



A snapshot of
health-risk behaviors reported by
high school students in
Douglas County, Nebraska.

YOUTH RISK 2014

BEHAVIOR SURVEY





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BEHAVIOR SURVEY

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YOUTH RISK 2014
BEHAVIOR SURVEY

EXECUTIVE SUMMARY

The Youth Risk Behavior Survey (YRBS) is a national, anonymous, school-based survey of public high school students that was developed by the Centers for Disease Control and Prevention (CDC). The survey has been conducted by all states since 1991. Nationwide, the YRBS is conducted every two years among students in grades 9-12. More information on the national YRBS can be found on the CDC website at <http://www.cdc.gov/yrbs>.

The YRBS measures the prevalence of behaviors and risk factors that contribute to the leading causes of death, disease, and injury among youth. The survey provides local information about Douglas County students and helps communities and schools increase the resiliency of young people by reducing high-risk behaviors and promoting healthy behaviors. The YRBS helps us:

- monitor trends in adolescent health and risk behaviors
- assess Douglas County student risk behaviors in the context of students nationwide and in Nebraska
- recognize positive health risk behaviors and success of our youth
- plan, evaluate, and improve community and school programs that prevent health problems and promote healthy behaviors

The Douglas County survey was conducted during the fall of 2014 in all 16 public high schools. A sample of classrooms in each school was selected based on a multi-stage, cluster sample design. Of the 2,296 students in the sampled classrooms, 1,100 students returned parental consent forms, and filled out the survey for a response rate of 48%.

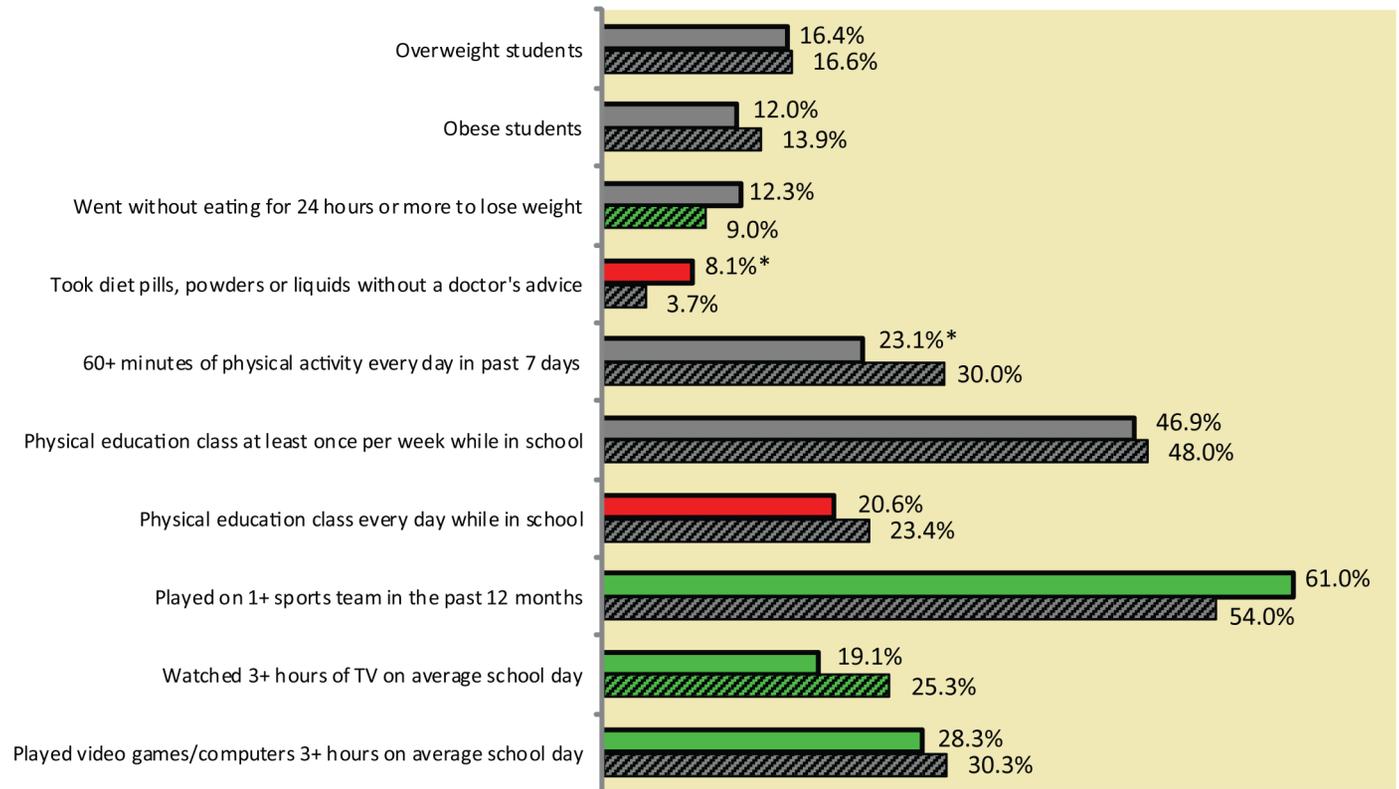
The response rate for this survey was not high enough for the results to be generalized to the entire Douglas County public high school population. Therefore, the results should only be used to describe behaviors of those students who completed the survey. More information on methodology can be found in the methodological notes at the back of the report.

Results in this report are grouped into six areas: 1) weight, physical activity, and nutrition; 2) personal safety, violence, and bullying; 3) mental health and suicide; 4) substance use; 5) sexual behavior; and 6) other selected indicators. Douglas County students did significantly better than students nationwide in 18 of the 85 indicators for which U.S. data was available, particularly in the areas of soda consumption, screen time, tobacco use, alcohol use, and sexual behavior. However, these students fared significantly worse than U.S. students in seven indicators including suicide attempts, texting or emailing while driving, electronic bullying, being injured in a physical fight, daily physical education classes, taking diet pills or powders without a doctor's order, and injection drug use.

Following are summary charts that display the results for selected indicators by area. Results among Douglas County youth that are significantly different from youth across the nation are indicated in the summary charts by green or red bars and are highlighted in the body of the report with green or red arrows. Green indicates that Douglas County youth responding to the survey did significantly better than youth across the nation and red indicates that Douglas County youth did significantly worse. Indicators where there was a statistically significant change from the 2012 survey are indicated with an asterisk in the summary charts and noted in the body of the report. Significant differences between Douglas County youth and youth in Nebraska are discussed in the body of the report.

We thank the parents, principals, and superintendents who chose to participate in the YRBS, the teachers and school staff who administered or in other ways supported the survey, and the students who took the time and effort to share a piece of their lives with us.

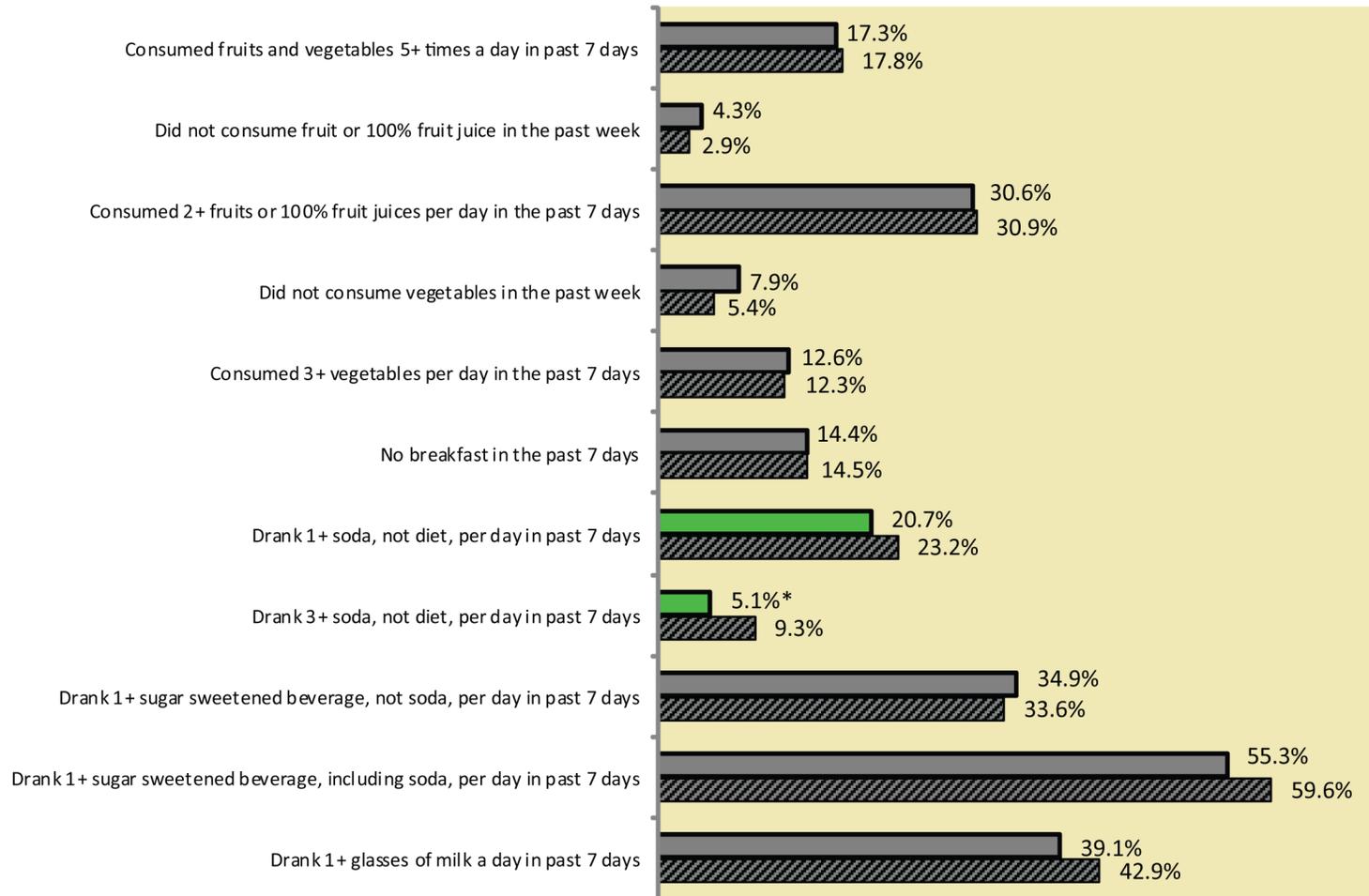
Weight and Physical Activity



Significantly better than US YRBS █ Not significantly different than US YRBS █ Significantly worse than US YRBS █

Douglas County Youth Risk Behavior Survey (YRBS) 2014 2012 *Significant change from 2012 to 2014 Douglas County Health Department 05/19/2015

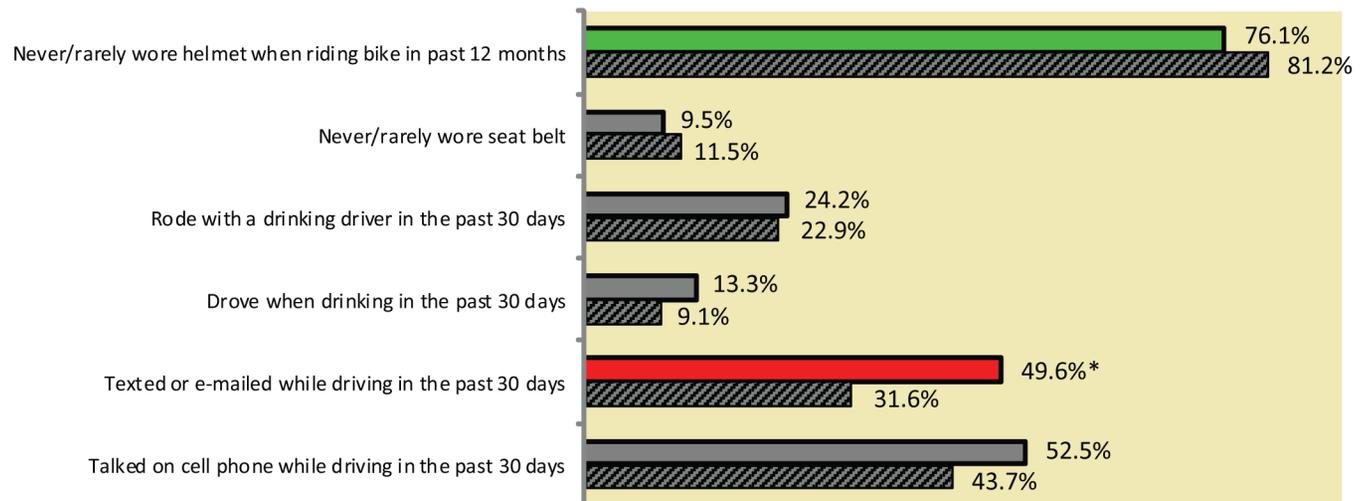
Nutrition



Significantly better than US YRBS ■ Not significantly different than US YRBS ■ Significantly worse than US YRBS ■

Douglas County Youth Risk Behavior Survey (YRBS) 2014
2012 *Significant change from 2012 to 2014 Douglas County Health Department 05/19/2015

Personal Safety



Significantly better than US YRBS █ Not significantly different than US YRBS █ Significantly worse than US YRBS █

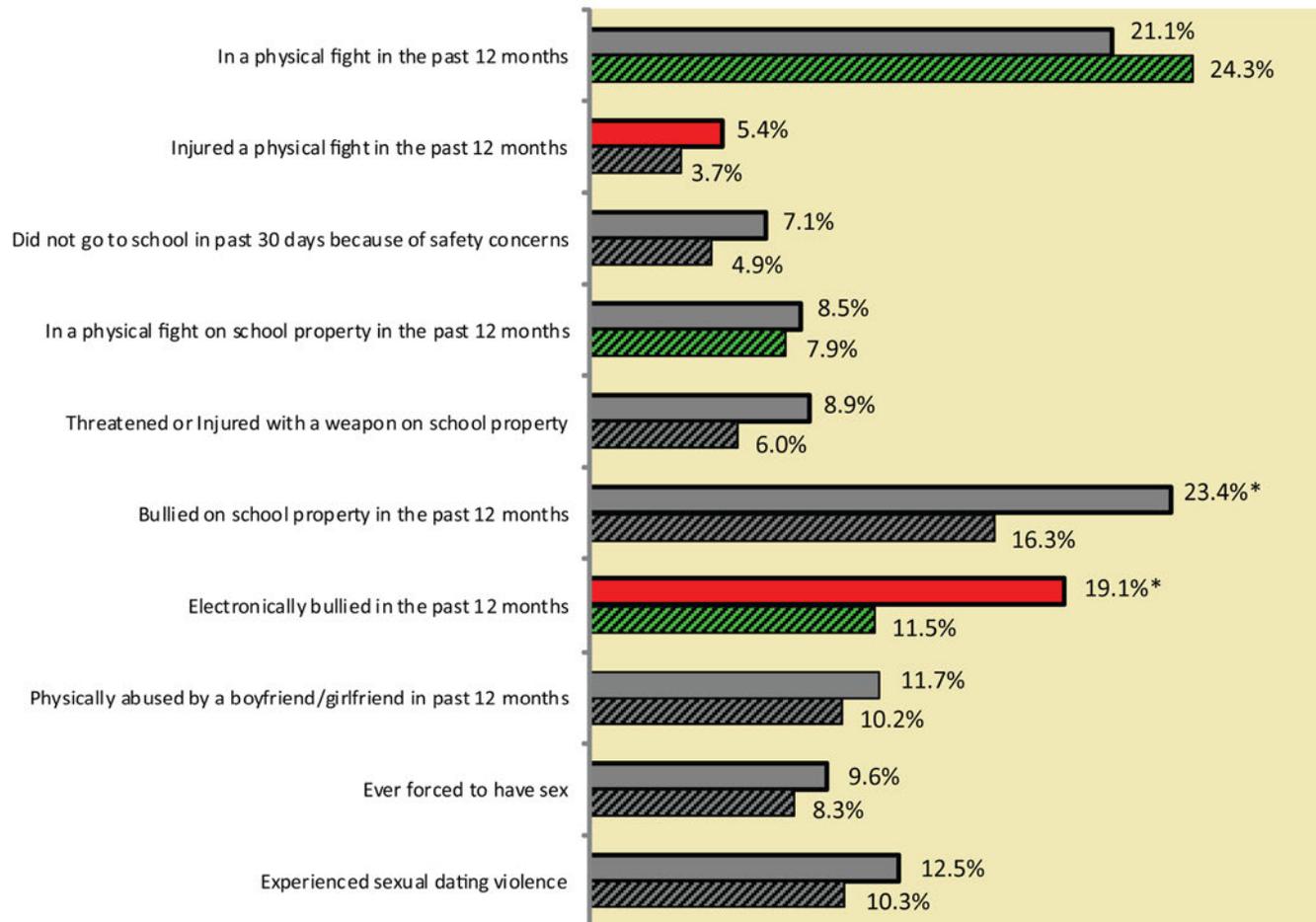
Douglas County Youth Risk Behavior Survey (YRBS)

2014
 2012

*Significant change from 2012 to 2014

Douglas County Health Department 05/19/2015

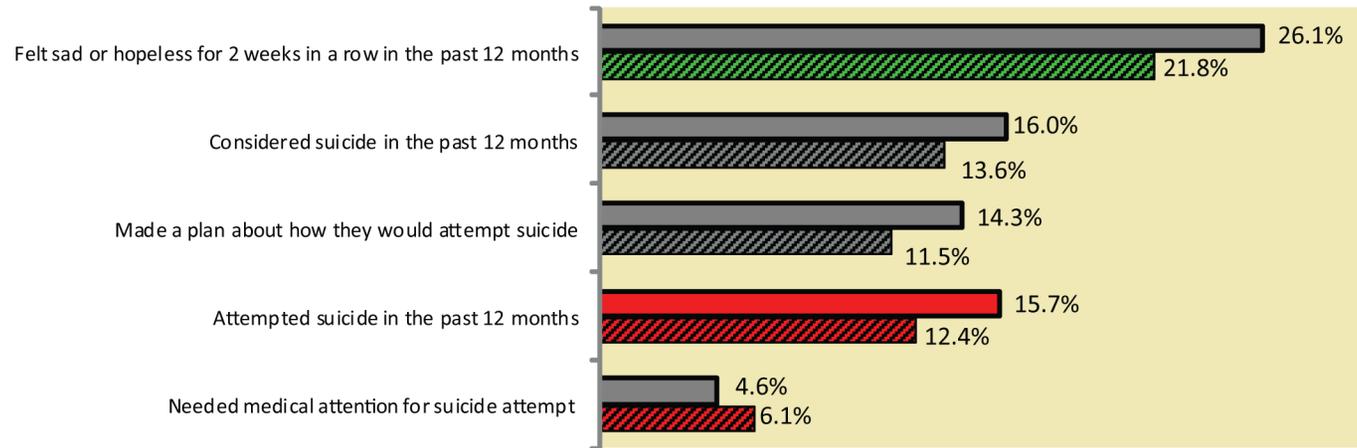
Violence and Bullying



Significantly better than US YRBS ■ Not significantly different than US YRBS ■ Significantly worse than US YRBS ■

