



2017 Monroe County Youth Risk Behavior Survey Report

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Executive Summary

The Youth Risk Behavior Survey, (YRBS), designed and validated by the US Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools during the 2016-2017 school year, the 12th time the survey has been conducted locally since 1992. Three suburban school districts opted out of the survey this year, so we over-sampled in the remaining suburban districts. A random sample of public high school students was developed with a projected 5% margin of error and an 80% response rate. A total of 1826 surveys were selected for the sample. All surveys were administered through an online platform.

Highlights of the 2016-2017 Monroe County YRBS

Violence/Bullying

- 14% carried a weapon in the past month
- 20% were teased, harassed, or attacked at school or on the way to school in past month (Bullied)
- 10% were ever forced to engage in sexual activity (sexual activity includes having sexual intercourse, touching someone sexually, or being touched by someone sexually)

Social Media-Bullying and Safety Issues

- 19% were electronically bullied in the past year
- 23% ever sent a nude or semi-nude picture/video of themselves or someone else

Adverse Experiences of Childhood (Trauma)

- 66% experienced one or more adverse childhood experience
- 24% experienced 3 or more

Mental Health

- 28% felt so sad and hopeless almost every day for 2 or more weeks in a row that they stopped doing their usual activities, in the past year
- 21% ever hurt themselves on purpose (e.g. by cutting, burning, or bruising), without the intention of committing suicide (self- injury)
- 7% attempted suicide in the past year

Tobacco/E-Cigarettes

- 5 % smoked cigarettes in the past month
- 20% used an e-cigarette in the past month

Alcohol Use

- 27% drank one or more drinks of alcohol in the past month
- 15% engaged in binge drinking in the past month

Marijuana Use

- 31% ever used marijuana
- 21% used marijuana in the past month

Use of Other Drugs

- 3% ever used heroin
- 9% ever took any drug or pill to get high that was prescribed for someone else
- 6% ever used over-the-counter drugs to get high
- 15% were offered, sold or given an illegal drug on school property in the past year

Distracted Driving/Driving Under the Influence

- 33% of drivers texted, used social media, or emailed while driving in the past month
- 15% rode in a car with a driver who had been drinking alcohol, in the past month
- 17% rode in a car with a driver who had using marijuana, pills or other drugs, in the past month

Sexual Risks

- 31% ever engaged in sexual intercourse
- 24% engaged in sexual intercourse in the past 3 months (sexually active)
- 4% of sexually active students reported that long acting reversible contraception (an IUD or implant) and a condom were used the last time they had sex

Physical Activity

- 22% engaged in 1 hour or more of physical activity daily during the past week (current recommendations)
- 21% did not engage in 1 hour of physical activity on any days in the past week
- 39% spend on average 5 or more hours on a typical school day watching TV, playing video games or using the computer/smartphone for non-school work related activities

Sleeping Habits

- 46% get 6 hours or less of sleep on a typical school night

Food Insecurity

- 6 % reported they went hungry sometimes, most of the time or always during the past month because there was not enough food in their home (food insecure)

Preventive Health

- 85% saw a doctor or health care provider for a check-up or physical exam in the past year

Assets

- 64% strongly agree or agree with the statement “I get a lot of encouragement at my school”
- 58% strongly agree or agree with the statement “In my community I feel like I matter to people”

Trends

Positive Trends

Between 2007 and 2017 there were declines in the proportion of youth who reported:

- Engaging in physical fighting
- Smoking cigarettes
- Drinking alcohol
- Engaging in sexual intercourse
- Being offered, sold, or given illegal drugs at school
- Using over the counter drugs to get high

Similar trends were seen nationally between 2007 and 2015. US 2017 results won't be available until 2018.

Negative Trends

Between 2007 and 2017 there were increases in the proportion of youth who reported:

- Not going to school on one or more days in the past month, because they felt unsafe
- Feeling sad or hopeless
- Seriously considering suicide
- Spending 5+ hours per day engaging in screen time(i.e. TV, video games, computer, smartphone)

Nationally there was a similar increase in youth reporting seriously considering suicide between 2007 and 2015.

Emerging Issues

Issues that have emerged in recent years include use of e-cigarettes and electronic bullying. Local trend data for these issues will not be available for several years.

Introduction

Background

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools during the 2016-2017 school year. This local survey has been completed twelve times since 1992. The Youth Risk Behavior Survey, designed and validated by the US Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are: 1.) to assess health risk behaviors among high school students, 2.) to monitor changes in these behaviors over time and 3.) to broadly evaluate the impact of preventive programs.

Local survey results assess the health risks of public high school students in Monroe County. Schools, service providers, and health planners use these data as a base on which to develop interventions to reduce behaviors contributing to disease, injury, and premature death in the young adult population.

Methodology

In 2016-2017, three suburban districts opted not to participate in the survey. As a result, we over-sampled in the remaining suburban districts. Based on enrollment within each school, the Monroe County Department of Public Health (MCDPH) developed a random sample of students with a projected 5% margin of error and an 80% response rate. A total of 1826 surveys were selected for the sample.

Districts were given two options for administering the survey:

1. *“county level”* - contributing to the total county sample only.
2. *“district level”* - surveying all of their students so that they can describe the level of risk behaviors within their district.

Two districts participated at the *“county level”*. For these districts, the Monroe County Department of Public Health (MCDPH) randomly selected classes for each school from a list of classes that all students were required to take. Once classes were selected, no substitutions were made.

Thirteen districts administered the survey at the *“district level”*. Within these districts, surveys were given during classes that all students were required to attend.

All surveys were administered using a confidential computer based survey platform.

The final sample closely reflects the gender and grade distribution of enrollment in public high schools in Monroe County, so weighting of the sample was not done.

This report is organized by topic area. For each topic area, a data table is provided that contains the question number from the survey, the proportion of students who reported the risk or asset rounded to the nearest whole number, along with the 95% confidence interval (LCL- lower confidence level and UCL- upper confidence level). Trends were identified when there was a statistically significant trend between 2007 and 2017. Questions were noted with an asterisk(*) when trend data were not analyzed because the question was not included in more than 3 consecutive surveys. Data were also analyzed to identify differences by gender. Differences were said to be statistically different if the p value for the z test was less than .05.

Limitations of the Data

There are several limitations to these data. The results do not include students who have dropped out of school or students who were absent the day of administration. Research has shown that students who dropout or are frequently absent are more likely to engage in health-risk behaviors than other students.¹ Data are based on self-report, thus students may under-report illegal type behavior like alcohol or drug use. It is not clear, what effect administering the survey via an online computer platform had on the results. Additionally it is not clear how the results were affected by the fact that three suburban school districts did not participate.

Finally, data published in this report are based on responses to each individual question and do not include internal reliability checks. Nationally, the CDC sets survey responses to missing when the responses are not consistently answered. For example, students who report smoking cigarettes in the past 30 days must also report ever having tried smoking cigarettes, or the responses to these questions are set to “missing”. Locally, we checked key questions for internal reliability and in most cases there were small differences (about 1 percentage point).

Demographic Characteristics of Respondents

The demographic characteristics of the sample are shown in the following tables.

Gender	#	%
Female	896	49
Male	877	48
Other	44	2
Total	1817	
Did not answer	9	

Age	#	%
13 or younger	19	1
14 years old	249	14
15 years old	429	24
16 years old	447	24
17 years old	457	25
18 years old or older	218	12
Total	1819	
Did not answer	7	

Students that selected Latino were counted only in this category, regardless of which race they selected. Students that selected a single race and not-Latino were put in the race category they selected. Those that selected multiple races and not Latino were put in the “Other races/“more than one race” category.

Race/Ethnicity	#	%
Latino	258	14
White, Not Latino	1027	57
African American, Not Latino	312	17
Other races, Not Latino/ More than one race, Not Latino	212	12
Total	1809	
Did not answer	17	

¹ 37. Pirie PL, Murray DM, Luepker RV. Smoking prevalence in a cohort of adolescents, including absentees, dropouts, and transfers. Am J Public Health 1988;78:176-8.

Violence/Bullying

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q12 ¹	Carried a weapon in the past month	14	12.2	15.4
Q13 ¹	Carried a weapon on school property in the past month	4	3.2	5.1
Q16 ²	Carried a gun in the past year	4	3.0	4.8
Q18	Engaged in a physical fight in past year	20	18.2	21.9
Q19	Engaged in a physical fight on school property in the past year	9	7.9	10.6
Q14	Did not go to school on one or more days in the past month because they felt unsafe	8	6.4	8.8
Q15	Were teased, harassed, or attacked at school or on the way to school in past month (Bullied)	20	18.0	21.7
Q17	Were threatened/injured on school property 1 or more times during past year	6	5.1	7.3
Q20*	In the past year, were physically hurt by someone they were dating, "talking to" or going out with	8	6.5	8.9
Q36*	Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	10	8.4	11.1

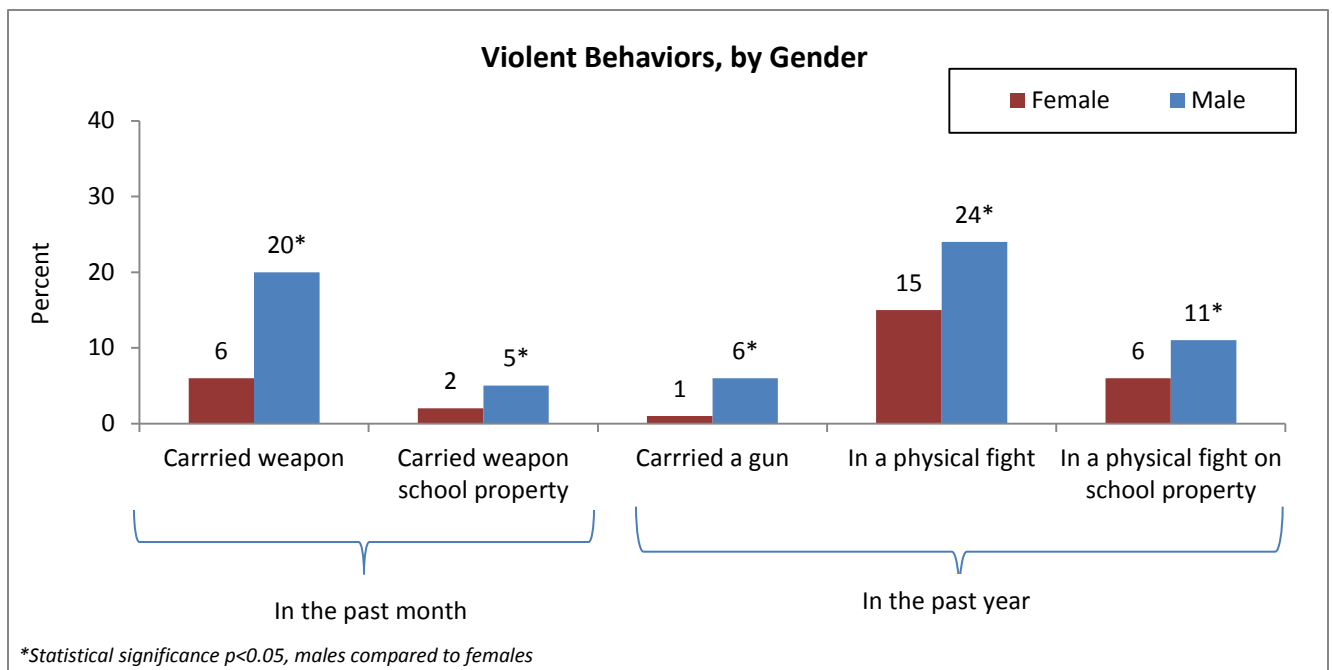
* Trend data not available

¹ Question slightly changed in 2017. "Razor" replaced "club" as an example of a weapon.

² Question changed in 2017. Asked about gun carrying in the past year, instead of past month.

Gender differences

Males were more likely than females to report engaging in violent related behaviors.



