Data Story:

Introduction to the National High School YRBS



Essential Question: What are the trends in health-risk behaviors, obesity, and asthma among youth and young adults in the U.S. and Rhode Island?

Description:

This data story provides an introduction to the indicators tracked in the school-based YRBS survey, which is conducted every two years by the Center for Disease Control (CDC) and local health authorities.

Data Sources: Centers for Disease Control and Prevention

URL: http://ridatahub.org/datastories/introduction-to-the-high-school-yrbs

Essential Question: What are the trends in health-risk behaviors, obesity, and asthma among youth and young adults in the U.S. and Rhode Island?

This data story provides an introduction to the indicators tracked in the school-based YRBS survey, which is conducted every two years by the Center for Disease Control (CDC) and local health authorities.

Introduction

The Youth Risk Behavior Surveillance System (YRBSS) monitors health-risk behaviors such as tobacco use, alcohol and drug use, and sexual behaviors, as well as the prevalence of obesity and asthma among youth and young adults.

Conducted every two years by the Center for Disease Control (CDC) and state and local education and health agencies, the YRBS is a school-based survey given to a representative sample of students in grades 9-12.

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Introduction

The YRBSS was designed to:

- Assess the prevalence and trends of health risk behaviors among youth.
- Examine how often health risk behaviors coexist.
- Provide comparable national, state, and local data.
- Provide comparable data among subpopulations of young people (gender, race/ethnicity, etc.)
- Evaluate the impact of school and community interventions at the national, state, and local levels.
- Monitor progress towards Health People 2010 objectives.

Many of the questions on the YRBS are similar to those asked on the Rhode Island Department of Education's SurveyWorks! surveys. YRBS data available in the RI DataHUB helps put the prevalence of health risk behaviors among Rhode Island high school students in a regional and national context, while SALT and SurveyWorks! data allow you to focus on Rhode Island schools and students.

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Introduction

There are six categories of health risk behaviors monitored by the YRBSS:

- 1. Behaviors that contribute to unintentional injuries and violence
- 2. Tobacco use
- 3. Alcohol and other drug use
- 4. Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases
- 5. Physical inactivity
- 6. Unhealthy dietary behaviors.

Throughout the rest of this story, we'll guide you through the indicators available and explore some of the interesting trends in health risk behaviors over the past decade.

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Behaviors that Contribute to Unintentional Injuries and Violence

The following indicators are available on the DataHUB in the category "Behaviors that Contribute to Unintentional Injuries and Violence":

- Rarely or never wore a seat belt when riding in a car driven by someone else.
- Rode with a driver who had been drinking alcohol in a car or other vehicle
 1 or more times during the past 30 days.
- Carried a weapon a gun, knife, or club on at least 1 day during the past 30 days.
- In a physical fight 1 or more times during the past 12 months.
- Did not go to school because they felt unsafe at school or on their way to or from school on at least 1 day during the past 30 days.
- Seriously considered attempting suicide during the past 12 months.
- Attempted suicide 1 or more times during the past 12 months.

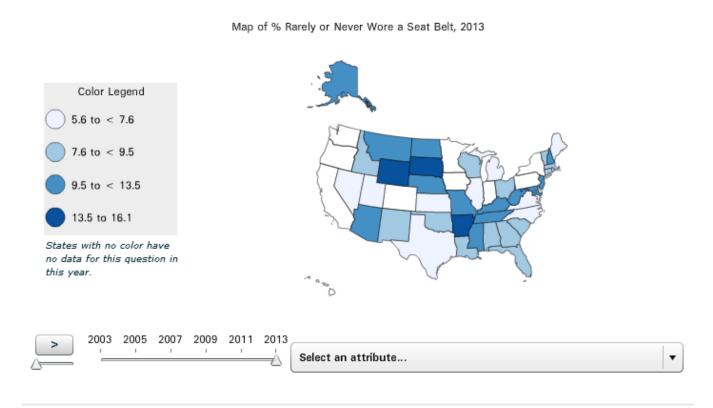
On the next page, you'll be able to examine these indicators by state and over time.