Douglas County Youth Risk Behavior Survey (YRBS) 2014 2012 *Significant change from 2012 to 2014 Douglas County Health Department 05/19/2015

Mental Health and Suicide



Significantly better than US YRBS ■ Not significantly different than US YRBS ■ Significantly worse than US YRBS ■

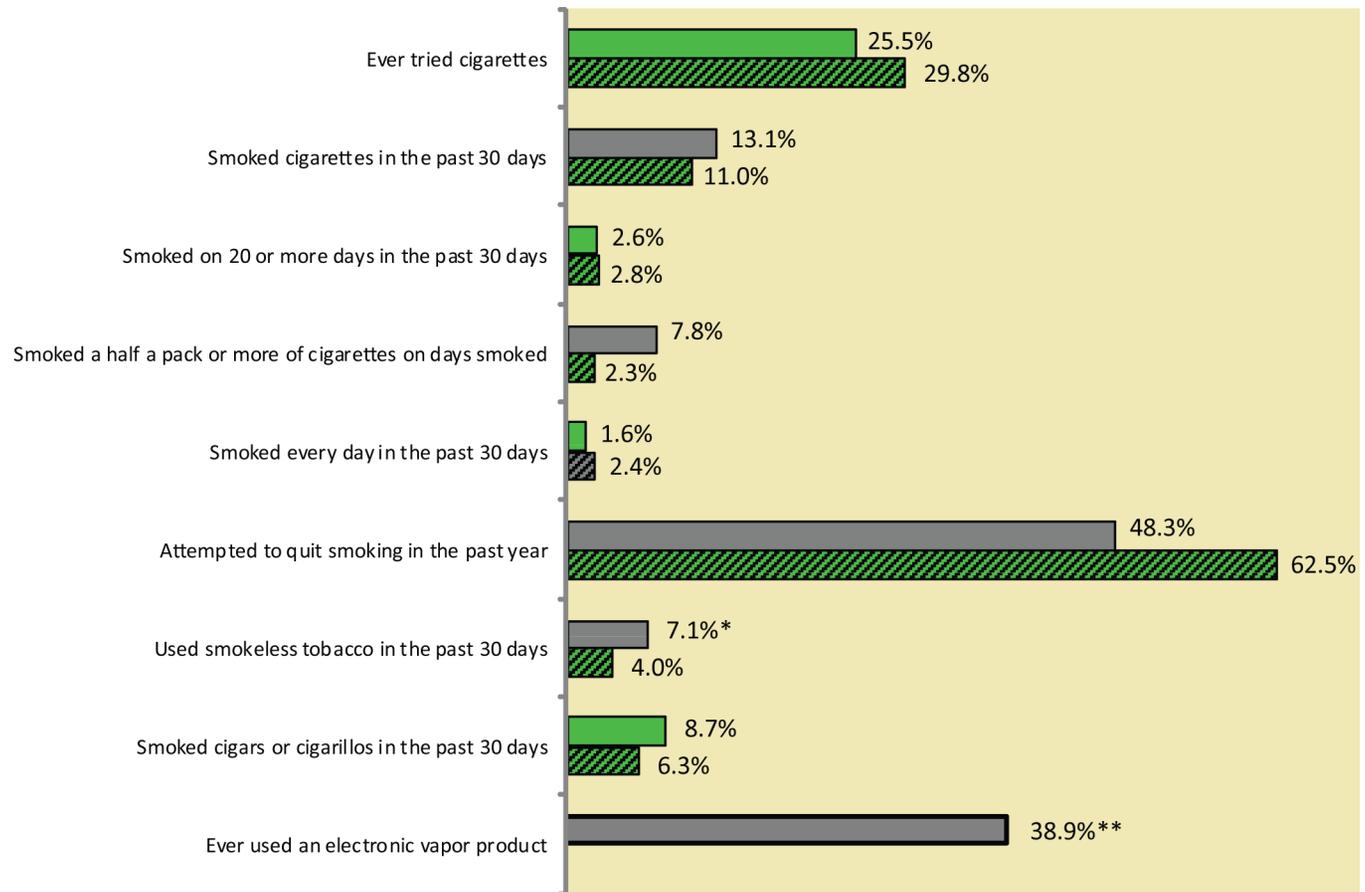
Douglas County Youth Risk Behavior Survey (YRBS)

2014
 2012

*Significant change from 2012 to 2014

Douglas County Health Department 05/19/2015

Substance Use - Tobacco



Significantly better than US YRBS ■ Not significantly different than US YRBS ■ Significantly worse than US YRBS ■

Douglas County Youth Risk Behavior Survey (YRBS)

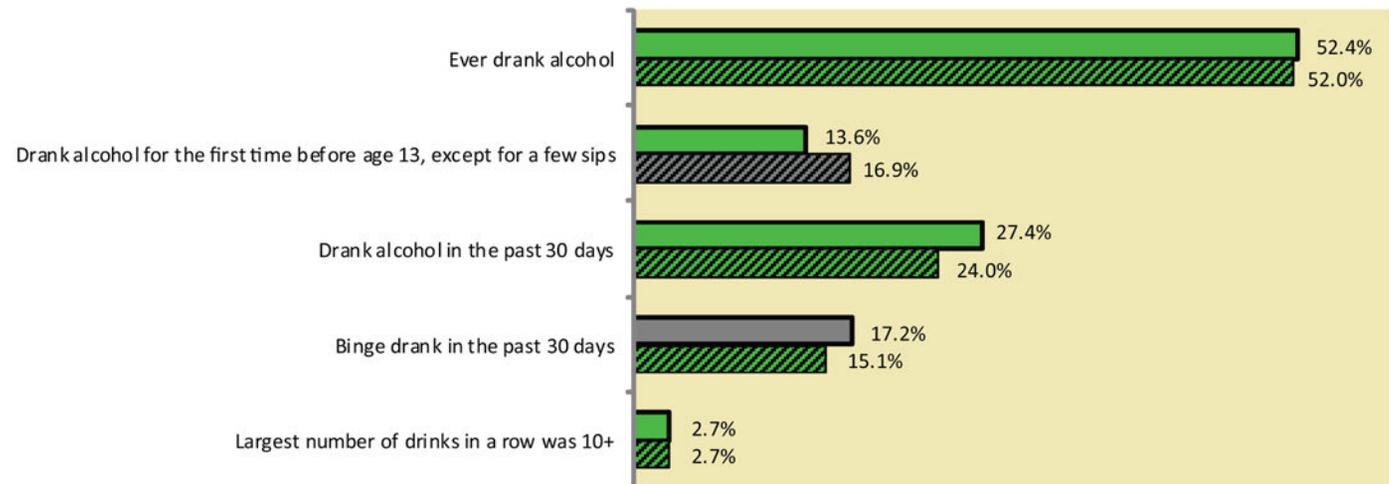
2014
2012

*Significant change from 2012 to 2014

**New question in 2014

Douglas County Health Department 05/19/2015

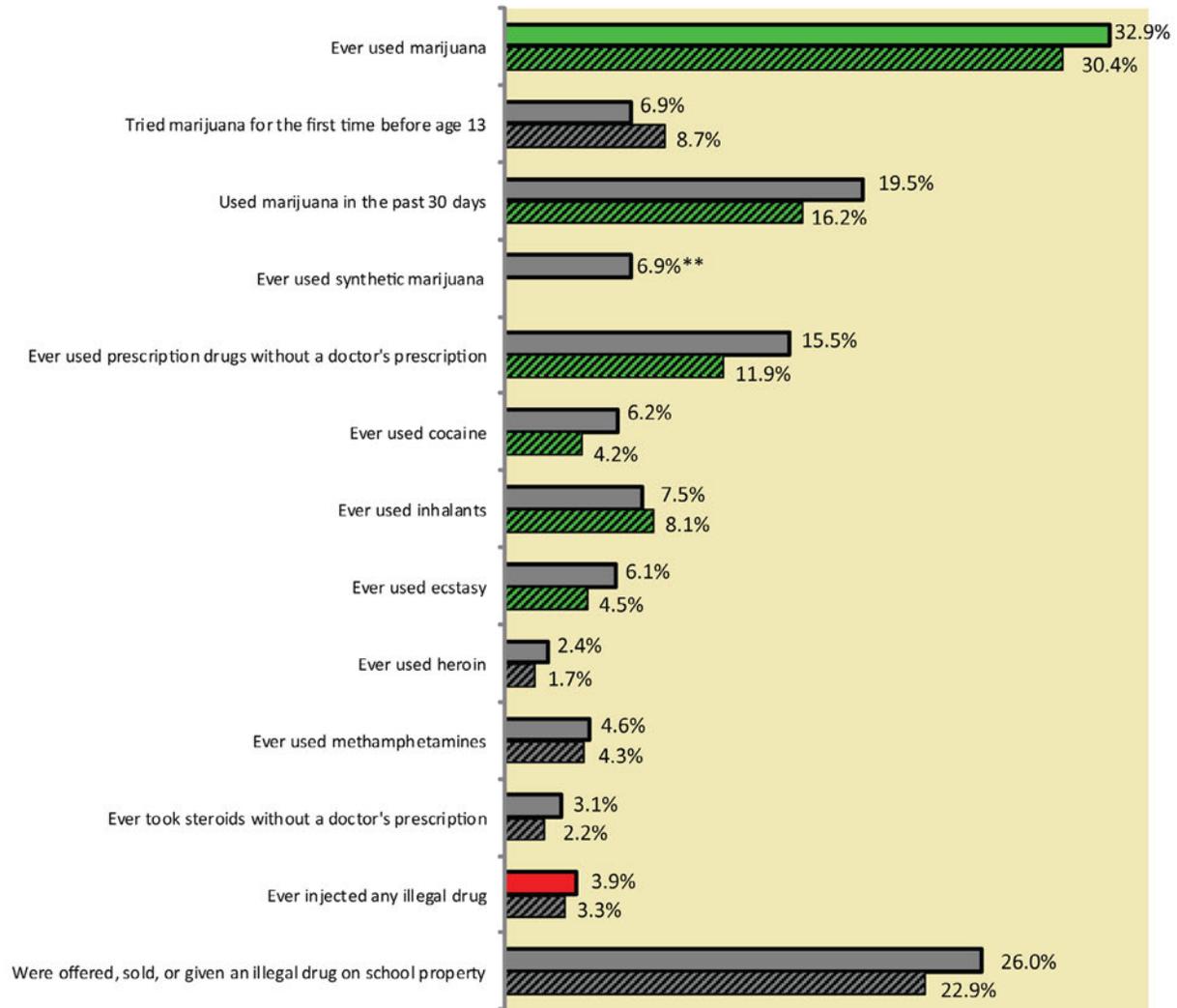
Substance Use - Alcohol



Significantly better than US YRBS ■ Not significantly different than US YRBS ■ Significantly worse than US YRBS ■

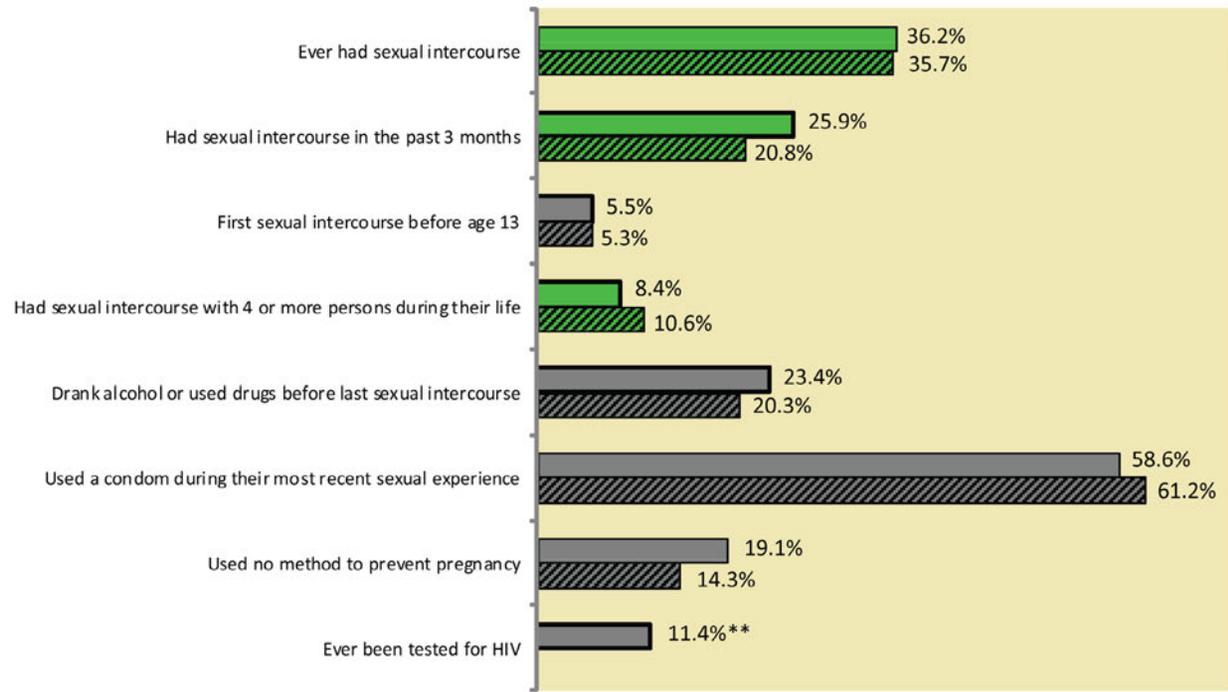
Douglas County Youth Risk Behavior Survey (YRBS) 2014 2012 *Significant change from 2012 to 2014 Douglas County Health Department 05/19/2015

Substance Use - Illicit Drugs



Significantly better than US YRBS ■ Not significantly different than US YRBS ■ Significantly worse than US YRBS ■
 Douglas County Youth Risk Behavior Survey (YRBS) 2014 2012 *Significant change from 2012 to 2014 Douglas County Health Department 05/19/2015
 **New question in 2014

Sexual Behavior



Significantly better than US YRBS █
 Not significantly different than US YRBS
 Significantly worse than US YRBS █
 Douglas County Youth Risk Behavior Survey (YRBS) 2014 2012
 *Significant change from 2012 to 2014
 Douglas County Health Department 05/19/2015
 **New question in 2014



YOUTH RISK 2014
BEHAVIOR SURVEY

WEIGHT, PHYSICAL ACTIVITY, AND NUTRITION

Overweight and Obesity

- Overall, 28.4% of students surveyed reported that they were overweight (16.4%) or obese (12.0%).
- The percent of students who were overweight or obese was not significantly different by grade or gender.

WEIGHT

Percent of students who are:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Overweight (85th BMI percentile)	16.6%	16.4%	15.7%	22.2%	15.3%	13.2%	13.0%	19.6%
Obese (95th BMI percentile)	13.9%	12.0%	11.2%	7.7%	15.4%	12.7%	10.6%	13.4%

Body Mass Index (BMI)- weight in pounds multiplied by 703 divided by height in inches squared



Self-Perception of Weight and Actions to Control Weight

- **Three out of ten students (29.9%) describe themselves as slightly or very overweight.** Females (36.8%) responding to this survey were significantly more likely than males (22.9%) to think of themselves as overweight
- **More than four in ten students (45.6%) report that they are trying to lose weight.** Females (62.6%) were significantly more likely to report that they were trying to lose weight than males (28.4%).
- **Of students responding to this survey, 12.3% went without eating for 24 hours or more to lose weight or to keep from gaining weight.** Females were significantly more likely than males to report going without eating to lose or maintain weight (17.4% vs 7.0%).
- » **Over 8% of the students took diet pills, powders or liquids without a doctor's advice, a significant increase over the 3.7% reported in 2012, and also significantly higher than what was reported by their state (4.5%) and national counterparts (5.0%).** In addition, females (11.0%) were significantly more likely than males (5.2%) to report the use of diet pills, powders or liquids without a doctor's advice.
- Vomiting or taking laxatives to lose or control weight was reported by 6.3% of the students. There were no significant differences by gender or grade.

WEIGHT

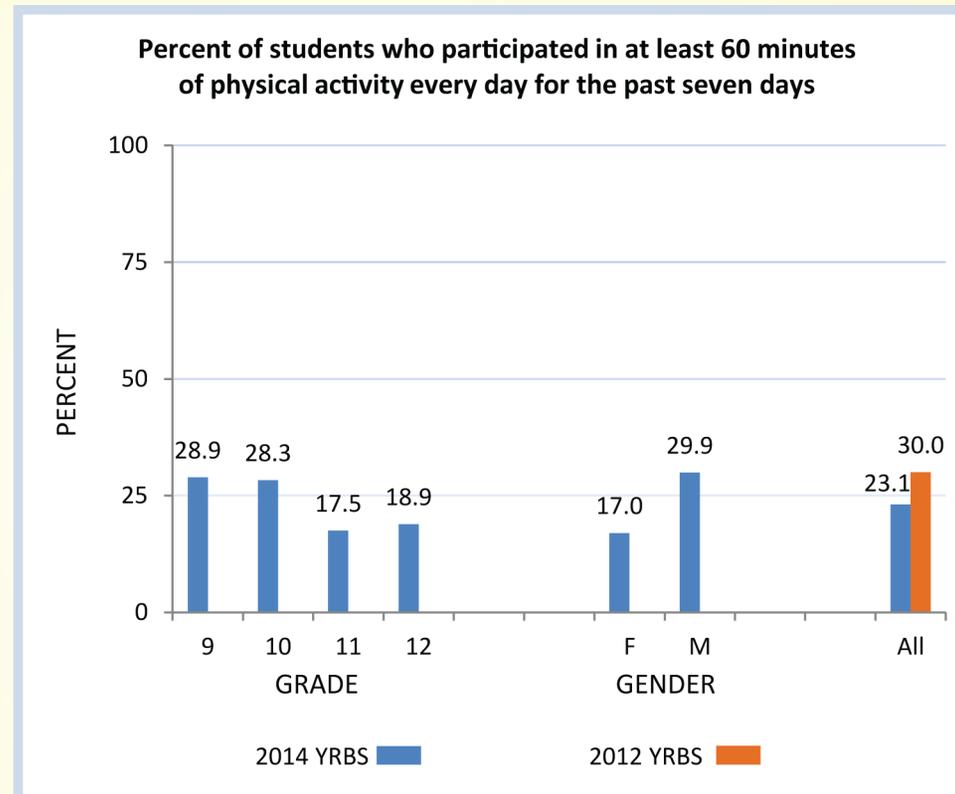
Percent of students who:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Described themselves as slightly or very overweight	26.7%	29.9%	26.8%	28.1%	34.7%	29.8%	36.8%	22.9%
Have been trying to lose weight	42.0%	45.6%	43.4%	44.9%	46.4%	47.4%	62.6%	28.4%
Went without eating for 24 hours or more to lose weight	9.0%	12.3%	11.0%	10.4%	16.4%	11.2%	17.4%	7.0%
Took any diet pills, powders or liquids without a doctor's advice	3.7%	8.1%	4.2%	5.2%	16.7%	6.2%	11.0%	5.2%
Vomited or took a laxative to lose weight	3.6%	6.3%	4.2%	3.3%	9.0%	8.3%	8.6%	3.7%

Physical Activity

- **Only 23.1% of the students reported that they participated in 60 minutes of physical activity every day during the past week, as recommended by the U.S. Department of Health and Human Services Guidelines.** This is a significant decrease from the 30.0% reported in 2012 and is also significantly lower than that reported by students in Nebraska (32.3%).
- Females (17.0%) were significantly less likely than males (29.9%) to participate in 60 minutes of physical activity daily. Students in the 11th grade were less likely than students in the 9th grade to participate in 60 minutes of physical activity daily.
- **Of all students, 14.7% reported zero days with at least 60 minutes of physical activity in the past week.**
- Students in the 12th grade were more likely to report no physical activity in the previous week than those in the 10th grade. There was no significant difference by gender.



