



Indiana
Department
of
Health

ADOLESCENT HEALTH DATA IN INDIANA: STATE- LEVEL YOUTH RISK BEHAVIOR SURVEY

SARAH IWINSKI-WALLACE

ADOLESCENT HEALTH ADMINISTRATOR

SOPHIA SCHADEWALD

ADOLESCENT HEALTH COORDINATOR

06/10/2025

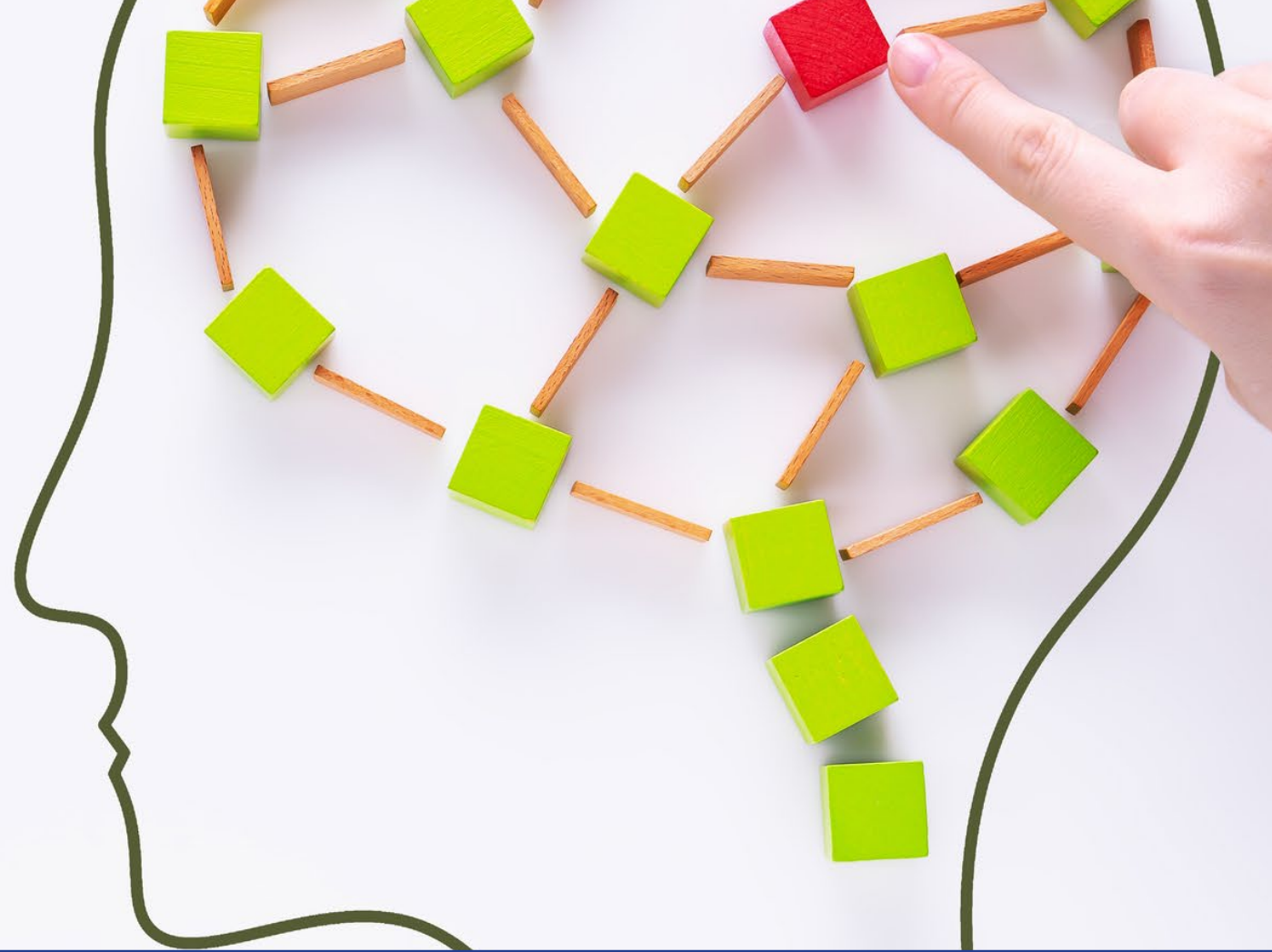
OUR MISSION:

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.





Guess the Percentage



Indiana
Department
of
Health

Guess the Percentage

During the last 30 days, what is the percentage of students who most of the time or always feel safe and secure in their neighborhood?

- A. 72.5%
- B. 81.2%
- C. 85.4%
- D. 96.7%

81.2%

Guess the Percentage

During the past week, what is the percentage of students who ate fruit one or more times per day?

- A. 78.7%
- B. 87.2%
- C. 90.9%
- D. 93.2%

90.9%

Guess the Percentage

During the past 12 months before the survey, what is the percentage of students who reported that a parent or other adult in their life most of the time or always swore at them, insulted them, or put them down one or more times?

- A. 11%
- B. 39%
- C. 49%
- D. 53%

49%

Guess the Percentage

During the last 30 days, what is the percentage of students who used the internet or apps on their cell phone while driving a car or other vehicle (not counting using their cell phone to get driving directions or to determine their location)?

- A. 9.2%
- B. 27.8%
- C. 47.2%
- D. 53.7%

53.7%

Guess the Percentage

In an average school week, what is the percentage of students who participate in school activities one or more hours (e.g., sports, band, drama, or clubs)?

