

# DANVERS HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY

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2008 FINAL REPORT

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## INTRODUCTION AND SURVEY METHODS

The Youth Risk Behavior Survey (YRBS) is conducted at a national and state level every two years and monitors the behaviors of high school teens that are related to the leading causes of morbidity and mortality among youth and young adults. The Danvers High School 2008 YRBS was adapted from the state's 2005 survey and administered in the winter of 2008. In total, 822 teens in grades 9, 10, 11 and 12 participated in this voluntary and anonymous survey for a response rate of 82.8%; 810 valid surveys were analyzed.

## METHODS

Many of the 2008 Danvers High School Youth Risk Behavior Survey questions were taken from the 2005 Massachusetts Youth Risk Behavior Surveys. Please see Appendix A on the attached CD for a copy of the survey instrument.

The survey was administered to Danvers High School students in grades 9, 10, 11 and 12 during March 2008. Staff administering the survey were instructed to remind students of the importance and value of the data, and to answer honestly. Instructions were read aloud to the students, affirming that the survey was voluntary and anonymous. Please see Appendix B on the attached CD for the CDC's paper, "Do Students Tell the Truth on the YRBS?".

A total of 822 surveys were completed. After thorough data cleaning, 12 surveys were removed from the analysis due to invalid age and exaggerated substance use. Please see Appendix C on the attached CD for data cleaning process employed by the Northeast Center for Healthy Communities.

<b>Grade</b>	<b>Number Surveyed</b>	<b>Number Enrolled</b>	<b>Response Rate</b>
9 <sup>th</sup>	222	252	88%
10 <sup>th</sup>	236	268	88%
11 <sup>th</sup>	175	229	77%
12 <sup>th</sup>	177	244	73%
<b>Total</b>	<b>810</b>	<b>993</b>	<b>82%</b>

Because only those respondents in 9<sup>th</sup> or 12<sup>th</sup> grades were included in the final Danvers High School analysis in 2006, only 9<sup>th</sup> and 12<sup>th</sup> grades were included in comparisons for 2006 and 2008.

Results were compared by gender and grade. Percents used for Danvers 2008 data are percent of total students in the sample (810) unless otherwise indicated.

## 2008 Survey Results

### Tobacco Use

- Less than half (35%) of Danvers High School 9<sup>th</sup> and 12<sup>th</sup> grade students reported lifetime cigarette use down from (48%) in 2006.
- Danvers High School students (grades 9 – 12) reported life time cigarette use (39%) at a lower rate than the state (46%).
- Fifteen percent (15%) of Danvers High School students (grades 9 – 12) reported current use of cigars, cigarillos or little cigars which is comparable to the state rate (18%).

### Alcohol Use

- Less than half (42%) of all Danvers High School 9<sup>th</sup> and 12<sup>th</sup> grade students drank alcohol on at least one of the 30 days prior to the survey, less than 2006 rate of 55%.
- Danvers High School students (grades 9 – 12) reported current alcohol use at a comparable rate (45%) to the state average (46%).
- Twenty-eight percent (28%) of all Danvers High School 9<sup>th</sup> and 12<sup>th</sup> grade students binge drank during the 30 days prior to the survey, less than the 2006 rate of 39%.
- Danvers High School students (grades 9 – 12) reported binge drinking at a slightly higher rate (31%) than the state average (28%).

### Marijuana and Other Drug Use

- Thirty-five percent (35%) of Danvers High School 9<sup>th</sup> and 12<sup>th</sup> grade students reported lifetime marijuana use which is lower than the 2006 rate (48%).
- Danvers High School students (grades 9 – 12) reported ever using marijuana in their lifetime (39%) at a slightly lower rate than the state average (41%).

- Ecstasy (8%), cocaine (7%), and inhalants (5%) had the highest reported lifetime use among Danvers High School 9 – 12<sup>th</sup> graders after marijuana.
- Danvers High School 12<sup>th</sup> graders reported illegal use of prescription pain relievers (16%) at three times a higher rate than Danvers High School 9<sup>th</sup> graders (5%).
- Ten percent (10%) of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) reported illegal use of over the counter medications such as cough or cold syrup, twelve percent (12%) reported using Prescription pain relievers, twelve percent (12%) reported using prescription tranquilizers and prescription stimulants.

### Violence Related Behaviors and Experiences

- Eleven percent (11%) of Danvers High School teens reported being in a physical fight on school property in the past 12 months, which is slightly higher than nine percent (9%) across the state.

### Suicidal Thinking and Behavior

- Twelve percent (12%) of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) reported attempting suicide in the 12 months before the survey. This rate is statistically significantly higher than the state rate of eight percent (8%).

### Behaviors Related to Unintentional Injuries

- Nine percent (9%) of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) never or rarely wear a seat belt when riding in a car driven by someone else, lower than the state (15%).
- In the 30 days prior to the survey, thirteen percent (13%) of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) reported driving when they had been drinking alcohol, which is comparable to the state rate of eleven percent (11%).

## Sexual Behaviors and HIV/AIDS Prevention

- Forty-two percent (42%) of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) reported ever having had sexual intercourse which is comparable to the state average (44%).
- Of the teens who reported recent sexual intercourse, 63% used a condom during their last sexual intercourse. (State rate not available.)
- Five percent (5%) of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) reported sexual intercourse before the age of 13 which is comparable to the state average (6%).

## Dietary Behaviors, Weight Control and Physical Activity

- Although only 6% of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) were overweight according to BMI, almost a third (32%) believed they were slightly or very overweight, similar to the state rate of 29%.
- Females (70%) were considerably more likely to report trying to lose weight than males (29%).
- Nearly two-thirds (63%) of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) participated in vigorous physical activity for at least 20 minutes on three or more of the seven days prior to the survey (regular vigorous activity), the same rate as the state.

## Gambling

- Forty-four percent (44%) of Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) reported that they played the lottery or scratch tickets at least a few times in the past year. Another thirty-three percent (33%) reported that they played the lottery or scratch tickets at least a few times in the past year.

## Resiliency

- Most (85%) Danvers High School students (9<sup>th</sup> – 12<sup>th</sup> grade) reported that they have a parent or other adult family member to whom they can talk about things that were important (perceived family support).
- Seventy-eight percent (78%) of Danvers High School 12<sup>th</sup> graders reported perceived teacher support, whereas only 53% of Danvers High School 10<sup>th</sup> graders reported perceived teacher support.

## HIGH SCHOOL EXECUTIVE SUMMARY RECOMMENDATIONS

The Youth Risk Behavior Survey is a useful tool to address issues that affect youth on a community-level basis. It is important to stress that these issues, while measured in the school setting, are community issues and are best addressed through collaborative community efforts. Regardless of the programs or curricula the community selects to address some of these issues, they should be science-based and address all facets of the issue (community, individual, school, family, peers, prevention, intervention, treatment, etc.).

The following are some options that could be considered:

- Continue efforts already in place in the community and in the school that address youth smoking (e.g. enforcement of local policies including regular compliance checks, review and enforcement of school policy), alcohol use and other drug use.
- Review community norms around underage drinking and risk taking behaviors to determine attitudes among adults when it comes to underage drinking.
- Consider implementing a school-based substance abuse prevention model program. For more information go to <http://modelprograms.samhsa.gov>.
- Encourage all adults in the community to get involved with teens in Danvers.
- Consider doing educational forums for students and their parents regarding gambling and gambling addiction and/or implement a gambling curriculum such as the one being designed by Harvard's Division on Addiction. For more information go to: [http://www.divisiononaddictions.org/html/facingtheodds\\_form.htm](http://www.divisiononaddictions.org/html/facingtheodds_form.htm).

- Consider implementing a survey with adults (parents and teachers) to learn more about community norms around risk-taking behaviors among youth and strategies for prevention.
- Review school policies and enforcement regarding harassment and bullying on school property. A bullying prevention curriculum and/or sexual harassment training may be appropriate for both teens and staff.
- Continue promoting available resources for teen suicide prevention issues; partner with state or local programs.
- Consider implementing informational sessions for students and parents about the risks and warning signs of teen suicide.
- Consider developing a social campaign targeted towards high school age students about the risks of illegal use of prescription and over-the-counter medications.
- Continue to survey 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grade students in coming years and compare data to 2008 results and to the most recent state data.

# DEFINITIONS

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## TOBACCO USE:

Lifetime cigarette smoking: ever tried cigarette smoking, even one or two puffs.

Early initiation of cigarette smoking: smoked first whole cigarette before age 13.

Past 30 day cigarette smoking: smoked cigarettes on at least one of the 30 days prior to the survey.

Past 30 day smokeless tobacco use: used smokeless tobacco (chewing tobacco, snuff, or dip) on at least one of the 30 days prior to the survey.

Past 30 day cigar use: smoked cigars, cigarillos, or little cigars on at least one of the 30 days prior to the survey.

## ALCOHOL USE:

Lifetime alcohol use: any consumption of alcohol during one's life, except for religious purposes.

Early initiation of alcohol use: consumption of first alcoholic drink before age 13.

Past 30 day alcohol use: consumed one or more alcoholic drinks on at least one of the 30 days prior to the survey.

Binge drinking: consumed five or more alcoholic drinks in a row, within a couple of hours, on at least one of the 30 days prior to the survey.

## MARIJUANA AND OTHER DRUG USE:

Lifetime marijuana/other drug use: any use of marijuana/other drug during one's life.

Early initiation of marijuana use: first use of marijuana before age 13.

Past 30 day marijuana use: use of marijuana on at least one of the 30 days prior to the survey.

Prescription pain reliever use: use of a prescription pain reliever, such as Oxycontin, Vicodin, Percocet, or Tylenol with codeine that was not prescribed to the user by a doctor.

Prescription stimulant use: use of a prescription stimulant, such as Ritalin or Adderall that was not prescribed to the user by a doctor.

Prescription tranquilizer use: use of a prescription tranquilizer, such as Xanax, Valium, Ambien or Klonopin that was not prescribed to the user by a doctor.

OTC medications: use of any over-the-counter medications, such as cough or cold syrups to get high.

Other illegal drug use (lifetime): use of any other type of illegal drug such as LSD, PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB.

Inhalant use: sniffed glue, breathed aerosol spray, or inhaled paints or sprays to get high at least once in one's lifetime.

Past 30 day inhalant use: sniffed glue, breathed aerosol spray, or inhaled paints or sprays to get high on at least one of the 30 days prior to the survey.

Past 30 day illegal drug use other than marijuana or inhalant use: use of any illegal drug other than marijuana or inhalants including drugs such as cocaine, heroin, methamphetamines, or ecstasy on at least one of the 30 days prior to the survey.

## **SEXUAL BEHAVIORS AND HIV/AIDS PREVENTION**

Lifetime sexual intercourse: sexual intercourse ever in one's lifetime.

