



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

2014 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 2014, 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.aspx>.

This brief report presents results from the 2014 Cuyahoga County Middle School Youth Risk Behavior Survey, with a particular focus on Positive Youth Development. In this brief report, we present:

- [Healthy People 2020](#)
- [Overall Prevalence](#)
- [Regional Prevalence](#)
- [Demographic Prevalence](#)
- [Trend Report](#)

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 2014
AH-2: Increase the proportion of adolescents who participate in extracurricular and/or out-of-school activities to at least 90.8%	53.0% of Cuyahoga County middle school students spent at least one hour in clubs or organizations outside of school.
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%	82.0% of Cuyahoga County middle school students reported having 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

Overall Prevalence

The following table summarizes positive youth development among the 12,607 middle school students who completed the 2014 Cuyahoga County YRBS. Prevalence estimates and 95% confidence intervals were computed for all variables.

Risk Behavior	% (95% Confidence Interval)
Spent at least one hour in clubs or organizations outside of school (During the 7 days before the survey.)	53.0% (52.0-54.1)
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.)	42.6% (41.7-43.4)
Parents talk with student about school almost every day	54.4% (53.5-55.4)
Students help decide what goes on in school (Agree and strongly agree)	44.1% (43.1-45.1)
Students feel like they matter to people in their community (Agree and strongly agree)	44.3% (43.4-45.3)
Described their grades in school as A's and B's (During the 12 months before the survey.)	67.9% (66.8-68.9)
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.)	82.0% (81.2-82.7)
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)	88.0% (87.4-88.6)
Ate at least one meal with family (On one or more days of the 7 days before the survey.)	90.5% (89.9-91.0)

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 2014, 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 this 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 hour in clubs or organizations outside of school (During an average week.)	48.6% (45.9-51.3)	42.6% (40.2-45.1)	49.5% (47.6-51.5)	44.6% (41.5-47.8)	58.0% (55.3-60.6)	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 an average week.)	40.0% (37.7-42.3)	38.1% (35.5-40.8)	39.8% (37.8-41.7)	41.3% (38.1-44.6)	42.4% (40.1-44.7)	N/A
Parents talk with student about school almost every day	54.6% (51.6-57.5)	51.0% (48.6-53.5)	50.9% (48.7-53.0)	49.2% (46.2-52.3)	59.2% (56.5-61.9)	N/A
Students help decide what goes on in school (Agree and strongly agree)	39.1% (36.6-41.8)	37.4% (35.1-39.6)	39.9% (37.9-42.0)	41.3% (38.5-44.2)	47.4% (44.0-50.8)	N/A
Students feel like they matter to people in their community (Agree and strongly agree)	48.2% (45.7-50.8)	43.5% (40.9-46.1)	41.7% (39.3-44.2)	36.2% (32.9-39.5)	48.3% (45.8-50.9)	N/A
Described their grades in school as A's and B's (During the 12 months before the survey.)	50.6% (47.4-53.8)	59.1% (55.7-62.4)	54.7% (52.3-57.1)	65.9% (62.5-69.2)	78.7% (76.5-80.7)	N/A
Supportive adult (One or more adults, other than a parent, who they feel comfortable seeking help from if there was an important issue or question affecting their life.)	81.4% (79.0-83.6)	79.0% (76.8-81.1)	82.7% (81.1-84.2)	80.3% (77.9-82.5)	82.9% (80.8-84.8)	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)
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)	81.7% (79.4-83.8)	84.3% (81.9-86.3)	85.3% (83.8-86.7)	89.7% (87.4-91.7)	91.1% (89.4-92.5)	N/A
Ate at least one meal with family (On one or more days of the 7 days before the survey.)	87.2% (85.3-88.9)	87.9% (85.9-89.7)	86.4% (84.9-87.7)	89.6% (87.2-91.5)	93.6% (92.1-94.8)	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 hour in clubs or organizations outside of school			
Category	%	CI	
Gender			
Female	57.0	55.5-	58.4
Male	49.3	47.9-	50.7
Race/Ethnicity			
White	56.3	54.8-	57.8
Black	49.0	47.5-	50.5
Hispanic	46.0	43.0-	49.2
Other/Multiple	53.8	50.4-	57.2
Grade			
7th	51.2	49.8-	52.7
8th	54.7	53.1-	56.3
Total	53.0	52.0-	54.1

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	42.4	41.2-	43.7
Male	42.6	41.4-	43.9
Race/Ethnicity			
White	44.8	43.6-	46.0
Black	39.5	38.1-	41.0
Hispanic	39.7	36.4-	43.1
Other/Multiple	43.4	39.8-	47.0
Grade			
7th	42.7	41.4-	43.9
8th	42.3	41.0-	43.7
Total	42.6	41.7-	43.4

Parents talk with student about school almost every day			
Category	%	CI	
Gender			
Female	55.7	54.4-	57.0
Male	53.4	52.0-	54.7
Race/Ethnicity			
White	56.4	55.1-	57.7
Black	52.5	50.9-	54.2
Hispanic	49.5	46.1-	52.9
Other/Multiple	49.7	45.9-	53.5
Grade			
7th	54.3	52.9-	55.7
8th	54.5	53.1-	56.0
Total	54.4	53.5-	55.4

