

ORANGE COUNTY SCHOOLS

2019 MIDDLE AND HIGH SCHOOL
YOUTH RISK BEHAVIOR SURVEY
(YRBS)

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Introduction

The purpose of this assessment was to gather accurate, reliable information regarding the health behaviors and needs of middle school (8th grade students) and high school (10th and 12th 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 8th, 10th and 12th grade students?
- ◆ How do the current levels of self-reported behavior among Orange County high school students compare with their national counterparts (2017 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 8th, 10th and 12th grade students. The survey was adapted to procure information on the CORE measures (Alcohol, Tobacco, Marijuana, and Prescription Drugs: 30 day use; perception of peer disapproval; perception of harm; and perceptions of parental disapproval). The

adapted middle school YRBS contained 105 questions and the adapted high school YRBS contained 115 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 8th, 10th, and 12th grade Orange County School students during Spring, 2019.

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 2017 Previous YRBS and 2017 National Data

Middle School

Two hundred and seventy-eight (n=278) 8th grade students completed the middle school YRBS. A little over 40% (42.2%, n=158) were 13 years old and 53.8% (n=149) were 14 years old at the time of the survey. In terms of gender, 56.6% (n=154) were female and 43.4% (n=118) were males. The major of the students were White (63.7%, n=177) and other self-descriptions included multi-racial (21.6%, n=60), Black (7.9%, n=22), Hispanic or Latino (4%, n=11), American Indian or Alaskan Native (1.1%, n=3) and Asian (1.1%, n=3). Most of the students 58.4% (n=157) described their grades as mostly As and Bs. Finally, 90.9% (n=249) had been a student in Orange County Schools for two years or more

Middle School (8th Grade) Results

Of the Orange County Middle School students completing the YRBS:

- 11.4% (n=31) never or rarely wore a seat belt when riding in a car driven by someone else (14.9%, 2017);
- 29.2% (n=79) had ever rode in a car with someone who had been drinking (22.2%, 2017);
- 2.2% (n=6) carried a gun, knife or other weapon on school property during the past 30 days (NA 2017);
- 22.1% (n=60) saw others carrying a weapon on school property during the past 30 days (NA 2017);
- 20.3% (n=55) were in a physical fight one or more times during the past 12 months (49.3%, 2017);

- 5.2% (n=14) were in a physical fight during the past 12 months which resulted in treatment by a medical professional (6.3%, 2017);
- 22.9% (n=62) were physically harmed by someone in their home (24.3%, 2017);
- 20.3% (n=55) saw or heard someone in their home being physically harmed (18.4%, 2017);
- 17.3% (n=47) were aware of gang activity at their school (11.8%, 2017);
- 7.4% (n=20) had been approached to join a gang in gang activities (6.6%, 2017);
- 60% (n=162) preferred immediate gratification (75 dollars in three days) versus delayed gratification (115 dollars in three months) (64.7%, 2017);
- 41.5% (n=113) preferred immediate gratification (50 dollars in three days) versus delayed gratification (115 dollars in three months) (49.5%, 2017);
- 20.8% (n=56) preferred immediate gratification (25 dollars in three days) versus delayed gratification (115 dollars in three months) (29.9%, 2017);
- 37.4% (n=101) 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 (27.1%, 2017);
- 31% (n=84) had seriously considered attempting suicide during the past 12 months (21.6%, 2017);
- 14% (n=38) had a plan about how they would attempt suicide during the past 12 months (10.5%, 2017);
- 12.2% (n=33) had ever tried to kill themselves (7%, 2017);
- 37.9% (n=103) had cut, pinched, burned or bruised themselves (28.8%, 2017);
- 77.2% (n=210) knew others who cut, pinched, burned or bruised themselves (74.7%, 2017);
- 6.3% (n=17) smoked cigarettes on one or more of the past 30 days (6.9%, 2017);
- 90.1% (n=245) felt there is moderate to great risk in smoking a pack or more of cigarettes a day (84.4%, 2017);
- 93.4% (n=254) indicated that their friends would feel it would be wrong or very wrong to smoke cigarettes (90.3%, 2017);

