

## **Introduction**

**The purpose of this assessment was to gather accurate, reliable information regarding the health behaviors and needs of middle school (8<sup>th</sup> grade students) and high school (10<sup>th</sup> and 12<sup>th</sup> grade students) in the Orange County Schools. Specifically, the assessment recorded the frequency and prevalence of alcohol, tobacco and other drug usage activities, exercise and dietary behaviors, violence-related activities, and a variety of other health and safety related activities among these students.**

### **Questions**

**The specific questions addressed by this assessment are:**

- ◆ What is the current level of risk-taking behaviors among 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade students?**
- ◆ How do the current levels of self-reported behavior among Orange County high school students compare with their national counterparts (2011 CDC YRBS)?**
- ◆ What are the health related needs for students in Orange County middle and high school?**

### **Instrumentation and Administration**

**The Centers for Disease Control (CDC) Youth Risk Behavior Survey (YRBS) was adapted for distribution to Orange County 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade students. The survey was adapted to procure information on the CORE measures (Alcohol, Tobacco, Marijuana, and Prescription Drugs: 30 day use; age of onset; perception of harm; and perceptions of parental disapproval). The adapted middle school YRBS contained 95 questions and the adapted high school YRBS contained 110 questions. All questionnaires were multiple choice instruments. It is anticipated that the data gathered from the administration of these surveys will provide school and health department personnel with useful reliable and valid data which should help in future planning and resource allocation. The YRBS was administered to all 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade Orange County School students during Spring, 2013**

**Completed opscans were returned to Drs. Kerry Redican (Virginia Tech) and David Sallee (Radford University) for processing, data analysis (SPSS 11.0) and reporting.**

**This report will highlight important frequencies with respect to risk taking behaviors of the respondents. In addition to a summarization of findings complete frequency data can be found in Tabs 1-5;**

**Tab 1: Middle School data by Grade**

**Tab 2: Middle School data by Gender**

**Tab 3: High School Data by Grade**

**Tab 4: High School Data by Gender**

**Tab 5: Presentation Table and Comparisons to Previous YRBS and National Data**

### **Middle School**

**Two hundred and ninety-two (n=292) 8<sup>th</sup> grade students completed the middle school YRBS. A little over 95% (95.2%, n=278) were 13 years old (53.1%, n=155) or 14 years old (42.1%, n=123) at the time of the survey. In terms of gender, 47.6% (n=139) were female and 52.4% (n=153) were males. The major of the students were White (61.7%, n=179) and other self-description included multi-racial (15.2%, n=44), Black (14.1%, n=41), American Indian or Alaskan Native (3.1%, n=9), Hispanic or Latino (2.8%, n=8) and Asian (2.1%, n=6). Most of the students 50.3% (n=144) described their grades as mostly A's and B's. Finally, 90 % (n=258) had been a student in Orange County Schools for two years or more**

### **Middle School (8<sup>th</sup> Grade) Results**

**Of the 8<sup>th</sup> grade students (n=324) completing the YRBS:**

- ✓ **84.3% (n=199) never or rarely wore a bicycle helmet when riding a bicycle, motorcycle, or ATV during the past 12 months (71.6%, 2011);**
- ✓ **20.6% (n=58) never or rarely wore a seat belt when riding in a car driven by someone else (16.7%, 2011);**
- ✓ **33.3% (n=93) rode 1 or more times in a vehicle in the past 30 days driven by someone who had been drinking alcohol (21%, 2011);**
- ✓ **45.4% (n=127) had ever carried a weapon (23.8%, 2011);**
- ✓ **50.9% (n=143) had been in a physical fight 1 or more times during the past 12 months (36.1%, 2011);**
- ✓ **7.5% (n=21) had been in a physical fight in the past 12 months and it resulted in treatment by a doctor or nurse 1 or more times (7.7%, 2011);**
- ✓ **27.8% (n=78) had been physically harmed by someone in their home (33.2%, 2011);**
- ✓ **22.1% (n=62) saw or heard someone being physically harmed in their home (27.2%, 2011);**
- ✓ **36.6% (n=102) got impatient immediately when things did not go their way (NA 2011);**
- ✓ **14.7% (n=41) were aware of gang activity in their school (28.9%, 2011);**
- ✓ **10.4% (n=29) had been approached to join a gang in gang activities (13.4%, 2011);**
- ✓ **27.3% (n=75) had ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months (29.3%, 2011);**
- ✓ **24.7% (n=68) seriously considered attempting suicide in the past 12 months(18.1%, 2011);**
- ✓ **12.3% (n=34) made a plan about how they would attempt suicide in the past 12 months (17.1%, 2011);**
- ✓ **8.3% (n=23) actually attempted suicide 1 or more times during the past 12 months (12.7%, 2011);**

