

Ohio

2013



YOUTH RISK BEHAVIOR SURVEY Executive Summary



The 2013 Ohio Youth Risk Behavior Survey (YRBS), like surveys in years past, was designed to monitor six types of health-risk behaviors that contribute to the leading causes of both morbidity as well as mortality among the nation's youth. The health-risk behaviors of interest include those that contribute to unintentional injuries or violence, sexual behaviors, alcohol and other drug use, tobacco use, unhealthy dietary behaviors, and inadequate physical activity. The survey targets students in grades nine through twelve and was conducted in 1993, 1995, 1997, 1999, 2003, 2005, 2007, 2009 and 2011. It is important to note that while the YRBS was conducted in Ohio in 1995 and 2009, the response rates were too low to produce results generalizable to the Ohio population of ninth-through twelfth-graders.

The 2013 Ohio YRBS was conducted by the Ohio Department of Health under the direction of the Centers for Disease Control and Prevention. The 2013 survey was completed by more than 1,455 randomly selected students in 44 public and private high schools throughout the state of Ohio during the spring of 2013. By collecting and evaluating the data through YRBS, it is possible to determine the prevalence of health-risk behaviors among adolescents as well as to monitor progress in terms of improvement of the health of adolescents overall. The high response rate ensures the results are generalizable to all high school students in Ohio.

In this summary report, the overall totals for several questions in each health topic are presented in addition to the responses separated by grade level and gender. In order to determine if any changes in health behaviors have been seen, the data collected from the 2013 YRBS are shown along with the Ohio data from previous years.

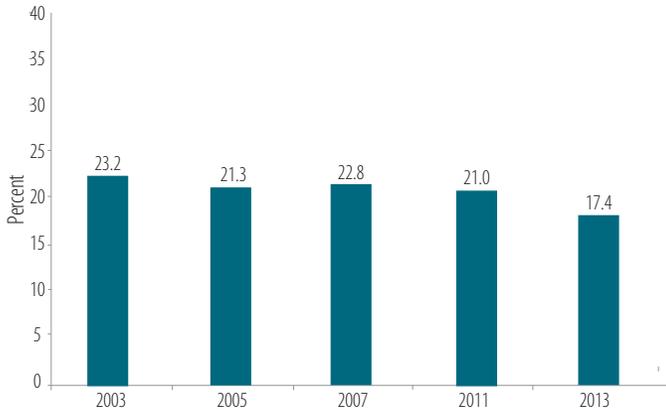


Injury

Teenagers aged 16-to 19-years-old are almost three times more likely to get in a fatal car crash than drivers 20 years and older, despite driving less.¹ For drivers 15-to 19-years-old involved in fatal crashes, 21 percent of the distracted drivers were distracted by the use of cell phones.² Forty-six percent of students in Ohio reported texting or emailing while driving a car in the past 30 days. Alcohol is another contributing factor to fatal accidents in the U.S. Drivers under 21 years of age are more likely to cause fatal accidents at the same blood-alcohol levels as adults over 21.³

■ Percentage of students who, during the past 30 days, rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol, Ohio, 2003-2013

The percentage of students who rode in a vehicle with someone who had been drinking decreased significantly from 2003 to 2013.

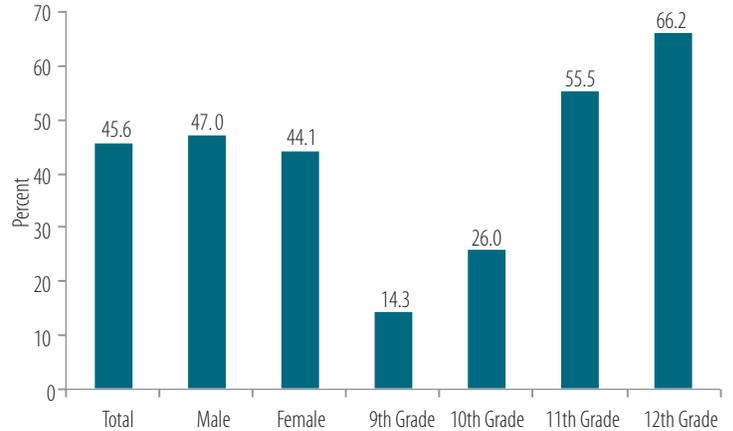


Percentage of students who wore a seat belt when riding in a vehicle driven by someone else, Ohio, 2011-2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	83.3	80.7	86.1	81.8	83.7	83.4	85.8
2013	91.6	90.3	93.1	89.1	91.7	92.3	93.3

■ Of students who drive, the percentage who texted or emailed while driving on one or more of the past 30 days, Ohio, 2013

In 2013, 46 percent of Ohio high school students who drive reported they texted or emailed while driving during the past month.



