Indiana Department of Health

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

MATERNAL & CHILD HEALTH

June 2024

OUR MISSION:

To promote, protect, and improve the health and safety of all Hoosiers.

OUR VISION:

Every Hoosier reaches optimal health regardless of where they live, learn, work, or play.

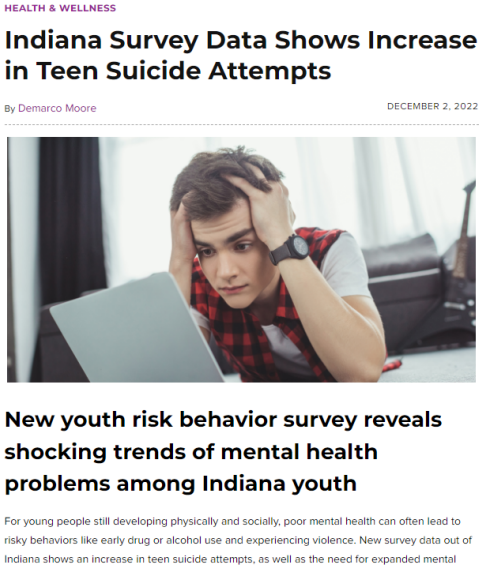
Youth Risk Behavior Survey (YRBS)

The survey is designed by the Centers for Disease Control and Prevention to:

- Help monitor adolescent health over time – identify emerging issues and plan programs to support the health of youth
- Understand unhealthy behaviors of adolescents and see how they change over time
- Provide data at the national and state level and compare different groups of adolescents

Data Usage

- Data from 2021 has been of interest and used widely across the state by:
  - Schools and universities
  - Healthcare organizations
  - Local health departments
  - Non-profits
  - Coalitions
  - State agencies
- Presentations/Conferences
  - IDOH Website
  - IDOH YRBS data dashboard (coming soon)
  - YRBS Explorer, Profiles Explorer

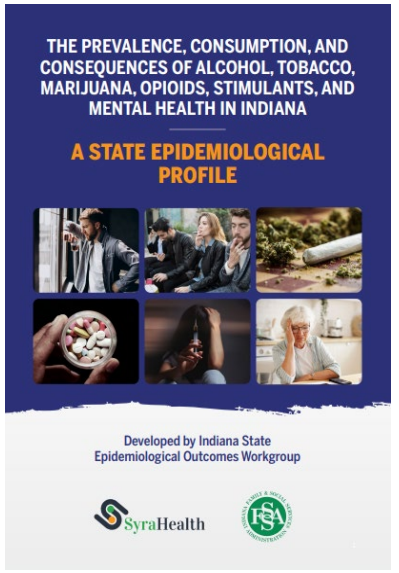

HEALTH & WELLNESS

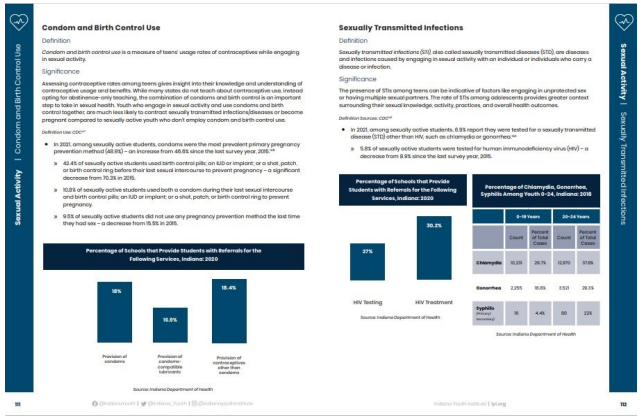
Indiana Survey Data Shows Increase in Teen Suicide Attempts

By Demarco Moore DECEMBER 2, 2022

New youth risk behavior survey reveals shocking trends of mental health problems among Indiana youth

For young people still developing physically and socially, poor mental health can often lead to risky behaviors like early drug or alcohol use and experiencing violence. New survey data out of Indiana shows an increase in teen suicide attempts, as well as the need for expanded mental health support in Indiana schools.





Local News

Youth suicide webinar planned for next month

By Lori McDonald - August 26, 2023

INDIANA YOUTH INSTITUTE
Championing Kids. Strengthening Communities.

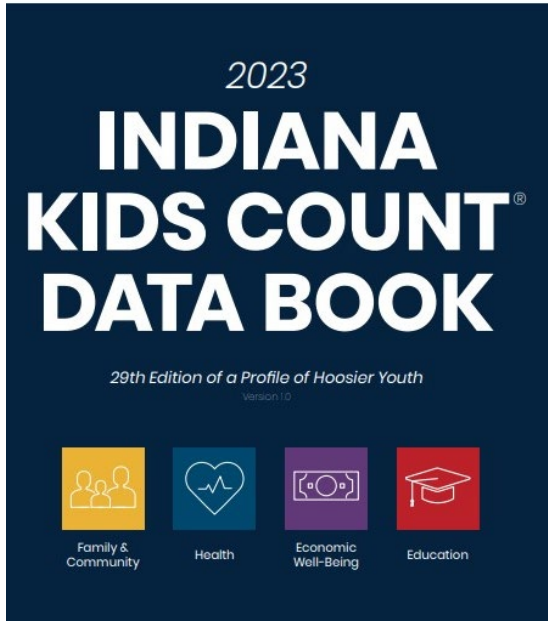
September is National Suicide Prevention Month.

According to the Indiana Youth Institute's Kids Count Data Book, 27.7% of Indiana students reported seriously considering attempting suicide.

Data on the iyi.org website show in Indiana, suicide is the second leading cause of death for youth ages 15 to 24 and the fourth leading cause of death for youth ages 5 to 14.

Experts and teens list several reasons for the increase, including insufficient mental health screening, poor access to mental health services and resistance to seeking care.

INDIANA YOUTH INSTITUTE



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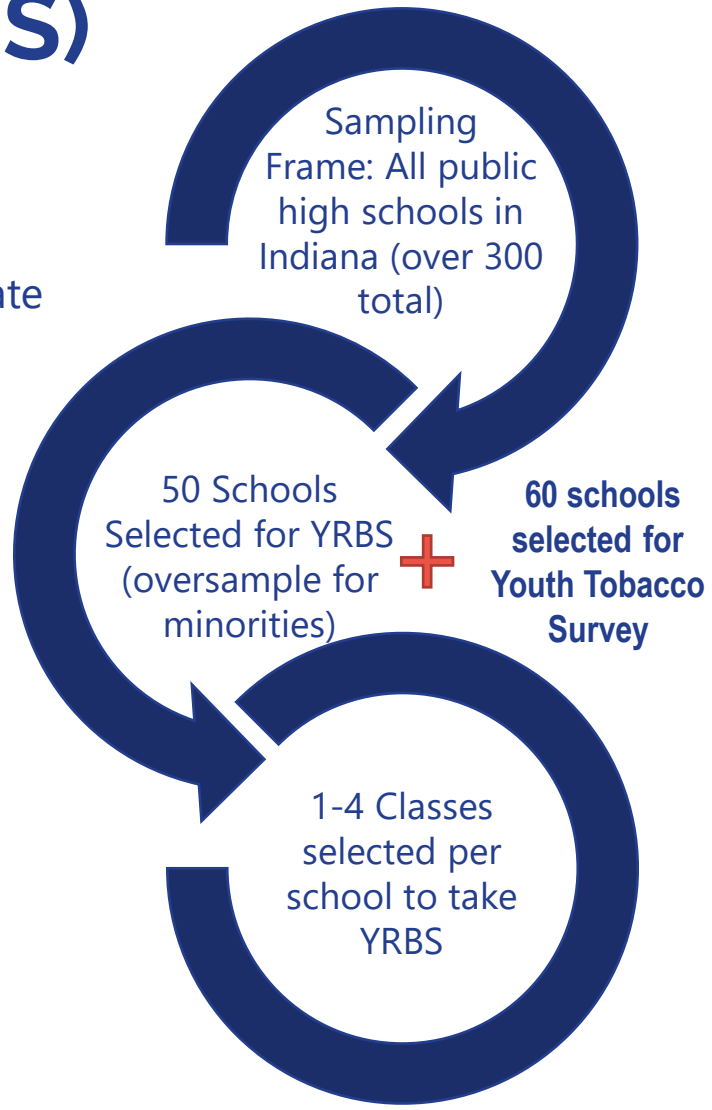
https://landmarkrecovery.com/indiana-survey-data-shows-increase-in-teen-suicide-attempts
https://www.wfyi.org/news/articles/half-of-indiana-high-schoolers-feel-hopeless-why-is-mental-healthcare-controversial
https://tribtown.com/2023/08/26/youth-suicide-webinar-planned-for-next-month/

Youth Risk Behavior Survey (YRBS)

- A CDC-sponsored survey 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 2023: Added all 16 ACE/PCE-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 participating



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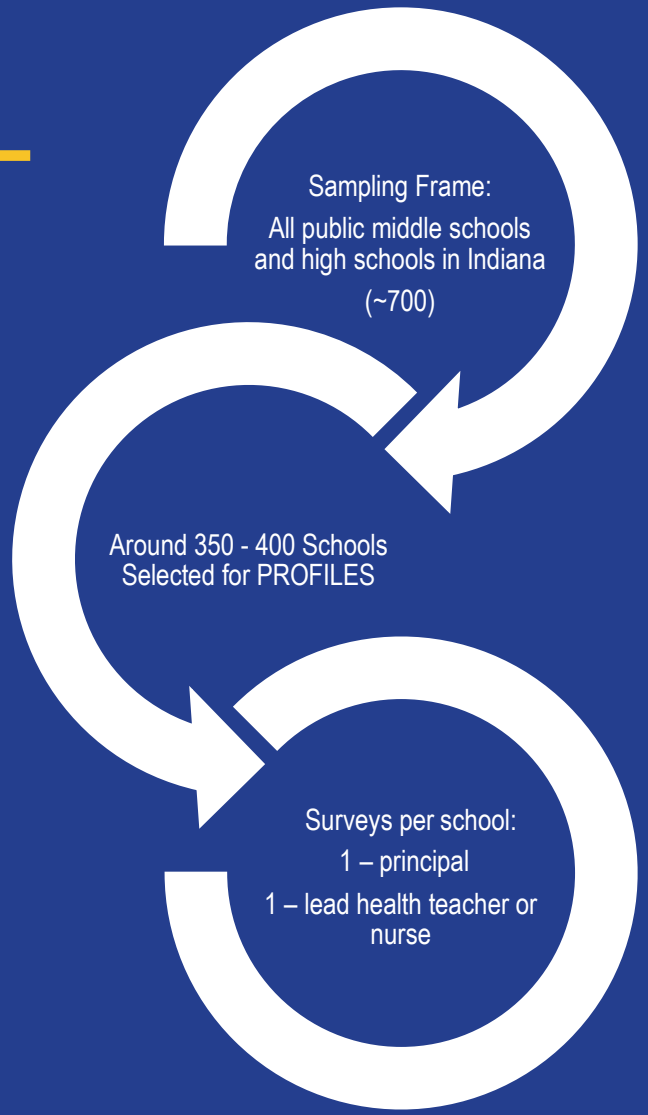
School Health Profiles

- A CDC-sponsored survey, companion to YRBS
  - 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



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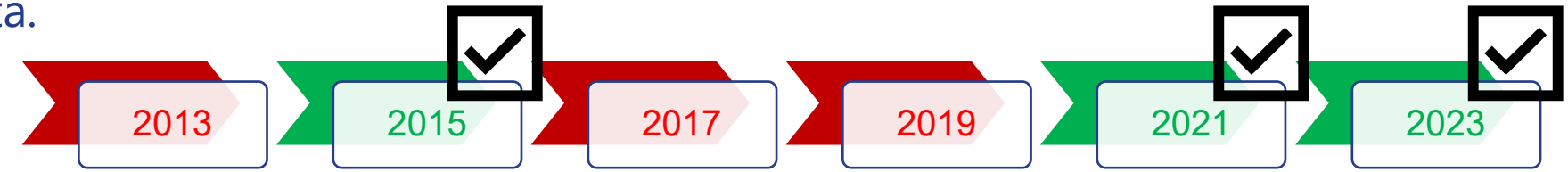
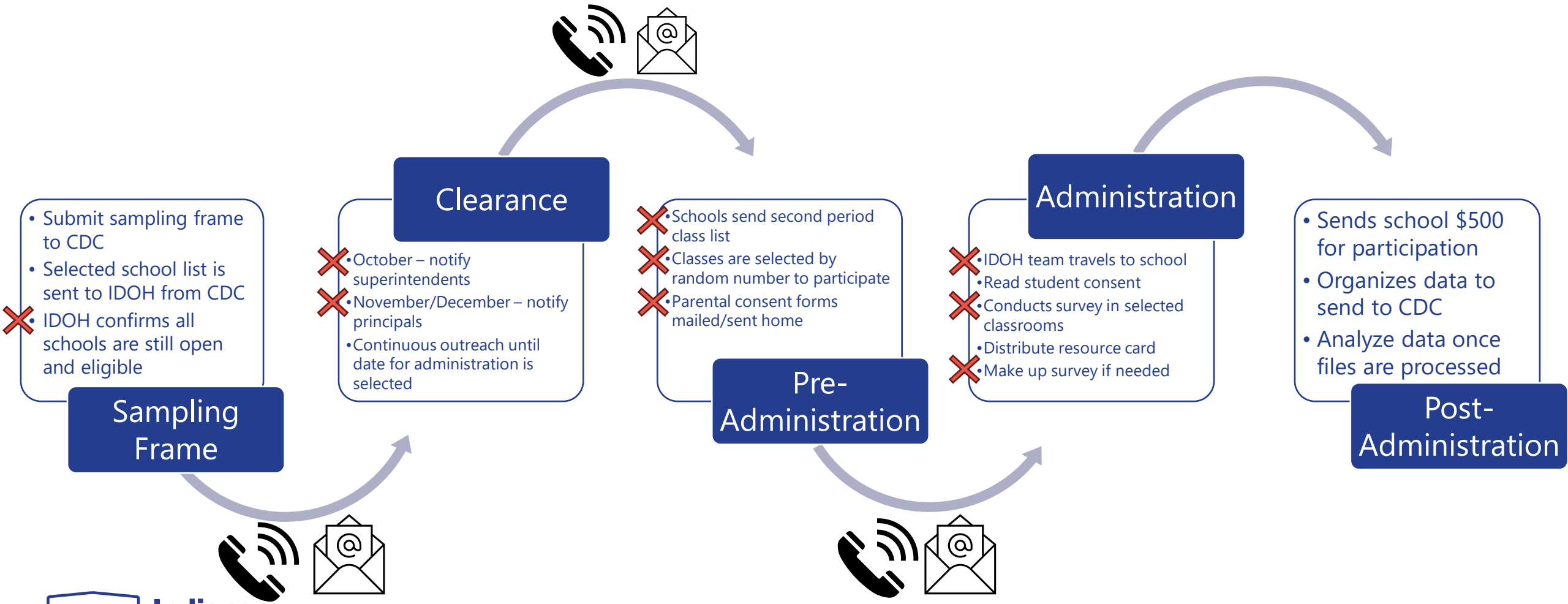
Getting to Weighted Data

- YRBS data is only available if enough schools and enough students participate in the survey
  - Weighting means the data is representative of the adolescent population in grades 9 – 12 across Indiana
  - Indiana had weighted data just twice in the last decade. We are still waiting to hear about 2023 data.



- Participation varies by year, both by number of schools and number of students
  - We use every means to connect with schools and make it easy to integrate into schedules early
  - If a school says "no" **we do not get a new replacement school**
  - Reasons to not take the survey vary: missing class time, concerns about survey questions, school policies, and more

The Process



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Data Notes and Caveats

- Indiana celebrates the hard-earned success of achieving YRBS weighted data in 2023! 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.
- Based on CDC guidance, statistics based on subgroup counts fewer 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 (smundt@health.in.gov)

2023 Sample Characteristics

- The 2023 Youth Risk Behavior Survey (YRBS) was completed by 1,043 students in 33 public high schools in Indiana during the spring of 2023.
- The school response rate was 66%, the student response rate was 79%, and the overall response rate was 52%.
- 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: 49.1%	9th: 26.3%	15 or younger: 35.0 %	Black*: 11.5%
Male: 50.9%	10th: 25.3%	16 or 17: 49.9%	Hispanic/Latino: 13.3%
	11th: 24.4%	18 or older: 15.2%	White*: 67.5%
	12th: 23.7%		All Other Races*: 3.7%
			Multiple Races*: 3.9%

*Non-Hispanic

General Health & Healthcare

Health Ratings – 2023 Results

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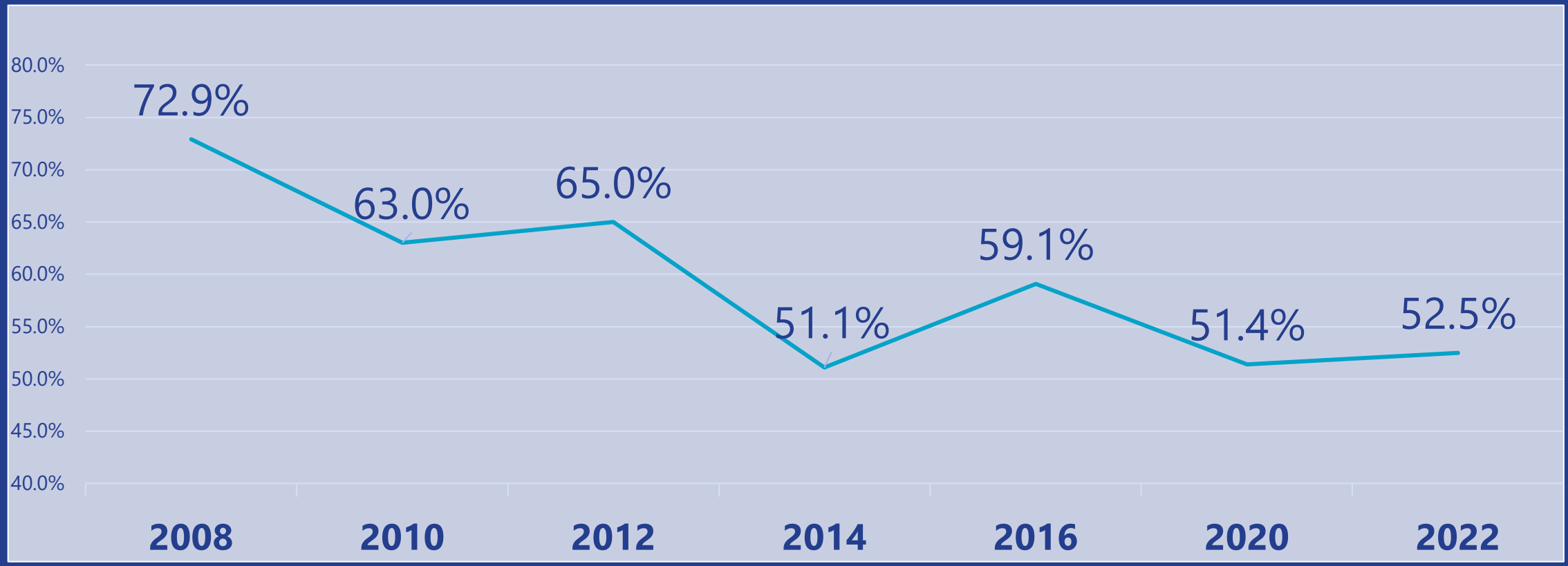
*on at least 1 day during the 30 days before the survey

School Health Profiles – Teacher Survey

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



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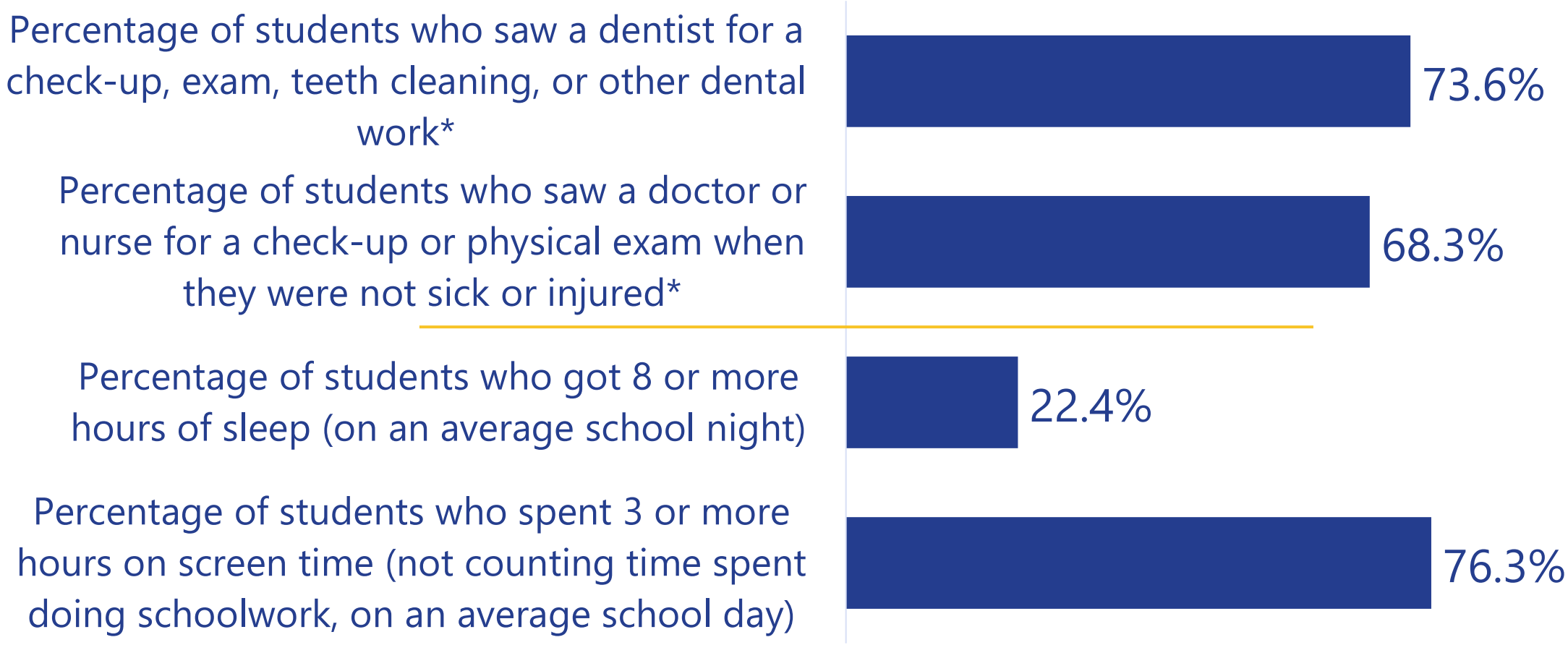
Healthcare Providers & Sleep – 2023 Results



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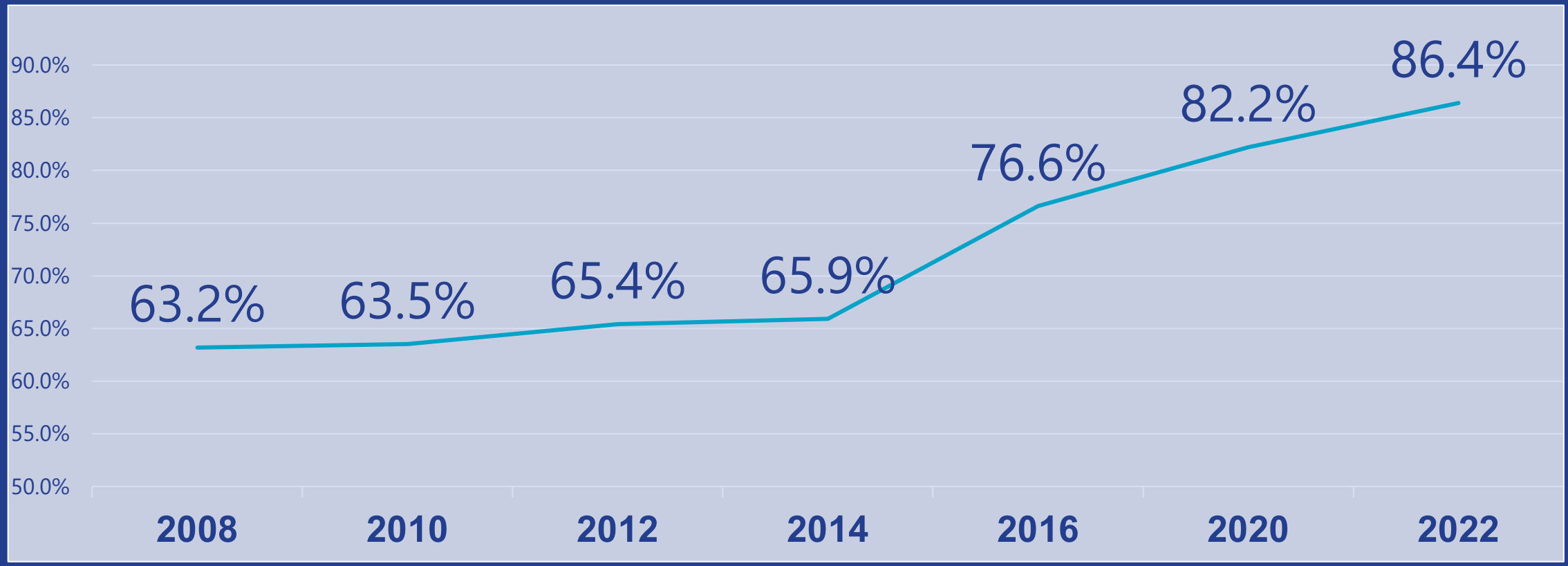
*During the 12 months prior to the survey

School Health Profiles – Principal Survey

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



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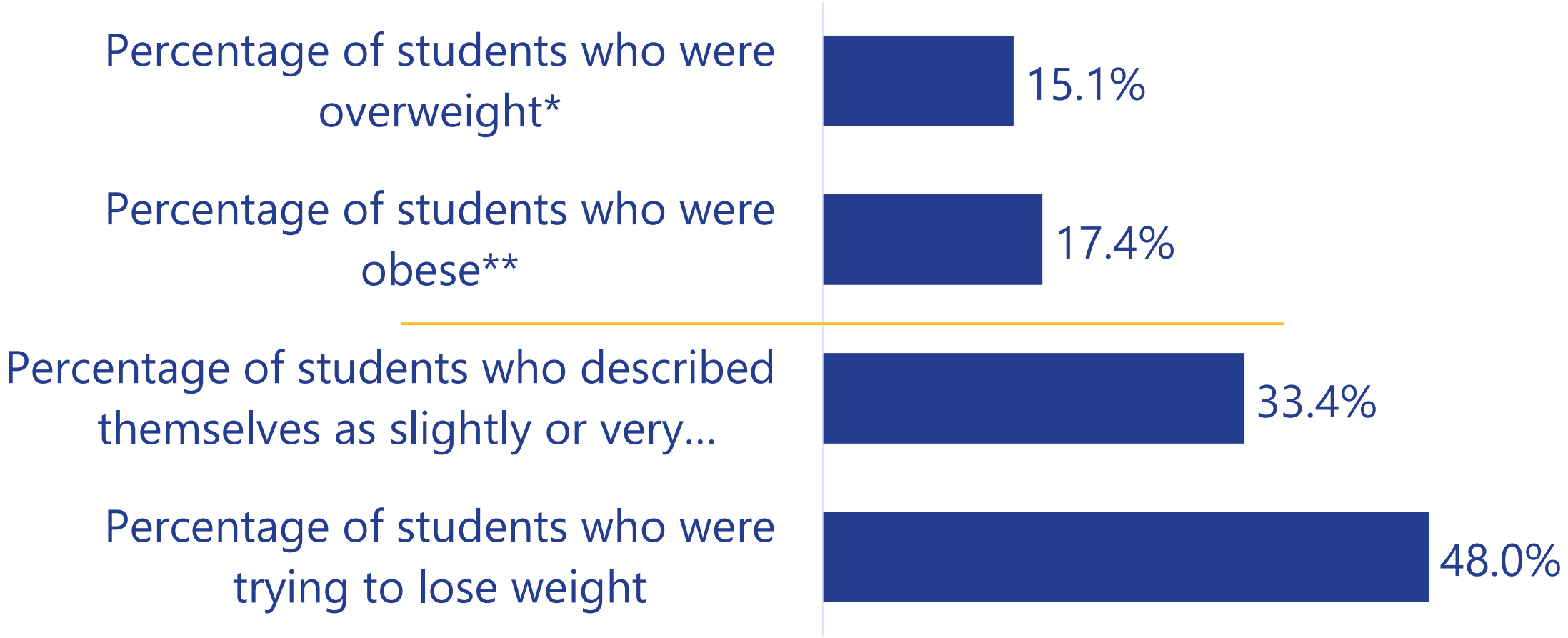
Weight

