

Health Risk Behaviors among Missouri Middle and High School Students

Results from the
2013 Missouri Youth Risk Behavior Survey (YRBS)
and the
2013 Missouri Youth Tobacco Survey (YTS)

Coordinated School Health Conference
December 6, 2013

About the 2013 surveys....

- ▶ Public middle schools and classes were randomly selected to participate in the YTS
- ▶ Public high schools and classes were randomly selected to participate in the YRBS
- ▶ School and student participation was voluntary, anonymous and confidential
- ▶ Centers for Disease Control and Prevention developed and tested the questions. Also, CDC weighted and analyzed data for states.
- ▶ Sufficient school and student responses were obtained to generalize the data to all public middle and high school students in Missouri

Health Risk Behaviors

Behaviors that contribute to the leading causes of morbidity and mortality of youth:

- ▶ Unhealthy dietary behaviors
- ▶ Inadequate physical activity
- ▶ Tobacco use
- ▶ Alcohol and other drug use
- ▶ Sexual behaviors
- ▶ Behaviors that contribute to unintentional and intentional injuries and violence
- ▶ Also – obesity and asthma

Health Risk Behaviors among Missouri Middle and High School Students

Results from the 2013 Youth Risk Behavior Survey and
2013 Youth Tobacco Survey



Missouri Department of Health and Senior Services
Gail Vasterling, Acting Director

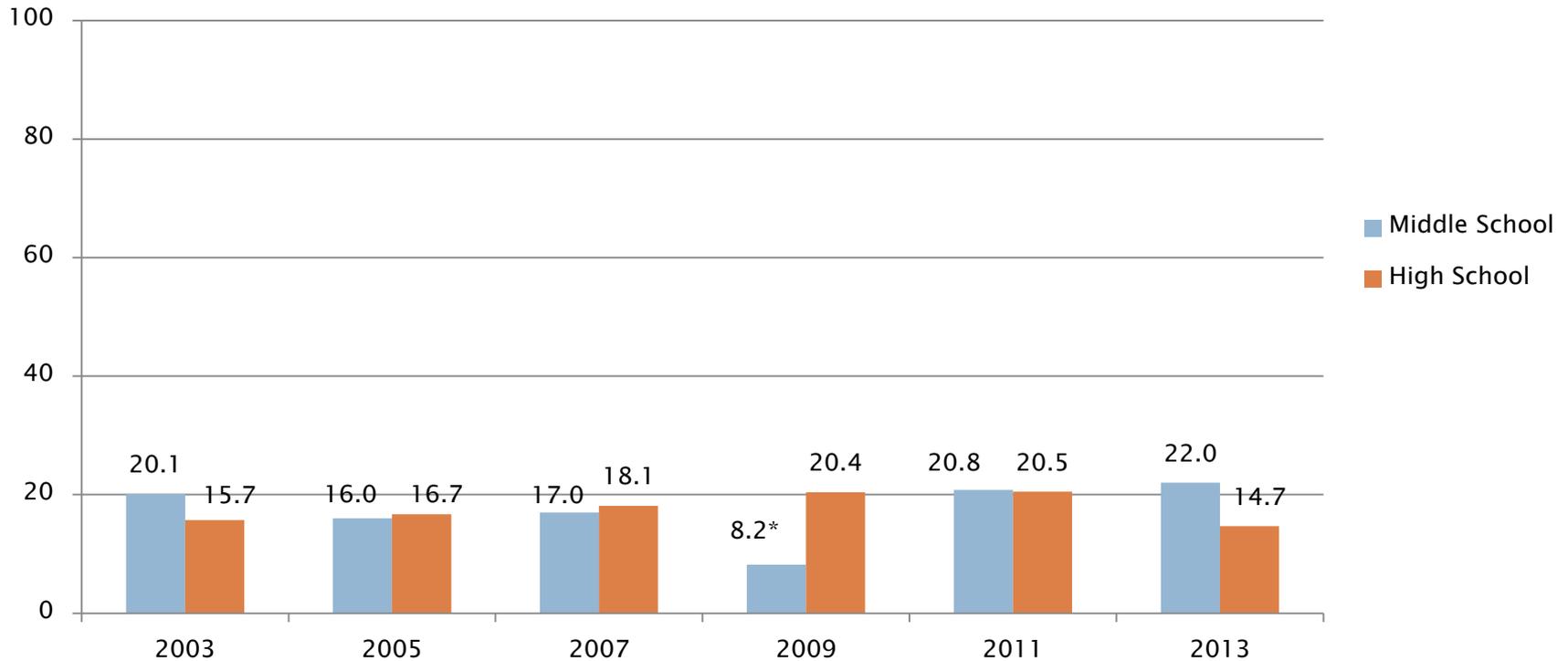
Available on the DHSS website at <http://health.mo.gov/data/yrbss/data.php>

Health Risk Behaviors among Missouri Middle and High School Students



Dietary Behaviors

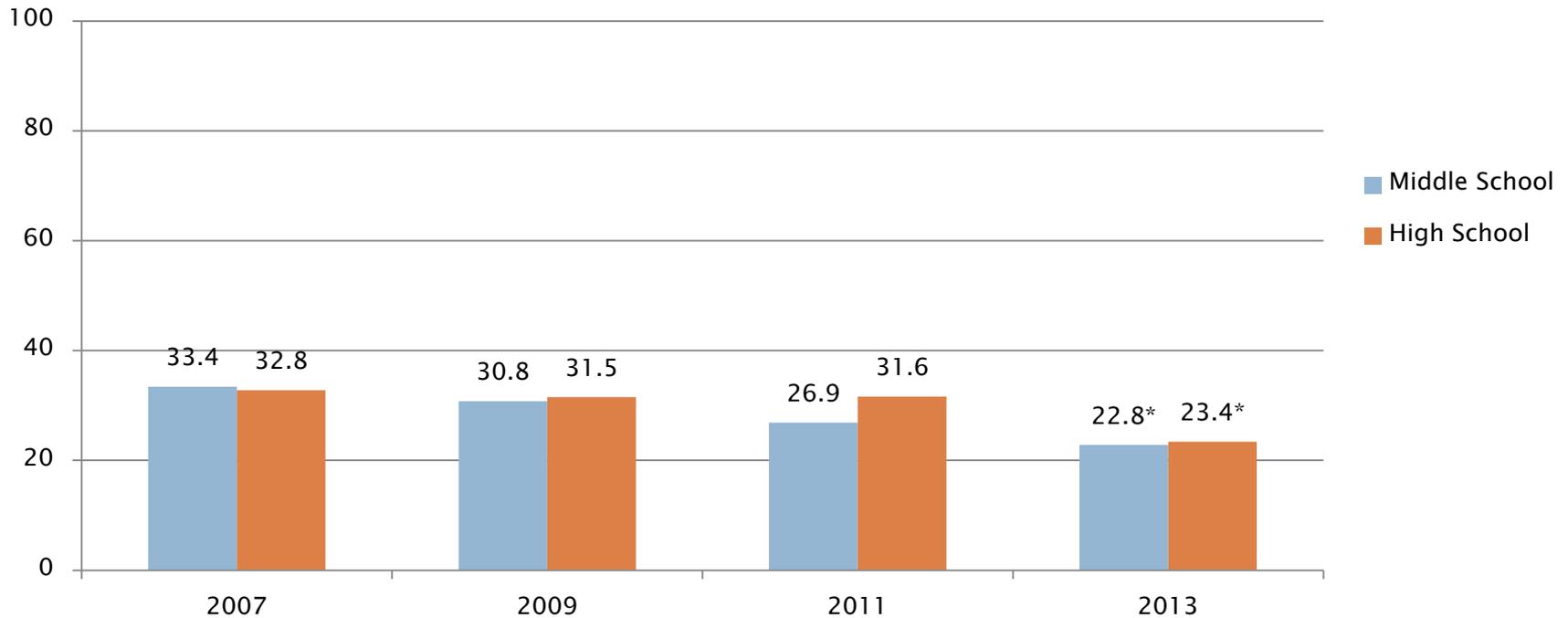
Percentage of middle and high school students who ate fruits and vegetables 5 or more times per day in past 7 days, 2003–2013



*Different question: Five or more servings of fruits and vegetables eaten the day before the survey.

Dietary Behaviors

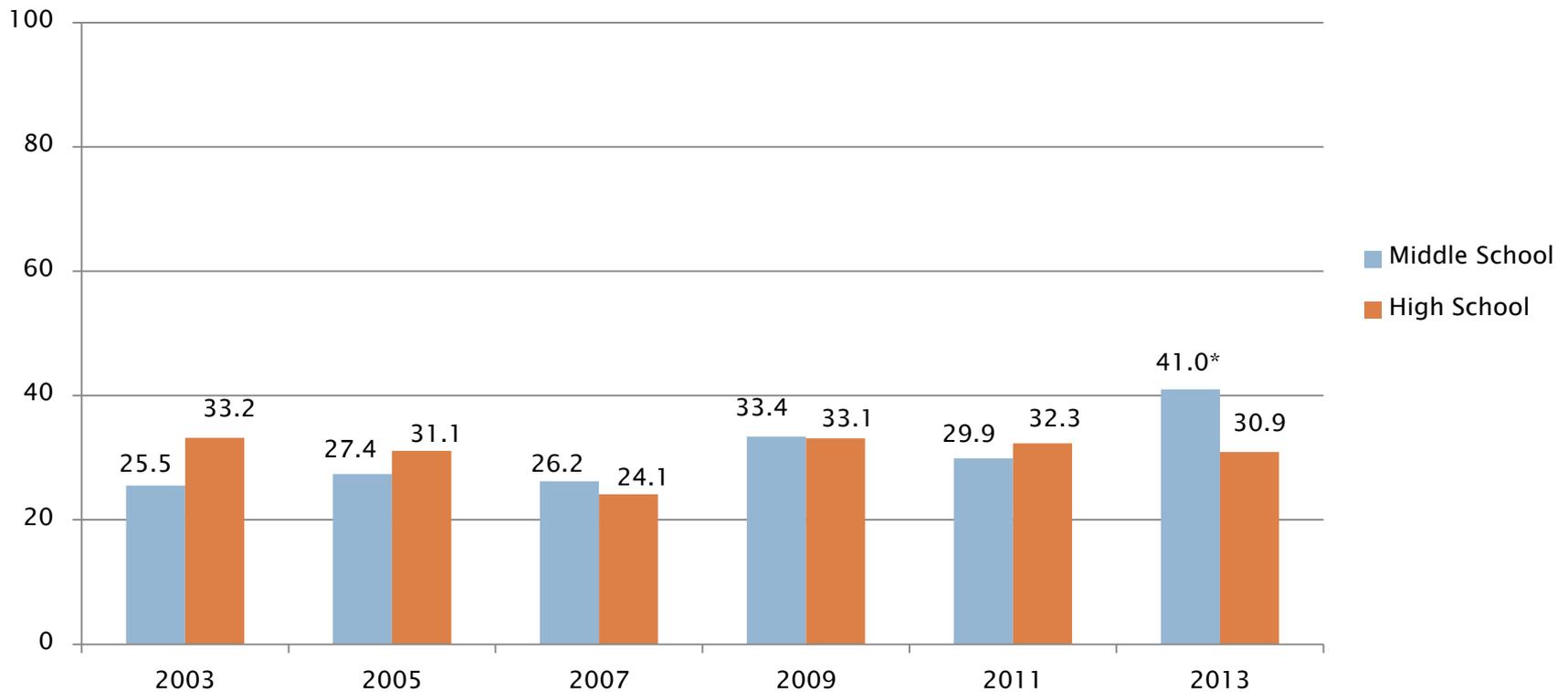
Percentage of middle and high school students who drank sugar-added drinks or non-diet soda one or more times per day during the past 7 days, 2007-2013



*Statistically significant decline from 2007

Physical Education

Percentage of middle and high school students who went to physical education classes daily during an average school week, 2003–2013