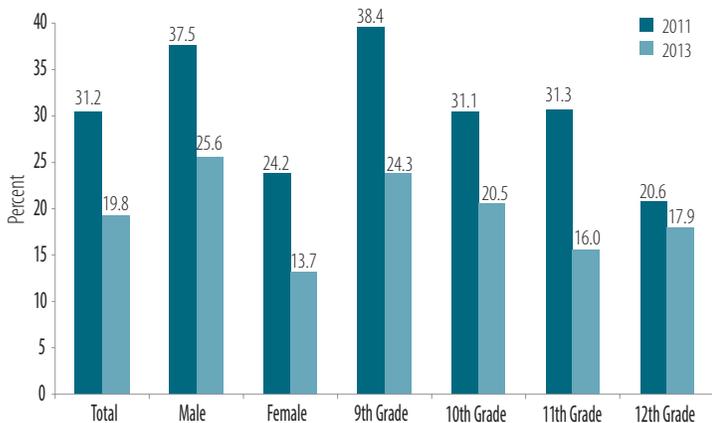
■ In 2013, 92 percent of Ohio high school students reported wearing a seat belt when riding in a vehicle driven by someone else at least sometimes, if not most of the time, or always when riding in a car driven by someone else.

Violence

Homicide in the United States is the second leading cause of death for young people between the ages of 15 and 24.⁴ While a majority of Ohio high school students reported feeling safe while at school, 14 percent of students reported carrying a weapon to school in the past month, and 20 percent reported being in a physical fight during the past 12 months. Nationwide, approximately one-fifth of high school students reported being bullied at school.⁵ In 2013, 21 percent of Ohio high school students were bullied on school property in the past year and 15 percent reported being bullied electronically.

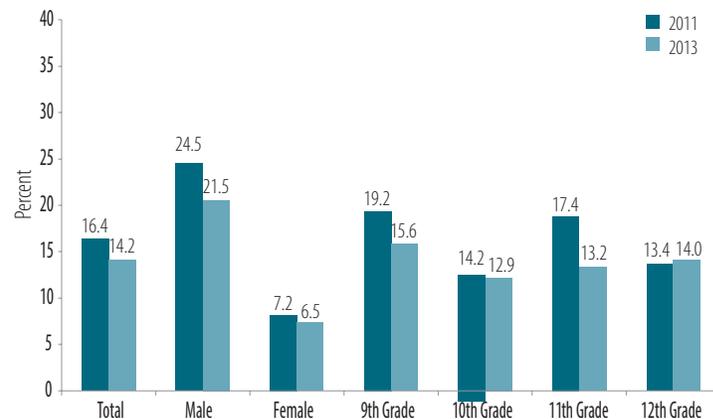
■ Percentage of students who reported being in a physical fight one or more times during the past 12 months, Ohio, 2011-2013

The percentage of student who were in physical fights during the past year decreased significantly from 2011 to 2013.



■ Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days, Ohio, 2011-2013

In 2013, 14 percent of Ohio high school students reported carrying a weapon during the past month, no significant change from 2011.



Percentage of students who reported having been bullied in the past 12 months, Ohio, 2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
On School Property	20.8	18.5	23.4	29.4	19.5	17.7	16.1
Electronically	15.1	8.5	22.1	16.8	15.3	15.2	12.7

■ In 2013, 21 percent of Ohio high school students reported being bullied on school property and 15 percent reported being bullied electronically. Both have remained steady since 2011.

Mental Health

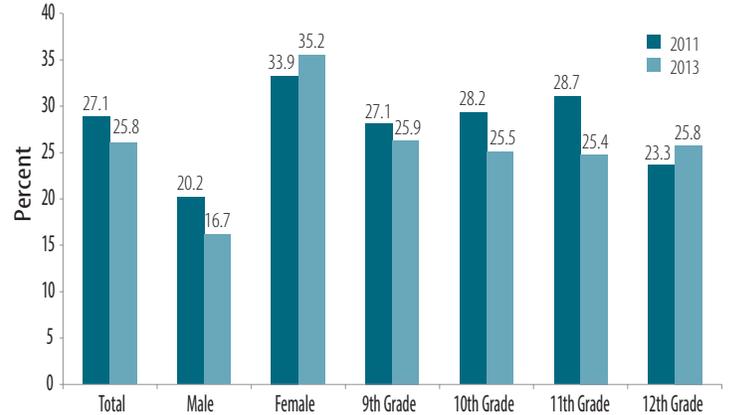
For adolescents, poor mental health can contribute to problems at home, in school, and with peers and can result in risky behavior, including drug and alcohol use.⁶ Suicide is the third leading cause of death among youth ages 15-19.⁴ In 2013, 14 percent of Ohio high school students reported they had seriously considered suicide within the past year. Six percent reported attempting suicide, and 26 percent reported feeling so sad or hopeless everyday for two weeks or more in a row that they stopped doing usual activities.