- A. 58.9%
- B. 63.5%
- C. 73.4%
- D. 82.4%

58.9%

Youth Risk Behavior Survey (YRBS)

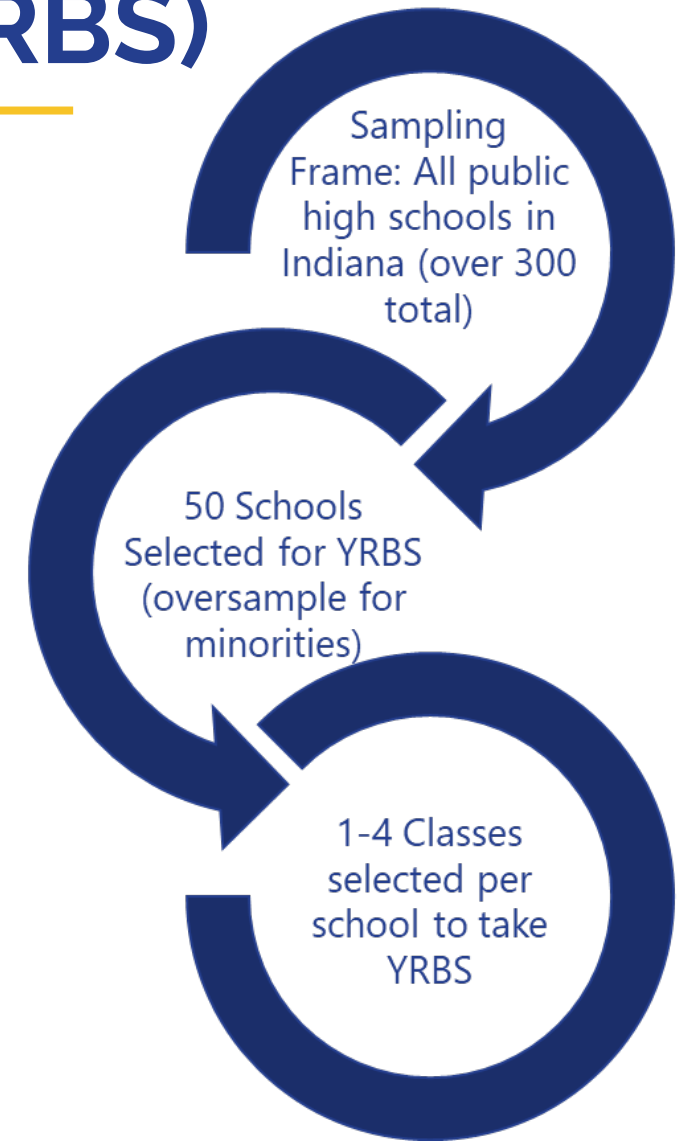
The Youth Risk Behavior Survey asks questions related to these behaviors, experiences, and conditions:

- **Student demographics** – age, grade, race and ethnicity, and sex
- **Youth health behaviors and conditions** – injury, violence, bullying, diet, physical activity, mental health and sexual health
- **Substance use behaviors** – electronic vapor products, alcohol use, and other substance use
- **Student experiences** – school connectedness, parental monitoring, and unstable housing