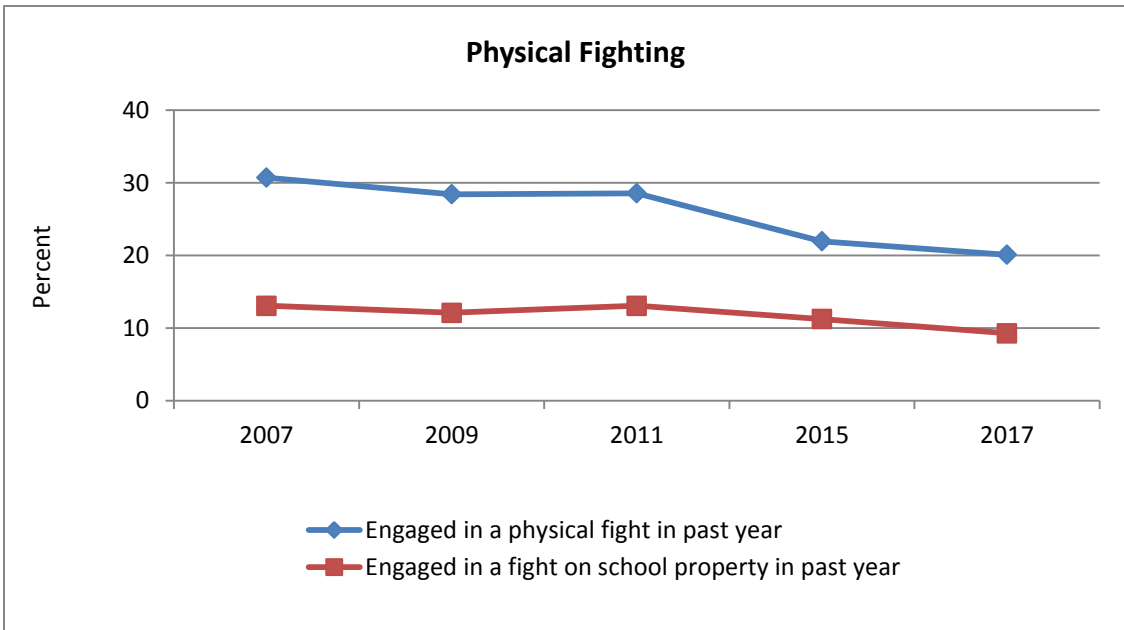
Males were more likely than females to report they were threatened or injured on school property one or more times during past year (7% compared to 4%).

Females were more likely than males to report they were ever forced to do something sexual (13% compared to 5%).

Trends

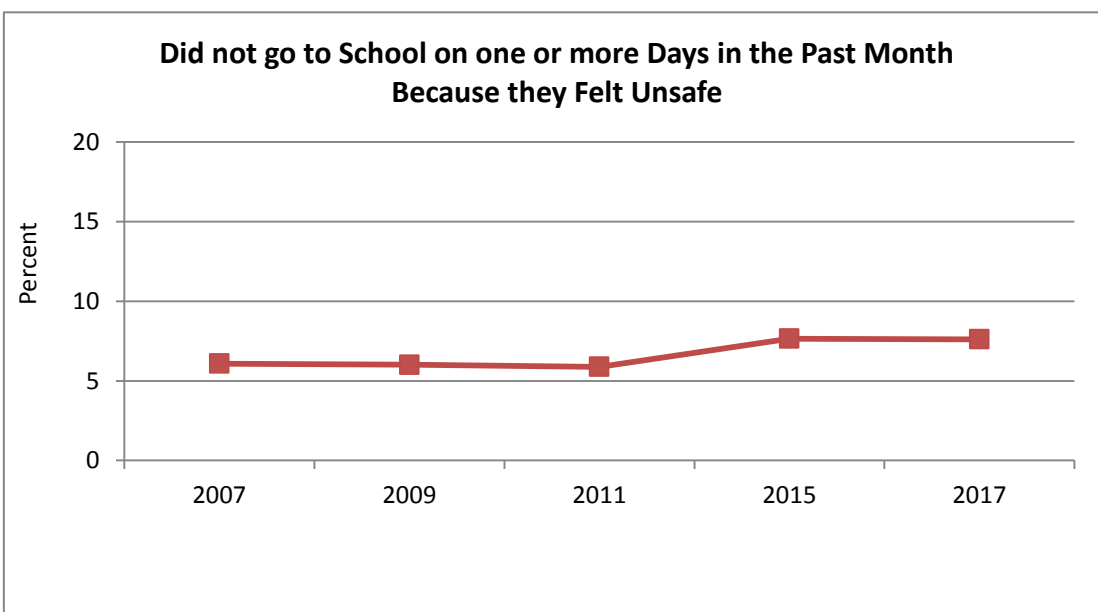
Reported weapon carrying remained relatively stable, while weapon carrying on school property declined slightly from 6% in 2007 to 4% in 2017

During the same time period, reported physical fighting declined as shown in the graphic below.



The proportions of students who reported they were bullied on school property and they were threatened or injured on school property fluctuated between 2007 and 2017.

The proportion of youth who reported that they did not go to school one more days in the past year because they felt unsafe, increased slightly from 6% in 2007 to 8% in 2017 as shown below.



Social Media-Bullying and Safety Issues

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q79 ¹	Were electronically bullied in the past 12 months [Another student teased, threatened, or spread rumors about you through texting, emails, YouTube, gaming systems, or social media websites like Facebook, Twitter, vine, yik yak, ask.fm, tumblr, Instagram, blogs, SnapChat, etc]	19	17.6	21.3
Q80 ¹	Used a cell phone, text messaging or social media to harass or embarrass someone that they were mad at, one or more times in the past year, <i>of those who went on social media or used cell phone</i>	19	16.7	20.4
Q81 ¹	Someone on social media tried to get them to talk about sex when they didn't want to in the past year	14	12.3	15.6
Q82* ^{1,2}	Did one or more of the following when they met someone new on social media in the past year:	32	29.9	34.4
	Met the person face to face somewhere	14	12.3	15.6
	Gave out their phone number	17	14.9	18.5
	Communicated by text messaging	27	24.6	28.9
	Communicated by Face-Time	15	13.1	16.5
Q83*	Ever used a cell phone, computer or other electronic device to <u>SEND/POST</u> nude or semi- nude pictures or videos of yourself or someone else	23	21.2	25.2
Q84*	Ever used a cell phone, computer or other electronic device to <u>RECEIVE</u> nude or semi- nude pictures or videos of someone else	32	29.6	34.0

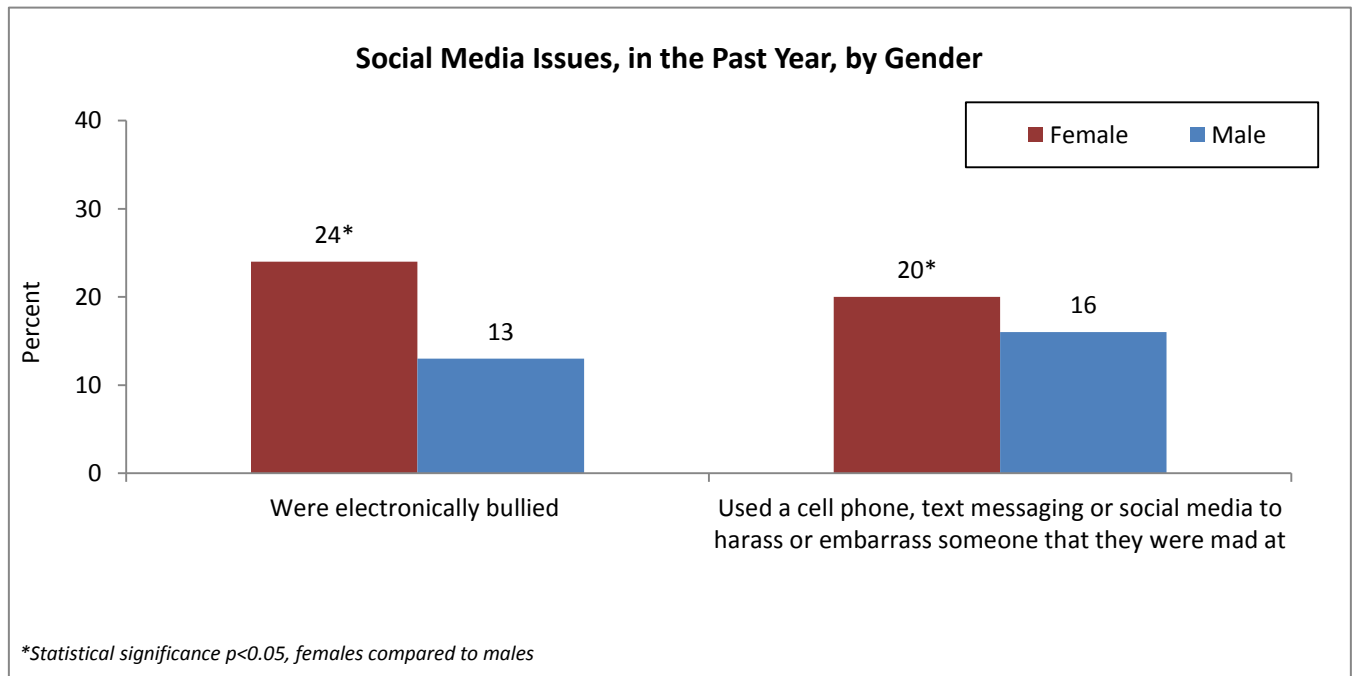
* Trend data not available

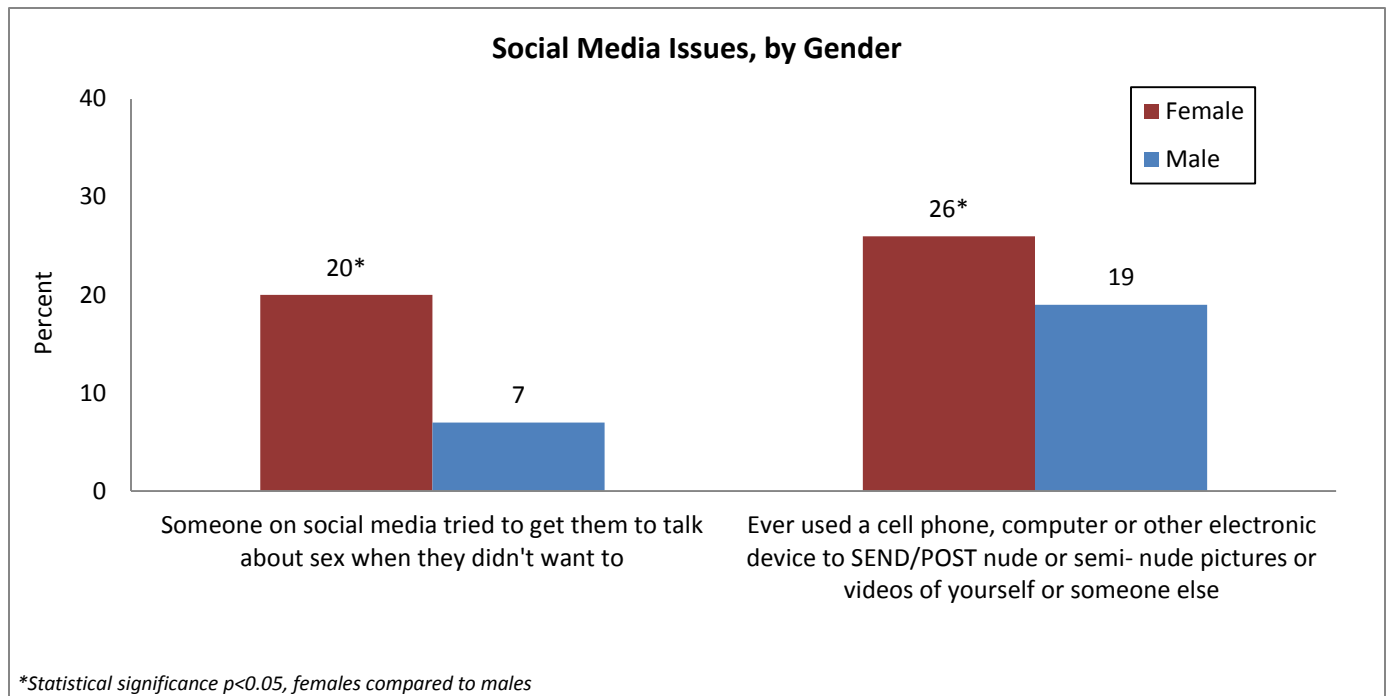
¹ Questions changed in 2017. Replaced the word "internet" with "social media"

² Students were allowed to select more than one response

Gender differences

Females were more likely than males to report social media bullying and safety issues.