- **63.2% (n=172) indicated that their friends would feel it would be wrong or very wrong for them to smoke cigarettes (59.2%, 2017);**
- **4.8% (n=13) used chewing tobacco or snuff on one or more of the past 30 days (7.6%, 2017);**
- **27.3% (n=74) used electronic vaping products during the past 30 days (8.3%, 2017);**
- **67.6% (n=184) felt there was moderate to great risk in using electronic vaping products (NA 2017);**
- **56.8% (n=154) had at least one drink of alcohol on one or more days during their life (31.1%, 2017);**
- **19.2% (n=52) had at least one drink of alcohol on one or more of the past 30 days (13.6%, 2017);**
- **3.3% (n=9) had at least one drink of alcohol on school property or at a school activity on one or more of the past 30 days (2.4%, 2017);**
- **1.8% (n=1) of current drinkers usually bought their own alcohol in a store, gas station, or discount store in the past 30 days (4%, 2017);**
- **68.4% (n=186) indicated that there is moderate to great risk in drinking one or two drinks nearly every day (72.6%, 2017);**
- **75.4% (n=205) indicated that their parents would feel it would be wrong or very wrong for them to drink regularly (78.5%, 2017);**
- **50.9% (n=138) indicated that their friend would feel that it would be wrong or very wrong for them to drink regularly (53.3%, 2017);**
- **69.3% (n=187) indicated that their family has clear rules about alcohol use (68.8%, 2017);**
- **16.7% (n=45) used marijuana one or more times in their life (16%, 2017);**
- **10.3% (n=28) used marijuana one or more times during the past 30 days (8.7%, 2017);**
- **11.9% (n=32) had used an electronic vaping product to consume marijuana (6.7%, 2017);**
- **37.1% (n=101) felt it would be fairly easy or very easy to get marijuana if they wanted some (29.3%, 2017);**

- 64.7% (n=176) indicated that there is moderate to great risk in smoking marijuana (66.8%, 2017);
- 84.1% (n=228) indicated that their parents would feel it would be wrong or very wrong for them to smoke marijuana (86.8%,2017);
- 59.2% (n=161) indicated that their friends would feel it would be wrong or very wrong for them to smoke marijuana (62.2%, 2017);
- 4.5% (n=12) had used inhalants to get high one or more times during their life (7.3%,2017);
- 2.6% (n=7) had used any form of cocaine one or more times during their life (2.5%, 2017);
- <1% (n=1) had used heroin one more times during their life (4.9%, 2017);
- 1.5% (n=4) had used methamphetamines one or more times during their life (2.1%, 2017);
- 1.5% (n=4) had used ecstasy (3.5%,2017);
- 2.2% (n=6) had used anti-anxiety drugs not prescribed to them to get high during the past 30 days (NA 2017);
- 4.5% (n=12) had used ADHD drugs not prescribed to them to get high during the past 30 days (NA 2017);
- 5.9% (n=16) had used prescription pain medications one or more times during the past 30 days to get high (NA 2017);
- 94.4% (n=255) felt there is moderate to great risk in using prescription drugs to get high (92.6% ,2017);
- 98.9% (n=266) indicated that their parents would feel it would be wrong or very wrong for them to use prescription drugs to get high (97.6%, 2017);
- 88.1% (n=237) indicated that their friends would feel it would be wrong or very wrong for them to use prescription drugs to get high (83%, 2017);
- 83.3% (n=220) reported that their family has clear rules about drug use (82.6%, 2017);
- 3.3% (n=9) strongly disagreed that engaging in high risk behaviors such as smoking alcohol and substance use will have a negative effect on their future health (2.8%, 2017);

