

Health Behaviors Among Hawai'i Teens

Findings from the 2013 Youth Risk Behavior Survey

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Agenda

- * Overview of survey administration
- * Selected findings from 2013
- * Where to find more information
- * Plans for 2015 survey
- * How you can help improve survey response rates



Hawai'i 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
- Coordinated between
 - Department of Education
 - Department of Health
 - University of Hawai'i
 - Centers for Disease Control and Prevention (CDC)
- Funded by the Tobacco Settlement Special Funds and the CDC



YRBS 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
- Overweight/Obesity
- Asthma
- State-added questions (e.g., oral health)



Overview of Survey Administration

- Conducted in spring on odd-numbered years since 1993–high school and 1997–middle school
- Hawai'i students in traditional public schools in grades 6–12 are eligible to participate
 - Two-stage complex sample design
 - County-level data collected in 2011 and 2013
- Age-appropriate, anonymous, self-administered surveys completed in one class period
 - High school grades 9–12
 - Middle school grades 6–8



Overview of Survey Administration

- Provided adequate participation is achieved, the data are weighted to represent all public school students in Hawai'i
- Participation is determined by % of selected schools that participate multiplied by % of students in selected classrooms who participate
 - Threshold is 60% overall participation
- Hawai'i is an active parental consent state
 - School participation is high, but
 - Student participation remains a challenge
 - Burden on schools/teachers to collect forms for students



2013 YRBS Participation

- 5,036 middle school (MS) students from 38 schools
 - 66% overall participation rate
- 4,631 high school (HS) students from 34 schools
 - 60% overall participation rate
- Data were weighted by the CDC to represent all public middle school and public high school students, state and county



Selected YRBS Results

Hawai'i Middle and High School Students

Unintentional Injuries and Violence

Statistically significant decreases from 2009–2013

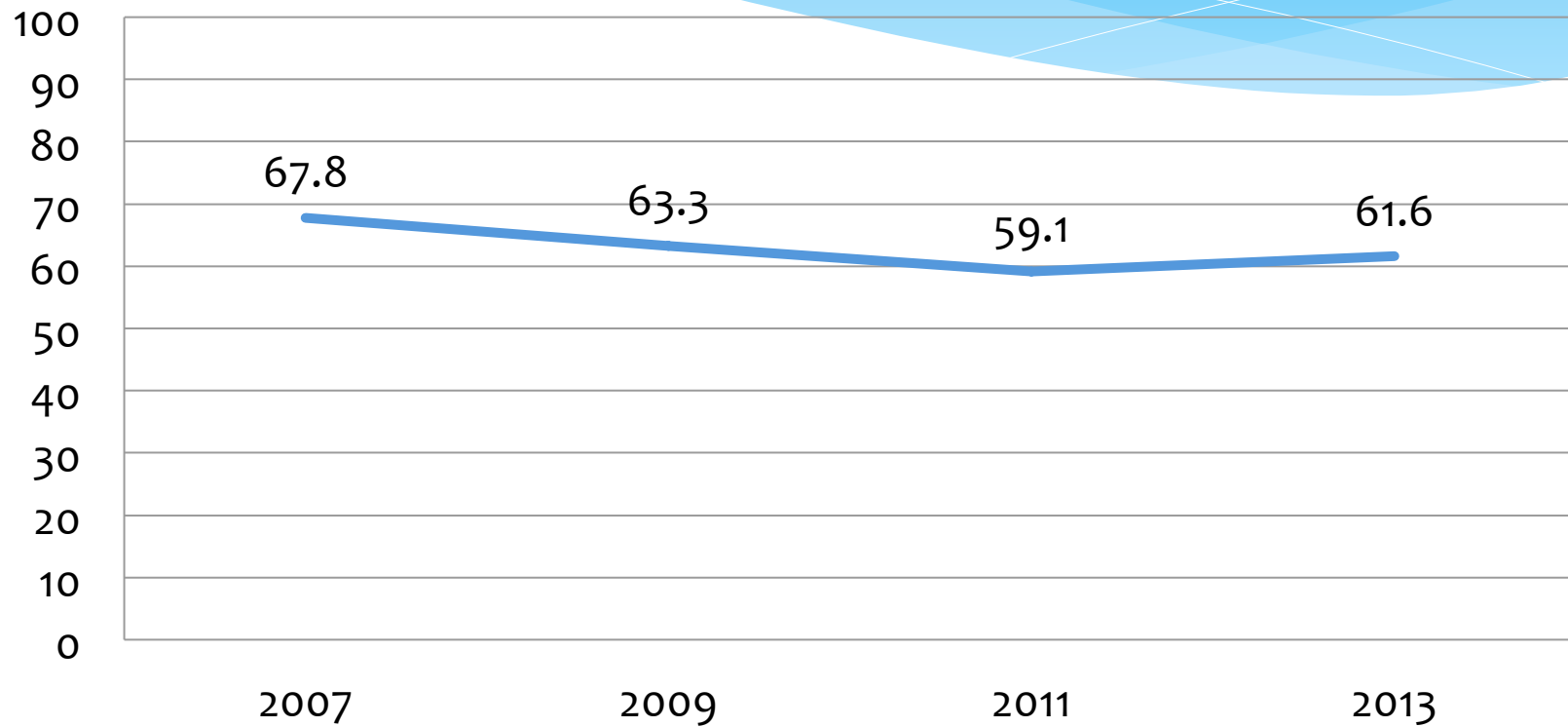
- Carried a weapon (such as a gun, knife, or club) in the past 30 days
 - 15.9% in 2009, 13.9% in 2011, and 10.5% in 2013 (HS)
- In a physical fight in the past 12 months
 - 29.5% in 2009, 22.3% in 2011, and 16.7% in 2013 (HS)

New survey items

- Bullied on school property
 - In the past 12 months: 20.3% in 2011 and 18.7% in 2013 (HS)
 - Ever: 40.7% in 2011 and 44.6% in 2013 (MS)
- Bullied electronically
 - In the past 12 months: 14.9% in 2011 and 15.6% in 2013 (HS)
 - Ever: 23.7% in both 2011 and 2013 (MS)



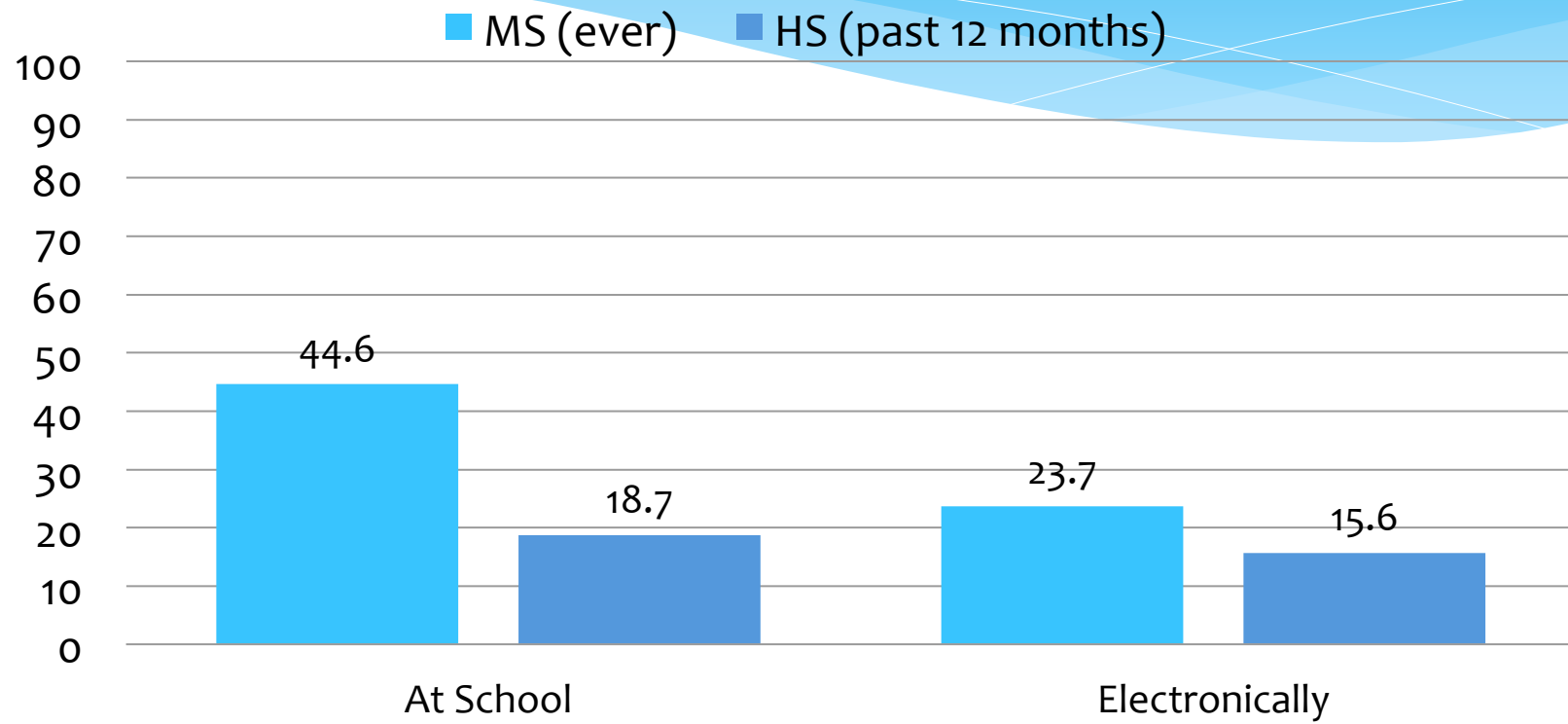
Think Bullying is a Problem at Their School (MS)



