



2018 Pittsburgh Public Schools Youth Risk Behavior Surveillance Survey

Key Findings



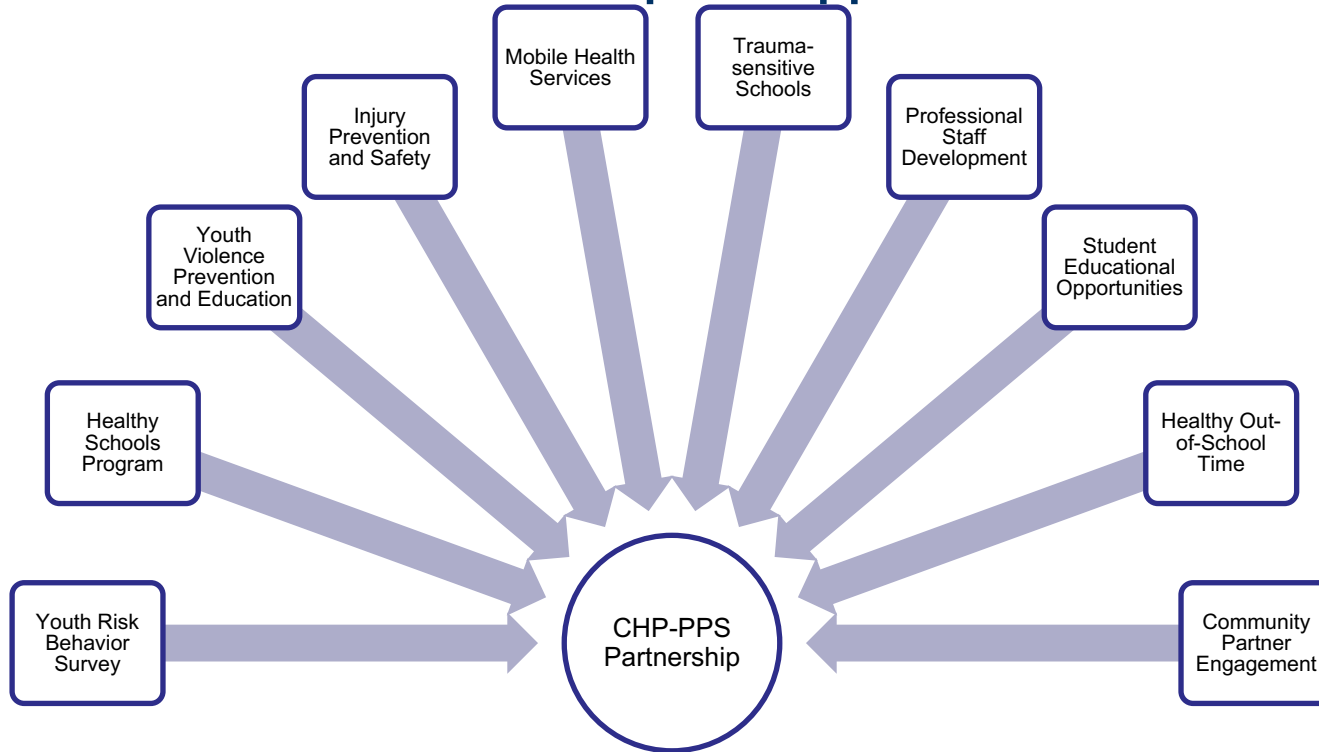
Whole School, Whole Community, Whole Child (WSCC)

Aligns health and educational outcomes

Goal: Healthy development
and educational
attainment for all
students



School-Health Partnership to Support Students' Needs



Wellness Policy 228

- <http://go.boarddocs.com/pa/pghboe/Board.nsf/goto?open&id=AN5NYX5D8569>
 - Supports Whole School, Whole Community, Whole Child approach
 - Each school has a designated Wellness committee

