



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

2013 Cuyahoga County Youth Risk Behavior Survey: Positive Youth Development

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 2013, the PRCHN conducted the YRBS among 9th through 12th grade students in Cuyahoga County high schools. A more detailed description of the methodology is available at our website, <http://prchn.org/yrbs.apxs>.

This brief report presents results from the 2013 Cuyahoga County High 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](#)
- [Comparison to State and Nation](#)

Data for similar behaviors can be found at our website, <http://prchn.org/yrbs.aspx>.

Positive Youth Development

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.ⁱ

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.ⁱⁱ Adolescents who consistently get less than 8 hours of sleep lose the last two hours of sleep, which are the most important for storing new information.ⁱⁱⁱ Sleep deprivation can affect school performance through lower grades; decreased alertness and concentration; and an increase in anger, impulsivity, and sadness.^{iv}

Healthy People 2020

Where possible, the Cuyahoga County Youth Risk Behavior Survey (YRBS) data are compared to the Healthy People 2020 benchmarks.^v This allows us to consider Cuyahoga County's progress towards the 10-year national objectives aimed at improving the health of all Americans.

Healthy People 2020 Objectives	Cuyahoga County 2013
AH-2: Increase the proportion of adolescents who participate in extracurricular and/or out-of-school activities to at least 90.8%	52.0% of Cuyahoga County high school students reported participating in extracurricular activities at least one day during the past 7 days.
AH-3.1: Increase the proportion of adolescents who have an adult in their lives with whom they can talk about serious problems to at least 83.3%	80.8% of Cuyahoga County high school students reported having an adult (other than their parents) in their lives with whom they can talk about serious problems.

Overall Prevalence

The following table summarizes positive youth development among the 16,855 high school students who completed the 2013 Cuyahoga County YRBS. Prevalence estimates and 95% confidence intervals were computed for all variables.

Risk Behavior	% (95% Confidence Interval)
Spent at least one day in clubs or organizations outside of school (During the 7 days before the survey.)	52.0 (50.3-53.7)
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.)	39.4 (38.1-40.7)
Parents talk with student about school almost every day	54.7 (53.3-56.0)
Students help decide what goes on in school (Agree and strongly agree)	45.3 (44.1-46.6)
Students feel like they matter to people in their community (Agree and strongly agree)	37.9 (36.6-39.2)
Described their grades in school as A's and B's (During the 12 months before the survey.)	72.1 (70.5-73.6)
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.)	80.8 (79.9-81.7)
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)	88.4 (79.9-81.7)
Obtained enough or too much sleep per night (Self-reported response of "too much" or "the right amount" .)	37.3 (36.0-38.5)
Ate dinner with family (On one or more days of the 7 days before the survey.)	81.9 (80.8-83.0)

