

2015 New Hampshire Youth Risk Behavior Survey (YRBS)

Why School Participation is Critical to Improving the Health of NH Residents

NH Department of Health & Human Services
NH Department of Education

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**
- **The youths of today will be the adults of tomorrow.**

YRBS Introduction

The Youth Risk Behavior Survey (YRBS) is a biennial nation-wide effort to learn what young people do that may affect their health both now and in the future.

Since 1993, the NH YRBS has been a tremendously successful collaborative effort between DOE, DHHS, schools and communities.

Importance of the YRBS

The YRBS is the only dataset that state and local health agencies and schools can use to understand youth health and behavioral risk factors longitudinally.

Data have been collected during 8 years (1993, 1995, 2003, 2005, 2007, 2009, 2011 & 2013) for students in grades 9 through 12.

YRBS Questions Address Youth Health & Behavioral Risk Factors

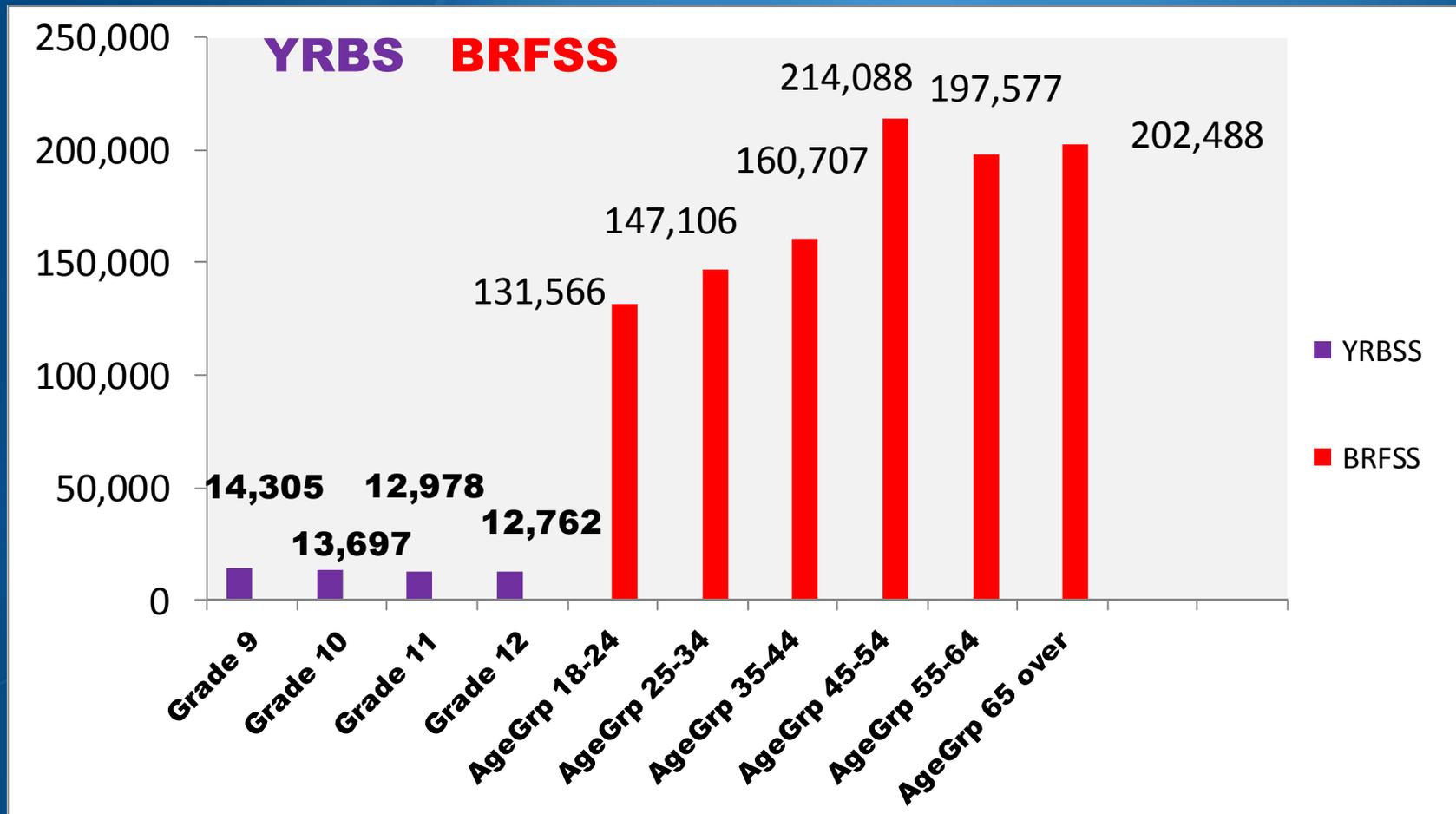
- **Behaviors that contribute to unintentional injuries and violence**
- **Sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection**
- **Tobacco, alcohol and other drug use**
- **Unhealthy dietary behaviors**
- **Inadequate physical activity**
- **Prevalence of obesity and asthma**