PHYSICAL ACTIVITY



Physical Education in School

- Among students surveyed, 46.9% attended physical education classes at least once per week.
- Students in the 12th grade were significantly less likely to attend physical education classes at least once per week than students in the 9th – 11th grades. There was no significant difference by gender.
- » **Students responding to the survey were significantly less likely to participate in daily physical education classes (20.6%) than students in the U.S. (29.4%) and in the state of Nebraska (34.9%).**
- Students in the 12th grade were significantly less likely to attend physical education classes daily than students in the 9th – 11th grades. There was no significant difference by gender.



PHYSICAL ACTIVITY

Percent of students who Attended physical education (PE) classes:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
One or more days in an average week when they were in school	48.0%	46.9%	58.1%	61.0%	48.1%	22.3%	42.4%	51.6%
Daily in an average week when they were in school	23.4%	20.6%	24.2%	23.7%	25.0%	9.8%	19.0%	22.6%

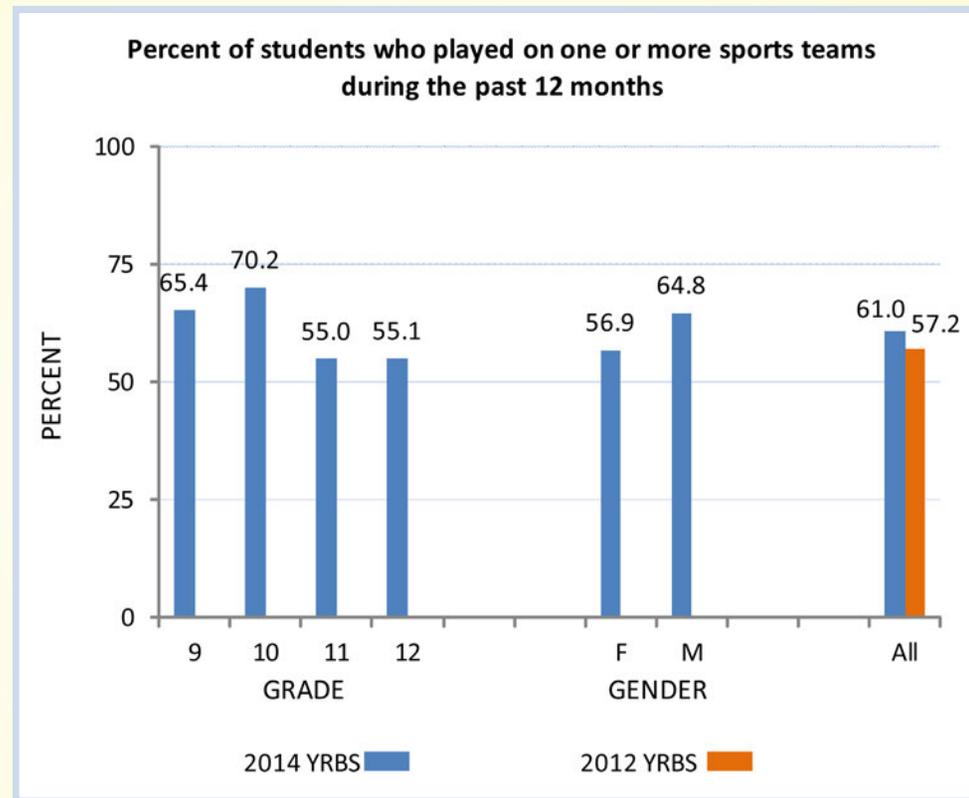
Participation in Team Sports

» Participation on one or more sports teams in the past year was reported by 61.0% of the students, significantly higher than reported nationwide (54.0%).

- There was no statistically significant differences by gender or grade.



PHYSICAL ACTIVITY



Screen Time Not Related to School

- » **One fifth of the students (19.1%) spent three or more hours per day watching TV on school days, significantly less than what is reported nationally (32.5%).** There were no significant differences by gender or grade.
- » **Among students completing the survey, 28.3% spent three or more hours per day playing video or computer games or using the computer for non-school related activities, significantly less than reported by students nationally (41.3%).** There were no significant differences by gender or grade.

PHYSICAL ACTIVITY

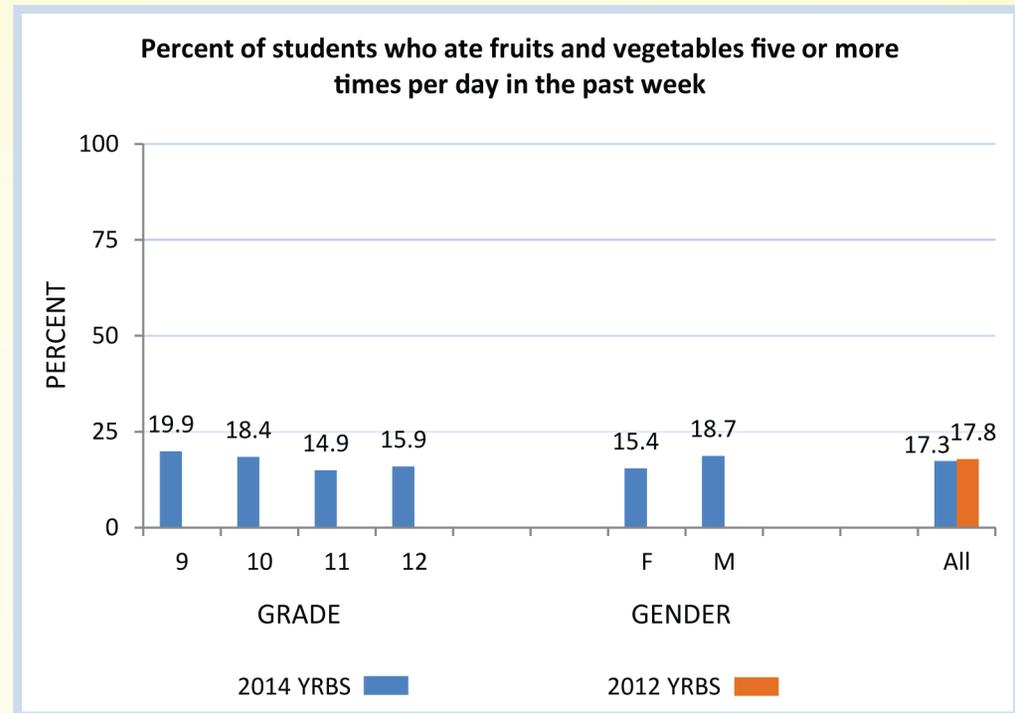
Percent of students who:			2014					
	All 2012	All 2014	Grade				Gender	
			9th	10th	11th	12th	Female	Male
Watched three or more hours per day of TV on a school day	25.3%	19.1%	20.8%	18.8%	15.9%	20.7%	18.4%	19.8%
Used computers three or more hours per day on a school day to play video or computer games, or something that was not school related	30.3%	28.3%	32.9%	29.9%	24.5%	26.3%	26.2%	30.6%



Fruit and Vegetable Consumption

- **Less than one in five students (17.3%) ate fruits and vegetables five or more times per day in the past week.**
- There were no significant differences by gender or grade.

NUTRITION



Fruit and Vegetable Consumption

- Among students surveyed, 4.3% reported consuming no fruits or 100% fruit juices in the past seven days.
- Over one third (34.7%) of students reported eating fruit at least once per day.
- Three in ten (30.6%) students reported consuming two or more servings of fruit or 100% fruit juice per day.
- Of students surveyed, 7.9% reported they did not eat vegetables in the past week.
- One in ten students (12.6%) reported eating at least three servings of vegetables every day.



NUTRITION

Percent of students who during the past seven days:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Ate fruit one or more times per day	35.8%	34.7%	33.4%	32.7%	35.1%	37.7%	35.6%	33.8%
Ate two or more servings of fruit or fruit juice per day	30.9%	30.6%	30.0%	32.6%	27.2%	32.8%	29.6%	31.3%
Ate three or more servings of vegetables per day	12.3%	12.6%	15.2%	13.8%	8.8%	12.2%	12.7%	12.1%

Breakfast Consumption

- **Of all students surveyed, 34.7% reported eating breakfast every day in the past week.** Students in the 9th grade were significantly more likely to report eating breakfast every day than students in the 11th and 12th grades.
- **Over two thirds (67.2%) of the students reported eating breakfast on at least three or more days per week.**
- **Among students completing the survey, 14.4% reported not eating breakfast in the past week.**



NUTRITION

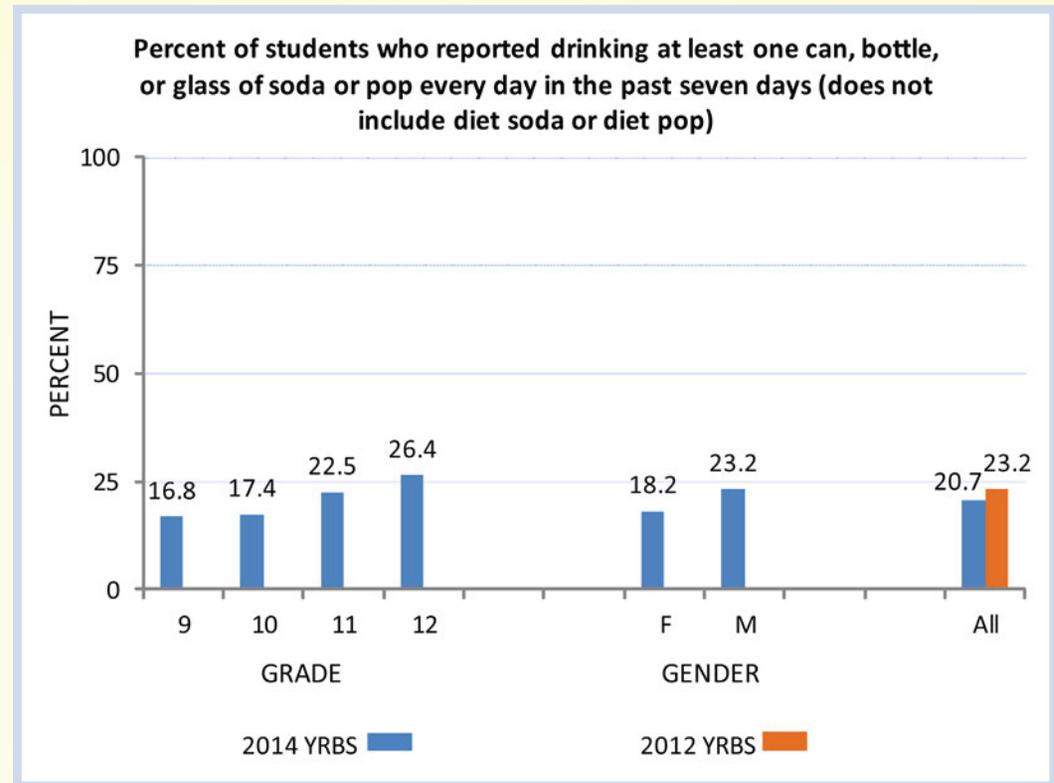
Percent of students who ate breakfast:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
On all of the past seven days	34.5%	34.7%	44.5%	38.2%	28.5%	28.5%	34.6%	34.6%
On at least three of the past seven days	67.1%	67.2%	67.7%	68.9%	64.8%	67.6%	67.3%	67.1%
On none of the past seven days	14.5%	14.4%	12.2%	17.2%	13.7%	14.5%	15.4%	13.6%

Beverage Consumption: Soda

- » **One in five students (20.7%) drank at least one can, bottle, or glass of soda or pop (not including diet) daily, significantly less than that reported by students in the U.S. (27.0%).**
- Although males reported drinking one or more sodas per day more frequently than females, the difference was not statistically significant. There was no significant difference by grade.
- » **Among students responding to the survey, 5.1% reported drinking soda or pop (not including diet) three or more times per day, significantly less than what was reported in 2012 and also significantly less than students reported nationally (11.2%).** There were no significant differences by gender or grade.



NUTRITION

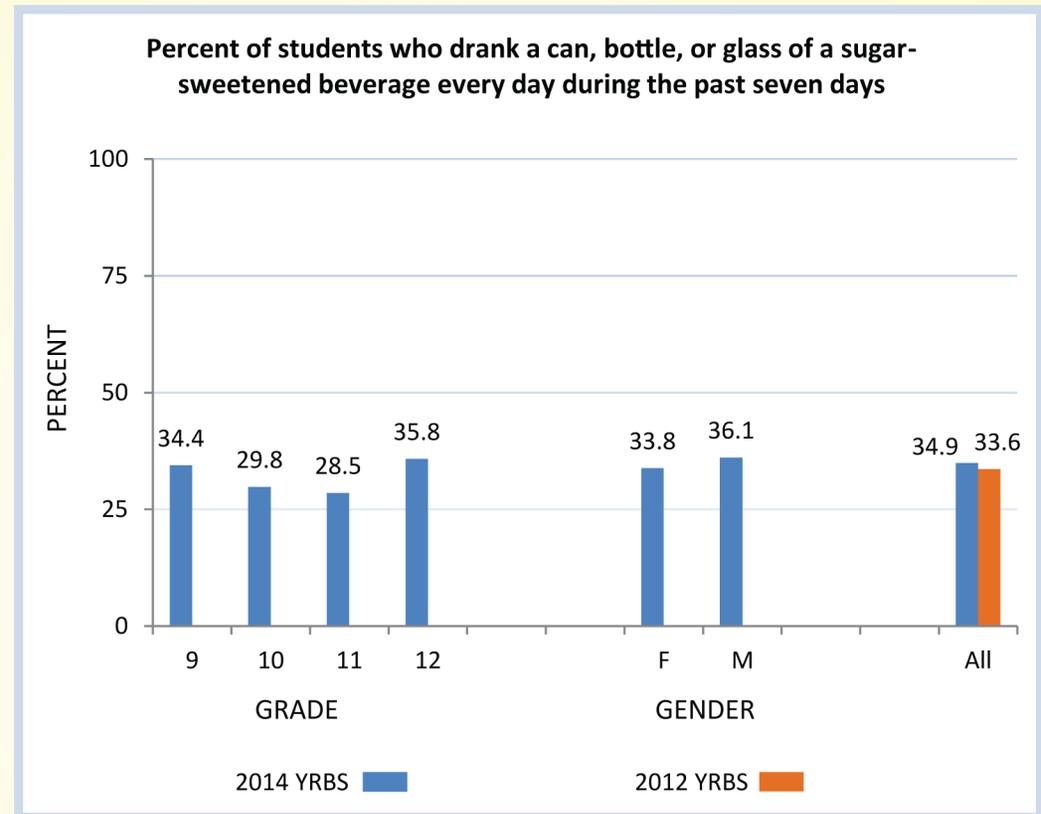


Beverage Consumption: Sugar-Sweetened Beverages, Excluding Soda

- Overall, 34.9% of the students drank at least one can, bottle, or glass of a sugar-sweetened beverage (excluding soda) such as lemonade, sweetened tea or coffee drinks, sports drinks, energy drinks, or flavored fruit drinks daily. There were no statistically significant differences by grade or gender.
- Of the students surveyed, 4.6% reported drinking three or more sugar-sweetened beverages per day.



NUTRITION

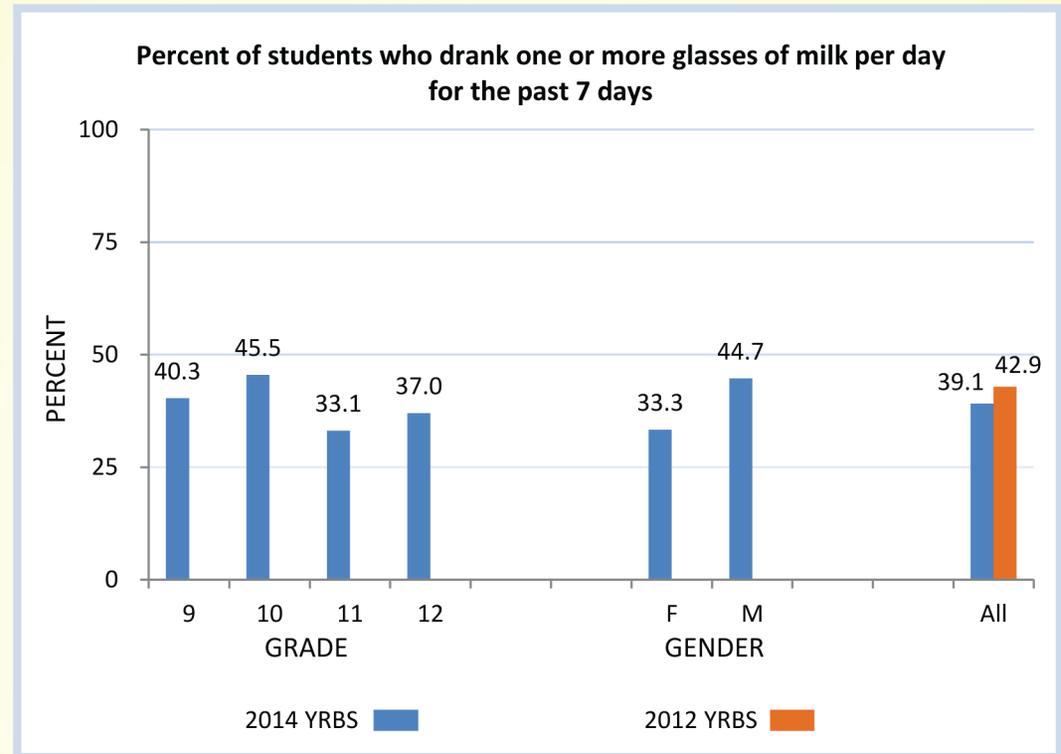


Milk Consumption

- **Overall, 39.1% of students reported drinking one or more glasses of milk per day.**
- Females (33.3%) were significantly less likely to drink one or more glasses of milk per day than males (44.7%).
- **17.0% of students reported they did not drink any milk during the previous seven days.**
- Females (21.4%) were significantly more likely to report not drinking milk than males (12.3%).