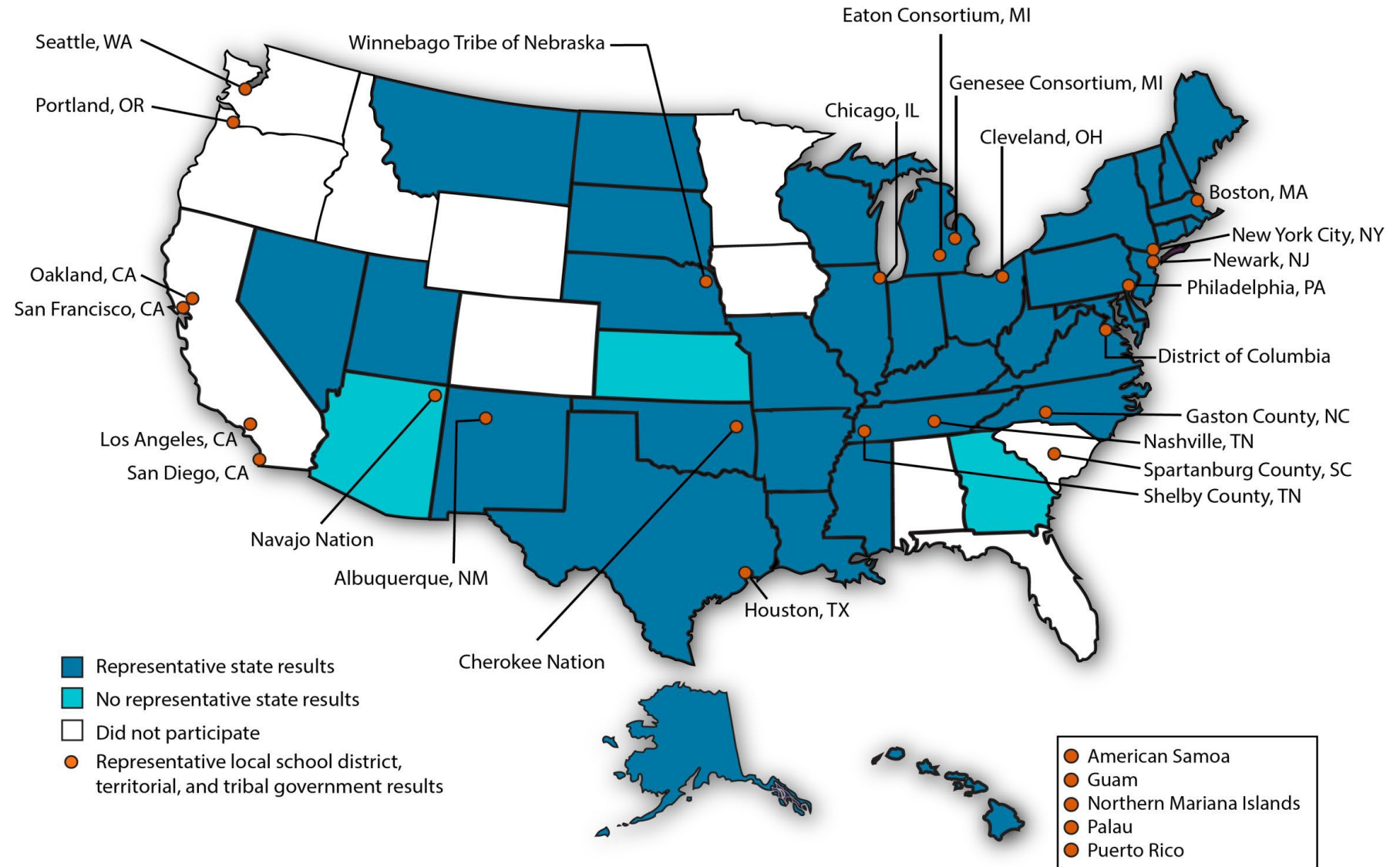


Youth Risk Behavior Survey (YRBS)

- A CDC-sponsored survey since 1990
- Conducted every other year (odd-numbered years) from January to April
- Sample consists of a representative group of high school students around the state
- 96 questions, completed during 2nd period class
 - Indiana uses 2/3 of base questions each year and modifies to add additional questions
 - Added all 16 ACE/PCE-related questions
- Schools receive \$500 for participating



High School YRBS Participation Map



Youth Risk Behavior Survey (YRBS)

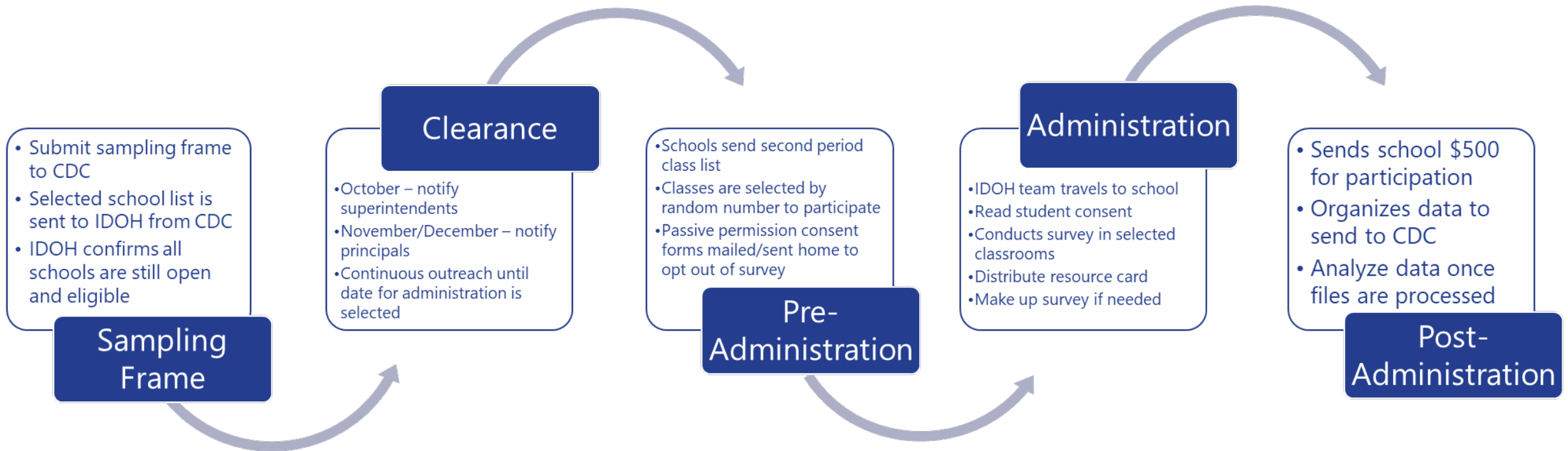
The survey is designed by the Centers for Disease Control and Prevention (CDC) to:

