

2016-17 DELAWARE COUNTY YOUTH RISK BEHAVIOR SURVEY RESULTS

Examining the Health of 6-12th Graders



Prepared by the Delaware General Health District for



Published
May 11, 2017

in collaboration with



Delaware-Morrow Mental Health
& Recovery Services Board

Uniting OUR County

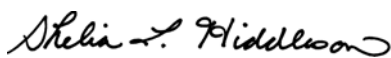
Drug-Free
Delaware
to protect our youth from the
harm caused by alcohol & other drugs

FOREWORD

Thank you for your interest in the data presented in this publication. It is the result of the 2016/2017 Youth Health Survey of Delaware County. The data collected is reported along with health information from the Ohio Department of Health and relevant national, state, and local data sources. The youth health survey is vital as it serves as a guide for strategic planning and decision-making. This process assists the community in identifying new health concerns, measuring the impact of the current efforts, and guiding the wise stewardship of local resources. This survey is but one tool to be used in the implementation of the 2017 Community Health Assessment and subsequently the development of the 2019-2024 Community Health Improvement Plan. Community health improvement requires examining, in depth, the data contained in the publication, gathering additional information from service providers and others, identifying the target population at risk and choosing effective strategies that will work to create a healthier Delaware County.

This assessment would not have been possible without the collaboration of community leaders and organizations. We thank them for their time and support. Special thanks to the Delaware County School Superintendents, the Partnership for a Healthy Delaware County, and the Hospital Council of Northwest Ohio for guiding the health assessment process. The information contained in this assessment can be paramount to improving our community. It is up to us, as individual organizations, to use the information in a way that is beneficial. We are happy to assist you in your efforts to improve the health and well-being of the Delaware County residents. We encourage you to be open to new ideas and collaborations. We are confident that with effective collaboration, we can create a more healthy community for the residents of Delaware County.

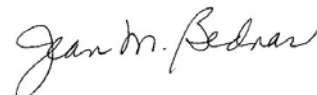
Sincerely,



Shelia L. Hiddleston, RN, MS
Health Commissioner
Delaware General Health
District



Steve Hedge
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Recovery Services Board



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& Recovery Services Board



ACKNOWLEDGEMENTS

This report has been funded by:

Delaware General Health District
Delaware-Morrow Mental Health and Recovery Services Board
Drug-Free Delaware

This report has been commissioned by: *Youth Risk Behavior Survey (YRBS) Subcommittee of the Partnership for a Healthy Delaware County*

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To see Delaware County data compared to other counties, please visit the Hospital Council of Northwest Ohio's Data Link website at:

<http://www.hcno.org/community/data-indicator.html>

The 2016/17 Delaware County Health Assessment is available on the following websites:

Delaware General Health District

www.delawarehealth.org

Delaware-Morrow Mental Health and Recovery Services Board

<http://dmmhrsb.org/>

Drug-Free Delaware

<http://drug-freedelaware.org/>

Hospital Council of Northwest Ohio

<http://www.hcno.org/community/reports.html>

United Way of Delaware County

<https://www.liveuniteddelawarecounty.org/>

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EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Delaware County youth (ages 12 through 18) who participated in a county-wide health assessment survey during November 2016 through January 2017. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instrument used by the Centers for Disease Control and Prevention for their national and state Youth Risk Behavior Surveillance System (YRBSS). The Hospital Council of Northwest Ohio guided the health assessment process and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

DESIGN

The Delaware County Youth Risk Behavior Survey (DCYRBS) was cross-sectional in nature and included an anonymous online survey of adolescents within Delaware County. From the beginning, community stakeholders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Each school district appointed a lead contact person to provide guidance to the DCYRBS Subcommittee on survey content and building implementation. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment. Comparisons to local, state and national data were made, along with alignment to the Healthy People 2020 target objectives, when applicable.

INSTRUMENT DEVELOPMENT

An electronic survey instrument was designed for this study. As a first step in the design process, members of the DCYRBS Subcommittee met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adolescents. The investigators decided to derive the majority of the survey items from the Centers for Disease Control and Prevention *Youth Risk Behavior Surveillance System (YRBSS)*. This was important because it provided for a more valid comparison of the findings with the state and national YRBSS data. Additional questions were developed with the Hospital Council of Northwest Ohio and researchers at the University of Toledo. Based on input from the DCYRBS Subcommittee and school district officials, an online survey tool was created containing 90 questions for high school students and 69 questions for the middle school students. The DCYRBS Subcommittee decided not to include questions of a sensitive nature on the middle school survey, resulting in fewer questions.

SAMPLING | Adolescent Survey

Youth in grades 6 through 12 in all Delaware County public school districts were used as a sample for this youth survey. For more information on participating districts and schools, see Appendix III. Since the U.S. Census Bureau's, 2015 American Community Survey 1 year estimate age categories do not correspond exactly to this age parameter, the investigators calculated the population of those between 10 and 19 years old living in Delaware County. There were approximately 31,268 youth ages 10 to 19 years old living in Delaware County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings.) A sample size of at least 380 youth was needed to ensure this level of confidence.

PROCEDURE | Adolescent Survey

In August 2016, local school superintendents met with the Delaware General Health District's Health Commissioner, Sheila Hiddleston and the Delaware/Morrow Mental Health Recovery Services Board Executive Director, Steve Hedge. At this meeting, the superintendents consented to administer the assessment during the fall of the 2016/2017 school year, and requested an electronic survey tool. The superintendents each identified a project lead from their district to assist the DCYRBS Subcommittee with planning and administration of the survey. These district representatives started meeting with the DCYRBS Subcommittee in late August 2016. The students took the surveys between November 2016 and January 2017. All school buildings but one used a passive parental permission slip. One middle school used an active parental permission slip. Administration of the online survey commenced in November 2016 using an anonymous Survey Monkey link.

Principals and teachers at each building identified the best class and timeframe to reach the desired student population. Students were advised that their answers were anonymous. All students used district provided technology to complete the online survey, with all results collected by the Hospital Council of Northwest Ohio. The goal was to survey as many students as possible at each school. A total of 10,784 students were surveyed, resulting in a confidence interval equal to ± 0.76 .

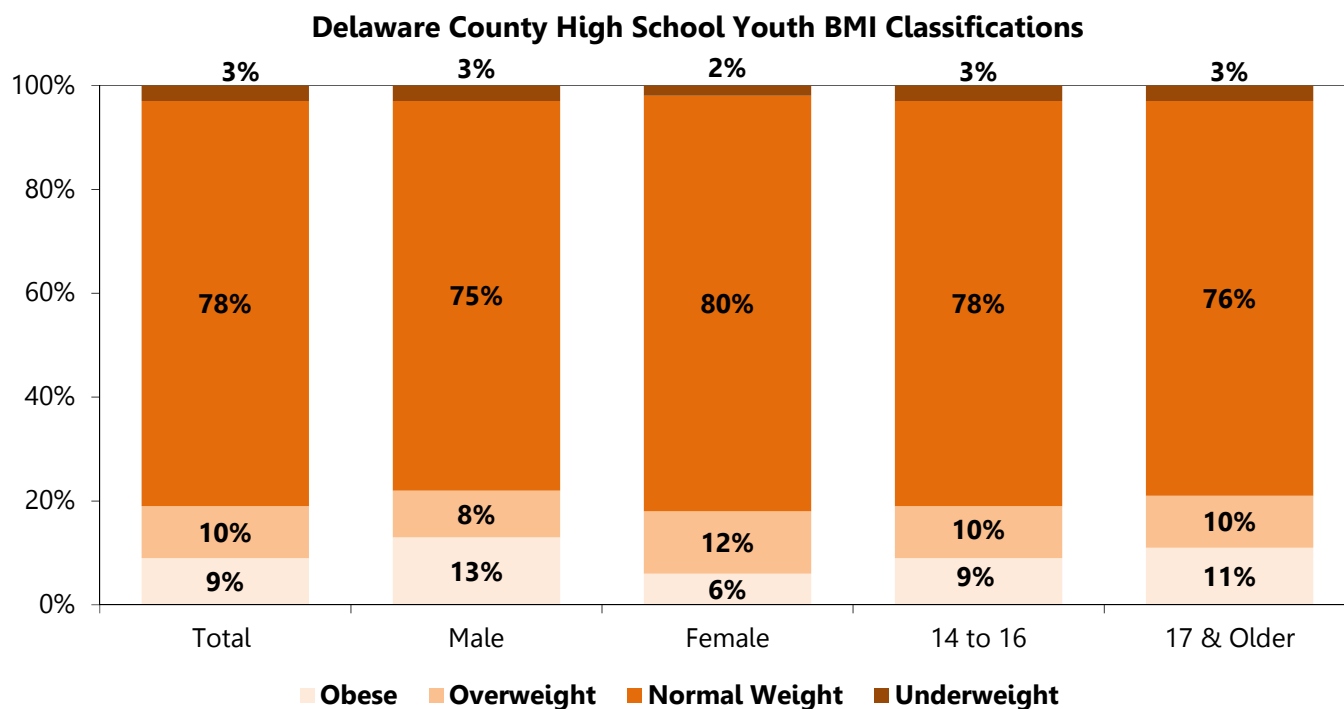
DATA ANALYSIS

Individual responses were anonymous and confidential. Only group data are available. All data was analyzed by health education researchers at the University of Toledo using SPSS 23.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report.

Data Summary | Health Behaviors

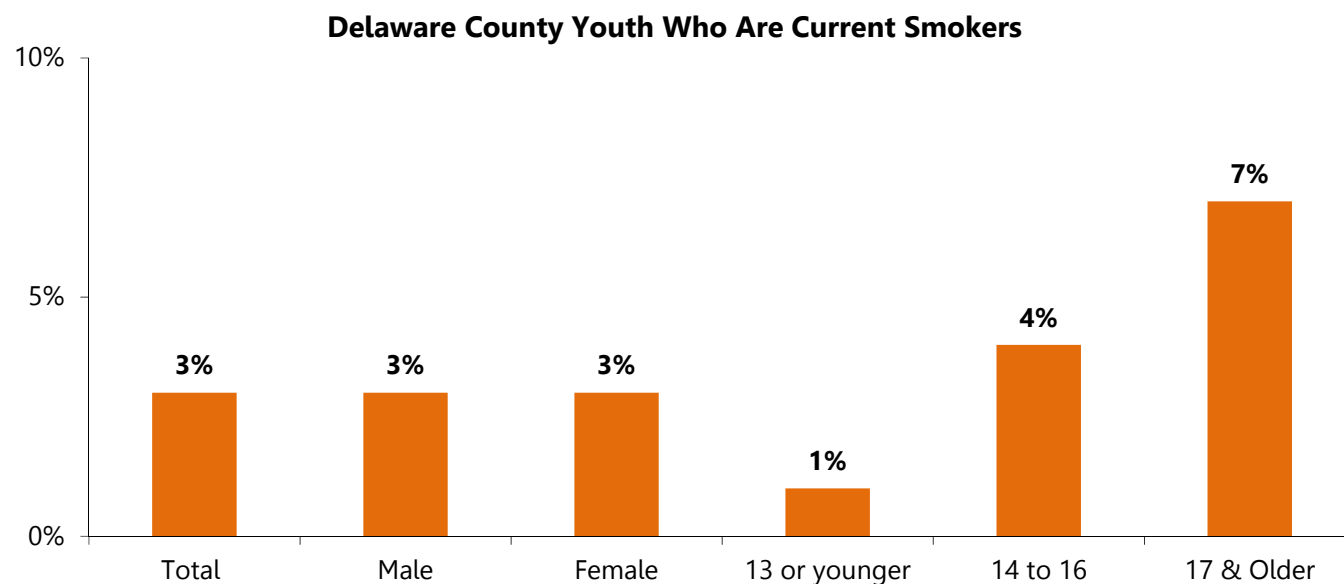
Youth Weight Status

The 2016/17 DCYRBS health assessment identified that 19% of Delaware County high school youth were either overweight or obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 23% of Delaware County youth reported that they were slightly or very overweight. 78% of youth were exercising for 60 minutes on 3 or more days per week.



Youth Tobacco Use

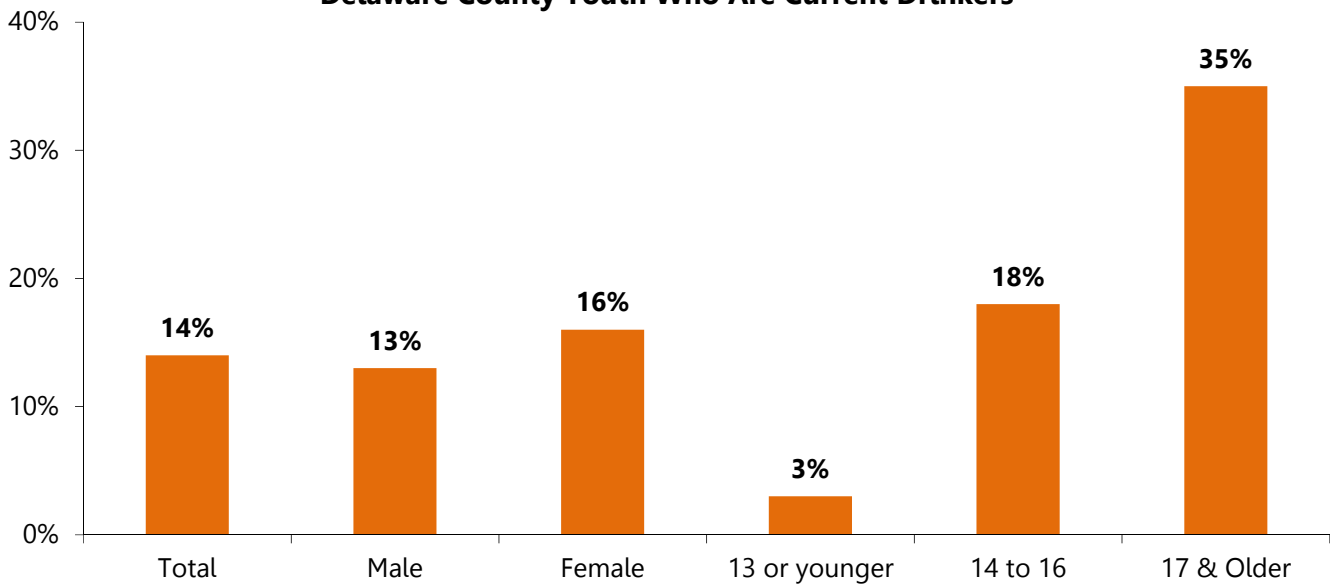
The 2016/2017 DCYRBS health assessment identified that only 3% of Delaware County youth were current smokers, increasing to 7% of those ages 17 and older. However, 10% of Delaware County youth used electronic vapor products, increasing to 20% of those 17 and older. 2% of youth used chewing tobacco or snuff in the past year.



Youth Alcohol Use

In 2016/17, the DCYRBS health assessment results indicated that 14% of all Delaware County youth and 35% of those over the age of 17 had at least one drink in the past 30 days. 26% of all Delaware County youth had at least one drink of alcohol in their life, increasing to 56% of those ages 17 and older. Over two-fifths (44%) of high school youth who reported drinking in the past 30 days had at least one episode of binge drinking. 5% of all high school youth drivers had driven a car in the past month after they had been drinking alcohol.

