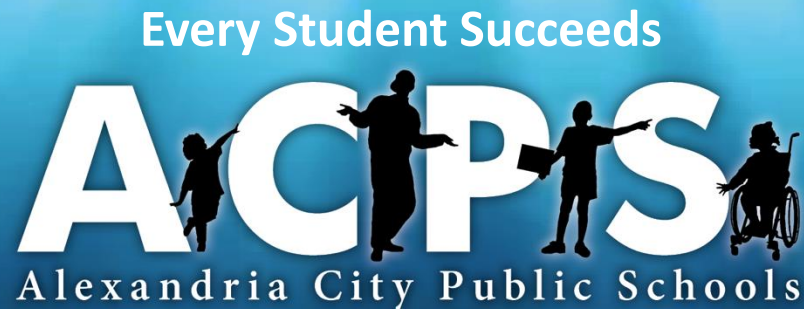


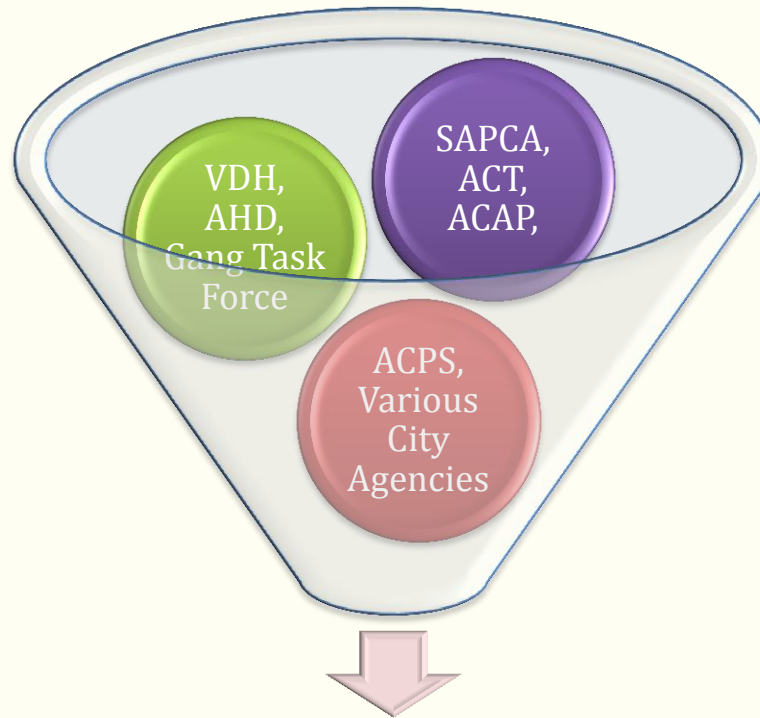
Youth Risk Behavior Survey 2013-2014

Children, Youth, and Families Collaborative
Commission Meeting

November 11, 2015



The Power of the Collective...



Data to Better Serve Alexandria Youth

About YRBS

Survey goal is to obtain information on youth behavior in areas contributing to the leading causes of death, disability, and social problems in youth and adults:

- Physical health
- Behaviors that contribute to unintentional or intentional injuries
- Alcohol and other drug use
- Tobacco use
- Sexual behaviors that contribute to unintended pregnancy or sexually transmitted infections, including HIV
- Dietary behavior

Why is this important?

- Alexandria Children & Youth Master Plan:
 - Goal 1. Every child will be physically safe and healthy
- ACPS 2020:
 - Goal 5. Health and Wellness: ACPS will promote efforts to enable students to be healthy and ready to learn
- Are the programs and efforts underway having the desired impact?

2013-2014 YRBS Methodology

- Voluntary, anonymous, self-reported data
- Alexandria City Public Schools
- Electronically administered on laptop during class

Grade 8

December 2013

69 question survey

Grades 10 and 12

November 2014

114 question survey

Survey Data

- 1,591 students completed survey
 - 9 parents opted student out
 - 61 excluded (highly incomplete, extreme/conflicting responses)
- Response rates:
 - 8th grade = 82% (n=638)
 - 10th grade = 54% (n=495)
 - 12th grade = 53% (n=397)

Across gender, race, and ethnicity, the sample was largely representative of the population

For high school sample, the lower response rates may reflect unobserved differences that are not measurable

Limitations

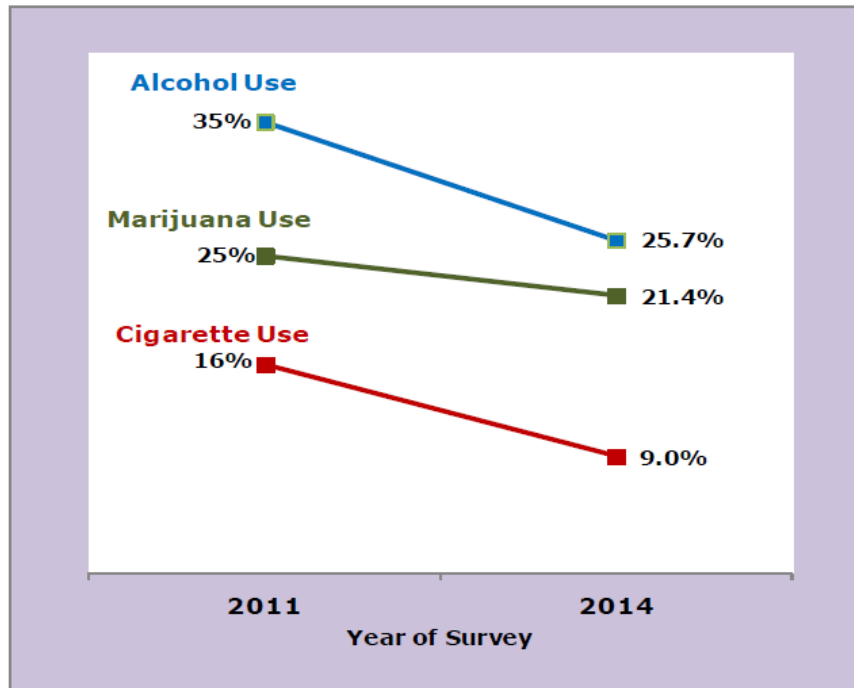
- The data are self-report
 - Research has found surveys are typically good indicators of the nature and extent of risk behaviors.
- Response rates by grade from YRBS HS 2014 are comparable to the YRBS HS 2011 survey, but...
 - There may be some bias in the responses in both surveys, given that roughly half of eligible students opted not to participate in the survey or were not present at school that day.

