



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

2016 Cuyahoga County Youth Risk Behavior Survey: Overall Prevalence

Introduction

The Prevention Research Center for Healthy Neighborhoods (PRCHN) at Case Western Reserve University has administered the Youth Risk Behavior Survey (YRBS) in school districts throughout Cuyahoga County since 2000. The YRBS is a cross-sectional tool developed by the Centers for Disease Control and Prevention (CDC) to track adolescent risk behavior over time. In spring of 2016, the PRCHN conducted the YRBS among 7th and 8th grade students in Cuyahoga County middle schools. A more detailed description of the methodology is available at our website, <http://prchn.org/yrebs.apsx>.

Overall Prevalence

This brief report summarizes responses among the 13,261 middle school students who completed the 2016 Cuyahoga County Youth Risk Behavior Survey. In this brief report, we present overall prevalence for:

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Prevalence estimates and 95% confidence intervals were computed for all dichotomous variables.

Behaviors that Contribute to Unintentional Injuries

Risk Behavior	% (95% Confidence Interval)
Rarely or never wore a bicycle helmet (Among students who ride a bicycle).	72.4 (71.9-72.9)
Rarely or never wore a seatbelt (When riding in a car driven by someone else.)	6.8 (6.4-7.2)

Violence

Risk Behavior	% (95% Confidence Interval)
Carried a weapon (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)	10.8 (10.5-11.2)
Carried a weapon on school property (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)	1.2 (1.1-1.4)
In a physical fight (One or more times during the 12 months before the survey.)	33.6 (33.0-34.2)
Did not go to school because of safety concerns (One or more days during the 30 days before the survey.)	7.8 (7.5-8.1)
Harassed or picked on at school (During the 30 days before the survey.)	25.0 (24.6-25.4)
Electronically bullied (Such as through e-mail, chat rooms, instant messaging, websites, or text messaging; during the 12 months before the survey.)	20.7 (20.4-21.1)

Depressive Symptoms and Suicide

Risk Behavior	%(95% Confidence Interval)
Felt sad or hopeless (Almost every day for two weeks or more in a row, during the 12 months before the survey.)	22.4 (21.9-22.9)
Seriously considered attempting suicide (During the 12 months before the survey.)	12.8 (12.4-13.2)

Tobacco and Electronic Vapor Use

Risk Behavior	% (95% Confidence Interval)
Ever smoked cigarettes (Smoked a cigarette, even one or two puffs, on at least 1 day during their life.)	7.8 (7.4-8.2)
Current cigarette use (Smoked a cigarette on at least 1 day during the 30 days before the survey.)	2.1 (1.9-2.3)
Tried to quit smoking cigarettes (During the past 12 months of those who smoked cigarettes.)	22.4 (21.0-23.8)
Current cigar use (Smoked a cigar, cigarillo, little cigar, or flavored cigar on at least one day during the 30 days before the survey.)	4.5 (4.2-4.9)
Current hookah use (Smoked hookah on at least 1 day during the 30 days before the survey.)	2.9 (2.7-3.1)
Used first tobacco product before age 11 years (Including cigarettes, cigars, little cigars, flavored cigars, hookah, and chewing tobacco.)	3.7 (3.4-4.0)
Current electronic vapor product use (Used at least 1 day during the 30 days before the survey.)	5.4 (5.1-5.6)

Alcohol Use

Risk Behavior	% (95% Confidence Interval)
Ever used alcohol (Had at least one drink of alcohol on at least 1 day during their life.)	21.4 (20.8-22.0)
Drank alcohol before age 11 years (Other than a few sips.)	6.1 (5.8-6.4)
Current alcohol use (Had at least one drink of alcohol on at least one day during the 30 days before the survey.)	7.8 (7.4-8.1)

Other Drug Use

Risk Behavior	% (95% Confidence Interval)
Ever used marijuana (Used marijuana one or more times during their life.)	8.7 (8.3-9.2)
Tried marijuana before age 11 years	1.7 (1.5-1.9)
Current marijuana use (Used marijuana one or more times during the 30 days before the survey.)	5.1 (4.7-5.5)
Ever used inhalants (Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays one or more times during their life.)	5.4 (5.1-5.7)
Ever used unauthorized prescription drugs (Used OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax without a doctor's prescription one or more times during their life.)	6.9 (6.6-7.2)

Sexual Behavior

Risk Behavior	% (95% Confidence Interval)
Ever had sexual intercourse (Had sexual intercourse one or more times during their life.)	9.3 (8.8-9.7)
Currently sexually active (Had sexual intercourse at least once during the past 3 months.)	5.3 (4.9-5.6)
Used a condom during last sexual intercourse (Among students who are currently sexually active.)	63.5 (61.3-65.7)
Ever taught in school about AIDS or HIV infection	58.2 (57.5-58.9)

