



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

2016 Cuyahoga County Youth Risk Behavior Survey: Regional 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/yrbs.apsx>.

Regional Prevalence

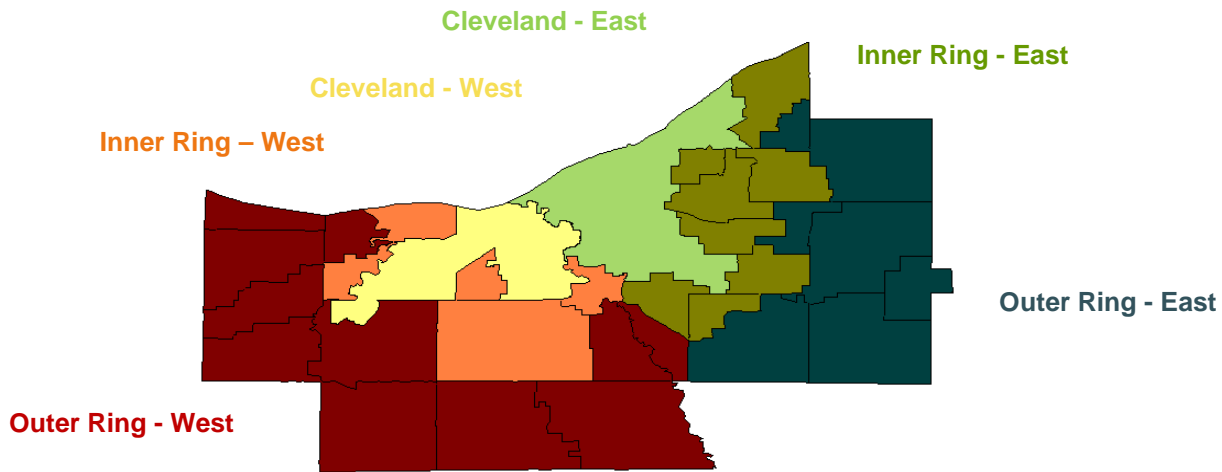
This brief report presents results from the 2016 Cuyahoga County Middle School Youth Risk Behavior Survey and allows for comparison of health risk behaviors by geographic region. In this brief report, we present:

- [Behaviors that Contribute to Unintentional Injuries](#)
- [Violence](#)
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Cuyahoga County school districts are divided into [six regions](#) relative to the Cuyahoga River and the city of Cleveland. In 2016, we were able to weight to 5 of 6 regions in Cuyahoga County based on response rate. The column under Outer Ring—West does not include data because school participation within that region was insufficient to permit weighting. A statistically significant difference exists between groups if the 95% confidence intervals do not overlap.

Defining the Geographic Regions

The map below provides a visual representation of the six regions of Cuyahoga County. The division of Cuyahoga County into six regions allows for a geographic examination of the prevalence of different risk behaviors in Cuyahoga County. The six regions are:



- Cleveland/CMSD—East: the portion of the Cleveland Metropolitan School District located east of the Cuyahoga River
- Cleveland/CMSD—West: the portion of the Cleveland Metropolitan School District located west of the Cuyahoga River
- Inner Ring—East: a city on the east side of the Cuyahoga River in Cuyahoga County which shares a border with the city of Cleveland
- Inner Ring—West: a city on the west side of the Cuyahoga River in Cuyahoga County which shares a border with the city of Cleveland
- Outer Ring—East: a city on the east side of the Cuyahoga River in Cuyahoga County which does not share a border with the city of Cleveland, and
- Outer Ring—West: a city on the west side of the Cuyahoga River in Cuyahoga County which does not share a border with the city of Cleveland.

