



Indiana
Department
of
Health

THE CURRENT STATE OF HOOSIER YOUTH:

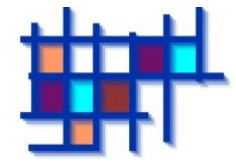
2021 YOUTH RISK BEHAVIOR SURVEY FINDINGS

KATE SCHEDEL

SEPTEMBER 29, 2022

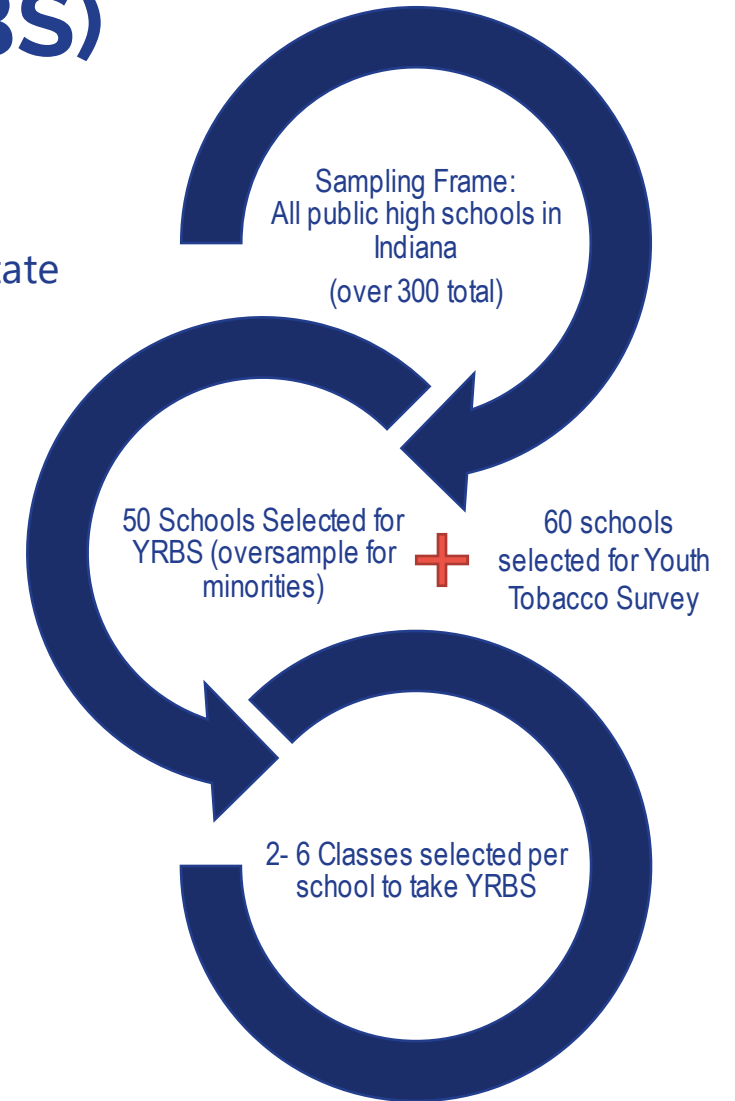
IDOH Adolescent Health Programming

- Many IDOH divisions also serve adolescents and young adults (AYA)
 - State Adolescent Health Administrator position sits within the Maternal and Child Health Division
- MCH AYA Programming Overview
 - Title V Block Grant
 - Currently has four major objectives and goals related to adolescent health
 - Work alongside a network across 59 states and jurisdictions serving the AYA population
 - Teen Pregnancy Prevention Grant Program
 - Sexual Risk Avoidance Education Grant Program
 - Youth Risk Behavior Survey and School Health Profiles Survey
 - Youth Advisory Board



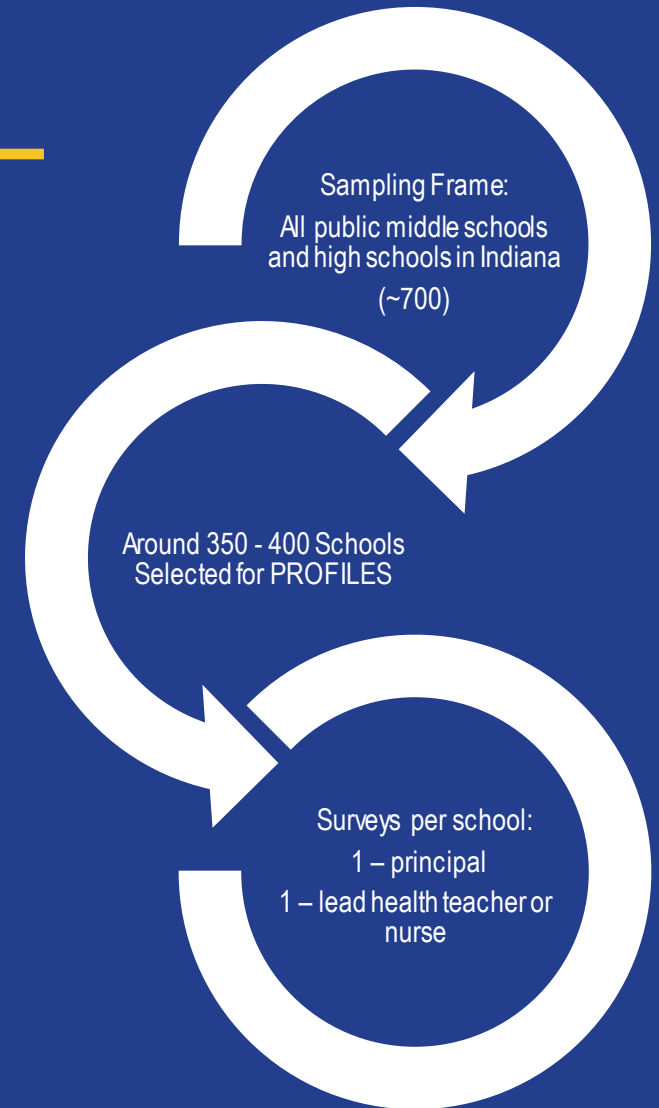
Youth Risk Behavior Survey (YRBS)

- A CDC-sponsored survey, around since 1990
 - Conducted every other year (odd-numbered years) from January - April
 - Sample consists of a representative group of high school students around the state
 - Total: 99 questions, completed in one class period
 - Indiana uses 2/3 of base questions each year, and adds additional questions
 - In 2021: Added 8 ACE-related questions
- YRBS monitors students' health risks and behaviors in six categories:
 - unintentional injury and violence
 - sexual behaviors related to unintended pregnancy
 - alcohol and other drug use
 - tobacco use
 - unhealthy dietary behaviors
 - inadequate physical activity
- Schools receive \$500 for their participation



School Health Profiles

- A CDC-sponsored survey
 - Conducted every other year (even-numbered years)
 - Sample a representative group of middle & high school staff around the state
 - Principal survey: 49 questions, Teacher survey: 29 questions (unmodified)
- Assesses school health policies and practices such as:
 - School health education requirements and content;
 - Education and physical activity;
 - Practices related to bullying and sexual harassment;
 - School health policies related to tobacco-use prevention and nutrition;
 - School-based health services;
 - Family engagement and community involvement; and
 - School health coordination.
- Principals and teachers receive a \$25 gift card for their participation



Data Notes & Caveats

- Indiana celebrates the hard-earned success of achieving YRBS weighted data in 2021! This means that enough schools and students participated in the YRBS to allow for the survey results to be representative of Indiana public high school students.
- Throughout this presentation, note the years of missing data in some of the graphs and data visuals: Indiana did not achieve weighted data for YRBS for 2013, 2017, or 2019 and did not achieve weighted data for SHP for 2018; therefore, data for these years are missing throughout this presentation.
- YRBS was conducted in January – April 2021, keep in mind this is when most students returned to in-person learning after approximately seven months of remote learning.
- Based on CDC guidance, statistics based on subgroup counts less than 30 have been suppressed.
- Please note small counts for some of the data slides and keep in mind that graph axes shift to allow for legible data visuals.
- The intent of this slide deck is to be a comprehensive overview of valuable information from which users can pull data and statistics for their work – for additional data requests or a deeper dive into a specific content area please reach out to MCH (ISDHMCH@isdh.in.gov).

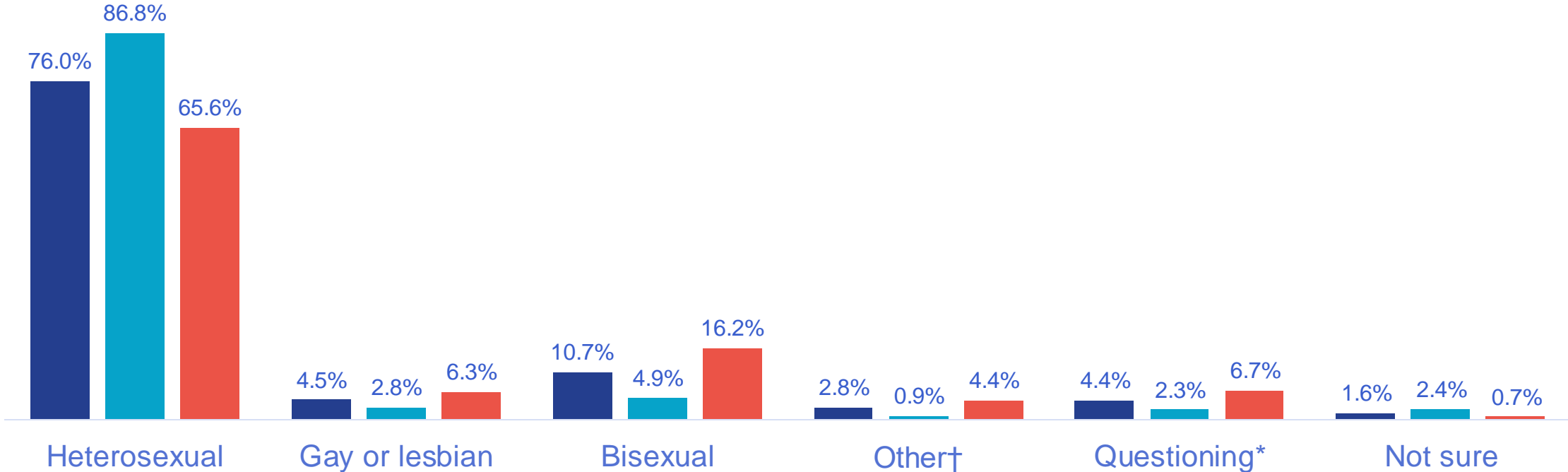
2021 Sample Characteristics

- The 2021 Youth Risk Behavior Survey (YRBS) was completed by 1,029 students in 43 public high schools in Indiana during the spring of 2021.
- The school response rate was 88%, the student response rate was 81%, and the overall response rate was 71%.
- The results are representative of all students in grades 9-12.
- The weighted demographic characteristics of the sample are as follows:

Gender	Grade	Age	Race/Ethnicity
Female: 49.0%	9th: 25.9%	15 or younger: 32.7%	Black*: 10.8%
Male: 51%	10th: 25.8%	16 or 17: 51.1%	Hispanic/Latino: 11.7%
	11th: 24.5%	18 or older: 16.2	White*: 70.3%
	12th: 23.8%		All Other Races*: 4.1%
			Multiple Races*: 3.2%

Sexual Orientation – All Students

■ Total ■ Male ■ Female



† Includes students who responded 'I describe my sexual identity some other way'
* Includes students who responded 'I am not sure about my sexual identity'



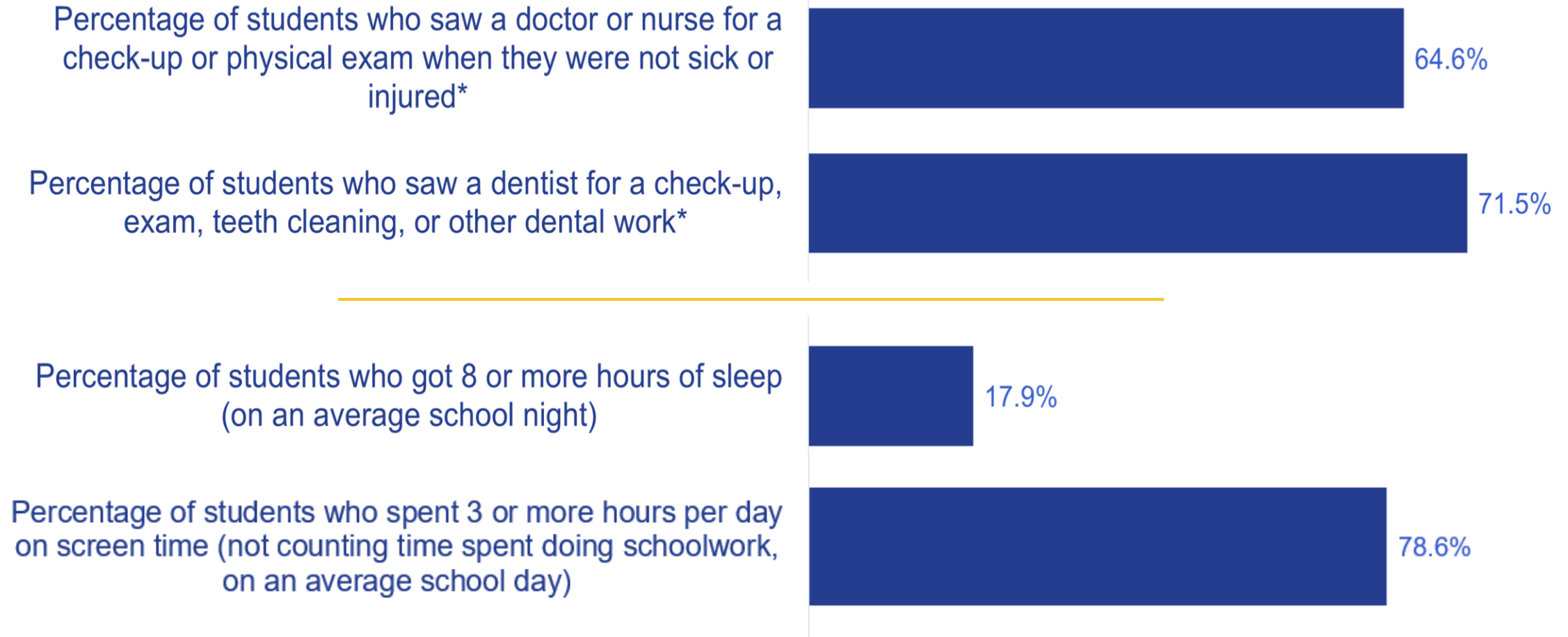
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General Health & Healthcare

Health Ratings – 2021 Results



Healthcare Providers & Sleep – 2021 Results

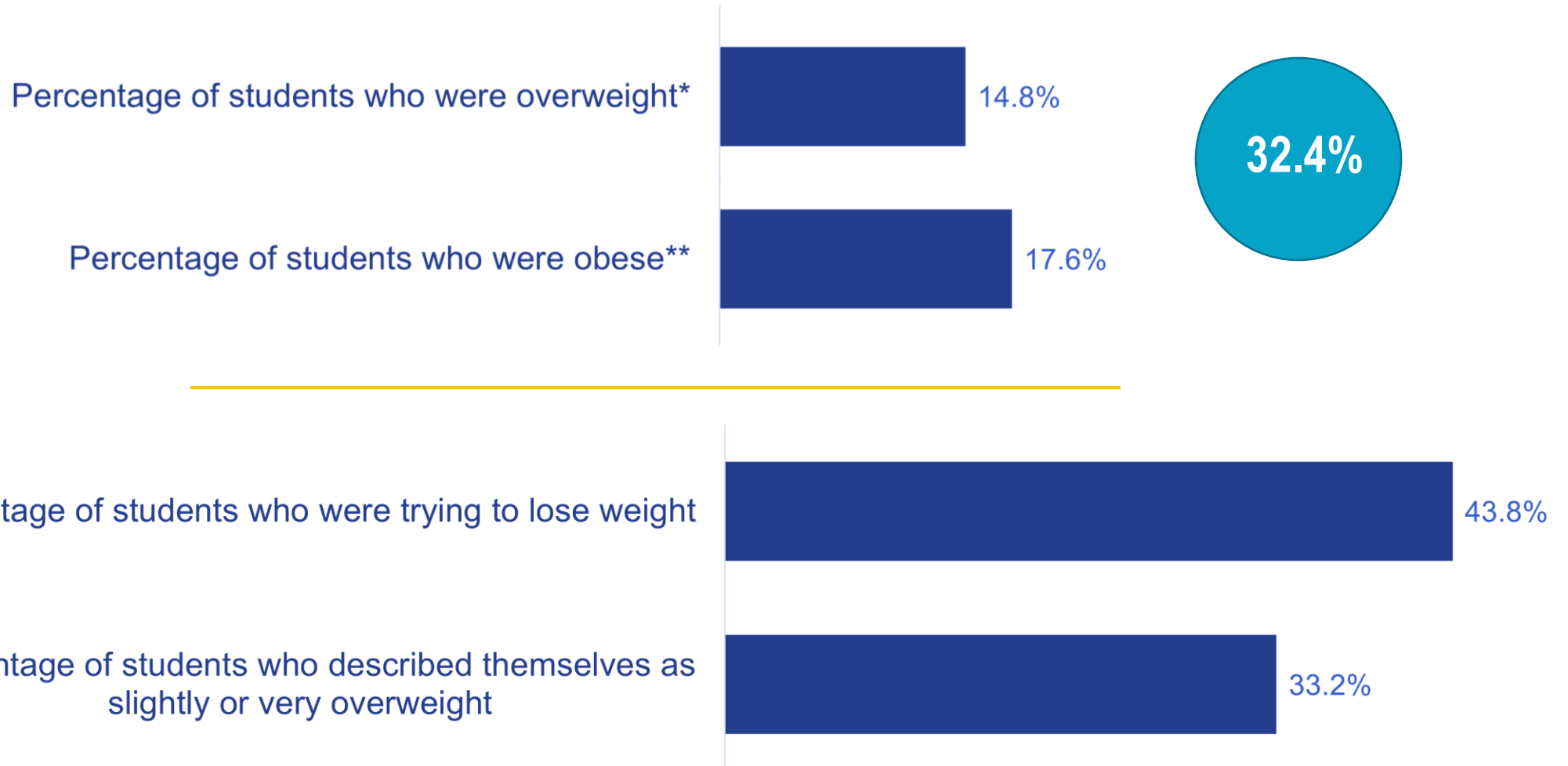


School Health Profiles – Principal Survey

Percentage of schools that have a full-time registered nurse who provides health services to students



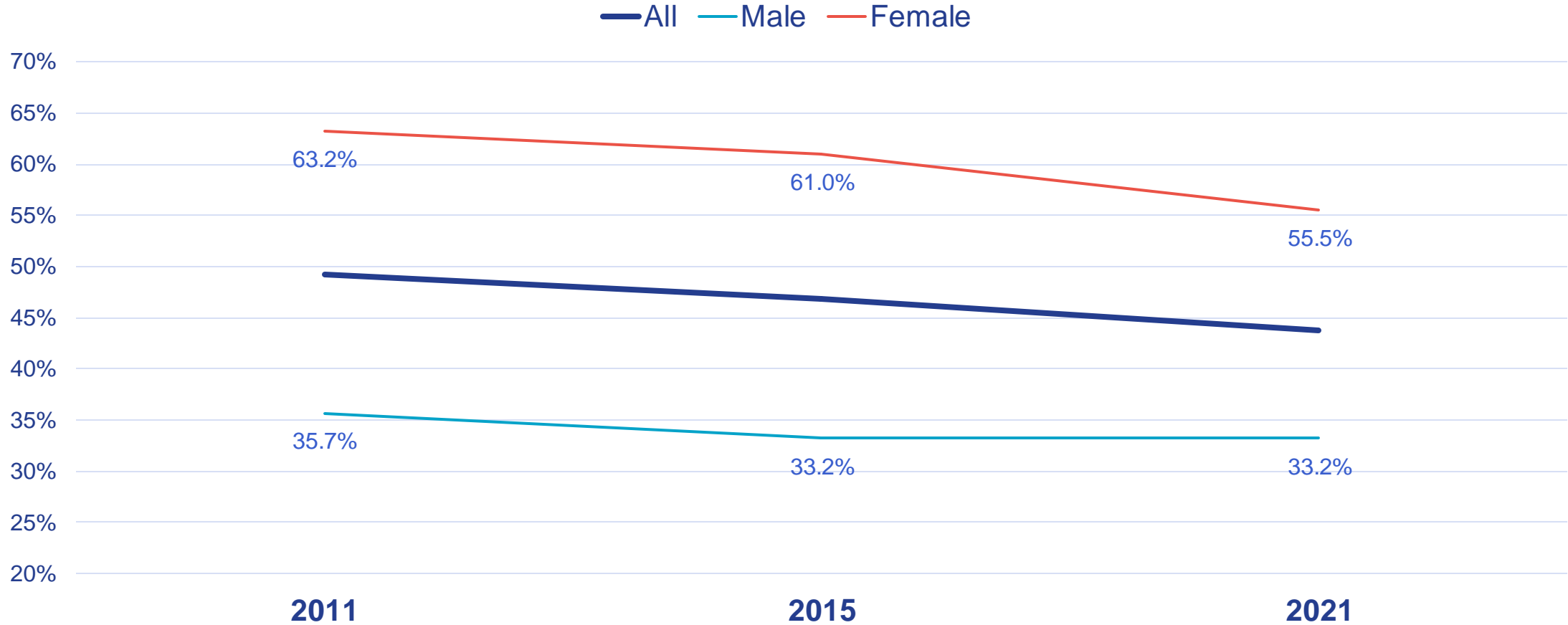
Weight Status & Self-Perceived Weight – 2021 Results



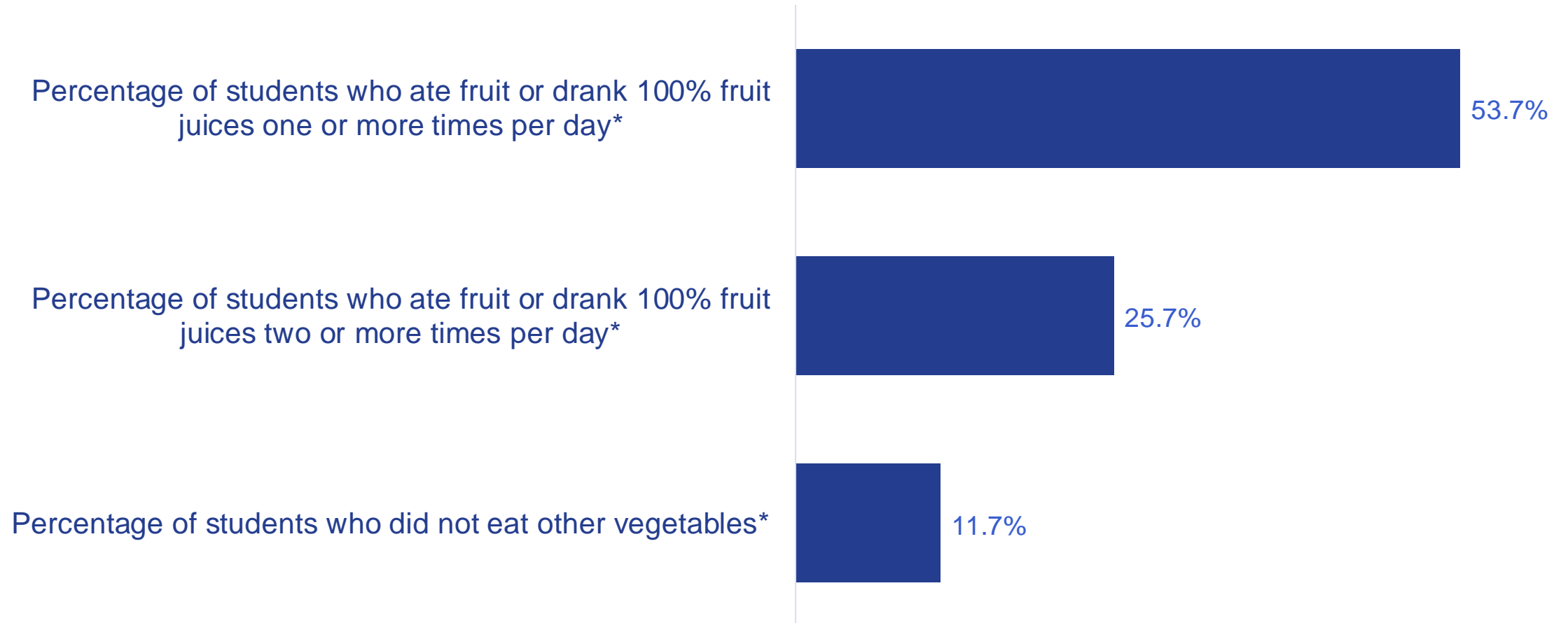
* Greater than or equal to 85th percentile but less than 95th percentile for body mass index

** Greater than or equal to 95th percentile for body mass index

Percentage of students who were trying to lose weight



Fruit & Vegetable Consumption – 2021 Results



Soda & Fast-Food Consumption – 2021 Results

Percentage of students who ate at least one meal or snack from a fast food restaurant (such as McDonald's, Taco Bell, or KFC)**



Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day*



Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day*

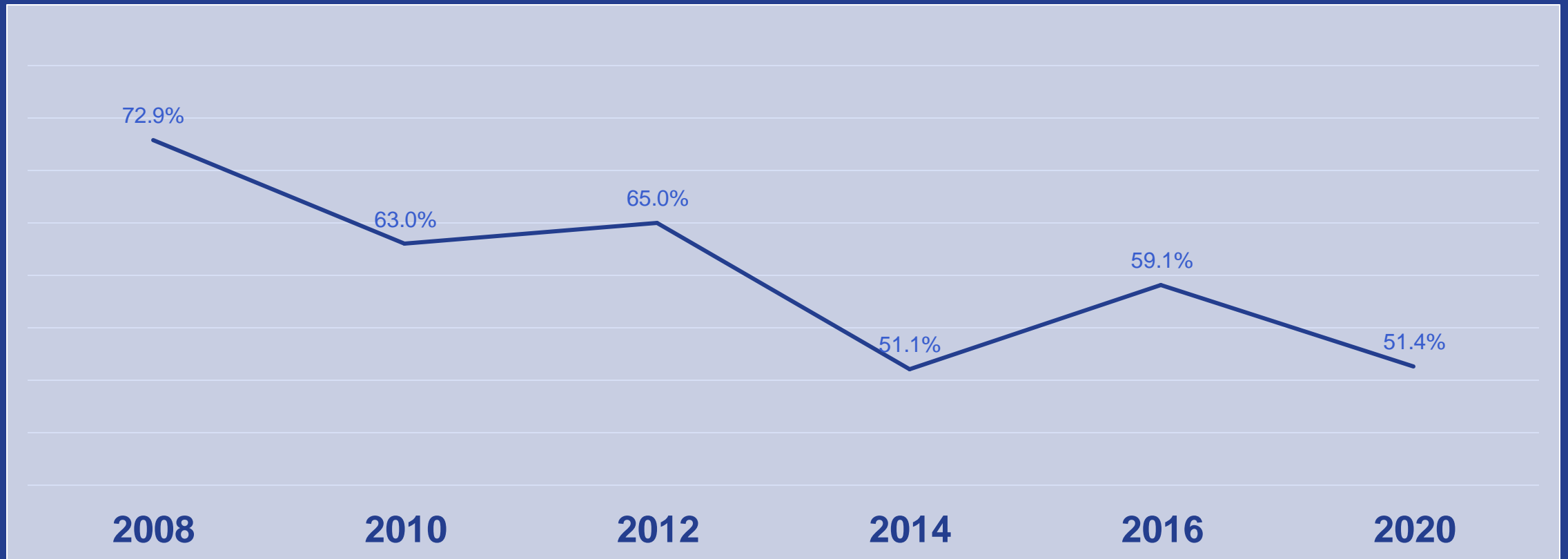


Percentage of students who did not drink a can, bottle, or glass of soda or pop*



School Health Profiles – Teacher Survey

Percentage of schools in which students take two or more required health education courses.

