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Introduction:

This report describes the data collected on young residents of Delaware County regarding the frequency of various behaviors determined to be potentially hazardous to health. The US Centers for Disease Control and Prevention (CDC) has designed its Youth Risk Behavior Survey (YRBS) to measure the occurrence of health risks in youth and to allow comparison of one region to others. In the 2007-2008 school year, students at eight high schools and nine middle schools in Delaware County, NY participated in the Youth Risk Behavior Survey. Following analysis of the data, a report summarizing the overall pattern in Delaware County schools has been produced. Additional reports, such as this one, look at each specific school district, comparing its schools with all others in Delaware County, others in upstate New York and with the US YRBS findings.

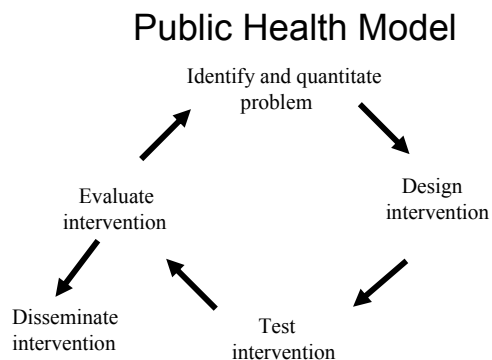
In this report the patterns at schools in Delaware County have been compared to more general patterns with statistical tests that suggest whether discrepancies are trivial or more likely to be real differences - "statistically significant". It is important to recognize that some phenomena described in this report, while not "statistically significant" are nonetheless very significant for health in the county. An example of this is "consideration of suicide" where Delaware County is not notably different than the rest of upstate New York, but still in trouble with 13% of high school students reporting such considerations.

By the end of 2010, the citizens of Delaware County will have access to a remarkable amount of accumulated data about their own health. Local health officers and others with public health expertise, teaming with the Bassett Research Institute will have gathered the data on health risks to local youth described in this report. Additional information on health hazards experienced by adults in Delaware County has been recently gathered with the CDC's Behavioral Risk Factor Surveillance System (BRFSS). In the summer and fall of 2009 the same team will ask a sample of people about the health of families, effects of aging, access to health care and other important topics in the *Upstate Health and Wellness Survey*.

The gathering of all of this information represents considerable work on the part of the research team and notable generosity on the part of the people of Delaware County. In 2010 all of this information will be available to county and state health officials, to researchers and to the citizens of Delaware County. That's when the work will start.

The accumulated health data will enable local public health professionals and interested researchers to assess community health priorities. Examination and comment upon these initial findings from the community can further define the priorities. Of equal importance is that this "surveillance" data also establishes clear baseline measures for these priorities.

As depicted in the figure, public health interventions are often viewed as a cycle. The surveillance efforts of 2007-09 will be followed by prioritization. This must then be followed by the design and testing of intervention



programs in these high priority areas. The results of intervention trials must be assessed in light of the surveillance baseline measures mentioned above. Programs found to improve these baseline measures will need to be further developed and offered throughout the county. Those that do not clearly improve the baseline are not an effective use of public health dollars. These need to be re-designed and tested again. As depicted in the figure, at some point in the future, additional surveillance must again be done, but the wealth of data that is being gathered currently will likely be quite sufficient for the foreseeable future.

Executive Summary:

By the very nature of this type of survey, it is expected that differences between the index group and the comparison groups will occur periodically in the results. For this report of aggregated Delaware County YRBS results, the findings among high school students can be statistically compared to existing data from other sites in upstate New York and from high schools across the nation. Such comparison data are not currently available for middle school students. The combined data for the middle school have no statements of statistical significance because there are no comparisons possible. There remains much to be learned from these middle school data. Some of the most notable observations from both the high school and middle school findings include:

- Rates of tobacco use by high school students are generally comparable, though the proportion having smoked in the past thirty days is somewhat higher than in comparison groups. The rate of heavy (1 pack per day) smoking is not elevated in Delaware County high schools. The use of chewing tobacco is increased.
- Rates of drinking and specifically, heavy drinking are elevated in the county. Despite this the proportion of students riding in vehicles with an operator who has been drinking is lower than nationally.
- Other than a mild increase in the use of inhalant agents, drug use is not elevated in Delaware County. Trafficking of drugs in the schools appears to be lower than in comparison sites.
- More Delaware County high school students appear to be having sexual intercourse with more partners than their counterparts in upstate NY. Their rates are quite similar to national averages. Sixty percent of these used a condom most recently.
- Depressive symptoms are lower – for both males and females. Suicidal ideation was a little higher for high school girls and suicide – related behaviors were lower for young men in the high schools.
- Weight-related behaviors were very similar to comparison groups, though Delaware County high school students were more likely to exercise to prevent weight gain. Among girls, exercise, diet pills and vomiting / laxative use was higher than in comparison groups. Physical exercise is more common and television hours are lower, participation in sports teams is more frequent in Delaware County.
- Dating violence is a problem with 17% of girls in Delaware County high schools reporting forced sexual intercourse while on a date. This exceeds both upstate New York and national rates.

As noted above, comparisons are not available for the reported behaviors of students in the Delaware County middle schools. However, some observations are of interest:

- Bicycle helmets are used regularly by only 44% of bike riders.

- Suicidal ideation and actual suicide attempts – particularly by middle school girls represent a significant health challenge.
- Forty percent of middle school students report riding in a vehicle operated by a person who had been drinking alcohol.
- Consistent use of condoms by sexually active middle school students appears to be quite low.

Survey Design:

The Youth Risk Behavior Surveillance System (YRBSS) monitors priority health-risk behaviors and the prevalence of obesity and asthma among youth and young adults. The YRBSS includes a national school-based survey conducted by the US Centers for Disease Control and Prevention (CDC) and state, territorial, tribal, and local surveys conducted by state, territorial, and local education and health agencies and tribal governments. YRBSS was designed to monitor progress toward achieving national health objectives for 2000 and 2010.

The data contained in this report are the results of the 2007 Youth Risk Behavior Survey (YRBS) at both local and national levels. The US Centers for Disease Control and Prevention (CDC) created the survey instrument and it has been used for nearly 20 years by officials and groups, such as state and local health agencies, throughout the United States.¹

The CDC periodically revises the national survey instrument based on its experience. For example, questions about nutrition changed considerably between 1997 and 2000. The 2007 CDC instrument added questions about demographics, property damage/theft, obtaining alcohol, soda consumption, video or computer game screen time, and asthma. It removed questions about academic performance and regular inhalant use, and changed questions about physical activity and participation in physical education classes.

The local instrument follows the national resource with a few modifications. The survey administered to high school students differs significantly from the survey given to middle school students. Middle school data will only be represented in graphs and tables where the questions are equivalent.

¹ The YRBS questionnaire is a widely used tool, but has some limitations. Studies of the national survey questionnaire have demonstrated its reliability in measuring what each question asked (see Brener, J.L. Collins, L. Kann, C.W. Warren and B.I. Williams. "Reliability of the Youth Risk Behavior Survey Questionnaire." *Am J Epidemiol* **141** (1995) (6), pp. 575–580.). However, no validity studies are available that link what respondents reported doing to their actual activity (see: Brener et al., "Assessment of Factors Affecting the Validity of Self-Reported Health-Risk Behavior Among Adolescents: Evidence From the Scientific Literature." *Journal of Adolescent Health* (2003) (33), pp. 436-457. Available from www.cdc.gov/HealthyYouth/yrbs/pdf/validity.pdf). Therefore, the results from this survey should be read as what student reported doing – and plausibly what they actually did, especially when supplemented by other data sets.

Survey Delivery:

The national survey was of a random sample of students in grades 9-12 throughout the United States with weighted results given depending on the demographics of the area surveyed (see: www.cdc.gov/HealthyYouth/yrbs/yrbs_methods.htm). Federal and state officials conducted the national survey during January 2007 – February 2008, including an early administration in New York State. The Delaware County version was an unweighted census-like convenience sample of students in grades 9-12 in the high school and grades 6-8 in the middle school of public school districts located in Delaware County during October and November 2007. Attempts were made to reach most students by administering it in required Social Studies or English classes, or making other special arrangements at individual schools. However, students who were absent, taking classes outside the building (e.g. occupational learning centers), decided not to participate individually, or whose parents indicated that they did not want their child to take the survey did not have the opportunity to take the 2007 Delaware County YRBS.

Data and Response Rates:

The CDC works with state and local health and education officials to administer the surveys. The national government then produces reports of national data and special breakouts for selected geographies including (1) New York City and (2) other New York State counties (“Upstate”). These New York data are available from the New York State Department of Education (www.emsc.nysed.gov/sss/Data/).

In the Delaware County project, school staff administered a majority of the surveys with assistance from Cornell Cooperative Extension of Delaware County (CCE-DC) employees. Once the anonymous surveys were collected from students in sealed envelopes during class periods at each Delaware County school, individual surveys went through a validation process. Each survey was scrutinized by hand with any questionable surveys (e.g. defaced or less than 50% complete) excluded prior to Scantron entry. The remaining surveys were scanned into the database and examined with SAS statistical computer software to exclude those with more than three statistical outliers.





Eight High Schools and nine Middle Schools participated in the survey. Of the students enrolled in these schools surveyed in the 2007-2008 school year, a portion of those students were present or returned surveys and, of that amount, fewer were later deemed valid for inclusion in the results (see table below).

	Returned Surveys	Valid Surveys
All schools	1,642	1,629

In the report below, any statistically significant change over the local project is described in the text associated with each table or chart. Data that appears to be missing, is not listed as 0%, or is not otherwise explained represents areas in which fewer than five individuals reported that particular behavior. This is standard practice to help protect anonymity.

In the following report, the responses of students of nine Delaware County school districts are described. These results are compared to the aggregated results of all other upstate NY students and to the results from the rest of the US. Although the general content of the high school and middle school surveys are similar, a number of questions have been modified for their target age group, making the responses not directly comparable. Whenever feasible, the responses of Delaware County middle school students are displayed in comparison to high school students in Delaware County and elsewhere. In those situations where the questions are not comparable, separate graphs or text statements will be used to describe the middle school student’s responses. Statistical comparisons of middle school behaviors are limited by the absence of any middle school comparison data.

In the following report the color key for the bar graphs is as follows, unless labeled otherwise:

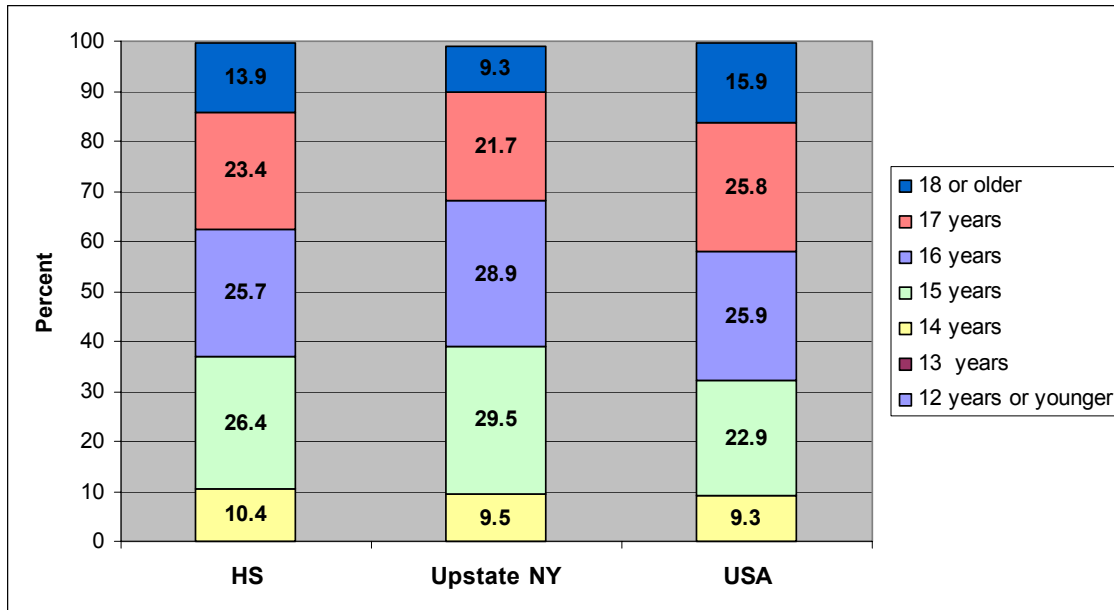
Middle School	
High School	
Upstate NY	
USA	

High School Data

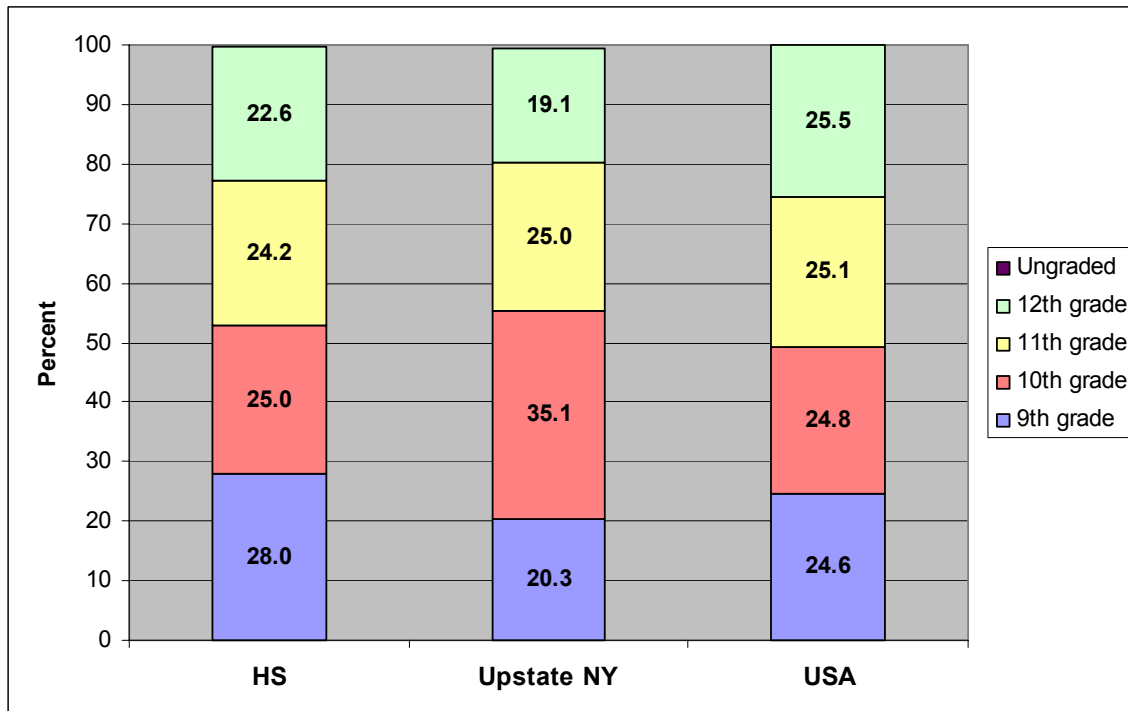
Demographics

A brief description of the participants in the Delaware County Youth Risk Behavior Survey based upon age, academic grade, gender and race.

High School Student Reported Age

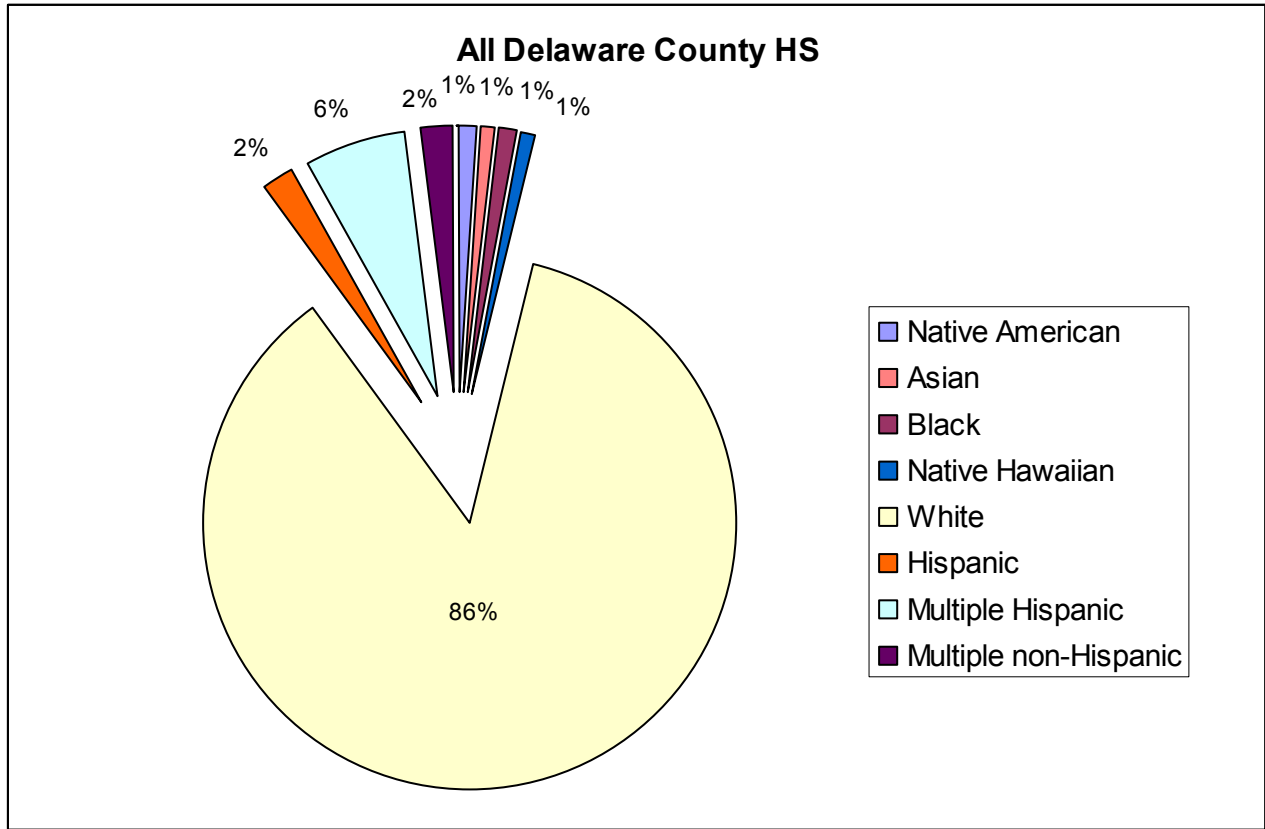


High School Student Reported Grade



- 53.8% of Delaware County High School students are female
- 48.6% of Upstate NY high school students are female
- 50.7% of high school students in the nation are female

Student Reported Race



Race Distribution by Percentage

	Native American	Asian	Black	Native Hawaiian	White	Hispanic	Multiple Hispanic	Multiple non-Hispanic
All Delaware County HS	1%	1%	1%	1%	86%	2%	6%	2%
Upstate NY	1%	4%	12%	1%	67%	6%	6%	3%
USA	2%	3%	21%	1%	43%	14%	13%	3%

* Multiple Hispanic is a combination of more than one of any of the Hispanic nationalities. For example, Spanish and Cuban.

**Multiple non-Hispanic is a combination not including any of the Hispanic nationalities. For example, Native American and White

Injury

According to resources cited by the US Center for Chronic Disease Prevention and Health Promotion:

In the United States, injuries are the leading cause of death and disability for people aged 1 to 44 years. Approximately 84% of all deaths among adolescents aged 10-24 years are attributed to injuries from only four causes: motor vehicle crashes (37%), all other unintentional injuries (16%), homicide (18%), and suicide (13%).