## **PHYSICAL ACTIVITY**

Regular vigorous activity: participated in physical activity for at least 20 minutes that made respondent sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar activities on three or more of the past seven days.

Regular moderate activity: participated in physical activity for at least 30 minutes that did not make respondent sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors on three or more of the past seven days.

Regular strength training: participated in exercises to strengthen or tone muscles, such as push-ups, sit-ups or weight lifting on three or more of the past seven days.

## **PROTECTIVE FACTORS**

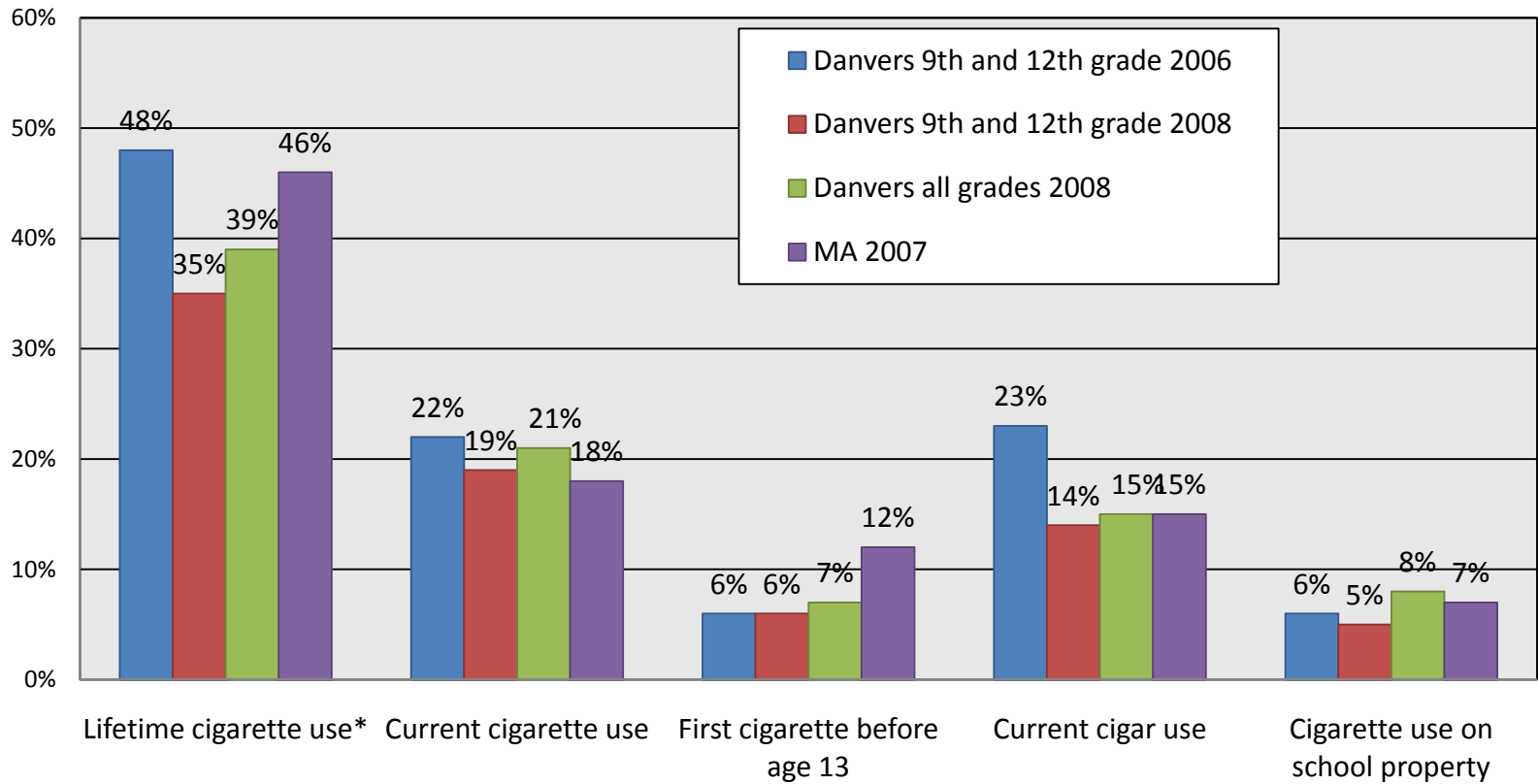
Perceived family support: has at least one adult family member with whom they could talk to about things that were important to them.

Perceived teacher support: has at least one teacher or other adult in the school with whom they could talk to about things that were important to them.

Participation in organized activities: participated in organized after school, evening or weekend activities such as school clubs, community center groups, music/art/dance lessons, drama, church, or other supervised activities on at least one of the past 7 days.

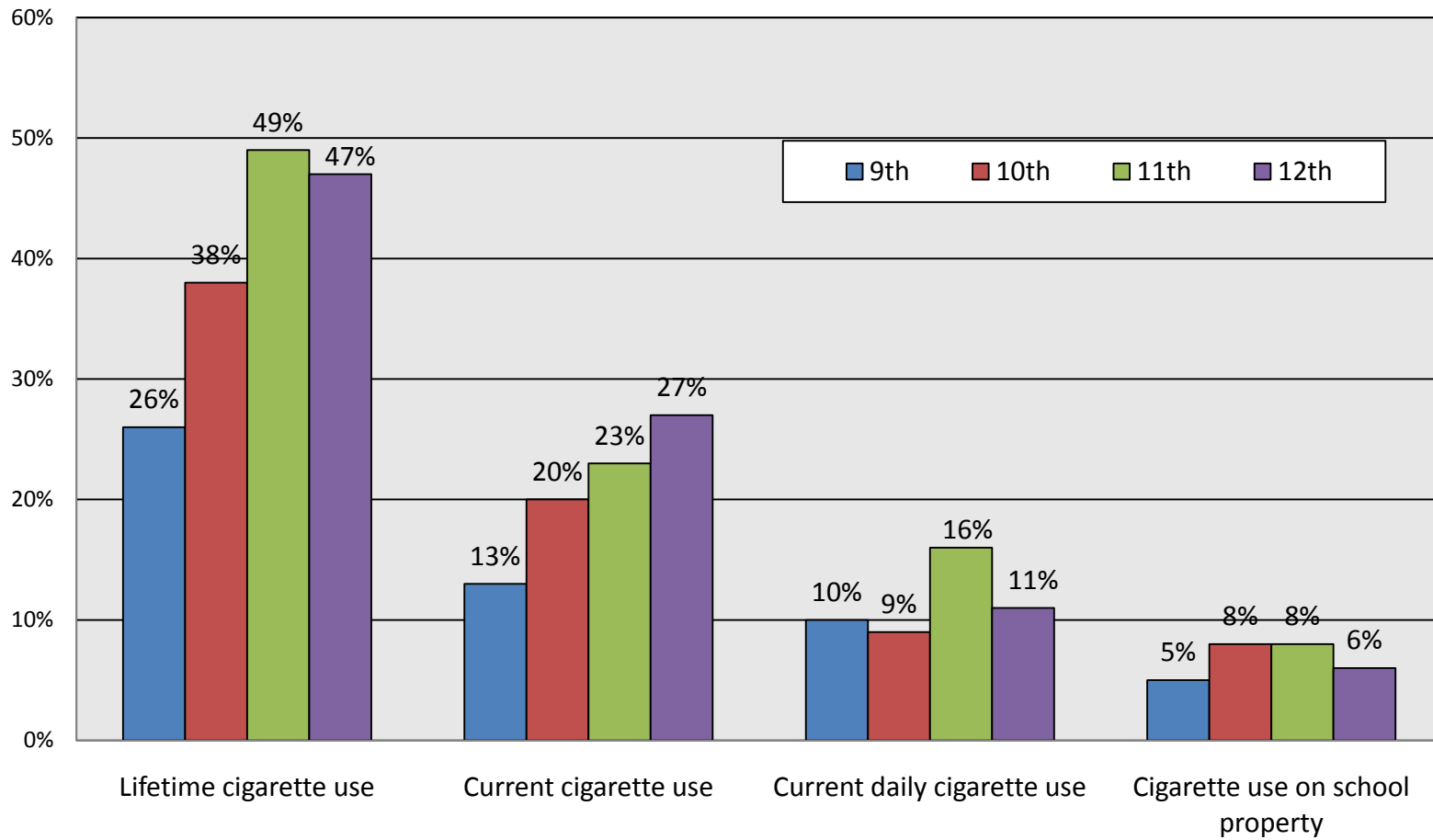
Volunteer work: participated in at least one hour of volunteer work, community service or helping people outside of home without getting paid in the past month. Does not include community service that is required as punishment/restitution.