Weight Status & Self-Perceived Weight – 2023 Results



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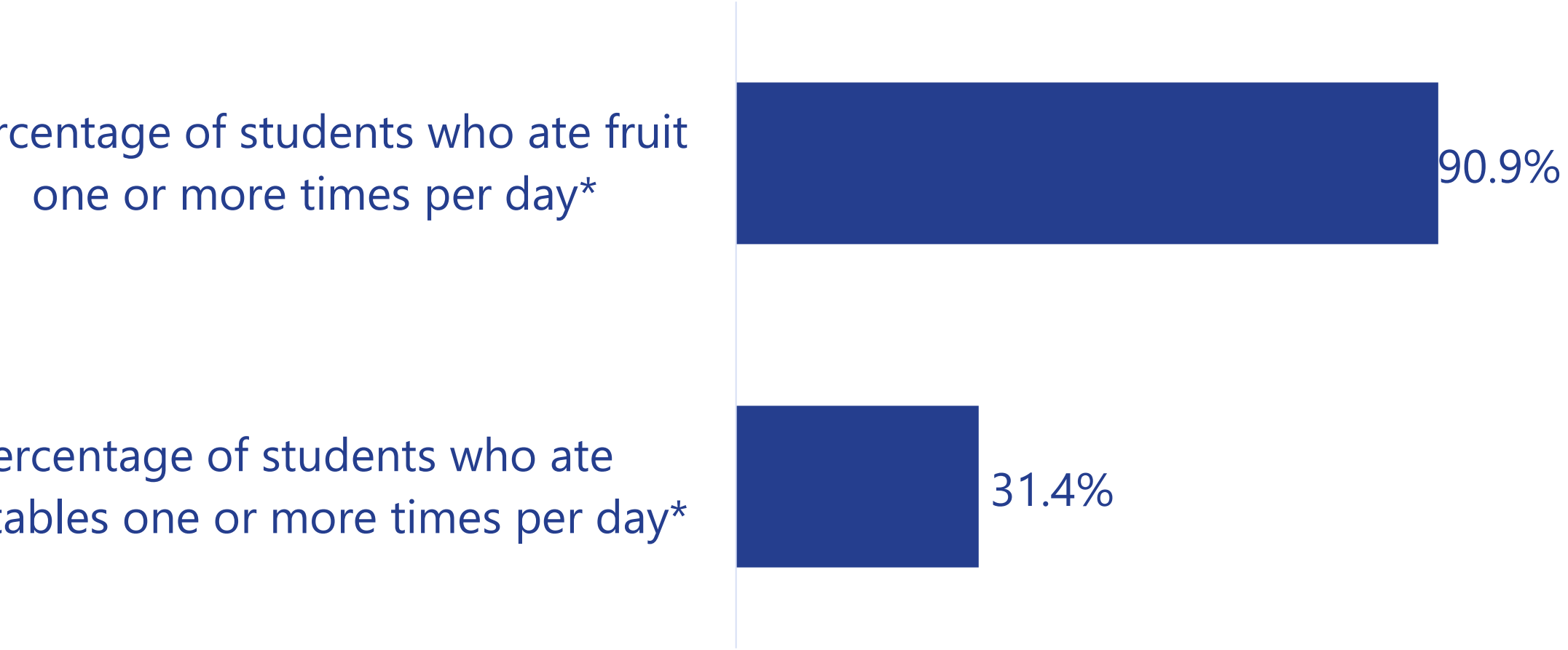
* Greater than or equal to 85th percentile but less than 95th percentile for body mass index

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

Nutrition

Fruit & Vegetable Consumption – 2023 Results



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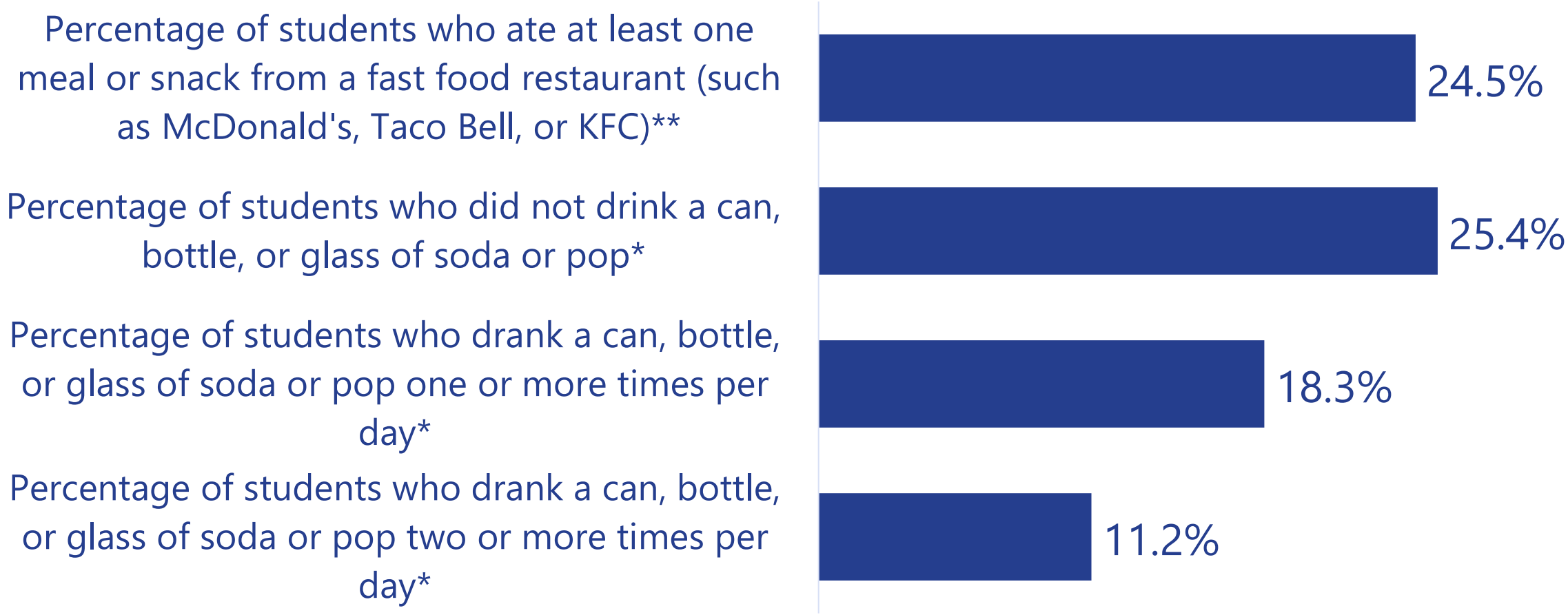
*One or more times during the 7 days before the survey

Soda & Fast Food Consumption – 2023 Results



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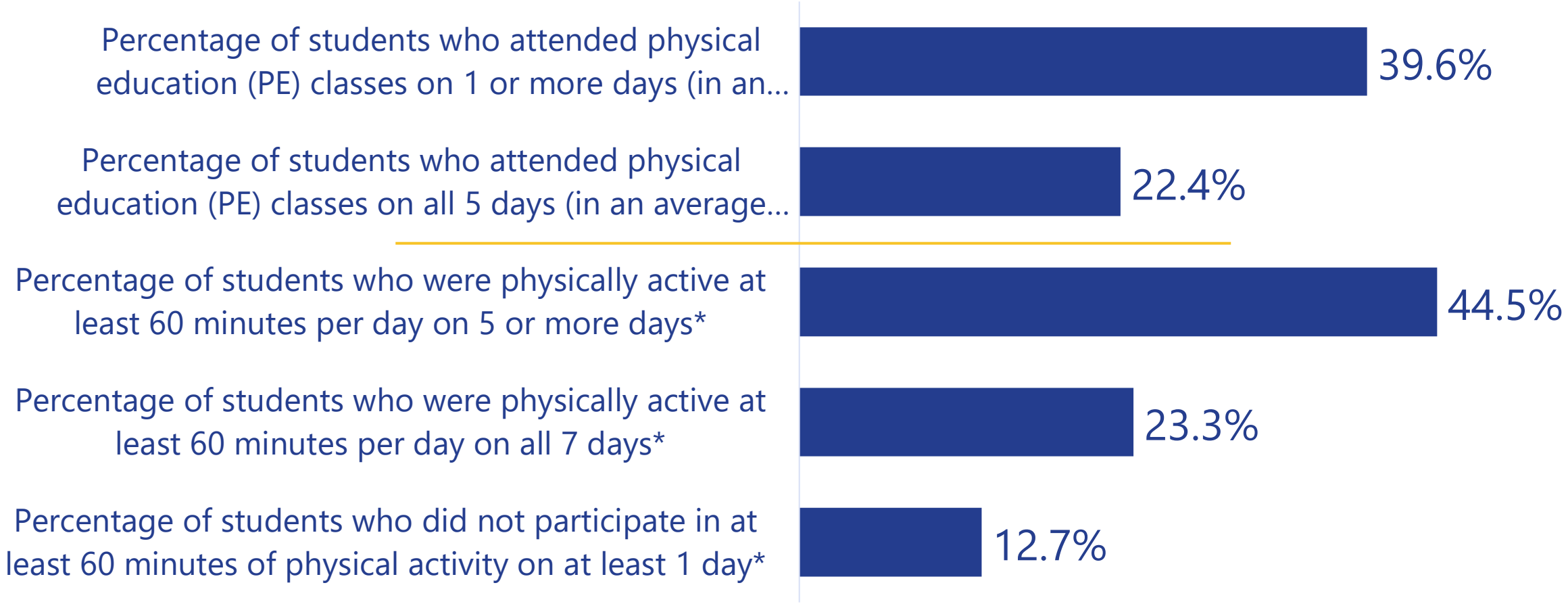
*One or more times during the 7 days before the survey, not including diet soda
**On 3 or more days during the 7 days before the survey

Physical Activity

Physical Activity – 2023 Results



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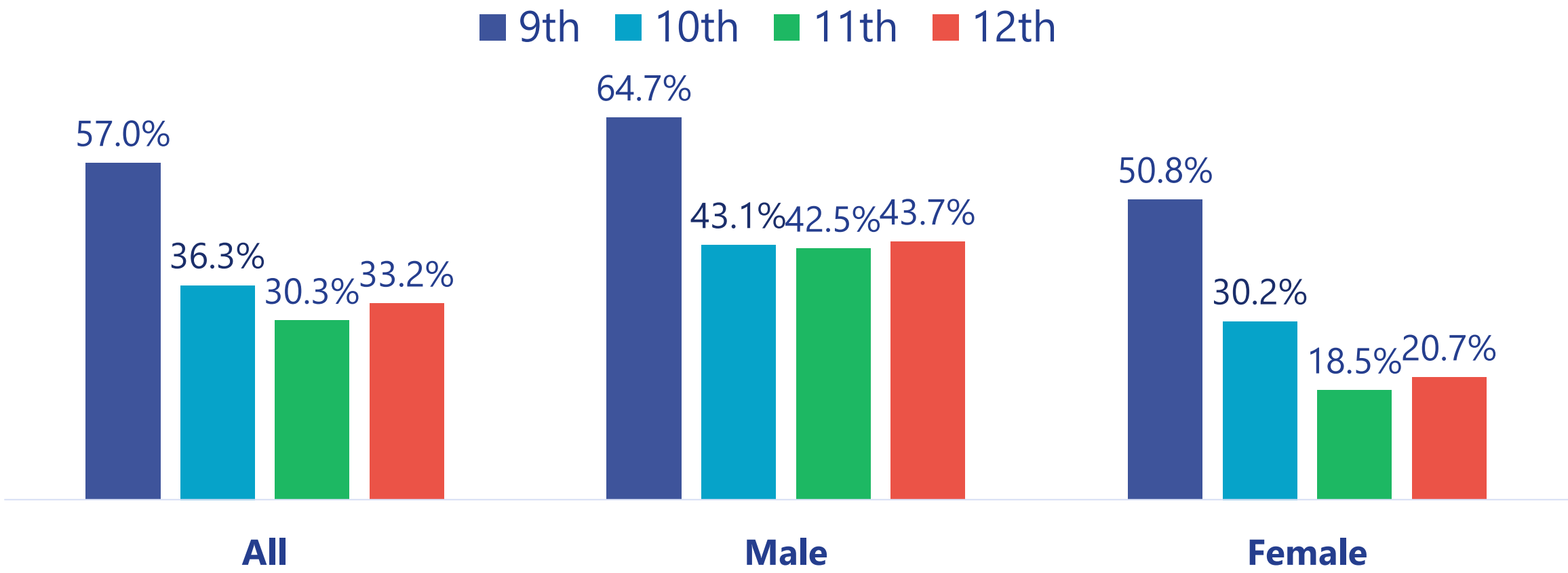
*During the 7 days before the survey

Physical Activity = "any kind of physical activity that increased their heart rate and made them breathe hard some of the time"

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



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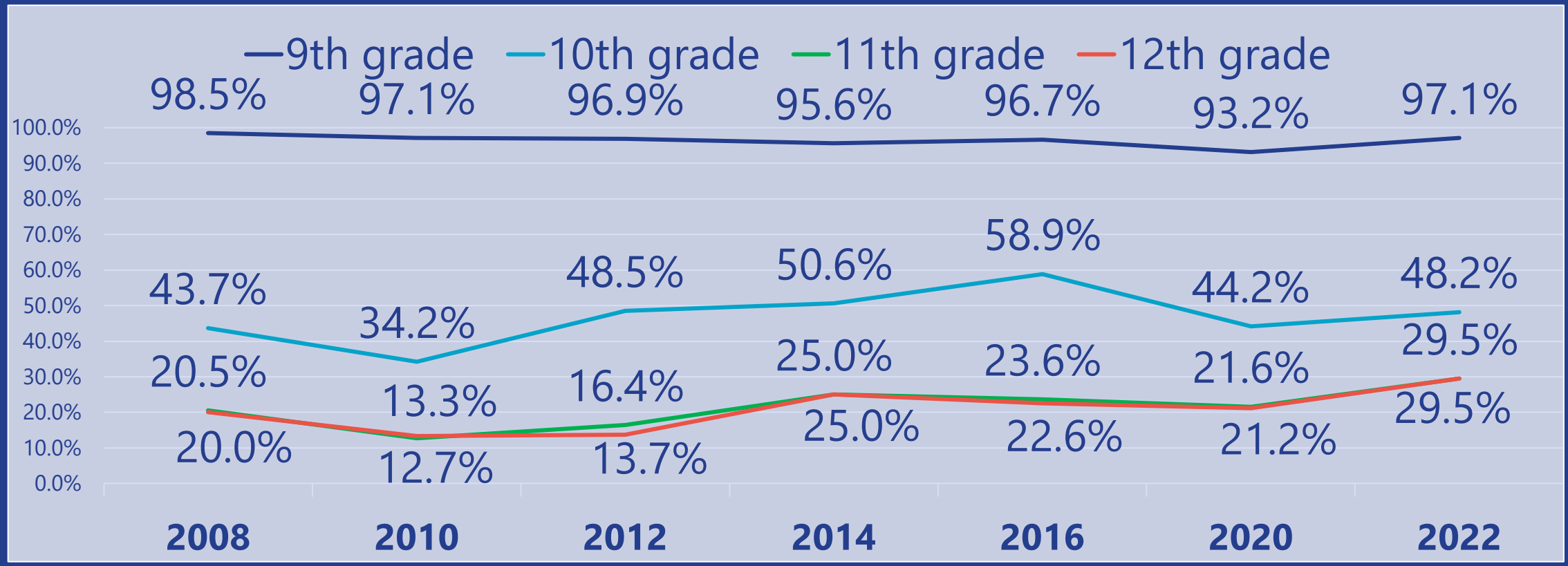
*in an average week when they were in school

School Health Profiles – Principal Survey

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



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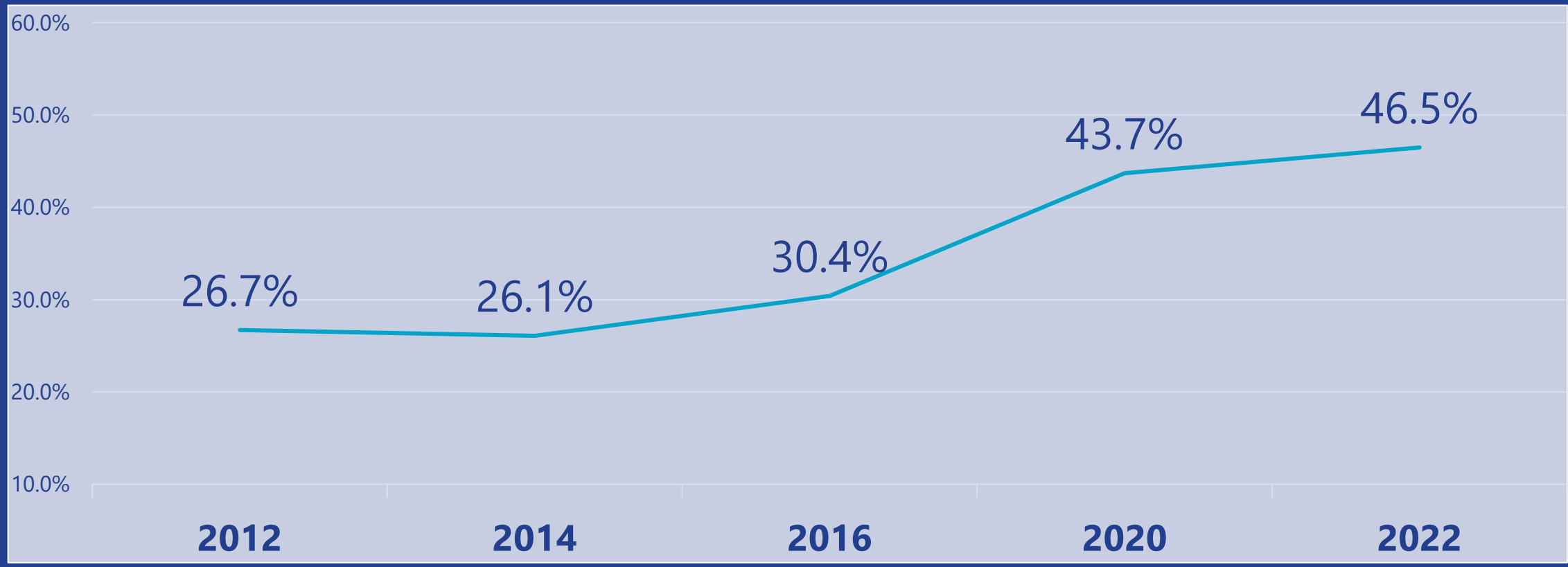
School Health Profiles – Principal Survey

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



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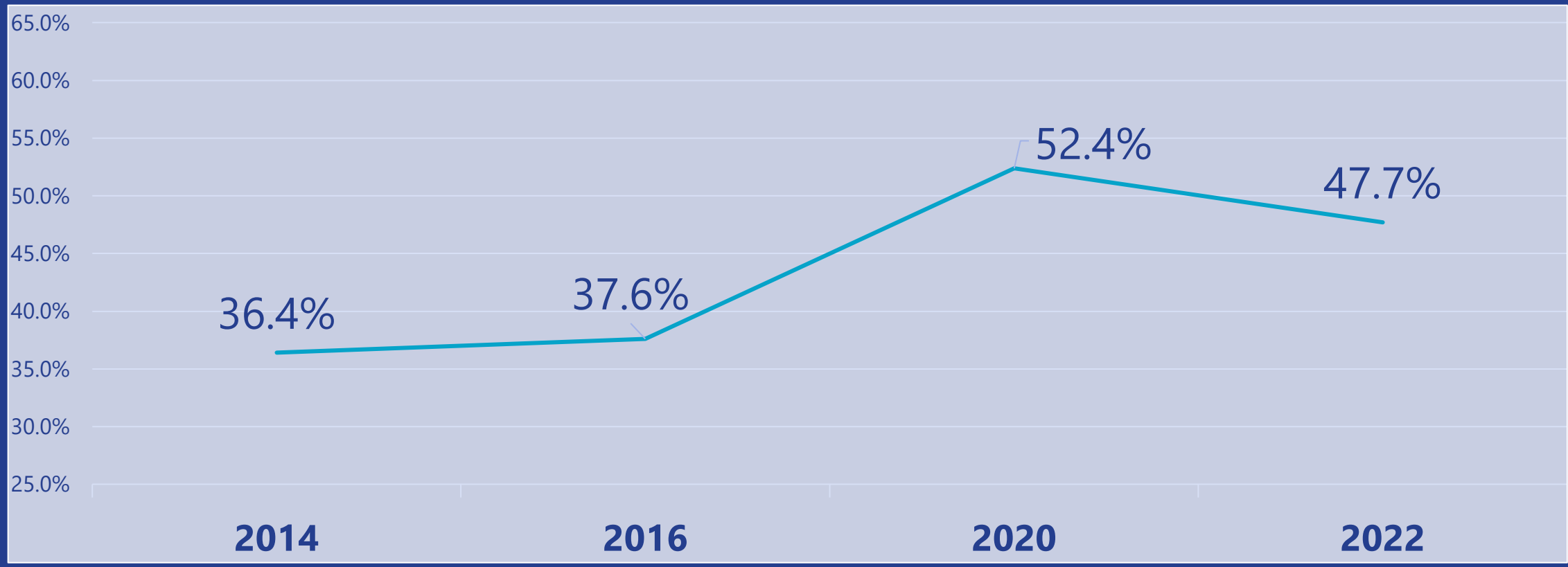
School Health Profiles – Principal Survey

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



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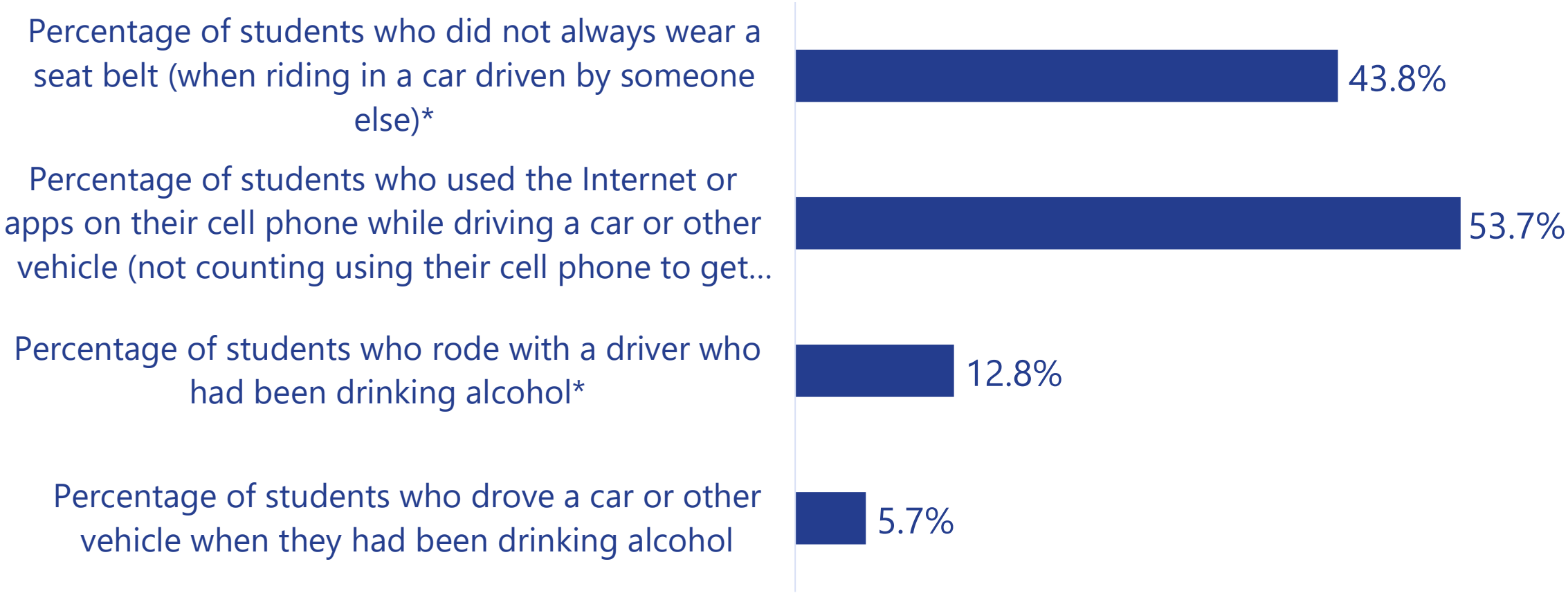
Injury and Violence

Driving/Automobile Behaviors – 2023 Results



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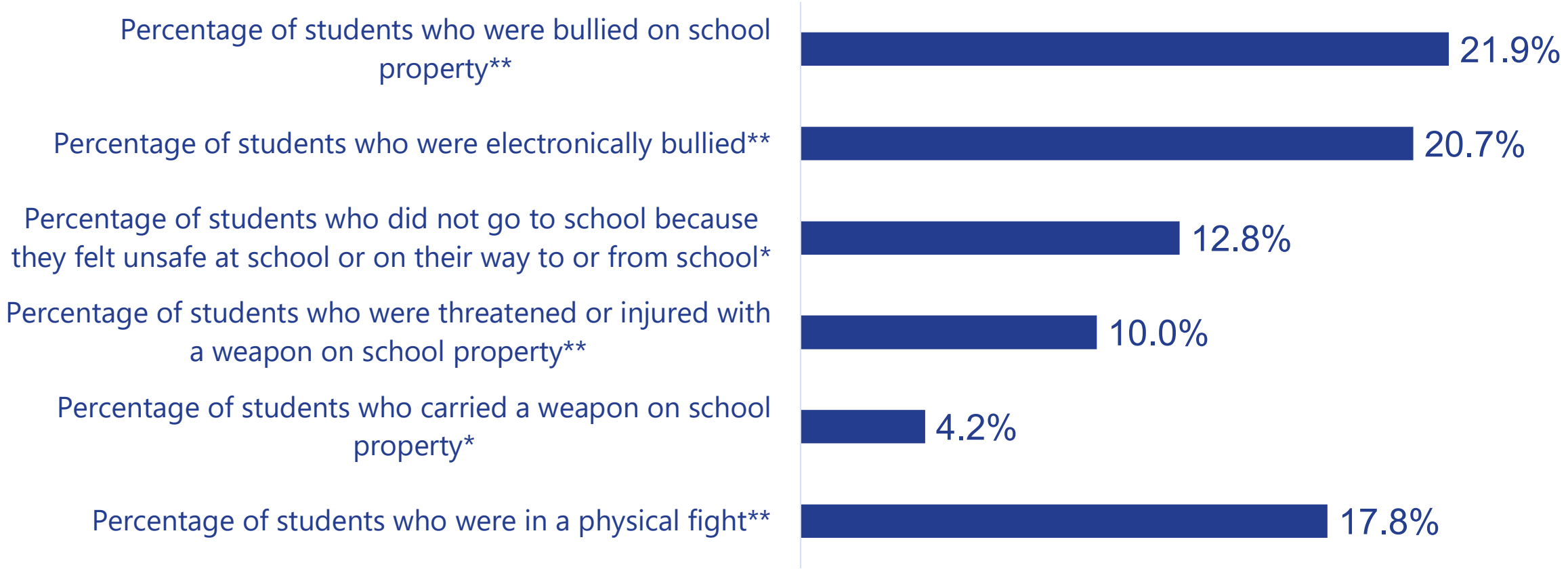
* one or more times during the 30 days before the survey

