



Prevention Research Center for Healthy Neighborhoods  
at Case Western Reserve University

# 2012 Cuyahoga County Youth Risk Behavior Survey: Regional Prevalence

## 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 spring of 2012, 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.apxs>.

## Regional Prevalence

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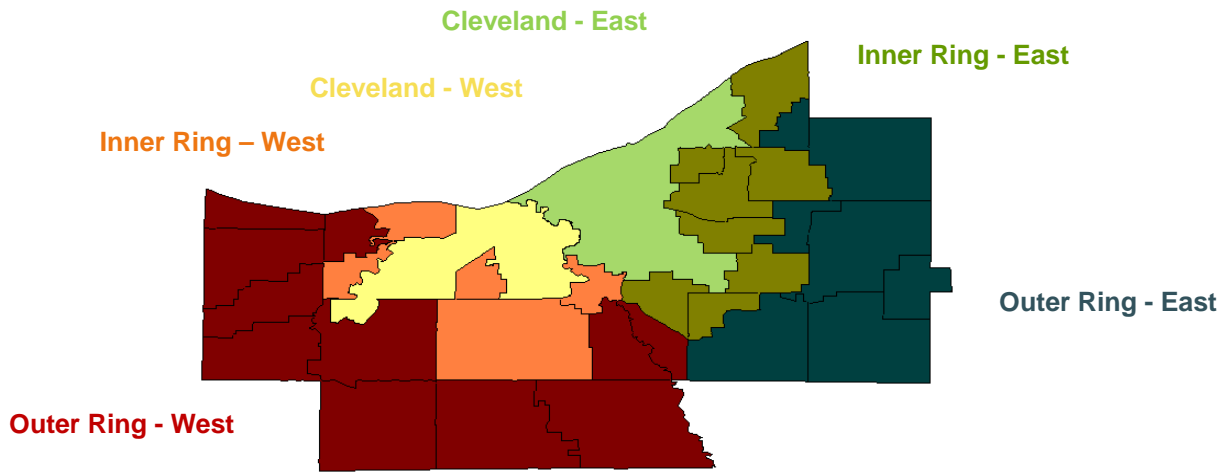
This brief report presents results from the 2012 Cuyahoga County Middle School Youth Risk Behavior Survey and allows for comparison of health risk behaviors by geographic region. In this brief report, we present:

- [Alcohol Use](#)
- [Behaviors that Contribute to Unintentional Injuries](#)
- [Depression and Suicide](#)
- [Illegal and Prescription Drug Use](#)
- [Nutrition](#)
- [Obesity and Weight Control](#)
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- [Tobacco Use](#)
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Cuyahoga County school districts are divided into [six regions](#) relative to the Cuyahoga River and the city of Cleveland. In 2012, we were able to weight to 4 of 6 regions in Cuyahoga County based on response rate. The columns under Inner Ring—East and Inner Ring—West do not include data because school participation within those regions was insufficient to permit weighting. A statistically significant difference exists between groups if the 95% confidence intervals do not overlap.

## Defining the Geographic Regions

The map below provides a visual representation of the six regions of Cuyahoga County. The division of Cuyahoga County into six regions allows for a geographic examination of the prevalence of different risk behaviors in Cuyahoga County. The six regions are:



- Cleveland/CMSD—East: the portion of the Cleveland Metropolitan School District located east of the Cuyahoga River
- Cleveland/CMSD—West: the portion of the Cleveland Metropolitan School District located west of the Cuyahoga River
- Inner Ring—East: a city on the east side of the Cuyahoga River in Cuyahoga County which shares a border with the city of Cleveland
- Inner Ring—West: a city on the west side of the Cuyahoga River in Cuyahoga County which shares a border with the city of Cleveland
- Outer Ring—East: a city on the east side of the Cuyahoga River in Cuyahoga County which does not share a border with the city of Cleveland, and
- Outer Ring—West: a city on the west side of the Cuyahoga River in Cuyahoga County which does not share a border with the city of Cleveland.