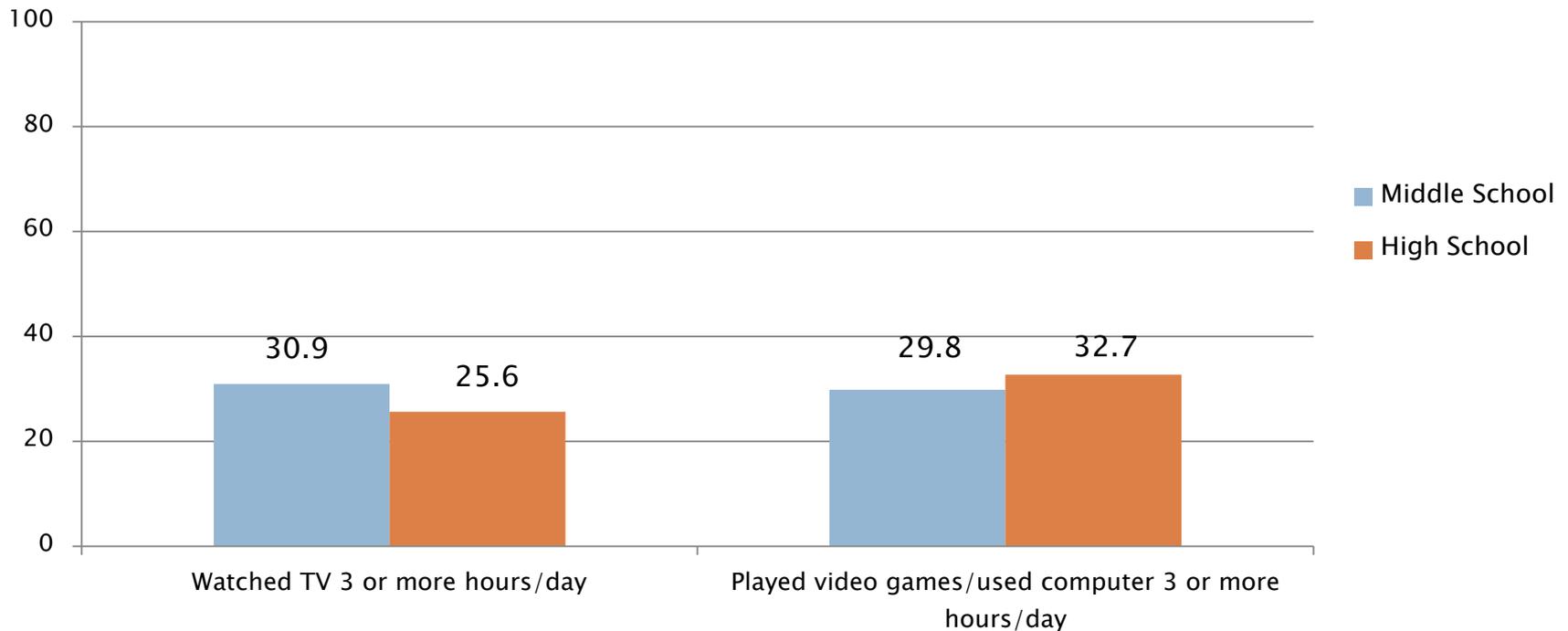


*Significant increase from 2003

Physical Inactivity

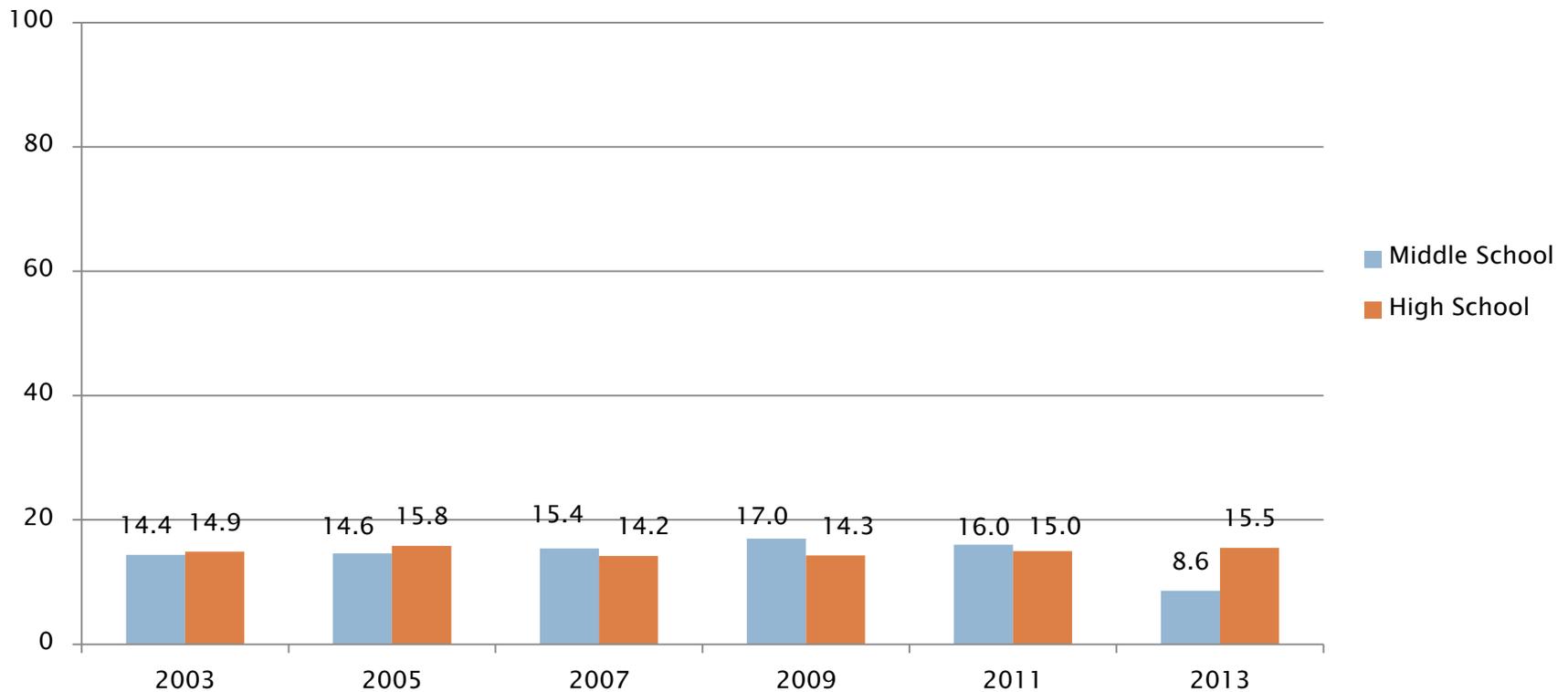
Percentage of middle and high school students, 2013

Watched television for 3 or more hours per day on an average school day
Played video or computer games or used a computer for other than school work for 3 or more hours per day on an average school day



Overweight

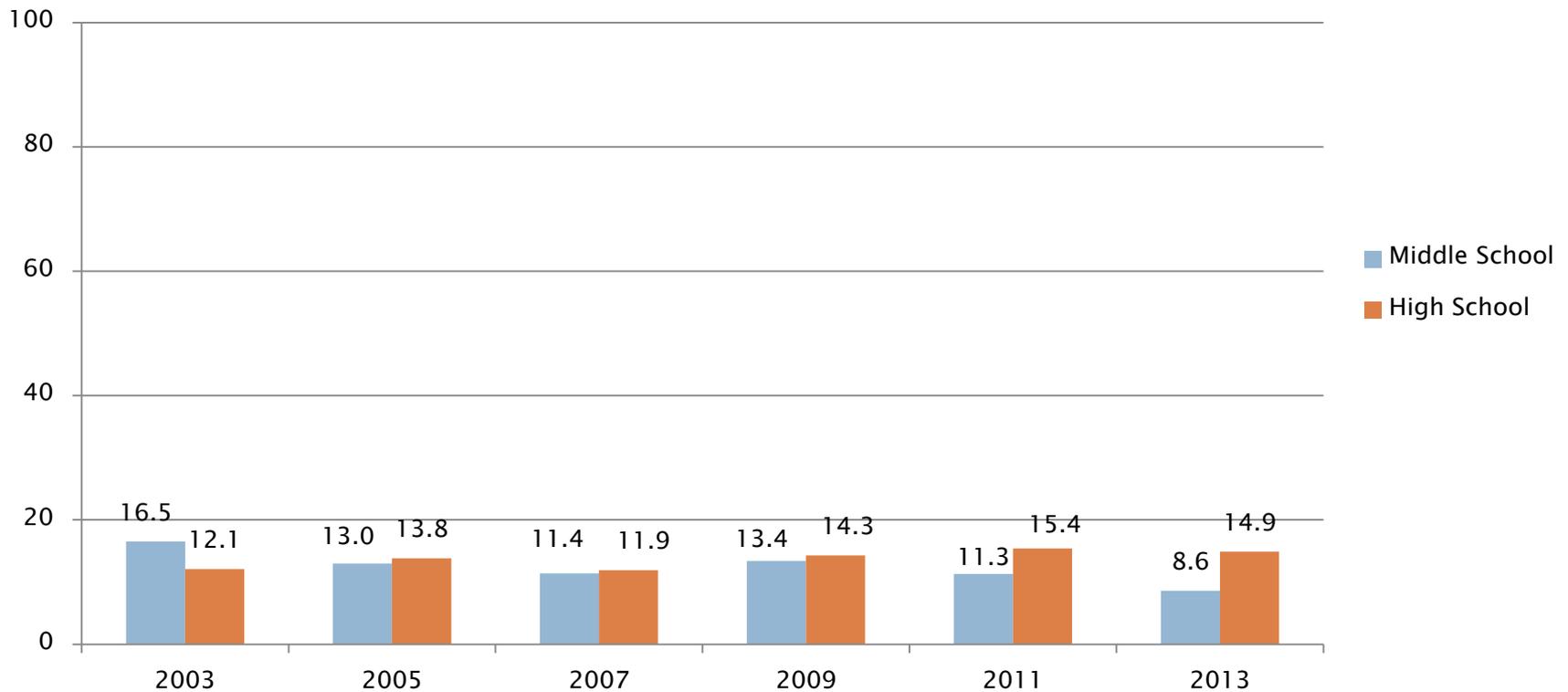
Percentage of middle and high school students who were overweight*
2003–2013



*BMI between 85th and 95th percentile on CDC growth chart

Obese

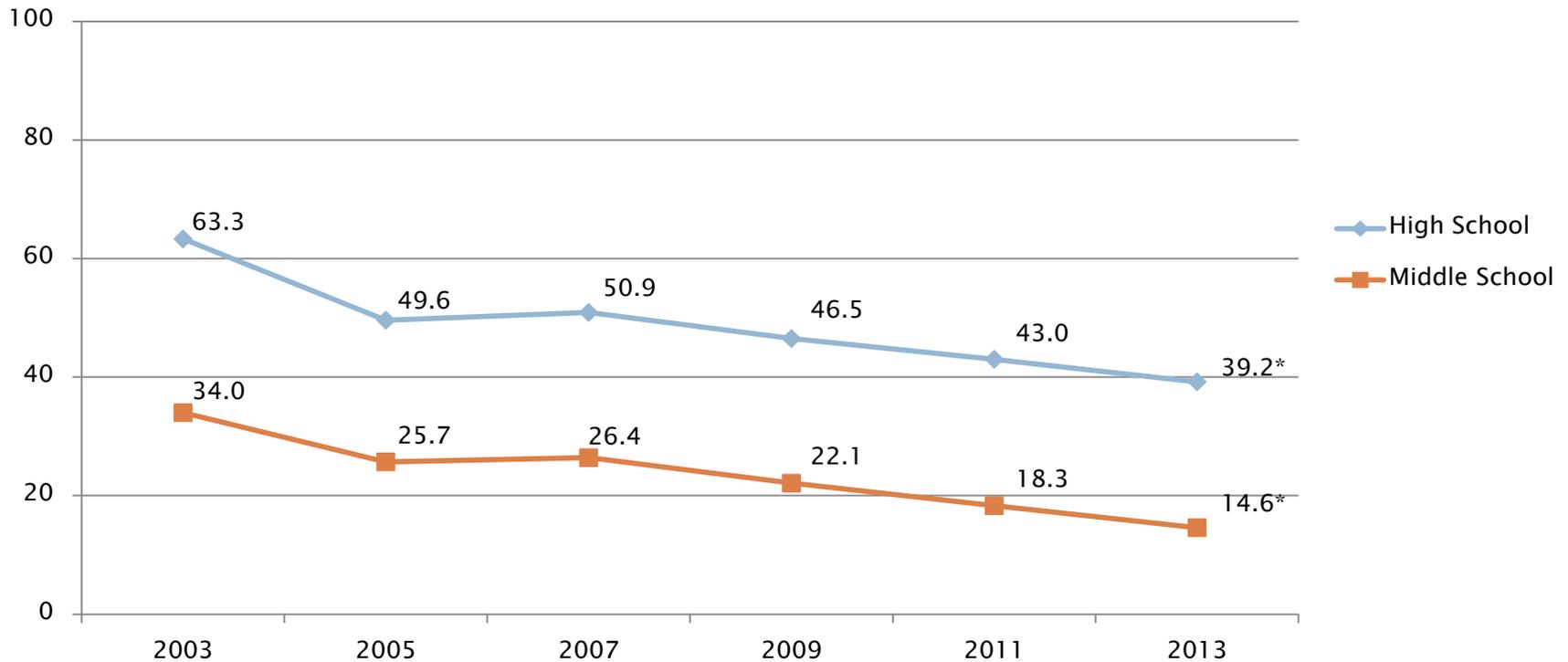
Percentage of middle and high school students who were obese*
2003-2013