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 2013, we were able to weight to 5 of 6 regions in Cuyahoga County. The column under Outer Ring–West does not include data because school participation within that region 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 one day in clubs or organizations outside of school (During the 7 days before the survey.)	47.1 (44.8-49.3)	37.1 (34.4-39.8)	50.0 (46.8-53.2)	49.5 (44.9-54.1)	58.5 (54.5-62.4)	n/a
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.)	42.0 (39.8-44.1)	37.9 (35.0-40.8)	40.1 (37.3-42.8)	35.4 (32.7-38.1)	35.9 (33.4-38.3)	n/a
Parents talk with student about school almost every day	47.6 (45.5-49.8)	44.7 (41.6-47.8)	50.2 (46.8-53.6)	52.8 (49.8-55.8)	62.1 (58.9-65.2)	n/a
Students help decide what goes on in school (Agree and strongly agree)	40.7 (38.4-42.9)	42.0 (38.7-45.2)	43.9 (41.2-46.6)	43.7 (40.6-46.8)	48.2 (45.1-51.4)	n/a
Students feel like they matter to people in their community (Agree and strongly agree)	37.5 (35.4-39.5)	35.0 (32.1-38.0)	36.5 (34.0-39.0)	32.8 (29.9-35.8)	42.4 (39.6-45.1)	n/a
Described their grades in school as A's and B's (During the 12 months before the survey.)	56.4 (53.7-59.2)	50.4 (44.6-56.2)	59.1 (55.0-63.1)	74.2 (70.6-77.9)	85.3 (82.6-87.9)	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.)	78.8 (76.9-80.8)	72.7 (70.6-74.9)	79.6 (77.2-82.1)	81.9 (79.7-84.2)	80.8 (78.4-83.1)	n/a
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)	82.2 (80.1-84.2)	84.0 (80.9-87.1)	85.2 (83.3-87.1)	91.1 (89.3-92.9)	91.6 (90.0-93.3)	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)
Obtained enough or too much sleep per night (Self-reported response of “too much” or “the right amount”.)	46.6 (44.7-48.6)	44.2 (40.4-48.0)	37.4 (34.4-40.4)	40.7 (37.9-43.5)	30.9 (28.4-33.5)	n/a
Ate dinner with family (On one or more days of the 7 days before the survey.)	75.9 (74.2-77.7)	79.8 (77.2-82.3)	72.6 (69.7-75.6)	84.4 (82.4-86.5)	86.7 (84.3-89.0)	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, grade level, and family affluence (a proxy for socioeconomic status). 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
Gender		
Female	54.0	52.1 - 55.9
Male	50.1	47.9 - 52.3
Race/Ethnicity		
White	55.6	53.0 - 58.1
Black	47.2	45.4 - 49.0
Hispanic	41.3	37.7 - 44.8
Other	56.3	52.0 - 60.5
Grade		
9th	52.7	50.0 - 55.4
10th	51.8	49.0 - 54.5
11th	54.0	50.5 - 57.4
12th	49.8	46.4 - 53.1
Family Affluence		
Low	41.0	38.6 - 43.3
Medium	50.3	48.0 - 52.6
High	59.5	57.1 - 61.8
Total	52.0	50.3 - 53.7

Spent at least one hour helping other people without getting paid to make one's community a better place for people to live		
Category	%	CI
Gender		
Female	39.7	38.1 - 41.4
Male	39.1	37.3 - 41.0
Race/Ethnicity		
White	39.6	37.7 - 41.6
Black	39.1	37.3 - 40.8
Hispanic	38.9	35.3 - 42.5
Other	41.8	37.9 - 45.8
Grade		
9th	37.0	35.0 - 38.9
10th	36.9	34.9 - 38.9
11th	41.3	38.5 - 44.0
12th	42.8	40.1 - 45.5
Family Affluence		
Low	37.2	35.1 - 39.4
Medium	36.9	35.1 - 38.8
High	42.6	40.3 - 44.9
Total	39.4	38.1 - 40.7

Parents talk with student about school almost every day		
Category	%	CI
Gender		
Female	54.7	52.7 - 56.6
Male	54.7	53.0 - 56.3
Race/Ethnicity		
White	59.3	57.5 - 61.2
Black	48.6	46.4 - 50.7
Hispanic	41.3	36.9 - 45.7
Other	50.0	45.9 - 54.1
Grade		
9th	59.1	56.4 - 61.8
10th	57.5	55.2 - 59.8
11th	53.5	50.8 - 56.3
12th	48.0	44.9 - 51.1
Family Affluence		
Low	43.7	41.3 - 46.1
Medium	53.0	50.7 - 55.3
High	62.0	60.0 - 63.9
Total	54.7	53.3 - 56.0

Students help decide what goes on in school		
Category	%	CI
Gender		
Female	46.3	44.6 - 48.1
Male	44.4	42.6 - 46.2
Race/Ethnicity		
White	47.1	45.3 - 48.9
Black	43.4	41.6 - 45.3
Hispanic	38.9	35.7 - 42.1
Other	42.0	38.0 - 46.0
Grade		
9th	48.2	46.1 - 50.3
10th	42.3	39.9 - 44.6
11th	44.8	41.8 - 47.8
12th	45.8	43.3 - 48.2
Family Affluence		
Low	42.6	40.0 - 45.1
Medium	44.3	42.2 - 46.3
High	47.7	45.7 - 49.6
Total	45.3	44.1 - 46.6

