1%*
  - *MD 2009: 18.5%*

# Sexual Activity

2010 High School YRBS

Garrett County

➤ Data redacted on handout

# 2010 Garrett YRBS - Methodology

- A committee consisting of members of the GCHD, the Local Management Board and the BOE reviewed the Middle and High School versions of the YRBS and customized the local surveys.
- Letters were sent home to parents explaining the survey and giving parents the choice to “opt out” their child from survey administration.
- Health Department employees facilitated the administration of the YRBS at the middle and high schools in March 2010.
- The LMB DFCC evaluation contract was extended to include YRBS data analysis and preparation of reports.

# How did we make this happen?

- ✓ Long history of working with the BOE.
  - ✓ Immunization clinics
  - ✓ Behavioral Health provided in school
  - ✓ Infants and Toddlers Program
  - ✓ School health collaboration
  - ✓ The “mercury incident”
  - ✓ Etc.
  
- ✓ Trust among the stakeholders
  - ✓ Asked for permission
  - ✓ Recognized that we were the guest of the schools
  - ✓ Totally open process (involved school administrators)
  
- ✓ Agreed to control media and public access to information
  - ✓ BOE was allowed to see the data first then give permission to release the data to other groups

# How did we make this happen?

- ✓ Used the YRBS as a template
  - ✓ Different middle school & high school surveys
  - ✓ Used their exact wording on over 95% of the questions
  - ✓ Designed our own questions based on CDC recommendations
  - ✓ Deleted questions not relevant or too sensitive to ask
- ✓ BOE allowed access to participants but HD provided staff and funding
  - ✓ Facilitated “opt-out” vs. “opt-in”

# 2010 Garrett YRBS – Data Cleaning

## HIGH SCHOOL YRBS

- A total of **20** surveys were eliminated entirely from the survey responses database for the following reasons:
  - ✓ **17** surveys consistently exhibited inconsistent responses on TWO or more sets of questions.  
Example of inconsistency: Student stated they had “never smoked cigarettes” – but then on the next set of questions stated they “smoke more than 20 cigarettes a day.”
  - ✓ **1** student answered “A” for every question
  - ✓ **1** survey was entirely blank
  - ✓ **1** survey had < 20 responses – rest were blank
- Surveys that were inconsistent for ONE set of questions were included – but were skipped for that ONE section.
- A total of **1946** Garrett County surveys (grades 6-12) were used for the 2010 YRBS data analysis.

# Lessons Learned

- Start slow to go fast!
- Cooperate with BOE (Example: We would rather survey the students after MSAs than not be allowed to survey because we insist that the survey be done at the same time as the National YRBS is completed.)
- Prof-read everything!
- Proof-read again... and again... and again!
- Consolidate the questions and answers onto one document