NUTRITION





YOUTH RISK 2014
BEHAVIOR SURVEY

PERSONAL SAFETY, VIOLENCE, AND BULLYING



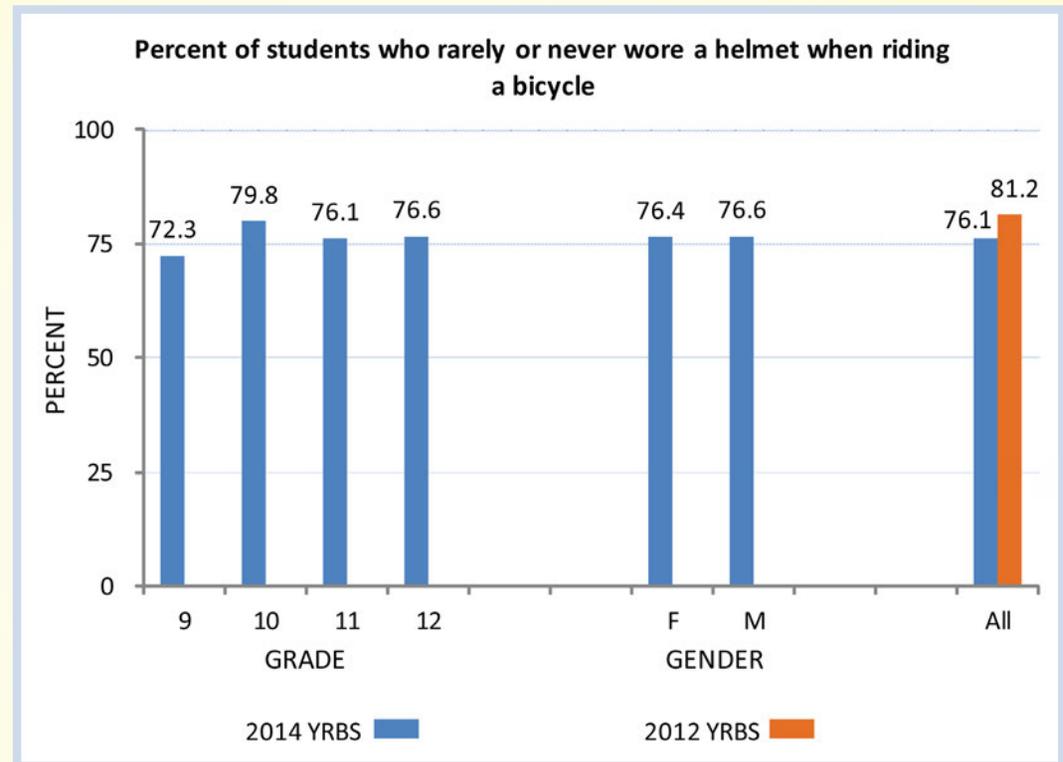
Bicycle Helmet Use

» Among bicycle riders, 76.1% of students reported that they rarely or never wore a bicycle helmet. This result is significantly better than what was reported among students in Nebraska (89.1%) and in the U.S. (87.9%).

- There were no statistically significant differences by gender or grade.



PERSONAL SAFETY

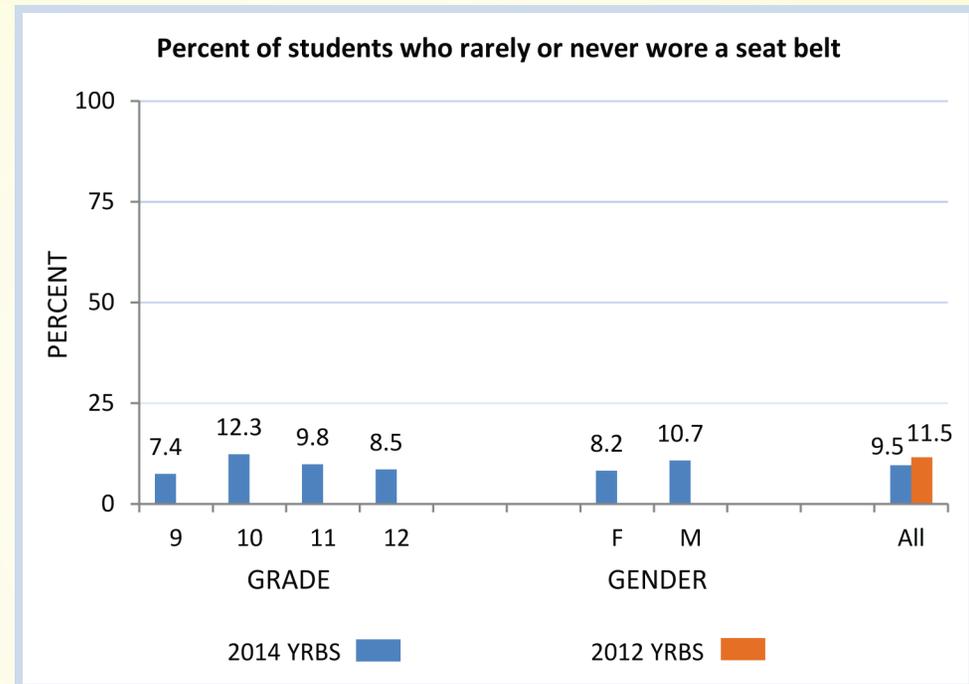


Seatbelt Use

- **Overall, 9.5% of students surveyed reported they rarely or never wore a seat belt.**
- There were no statistically significant differences by gender or grade.



PERSONAL SAFETY



Alcohol Impaired and Distracted Driving

- **One in four students (24.2%) responding to the survey reported riding with a driver in the past 30 days who had been drinking alcohol.** Students in the 11th and 12th grades were more likely to report riding in a vehicle with a driver who had been drinking than students in the 9th grade.
- **Overall, 13.3% of students responding to this survey reported that they drove a car or other vehicle one or more times in the last 30 days when they had been drinking alcohol, significantly higher than what was reported among students in Nebraska (6.8%).** Students in the 11th and 12th grades were more likely to report that they had been drinking while driving than students in the 9th and 10th grades.
- » **Of all students, 49.6% reported texting or emailing while driving, significantly higher than what was reported by students across the nation (41.4%) and significantly higher than what was reported in the 2012 survey (31.6%).**
- In addition, 52.5% of the students reported talking on the phone while driving a car or other vehicle.
- Students in the 11th and 12th grades were significantly more likely to report texting, emailing, or talking on the phone while driving than 9th and 10th grade students.

PERSONAL SAFETY

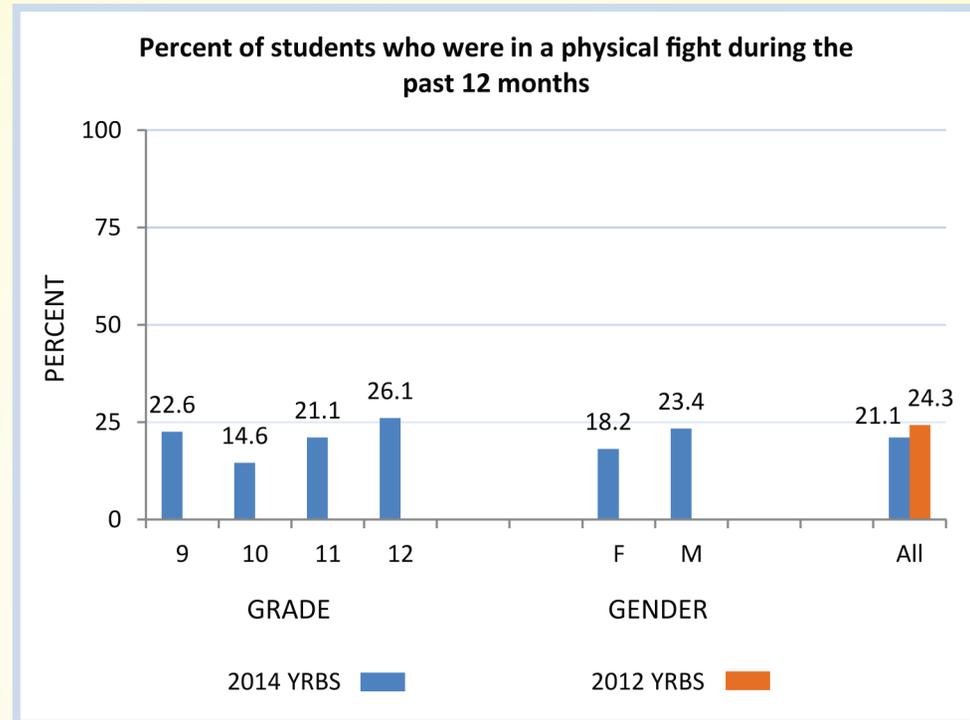
Percent of students who in the past 30 days:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol	22.9%	24.2%	14.7%	23.8%	28.3%	29.4%	26.6%	21.3%
Drove a car or other vehicle one or more times when they had been drinking alcohol	9.1%	13.3%	1.7%	4.6%	16.9%	20.5%	15.7%	11.0%
Emailed or sent a text while driving a car or other vehicle	31.6%	49.6%	10.4%	27.0%	61.1%	69.0%	51.1%	47.8%
Talked on a cell phone while driving a car or other vehicle	43.7%	52.5%	14.5%	25.6%	61.8%	74.3%	55.5%	49.5%

Physical Fighting

- One in five students (21.1%) reported being in a physical fight in the past 12 months.
- » Injuries from a physical fight that needed treatment by a doctor or nurse were reported by 5.4% of the students surveyed, a finding significantly higher than reported at either the state (2.1%) or national (3.1%) level.
- There were no significant differences by gender or grade.



VIOLENCE



School Violence and Safety

- **In the 30 days prior to the survey, 7.1% of students did not go to school because they felt they would be unsafe at school or on their way to or from school.** Students in the 11th grade were more likely to report not going to school due to safety concerns than students in the 9th, 10th, and 12th grades. There was no significant difference by gender.
- **In the past 12 months, 8.5% of the students were in a physical fight on school property.** There were no statistically significant differences by gender or grade.
- **Of students surveyed, 8.9% were threatened or injured with a weapon on school property during the past 12 months.** There were no statistically significant differences by gender or grade.
- **Overall, 5.4% of students reported carrying a weapon such as a gun, knife, or club on school property in the past month.** Students in the 9th grade were less likely to carry a weapon on school property than students in the 11th grade.

VIOLENCE

Percent of students who:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Did not go to school during the past 30 days because they felt unsafe	4.9%	7.1%	3.5%	3.6%	15.0%	6.6%	8.9%	5.1%
Were in a physical fight on school property during the past 12 months	7.9%	8.5%	8.8%	8.6%	11.5%	5.0%	5.7%	10.4%
Were threatened or injured with a weapon on school property during the past 12 months	6.0%	8.9%	7.2%	7.6%	12.1%	8.2%	6.8%	10.1%



Bullying

- **During the past 12 months, 23.4% of the students reported being bullied on school property, a significant increase from the 2012 survey where 16.3% of students surveyed reported being bullied on school property.**
- Although a greater percentage of females versus males reported being bullied on school property, the difference was not statistically significant. Students in the 11th grade were more likely to report bullying on school property than those in the 9th grade.
- » **Students responding to this survey (19.1%) were significantly more likely to report being electronically bullied in the past year than students in the U.S. (14.8%).** This result represents a statistically significant increase from the 11.5% reported in the 2012 survey.
- Females (25.8%) were significantly more likely to report electronic bullying than males (12.5%). Students in the 11th grade were also more likely to report electronic bullying than those in the 9th grade.



BULLYING

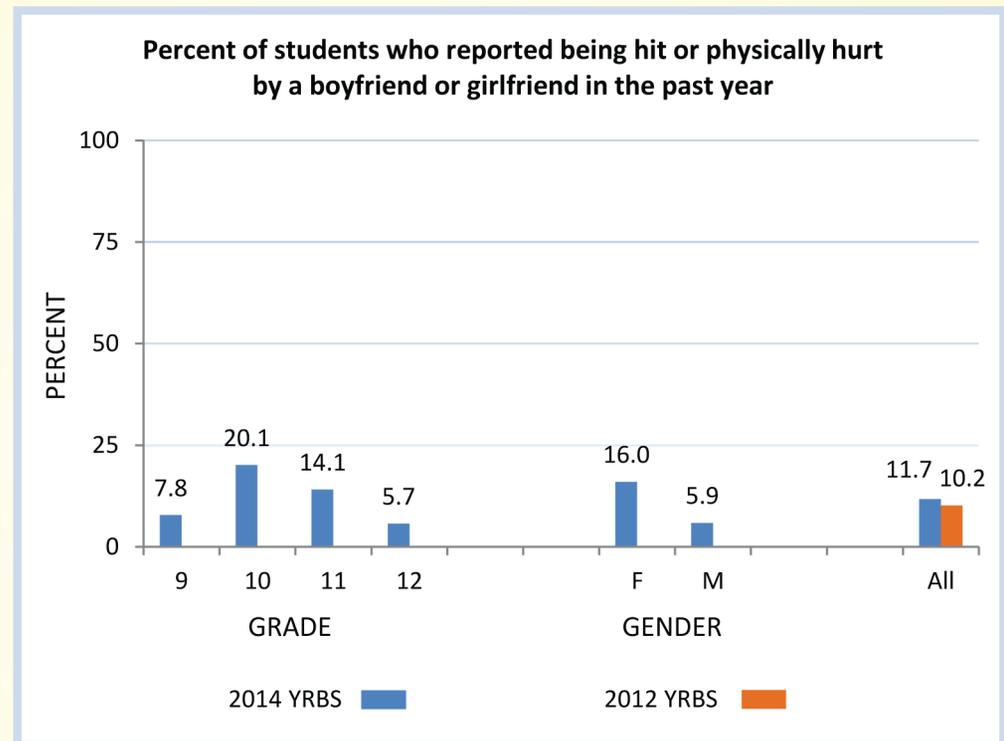
Percent of students who were in the past 12 months:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Bullied on school property	16.3%	23.4%	18.4%	21.2%	30.0%	24.6%	26.7%	20.1%
Electronically bullied through email, chat rooms, instant messaging, websites, or texting	11.5%	19.1%	15.8%	17.4%	23.0%	20.9%	25.8%	12.5%

Abusive Behavior

- Overall, **11.7%** of students surveyed were hit or physically hurt by a boyfriend or girlfriend during the past year.
- Females (16.0%) were significantly more likely to report dating violence than males (5.9%).
- Although differences were seen between grade levels, the differences were not statistically significant.



DATING VIOLENCE



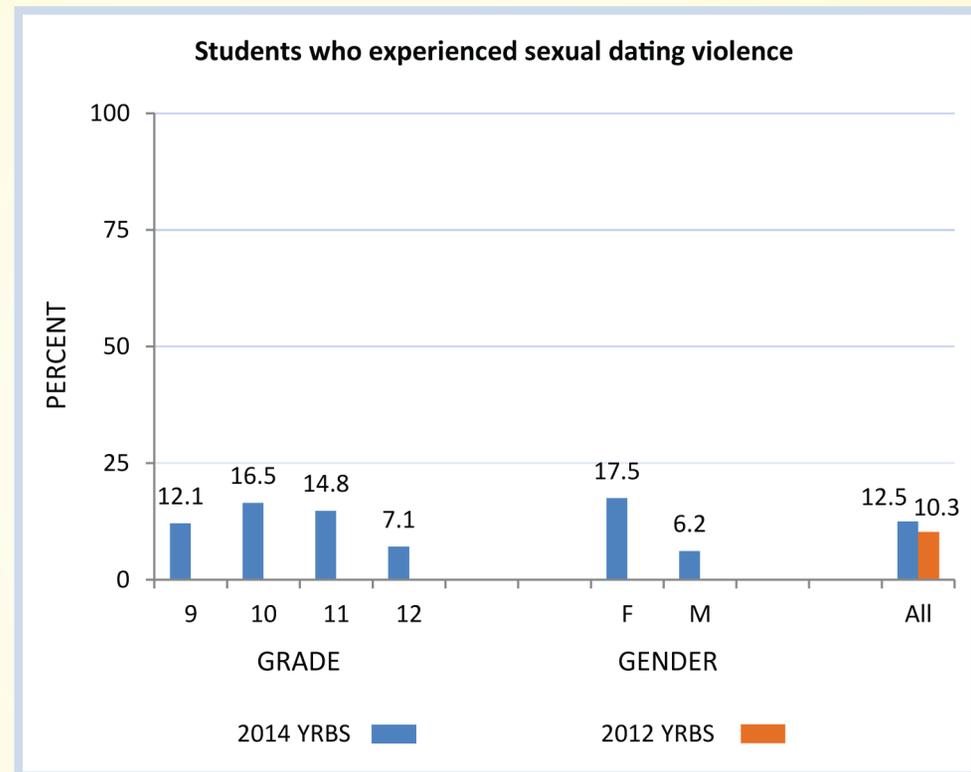
NEW!

Sexual Dating Violence

- Among students responding to the survey, **12.5%** reported that a person they were dating or going out with had forced them to do sexual things (kissing, touching, etc.) they did not want to do.
- Females (17.5%) were significantly more likely than males (6.2%) to report being forced to do sexual things that they did not want to do.
- The differences by grade were not statistically significant.