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Behaviors that Contribute to Unintentional Injuries and Violence



In contrast to previous years, Southern states had the highest rates of students riding with drivers who had been drinking in 2009, 2011 and 2013.

Above is a map of the United States. As you can see in the color legend on the left side of the data graphic, states are colored in based on the percentage of students who reported that they rode with a driver who had been drinking alcohol in a car or other vehicle at least one time in the past month. States with no color did not participate or did not have quality data that year. Use the drop-down menu to change the indicator that colors that map to another behavior that contributes to unintentional injuries and violence.

Note: the CDC provides a history of participation in the YRBS by state: YRBS State Participation History

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Tobacco Use

The following YRBS indicators are available on the DataHUB in the category "Tobacco Use":

- Lifetime cigarette use Ever tried smoking, even one or two puffs.
- Current cigarette use Smoked cigarettes on at least 1 day during the past 30 days.
- Current smokeless tobacco use Used chewing tobacco, snuff, or dip on at least 1 day during the past 30 days.

On the following page, you'll be able to view these indicators in a bar chart.

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Tobacco Use



Rhode Island has among the lowest teen smoking rates in the country.

This bar chart displays the percentage of high school students in each state who reported that they had smoked cigarettes on at least 1 day during the past 30 days. Each bar represents a U.S. state or Washington D.C. The bars are sorted alphabetically by each state's abbreviation. Rhode Island is the green bar. An estimated 1 in 5 (19.3%) Rhode Island students smoked in the month before the 2003 survey. Using the time slider, you can see the estimate drops to just 8% in 2013.

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Alcohol and Other Drug Use

The following YRBS indicators are available on the DataHUB in the category "Alcohol and Other Drug Use":

- Lifetime alcohol use Had at least 1 drink of alcohol on at least 1 day during their life.
- Current alcohol use Had at least 1 drink of alcohol on at least 1 day during the past 30 days.
- **Episodic heavy drinking** Had 5 or more drinks of alcohol in a row within a couple hours on at least 1 day during the past 30 days.
- Lifetime marijuana use Used marijuana 1 or more times during their life.
- Lifetime cocaine use Used any form of cocaine, including powder, crack, or freebase 1 or more times during their life.
- **Lifetime methamphetamine use** Used methamphetamines [also called speed, crystal, crank, or ice] 1 or more times during their life.
- **Lifetime inhalant use** Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.
- Offered, sold, or given an illegal drug by someone on school property during the past 12 months.

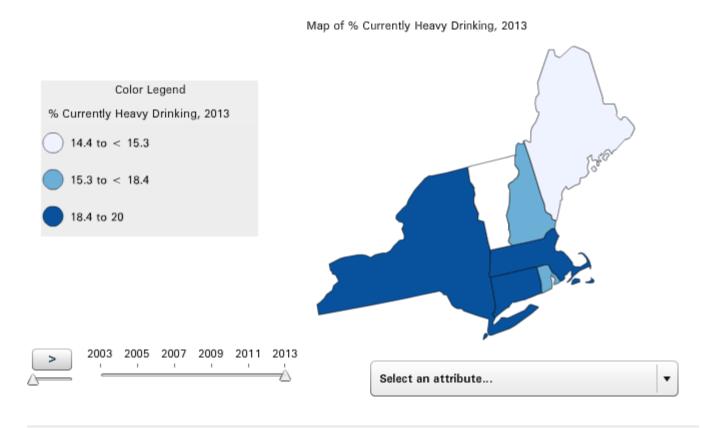
On the next page, you'll be able to examine any of these indicators for New York and New England states.

Combined Data Story Pages Introduction to the High School YRBS: Pages 8 and 9 of 16

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Alcohol and Other Drug Use



By 2013, an estimated 15.3% of Rhode Island high school students drank heavily in the past month.

