

Results of the Youth Risk Behavior Survey 2013

Kathy Hughes
Executive Director of Alternative Instruction & Accountability
Research and Accountability Department

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Results of the Youth Risk Behavior Survey 2013

Introduction

This report presents results from the 2013 Youth Risk Behavior Survey (YRBS). The YRBS survey is a school-based survey of high school students administered in cooperation with the Department of Education & Early Development. It was developed in 1990 by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States.

State and local district surveys have been conducted by the Alaska Department of Health and Social Services and the Alaska Department of Education & Early Development in cooperation with local school districts since 1995. Fairbanks first participated in 1999 and has participated in each administration since that time. This anonymous survey is conducted every two years, usually in the spring semester. Adolescent behaviors are assessed in a minimum of six categories:

- * ***behaviors that result in unintentional and intentional injuries;***
- * ***tobacco use;***
- * ***alcohol and other drug use;***
- * ***sexual behaviors that can result in HIV infection, other sexually transmitted diseases (STD's) and unintended pregnancies;***
- * ***dietary behaviors;***
- * ***and physical activity.***

Survey results from 2013 were compiled and reported by the state of Alaska and provided to the school district in a 'risk-based' format. This means that each result focuses on the percentage of students whose health and/or wellbeing is considered to be at risk, and that lower percentages are better. Presentations with graphs of the Alaska state results are available on the Alaska Department of Health and Social Services website at: <http://dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbsresults.aspx>.

Interpreting Results from the YRBS

The results from students in the Fairbanks North Star Borough School District are based on a sample of 377 high school students who participated in the survey. Overall results for select questions are conveyed in graphs in the appendix, along with comparisons to results from past years and to the state.

When looking at these results, readers should keep in mind that only 377 valid surveys were completed at the high school level, resulting in a 50% response rate. Since the district did not meet the 60% response rate needed to be able to generalize the results to the student population, these results represent only the students who participated in the survey (unweighted data). The high school student count taken in October 2013 was 3,931. Thus, results from the 377 students surveyed may not be representative of all students in grades 9-12.

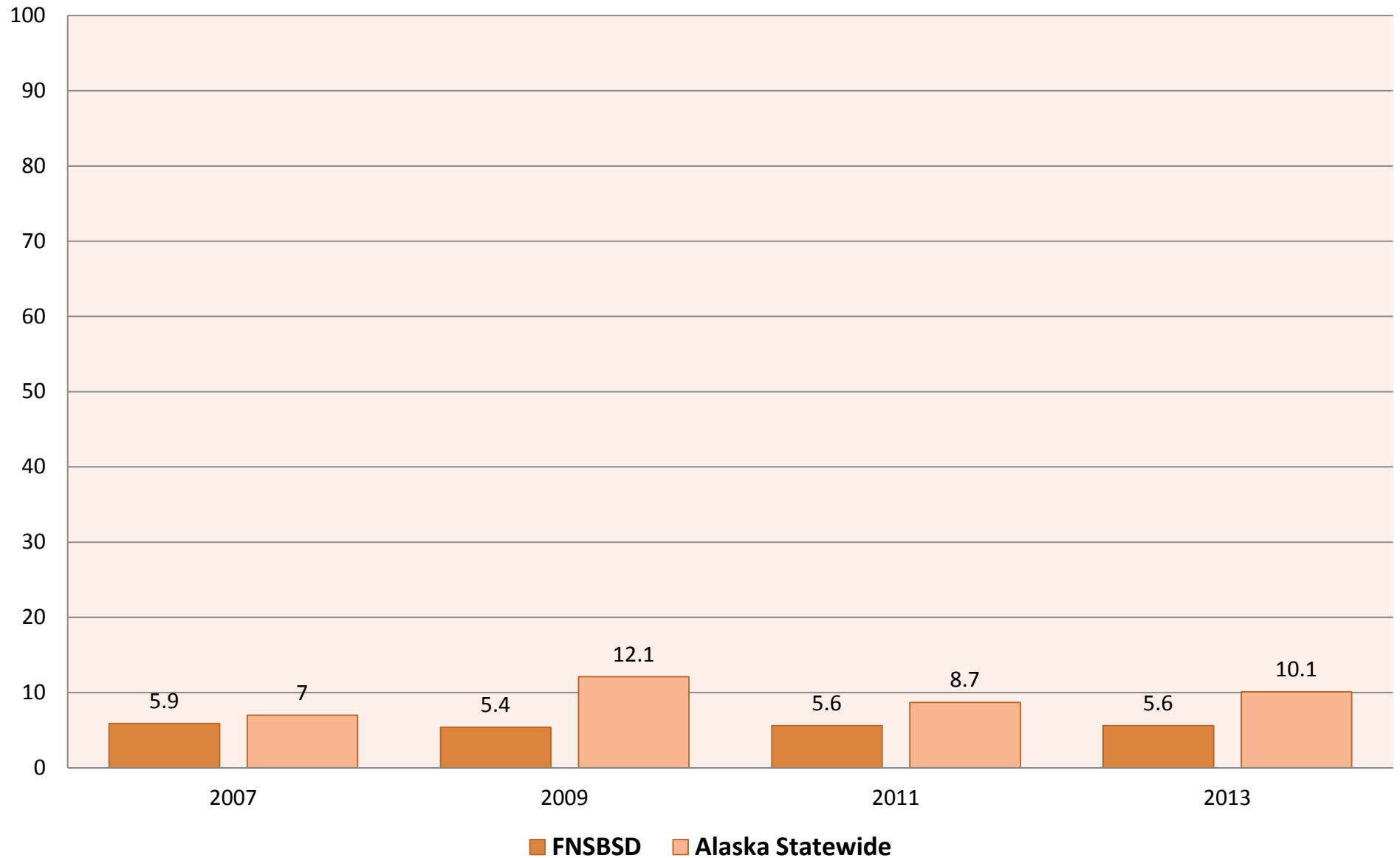
Another caution is that survey responses are not always reliable when students self-report activities such as alcohol, tobacco, or drug use. Results from the YRBS in 2013 may show a decline in an area such as tobacco use, or an increase in a behavior such as marijuana use, but there is no way to know for sure if students gave true and accurate responses when they completed the survey. This does not mean the survey results cannot be utilized. However, care must be taken not to generalize the results as if every high school student had participated in the survey or every student had answered all of the questions truthfully.

The YRBS given in Alaska in 2013 contained 104 questions. Due to the length of the survey, findings communicated in this presentation are limited to a fraction of it. The results shown in the following graphs represent areas in which there has been progress or where improvement is needed.

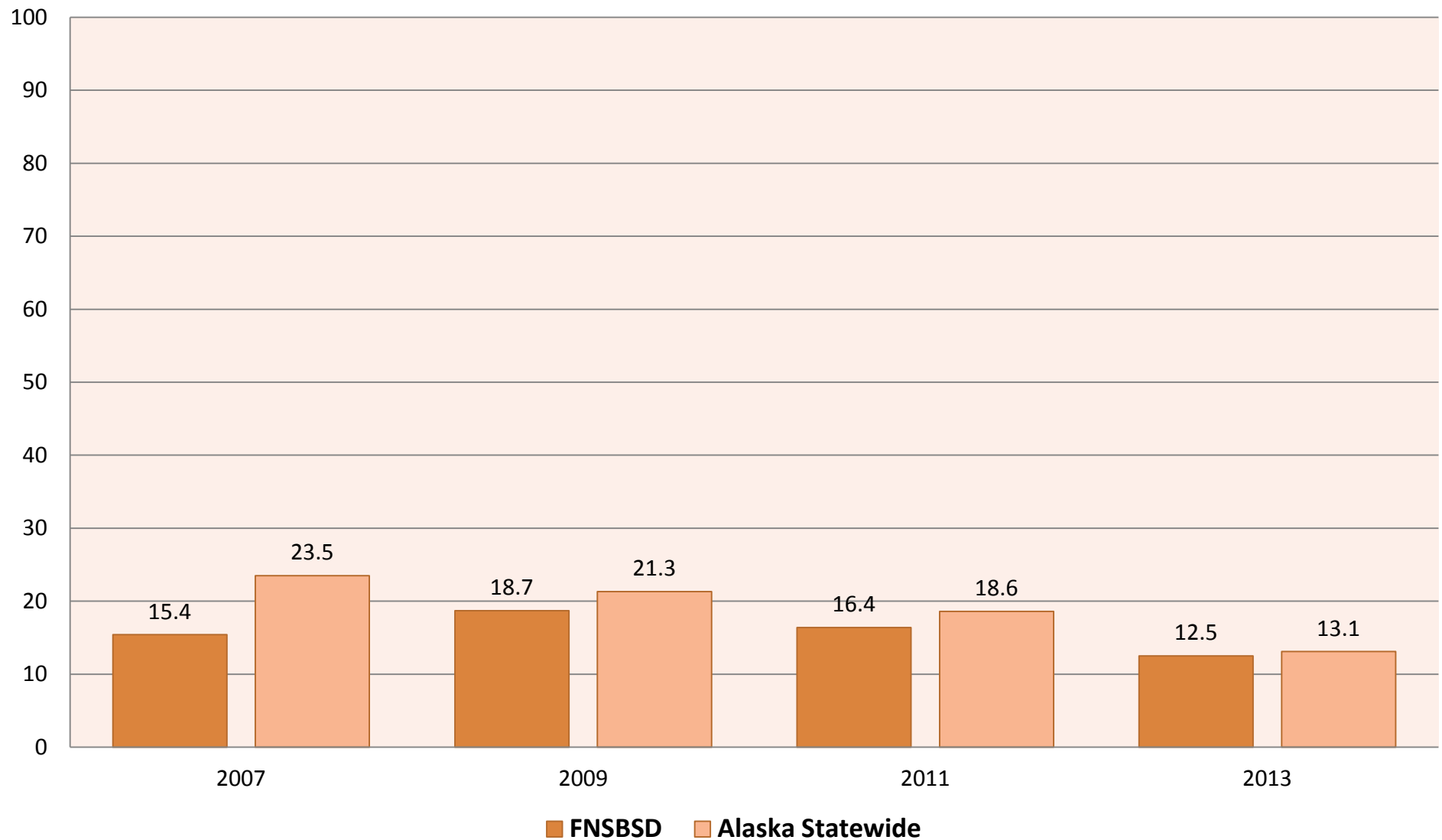
Appendix A

Select District Results and Statewide Comparisons For the Fairbanks North Star Borough School District

