

2013 Ohio Youth Risk Behavior Survey

# Preventive Healthcare



## Preventive Healthcare

In the United States, most youth do not receive adequate preventive care.<sup>1</sup> 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.<sup>1</sup> In Ohio, a majority of students reported seeing a doctor and a dentist during the past 12 months. A majority of students do not get eight hours or more of sleep on the average school night.

Healthy People 2020's 10-year health objectives include topics relevant to the YRBS topics, aimed at improving the health of adolescents in the United States<sup>2</sup>. Two objectives that deal with Adolescent Health (AH) directly and Sleep Health (SH) specifically for adolescents are presented below:

**AH-1:** Increase the proportion of adolescents who have had a wellness checkup in the past 12 months to 75.6 percent.

- In 2013, 65.7 percent of Ohio high school students saw a doctor or nurse for a checkup when they were not sick.

**SH-3:** Increase the proportion of students grades 9 through 12 who get sufficient sleep (defined as eight or more hours of sleep on an average school night) to 33.2 percent.

- In 2013, 26.4 percent of Ohio high school students got eight or more hours of sleep on the average school night.

Recent trends (2003-2013) in Ohio indicate:

- Prevalence rates for students who reported seeing a doctor or nurse for a checkup during the past year have remained steady since 2007.
- Prevalence rates for students who reported seeing a dentist during the past year have remained steady.
- Prevalence rates for students who reported seeing a doctor, nurse, therapist, social worker or counselor for a mental health problem have remained steady since 2005.
- Prevalence rates for students who reported getting eight or more hours of sleep per night have remained steady since 2011.

The charts on the following pages represent the past ten years of YRBS data.<sup>abc</sup>

<sup>a</sup>2009 data are not included in tables because the limited response rate did not produce a weighted sample.

<sup>b</sup>Trend data based on trend analysis using logistic regression model controlling for sex, race/ethnicity, and grade,  $p < 0.05$ .

<sup>c</sup>Comparisons among groups in 2013 data were not tested for significance, but determined by comparing confidence intervals.

**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 2007-2013**



*“When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?”*

- From 2007 to 2013, there was **no significant change** in the percentage of students who saw a doctor when they were not sick or injured.
- There were no differences by race, gender or grade level for students who saw a doctor for a check-up.

**Percentage of students who last saw a dentist for a check-up, exam, teeth cleaning or other dental work during the past 12 months, Ohio 2003-2013**



*“When was the last time you saw a dentist for a check-up, exam, teeth cleaning or other dental work?”*

- From 2003 to 2013, there was **no significant change** in the percentage of students who saw a dentist during the past year.
- When compared to non-Hispanic black students, non-Hispanic white students were 1.3 times more likely to have seen a dentist during the past year.
- There were no differences by gender or grade level for students who saw a dentist during the past year.

2003 NH-black <100 in sample

**Percentage of students who last saw a doctor, nurse, therapist, social worker or counselor for a mental health problem during the past 12 months, Ohio 2005-2013**



*“When was the last time you saw a doctor, nurse, therapist, social worker, or counselor for a mental health problem?”*

- From 2003 to 2013, there has been **no significant change** in percentage of students who reported seeing a professional for a mental health problem.
- There were no differences by gender, race or grade level for students who reported seeing a professional for a mental health problem.

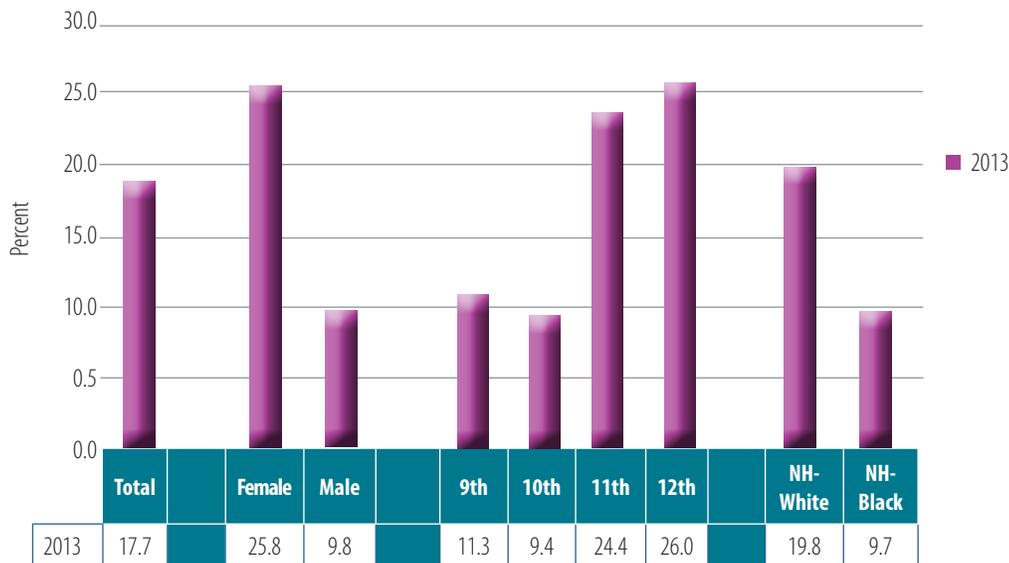
**Percentage of students who get eight or more hours of sleep on an average school night, Ohio 2011-2013**