Trends

There was decline in the proportion of youth reporting that in the past year, they used a cell phone, text messaging or social media to harass or embarrass someone that they were mad at from 22% in 2007 to 19% in 2017.

Adverse Experiences of Childhood

Students were asked a series of 11 questions about potentially traumatic experiences during their life. Research has demonstrated that experiencing adverse events before the age of 18, without intervention and support, increases the likelihood of engaging in risky behaviors, as well as increases the likelihood of poor mental and physical health outcomes in later years.² The accumulation of multiple adverse childhood experiences compounds these risks.

Question #	Students Reported:	% (rounded)	LCL	UCL
Q28*	Often or repeatedly a parent or adult in their home swore at you, insulted you or put you down	13	11.5	14.6
Q29*	Often or repeatedly a parent or adult in their home hit, beat, kicked or physically hurt you in any way	3	2.6	4.3
Q31*	Often or repeatedly parents or adults in their home hit, beat, kicked or beat each other up	3	1.8	3.3
Q30*	Often or repeatedly, their family has not had enough money to buy food or pay for housing	6	4.4	6.5
Q32*	They ever lived with anyone who was an alcoholic, problem drinker, used illegal street drugs, took prescription drugs to get high, or was a problem gambler	22	19.8	23.6
Q33*	They ever lived with anyone who was depressed, mentally ill or suicidal	24	22.4	26.4
Q34*	They ever had anyone in their household go to jail or prison	17	15.7	19.2
Q35*	They ever witnessed someone get shot, stabbed or beaten in their neighborhood	15	13.6	16.9
Q36*	They were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	10	8.4	11.1
Q38*	They currently do not live with both parents	42	39.2	43.8
Q37	They disagree or strongly disagree with the statement, "my family gives me the help and support I need"	6	5.0	7.3

* Trend data not available

We added up the total number reported events for each student, and then calculated percentages by the number of experiences. If a student left a question blank, and the sum of the remaining questions equaled zero, their responses were set to missing.

Sixty-six percent (66%) of students reported one or more adverse experience and 24% reported three or more.

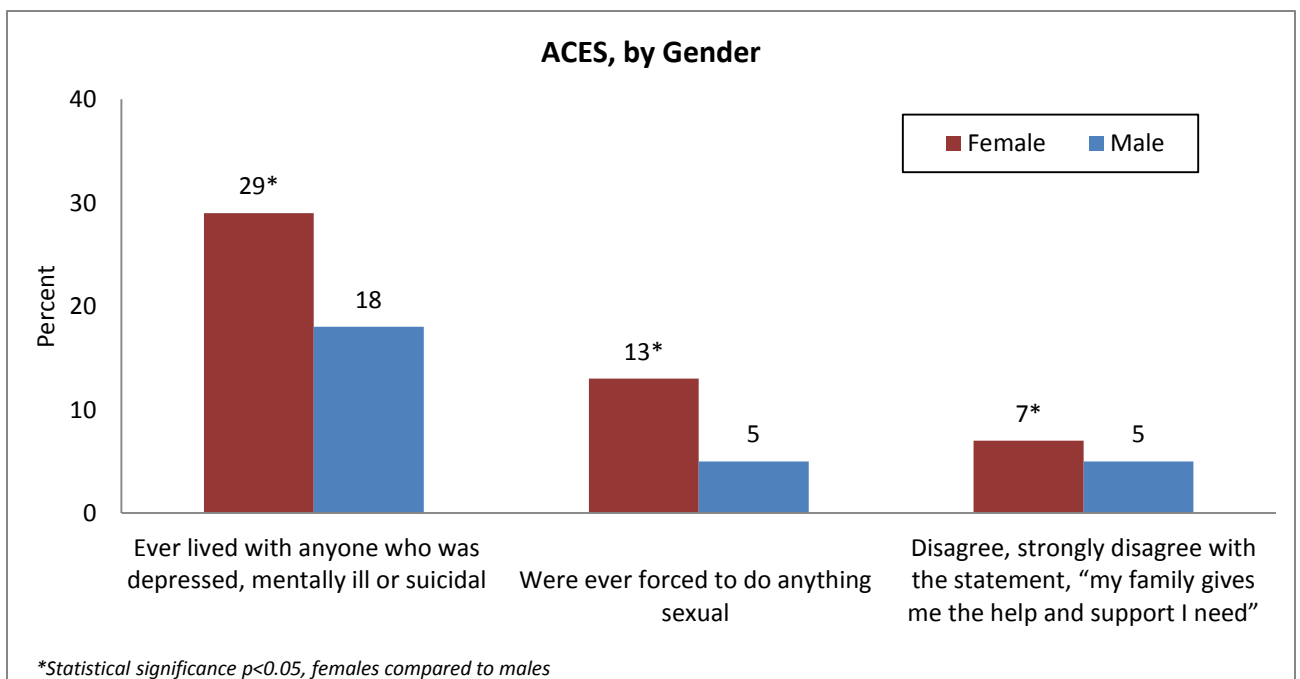
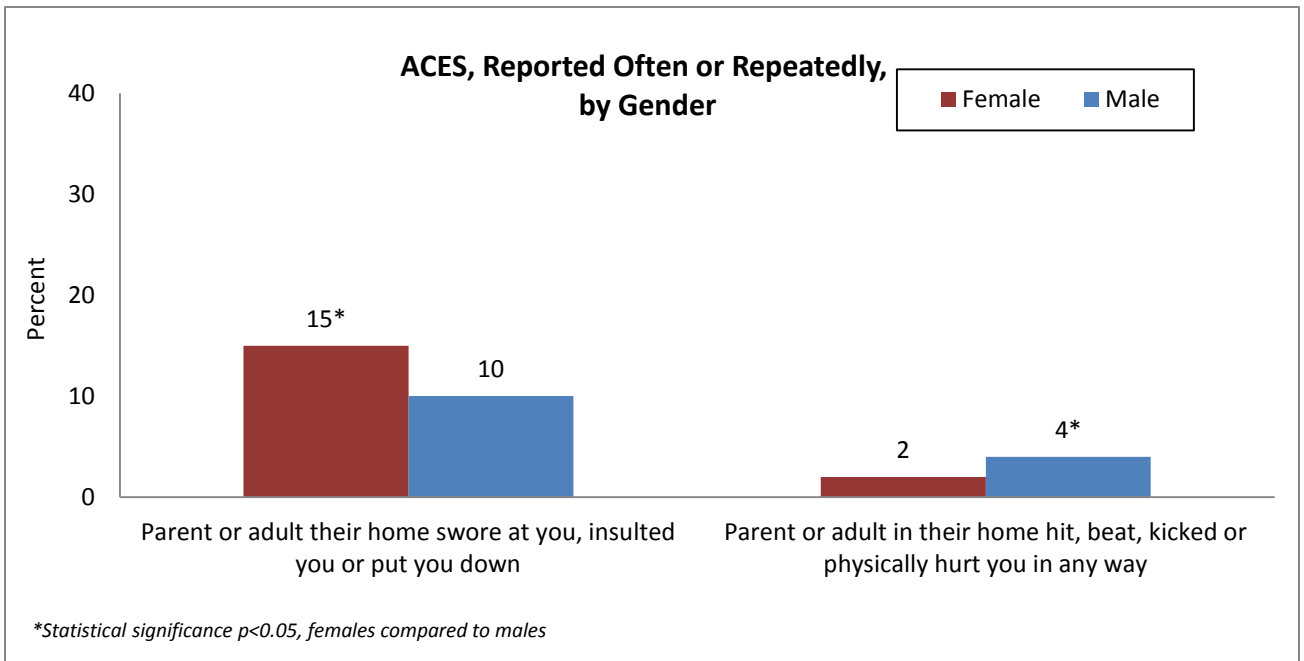
# of Traumatic Life Events Reported by Students	%
0	34
1	27
2	15
3	9
4-6	12
7-11	3
1 or more	66

² <http://www.acestudy.org/>

Gender differences

Among females, 68% reported one or more ACE, and 26% three or more. Among males, 63% reported one or more and 19% reported three or more.

Differences in reported experiences are shown below.



