

Student Identified Health Behaviors

Portland Public Schools
Grade 9-12



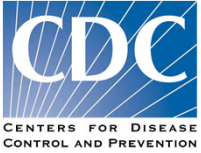
Fall 2019

From the Youth Risk Behavior Survey (YRBS)



SAYWELLNESS

About This Report



The Youth Risk Behavior Survey (YRBS) was developed in 1990 to monitor health behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include behaviors that contribute to unintentional injuries and violence; sexual behaviors related to unintended pregnancy and sexually transmitted infections, including HIV infection; alcohol and other drug use; tobacco use; unhealthy dietary behaviors; and inadequate physical activity.

The 2019 High School YRBS was administered to a random sample of 1,823 students in grades nine through twelve in nine Portland Public Schools. The YRBS results presented in this report have been statistically weighted and are representative of **all** students in Grades 9-12 attending Portland Public High Schools.

Portland Public Schools administers the YRBS to determine the prevalence of health behaviors; assess whether health behaviors increase, decrease, or stay the same over time; examine the co-occurrence of health behaviors; provide comparable national, state, territorial, tribal, and local data; provide comparable data among subpopulations of youth; and monitor progress toward achieving the Healthy People objectives and other program indicators.

Potential action items that are driven by these findings include revising scope and sequence, bringing consistency to Health education in Grades 6-12, highlighting disparities, encouraging funding, supporting policy and practice revisions, targeting prevention and intervention efforts more specifically, and remaining relevant to students' lives.

Acknowledgments: This document was supported by a 5-year grant funded by the Centers for Disease Control and prevention (Grant/Cooperative Agreement number NU87PS004369-01): Schools Advancing Youth (SAY) Wellness. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services. This document was prepared in collaboration with RMC Research Corporation, a research and data visualization firm.



**Multnomah
County**



SAYWELLNESS

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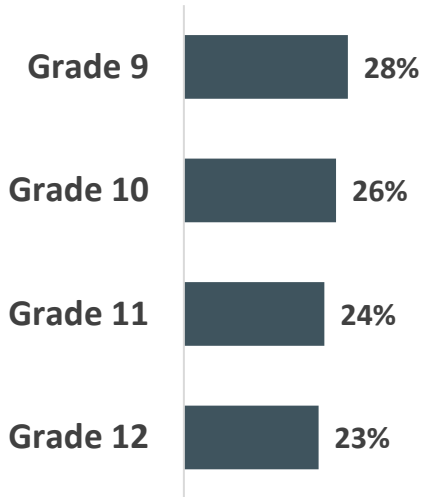
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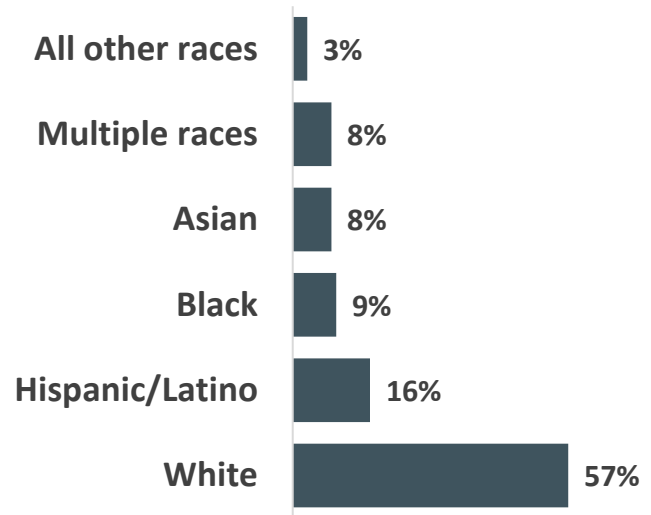
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YRBS Sample Demographics

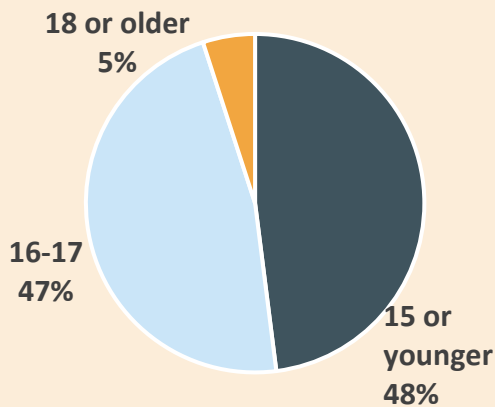
Grade Level



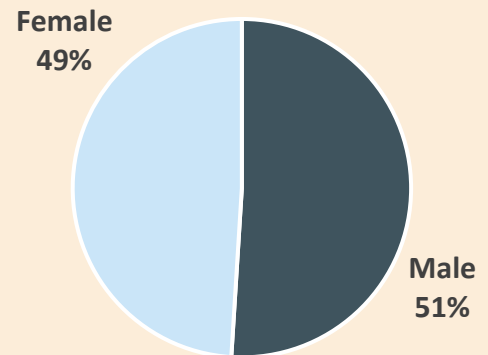
Race/Ethnicity



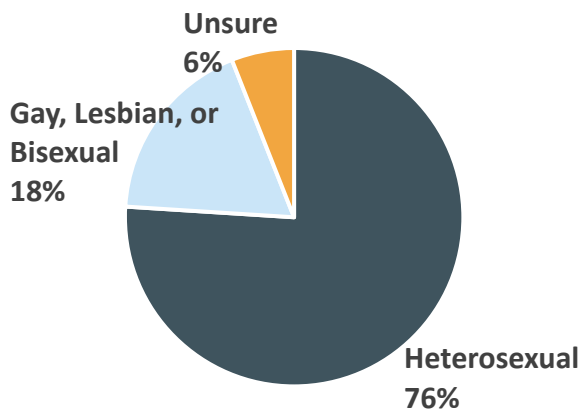
Age



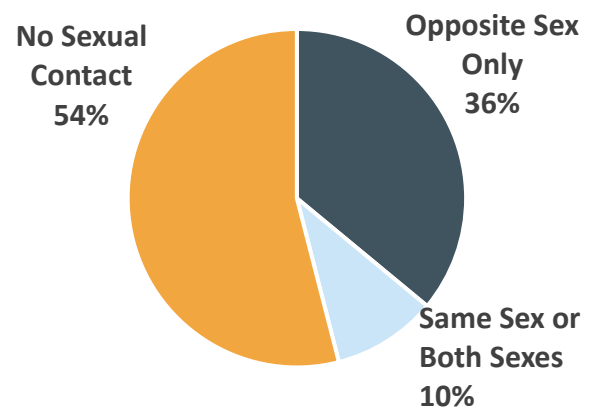
Sex



Sexual Orientation



Sex of Sexual Contacts



n = 1,823. The YRBS results presented in this report have been statistically weighted and are representative of all students in Grades 9-12 attending public high schools in Portland, Oregon.



Alcohol, Tobacco, and Other Drugs

Tobacco Use

A larger percentage of students are experimenting with vaping products (14%), while cigarette smoking is less prevalent (7%).

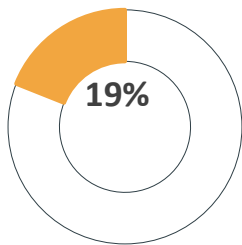


District Priorities

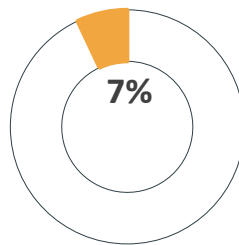
- ↑ Vaping Prevention Education
- ↓ Use of Electronic Vapor Products

Percent of high school students who...

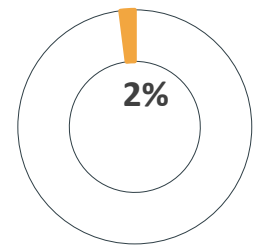
Ever tried cigarette smoking



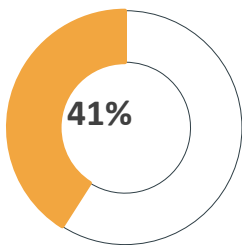
Currently¹ smoke cigarettes



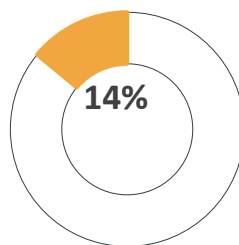
Currently¹ uses smokeless tobacco



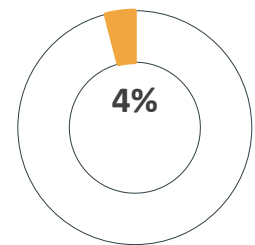
Ever used electronic vaping products



Currently¹ uses vaping products



Frequently² uses vaping products



57% of students reported trying to quit using all tobacco products during the 12 months before the survey

¹ Currently means on at least 1 day during the 30 days before the survey.

² Frequently means on 20 or more days during the 30 days before the survey.

Recommendations

- Incorporate vaping prevention education into health curriculum, including specific facts about the content of vape aerosol (students don't associate the same harm with vaping as they do cigarettes) and that secondhand smoke does occur when someone vapes.
- Link to skills-based health education and show short-term health impacts for students to understand the risks they face now.



