

WINDHAM HIGH SCHOOL

2019 Youth Risk Behavior Survey Data Presentation



Youth Risk Behavior Survey (YRBS)

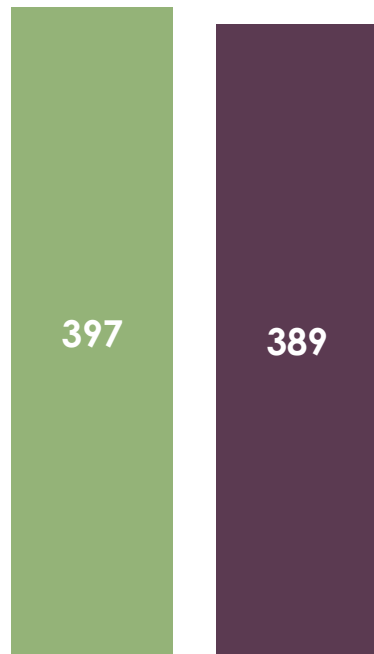
- 1991 - Survey developed by the U.S. Centers for Disease Control and Prevention (CDC)
- Collection of data organized by the CDC in conjunction with state, tribal and local education/health agencies
- Data used nationally and locally to:
 - ✓ Assess trends in priority health risk behaviors among middle and high school aged youth
 - ✓ Evaluate the impact of broad school and community interventions at national, state, and local levels
- Uses in NH
 - ✓ Collecting local and CDC sample
 - ✓ Enabling schools and communities to understand risks and health behaviors of area youth
 - ✓ Developing programs or policies to reduce risk and promote health
 - ✓ Monitoring whether or not health outcomes among youth are improving or deteriorating

What the YRBS Is and Is Not

- It is **valid and reliable**. It has been tested multiple times. Findings are consistent with other survey findings.
- It is a **tool** and can be used for **positive changes**, rather than adding negativity to the community's reputation.
- Data reflects the **community perceptions** and behaviors; the school is simply a place where it is administered.
- It is **not** a “report card” of the school.

