

What is the Youth Risk Behavior Survey (YRBS)?

- The YRBS is a school self-administered survey tracking the health risk behaviors among youth and young adults.
- Sponsored by the CDC, and administered on a biennial basis (in odd years).
- Rhode Island YRBS initiated in 1995; Middle School survey launched in 2007.
- Joint collaboration between RI Department of Health (RIDOH) and RI Department of Elementary and Secondary Education (RIDE).
- Random sample of 25 high schools and 6-8 classrooms in each; Data are weighted and used for monitoring and decision-making.

Contents of the 2019 RI YRBS

- Demographics
- Safety, Violence, Bullying, Mental Health, and Suicide
- Tobacco/E-cigarettes
- Alcohol, Marijuana, and Other Drugs
- Sexual Activity
- Nutrition and Physical Activity
- Oral Health
- Other indicators

How are RI YRBS data used?

- Describe the prevalence of health-risk behaviors among youth.
- Identify demographic differences in health behaviors.
- Support modification of school health curricula or inform professional development.
- Facilitate school and public health program planning or decision-making.
- Inform stakeholders on health promotion campaigns targeting adolescents.
- Measure progress on achieving youth health objectives.
- Data dissemination to educate the public and policy makers.
- Aid different programs in their grant applications

Strengths of the YRBS

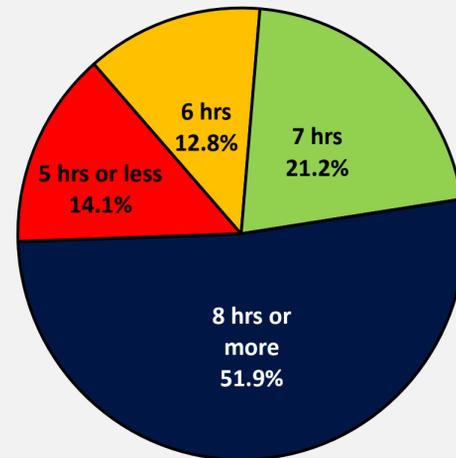
- Only comprehensive source of adolescent health risk data
- Questions are cognitively tested and validated
- Allows for trending of data
- Allows for state-to-state and state-to-national comparisons
- Flexibility to add questions to address emerging health issues

Limitations of the YRBS

- No capacity for local level analyses (statewide only)
- Barriers to asking sensitive questions (e.g., sex, drugs, mental health, etc.)
- Low samples (i.e., <100 respondents) will result in unreportable results
- Data are self reported therefore allowing for a potential for bias

Hours of sleep on the average school night among Rhode Island students

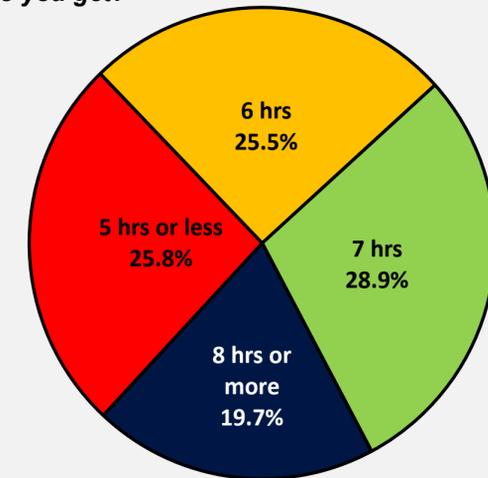
On an average school night, how many hours of sleep do you get?"



MIDDLE SCHOOL

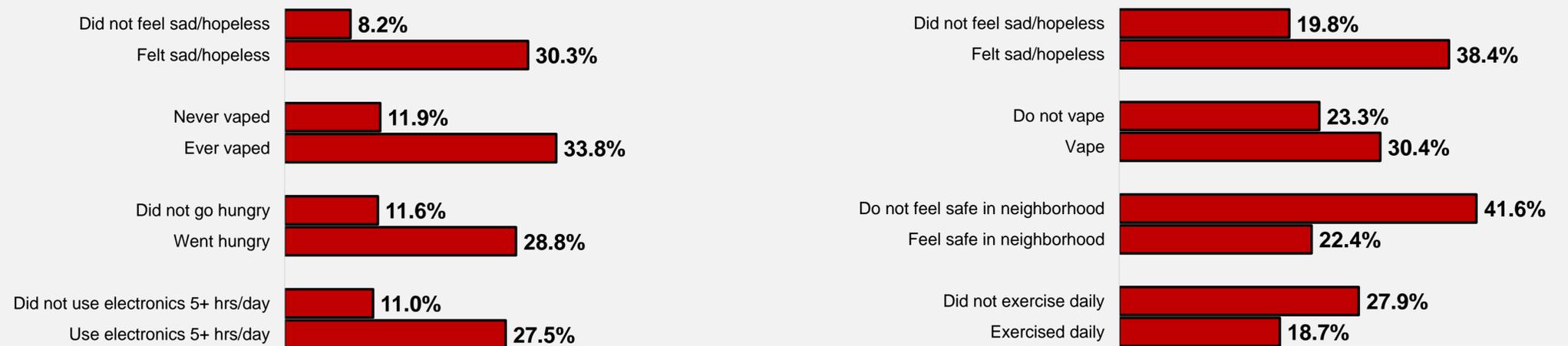
SLEEP RECOMMENDATIONS

- Ages 6-12 years: at least 9 hours
- Ages 13-17 years at least 8 hours



HIGH SCHOOL

Percent of students getting 5 or fewer hours of sleep, by selected health issues



Notes: Felt sad/hopeless = felt sad/hopeless for 2 or more consecutive weeks in the last year; Went hungry = sometimes, most of the time, always go hungry because there is not enough food in the house. Feel unsafe in neighborhood = only sometimes, rarely, or never feel safe. Vaping among high school students is defined as vaping within the past 30 days.

How to Access YRBS Data

- 2001-2017 RI, other states' and national data are available at: <http://www.cdc.gov/HealthyYouth/yrebs/index>
- RI high school and middle school health risk data (2007-2019) and related publications are available at: <http://www.health.ri.gov/data/adolescenthealth/>
- Custom RI data queries may be requested through Tara Cooper (401-222-7628).

Recent YRBS publications

- Jackson TL, Cooper T. Sleep Deprivation among Rhode Island High School Students. *Medicine & Health/Rhode Island*. March 2020, 49-52.
- Jackson TL, Cooper T. Risky motor vehicle behaviors among Rhode Island high school students. *Medicine & Health/Rhode Island*. 2018; 101(7).
- Flipbook: Youth Risk Behavior Survey Results, 2017 <http://www.health.ri.gov/flipbook/YRBSResults2017.php#book/>
- Data posters shared with high school students <http://www.health.ri.gov/data/adolescenthealth/>
 - "What students said about making smart choices"
 - "What students said about managing emotions"
 - "What students said about relationships"