

Youth Risk Behavior Survey

Orange County High Schools, 2019

Risk Behaviors and Academic Achievement

The 2019 Youth Risk Behavior Survey (YRBS) was completed by 1,429 students in 20 public high schools in Orange County during the spring of 2019. The school response rate was 100%, the student response rate was 80%, and the overall response rate was 80%. The results are representative of all students in grades 9-12. The weighted demographic characteristics of the sample are as follows:

Female	50.5%	9th grade	26.6%	Black*	25.0%
Male	49.5%	10th grade	25.9%	Hispanic/Latino	40.0%
		11th grade	23.6%	White*	27.1%
		12th grade	23.7%	All other races*	6.0%
		Other	0.2%	Multiple races*	1.8%

Students completed a self-administered, anonymous, 93-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration.

This report details survey results, by respondents' level of academic achievement* across six separate categories:

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

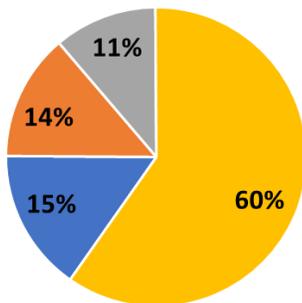
**Respondents' level of academic achievement, self-reported as receiving mostly A's, B's, C's, or D's/F's, during the previous 12 months.*

Unintentional Injury & Violence

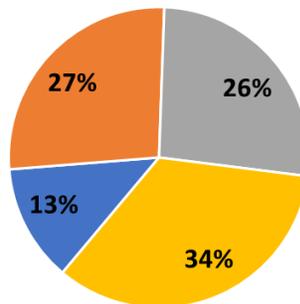
For all items surveyed, related to behaviors that contribute to unintentional injury and violence, low-performing students (who reported receiving mostly D's/F's) reported higher levels of exposure than their peers. Approximately 6 of 10 students who were threatened or injured with a weapon on school property were low-performing students. These same students were also most likely to report experiencing sexual violence, bullying, depression & suicide.