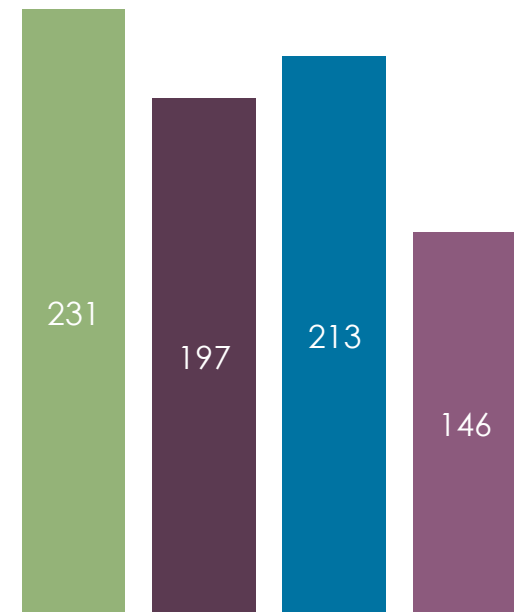
Windham High School 2019 YRBS Data

Responses by Sex



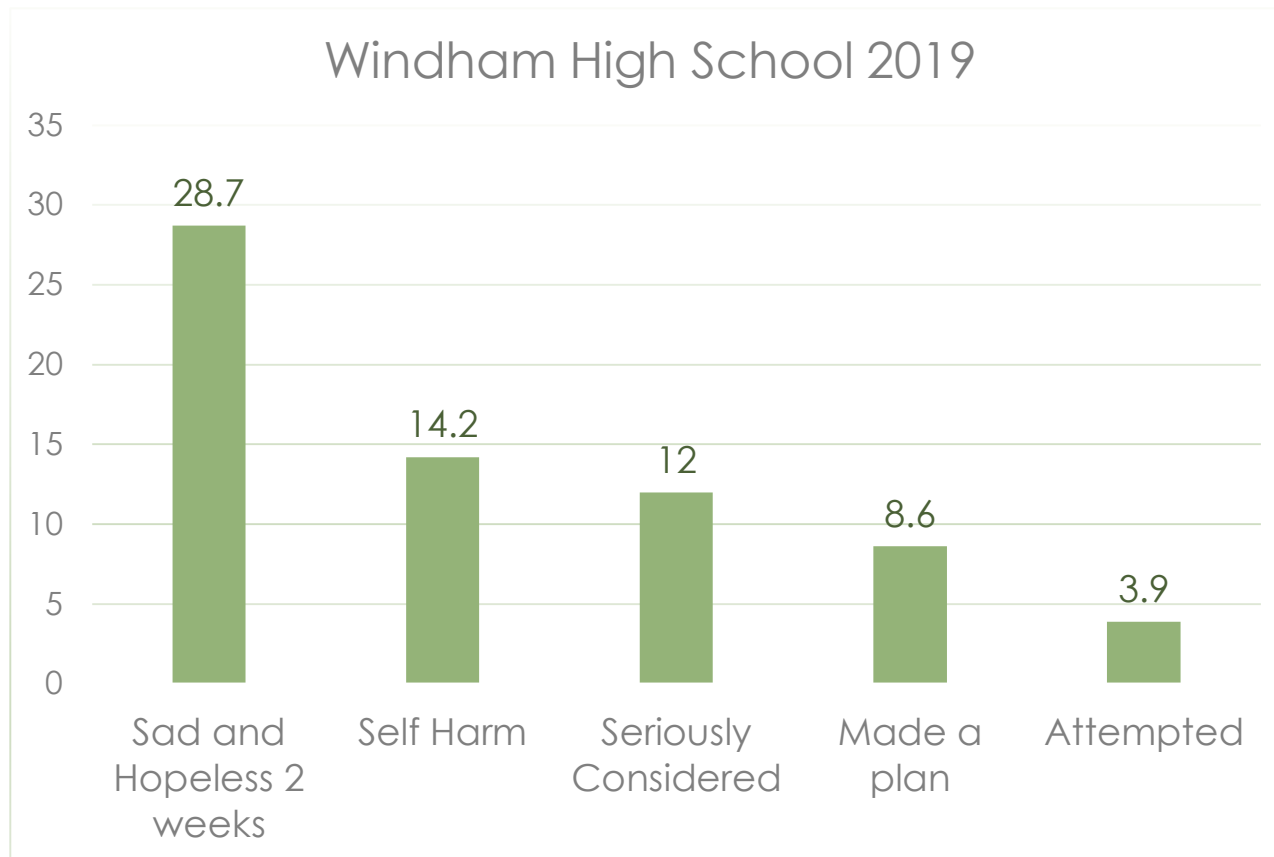
■ Female ■ Male

Responses by Grade



■ 9th ■ 10th ■ 11th ■ 12th

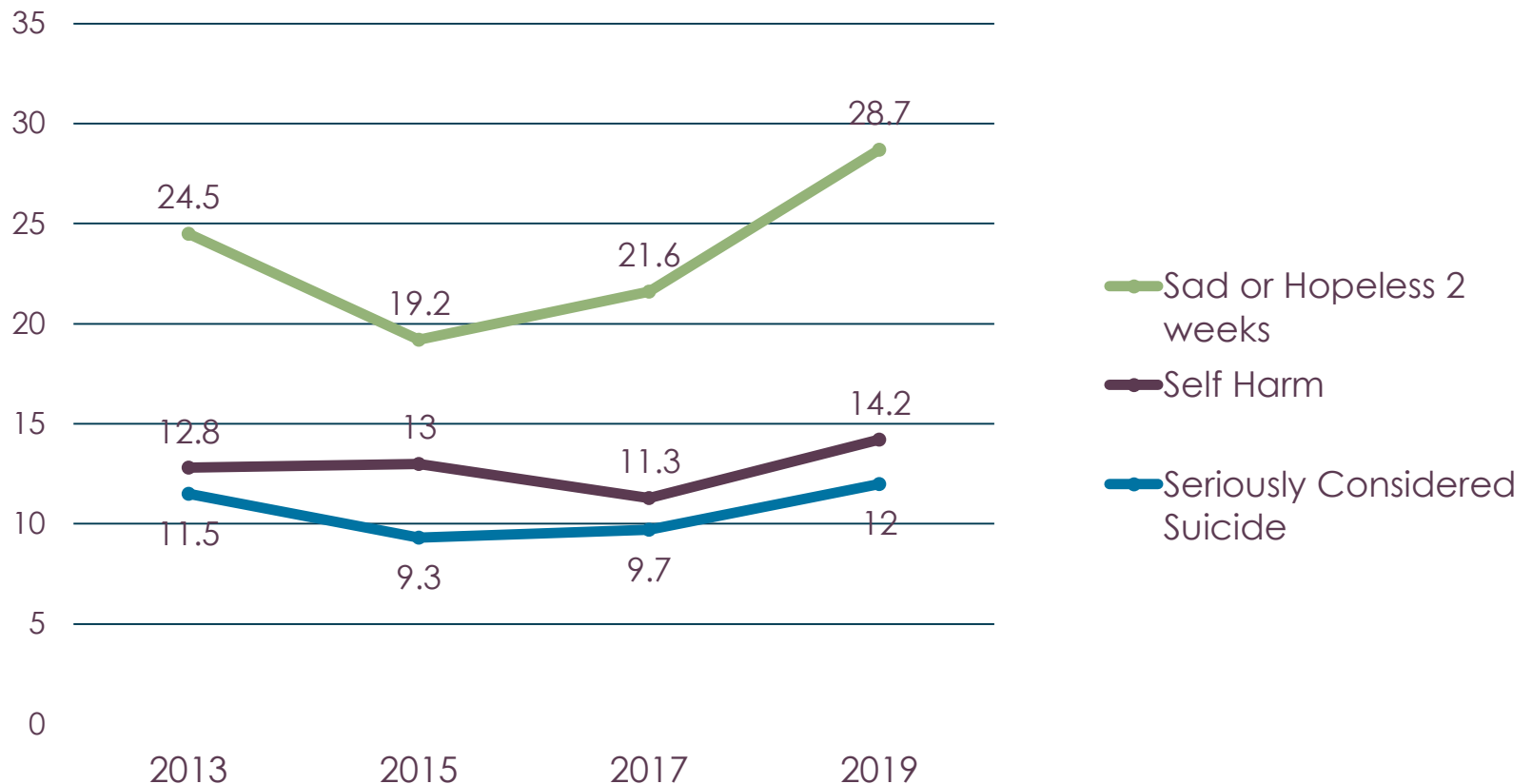
Mental Health Indicators



28.7% = 270
14.2 = 134
12% = 112
8.6% = 80
3.9% = 37

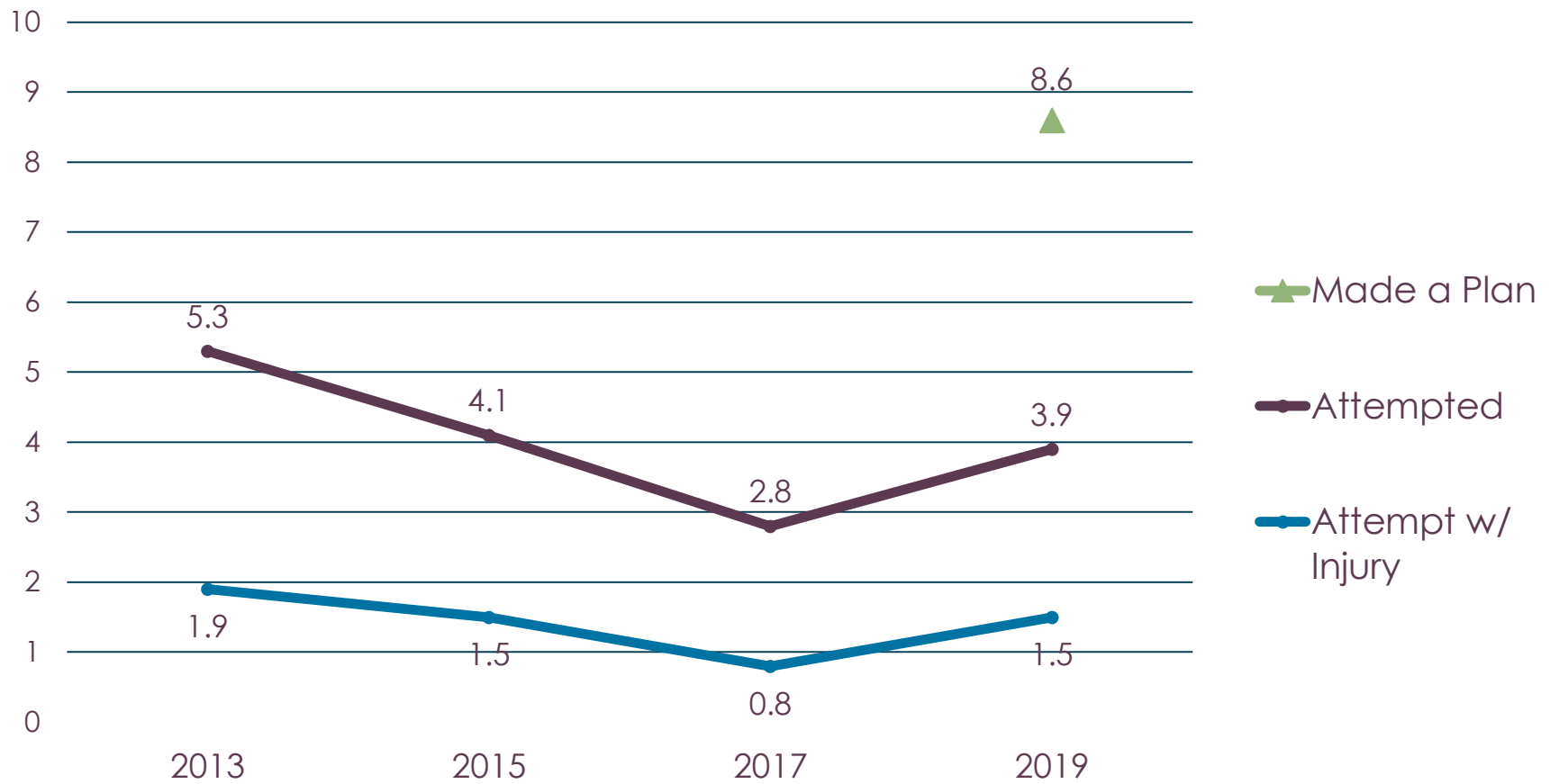
Mental Health Indicators

Windham High School

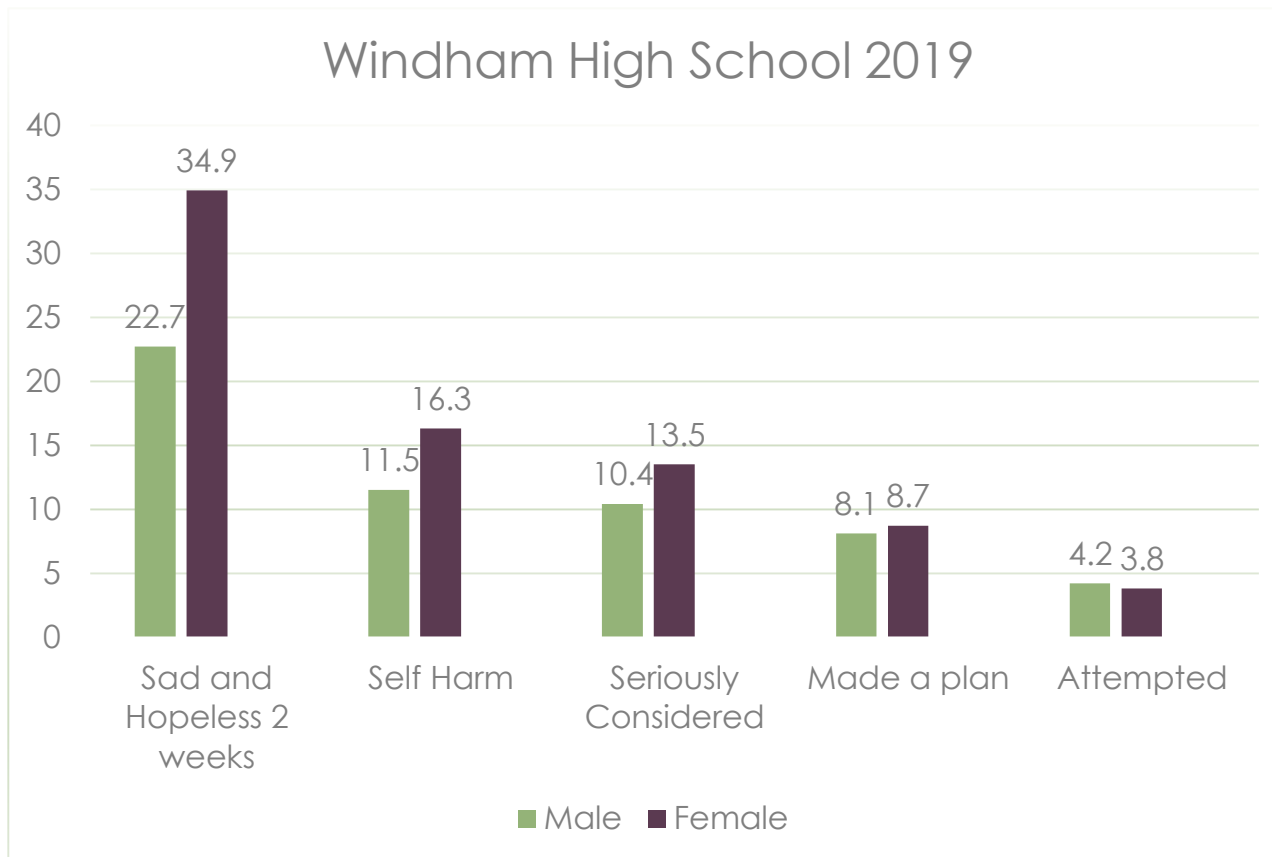


Mental Health Indicators

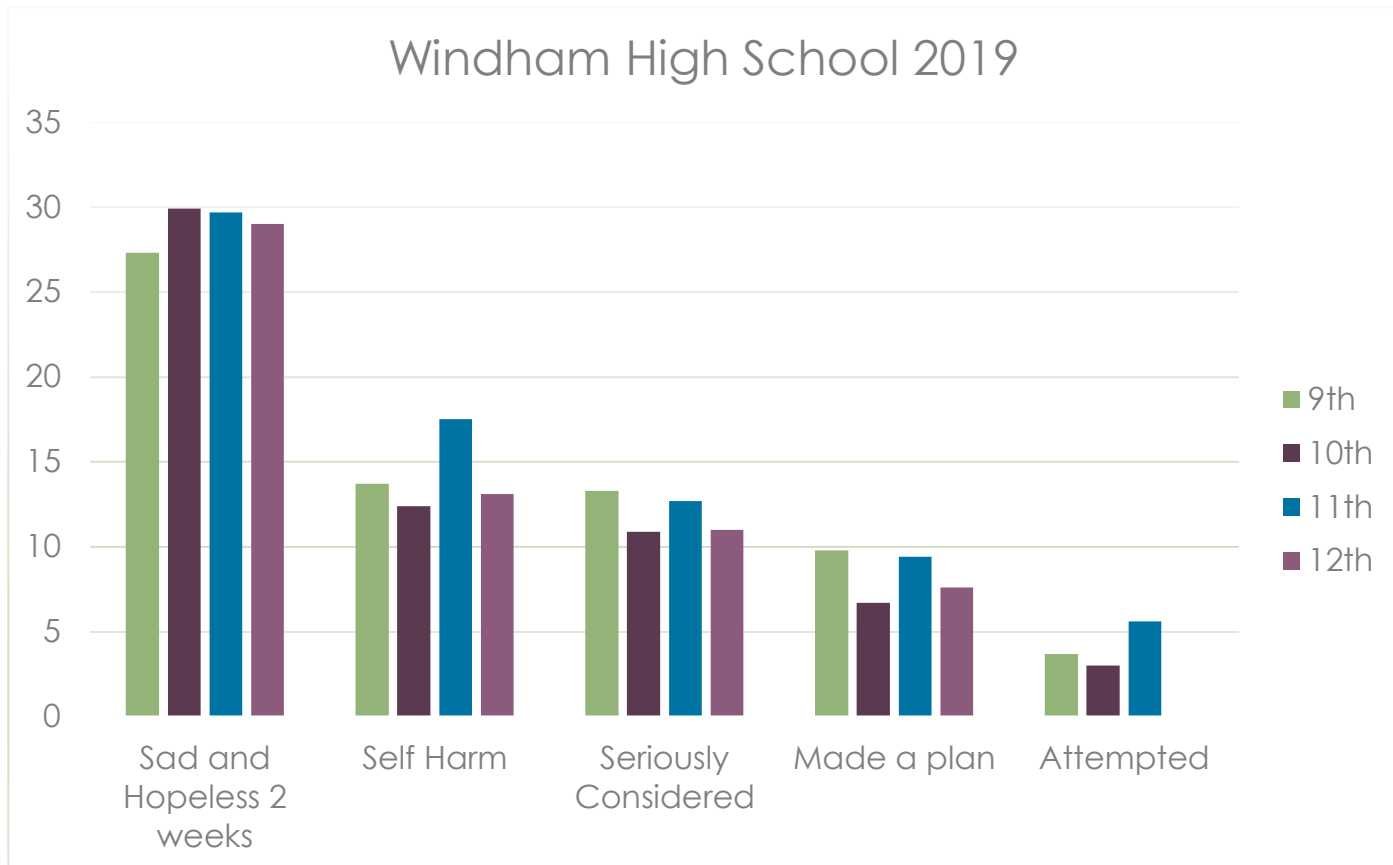
Windham High School



Mental Health Indicators



Mental Health



Mental Health and Substance Use

Substance use and mental health issues often occur together

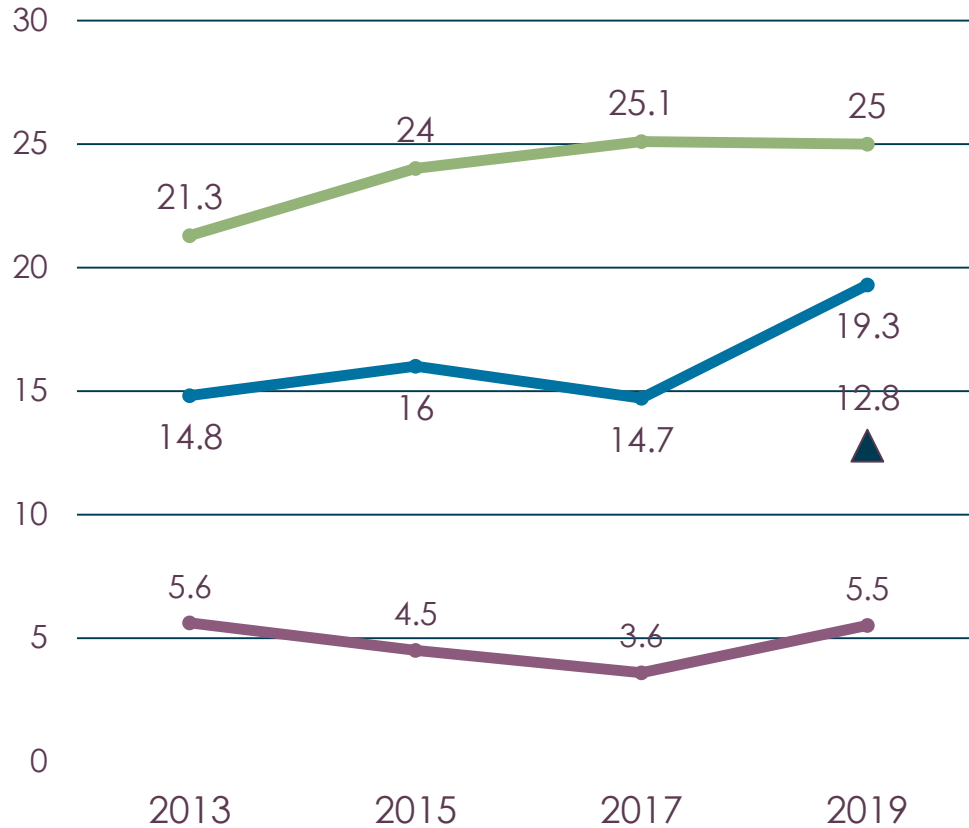
- Substance use can be a form of self-medication for existing conditions
- Substance use can worsen underlying mental health issues
- Substance use can cause the onset of symptoms for those not having experienced mental health issues previously

Source: National Alliance on Mental Illness, National Institute on Drug Abuse

Behaviors- Current Use

Windham High School

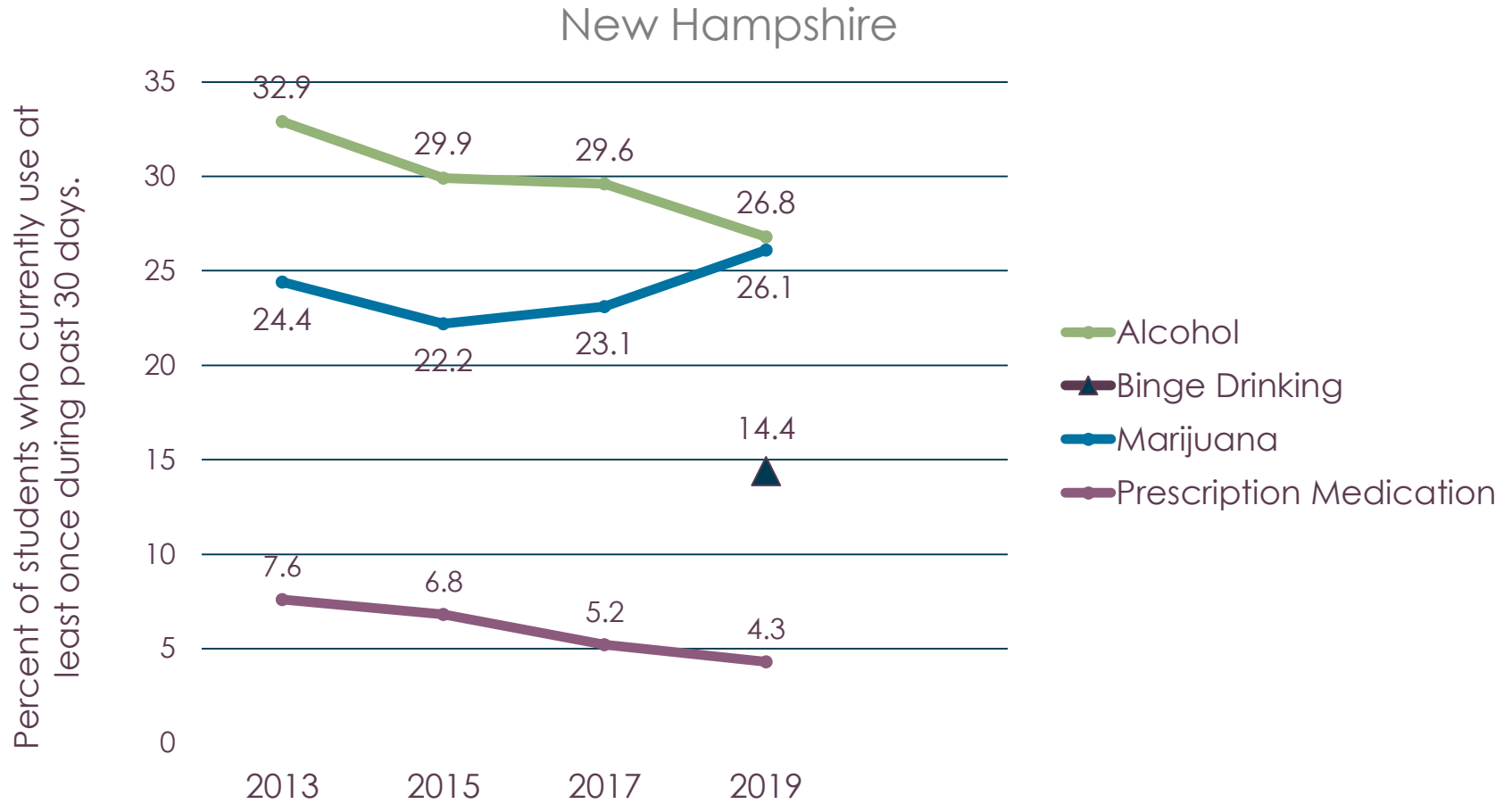
Percent of students who currently use at least once during past 30 days.



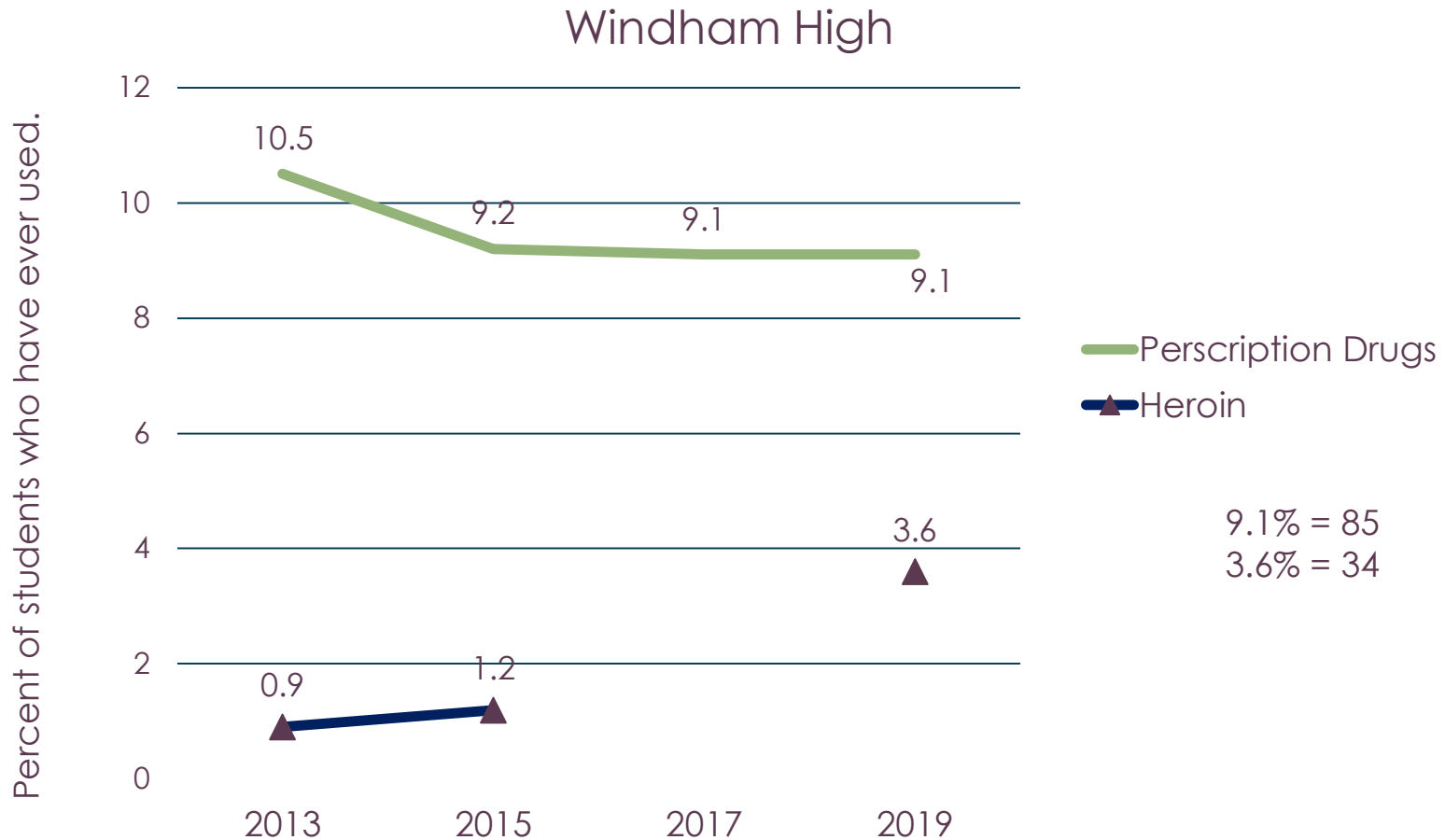
- Alcohol
- ▲— Binge Drinking
- Marijuana
- Prescription Medication