Healthy Schools: Continuous Quality Improvement

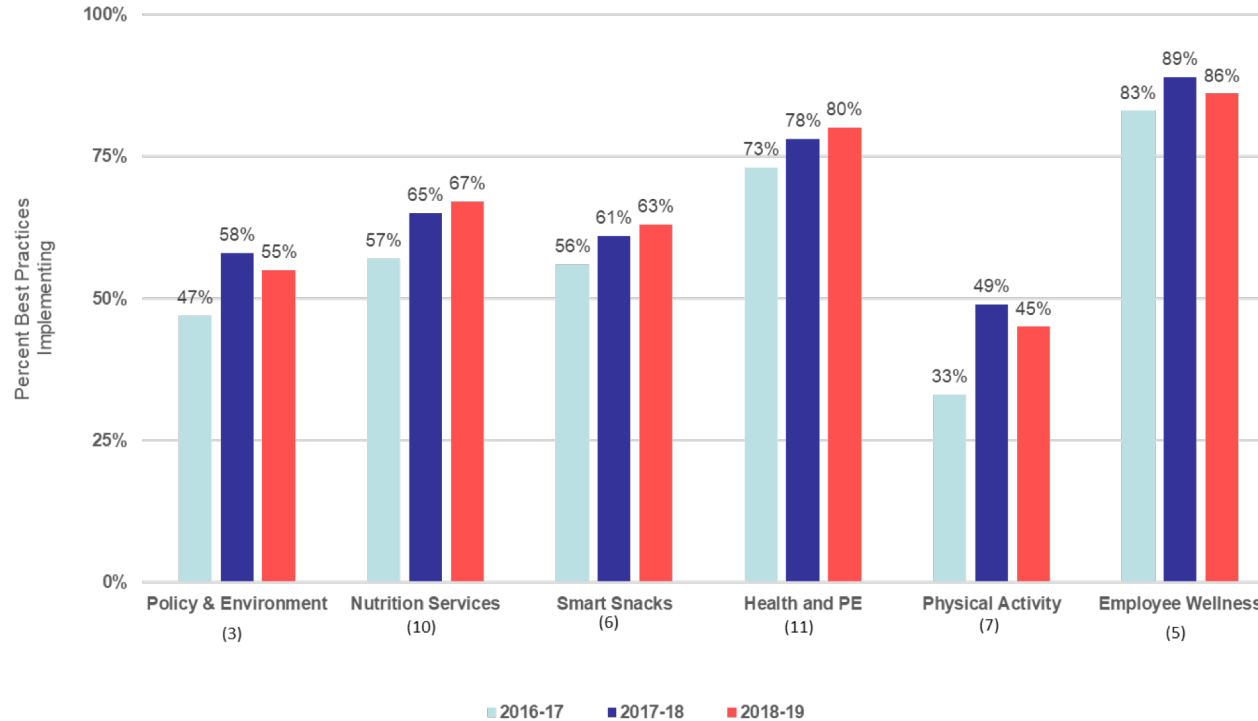
1. Policy & Environment
2. Nutrition Services
3. Smart Snacks
4. Health & Physical Education
5. Physical Activity
6. Employee Wellness
7. Health Services
8. Counseling, Psychological and Social Services



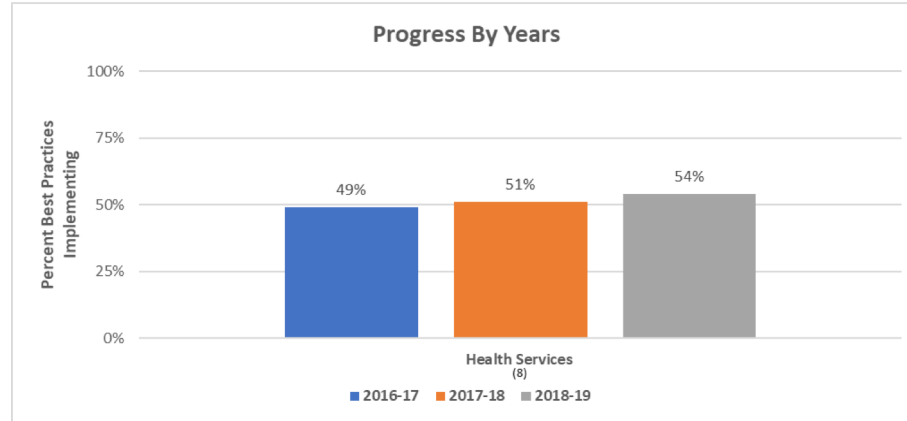
In 2018 - 19, 55 schools:

- ✓ Completed or updated a School Health Assessment
- ✓ Developed an Action Plan
- ✓ 51 schools received \$1,000 mini-grant to implement health and wellness effort

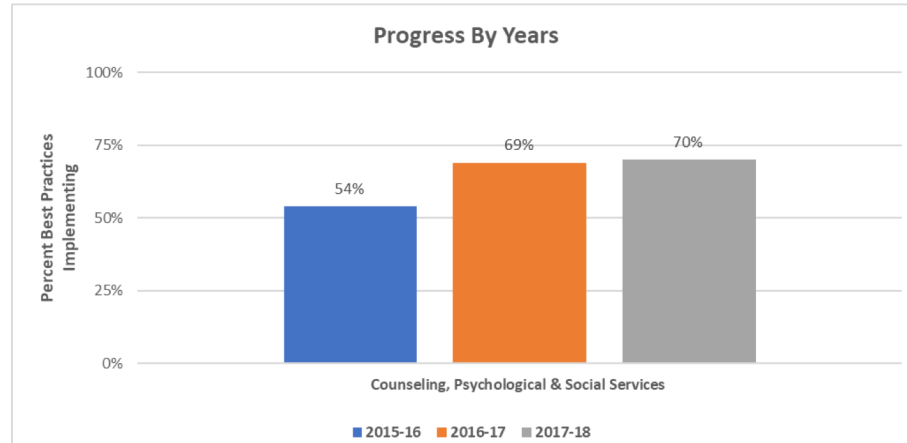
Progress By Year



Health Services



Counseling, Psychological and Social Services



Why now?