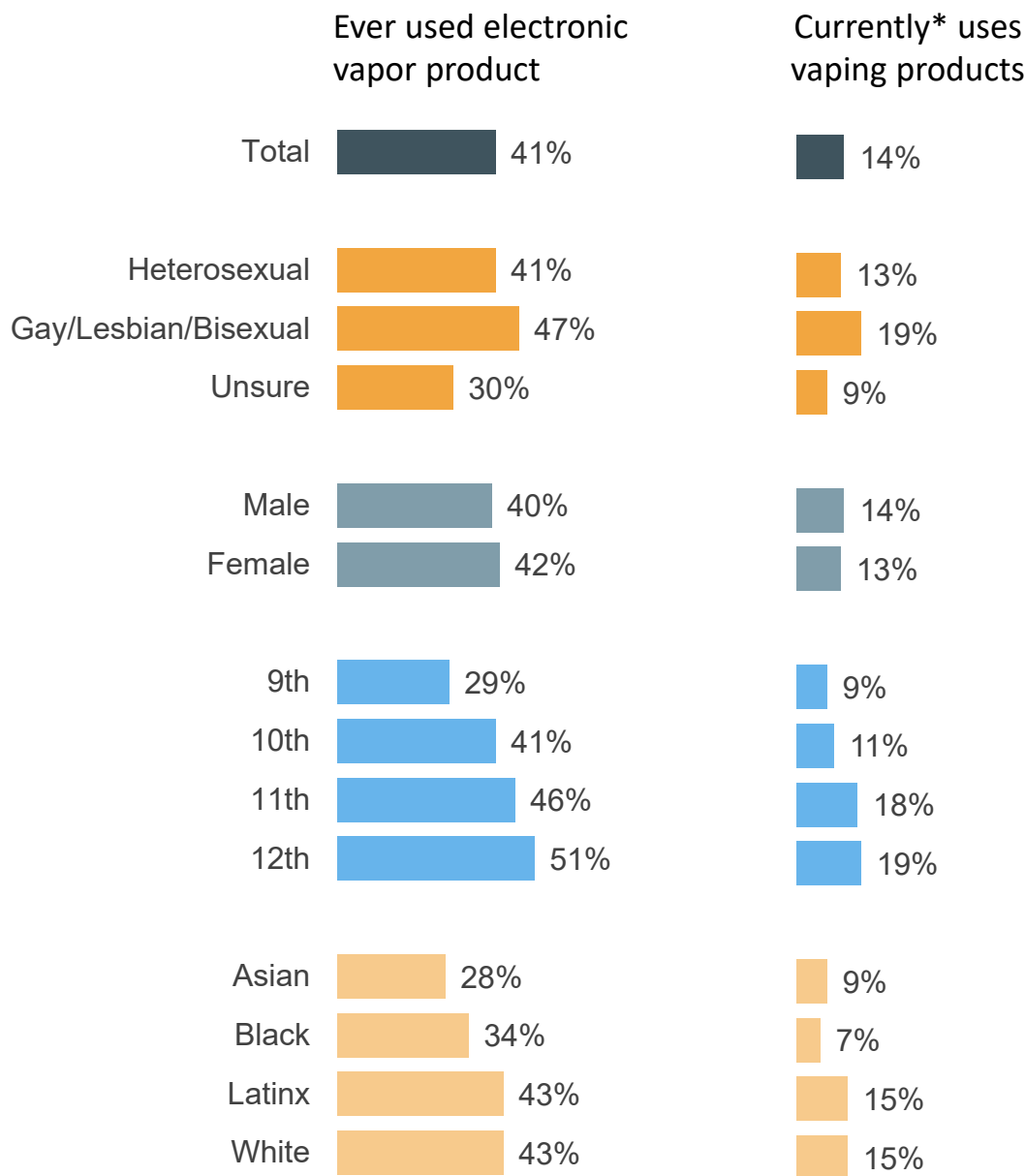
Alcohol, Tobacco, and Other Drugs

Vaping: A Closer Look



A closer look at the data reveals likelihood of ever using a vaping product rises with age (29% of freshmen vs. 51% of seniors). LGB students, Latinx students, and White students are more likely to report current use of vaping products.

Percent of high school students who...



* Currently means on at least 1 day during the 30 days before the survey.



Alcohol, Tobacco, and Other Drugs

Marijuana & Alcohol Use

Approximately one-third of students report current use of alcohol and marijuana, making these substances the most prevalent in terms of student usage.

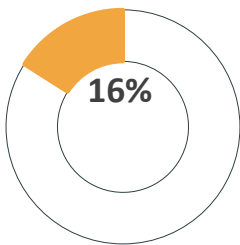


District Priorities

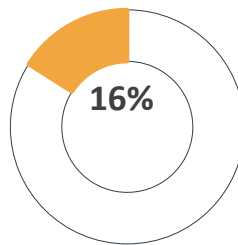
- Current Alcohol Use
- Binge Drinking
- Current Marijuana Use

Percent of high school students who...

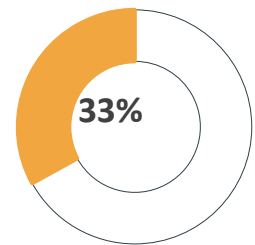
Had first drink of alcohol before age 13



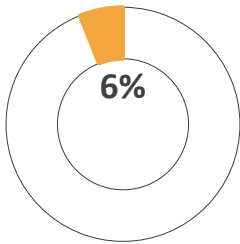
Currently binge¹ drinks



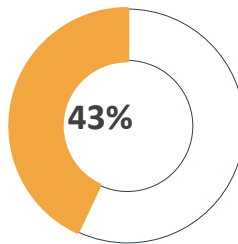
Currently² drinks alcohol



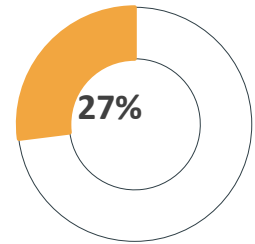
Tried marijuana before age 13



Ever used marijuana



Currently² uses marijuana



¹ Binge drinking means had four+ more drinks of alcohol in a row for female students or 5+ drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey.

² Currently means on at least 1 day during the 30 days before the survey.

Recommendations

- Continue to implement K-12 evidence-based alcohol, tobacco, and other drug curriculum.
- Increase focus on coping skills and refusal skills.
- Work with students to identify health impacts that are occurring now as a result of marijuana use and bingeing alcohol.
- Hold feedback sessions with students after completion of health class to determine if curricula have influenced their decision-making and behaviors and work to incorporate student feedback when adapting curricula.



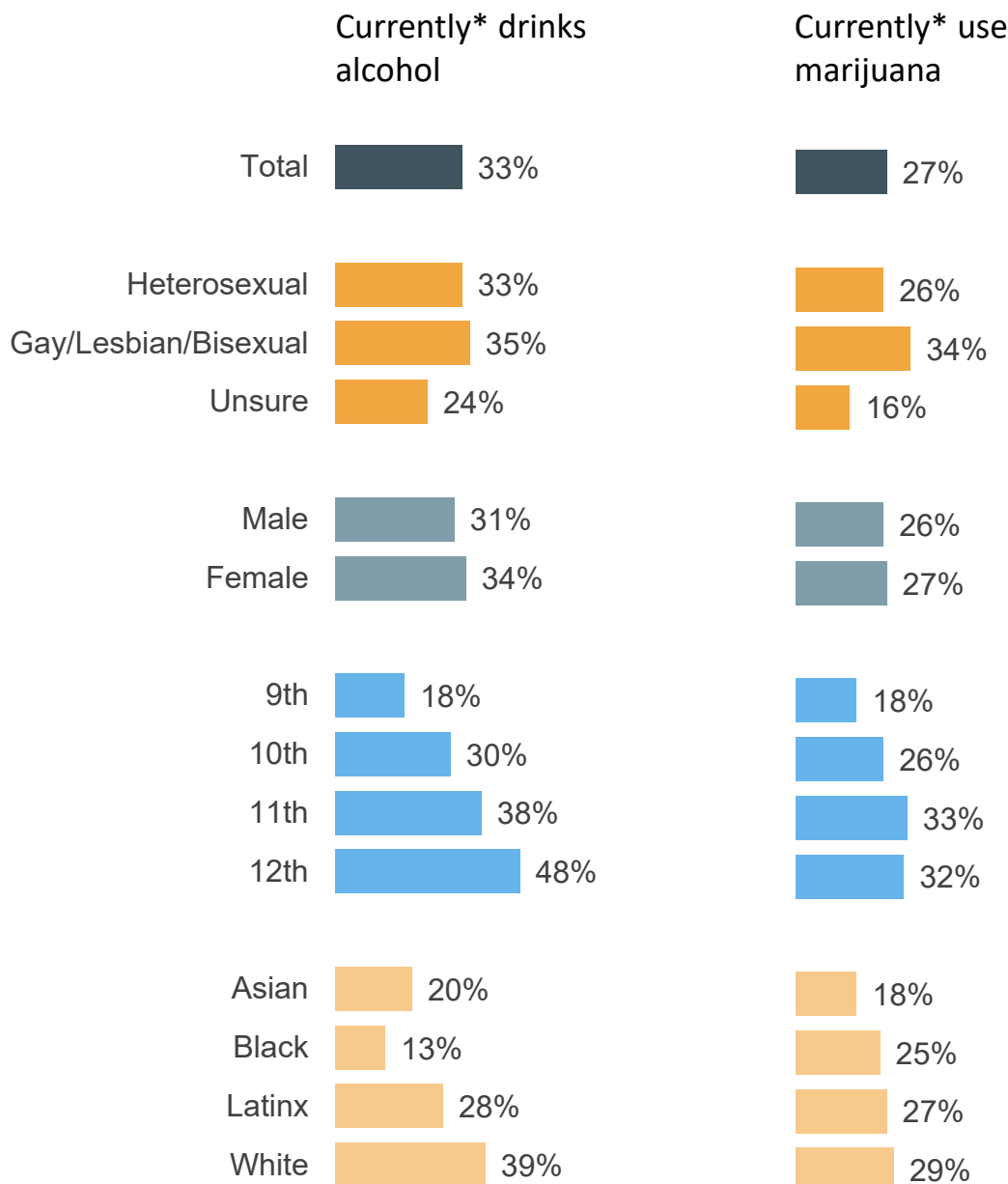
Alcohol, Tobacco, and Other Drugs

Marijuana & Alcohol: A Closer Look



A closer look at the data reveals likelihood of current alcohol and marijuana usage rises with age (18% of freshmen vs. 48% of seniors).

Percent of high school students who...



* Currently means on at least 1 day during the 30 days before the survey.



Alcohol, Tobacco, and Other Drugs

Prescription & Illegal Drug Use

One-third of students reported being offered, sold, or given an illegal drug at school.



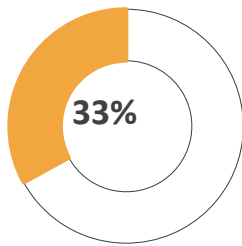
District Priorities



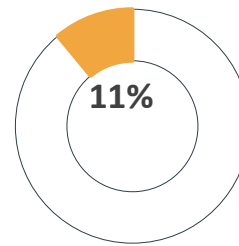
Drugs at School

Percent of high school students who reported...

