

Youth Risk Behavior Survey Results 2011

Utah Department of Health

Thank You for Participating

The Utah Department of Health appreciates your help in conducting the Youth Risk Behavior Survey (YRBS) for the last 20 years! This document is intended to provide a summary of key findings regarding health related behaviors of students in Utah (grades 9-12). It has been created based on survey responses from your students. These results have been supplemented with research from the Centers for Diseases Control and Prevention (CDC) and other published research to better illustrate how specific health behaviors are associated with different health outcomes .

Thank you.



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Note: All figures have been rounded.



Asthma

Asthma attacks make breathing difficult, but avoiding triggers and properly using medication can reduce asthma symptoms and save lives (CDC).

Youth with asthma have a higher rate of anxiety and depressive disorders (Wayne 2006).

Asthma is the leading cause of missed school days and the leading cause of chronic illness among youth in the United States (CDC).

For more information on asthma management in schools, click [here](#).

- In 2011, 20% of males and 21% of females in Utah grades 9-12 had been diagnosed with asthma by a doctor.



Tobacco Use

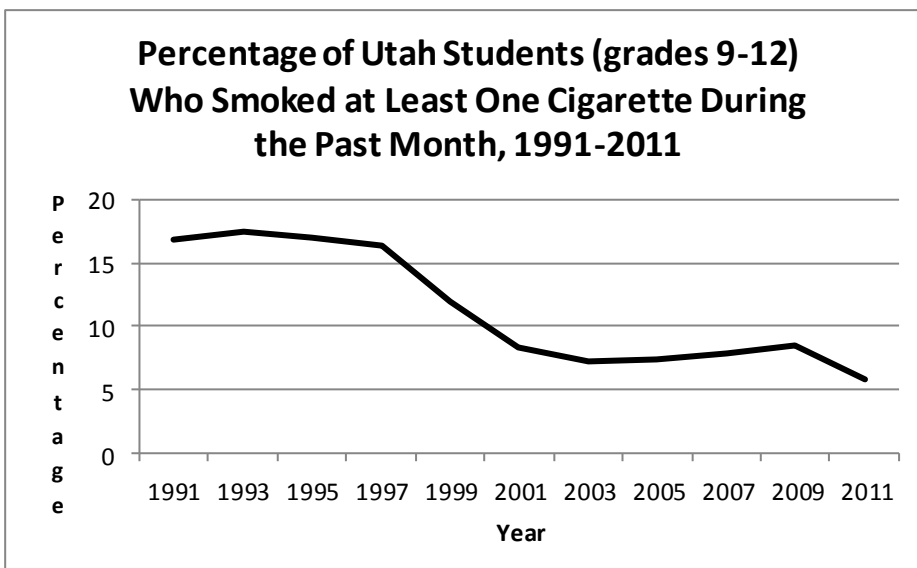
Using alcohol, tobacco, and other drugs during adolescence can have a life-long impact on personal health.

Many substances, including alcohol and tobacco, are addictive, and habits developed in the formative years are some of the most difficult to break (CDC).

“Those who start smoking by the age of 20 and never stop have a only 42% chance of living to age 73” (Phillips, 1996).

- In 2011, 11th and 12th graders in Utah were 65% more likely to smoke than 9th and 10th graders.
- In 2011, in Utah grades 9-12, 5% of females and 7% of males smoked cigarettes at least once in the last 30 days.
- In 2011, males in Utah grades 9-12 were twice as likely to smoke as females.*
- In Utah grades 9-12, smoking has declined from about 16% in 1991 to about 6% in 2011 (see graph to the left).