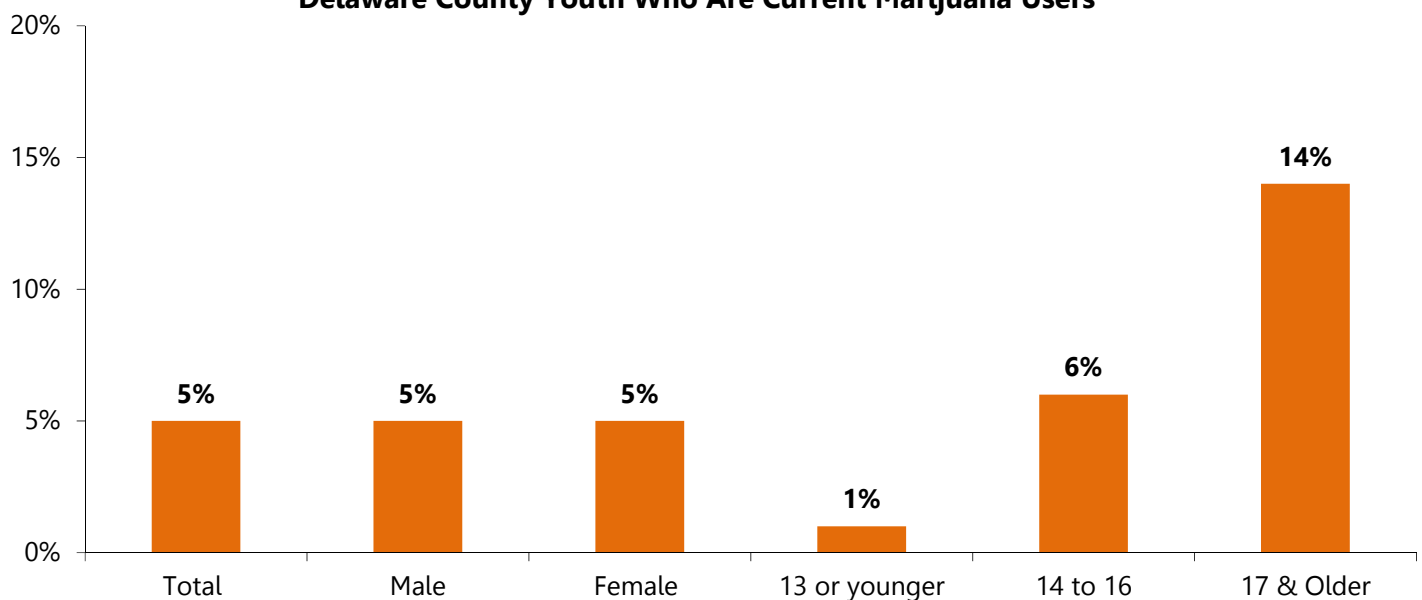
Delaware County Youth Who Are Current Drinkers



Youth Drug Use

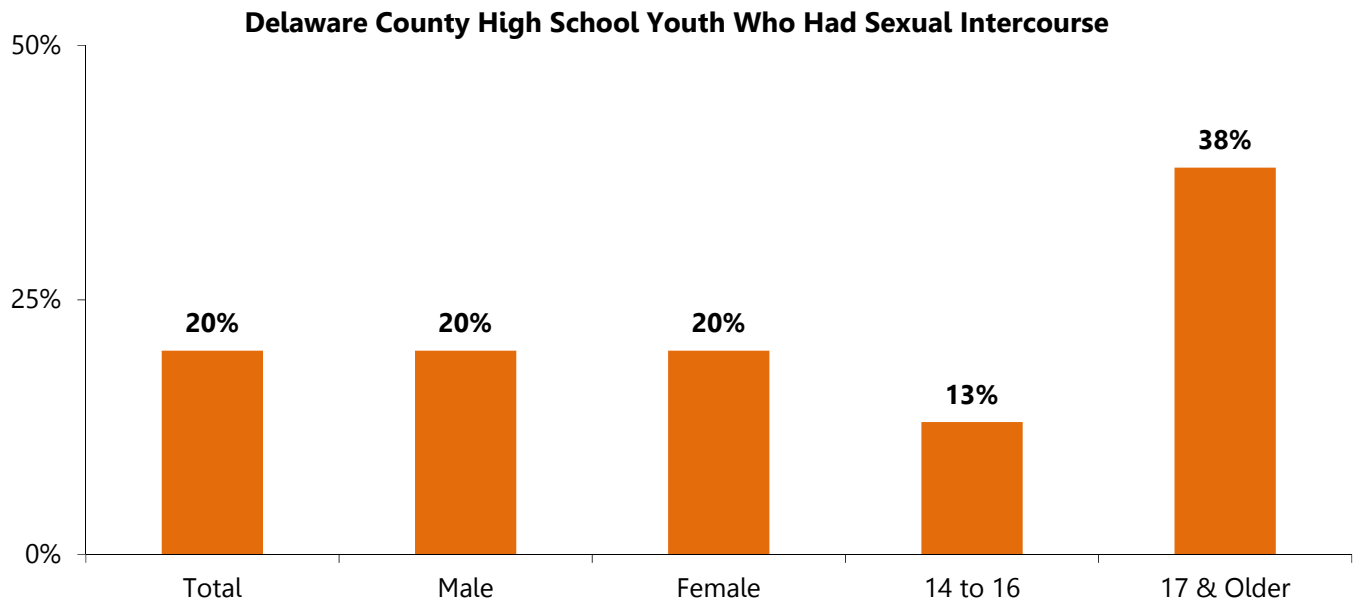
In 2016/17, 5% of Delaware County youth had used marijuana at least once in the past 30 days, increasing to 14% of those ages 17 and older. 4% of Delaware County youth used a prescription pain medicine, such as codeine, Vicodin, OxyContin, Hydrocodone or Percocet, without a doctor's prescription or differently than how a doctor told them to use it at some time in their lives, increasing to 9% of those over the age of 17.

Delaware County Youth Who Are Current Marijuana Users



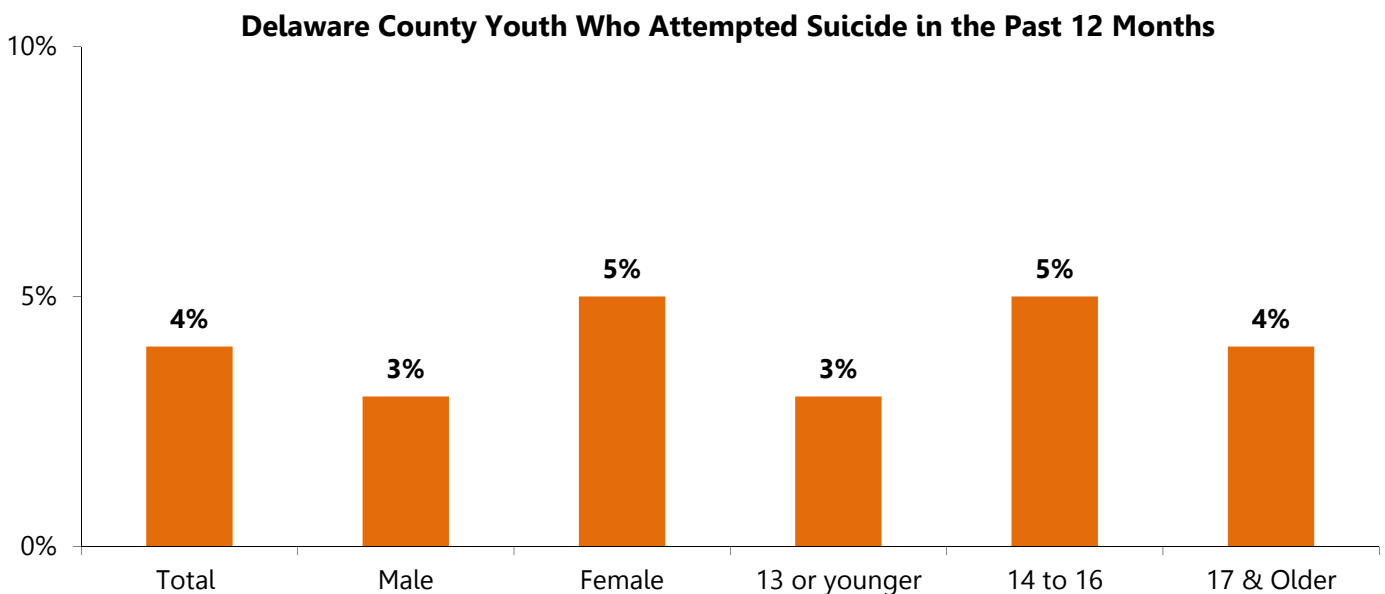
Youth Sexual Behavior

Only high school students were asked sexual behavior questions. In 2016/17, one-fifth (20%) of Delaware County high school youth had sexual intercourse. 24% of high school youth had participated in oral sex and 3% had participated in anal sex. 24% of high school youth participated in sexting. Of those who were sexually active, 48% had multiple sexual partners.



Youth Mental Health

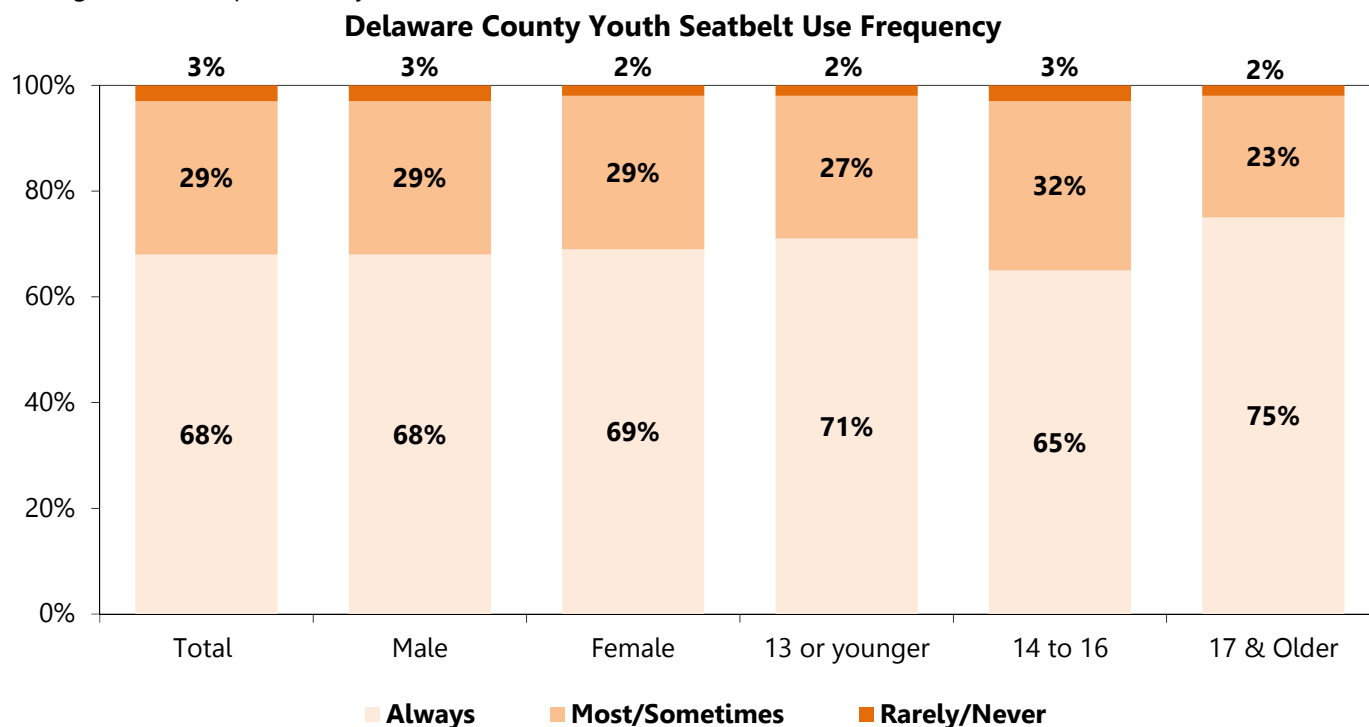
In 2016/17, 11% of Delaware County youth indicated they had seriously considered attempting suicide in the past year, with 4% actually attempting suicide in the past year.



Data Summary | Social Conditions

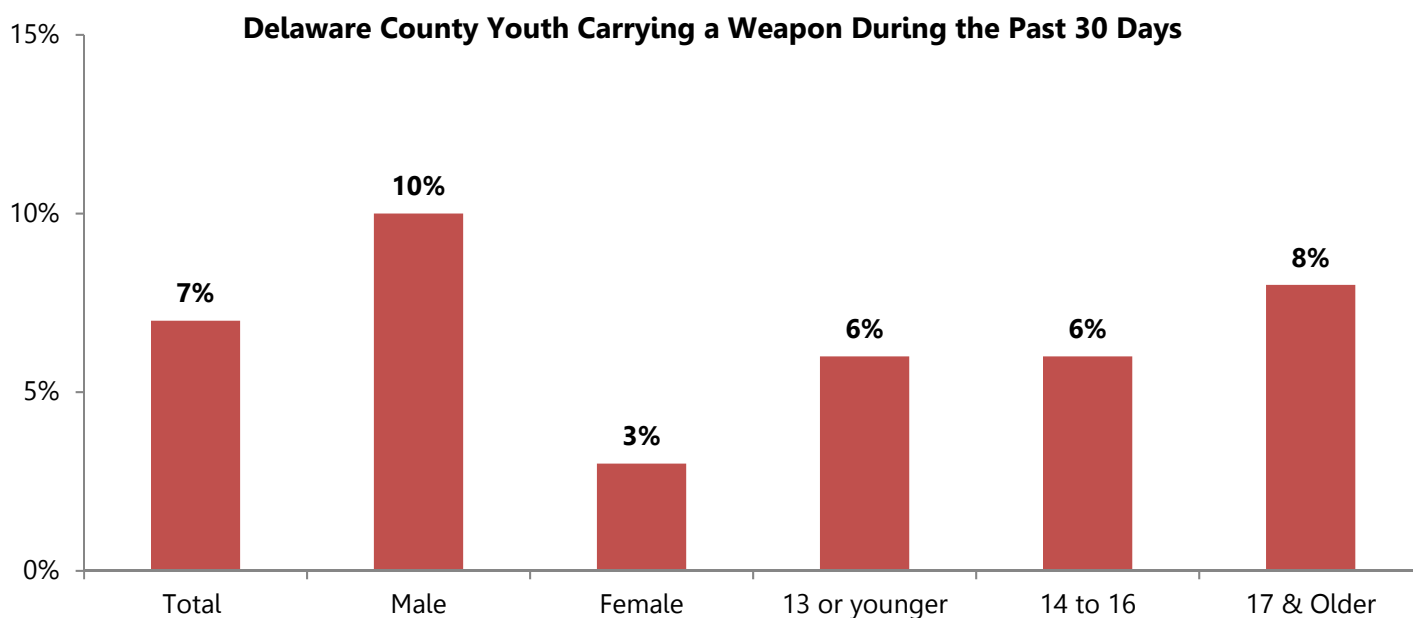
Youth Safety

In 2016/17, 14% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 5% of high school drivers had driven after drinking alcohol. 42% of high school drivers texted or emailed while driving a car in the past 30 days.



Youth Violence

In Delaware County, 7% of youth had carried a weapon (such as a gun, knife, or club) in the past 30 days. 19% of youth had been involved in a physical fight, increasing to 27% of males. 25% of youth had been bullied on school property in the past year.



Youth Perceptions of Substance Use

In 2016/17, 70% of Delaware County youth thought there was a great risk in harming themselves if they smoked cigarettes. 14% of youth thought that there was no risk in harming themselves physically or in other ways if they smoke marijuana once or twice a week. 87% of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

YOUTH TREND SUMMARY

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Variables	Delaware County 2013/14 (6 th -8 th) n=3,655	Delaware County 2014/15 (6 th -8 th) n=773	Delaware County 2016/17 (6 th -8 th) n=4,846	Delaware County 2016/17 (6 th -12 th) n=10,784	Delaware County 2013/14 (9 th -11 th) ‡ n=3,379	Delaware County 2014/15 (9 th -12 th) n=1,149	Delaware County 2016/17 (9 th -12 th) n=5,886	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Weight Status									
Obese	N/A	N/A	N/A	N/A	N/A	N/A	9%	13%	14%
Overweight	N/A	N/A	N/A	N/A	N/A	N/A	10%	16%	16%
Described themselves as slightly or very overweight	21%	24%	20%	23%	26%	31%	26%	28%	32%
Trying to lose weight	37%	41%	32%	37%	40%	42%	41%	47%	46%
Went without eating for 24 hours or more	N/A	14%	2%	3%	12%	12%	4%	10%	13%*
Took diet pills, powders, or liquids without a doctor's advice	N/A	5%	<1%	1%	7%	7%	2%	5%	5%*
Vomited or took laxatives	N/A	4%	1%	2%	8%	5%	2%	5%	4%*
Ate breakfast every day during the past week	56%	51%	55%	47%	44%	36%	40%	36%	36%
Drank pop or soda one or more times per day during the past 7 days	N/A	N/A	16%	19%	17%	17%	22%	21%	20%
Did not have 8 or more hours of sleep on an average school night	N/A	N/A	39%	60%	N/A	N/A	77%	74%	73%
Physical Activity									
Physically active at least 60 minutes per day on every day in past week	46%	42%	31%	27%	25%	34%	23%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	75%	65%	59%	53%	51%	56%	48%	48%	49%
Did not participate in at least 60 minutes of physical activity on any day in past week	4%	6%	6%	8%	10%	10%	10%	13%	14%
Watched 3 or more hours of TV	N/A	N/A	11%	13%	N/A	N/A	14%	28%	25%

N/A-Not available

*Comparative YRBS data for U.S. is 2013

[‡]Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

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Unintentional Injury and Violence									
Carried a weapon in past month	N/A	N/A	6%	7%	15%	19%	7%	14%	16%
Been in a physical fight in past year	N/A	N/A	24%	19%	21%	19%	15%	20%	23%
Threatened or injured with a weapon in past year	N/A	N/A	7%	6%	N/A	N/A	6%	N/A	N/A
Did not go to school because felt unsafe	N/A	N/A	4%	4%	6%	6%	3%	5%	6%
Electronically/cyber bullied in past year	N/A	N/A	12%	13%	21%	18%	13%	15%	16%
Bullied on school property in past year	N/A	N/A	30%	25%	24%	21%	22%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	N/A	N/A	N/A	N/A	10%	10%	6%	N/A	10%
Physically forced to participate in sexual activity	N/A	N/A	N/A	N/A	9%	8%	8%	N/A	11%
Mental Health									
Youth who had seriously considered attempting suicide in the past year	N/A	N/A	8%	11%	14%	18%	13%	14%	18%
Youth who had attempted suicide in the past year	N/A	N/A	4%	4%	9%	12%	5%	6%	9%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	N/A	N/A	N/A	N/A	N/A	N/A	1%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	N/A	N/A	16%	20%	23%	29%	24%	26%	30%
Alcohol Consumption									
Ever tried alcohol	13%	16%	10%	26%	47%	58%	39%	N/A	63%
Current drinker	3%	5%	3%	14%	26%	28%	24%	30%	33%
Binge drinker (of all youth)	N/A	N/A	N/A	N/A	16%	15%	12%	16%	18%
Drank for the first time before age 13 (of all youth)	10%	13%	8%	8%	11%	12%	7%	13%	17%
Rode with someone who was drinking	N/A	21%	15%	14%	18%	16%	14%	17%	20%
Drank and drove (of youth drivers)	N/A	N/A	N/A	N/A	7%	4%	5%	4%	8%
Obtained the alcohol they drank by someone giving it to them	N/A	N/A	20%	42%	39%	50%	44%	38%	44%