- ✓ 29.8% (n=83) intentionally cut, pinched, burned or bruised themselves (27.2%, 2011);
- ✓ 17.6% (n=49) intentionally cut, pinched, burned, or bruised themselves in the past 30 days (14.9%, 2011);
- ✓ 62.7% (n=173) knew others who intentionally cut, pinched, burned or bruised themselves (73.6%, 2011);
- ✓ 82.3% (n=228) felt that there is moderate to great risk in smoking a pack or more of cigarettes a day (86.1%, 2011);
- ✓ 53.8% (n=149) felt it would be fairly easy or very easy to get cigarettes (62.5% , 2011);
- ✓ 93.1% (n=258) felt that their parents would feel it would be wrong or very wrong for them to smoke cigarettes (93.2%, 2011);
- ✓ 35.4% (n=96) had ever tried cigarette smoking (37.7%, 2011);
- ✓ 16.7% (n=46) smoked a whole cigarette for the first time before age 13 (18.3%, 2011);
- ✓ 14.1% (n=39) smoked cigarettes on 1 or more of the past 30 days (16.2%, 2011);
- ✓ 6.9% (n=19) smoked 2 or more cigarettes per day on the days they smoked during the past 30 days (7.2%, 2011);
- ✓ 15.4% (n=43) chewed tobacco or used snuff on 1 or more of the past 30 days (12.4%, 2011);
- ✓ 64.5% (n=180) felt that there is moderate to great risk in drinking one or two drinks nearly every day (62.4%, 2011);
- ✓ 44.9% (n=123) had at least one drink of alcohol on 1 or more days during their life (58.6%, 2011);
- ✓ 37.2% (n=103) had their first drink of alcohol other than a few sips before age 13 (37.6%, 2011);
- ✓ 76% (n=209) indicated that their parents would feel it would be wrong or very wrong for them to drink regularly (76.6%, 2011);
- ✓ 22.9% (n=64) had at least one drink of alcohol on 1 or more of the past 30 days (29.5%, 2011);
- ✓ 16.4% (n=11) of current drinkers bought their own alcohol in a store, gas station, or discount store in the past 30 days (3.9%, 2011);

- ✓ **9.4% (n=26) had at least one drink of alcohol on school property on 1 or more of the past 30 days (5.6%, 2011);**
- ✓ **61.5% (n=169) felt it would be fairly easy or very easy to get alcohol if they wanted some (65.4%, 2011);**
- ✓ **66.9% (n=184) indicated that their family has clear rules about alcohol use (71.7%, 2011);**
- ✓ **73.5% (n=204) felt that there was moderate to great risk in smoking marijuana (75.4%, 2011);**
- ✓ **92.1% (n=255) felt that their parents would feel it would be wrong or very wrong for them to smoke marijuana (91.3%, 2011);**
- ✓ **23% (n=63) had used marijuana 1 or more times during their life (24.5% , 2011);**
- ✓ **14.4% (n=40) tried marijuana for the first time before age 13 (12.1% , 2011);**
- ✓ **15.2% (n=42) used marijuana 1 or more times during the past 30 days (14.6%, 2011);**
- ✓ **5.4% (n=2) of current marijuana smokers reported receiving marijuana from a family member (7.4%, 2011);**
- ✓ **13% (n=36) had used K2, Spice, or other synthetic marijuana (NA 2011);**
- ✓ **6.6% (n=18) had used any form of cocaine 1 or more times during their life (6.2%, 2011);**
- ✓ **15.3% (n=41) had used inhalants to get high 1 or more times during their life (20.6%, 2011);**
- ✓ **10.9% (n=30) had used methamphetamines 1 or more times during their life (4.7%, 2011);**
- ✓ **8.4% (n=23) had used ecstasy (4.1%, 2011);**
- ✓ **3.3% (n=9) had taken steroid pills or shots without a doctor's prescription 1 or more times during their life (5.8%, 2011);**
- ✓ **3% (n=8) had used a needle to inject any illegal drug into their body 1 or more times during their life (4.1%, 2011);**
- ✓ **5.1% (n=14) had taken over-the-counter drugs to get high (11%, 2011);**

