



# **New Hampshire Youth Risk Behavior Survey (YRBS)**

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A Partnership Of  
NH Department of Health and Human Services (DHHS)  
NH Department of Education (NHED)  
and local school districts

February 2023

# What is the Youth Risk Behavior Survey (YRBS)?

The YRBS is part of a nationwide effort to learn more about the **health-related behaviors** that **contribute to the leading causes of death** and poor health among youth and adults.

DATA AND ANALYSIS BY



SURVEY DEVELOPED BY



SPONSORED AND ADMINISTERED BY



# Partnership

Since 1993, the New Hampshire YRBS has been a successful partnership between **local schools**, the **NH Department of Education** and the **NH Department of Health and Human Services**.

# Bottom Line Up Front

YRBS Surveys are **anonymous** and **voluntary**.

**Parents can review the questions** before their youth participate.

The data are **valid and reliable**. It is the only state and national dataset that tells us about youth health and behavioral risk factors over time.

# Focused on Health Risk Behaviors and Health Outcomes

- Unintentional injuries
- Sexual behaviors
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Obesity
- Asthma
- Mental Health
- Violence

*These are the leading causes of death and poor health among adolescents and adults.*





While the national picture is  
**improving**  
in many areas,  
**youth face unequal  
health risks**  
related to mental health, violence,  
drug use, and sexual behavior.



Youth Risk Behavior Survey, 2019

# Data from New Hampshire for New Hampshire

*New Hampshire youth share many characteristics of youth around the country, but YRBS tells us where in New Hampshire we should target more support and education.*

YRBS can help us answer questions like:

- At what grades do students in NH start to smoke or vape?
- In what parts of the state are youth less likely to wear their seatbelt?
- Do students feel bullied in some schools more than others?
- Do some group of students have less access to healthy foods and beverages?

# These Are Private Questions

- **YRBS procedures protect student privacy** by allowing only anonymous participation.
- Names, student ID #, Social Security #, Date of Birth and other identifiers are not collected.
- Training and instruction provided to School Coordinators/Administrators on test administration procedures.
- School-level YRBS data and school identifiers are not available in any public-use YRBS dataset.



- **Do Students Tell the Truth on YRBS Questionnaire?**

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. To obtain truthful answers, students must perceive the survey as important and know procedures have been developed to protect their privacy and allow for anonymous participation.

- **Consistency Over Time**

YRBS results have been fairly consistent since 1991. While the prevalence of some behaviors has increased or decreased significantly over time, most changes have been gradual, in one direction, either up or down, and have not bounced around from year to year.

**While a very small number of students do not answer the YRBS honestly, most students tell the truth.**

# Parental Notification

## NH RSA 186, Section 186:11, IX-d

- School districts are required to make the questionnaire available on their website and notify parent or legal guardian at least 10 days prior to the scheduled survey date.
- Parents may request that their student opt out of the survey.

# Student Choice

**Students may choose at any time to opt out** of the survey or reconsider their participation and take part in a makeup session.

Students who choose not to participate are not required to provide a parental opt-out form.

**Students must be told that the survey is voluntary and anonymous.**

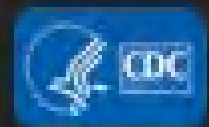
# Support Students

- Questions are written in a straightforward and direct manner and require only one response. This helps students accurately comprehend questions and response options.
- Some of the content of the survey can be disturbing to students.
- School administrators and parents should be aware that some students may have unanticipated or unpleasant feelings.
- Schools and parents should give students information about whom to go to discuss their feelings.



# Parent Engagement

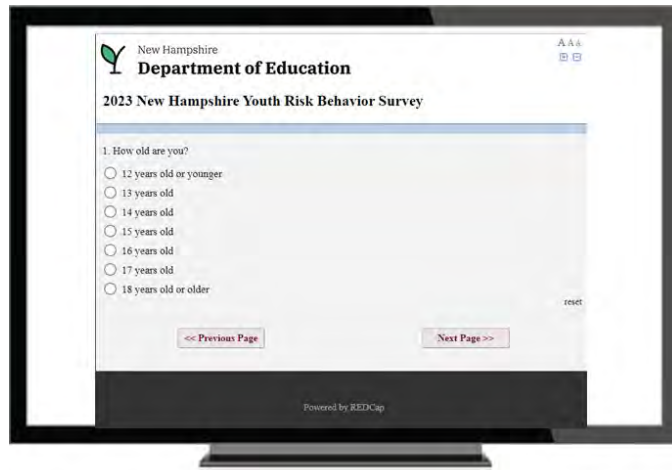
Research shows that when parents and school staff **work together**, students are healthier and more successful.