*BMI at or above the 95th percentile on CDC growth chart

Tobacco Use

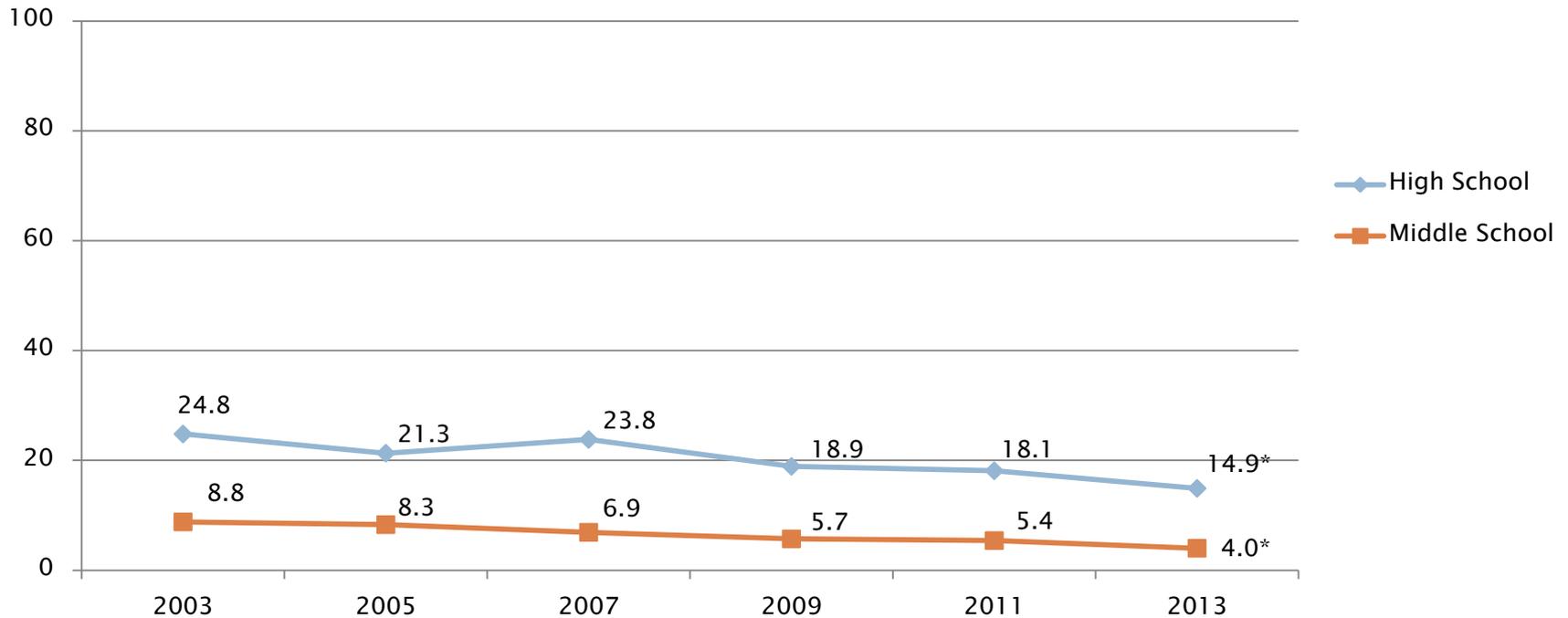
Percentage of middle and high school students, 2003–2013
Ever tried smoking cigarettes



*Statistically significant decline from 2003

Tobacco Use

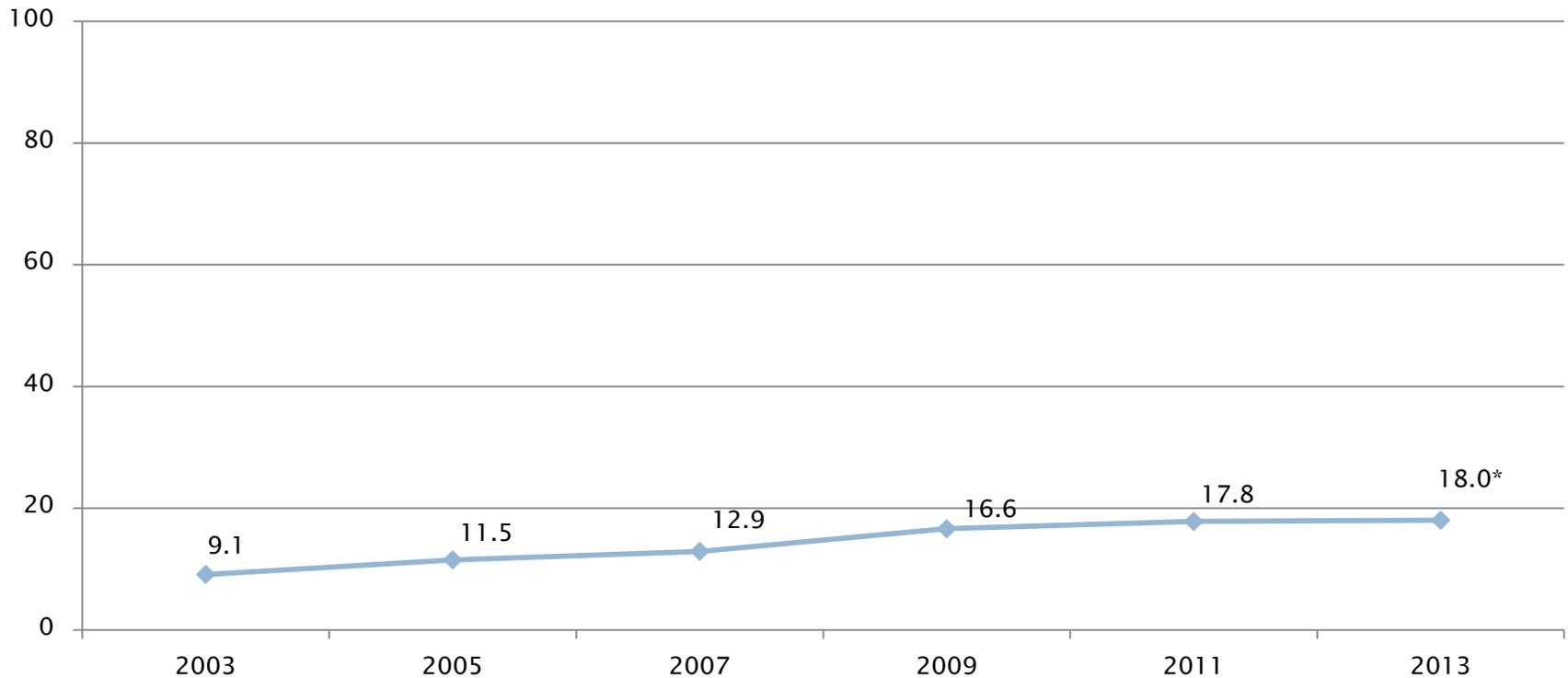
Percentage of middle and high school students, 2003–2013
Smoked cigarettes on 1 or more of past 30 days
(Current Smoking)



*Statistically significant decline from 2003

Tobacco Use

Percentage of high school males, 2003–2013
Used smokeless tobacco on 1 or more of the past 30 days
Current Smokeless Tobacco Use