Using seat belts when traveling in an automobile, and properly using helmets when bicycling, can limit the risk of severe injury and death.

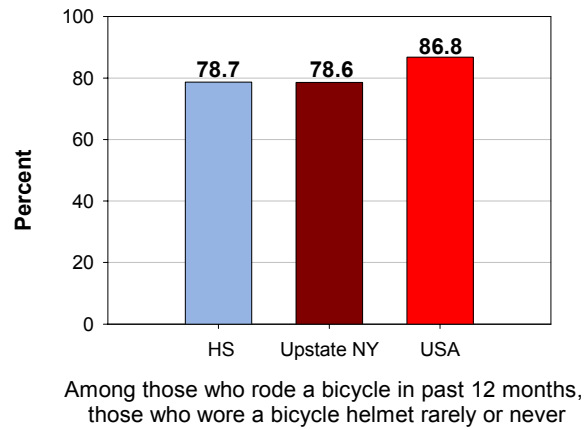
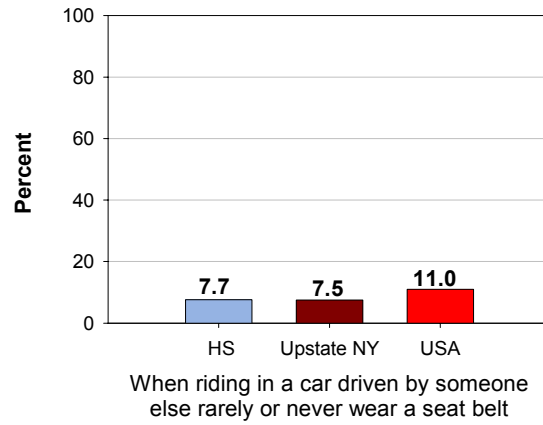
For more information on injury and strategies to help see:

www.cdc.gov/HealthyYouth/injury/

2007 YRBS Findings for Injury Prevention

(Compares all Delaware County High School Districts with Upstate New York and the US.)

Student Reported Seat Belt and Bicycle Helmet Use



Statistical Significance: Seat belt rarely or never
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Helmet rarely or never
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p=0.001$)

Tobacco Use

According to CDC resources:

Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, is the single leading preventable cause of death in the United States. If current patterns of smoking behavior continue, an estimated 6.4 million of today's children can be expected to die prematurely from a smoking-related disease.

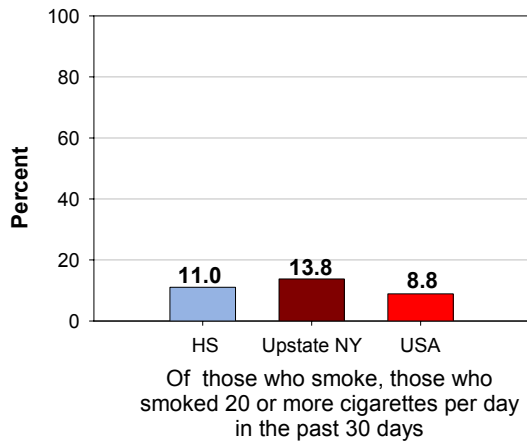
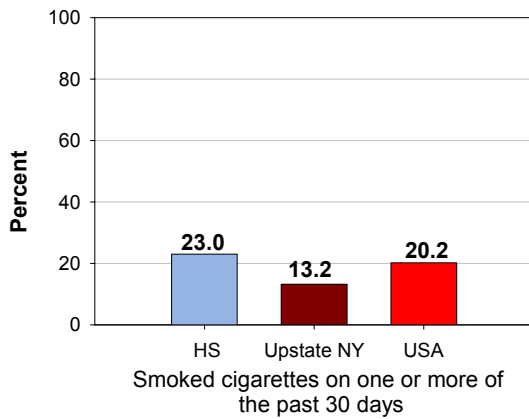
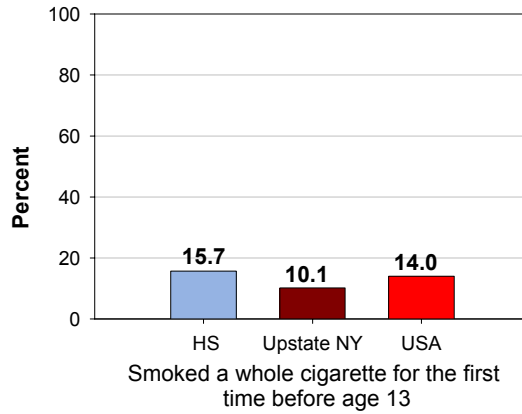
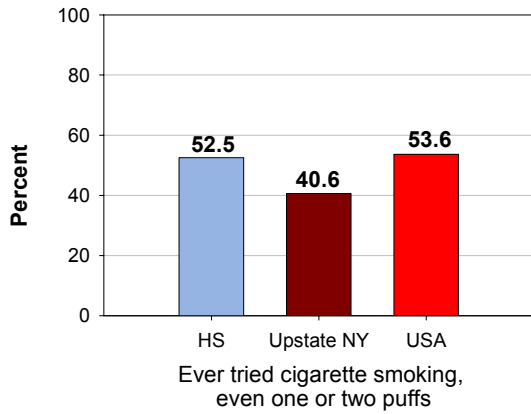
For more information on tobacco use and strategies to help see:

www.cdc.gov/HealthyYouth/tobacco/

2007 YRBS Findings for Tobacco Use

(Compares all Delaware County High School Districts with Upstate New York and the US.)

Student Reported Tobacco Behaviors



Statistical Significance: Ever smoked

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Age

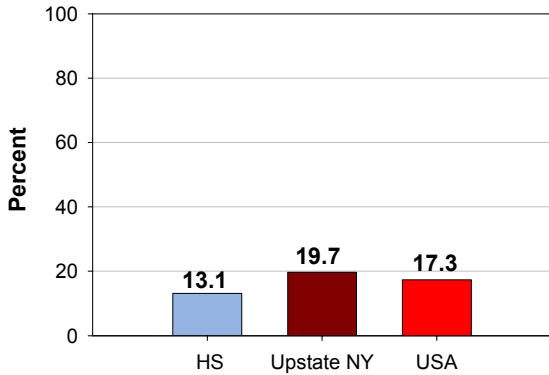
HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Smoked one or more past 30 days

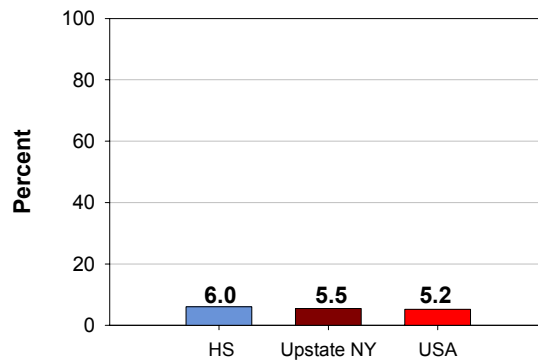
HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

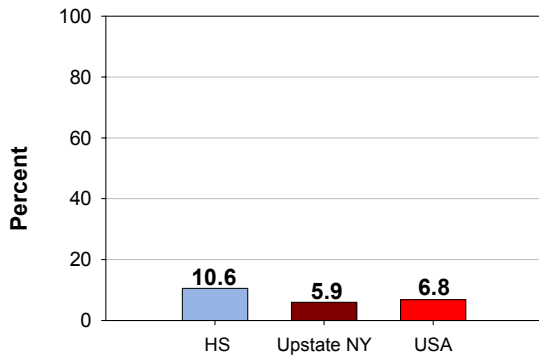
Tobacco Behaviors continued



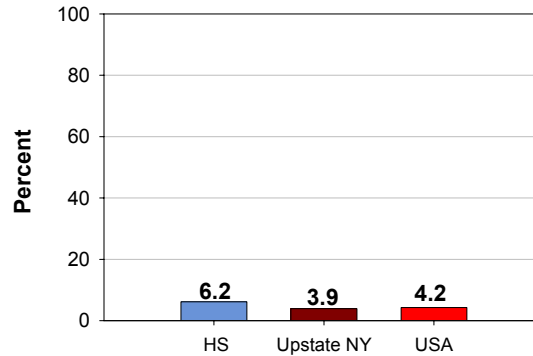
During the past 30 days, of those who smoke, those who buy cigarettes in a store or gas station



Smoked cigarettes on school property one or more of past 30 days



Used chewing tobacco, snuff or dip one or more of past 30 days



Used chewing tobacco, snuff or dip on school property on one or more of the past 30 days

Statistical Significance: Chew

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

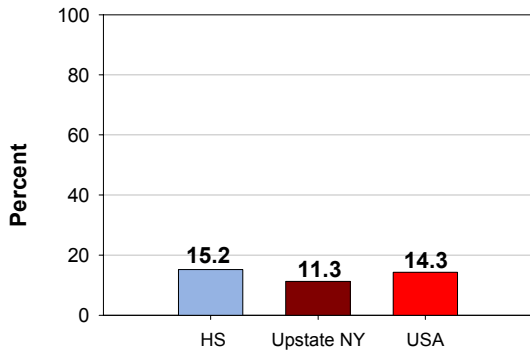
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Chew on school property

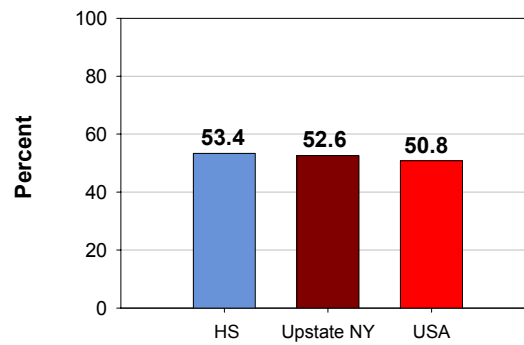
HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p=0.003$)

Statistical Significance: NONE For all others

Tobacco Behaviors continued



Smoked cigars, cigarillos
or little cigars on one or more of
the past 30 days



During the past 12 months, ever try to
quit smoking cigarettes

Statistical Significance: Smoked cigars

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p=0.001)

Statistical Significance: NONE For all others

Student Reported Source of Cigarettes by Percentage

	HS	Upstate NY	USA
Didn't smoke	76.7%	84.9%	79.8%
Bought in store	6.6%	3.9%	5.9%
Vending Machine	0.2%	0.3%	0.2%
Borrowed	9.3%	3.7%	4.2%
Gave someone money to buy	7.1%	3.7%	4.6%
Someone over 18 bought	1.4%	0.9%	2.0%
Took from store or family	0.8%	1.0%	1.1%
Another Way	2.0%	1.5%	2.2%

Alcohol & Other Drug Use

According to CDC resources:

Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior. Long-term alcohol misuse is associated with liver disease, cancer, cardiovascular disease, and neurological damage as well as psychiatric problems such as depression, anxiety, and antisocial personality disorder.

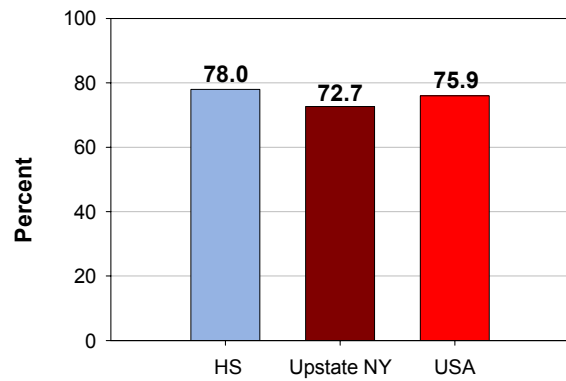
For more information on alcohol use and strategies to help see:

www.cdc.gov/HealthyYouth/alcoholdrug/

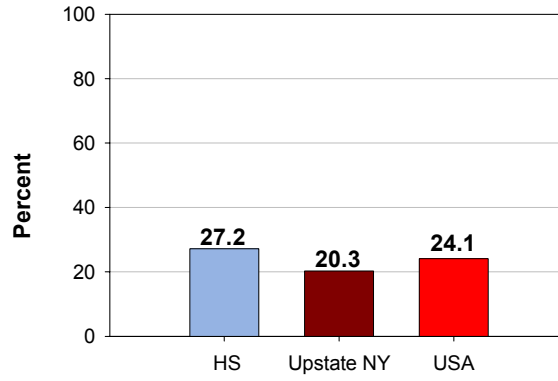
2007 YRBS Findings for Alcohol and Drug Use

(Compares All Delaware County High School Districts with Upstate New York and the US.)

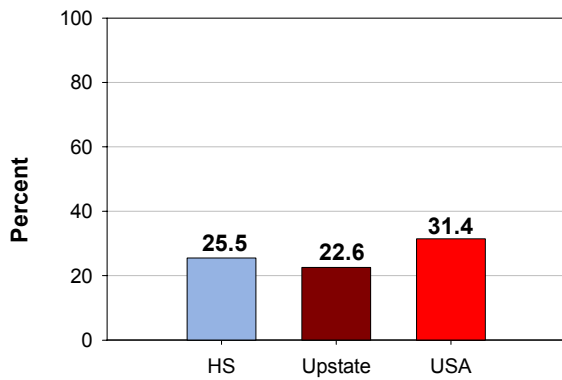
Student Reported Alcohol Behaviors



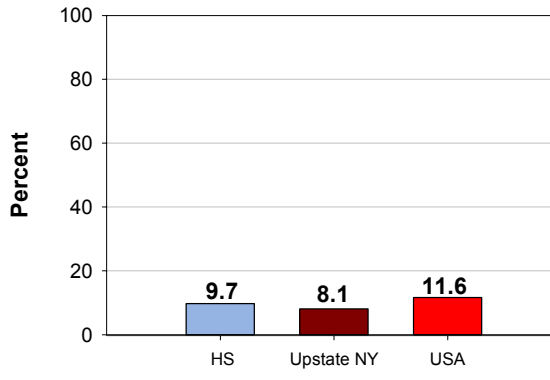
Ever had at least one drink of alcohol



Had their first whole drink of alcohol, before age 13



Ever ride in a car or other vehicle with someone who had been drinking alcohol



Drove a car when had been drinking alcohol on any of past 30 days

Statistical Significance: Ever had one drink

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Age

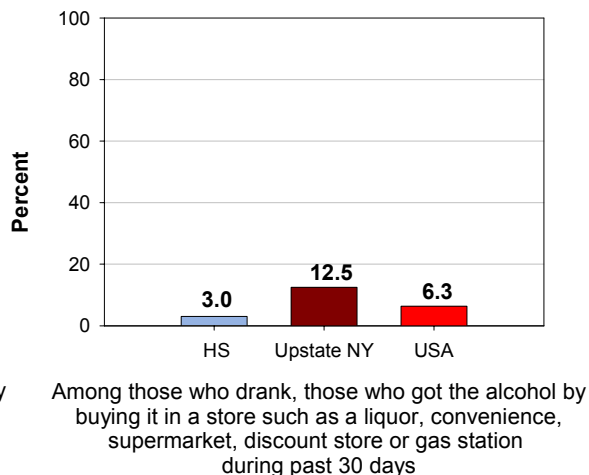
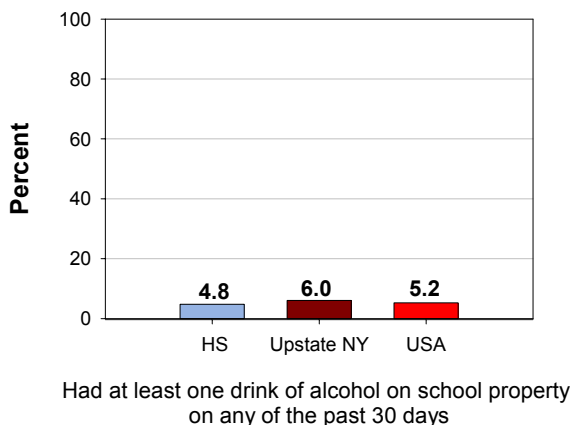
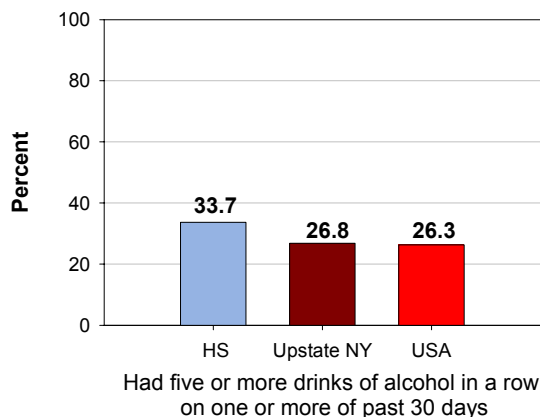
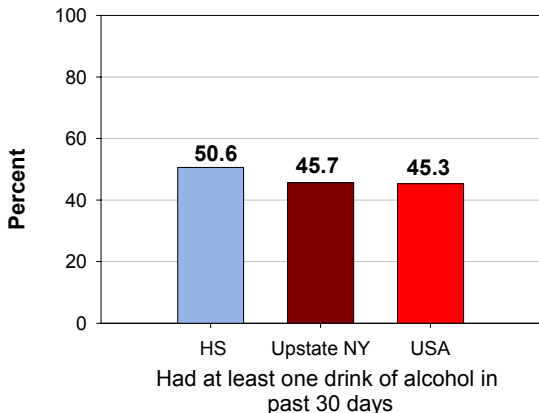
HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Ride with drinker

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

Student Reported Alcohol Behaviors continued



Statistical Significance: One or more drink past 30 days

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p=0.009)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS (p=0.002)

Statistical Significance: Five drinks in a row past 30 days

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p < 0.001)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS (p < 0.001)

Statistical Significance: Purchased alcohol

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p<0.001)

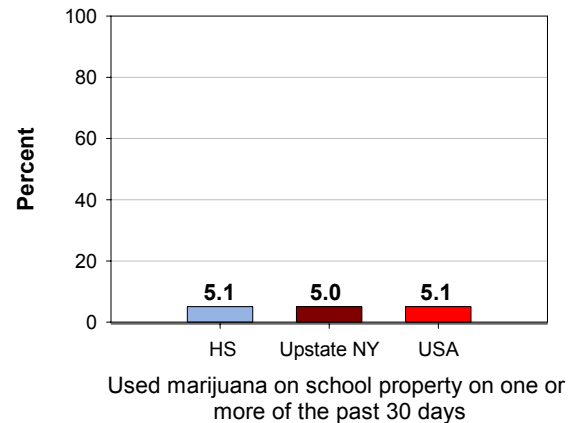
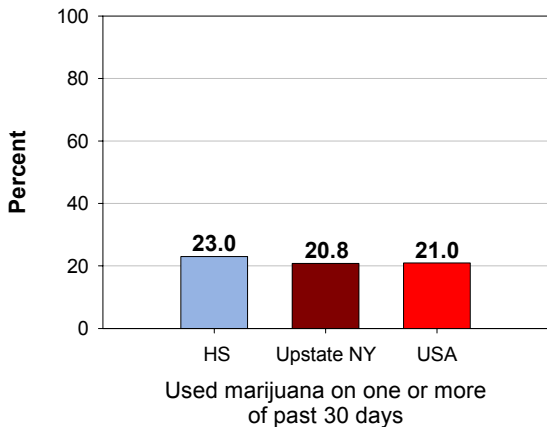
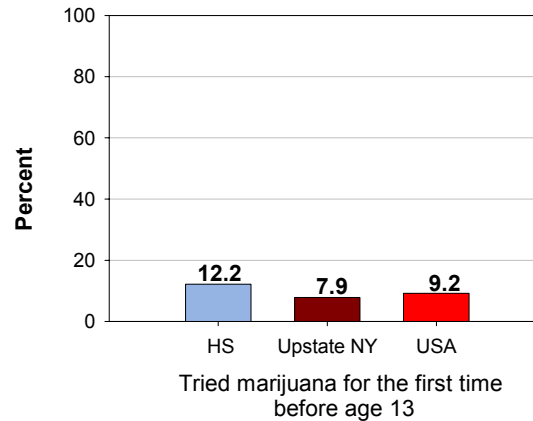
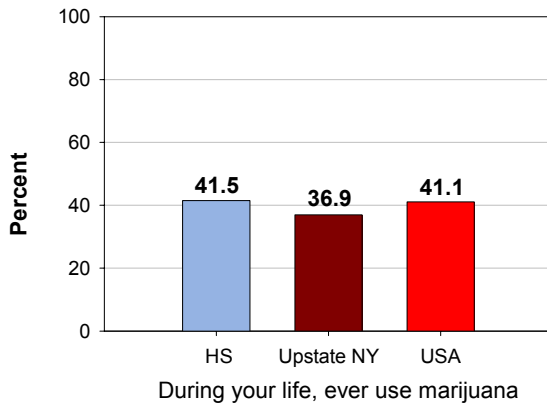
Statistical Significance: NONE For all others

Marijuana

2007 YRBS Findings for Marijuana

(Compares All Delaware County High School Districts with Upstate New York and the US.)