* adjusted for grade

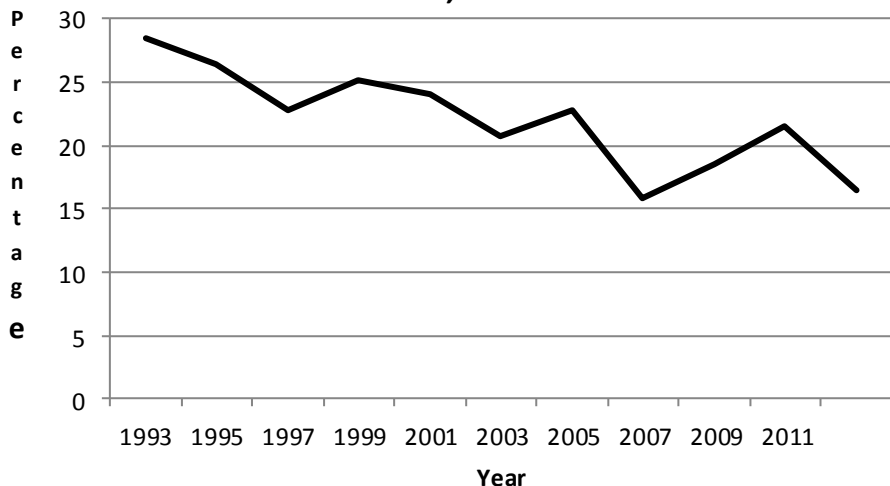


Alcohol Use

Among youth, the use of alcohol and other drugs has been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior (CDC).

"In Utah grades 9-12, 3% of males and 1% of females reported having at least one drink of alcohol on school property in 2011".

Percentage of Utah Students (grades 9-12) Who Had at Least One Drink of Alcohol in the Past Month, 1993-2011

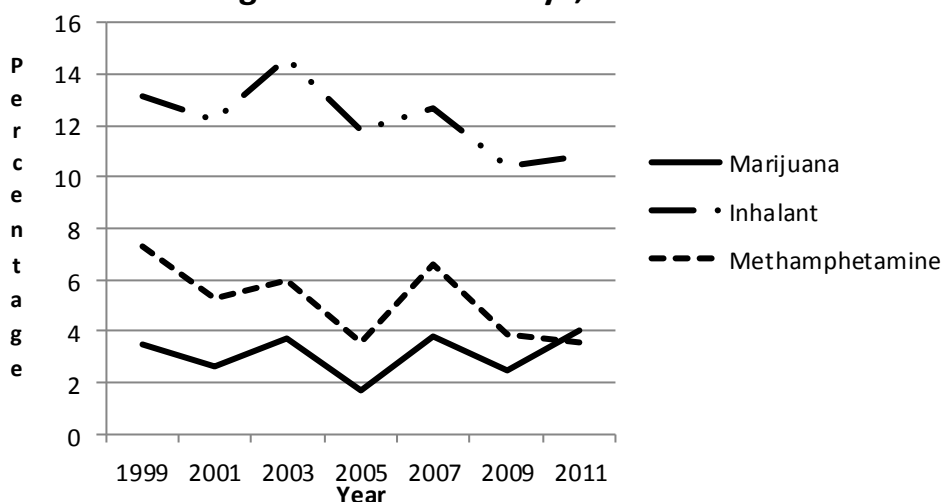


- In 2011, 15% of Utah students in grades 9-12 had at least one drink of alcohol on one or more of the past 30 days.
 - In 2011, of those students in Utah grades 9-12 who reported drinking alcohol, 9% binge drank at least once in the past 30 days.
 - In 2011, those who reported their race as "Hispanic" as compared to those who reported their race as "White", were two and a half times more likely to have had at least one drink in the last 30 days.*
- * adjusted for grade and sex.

Drug Use

Rates of nonmedical use of prescription and over-the-counter (OTC) medication remain high among youth (SAMHSA, 2006). Prescription medications most commonly abused by youth include pain relievers, tranquilizers, stimulants, and depressants (CDC).

Percentage of Utah Students Grades 9-12 Who Used Drugs in the Past 30 Days, 1999 to 2011



- In 2011, 21% of students in Utah grades 9-12 were offered, sold, or given an illegal drug by someone on school property.
- In 2011, 12% of Utah students in grades 9-12 had taken a prescription drug (such as OxyCotin, Percocet, Vicodin, Codein, Adderall, Ritalin, or Xanax) without a doctor's prescription at some point in their lives.
- In 2011, males in Utah grades 9-12 were one and a half times more likely to have been offered, sold, or given illegal drugs by someone on school property when compared to females.*
- In 2011, those who reported their race as "Hispanic" when compared to those who reported their race as "White" were one and a half times more likely to have been offered, sold, or given illegal drugs by someone on school property.*

Physical Activity

Childhood obesity has more than tripled in the past 30 years (CDC).