- 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

Weighted Data

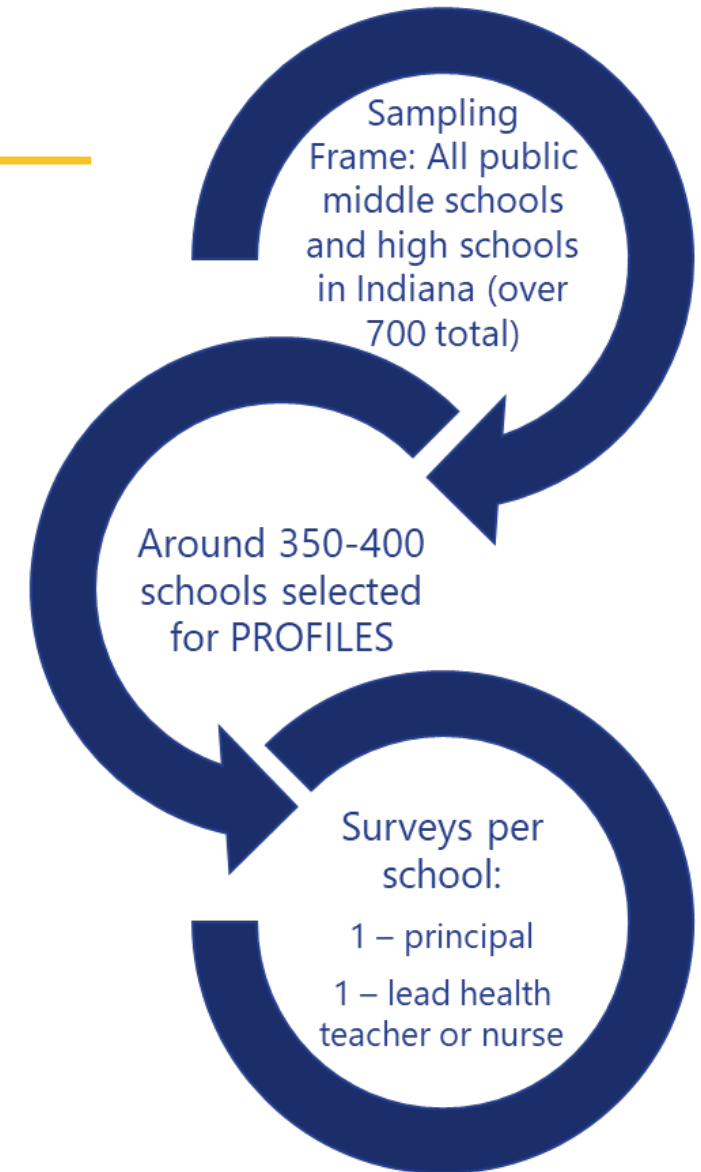
- YRBS data is only available if enough schools and enough students participate in the survey
 - 60% participation is required to obtain weighted data that is representative of teens across the state
 - In Indiana, weighted data was obtained in 2015, 2021, and 2023
- Participation varies by year, both by number of schools and by number of students
 - YRBS is done in a double draw to ensure schools are not asked to take more than one survey from IDOH each school year
 - We use every means to connect with schools (emails, cold-calling, and reaching out to school health liaisons) and make it easy to integrate into schedules early
 - If a school declines to participate, we do not get a new replacement school
 - Reasons to not take the survey vary: missing class time, concerns about survey questions, school policies, etc.

Youth Risk Behavior Survey Process



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)
- Access's 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
 - School Health coalition
- Principals and teachers receive a \$25 gift card for their participation



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:

Sex	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: 13.9%
	11th: 24.4%	18 or older: 15.2%	White*: 67.5%
	12th: 23.7%		All Other Races*: 3.7%
			Multiple Races*: 3.9%

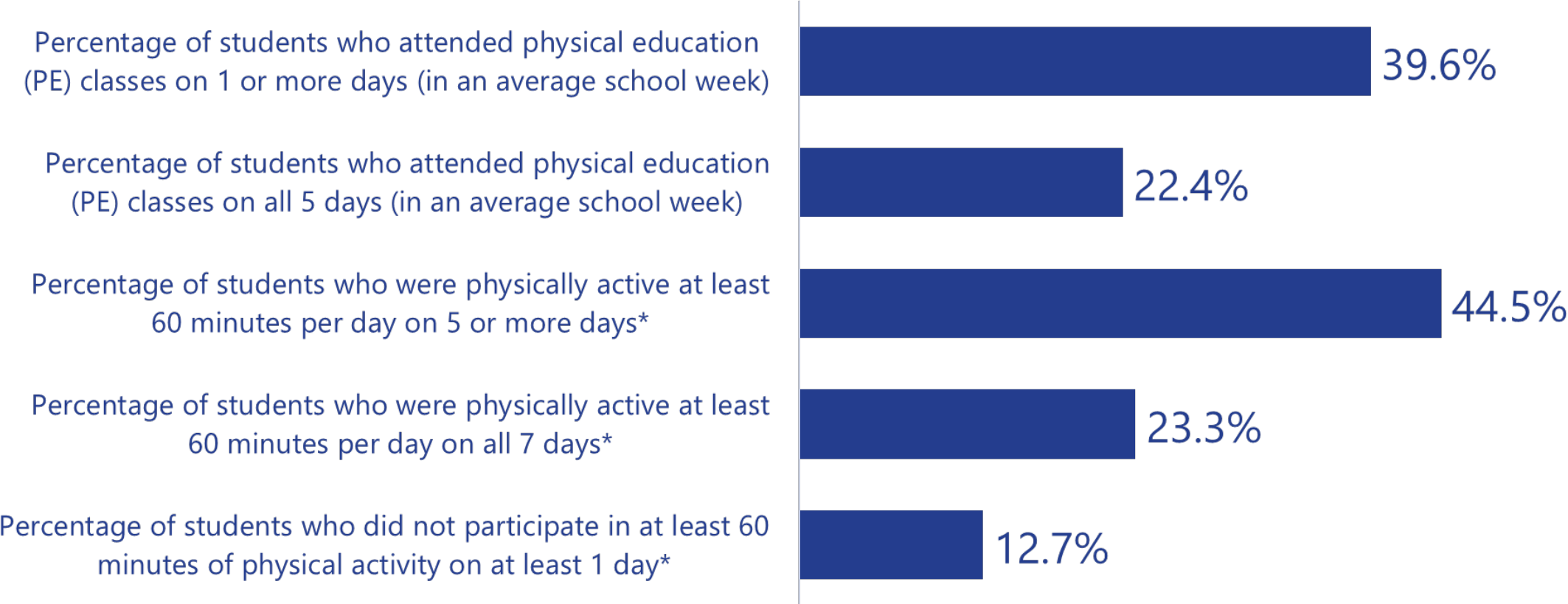


2023 YRBS Data Results



Indiana
Department
of
Health

Physical Activity



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

*During the 7 days before the survey

Driving/Automobile Behaviors

Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)*



Percentage of students who used the Internet or apps on their cell phone while driving a car or other vehicle (not counting using their cell phone to get driving direction or to determine their location*)



