



2009
Monroe County
Youth Risk Behavior Survey
Report

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Executive Summary

Introduction

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools for the ninth time in 2009. A random sample of public high school students in eighteen Monroe County districts was developed with a projected 5% margin of error and an 80% response rate. A total of 1,820 surveys were completed.

Summary of Trends

There have been improvements in several risks and behaviors among Monroe County students over the past several years. These improvements are summarized below.

Violence

- Weapon carrying, weapon carrying on school property and physical fighting declined between 2005 and 2009
- Reports of being a victim of bullying in school/on the way to school declined between 2003 and 2009

Mental Health

- Considering suicide and planning to commit suicide declined between 1999 and 2009
- Feeling sad or hopeless for two or more weeks in a row during the past year declined between 2003 and 2009

Tobacco Use

- Cigarette smoking declined between 1999 and 2009

Alcohol Use/Drinking and Driving

- Consuming alcohol and binge drinking declined between 1999 and 2009
- Riding in a car with someone who had been drinking declined between 2003 and 2009
- Drinking and driving declined between 1999 and 2009

Drug Use

- Marijuana use declined between 2005 and 2007
- Use of inhalants and methamphetamines declined overall between 1999 and 2009
- Being offered, sold or given drugs on school property declined overall between 1999 and 2009

Sexual Risks

- Using alcohol or drugs before having sex declined between 2001 and 2009
- Engaging in oral sex declined between 2003 and 2009

Physical Activity and Nutrition

- Spending three or more hours on a school day watching TV, playing video games or using the computer for something that is not homework declined between 2007 and 2009
- Consuming one or more sodas per day declined between 2007 and 2009

Unfortunately, some risk behaviors have become more prevalent. These are summarized below.

Sexual Risks

- Ever engaging in sexual intercourse and engaging in sex in the past three months increased between 2001 and 2009
- Engaging in sexual intercourse with four or more partners increased between 2001 and 2009

Internet Safety

- Feeling worried or threatened in the past year because someone was bothering them or harassing them online or through cell phone texting increased between 2007 and 2009

Physical Activity and Nutrition

- Consuming less than three glasses of milk per day increased between 1999 and 2009.

Introduction

Background

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools for the ninth time in 2009. The Youth Risk Behavior Survey, designed and validated by the Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are: 1.) to assess health risk behaviors among high school students, 2.) to monitor changes in these behaviors over time and 3.) to broadly evaluate the impact of preventive programs.

Local survey results assess the health risks of public high school students in Monroe County. These data can be compared to those of other localities. Monroe County schools, service providers and health planners use these data as a base on which to develop interventions to reduce behaviors contributing to disease, injury and premature death in the young adult population.

Methodology

In 2009, all 18 public school districts in Monroe County participated in the Youth Risk Behavior Survey. Based on enrollment within each school, the Monroe County Department of Public Health (MCDPH) developed a random sample of students with a projected 5% margin of error and an 80% response rate.

Districts were given two options for administering the survey:

1. *“county level”* - contributing to the total county sample only.
2. *“district level”* - surveying all of their students so that they can describe the level of risk behaviors within their district.

Six districts participated at the *“county level”*. For these districts, the Monroe County Department of Public Health (MCDPH) randomly selected classes for each school from a list of classes that all students were required to take. Once classes were selected, no substitutions were made. The MCDPH administered surveys in these classes using a standard script that described the survey, explained that participation is voluntary and that survey responses are kept confidential.

Twelve districts administered the survey at the *“district level”*. Within these districts, surveys were given during classes that all students were required to attend. Districts were provided with a standard script to read to the students. The Monroe County Department of Public Health randomly selected completed surveys from each school for inclusion in the county-wide sample.

This year, two different modes of survey administration were used. Two of the *“district level”* districts used computer-assisted self-administration through Survey Monkey. The remaining districts used paper surveys and computer-scannable answer sheets. It is unclear whether this mixed mode of administration had an impact on the results.

Limitations of the Data

These data do not include students who have dropped out of school or students who were absent the day the survey was administered. Research has shown that students who dropout or are frequently absent are more likely to engage in health-risk behaviors than other students.¹

The data are based on self-report, thus students may under-report illegal type behavior like alcohol or drug use.

Nationally, the CDC conducts internal reliability checks to identify the small percentage of students who may falsify their answers. For example, students who report smoking cigarettes in the past 30 days must also report ever having tried smoking cigarettes, or the responses to these questions are set to "missing". Data published in this report are not checked for internal reliability and are only based on responses to each individual question.

Demographic Characteristics of Respondents

The demographic characteristics of the sample are shown in the following tables.

Gender	#	%
Female	905	50
Male	904	50
Total	1809	100
Did not answer	11	

Students that selected Hispanic or Latino were counted only in this category, regardless of whether or not they selected a race. Students that selected a single race and not-Hispanic or Latino, were put in the race category they selected. Those that selected multiple races were put in the "more than one race" category.

Age	#	%
13 or younger	16	1
14 years old	227	13
15 years old	456	25
16 years old	464	26
17 years old	435	24
18 years old or older	217	12
Total	1815	100
Did not answer	5	

Race/Ethnicity	#	%
Hispanic or Latino	251	14
White, Non-Hispanic/Latino	1063	59
African American, Non-Hispanic/Latino	322	18
Other races, Not Hispanic, "More than one race"	166	9
Total	1802	100
Did not answer	18	

¹ 37. Pirie PL, Murray DM, Luepker RV. Smoking prevalence in a cohort of adolescents, including absentees, dropouts, and transfers. Am J Public Health 1988;78:176-8.

