

Healthy People 2020: Where Do Cuyahoga County Adolescents Stand?

An End-of-Decade Report

**Using local Youth Risk Behavior Survey data
to provide direction for the future**



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University

Acknowledgements

This report integrates the expertise, collaboration, and dedication of multiple partners. Most notable are those that provided guidance and support to maintain the integrity of the Cuyahoga County Youth Risk Behavior Survey project for the past 20 years.

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Summary and Observations:

“Healthy People 2020: Where Do Cuyahoga County Adolescents Stand?” is an end-of-decade status report of progress made locally toward achieving national health goals established for adolescents. Preventing risk behavior engagement and reducing rates of engagement are known to contribute to overall health and well-being.

For the most part, this report demonstrates that Cuyahoga County high school students’ engagement in risk and health behaviors are approaching the Healthy People 2020 Goals or, in fact, have met them.

	Healthy People 2020 Areas of Success in Cuyahoga County	
Healthy People 2020 Goal	Cuyahoga County Prevalence	
Reduce physical fighting	The prevalence of physical fighting was above the HP2020 goal in 2009, but decreased to meet the goal in 2015. There was no significant change in the county rate of physical fighting from 2015 to 2019, and the prevalence is 1% below the HP2020 goal.	
Reduce bullying among adolescents	The prevalence of bullying increased from 2009 to 2015 to 1.5% above the HP2020 goal, but decreased from 2015 to 2019 to 1.5% below the HP2020 goal.	
Reduce the proportion of adolescents who use cigarettes (past 30 days)	The prevalence of current cigarette usage in 2009 was initially 3.5% below the HP2020 goal. The prevalence decreased significantly between 2009 and 2015 and between 2015 and 2019 and is now 12% below the HP2020 goal.	
Reduce the proportion of adolescents who use cigars (past 30 days)	In 2009, the prevalence of current cigar usage was more than 11% above the HP2020 goal. Rates of current cigar use have since decreased to 1.3% below the HP2020 goal in 2019.	
Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol	In 2009, the proportion of adolescents who reported they rode with a driver who had been drinking alcohol was 1% above the HP2020 goal. This rate decreased in 2015 and 2019 such that the prevalence is now 7% below the HP2020 goal.	
Increase the proportion of high school seniors never using alcoholic beverages	The proportion of high school seniors who had never used an alcoholic beverage was 8% below the HP2020 goal in 2009. This prevalence increased in 2015 and 2019 to 7.5% above the HP2020 goal.	
Increase the proportion of adolescents in grades 9 through 12 who view television, videos, or play video games for no more than 2 hours a day	The proportion of adolescents in grades 9 through 12 who spent no more than 2 hours a day watching television was 8% above the HP2020 goal in 2009. This proportion increased in 2015 and 2019 to be 5% above the HP2020 goal.	
Increase the proportion of sexually active females aged 15 to 19 years who used a condom and hormonal or intrauterine contraception at last intercourse	From 2009 to 2019, the proportion of sexually active females aged 15 to 19 using a condom and hormonal or intrauterine contraception did not significantly vary. In 2019, this proportion was over 17% above the HP2020 goal.	
Increase the proportion of sexually active males aged 15 to 19 years who used a condom and whose partner used hormonal or intrauterine contraception at last intercourse	From 2009 to 2019, the proportion of sexually active males aged 15 to 19 using a condom and whose partner used hormonal or intrauterine contraception did not significantly vary. In 2019, this proportion was 4% above the HP2020 goal.	
Increase the proportion of adolescents who have had a wellness checkup in the past 12 months	The proportion of adolescents who had a wellness checkup in the past 12 months was below the HP2020 goal in 2009 and 2015, but met the goal in 2019.	

Listed below are those behaviors for which county prevalence is either below the HP2020 goal and/or is moving in the opposite direction of the goal. These risk behaviors could be considered to be of greatest concern in Cuyahoga County. Calling attention to them may prioritize them as areas of focus for programmatic interventions and policy change.

<div>  Risk Behaviors of Greatest Concern in Cuyahoga County  </div>	
Healthy People 2020 Goal	Cuyahoga County Prevalence
Reduce binge drinking.	The prevalence of binge drinking in the past 30 days remains unchanged since 2009 and is at least 5% above the HP2020 goal.
Reduce computer use for non-school purposes on school days	The prevalence of students who use computers and electronic devices for non-academic reasons for two or fewer hours daily on school days has decreased steadily since 2009. The local rate is more than 30% higher than the HP2020 goal and is moving away from the goal.
Increase physical activity.	Approximately one-fifth of local students met federal standards for physical activity, meaning that they were physically active for at least 60 minutes each day during the past 7 days. The local rate is 10% below the HP2020 goal.
Increase sufficient sleep.	The prevalence of county students who report obtaining sufficient sleep (8 or more hours) has decreased since 2009 and is 12% below the HP2020 goal.
Increase the proportion of sexually active females aged 15 to 19 years who used a condom at last intercourse	The prevalence of sexually active females whose partner used a condom at last sexual intercourse has remained stable since 2009, but appears to be trending away from the HP2020 goal.
Increase the proportion of sexually active males aged 15 to 19 years who used a condom at last intercourse.	The prevalence of sexually active males who used a condom at last sexual intercourse has decreased since 2009 and is nearly 25% lower than the HP2020 goal.
Increase formal instruction on HIV/AIDS prevention.	The prevalence of county high school students who received instruction about HIV/AIDS in school fell from 2009 to 2019 and is approximately 20% below the HP2020 goal.
Increase the proportion of adolescents who have an adult in their lives with whom they can talk about serious problems.	The prevalence of high school students who have an adult (other than a parent) who they can rely on if they have serious problems has decreased since 2009. In 2019 the prevalence is approximately 5% below the HP2020 goal.

