



Prevention Research Center for Healthy Neighborhoods  
at Case Western Reserve University

# 2018 Cuyahoga County Youth Risk Behavior Survey: Positive Youth Development

## Introduction

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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, [http://prchn.org/yrbs\\_home.aspx](http://prchn.org/yrbs_home.aspx).

This brief report presents results from the 2018 Cuyahoga County Middle School Youth Risk Behavior Survey, with a particular focus on Positive Youth Development. In this brief report, we present:

- [Overall Prevalence](#)
- [Regional Prevalence](#)
- [Demographic Prevalence](#)
- [Trend Report](#)

Data for similar behaviors can be found at our website, [http://prchn.org/yrbs\\_home.aspx](http://prchn.org/yrbs_home.aspx).

## Positive Youth Development

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In order for youth to transition successfully into adulthood, it is important to ensure they are engaged in their communities, schools, organizations, and families. Developmental assets are “building blocks” that may decrease risk behavior and increase the likelihood of a successful transition in adolescents. Developmental assets are commonly grouped into external and internal assets. External assets include: support, empowerment, boundaries and expectations, and constructive use of time. Internal assets include: commitment to learning, positive values, social competencies, and positive identity.<sup>i</sup>

Sleep is also an important dimension to adolescent health. Most adolescents need slightly more than 9 hours of sleep each night, although this varies slightly among individuals.<sup>ii</sup> Sleep deprivation can affect school performance through lower grades; decreased alertness and concentration; and an increase in anger, impulsivity, and sadness.<sup>iii</sup> Insufficient sleep has also been associated with higher risk of engagement in health risk behaviors like substance use and alcohol.<sup>iv</sup>

## Overall Prevalence

The following table summarizes positive youth development among the 12,936 middle school students who completed the 2018 Cuyahoga County YRBS. Prevalence estimates and 95% confidence intervals were computed for all variables.

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)

## Regional Prevalence

The table below represents positive youth development in the six regions of Cuyahoga County. This division was conducted to provide a geographic representation of the prevalence of different risk behaviors in Cuyahoga County. In 2018, we were able to weight to 4 of 6 regions in Cuyahoga County. The columns under Outer Ring—West and Outer Ring—East do not include data because school participation within these regions was insufficient to permit weighting.

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 1 day in clubs or organizations outside of school (During the 7 days before the survey.)	50.3 (47.6 - 52.9)	39.4 (36.0 - 43.0)	54.4 (52.1 - 56.6)	46.8 (43.9 - 49.8)	N/A	N/A
Spent at least 1 hour helping other people without getting paid to make one's community a better place for people to live (During the 7 days before the survey.)	41.9 (38.7 - 45.2)	37.3 (34.6 - 40.1)	41.9 (39.9 - 43.9)	38.9 (36.8 - 41.0)	N/A	N/A
Parents talk with student about school almost every day	53.7 (50.9 - 56.6)	51.1 (48.2 - 54.0)	58.7 (56.8 - 60.6)	53.8 (51.4 - 56.3)	N/A	N/A
Students help decide what goes on in school (Agree and strongly agree.)	44.7 (41.5 - 48.0)	39.6 (36.4 - 42.7)	35.7 (34.1 - 37.4)	36.7 (34.3 - 39.1)	N/A	N/A
Students feel like they matter to people in their community (Agree and strongly agree.)	46.3 (43.6 - 49.1)	44.3 (41.6 - 47.0)	45.8 (43.7 - 47.9)	43.3 (40.9 - 45.6)	N/A	N/A
Obtained 8 or more hours of sleep (On an average school night.)	41.9 (39.4 - 44.5)	42.4 (39.6 - 45.3)	42.8 (40.6 - 45.0)	45.8 (43.3 - 48.3)	N/A	N/A

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)
<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.)	80.9 (78.9 - 82.8)	78.2 (75.8 - 80.5)	83.4 (81.8 - 84.9)	80.7 (78.5 - 82.7)	N/A	N/A
<b>Described their grades in school as A's and B's</b> (During the 12 months before the survey.)	58.8 (55.7 - 61.7)	61.3 (57.5 - 65.1)	65.4 (62.5 - 68.2)	78.1 (75.6 - 80.3)	N/A	N/A

## Demographic Prevalence

The tables below allow for further comparisons of positive youth development between demographic groups. Data are presented by gender, race/ethnicity, and grade level. A statistically significant difference exists between groups if the 95% confidence intervals do not overlap.