# YRBS Survey Format

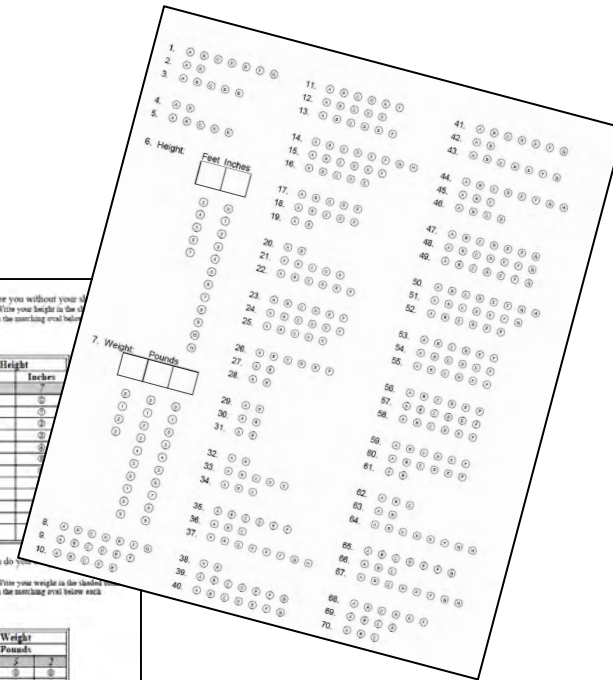
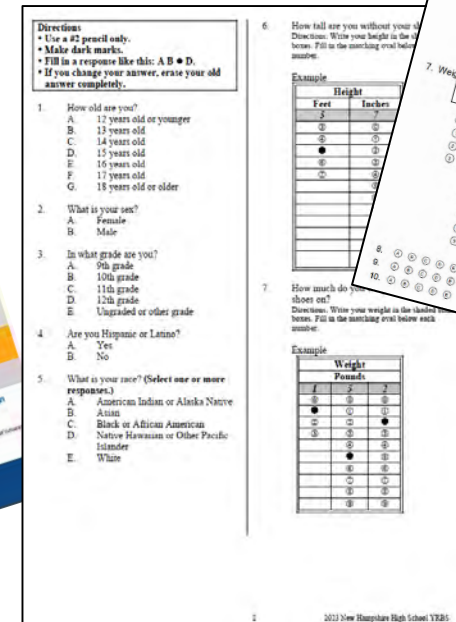
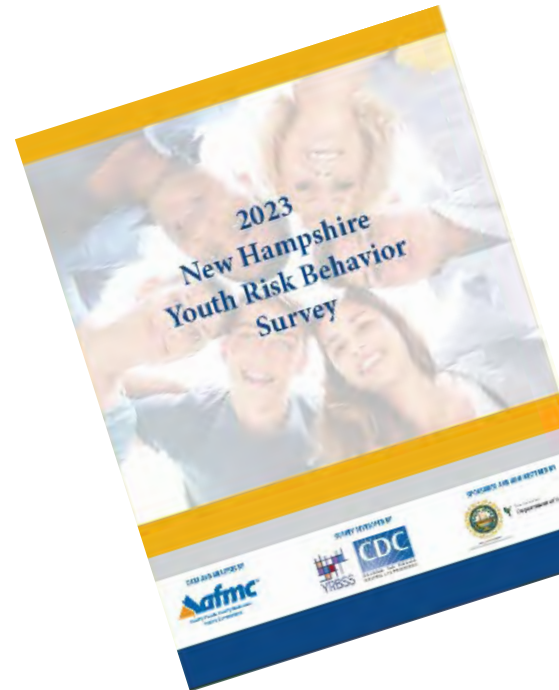
## Web-Format

- Reduced administrative burden
- Ease of administration and data collection
- Better protection of privacy
- Cost savings