## Tobacco Use Among Danvers High School Teens, 2008

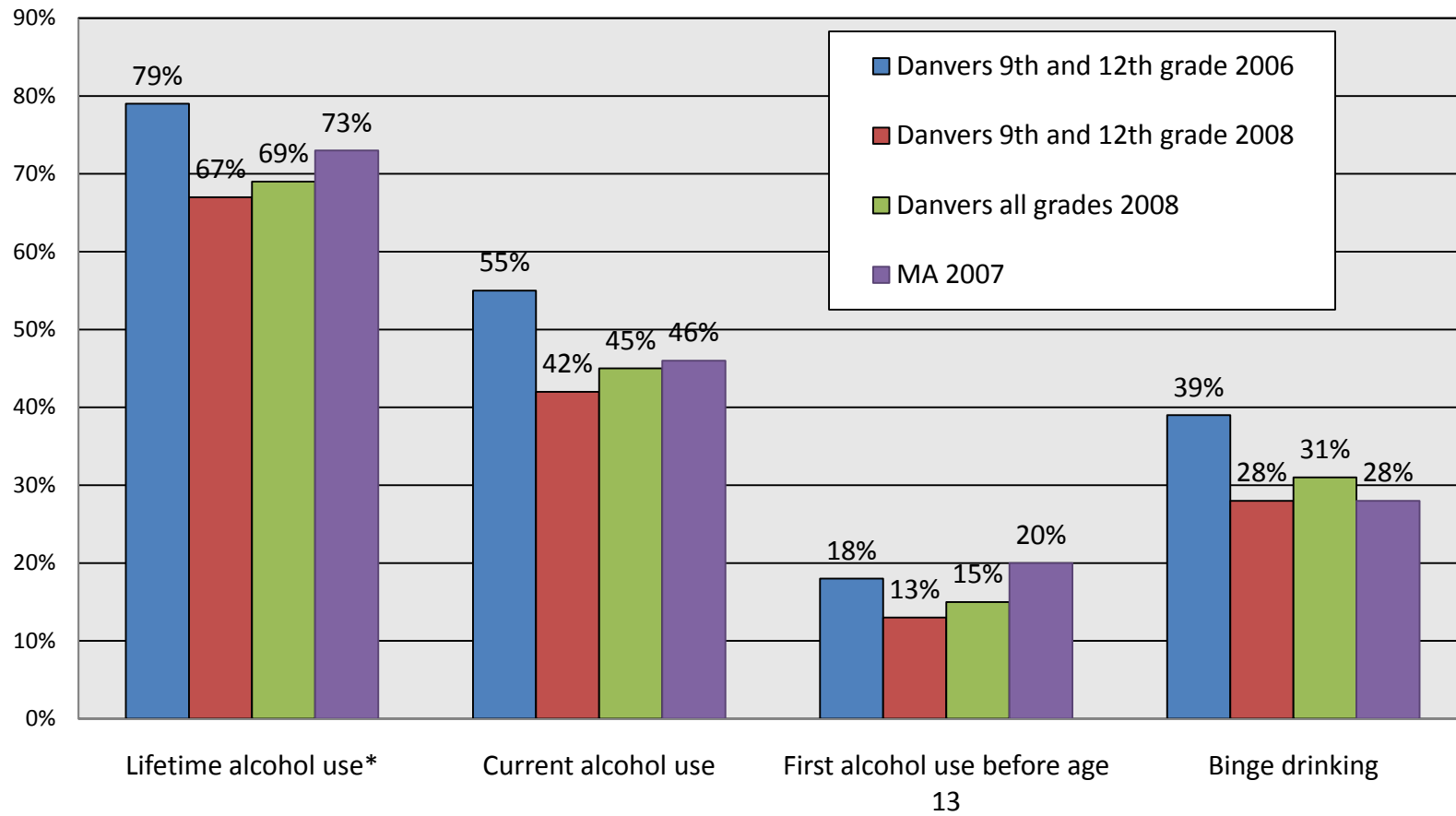


\* Ever tried cigarette smoking, even one or two puffs, \*\*

## Tobacco Use Among Danvers High School Teens by Grade, 2008

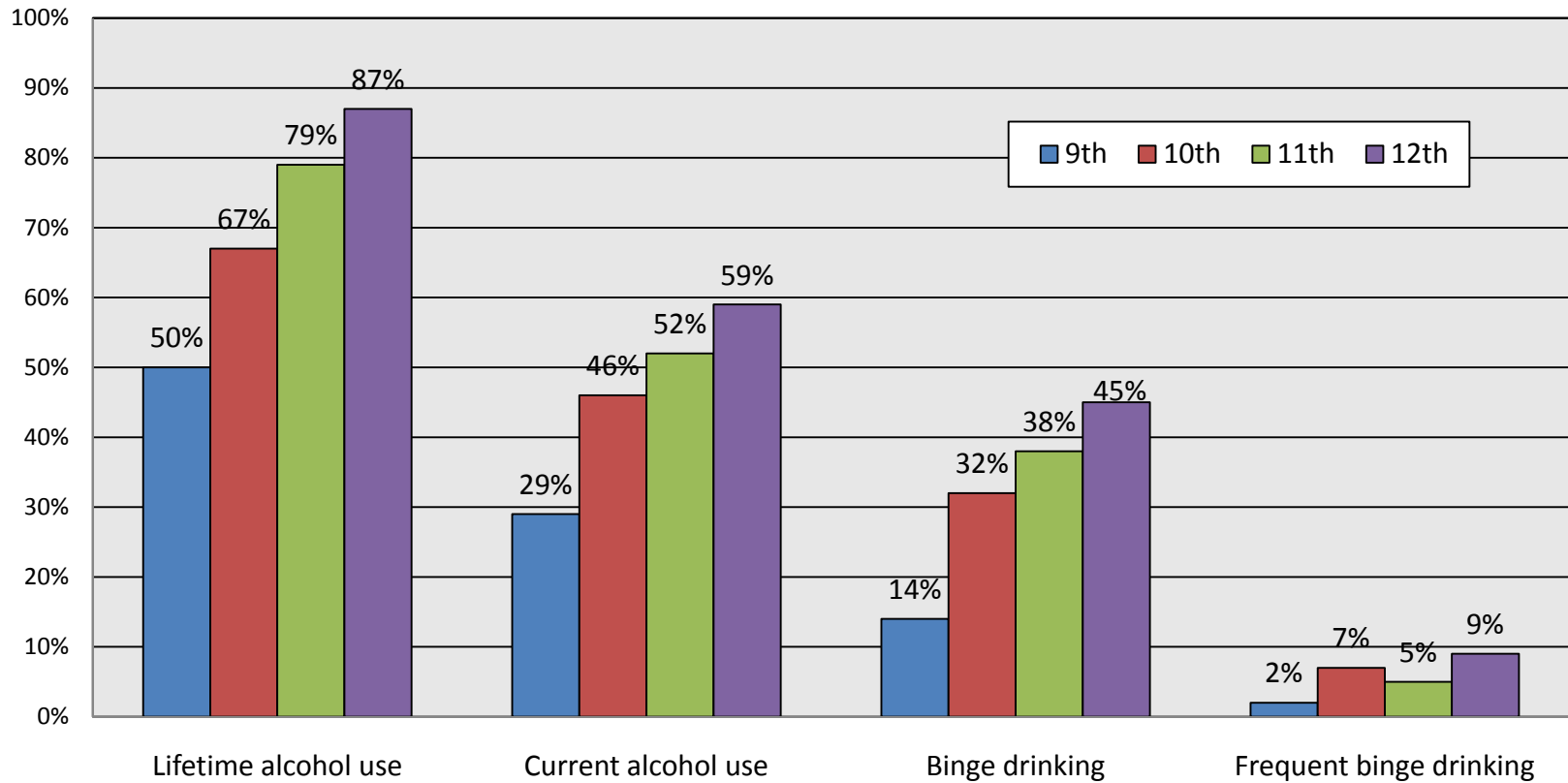


## Alcohol Use Among Danvers High School Teens, 2008

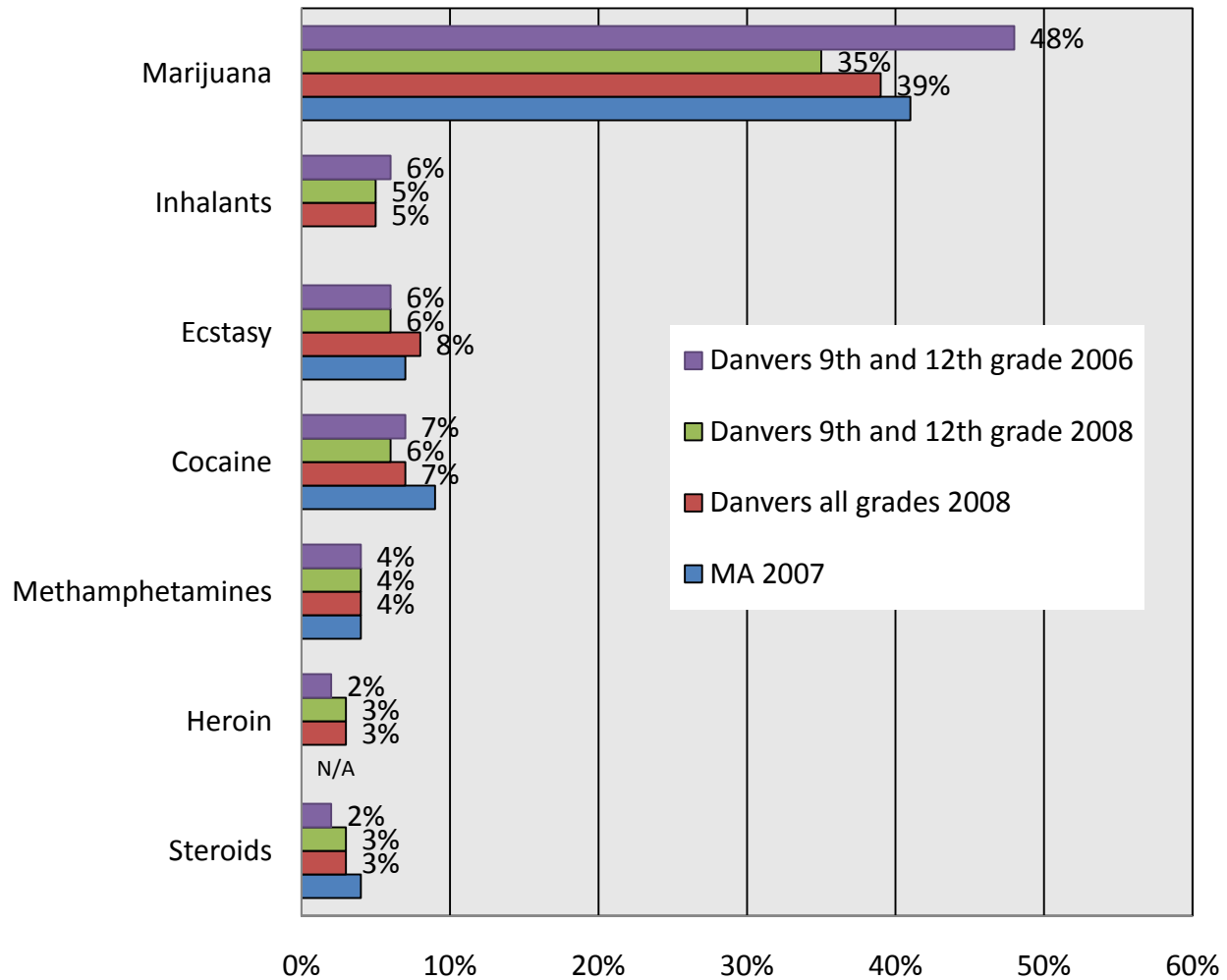