Report Format

This report is organized by the following topics:

- Violence
- Mental Health
- Tobacco Use
- Alcohol Use, Drinking and Driving
- Drug Use
- Sexual Risk
- Internet Safety
- Weight/Nutrition
- Physical Activity/Sedentary Activity
- Preventive Health
- Assets and Parental Influences

Each section includes percentages of students who reported various behaviors related to the topic, along with lower and upper confidence intervals (LCL and UCL).

Trend data are illustrated graphically for indicators with more than two data points that have shown a change over time. Sample data were weighted to match the grade and gender distribution of the enrollment for each given survey year. For all measures, the trends for crude and weighted rates were relatively equivalent. Based on this finding, the trend graphics in this report include only the crude rates.

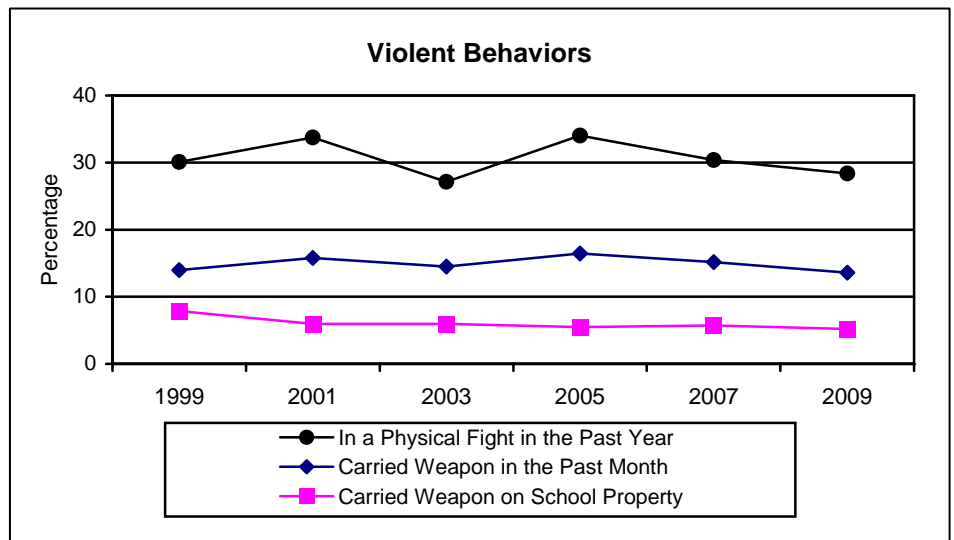
Violence

2009 Results

	Students Reported:	%	LCL	UCL
Q9	Carried a weapon in the past month	13.6	12.0	15.2
Q10	Carried a gun in the past month	5.5	4.4	6.5
Q11	Carried a weapon on school property in the past month	5.2	4.2	6.2
Q12	Did not go to school on one or more days in the past month because they felt unsafe	5.8	4.8	6.9
Q13	Were teased, harassed, or attacked at school or on the way to school in the past month (Bullying)	21.2	19.3	23.1
Q14	Were threatened/injured on school property 1 or more times during past year	7.2	6.0	8.4
Q15	Engaged in a physical fight in the past year	28.4	26.3	30.5
Q16	Engaged in a physical fight on school property in the past year	12.0	10.5	13.5
Q17	Were hit, slapped or physically hurt on purpose by boyfriend/girlfriend in past year	11.7	10.2	13.1
Q18	Were ever forced to have sexual intercourse	8.2	6.9	9.4

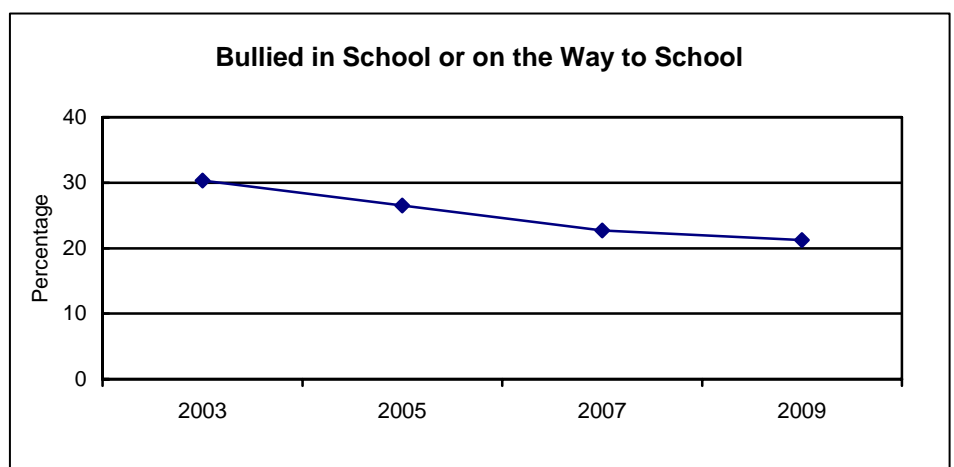
Trends

The percentage of students who reported physical fighting and the percentage who reported weapon carrying declined between 2005 and 2009. Reported weapon carrying on school property declined between 1999 and 2001 and since then has remained stable.