Inherent differences in the two populations – those who participated in the survey and those who did not – cannot be measured.

Alexandria YRBS: Substance Use

Grades 10 and 12

Figure 1: Alcohol, Marijuana & Cigarette Use in Last 30 Days
2011 & 2014, Grades 10 & 12



- Use of alcohol, cigarettes, and marijuana was down among 10th and 12th graders (combined).
- ACPS cigarette, marijuana, and alcohol use lower than reported national estimates

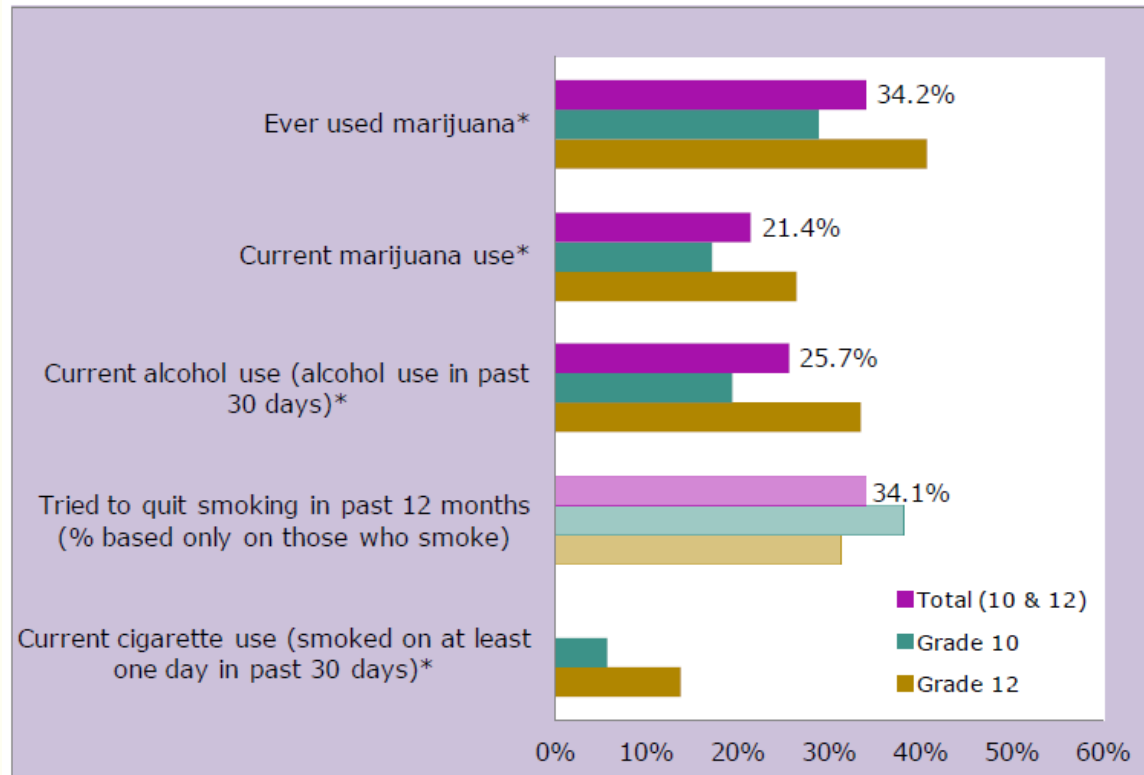
*Males and Hispanic students significantly MORE likely to report cigarette use;
White students significantly MORE likely to report alcohol use.*

Alexandria YRBS: Substance Use

Grades 10 and 12

Use of alcohol, cigarettes, and marijuana was reported at statistically higher levels among 12th graders

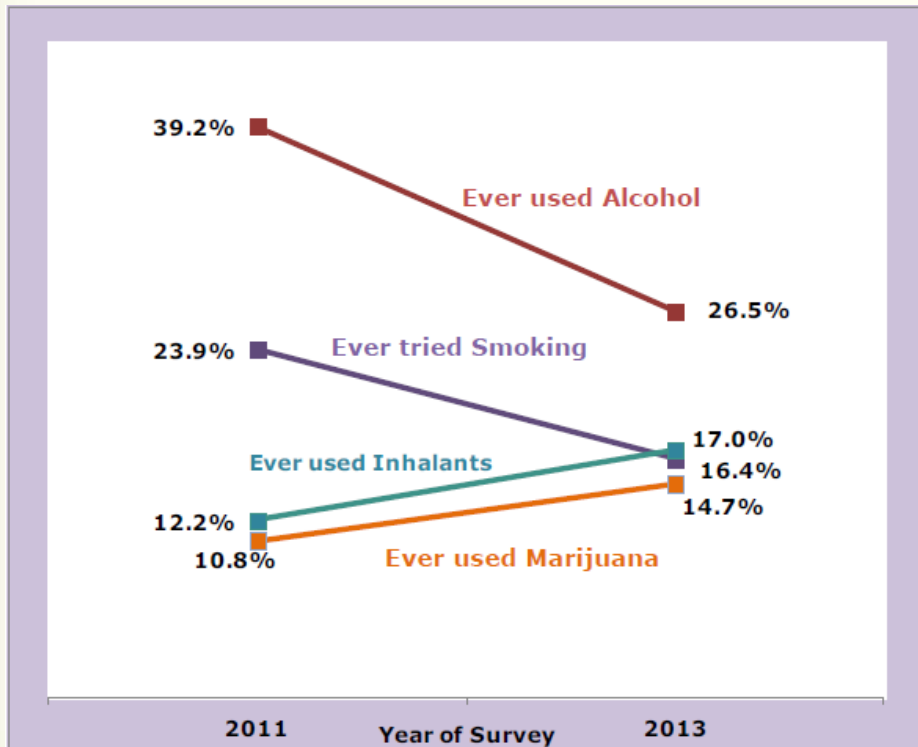
Figure 2: Substance Use, by Grade, 2014 (n=892)