25% = 235
 19.3% = 182
 12.8% = 120
 5.5% = 51

Behaviors- Current Use

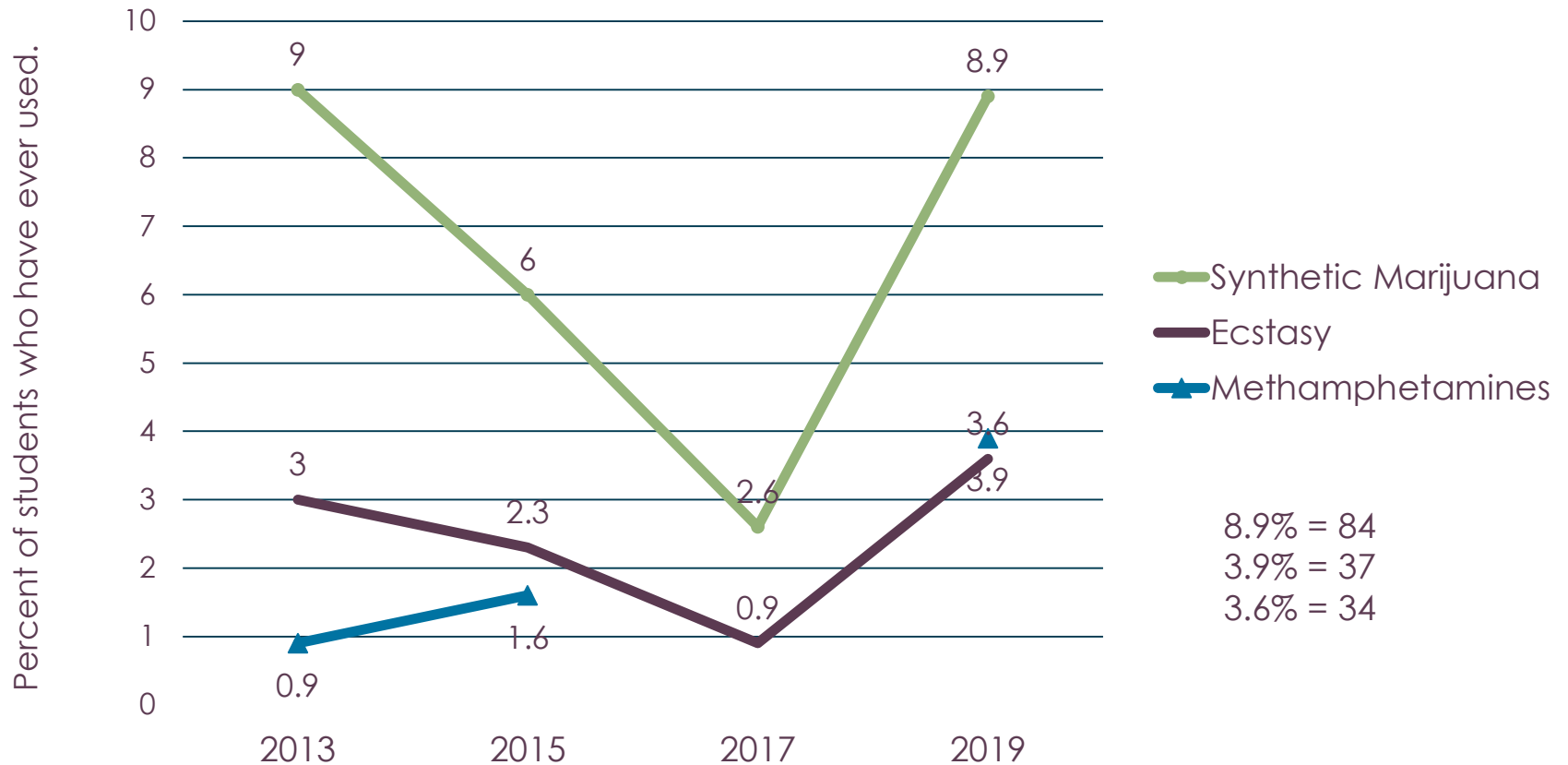


Behaviors- Life Time Use



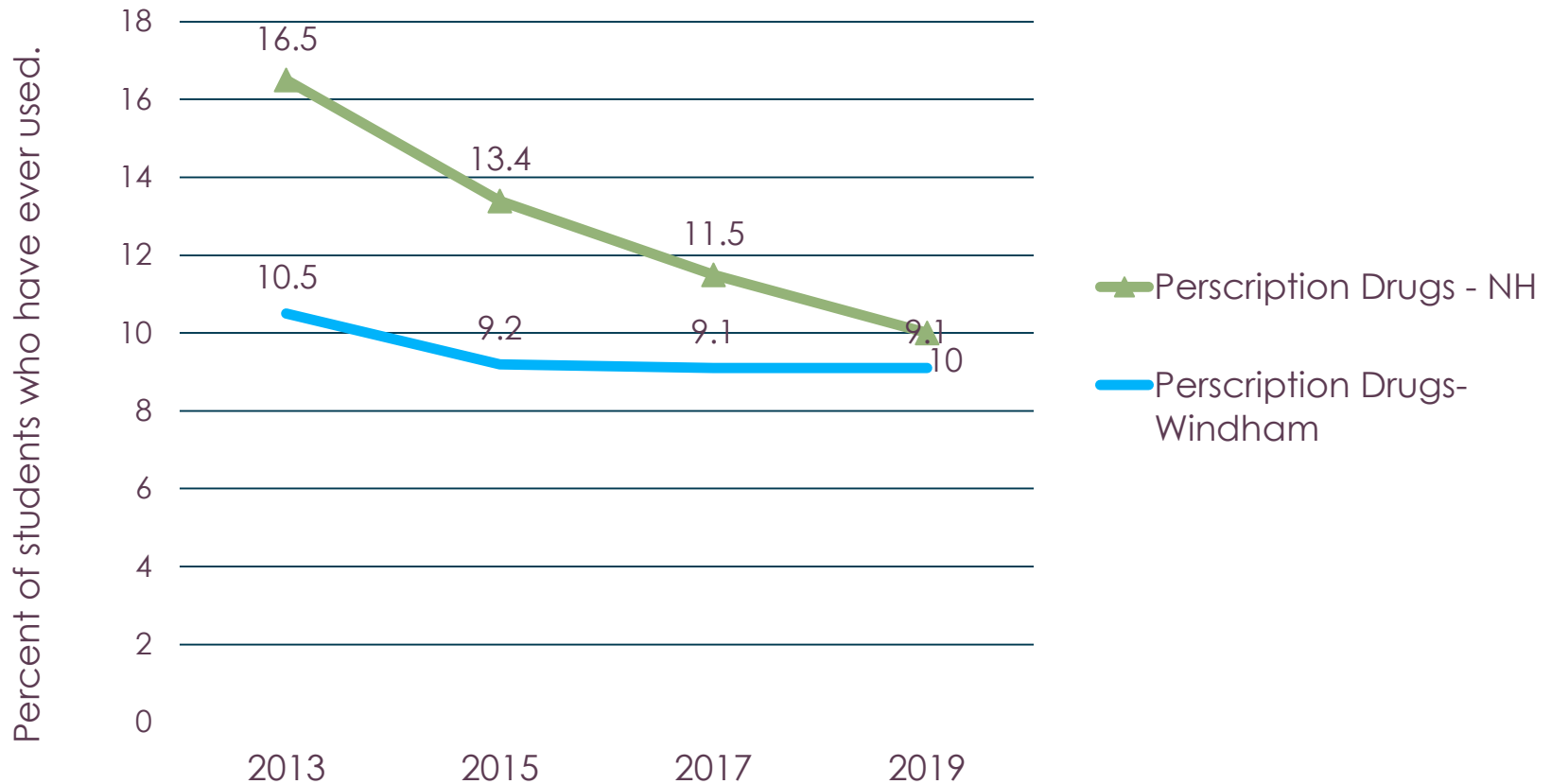
Behaviors- Life Time Use

Windham High School

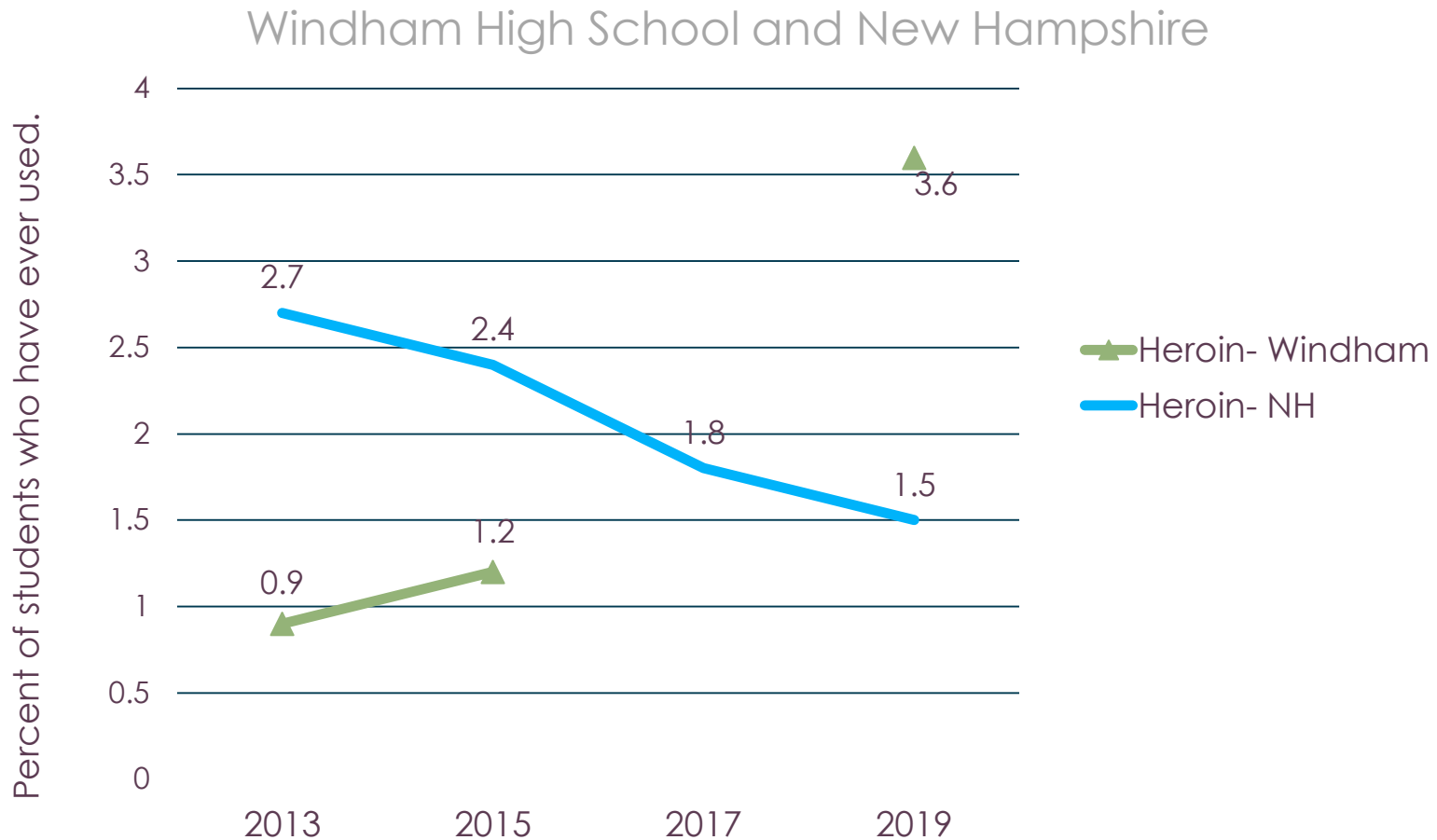


Behaviors- Life Time Use

Windham High School and New Hampshire

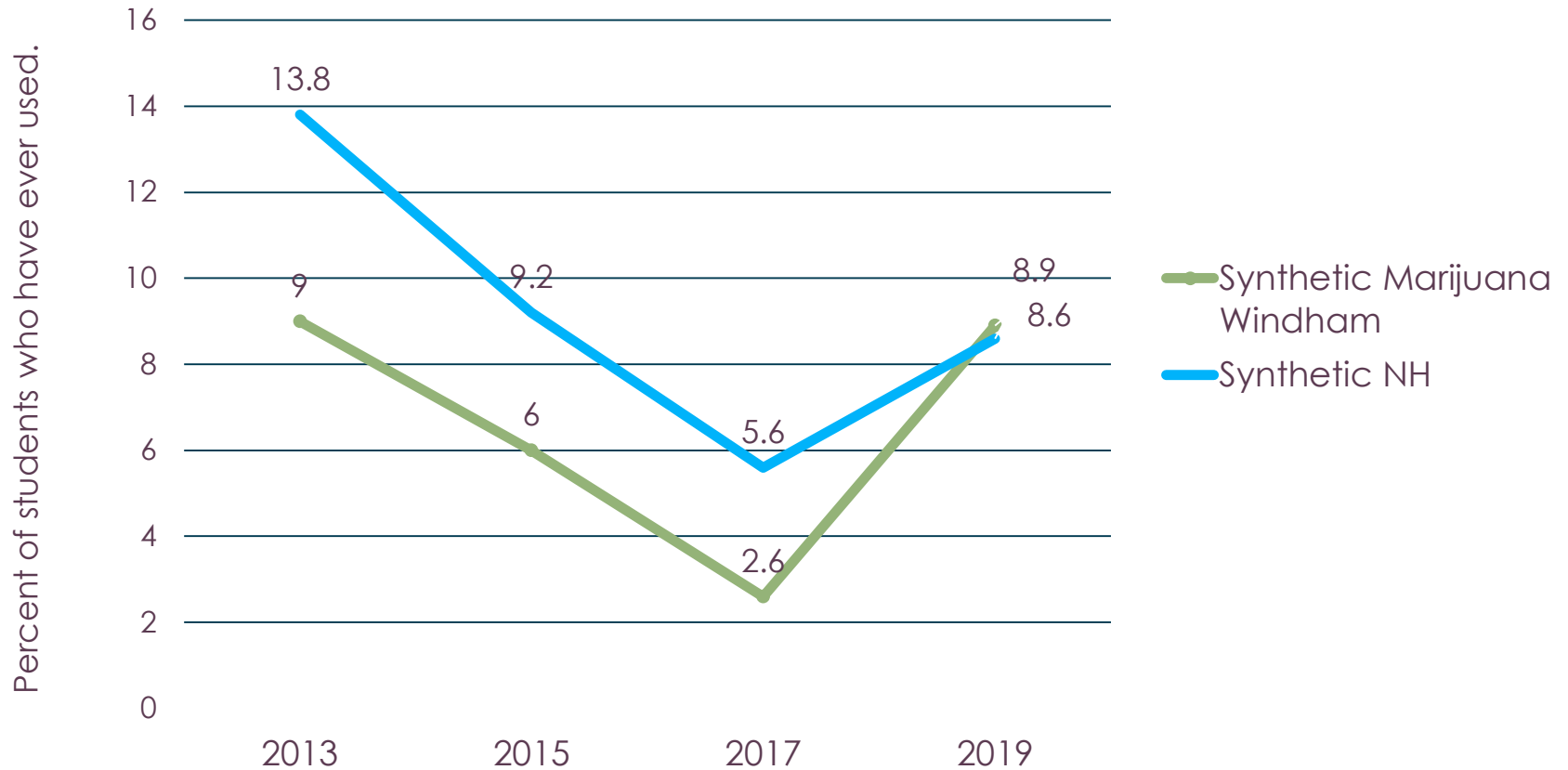


Behaviors- Life Time Use



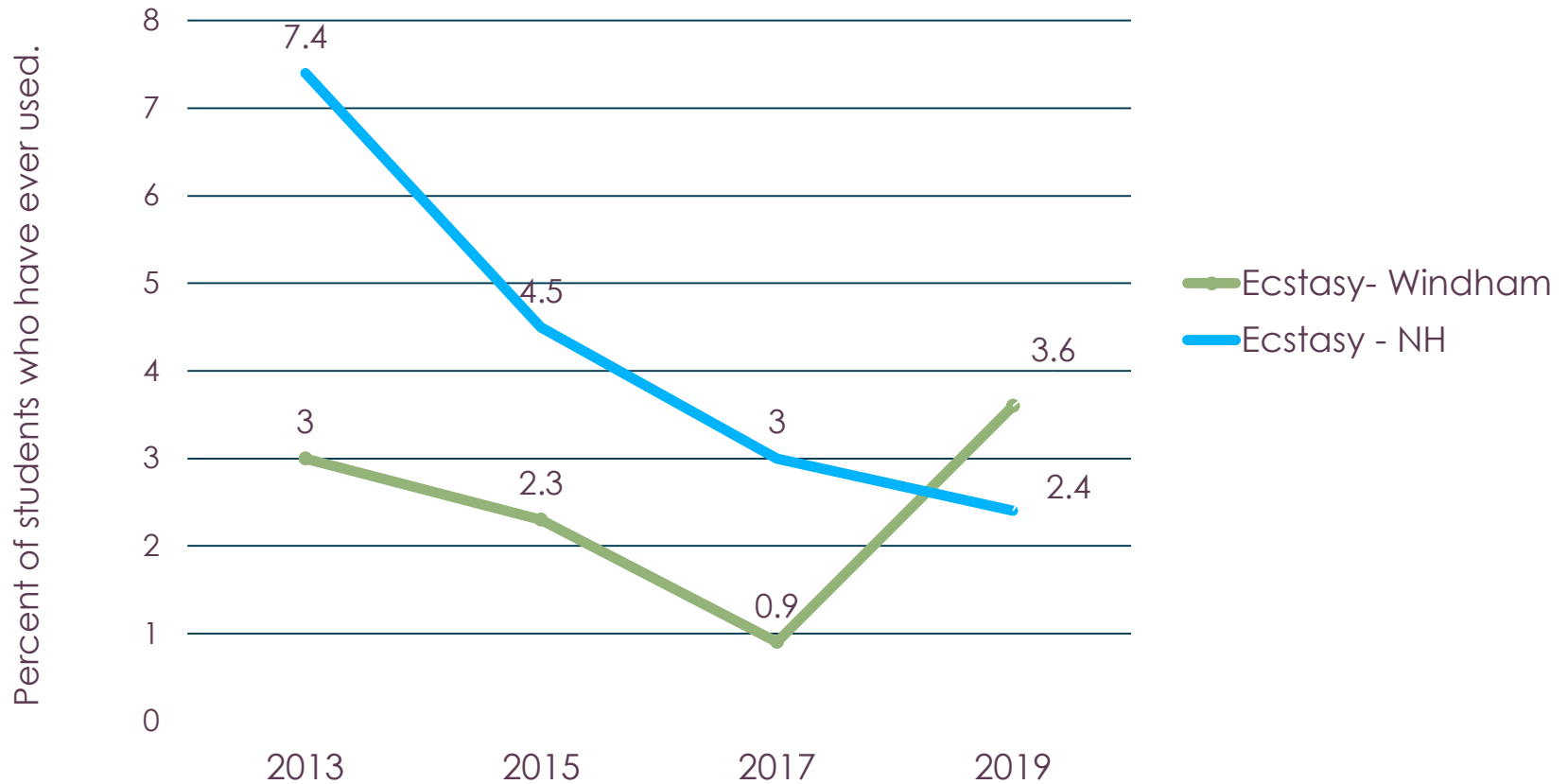
Behaviors- Life Time Use

Windham High School



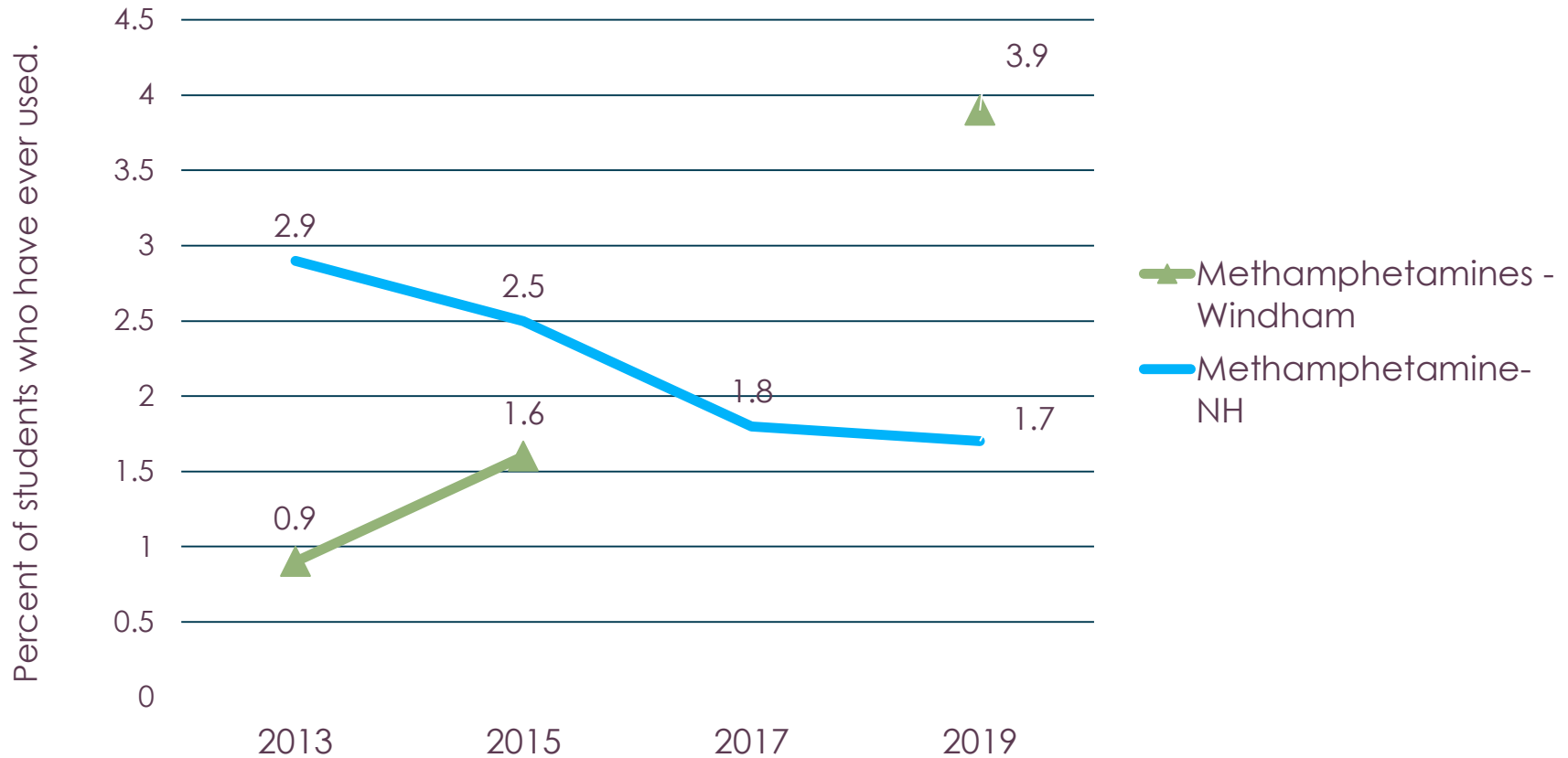
Behaviors- Life Time Use

Windham High School and New Hampshire

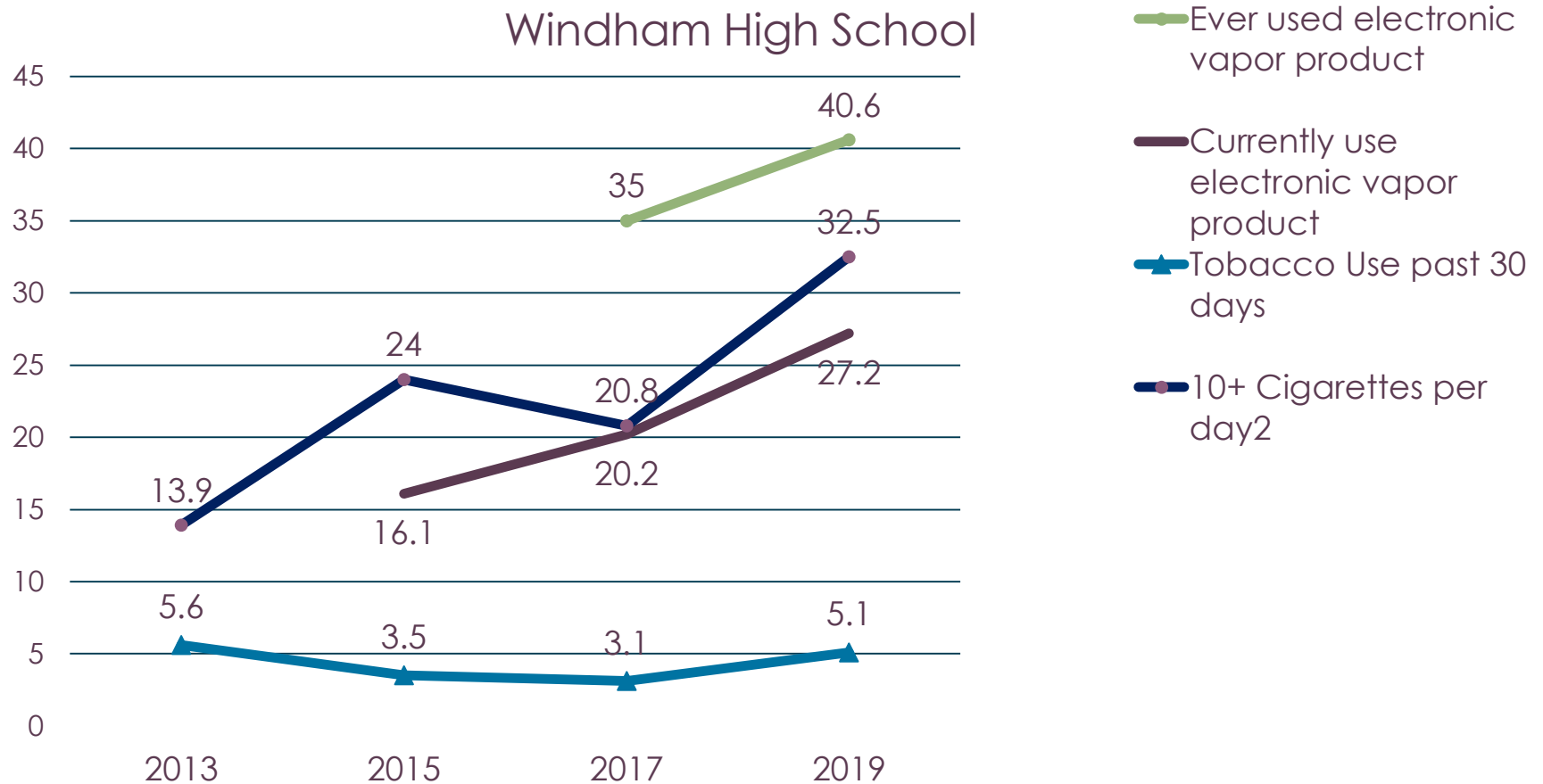


Behaviors- Life Time Use

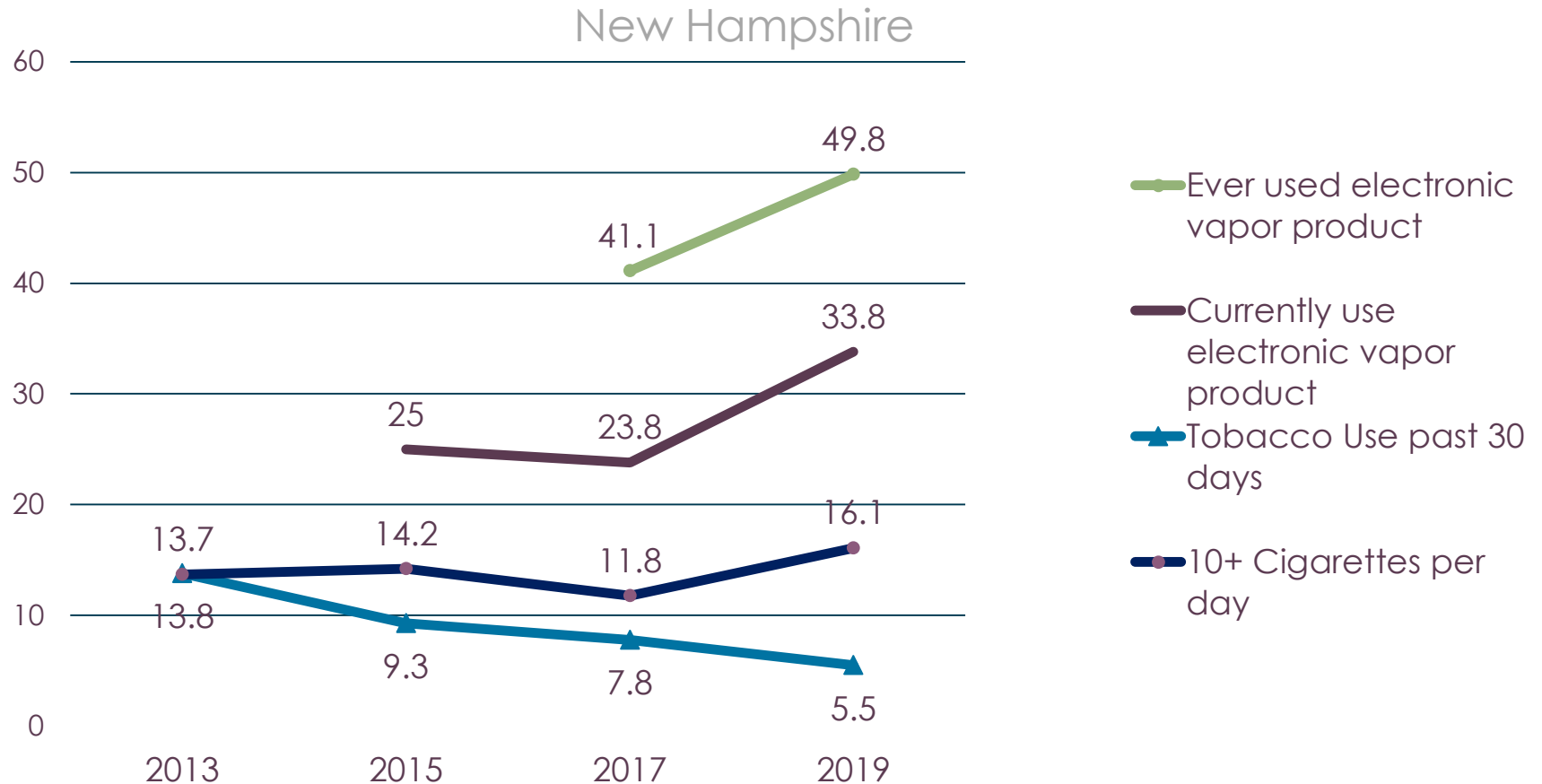
Windham High School and New Hampshire