This map is zoomed into New England states to give you a better view of Rhode Island high school student reports of alcohol and other drug use in relation to its neighbors. In 2003, an estimated 27% of Rhode Island high school students had 5 or more drinks of alcohol in a row within a couple hours on at least 1 day during the past 30 days. As you can see in the map, this isn't much different than its New England neighbors. Moving the time slider, heavy drinking appears to be trending down among the New England states.

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Sexual Behaviors that Contribute to Unintended Pregnancy and STDs

The following YRBS indicators are available on the DataHUB in the category "Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases (STDs), including HIV infection":

- Ever had sexual intercourse
- Currently sexually active Had sexual intercourse with at least 1 person during the past 3 months.
- Had sexual intercourse with 4 or more persons during their life
- Did not use a condom during last sexual intercourse among students who were currently sexually active.

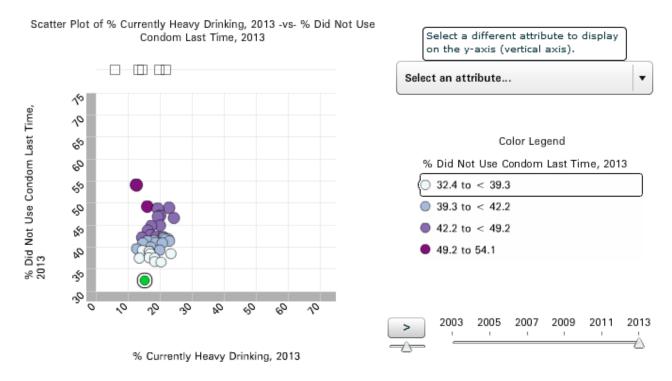
On the next page, you'll be able to explore potential relationships between alcohol and drug use and sexual behaviors.

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Sexual Behaviors that Contribute to Unintended Pregnancy and STDs



Correlation between variables may be difficult to detect at a statewide level.

YRBS data are helpful for setting Rhode Island in context *and* for exploring relationships between variables at a national level that may help determine what to look for in Rhode Island. On this scatterplot, you can look for possible relationships between Sexual Behaviors and Alcohol and Drug Use. For example, the default scatterplot shows the percent of sexually active students who did not use a condom the last time they had sexual intercourse on the *vertical axis* and the percent of students reporting they engaged in binge drinking at least once in the past month on the *horizontal axis*. Rhode Island is the light green circle with a white border. Remember that just because there appears to be a correlation, or relationship, between two variables does not mean that one variable **causes** another to change.

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Physical Activity & Obesity and Dietary Behaviors

The following indicators are available on the DataHUB in the category "Physical Activity & Obesity and Dietary Behaviors":

- Watched TV 3 or more hours per day on an average school day.
- Did not attend physical education classes daily 5 days in an average week when in school.
- Were obese Students >=95th percentile for body mass index by age and sex, based on reference data.
- Ate vegetables less than three times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)
- Drank a can, bottle, or glass of soda or pop at least 1 time per day Not including diet soda or diet pop, during the past 7 days.

On the next page, you can explore the relationship among these indicators in a scatterplot.

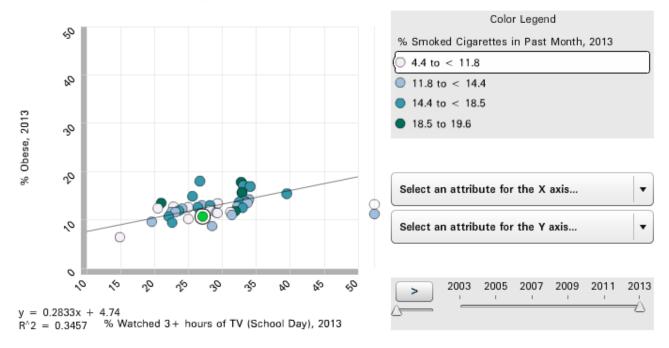
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Physical Activity & Obesity and Dietary Behaviors

Scatter Plot of % Watched 3+ hours of TV (School Day), 2013 -vs- % Obese, 2013



Obesity and television watching appear to be positively correlated, even at a statewide level.