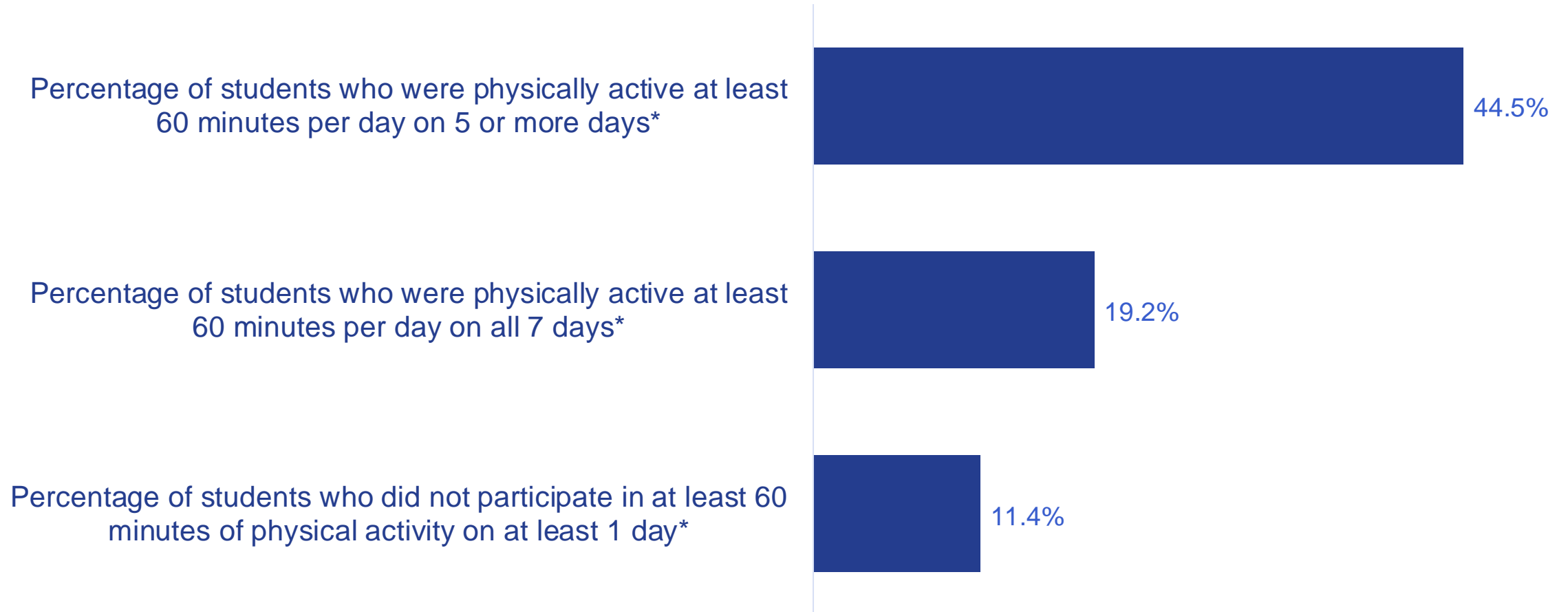




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Physical Activity

Physical Activity – 2021 Results



Physical Education Classes– 2021 Results

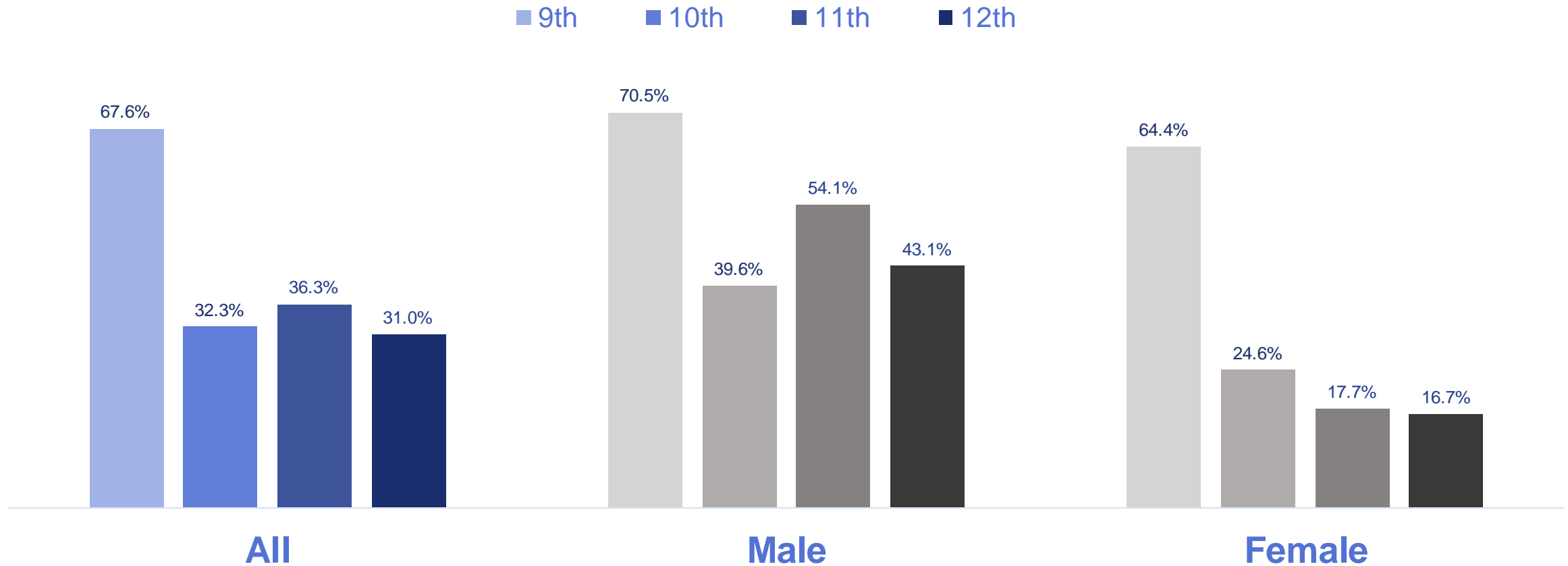
Percentage of students who attended physical education (PE) classes on 1 or more days (in an average school week)

41.7%

Percentage of students who attended physical education (PE) classes on all 5 days (in an average school week)

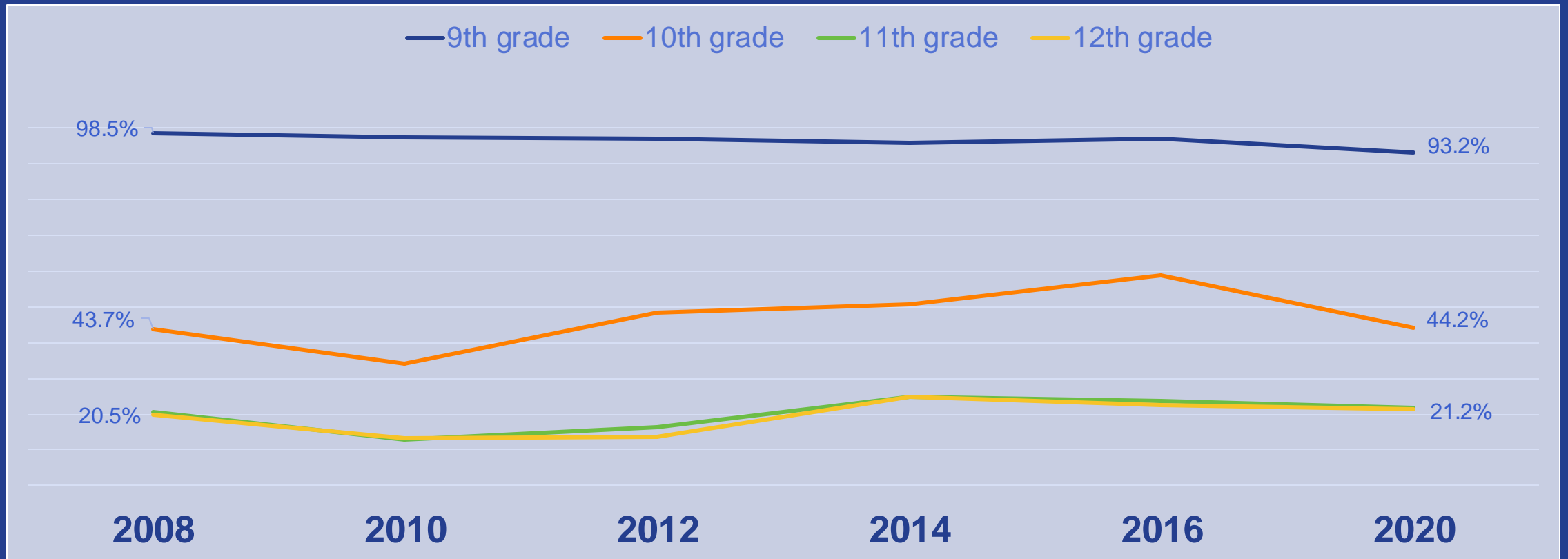
24.8%

Percentage of students who attended physical education (PE) classes on 1 or more days*



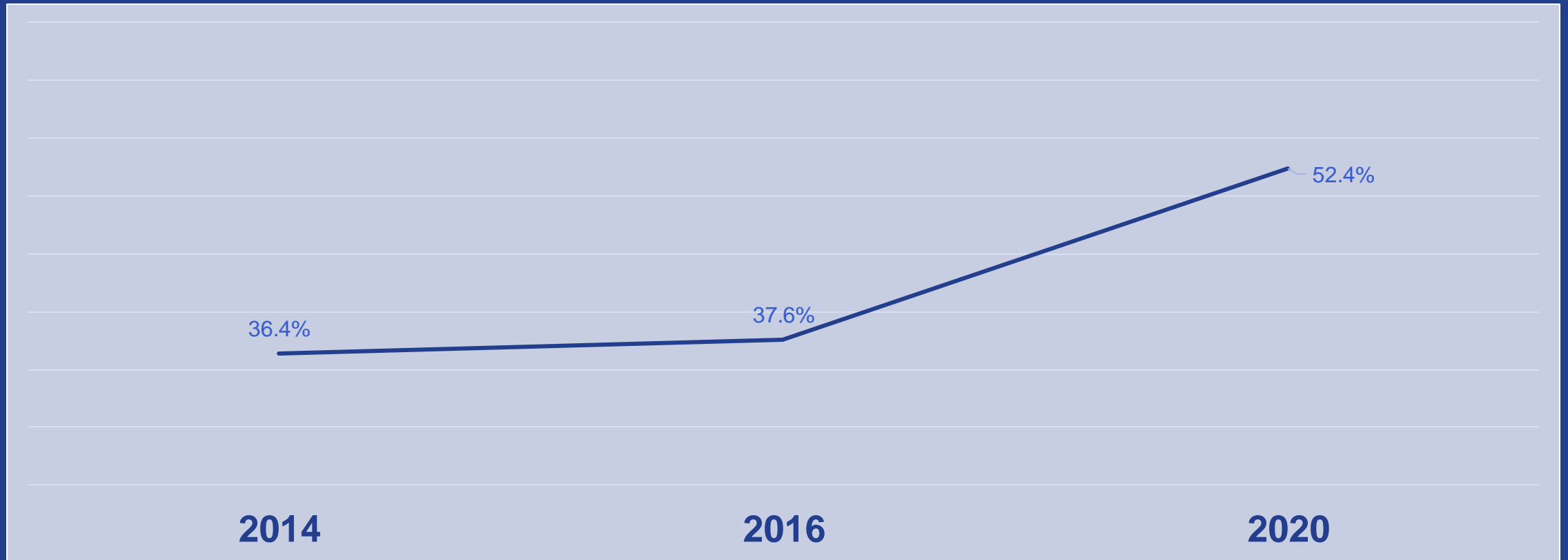
School Health Profiles – Principal Survey

Percentage of schools that taught required physical education 9th, 10th, 11th, and 12th grades



School Health Profiles – Principal Survey

Percentage of schools that offer opportunities for students to participate in physical activity through organized physical activities or access to facilities or equipment before the school day



School Health Profiles – Principal Survey

Percentage of schools in which students participate in physical activity in classrooms during the school day outside of physical education





Tobacco Use

Cigarette Smoking – 2021 Results

Percentage of students who currently smoked cigarettes (on at least 1 day)*



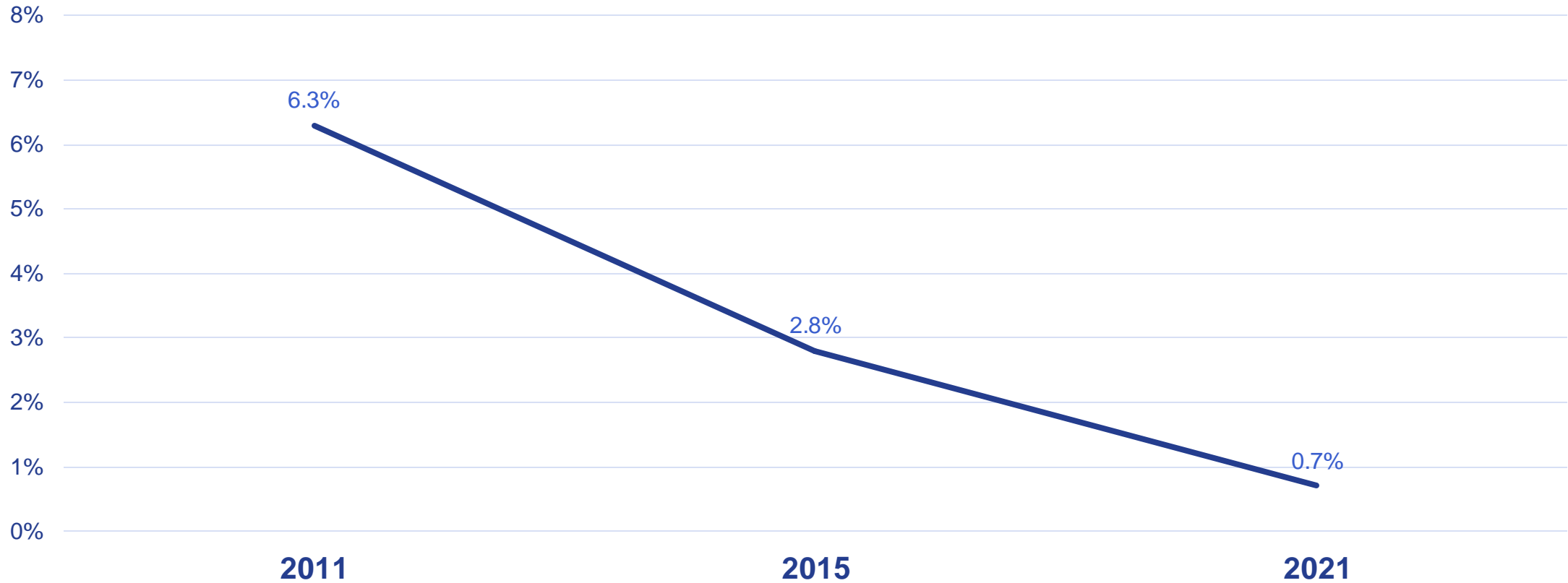
Percentage of students who currently smoked cigarettes frequently (on 20 or more days)*



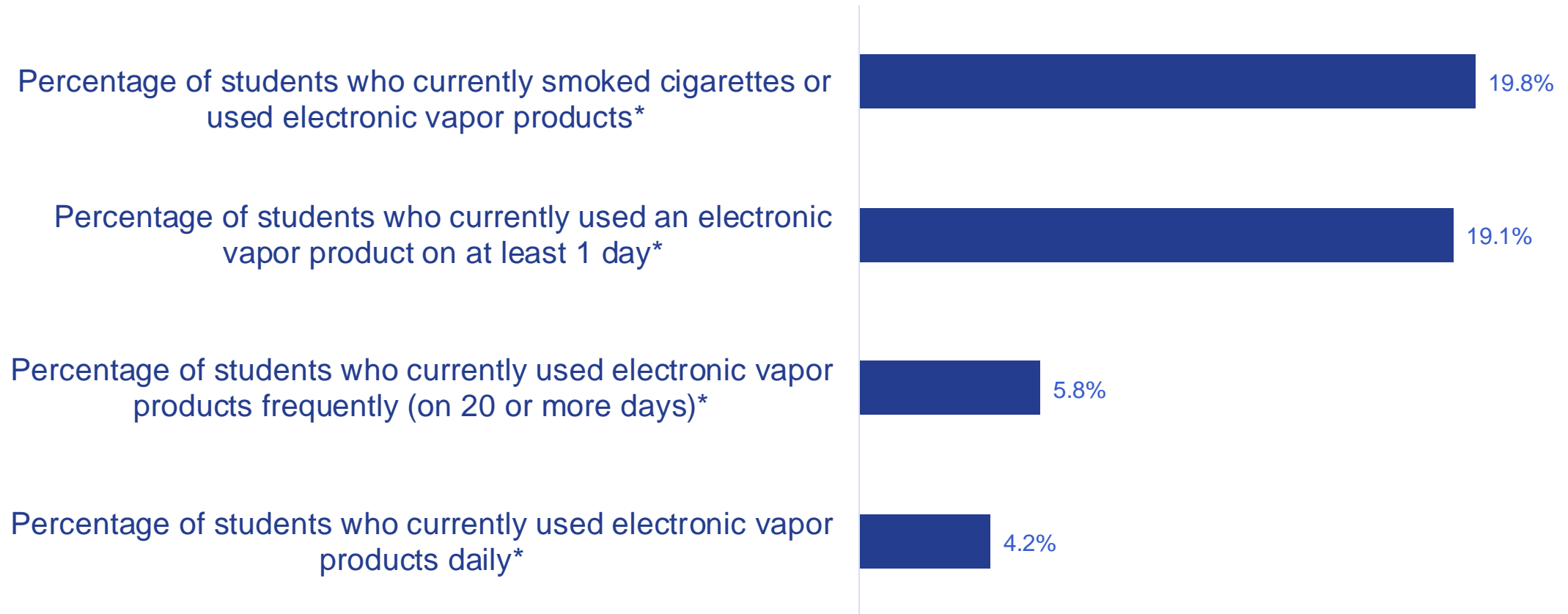
Percentage of students who currently smoked cigarettes daily*



Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

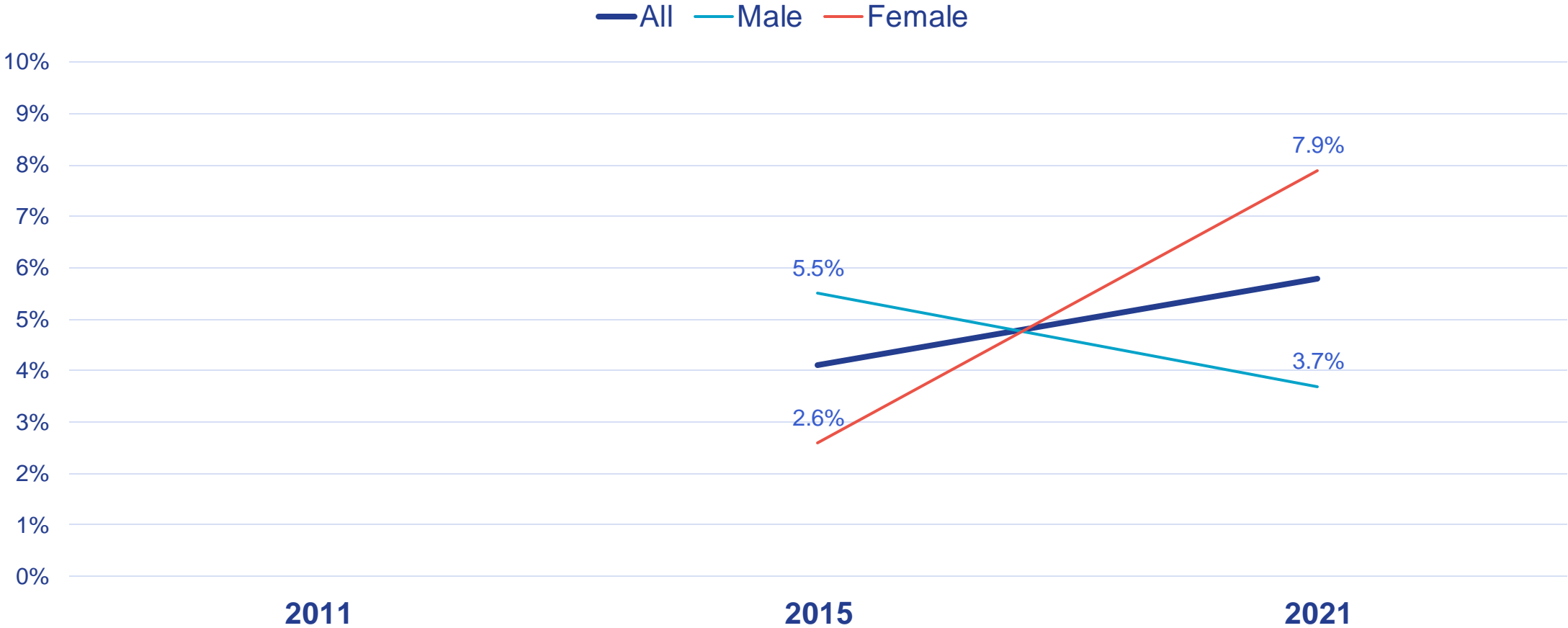


Cigarettes & Vaping – 2021 Results



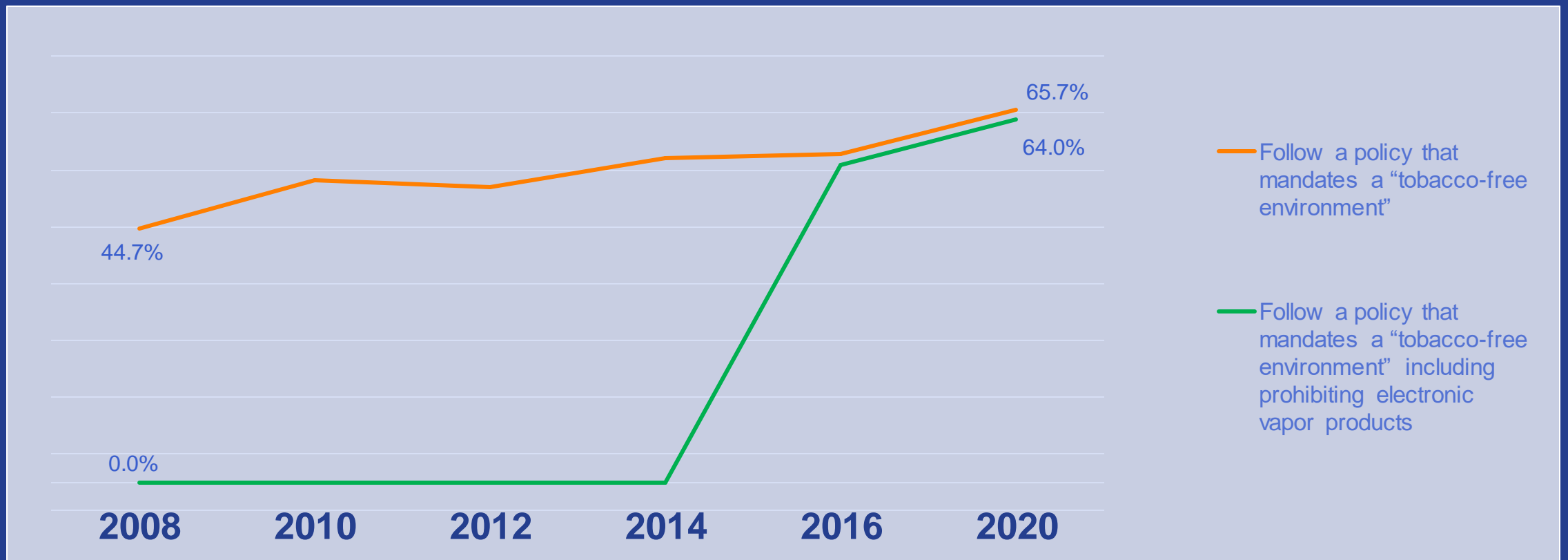
Percentage of students who currently used electronic vapor products frequently

(on 20 or more days during the 30 days before the survey)



School Health Profiles – Principal Survey

Percent of schools that have adopted or follow specific tobacco-use prevention policies.