■ Percentage of students who, seriously considered attempting suicide during the past 12 months, Ohio, 1993-2013

■ Percentage of students who felt so sad or hopeless everyday for two weeks or more in a row that they stopped doing usual activities during the past 12 months, Ohio, 2011-2013

In 2013, 14 percent of Ohio high school students reported seriously considering suicide in the past year, a decrease from 1993, but no significant change from 2011.

In 2013, 26 percent of students stopped doing usual activities due to being sad, no significant change from 2011.



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, Ohio, 1993-2013

Percentage of students who last saw a doctor, nurse, therapist, social worker, or counselor for a mental health problem in the past 12 months, Ohio, 2011-2013

Year	1993	1997	1999	2003	2005	2007	2011	2013
Percent	2.8	3.0	2.9	5.0	3.1	2.3	4.0	1.4

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	22.1	20.8	23.4	26.7	21.3	20.8	19.7
2013	21.1	17.2	25.0	25.6	22.2	16.9	19.3

■ In 2013, one percent of students had to be medically treated following a suicide, no change over time, but a decrease since 2011.

■ In 2013, 21 percent of Ohio high school students reported seeing a doctor, nurse, therapist, social worker or counselor for a mental health problem in the past year, no significant change from 2011.

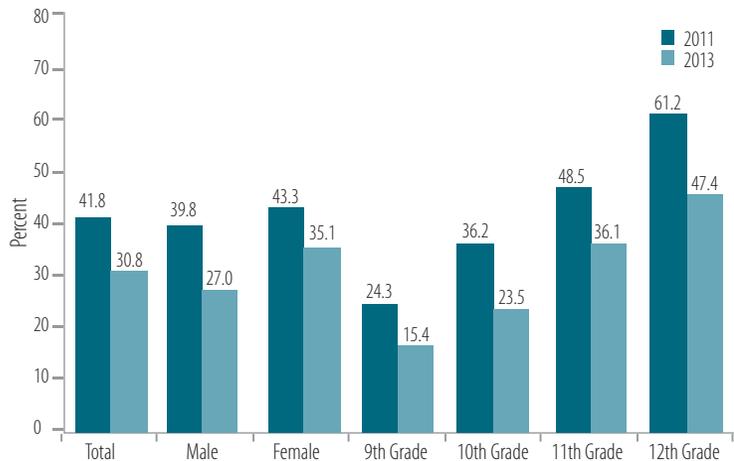
Sexual Behaviors

When young people engage in sexual behaviors it can result in adverse health outcomes such as sexually transmitted diseases as well as unintended pregnancy.⁷ In 2013, 43 percent of students reported ever having sex, 31 percent of students reported they have had sexual intercourse during the past three months while 12 percent reported they have had sexual intercourse with four or more people during their life.

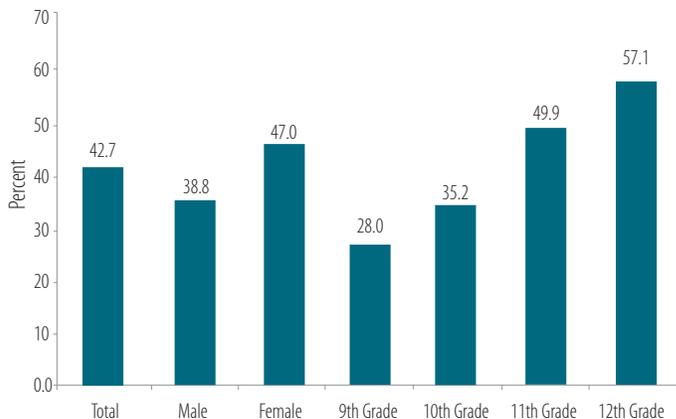
■ In 2013, 31 percent of Ohio high school students reported having sexual intercourse with one or more people in the past three months, a significant decrease since 2011.

■ In 2013, 43 percent of Ohio high school students reported ever having sex.

Percentage of students who had sexual intercourse with one or more people during the past three months, Ohio, 2011-2013



Percentage of students who have ever had sex, Ohio, 2013



Percentage of students who had sexual intercourse with four or more people during their life, Ohio, 2011-2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	17.5	19.0	15.8	11.0	13.7	18.3	28.7
2013	11.5	12.5	10.4	7.5	7.1	11.7	19.5

■ In 2013, 12 percent of Ohio high school students reported having had sexual intercourse with four or more people in their lifetime, a significant decrease from 2011.