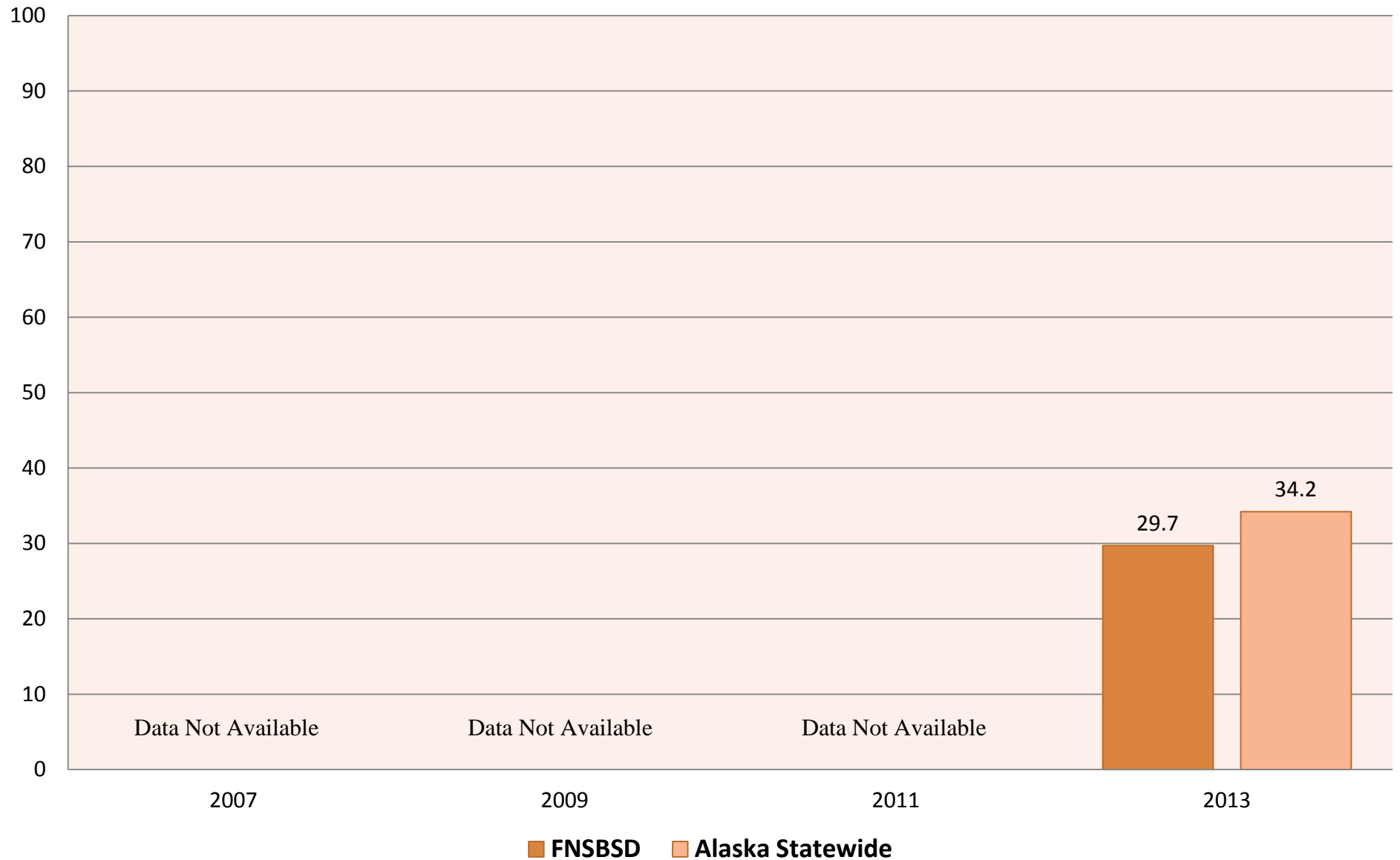
Question 10: Percentage of students who rarely or never wore a seat belt when riding in a car driven by someone else



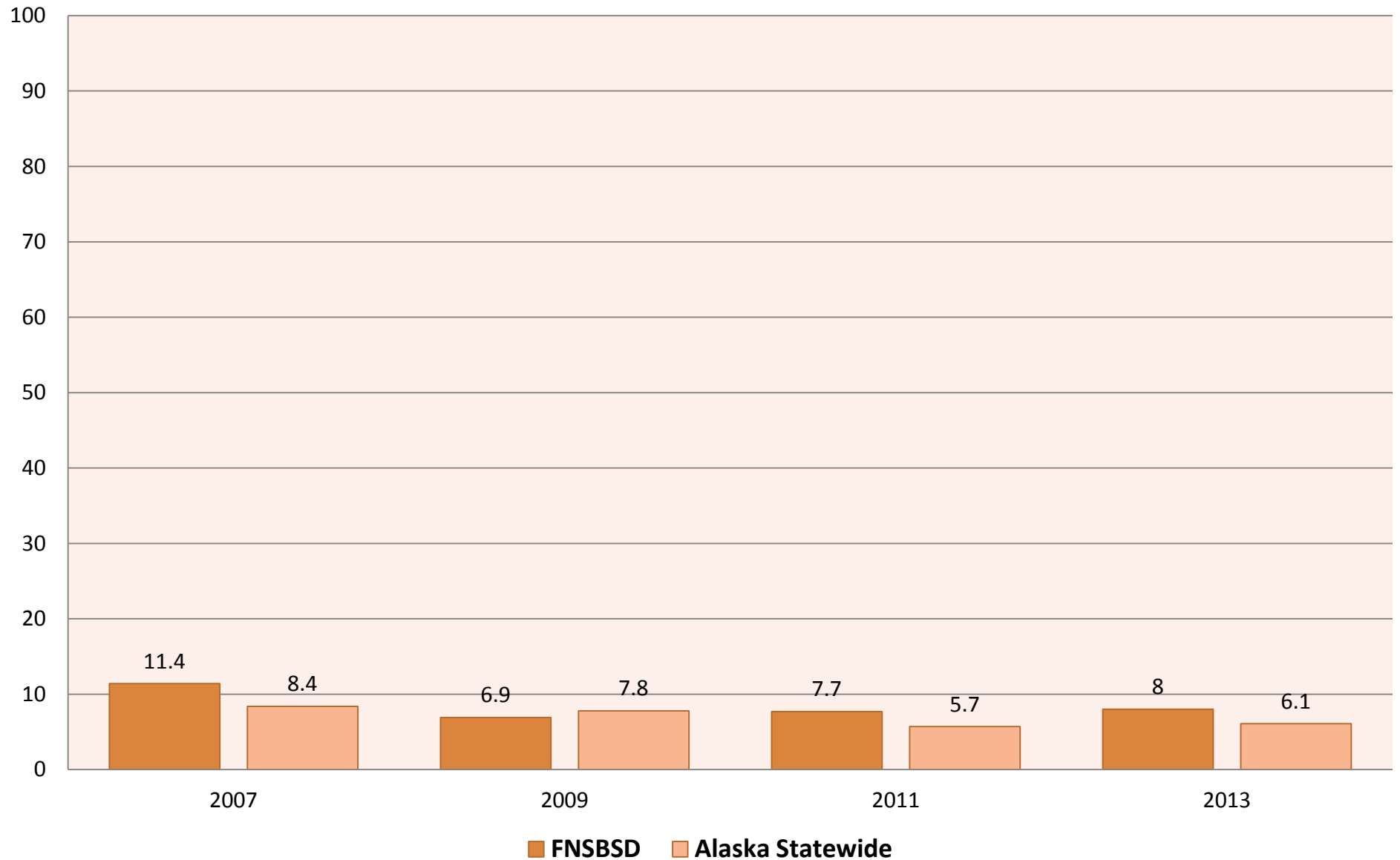
Question 11: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol



