



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

2018 Cuyahoga County Youth Risk Behavior Survey: Trend Data

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 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_home.aspx.

Cuyahoga County Trend Data

This brief report presents the prevalence of health risk behaviors among Cuyahoga County middle school students in 2010, 2012, 2014, 2016 and 2018. In this brief report, we present:

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The prevalence for each year is given (when available), with 95% confidence intervals below. ¹

¹ 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 for more detailed information.

Behaviors that Contribute to Unintentional Injuries

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Rarely or never wore a bicycle helmet (Among students who ride a bicycle.)				
82.8% (81.5 - 84.2)	78.0% (76.9 - 79.1)	77.5% (76.5 - 78.4)	72.4% (71.9 - 72.9)	70.6% (68.8 - 72.4)
Rarely or never wore a seatbelt (When riding in a car driven by someone else.)				
12.3% (11.3 - 13.3)	10.3% (9.5 - 11.0)	10.4% (9.8 - 11.1)	6.8% (6.4 - 7.2)	7.2% (6.6 - 7.8)

Violence

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Carried a weapon on school property (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)				
4.8% (4.2 - 5.4)	3.6% (3.2 - 4.1)	3.2% (2.9 - 3.6)	1.2% (1.1 - 1.4)	1.6% (1.4 - 2.0)
Carried a weapon (Such as a gun, knife, club; one or more times during the 30 days before the survey.)				
N/A	N/A	N/A	10.8% (10.5 - 11.2)	10.5% (9.7 - 11.3)
In a physical fight (One or more times during the 12 months before the survey.)				
40.9% (39.1 - 42.6)	34.8% (33.5 - 36.0)	33.2% (32.3 - 34.0)	33.6% (33.0 - 34.2)	38.6% (37.5 - 39.8)
In a physical fight on school property (One or more times during the 12 months before the survey.)				
19.2% (17.8 - 20.6)	16.9% (16.0 - 17.8)	14.7% (14.0 - 15.4)	N/A	19.2% (18.3 - 20.1)
Did not go to school because of safety concerns (One or more times during the 30 days before the survey.)				
6.4% (5.8 - 7.1)	8.1% (7.4 - 8.7)	6.9% (6.4 - 7.4)	7.8% (7.5 - 8.1)	10.2% (9.6 - 10.9)
Harassed or picked on at school (During the 30 days before the survey.)				
32.9% (31.2 - 34.6)	33.8% (32.6 - 34.9)	30.3% (29.4 - 31.2)	25.0% (24.6 - 25.4)	N/A
Electronically bullied (Such as through e-mail, chat rooms, instant messaging, websites, or text messaging; during past 12 months)				
19.7% (18.6 - 20.9)	21.7% (20.7 - 22.7)	21.3% (20.6 - 22.0)	20.7% (20.4 - 21.1)	16.5% (15.5 - 17.7)

Depressive Symptoms and Suicide

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Intentional self-harm (Such as cutting or burning self; during 12 months before survey.)				
13.8% (12.8 - 14.8)	14.4% (13.6 - 15.2)	15.2% (14.5 - 15.9)	N/A	20.1% (19.2 - 21.0)
Felt sad or hopeless (Almost every day for two weeks or more in a row, during the 12 months before the survey.)				
21.1% (19.8 - 22.3)	20.1% (19.2 - 21.1)	21.3% (20.5 - 22.1)	22.4% (21.9 - 22.9)	28.3% (27.2 - 29.4)
Seriously considered attempting suicide (During the 12 months before the survey.)				
13.3% (12.3 - 14.3)	13.5% (12.8 - 14.3)	13.9% (13.3 - 14.6)	12.8% (12.4 - 13.2)	14.2% (13.4 - 15.1)
Attempted suicide (One or more times during the 12 months before the survey.)				
9.8% (9.0 - 10.7)	8.7% (8.0 - 9.3)	9.8% (9.3 - 10.4)	N/A	8.7% (8.0 - 9.3)