- ✓ **89.1% (n=244) felt that their was moderate to great risk in using prescription drugs to get high (NA 2011);**
- ✓ **8% (n=22) tried prescription drugs to get high for the first time before age 13 (NA 2011);**
- ✓ **95.6% (n=262) felt that their parents would feel it would be wrong or very wrong for them to use prescription drugs (NA 2011);**
- ✓ **8.3% (n=23) had taken prescription drugs to get high (8.9%, 2011);**
- ✓ **73.9% (n=204) reported that their family has clear rules about drug use (85.5%, 2011);**
- ✓ **27.5% (n=75) had ever had sexual intercourse (27.1%, 2011);**
- ✓ **14.2% (n=39) had sexual intercourse for the first time before age 13 (11.8%, 2011);**
- ✓ **5.8% (n=16) had sexual intercourse with 4 or more people during their life (5.6%, 2011);**
- ✓ **34.3% (n=23) of those who had sexual intercourse in the past 3 months drank alcohol or used drugs before the last sexual intercourse (29.7%, 2011);**
- ✓ **52.2% (n=35) of those who had sexual intercourse during the past 3 months used a condom during the last sexual intercourse (66.7%, 2011);**
- ✓ **27.3% (n=78) described themselves as slightly or very overweight (27.2%, 2011);**
- ✓ **18.3% (n=47) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days (17.6%, 2011);**
- ✓ **7.5% (n=20) took diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days (7.2%, 2011);**
- ✓ **6% (n=16) vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days (6.3%, 2011);**
- ✓ **61.2% (n=169) did moderate to vigorous exercise on 3 or more of the past 7 days (64.4%, 2011);**
- ✓ **66.1% (n=181) played on 1 or more sports teams during the past 12 months (61.4%, 2011);**

- ✓ **82.7% (n=215) had Facebook, Twitter, or other web-based technology they currently use (80.8%, 2011);**
- ✓ **34.8% (n=95) used technology to communicate for 3 hours or more on an average day (31.5%, 2011);**
- ✓ **23.6% (n=63) received threatening or intimidating messages online or through cell phones (30.4%, 2011);**
- ✓ **19.3% (n=53) had sent threatening or intimidating messages online or through cell phones (23.2% , 2011);**
- ✓ **28.1% (n=75) sent sexually inappropriate pictures or messages using a cell phone or computer (29.9%, 2011);**
- ✓ **26.3% (n=71) indicated that their parents would be nervous if they knew what they did on the internet or via cell phone (39.4%, 2011);**
- ✓ **79.6% (n=215) reported feeling very informed about safety and using the Internet (86.8%, 2011);**
- ✓ **50.9% (n=137) had been bullied (51.7%, 2011);**
- ✓ **47.8% (n=128) were a bystander while someone else was being bullied (55.5%, 2011);**
- ✓ **34.9% (n=94) had bullied someone (44.6%, 2011);**
- ✓ **15.9% (n=43) had been bullied daily or several times a day (15.1%, 2011);**
- ✓ **15.8% (n=42) had missed school because of bullying (10.8%, 2011);**
- ✓ **95.6% (n=261) felt it would be wrong or very wrong for them to break the law (95.3%, 2011);**
- ✓ **84.4% (n=227) reported that there are many chances to get involved in school activities outside of class (84.4%, 2011);**
- ✓ **55.4% (n=150) reported that the school would let them or their parents know if they have done something well (60.4%, 2011);**
- ✓ **79% (n=214) reported that there are adults in their life who are not their parents that encourage them to do their best (85.6%, 2011);**
- ✓ **51.9% (n=140) volunteer in their community (47.5%, 2011);**
- ✓ **84.6% (n=231) reported that one of their parents knows where they are and who they are with when they are not at home (85.7% , 2011);**

- ✓ **82.1% (n=220) indicated that their parents would know if they came home on time (85%, 2011)**

### **Middle School Data by Gender**

**Some differences by gender for middle school students were noted. In general, a higher percentage of middle school males reported fighting, substance use and bullying behaviors as opposed to females. A higher percentage of middle school females reported experiencing the symptoms of depression. Specific middle school data by gender can be found under Tab 2.**