Percentage of students who rode with a driver who had been drinking alcohol*

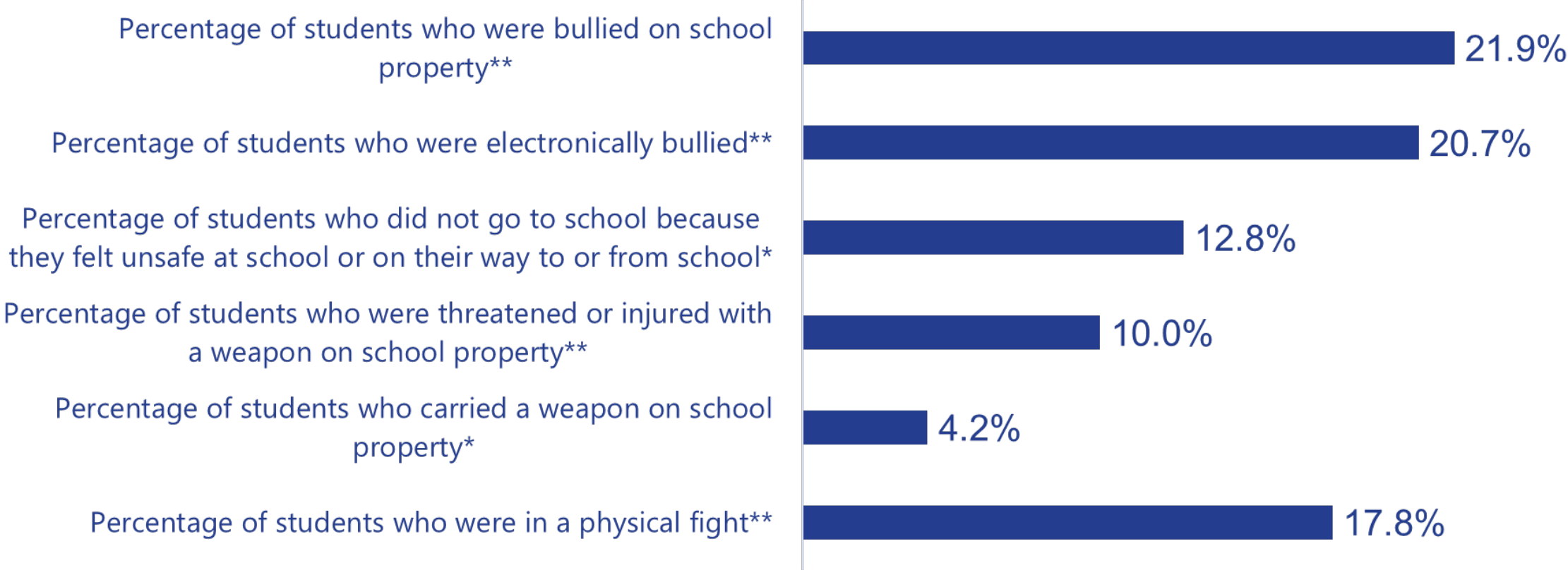


Percentage of students who drove a car or other vehicle when they had been drinking alcohol



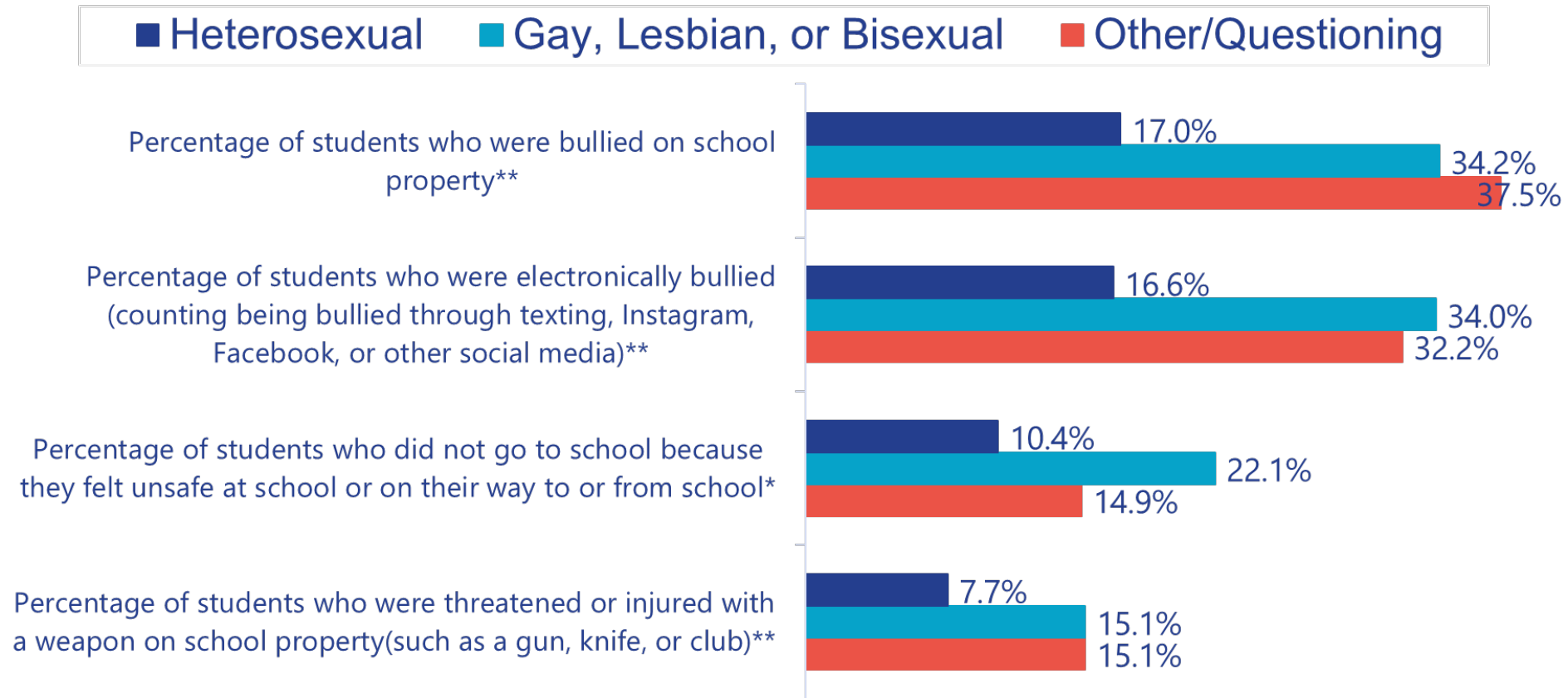
* one or more times during the 30 days before the survey