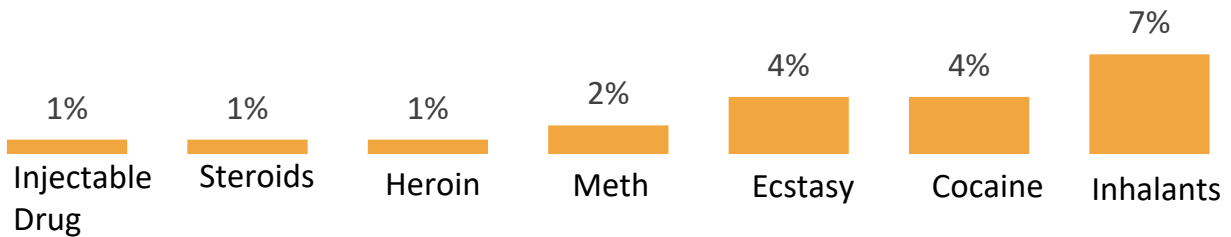
Being offered, sold, or given an illegal drug at school



Taking prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it during their lifetime



Percent of high school students who ever used...



Recommendations

- Continue to foster a culture of community at school. Part of this culture is creating a drug-free space. Teachers and other support staff model this and demonstrate that they are present and monitoring situations to encourage physical safety.
- Provide support to teachers about navigating drug use by students and how to be a trusted adult. Include conversation starters like “I notice you haven’t been yourself lately...”.
- Create a referral system in schools for students who might be struggling with drug use.



Body Image, Nutrition, and Dieting

While more than half of students report eating fruits and vegetables daily, only one-third of students report eating breakfast every day.



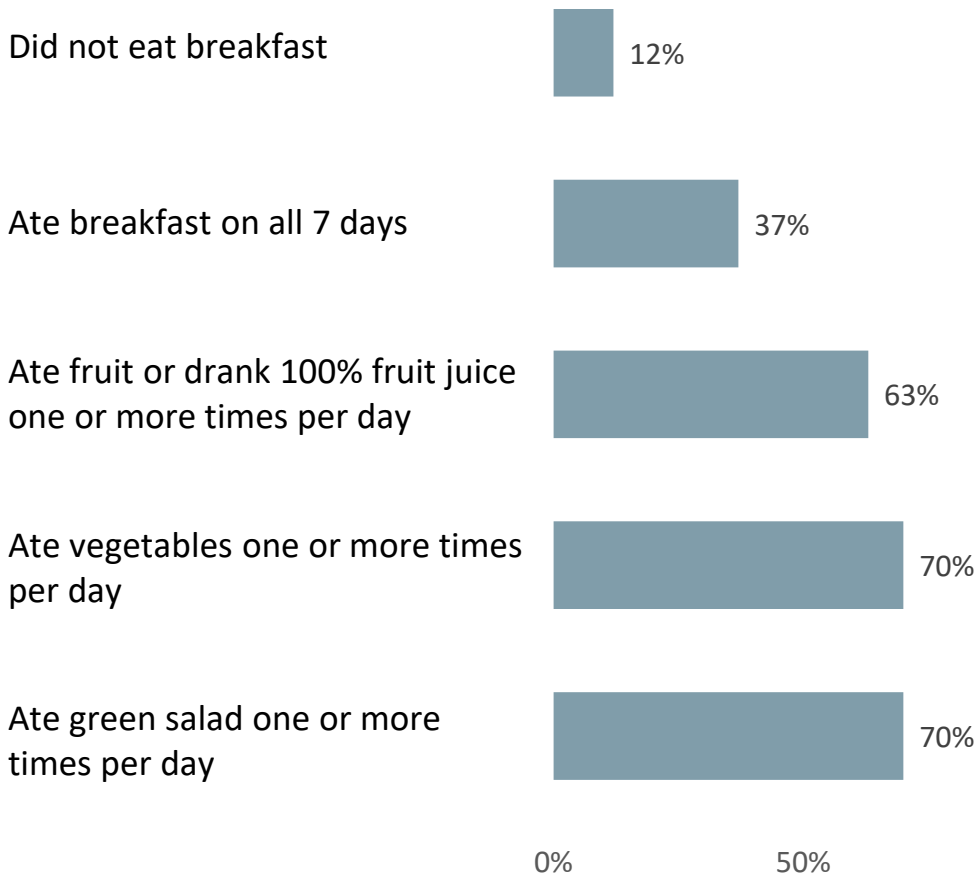
District Priorities



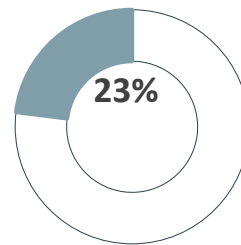
Healthy Body Image

Consistency of Eating Breakfast

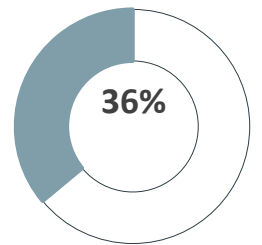
Percent of high school students who*...



Percent of students who described themselves as...



slightly or very overweight



trying to lose weight

* During the seven days before the survey.

Recommendations

- **Revise current instructional materials to enhance positive body image among all students.**
- **Increase use of culturally relevant nutrition lessons focused on the lived experiences of PPS students.**
- **Demonstrate the effects of dieting culture and their link to adverse mental health outcomes.**



Body Image, Nutrition, and Dieting

Body Image: A Closer Look

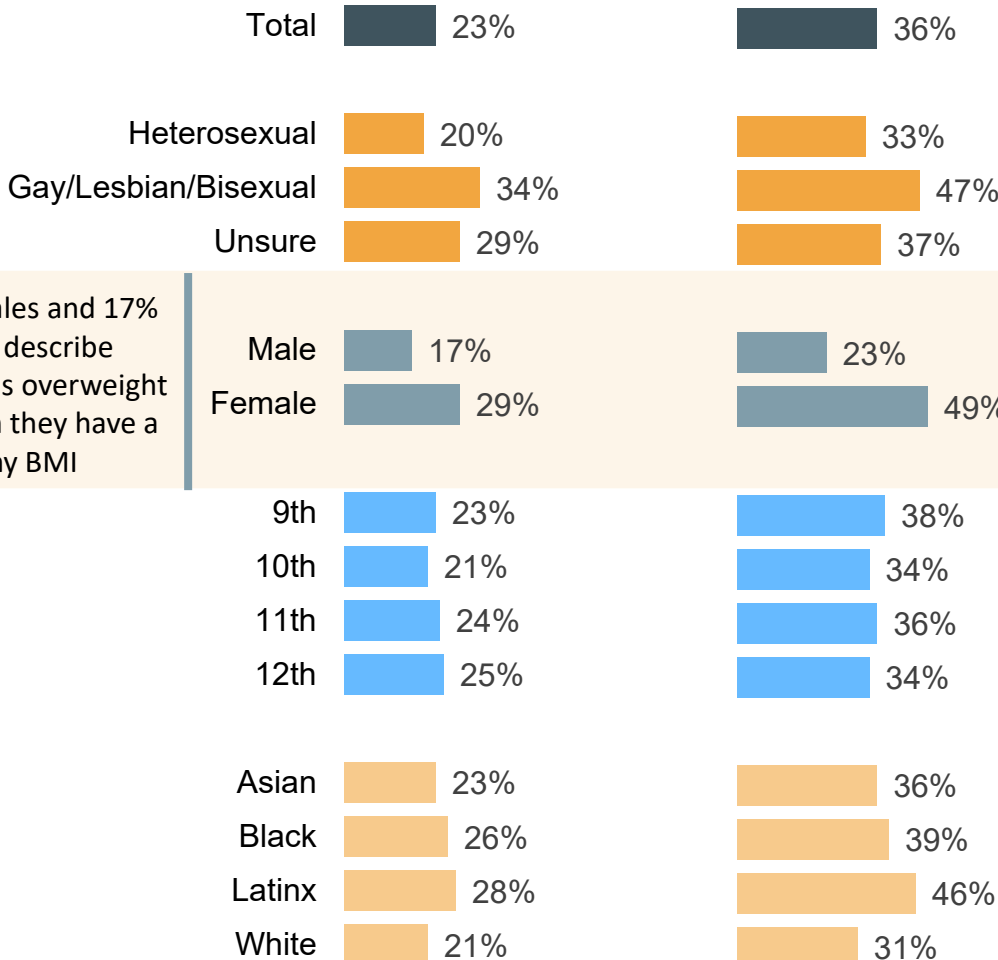


A closer look at the data reveals females and LGB students are more likely to view themselves as overweight and to try to lose weight. Additionally, females are more likely than males to view themselves as overweight or trying to lose weight despite having a healthy BMI.

Percent of high school students who*...

Described themselves as slightly or very overweight

Were trying to lose weight



39% of females and 17% of males describe themselves as overweight even though they have a healthy BMI

A high percentage of females and males are trying to lose weight even though they have a healthy BMI

* During the seven days before the survey.



Exercise, Sports, and Activities

Forty-one percent of students engage with technology 3 or more hours on an average school day.



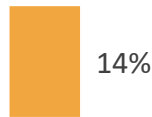
District Priorities

↓ Screen Time

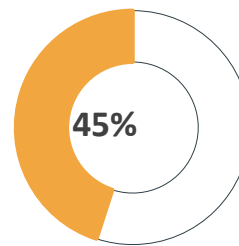
↑ Physical Activity

Percent of high school students who...

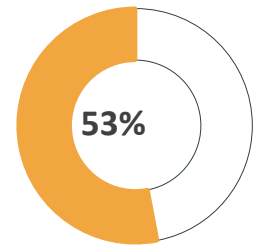
Did **not** participate in at least 60 minutes of physical activity on at least 1 day¹



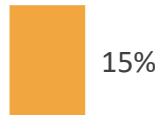
Were physically active 60+ minutes per day on 5+ days²



Played on at least one sports team³



Watched television 3+ hours per day²



Played video or computer games 3+ hours per day²



0% 50% 100%

¹ Any kind of physical activity that increased their heart rate and made them breathe hard during the 7 days before the survey

² On an average school day. Video or computer games include consoles, iPad, tablet, smartphone, texting, and social media platforms.

³ Counting any teams run by their school or community groups, during the 12 months before the survey.

Recommendations

- Increase connection/collaboration between health and physical education courses to support holistic wellness.
- Support students in accessing screen-free activities.
- Research current physical activity apps that might encourage alternative ways to exercise.
- Demonstrate possible positive health outcomes as a result of reduced screen time/sedentary time.