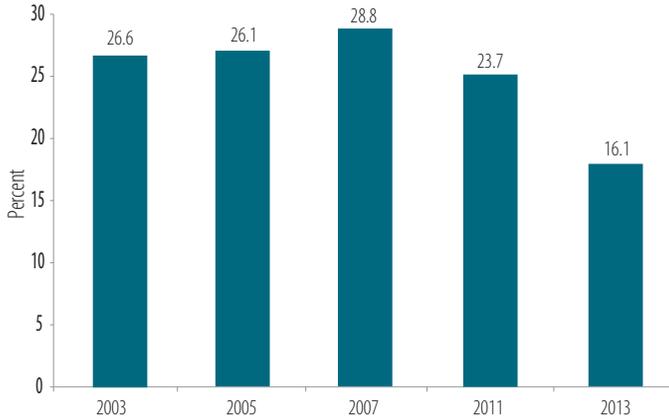
Alcohol

Among youth in the United States, alcohol is the most commonly used as well as the most commonly abused drug. The use of alcohol underage can lead to school, social, legal and physical problems among youth and students who drink alcohol are at a higher risk for suicide and homicide.⁸ In Ohio, 30 percent of high school students reported having at least one drink of alcohol within the past month. Of those students, 38 percent reported they usually got alcohol from someone who gave it to them in the past 30 days.

■ Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days, Ohio, 2003–2013

■ Percentage of students who had at least one drink of alcohol on one or more of the past 30 days, Ohio, 2011–2013

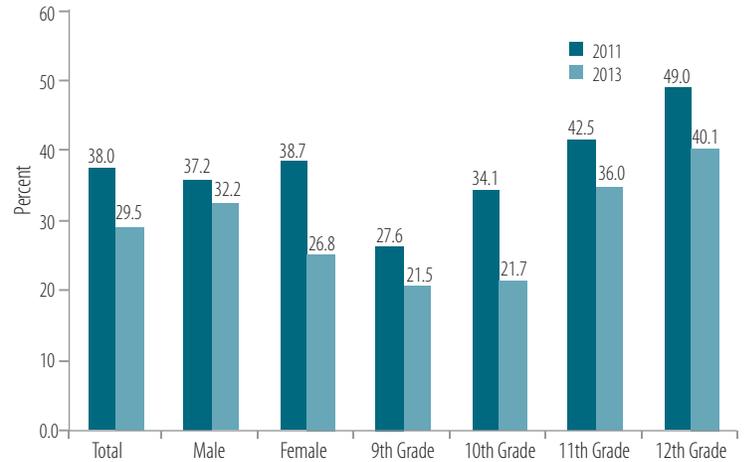
Binge drinking among Ohio high school students decreased significantly from 2003 to 2013.



Percentage of students who had their first drink of alcohol other than a few sips before age 13, Ohio, 2011–2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	18.1	19.4	16.5	20.4	17.6	14.4	17.9
2013	12.7	13.6	11.6	14.3	13.7	12.2	10.0

In 2013, 30 percent of Ohio high school students reported having at least one drink of alcohol on one or more of the past 30 days, a significant decrease over time (since 1993) and since 2011.



Among students who reported current alcohol use, the percentage who usually got the alcohol they drink from someone who gave it to them in the past 30 days, Ohio, 2013

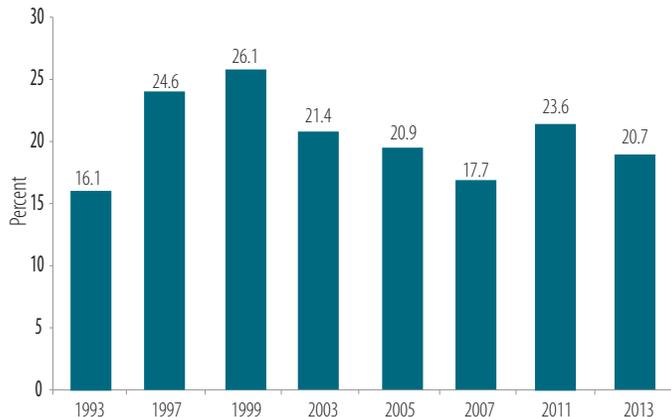
	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2013	37.9	35.1	41.5	<100 in sample	<100 in Sample	34.3	35.0

Illegal Drug Use

A major public health problem that still faces the United States is the use of drugs among the nation's youth. Substance use as well as substance abuse among youth can lead to an increased risk for injuries, violence, HIV infection, and other diseases.⁶ Among Ohio high school students, fewer students are reporting cocaine use and prescription drug abuse from 2011. However, marijuana use remains a problem for Ohio high school students and 20 percent of students reported being offered, sold, or given illegal drugs on school property.

■ Percentage of students who used marijuana one or more times during the past 30 days, Ohio, 1993-2013

In 2013, 21 percent of Ohio high school students reported that they have recently used marijuana, a number which has remained steady since 1993.



