



2011 Monroe County Youth Risk Behavior Survey Report

Prepared by the Monroe County Department of Public Health
111 Westfall Road
Rochester, NY

For more information contact Melissa Gray at 753-5331

Table of Contents

Executive Summary	1
Introduction.....	2
Violence.....	5
Electronic Bullying and Safety.....	6
Texting/Emailing While Driving.....	6
Sleeping Habits.....	6
Mental Health.....	7
Tobacco Use.....	8
Alcohol Use/Drinking and Driving.....	9
Drug Use.....	10
Sexual Risks.....	12
Nutrition.....	13
Physical Activity/Sedentary Behavior.....	14
Preventive Health.....	15
Assets.....	16
Parental Influences.....	16

Executive Summary

Introduction

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools for the tenth time in 2011. Because two of the 18 school districts in the county opted out of the survey this year, we over-sampled in the remaining districts. A random sample of public high school students in the remaining sixteen Monroe County districts was developed with a projected 5% margin of error and an 80% response rate. A total of 1810 surveys were completed. This year, we also used a mixed mode of surveying. Districts that only contributed to the county sample, used paper and pencil surveys, while those that completed their own district-wide survey, administered the survey using a computer based confidential platform.

Summary of Trends

There have been improvements in reported risks and behaviors among Monroe County students over the past several years. These improvements are summarized below.

Violence

- Physical fighting declined between 2005 and 2011.
- Weapon carrying on school property declined between 1999 and 2011.
- Bully victimization declined between 2003 and 2009 and leveled off in 2011.

Mental Health

- Suicide ideation, planning and attempts declined overall between 1999 and 2011.

Tobacco Use

- Cigarette smoking declined by more than half since 1999.

Alcohol Use

- Use of alcohol has declined since 1999.
- Drinking and driving declined between 2003 and 2011.

Drug Use

- Use of inhalants, and methamphetamines declined overall between 1999 and 2011.
- Being offered, sold, or given drugs on school property declined overall between 1999 and 2011.

Sexual Risks

- Ever engaging in oral sex declined between 2003 and 2011

Nutrition

- Soda consumption declined between 2007 and 2011.

Physical Activity

- Engaging in physical activity for one or more hours per day increased between 2009 and 2011.

Preventive Counseling

- Preventive counseling by doctors about alcohol, tobacco and sexual risks increased between 1999 and 2011.

Assets

- Since 2005, there were increases in the proportions of students who reported there were clear rules in their families and that they get a lot of encouragement at school.

Unfortunately, some indicators have gotten worse. These are summarized below.

Mental Health

- Feelings of sadness and hopelessness increased between 2007 and 2011.

Sexual Risks

- Engaging in sexual intercourse and having multiple sex partners increased between 2001 and 2011.

Nutrition

- Milk consumption declined between 1999 and 2011.

Introduction

Background

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools for the tenth time in 2011. The Youth Risk Behavior Survey, designed and validated by the 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 2011, two suburban districts opted not to participate in the survey. To make up for these two missing school districts, we over sampled in the rest of the districts in the county. 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.

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.

Seven 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. The MCDPH administered surveys in these classes using a standard script that described the survey, explained that participation is voluntary and that survey responses are kept confidential.

Nine districts administered the survey at the *“district level”*. Within these districts, surveys were given during classes that all students were required to attend. Surveys were administered using a computer based confidential survey platform.

It should be noted that it is not clear how the results of this year’s survey were affected by the fact that two school districts did not participate in the survey and by our mixed mode of survey administration.

Limitations of the Data

These data do not include students who have dropped out of school or students who were absent the day the survey was administered. Research has shown that students who dropout or are frequently absent are more likely to engage in health-risk behaviors than other students.¹

These data are based on self-report, thus students may under-report illegal type behavior like alcohol or drug use.

Nationally, the CDC conducts internal reliability checks to identify the small percentage of students who may falsify their answers. 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”. Data published in this report are not checked for internal reliability and are only based on responses to each individual question.

Demographic Characteristics of Respondents

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

Gender	#	%
Female	932	53
Male	838	47
Total	1770	100
Did not answer	40	

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.

Age	#	%
13 or younger	26	2
14 years old	236	13
15 years old	439	24
16 years old	439	24
17 years old	454	25
18 years old or older	216	12
Total	1810	100

Race/Ethnicity	#	%
Latino	207	12
White, Not Latino	1047	58
African American, Not Latino	356	20
Other races, Not Latino/ More than one race, Not Latino	186	10
Total	1796	
Did not answer	14	

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.

Report Format

This report is organized by the following topics:

- Violence
- Electronic Bullying and Safety
- Texting/Emailing While Driving
- Sleeping Habits
- Mental Health
- Tobacco Use
- Alcohol Use, Drinking and Driving
- Drug Use
- Sexual Risk
- Nutrition
- Physical Activity/Sedentary Activity
- Preventive Health
- Assets
- Parental Influences

Each section includes percentages of students who reported various behaviors related to the topic, along with confidence intervals (LCL – lower confidence level and UCL- upper confidence level).

Trend data are illustrated graphically for indicators in which the point estimates of the confidence intervals did not overlap. The sample data were weighted to match the grade, gender and City-Suburb distribution of the enrollment for each given survey year. For all measures, the trends for crude and weighted rates were relatively equivalent. Based on this finding, only crude rates are reported.