The percentage of students who reported they were bullied in school or on the way to school declined between 2003 and 2009.

All other violence related indicators have remained relatively stable.



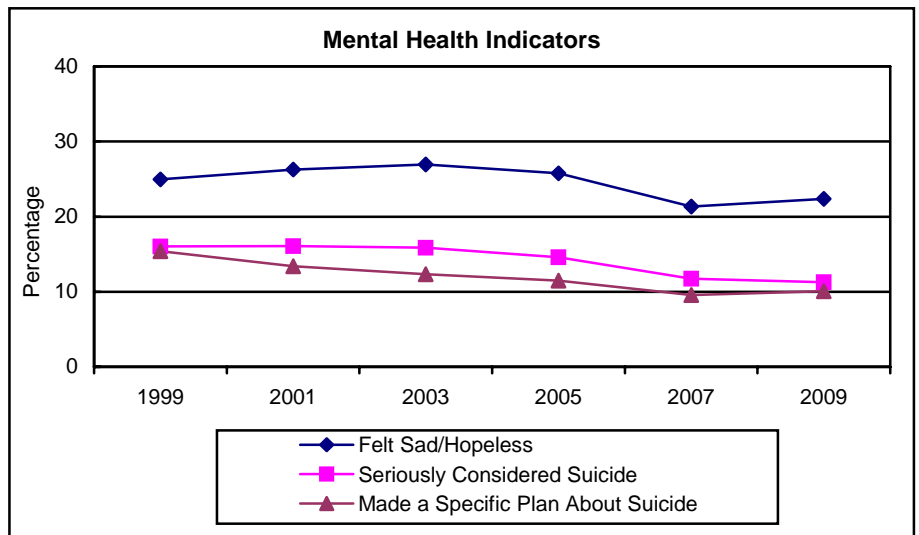
Mental Health

2009 Results

	Students Reported:	%	LCL	UCL
Q19	Felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing their usual activities, in the past year	22.3	20.4	24.3
Q20	Seriously considered attempting suicide in the past year	11.2	9.8	12.7
Q21	Made a specific plan about how they would attempt suicide in past year	10.1	8.7	11.5
Q22	Attempted suicide in the past year	11.9	10.4	13.4
Q23	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse	4.1	3.2	5.1
Q24	Ever hurt themselves on purpose by cutting, burning, or bruising for example, without the intention of committing suicide (self- injury)	20.7	18.8	22.5

Trends

The percentage of students who reported feeling sad/hopeless declined since 2003. The percentage of students who reported they considered suicide and made a suicide plan declined overall between 1999 and 2009.



The percentage of students who reported they attempted suicide fluctuated between 1999 and 2009.

Reported self injury remained stable between 2007 and 2009.

