

2015 Idaho Youth Risk Behavior Survey

Unintentional and Intentional Injury



Suicide is the second leading cause of death among youth aged 10 to 19 in Idaho. Nearly one-third of students (32%) felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities. In Idaho, 17% of

students made a plan about how they

would attempt suicide, and 10% reported actually attempting suicide during the previous year. There was a significant increase in the percent of students who seriously considered attempting suicide during the past 12 months (Chart 1).

Students were asked about being bullied during the previous 12 months. One in four Idaho high school students reported they were bullied at school, and 21% were electronically bullied during the past 12 months.

In 2013, there were 73 deaths among Idahoans aged 15 to 24, representing 46% of all deaths in that age-group. In particular, motor vehicle accidents account for the majority of accidental deaths as 48 of the 73 deaths (66%) were associated with motor vehicle accidents.

The 2015 Idaho Youth Risk Behavior Survey (YRBS) measured various injury-related behaviors including helmet use while riding a bike, seatbelt use, drinking and driving, weapon carrying, bullying, fighting, intimate partner violence, and suicide.

Although most of the 2015 Idaho YRBS measurements relating to injury prevention did not change significantly, there was a slight decrease in the percent of students who during the

Chart 1: Percent of Idaho students who seriously considered attempting suicide during the past 12 months

(2005-2015 Idaho YRBS)



Chart 2: Percent of Idaho students who in the previous 30 days rode in a car with a driver who had been drinking alcohol

(2005-2015 Idaho YRBS)



Chart 3: Percent of Idaho students who have ever been forced to have sexual intercourse when they did not want to

(2005-2015 Idaho YRBS)



previous 30 days rode in a car with someone who had been drinking (Chart 2); and a slight decrease in the percent of students who have ever been forced to have sexual intercourse when they didn't want to (Chart 3).

When it comes to seatbelt and helmet use, 6% of Idaho students never or rarely wore a seatbelt, and 82% of Idaho students who rode a bike in the previous year never or rarely wore a bicycle helmet. Drinking and driving is also an issue for Idaho students. One-in-six Idaho high school students rode in a car driven by someone who had been drinking alcohol, and 5% of students drove a car after they had been drinking alcohol.

Violence and the threat of violence are issues that many students encounter in the school setting. One in four Idaho high school students (28%) carried some type of weapon (at any time) on one or more of the previous 30 days while 7% of students reported carrying a weapon on school property during the same timeframe. In addition, 6% of students said they were threatened or injured with a weapon on school property. Intimate partner violence and sexual assault are also measured by the Idaho YRBS. Among Idaho students, 9% were hit, slapped, or physically hurt by their boyfriend or girlfriend during the past year, while 7% have been forced to have sex when they did not want to.

The following questions can be used to start a conversation in the school community about ways to prevent injury among the student population.

- 1) How do these rates compare with what we see among our own students?
- 2) Is maintaining a safe physical environment an issue in our school or district?
- 3) Is violence a big discipline issue in our school or district?
- 4) How can we improve our behavioral health services for students?
- 5) Do injury and violence interfere with attendance and students' ability to learn?
- 6) Do we have the resources to identify and assist students who are struggling with mental health and/or depression which may lead to suicide?
- 7) Do we have a written crisis response plan?
- 8) What are our goals around injury prevention and how can we achieve them?

For additional information or a full copy of the 2015 Idaho YRBS Report contact Lisa Kramer at 208.332.6947

2015 Idaho YRBS Results Unintentional and Intentional Injury

Among Idaho students ...