## Alcohol Use

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>Lifetime alcohol use</b> (Had at least one drink of alcohol on at least 1 day during their life.)	39.1% (36.4-41.9)	37.8% (34.7-40.8)	N/A	N/A	23.8% (21.5-26.1)	18.1% (17.0-20.6)
<b>Drank alcohol before age 11 years</b> (Other than a few sips.)	14.4% (12.6-16.2)	13.7% (11.6-15.7)	N/A	N/A	8.1% (6.7-9.5)	5.6% (4.6-6.5)
<b>Current alcohol use</b> (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)	12.3% (10.6-14.0)	14.2% (11.9-16.5)	N/A	N/A	7.1% (5.6-8.5)	6.4% (5.3-7.4)
<b>Students believe it is very wrong for someone their age to drink alcohol regularly</b>	54.6% (51.4-57.7)	55.5% (52.4-58.6)	N/A	N/A	66.6% (63.9-69.4)	65.2% (63.1-67.4)
<b>Students perceive that their parents believe it is very wrong for them to drink alcohol regularly</b>	75.9% (73.4-78.5)	76.9% (73.4-80.4)	N/A	N/A	84.0% (82.0-86.0)	86.9% (85.5-88.3)
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink one or two alcoholic beverages nearly every day.)	39.2% (36.0-42.4)	39.0% (36.1-42.0)	N/A	N/A	56.0% (53.4-58.7)	56.4% (54.2-58.7)

## Behaviors that Contribute to Unintentional Injuries

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>Rarely or never wore a seatbelt</b> (When riding in a car driven by someone else.)	20.3% (17.6-22.9)	16.8% (14.7-19.0)	N/A	N/A	5.9% (4.7-7.3)	5.8% (4.8-6.8)
<b>Rarely or never wore a bicycle helmet</b> (Among students who had ridden a bicycle during the 12 months before the survey.)	93.6% (92.3-95.0)	92.2% (90.5-93.8)	N/A	N/A	55.8% (52.8-58.8)	74.7% (72.4-76.4)

## Depression and Suicide

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>Purposely hurt self without wanting to die</b> (Such as cutting or burning self; during 12 months before survey.)	17.4% (15.1-19.6)	22.0% (19.4-24.6)	N/A	N/A	10.4% (8.7-12.2)	10.5% (9.4-11.7)
<b>Felt sad or hopeless</b> (Almost every day for two weeks or more in a row, during the 12 months before the survey.)	24.1% (22.0-26.2)	27.1% (24.9-29.4)	N/A	N/A	16.2% (14.4-18.1)	15.1% (13.7-16.6)
<b>Seriously considered attempting suicide</b> (During the 12 months before the survey.)	16.0% (14.1-17.9)	17.7% (15.4-20.0)	N/A	N/A	9.5% (7.9-11.1)	10.6% (9.4-11.9)
<b>Attempted suicide</b> (One or more times during the 12 months before the survey.)	13.5% (11.6-15.5)	14.8% (12.9-16.8)	N/A	N/A	6.1% (4.7-7.4)	5.1% (4.1-6.0)

