

St. Mary's County Youth Risk Behavior Survey (YRBS) Data Review & Discussion

June 22, 2016

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HEALTH DEPARTMENT



Overview

- Introduction to the Youth Risk Behavior Survey (YRBS)
- Data Review & Discussion
 - Nutrition
 - Physical Activity
 - Mental Health
 - Substance Use
 - Safety & Security



What is the YRBS?

- Youth Risk Behavior Survey (YRBS) – high school
- National school-based survey conducted by the CDC in partnership with education, health and governmental agencies
- Monitors health-risk behaviors of high school students which contribute to the leading causes of death, disability, and social issues



YRBS Topics

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections
- Alcohol, tobacco, and other drug use
- Mental health & suicide risk
- Unhealthy dietary behaviors
- Inadequate physical activity
- Other priority health-related behaviors and conditions among youth

YRBS 2014 in SMC – Who Participated?

- SMCPS High Schools: 2,208 students
- Distributed across 9th – 12th grades (slightly more 9th/10th)
- Degree of participation allows for general conclusions



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Data Review & Discussion

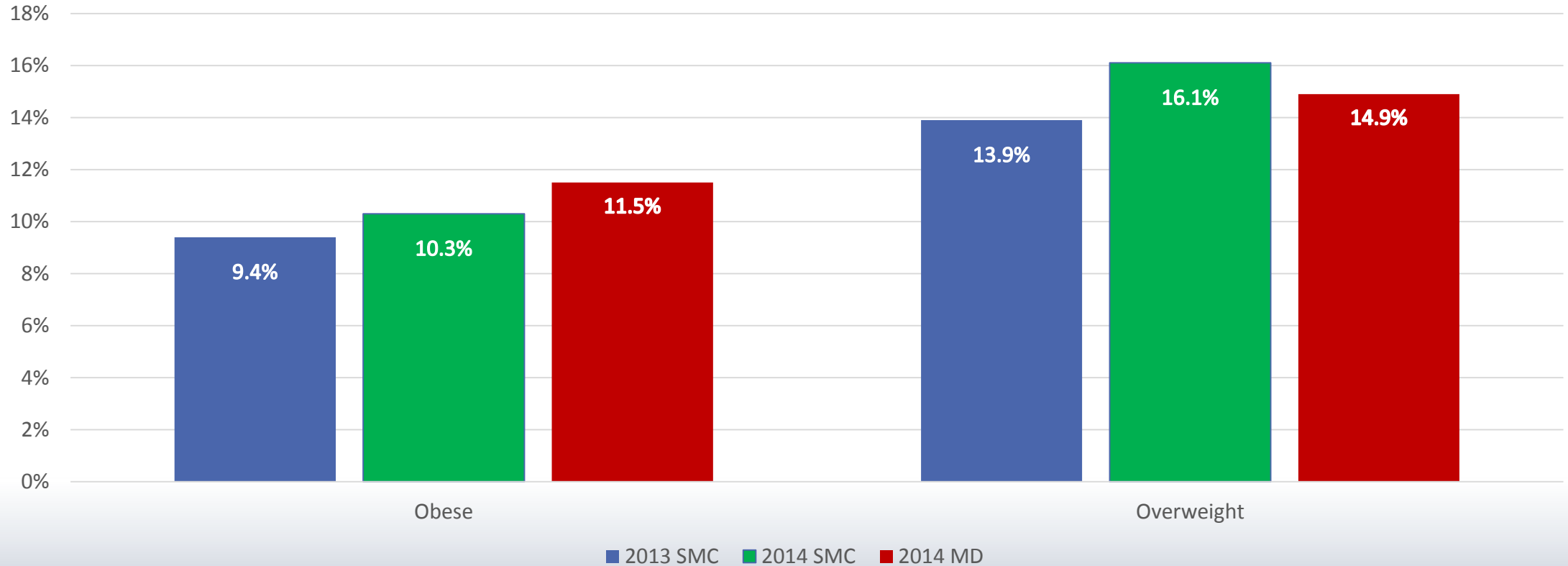


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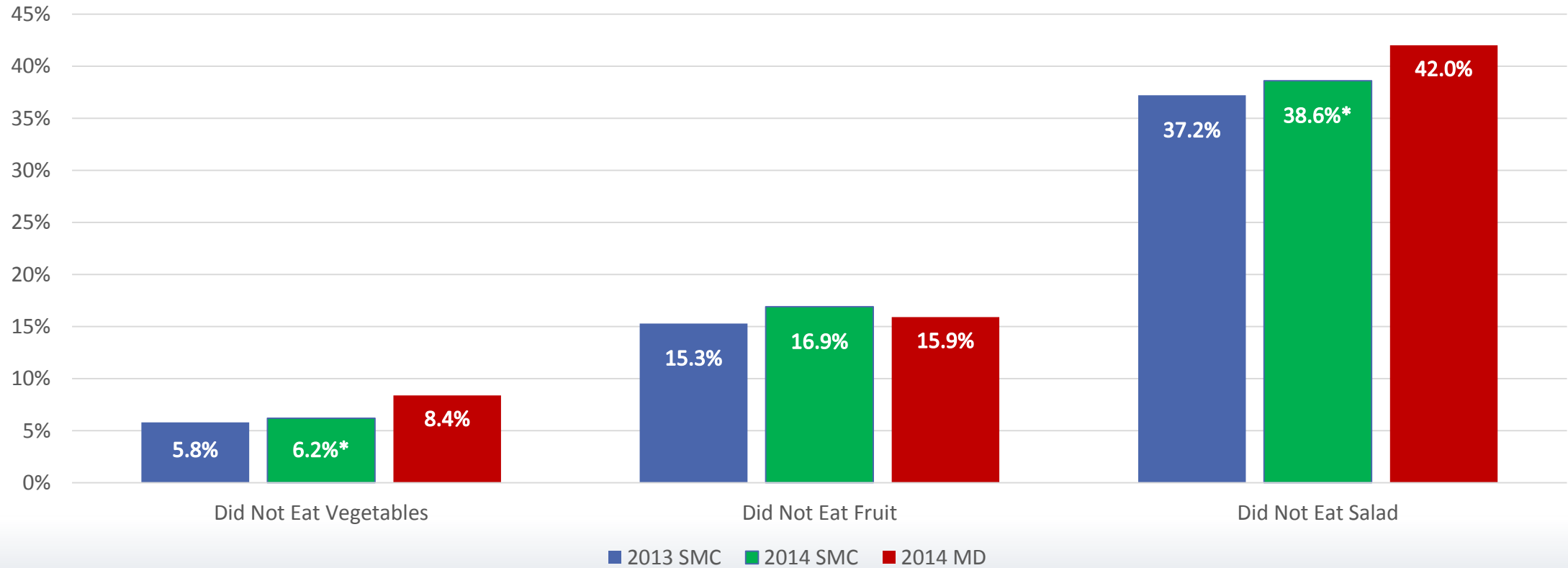
Healthy Weight