- Little information available on youth health behaviors
- To learn more about student needs and enhance supports for students
- Connects to the Community Schools initiative
- Helps schools and other agencies understand how to allocate resources
- Provides a baseline to follow progress over time
- Provides information to show the need for additional support (e.g., local and federal grants)
- Guide development and implementation of specific interventions (e.g., trauma sensitive supports and services)

What is the Youth Risk Behavior Surveillance Survey (YRBSS)?

- Designed by the Centers for Disease Control and Prevention in 1990
- Used to assess youth risk behaviors nationally
- High School survey for grades 9-12
- Used to help guide allocation of resources and programs
- States do sampling of schools
- Pittsburgh Public Schools had not previously participated in the PA YRBSS
- More information is available at:
<https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

Implementation of PPS YRBS

- October 2018 over one week period
- All students (13 schools) in grades 9 to 12 and willing to complete survey
- Parents and students could opt out
- Survey is anonymous

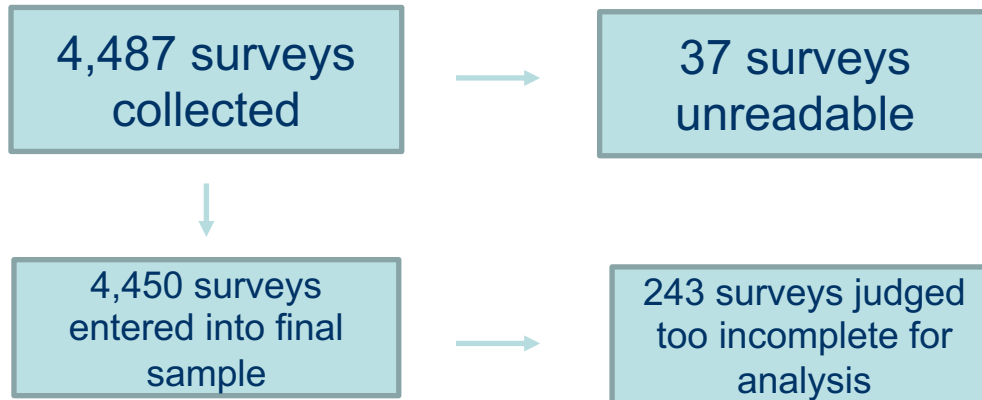
- Funding support from the Grable Foundation and Heinz Endowments to the Allegheny County Health Department and to UPMC Children's Hospital of Pittsburgh
- ACHD holds the data; analysis conducted jointly by ACHD and UPMC CHP

What does the survey cover?

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- **Supplemental questions:**
Social supports and mentorship; connectedness to parents and school; hope and future orientation; health care seeking; food security, housing; relationships, bullying

Survey Administration

- Survey administered October 15th-19th, 2018 to students in grades 9-12 in 13 Pittsburgh Public Schools.
- Overall response rate = 91%



PPS YRBS Population Characteristics

- Sex
 - 46% Male, 52% Female
- Grade
 - 26% 9th grade
 - 25% 10th grade
 - 25% 11th grade
 - 23% 12th grade
- Race/Ethnicity
 - 33% White
 - 35% Black
 - 9% Multiracial
 - 1% Other

