

---

# DELAWARE COUNTY YOUTH RISK BEHAVIOR SURVEY — 2019-2020 —



COMMISSIONED BY THE DELAWARE GENERAL HEALTH DISTRICT FOR  
**THE PARTNERSHIP FOR A HEALTHY DELAWARE COUNTY**



Report Published (May, 2020)

Data Collection:

Adolescent Survey (Delaware County Youth Risk Behavior Survey conducted  
September, 2019)

*Cover photos provided by Delaware City Schools and the Delaware General Health District*

# Foreword

We are happy to share with the Delaware County community the results of the 2019/2020 Delaware County Youth Health Risk Behavior Survey. This local in-depth examination of youth health behavior is just one of several health assessments conducted countywide to get a “real time” snapshot of resident health. This particular assessment focuses on youth health in the areas of injury and violence, eating and exercise habits, mental health, sexual activity, and alcohol, tobacco and other drug use.

This report will complement the most recent Delaware County Community Health Assessment, conducted in 2018 and allow for The Partnership for a Healthy Delaware County (The Partnership) to further determine community needs related to youth health. Once this data is further reviewed by members of The Partnership, key community stakeholders will work together to ensure that any new information gathered from this assessment will inform the continuous work of the 2019-2022 Delaware County Community Health Improvement Plan.

We wish to thank several community partners for their collaboration in this report including the Delaware County Public School Superintendents and their respective school staff for without their assistance, Delaware County would not have been able to capture such valuable information from our youth population. It is because of our strong, multi-sectorial partnerships that Delaware County youth continue to thrive in a safe and healthy community. We must continue this collaborative approach by always forging new partnerships, combining resources, and utilizing local relevant data to guide our work across Delaware County.

Sincerely,



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



Deanna Brandt, LPCC-S  
Executive Director  
Delaware-Morrow Mental Health & Recovery  
Services Board



Brandon Feller, MBA, CFRE  
President  
United Way of Delaware County



**Delaware-Morrow Mental Health  
& Recovery Services Board**  
Supporting Wellness. Building Hope. Transforming Lives.



**United Way  
of Delaware County**

# Acknowledgements

## This report has been funded by:

Delaware General Health District  
Delaware-Morrow Mental Health and Recovery Services Board  
United Way of Delaware County

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

*\* Indicates participants who are no longer in their respective roles at the time of the YRBS data release*

**Allisha Berendts, Pupil Services Supervisor,  
Student Well Being Supervisor**  
Olentangy Local Schools

**Abby Crisp, Epidemiologist**  
Delaware General Health District

**Jamica Harper, Drug-Free Delaware Project  
Coordinator \***  
Recovery & Prevention Resources of Delaware  
and Morrow Counties

**Amy Hawthorne, Violence Prevention  
Program Manager**  
Helpline

**Craig Heath, Assistant Superintendent**  
Delaware City Schools

**Amy Hill, Associate Director \***  
Delaware-Morrow Mental Health Recovery  
Services Board

**Katherine Hostiuck, Pupil Services  
Coordinator, Student Well Being**  
Olentangy Local Schools

**Sarah Jefferson, Suicide Prevention Program  
Manager**  
Helpline

**Lori Kannally, Community Health Specialist  
III**  
Delaware General Health District

**Heidi Kegley, Superintendent**  
Delaware City Schools

**Karen Kehoe, Director of Pupil Personnel**  
Buckeye Valley Local Schools

**Julie Krupp, Drug Liaison \***  
Delaware County Sheriff

**Kelsey Kuhlman, Community Health  
Program Manager**  
Delaware General Health District

**Michelle Price, Suicide Prevention Program  
Manager \***  
Helpline

**Penny Sturtevant, District Testing  
Coordinator**  
Big Walnut Local Schools

**Megan Truax, Nurse**  
Big Walnut Local Schools

## Contact Information:

**Kelsey Kuhlman, M.Ed., CHES**  
Community Health Program Manager  
Delaware General Health District  
P.O. Box 570 1-3 W. Winter Street  
Delaware, OH 43015  
(740)-203-2077  
[kkuhlman@delawarehealth.org](mailto:kkuhlman@delawarehealth.org)

## **Project Management, Secondary Data, Data Collection, and Report Development Hospital Council of Northwest Ohio**

### **Britney L. Ward, MPH**

Director of Community Health Improvement

### **Tessa Elliott, MPH**

Community Health Improvement Manager

### **Gabrielle Mackinnon, MPH**

Community Health Improvement Coordinator

### **Carolynn McCartney**

Graduate Assistant

### **Jodi Franks**

Graduate Assistant

### **Margaret Wielinski, MPH**

Assistant Director of Community Health Improvement

### **Emily Stearns, MPH**

Community Health Improvement Manager

### **Mallory Ohneck, MPH, CHES**

Community Health Improvement Data Manager

### **Natalie Deeb**

Graduate Assistant

### **Bailey Fitzgerald**

Undergraduate Assistant

## **Data Collection & Analysis**

### **Joseph A. Dake, Ph.D., MPH**

Professor and Chair  
School of Population Health  
University of Toledo

### **Aaron J. Kruse-Diehr, PhD, CHES**

Consultant

**To see Delaware County data compared to other counties, please visit the Hospital Council of Northwest Ohio's [Data Link](#) website.**

**The 2019/2020 Delaware County Youth Risk Behavior Survey Report is available on the following websites:**

#### **Delaware General Health District**

[www.delawarehealth.org](http://www.delawarehealth.org)

#### **Delaware-Morrow Mental Health and Recovery Services Board**

<http://dmmhrsb.org/>

#### **Hospital Council of Northwest Ohio**

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

#### **United Way of Delaware County**

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

# Table of Contents

## EXECUTIVE SUMMARY

Primary Data Collection Methods	Pages 5-6
Secondary Data Collection Methods	Page 6
Conclusions	Page 7
Data Summary	Pages 8-13
Trend Summary	Pages 14-16

## HEALTH BEHAVIORS

Youth Weight Status and Physical Activity	Pages 17-20
Youth Nicotine Use	Pages 21-25
Youth Alcohol Consumption	Pages 26-29
Youth Marijuana and Other Drugs	Pages 30-33
Youth Sexual Behavior	Pages 34-36
Youth Mental Health	Pages 37-42
Youth Safety	Pages 43-44
Youth Violence-Related Behaviors	Pages 45-48

## SOCIAL CONDITIONS

Youth Social Conditions	Pages 49-55
-------------------------	-------------

## CONCLUSIONS

Youth Conclusions	Pages 56-57
-------------------	-------------

## APPENDICES

APPENDIX I — Health Assessment Information Sources	Page 58
APPENDIX II — Acronyms and Terms	Page 59
APPENDIX III — School Participation	Page 60
APPENDIX IV — Delaware County Youth Sample Demographic Profile	Page 61
APPENDIX V — Youth Full Trend Summary	Pages 62-66
APPENDIX VI — Youth Survey Instrument	Pages 67-101
APPENDIX VII — Partnership Profile	Pages 102-103

# 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 September through October 2019. 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 Delaware General Health District guided the health assessment process while working with their subcontractor, The Hospital Council of Northwest Ohio (HCNO), for data analysis and integrating 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 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 87 questions for high school students and 83 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 the four main 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, 2017 American Community Survey one 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 31,350 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. A total of 13,907 students were surveyed, resulting in a confidence interval equal to  $\pm 0.62$ . The total sample consisted of 45% middle school students and 55% high school students. Sample size numbers (n) are included within the trend summary table of this report.



## **PROCEDURE | Adolescent Survey**

Planning for the 2019/2020 Delaware County Youth Risk Behavior Survey (YRBS) started in January 2019 when key community stakeholders, including key personnel from each participating public school district came together to start planning for survey implementation. This group was a sub-committee of members from The Partnership for a Healthy Delaware County (The Partnership) who oversee Delaware County's Community Health Assessment efforts. All school district representatives agreed to an electronic administration as was done during the 2016/2017 YRBS survey. The YRBS sub-committee reviewed and selected survey questions, consent forms and worked with their respective superintendents to plan for survey administration. Key district personnel serving on the YRBS sub-committee were charged with working with their specific building administrators to determine survey dates and class schedules to optimize student participation. All participating districts decided to take an inclusive approach for student selection, striving to get as many students as possible to take the survey.

Each district was given the opportunity to decide what parental consent approach they wanted to implement and worked with district officials to promote parental consent in the weeks leading up to administration. Planning meetings were facilitated by Delaware General Health District staff, and an application for Institutional Review Board (IRB) was submitted to the Ohio Department of Health on June 10, 2019. IRB approval was granted on July, 24, 2019 allowing for a fall survey administration at the start of the 2019/2020 school year. Participating students took the electronic survey via a Healthcare Information Portability and Accountability Act (HIPPA) protected SurveyMonkey link between September 2019 and October 2019. All students used district provided technology to complete the anonymous online survey, with all results being collected by the Hospital Council of Northwest Ohio for data analysis.

## **DATA CLEANING AND ANALYSIS**

All individual responses were merged and downloaded from an online survey development software platform (i.e., SurveyMonkey) into a Microsoft Excel spreadsheet. All files were stored on a secure server. Responses were coded into numeric values for data analysis.

Quality control measures were utilized to remove surveys due to factors such as incompleteness (50% or more of the survey was incomplete) or conflicting answers. Surveys that had 50% or above completed were cleaned by HCNO and additional surveys were removed prior to analysis by health education researchers at the University of Toledo resulting in the final sample size. Please refer to appendix IV (Delaware County Youth Sample Demographic Profile) to view demographic information of the final sample size. The final response rate is included in the previous section "SAMPLING | Adolescent Survey."

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 26.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report.

## **LIMITATIONS**

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Delaware County youth assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Delaware County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Lastly, caution should be used when interpreting subgroup results, as the margin of error for any subgroup is higher than that of the overall survey.

## **Secondary Data Collection Methods**

HCNO collected secondary data from multiple sites. Secondary data is collected for comparison purposes to ensure Delaware County data can be compared to national sources. HCNO utilized sites such as the Youth Risk Behavioral Surveillance System (YRBSS), numerous CDC sites, Healthy People 2020, among other national and local sources. All primary data collected in this report is from the 2019/2020 Delaware County Youth Risk Behavior Survey (DCYRBS). All other data is cited accordingly.



## KEY REPORT SECTIONS

The following sections throughout the report are clarified below. Detailed information regarding definitions (i.e., current smoker, binge drinker, etc.) can be found in appendix II (Acronyms and Terms) of this report.

**Data Summary:** The data summary consists of key findings from each individual section within the report. This section offers a quick snapshot of data that can be found within the corresponding section of the report. A more comprehensive list of indicators can be found further in the report. Please refer to the table of contents regarding placement of the full section.

**Youth Trend Summary:** The youth trend summary consists of data from the previous 2016/2017 and current 2019/2020 DCYRBS. Additionally, national 2017 YRBSS data is included for comparison purposes. The trend summary highlights all sections found in the report. The DCYRBS Subcommittee decided to remove previous 2013/2014 and 2014/2015 DCYRBS data for easier comprehension. The full trend summary, including the 2013/2014 and 2014/2015 data, can be found in the appendix V (Youth Full Trend Summary) of this report.

**Individual Sections:** The data throughout the report is broken into individual sections based on the discretion of the DCYRBS Subcommittee. Each individual section consists of data from 6-12<sup>th</sup> graders in Delaware County. "Youth" is defined throughout the report as 6-12<sup>th</sup> graders. "High school youth" consists of 9-12<sup>th</sup> graders and "middle school youth" is defined as 6<sup>th</sup> – 8<sup>th</sup> graders. The only section of the report in which differences may exist in sample size (6<sup>th</sup> – 12<sup>th</sup> vs. 9<sup>th</sup> -12<sup>th</sup>) is the alcohol consumption, sexual behavior, and safety sections. The individual sections fall under two main categories: health behaviors and social conditions. The social conditions section consists of topics such as perceptions of substance use, food insecurity, concussions, etc. Please reference the table of contents to review placement of individual sections.

**Appendix:** The appendix is included at the end of this report. Detailed information is included in the appendix regarding information sources, demographics of survey respondents, acronyms and terms, school participation, full trend summary, etc.

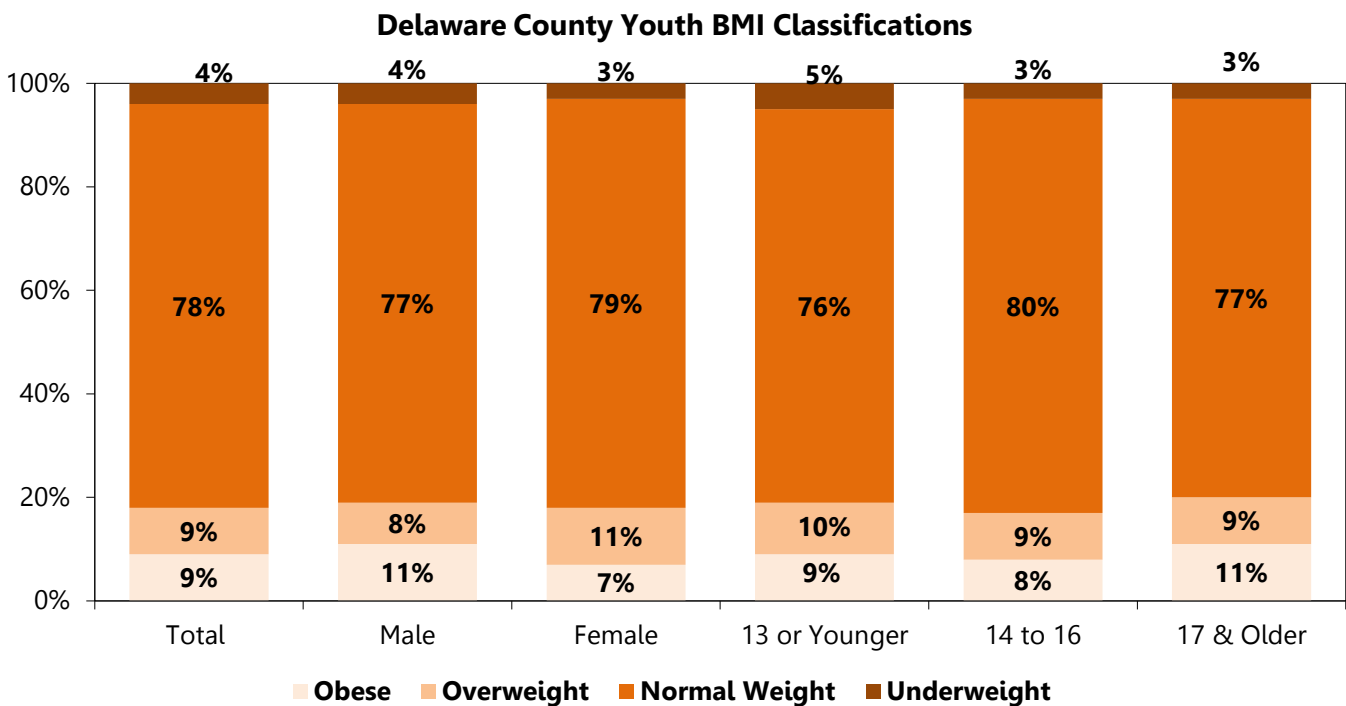
Data Summary | Health Behaviors

The data summary consists of key findings from each individual section within the report. This section offers a quick snapshot of data that can be found within the corresponding section of the report. A more comprehensive list of indicators can be found within the individual section. Please refer to the table of contents regarding placement of the full section.

“Youth” is defined throughout the report as 6-12<sup>th</sup> graders. “High school youth” consists of 9-12<sup>th</sup> graders and “middle school youth” is defined as 6<sup>th</sup> – 8<sup>th</sup> graders. The only section of the report in which differences may exist in sample size (6<sup>th</sup> – 12<sup>th</sup> vs. 9<sup>th</sup> -12<sup>th</sup>) is the alcohol consumption, sexual behavior, and safety sections.

YOUTH WEIGHT STATUS AND PHYSICAL ACTIVITY

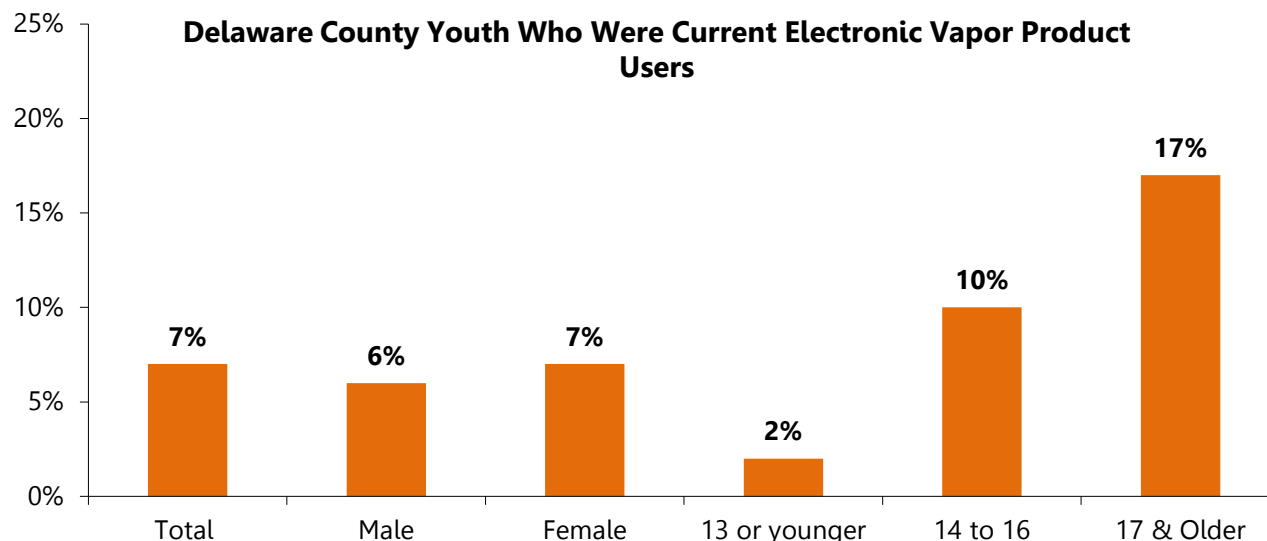
Eighteen percent (18%) of Delaware County youth were either overweight or obese, according to body mass index (BMI) by age. When asked how they would describe their weight, 25% of youth reported that they were slightly or very overweight. Eighty-two percent (82%) of youth were exercising for sixty minutes on three or more days per week. Ten percent (10%) of youth reported eating zero servings of whole vegetable per day.



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

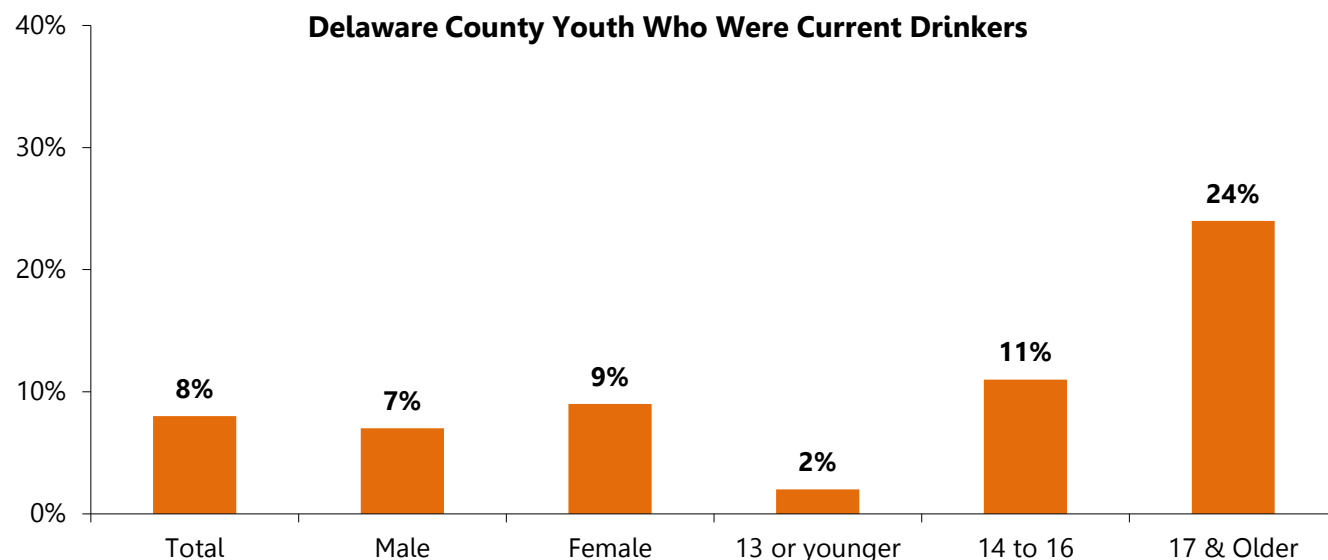
## YOUTH NICOTINE USE

Seven percent (7%) of youth used electronic vapor products in the past month, increasing to 17% of those 17 and older. Of those who used e-cigarettes in the past year, 79% of youth used e-liquid or e-juice with nicotine. One percent (1%) of Delaware County youth were current smokers, increasing to 3% of those ages 17 and older.



## YOUTH ALCOHOL CONSUMPTION

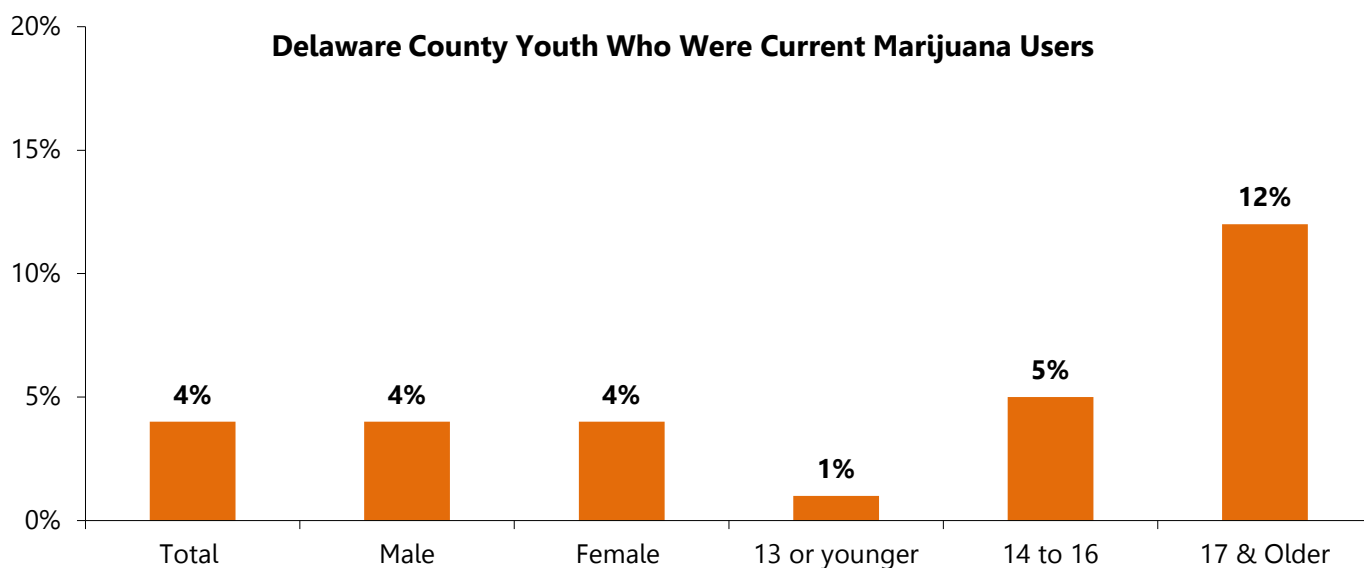
Eight percent (8%) of all Delaware County youth and 24% of those over the age of 17 had at least one drink in the past month, increasing to 24% of those ages 17 and older. Over one-fifth (21%) of all youth had at least one drink of alcohol in their life, increasing to 48% of those ages 17 and older. More than half (59%) of high school youth who reported drinking in the past month had at least one episode of binge drinking. One percent (1%) of high school drivers had driven after drinking alcohol in the past month.



