



Prevention Research Center for Healthy Neighborhoods  
at Case Western Reserve University

# 2018 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 Fall of 2018, the PRCHN conducted the YRBS among 7<sup>th</sup> and 8<sup>th</sup> grade students in Cuyahoga County middle schools. A more detailed description of the methodology is available at our website, [www.prchn.org/YRBSDataCollectionAnalysis.aspx](http://www.prchn.org/YRBSDataCollectionAnalysis.aspx).

## Overall Prevalence

---

This brief report summarizes responses among the 12,936 middle school students who completed the 2018 Cuyahoga County Youth Risk Behavior Survey. In this brief report, we present:

- [Behaviors that Contribute to Unintentional Injuries](#)
- [Violence](#)
- [Depressive Symptoms and Suicide](#)
- [Tobacco and Electronic Vapor Use](#)
- [Alcohol Use](#)
- [Marijuana Use](#)
- [Other Drug Use](#)
- [Sexual Behaviors](#)
- [Obesity and Weight Control](#)
- [Dietary Behavior](#)
- [Physical Activity](#)
- [Positive Youth Development](#)
- [Preventive Health Care](#)
- [Other Health Behaviors](#)

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

The school response rate was 91% and the student response rate was 89%. The overall response rate was 81% (91% x 89%).

## Behaviors that Contribute to Unintentional Injuries

Risk Behavior	% (95% Confidence Interval)
<b>Rarely or never wore a bicycle helmet</b> (Among students who ride a bicycle.)	70.6 (68.8 - 72.4)
<b>Rarely or never wore a seatbelt</b> (When riding in a car driven by someone else.)	7.2 (6.6 - 7.8)

## Violence

Risk Behavior	% (95% Confidence Interval)
<b>Carried a weapon</b> (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)	10.5 (9.7 - 11.3)
<b>Carried a weapon on school property</b> (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)	1.6 (1.4 - 2.0)
<b>Did not go to school because of safety concerns</b> (One or more times during the 30 days before the survey.)	10.2 (9.6 - 10.9)
<b>In a physical fight</b> (One or more times during the 12 months before the survey.)	38.6 (37.5 - 39.8)
<b>In a physical fight on school property</b> (One or more times during the 12 months before the survey.)	19.2 (18.3 - 20.1)
<b>Bullied off school property</b> (During the 12 months before the survey.)	17.0 (16.0 - 18.1)
<b>Bullied on school property</b> (During the 12 months before the survey.)	29.2 (28.1 - 30.3)
<b>Bullied someone on school property</b> (During the 12 months before the survey.)	10.7 (10.1 - 11.3)
<b>Electronically bullied</b> (Such as through texting, Instagram, Facebook, or other social media; during the 12 months before the survey.)	16.5 (15.5 - 17.7)
<b>Electronically bullied someone</b> (Such as through texting, Instagram, Facebook, or other social media; during the 12 months before the survey.)	7.1 (6.5 - 7.8)

## Depressive Symptoms and Suicide

Risk Behavior	% (95% Confidence Interval)
<b>Purposely hurt self without wanting to die</b> (Such as cutting or burning self; during the 12 months before the survey.)	20.1 (19.2 - 21.0)
<b>Felt sad or hopeless</b> (Almost every day for 2 weeks or more in a row; during the 12 months before the survey.)	28.3 (27.2 - 29.4)
<b>Seriously considered attempting suicide</b> (During the 12 months before the survey.)	14.2 (13.4 - 15.1)
<b>Made a suicide plan</b> (During the 12 months before the survey.)	11.8 (11.1 - 12.5)
<b>Attempted suicide</b> (One or more times during the 12 months before the survey.)	8.7 (8.0 - 9.3)
<b>Knew someone who completed suicide</b>	29.5 (28.2 - 30.7)

## Tobacco Use and Electronic Vapor Use

Risk Behavior	% (95% Confidence Interval)
<b>Ever smoked cigarettes</b> (Smoked a cigarette, even 1 or 2 puffs, on at least 1 day during their life.)	8.4 (7.8 - 9.0)
<b>Current cigarette use</b> (Smoked a cigarette on at least 1 day during the 30 days before the survey.)	2.5 (2.2 - 2.9)
<b>Current cigar use</b> (Smoked a cigar, cigarillo, or little cigar on at least 1 day during the 30 days before the survey.)	5.1 (4.7 - 5.6)
<b>Current use of tobacco in a water pipe</b> (Smoked from a hookah or water pipe on at least 1 day during the 30 days before the survey.)	2.4 (2.1 - 2.8)
<b>Tried first tobacco product before age 11 years</b> (Including cigarettes, cigars, little cigars, flavored cigars, hookah, and chewing tobacco.)	4.5 (4.0 - 4.9)
<b>Current electronic vapor product use</b> (Used at least 1 day during the 30 days before the survey.)	10.1 (9.3 - 10.9)