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Methods: The Prevention Research Center for Healthy Neighborhoods (PRCHN) regularly uses a two-stage cluster sample design that mimics the sampling method of the Centers for Disease Control and Prevention (CDC) and its national Youth Risk Behavior Survey (YRBS). In 2009, 20 of the 30 Cuyahoga County randomly identified high schools participated and 4529 of the 6597 eligible students participated in the survey (46% Overall Response Rate (ORR)). In 2015, all high schools in each of the 31 public school districts were invited to participate; 45 of the 58 Cuyahoga County high schools and 11,856 of the 16,912 eligible students participated in the survey (54.4% ORR). In 2019, 51 of 67 high schools and 15,350 of 19,637 eligible students participated in the survey (60.0% ORR).

While an overall response rate of 60% is generally needed to appropriately weight the data, there were a sufficient number of students in each of the ring, race, gender, and grade level sub-groups to apply weights and post-stratification adjustments. Nonetheless, the stability of the data should be considered, given the lower-than-required overall response rates in 2009 and 2015. Results should be interpreted with caution. Analyses were conducted using SPSS statistical software survey procedures to account for the sampling design.

Trends in behavioral prevalence rates from the Cuyahoga County YRBS offer an opportunity to describe the current situation, focus resources, determine need and program planning, and develop policy and advocacy agendas. In order to identify differences in prevalence estimates between administrative years of the YRBS, 95% confidence intervals are reported. Additional trend analysis would be beneficial to make future projections of the rates of reported behaviors and the pattern of change over time.

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This work was approved by the Institutional Review Board at Case Western Reserve University, Protocol #2012-274.



Healthy People 2020

Where Do Cuyahoga County Adolescents Stand?

In Cuyahoga County, 14.9% of the population is comprised of adolescents (ages 10-19), a proportion that is similar to the U.S.¹

The health and well-being of our adolescents is of great concern. In keeping with the HP2020 Adolescent Health goals and objectives, countless nonprofit organizations, community coalitions, initiatives, resources, and trainings exist to “improve the healthy development, health, safety, and well-being of adolescents” in Cuyahoga County.²

One tool for assessing the overall health of adolescents is the Cuyahoga County Youth Risk Behavior Survey (CC-YRBS). The CC-YRBS was modeled after the Centers for Disease Control and Prevention (CDC), Division of Adolescent and School Health (DASH), Youth Risk Behavior Surveillance System (YRBSS). The YRBSS was developed in 1990 to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth in the United States. Among other purposes, the YRBSS was designed to monitor progress toward achieving the Healthy People objectives.³

Our countywide YRBS has been supported by a robust group of stakeholders throughout the years. This collaboration has ensured that the unique demographic, cultural, and social backgrounds of adolescents in Cuyahoga County are represented.

This report tracks the progress of Cuyahoga County public high school adolescents from a 2009 baseline through to the end of the decade, assessing their overall health. In addition, this status report provides direction for the current decade and beyond.

Most of the HP2020 goals noted rely on results from specific YRBSS items to track progress. However, several other surveillance tools were also used: The Monitoring the Future Study*¹, the National Survey on Drug Use and Health*², the National Survey of Family Growth*³, the National Health and Nutrition Examination Survey*⁴ and the National Health Interview Survey*⁵. In addition to HP2020 goals measured by the YRBS, we included goals measured by other tools for which further YRBS analysis could replicate the analysis used in the alternative survey tool.

This report includes several means to understand and interpret the data. The report is organized into risk categories identified by the CDC. Each category of risk includes a table containing prevalence estimates with confidence intervals for the HP2020 goals. We also created visual representations of prevalence over time with respect to each HP2020 goal. Finally, a brief narrative synthesizing the findings are offered as follows:



Success: HP2020 Goal has been met and prevalence is maintained or has exceeded the goal.



Caution: HP2020 Goal has been met, however, the prevalence is moving away from the goal or HP2020 Goal has not been met but the prevalence is moving toward the goal.



Priority of Concern: Prevalence has not been met and is moving away from HP2020 goal.