Bullying, Threats, and Weapons at School – 2023 Results



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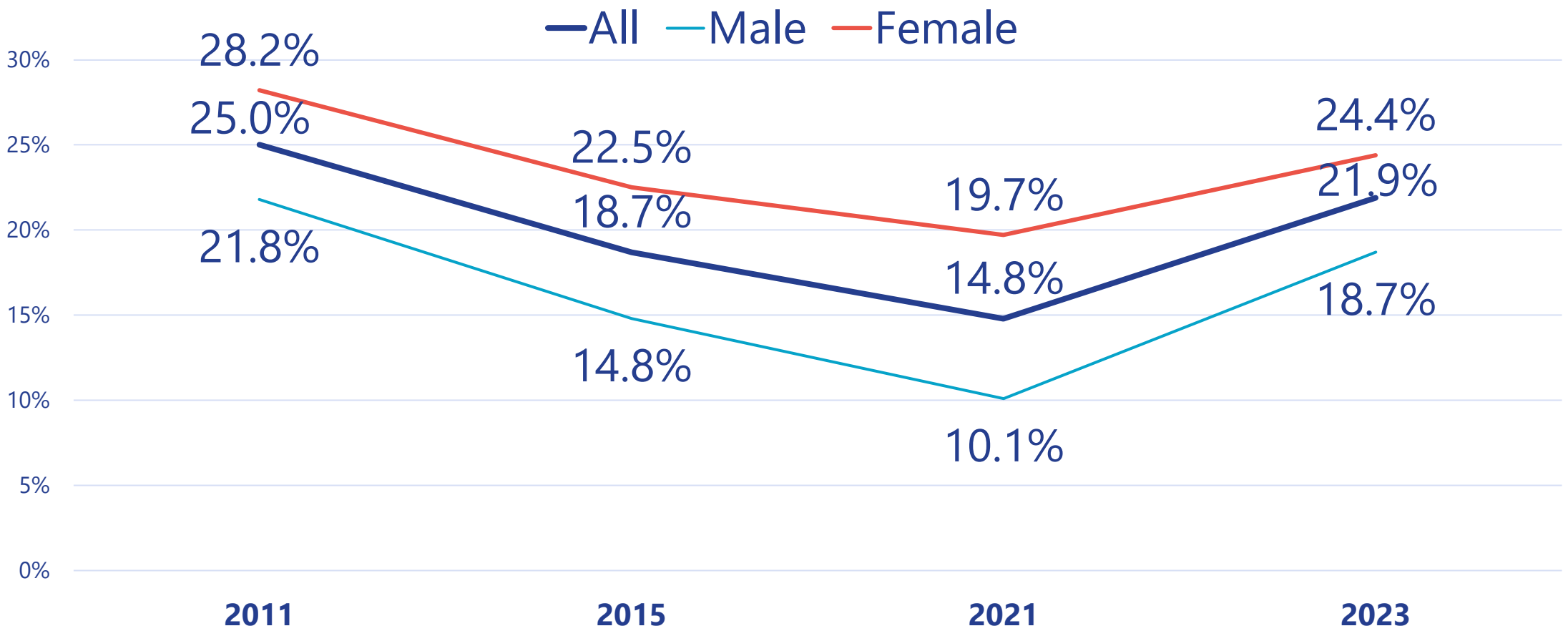
*one or more times during the 30 days before the survey
**during the 12 months before the survey

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



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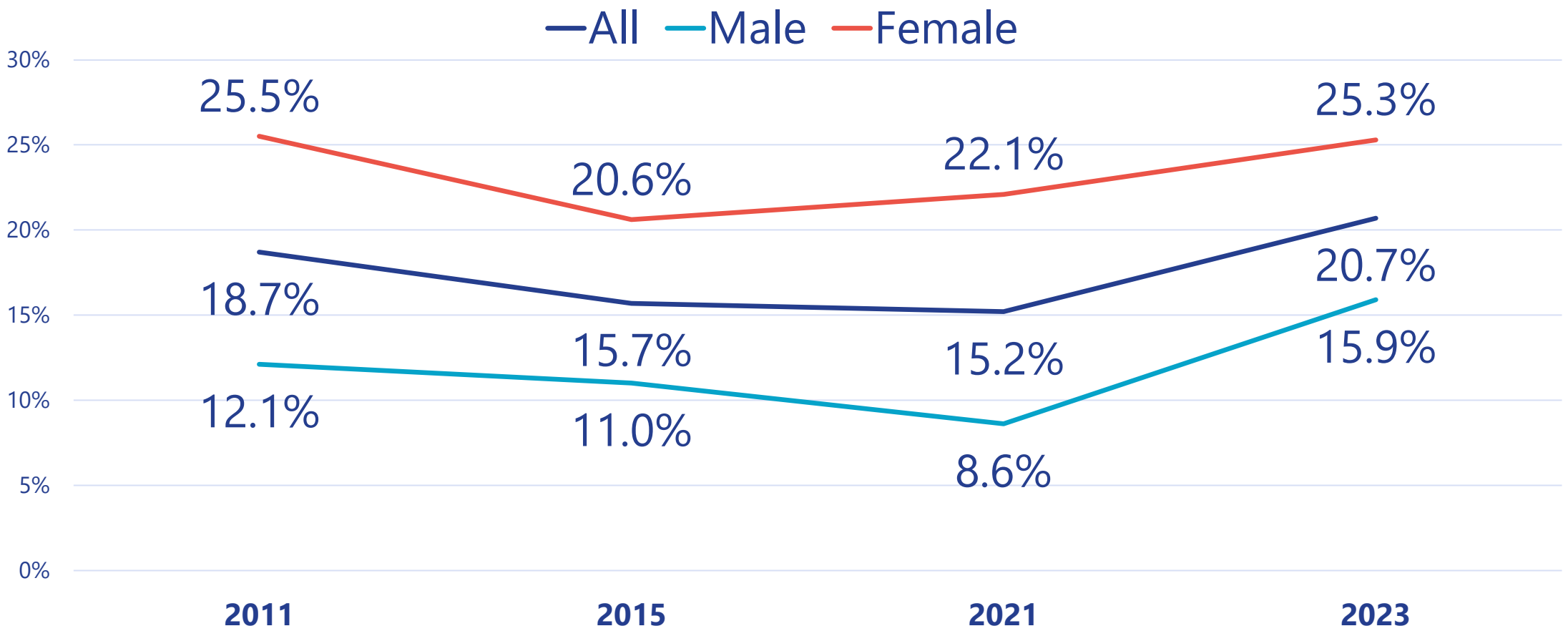
Percentage of students who were electronically bullied

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



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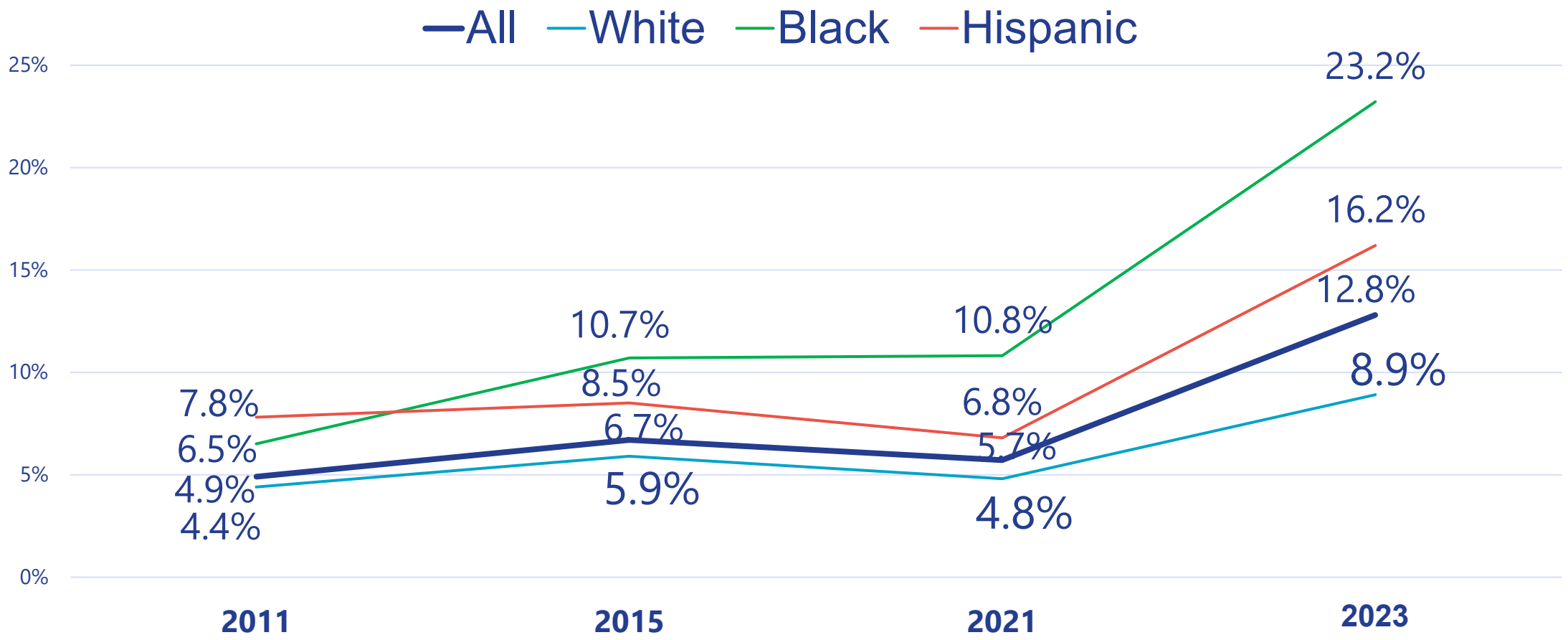
*ever during the 12 months before the survey

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)



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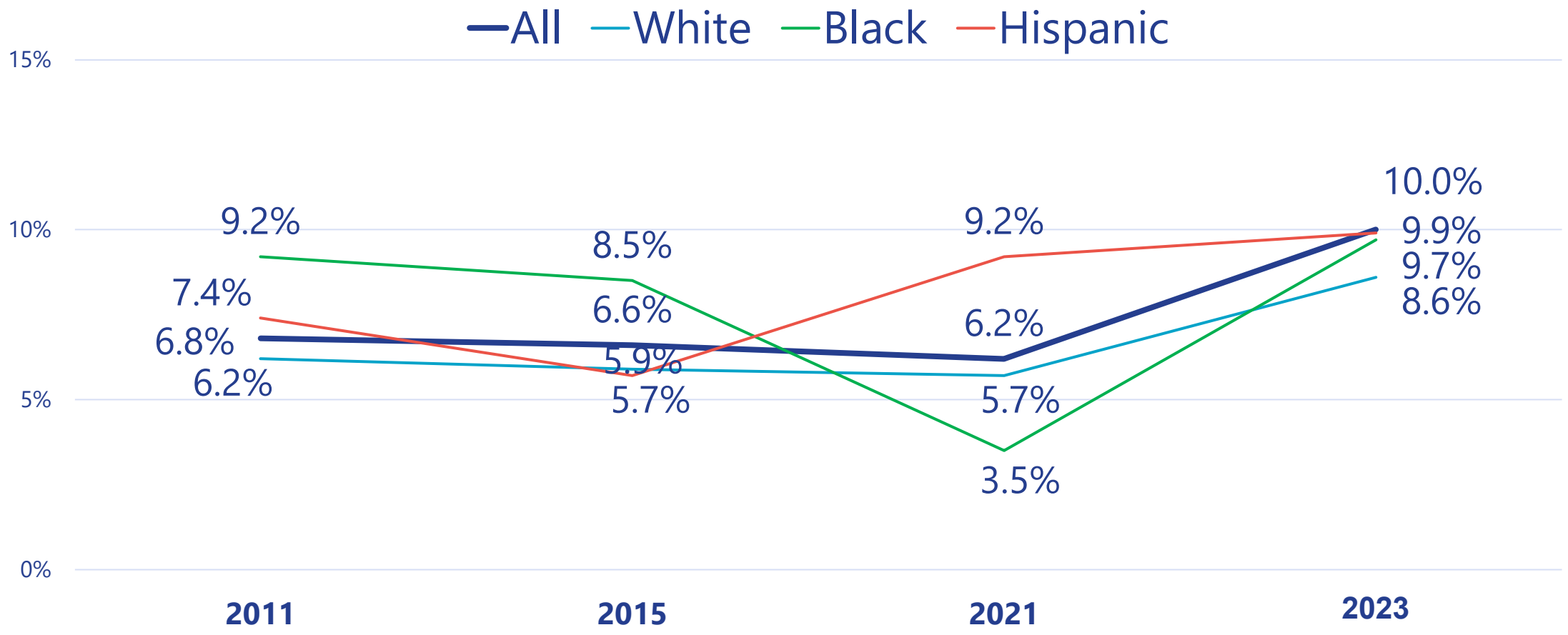
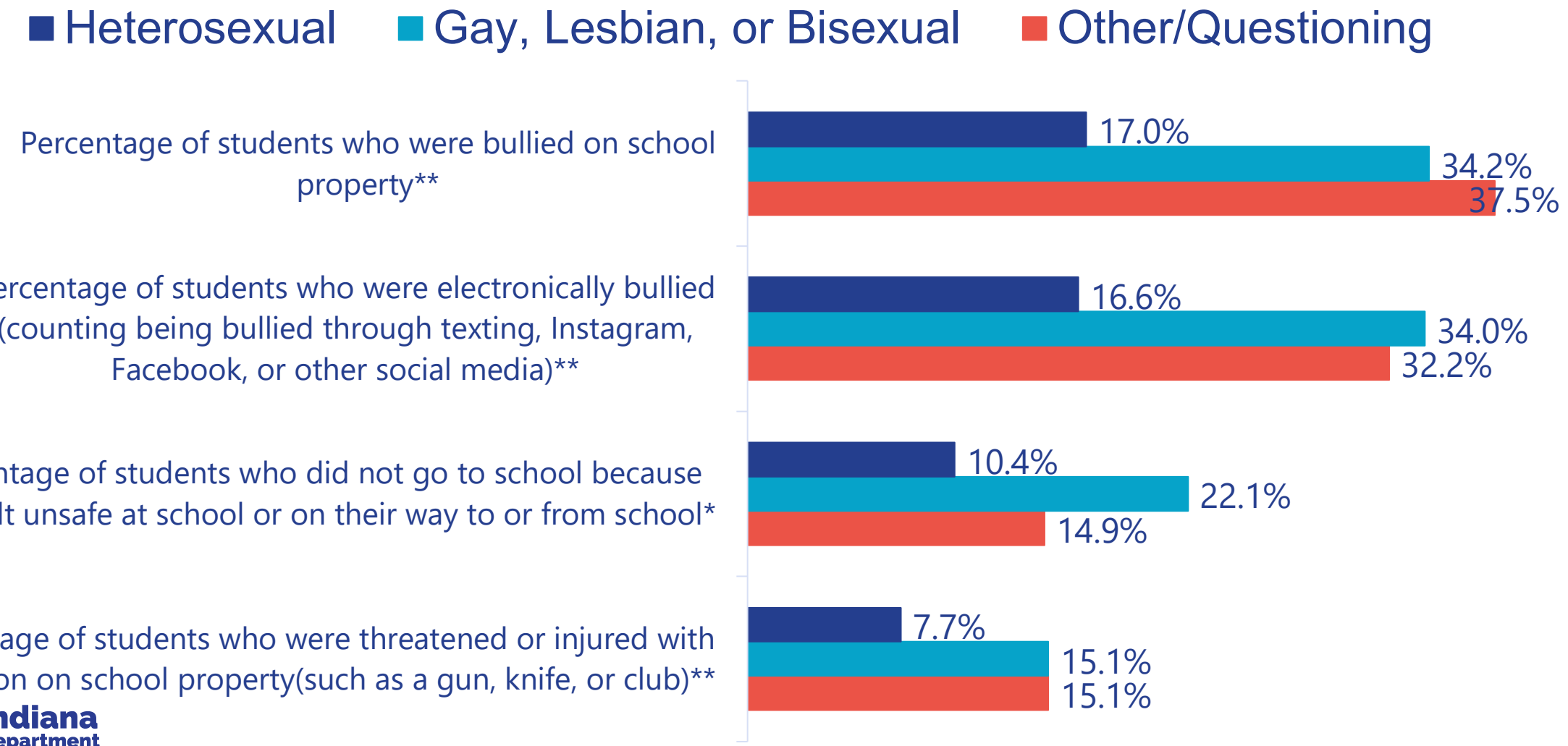
Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)



Bullying, Threats, and Weapons at School – 2023 Sexual Orientation Results



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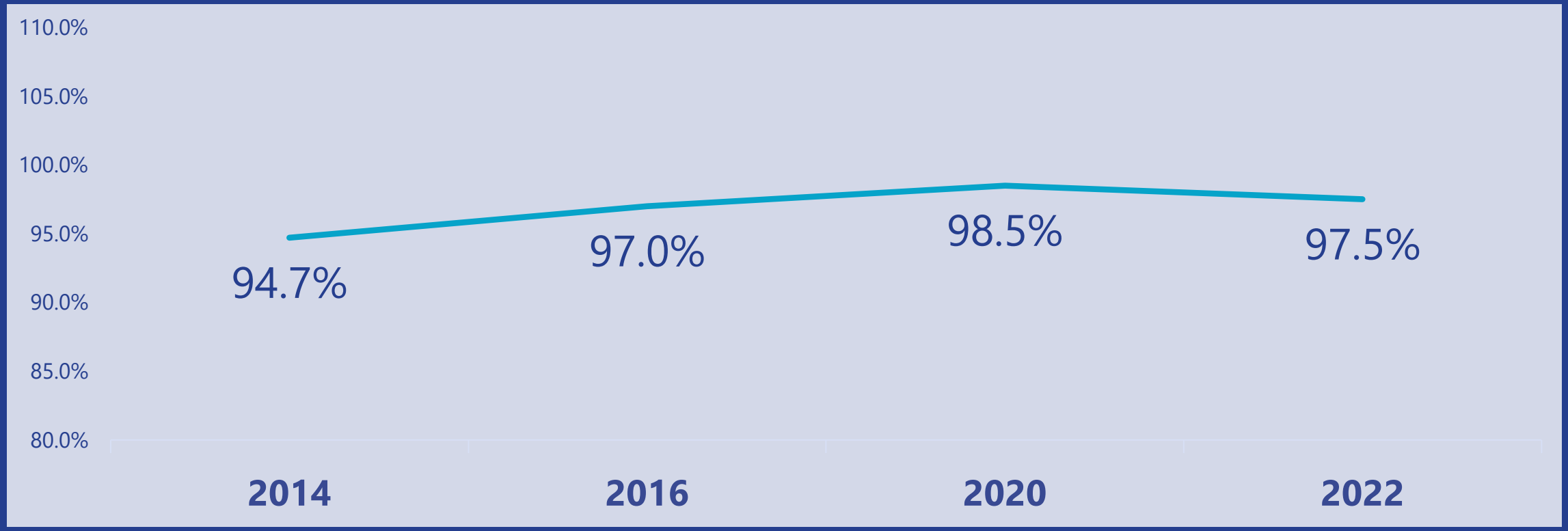
*on at least 1 day during the 30 days before the survey
**during the 12 months before the survey

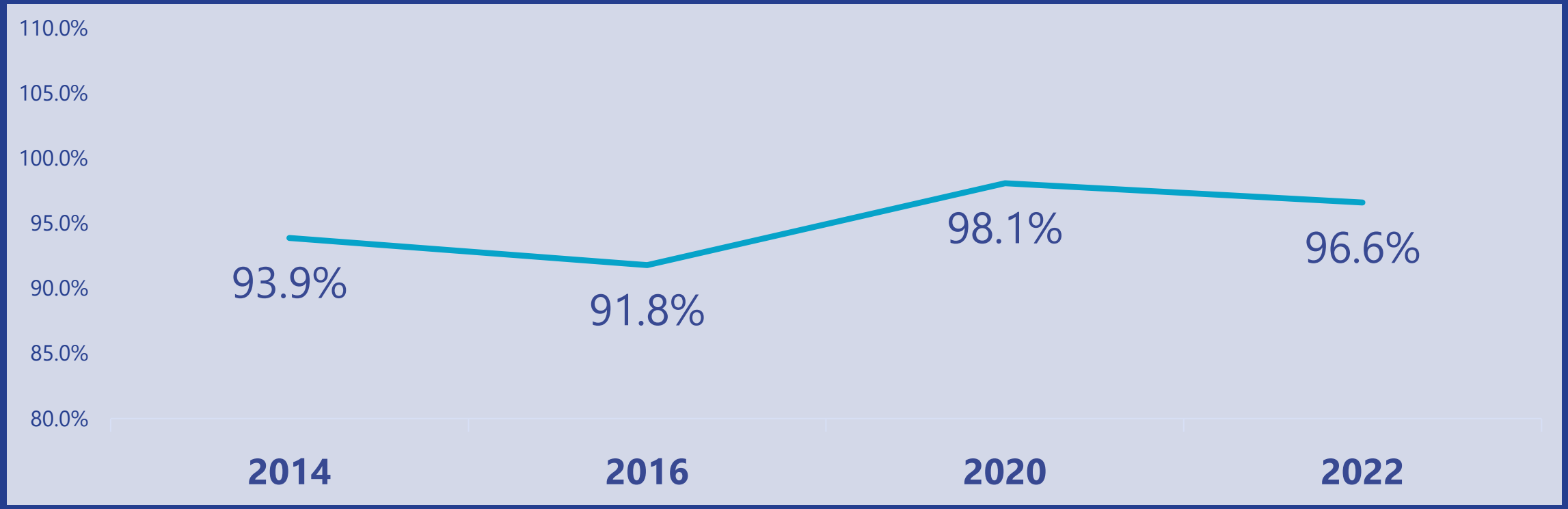
School Health Profiles – Principal Survey

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



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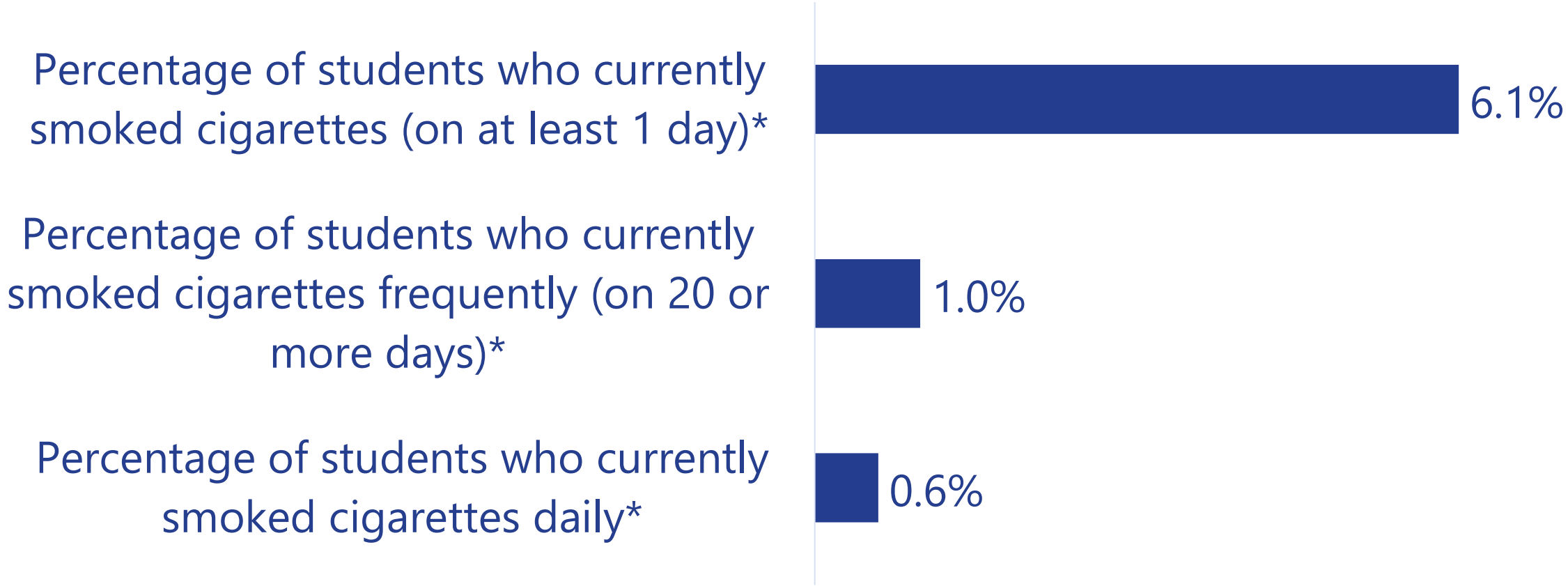
Tobacco Use

Cigarette Smoking – 2023 Results



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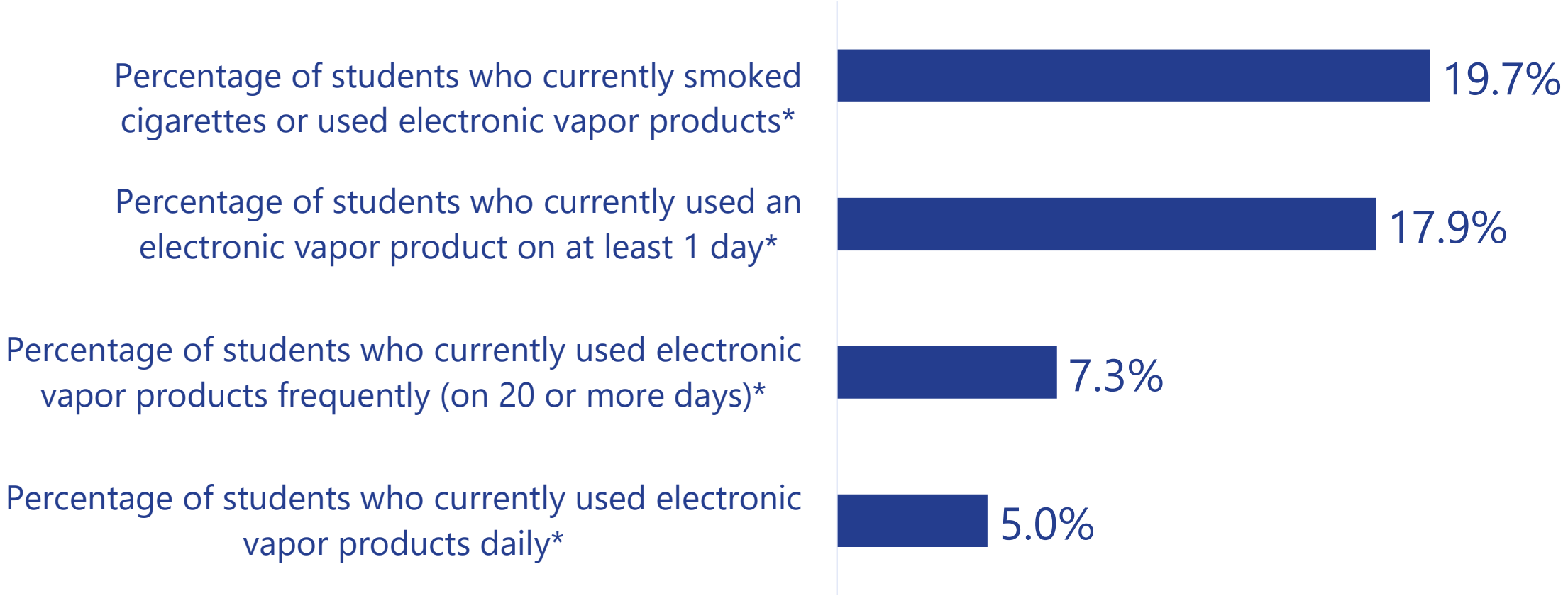
*during the 30 days before the survey