Weight



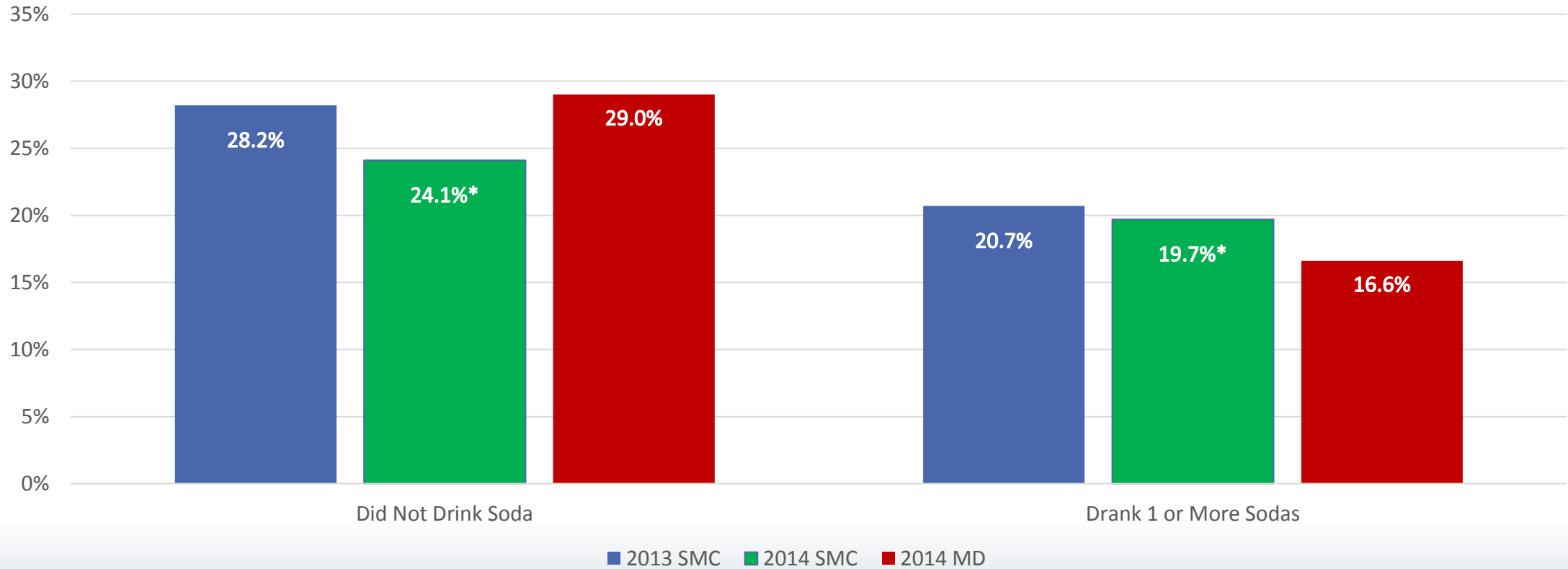
Nutrition

Eating Habits - Past Week



Nutrition

Soda Intake - Past Week



Discussion

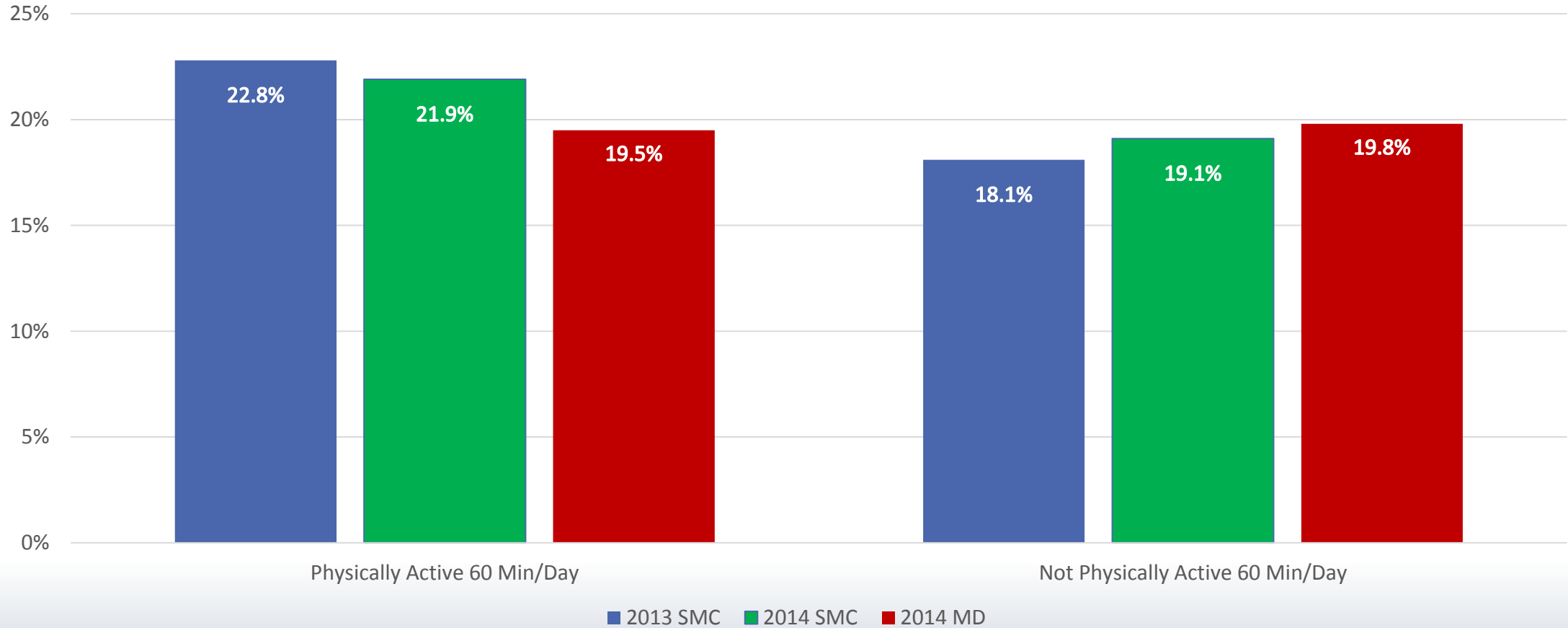
- Current School and Community Action
- Questions or Comments



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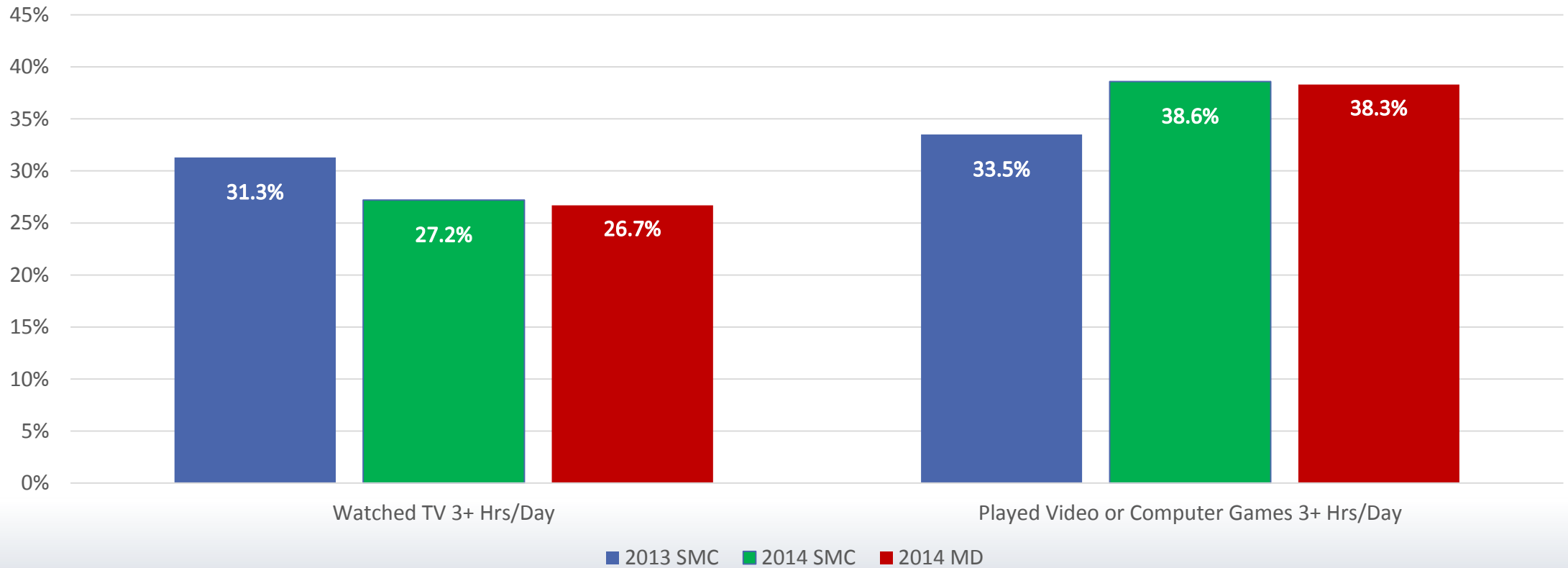