We believe that this report is an important contribution to realizing the HP2020 vision that the United States has to become “a society in which all people live long, healthy lives.”⁴

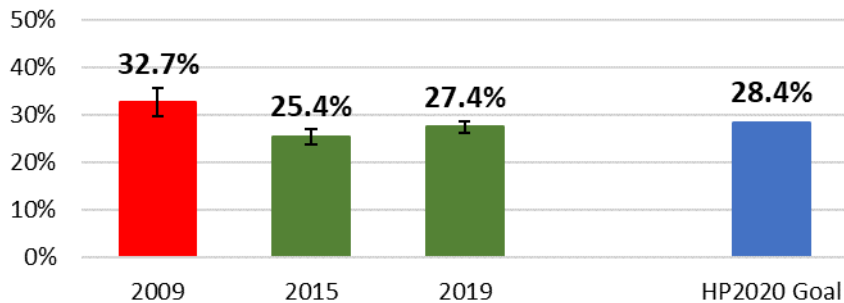


INJURY AND VIOLENCE PREVENTION

Injury and Violence Prevention	2009	2015	2019	HP2020	Change Since 2009
Reduce physical fighting among adolescents	32.7% (29.6-35.7)	25.4% (23.8-27.0)	27.4% (26.2-28.6)	28.4%	MET
Reduce bullying among adolescents	16.0% (14.4-17.6)	18.9% (17.8-20.2)	16.4% (15.5-17.3)	17.9%	MET Decreasing

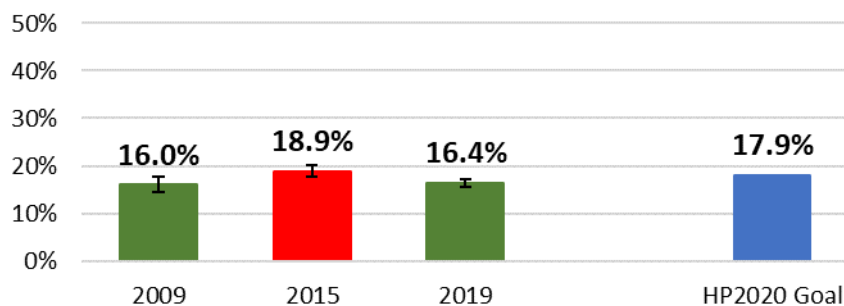
Goals are HP2020 IVP-34, 35

Reduce physical fighting



Fewer high school students reported that they were in a physical fight in 2015 than in 2009 and the amount of physical fighting in the past 12 months remained stable from 2015 to 2019. The goal to reduce physical fighting has been met.

Reduce bullying



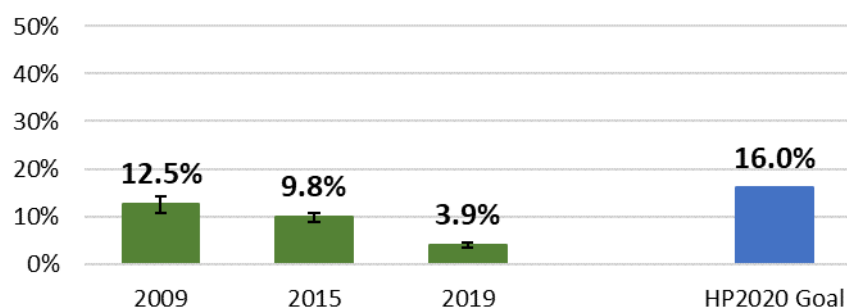
Reports of bullying on school property increased from 2009 to 2015. However, by 2019 the prevalence fell to match the 2020 goal. Cuyahoga County students have met the HP2020 goal.

TOBACCO USE

Tobacco Use	2009	2015	2019	HP2020	Change Since 2009
Reduce the proportion of adolescents who use cigarettes (past 30 days)	12.5% (10.7-14.2)	9.8% (8.8-10.8)	3.9% (3.3-4.5)	16.0%	MET Decreasing
Reduce the proportion of adolescents who use cigars (past 30 days)	19.4% (17.2-21.5)	15.0% (13.7-16.5)	6.7% (6.1-7.4)	8.0%	MET Decreasing

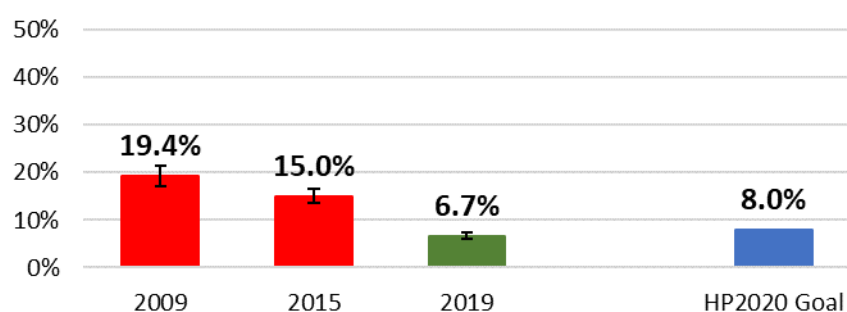
Goals are HP2020 TU-2.2, 2.4, and TU

Reduce current cigarette use



Fewer high school students reported current cigarette use in every survey year since 2009. In fact, at the onset of this decade, Cuyahoga County students had met and exceeded the goal to reduce past 30-day cigarette use.

Reduce current cigar use



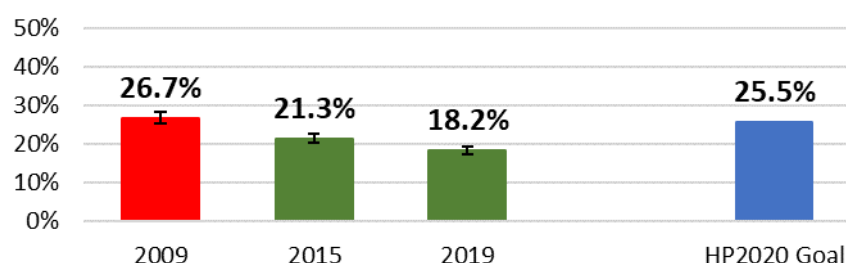
Fewer high school students reported current cigar use in every survey year since 2009. Cuyahoga County students have met and exceeded the goal to reduce past 30-day cigar use.