Violence

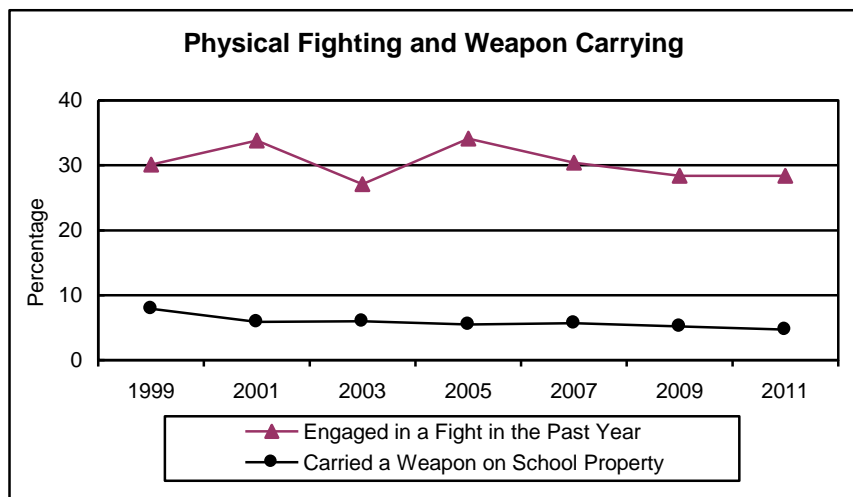
2011 Results

	Students Reported They:	%	LCL	UCL
Q10	Carried a weapon in the past month	13.4	11.8	15.0
Q11	Carried a gun in the past month	4.9	3.9	5.9
Q12	Carried a weapon on school property in the past month	4.7	3.7	5.7
Q16	Engaged in a physical fight in the past year	28.4	26.3	30.5
Q17	Engaged in a physical fight on school property in the past year	12.9	11.4	14.5
Q13	Did not go to school on one or more days in the past month because they felt unsafe	5.8	4.7	6.9
Q14	Were teased, harassed, or attacked at school or on the way to school in the past month [bullied]	23.1	21.2	25.1
Q15	Were threatened/injured on school property 1 or more times during past year	8.5	7.2	9.8
Q18	Were hit/slapped/physically hurt on purpose by boyfriend/girlfriend in past year	10.0	8.6	11.4
Q19	Were ever forced to have sexual intercourse	7.9	6.6	9.1

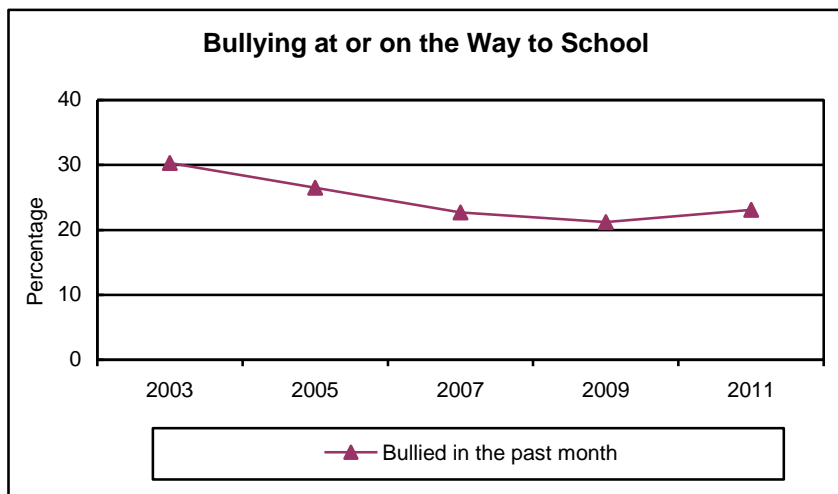
Trends

The proportion of students who reported they engaged in a physical fight in the past year fluctuated between 1999 and 2005, and then declined between 2005 and 2011.

The proportion of students who reported weapon carrying on school property declined between 1999 and 2011.



The proportion of students who reported they were teased, harassed or attacked at school or on the way to school in the past month, declined between 2003 and 2009, and then leveled off.



Electronic Bullying and Safety

2011Results

	Students Reported They:	%	LCL	UCL
Q65	Used the internet or cell phone text messaging to harass or embarrass someone that they were mad at one or more times in the past year, <i>(of those who went on internet or used cell phone)</i>	25.6	23.5	27.7
Q66	Someone on the internet tried to get them to talk about sex when they didn't want to in the past year, <i>(of those who went on internet or used cell phone)</i>	15.0	13.3	16.7
Q64	In the past 12 months, another student teased, threatened, or spread rumors about them through texting, social networking, instant messaging, emails or blogs [electronically bullied]	19.7	17.8	21.6
Q67	Used a cell phone, computer or other electronic device to send nude or semi-nude pictures of yourself or someone else in the past 30 days	16.9	15.1	18.7
Q68	Used a cell phone, computer or other electronic device to receive nude or semi-nude pictures of someone else, in the past 30 days	21.0	19.1	22.9

Texting/Emailing While Driving

2011Results

	Students Reported They:	%	LCL	UCL
Q9	Texted or emailed while driving a car or other vehicle during the past month <i>(of students who were ages 17 and 18 years old)</i>	36.1	32.4	39.8

Sleeping Habits

2011Results

	Students Reported They:	%	LCL	UCL
Q84	Get 8 or more hours of sleep on an average school night	29.1	26.9	31.2
Q84	Get 6 or less hours of sleep on an average school night	42.3	39.9	44.6