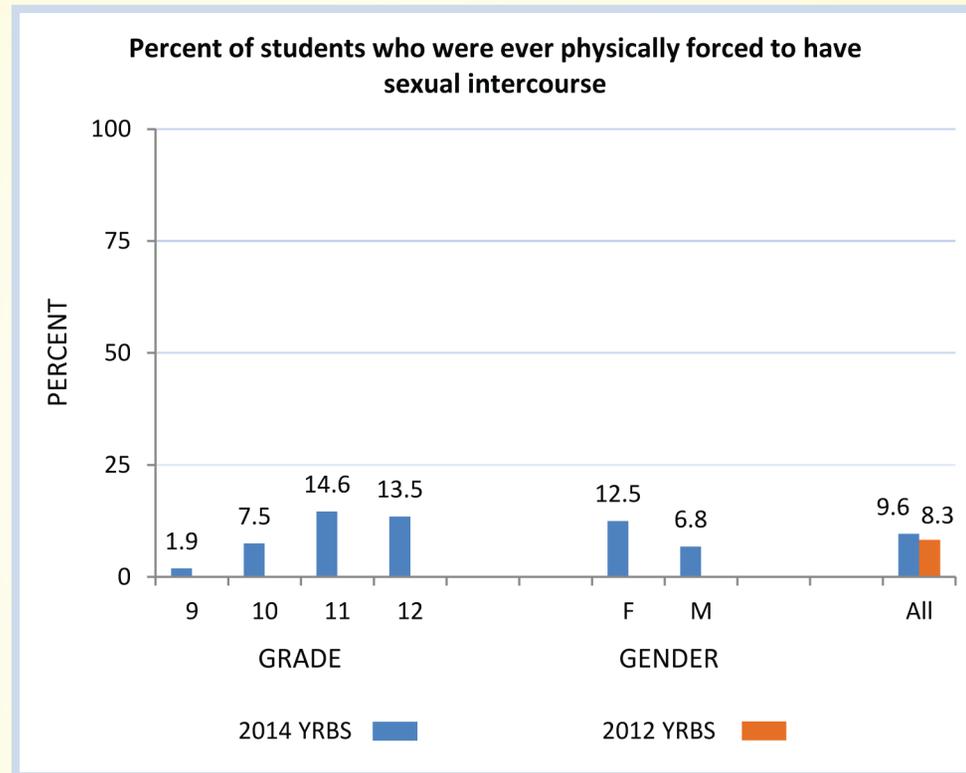
DATING VIOLENCE



Forced Sexual Intercourse

- **Of all students surveyed, 9.6% reported being physically forced to have sexual intercourse when they did not want to.**
- Although a higher proportion of females reported forced sexual intercourse than males, the difference was not statistically significant.
- Students in the 11th and 12th grades were more likely to report forced sexual intercourse than students in the 9th grade.

DATING VIOLENCE





YOUTH RISK 2014
BEHAVIOR SURVEY

MENTAL HEALTH AND SUICIDE



Mental Health and Suicide

- **Among students responding to this survey, 26.1% reported feeling sad or hopeless almost every day at for at least two weeks, significantly higher than students in the state of Nebraska (19.5%).**
- Female students (33.7%) were significantly more likely than male students (18.0%) to report feeling sad or hopeless.
- Students in the 11th grade were more likely than students in the 9th grade to report feeling sad or hopeless every day for at least two weeks.
- **Overall, 16.0% of the students had seriously considered suicide and 14.3% had made a plan for how they would attempt suicide.**
- Females (20.7%) were significantly more likely than males (11.3%) to report that they had seriously considered attempting suicide. Students in the 11th grade were significantly more likely than those in the 9th grade to have seriously considered suicide.
- A higher proportion of females than males had made a plan for how they would commit suicide, but the difference was not statistically significant.



MENTAL HEALTH AND SUICIDE

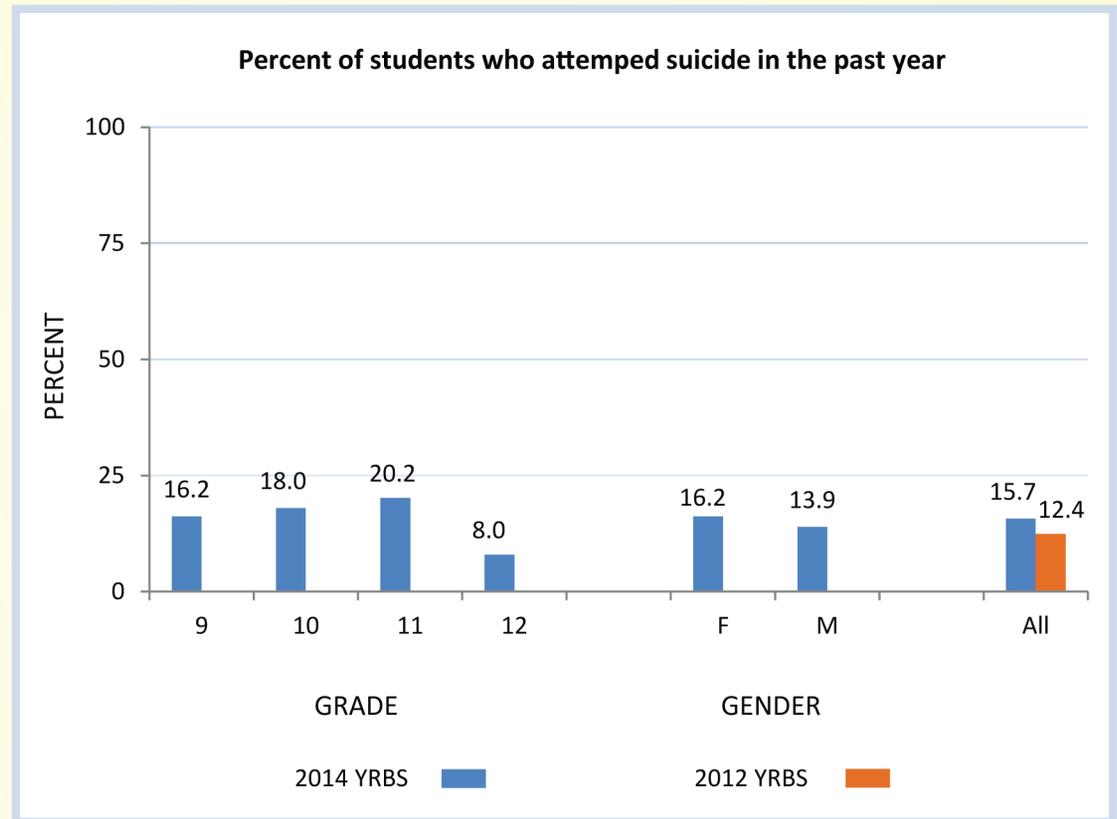
Percent of students who in the past 12 months:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Felt so sad or hopeless almost every day for at least two weeks or more in a row that they stopped doing some usual activities	21.8%	26.1%	16.9%	30.7%	34.8%	21.1%	33.7%	18.0%
Seriously considered attempting suicide	13.6%	16.0%	10.1%	13.9%	20.2%	18.9%	20.7%	11.3%
Made a plan about how they would attempt suicide	11.5%	14.3%	7.7%	15.2%	16.5%	17.7%	18.4%	10.2%

Suicide Attempts

- » Overall, 15.7% of students responding to this survey attempted suicide in the past year, making them about twice as likely to have attempted suicide than students in Nebraska (6.0%) and in the U.S. (8.0%). There was no statistically significant difference by gender. Students in the 11th grade (20.2%) were significantly more likely to attempt suicide than students in the 12th grade (8.0%).
- For 4.6% of the students who reported a suicide attempt, the attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse. The suicide attempts by students who responded to this survey resulted in a need for medical treatment more often than in those reported among Nebraska (1.8%) and U.S. (2.7%) students, although the differences are not statistically significant.



SUICIDE ATTEMPTS





YOUTH RISK 2014
BEHAVIOR SURVEY

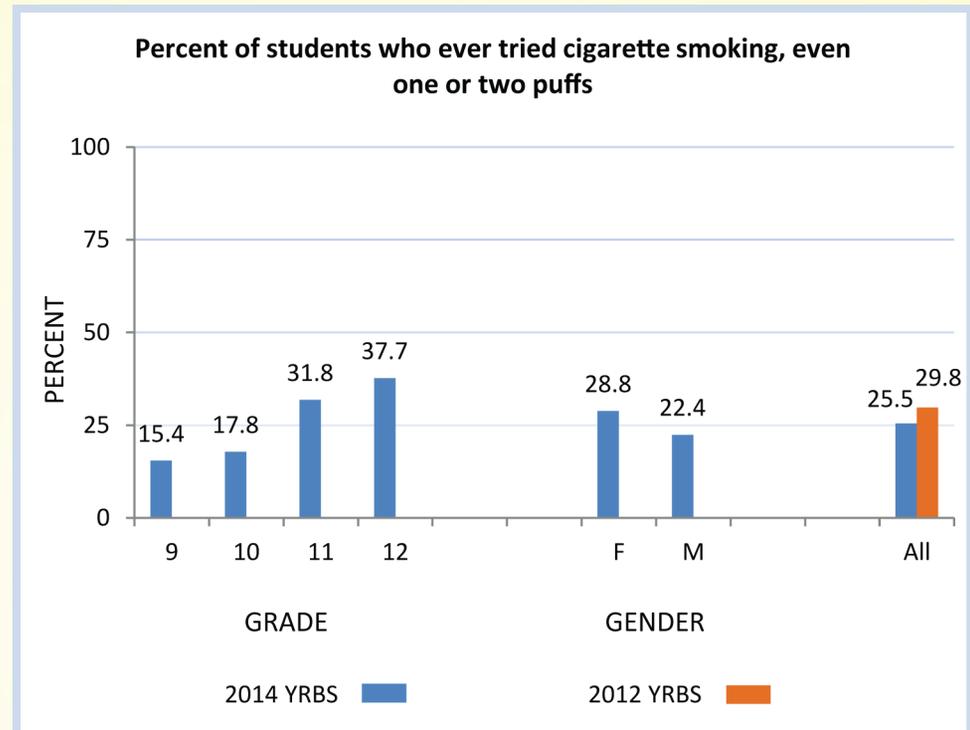
SUBSTANCE ABUSE

Have Ever Used Tobacco

- » Overall, 25.5% of students reported ever trying cigarette smoking, even one or two puffs. This is significantly lower than what has been reported for students across Nebraska (31.9%), and the nation (41.1%).
- 11th and 12th grade students were significantly more likely than 9th and 10th grade students to report that they had ever tried cigarette smoking. There was no statistically significant difference by gender.
- Of the students that had tried smoking, 8.8% smoked a whole cigarette for the first time before age 13. Students in the 11th grade were more likely to have smoked their first cigarette before age 13 than those in the 9th and 10th grade.



TOBACCO USE

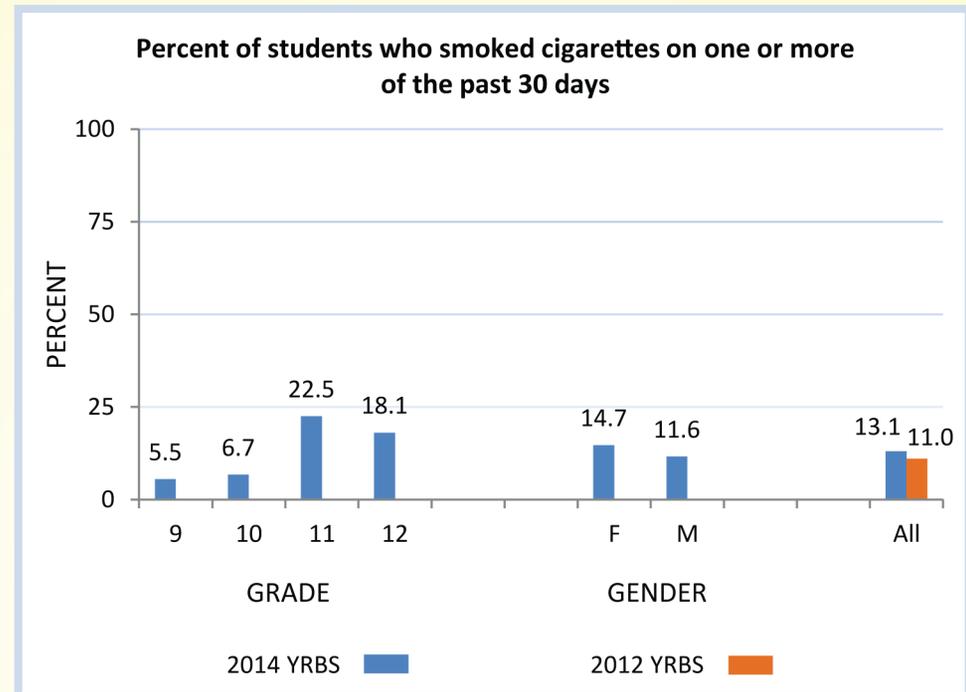


Current Cigarette Use

- **Of all students in the survey, 13.1% reported smoking at least once during the past 30 days.**
- Students in the 11th and 12th grades were significantly more likely than 9th and 10th grade students to report that they had smoked at least once during the past 30 days. There was no statistically significant difference by gender.
- **The most common ways that students reported obtaining cigarettes were buying or borrowing them from somebody (54.8%) or purchasing them in a store or from a vending machine (23.2%).** One in ten (9.8%) reported that an adult gave them the cigarettes, while 3.3% reported that they took them from a store or family member.



TOBACCO USE



Cigarette Use On 20 Or More Days During The Past Month

- » Overall, 2.6% of students smoked cigarettes on 20 or more days in the last month. This result is significantly lower than reported by students in the U.S. (5.6%). There were no significant differences by grade or gender.
- » During the past 30 days, 1.6% of the students reported smoking every day, significantly less than reported by students nationally (4.0%). There were no significant differences by grade or gender.
- Among students surveyed, 7.8% reported smoking more than ten cigarettes per day on the days they smoked.



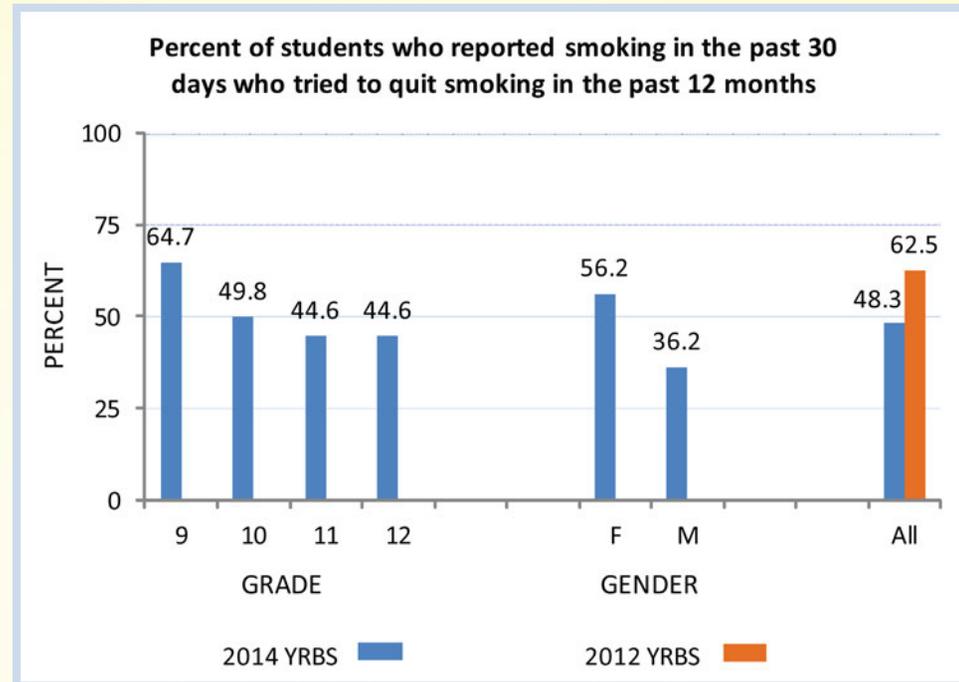
TOBACCO USE

Percent of students who in the past 30 days:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Smoked on 20 or more days	2.8%	2.6%	1.3%	1.4%	4.4%	3.5%	3.2%	2.1%
Smoked every day	2.4%	1.6%	1.3%	1.0%	2.9%	1.2%	1.6%	1.6%

Attempt to Quit Smoking

- **Among students who smoked in the past month, 48.3% reported they had made an attempt to quit smoking in the past year.**
- Although the percentage of females who attempted to quit smoking was higher than males, the difference was not statistically significant.
- There was no significant difference by grade.

TOBACCO USE



Other Tobacco Use

- Overall, 7.1% of students surveyed reported using chewing tobacco, snuff, or dip on at least one day during the past 30 days, a significant increase from what was reported by students in the 2012 survey.
- Males (9.8%) were significantly more likely than females (3.6%) to report the use of smokeless tobacco.
- Students in the 11th and 12th grades were more likely to report use of smokeless tobacco than students in the 9th and 10th grades.
- » **Students responding to this survey (8.7%) were significantly less likely to report smoking cigars, cigarillos, or little cigars than students across the nation (12.6%).**
- Students in the 11th and 12th grades were more likely to report use of cigars, cigarillos, or little cigars than students in the 9th and 10th grades.
- Although a higher proportion of males than females reported smoking cigars, cigarillos, or little cigars, the difference was not statistically significant.



OTHER TOBACCO USE

Percent of students who:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Used chewing tobacco, snuff, or dip on one or more of the past 30 days	4.0%	7.1%	1.6%	3.5%	13.8%	9.4%	3.6%	9.8%
Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	6.3%	8.7%	2.0%	4.6%	10.5%	17.6%	6.9%	10.4%

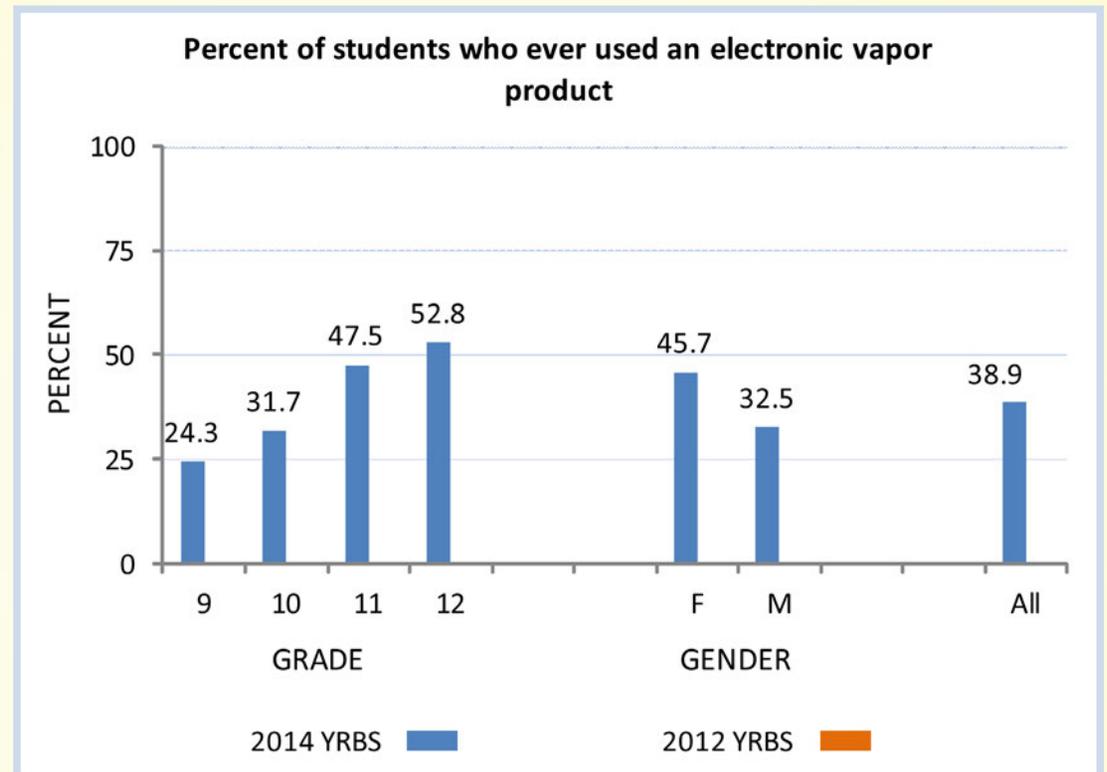
NEW!