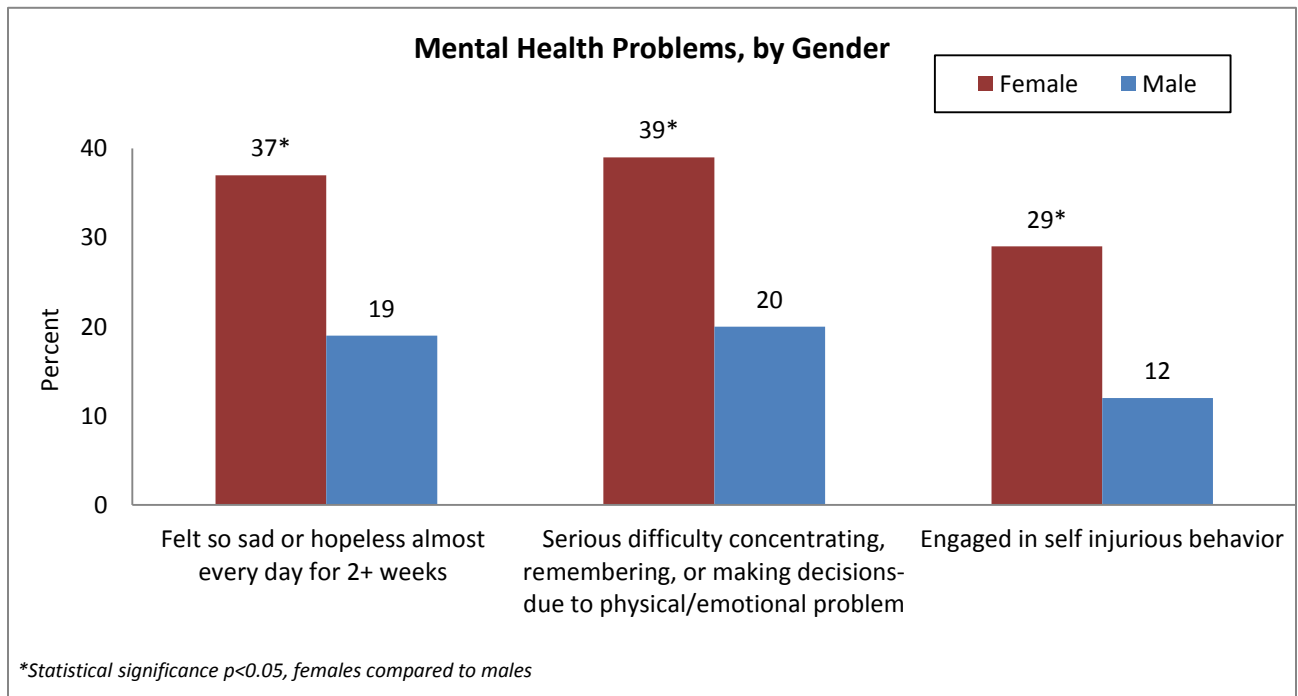
Mental Health

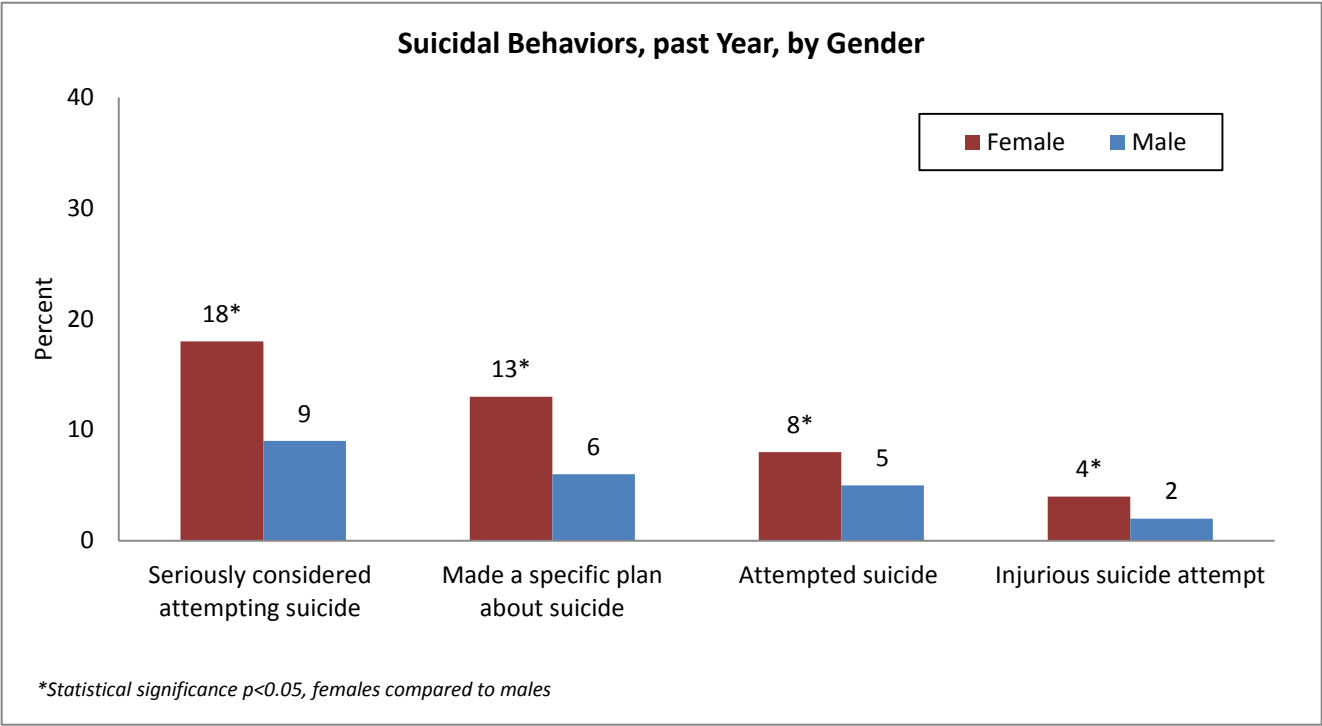
Question #	Students Reported They:	% (rounded)	LCL	UCL
Q21	Felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing their usual activities, in the past year	28	26.2	30.4
Q27*	Have serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional problem	30	27.4	31.6
Q26	Ever hurt themselves on purpose by cutting, burning, or bruising for example, without the intention of committing suicide (self- injurious behavior)	21	19.2	23
Q22	Seriously considered attempting suicide in the past year	14	12.8	16.1
Q23	Made a specific plan about how they would attempt suicide in past year	10	8.7	11.5
Q24	Attempted suicide in the past year	7	6.0	8.4
Q25	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse (injurious suicide attempt)	4	2.7	4.3

* Trend data not available

Gender differences

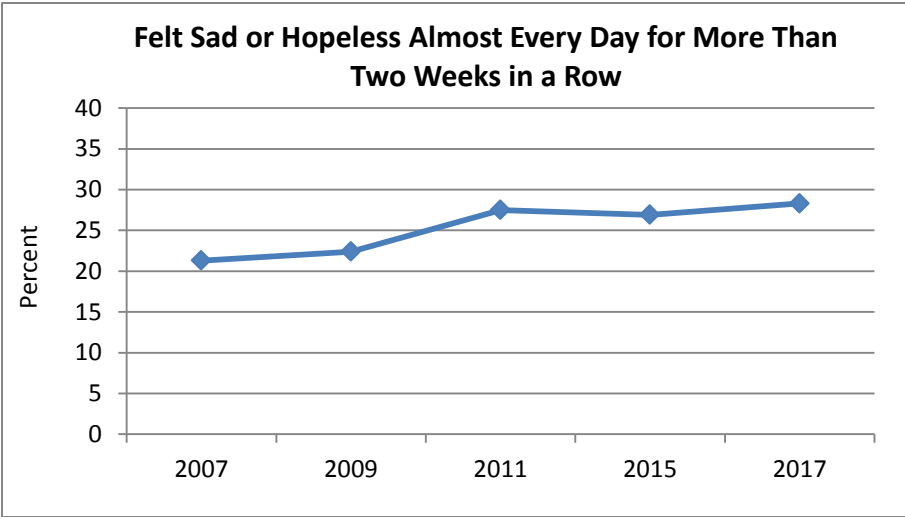
Females were more likely than males to report mental health problems and suicidal behavior.



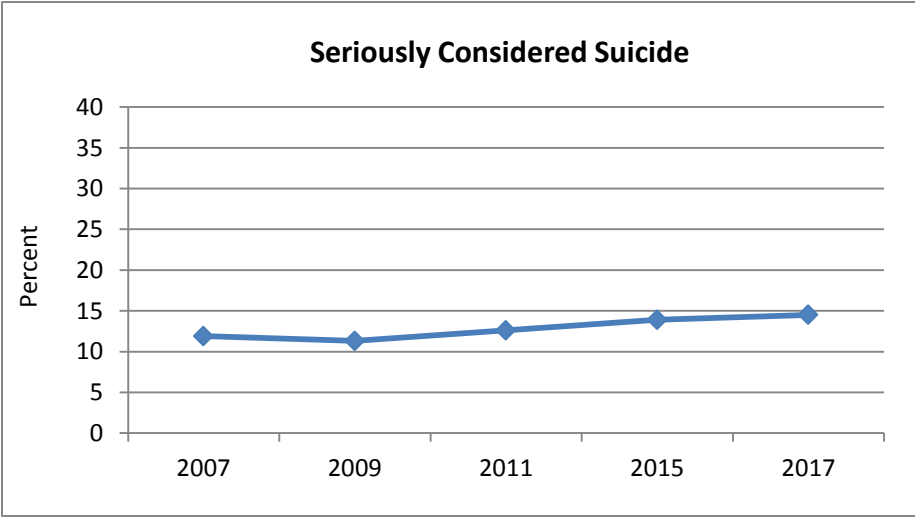


Trends

The proportion of students who reported feeling sad/hopeless every day for at least two weeks in a row, showed an overall increase since 2007.



There was an increase in the proportion of youth who reported they seriously considered suicide in the past year.

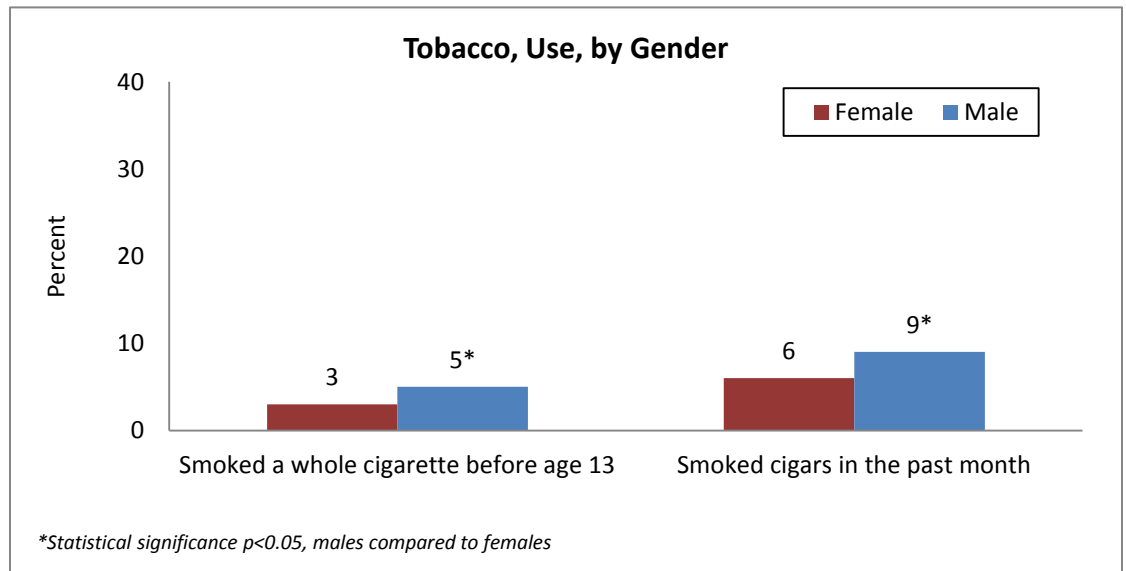


Tobacco

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q40	Ever tried smoking cigarettes, even one or two puffs	14	12.2	15.4
Q41	Smoked a whole cigarette before age 13	4	3.5	5.4
Q42	Smoked cigarettes on one or more days in the past 30 days [Current smoker]	5	4.0	6.0
Q43	Smoked cigars in the past month	8	7.0	9.6

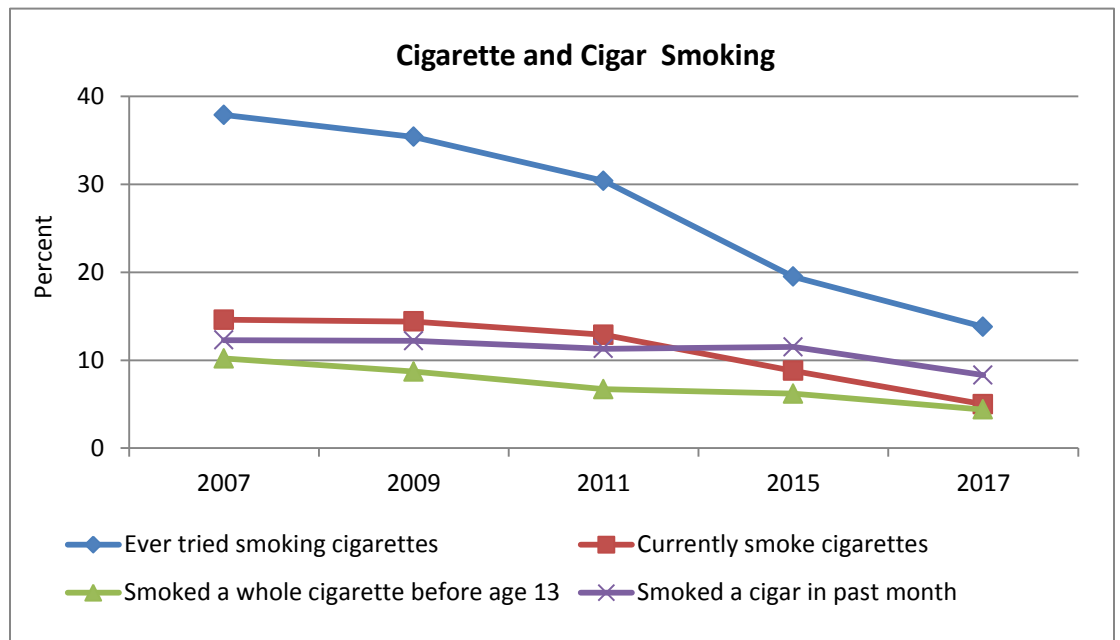
Gender differences

Males were more likely than females to initiate smoking before age 13 and to smoke cigars.



Trends

Between 2007 and 2017 cigarette and cigar smoking declined significantly.



Electronic Cigarette Use (E-Cigs)

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q44*	Ever used an e-cig or electronic vapor product	30	28.0	32.3
Q45*	Used an e-cig on one or more of the past 30 days	20	17.8	21.5
Q46*	Used an e-cig before age 13	4	3.5	5.4

* Trend data not available

Gender differences

Males were more likely than females to report using an e-cig before age 13 (6% compared to 3%).