Student Reported Marijuana Use



Statistical Significance: Marijuana

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p=0.010)

Statistical Significance: Age

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p < 0.001)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS (p=0.002)

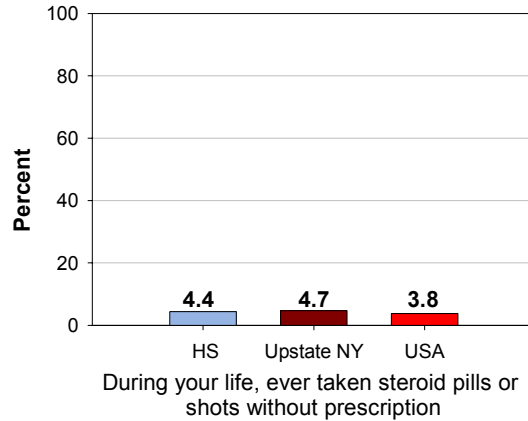
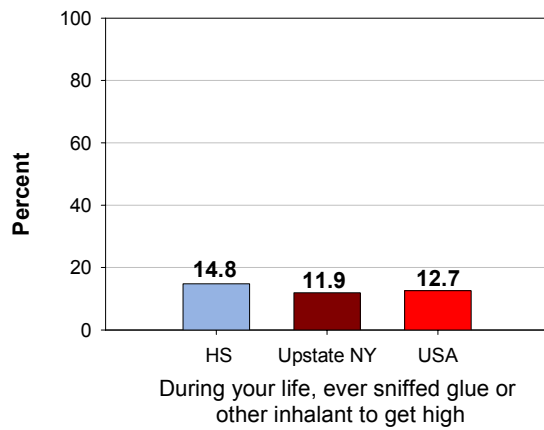
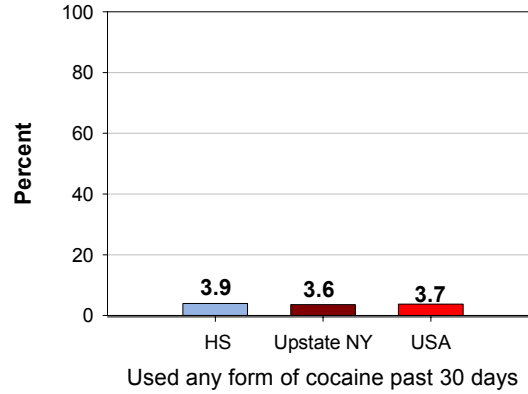
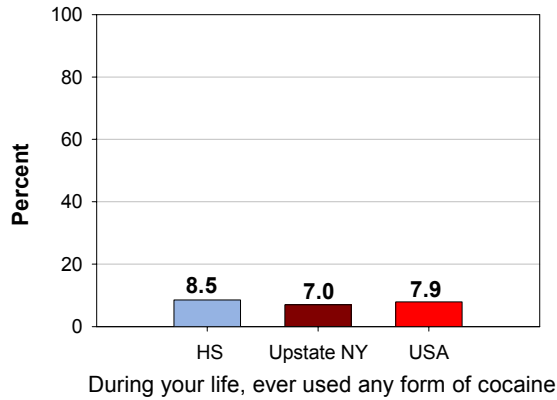
Statistical Significance: NONE For all others

Other Drug Use

2007 YRBS Findings for Other Drug Use

(Compares All Delaware County High School Districts with Upstate New York and the US.)

Student Reported Other Drug Use

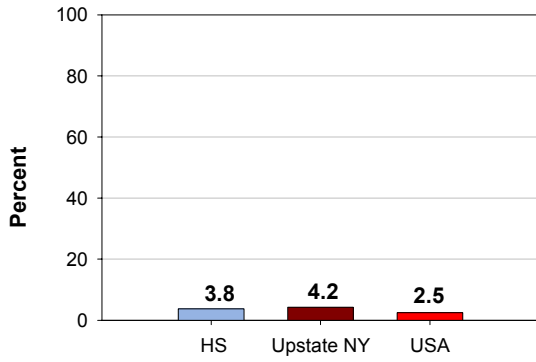


Statistical Significance: Inhalants

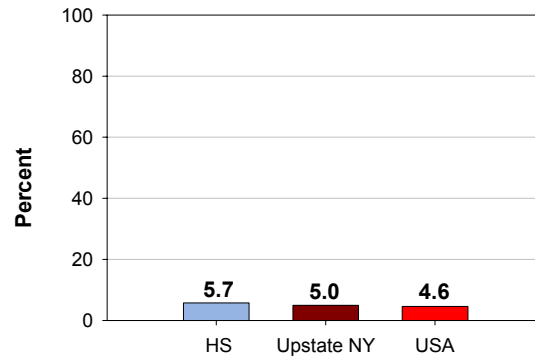
HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p=0.014)

Statistical Significance: NONE For others

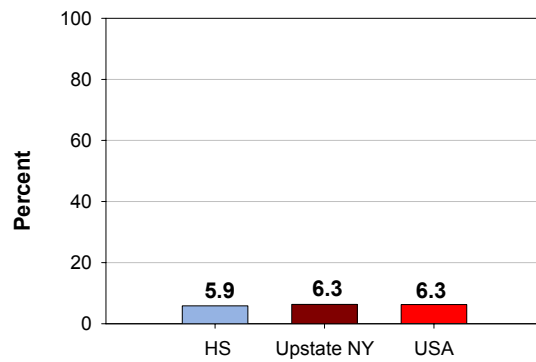
Other Drug Use continued



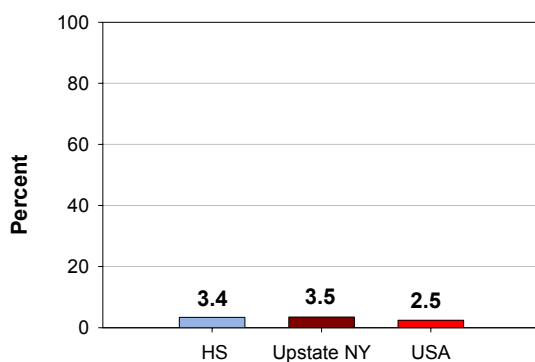
During your life, ever used heroin



During your life, ever used methamphetamines



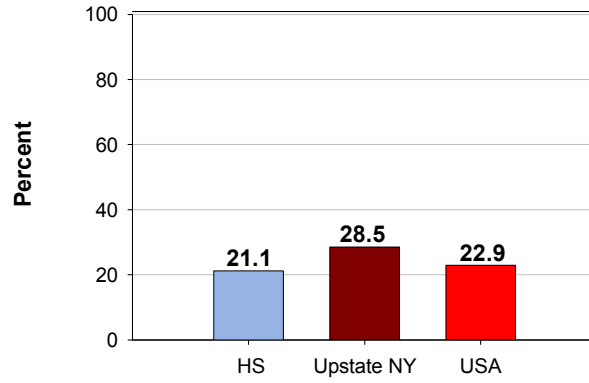
During your life, ever used ecstasy



During your life, ever used a needle to inject illegal drugs

Statistical Significance: NONE For all

Other Drug Use continued



During your life, have you been offered, sold or given an illegal drug on school property

Statistical Significance: Offered, sold or given drugs on school property
HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

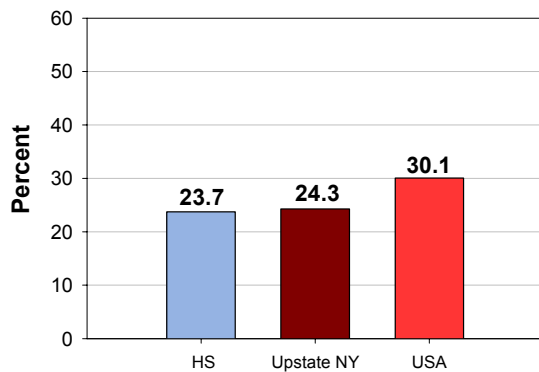
Depression and Suicide

According to the CDC’s US Center for Injury Prevention and Control, suicide is the third leading cause of death among 15- to 24-year-olds, accounting for nearly 13% of all deaths each year.

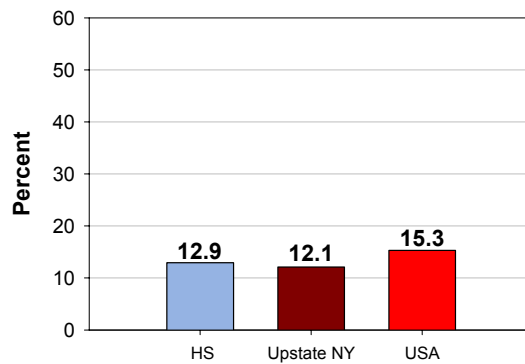
For more information on depression and suicide, and strategies to help see:
www.cdc.gov/ncipc/dvp/Suicide/

2007 YRBS Findings for Depression and Suicide
(Compares All Delaware County High School Districts with Upstate New York and the US.)

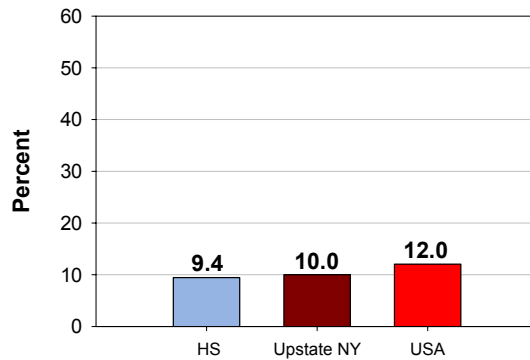
Student Reported Depression and Suicide Behavior



Felt so sad every day for two weeks or more in a row that you stopped doing some usual activities



Seriously considered attempting suicide

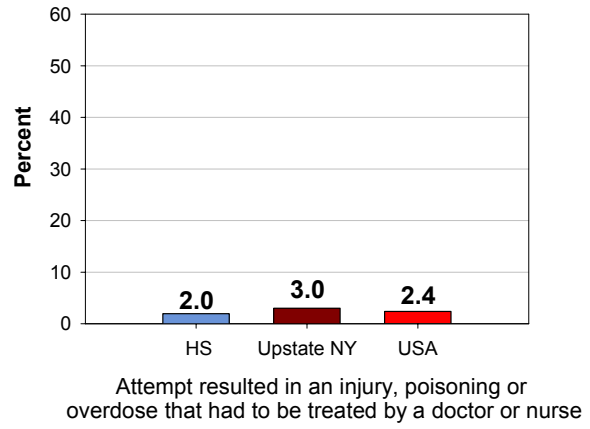
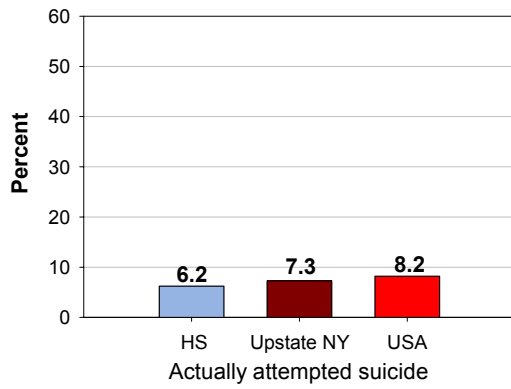


Made a plan about how would attempt suicide

Statistical Significance: Felt so sad
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

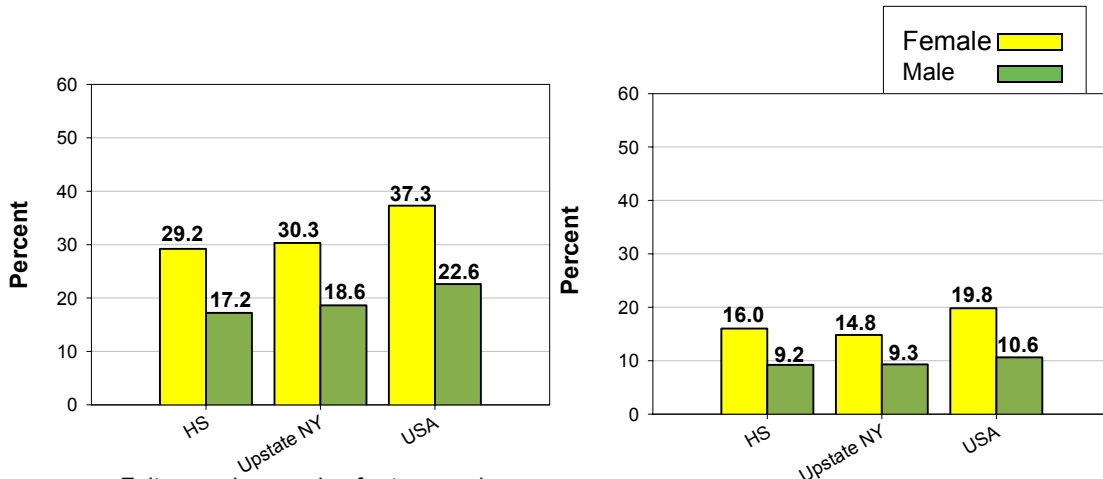
Statistical Significance: NONE For all others

Student Reported Depression and Suicide Behavior continued



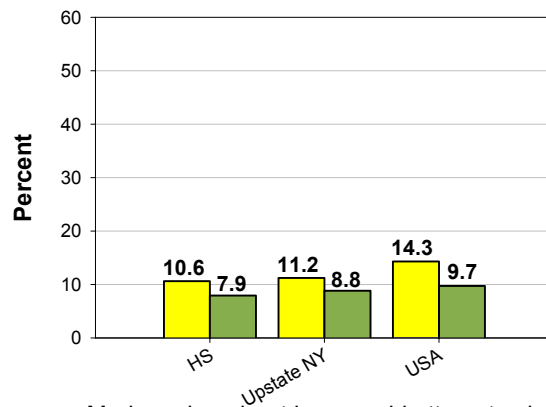
Statistical Significance: NONE For all

High School Depression and Suicide Behavior by Gender



Felt so sad every day for two weeks or more in a row that you stopped doing some usual activities

Seriously considered attempting suicide



Made a plan about how would attempt suicide

Statistical Significance: Felt so sad

HIGH SCHOOL FEMALES DIFFER FROM US HIGH SCHOOLS ($p < 0.001$)

HIGH SCHOOL MALES DIFFER FROM US HIGH SCHOOLS ($p=0.009$)

Statistical Significance: Considered

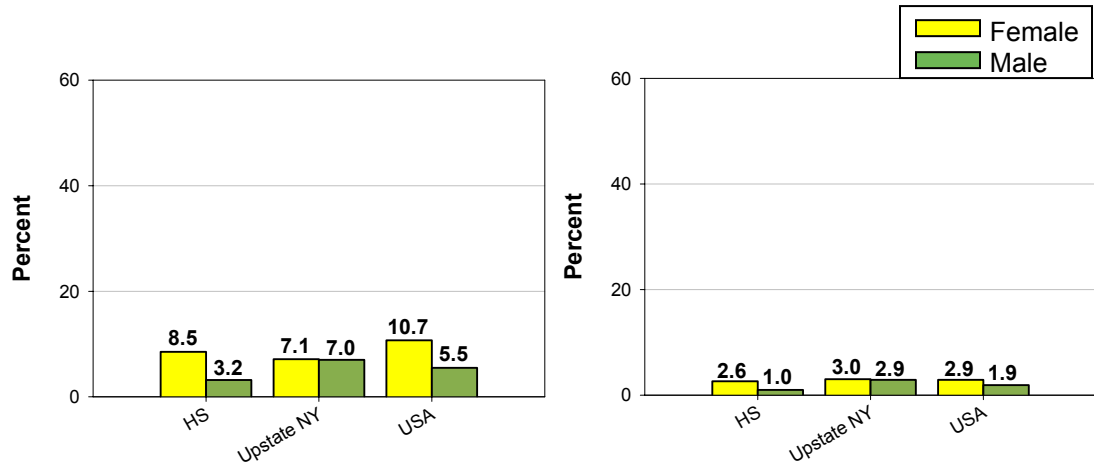
HIGH SCHOOL FEMALES DIFFER FROM US HIGH SCHOOLS ($p=0.032$)

Statistical Significance: Made plan

HIGH SCHOOL FEMALES DIFFER FROM US HIGH SCHOOLS ($p=0.018$)

Statistical Significance: NONE For all others

High School Depression and Suicide Behavior by Gender continued



Actually attempted suicide

Attempt resulted in an injury, poisoning or overdose that had to be treated by a doctor or nurse

Statistical Significance: Attempted suicide

HIGH SCHOOL MALES DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p=0.005)

HIGH SCHOOL MALES DIFFERS FROM NATIONAL HIGH SCHOOLS (p=0.005)

Statistical Significance: Injured

HIGH SCHOOL MALES DIFFERS FROM NATIONAL HIGH SCHOOLS (p=0.028)

Violence

According to CDC resources, physical fights are among those factors highly associated with the injuries that contribute to death among adolescents aged 10-24 years.

The US government has registries of programs found to be effective in reducing violence-related behaviors.

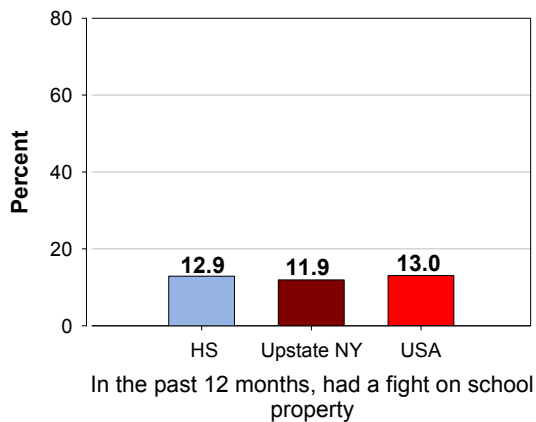
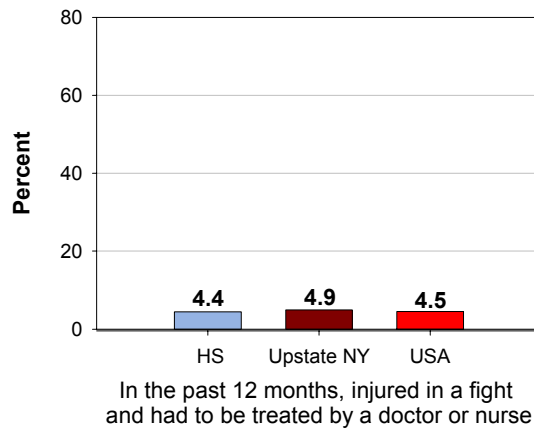
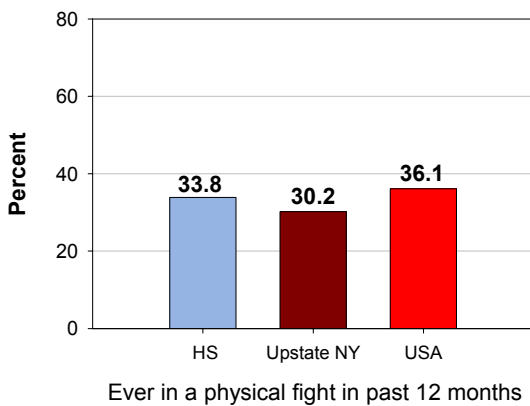
For more information on injury and strategies to help see:

www.cdc.gov/HealthyYouth/injury/

2007 YRBS Findings for Violence

(Compares all Delaware County High School Districts with Upstate New York and the US.)