ALCOHOL USE

Substance Abuse	2009	2015	2019	HP2020	Change Since 2009
Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol	26.7% (25.2-28.2)	21.3% (20.1-22.5)	18.2% (17.3-19.1)	25.5%	MET Decreasing
Increase the proportion of high school seniors never using alcoholic beverages * ¹	22.6% (19.6-25.8)	28.0% (24.7-31.5)	38.1% (35.5-40.7)	30.5%	MET Increasing
Reduce the proportion of persons engaging in binge drinking during the past month—adolescents 12 to 17 years * ²	14.3% (12.8-16.0)	13.8% (12.3-15.3)	14.2% (13.1-15.4)	8.6%	NOT MET

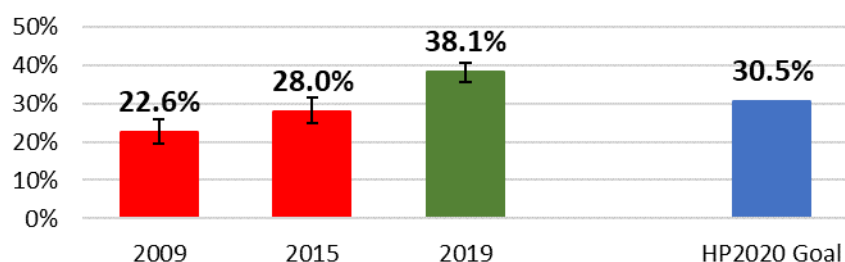
Goals are HP2020 SA-1, 2.3, and 14.4.

Reduce proportion who rode with a driver who had been drinking alcohol



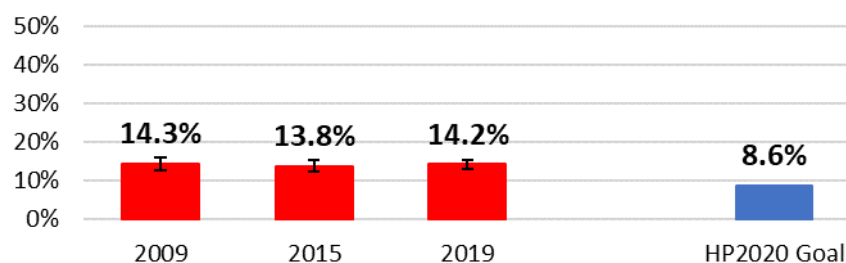
The proportion of high school students who rode with a driver who had been drinking alcohol fell from 2009 to 2015 and again through 2019. Cuyahoga County students have met the goal to reduce the proportion of adolescents who rode, during the previous 30 days, with a driver who had been drinking.

Increase proportion of high school seniors never using alcoholic beverages



Since 2009, the proportion of high school seniors who have never had a drink of alcohol has increased. In 2019, Cuyahoga County students have met the HP2020 goal with 38.1% of high school seniors reporting that they have never consumed an alcoholic beverage.

Reduce binge drinking during past month among 12 - 17 years old



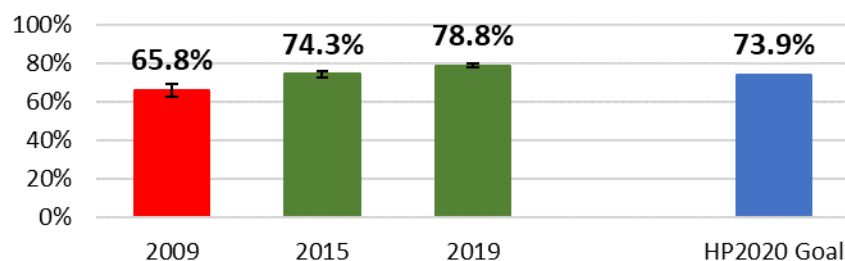
Each survey year, approximately 14% of high school students report that they have had five or more drinks of alcohol in a row on one or more days in the past month. The discrepancy between the HP2020 goal and local prevalence flags this as a clear priority in Cuyahoga County.

PHYSICAL ACTIVITY

Physical Activity	2009	2015	2019	HP2020	Change Since 2009
Increase the proportion of adolescents in grades 9 through 12 who view television, videos, or play video games for no more than 2 hours a day	65.8% (62.4-69.1)	74.3% (72.8-75.7)	78.8% (77.8-79.7)	73.9%	MET Increasing
Increase the proportion of adolescents in grades 9 through 12 who use a computer or play computer games outside of school (for non-school work) for no more than 2 hours a day	76.8% (74.7-78.9)	59.9% (58.0-61.9)	50.4% (49.2-51.5)	82.6%	NOT MET Decreasing
Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity	22.1% (20.6-23.8)	22.7% (21.5-24.0)	20.9% (19.9-22.0)	31.6%	NOT MET