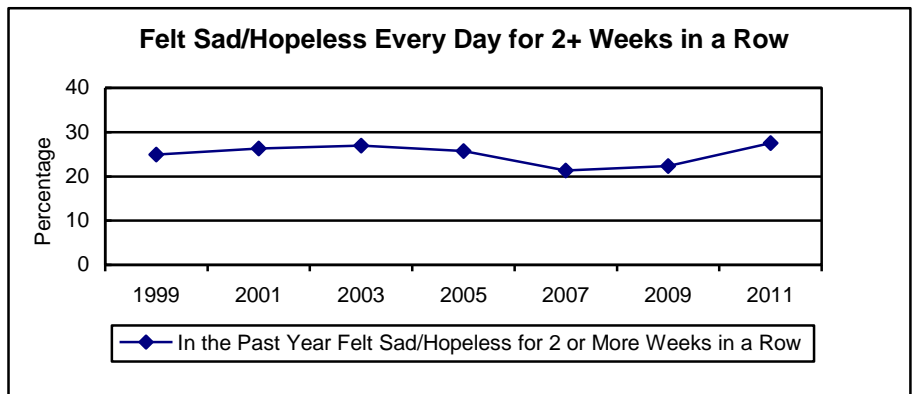
Mental Health

2011 Results

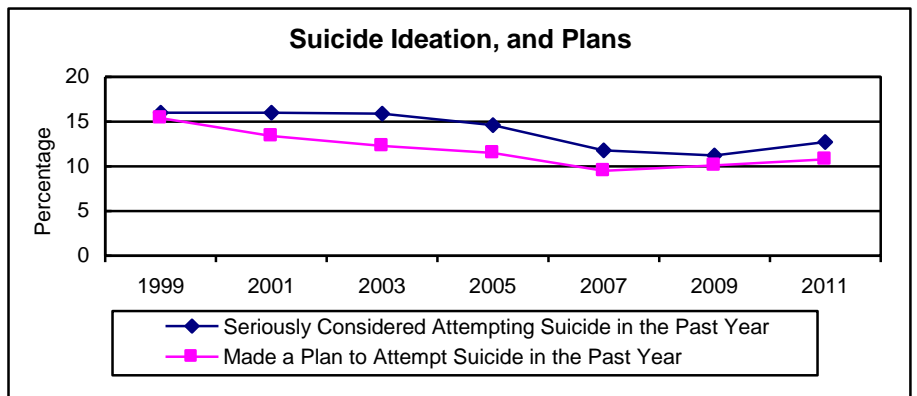
	Students Reported They:	%	LCL	UCL
Q20	Felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing their usual activities, in the past year	27.5	25.4	29.5
Q21	Seriously considered attempting suicide in the past year	12.7	11.2	14.3
Q22	Made a specific plan about how they would attempt suicide in past year	10.8	9.3	12.2
Q23	Attempted suicide in the past year	7.0	5.8	8.2
Q24	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse	2.6	1.9	3.4
Q25	Ever hurt themselves on purpose by cutting, burning, or bruising for example, without the intention of committing suicide (self-injury)	18.4	16.6	20.3

Trends

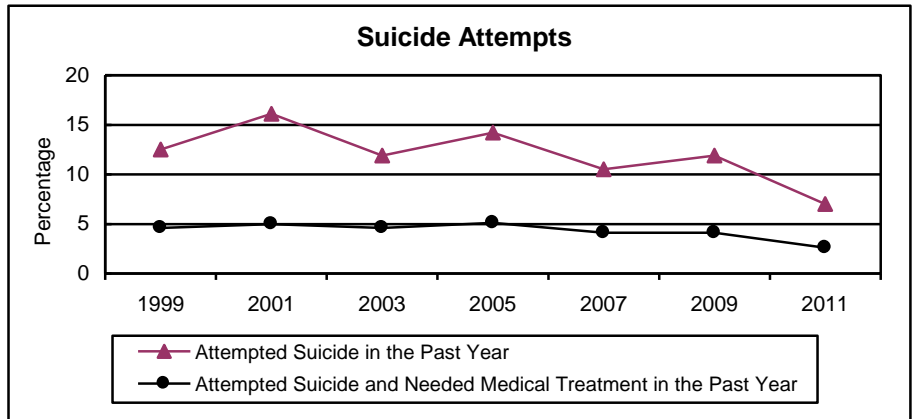
The proportion of students who reported feeling sad/hopeless every day for at least two weeks in a row, declined between 2003 and 2007, and then increased between 2007 and 2011.



Reported suicide ideation and planning declined between 1999 and 2007, then leveled off.



The proportion of students who reported suicide attempts and attempts that required medical treatment declined overall since 1999.