Alcohol Use

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q48	Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	45	42.5	47.2
Q49	Had their first drink of alcohol before age 13, other than a few sips	11	9.5	12.5
Q50	Had at least one drink of alcohol in the past month	27	24.8	28.9
Q51*	Engaged in binge drinking one or more times during the past month (4 or more drinks of alcohol in a row, if FEMALE , 5 or more drinks of alcohol in a row if MALE)	15	13	16.3

*Trend data not available

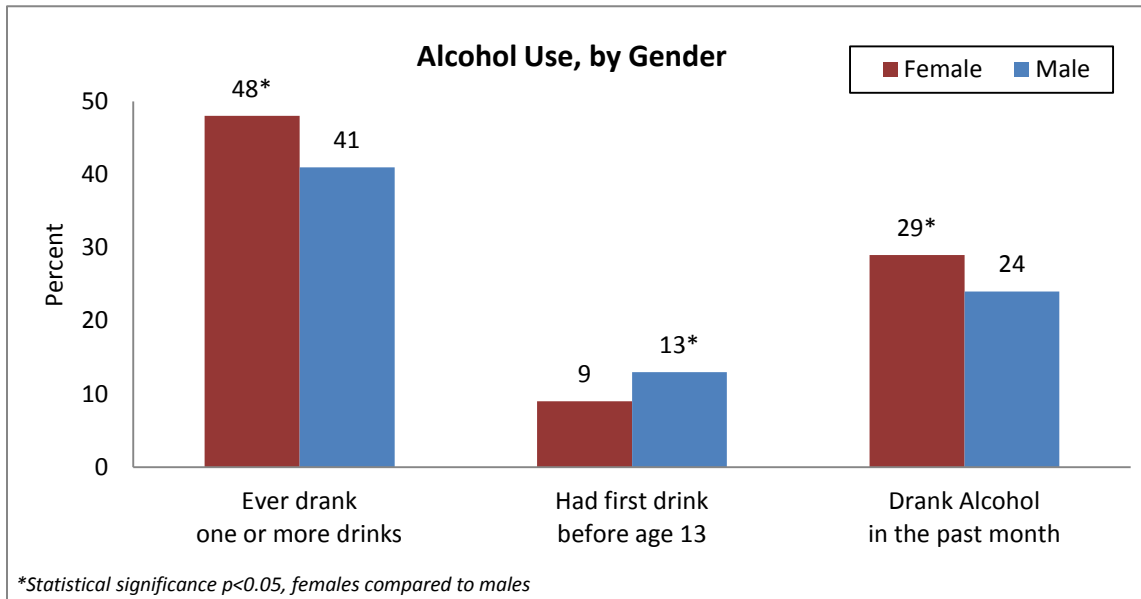
As shown in the table below, 40% of students who drank in the past month were given the alcohol by someone.

Q52*	How they usually got alcohol, among those who drank alcohol in past month	%
	Someone gave it to them	40%
	Took it from their home or a family member's home	19%
	Gave someone else money to buy it for them	17%
	Got it some other way	15%
	Bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	6%
	Bought it at a public event such as a concert or sporting event	2%
	Bought it at a restaurant, bar, or club	1%

*Trend data not available

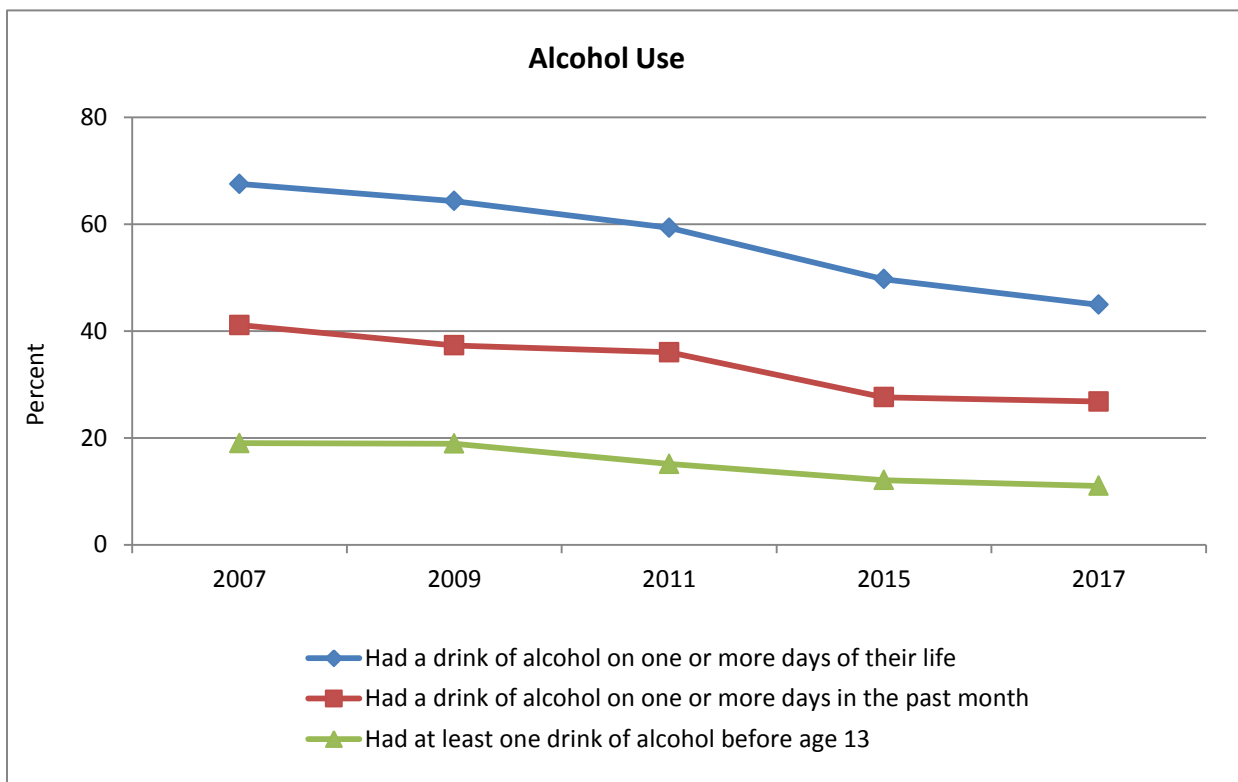
Gender differences

Females were more likely than males to report ever drinking and drinking in the past 30 days. Males were more likely to report drinking before age 13.



Trends

The proportions of youth who reported various alcohol use behaviors declined overall between 2007 and 2017. Alcohol consumption declined in all grade categories.



Marijuana Use

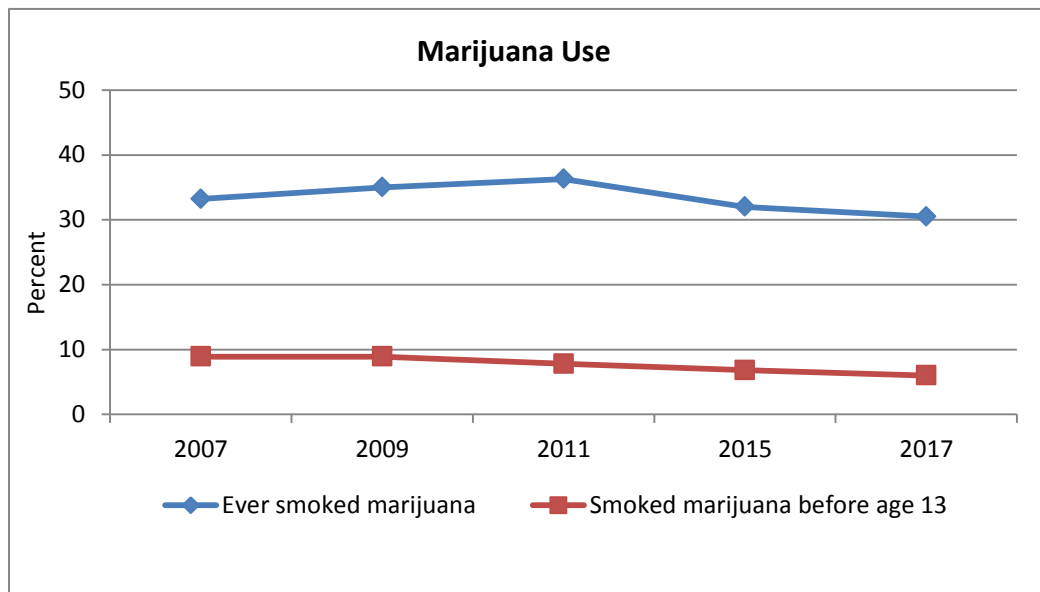
Question #	Students Reported They:	% (rounded)	LCL	UCL
Q53	Ever used marijuana	31	28.4	32.7
Q54	Used marijuana before age 13	6	4.9	7.1
Q55	Used marijuana in the past month [Current users]	21	19.3	23.2

Gender differences

There were no differences in reported marijuana use by gender.

Trends

The proportions of students who reported they ever used marijuana and they used marijuana before age 13 declined slightly between 2007 and 2017. Reported past month marijuana use however, remained stable.



The table to the right shows how marijuana was used by those who reported using it in the past month.

Question 56* How Marijuana was Used, Reported by those Who Used it in the Past Month ¹	%
Smoked it	91%
Ate it in food	26%
Vaporized it	23%
Drank it in tea, cola, etc.	5%
Used in in some other way	9%
* Trend data not available	
¹ Students were allowed to select more than one response	

Use of Other Drugs

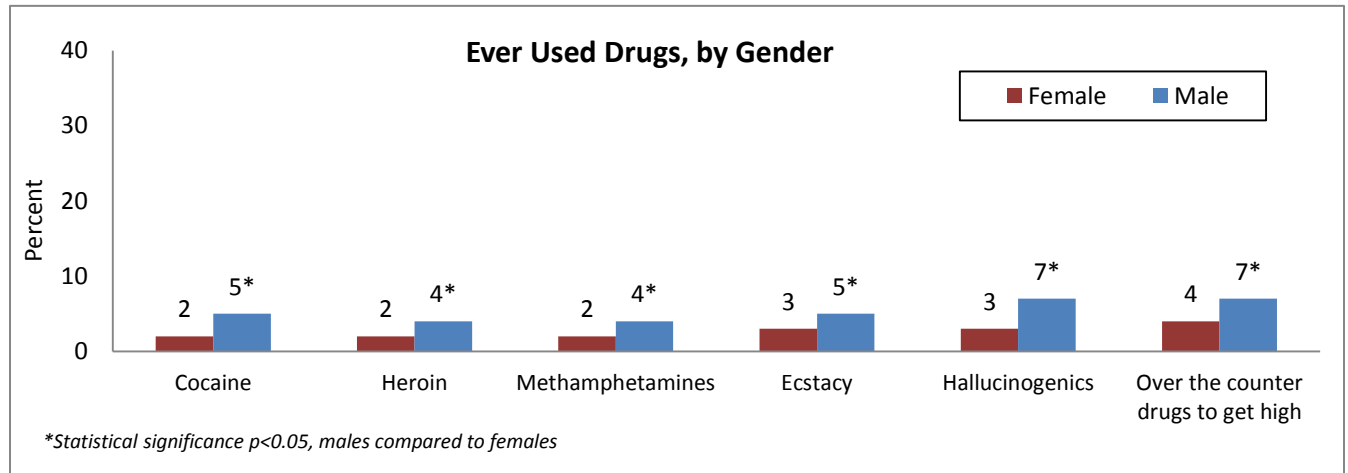
Question #	Students Reported They:	% (rounded)	LCL	UCL
Q57	Ever used any synthetic drugs (for example K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks)	4	3.5	5.4
Q58* ¹	Ever used cocaine	4	3.2	5.0
Q59	Ever used heroin	3	2.4	4.0
Q60	Ever used methamphetamines	3	2.4	4.1
Q61	Ever used ecstasy	4	3.3	5.2
Q62	Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	6	4.5	6.7
Q63	Ever took any drug or pill to get high that was prescribed for someone else (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, Xanax etc.)	9	7.2	9.8
Q64	Ever took any form of over-the-counter (OTC) drug to get high	6	5.0	7.3
Q65	Ever injected any illegal drug into their body	3	19.4	3.5
Q85*	Used an energy drink one or more times in the past week	22	20.2	24.1

*Trend data not available

¹Question changed in 2017 to "ever" using from in the "past month".

Gender differences

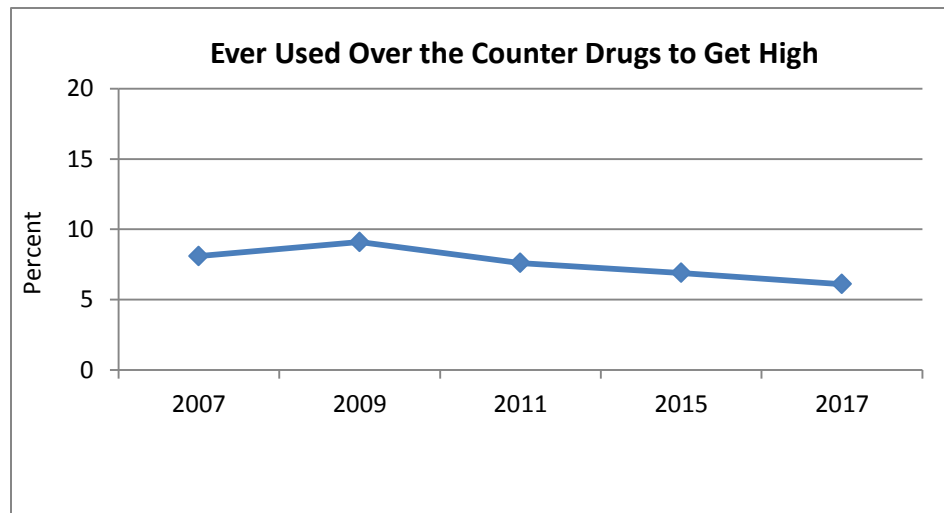
Males were more likely than females to use certain drugs.