Source: HHDW: YRBS 2013



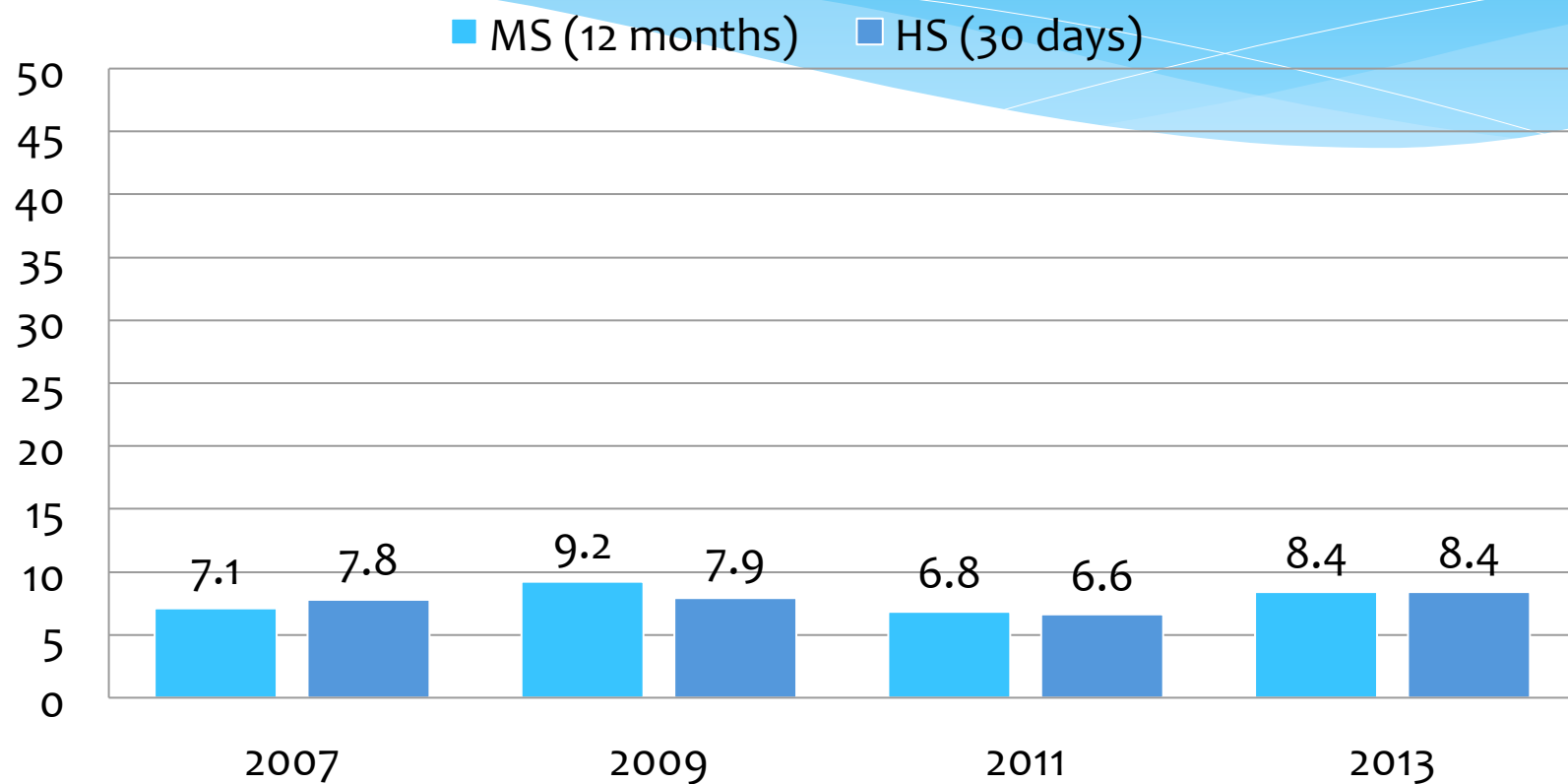
Experienced Bullying



Source: HHDW: YRBS 2013



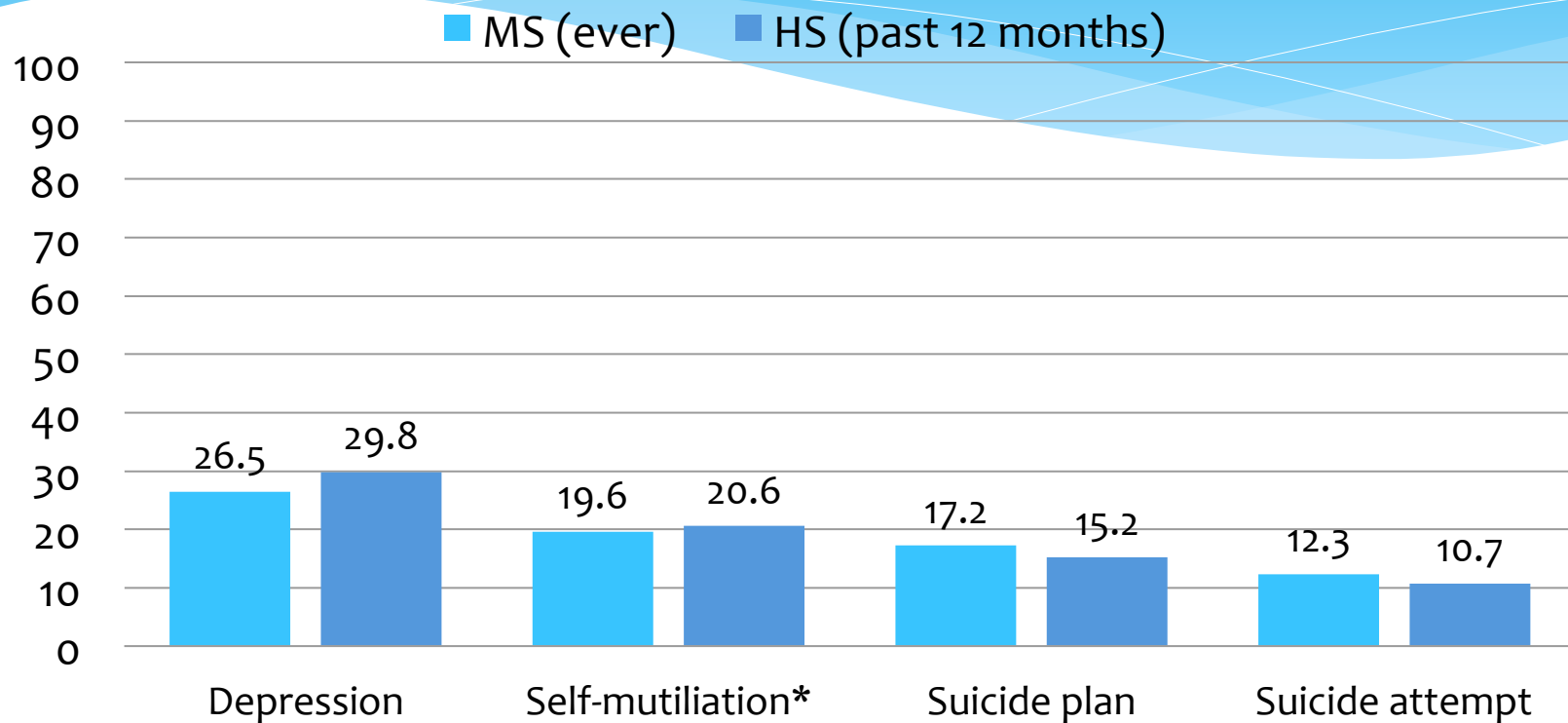
Skipped School Because of Safety Concerns