*Statistically significant increase from 2003

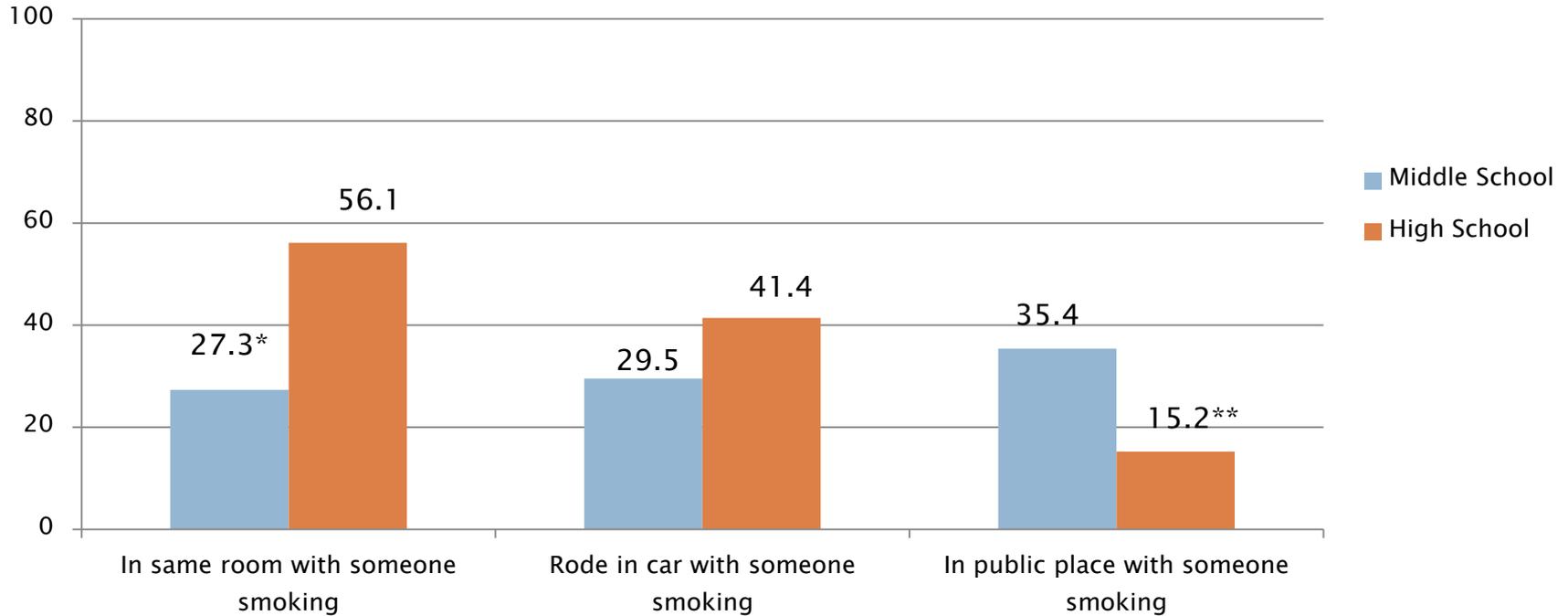
Secondhand Smoke

Percentage of middle and high school students, 2013

In same room with someone smoking in past 7 days

Rode in car with someone smoking in past 7 days

In public place with someone smoking in past 7 days



*In home with someone smoking tobacco in past 7 days

**Among high school students that work, breathed smoke in place where work in past 7 days

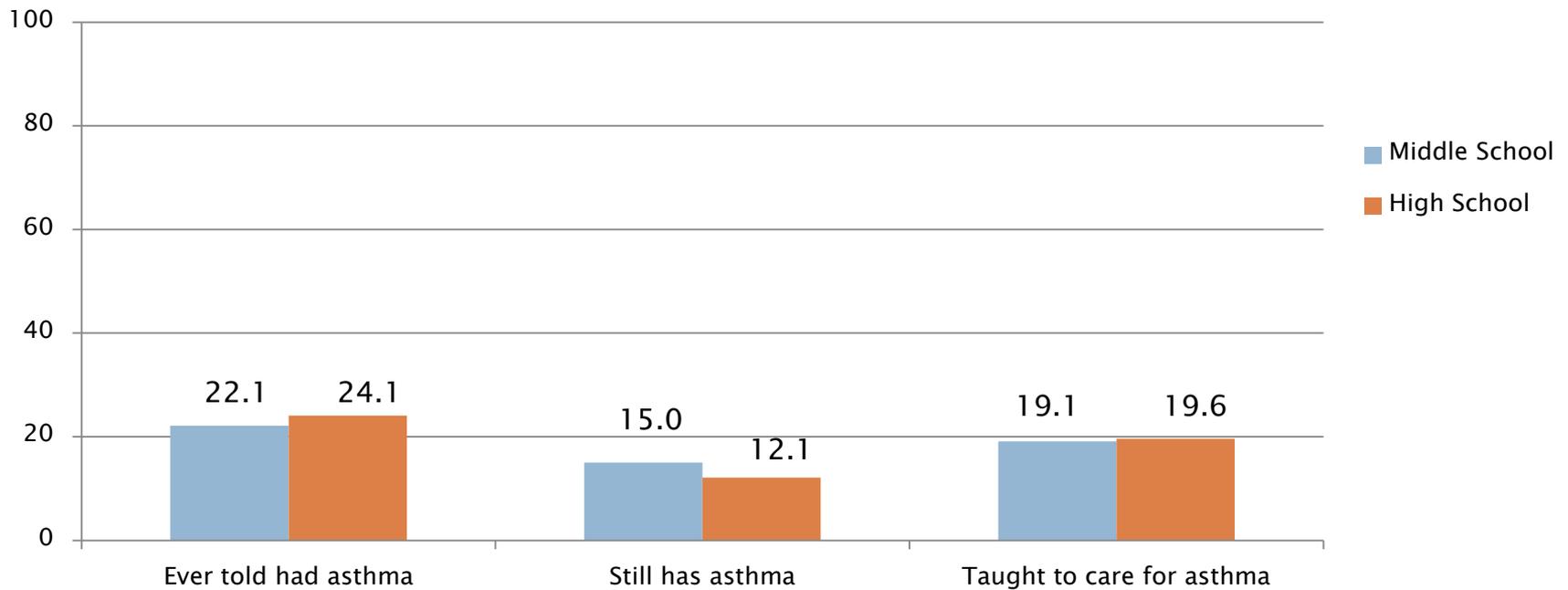
Asthma

Percentage of middle and high school students, 2013

Ever been told by a doctor or nurse they had asthma

Still has asthma

Ever taught by a doctor or nurse how to manage their asthma

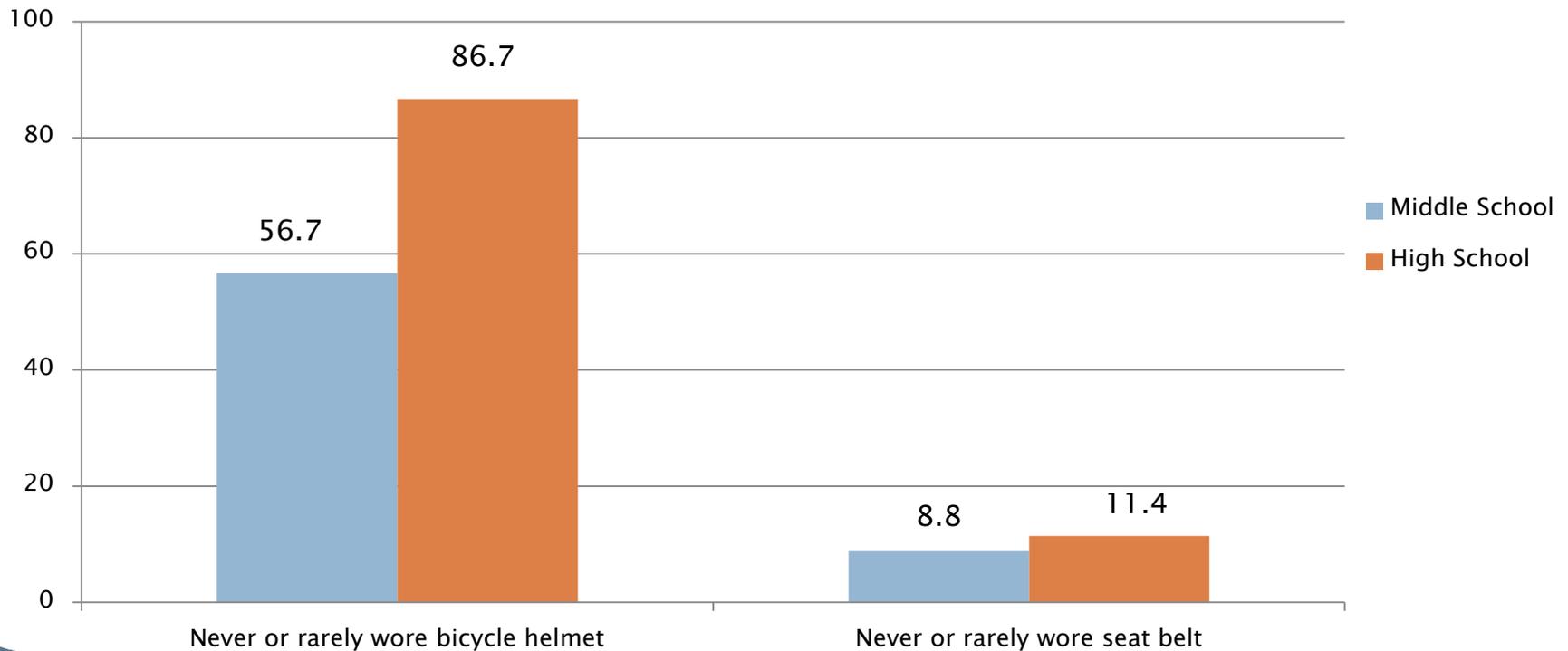


Bicycle Helmet and Seat Belt Use

Percentage of middle and high school students, 2013

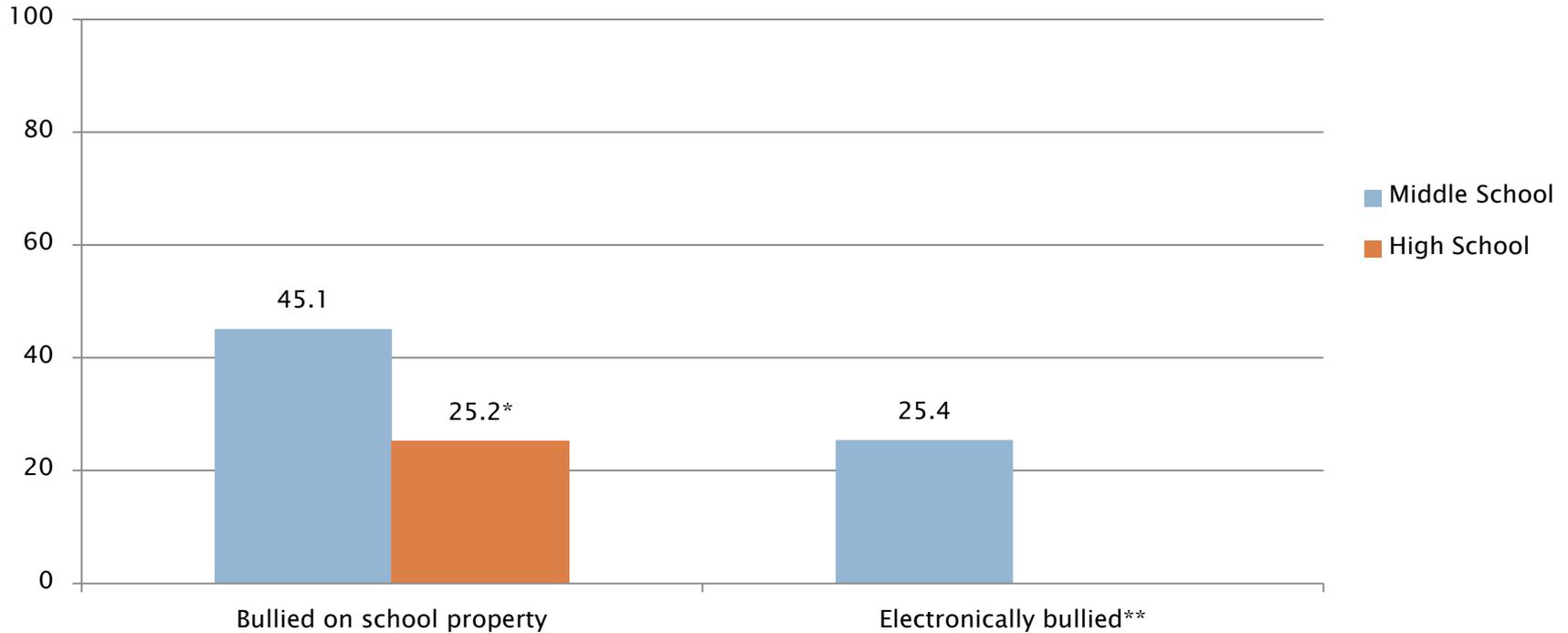
Never or rarely wore a helmet, among students who rode a bicycle in past 12 months

Never or rarely wore a seat belt when riding in a car driven by someone else



Bullying

Percentage of middle and high school students, 2013
Ever been bullied on school property
Ever electronically bullied



*Ever bullied in past 12 months

**No data available for high school students

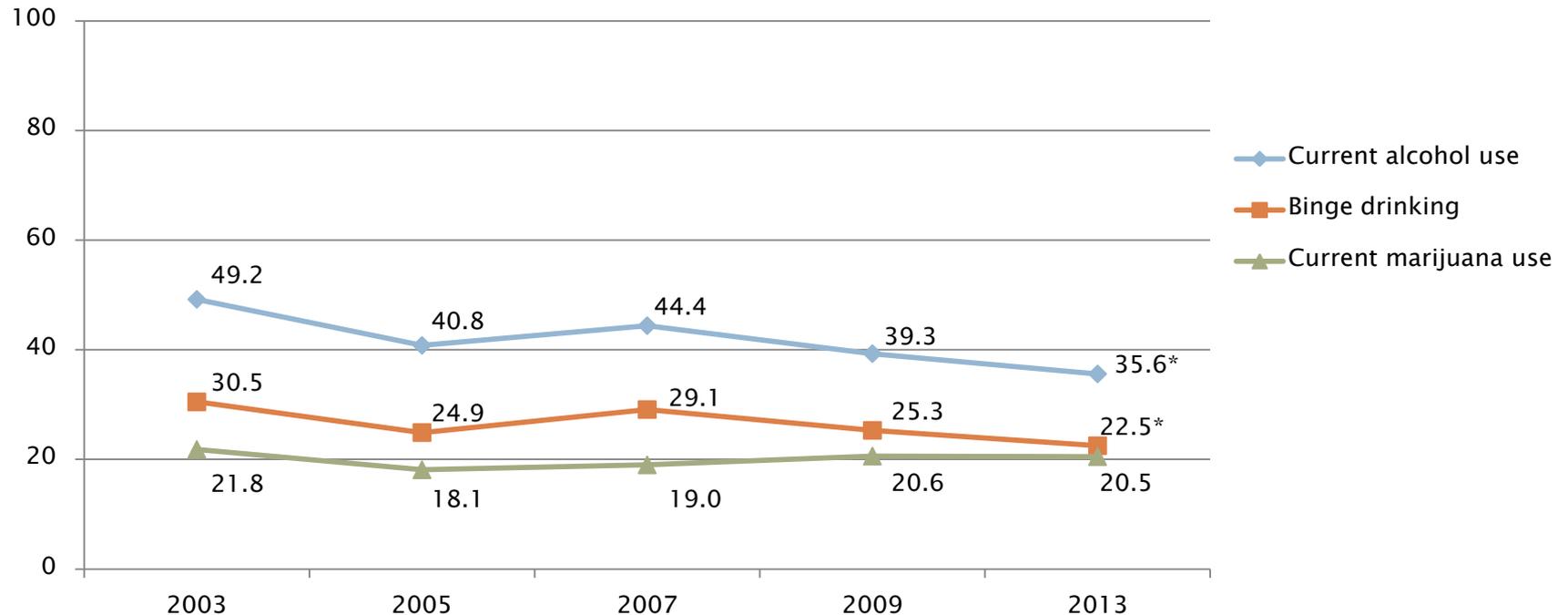
Health Risk Behaviors among Missouri High School Students