### **Middle School Conclusions**

- 1. Middle school students engaging in high risk behaviors with respect to tobacco, alcohol, marijuana, inhalants and heroin use is of major concern.**
- 2. Sexual behaviors among middle school students are high.**
- 3. Bullying behaviors are a major area of concern.**
- 4. Middle school students perceive their parents to establishing clear rules regarding substance use.**

## High School

Three hundred and twenty-seven (n=327) 10<sup>th</sup> grade (60.8%, n=186) and 12<sup>th</sup> grade (39.2%, n=120) students completed the high school YRBS. Twenty eight percent (28%, n=91) were 15 years old. 32.3% (n=105) were 16 years old and 24% (n=78) were 17 years old at the time of the survey. In terms of gender, 52.8% (n=170) were female and 47.2% (n=152) were males. The major of the students were White (60.6%, n=195) and other self-description included multi-racial (10.6%, n=34), Black (15.2%, n=49), American Indian or Alaskan Native (2.5%, n=8), Hispanic or Latino (6.2%, n=20), Asian (2.8%, n=9), and 2.2% (n=7) Native Hawaiian or Other Pacific Islander. Most of the students 59.4% (n=189) described their grades as mostly A's and B's. Finally, 88.3% (n=278) had been a student in Orange County Schools for two years or more.

### High School (10<sup>th</sup> and 12<sup>th</sup> Grades) Results

Of the 327 high school students (10<sup>th</sup> and 12<sup>th</sup> grades) completing the YRBS:

- ✓ 74.6% (n=147) never or rarely wore a helmet when ridding a bicycle, motorcycle or ATV during the past 12 months (74.8%, 2011; NA National);
- ✓ 13.6% (n=41) never or rarely wore a seat belt when riding in a car driven by someone else (12.1%, 2011; 7.7%, National);
- ✓ 31.2% (n=95) in the past 30 days rode 1 or more times in a vehicle driven by someone who had been drinking alcohol (25.1%, 2011; 24.1% National);
- ✓ 14.4%(n=44) drove a vehicle in the past 30 days when they had been drinking alcohol (8.4%, 2011; 8.2% National);

- ✓ **26.5% (n=81) carried a weapon on 1 or more of the past 30 days (18.8%, 2011; 16.6%, National);**
- ✓ **11.6% (n=35) did not go to school on 1 or more of the past 30 days because they felt unsafe (6.5%, 2011; 5.9%, National);**
- ✓ **14.5% (n=44) had been threatened or injured with a weapon on school property 1 or more times during the past 12 months (10.5%, 2011; 7.4% National);**
- ✓ **24.4% (n=74) were in a physical fight 1 or more times during the past 12 months (30.6%, 2011; 32.8%, National);**
- ✓ **6.6% (n=20) were in a physical fight during the past 12 months and it resulted in treatment by a doctor or nurse 1 or more times (4.2%, 2011; 3.9%, National);**
- ✓ **11.4% (n=34) were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months (14.9%, 2011; 9.4%, National);**
- ✓ **27.1% (n=83) were physically harmed by someone in their home (25.9%, 2011; NA National);**
- ✓ **22.6% (n=69) saw or heard someone in their home being physically harmed (20.8%, 2011; NA National);**
- ✓ **45.1% (n=134) got impatient immediately when things did not go their way (NA 2011 and National);**
- ✓ **30.2% (n=91) were aware of gang activity in their school (48.8%, 2011; NA National);**
- ✓ **15.2% (n=46) were approached to join a gang in gang activities (15.1%, 2011; NA National);**
- ✓ **30.3% (n=91) had felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months (35.2%, 2011; 28.5%, National);**
- ✓ **22.8% (n=69) seriously considered attempting suicide during the past 12 months (15.1%, 2011; 15.8%, National);**
- ✓ **21.3% (n=64) made a plan about how they would attempt suicide during the past 12 months (12.4%, 2011; 13.8% National);**
- ✓ **14.4% (n=44) attempted suicide 1 or more times during the past 12 months (7.6%, 2011; 7.8%, National);**