Student Reported Fight Behaviors



Statistical Significance: Fight

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p=0.026)

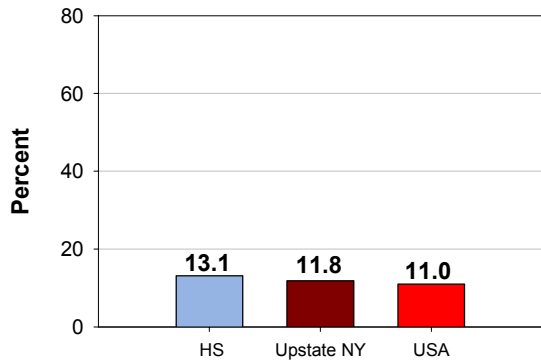
Statistical Significance: NONE For all others

Dating Violence

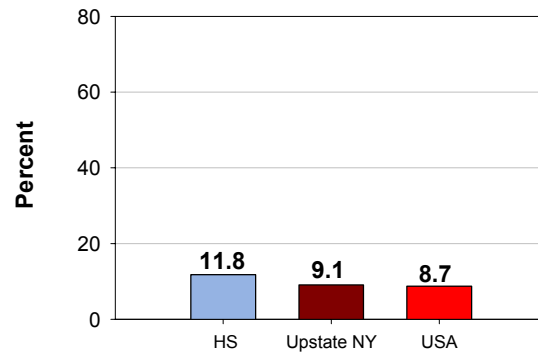
2007 YRBS Findings for Dating Violence

(Compares all Delaware County High School District with Upstate New York and the US.)

Student Reported Dating Violence



In past 12 months, significant other ever hit, slapped or hurt on purpose



Ever been forced to have sexual intercourse when you did not want to

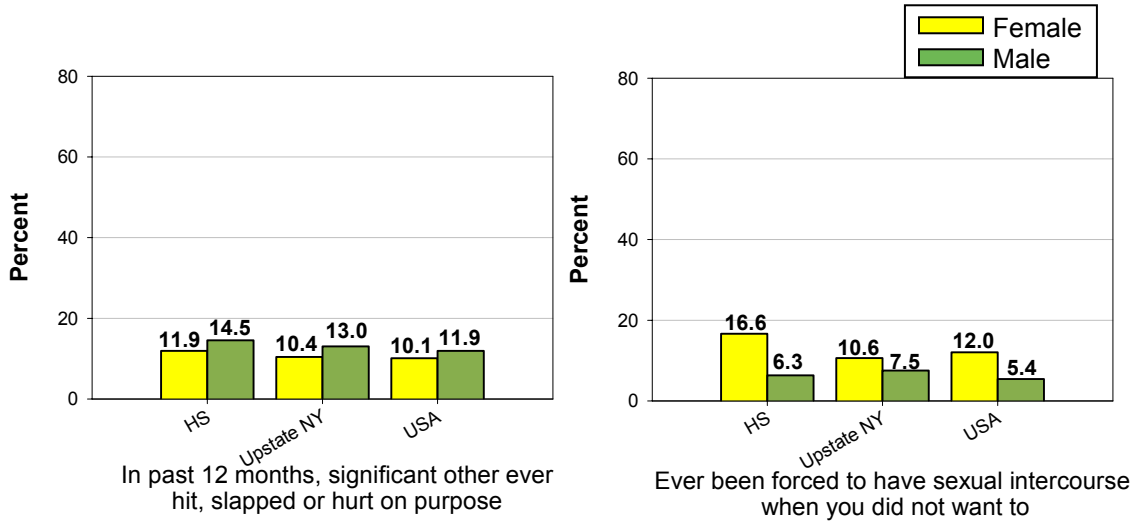
Statistical Significance: Forced

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p=0.009)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS (p=0.001)

Statistical Significance: NONE For all others

Gender Differences in Dating Violence



Statistical Significance: Forced

HIGH SCHOOL FEMALES DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)
 HIGH SCHOOL FEMALES DIFFERS FROM US HIGH SCHOOLS ($p=0.002$)

Statistical Significance: NONE For all others

Responsible Sexual Behaviors

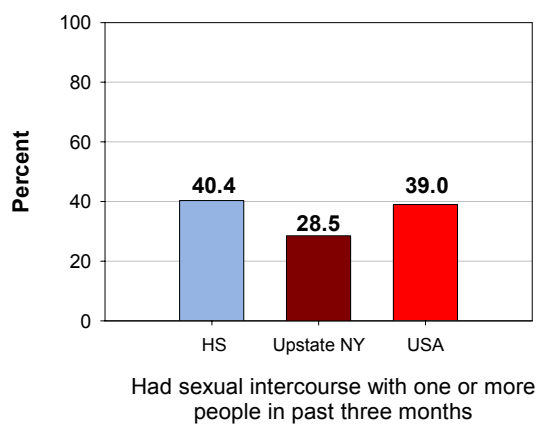
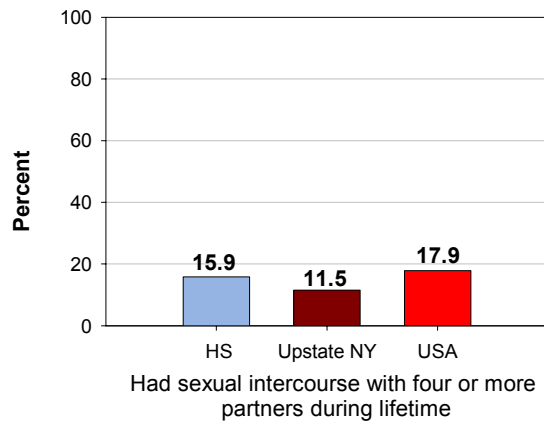
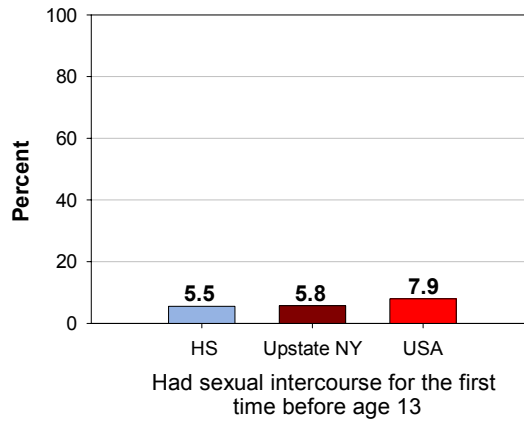
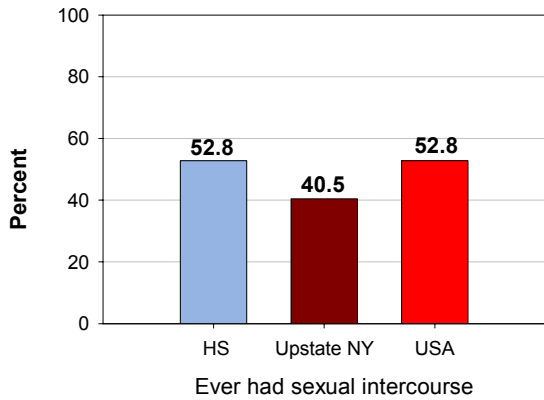
According to CDC resources:

Irresponsible sexual behaviors place young people at risk for HIV infection and other sexually transmitted diseases (STDs). Pregnancy among adolescents is another concern.

For more information on responsible sexual behaviors and strategies to help see:
www.cdc.gov/HealthyYouth/sexualbehaviors/

2007 YRBS Findings for Responsible Sexual Behaviors
(Compares all Delaware County High School Districts with Upstate New York and the US.)

Student Reported Sexual Behaviors



Statistical Significance: Ever had sex

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Four or more partners

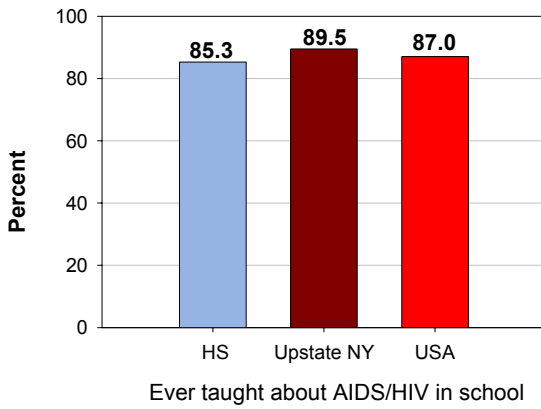
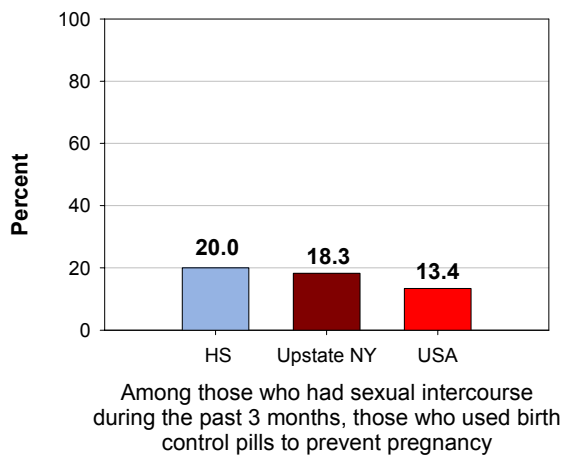
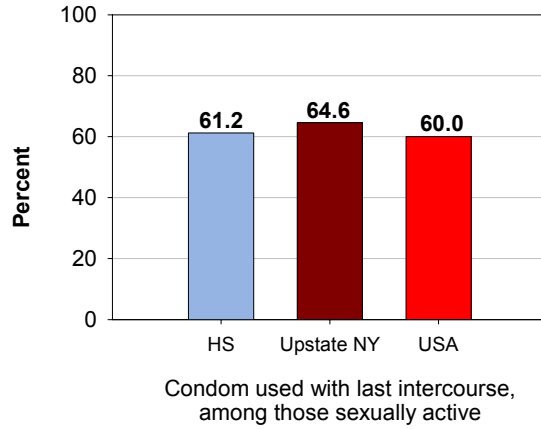
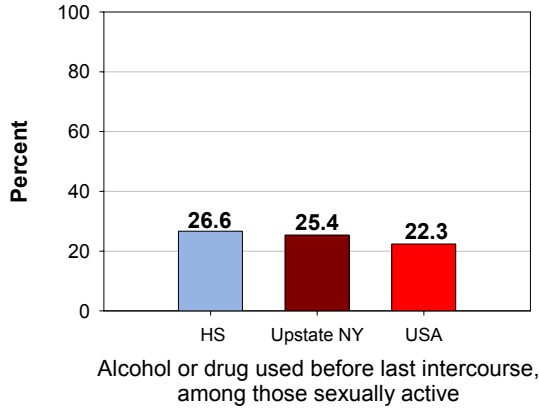
HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: One or more partners past 3 months

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

Student Reported Sexual Behaviors continued



Statistical Significance: AIDS/HIV

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Used birth control pills

HIGH SCHOOL FEMALES DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

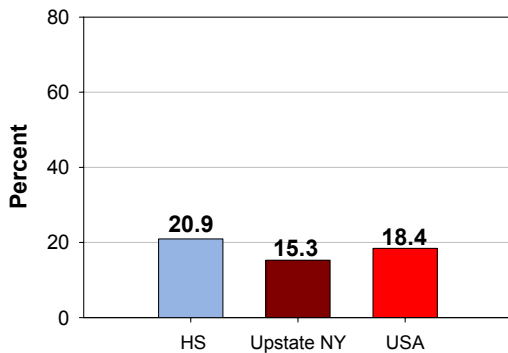
Weapon Use

Rates of reported gun use in Delaware County may have significant seasonal variation depending upon various hunting seasons. This likely is a greater factor locally than for either all upstate New York or all US student groups.

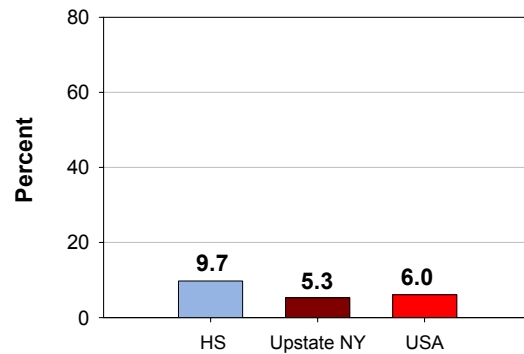
2007 YRBS Findings for Weapon Use

(Compares all Delaware County High School Districts with Upstate New York and the US.)

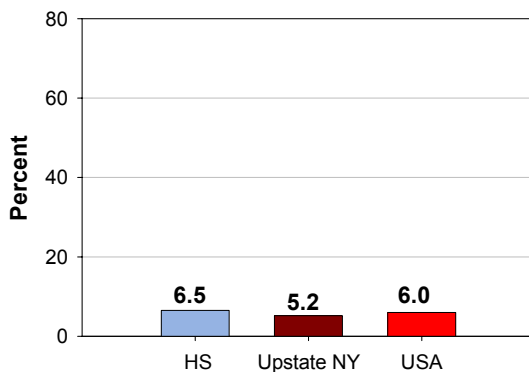
Student Reported Weapon Use



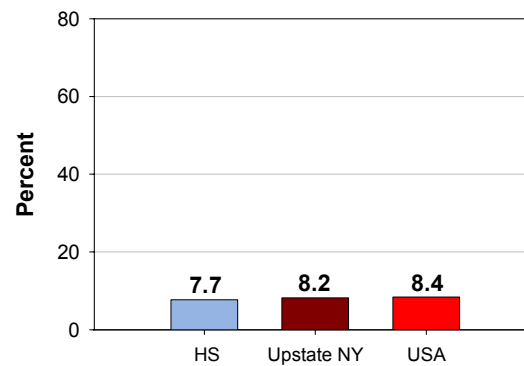
Carry a weapon, (gun, knife, or club) past 30 days



Carried a gun in past 30 days



Carried a weapon on school property past 30 days



During the past 12 months, been threatened or injured on school property

Statistical Significance: Weapon

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

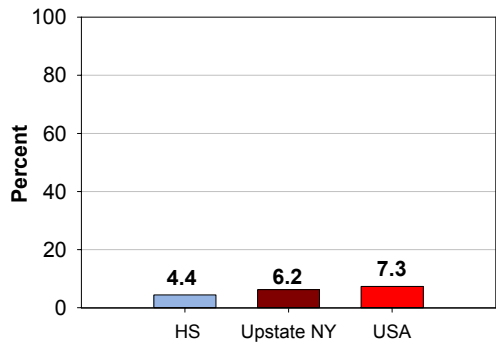
Statistical Significance: Gun

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

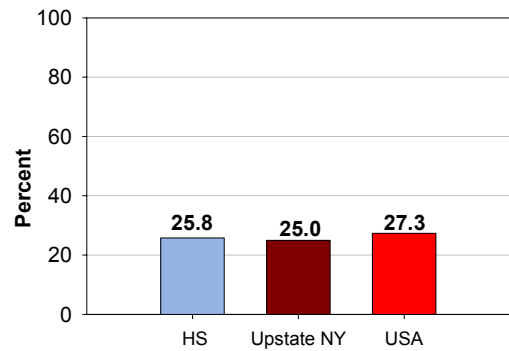
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

Student Reported Weapon Use continued



In the past 30 days felt so unsafe at or on way to/from school that you stayed home



In past 12 months ever have property stolen or deliberately damaged at school

Statistical Significance: Unsafe

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS (p=0.039)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS (p=0.001)

Statistical Significance: NONE For all others

Weight Behaviors

Body-Mass Index (BMI) is a number that estimates a person's level of body fat through a calculation using a person's height and weight. [BMI = {(weight in pounds) / (2x[height in inches])} x 703]. BMI calculated in the YRBS process was based on students' self-reported height and weight.

For youth, this number is compared among young people of the same age to determine whether they are underweight (less than 5th percentile), average weight (5th to 85th percentile), at risk for becoming overweight/obese (85th to 95th percentile) or overweight/obese (greater than 95th percentile).

While BMI is often a good indicator of whether a person is overweight, it is not always accurate. Both boys and girls can gain weight quickly as part of normal growth patterns. A muscular person, such as an athlete, may have a high BMI but not be obese.

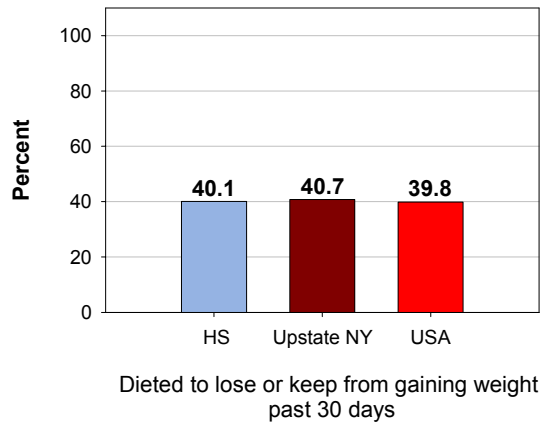
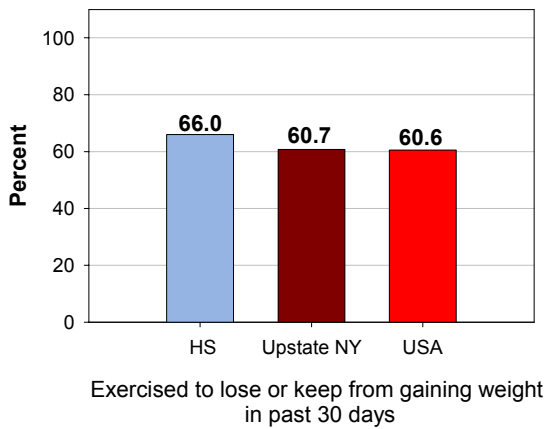
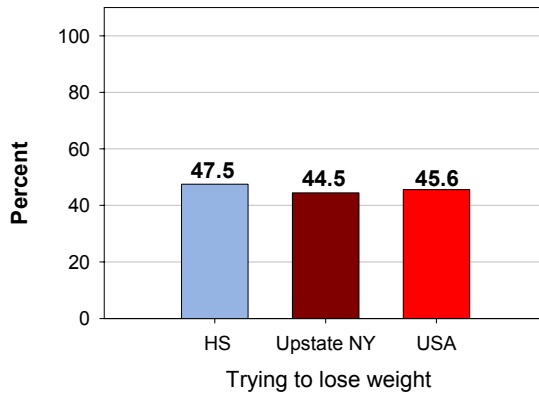
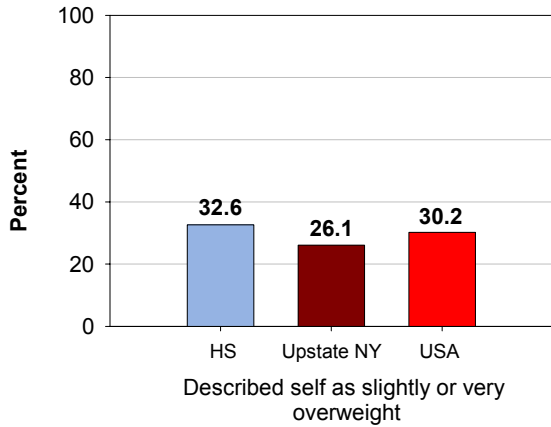
For more information on obesity and strategies to help see:

www.cdc.gov/HealthyYouth/obesity/

2007 YRBS Findings for Weight Behaviors

(Compares all Delaware County High School Districts with Upstate New York and the US.)

