



STUDENT IDENTIFIED HEALTH BEHAVIORS

From the Youth Risk Behavior Survey (YRBS)



SAY WELLNESS

Portland Public Schools Grade 9-12 | Fall 2019

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 nine through twelve 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.

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ALCOHOL, TOBACCO, AND OTHER DRUGS



Vaping, alcohol, and marijuana use are more prevalent among high school students than cigarette smoking and illegal drug use

41% of students have tried electronic vaping products

14% of students are currently using vaping products

LGB, Latinx, and White students are more likely to report current use of vaping products

33% of students currently drink alcohol, and

27% currently use marijuana

The likelihood of vaping, alcohol, and marijuana use rises with age

BODY IMAGE, NUTRITION, AND DIETING



In general students maintain healthy eating habits, however they are not consistently eating breakfast

70% of high school students ate vegetables daily

37% of high school students report eating breakfast every day

Most students have a healthy body image

55% of high school students describe themselves as about the right weight

36% of high school students reported trying to lose weight

Females are more likely than males to view themselves as overweight or trying to lose weight despite having a healthy BMI



EXERCISE, SPORTS, AND ACTIVITIES



High school students are active, but use of technology as entertainment is also high

45% of students are physically active at least 60 minutes per day

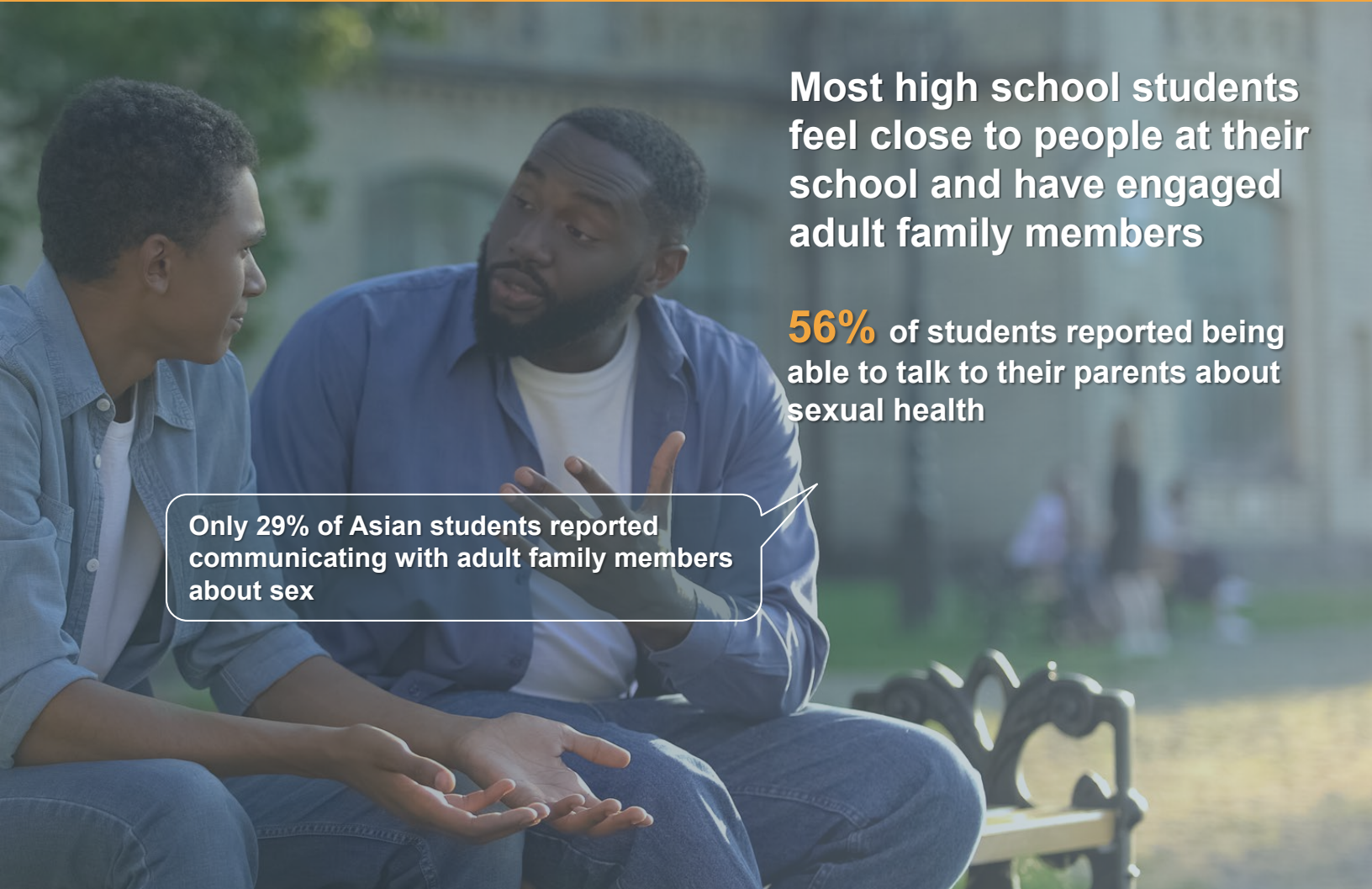
Likelihood of consistent engagement in physical activity declines with age:
Freshmen: 59%
* Seniors: 34%