Behaviors- Tobacco Use

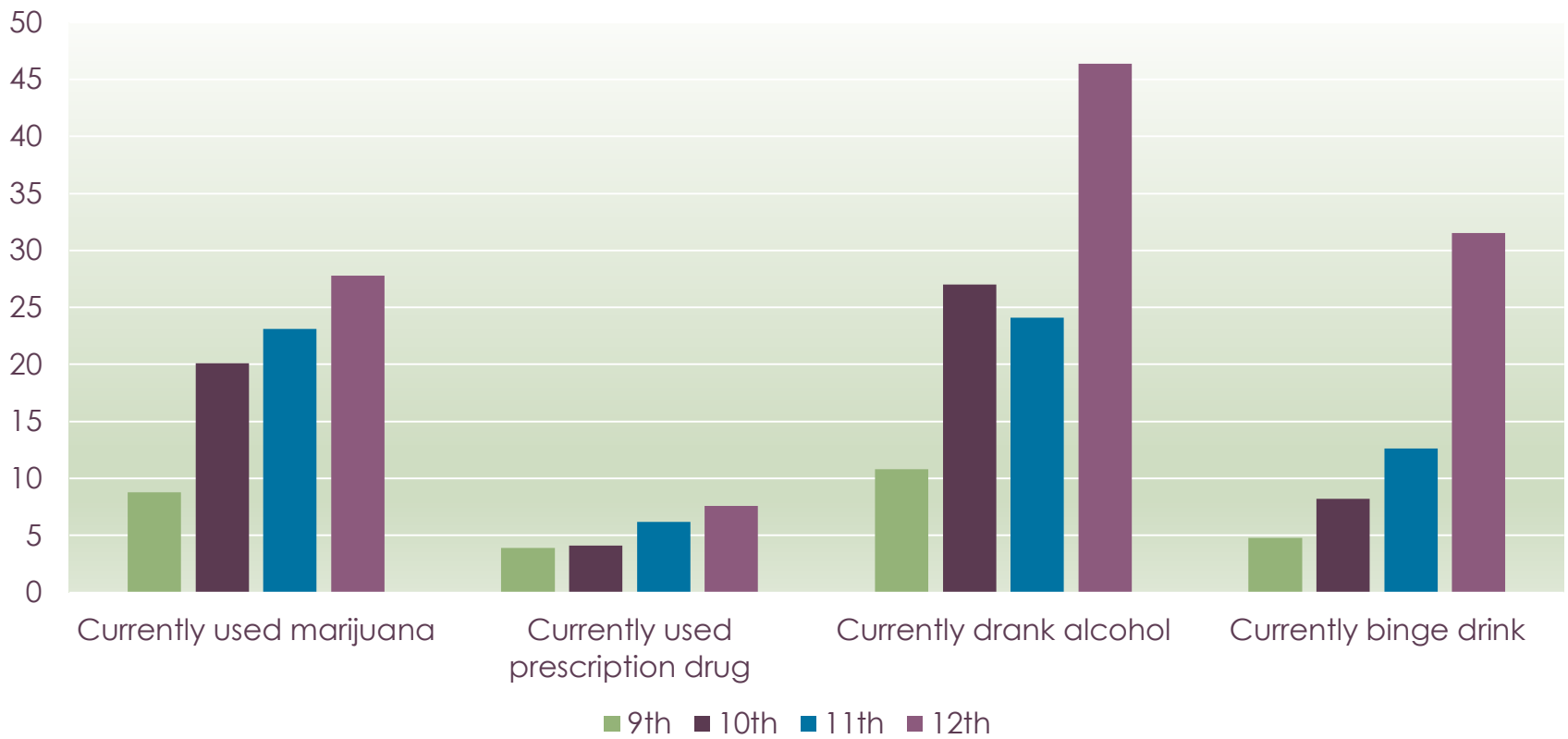


Behaviors- Tobacco Use



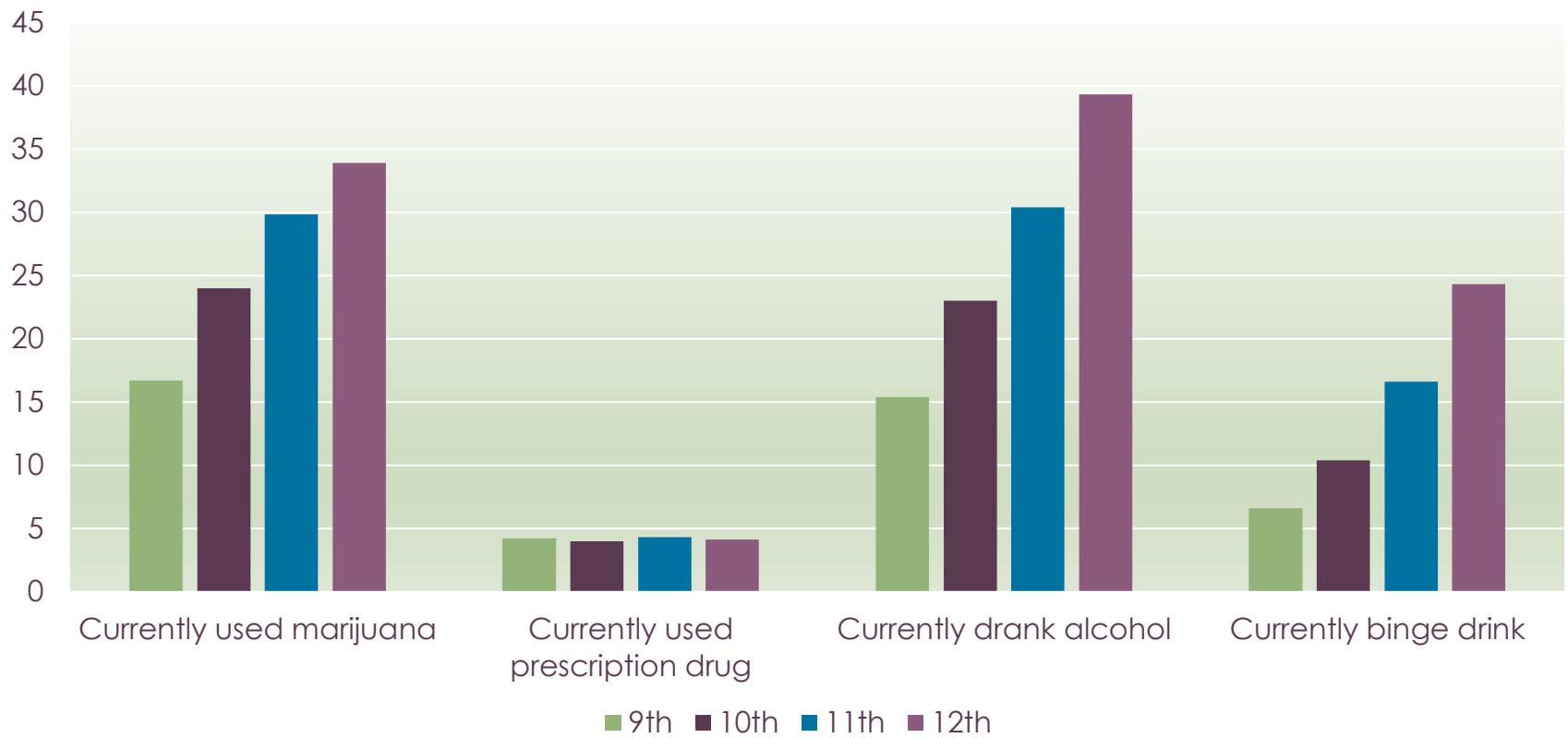
Behaviors Current Use

Current use by grade - Windham



Behaviors Current Use

Current use by grade – New Hampshire



Shared Risk and Protective Factors

- Anxiety and depression, substance use, and other risk/problem behavior (violence, high risk sex) have a number of shared risk and protective factors
- Risk factors increase likelihood of problem behavior
- Protective factors increase likelihood of overcoming challenges and avoiding problem behavior (as well as do better in school and in life)
- Risk and protective factors exist in multiple domains: individual/peer, family, school, community