High School Weight Behaviors



Statistical Significance: Weight

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

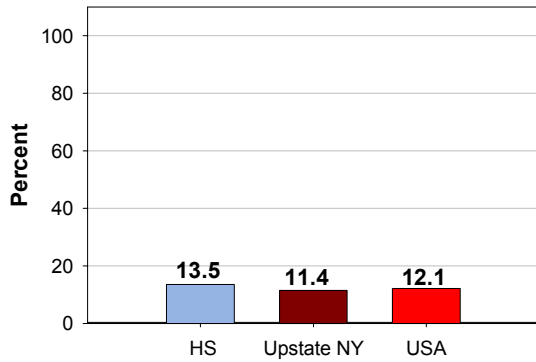
Statistical Significance: Exercised

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p=0.002$)

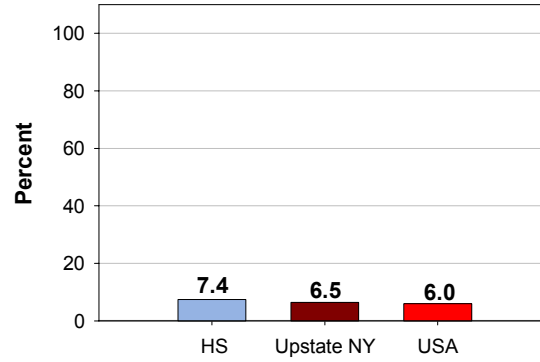
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p=0.001$)

Statistical Significance: NONE For all others

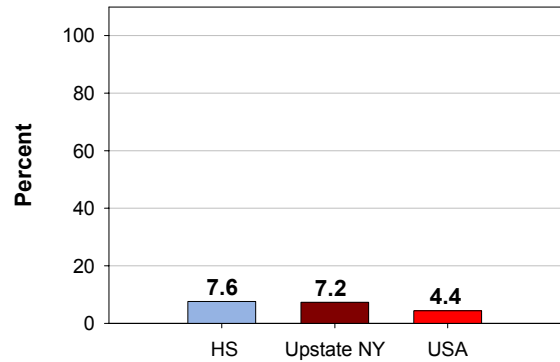
High School Weight Behaviors continued



Fasted for 24 hours or more to keep from gaining weight in past 30 days



Took diet pills without doctor's advice to lose or keep from gaining weight past 30 days



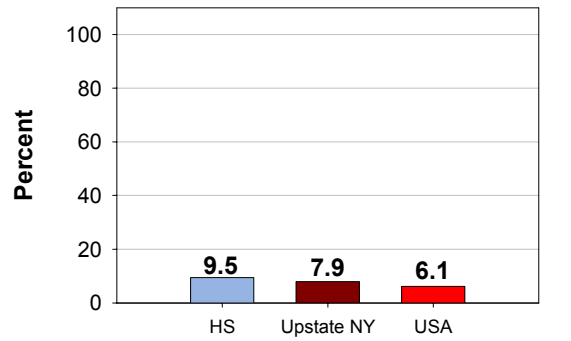
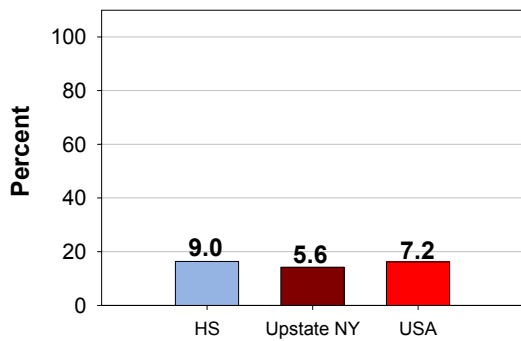
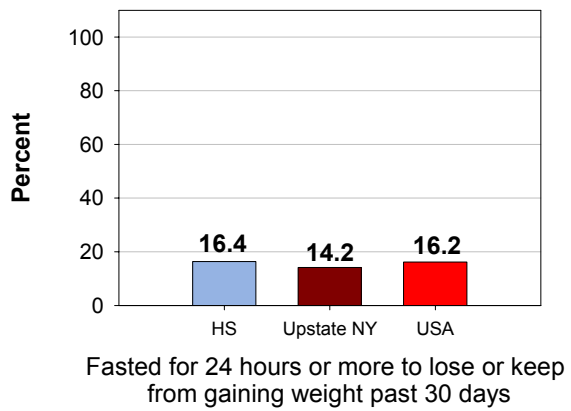
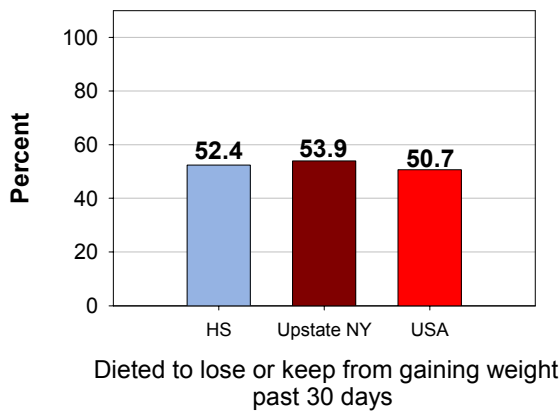
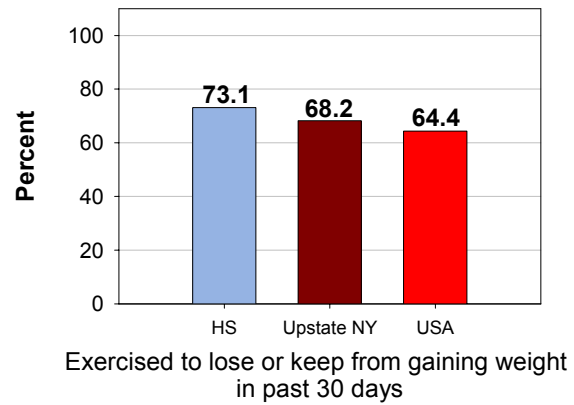
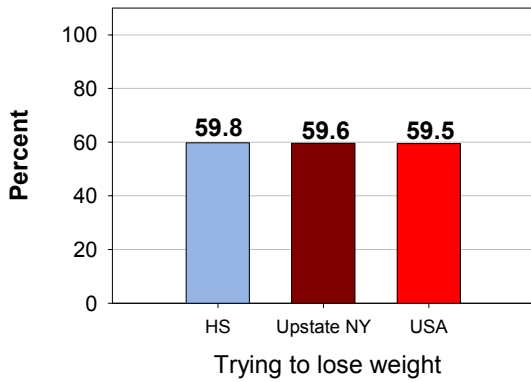
Vomited/used laxatives to lose or keep from gaining weight past 30 days

Statistical Significance: Vomited
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

Weight and Gender Comparisons

Student Reported Female Weight Behaviors



Statistical Significance: Exercise

HIGH SCHOOL FEMALES DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p=0.030$)
 HIGH SCHOOL FEMALES DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Diet pills

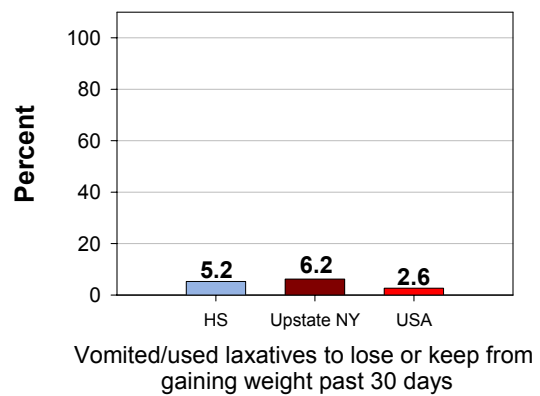
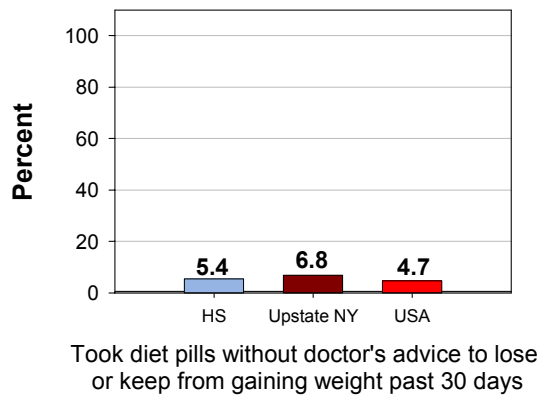
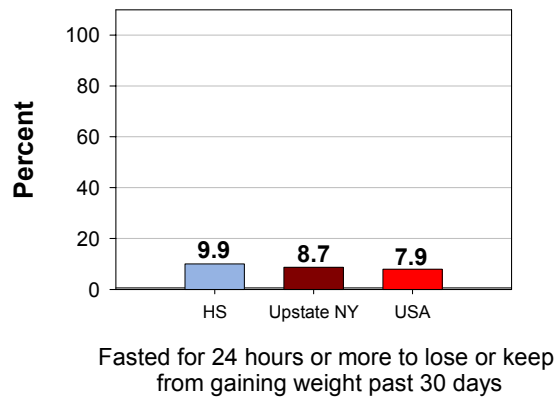
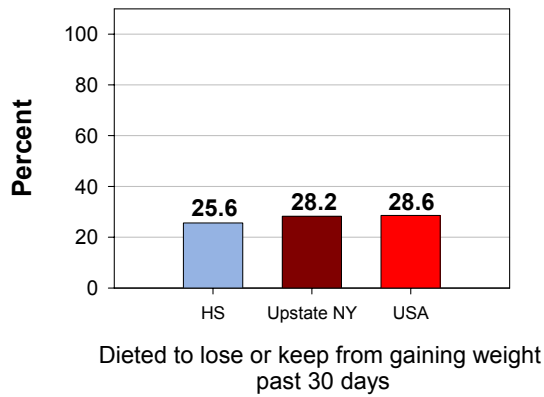
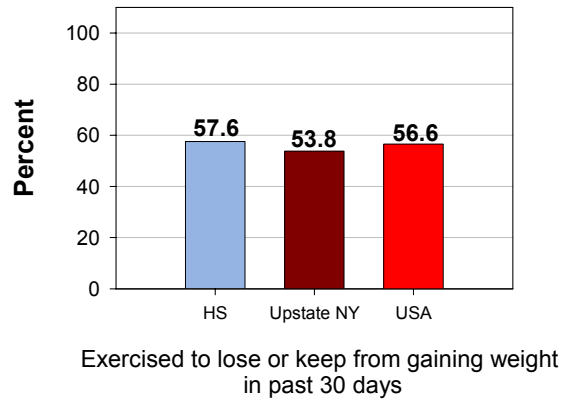
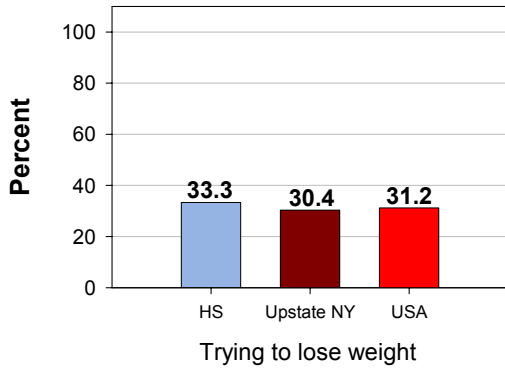
HIGH SCHOOL FEMALES DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p=0.008$)

Statistical Significance: Vomited

HIGH SCHOOL FEMALES DIFFERS FROM US HIGH SCHOOLS ($p=0.003$)

Statistical Significance: NONE For all others

Student Reported Male Weight Behaviors



Statistical Significance: Vomited
HIGH SCHOOL MALES DIFFER FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

Physical Activity

According to CDC resources:

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

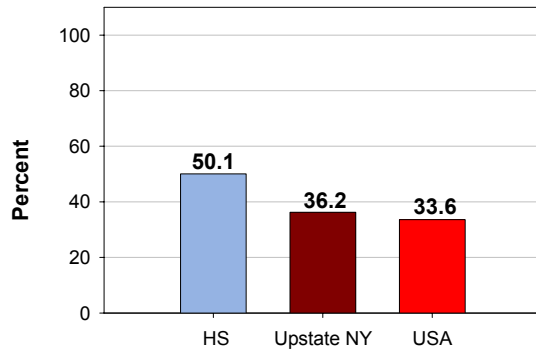
For more information on physical activity and strategies to help see:

www.cdc.gov/HealthyYouth/physicalactivity/

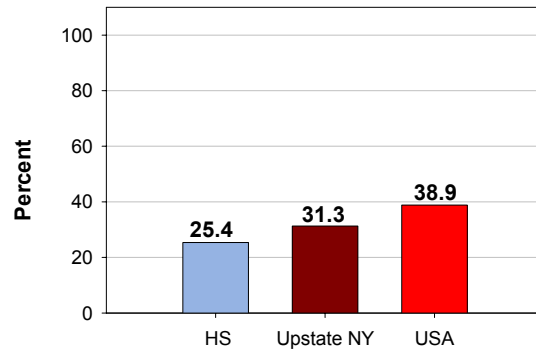
2007 YRBS Findings for Physical Activity

(Compares all Delaware County High School Districts with Upstate New York and the US.)

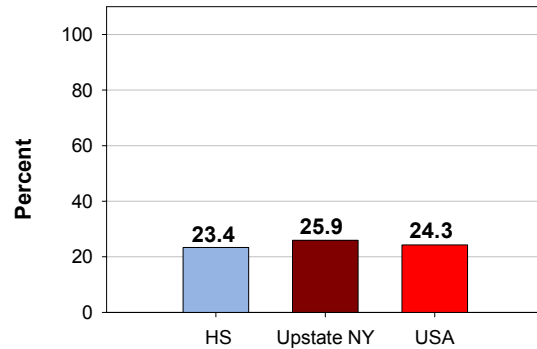
Student Reported Physical Activity



Exercise that increased heart rate at least 60 min. per day on five or more of the past seven days



Watched three or more hours per day of TV on an average school day



Played games/used computer three or more hours per day on an average school day

Statistical Significance: Exercise

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

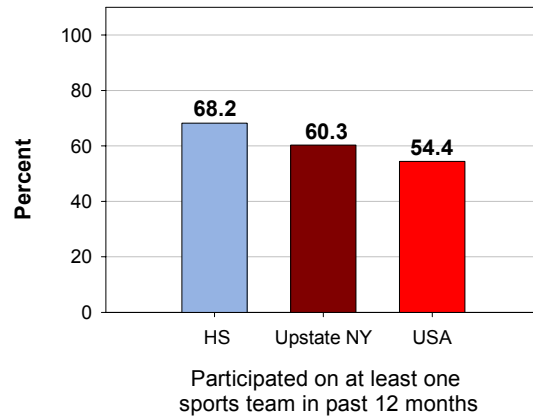
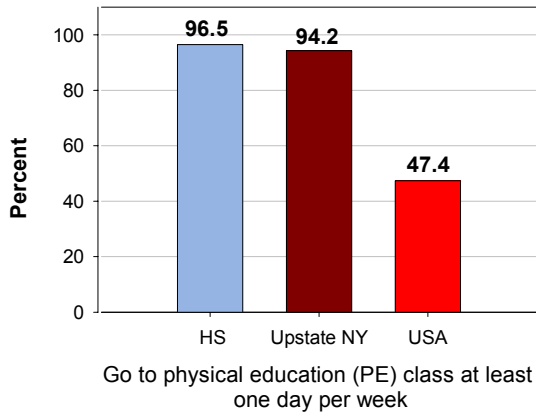
Statistical Significance: TV

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

Student Reported Physical Activity continued



Statistical Significance: Physical Ed class

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p=0.007$)
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Sports team

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)
HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Asthma

Asthma is a major public health problem of increasing concern in the United States. From 1980 to 1996, asthma prevalence among children increased by an average of 4.3% per year, from 3.6% to 6.2%. Low-income populations, minorities, and children living in inner cities experience disproportionately higher morbidity and mortality due to asthma. Asthma's effects on children and adolescents include the following:

- Asthma accounts for 14 million lost days of school missed annually
- Asthma is the third-ranking cause of hospitalization among those younger than 15 years of age
- The number of children dying from asthma increased almost threefold from 93 in 1979 to 266 in 1996
- The estimated cost of treating asthma in those younger than 18 years of age is \$3.2 billion per year

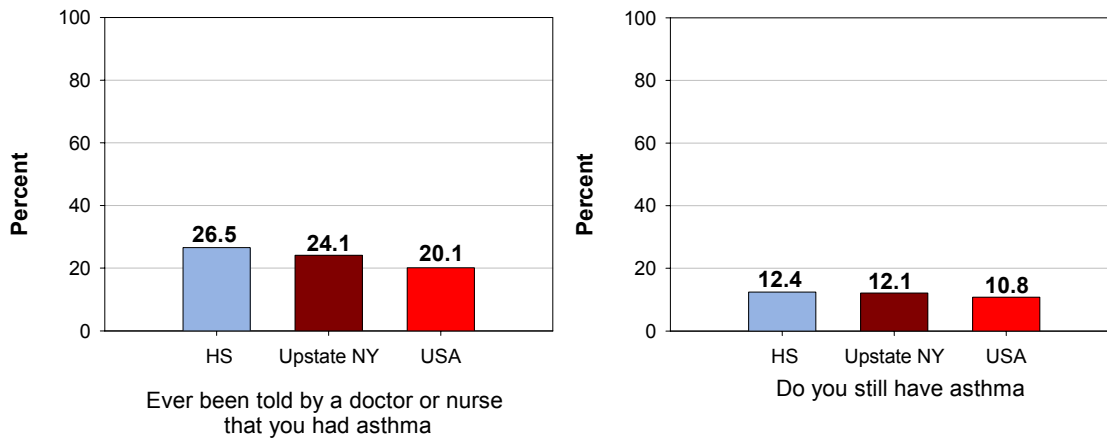
Additional information about asthma can be found at:

<http://www.cdc.gov/asthma/children.htm>

2007 YRBS Findings for Asthma

(Compares all Delaware County High School Districts with Upstate New York and the US.)

Student Reported Asthma



Statistical Significance: Have asthma

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

Nutrition

According to CDC resources:

Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia. Most young people are not following the recommendations set forth in the Dietary Guidelines for Americans.