Tobacco and Electronic Vapor Use

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Ever smoked cigarettes (Smoked a cigarette, even one or two puffs, on at least 1 day during their life.)				
11.9% (10.8 - 13.0)	8.8% (8.1 - 9.5)	11.9% (11.2 - 12.6)	7.8% (7.4 - 8.2)	8.4% (7.8 - 9.0)
*Smoked a whole cigarette before age 11 years				
3.4% (2.8 - 3.9)	2.5% (2.2 - 2.9)	N/A	N/A	N/A
*Used first tobacco product before age 11 years				
N/A	N/A	4.6% (4.2 - 5.0)	3.7% (3.4 - 4.0)	4.5% (4.0 - 4.9)
Current cigarette use (Smoked a cigarette on at least 1 day during the 30 days before the survey.)				
4.2% (3.7 - 4.7)	3.7% (3.3 - 4.0)	3.3% (3.0 - 3.6)	2.1% (1.9 - 2.3)	2.5% (2.2 - 2.9)
Current cigar use (Smoked a cigar, cigarillo, little cigar, or flavored cigar on at least 1 day during the 30 days before the survey.)				
9.0% (8.2 - 9.9)	6.7% (6.1 - 7.3)	4.8% (4.4 - 5.2)	4.5% (4.2 - 4.9)	5.1% (4.7 - 5.6)
Current hookah use (Smoked hookah at least 1 day during the 30 days before the survey.)				
N/A	N/A	4.3% (3.9 - 4.8)	2.9% (2.7 - 3.1)	2.4% (2.1 - 2.8)
Students believe it is very wrong for someone their age to smoke cigarettes				
68.9% (67.2 - 70.6)	72.5% (71.4 - 73.6)	N/A	N/A	N/A
Students perceive that their parents believe it is very wrong for them to smoke cigarettes				
87.9% (86.9 - 89.0)	89.0% (88.3 - 89.8)	N/A	N/A	N/A
Students perceive great risk of harm from smoking cigarettes (Physically or in other ways, if smoke one or more packs a day.)				
63.7% (61.9 - 65.5)	65.4% (64.2 - 66.6)	N/A	N/A	N/A
Current electronic vapor product use (Used at least 1 day during the 30 days before the survey.)				
N/A	N/A	N/A	5.4 (5.1 - 5.6)	10.1% (9.3 - 10.9)

*Smoked a whole cigarette before age 11 years was revised in 2014 to include all tobacco products. Both items are included in this table.

Alcohol Use

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Ever used alcohol (Had at least one drink of alcohol on at least 1 day during their life.)				
33.3% (31.4 - 35.1)	27.7% (26.6 - 28.8)	26.7% (25.7 - 27.7)	21.4% (20.8 - 22.0)	20.9% (19.8 - 22.0)
Drank alcohol before age 11 years (Other than a few sips.)				
10.5% (9.5 - 11.5)	8.4% (7.8 - 9.0)	8.3% (7.8 - 8.9)	6.1% (5.8 - 6.4)	8.0% (7.4 - 8.7)
Current alcohol use (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)				
12.3% (11.2 - 13.3)	9.5% (8.8 - 10.1)	9.1% (8.5 - 9.7)	7.8% (7.4 - 8.1)	7.8% (7.1 - 8.5)
Students believe it is very wrong for someone their age to drink alcohol regularly				
53.4% (50.9 - 55.8)	53.4% (50.9 - 55.8)	N/A	N/A	N/A
Students perceive that their parents believe it is very wrong for them to drink alcohol regularly				
81.4% (80.1 - 82.6)	83.1% (82.2 - 84.0)	N/A	N/A	N/A
Students perceive great risk of harm from drinking alcohol (Physically or in other ways, if drink one or two alcoholic beverages nearly every day.)				
46.4% (44.8 - 48.0)	50.1% (48.8 - 51.3)	N/A	N/A	N/A