Physical Activity



Physical Activity

Screen Time



Discussion

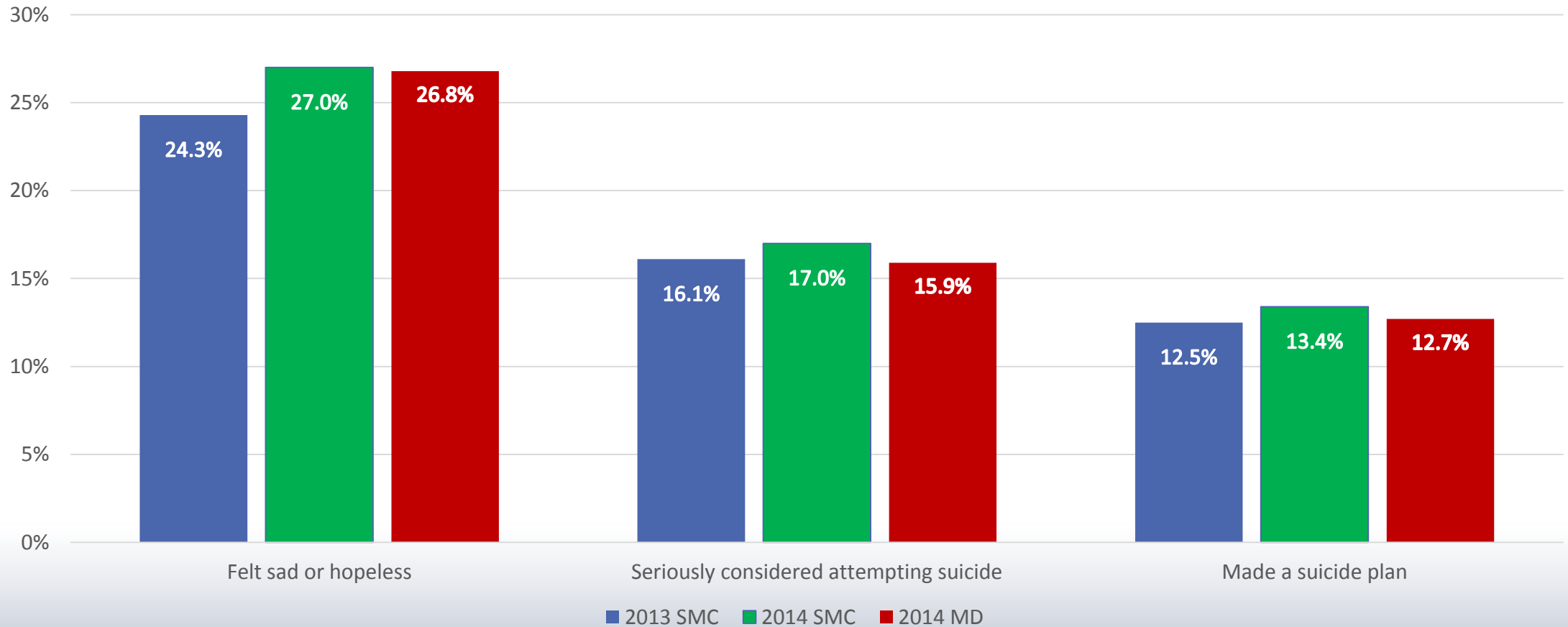
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Mental Health



Discussion

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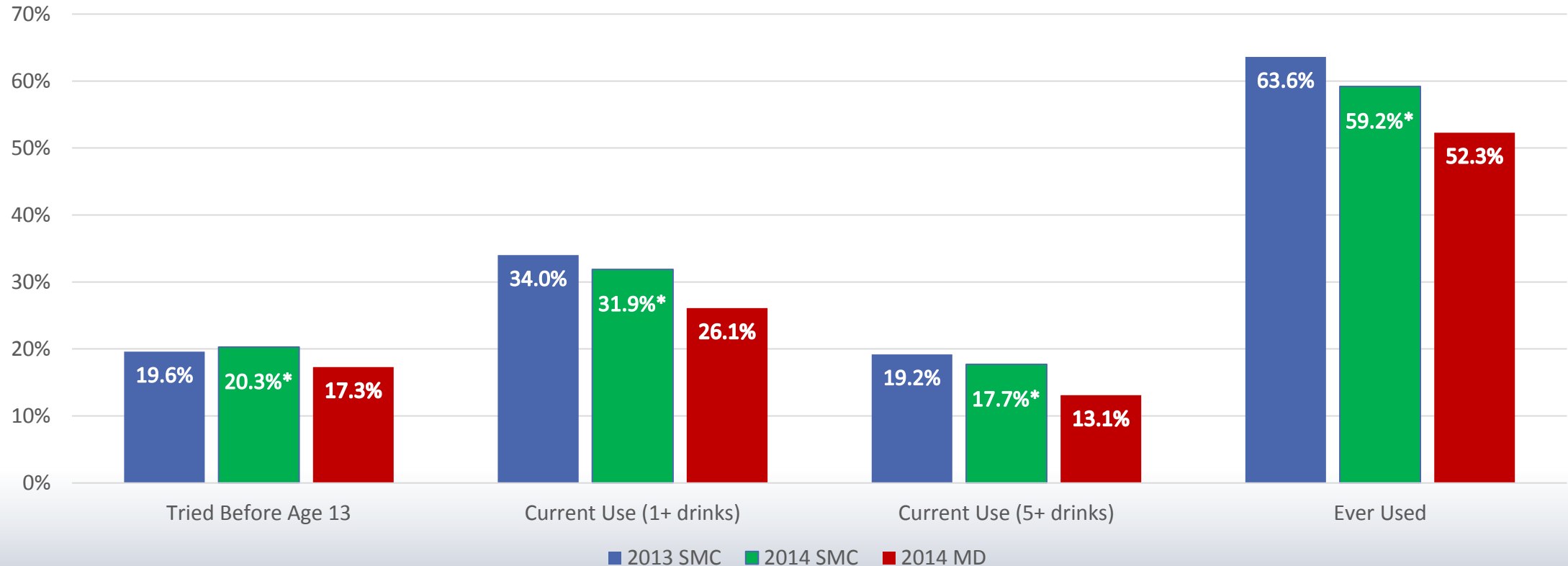