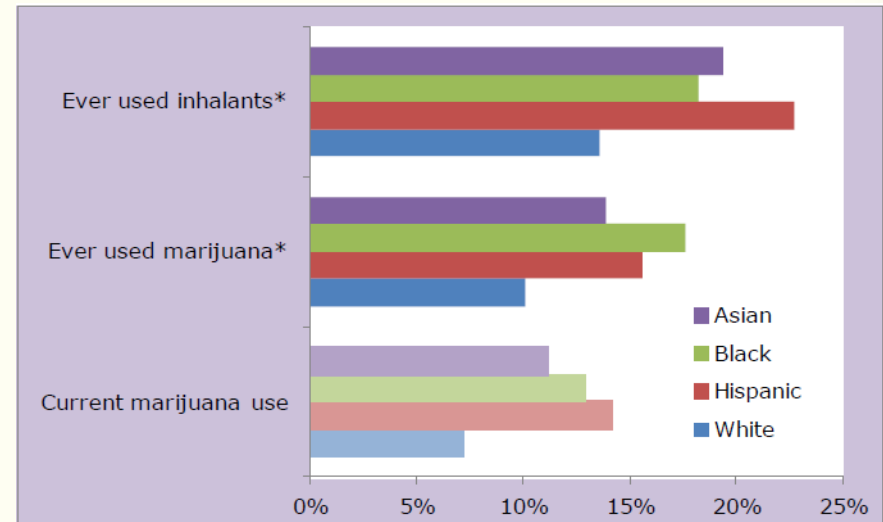
Alexandria YRBS: Substance Use

Grade 8

History of Substance Use, 2011 & 2013, Grade 8



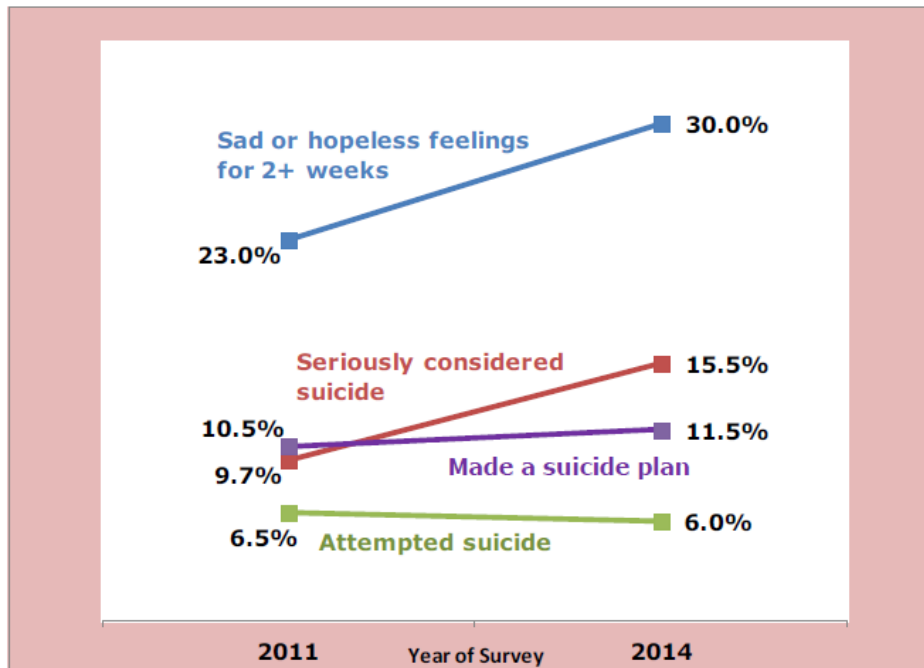
Marijuana & Inhalant Use by Race/Ethnicity, 2013, Grade 8



Alexandria YRBS: Mental Health

Grades 10 and 12

Figure 9: Depression and Thoughts of Suicide
2011 & 2014, Grades 10 & 12



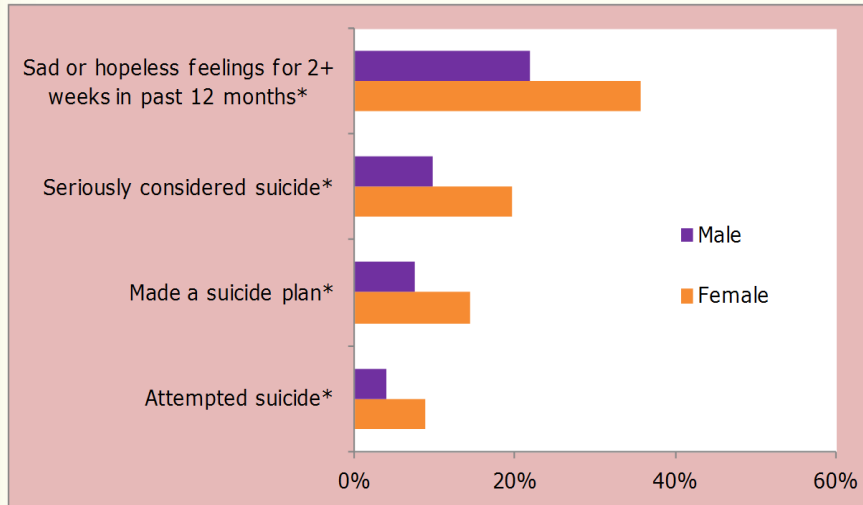
- Reports of sad or hopeless feelings, serious consideration of suicide, and plans for suicide increased.
- Serious consideration of suicide estimates increased by six percentage points.
- 2014 rates reported within ACPS were comparable to nation-wide results at the high school level in 2013.

*No significant differences for gender groups;
Hispanics significantly MORE likely to report attempting suicide.*