Other Drug Use

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Ever used marijuana (Used marijuana one or more times during their life.)				
12.7% (11.4 - 14.0)	10.9% (10.1 - 11.7)	10.3% (9.7 - 11.0)	8.7% (8.3 - 9.2)	9.5% (8.9 - 10.3)
Tried marijuana before age 11 years				
2.3% (1.8 - 2.9)	2.0% (1.7 - 2.3)	2.3% (2.0 - 2.6)	1.7% (1.5 - 1.9)	2.0% (1.7 - 2.3)
Current marijuana use (Used marijuana one or more times during the 30 days before the survey.)				
7.0% (6.0 - 7.9)	6.5% (5.9 - 7.1)	5.8% (5.3 - 6.2)	5.1% (4.7 - 5.5)	5.8% (5.3 - 6.4)
Current unauthorized prescription drug use (Used prescription drugs without a doctor's prescription at least once during the 30 days before the survey.)				
N/A	9.6% (9.0 - 10.3)	7.9% (7.5 - 8.4)	N/A	N/A
Offered, sold, or given drugs on school property (One or more times during the 12 months before the survey.)				
9.0% (8.1 - 9.8)	9.3% (8.6 - 10.0)	8.1% (7.6 - 8.6)	N/A	6.8% (6.0 - 7.7)
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.)				
N/A	N/A	7.1% (6.6 - 7.7)	5.4% (5.1 - 5.7)	5.9% (5.4 - 6.5)
Students believe it is very wrong for someone their age to smoke marijuana				
72.8% (71.3 - 74.3)	72.5% (71.3 - 73.6)	N/A	N/A	N/A
Students perceive that their parents believe it is very wrong for them to smoke marijuana				
89.2% (88.2 - 90.1)	88.7% (88.0 - 89.5)	N/A	N/A	N/A
Students perceive great risk of harm from trying marijuana once or twice (Physically or in other ways.)				
42.5% (40.8 - 44.2)	45.3% (44.1 - 46.5)	N/A	N/A	N/A
Students perceive great risk of harm from smoking marijuana regularly (Physically or in other ways.)				
69.5% (67.8 - 71.2)	68.1% (67.0 - 69.3)	N/A	N/A	N/A

Sexual Behavior

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Ever had sexual intercourse (Had sexual intercourse one or more times during their life.)				
19.2% (17.6 - 20.8)	15.8% (14.8 - 16.7)	11.9% (11.2 - 12.6)	9.3% (8.8 - 9.7)	9.0% (8.4 - 9.7)
Currently sexually active (Had sexual intercourse at least once during the past 3 months.)				
N/A	N/A	7.9% (7.3 - 8.4)	5.3% (4.9 - 5.6)	5.2% (4.7 - 5.8)
Used a condom during last sexual intercourse (Among students who are currently sexually active.)				
71.6% (68.3 - 74.9)	72.8% (70.3 - 75.3)	62.0% (59.5 - 64.4)	63.5% (61.3 - 65.7)	60.4% (56.9 - 63.8)
Ever taught in school about AIDS or HIV infection				
78.1% (76.0 - 80.2)	76.6% (75.5 - 77.8)	68.0% (66.3 - 69.6)	58.2% (57.5 - 58.9)	41.8% (39.5 - 44.2)

Obesity and Weight Control

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Obese (BMI of >95 th percentile for age and sex. Based on self-reported height and weight, adjusted for sex and age.)				
12.0% (11.0 - 13.1)	12.6% (11.4 - 13.7)	11.8% (11.2 - 12.5)	13.2% (12.7 - 13.6)	13.5% (12.6 - 14.3)
Overweight (BMI >85 th percentile and <95 th percentile for age and sex. Based on self-reported height and weight, adjusted for sex and age.)				
17.9% (16.6 - 19.1)	16.4% (15.4 - 17.4)	17.3% (16.6 - 18.1)	15.9% (15.4 - 16.3)	16.1% (15.0 - 17.3)
Describes self as slightly or very overweight				
24.6% (23.5 - 25.7)	23.9% (22.8 - 25.0)	26.2% (25.4 - 27.0)	24.9% (24.5 - 25.3)	26.1% (25.0 - 27.2)
Trying to lose weight				
39.9% (38.6 - 41.3)	38.6% (37.4 - 39.9)	40.7% (39.8 - 41.6)	40.4% (40.0 - 40.9)	40.7% (39.3 - 42.0)

Dietary Behavior

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Ate fruits and vegetables five or more times (During the day before the survey.)				
26.9% (25.6 - 28.3)	28.1% (27.0 - 29.1)	25.1% (24.3 - 25.9)	29.6% (29.2 - 30.1)	N/A
Ate fast food one or more times (During the 7 days before the survey.)				
68.9% (67.8 - 70.0)	70.6% (69.6 - 71.7)	70.7% (69.6 - 71.5)	69.1% (68.7 - 69.5)	70.5% (69.3 - 71.7)
Did not eat breakfast every day (During the 7 days before the survey.)				
59.8% (58.0 - 61.5)	58.7% (57.6 - 59.9)	59.5% (58.6 - 60.5)	59.8% (59.3 - 60.3)	61.2% (59.8 - 62.5)
Drank 3 or more glasses of milk per day (During the day before the survey.)				
28.0% (26.6 - 29.4)	24.3% (23.4 - 25.3)	N/A	N/A	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.)				
N/A	N/A	51.6% (50.6 - 52.5)	48.7% (48.2 - 49.2)	47.6% (46.2 - 49.0)
Took a multivitamin every day (During the week before the survey.)				
N/A	N/A	10.3% (9.8 - 10.8)	11.2% (11.0 - 11.4)	N/A
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.)				
N/A	N/A	N/A	56.6% (56.1 - 57.1)	54.9% (53.6 - 56.1)
Went hungry because not enough food in the home (Sometimes, most of the time, or always; during the 30 days before the survey.)				
N/A	N/A	N/A	14.7% (14.4 - 15.0)	16.2% (15.2 - 17.2)