41% of students use technology as entertainment at least 3 hours a day

Asian students report highest usage (51%) while Black students report the least usage (34%)



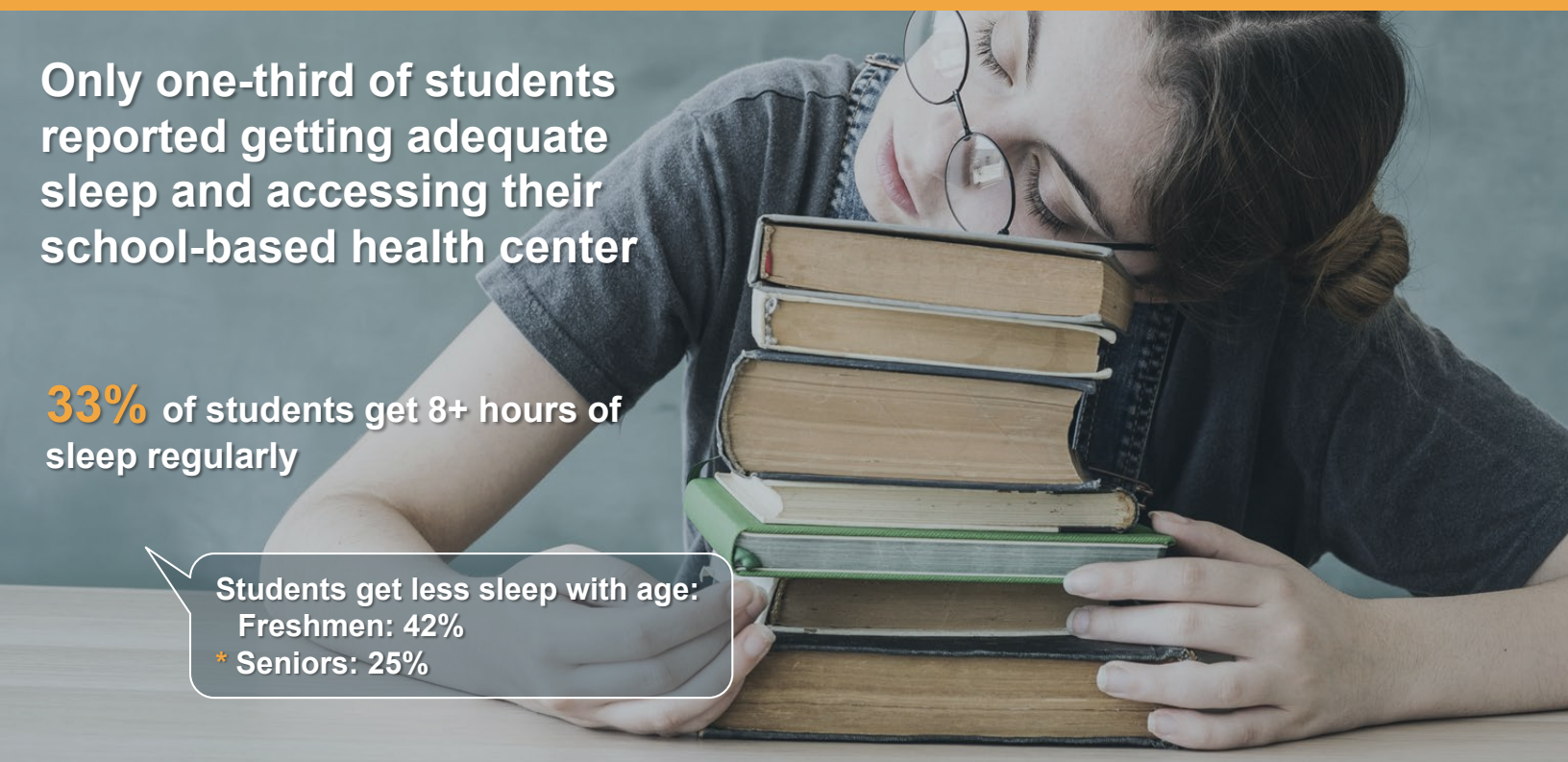
GENERAL HEALTH AND ACCESS TO CARE



Most high school students feel close to people at their school and have engaged adult family members

56% of students reported being able to talk to their parents about sexual health

Only 29% of Asian students reported communicating with adult family members about sex



Only one-third of students reported getting adequate sleep and accessing their school-based health center

33% of students get 8+ hours of sleep regularly

Students get less sleep with age:
Freshmen: 42%
* Seniors: 25%

MENTAL HEALTH AND SUICIDE

Up to one-third of high school students are navigating depression and suicidal ideation, with higher risk among female and LGB students

34% of students felt sad or hopeless for an extended time last year

17% of students seriously considered attempting suicide



Feeling extended periods of sadness or hopelessness:

- * Female: 44%
Male: 24%
- * Gay/Lesbian/Bisexual: 58%
Unsure: 39%
Heterosexual: 28%


Serious consideration of attempting suicide:

- * Female: 23%
Male: 12%
- * Gay/Lesbian/Bisexual: 40%
Unsure: 22%
Heterosexual: 12%

PERSONAL SAFETY



Up to one-third of high school students are using smart phones while driving or riding with a driver who has been drinking



17% of students reported riding with a driver who had been drinking

32% of students text or email while driving

Texting or emailing while driving increases with age:
Freshmen: 0%
* Seniors: 49%

SEXUAL BEHAVIOR

Nearly one-third of high school students are sexually active, with a higher occurrence among LGB students and Seniors

25% of students drank or used drugs before last sexual intercourse

30% of students have ever had sexual intercourse

20% of students are currently sexually active

LGB students are more likely to be currently sexually active:

* **Gay/Lesbian/Bisexual: 28%**