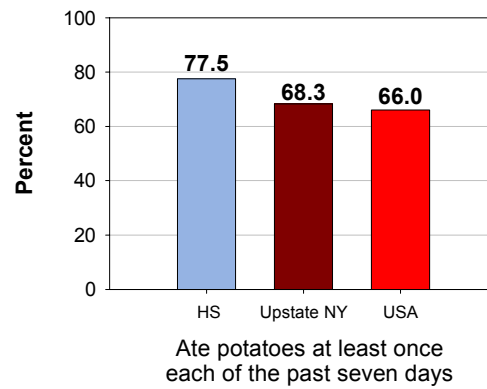
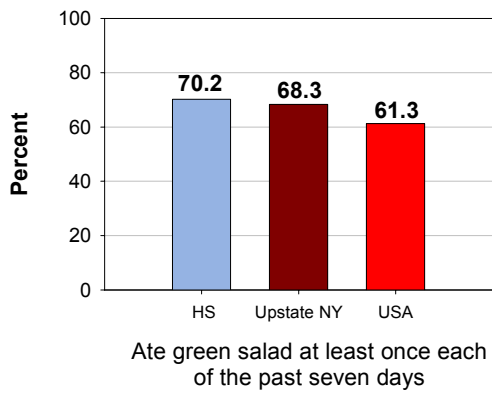
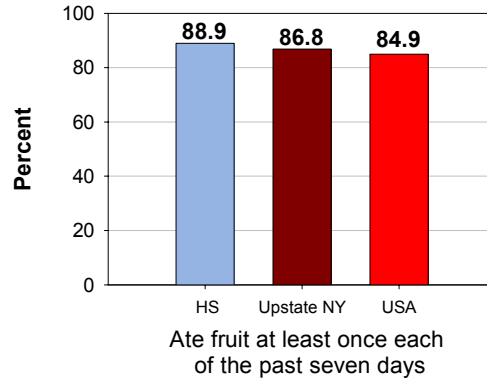
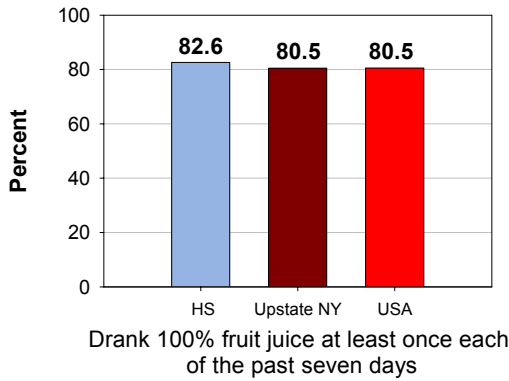
For more information on nutrition and strategies to help see:

www.cdc.gov/HealthyYouth/nutrition/

2007 YRBS Findings for Nutrition

(Compares all Delaware County High School Districts with Upstate New York and the US.)

Student Reported Food and Beverage Consumption Habits



Statistical Significance: Fruit

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Salad

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

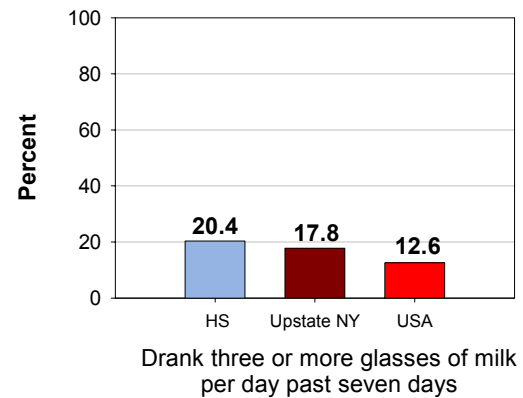
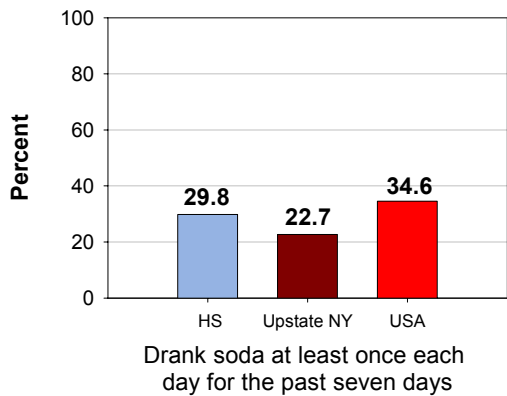
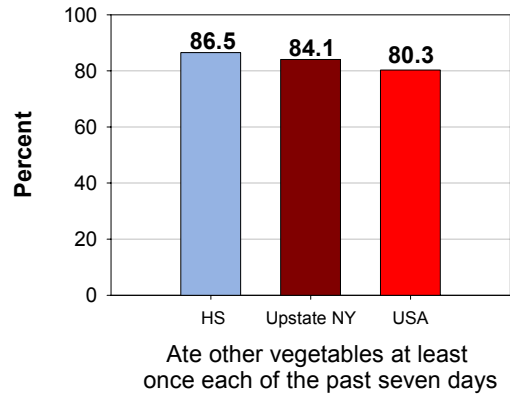
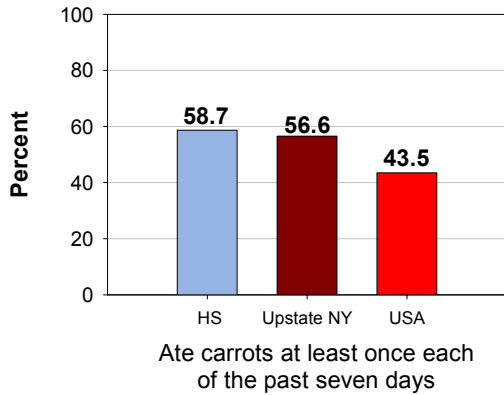
Statistical Significance: Potatoes

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: NONE For all others

Student Reported Food and Beverage Consumption Habits continued



Statistical Significance: Carrots

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Vegetables

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Milk

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p < 0.001$)

Statistical Significance: Soda

HIGH SCHOOL DIFFERS FROM UPSTATE NY HIGH SCHOOLS ($p < 0.001$)

HIGH SCHOOL DIFFERS FROM US HIGH SCHOOLS ($p=0.003$)

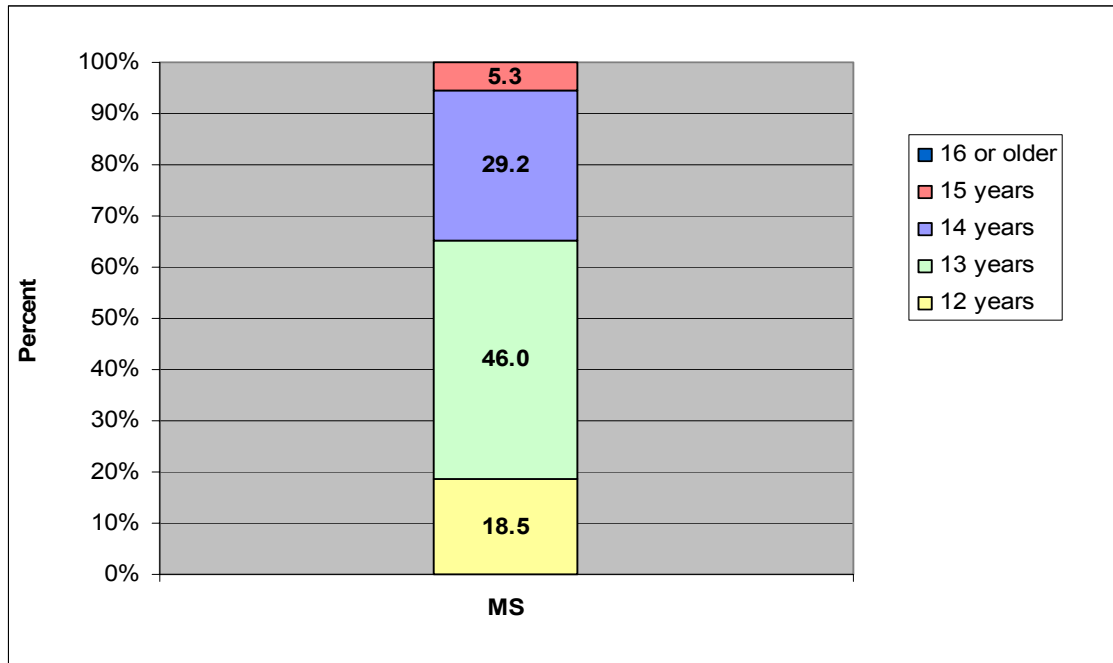
Middle School Data

Because there are no readily available comparison data from upstate New York or US middle schools, the aggregated Delaware County middle school data stand alone. There are no relevant comparison data currently, thus there are no statistical comparisons to be reported. These data are of use in describing the current situation in the county's middle schools and in serving as a baseline for future trend analyses.

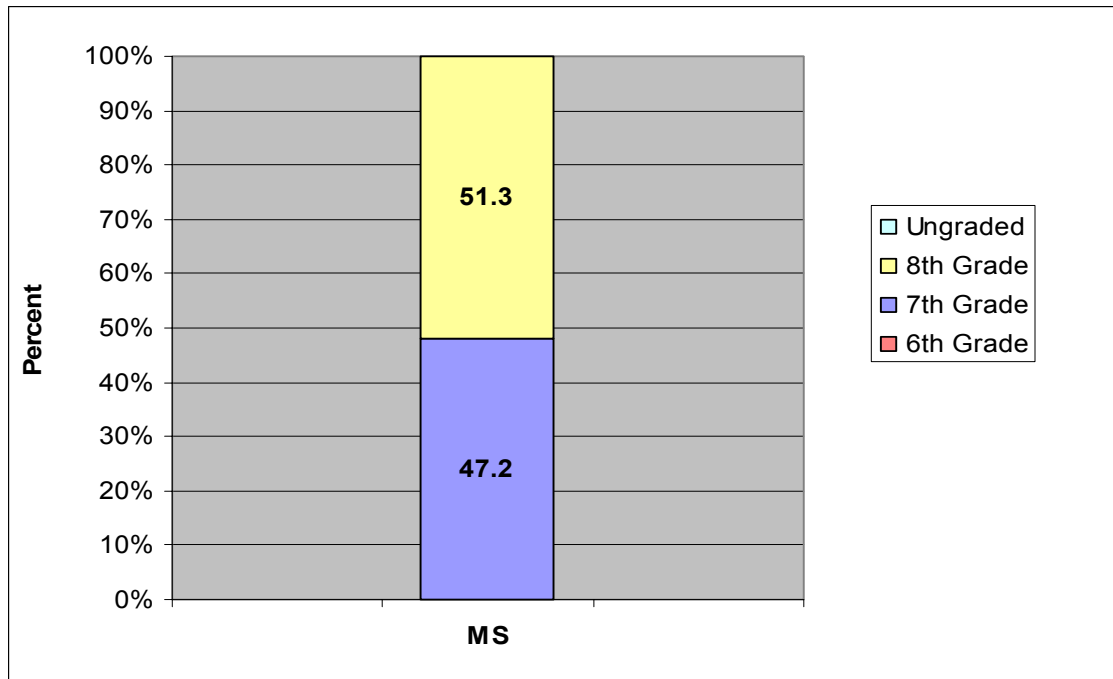
Demographics

A brief description of the participants in the Delaware County Youth Risk Behavior Survey based upon age, academic grade, gender, and race.

Middle School Student Reported Age

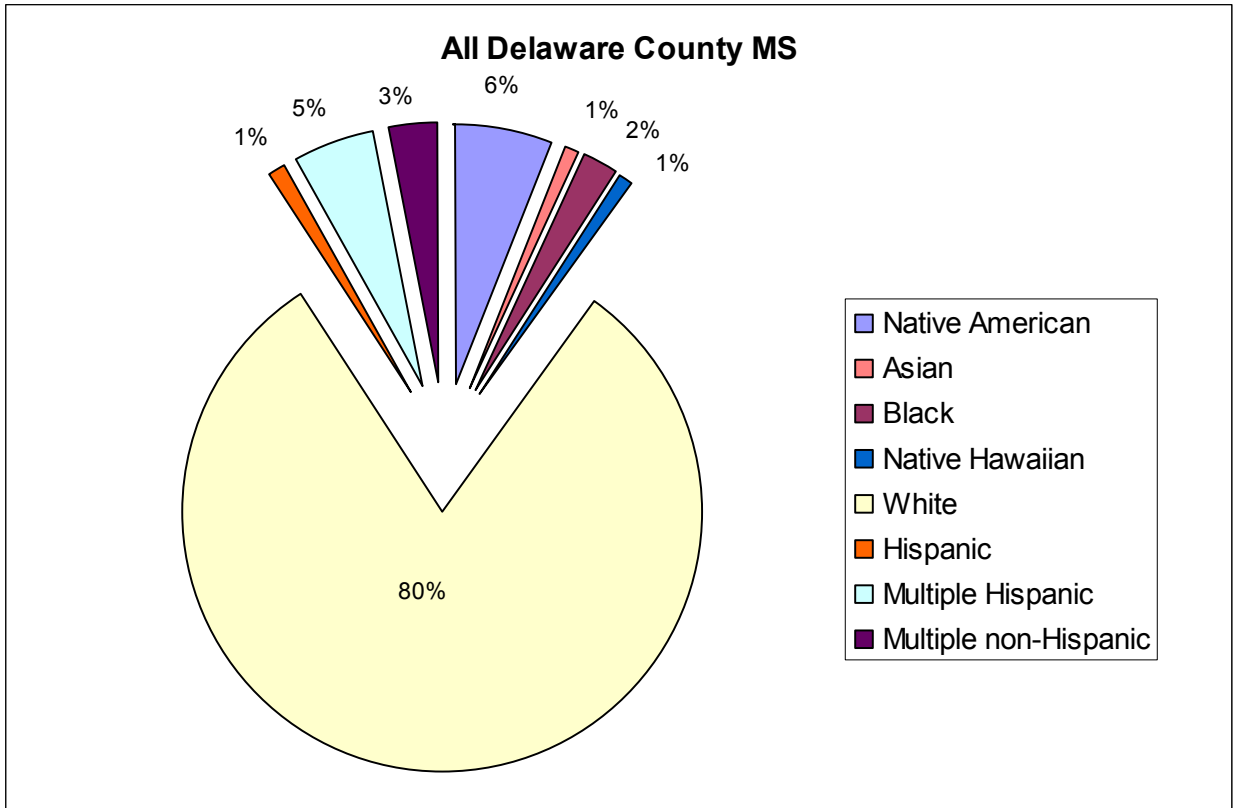


Middle School Student Reported Grade



- 46.5% of Delaware County Middle School students are female
- 48.6% of Upstate NY high school students are female
- 50.7% of high school students in the nation are female

Student Reported Race



Race Distribution by Percentage

	Native American	Asian	Black	Native Hawaiian	White	Hispanic	Multiple Hispanic	Multiple non-Hispanic
All Delaware County MS	6%	1%	2%	1%	80%	1%	5%	3%

Injury

According to resources cited by the US Center for Chronic Disease Prevention and Health Promotion:

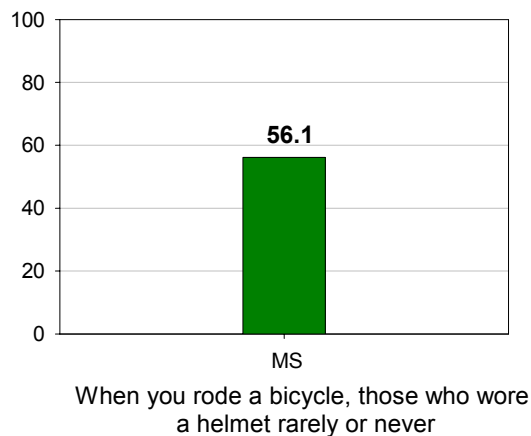
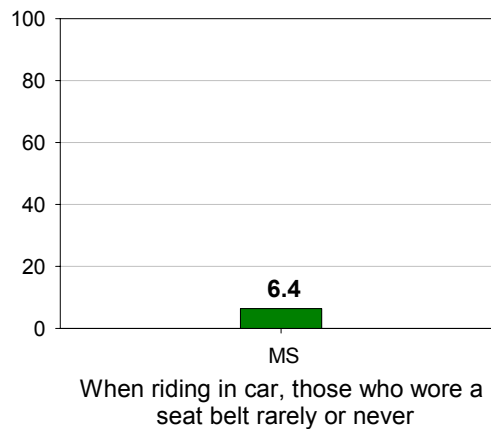
In the United States, injuries are the leading cause of death and disability for people aged 1 to 44 years. Approximately 84% of all deaths among adolescents aged 10-24 years are attributed to injuries from only four causes: motor vehicle crashes (37%), all other unintentional injuries (16%), homicide (18%), and suicide (13%).

Using seat belts when traveling in an automobile, and properly using helmets when bicycling, can limit the risk of severe injury and death.

For more information on injury and strategies to help see:
www.cdc.gov/HealthyYouth/injury/

2007 YRBS Findings for Injury Prevention

Student Reported Seat Belt and Bicycle Helmet Use



Tobacco Use

According to CDC resources:

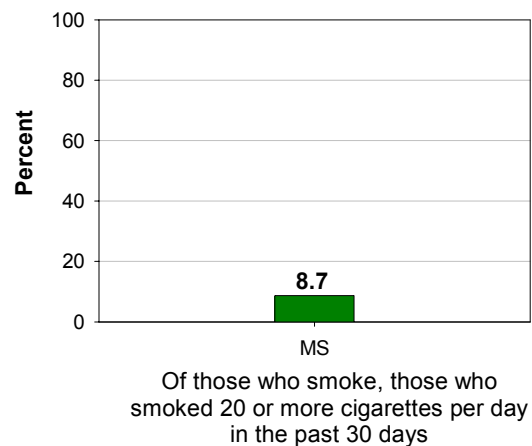
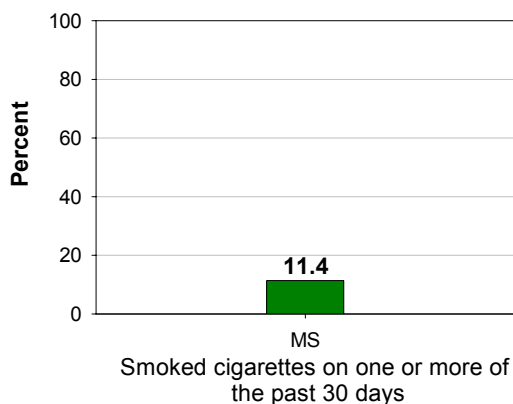
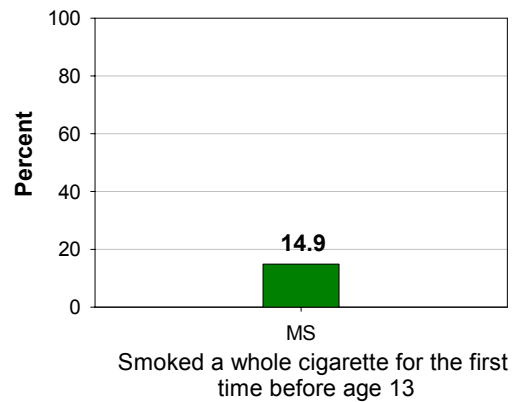
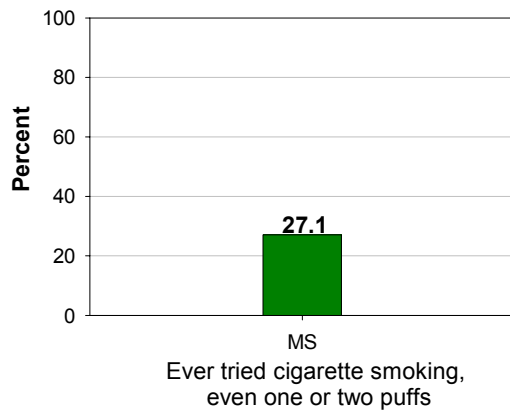
Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, is the single leading preventable cause of death in the United States.... If current patterns of smoking behavior continue, an estimated 6.4 million of today's children can be expected to die prematurely from a smoking-related disease.