Alcohol and Marijuana Use

Percentage of high school students in past 30 days, 2003–2013

Had at least 1 drink of alcohol on 1 or more days
Drank 5 or more drinks of alcohol in a row on 1 or more days
Used marijuana on 1 or more days



*Statistically significant decline from 2003

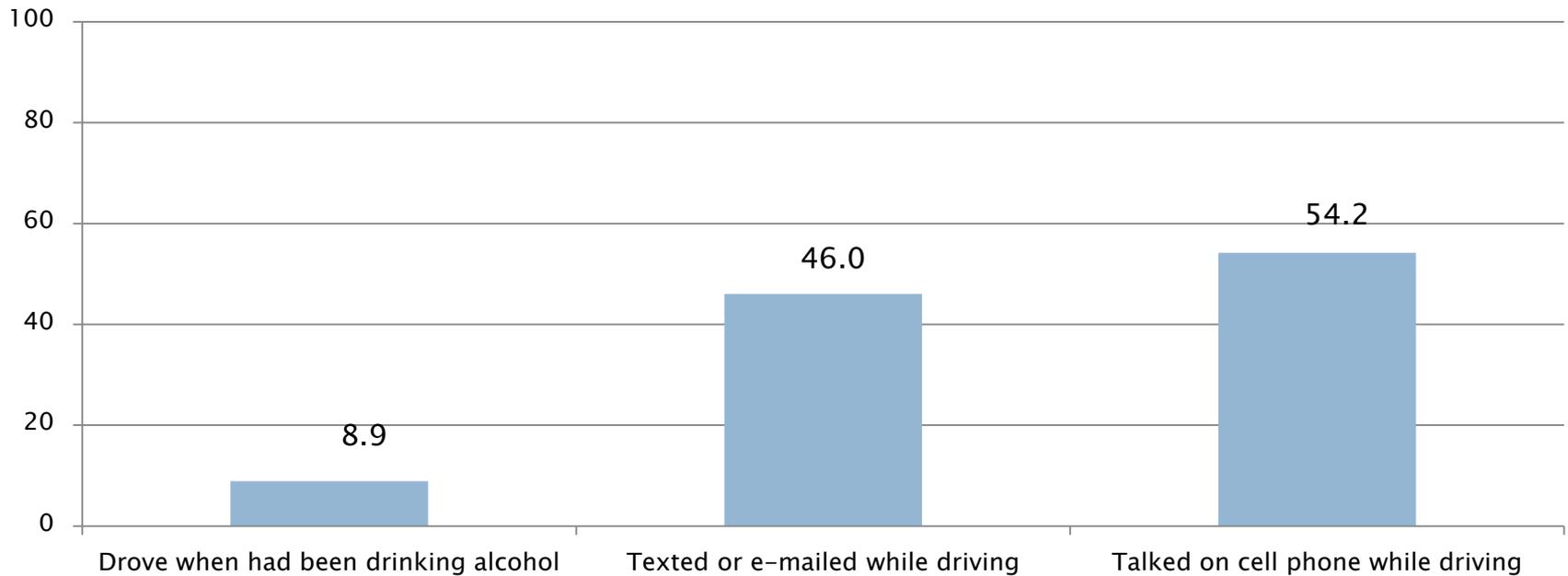
Driving when Drinking or Using a Mobile Device

Among high school students who had driven a car or other vehicle in the past 30 days in 2013, percentage that:

Drove when had been drinking alcohol 1 or more times

Texted or e-mailed while driving on 1 or more days

Talked on cell phone while driving on 1 or



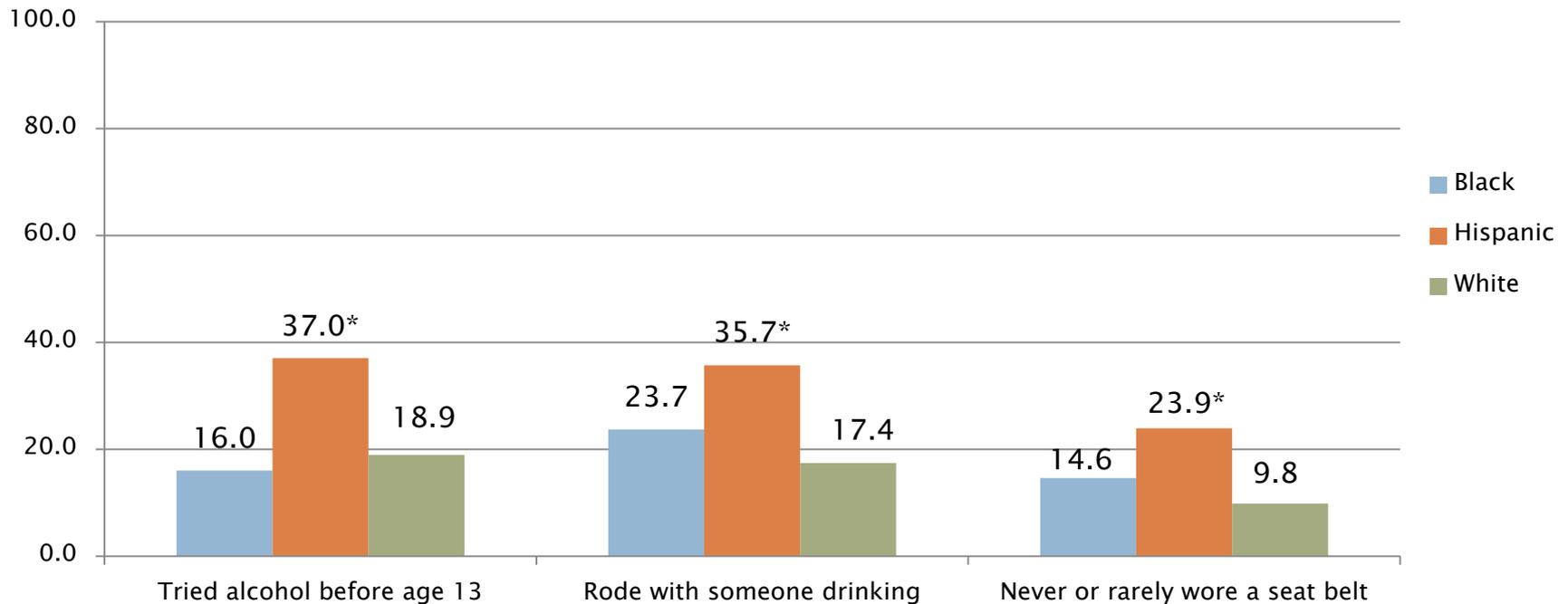
Alcohol Use and Seat Belt Use

Percentage of high school students by race and ethnicity, 2013

First tried alcohol before age 13

Rode with someone who had been drinking alcohol in past 30 days

Never or rarely wore a seat belt when riding in a car driven by someone else



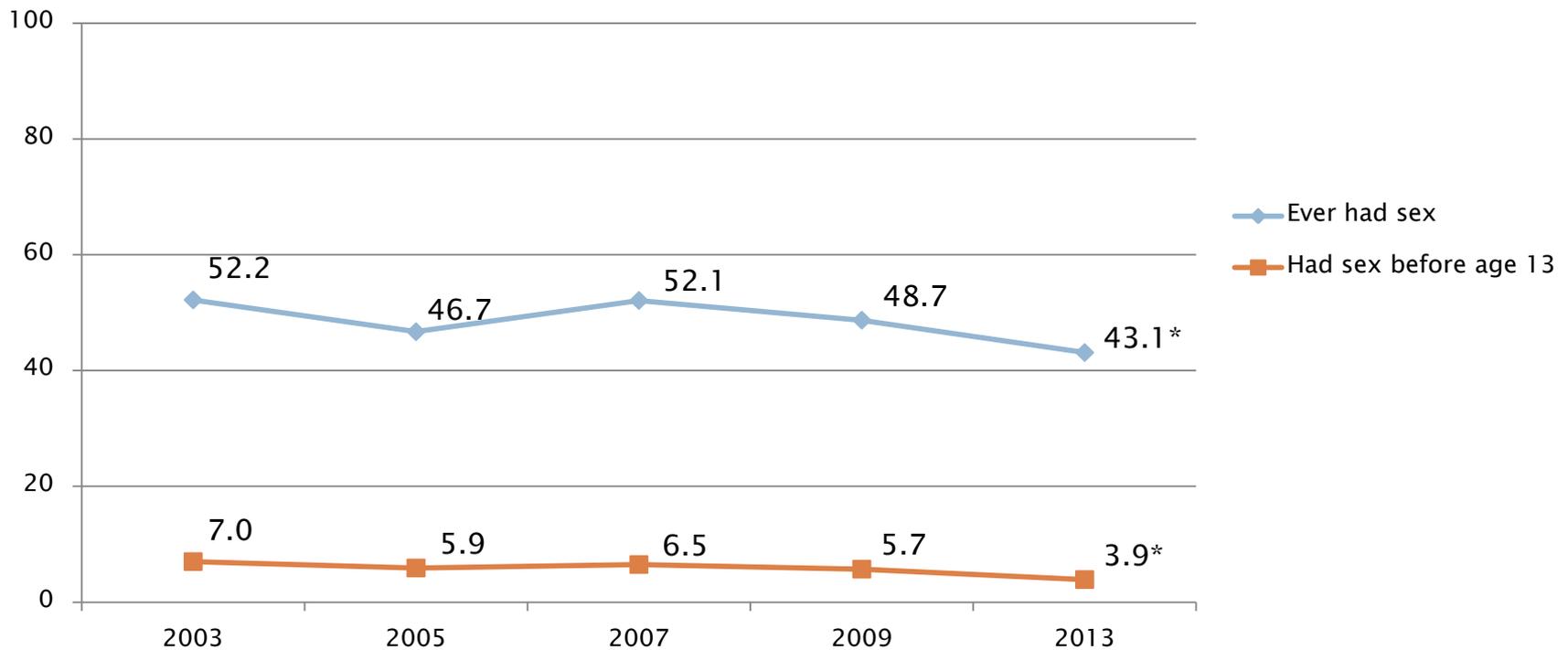
*Statistically significantly different from non-Hispanic white students