## Paper-Format

- No technical burden
- More traditional





# NH YRBS – Administration Process

Questionnaire and  
sampling frame



School confirmation  
of participation



YRBS administration  
planning

School YRBS survey  
day



Data completeness  
and analysis



Community report &  
State/regional data  
release

**Where can parents, schools and others see the data?**

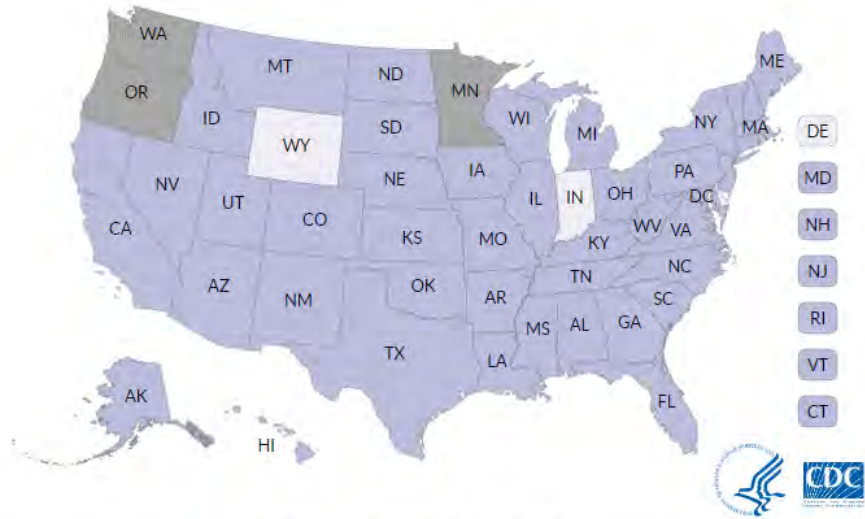
# CDC Publishes National Data And Trends

## View all responses for one location

View survey results for the United States, a state, a territory or freely associated state, or selected location. To view U.S. data, click the View U.S. Data link. To choose a specific location, make a selection in the dropdown menu or click a location on the map.

Select State, Local Site, Territory or Freely Associated State, or Tribe









Select One  [View U.S. Data](#)



## View one question for all locations

View results for one question for all states and locations that have data available. To choose a question, first select a Health Topic.

Select a Health Topic:

 <a href="#">Unintentional Injuries and Violence</a>	 <a href="#">Tobacco Use</a>
 <a href="#">Alcohol and Other Drug Use</a>	 <a href="#">Sexual Behaviors</a>
 <a href="#">Dietary Behaviors</a>	 <a href="#">Physical Activity</a>
 <a href="#">Obesity, Overweight, and Weight Control</a>	 <a href="#">Other Health Topics</a>