Suicide

17% made a plan about how they would attempt suicide during the previous 12 months

10% attempted suicide during the previous 12 months

Bullying

26% were bullied on school property during the previous 12 months

21% were bullied electronically during the previous 12 months

11% were teased or called names because of their race or ethnic background during the previous 12 months

Seatbelt Use

6% never or rarely wear a seatbelt when riding in a car driven by someone else

Drinking and Driving

16% rode one or more times during the previous 30 days in a car driven by someone who had been drinking alcohol

5% drove a car one or more times during the previous 30 days when they had been drinking alcohol

Weapon Carrying

28% carried a weapon such as a gun, knife, or club during the previous 30 days

6% had been threatened or injured with a weapon on school property one or more times during the previous 12 months

Violence

23% were in a physical fight one or more times during the previous 12 months

9% were physically hurt on purpose by someone they were dating or going out with during the previous 12 months

7% have been physically forced to have sexual intercourse when they did not want to

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Tobacco Use



Tobacco use is considered the leading preventable cause of death in the United States with an estimated 18% of all deaths attributed to tobacco use. If current patterns of smoking behavior persist, an estimated 24,000 Idaho youth are projected to die prematurely from

smoking-related illnesses.

2015 was the first year that questions were asked about electronic vapor products (e-cigarettes). Electronic vapor products do not contain tobacco, but do provide nicotine to the user in the form of a vapor or mist. Currently, one in four Idaho high school students (25%) are current e-cigarette users. One in three students (30%) used some form of tobacco or an e-cigarette during the past 30 days indicating that some students are using both e-cigarettes and tobacco products.

Tobacco use questions in the 2015 Idaho Youth Risk Behavior Survey (YRBS) measured smoking experimentation, current smoking patterns, age of initiation, and attempts to quit smoking. In addition to questions about cigarette smoking, the YRBS includes measures associated with chewing tobacco, cigars and for the first time, electronic vapor products (e-cigarettes).

Although the proportion of students who have ever tried smoking decreased in 2015, 31% of students have tried smoking at least once during their lifetime (Chart 1). On a positive note, current smoking (defined as having smoked on one or more of the previous 30 days) prevalence among Idaho teens continues



Chart 1: Percentage of Idaho students who ever tried cigarette smoking, even one or two puffs (2005-2015 Idaho YRBS)



Chart 2: Percentage of Idaho students who smoked cigarettes on one or more of the past 30 days (i.e., Current Smoker) (2005-2015 Idaho YRBS)



Chart 3: Percent of Idaho students who used any form of tobacco (cigarettes, cigars, or smokeless tobacco) during the past 30 days (2005-2015 Idaho YRBS)



to decrease significantly from 19% in 2001 to 10% in 2015 (Chart 2). The proportion of high school students in Idaho who smoked on 20 or more of the previous 30 days (i.e., frequent smokers) decreased slightly from 4% in 2013 to 3% in 2015.

Among students who currently smoke, 48% tried to quit at least once during the past 12 months. The use of chewing tobacco decreased significantly from 12% in 2007 to 8% in 2015. While chewing tobacco is predominately used by male students (14% of male students used chewing tobacco in the previous 30 days), 2% of female students also used chewing tobacco in the previous month. In addition to cigarettes and chewing tobacco, 8% of students smoked a cigar, and 17% of students used some form of tobacco during the previous 30 days (includes cigarettes, chew, snuff, dip, cigars, cigarillos, or little cigars) (Chart 3).

The following questions can be used to start a conversation in the school community about ways to prevent tobacco use among the student population.

- 1) How do these rates compare with what we see among our own students?
- 2) Is tobacco use a key discipline or attendance issue in our school or district?
- 3) How strong are our tobacco use policies? Are these policies properly implemented, enforced, and communicated to the school community?
- 4) How can we better educate our students and staff on tobacco use, prevention, and cessation?
- 5) Do we take part in tobacco prevention events, such as Kick Butts Day or the Great American Smokeout?
- 6) How can we improve our tobacco cessation services to students and staff?
- 7) How can we better educate families about tobacco use and inform them about community resources around prevention and cessation?
- 8) What are our goals around tobacco use and how can we achieve them?

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2015 Idaho YRBS Results Tobacco Use

Among Idaho students ...