*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

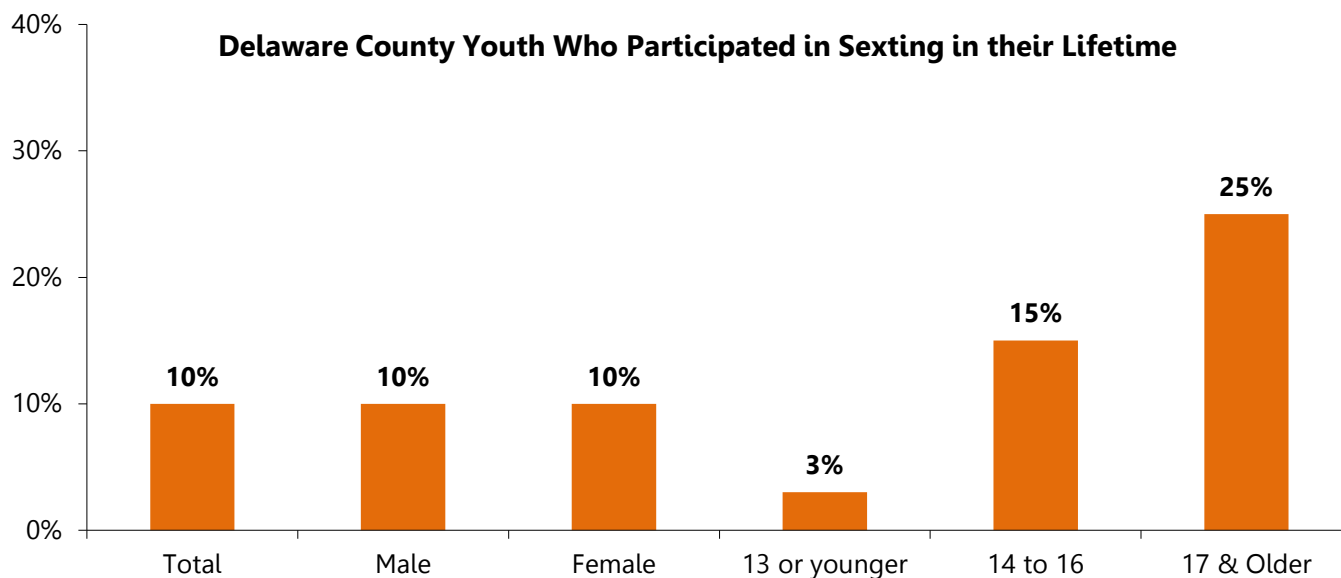
## YOUTH MARIJUANA AND OTHER DRUG USE

Four percent (4%) of Delaware County youth had used marijuana or hashish at least once in the past month, increasing to 12% of those ages 17 and older. In their lifetime, 3% of youth had taken a prescription pain medicine (codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor's prescription or differently than how a doctor told them to use it.



## YOUTH SEXUAL BEHAVIOR

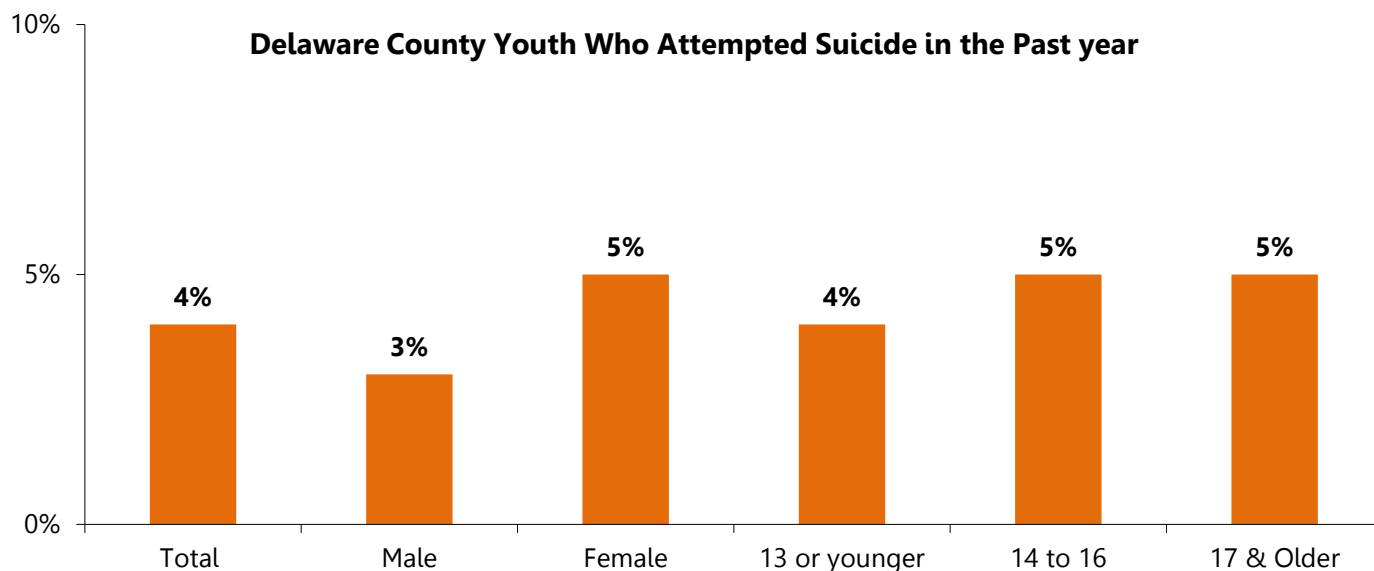
Ten percent of all Delaware County youth participated in sexting in their lifetime. Eighteen percent (18%) of Delaware County high school youth reported that they have ever had sexual intercourse increasing to 33% of those ages 17 and over. Of high school youth who were sexually active, 54% had one sexual partner and 46% had multiple partners.



*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

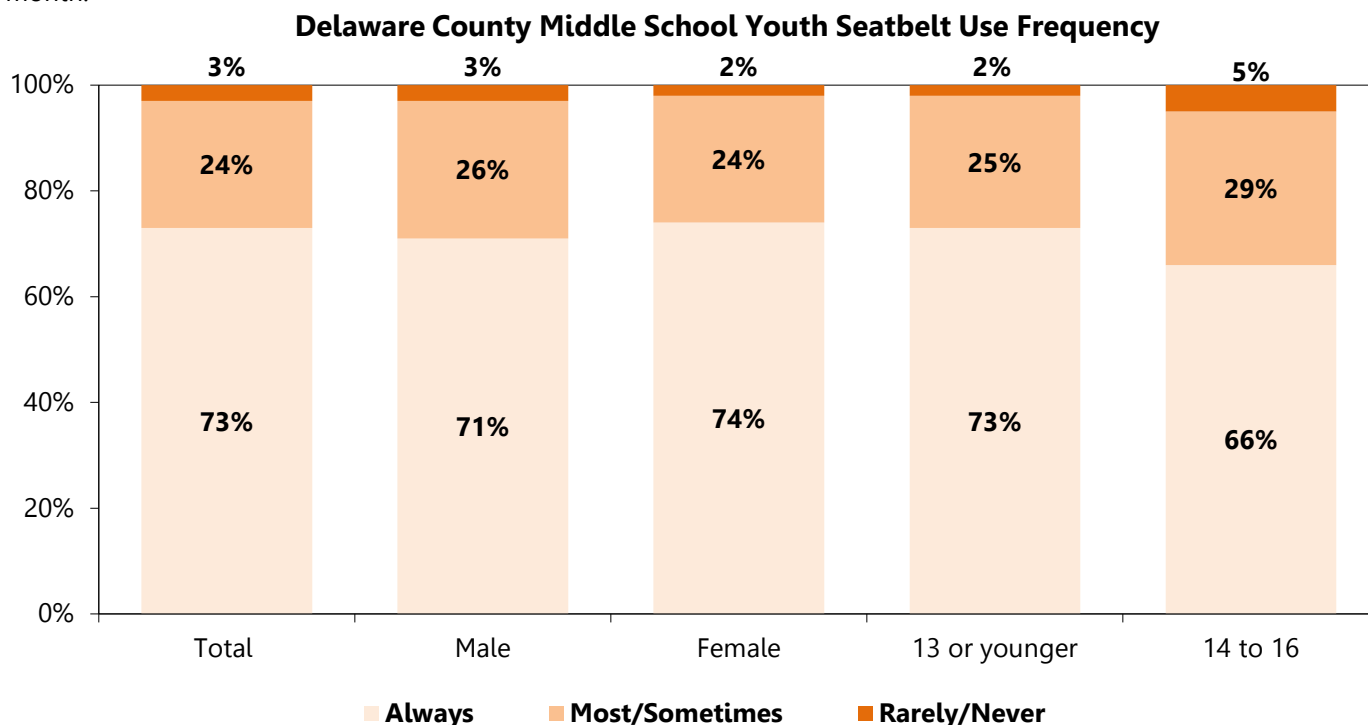
## YOUTH MENTAL HEALTH

Four percent (4%) of youth attempted suicide in the past year and 2% of youth had made more than one attempt. Eleven percent (11%) of youth reported they had seriously considered attempting suicide in the past year, increasing to 14% of females. More than one-fourth (27%) of youth reported they had no one to talk to when they had feelings of depression or self-harm. Fourteen percent (14%) of youth had three or more adverse childhood experiences (ACEs).



## YOUTH SAFETY

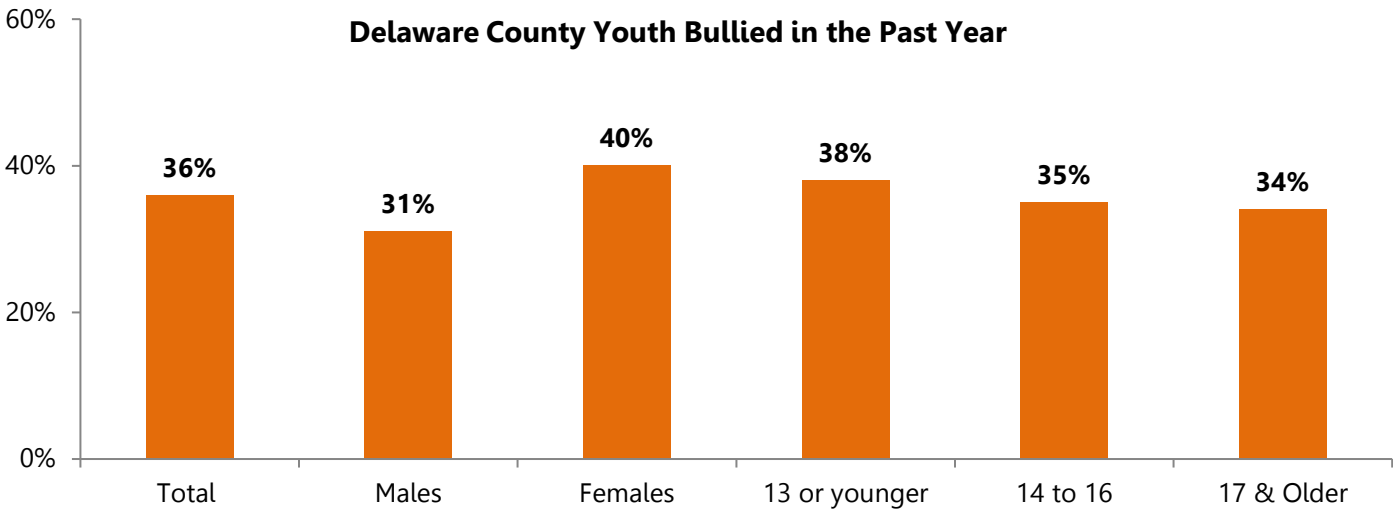
Seventy-three percent (73%) of 6-8<sup>th</sup> grade youth always wore a seat belt when riding in a car. Nine percent (9%) of youth had ridden in a car driven by someone who had been under the influence of drugs and/or alcohol in the past month.



*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

YOUTH VIOLENCE-RELATED BEHAVIORS

More than one-third (36%) of youth had been bullied in the past year. In Delaware County, 4% of youth had carried a weapon (such as a gun, knife, or club) in the past month. In the past year, 15% of youth had been involved in a physical fight, increasing to 21% of males. Seven percent (7%) of youth had been in a fight on more than one occasion. More than one-fifth (21%) of youth had been bullied on school property in the past year.



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*



## Data Summary | Social Conditions

The data summary consists of key findings from each individual section within the report. This section offers a quick snapshot of data that can be found within the corresponding section of the report. A more comprehensive snapshot can be found within the individual section. Please refer to the table of contents regarding placement of the full section.

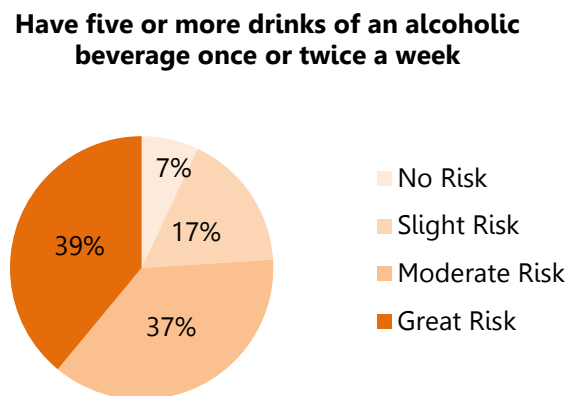
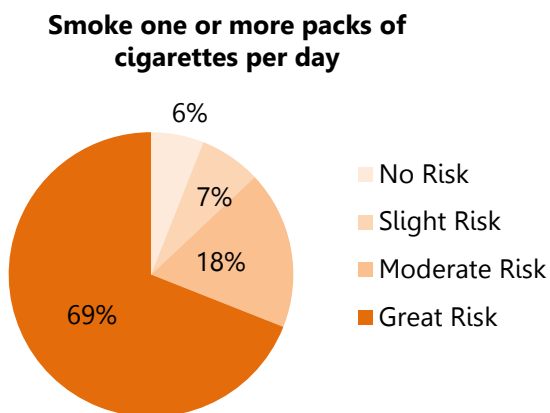
"Youth" is defined throughout the report as 6-12<sup>th</sup> graders. "High school youth" consists of 9-12<sup>th</sup> graders and "middle school youth" is defined as 6<sup>th</sup> – 8<sup>th</sup> graders. The only section of the report in which differences may exist in sample size (6<sup>th</sup> - 12<sup>th</sup> vs. 9<sup>th</sup> -12<sup>th</sup>) is the alcohol consumption, sexual behavior, and safety sections.

### YOUTH SOCIAL CONDITIONS


In 2019/2020, 69% of youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. Seven percent (7%) of youth thought that there was no risk in drinking five or more alcoholic beverages once or twice a week.

#### Perceived Risk of Drug Use

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




# Youth Trend Summary – All Topics



	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> –8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> –8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> –12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> –12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> –12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> –12 <sup>th</sup> )
<b>Weight Status</b>						
<b>Obese</b> 	N/A	9%	9%	9%	9%	15%
<b>Overweight</b>	N/A	10%	9%	10%	9%	16%
<b>Described themselves as slightly or very overweight</b>	20%	23%	25%	26%	26%	32%
<b>Trying to lose weight</b>	32%	35%	37%	41%	39%	47%
<b>Went without eating for 24 hours or more</b>	2%	3%	4%	4%	4%	13%*
<b>Took diet pills, powders, or liquids without a doctor's advice</b>	<1%	<1%	1%	2%	1%	5%*
<b>Vomited or took laxatives</b>	1%	1%	1%	2%	2%	4%*
<b>Ate breakfast every day during the past week</b>	55%	51%	45%	40%	39%	35%
<b>Drank pop or soda one or more times per day during the past 7 days</b>	16%	16%	17%	22%	19%	N/A
<b>Physical Activity</b>						
<b>Physically active at least 60 minutes per day on every day in past week</b>	31%	33%	31%	23%	29%	26%
<b>Physically active at least 60 minutes per day on five or more days in past week</b>	59%	61%	59%	48%	58%	46%
<b>Did not participate in at least 60 minutes of physical activity on any day in past week</b>	6%	7%	7%	10%	8%	15%
<b>Watched television three or more hours per day (on an average school day)</b>	11%	9%	12%	14%	14%	21%
<b>Violence-Related Behaviors</b>						
<b>Carried a weapon in the past month</b> (such as a gun, knife, or club during the month)	6%	4%	4%	7%	3%	16%
<b>Been in a physical fight</b> (in past year)	24%	20%	15%	15%	11%	24%
<b>Were threatened or injured with a weapon in the past year</b> (such as a gun, knife, or club)	7%	6%	6%	6%	6%	6%
<b>Did not go to school because they felt unsafe</b> (at school or on their way to or from school in the past month)	4%	4%	4%	3%	3%	7%
<b>Electronically bullied</b> (in past year)	12%	9%	10%	13%	10%	15%
<b>Bullied on school property</b> (in past year)	30%	22%	21%	22%	21%	19%
<b>Experienced physical dating violence</b> (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past year)	N/A	<1%	5%	6%	6%	8%
<b>Experienced sexual violence by anyone</b> (counting things such as kissing, touching, or being physically forced to have sexual activity) †	N/A	3%	5%	8%	7%	10%

N/A-Not Available


\*Comparative YRBS data for U.S. is 2013

†Delaware County YRBS questionnaire worded slightly different than U.S. YRBS

 Indicates alignment with the Ohio State Health Assessment

	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> –8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> –8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> –12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> –12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> –12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> –12 <sup>th</sup> )
Mental Health						
<b>Seriously considered attempting suicide</b> (in the past year)	8%	9%	11%	13%	13%	17%
<b>Attempted suicide</b> (in the past year)	4%	4%	4%	5%	4%	7%
<b>Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse</b> (in the past year)	N/A	1%	1%	1%	1%	2%
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	16%	19%	23%	24%	27%	32%
Alcohol Consumption						
<b>Ever drank alcohol</b> (at least one drink of alcohol on at least one day during their life)	10%	9%	21%	39%	31%	60%
<b>Current drinker</b> (at least one drink of alcohol on at least one day during the past month)	3%	2%	8%	24%	14%	30%
<b>Binge drinker</b> (drank 5 or more drinks within a couple of hours [for males] or 4 or more drinks [for females] on at least 1 day during the past month)	N/A	1%	5%	12%	8%	14%
<b>Drank for the first time before age 13</b> (of all youth)	8%	6%	7%	7%	6%	16%
<b>Obtained the alcohol they drank by someone giving it to them</b> (of current drinkers)	20%	23%	35%	44%	38%	44%
<b>Drove a car after drinking alcohol</b> (of youth drivers in the past month)	N/A	N/A	N/A	5%	1%	6%
Nicotine Use						
<b>Current smoker</b> (smoked on at least one day during the past month) 	1%	1%	1%	5%	2%	9%
<b>Currently used an electronic vapor product</b> (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least one day during the past month) 	2%	2%	7%	15%	11%	13%
<b>Currently frequently used electronic vapor products</b> (on 20 or more days during the past month)	1%	<1%	2%	2%	3%	3%
<b>Currently used electronic vapor products daily</b> (on all 30 days during the past month)	<1%	<1%	1%	2%	2%	2%
<b>Usually got their own electronic vapor products by buying them in a store</b> (in the past month)	6%	1%	11%	12%	12%	14%

N/A-Not Available

 Indicates alignment with the Ohio State Health Assessment

	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> –8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> –8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> –12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> –12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> –12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> –12 <sup>th</sup> )
<b>Marijuana and Other Drug Use</b>						
Ever used marijuana (in their lifetime)	1%	2%	9%	17%	15%	36%
Currently used marijuana (in the past month)	1%	1%	4%	9%	7%	20%
Tried marijuana before age 13 years (for the first time of all youth)	1%	1%	1%	2%	2%	7%
Ever used methamphetamines (in their lifetime)	N/A	<1%	1%	1%	1%	3%
Ever used cocaine (in their lifetime)	<1%	<1%	1%	2%	1%	5%
Ever used heroin (in their lifetime)	<1%	0%	<1%	<1%	<1%	2%
Ever took steroids without a doctor's prescription (in their lifetime) †	1%	1%	1%	1%	1%	3%
Ever used inhalants (in their lifetime)	4%	1%	2%	4%	2%	6%
Ever used ecstasy (also called MDMA in their lifetime)	N/A	<1%	1%	2%	1%	4%
Used prescription drugs not prescribed (in the past month)	1%	2%	3%	4%	3%	N/A
Ever injected any illegal drug (in their lifetime)	N/A	<1%	1%	<1%	1%	2%
<b>Sexual Behavior</b>						
Ever had sexual intercourse	N/A	N/A	N/A	20%	18%	40%
Used birth control pills (during last sexual intercourse)	N/A	N/A	N/A	24%	43%	21%
Used an IUD (during last sexual intercourse)	N/A	N/A	N/A	4%	7%	4%
Used a shot, patch or birth control ring (during last sexual intercourse)	N/A	N/A	N/A	2%	4%	5%
Did not use any method to prevent pregnancy (during last sexual intercourse)	N/A	N/A	N/A	8%	11%	14%
Had sexual intercourse with four or more persons (of all youth during their life)	N/A	N/A	N/A	4%	2%	10%
Had sexual intercourse before the age 13 (for the first time of all youth)	N/A	N/A	N/A	3%	1%	3%
Drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	N/A	N/A	N/A	15%	13%	19%
<b>Youth Safety</b>						
Rarely or never wore a seat belt (when riding in a car driven by someone else)	3%	3%	N/A	3%	N/A	6%
<b>Youth Social Conditions</b>						
Did not have eight or more hours of sleep (on an average school night)	39%	42%	61%	77%	78%	75%

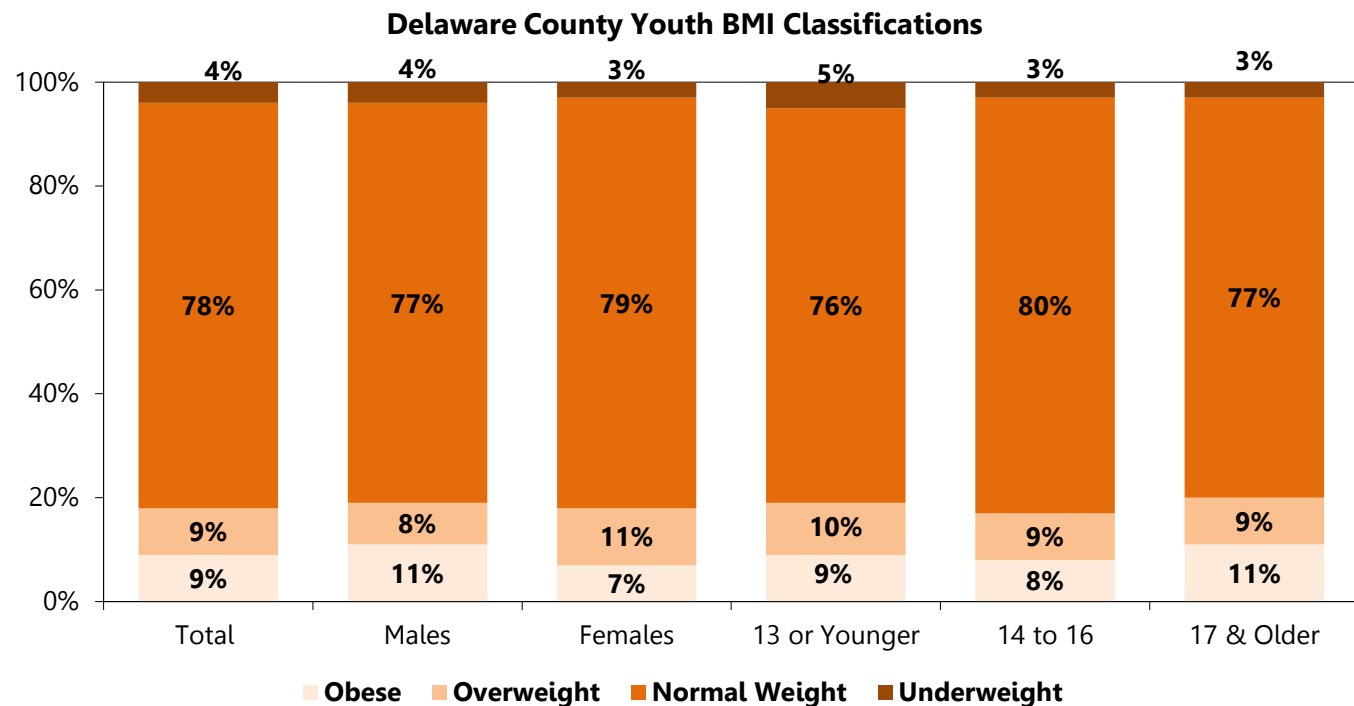
N/A-Not Available

†Delaware County YRBS questionnaire worded slightly different than U.S. YRBS

# Health Behaviors: Youth Weight Status & Physical Activity

## Key Findings

*Eighteen percent (18%) of Delaware County youth were either overweight or obese, according to body mass index (BMI) by age. When asked how they would describe their weight, 25% of youth reported that they were slightly or very overweight. Eighty-two percent (82%) of youth were exercising for sixty minutes on three or more days per week. Ten percent (10%) of youth reported eating zero servings of whole vegetable per day.*



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**2,822 Delaware County youth were classified as obese.**

## 6<sup>th</sup> - 12<sup>th</sup> Grade Youth Weight Status

- In 2019/2020, 9% of youth were classified as obese by body mass index (BMI) calculations. Nine percent (9%) of youth were classified as overweight. Seventy-eight percent (78%) were normal weight, and 4% were underweight.
- Over one-third (37%) of all youth were trying to lose weight, increasing to 46% of Delaware County female youth (compared to 28% of males).