Unsure: 14%
Heterosexual: 19%

More students are sexually active as they get older:

* **Freshmen: 8%**
Seniors: 32%

STD AND PREGNANCY PREVENTION

High school students are not consistently using birth control and/or STD prevention, and only a small percentage have been tested for STDs



48% of students used some form of birth control before their last sexual intercourse

17% of students used both hormonal birth control and condoms before their last sexual intercourse

13% of students were ever tested for STDs

A lower percentage of Asian and White students were tested for STDs than Black and Latinx students:

- * Asian: 7%
- * White: 10%
- Black: 15%
- Latinx: 20%



VIOLENCE AND VICTIMIZATION

High school students are experiencing bullying and sexual violence, with a higher incidence among females and LGB students

18% of students were bullied on school property in the past 12 months

- * Female: 18%
Male: 14%
- * Gay/Lesbian/Bisexual: 27%
Unsure: 14%
Heterosexual: 14%

- * Female: 21%
Male: 16%
- * Gay/Lesbian/Bisexual: 26%
Unsure: 22%
Heterosexual: 16%

16% of students were electronically bullied in the past 12 months

12% of students experienced sexual violence in the past 12 months

- * Female: 17%
Male: 6%
- * Gay/Lesbian/Bisexual: 24%
Unsure: 13%
Heterosexual: 9%



RECOMMENDATIONS

Recommendations based on YRBS findings include:

Continue to implement, refine, and create curricula that addresses navigating:

Alcohol, tobacco, and other drug use

Body image and nutrition

Mental health and suicide

Personal safety

Sexual behavior

STD and pregnancy prevention

Violence and victimization

Provide a school-based health center in each school or implement a robust referral system if an on-site location is not possible.

Increase parent and community outreach around safe driving.

Implement a Get Yourself Tested Campaign pilot in at least one high school with a SBHC.

Increase condom availability at SBHCs.

Provide extra support for LGBTQ+ students in terms of mental health and violence and victimization.