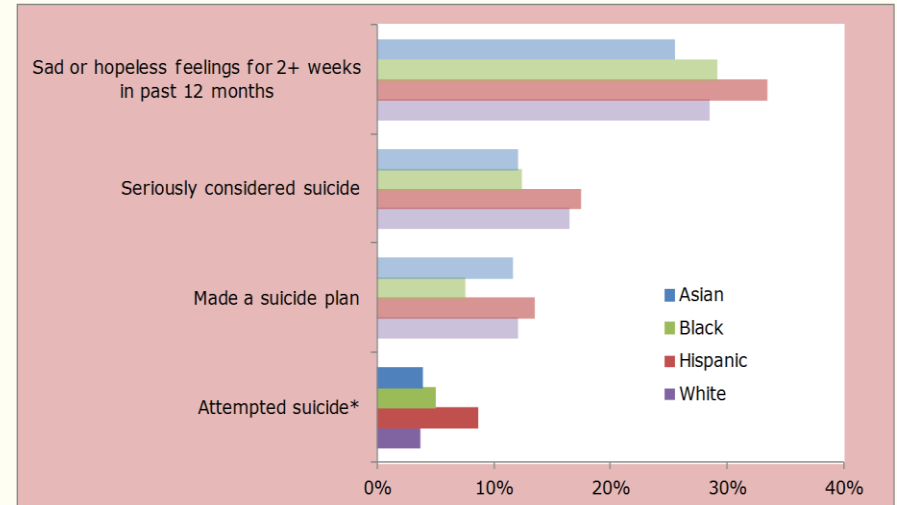
Alexandria YRBS: Mental Health

Grades 10 and 12

**Depression & Thoughts of Suicide
by Gender, 2014**



**Depression & Thoughts of Suicide,
by Race/Ethnicity, 2014**



- A statistically significant higher proportion of female students reported sad or hopeless feelings, serious consideration of suicide, made a suicide plan, or attempted suicide.
- Hispanic students reported higher rates across these risk behaviors when compared to other race/ethnic groups.

Alexandria YRBS: Mental Health

Grade 8

Figure 29: Depression & Thoughts of Suicide
2011 & 2013, Grade 8



- Serious consideration of suicide, and plans for suicide also increased for 8th graders.
- Girls significantly MORE likely to report feeling sad or hopeless or have suicidal ideation.

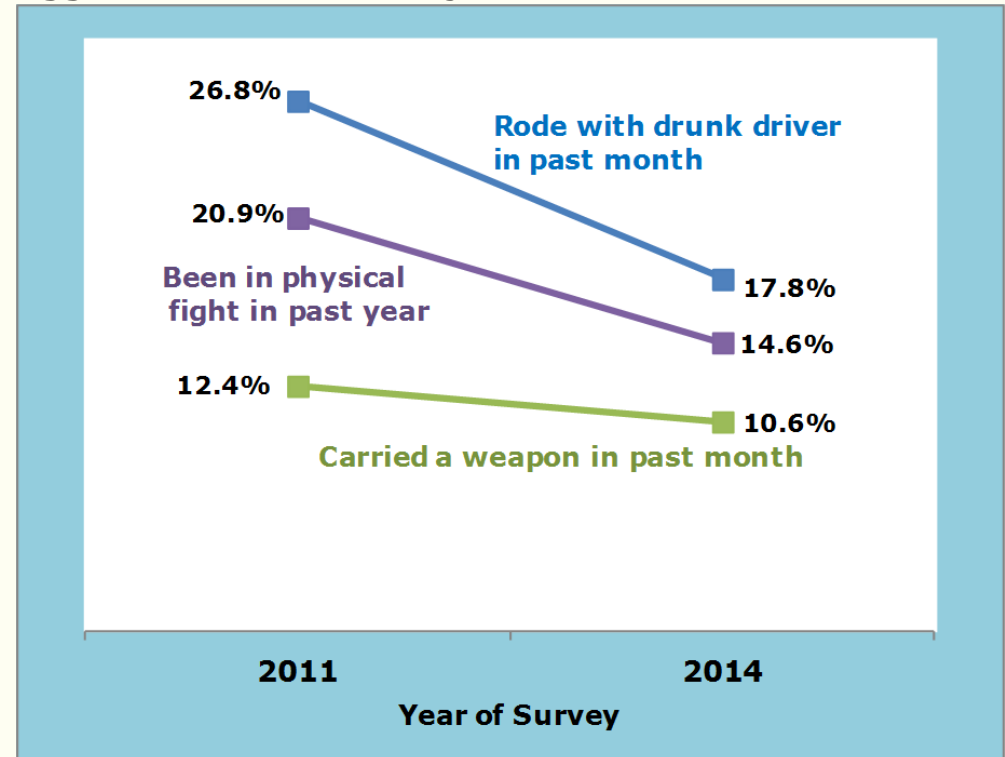
Alexandria YRBS: Aggressive Behavior, Injuries, and Violence

Grades 10 and 12

Aggressive Behavior, Injuries & Violence, 2011 & 2014

Student reports of riding with a drunk driver, being in a physical fight, or carrying a weapon went down from 2011 for 10th and 12th graders.

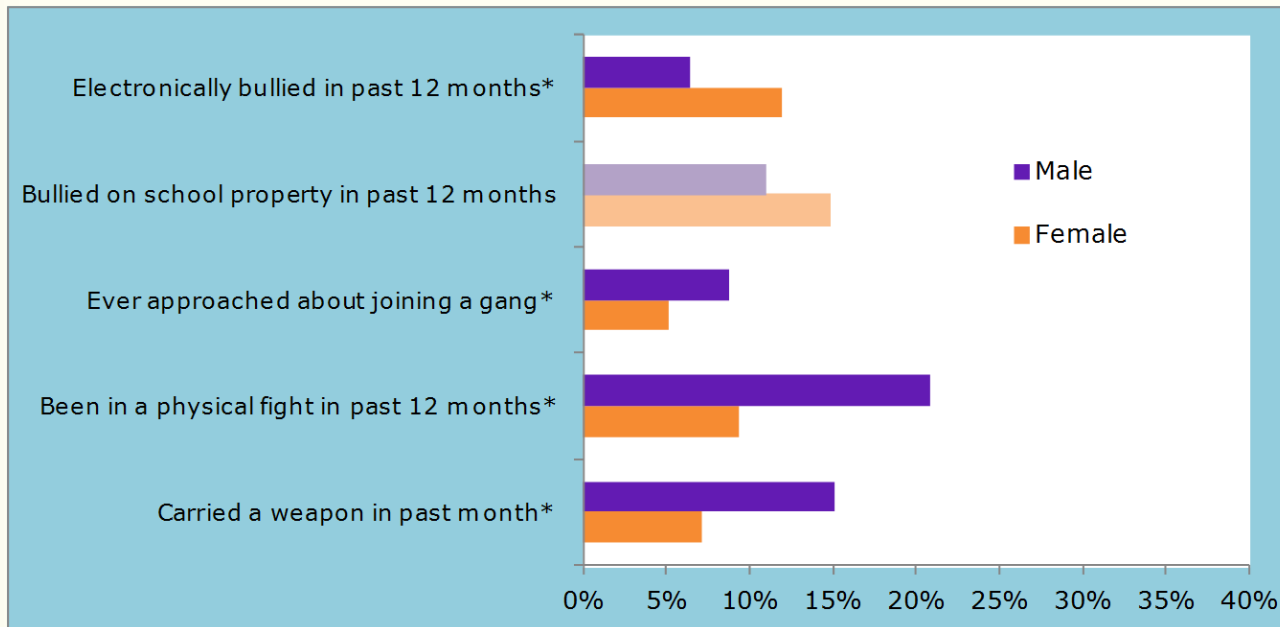
While not shown, 30% of 8th graders reported being in a physical fight in the past 12 months. More than doubling the rate reported in grades 10 & 12.