N/A-Not available

‡Only students in grades 9th, 10th and 11th participated in the survey

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Tobacco Use									
Ever tried cigarettes	4%	6%	2%	8%	18%	25%	13%	52%*	32%
Current smokers	1%	1%	1%	3%	9%	11%	5%	15%	11%
Current electronic vapor product user	N/A	N/A	N/A	N/A	N/A	N/A	15%	N/A	24%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	3%	3%	2%	3%	6%	7%	3%	14%*	7%
Usually obtained their own cigarettes by buying them in a store or gas station	24%	N/A	16%	18%	20%	14%	18%	N/A	13%
Drug Use									
Ever used marijuana	3%	4%	1%	10%	21%	29%	17%	36%	39%
Youth who used marijuana in the past month	2%	2%	1%	5%	14%	18%	9%	21%	22%
Ever used methamphetamines	N/A	N/A	N/A	N/A	6%	4%	1%	N/A	3%
Ever used cocaine	1%	1%	<1%	1%	6%	6%	2%	4%	5%
Ever used heroin	N/A	N/A	<1%	<1%	5%	3%	<1%	2%	2%
Ever used steroids	1%	2%	1%	1%	6%	4%	1%	3%	4%
Ever used inhalants	4%	6%	4%	4%	8%	8%	4%	9%	7%
Ever used ecstasy/MDMA	N/A	N/A	N/A	N/A	8%	5%	2%	N/A	5%
Used prescription drugs not prescribed in the past month	N/A	N/A	1%	3%	N/A	N/A	4%	N/A	N/A
Ever used a needle to inject any illegal drug	N/A	N/A	N/A	N/A	5%	3%	<1%	20%	22%

N/A-Not available

*Comparative YRBS data for Ohio is 2011

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Sexual Behavior									
Ever had sexual intercourse	N/A	N/A	N/A	N/A	25%	31%	20%	43%	41%
Used a condom at last intercourse	N/A	N/A	N/A	N/A	61%	60%	45%	51%	57%
Used birth control pills at last intercourse	N/A	N/A	N/A	N/A	21%	21%	24%	24%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	N/A	N/A	N/A	N/A	12%	9%	8%	12%	14%
Had four or more sexual partners	N/A	N/A	N/A	N/A	5%	5%	4%	12%	12%
Had sexual intercourse before age 13 (of all youth)	N/A	N/A	N/A	N/A	4%	4%	3%	4%	4%
Drank alcohol or used drugs before last sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	15%	18%	21%
Youth Safety									
Rode with someone who had been drinking alcohol in past month	N/A	N/A	15%	14%	18%	16%	14%	17%	20%
Drove a car after drinking alcohol (of youth drivers)	N/A	N/A	N/A	N/A	7%	5%	5%	4%	8%
Never or rarely wore a seat belt	3%	3%	3%	3%	5%	4%	3%	8%	6%
Texted or emailed while driving a car	N/A	N/A	N/A	N/A	N/A	N/A	42%	46%	42%

N/A-Not available

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Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Health Behaviors | YOUTH WEIGHT STATUS

Key Findings

The 2016/17 DCYRBS health assessment identified that 19% of Delaware County high school youth were either overweight or obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 23% of Delaware County youth reported that they were slightly or very overweight. 78% of youth were exercising for 60 minutes on 3 or more days per week.

High School Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- In 2016/17, 9% of youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and 14% for the U.S. in 2015). 10% of youth were classified as overweight (2013 YRBS reported 16% for Ohio and 2015 YRBS reported 16% for the U.S.). 78% were normal weight, and 3% were underweight.

6th-12th Grade Youth Weight Status

- 23% of youth described themselves as being either slightly or very overweight (2013 YRBS reported 28% for Ohio and 2015 YRBS reported 32% for the U.S.).
- Over one-third (37%) of all youth were trying to lose weight, increasing to 47% of Delaware County female youth (compared to 27% of males) (2013 YRBS reported 47% for Ohio and 2015 YRBS reported 46% for the U.S.).

9% of Delaware County high school youth were classified as obese.

- Delaware County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
 - 53% of youth exercised
 - 50% of youth drank more water
 - 41% of youth ate more fruits and vegetables
 - 28% of youth ate less food, fewer calories, or foods lower in fat
 - 9% of youth skipped meals
 - 3% reported going without eating for 24 hours or more (2013 YRBS reported 10% for Ohio and 13% for the U.S.)
 - 2% vomited or took laxatives (2013 YRBS reported 5% for Ohio and 4% for the U.S.)
 - 1% reported taking diet pills, powders, or liquids without a doctor's advice (2013 YRBS reported 5% for Ohio and the U.S.)
 - 1% reported smoking to lose weight
- 60% of youth did not have 8 or more hours of sleep on an average school night (2013 YRBS reported 74% for Ohio and the 2015 YRBS reported 73% for the U.S.).

6th-12th Grade Youth Nutrition

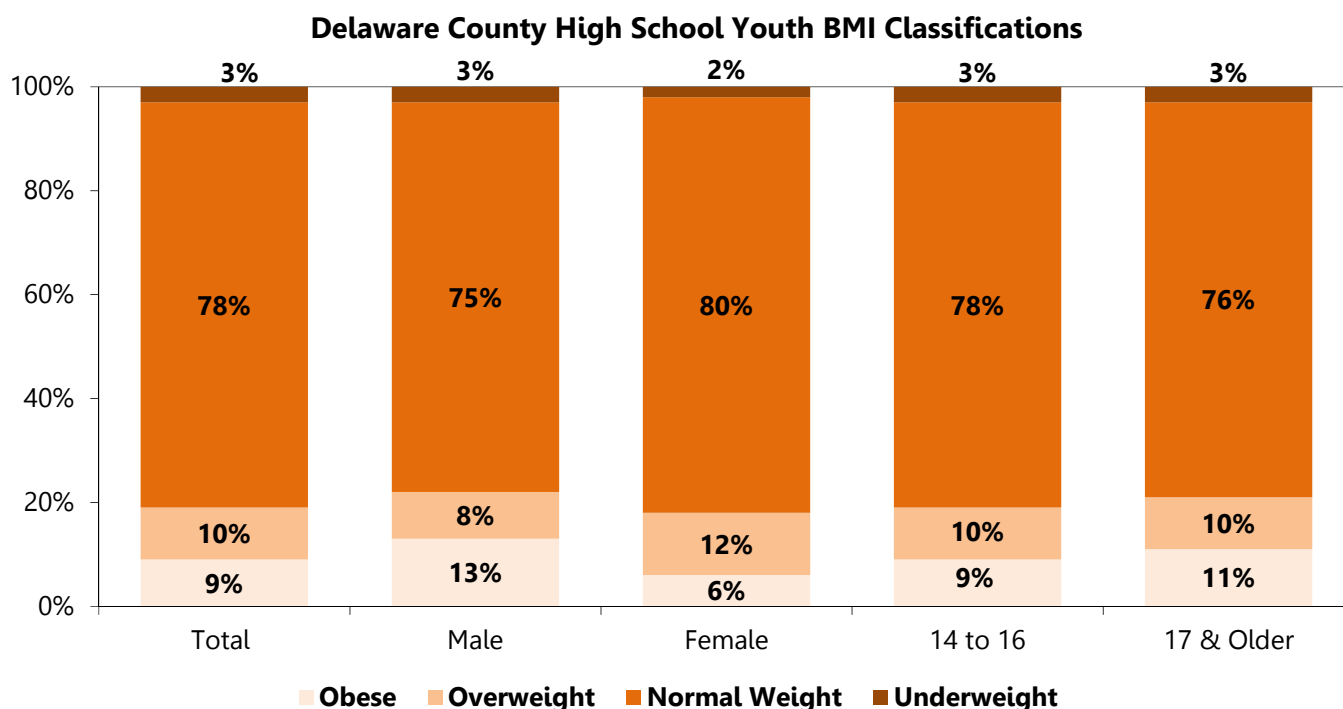
- 4% of youth ate 5 or more servings of whole fruit per day. 30% ate 3 to 4 servings of whole fruit per day and 61% ate 1 to 2 servings per day.
- 4% of youth ate 5 or more servings of whole vegetable per day. 24% ate 3 to 4 servings of whole vegetable per day and 65% ate 1 to 2 servings per day.

- 80% of Delaware County youth ate out in a restaurant or brought home take-out at least once in the past week. 3% of those youth ate out for 5 or more meals.
- 59% Delaware County youth reported eating at least one meal per day with their family in the past week. 5% of youth reported not eating any meals with their family in the past week.
- 47% of youth reported eating breakfast every day in the past week (2013 YRBS reported 36% for Ohio and the 2015 YRBS reported 36% for the U.S.). 7% of youth reported they did not eat breakfast in the past week.
- Nearly one-fifth (19%) of youth drank soda pop (not diet), punch, Kool-Aid, sports drinks, energy drinks or other fruit flavored drinks at least once per day during the past week (2013 YRBS reported 21% for Ohio and the 2015 YRBS reported 20% for the U.S.).
- 7% of youth had a drink that was high in caffeine such as coffee, espresso or energy drinks at least once per day during the past week. 64% of youth did not drink any high caffeine drinks in the past week.
- 3% of Delaware County youth reported it was often true that someone in their family had worried that they would run out of food before they got the chance to buy more in the past 12 months. 81% reported it was never true.

6th-12th Grade Youth Physical Activity

- Over three-fourths (78%) of Delaware County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 53% did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and 2015 YRBS reports 49% for the U.S.), and 27% did so every day in the past week (2013 YRBS reports 26% for Ohio and 2015 YRBS reports 27% for the U.S.). 8% of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2013 YRBS reports 13% for Ohio and 2015 YRBS reports 14% for the U.S.).
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least 3 days per week.
- Delaware County youth spent an average of 2.8 hours on their cell phone, 1.4 hours on their computer/tablet, 1.2 hours watching TV and 0.9 hours playing video games on an average day of the week.
- 13% of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and 25% for the U.S. in 2015).

The following graph shows the percentage of Delaware County high school youth who were classified as obese, overweight, normal weight or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the graph include: 78% of all Delaware County youth were classified as normal weight, 9% were obese, 10% were overweight, and 3% were underweight for their age and gender.



Delaware County youth did the following to lose weight in the past 30 days:	Percent
Exercised	53%
Drank more water	50%
Ate more fruits and vegetables	41%
Ate less food, fewer calories, or foods lower in fat	28%
Skipped meals	9%
Went without eating for 24 hours	3%
Vomited or took laxatives	2%
Took diet pills, powders, or liquids without a doctor's advice	1%
Smoked cigarettes	1%

Healthy People 2020 Nutrition and Weight Status (NWS)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
NWS-10.4 Reduce the proportion of children and adolescents aged 2 to 19 years who are considered obese	9% (9-12 Grade)	13% (9-12 Grade)	14% (9-12 Grade)	15%*

**Note: The Healthy People 2020 target is for children and youth aged 2-19 years.*

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., NHANES, CDC/NCHS, 2016/17 Delaware County Health Assessment)

2015 3rd and 7th Grade Height and Weight Collection Methodology and Data Analysis

Methodology

- In April and May of 2015, a total of 1,240 student heights and weights from a convenience sample of 3rd and 7th graders were collected anonymously by trained Delaware General Health District (DGHD) staff and volunteers. A quality assurance check of those heights and weights using the Ohio Department of Health (ODH) criteria reduced that total to 1,217 anonymous paired heights and weights. This final sample of 1,217 is representative for Delaware County 3rd and 7th grade students (99% confidence level with 5% margin of error).
- The eligible paired heights and weights were then calculated into Body Mass Index (BMI) measures and analyzed for placement on standardized BMI-for-age growth charts. BMI placement on standardized growth charts determines which descriptive weight category of underweight, healthy weight, overweight or obese applies.

Data Analysis

- To adequately assess the health of Delaware County youth, it was essential to measure children's heights and weights. Height and weight is a standard measure of health in youth, a classic measure of how well a child is growing. Using heights and weights to find how many Delaware County children fall in overweight and obese categories is also a vital check on the health of youth. Overweight and obese youth now develop chronic diseases previously experienced only by adults, and for some children before they even reach high school—conditions like high blood pressure, high cholesterol, and insulin resistance and type 2 diabetes.
- During the 2005-2007 school years, the DGHD collected heights and weights on 1st through 8th graders, and found 29% of 3rd graders and 30% of 7th graders were either overweight or obese. The current Youth Health Assessment gave the DGHD a key opportunity to update that older local data. For 2015, the good news is the majority of 3rd and 7th graders (70%) were found to be growing at a healthy weight (Table 5).
- Of greater health concern is the persistent percentage of students found in 2015 to be either overweight or obese. For 3rd graders, 28% were either overweight or obese, and 29% of 7th graders were either overweight or obese. While the combined percentages of overweight and obese students measured in the spring of 2015 are slightly lower compared to 2005-2007, the reductions are unfortunately not statistically significant and cannot be considered a trend.
- Unhealthy weights in childhood can predict obesity later in life with worsening health conditions. These 2015 height and weight data are representative of all Delaware County 3rd and 7th grade students and show a continued significant portion of youth on a path toward obesity as adults. For some, it could also mean greater risk for developing early and worsening chronic diseases.

Table 5

Weight Category	2005/06/07 3 rd Grade	2014/15 3 rd Grade	2005/06/07 7 th Grade	2014/15 7 th Grade
Obese	13%	13%	14%	13%
Overweight	16%	15%	16%	16%
Healthy Weight	69%	70%	69%	70%
Underweight	2%	2%	1%	1%

(Source: Delaware General Health District)

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th)‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Weight Status									
Obese	N/A	N/A	N/A	N/A	N/A	N/A	9%	13%	14%
Overweight	N/A	N/A	N/A	N/A	N/A	N/A	10%	16%	16%
Described themselves as slightly or very overweight	21%	24%	20%	23%	26%	31%	26%	28%	32%
Trying to lose weight	37%	41%	32%	37%	40%	42%	41%	47%	46%
Went without eating for 24 hours or more	N/A	14%	2%	3%	12%	12%	4%	10%	13%*
Took diet pills, powders, or liquids without a doctor's advice	N/A	5%	<1%	1%	7%	7%	2%	5%	5%*
Vomited or took laxatives	N/A	4%	1%	2%	8%	5%	2%	5%	4%*
Ate breakfast every day during the past week	56%	51%	55%	47%	44%	36%	40%	36%	36%
Drank pop or soda one or more times per day during the past 7 days	N/A	N/A	16%	19%	17%	17%	22%	21%	20%
Did not have 8 or more hours of sleep on an average school night	N/A	N/A	39%	60%	N/A	N/A	77%	74%	73%
Physical Activity									
Physically active at least 60 minutes per day on every day in past week	46%	42%	31%	27%	25%	34%	23%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	75%	65%	59%	53%	51%	56%	48%	48%	49%
Did not participate in at least 60 minutes of physical activity on any day in past week	4%	6%	6%	8%	10%	10%	10%	13%	14%
Watched 3 or more hours of TV	N/A	N/A	11%	13%	N/A	N/A	14%	28%	25%

N/A – Not available

*Comparative YRBS data for U.S. is 2013

†Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Health Behaviors | YOUTH TOBACCO USE

Key Findings

The 2016/17 DCYRBS health assessment identified that only 3% of Delaware County youth were current smokers, increasing to 7% of those ages 17 and older. However, 10% of Delaware County youth used electronic vapor products, increasing to 20% of those 17 and older. 2% of youth used chewing tobacco or snuff in the past year.

6th-12th Grade Youth Tobacco Use Behaviors

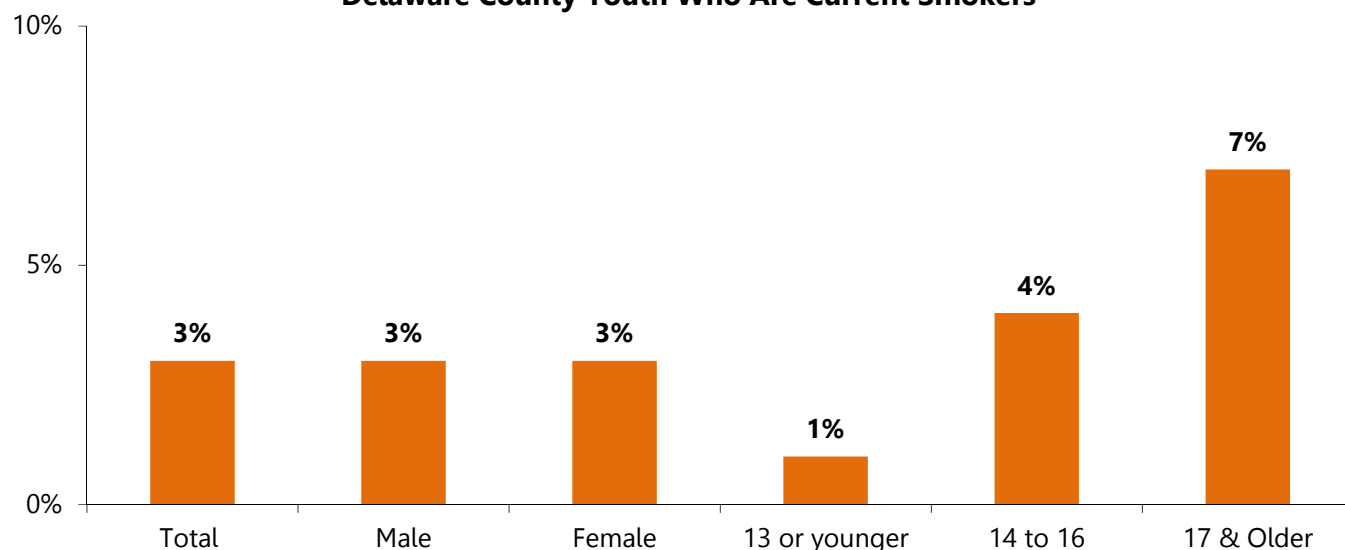
- The 2016/17 health assessment indicated that 8% of Delaware County youth had tried cigarette smoking, increasing to 21% of those 17 and older (2015 YRBS reported 32% for the U.S.).
- 17% of those who had smoked a whole cigarette did so at 10 years old or younger, and another 15% had done so by 12 years old. The average age of onset for smoking was 13.2 years old.
- 3% of all Delaware County youth had tried cigarette smoking before the age of 13 (2011 YRBS reported 14% for Ohio and the 2015 YRBS reported 7% for the U.S.).
- 3% of youth smoked part or all of a cigarette in the past 30 days, increasing to 7% of those 17 and older.
- Over half (54%) of Delaware County youth smokers smoked less than 1 cigarette per day. 5% of youth smoked more than 20 cigarettes per day.