Source: HHDW: YRBS 2007-2013



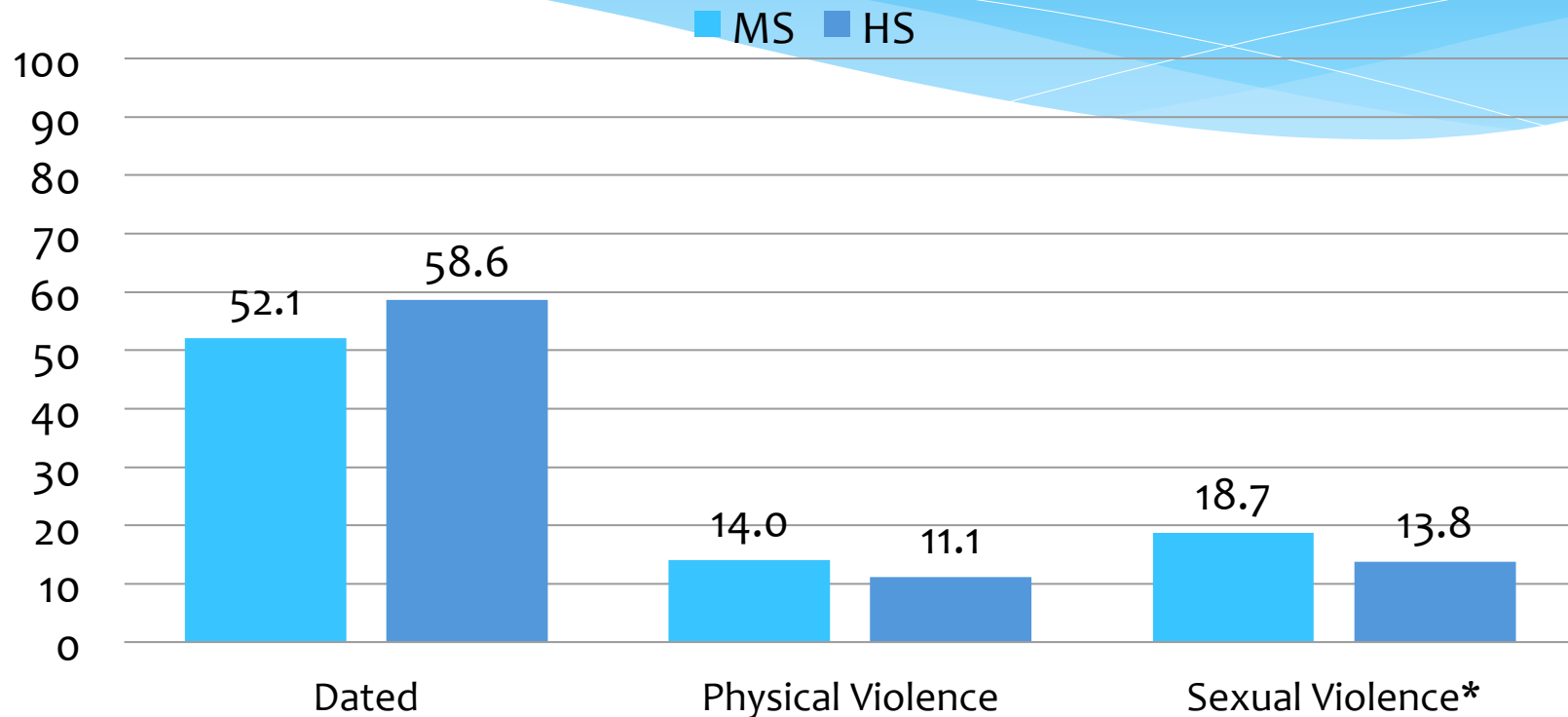
Depression & Suicide



*Hurt themselves (cutting or burning) on purpose without wanting to die.



Dating Violence



*Been kissed, touched or physically forced to have sexual intercourse by someone they were dating or going out with in the past 12 months



Unintentional Injuries and Violence

Compared to high school students nationally, Hawai'i students were

More likely to

- Experience sexual dating violence (12 mo)
 - 13.8% vs. 10.4%
- Attempt suicide (12 mo)
 - 10.7% vs. 8.0%

Less likely to

- Carry a weapon (30 days)
 - 10.5 vs. 17.9%
- Be in a physical fight (12 mo)
 - 16.7% vs. 24.7%
- Be injured in a physical fight (12 mo)
 - 2.2% vs. 3.1%



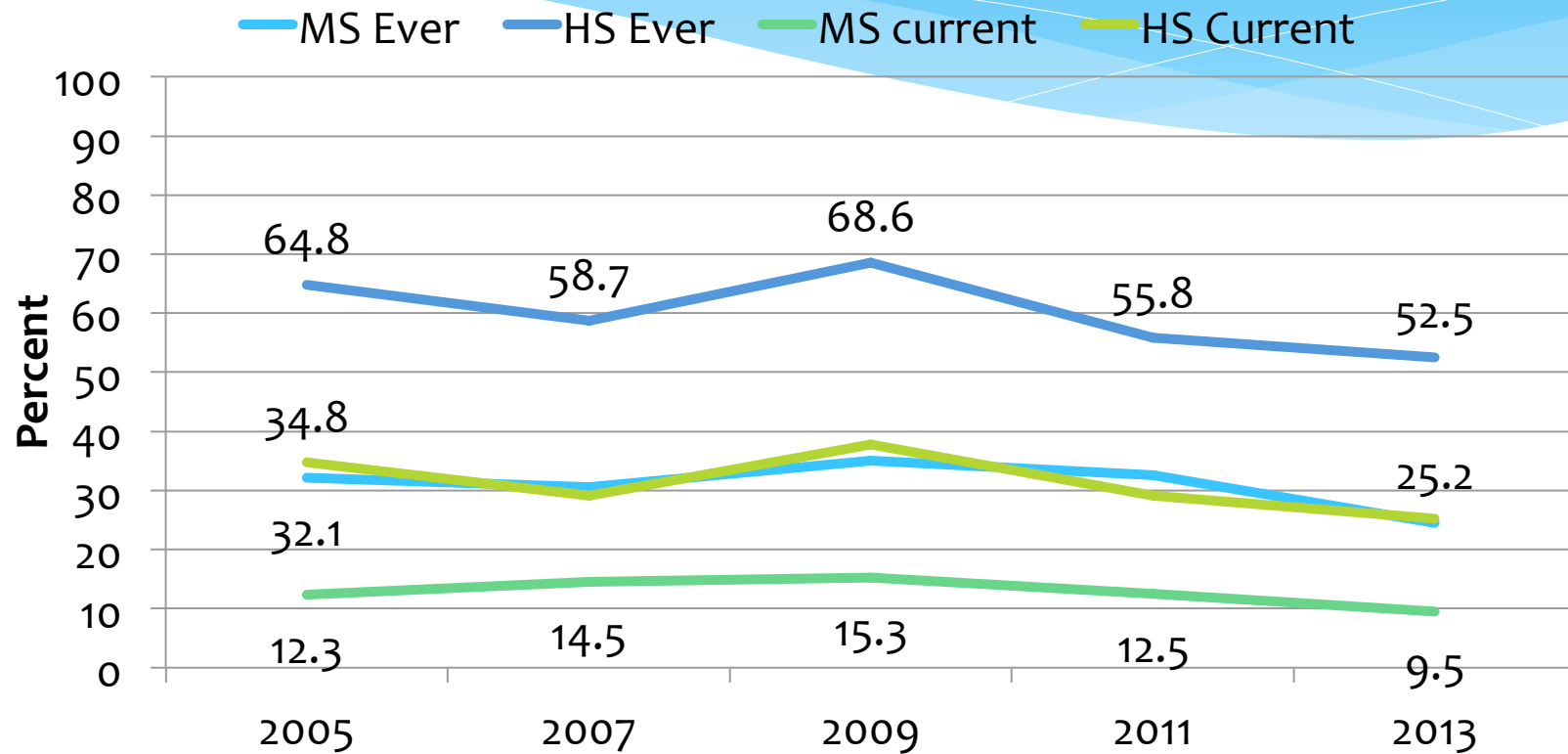
Cigarette Smoking

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 (HS)
 - 8.2% in 2009, 7.2% in 2011, and 5.2% in 2013 (MS)
- Hawai'i high school students were less likely to be current smokers than students nationally
 - 10.4% vs. 15.7% (HS)