Weapons & Safety on School Property

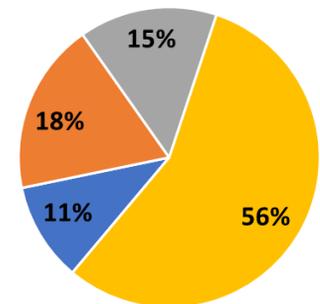
Carrying a weapon on school property



Not going to school because they felt unsafe



Being threatened/injured with a weapon on school property



■ A's ■ B's ■ C's ■ D's/F's

Violent Experiences around Sexual Activity

Sexual dating violence*

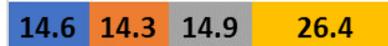


Sexual violence*



Bullying, Depression & Suicidal Ideations

Were bullied on school property*



Were electronically bullied*



Felt sad or hopeless (2+ weeks)*



Seriously considered suicide*



Made a suicide plan*



Attempted suicide*



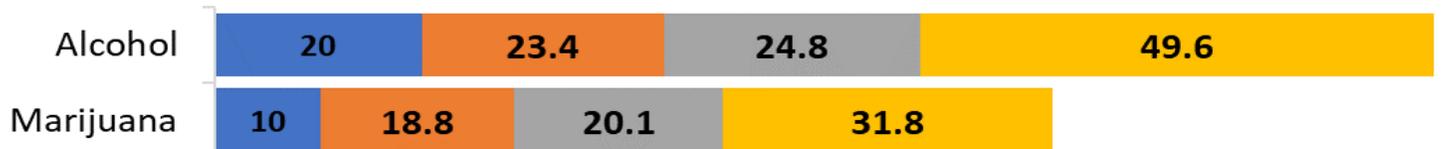
Unintentional Injury & Violence, Con't

Health Risk Behavior	% of students, by academic performance level			
	A's	B's	C's	D's/F's
<i>Never or rarely wore a seat belt while a passenger</i>	7.9	9.8	7	16.7
<i>Rode with a driver who had been drinking</i>	14.7	19.7	17.2	27.7
<i>Drove a car after drinking alcohol</i>	1.3	4.6	3.9	-
<i>Texted or e-mailed while driving</i>	33.3	39	28.8	-
<i>Carried a weapon</i>	9.8	7.6	14.4	29.2
<i>Carried a weapon at school</i>	1.8	1.6	1.3	7
<i>Carried a gun</i>	2.7	4.2	8.6	17.3
<i>Skipped school due to feeling unsafe</i>	9.7	20.6	20.3	26.2
<i>Threatened/Injured with a weapon at school</i>	3.8	6.6	5.3	20
<i>Were in a physical fight</i>	10.5	22.3	33.1	26.3
<i>Were in a physical fight at school</i>	2.7	7.7	9.5	12.3
<i>Physically forced to have sex when they didn't want to</i>	6.4	7.7	10.2	13.5
<i>Experienced sexual violence, by anyone</i>	7.6	11.5	12.2	29.4
<i>Experienced sexual dating violence, by someone they were dating</i>	5.2	5.1	5.6	19.2
<i>Experienced physical dating violence, by someone they were dating</i>	4.6	10.6	9.8	19.8
<i>Bullied at school</i>	14.6	14.3	14.9	26.4
<i>Electronically bullied</i>	11.5	12	15.1	19.5
<i>Felt sad or hopeless over a 2+ week period</i>	29.2	35.1	44.7	54.5
<i>Seriously considered suicide</i>	15.7	17.7	19	40.7
<i>Made a plan to attempt suicide</i>	12.6	13.5	18.1	40.5
<i>Attempted suicide</i>	6	10.1	11.9	29.6
<i>Had a suicide attempt that required medical attention</i>	0.2	1.7	3.8	5.6

Alcohol, Tobacco & Other Drug Use

Currently Using (at least once in the previous 30 days)

Levels of current use (at least once within the previous 30 days) of alcohol, tobacco & other drug use, were again highest among low-performing students. For alcohol and marijuana, students making D's/F's were 2.5 to 3 times as likely to consume alcohol and marijuana, than students making A's.



While current use of cigarettes is low compared to other substances in this category (across academic performance sub-groups), the advent of e-Vapor Products has provided a new mechanism through which teenagers develop nicotine addiction. Nearly half of students making D's/F's describe themselves as current users of an e-Vapor Product.



■ A's ■ B's ■ C's ■ D's/F's

Ever Used

The number of students who have tried an e-vapor product is greater, across academic performance levels, than cigarettes, marijuana, or prescription pills. E-vapor products do not produce any odors from their use and are easier to conceal than cigarettes yet contain the same or more dangerous chemicals. These products have also been identified as catalysts for severe respiratory illnesses in regular users.