Obesity and Weight Control

Risk Behavior	% (95% Confidence Interval)
Obese (Having a BMI of >95 th percentile for age and sex. Calculated from self-reported height and weight, adjusted for sex and age.)	13.2 (12.7-13.6)
Overweight (Having a BMI >85 th percentile and <95 th percentile for age and sex. Calculated from self-reported height and weight, adjusted for sex and age.)	15.9 (15.4-16.3)
Describes self as slightly or very overweight	24.9 (24.5-25.3)
Trying to lose weight	40.4 (40.0-40.9)

Dietary Behavior

Risk Behavior	% (95% Confidence Interval)
Ate fruits and vegetables five or more times (During the day before the survey.)	29.6 (29.2-30.1)
Had a can, bottle, or glass of soda or pop one or more times (Not including diet pop, during the day before the survey.)	48.7 (48.2-49.2)
Drank water at school every day (Including water from a fountain, a sink or faucet, a bottle, a reusable bottle brought from home, or another source; every day during an average school week.)	56.6 (56.1-57.1)
Did not eat breakfast every day (During the 7 days before the survey.)	59.8 (59.3-60.3)
Ate fast food on one or more days (During the 7 days before the survey.)	69.1 (68.7-69.5)
Went hungry because there was not enough food in their home (Sometimes, most of the time, or always; during the 30 days before the survey.)	14.7 (14.4-15.0)
Took a multivitamin every day (During the 7 days before the survey.)	11.2 (11.0-11.4)

Physical Activity

Risk Behavior	% (95% Confidence Interval)
Participated in 60 or more minutes of physical activity on 5 or more days (During the 7 days before the survey.)	51.5 (51.0-52.0)
Did not participate in 60 or more minutes of physical activity on any day (During the 7 days before the survey.)	12.6 (12.2-13.1)
Watched television 3 or more hours per day (On an average school day.)	28.1 (27.6-28.6)
Used computers 3 or more hours per day (Played video or computer games or used a computer for something that was not school work on an average school day.)	46.5 (46.0-47.1)
Played on one or more sports teams (During the past 12 months.)	71.2 (70.7-71.7)
Walked or ride bike to or from school 3 or more days (During an average school week when the weather allows.)	31.9 (31.5-32.4)

Positive Youth Development

Risk Behavior	% (95% Confidence Interval)
Spent at least one day in clubs or organizations outside of school (During the 7 days before the survey.)	56.1 (55.5-56.6)
Parents talk with student about school almost every day	56.0 (55.6-56.5)
Students help decide what goes on in school (Agree and strongly agree)	43.8 (43.2-44.3)
Students feel like they matter to people in their community (Agree and strongly agree)	46.9 (46.4-47.4)
Supportive adult (One or more adults, other than a parent, who they would feel comfortable seeking help from if there was an important issue or question affecting their life.)	83.7 (83.3-84.0)
Obtained eight or more hours of sleep (On an average school night.)	48.7 (48.2-49.2)
Described their grades in school as mostly A's and B's (During the 12 months before the survey)	75.4 (74.7-76.0)

Preventive Health

Risk Behavior	% (95% Confidence Interval)
Saw a doctor or nurse for check-up (During the 12 months before the survey.)	68.6 (68.1-69.1)
Saw a doctor, nurse, therapist, social worker, or counselor for a mental health issue (During the 12 months before the survey.)	30.5 (30.0-30.9)
Saw a dentist for check-up, exam, teeth cleaning or other routine dental work (Not including emergencies, during the 12 months before the survey.)	72.3 (71.7-72.8)

School Related Food Practices

Risk Behavior	% (95% Confidence Interval)
Students are allowed to have food in the classroom (sometimes and always)	72.3% (71.6-72.9)
Students are allowed to have beverages in the classroom (sometimes and always)	76.0% (75.4-76.5)
Students are allowed to have snacks in the hallway (sometimes and always)	54.5% (53.9-55.0)
Students are allowed to have beverages in the hallway (sometimes and always)	62.8% (62.2-63.5)
Food or food coupons are used as a reward or incentive for students (sometimes and always)	51.3% (50.8-51.9)
Bought food or beverages from a school fundraiser during school hours on 1 or more days (During the 30 days before the survey.)	46.0% (45.5-46.5)
Bought food or beverages from a vending machine during school hours on 1 or more days (During the 30 days before the survey.)	23.5% (23.1-24.0)
Stopped at a corner, convenience, drug, grocery or other food store to or from school (During an average school week)	46.5% (45.9-47.1)

Other Health Behaviors

Risk Behavior	%(95% Confidence Interval)
Changed homes one or more times (During the 12 months before the survey.)	24.7 (24.2-25.2)
Parent(s) or guardian(s) have been in prison or jail (During the 12 months before the survey.)	8.3 (7.9-8.7)

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