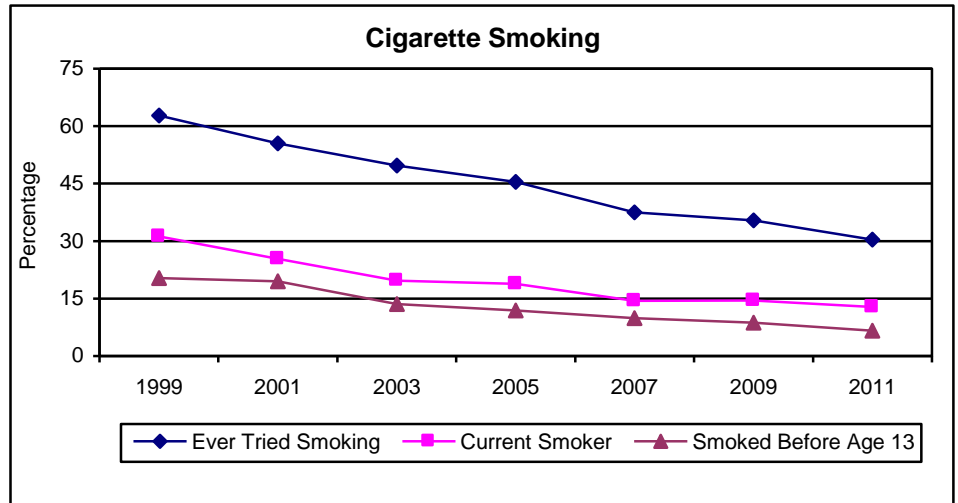
Tobacco Use

2011 Results

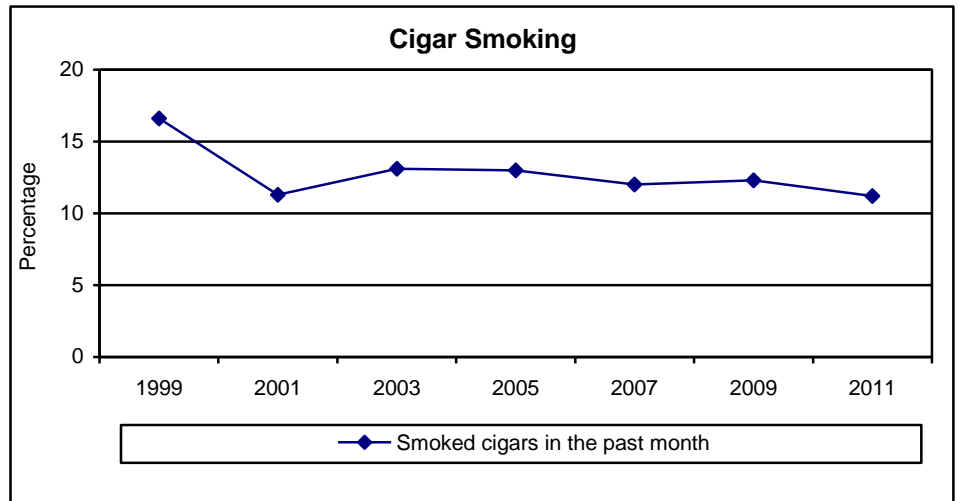
	Students Reported They:	%	LCL	UCL
Q26	Ever tried smoking cigarettes, even one or two puffs	30.4	28.2	32.5
Q27	Smoked a whole cigarette before age 13	6.6	5.4	7.8
Q28	Smoked cigarettes on one or more days in the past 30 days [Current smoker]	12.8	11.2	14.4
Q31	Used smokeless tobacco in the past month	5.3	4.2	6.3
Q32	Smoked cigars in the past month	11.2	9.7	12.7

Trends

Between 1999 and 2011 the reported cigarette smoking declined by more than half.



Reported cigar smoking declined between 1999 and 2001 and has been stable since then.



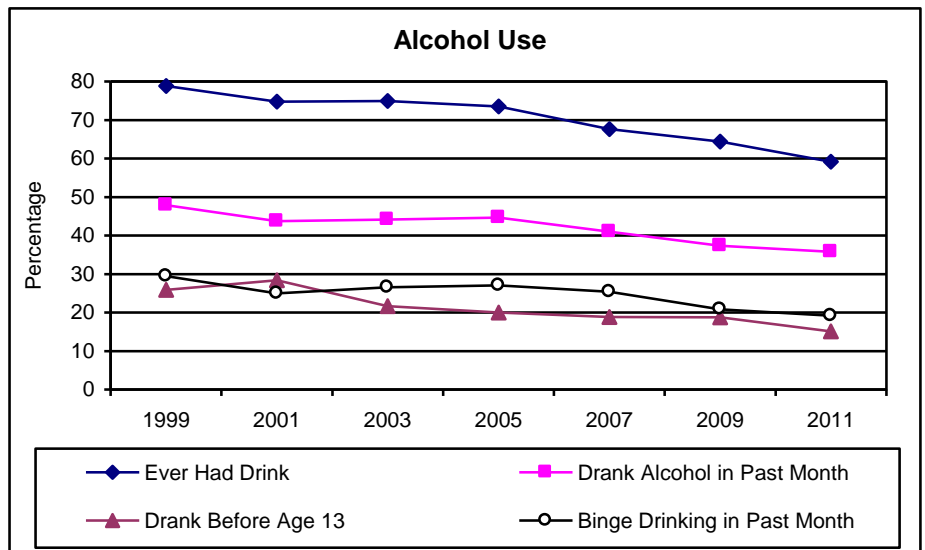
Alcohol Use/Drinking and Driving

2011 Results

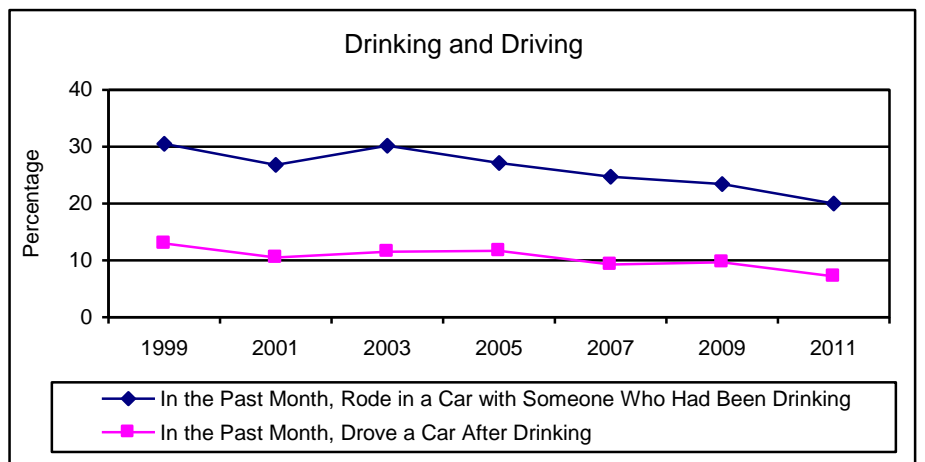
	Students Reported They:	%	LCL	UCL
Q33	Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	59.2	56.9	61.5
Q34	Had their first drink of alcohol before age 13, other than a few sips	15.1	13.4	16.8
Q35	Had at least one drink of alcohol in the past month	35.8	33.6	38.1
Q36	Consumed 5 or more drinks of alcohol in a row, within a couple of hours on one or more occasions in the past month [binge drinking]	19.2	17.3	21.0
Q37	Had at least one drink of alcohol on school property in the past month	5.2	4.2	6.3
Q38	Went to school while under the influence of alcohol in the past month	6.5	5.3	7.6
Q7	Rode in a car in the past month with someone who had been drinking alcohol	20.0	18.2	21.9
Q8	Drove a car in the past month after drinking alcohol	7.2	6.0	8.4