Results

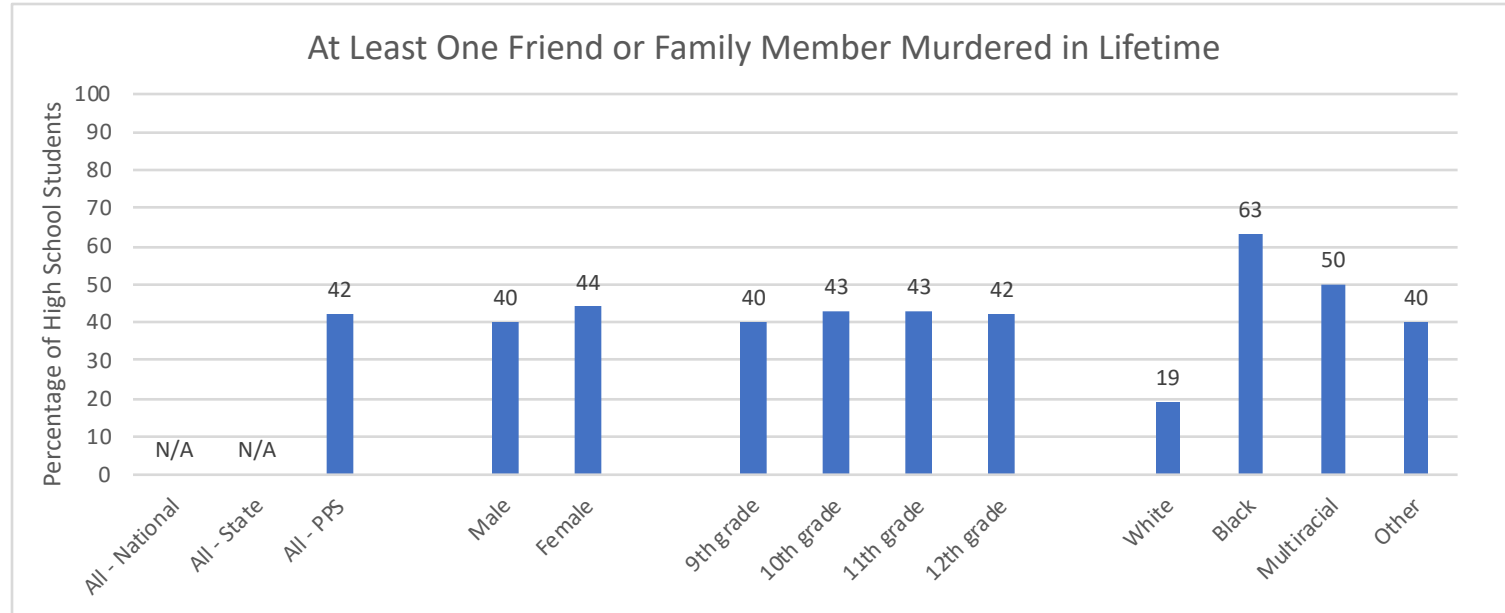
- Prevalence estimates calculated and compared to **state** and **national** estimates from the 2017 National Youth Risk Behavior Surveillance Survey where such estimates were available.
- No state or national estimates available specifically for urban school districts
- All results are rounded to the nearest whole number.

Behaviors that Contribute to Unintentional Injuries

- PPS students were more than twice as likely to report rarely or never wearing a seat belt compared to national rate (15% vs. 6%).
- Approximately 1 out of 5 PPS students (19%) reported riding in a car with a driver who had been drinking alcohol within past 30 days.
- Among students who had driven a car during the past 30 days, 6% reported drinking and driving.
- Driving and texting among PPS students is lower compared to the national rate (28% vs. 39%)

Exposure to Violence

- 42% of PPS students reported that at least one friend or family member was murdered in their lifetime; Black students (63%) were more than 3 times likely compared to white students (19%) to report this
- 11% of PPS students reported not wanting to go to school because they felt unsafe in the past 30 days; Black (13%) students were more than twice as likely to feel unsafe as compared to white students (6%)
- 11% of PPS students reported being physically forced to have sexual intercourse (compared to national rate of 7%)
- 15% of PPS students experienced sexual violence (compared to national rate of 10%)
- 13% experienced physical dating violence (compared to national rate of 8%)

