

YRBS DATA 2017

COMMUNITY ADDICTION COORDINATOR- TOWN OF STONEHAM, MA

What is YRBS and why is it important?

- ▶ Helps determine at risk behavior with students
- ▶ Helps tailor an educational curriculum based on outcomes
- ▶ Quantifies information for further grant funding
- ▶ Makes comparisons to other towns
- ▶ Helps figure out positive and negative outcomes
- ▶ Creates key findings that are important
- ▶ Helps come up with evidence based practices in many categories

YRBS overview

- ▶ YRBS-The Youth Risk Behavior Surveillance System (YRBSS) was established in 1990 and was developed largely to monitor certain risky health behaviors and other priority areas among school-aged youth and young adults. In particular, it monitors behaviors related to the following areas: 1) unintentional injuries and violence; 2) mental health; 3) alcohol and other drugs; 4) tobacco; 5) sexual behaviors related to unintended pregnancy and sexually transmitted infections (STIs), including HIV infection; and 6) nutrition and physical activity.

Pros and Cons of YRBS

pros

- ▶ Any data that can be quantified increased likelihood of grant funding
- ▶ This can mean more staff, more money for a curriculum, more materials etc.
- ▶ It helps the community with an outlook of what students need

cons

- ▶ Some people get upset at outcomes
- ▶ There is not qualitative component (stories, quotes, etc.)
- ▶ Needs to be administered multiple times for results
- ▶ Is based on self report data

What are Stoneham's demographics compared to?

- ▶ Middlesex League- is made of several towns to compare data. These are school districts of the following towns-Arlington, Burlington, Melrose, Stoneham, Wakefield, Winchester, and Woburn. The Middlesex League region data includes the data of only these seven school districts.
- ▶ Remember Stoneham's demographics- it is a population of about 21,000, Caucasian, about 9,000 households
- ▶ About 20% of the population is under 18 yrs old
- ▶ 93% of Stoneham residents are HS graduate
- ▶ 40% earned a BA
- ▶ Medium household \$78,000
- ▶ Average house is \$389,000.00

Mental health HS and Middle School

Feelings of hopeless self harming behavior, taking prescription medications and attempted suicide is lower than Middlesex league at the High School and Middle School.

However having a plan for suicide is equal to the Middlesex League.

Both HS and MS report “having a busy schedule, school demands/expectations” causes negative stress. This is reported higher than the Middlesex league.

This percentage of stress is much greater in the Middle School Stoneham 33.9% than the Middlesex League 17.2%.

There was a slighter increase of electronic bullying at the Middle School compared to the Middlesex League

High School Consumption

- ▶ Tobacco- current smokers is slightly higher and are more likely to start before 13 yrs old.
- ▶ Smoking cigars at HS is higher than the Middlesex League.
- ▶ Vaping is much higher 41.4% compared to Middlesex League 34.9%.
- ▶ Stoneham's H.S alcohol consumption is higher at the Middlesex League and also greater than the national average
- ▶ Stoneham's HS marijuana use is much greater than the Middlesex League
- ▶ Over counter medication was the #1 use at Stoneham's HS

Middle School Consumption

- ▶ Middle School students have a higher rate of alcohol consumption than the Middlesex League.
- ▶ Middle Schools students have higher rates of marijuana use than the Middlesex League.
- ▶ Middle School students have higher rates of taking prescription pain meds without a doctors prescription than the Middlesex League.
- ▶ Trying a cigarette in MS is higher and have tried a vaping is higher

Sex and Sexual Behavior in High School

- ▶ Having sexual intercourse is higher than the Middlesex League
- ▶ Higher rates of substance use before sexual intercourse
- ▶ Less likely to get tested for STIS
- ▶ Higher rates of sending photos, sexting, videos
- ▶ However sexual education and access to resources is positive higher rates of learning and accessing resources
- ▶ Higher rates of having an adult to talk to about sex
- ▶ There is no data on sex with Middle School with YRBS

Nutrition and Physical Activity

- ▶ Stoneham HS is less likely to do “60 minutes of physical activity” than the Middlesex League
- ▶ Stoneham HS is less likely to eat vegetables than the Middlesex League
- ▶ Stoneham HS were more likely to be overweight than the Middlesex League
- ▶ Stoneham HS were less likely sleep than the Middlesex League
- ▶ With the breakdown of grade levels- freshmen and senior yr to appear to have higher rates in most categories on YRBS at the H.S

Concerns and outcomes of H.S students

- ▶ 4.1% report being a member of a gang
- ▶ About 20% feel sad and hopeless
- ▶ 9.8% seriously considered attempting suicide in the last 12 months and 8.8% made a plan for suicide
- ▶ Almost all substance abuse categories are higher
- ▶ Being sexually active is at a higher rate
- ▶ Concussion rate is higher
- ▶ About half of the population sex text and send pics
- ▶ Substance Use and Mental Health issues is higher sophomore year
- ▶ By Senior year 65% of students have drunk alcohol, 42.8% ever used Marijuana, 25.7% have had sexual intercourse
- ▶ About 30%-40% of all grades consider themselves overweight or obese
- ▶ Runaway percentages, kicked out or slept outside home was increased Junior yr
- ▶ All grades report less than 8hrs of sleep a night ranging 60%-90%
- ▶ Grades are lower in the “mostly A’s category” but higher with “mostly B’s and C’s” category compared to Middlesex League

Concerns and outcomes of M.S students

- ▶ Over half of the students do not wear a helmet with bicycles, skateboards etc
- ▶ Smoking cigarettes, drinking alcohol, using Marijuana is at a higher rate
- ▶ Prescription pain medication use is at a higher rate
- ▶ Did not attend physical education classes is at a significantly higher rate
- ▶ Playing video games and computer use is at a significantly higher rate
- ▶ 16.5% seriously thought about suicide, 9.7% made a plan about suicide, 2.9% have attempted suicide
- ▶ 62.0% of students do not eat breakfast in the morning
- ▶ Grades are lower in the “mostly A’s category” and “mostly C’s category” but higher with “mostly D’s and C’s” category compared to Middlesex League