## Illegal and Prescription Drug Use

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>Lifetime marijuana use</b> (Used marijuana one or more times during their life.)	18.3% (15.6-21.0)	17.1% (14.3-19.8)	N/A	N/A	6.6% (5.4-7.8)	5.8% (4.9-6.7)
<b>Tried marijuana before age 11 years</b>	4.6% (3.2-6.0)	3.9% (2.7-5.0)	N/A	N/A	0.9% (0.4-1.5)	1.0% (0.6-1.3)
<b>Current marijuana use</b> (Used marijuana one or more times during the 30 days before the survey.)	11.6% (9.3-13.8)	9.7% (7.8-11.6)	N/A	N/A	4.5% (3.4-5.6)	3.7% (2.9-4.4)
<b>Current unauthorized prescription drug use</b> (Used prescription drugs without a doctor's prescription one or more times during the 30 days before the survey.)	13.1% (11.2-14.9)	13.9% (11.9-15.9)	N/A	N/A	8.2% (6.8-9.6)	7.9% (6.8-9.0)
<b>Offered, sold, or given drugs on school property</b> (One or more times during the 12 months before the survey.)	10.3% (8.1-12.5)	10.6% (8.9-12.3)	N/A	N/A	8.3% (6.8-9.7)	7.4% (6.4-8.3)
<b>Students believe it is very wrong for someone their age to smoke marijuana</b>	61.8% (58.6-65.1)	64.9% (62.0-67.9)	N/A	N/A	76.4% (73.8-78.9)	80.4% (78.8-82.1)
<b>Students perceive that their parents believe it is very wrong for them to smoke marijuana</b>	79.3% (76.6-81.9)	81.8% (79.4-84.2)	N/A	N/A	91.4% (89.7-93.0)	93.5% (92.5-94.6)
<b>Students perceive great risk of harm from trying marijuana once or twice</b> (Physically or in other ways.)	35.0% (32.2-37.8)	37.2% (34.4-40.0)	N/A	N/A	50.7% (48.0-53.4)	52.7% (50.5-54.9)
<b>Students perceive great risk of harm from smoking marijuana regularly</b> (Physically or in other ways.)	47.9% (44.6-51.1)	50.5% (47.7-53.3)	N/A	N/A	74.8% (72.4-77.3)	81.1% (79.3-82.9)

## Nutrition

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>Ate fruits and vegetables five or more times per day</b> (During the day before the survey.)	22.1% (20.3-23.8)	21.5% (19.2-23.9)	N/A	N/A	37.0% (34.5-39.5)	32.1% (30.0-34.3)
<b>Ate fast food one or more times</b> (During the 7 days before the survey.)	76.2% (74.5-77.8)	77.2% (74.9-79.6)	N/A	N/A	63.4% (60.3-66.6)	66.2% (63.8-68.5)
<b>Did not eat breakfast every day</b> (During the 7 days before the survey.)	65.1% (62.3-68.0)	63.9% (60.8-67.1)	N/A	N/A	52.9% (49.7-56.1)	50.5% (48.4-52.7)
<b>Drank 3 or more glasses of milk per day</b> (During the day before the survey.)	18.5% (16.6-20.5)	23.6% (20.9-26.2)	N/A	N/A	23.3% (20.7-25.9)	31.4% (29.4-33.4)

## Obesity and Weight Control

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>Obese</b> (Having a BMI of >95 <sup>th</sup> percentile for age and sex. Calculated from self- reported height and weight, adjusted for sex and age.)	17.8% (15.8-19.7)	15.5% (13.8-17.1)	N/A	N/A	9.3% (7.7-10.9)	8.7% (7.5-9.9)
<b>Overweight</b> (Having a BMI >85 <sup>th</sup> percentile and <95 <sup>th</sup> percentile for age and sex. Calculated from self- reported height and weight, adjusted for sex and age.)	22.5% (20.2-24.7)	20.1% (17.4-22.7)	N/A	N/A	14.0% (12.2-15.8)	12.3% (10.8-13.7)
<b>Describes self as slightly or very overweight</b>	21.8% (19.7-24.0)	26.4% (24.5-28.3)	N/A	N/A	20.4% (18.2-22.7)	23.9% (22.5-25.4)
<b>Trying to lose weight</b>	39.4% (36.8-42.1)	44.0% (41.1-46.9)	N/A	N/A	33.7% (31.6-35.9)	36.7% (34.8-38.5)