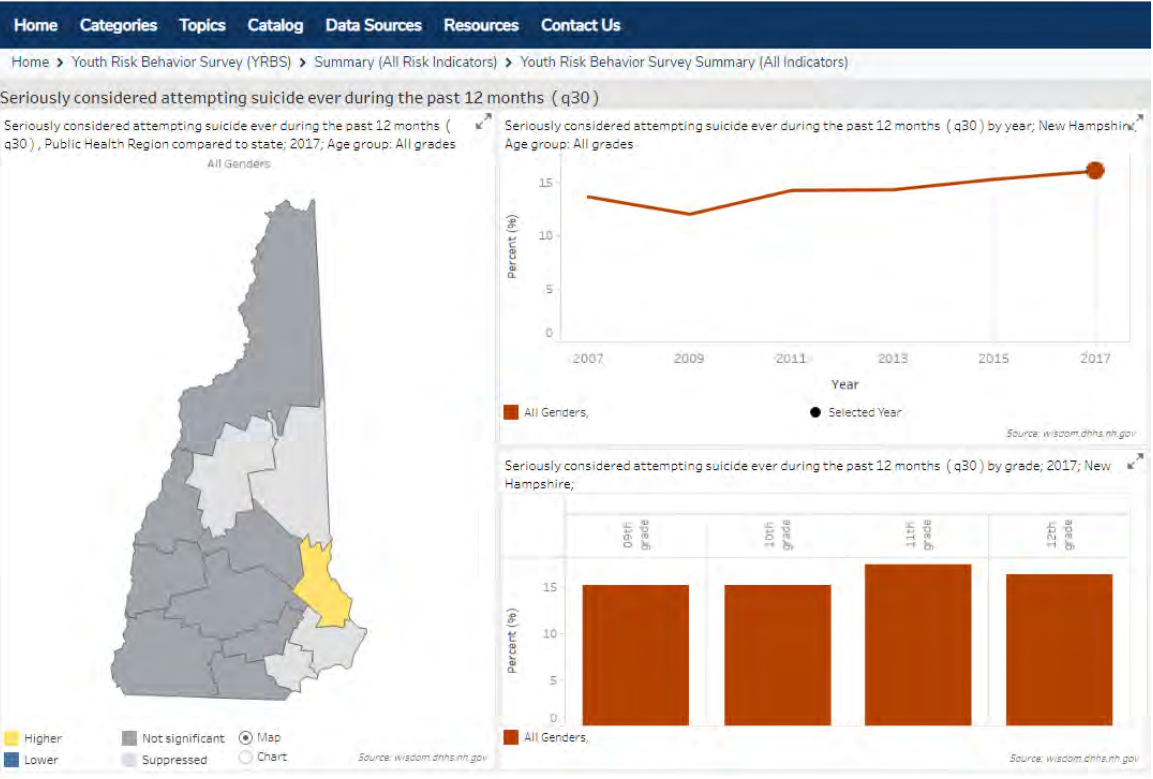
## YRBS Analysis Tool

Explore YRBS and GSHS data in more detail using the YRBS Analysis Tool to run a real-time data analysis that generates frequencies, cross tabulations, and stratified results.

<https://nccd.cdc.gov/Youthonline/App/Default.aspx>

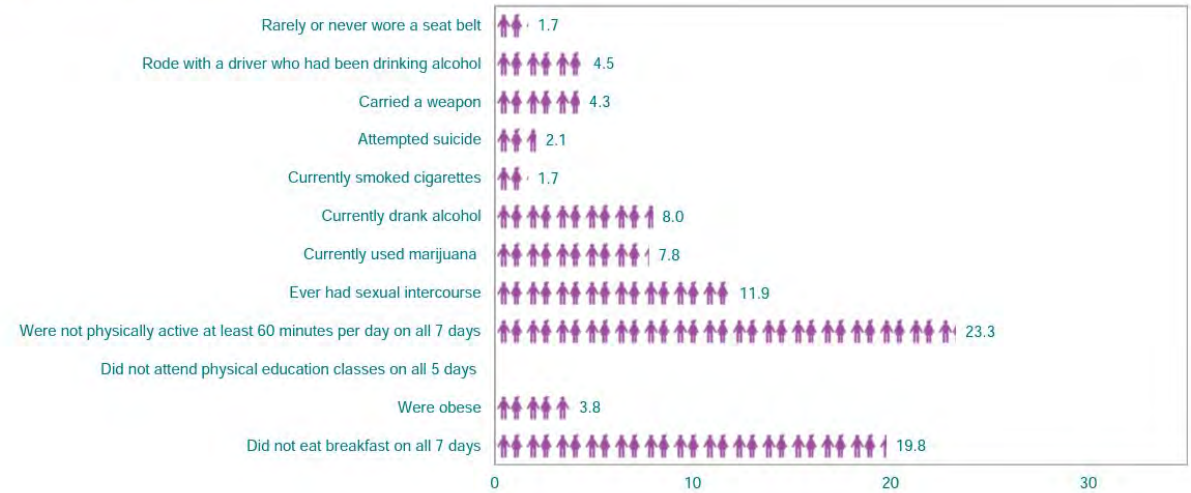
# New Hampshire State Data on NH Health and Human Services Data Portal

New Hampshire  
Health and Human Services Data Portal  
Browse, analyze and download data on health and social services