Trends

The proportions of youth who reported various alcohol use behaviors declined overall between 1999 and 2011.



The proportion of students who reported they rode in a car with someone who had been drinking and the proportion who reported drinking and driving declined between 2003 and 2011.



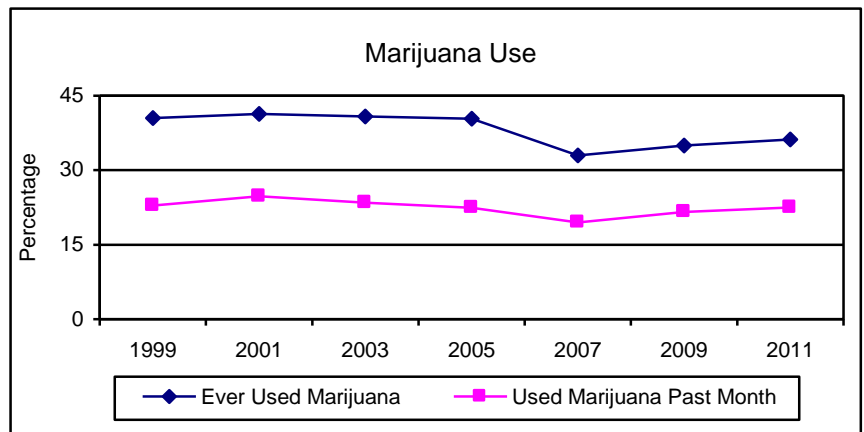
Drug Use

2011 Results

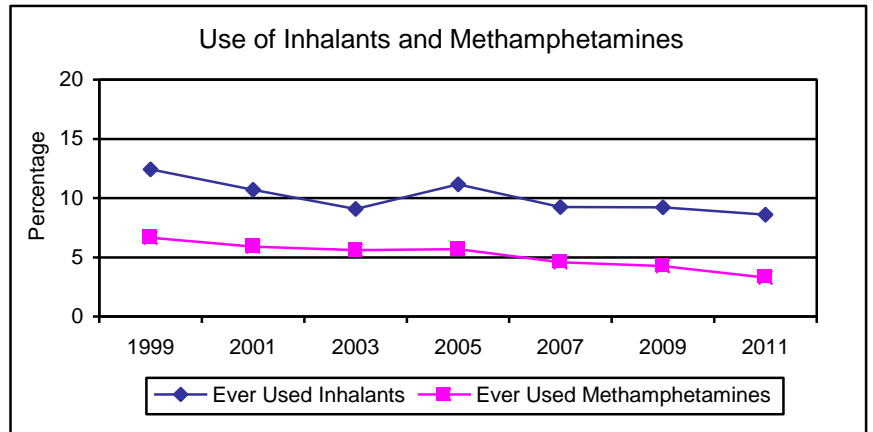
	Students Reported They:	%	LCL	UCL
Q39	Ever used marijuana	36.2	33.9	38.5
Q40	Used marijuana before age 13	7.7	6.5	9.0
Q41	Used marijuana in the past month	22.5	20.6	24.5
Q44	Used cocaine in past month	3.1	2.3	3.9
Q45	Ever sniffed glue, spray cans or paint to get high	8.6	7.2	9.9
Q46	Ever used heroin	2.8	2.0	3.5
Q47	Ever used methamphetamines	3.3	2.4	4.1
Q48	Ever used ecstasy	4.7	3.7	5.7
Q49	Every used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	6.3	5.1	7.4
Q50	Ever used steroids without a doctor's permission	3.1	2.3	3.9
Q51	Ever took a prescription drug, such as OxyContin, Percocet, Vicodin, codeine, Adderal, Ritalin, Xanax etc., without a doctor's prescription	11.5	10.0	13.0
Q52	Ever took any form of over the counter drug to get high	7.4	6.2	8.7
Q53	Ever injected any illegal drug into their body	2.4	1.6	3.1
Q54	Were offered, sold or given an illegal drug on school property in past year	19.9	18.0	21.7
Q42	Used marijuana on school property in the past month	5.0	4.0	6.0
Q43	Went to school while under the influence of marijuana in the past month	10.6	9.1	12.0

Trends

The proportion of students who reported marijuana use declined between 2003 and 2007. Since 2007, the proportion reporting marijuana use increased slightly, but the increase was not significant.