Body mass index (BMI) for children is calculated differently from adults. The Centers for Disease Control and Prevention (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 (*Source: CDC, Healthy Weight, July 3, 2018*).

- Delaware County youth reported doing the following to lose weight or keep from gaining weight in the past month:
  - Exercised (49%)
  - Drank more water (45%)
  - Ate more fruits and vegetables (35%)
  - Ate less food, fewer calories, or foods lower in fat (27%)
  - Skipped meals (13%)
  - Went without eating for 24 hours or more (4%)
  - Vomited or took laxatives (1%)
  - Took diet pills, powders, or liquids without a doctor's advice (1%)
  - Smoked cigarettes/e-cigarettes to lose weight (1%)

## 6<sup>th</sup> - 12<sup>th</sup> Grade Youth Nutrition

- Four percent (4%) of youth ate five or more servings of whole fruit per day. Twenty-eight percent (28%) ate three to four servings of whole fruit per day and 62% ate one to two servings per day. Six percent (6%) reported eating zero servings of whole fruit per day.
- Three percent (3%) of youth ate five or more servings of whole vegetable per day. Twenty-one percent (21%) ate three to four servings of whole vegetable per day and 66% ate one to two servings per day.

The recommend amount of vegetables in the Healthy U.S. – Style Eating Pattern at the 2,000 - calorie level is 2.5 cup-equivalents of vegetables per day. The recommended amount of fruits is 2 cup – equivalents per day (Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8<sup>th</sup> Edition. December 2015).

- Delaware County youth ate out in a restaurant or brought home take-out food home to eat: one to two meals per week (63%), three to four meals per week (12%), and 0 meals per week (22%). Three percent (3%) of youth ate out for five or more meals in the past week.
- Seventeen percent (17%) of youth drank soda pop (not diet), lemonade, Kool-Aid, fruit flavored drinks, smoothies, sweet-flavored coffee/tea drinks, sports drinks, or energy drinks at the following frequencies: at least once per day during the past week (17%), two or more times per day during the past week (10%), and zero times in the past week (19%).
- In the past week, youth reported eating the following number of meals with their family:
  - 0 meals (6%)
  - 1 - 6 meals (43%)
  - 7 - 12 meals (33%)
  - 13 or more meals (19%)
- More than two-fifths (45%) of youth reported eating breakfast every day in the past week. Eleven percent (11%) of youth reported they did not eat breakfast in the past week.



## 6<sup>th</sup> - 12<sup>th</sup> Grade Youth Physical Activity

- Over half (59%) of youth participated in least sixty minutes of physical activity on five or more days in the past week, and 31% did so every day in the past week. Seven percent (7%) of youth did not participate in at least sixty minutes of physical activity on any day in the past week.

The CDC recommends that children and adolescents participate in at least sixty minutes of physical activity per day. As part of their sixty 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 three days per week  
*(Source: CDC Healthy Schools, November 14, 2018).*

- On an average school day (outside of school related activities), Delaware County youth spent:
  - 2.6 hours on their cell phone (text, talk, Internet, games, apps, etc.)
  - 1.8 hours on social media (Facebook, Instagram, Snapchat, etc.)
  - 1.2 hours on their computer/tablet
  - 1.1 hours watching TV
  - 1.1 hours playing video games (non-active)
- Twelve percent (12%) of youth spent three or more hours watching TV on an average day.
- Youth who slept less than eight hours on an average school night spent an average of: 3.1 hours on their cell phone, 2.2 hours on social media, 1.3 hours on their computer/tablet, 1.2 hours watching TV, and 1.1 hours playing video games.

# Youth Trend Summary: Weight Status & Physical Activity

	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Weight Status</b>						
Obese	N/A	9%	9%	9%	9%	15%
Overweight	N/A	10%	9%	10%	9%	16%
Described themselves as slightly or very overweight	20%	23%	25%	26%	26%	32%
Trying to lose weight	32%	35%	37%	41%	39%	47%
Went without eating for 24 hours or more	2%	3%	4%	4%	4%	13%*
Took diet pills, powders, or liquids without a doctor's advice	<1%	<1%	1%	2%	1%	5%*
Vomited or took laxatives	1%	1%	1%	2%	2%	4%*
Ate breakfast every day during the past week	55%	51%	45%	40%	39%	35%
Drank pop or soda one or more times per day during the past 7 days	16%	16%	17%	22%	19%	N/A
<b>Physical Activity</b>						
Physically active at least 60 minutes per day on every day in past week	31%	33%	31%	23%	29%	26%
Physically active at least 60 minutes per day on five or more days in past week	59%	61%	59%	48%	58%	46%
Did not participate in at least 60 minutes of physical activity on any day in past week	6%	7%	7%	10%	8%	15%
Watched television three or more hours per day (on an average school day)	11%	9%	12%	14%	14%	21%
Physically active at least 60 minutes per day on every day in past week	31%	33%	31%	23%	29%	26%

N/A – Not Available

\*Comparative YRBS data for U.S. is 2013

## Healthy People 2020 Nutrition and Weight Status (NWS)

Objective	Delaware County 2019/20	U.S. 2017	Healthy People 2020 Target
<b>NWS-10.4 Reduce the proportion of children and adolescents aged two to nineteen years who are considered obese</b>	9% (6-12 Grade)  9% (9-12 Grade)	15% (9-12 Grade)	15%*

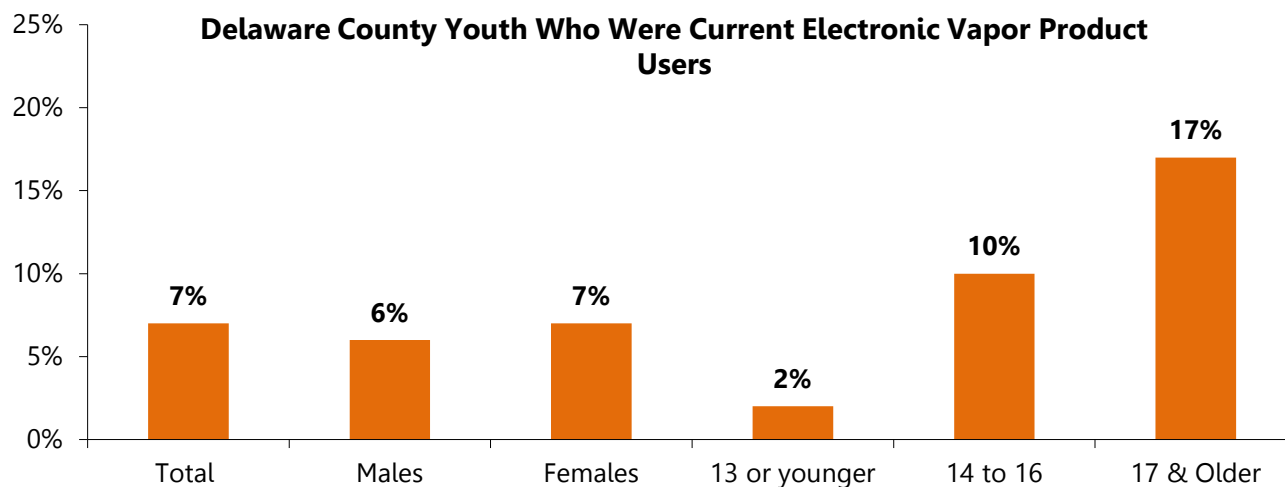
\*Note: The Healthy 0 2020 target is for children and youth aged 2-19 years.

(Sources: Healthy People 2020 Objectives, 2017 YRBS for U.S., 2019/20 Delaware County Health Assessment)

# Health Behaviors: Youth Nicotine Use

## Key Findings

Seven percent (7%) of youth used electronic vapor products in the past month, increasing to 17% of those 17 and older. Of those who used e-cigarettes in the past year, 79% of youth used e-liquid or e-juice with nicotine. One percent (1%) of Delaware County youth were current smokers (smoked on at least one day during the past month), increasing to 3% of those ages 17 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

**2,195 Delaware County youth used an electronic vapor product in the past month.**

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Electronic Cigarette Use

- Three percent (3%) of all youth had tried e-cigarettes or electronic vaping products before the age of 13.
- Two percent (2%) of youth used an electronic vapor product on 20 or more days during the past month. One percent (1%) of youth used electronic vapor products daily in the past month.
- Of those who used e-cigarettes in the past year, 26% used marijuana or THC in their e-liquid, 24% used e-liquid or e-juice without nicotine, and 2% used homemade e-liquid or e-juice.
- In the past month, youth electronic vapor product users obtained their products from the following:
  - Borrowed them from someone else (40%)
  - Gave someone else money to buy them (21%)
  - A person 18 years or older gave them the products (11%)
  - Bought them from a convenience store, supermarket, discount store, vape shop or gas station (11%)
  - Took them from a store or family member (2%)
  - Bought them on the Internet (2%)
  - Got them some other way (13%)

## Behaviors of Delaware County Youth

Current Electronic Vapor Product User vs. Non-Current Electronic Vapor Product User

There is a correlation between e-cigarette use and other risky behaviors\*

Youth Behaviors	Current Electronic Vapor Product User (7% of total population)	Non-Current Electronic Vapor Product User
<b>Had participated in sexual activity</b> (in their lifetime)	60%	8%
<b>Had at least one drink of alcohol</b> (in the past month)	56%	5%
<b>Bullied</b> (in the past year)	55%	35%
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	49%	21%
<b>Experienced three or more adverse childhood experiences (ACEs)</b> (in their lifetime)	40%	12%
<b>Had used marijuana</b> (in the past month)	40%	1%
<b>Seriously considered attempting suicide</b> (in the past year)	32%	10%
<b>Were in a physical fight</b> (in the past year)	31%	14%
<b>Attempted suicide</b> (in the past year)	16%	3%
<b>Current smoker</b> (smoked on at least one day during the past month)	16%	<1%
<b>Misused prescription medications</b> (in the past month)	9%	2%

\*The table above indicates correlations between current electronic vapor product users and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 40% of current electronic vapor product users used marijuana in the past month, compared to 1% of non-current electronic vapor product users.

Note: Current electronic vapor product users are those youths surveyed who have self-reported using electronic vapor products at any time during the past month.

Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

## E-Cigarettes and Youth: What Educators Need to Know

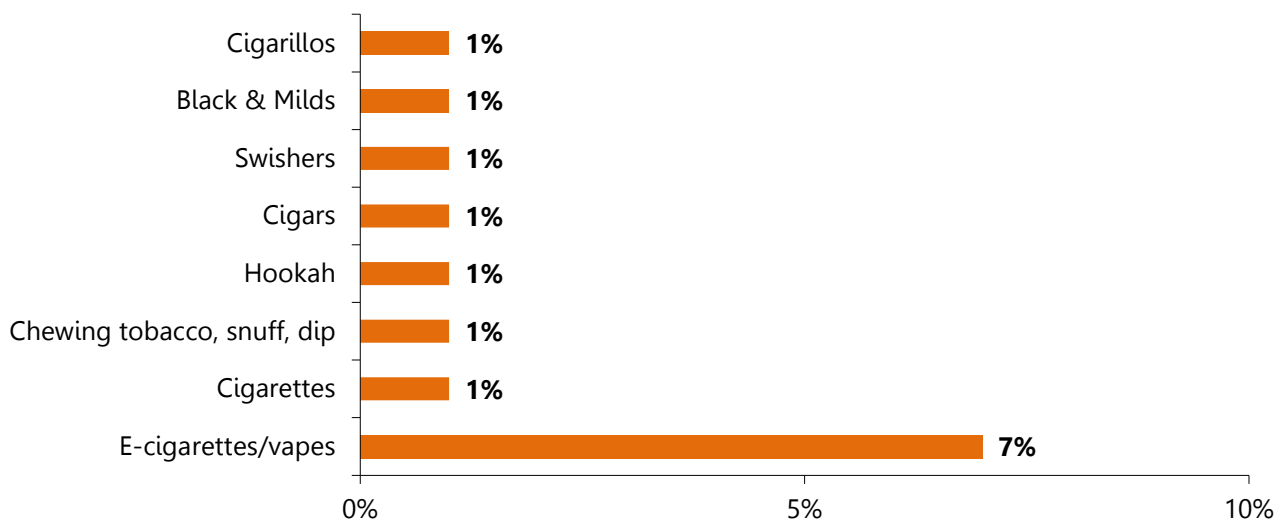
- **What are e-cigarettes?**
  - E-cigarettes are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. E-cigarette use is sometimes called “vaping.” E-cigarettes do not create harmless water vapor – they create an aerosol that contains harmful chemicals.
  - Since 2014, e-cigarettes are the most commonly used tobacco product among youth.
  - In 2018, the CDC and FDA data indicated that more than 3.6 million youth in the U.S. were past month e-cigarette users.
  - From 2017-2018, e-cigarette use skyrocketed, leading the U.S. Surgeon General to call the use of these products an epidemic.
- **What are the risks for youth?**
  1. Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure can cause harmful brain development; impact learning, memory, and attention; and increase risk for future addiction to other drugs.
  2. Young people who use e-cigarettes may be more likely to use regular cigarettes.
  3. E-cigarette aerosol may contain substances including cancer causing chemicals, flavorings that have been linked to lung disease, heavy metals such as tin, nickel and lead, etc.

(Source: CDC, Smoking and Tobacco Use, 12/5/19)

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Nicotine Use

- Fifteen percent (15%) of those who had tried nicotine products (excluding electronic vapor products) did so at 10 years old or younger, and another 17% had done so by 12 years old.
- Three percent (3%) of all Delaware County youth had tried nicotine products (excluding electronic vapor products) before the age of 13.
- In the past month, 53% of youth smokers smoked less than one cigarette per day. Thirteen percent (13%) of youth smokers smoked more than twenty cigarettes per day.
- Over three-fifths (61%) of youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past month.
- Over three-fifths (65%) of Delaware County youth were exposed to secondhand smoke in the following places: public events or activities (59%), another relative's home (31%), home (26%), friend's home (17%), car (15%), and park/ball field (15%).
- In the past month, youth nicotine users obtained their products from the following:
  - Gave someone else money to buy them (21%)
  - A person 18 years or older gave them the products (16%)
  - Borrowed them from someone else (16%)
  - Bought them from a convenience store, supermarket, discount store, vape shop or gas station (12%)
  - Took them from a store or family member (4%)
  - Bought them on the Internet (2%)
  - Got them from a vending machine (2%)
  - Got them some other way (15%)

**The following graph shows the forms of nicotine Delaware County youth used in the past month. Examples of how to interpret the information includes: 7% of Delaware County youth used e-cigarettes/vapes in the past month.**



*Note: little cigars, pouch, dissolvable tobacco products, and bidis options were less than one percent.*

## 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 (1% of total population)	Non-Current Smoker
<b>Had participated in sexual activity</b> (in their lifetime)	62%	11%
<b>Had at least one drink of alcohol</b> (in the past month)	61%	7%
<b>Bullied</b> (in the past year)	60%	36%
<b>Experienced three or more adverse childhood experiences (ACEs)</b> (in their lifetime)	56%	13%
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	56%	23%
<b>Were in a physical fight</b> (in the past year)	52%	15%
<b>Had used marijuana</b> (in the past month)	51%	3%
<b>Seriously considered attempting suicide</b> (in the past year)	42%	11%
<b>Attempted suicide</b> (in the past year)	34%	4%
<b>Carried a weapon</b> (in the past month)	26%	3%
<b>Misused prescription medications</b> (in the past month)	26%	2%

The table above indicates correlations between current smokers and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 51% of current smokers used marijuana in the past month, compared to 3% of non-current smokers.

Note: Current smokers are those youths surveyed who have self-reported smoking at any time during the past month. Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.



# Youth Trend Summary: Nicotine Use

	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Nicotine Use</b>						
<b>Current smoker</b> (smoked on at least one day during the past month)	1%	1%	1%	5%	2%	9%
<b>Currently used an electronic vapor product</b> (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least one day during the past month)	2%	2%	7%	15%	11%	13%
<b>Currently frequently used electronic vapor products</b> (on 20 or more days during the past month)	1%	<1%	2%	2%	3%	3%
<b>Currently used electronic vapor products daily</b> (on all 30 days during the past month)	<1%	<1%	1%	2%	2%	2%
<b>Usually got their own electronic vapor products by buying them in a store</b> (in the past month)	6%	1%	11%	12%	12%	14%

## Healthy People 2020 Tobacco Use (TU)

Objective	Delaware County 2019/20	U.S. 2017	Healthy People 2020 Target
<b>TU-2.2 Reduce use of cigarettes by adolescents (past month)</b>	1% (6-12 Grade)  2% (9-12 Grade)	9% (9-12 Grade)	16%*

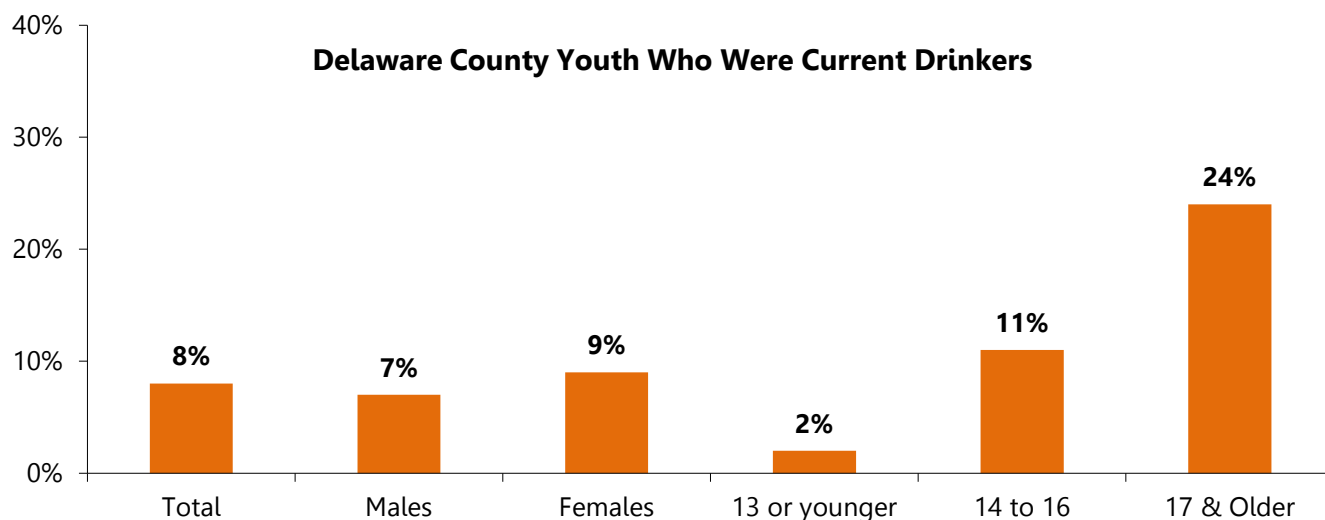
\*Note: The Healthy People 2020 target is for youth in grades 9-12.

(Sources: Healthy People 2020 Objectives, 2017 YRBS for U.S., 2019/20 Delaware County Health Assessment)

# Health Behaviors: Youth Alcohol Consumption

## Key Findings

Eight percent (8%) of all Delaware County youth and 24% of those over the age of 17 had at least one drink in the past month, increasing to 24% of those ages 17 and older. Fourteen percent (14%) of high school youth were current drinkers. Over one-fifth (21%) of all youth had at least one drink of alcohol in their life, increasing to 48% of those ages 17 and older. More than half (59%) of high school youth who reported drinking in the past month had at least one episode of binge drinking. One percent (1%) of high school drivers had driven after drinking alcohol in the past month.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

**2,509 Delaware County youth had at least one drink in the past month.**

## 9<sup>th</sup>-12<sup>th</sup> Grade Youth Alcohol Consumption

- In the past month, 1% of youth drivers had driven a car themselves after drinking alcohol.

### Preventing Teen Drinking and Driving: What Works?

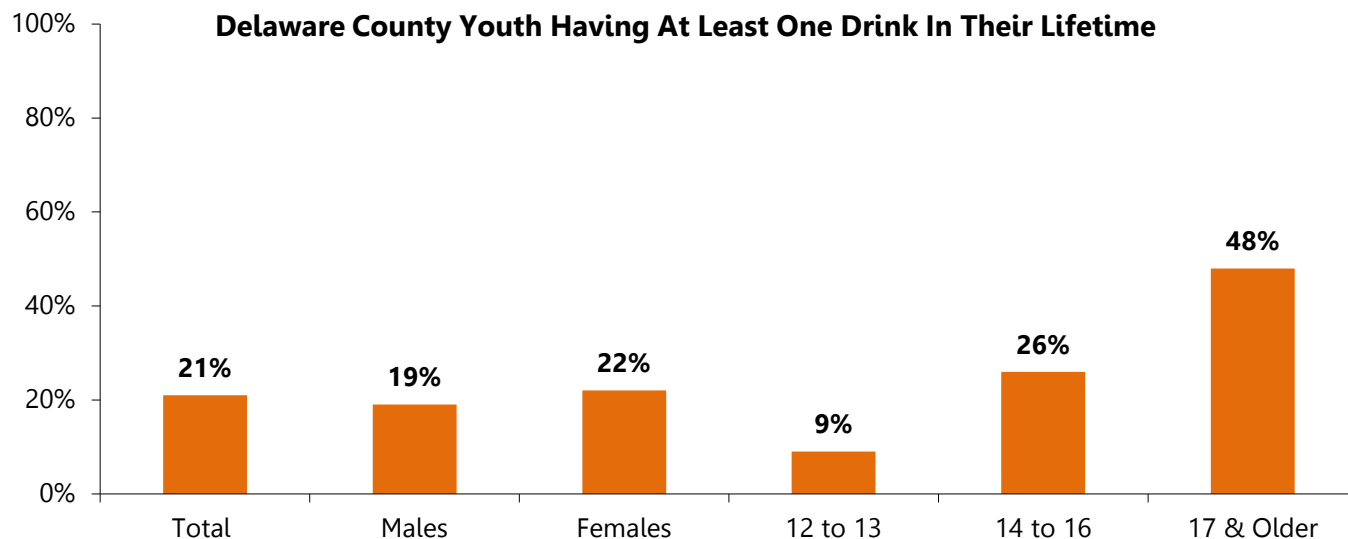
- Minimum legal drinking age (MLDA)** laws in every state make it illegal to sell alcohol to anyone under the age of 21. Research has shown that enforcement of MLDA laws, including compliance checks, has reduced retail sales of alcohol to those under the legal age.
- Zero tolerance laws** make it illegal for those under age 21 to drive after drinking any alcohol. Research has shown that these laws have reduced drinking and driving crashes among teens.
- Graduated driver licensing (GDL)** systems help new drivers get more experience under less risky conditions. As teens move throughout the different stages, they gain more privileges (such as driving at night, driving with a passenger, etc.). Every state has a GDL system, but the rules may differ from state to state. Research indicates GDL systems prevent crashes.
- Parent involvement**, with a focus on monitoring and restricting what new drivers are allowed to do, helps keep teens safe as they learn to drive. Parents may consider creating and signing a parent-teen driving agreement with their teens. Research shows when parents enforce rules, new drivers report lower rates of risky driving, crashes, and violations.

