

# 2017 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**

# INTRODUCTION

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

# What is the YRBS?

**The Youth Risk Behavior Survey (YRBS) is a biennial, national 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 successful collaborative effort between the DOE, DHHS, schools and communities.**

# **YRBS Questions Address 6 Youth Health & Behavioral Risk Factors**

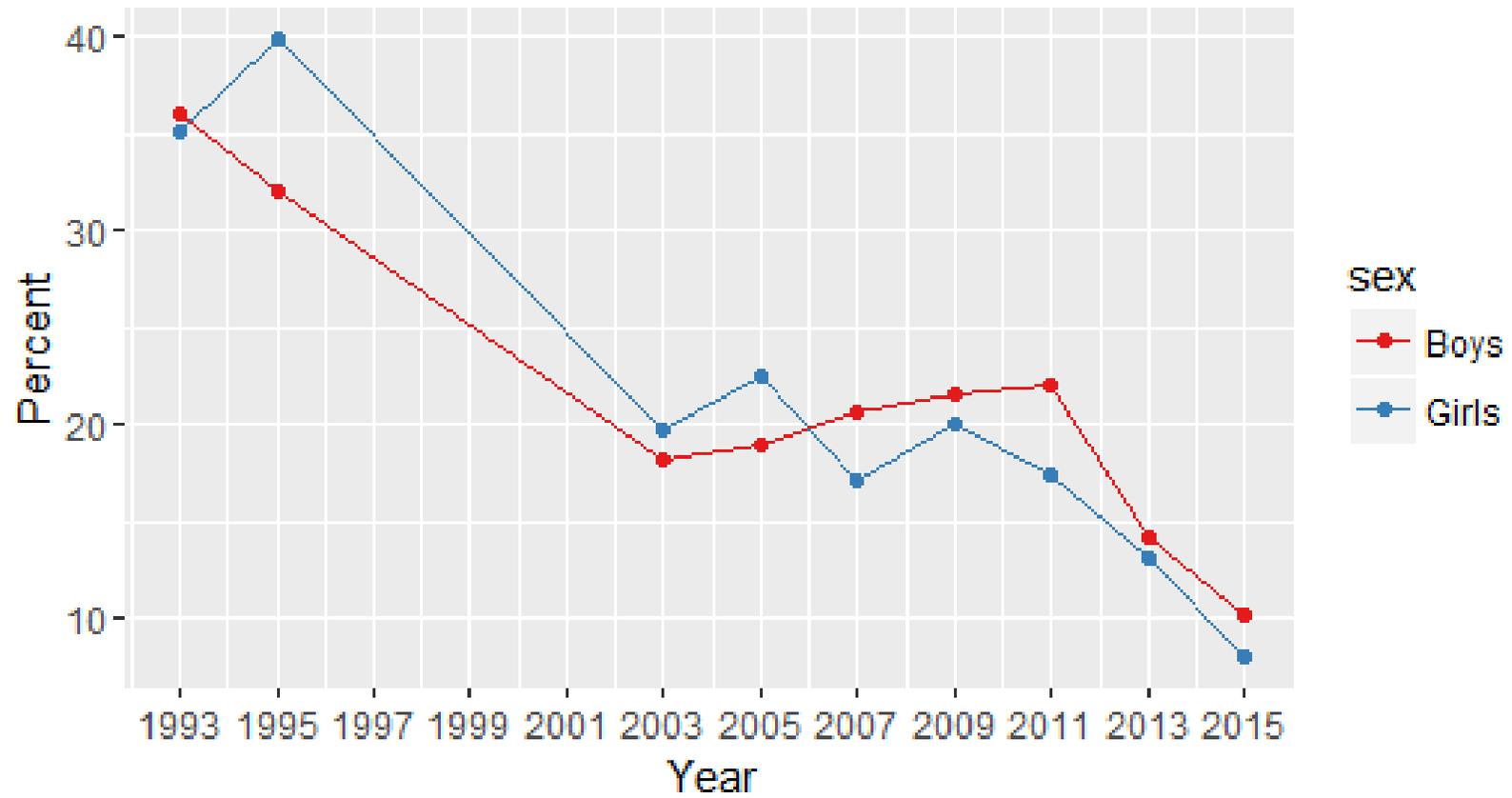
- **Behaviors that contribute to unintentional injuries and violence**
- **Sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection**
- **Tobacco, alcohol and other drug use**
- **Unhealthy dietary behaviors**
- **Inadequate physical activity**
- **Prevalence of obesity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

# Value of the YRBS

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

**This is so because the survey has been conducted for 22 years, (1993 - 2015) which allows for the identification of trends (but not students) over time.**