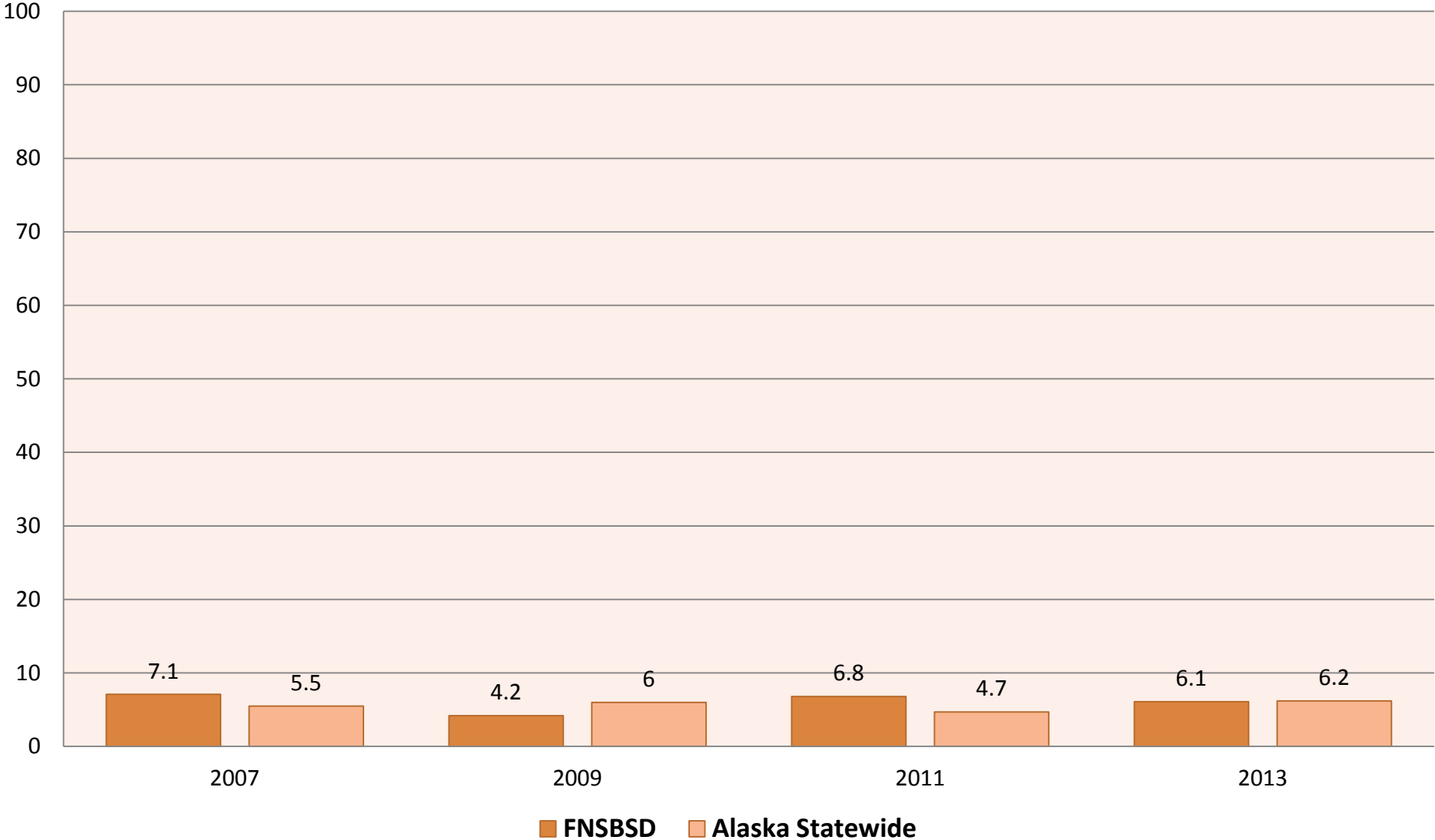
Question 13: Among students who drove a car or other vehicle during the past 30 days, the percentage who texted or e-mailed while driving



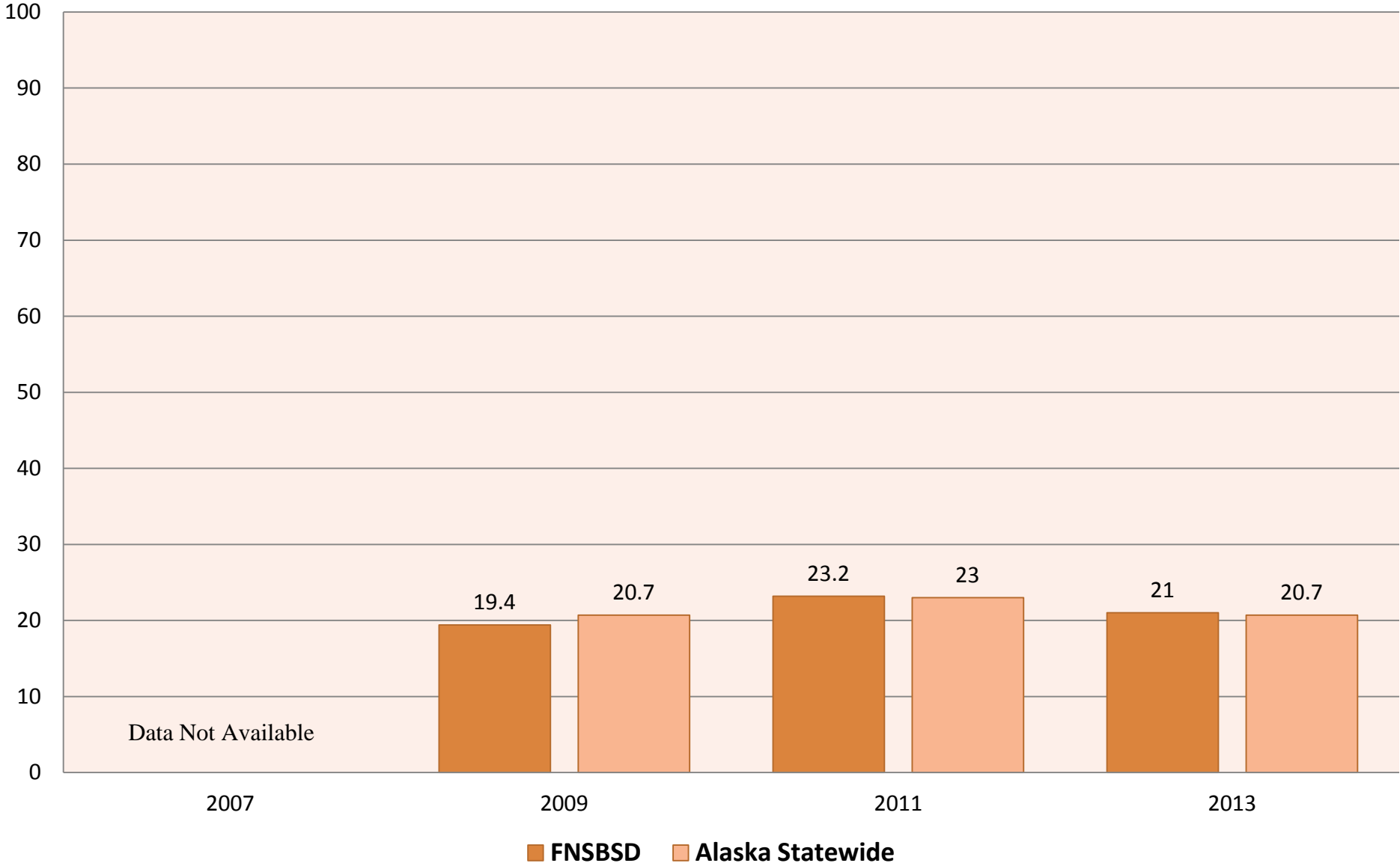
Question 16: Percentage of students who carried a weapon such as a gun, knife, or club on school property on at least one of the past 30 days



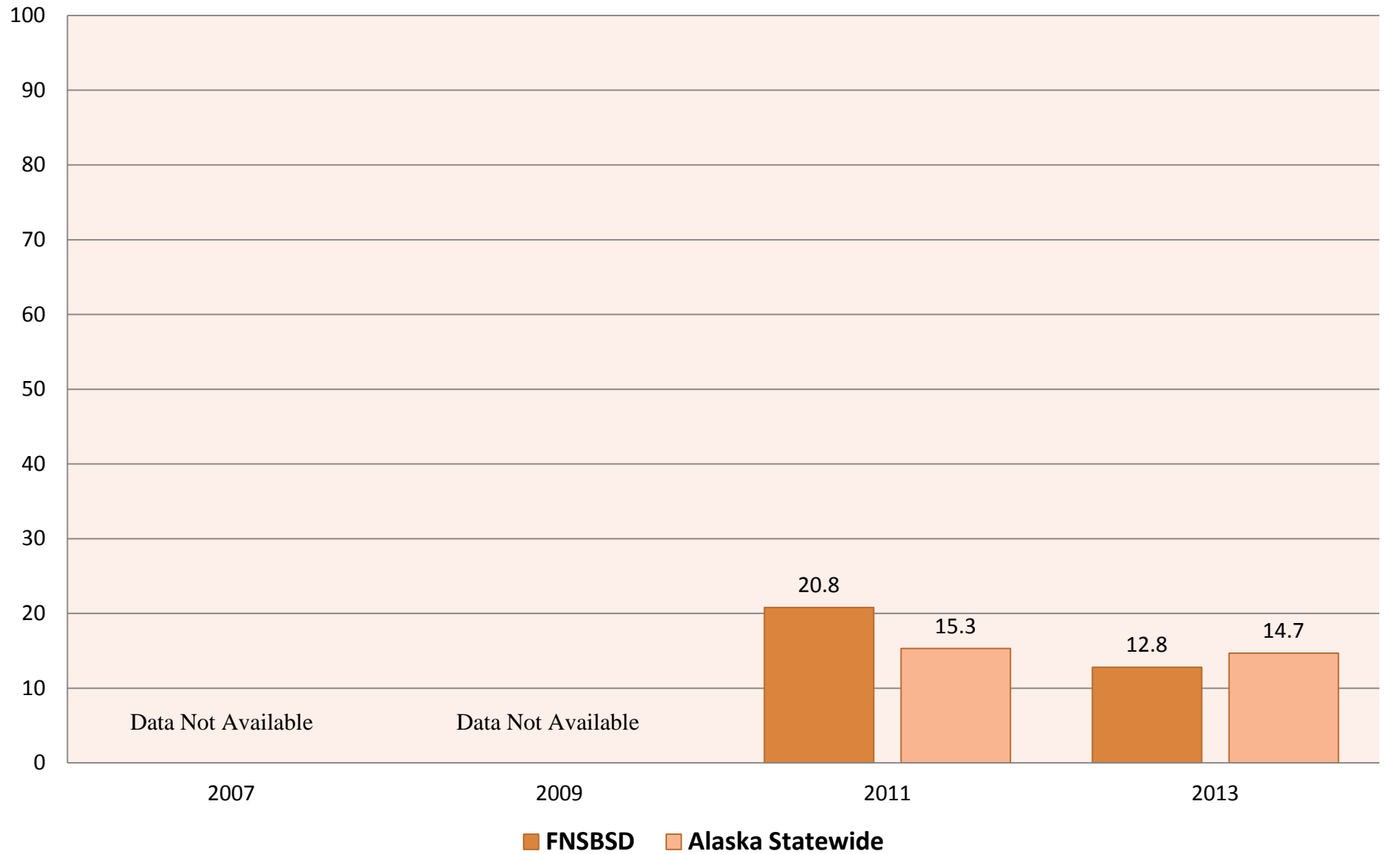
Question 17: Percentage of students who did not go to school on at least one of the past 30 days because they felt they would be unsafe at school or on their way to or from school