In 2016/17, 3% of Delaware County youth were current smokers, having smoked at some time in the past 30 days.

- Over three-fifths (66%) of Delaware County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 28% of youth smokers borrowed cigarettes from someone else, 18% indicated they bought cigarettes from a store or gas station (2015 YRBS reported 13% for the U.S.), 14% gave someone else money to buy them cigarettes, 14% said a person 18 years or older gave them the cigarettes, 7% took them from a store or family member, 1% got them from a vending machine, and 18% got them some other way.
- Delaware County youth used the following forms of tobacco the most in the past year: e-cigarette (6%); cigarettes (3%); chewing tobacco or snuff (2%); hookah (2%); cigars (2%); Swishers (2%); Black and Milds (2%); snus (1%); cigarillos (1%); little cigars (1%); dissolvable tobacco products (<1%); and bidis (<1%).
- 10% of Delaware County youth used an electronic vapor product in the past 30 days, increasing to 20% of those 17 and older (YRBS reported 24% for the U.S. in 2015).
- 49% of youth who vape usually got their electronic vapor products by borrowing them from someone else, 11% bought them from a store or gas station, 9% gave someone else money to buy them, 9% said a person 18 years or older gave it to them, 6% said they got them on the internet, and 14% got them some other way.

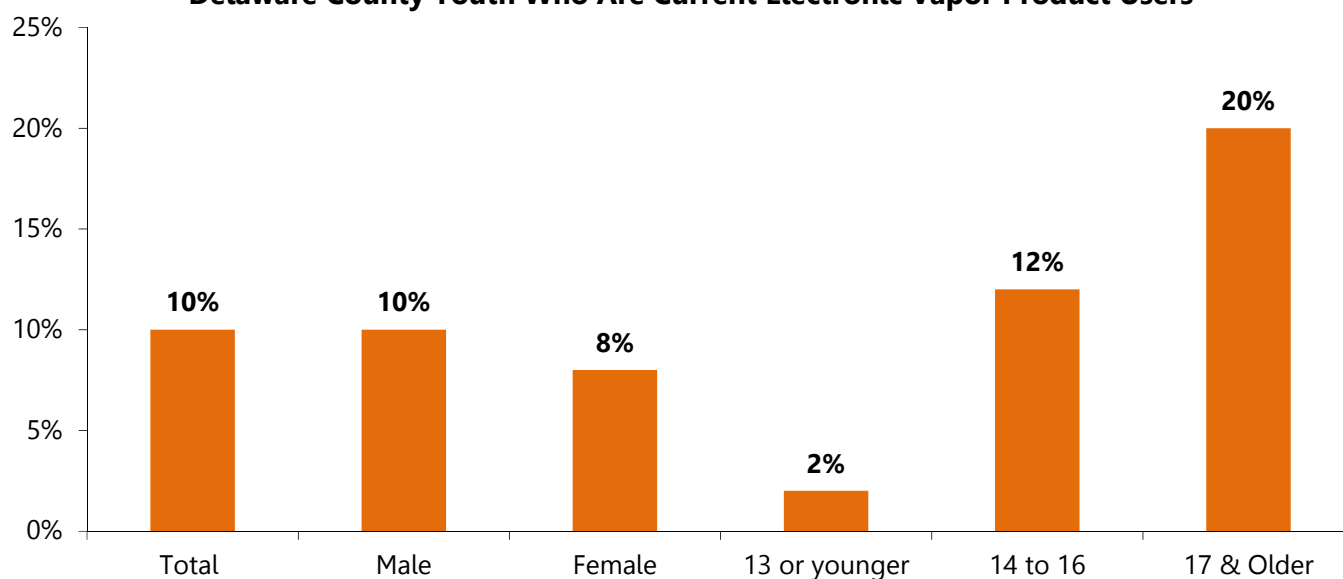
The following graphs show the percentage of Delaware County youth who were current smokers and current electronic vapor product users. Examples of how to interpret the information include: 3% of all Delaware County youth were current smokers, 3% of males smoked, and 3% of females were current smokers.

Delaware County Youth Who Are Current Smokers



In 2016/17, 10% of Delaware County youth were currently using electronic vapor products, with 20% of those 17 and older currently vaping in the last 30 days.

Delaware County Youth Who Are Current Electronic Vapor Product Users



Behaviors of Delaware County Youth
Current Smokers vs. Non-Current Smokers
**There is a correlation between smoking and other risky behaviors*

Youth Behaviors	Current Smoker	Non-Current Smoker
Have had at least one drink of alcohol in the past 30 days	66%	13%
Had sexual intercourse in the past 12 months	63%	17%
Experienced 3 or more adverse childhood experiences (ACEs) in their lifetime	52%	14%
Have used marijuana in the past 30 days	52%	4%
Been bullied in any way in the past year	58%	43%
Carried a weapon in the past month	28%	6%
Misused prescription medications in the past 30 days	27%	2%

Current smokers are those youths surveyed who have self-reported smoking at any time during the past 30 days.

Healthy People 2020
Tobacco Use (TU)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
TU-2.2 Reduce use of cigarettes by adolescents (past month)	3% (6-12 Grade) 5% (9-12 Grade)	15% (9-12 Grade)	11% (9-12 Grade)	16%*

**Note: The Healthy People 2020 target is for youth in grades 9-12.*

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., CDC/NCHHSTP, 2016/17 Delaware County Health Assessment)

Electronic Cigarettes and Teenagers in the U.S.

- The percentage of U.S. middle and high school students who tried electronic cigarettes tripled from 2013 to 2014.
- E-cigarettes usually look like regular cigarettes, but they are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled.
- Current e-cigarette use among high school students rose from 4.5% in 2013 to 13.4% in 2014, rising from approximately 660,000 to 2 million students.
- Among middle school students, current e-cigarette use more than tripled from 1.1% in 2013 to 3.9% in 2014 – an increase from approximately 120,000 to 450,000 students.
- Nicotine is a highly addictive drug. Many teens that start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes.

(Source: CDC, Newsroom Releases, "E-cigarette use triples among middle and high school students in just one year," April 16, 2015)

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th) ±	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Ever tried cigarettes	4%	6%	2%	8%	18%	25%	13%	52%*	32%
Current smokers	1%	1%	1%	3%	9%	11%	5%	15%	11%
Current electronic vapor product user	N/A	N/A	N/A	N/A	N/A	N/A	15%	N/A	24%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	3%	3%	2%	3%	6%	7%	3%	14%*	7%
Usually obtained their own cigarettes by buying them in a store or gas station	24%	N/A	16%	18%	20%	14%	18%	N/A	13%

N/A – Not available

*Comparative YRBS data for Ohio is 2011

±Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Health Behaviors | YOUTH ALCOHOL USE

Key Findings

In 2016/17, the DCYRBS health assessment results indicated that 14% of all Delaware County youth and 35% of those over the age of 17 had at least one drink in the past 30 days. 26% of all Delaware County youth had at least one drink of alcohol in their life, increasing to 56% of those ages 17 and older. Over two-fifths (44%) of high school youth who reported drinking in the past 30 days had at least one episode of binge drinking. 5% of all high school youth drivers had driven a car in the past month after they had been drinking alcohol.

In 2016/17, 14% of all Delaware County youth were current drinkers, increasing to 35% of those 17 and older.

6th-12th Grade Youth Alcohol Consumption

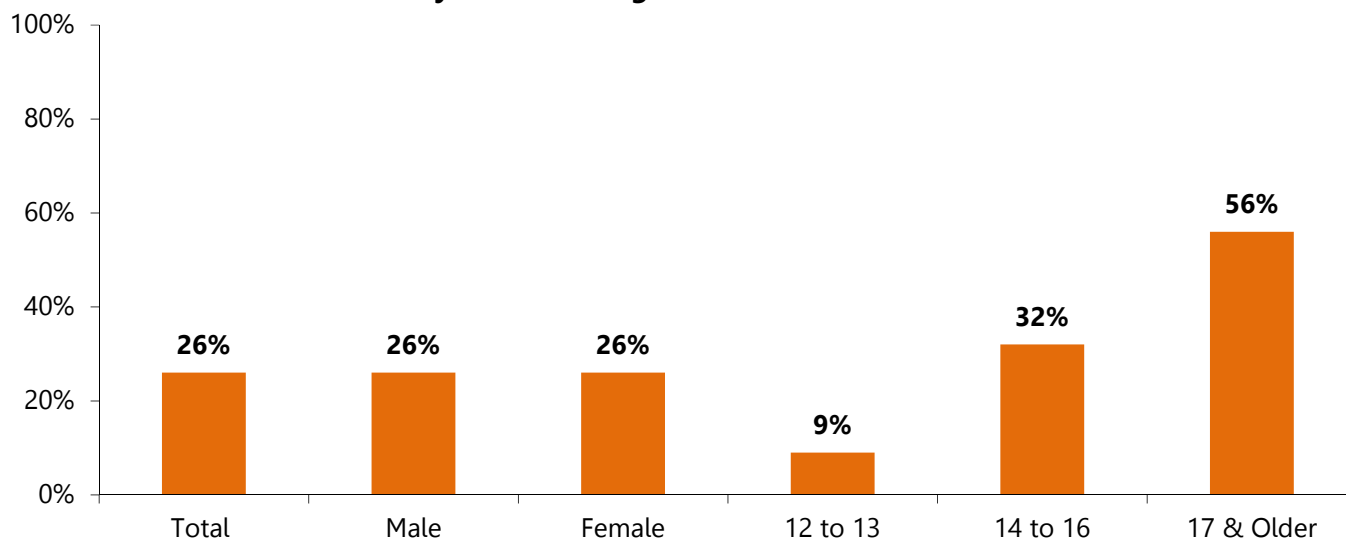
- In 2016/17, the DCYRBS health assessment results indicated that 26% of all Delaware County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 56% of those ages 17 and older (YRBS reports 63% for the U.S. in 2015).
- 14% of youth had at least one drink in the past 30 days and would be defined as a current drinker, increasing to 35% of those ages 17 and older.
- Almost one-quarter (24%) of high school youth (YRBS reports 30% for Ohio in 2013 and 33% for the U.S. in 2015) were current drinkers.
- Nearly one-third (29%) of Delaware County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 28% took their first drink between the ages of 13 and 14, and 43% started drinking between the ages of 15 and 18. The average age of onset was 13.4 years old.
- Of all Delaware County youth, 8% had drunk alcohol for the first time before the age of 13 (YRBS reports 13% of Ohio youth drank alcohol for the first time before the age of 13 in 2013 and 17% for the U.S. in 2015).
- Delaware County youth drinkers reported they got their alcohol from the following: someone gave it to them (42%)(2013 YRBS reports 38% for Ohio and 2015 YRBS reports 44% for the U.S.); a parent gave it to them (30%); someone older bought it (18%); older friend or sibling bought it for them (17%); gave someone else money to buy it for them (12%); took it from a store or family member (10%); a friend's parent gave it to them (8%); bought it in a liquor store/convenience store/gas station (7%); bought it with a fake ID (4%); bought it at a bar, restaurant or club (3%); bought it at a public event (2%); and obtained it some other way (18%).
- In the past 30 days, 14% of youth had ridden in a car driven by someone who had been drinking alcohol (YRBS reported 17% for Ohio in 2013 and 20% for the U.S. in 2015).

High School Youth Alcohol Consumption

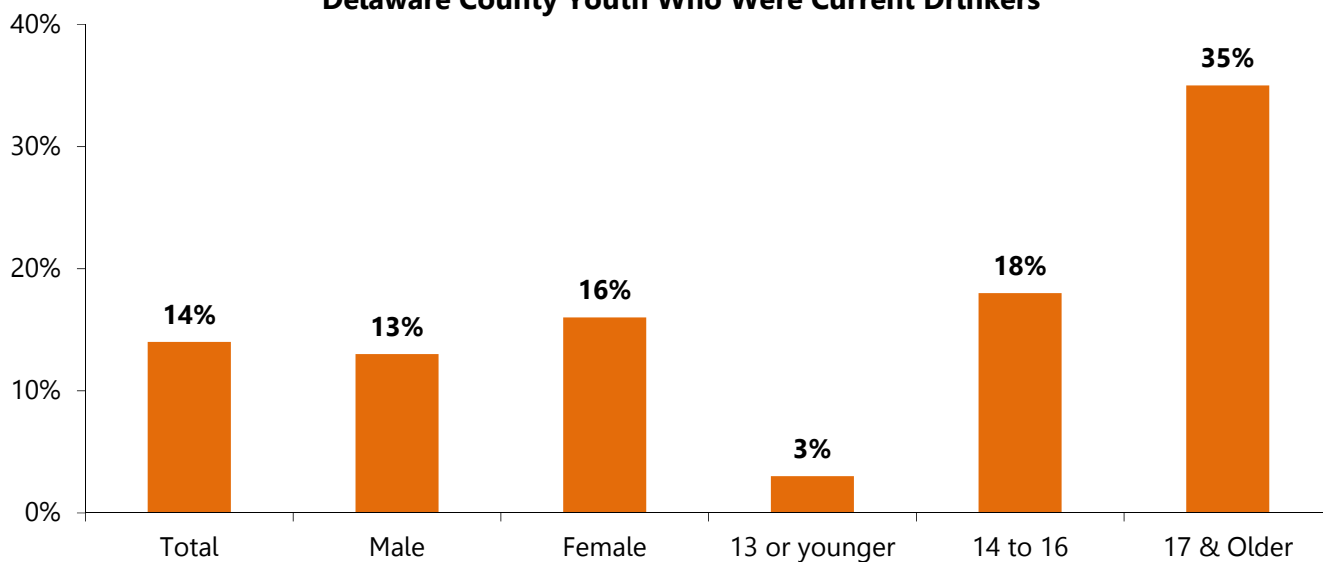
- Of those high school youth who drank, 44% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 56% of those ages 17 and older.
- Based on all high school youth surveyed, 12% were defined as binge drinkers, increasing to 19% of those ages 17 and older (YRBS reports 16% for Ohio in 2013 and 18% for the U.S. in 2015).
- 5% of high school youth drivers had driven a car themselves after drinking alcohol (YRBS reported 4% for Ohio in 2013 and 8% for the U.S. in 2015).

The following graphs show the percentage of Delaware County youth who had drank in their lifetime and those who were current drinkers. Examples of how to interpret the information include: 26% of all Delaware County youth had drank at some time in their life: 26% of males and 26% of females.

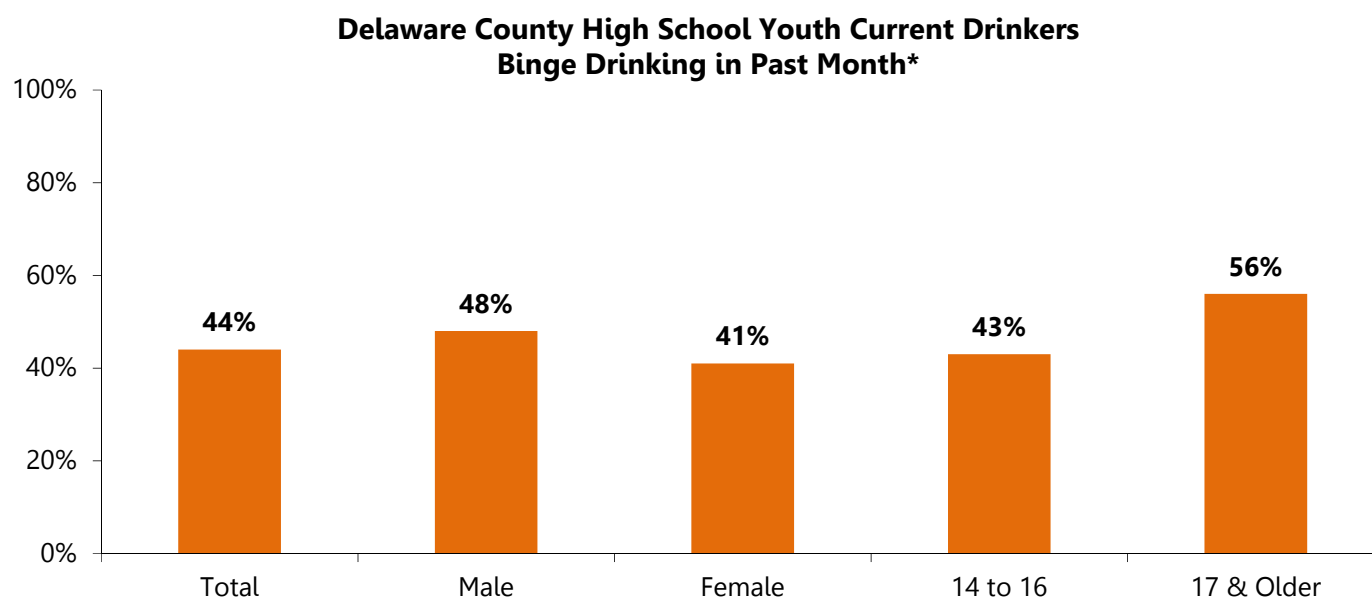
Delaware County Youth Having At Least One Drink In Their Lifetime



Delaware County Youth Who Were Current Drinkers



The following graph shows the percentage of Delaware County high school youth who were binge drinkers. Examples of how to interpret the information include: 44% of current drinkers had binge drank in the past month; 48% of males and 41% of females binge drank.



**Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.*

Based on all Delaware County high school youth surveyed, 12% were defined as binge drinkers.

Behaviors of Delaware County Youth

Current Drinkers vs. Non-Current Drinkers

**There is a correlation between drinking and other risky behaviors*

Youth Behaviors	Current Drinker	Non-Current Drinker
Have been bullied in the past 12 months	52%	42%
Felt sad or hopeless for 2 or more weeks in a row	35%	18%
Experienced 3 or more adverse childhood experiences (ACEs) in their lifetime	32%	12%
Have been in a physical fight in the past 12 months	29%	17%
Have used marijuana in the past 30 days	26%	1%
Seriously considered attempting suicide in the past 12 months	20%	9%
Carried a weapon in the past month	14%	5%
Have smoked cigarettes in the past 30 days	13%	1%
Attempted suicide in the past 12 months	9%	3%

Current drinkers are defined as those youth who self-reported drinking alcohol at any time during the past 30 days.

Healthy People 2020 Substance Abuse (SA)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
SA-14.4 Reduce the proportion of persons engaging in binge drinking during the past month	12% (9-12 Grade)	16% (9-12 Grade)	18% (9-12 Grade)	9%*

**Note: The Healthy People 2020 target is for youth aged 12-17 years.*

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., 2016/17 Delaware County Health Assessment)

Underage Drinking in the U.S.

Excessive drinking is responsible for more than 4,300 deaths among underage youth each year, and cost the U.S. \$24 billion in economic costs in 2010.

On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.

In 2010, there were approximately 189,000 emergency room visits by persons under age 21 for injuries and other conditions linked to alcohol.

Youth who drink alcohol are more likely to experience:

- School problems, such as higher absence and poor or failing grades.
- Social problems, such as fighting and lack of participation in youth activities.
- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Physical problems, such as hangovers or illnesses.
- Unwanted, unplanned, and unprotected sexual activity.
- Disruption of normal growth and sexual development.
- Physical and sexual assault.
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning.
- Higher risk for suicide and homicide.
- Memory problems.
- Abuse of other drugs.
- Changes in brain development that may have life-long effects.
- Death from alcohol poisoning.

In general, the risk of youth experiencing these problems is greater for those who binge drink than for those who do not binge drink,

Youth who start drinking before age 15 years are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21 years.

(Source: CDC, Alcohol and Public Health, updated on October 20, 2016)

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th) ‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Ever tried alcohol	13%	16%	10%	26%	47%	58%	39%	N/A	63%
Current drinker	3%	5%	3%	14%	26%	28%	24%	30%	33%
Binge drinker (of all youth)	N/A	N/A	N/A	N/A	16%	15%	12%	16%	18%
Drank for the first time before age 13 (of all youth)	10%	13%	8%	8%	11%	12%	7%	13%	17%
Rode with someone who was drinking	N/A	21%	15%	14%	18%	16%	14%	17%	20%
Drank and drove (of youth drivers)	N/A	N/A	N/A	N/A	7%	4%	5%	4%	8%
Obtained the alcohol they drank by someone giving it to them	N/A	N/A	20%	42%	39%	50%	44%	38%	44%

N/A – Not available

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Health Behaviors | YOUTH DRUG USE

Key Findings

In 2016/17, 5% of Delaware County youth had used marijuana at least once in the past 30 days, increasing to 14% of those ages 17 and older. 4% of Delaware County youth used a prescription pain medicine, such as codeine, Vicodin, OxyContin, Hydrocodone or Percocet, without a doctor's prescription or differently than how a doctor told them to use it at some time in their lives, increasing to 9% of those over the age of 17.

6th-12th Grade Youth Drug Use

- In 2016/17, 5% of all Delaware County youth had used marijuana or hashish in the past 30 days, increasing to 14% of those over the age of 17.
- 10% of all youth used marijuana one or more times in their life; increasing to 30% of those over the age of 17 (2013 YRBS reported 36% for Ohio and 39% for the U.S. in 2015).
- The average age of onset for using marijuana was 14.3 years old.
- In the past month, 3% of youth reported using prescription drugs not prescribed for them, increasing to 5% of those over the age of 17.
- 4% of Delaware County youth used a prescription pain medicine, such as codeine, Vicodin, OxyContin, Hydrocodone or Percocet, without a doctor's prescription or differently than how a doctor told them to use it at some time in their lives, increasing to 9% of those over the age of 17.
- 5% of youth had taken a prescription drug, such as Xanax, Adderall or Ritalin, without a doctor's prescription or differently than how a doctor told them to use it at some time in their lives, increasing to 10% of those over the age of 17.
- Youth who misused prescription medications got them in the following ways: a parent gave it to them (46%); a friend gave it to them (34%); they took it from a friend or family member (20%); another family member gave it to them (15%); bought it from a friend (12%); bought it from someone else (11%); and the internet (3%).

Drug Facts: Drugged Driving

- Vehicle accidents are the leading cause of death among youth people aged 16 to 19. When teens' relative lack of driving experience is combined with the use of marijuana or other substances that affect cognitive and motor abilities, the results can be tragic.
- According to the 2014 National Survey on Drug Use and Health (NSDUH), an estimated 10 million people aged 12 or older reported driving under the influence of illicit drugs during the year prior to being surveyed.
- After alcohol, THC (delta-9-tetrahydrocannabinol), the active ingredient in marijuana is the substance most commonly found in the blood of impaired drivers, fatally injured drivers, and motor vehicle crash victims. Studies in several localities have found that approximately 4 to 14 percent of drivers who sustained injury or died in traffic accidents tested positive for THC.
- One NHTSA study found that in 2009, 18 percent of drivers killed in a crash tested positive for at least one drug. A 2010 study showed that 1 percent of deadly crashes involved a drugged driver

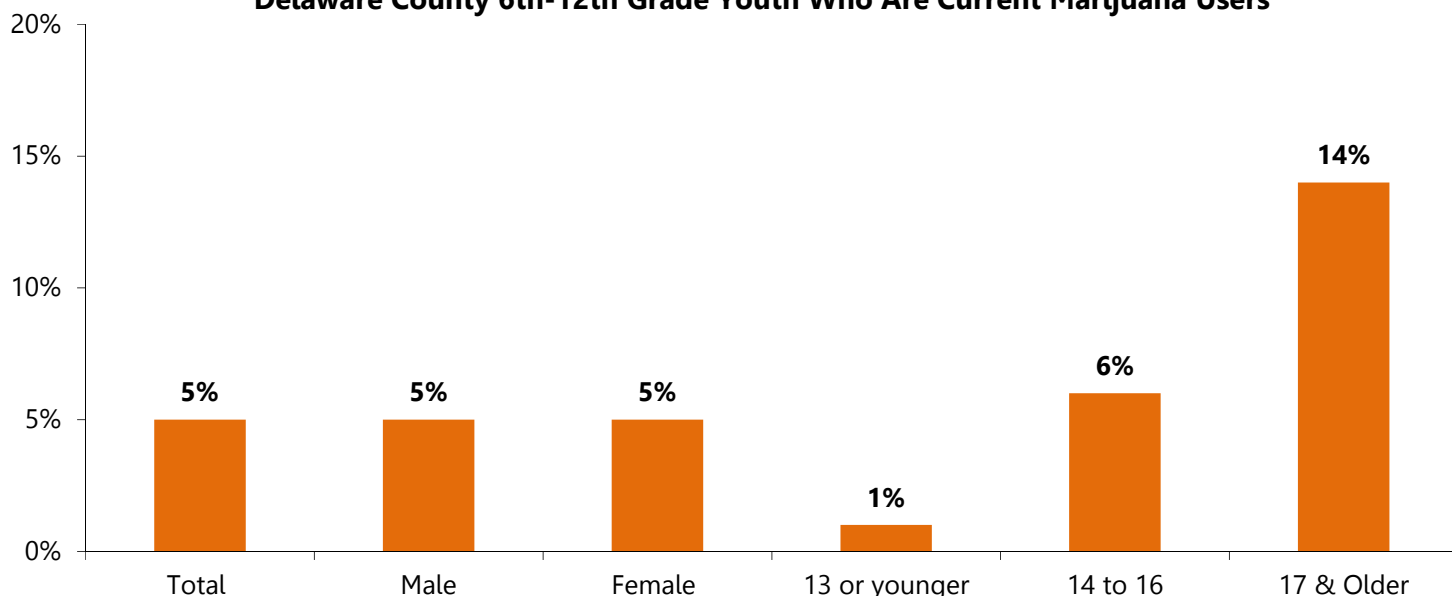
(Source: National Institute on Drug Abuse, The Science of Drug Abuse & Addiction: Drug Facts: Drugged Driving, June 2016)

High School Youth Drug Use

- Delaware County youth have tried the following at some time in their life:
 - 4% of youth used inhalants (YRBS reports 9% for Ohio in 2013 and 7% for the U.S. in 2015)
 - 2% used cocaine (YRBS reports 4% for Ohio in 2013 and 5% for U.S. in 2015)
 - 2% misused cough syrup
 - 2% misused over-the-counter medications
 - 2% used ecstasy/MDMA/Molly (2015 YRBS reports 5% for the U.S.)
 - 2% used liquid THC
 - 1% used methamphetamines (2015 YRBS reports 3% for the U.S.)
 - 1% used steroids (YRBS reports 3% for Ohio in 2013 and 4% for the U.S. in 2015)
 - 1% used bath salts
 - 1% used K2/spice
 - 1% used posh/salvia/synthetic marijuana
 - 1% used Cloud 9
 - 1% misused hand sanitizer
 - <1% used heroin (YRBS reports 2% for Ohio in 2013 and 2% for U.S. in 2015)
 - <1% had been to a pharm party/used skittles
 - <1% used GhB
 - <1% used Opana
- <1% of high school youth had used a needle at some point in their life to inject an illegal drug into their body (YRBS reports 20% for Ohio in 2013 and 22% for the U.S. in 2015).
- In the past month, youth reported being on school property under the influence of the following: marijuana (3%); alcohol (2%); e-cigarettes (2%); other tobacco products (snus/dip/snuff) (1%); prescription drugs not prescribed for them (1%); cigarettes (1%); other illegal drugs (cocaine, LSD, etc.) (<1%); synthetic marijuana (<1%); inhalants (<1%); bath salts (<1%); and heroin (<1%).
- Delaware County youth agreed with the following: medical marijuana should be legalized (58%); using marijuana leads to using other drugs (49%); marijuana is addictive (48%); and recreational marijuana should be legalized (30%).

The following graph is data from the 2016/17 DCYRBS health assessment indicating 6th-12th grade youth marijuana use in the past 30 days. Examples of how to interpret the information include: 5% of youth have used marijuana in the past 30 days, 5% of males and 5% of females have used marijuana.

Delaware County 6th-12th Grade Youth Who Are Current Marijuana Users



	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th)‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Ever used marijuana	3%	4%	1%	10%	21%	29%	17%	36%	39%
Youth who used marijuana in the past month	2%	2%	1%	5%	14%	18%	9%	21%	22%
Ever used methamphetamines	N/A	N/A	N/A	N/A	6%	4%	1%	N/A	3%
Ever used cocaine	1%	1%	<1%	1%	6%	6%	2%	4%	5%
Ever used heroin	N/A	N/A	<1%	<1%	5%	3%	<1%	2%	2%
Ever used steroids	1%	2%	1%	1%	6%	4%	1%	3%	4%
Ever used inhalants	4%	6%	4%	4%	8%	8%	4%	9%	7%
Ever used ecstasy/MDMA	N/A	N/A	N/A	N/A	8%	5%	2%	N/A	5%
Used prescription drugs not prescribed in the past month	N/A	N/A	1%	3%	N/A	N/A	4%	N/A	N/A
Ever used a needle to inject any illegal drug	N/A	N/A	N/A	N/A	5%	3%	<1%	20%	22%

*Only students in grades 9th, 10th and 11th were asked survey questions

N/A – Not available

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Health Behaviors | YOUTH SEXUAL BEHAVIOR

Key Findings

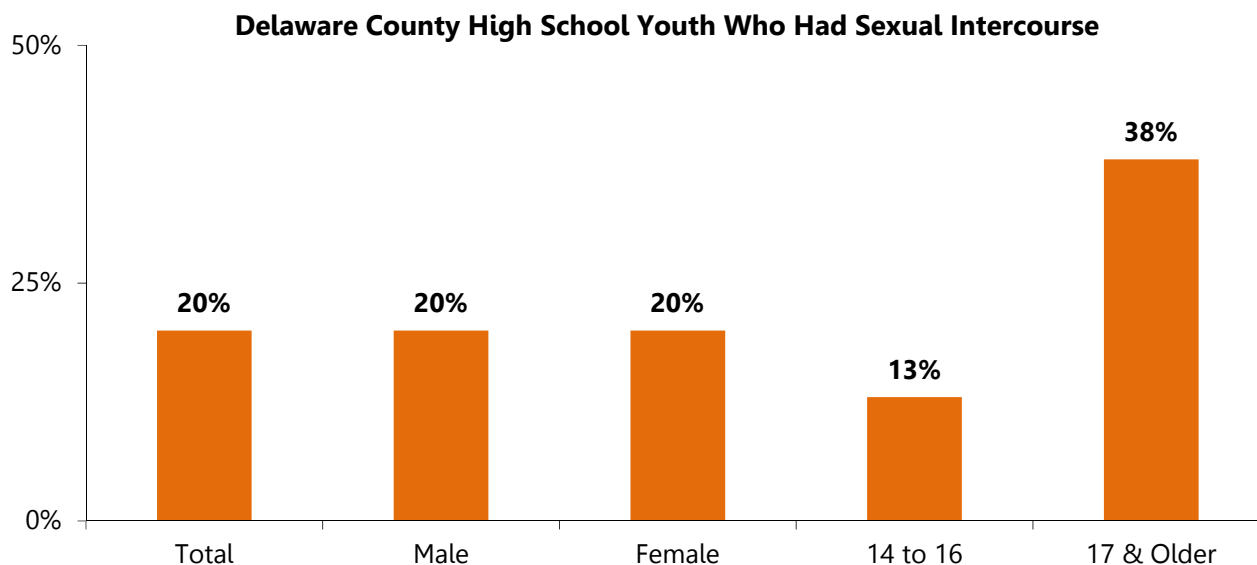
Only high school students were asked sexual behavior questions. In 2016/17, one-fifth (20%) of Delaware County high school youth had sexual intercourse. 24% of high school youth had participated in oral sex and 3% had participated in anal sex. 24% of high school youth participated in sexting. Of those who were sexually active, 48% had multiple sexual partners.

20% of Delaware County high school youth had sexual intercourse.

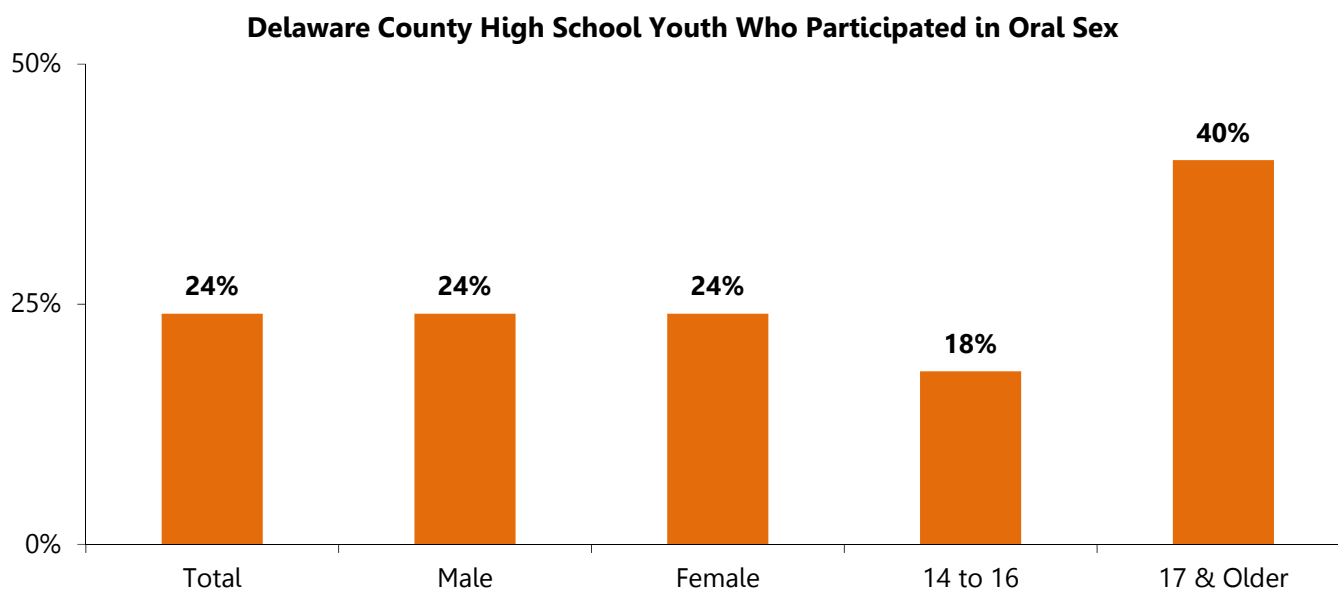
High School Youth Sexual Behavior

- One-fifth (20%) of Delaware County youth had sexual intercourse (YRBS reports 43% for Ohio in 2013 and 41% for U.S. in 2015), increasing to 38% of those ages 17 and over.
- 24% of youth had participated in oral sex, increasing to 40% of those ages 17 and over.
- 3% of youth had participated in anal sex, increasing to 5% of those ages 17 and over.
- 24% of youth had participated in sexting, increasing to 35% of those ages 17 and over.
- 30% of youth had viewed pornography, increasing to 43% of males and 40% of those ages 17 and over.
- Of those youth who were sexually active in their lifetime, 52% had one sexual partner and 48% had multiple partners.
- 4% of all Delaware County youth had 4 or more sexual partners (YRBS reports 12% for Ohio in 2013 and 12% for the U.S. in 2015).
- 19% of all Delaware County sexually active youth had 4 or more partners (2013 YRBS reports 28% for Ohio).
- Of those youth who were sexually active, 12% had done so by the age of 13. Another 47% had done so by 15 years of age. The average age of onset was 15.0 years old.
- Of all youth, 3% were sexually active before the age of 13 (YRBS reports 4% for Ohio in 2013 and 4% for the U.S. in 2015).
- Of the youth who were sexually active, 15% drank alcohol or used drugs before their last sexual encounter (2013 YRBS reports 18% for Ohio and 21% for the U.S.).
- 61% of Delaware County youth reported they or their partner used a condom the last time they had sexual intercourse. The YRBS reports 51% for Ohio in 2013 and 57% for the U.S. in 2015.
- 45% of youth who were sexually active used condoms to prevent pregnancy, 24% used birth control pills, 8% used the withdrawal method, 4% used an IUD and 2% used a shot, patch or birth control ring. However, 8% were engaging in intercourse without a reliable method of protection, and 8% reported they were unsure.
- 1% of youth reported they had engaged in sexual activity in exchange for something of value, such as food, drugs, shelter or money.