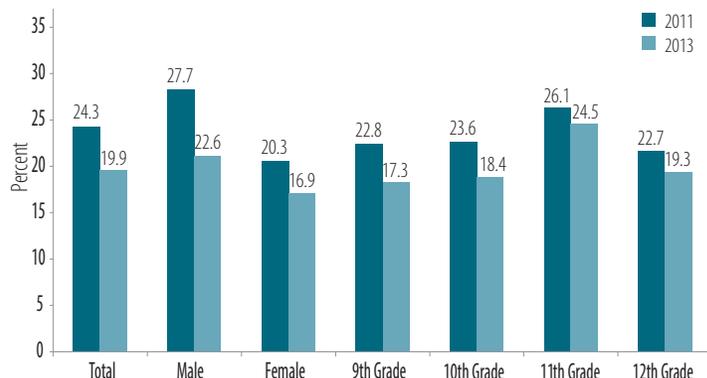
Percentage of students who used any form of cocaine, including powder, crack or freebase one or more times during their life, Ohio, 2011-2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	7.0	8.1	5.3	5.7	3.5	7.0	11.0
2013	3.8	5.1	2.6	3.5	2.3	4.4	4.7

■ In 2013, four percent of Ohio high school students reported using any form of cocaine one or more times during their life, a significant decrease over time (since 2003) and since 2011.

■ Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months, Ohio, 2013

In 2013, 20 percent of Ohio high school students reported being offered, sold or given an illegal drug by someone on school property in the past year, which has decreased significantly over time, but has not changed significantly since 2011.



Percentage of students who have used prescription painkillers without a doctor's prescription one or more times in their life, Ohio, 2011-2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	21.3	23.4	19.1	16.3	16.8	23.0	29.8
2013	12.8	15.1	10.2	10.5	8.7	16.2	16.5

■ In 2013, 13 percent of Ohio high school students reported using prescription painkillers without a doctor's prescription one or more times during their life, a significant decrease since 2011.

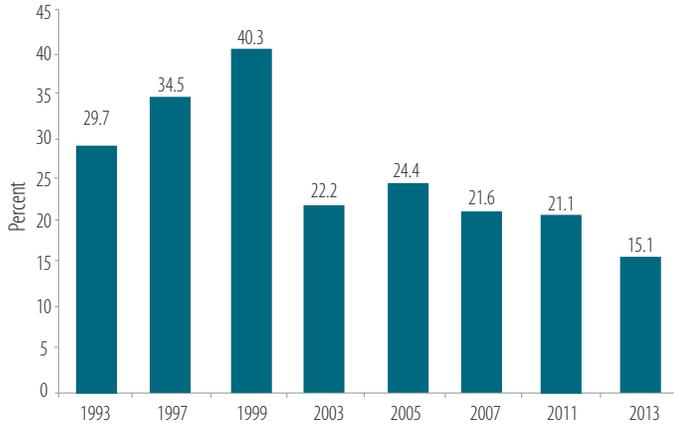
Tobacco

88 percent of adult smokers report they started smoking before age 18. In addition to the health risks, tobacco use among adolescents is also associated with higher risks of sexual risky behavior, alcohol use and drug use.⁹ Though tobacco use in teens has been declining since 2000, currently 22 percent of Ohio adolescents reported that they have used some form of tobacco during the past month.

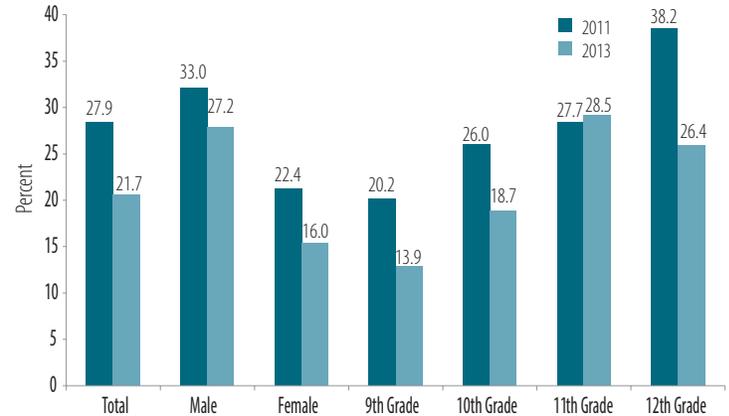
■ In 2013, 15 percent of Ohio high school students reported that they had smoked cigarettes on one or more days during the past month. This number has decreased significantly since 1993, but there was no significant change since 2011.

■ In 2013, 22 percent of Ohio high school students reported using some form of tobacco during the past 30 days, no significant change since 2011.