Cigarettes & Vaping – 2023 Results



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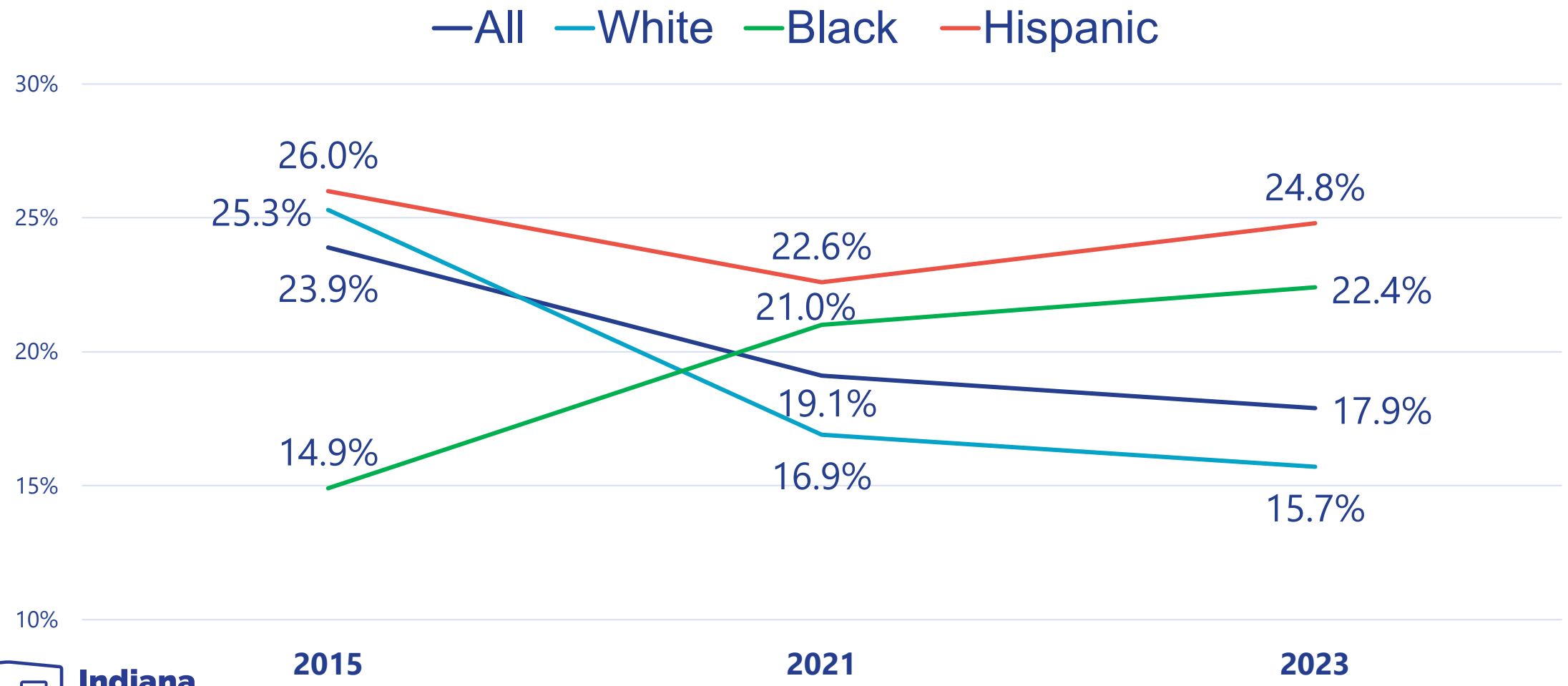
*during the 30 days before the survey

Percentage of students who currently used an electronic vapor product

(*on at least 1 day during the 30 days before the survey)



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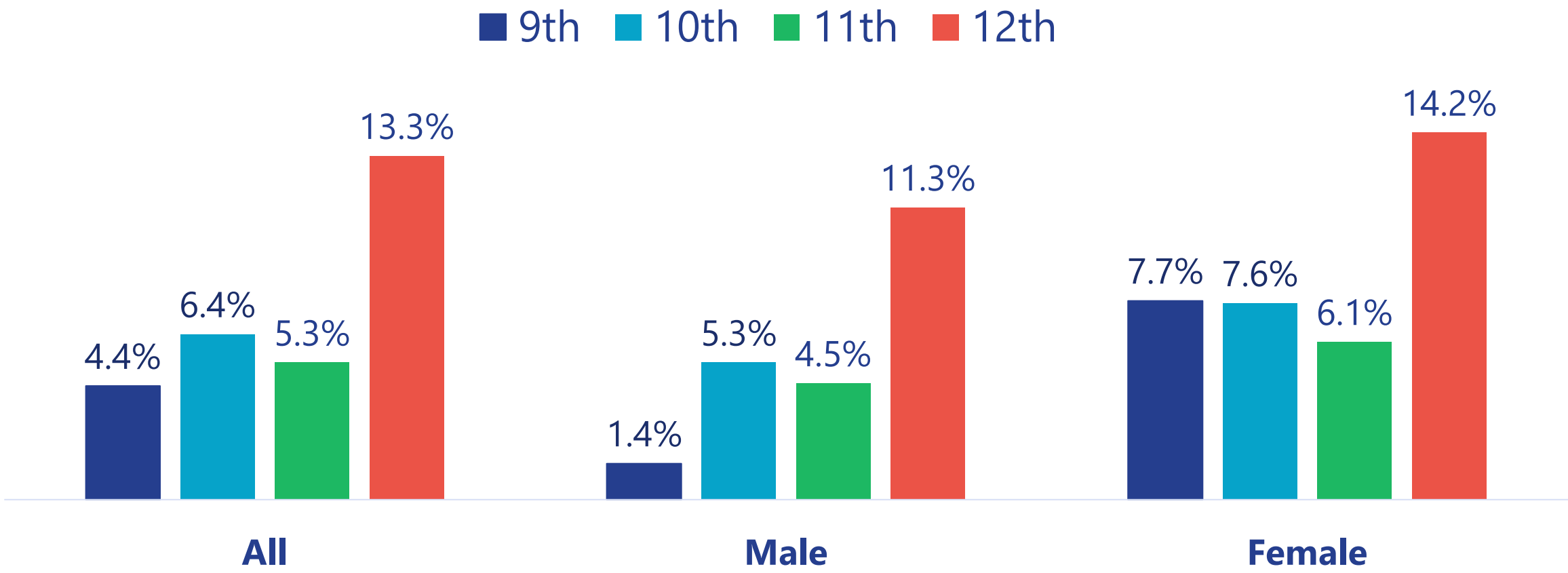
*including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu],

Percentage of students who currently used electronic vapor products frequently

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



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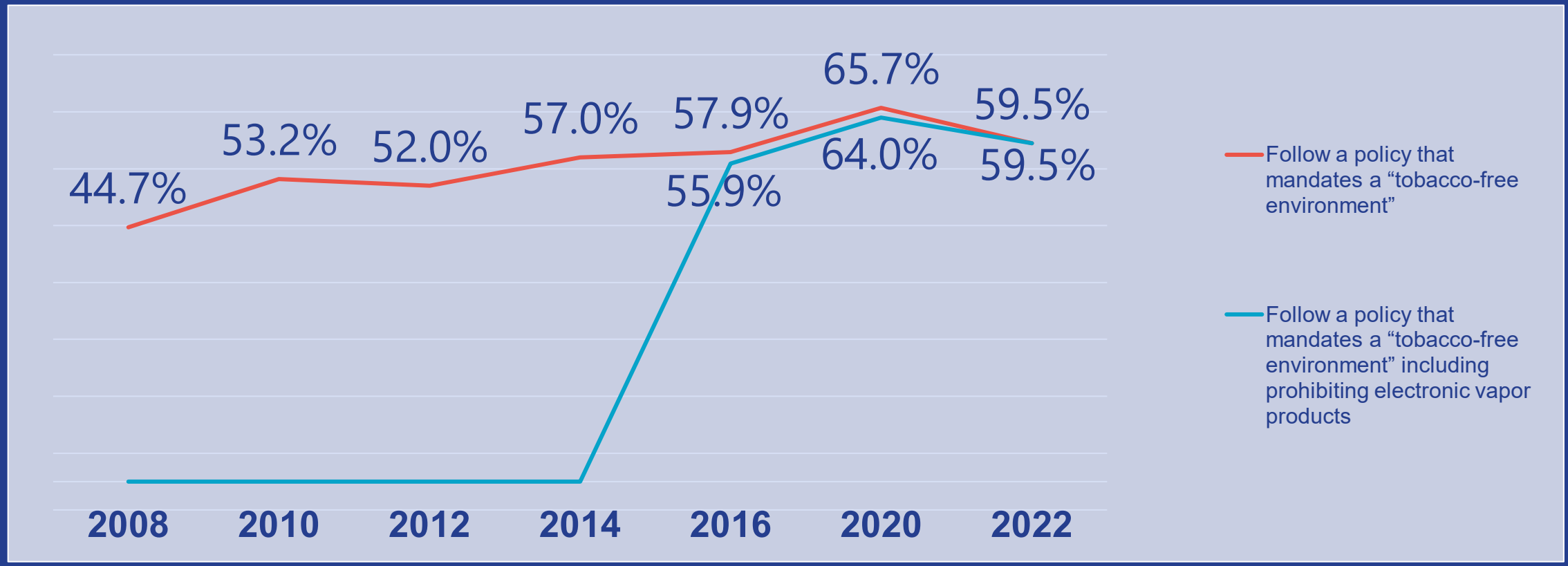
School Health Profiles – Principal Survey

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



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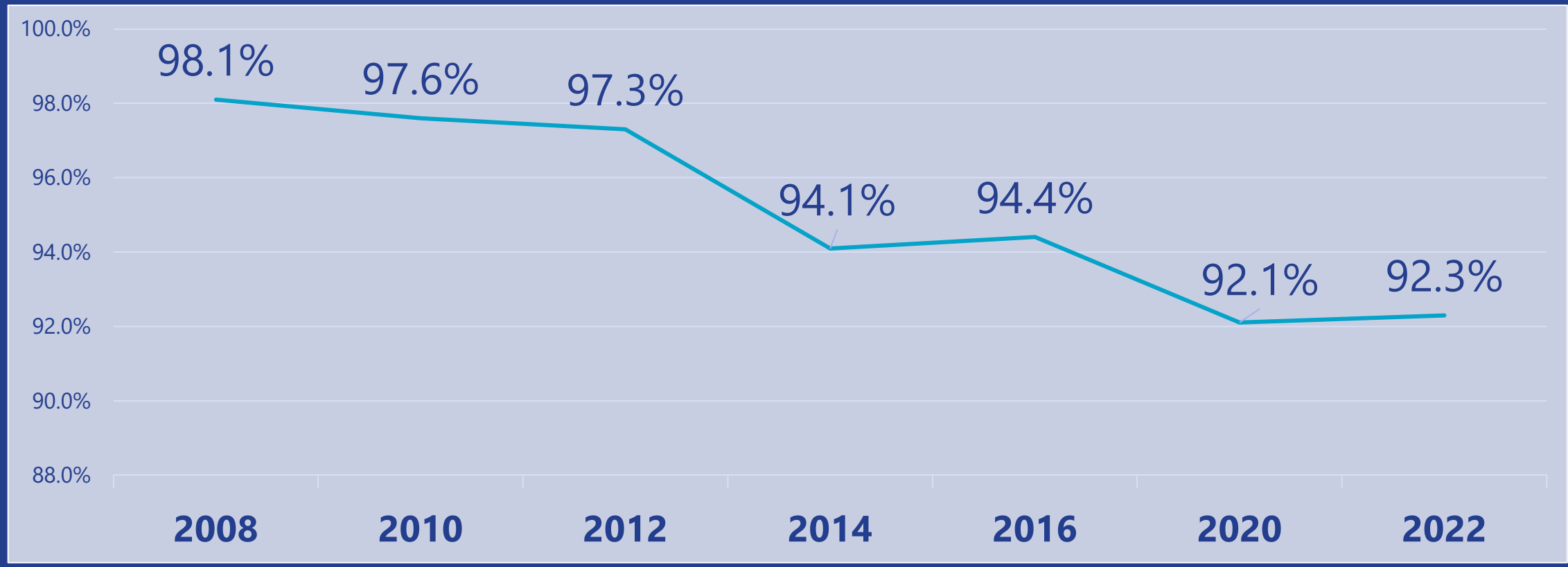
School Health Profiles – Teacher Survey

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:



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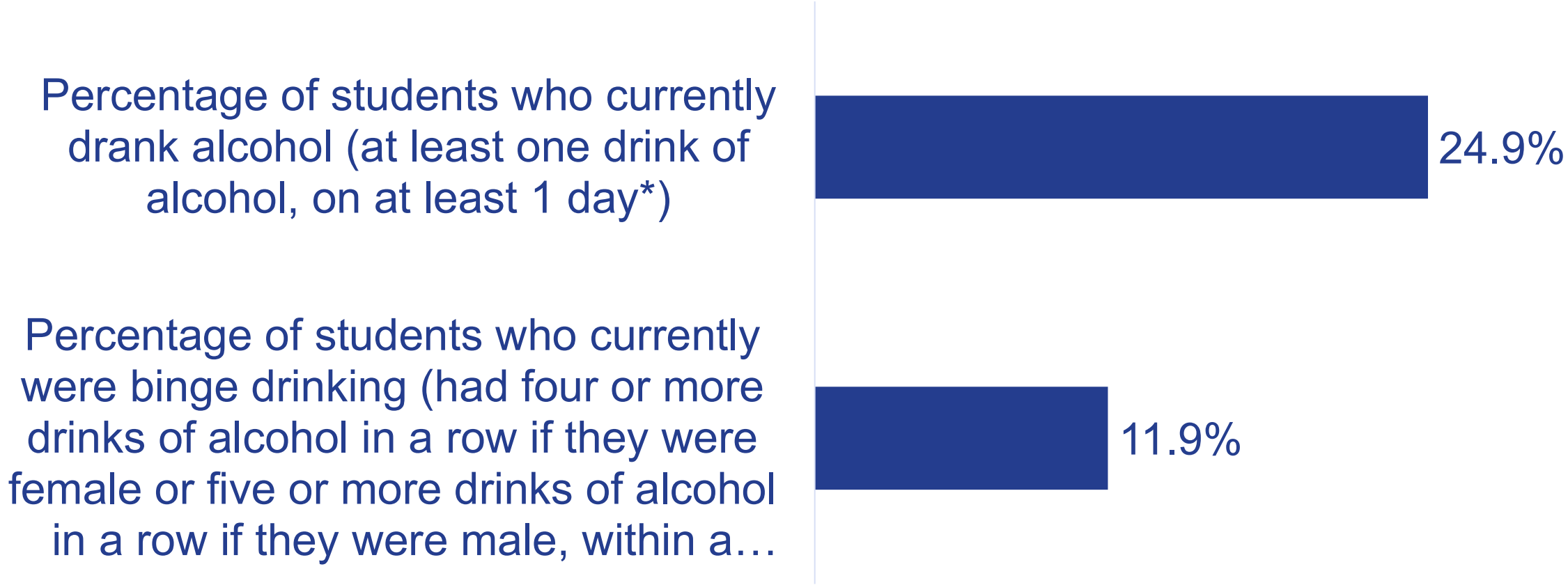
Alcohol & Substance Use

Alcohol Consumption – 2023 Results



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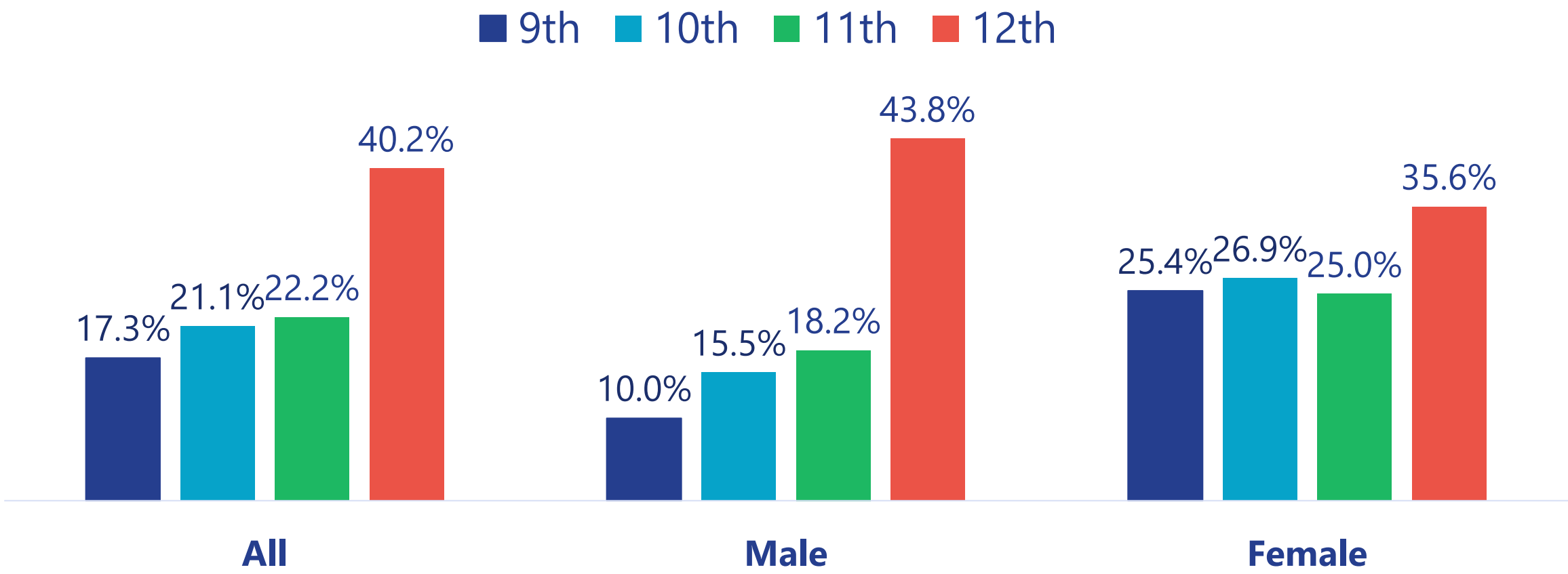
*during the 30 days before the survey

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)



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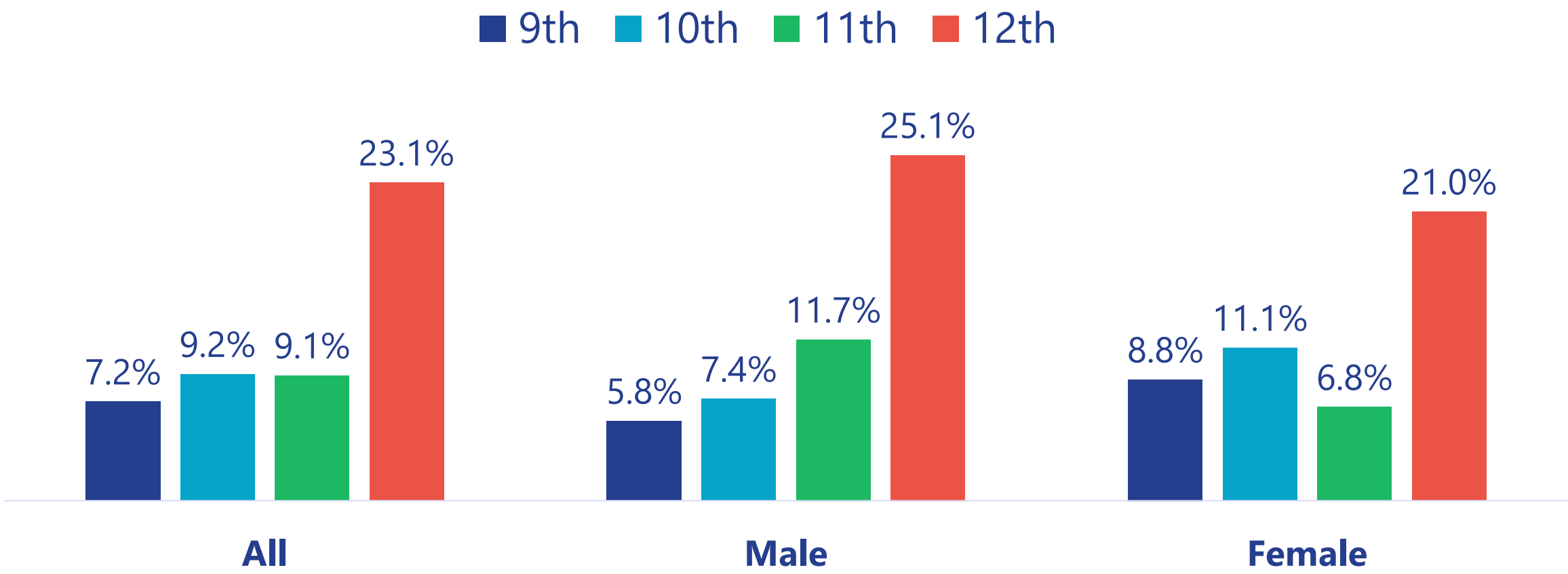
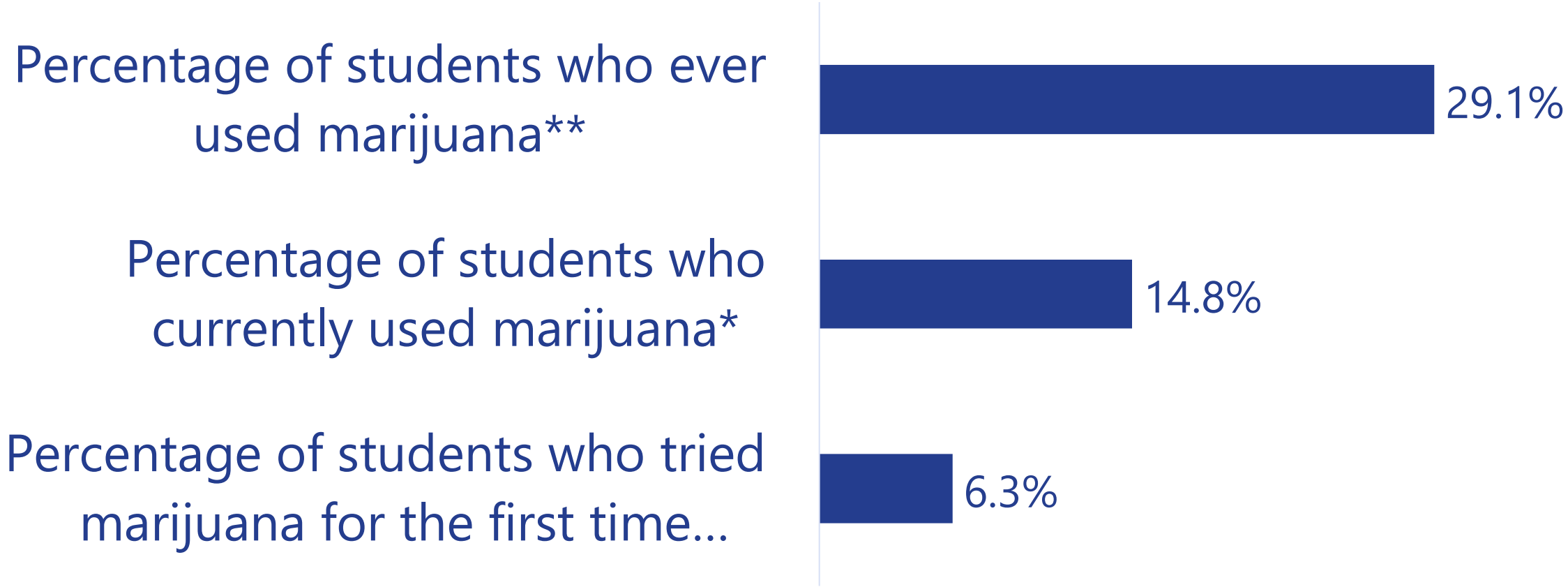
Percentage of students who currently were binge drinking*



Indiana Department of Health

* 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, on at least 1 day during the 30 days before the survey

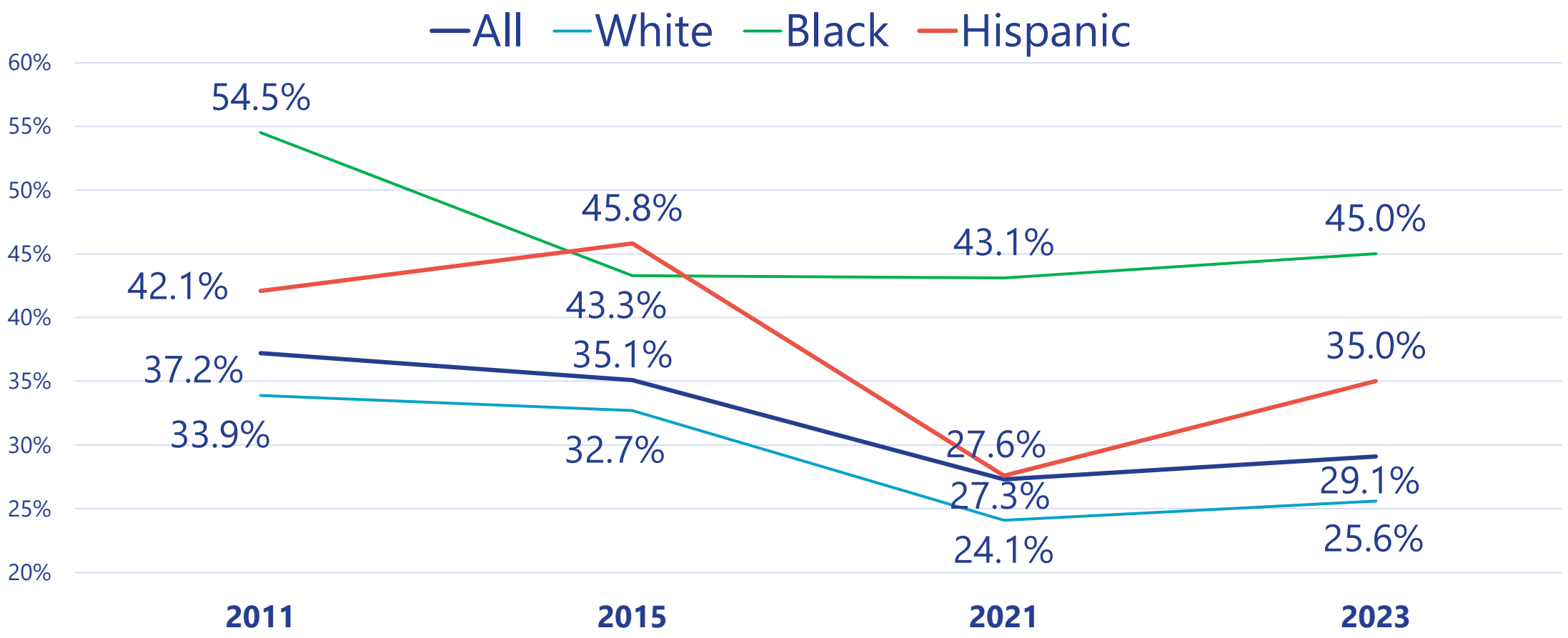
Marijuana Use – 2023 Results



Indiana Department of Health

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

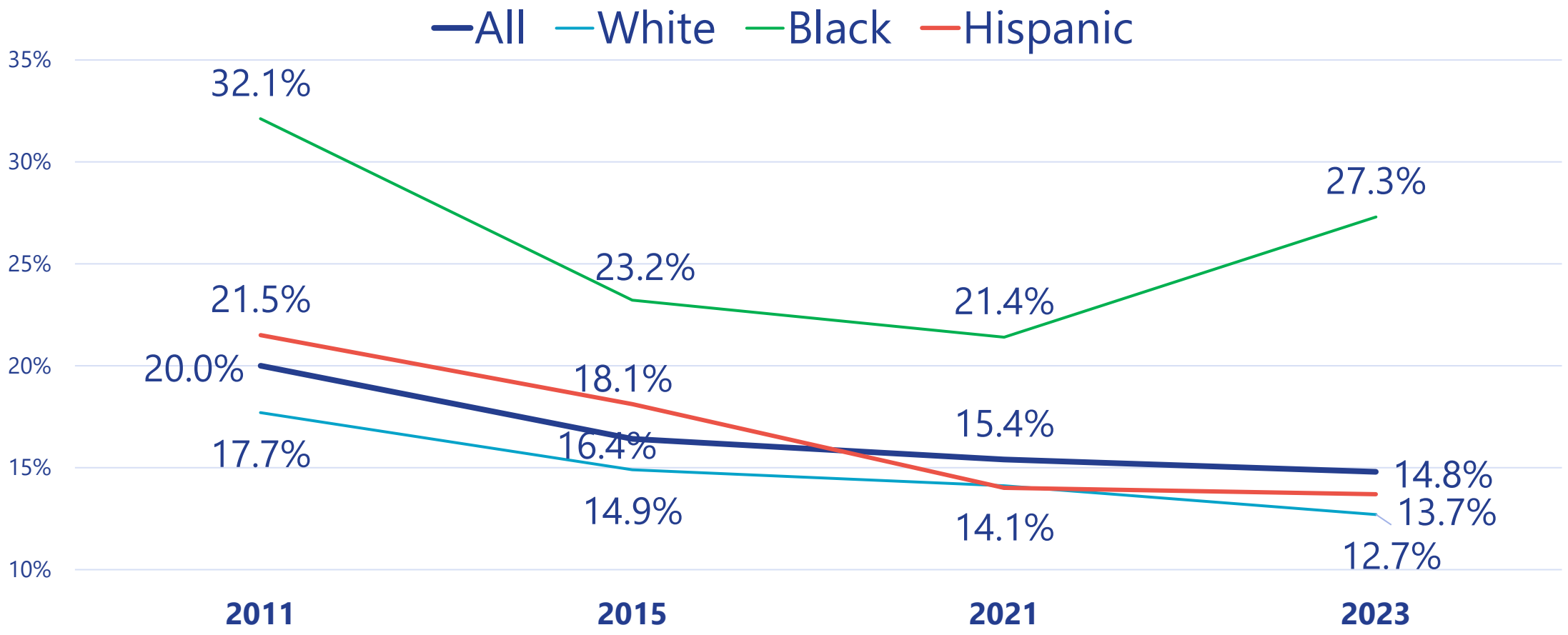
Percentage of students who ever used marijuana
(one or more times during their life)