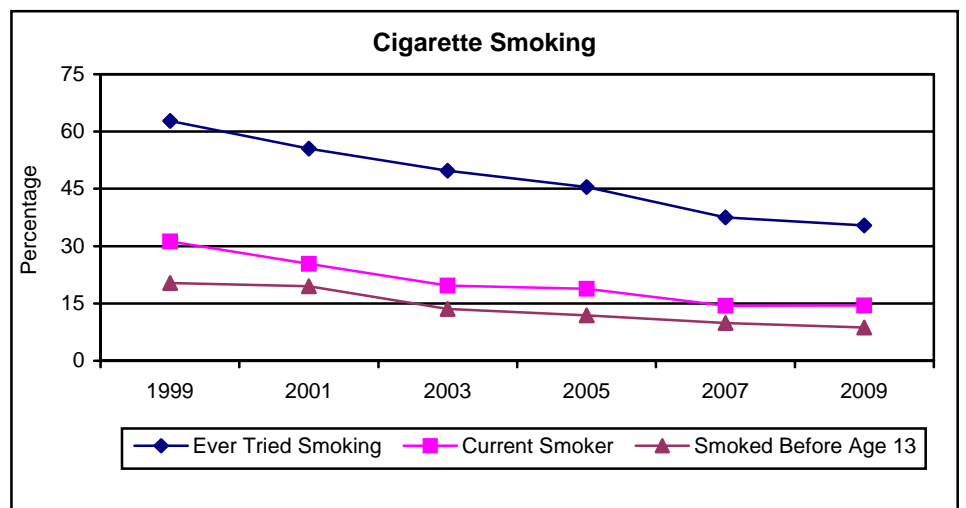
Tobacco Use

2009 Results

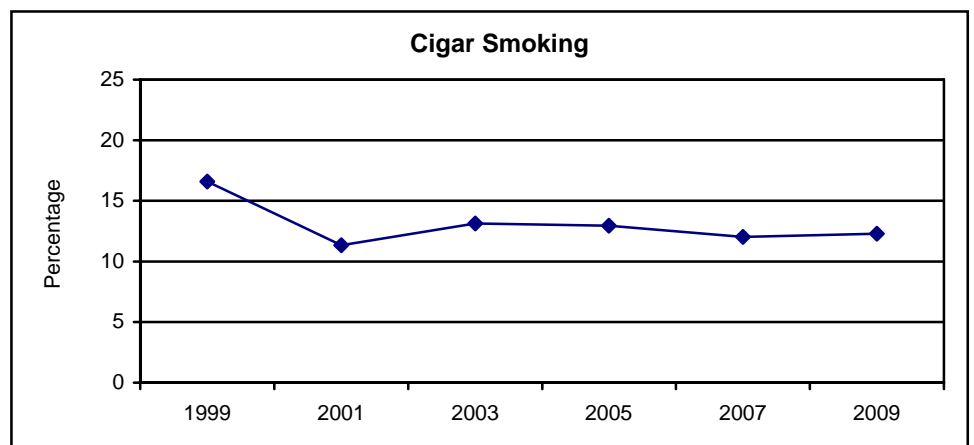
	Students Reported:	%	LCL	UCL
Q25	Ever tried smoking cigarettes, even one or two puffs	35.4	33.2	37.6
Q26	Smoked a whole cigarette before age 13	8.7	7.4	10.0
Q27	Current smoker ²	14.5	12.8	16.1
Q29	Tried to quit smoking in the past 12 months, <i>of current smokers</i> ²	45.7	39.1	52.3
Q30	Used smokeless tobacco in the past month	6.3	5.2	7.4
Q31	Smoked cigars in the past month	12.3	10.8	13.8

Trends

Between 1999 and 2009 there were significant declines in the percentages of youth who reported they ever tried smoking, they currently smoke, and they smoked before age 13.



Reported cigar smoking declined between 1999 and 2001 and has stable since then.



All other indicators of tobacco use have remained relatively stable.

² Smoked cigarettes on 1 or more of the past 30 days

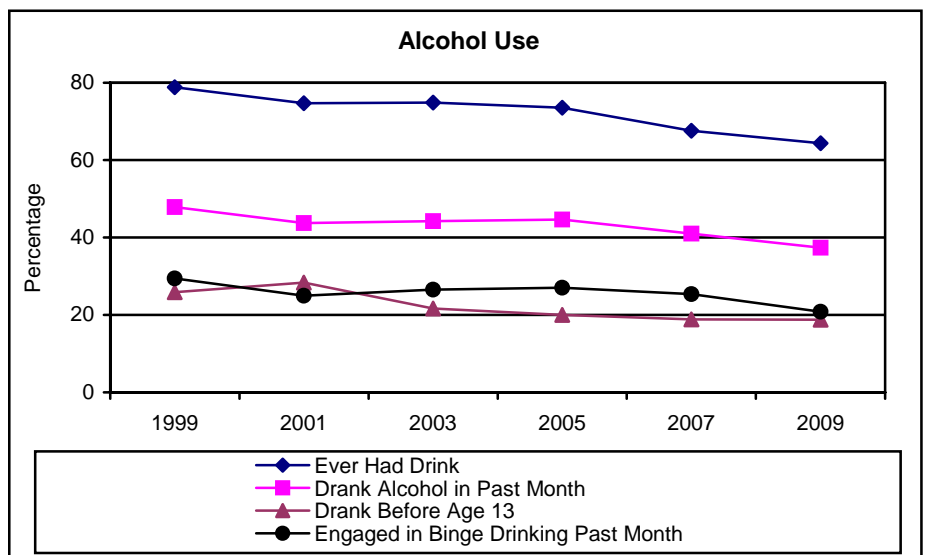
Alcohol Use/Drinking and Driving

2009 Results

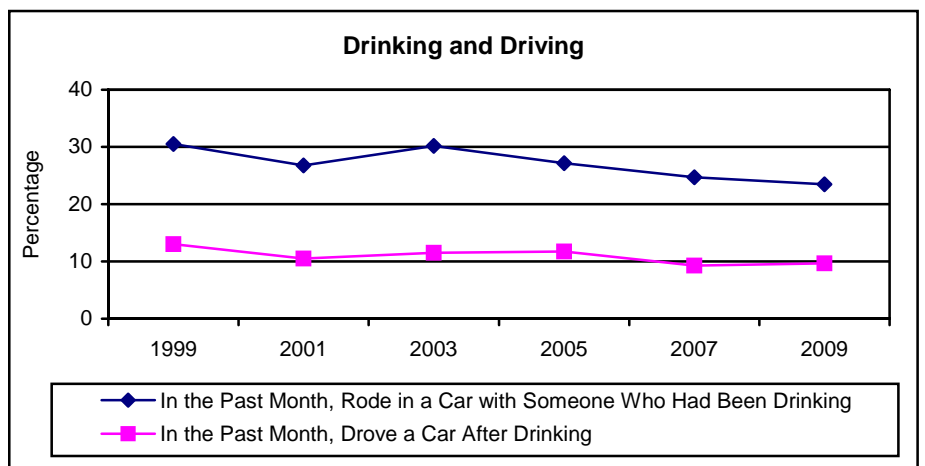
	Students Reported	%	LCL	UCL
Q32	Ever drank one or more drinks of alcohol ³ in their lifetime	64.4	62.1	66.6
Q33	Had their first drink of alcohol before age 13, other than a few sips	18.7	16.9	20.6
Q34	Had at least one drink of alcohol ³ in the past month	37.3	35.1	39.6
Q35	Engaged in binge drinking in the past month ⁴	20.8	18.9	22.7
Q35	Engaged in binge drinking in the past month ⁴ – high school seniors	31.9	27.1	36.7
Q7	Rode in a car in the past month with someone who had been drinking alcohol	23.4	21.5	25.4
Q8	Drove a car in the past month after drinking alcohol	9.7	8.3	11.1

Trends

The percentages of youth who reported various alcohol use behaviors declined overall between 1999 and 2009.