Health Risk Over a Lifetime?

YRBS, along with BRFSS, allows NH to track risky behaviors from early adulthood through old age

- **BRFSS: Behavioral Risk Factor Surveillance Survey (BRFSS)**
 - **Covers 18 y/o through end of life**
 - **Covers many of the same health risks as YRBS**

Behavioral Risk Factors Surveillance Adolescence Through Adulthood

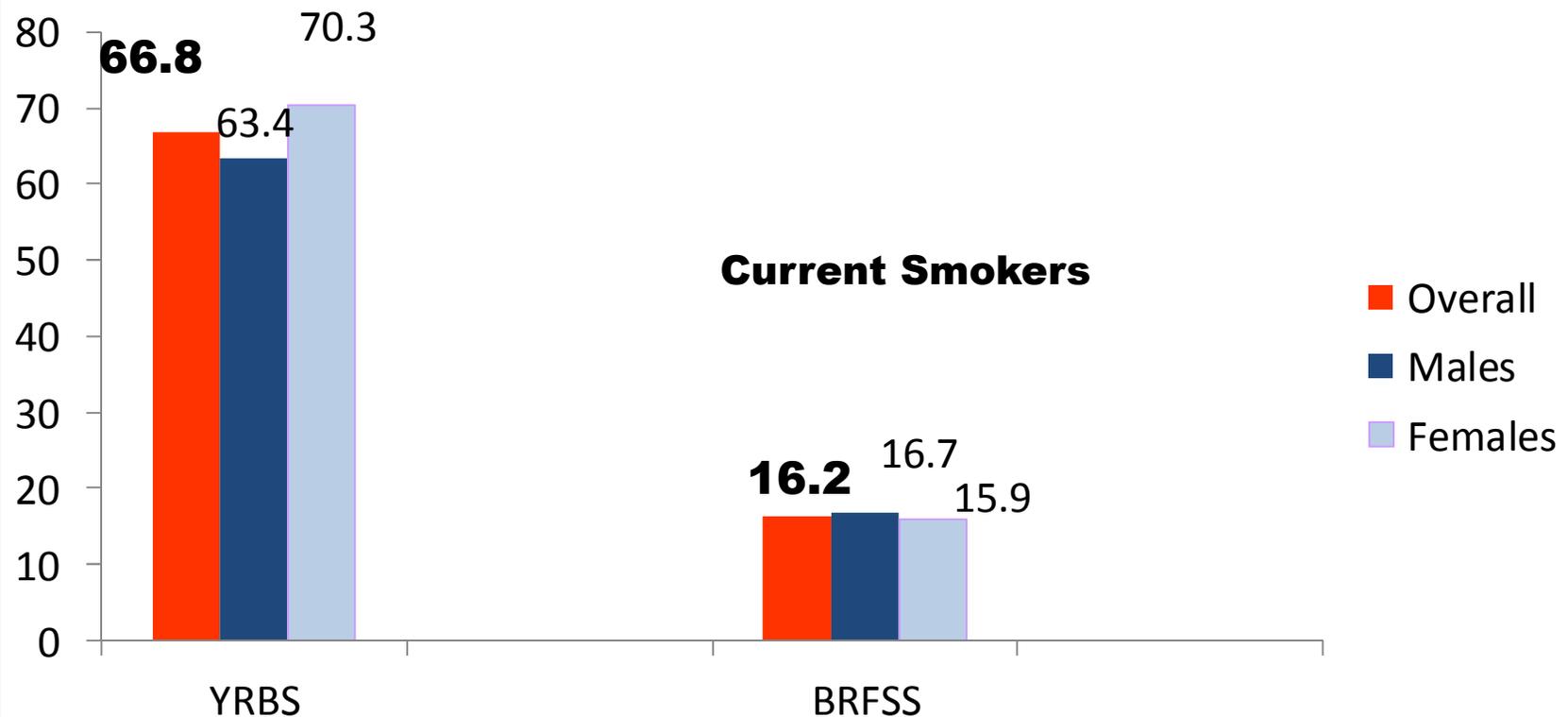


YRBS: 2013 NH DOE Enrollment (Public Schools Only) [n=53,724]