E-cigarette Use

25% used an electronic vapor product during the previous 30 days (includes e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)

Ever Tried Smoking

- 31% have tried cigarette smoking, even one or two puffs, at least once during their lifetime

Age of Initiation

- 6% smoked a whole cigarette for the first time before age 13

Current Smoking

(Current smoking is defined as having smoked cigarettes on one or more of the previous 30 days)

- 10% are current smokers with no difference between the smoking rate among male and female students

Frequent Smoking

(Frequent smoking is defined as having smoked cigarettes on 20 or more of the previous 30 days)

- 3% are considered frequent smokers

Youth Access

- 12% of students (under age 18 who report current cigarette use) usually got their own cigarettes by purchasing them in a store or gas station

Smoking Cessation

- Who reported current cigarette use, 48% tried to quit smoking at least once during the previous 12 months

Chewing Tobacco

- 14% of male students used chewing tobacco one or more of the previous 30 days

Any Tobacco Use

- 17% used some form of tobacco during the previous 30 days (includes cigarettes, chew, snuff, dip, cigars, cigarillos, or little cigars)

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2015 Idaho Youth Risk Behavior Survey

Physical Activity and Nutrition



Physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat. In adolescence, obesity is associated with hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.

The 2015 Idaho Youth Risk Behavior Survey (YRBS) included questions which measured self-reported height and weight, fruit and vegetable consumption, specific weight control behaviors, and participation in physical activity.

The percent of students who engaged in the recommended levels of physical activity (60 minutes per day on five or more days a week) increased significantly from 39% in 2005 to 53% in 2015 (Chart 1), and male students (62%) were significantly more likely than female students (44%) to be physically active for 60 minutes or more per day at least 5 days a week. Although not statistically significant, the percentage of students who attended PE daily dropped from a high of 32% in 2007 to 21% in 2015 (Chart 2).

Despite sizable increases in the percent of students who were physically active, the percent of students who were obese (i.e.,) continues to increase significantly over time, with a rate of 11% in 2015 (Chart 3). In 2015, the percentage of students who were considered overweight also increased significantly from 14% in 2003 to 15% in 2015.

Obese is defined as a body mass index above the 95th percentile for age and sex. Overweight is defined as a body mass index above the 85th percentile but below the 95th percentile for age and sex.



Chart 1: Percent of Idaho students who were physically active for a total of at least 60 minutes per day on five or more of the previous seven days (2005-2015 Idaho YRBS)



Note: Prior to 2005 the YRBS did not have a specific measure to assess if students were physically active for at least 60 minutes per day on five or more of the past seven days.

Chart 2: Percent of Idaho students who attended PE classes daily in an average school week (2005-2015 Idaho YRBS)



Chart 3: Percent of Idaho students who were obese (i.e. at or above the 95th percentile for BMI, by age and sex) (2005-2015 Idaho YRBS)



The percent of students who ate vegetables three or more times per day during the previous week has not changed significantly since 2001 and was 11% in 2015. However, the percent of students who ate fruit or drank 100% fruit juice three or more times per day during the previous week decreased significantly from 2001 (18%) to 2015 (15%). The percentage of students who drank three or more glasses of milk per day decreased significantly from 26% in 2001 to 14% in 2015.

Soda consumption (percentage of students who drank a can, bottle, or glass of soda one or more times per day during the previous seven days) among Idaho high school students decreased significantly from 23% in 2007 to 14% in 2015.

Compared to male students, female students are significantly more likely to report trying to lose weight (63%) or to describe themselves as overweight (36%). The 2015 Idaho YRBS contained a couple of new questions related to eating breakfast and whether students sometimes went hungry because there was not enough food in their home. In 2015, 11% of students did not eat breakfast during the past 7 days, and 3% of students went hungry most or all of the time because there was not enough food in the house during the previous 30 days.

The following questions can be used to start a conversation in the school community about ways to promote physical activity and good nutrition among the student population.