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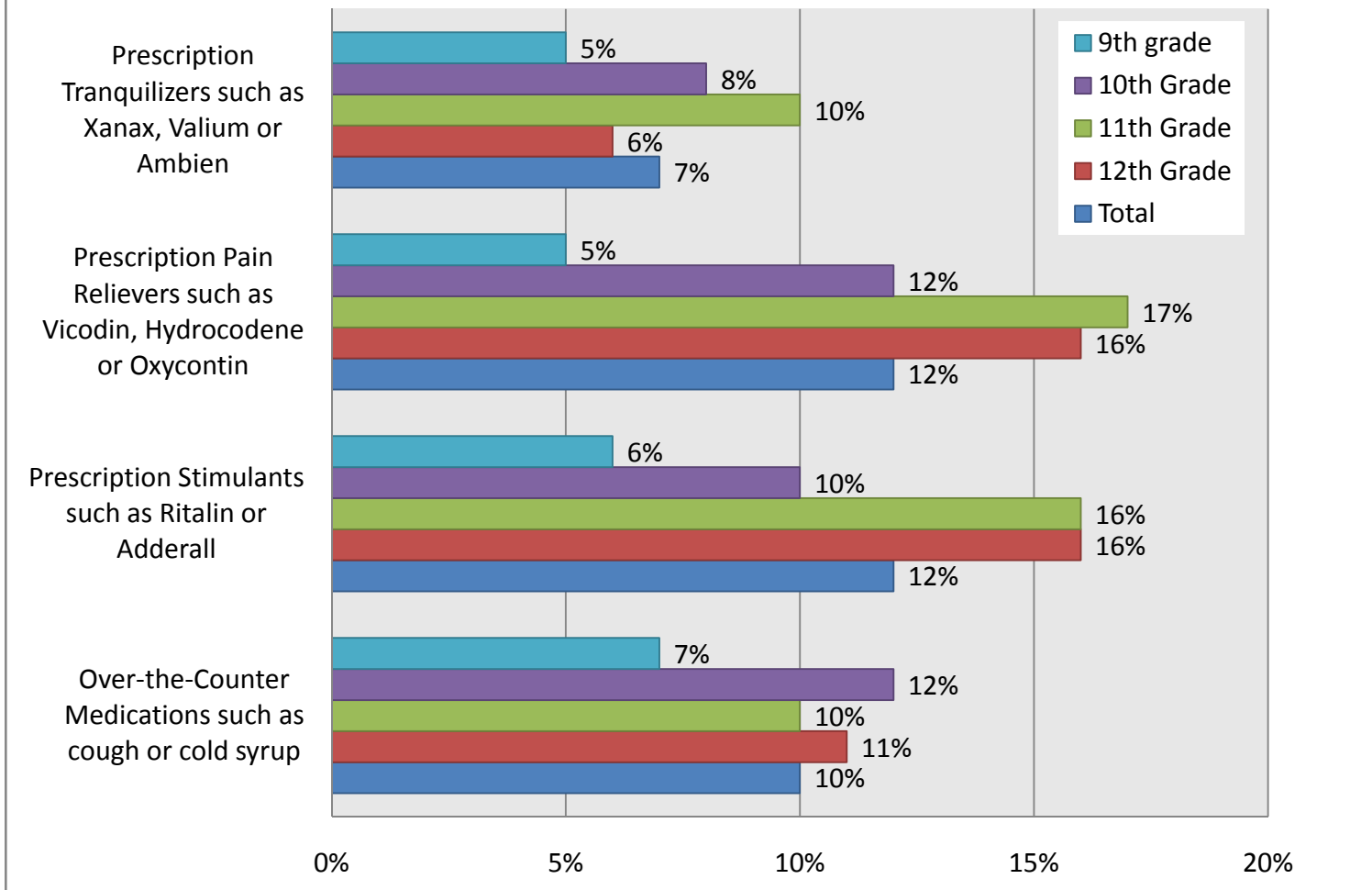
## Alcohol Use Among Danvers High School Teens by Grade, 2008



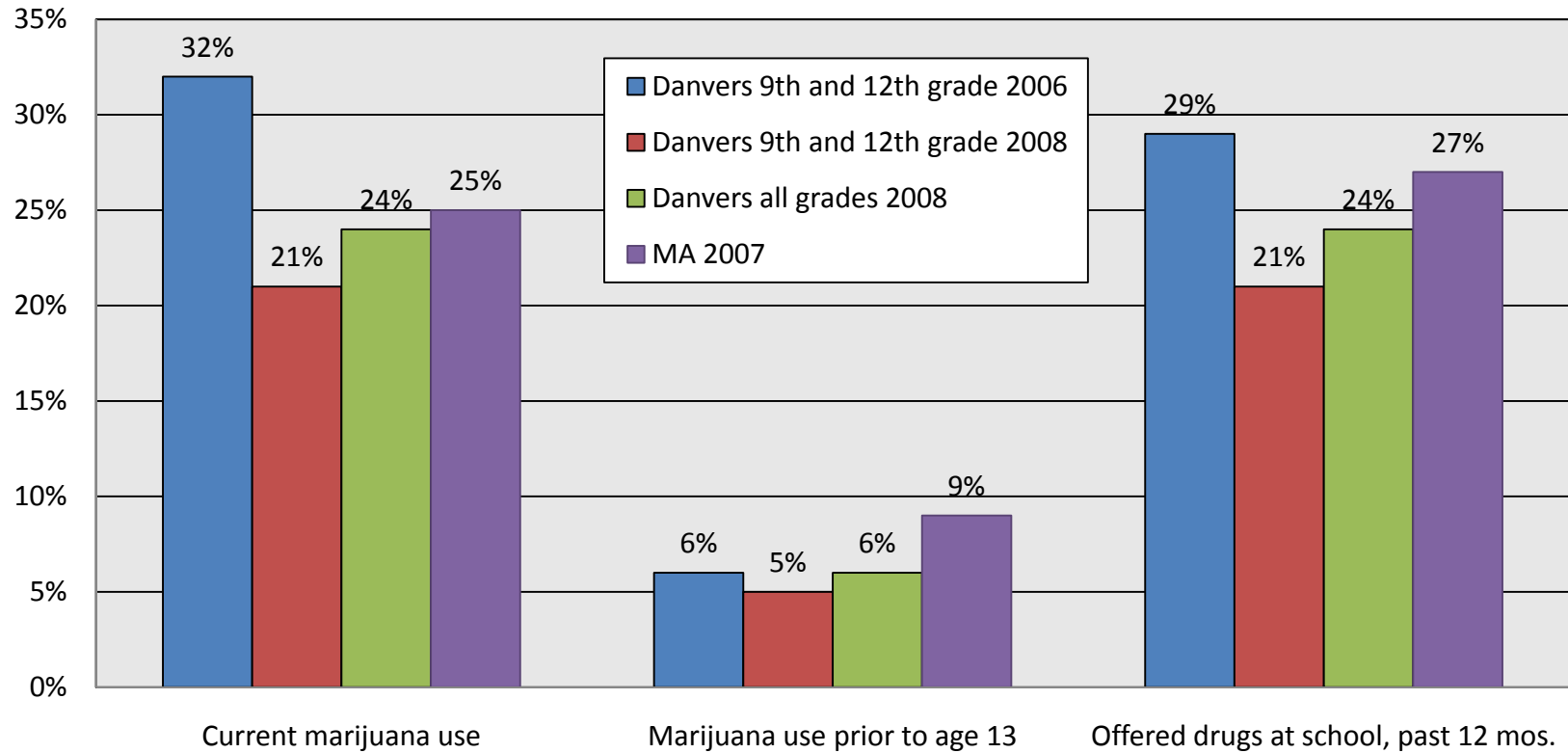
## Lifetime Illegal Drug Use Among Danvers High School Teens, 2008



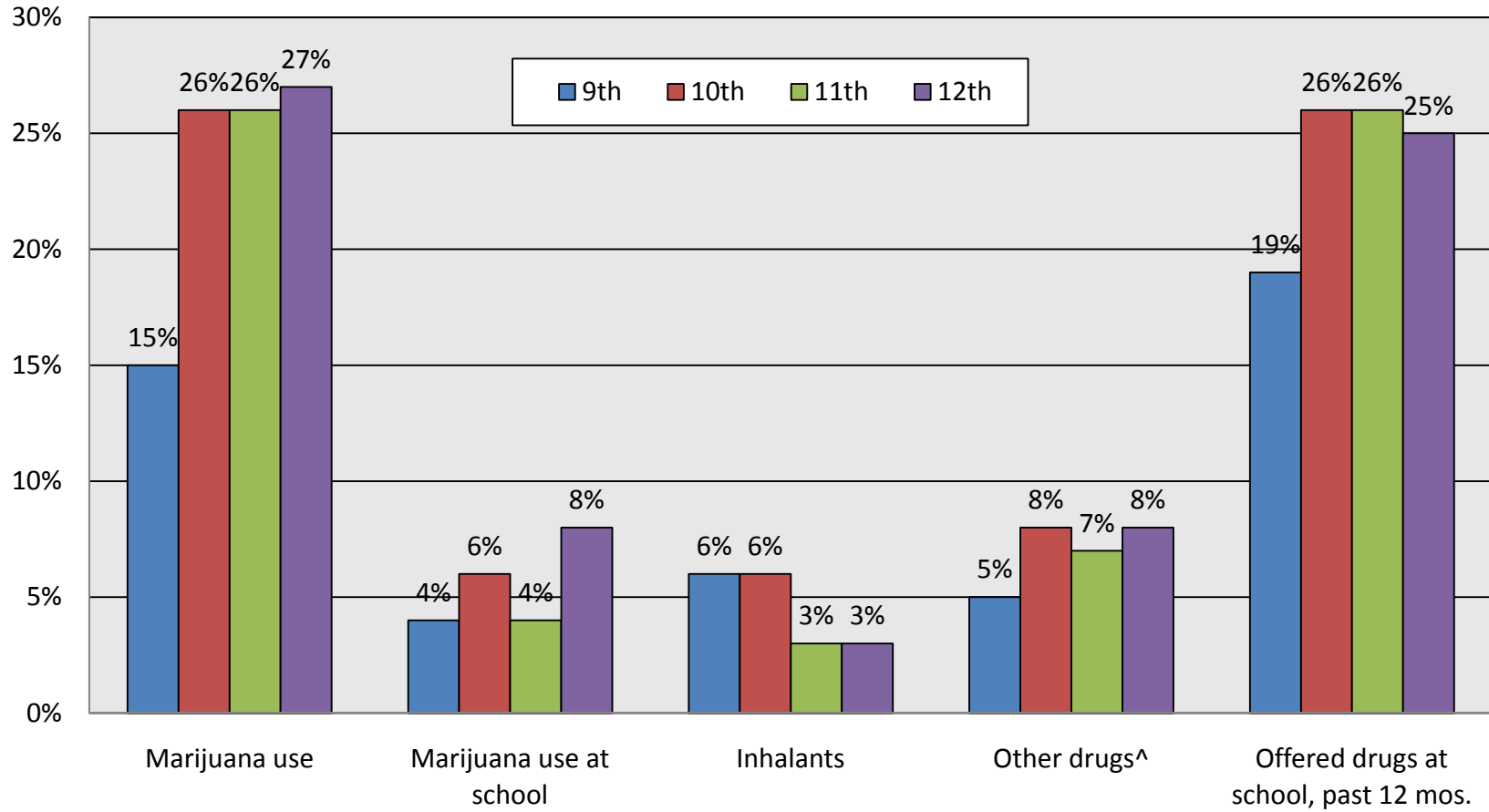
## Lifetime Illegal Use of Prescription Drugs Among Danvers High School teens, 2008