Risk and Protective Factors for Mental Health and Substance Use

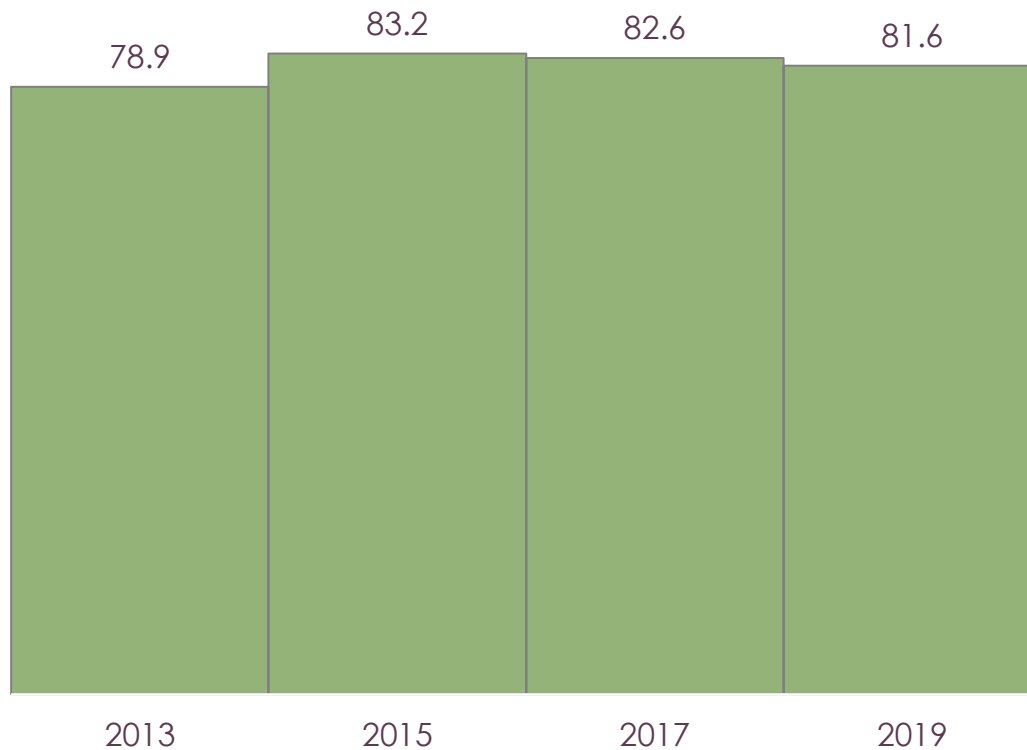
Protective Factors

(those measured in YRBS)

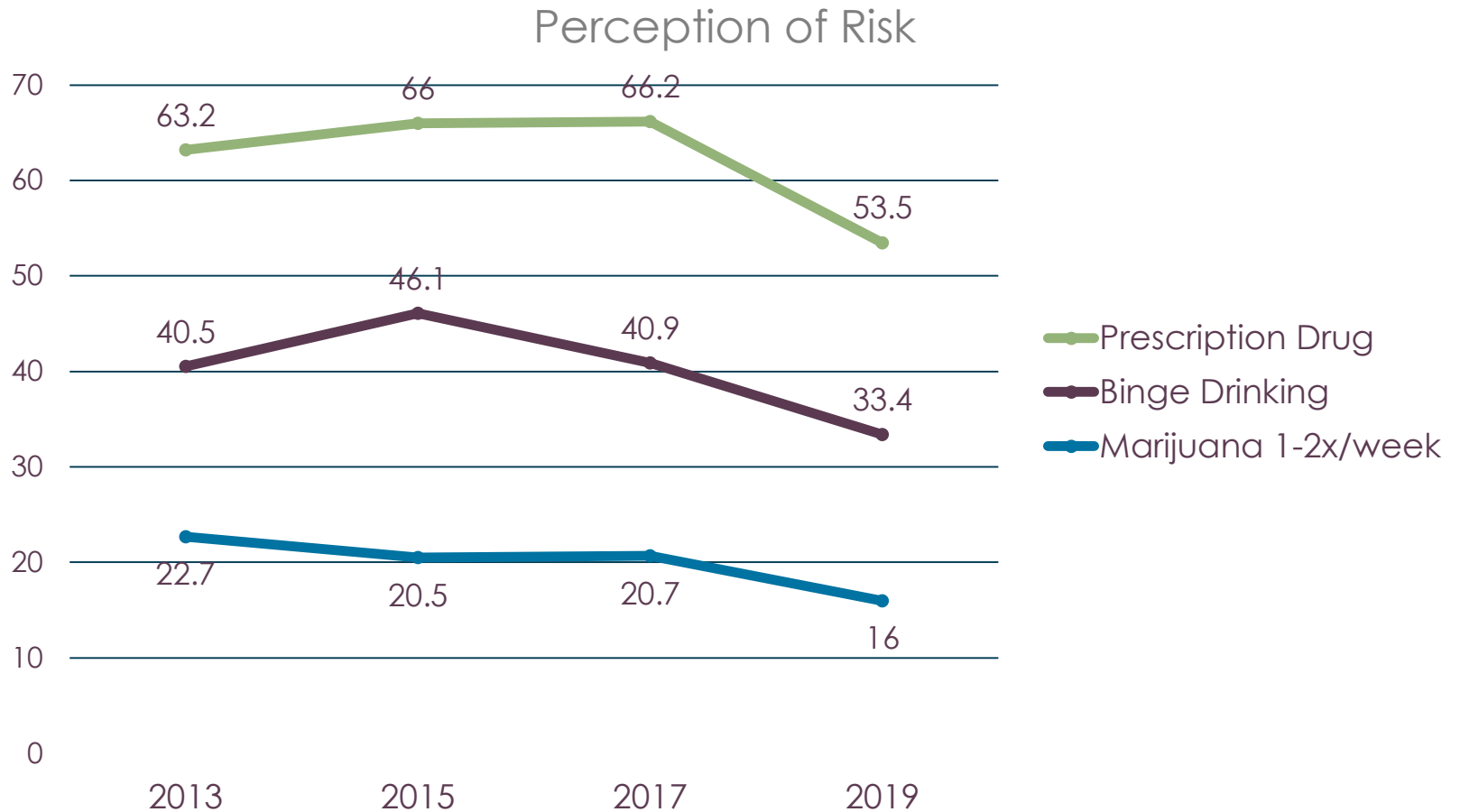
- Academic achievement/high grade point average
- Perception of Risk
- Peer Disapproval
- Parental disapproval of problem behavior
- Positive family management
- Parent interest in school/activities
- Connectedness to school – feeling safe
- Positive norms