## Physical Activity

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)
Participated in 60 or more minutes of physical activity on 5 or more days (During the 7 days before the survey.)	39.5% (37.0-42.0)	45.2% (42.2-48.2)	N/A	N/A	58.9% (55.8-62.0)	62.5% (60.4-64.7)
Did not participate in 60 or more minutes of physical activity on any day (During the 7 days before the survey.)	15.0% (13.1-16.9)	10.5% (8.7-12.2)	N/A	N/A	4.7% (3.3-6.1)	3.9% (3.1-4.8)
Watched television 3 or more hours per day (On an average school day.)	56.0% (53.6-58.5)	42.1% (39.7-44.4)	N/A	N/A	26.9% (24.4-29.5)	19.4% (17.8-21.0)
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.)	46.0% (43.3-48.6)	41.8% (39.4-44.1)	N/A	N/A	24.4% (22.0-26.7)	22.5% (20.5-24.4)
Played on one or more sports teams (During the past 12 months.)	63.8% (60.8-66.9)	60.7% (58.2-63.1)	N/A	N/A	80.1% (77.7-82.6)	79.6% (78.1-81.2)

## Positive Youth Development

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.)	54.0% (51.2-56.9)	47.5% (44.8-50.1)	N/A	N/A	68.2% (65.7-70.7)	66.3% (64.5-68.2)
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.)	44.3% (41.6-47.0)	44.7% (42.2-47.3)	N/A	N/A	44.8% (41.9-47.8)	43.1% (41.1-45.1)
Parents talk with student about school almost every day	51.9% (49.1-54.6)	48.1% (45.1-51.0)	N/A	N/A	64.8% (61.8-67.8)	59.9% (58.0-61.7)
Students help decide what goes on in school (Agree and strongly agree)	41.8% (39.4-44.2)	39.2% (36.4-42.0)	N/A	N/A	46.5% (43.6-49.4)	48.3% (46.5-50.0)
Students feel like they matter to people in their community (Agree and strongly agree)	49.2% (46.8-51.6)	44.7% (41.8-47.7)	N/A	N/A	52.5% (49.7-55.4)	52.6% (50.5-54.6)
Described their grades in school as A's and B's (During the 12 months before the survey.)	52.8% (49.7-55.9)	55.9% (52.2-59.5)	N/A	N/A	79.4% (77.0-81.9)	82.9% (81.4-84.5)
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.)	84.6% (82.8-86.4)	83.5% (81.6-85.4)	N/A	N/A	90.9% (89.4-92.5)	88.2% (87.0-89.3)
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)	85.2% (83.5-87.0)	85.7% (83.3-88.1)	N/A	N/A	90.9% (89.3-92.5)	92.5% (91.5-93.5)
Ate dinner with family (On one or more days of the 7 days before the survey.)	79.5% (77.4-81.6)	82.1% (80.1-84.2)	N/A	N/A	90.4% (88.5-92.2)	93.8% (92.9)

## Preventive Health Care

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)
Described health in general as fair or poor	8.9% (7.0-10.8)	11.1% (9.3-12.8)	N/A	N/A	6.1% (4.6-7.6)	5.5% (4.6-6.5)
Saw a doctor or nurse for check-up (During the 12 months before the survey.)	54.2% (51.7-56.7)	54.0% (51.1-56.8)	N/A	N/A	74.9% (72.4-77.3)	74.0% (72.4-75.6)

## Reproductive Health

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>Lifetime sexual intercourse</b> (Had sexual intercourse one or more times during their life.)	37.6% (33.8-41.5)	26.3% (23.5-29.1)	N/A	N/A	8.8% (7.1-10.6)	5.2% (4.3-6.1)
<b>Used a condom during last sexual intercourse</b> (Among students who had ever had sexual intercourse.)	78.1% (74.5-81.7)	75.8% (70.7-80.8)	N/A	N/A	63.7% (55.2-72.2)	58.0% (50.2-65.7)
<b>Ever taught in school about AIDS or HIV infection</b>	67.7% (64.7-70.7)	70.3% (66.8-73.8)	N/A	N/A	80.7% (78.2-83.2)	75.5% (73.3-77.7)