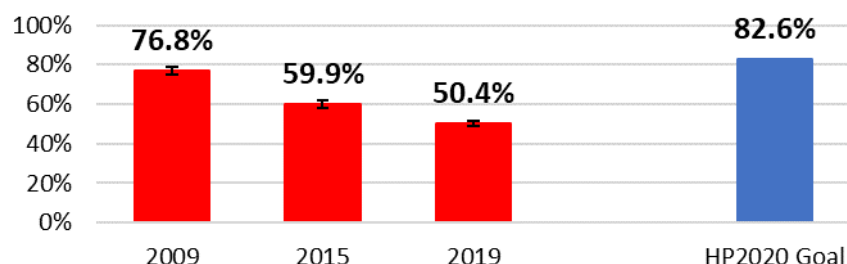
Goals are HP2020 PA-8.2.3, 8.3.3 and 4.1.

Increase proportion of students watching television for two or fewer hours



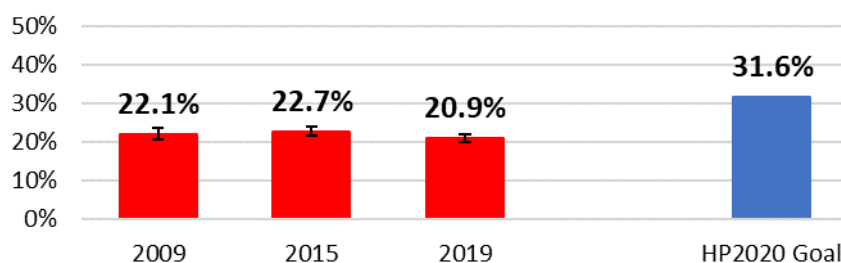
The proportion of high school students who watch television 2 or fewer hours on school days has increased since 2009 so that Cuyahoga County students have met the HP2020 goal.

Increase proportion of students using computers for non-school purposes for two or fewer hours.



The proportion of high school students who use computers for non-school purposes 2 or fewer hours on school days has decreased since 2009. In fact, prevalence of this behavior has moved away from the HP2020 goal flagging this as a clear priority in Cuyahoga County.

Increase proportion of students meeting Federal guidelines for physical activity

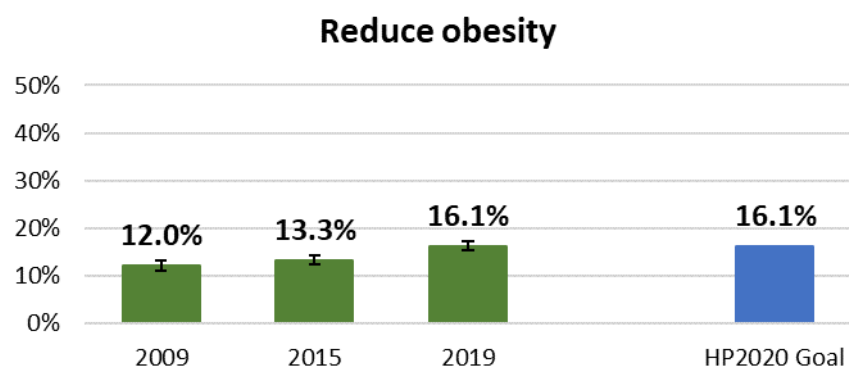


Since 2009, the proportion of high school students who met federal physical activity guidelines (physically active at least 60 minutes/day every day during past 7 days) has not changed significantly and remains lower than the HP2020 goal.

NUTRITION AND WEIGHT STATUS

Nutrition and Weight Status	2009	2015	2019	HP2020	Change Since 2009
Reduce the proportion of adolescents aged 12 to 19 years who are considered obese* ⁴	12.0% (10.9-13.1)	13.3% (12.3-14.3)	16.1% (15.2-17.1)	16.1%	MET Increasing

Goals are HP2020 NWS-10.3.



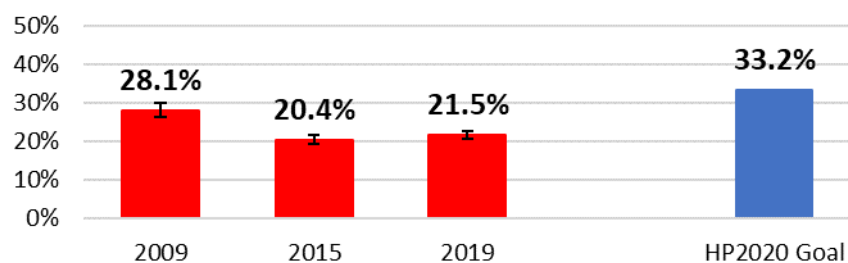
Since 2009, the proportion of high school students who reported heights and weights consistent with obesity has increased. While self-reporting of county students indicate that the HP2020 goal has been met, this result should be interpreted with caution. BMI results may be low because of under-reporting and missing data. Nationally, progress toward the goal is obtained through clinical measurements of height and weight.

SLEEP HEALTH

Sleep Health	2009	2015	2019	HP2020	Change Since 2009
Increase the proportion of students in grades 9 through 12 who get sufficient sleep	28.1% (26.3-29.8)	20.4% (19.1-21.7)	21.5% (20.5-22.6)	33.2%	NOT MET Decreasing

Goals are HP2020 SH-3.