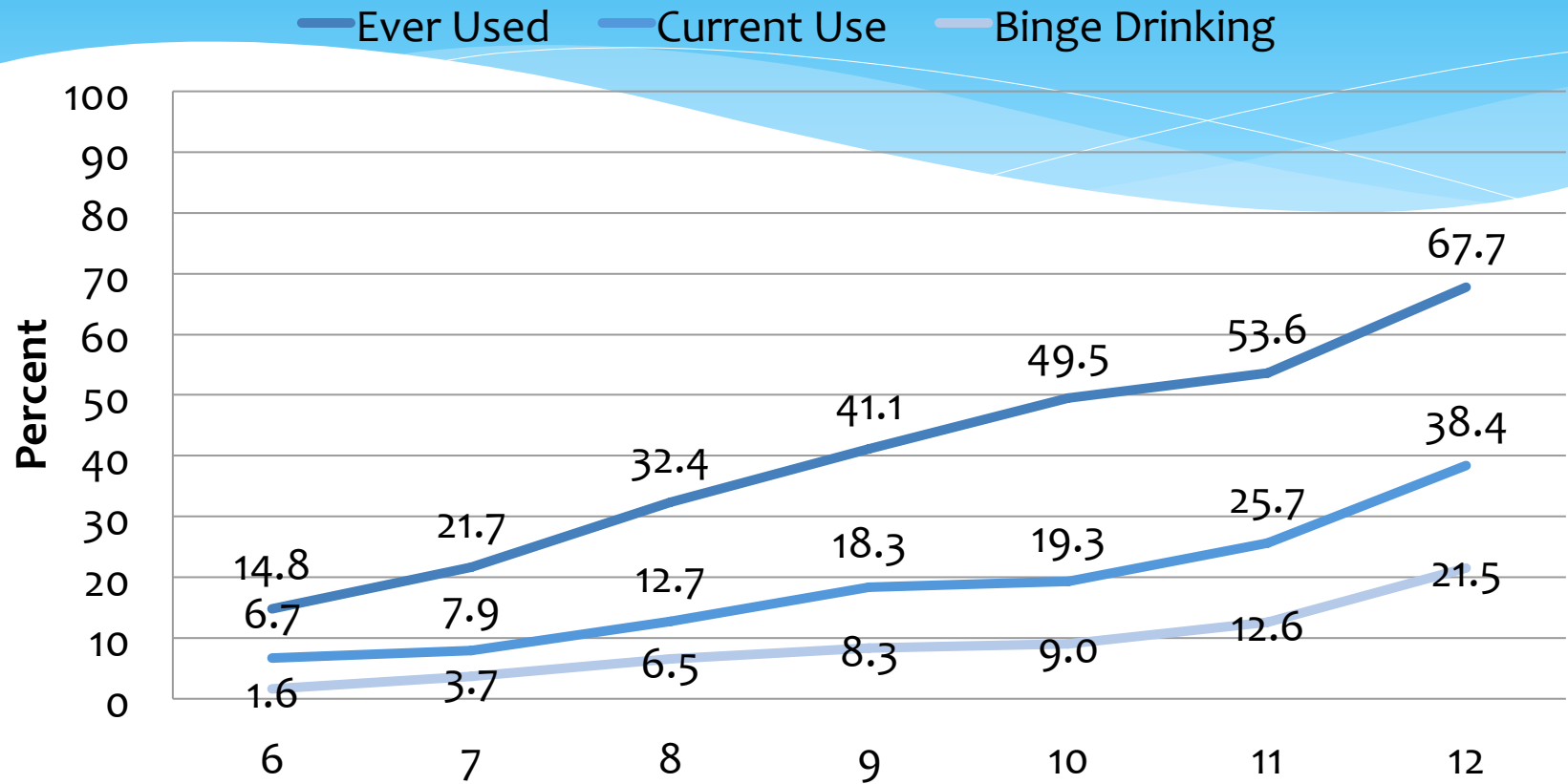
Ever and Current Alcohol Use



Ever tried alcohol, more than a few sips
Used alcohol in past 30 days



Alcohol Use by Grade



Current is use in the last 30 days

Binge is 5 or more drinks in a row in last 30 days



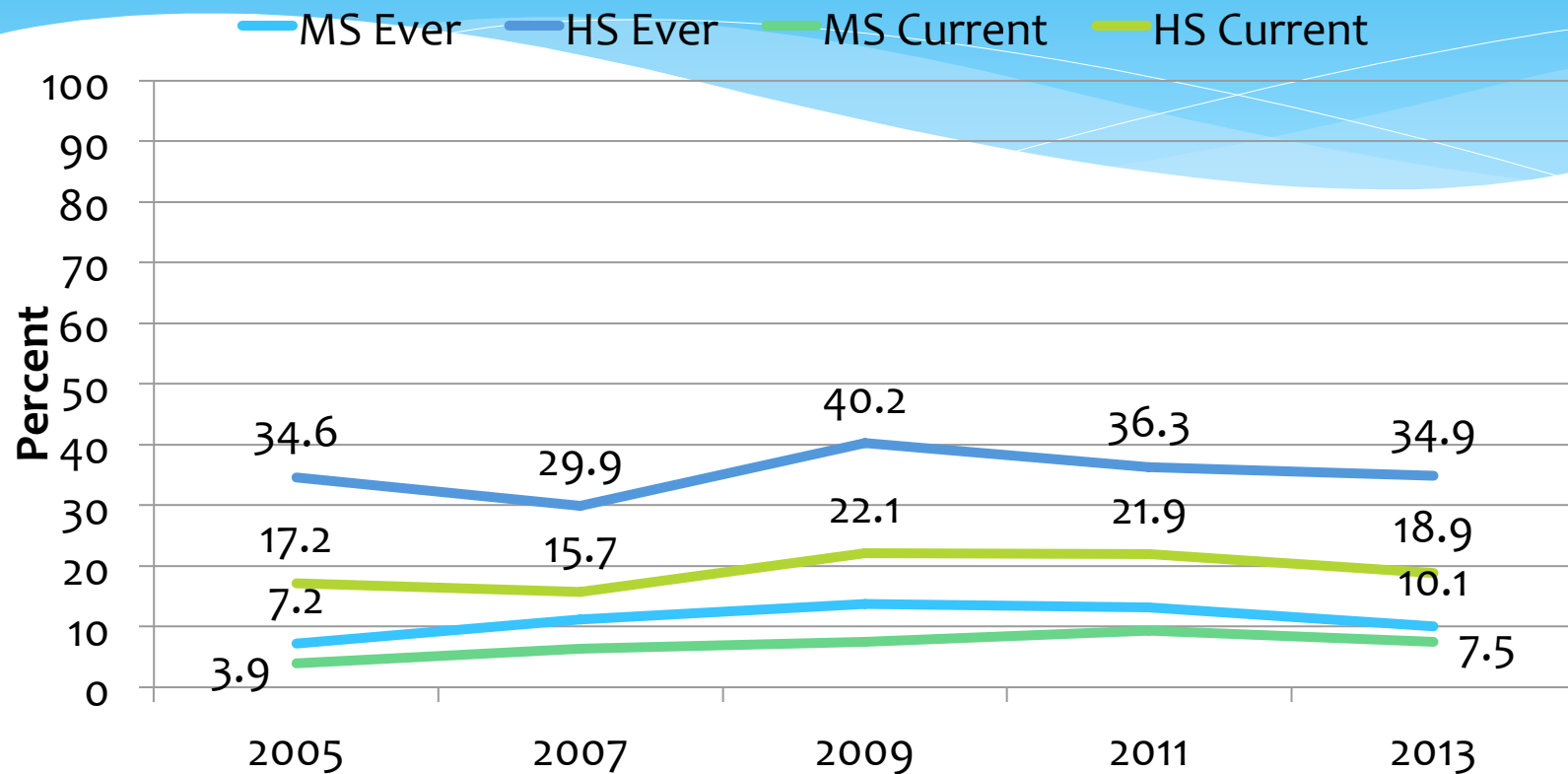
Alcohol Use

Compared to high school students nationally, Hawai'i students were less likely to

- Drink alcohol in past 30 days
 - 25.2 vs. 34.9%
- Binge drink (5 or more drinks in a row) in past 30 days
 - 12.7% vs. 20.8%
- Drink 10 more drinks in a row in past 30 days
 - 2.9% vs. 6.1%