Behaviors that Contribute to Unintentional Injuries

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Rarely or never wore a bicycle helmet (Among students who ride a bicycle.)	93.1% (91.1-94.6)	89.7% (87.8-91.4)	79.0% (77.1-80.8)	78.3% (77.7-78.9)	46.0% (44.3-47.6)	N/A
Rarely or never wore a seatbelt (When riding in a car driven by someone else.)	16.7% (14.7-18.9)	12.5% (10.7-14.7)	9.5% (9.1-9.9)	4.9% (4.7-5.1)	2.8% (2.3-3.5)	N/A

Violence

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Carried a weapon (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)	11.1% (9.5-13.1)	11.4% (9.5-13.5)	8.7% (8.2-9.3)	13.1% (12.7-13.6)	7.9% (7.5-8.4)	N/A
Carried a weapon on school property (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)	2.5% (1.7-3.5)	1.8% (1.2-2.7)	1.6% (1.5-1.8)	1.7% (1.5-1.9)	0.7% (0.6-0.8)	N/A
In a physical fight (One or more times during the 12 months before the survey.)	54.9% (51.7-58.1)	43.3% (40.4-46.2)	40.8% (39.8-41.8)	29.3% (28.8-29.7)	23.9% (22.2-25.5)	N/A
Did not go to school because of safety concerns (One or more days during the 30 days before the survey.)	9.5% (7.9-11.5)	9.4% (8.1-11.0)	11.7% (11.3-12.1)	9.3% (8.8-9.7)	3.4% (2.8-4.1)	N/A
Harassed or picked on at school (During the 30 days before the survey.)	21.6% (19.2-24.2)	21.2% (19.4-23.1)	25.4% (24.7-26.2)	30.8% (30.0-31.6)	21.8% (21.1-22.6)	N/A
Electronically bullied (Such as through e-mail, chat rooms, instant messaging, websites, or text messaging; during the 12 months before the survey.)	18.8% (16.9-20.9)	17.3% (15.6-19.2)	20.2% (19.5-20.9)	26.3% (25.7-27.0)	20.9% (20.0-21.7)	N/A

Depressive Symptoms and Suicide

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Felt sad or hopeless (Almost every day for two weeks or more in a row, during the 12 months before the survey.)	23.9% (21.9-26.2)	27.8% (25.4-30.2)	22.3% (21.6-23.1)	29.2% (28.3-30.0)	19.5% (18.0-21.1)	N/A
Seriously considered attempting suicide (During the 12 months before the survey.)	15.4% (13.4-17.7)	16.2% (14.3-18.3)	13.8% (13.2-14.5)	16.1% (15.2-17.0)	11.1% (10.1-12.2)	N/A

Tobacco and Electronic Vapor Use

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Ever smoked cigarettes (Smoked a cigarette, even one or two puffs, on at least 1 day during their life.)	12.7% (10.7-15.1)	14.3% (12.6-16.2)	8.8% (8.4-9.3)	11.3% (10.6-12.0)	3.9% (3.0-5.1)	N/A
Current cigarette use (Smoked a cigarette on at least 1 day during the 30 days before the survey.)	3.1% (2.2-4.2)	3.9% (3.0-5.0)	2.5% (2.3-2.7)	2.9% (2.5-3.2)	0.9% (0.7-1.3)	N/A
Tried to quit smoking cigarettes (During the past 12 months of those who smoked cigarettes.)	28.3% (23.7-33.4)	29.2% (23.3-35.9)	20.3% (19.0-21.5)	29.4% (28.1-30.7)	8.9% (6.9-11.5)	N/A
Current cigar use (Smoked a cigar, cigarillo, little cigar, or flavored cigar on at least one day during the 30 days before the survey.)	11.2% (9.1-13.8)	8.1% (6.6-9.9)	7.1% (6.7-7.5)	3.1% (2.9-3.3)	1.7% (1.3-2.3)	N/A
Current hookah use (Smoked hookah on at least 1 day during the 30 days before the survey.)	4.8% (3.6-6.3)	5.8% (4.5-7.5)	3.1% (2.9-3.3)	4.0% (3.7-4.2)	2.2% (1.7-2.8)	N/A
Used first tobacco product before age 11 years (Including cigarettes, cigars, little cigars, flavored cigars, hookah, and chewing tobacco.)	7.7% (6.0-9.9)	7.4% (6.0-9.0)	4.2% (3.9-4.5)	3.8% (3.5-4.0)	1.7% (1.3-2.1)	N/A
Current electronic vapor product use (Used at least 1 day during the 30 days before the survey.)	7.4% (6.1-8.8)	9.0% (7.6-10.7)	4.7% (4.5-4.9)	8.9% (8.4-9.4)	3.7% (3.2-4.3)	N/A