Students feel like they matter to people in their community		
Category	%	CI
Gender		
Female	33.6	31.8 - 35.3
Male	42.2	40.4 - 43.9
Race/Ethnicity		
White	39.8	37.8 - 41.7
Black	35.5	33.7 - 37.3
Hispanic	32.3	29.4 - 35.3
Other	36.6	33.2 - 40.1
Grade		
9th	40.1	37.7 - 42.5
10th	38.5	36.1 - 41.0
11th	36.3	33.6 - 39.0
12th	36.6	34.2 - 39.0
Family Affluence		
Low	32.5	30.3 - 34.7
Medium	35.6	33.3 - 37.8
High	42.8	40.9 - 44.6
Total	37.9	36.6 - 39.2

Described their grades in school as A's and B's		
Category	%	CI
Gender		
Female	77.5	75.8 - 79.2
Male	66.9	65.0 - 68.8
Race/Ethnicity		
White	84.2	82.6 - 85.9
Black	55.5	53.2 - 57.8
Hispanic	50.8	47.1 - 54.4
Other	73.0	69.6 - 76.4
Grade		
9th	69.5	66.4 - 72.5
10th	72.1	69.4 - 74.8
11th	74.0	71.3 - 76.6
12th	73.8	71.1 - 76.5
Family Affluence		
Low	56.6	54.0 - 59.2
Medium	71.5	69.6 - 73.4
High	81.1	79.4 - 82.8
Total	72.1	70.5 - 73.6

Supportive adult		
Category	%	CI
Gender		
Female	82.8	81.7 - 84.0
Male	78.9	77.5 - 80.3
Race/Ethnicity		
White	83.1	82.0 - 84.3
Black	78.4	76.7 - 80.0
Hispanic	68.8	65.0 - 72.6
Other	72.5	68.4 - 76.5
Grade		
9th	77.3	75.7 - 79.0
10th	80.5	79.1 - 82.0
11th	82.2	80.2 - 84.1
12th	84.5	82.4 - 86.5
Family Affluence		
Low	76.6	74.6 - 78.6
Medium	79.2	77.5 - 80.9
High	84.4	83.2 - 85.5
Total	80.8	79.9 - 81.7

Trusted friend		
Category	%	CI
Gender		
Female	91.4	90.4 - 92.3
Male	85.6	84.3 - 86.9
Race/Ethnicity		
White	91.6	90.6 - 92.6
Black	83.7	82.3 - 85.0
Hispanic	81.7	78.8 - 84.5
Other	86.8	83.3 - 90.2
Grade		
9th	87.8	86.4 - 89.3
10th	87.6	85.6 - 89.6
11th	88.3	86.6 - 89.9
12th	90.6	89.0 - 92.1
Family Affluence		
Low	84.5	83.0 - 86.1
Medium	87.5	86.0 - 89.1
High	91.1	90.0 - 92.1
Total	88.4	87.6 - 89.2

Obtained enough or too much sleep per night		
Category	%	CI
Gender		
Female	33.3	31.7 - 34.9
Male	41.0	39.3 - 42.8
Race/Ethnicity		
White	34.6	32.8 - 36.4
Black	41.2	39.3 - 43.1
Hispanic	43.9	40.8 - 47.0
Other	33.4	29.6 - 37.2
Grade		
9th	43.1	40.8 - 45.4
10th	40.2	38.2 - 42.2
11th	31.6	29.1 - 34.0
12th	32.8	30.2 - 35.4
Family Affluence		
Low	39.0	36.8 - 41.3
Medium	37.3	35.5 - 39.2
High	36.2	34.1 - 38.2
Total	37.3	36.0 - 38.5