Sexual Behavior

Percentage of high school students, 2003–2013

Ever had sexual intercourse

Had sexual intercourse for first time before age 13



*Statistically significant decline from 2003

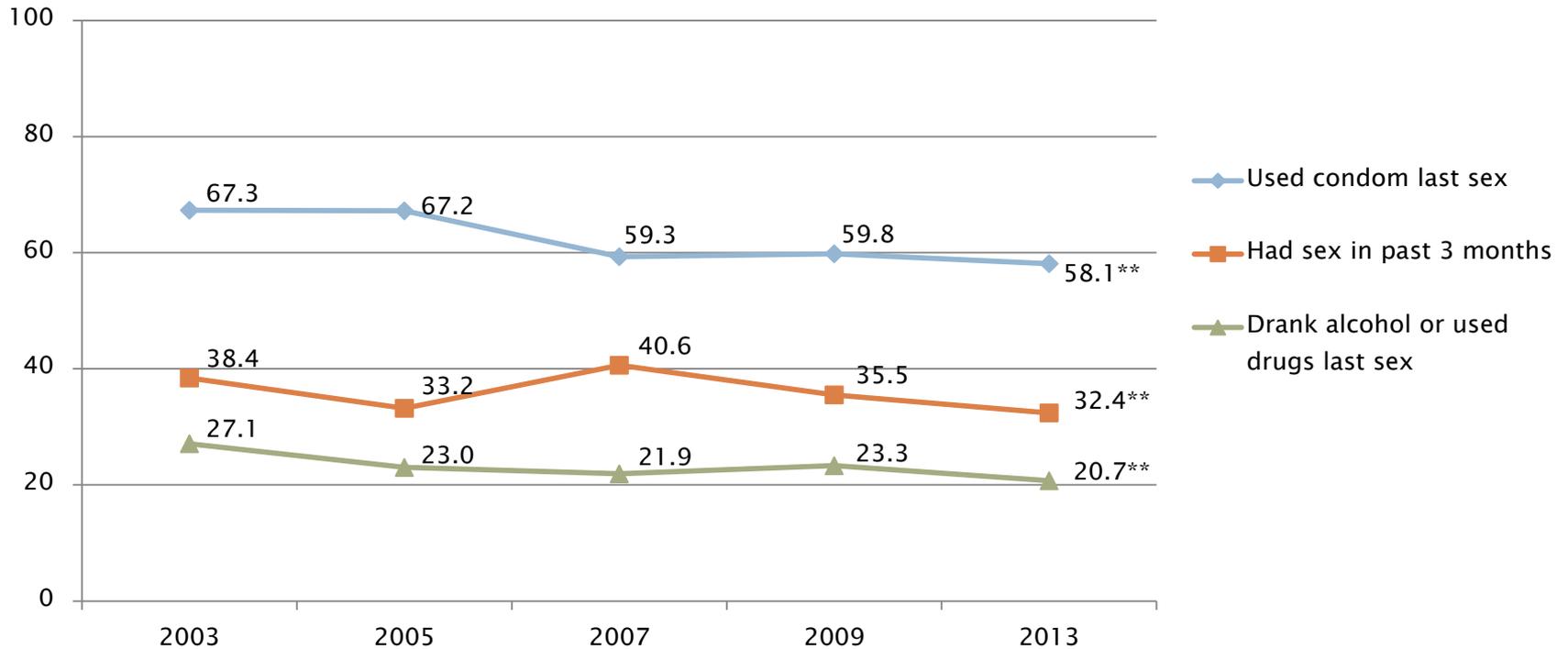
Sexual Behavior

Percentage of high school students, 2003–2013

Had sexual intercourse with 1 or more people in last 3 months (Current intercourse)

Student or partner used a condom during last sexual intercourse*

Drank alcohol or used drugs prior to last sexual intercourse*



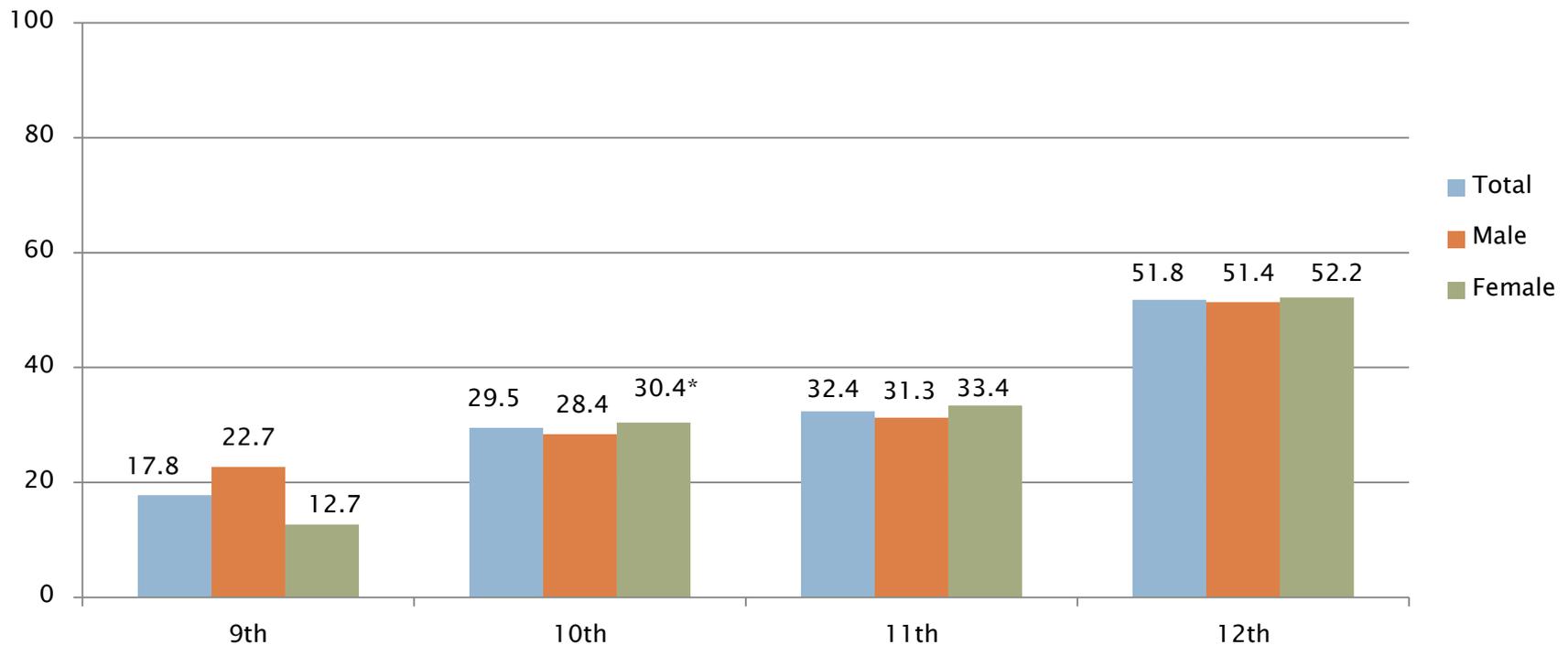
*Among students who had sexual intercourse in past 3 months

**Statistically significant decline from 2003

Sexual Behavior

Percentage of high school students by grade and gender, 2013

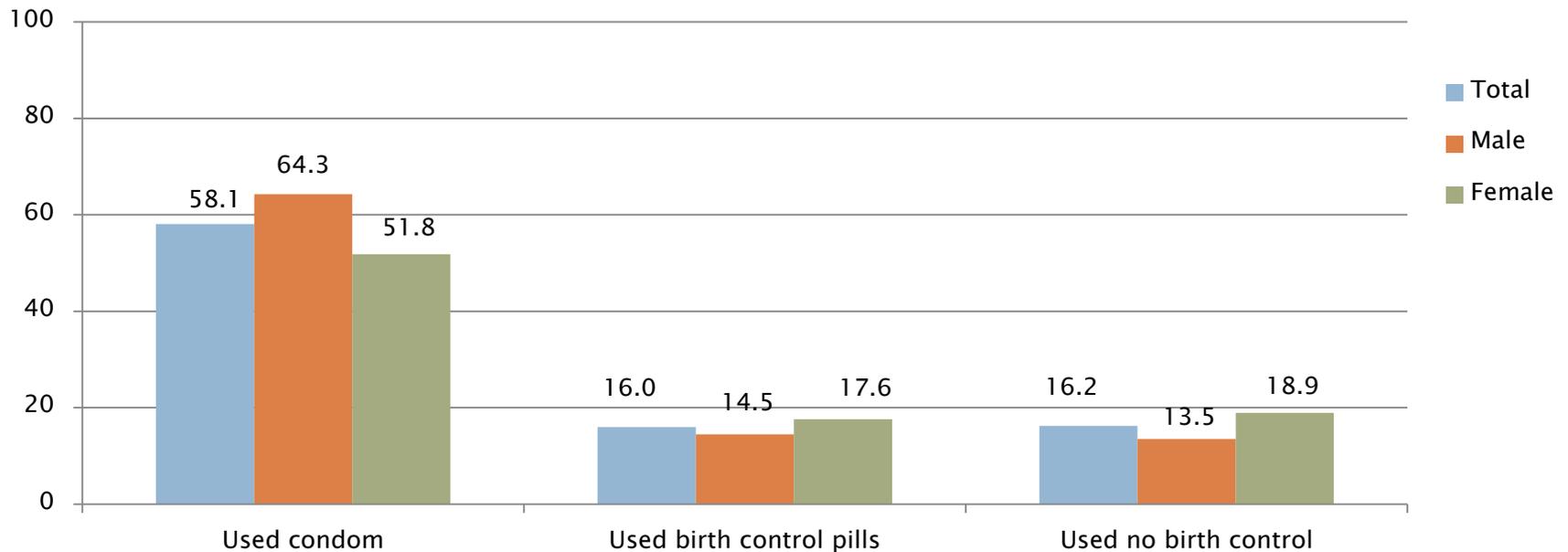
Had sexual intercourse with 1 or more people in past 3 months (Current intercourse)



*Statistically significant increase from 9th grade
Statistically significant increase from 9th grade to 12th grade
among both males and females

Sexual Behavior

Among high school students who had sexual intercourse in past 3 months in 2013, percentage by gender who used the following method to prevent pregnancy:
Student or partner: Used a condom; Used birth control pills; Used no birth control