(Source: CDC, *Teen Drinking and Driving*, updated on August 2, 2018)

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Alcohol Consumption

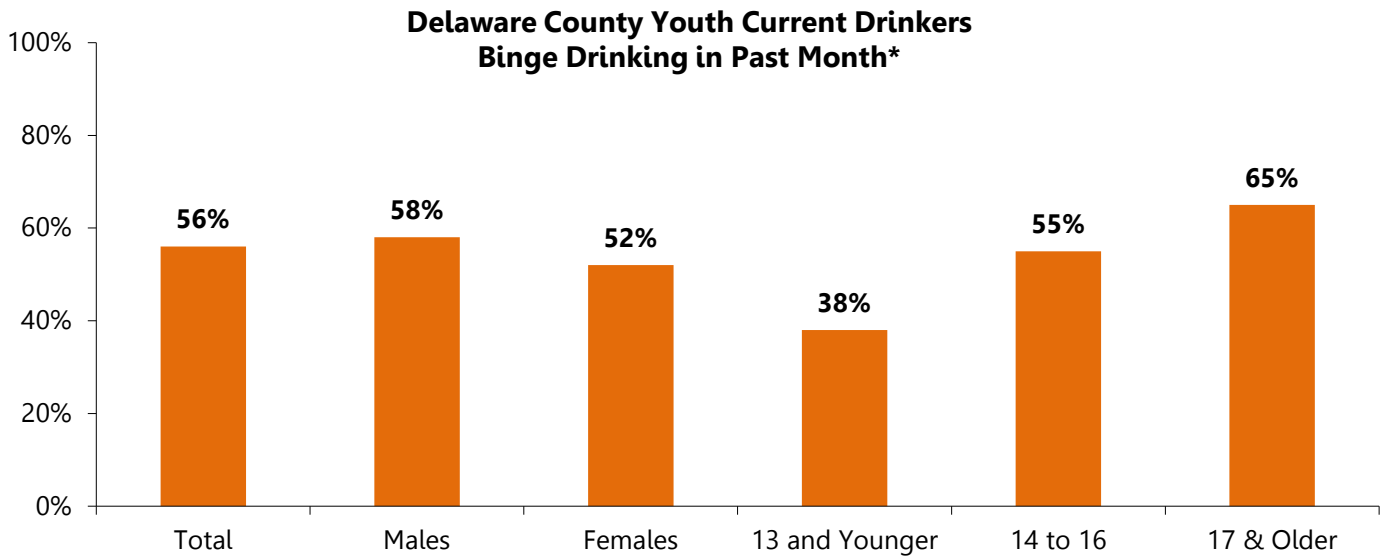
- Nearly one-third (32%) of Delaware County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 31% took their first drink between the ages of 13 and 14, and 37% started drinking between the ages of 15 and 18.
- Of all Delaware County youth, 7% had drunk alcohol for the first time before the age of 13.
- In the past month, 5% of all youth had five or more alcoholic drinks on an occasion (for males) or four or more alcohol drinks in the last month (for females) and would be considered binge drinkers, increasing to 16% of those ages 17 and older. Of those who drank, 56% were defined as binge drinkers, increasing to 65% of those ages 17 and older. Over half (59%) of high school youth who reported drinking in the past month had at least one episode of binge drinking.
- In the past month, Delaware County youth drinkers reported they got their alcohol from the following:
  - Someone gave it to them (35%)
  - A parent gave it to them (25%)
  - Someone older bought it for them (15%)
  - Took it from a store or family member (15%)
  - Older friend or sibling bought it for them (12%)
  - Gave someone else money to buy it for them (10%)
  - Bought it in a liquor store/convenience store/gas station (10%)
  - A friend's parent gave it to them (7%)
  - Bought it with a fake ID (4%)
  - Bought it at a public event such as a concert or sporting event (3%)
  - Bought it at a bar, restaurant or club (2%)
  - Obtained it some other way (20%)

**The following graph shows the percentage of Delaware County youth who had at least one drink in their lifetime. Examples of how to interpret the information include: 21% of all Delaware County youth had at least one drink in their lifetime, including 19% of males and 48% of those ages 17 and older.**



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

The following graph shows the percentage of Delaware County youth who binge drank in the past month. Examples of how to interpret the information include: 56% of current drinkers had binge drank in the past month, including 58% of males and 65% of those ages 17 and older.



*\*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion for males and four or more drinks on occasion for females.*

*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**Based on all Delaware County youth surveyed, 1,568 youth 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 (8% of total population)	Non-Current Drinker
<b>Had participated in sexual activity</b> (in their lifetime)	55%	8%
<b>Bullied</b> (in the past year)	51%	35%
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	47%	21%
<b>Experienced three or more adverse childhood experiences (ACEs)</b> (in their lifetime)	31%	12%
<b>Had used marijuana</b> (in the past month)	29%	2%
<b>Were in a physical fight</b> (in the past year)	27%	14%
<b>Were in a physical fight</b> (in the past year)	27%	14%
<b>Seriously considered attempting suicide</b> (in the past year)	27%	10%
<b>Attempted suicide</b> (in the past year)	13%	4%
<b>Have smoked cigarettes</b> (in the past month)	11%	1%
<b>Carried a weapon</b> (in the past month)	9%	3%

*\*The table above indicates correlations between current drinkers and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 55% of current drinkers participated in sexual activity in their lifetime, compared to 8% of non-current drinkers.*

*Note: Current drinkers are defined as those youth who self-reported drinking alcohol at any time during the past month. Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

# Youth Trend Summary: Alcohol Consumption

Youth Variables	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Alcohol Consumption</b>						
<b>Ever drank alcohol</b> (at least one drink of alcohol on at least one day during their life)	10%	9%	<b>21%</b>	39%	31%	60%
<b>Current drinker</b> (at least one drink of alcohol on at least one day during the past month)	3%	2%	<b>8%</b>	24%	14%	30%
<b>Binge drinker</b> (drank 5 or more drinks within a couple of hours [for males] or 4 or more drinks [for females] on at least 1 day during the past month)	N/A	1%	<b>5%</b>	12%	8%	14%
<b>Drank for the first time before age 13</b> (of all youth)	8%	6%	<b>7%</b>	7%	6%	16%
<b>Obtained the alcohol they drank by someone giving it to them</b> (of current drinkers)	20%	23%	<b>35%</b>	44%	38%	44%
<b>Drove a car after drinking alcohol</b> (of youth drivers in the past month)	N/A	N/A	<b>N/A</b>	5%	1%	6%

N/A – Not Available

## Healthy People 2020 Substance Abuse (SA)

Objective	Delaware County 2019/20	U.S. 2017	Healthy People 2020 Target
<b>SA-14.4 Reduce the proportion of persons engaging in binge drinking during the past month</b>	5% (6-12 Grade)  8% (9-12 grade)	14% (9-12 Grade)	9%*

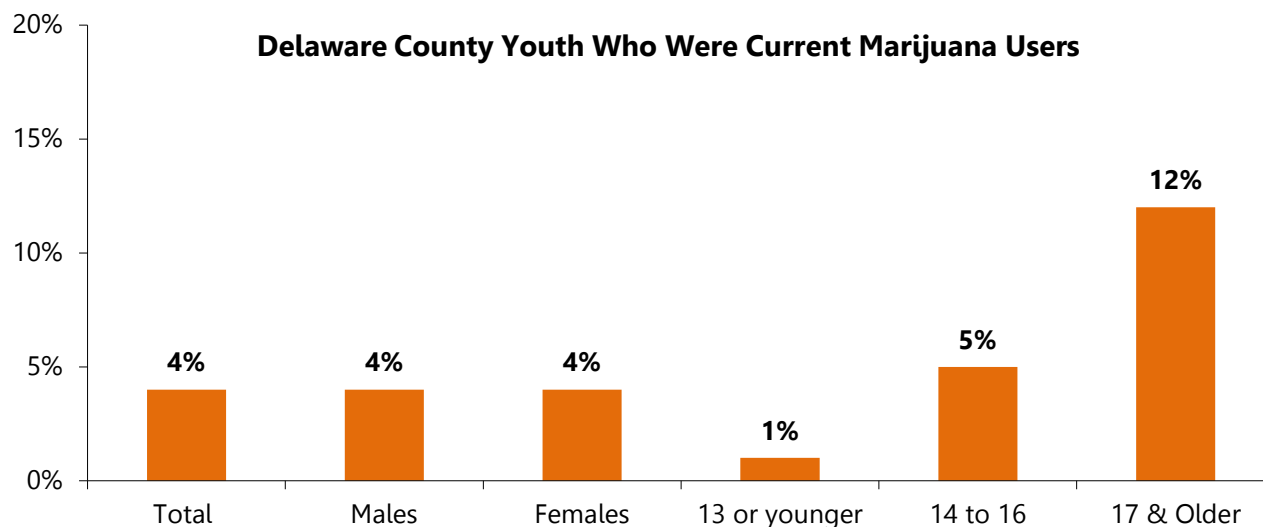
\*Note: The Healthy People 2020 target is for youth aged 12-17 years.

(Sources: Healthy People 2020 Objectives, 2017 YRBS for U.S., 2019/20 Delaware County Health Assessment)

# Health Behaviors: Youth Marijuana and Other Drug Use

## Key Findings

Four percent (4%) of Delaware County youth had used marijuana or hashish at least once in the past month, increasing to 12% of those ages 17 and older. In their lifetime, 3% of youth had taken a prescription pain medicine (codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor's prescription or differently than how a doctor told them to use it.



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**In the past month, 941 Delaware County youth reported using prescription drugs not prescribed for them.**

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Marijuana

- Nine percent (9%) of all youth used marijuana one or more times in their life; increasing to 24% of those over the age of 17.
- One percent (1%) of youth tried marijuana for the first time before the age of 13.



## Behaviors of Delaware County Youth

### Current Marijuana Use vs. Non-Current Marijuana Use

There is a correlation between marijuana use and other risky behaviors\*

Youth Behavior	Current Marijuana User (4% of total population)	Non-Current Marijuana User
<b>Drank alcohol</b> (in the past month)	59%	6%
<b>Bullied</b> (in the past year)	51%	36%
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	50%	22%
<b>Experienced three or more adverse childhood experiences (ACEs)</b> (in their lifetime)	45%	13%
<b>Were in a physical fight</b> (in the past year)	34%	14%
<b>Seriously considered attempting suicide</b> (in the past year)	33%	10%
<b>Misused prescription medications</b> (in the past month)	20%	3%
<b>Have smoked cigarettes</b> (in the past month)	18%	1%
<b>Attempted suicide</b> (in the past year)	17%	4%

\*The table indicates correlations between current marijuana use and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 20% of marijuana users misused prescription medications in the past month, compared to 3% of non-marijuana users.

Current marijuana use indicates youth who self-reported using marijuana at any time during the past month. Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Other Drug Use

- One percent (1%) of youth used a needle to inject any illegal drugs into their body in their lifetime.
- One percent (1%) of all youth used steroid pills, shots, or performance enhancing drugs without a doctor's prescription one or more times in their life.
- Delaware County youth reported using the following drugs at some time in their life: cocaine (1%), methamphetamines (1%), ecstasy (1%), LSD (1%) and heroin (<1%).

Delaware County youth tried the following substances at some time in their life:	Percent
<b>Liquid THC</b>	3% (n=383)
<b>Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high</b>	2% (n=227)
<b>Over-the-counter medications to get high</b>	1% (n=142)
<b>Posh/salvia/synthetic marijuana</b>	1% (n=89)
<b>Misused hand sanitizer</b>	1% (n=70)

Note: Bath salts, K2/spice, Cloud 9, a pharm party/skittles, GhB, and Opana options were less than one percent

- In the past month, Delaware County youth were under the influence on the following on school property:
  - E-cigarettes (3%)
  - Marijuana (2%)
  - Alcohol (1%)
  - Prescription drugs not prescribed to them used to feel good or high (<1%)
  - Cigarettes (<1%)
  - Synthetic marijuana (<1%)
  - Other tobacco products (snus, dip, snuff, etc.) (<1%)
  - Other illegal drugs (cocaine, LSD, etc.) (<1%)
  - Heroin (<1%)
  - Inhalants (<1%)
  - Bath salts (<1%)
- In the past month, 3% of youth reported using prescription drugs not prescribed for them.
- In their lifetime, 3% of youth reported taking any other prescription drug that was not a prescription pain medicine (such as Xanax, Vivance, Adderall and Ritalin) without a doctor's prescription or different than how a doctor told them to use it.
- Youth who misused prescription medications got them in the following ways: a parent gave it to them (47%), a friend gave it to them (23%), they took them from a friend or family member (22%), another family member gave it to them (14%), bought them from someone else (12%), bought them from a friend (9%), and the Internet (5%)

### Rise in Prescription Drug Misuse and Abuse Impacting Teens

- Prescription drug abuse is the fastest-growing drug problem in the U.S. and impacts teen's mental and physical health. A common misperception is that these drugs are safer to use than other types of drugs. However, there are many short- and long-term health consequences for each type of prescription drug used inappropriately:
  - **Stimulants** have side effects common with cocaine and can include paranoia, high body temperatures, and irregular heartbeat.
  - **Opioids**, which act on the same part of the brain as heroin, can cause drowsiness, nausea, constipation, and slowed breathing.
  - **Depressants** can cause slurred speech, shallow breathing, disorientation, lack of coordination, and even seizures upon withdrawal of chronic use.
- The above impacts are particularly harmful to a developing teen brain and body. Our brains are still developing until our early to mid-twenties. As with any type of mind-altering drug, prescription drug misuse or abuse can affect judgement and inhibition, putting teens at a higher risk for HIV and other sexually transmitted infections, misusing other drugs, and engaging in additional risky behaviors.

*(Source: SAMHSA, Rise in Prescription Drug Misuse and Abuse Impacting Teens, updated on 8/2/19)*

# Youth Trend Summary: Marijuana and Other Drug Use

Youth Variables	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Marijuana and Other Drug Use</b>						
<b>Ever used marijuana</b> (in their lifetime)	1%	2%	<b>9%</b>	17%	15%	36%
<b>Currently used marijuana</b> (in the past month)	1%	1%	<b>4%</b>	9%	7%	20%
<b>Tried marijuana before age 13 years (for the first time of all youth)</b>	1%	1%	<b>1%</b>	2%	2%	7%
<b>Ever used methamphetamines</b> (in their lifetime)	N/A	<1%	<b>1%</b>	1%	1%	3%
<b>Ever used cocaine</b> (in their lifetime)	<1%	<1%	<b>1%</b>	2%	1%	5%
<b>Ever used heroin</b> (in their lifetime)	<1%	0%	<b>&lt;1%</b>	<1%	<1%	2%
<b>Ever took steroids without a doctor's prescription</b> (in their lifetime)*	1%	1%	<b>1%</b>	1%	1%	3%
<b>Ever used inhalants</b> (in their lifetime)	4%	1%	<b>2%</b>	4%	2%	6%
<b>Ever used ecstasy</b> (also called MDMA in their lifetime)	N/A	<1%	<b>1%</b>	2%	1%	4%
<b>Used prescription drugs not prescribed</b> (in the past month)	1%	2%	<b>3%</b>	4%	3%	N/A

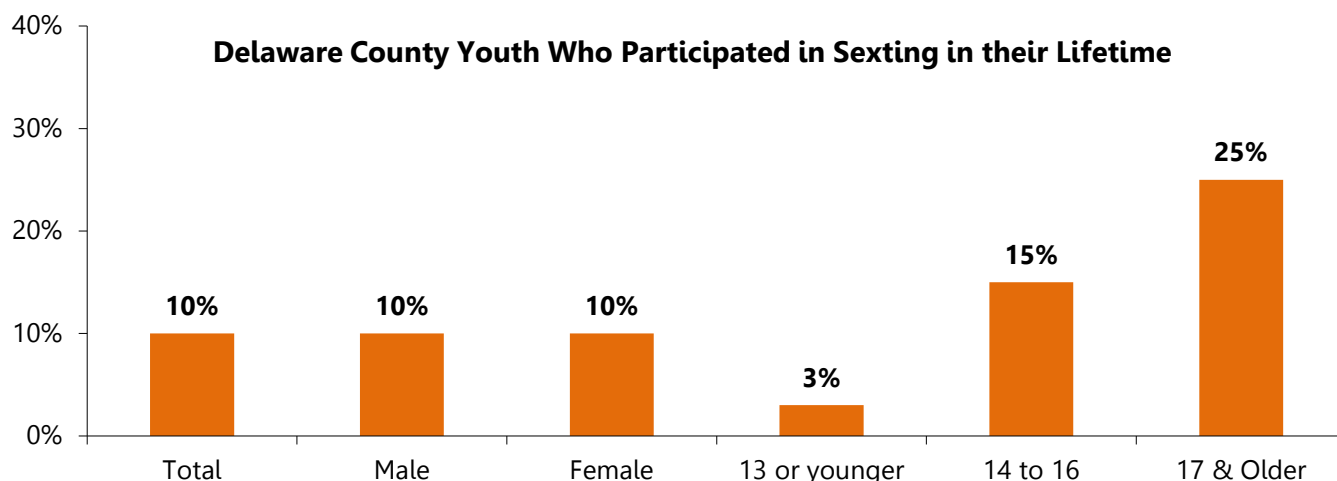
N/A – Not Available

\*Delaware County YRBS questionnaire worded slightly different than U.S. YRBS

# Health Behaviors: Youth Sexual Behavior

## Key Findings

Ten percent (10%) of all Delaware County youth participated in sexting in their lifetime. Eighteen percent (18%) of Delaware County high school youth reported that they have ever had sexual intercourse increasing to 33% of those ages 17 and over. Of high school youth who were sexually active, 54% had one sexual partner and 46% had multiple partners.

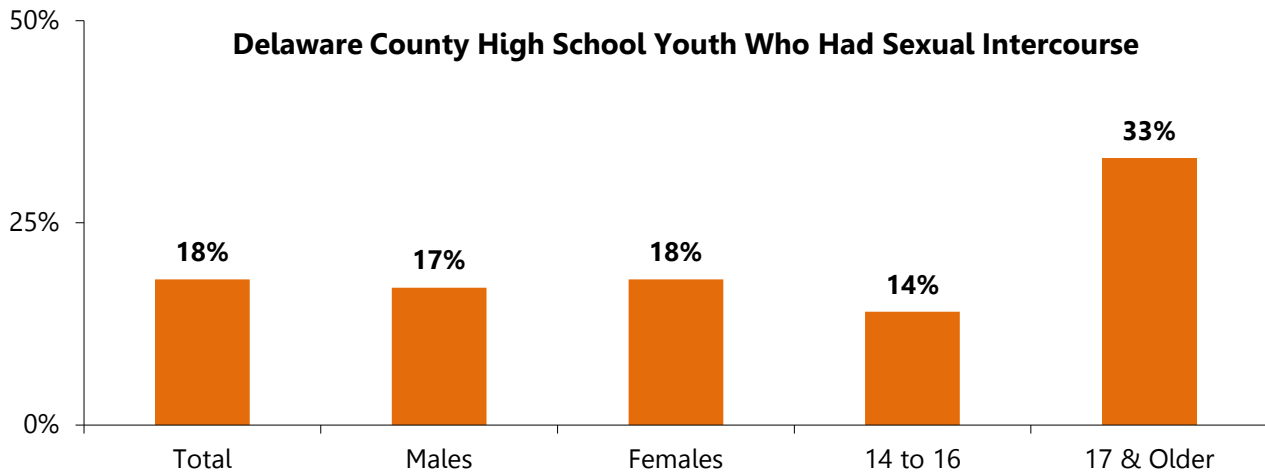


*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

## High School Youth Sexual Behavior

- Of all youth, 1% were sexually active before the age of 13.
- Of those youth who were sexually active, 13% had done so by the age of 13. Another 50% had done so by 15 years of age.
- The average age youth first had sexual intercourse was 15.0 years old.
- Nine percent (9%) of all sexually active youth had four or more partners. Two percent (2%) of all Delaware County youth who were sexually active had four or more sexual partners.
- Of Delaware County youth who were sexually active, 13% drank alcohol or used drugs before their last sexual encounter.
- Sixty-one percent (61%) of youth who were sexually active used barrier devices to prevent pregnancy, 44% used the withdrawal or pullout method; 43% used birth control pills; 7% used an IUD or implant; and 4% used a shot, patch or birth control ring. However, 11% were engaging in intercourse without a reliable method of protection, and 11% reported they were unsure.

The following graph shows the percentage of high school youth who participated in sexual intercourse. Examples of how to interpret the information include: 18% of all Delaware County youth had participated in sexual intercourse, including 17% of males, and 33% of those ages 17 and older.

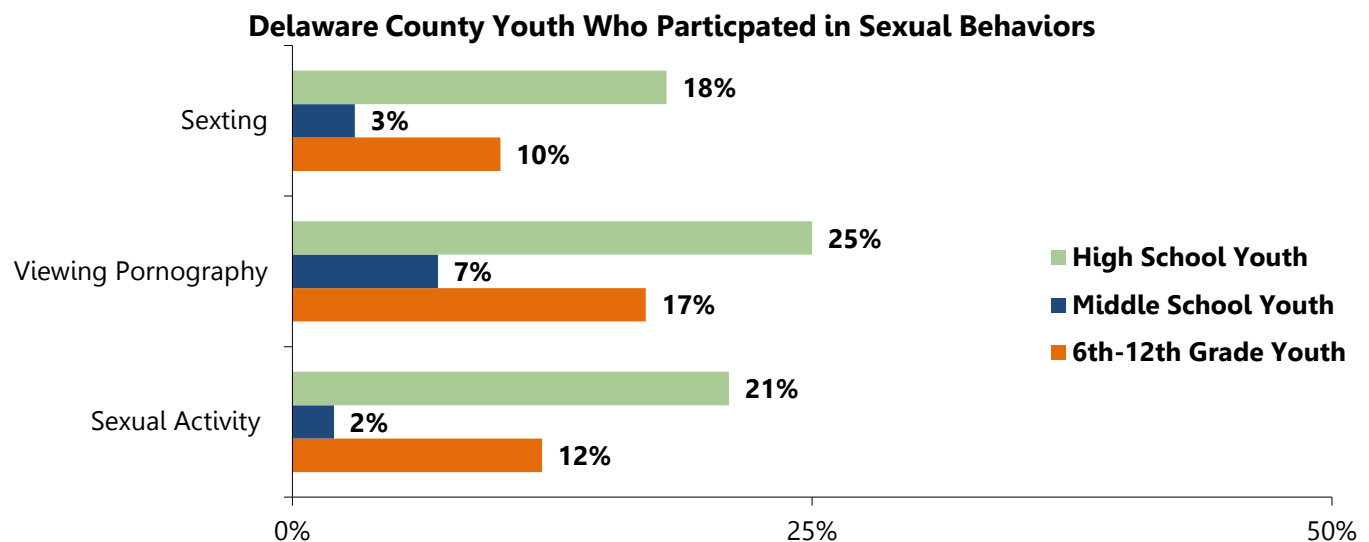


### 6<sup>th</sup> – 12<sup>th</sup> Grade Youth Sexual Behavior

- Delaware County youth participated in the following:
  - Viewing pornography/naked pictures (17%) (increasing to 25% of high school youth)
  - Sexual activity (12%) (increasing to 21% of high school youth)
  - Sexting (10%) (increasing to 18% of high school youth)
  - None of the above (77%)

**3,135 Delaware County youth participated in sexting.**

The following graph shows the percentage of 6<sup>th</sup>-12<sup>th</sup> grade youth, high school youth, and middle school youth who participated in sexual behaviors in their lifetime. Examples of how to interpret the information include: 10% of all Delaware County youth had participated in sexting in their lifetime, including 3% of middle school youth, and 18% of high school youth.