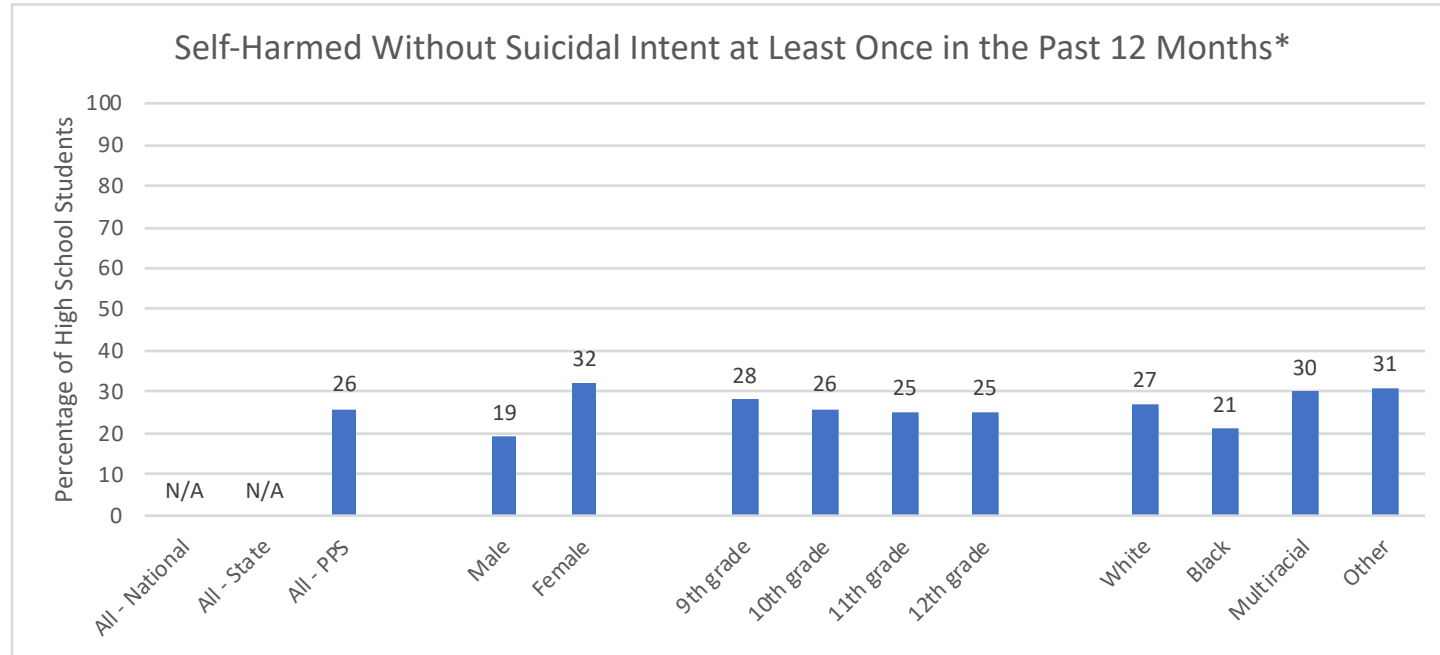


Core strategies for violence prevention

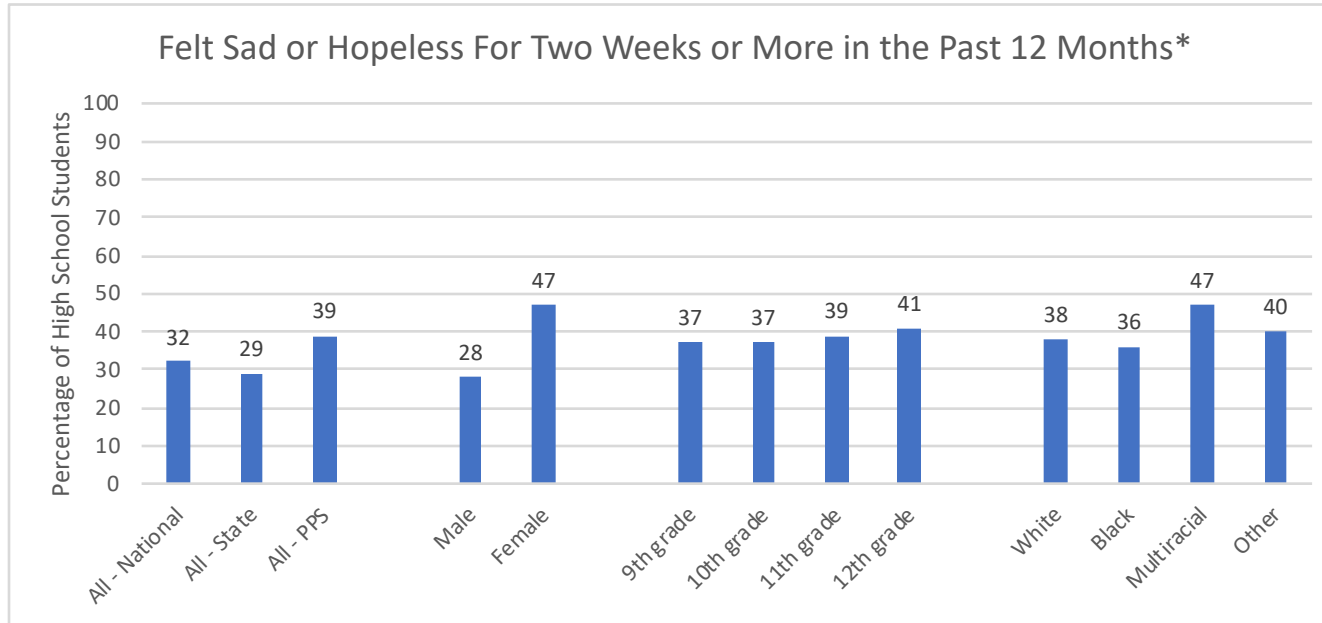
- **Trauma sensitive school practices** - Changing Minds Institute (train the trainer), PBIS, restorative practices, socioemotional learning
- **Violence prevention programming** - after school programs involving job readiness training, sexual violence prevention (Manhood 2.0/Sisterhood 2.0), Coaching Boys into Men (and Athletes as Leaders), Youth Leadership in Action, Expect Respect Middle School
- **Trauma-focused support groups and sexual violence/sexual harassment prevention** - partners include Pittsburgh Action Against Rape, Center for Victims, Gwen's Girls, Black Girls Equity Alliance, and others