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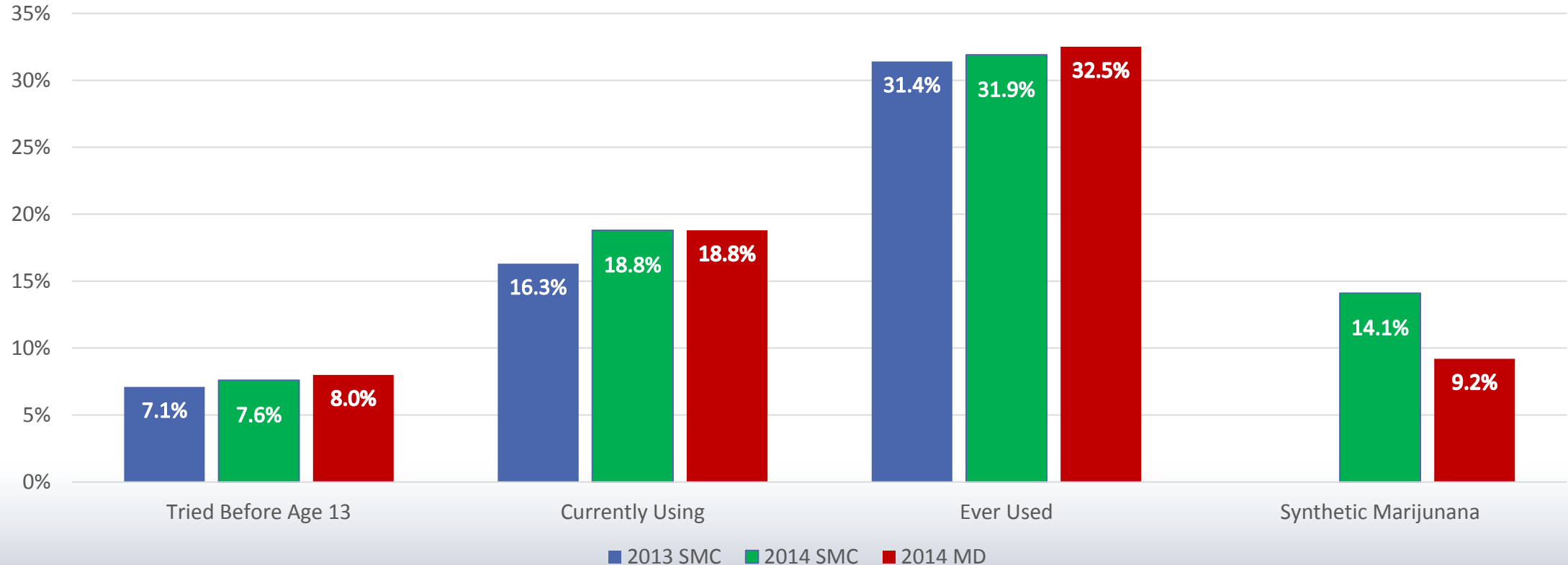
Substance Use