## Current Smoking



# 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**

# 2015 YRBS Highlights

# 2015 By the Numbers

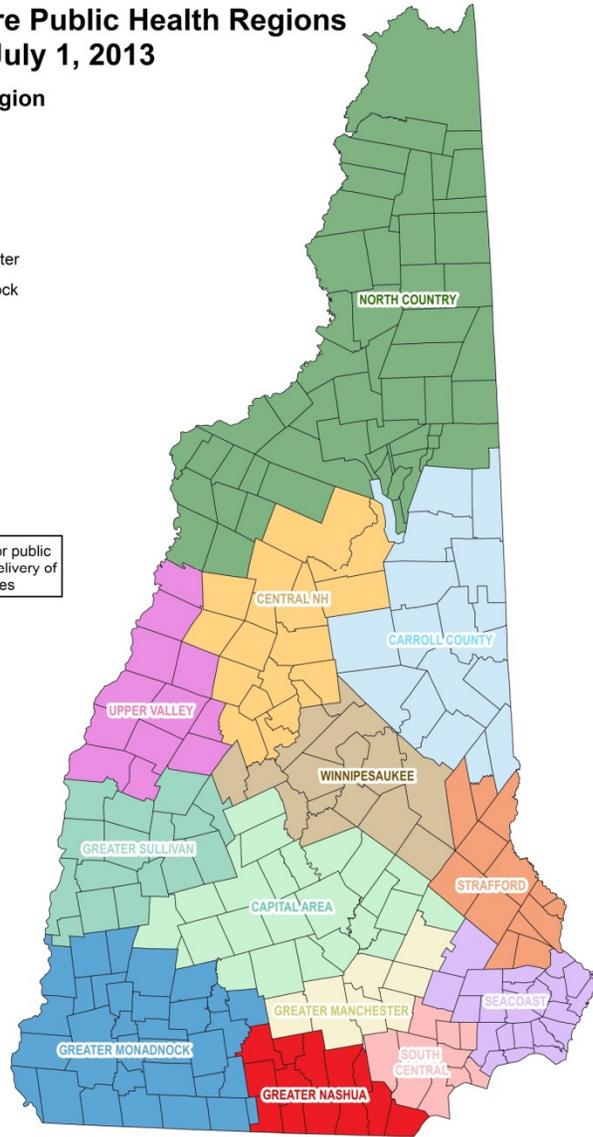
- 10x more students in the CDC sample
  - Higher accuracy and more confidence than ever
  - Statistical estimates calculated for 11 of the 13 Public Health Regions
- 35,000 respondents in the community survey
  - Every school opted to survey all students
  - New school level reports delivered
    - Summary
    - Impact on academics
    - Time trends
  - Online reports available  
<https://wisdom.dhhs.nh.gov>

## New Hampshire Public Health Regions July 1, 2013

### Public Health Region

- Capital
- Carroll County
- Central NH
- Greater Derry
- Greater Manchester
- Greater Monadnock
- Greater Nashua
- Greater Sullivan
- Upper Valley
- North Country
- Seacoast
- Strafford County
- Winnepesaukee

These regions are used for public health planning and the delivery of select public health services



# Summary Report by School

## Summary: Comparisons to Past, Region, & NH

### Tobacco

Category	Apndx pg#	Risk - Students who:	# of Stdnts	2015 Percentages for			2015 School compared to		
				School	Rgn	NH	2013	Rgn	NH
Tobacco Use - Behaviors	50	Smoked a whole cigarette before age 13 years	57	3.4	4.6	5.5	↓0.7x	↓0.8x	↓0.6x
	51	Currently smoked cigarettes	123	7.5	10.4	9.3	↓0.7x	↓0.7x	↓0.8x
	52	Currently use cigars	129	7.8	10.4	11.0	↓0.6x	↓0.8x	↓0.7x
	53	Currently use electronic vapor products	321	19.3	23.1	25.0		↓0.8x	↓0.8x
	54	Currently use smokeless tobacco	112	6.8	6.7	6.0	↓1.0x	↑1.0x	↑1.1x
	55	Smoked and didn't try to quit smoking cigarettes	63	51.9	54.5	53.8	↓1.1x	↓1.0x	↓1.0x
	56	Smoke more than 10 cigarettes per day	9	8.0	10.7	14.2	↓0.5x	↓0.7x	↓0.6x
Tobacco Use - Perceptions	57	Usually obtain their own cigarettes by buying them in a store or gas station	11	13.0	12.7	13.6	↑1.6x	↑1.0x	↓1.0x
	58	Don't perceive peer wrongness of tobacco use	472	28.6	35.0	34.4	↓0.8x	↓0.8x	↓0.8x
	59	Don't perceive of parental wrongness of tobacco use	115	7.0	9.6	9.7	↓0.8x	↓0.7x	↓0.7x
	60	Don't perceive of moderate/great risk from smoking cigarettes	180	10.9	11.0	10.2	↑1.1x	↓1.0x	↑1.1x
	61	Perceive easy or very easy access to cigarettes	880	53.7	60.7	61.3	↓0.9x	↓0.9x	↓0.9x

↑↓ Color coding of cells and arrows do not indicate statistical significance.