Bullying, Depression, and Suicide

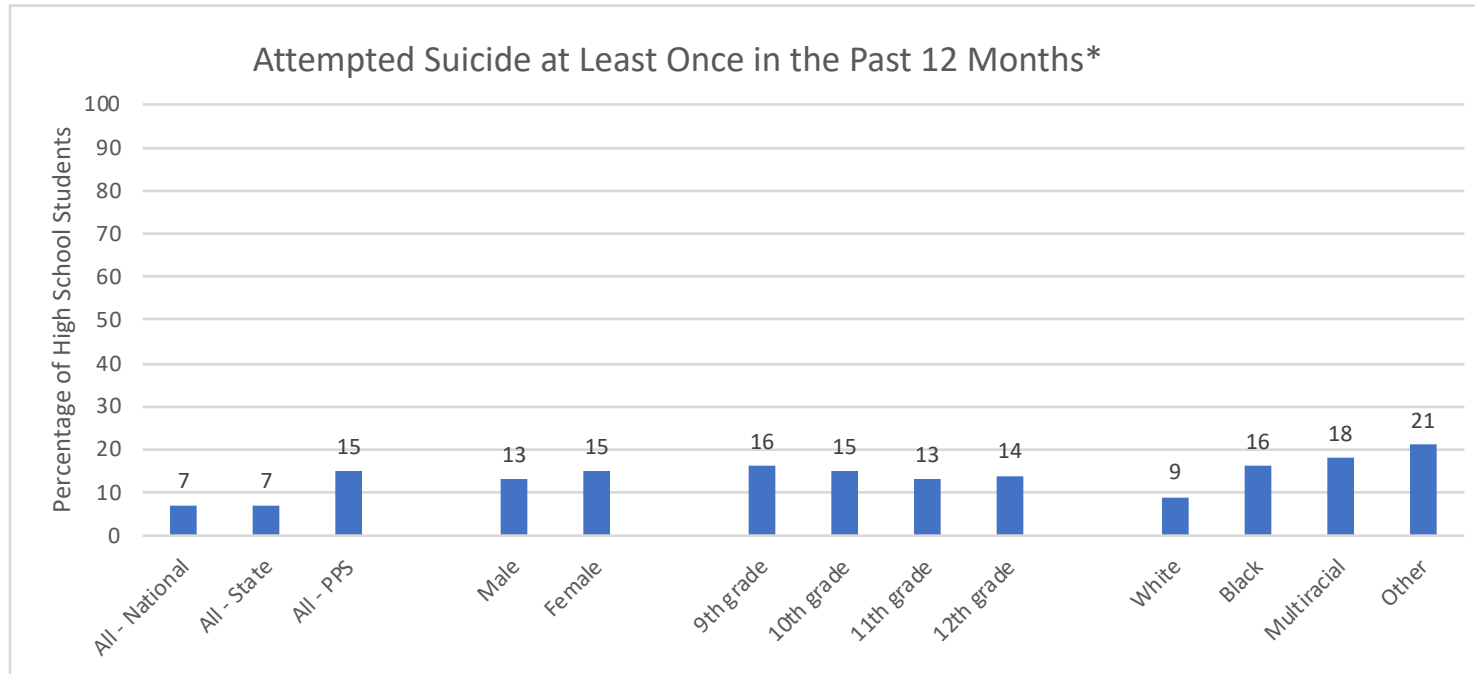
- 39% of PPS students reported feeling sad or hopeless for 2+ weeks in past 12 months; females more likely compared to males (47% vs. 28%)
- Approximately 1 out of 4 PPS students (26%) reported self-harm in past 12 months; females more likely to report self harm compared to males (32% vs. 19%)
- 21% of PPS students seriously considered attempting suicide (17.2% national), 19% have made a plan, 15% have attempted suicide; females more likely compared to males to both seriously consider attempting suicide (25% vs. 15%) and have made a plan (23% vs. 14%), but less sex difference for suicide attempts (15% vs. 13%)
- Approximately 1 out of 5 PPS students (19%) reported being bullied on school property and 15% reported being electronically bullied in past 12 months; similar to national rates.



*Self-harm without suicidal intent, such as cutting, pinching, burning, scratching, or burning themselves, one or more times in the 12 months before the survey.



*Almost every day for 2 weeks or more in a row so that they stopped doing some usual activities, ever during the 12 months before the survey.



*Ever during the 12 months before the survey.