## Illegal Drug Use Among Danvers High School Teens, 2008

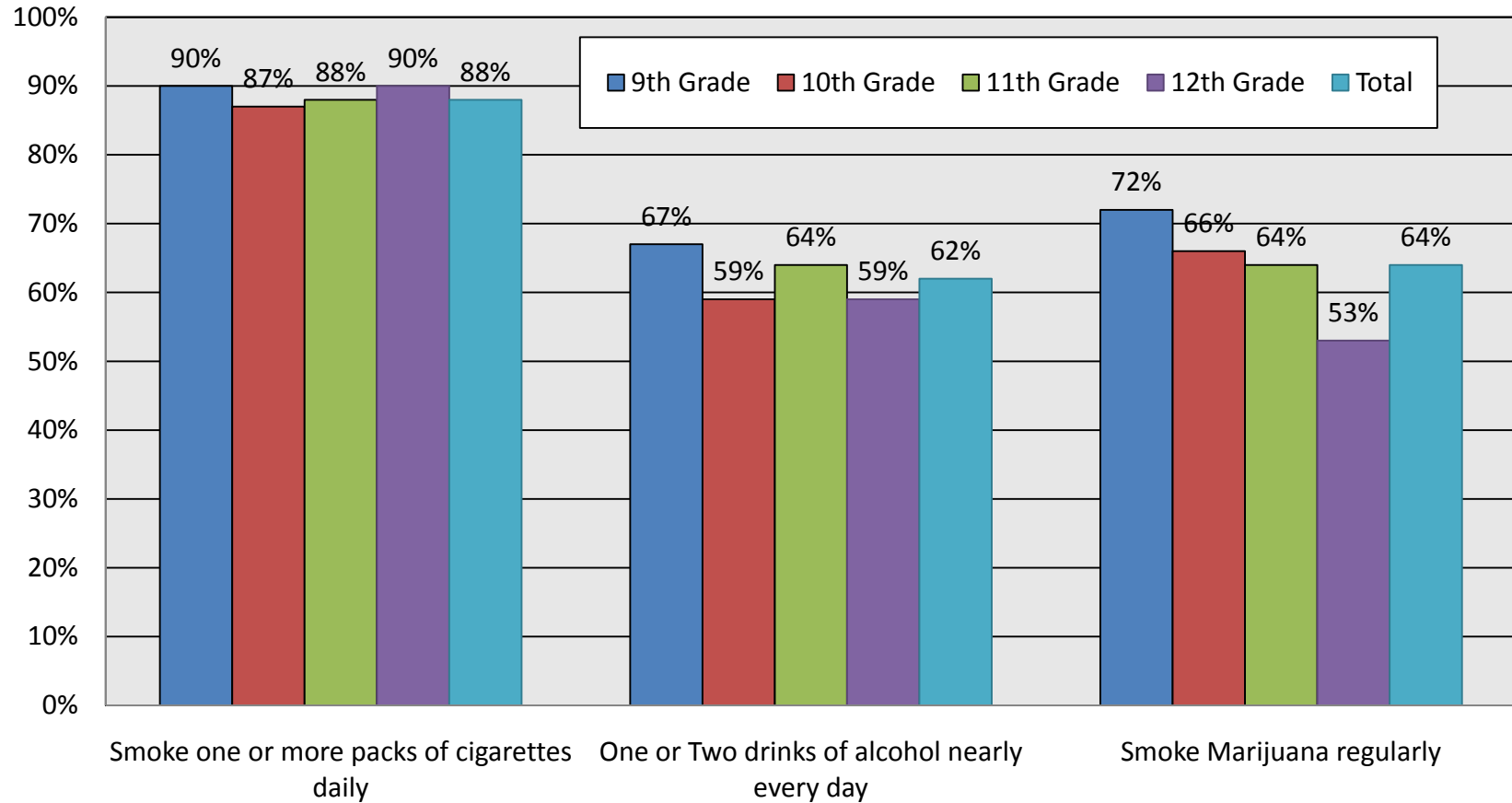


## Current Illegal Drug Use Among Danvers High School Teens by Grade, 2008

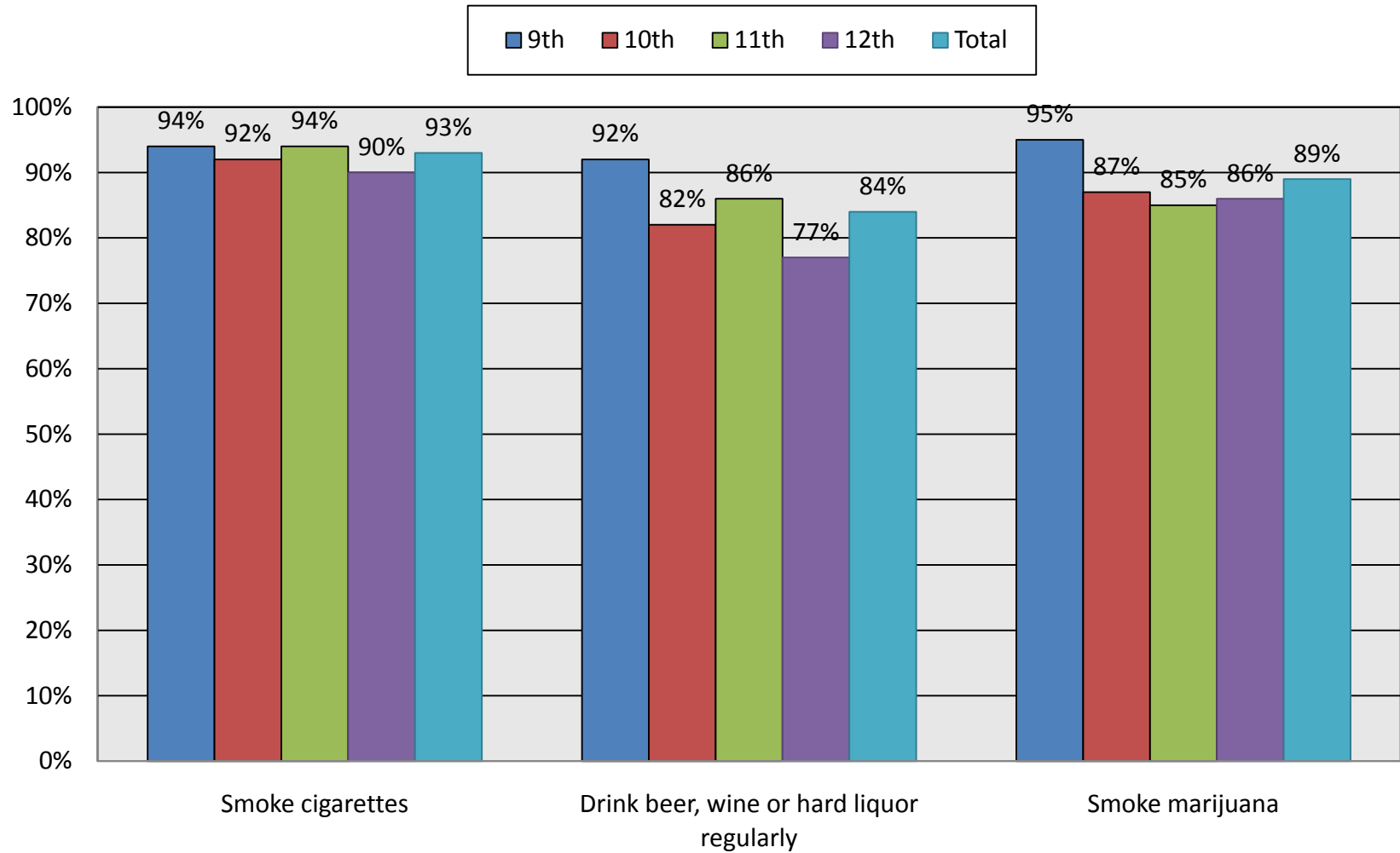


<sup>^</sup>Other drugs are illegal drugs other than marijuana or inhalants (such as cocaine, heroin, methamphetamines, MDMA).

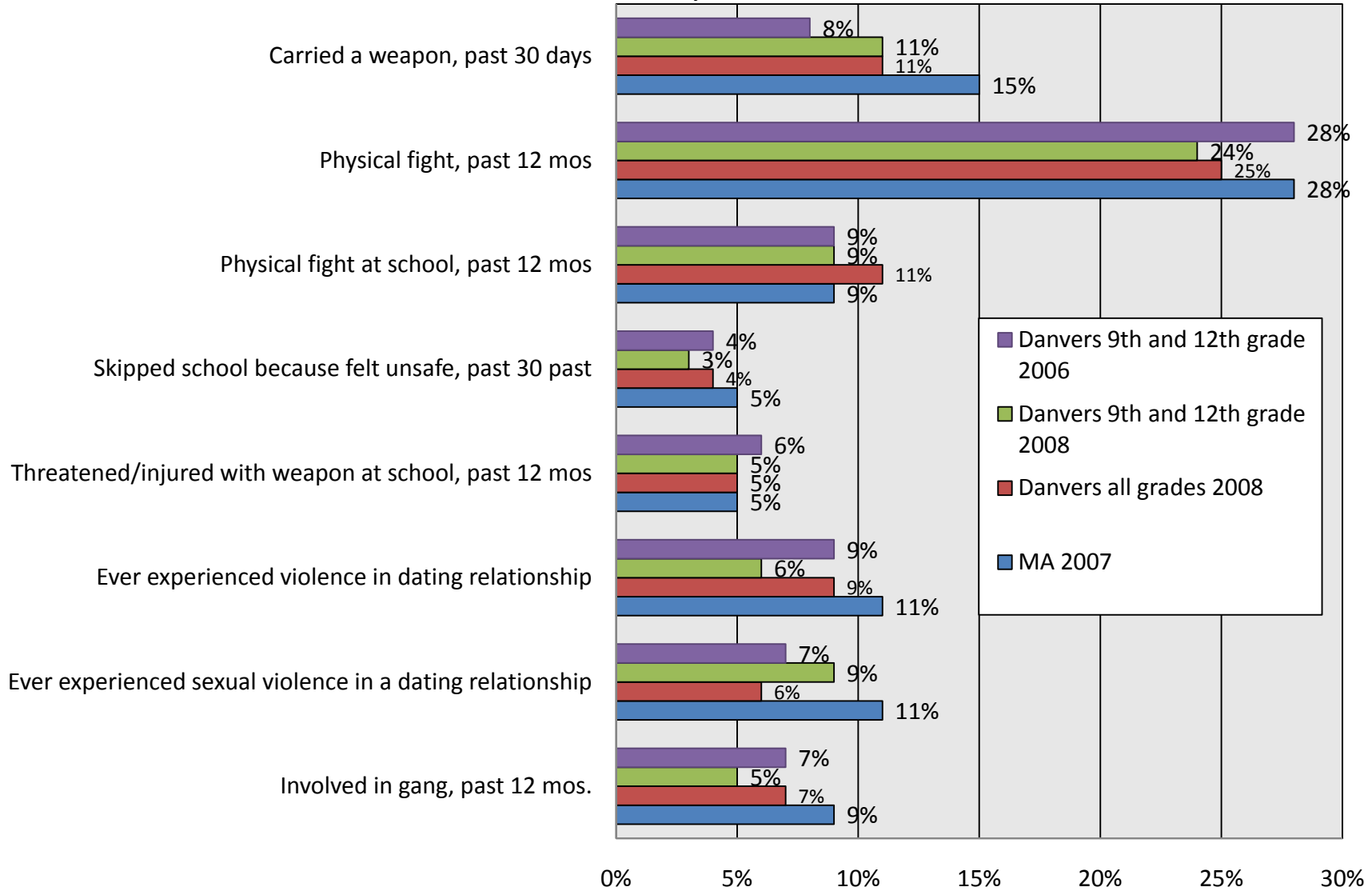
### Perception of Moderate or Great Risk of Harm Among Danvers High School Teens, 2008