Indiana Department of Health

Percentage of students who currently used marijuana

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



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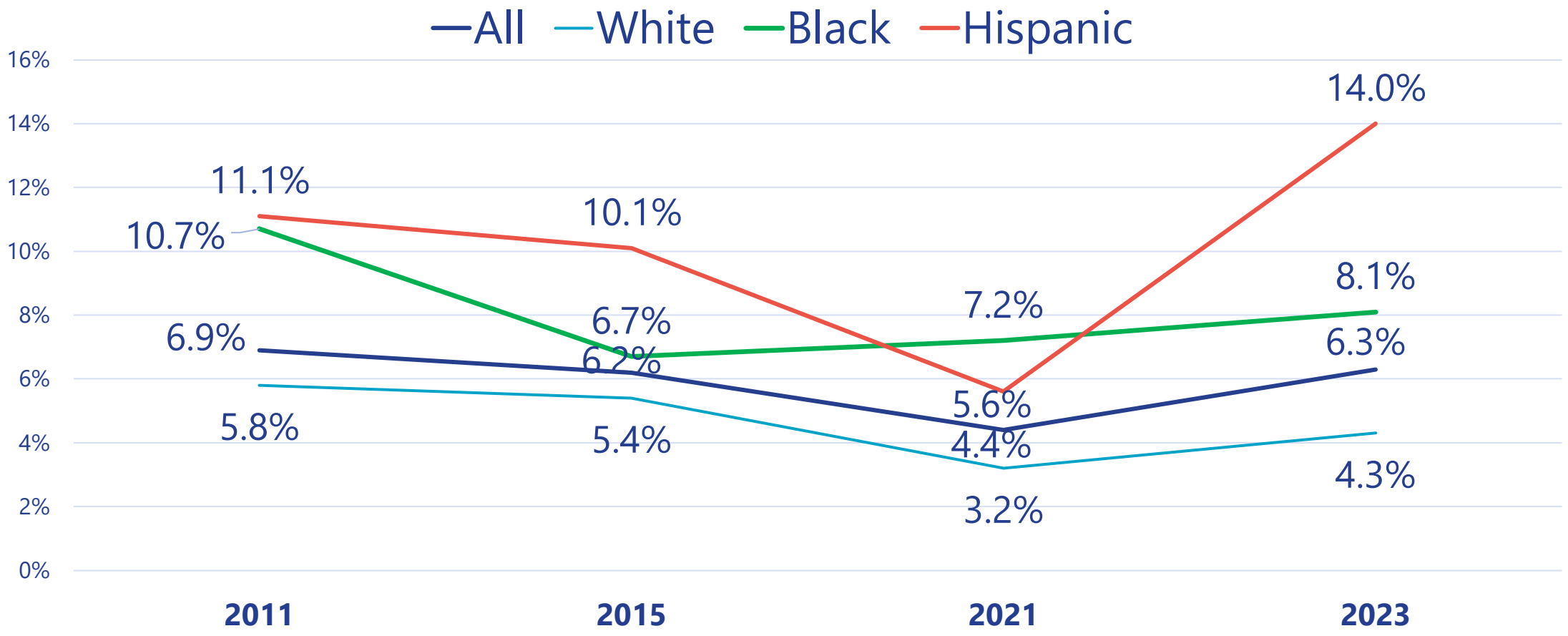
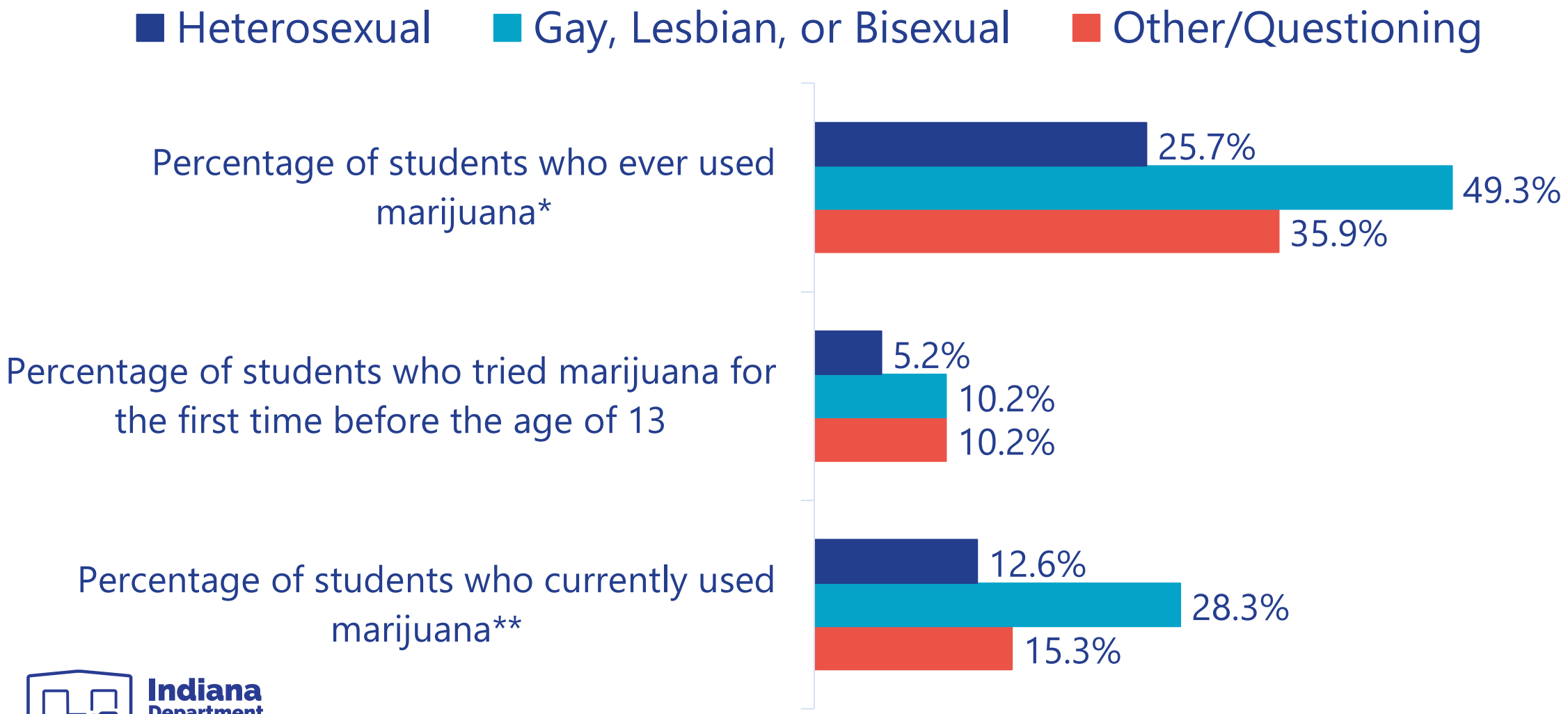
Percentage of students who tried marijuana for the first time before age 13 years



Indiana Department of Health

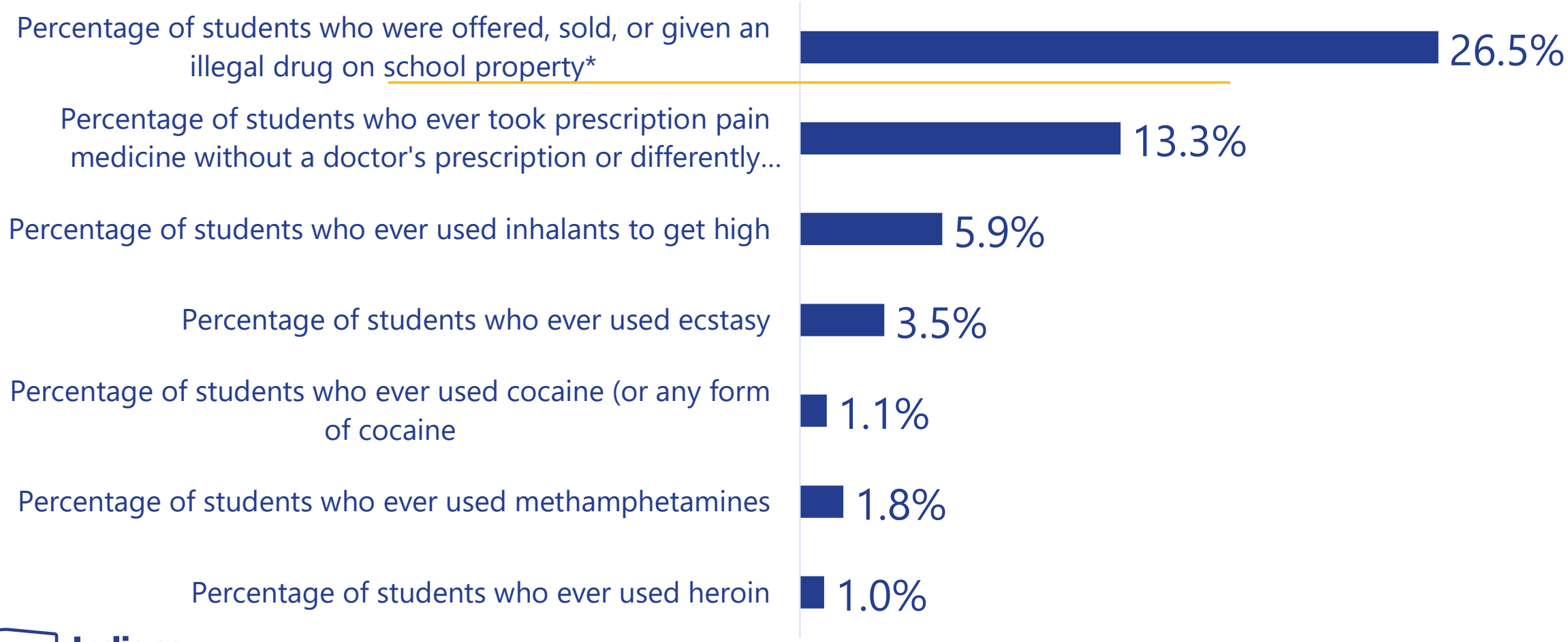
Marijuana Use by Sexual Orientation – 2023



Indiana Department of Health

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

Other Drug Use – 2023 Results

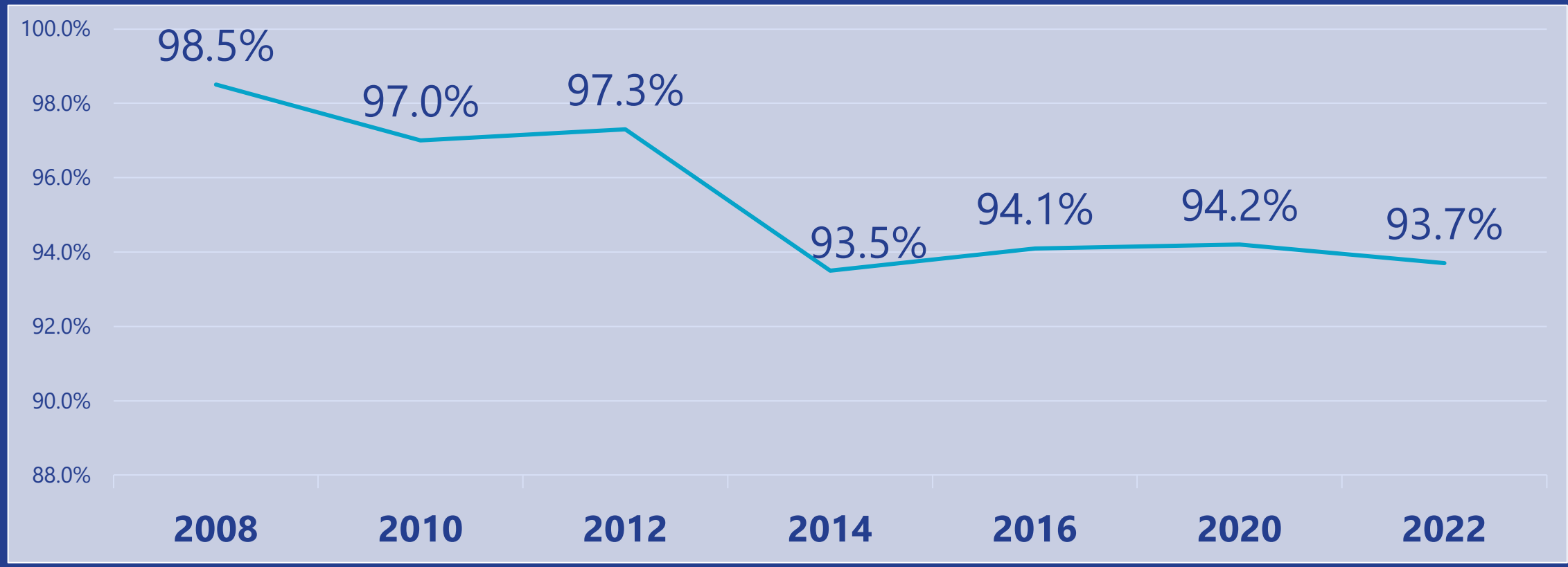


Indiana Department of Health

*during the 12 months before the survey
**during their lifetime

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.



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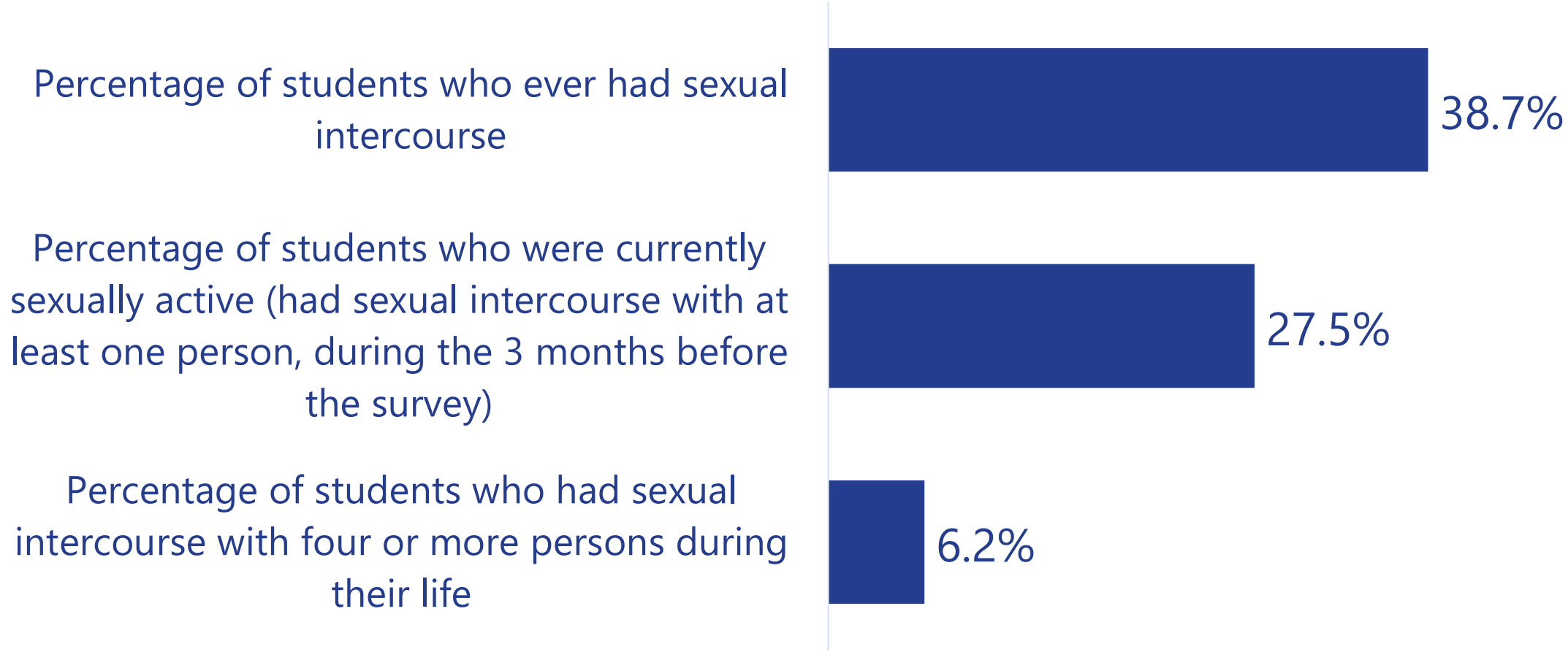
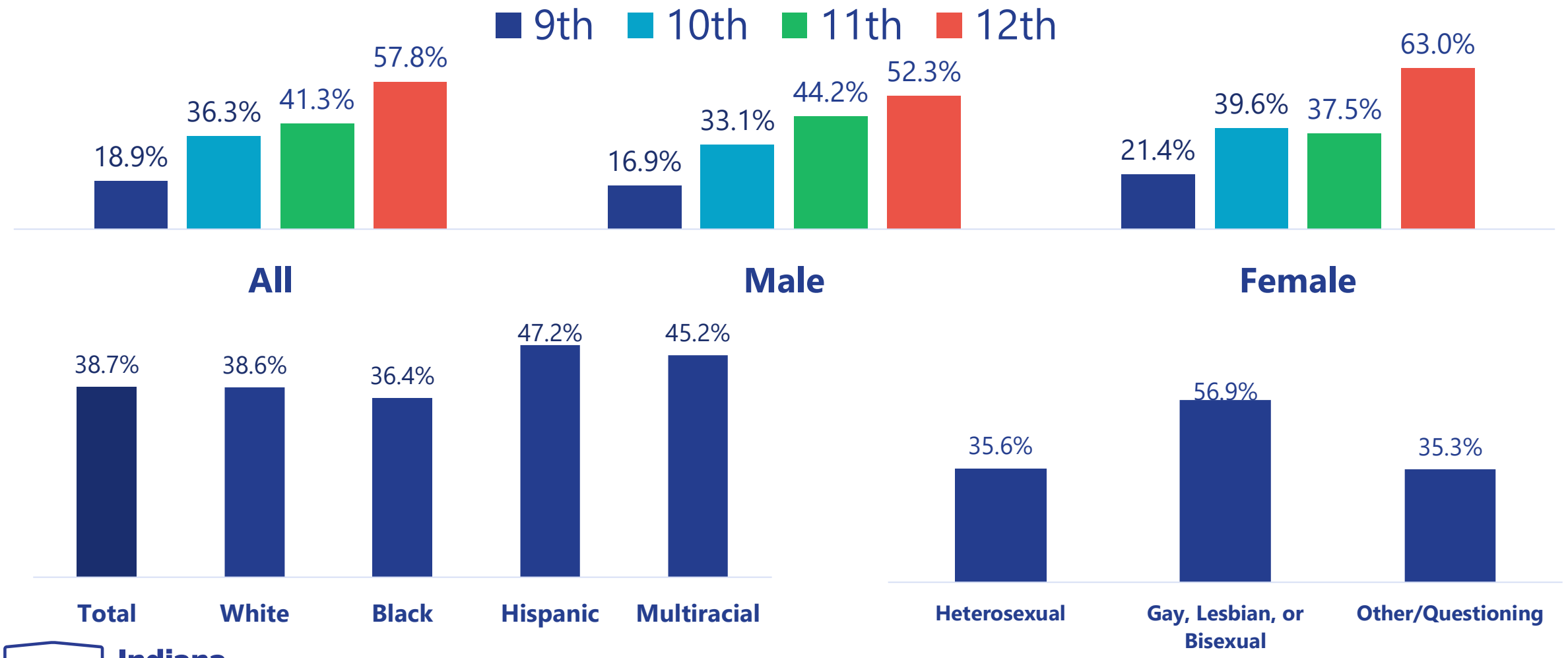
Sexual Behavior

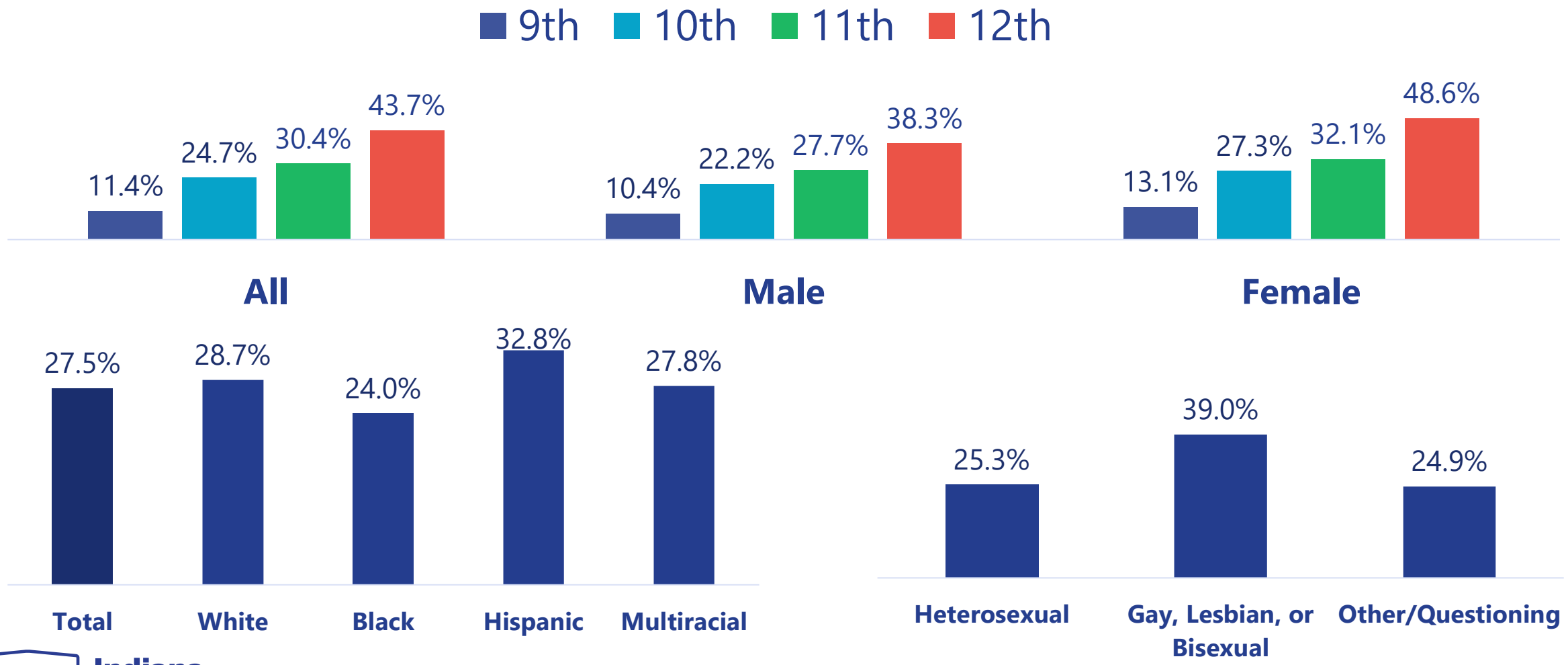
Sexual Activity – 2023 Results



Percentage of students who ever had sexual intercourse



Percentage of students who were currently sexually active*



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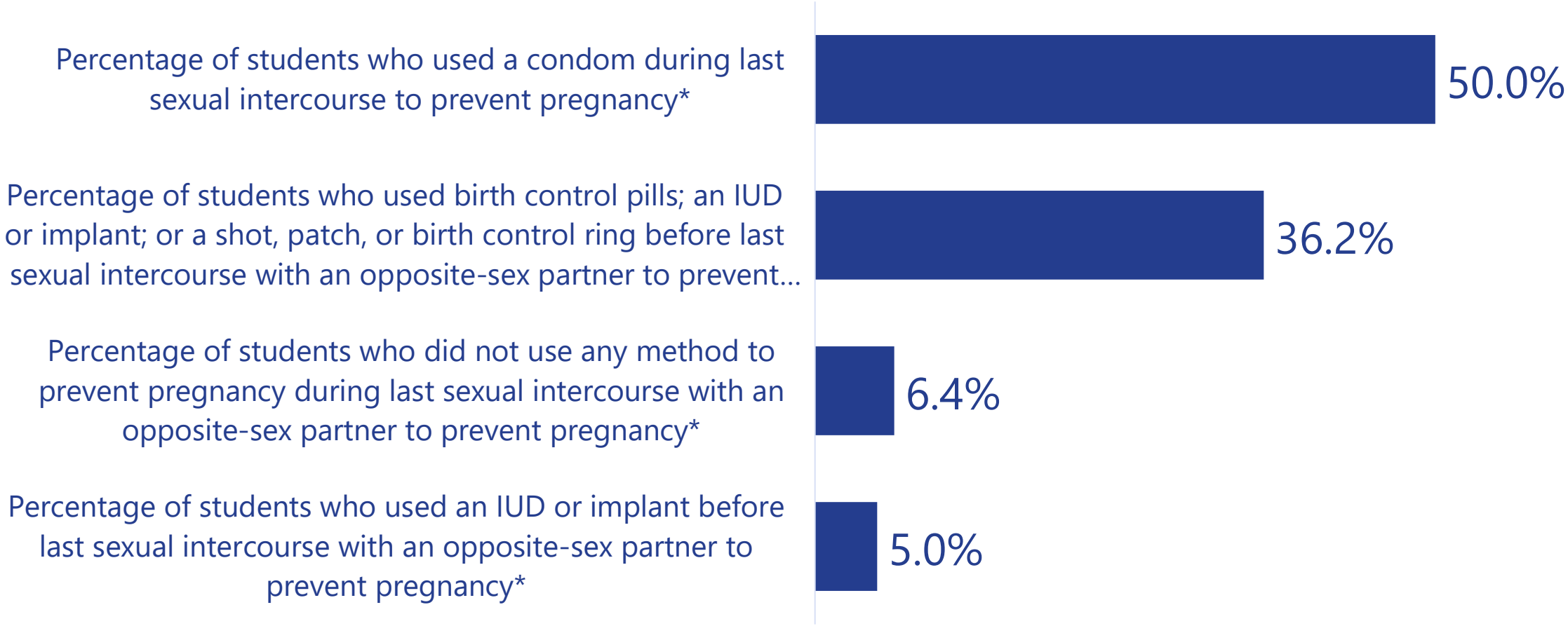
*had sexual intercourse with at least one person, during the 3 months before the survey

Contraception Use – 2023 Results



Indiana Department of Health

*among students who were currently sexually active

Contraception and STD Testing – 2023 Results

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

6.4%

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

5.0%

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Sexting – 2023 Results

Percentage of students who had received a text or an e-mail with a revealing or sexual photo of someone*

29.0%

Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves*

14.2%

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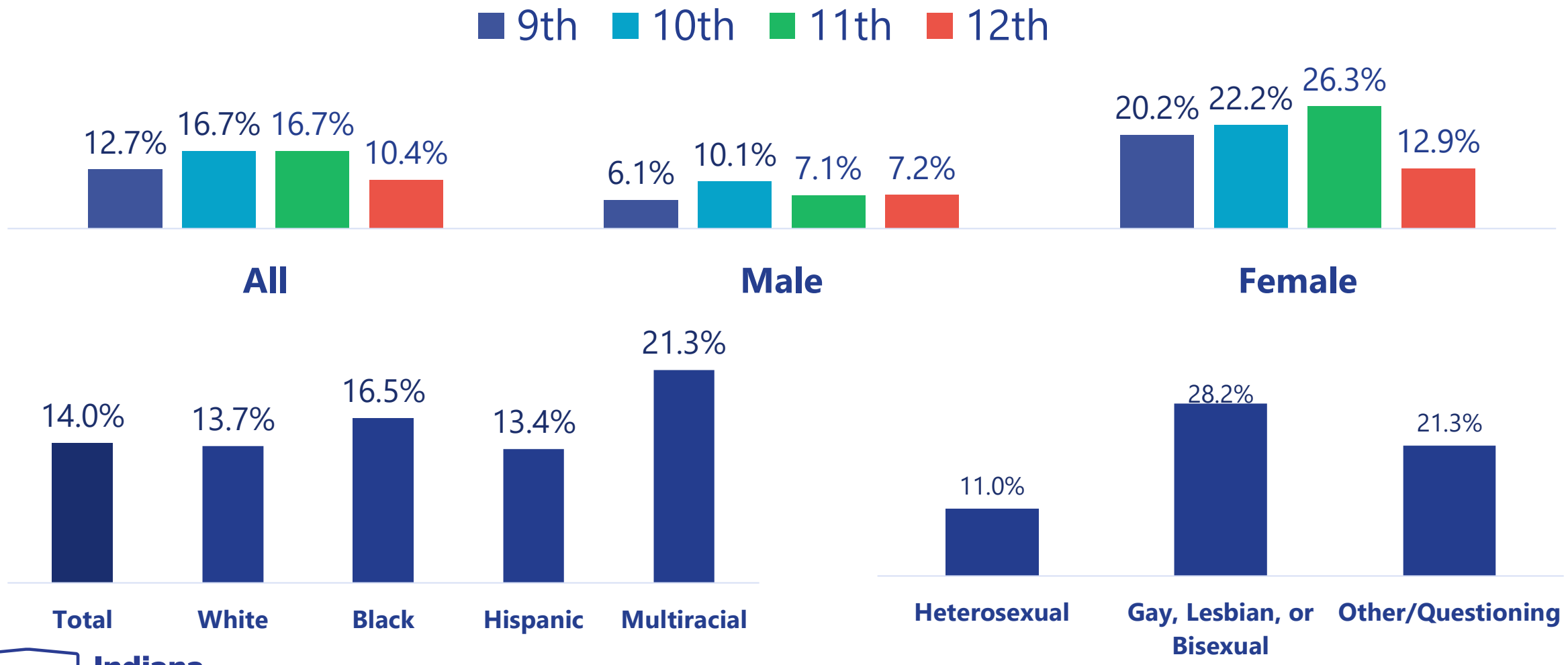
*during the 30 days before the survey