- ✓ 4.7% (n=14) whose attempted suicide during the past 12 months resulted in treatment by a doctor or nurse (2.5%, 2011; 1.9% National);
- ✓ 28.8% (n=88) intentionally cut, pinched, burned, or bruised themselves (30.1%, 2011; NA National);
- ✓ 16% (n=49) intentionally cut, pinched, burned, or bruised themselves in the past 30 days (9.9%, 2011; NA National);
- ✓ 58.4% (n=178) knew others who intentionally cut, pinched, burned or bruised themselves (70.1%, 2011; NA National);
- ✓ 84% (n=258) felt that there is moderate to great risk in smoking a pack or more of cigarettes a day (90.2%, 2011; NA National);
- ✓ 86% (n=263) felt it would be fairly easy or very easy to get cigarettes (88.4%, 2011; NA National);
- ✓ 85% (n=260) indicated that their parents would feel it would be wrong or very wrong for them to smoke cigarettes (85.6% 2011; NA National);
- ✓ 53.2% (n=159) had ever tried cigarette smoking (54.1%, 2011; 44.7%, National);
- ✓ 19.6% (n=60) smoked a whole cigarette for the first time before age 13 (14.2%, 2011; 11.3%, National);
- ✓ 26.2% (n=79) smoked cigarettes on one or more of the past 30 days (22.1%, 2011; 18.1%, National);
- ✓ 15.5% (n=47) smoked 2 or more cigarettes on 1 or more of the past 30 days (12.5%, 2011; NA National);
- ✓ 9.8% (n=30) smoked cigarettes on school property on 1 or more of the past 30 days (5.6%, 2011; 5.1%, National);
- ✓ 43% (n=34) of current smokers have tried to quit smoking during the past 12 months (58.2%, 2011; 49.9%, National);
- ✓ 20% (n=61) used chewing tobacco or snuff on 1 or more of the past 30 days (15.6%, 2011; 7.7%, National);
- ✓ 60.9% (n=184) felt that there is moderate to great risk in drinking one or two drinks nearly every day (62.3%, 2011; NA National);
- ✓ 69% (n=209) had at least one drink of alcohol on 1 or more days during their life (75.3%, 2011; 70.8%, National);
- ✓ 30.6% (n=93) had their first drink of alcohol other than a few sips before age 13 (25.1%, 2011; 20.5%, National);

- ✓ **66.6% (n=200) indicated that their parents would feel it would be wrong or very wrong for them to drink regularly (64.8%, 2011; NA National);**
- ✓ **44.9% (n=135) had at least one drink of alcohol on 1 or more of the past 30 days (44.7%, 2011; 38.7%, National);**
- ✓ **30.7% (n=93) had 5 or more drinks of alcohol in a row on 1 or more of the past 30 days (34%, 2011; 21.9%, National);**
- ✓ **10.2% (n=14) of current drinkers usually bought their own alcohol in a store or gas station or discount store in the past 30 days (2.2%, 2011; NA National);**
- ✓ **13.8% (n=42) had at least one drink of alcohol on school property on 1 or more of the past 30 days (8.3%, 2011; 5.1%, National);**
- ✓ **82.4% (n=248) felt it would be fairly easy or very easy to get alcohol if they wanted some (80.1%, 2011; NA National);**
- ✓ **20.6% (n=62) indicated that their parents would try not much or not at all to keep them from using alcohol (16%, 2011; NA National);**
- ✓ **68.6% (n=203) indicated that their family has clear rules about alcohol use (66.7%, 2011; NA National);**
- ✓ **48.7% (n=147) felt that there is moderate to great risk in smoking marijuana (58%, 2011; NA National);**
- ✓ **79.7% (n=240) indicated that their parents would feel that it would be wrong or very wrong for them to smoke marijuana (85.4%, 2011; NA National);**
- ✓ **53.3% (n=161) used marijuana 1 or more times during their life (49%, 2011; 39.9%, National);**
- ✓ **17.8% (n=54) tried marijuana for the first time before age 13 (10%, 2011, 8.1%, National);**
- ✓ **34.8% (n=103) used marijuana 1 or more times during the past 30 days (27.7%, 2011; 23.1%, National);**
- ✓ **13.4% (n=41) used marijuana on school property 1 or more times during the past 30 days (3.9%, 2011; 5.9% National);**
- ✓ **6.3% (n=7) of current marijuana smokers reported receiving marijuana from a family member (2.7%, 2011; NA National);**
- ✓ **24.7% (n=74) used K2, Spice, or other synthetic form of marijuana (NA 2011 and National);**