Physical Activity

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Participated in 60 or more minutes of physical activity on 5 or more days (During the 7 days before the survey.)				
54.0% (52.4 - 55.6)	54.7% (53.4 - 56.0)	51.2% (50.2 - 52.1)	51.5% (51.0 - 52.0)	46.2% (44.9 - 47.4)
Did not participate in 60 or more minutes of physical activity on any day (During the 7 days before the survey.)				
7.5% (6.6 - 8.3)	7.1% (6.5 - 7.8)	9.6% (9.0 - 10.2)	12.6% (12.2 - 13.1)	15.1% (14.3 - 16.0)
Watched television 3 or more hours per day (On an average school day.)				
36.8% (34.4 - 39.1)	34.9% (33.8 - 35.9)	32.0% (31.2 - 32.9)	28.1% (27.6 - 28.6)	25.7% (24.6 - 26.8)
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.)				
30.0% (28.2 - 31.7)	32.5% (31.4 - 33.6)	46.6% (45.7 - 47.5)	46.5% (46.0 - 47.1)	51.5% (50.2 - 52.7)
Played on one or more sports teams (During the past 12 months.)				
70.1% (68.4 - 71.7)	71.9% (70.7 - 73.0)	70.1% (69.2 - 71.0)	71.2% (70.7 - 71.7)	68.9% (67.7 - 70.2)
Walked or ride bike to or from school 3 or more days (During an average school week when the weather allows).				
N/A	N/A	N/A	31.9% (31.5 - 32.4)	26.7% (25.6 - 27.8)

Positive Youth Development

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Spent at least one day in clubs or organizations outside of school (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)
Spent at least one 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.)				
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)
Parents talk with student about school almost every day				
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)
Students help decide what goes on in school (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)
Students feel like they matter to people in their community (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)
Described their grades in school as A's and B's (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)
**Supportive adult (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
**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.)				
N/A	N/A	82.0% (81.2 - 82.7)	83.7% (83.3 - 84.0)	83.2% (82.3 - 84.1)
Trusted friend (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

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
*Ate dinner with family (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
*Ate at least one meal with family (On one or more days of the 7 days before the survey.)				
N/A	N/A	90.5% (89.9 - 91.0)	N/A	N/A
Obtained eight or more hours of sleep (On an average school night).				
N/A	N/A	N/A	48.7% (48.2 - 49.2)	46.5% (45.0 - 48.0)

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

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

Preventive Health

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Described health in general as fair or poor				
7.4% (6.6 - 8.2)	8.1% (7.4 - 8.8)	7.9% (7.4 - 8.4)	N/A	N/A
Saw a doctor or nurse for check - up (During the 12 months before the survey.)				
64.2% (62.8 - 65.7)	66.9% (65.8 - 68.0)	67.0% (66.1 - 67.9)	68.6% (68.1 - 69.1)	70.2% (69.0 - 71.4)
Saw a doctor, nurse, therapist, social worker, or counselor for a mental health issue (During the 12 months before the survey.)				
N/A	N/A	29.7% (28.8 - 30.6)	30.5% (30.0 - 30.9)	N/A
Saw a dentist for check - up, exam, teeth cleaning or other routine dental work (Not including emergencies, during the 12 months before the survey.)				
N/A	N/A	72.7% (71.7 - 73.6)	72.3% (71.7 - 72.8)	N/A

Other Health Behaviors

Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016	Cuyahoga County, 2018
Parent(s) or guardian(s) have been in prison or jail (During the 12 months before the survey.)				
N/A	N/A	N/A	8.3% (7.9 - 8.7)	9.4% (8.8 - 10.1)

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