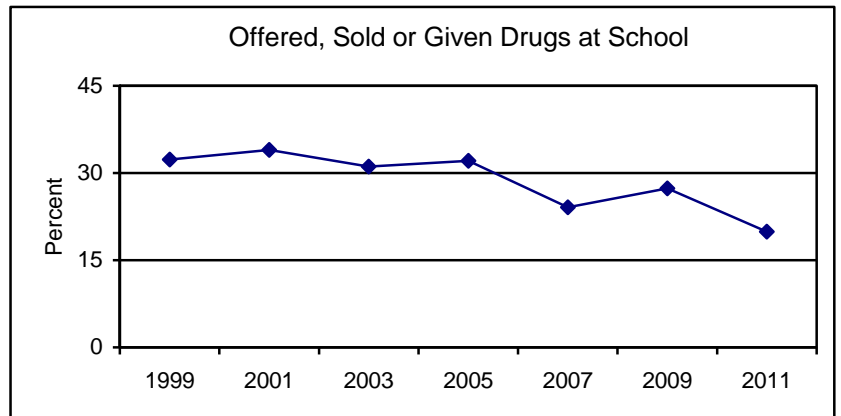


Reported use of inhalants and methamphetamines declined overall since 1999.



Between 2003 and 2011, the proportions of students who reported they used cocaine, heroin, ecstasy, steroids, and illegal injected drugs all remained relatively stable. During this same time period, reported prescription drug use (without a doctor's prescription) and over the counter drug use to get high, was stable.

The percentage of students who reported they were offered, sold or given drugs, on school property, declined between 1999 and 2011.



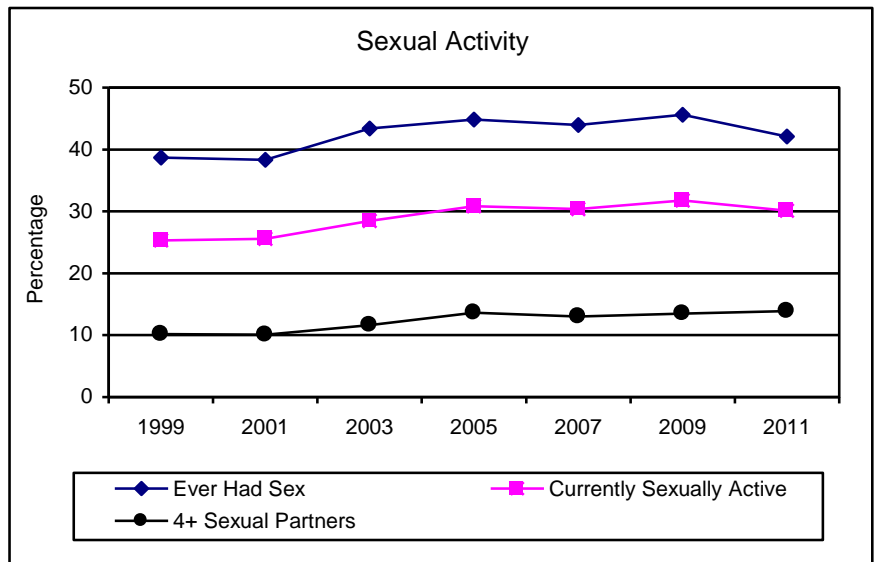
Sexual Risks

2011 Results

	Students Reported They:	%	LCL	UCL
Q55	Ever engaged in sexual intercourse	42.1	39.7	44.4
Q56	Had sexual intercourse before age 13	7.3	6.1	8.5
Q58	Engaged in sexual intercourse in the past 3 months [currently sexually active]	30.1	27.9	32.2
Q57	Had sexual intercourse with 4 or more partners in their lifetime	13.9	12.2	15.5
Q59	Used alcohol or drugs before they had sex the last time, <i>(of currently sexually active students)</i>	24.0	20.3	27.7
Q60	Used a condom the last time they had sexual intercourse, <i>(of currently sexually active students)</i>	60.6	56.3	64.9
Q61	Used birth control pills to prevent pregnancy, last time they had sex, <i>(of currently sexually active students)</i>	21.3	17.8	24.8
Q62	Ever participated in oral sex	37.9	35.6	40.2
Q63	Participated in oral sex before age 13	5.7	4.6	6.8

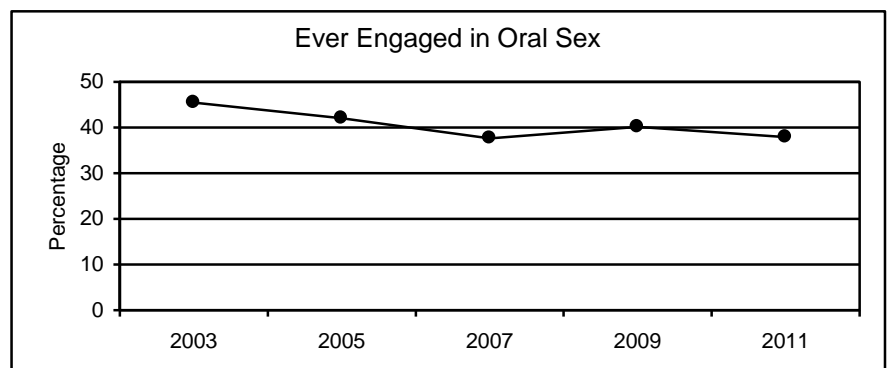
Trends

Between 2001 and 2011, there were significant increases in the proportions of students who reported they ever had sex, were currently sexually active, and had four or more sexual partners in their lifetime.



Reported use of condoms and birth control pills among sexually active students fluctuated over the past several years.

The percentage of students who reported they ever participated in oral sex declined overall since 2003.