*“On an average school night, how many hours of sleep do you get?”*

- From 2011 to 2013, there was **no significant change** in the percentage of students who got eight or more hours of sleep on the average school night.
- 9<sup>th</sup> and 10<sup>th</sup> grade students were more likely than 11<sup>th</sup> and 12<sup>th</sup> grade students to report getting eight or more hours of sleep per night.
- There were no differences by gender or race for students who got at least eight hours of sleep per night.

**Percentage of students who used an indoor tanning device such as a sunlamp, sunbed, or tanning booth one or more times during the past 12 months, Ohio 2013**



*“During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed or tanning booth?”*

- Female students were 2.6 times more likely to use an indoor tanning device than male students.
- 11<sup>th</sup> graders were 2.2 times more likely than 9<sup>th</sup> graders and 2.6 times more likely than 10<sup>th</sup> graders to use indoor tanning devices.
- 12<sup>th</sup> graders were 2.3 times more likely than 9<sup>th</sup> graders and 2.8 times more likely than 10<sup>th</sup> graders to use tanning devices.
- There were no differences by race.

**Percentage of students who did not go to school due to a problem with their asthma or difficulty breathing due to asthma on one or more days during the past 12 months, Ohio 2013**



*“During the past 12 months, how many days did you not go to school due to a problem with your asthma or difficulty breathing due to asthma?”*

- There were no differences by gender, race or grade level for students who did not go to school one or more days due to asthma symptoms.

**Percentage of students who have physical disabilities or long-term health problems, Ohio 2013**



*“Do you have any physical disabilities or long-term health problems?”*

- There were no differences by gender, grade level or race for students with physical disabilities or long-term health problems.

## Conclusions

Preventive healthcare is necessary for children and adolescents to insure they are screened and treated for illnesses. In addition to physical health, illnesses or disease affects adolescents' attendance at school. Research shows that children from families who could not afford dental care or had no dental insurance were more likely to miss two or more days of school in a year than students with insurance or from families who can afford dental care.<sup>3</sup> In Ohio, most high school students report going to the doctor and dentist this year (66 percent and 75 percent). Twenty-one percent of students reported seeing a mental health professional during the past year, which is close to the 26 percent of students who reported symptoms of depression during the past year.

One area of concern for Ohio is that there are only a small percentage of teens who report getting the recommended eight or more hours of sleep per night (26 percent). Lack of sleep can negatively impact a variety of areas in adolescents' lives, including academic, cognitive, behavior, psychological, physical and substance use.<sup>4</sup> One solution that has been recommended is pushing back start times for schools to increase the available sleep time for adolescents or limiting the amount of evening activities.

The key findings for the 2013 Ohio YRBS show that approximately:

- Seven out of 10 students saw a doctor or nurse for a checkup or physical exam when they were not sick during the past year.
- Eight out of 10 students visited a dentist during the past year.
- Two out of 10 students visited a mental health professional during the past year.
- Three out of 10 students got more than eight hours of sleep on an average school night.

## References:

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2. Healthy People. (2013, March 8). 2020 Topics and Objectives. Retrieved from: <http://www.healthypeople.gov/2020/topicsobjectives2020/default.aspx>
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4. Carskadon, M.A. (2011, June). Sleep in adolescents: the perfect storm. *Pediatr Clin North Am*, 58 (3), 637-647. doi: 10.1016/j.pcl.2011.03.003. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/21600346>

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