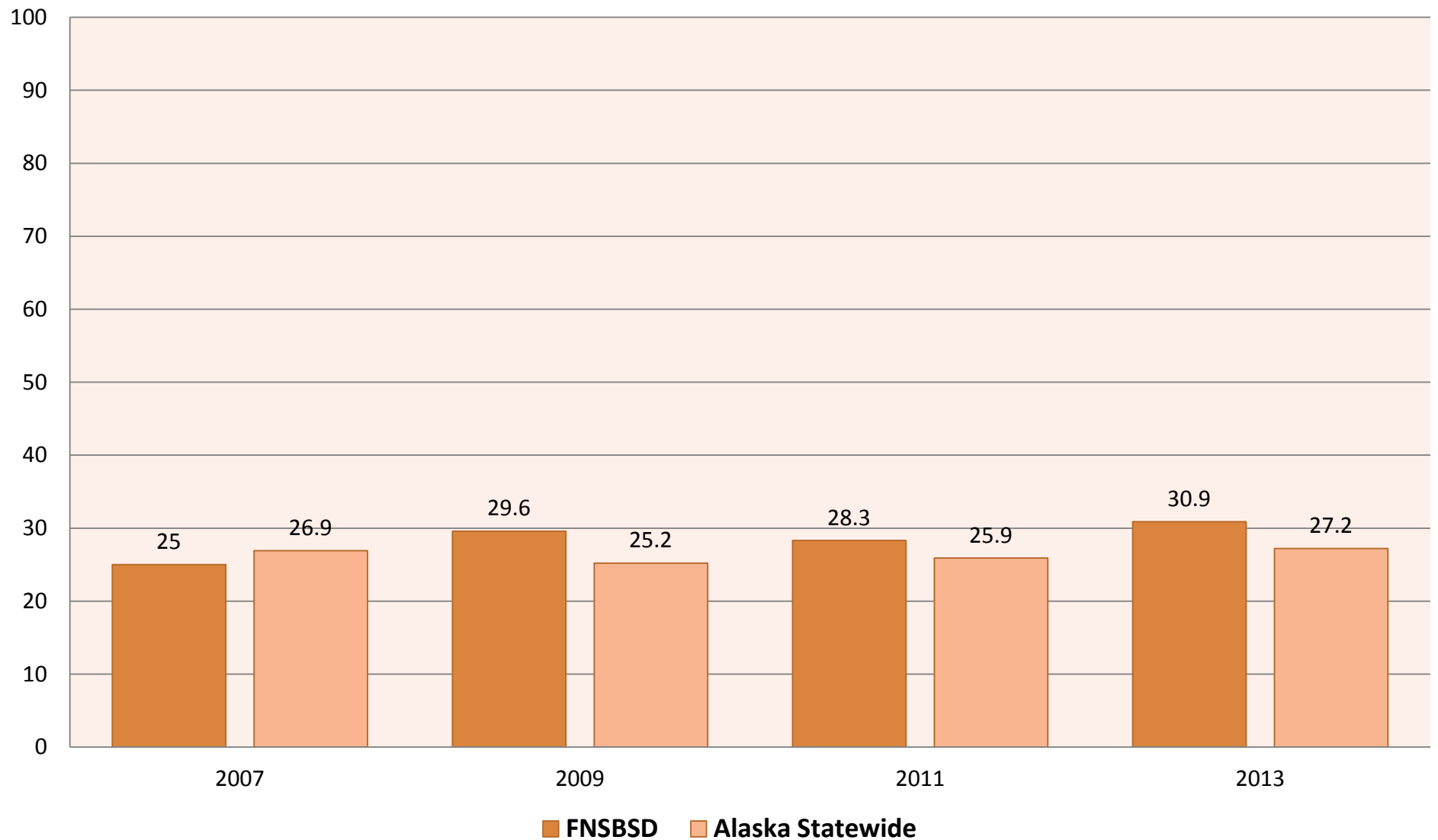
Question 23: Percentage of students who had been bullied on school property during the past 12 months



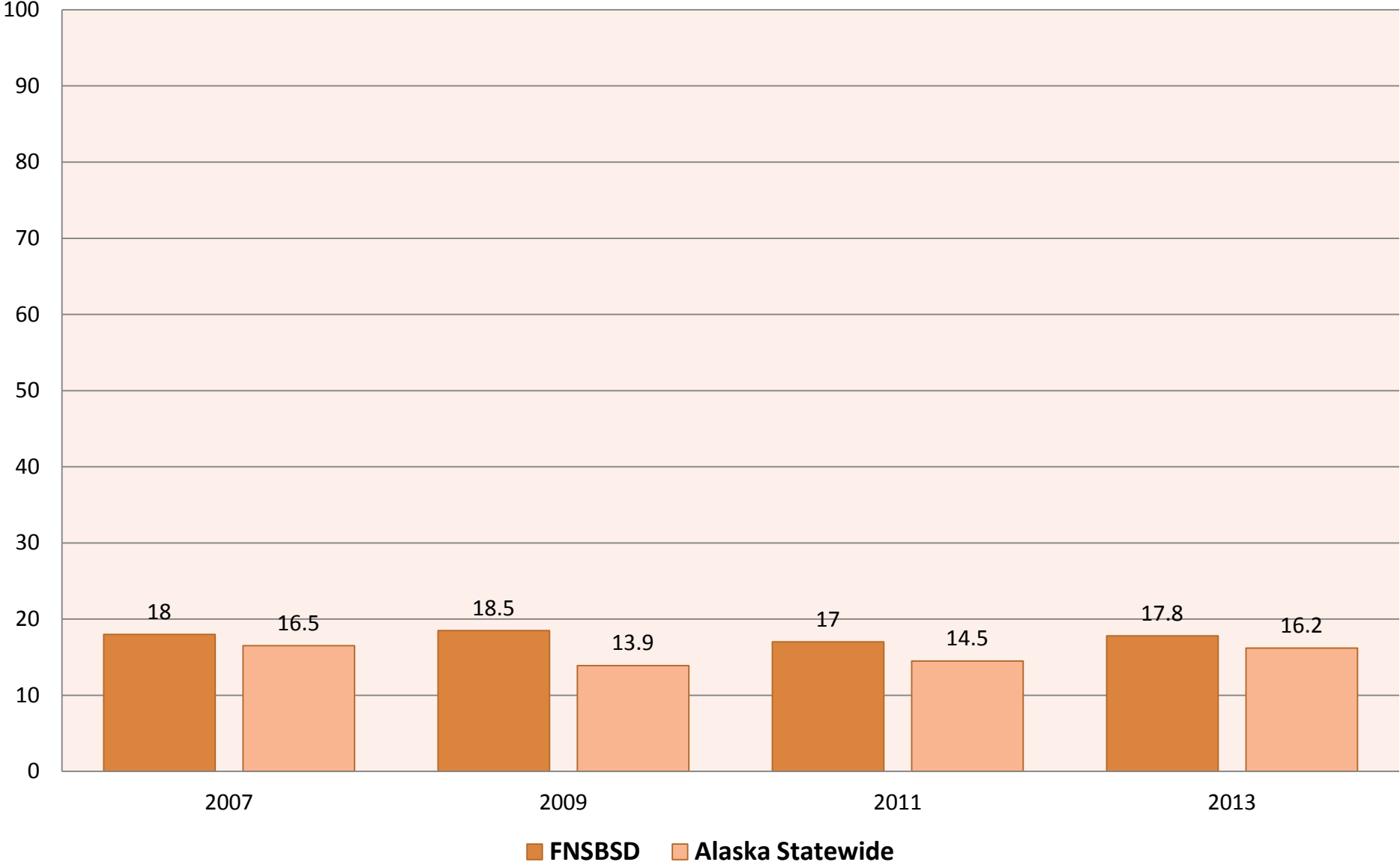
Question 24: Percentage of students who were electronically bullied during the past 12 months