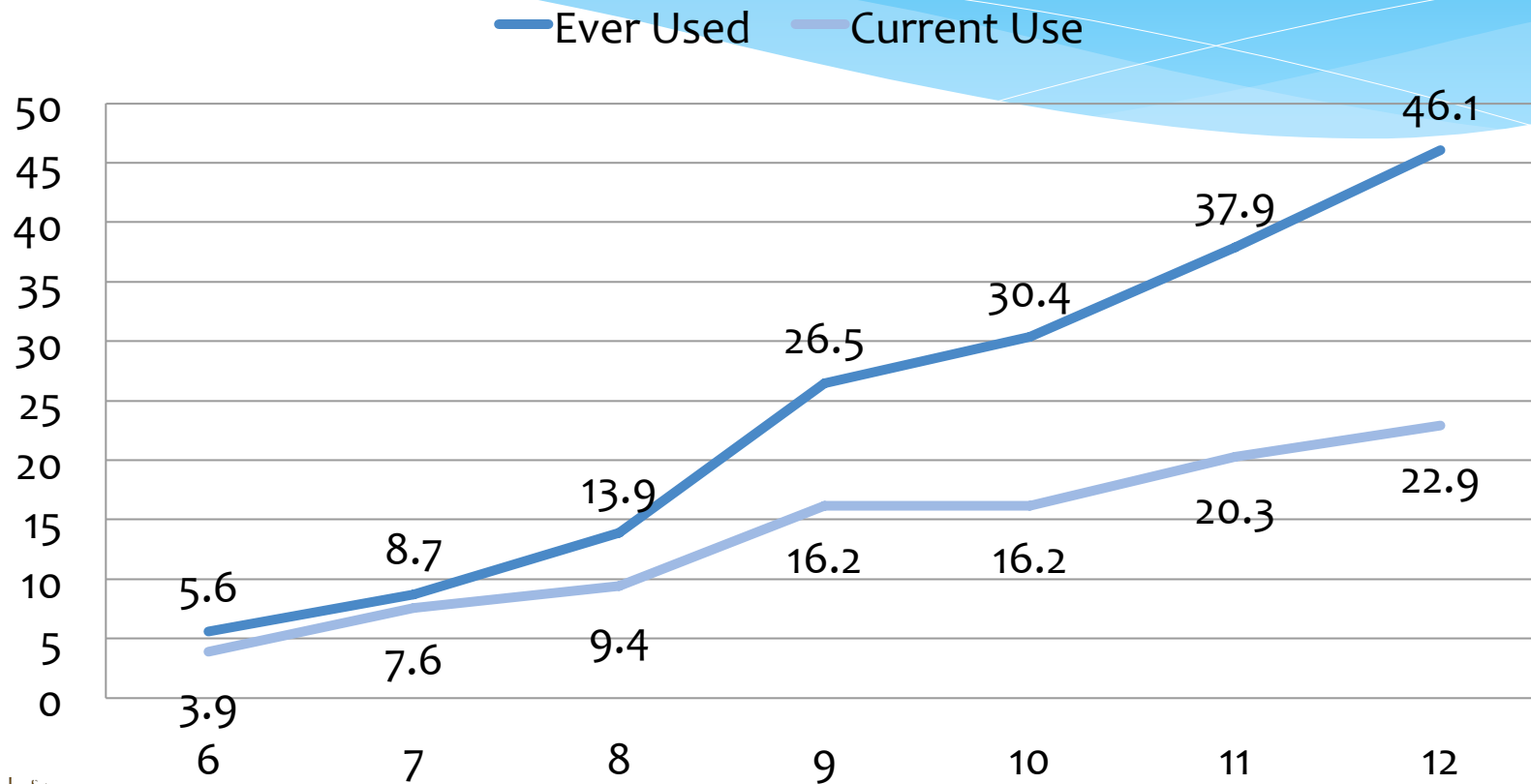
Ever and Current Marijuana Use



Ever tried alcohol, more than a few sips
Used alcohol in past 30 days



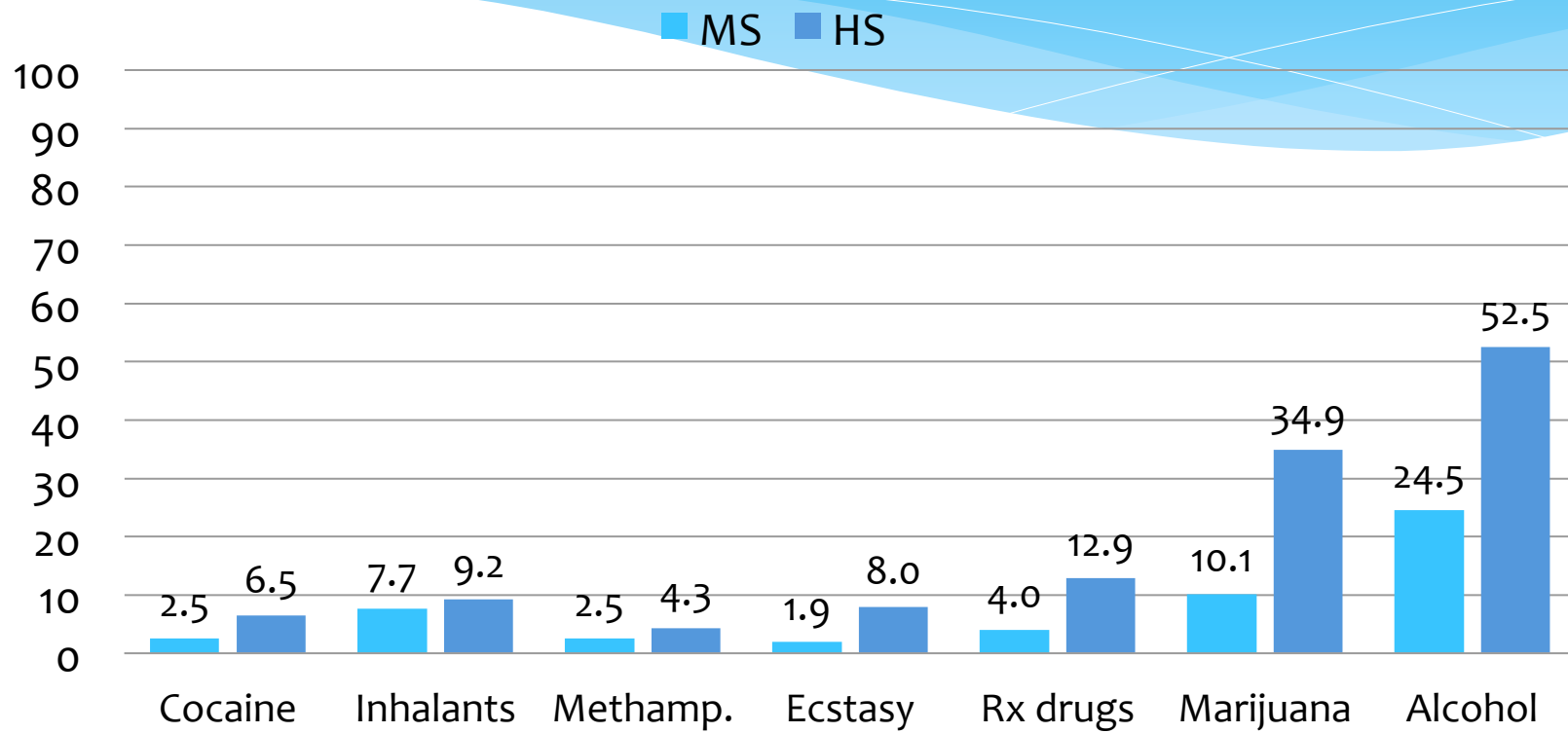
Marijuana Use by Grade



Source: HHDW: YRBS 2013



Ever Used Drugs or Alcohol by Type



Source: HHDW: YRBS 2013



Other Drug Use

Compared to high school students nationally, Hawai'i students were

More likely to

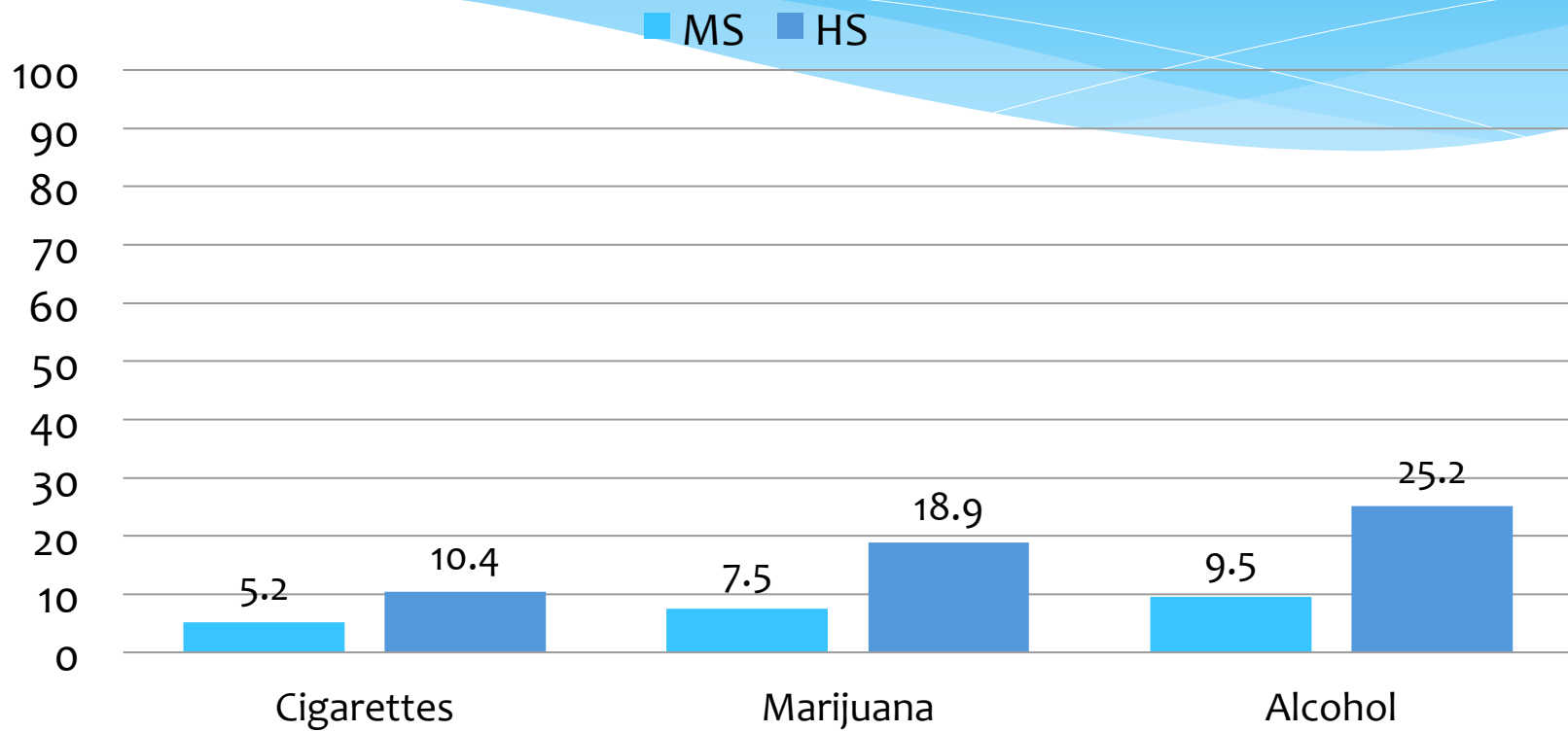
- Ever use heroin
 - 3.4% vs. 2.2%
- Ever inject an illegal drug
 - 2.6% vs. 1.7%
- Be offered, sold or given an illegal drug on school property (12 mo)
 - 31.2% vs. 22.1%

Less likely to

- Use marijuana in past 30 days
 - 18.9 vs. 23.4%
- Use prescription drugs in past 30 days
 - 12.9% vs. 17.8%



Current Cigarette, Marijuana or Alcohol Use



Source: HHDW: YRBS 2013



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 (HS)
 - 12.5% in 2009, 10.4% in 2011, and 8.6% in 2013 (MS)
- Had sexual intercourse in past 3 months
 - 30.5% in 2009, 23.9% in 2011, and 24.8% in 2013 (HS)
- 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 (HS)

No change in condom use during last intercourse

- 45.9% in 2013 (HS)
- 51.3% in 2013 (MS)