*without a prescription from a doctor

Alcohol, Tobacco & Other Drug Use, Con't

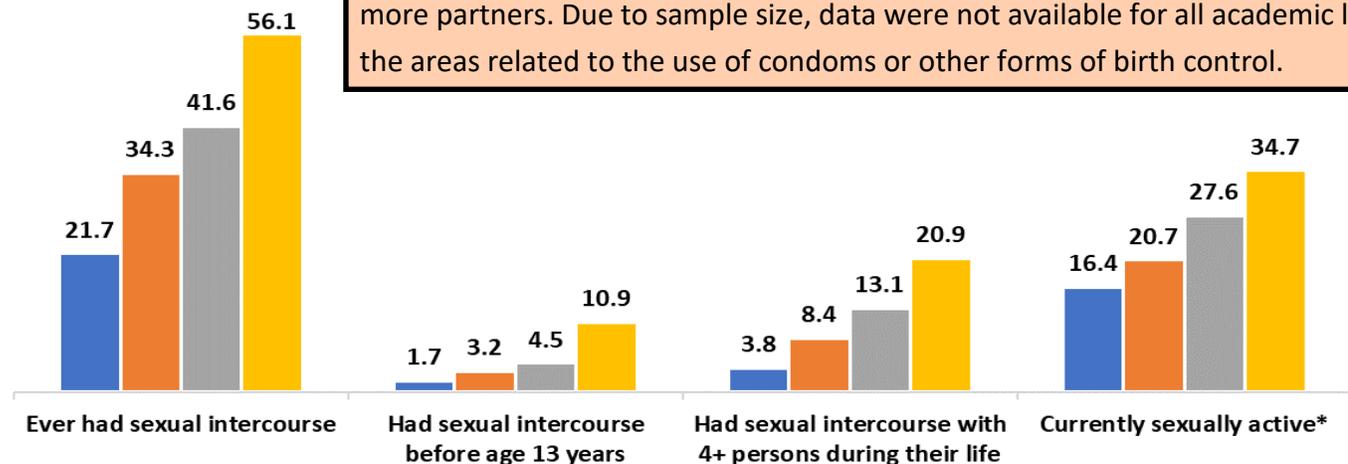
Health Risk Behavior		% of students, by academic performance level			
		A's	B's	C's	D's/F's
Currently Used	<i>Smokeless tobacco</i>	2.3	3.7	2.7	10.9
	<i>Cigars</i>	2.9	6.9	8.6	14.7
	<i>Cigarettes or cigars</i>	3.4	8	11	17.5
	<i>Cigarettes/cigars/smokeless tobacco</i>	3.9	8.9	11	18.4
	<i>Cigarettes/cigars/smokeless tobacco/e-vapor products</i>	12.2	20.5	22.2	47
	<i>First drank alcohol before age 13 years</i>	12.8	15.3	18.7	28.5
	<i>Drank 10 or more drinks in a row*</i>	1.2	0.6	0.5	9.3
	<i>Usually had someone give them alcohol</i>	40.4	45.4	37.4	33
	<i>First used marijuana before age 13 years</i>	2.5	5.3	7.9	14.7
Ever Used	<i>Synthetic marijuana*</i>	3.4	9	7.7	19.5
	<i>Inhalants to get high*</i>	4.7	6.9	7.3	14.2
	<i>Heroin*</i>	1.9	3.8	5.9	11.8
	<i>Methamphetamines*</i>	1.7	3.9	5.7	10.1
	<i>Steroids without a doctor's prescription*</i>	2.2	3.2	6	10.3
	<i>Injected any illegal drug*</i>	2	2.4	4.2	6.8
	<i>Were offered/sold/given an illegal drug at school**</i>	23.4	27.9	34.9	38.1