School Health Profiles – Teacher Survey

Percentage of schools in which teachers tried to increase student knowledge on tobacco-use prevention in a required course in any of grades 6 through 12 during the current school year:





Alcohol & Other Substances

Alcohol Consumption – 2021 Results

Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day*)



Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)



Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours*)

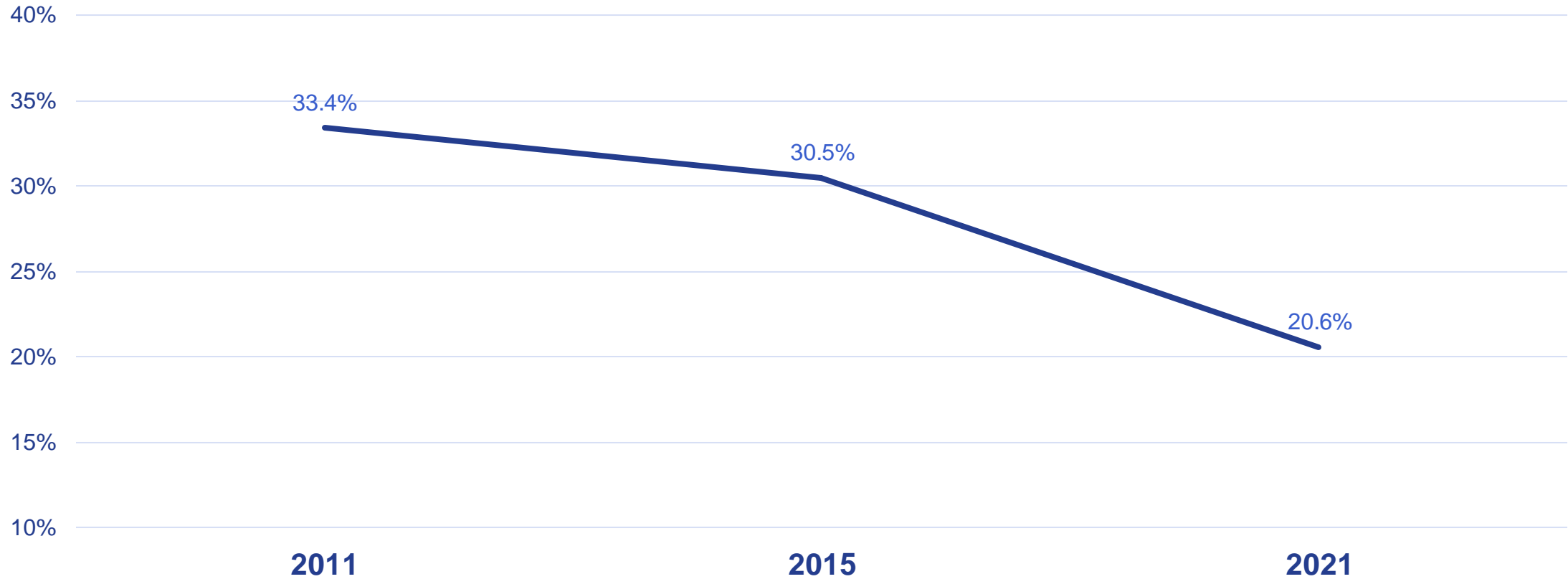


Percentage of students who usually got the alcohol they drank by someone giving it to them (among students who currently drank alcohol)*



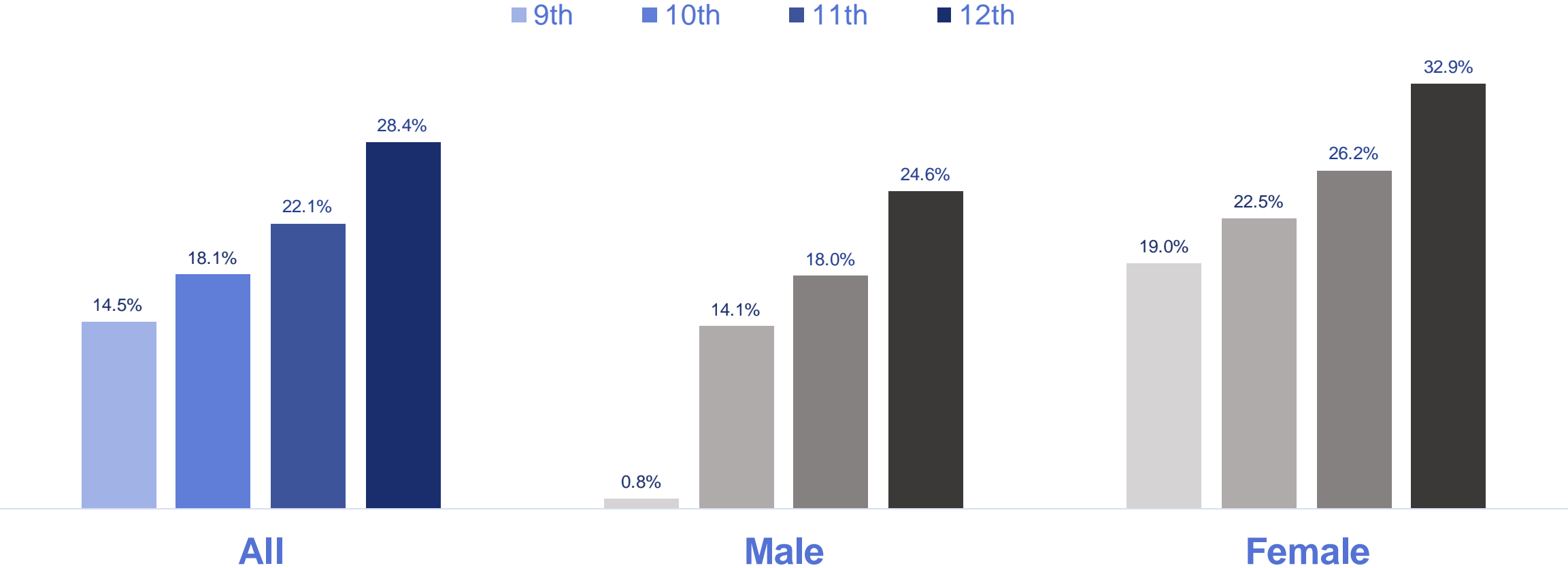
Percentage of students who currently drank alcohol

(at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

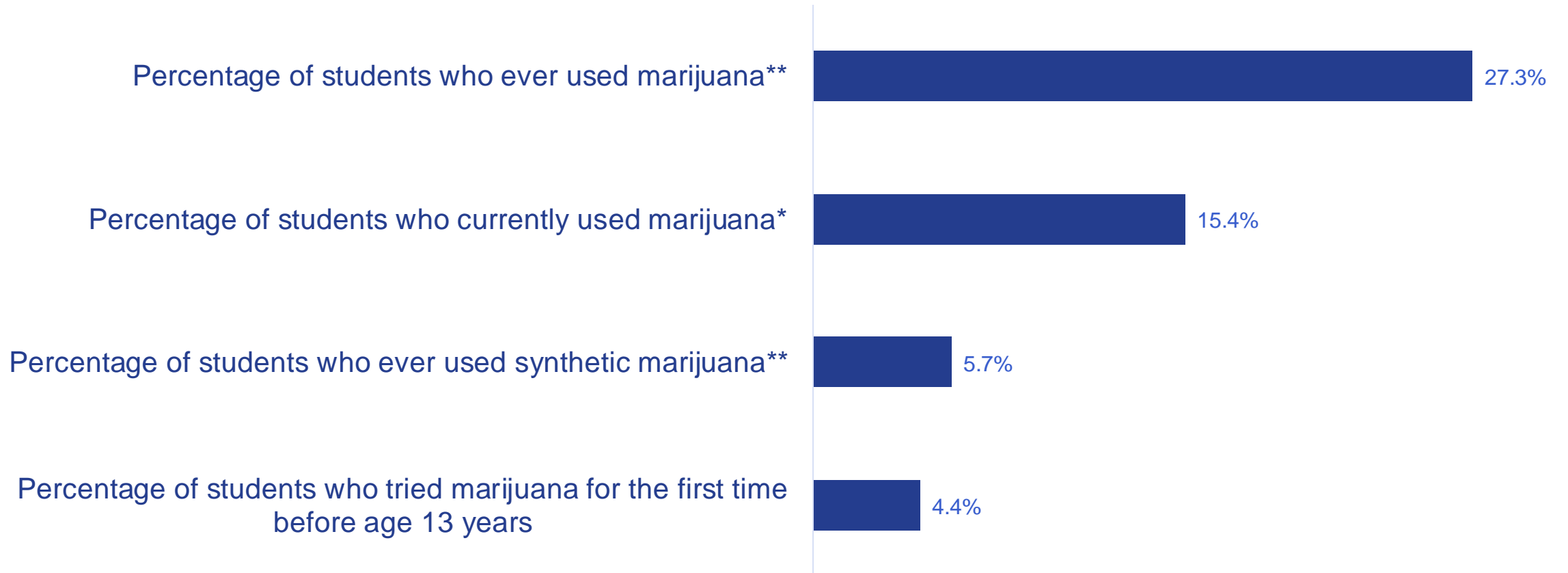


Percentage of students who currently drank alcohol

(at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

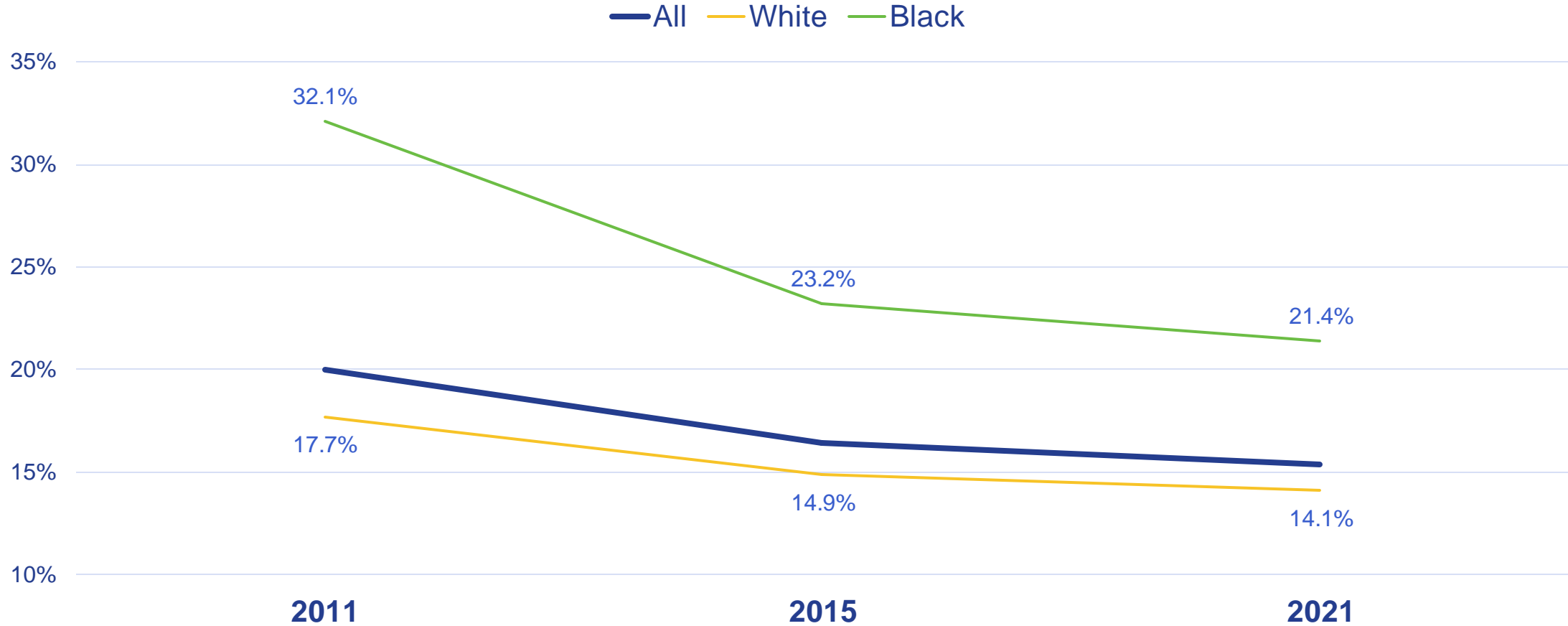


Marijuana Use – 2021 Results

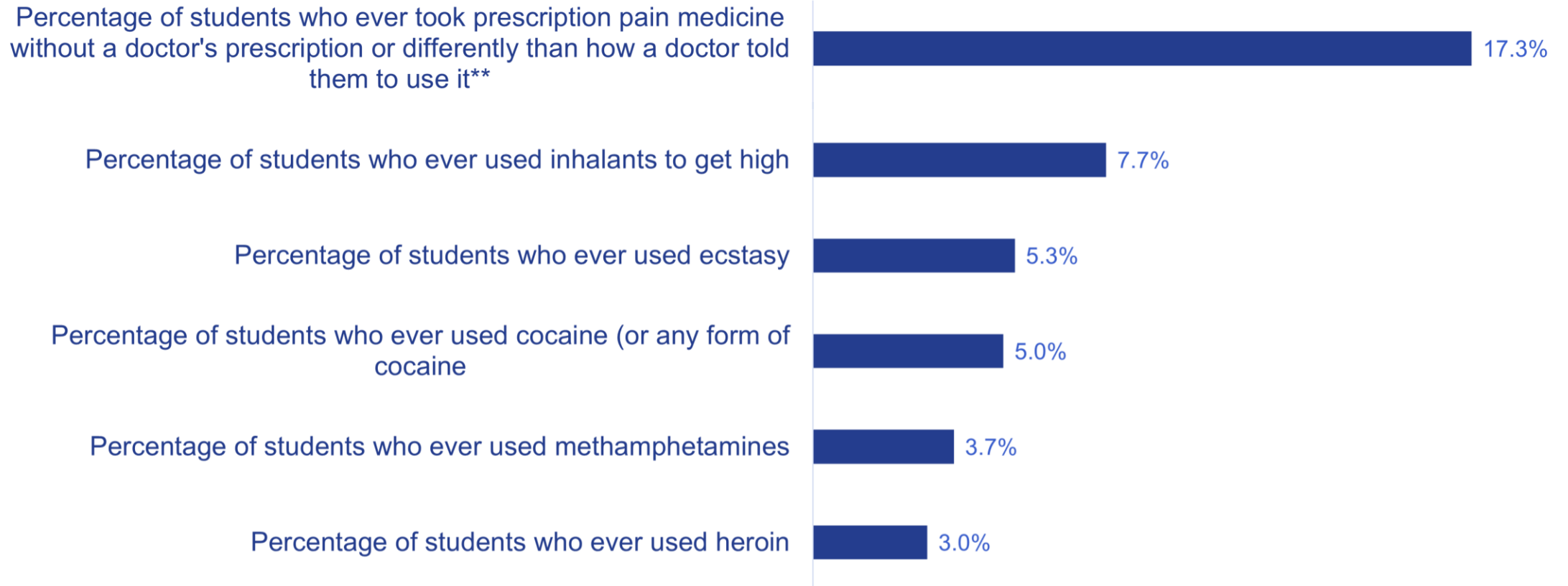


Percentage of students who currently used marijuana

(one or more times during the 30 days before the survey)

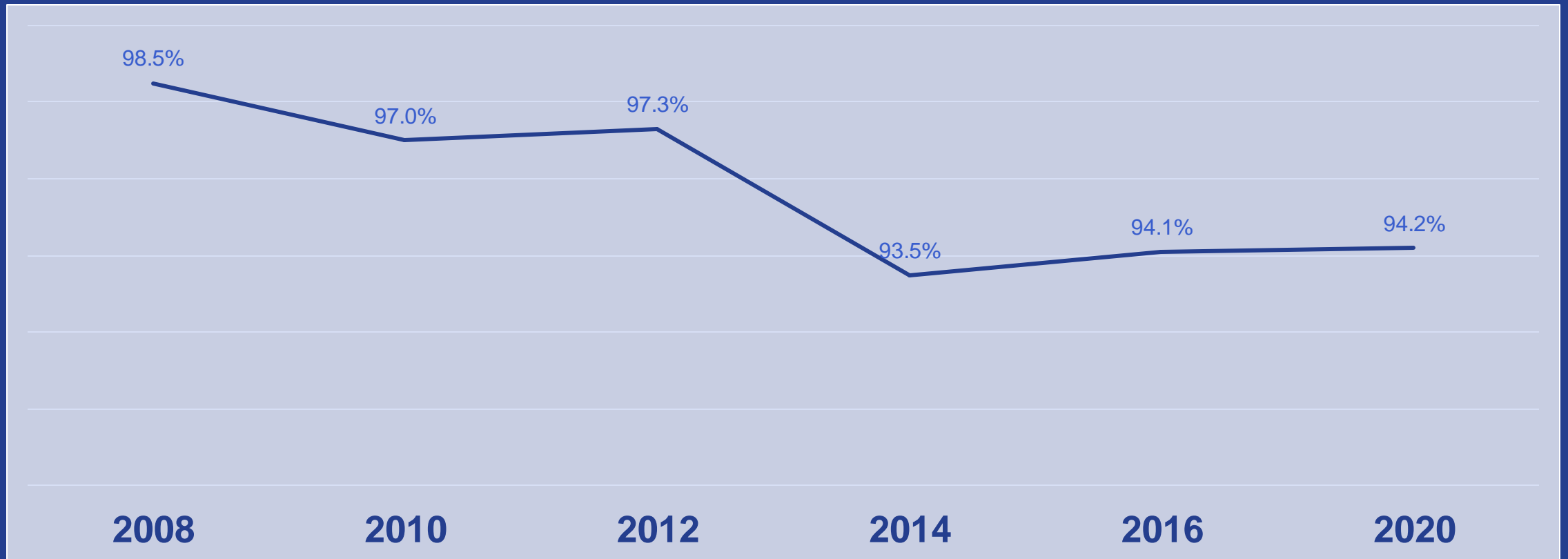


Other Drug Use – 2021 Results



School Health Profiles – Teacher Survey

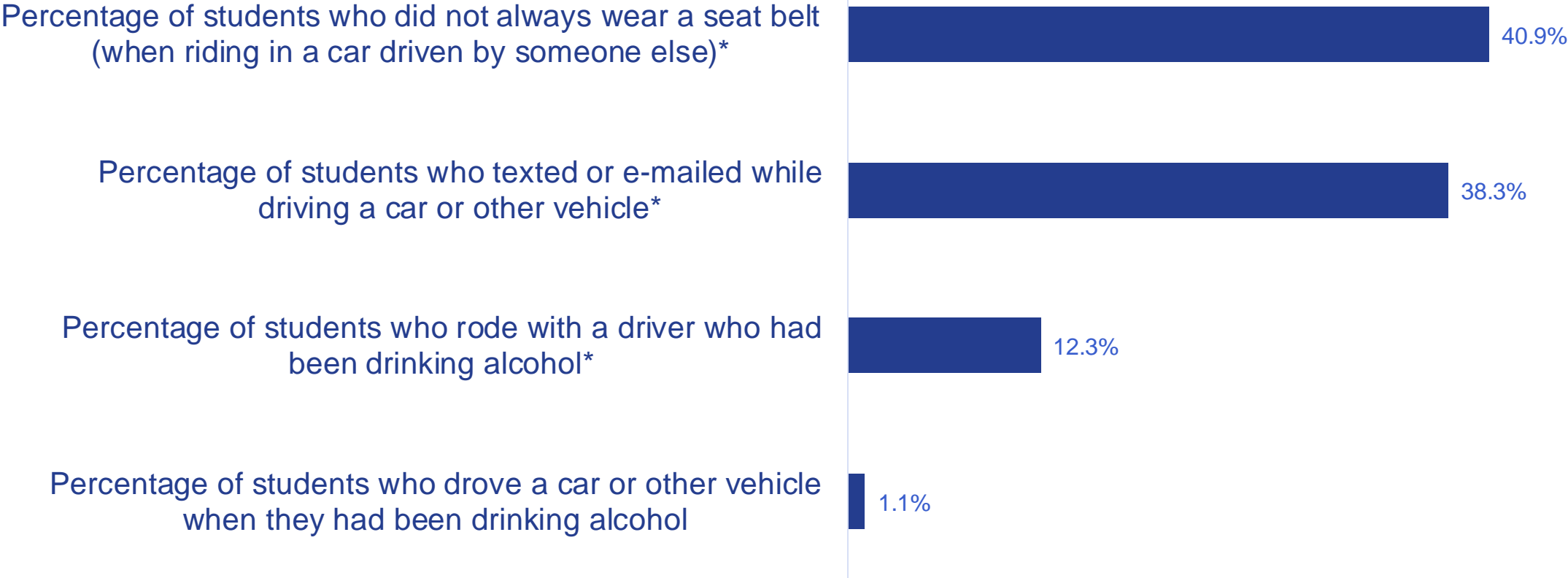
Percentage of schools in which teachers tried to increase student knowledge on alcohol-use or other drug-use prevention in a required course in any of grades 6 through 12 during the current school year.





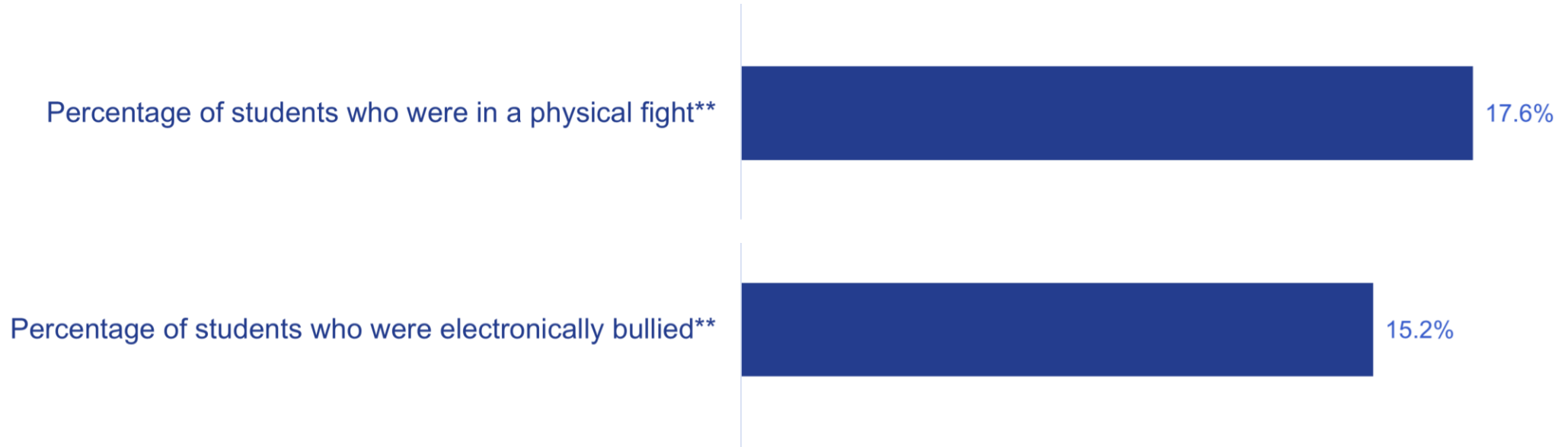
Injury and Violence

Driving/Automobile Behaviors – 2021 Results



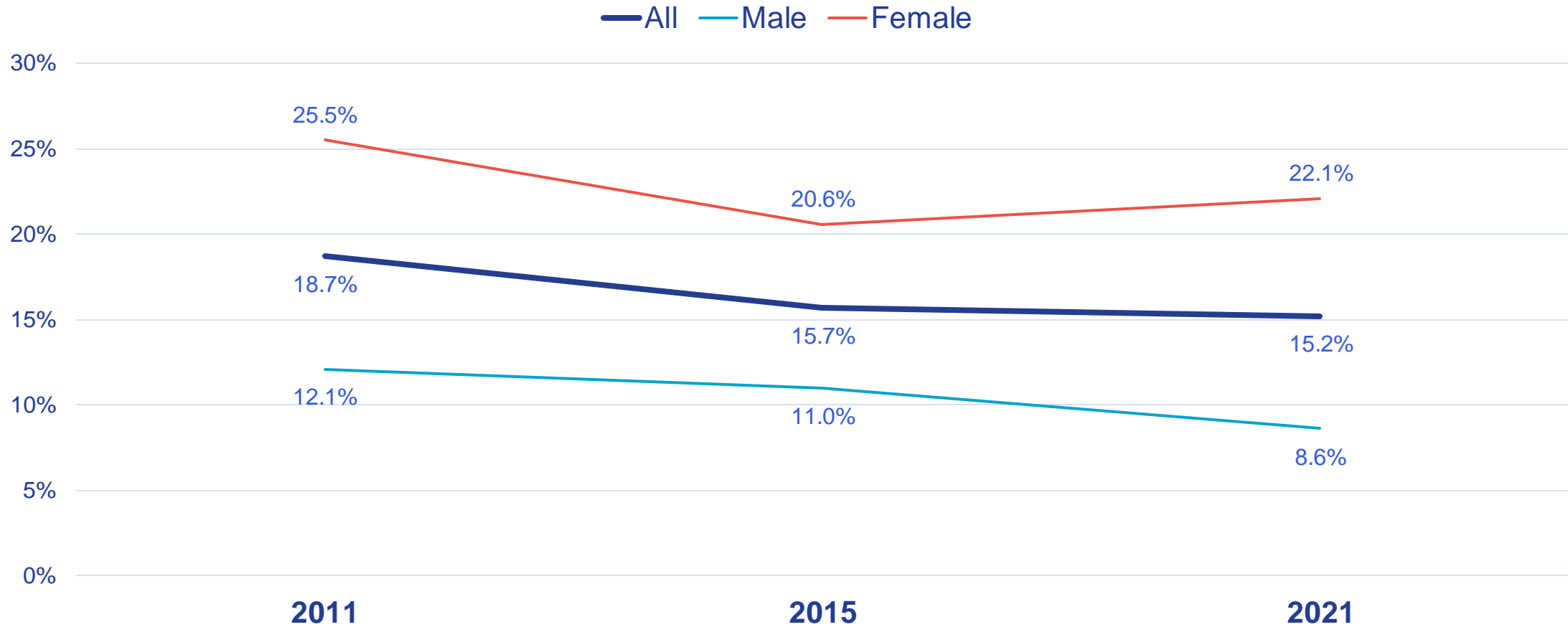
* one or more times during the 30 days before the survey