On this scatterplot, you can look for possible relationships between students' Physical Activity & Obesity and Dietary Behaviors. For example, the scatterplot currently shows the percent of obese students on the vertical axis and the percent of students reporting they watched 3 or more hours of TV on a school day on the horizontal axis. The circles are colored by the percent of students who smoked cigarettes in the past month. Again, Rhode Island is the light green circle with a white border.

Here you can also select **any** of the indicators previously discussed in the datastory to look for possible relationships among factors students report. Click on the indicator names in attribute selector drop-downs on the right to revisit indicators about alcohol, drug use, sexual activity, unintentional injuries, or violence.

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Concluding Remarks

This Data Story provided a brief introduction to the Youth Risk Behavior Surveillance System (YRBSS). The high school survey is a useful tool for understanding Rhode Island students' experiences in a regional and national context.

By comparing across all states we can see that Rhode Island students are less likely to participate in risky behaviors than their peers elsewhere. Over time, Rhode Island students' smoking rates heavy drinking have declined. However, the prevalence of risky behaviors among Rhode Island high school students remains at unacceptable levels.

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For Further Information

For more information on the Youth Risky Behavior Surveillance System, check out these resources.

National Centers for Disease Control: Healthy Youth!

Rhode Island Department of Health

Rhode Island Health Web Query System

Rhode Island's Coordinated School Health Program

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APPENDIX

Introduction to the National High School YRBS

story link: http://ridatahub.org/datastories/introduction-to-the-high-school-yrbs

Data Sources



Centers for Disease Control and Prevention

http://www.cdc.gov/

Related Terms

- INDICATORS
- # Students Fall Support = % Attempted Suicide in Past Year
 - o Short Definition: % attempted suicide in past year
 - o Agency Source(s): CDC
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsattemptedsuicide/popup/
- # Students Fall Support = % Recreational Screen Time TV and Games 2+ Hours SALT ONLY
 - Short Definition: % students who watch 2+ hours of TV and play 2+ hours of video games on an avg school day
 - o Agency Source(s): RIDE
 - o Found on pages: 14
 - o Indicator card: http://ridatahub.org/dictionary/indicator/aftschrecscreentimeand/popup/
- # Students Fall Support = % Threatened with Violence SALT ONLY
 - o Short Definition: % students threatened with violence during the school year
 - o Agency Source(s): RIDE
 - o Found on pages: 5
 - $o \quad Indicator \ card: \underline{http://ridatahub.org/dictionary/indicator/safetythreatviol/popup/}$
- # Students Fall Support = % Brought Protection to School
 - Short Definition: % students who brought protection to school during the school year
 - o Agency Source(s): RIDE
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/safetyprotection/popup/
- # Students Fall Support = % Beaten up at School SALT ONLY
 - o Short Definition: % students who were beaten up at school during the school year
 - o Agency Source(s): RIDE
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/safetybeatup/popup/
- # Students Fall Support = % Had Fights at School SALT ONLY
 - o Short Definition: % students who had fights at school during the last month
 - Agency Source(s): RIDE
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/safetyfights/popup/