*within a couple hours

**during the previous 12 months

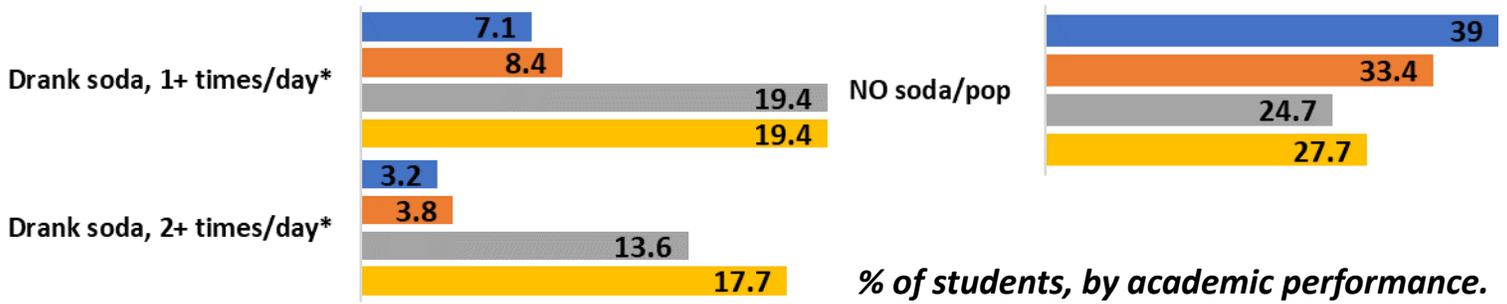
Sexual Behaviors

As in previous years, the rates of sexual activity are highest among students with the lowest academic performance; including sexual experiences at younger ages and with more partners. Due to sample size, data were not available for all academic levels in the areas related to the use of condoms or other forms of birth control.



Dietary Behaviors

Most items for Dietary Behaviors showed no significant association with students' academic performance level. The only area where a significant association was identified related to the consumption of soda or pop. High-performing students were less likely to have consumed soda/pop, while low-performing students were more than twice as likely to have consumed between 1-2 cans/bottles/glasses of soda during the previous 7 days.