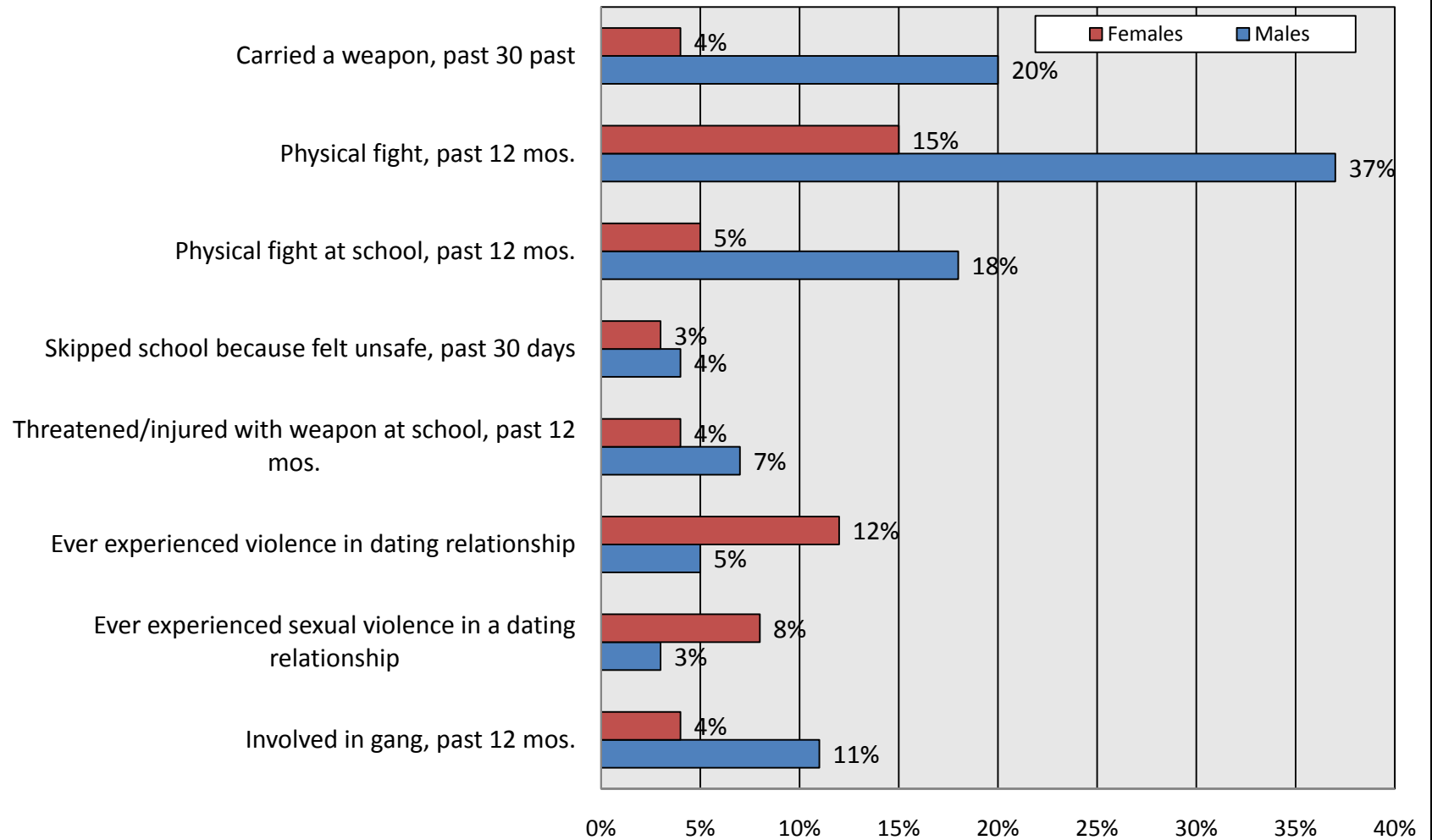
## Perception of Parental Disapproval Very Wrong or Wrong Among Danvers High School Teens, 2008



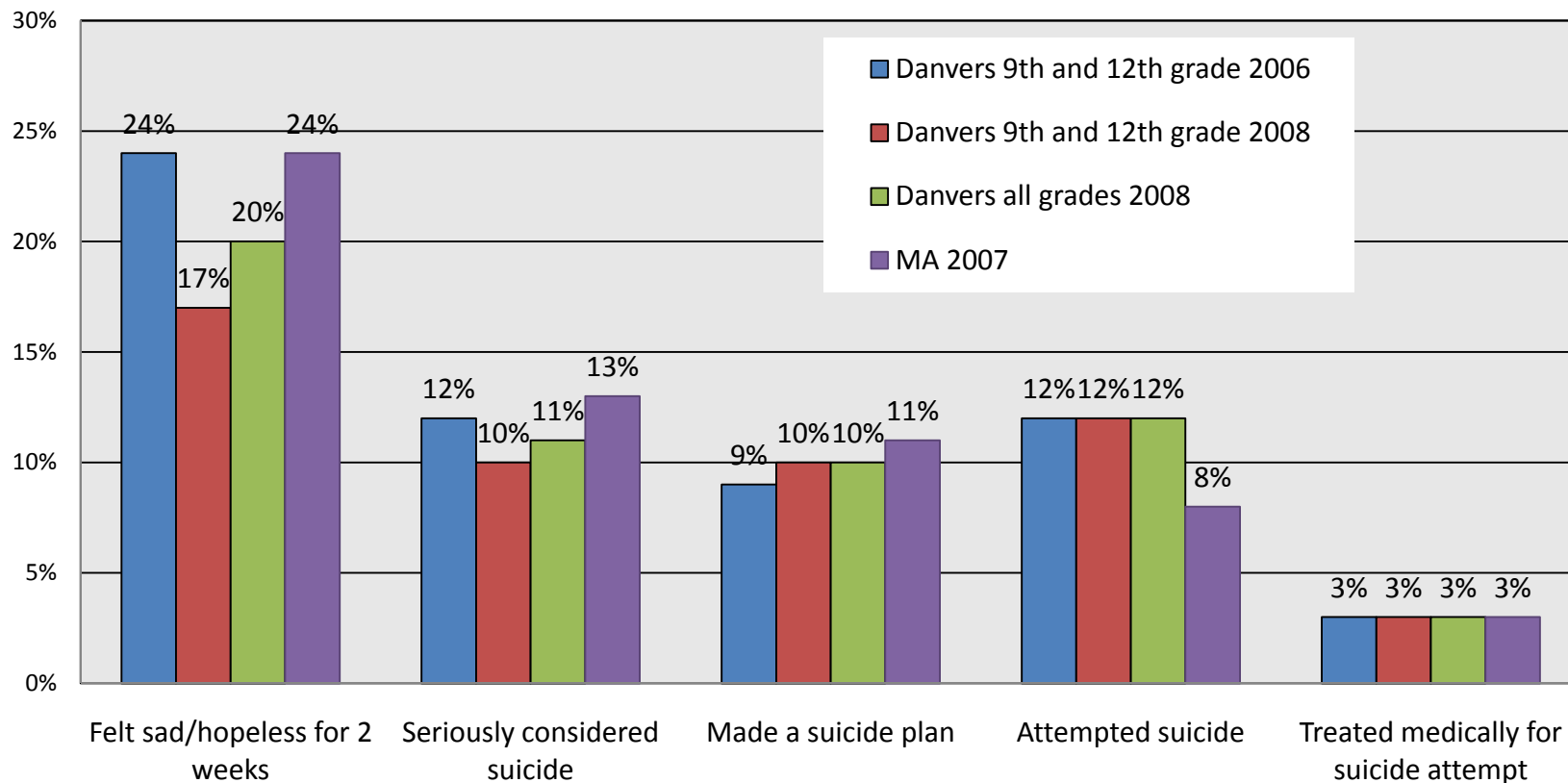
## Violence Related Behaviors and Experiences Among Danvers High School Teens, 2008



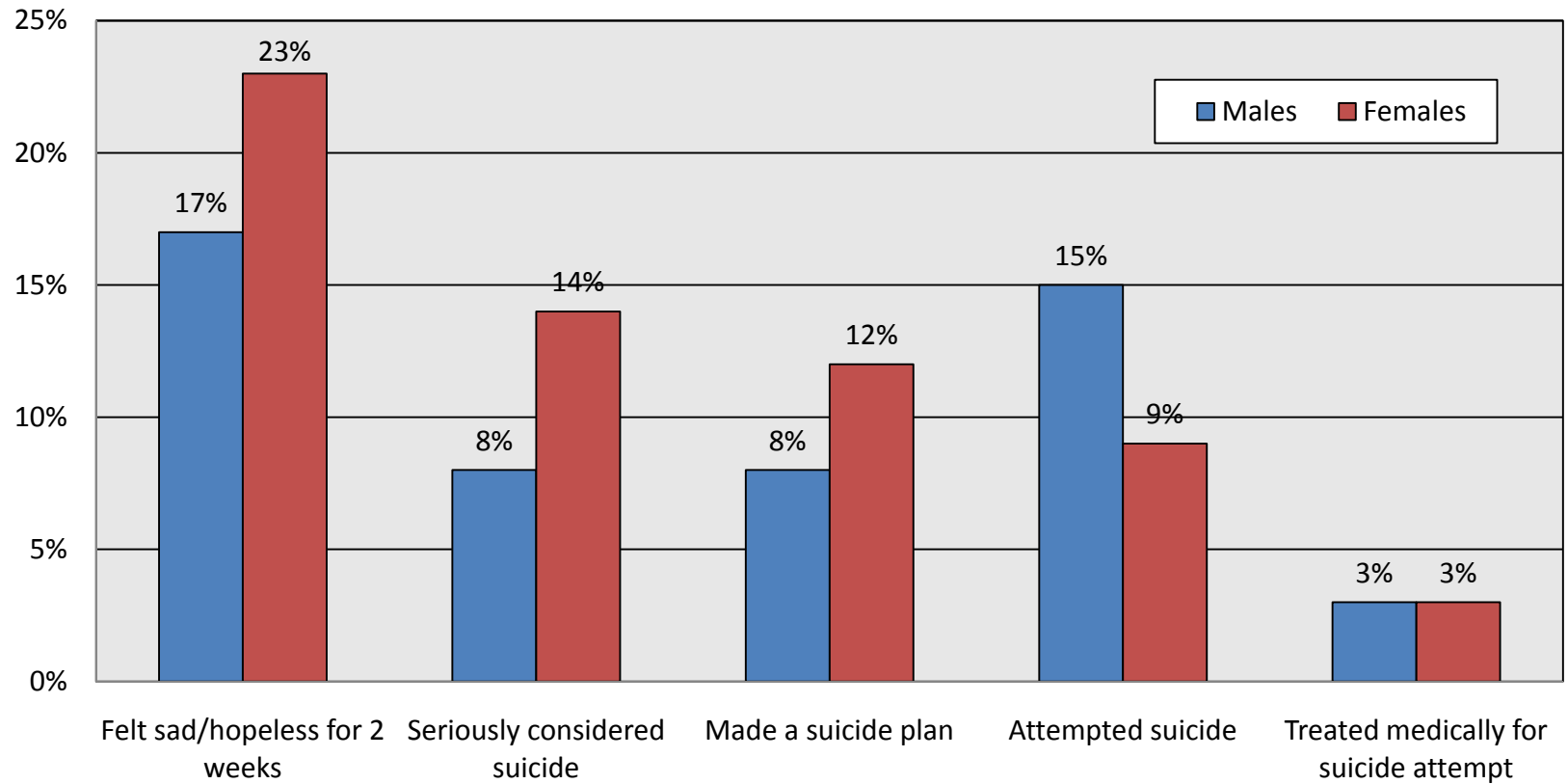
## Violence Related Behaviors and Experiences Among Danvers High School Teens by Gender, 2008