Mental health supports and services

- Trauma sensitive school practices - training and implementation
- Community mental health agency partners

Additional models to consider:

- Embedding socioemotional learning content into curriculum - e.g., DBT skills in health class
- School-based mental health services - multi-tiered interventions

Tobacco and Alcohol Use

- 23% of PPS students reported ever trying cigarette smoking
- 43% of students who used any tobacco products in the 12 months prior to the survey reported trying to quit using all tobacco products
- One in three PPS students report currently drinking alcohol; females were more likely compared to males (33% vs. 27%) and white students were most likely compared to students of other races and ethnicities.

Marijuana and Electronic Vapor Product Use

- 49% of PPS students reported having used marijuana at least once in their lifetime, much higher than state and national estimates of the same (34% and 26% respectively).
- 44% of PPS students report having used an electronic vapor product at least once in their lifetime.
- Marijuana and electronic vapor product use was more common with increasing grade level.

Other Drug Use

- 6% of PPS students reported having used some form of cocaine at least once in their lifetime
- 4% of PPS students reported having used heroin at least once in their lifetime, double state and national rates
- 5% of PPS students reported intravenous drug use at least once in their lifetime, more than double state and national rates.
- Prevalence of prescription pain medication misuse increased with level grade from 8% of ninth graders to 14% of twelfth graders
- 28% of PPS students reported having been offered, sold, or given illegal drugs on school property, higher than state and national averages (18% and 20% respectively)

Diet, Physical Activity, and Nutrition

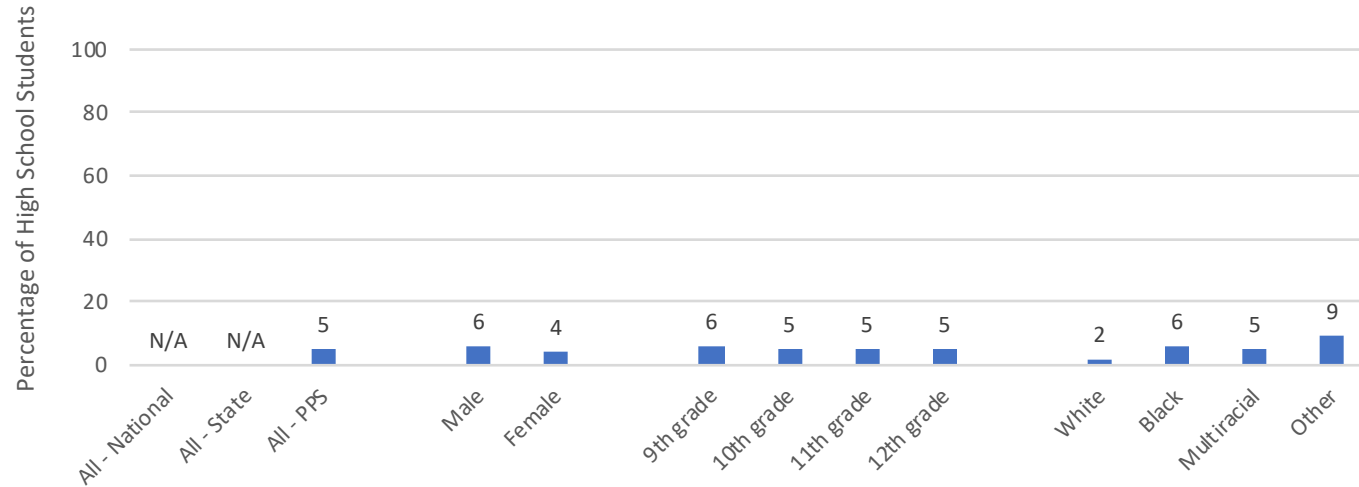
- 16% of PPS students reported having no vegetables in the past week.
- Over two thirds of PPS students (68%) reported drinking soda in the past week.
- 16% of PPS students reported drinking soda daily.
- 11% of PPS students reported drinking soda multiple times times per day; males were more likely than females (14% vs. 8%) and black students were almost twice as likely as white students (15% vs. 8%).

Other Health-Related Questions

- One third of students (33%) reported not seeking medical treatment when they thought they needed it; females were more likely than males (38% vs. 26%).
- One fourth of students (25%) reported being limited in some way due to physical, mental, or emotional problems.
- 68% of students reported being taught how to use condom in school and 63% know where to get sexual health services; both indicators were lowest in 9th graders and increase with grade level.