Physical Fights and Electronic Bullying - 2021 Results



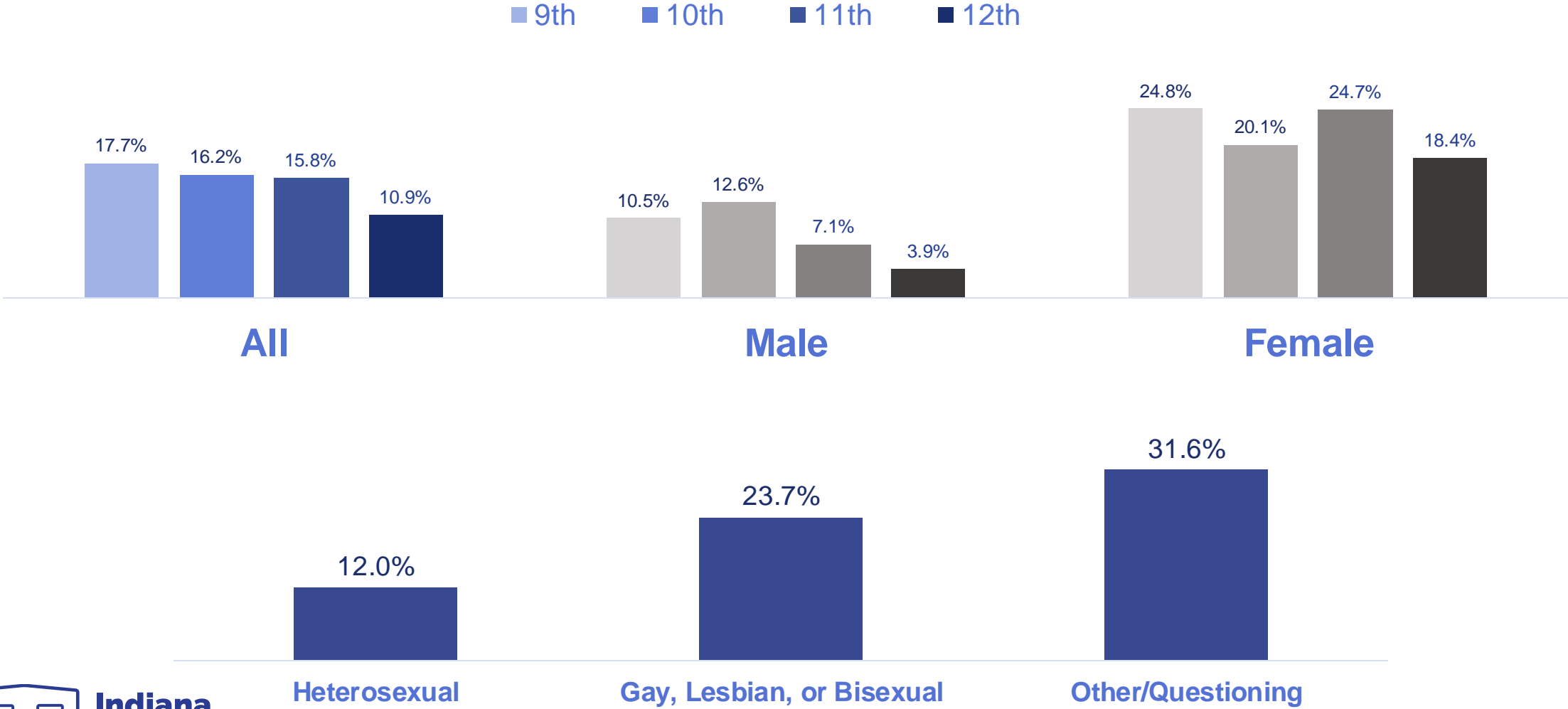
Percentage of students who were electronically bullied

(being bullied through texting, Instagram, Facebook, or other social media*)



Percentage of students who were electronically bullied

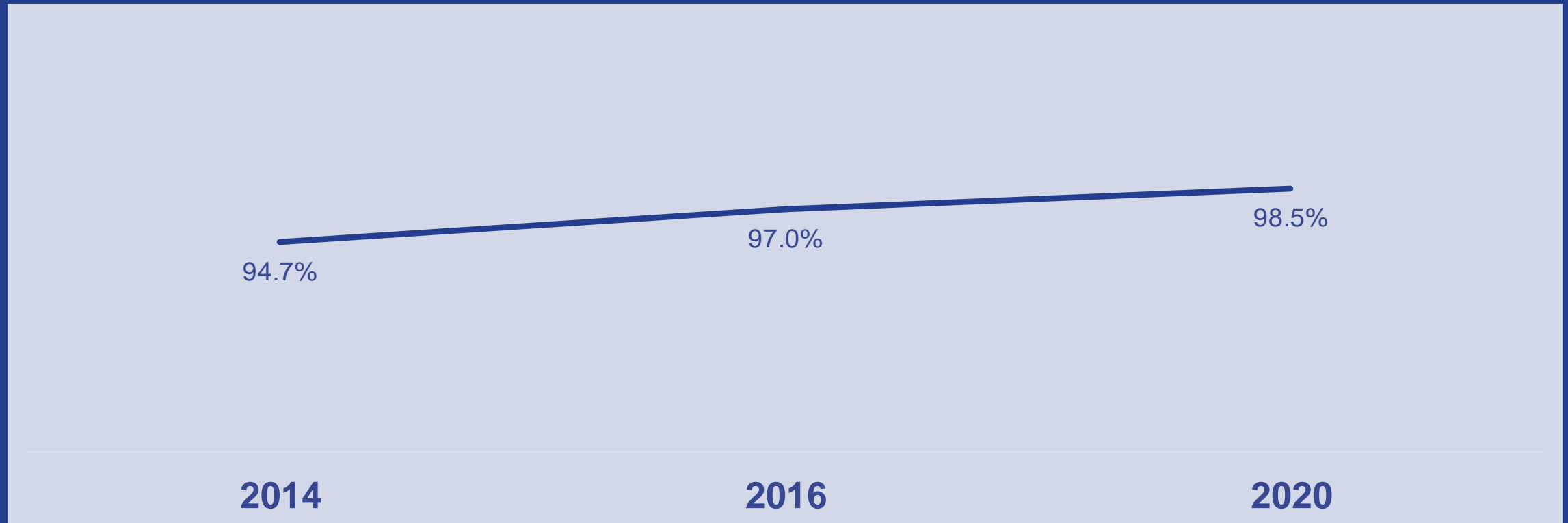
(being bullied through texting, Instagram, Facebook, or other social media*)



*ever during the 12 months before the survey

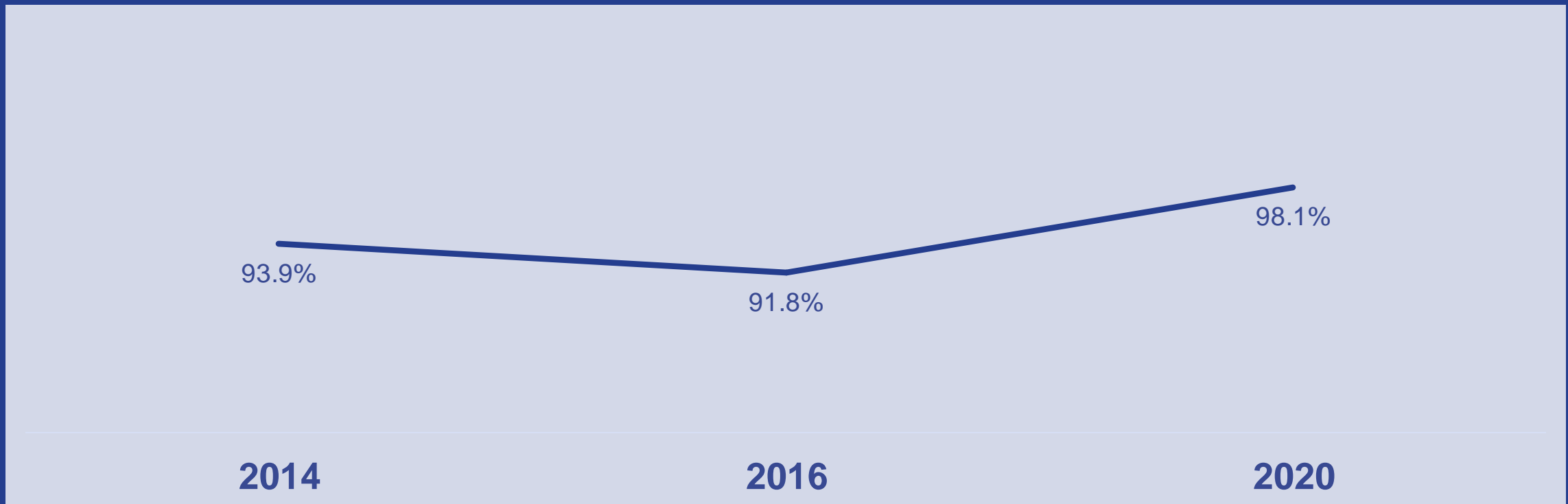
School Health Profiles – Principal Survey

Percentage of schools that use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression

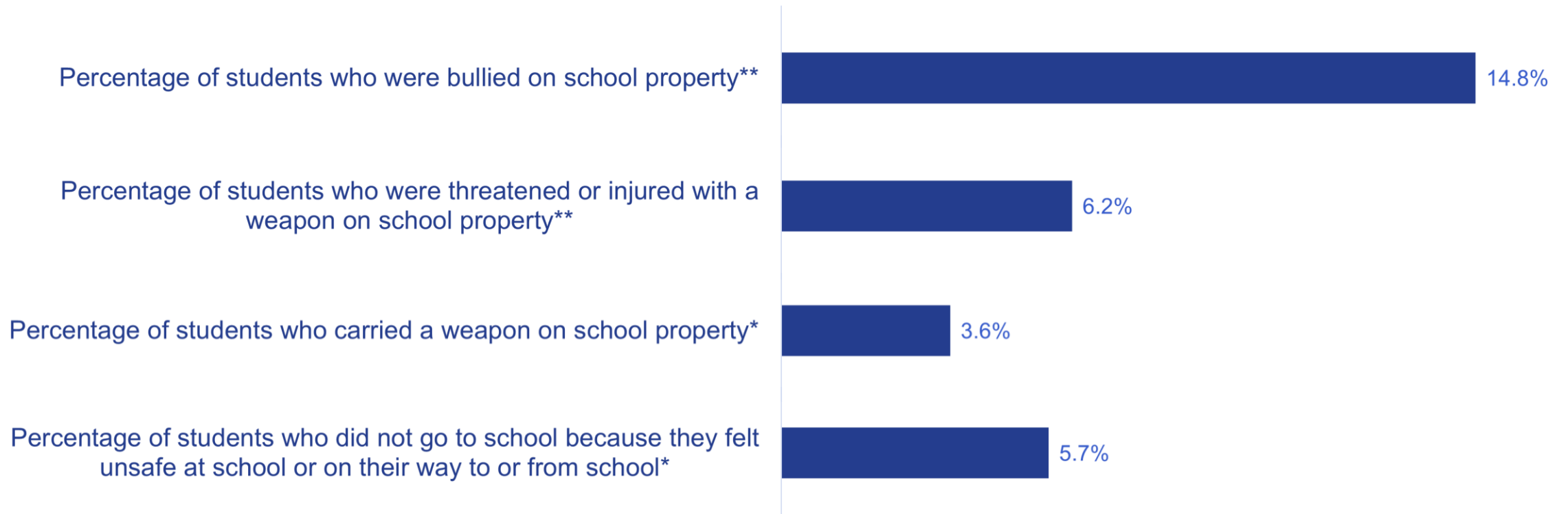


School Health Profiles – Principal Survey

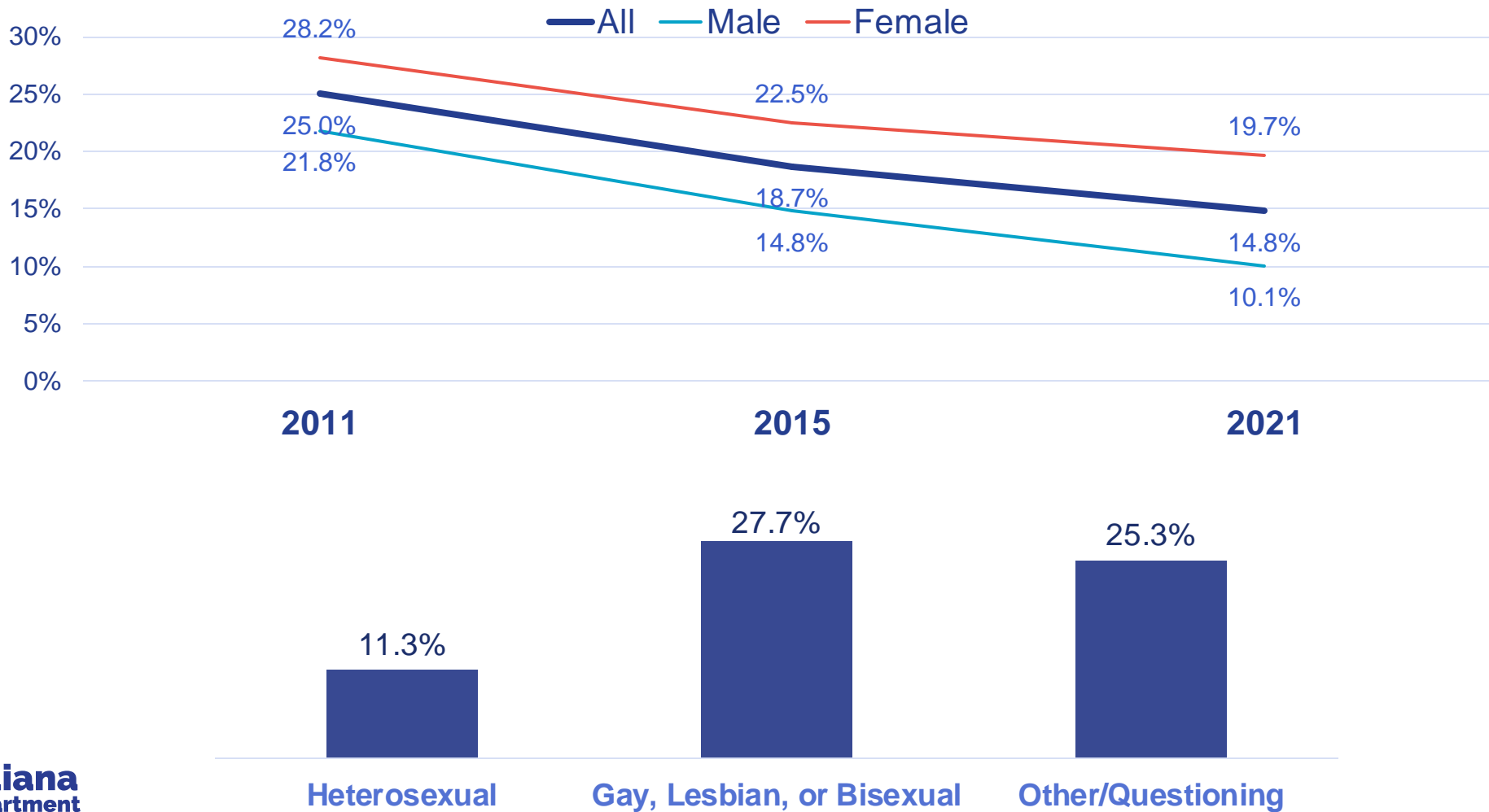
Percentage of schools in which all staff received professional development on preventing, identifying, and responding to student bullying and sexual harassment, including electronic aggression



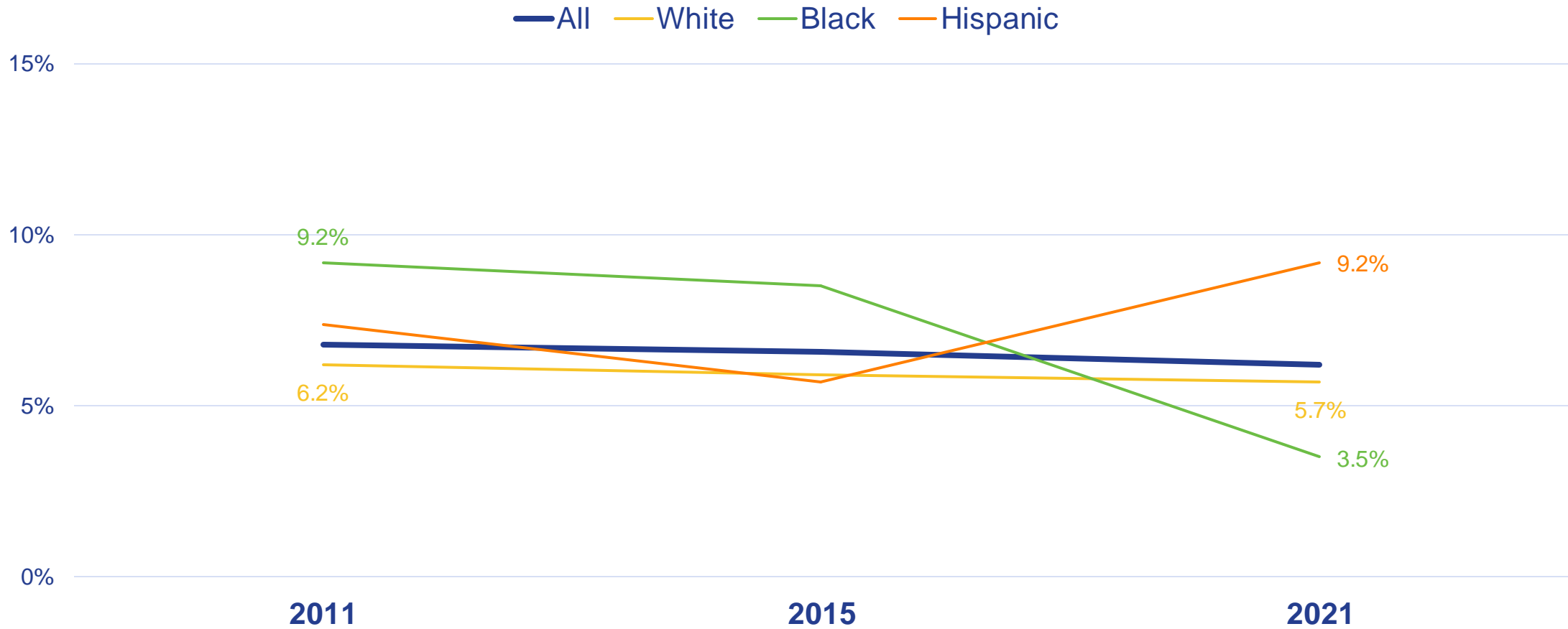
Bullying, Threats, and Weapons at School – 2021 Results



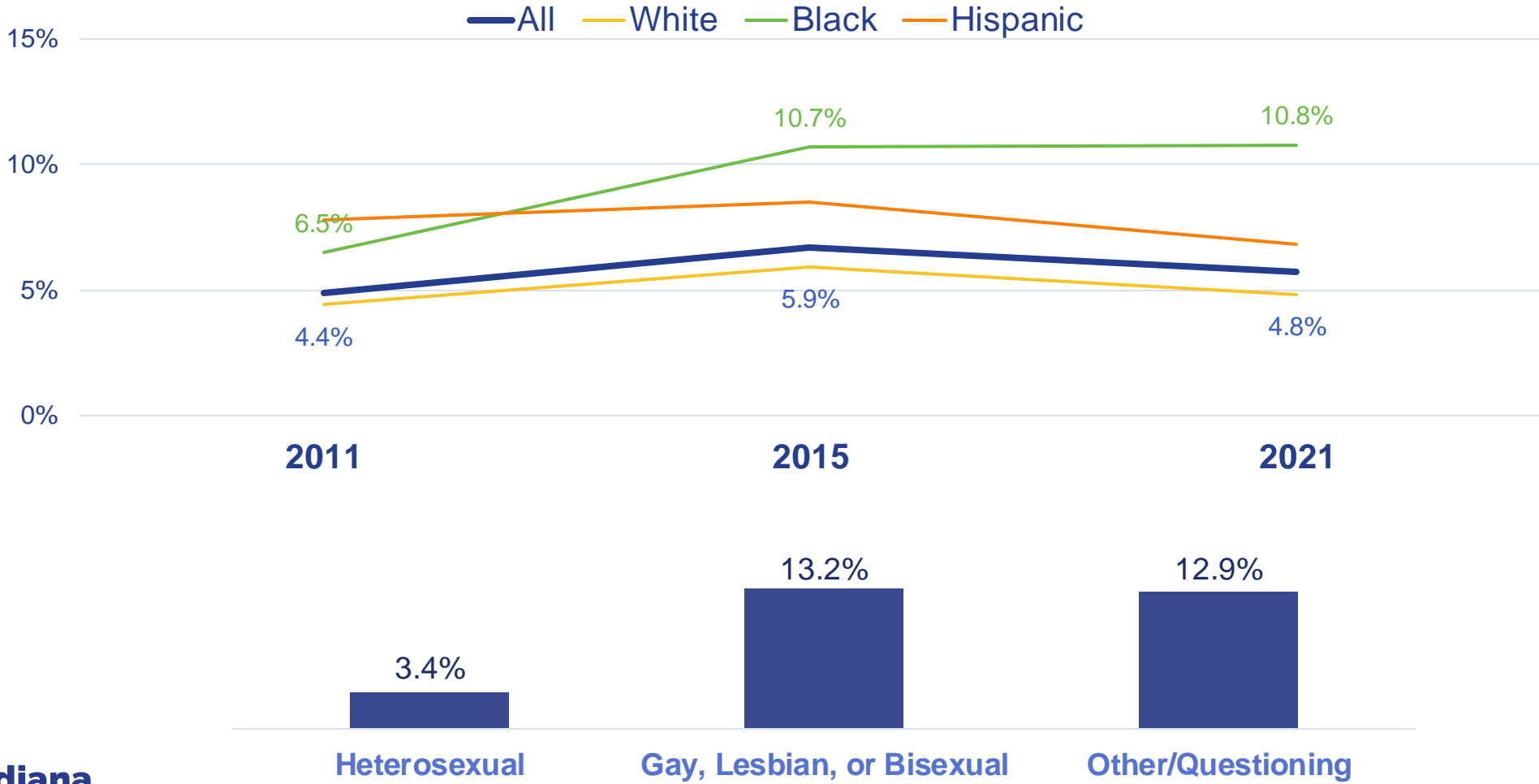
Percentage of students who were bullied on school property (ever during the 12 months before the survey)



Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)



Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)



Home Life & Neighborhood Environment – 2021 Results

Percentage of students who most of the time or always feel safe and secure in their neighborhood

84.4%

Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood

14.8%

Percentage of students who usually did not sleep in their parent's or guardian's home*

4.8%



Mental Health

School Health Profiles – Teacher Survey

Percentage of schools in which the lead health education teacher received professional development on emotional and mental health during the two years before the survey:



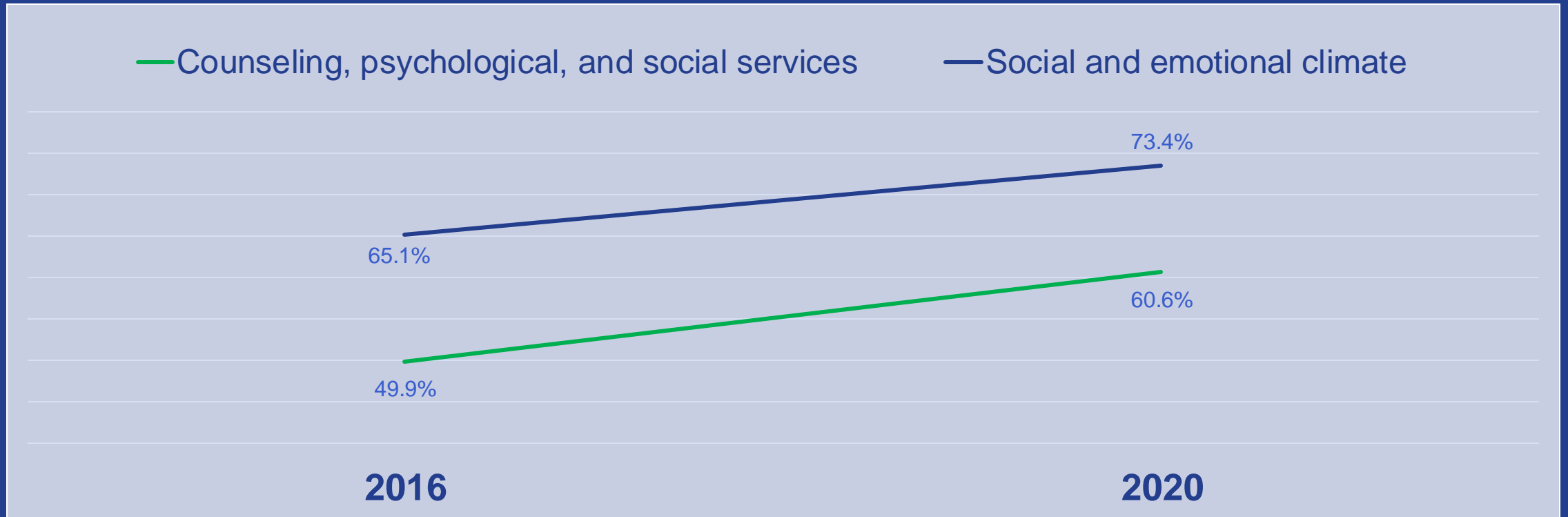
School Health Profiles – Teacher Survey

Percentage of schools in which teachers tried to increase student knowledge on suicide prevention in a required course in any of grades 6 through 12 during the current school year:



School Health Profiles – Principal Survey

Percentage of schools with a School Improvement Plan that includes health-related objectives on...