Protective Factor

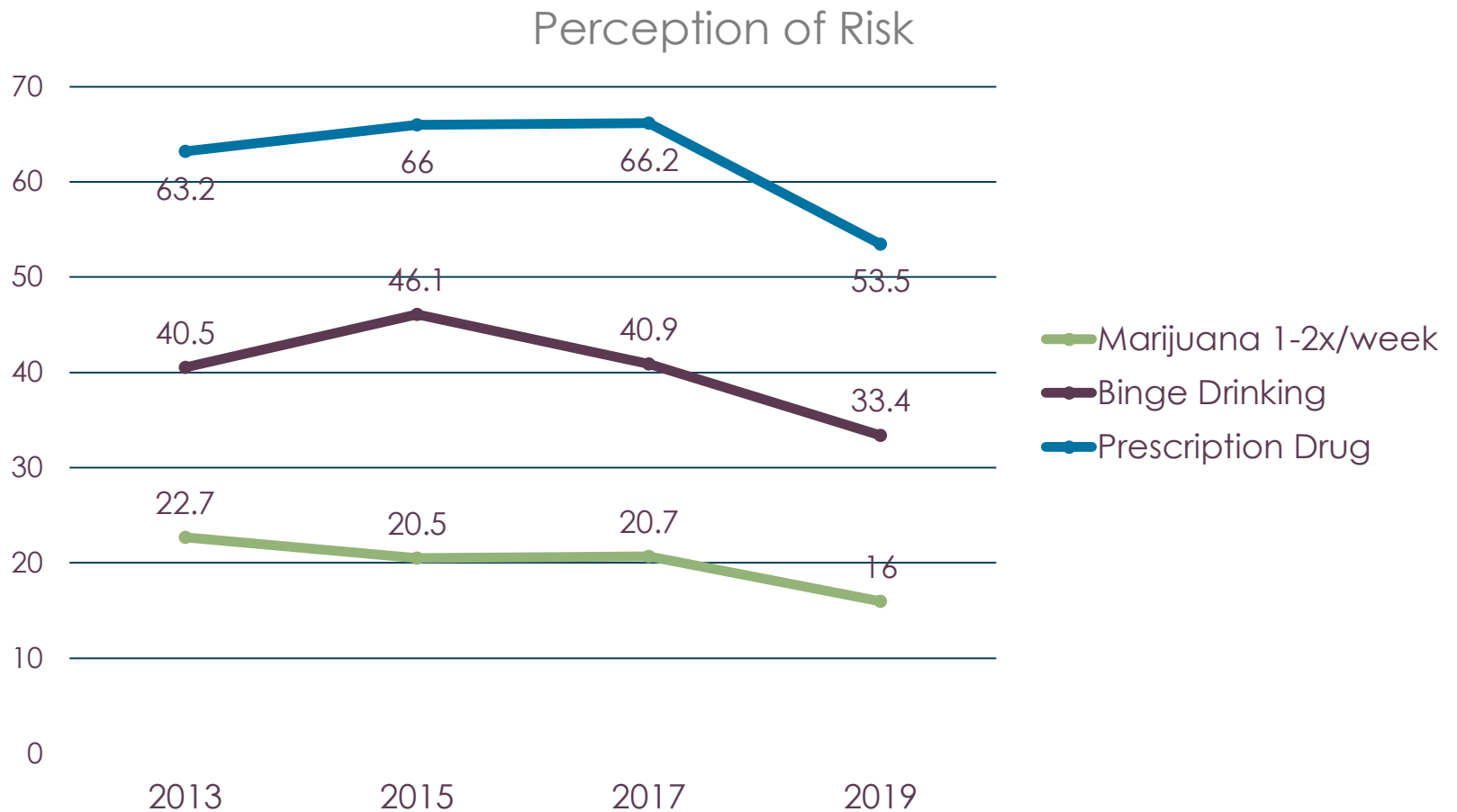
High GPA: A's and B's



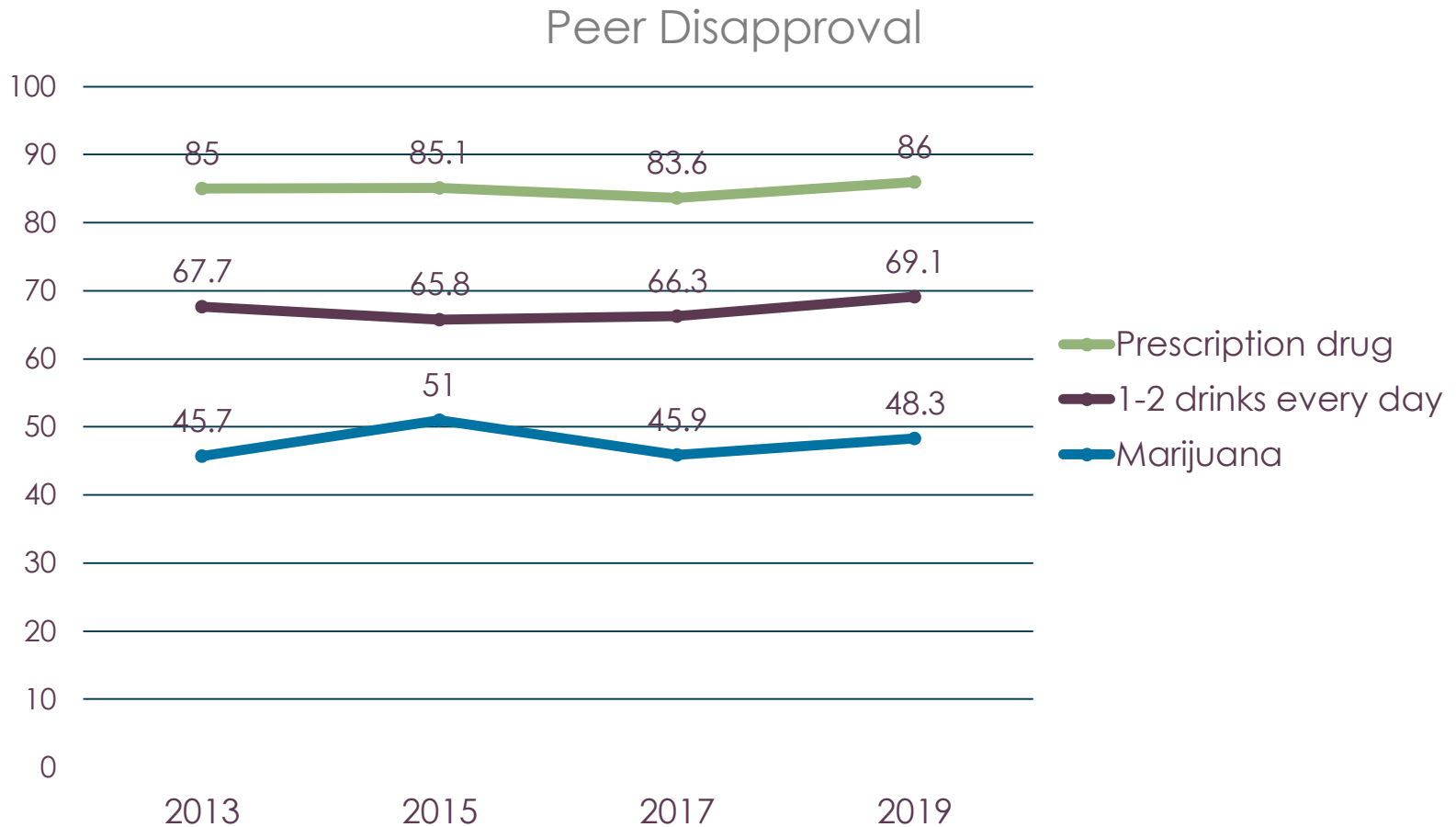
Protective Factor



Protective Factor

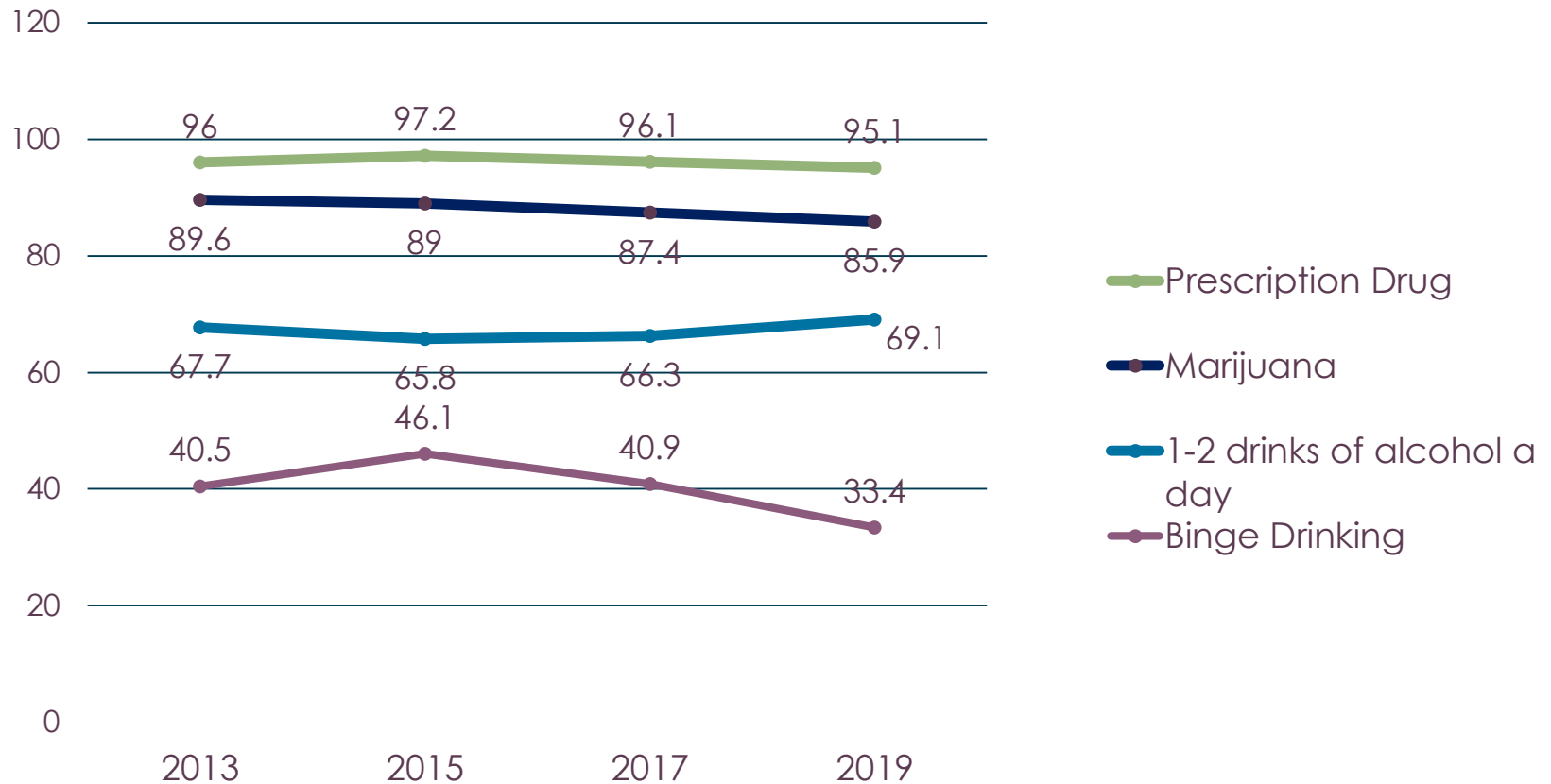


Protective Factor



Protective Factor

Parental Disapproval of Substance



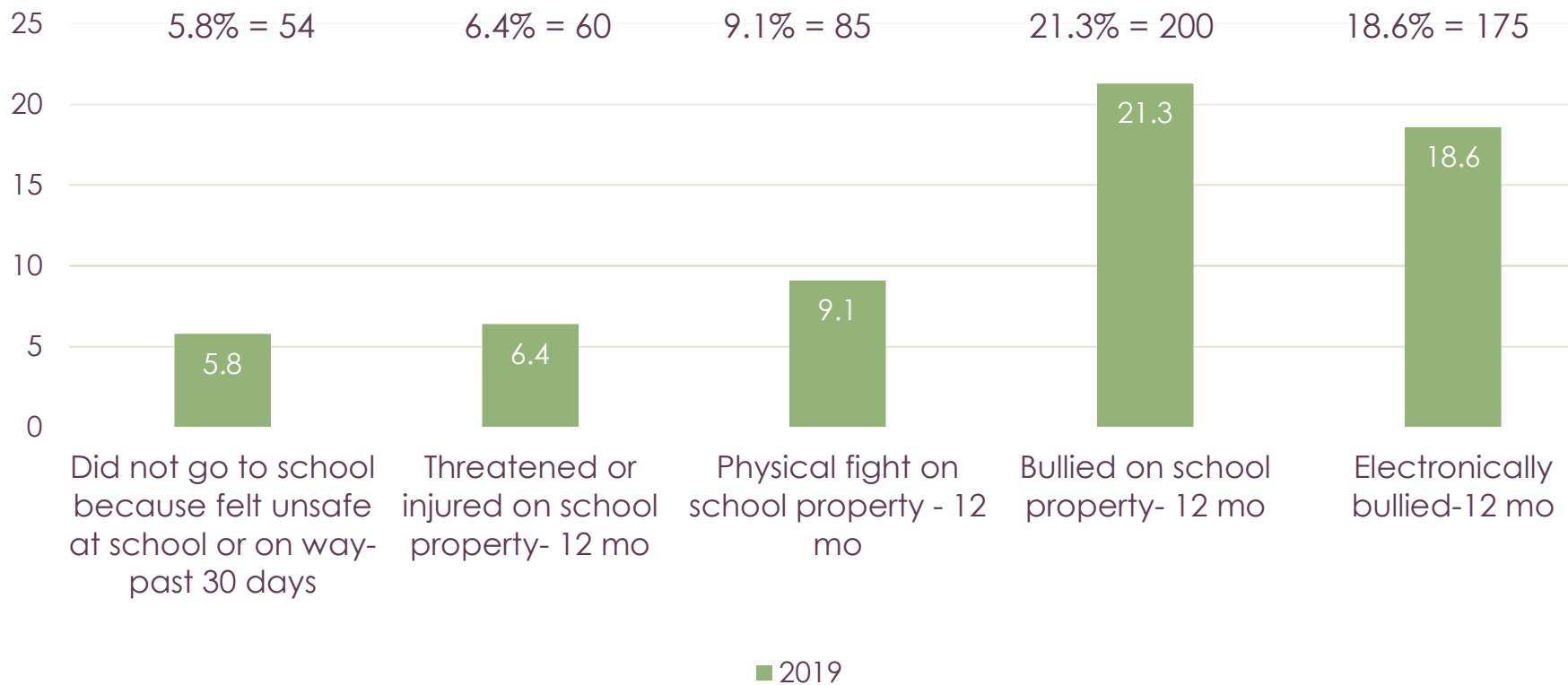
Protective Factors

Family Management



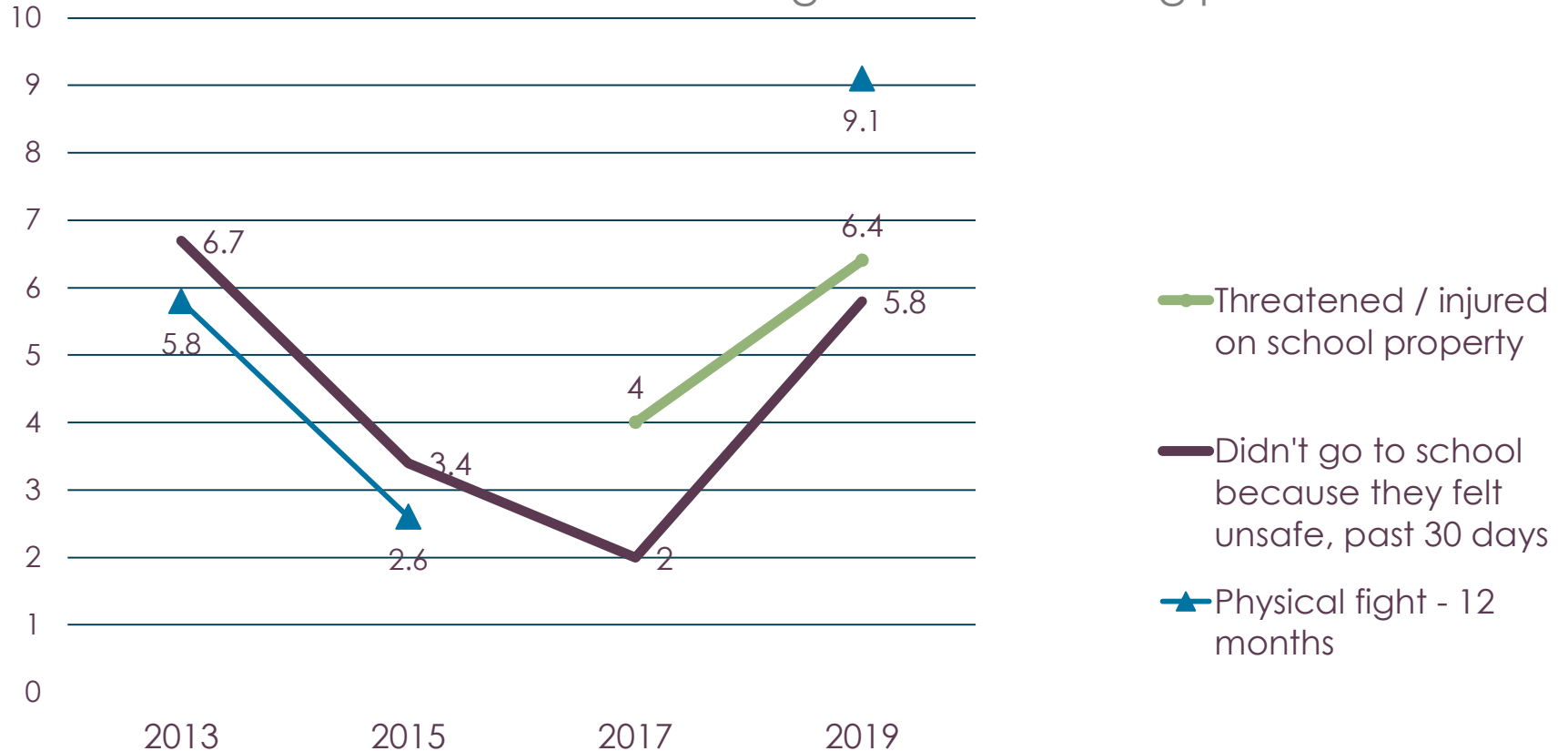
Protective Factor

School Connectedness- being safe and feeling part of

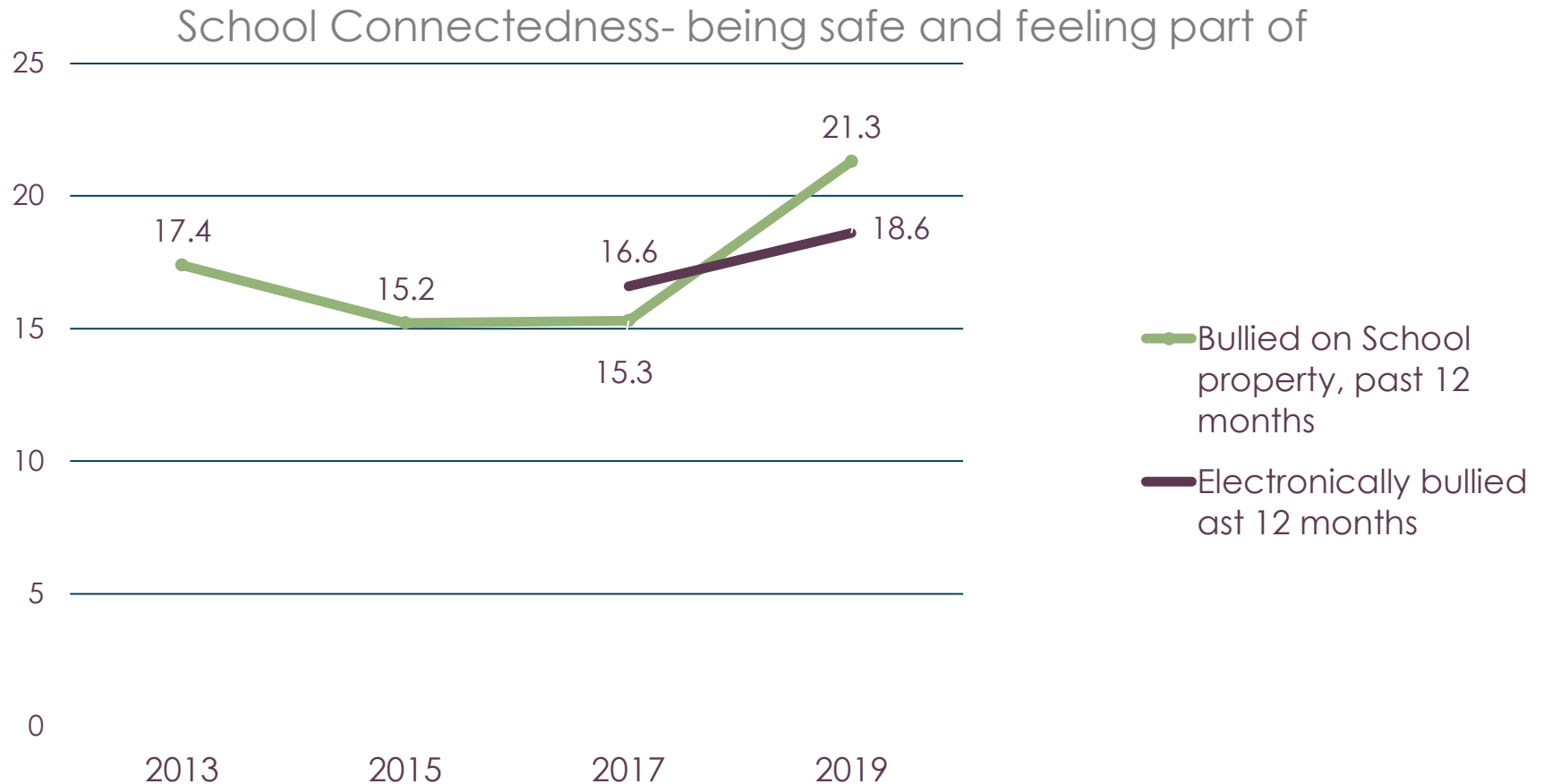


Protective Factor

School Connectedness- being safe and feeling part of

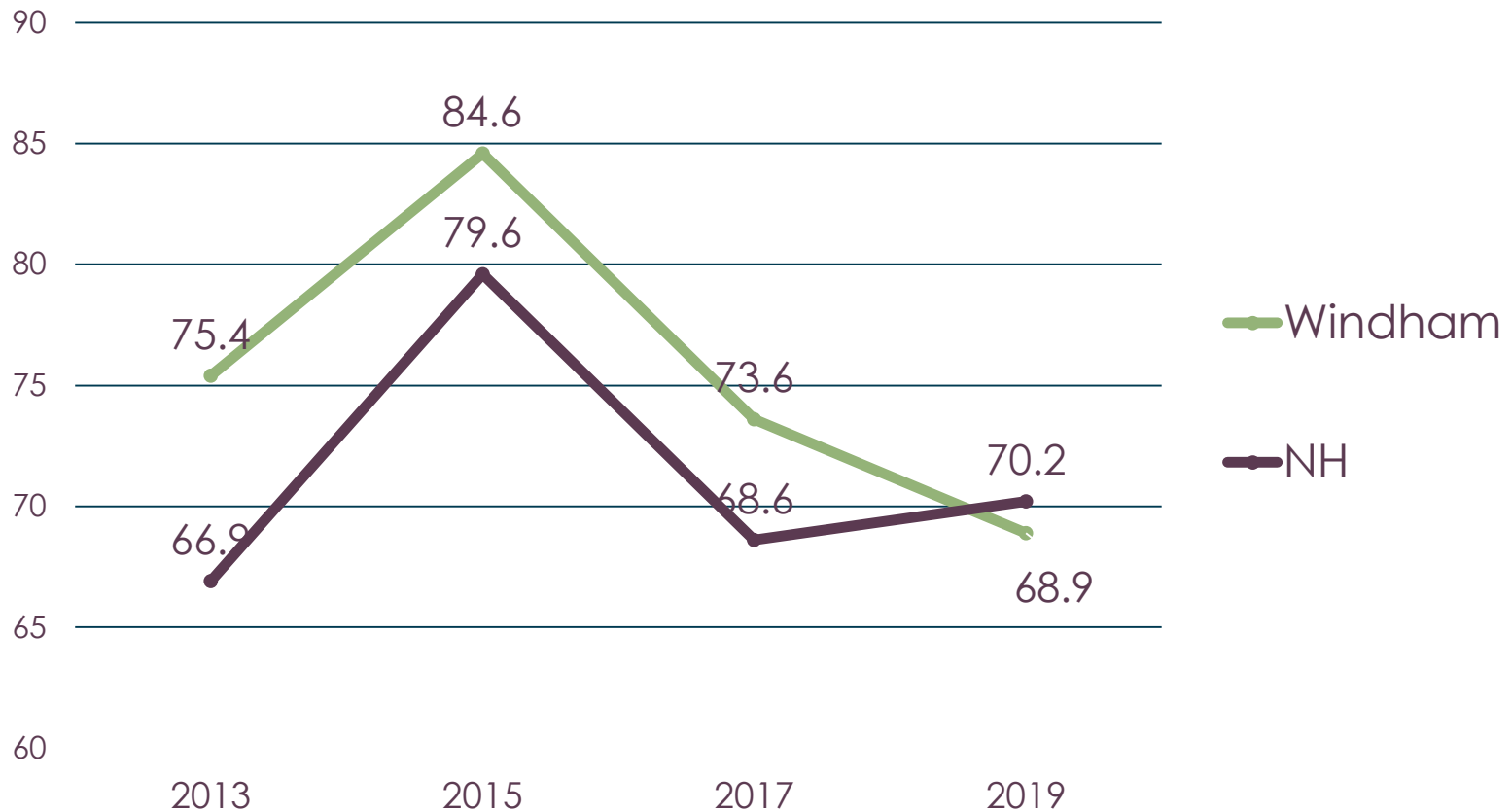


Protective Factor