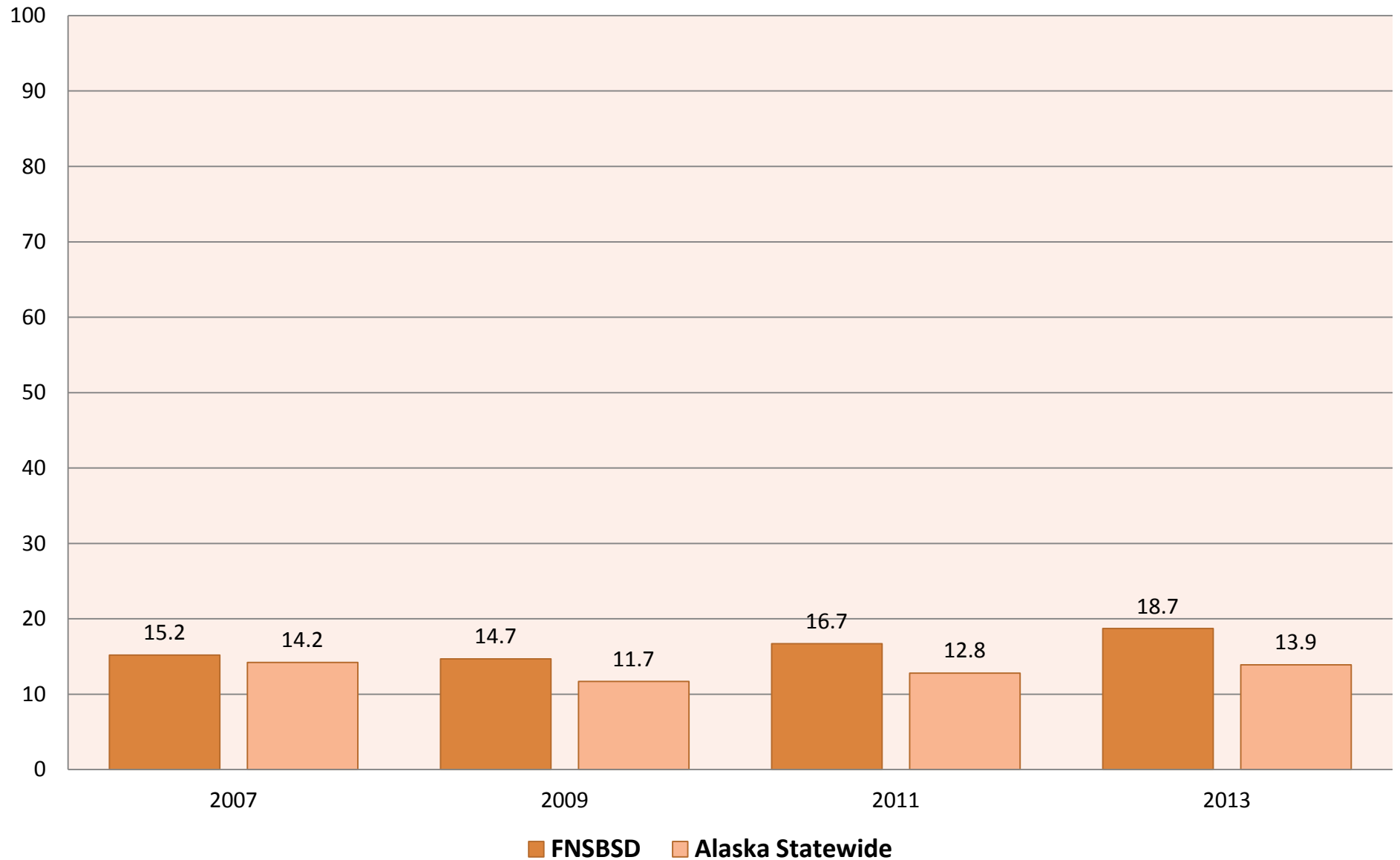
Question 25: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months



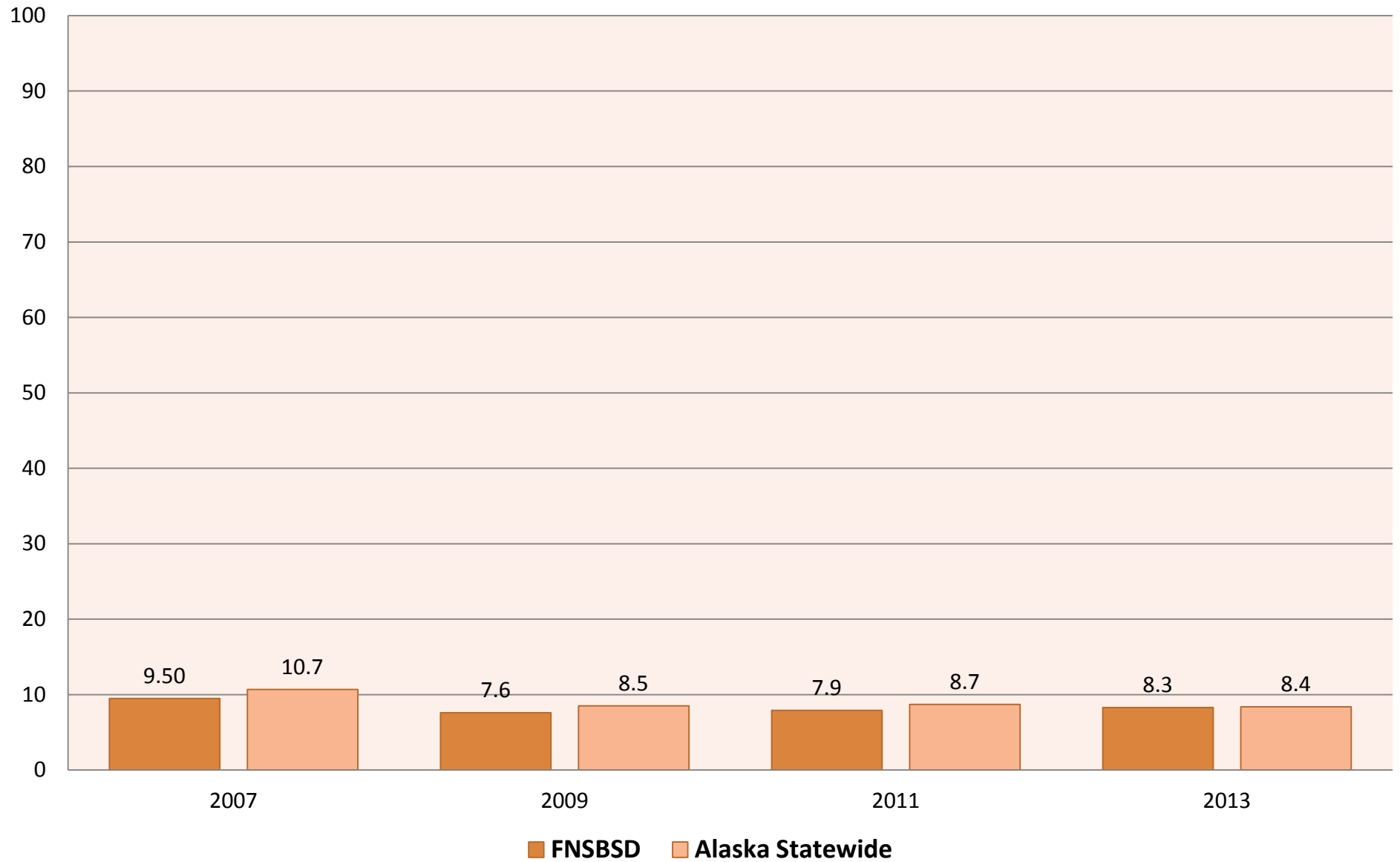
Question 26: Percentage of students who had seriously considered attempting suicide during the past 12 months



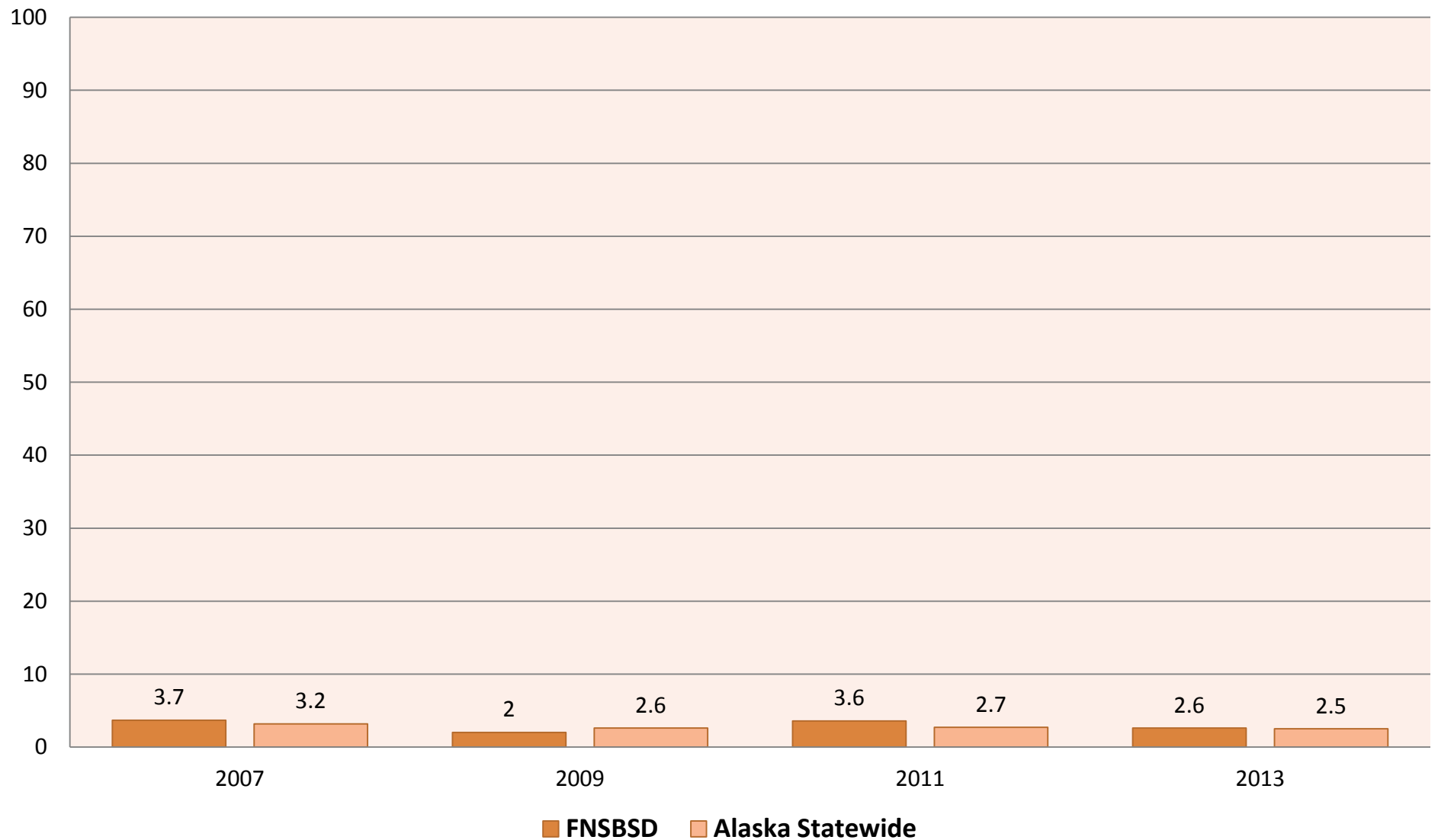
Question 27: Percentage of students who made a plan about how they would attempt suicide during the past 12 months