Trends

Reported use of over-the-counter drugs declined.

Use of other drugs did not show statistically significant changes.



Substance Abuse on School Property

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q66	Were offered, sold or given an illegal drug on school property in past year	15	13.3	16.7
Q67* ¹	Used any of the following at school or school events in past month:			
	Alcohol	4	2.7	4.5
	Marijuana, pot or weed	4	3.4	5.4
	Cocaine	1	0.9	2.0
	Heroin	1	0.4	1.4
	Pills not prescribed for them	1	0.9	2.0
	Other drugs	1	0.7	1.8
	Did not use any of the following	93	91.4	93.9
Q68* ¹	Went to school or school events in the past month under the influence of any of the following:			
	Alcohol	4	3.3	5.2
	Marijuana, pot or weed	7	6.1	8.6
	Cocaine	1	0.8	1.9
	Heroin	1	0.5	1.4
	Pills not prescribed for them	2	1.1	2.4
	Other drugs	1	0.6	1.6
	Did not go to school under the influence	90	88.6	91.4

* Trend data not available

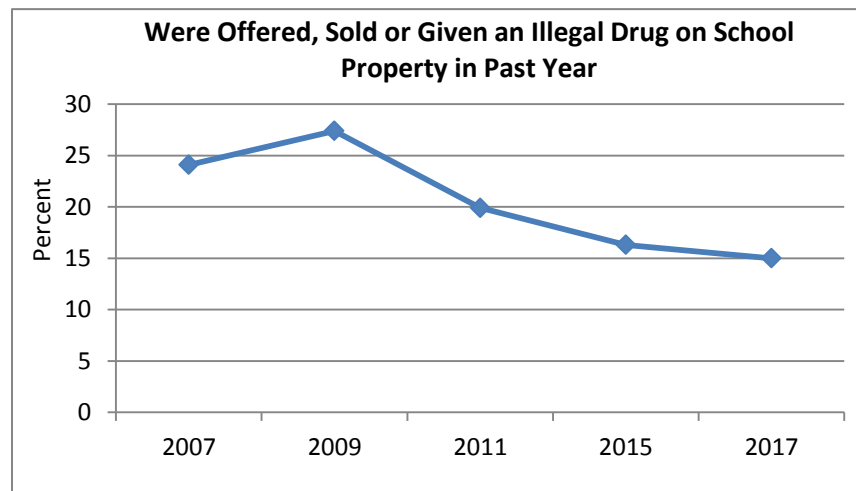
¹Students were allowed to select more than one response

Gender differences

There were not significant differences by gender in access to drugs and drug use at school.

Trends

The proportion of youth who reported they were offered, sold or given an illegal drug on school property in the past year declined overall between 2007 and 2017.



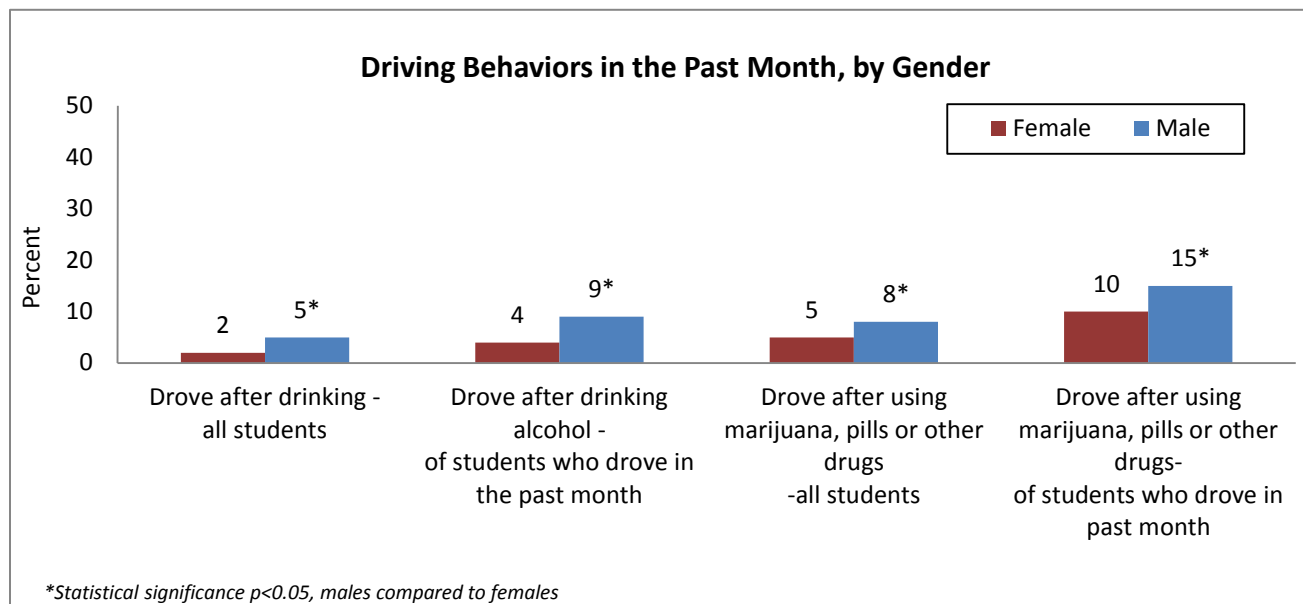
Distracted Driving and Driving Under the Influence

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q11*	Texted, used social media, scrolled the internet, or emailed while driving a car or other vehicle of those who drove in the past month	33	30.2	36.1
Q7	Rode in a car with a driver who had been drinking alcohol	15	13.2	16.5
Q8	Drove a car after drinking alcohol – of all students	4	3.4	5.3
Q8*	Drove a car after drinking alcohol-only of those who drove in the past month	8	6.2	9.6
Q9*	Rode in a car with a driver who was under the influence of marijuana, pills or other drugs	17	15.2	18.6
Q10*	Drove a car under the influence of marijuana, pills or other drugs – of all students	8	6.4	8.9
Q10*	Drove a car under the influence of marijuana, pills or other drugs – only those who drove a car in the past month	14	11.6	15.8

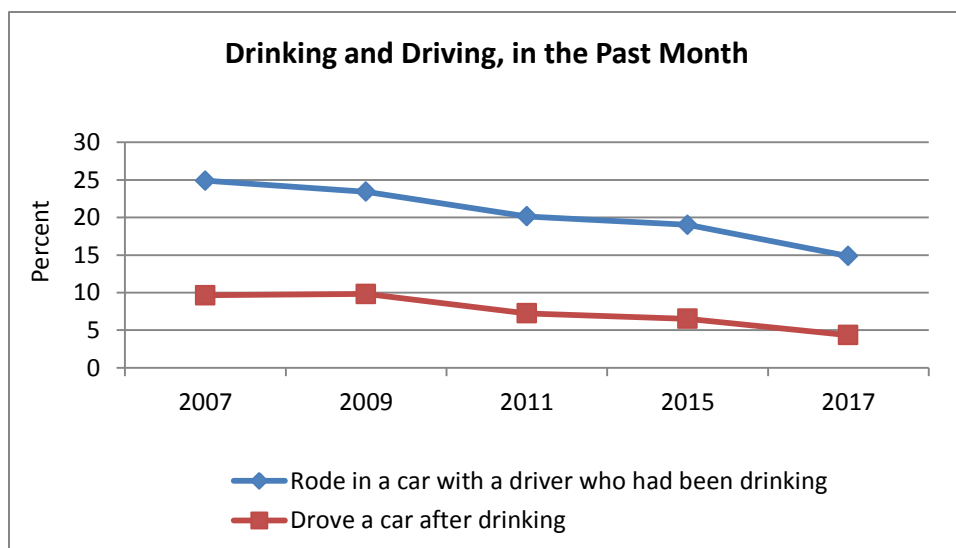
* Trend data not available

Gender differences

Males were more likely than females to report driving while under the influence of substances.



The proportions of students who reported riding in a car with someone who had been drinking and or driving a car after they had been drinking declined since 2007.

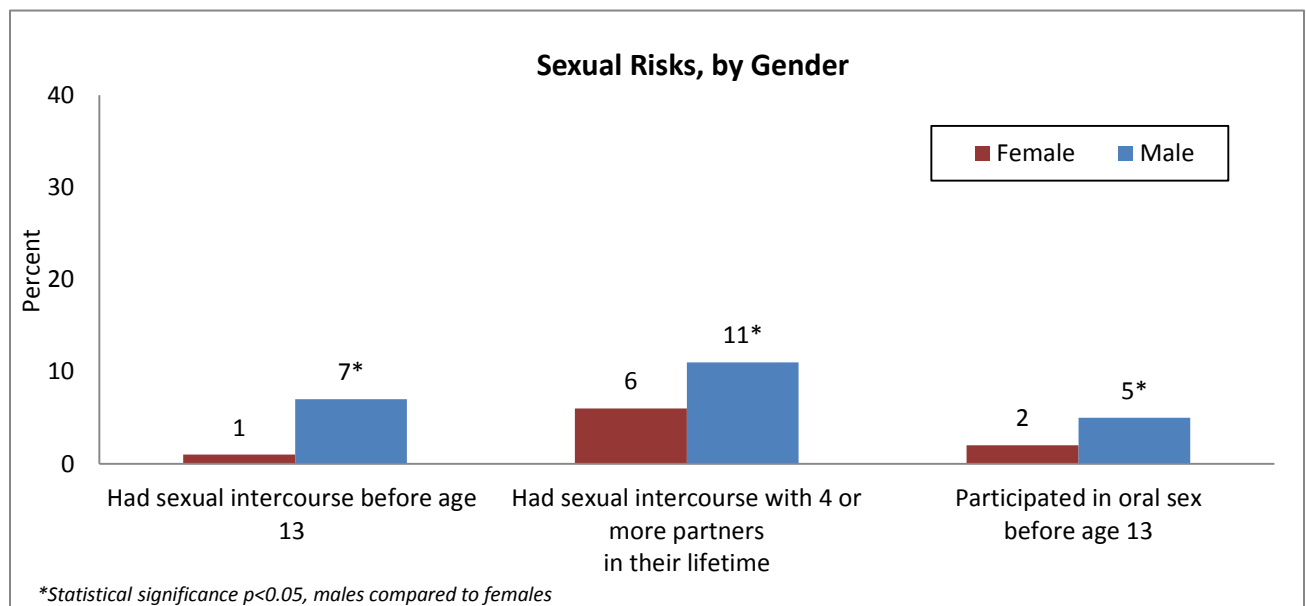


Sexual Risk Behaviors

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q69	Ever engaged in sexual intercourse	31	29.1	33.5
Q70	Had sexual intercourse before age 13	4	3.3	5.2
Q72	Engaged in sexual intercourse in the past 3 months [currently sexually active]	24	22.4	26.4
Q71	Had sexual intercourse with 4 or more partners in their lifetime	9	7.6	10.3
Q77	Ever participated in oral sex	34	31.4	35.9
Q77	Participated in oral sex before age 13	4	3.2	5.0
Q78	Used alcohol or drugs before they had sex the last time, <i>of currently sexually active students</i>	27	22.2	31.0