- 18.2% (n=49) had ever had sexual intercourse (13.9%,2017);
- 5.6% (n=15) had sexual intercourse for the first time before age 13 (3.8%, 2017);
- 1.8% (n=5) who were sexually actives had sexual intercourse with four or more people during their life (2.4%, 2017);
- 47.2% (n=17) of those who were sexually active used a condom during the last sexual intercourse (63.2%, 2017);
- 34.8% (n=16) who were sexually active drank alcohol or used drugs before the last sexual intercourse (20.9%, 2017);
- 32.2% (n=87) described themselves as slightly or very overweight (31.6%, 2017);
- 52% (n=141) are trying to lose weight (48.6%, 2017);
- 29.6% (n=80) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days (22%, 2017);
- 5.2% (n=14) 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 (3.9%, 2017);
- 9.7% (n=26) vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days (7.8%, 2017);
- 64.9% (n=174) played on one or more sports teams during the past 12 months (62.8%, 2017);
- 77.8% (n=208) were physically active for a total of 60 minutes on three or more of the past seven days (67.2%, 2017);
- 44.3% (n=120) watched screens for three or more hours on an average school day that was not related to school work (NA 2017);
- 93.3% (n=250) had a smart phone before the age of 14 (NA 2017);
- 82.8% (n=221) had a social media account before the age of 14 (NA 2017);
- 30.6% (n=82) had received threatening or intimidating messages online or through cell phones (25.2%, 2017);
- 11.9% (n=32) sent threatening or intimidating messages online or through cell phones (9.8%, 2017);

- **16.6% (n=44) sent sexually inappropriate pictures or messages using a cell phone or computer (16.8%, 2017);**
- **28.9% (n=76) reported that their parents would be nervous if they knew what they did on the internet or via cell phone (31%, 2017);**
- **72.3% (n=193) reported that their parents have clear rules for the use of social media and the use of electronic devices (NA 2017);**
- **50.6% (n=134) had been bullied (45.6%, 2017);**
- **22.4% (n=60) had been bullied daily or several times a day (15%, 2017);**
- **17.2% (n=46) would not report bullying if they were being bullied (15.1%, 2017) ;**
- **45.1% (n=120) had been a bystander while someone else was being bullied (42.7%, 2017);**
- **18.1% (n=48) had bullied someone (19.9%, 2017);**
- **10.2% (n=27) had missed school because of bullying (15%, 2017);**
- **96.3% (n=259) indicated that their parents would feel that it would be wrong or very wrong for them to break the law (97.2%, 2017);**
- **88.8% (n=238) reported that there are many chances to get involved in school activities outside of class (86%, 2017);**
- **64.8% (n=173) reported that the school (teachers, coaches, counselors, or principal) who would let them and/or their parents know if they have done something well (63.6%, 2017);**
- **87.6% (n=234) reported that there are adults in their life who are not their parents that encourage them to do their best (86.7%, 2017);**
- **61.1% (n=162) volunteer in their community (59.2%, 2017);**
- **92.5% (n=247) reported that one of their parents knows where they are and who they are with when they are not at home (93.7%, 2017);**
- **87.3% (n=233) indicated that their parents would know if they came home on time (84%, 2017);**
- **11.9% (n=32) reported that their family never ate a meal together in the past seven days (14%, 2017);**

- 5.2% (n=14) did not eat fruit or vegetables in the past seven days (6.3%, 2017);
- 7.9% (n=21) drank a sugar-sweetened beverage four or more times in the past seven days (10.7%, 2017).

Middle School Data by Gender

Differences in frequencies of risk behaviors among males and females were not alarming. Some differences by gender for middle school students were noted. In general, a higher percentage of middle school males reported having had carrying a weapon on school property, fighting, and having bullied someone as opposed to females. Alcohol use behaviors were about the same for male and female middle school students. A higher percentage of middle school females reported experiencing the symptoms of depression and suicide ideation, weight loss behaviors, having been bullied and social media. Specific middle school data by gender can be found under Tab 2.

Middle School Conclusions

1. Depression and suicide ideation frequencies have marginally increased since 2017.
2. Safety related behaviors have increased and frequency of fighting have decreased since 2017.
3. Alcohol and marijuana use since 2017 has marginally increased
4. Frequency of cigarette smoking has decreased since 2017.
5. Weight reduction behaviors have increased since 2017.
6. Bullying behaviors have marginally increased since 2017. Frequency of missing school because of bullying has decreased since 2017.