*Not for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

# Youth Trend Summary: Sexual Behavior

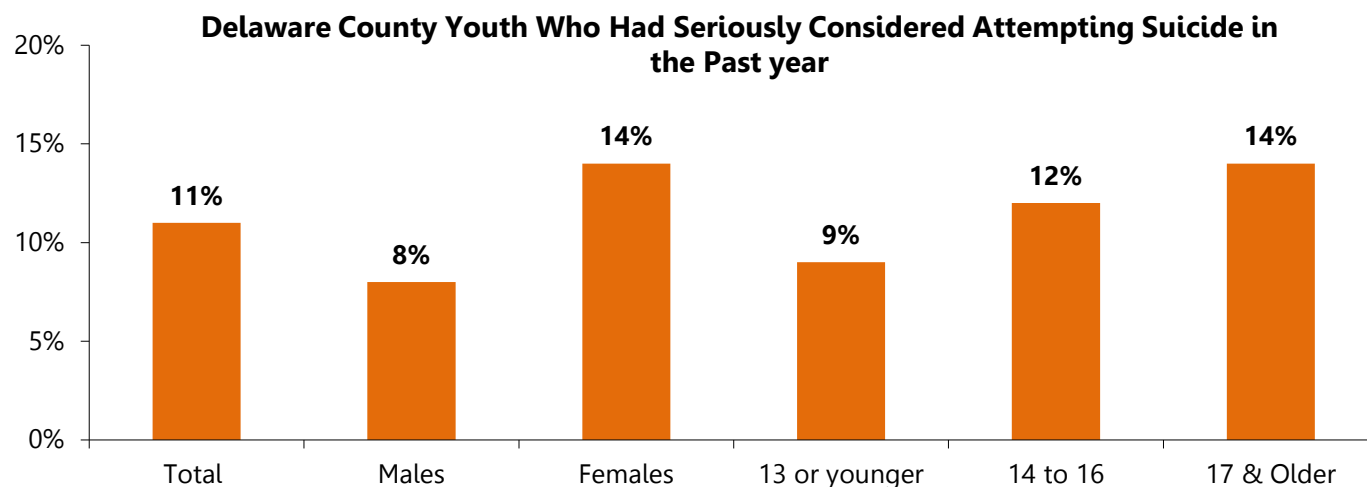
Youth Variables	High School (9 <sup>th</sup> -12 <sup>th</sup> )		
	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Sexual Behavior</b>			
<b>Ever had sexual intercourse</b>	20%	<b>18%</b>	40%
<b>Used birth control pills</b> (during last sexual intercourse)	24%	<b>43%</b>	21%
<b>Used an IUD</b> (during last sexual intercourse)	4%	<b>7%</b>	4%
<b>Used a shot, patch or birth control ring</b> (during last sexual intercourse)	2%	<b>4%</b>	5%
<b>Did not use any method to prevent pregnancy</b> (during last sexual intercourse)	8%	<b>11%</b>	14%
<b>Had sexual intercourse with four or more persons</b> (of all youth during their life)	4%	<b>2%</b>	10%
<b>Had sexual intercourse before the age 13</b> (for the first time of all youth)	3%	<b>1%</b>	3%
<b>Drank alcohol or used drugs before last sexual intercourse</b> (among students who were currently sexually active)	15%	<b>13%</b>	19%

*Note - Middle school youth were not asked sexual health questions*

# Health Behaviors: Youth Mental Health

## Key Findings

Eleven percent (11%) of youth reported they had seriously considered attempting suicide in the past year, increasing to 14% of females. Four percent (4%) of youth attempted suicide in the past year and 2% of youth had made more than one attempt. More than one-fourth (27%) of youth reported they had no one to talk to when they had feelings of depression or self-harm. Fourteen percent (14%) of youth had three or more adverse childhood experiences (ACEs).



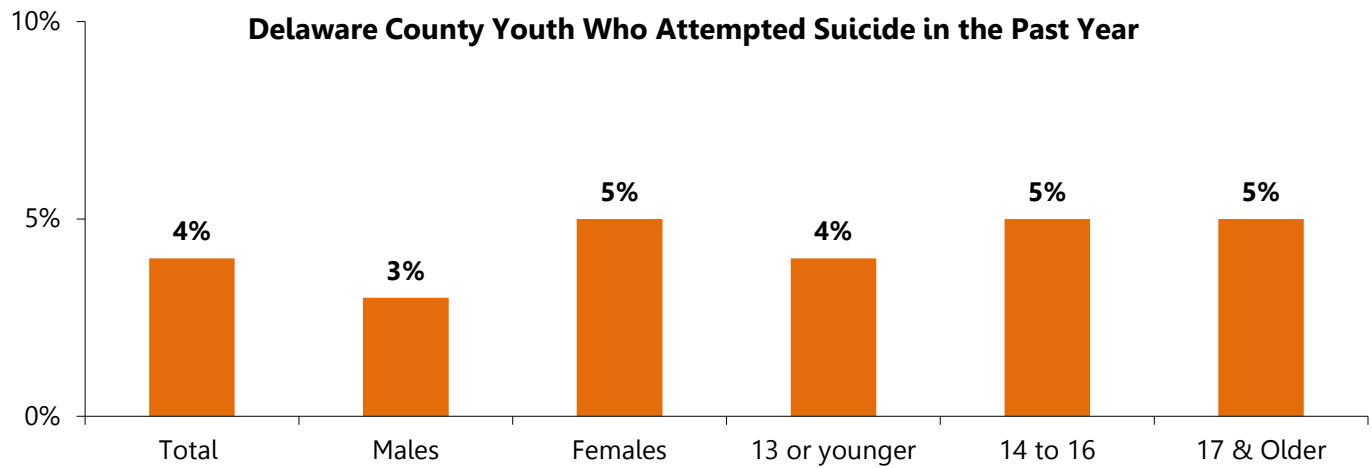
*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**3,449 Delaware County youth seriously considered attempting suicide in the past year.**

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Mental Health

- In 2019/2020, 23% 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, increasing to 29% of females and 27% of high school youth.
- Of all youth, 1% made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

The following graph shows the percentage of Delaware County youth who had attempted suicide in the past year. The table indicates correlations between those who contemplated suicide in the past year and participating in risky behaviors, as well as other activities and experiences.



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

### Behaviors of Delaware County Youth

Contemplated Suicide vs. Did Not Contemplate Suicide

There is a correlation between suicide contemplation and other risky behaviors\*

Youth Behaviors	Contemplated Suicide (11% of total population)	Did Not Contemplate Suicide
<b>Bullied</b> (in the past year)	68%	32%
<b>Experienced three or more adverse childhood experiences (ACEs)</b> (in their lifetime)	39%	10%
<b>Have had at least one drink of alcohol</b> (in the past month)	20%	7%
<b>Used marijuana</b> (in the past month)	12%	3%
<b>Misused prescription medication (in the past month)</b>	6%	2%
<b>Smoked cigarettes</b> (in the past month)	5%	1%

*\*The table indicates correlations between suicide contemplation and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 68% of those who contemplated were bullied in the past year, compared to 32% of those who did not contemplate suicide.*

*"Contemplated suicide" indicates youth who self-reported seriously considering attempting suicide in the past year.*

*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

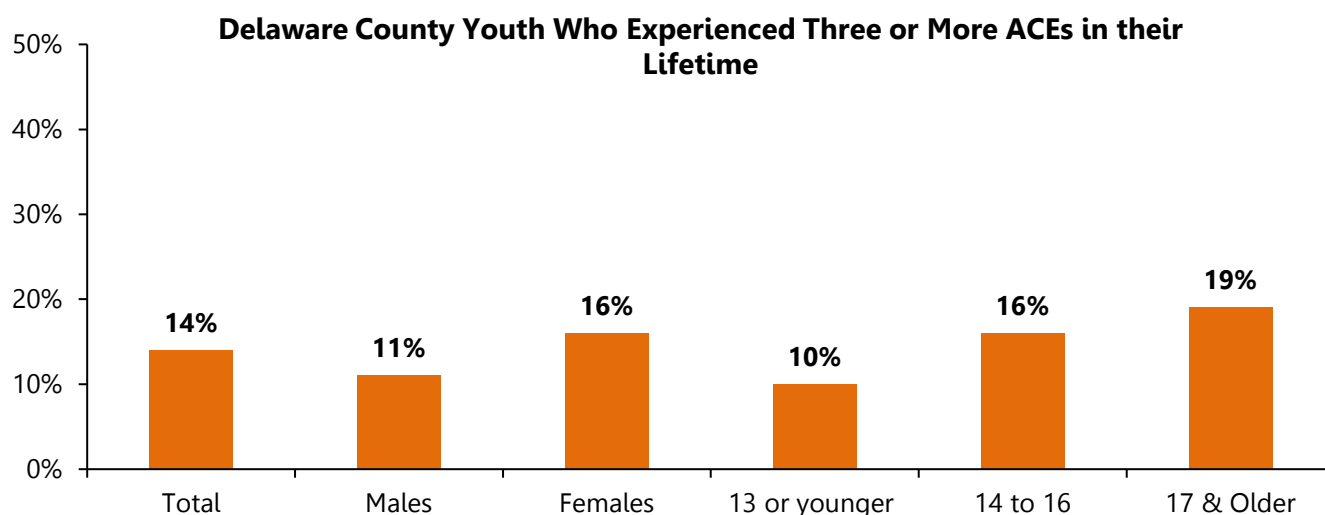


- Youth reported the following would keep them from seeking help if they were dealing with anxiety, stress, depression or thoughts of suicide: worried what others might think (24%), no time (12%), do not know where to get help (9%), paying for it (6%), family would not support them in getting help (6%), friends would not support them in getting help (5%), and transportation (3%).
- Half (50%) of youth reported they would seek help and 6% of all youth reported they are currently in treatment. Twenty-nine percent (29%) of youth reported that they can handle it themselves.
- Delaware County youth reported the following caused them anxiety, stress or depression:
  - Academic success (56%)
  - Fighting with friends (36%)
  - Self-image (35%)
  - Sports (31%)
  - Peer pressure (30%)
  - Other stress at home (29%)
  - Fighting at home (25%)
  - Death of close family member or friend (22%)
  - Being bullied (19%)
  - Dating relationship (15%)
  - Social media (14%)
  - Breakup (13%)
  - Current news/world events/political environment (13%)
  - Parent divorce/separation (12%)
  - Caring for younger siblings (10%)
  - Poverty/no money (8%)
  - Parent is sick (8%)
  - Alcohol or drug use in the home (6%)
  - Sexual orientation (4%)
  - Not having enough to eat (3%)
  - Not having a place to live (3%)
  - Other (16%)
- Fifteen percent (15%) of youth stated none of the above topics caused them anxiety, stress, or depression.

<b>Delaware County youth talked to the following people when they were dealing with personal problems or feelings of depression or suicide:</b>	<b>Percent</b>
<b>Best friend</b>	56%
<b>No one</b>	51%
<b>Parents</b>	41%
<b>Girlfriend or boyfriend</b>	19%
<b>Brother or sister</b>	18%
<b>Caring adult</b>	10%
<b>Professional counselor</b>	10%
<b>An adult relative such a grandparent, aunt or uncle</b>	8%
<b>School counselor</b>	8%
<b>Teacher</b>	8%
<b>Adult friend</b>	6%
<b>Pastor/priest/youth minister</b>	4%
<b>Coach</b>	4%
<b>Call/text crisis hotline</b>	3%
<b>Religious leader</b>	2%
<b>Other</b>	6%

- Delaware County youth reported the following adverse childhood experiences (ACEs):
  - Parents became separated or were divorced (20%)
  - Parents or adults in home swore at them, insulted them or put them down (20%)
  - Lived with someone who was depressed, mentally ill or suicidal (20%)
  - Lived with someone who was a problem drinker or alcoholic (11%)
  - Lived with someone who served time or was sentenced to serve in prison or jail (6%)
  - Parents were not married (7%)
  - Lived with someone who used illegal drugs or misused prescription drugs (5%)
  - Parents or adults in home abused them (5%)
  - Parents or adults in home abused each other (4%)
  - An adult or someone five years older than them touched them sexually (2%)
  - An adult or someone five years older tried to make them touch them sexually (1%)
  - An adult or someone five years older than them forced them to have sex (<1%)

**The following graph shows the percentage of Delaware County youth who had experienced three or more adverse child experiences (ACEs) in their lifetime. Examples of how to interpret the information includes: 14% of all Delaware County youth had experienced three or more ACEs in their lifetime, including 16% of females.**



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

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

Experienced Three or More ACEs vs. Did Not Experience Any ACEs

There is a correlation between those who experienced three or more ACEs and other risky behaviors\*

Youth Behaviors	Experienced Three or More ACEs (14% of total population)	Did Not Experience Any ACEs
<b>Bullied</b> (in the past year)	61%	26%
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	54%	12%
<b>Seriously considered attempting suicide</b> (in the past year)	32%	4%
<b>Had participated in sexual activity</b> (in their lifetime)	30%	6%
<b>Have had at least one drink of alcohol</b> (in the past month)	18%	5%
<b>Attempted suicide</b> (in the past year)	15%	1%
<b>Had used marijuana</b> (in the past month)	12%	1%
<b>Have smoked cigarettes</b> (in the past month)	6%	<1%
<b>Misused prescription medications</b> (in the past month)	6%	1%

\*The table above indicates correlations between those who experienced three or more ACEs in their lifetime and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 32% of those who experienced three or more ACEs seriously considered attempting suicide, compared to 4% of those who did not experience any ACEs.

Note - youth who experienced three or more adverse childhood experiences (ACEs) in their lifetime were compared to youth who had no ACEs in their lifetime, regarding their risky behaviors.

Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

## Adverse Childhood Experiences

### What are ACEs?

- Adverse childhood experiences (ACEs) are potentially traumatic events that occur in childhood (0-17 years). For example: experiencing violence or abuse, witnessing violence, or having a family member attempt or die by suicide. Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with substance abuse, mental health problems, or instability due to parental separation.

### What are the consequences?

- ACEs can have lasting, negative effects on health, well-being, and opportunity. These experiences can increase the risks of injury, sexually transmitted diseases, maternal and child health problems, teen pregnancy, and a wide range of chronic diseases and leading causes of death.
- ACEs and associated conditions, such as living in under-resources or racially segregated neighborhoods frequently moving, and experiencing food insecurity, can cause toxic stress. Toxic stress from ACEs can change brain development and affect such things as attention, decision-making, learning, and response to stress.
- Children growing up with toxic stress may have difficulty forming healthy and stable relationships. They also may have unstable work histories as adults and struggle with finances, jobs, and depression throughout life.

(Source: CDC, Violence Prevention, Preventing Adverse Childhood Experiences, December 31, 2019)

# Youth Trend Summary: Mental Health

	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Mental Health</b>						
<b>Seriously considered attempting suicide</b> (in the past year)	8%	9%	<b>11%</b>	13%	13%	17%
<b>Attempted suicide</b> (in the past year)	4%	4%	<b>4%</b>	5%	4%	7%
<b>Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse</b> (in the past year)	N/A	1%	<b>1%</b>	1%	1%	2%
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	16%	19%	<b>23%</b>	24%	27%	32%

N/A – Not Available

## Healthy People 2020 Mental Health and Mental Disorders (MHMD)

Objective	Delaware County 2019/20	U.S. 2017	Healthy People 2020 Target
<b>MHMD-2 Reduce suicide attempts by adolescents<sup>‡</sup></b>	1% (6-12 Grade)  1% (9-12 Grade)	2% (9-12 Grade)	2%*

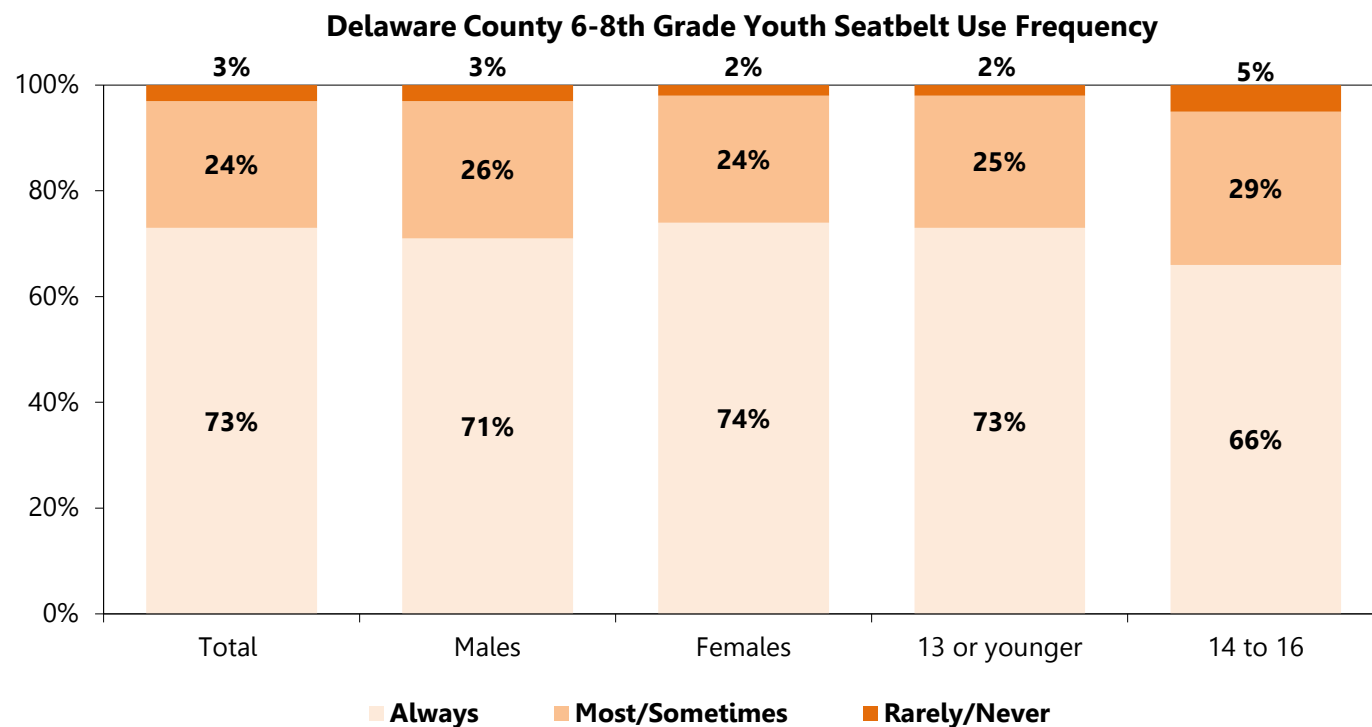
\*The Healthy People 2020 target is for youth in grades 9-12.

<sup>‡</sup>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, 2017 YRBS, 2019/20 Delaware County Health Assessment)

# Health Behaviors: Youth Safety

## Key Findings

Seventy-three percent (73%) of 6-8<sup>th</sup> grade youth always wore a seat belt when riding in a car. Nine percent (9%) of youth had ridden in a car driven by someone who had been under the influence of drugs and/or alcohol in the past month.



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

## High School Personal Safety\*

- In the past month, 19% of high school youth drivers had texted while driving a car or other vehicle.
- In the past month, 87% of high school youth drivers wore a seatbelt while driving a car or other vehicle.

*\*Please refer to the "alcohol consumption" section for high school youth drinking and driving indicators.*

## Middle School Personal Safety

- When riding in a car driven by someone else, youth wore a seatbelt at the following frequencies: never (1%), rarely (2%), sometimes (4%), and most of the time (20%).

## Youth Trend Summary: Safety

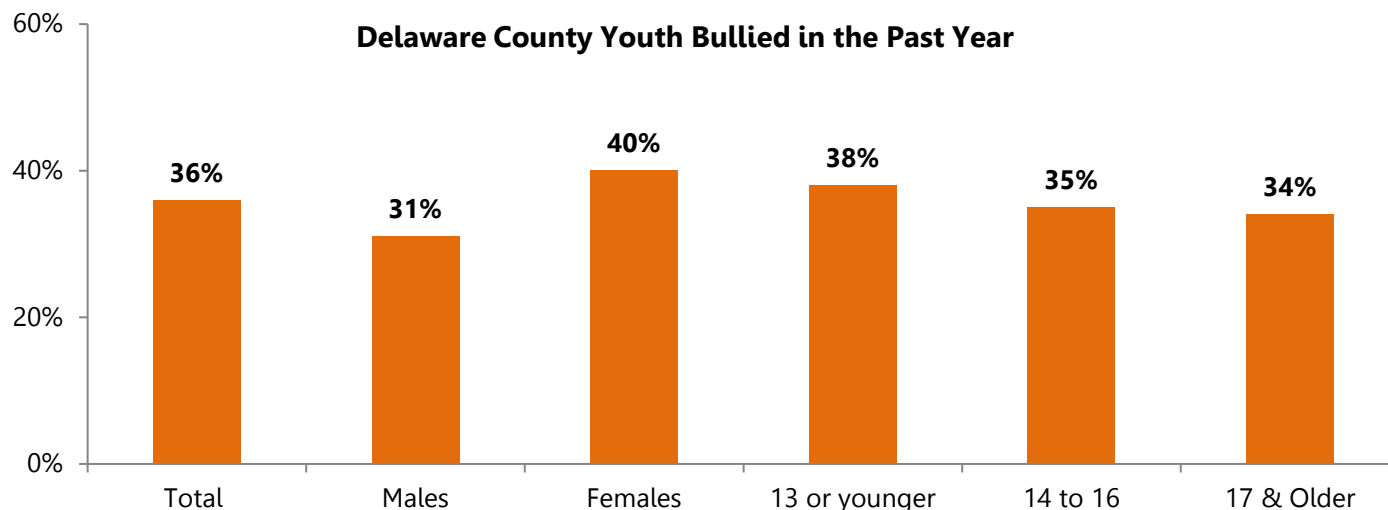
	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
Safety						
Rarely or never wore a seat belt (when riding in a car driven by someone else)	3%	3%	N/A	3%	N/A	6%

N/A – Not Available

# Health Behaviors: Youth Violence-Related Behaviors

## Key Findings

More than one-third (36%) of youth had been bullied in the past year. In Delaware County, 4% of youth had carried a weapon (such as a gun, knife, or club) in the past month. In the past year, 15% of youth had been involved in a physical fight, increasing to 21% of males. Seven percent (7%) of youth had been in a fight on more than one occasion. More than one-fifth (21%) of youth had been bullied on school property in the past year.