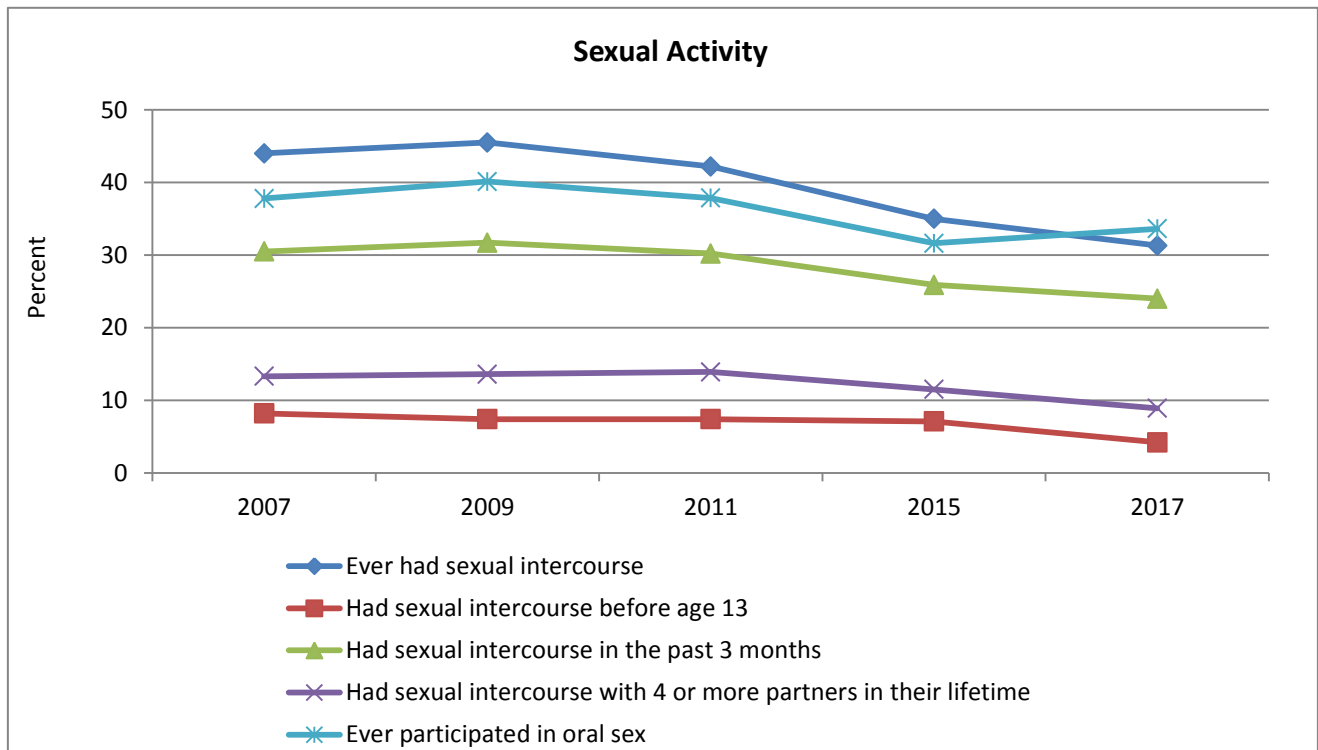
Gender differences

Males were more likely than females to report selected sexual risks.



Trends

Reported sexual activity among youth declined overall between 2007 and 2017 as shown in the graphic on the next page.



The proportion of sexually active students who reported they used alcohol or drugs before they had sex the last time increased overall from 21% in 2007 to 27% in 2017.

Prevention of Pregnancy and STDs

Long Acting Reversible Contraception (LARC), including IUDs (intrauterine devices) and contraceptive implants (Nexplanon), have high success rates (>99%) in preventing pregnancy.³ The American Congress of Obstetricians and Gynecologists recommends LARC be offered as first-line contraceptive options for all adolescents.⁴

LARC however does not offer protection against sexually transmitted diseases. The American Academy of Pediatrics recommends that health care providers encourage the consistent and correct use of both condoms and reliable contraception as part of anticipatory guidance with adolescents who are sexually active or contemplating sexual activity in order to prevent pregnancies and STDs.⁵

Of sexually active females, 59% reported their partner used a condom the last time they had sex. Of males, 60% reported they used a condom.

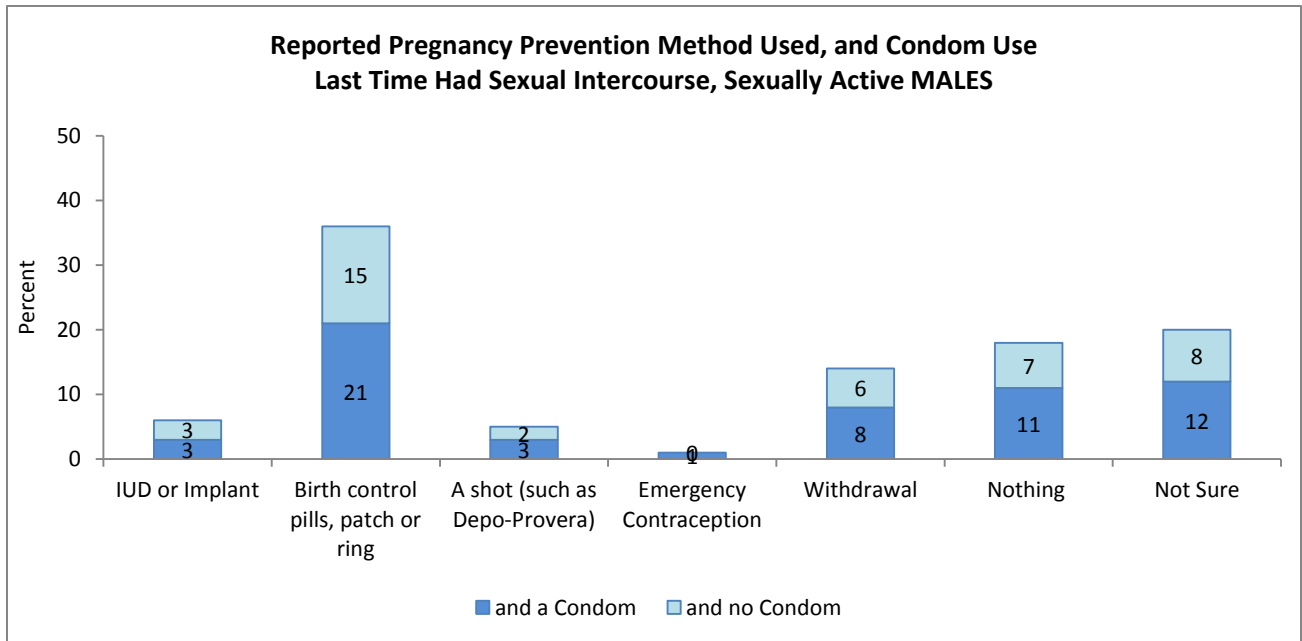
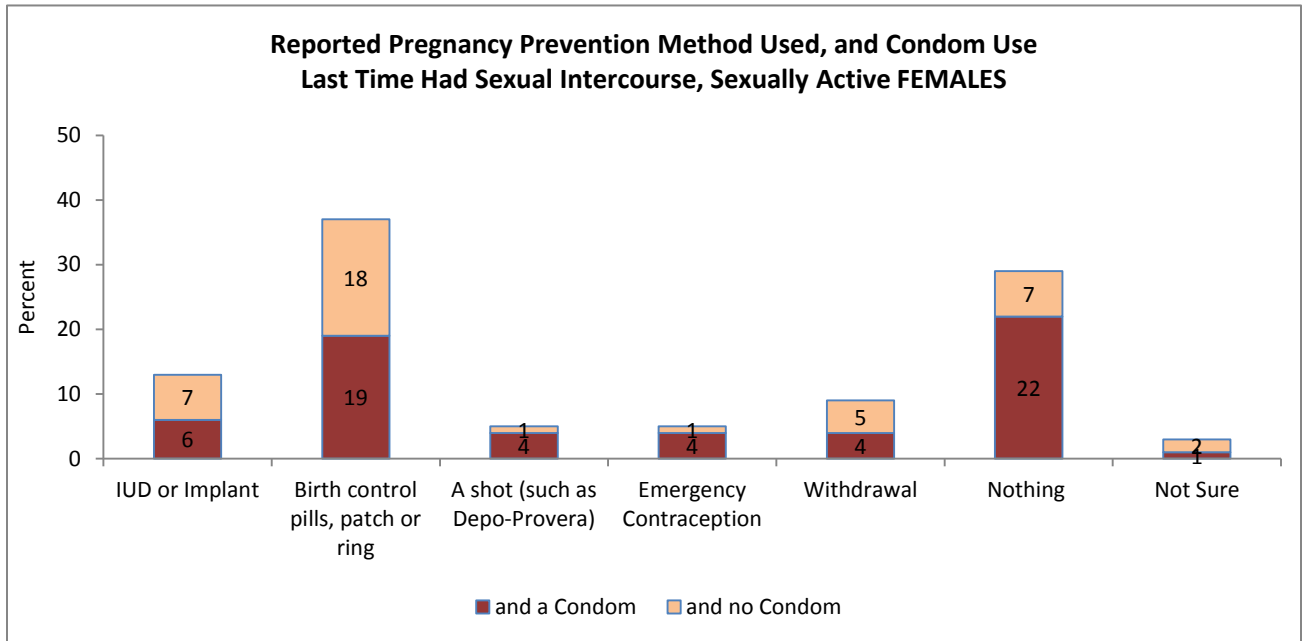
Only 4% of sexually active youth reported that both LARC and condoms were used the last time they had sexual intercourse.

³ Winner, B., Peipert, J., Zhao, Q., Buckel, C., Madden, T., Allsworth, J. "Effectiveness of Long-Acting Reversible Contraception "NEJ Med May 24,2012;366:1998-07.

⁴ ACOG Committee on Adolescent Health Care Long-Acting Reversible Contraception Working Group (2012) The American Congress of Obstetricians and Gynecologists. Committee opinion no. 539: adolescents and long-acting reversible contraception: implants and intrauterine devices. Committee Opinion Number 539. Retrieved on 5-19-15, from <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Adolescents-and-Long-Acting-Reversible-Contraception>

⁵ POLICY STATEMENT: Condom Use by Adolescents. PEDIATRICS Volume 132, Number 5, November 2013. <downloaded 10-20-2015>

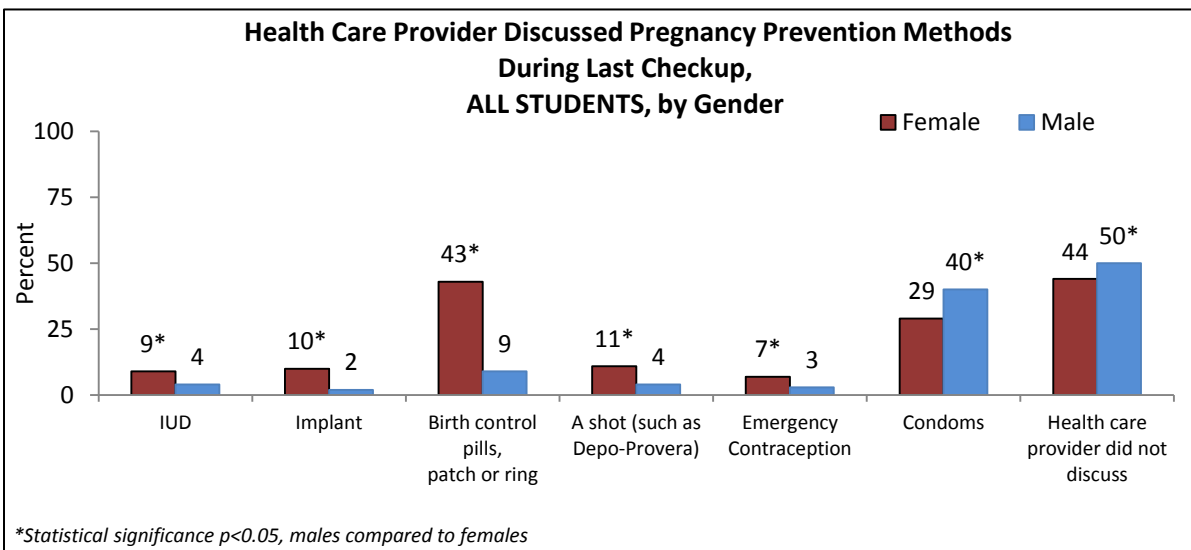
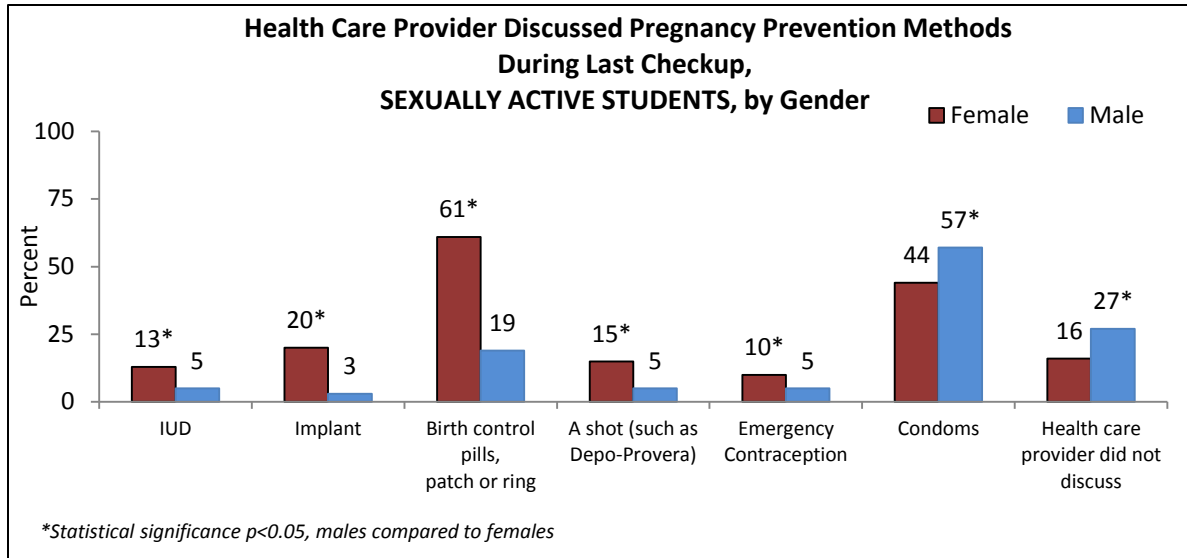
The graphics below show the pregnancy prevention methods reported by sexually active youth, by gender. Females were more likely to report that only a condom was used, while males were more likely to report they used a condom, but weren't sure if anything else was used to prevent pregnancy.