Dating & Sexual Violence – 2023 Results

Indiana Department of Health

**during the 12 months before the survey

Percentage of students who experienced sexual violence (being forced by anyone to do sexual things)*



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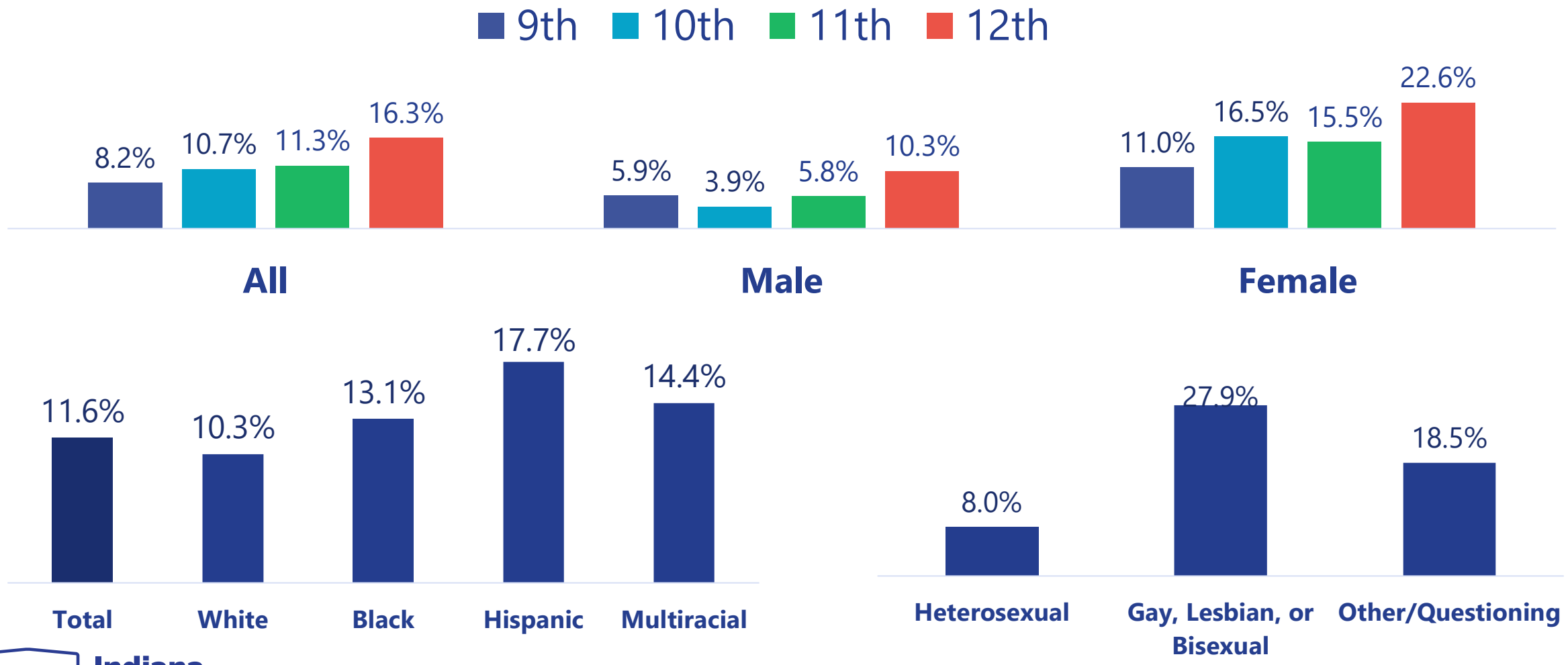
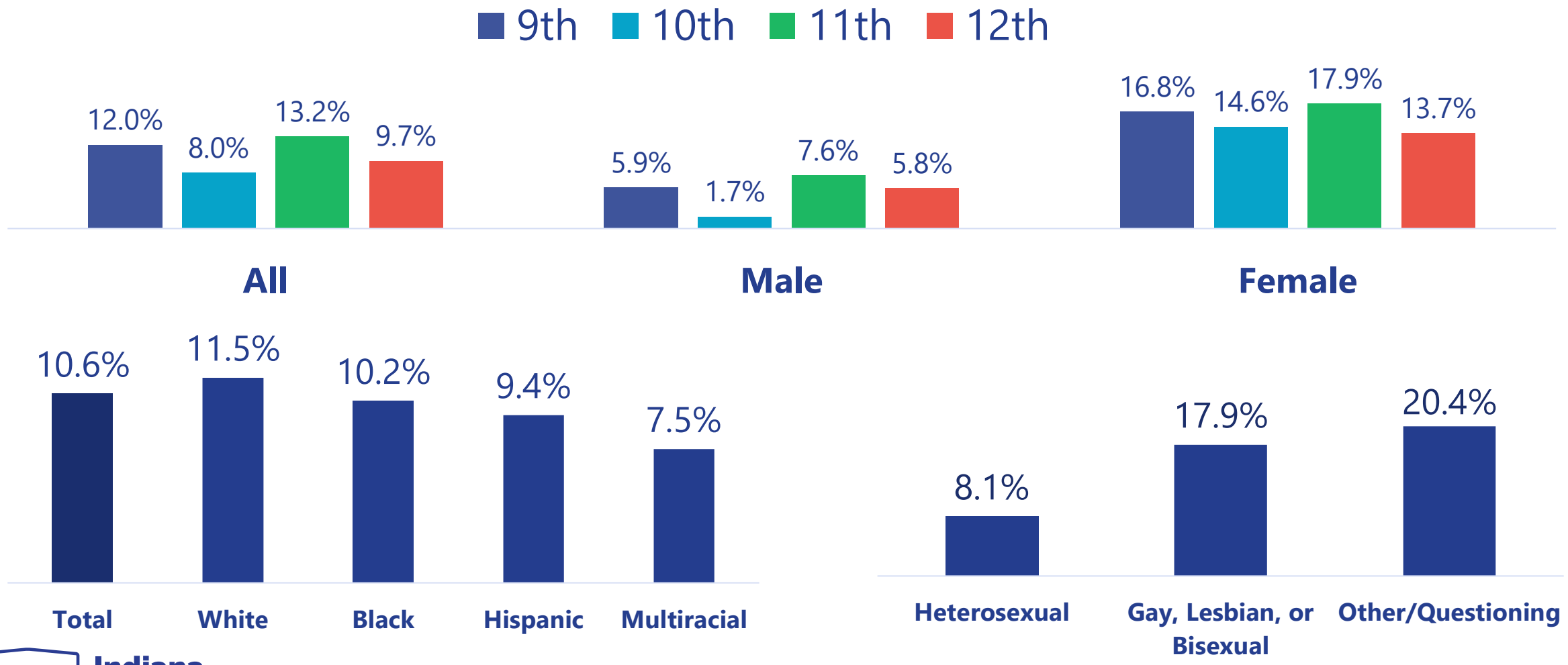
*during the 12 months before the survey

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



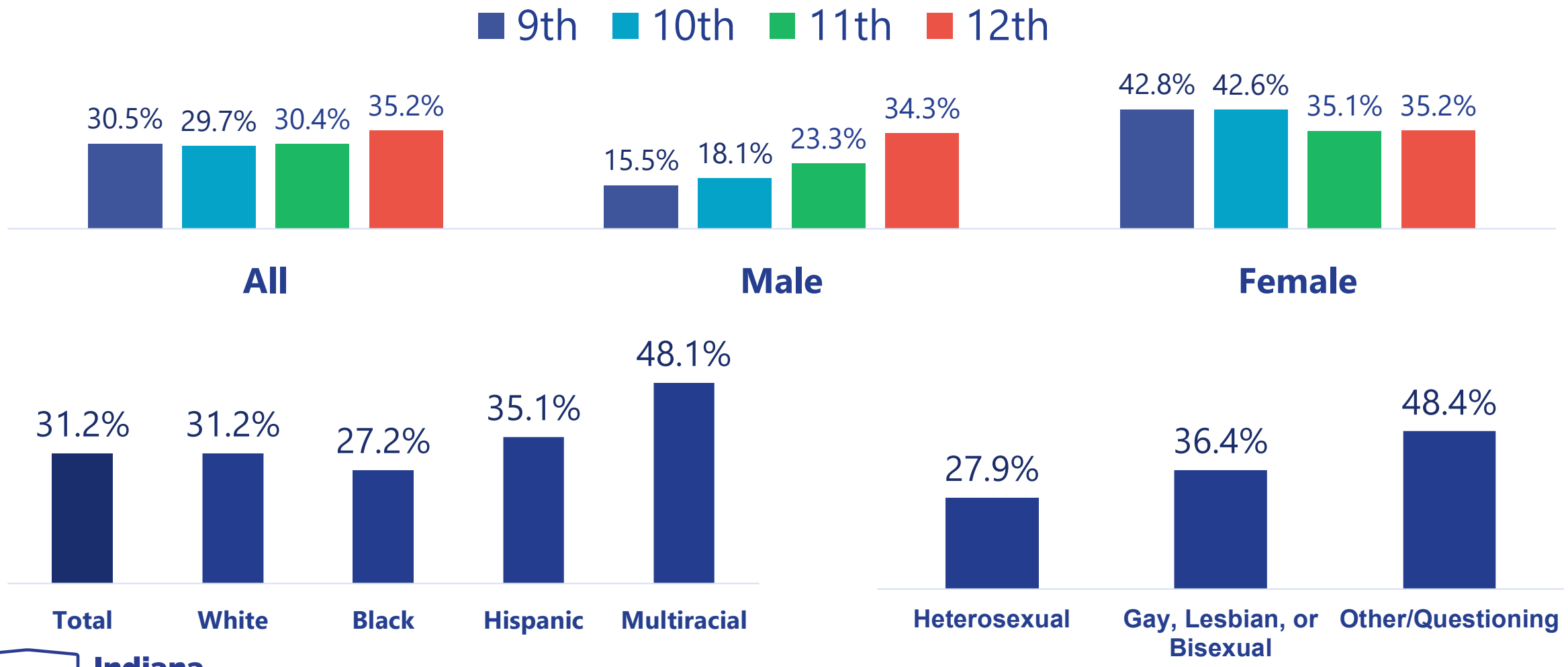
Percentage of students who experienced sexual dating violence (being forced by someone they were dating to do sexual things)*



Indiana Department of Health

*during the 12 months before the survey

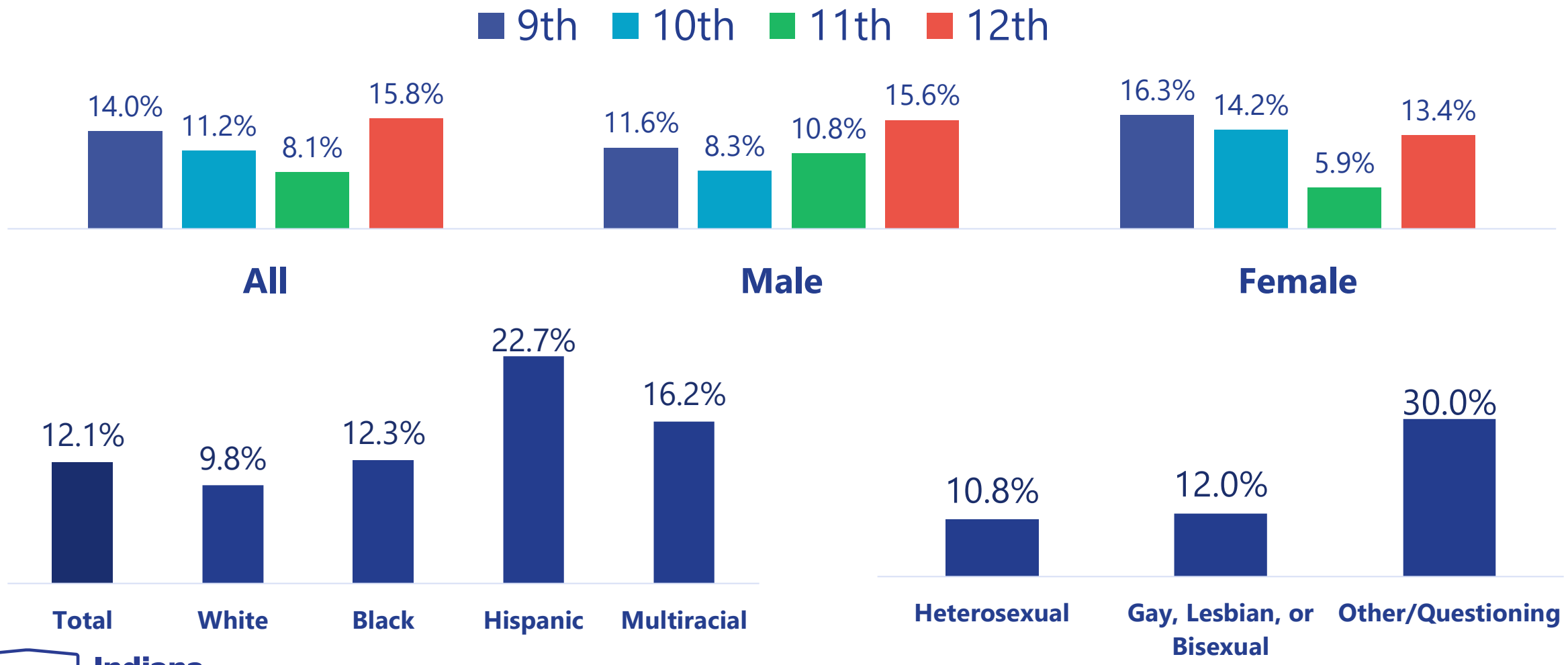
Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times**



Indiana Department of Health

*during the 12 months before the survey

Percentage of students who experienced physical dating violence (being physically hurt by someone they were dating)*

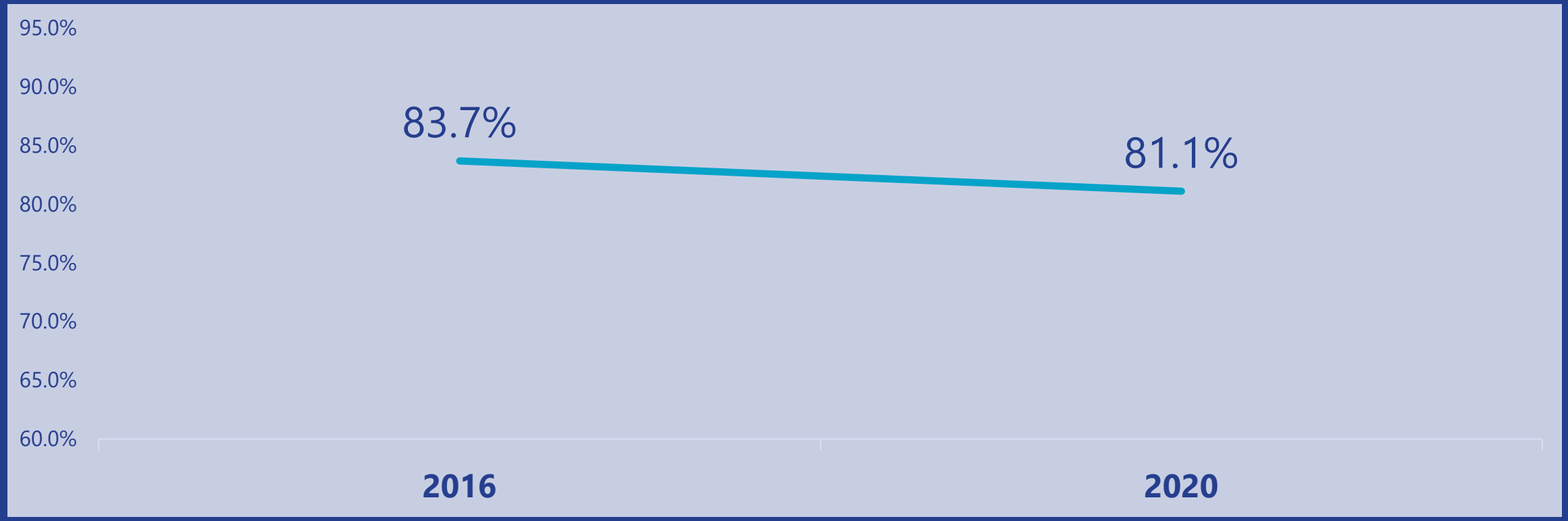


Indiana Department of Health

*during the 12 months before the survey

School Health Profiles – Principal Survey

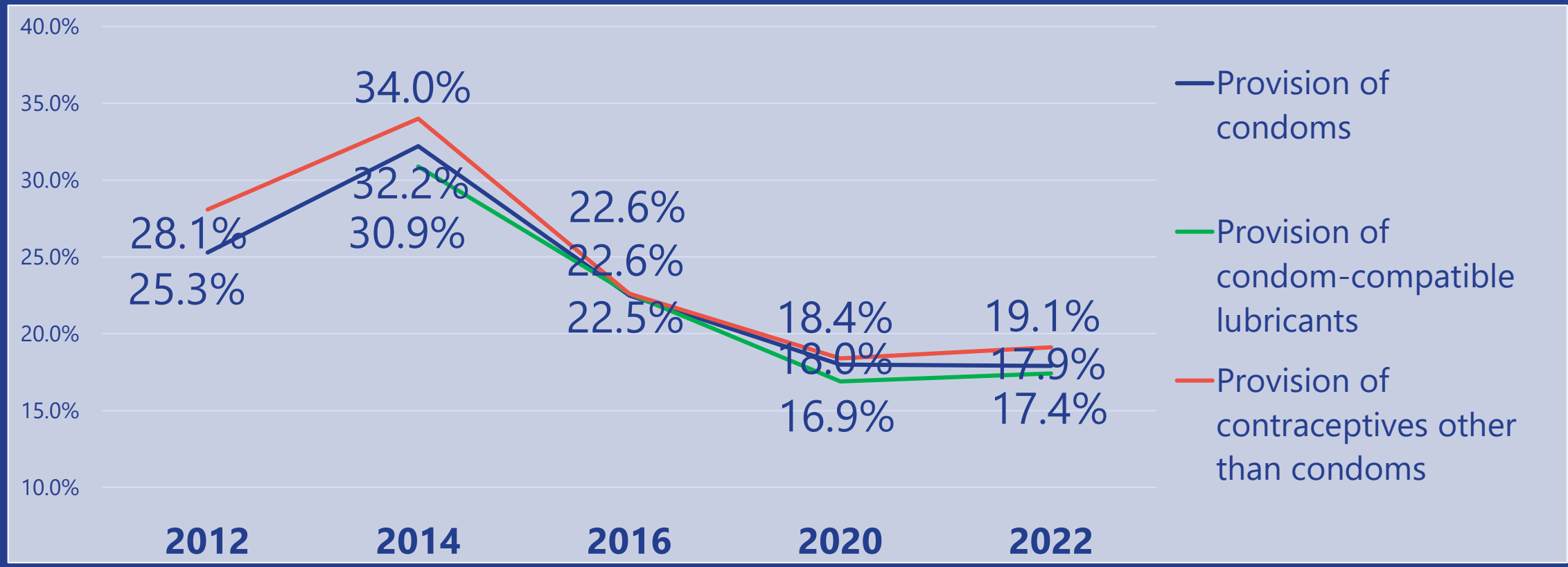
School does not provide any sexual or reproductive health services



Indiana Department of Health

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

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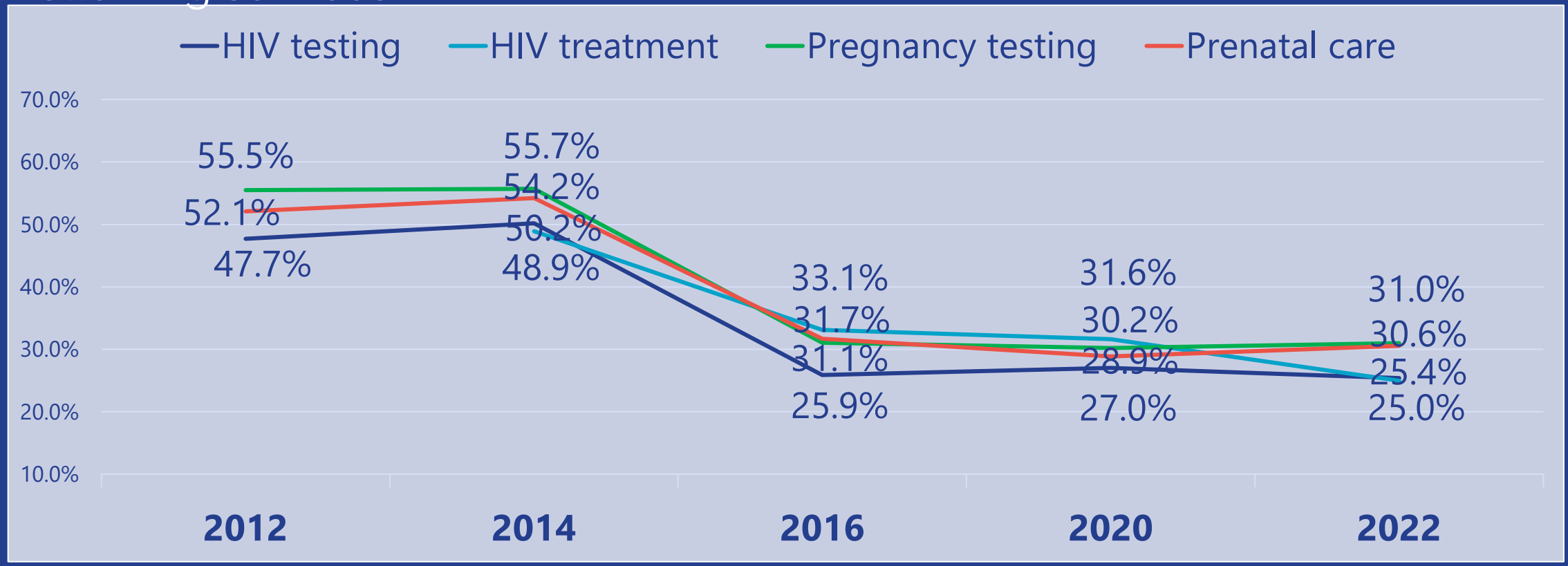
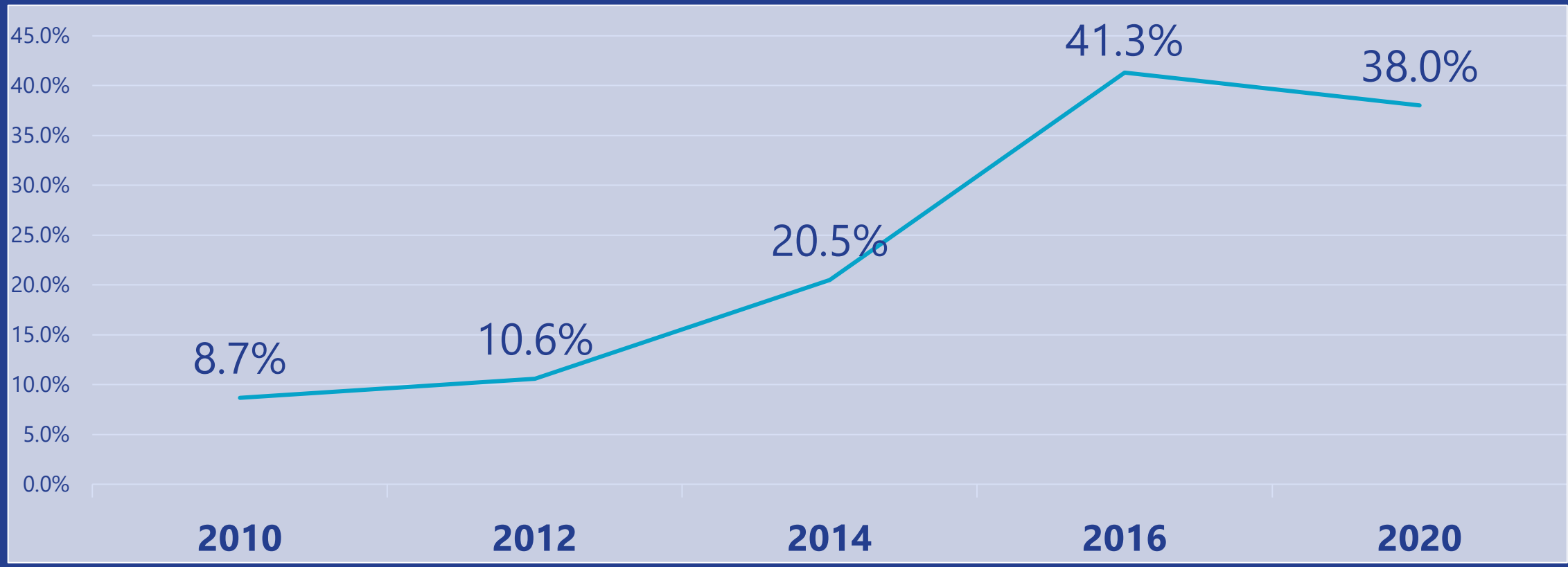