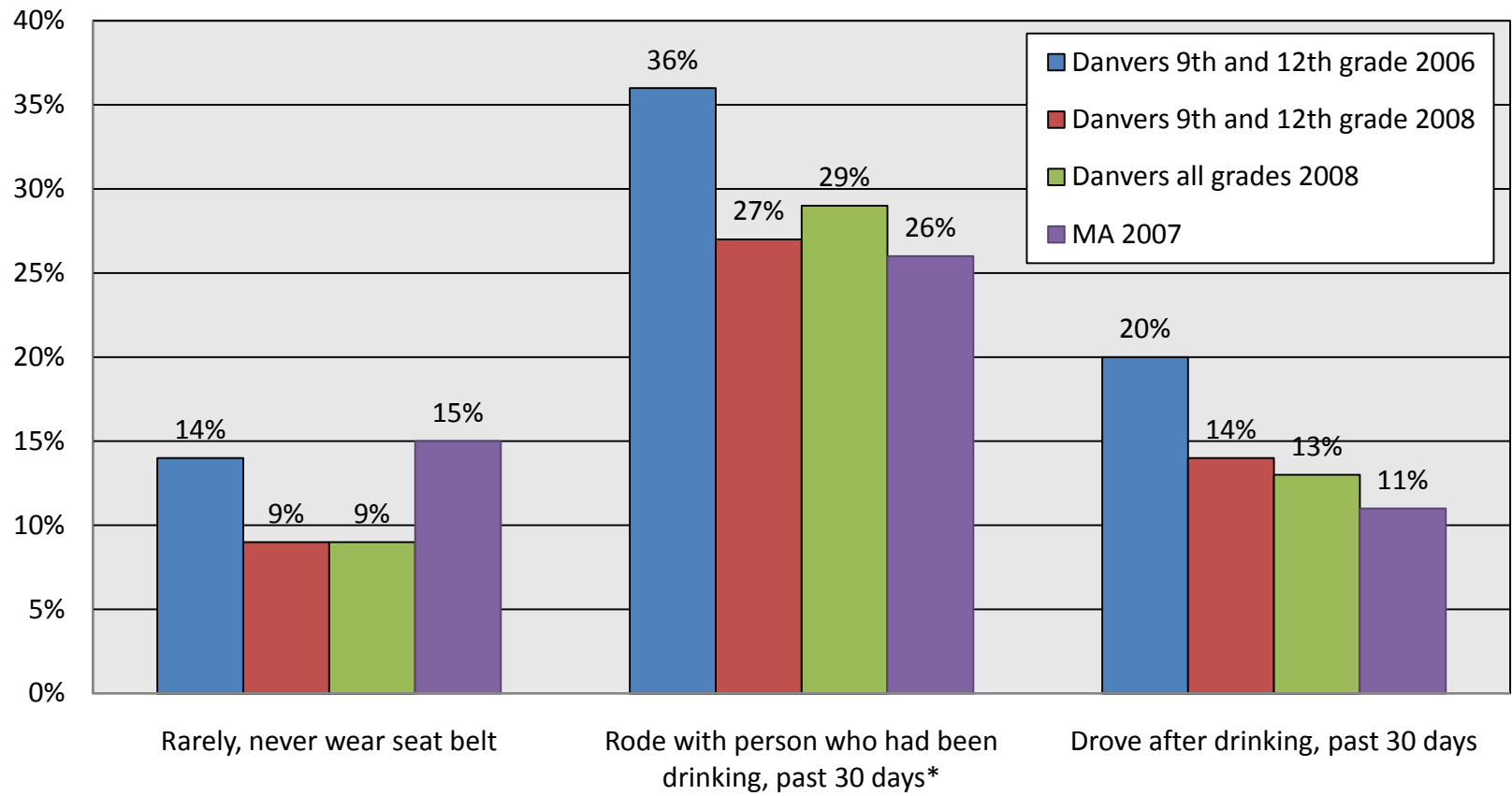
## Suicidal Thinking and Behaviors Among Danvers High School Teens, 2008



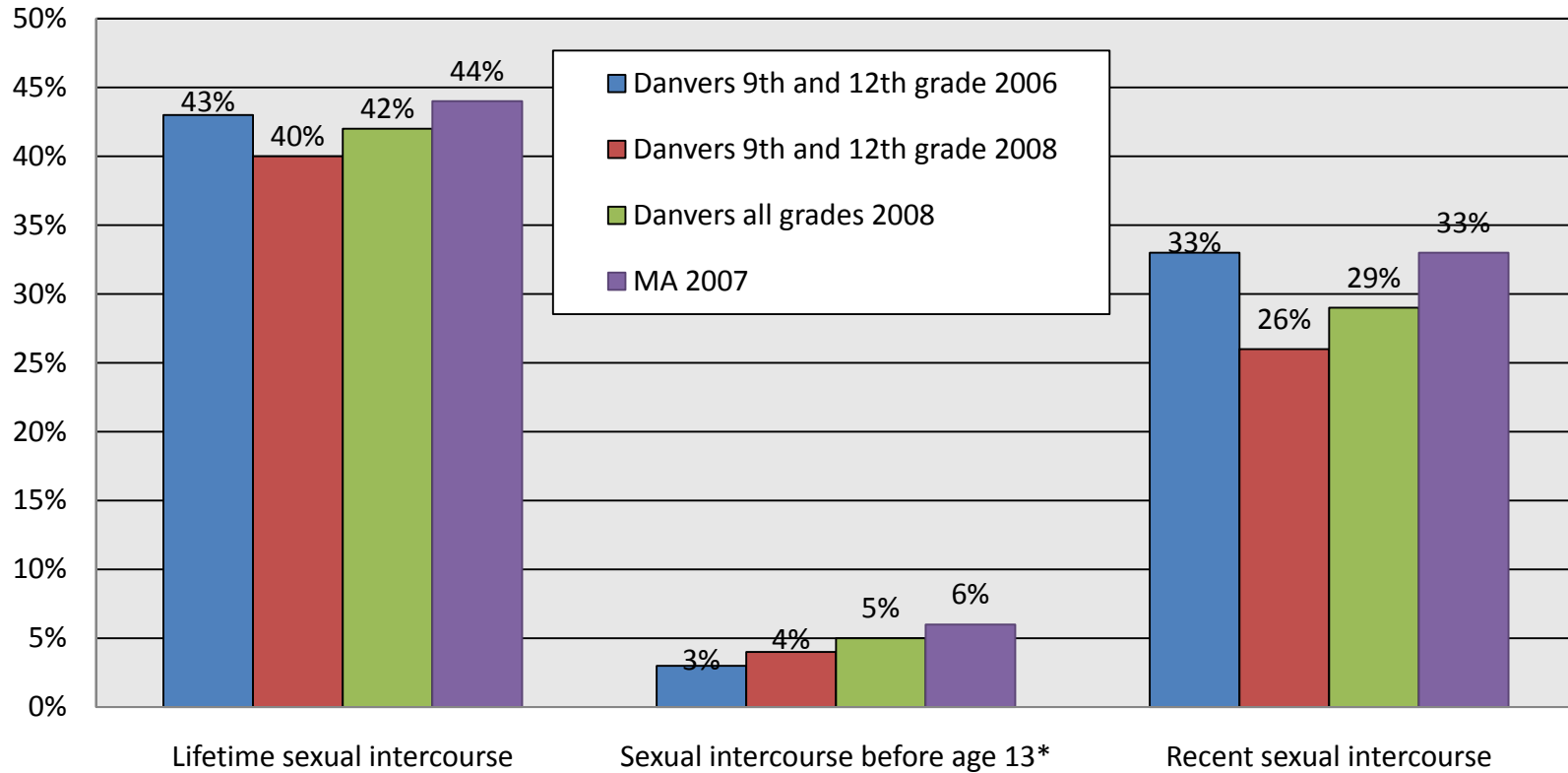
## Suicidal Thinking and Behaviors Among Danvers High School by Gender, 2008