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Violence-Related Behaviors

- In the past month, 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.
- Six percent (6%) of youth were threatened or injured with a weapon in the past year.
- Five percent (5%) of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past year.
- In the past year, 5% of youth had been forced to do sexual things that they did not want to (such as kissing, touching, or being physically forced to have sexual activity), increasing to 7% of females.
- More than one-third (36%) of youth had been bullied in the past year. The following types of bullying were reported:
  - 26% were verbally bullied (teased, taunted or called harmful names)
  - 21% were indirectly bullied (spread mean rumors about them or kept them out of a "group")
  - 10% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
  - 6% were physically bullied (were hit, kicked, punched or people took their belongings)
  - 2% 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)

## Behaviors of Delaware County Youth

Bullied vs. Non-Bullied

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

Youth Behaviors	Bullied (36% of total population)	Non-Bullied
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	40%	14%
<b>Experienced three or more adverse childhood experiences (ACEs)</b> (in their lifetime)	23%	8%
<b>Seriously considered attempting suicide</b> (in the past year)	21%	5%
<b>Have drank alcohol</b> (in the past month)	11%	6%
<b>Carried a weapon</b> (in the past month)	11%	3%
<b>Attempted suicide</b> (in the past year)	9%	2%
<b>Had used marijuana</b> (in the past month)	6%	3%
<b>Misused prescription medications</b> (in the past month)	4%	2%
<b>Have smoked cigarettes</b> (in the past month)	2%	1%

\*The table above indicates correlations between those who were bullied in the past year and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 21% of those who were bullied contemplated suicide in the past year, compared to 5% of those who were not bullied.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

## Types of Bullying Delaware County Youth Experienced in the Past Year

Youth Behaviors	Total	Males	Females	13 and younger	14-16 Years old	17 and older
<b>Verbally Bullied</b> (teased, taunted or called harmful names)	26%	24%	27%	28%	25%	24%
<b>Indirectly Bullied</b> (spread mean rumors about them or kept them out of a "group")	21%	14%	28%	20%	22%	24%
<b>Cyber Bullied</b> (teased, taunted or threatened by e-mail or cell phone)	10%	8%	11%	9%	10%	10%
<b>Physically Bullied</b> (were hit, kicked, punched or people took their belongings)	6%	8%	4%	8%	5%	3%
<b>Sexually Bullied</b> (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)	2%	1%	2%	1%	2%	2%



## Teen Dating Violence: How Big is the Problem?

Teen dating violence is a type of intimate partner violence. It occurs between two people in a close relationship. The four different types of dating violence include: physical violence, sexual violence, psychological aggression, and stalking. Teen dating violence is common. It affects millions of U.S. teenagers each year:

- Nearly 1 in 11 females and about 1 in 15 male high school students report having experienced physical dating violence in the last year.
- About 1 in 9 female and 1 in 36 male high school students reported experiencing sexual dating violence in the last year.
- 25% of women and 15% of men who were victims of sexual or physical violence and/or stalking by an intimate partner first experienced these forms of violence prior to the age of 18.
- The burden of dating violence and all forms of violence is more likely among sexual minority groups and racial/ethnic minority groups.

Victims of teen dating violence are more likely to experience symptoms of depression and anxiety, engage in unhealthy behaviors, think about suicide, and may set the stage for problems in future relationships throughout life.

*(Source: CDC. Preventing Teen Dating Violence. Updated 3/12/19)*

# Youth Trend Summary: Violence-Related Behaviors

	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> –8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> –8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> –12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> –12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> –12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> –12 <sup>th</sup> )
<b>Violence-Related Behaviors</b>						
<b>Carried a weapon in the past month</b> (such as a gun, knife, or club during the month)	6%	4%	4%	7%	3%	16%
<b>Been in a physical fight</b> (in past year)	24%	20%	15%	15%	11%	24%
<b>Were threatened or injured with a weapon in the past year</b> (such as a gun, knife, or club)	7%	6%	6%	6%	6%	6%
<b>Did not go to school because they felt unsafe</b> (at school or on their way to or from school in the past month)	4%	4%	4%	3%	3%	7%
<b>Electronically bullied</b> (in past year)	12%	9%	10%	13%	10%	15%
<b>Bullied on school property</b> (in past year)	30%	22%	21%	22%	21%	19%
<b>Experienced physical dating violence</b> (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past year)	N/A	<1%	5%	6%	6%	8%
<b>Experienced sexual violence by anyone</b> (counting things such as kissing, touching, or being physically forced to have sexual activity) *	N/A	3%	5%	8%	7%	10%

N/A – Not Available

\*Delaware County YRBS questionnaire worded slightly different than U.S. YRBS

## Healthy People 2020 Injury and Violence Prevention (IVP)

Objective	Delaware County 2019/20	U.S. 2017	Healthy People 2020 Target
<b>IVP-35 Reduce bullying among adolescents (school property)</b>	21% (6-12 Grade)  21% (9-12 Grade)	19% (9-12 Grade)	18%*

(Sources: Healthy People 2020 Objectives, 2017 YRBS for U.S., 2019/20 Delaware County Health Assessment)

\*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.

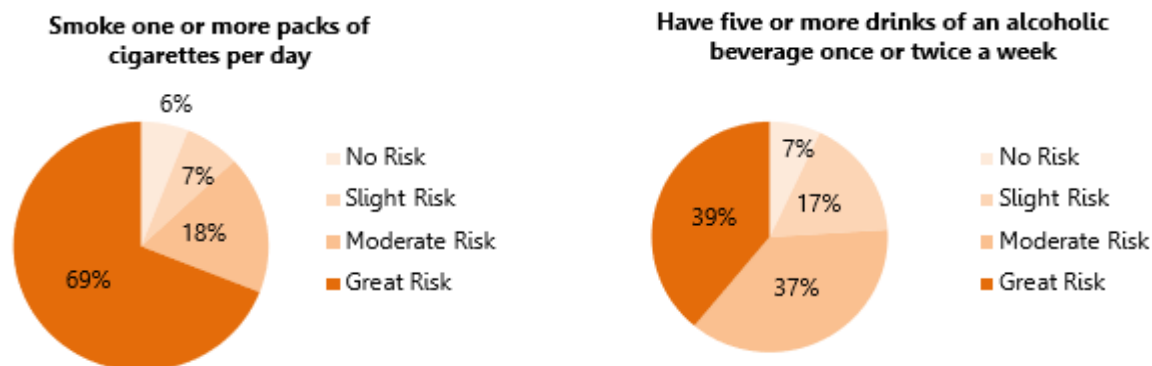
# Youth Social Conditions

## Key Findings

*In 2019/2020, 69% of youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. Seven percent (7%) of youth thought that there was no risk in drinking five or more alcoholic beverages once or twice a week.*

### Perceived Risk of Drug Use

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



## Youth Perceptions of Substance Abuse (Self, Parents, and Peers)

### 6<sup>th</sup>-12<sup>th</sup> Grade Youth Perceived Risk of Substance Use by Self

- Six percent (6%) of youth thought that there was no risk in harming themselves physically or in other ways if they smoked one or more packs of cigarettes per day.
- Nearly two-fifths (39%) of youth thought there was great risk in harming themselves physically or in other ways if they smoked marijuana once or twice a week. Fourteen percent (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.
- Nearly two-fifths (39%) 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.
- Sixty-three percent (63%) 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. Six percent (6%) of youth thought that there was no risk in using prescription drugs not prescribed to them.

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Degree of Disapproval of Use by Parents

- Ninety-one percent (91%) of youth reported their parents would feel it was very wrong for them to smoke tobacco, increasing to 81% of youth under the age of 13.
- Eighty-nine percent (89%) of Delaware County youth reported their parents would feel it was very wrong to smoke marijuana.
- Eighty-nine percent (89%) 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 78% of those ages 17 and older.
- Ninety-one percent (91%) of youth reported their parents would feel it was very wrong for them to use prescription drugs not prescribed to them.

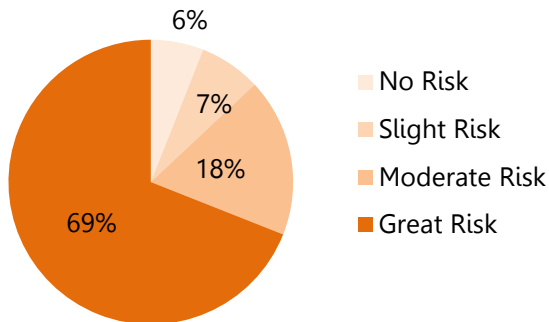
## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Degree of Disapproval of Use by Peers

- Two-thirds (66%) of youth reported their peers would feel it was very wrong for them to smoke tobacco, increasing to 79% of youth under the age of 13.
- Two-thirds (66%) of Delaware County youth reported their peers would feel it was very wrong for them to smoke marijuana.
- Sixty-five percent (65%) 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 45% of those ages 17 and older.
- Nearly three-fourths (73%) of youth reported their peers would feel it was very wrong for them use prescription drugs not prescribed to them.

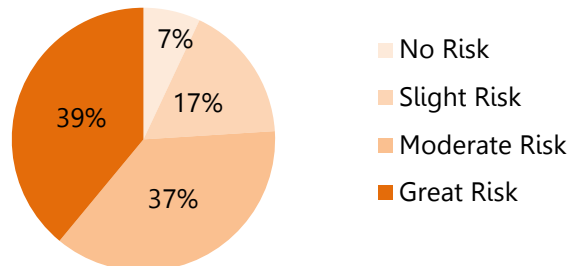
## Perceived Risk of Drug Use by Self

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

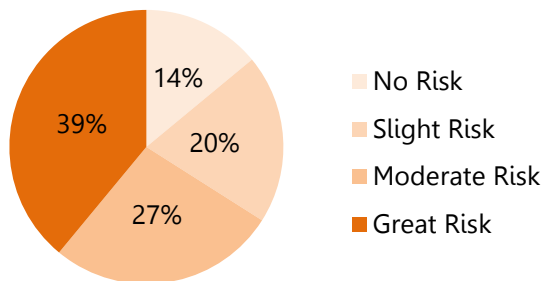
**Smoke one or more packs of cigarettes per day**



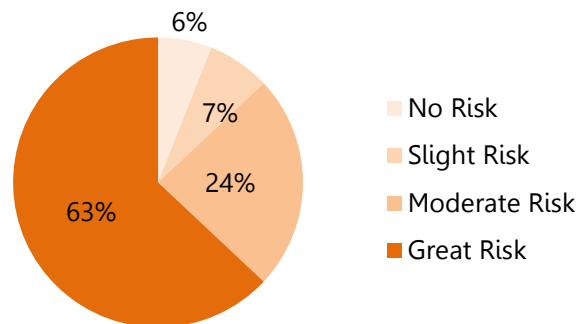
**Have five or more drinks of an alcoholic beverage once or twice a week**



**Smoke marijuana once or twice a week**



**Misuse prescription drugs**



## Perceived Great Risk of Substance Use\*

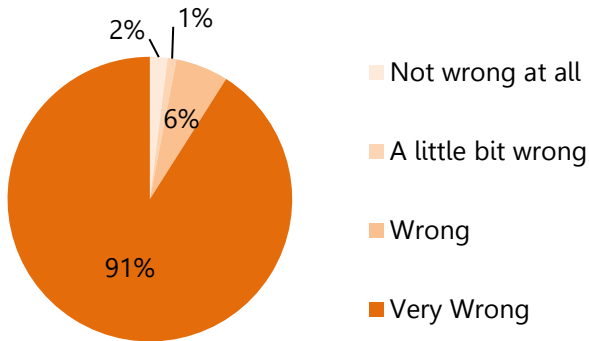
How much <u>do you</u> think people risk harming themselves if they:	Total	Females	Males	13 or younger	14-16 years old	17 or older
Smoke one or more packs of cigarettes per day	69%	70%	68%	70%	68%	67%
Have five or more drinks of an alcoholic beverage once or twice a week	39%	42%	36%	40%	39%	33%
Smoke marijuana once or twice a week	39%	41%	37%	50%	32%	20%
Misuse prescription drugs	63%	65%	62%	65%	62%	63%

\*Of those youth who reported great risk of substance use.

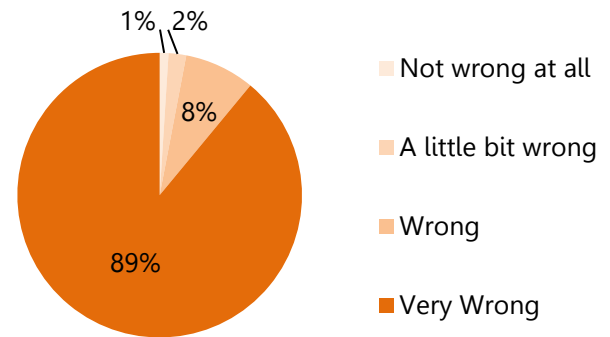
## Degree of Disapproval by Parents

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

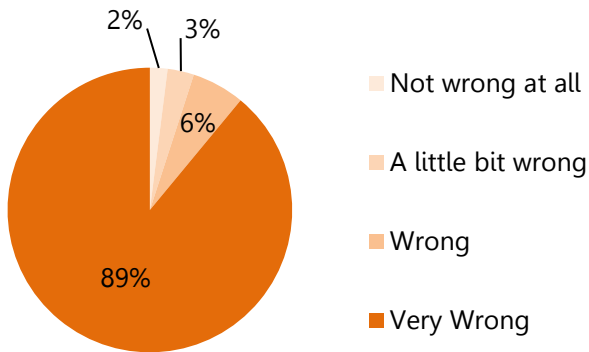
**Smoke Tobacco**



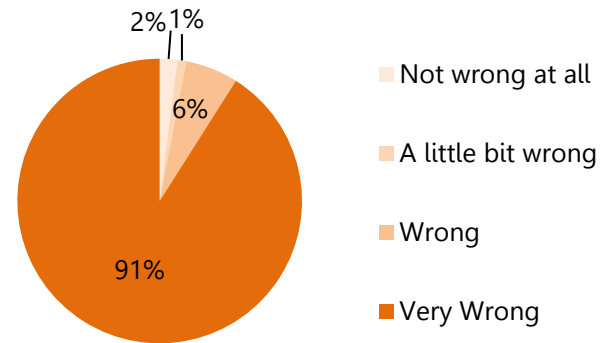
**Have one or two drinks of an alcoholic beverage nearly every day**



**Smoke marijuana**



**Misuse prescription drugs**

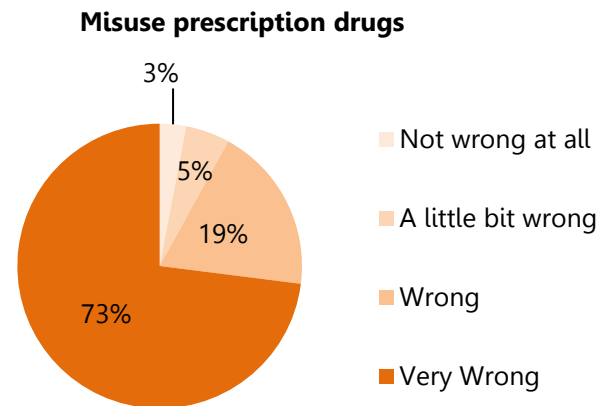
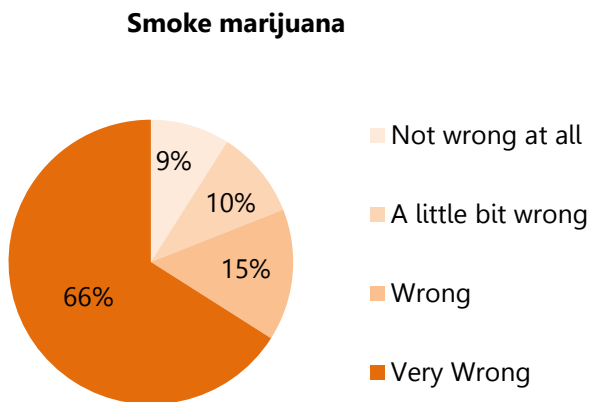
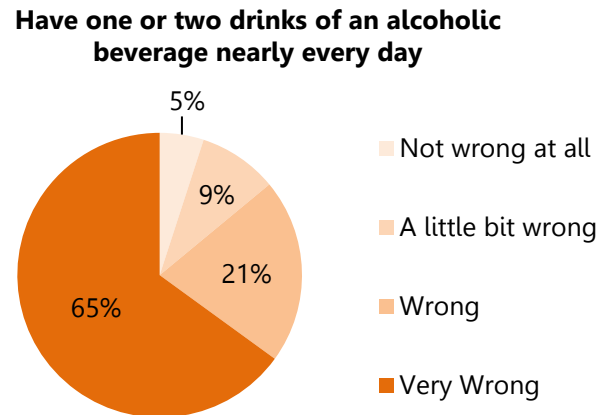
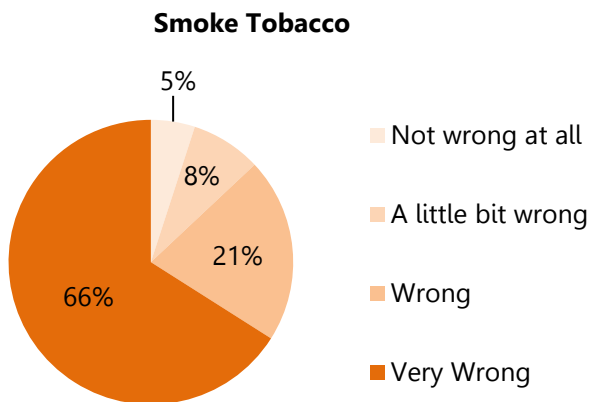


## Perceived Degree of Great Disapproval by Parents

<u>Parents</u> feel it would be very wrong for you to do the following:	Total	Females	Males	13 or younger	14-16 years old	17 or older
<b>Smoke tobacco</b>	91%	94%	89%	95%	89%	81%
<b>Have one or two drinks of an alcoholic beverage nearly every day</b>	89%	92%	87%	93%	87%	78%
<b>Smoke marijuana</b>	89%	91%	87%	95%	86%	75%
<b>Misuse prescription drugs</b>	91%	93%	90%	92%	91%	90%

## Degree of Disapproval by Peers

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



## Perceived Degree of Great Disapproval by Peers

<u>Friends</u> feel it would be very wrong for you to do the following:	Total	Females	Male	13 or younger	14-16 years old	17 or older
<b>Smoke tobacco</b>	66%	71%	61%	79%	57%	46%
<b>Have one or two drinks of an alcoholic beverage nearly every day</b>	65%	71%	61%	78%	58%	45%
<b>Smoke marijuana</b>	66%	70%	63%	84%	54%	34%
<b>Misuse prescription drugs</b>	73%	78%	70%	78%	70%	67%

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Extracurricular Activities

- Delaware County youth participated in the following extracurricular activities in a typical week:
  - Sports teams (66%)
  - Art/music/dance lessons (28%)
  - School based after school program (27%)
  - Job/employment/volunteer (26%)
  - Leadership/service clubs (Key Club, Student Council) (22%)
  - Youth organization (4-H, Cub/Girl Scouts) (14%)
  - Tutoring/homework assistance program (13%)
  - After school programs (SACC, Big Brothers, Big Sisters) (6%)
  - Some other activity (51%)

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Sleep

- Sixty-one percent (61%) of youth did not have eight or more hours of sleep on an average school night.

## 6<sup>th</sup> -12<sup>th</sup> Grade Youth Concussions

- In the past year, 15% of Delaware County youth reported they had a concussion from playing a sport or being physically active.

## 6<sup>th</sup>-12<sup>th</sup> Grade Youth Food Insecurity

- Nine percent (9%) of Delaware County youth reported it was sometimes or 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 year. Eighty-three percent (83%) reported it was never true.

## High School Youth Sexual Exploitation

- Two percent (2%) of youth reported they had engaged in sexual activity in exchange for something of value, such as food, drugs, shelter, or money.



# Youth Trend Summary: Social Conditions

	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> )		Total Sample (6 <sup>th</sup> –12 <sup>th</sup> )	High School (9 <sup>th</sup> –12 <sup>th</sup> )		
Youth Variables	Delaware County 2016/17 (6 <sup>th</sup> –8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> –8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> –12 <sup>th</sup> ) n=13,907	Delaware County 2016/17 (9 <sup>th</sup> –12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> –12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> –12 <sup>th</sup> )
Social Conditions						
Did not have eight or more hours of sleep (on an average school night)	39%	42%	61%	77%	78%	75%

## Concussions Among Youth: Signs and Symptoms

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause chemical changes in the brain and sometime stretching and damaging the brain cells. Children and teens who show any of these signs and symptoms may have a concussion or other serious brain injury:

- Signs observed by parents or coaches:
  - Appears dazed or stunned
  - Forgets an instruction, confused about an assignment or position, or is unsure of the game, score, or opponent
  - Moves clumsily
  - Answers questions slowly
  - Shows mood, behavior, or personality changes
  - Cannot recall events prior to or after a hit or fall
- Signs observed by children and teens:
  - Headache or “pressure” in the head
  - Nausea or vomiting
  - Balance problems, dizziness, or blurred vision
  - Bothered by light or noise
  - Feeling sluggish, hazy, or groggy
  - Confusion, concentration or memory problems

(Source: CDC, HEADS UP to Youth Sports, 2/13/19)

# Conclusions

The YRBS identifies health behaviors and tracks trends over time, on a local level, and statewide and nationally. Findings from this youth health assessment will be incorporated into Delaware County's most recent Community Health Assessment (CHA) published in 2018. Prior to the 2019-2020 youth survey taking place, the 2018 CHA report included findings from the 2016-2017 Delaware County Youth Risk Behavior Survey (DCYRBS) to help guide the creation of the 2019-2022 Community Health Improvement Plan (CHIP). Health priorities for the 2019-2022 CHIP include Addiction, Mental Health, Chronic Disease and Cross-Cutting Factors.

When evaluating the latest youth data found in the *Youth Trend Summary – All Topics (pages 14-16)*, the following data points support continued work in the same health priorities as listed above.

## CHRONIC DISEASE

- **Middle school students** who *ate breakfast every day during the past week* went down from 55% in 2016/2017 to 51% during the 2019/2020 school year.
- **High school students** who *ate breakfast every day during the past week* went down from 40% in 2016/2017 to 39% during the 2019/2020 school year.
- **Middle school students** who did not *have eight or more hours of sleep (on an average school night)* went up from 39% in 2016/2017 to 42% during the 2019/2020 school year.
- **High school students** who did not *have eight or more hours of sleep (on an average school night)* went up from 77% in 2016/2017 to 78% during the 2019/2020 school year.

## MENTAL HEALTH

- **Middle school students** who *considered attempting suicide (in the past year)* went up from 8% in 2016/2017 to 9% during the 2019/2020 school year.
- **Middle school students** who *did not have eight or more hours of sleep (on an average school night)* went up from 39% in 2016/2017 to 42% during the 2019/2020 school year.
- **High school students** who *did not have eight or more hours of sleep (on an average school night)* went up from 77% in 2016/2017 to 78% during the 2019/2020 school year.
- **Middle school students** who *felt sad or hopeless (almost every day for two or more weeks in a row)* went up from 16% in 2016/2017 to 19% during the 2019/2020 school year.
- **High school students** who *felt sad or hopeless (almost every day for two or more weeks in a row)* went up from 24% in 2016/2017 to 27% during the 2019/2020 school year.

## ADDICTION

- **Middle school students** who were categorized as *current drinkers (use of alcohol in the past 30 days) and obtained alcohol by someone giving it to them* went up from 20% in 2016/2017 to 23% during the 2019/2020 school year.
- **Middle school students** who currently used electronic vapor products (at least once in the past month) held steady at 2% between both YRBS cycles, despite the 2019/2020 cycle reaching more middle school students.
- **High school students** who *currently (within the past month) frequently used (on 20 or more days) electronic vapor products* went up from 2% in 2016/2017 to 3% during the 2019/2020 school year.

- **Middle school students** who *ever used marijuana (in their lifetime)* went up from 1% in 2016/2017 to 2% during the 2019/2020 school year.
- **Middle school students** who *used prescription drugs not prescribed to them (in the past month)* went up from 1% in 2016/2017 to 2% during the 2019/2020 school year.

The schools, families, and the community play a vital role in making sure Delaware County's youth stay healthy, make educated decisions about their health and develop skills to lead a healthy lifestyle in the future. Schools can do this by building environments that are safe, by providing evidence-based programs that focus on building skills for healthy decision-making and connecting students to needed services within the community. Families can provide support and stay engaged in their child's lives. We all have the responsibility to help Delaware County youth become safer, healthier adults and we must work together to help address these health priorities.