The percentage of students who reported they rode in a car with someone who had been drinking declined between 2003 and 2009. There was a slight decline in the percentage who reported drinking and driving.



³ Includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka or whiskey. Does not include drinking a few sips of wine for religious purposes.

⁴ Consumed 5 or more drinks of alcohol in a row, within a couple of hours

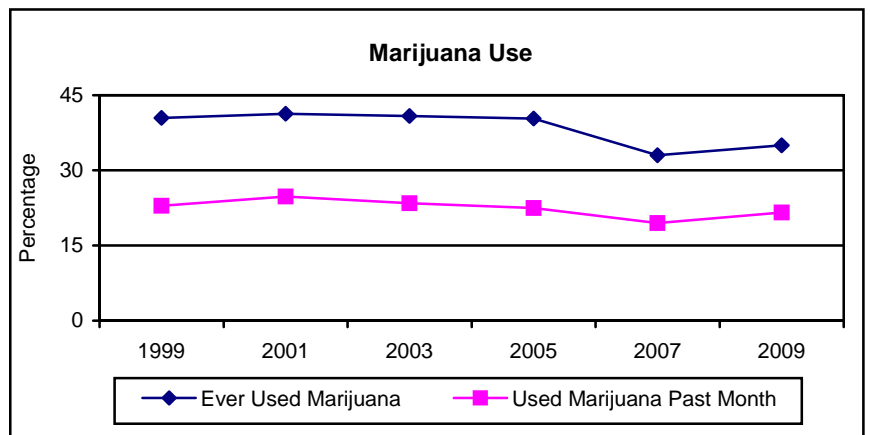
Drug Use

2009 Results

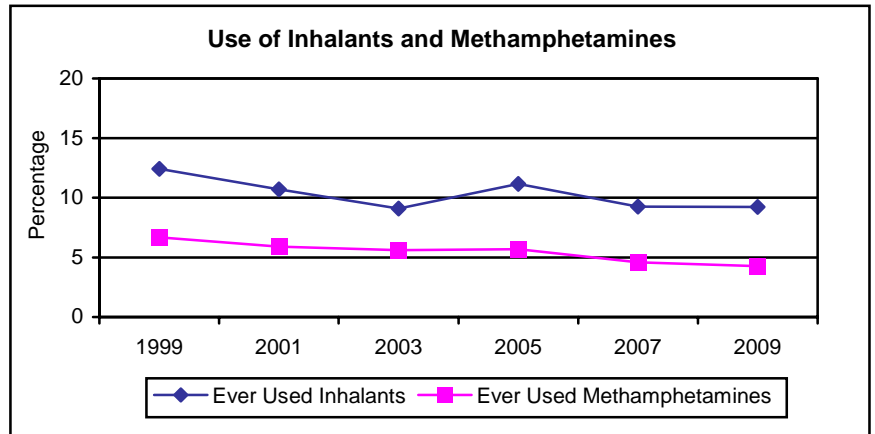
	Students Reported	%	LCL	UCL
Q36	Ever used marijuana	35.0	32.8	37.2
Q37	Used marijuana before age 13	8.6	7.3	9.9
Q38	Used marijuana in the past month	21.6	19.7	23.5
Q39	Ever used cocaine	4.3	3.4	5.3
Q40	Ever sniffed glue, spray cans or paint to get high	9.2	7.9	10.6
Q41	Ever used heroin	3.9	3.0	4.8
Q42	Ever used methamphetamines	4.3	3.3	5.2
Q43	Ever used ecstasy	5.1	4.1	6.1
Q44	Ever used steroids without a doctor's permission	4.4	3.5	5.4
Q45	Ever took a drug prescribed for someone else to get high	10.4	9.0	11.8
Q46	Ever took any form of over the counter drug to get high	9.1	7.8	10.4
Q47	Ever injected any illegal drug into their body	3.4	2.5	4.2
Q48	Ever used any other type of illegal drug - LSD, PCP, or mushrooms	7.9	6.6	9.1
Q49	Were offered, sold or given an illegal drug on school property in past year	27.3	25	29.4

Trends

The percentage of students who reported marijuana use declined between 2005 and 2007.

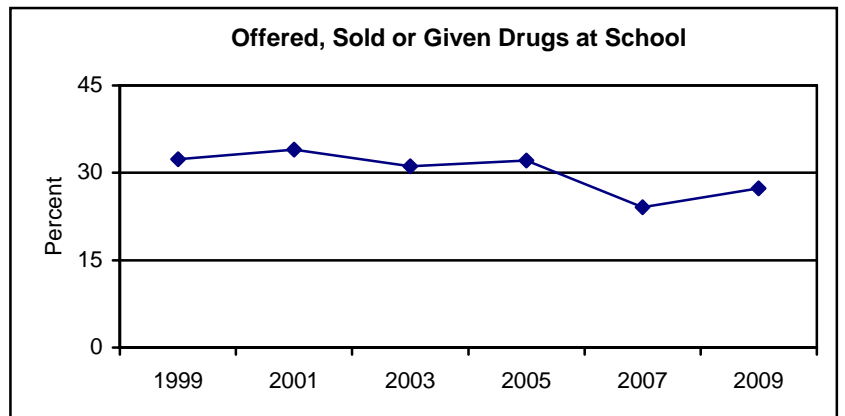


Reported use of inhalants and methamphetamines declined overall since 1999.