7. An increase was noted in sending and/or receiving threatening messages via cell phone since 2017.

High School

Four hundred and nineteen (n=419) 10th grade (55.3%, n=226) and 12th grade (44.7%, n=183) students completed the high school YRBS. Twenty-one percent (21%, n=87) were 15 years old, 35.2% (n=146) were 16 years old, 17.3% (n=72) were 17 years old, and 25.3% (n=1054) were 18 years old at the time of the survey. In terms of gender, 48.8% (n=201) were female and 51.2% (n=211) were males. The majority of the students were White (65.9%, n=275) and other self-description included Multi-racial (10.8%, n=45), Black (13.2%, n=55), American Indian or Alaskan Native (1%, n=4), Hispanic or Latino (6%, n=25), and Asian (1.7%, n=7). Most of the students 66.3% (n=271) described their grades as mostly As and Bs. Finally, 90.7% (n=370) had been a student in Orange County Schools for two years or more meaning that the majority of 10th and 12th graders had been in Orange County Schools the two years before and completed the YRBS.

High School (10th and 12th Grades) Results

Of the Orange County High School students completing the YRBS:

- 10.8% (n=44) never or rarely wore a seat belt when riding in a car driven by someone else (11.4%, 2017; 5.9% National);
- 15.8% (n=64) rode one or more times in a vehicle driven by someone who had been drinking alcohol (18.9%, 2017; 16.5% National);
- 6.2% (n=25) drove a vehicle one or more times during the past 30 days when they had been drinking alcohol (5.8%, 2017; 5.5% National);

- **10.6% (n=43) drove a vehicle one or more times during the past 30 days under the influence of marijuana or other drugs (8.9%, 2017; NA National);**
- **8.2% (n=33) did not go to school on one or more of the past 30 days because they felt unsafe (9%, 2017; 6.7% National);**
- **6.4% (n=26) carried a gun, knife or other weapon on school property during the past 30 days (NA 2017 and National);**
- **14.8% (n=60) saw others carrying a weapon on school property during the past 30 days (NA 2017 and National);**
- **8.6% (n=35) had been threatened or injured with a weapon on school property or in the community one or more times during the past 12 months (NA 2017 and National);**
- **13.4% (n=54) were in a physical fight one or more times during the past 12 months (17.7%, 2017; 23.6% National);**
- **4.5% (n=18) were in a physical fight during the past 12 months and it resulted in treatment by a medical professional (5.6%, 2017; NA National);**
- **8% (n=32) had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months (6.5%, 2017; 8% National);**
- **20.4% (n=82) has been physically harmed by someone in their home (26.6%, 2017; NA National);**
- **20.5% (n=83) saw or heard someone in their home being physically harmed (23.4%, 2017; NA National);**
- **7.5% (n=70) were forced to have sexual intercourse when they did not want to (12.7%, 2017; 7.4% National);**
- **10.3% (n=41) were aware of gang activity in their school (19.5%, 2017; NA National);**
- **7.1% (n=28) had been approached to join a gang in gang activities (10.3%, 2017; NA National);**
- **65.1% (n=257) preferred immediate gratification (75 dollars in three days) versus delayed gratification (115 dollars in three months) (66.3%, 2017; NA National)**