Bullying, Threats, and Weapons at School



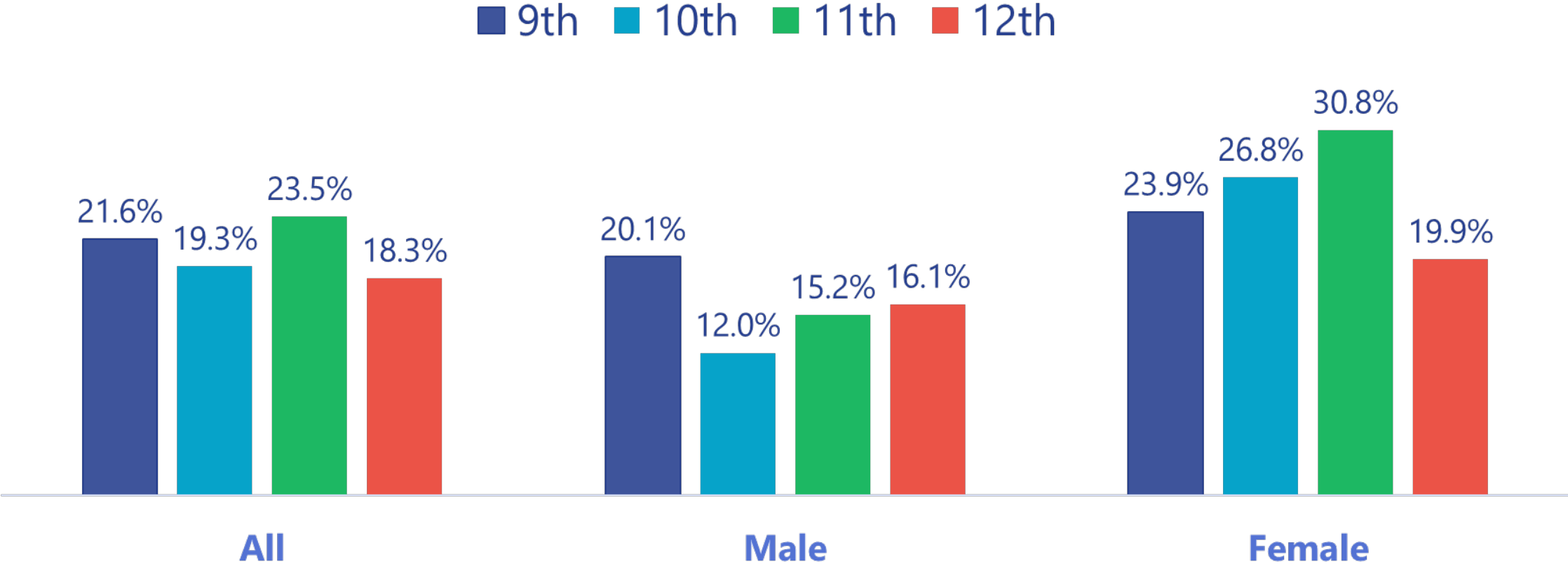
*one or more times during the 30 days before the survey
**during the 12 months before the survey