Sexual Behaviors

Compared to high school students nationally, Hawai'i students were

More likely to

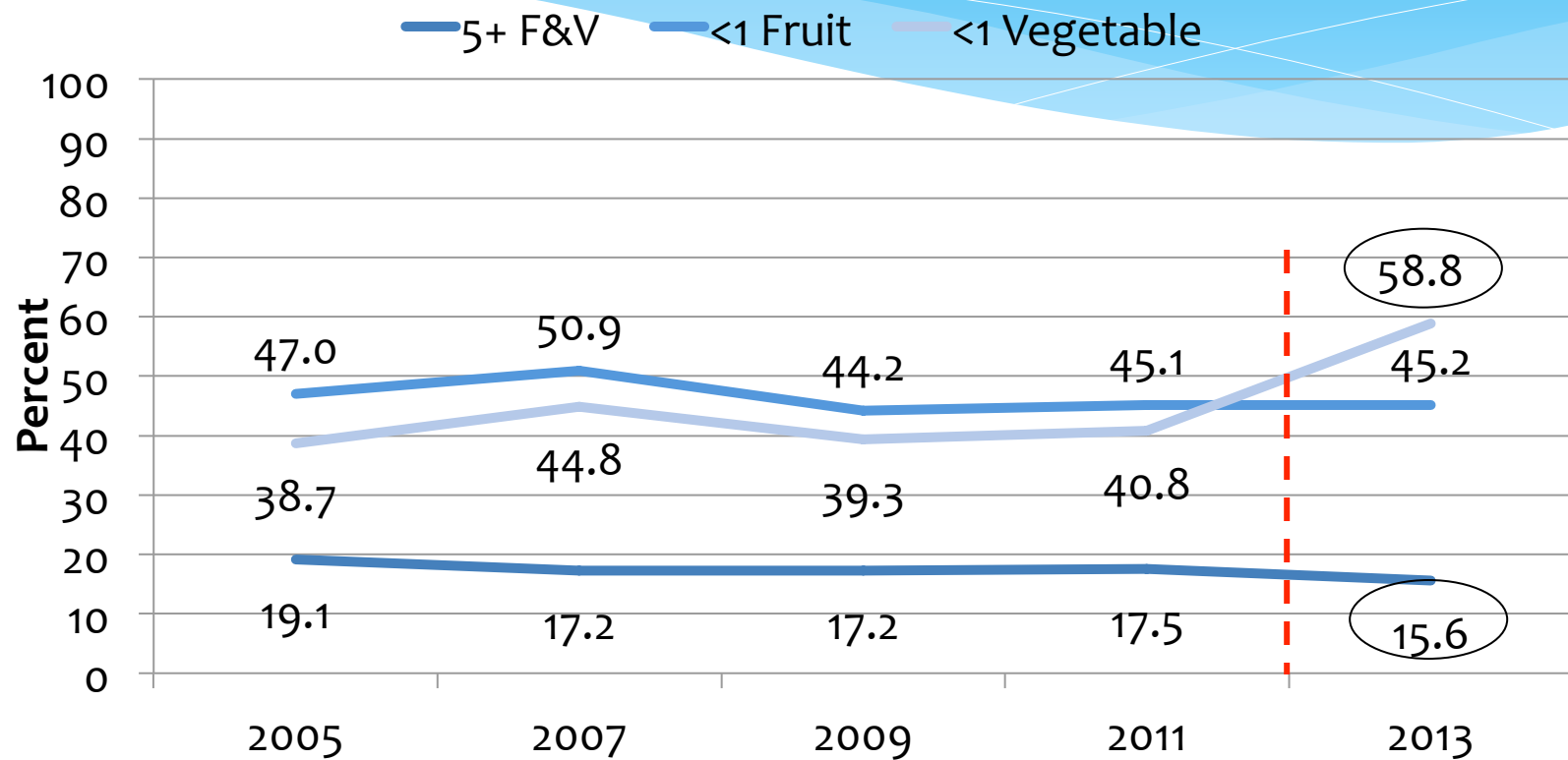
- Not use a condom during last intercourse
 - 54.1% vs. 40.9%
- Ever inject an illegal drug
 - 2.6% vs. 1.7%
- Be offered, sold or given an illegal drug on school property (12 mo)
 - 31.2% vs. 22.1%

Less likely to

- Ever have sexual intercourse
 - 35.9 vs. 46.8%
- Be currently sexually active (last 3 mo)
 - 24.8% vs. 34.0%
- Ever been taught in school about AIDS or HIV
 - 81.9% vs. 85.3%



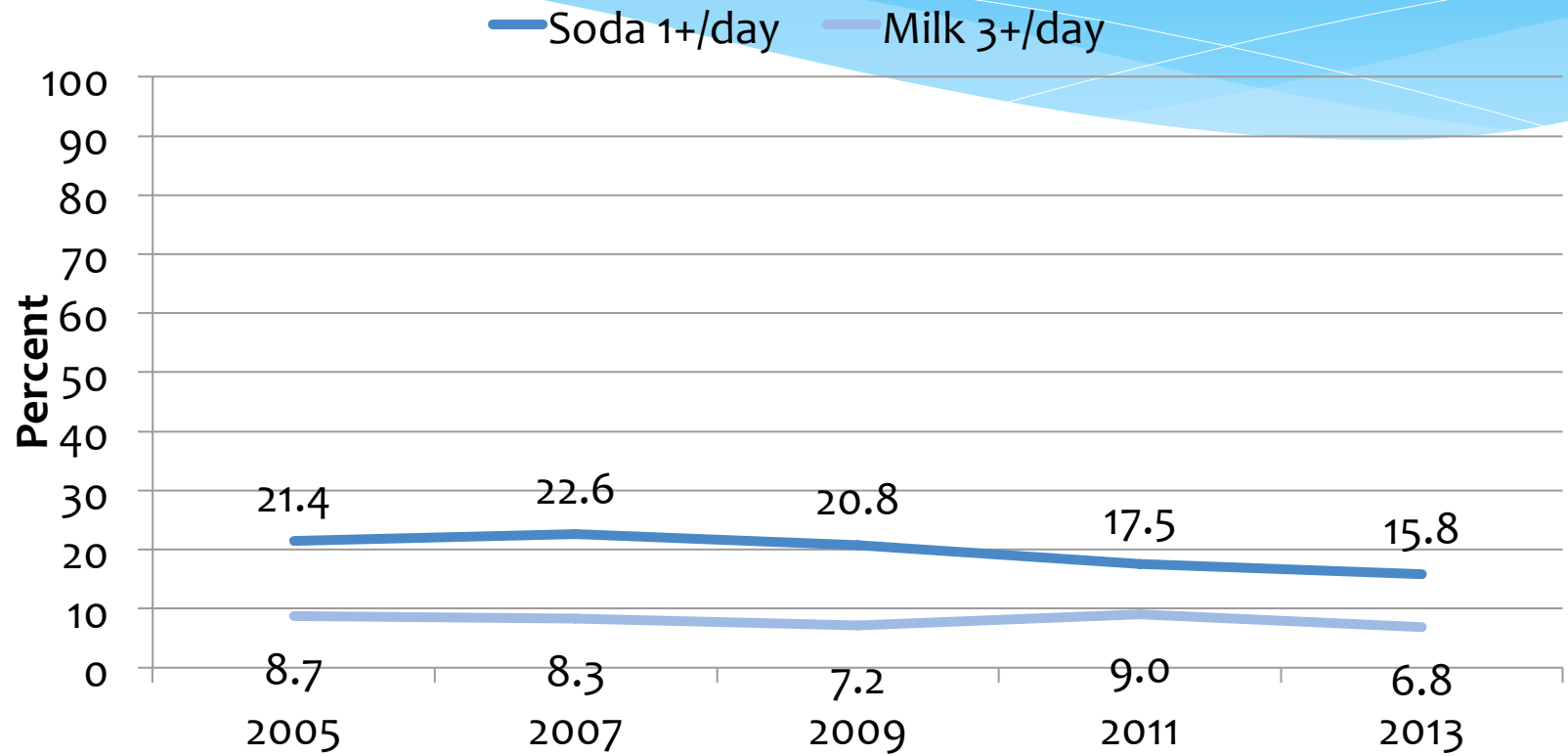
Daily Fruit & Vegetable Consumption (HS)



Source: HHDW: YRBS 2005-2013



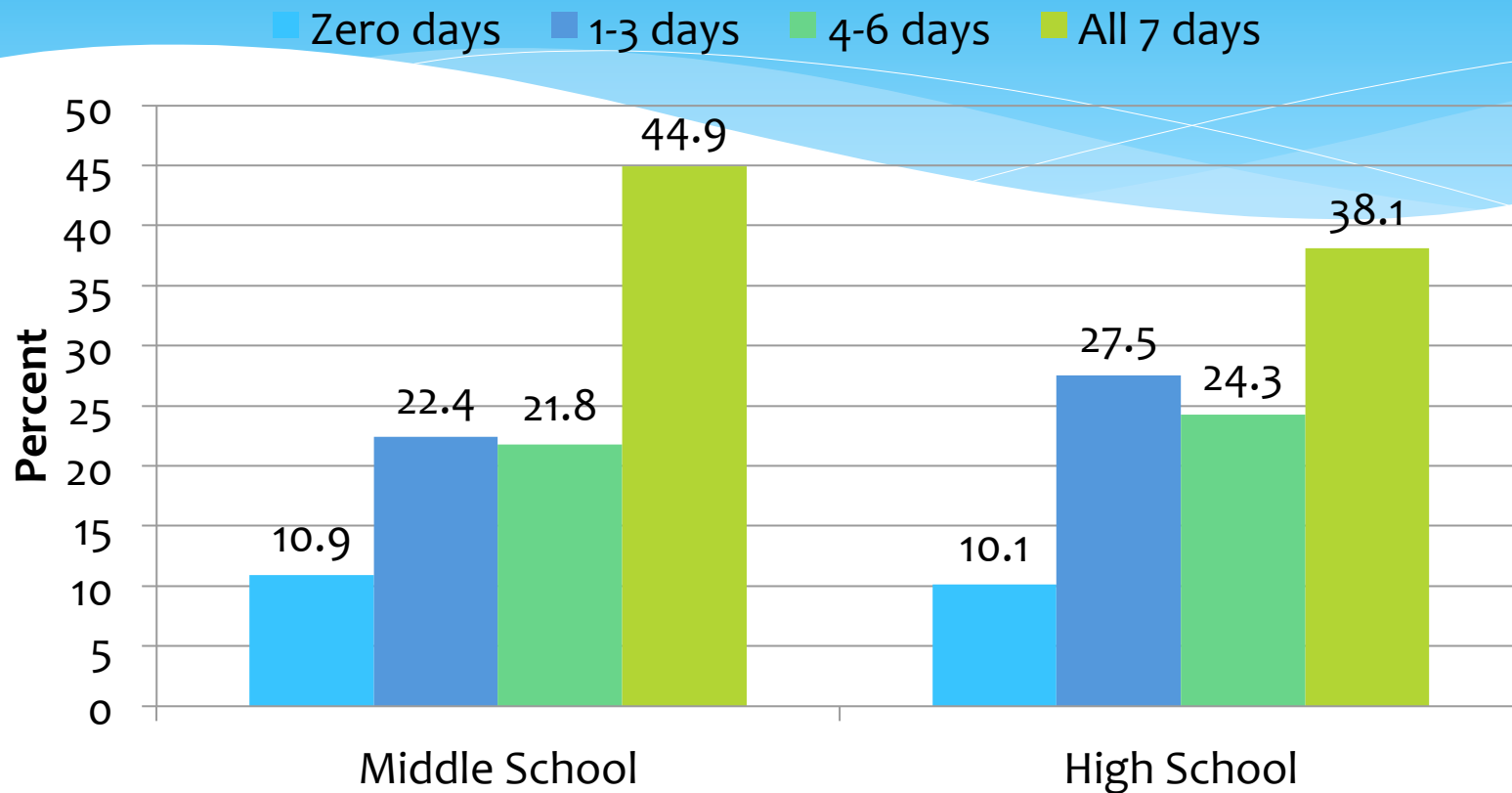
Daily Soda & Milk Consumption (HS)