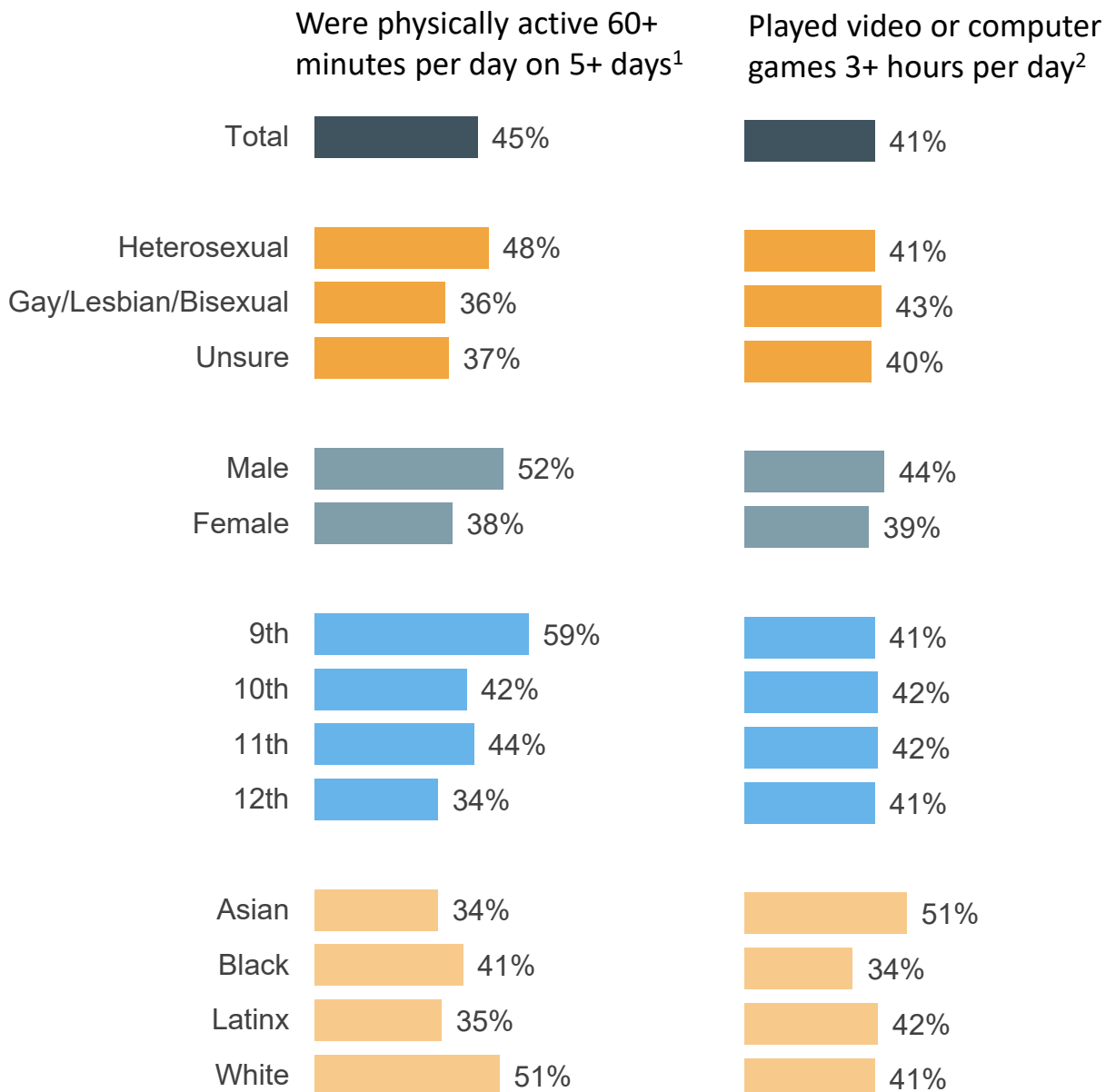
Exercise, Sports, and Activities

A Closer Look



A closer look at the data reveals likelihood of consistent physical activity declines with age (59% of freshmen vs. 34% of seniors). Engagement with technology does not differ dramatically across demographics with the exception of ethnicity: Asian students report highest usage while Black students report the least.

Percent of high school students who...



¹ During the 7 days before the survey.

² On an average school day. Video or computer games include consoles, iPad, tablet, smartphone, texting, and social media platforms.



General Health and Access to Care

One-third of students reported getting 8+ hours of sleep regularly, and just over half reported being able to talk to their parents about sexual health.



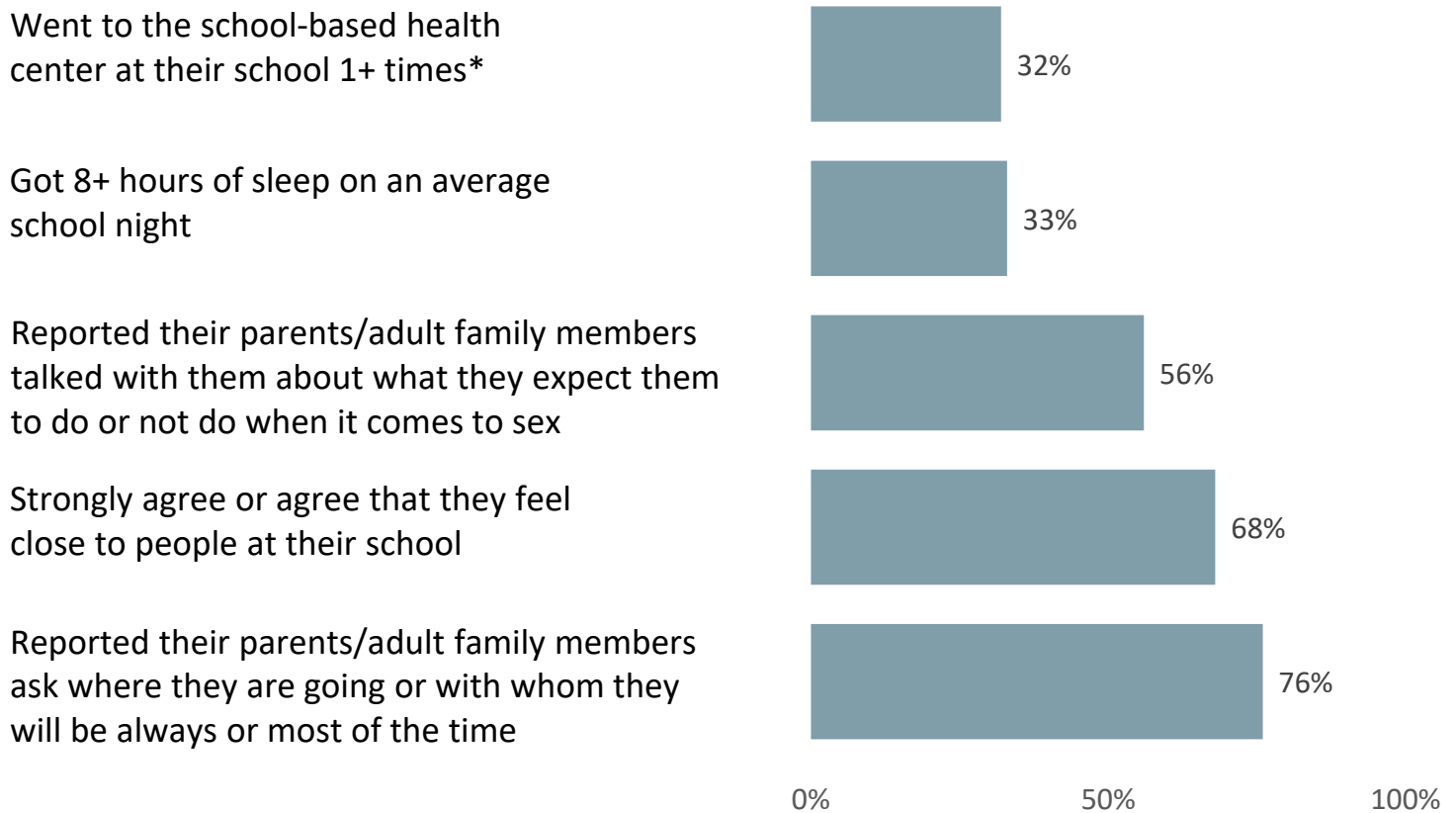
District Priorities



Use of School-Based Health Centers

Parent outreach

Percent of high school students who...



* During the 12 months before the survey, among students whose school has a school-based health center.

Recommendations

- Provide a school-based health center in each school (or implement robust referral system if an on-site location is not possible).
- Ensure ongoing partnership with SBHC sponsors and ensure they are a safe and welcoming space for all students.
- Provide training for parents on being an “askable adult” while teaching about how to communicate openly with their children.