Spent at least one day in clubs or organizations outside of school			
Category	%	CI	
<b>Gender</b>			
Female	57.6	55.8	- 59.3
Male	50.3	48.6	- 52.0
<b>Race/Ethnicity</b>			
White	56.5	54.5	- 58.4
Black	51.8	50.1	- 53.4
Hispanic	39.2	36.0	- 42.6
Other/Multiple	56.2	52.4	- 59.9
<b>Grade</b>			
7th	54.4	52.3	- 56.6
8th	53.4	51.0	- 55.7
<b>Total</b>	<b>53.8</b>	<b>52.5</b>	<b>- 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			
Category	%	CI	
<b>Gender</b>			
Female	41.2	39.5	- 42.9
Male	40.3	38.6	- 42.0
<b>Race/Ethnicity</b>			
White	41.0	39.1	- 42.9
Black	41.0	39.1	- 42.9
Hispanic	37.4	34.4	- 40.5
Other/Multiple	39.6	36.6	- 42.8
<b>Grade</b>			
7th	40.4	38.7	- 42.2
8th	41.1	39.3	- 42.9
<b>Total</b>	<b>40.7</b>	<b>39.5</b>	<b>- 42.0</b>

Parents talk with student about school almost every day			
Category	%	CI	
<b>Gender</b>			
Female	59.6	57.7	- 61.4
Male	58.3	56.7	- 60.0
<b>Race/Ethnicity</b>			
White	61.4	59.5	- 63.2
Black	56.7	54.6	- 58.8
Hispanic	51.6	48.6	- 54.6
Other/Multiple	53.1	49.8	- 56.3
<b>Grade</b>			
7th	61.0	59.2	- 62.8
8th	57.2	55.3	- 59.2
<b>Total</b>	<b>58.9</b>	<b>57.6</b>	<b>- 60.2</b>

Students help decide what goes on in school			
Category	%	CI	
<b>Gender</b>			
Female	37.9	36.3	- 39.5
Male	38.7	37.1	- 40.2
<b>Race/Ethnicity</b>			
White	38.1	36.4	- 39.7
Black	38.5	36.8	- 40.4
Hispanic	39.4	36.5	- 42.3
Other/Multiple	40.2	36.8	- 43.6
<b>Grade</b>			
7th	38.2	36.7	- 39.7
8th	38.5	36.8	- 40.3
<b>Total</b>	<b>38.2</b>	<b>37.1</b>	<b>- 39.3</b>

Students feel like they matter to people in their community			
Category	%	CI	
<b>Gender</b>			
Female	45.7	43.9	- 47.6
Male	53.2	51.4	- 55.0
<b>Race/Ethnicity</b>			
White	51.6	49.6	- 53.5
Black	47.5	45.7	- 49.3
Hispanic	44.8	41.7	- 48.0
Other/Multiple	46.4	42.9	- 49.9
<b>Grade</b>			
7th	51.7	49.9	- 53.6
8th	47.4	45.5	- 49.3
<b>Total</b>	<b>49.5</b>	<b>48.3</b>	<b>- 50.8</b>

Obtained eight or more hours of sleep			
Category	%	CI	
<b>Gender</b>			
Female	43.3	41.2	- 45.3
Male	49.7	48.0	- 51.4
<b>Race/Ethnicity</b>			
White	50.0	47.9	- 52.1
Black	41.2	39.1	- 43.3
Hispanic	42.2	39.2	- 45.3
Other/Multiple	45.0	41.6	- 48.4
<b>Grade</b>			
7th	53.0	51.1	- 55.0
8th	40.5	38.7	- 42.3
<b>Total</b>	<b>46.5</b>	<b>45.0</b>	<b>- 48.0</b>