Have Ever Used An Electronic Vapor Product

- **Among students responding to the survey, 38.9% reported ever using an electronic vapor product and 25.9% currently use an electronic vapor product.**
- Females (45.7%) were significantly more likely to report ever using an electronic vapor product than males (32.5%).
- Students in the 11th and 12th grades were also more likely to report ever using an electronic vapor product than students in the 9th and 10th grades.
- Overall, students in the 10th – 12th grades were more likely to report current use of a vapor product than students in the 9th grade.



OTHER TOBACCO USE

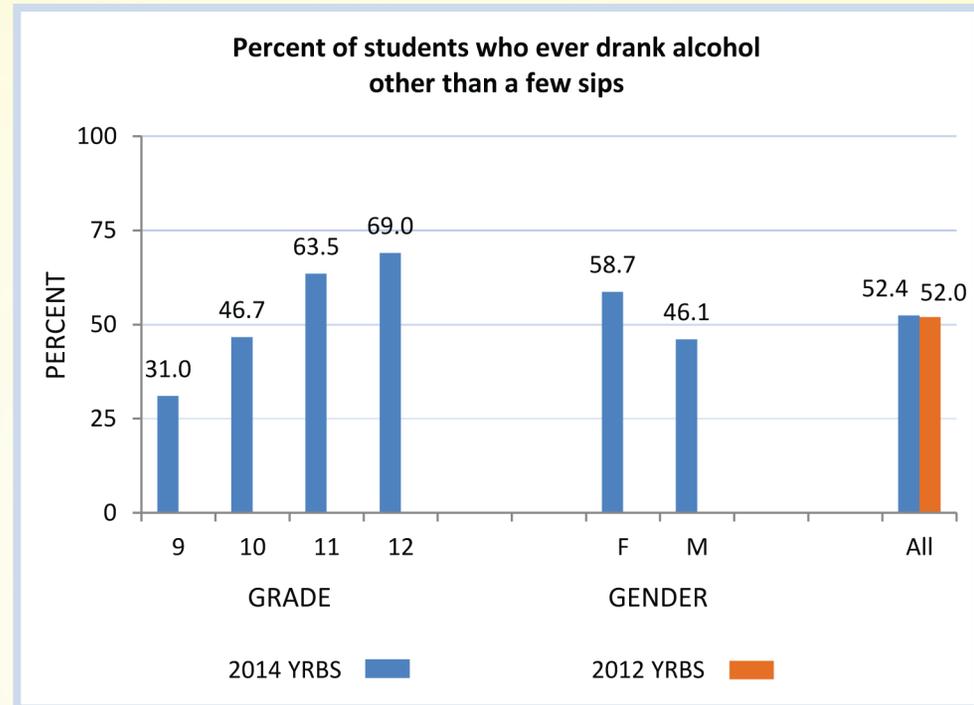


Have Ever Used Alcohol

- » **Over half of the students (52.4%) reported ever drinking alcohol. This result is significantly lower than what is reported among U.S. students (66.2%).**
 - Among students responding to the survey, females (58.7%) were significantly more likely than males (46.1%) to report ever having used alcohol.
 - Ever using alcohol increased significantly among students in the 11th and 12th grades, compared to students in the 9th and 10th grades.
- » **Of students surveyed, 13.6% had their first drink of alcohol (other than a few sips) before their 13th birthday, significantly lower than what is reported nationally (18.6%).** There were no significant differences by gender or grade.



ALCOHOL USE

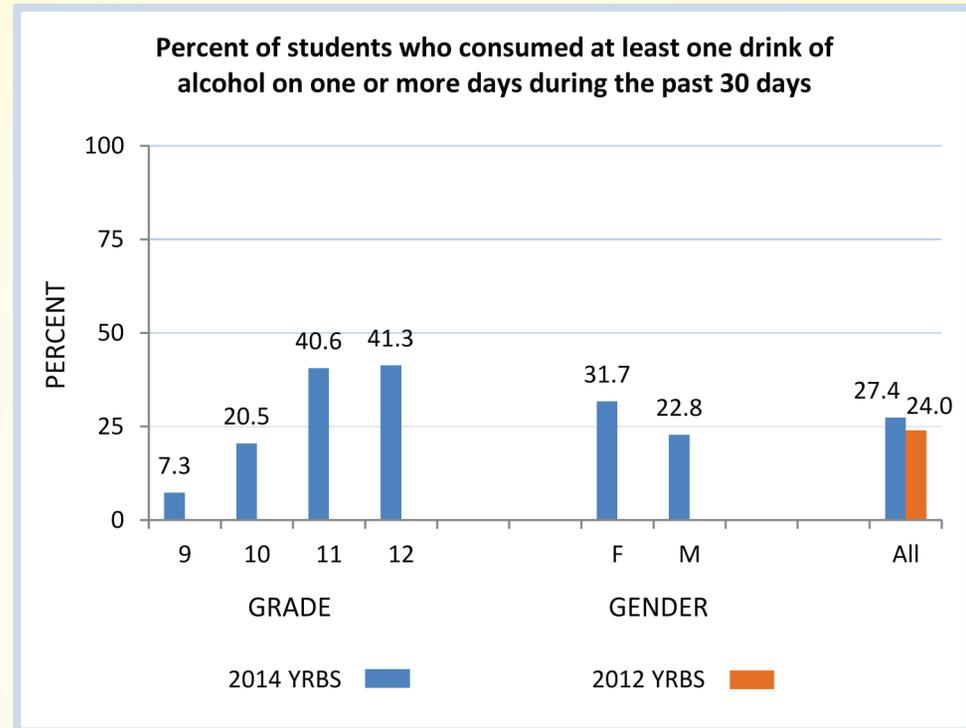


Alcohol Use In The Past 30 Days

» **Over one fourth of the students (27.4%) drank alcohol in the 30 days prior to taking the survey. This result is significantly lower than what is reported by students nationally (34.9%).**

- Females (31.7%) were more likely than males (22.8%) to report the use of alcohol in the past month.
- Students in the 11th and 12th grades were significantly more likely to have used alcohol in the past thirty days than students in the 9th or 10th grades. In addition, students in the 10th grade were more likely than students in the 9th grade to report having used alcohol in the past month.
- The most common types of alcohol used by students who drank in the past month were liquor (43.2%), such as vodka, rum, scotch, bourbon, or whiskey, followed by flavored malt beverages (16.4%) and beer (14.5%).
- Nearly nine in ten students (87.0%) consumed their alcohol either at another person's home (60.7%) or in their own home (26.3%).
- The most common ways that students reported obtaining alcohol included "someone gave it to me" (37.7%) and "I gave someone else money to buy it for me" (24.4%).

ALCOHOL USE

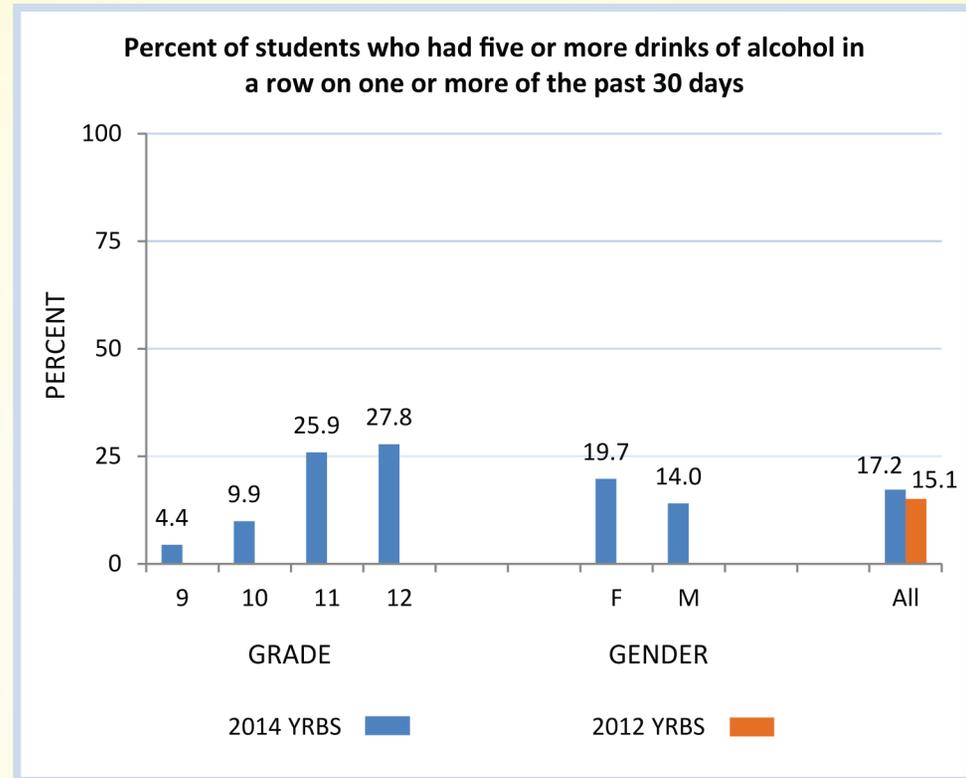


Binge Drinking

- Overall, 17.2% of students reported binge drinking, or having five or more drinks of alcohol in a row in the 30 days before taking the survey.
 - Students in the 11th and 12th grades were significantly more likely to report binge drinking than students in the 9th and 10th grades.
 - There were no statistically significant differences by gender.
- » The proportion of students (2.7%) that reported consuming 10 or more drinks at one time in the past month was significantly less than reported nationally (6.1%).



ALCOHOL USE

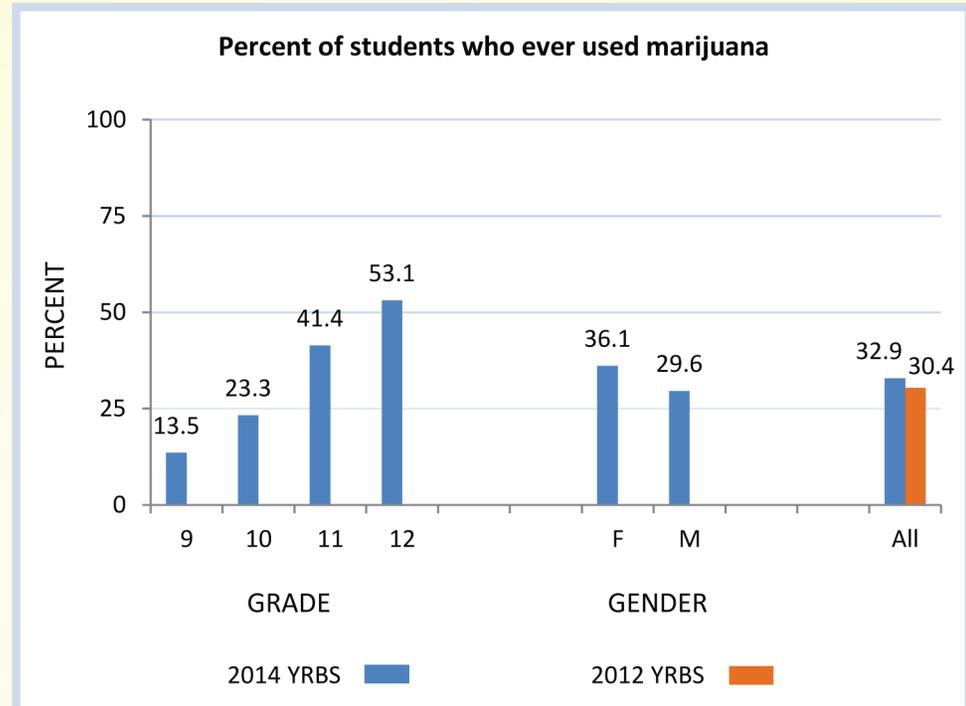


Have Ever Used Marijuana

- » **One third of the students (32.9%) reported ever having used marijuana, significantly less than reported nationally (40.7%), but significantly higher than that reported among students in the state of Nebraska (23.6%).**
- Students in the 11th and 12th grades were significantly more likely than students in the 9th and 10th grades to report ever having used marijuana. There was no significant difference by gender.
- **Of students reporting marijuana use, 6.9% first used marijuana before the age of 13.**
- Students in the 11th grade were significantly more likely than students in the other grades to report having used marijuana before the age of 13.



MARIJUANA USE

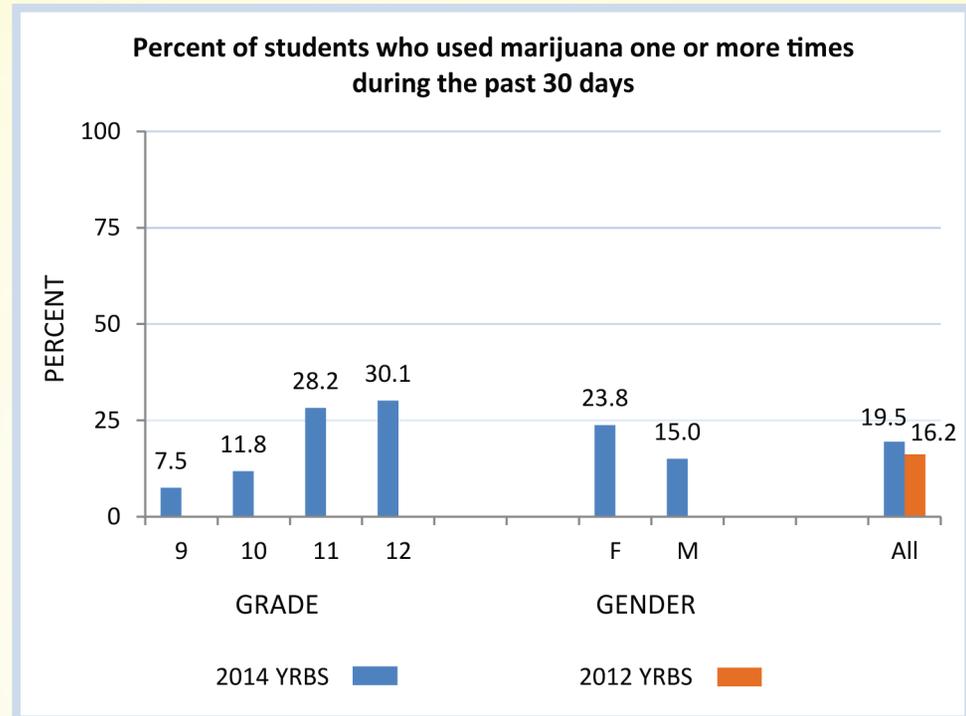


Current Marijuana Use

- **Overall, 19.5% of students surveyed currently use marijuana, a result significantly higher than that seen among students in the state of Nebraska (11.7%).**
- Females (23.8%) were more likely to report current marijuana use than males (15.0%).
- Current marijuana use was significantly higher among students in the 11th and 12th grades in comparison to current usage among students in the 9th and 10th grades.
- Among students who reported marijuana use, 88.8% reported that they smoked it, 8.2% said they consumed it in food or drinks, and 2.2% reported vaporizing it.



MARIJUANA USE

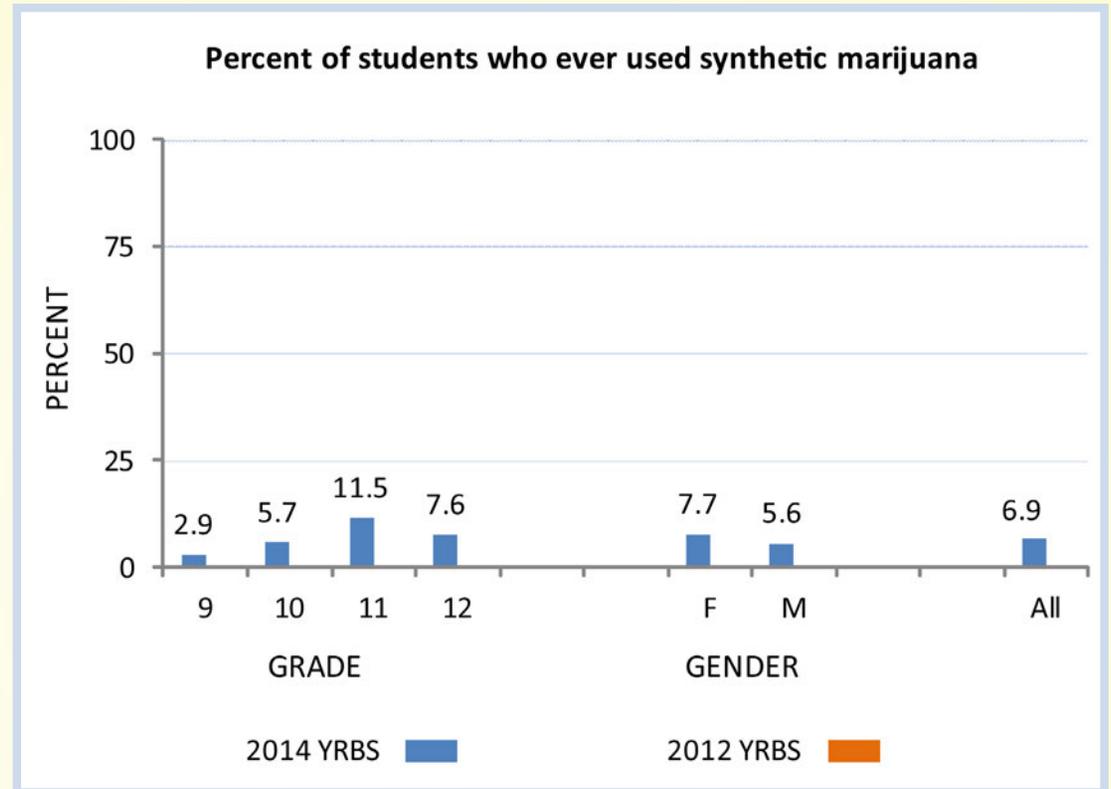


NEW!