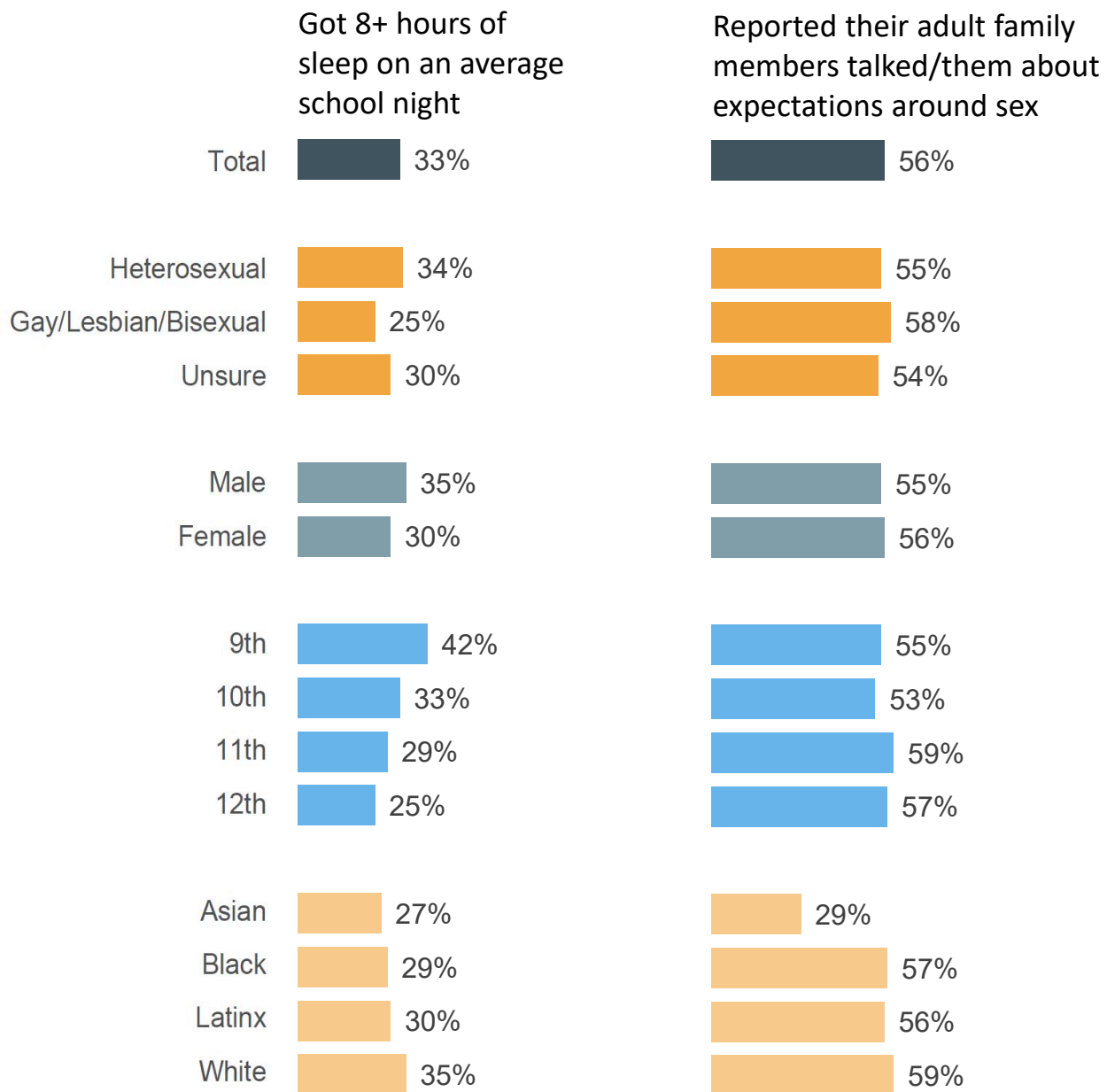
General Health and Access to Care

A Closer Look



A closer look at the data reveals students get less sleep with age (42% of freshmen vs. 25% of seniors). Only 29% of Asian students reported communicating with adult family members about sex, compared to 56% of students overall.

Percent of high school students who* ...



* During the 12 months before the survey.



Mental Health and Suicide

More than one-third of students reported feeling sad or hopeless for an extended amount of time in the last year, and 17% seriously considered attempting suicide.



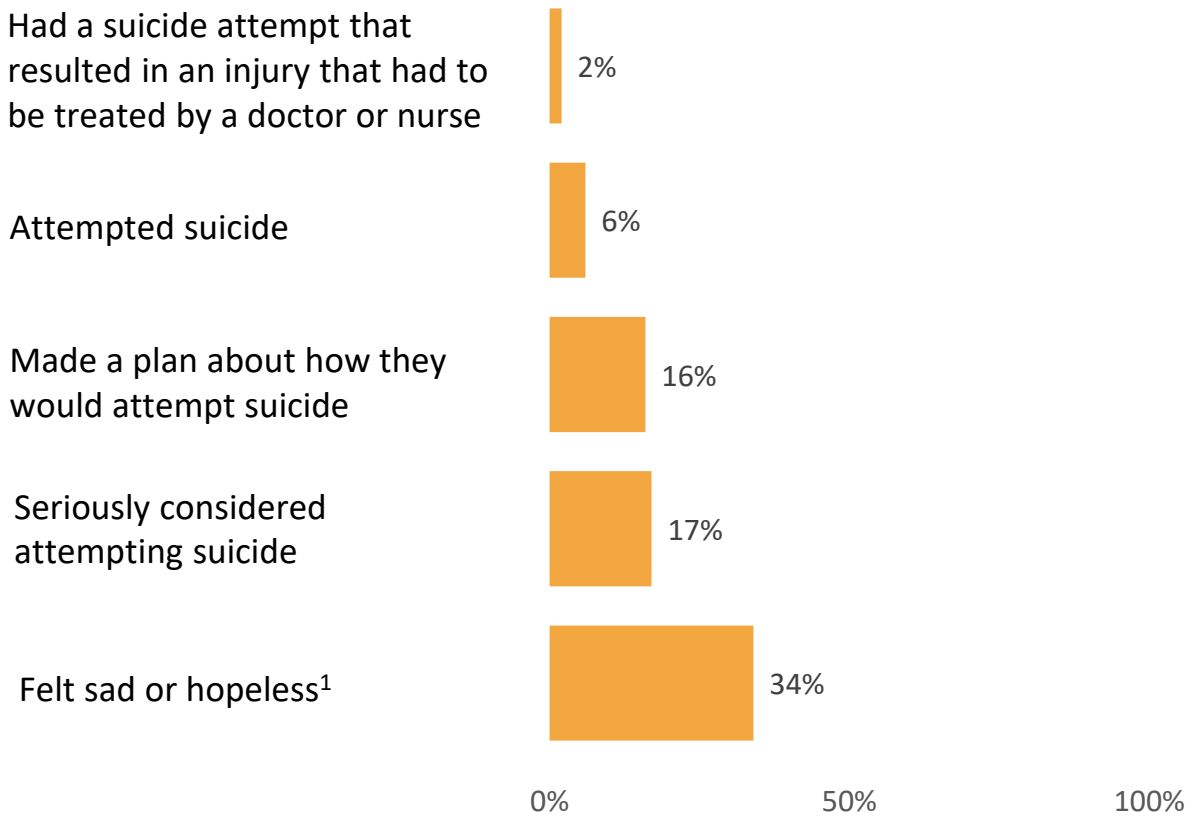
District Priorities



Depressive Symptoms

Suicidal Ideation

Percent of high school students who*...



* During the 12 months before the survey.

¹ Almost every day for 2+weeks in a row so that they stopped doing some usual activities.

Recommendations

- Provide LGBTQ-specific mental health support for each cluster and support students experiencing depression and anxiety (as well as other mental health challenges).
- Educate staff, parents, and students on symptoms of and help for mental health problems.
- Promote social and emotional competency and build resilience.
- Help ensure a positive, safe school environment.
- Teach and reinforce positive behaviors and decision-making.



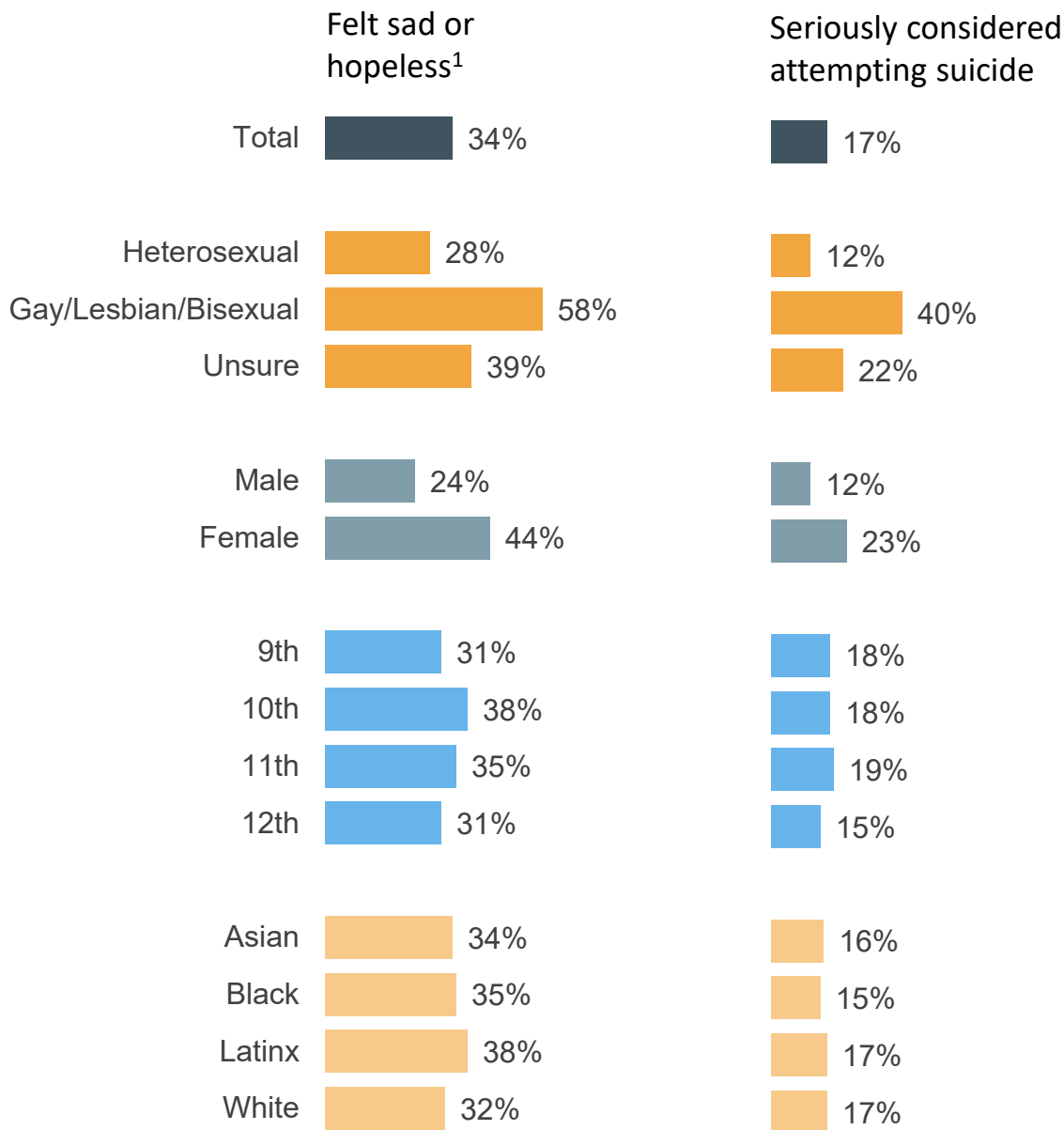
Mental Health and Suicide

A Closer Look



A closer look at the data reveals a higher risk of depression and suicidal behaviors among female and LGB students.

Percent of high school students who*...



* During the 12 months before the survey.

¹ Almost every day for 2+weeks in a row so that they stopped doing some usual activities.



Personal Safety

Only 6% of students reported driving after drinking alcohol, however 17% reported riding with a driver who had been drinking, and 32% of students reported texting or e-mailing while driving.