Increase proportion of students who get sufficient sleep



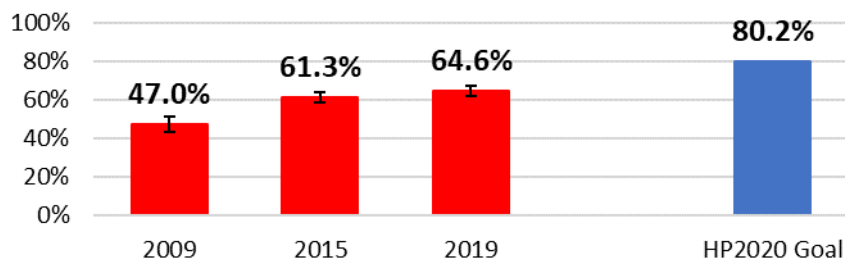
Fewer county high school students report obtaining sufficient sleep (8 hours) since 2009. In fact, prevalence of this behavior has moved away from the HP2020 goal, flagging this as a clear priority in Cuyahoga County.

FAMILY PLANNING

Family Planning	2009	2015	2019	HP2020	Change Since 2009
Increase the proportion of female adolescents aged 15 to 17 years who have never had sexual intercourse* ³	47.0% (43.2-50.9)	61.3% (58.7-63.9)	64.6% (62.1-67.0)	80.2%	NOT MET Increasing
Increase the proportion of male adolescents aged 15 to 17 years who have never had sexual intercourse* ³	42.2% (37.1-47.3)	58.0% (55.4-60.7)	61.1% (58.6-63.6)	79.2%	NOT MET Increasing
Increase the proportion of sexually active females aged 15 to 19 years who used a condom at last intercourse* ³	56.0% (51.7-60.3)	53.2% (49.7-56.7)	49.8% (46.0-53.6)	55.6%	NOT MET Decreasing

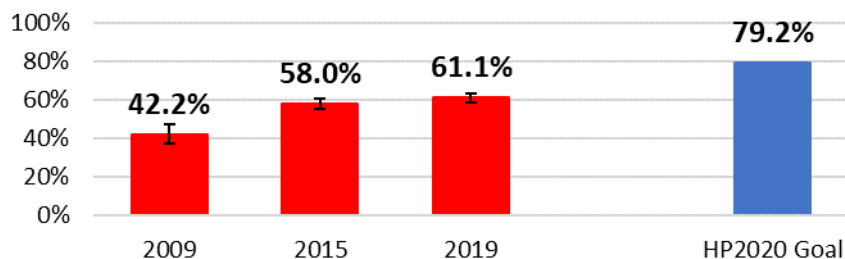
Goals are HP2020 FP-9.1, 9.2, and 10.3.

Increase proportion of females (15-17yrs) who have never had sexual intercourse



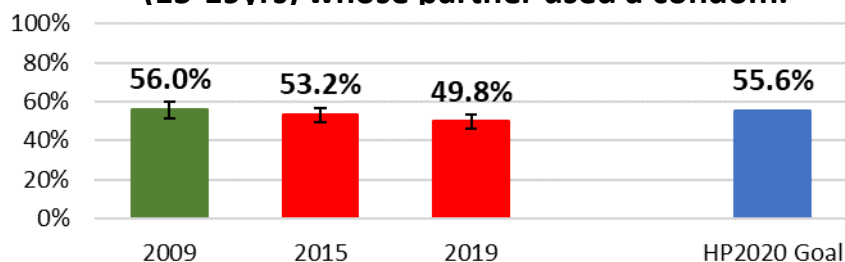
Since 2009, the proportion of female students (ages 15-17) who reported never having had sex, has increased. While county students have not met the HP2020 goal, the increasing prevalence is moving in the right direction.

Increase proportion of males (15-17yrs) who have never had sexual intercourse



Since 2009, the proportion of male students (ages 15-17) who reported never having had sex has increased. While county students have not met the HP2020 goal, the increasing prevalence is moving in the right direction.

Increase proportion of sexually active females (15-19yrs) whose partner used a condom.

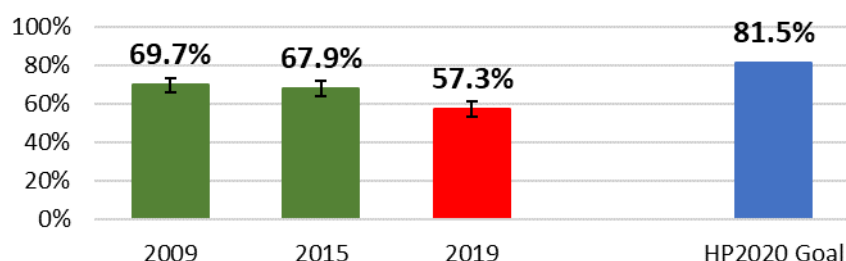


The proportion of sexually active female high school students whose partner used a condom the last time they had sex has not changed significantly since 2009, but appears to be trending downward. Given that this practice is moving away from the HP2020 goal, this is flagged as a priority.

