



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

2016 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 2016, 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 2016 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.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}

Overall Prevalence

The following table summarizes positive youth development among the 13,261 middle school students who completed the 2016 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.)	56.1 (55.5-56.6)
Parents talk with student about school almost every day	56.0 (55.6-56.5)
Students help decide what goes on in school (Agree and strongly agree)	43.8 (43.2-44.3)
Students feel like they matter to people in their community (Agree and strongly agree)	46.9 (46.4-47.4)
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.)	83.7 (83.3-84.0)
Obtained eight or more hours of sleep (On an average school night.)	48.7 (48.2-49.2)
Described their grades in school as mostly A's and B's (During the 12 months before the survey)	75.4 (74.7-76.0)

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 2016, 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 day in clubs or organizations outside of school (During the 7 days before the survey.)	50.2% (47.5-52.8)	40.4% (37.5-43.5)	51.9% (51.1-52.8)	48.7% (48.0-49.4)	63.2% (62.0-64.3)	N/A
Parents talk with student about school almost every day	49.8% (47.3-52.4)	50.2% (47.6-52.8)	55.2% (54.4-55.9)	51.7% (51.1-52.3)	62.6% (61.3-63.9)	N/A
Students help decide what goes on in school (Agree and strongly agree)	38.5% (35.8-41.4)	40.7% (37.7-43.8)	34.4% (33.5-35.2)	42.8% (42.2-43.4)	46.5% (45.3-47.7)	N/A
Students feel like they matter to people in their community (Agree and strongly agree)	47.2% (44.5-49.9)	44.9% (42.1-47.6)	44.5% (43.6-45.4)	40.3% (39.7-40.9)	52.5% (51.8-53.2)	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.)	82.2% (80.2-83.9)	78.3% (76.3-80.1)	83.8% (83.3-84.3)	81.6% (81.0-82.1)	86.3% (85.5-87.1)	N/A
Obtained eight or more hours of sleep (On an average school night.)	42.5% (39.5-45.6)	45.2% (42.4-48.0)	44.5% (43.7-45.2)	45.3% (44.6-46.1)	55.0% (53.9-56.0)	N/A
Described their grades in school as mostly A's and B's (During the 12 months before the survey)	56.6% (53.5-59.7)	62.5% (59.2-65.7)	64.7% (63.5-65.8)	73.3% (72.8-73.9)	86.0% (83.9-87.8)	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 day in clubs or organizations outside of school			
Category	%	CI	
Gender			
Female	59.8	59.1	- 60.6
Male	52.5	51.7	- 53.2
Race/Ethnicity			
White	61.0	60.6	- 61.4
Black	50.8	49.7	- 51.9
Hispanic	40.9	37.1	- 44.8
Other/Multiple	55.6	54.1	- 57.0
Grade			
7th	56.2	55.3	- 57.1
8th	56.0	55.1	- 56.9
Total	56.1	55.5	- 56.6

Parents talk with student about school almost every day			
Category	%	CI	
Gender			
Female	57.4	56.7	- 58.0
Male	54.8	54.1	- 55.5
Race/Ethnicity			
White	59.3	58.8	- 59.7
Black	53.5	52.4	- 54.5
Hispanic	43.7	40.7	- 46.7
Other/Multiple	51.6	50.0	- 53.2
Grade			
7th	56.0	55.2	- 56.7
8th	56.3	55.6	- 57.1
Total	56.0	55.6	- 56.5

Students help decide what goes on in school			
Category	%	CI	
Gender			
Female	43.7	43.0	- 44.5
Male	43.8	43.1	- 44.5
Race/Ethnicity			
White	47.9	47.5	- 48.2
Black	38.5	37.3	- 39.7
Hispanic	39.7	35.9	- 43.8
Other/Multiple	39.6	38.1	- 41.1
Grade			
7th	42.6	41.8	- 43.4
8th	44.9	44.1	- 45.7
Total	43.8	43.2	- 44.3

Students feel like they matter to people in their community			
Category	%	CI	
Gender			
Female	40.9	40.2	- 41.5
Male	52.7	52.1	- 53.4
Race/Ethnicity			
White	48.8	48.5	- 49.2
Black	45.3	44.3	- 46.3
Hispanic	41.2	37.8	- 44.7
Other/Multiple	42.1	37.8	- 43.5
Grade			
7th	49.0	48.2	- 49.8
8th	45.0	44.3	- 45.7
Total	46.9	46.4	- 47.4

Obtained eight or more hours of sleep			
Category	%	CI	
Gender			
Female	46.6	45.9	- 47.2
Male	50.9	50.2	- 51.6
Race/Ethnicity			
White	52.8	52.4	- 53.3
Black	43.3	42.1	- 44.4
Hispanic	43.7	40.5	- 46.9
Other/Multiple	46.9	45.4	- 48.4
Grade			
7th	53.7	52.9	- 54.6
8th	44.2	43.6	- 44.9
Total	48.7	48.2	- 49.2

Supportive adult			
Category	%	CI	
Gender			
Female	84.5	84.0	- 84.9
Male	83.0	82.5	- 83.5
Race/Ethnicity			
White	85.0	84.8	- 85.3
Black	83.2	82.3	- 83.9
Hispanic	77.7	75.3	- 79.9
Other/Multiple	78.1	77.0	- 79.3
Grade			
7th	83.1	82.7	- 83.6
8th	84.4	84.0	- 84.9
Total	83.7	83.3	- 84.0

Described their grades in school as mostly A's and B's			
Category	%	CI	
Gender			
Female	79.3	78.5	- 80.0
Male	71.7	70.9	- 72.5
Race/Ethnicity			
White	86.1	85.7	- 86.4
Black	60.2	58.9	- 61.5
Hispanic	62.2	58.1	- 66.0
Other/Multiple	78.5	77.2	- 79.8
Grade			
7th	75.6	74.4	- 76.8
8th	75.5	74.4	- 76.6
Total	75.4	74.7	- 76.0

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	Cuyahoga County, 2016
Spent at least one day in clubs or organizations outside of school (During the 7 days before the survey.)				
N/A	N/A	60.3% (59.2-61.4)	53.0% (52.0-54.1)	56.1% (55.5-56.6)
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)	N/A
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)	56.0% (55.6-56.5)
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)	43.8% (43.2-44.3)
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)	46.9% (46.4-47.4)
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)	75.4% (74.7-76.0)
**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	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)	83.7% (83.3-84.0)

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.

Cuyahoga County, 2008	Cuyahoga County, 2010	Cuyahoga County, 2012	Cuyahoga County, 2014	Cuyahoga County, 2016
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)	N/A
*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	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)	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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