- ✓ **12.9% (n=39) used any form of cocaine 1 or more times during their life (6.6%, 2011; 6.8%, National);**
- ✓ **11.2% (n=34) used any form of cocaine 1 or more times during the past 30 days (4.1%, 2011; 3% National);**
- ✓ **17.1% (n=52) had used inhalants 1 or more times during their life (9.1%, 2011; 11.4% National);**
- ✓ **11.5% (n=35) used inhalants to get high 1 or more times during the past 30 days (3.5% 2011; NA National);**
- ✓ **10.5% (n=32) used heroin 1 or more times during their life (4.5%, 2011; 2.9% National);**
- ✓ **11.8% (n=36) used methamphetamines 1 or more times during their life (5.4%, 2011; 3.8% National);**
- ✓ **11.5% (n=35) had ever used ecstasy (7.6%, 2011; 8.2%, National);**
- ✓ **9.8% (n=30) took steroid pills or shots without a doctor's prescription 1 or more times during their life (4.3%, 2011; 3.6% National);**
- ✓ **6.7% (n=20) used a needle to inject any illegal drug into their body 1 or more times during their life (3.3%, 2011; 2.3% National);**
- ✓ **31.9% (n=94) had someone offer, sell, or give them an illegal drug on school property during the past 12 months (30.6% , 2011; 25.6% National);**
- ✓ **34.9% (n=103) had someone offer, sell or give them an illegal drug on or in their neighborhood or community during the past 12 months (29.1%, 2011);**
- ✓ **21.5% (n=64) had taken over-the-counter drugs to get high (15.4%, 2011; NA National);**
- ✓ **89% (n=268) felt that there was moderate to great risk in using prescription drugs to get high (NA 2011 and National);**
- ✓ **7% (n=21) tried prescription drugs to get high for the first time before age 13 (NA 2011 and National);**
- ✓ **90.7% (n=272) indicated that their parents would feel it would be wrong or very wrong for them to use prescription drugs to get high (NA 2011 and National);**
- ✓ **12.9% (n=39) had ever taken prescription drugs to get high (18.5%, 2011; NA National);**

- ✓ **83.3% (n=244) felt that their family has clear rules about drug use (83.8%, 2011; NA National);**
- ✓ **57.9% (n=169) had ever had sexual intercourse (64.1%, 2011; 47.4% National);**
- ✓ **12.6% (n=38) had sexual intercourse for the first time before age 13 (8.4%, 2011; 6.2% National);**
- ✓ **16.9% (n=51) had sexual intercourse with 4 or more people during their life (19.4%, 2011; 15.3%, National);**
- ✓ **42.1% (n=128) had sexual intercourse during the past 3 months (43.9%, 2011; 33.7% National);**
- ✓ **29.5% (n=49) of students who had sexual intercourse during the past 3 months drank alcohol or used drugs before the last intercourse (21.8%, 2011; 22.1% National);**
- ✓ **58.9% (n=96) of student who had sexual intercourse during the past 3 months used a condom during the last sexual intercourse (62.2%, 2011; 60.2% National);**
- ✓ **14.6% (n=42) had been forced to have sexual intercourse when they did not want to (11%, 2011; 8% National);**
- ✓ **21.3% (n=37) of sexually active students used birth control pills to prevent pregnancy during their last sexual intercourse (20.4%, 2011; 18% National);**
- ✓ **12% (n=36) had been pregnant or gotten someone pregnant 1 or more times (7.6%, 2011; NA National);**
- ✓ **29.2% (n=89) described themselves as slightly or very overweight (25.8%, 2011; 29.2% National);**
- ✓ **19.7% (N=55) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days (13%, 2011; 13.2% National);**
- ✓ **9.8% (n=28) took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days (4.6%, 2011; 5.1% National);**
- ✓ **10.9% (n=31) vomited or took laxatives to lose weight or keep from gaining weight during the past 30 days (5.3%,2011; 4.3% National);**
- ✓ **76.1% (n=232) did moderate to vigorous exercises on 3 or more of the past 7 days (54%, 2011; NA National);**