## Alcohol Use

Risk Behavior	% (95% Confidence Interval)
<b>Ever used alcohol</b> (Had at least 1 drink of alcohol on at least 1 day during their life.)	20.9 19.8 - 22.0
<b>Drank alcohol before age 11 years</b> (Other than a few sips.)	8.0 7.4 - 8.7
<b>Current alcohol use</b> (Had at least 1 drink of alcohol on at least 1 day during the 30 days before the survey.)	7.8 7.1 - 8.5

## Marijuana Use

Risk Behavior	% (95% Confidence Interval)
<b>Ever used marijuana</b> (Used marijuana 1 or more times during their life.)	9.5 (8.9 - 10.3)
<b>Tried marijuana before age 11 years</b>	2.0 (1.7 - 2.3)
<b>Current marijuana use</b> (Used marijuana 1 or more times during the 30 days before the survey.)	5.8 (5.3 - 6.4)

## Other Drug Use

Risk Behavior	% (95% Confidence Interval)
<b>Ever used inhalants</b> (Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays one or more times during their life.)	5.9 (5.4 - 6.5)
<b>Taken prescription pain medicine without a doctor's prescription or differently than how a doctor prescribed</b> (Including codeine, Vicodin, OxyContin, Hydrocodone, and Percocet; during the past 12 months.)	5.6 (5.1 - 6.2)
<b>Ever taken other prescription drug that was not pain medicine without a doctor's prescription or differently than how a doctor prescribed</b> (Including Adderall, Ritalin, Valium, or Xanax; during their life.)	4.7 (4.2 - 5.3)
<b>Used an illicit drug</b> (Any form of cocaine, heroin, methamphetamines, ketamine, speed, LSD, or ecstasy; one or more times; during the past 12 months.)	0.7 (0.6 - 0.9)
<b>Offered, sold, or given illegal drugs on school property</b> (One or more times during the 12 months before the survey.)	6.8 (6.0 - 7.7)



## Sexual Behaviors

Risk Behavior	% (95% Confidence Interval)
<b>Ever had sexual intercourse</b> (Had sexual intercourse 1 or more times during their life.)	9.0 (8.4 - 9.7)
<b>Had sexual intercourse with 4 or more people</b>	2.4 (2.0 - 2.8)
<b>Currently sexually active</b> (Had sexual intercourse with at least 1 person during the 3 months before the survey.)	5.2 (4.7 - 5.8)
<b>Used a condom during last sexual intercourse</b> (Among students who were currently sexually active.)	59.9 (55.0 - 64.6)
<b>Ever been taught about AIDS or HIV infection in school</b>	41.8 (39.5 - 44.2)

## Obesity and Weight Control

Risk Behavior	% (95% Confidence Interval)
<b>Obese</b> (Having a BMI of >95 <sup>th</sup> percentile for age and sex. Calculated from self-reported height and weight, adjusted for sex and age.)	13.5 (12.6 - 14.3)
<b>Overweight</b> (Having a BMI >85 <sup>th</sup> percentile and <95 <sup>th</sup> percentile for age and sex. Calculated from self-reported height and weight, adjusted for sex and age.)	16.1 (15.0 - 17.3)
<b>Describes self as slightly or very overweight</b>	26.1 (25.0 - 27.2)
<b>Trying to lose weight</b>	40.7 (39.3 - 42.0)

## Dietary Behavior

Risk Behavior	% (95% Confidence Interval)
<b>Ate fruit two or more times</b> (The day before the survey; excluding juices.)	52.0 (50.7 - 53.2)
<b>Ate vegetables two or more times</b> (The day before the survey)	39.4 (38.1 - 40.8)
<b>Drank a can, bottle, or glass of soda or pop</b> (Including Coke, Pepsi or Sprite; the day before the survey.)	47.6 (46.2 - 49.0)
<b>Drank water at school on average every day</b> (Including water from a fountain, a sink or faucet, a bottle, a reusable bottle student brought from home, or some other source; during an average school week.)	54.9 (53.6 - 56.1)
<b>Did not eat breakfast every day</b> (During the 7 days before the survey.)	61.2 (59.8 - 62.5)
<b>Ate fast food on 1 or more days</b> (Includes McDonalds, Burger King, Pizza Hut, Taco Bell, or KFC; during the 7 days before the survey.)	70.5 (69.3 - 71.7)
<b>Went hungry because not enough food in the home</b> (Sometimes, most of the time, or always; during the 30 days before the survey.)	16.2 (15.2 - 17.2)

## Physical Activity

Risk Behavior	% (95% Confidence Interval)
<b>Participated in 60 or more minutes of physical activity on 5 or more days</b> (During the 7 days before the survey.)	46.2 (44.9 - 47.4)
<b>Did not participate in 60 or more minutes of physical activity on any day</b> (During the 7 days before the survey.)	15.1 (14.3 - 16.0)
<b>Watched television 3 or more hours per day</b> (On an average school day.)	25.7 (24.6 - 26.8)
<b>Played video or computer games or used a computer 3 or more hours per day</b> (On an average school day for something that was not school work; includes use of Xbox, PlayStation, iPod, iPad or tablet, smartphone, YouTube, Facebook, or other social networking tools, and the Internet.)	51.5 (50.2 - 52.7)
<b>Played on 1 or more sports teams</b> (During the 12 months before the survey.)	68.9 (67.7 - 70.2)
<b>Walk or ride bike to or from school 3 or more days</b> (During an average school week when the weather allows.)	26.7 (25.6 - 27.8)