Percentage of students who smoked cigarettes on one or more of the past 30 days, Ohio, 1993-2013



Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days, Ohio, 2011-2013



Percentage of students who smoked cigarettes on 20 or more of the past 30 days, Ohio, 2011-2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	9.5	9.8	8.9	5.8	7.4	11.5	11.8
2013	6.8	8.3	5.1	2.8	6.8	9.6	8.4

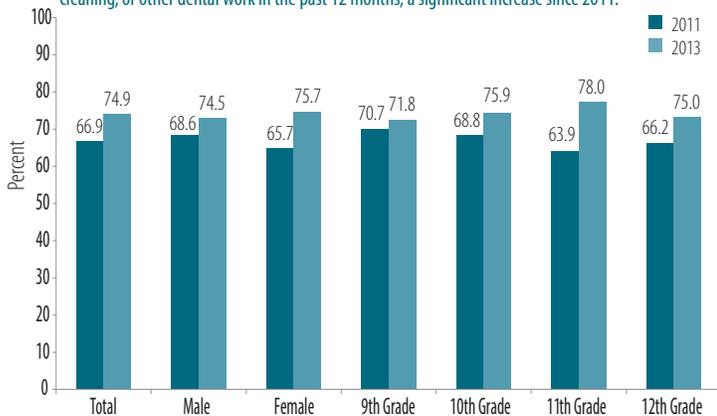
■ In 2013, seven percent of Ohio high school students reported smoking cigarettes on 20 or more days of the past month, no significant change since 2011.

Preventive Health Care

In the United States, most youth do not receive adequate preventive care. In addition to normal health care needs, it is important for youth to have preventive care visits with their health care provider in order to be screened for harmful behaviors and patterns that are typically established in adolescents.¹⁰ In Ohio, a majority of high school students reported having seen a dentist and a doctor or nurse in the past twelve months. However, only 26 percent of high school students in Ohio reported that they got eight or more hours of sleep on the average school night.

- Percentage of students who saw a dentist for a checkup, exam, teeth cleaning or other dental work during the past 12 months, Ohio, 2011-2013

In 2013, 75 percent of Ohio high school students reported seeing a dentist for a checkup, exam, teeth cleaning, or other dental work in the past 12 months, a significant increase since 2011.

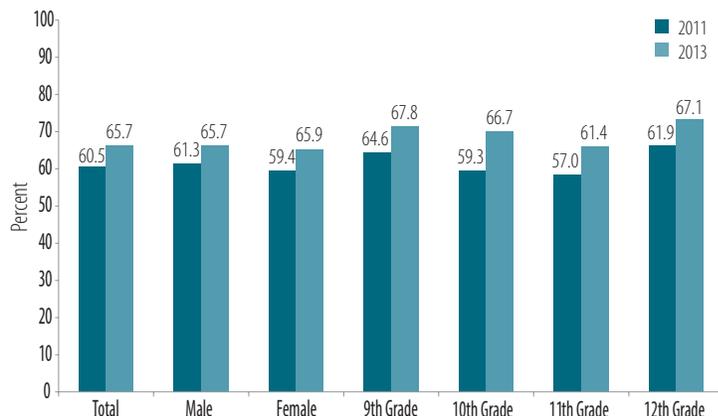


Percentage of students who get eight or more hours of sleep on average school night, Ohio, 2011-2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	24.7	25.6	23.9	29.1	25.6	24.6	18.4
2013	26.4	29.6	22.9	36.2	32.0	19.0	17.1

- Percentage of students who last saw a doctor or nurse for a check-up or physical exam during the past 12 months when they were not sick or injured, Ohio, 2011-2013

In 2013, 66 percent of Ohio high school students reported seeing a doctor or nurse for a check up or physical exam during the past 12 months when they were not sick or injured, no significant change since 2007 or 2011.



- In 2013, 26 percent of Ohio high school students reported getting eight or more hours of sleep on average during the school week, no significant change since 2011.

Nutrition

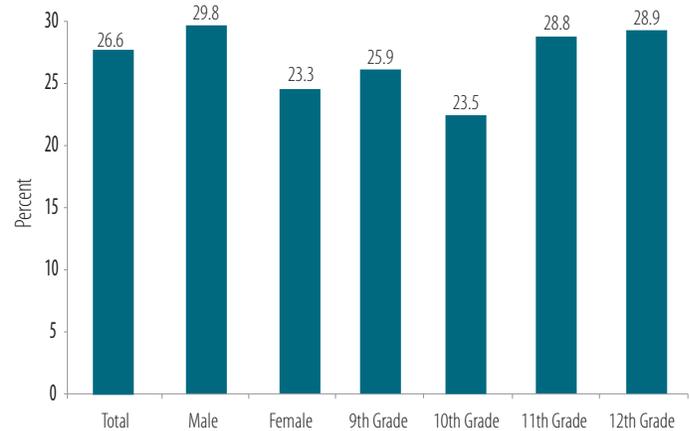
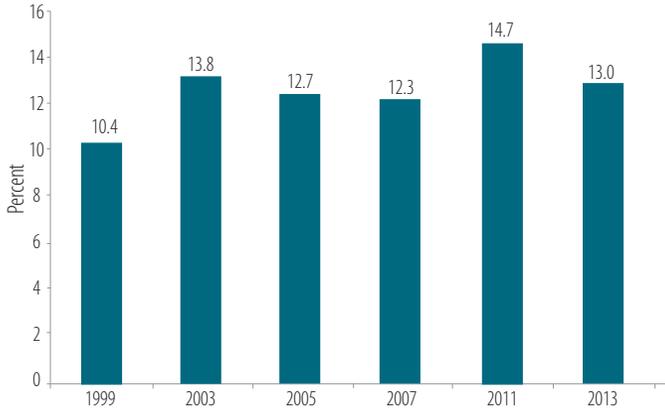
Healthy eating in adolescence promotes optimal growth and development and reduces the risk for many harmful illnesses and disease.¹¹ In Ohio, a majority of youth did not consume the recommended daily intake of fruits or vegetables. In 2013, sixteen percent of Ohio high school students were overweight, which is defined as being at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex.