For more information on tobacco use and strategies to help see:

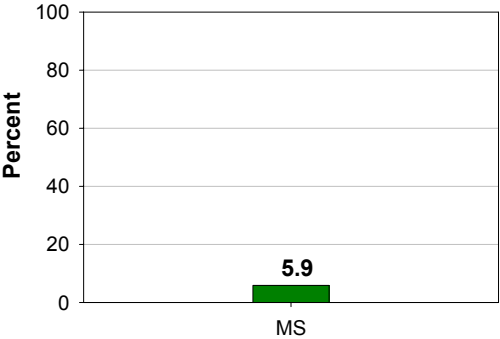
www.cdc.gov/HealthyYouth/tobacco/

2007 YRBS Findings for Tobacco Use

Middle School Tobacco Use



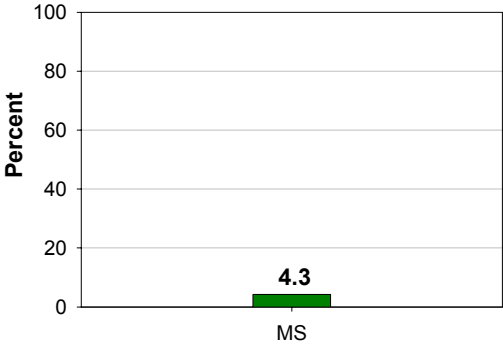
Middle School Tobacco Use continued



During past 30 days, of those who smoke, those who buy cigarettes in a store or gas station



During past 30 days, use chewing tobacco, snuff or dip



During past 30 days, smoked cigars, cigarillos or little cigars

Student Reported Source of Cigarettes by Percentage

Of those who smoke, those who -	All Delaware County MS
Bought in store	9.0%
Vending Machine	5.0%
Borrowed	20.0%
Gave someone money to buy	19.0%
Someone over 18 bought	5.0%
Took from store or family	15.0%
Another way	27.0%

Alcohol & Other Drug Use

According to CDC resources:

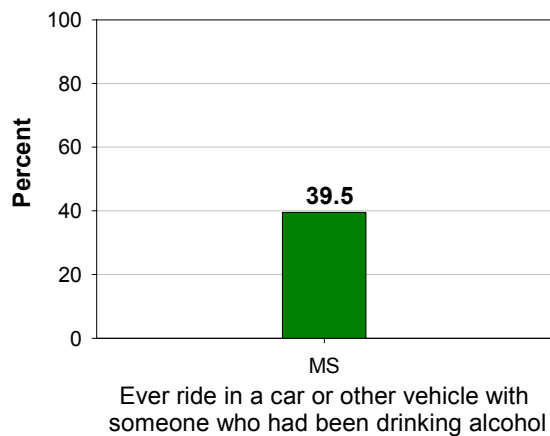
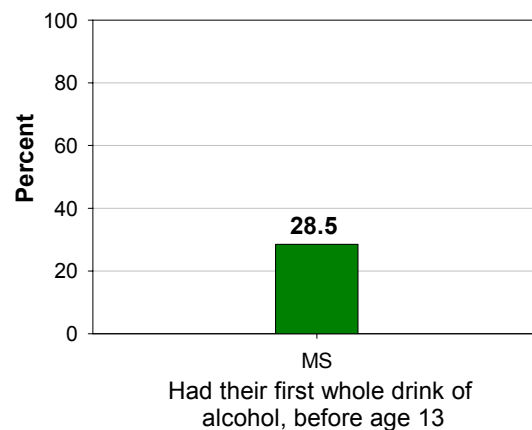
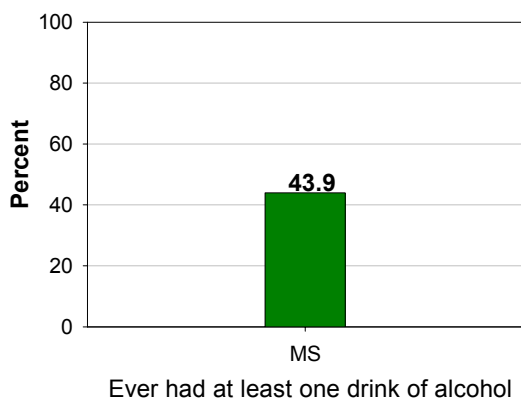
Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior. Long-term alcohol misuse is associated with liver disease, cancer, cardiovascular disease, and neurological damage as well as psychiatric problems such as depression, anxiety, and antisocial personality disorder.

For more information on alcohol use and strategies to help see:

www.cdc.gov/HealthyYouth/alcoholdrug/

2007 YRBS Findings for Alcohol Use

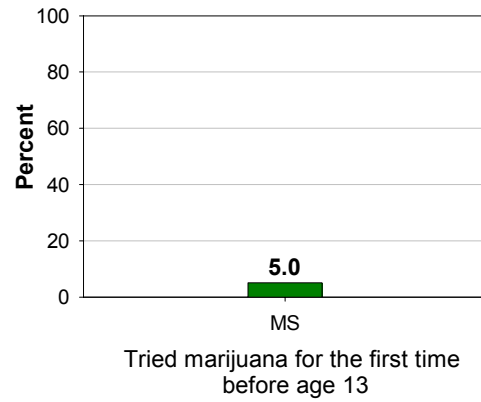
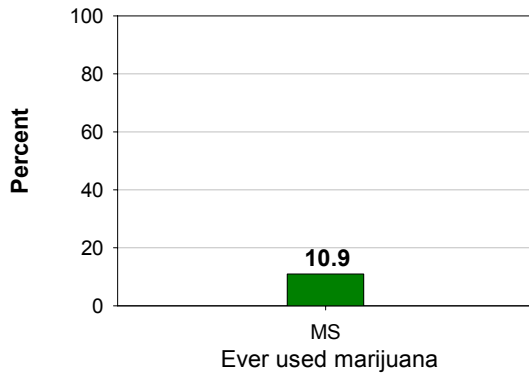
Student Reported Alcohol Behavior



Marijuana Use

2007 YRBS Findings for Marijuana Use

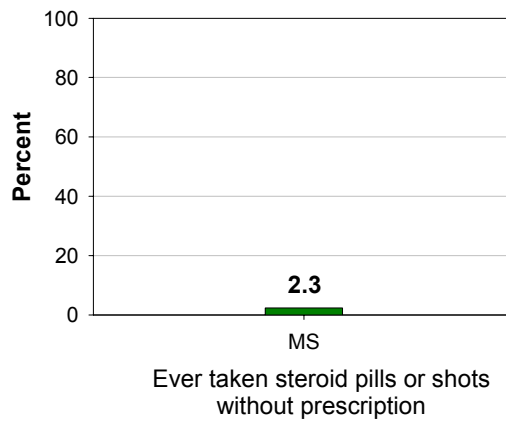
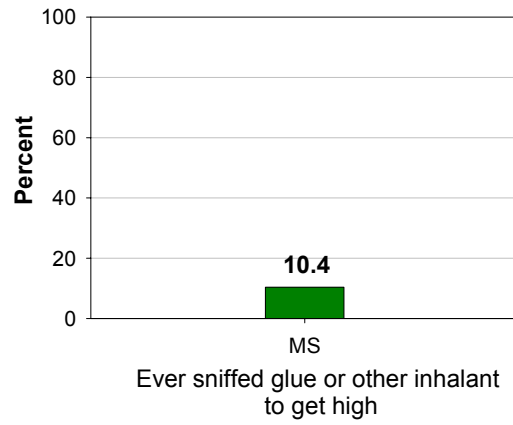
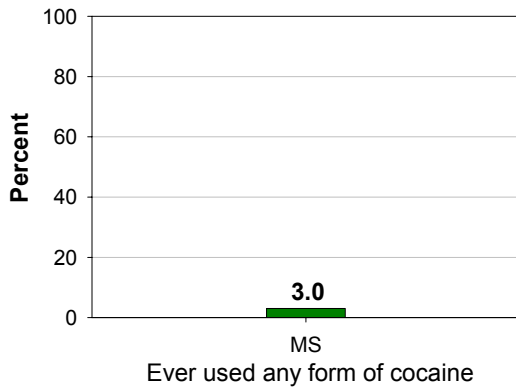
Student Reported Marijuana Use



Other Drug Use

2007 YRBS Findings for Other Drug Use

Student Reported Other Drug Use



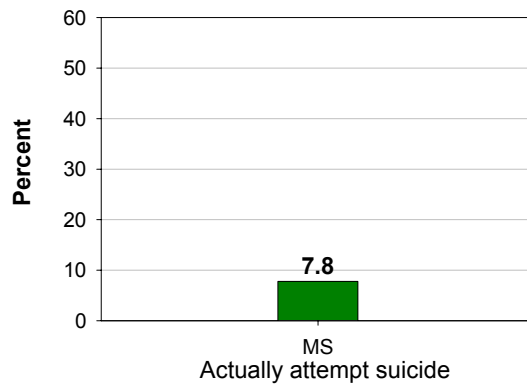
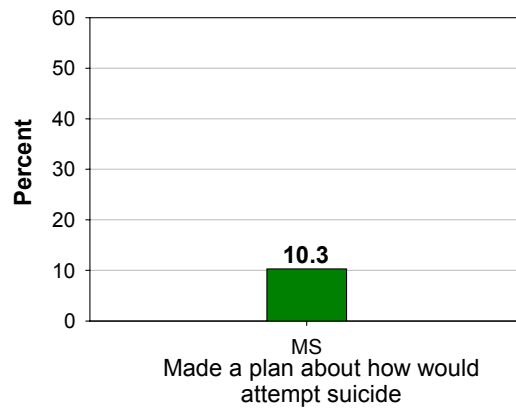
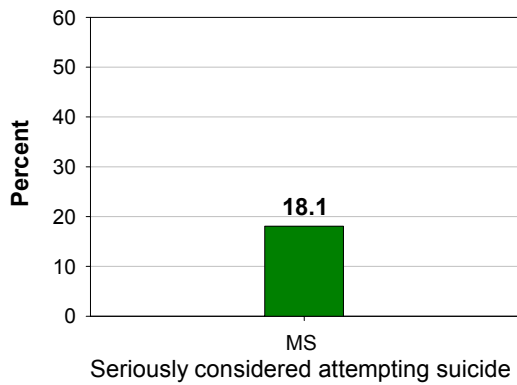
Depression and Suicide

According to the CDC's US Center for Injury Prevention and Control suicide is the third leading cause of death among 15- to 24-year-olds, accounting for nearly 13% of all deaths each year.

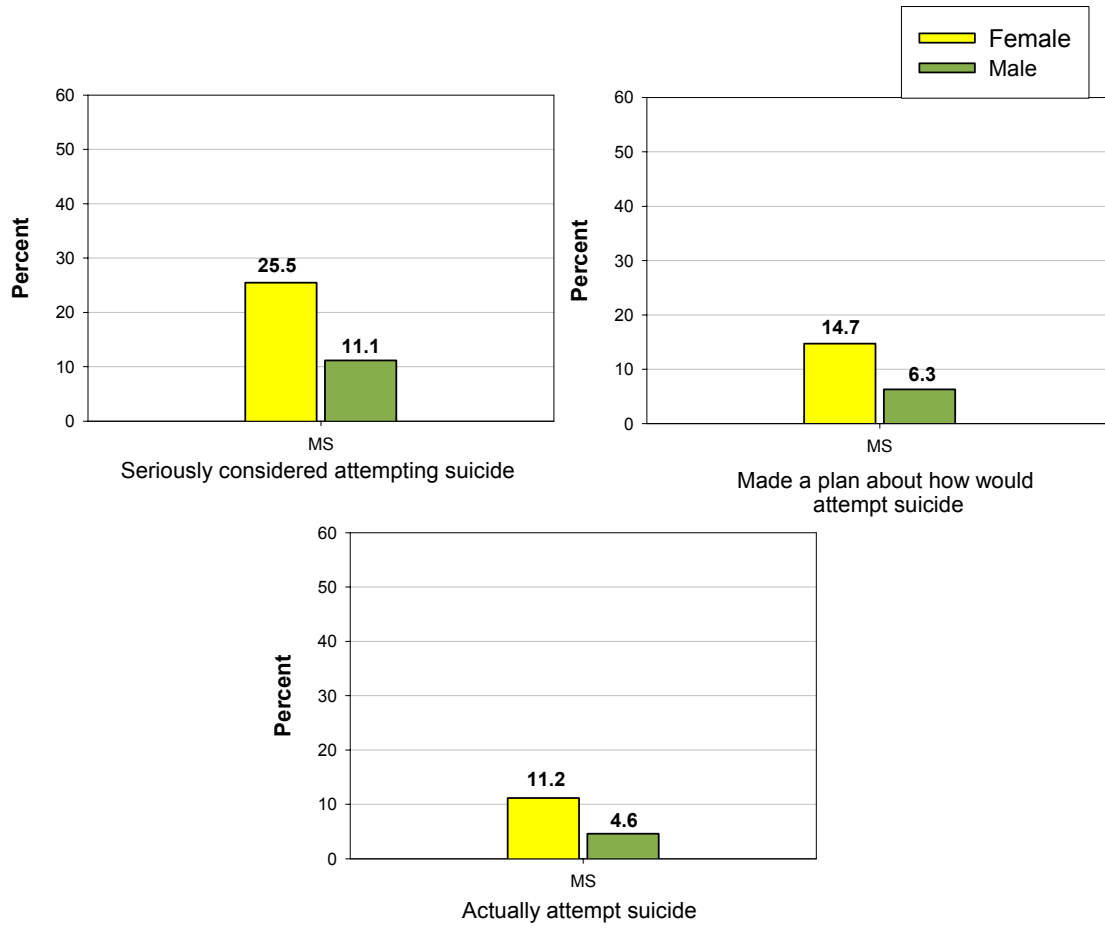
For more information on depression and suicide, and strategies to help see:
www.cdc.gov/ncipc/dvp/Suicide/

2007 YRBS Findings for Depression and Suicide

Student Reported Depression and Suicide Behavior



Middle School Depression and Suicide Behavior by Gender



Violence

According to CDC resources, physical fights are among those factors highly associated with the injuries cited above that contribute to death among adolescents aged 10-24 years.

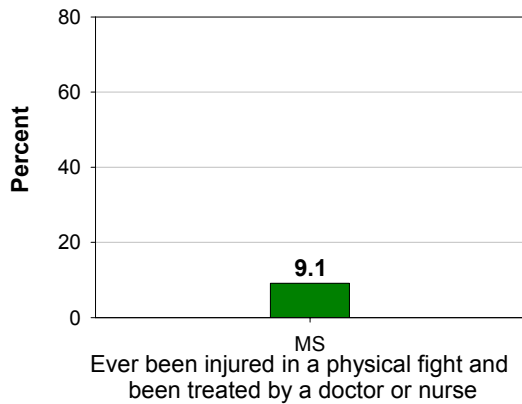
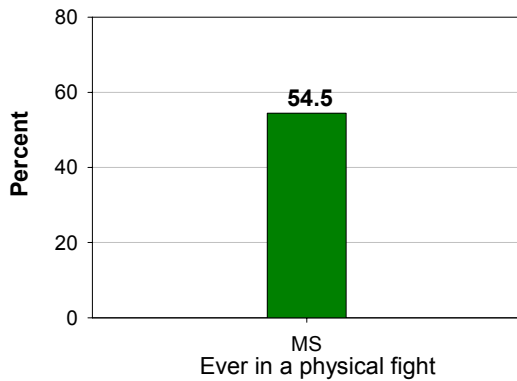
The US government has registries of programs found to be effective in reducing violence-related behaviors.

For more information on injury and strategies to help see:

www.cdc.gov/HealthyYouth/injury/

2007 YRBS Findings for Violence

Student Reported Violence



Responsible Sexual Behaviors

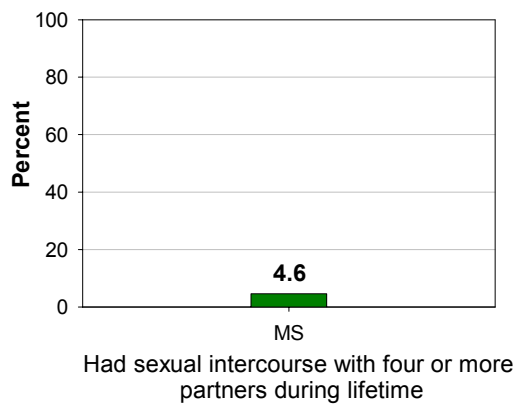
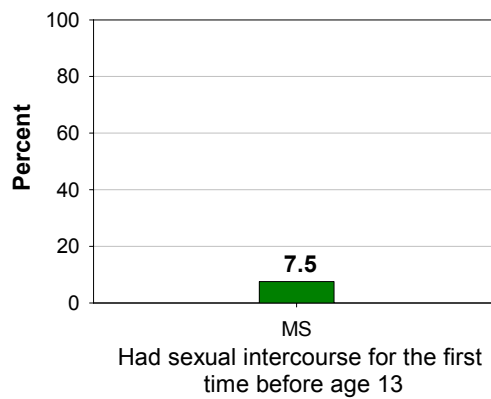
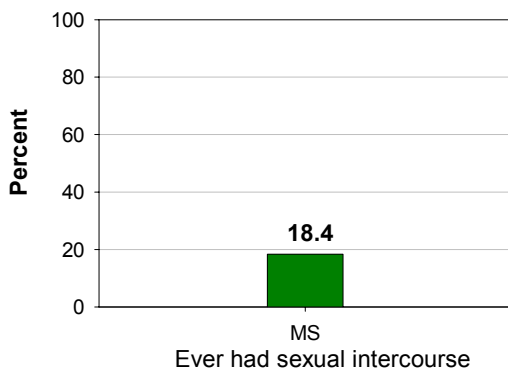
According to CDC resources, irresponsible sexual behaviors place young people at risk for HIV infection and other sexually transmitted diseases (STDs). Pregnancy among adolescents is another concern.

For more information on responsible sexual behaviors and strategies to help see:

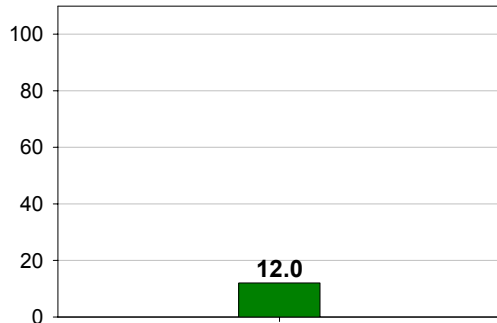
www.cdc.gov/HealthyYouth/sexualbehaviors/

2007 YRBS Findings for Responsible Sexual Behaviors

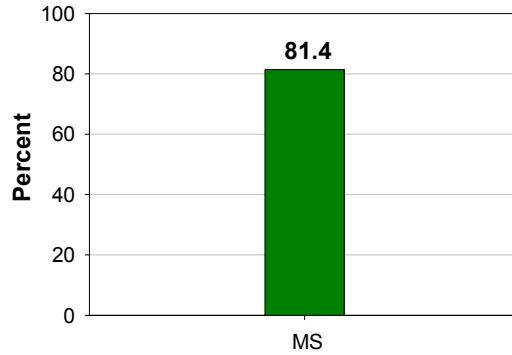
Student Reported Sexual Behaviors



Student Reported Sexual Behaviors continued



MS
Condom used with last intercourse,
among those sexually active



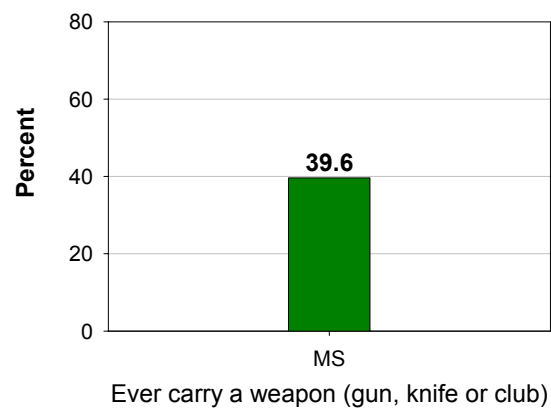
MS
Ever taught about AIDS/HIV in shcool

Weapon Use

Rates of reported gun use in Delaware County may have significant seasonal variation depending upon various hunting seasons. This likely is a greater factor locally than for either all upstate New York or all US student groups.