Between 2003 and 2009, the percentage of students who reported they used other types of illegal drugs like LSD, PCP, or mushrooms fluctuated. Reported use of cocaine, heroin, ecstasy, steroids, over the counter drugs, prescription drugs and illegal injected drugs all have remained relatively stable.

The percentage of students who reported they were offered, sold or given drugs, on school property, declined between 1999 and 2009.



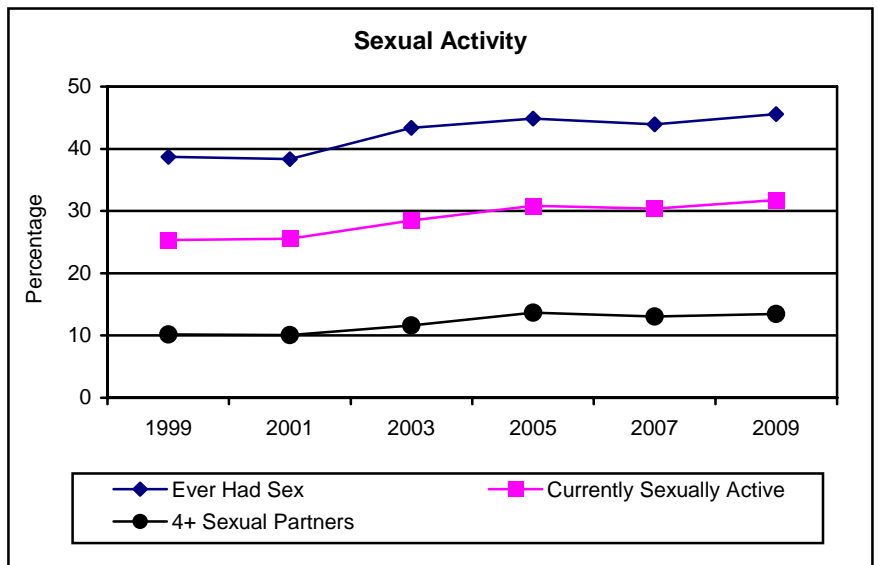
Sexual Risk

2009 Results

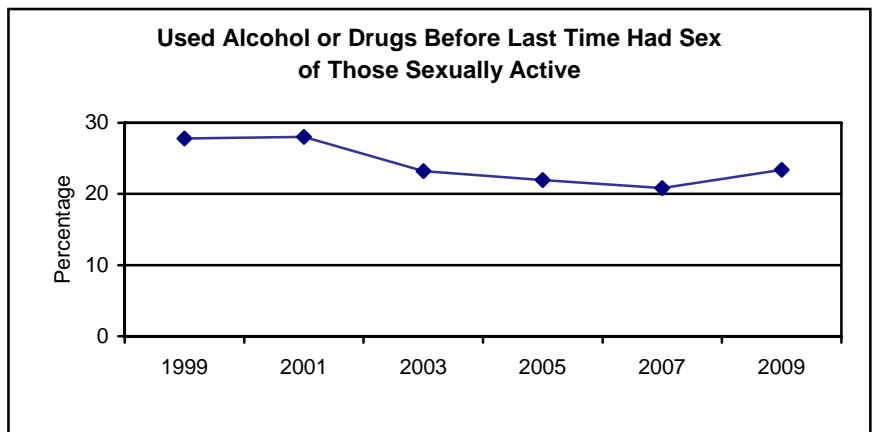
	Students Reported	%	LCL	UCL
Q50	Ever had sexual intercourse	45.6	43.3	47.9
Q51	Had sexual intercourse before age 13	7.4	6.2	8.7
Q53	Currently sexually active ⁵	31.8	29.6	33.9
Q52	Had sexual intercourse with 4 or more partners in their lifetime	13.5	11.9	15.1
Q54	The last time they had sexual intercourse, they used alcohol or drugs beforehand, (of currently sexually active students) ⁵	23.4	19.9	27.0
Q55	Used a condom the last time they had sexual intercourse, (of currently sexually active students) ⁵	60.5	56.4	64.7
Q56	Used birth control pills to prevent pregnancy, last time they had sex, (of currently sexually active students) ⁵	24.7	21.1	28.3
Q57	Ever participated in oral sex	40.1	37.8	42.4
Q58	Participated in oral sex before age 13	7.2	6.0	8.4

Trends

Between 2001 and 2009, there were significant increases in the percentages of students who reported they ever had sex, were currently sexually active, and had four or more sexual partners in their lifetime.



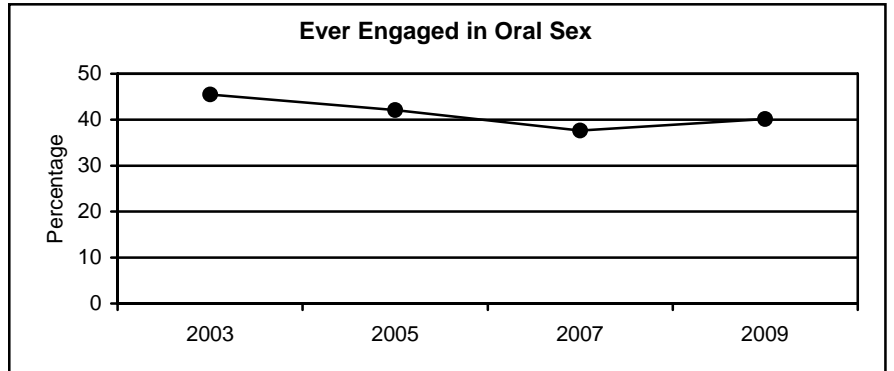
The percentage of sexually active students who reported they used alcohol or drugs prior to engaging in sexually intercourse declined overall since 2001.