Alexandria YRBS: Aggressive Behavior, Injuries, and Violence

Grades 10 and 12

Aggressive Behavior, Injuries & Violence, by Gender, 2014



A statistically significant higher proportion of females reported being bullied within the past year when compared to males.

Males were much more likely to have been in a fight, carried a weapon, or been approached to join a gang.

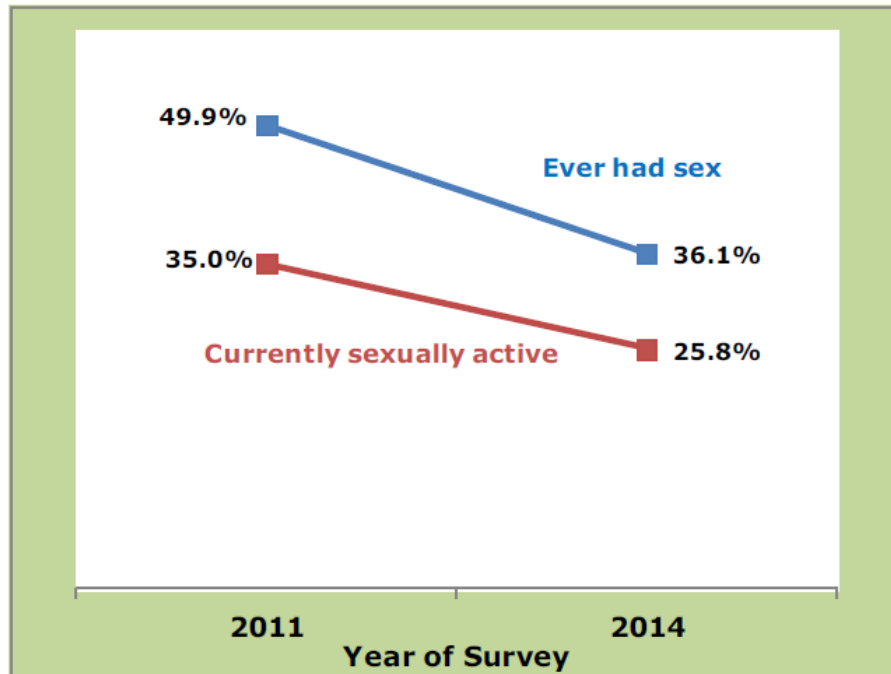
Alexandria YRBS: Aggressive Behavior, Injuries, and Violence

Grades 10 and 12

- For the first time students were asked questions regarding the prevalence of gangs and gang activity.
 - 29% of 10th and 12th grade and 27% of 8th grade student respondents reported gang members present at school or in neighborhood in past 12 months.
 - 7% of 10th and 12th grade and 8% of 8th grade respondents reported being approached about joining a gang.
 - *No significant differences in reporting by race/ethnicity.*

Alexandria YRBS: Sexual Behavior

Figure 18: Sexual Activity, 2011 & 2014, Grades 10 & 12



Sexual activity indicators down for 8th, 10th and 12th graders

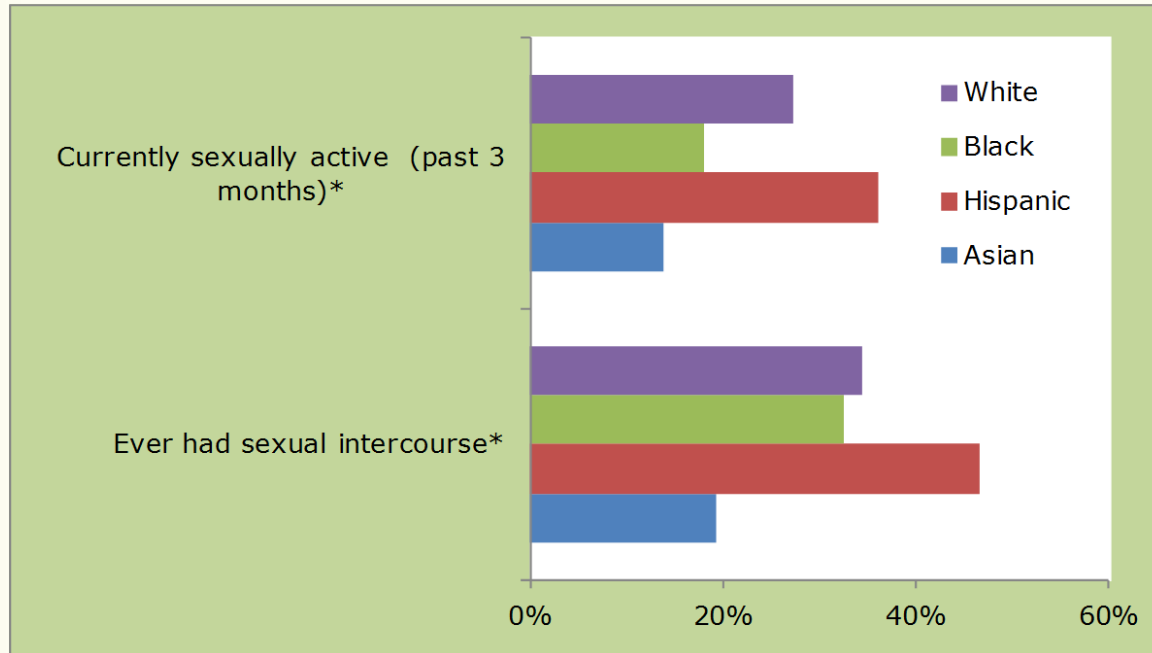
Figure 31: Sexual Activity, 2011 & 2013, Grade 8