Indiana Department of Health

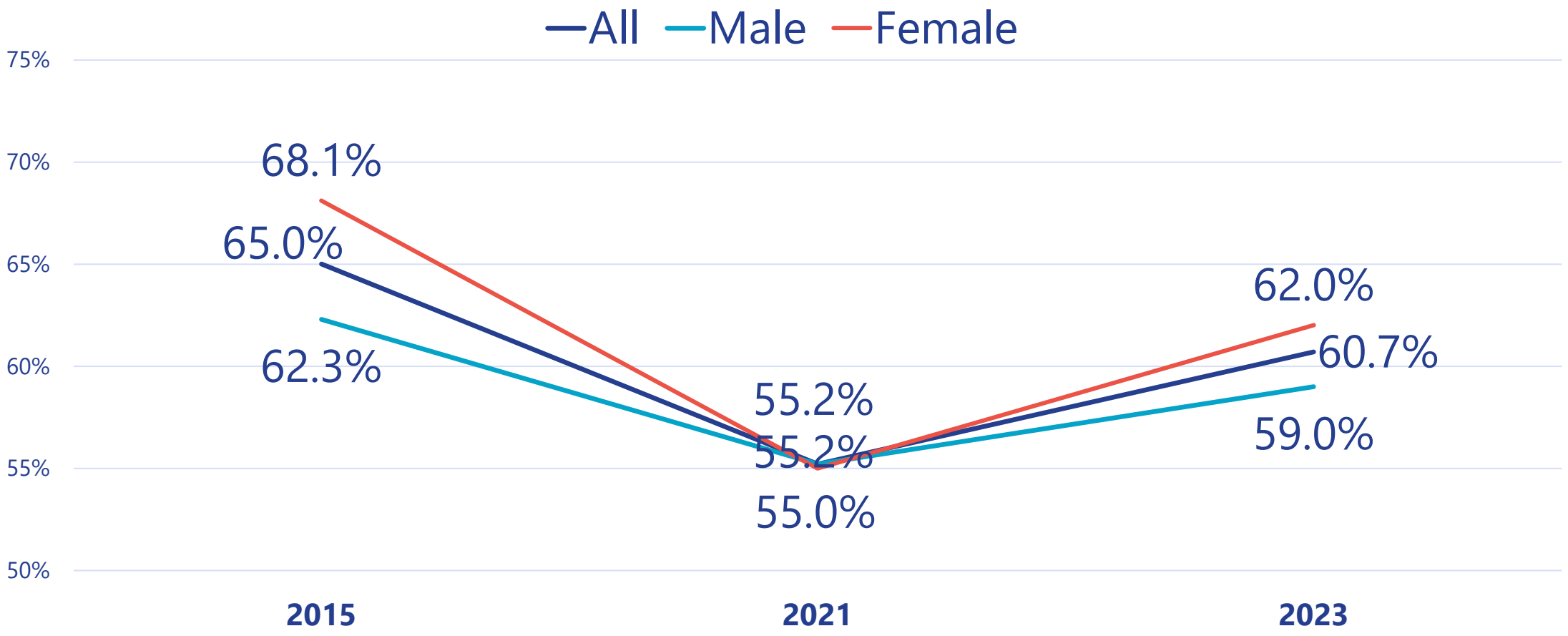
School Health Profiles – Teacher Survey

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



Indiana Department of Health

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

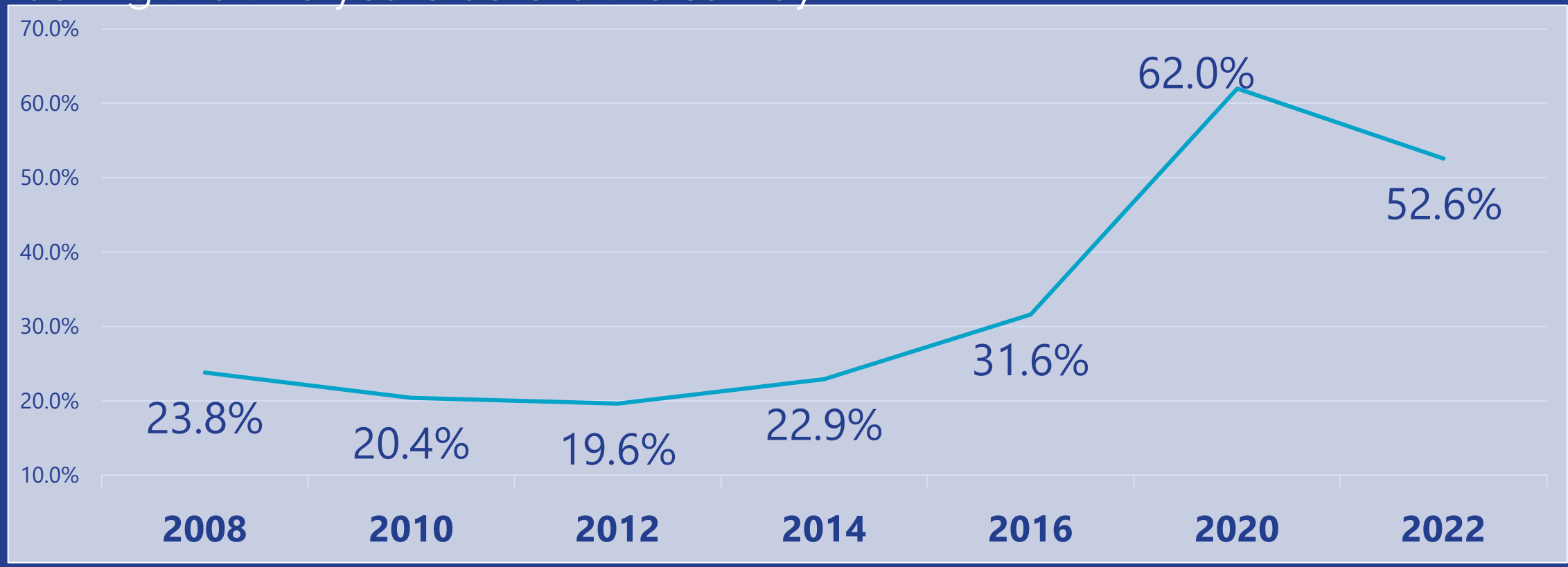


Indiana Department of Health

Mental Health

School Health Profiles – Teacher Survey

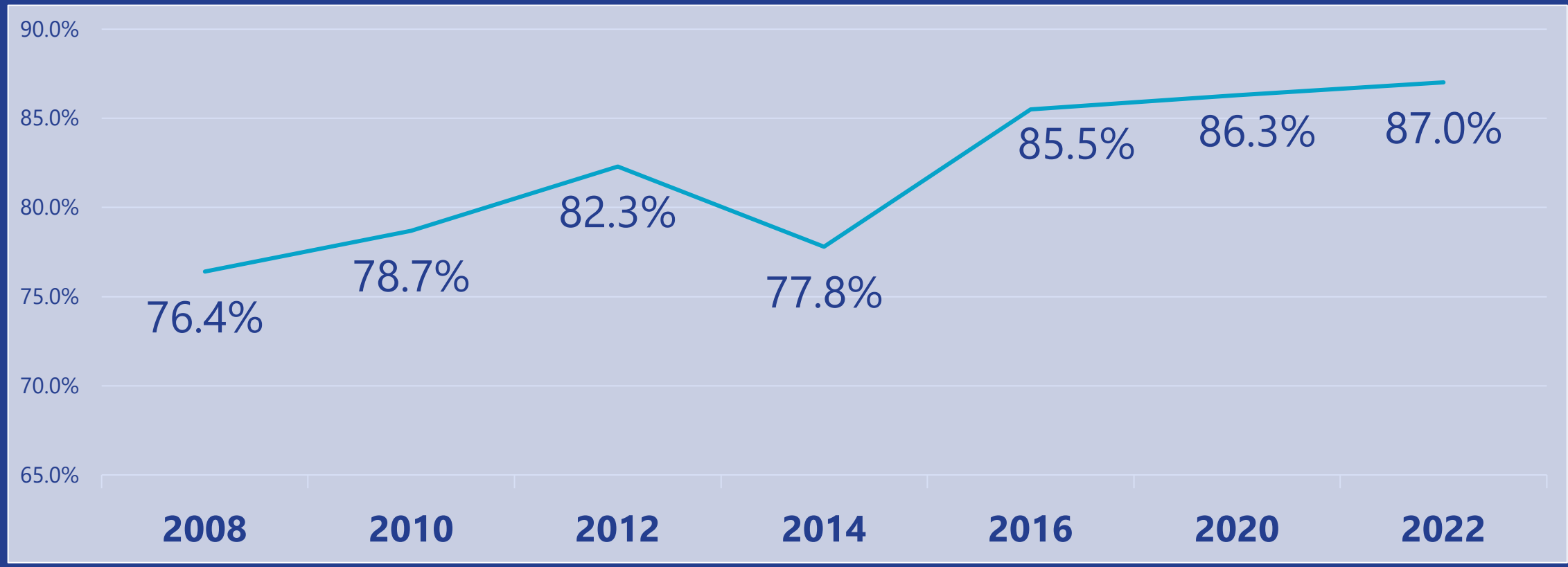
Percentage of schools in which the lead health education teacher received professional development on emotional and mental health during the two years before the survey:



Indiana Department of Health

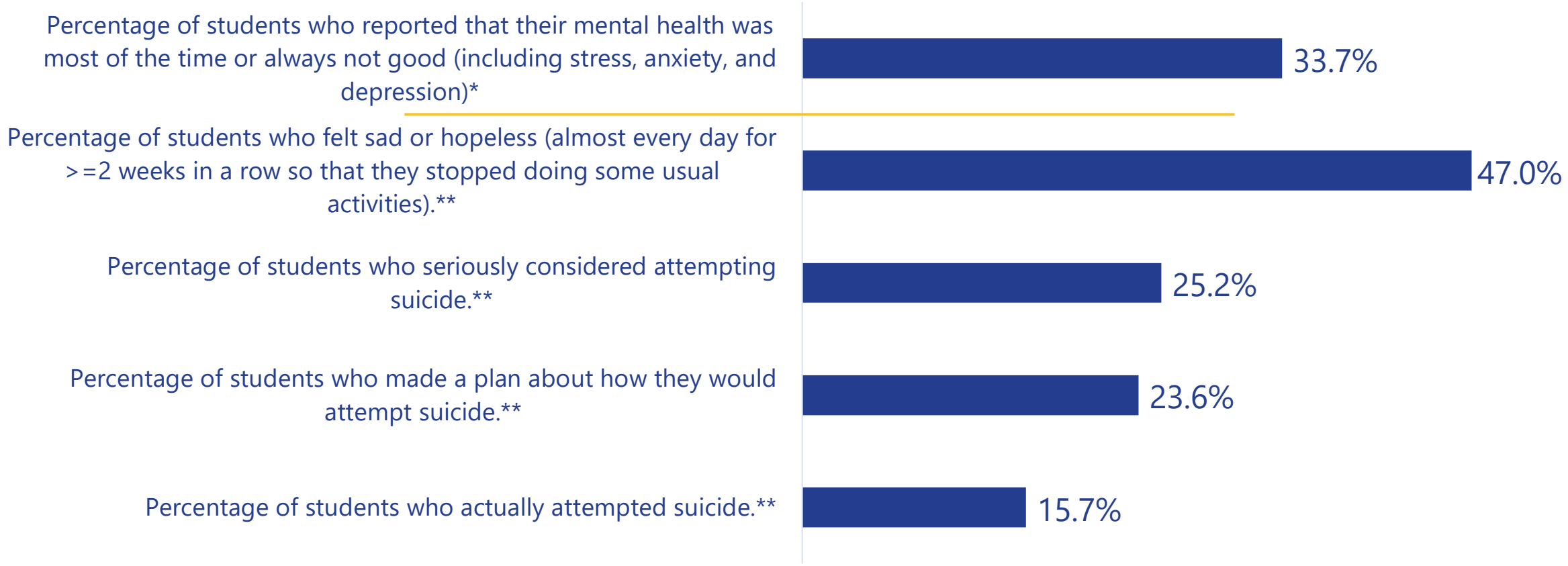
School Health Profiles – Teacher Survey

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:



Indiana Department of Health

Stress, Anxiety, Depression & Suicide – 2023 Results

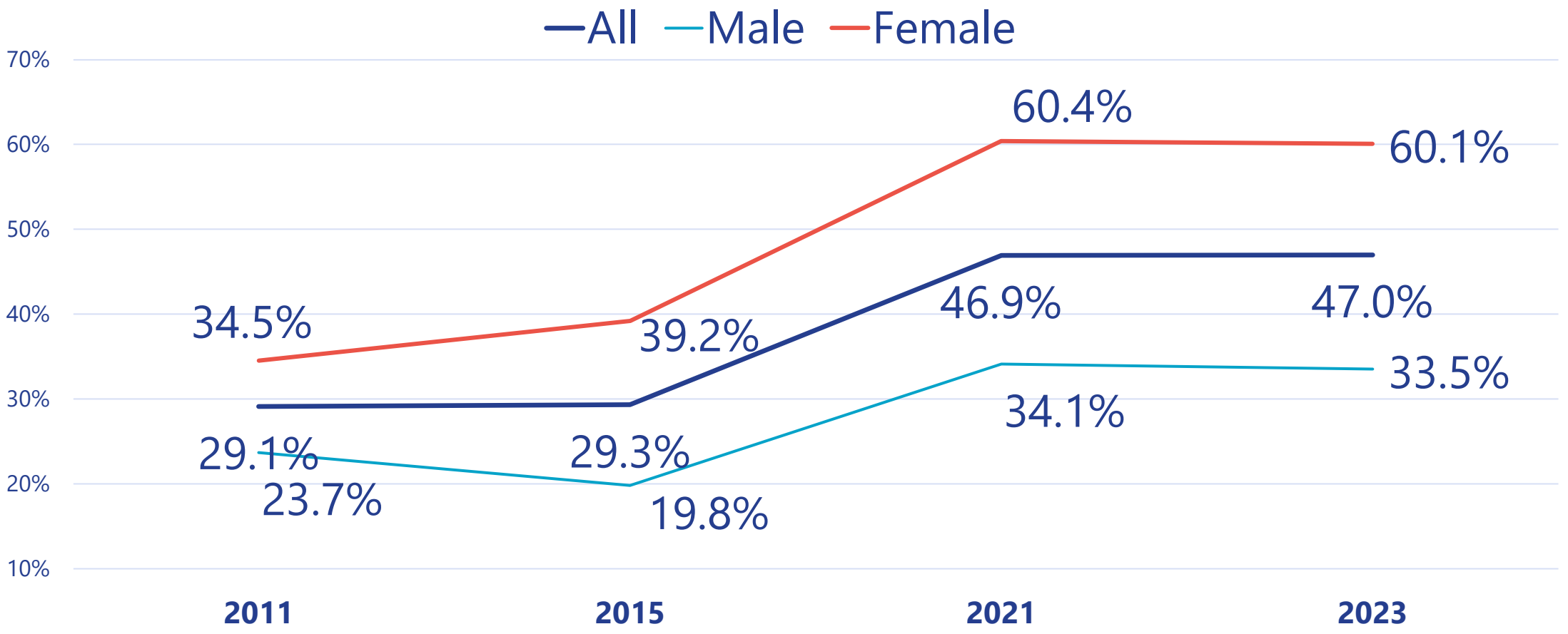


Indiana Department of Health

*during the 30 days before the survey
**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)

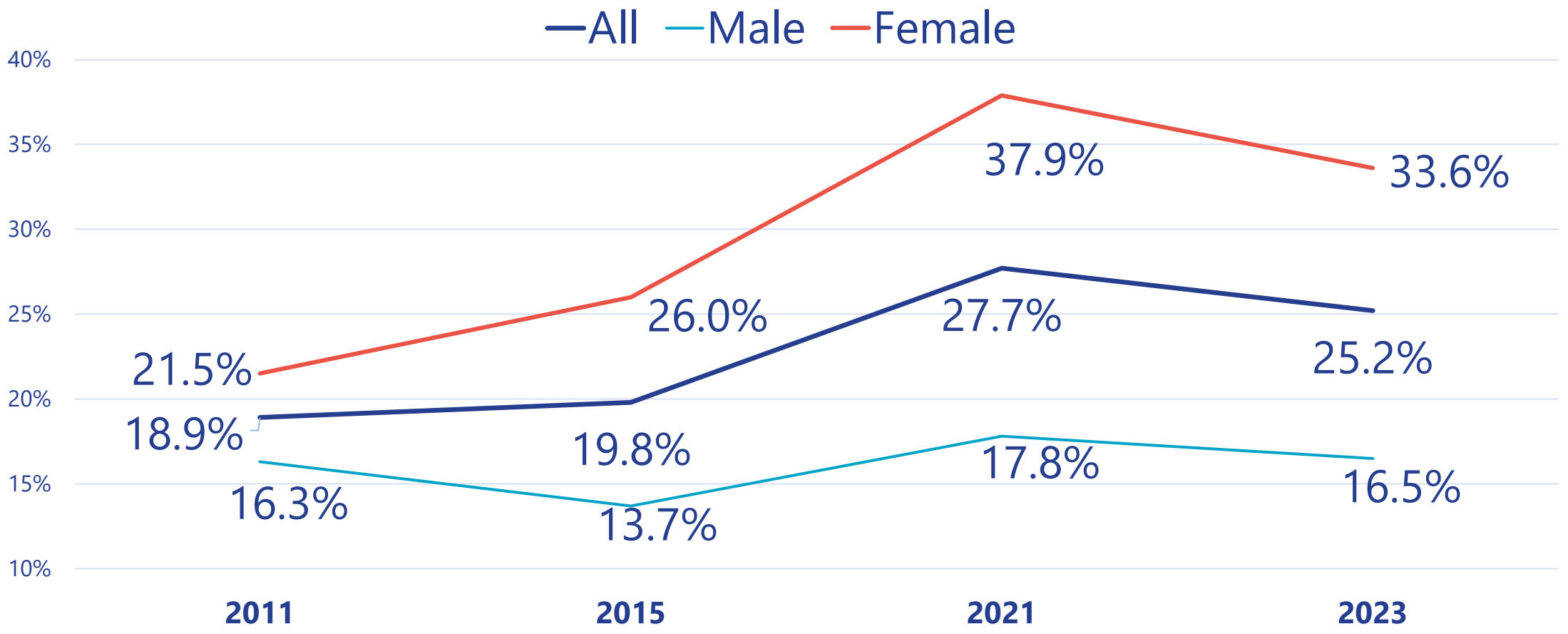


Indiana Department of Health

*so that they stopped doing some usual activities

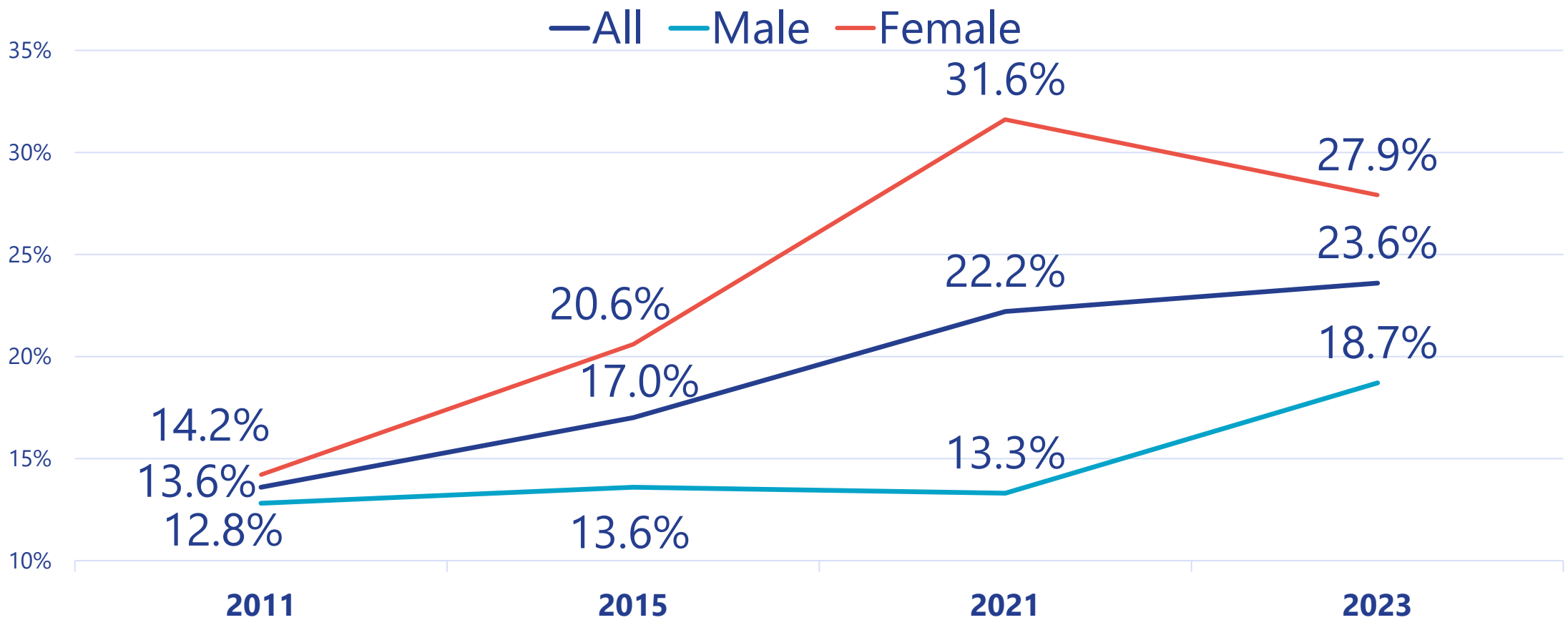
Percentage of students who seriously considered attempting suicide

(during the 12 months before the survey)



Indiana Department of Health

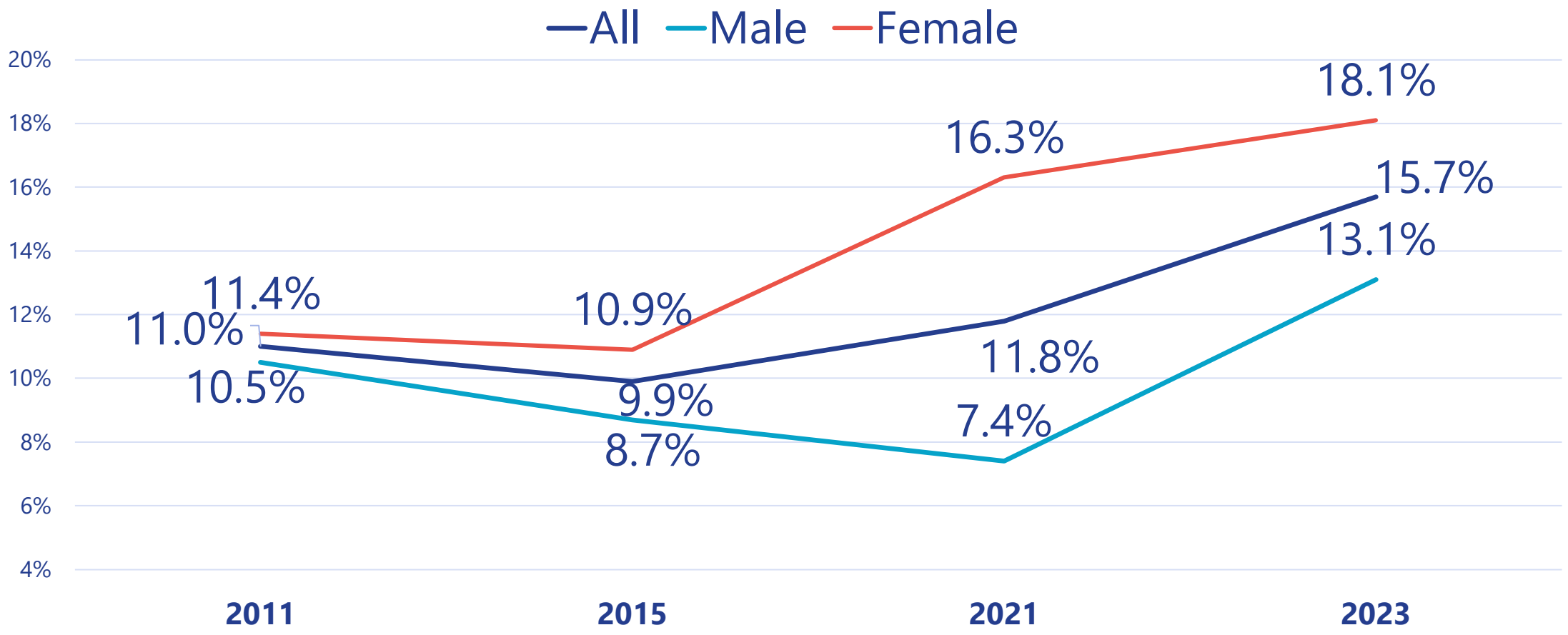
Percentage of students who made a plan about how they would attempt suicide
(during the 12 months before the survey)



Indiana Department of Health

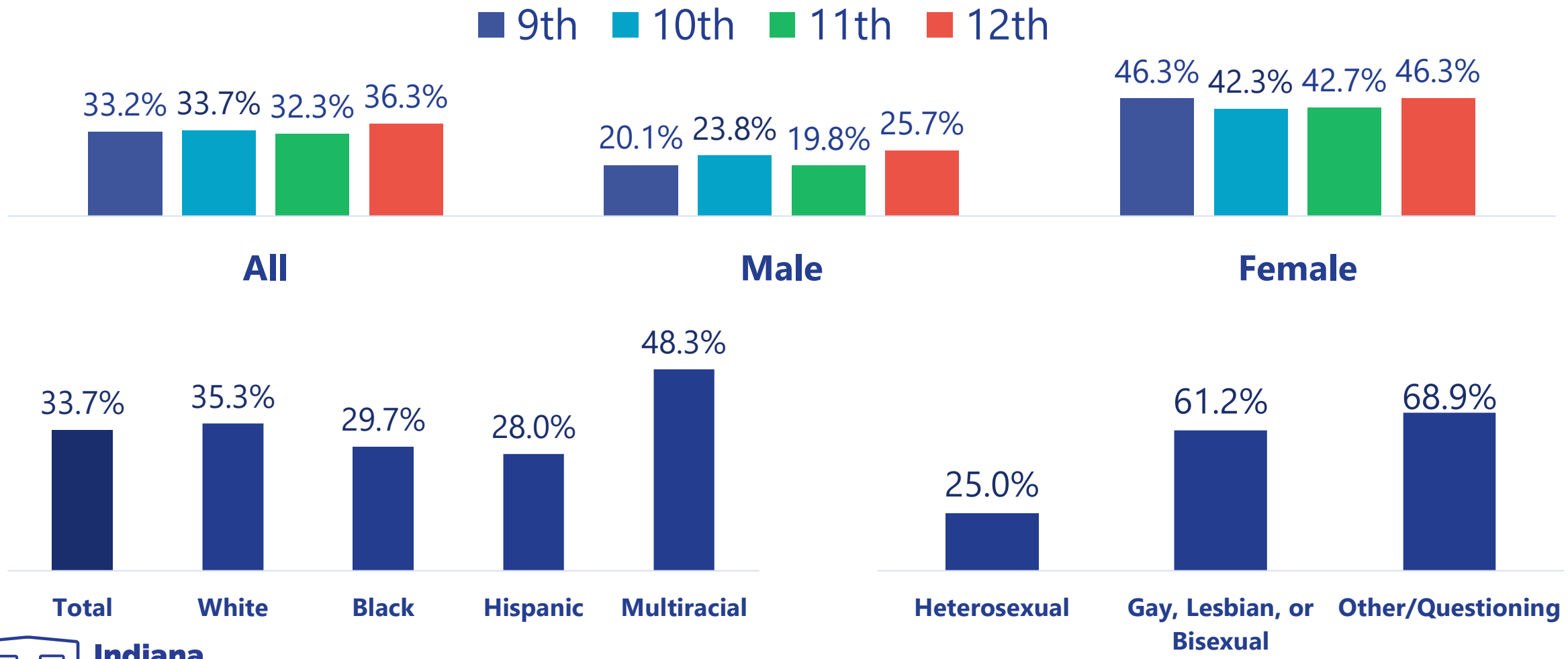
Percentage of students who actually attempted suicide

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



Indiana Department of Health

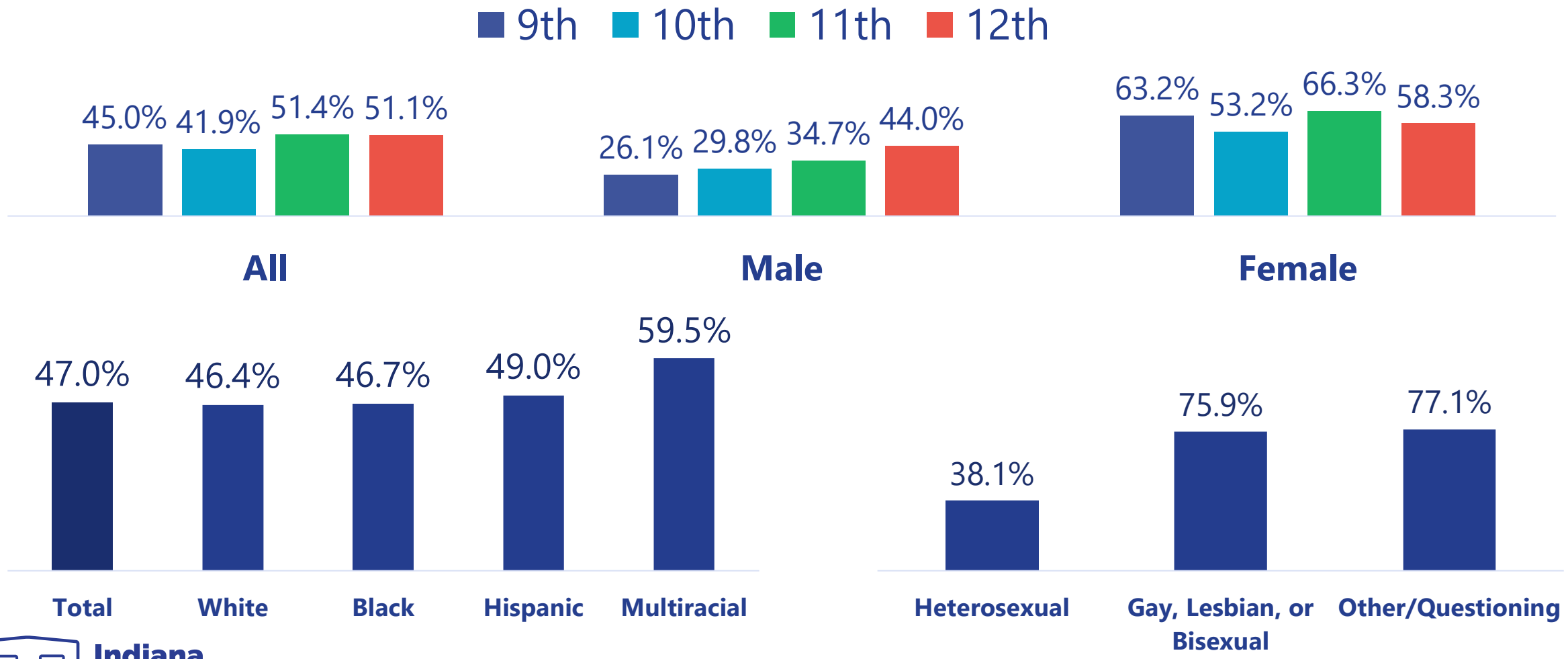
Percentage of students that their mental health was most of the time or always not good (Including stress, anxiety, and depression)*