The graphics below show the proportions of sexually active students and all students, who reported their health care provider discussed various pregnancy prevention methods with them at their last checkup.

Females were more likely than males to report their doctor discussed using an IUD, implant, pill, patch, ring, shot, and plan b as pregnancy prevention methods.

Males were more likely than females to report their health care provider discussed using a condom as a pregnancy prevention method. Males were also more likely to report their doctor did not discuss any pregnancy prevention method with them.



Physical Activity/Sedentary Behavior

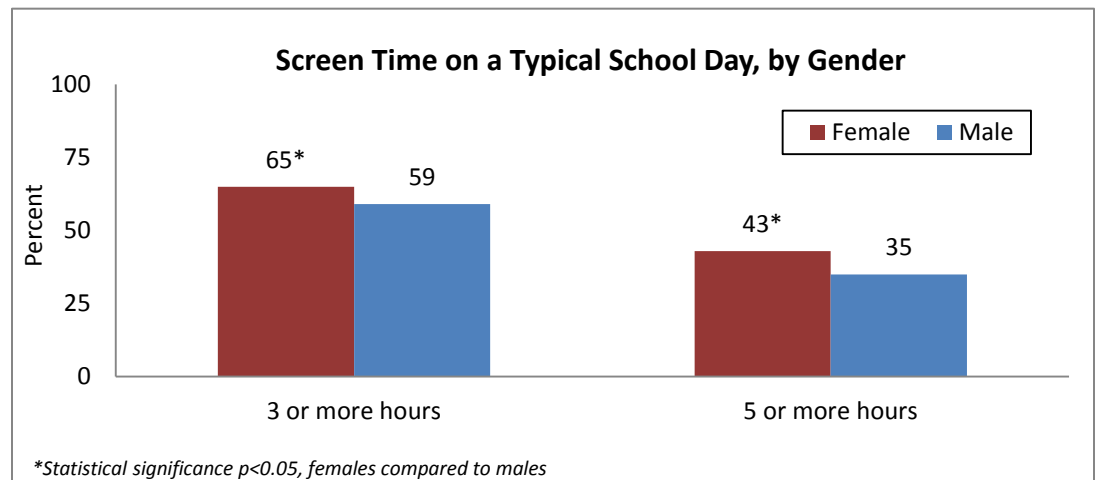
Question #	Students Reported They:	% (rounded)	LCL	UCL
Q86	Engaged in 1 hour or more of physical activity daily during the past 7 days (current recommendations)	22	20.4	24.4
Q86	Did not engage in 1 hour of physical activity on any of the past 7 days	21	19.2	23.0
Q87 ¹	On an average school day, spend 3+ hours watching TV, Netflix, Hulu, or other video streaming websites	31	28.7	33.1
Q88 ¹	On an average school day, spend 3+ hours playing video or computer games, or using a computer or smartphone <u>for something that is not school work</u>	38	36.0	40.6
Q87 Q88	Watch TV or video streaming sites, play video or computer games or use a computer/smartphone for 3 or more hours on a typical school day (3+ hours screen time)	63	60.3	64.9
Q87 Q88	Watch TV or video streaming sites, play video or computer games or use a computer/smartphone for 5 or more hours on a school day (5+ hours screen time)	39	37.1	41.7

¹ questions changed slightly related to new technology and websites

Gender differences

Males were more likely to report they met the current recommendations for physical activity compared to females (29% compared to 16%).

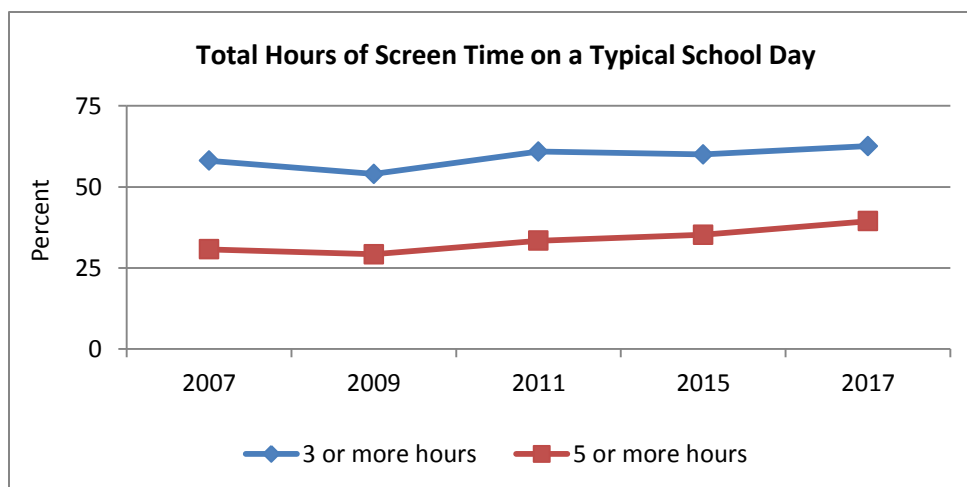
Females were more likely than males to report three and five hours spent on screen time during a typical school day.



Trends

Since 2007, there was an increase in the proportion of students reporting one hour of daily physical activity from 15% in 2007 to 22% in 2017. At the same time, there was a decline in the proportion who reported no days when they engaged in one or more hours of physical activity, from 26% to 21%.

Time spent in front of a screen, doing non-school related activities increased between 2007 and 2017.



Sleeping Habits and Food Insecurity

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q89*	Get 8 or more hours of sleep on an average school night	29	26.4	30.7
Q89*	Get 6 or less hours of sleep on an average school night	46	43.5	48.3
Q39*	Went hungry sometimes, most of the time or always during the past month because there was not enough food in their home (food insecure)	6	5.3	7.6

* Trend data not available

Gender differences

Females were more likely than males to report getting less than 6 hours or less of sleep on a typical school night (49% compared to 41%).

Preventive Health

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q90	Saw a doctor or health care provider for a check-up or physical exam in the past year	85	82.7	86.3
Q91	Got a chance to speak with a doctor or other health care provider privately (without their parents in the room) in the past 12 months	69	67.0	71.4

Gender differences

Females were more likely than males to report they saw a health care provider for a check-up in the past year (89% compared to 80%) and they got a chance to speak with a health care provider privately in the past 12 months (72% compared to 68%).

Trends

The proportions of students who reported they received a preventive health visit and got to speak with a health care provider privately fluctuated since 2007.

Parental Influences

Question #	Students Reported Their Parents Feel	% (rounded)	LCL	UCL
Q92*	It would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	70	67.5	71.9
Q93*	It would be <u>very wrong</u> or <u>wrong</u> for them to smoke	94	93.3	95.5
Q94*	It would be <u>very wrong</u> or <u>wrong</u> for them to smoke marijuana	83	81.1	84.7
Q95*	It would be <u>very wrong</u> or <u>wrong</u> for them to use an e-cig	82	80	83.7

* Trend data not available

Gender differences

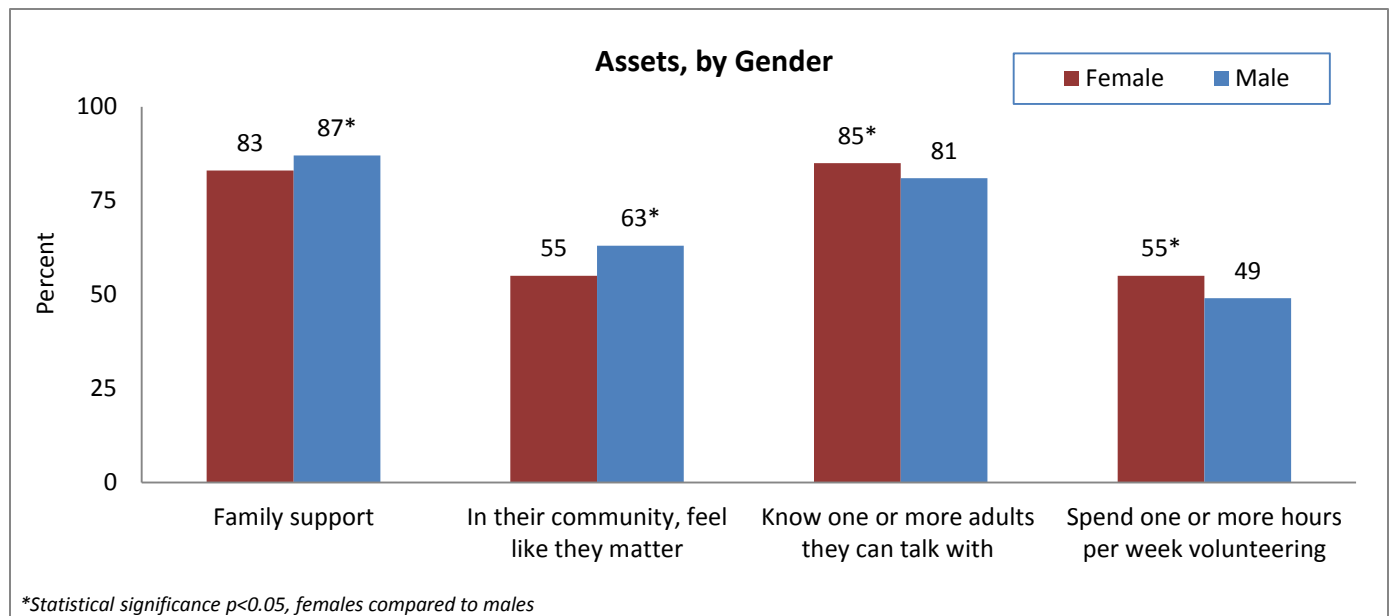
There were not differences by gender in reported parental influences.

Assets

Question #	Students Reported They:	% (rounded)	LCL	UCL
Q37	Strongly agree or agree with the statement "My family gives me help and support when I need it"	84	82.2	85.7
Q96	Strongly agree or agree with the statement "In my family there are clear rules about what I can and cannot do"	85	82.9	86.3
Q97	Strongly agree or agree with the statement "I get a lot of encouragement at my school"	64	61.9	66.5
Q98	Strongly agree or agree with the statement "In my community I feel like I matter to people"	58	56.0	60.7
Q99	Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	83	80.7	84.3
Q100	Spend one or more hours per week helping others	52	49.4	54.2

Gender differences

Differences by gender are shown in the graphic below.



Trends

The proportion of students who reported they had one or more adults they can talk with declined from 85% in 2007 to 82% in 2017.