Alcohol Use

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Ever used alcohol (Had at least one drink of alcohol on at least 1 day during their life.)	36.9% (33.8-40.1)	34.5% (31.3-37.9)	28.1% (27.4-28.9)	21.7% (21.0-22.4)	13.8% (12.5-15.2)	N/A
Drank alcohol before age 11 years (Other than a few sips.)	11.5% (9.8-13.6)	10.5% (9.0-12.2)	8.3% (7.9-8.8)	5.5% (5.2-5.7)	4.4% (4.1-4.7)	N/A
Current alcohol use (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)	13.0% (10.9-15.4)	13.2% (11.4-15.3)	9.3% (8.8-9.7)	8.4% (7.9-9.0)	4.5% (4.0-5.1)	N/A

Other Drug Use

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Ever used marijuana (Used marijuana one or more times during their life.)	18.2% (15.8-20.9)	16.7% (14.0-19.8)	12.7% (12.1-13.3)	8.4% (8.1-8.8)	4.3% (3.3-5.6)	N/A
Tried marijuana before age 11 years	4.3% (3.4-5.3)	4.2% (3.0-5.8)	1.9% (1.7-2.1)	1.0% (0.9-1.2)	0.8% (0.6-1.1)	N/A
Current marijuana use (Used marijuana one or more times during the 30 days before the survey.)	10.5% (8.3-13.1)	9.9% (7.9-12.2)	7.2% (6.8-7.5)	4.7% (4.4-4.9)	2.3% (1.5-3.5)	N/A
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.)	8.7% (7.1-10.5)	7.7% (6.5-9.0)	7.4% (6.7-8.2)	4.9% (4.6-5.3)	3.1% (2.6-3.6)	N/A
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.)	8.6% (6.9-10.5)	8.1% (6.6-9.9)	7.4% (7.1-7.8)	8.2% (7.8-8.6)	6.6% (6.1-7.2)	N/A

Sexual Behavior

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Ever had sexual intercourse (Had sexual intercourse one or more times during their life.)	23.1% (20.5-25.9)	13.8% (11.5-16.6)	14.5% (14.0-15.1)	6.5% (6.3-6.8)	4.0% (3.3-4.7)	N/A
Currently sexually active (Had sexual intercourse at least once during the past 3 months.)	12.9% (10.8-15.3)	7.7% (5.9-9.9)	7.3% (7.0-7.7)	3.6% (3.4-3.8)	2.7% (2.0-3.5)	N/A
Used a condom during last sexual intercourse (Among students who are currently sexually active.)	61.5% (54.1-68.4)	59.7% (46.3-71.9)	67.7% (66.2-69.1)	52.8% (49.6-55.9)	47.8% (36.8-59.0)	N/A
Ever taught in school about AIDS or HIV infection	54.6% (51.2-57.8)	41.1% (37.0-45.3)	76.5% (75.7-77.3)	59.1% (58.3-59.9)	58.3% (57.2-59.5)	N/A

Obesity and Weight Control

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Obese (Having a BMI of >95 th percentile for age and sex. Calculated from self-reported height and weight, adjusted for sex and age.)	21.0% (18.6-23.7)	18.9% (16.7-21.5)	16.0% (15.3-16.7)	15.1% (14.4-15.8)	7.7% (6.6-8.8)	N/A
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.)	21.5% (19.2-24.1)	18.7% (16.3-21.5)	19.1% (18.4-19.8)	16.2% (15.2-17.2)	12.6% (11.8-13.3)	N/A
Describes self as slightly or very overweight	21.6% (19.7-23.7)	24.8% (22.5-27.3)	23.9% (23.2-24.6)	31.3% (30.7-32.0)	23.8% (22.7-24.9)	N/A
Trying to lose weight	42.2% (39.9-44.5)	44.9% (42.5-47.3)	41.2% (40.5-41.9)	45.4% (44.9-46.0)	36.3% (35.0-37.6)	N/A