Stress, Anxiety, Depression & Suicide – 2021 Results

Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression)*



Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities).**



Percentage of students who seriously considered attempting suicide.**



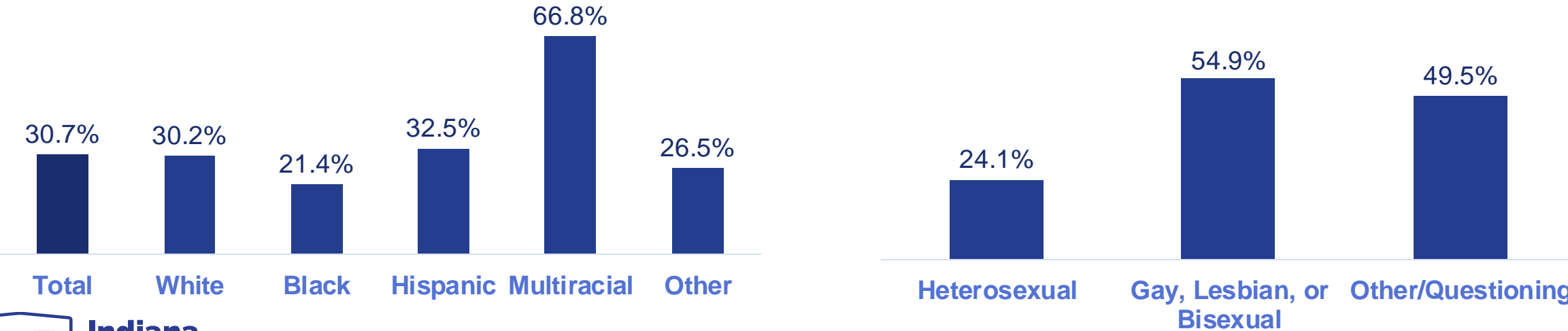
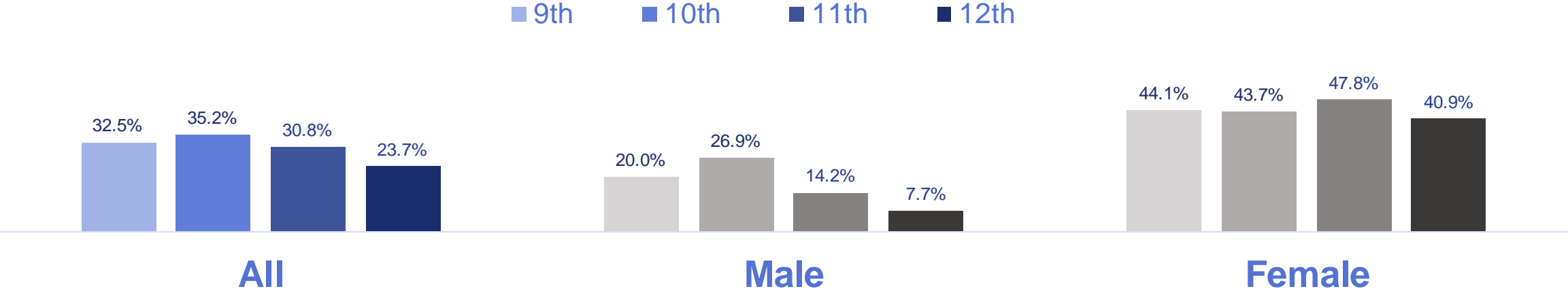
Percentage of students who made a plan about how they would attempt suicide.**



Percentage of students who actually attempted suicide.**



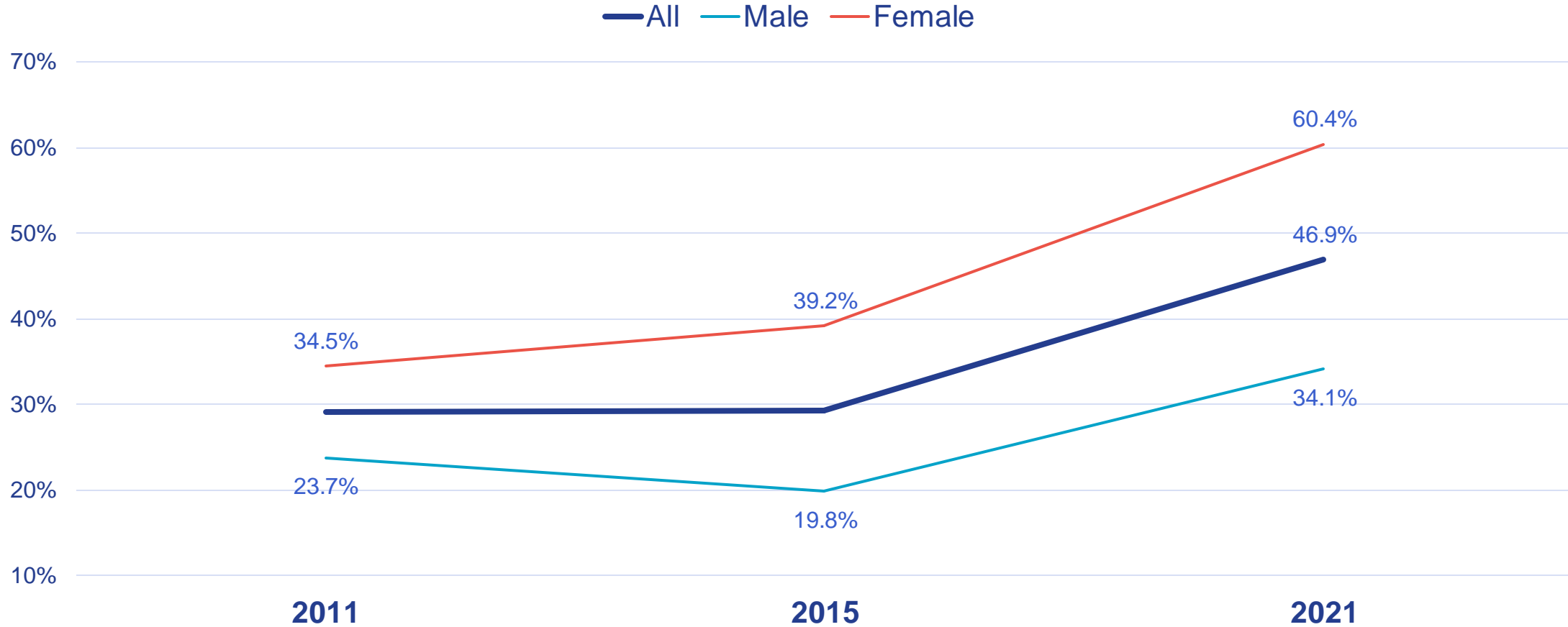
Percentage of students that their mental health was most of the time or always not good (Including stress, anxiety, and depression)*



*during the 30 days before the survey

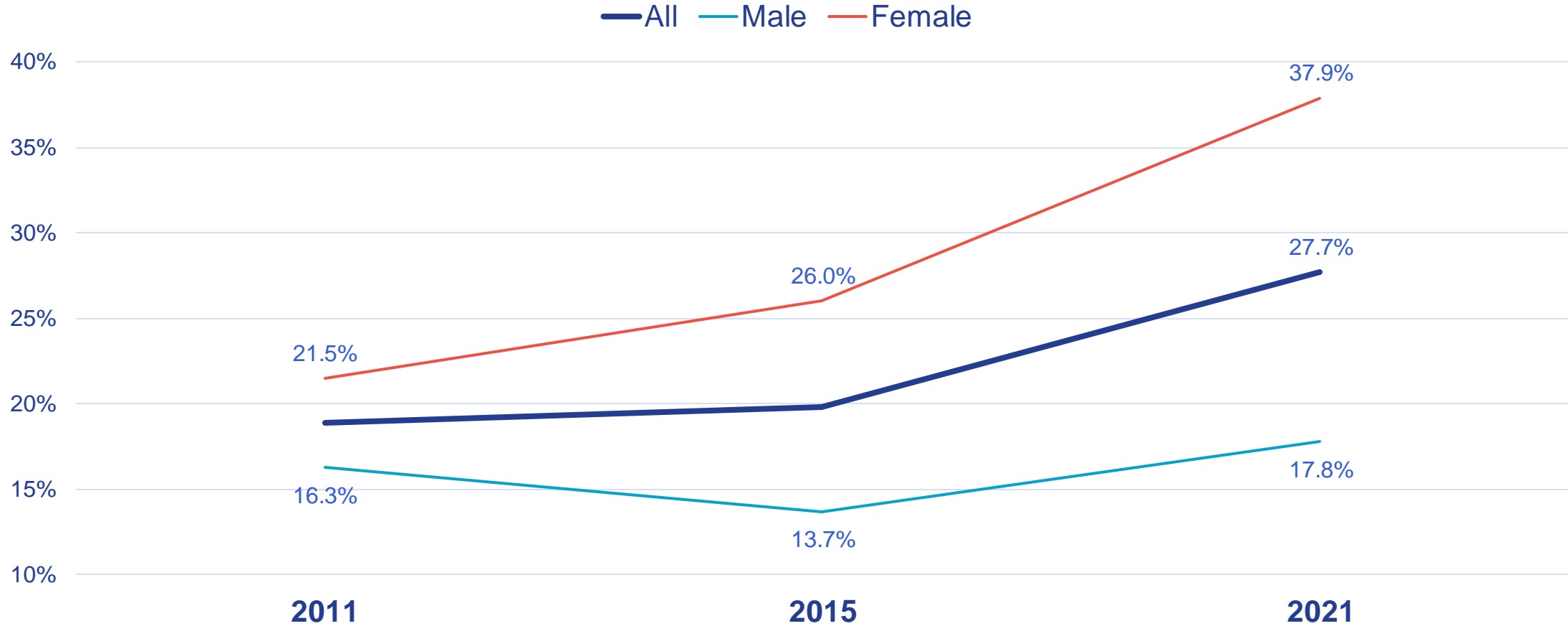
Percentage of students who felt sad or hopeless

(almost every day for ≥ 2 weeks in a row* during the 12 months before the survey)

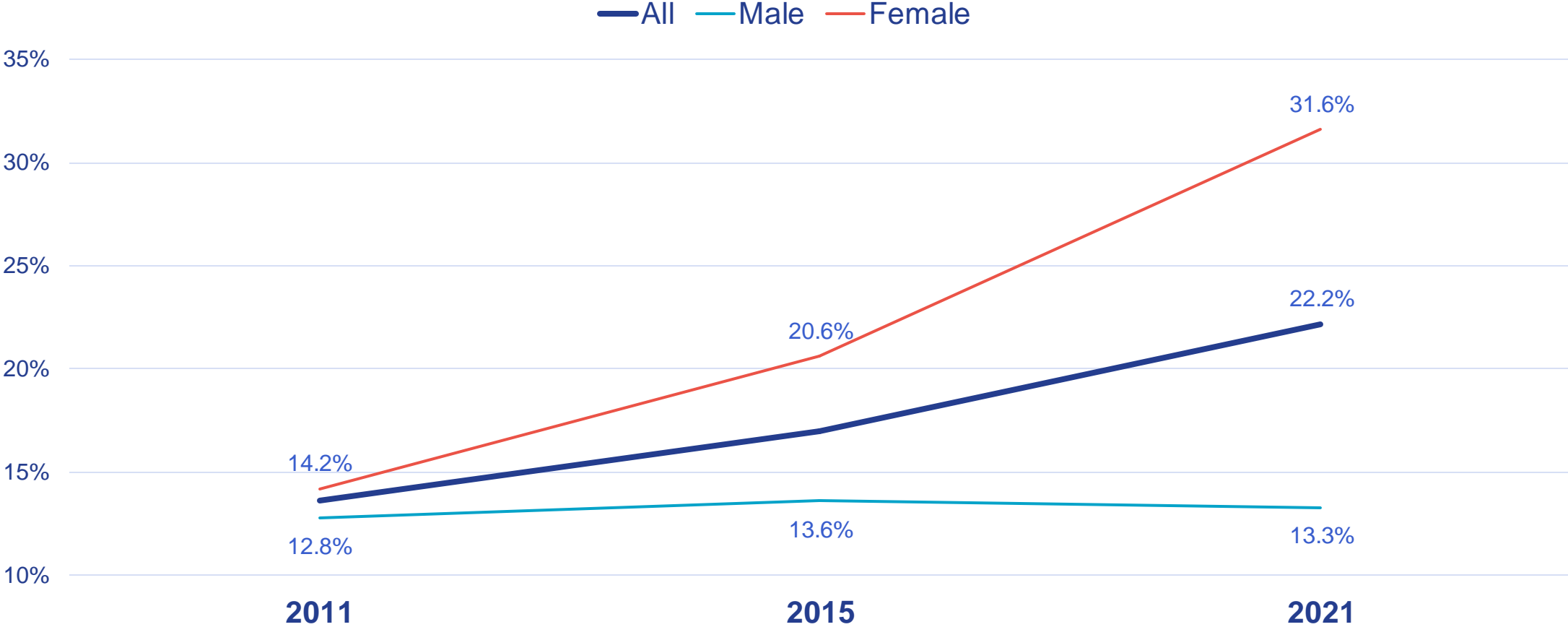


*so that they stopped doing some usual activities

Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)

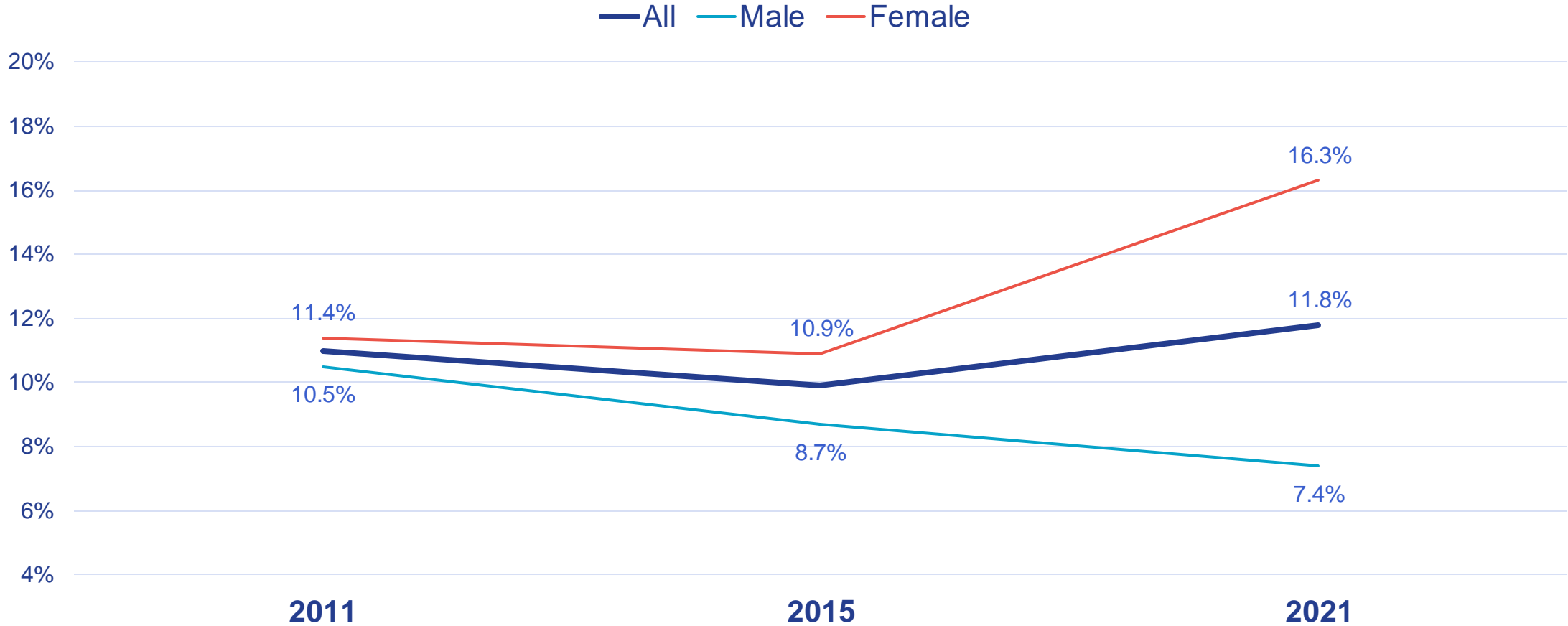


Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)



Percentage of students who actually attempted suicide

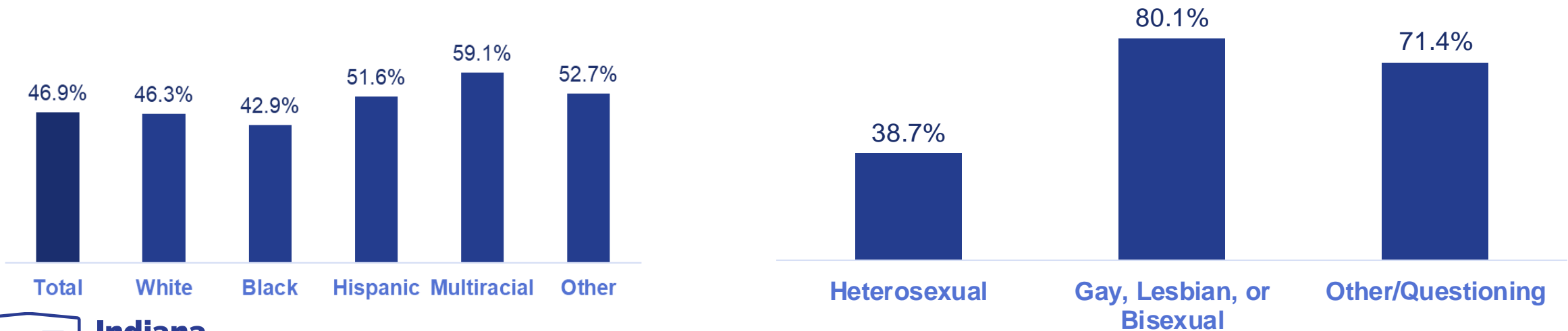
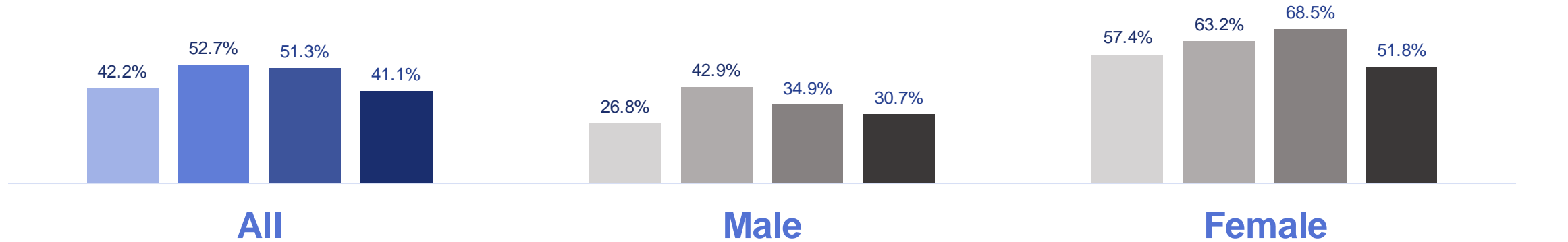
(one or more times during the 12 months before the survey)



Percentage of students who felt sad or hopeless*

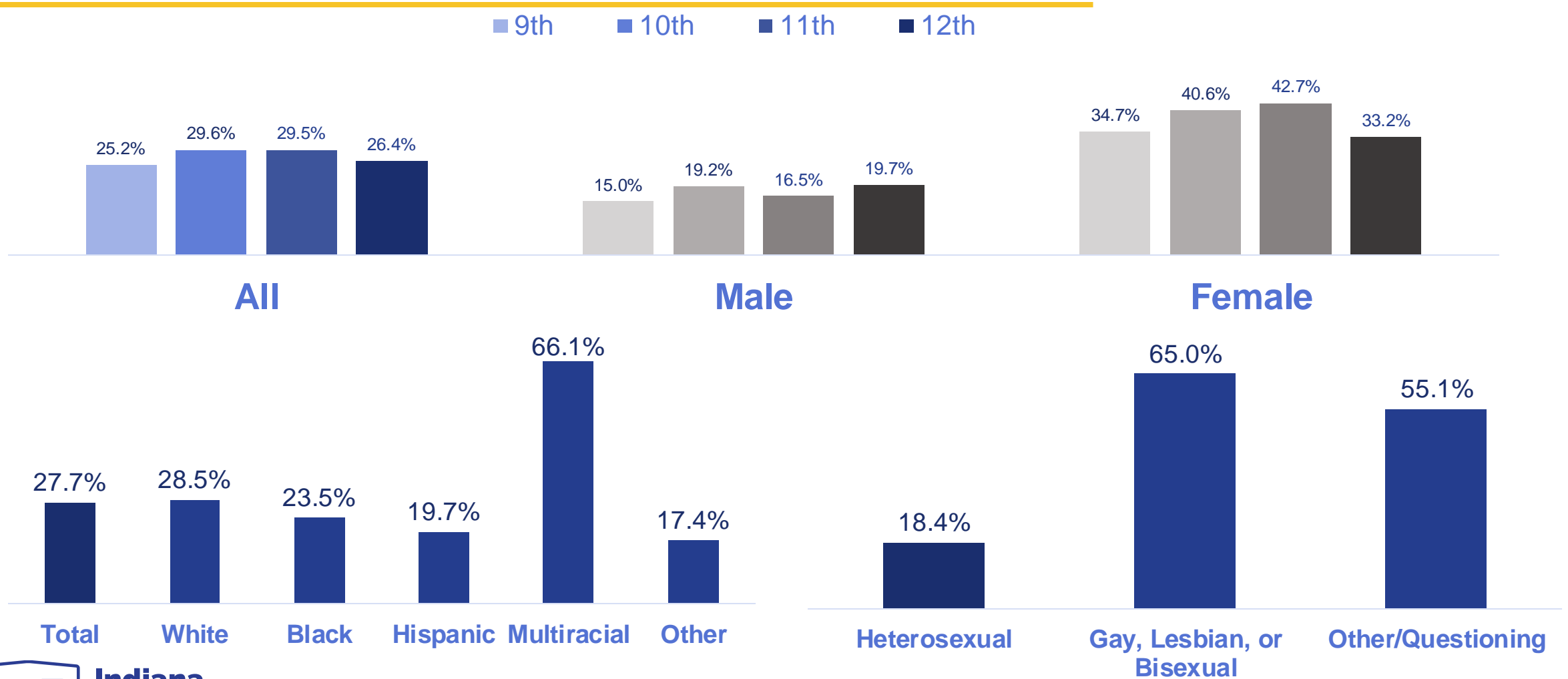
(almost every day for ≥ 2 weeks in a row* during the 12 months before the survey)

■ 9th ■ 10th ■ 11th ■ 12th

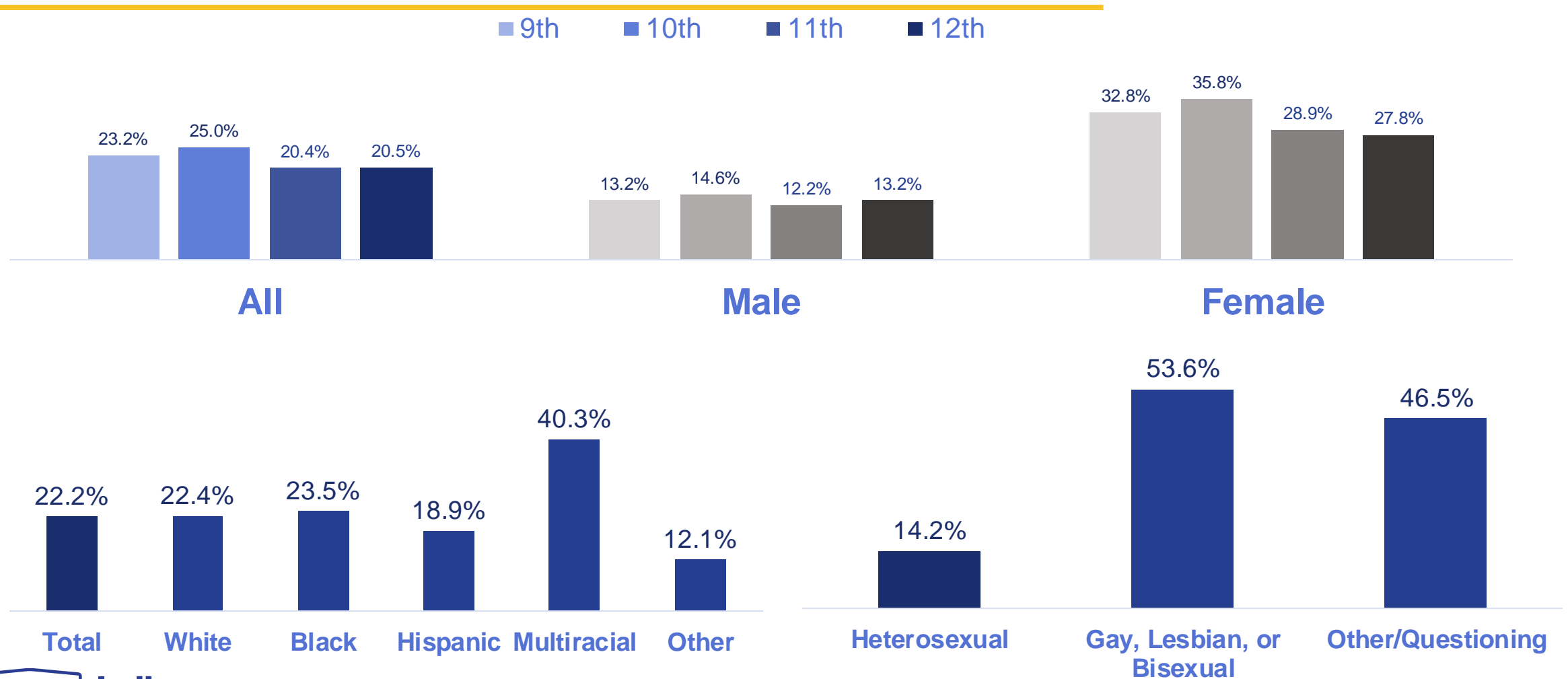


*so that they stopped doing some usual activities

Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)