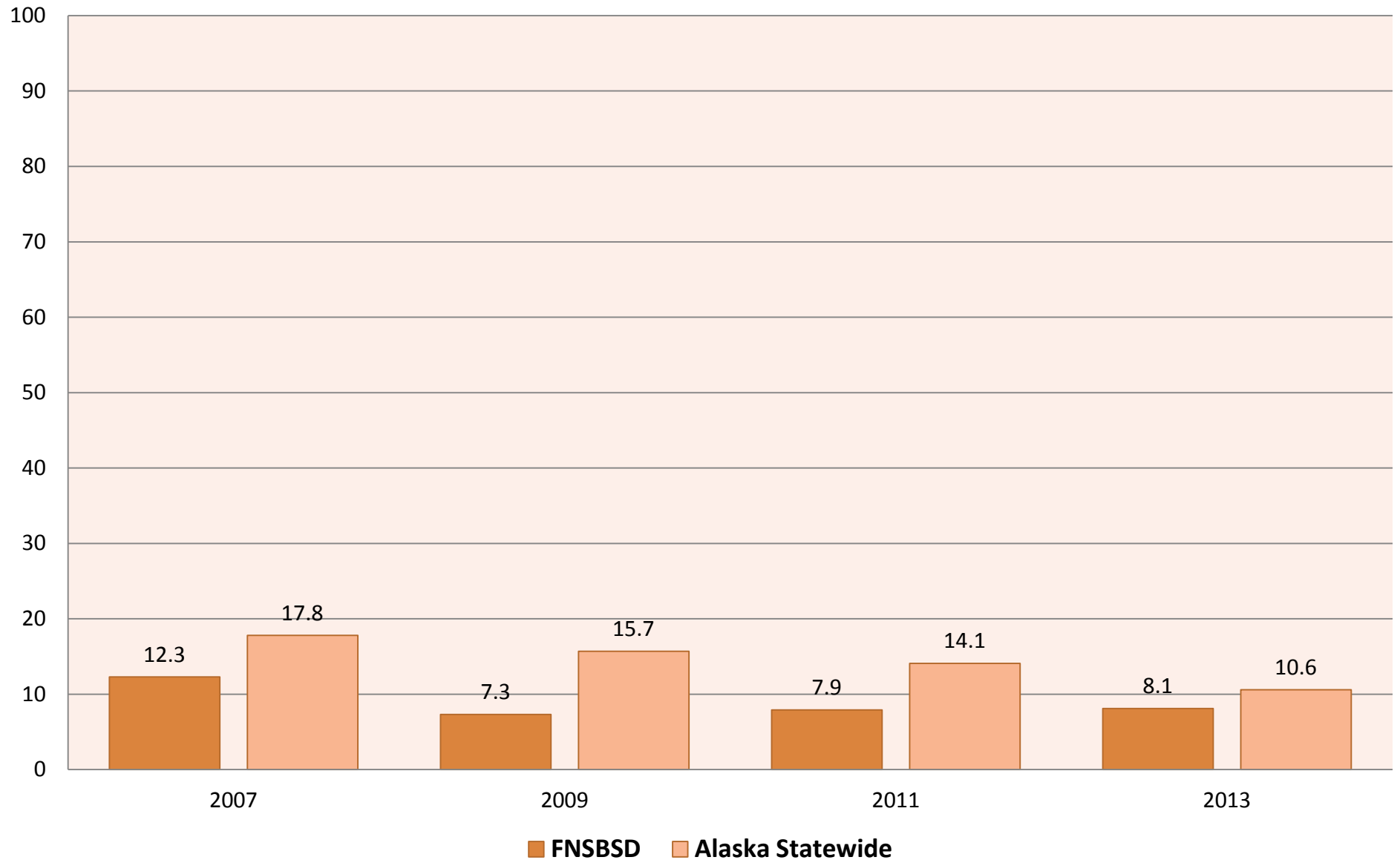
Question 28: Percentage of students who actually attempted suicide one or more times during the past 12 months



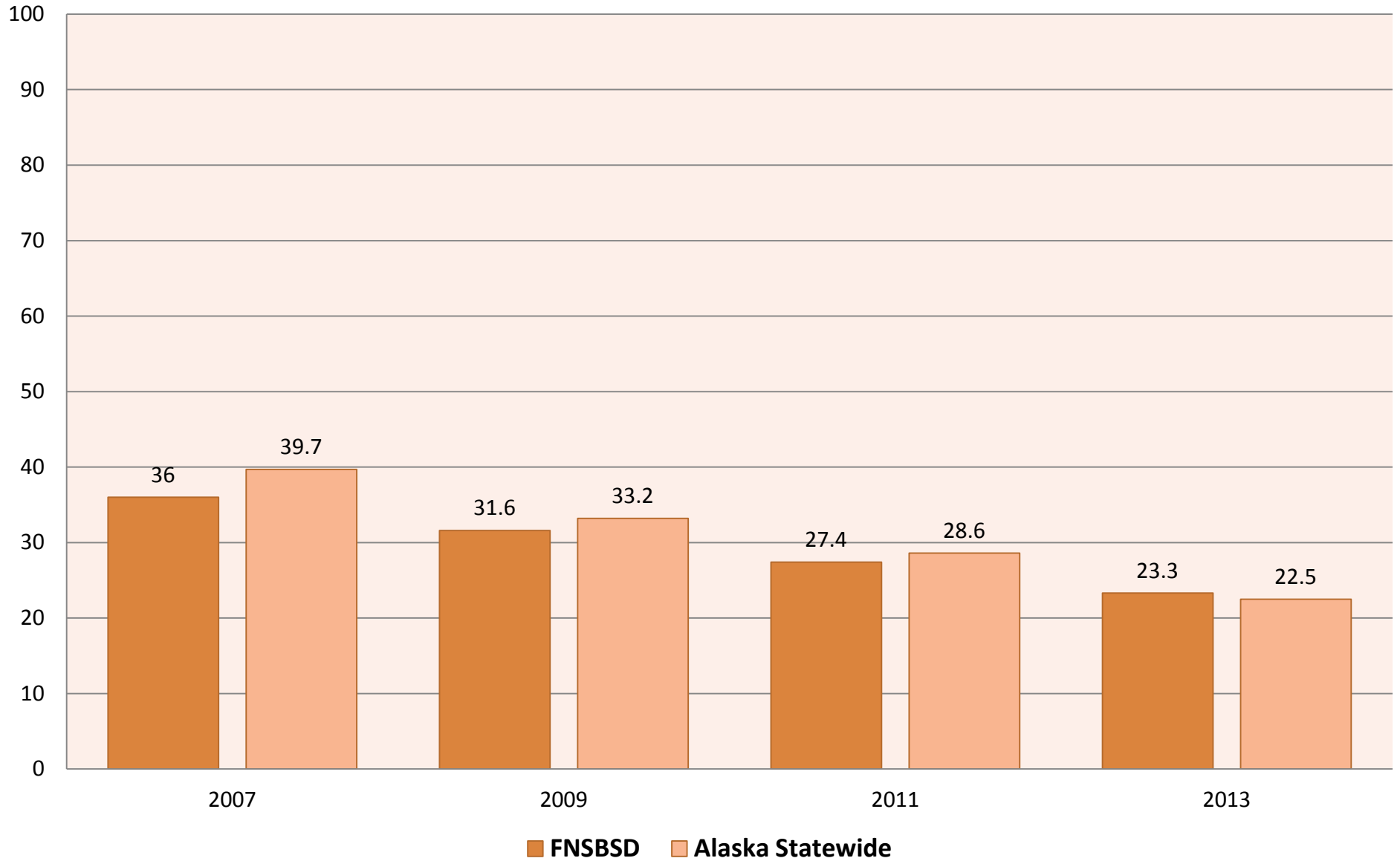
Question 29: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse



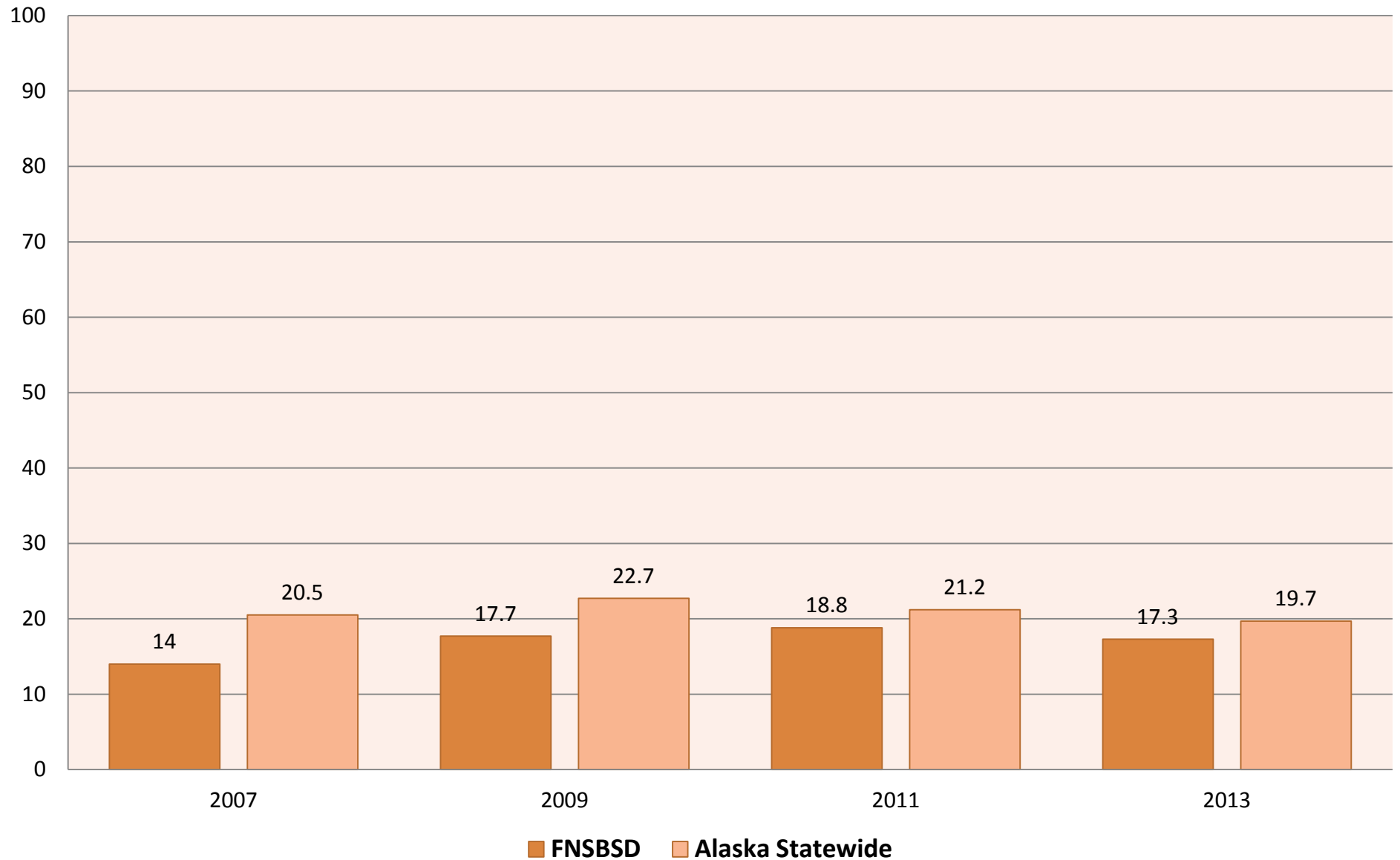
Question 32: Percentage of students who smoked cigarettes on at least one of the past 30 days (current cigarette use)



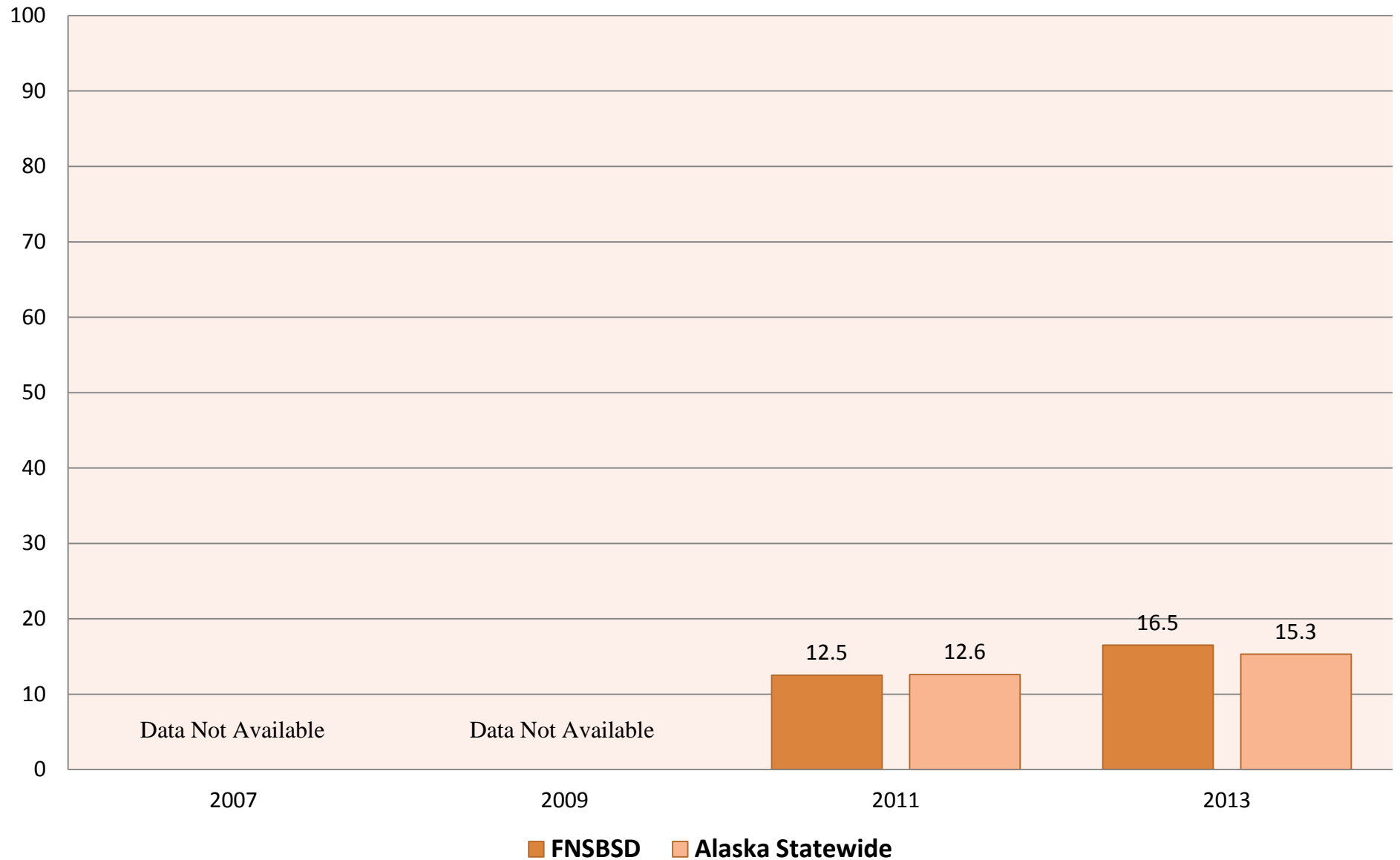
Question 47: Percentage of students who had at least one drink of alcohol on at least one of the past 30 days (current alcohol use)



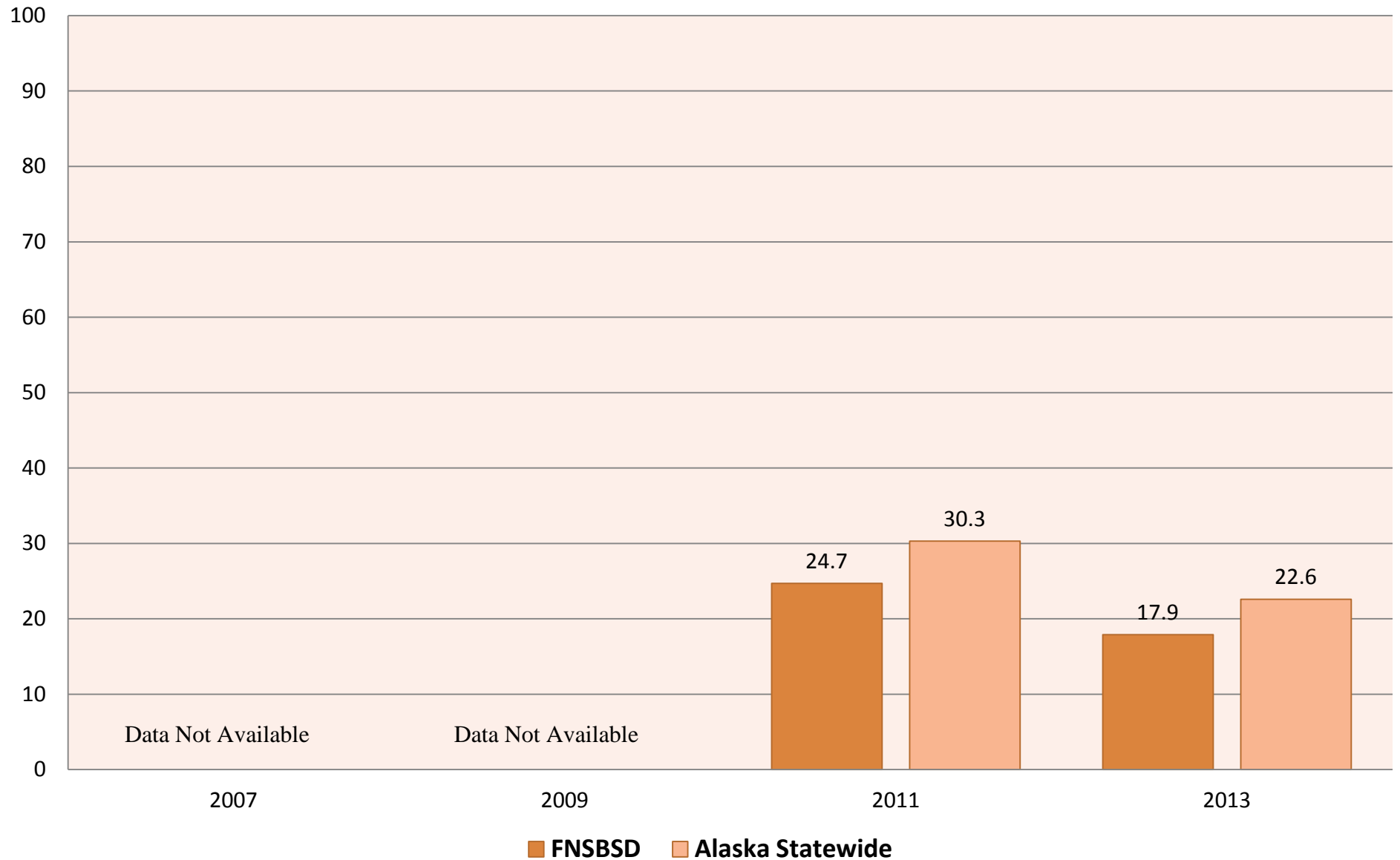
Question 55: Percentage of students who had used marijuana one or more times during the past 30 days