- 1) How do these rates compare with what we see among our own students?
- 2) Are students getting enough physical activity and good nutrition during the school day?
- 3) Are overweight and obesity affecting students' ability to learn, their self-esteem, and the school culture?
- 4) Are our physical activity and nutrition policies properly implemented, enforced, and communicated to the school community?
- 5) Are the messages we give students about nutrition in the cafeteria or hallway always the same as the messages we give them in the classroom?
- 6) Are there other ways students could be active during the school day?
- 7) Are there ways we could support families in increasing physical activity and good nutrition?
- 8) What are our goals around physical activity, nutrition, and obesity and how can we achieve them?

For additional information or a full copy of the 2015 Idaho YRBS Report contact Lisa Kramer at 208.332.6947

2015 Idaho YRBS Results Physical Activity and Nutrition

Among Idaho students ...

Overweight and Obese

- 26% are considered to be overweight or obese (i.e. at or above the 85th percentile for BMI, by age and sex)
- Male students (31%) are more likely to be overweight or obese than female students (22%)

Weight Control

- 26% of male students and 63% of female students reported that they were trying to lose weight (a statistically significant difference)

Fruit & Vegetable Consumption

- 31% of students did not eat a green salad on one or more of the previous seven days
- 11% ate vegetables three or more times a day, and 15% ate fruit or drank 100% fruit juice three or more times per day during the previous seven days

Nutrition

- 14% of students drank soda pop one or more times per day during the previous seven days, and 11% drank a sugar sweetened beverage one or more times day during the past seven days

Recommended Physical Activity

- Males (62%) were significantly more likely than females (44%) to be physically active for a total of at least 60 minutes per day on five or more of the past seven days
- 20% watched three or more hours of TV on an average school day, and 34% played video or computer games or worked on a computer (for something other than school work) for three or more hours per day

Physical Education

- 21% attend physical education (PE) classes daily during an average school week
- Males (26%) were more likely than females (17%) to attend PE classes daily during an average school week

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Sexual Behavior



Early sexual activity is associated with unplanned pregnancy and sexually transmitted diseases, including HIV, and negative effects on social and psychological development. In Idaho, there were 2,212 out-of-wedlock births and 224 abortions among women aged 15 to 19 in

2013. In addition to unplanned pregnancies,

sexually transmitted diseases can be an unintended consequence of adolescent sexual activity. In 2013, there were 1,605 reported cases of chlamydia and 24 reported cases of gonorrhea among Idahoans aged 10 to 19 years old. The 2015 Idaho YRBS included five (5) sexual behavior questions that measured the prevalence of sexual activity, age at first intercourse, number of sexual partners, alcohol and/ or drug use prior to sexual activity, and condom use. The YRBS also included three questions about HIV testing, school-based sex education, including being taught the benefits of not having sexual intercourse to prevent pregnancy and sexually transmitted diseases.

2015 Idaho YRBS results show a slight decrease in the percent of students who reported ever having had sexual intercourse (Chart 1). Not surprisingly, 12th grade students (54%) were significantly more likely than 9th grade students (19%) to report ever having sexual intercourse. The early initiation of sexual activity decreased slightly as 3% of students reported they had sexual intercourse for the first time before age 13 (Chart 2).

Nearly one-third (30%) of Idaho students had sexual intercourse during the previous three months. Among those who had sexual intercourse during the previous three months, one in six (16%) reported



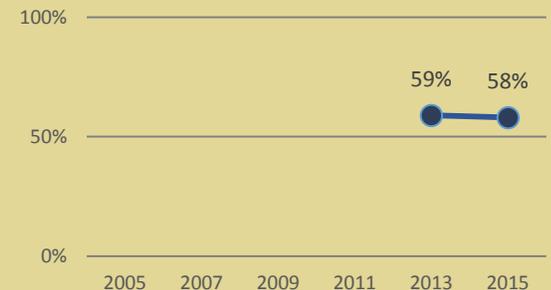
Chart 1: Percent of Idaho students who have ever had sexual intercourse
(2005-2015 Idaho YRBS)