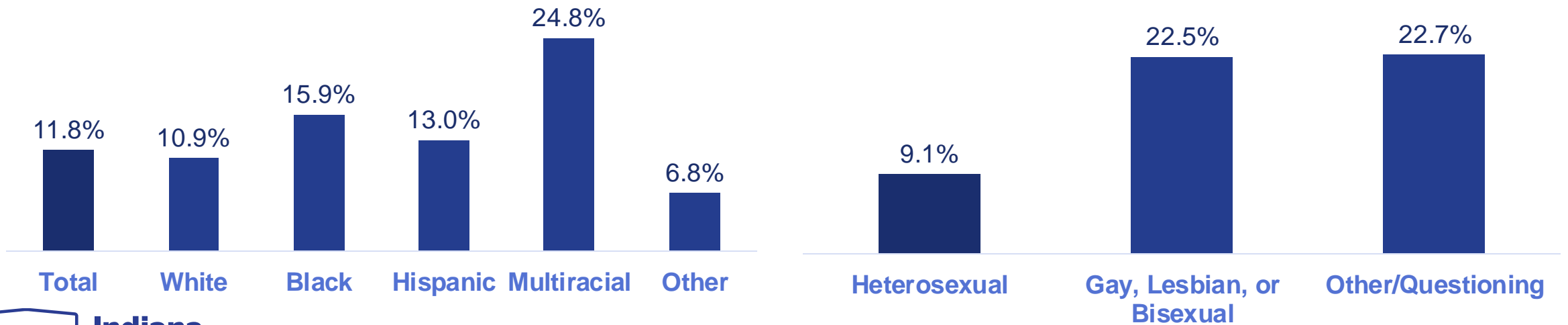
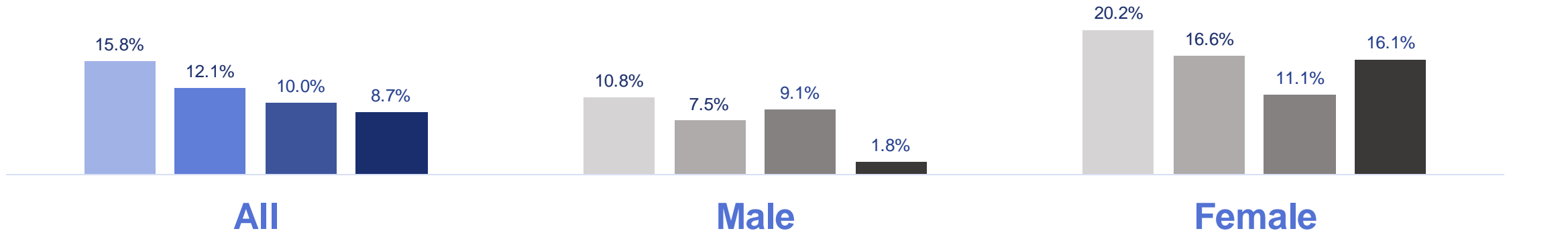
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)



Percentage of students who actually attempted suicide

(one or more times during the 12 months before the survey)

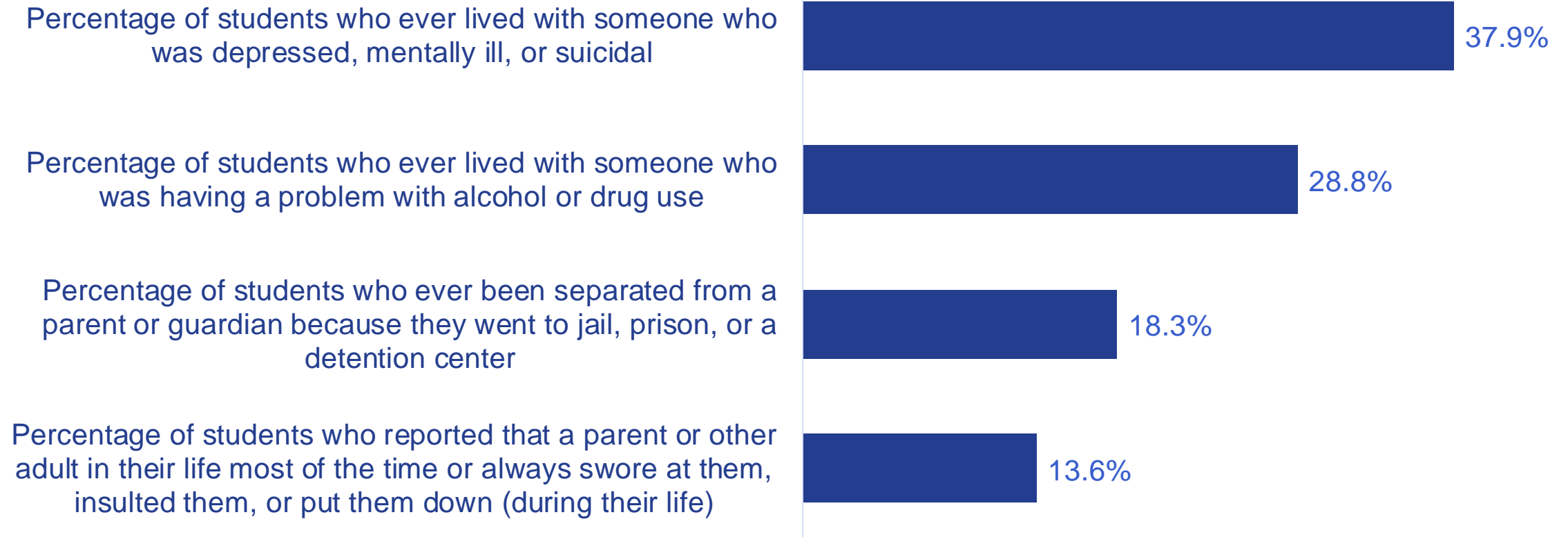
■ 9th ■ 10th ■ 11th ■ 12th



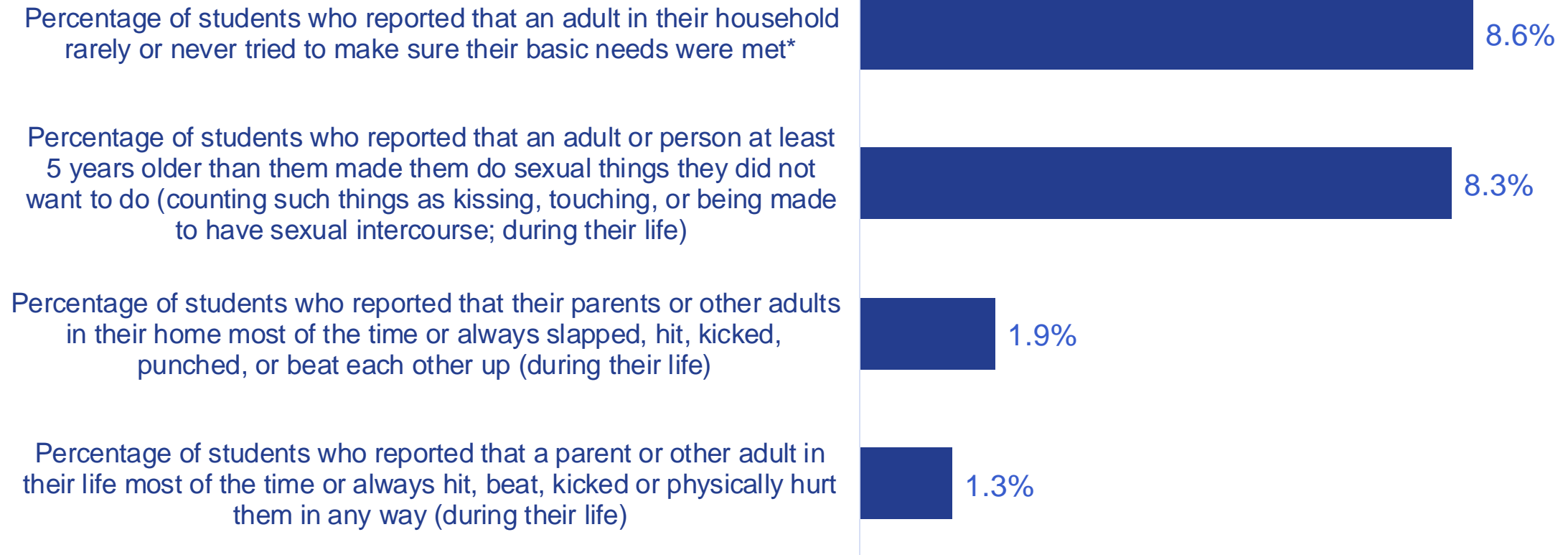


Adverse Childhood Experiences (ACEs)

Adverse Life Experiences (ACE's)

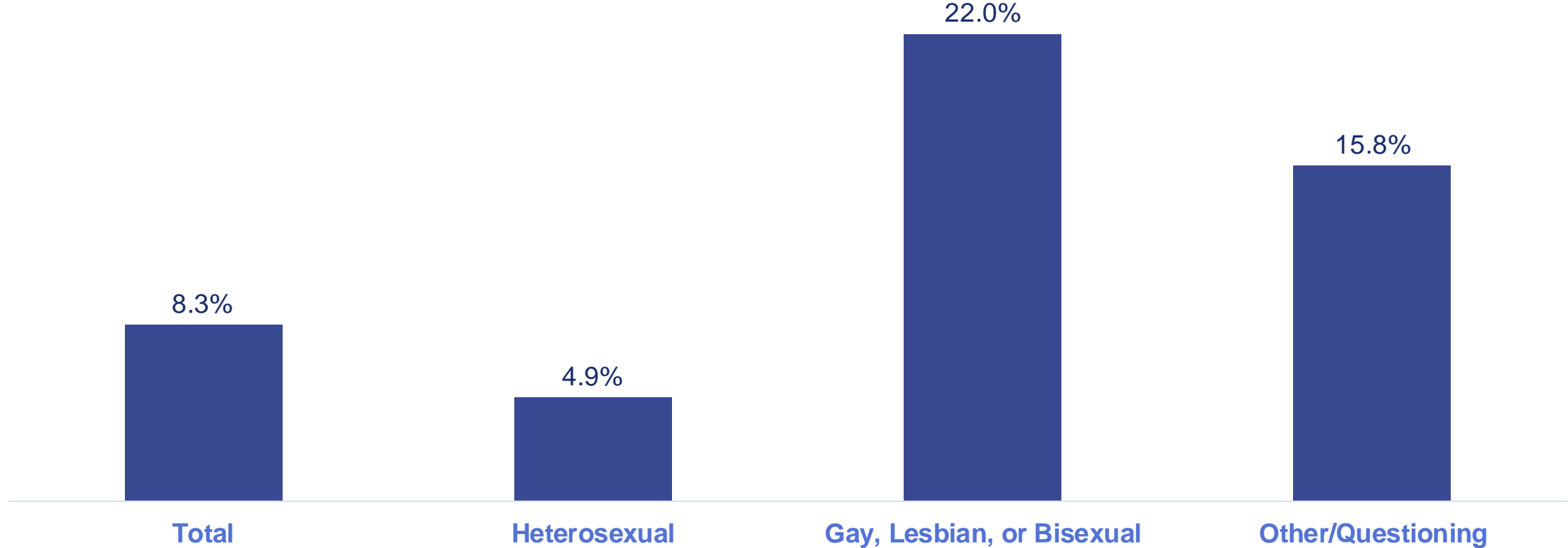


Adverse Life Experiences (ACE's)



*such as looking after their safety and making sure they had clean clothes and enough to eat, during their life

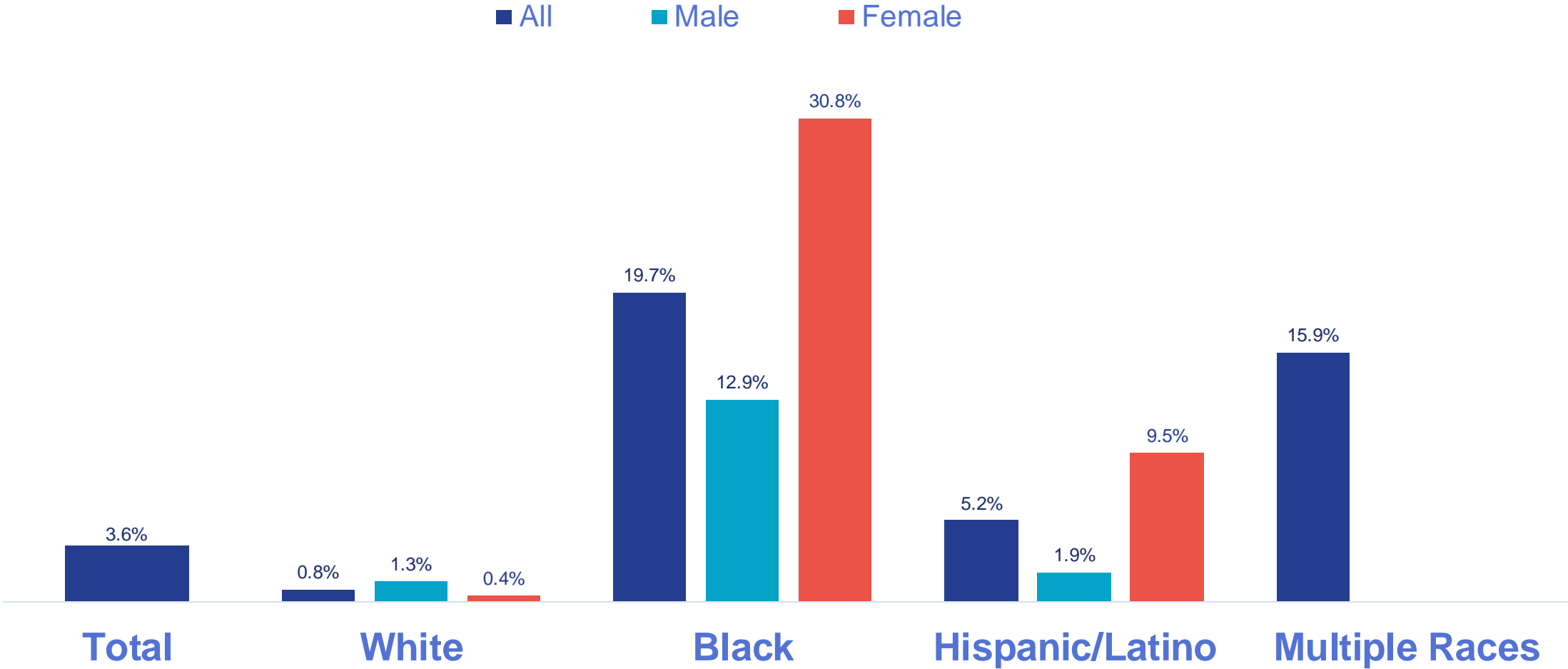
Percentage of students who reported that an adult or person at least 5 years older than them made them do sexual things they did not want to do.



*Counting such things as kissing, touching, or being made to have sexual intercourse

Racism & Unfair Treatment - 2021 Results

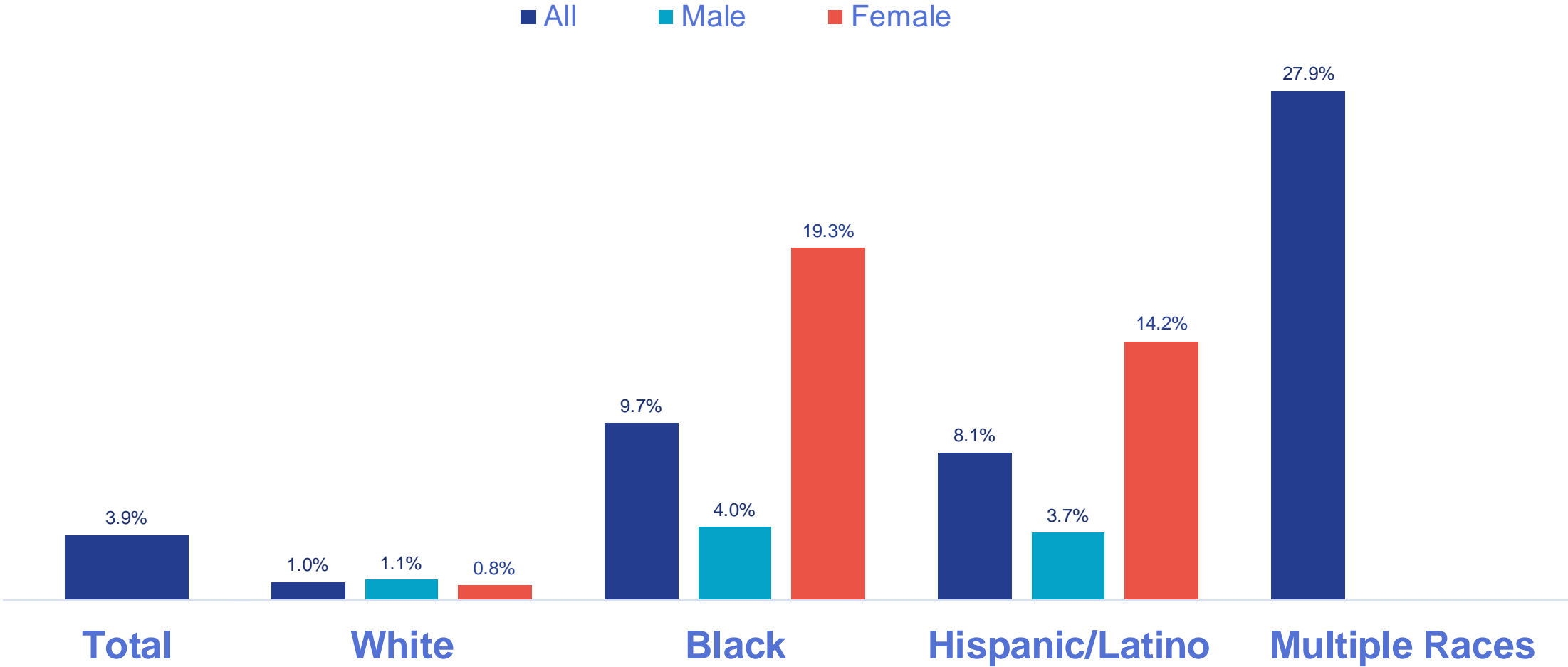
Percentage of students who most of the time or always felt that they were treated badly or unfairly because of their race or ethnicity*



*during their life

NOTE: Data for males and females identifying as “multiple races” are not available due to low sample size

Percentage of students who reported they most of the time or always saw their parents or other family members treated badly or unfairly because of color of their skin, language, accent, or because they are from a different country or culture*

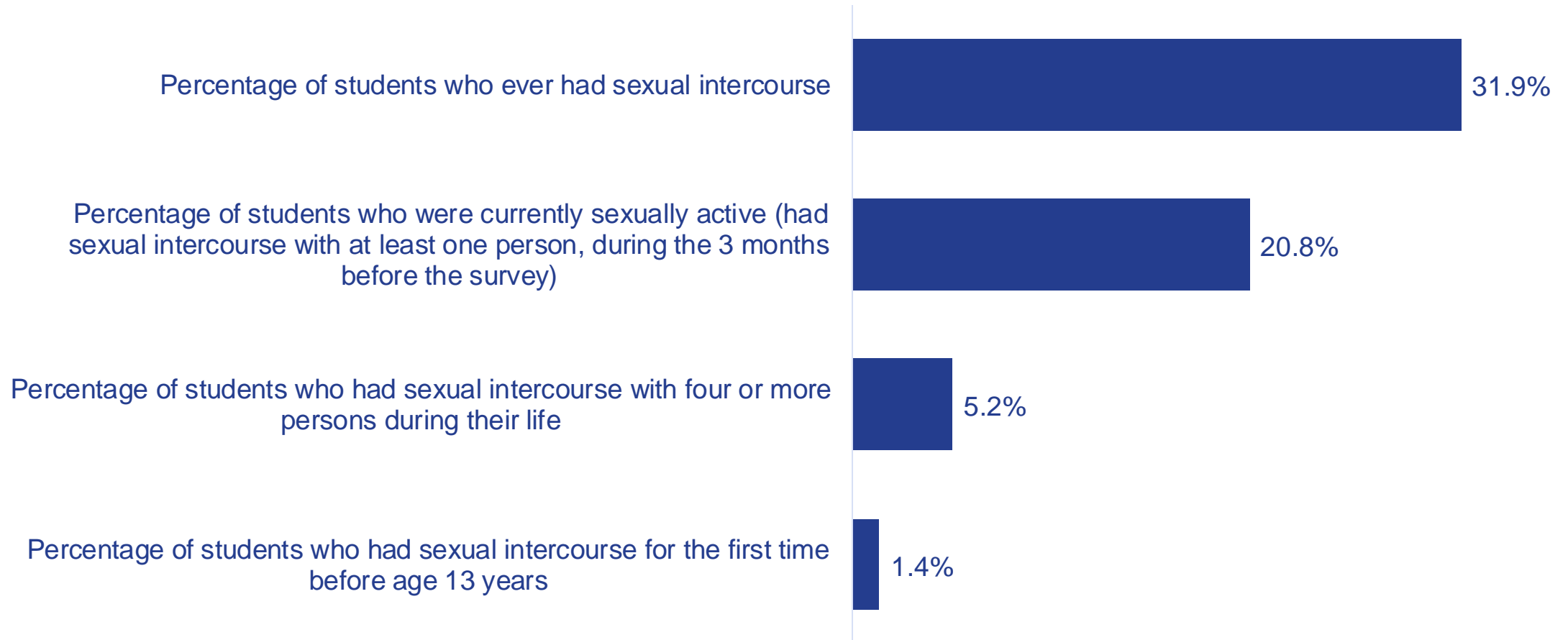


NOTE: Data for males and females identifying as “multiple races” are not available due to low sample size
 *during their life

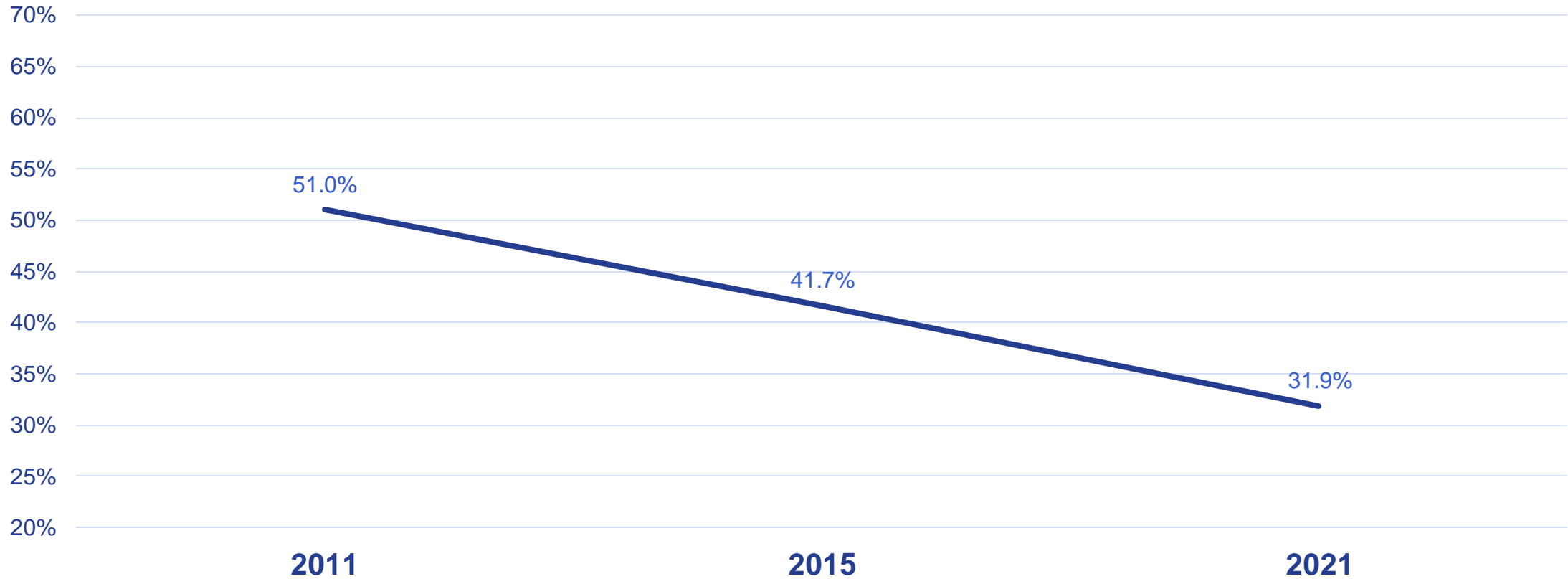


Sexual Behavior

Sexual Activity – 2021 Results



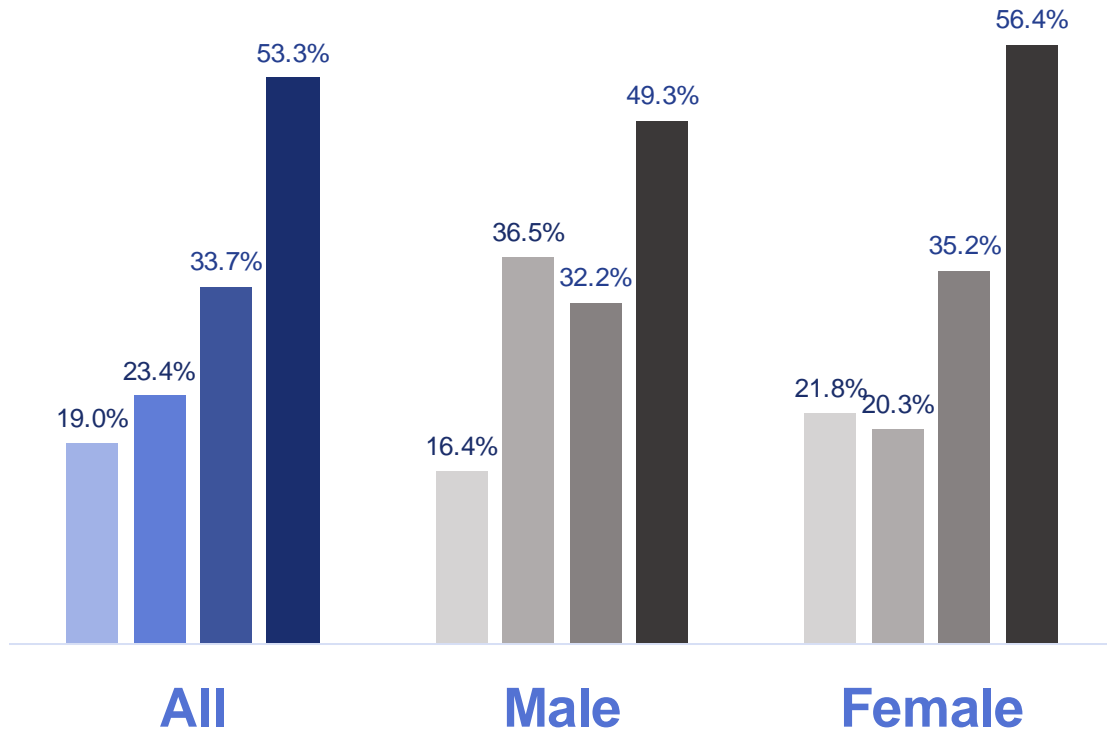
Percentage of students who ever had sexual intercourse



Percentage of students who...