Supportive adult			
Category	%	CI	
<b>Gender</b>			
Female	83.1	81.8	- 84.3
Male	83.4	81.9	- 84.7
<b>Race/Ethnicity</b>			
White	84.7	83.5	- 85.8
Black	82.7	81.3	- 84.1
Hispanic	75.7	71.9	- 79.1
Other/Multiple	79.2	76.0	- 82.0
<b>Grade</b>			
7th	83.9	82.6	- 85.1
8th	82.8	81.5	- 84.1
<b>Total</b>	<b>83.2</b>	<b>82.3</b>	<b>- 84.1</b>

Described their grades in school as mostly A's and B's			
Category	%	CI	
<b>Gender</b>			
Female	79.9	78.4	- 81.3
Male	71.3	69.3	- 73.2
<b>Race/Ethnicity</b>			
White	83.2	81.5	- 84.8
Black	64.0	61.8	- 66.0
Hispanic	59.6	55.7	- 63.4
Other/Multiple	78.6	75.5	- 81.3
<b>Grade</b>			
7th	76.5	74.1	- 78.8
8th	74.7	72.3	- 77.0
<b>Total</b>	<b>75.4</b>	<b>74.0</b>	<b>- 76.7</b>



## Cuyahoga County Trend Data

The following table presents the prevalence of positive youth development among Cuyahoga County middle school students in 2010, 2012, 2014, 2016 and 2018. The prevalence for each year is given (when available), with 95% confidence intervals below.<sup>1</sup>

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
<b>Spent at least one day in clubs or organizations outside of school</b> (During the 7 days before the survey.)				
N/A	60.3% (59.2 - 61.4)	53.0% (52.0 - 54.1)	56.1% (55.5 - 56.6)	53.8% (52.5 - 55.1)
<b>Spent at least one 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.)				
38.8% (37.1 - 40.4)	42.5% (41.3 - 43.7)	42.6% (41.7 - 43.4)	N/A	40.7% (39.5 - 42.0)
<b>Parents talk with student about school almost every day</b>				
55.7% (54.5 - 56.9)	57.8% (56.6 - 59.0)	54.4% (53.5 - 55.4)	56.0% (55.6 - 56.5)	58.9% (57.6 - 60.2)
<b>Students help decide what goes on in school</b> (Agree and strongly agree)				
43.9% (42.5 - 45.2)	44.2% (43.0 - 45.3)	44.1% (43.1 - 45.1)	43.8% (43.2 - 44.3)	38.2% (37.1 - 39.3)
<b>Students feel like they matter to people in their community</b> (Agree and strongly agree)				
44.7% (43.1 - 46.2)	48.9% (47.7 - 50.1)	44.3% (43.4 - 45.3)	46.9% (46.4 - 47.4)	49.5% (48.3 - 50.8)
<b>Described their grades in school as A's and B's</b> (During the 12 months before the survey.)				
N/A	68.7% (67.4 - 70.0)	67.9% (66.8 - 68.9)	75.4% (74.7 - 76.0)	75.4% (74.0 - 76.7)
<b>**Supportive adult</b> (One or more adults who they would feel comfortable seeking help from if there was an important issue or question affecting their life.)				
85.3% (84.4 - 86.2)	87.3% (86.6 - 88.0)	N/A	N/A	N/A
<b>**Supportive adult</b> (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.)				
N/A	N/A	82.0% (81.2 - 82.7)	83.7% (83.3 - 84.0)	83.2% (82.3 - 84.1)

<sup>1</sup> The YRBS questions with two or more data points over 2010-2018 are included. The new 2018 questions are not included for the purpose of demonstrating trends. For those questions not asked in 2018, refer to the PRCHN archives at [www.prchn.org/asp](http://www.prchn.org/asp) for more detailed information.

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
<b>Trusted friend</b> (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)				
88.6% (87.4 - 89.7)	89.2% (88.5 - 89.9)	88.0% (87.4 - 88.6)	N/A	N/A
<b>*Ate dinner with family</b> (On one or more days of the 7 days before the survey.)				
83.0% (81.7 - 84.2)	87.0% (86.2 - 87.9)	N/A	N/A	N/A

\* Supportive adult was revised in 2014 for specification of “other than a parent”.

\*\*Ate dinner with family was revised in 2014 to include all meals. Both items are included in this table.

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