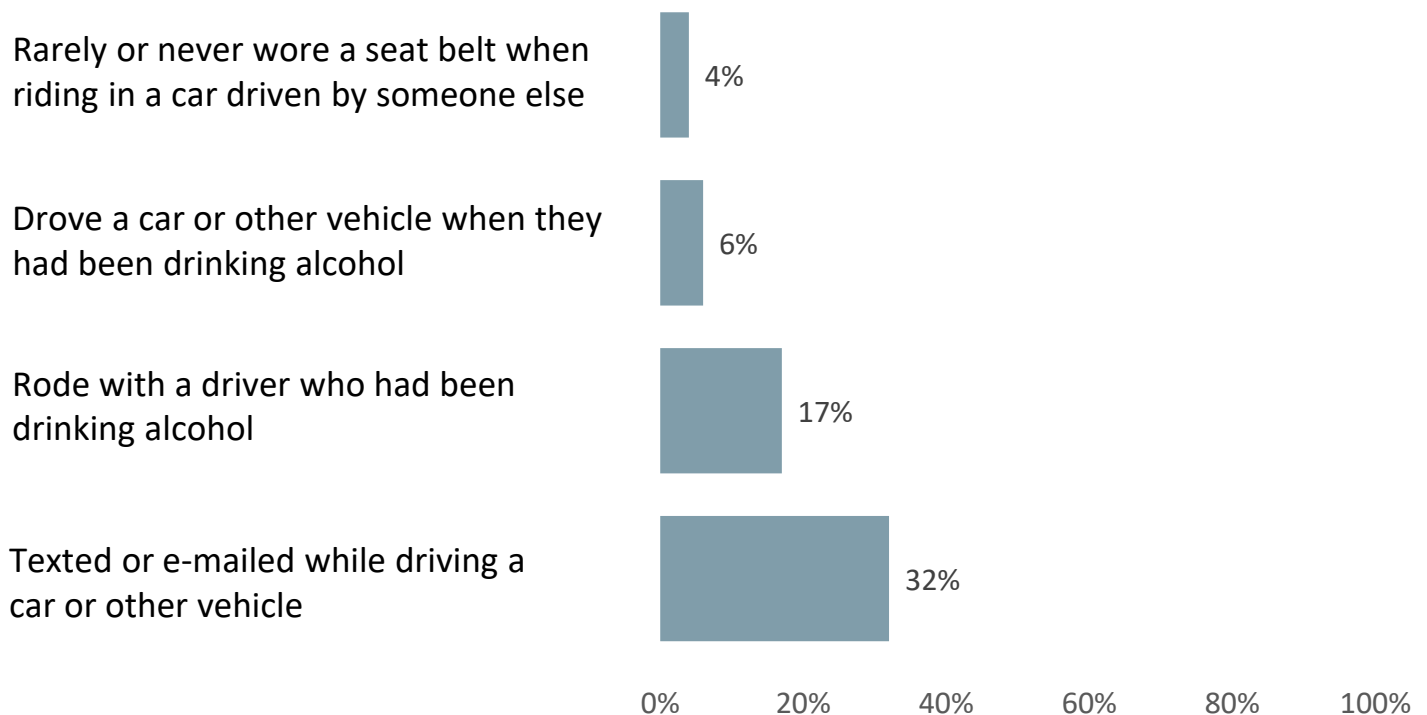


District Priorities



Unsafe Driving Behaviors

Percent of high school students who* ...



* During the 30 days before the survey.

Recommendations

- Bolster lessons in health class related to physical safety and driving.
- Increase parent and community outreach around safe driving.
- Encourage parents to support teens by letting them know that they can call them or another trusted adult for a safe ride home if they need one.



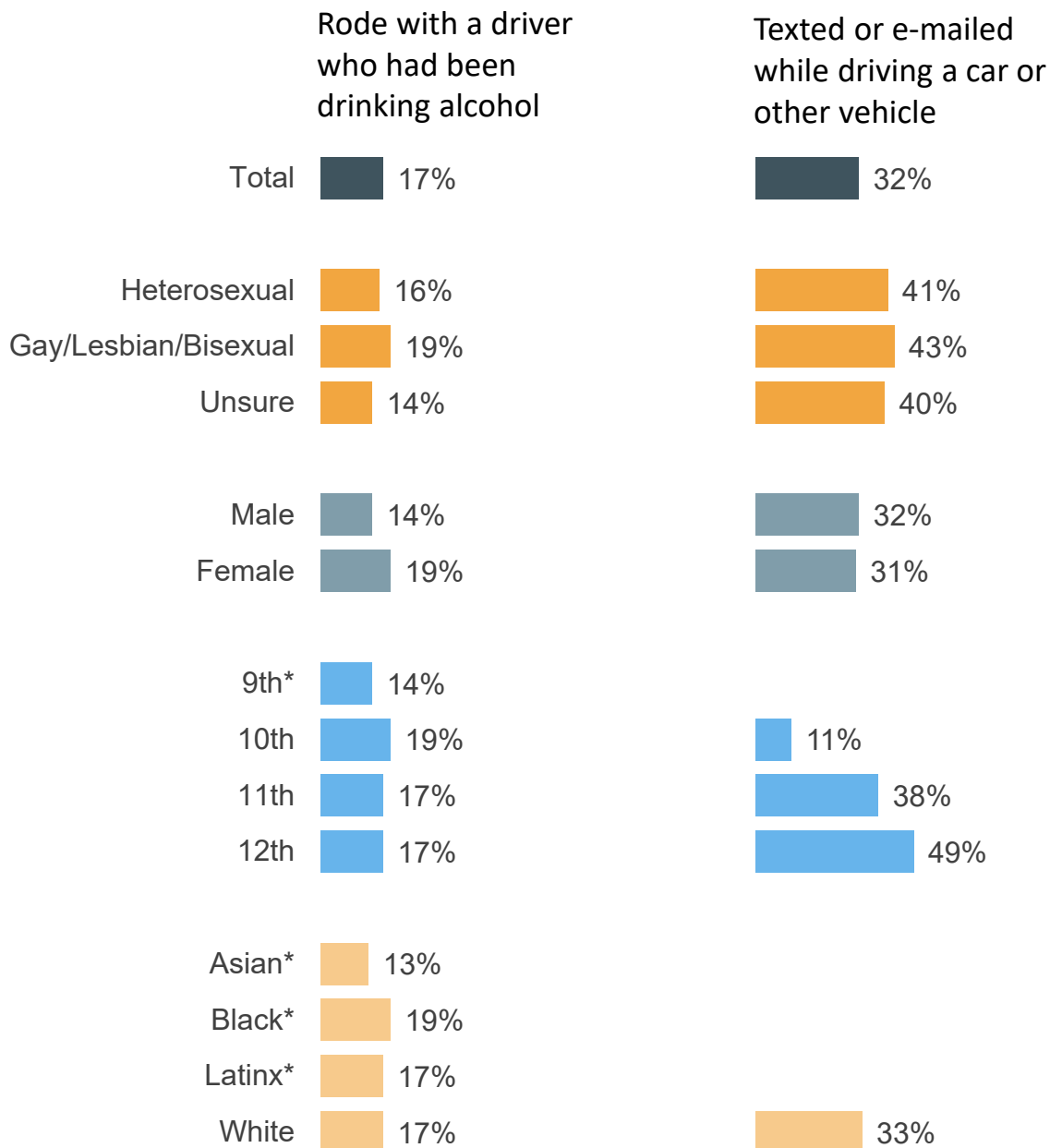
Personal Safety

A Closer Look



A closer look at the data reveals texting or e-mailing while driving increases with age and is most prevalent among white students.

Percent of high school students who* ...



* During the 30 days before the survey.

* Missing bar indicates fewer than 100 students in subgroup.



Sexual Behavior

One-third of students reported ever having sexual intercourse, while 20% reported being currently sexually active.

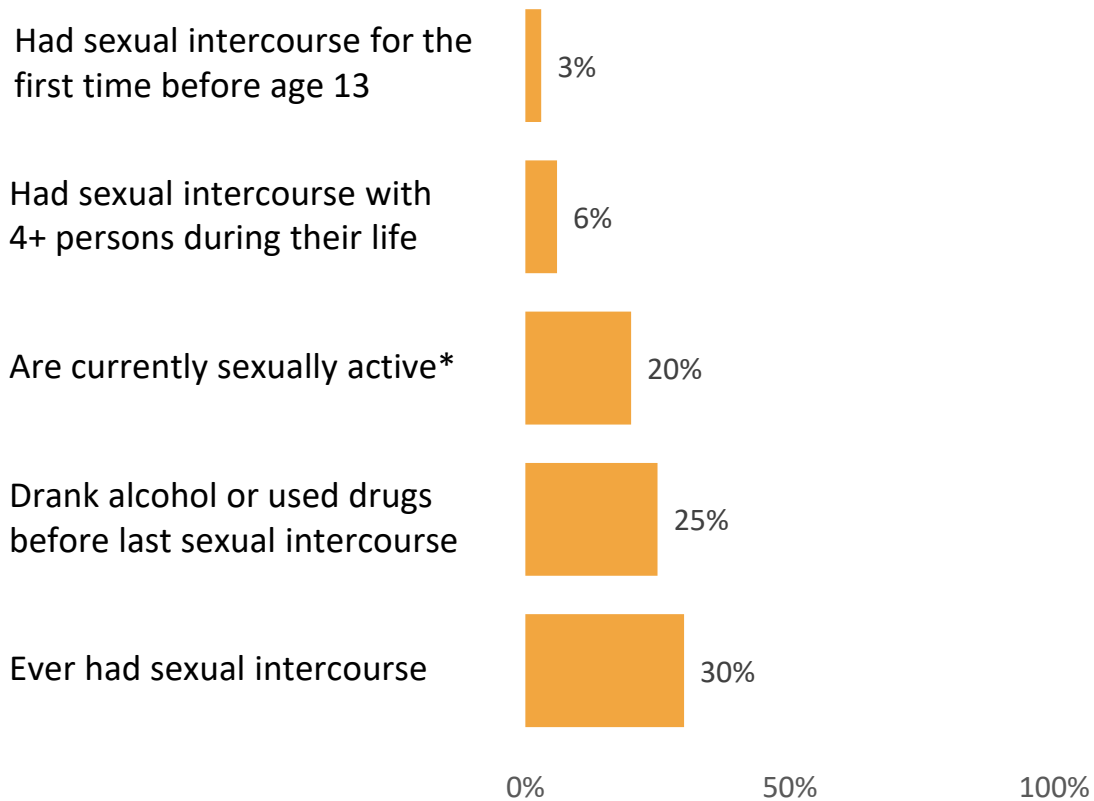


District Priorities

↑ Increase parent engagement

Continue comprehensive sexuality education (PK-12)

Percent of high school students who...