Have Ever Used Synthetic Marijuana

- **Overall, 6.9% of the students surveyed reported ever having used synthetic marijuana (also known as K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks).**
- There was no significant difference by gender.
- 11th grade students were more likely to report the use of synthetic marijuana than 9th grade students.

MARIJUANA USE

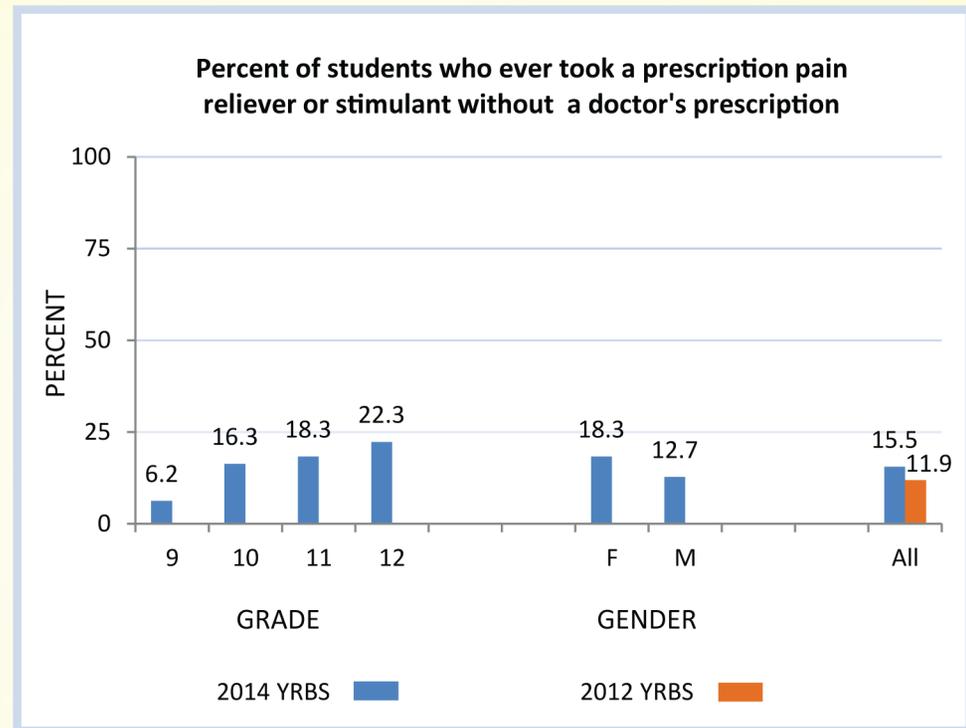


Prescription Drug Use

- **Among students responding to this survey, 15.5% reported ever taking a prescription pain reliever or stimulant not prescribed for them.** This result is significantly higher than that reported among students in Nebraska (10.4%).
- Students in the 10th, 11th and 12th grades were significantly more likely than students in the 9th grade to have ever taken a prescription pain reliever or stimulant without a doctor's order.
- There was no significant difference by gender.
- **Current use (within 30 days) of a prescription pain reliever or stimulant without a doctor's order, was reported by 9.4% of students responding to the survey.**



PRESCRIPTION DRUG USE



Other Drug Use

- Results for students reporting the use of cocaine (6.2%) and methamphetamines (4.6%) were significantly higher than those seen among students in the state of Nebraska (3.2%, 2.0% respectively).
 - Among the respondents, 7.5% reported using inhalants, 6.1% reported using ecstasy, and 2.4% reported using heroin.
 - The use of steroid pills or shots without a doctor's prescription was reported by 3.1% of students responding to the survey.
- » Overall, 3.9% of the students reported using a needle to inject illegal drugs, a result significantly higher than reported among Nebraska (1.9%) or U.S. students (1.7%).



OTHER DRUG USE

Percent of students who:	All 2012	2014		
		All 2014	Gender*	
			Female	Male
Ever used cocaine	4.2%	6.2%	6.7%	5.3%
Ever used inhalants	8.1%	7.5%	9.0%	6.0%
Ever used ecstasy	4.5%	6.1%	7.3%	4.7%
Ever used heroin	1.7%	2.4%	2.2%	2.4%
Ever used methamphetamines	4.3%	4.6%	5.2%	3.7%
Ever used steroids without a doctor's prescription	2.2%	3.1%	3.4%	2.3%
Ever used a needle to inject any illegal drug	3.3%	3.9%	5.0%	2.6%

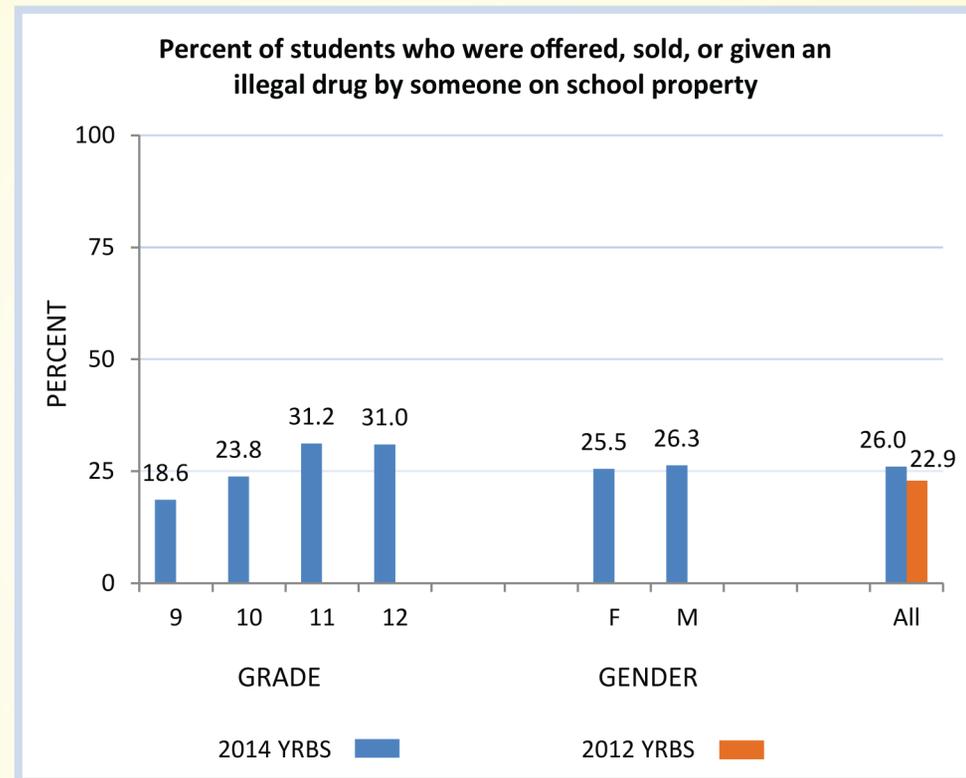
**Numbers too small for grade level breakdown.*

Illegal Drugs on School Property

- **In the past 12 months, 26.0% of the students had someone offer, sell, or give the student an illegal drug on school property, significantly higher than what was reported by students in the state of Nebraska (19.2%).**
- Students in the 11th grade were significantly more likely than students in the 9th grade to have been offered illegal drugs on school property.
- There was no significant difference by gender.



OTHER DRUG USE





YOUTH RISK 2014
BEHAVIOR SURVEY

SEXUAL BEHAVIOR

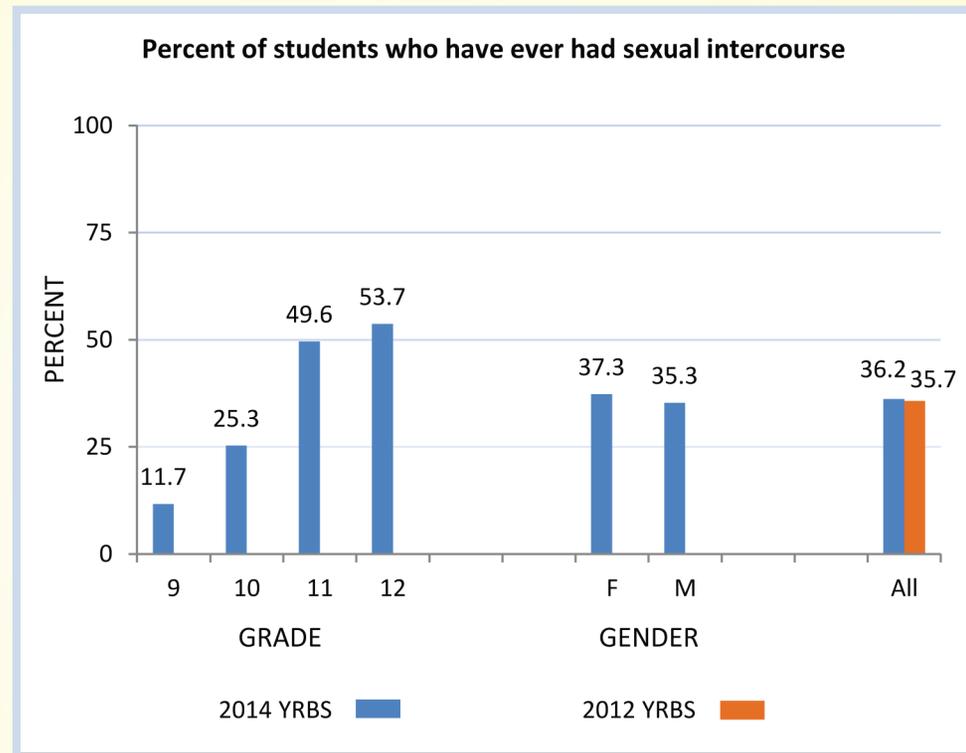
Have Ever Had Sexual Intercourse

» Among students completing the survey, **36.2%** reported that they had ever had sexual intercourse, a result that is significantly lower than what is reported nationally among students (**46.8%**).

- Students in the 11th and 12th grades were significantly more likely to report that they had ever had sexual intercourse in comparison to students in the 9th and 10th grades.
- There was no statistically significant difference by gender.

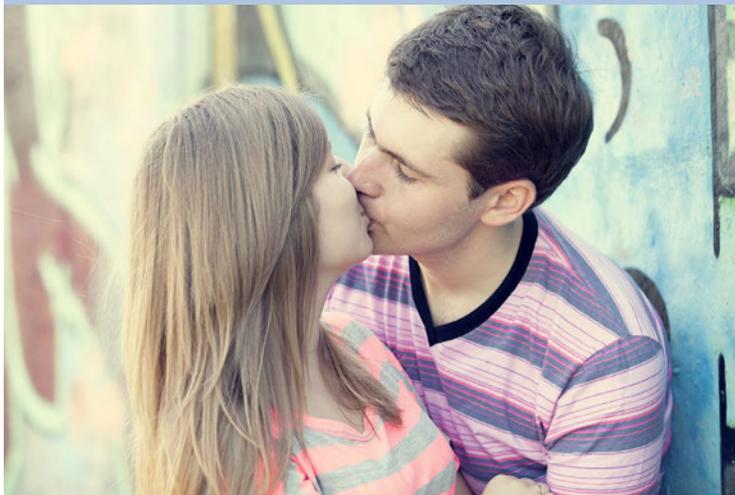


SEXUAL BEHAVIOR

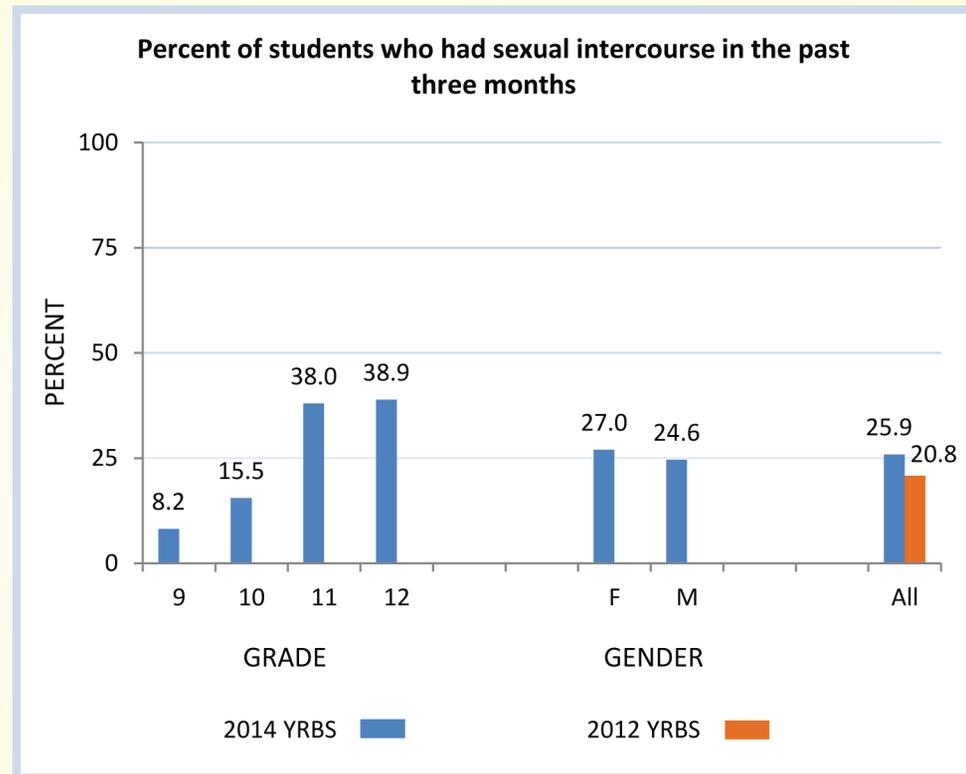


Sexual Intercourse in the Past Three Months

- » **Over one fourth of students (25.9%) had sexual intercourse in the past three months. This result is significantly lower than that reported among students in the U.S. (34.0%).**
- Students in the 11th and 12th grades were significantly more likely to report that they had sexual intercourse in the past three months than those in the 9th and 10th grades.
- There was no statistically significant difference by gender.



SEXUAL BEHAVIOR



Sexual Experience

- **Of all students, 5.5% reported that their first sexual encounter occurred before age 13.**
There were no significant differences by gender or grade.
- » **Less than one in ten students (8.4%) reported having four or more sexual partners during their life. This result is significantly lower than that reported by students nationally (15.0%).**
- Students in the 10th – 12th grades were more likely to report having four or more lifetime sexual partners than students in the 9th grade.
- There was no significant difference by gender.



SEXUAL BEHAVIOR

Percent of students who:	All 2012	All 2014	2014	
			Gender*	
			Female	Male
First had sexual intercourse before age 13	5.3%	5.5%	3.9%	6.9%
Had sexual intercourse with four or more persons during their life	10.6%	8.4%	7.0%	9.8%

**Numbers too small for grade level breakdown.*

Sexual Experience

- **Nearly one in four (23.4%) sexually active students used alcohol or drugs prior to their last sexual intercourse.** There were no significant differences by gender or grade.
- **Nearly six in ten sexually active students (58.6%) used condoms during their most recent sexual experience.** There were no significant differences by gender or grade.

SEXUAL BEHAVIOR

Percent of students who:	All 2012	All 2014	2014					
			Grade				Gender	
			9th	10th	11th	12th	Female	Male
Used drugs or alcohol before their last sexual intercourse	20.3%	23.4%	29.6%	15.9%	28.4%	19.5%	23.0%	23.6%
Used a condom during their most recent sexual experience	61.2%	58.6%	70.1%	68.0%	63.7%	45.0%	59.2%	57.6%



Pregnancy Prevention

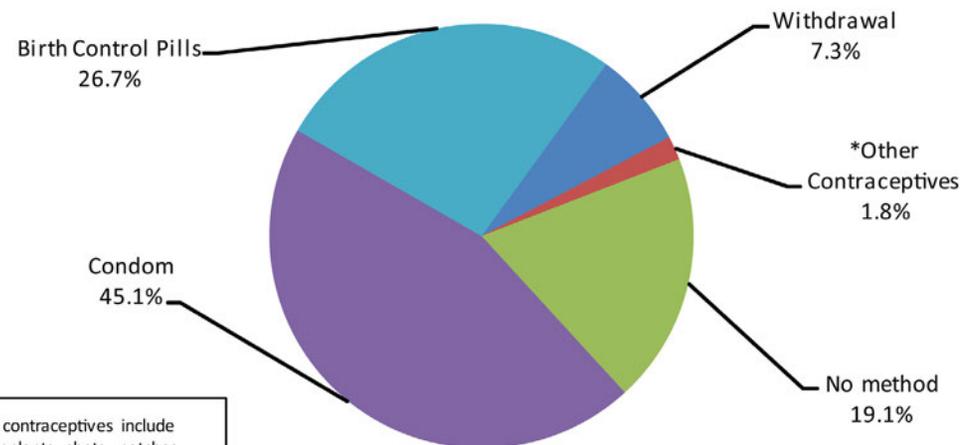
- **The last time they had sexual intercourse, students most often reported that they used condoms (45.1%), birth control pills (26.7%), withdrawal (7.3%), or other prescription contraceptives* (1.8%) as their primary method of pregnancy prevention.**
- **No method of pregnancy prevention was used by 19.1% of the students.**

*Other prescription contraceptives include IUDs, implants, shots, patches or birth control rings.



SEXUAL BEHAVIOR

Primary pregnancy prevention method reported by students for the last time they had sexual intercourse



*Other contraceptives include IUDs, implants, shots, patches, or birth control rings.

