



YOUTH RISK BEHAVIOR SURVEY FINDINGS, NEVADA AND WASHOE COUNTY, 2013

INTRODUCTION

In February 2014, the Nevada Division of Public and Behavioral Health (NDPBH) published the 2013 Youth Risk Behavior Survey (YRBS) Report. The Youth Risk Behavior Survey (YRBS) is a national surveillance system that was established in 1991 by the Centers for Disease Control and Prevention (CDC) to monitor the prevalence of health risk behaviors among youth. YRBS is a biennial,



anonymous, and voluntary survey of students in 9th through 12th grade in traditional public high schools. The survey asks students to self-report their behaviors in six major areas of health that directly lead to morbidity and mortality. These include:

- 1) Behaviors that contribute to unintentional injuries and violence;
- 2) Sexual behaviors that contribute to human immunodeficiency virus (HIV) infection, other sexually transmitted diseases, and unintended pregnancy;
- 3) Tobacco use;
- 4) Alcohol, marijuana, and other drug use;
- 5) Unhealthy dietary behaviors; and
- 6) Physical inactivity.

The purposes of the Youth Risk Behavior Survey (YRBS) are:

- ◆ to provide Nevada data to assess trends in priority health-risk behaviors among high school students;
- ◆ to measure progress toward achieving national health objectives for *Healthy People 2020* and other program and policy indicators;
- ◆ to evaluate the impact of broad school and community interventions at the national, state, and local level.

In the 2012-2013 academic calendar year, a total of 72 public high schools in Nevada were chosen for YRBS using a scientific sampling method. All Nevada public

high schools are represented in this report. In Washoe County, 14 high schools were chosen and 1,010 students participated in the survey. The following section provides a summary highlight in Nevada and in Washoe County. Statistics for Washoe County are presented in red font and in parenthesis.

HIGHLIGHTS OF FINDINGS

Safety

- ◆ 21.4% (**24.6%**) of high school students rode in a car or other vehicle driven by someone who had been drinking alcohol during the 30 days before the survey.
- ◆ 7.0% (**11.7%**) of high school students drove a car or other vehicle when they had been drinking alcohol during the 30 days before the survey.
- ◆ 35.7% (**36.8%**) of high school students texted or emailed while driving a car or other vehicle during the 30 days before the survey.

Violence-Related Behaviors

- ◆ 15.7% (**20.3%**) of high school students carried a weapon during the 30 days before the survey.
- ◆ 6.5% (**8.7%**) of high school students were threatened or injured with a weapon on school property during the 12 months before the survey.
- ◆ 19.6% (**21.6%**) of high school students were bullied on school property during the 12 months before the survey.
- ◆ 15.0% (**16.9%**) of high school students were electronically bullied during the 12 months before the survey.
- ◆ 11.0% (**14.8%**) of high school students did not go to school because they felt unsafe at school or on their way to or from school during the 30 days before the survey.
- ◆ 10.3% (**12.8%**) of high school students experienced dating violence during the 12 months before the survey.

Depression and Suicide

- ◆ 31.7% (**34.0%**) of high school students experienced depression during the 12 months before the survey.
- ◆ 19.3% (**20.9%**) of high school students seriously considered attempting suicide during the 12 months before the survey.

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- ◆ 11.8% (13.6%) of high school students attempted suicide during the 12 months before the survey.

Tobacco Use

- ◆ 38.8% (40.9%) of high school students have smoked a cigarette at least one time during their lifetime.
- ◆ 10.2% (14.3%) of high school students smoked cigarettes during the 30 days before the survey.
- ◆ 4.5% (6.2%) of high school students used smokeless tobacco during the 30 days before the survey.

Alcohol Use

- ◆ 67.3% (70.2%) of high school students drank alcohol at least one time during their lifetime.
- ◆ 33.3% (36.5%) of high school student drank alcohol during the 30 days before the survey.
- ◆ 17.5% (23.3%) of high school students participated in binge drinking during the 30 days before the survey.

Marijuana and Other Drugs

- ◆ 39.8% (49.2%) of high school students used marijuana at least one time during their lifetime.
- ◆ 18.5% (28.2%) of high school students used marijuana during the 30 days before the survey.
- ◆ 18.4% (21.9%) of high school students took prescription drugs without a doctor's prescription at least one time during their lifetime.
- ◆ 17.3% (21.5%) of high school students used synthetic marijuana at least one time during their lifetime.
- ◆ 10.8% (16.2%) of high school students used ecstasy at least one time during their lifetime.
- ◆ 9.8% (11.5%) of high school students used inhalants at least one time during their lifetime.
- ◆ 31.1% (33.1%) of high school students were offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey.

Sexual Behaviors

- ◆ 43.1% (47.0%) of high school students had sexual intercourse at least one time during their lifetime.
- ◆ 13.6% (13.3%) of high school students had sexual intercourse with four or more persons during their lifetime.
- ◆ 28.2% (29.1%) of high school students were sexually active during the three months before the survey.
- ◆ Among the 28.2% (29.1%) of high school students who are currently sexually active, 56.3% (53.2%) used a condom during their last sexual intercourse.
- ◆ 4.7% (6.1%) of high school students have been pregnant or have gotten someone pregnant during their lifetime.

Diet

- ◆ 58.0% (62.3%) of high school students ate fruit or drank 100% fruit juices one or more times per day during the 7 days before the survey.
- ◆ 81.5% (82.3%) of high school students ate vegetables one or more times per day during the 7 days before the survey.
- ◆ 33.8% (38%) of high school students drank one or more glasses of milk per day during the 7 days before the survey.
- ◆ 16.2% (17.8%) of high school students drank soda or pop one or more times per day during the 7 days before the survey.
- ◆ 34.5% (36.8%) of high school students ate breakfast all 7 days before the survey.

Physical Activity

- ◆ 43.8% (45.3%) of high school students were physically active at least 60 minutes per day on five or more days during the 7 days before the survey.
- ◆ 37.9% (36.2%) of high school students played video or computer games or used a computer for three or more hours per day on an average school day.
- ◆ 30.2% (28.9%) of high school students watched television three or more hours per day on an average school day.
- ◆ 52.5% (57.3%) of high school students attend physical education (PE) classes on one or more days in an average week when they were in school.

Weight

- ◆ 11.5% (8.7%) of high school students were obese.
- ◆ 14.9% (14.9%) of high school students were overweight.
- ◆ 50.0% (48.1%) of high school students were trying to lose weight.

Health-Related Topics

- ◆ 24.0% (17.8%) of high school students have been told by a doctor or nurse that they had asthma during their lifetime.
- ◆ 68.1% (69.2%) of high school students visited a dentist during the 12 months before the survey.

The full report can be downloaded at the website:

<http://chs.unr.edu/subpages/research/YRBS.htm>

REFERENCE

Office of Public Health Informatics and Epidemiology. Division of Public and Behavioral Health. *2013 Nevada Youth Risk Behavior Survey*. Carson City, Nevada. February 2014.