* Had sexual intercourse with at least one person during the 3 months before the survey

Recommendations

- Continue to offer culturally specific LGBTQ-inclusive sex ed content.
- Continue to offer contraception and sexual health counseling at school-based health centers.
- Increase referral provision for services that are not offered at SBHCs.
- Conduct feedback session with LGBTQ+ students related to content being covered in Sex Education classes.
- Explore with students the intersection of sexual behavior and the use and abuse of alcohol, tobacco, and other drugs.



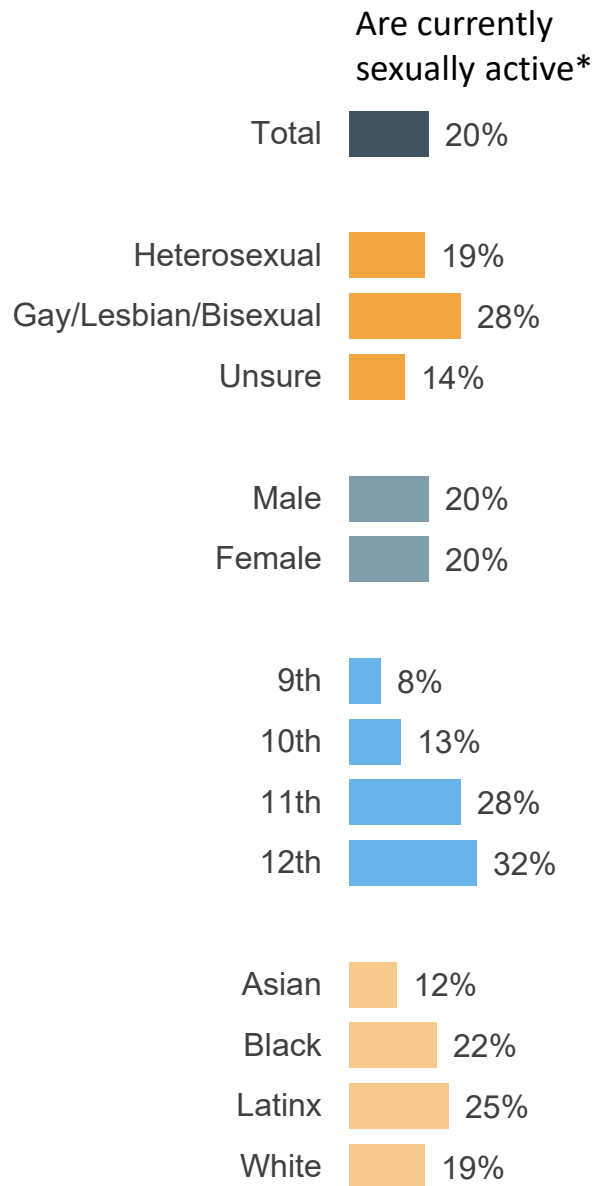
Sexual Behavior

A Closer Look



A closer look at the data reveals more students are sexually active as they get older (8% of freshmen vs. 32% of seniors). LGB students are also more likely to be currently sexually active.

Percent of high school students who...



* Had sexual intercourse with at least one person during the 3 months before the survey.



Sexually Transmitted Disease and Pregnancy Prevention

About half of students reported using some form of birth control before their last sexual intercourse. Only 13% reported getting tested for STDs.

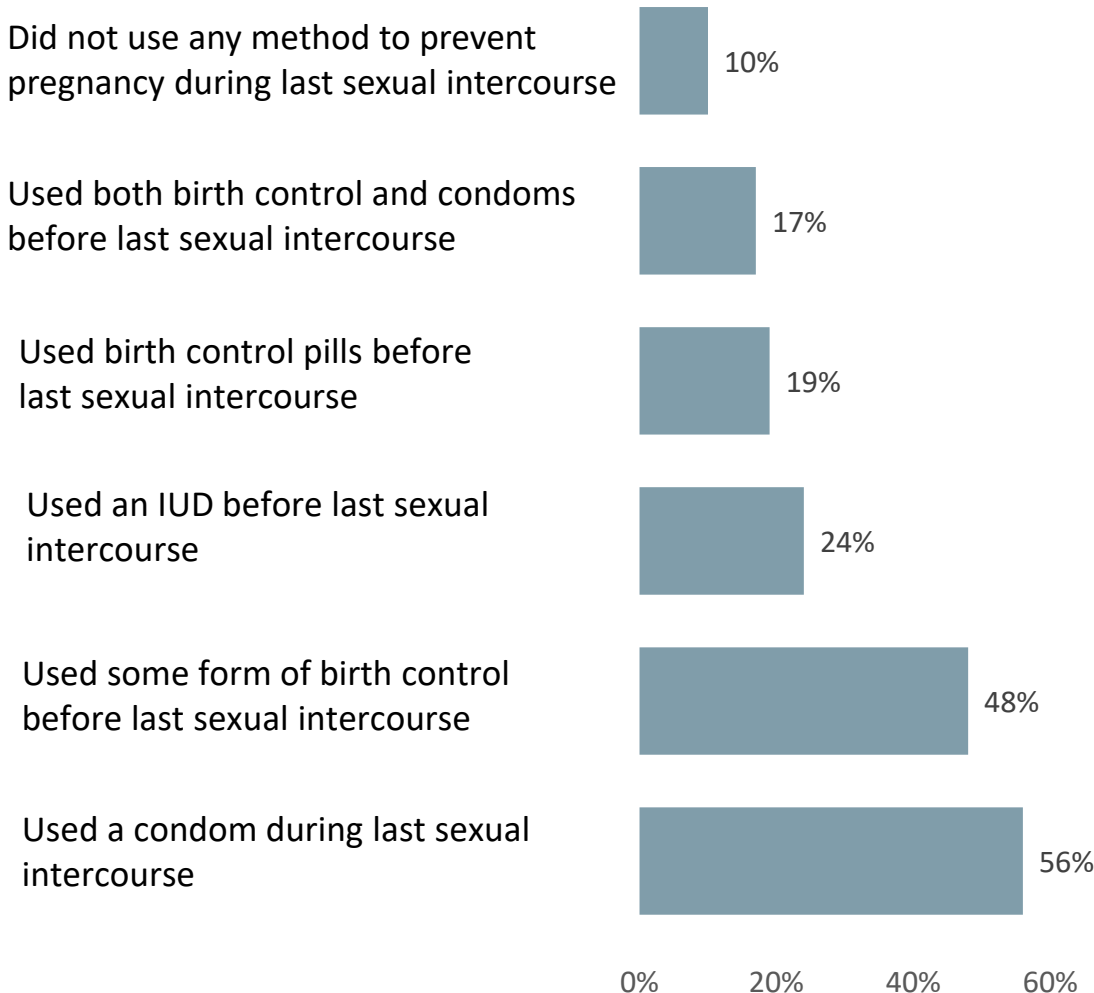


District Priorities

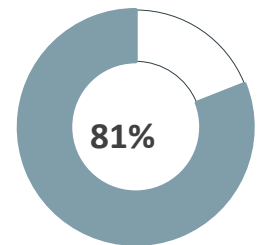


Increase HIV/AIDS and STI Testing

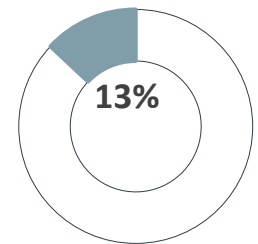
Percent of high school students who...



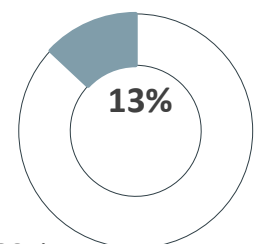
Have been taught about AIDS or HIV infection in school



Were tested for an STD other than HIV



Were ever tested for HIV



Recommendations

- Increase condom availability at SBHCs.
- Implement a Get Yourself Tested Campaign pilot in at least one high school with a SBHC.
- Support student-led marketing campaigns encouraging students to know their STI status.
- Decrease stigma related to getting STI testing. Begin creating a culture or normalization around knowing one's status.



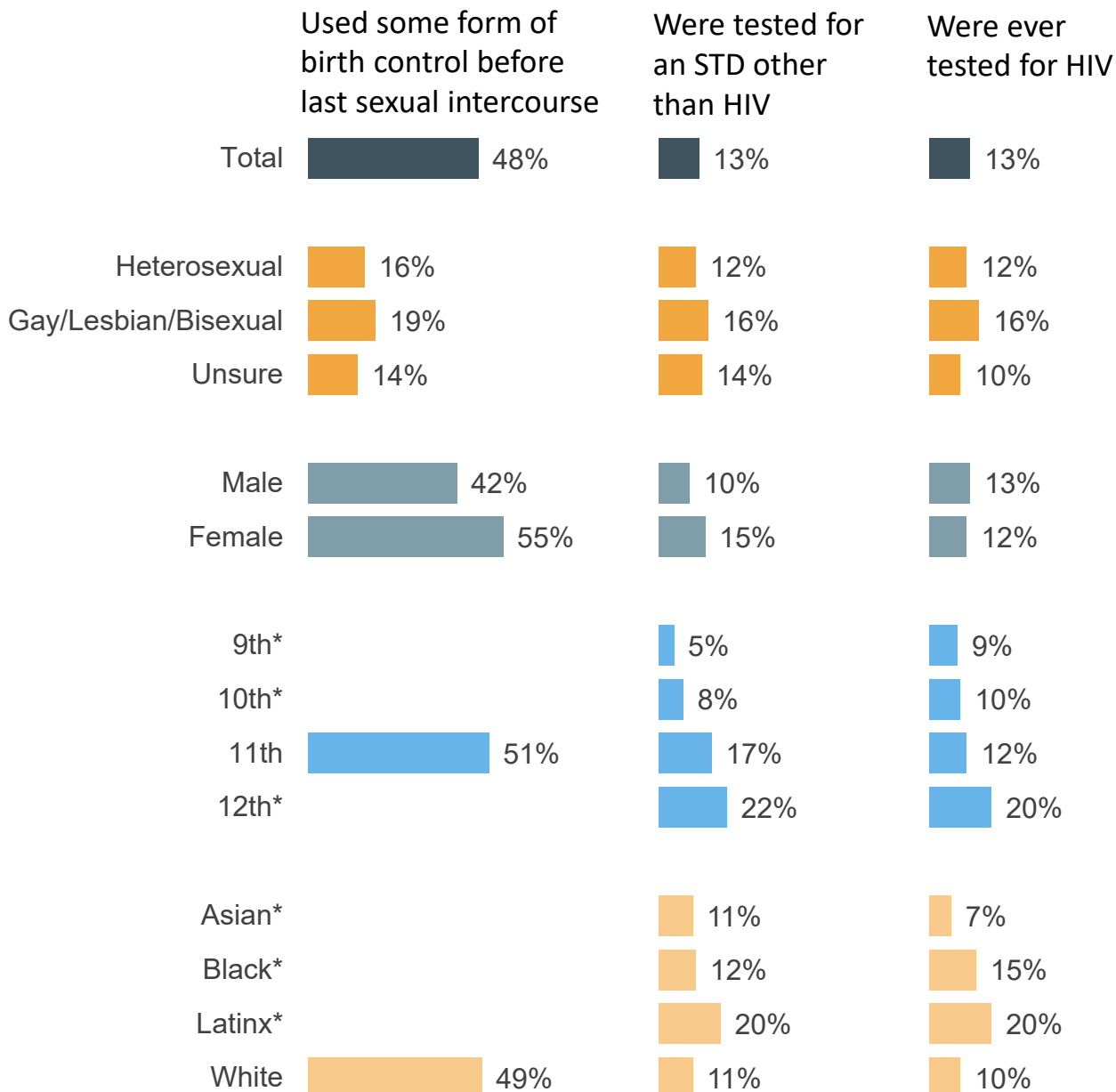
Sexually Transmitted Disease and Pregnancy Prevention