Protective Factor

Prevention Messaging – Positive Norms

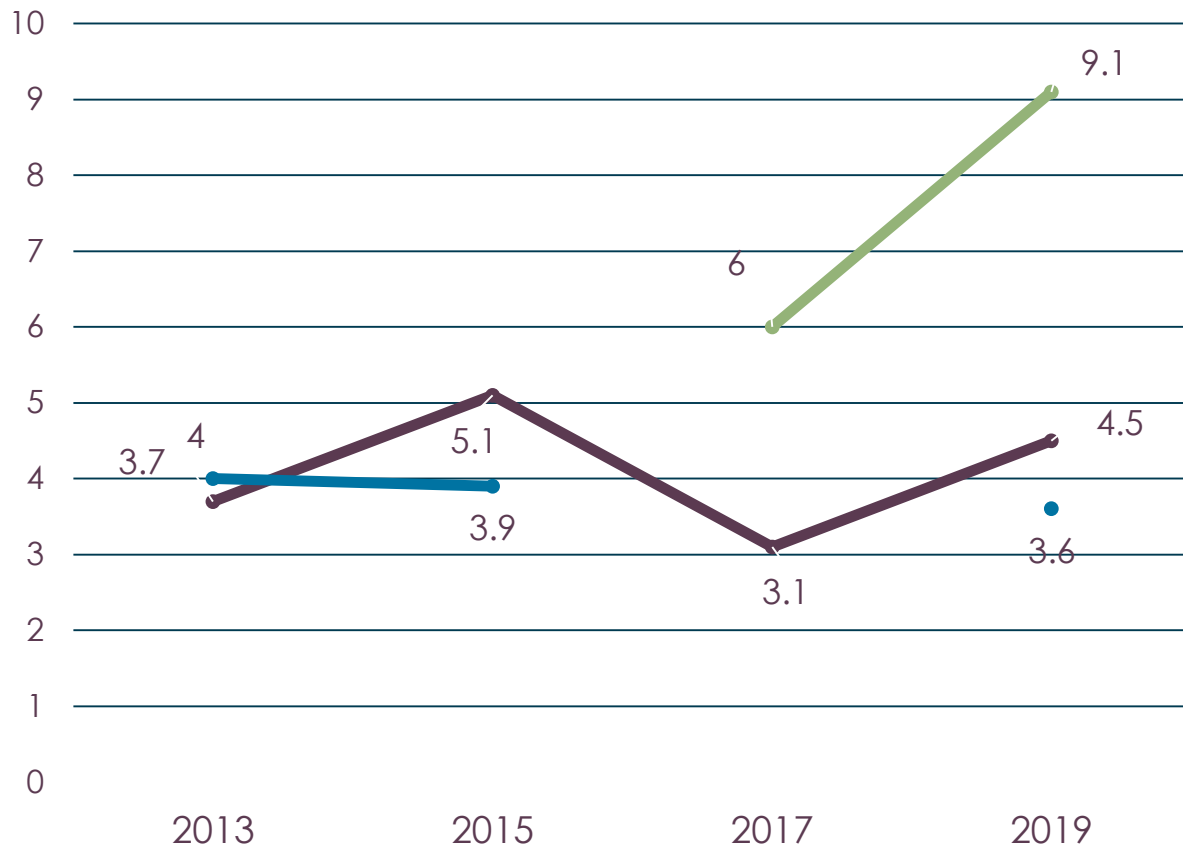


Risk and Protective Factors for Mental Health and Substance Use

- Risk Factors
 - Adverse Childhood Experiences
 - experiencing sexual violence
 - family violence
 - Living with a person with a substance use disorder
 - Early substance use
 - Family conflict
 - Poor attachment with parents
 - Easy access

Risk Factor

Sexual Violence - Windham High School

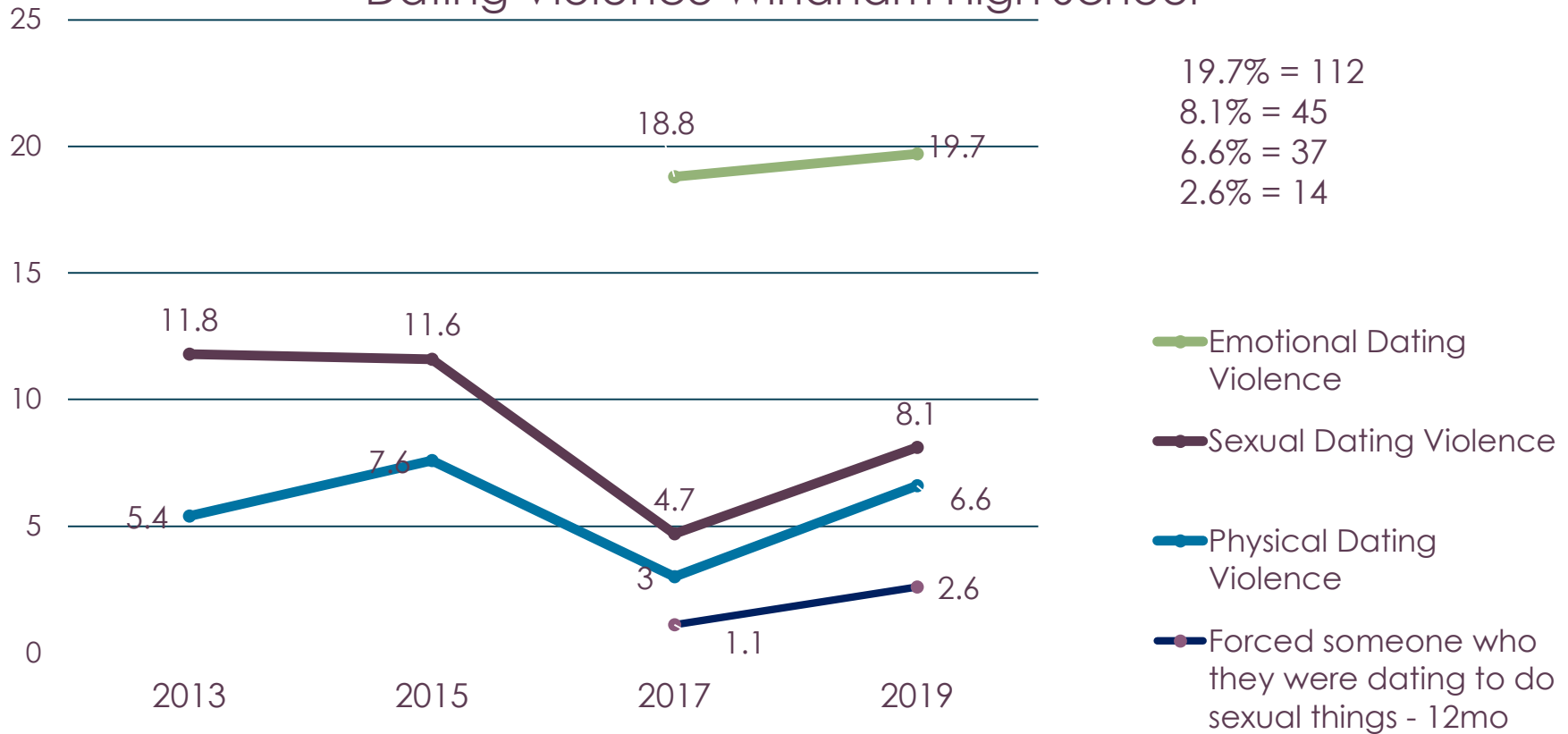


9.1% = 86
4.5% = 43
3.6% = 34

- Sexual Violence - 12 months
- Ever-Forced to have sexual intercourse
- Unwanted advances due to another's drinking - 12 months