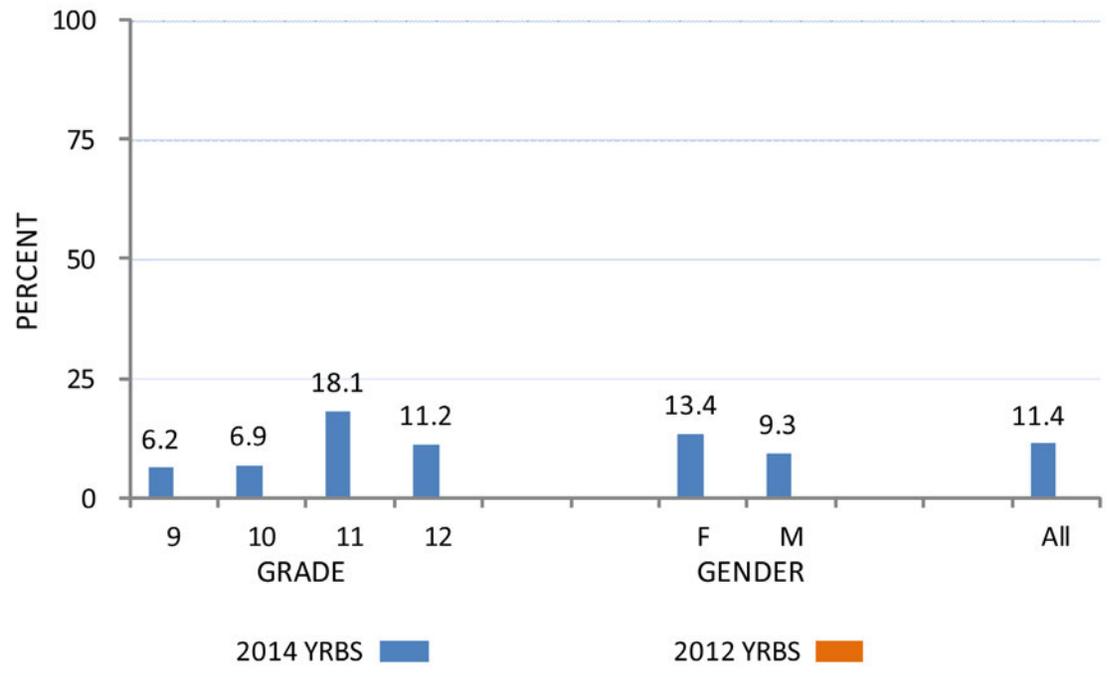
NEW!

HIV Testing

- **More than one in ten students (11.4%) reported that they had been tested for HIV, the virus that causes AIDS.**
- Students in the 11th grade were more likely to report being tested than students in the 9th, 10th, and 12th grades.
- There was no significant difference by gender.

SEXUAL BEHAVIOR

Percent of students who have ever been tested for HIV, the virus that causes AIDS





YOUTH RISK 2014
BEHAVIOR SURVEY

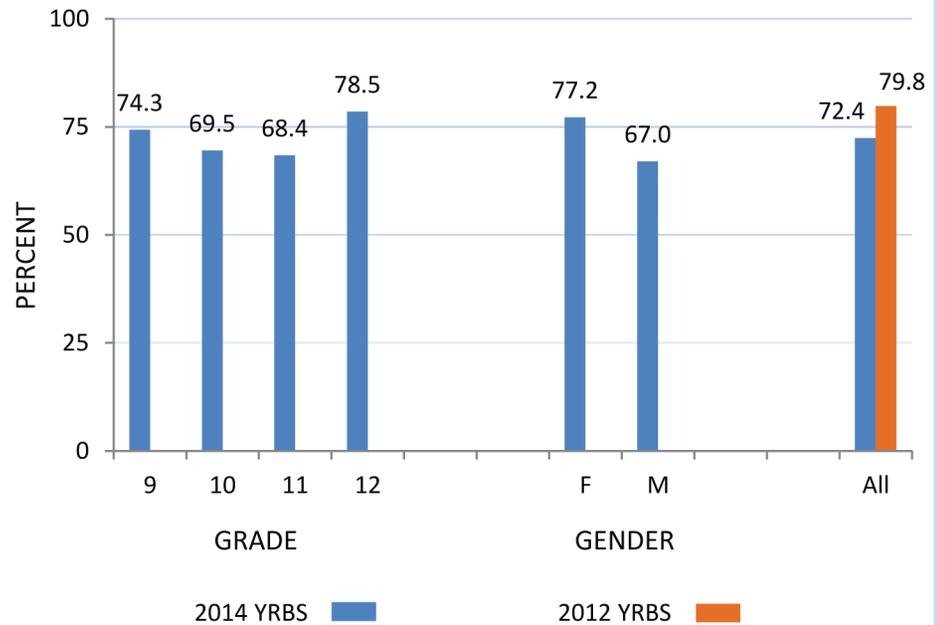
OTHER SELECTED INDICATORS

Dental Visits

- Overall, 72.4% of the students had been to see a dentist in the past 12 months.
- There were no significant differences by gender or grade.

DENTAL VISITS

Percent of students who saw a dentist for a check-up, exam, teeth cleaning or other dental work in the past 12 months

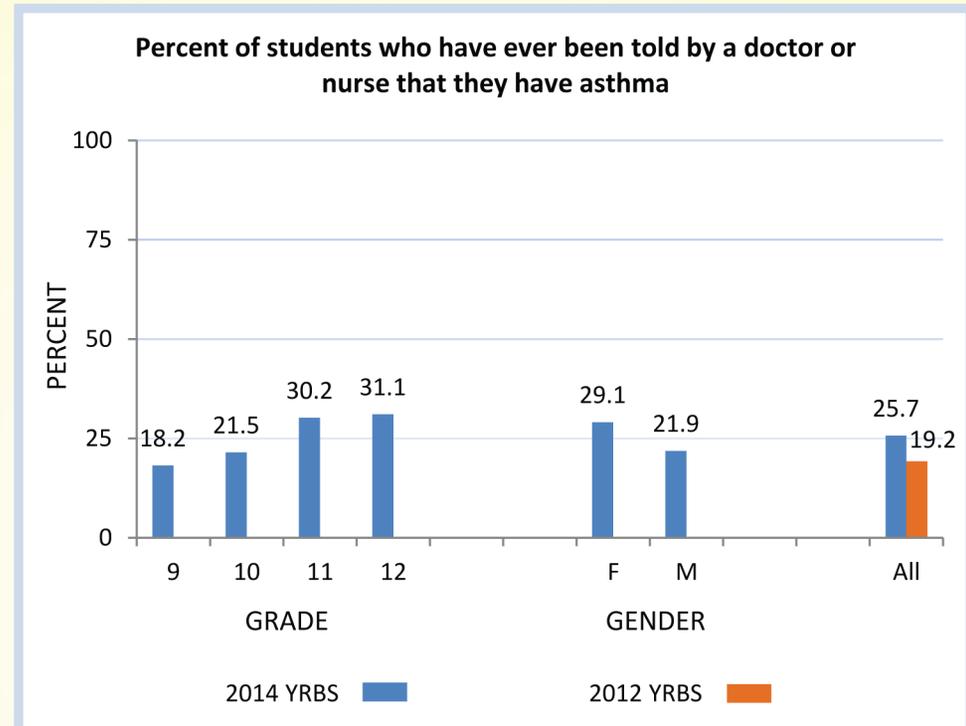


Asthma

- **Of students responding to the survey, 25.7% have ever been told by a doctor or nurse that they have asthma, significantly higher than reported by students in the state of Nebraska (16.9%).**
- There were no statistically significant differences by gender or grade.



ASTHMA

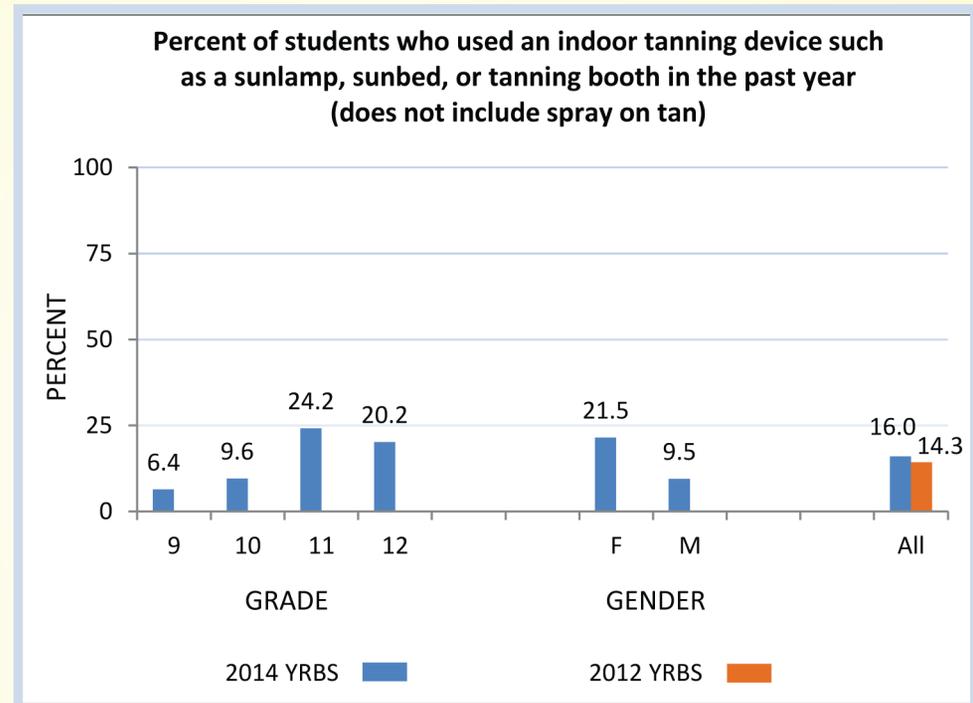


Indoor Tanning Device Use

- **Of students responding to the survey, 16.0% had used an indoor tanning device such as a sunlamp, sunbed, or tanning booth in the past year (does not include spray-on tan).**
- Females (21.5%) were significantly more likely to have used such a device than males (9.5%).
- Students in the 11th and 12th grades were significantly more likely to have used an indoor tanning device in the past year than students in the 9th grade.



INDOOR TANNING DEVICES



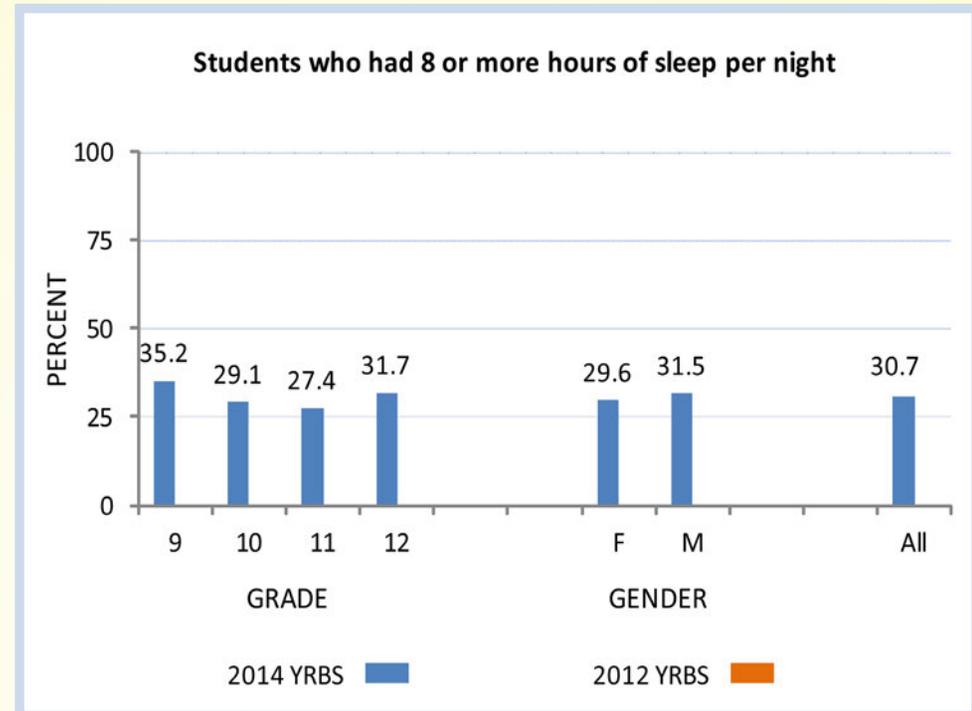
NEW!

Sleep

- **Overall, 30.7% of students responding to the survey reported that on an average school night they get eight or more hours of sleep.** There were no significant differences by gender or grade.
- Four or less hours of sleep was reported by 7.4% of the students.
- Other students reported getting either 5 – 6 hours (32.5%) or 7 hours (29.5%) of sleep on an average school night.



SLEEP



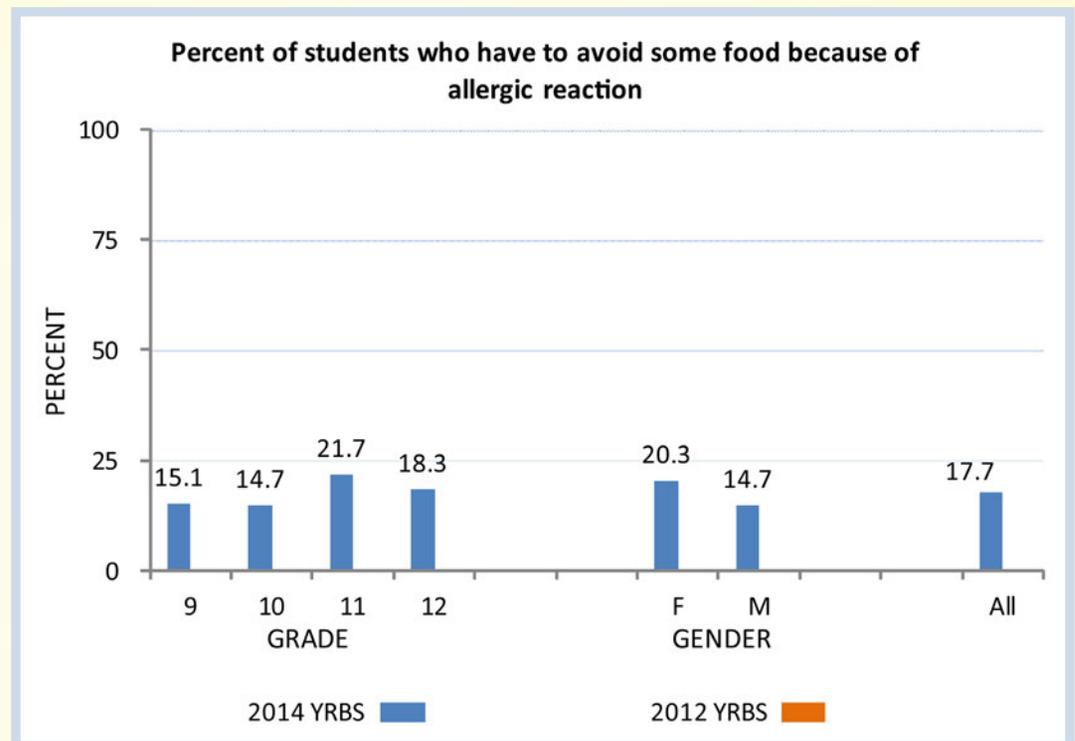
NEW!

Allergic Reactions

- Among students responding to the survey, **17.7% reported having to avoid some foods because the food could cause an allergic reaction (skin rash, swelling, itching, vomiting, coughing, or trouble breathing).**
- There were no significant differences between gender or grade.



ALLERGIC REACTIONS



NEW!

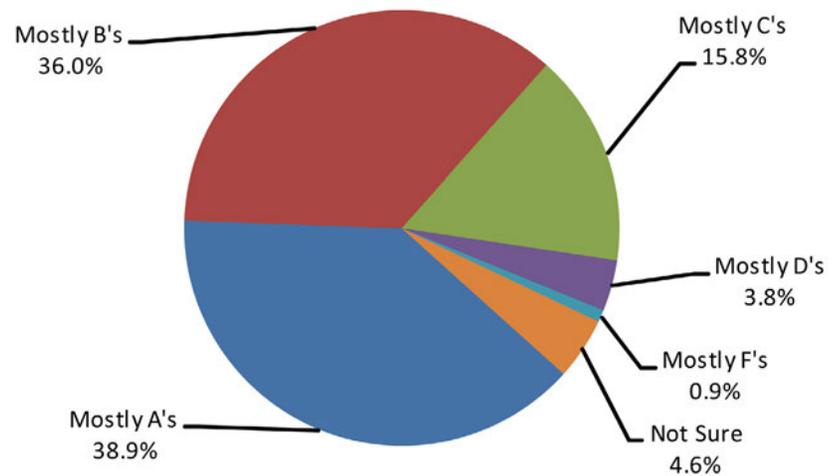
Grades

- **Three quarters (74.9%) of the students described their grades in school as mostly A's and B's.**
- Of students responding to the survey, 15.8% described their grades as "mostly C's" and 4.7% described them as "mostly D's and F's".



GRADES

Students who described their grades in school as:



METHODOLOGICAL NOTES

The Douglas County Youth Behavior Risk Survey (YRBS) was conducted during the fall of 2014 in all 16 public high schools. A sample of classrooms in each school was selected based on a multi-stage, cluster sample survey design. Of the 2,296 students in the sampled classrooms, 1,100 students returned parental consent forms and completed the anonymous, self-administered survey, for a response rate of 48%. The results were weighted to account for non-response and to try to more closely represent the county's public high school population. However, the response rate for this survey was not high enough for the results to be generalized to the entire Douglas County high school population. Therefore, the results should only be used to describe behaviors of those students who completed the survey.

Any changes that occur in future years may not represent true changes in behavior of all Douglas County public school students when compared to this 2014 sample. True changes in behavior can only be assessed when comparing survey samples in which

both have a high enough response rate to be generalized to the population of interest. However, we can still gain valuable insight into the risk behaviors reported by students. Statistical significance was determined by comparing 95% confidence intervals for subgroups of the surveyed students and for students nationwide and in Nebraska. Any difference mentioned in the text is statistically significant unless otherwise noted.

All student surveys included questions about tobacco, weight, nutrition, physical activity, physical fighting/bullying, and alcohol/drug use. The surveys of 68% of the students also included sections on mental health/suicide, dating/sexual violence, and sexual behavior. The following table summarizes the demographics of the surveyed students compared to the total Douglas County public school population.

	2014 Unweighted Sample (Short Version Without Mental Health/Sexual Behavior/Violence)	2014 Unweighted Sample (All Questions Including Mental Health/Sexual Behavior/Violence)	All Douglas County Public High School Students (2014-2015)
Total	1,100 (100%)	746 (100%)	26,264 (100%)
Gender			
Male	512 (47%)	347 (47%)	13,514 (51%)
Female	583 (53%)	395 (53%)	12,750 (49%)
Race/Ethnicity			
White, Non-Hispanic	722 (66%)	432 (58%)	14,595 (56%)
Black, Non-Hispanic	94 (9%)	83 (11%)	3,967 (15%)
Hispanic	175 (16%)	148 (20%)	5,308 (20%)
Other	109 (10%)	83 (11%)	2,394 (9%)



YOUTH RISK 2014
BEHAVIOR SURVEY

www.douglascountyhealth.com