Alexandria YRBS: Sexual Behavior

Grades 10 and 12

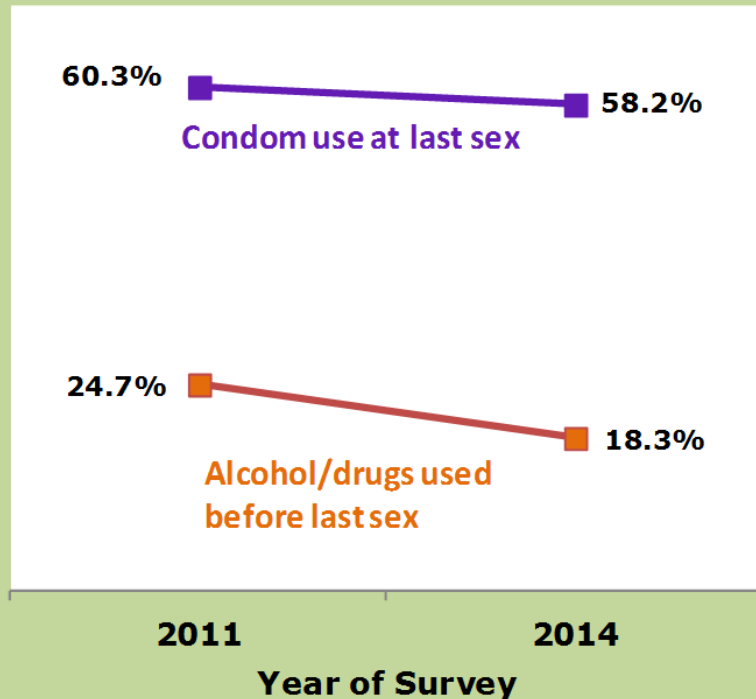
Sexual Activity, by Race/Ethnicity, 2014



Higher proportions of Hispanic students reported ever having sex and being currently sexually active relative to Asian, Black, or White students.

Alexandria YRBS: Sexual Behavior

Grades 10 and 12



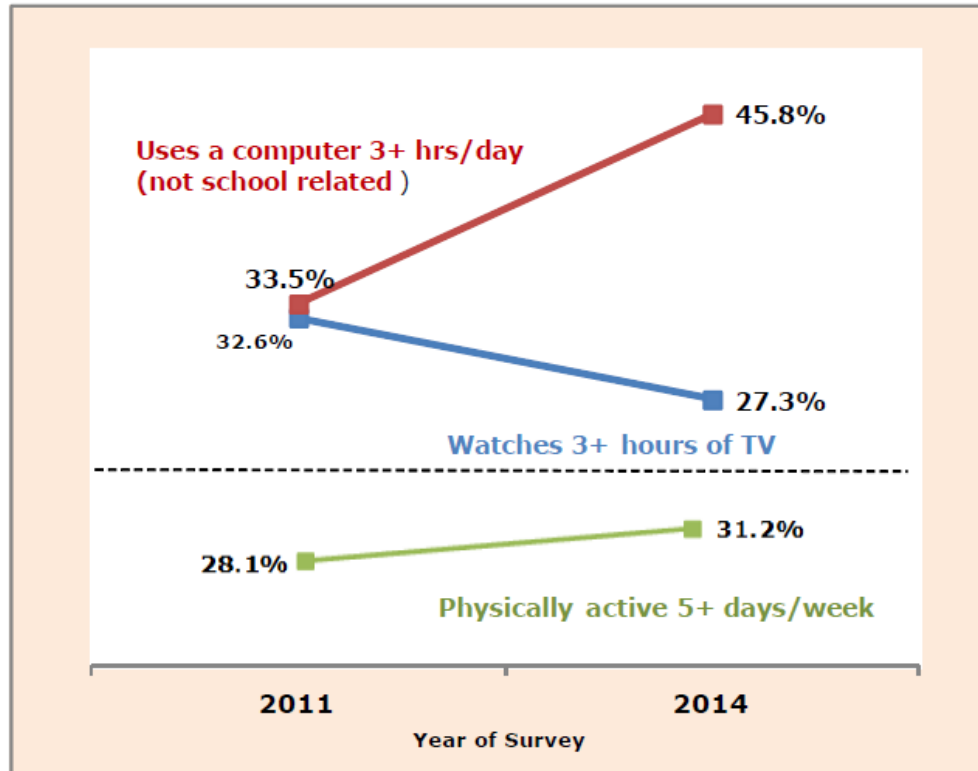
Of the students having sex, reported condom use down for 10th and 12th grade students.

No statistically significant differences observed for safety sexual behavior indicators when stratified by grade, gender, or race/ethnicity.

Alexandria YRBS: Wellness and Healthcare

Grades 10 and 12

Figure 4: Daily Screen Time and Physical Activity
2011 & 2014, Grades 10 & 12



Daily computer/smartphone screen time increased while TV screen time *decreased*.

Students reporting being physically active for 60 minutes, 5 days/week *increased* for 10th and 12th graders.

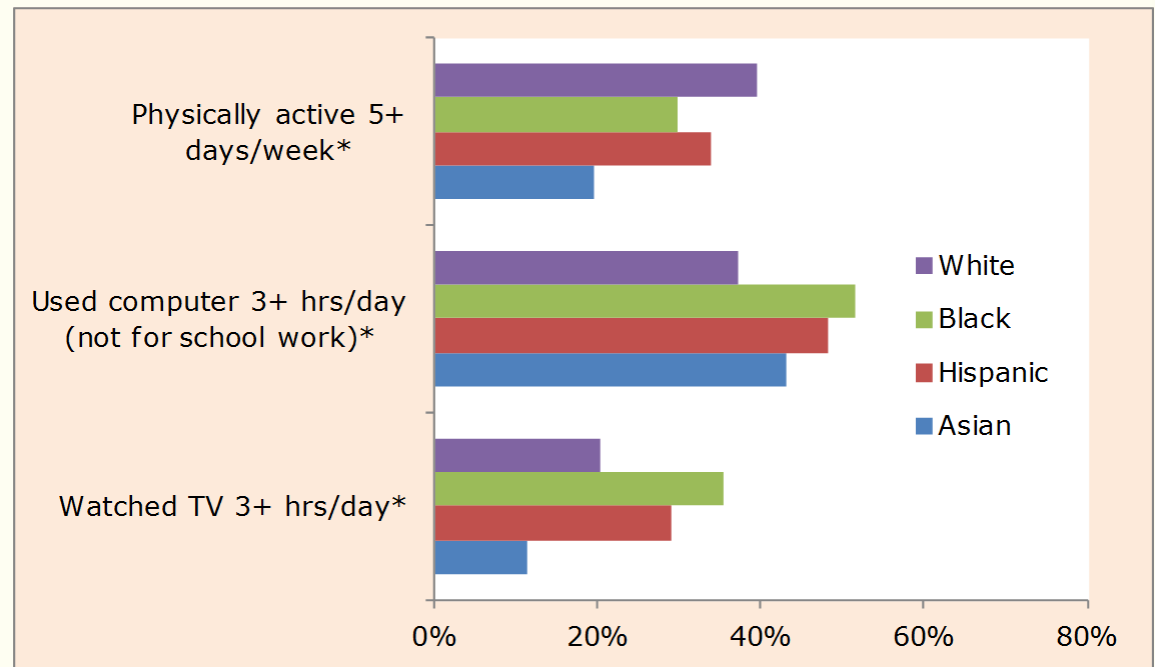
Alexandria YRBS: Wellness and Healthcare