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



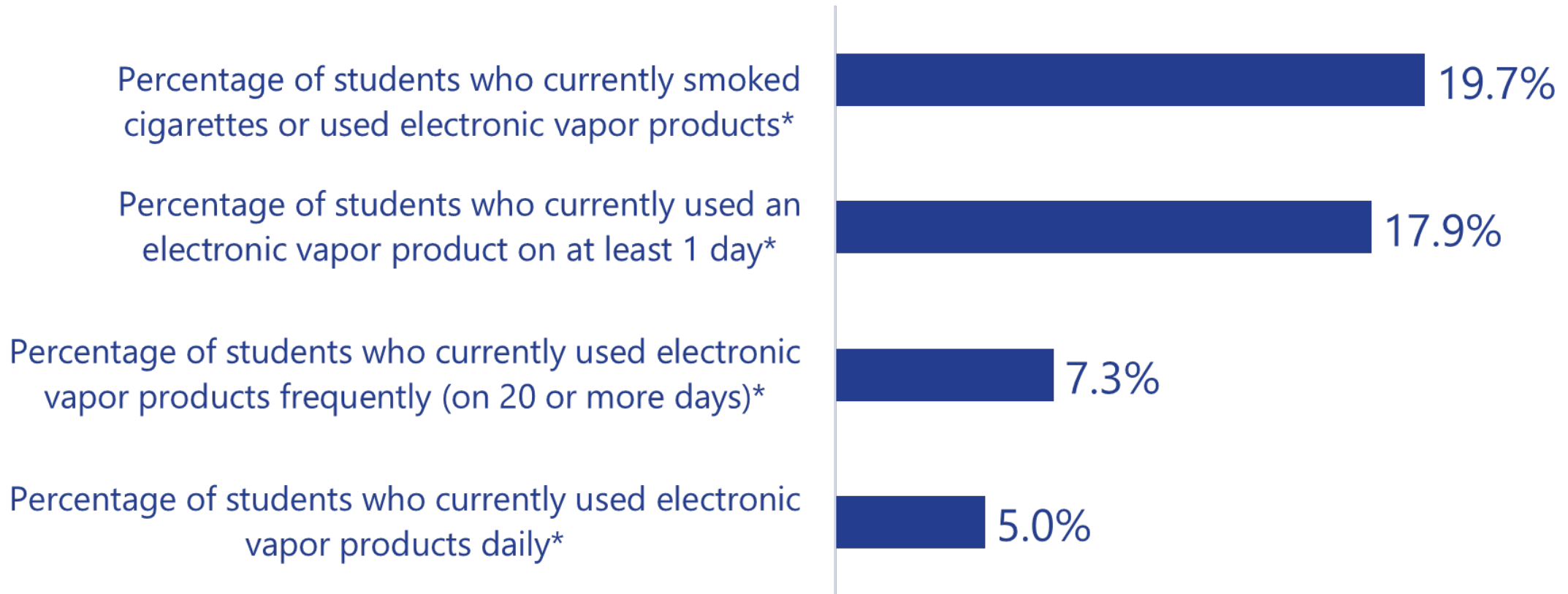
Percentage of students who were electronically bullied

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



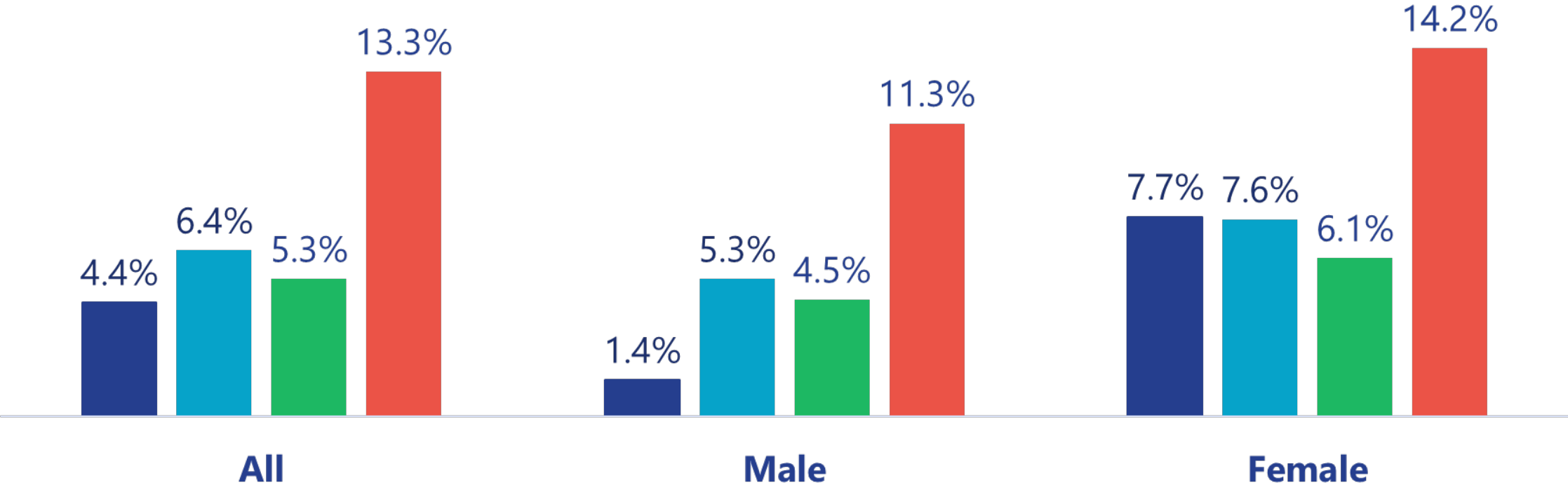
*ever during the 12 months before the survey