## Appendix I: Health Assessment Information Sources

Source	Data Used	Website
U.S. Department of Health and Human Services and U.S. Department of Agriculture, 2015-2020 Dietary Guidelines for Americans	<ul style="list-style-type: none"> <li>Fruit and vegetable recommendations</li> </ul>	<a href="https://health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf">https://health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf</a>
CDC, HEADS UP	<ul style="list-style-type: none"> <li>HEADS UP to Youth Sports</li> </ul>	<a href="http://www.cdc.gov/headsup/youthsports/athletes.html">www.cdc.gov/headsup/youthsports/athletes.html</a>
CDC, Healthy Schools	<ul style="list-style-type: none"> <li>Youth Physical Activity Guidelines</li> </ul>	<a href="http://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm">www.cdc.gov/healthyschools/physicalactivity/guidelines.htm</a>
CDC, Healthy Weight	<ul style="list-style-type: none"> <li>About Child &amp; Teen BMI</li> </ul>	<a href="http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html">www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html</a>
CDC, Smoking and Tobacco Use	<ul style="list-style-type: none"> <li>Youth and Tobacco Use</li> </ul>	<a href="http://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm">www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm</a>
CDC, Violence Prevention	<ul style="list-style-type: none"> <li>Preventing Teen Dating Violence</li> </ul>	<a href="http://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html">www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html</a>
CDC, Vital Signs	<ul style="list-style-type: none"> <li>Teen Drinking and Driving</li> </ul>	<a href="http://www.cdc.gov/vitalsigns/teendrinkinganddriving/index.html">www.cdc.gov/vitalsigns/teendrinkinganddriving/index.html</a>
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> <li>All Healthy People 2020 Target Data Points</li> </ul>	<a href="http://www.healthypeople.gov/2020/topicsobjectives2020">www.healthypeople.gov/2020/topicsobjectives2020</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	<ul style="list-style-type: none"> <li>Rise in Prescription Drug Misuse and Abuse Impacting Teens</li> </ul>	<a href="http://www.samhsa.gov/homelessness-programs-resources/hpr-resources/teen-prescription-drug-misuse-abuse">www.samhsa.gov/homelessness-programs-resources/hpr-resources/teen-prescription-drug-misuse-abuse</a>
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"> <li>2009 - 2017 youth Ohio and U.S. correlating statistics</li> </ul>	<a href="https://nccd.cdc.gov/Youthonline/App/Default.aspx">https://nccd.cdc.gov/Youthonline/App/Default.aspx</a>

## Appendix II: Acronyms and Terms

<b>ACE</b>	<b>A</b> dverse <b>C</b> hildhood <b>E</b> xperience.
<b>BMI</b>	<b>B</b> ody <b>M</b> ass <b>I</b> ndex is defined as the contrasting measurement/relationship of weight to height.
<b>Binge drinking</b>	Consumption of five alcoholic beverages or more on one occasion (for males) or four or more on occasion (for females).
<b>CDC</b>	<b>C</b> enters for <b>D</b> isease <b>C</b> ontrol and <b>P</b> revention.
<b>Current Electronic Vapor Product User</b>	Individual who used e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least 1 day during the past 30 days.
<b>Current Drinker</b>	Individual who has had at least 1 alcoholic beverage in the past 30 days
<b>Current Smoker</b>	Individual who has smoked at least 1 cigarette in the past 30 days
<b>DCYRBS</b>	<b>D</b> elaware <b>C</b> ounty <b>Y</b> outh <b>R</b> isk <b>B</b> ehavior <b>S</b> urvey.
<b>DGHD</b>	<b>D</b> elaware <b>G</b> eneral <b>H</b> ealth <b>D</b> istrict.
<b>HCNO</b>	<b>H</b> ospital <b>C</b> ouncil of <b>N</b> orthwest <b>O</b> hio.
<b>High School Youth</b>	9 <sup>th</sup> – 12 <sup>th</sup> graders.
<b>HP 2020</b>	<b>H</b> ealthy <b>P</b> eople <b>2020</b> , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
<b>Middle School Youth</b>	6 <sup>th</sup> – 8 <sup>th</sup> graders.
<b>N/A</b>	Data is not available.
<b>Ohio SHA/SHIP</b>	<b>O</b> hio <b>S</b> tate <b>H</b> ealth <b>A</b> ssessment/ <b>S</b> tate <b>H</b> ealth <b>I</b> mprovement <b>P</b> lan
<b>Race/Ethnicity</b>	<b>Census 2010:</b> 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.
<b>Weapon</b>	Defined in the YRBS as “a weapon such as a gun, knife, or club.”
<b>Youth</b>	Defined as 12 through 18 years of age.
<b>Youth BMI Classifications</b>	<b>Underweight</b> is defined as BMI-for-age $\leq$ 5 <sup>th</sup> percentile. <b>Overweight</b> is defined as BMI-for-age 85 <sup>th</sup> percentile to < 95 <sup>th</sup> percentile. <b>Obese</b> is defined as $\geq$ 95 <sup>th</sup> percentile.
<b>Youth</b>	6 <sup>th</sup> – 12 <sup>th</sup> graders.
<b>YRBS</b>	<b>Y</b> outh <b>R</b> isk <b>B</b> ehavior <b>S</b> urvey, a youth survey conducted by the CDC.

## Appendix III: School Participation

*The following schools participated in the 2019/2020 Delaware County Youth Risk Behavior Survey:*

### **Big Walnut Local Schools**

Big Walnut High School  
Big Walnut Middle School  
Big Walnut Intermediate

### **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 Berlin 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	2019/2020 Survey Sample	
	%	(n=)
<b>Age</b>		
10 years old or younger	0.4%	53
11 years old	12.3%	1,712
12 years old	15.8%	2,198
13 years old	17%	2,359
14 years old	16.1%	2,239
15 years old	14.3%	1,995
16 years old	12.2%	1,695
17 years old	9.1%	1,260
18 years old	1.4%	196
19 years old or older	0.1%	12
<b>Gender</b>		
Female	48.3%	6,638
Male	48.8%	6,701
<b>Sexual Orientation</b>		
Heterosexual	85.8%	11,217
Gay or lesbian	1.7%	216
Bisexual	4.8%	631
Unsure	0.2%	32
<b>Race/Ethnicity</b>		
White	83.1%	11,130
Black or African American	7.1%	951
American Indian and Alaska Native	4.0%	539
Asian	12.1%	1,627
Native Hawaiian or Other Pacific Islander	1.4%	193
<b>Grade Level</b>		
Middle School (6-8)	48.8%	6,799
High School (9-12)	50.4%	6,994
<b>Individual Grade Level</b>		
6 <sup>th</sup> grade	15.4%	2,146
7 <sup>th</sup> grade	16.0%	2,219
8 <sup>th</sup> grade	16.9%	2,350
9 <sup>th</sup> grade	16.1%	2,234
10 <sup>th</sup> grade	14.1%	1,936
11 <sup>th</sup> grade	11.5%	1,603
12 <sup>th</sup> grade	8.6%	1,191
<b>School grades</b>		
Mostly A's	65.0%	8,933
Mostly B's	24.5%	3,367
Mostly C's	4.0%	548
Mostly D's	0.7%	90

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

# Appendix V: Youth Full Trend Summary

	Middle School (6 <sup>th</sup> -8 <sup>th</sup> )				Total Sample (6 <sup>th</sup> -12 <sup>th</sup> )	High School (9 <sup>th</sup> -12 <sup>th</sup> )				
Youth Variables	Delaware County 2013/14 (6 <sup>th</sup> -8 <sup>th</sup> ) n=3,655	Delaware County 2014/15 (6 <sup>th</sup> -8 <sup>th</sup> ) n=773	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2013/14 (9 <sup>th</sup> -11 <sup>th</sup> ) ‡ n=3,379	Delaware County 2014/15 (9 <sup>th</sup> -12 <sup>th</sup> ) n=1,149	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Weight Status</b>										
<b>Obese</b> 	N/A	N/A	N/A	9%	<b>9%</b>	N/A	N/A	9%	9%	15%
<b>Overweight</b>	N/A	N/A	N/A	10%	<b>9%</b>	N/A	N/A	10%	9%	16%
<b>Described themselves as slightly or very overweight</b>	21%	24%	20%	23%	<b>25%</b>	26%	31%	26%	26%	32%
<b>Trying to lose weight</b>	37%	41%	32%	35%	<b>37%</b>	40%	42%	41%	39%	47%
<b>Went without eating for 24 hours or more</b>	N/A	14%	2%	3%	<b>4%</b>	12%	12%	4%	4%	13%*
<b>Took diet pills, powders, or liquids without a doctor's advice</b>	N/A	5%	<1%	<1%	<b>1%</b>	7%	7%	2%	1%	5%*
<b>Vomited or took laxatives</b>	N/A	4%	1%	1%	<b>1%</b>	8%	5%	2%	2%	4%*
<b>Ate breakfast every day during the past week</b>	56%	51%	55%	51%	<b>45%</b>	44%	36%	40%	39%	35%
<b>Drank pop or soda one or more times per day during the past 7 days</b>	N/A	N/A	16%	16%	<b>17%</b>	17%	17%	22%	19%	N/A
<b>Physical Activity</b>										
<b>Physically active at least 60 minutes per day on every day in past week</b>	46%	42%	31%	33%	<b>31%</b>	25%	34%	23%	29%	26%
<b>Physically active at least 60 minutes per day on five or more days in past week</b>	75%	65%	59%	61%	<b>59%</b>	51%	56%	48%	58%	46%
<b>Did not participate in at least 60 minutes of physical activity on any day in past week</b>	4%	6%	6%	7%	<b>7%</b>	10%	10%	10%	8%	15%
<b>Watched television three or more hours per day (on an average school day)</b>	N/A	N/A	11%	9%	<b>12%</b>	N/A	N/A	14%	14%	21%

N/A-Not available

\*Comparative YRBS data for U.S. is 2013

‡Only students in grades 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> participated in the survey

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

 Indicates alignment with the Ohio State Health Assessment





	Middle School (6 <sup>th</sup> -8 <sup>th</sup> )				Total Sample (6 <sup>th</sup> -12 <sup>th</sup> )	High School (9 <sup>th</sup> -12 <sup>th</sup> )				
Youth Variables	Delaware County 2013/14 (6 <sup>th</sup> -8 <sup>th</sup> ) n=3,655	Delaware County 2014/15 (6 <sup>th</sup> -8 <sup>th</sup> ) n=773	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2013/14 (9 <sup>th</sup> -11 <sup>th</sup> ) ‡ n=3,379	Delaware County 2014/15 (9 <sup>th</sup> -12 <sup>th</sup> ) n=1,149	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Violence-Related Behaviors</b>										
<b>Carried a weapon in the past month</b> (such as a gun, knife, or club during the month)	N/A	N/A	6%	4%	<b>4%</b>	15%	19%	7%	3%	16%
<b>Been in a physical fight</b> (in past year)	N/A	N/A	24%	20%	<b>15%</b>	21%	19%	15%	11%	24%
<b>Were threatened or injured with a weapon in the past year</b> (such as a gun, knife, or club)	N/A	N/A	7%	6%	<b>6%</b>	N/A	N/A	6%	6%	6%
<b>Did not go to school because they felt unsafe</b> (at school or on their way to or from school in the past month)	N/A	N/A	4%	4%	<b>4%</b>	6%	6%	3%	3%	7%
<b>Electronically bullied</b> (in past year)	N/A	N/A	12%	9%	<b>10%</b>	21%	18%	13%	10%	15%
<b>Bullied on school property</b> (in past year)	N/A	N/A	30%	22%	<b>21%</b>	24%	21%	22%	21%	19%
<b>Experienced physical dating violence</b> (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past year)	N/A	N/A	N/A	<1%	<b>5%</b>	10%	10%	6%	6%	8%
<b>Experienced sexual violence by anyone</b> (counting things such as kissing, touching, or being physically forced to have sexual activity) *	N/A	N/A	N/A	3%	<b>5%</b>	9%	8%	8%	7%	10%
<b>Mental Health</b>										
<b>Seriously considered attempting suicide</b> (in the past year)	N/A	N/A	8%	9%	<b>11%</b>	14%	18%	13%	13%	17%
<b>Attempted suicide</b> (in the past year)	N/A	N/A	4%	4%	<b>4%</b>	9%	12%	5%	4%	7%
<b>Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse</b> (in the past year)	N/A	N/A	N/A	1%	<b>1%</b>	N/A	N/A	1%	1%	2%
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past year)	N/A	N/A	16%	19%	<b>23%</b>	23%	29%	24%	27%	32%

N/A-Not available

\*Delaware County YRBS questionnaire worded slightly different than Ohio and U.S. YRBS

‡Only students in grades 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> participated in the survey


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

	Middle School (6 <sup>th</sup> -8 <sup>th</sup> )				Total Sample (6 <sup>th</sup> -12 <sup>th</sup> )	High School (9 <sup>th</sup> -12 <sup>th</sup> )				
Youth Variables	Delaware County 2013/14 (6 <sup>th</sup> -8 <sup>th</sup> ) n=3,655	Delaware County 2014/15 (6 <sup>th</sup> -8 <sup>th</sup> ) n=773	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2013/14 (9 <sup>th</sup> -11 <sup>th</sup> ) ‡ n=3,379	Delaware County 2014/15 (9 <sup>th</sup> -12 <sup>th</sup> ) n=1,149	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Alcohol Consumption</b>										
<b>Ever drank alcohol</b> (at least one drink of alcohol on at least one day during their life)	13%	16%	10%	9%	21%	47%	58%	39%	31%	60%
<b>Current drinker</b> (at least one drink of alcohol on at least one day during the past month)	3%	5%	3%	2%	8%	26%	28%	24%	14%	30%
<b>Binge drinker</b> (drank 5 or more drinks within a couple of hours on at least 1 day during the past month)	N/A	N/A	N/A	1%	5%	16%	15%	12%	8%	14%
<b>Drank for the first time before age 13</b> (of all youth)	10%	13%	8%	6%	7%	11%	12%	7%	6%	16%
<b>Obtained the alcohol they drank by someone giving it to them</b> (of current drinkers)	N/A	N/A	20%	23%	35%	39%	50%	44%	38%	44%
<b>Drove a car after drinking alcohol</b> (of youth drivers in the past month)	N/A	N/A	N/A	N/A	N/A	7%	5%	5%	1%	6%
<b>Nicotine Use</b>										
<b>Current smoker</b> (smoked on at least one day during the past month) 	1%	1%	1%	1%	1%	9%	11%	5%	2%	9%
<b>Currently used an electronic vapor product</b> (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least one day during the past month) 	N/A	N/A	2%	2%	7%	N/A	N/A	15%	11%	13%
<b>Currently frequently used electronic vapor products</b> (on 20 or more days during the past month)	N/A	N/A	1%	<1%	2%	N/A	N/A	2%	3%	3%
<b>Currently used electronic vapor products daily</b> (on all 30 days during the past month)	N/A	N/A	<1%	<1%	1%	N/A	N/A	2%	2%	2%
<b>Usually got their own electronic vapor products by buying them in a store</b> (in the past month)	N/A	N/A	6%	1%	11%	N/A	N/A	12%	12%	14%

N/A-Not available

\*Only students in grades 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> participated in the survey

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

 Indicates alignment with the Ohio State Health Assessment

	Middle School (6 <sup>th</sup> -8 <sup>th</sup> )				Total Sample (6 <sup>th</sup> -12 <sup>th</sup> )	High School (9 <sup>th</sup> -12 <sup>th</sup> )				
Youth Variables	Delaware County 2013/14 (6 <sup>th</sup> -8 <sup>th</sup> ) n=3,655	Delaware County 2014/15 (6 <sup>th</sup> -8 <sup>th</sup> ) n=773	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2013/14 (9 <sup>th</sup> -11 <sup>th</sup> ) ‡ n=3,379	Delaware County 2014/15 (9 <sup>th</sup> -12 <sup>th</sup> ) n=1,149	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Marijuana and Other Drug Use</b>										
<b>Ever used marijuana</b> (in their lifetime)	3%	4%	1%	2%	9%	21%	29%	17%	15%	36%
<b>Currently used marijuana</b> (in the past month)	2%	2%	1%	1%	4%	14%	18%	9%	7%	20%
<b>Tried marijuana before age 13 years (for the first time of all youth)</b>	2%	3%	1%	1%	1%	5%	6%	2%	2%	7%
<b>Ever used methamphetamines</b> (in their lifetime)	N/A	N/A	N/A	<1%	1%	6%	4%	1%	1%	3%
<b>Ever used cocaine</b> (in their lifetime)	1%	1%	<1%	<1%	1%	6%	6%	2%	1%	5%
<b>Ever used heroin</b> (in their lifetime)	N/A	N/A	<1%	0%	<1%	5%	3%	<1%	<1%	2%
<b>Ever took steroids without a doctor's prescription</b> (in their lifetime) *	1%	2%	1%	1%	1%	6%	4%	1%	1%	3%
<b>Ever used inhalants</b> (in their lifetime)	4%	6%	4%	1%	2%	8%	8%	4%	2%	6%
<b>Ever used ecstasy</b> (also called MDMA in their lifetime)	N/A	N/A	N/A	<1%	1%	8%	5%	2%	1%	4%
<b>Used prescription drugs not prescribed</b> (in the past month)	N/A	N/A	1%	2%	3%	N/A	N/A	4%	3%	N/A
<b>Ever injected any illegal drug</b> (in their lifetime)	N/A	N/A	N/A	<1%	1%	5%	3%	<1%	1%	2%

N/A-Not available

\*Only students in grades 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> participated in the survey

\*Delaware County YRBS questionnaire worded slightly different than Ohio and U.S. YRBS

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

	Middle School (6 <sup>th</sup> -8 <sup>th</sup> )				Total Sample (6 <sup>th</sup> -12 <sup>th</sup> )	High School (9 <sup>th</sup> -12 <sup>th</sup> )				
Youth Variables	Delaware County 2013/14 (6 <sup>th</sup> -8 <sup>th</sup> ) n=3,655	Delaware County 2014/15 (6 <sup>th</sup> -8 <sup>th</sup> ) n=773	Delaware County 2016/17 (6 <sup>th</sup> -8 <sup>th</sup> ) n=4,846	Delaware County 2019/20 (6 <sup>th</sup> -8 <sup>th</sup> ) n=6,799	Delaware County 2019/20 (6 <sup>th</sup> -12 <sup>th</sup> ) n=13,907	Delaware County 2013/14 (9 <sup>th</sup> -11 <sup>th</sup> ) <sup>‡</sup> n=3,379	Delaware County 2014/15 (9 <sup>th</sup> -12 <sup>th</sup> ) n=1,149	Delaware County 2016/17 (9 <sup>th</sup> -12 <sup>th</sup> ) n=5,886	Delaware County 2019/20 (9 <sup>th</sup> -12 <sup>th</sup> ) n=6,994	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Sexual Behavior</b>										
<b>Ever had sexual intercourse</b>	N/A	N/A	N/A	N/A	N/A	25%	31%	20%	18%	40%
<b>Used birth control pills</b> (during last sexual intercourse)	N/A	N/A	N/A	N/A	N/A	21%	21%	24%	43%	21%
<b>Used an IUD</b> (during last sexual intercourse)	N/A	N/A	N/A	N/A	N/A	2%	5%	4%	7%	4%
<b>Used a shot, patch or birth control ring</b> (during last sexual intercourse)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2%	4%	5%
<b>Did not use any method to prevent pregnancy</b> (during last sexual intercourse)	N/A	N/A	N/A	N/A	N/A	12%	9%	8%	11%	14%
<b>Had sexual intercourse with four or more persons</b> (of all youth during their life)	N/A	N/A	N/A	N/A	N/A	5%	5%	4%	2%	10%
<b>Had sexual intercourse before the age 13</b> (for the first time of all youth)	N/A	N/A	N/A	N/A	N/A	4%	4%	3%	1%	3%
<b>Drank alcohol or used drugs before last sexual intercourse</b> (among students who were currently sexually active)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15%	13%	19%
<b>Youth Safety</b>										
<b>Rarely or never wore a seat belt</b> (when riding in a car driven by someone else)	3%	3%	3%	3%	N/A	5%	4%	3%	N/A	6%
<b>Youth Social Conditions</b>										
<b>Did not have eight or more hours of sleep</b> (on an average school night)	N/A	N/A	39%	42%	61%	N/A	N/A	77%	78%	75%

N/A-Not available

<sup>‡</sup>Only students in grades 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> participated in the survey

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

## Appendix VI: Youth Survey Instrument

Appendix VI includes the high school survey instrument designed by the DCYRBS subcommittee of the Partnership for a Healthy Delaware County. Based on input from the DCYRBS Subcommittee and school district officials, an online survey tool was created containing 87 questions for high school students and 83 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. Additionally, demographic questions differed on each survey regarding age, grade, and other school information.

The questions highlighted in red depict questions that were not asked (i.e., sexual behavior) or were asked differently (i.e., school building) in the middle school version of the survey. To view the middle school version of the survey, please contact the Delaware General Health District at (740)-203-2077.

## Demographics

### 1. School District

- ☐ Big Walnut Local Schools
- ☐ Buckeye Valley Local Schools
- ☐ Delaware City Schools
- ☐ Olentangy Local Schools

### 2. School Building

- ☐ Big Walnut High School
- ☐ Buckeye Valley High School
- ☐ Delaware Hayes High School
- ☐ Olentangy Berlin High School
- ☐ Olentangy Liberty High School
- ☐ Olentangy High School
- ☐ Olentangy Orange High School

The next 7 questions ask **INFORMATION ABOUT YOU.**

3. How old are you?

- ☐ 12 years old or younger
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old
- ☐ 18 years old
- ☐ 19 years old or older

4. What is your gender?

- ☐ Female
- ☐ Male
- ☐ Transgender
- ☐ Prefer not to disclose
- ☐ Additional gender category/identity not listed (please specify below)

5. In what grade are you?

- ☐ 9th grade
- ☐ 10th grade
- ☐ 11th grade
- ☐ 12th grade
- ☐ Ungraded or other grade

6. Are you Hispanic or Latino?

- ☐ Yes
- ☐ No

7. How do you describe yourself? (SELECT ONE OR MORE RESPONSE)

- ☐ American Indian/Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ White

8. Which of the following best describes your sexual identity?

- ☐ Heterosexual (straight)
- ☐ Gay or lesbian
- ☐ Bisexual
- ☐ Prefer not to disclose
- ☐ Additional sexual identity category/identity not listed (please specify below)

9. During the past 12 months, how would you describe your grades in school?

- ☐ Mostly A's
- ☐ Mostly B's
- ☐ Mostly C's
- ☐ Mostly D's
- ☐ None of these grades
- ☐ Not sure



The next 2 questions ask about **SAFETY**.

10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone under the influence of drugs and/or alcohol?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or more times

11. During the past 30 days, did you drive a car or other vehicle while doing the following? (MARK ALL THAT APPLY)

- ☐ I do not drive
- ☐ Wear a seatbelt
- ☐ Drive while tired or fatigued
- ☐ Texting
- ☐ Talking on cell phone
- ☐ Using cell phone (music, navigation)
- ☐ Reading
- ☐ Applying makeup
- ☐ Eating
- ☐ Drinking alcohol
- ☐ Using illegal drugs
- ☐ Using marijuana
- ☐ Misusing prescription drugs
- ☐ I do not do any of the above while driving

The next 7 questions ask about **VIOLENCE-RELATED BEHAVIORS**.

12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife or club? (Do not count weapons used for farming, hunting, camping or other work purposes)

- ☐ 0 days
- ☐ 1 day
- ☐ 2 or 3 days
- ☐ 4 or 5 days
- ☐ 6 or more days

13. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

- ☐ 0 days
- ☐ 1 day
- ☐ 2 or 3 days
- ☐ 4 or 5 days
- ☐ 6 or more days

14. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or 7 times
- ☐ 8 or 9 times
- ☐ 10 or 11 times
- ☐ 12 or more times

15. During the past 12 months, how many times were you in a physical fight?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or 7 times
- ☐ 8 or 9 times
- ☐ 10 or 11 times
- ☐ 12 or more times

16. During the past 12 months, how many times did anyone you were DATING OR GOING OUT WITH physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

- ☐ I did not date or go out with anyone during the past 12 months
- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or more times

17. During the past 12 months, how many times did ANYONE force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual activity.)