- # Students Fall Support = % Recreational Screen Time 2+ Hours SALT ONLY
 - Short Definition: % students who watch 2+ hours of TV or play 2+ hours of video games on an avg school day
 - o Agency Source(s): RIDE
 - o Found on pages: 14
 - o Indicator card: http://ridatahub.org/dictionary/indicator/aftschrecscreentimeor/popup/
- # Students Fall Support = % Smoked Cigarettes 1+ SALT ONLY
 - Short Definition: % students who smoked cigarettes 1+ times during the past 30 days
 - o Agency Source(s): RIDE
 - o Found on pages: 7
 - o Indicator card: http://ridatahub.org/dictionary/indicator/subusesmokecig/popup/
- # Students Fall Support = % Substance Use (Any) SALT ONLY
 - Short Definition: % students with any drug or alcohol use 1+ times during the past
 30 days
 - o Agency Source(s): RIDE
 - o Found on pages: 10
 - o Indicator card: http://ridatahub.org/dictionary/indicator/subuser/popup/
- # Students Fall Support = % Rarely or Never Wore a Seat Belt
 - o Short Definition: % rarely or never wore a seat belt
 - o Agency Source(s): CDC
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsseatbelt/popup/
- # Students Fall Support = % Rode with Drinking Driver in Past Month
 - o Short Definition: % rode with drinking driver in past month
 - o Agency Source(s): CDC
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsdriverdrinking/popup/
- # Students Fall Support = % Carried a Weapon in Past Month
 - o Short Definition: % carried a weapon in past month
 - o Agency Source(s): CDC
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbscarriedweapon/popup/
- # Students Fall Support = % In a Physical Fight in Past Year
 - o Short Definition: % in a physical fight in past year
 - o Agency Source(s): CDC
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsphysicalfight/popup/
- # Students Fall Support = % Hit Another Person SALT ONLY
 - o Short Definition: % students who hit other people 1+ times during last month
 - o Agency Source(s): RIDE
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/disaffhitothr/popup/
- # Students Fall Support = % Seriously Considered Attempting Suicide in Past Year
 - o Short Definition: % seriously considered attempting suicide in past year
 - o Agency Source(s): CDC
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsthoughtsuicide/popup/
- # Students Fall Support = % Were in Gang Activities at School SALT ONLY

- Short Definition: % students who took part in gang activities 1+ times during last month
- o Agency Source(s): RIDE
- o Found on pages: 5
- o Indicator card: http://ridatahub.org/dictionary/indicator/disaffgang/popup/

Students Fall Support = % Ever Tried Cigarette Smoking

- o Short Definition: % ever tried cigarette smoking
- o Agency Source(s): CDC
- o Found on pages: 7
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbslifetimecigarette/popup/

Students Fall Support = % Smoked Cigarettes in Past Month

- o Short Definition: % smoked cigarettes in past month
- Agency Source(s): CDC
- o Found on pages: 7
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbscurrentcigarette/popup/

Students Fall Support = % Used Smokeless Tobacco in Past Month

- o Short Definition: % used smokeless tobacco in past month
- o Agency Source(s): CDC
- o Found on pages: 7
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbscurrentsmokelesstobacco/popup/

Students Fall Support = % Ever Had Alcoholic Drink

- o Short Definition: % ever had alcoholic drink
- o Agency Source(s): CDC
- o Found on pages: 10
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbslifetimealcohol/popup/

Students Fall Support = % Currently Drink Alcohol

- o Short Definition: % currently drink alcohol
- o Agency Source(s): CDC
- o Found on pages: 10
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbscurrentalcohol/popup/

• # Students Fall Support = % Currently Heavy Drinking

- o Short Definition: % currently heavy drinking
- o Agency Source(s): CDC
- o Found on pages: 10
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsepisodicheavydrinking/popup/

• # Students Fall Support = % Ever Used Marijuana

- o Short Definition: % ever used marijuana
- o Agency Source(s): CDC
- o Found on pages: 10
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbslifetimemarijuana/popup/

Students Fall Support = % Ever Used Cocaine

- o Short Definition: % ever used cocaine
- o Agency Source(s): CDC
- o Found on pages: 10
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbslifetimecocaine/popup/

Students Fall Support = % Ever Used Methamphetamines

- o Short Definition: % ever used methamphetamines
- o Agency Source(s): CDC
- o Found on pages: 10

o Indicator card: http://ridatahub.org/dictionary/indicator/yrbslifetimemeth/popup/

• # Students Fall Support = % Ever Used Inhalants

o Short Definition: % ever used inhalants

Agency Source(s): CDCFound on pages: 10

o Indicator card: http://ridatahub.org/dictionary/indicator/yrbslifetimeinhalant/popup/