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels

(U.S. Department of Health and Human Services, 2008).



- In 2011, when in school, 16% of students in Utah grades 9-12 attended daily physical education (PE).
- In 2011, 21% of students in Utah grades 9-12, were physically active for a total of at least 60 minutes per day on seven or more of the past 7 days (Healthy People 2020, Objective PA-3.1, click [here](#) for website).
- In 2011, males in Utah grades 9-12 when compared to females were two and a half times more likely to be physically active for a total of at least 60 minutes per day on seven or more of the past 7 days.*
- In 2011, as Utah students moved up through grades 9-12, they were 15% less likely to be physically active for a total of at least 60 minutes per day on seven or more of the past 7 days.*

*adjusted for sex, grade, and race

Healthy eating helps prevent high cholesterol and high blood pressure and helps reduce the risk of developing chronic diseases such as cardiovascular disease, cancer, and diabetes (Dietary Guidelines for Americans, 2010).

Nutrition

Schools are in a unique position to promote healthy eating and help ensure appropriate food and nutrient intake among students. Schools provide students with opportunities to consume an array of foods and beverages throughout the school day and enable students to learn about and practice healthy eating behaviors.

For more information on what you can do to make your school healthier click [here](#).

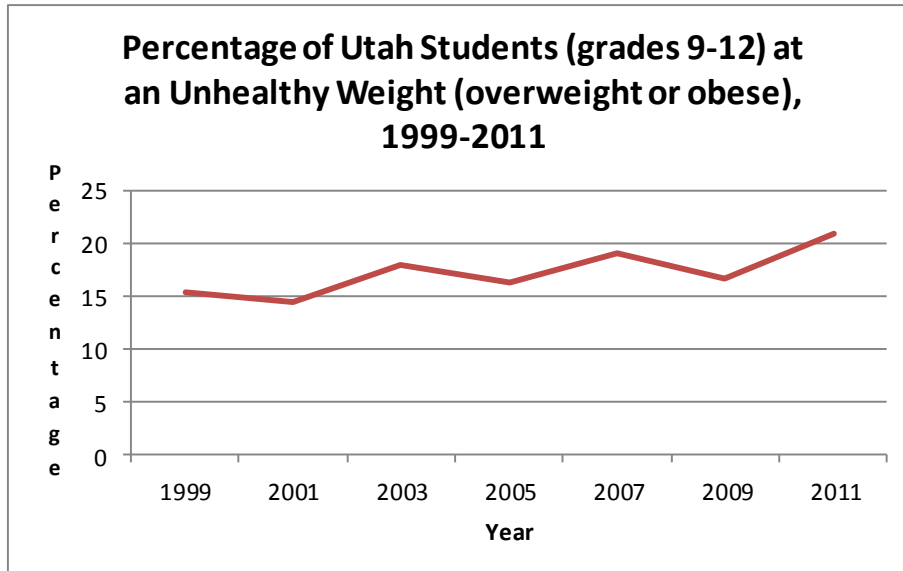
- In 2011, 21% of males and 19% of females in Utah grades 9-12 ate fruit and vegetables five or more times per day during the past seven days.
- In 2011, 14% of students in Utah grades 9-12, drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.
- In 2011, males in Utah grades 9-12 were almost twice as likely as females to drink a soda or pop one or more times per day during the past seven days.*

*adjusted for sex, grade, and race



Obesity

Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem (Dietz WH, 2004; Daniels SR, 2005; Office of the Surgeon General, 2010; Freedman DS, 2007).



- In 2011, 14% of males and 11% of females in Utah grades 9-12 were overweight. +
- In 2011, males in Utah grades 9-12 were almost three times more likely to be obese than females.*++
- In 2011, those who reported being "Hispanic" in Utah grades 9-12 were about one and a half times more likely to be obese than those who reported being "White".*++
- In Utah grades 9-12, since 2009 those reported as having an unhealthy weight has increased from about 16% to about 21%. (see graph to the left).

+Overweight: Between the 85th and 95th percentile for body mass index by age and sex.