■ Percentage of students who are obese (i.e., at or above the 95th percentile for body mass index, by age and sex), Ohio, 1999–2013

■ Percentage of students who ate at least one meal or snack from a fast food restaurant on three or more of the past seven days, Ohio, 2013

In 2013, 13 percent of students were obese, no significant change since 1999.

In 2013, 27 percent of Ohio high school students ate fast food three days of the past week.



Percentage of students who ate fruits and vegetables five or more times per day during the past seven days, Ohio, 2011–2013

Percentage of students who drank soda/pop one or more times per day during the past seven days, Ohio, 2011–2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	17.3	18.8	15.8	18.9	19.2	16.8	13.9
2013	19.3	18.3	20.3	18.0	17.3	18.8	23.1

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	25.2	28.3	21.9	23.9	24.4	23.0	28.7
2013	20.5	24.7	16.1	21.2	17.8	23.9	19.4

■ In 2013, 19 percent of Ohio high school students reported eating fruits and vegetables five or more times per day in the past week, a significant increase since 2007, but no significant change since 2011.

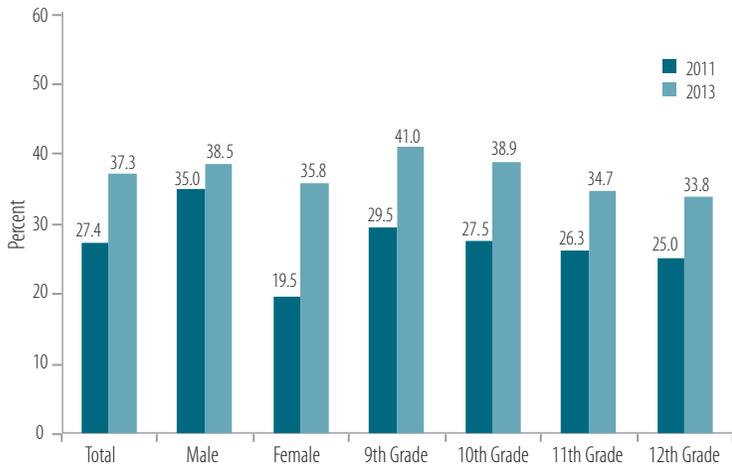
■ In 2013, 21 percent of Ohio high school students reported drinking soda/pop one or more times per day in the past week, a decrease since 2007 but no significant change since 2011.

Physical Activity

Currently, the US Department of Health and Human Services recommends that youth ages six to seventeen years engage in at least sixty minutes of physical activity each day. Regular physical activity leads to improved health in adolescence that can continue into adulthood.¹² In Ohio, only about one fourth of students are meeting the recommended levels of daily physical activity. Watching television and playing video or computer games are associated with physical inactivity among youth. In Ohio, the percentage of high school students that engage in over three hours of video or computer games or other computer activity that is not schoolwork on the average school day continues to increase.

■ Percentage of students who play video games or use a computer for something that was not school work three hours per day or more on an average school day, Ohio, 2011-2013

In 2013, 37 percent of Ohio high school students played video games or used a computer for something other than schoolwork three or more hours on an average school day, a significant increase since 2007.

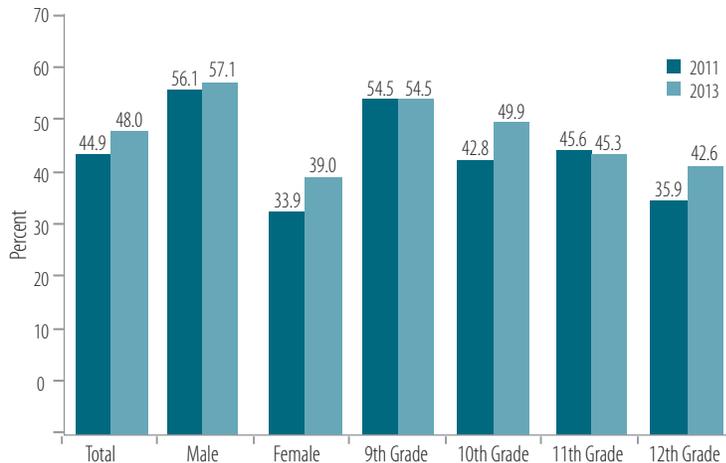


Percentage of students who watched television for three hours per day or more on an average school day, Ohio, 2011-2013

	Total	Male	Female	9th Grade	10th Grade	11th Grade	12th Grade
2011	30.9	32.5	29.6	28.1	33.3	29.1	32.6
2013	28.2	27.6	29.1	36.1	24.0	22.8	30.2

■ Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days in the past seven days, Ohio, 2011-2013

In 2013, 48 percent of Ohio high school students reported being physically active for a total of at least 60 minutes per day on five or more days in the past week, a number that has not changed significantly since 2007.