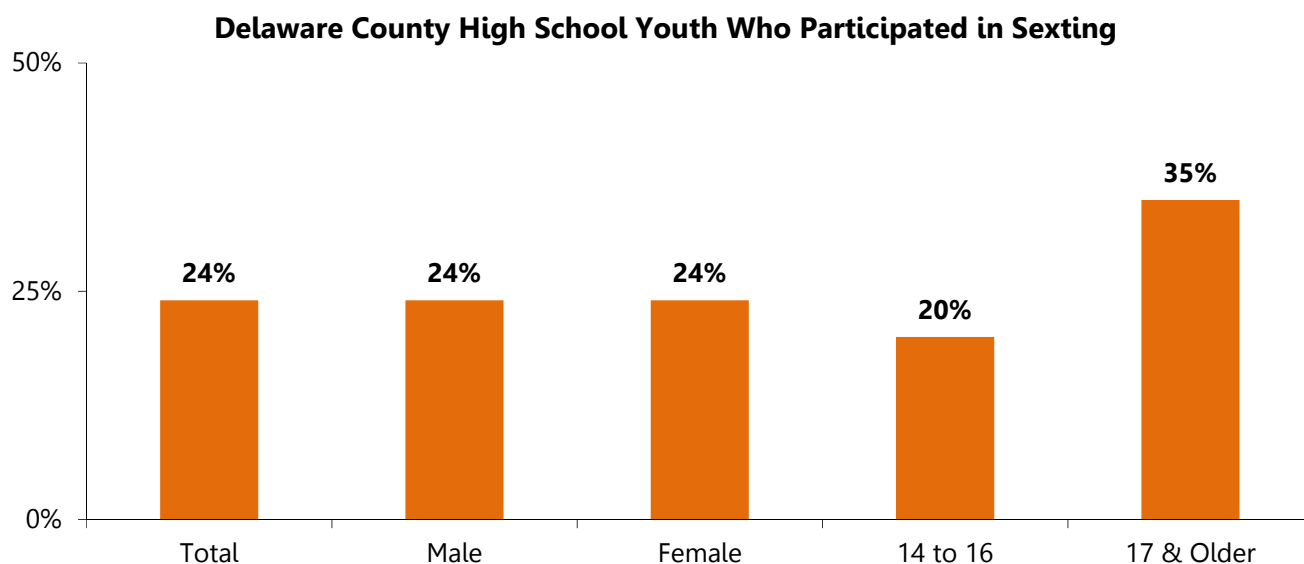
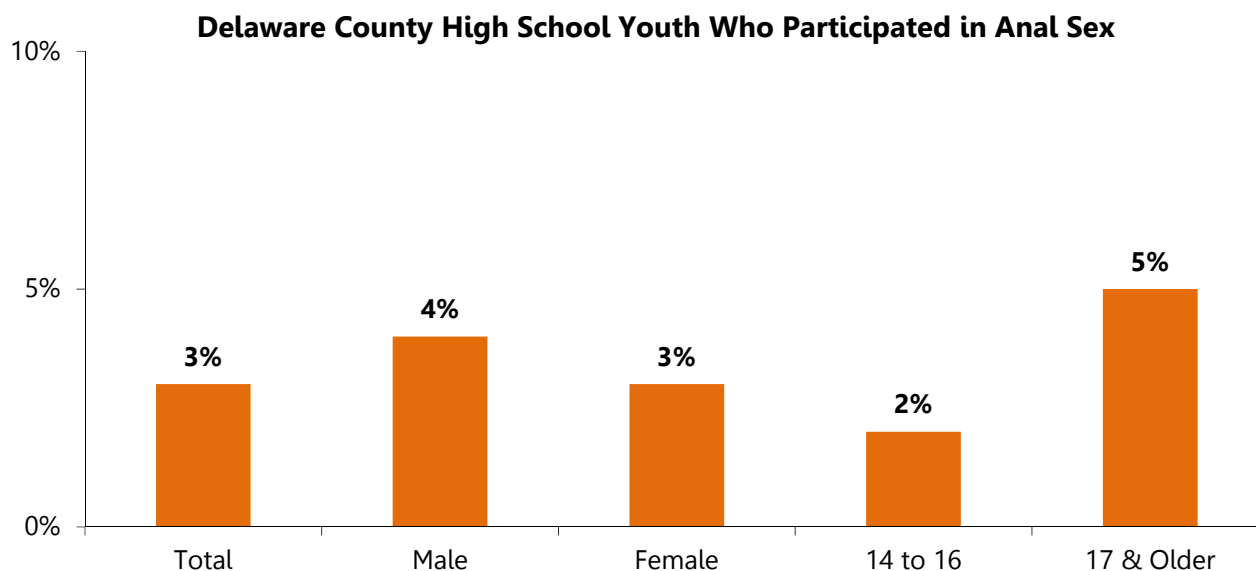
The following graphs show the percentage of Delaware County high school youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 20% of all Delaware County high school youth, 20% of males, and 38% of those 17 years old and older had sexual intercourse.



8% of all Delaware County sexually active high school youth were not using a reliable method of protection to prevent pregnancy.



The following graphs show the percentage of Delaware County high school youth who participated in anal sex and sexting. Examples of how to interpret the information include: 3% of all Delaware County youth, 4% of males, and 3% of females participated in anal sex.



	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th) ‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Ever had sexual intercourse	N/A	N/A	N/A	N/A	25%	31%	20%	43%	41%
Used a condom at last intercourse	N/A	N/A	N/A	N/A	61%	60%	45%	51%	57%
Used birth control pills at last intercourse	N/A	N/A	N/A	N/A	21%	21%	24%	24%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	N/A	N/A	N/A	N/A	12%	9%	8%	12%	14%
Had four or more sexual partners (of all youth)	N/A	N/A	N/A	N/A	5%	5%	4%	12%	12%
Had sexual intercourse before age 13 (of all youth)	N/A	N/A	N/A	N/A	4%	4%	3%	4%	4%
Drank alcohol or used drugs before last sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	15%	18%	21%

*Middle school youth were not asked sexual health questions

‡Only students in grades 9th, 10th and 11th were asked survey questions

N/A – Not available

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Sexual Risk Behavior

Many young people engage in sexual risk behaviors that can result in unintended health outcomes. For example, among U.S. high school students surveyed in 2015:

- 41% had ever had sexual intercourse
- 30% had sexual intercourse during the previous 3 months, and, of these:
 - 43% did not use a condom the last time they had sex.
 - 14% did not use any method to prevent pregnancy.
 - 21% had drank alcohol or used drugs before last sexual intercourse
- Only 10% of sexually experienced students have ever been tested for HIV

Sexual risk behaviors place adolescents at risk for HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy

- Young people (aged 13-24) accounted for an estimated 22% of all new HIV diagnoses in the United States in 2014.
- Among young people (aged 13-24) diagnosed with HIV in 2014, 80% were gay and bisexual males.
- Half of the nearly 20 million new STDs reported each year are among young people, between the ages 15-24
- Nearly 250,000 babies were born to teen girls aged 15-19 years in 2014.

(Source: CDC, Adolescent and School Health, updated 7/18/16)

Health Behaviors | YOUTH MENTAL HEALTH

Key Findings

In 2016/17, 11% of Delaware County youth indicated they had seriously considered attempting suicide in the past year, with 4% actually attempting suicide in the past year.

6th-12th Grade Youth Mental Health

- In 2016/17, one-fifth (20%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (YRBS reported 26% for Ohio in 2013 and 30% for the U.S. in 2015), increasing to 27% of females and 24% of high school youth.
- 11% of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 14% of females. 13% of high school youth had seriously considered attempting suicide, compared to the 2015 YRBS rate of 18% for U.S. youth and the 2013 YRBS rate of 14% for Ohio youth.
- In the past year, 4% of Delaware County youth had attempted suicide. 2% of youth had made more than one attempt. The 2015 YRBS reported a suicide attempt prevalence rate of 9% for U.S. youth and a 2013 YRBS rate of 6% for Ohio youth.

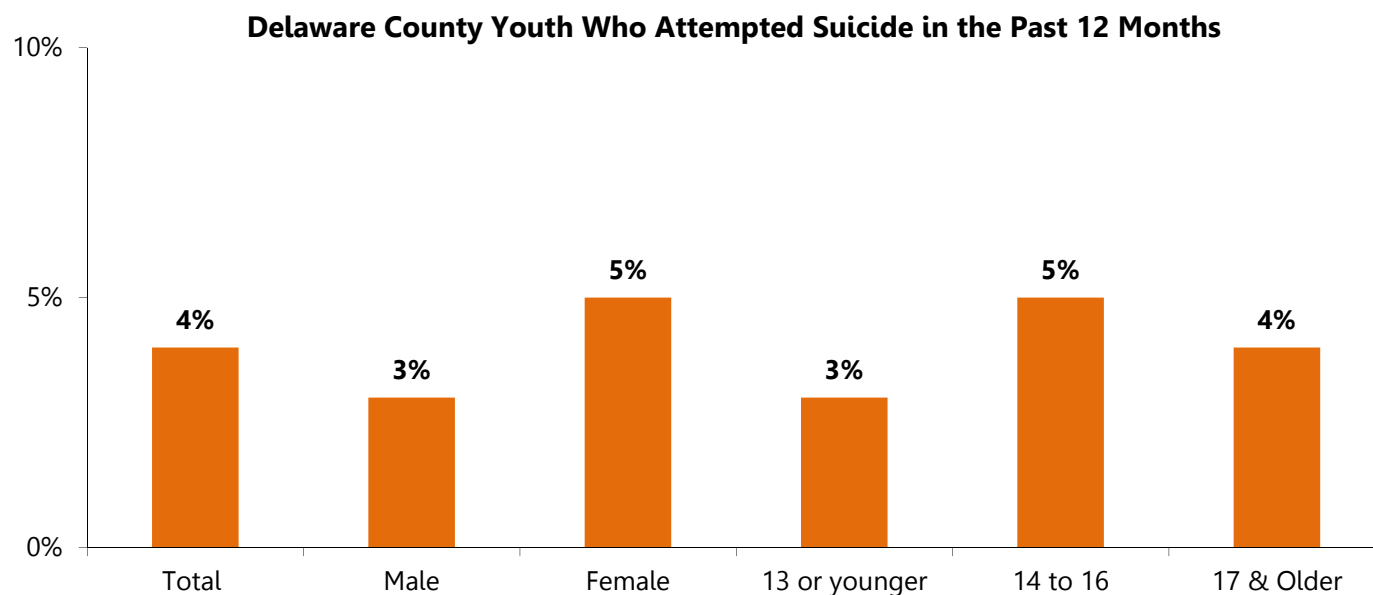
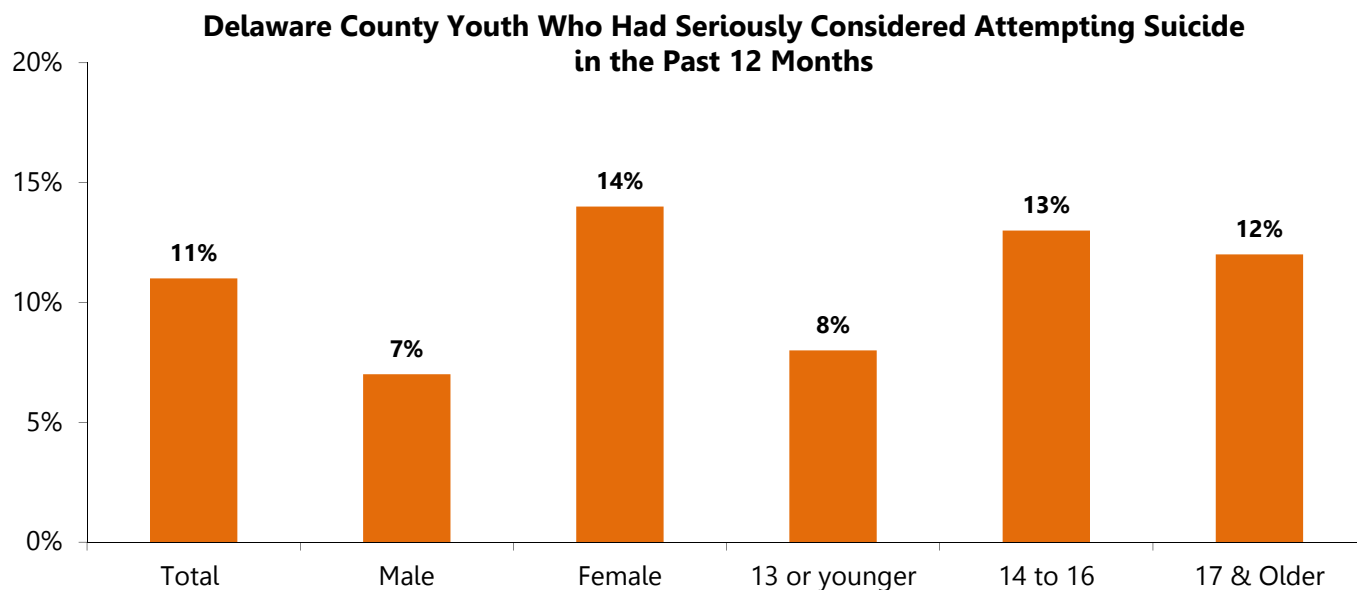
20% of Delaware County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.

- Delaware County youth reported the following adverse childhood experiences (ACEs): parents became separated or were divorced (22%); parents or adults in home swore at them, insulted them or put them down (23%); lived with someone who was depressed, mentally ill or suicidal (18%); lived with someone who was a problem drinker or alcoholic (12%); lived with someone who served time or was sentenced to serve in prison or jail (7%); parents were not married (7%); lived with someone who used illegal drugs or misused prescription drugs (7%); parents or adults in home abused them (5%); parents or adults in home abused each other (4%); an adult or someone 5 years older than them touched them sexually (2%); an adult or someone 5 years older tried to make them touch them sexually (1%); and an adult or someone 5 years older than them forced them to have sex (<1%).
- 15% of youth had three or more adverse childhood experiences.

High School Youth Mental Health

- Of all high school youth, 1% made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (2013 YRBS reported 1% for Ohio and the 2015 YRBS reported 3% for the U.S.).

The following graphs show the percentage of Delaware County youth who had seriously considered attempting suicide and those who attempted suicide in the past 12 months (i.e., the first graph shows that 11% of all youth, 7% of males and 14% of females had seriously considered attempting suicide in the past 12 months).



Impact of Adverse Childhood Experiences (ACEs) on Risky Behaviors of Delaware County Youth

Youth Behaviors	Three or more ACEs	Zero ACEs
Felt sad or hopeless for 2 or more weeks in a row	46%	10%
Had sexual intercourse in the past 12 months	37%	12%
Have had at least one drink of alcohol in the past 30 days	30%	9%
Seriously considered attempting suicide in the past 12 months	29%	4%
Attempted suicide in the past 12 months	14%	1%
Have used marijuana in the past 30 days	13%	3%
Have smoked cigarettes in the past 30 days	10%	1%
Misused prescription medications in the past 30 days	7%	1%

**Youth who experienced 3 or more Adverse Childhood Experiences (ACEs) in their lifetime were compared to youth who had no ACEs in their lifetime, regarding their risky behaviors.*

Adverse Childhood Experiences (ACE)

- Childhood abuse, neglect, and exposure to other traumatic stressors which we term adverse childhood experiences (ACE) are common. The most common are separated or divorced parents, verbal, physical or sexual abuse, witness of domestic violence, and having a family member with depression or mental illness.
- According to the CDC, 59% of people surveyed in 5 states in 2009 reported having had at least one ACE while 9% reported five or more ACEs.
- The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:
 - Depression
 - Fetal death
 - Illicit drug use
 - Liver disease
 - STD's
 - Multiple sexual partners
 - Alcoholism and alcohol abuse
 - COPD
 - Unintended pregnancies
 - Suicide attempts
 - Early initiation of smoking
 - Risk for intimate partner violence
- Given the high prevalence of ACEs, additional efforts are needed at the state and local level to reduce and prevent childhood maltreatment and associated family dysfunction in the US.
- Studies are finding that there is a repetitive dose-response relationship between ACE and levels of exposure. A dose-response means that as the dose of the stressor increases, the intensity of the outcome will increase as well. As the number of ACEs increase so does the risk for the following:
 - Myocardial Infarction
 - Mental Distress
 - Unemployment
 - Diabetes
 - Asthma
 - Disability
 - Stroke
 - Lowered educational attainment

(Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey ACE Data, 2009-2014. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2015)

Healthy People 2020 Mental Health and Mental Disorders (MHMD)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
HMD-2 Reduce suicide attempts by adolescents†	1% (9-12 Grade)	1% (9-12 Grade)	9% (9-12 Grade)	2%*

*Note: The Healthy People 2020 target is for youth in grades 9-12.