++Obese: At or above the 95th percentile for body mass index by age and sex.

*adjusted for sex, grade, and race

School Safety: Injury and Violence

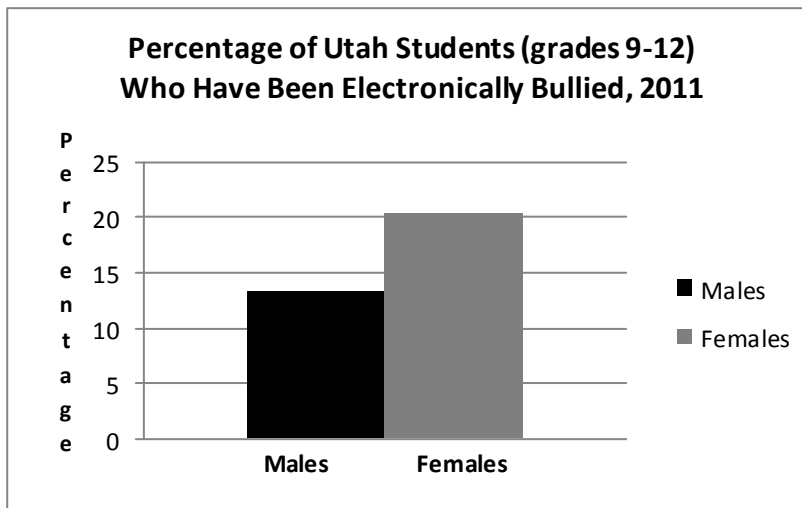
While the U.S. remains relatively safe, any amount of violence is unacceptable. Parents, teachers, and administrators expect schools to be a safe haven of learning. Acts of violence or school-related injury can disrupt the learning process and have a negative effect on students, the school itself, and the broader community (CDC).

- In 2011, 9% of males and 2% of females in Utah grades 9-12 carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.
- In 2011, 9% of males and 4% of females in Utah grades 9-12 had been threatened or injured with a weapon such as gun, knife, or club on school property on one or more of the past 30 days.
- In 2011, 12% of males and 4% of females in Utah grades 9-12 were in a physical fight on school property in the last year.
- In 2011, 6% of males and 5% of females in Utah grades 9-12 did not go to school one or more times in the past 30 days because they felt it was unsafe at school or on their way to or from school. Those who reported their race as being "Hispanic" or "Other" are twice as likely to not attend school because of feeling unsafe than those who reported their race as "White".

School Safety: Injury and Violence

Electronic bullying victimization has been associated with discipline problems in school, skipping school, weapon carrying (Vartanian, 2007), and social anxiety (Maltik, 2007).

- In 2011, 13% of males and 20% of females in Utah grades 9-12 had been electronically bullied during the past 12 months.
- In 2011, 17% of those who reported their race as “Hispanic” or “White” in Utah grades 9-12 also reported that they had been electronically bullied in the last year.



Injury and Safety

In the United States, injuries are the leading cause of death and disability for people aged 1 to 44 years. Approximately 72% of all deaths among adolescents aged 10-24 years are attributed to injuries from only four causes: motor vehicle crashes (30%), all other unintentional injuries (15%), homicide (15%), and suicide (CDC).

- In 2011, 79% of males and 76% of females in Utah grades 9-12 never or rarely wore a bicycle helmet. Eleventh and 12th graders were almost one and a half times more likely to never or rarely wear a bike helmet than 9th and 10th graders.
- In 2011, 8% of males and 5% of females in Utah grades 9-12 never or rarely wore a seat belt when riding in a car driven by someone else. Males were one and a half times more likely to never or rarely wear a seatbelt than females. Those who reported their race as “Hispanic” or “Other” were twice as likely to never or rarely wear their seatbelts as those who reported their race as “White”.

- In 2011, males in Utah grades 9-12 were twice as likely as females to ride in a car or other vehicle driven by someone who had been drinking alcohol. Those who reported their race as “Hispanic” as compared to “White” were one and a half times more likely to have ridden in a vehicle driven by someone who had been drinking alcohol.*
- In 2011, as Utah students moved up through grades 9-12, they were 43% more likely to have ridden in a car driven by someone who had been drinking alcohol.