Family Planning (p. 2)	2009	2015	2019	HP2020	Change Since 2009
Increase the proportion of sexually active males aged 15 to 19 years who used a condom at last intercourse* ³	69.7% (66.0-73.2)	67.9% (63.7-71.9)	57.3% (53.4-61.0)	81.5%	NOT MET Decreasing
Increase the proportion of sexually active females aged 15 to 19 years who used a condom and hormonal or intrauterine contraception at last intercourse* ³	33.9% (26.7-42.0)	35.9% (29.8-42.5)	37.5% (32.3-43.1)	20.1%	MET
Increase the proportion of sexually active males aged 15 to 19 years who used a condom and whose partner used hormonal or intrauterine contraception at last intercourse* ³	40.7% (27.1-55.9)	37.5% (28.9-47.1)	39.2% (31.8-47.2)	35.3%	MET

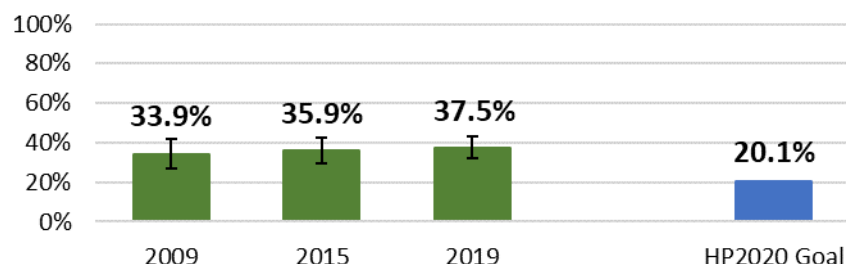
Goals are HP2020 FP-10.4, 11.3, and 11.4.

Increase proportion of sexually active males (15-19yrs) who used a condom



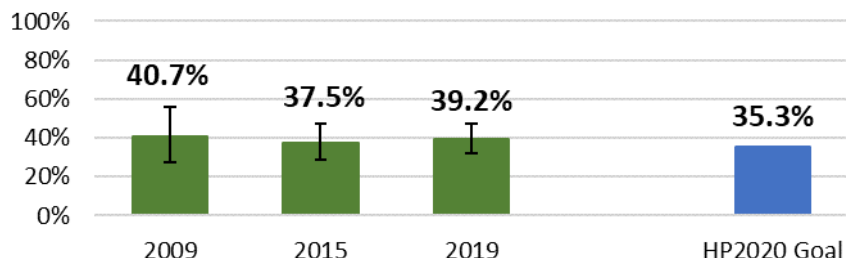
The proportion of sexually active male high school students who used a condom the last time they had sex has decreased significantly since 2009. The decline in use reported by females is apparent among county males as well.

Increase proportion of sexually active females (15-19yrs) who used a condom and effective contraceptive method.



The proportion of sexually active female high school students who used both a condom and hormonal or intrauterine contraception the last time they had sex has remained stable since 2009. Female Cuyahoga County students have met the HP2020 goal.

Increase proportion of sexually active males (15-19yrs) who used a condom and effective contraceptive method.

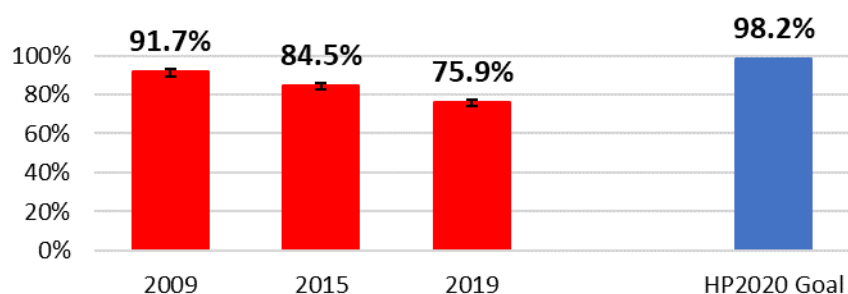


The proportion of sexually active male high school students who used a condom and their partner used either hormonal or intrauterine contraception the last time they had sex has remained stable since 2009. Male Cuyahoga County students have met and exceeded the HP2020 goal.

Family Planning (p. 3)	2009	2015	2019	HP2020	Change Since 2009
Increase the proportion of female adolescents who received formal instruction on HIV/AIDS prevention before they were 18 years old* ³	91.7% (90.2-93.1)	84.5% (83.0-85.9)	75.9% (74.2-77.5)	98.2%	NOT MET Decreasing
Increase the proportion of male adolescents who received formal instruction on HIV/AIDS prevention before they were 18 years old* ³	87.8% (85.4-89.8)	83.3% (81.5-84.9)	75.7% (74.0-77.3)	96.7%	NOT MET Decreasing

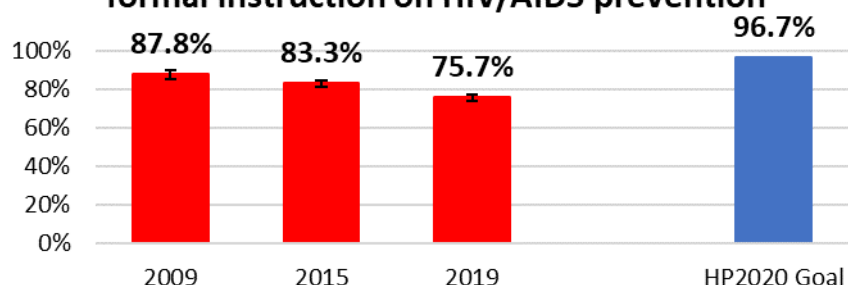
Goals are HP2020 FP 12.5 and 12.6.