BRFSS: 2013 NH BRFSS weighted population data (n= 1,053,532)

Youth attitude toward smoking (2013 NH YRBS) & prevalence of adult smokers (2013 NH BRFSS)

Percent of students who think people are at great risk of harming themselves if they smoke one or more pack of cigarettes per day



Important Role of Schools in the 2015 YRBS

In 2013, enough YRBS surveys were collected to accurately estimate youth health risks at the state level.

Our goals for the 2015 survey:

- to again collect surveys to estimate health risks at the State level.**
- to collect additional surveys that will allow for accurate risk estimates at the Public Health Region level.**

Today's take-home
message:

*If your school is selected Please
be part of the survey*

What does it cost for schools to participate in the YRBS ?

NH DOE receives a grant from the CDC to assist in YRBS administration.

NH DHHS provides additional funding of \$45,000 so that the survey is free to participating schools. DHHS also provides technical and material support.

Participating schools provide teachers to be trained to administer the survey to students at their school.

YRBS Sampling: Options for Schools

YRBS sampling option 1: Scientific Survey

The school will administer the YRBS in classrooms which are randomly chosen by the CDC

Data from the random sampling will be used to create statistically valid estimates by Public Health Region and for NH as a whole

Pros and Cons to Option #1

- Random sample of students are required to take the survey
- Fewer classrooms, therefore less demanding on the school
- School level report is not produced

YRBS sampling option 2: Community Survey

The school will conduct the Community Survey with the whole student body (Grades 9-12).

The school will receive a customized “community” report.

Pros and Cons to Option #2

- The entire school population receives the survey
- Therefore report reflects the whole school population

Regional Public Health Networks - help address the broader community risk factors impacting students.

- Every community in NH is included in a PHN
- Regions support coordinators who can convene coalitions, various interest groups and community level stakeholders
- Coordinators help to plan and mobilize citizens that are concerned about alcohol and other drug misuse in their community.
- These resources are allies in rolling out YRBS survey results and bring to bear other community allies and resources

Overview of 2015 YRBS Survey Process

YRBS Protects Student Privacy

YRBS procedures are designed to protect student privacy by allowing for anonymous participation

Names, student ID #, Social Security #, and DOB are not collected

School-level YRBS data and school identifiers are not available in any public-use YRBS dataset

Parental Notification

Passive parental permission forms are the standard.

Forms must be returned ONLY by parents wishing to opt their child out of the survey.

If your district requires active permission forms, forms are available for your use.

Survey Dates & Training

Survey dates: Between February to mid-April 2015. DHHS will work with the schools to determine an appropriate date/time.

Training: DHHS will train the teachers as Survey Administrators

Supplies

DHHS will provide:

- **YRBS surveys**
- **Pencils**
- **Parental Forms**
- **Tracking Forms**
- **Return mailing labels**

Deliverables

Upon completion, Survey Administrators will return the completed YRBS survey booklets to DHHS, along with classroom level and tracking forms.

Reports will be issued to Superintendents in late 2015.

Wrap up

Benefits of YRBS Data usage at the community level – data informs and make the case to secure additional funds

- 9 Drug Free Communities Federal Grants awarded in NH annual total \$1,125,000
- 24 schools have Student Assistance Programs through a federal SAMHSA grant via BDAS
- 21st Century Grants awarded to Swansey, Hinsdale, Winchester, Jaffery and Rindge results \$3.8 million for the region
- 13 Regional Public Health Networks host and convene community stakeholders to assess, plan and implement prevention strategies. RPHN are allies to schools.

Your help is Vital to the Success
of the NH YRBS 2015 Effort!

Please participate if your
schools are selected to be part
of the scientific sample.

2015 YRBS

Questions?

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