Dietary Behavior

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Ate fruits and vegetables five or more times (During the day before the survey.)	20.9% (18.5-23.4)	22.7% (20.3-25.3)	26.4% (25.7-27.2)	27.8% (27.3-28.3)	39.0% (38.0-40.1)	N/A
Had a can, bottle, or glass of soda or pop one or more times (Not including diet pop, during the day before the survey.)	65.3% (63.4-67.2)	62.1% (59.8-64.4)	56.2% (55.0-57.4)	50.0% (49.3-50.7)	35.2% (34.2-36.2)	N/A
Drank water at school (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.)	44.6% (42.4-46.9)	41.8% (39.2-44.6)	49.9% (49.1-50.6)	56.4% (55.6-57.2)	65.9% (63.9-67.7)	N/A
Did not eat breakfast every day (During the 7 days before the survey.)	69.0% (66.0-71.8)	68.6% (66.1-71.0)	68.3% (67.3-69.3)	61.6% (60.7-62.4)	51.7% (50.8-52.5)	N/A
Ate fast food on one or more days (During the 7 days before the survey.)	80.1% (77.8-82.2)	71.4% (69.2-73.5)	73.9% (72.7-75.1)	70.6% (69.9-71.3)	57.9% (56.9-58.9)	N/A
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.)	13.7% (12.0-15.5%)	13.4% (11.9-15.0)	16.6% (15.9-17.2)	18.0% (17.5-18.5)	13.1% (12.5-13.6)	N/A
Took a multivitamin every day (During the 7 days before the survey.)	5.6% (4.6-6.8)	6.3% (5.2-7.8)	7.6% (7.1-8.1)	10.5% (10.0-11.1)	15.2% (14.5-16.0)	N/A

Physical Activity

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Participated in 60 or more minutes of physical activity on 5 or more days (During the 7 days before the survey.)	32.7% (30.3-35.2)	31.1% (28.7-33.5)	46.2% (45.3-47.2)	53.2% (52.6-53.7)	64.1% (62.5-65.6)	N/A
Did not participate in 60 or more minutes of physical activity on any day (During the 7 days before the survey.)	22.2% (19.9-24.7)	23.1% (20.3-26.0)	17.6% (16.9-18.2)	9.0% (8.6-9.5)	5.9% (5.5-6.4)	N/A
Watched television 3 or more hours per day (On an average school day.)	47.5% (45.0-50.1)	37.3% (34.7-39.9)	41.0% (40.0-42.0)	20.7% (20.0-21.4)	19.5% (18.2-20.9)	N/A
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.)	56.9% (54.1-59.8)	58.0% (55.3-60.6)	52.1% (51.0-53.1)	48.9% (48.0-49.7)	38.5% (37.2-39.9)	N/A
Played on one or more sports teams (During the past 12 months.)	61.2% (58.3-63.9)	55.7% (53.3-58.1)	67.1% (66.1-68.0)	64.8% (64.1-65.5)	82.6% (81.3-83.8)	N/A
Walked or rode bike to or from school 3 or more days (During an average school week when the weather allows.)	37.8% (35.1-40.6)	33.4% (31.2-35.6)	35.1% (34.3-36.0)	43.3% (42.5-44.0)	17.4% (16.3-18.7)	N/A

Positive Youth Development

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Spent at least one day in clubs or organizations outside of school (During the 7 days before the survey.)	50.2% (47.5-52.8)	40.4% (37.5-43.5)	51.9% (51.1-52.8)	48.7% (48.0-49.4)	63.2% (62.0-64.3)	N/A
Parents talk with student about school almost every day	49.8% (47.3-52.4)	50.2% (47.6-52.8)	55.2% (54.4-55.9)	51.7% (51.1-52.3)	62.6% (61.3-63.9)	N/A
Students help decide what goes on in school (Agree and strongly agree)	38.5% (35.8-41.4)	40.7% (37.7-43.8)	34.4% (33.5-35.2)	42.8% (42.2-43.4)	46.5% (45.3-47.7)	N/A
Students feel like they matter to people in their community (Agree and strongly agree)	47.2% (44.5-49.9)	44.9% (42.1-47.6)	44.5% (43.6-45.4)	40.3% (39.7-40.9)	52.5% (51.8-53.2)	N/A
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.)	82.2% (80.2-83.9)	78.3% (76.3-80.1)	83.8% (83.3-84.3)	81.6% (81.0-82.1)	86.3% (85.5-87.1)	N/A
Obtained eight or more hours of sleep (On an average school night.)	42.5% (39.5-45.6)	45.2% (42.4-48.0)	44.5% (43.7-45.2)	45.3% (44.6-46.1)	55.0% (53.9-56.0)	N/A
Described their grades in school as mostly A's and B's (During the 12 months before the survey)	56.6% (53.5-59.7)	62.5% (59.2-65.7)	64.7% (63.5-65.8)	73.3% (72.8-73.9)	86.0% (83.9-87.8)	N/A