Increase proportion of females who received formal instruction on HIV/AIDS prevention



The proportion of Cuyahoga County female high school students who learned about HIV/AIDS by formal instruction **in school** has decreased since 2009. The item used to measure this HP2020 goal permitted formal instruction to take place at school, church, a community center or some other place. Nonetheless, prevalence of this behavior has decreased, flagging this as a clear priority in Cuyahoga County.

Increase proportion of males who received formal instruction on HIV/AIDS prevention



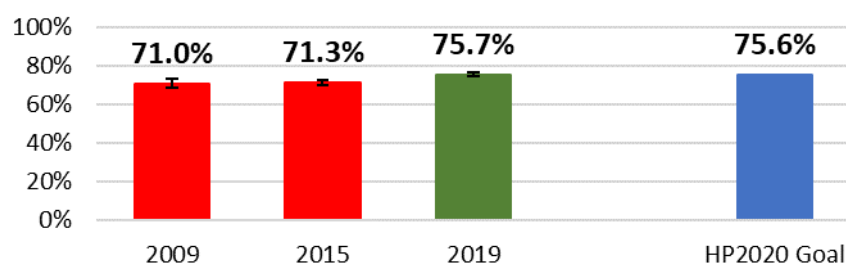
The proportion of Cuyahoga County male high school students who learned about HIV/AIDS by formal instruction **in school** has decreased since 2009. The item used to measure this HP2020 goal permitted formal instruction to take place at school, church, a community center or some other place. Nonetheless, prevalence of this behavior has decreased, flagging this as a clear priority in Cuyahoga County.

ADOLESCENT HEALTH

Adolescent Health	2009	2015	2019	HP2020	Change Since 2009
Increase the proportion of adolescents who have had a wellness checkup in the past 12 months* ⁵	71.0% (68.8-73.2)	71.3% (69.8-72.8)	75.7% (74.5-76.9)	75.6%	MET Increasing
Increase the proportion of adolescents who have an adult in their lives with whom they can talk about serious problems* ²	86.8%* (85.3-88.3)	82.0% (80.8-83.1)	77.8% (76.8-78.8)	83.2%	NOT MET Decreasing

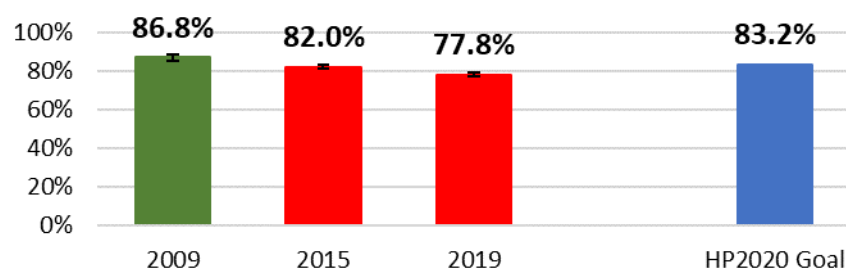
Goals are HP2020 AH-1, and 3.1.

Increase proportion of adolescents who had a wellness check-up in past 12 months



Since 2009, the proportion of high school students who had a wellness check-up in the past 12 months increased. Cuyahoga County students have met the HP2020 goal.

Increase proportion of adolescents who have an adult in their lives with whom they can talk about serious problems.



Beginning with the 2013 survey year, the wording of this survey item changed to exclude parents from the definition of “supportive adult”. Cuyahoga County students’ presence of a supportive adult, other than a parent, continues to decline away from the HP2020 goal, flagging this as a clear priority in Cuyahoga

References:

1. U.S. Census Bureau. Age and Sex Composition in the United States: 2019.
<https://www.census.gov/data/tables/2019/demo/age-and-sex/2019-age-sex-composition.html>
<https://www.census.gov/quickfacts/fact/table/cuyahogacountyohio,US/PST045219>
2. Adolescent Health. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>.
3. Adolescent and School Health. Youth Risk Behavior Surveillance System (YRBSS) Overview. Retrieved from <http://www.cdc.gov/healthyyouth/data/yrbs/overview.html>.
4. About Healthy People. Retrieved from <https://www.healthypeople.gov/2020/About-Healthy-People>.

Surveillance Tools:

Most of the HP2020 goals noted rely from specific YRBSS items to track progress. The following surveillance tools were also used:

- *1 The Monitoring the Future Study
- *2 The National Survey on Drug Use and Health
- *3 The National Survey of Family Growth
- *4 The National Health and Nutrition Examination Survey
- *5 The National Health Interview Survey

Contributors: The information in this brief was obtained from the 2009, 2015 and 2019 High School Youth Risk Behavior Survey data. These surveys were modeled after the CDC state-based system of health surveys administered by each state. This data brief was prepared and authored by the PRCHN (Jean Frank, MPH; Audrey Kinsella, MPH; Catherine Osborn, MA; and Erika Trapl, PhD). For more information contact Jean Frank (jean.frank@case.edu) or Dr. Erika Trapl (Erika.Trapl@case.edu).

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