- ✓ 55.4% (n=163) played on 1 or more sports teams during the past 12 months (52%, 2011; 58.4% National);
- ✓ 85.7% (n=246) reported having a Facebook, Twitter, or other web-based technology that they currently use (90%, 2011; NA National);
- ✓ 49.3% (n=149) used technology to communicate for three or more hours on an average day (36.3%, 2011; NA National);
- ✓ 25.3% (n=75) received threatening or intimidating messages online or through cell phones (32.9%, 2011; NA National);
- ✓ 20.5% (n=62) sent threatening or intimidating messages online or through cell phones (29%, 2011; NA National);
- ✓ 47.4% (n=139) sent sexually inappropriate pictures or messages using a cell phone or computer (46.9%, 2011; NA National);
- ✓ 42.5% (n=124) indicated that their parents would be nervous if they knew what they did on the Internet or via cell phone (41.2%, 2011; NA National);
- ✓ 28.8% (n=86) had texted while driving (32.1%, 2011; NA National);
- ✓ 82.1% (n=239) felt very informed about safety and using the internet (89.8%, 2011; NA National);
- ✓ 46.3% (n=136) had been bullied (44.9%, 2011; NA National);
- ✓ 52.6% (n=154) had been a bystander while someone else was being bullied (57.9%, 2011; NA National);
- ✓ 39.2% (n=114) had bullied someone (37.7%, 2011; NA National);
- ✓ 18.7% (n=57) had been bullied daily or several times a day (8.8%, 2011; NA National);
- ✓ 19.5% (n=59) indicated that they would not report bullying if they were being bullied (25.4%, 2011; NA National);
- ✓ 14.9% (n=42) missed school because of bullying (8.1%, 2011; NA National);
- ✓ 93.4% (n=281) indicated that their parents feel it would be wrong or very wrong for them to break the law (94.7%, 2011; NA National);
- ✓ 84.9% (n=248) reported that there are many chances to get involved in school activities outside of class (85.9%, 2011; NA National);

- ✓ 54.5% (n=161) reported that the school would let them and/or their parents know when they have done something well (46.7%, 2011; NA National);
- ✓ 80.3% (n=236) reported that there are adults in their life who are not their parents that encourage them to do their best (84%, 2011; NA National);
- ✓ 49% (n=147) volunteer in their community (47.3%, 2011; NA National)
- ✓ 83.7% (n=242) reported that one of their parents know where they are and who they are with when they are not at home (85.8%, 2011; NA National);
- ✓ 79.6% (n=230) indicated that their parents would know if they came home on time (84.4%, 2011).

### **High School Data by Gender**

Gender differences between high school males and females were not alarming. Interesting to note was the, in general, higher percentages of females reported being involved in bullying behaviors. All high school data by gender can be found under Tab 4.

### **High School Conclusions**

1. High school students engaging in high risk behaviors with respect to tobacco, alcohol, marijuana, inhalants and heroin use is of major concern.
2. Sexual behaviors among high school students are high.
3. Bullying behaviors are a major area of concern.
4. High school students perceive their parents to establishing clear rules regarding substance use.

**ORANGE COUNTY SCHOOLS****CORE MEASURES 2013**

	<b>Alcohol</b>	<b>Tobacco</b>	<b>Marijuana</b>	<b>Prescription Drugs</b>
<b>30 Day Use</b>	MS 22.9%(n=64) HS 44.9% (n=135)	MS 14.1% (N=39) HS 26.2%(n=79)	MS 15.2% (n=42) HS 34.8% (n=103)	MS 8.3% (n=23) HS 12.9% (n=39)
<b>Age of Onset</b>	MS 10.6 (n=131) HS 12.2 (n=213)	MS 10.9 (n=65) HS 12.6 (n=133)	MS 10.8 (n=56) HS 12.8(n=165)	MS 9.7 (n=27) HS 13.3 (n=65)
<b>Perception of Harm</b>	MS 64.5% (n=180) HS 60.9%(n=184)	MS 82.3% (n=228) HS 84% (n=258)	MS 73.5% (n=204) HS 48.7% (n=147)	MS 89.1% (n=244) HS 89% (n=268)
<b>Perception of Parental Disapproval</b>	MS 76% (n=209) HS 66.6%(n=200)	MS 93.1% (n=258) HS 85% (n=260)	MS 92.1% (n=255) HS 79.7% (n=240)	MS 95.6% (n=262) HS 90.7% (n=272)

**Recommendations for Middle and High School**

- 1. Implement comprehensive health education classes and programs in the elementary, middle and high schools.**
- 2. Share the YRBS results with the health department, social service agencies and community coalitions/groups and engage/challenge these groups to help reduce the frequency of youth risk behaviors.**
- 3. Conduct a school and community environmental analysis to determine ease of access to alcohol and other drugs.**
- 4. Conduct parenting workshops/programs/seminars regarding youth risk behavior and their role in prevention.**
- 5. Conduct school and community workshop/programs/seminars regarding bullying behaviors.**
- 6. Continue to conduct the YRBS every other year in order to procure trend data regarding youth risk behaviors.**