## Tobacco Use

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>Lifetime cigarette use</b> (Smoked a cigarette, even one or two puffs, on at least 1 day during their life.)	11.1% (9.3-12.9)	16.5% (14.2-18.9)	N/A	N/A	5.4% (3.9-6.9)	5.8% (5.0-6.7)
<b>Smoked a whole cigarette before age 11 years</b>	4.7% (3.5-5.9)	6.2% (5.1-7.3)	N/A	N/A	1.8% (1.0-2.6)	1.4% (0.8-1.9)
<b>Current cigarette use</b> (Smoked a cigarette on at least 1 day during the 30 days before the survey.)	3.9% (2.7-5.0)	7.0% (5.4-8.5)	N/A	N/A	2.4% (1.5-3.2)	3.1% (2.5-3.8)
<b>Cigarette use on school property</b> (Smoked cigarettes on school property at least 1 day during the 30 days before the survey.)	3.9% (2.7-5.1)	5.0% (3.7-6.4)	N/A	N/A	1.1% (0.6-1.6)	1.5% (0.9-2.1)
<b>Current cigar use</b> (Smoked a cigar, cigarillo, little cigar, or flavored cigar on at least 1 day during the 30 days before the survey.)	15.6% (13.2-17.9)	11.5% (9.4-13.5)	N/A	N/A	4.1% (2.8-5.3)	2.7% (2.1-3.4)
<b>Students believe it is very wrong for someone their age to smoke cigarettes</b>	65.5% (62.2-68.7)	62.6% (60.0-65.3)	N/A	N/A	80.6% (78.0-83.3)	78.5% (76.8-80.2)
<b>Students perceive that their parents believe it is very wrong for them to smoke cigarettes</b>	80.9% (78.2-83.6)	83.4% (79.3-83.4)	N/A	N/A	92.6% (90.6-94.6)	93.1% (92.0-94.2)
<b>Students perceive great risk of harm from smoking cigarettes</b> (Physically or in other ways, if smoke one or more packs a day.)	44.6% (41.5-47.7)	47.8% (44.6-51.1)	N/A	N/A	75.4% (72.8-78.0)	75.1% (73.2-77.1)

## Violence

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>Carried a weapon on school property</b> (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)	8.2% (6.3-10.0)	7.0% (5.1-9.0)	N/A	N/A	2.1% (1.3-2.9)	2.3% (1.6-3.0)
<b>Did not go to school because of safety concerns</b> (One or more times during the 30 days before the survey.)	11.9% (10.3-13.4)	11.0% (8.8-13.2)	N/A	N/A	5.5% (4.2-6.9)	5.4% (4.6-6.2)
<b>In a physical fight</b> (One or more times during the 12 months before the survey.)	49.6% (47.2-52.1)	43.9% (40.7-47.0)	N/A	N/A	27.9% (25.4-30.4)	26.5% (24.7-28.3)
<b>In a physical fight on school property</b> (One or more times during the 12 months before the survey.)	30.0% (27.8-32.1)	23.8% (21.6-25.9)	N/A	N/A	11.4% (9.7-13.1)	9.1% (8.0-10.2)
<b>Bullied on school property</b> (During the 12 months before the survey.)	25.2% (22.8-27.7)	31.1% (28.8-33.4)	N/A	N/A	31.8% (28.3-35.2)	38.9% (37.0-40.9)
<b>Electronically bullied</b> (Such as through e-mail, chat rooms, instant messaging, websites, or text messaging; during the 12 months before the survey.)	20.3% (18.1-22.6)	22.7% (20.2-25.2)	N/A	N/A	21.6% (19.4-23.8)	22.9% (21.1-24.6)

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CUYAHOGA COUNTY  
BOARD OF HEALTH