

YRBS – MERHS

(YOUTH RISK BEHAVIOR SURVEILLANCE SYSTEM)

SPRING 2022



THE YRBS WAS DEVELOPED IN 1990 TO MONITOR HEALTH BEHAVIORS THAT CONTRIBUTE MARKEDLY TO THE LEADING CAUSES OF DEATH, DISABILITY, AND SOCIAL PROBLEMS AMONG YOUTH AND ADULTS IN THE UNITED STATES. THESE BEHAVIORS, OFTEN ESTABLISHED DURING CHILDHOOD AND EARLY ADOLESCENCE, INCLUDE

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity

MERHS BACKGROUND

- Began survey in spring 2015
- Implemented in 2016, 2018, and 2022
- Moved to every other year since CDC updates survey and provides new data every two years
- Surveys were planned, but not implemented, in spring 2020 due to pandemic and school closure
- YRBS data allow us to monitor trends in health behaviors, guide programmatic interventions, and inform school health policies and practices

GRADE AND GENDER DISTRIBUTION

| | Class of 2025 | Class of 2024 | Class of 2023 | Class of 2022 |
|--------|----------------------|----------------------|----------------------|----------------------|
| Total | 73 | 71 | 107 | 67 |
| Female | 43 | 32 | 42 | 36 |
| Male | 30 | 39 | 65 | 31 |

Please note that non-binary was not included in the CDC survey, in future surveys gender classification will be updated

DATA INTERPRETATION

- Due to student enrollment and response numbers one percentage point equates with 3-4 students.
- MERHS last survey was 2018. Comparison to 2022 is included.

CAR RELATED BEHAVIOR

| | 2018 | 2022 | MA 2019 |
|---|-------------|-------------|----------------|
| Wore a seatbelt most or all of the time | NA | 93.5% | |
| In car with driver under influence | 21% | 9.75% | 15.4% |
| Drove after drinking | 7.9% | 3% | 5.1% |
| Did text and drive | 45% | 24.5% | 38.4 |

MENTAL HEALTH

| | 2018 | 2022 | MA 2019 |
|---|--------------|--------------|--------------|
| Feeling sad for 2 weeks in the past 12 months | 22.6% | 30.5% | 33.8% |
| Considered suicide in last 12 months | 11.3% | 13.8% | 17.5% |
| Did you make a plan about how to commit suicide in the last 12 months | 8.8% | 8.8% | 14.8% |
| Attempted suicide during last 12 months | 10.3% | 11.3% | 7.3% |

SMOKING COMPARISON

| | 2018 | 2022 | MA 2019 |
|---|------|-------|---------|
| Ever smoked cigarettes | 7.5% | 5% | 17.7% |
| Ever used other tobacco products | 4% | 2.5% | 4.8% |
| Ever smoked a Cigar | 5.8% | 3.4% | 5.1% |
| Ever used an electronic vapor products* | 40% | 37.4% | 50.7% |

*39% of those that ever used a vape product, used a vape product one to ten days in the last 30 days. The majority of these were one to two days in the past 30 days

ALCOHOL USE

| | 2018 | 2022 | MA 2019 |
|--|------------------------------|------------------------------|----------------|
| Drank alcohol in the last 30 days | 43% | 36% | 29.8% |
| Drank 4-5 drinks in 2-hour period (considered binge drinking) | 23.9 | 20.4% | 15% |
| Obtained alcohol | From Friend or Family Member | From Friend or Family Member | |

MARIJUANA COMPARISON

| | 2018 | 2022 | MA 2019 |
|--------------------------|-------------|-------------|----------------|
| Smoked at least one time | 43% | 31% | 41.9 |
| Smoked in last 30 days | 26.5% | 21% | 25% |
| Average age | 13 – 14 | 13 - 14 | |

OTHER DRUGS

| | 2018 | 2022 | MA 2019 |
|---------------------------------|-------|-------|---------|
| Prescription Drugs | 5% | 4.4% | |
| Methamphetamines | .8% | .01% | 2.2% |
| Heroin | .5% | .01% | 1.9% |
| Offered drugs on school grounds | 19.6% | 19.1% | 21.8% |

VIOLENCE RELATED BEHAVIOR


| | 2018 | 2022 | MA 2019 |
|--|-------------|------------|-------------|
| Carried a weapon at school during last 30 days | N/A | 1% | 10% |
| Did not attend school due to concern for safety | N/A | 3% | 6.4% |
| Had a fight on school property | 5.3% | 2% | 6.4% |
| Forced by date to take part in sexual activity they did not want to (kissing, touching, sexual intercourse) | 8.6% | 11% | 6.0% |