■ In 2013, 28 percent of Ohio high school students watched three or more hours of television on an average school day, a significant decrease since 2005, but no change since 2011.

Critical Indicators

Indicator		Goal (%)	Ohio (%)	National (%)
IVP-15	Increase use of safety belts ¹	92.4	91.6	92.3
IVP-34	Reduce physical fighting among adolescents	28.4	19.8	32.8
IVP-35	Reduce bullying among adolescents	17.9	20.8	20.1
IVP-36	Reduce weapon carrying by adolescents on school property	4.6	14.2	16.6
MHMD-2	Reduce suicide attempts by adolescents	1.7	1.4	2.4
MHMD-4.1	Reduce the proportion of adolescents aged 12 to 17 years who experience a major depressive episode (MDE)	7.4	25.8	28.5
AH-7	Reduce the proportion of adolescents who have been offered, sold or given an illegal drug on school property	20.4	19.9	25.6
TU-2.1	Reduce use of tobacco products by adolescents in the past thirty days	21.0	21.7	23.4
TU-2.2	Reduce use of cigarettes by adolescents in the past thirty days	16.0	15.1	18.1
NWS-10.3	Reduce the proportion of children and adolescents who are considered obese ²	16.1	13.0	13.0
PA-3.1	Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity ³	20.2	25.9	28.7
AH-1	Increase the proportion of adolescents who had a wellness checkup in the past 12 months	75.6	65.7	*
PA-8.2	Increase the proportion of children and adolescents aged two years through 12 th grade who view television, videos or play video games for no more than two hours a day ⁴	86.8	62.3	67.6
SH-3	Increase the proportion of students grades 9 through 12 that get sufficient sleep (defined as 8 or more hours of sleep on an average school night)	33.2	26.4	31.4

Goals are from Healthy People 2020 Objectives

Ohio data are from the 2013 Ohio Youth Risk Behavior Survey

National data are from the 2011 National Youth Risk Behavior Survey (2013 National data expected to be released Spring 2014)

* Data not available

¹ Responses from the students who reported they wore a seat belt sometimes, most of the time or always when they were riding in a car driven by someone else

² At or above the 95th percentile for body mass index, by age and sex

³ Responses from the students who reported being physically active for a total of at least 60 minutes per day on seven of the past seven days

⁴ Responses from the students who reported playing video or computer games three or more hours per day on an average school day

Key Findings of the 2013 YRBS

Positive Changes:

- The percentage of students who reported rarely or never wearing a seatbelt (8.4) **significantly decreased over time* and since 2011.**
- The percentage of students that reported current alcohol use (29.5) significantly decreased over time* and since 2011.
- The percentage of students who reported having sexual intercourse over the past 30 days **significantly decreased since 2011.**
- The percentage of students who ate fruits and vegetables five or more times per day over the past seven days (19.3) has **significantly increased since 2007.**
- The percentage of students who reported drinking no soda or pop over the past seven days (27.6) **increased significantly since 2007 and 2011.**
- The percentage of students who reported using prescription pain relievers without a doctor's prescription one or more times during their life (12.8) **decreased significantly since 2011.**
- The percentage of students who made a suicide attempt that resulted in an injury, poisoning or overdose that had to be treated by a doctor or nurse (1.4) **decreased significantly over time* and since 2011.**
- The percentage of students who reported any cocaine use (3.8) **decreased significantly over time*.**

Areas for Improvement:

- 45.6 percent of students who drive a car reported **texting or emailing** while driving during the past 30 days.
- The percentages of students who have been bullied on school property (20.8) and electronically (15.1) both have **remained steady since 2011.**
- The percentage of students who used some form of tobacco during the past 30 days (21.7) has **remained steady since 2011.**
- The percentage of students who have used marijuana one or more times in their life (35.7) has **remained steady since 2011.**
- The percentages of students who were overweight (15.9) and obese (13.0) both have **remained steady over time* and since 2011.**
- The percentage of students who played video or computer games or used a computer for something that was not school related three or more hours per day on the average school day (37.3) **increased significantly since 2007 and since 2011.**
- 26.4 percent of students reported getting eight or more hours of sleep on an average school night, **no change since 2011.**
- 26.6 percent of Ohio high school students reported eating at least one meal or snack from a fast food restaurant such as McDonald's, Taco Bell, or KFC on **three or more days during the past week.**

*Since 2003

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