School is x times lower School is 1-1.4 times higher School is 1.4 to 2.0 times higher School is 2 or more times higher

Empty Cells - data are unavailable because the question wasn't asked in the prior year or responses are suppressed

### 2015 Youth Risk Behavior Survey

# Academic Impacts Report

## Risk Behaviors and Academic Performance

### Drug Use - Behaviors

Appx pg #	Risk - Students who:	#	%	Number of times more likely D/F students are to have risk	sig
3	Ever used heroin	12	3.0	† 49.2x ( 7.2- 338.4)	†
4	Ever used methamphetamines	12	3.0	† 29.4x ( 5.7- 151.7)	†
5	Ever used cocaine	22	5.6	† 18.8x ( 5.5- 65.0)	†
6	Ever used ecstasy	12	3.0	† 15.1x ( 3.1- 73.1)	†
7	Currently use Rx drugs without a doctor's Rx	27	7.1	† 11.4x ( 3.6- 35.9)	†
8	Ever came to school high on marijuana	98	25.3	† 8.6x ( 3.0- 24.7)	†
9	Ever took Rx drugs without a doctor's Rx	54	13.8	6.6x ( 2.4- 18.2)	†
10	Tried marijuana before age 13 years	45	11.5	5.9x ( 2.0- 17.2)	†
11	Currently use marijuana	119	30.4	5.1x ( 1.9- 13.9)	†
12	Ever used synthetic marijuana	46	11.9	4.8x ( 1.7- 13.7)	†
13	Were offered, sold, or given drugs on school property	62	16.0	4.0x ( 1.5- 11.1)	†
14	Ever used inhalants	38	9.7	2.5x ( 0.7- 8.8)	

### Drug Use Perceptions and Understanding

Appx pg #	Risk - Students who:	#	%	Number of times more likely D/F students are to have risk	sig
15	Don't perceive of parental wrongness of taking Rx drug without a doctor's Rx	23	6.0	8.1x ( 2.3- 28.3)	†
16	Don't perceive of parental wrongness of marijuana use	101	26.2	5.9x ( 2.1- 16.6)	†
17	Perceive easy or very easy access to marijuana	286	74.2	4.0x ( 0.7- 21.7)	
18	Perceive easy or very easy access to Rx drugs without a Rx	97	25.1	3.7x ( 1.3- 10.0)	†
19	Don't perceive of peer wrongness of taking Rx drug without a doctor's Rx	94	24.3	3.0x ( 1.1- 8.2)	†
20	Don't perceive of moderate/great risk from marijuana use	255	66.2	2.0x ( 0.6- 6.6)	