Preventive Health

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Saw a doctor or nurse for check-up (During the 12 months before the survey.)	54.2% (52.1-56.2)	53.6% (50.8-56.4)	64.7% (63.8-65.6)	67.9% (67.3-68.6)	79.8% (78.1-81.5)	N/A
Saw a doctor, nurse, therapist, social worker, or counselor for a mental health issue (During the 12 months before the survey.)	36.3% (34.2-38.5)	35.9% (33.1-38.7)	34.0% (33.1-34.9)	30.7% (30.0-31.4)	25.8% (25.4-26.3)	N/A
Saw a dentist for routine check-up (Not including emergencies, during the 12 months before the survey.)	51.6% (49.3-54.0)	54.3% (51.5-57.1)	61.1% (59.9-62.3)	75.2% (74.5-75.9)	83.1% (81.2-84.8)	N/A

School Related Food Practices

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Students are allowed to have food in the classroom (sometimes and always)	56.5% (53.6-59.3)	59.2% (55.9-62.4)	67.8% (66.7-68.9)	71.8% (70.7-72.9)	77.0% (75.1-78.8)	N/A
Students are allowed to have beverages in the classroom (sometimes and always)	50.7% (48.1-53.4)	62.2% (59.3-65.0)	70.1% (69.2-70.9)	81.0% (79.9-82.1)	87.1% (85.4-88.7)	N/A
Students are allowed to have snacks in the hallway (sometimes and always)	40.2% (37.5-43.0)	35.1% (32.5-37.8)	45.2% (44.4-45.9)	55.0% (54.2-55.8)	67.4% (65.7-69.0)	N/A
Students are allowed to have beverages in the hallway (sometimes and always)	38.4% (35.8-41.1)	38.3% (35.5-41.2)	51.7% (50.7-52.8)	65.6% (64.1-67.0)	77.8% (75.4-80.1)	N/A
Food or food coupons are used as a reward or incentive for students (sometimes and always)	51.7% (49.0-54.5)	48.2% (44.8-51.6)	51.5% (50.3-52.7)	49.4% (48.4-50.3)	41.5% (40.5-42.4)	N/A
Bought food or beverages from a school fundraiser during school hours on 1 or more days (During the 30 days before the survey.)	54.0% (51.3-56.6)	47.2% (44.2-50.2)	53.0% (51.8-54.2)	40.0% (39.5-40.6)	46.5% (45.6-47.5)	N/A
Bought food or beverages from a vending machine during school hours on 1 or more days (During the 30 days before the survey.)	20.4% (18.3-22.8)	10.5% (8.9-12.4)	41.0% (40.0-42.1)	28.7% (28.1-29.3)	14.8% (13.7-15.9)	N/A
Stopped at a corner, convenience, drug, grocery or other food store to or from school (During an average school week)	77.3% (74.9-79.5)	66.9% (64.4-69.2)	61.5% (60.0-62.9)	40.1% (39.5-40.6)	35.5% (34.0-36.9)	N/A

Other Health Behaviors

Risk Behavior	CMSD East % (95% CI)	CMSD West % (95% CI)	Inner Ring East % (95% CI)	Inner Ring West % (95% CI)	Outer Ring East % (95% CI)	Outer Ring West % (95% CI)
Changed homes one or more times (During the 12 months before the survey.)	42.5% (39.7-45.3)	36.3% (33.4-39.2)	34.6% (33.6-35.6)	18.3% (17.7-18.9)	18.6% (17.3-20.0)	N/A
Parent(s) or guardian(s) have been in prison or jail (During the 12 months before the survey.)	18.9% (16.6-21.4)	14.2% (12.3-16.2)	12.0% (11.5-12.6)	6.0% (5.8-6.1)	3.8% (3.0-4.7)	N/A

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