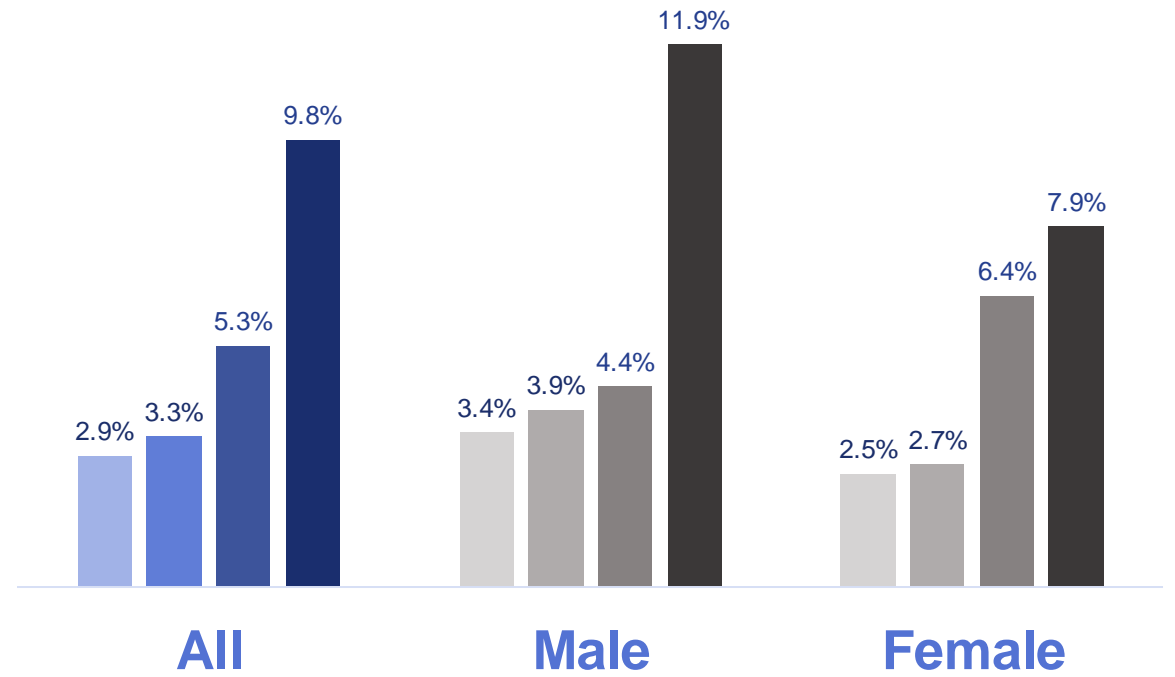
...ever had sexual intercourse

■ 9th ■ 10th ■ 11th ■ 12th

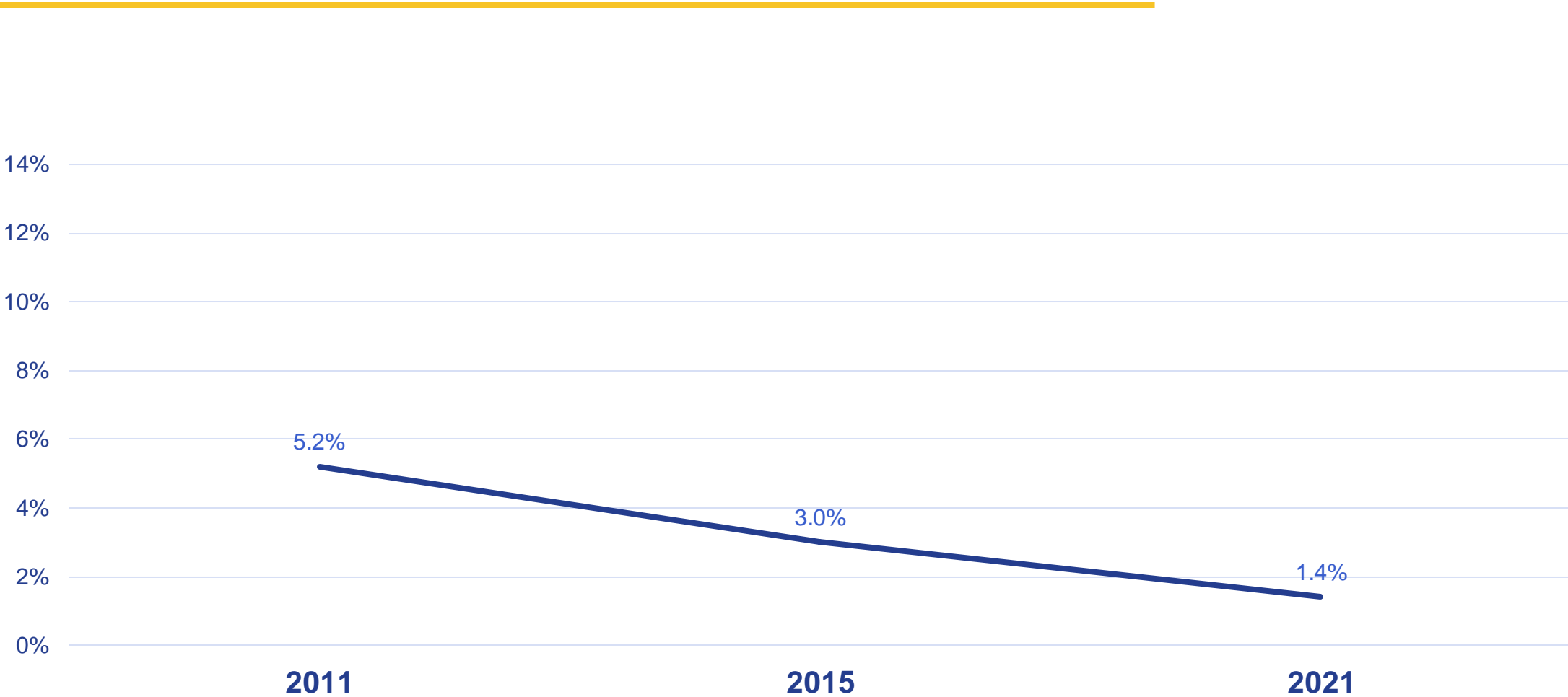


... had sexual intercourse with four or more persons during their life

■ 9th ■ 10th ■ 11th ■ 12th



Percentage of students who had sexual intercourse for the first time before age 13 years



Contraception Use – 2021 Results

Percentage of students who used a condom during last sexual intercourse to prevent pregnancy*



Percentage of students who used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner to prevent pregnancy*



Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner to prevent pregnancy*

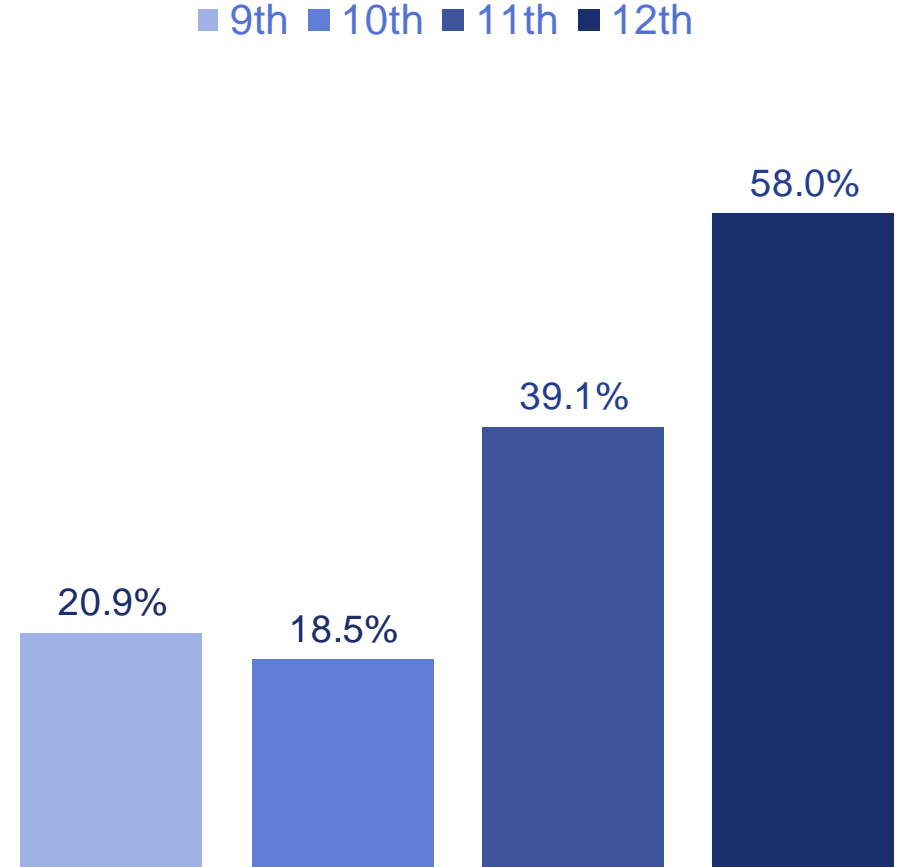
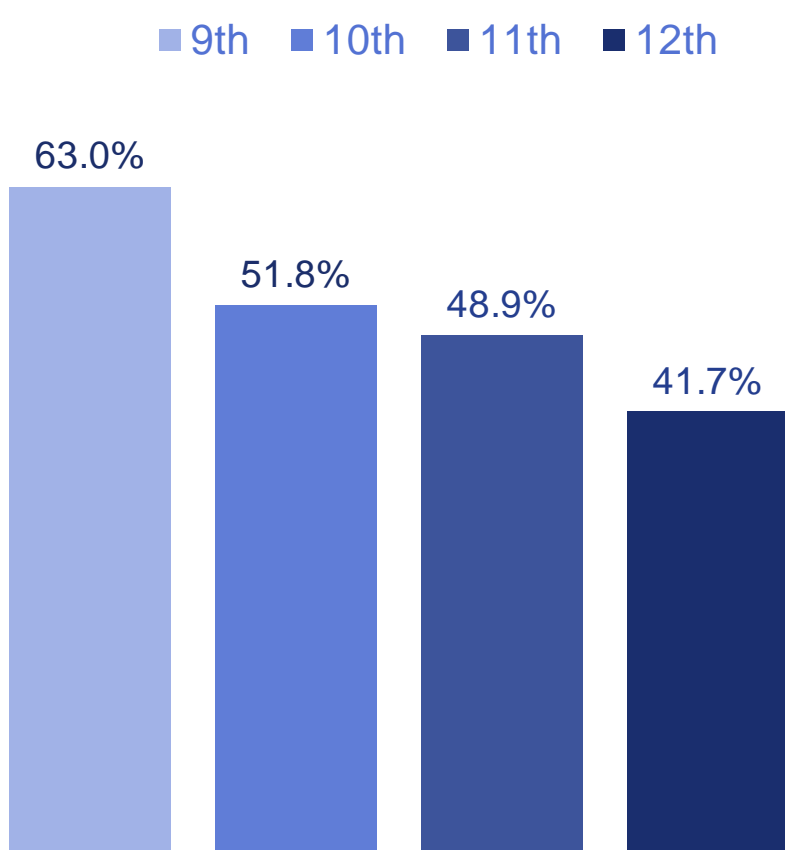


Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner to prevent pregnancy*



Percentage of students who used a condom during last sexual intercourse

Percentage of students who used birth control pills; an IUD or implant; or a shot, patch, or ring before last sexual intercourse with an opposite-sex partner*



HIV and STD Testing – 2021 Results

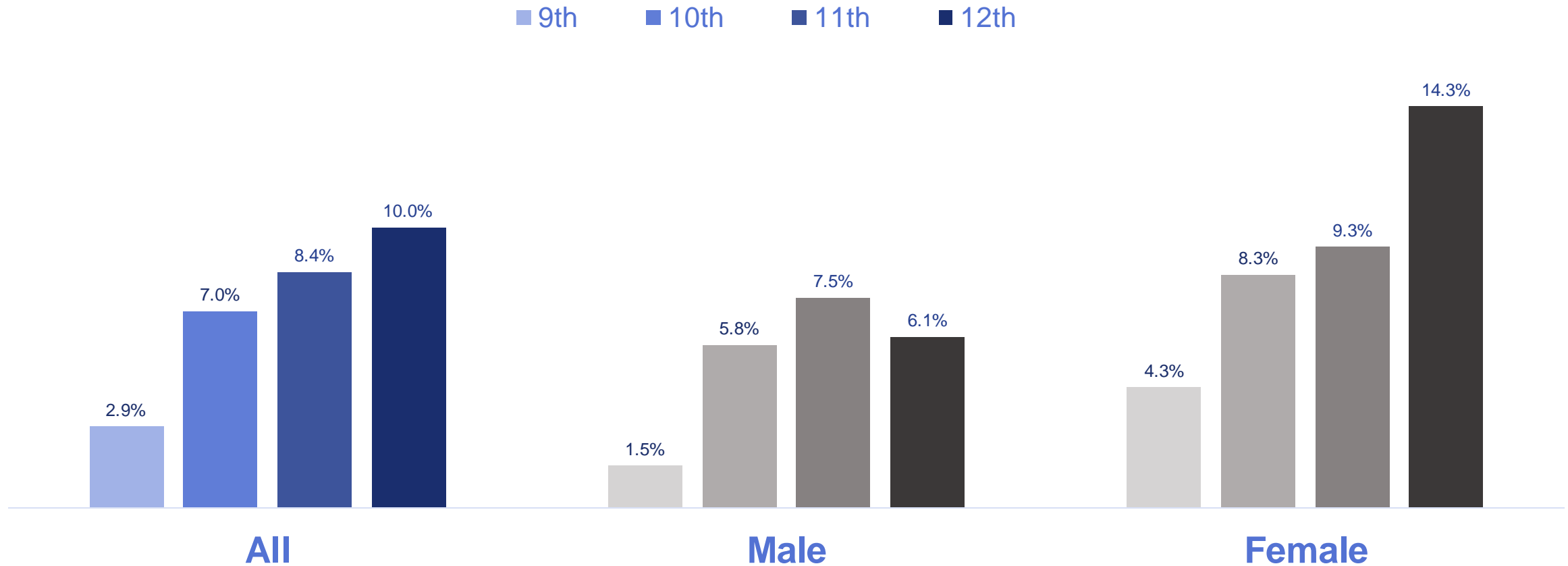
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea]

6.9%

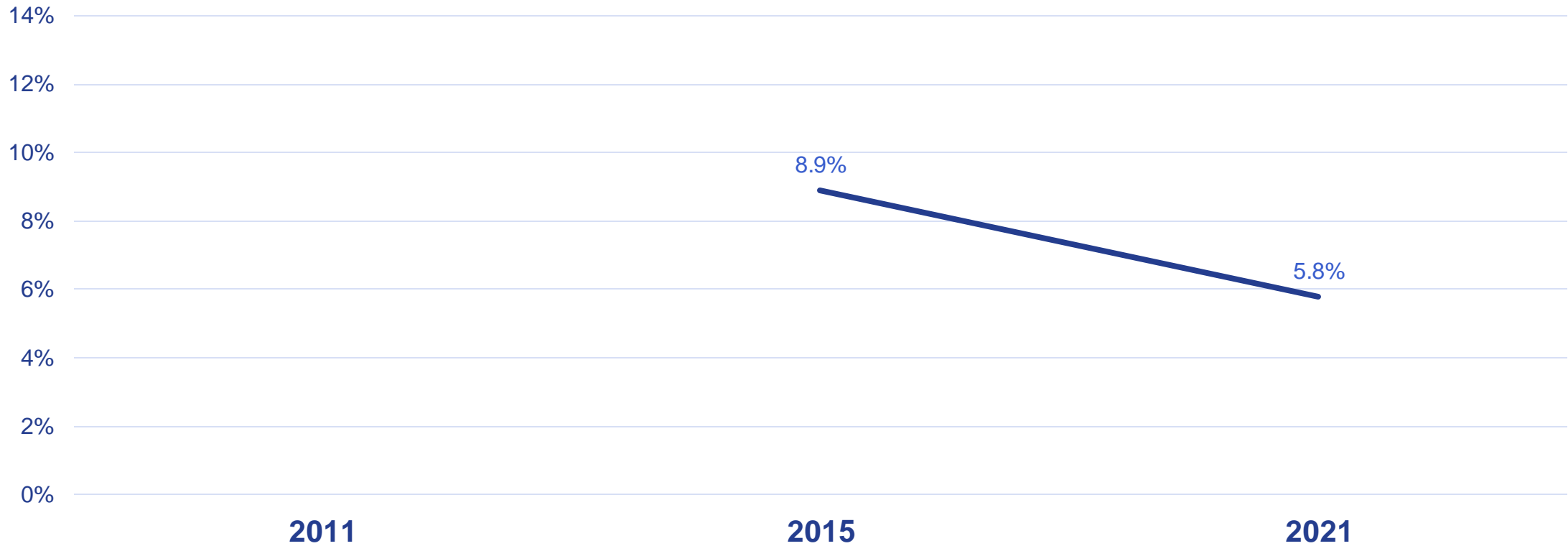
Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

5.8%

Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea*



Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)



Dating & Sexual Violence – 2021 Results

Percentage of students who experienced sexual violence that they did not want to do** 14.2%

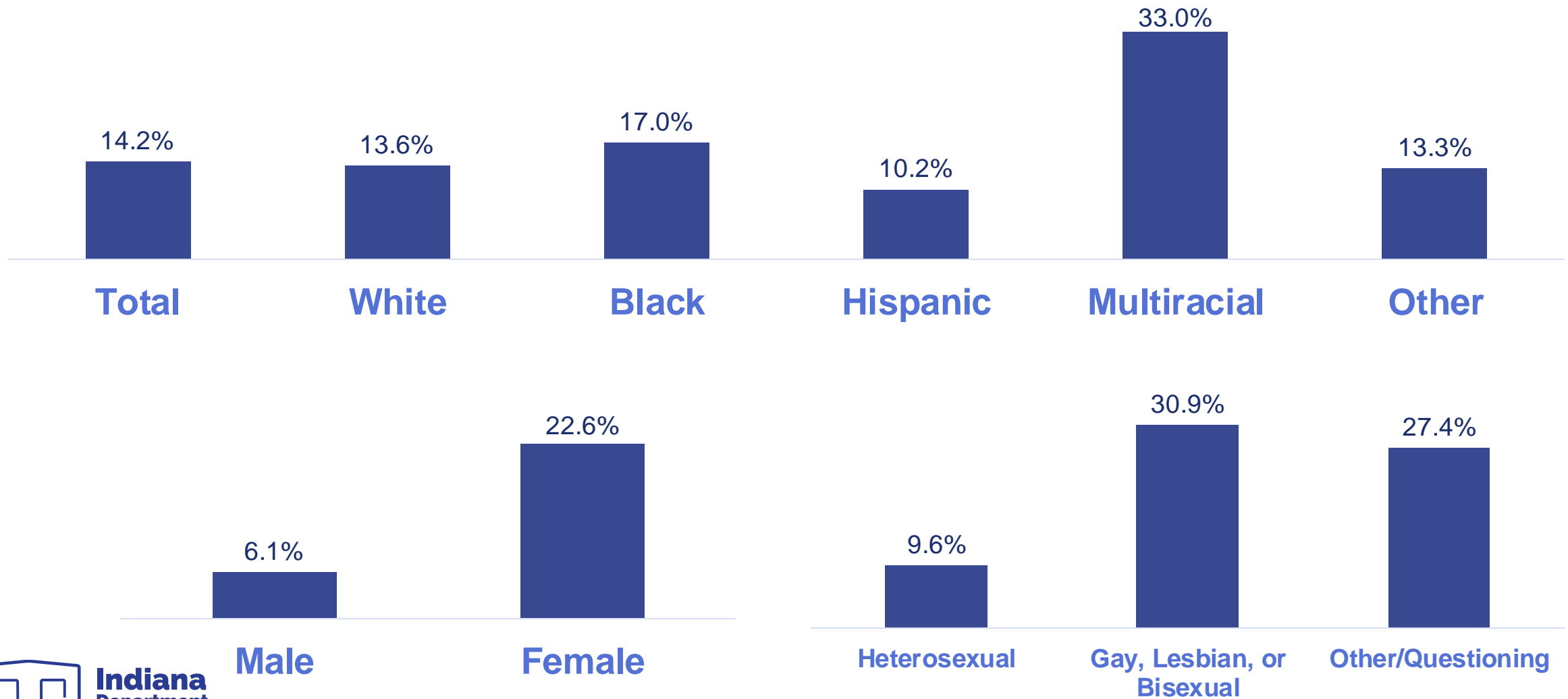
Percentage of students who were ever physically forced to have sexual intercourse when they did not want to** 10.0%

Percentage of students who reported someone they were dating tried to control them or emotionally hurt them (among students who dated someone during the 12 months before the survey)** 27.4%

Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things), among students who dated or went out with someone during the 12 months before the survey ** 9.8%

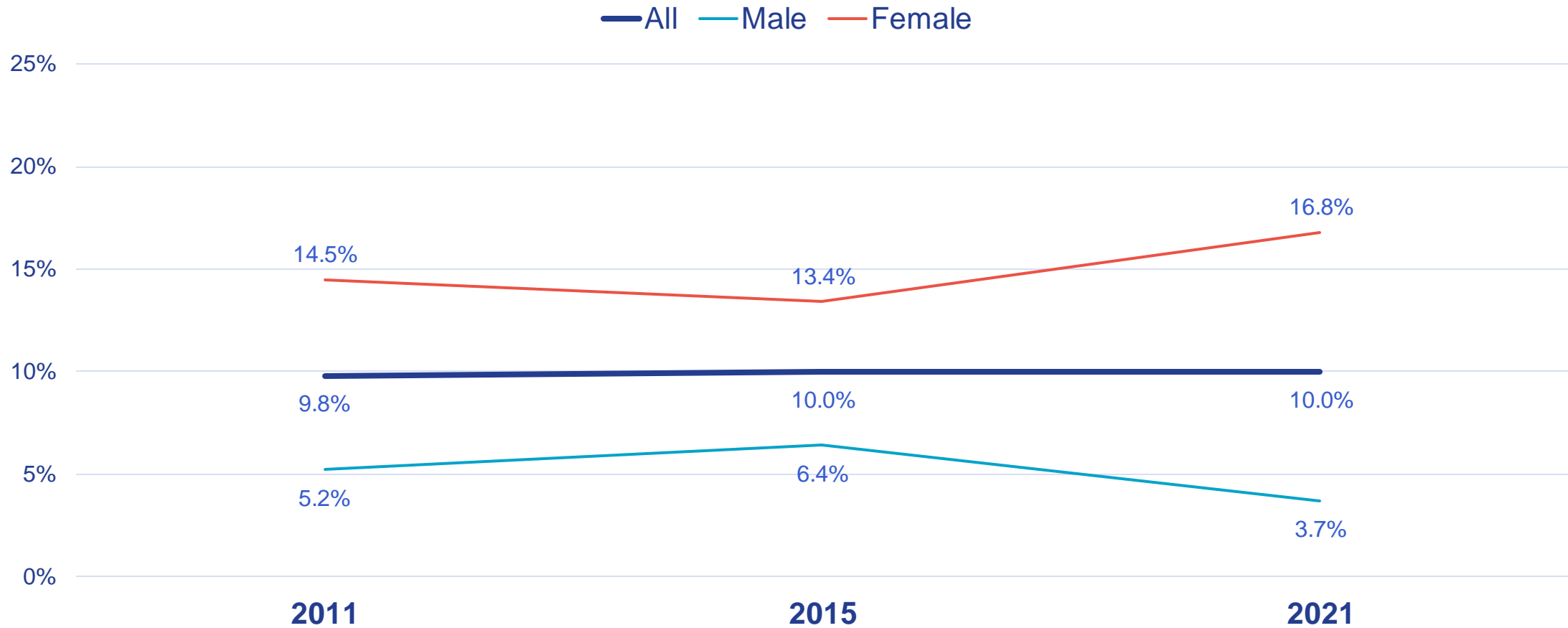
Percentage of students who experienced physical dating violence** 8.6%