Ate dinner with family		
Category	%	CI
Gender		
Female	81.3	80.0 - 82.6
Male	82.5	81.1 - 83.9
Race/Ethnicity		
White	88.6	87.3 - 89.9
Black	71.9	70.1 - 73.8
Hispanic	77.9	75.1 - 80.7
Other	81.3	78.7 - 83.9
Grade		
9th	84.9	83.2 - 86.6
10th	83.5	82.0 - 85.0
11th	81.3	78.9 - 83.8
12th	77.8	75.1 - 80.4
Family Affluence		
Low	70.9	68.6 - 73.2
Medium	81.0	79.5 - 82.6
High	88.7	87.4 - 90.1
Total	81.9	80.8 - 83.0

Cuyahoga County Trend Data

The following table presents the prevalence of positive youth development among Cuyahoga County high school students in 2009, 2011, and 2013. The prevalence for each year is given (when available), with 95% confidence intervals below.

Cuyahoga County, 2009	Cuyahoga County, 2011	Cuyahoga County, 2013
Spent at least one day in clubs or organizations outside of school (During the 7 days before the survey.)		
n/a	56.7 (55.3-58.1)	52.0 (50.3-53.7)
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.)		
n/a	42.7 (41.3-44.1)	39.4 (38.1-40.7)
Parents talk with student about school almost every day		
n/a	55.7 (54.4-57.0)	54.7 (53.3-56.0)
Students help decide what goes on in school (Agree and strongly agree)		
n/a	48.9 (47.5-50.3)	45.3 (44.1-46.6)
Students feel like they matter to people in their community (Agree and strongly agree)		
n/a	40.8 (39.5-42.1)	37.9 (36.6-39.2)
Described their grades in school as A's and B's (During the 12 months before the survey.)		
68.5 (64.8-72.2)	66.6 (64.9-68.3)	72.1 (70.5-73.6)
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.)		
86.8 (85.3-88.3)	84.8 (83.8-85.8)	80.8 (79.9-81.7)
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)		
90.7 (89.1-92.3)	89.4 (88.6-90.2)	88.4 (87.6-89.2)
Obtained enough or too much sleep per night (Self-reported response of "too much" or "the right amount".)		
n/a	n/a	37.3 (36.0-38.5)
Ate dinner with family (On one or more days of the 7 days before the survey.)		
79.5 (76.8-82.2)	82.1 (81.0-83.2)	81.9 (80.8-83.0)

Comparison to State and Nation

The following table presents the prevalence of positive youth development among Cuyahoga County high school students, the state of Ohio high school students, and United States high school students. The columns provide the prevalence for Cuyahoga County as reported in 2013 and the state of Ohio and the United States as reported in 2011 (when available).

Cuyahoga County, 2013	Ohio, 2011	United States, 2011
Spent at least one day in clubs or organizations outside of school (During the 7 days before the survey.)		
52.0 (50.3-53.7)	48.3 (45.0-51.7)	n/a
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.)		
39.4 (38.1-40.7)	n/a	n/a
Parents talk with student about school almost every day		
54.7 (53.3-56.0)	n/a	n/a
Students help decide what goes on in school (Agree and strongly agree)		
45.3 (44.1-46.6)	n/a	n/a
Students feel like they matter to people in their community (Agree and strongly agree)		
37.9 (36.6-39.2)	n/a	n/a
Described their grades in school as A's and B's (During the 12 months before the survey.)		
72.1 (70.5-73.6)	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.)		
80.8 (79.9-81.7)	n/a	n/a
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)		
88.4 (87.6-89.2)	n/a	n/a
Obtained enough or too much sleep per night (Self-reported response of "too much" or "the right amount" .)		
37.3 (36.0-38.5)	n/a	n/a
Ate dinner with family (On one or more days of the 7 days before the survey.)		
81.9 (80.8-83.0)	n/a	n/a

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BOARD OF HEALTH

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