A Closer Look



A closer look at the data reveals a lower percentage of Asian and White students are tested for STDs than Black and Latinx students.

Percent of high school students who...



* Missing bar indicates fewer than 100 students in subgroup.



Violence and Victimization

Sexual Violence and Bullying

Eighteen percent of students report being bullied on school property, and 12% reported experiencing sexual violence.



District Priorities

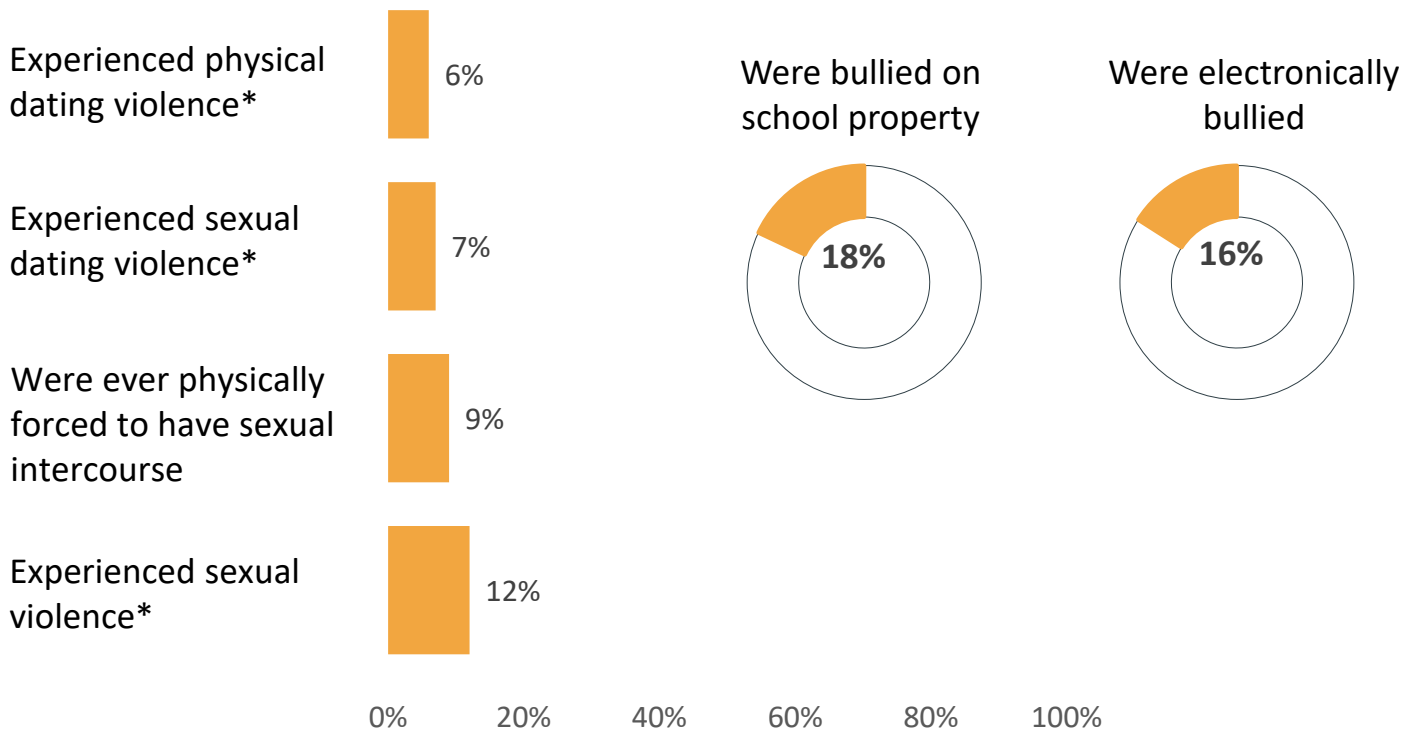


Decrease Occurrence of Sexual Violence



Increase School Safety, Digital Literacy

Percent of high school students who...



* During 12 months before the survey.

Recommendations

- Increase education around consent and healthy relationships.
- Provide extra support for LGBTQ+ students in violence prevention – this means making VP lessons more inclusive, providing more in-school supports to that population, and create a safe and supportive environment where students feel secure asking for support.
- Continue to implement comprehensive sexuality education and violence prevention education in Grades K-12.



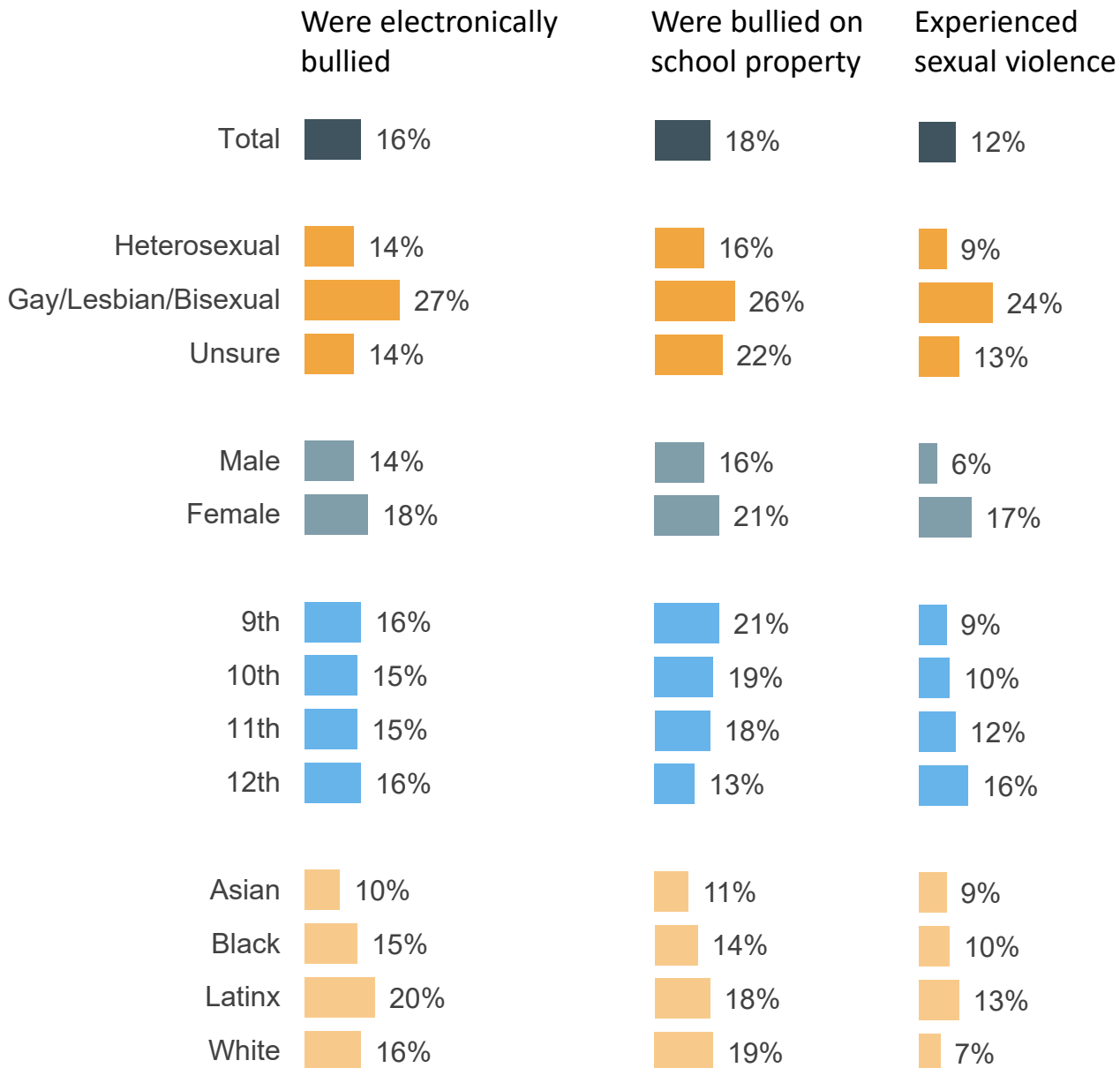
Violence and Victimization

Sexual Violence and Bullying: A Closer Look



A closer look at the data reveals females and LGB students are more likely to experience bullying (both electronically and at school) and sexual violence.

Percent of high school students who*...



* During 12 months before the survey.

2019 Key Health Behavior Indicators

Portland Public High
Schools

To learn more visit

<https://www.cdc.gov/healthyyouth/data/yrbs/>