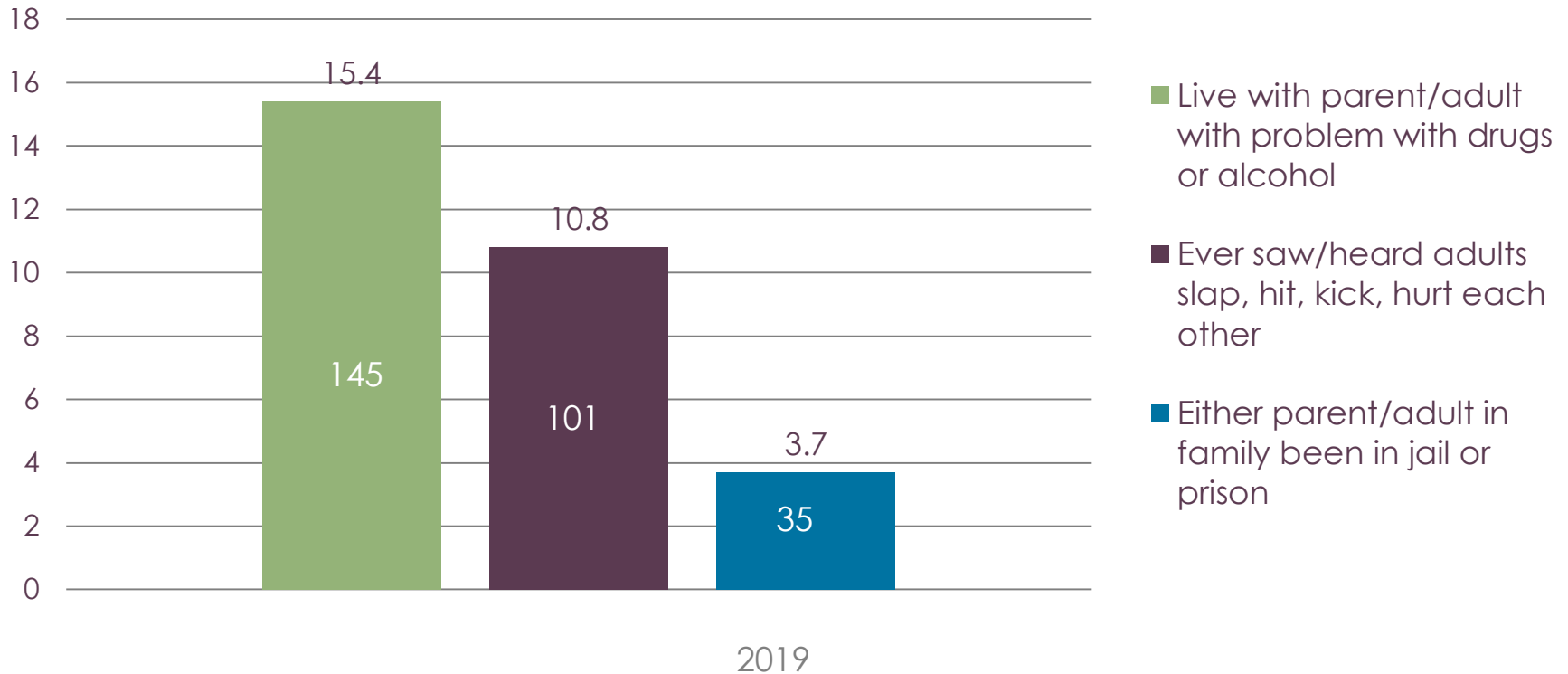
Risk Factor

Dating Violence Windham High School



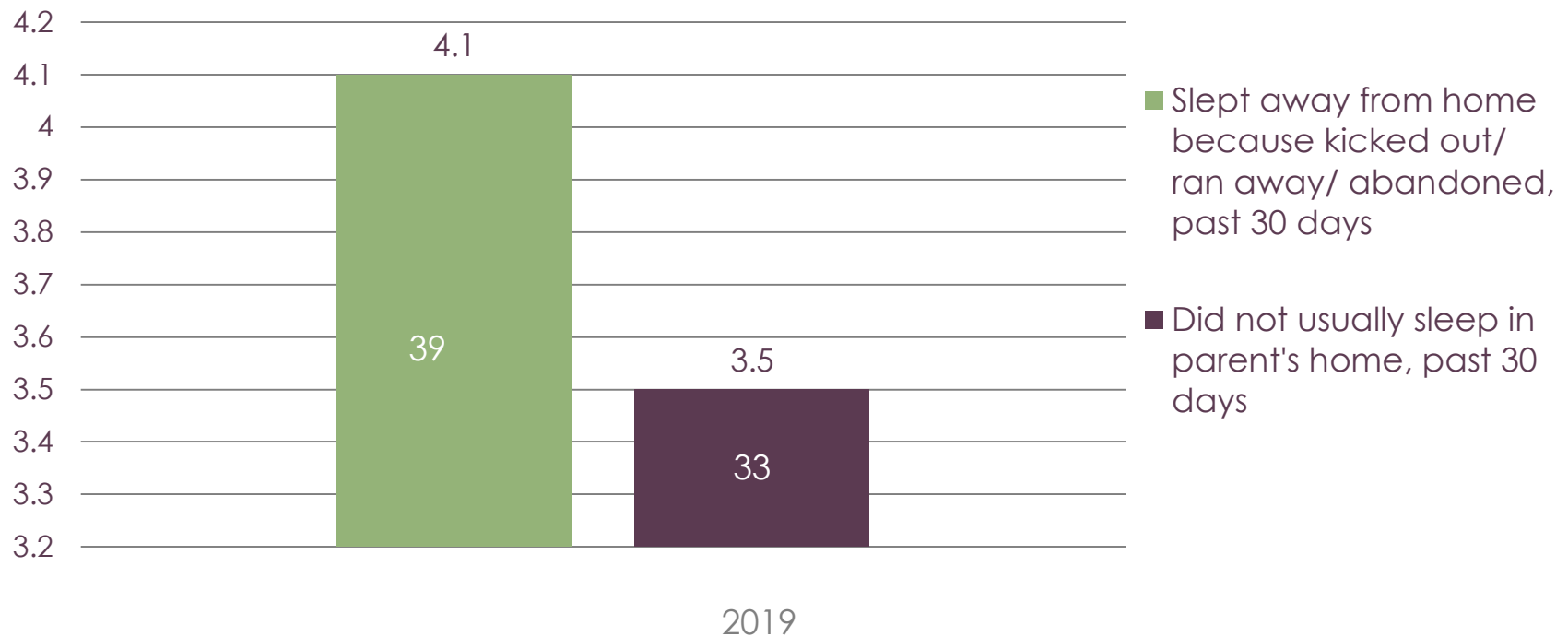
Risk Factor

Adverse Childhood Experiences



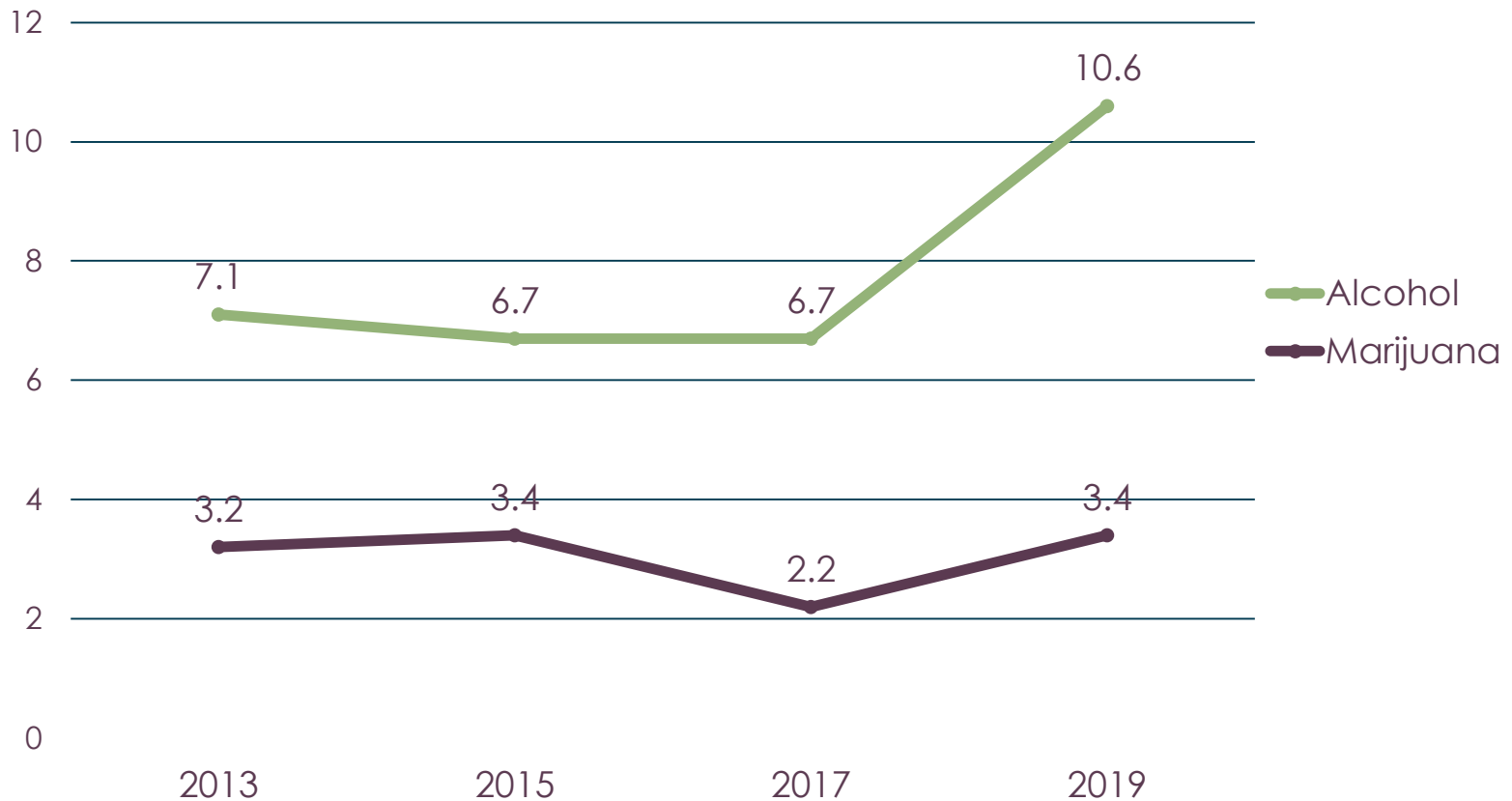
Other Health Risks

Homelessness



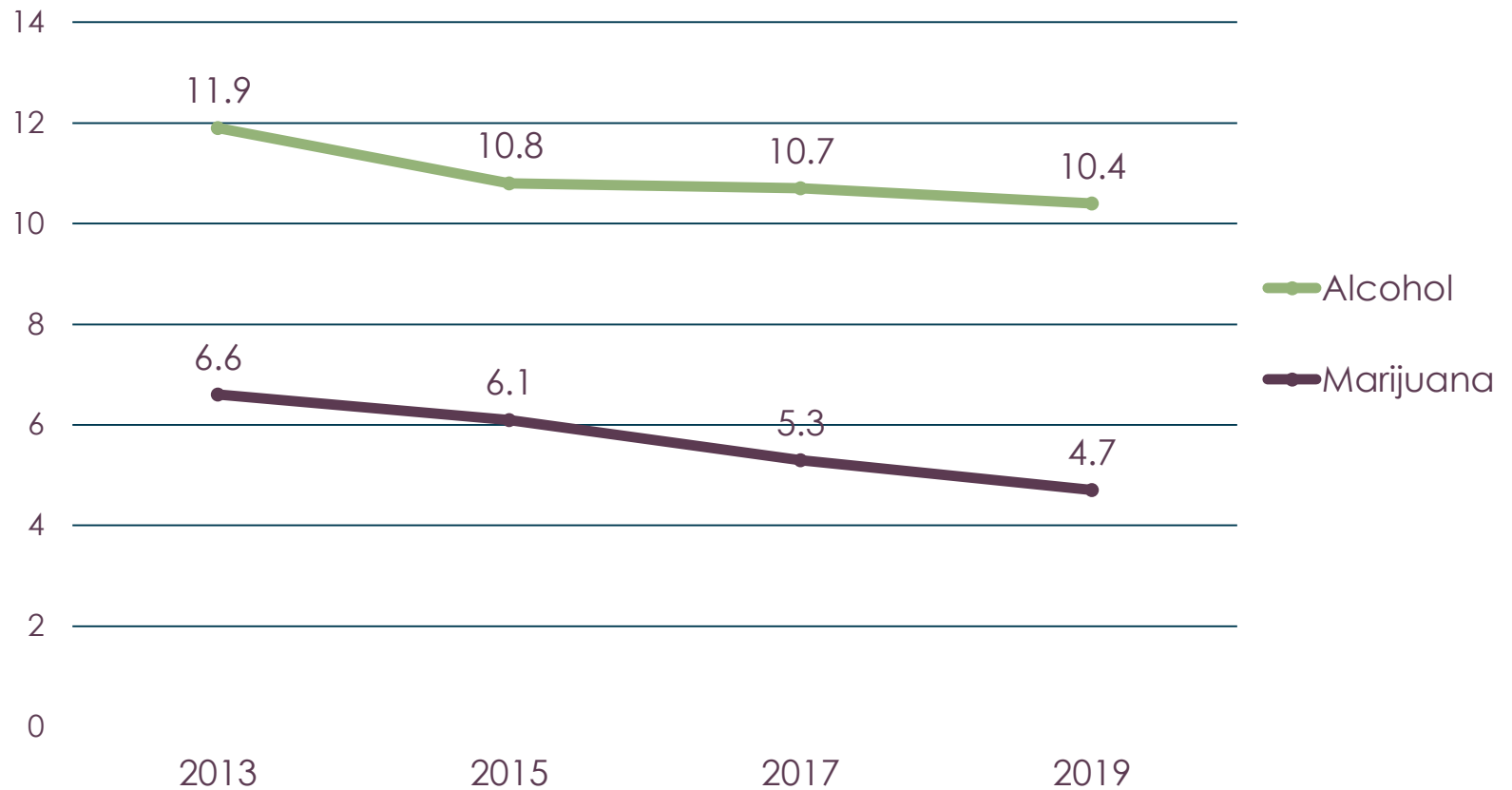
Risk Factor

Early First Use- before age 13 -Windham



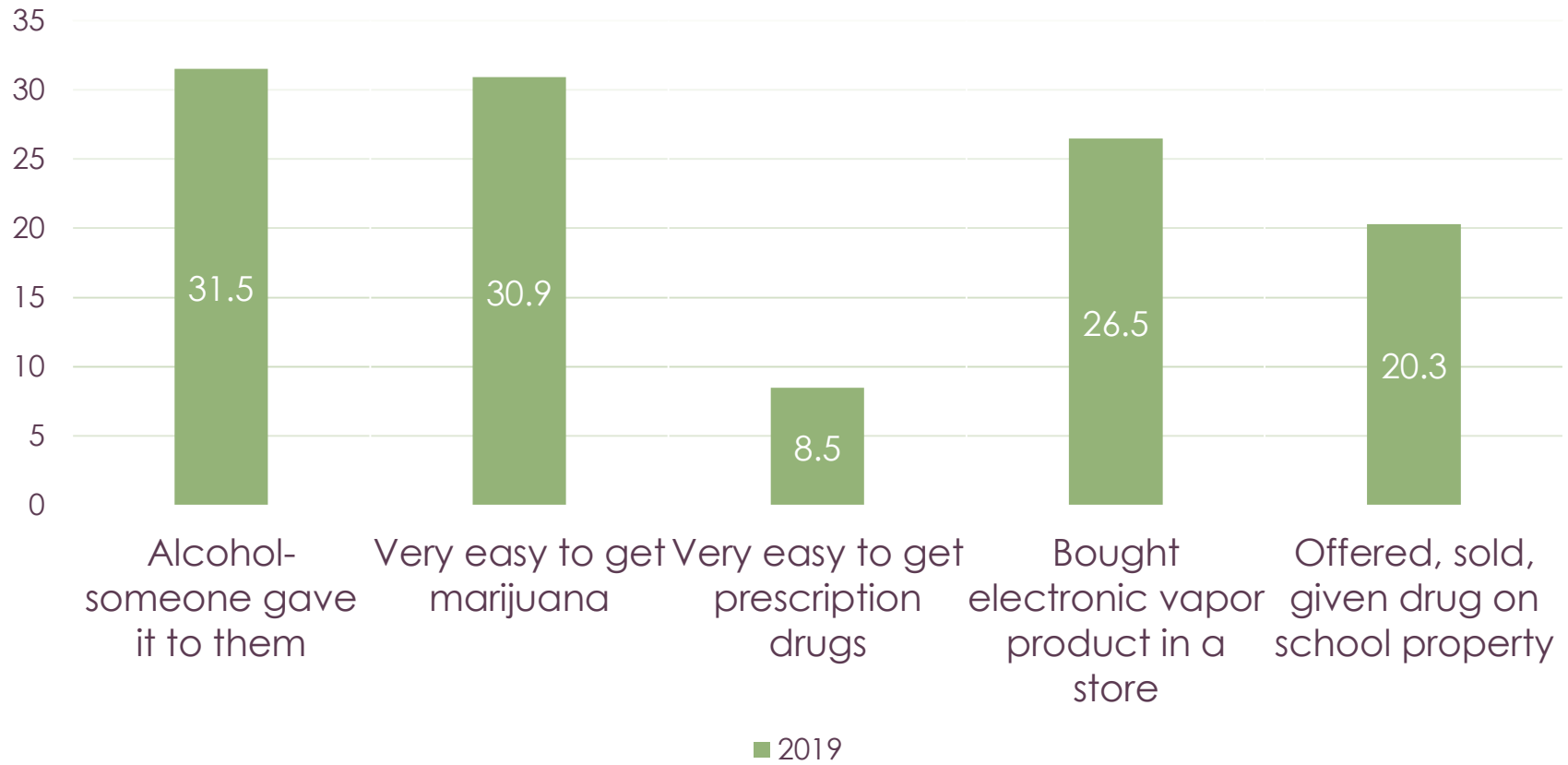
Risk Factor

Early First Use – Before age 13 - New Hampshire



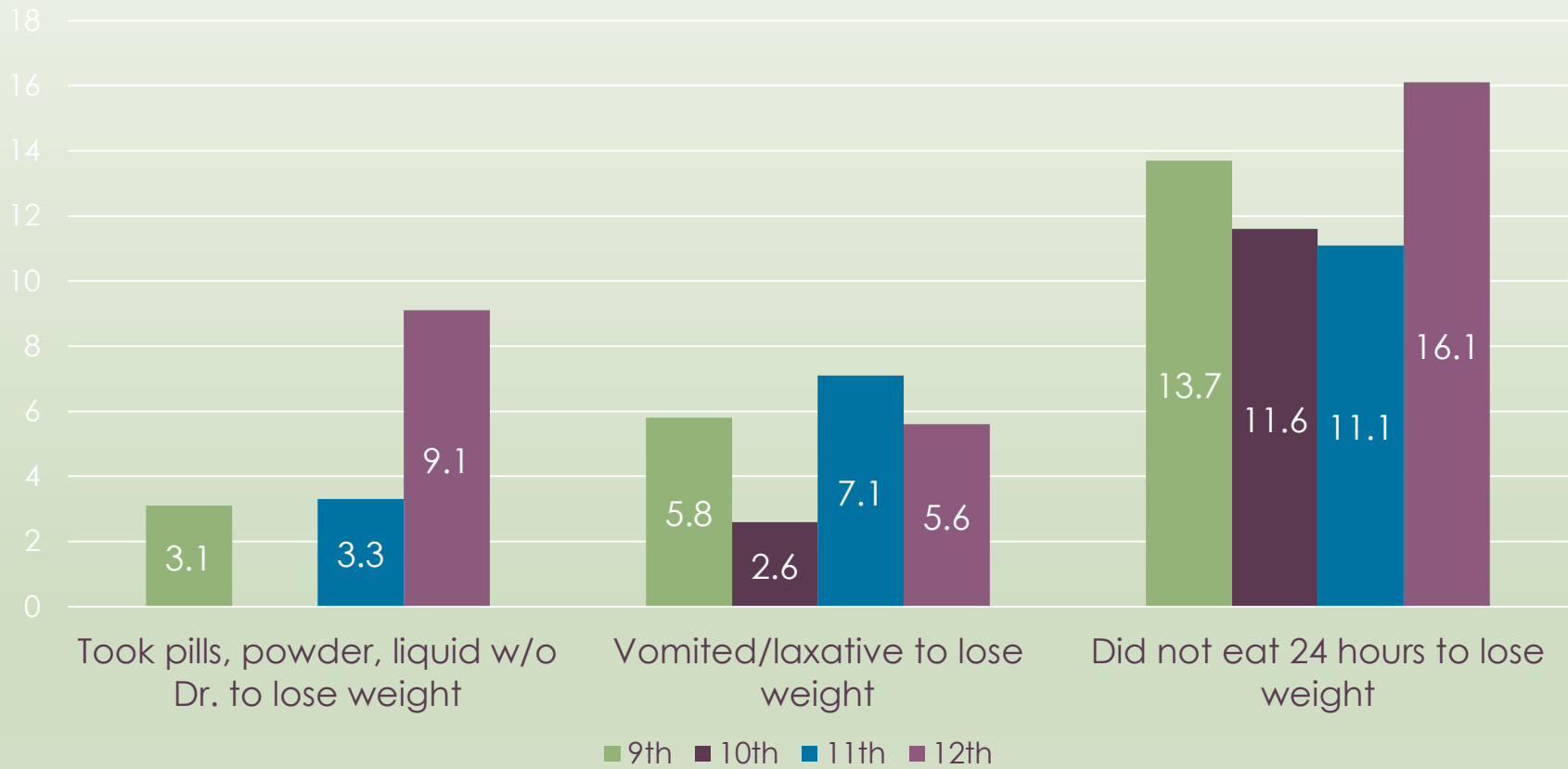
Risk Factor

Access



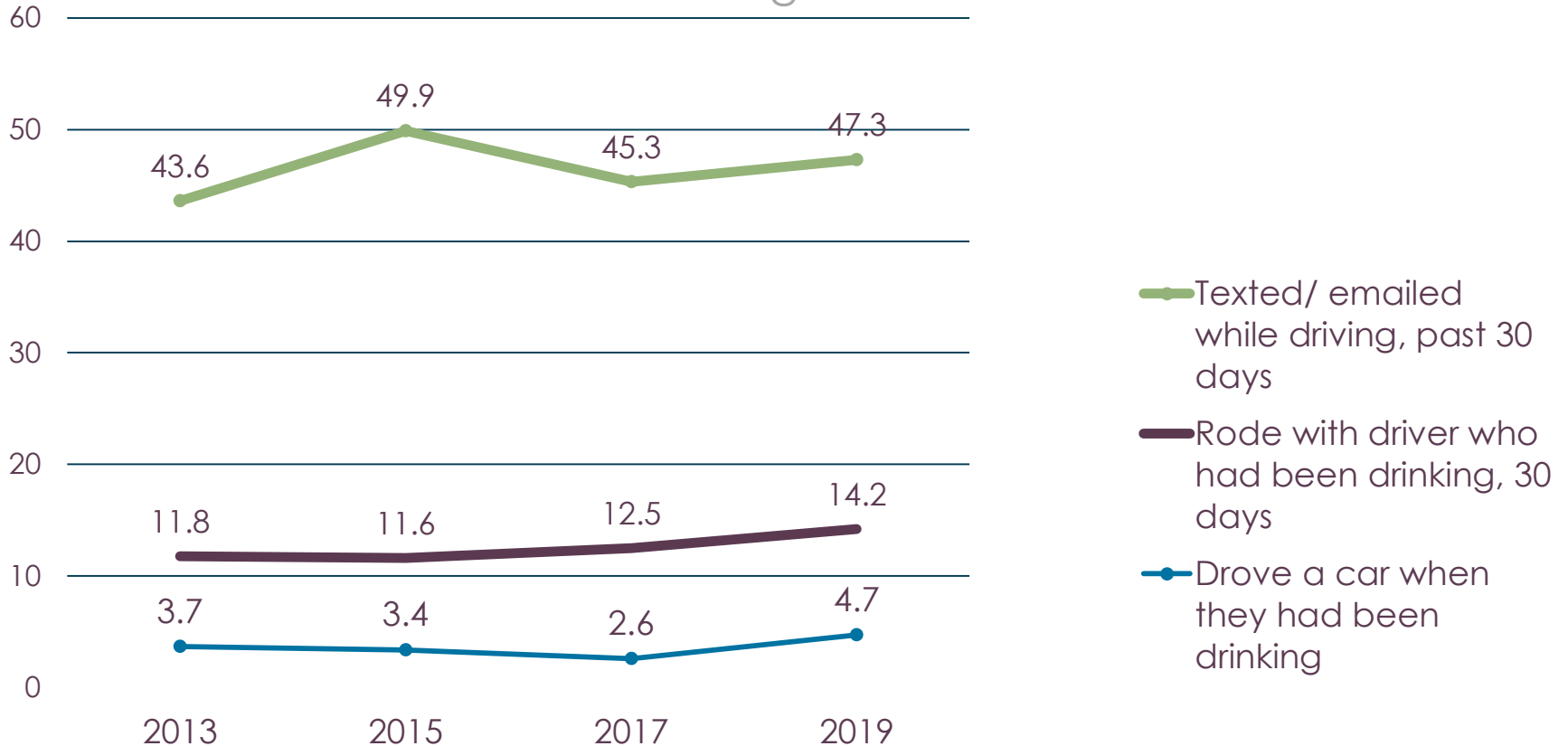
Unhealthy Dietary Behaviors

Chart Title



Risk Behavior - Driving

Windham High School



Educational Programs WHS has Hosted

- Breathe New Hampshire
- Your Child's Room
- Guest Speakers
- Red Ribbon Week
- Distracted Driver Education
- Mental Health Counselor Breakfast
- Upper Room
- Mental Health Night w/Judge Broderick
- South Central Public Health Network
- New Hampshire Center for Excellence

Next Steps for Windham Community

- ✓ Licensed Alcohol and Drug Counselor (LADC)
- ✓ Mental Health Counselor
- ✓ Continue to develop a Community Task Force
- ✓ Collaborate with Granite State Wide
- ✓ Community Outreach
- ✓ Increase Monitoring of School Grounds
- ✓ Collaborate with Health Teachers



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