Alcohol Use



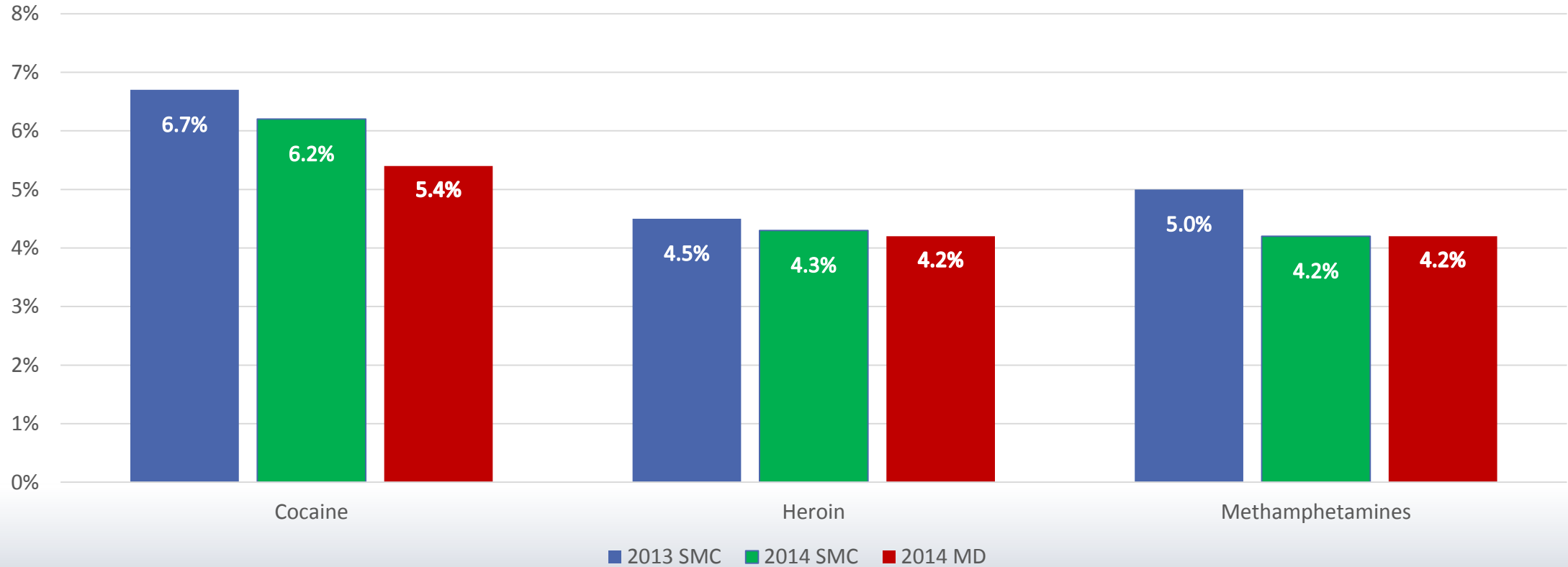
Substance Use

Marijuana Use



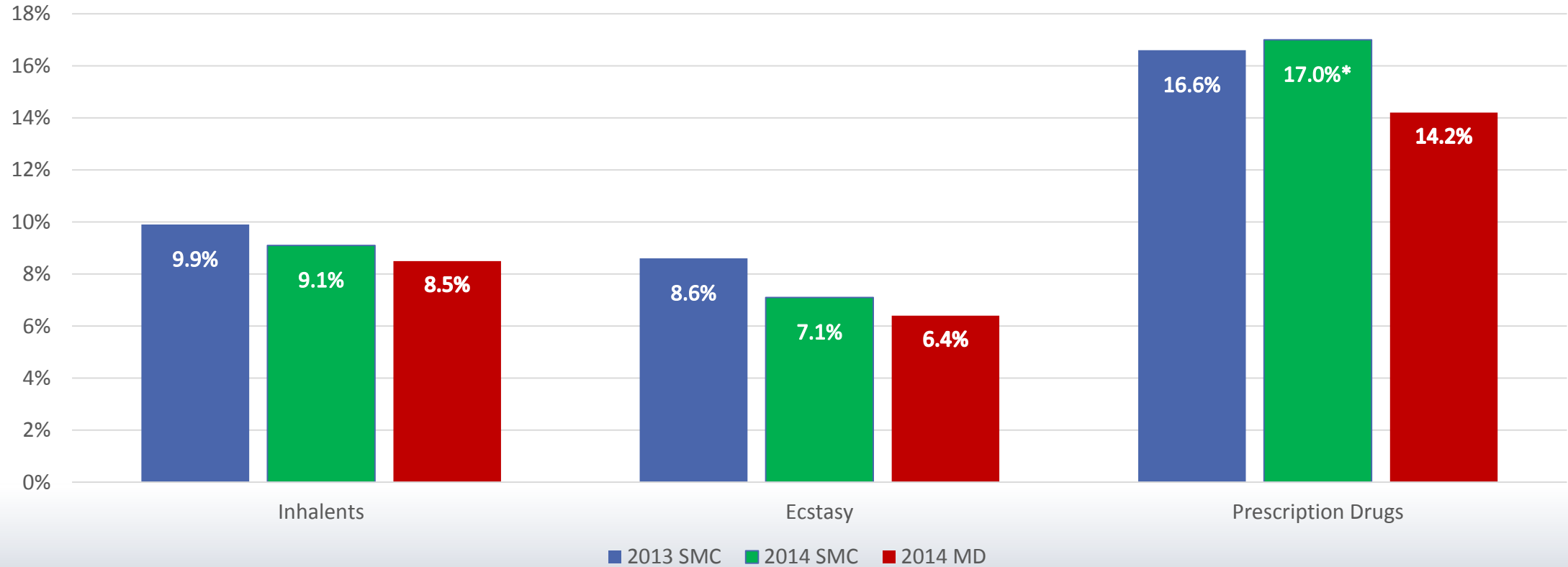
Substance Use

Illicit Drugs – Lifetime Use



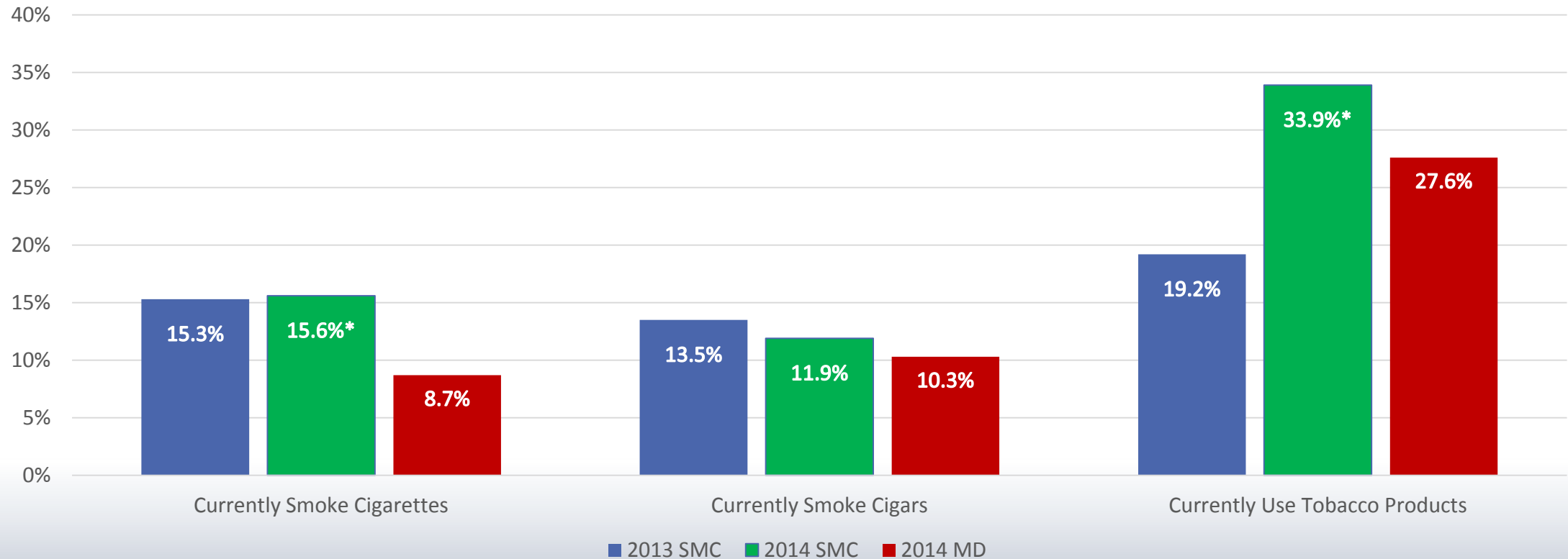
Substance Use

Illicit Drugs – Lifetime Use



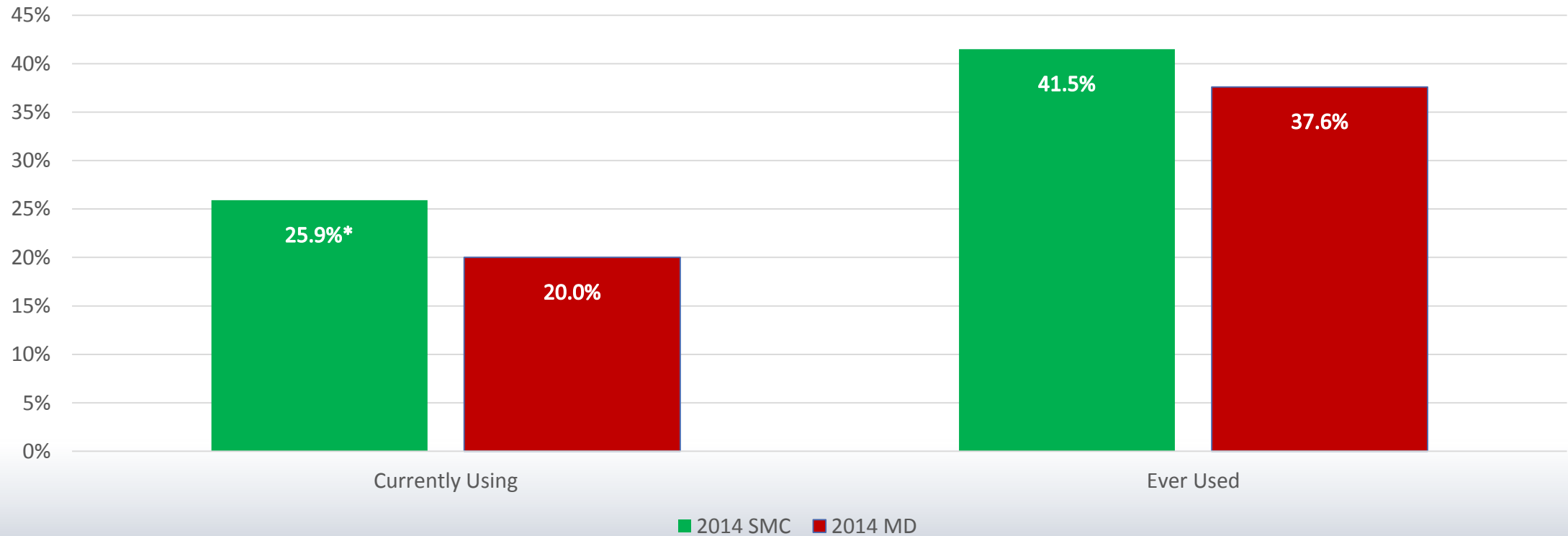