Chart 2: Percent of Idaho students who had sexual intercourse for the first time before age 13
(2005-2015 Idaho YRBS)



Chart 3: Percent of students who used a condom (during last sexual intercourse among students who were currently sexually active)
(2013-2015 Idaho YRBS)



they had used drugs or alcohol before the last time they had sexual intercourse and 42% said they or their partner did not use a condom the last time they had sexual intercourse (Chart 3).

It has been estimated that at least half of all new HIV infections in the U.S. are among people under 25, and the majority of young people are infected through sexual contact. In Idaho, 8% of all high school students have been tested for HIV.

Nearly three-fourths (71%) of students report they have had sex education in school, although 12th grade students (78%) are not statistically more likely than 9th grade students (64%) to have had sex education in school. A slightly greater percentage of students (83%) report have been taught in school about the benefits of not having sexual intercourse to prevent pregnancy and sexually transmitted diseases.

The following questions can be used to start a conversation in the school community about ways to promote students' sexual health.

- 1) How do these rates compare with what we see among our own students?
- 2) How can we improve our health education, including family life and sexuality education?
- 3) How can we provide more appealing and enriching after school opportunities for our students in the school and in the community?
- 4) How can we make school and classroom climates that are more nurturing and supportive and that better connect students with caring adults?
- 5) How can we support parents in their efforts to communicate with and set limits for their children?
- 6) What are our goals around preventing and reducing sexual activity and how can we achieve them?

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2015 Idaho YRBS Results Sexual Activity

Among Idaho students ...

Lifetime Sexual Activity

- 37% have had sexual intercourse
- 54% of all 12th grade students have had sexual intercourse at least once compared to 19% of all 9th grade students

Age at First Intercourse

- 3% had sexual intercourse for the first time before age 13.

Current Sexual Activity

- 30% had sexual intercourse during the past three months

Alcohol and Drug Use Prior to Sexual Activity

- Who had sexual intercourse during the past three months, 16% drank alcohol or used drugs before they had sexual intercourse the last time

Condom Use

- Who had sexual intercourse during the past three months, 42% of students reported they or their partner did not use a condom the last time they had sexual intercourse

HIV testing and Sex Education

- 8% have been tested for HIV
- 71% have been taught sex education in school
- 83% have been taught in school about the benefits of not having sexual intercourse to prevent pregnancy and sexually transmitted diseases (STDs)

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2015 Idaho Youth Risk Behavior Survey

Alcohol and Other Drug Use



Alcohol use is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes, which are the leading causes of death and disability among young people. Drug abuse is related to suicide, early unplanned pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases, including HIV.

The 2015 Idaho YRBS questionnaire contained 19 questions about alcohol and other drugs, including: alcohol initiation and current use; marijuana, heroin, methamphetamine, ecstasy, and prescription drug use; inhalant (paint or other aerosols); steroid; and injected drug use.

Alcohol consumption during the previous 30 days (i.e., current alcohol use) among students decreased significantly from 43% in 2007 to 28% in 2015 (Chart 1). There were some students (3%) who also reported drinking alcohol on school property during the same time frame. The proportion of students who had their first drink of alcohol before age 13 remained at 15%. Binge drinking among Idaho students (i.e., five or more alcoholic drinks in a row) declined significantly from 30% in 2007 to 16% in 2015 (Chart 2).