- **39.6% (n=158) preferred immediate gratification (50 dollars in three days) versus delayed gratification (115 dollars in three months) (44.7%, 2017; NA National);**
- **23.8% (n=94) preferred immediate gratification (25 dollars in three days) versus delayed gratification (115 dollars in three months) (23.3%, 2017; NA National);**
- **43.8% (n=172) 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 (36%, 2017; 31.5% National)'**
- **21.4% (n=84) seriously considered attempting suicide during the past 12 months (20.9%, 2017; 17.2% National);**
- **18.2% (n=72) had made a plan about how they would attempt suicide during the past 12 months (18.5%, 2017; 13.6% National);**
- **11% (n=44) actually attempted suicide one or more times during the past 12 months (14.4%, 2017; 7.4% National);**
- **5.6% (n=22) attempted suicide during the past 12 months and it resulted in treatment by a medical professional (3.1%, 2017; 2.4% National);**
- **36.2% (n=145) had intentionally cut, pinched, burned or bruised themselves (32.9%, 2017; NA National);**
- **9.6% (n=385) knew others who intentionally cut, pinched, burned or bruised themselves (67.7%, 2017; NA National);**
- **12% (n=48) smoked cigarettes on one or more of the past 30 days (17.7%, 2017; NA National);**
- **90.6% (n=354) felt that there is moderate to great risk in smoking a pack or more of cigarettes a day (91%, 2017; NA National);**
- **89.1% (n=358) indicated that their parents would feel that it would be wrong or very wrong for them to smoke cigarettes (87.8%, 2017; NA National);**
- **55% (n=221) indicated that their friends would feel that it would be wrong or very wrong for them to smoke cigarettes (54.8%, 2017; NA National);**
- **51.9% (n=54) of current smokers have tried to quit smoking during the past 12 months (51%, 2017; 41.4% National);**
- **10.3% (n=41) used chewing tobacco or snuff on one or more of the past 30 days (13.2%, 2017; 5.5% National);**

- **35.6% (n=142) used electronic vaping products during the past 30 days (15.1%, 2017; 13.2% National);**
- **70.3% (n=282) felt there is moderate to great risk in using electronic vaping devices and products (NA 2017 and National);**
- **65.8% (n=263) had at least one drink of alcohol on one or more days during their life (62.6%, 2017; 60.4% National);**
- **37.1% (n=148) had at least one drink of alcohol on one or more of the past 30 days (33.5%, 2017; 29.8% National);**
- **21.3% (n=85) had five or more drinks of alcohol in a row on one or more of the past 30 days (18.3%, 2017; 13.5% National);**
- **6.3% (n=25) had at least one drink of alcohol on school property or at a school activity on one or more of the past 30 days (8.5%, 2017; NA National);**
- **9.1% (n=14) of current drinkers usually bought their own alcohol in a store, gas station, or discount store in the past 30 days (7.8%, 2017; NA National);**
- **70.3% (n=281) felt that there is moderate to great risk in drinking one or two drinks nearly every day (70.7%, 2017; NA National);**
- **67.5% (n=270) indicated that their parents would feel it would be wrong or very wrong for them to drink regularly (74.1%, 2017; NA National);**
- **40% (n=160) indicated that their friends would feel that it would be wrong or very wrong for them to drink regularly (40.5%, 2017; NA National);**
- **73.9% (n=289) indicated that their family has clear rules about alcohol use (75.6%, 2017; NA National);**
- **41.6% (n=165) used marijuana one or more times during their life (35.8%, 2017; 35.6% National);**
- **21.4% (n=85) used marijuana one or more times during the past 30 days (18.7%, 2017; 19.8% National);**
- **9.3% (n=37) used marijuana on school property one or more times during the past 30 days (7.9%, 2017; NA National);**
- **85.4% (n=123) reported smoking marijuana was the most common method of marijuana consumption (NA 2017 and National);**
- **21.1% (n=83) had used a electronic vaping product to consume marijuana (18.4%, 2017; NA National);**

- **79% (n=315) felt it would be fairly easy or very easy to get marijuana if they wanted some (65.5%, 2017; NA National);**
- **45.9% (n=183) felt that there is moderate to great risk in smoking marijuana (54.3%, 2017; NA National);**
- **78.6% (n=313) indicated that their parents would feel that it would be wrong or very wrong for them to smoke marijuana (84.1%, 2017; NA National);**
- **36.4% (n=145) indicated that their friends would feel it would be wrong or very wrong for them to smoke marijuana (40.2%, 2017; NA National);**
- **8.8% (n=35) sniffed or breathed substances to get high one or more times during their life (12.9%, 2017; NA National);**
- **5.5% (n=22) had used any form of cocaine one or more times during their life (9.8%, 2017; 4.8% National);**
- **3.8% (n=15) used heroin one or more times during their life (7.3%, 2017; 1.7% National);**
- **5.1% (n=20) used heroin one or more times during the past 30 days (NA 2017 and National);**
- **4.8% (n=19) had used methamphetamines one or more times during their life (6.7%, 2017; 2.5% National);**
- **7.3% (n=29) had used ecstasy (9.2%, 2017; 4% National);**
- **5% (n=20) had used a needle to inject any illegal drug into their body one or more times during their life (6.6%, 2017; 1.5% National);**
- **22.5% (n=88) had someone offer, sell, or give them an illegal drug on school property or at a school activity during the past 12 months (19.4%, 2017; 19.8% National);**
- **25.4% (n=100) had someone offer, sell, or give them an illegal drug in their neighborhood or community during the past 12 months (22.7%, 2017; NA National);**
- **6.1% (n=24) used anti-anxiety drugs not prescribed to them to get high during the past 30 days (NA 2017 and National);**
- **5.5% (n=22) used ADHD drugs not prescribed to them to get high during the past 30 days (NA 2017 and National);**

