

A MEASURE OF STUDENT HEALTH IN FORT WORTH ISD

RESULTS FROM THE 2015 YOUTH RISK BEHAVIOR
SURVEY AND OUR WORK TO ADDRESS STUDENT HEALTH



SURVEY SCOPE AND PURPOSE



YOUTH RISK BEHAVIOR SURVEY (YRBS) OVERVIEW

For the first time, the Fort Worth Independent School District (FWISD) participated in the Centers for Disease Control and Prevention (CDC) 2015 Youth Risk Behavior Survey (YRBS). This anonymous survey was completed by 2,604 randomly selected students enrolled in grades 9-12. The results are weighted to be representative of all FWISD high school students.

The YRBS was developed to monitor priority health risk behaviors that contribute 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 that contribute to unintended pregnancy and sexually transmitted infections, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity

FWISD will use these results to drive decisions on health education, student support services and coordinated health. This survey will be administered again in 2017 and 2019.

EMOTIONAL AND MENTAL HEALTH

DEPRESSION AND SUICIDE-RELATED BEHAVIORS

Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities).*	29%
Percentage of students who seriously considered attempting suicide.*	13.8%
Percentage of students who made a plan about how they would attempt suicide.*	11.6%
Percentage of students who attempted suicide (one or more times).*	7.8%
Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.*	2.9%

*during the 12 months before the survey



Indicators of emotional and mental health distress include feeling sad or hopeless for prolonged periods.



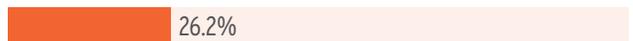
VIOLENCE AND INJURY PREVENTION

VEHICLE-RELATED BEHAVIORS

Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle).*



Percentage of students who rode with a driver who had been drinking alcohol** (in a car or other vehicle).



Percentage of students who drove when drinking alcohol** (among students who had driven a car or other vehicle during the 30 days before the survey).



Percentage of students who texted or e-mailed while driving a car or other vehicle** (among students who had driven a car or other vehicle during the 30 days before the survey).



*during the 12 months before the survey

** one or more times during the 30 days before the survey

VIOLENCE AND INTIMIDATION ON SCHOOL PROPERTY

Percentage of students who were bullied on school property.*



Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting).*



Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey).



Percentage of students who were in a physical fight on school property (one or more times).*



*during the 12 months before the survey

NUTRITION AND PHYSICAL ACTIVITY

NUTRITION

Percentage of students who did not eat salad.*



Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop).*



Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop).*



Percentage of students who did not eat fruit (one or more times).*



Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables).*



Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables).*



Percentage of students who did not eat breakfast.*



Percentage of students who ate breakfast on all 7 days.*



60 MINUTES OF DAILY PHYSICAL ACTIVITY

Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day.*



Percentage of students who were physically active at least 60 minutes per day on all 7 days.*



Percentage of students who watched television 3 or more hours per day (on an average school day).



Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day).



*during the 7 days before the survey

TOBACCO, ALCOHOL AND OTHER DRUGS

TOBACCO

Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey).



Percentage of students who currently used tobacco (current cigarette, smokeless tobacco, cigar, or electronic vapor product use on at least 1 day during the 30 days before the survey).



Percentage of students who did not currently use tobacco (current cigarette, smokeless tobacco, cigar, or electronic vapor product use on at least 1 day during the 30 days before the survey).



ALCOHOL

Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey).



Percentage of students who drank 5 or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey).



OTHER DRUGS

Percentage of students who ever used marijuana (one or more times during their life).



Percentage of students who currently used marijuana (one or more times during the 30 days before the survey).



Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life).



Percentage of students who were offered, sold, or given an illegal drug on school property.*



*during the 12 months before the survey

PERSONAL AND REPRODUCTIVE HEALTH

PERSONAL HEALTH

Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) during the 12 months before the survey.



Percentage of students who had ever been told by a doctor or nurse that they had asthma.



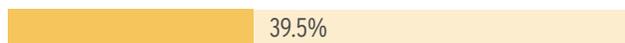
Percentage of students who had 8 or more hours of sleep (on an average school night).



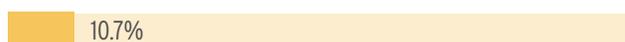
In the survey, students anonymously answered sensitive questions about sexual behaviors. >>

REPRODUCTIVE HEALTH

Percentage of students who ever had sexual intercourse.



Percentage of students who had sexual intercourse with four or more persons (during their life).



Percentage of students who were currently sexually active (sexual intercourse with at least one person during the 3 months before the survey).



Percentage of students who drank alcohol or used drugs before last sexual intercourse.*



Percentage of students who used a condom (during last sexual intercourse).*



Percentage of students who had sexual intercourse before age 13 (for the first time).



Percentage of students who did not use any method to prevent pregnancy (during last sexual intercourse).*



*among students who were currently sexually active

FORT WORTH ISD HEALTH EDUCATION

Currently, Fort Worth Independent School District (FWISD) provides 30 health lessons each year to students in grades K-5, a semester of health in 6th grade during a year-long course called **Moving to Wellness**, and a semester of health in high school. Beginning in the fall of 2015, both the middle and high school **health courses** utilize a developmentally appropriate, up-to-date, student-centered curriculum that addresses Emotional and Mental Health, Violence and Injury Prevention, Nutrition and Physical Activity, Tobacco, Drug, and Alcohol Prevention, and Personal and Reproductive Health. These courses fully address the **Texas Essential Knowledge and Skills** and the **National Health Education Standards**.



⤴ **Healthy Choices**
Students learn the components of building a healthy diet.



⤴ **Annual District Walk**
Physical activity events bring the community together.



⤴ **Walking School Bus**
Students start their day with activity and arrive at school ready to learn.

FWISD participated in the Youth Risk Behavior Survey for the first time in 2015. The behaviors reported in this survey make it clear that there is more to do in terms of educating students on the knowledge, and especially the skills necessary, to make healthy choices.

FWISD currently receives funding from the CDC's Division of Adolescent and School Health that allows it to:

- Help secondary health teachers more capably provide health education to students through coaching, mentoring, and monitoring instructional practices.
- Develop a clinical service provider resource guide that can be used by school nurses, intervention specialists, and students, providing a variety of health care resource information, such as available programs in school-based health centers.
- Establish and provide training for developing Safe Spaces in our schools and support student-led clubs that provide welcoming environments for all students and staff.
- Develop procedures and policy guidance to create sustainable support for student health and wellness in our schools.

To view the complete survey results, please visit: <http://fwisd.org/pe>

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Health and Physical Education
phone: 817.814.2595



100 N. University Drive
Fort Worth, TX 76107
www.fwisd.org