Source: HHDW: YRBS 2005-2013



Breakfast Consumption



Source: HHDW: YRBS 2013

*Number of days they ate breakfast in the past 7 days



Dietary Behaviors

In the past 7 days, compared to high school students nationally, Hawai'i students were

More likely to

- Not drink any milk (7 days)
 - 24.7% vs. 19.4%
- Eat breakfast 1+ times
 - 89.9% vs. 86.3%

Less likely to

- Drink any sugary soda
 - 70.0% vs. 77.7%
- Drink soda 1+ times per day
 - 15.8% vs. 27.0%



Physical Activity

Some measures of physical activity have changed significantly

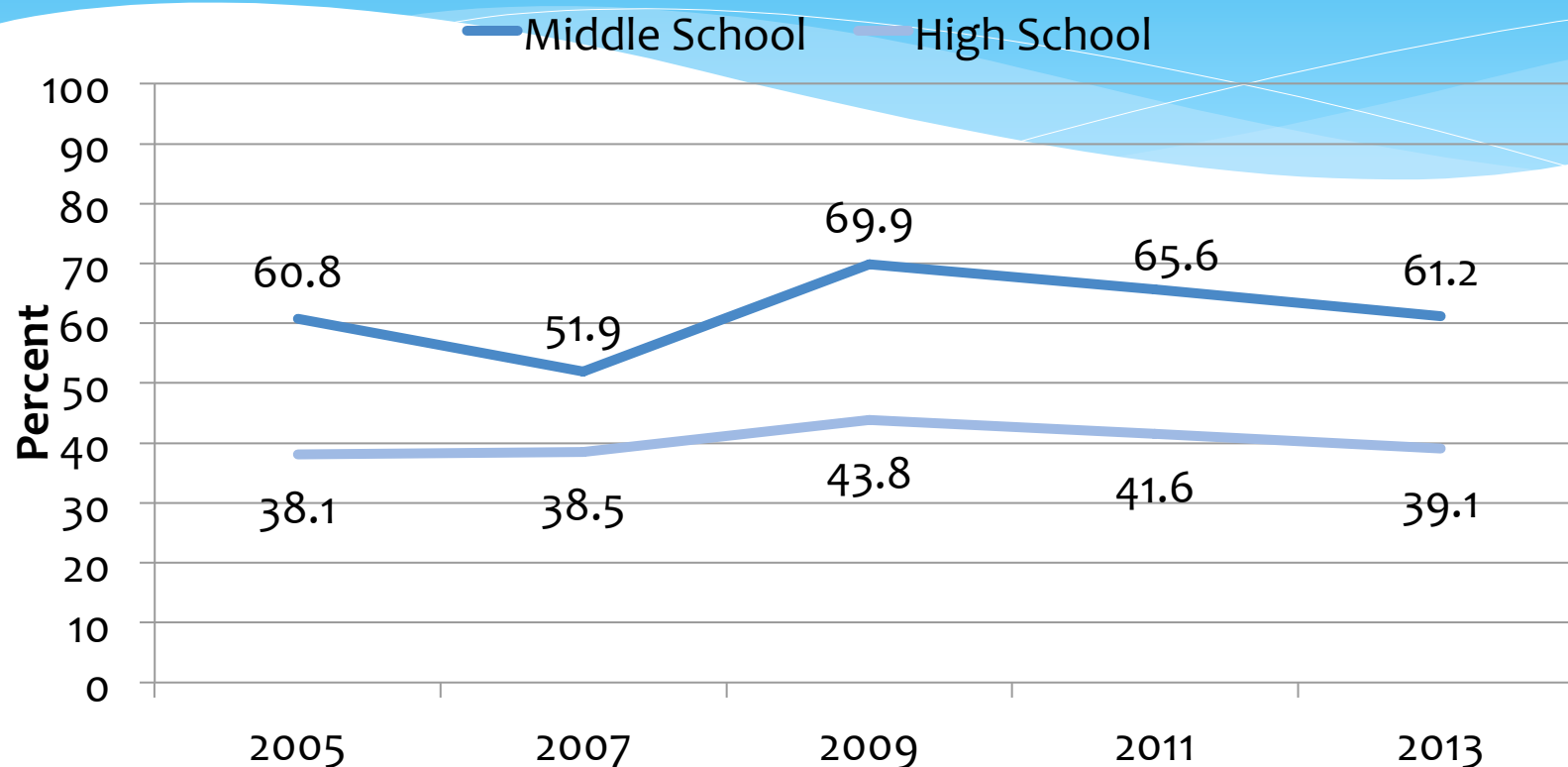
- Physically active for 60+ minutes on 5 or more of the past 7 days increased
 - 34.4% in 2009, 37.9% in 2011, and 40.2% in 2013 (HS)
 - 44.8% in 2009, 44.4% in 2011, and 52.6% in 2013 (MS)
- Attended PE 1+ days in avg. school week decreased
 - 43.8% in 2009, 41.6% in 2011, and 39.1% in 2013 (HS)
 - 69.9% in 2009, 65.6% in 2011, and 61.2% in 2013 (MS)

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 (HS)
- 30.7% in 2009, 37.5% in 2011, and 41.2% in 2013 (MS)