†This objective is based upon attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., CDC/NCHHSTP, 2016/17 Delaware County Health Assessment)

Youth Comparisons	Middle School (6 th -8 th)			Delaware County 2016/17 (6 th -12 th)	High School (9 th -12 th)				
	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)		Delaware County 2013/14 (9 th -11 th)‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Youth who had seriously considered attempting suicide in the past year	N/A	N/A	8%	11%	14%	18%	13%	14%	18%
Youth who had attempted suicide in the past year	N/A	N/A	4%	4%	9%	12%	5%	6%	9%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	N/A	N/A	N/A	N/A	N/A	N/A	1%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	N/A	N/A	16%	20%	23%	29%	24%	26%	30%

N/A- Not available

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Social Conditions | YOUTH SAFETY

Key Findings

In 2016/17, 14% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 5% of high school drivers had driven after drinking alcohol. 42% of high school drivers texted or emailed while driving a car in the past 30 days.

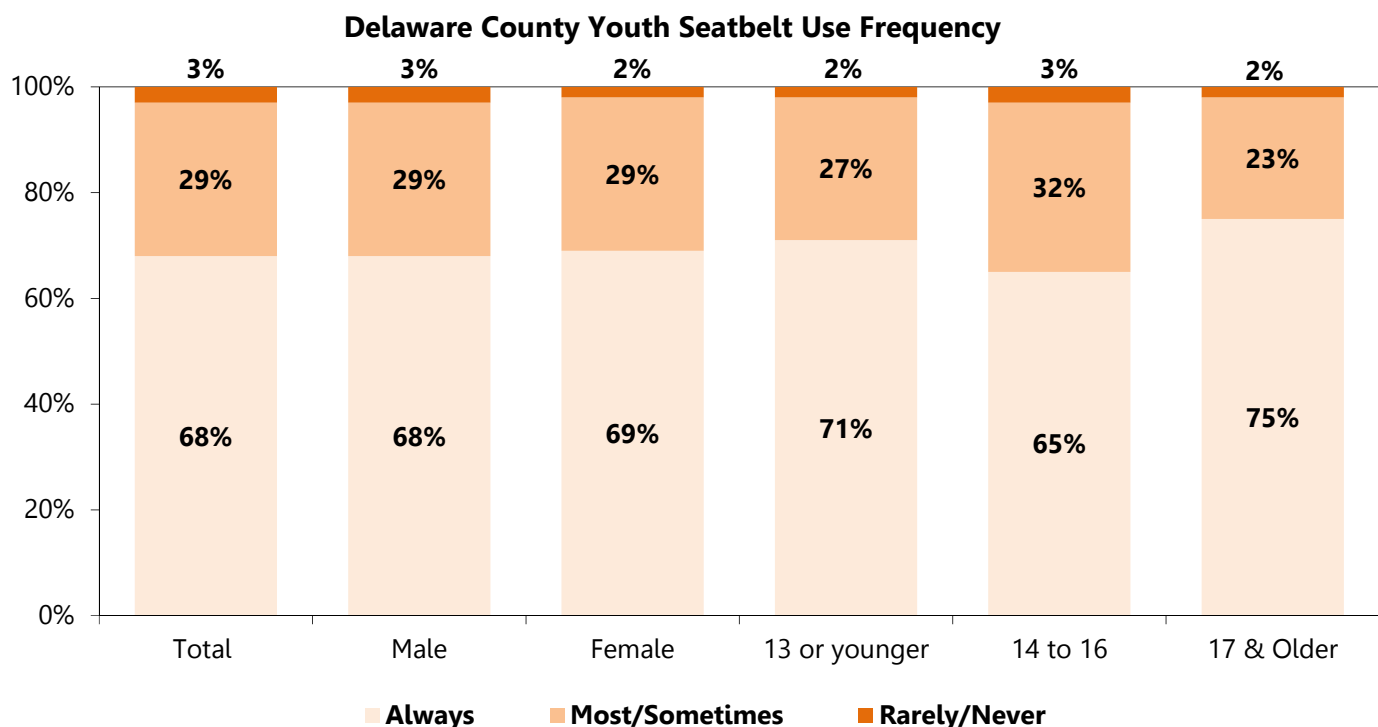
6th-12th Grade Youth Personal Safety

- 3% of Delaware County youth reported they rarely or never wore a seat belt when riding in a car driven by someone else (YRBS reported 8% for Ohio in 2013 and 6% for the U.S. in 2015).
- In the past 30 days, 14% of youth had ridden in a car driven by someone who had been drinking alcohol (YRBS reported 17% for Ohio in 2013 and 20% for the U.S. in 2015).
- Nearly one-fifth (18%) of Delaware County youth reported they had a concussion from playing a sport or being physically active in the past 12 months.

High School Youth Personal Safety

- 5% of youth drivers had driven a car themselves after drinking alcohol (YRBS reported 4% for Ohio in 2013 and 8% for the U.S. in 2015).
- In the past 30 days, 42% of youth had texted or emailed while driving a car (YRBS reported 46% for Ohio in 2013 and 42% for the U.S. in 2015).

The following graph shows Delaware County youth who always, sometimes and rarely/never wear a seatbelt. The graph shows the number of youth in each segment giving each answer (i.e., the graph shows that 68% of youth always wore a seat belt, 29% did so sometimes or most of the time and 3% rarely or never wore a seatbelt.



	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th) ‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Rode with someone who had been drinking alcohol in past month	N/A	N/A	15%	14%	18%	16%	14%	17%	20%
Drove a car after drinking alcohol (of youth drivers)	N/A	N/A	N/A	N/A	7%	5%	5%	4%	8%
Never or rarely wore a seat belt	3%	3%	3%	3%	5%	4%	3%	8%	6%
Texted or emailed while driving a car	N/A	N/A	N/A	N/A	N/A	N/A	42%	46%	42%

N/A – Not available

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Teen Drivers

- Motor vehicle crashes are the leading cause of death for U.S. teens.
- In 2014, about 2,270 teens aged 16 to 19 died from motor vehicle injuries.
 - That means that six teens aged 16 to 19 died every day from motor vehicle injuries.
- 221,313 teens aged 16 to 19 were treated in emergency departments for injuries suffered in motor-vehicle crashes.
- The risk of motor vehicle crashes is higher among 16 to 19 year olds than among any other age group. In fact, per mile driven, teen drivers ages 16 to 19 are nearly three times more likely than drivers aged 20 and older to be in a fatal crash.
- In 2014, the motor vehicle death rate for male drivers and passengers ages 16 to 19 was more than two times that of their female counterparts.
- The presence of teen passengers increases the crash risk of unsupervised teen drivers; this risk increases with the number of teen passengers.
- In 2013, young people ages 15-19 represented only 7% of the U.S. population. However, they accounted for 11% (\$10 billion) of the total costs of motor vehicle injuries.

(Source: CDC, *Teen Drivers: Get the Facts*, updated October 13, 2016)

Social Conditions | YOUTH VIOLENCE

Key Findings

In Delaware County, 7% of youth had carried a weapon (such as a gun, knife, or club) in the past 30 days. 19% of youth had been involved in a physical fight, increasing to 27% of males. 25% of youth had been bullied on school property in the past year.

6th-12th Grade Youth Violence-Related Behaviors

- In 2016/17, 7% of youth had carried a weapon (such as a gun, knife or club) in the past 30 days; increasing to 10% of males (YRBS reported 14% for Ohio in 2013 and 16% for the U.S. in 2015).
- 4% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school (YRBS reported 5% for Ohio in 2013 and 6% for the U.S. in 2015).
- 6% of youth were threatened or injured with a weapon in the past year.
- In the past year, 19% of youth had been involved in a physical fight, increasing to 27% of males. 9% had been in a fight on more than one occasion (YRBS reported 20% for Ohio in 2013 and 23% for the U.S. in 2015).
- 43% of youth had been bullied in the past year. The following types of bullying were reported:
 - 32% were verbally bullied (teased, taunted or called harmful names)
 - 26% were indirectly bullied (spread mean rumors about them or kept them out of a “group”)
 - 13% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (YRBS reported 16% for Ohio in 2013 and 16% for the U.S. in 2015)
 - 8% were physically bullied (were hit, kicked, punched or people took their belongings)
 - 3% were sexually bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- In the past year, 25% of youth had been bullied on school property (YRBS reported 21% for Ohio in 2013 and 20% for the U.S. in 2015).

High School Youth Violence-Related Behaviors

- 6% of high school youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months (2015 YRBS reported 10% for the U.S.).
- 8% of high school youth had been forced to participate in a sexual activity when they did not want to, increasing to 12% of females (2015 YRBS reported 11% for the U.S.).

Middle School Extracurricular Activities

- 85% of Delaware County middle school youth participated in extracurricular activities at least one day per week. Almost one-third (31%) participated in 3 or more extracurricular activities.
- Delaware County middle school youth participated in the following extracurricular activities: sports teams (66%); art/music/dance lessons (32%); school based after school program (24%); tutoring/homework assistance program (18%); leadership/service clubs (Key Club, Student Council) (17%); youth organization (4-H, Cub/Girl Scouts) (14%); after school programs (SACC, Big Brothers, Big Sisters) (4%); or some other activity (61%).

Types of Bullying Delaware County Youth Experienced in the Past Year

Youth Behaviors	Total	Male	Female	13 and younger	14-16 Years old	17 and older
Verbally Bullied (teased, taunted or called harmful names)	32%	30%	35%	38%	30%	24%
Indirectly Bullied (spread mean rumors about them or kept them out of a "group")	26%	17%	35%	26%	27%	24%
Cyber Bullied (teased, taunted or threatened by e-mail or cell phone)	13%	9%	17%	12%	14%	12%
Physically Bullied (were hit, kicked, punched or people took their belongings)	8%	10%	7%	12%	7%	4%
Sexually Bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)	3%	1%	4%	2%	4%	2%

Behaviors of Delaware County Youth

Bullied vs. Non-Bullied

**There is a correlation between being bullied and other risky behaviors*

Youth Behaviors	Bullied	Non-Bullied
Felt sad or hopeless for 2 or more weeks in a row	33%	12%
Contemplated suicide in the past 12 months	18%	5%
Have drank alcohol in the past 30 days	17%	12%
Attempted suicide in the past 12 months	8%	1%
Have used marijuana in the past 30 days	6%	4%
Misused prescription medications in the past 30 days	4%	2%
Have smoked cigarettes in the past 30 days	4%	2%

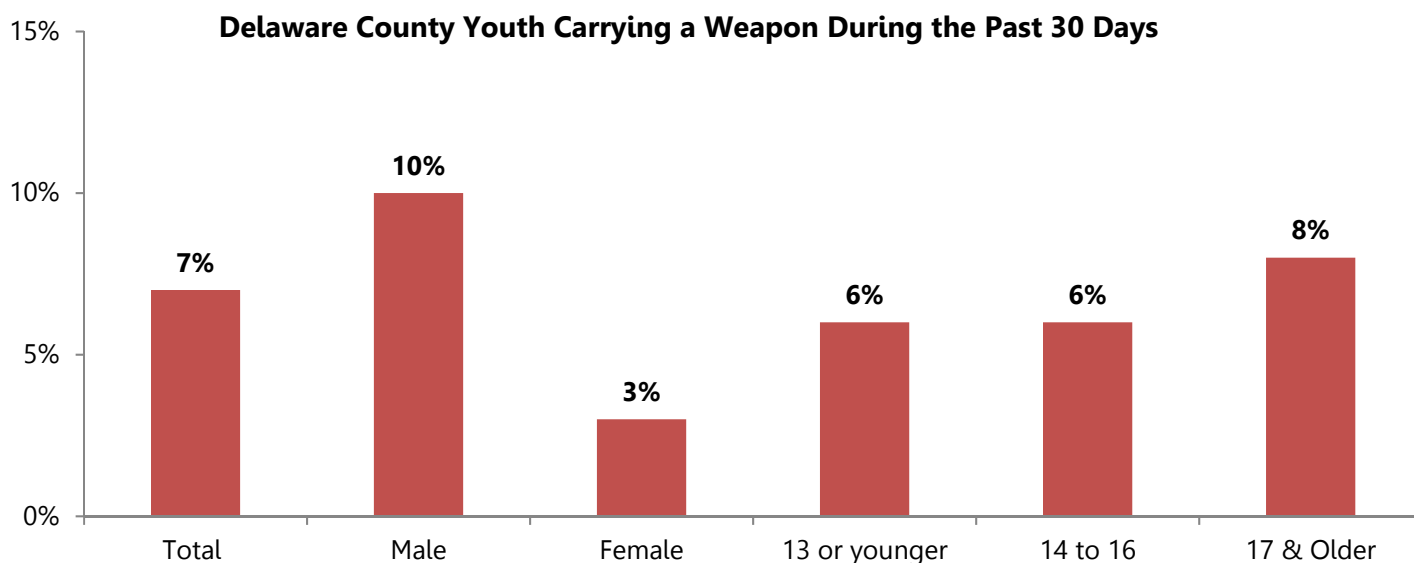
Healthy People 2020 Injury and Violence Prevention (IVP)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
IVP-35 Reduce bullying among adolescents	25% (6-12 Grade) 22% (9-12 Grade)	21% (9-12 Grade)	20% (9-12 Grade)	18%*

**Note: The Healthy People 2020 target is for youth in grades 9-12 who reported they were bullied on school property in the past year.*

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., CDC/NCHHSTP, 2016/17 Delaware County Health Assessment)

The following graph shows Delaware County youth who carried a weapon in the past 30 days. The graph shows the number of youth in each segment giving each answer (i.e., the graph shows that 7% of all youth, 10% of males, and 3% of females had carried a weapon in the past 30 days).



Understanding Bullying

- Bullying is a form of youth violence. CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated.
- Bullying can result in physical injury, social and emotional distress, and even death. Victimized youth are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood.
- Some of the factors associated with a higher likelihood of bullying behavior include:
 - Externalizing problems such as defiant and disruptive behavior
 - Harsh parenting by caregivers
 - Attitudes accepting of violence
- Some of the factors associated with a higher likelihood of victimization include:
 - Poor peer relationships
 - Low self-esteem
 - Perceived by peers as different or quiet

(Source: CDC, Injury Center: Violence Prevention, Understanding Bullying Fact Sheet, 2016)

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th)‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Carried a weapon in past month	N/A	N/A	6%	7%	15%	19%	7%	14%	16%
Been in a physical fight in past year	N/A	N/A	24%	19%	21%	19%	15%	20%	23%
Threatened or injured with a weapon in past year	N/A	N/A	7%	6%	N/A	N/A	6%	N/A	N/A
Did not go to school because felt unsafe	N/A	N/A	4%	4%	6%	6%	3%	5%	6%
Electronically/cyber bullied in past year	N/A	N/A	12%	13%	21%	18%	13%	15%	16%
Bullied on school property in past year	N/A	N/A	30%	25%	24%	21%	22%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	N/A	N/A	N/A	N/A	10%	10%	6%	N/A	10%
Physically forced to participate in sexual activity	N/A	N/A	N/A	N/A	9%	8%	8%	N/A	11%

N/A – Not available

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Social Conditions | YOUTH PERCEPTIONS OF SUBSTANCE USE

Key Findings

In 2016/17, 70% of Delaware County youth thought there was a great risk in harming themselves if they smoked cigarettes. 14% of youth thought that there was no risk in harming themselves physically or in other ways if they smoke marijuana once or twice a week. 87% of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

6th-12th Grade Perceived Risk of Substance Use

- Nearly three-fourths (70%) of Delaware County youth thought there was a great risk in harming themselves physically or in other ways if they smoked one or more packs of cigarettes per day. 3% of youth thought that there was no risk for smoking one or more packs of cigarettes per day.
- Two-fifths (40%) of youth thought there was great risk in harming themselves physically or in other ways if they smoked marijuana once or twice a week. 14% of youth thought that there was no risk if they smoked marijuana once or twice a week.
- Nearly two-fifths (38%) of Delaware County youth thought there was a great risk in harming themselves physically or in other ways if they drank five or more alcoholic beverages once or twice a week. 5% of youth thought that there was no risk in drinking five or more alcoholic beverages once or twice a week.
- 64% of Delaware County youth thought there was a great risk in harming themselves physically or in other ways if they used prescription drugs that were not prescribed for them. 3% of youth thought that there was no risk in misusing prescription drugs.

6th-12th Grade Degree of Disapproval of Use by Parents

- 90% of youth reported their parents would feel it was very wrong for them to smoke cigarettes.
- 88% of Delaware County youth reported their parents would feel it was very wrong for them to use marijuana.
- 87% of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day, decreasing to 76% of those ages 17 and older.
- 89% of youth reported their parents would feel it was very wrong for them to misuse prescription medications.