- 6.6% (n=26) used prescription pain medications one or more times during the past 30 days to get high (NA 2017 and National);
- 92.8% (n=371) felt that there is moderate to great risk in using prescription drugs to get high (91.6%, 2017; NA National);
- 95.8% (n=384) indicated that their parents would feel it would be wrong or very wrong for them to use prescription drugs to get high (95.4%, 2017; NA National);
- 83.3% (n=333) indicated that their parents would feel that it would be wrong or very wrong for them to use prescription drugs to get high (82.3%, 2017; NA National);
- 89.2% (n=347) reported that their family has clear rules about drug use (86.9%, 2017; NA National);
- 3% (n=12) strongly disagree that engaging in high risk behaviors such as smoking, alcohol and substance use will have a negative effect on their future health (3%,2017; NA National);
- 49.4% (n=192) had ever had sexual intercourse (45.4%, 2017; 39.5% National);
- 11.4% (n=22) had sexual intercourse for the first time before age 13 (6.3%, 2017; 3.4% National);
- 9.6% (n=38) who had sexual intercourse had sexual intercourse with four or more people during their life (10.2%, 2017; 9.7% National);
- 31.8% (n=126) had sexual intercourse during the past three months (29.1%, 2017; 28.7% National);
- 59.1% (n=107) of students who had sexual intercourse used a condom during the last sexual intercourse (59.5%, 2017; 53.8% National);
- 20.9% (n=39) of students who had sexual intercourse drank alcohol or used drugs before the last sexual intercourse (21.7%, 2017; 18.8% National);
- 6.8% (n=27) had been pregnant or gotten someone pregnant one or more times (8.7% 2017, NA National);
- 35.3% (n=141) described themselves as slightly or very overweight (34%, 2017; 31.5% National);
- 48.6% (n=193) were trying to lose weight (47.6%, 2017; NA National);

- **18.3% (n=72) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days (18.6%, 2017; NA National);**
- **6.6% (n=26) 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 (8.4%, 2017; NA National);**
- **6.9% (n=27) vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days (13.5%, 2017; NA National);**
- **54.8% (n=218) played on one or more sports teams during the past 12 months (51.5%, 2017; 54.3% National);**
- **65.4% (n=259) were physically active for a total of 60 minutes on three or more of the past seven days (61.9%, 2017; NA National);**
- **50.6% (n=202) watched screens for three or more hours on an average school day that was not related to school work (NA 2017 and National);**
- **74.1% (n=294) had received a smart phone before the age of 14 (NA 2017 and National);**
- **64.1% (n=254) had a social media account before the age of 14 (NA 2017 and National);**
- **38.2% (n=152) received threatening or intimidating messages online or through cell phones (28.9%, 2017; NA National);**
- **20.3% (n=80) sent threatening or intimidating messages online or through cell phones (21.3%, 2017; NA National);**
- **43.5% (n=167) sent sexually inappropriate pictures or messages using a cell phone or computer (39.9%, 2017; NA National);**
- **35.5% (n=145) reported that their parents would be nervous if they know what they did on the internet or via cell phone (36.6%, 2017; NA National);**
- **56.9% (n=222) reported that their parents have clear rules for the use of social media and the use of electronic devices (NA 2017 and National);**
- **22.4% (n=86) used their phone while driving during the past 30 days (NA 2017 and National);**
- **57.4% (n=221) had been bullied (52.4%, 2017; NA National);**
- **29% (n=116) had been bullied daily or several times a day (17.9%, 2017; NA National);**