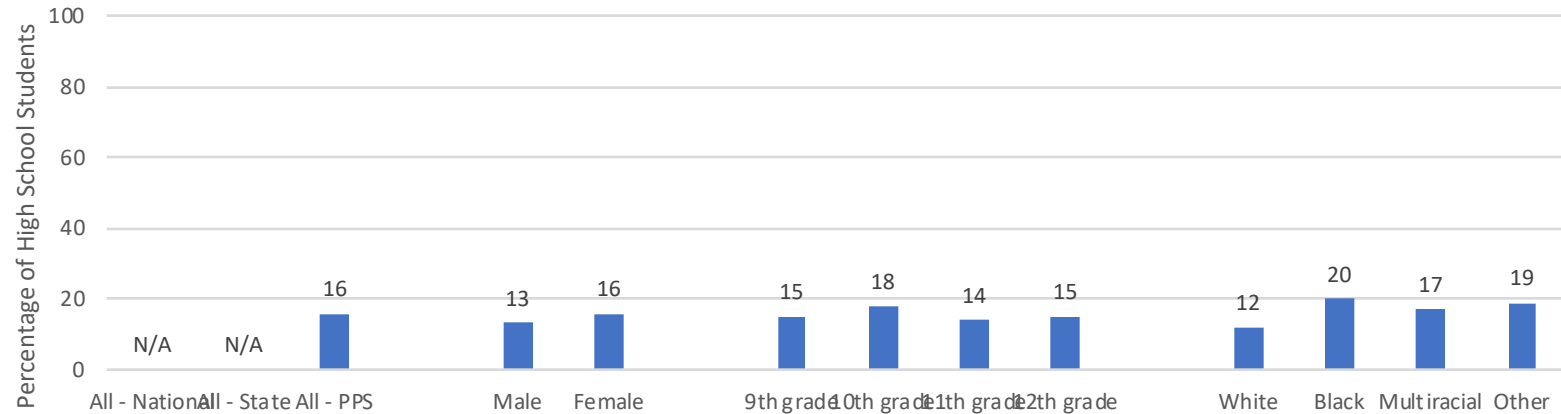


Worry That They or Their Family Would Not Have Enough Food*



*Most of the time or always in the 30 days before the survey

Spent Two or More Nights in a Place That Was Not Their Home*



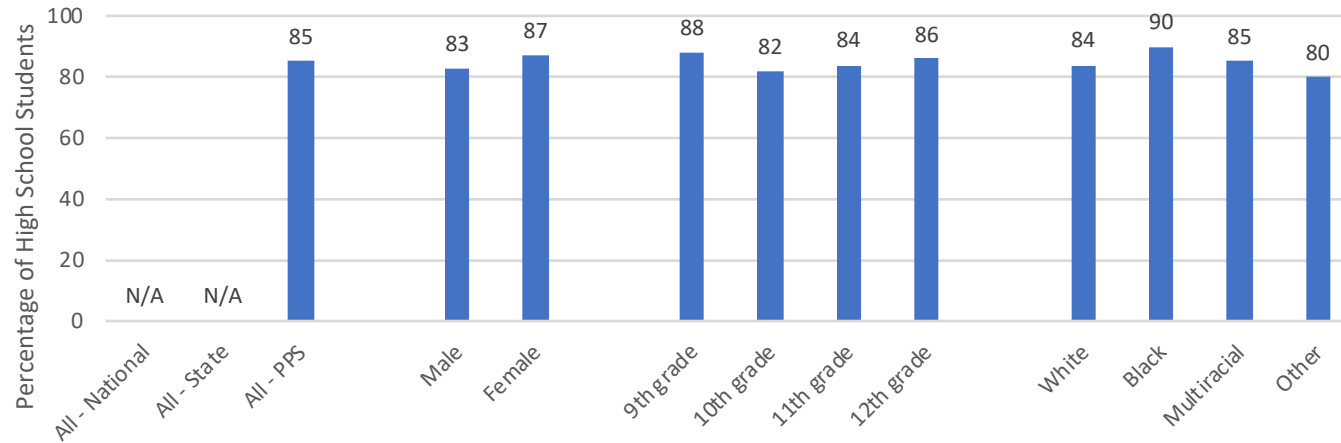
*Because they could not stay in their home, were told to leave their home, or did not want to say in their home, in the 12 months before the survey.

Relationship with Parents and School Community - Key Findings

- 56% of PPS students reported their grades as “mostly A’s” during the past 12 months; females were more likely than males (60% vs. 50%); white and Asian students were more likely than students of other races and ethnicities.
- 38% of PPS students reported having been suspended; Males were more likely than females (43% vs. 34%); Black students were more than twice as likely to have been suspended compared to white students (55% vs. 26%).
- 10% of PPS students reported not having someone they can count on to be dependable when they need help; males were more likely than females (14% vs. 7%).



Excited About Their Future



Opportunities

- Wellness Policy awareness, implementation, and accountability
- Deepen promotion of trauma sensitive school practices (training and policies)
- Integrate “Youth Leadership in Action” to help guide wellness and school climate change
- Community and family engagement in school health initiatives
- Integration of multi-tiered interventions to address emotional, behavioral, and mental health needs of students
- Strengthen Community Schools model to enhance supports and services for students