Substance Use

Tobacco Use



Substance Use

E-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs and hookah pens



Discussion

- Current School and Community Action
- Questions or Comments

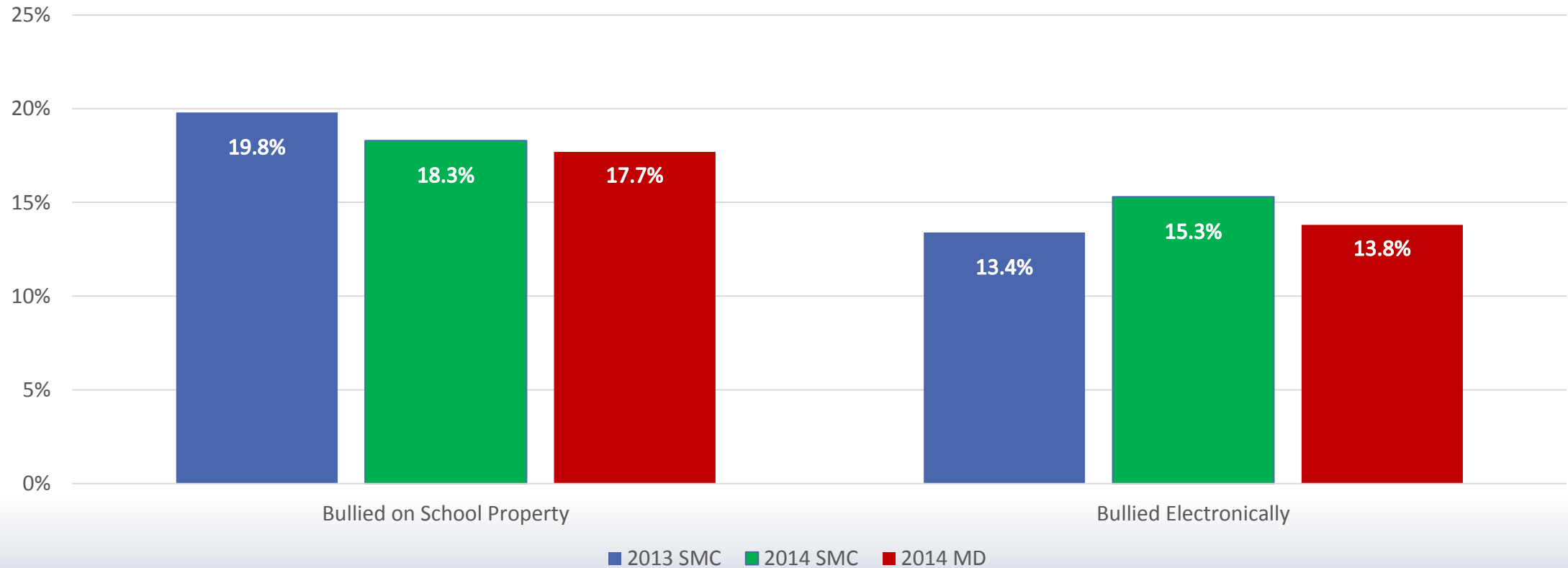