Students Fall Support = % Offered Drugs at School in Past Year

o Short Definition: % offered drugs at school in past year

Agency Source(s): CDCFound on pages: 10

o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsobtaineddrugs/popup/

• # Students Fall Support = % Ever Had Sex

o Short Definition: % ever had sex

Agency Source(s): CDCFound on pages: 12

o Indicator card: http://ridatahub.org/dictionary/indicator/yrbseversex/popup/

Students Fall Support = % Currently Sexually Active

o Short Definition: % currently sexually active

Agency Source(s): CDCFound on pages: 12

o Indicator card: http://ridatahub.org/dictionary/indicator/yrbscurrentsex/popup/

Students Fall Support = % Sex with 4+ Partners Ever

o Short Definition: % sex with 4+ partners ever

Agency Source(s): CDCFound on pages: 12

o Indicator card: http://ridatahub.org/dictionary/indicator/yrbssexmultipartners/popup/

Students Fall Support = % Offered Drugs at School Frequently - SALT ONLY

 Short Definition: % students offered drugs at school frequently during the school year

o Agency Source(s): RIDE

o Found on pages: 10

o Indicator card: http://ridatahub.org/dictionary/indicator/subuseoffdrugfreg/popup/

Students Fall Support = % Used Drugs Frequently - SALT ONLY

o Short Definition: % students who used drugs frequently during the past 30 days

o Agency Source(s): RIDE

o Found on pages: 10

o Indicator card: http://ridatahub.org/dictionary/indicator/subuseuseddrugfreg/popup/

Students Fall Support = % Drank Alcohol Frequently (EMH)

Short Definition: % of students who drank alcohol on 10 or more days in past 30 days (SurveyWorks: Elementary, Middle, and High)

o Agency Source(s): RIDE

o Found on pages: 10

o Indicator card: http://ridatahub.org/dictionary/indicator/subusealcfreg/popup/

Students Fall Support = % Did Not Use Condom Last Time

o Short Definition: % did not use condom last time

Agency Source(s): CDCFound on pages: 12

o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsnocondom/popup/

Students Fall Support = 95% c.i. for % Watched 3+ Hours of TV (School Day)

- o Short Definition: 95% c.i. for % watched 3+ hours of TV (school day)
- Agency Source(s): CDCFound on pages: 14
- o Indicator card: http://ridatahub.org/dictionary/indicator/yrbswatchedtv3hrsci/popup/
- # Students Fall Support = 95% c.i. for % Did Not Attend Daily P.E. Classes
 - o Short Definition: 95% c.i. for % did not attend daily P.E. classes
 - Agency Source(s): CDCFound on pages: 14
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsnodailyphysedci/popup/
- # Students Fall Support = 95% c.i. for % Obese
 - o Short Definition: 95% c.i. for % obese
 - Agency Source(s): CDCFound on pages: 14
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsobeseci/popup/
- # Students Fall Support = 95% c.i. for % Ate Fruits and Veggies <5 Times Daily in Past Week
 - o Short Definition: 95% c.i. for % ate fruits and veggies <5 times daily in past week
 - o Agency Source(s): CDC
 - o Found on pages: 14
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsfruitsveggiesci/popup/
- # Students Fall Support = 95% c.i. for % Drank Soda or Pop Daily in Past Week
 - o Short Definition: 95% c.i. for % drank soda or pop daily in past week
 - Agency Source(s): CDC
 - o Found on pages: 14
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbssodaci/popup/
- # Students Fall Support = % Watch 2+ Hours TV SALT ONLY
 - o Short Definition: % students who watch 2+ hours of TV on an avg school day
 - o Agency Source(s): RIDE
 - o Found on pages: 14
 - o Indicator card: http://ridatahub.org/dictionary/indicator/aftschtv2h/popup/
- # Students Fall Support = % Didn't Go to School Because Felt Unsafe in Past Month
 - o Short Definition: % didn't go to school because felt unsafe in past month
 - o Agency Source(s): CDC
 - o Found on pages: 5
 - o Indicator card: http://ridatahub.org/dictionary/indicator/yrbsunsafeschool/popup/
- KEYWORDS
 - o Health
- Tags
 - o Justice