2007 YRBS Findings for Weapons Use

Student Reported Weapon Use



Weight Behaviors

Body-Mass Index (BMI) is a number that estimates a person's level of body fat through a calculation using a person's height and weight. [BMI = {(weight in pounds) / (2x[height in inches])} x 703]. BMI calculated in the YRBS process was based on students' self-reported height and weight.

For youth, this number is compared among young people of the same age to determine whether they are underweight (less than 5th percentile), average weight (5th to 85th percentile), at risk for becoming overweight/obese (85th to 95th percentile) or overweight/obese (greater than 95th percentile).

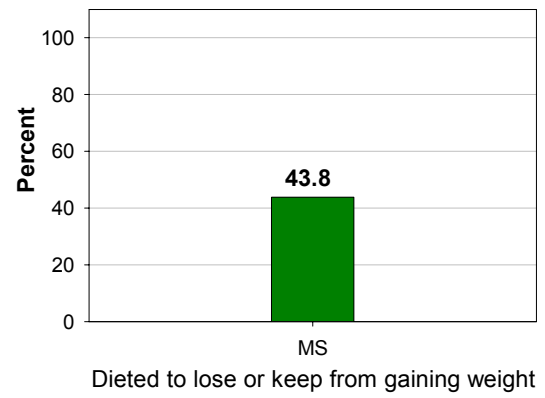
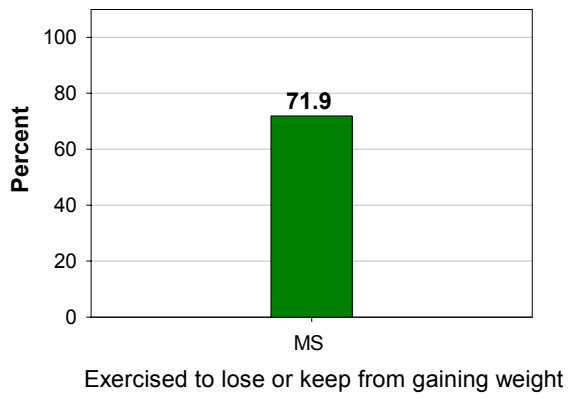
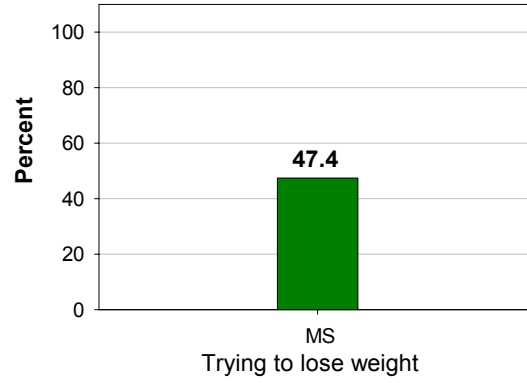
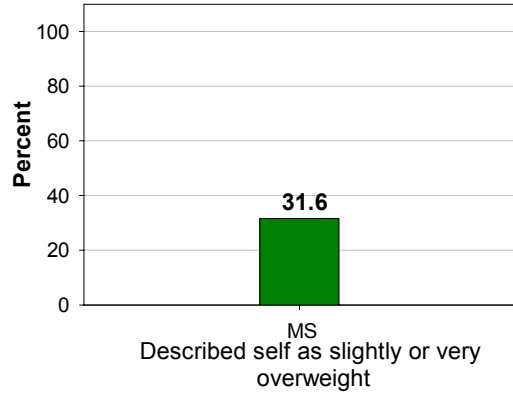
While BMI is often a good indicator of whether a person is overweight, it is not always accurate. Both boys and girls can gain weight quickly as part of normal growth patterns. A muscular person, such as an athlete, may have a high BMI but not be obese.

For more information on obesity and strategies to help see:

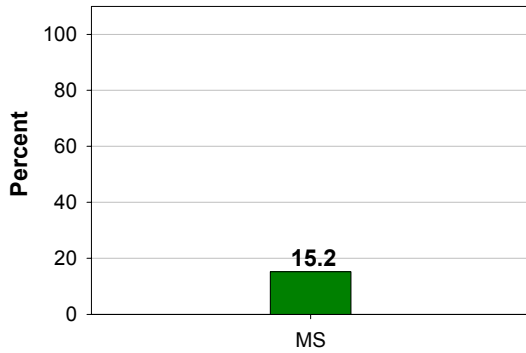
www.cdc.gov/HealthyYouth/obesity/

2007 YRBS Findings for Weight Behaviors

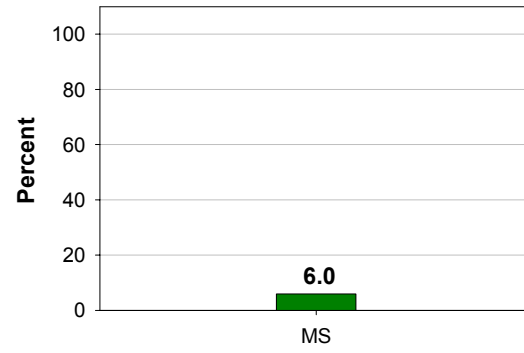
Middle School Weight Behaviors



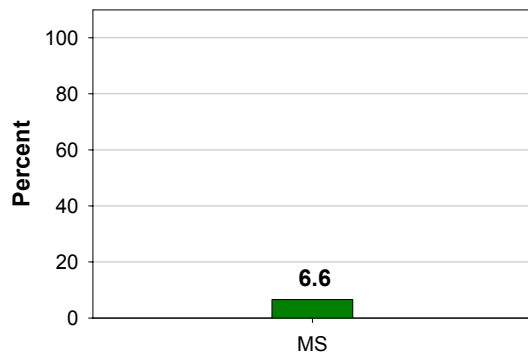
Middle School Weight Behaviors continued



Fasted 24 hours or more to lose or keep from gaining weight



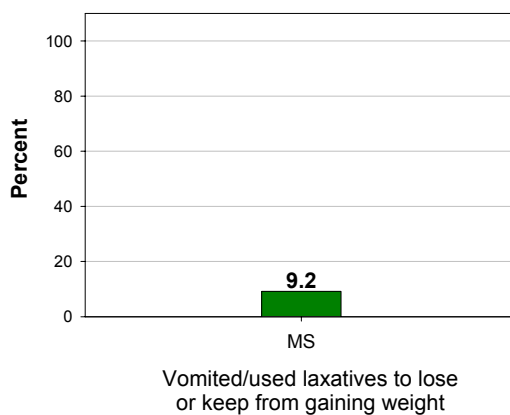
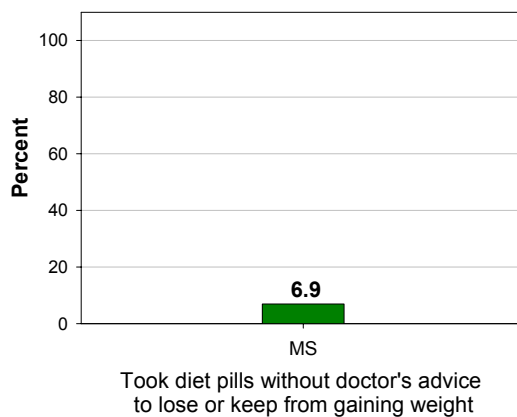
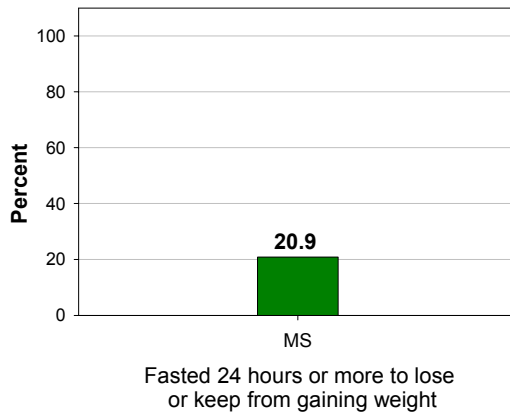
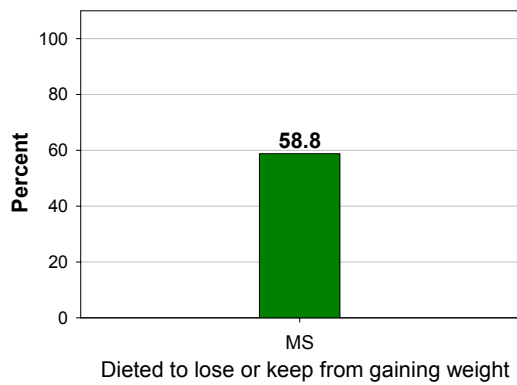
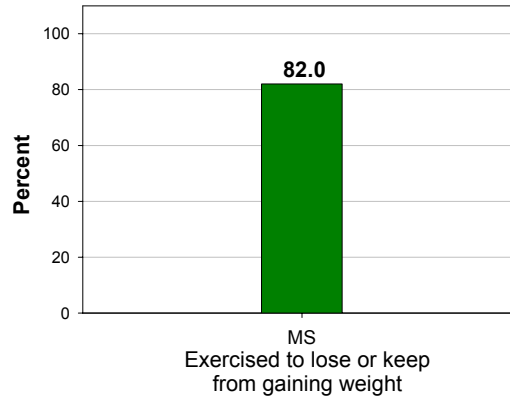
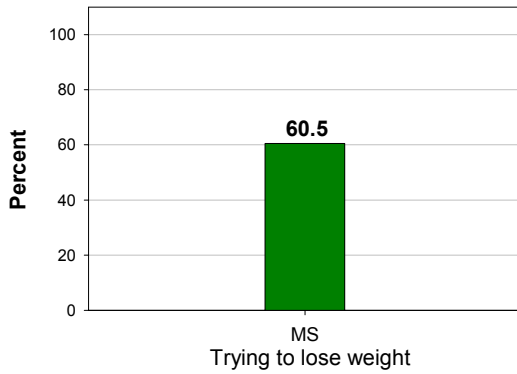
Took diet pills without doctor's advice to lose or keep from gaining weight



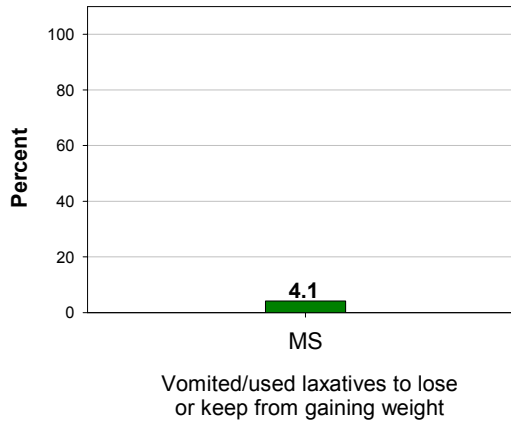
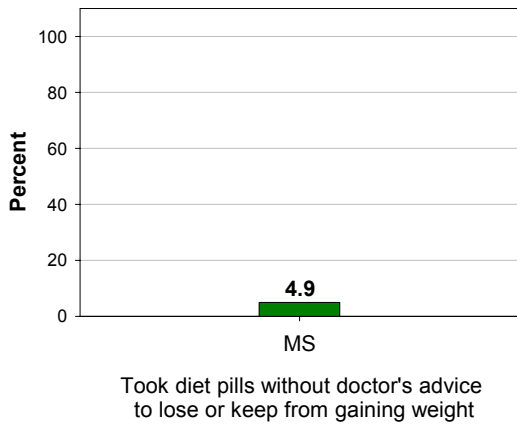
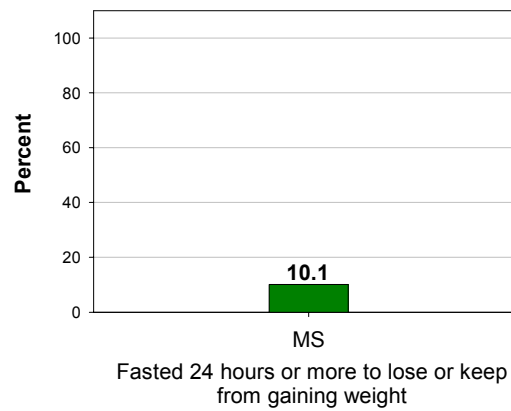
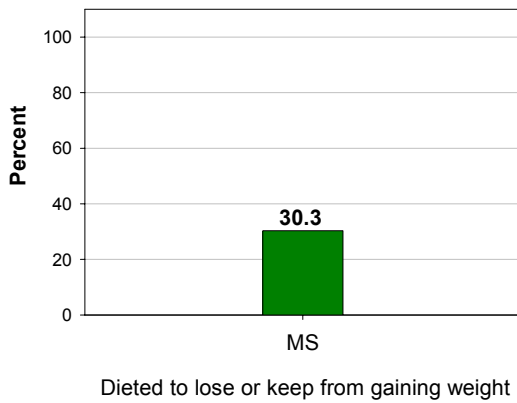
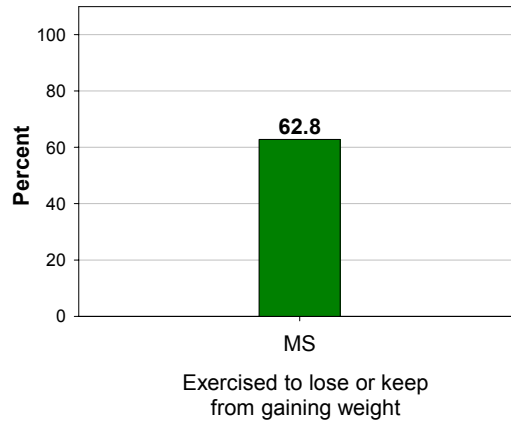
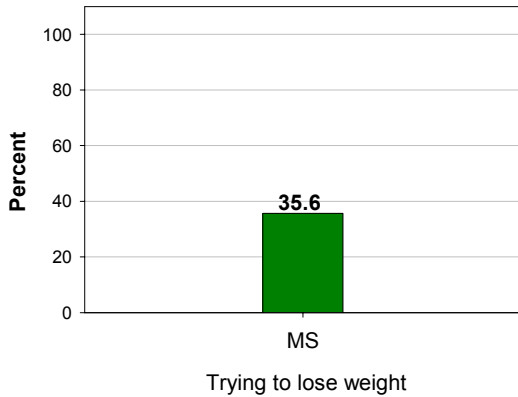
Vomited/used laxatives to lose or keep from gaining weight

Weight and Gender Comparisons

Student Reported Female Weight Behaviors



Student Reported Male Weight Behaviors



Physical Activity

According to CDC resources:

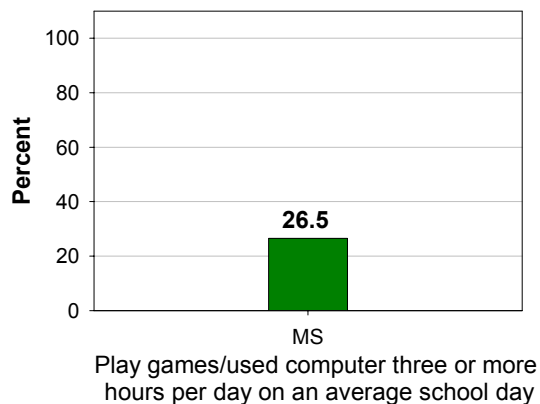
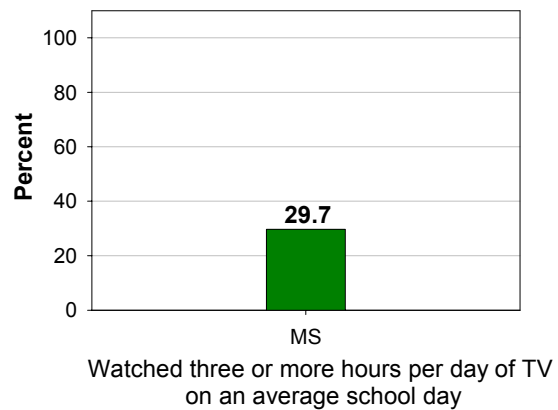
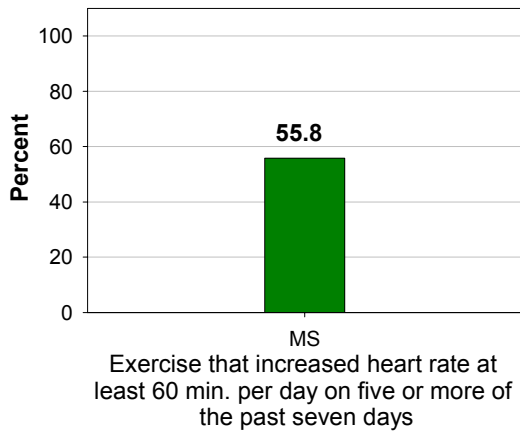
Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

For more information on physical activity and strategies to help see:

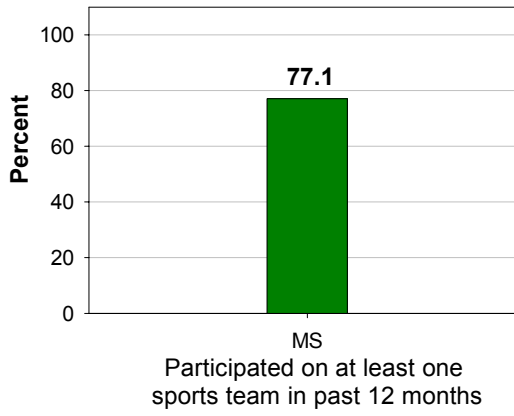
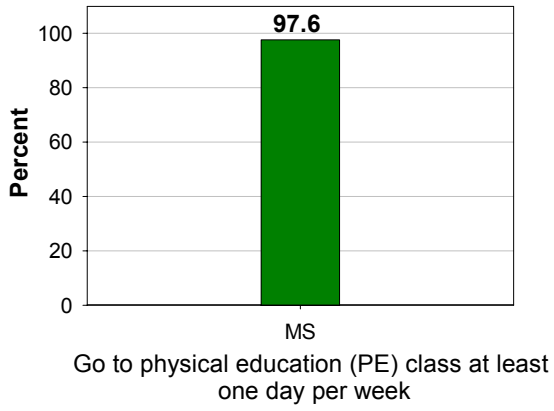
www.cdc.gov/HealthyYouth/physicalactivity/

2007 YRBS Findings for Physical Activity

Student Reported Physical Activity



Student Reported Physical Activity continued



Asthma

Asthma is a major public health problem of increasing concern in the United States. From 1980 to 1996, asthma prevalence among children increased by an average of 4.3% per year, from 3.6% to 6.2%. Low-income populations, minorities, and children living in inner cities experience disproportionately higher morbidity and mortality due to asthma. Asthma's effects on children and adolescents include the following:

- Asthma accounts for 14 million lost days of school missed annually
- Asthma is the third-ranking cause of hospitalization among those younger than 15 years of age
- The number of children dying from asthma increased almost threefold from 93 in 1979 to 266 in 1996
- The estimated cost of treating asthma in those younger than 18 years of age is \$3.2 billion per year

Additional information about asthma can be found at:

<http://www.cdc.gov/asthma/children.htm>

2007 YRBS Findings for Asthma

Student Reported Ever Having Asthma