⁵ Had sexual intercourse in the past 3 months

Reported use of condoms and birth control pills among sexually active students fluctuated over the past several years.

The percentage of students who reported they ever participated in oral sex declined since 2003.



Internet Safety

2009 Results

	Students Reported	%	LCL	UCL
Q59	Someone used the internet or cell phone text messaging to threaten or embarrass them in the past year, by posting or sending messages about them for others to see	13.6	12	15.2
Q60	Felt worried or threatened in the past year because someone was bothering or harassing them online or through cell phone text messaging, (of those who went on internet or used cell phone)	12.7	11.2	14.3
Q61	Used the internet or cell phone text messaging to harass or embarrass someone that they were mad at one or more times in the past year, (of those who went on internet or used cell phone)	21.7	19.8	23.6
Q62	Someone on the internet tried to get them to talk about sex when they didn't want to in the past year, (of those who went on internet or used cell phone)	14.6	12.9	16.3

Trends

These questions were only asked in 2007 and 2009. There was an increase in the percentage of students who reported they felt worried or threatened in the past year because someone was bothering or harassing them online, or through cell phone text messaging. The percentage increased from 9.3% in 2007 to 12.7% in 2009.

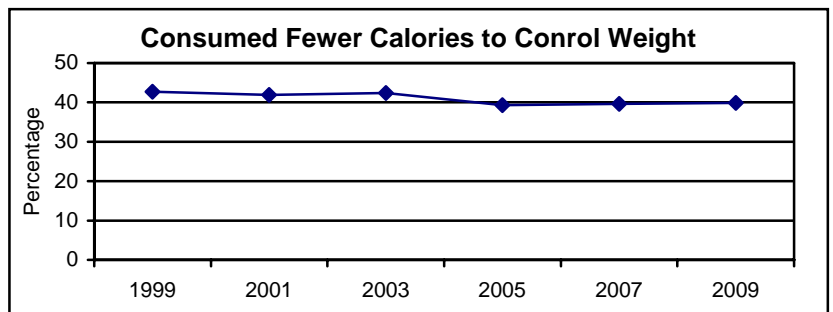
Nutrition and Weight Control Practices

2009 Results

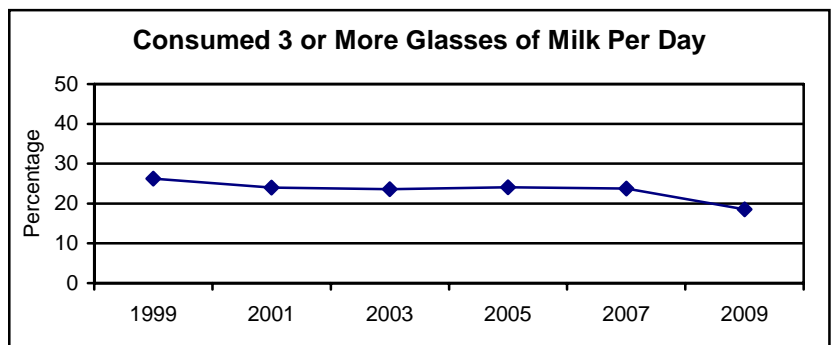
	Students Reported	%	LCL	UCL
Q63	Exercised to lose weight or to control weight in the past 30 days	62.5	60.2	64.7
Q64	Ate less food, fewer calories or foods low in fat to control weight in past 30 days	39.9	37.6	42.2
Q65	Went without eating for 24 hours or more to control weight in the past 30 days	12.2	10.7	13.7
Q66	Took any diet pills, powders or liquid without a doctor's advice to lose weight or keep from gaining weight in the past 30 days	6.4	5.3	7.6
Q67	Took laxatives or vomited to control weight in the past 30 days	5.9	4.8	7.0
Q69	In a typical day, consumed 2 or more servings of fruit ⁶	47.8	45.5	50.2
Q70	In a typical day, consumed 3 or more servings of vegetables ⁶	18.9	17.1	20.8
Q69, Q70	In a typical day, consumed 5 or more servings of fruits and vegetables ⁶	23.4	21.4	25.4
Q71	Drank 1 or more cans, bottles or glasses of soda per day during the past 7 days (not including diet soda)	21.6	19.7	23.5
Q71	Drank 2 or more cans, bottles or glasses of soda per day during the past 7 days (not including diet soda)	16.8	15.1	18.6
Q72	Drank 3 or more glasses of milk per day during the past 7 days	18.5	16.7	20.4

Trends

Between 1999 and 2009, the percentage of students who reported they consumed fewer calories to control their weight declined. The proportion of students who reported they used other weight control strategies remained stable.



The percentage of students who reported they consumed three or more glasses of milk per day declined between 1999 and 2009.



Between 2007 and 2009, the proportion of students who reported they consumed one or more sodas per day declined from 27.4% to 21.6%. It is unclear if the decline in soda consumption is due to students replacing soda with other sweetened drinks like iced tea, "vitamin drinks" or energy drinks.