Nutrition

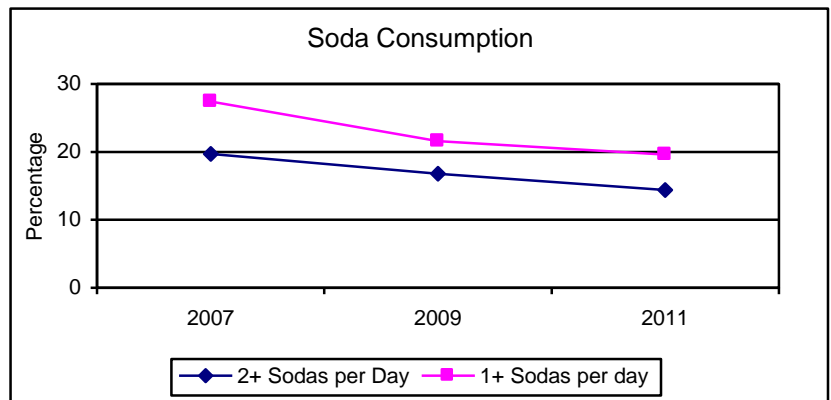
2011 Results

	Students Reported They:	%	LCL	UCL
Q69	Went without eating for 24 hours or more to control weight in the past 30 days [fasting]	12.3	10.7	13.8
Q70	Took any diet pills, powders or liquid without a doctor's advice to lose weight or keep from gaining weight in the past 30 days	4.9	3.9	6.0
Q71	Took laxatives or vomited to control weight in the past 30 days	6.0	4.9	7.2
Q72	Drank 1 or more cans, bottles or glasses of soda per day during the past 7 days (not including diet soda)	19.6	17.7	21.5
Q72	Drank 2 or more cans, bottles or glasses of soda per day during the past 7 days (not including diet soda)	14.4	12.8	16.1
Q73	Drank 3 or more glasses of milk per day during the past 7 days	20.3	18.4	22.2

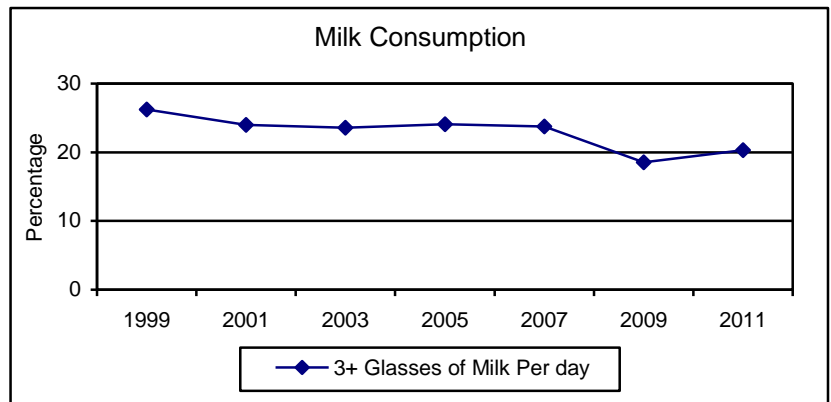
Trends

The proportion of students who reported unhealthy diet practices to lose weight, like fasting, using diet pills, vomiting or taking laxatives, remained stable since 1999.

Between 2007 and 2011, the proportion of students who reported they consumed soda declined. It is not clear if the decline in soda consumption is due to students replacing soda with other sweetened drinks like iced tea, "vitamin drinks" or energy drinks.



The proportion of students who reported they consumed three or more glasses of milk per day declined overall between 1999 and 2011.

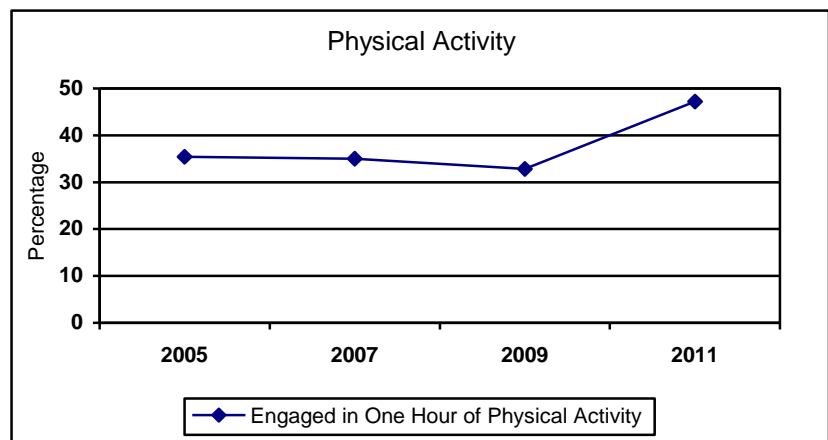


Physical Activity/Sedentary Behavior 2011 Results

	Students Reported They:	%	LCL	UCL
Q74	Engaged in 1 hour or more of physical activity on 5 of the past 7 days [current recommendations for physical activity for adolescents]	47.2	44.8	49.7
Q75	Watch ≥ 3 hours per day of television on an average school day	30.2	28.0	32.4
Q76	Spend ≥ 3 hours per day playing video or computer games or using the computer for something that is not considered school work on an average school day	31.2	29.0	33.4
Q75 Q76	Engage in a total screen time of 3 or more hours on an average school day (counting TV, video games and computer time that is not considered school work)	60.8	58.5	63.1
Q75 Q76	Engage in a total screen time of 5 or more hours on an average school day	33.3	31.0	35.5

Trends

The proportion of students who reported engaging in the current recommendations for physical activity remained relatively stable between 2005 and 2009, and increased in 2011.



TV watching, computer and video game use and total screen time fluctuated between 2007 and 2011.