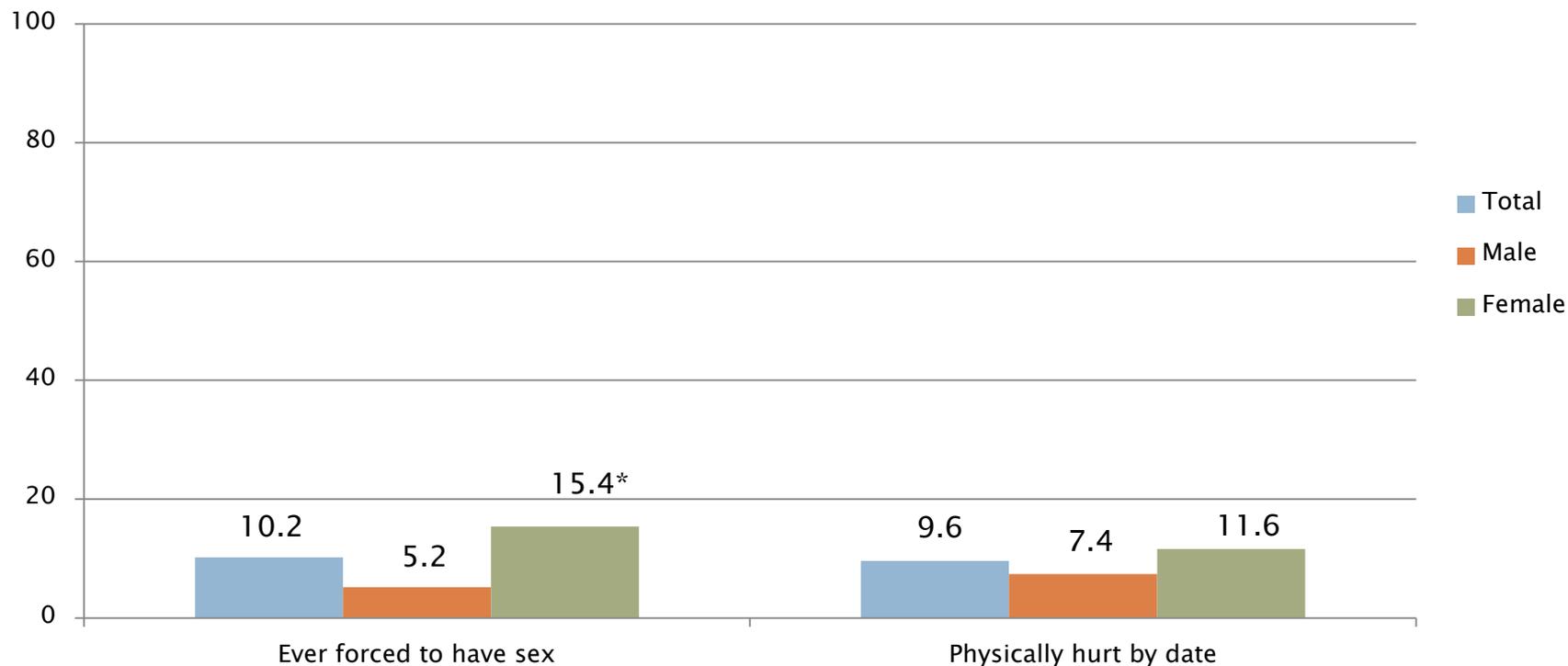


Forced Sexual Intercourse and Dating Violence

Percentage of high school students by gender, 2013

Ever forced to have unwanted sexual intercourse

Physically hurt by someone they were dating 1 or more times in past year



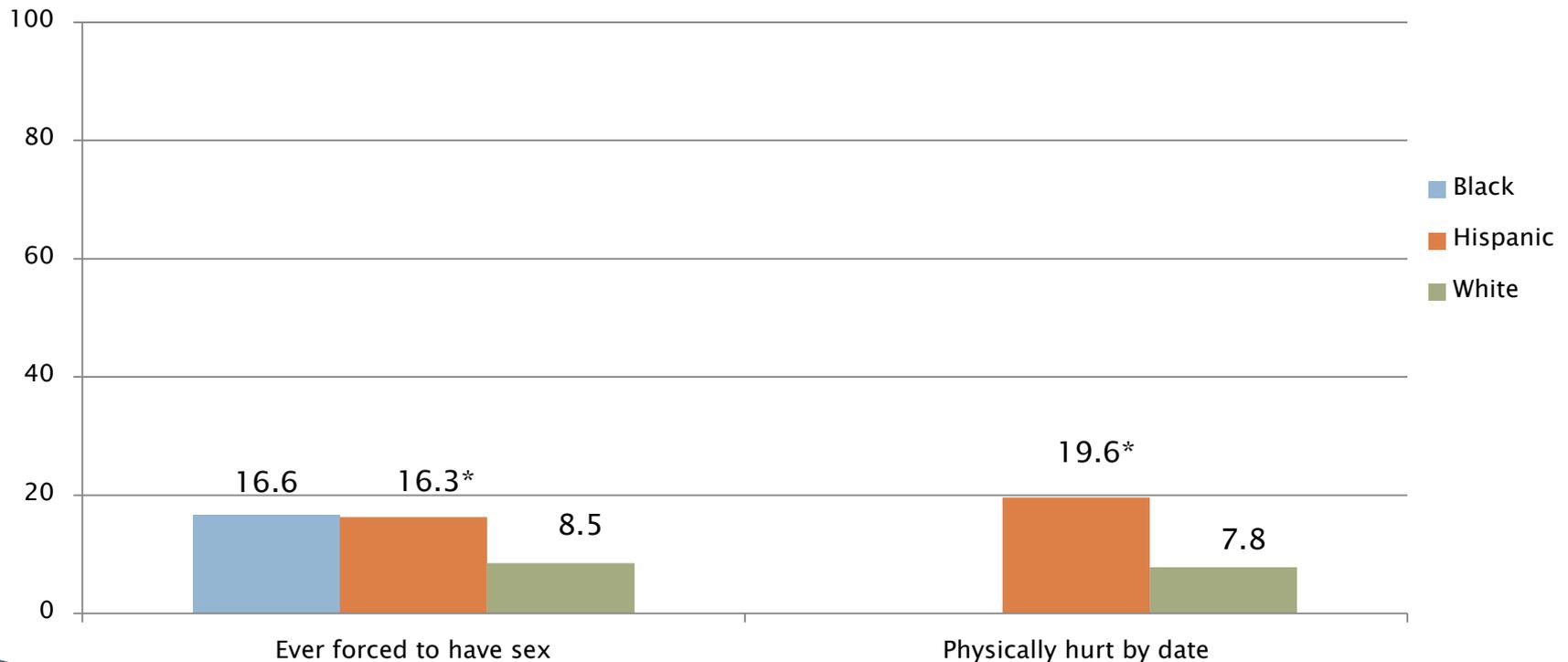
*Statistically significantly different from males

Forced Sexual Intercourse and Dating Violence

Percentage of high school students by race and ethnicity, 2013

Ever forced to have unwanted sexual intercourse

Physically hurt by someone they were dating 1 or more times in past year



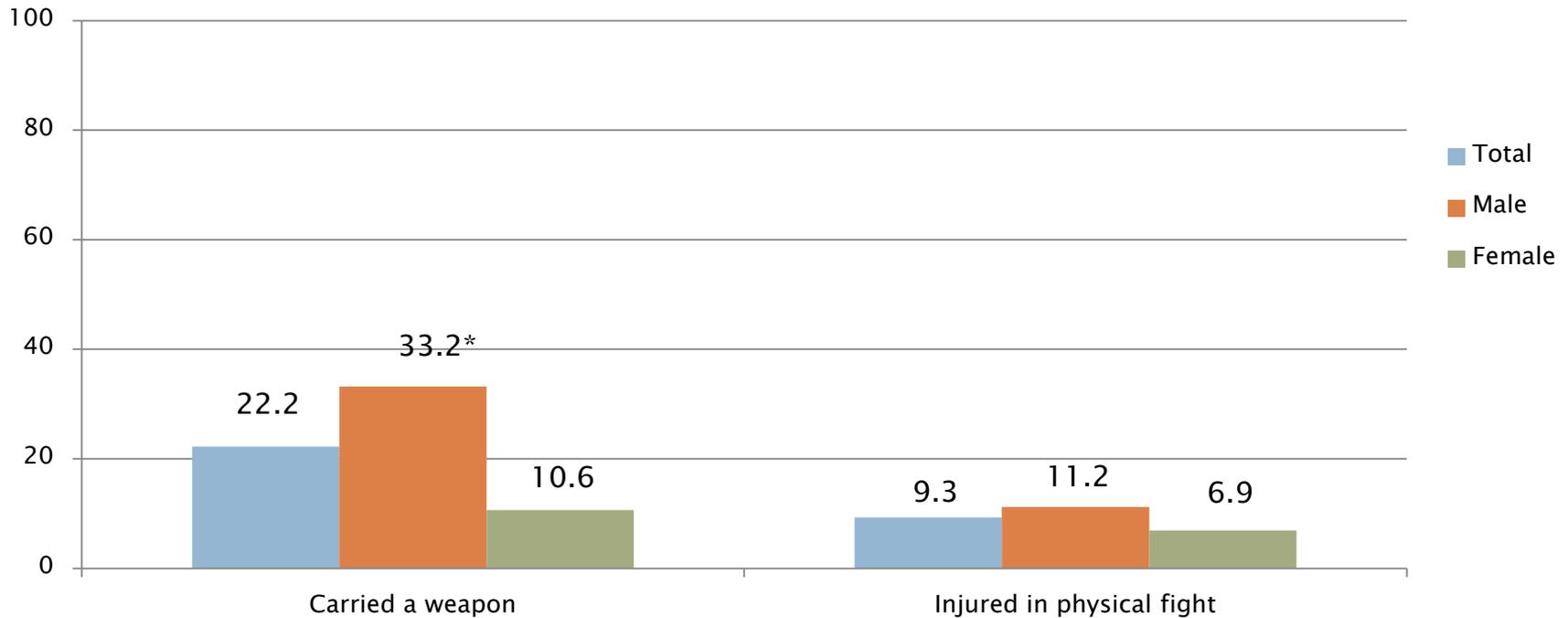
*Statistically significantly different from non-Hispanic white students
Insufficient data to report hurt by date for non-Hispanic black students

Weapon Carrying and Physical Fighting

Percentage of high school students by gender, 2013

Carried a weapon (e.g., gun, knife or club) on 1 or more of the past 30 days

Were in a physical fight that required medical treatment in past year



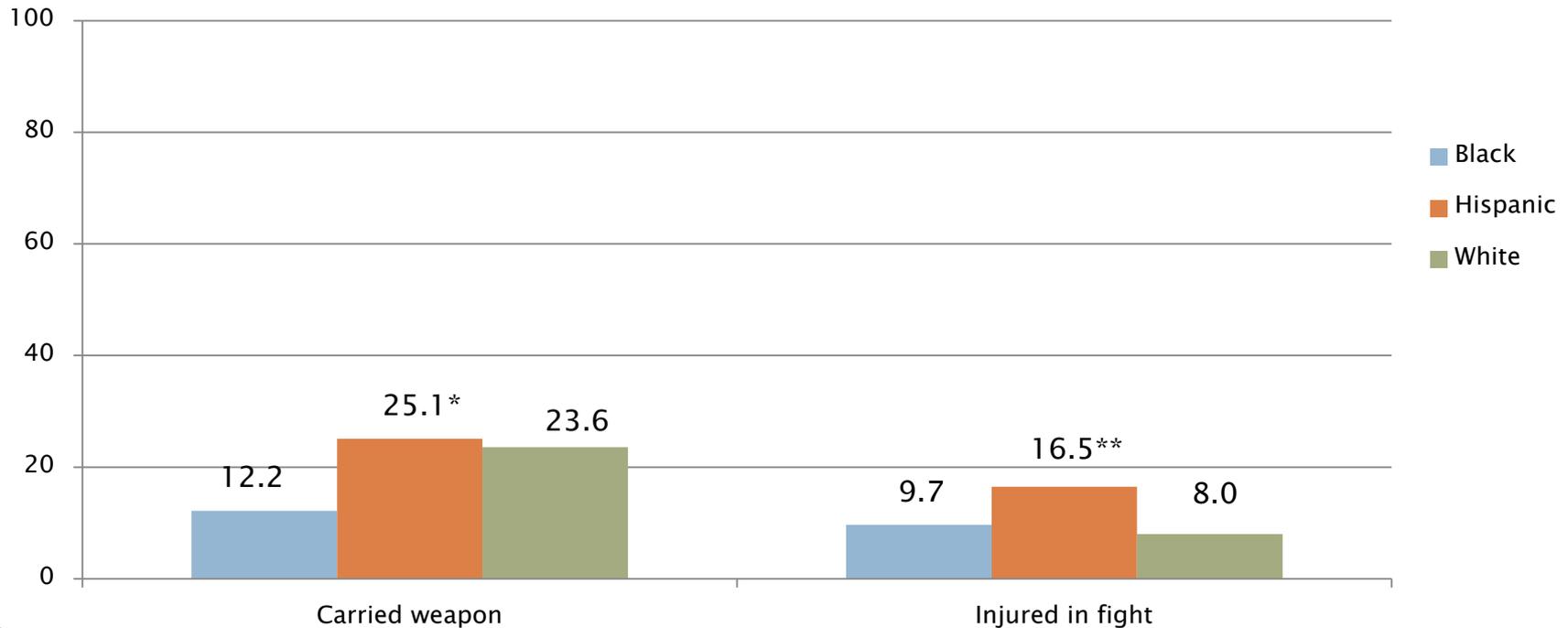
*Statistically significantly different from females