Questions about fruit and vegetable intake were only asked in 2009, so trend data are not available.

⁶ Not counting juice

Physical Activity/Sedentary Activity

2009 Results

	Students Reported	%	LCL	UCL
Q75	Meet current recommendations for physical activity for adolescents ⁷	29.5	27.3	31.6
Q76	Watch ≥ 3 hours per day of television on an average school day	28.6	26.5	30.8
Q77	Spend ≥ 3 hours per day playing video or computer games or using the computer for something that is not considered school work on an average school day	24.3	22.3	26.4
Q76 Q77	Screen time ⁸ ≥ 3 hours on an average school day	54.0	51.7	56.4
Q76 Q77	Screen time ⁸ ≥ 5 hours on an average school day	29.2	27.0	31.3

Trends

Between 2005 and 2009, the percentage of students who reported engaging in the current recommendations for physical activity remained relatively stable.

The percentage of students who reported they watch TV three or more hours on a typical school day declined from 33.5% in 2007 to 28.6% in 2009. The percentage who reported they engage in three hours or more of total screen time per day declined from 58% in 2007 to 54% in 2009.

It should be noted that total screen time only includes watching TV, using the computer, or playing video games and does not include cell phone texting.

⁷ Engaged in 60 minutes or more per day of physical activity on five or more of the past 7 days

⁸ Screen time includes time spent watching TV, playing video or computer games or using the computer for something that is not homework

Preventive Health

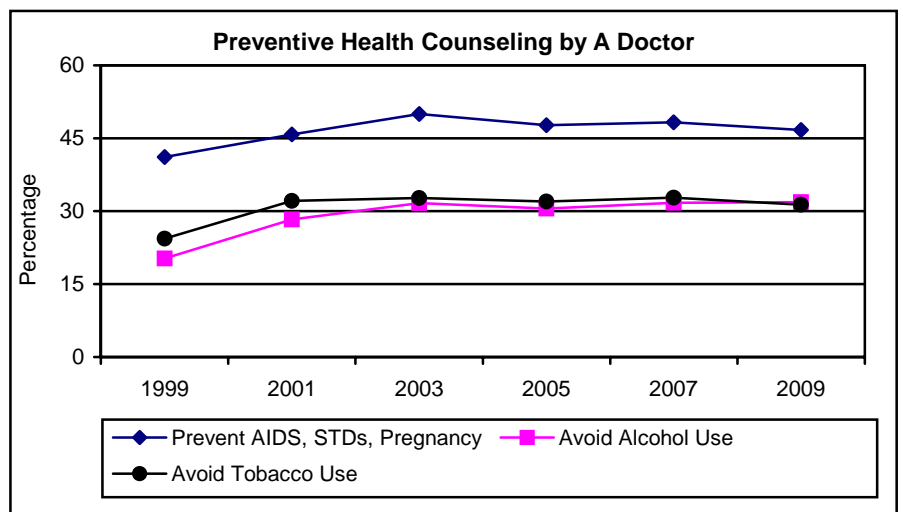
2009 Results

	Students Reported	%	LCL	UCL
Q78	Saw a doctor or health care provider for a check-up or physical exam in the past year	75.0	73.0	77.1
Q79	During their last check-up, their doctor or health care provider discussed ways to prevent pregnancy, AIDS or other sexually transmitted diseases	46.7	44.3	49.0
Q80	During their last check-up, their doctor or health care provider discussed ways to avoid alcohol use	31.9	29.7	34.1
Q81	During their last check-up, their doctor or health care provider discussed ways to avoid tobacco use	31.3	29.1	33.5
Q82	During their last check-up, their doctor or health care provider talked with them about their diet or eating habits	55.5	53.1	57.8
Q83	During their last check-up, their doctor or health care provider talked with them about ways to be physically active	53.8	51.4	56.1
Q84	In the last 12 months, got a chance to speak with a doctor or other health care provider privately ⁹	66.6	64.4	68.9

Trends

The percentage of students who reported they saw a doctor or health care provider for a check-up in the past year declined from 80% in 2007 to 75% in 2009.

Between 1999 and 2003, there were increases in the percentages of students who reported they received preventive counseling from their doctor related to sexual risks, tobacco use and alcohol.



The percentage of students who reported their doctor talked with them about eating and exercise remained relatively stable between 2005 and 2009.

⁹ Without parents or other people in the room

Assets

2009 Results

	Students Reported	%	LCL	UCL
Q85	Strongly agree or agree with statement "My family gives me help and support when I need it"	84.0	82.2	85.7
Q86	Strongly agree or agree with statement "In my family there are clear rules about what I can and can not do"	81.1	79.3	83.0
Q87	Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	83.4	81.6	85.2
Q88	Strongly agree or agree with the statement "I get a lot of encouragement at my school"	64.4	62.1	66.7
Q89	Strongly agree or agree with the statement "In my community I feel like I matter to people"	57.0	54.7	59.4
Q90	Spend one or more hours per week helping others	53.1	50.8	55.5

Trends

The above percentages have remained relatively stable since 2005.

Parental Influences

2009 Results

	Students Reported	%	LCL	UCL
Q91	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	73.8	71.7	75.9
Q92	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to smoke	92.5	91.2	93.7
Q93	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to smoke marijuana	90.1	88.6	91.5

Trends

The above percentages remained stable between 2007 and 2009.