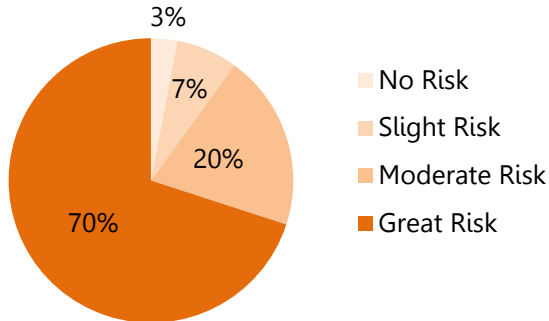
6th-12th Grade Degree of Disapproval of Use by Peers

- About two-thirds (64%) of youth reported their peers would feel it was very wrong for them to smoke cigarettes, increasing to 81% of youth under the age of 13.
- 63% of Delaware County youth reported their peers would feel it was very wrong for them to use marijuana.
- 61% of youth reported their peers would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day, decreasing to 34% of those ages 17 and older.
- 69% of youth reported their peers would feel it was very wrong for them to misuse prescription medications.

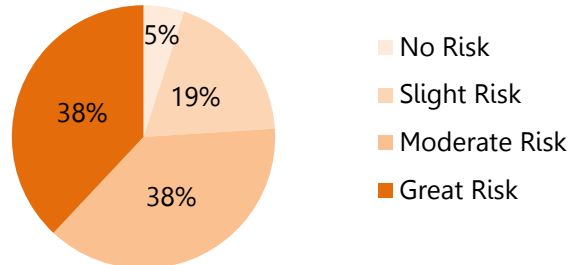
Perceived Risk of Drug Use

How much do you think people risk harming themselves if they:

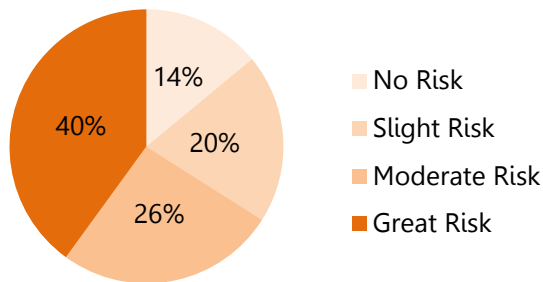
Smoke one or more packs of cigarettes per day



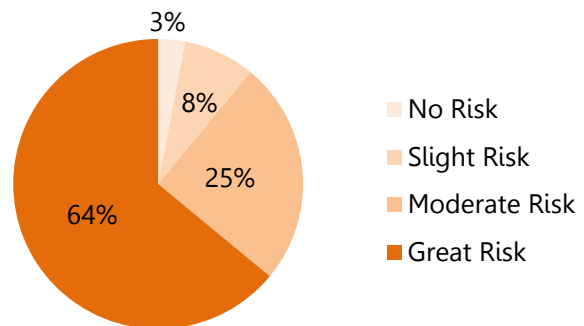
Have five or more drinks of an alcoholic beverage once or twice a week



Smoke marijuana once or twice a week



Misuse prescription drugs



Perceived Great Risk of Substance Use*

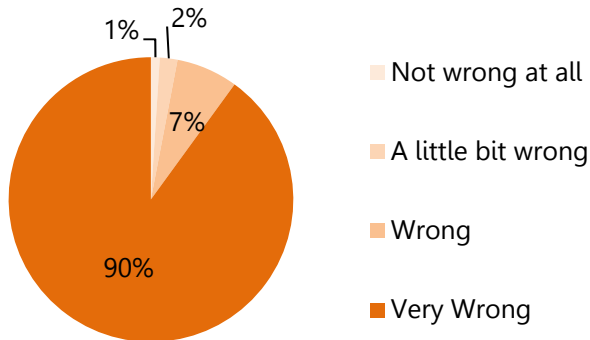
How much do you think people risk harming themselves if they:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke one or more packs of cigarettes per day	70%	72%	68%	73%	69%	68%
Have five or more drinks of an alcoholic beverage once or twice a week	38%	43%	34%	41%	39%	29%
Smoke marijuana once or twice a week	40%	44%	36%	58%	32%	14%
Misusing prescription drugs	64%	67%	62%	65%	64%	62%

*Of those youth who reported great risk of substance use

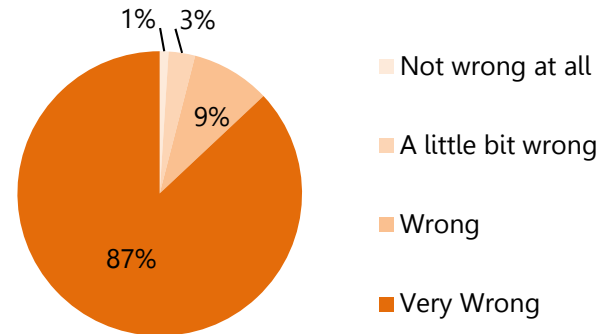
Degree of Disapproval by Parents

How wrong do your parents feel it would be for you to do the following:

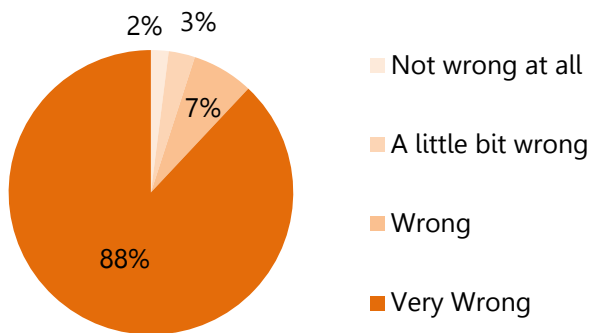
Smoke Tobacco



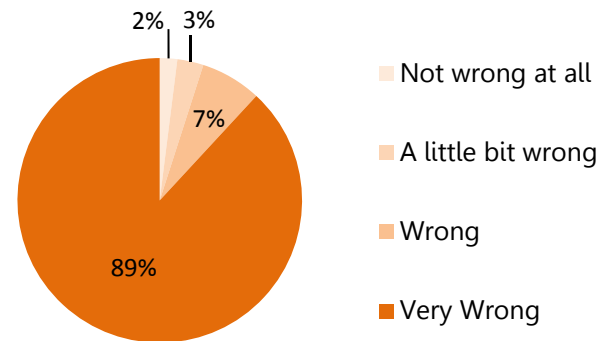
Have one or two drinks of an alcoholic beverage nearly every day



Smoke marijuana



Misuse prescription drugs



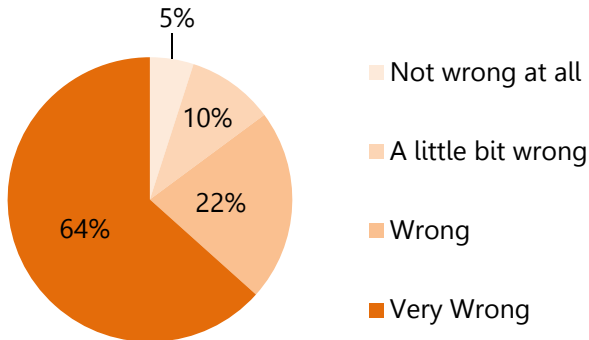
Perceived Degree of Great Disapproval by Parents

Parents feel it would be very wrong for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke tobacco	90%	93%	87%	96%	89%	76%
Having one or two drinks of an alcoholic beverage nearly every day	87%	90%	84%	92%	86%	76%
Smoke marijuana	88%	90%	86%	96%	86%	72%
Misusing prescription drugs	89%	91%	88%	91%	89%	87%

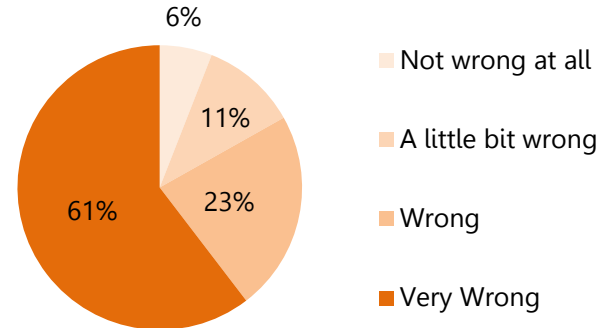
Degree of Disapproval by Peers

How wrong do your friends feel it would be for you to do the following:

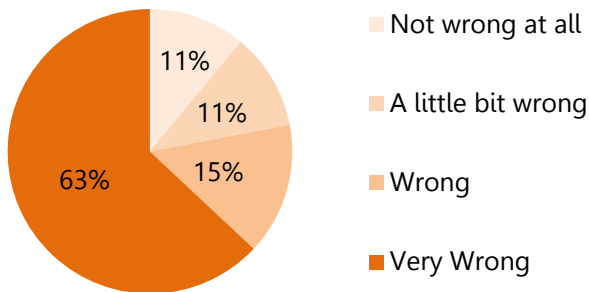
Smoke Tobacco



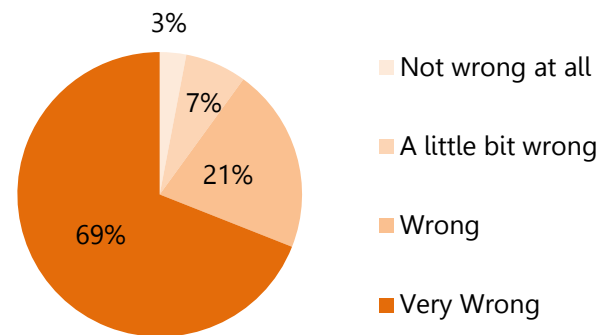
Have one or two drinks of an alcoholic beverage nearly every day



Smoke marijuana



Misuse prescription drugs



Perceived Degree of Great Disapproval by Peers

Friends feel it would be very wrong for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke tobacco	64%	70%	57%	81%	57%	35%
Having one or two drinks of an alcoholic beverage nearly every day	61%	67%	54%	78%	55%	34%
Smoke marijuana	63%	68%	58%	87%	53%	26%
Misusing prescription drugs	69%	74%	65%	77%	67%	55%

Appendix I | HEALTH ASSESSMENT SECONDARY DATA SOURCES

Source	Data Used	Website
Centers for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> Health Effects of Childhood Obesity Adverse Childhood Experiences (ACE's) 2009-2014 	www.cdc.gov
CDC, Adolescent and School Health	<ul style="list-style-type: none"> Sexual Risk Behavior 	www.cdc.gov/healthyyouth/sexualbehaviors/index.htm
CDC, Injury Center: Violence Prevention 2014	<ul style="list-style-type: none"> Understanding Bullying 	www.cdc.gov/violenceprevention/pub
CDC, Newsroom Releases, "E-cigarette use triples among middle and high school students in just one year"	<ul style="list-style-type: none"> Electronic Cigarettes and Teenagers in the U.S. 	www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html
CDC, Teen Drivers Fact Sheet	<ul style="list-style-type: none"> Teen Drivers 	www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html
CDC, Youth and Tobacco Use	<ul style="list-style-type: none"> Tobacco Use Among Middle and High School students in the United States, 2011-2015 	www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/
Drug-Free Delaware	<ul style="list-style-type: none"> 2013/2014 Delaware County Youth Risk Behavior Survey Report 2014/2015 Delaware County Youth Risk Behavior Survey Report 	http://drug-freedelaware.org/
Foundation for Advancing Alcohol Responsibility: Underage Drinking Statistics	<ul style="list-style-type: none"> Teen Binge Drinking: On The Decline 	https://responsibility.org/get-the-facts/research/statistics/underage-drinking-statistics/
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> All Healthy People 2020 Target Data Points 	www.healthypeople.gov/2020/topicsobjectives2020
National Institute on Drug Abuse	<ul style="list-style-type: none"> Drug Facts: Drugged Driving 	www.drugabuse.gov
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> 2009 - 2015 youth Ohio and U.S. correlating statistics 	http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx

Appendix II | ACRONYMS AND TERMS

ACE	A dverse C hildhood E xperiences
BMI	B ody M ass I ndex is defined as the contrasting measurement/relationship of weight to height.
Binge drinking	Consumption of five alcoholic beverages or more on one occasion
CDC	C enters for D isease C ontrol and P revention.
Current Drinker	Individual who has had at least 1 alcoholic beverage in the past 30 days
Current Smoker	Individual who has smoked at least 1 cigarette in the past 30 days
DCYRBS	D elaware C ounty Y outh R isk B ehavior S urvey
DGHD	D elaware G eneral H ealth D istrict
HCNO	H ospital C ouncil of N orthwest O hio
HP 2020	H ealthy P eople 2020 , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
N/A	Data is not available.
Race/Ethnicity	Census 2010: U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Data are presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
Weapon	Defined in the YRBS as “a weapon such as a gun, knife, or club”
Youth	Defined as 12 through 18 years of age
Youth BMI Classifications	Underweight is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile Overweight is defined as BMI-for-age 85^{th} percentile to $< 95^{\text{th}}$ percentile. Obese is defined as $\geq 95^{\text{th}}$ percentile.
YRBS	Y outh R isk B ehavior S urvey, a youth survey conducted by the CDC

Appendix III | SCHOOL PARTICIPATION

The following schools participated in the 2016/17 Delaware County Youth Risk Behavior Survey:

Big Walnut Local Schools

Big Walnut High School
Big Walnut Intermediate
Big Walnut Middle School

Buckeye Valley Local Schools

Buckeye Valley High School
Buckeye Valley Middle School

Delaware City Schools

Delaware Hayes High School
Dempsey Middle School

Olentangy Local Schools

Olentangy Liberty High School
Olentangy High School
Olentangy Orange High School
Orange Middle School
Berkshire Middle School
Hyatts Middle School
Liberty Middle School
Shanahan Middle School

Appendix IV | DELAWARE COUNTY YOUTH SAMPLE DEMOGRAPHIC PROFILE*

Variable	2016/17 Survey Sample	
	%	(n=)
Age		
10 years old or younger	0.1%	11
11 years old	8.9%	966
12 years old	15.3%	1,637
13 years old	15.9%	1,718
14 years old	15.6%	1,669
15 years old	15.4%	1,666
16 years old	14.2%	1,519
17 years old	10.6%	1,137
18 years old	3.9%	426
19 years old or older	0.1%	8
Gender		
Female	48.8%	5,266
Male	50.5%	5,441
Sexual Orientation		
Heterosexual	89.7%	5,181
Gay or lesbian	1.5%	88
Bisexual	5.2%	299
Unsure	3.6%	211
Race/Ethnicity		
White	86.7%	9,210
Black or African American	5.6%	602
American Indian and Alaska Native	3.5%	387
Asian	9.3%	991
Native Hawaiian or Other Pacific Islander	1.1%	126
Grade Level		
Middle School (6-8)	44.9%	4,846
High School (9-12)	54.6%	5,886
Individual Grade Level		
6 th grade	14.3%	1,542
7 th grade	16.1%	1,732
8 th grade	14.6%	1,572
9 th grade	16.5%	1,777
10 th grade	15.4%	1,657
11 th grade	12.8%	1,383
12 th grade	9.6%	1,048
School grades		
Mostly A's	61.0%	6,570
Mostly B's	28.5%	3,073
Mostly C's	5.8%	634
Mostly D's	0.8%	92

* Percent's may not add to 100% due to missing data (non-responses) or percent's may exceed 100% due to respondents answering more than one option.



THE PARTNERSHIP for a Healthy Delaware County (The Partnership) is a group of agency directors, organizations, businesses and residents representing multiple sectors of Delaware County - from healthcare to business and industry to the schools to churches.

THE PARTNERSHIP assesses the health of our community and develops and implements an action plan to improve population health.

THE PARTNERSHIP uses a community-driven strategic planning process to generate key health strategies, which drive policies, systems and environmental change.

THE PARTNERSHIP in its entirety meets twice per year, and workgroups that target and implement community priorities meet throughout the year.

THE PARTNERSHIP uses the Mobilizing for Action through Planning and Partnerships (MAPP) planning process. MAPP consists of six phases:

1. Organize for success
2. Create a vision
3. Complete assessments
4. Identify strategic issues
5. Formulate Goals & Strategies
6. Implement action cycle



2014-2018 PARTNERSHIP PRIORITIES:

Access to Healthcare and Medications | Alcohol Abuse and Drug Abuse |
Environmental Health | Family Support | Food Insecurity | Mental Health | Obesity/Overweight

THE PARTNERSHIP VISION A community where we work together to provide opportunities for complete health and well-being.

THE PARTNERSHIP VALUES

Excellence: We believe in setting a high standard for all services provided to everyone within our community.

Respect: We value and acknowledge everyone in our community.

Family: We believe that all policies and programs directed at health and well-being must focus on the individual and their family, however they define it.

Stewardship: We will carefully and responsibly make decisions about the health and well-being of our community.

Diversity: We recognize, embrace, and appreciate our differences.

Accountability: We take responsibility for participating in the PHDC, for prioritizing identified health problems in our community, for clearly communicating our findings to the community, and for stimulating action to create a healthier Delaware County.

Holistic: We recognize that health and well-being reflect the wholeness of a person or a community.

Social Justice: Social Justice is attained when we achieve health equity, eliminate health disparities, and create social and physical environments that promote good health for all.

Collaboration: We will work jointly with other partners to attain our vision.

Accessibility: We recognize our obligation to make the PHDC accessible to the community, and we believe that information and services must be easily available to provide everyone in our community the opportunity to achieve complete health and well-being.

Integrity: We must maintain high ethical principles when assessing and planning for the health and well-being of our community.

Empowerment: We will work to mobilize individuals and our community to act to improve its health and well-being.



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