Drug use among students remained relatively unchanged in 2015 for most measures. Inhalant use decreased from 9% in 2013 to 7% in 2015. The percentage of students who have ever taken a prescription drug without a doctor's prescription remained at 16% in 2015. Past

Chart 1: Percent of Idaho students who had a least one drink of alcohol on one or more of the previous 30 days

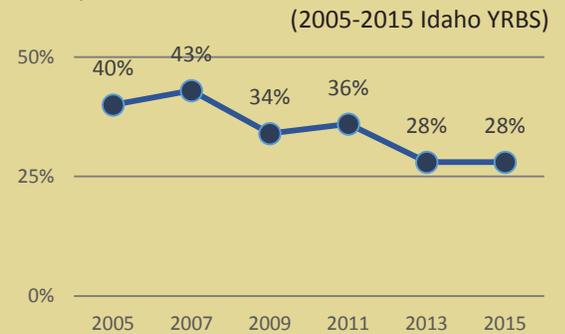


Chart 2: Percentage of students who drank five or more drinks of alcohol in a row on one or more of the previous 30 days

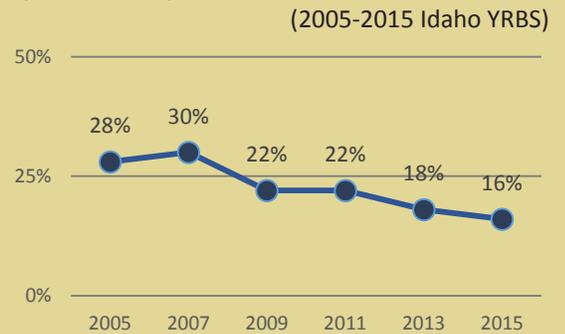


Chart 3: Percent of Idaho students who used marijuana one or more times during the previous 30 days



month marijuana use increased slightly from 15% in 2013 to 17% in 2015 (Chart 3). Lifetime methamphetamine use dropped slightly from 3% in 2013 to 2% in 2015. Lifetime ecstasy use among Idaho high school students also decreased slightly from 7% in 2013 to 5% in 2015.

In addition to questions about drug use, the Idaho YRBS asks students if they have been offered, sold, or given an illegal drug by someone on school property. Nearly one in four students (22%) report that they had been offered, sold, or given drugs by someone on school property during the previous 12 months.

The following questions can be used to start a conversation in the school community about ways to prevent substance abuse.

- 1) How do students' overall substance abuse rates in our school or district compare to the rest of the state?
- 2) How do these rates compare with what we as administrators, teachers, and nurses see in the student body?
- 3) Is substance abuse a key discipline or attendance issue in this school or district?
- 4) How strong are our substance abuse policies? Are these policies properly implemented, enforced, and communicated to the school community?
- 5) How can we better educate our students and staff on substance abuse prevention?
- 6) How can we improve our substance abuse prevention services for students and employee assistance programs for staff?
- 7) How can we better educate families about substance abuse and inform them about community resources for students?
- 8) What are our goals around substance abuse prevention and how can we achieve them?

For additional information or a full copy of the 2015 Idaho YRBS Report contact Lisa Kramer at 208.332.6947

2015 Idaho YRBS Results Alcohol and Other Drug Use

Among Idaho students ...

Ever Tried Alcohol

- 58% have had at least one drink of alcohol during their lifetime

Age of Initiation

- Males (17%) were slightly more likely than females (14%) to have had their first drink of alcohol before age 13

Binge or Heavy Drinking

- 16% of students had five or more drinks of alcohol in a row, on one or more of the previous 30 days (i.e., binge or heavy drinking)

Marijuana Use

- Nearly one-third (32%) have used marijuana, and 8% have used synthetic marijuana at least once during their lifetime
- 17% used marijuana one or more times during the previous 30 days

Prescription Drug Use

- 17% have taken a prescription drug without a doctor's prescription at least once during their lifetime

Other Drug Use

- 7% have sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays to get high one or more times during their lifetime
- 2% have used heroin, 2% have used meth, and 5% have used ecstasy at least once during their lifetime

Steroids

- 3% have used steroids without a doctor's advice

Injected Drug Use

- 2% have used a needle to inject any illegal drug into their body at least once during their lifetime

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