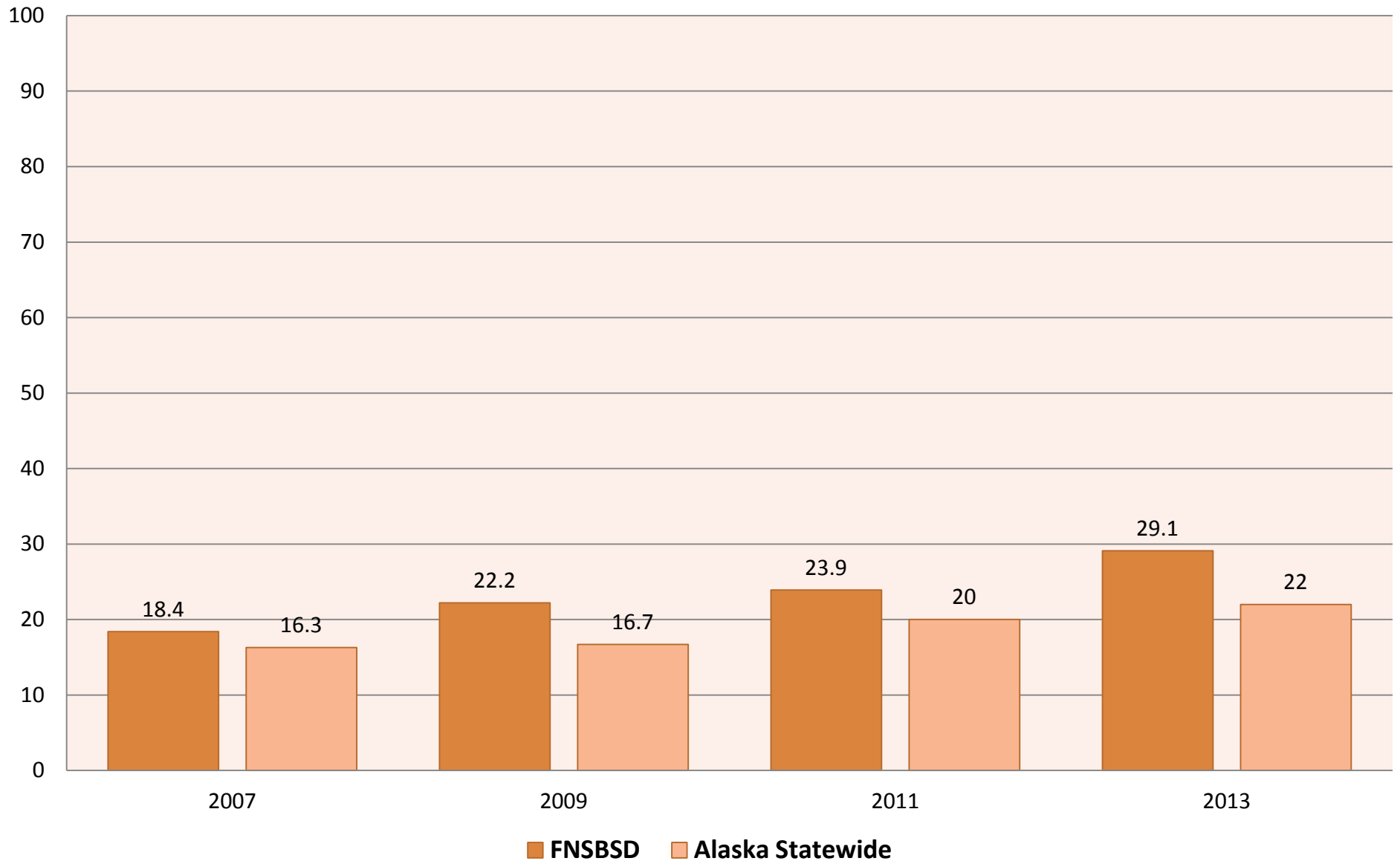
Question 82: Percentage of students who were physically active for a total of at least 60 minutes per day on zero of the past 7 days



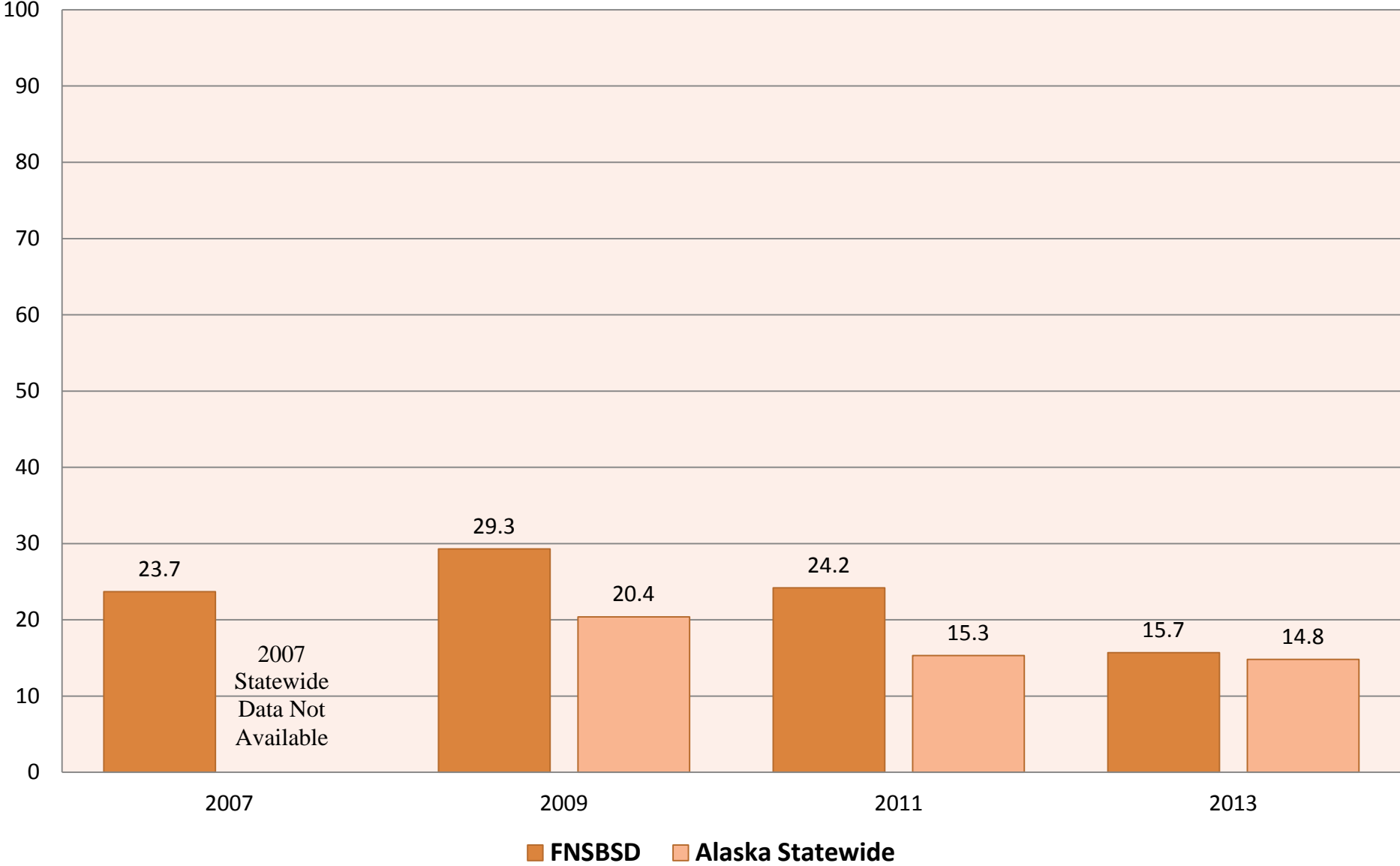
Question 90: Percentage of students who missed classes or school without permission one or more days during the past 30 days



Question 96: Percentage of students who agree or strongly agree that they feel alone in their life



Question 97: Percentage of students who disagree or strongly disagree that in their community they feel like they matter to people



Question 98: Percentage of students who disagree or strongly disagree that their school has clear rules and consequences for behavior