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or more times

18. Have you ever received something of value such as food, drugs, shelter or money in exchange for sexual activity?

- ☐ Yes
- ☐ No
- ☐ Not sure

The next 2 questions ask about **BULLYING**.

**Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is NOT bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.**

19. What types of bullying have you experienced in the last year? (MARK ALL THAT APPLY)

- ☐ Physically bullied (hit, kicked, punched or people took your belongings)
- ☐ Verbally bullied (teased, taunted, or called you harmful names)
- ☐ Indirectly bullied (spread mean rumors about you or kept you out of a "group")
- ☐ Cyber/Electronically bullied (teased, taunted or threatened by email, cell phone, or other electronic methods)
- ☐ Sexually bullied (using nude or semi-nude pictures to pressure someone to engage in sexual activities that does not want to, blackmail, intimidate, or exploit another person)
- ☐ None of the above

20. During the past 12 months, have you ever been bullied on school property?

- ☐ Yes
- ☐ No

The next 7 questions ask about **MENTAL HEALTH**.

**Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.**

21. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

☐ Yes

☐ No

22. During the past 12 months, did you ever seriously consider attempting suicide?

☐ Yes

☐ No

23. During the past 12 months, how many times did you actually attempt suicide?

☐ 0 times

☐ 1 time

☐ 2 or 3 times

☐ 4 or 5 times

☐ 6 or more times

24. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

☐ I did not attempt suicide during the past 12 months

☐ Yes

☐ No

25. What causes you anxiety, stress, or depression? (MARK ALL THAT APPLY)

- ☐ Peer pressure
- ☐ Fighting in home
- ☐ Breakup
- ☐ Poverty/no money
- ☐ Dating relationship
- ☐ Fighting with friends
- ☐ Being bullied
- ☐ Sports
- ☐ Academic success
- ☐ Taking care of younger siblings
- ☐ Death of close family member or friend
- ☐ Parent is sick
- ☐ Alcohol or drug use in the home
- ☐ Parent divorce/separation
- ☐ Other stress at home
- ☐ Sexual orientation
- ☐ Self-image
- ☐ Social media (i.e. Facebook)
- ☐ Current news/world events/political environment
- ☐ Not having a place to live
- ☐ Not having enough to eat
- ☐ Other
- ☐ None of the above

26. When you are dealing with personal problems or feelings of depression or suicide (suicidal thoughts), with whom do you talk about your concerns? (MARK ALL THAT APPLY)

- ☐ I do not have personal problems or feelings of depression or suicide
- ☐ No one
- ☐ Best friend
- ☐ My girlfriend/boyfriend
- ☐ Pastor/Priest/Youth Minister
- ☐ Religious leader
- ☐ Brother/Sister
- ☐ Parents
- ☐ Coach
- ☐ Teacher
- ☐ Caring adult
- ☐ School Counselor
- ☐ Professional Counselor
- ☐ Adult friend
- ☐ Adult relative (such as a grandparent, aunt or uncle)
- ☐ Call/text crisis hotline
- ☐ Other

27. What would keep you from seeking help if you were dealing with anxiety, stress, depression or thoughts of suicide? (MARK ALL THAT APPLY)

- ☐ I would seek help
- ☐ I am currently in treatment
- ☐ Paying for it
- ☐ Transportation
- ☐ No time
- ☐ Worried what others might think
- ☐ Family would not support me in getting help
- ☐ I can handle it myself
- ☐ Do not know where to go
- ☐ Friends would not support me in getting help

The next 10 questions ask about **NICOTINE USE**.

28. During the past 30 days, which forms of nicotine listed below have you used? (MARK ALL THAT APPLY)

- ☐ Cigarettes
- ☐ Bidis
- ☐ Cigars
- ☐ Black & Milds
- ☐ Cigarillos
- ☐ Little cigars
- ☐ Swishers
- ☐ Chewing tobacco, snuff, dip (Redman, Skoal)
- ☐ Pouch (Snus)
- ☐ Hookah
- ☐ E-cigarette/vapes (JUUL, blu, NJOY, Starbuzz, Vaporizer, PV, e-hookah, hookah pens, vape pipes)
- ☐ Dissolvable tobacco products (Aria, Stonewall, Camel Orbs, Camel Sticks, Camel Strips)
- ☐ None of the above

29. During the past 30 days, did you smoke part or all of a cigarette?

- ☐ Yes
- ☐ No



30. How old were you when you first tried nicotine products other than electronic vapor products? [Nicotine products include cigarettes, bidis, cigars, Black & Milds, cigarillos, little cigars, Swishers, chewing tobacco, snuff, dip (Redman, Skoal), pouch (snus), hookah, or dissolvable tobacco products (Aria, Stonewall, Camel Orbs, Camel Sticks, Camel Strips)]

- ☐ I have never tried nicotine products
- ☐ 8 years old or younger
- ☐ 9 or 10 years old
- ☐ 11 or 12 years old
- ☐ 13 or 14 years old
- ☐ 15 or 16 years old
- ☐ 17 years old or older

31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

- ☐ I did not smoke cigarettes during the past 30 days
- ☐ Less than 1 cigarette per day
- ☐ 1 cigarette per day
- ☐ 2 to 5 cigarettes per day
- ☐ 6 to 10 cigarettes per day
- ☐ 11 to 20 cigarettes per day
- ☐ More than 20 cigarettes per day

32. During the past 30 days, how did you usually get your own nicotine?

- ☐ I did not use nicotine during the past 30 days
- ☐ I brought them in a store such as a convenience store, supermarket, discount store, gas station or vape store
- ☐ I bought them from a vending machine
- ☐ I gave someone else money to buy them for me
- ☐ I borrowed (or bummed) them from someone else
- ☐ A person 18 years old or older gave them to me
- ☐ I took them from a store or family member
- ☐ I bought them on the Internet
- ☐ I got them some other way

33. How old were you when you first tried e-cigarettes or electronic vaping products [Vaping products include Blu, Charm, NJOY, JUUL, Starbuzz, Vaporizer, PV, e-hookah, hookah pens, or vape pipes]

- ☐ I have never tried e-cigarettes or electronic vaping products
- ☐ 8 years old or younger
- ☐ 9 or 10 years old
- ☐ 11 or 12 years old
- ☐ 13 or 14 years old
- ☐ 15 or 16 years old
- ☐ 17 years old or older

34. During the past 30 days, on how many days did you use an electronic vapor product?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 to 29 days
- ☐ All 30 days

35. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

- ☐ I did not use any electronic vapor products during the past 30 days
- ☐ I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store
- ☐ I bought them on the Internet
- ☐ I gave someone else money to buy them for me
- ☐ I borrowed them from someone else
- ☐ A person 18 years old or older gave them to me
- ☐ I took them from a store or another person
- ☐ I got them some other way

36. If you have used e-cigarettes/vapes in the past 12 months, what did you put in it? (MARK ALL THAT APPLY)

- ☐ I did not use e-cigarettes/vapes in the past 12 months
- ☐ E-liquid or e-juice with nicotine
- ☐ E-liquid or e-juice without nicotine
- ☐ Homemade e-liquid or e-juice
- ☐ Marijuana or THC in your e-liquid

37. Are you exposed to second hand smoke in any of the following places? (MARK ALL THAT APPLY)

- ☐ I am not exposed to second hand smoke
- ☐ Home
- ☐ Friend's home
- ☐ Other relative's home
- ☐ Car
- ☐ Park/ball field
- ☐ Public events or activities

The next 4 questions ask about drinking **ALCOHOL**.

**Alcohol includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.**

38. How old were you when you had your first drink of alcohol other than a few sips?

- ☐ I have never had a drink of alcohol, other than a few sips
- ☐ 8 years old or younger
- ☐ 9 or 10 years old
- ☐ 11 or 12 years old
- ☐ 13 or 14 years old
- ☐ 15 or 16 years old
- ☐ 17 years old or older

39. During the past 30 days, did you drink one or more drinks of an alcoholic beverage?

- ☐ Yes
- ☐ No

40. During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male)?

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 to 19 days
- ☐ 20 days or more

41. During the past 30 days, how did you usually get the alcohol you drank? (MARK ALL THAT APPLY)

- ☐ I did not drink alcohol during the past 30 days
- ☐ I bought it in a store such as a liquor store, convenience store, supermarket, discount store or gas station
- ☐ I bought it at a restaurant, bar or club
- ☐ Someone gave it to me
- ☐ An older friend or sibling bought it for me
- ☐ Someone older bought it for me
- ☐ I bought it at a public event such as a concert or sporting event
- ☐ I gave someone else money to buy it for me
- ☐ My parent gave it to me
- ☐ My friend's parent gave it to me
- ☐ I took it from a store or family member
- ☐ I bought it with a fake ID
- ☐ I got it some other way

The next 3 questions ask about **MARIJUANA**.

**Marijuana is also called grass, pot, or weed.**

42. During your life, how many times have you used marijuana?

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 9 times
- ☐ 10 to 19 times
- ☐ 20 to 39 times
- ☐ 40 to 99 times
- ☐ 100 or more times

43. How old were you when you tried marijuana for the first time?

- ☐ I have never tried marijuana
- ☐ 8 years old or younger
- ☐ 9 or 10 years old
- ☐ 11 or 12 years old
- ☐ 13 or 14 years old
- ☐ 15 or 16 years old
- ☐ 17 years old or older

44. During the past 30 days, have you used marijuana or hashish?

- ☐ Yes
- ☐ No

The next 9 questions ask about **OTHER DRUGS**.

45. During your life, how many times have you used the following drugs?

	0 times	1 to 2 times	3 to 9 times	10 to 19 times	20 to 39 times	40 or more times
Cocaine (including powder, crack or freebase)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heroin (also called smack, junk, or China White)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Methamphetamines (also called speed, crystal, crank or ice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ecstasy (also called MDMA or Molly)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LSD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

46. During your life, how many times have you used a needle to inject any illegal drug into your body?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or more times

47. During your life, have you tried any of the following? (MARK ALL THAT APPLY)

- ☐ I have never tried any of these
- ☐ Over-the-counter medications (to get high)
- ☐ Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high
- ☐ A pharm party/skittles
- ☐ GhB
- ☐ Bath salts
- ☐ K2/spice
- ☐ Posh/salvia/synthetic marijuana (King Kong, Yucatan Fire, Skunk, or Moon Rocks)
- ☐ Cloud 9
- ☐ Liquid THC
- ☐ Misuse hand sanitizer
- ☐ Misuse cough syrup
- ☐ Opana

48. During your life, how many times have you taken steroid pills, shots, or performance enhancing drugs without a doctor's prescription?

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 9 times
- ☐ 10 to 19 times
- ☐ 20 to 39 times
- ☐ 40 or more times

49. During your life, how many times have you taken a prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.)

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 9 times
- ☐ 10 to 19 times
- ☐ 20 to 39 times
- ☐ 40 or more times



50. During your life, how many times have you taken any other prescription drug that was not a prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as Xanax, Vivance, Adderall and Ritalin.)

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 9 times
- ☐ 10 to 19 times
- ☐ 20 to 39 times
- ☐ 40 or more times

51. During the past 30 days, have you used prescription drugs *not prescribed to you*?

- ☐ Yes
- ☐ No

52. How did you usually get the medications that were not prescribed for you? (MARK ALL THAT APPLY)

- ☐ I did not misuse medications
- ☐ A friend gave them to me
- ☐ A parent gave them to me
- ☐ Another family member gave them to me
- ☐ I took them from a friend or family member
- ☐ I bought them from a friend
- ☐ I bought them from someone else
- ☐ The Internet

53. In the past 30 days, were you on school property (this includes buses, parking lots and school sponsored events) under the influence of any of the following? (MARK ALL THAT APPLY)

- ☐ I have never been under the influence of any of these
- ☐ I have not been under the influence of any of these on school property
- ☐ Alcohol
- ☐ Cigarettes
- ☐ E-cigarettes (including vaping/vape pens and JUUL)
- ☐ Heroin
- ☐ Marijuana
- ☐ Other tobacco products (snus, dip, snuff, etc.)
- ☐ Other illegal drugs (ex., cocaine, LSD, etc.)
- ☐ Prescription drugs, not prescribed to you or you took more than what was prescribed to feel good or get high
- ☐ Synthetic marijuana (ex., King Kong, Yucatan Fire, Skunk, Moon Rocks, K2, spice, etc.)
- ☐ Inhalants
- ☐ Bath salts

The next 5 questions ask about **SEXUAL BEHAVIOR**.

54. Have you ever participated in the following? (MARK ALL THAT APPLY)

- ☐ Sexual activity
- ☐ Sexting (pictures and/or words)
- ☐ Viewing pornography/naked pictures
- ☐ None of the above

55. How old were you when you had sexual intercourse for the first time?

- ☐ I have never had sexual intercourse
- ☐ 11 years old or younger
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old
- ☐ 16 years old
- ☐ 17 years old or older

56. During your life, with how many people have you had sexual intercourse?

- ☐ I have never had sexual intercourse
- ☐ 1 person
- ☐ 2 people
- ☐ 3 people
- ☐ 4 people
- ☐ 5 people
- ☐ 6 or more people

57. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

- ☐ I have never had sexual intercourse
- ☐ Yes
- ☐ No

58. If you have engaged in sexual activity, did you or your partner use any of the following? (MARK ALL THAT APPLY)

- ☐ I have never engaged in any type of sexual activity
- ☐ No method was used to prevent pregnancy or prevent sexually transmitted infections
- ☐ Birth control pills
- ☐ Barrier devices (such as condoms, dental dams, etc.)
- ☐ A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
- ☐ An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
- ☐ Withdrawal or pullout
- ☐ Not sure

The next 4 questions ask about your **Perceived Risk of Use**.

59. How much do you think people risk harming themselves physically or in other ways if they smoke one or more packs of cigarettes per day?

- ☐ No risk
- ☐ Slight risk
- ☐ Moderate risk
- ☐ Great risk

60. How much do you think people risk harming themselves physically or in other ways when they have five or more drinks of an alcoholic beverage once or twice a week?

- ☐ No risk
- ☐ Slight risk
- ☐ Moderate risk
- ☐ Great risk

61. How much do you think people risk harming themselves physically or in other ways if they smoke marijuana once or twice a week?

- ☐ No risk
- ☐ Slight risk
- ☐ Moderate risk
- ☐ Great risk

62. How much do you think people risk harming themselves physically or in other ways if they use prescription drugs that are not prescribed to them?

- ☐ No risk
- ☐ Slight risk
- ☐ Moderate risk
- ☐ Great risk

The next 8 questions ask about your **Perception of Disapproval of Use.**

63. How wrong do your friends feel it would be for you to smoke tobacco?

- ☐ Not at all wrong
- ☐ A little bit wrong
- ☐ Wrong
- ☐ Very wrong

64. How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?

- ☐ Not at all wrong
- ☐ A little bit wrong
- ☐ Wrong
- ☐ Very wrong

65. How wrong do your friends feel it would be for you to smoke marijuana?

- ☐ Not at all wrong
- ☐ A little bit wrong
- ☐ Wrong
- ☐ Very wrong

66. How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?

- ☐ Not at all wrong
- ☐ A little bit wrong
- ☐ Wrong
- ☐ Very wrong

67. How wrong do your parents feel it would be for you to smoke tobacco?

- ☐ Not at all wrong
- ☐ A little bit wrong
- ☐ Wrong
- ☐ Very wrong

68. How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?

- ☐ Not at all wrong
- ☐ A little bit wrong
- ☐ Wrong
- ☐ Very wrong

69. How wrong do your parents feel it would be for you to smoke marijuana?

- ☐ Not at all wrong
- ☐ A little bit wrong
- ☐ Wrong
- ☐ Very wrong

70. How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?

- ☐ Not at all wrong
- ☐ A little bit wrong
- ☐ Wrong
- ☐ Very wrong

The next 5 questions ask about **BODY WEIGHT**.

71. How tall are you without your shoes on?

Feet

Inches

72. How much do you weigh without your shoes on?

Pounds

73. How do you describe your weight?

- ☐ Very underweight
- ☐ Slightly underweight
- ☐ About the right weight
- ☐ Slightly overweight
- ☐ Very overweight

74. Which of the following are you trying to do about your weight?

- ☐ Lose weight
- ☐ Gain weight
- ☐ Stay the same weight
- ☐ I am not trying to do anything about my weight



75. During the past 30 days, did you do any of the following to lose weight or keep from gaining weight?  
(MARK ALL THAT APPLY)

- ☐ I did not do anything to lose weight or keep from gaining weight
- ☐ Eat less food, fewer calories, or foods low in fat
- ☐ Eat more fruits and vegetables
- ☐ Drink more water
- ☐ Exercise
- ☐ Skip meals
- ☐ Go without eating for 24 hours
- ☐ Take any diet pills, powders, or liquid without a doctor's advice
- ☐ Vomit or take laxatives
- ☐ Smoke cigarettes/e-cigarettes

The next 7 questions ask about **NUTRITION & PHYSICAL ACTIVITY**.

76. On average, how many servings do you eat per day of the following food groups?

	0 servings per day	1 serving per day	2 servings per day	3 servings per day	4 servings per day	5+ servings per day
<b>Whole fruit</b> (including fresh, canned, frozen, or dried but <u>NOT</u> fruit juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Whole vegetable</b> (including 100% vegetable juice, fresh, canned or frozen but <u>NOT</u> including french fries)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

77. In a typical week, how many meals did you eat out in a restaurant or bring take-out food home to eat?

- ☐ 0 - I do not eat out or bring take-out home to eat
- ☐ 1 to 2 meals per week
- ☐ 3 to 4 meals per week
- ☐ 5 or more meals per week

78. During the past 7 days, how many times did you drink soda pop (not diet), lemonade, Kool-Aid, fruit flavored drinks, smoothies, sweet-flavored coffee/tea drinks, sports drinks (Gatorade, Powerade) or energy drinks (Redbull, Monster or Rockstar)?

- ☐ I did not drink any in the past 7 days
- ☐ 1 to 3 times during the past 7 days
- ☐ 4 to 6 times during the past 7 days
- ☐ 1 time per day
- ☐ 2 times per day
- ☐ 3 times per day
- ☐ 4 or more times per day

79. During the past 7 days, on how many days did you eat breakfast?

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

80. During the past 7 days, how many meals did you eat with your family?

- ☐ 0 meals
- ☐ 1 to 3 meals
- ☐ 4 to 6 meals
- ☐ 7 to 9 meals
- ☐ 10 to 12 meals
- ☐ 13 to 15 meals
- ☐ 16 or more meals

81. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

82. On an average school day, how many hours do you spend doing the following activities outside of school related activities?

	0 hours	Less than 1 hour	1 hour	2 hours	3 hours	4 hours	5 hours	6+ hours
<b>TV</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Video games</b> (non-active)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Computer/Tablet</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Cell phone</b> (text, talk, Internet, games, apps,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Social Media</b> (Facebook, Instagram, Snapchat etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Miscellaneous

83. Have you ever experienced any of the following? (MARK ALL THAT APPLY)

- ☐ Lived with someone who was depressed, mentally ill or suicidal
- ☐ Lived with someone who was a problem drinker or an alcoholic
- ☐ Lived with someone who used illegal street drugs, or who abused prescription medication
- ☐ Lived with someone who served time or was sentenced to serve time in a prison, jail, or other correctional facility
- ☐ Your parents became separated or were divorced
- ☐ Your parents were not married
- ☐ Your parents or adults in your home slapped, hit, kicked, punched or beat each other up
- ☐ A parent or adult in your home hit, beat, kicked, or physically hurt you in any way (not including spanking)
- ☐ A parent or adult in your home swore at you, insulted you, or put you down
- ☐ Someone at least 5 years older than you or an adult touched you sexually
- ☐ Someone at least 5 years older than you or an adult tried to make you touch them sexually
- ☐ Someone at least 5 years older than you or an adult, forced you to have sex
- ☐ None of the above has happened to me

84. A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision or being knocked out. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 times
- ☐ 3 times
- ☐ 4 or more times

85. On an average school night, how many hours of sleep do you get?

- ☐ 4 or less hours
- ☐ 5 hours
- ☐ 6 hours
- ☐ 7 hours
- ☐ 8 hours
- ☐ 9 hours
- ☐ 10 or more hours

86. When you think of the last 12 months, how often is the following statement true?

*Someone in my family has worried that we would run out of food before we got the chance to buy more.*

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ Unsure/refuse

87. In a typical week, how many days per week do you participate in after-school activities?

	0 days	1 day	2 days	3 days	4 days	5 days	On the weekends
<b>Sports teams</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Leadership/service clubs</b> (Student Government, Key Club, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Youth organizations</b> (4-H, cub/girl scouts, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>School based after-school programs</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>After-school programs</b> (SACC, Big Brothers/Big Sisters, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Tutoring/homework assistance programs</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Art, music, dance lessons, etc.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Job/Employment/Volunteer</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Other activities</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank You!

**Thank you for giving us your opinions!**

*Certain questions provided by: Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance System, Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2017. Other questions provided by © Hospital Council of NW Ohio, 2019.*

# THE PARTNERSHIP FOR A HEALTHY DELAWARE COUNTY

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 vision is to create a community where we work together to provide opportunities for complete health and well-being."**

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 is responsible for the creation and implementation of the Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP).

### The Partnership for a Healthy Delaware County Values:

<b>Excellence</b>	We believe in setting a high standard for all services provided to everyone within our community.
<b>Respect</b>	We value and acknowledge everyone in our community.
<b>Family</b>	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.
<b>Stewardship</b>	We carefully and responsibly make decisions about the health and well-being of our community.
<b>Diversity</b>	We recognize, embrace and appreciate our differences.
<b>Accountability</b>	We take responsibility for participating in The Partnership, for prioritizing health problems in our community, for clearly communicating our findings, and for stimulating action to create a healthier Delaware County.
<b>Holistic</b>	We recognize that health and well-being reflect the wholeness of a person or a community.
<b>Social Justice</b>	We attain social justice when we achieve health equity, eliminate health disparities, and create social and physical environments that promote good health for all.
<b>Collaboration</b>	We work jointly with other partners to attain our vision.
<b>Accessibility</b>	We recognize our obligation to make The Partnership 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.
<b>Integrity</b>	We maintain high ethical principles when assessing and planning for the health and well-being of our community.
<b>Empowerment</b>	We work to mobilize individuals and our community to act to improve its health and well-being.



# COMMUNITY HEALTH IMPROVEMENT PLAN

The CHIP is a four-year action plan to address the top priority health issues facing Delaware County. The priority health issues were determined from data obtained in the Community Health Assessment and from input and additional assessments by members of The Partnership.

The current CHIP spans the years 2019-2022. The top health priorities fall into two main categories; Mental Health & Addiction, and Chronic Disease, with a third category containing Cross-cutting Factors.



To develop the CHIP, The Partnership uses the Mobilizing for Action through Planning and Partnerships (MAPP) process.

MAPP consists of 6 phases:

1. Organize for success
2. Create a Vision
3. Complete Assessments
4. Identify Strategic Issues
5. Formulate Goals & Strategies
6. Implement Action Cycle

## 2019-2022 CHIP Priority Areas & Related Outcomes

### Mental Health & Addiction

- Reduce adult & youth depression
- Reduce suicide deaths
- Reduce youth cyber bullying
- Reduce youth bullying on school property
- Reduce adult & youth binge drinking
- Reduce unintentional drug overdose deaths
- Reduce adult & youth non-prescribed prescription drug misuse
- Reduce adult & youth current smokers

### Chronic Disease

- Reduce adult, youth, and child obesity
- Reduce adult diabetes
- Reduce adult pre-diabetes
- Reduce adult coronary heart disease
- Reduce adult chronic pain

### Cross-Cutting Factors

- Increase the amount of affordable housing required with new development & throughout the county
- Provide cultural competence training for healthcare professionals & other service providers
- Increase transportation opportunities & awareness
- Support trauma-informed health care
- Adopt healthy food initiatives
- Promote healthy eating practices through education & skill building