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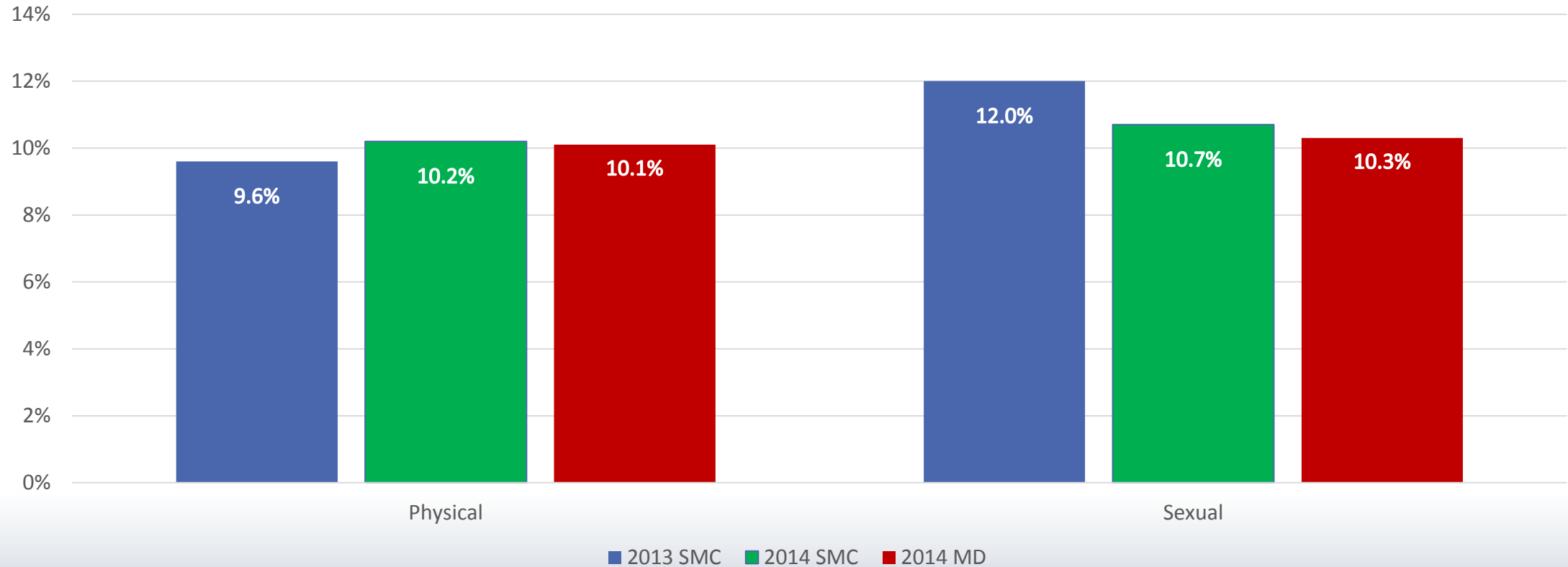
Safety & Security

Bullying



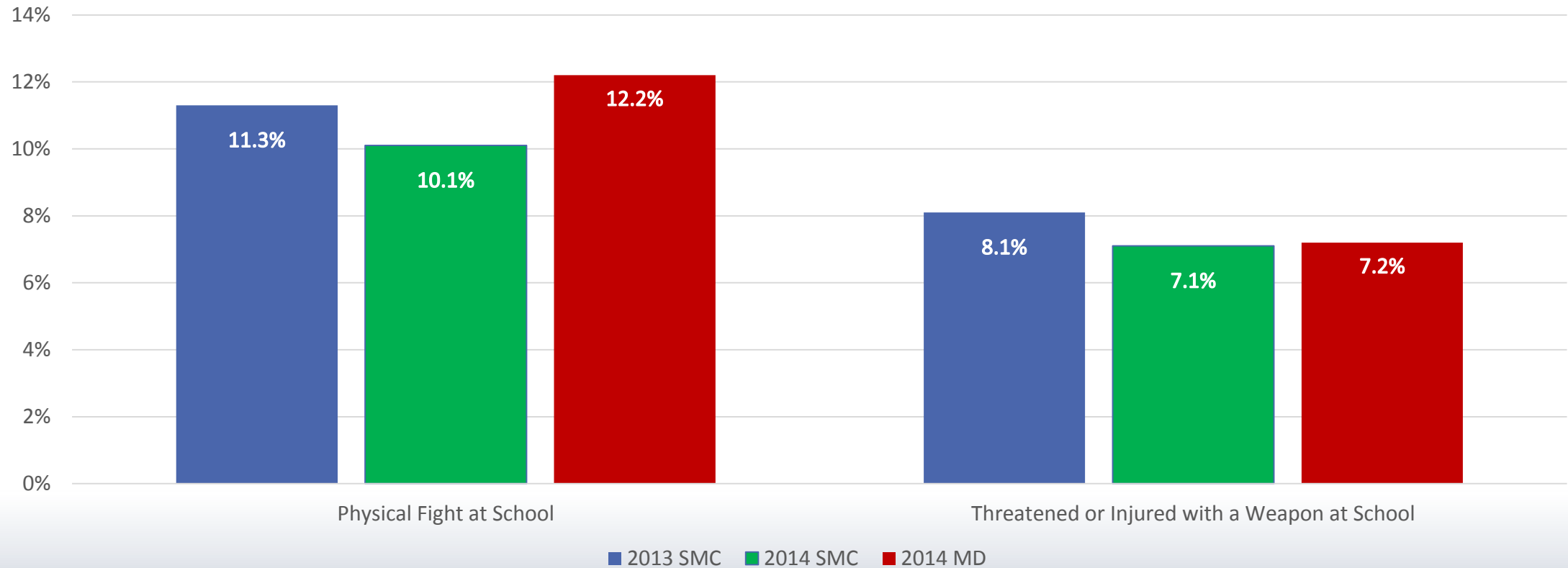
Safety & Security

Dating Violence



Safety & Security

School Violence



Discussion

- Current School and Community Action
- Questions or Comments



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More Information

Please visit: smchd.org/data

Or Contact:

St. Mary's County Health Department
Office of Data and Community Engagement
(301) 475-4330

St. Mary's County Public Schools
Office of Safety & Security
(301) 475-5511