## New Hampshire High School Survey 2019 Youth Risk Behavior Survey Results

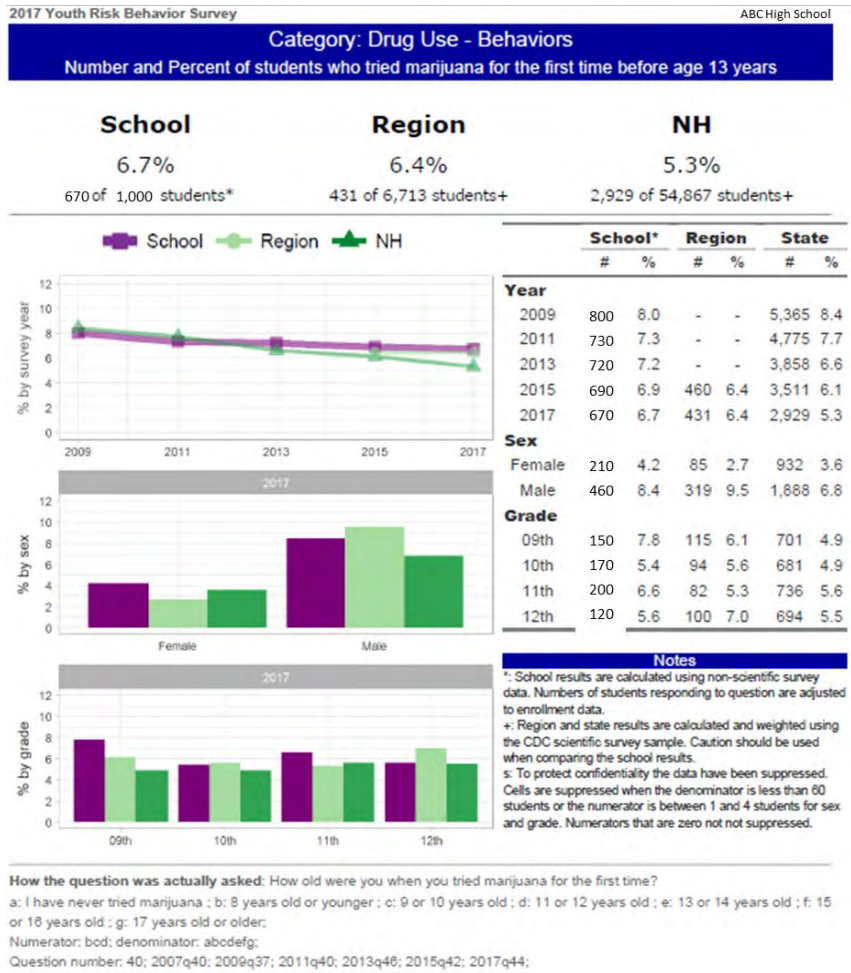
Number of students in a class of 30 who:



<https://wisdom.dhhs.nh.gov/wisdom/index.html>



# New Hampshire Community and School Data Reports



School superintendents receive their school data.

School Districts decide if and how to share school-level data.

Regional data by County and Regional Public Health Networks is available on the [NH Health and Human Services Data Portal](#).



# How do groups use YRBS data?

- Assess trends in priority health risk behaviors among high school aged youth
- Enable schools and communities to understand risks and health behaviors of area youth
- Proposals for funding to address community needs
- Raise awareness or get people involved on youth perceptions and behaviors in the community
- Discover the factors related to a particular issue
- Prioritize the issue(s) to address and determine strategies, approaches, changes to curriculums
- Program evaluation



# Important Takeaway from YRBS

Teens report that their parents have the **greatest influence** over their risk behavior decisions—more than friends, siblings, or the media.



# Important Role of Schools in Youth Health & Safety

Schools play a critical role in:

- Promoting the health and safety of young people
- Helping young people establish lifelong healthy behavior patterns
- Communicating with students and parents

**The youth of today will be the adults of tomorrow.**

*Thank you for supporting the  
New Hampshire Youth Risk Behavior Survey!*





NEW HAMPSHIRE  
**DHHS**  
DEPARTMENT OF  
**HEALTH & HUMAN SERVICES**

For questions, please contact:  
[DHHS.NH.Youth.Risk@dhhs.nh.gov](mailto:DHHS.NH.Youth.Risk@dhhs.nh.gov)

Visit NH DHHS YRBS for more information:

<https://www.dhhs.nh.gov/programs-services/population-health/health-statistics-informatics/youth-risk-behavior-survey>