Grades 10 and 12

Significantly higher proportions of White and Hispanic students reported being physically active.

Black and Hispanic students reported significantly more screen time use than White or Asian students.

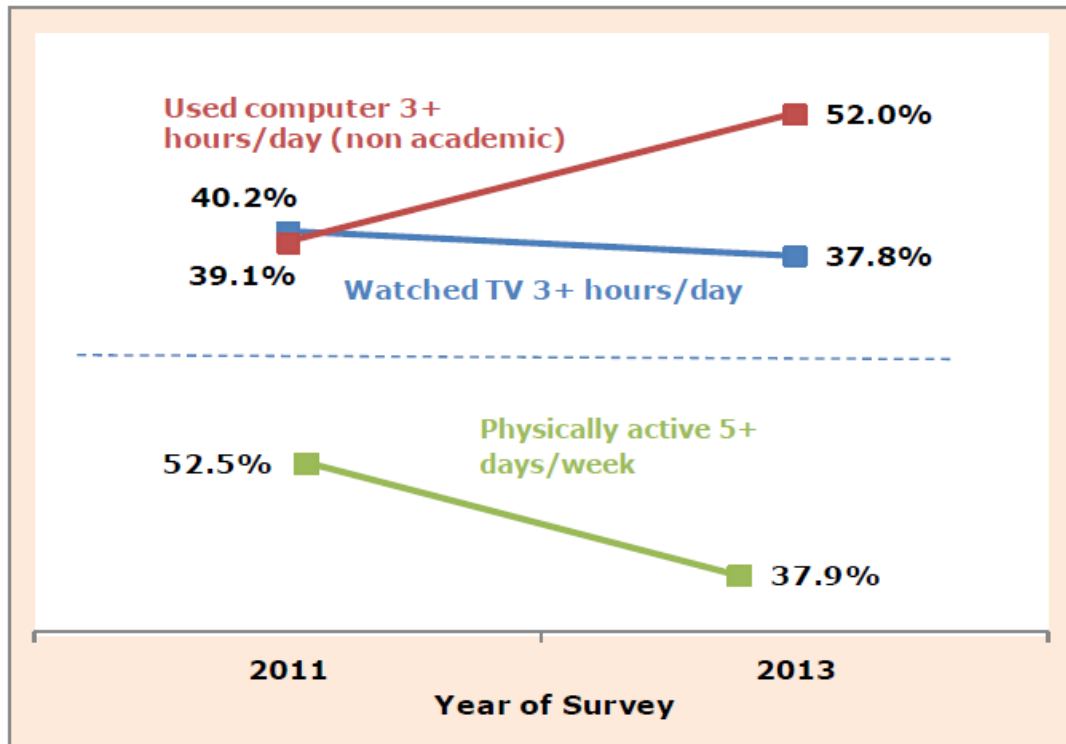
**Daily Screen Time and Physical Activity
by Race/Ethnicity, 2014 (Grades 10 and 12)**