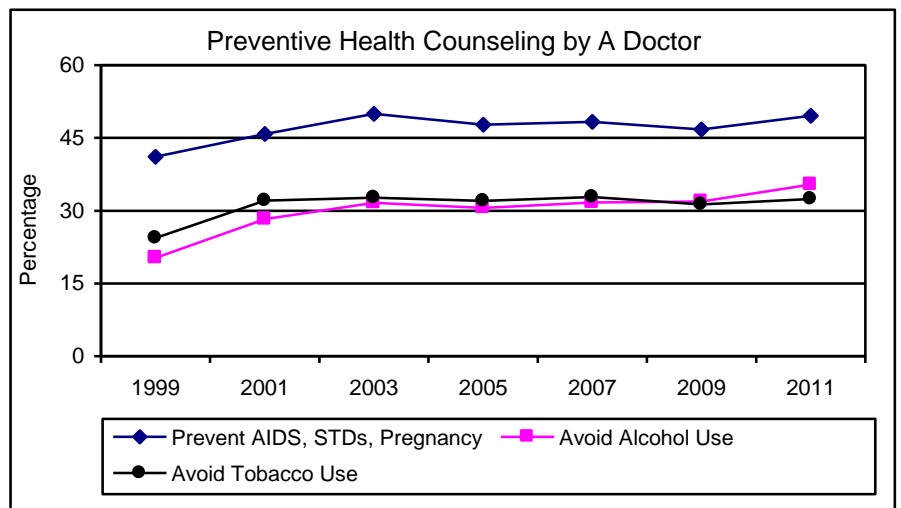
Preventive Health

2011 Results

	Students Reported	%	LCL	UCL
Q77	They saw a doctor or health care provider for a check-up or physical exam in the past year	77.7	75.7	79.7
Q83	They 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	66.2	63.9	68.4
Q78	During their last check-up, their doctor or health care provider discussed ways to prevent pregnancy, AIDS or other sexually transmitted diseases	49.6	47.2	51.9
Q79	During their last check-up, their doctor or health care provider discussed ways to avoid alcohol use	35.4	33.1	37.6
Q80	During their last check-up, their doctor or health care provider discussed ways to avoid tobacco use	32.4	30.2	34.6
Q81	During their last check-up, their doctor or health care provider talked with them about their diet or eating habits	57.2	54.8	59.5
Q82	During their last check-up, their doctor or health care provider talked with them about ways to be physically active	56.0	53.6	58.3

Trends

Between 1999 and 2011, there were increases in the proportions of students who reported they received preventive counseling from their doctor related to sexual risks, tobacco use and alcohol.



The proportion of students who reported their doctor talked with them about eating remained relatively stable between 2005 and 2011. There was an increase in the proportion of students who reported their doctor talked with them about exercise from 50% in 2007 to 56% in 2011.

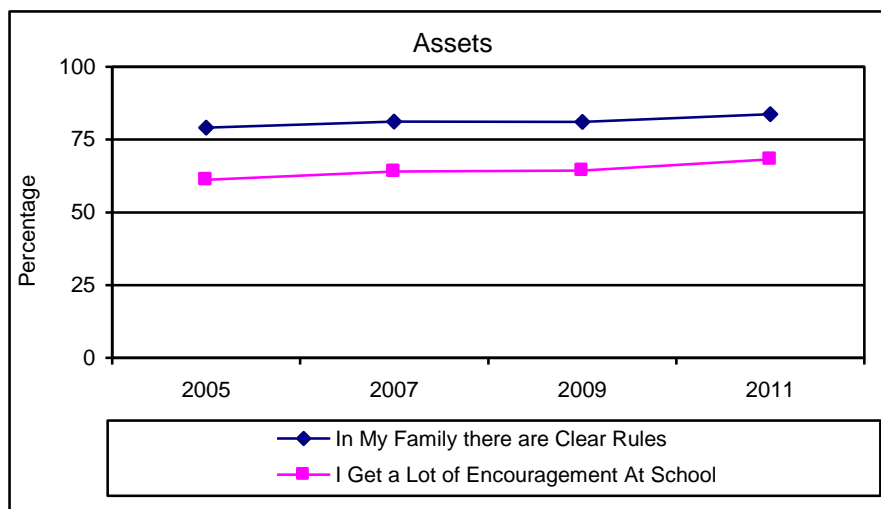
Assets

2011 Results

	Students Reported They	%	LCL	UCL
Q85	Strongly agree or agree with the statement "My family gives me help and support when I need it"	84.1	82.4	85.9
Q86	Strongly agree or agree with the statement "In my family there are clear rules about what I can and can not do"	83.7	82.0	85.5
Q87	Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	84.1	82.3	85.8
Q88	Strongly agree or agree with the statement "I get at lot of encouragement at my school"	68.2	66.0	70.5
Q89	Strongly agree or agree with the statement "In my community I feel like I matter to people"	59.5	57.2	61.9
Q90	Spend one or more hours per week helping others	53.6	51.2	56.0
Q91	Talked with a teacher or other adult in their school during the past 12 months about a personal problem they had	32.9	30.6	35.1

Trends

Since 2005, there were increases in the proportions of students who reported there were clear rules in their families and that they get a lot of encouragement at school.



Parental Influences

2011 Results

	Students Reported Their	%	LCL	UCL
Q92	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	75.3	73.2	77.4
Q93	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to smoke	91.5	90.2	92.8
Q94	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to smoke marijuana	87.2	85.6	88.8

Trends

The proportion of students who reported their parents feel it would be wrong to smoke marijuana declined from 91.6% in 2007 to 87.2% in 2011.