Weapon Carrying and Physical Fighting

Percentage of high school students by race and ethnicity, 2013

Carried a weapon (e.g., gun, knife or club) during past 30 days

Were injured in a physical fight that required medical treatment in past year



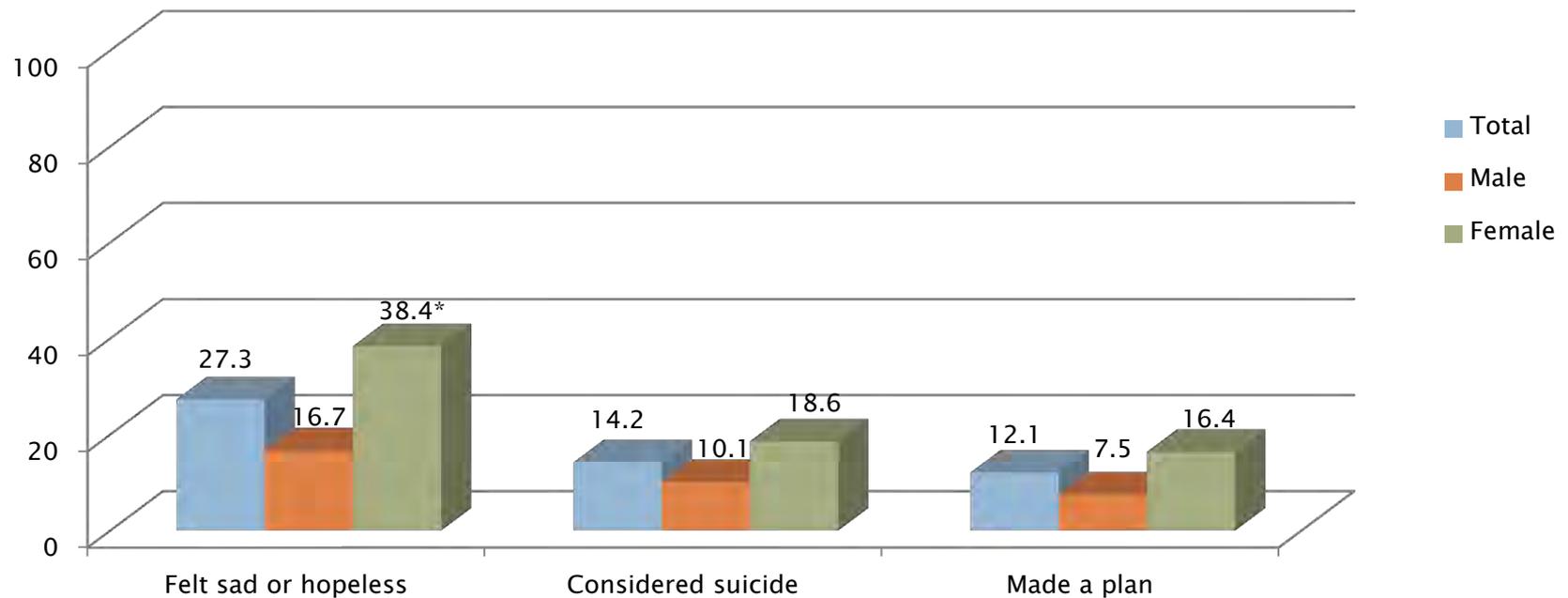
*Statistically significantly different from non-Hispanic black students

**Statistically significantly different from non-Hispanic white students

Depression and Suicide

Percentage of high school students by gender, 2013

Felt so sad or hopeless almost every day for 2 weeks or more in a row during past 12 months
that they stopped doing usual activities
Considered suicide in past year
Made a plan to commit suicide in past year



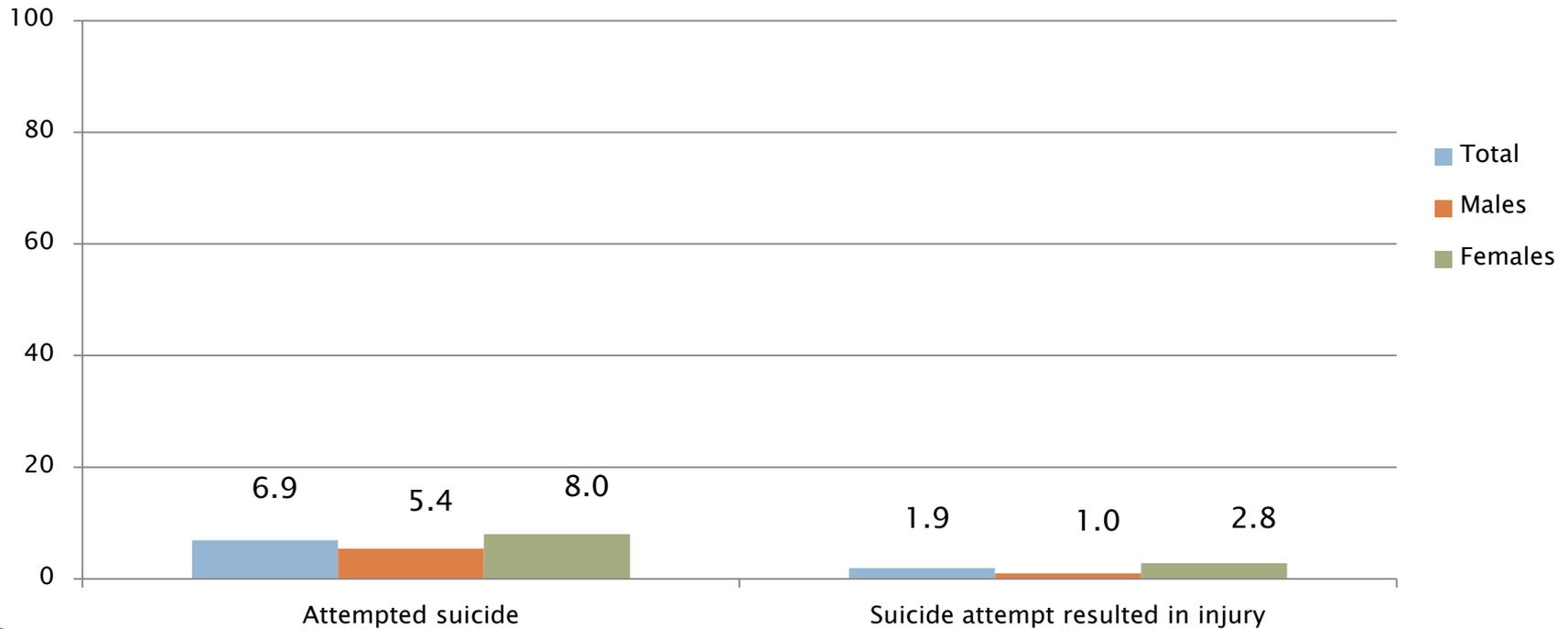
*Statistically significantly different from males

Suicide Attempts

Percentage of high school students by gender, 2013

Attempted suicide 1 or more times in past year

Suicide attempt in past year resulted in injury, poisoning or overdose



Depression and Suicide

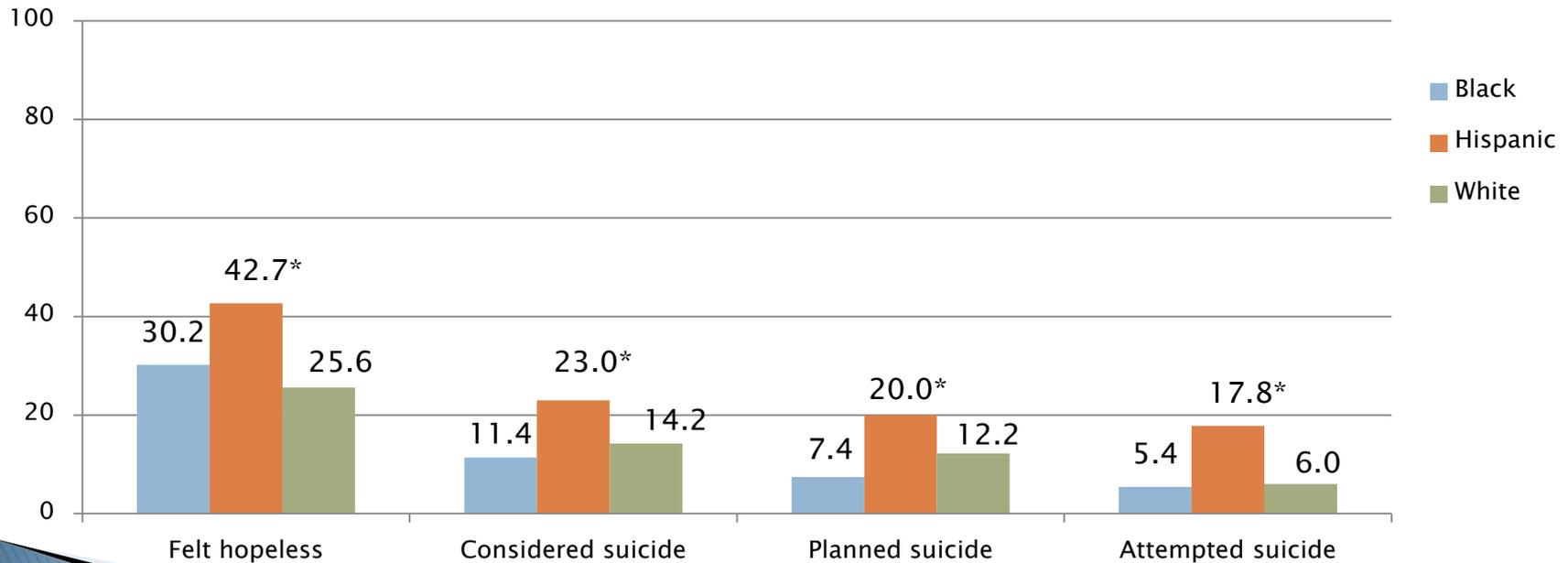
Percentage of high school students by race and ethnicity, 2013

Felt so sad or hopeless almost every day for 2 weeks or more in a row in past year that they stopped doing their usual activities

Considered suicide

Planned suicide

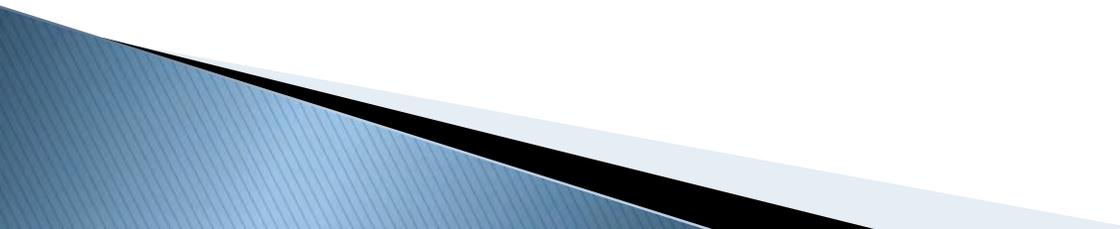
Attempted suicide



*Statistically significantly different from non-Hispanic white students

Summary of Findings

The good news, over the past decade...

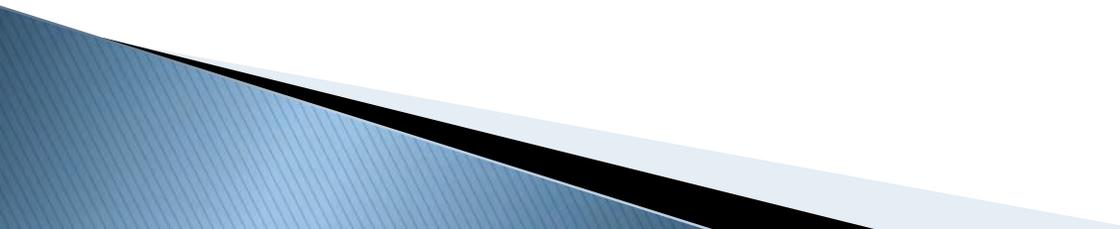
- ▶ Sugar-added/non-diet soft drink consumption declined significantly among middle and high school students since 2007
 - ▶ Current cigarette smoking declined significantly among middle and high school students
 - ▶ Current alcohol use and binge drinking declined significantly among high school students
 - ▶ Current sexual intercourse declined significantly among high school students
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Summary of Findings

Of concern....

- ▶ Almost one-half of middle school students and a quarter of high school students had been bullied on school property
- ▶ About one-half of high school students texted or e-mailed, or talked on a cell phone while driving
- ▶ Condom use declined significantly over the past decade
- ▶ Sixteen percent of high school students who had sexual intercourse during the past three months used no method of birth control
- ▶ Fifteen percent of high school females had been forced to have unwanted sexual intercourse; twelve percent had been physically hurt by someone they were dating
- ▶ A third of high school males carried a weapon in the past 30 days
- ▶ A significantly greater percentage of Hispanic high school students than non-Hispanic white students engaged in behaviors that put them at risk for intentional or unintentional injuries

Acknowledgements

- ▶ Students, administrators, teachers and staff from participating schools
 - ▶ Centers for Disease Control and Prevention
 - ▶ Craig Rector, Department of Elementary and Secondary Education
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 - ▶ Janet Wilson, YRBS Manager, Shumei Yun, MD, PhD, DHSS Chronic Disease Epidemiologist and Noaman Kayani, PhD, Research Analyst
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