Indiana Department of Health

*during the 30 days before the survey

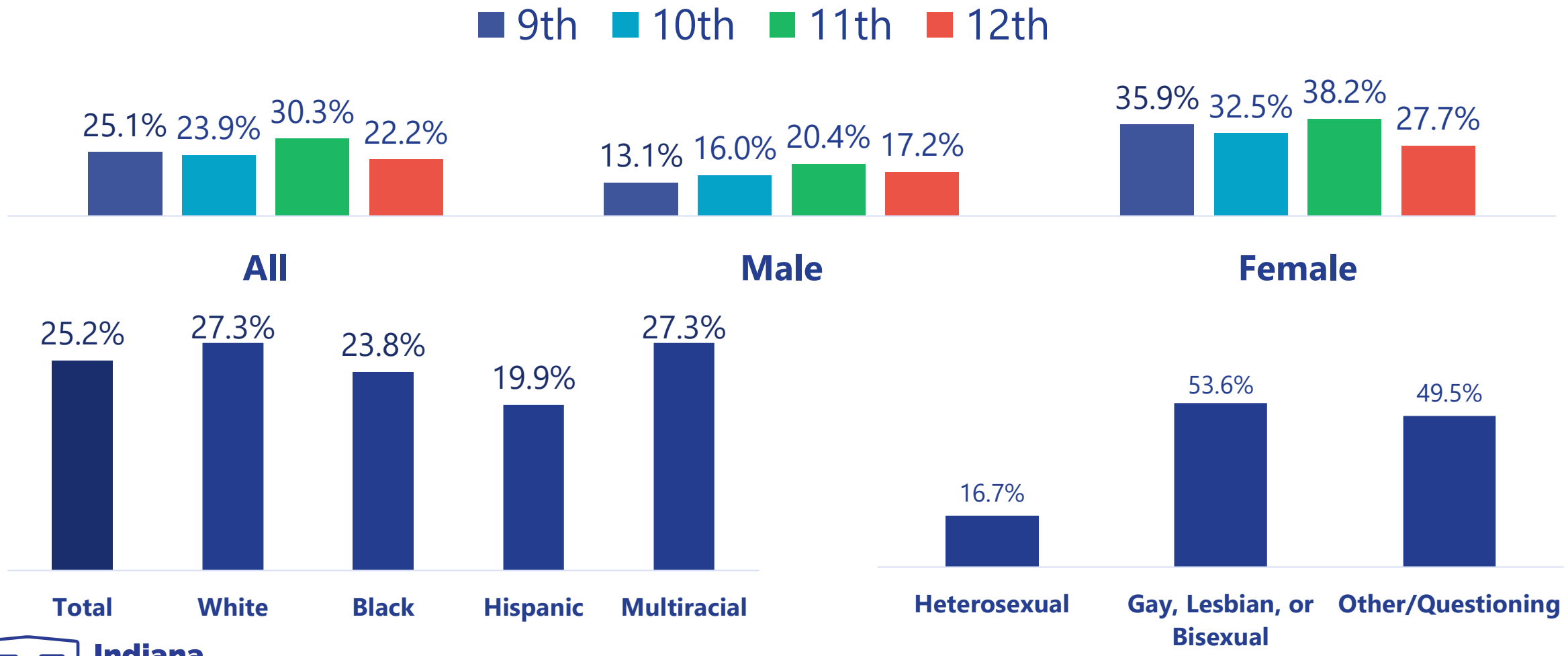
Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities).**



Indiana Department of Health

**during the 12 months before the survey

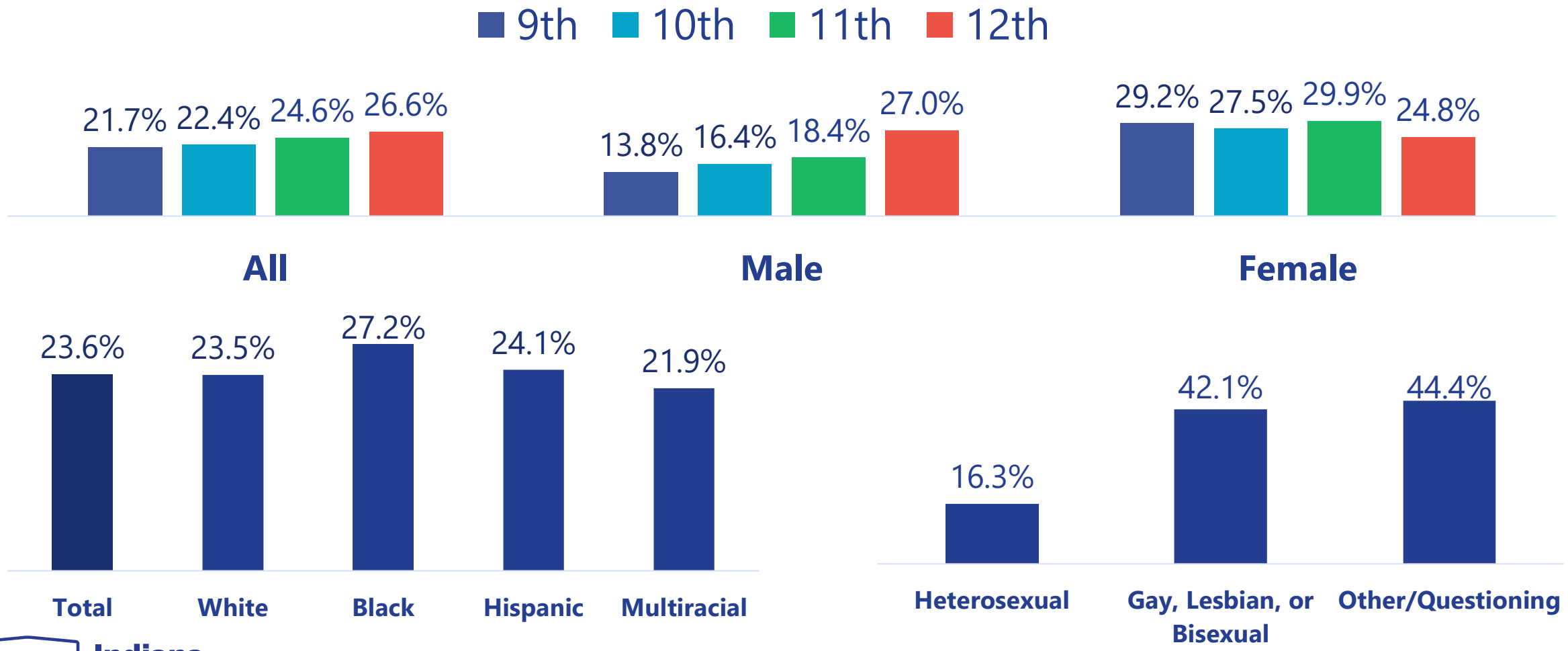
Percentage of students who seriously considered attempting suicide.**



Indiana Department of Health

**during the 12 months before the survey

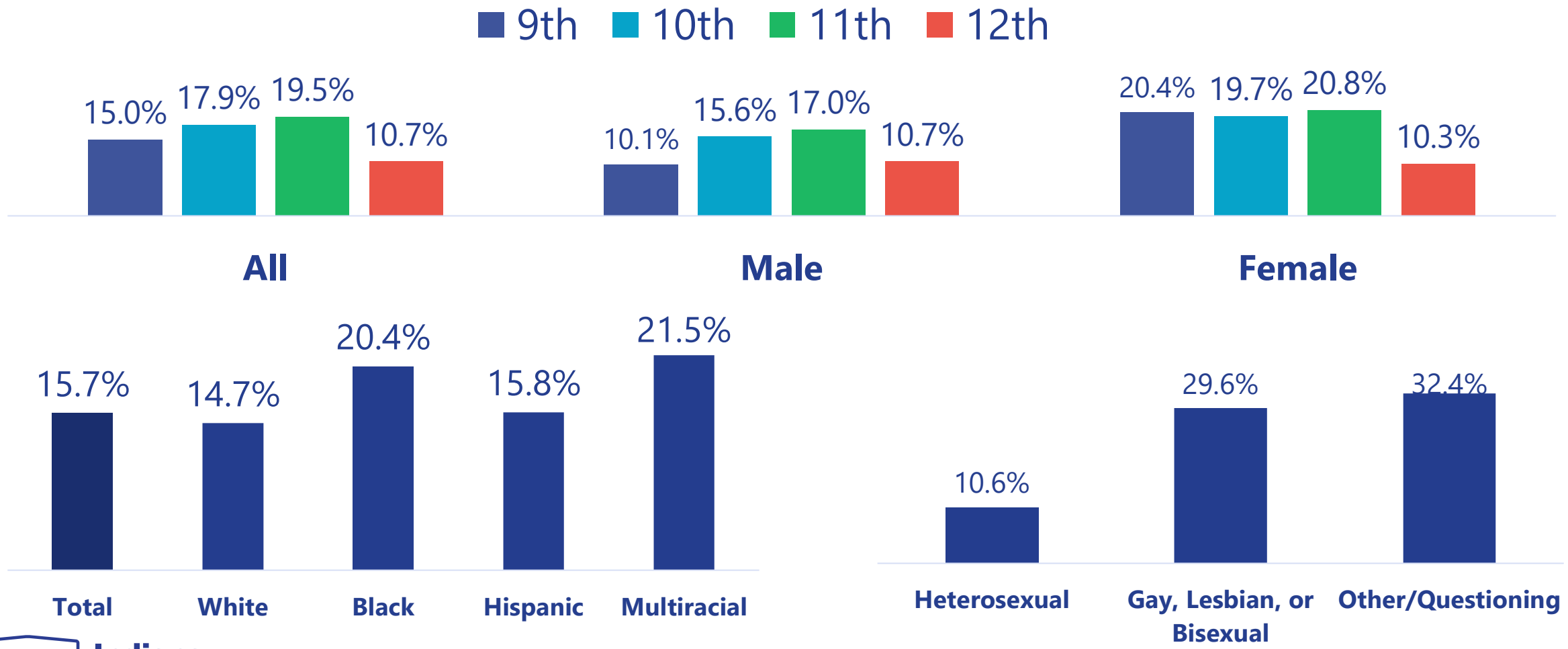
Percentage of students who made a plan about how they would attempt suicide.**



Indiana Department of Health

**during the 12 months before the survey

Percentage of students who actually attempted suicide.**



Indiana Department of Health

**during the 12 months before the survey

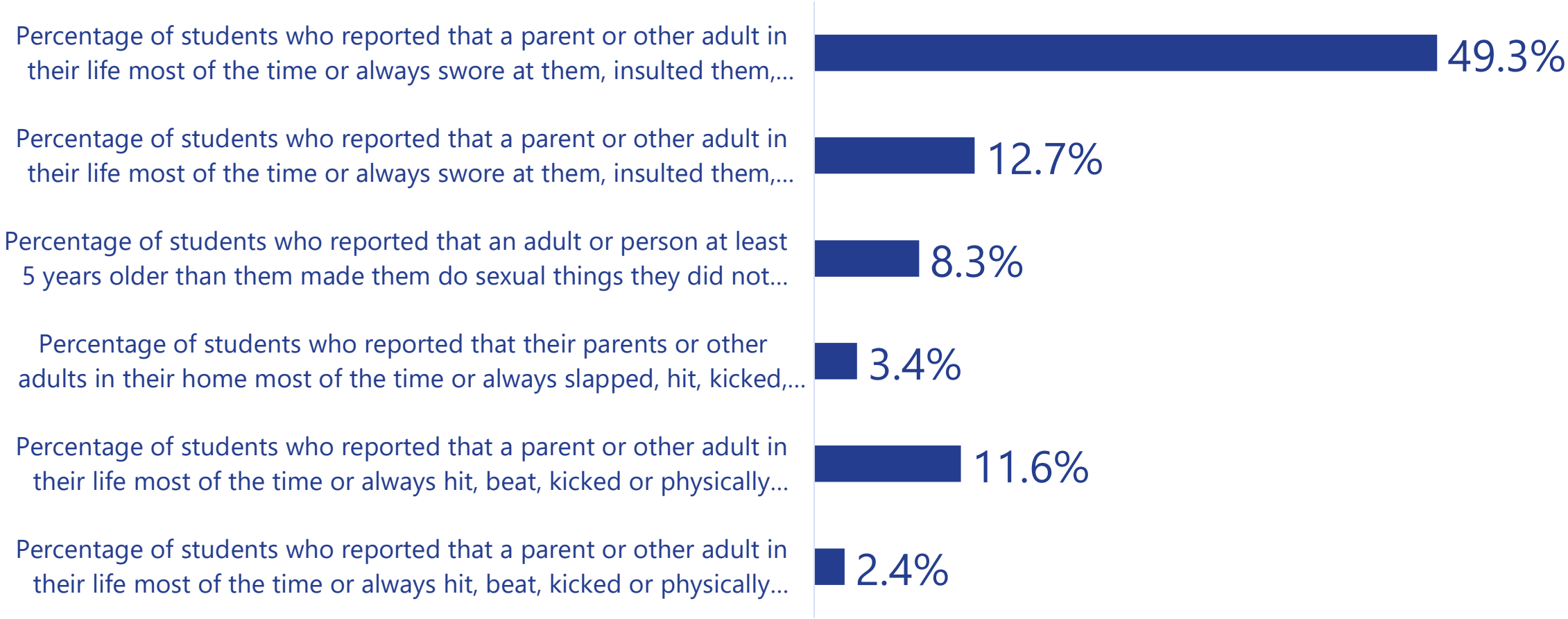
Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) – 2023 Results

Indiana Department of Health

*Includes vocational training, military service, community college, or 4-year college)

Adult Violence – 2023 Results

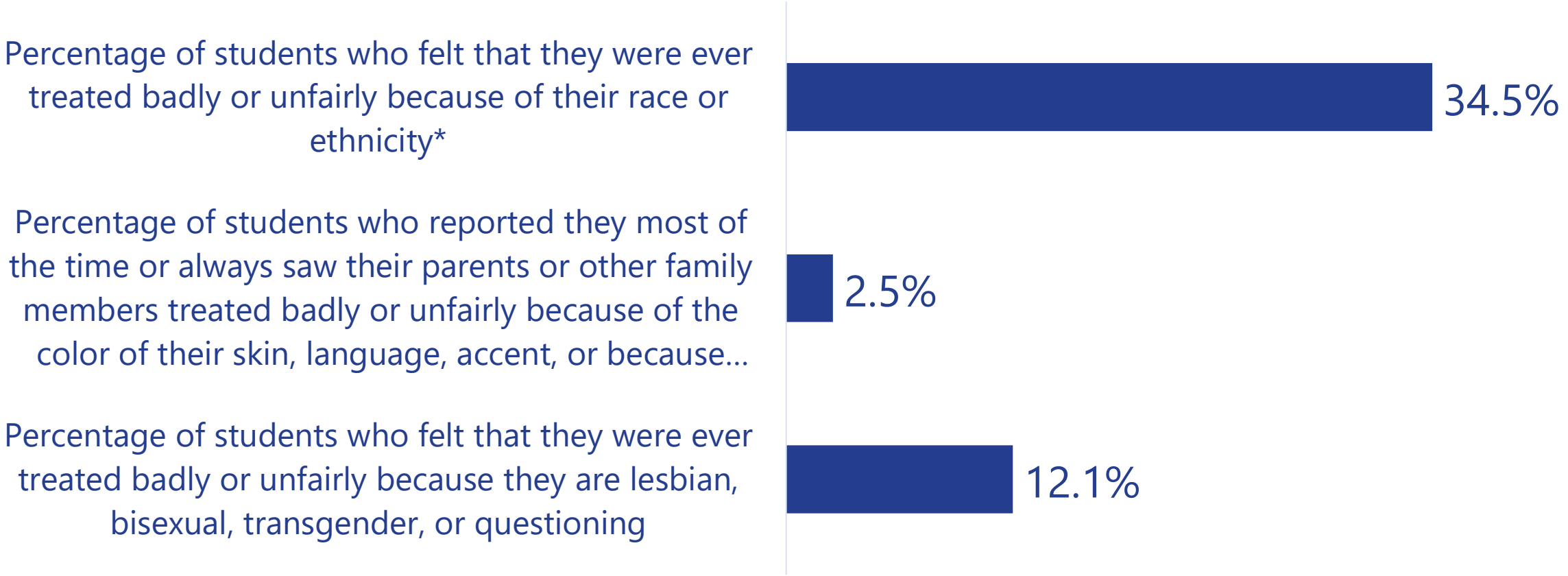


Indiana Department of Health

*during their life

**during the 12 months before the survey

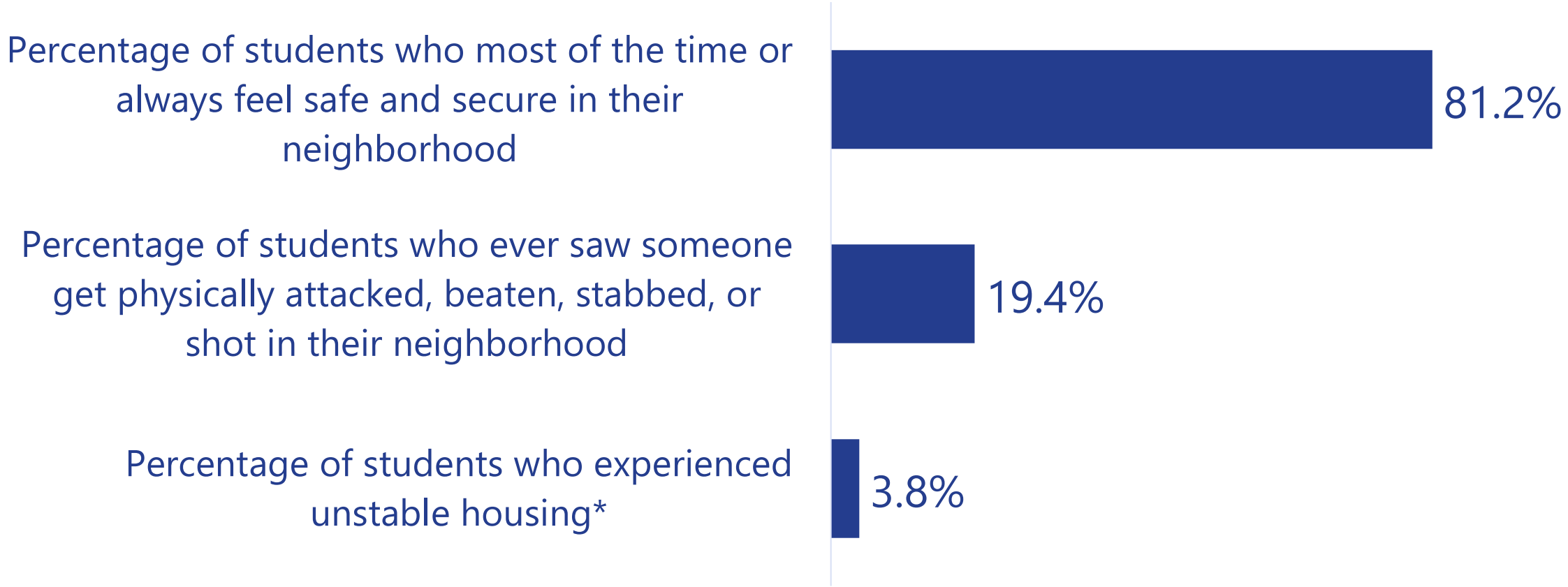
Unfair treatment– 2023 Results



Indiana Department of Health

*during their life

Home Life & Neighborhood Environment – 2023 Results



Indiana Department of Health

*during the 30 days before the survey

Extracurricular Activities

Extracurricular Activities – 2023 Results

Indiana Department of Health

*In an average school week
**During the 30 days prior to the survey
***During the 12 months before the survey

Post-Secondary Plans – 2023 Results

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

Indiana Department of Health

*Includes vocational training, military service, community college, or 4-year college)

Phone Usage

Screen Time

Percentage of students who spent 3 or more hours per day on screen time (not counting time spent doing schoolwork, on an average school day)

76.3%

Percentage of students who use social media several times a day

75.2%

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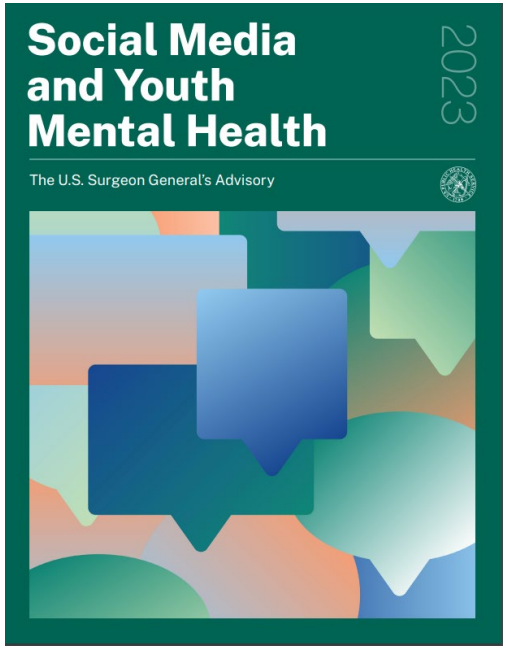
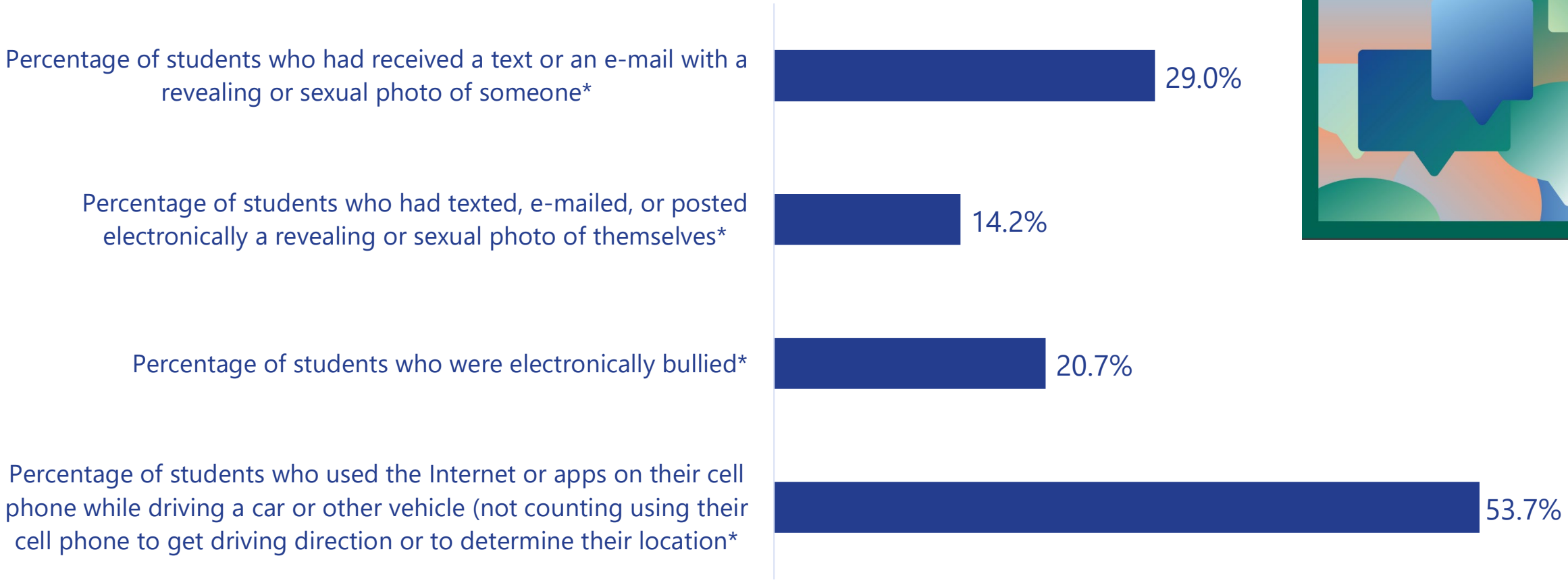
Harmful Online-Related Activities





Indiana Department of Health

*during the 30 days before the survey
**12 months before the survey

Parent & Social Support

Parental Support – 2023 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

Indiana Department of Health

*during the 30 days before the survey
**during their life

Parental Support – 2023 Results

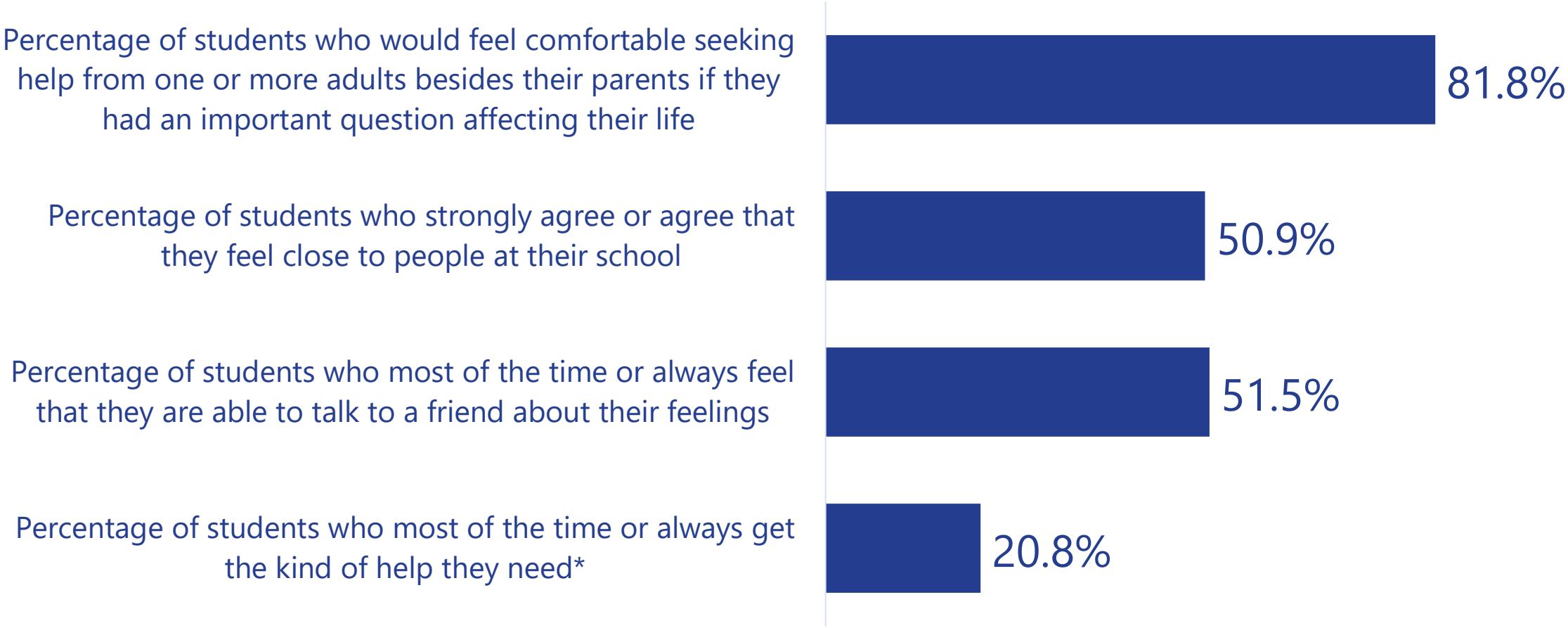
Percentage of students who most of the time or always feel that they are able to talk to an adult in their family or another caring adult about their feelings **

Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)

Indiana Department of Health

*during the 30 days before the survey
**during their life

Social Support – 2023 Results



Indiana Department of Health

*among students who report having felt sad, empty, hopeless, angry, or anxious

Contact Information

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This presentation was prepared by Dan Phan,
MCH Surveillance Epidemiologist