- 24.2% (n=96) indicated that they would not report bullying if they were being bullied (23.8%, 2017; NA National);
- 44.2% (n=173) had been a bystander while someone else was being bullied (47.8%, 2017; NA National);
- 28.2% (n=111) had bullied someone (27.3%, 2017; NA National);
- 10% (n=40) missed school because of bullying (19%, 2017; NA National);
- 96.8% (n=387) indicated that their parents would feel it would be wrong or very wrong for them to break the law (93.6%, 2017; NA National);
- 89.4% (n=347) felt that there are many chances to get involved in school activities outside of class (91.7%, 2017; NA National);
- 56.8% (n=222) reported that the school (teachers, coaches, counselors or principal) would let them or their parents know if they have done something well (54.8%, 2017; NA National);
- 83.5% (n=322) reported that there are adults in their life who are not their parents that encourage them to do their best (84.3%, 2017; NA National);
- 38.3% (n=151) volunteer in their community (43.4%, 2017; NA National);
- 88.5% (n=340) report that one of their parents knows where they are and who they are with when they are not at home (88.9%, 2017; NA National);
- 80.5% (n=313) reported that their parents would know if they came home on time (80.8%, 2017; NA National);
- 27.7% (n=110) reported that their family did not eat a meal together in the past seven days (19.7%, 2017; NA National);
- 7.6% did not eat fruit or vegetables in the past 7 days (7.6%, 2017; NA National);
- 6.4% (n=25) drank a sugar-sweetened beverage four or more times per day in the past seven days (10.3%, 2017; NA National).

High School Data by Gender

Like with the middle school differences in risk behaviors between high school males and females were not alarming. A higher percentage of high school males

reporting driving after drinking, carrying a weapon on school property, fighting, tobacco, alcohol, and prescription drug use. Female high school students reported higher frequencies of depression, suicide ideation, weight loss behaviors, having been bullied, marijuana use, and use of social media. All high school data by gender can be found under Tab 4.

High School Conclusions

1. Depression and suicide ideation frequencies has marginally increased since 2017.
2. Decrease in frequency of tobacco use since 2017 but marginally increases in the frequencies of alcohol and marijuana use.
3. Bullying behaviors have marginally increased but frequency of missing school because of bullying since 2017 have decreased. .
4. Frequency of sexual behaviors have increased since 2017 and continue to trend downward.

ORANGE COUNTY SCHOOLS**CORE MEASURES 2019**

	Alcohol	Tobacco	Marijuana	Prescription Drugs
30 Day Use	MS 19.2%(n=52) HS 37.1% (n=148)	MS 6.3% (N=17) HS 12%(n=48)	MS 10.3% (n=28) HS 21.4% (n=85)	MS 5.9% (n=16) HS 6.6% (n=26)
Perception of Peer Disapproval	MS 50.9% (n=138) HS 40% (n=160)	MS 63.2% (n=172) HS 55% (n=221)	MS 59.2% (n=161) HS 36.4% (n=145)	MS 88.1% (n=237) HS 83.3% (n=333)
Perception of Harm	MS 68.4% (n=186) HS 70.3%(n=281)	MS 90.1% (n=245) HS 90.6% (n=354)	MS 64.7% (n=176) HS 45.9% (n=183)	MS 94.4% (n=255) HS 92.8% (n=371)
Perception of Parental Disapproval	MS 75.4% (n=205) HS 67.5% (n=270)	MS 93.4% (n=254) HS 89.1% (n=358)	MS 84.1% (n=228) HS 78.6% (n=313)	MS 98.9% (n=266) HS 95.8% (n=384)

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 factors related to high risk behaviors.**
- 4. Share with parents that the data show that parental influence is perceived as being positive and for parents to keep doing the good things they are doing with their children. Also, 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.**