* adjusted for sex, grade, and race

14% of males and 12% of females in Utah grades 9-12 had ridden one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol.

Psychological Risk Factors

Research shows that one of five children and adolescents aged 9 to 17 years experience symptoms of mental health problems that cause some level of impairment in a given year. However, fewer than 20 percent who need mental health services receive them (U. S. Public Health Service, 2000).

- In 2011, 20% of males and 33% of females in Utah grades 9-12 felt sad or hopeless almost every day for two weeks or more in a row in the past year.
- In 2011, females in Utah grades 9-12, were almost 2 times more likely to feel sad or hopeless when as to males. *
- In 2011, 11% of males and 13% of females made a plan about how they would attempt suicide during the past 12 months.
- In 2011, those who reported their race as "Hispanic" or "Other" in Utah grades 9-12 were almost one and a half times more likely to make a plan about attempting suicide when compared to those who reported their race as "White".*



*adjusted for sex, grade, and race

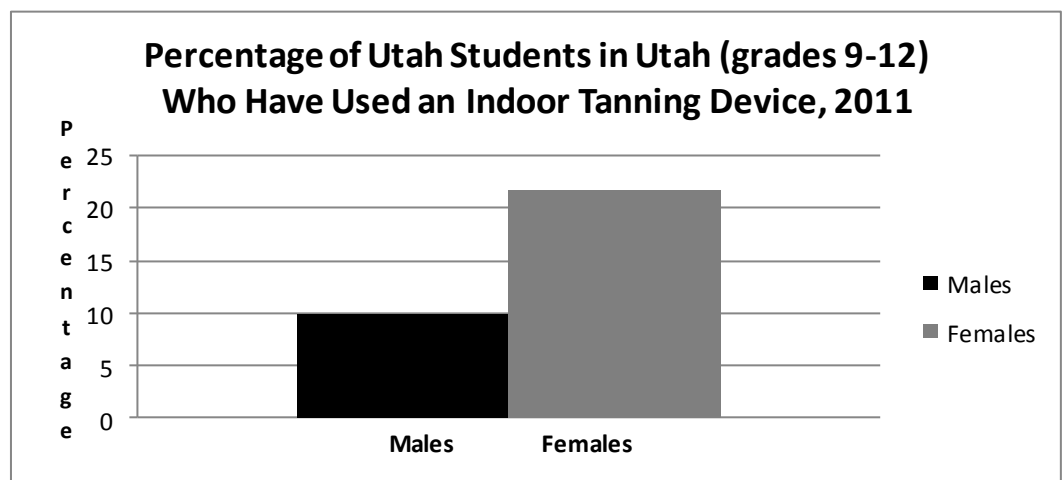
Exposure to UV Rays

Skin cancer is the most common type of cancer, and new cases and deaths from melanoma, the deadliest form, have been increasing dramatically (CDC).

Exposure to the sun during childhood and adolescence typically plays a critical role in the development of skin cancer as an adult (CDC).

For more information on how your school can help, click [here](#).

- In 2011, 67% of males and 75% of females in Utah grades 9-12, reported having had at least one sunburn during the past year.



Other Risk Factors: Student Phone Use

Drivers who talk on handheld or hands-free cell phones are just as impaired as drunk drivers with a 0.08 blood alcohol level (Strayer, 2006).

- In 2011, 31% of males and 33% of females in Utah grades 9-12 reported spending one or more minutes per day *talking* on a cell phone while they were driving during the past seven days.
- In 2011, 31% of males and 31% of females reported *texting or using* a hand held electronic device while they were driving during the past seven days.



Additional Resources

YRBS is coordinated nationally through the Centers for Disease Control and Prevention (CDC). Additional information and past summaries can be found at the CDC website: <http://cdc.gov/HealthyYouth/yrbs/index.htm>. For questions regarding survey administration in Utah, contact Mike Friedrichs at Utah Department of Health: (801) 538-6244. The CDC website also contains information regarding all of the topics that YRBS analyzes biennially. Please click [here](#) to visit the Utah Department of Health's Indicator-Based Information System for Public Health (IBIS-PH).

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