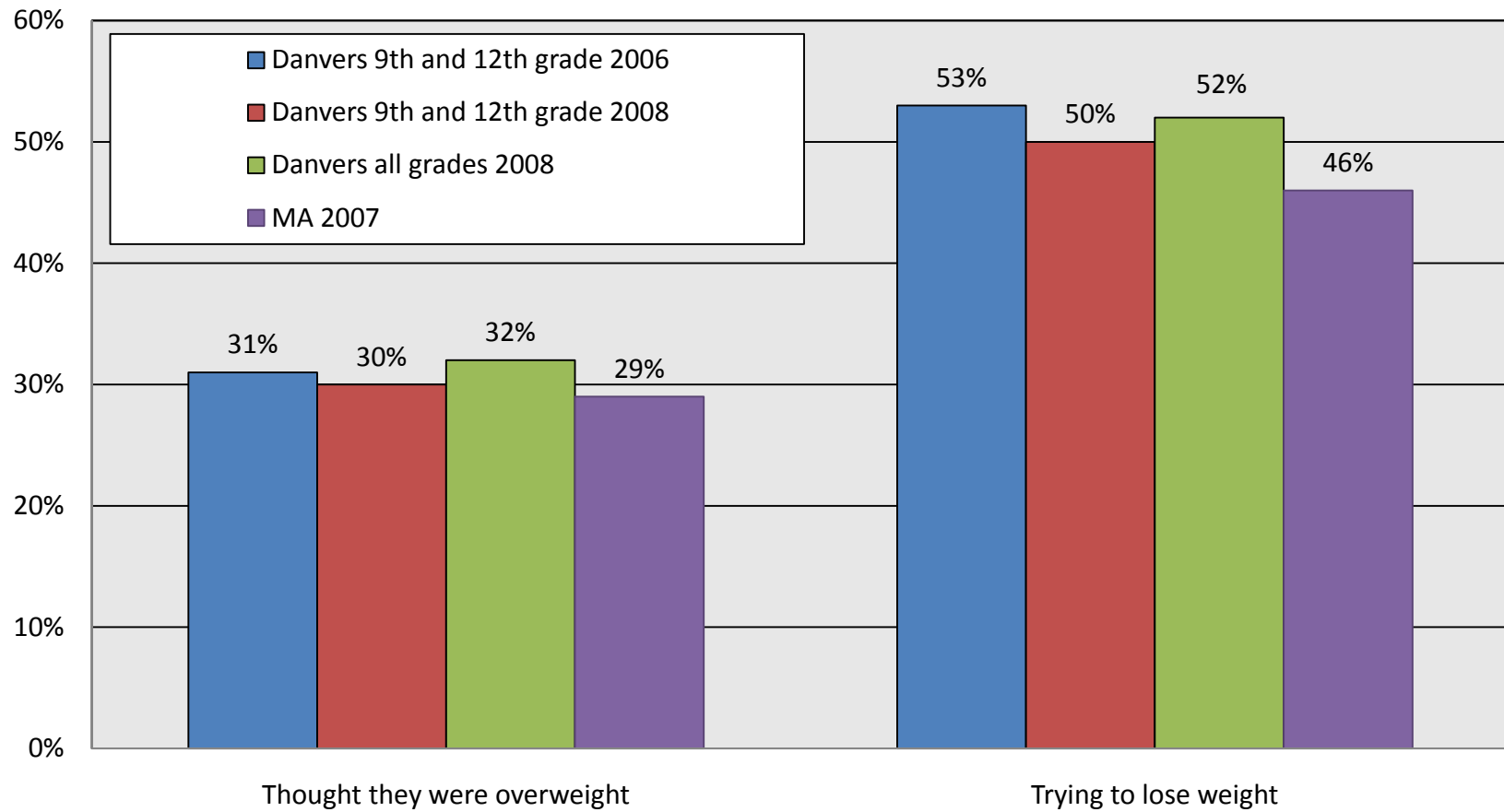
## Behaviors Related to Unintentional Injuries Among Danvers High School Teens, 2008



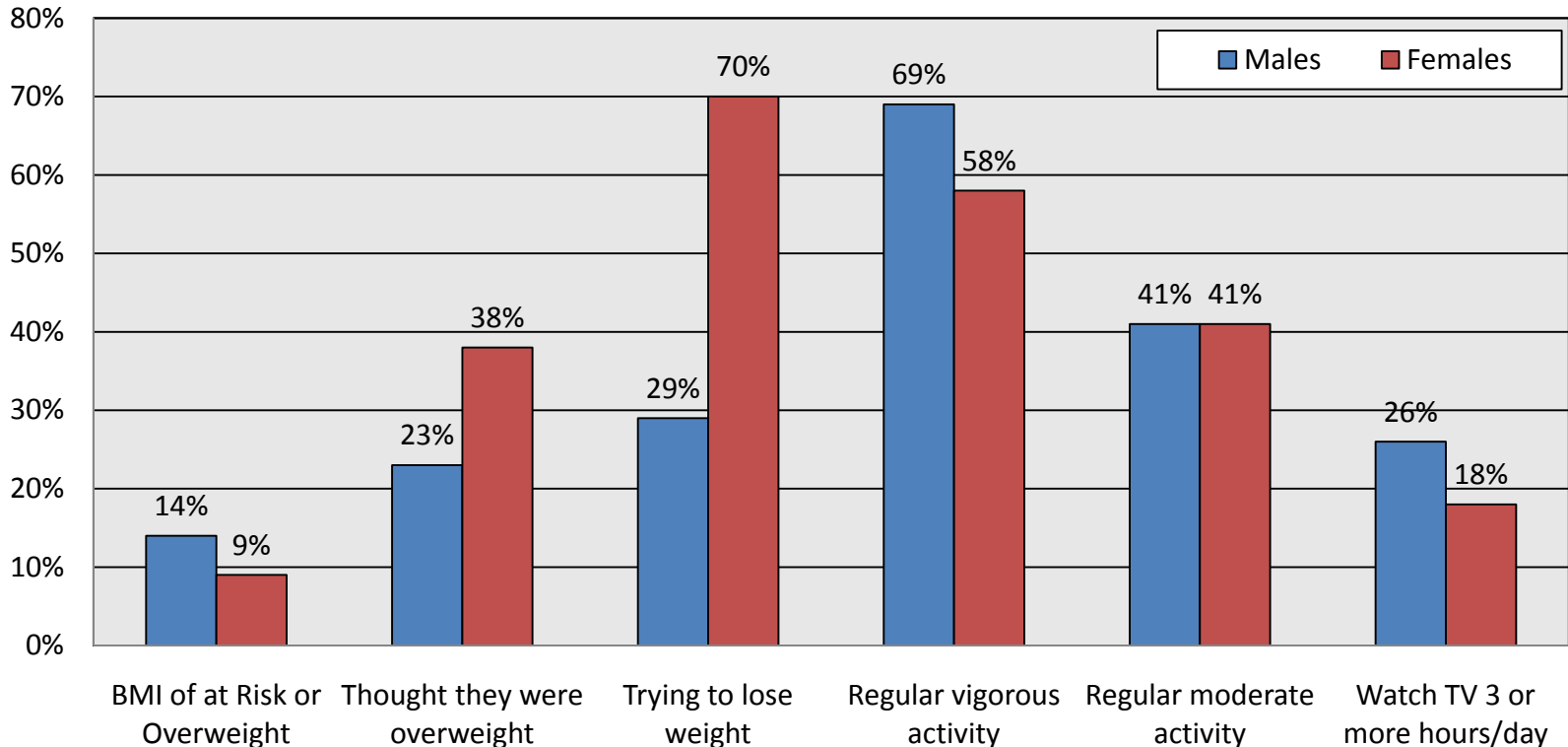
## Sexual Behaviors Among Danvers High School Teens, 2008



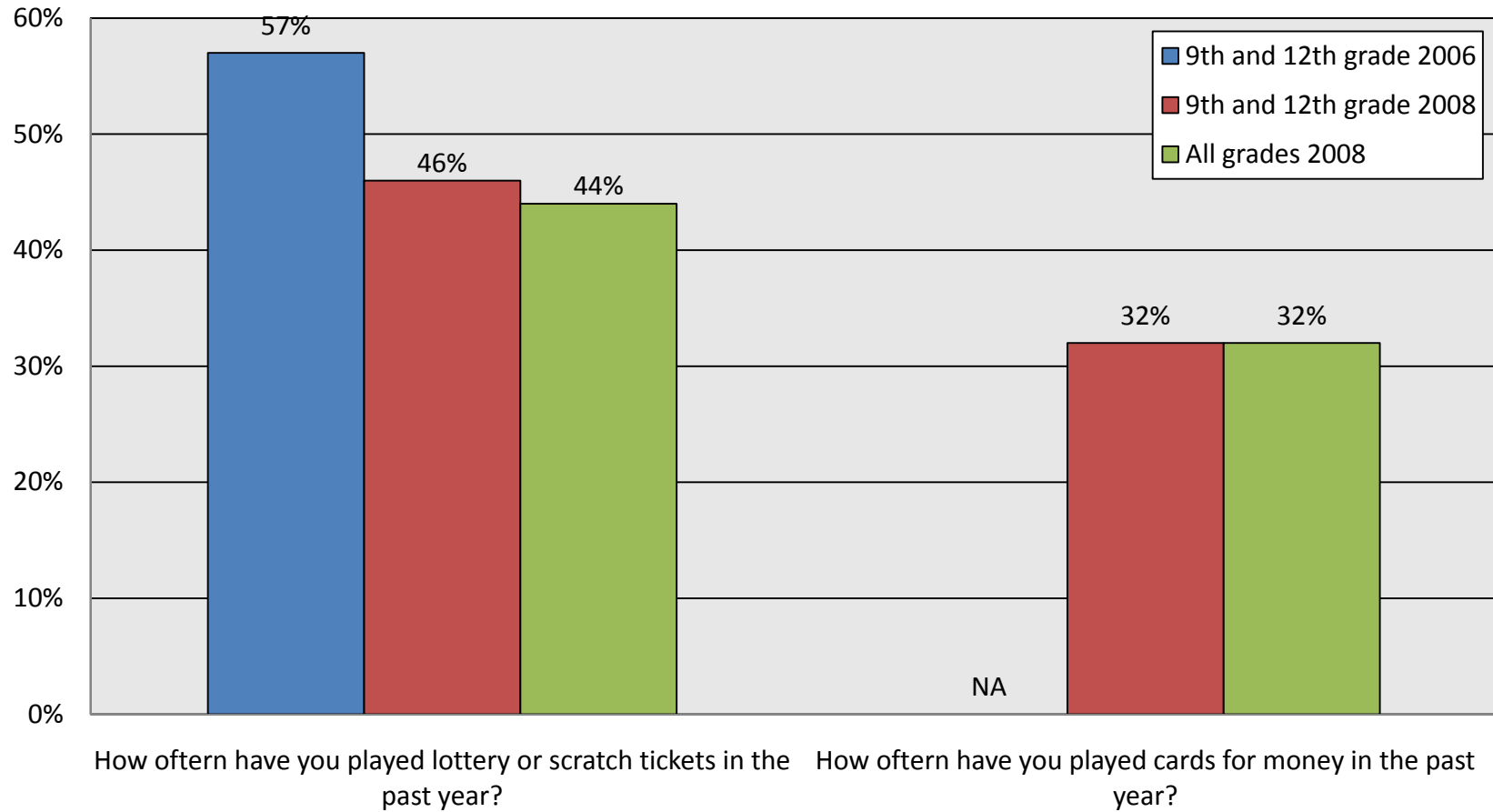
## Weight Control Among Danvers High School Teens, 2008



## Weight Control and Physical Activity Among Danvers High School Teens by Gender, 2008



## Gambling Behaviors Among Danvers High School Students, 2008



## Resiliency Factors Among Danver High School Teens by Grade, 2008