BODY WEIGHT – MALE/FEMALE

| | Female | Male |
|-------------------------------------|--------|------|
| Describes themselves as overweight | 22.3% | 16% |
| Trying to lose weight | 49% | 20% |
| Describes themselves as underweight | 14% | 27% |
| Trying to gain weight | 4% | 32% |

MENTAL HEALTH AND SLEEP COMPARISON

| | 2018 | 2022 | MA 2019 |
|--|------------|------------|--------------|
| Poor mental health during the past 30 days (stress, anxiety, and depression) | N/A | 61% | |
| Average number of less than 8 hours of sleep | 70% | 71% | 80.3% |



BULLYING

| | 2018 | 2022 | MA 2019 |
|------------------------|-------------|-------------|----------------|
| Bullied at School | 12% | 8% | 16.3% |
| Bullied Electronically | 9.8% | 9% | 13.9% |

SBIRT – SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT

- SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders.
- SBIRT in Schools is intended to identify substance use risk behaviors and to improve health, safety, resilience and success in students. SBIRT screening requires a structured, 1:1 conversation between a trained school professional and a student to build trusting relationships around education, behavior and support related to substance use.


LEGISLATION MANDATING SBIRT IN SCHOOLS

- March 2016, the Massachusetts Legislature enacted an Act relative to substance use, treatment, education, and prevention (STEP Act) which outlines the requirements for public schools in the Commonwealth to engage in substance use screening and education.
- MA Department of Public Health School Health Services provided skills and implementation training to assist school districts in successfully incorporating SBIRT into schools.

CRAFFT SCREENING TOOL

- The CRAFFT is an efficient and effective health screening tool designed to identify substance use, substance-related riding/driving risk, and substance use disorder among youth ages 12-21. It has been implemented as part of universal screening efforts in thousands of busy medical and community health settings, as it yields information that can serve as the basis for early intervention and patient-centered counseling.
- The CRAFFT is the most well-studied adolescent substance use screener available and has been shown to be valid for adolescents from diverse socioeconomic and racial/ethnic backgrounds. It is recommended by the American Academy of Pediatrics' Bright Futures Guidelines for preventive care screenings and well-visits, the Center for Medicaid and CHIP Services' Early and Periodic Screening, Diagnostic and Treatment (EPSDT) program, and the National Institute of Alcohol Abuse and Alcoholism (NIAAA) Youth Screening Guide.

<https://craftt.org/get-the-craftt/>



SBIRT – GRADE 7 SCREENING SUMMARY

| Results for each CRAFFT screening question | Positive | Negative | Percent Positive |
|---|-----------------|-----------------|-------------------------|
| Rode in car driven by someone high | 1 | 91 | 1.1% |
| Use alcohol /drugs to relax etc. | 0 | 5 | 0.0% |
| Use alcohol / drugs alone | 0 | 5 | 0.0% |
| Forget things while using drugs / alcohol | 0 | 5 | 0.0% |
| Family/friends say you should cut down | 0 | 5 | 0.0% |
| Gotten into trouble while using drugs/ alcohol | 0 | 5 | 0.0% |

SBIRT DATA – GRADE 10 SCREENING SUMMARY

| Results for each CRAFFT screening question | Positive | Negative | Percent Positive |
|--|----------|----------|------------------|
| Rode in car driven by someone high | 4 | 77 | 4.9% |
| Use alcohol /drugs to relax etc. | 1 | 26 | 3.7% |
| Use alcohol / drugs alone | 1 | 26 | 3.7% |
| Forget things while using drugs / alcohol | 0 | 27 | 0.0% |
| Family/friends say you should cut down | 0 | 27 | 0.0% |
| Gotten into trouble while using drugs/ alcohol | 0 | 27 | 0.0% |

Five caregiver opt outs

GREATEST AREAS OF CONCERN

- Mental Health
- Vape Use
- Marijuana Use
- Alcohol Use
- Dating Violence
- Body Image
- Sleep

PROGRAMS DEVELOPED TO SUPPORT STUDENTS

- Guidance Staff – Support for all students
- Adjustment Counselors – Counseling in school for students with greater needs
- Bridge Program – Transition program for students returning from long term absence
- Transitions Program – Special Education Program for students with social emotional needs
- Partnership with Salem State Graduate Counseling Program (Counseling Fellows)
- High School Schedule with U Block and waterfall meeting times

STEPSTO CONSIDER

- Map 6 – 12 Health Curriculum
- Extend Health Curriculum down to K-5
- Engage School Resource Officer in educational programming around healthy decision making
- Maintain and support current programming (Bridge, School Adjustment Counselors, Guidance Program, Counseling Fellow)
- Parent education programming K – 12
- Maintain data through counselors concerning trends in student behaviors
- Use 2022 data as a post-pandemic baseline
- Middle School to conduct YRBS in Winter, 2023