Attended PE in School

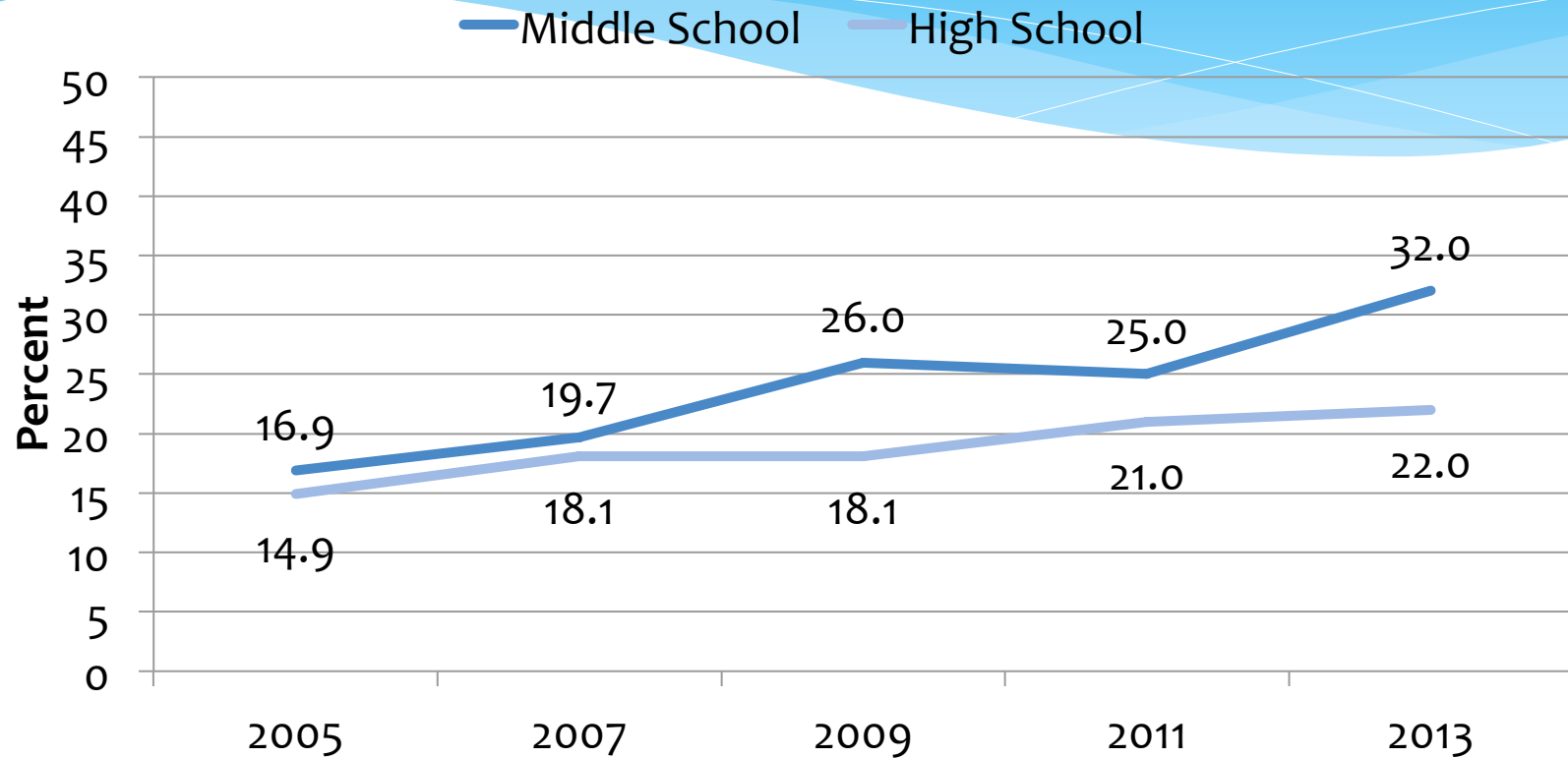


Source: HHDW: YRBS 2001-2013

*Attended PE in school 1+ times during average week



Met Physical Activity Recommendations



Source: HHDW: YRBS 2001-2013

*60+ minutes of moderate to vigorous physical activity per day



Physical Activity Behaviors

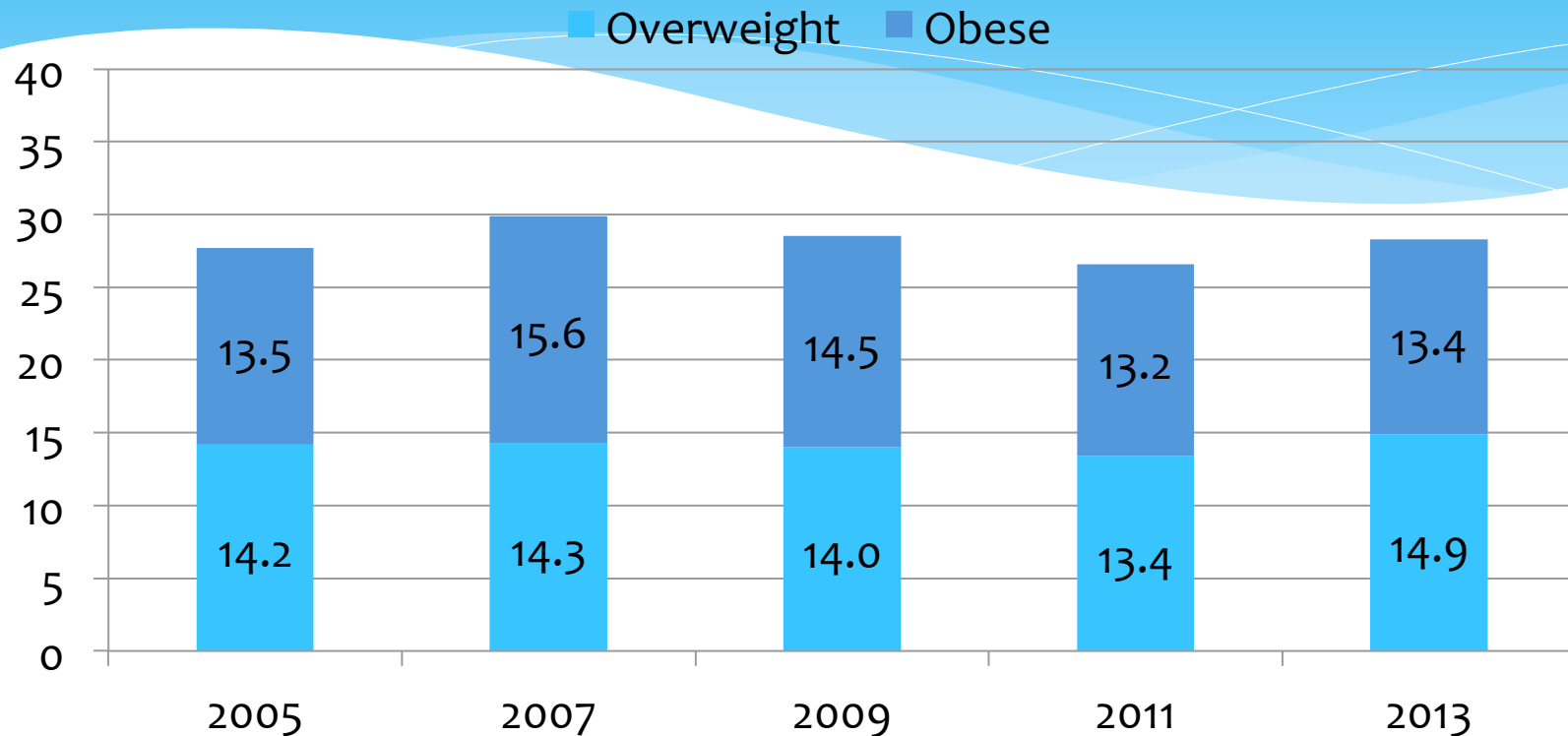
In the past 7 days, compared to high school students nationally, Hawai'i students were

More likely to

- Not get 60+ min of physical activity on any day
 - 17.4% vs. 15.2%
- Not meet PA recommendations (60+min every day)
 - 78.0% vs. 72.9%
- Not have a physical education class in the average school week
 - 60.9% vs. 52.0%



Overweight & Obesity (HS)

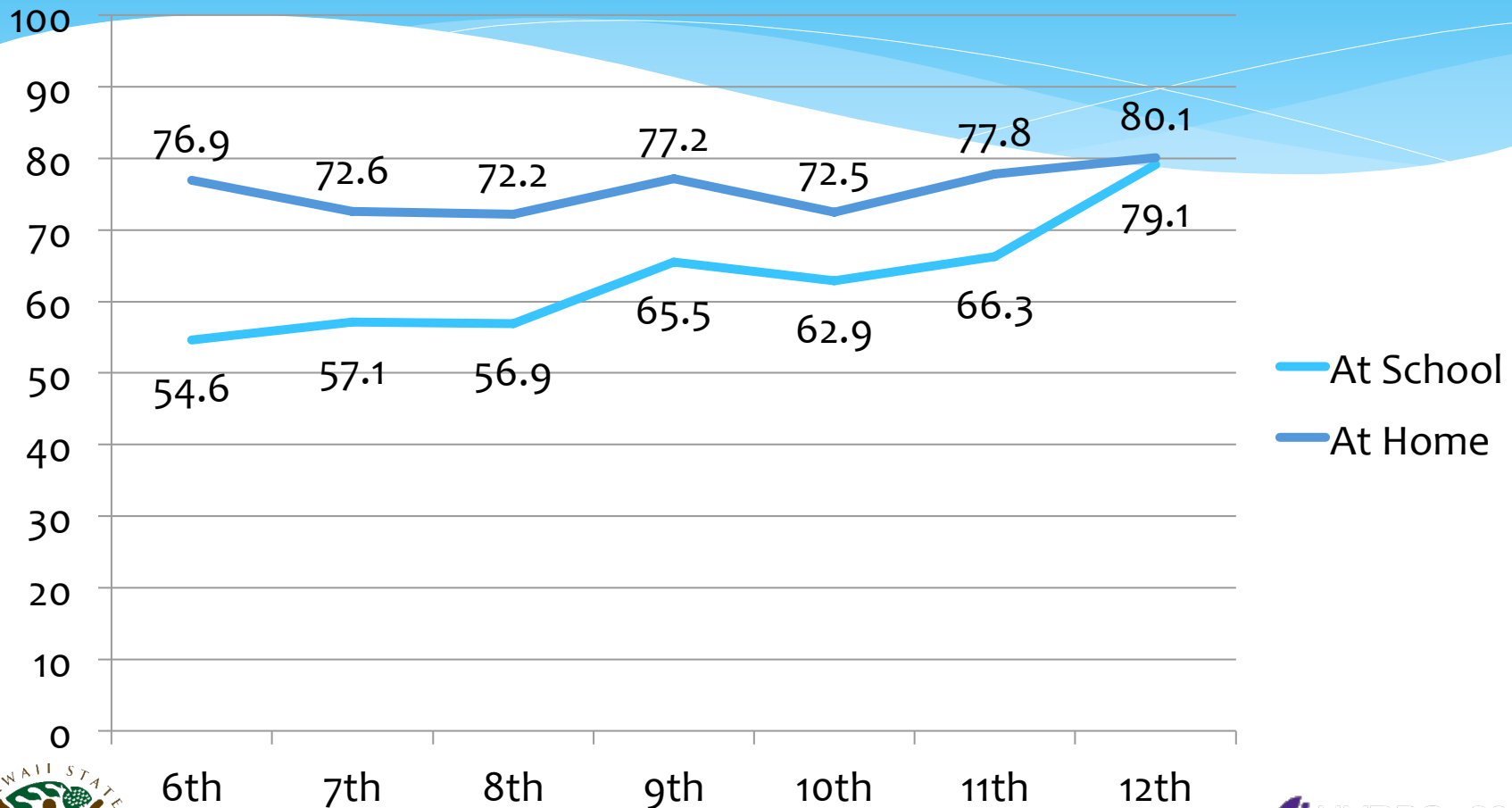


Source: HHDW: YRBS 2005-2013

*Overweight $\geq 85^{\text{th}}$ ile but $< 95^{\text{th}}$ ile for age-sex height and weight,
Obese $\geq 95^{\text{th}}$ ile for age-sex height and weight



State Added Questions: Adult support at school and at home by grade



How are the Hawai'i School Health Survey Data Used?

- Assess trends in student health risk behaviors
- 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
- Inform research on the links between health and academic achievement
- Seek funding for school and community health initiatives



Hawai'i School Health Survey: Next Steps

- Continue to disseminate the 2013 results
- Prepare 2013 survey highlights brochure

- Begin process for 2015 survey administration
 - Survey instrument design and review (summer)
 - Sample selection and notification of schools (fall)
 - Survey administration (spring 2015)



How You Can Help

- While school participation is high, securing active consent from the students in selected classrooms remains a challenge
 - Support the survey when you hear about it coming to your community or school and encourage students and parents to return the consent forms
 - Of the 47 states that participate in the YRBS only 4 states (including Hawai'i) require active parental consent
 - Encourage the DOE and BOE to adopt a passive consent



Where to Find More Information

- Hawai'i Health Data Warehouse

<http://www.hhdw.org>

- Hawai'i Department of Education

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

- Hawai'i Department of Health

<http://health.hawaii.gov/school-health/health-survey/>

- Centers for Disease Control and Prevention

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



Questions?

Thank you!

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