Students help decide what goes on in school			
Category	%	CI	
Gender			
Female	43.8	42.3-	45.2
Male	44.5	43.2-	45.8
Race/Ethnicity			
White	47.4	46.1-	48.6
Black	40.0	38.5-	41.6
Hispanic	37.3	33.7-	41.0
Other/Multiple	45.8	41.8-	49.9
Grade			
7th	44.0	42.6-	45.5
8th	44.2	42.8-	45.7
Total	44.1	43.1-	45.1

Students feel like they matter to people in their community			
Category	%	CI	
Gender			
Female	39.9	38.5-	41.3
Male	48.5	47.2-	49.9
Race/Ethnicity			
White	44.9	43.6-	46.2
Black	43.7	42.0-	45.5
Hispanic	42.4-	38.9-	46.0
Other/Multiple	45.4	42.0-	48.8
Grade			
7th	46.3	44.9-	47.7
8th	42.5	38.3-	44.0
Total	44.3	43.4-	45.3

Described their grades in school as A's and B's			
Category	%	CI	
Gender			
Female	72.6	71.2-	74.0
Male	64.0	62.6-	65.4
Race/Ethnicity			
White	79.7	78.5-	80.9
Black	51.5	49.8-	53.2
Hispanic	60.3	56.3-	64.2
Other/Multiple	73.1	70.2-	75.8
Grade			
7th	69.1	67.2-	70.9
8th	67.1	65.2-	68.9
Total	67.9	66.8-	68.9

Supportive adult			
Category	%	CI	
Gender			
Female	83.6	82.7-	84.5
Male	80.4	79.3-	81.5
Race/Ethnicity			
White	82.3	81.3-	83.2
Black	82.2	80.9-	93.4
Hispanic	77.7	74.9-	80.2
Other/Multiple	80.7	77.3-	83.6
Grade			
7th	81.5	80.4-	82.5
8th	82.5	81.5-	83.5
Total	82.0	81.2-	82.7

Trusted friend			
Category	%	CI	
Gender			
Female	91.0	90.3-	91.7
Male	85.4	84.4-	86.3
Race/Ethnicity			
White	91.0	90.3-	91.7
Black	83.8	82.5-	84.9
Hispanic	83.3	80.3-	85.9
Other/Multiple	87.1	84.6-	89.2
Grade			
7th	87.5	86.6-	88.4
8th	88.7	87.8-	89.6
Total	88.0	87.4-	88.6

Ate at least one meal with family			
Category	%	CI	
Gender			
Female	89.8	88.9-	90.6
Male	91.1	90.3-	91.9
Race/Ethnicity			
White	93.3	92.5-	94.0
Black	86.4	85.3-	87.5
Hispanic	87.9	85.2-	90.1
Other/Multiple	87.8	84.8-	90.2
Grade			
7th	91.3	90.6-	92.1
8th	89.9	88.9-	90.8
Total	90.5	89.9-	91.0

Cuyahoga County Trend Data

The following table presents the prevalence of positive youth development among Cuyahoga County middle school students in 2008, 2010, 2012 and 2014. The prevalence for each year is given (when available), with 95% confidence intervals below.¹

Cuyahoga County, 2008	Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014
Spent at least one hour in clubs or organizations outside of school (Outside of sports teams. During the 7 days before the survey.)			
N/A	N/A	60.3% (59.2-61.4)	53.0% (52.0-54.1)
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.)			
N/A	38.8% (37.1-40.4)	42.5% (41.3-43.7)	42.6% (41.7-43.4)
Parents talk with student about school almost every day			
N/A	55.7% (54.5-56.9)	57.8% (56.6-59.0)	54.4% (53.5-55.4)
Students help decide what goes on in school (Agree and strongly agree)			
N/A	43.9% (42.5-45.2)	44.2% (43.0-45.3)	44.1% (43.1-45.1)
Students feel like they matter to people in their community (Agree and strongly agree)			
N/A	44.7% (43.1-46.2)	48.9% (47.7-50.1)	44.3% (43.4-45.3)
Described their grades in school as A's and B's (During the 12 months before the survey.)			
N/A	N/A	68.7% (67.4-70.0)	67.9% (66.8-68.9)
*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.)			
N/A	85.3% (84.4-86.2)	87.3 (86.6-88.0)	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	N/A	82.0% (81.2-82.7)
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)			
N/A	88.6% (87.4-89.7)	89.2% (88.5-89.9)	88.0% (87.4-88.6)

¹ The YRBS questions with two or more data points over 2008-2014 are included. The new 2014 questions are not included for the purpose of demonstrating trends. For those questions not asked in 2014, refer to the PRCHN archives at www.prchn.org/asp for more detailed information.

**Ate dinner with family (On one or more days of the 7 days before the survey.)			
N/A	83.0% (81.7-84.2)	87.0% (86.2-87.9)	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	N/A	90.5% (89.9-91.0)

* 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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CUYAHOGA COUNTY
BOARD OF HEALTH

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