Percentage of students who experienced sexual violence* that they did not want to do, one or more times during the 12 months before the survey

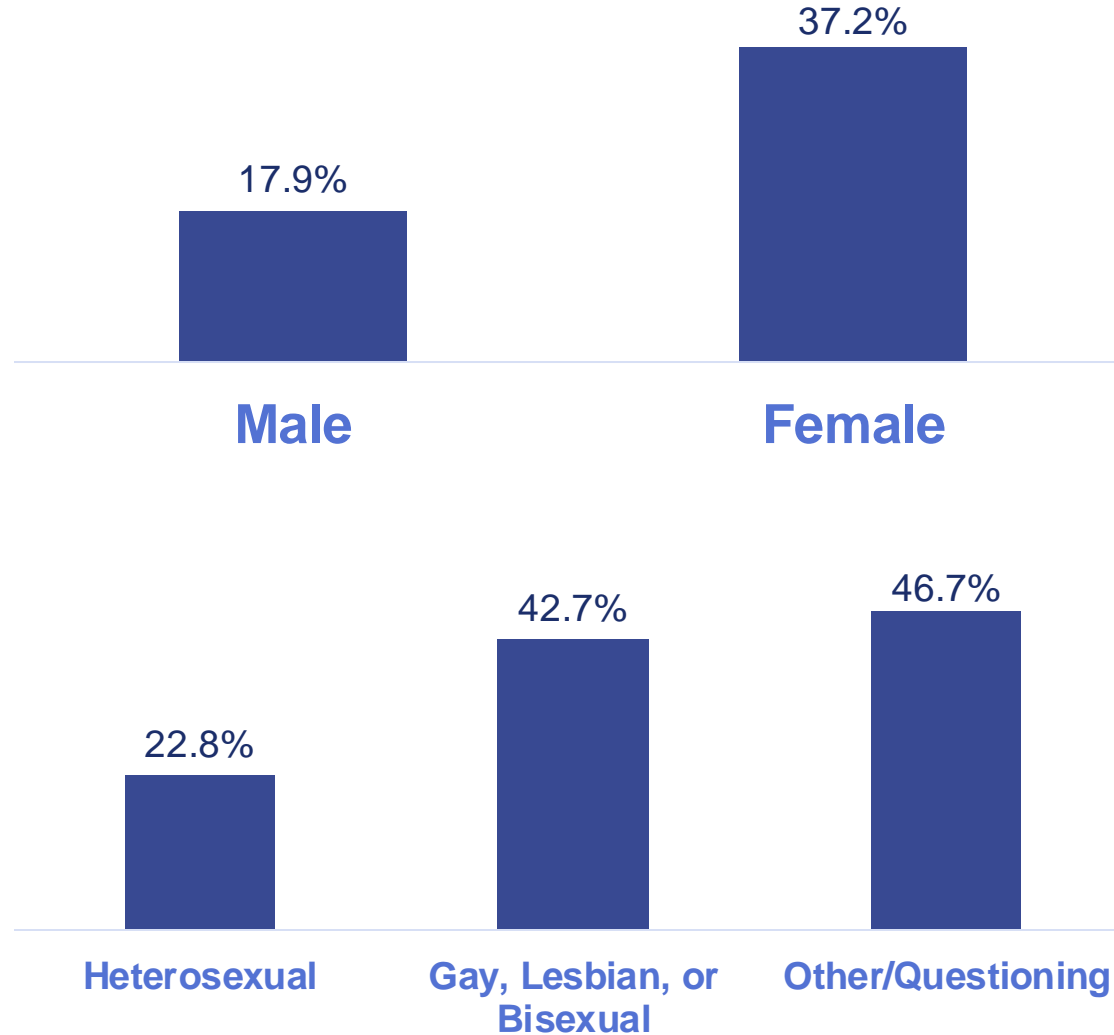


*being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse]

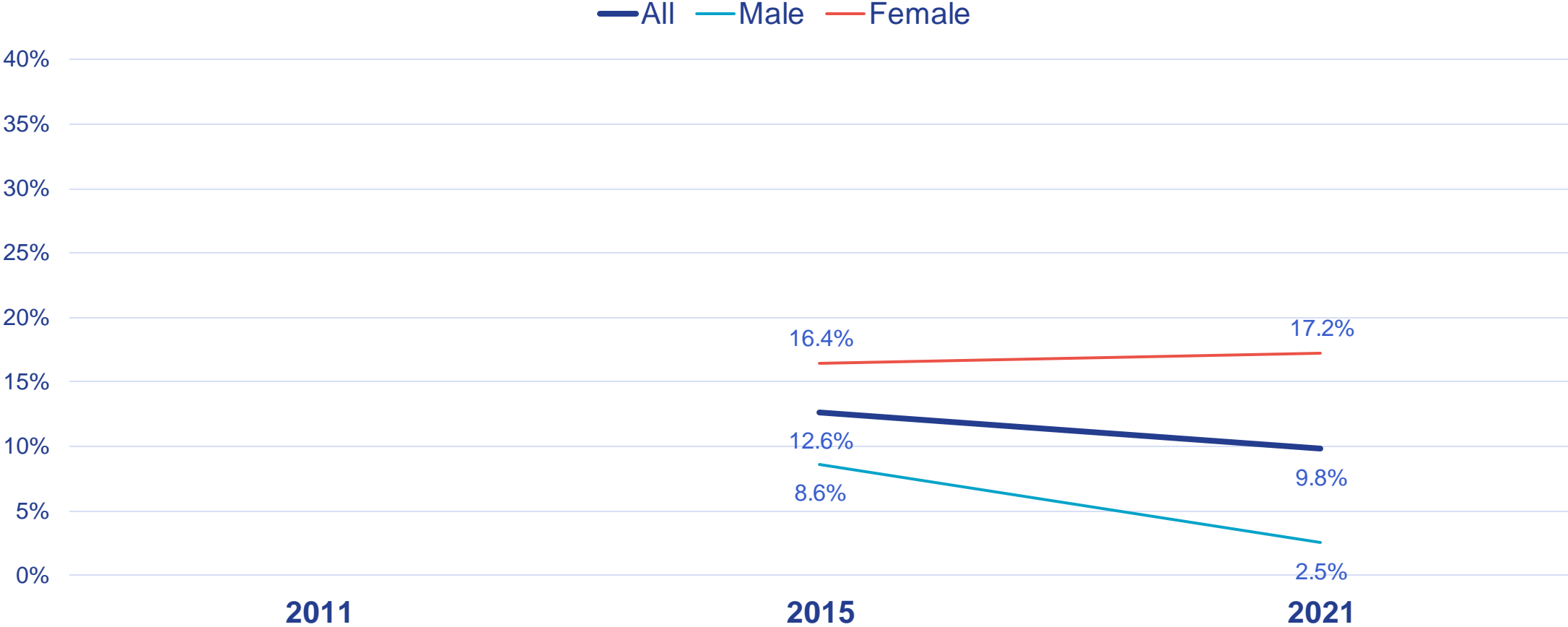
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)



Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times*



Percentage of students who experienced sexual dating violence* that they did not want to do, one or more times during the 12 months before the survey



*being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse]; students who dated or went out with someone during the 12 months before the survey)

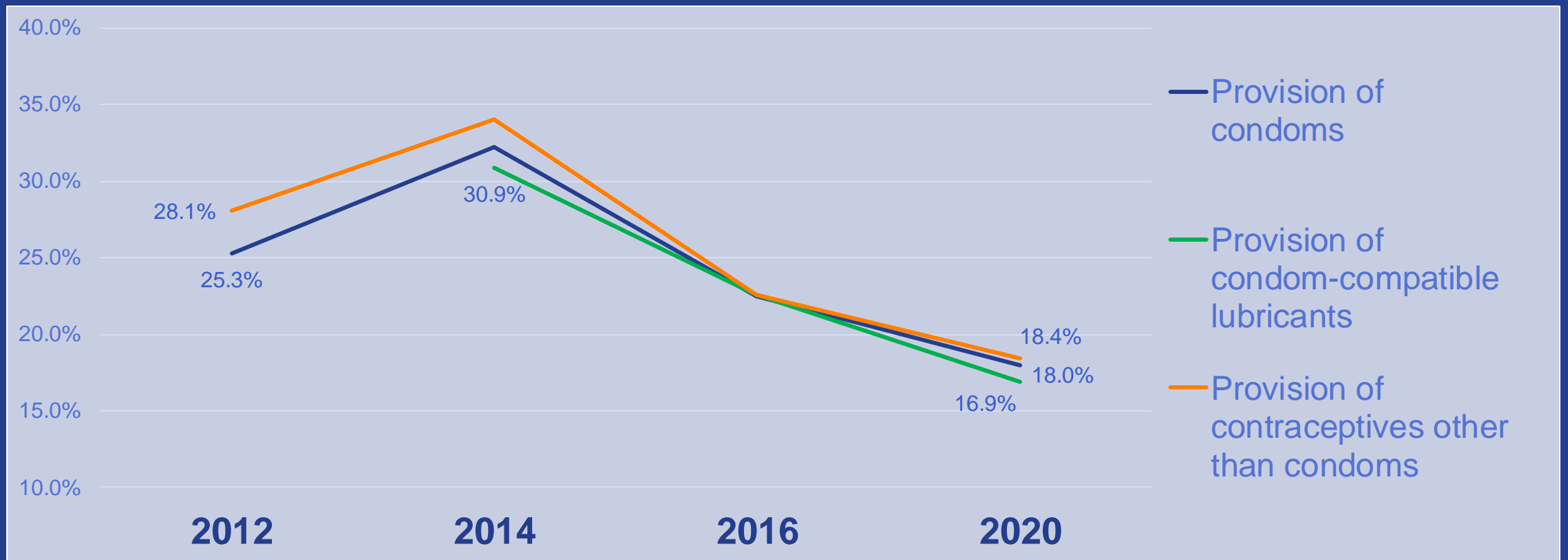
School Health Profiles – Principal Survey

School does not provide any sexual or reproductive health services



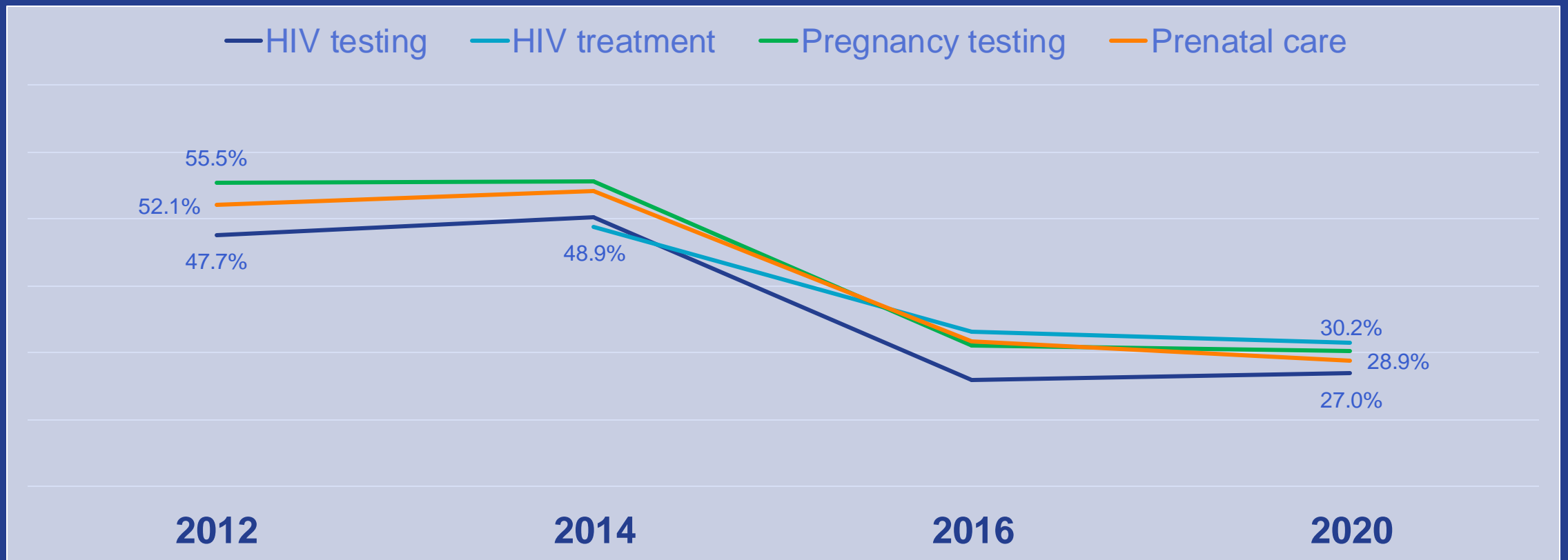
School Health Profiles – Principal Survey

Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:



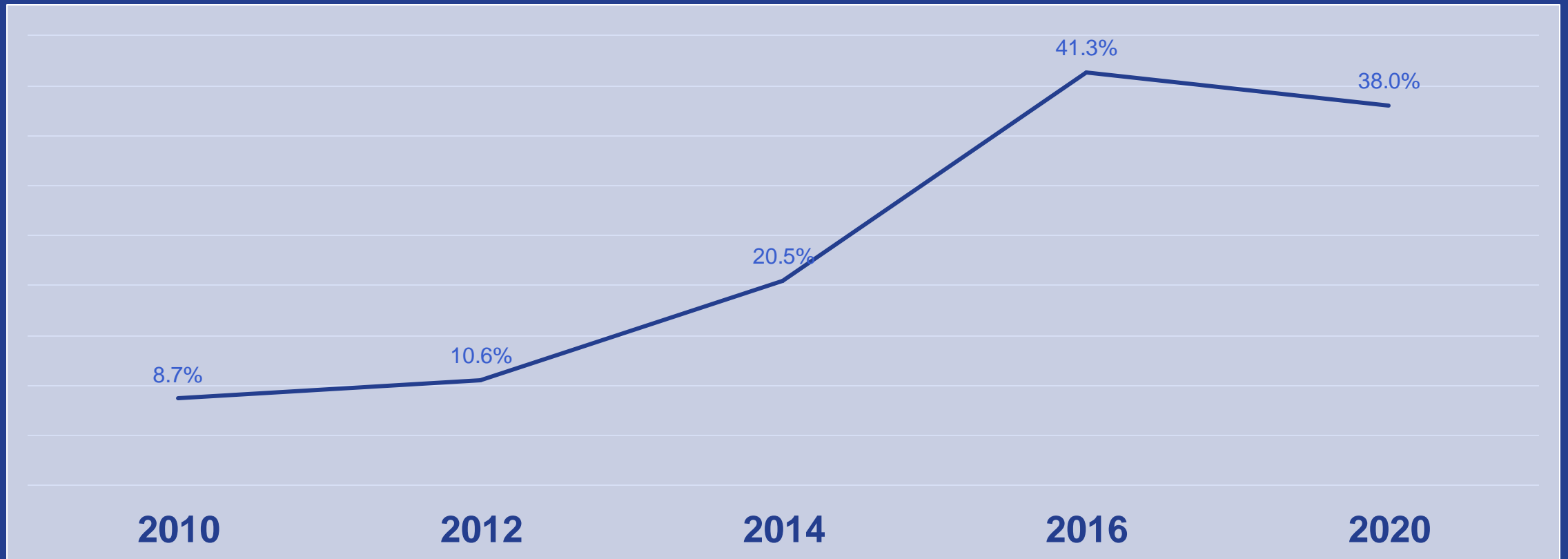
School Health Profiles – Principal Survey

Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:

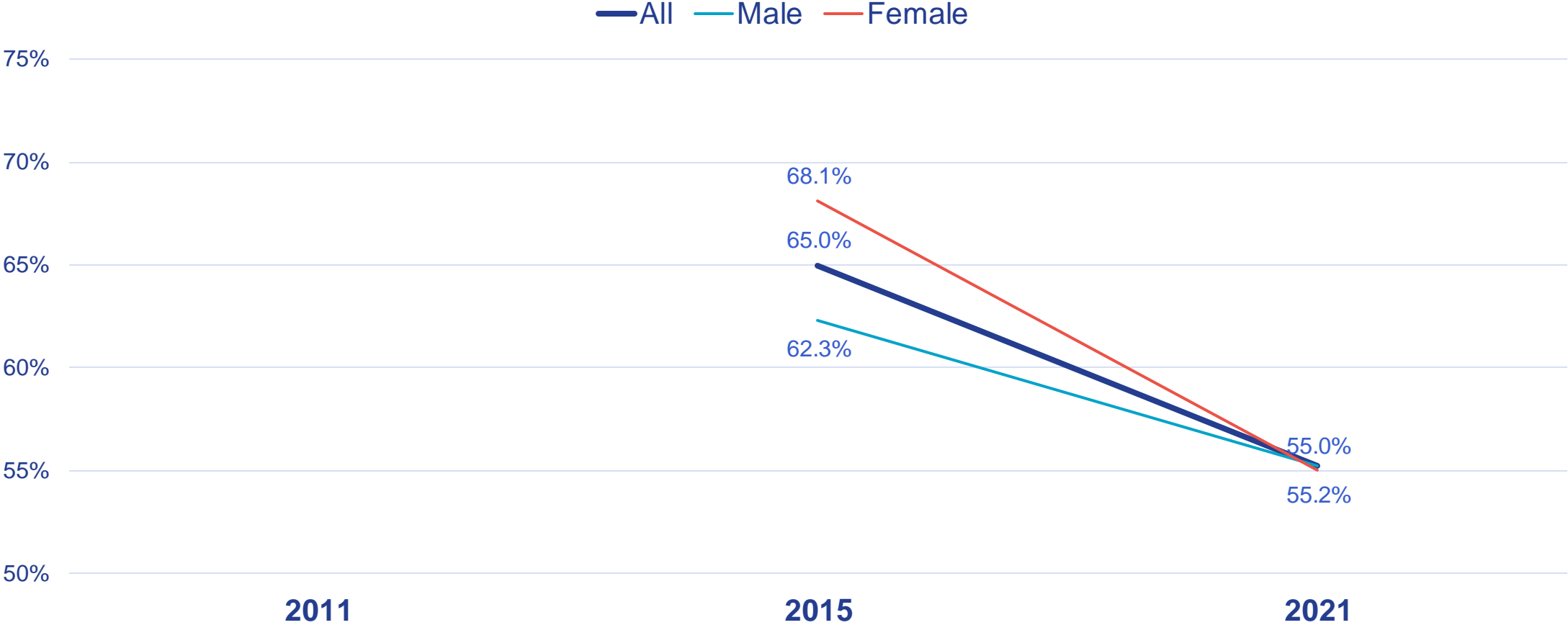


School Health Profiles – Teacher Survey

Percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth



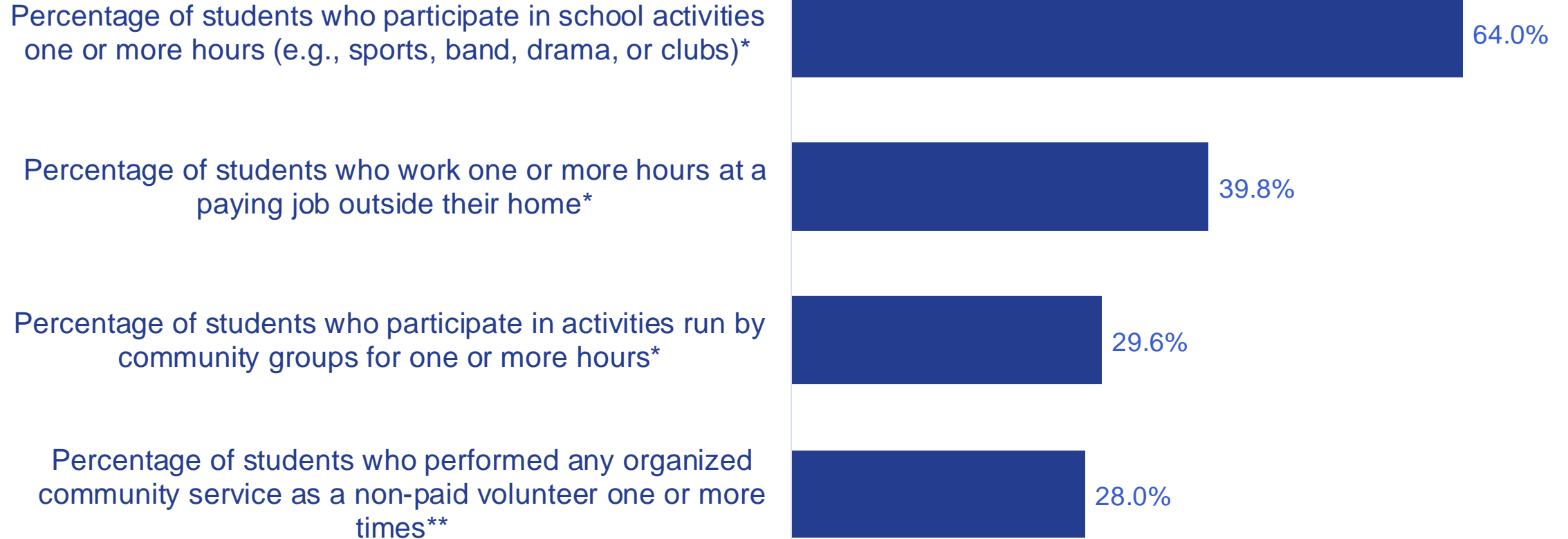
Percentage of students who reported their parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex





Social & Caregiver Support

Extracurricular Activities – 2021 Results



Post-Secondary Plans – 2021 Results

Percentage of students who probably or definitely will complete a post high school program*

64.2%

Percentage of students who reported they will most likely attend a 4-year college after they complete high school

59.2%

Parental Support – 2021 Results

Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met



Percentage of students who reported that their parents or other adults in their family most of the time or always know where they are going or with whom they will be



Percentage of students who strongly agree or agree that their parents or other adults in their family have clear rules and consequences for their behavior



Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life

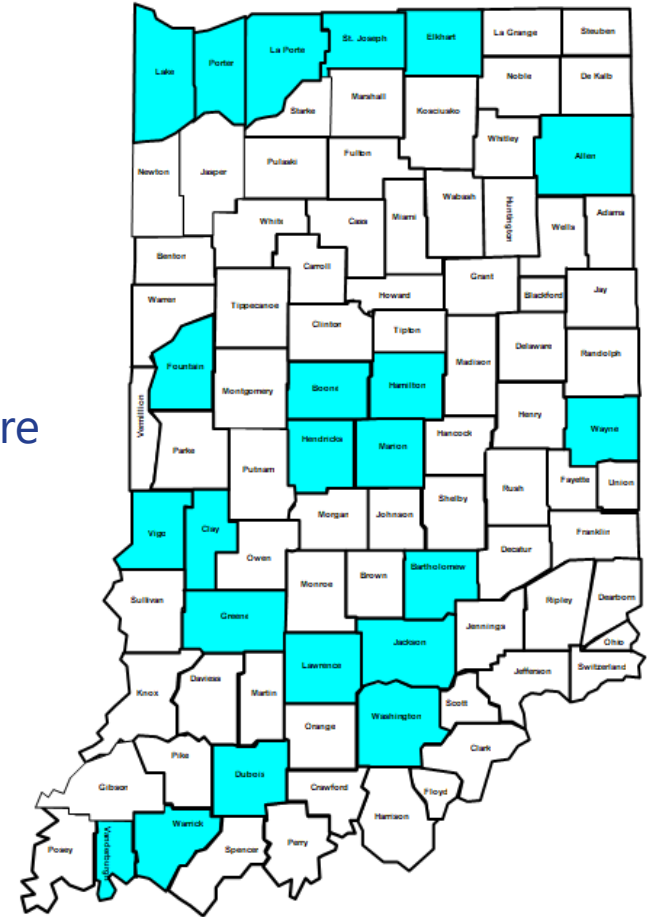


Social Support – 2021 Results



IDOH & DMHA Youth Advisory Board

- First IDOH Youth Advisory Board – in collaboration with DMHA
- Opened applications in March 2021 with 229 applicants
 - Selected final 45 youth to participate July 2022 – June 2023
- Youth will meet monthly and will be paid for their time and work
- Will focus on mental health, reproductive health, minority health, and access to care



Call to Action

- Participation in these surveys is not mandatory, but we still need your help and influence
 - This is some of the only data we get directly from youth
 - Please participate if given the opportunity!
- Help us put this data to action
 - Let us know how you want this shared and how you want this to look
 - Let us know what questions are important to you!

THANK YOU!

Kate Schedel

kschedel@isdh.in.gov