Alexandria YRBS: Wellness and Healthcare

Grade 8

Figure 25: Daily Screen Time & Physical Activity, 2011 & 2013, Grade 8

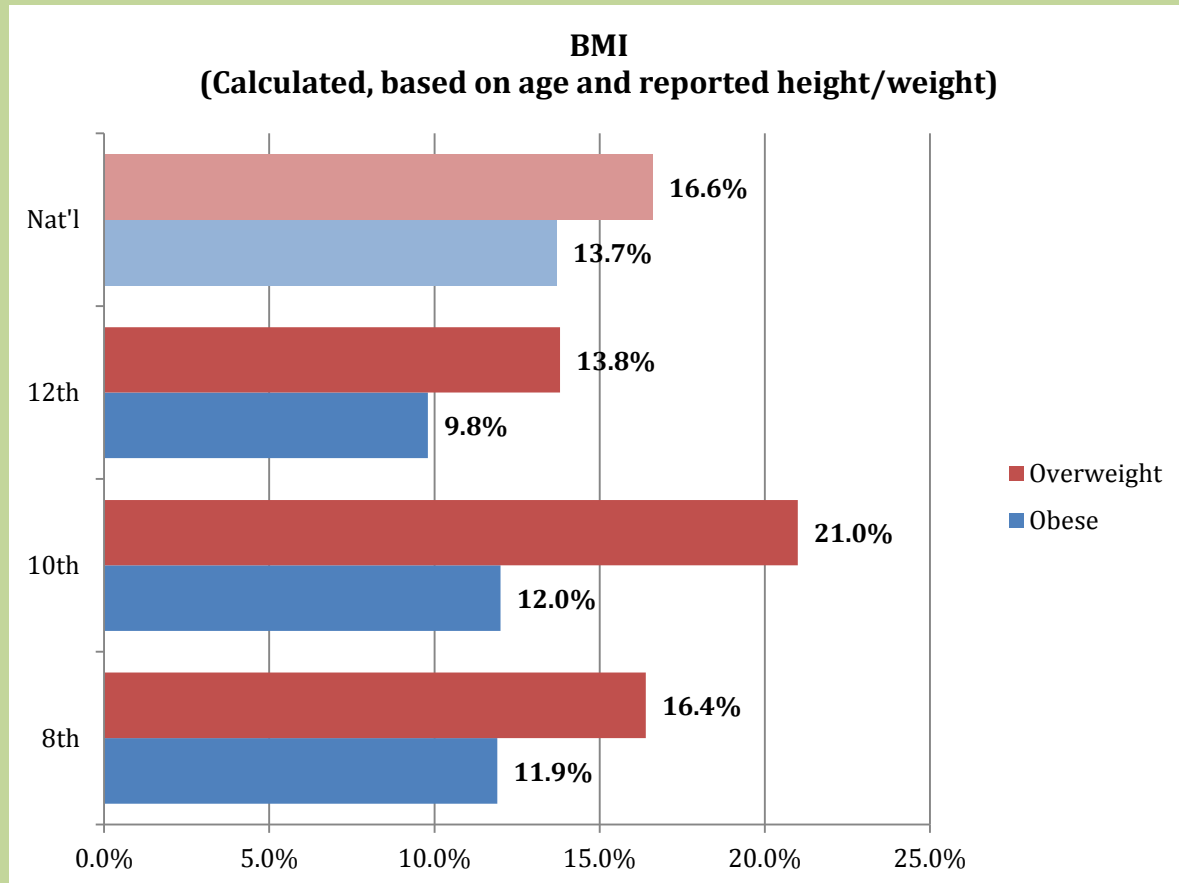


Daily computer/smartphone screen time increased while TV screen time decreased.

Students reporting being physically active for 60 minutes, 5 days/week *ALSO* decreased by 15 percentage points.

Alexandria YRBS: Wellness and Healthcare

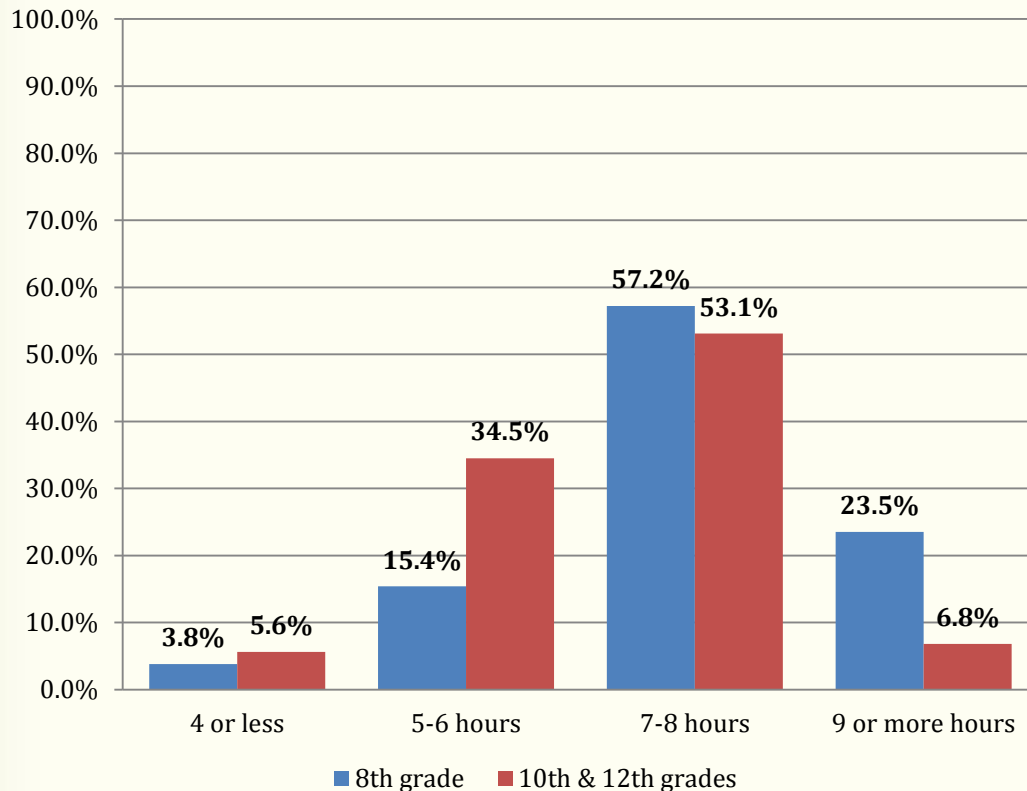
Grades 10 and 12



- 10th graders had significantly higher BMIs relative to 12th graders based on reported height/weight
- 33% of 10th graders are overweight or obese
- Among 10th and 12th grade students, Hispanic (39%) and Black(30%) students were more likely to have BMIs falling in the overweight or obese ranges compared to Asian (19%) and White (22%) students.

Alexandria YRBS: Wellness and Healthcare

Hours of Sleep on a Typical School Night, 2014



Only 23.5% of 8th graders and 6.8% of 10th and 12th graders reported getting the recommended 9-10 hours of sleep needed daily.

Implications for:

- Learning & memory
- Depression
- Faulty decision-making and more risk taking
- Obesity
- Suppressed immune system

Improved Health Behaviors

- Many health behaviors among teens show improvements over the 2011 survey – let's hope this is the beginning of a trend:
 - Current use of alcohol, cigarettes and marijuana
 - Watching TV 3+ hours/day
 - Physical activity 5+ days/week (10th and 12th grade)
 - Bullying in school (8th grade)
 - Riding with a drunk driver
 - Being in a physical fight over the past year
 - Carrying a weapon
 - Ever having sex
 - Currently sexually active
 - Use of alcohol/drugs before sex

Declined Health Behaviors

- Some health behaviors showed growing areas of concern, with declines seen since 2011:
 - Physical activity 5+ days/week (8th grade)
 - Use of a computer screen 3+ hours/day
 - Sleep hours on a typical school night
 - Depression/serious consideration of suicide
 - Condom use

Points to Consider

- Most risk behaviors in adolescence are preventable.
- Risk behaviors have similar behavioral, social, and environmental antecedents.
- Programs that target single behaviors are limited in their impact on adolescent health, as are programs that work in isolation.
 - Eliminating one behavior does not encourage positive choices.
 - Strategies that involve multiple influences are likely to be more effective in creating an environment that promotes health.

Reflection Questions

- What do these data suggest about current successes? Areas for further work?
- What actions should be put in place in the coming year(s) to achieve desired outcomes?
- What might we want to learn more about in future surveys?

Questions?

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Full report may be accessed at:
www.acps.k12.va.us/mes/reports/