## Positive Youth Development

Risk Behavior	% (95% Confidence Interval)
<b>Spent at least 1 day in clubs or organizations outside of school</b> (During the 7 days before the survey.)	53.8 (52.5 - 55.1)
<b>Spent at least 1 hour helping other people without getting paid to make one's community a better place for people to live</b> (During the 7 days before the survey.)	40.7 (39.5 - 42.0)
<b>Parents talk with student about school almost every day</b>	58.9 (57.6 - 60.2)
<b>Students help decide what goes on in school</b> (Agree and strongly agree.)	38.2 (37.1 - 39.3)
<b>Students feel like they matter to people in their community</b> (Agree and strongly agree.)	49.5 (48.3 - 50.8)
<b>Obtained 8 or more hours of sleep</b> (On an average school night.)	46.5 (45.0 - 48.0)
<b>Had a supportive adult</b> (One or more adults, other than a parent, who student would feel comfortable seeking help from if there was an important issue or question affecting their life.)	83.2 (82.3 - 84.1)
<b>Described their grades in school as A's and B's</b> (During the 12 months before the survey.)	75.4 (74.0 - 76.7)

## Preventive Health Care

Risk Behavior	% (95% Confidence Interval)
<b>Saw a doctor or nurse for check-up or physical exam</b> (During the 12 months before the survey.)	70.2 (69.0 - 71.4)
<b>Saw a doctor, nurse, or counselor about stress, depression, or problems with emotions</b> (During the 12 months before the survey.)	21.8 (20.8 - 22.9)
<b>Received appropriate help when student felt sad, empty, hopeless, angry or anxious</b>	48.8 (47.4 - 50.2)

## Other Health Behaviors

Risk Behavior	% (95% Confidence Interval)
Lives with 2 parents (Biological or Step-parent)	65.9 (64.7 - 67.2)
Does not usually sleep in parent or guardian's home (homelessness) (Sleeps in home of friend or family, in shelter, motel, car, or no usual place)	3.6 (3.2 - 4.0)
Never or rarely feels safe and secure in neighborhood	8.6 (8.0 - 9.2)
Parent(s) or guardian(s) have been in prison or jail (During the 12 months before the survey.)	9.4 (8.8 - 10.1)
Had been stopped, questioned, or searched by police (One or more times during the 12 months before the survey.)	14.1 (13.4 - 14.9)
Described encounters with police as negative or mostly negative (Of those who had encounters with the police during the 12 months before the survey.)	32.8 (31.1 - 34.5)

## Contact Information

---

**Prepared by:**

Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
10900 Euclid Avenue  
Cleveland, Ohio 44106-7069  
[www.prchn.org](http://www.prchn.org)

**For more information, please contact:**

Erika S. Trapl, PhD  
Associate Professor, Department of Population & Quantitative Health Sciences  
Associate Director, Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
[Erika.trapl@case.edu](mailto:Erika.trapl@case.edu)  
216-368-0098

Jean L. Frank, MPH  
Director of Adolescent Surveillance and Evaluation  
Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
[Jean.frank@case.edu](mailto:Jean.frank@case.edu)  
216-368-5913

Audrey E. Kinsella, MPH  
Community and Evaluation Project Coordinator  
Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
[Audrey.kinsella@case.edu](mailto:Audrey.kinsella@case.edu)  
216-368-5746

Catherine C. Osborn, MA  
School-based Surveillance & Evaluation Coordinator  
Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
[Catherine.osborn@case.edu](mailto:Catherine.osborn@case.edu)

Jude Fahoum, BA  
School-based Surveillance and Evaluation Specialist  
Prevention Research Center for Health Neighborhoods  
Case Western Reserve University  
[Jude.fahoum@case.edu](mailto:Jude.fahoum@case.edu)

Marisa Hollinshead, BS  
Graduate Assistant  
Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
[Marisa.hollinshead@case.edu](mailto:Marisa.hollinshead@case.edu)

### Funding

This work is a product of a Health Promotion and Disease Prevention Research Center supported by Cooperative Agreement Number 1U48DP005030 and by Cooperative Agreement Number: NU87PS2018-004348 from the Centers for Disease Control and Prevention, and by TP1AH000093-01-00 from The Office of Adolescent Health. This work is also supported by the Cleveland Foundation, the Educational Service Center of NE Ohio, the George Gund Foundation, and the Sisters of Charity Foundation of Cleveland. The findings and conclusions in this report are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

CWRU IRB Protocol #2012-274.