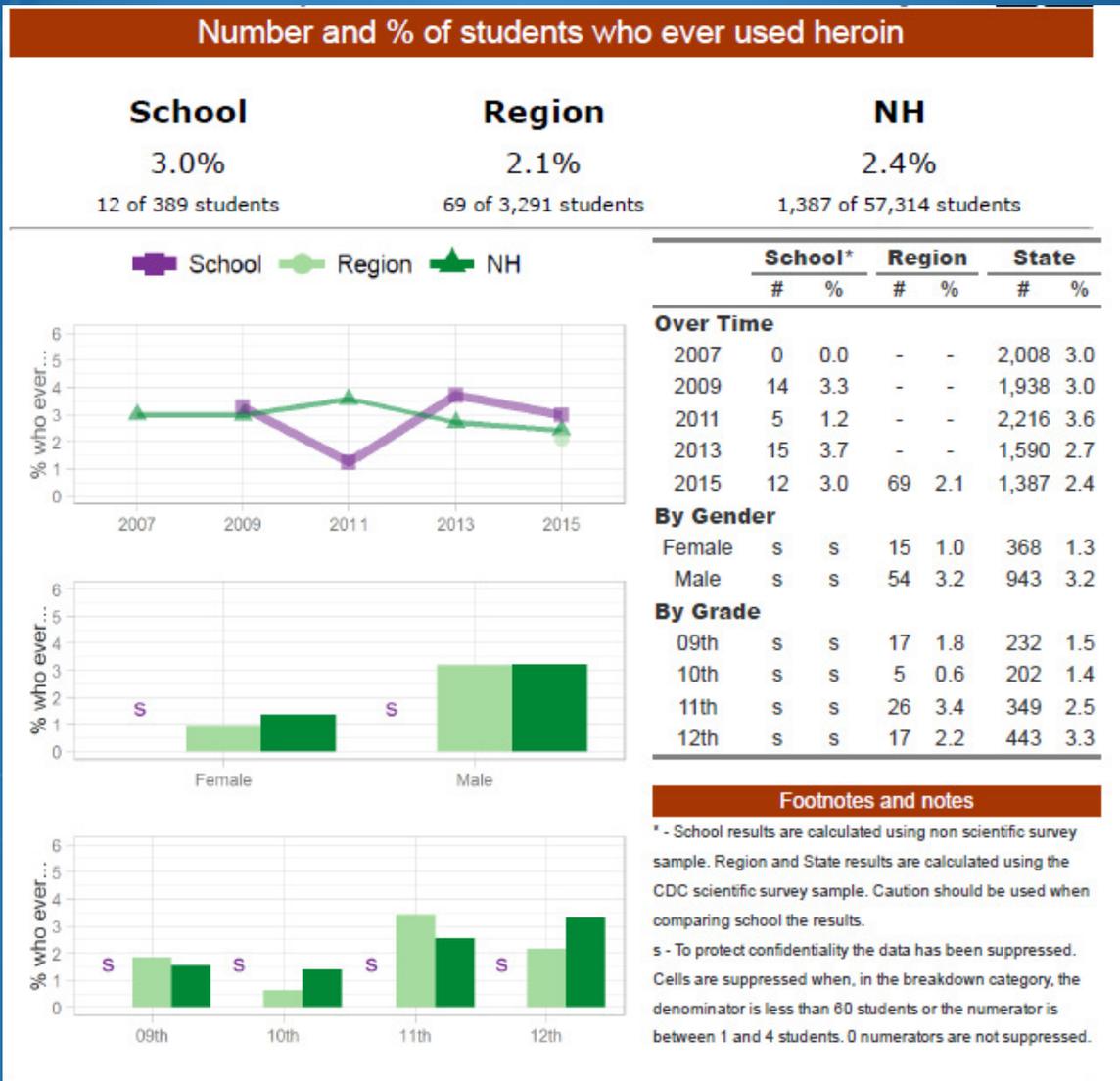
# Time trends

Compare

Time trends

By sex

By grade



How the question was actually asked: q47: During your life, how many times have you used heroin (also called smack, junk, or China White)?  
 a: 0 times; b: 1 or 2 times; c: 3 to 9 times; d: 10 to 19 times; e: 20 to 39 times; f: 40 or more times;  
 Changes over time - Questions: match all years; Answers: all match;

# Overview of 2017 YRBS Survey Process

# Survey Dates & Training

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

**Training:** DHHS offers training to school administrators and teachers in the administration of the survey.

# Supplies

## DHHS will provide:

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

# **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 survey supplies are free to participating schools. DHHS also provides technical and material support.**

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

# **YRBS and Student Privacy**

**YRBS procedures are designed to protect student privacy by allowing only 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.**

# Recent legislative actions relevant to school surveys

## HB 206 (Ch. 161, Laws of 2015)

- Established a Study Committee
- Placed into law CDC recommended practices for parental notification

## SB 320 An Act regarding non-academic surveys

# HB 206

**RSA 186:11, IX-d requires school districts to adopt a policy governing the administration of non-academic surveys.**

**The policy will require schools to:**

- **Notify parents of any non-academic survey and its purpose.**
- **Make such surveys available for parental review at least 10 days prior to the survey date.**
- **Allow parents to opt out of the non-academic survey.**

# What does the new law mean in regard to Parental Notification?

**Passive parental permission forms remain the standard, meaning that:**

- **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.**

# Wrap Up

# 2017 Analysis Plan

- June/July 2017 preliminary school reports made available
- Deliver final reports when CDC provides data in December/January
- More overarching questions
- More meaningful and actionable analysis and results – engaging academic partners
  - How are students clustering by risk categories
  - How are behaviors grouping across student type
  - Which questions have higher value

## Public Health Networks - can help schools 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

# Your Help is Vital to the Success of the NH YRBS 2017 Effort!

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

# Contact Info

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**NH DOE Health Data:**  
[http://education.nh.gov/instruction/  
school\\_health/hiv\\_data.htm](http://education.nh.gov/instruction/school_health/hiv_data.htm)

**NH DHHS YRBS Information Page:**  
[http://www.dhhs.nh.gov/dphs/hsdm/  
yrbs.htm](http://www.dhhs.nh.gov/dphs/hsdm/yrbs.htm)

2017 YRBS

*Questions?*