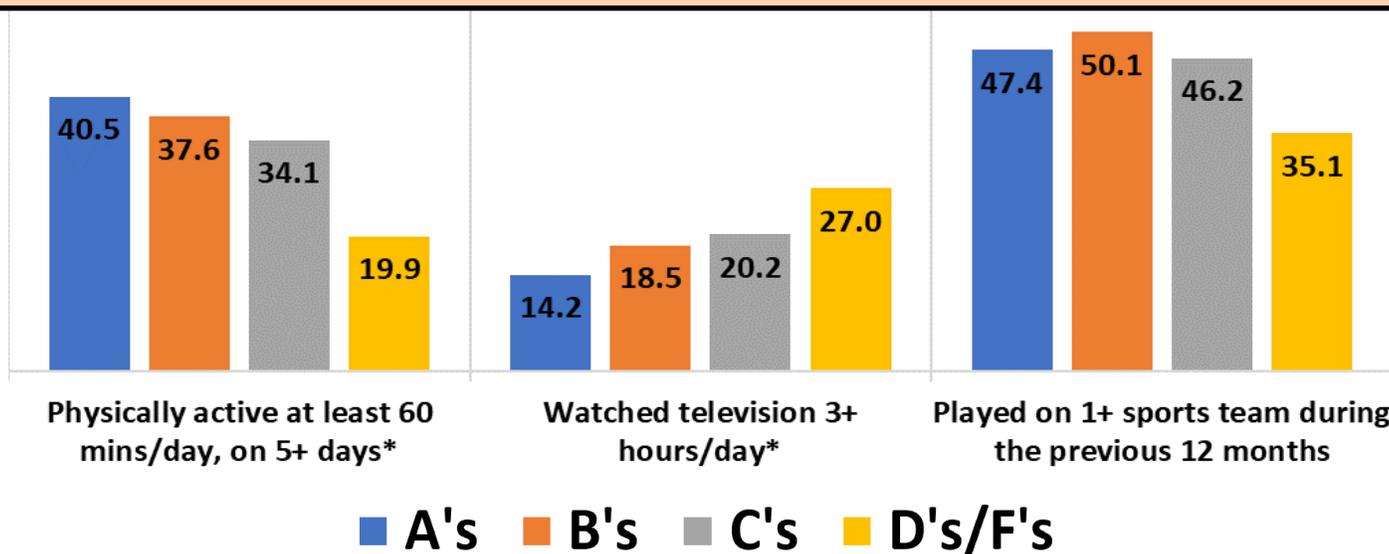


Health Risk Behavior	A's	B's	C's	D's/F's
<i>Were obese</i>	12.1	11.4	17.9	19
<i>Were overweight</i>	14.6	15.8	21.3	18
<i>Described themselves as overweight</i>	26.7	30	32.8	37.1
<i>Were trying to lose weight</i>	50.9	46	49.8	48.6
<i>Did not drink fruit juice</i>	39.1	25.7	29.3	32.2
<i>Did not eat fruit</i>	17.4	15.3	15.8	18.8
<i>Did not eat fruit or drink 100% fruit juice*</i>	11.6	6.9	9.3	11.4
<i>Ate fruit or drank 100% fruit juices 1+ times/day</i>	52.1	51	56.6	57.1
<i>Ate fruit or drank 100% fruit juices 2+ times/day</i>	27.5	25.3	30.7	32.5
<i>Did not eat green salad*</i>	45.9	48.8	49.4	50.2
<i>Did not eat potatoes*</i>	46.9	44.2	41.4	43.7
<i>Did not eat carrots*</i>	56.4	61.2	61.9	62.1
<i>Did not eat other vegetables*</i>	23.5	25	25.1	31
<i>Did not eat vegetables, carrots, or other vegetables*</i>	11.6	12.2	11.9	12.8
<i>Ate vegetables 1+ times/day</i>	52.1	49	53.3	49.8
<i>Ate vegetables 2+ times/day</i>	22.1	19.1	26.5	28.3
<i>Ate vegetables 3+ times/day</i>	9.8	8.5	15.4	15
<i>Did not drink milk*</i>	40.1	33.9	29.4	32
<i>Drank 1+ glasses/day of milk</i>	18.3	18.2	23.7	25.3
<i>Drank 3+ glasses/day of milk</i>	2.7	5.1	7.8	7.9
<i>Did not eat breakfast*</i>	17.1	16.1	16	28.7
<i>Ate breakfast on all 7 of the previous 7 days</i>	36.2	26.6	32.7	13.1

*during the previous 7 days

Physical Activity

Trends related to physical activity were similar to those observed in other categories surveyed, with consistent disparities between high- and low-achieving student groups. High-achieving students were much more likely to be physically active on a regular basis and to participate in an organized sports team. While low-performing students were much more likely to report viewing 3 or more hours of TV per day and 3 or more hours of playing computer or video games per day. Conversely, the percentage of students getting 8 or more hours of sleep pre-school night were largely equivalent, across academic performance levels.



Health Risk Behavior	% of students, by academic performance level			
	A's	B's	C's	D's/F's
<i>Were not physically active for 60+ mins on at least 1 day*</i>	21.7	20.3	19.9	28.1
<i>Were physically active for 60+ mins every day*</i>	22.1	21.6	20.3	9.7
<i>Played video games, or used a computer, 3+ hours/day*</i>	37.9	37.8	40.2	56.5
<i>Attended P.E. on 1+ days*</i>	29.7	44.3	47.5	40.7
<i>Attended P.E. every day*</i>	18.2	28.4	28.6	12.9
<i>Had a concussion from sports/physical activity 1+ times during the prev. year</i>	14.5	18.8	15.3	18.8
<i>Got 8+ hours of sleep on avg. school night</i>	13.9	14.3	13.0	12.6

*during the previous week

Other Topics

Health Risk Behavior	% of students, by academic performance level			
	A's	B's	C's	D's/F's
<i>Were ever tested for HIV</i>	14.6	16	14.4	20.3
<i>Saw a dentist*</i>	77.3	68.2	67.2	49.7
<i>Never saw a dentist</i>	1	3.2	4.4	4.1
<i>Ever been told by a doctor or nurse they had asthma</i>	24.2	23.8	27.3	20.6
<i>Electronically shared a revealing/sexual photo of themselves**</i>	11.7	16.1	9.4	24
<i>Reported a revealing/sexual photo of them had been shared electronically without their permission**</i>	5.6	3.7	6.6	6.1
<i>Taught about AIDS or HIV infection in school</i>	66.6	65.3	65.7	59.3
<i>Strongly agree or agree that they feel close to people at their school</i>	68.7	61.2	53.6	52.5

* during the previous 12 months

**during the previous 30 days

This publication was supported by Grant/Cooperative Agreement number NU87PS004364, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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