Cigarettes & Vaping



Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

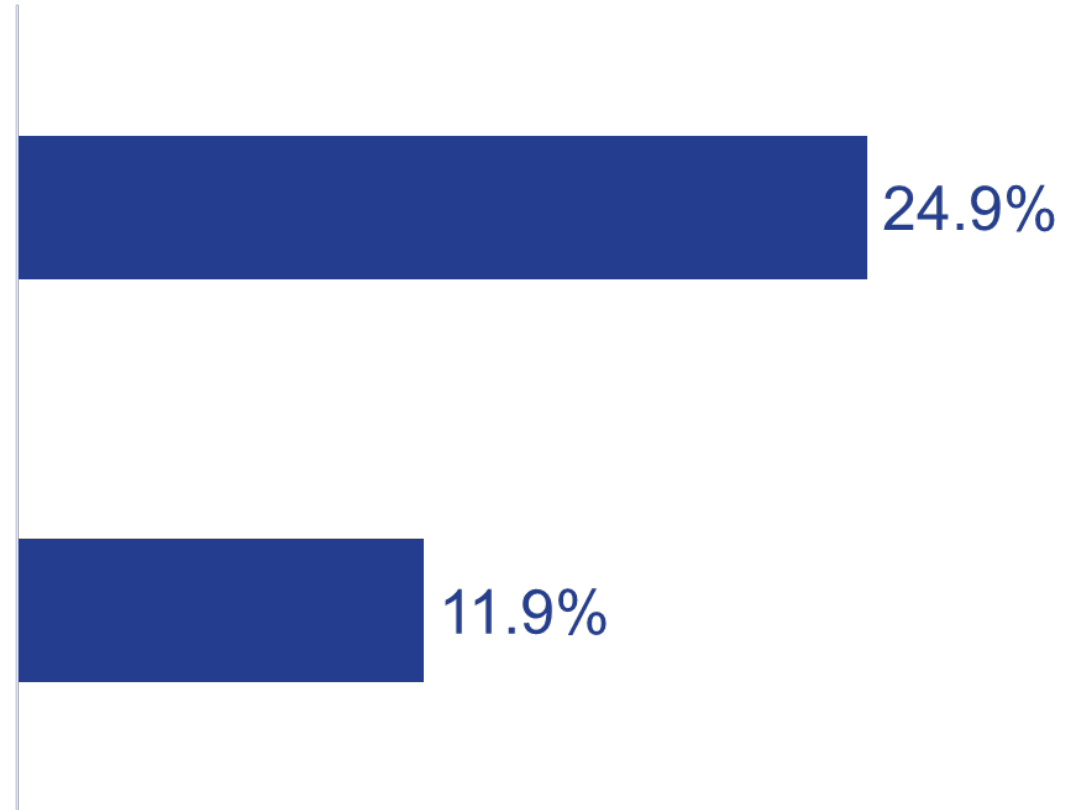
■ 9th ■ 10th ■ 11th ■ 12th



Alcohol Consumption

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

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*)



Marijuana Use

Percentage of students who ever used marijuana**

29.1%

Percentage of students who currently used marijuana*

14.8%

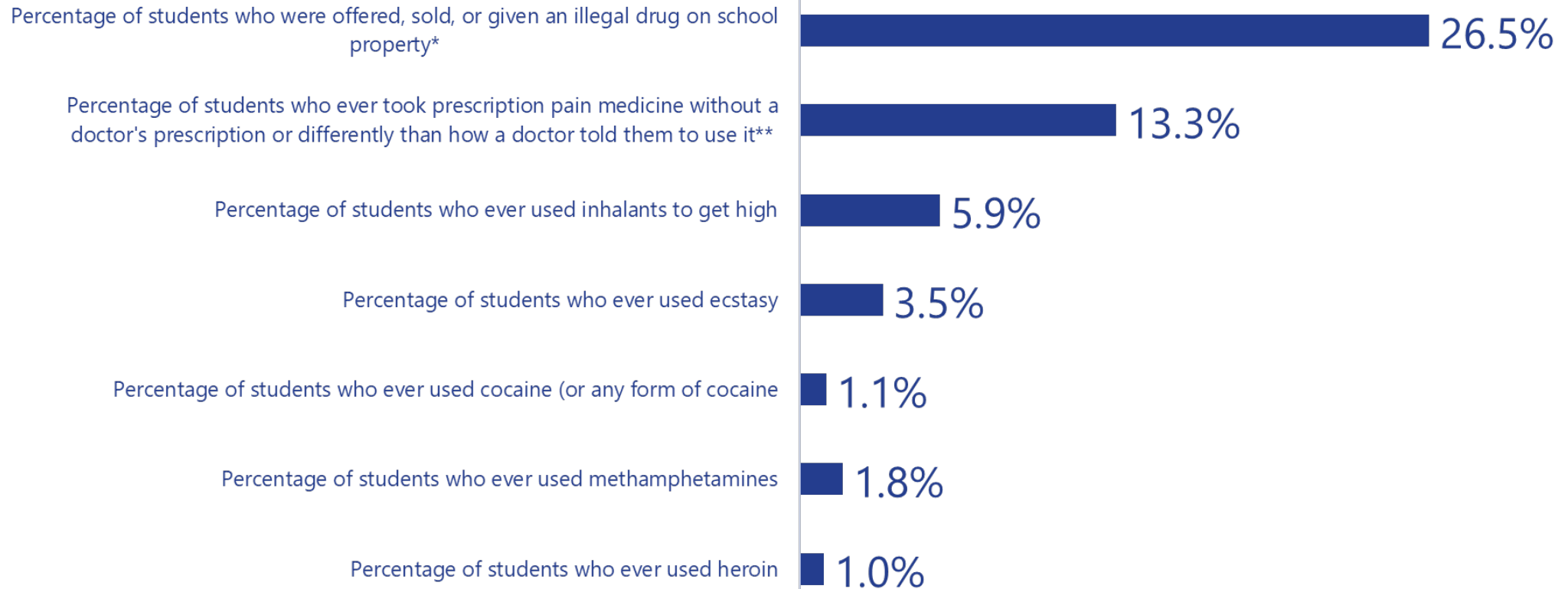
Percentage of students who tried marijuana for the first time before age 13 years

6.3%



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

Other Drug Use

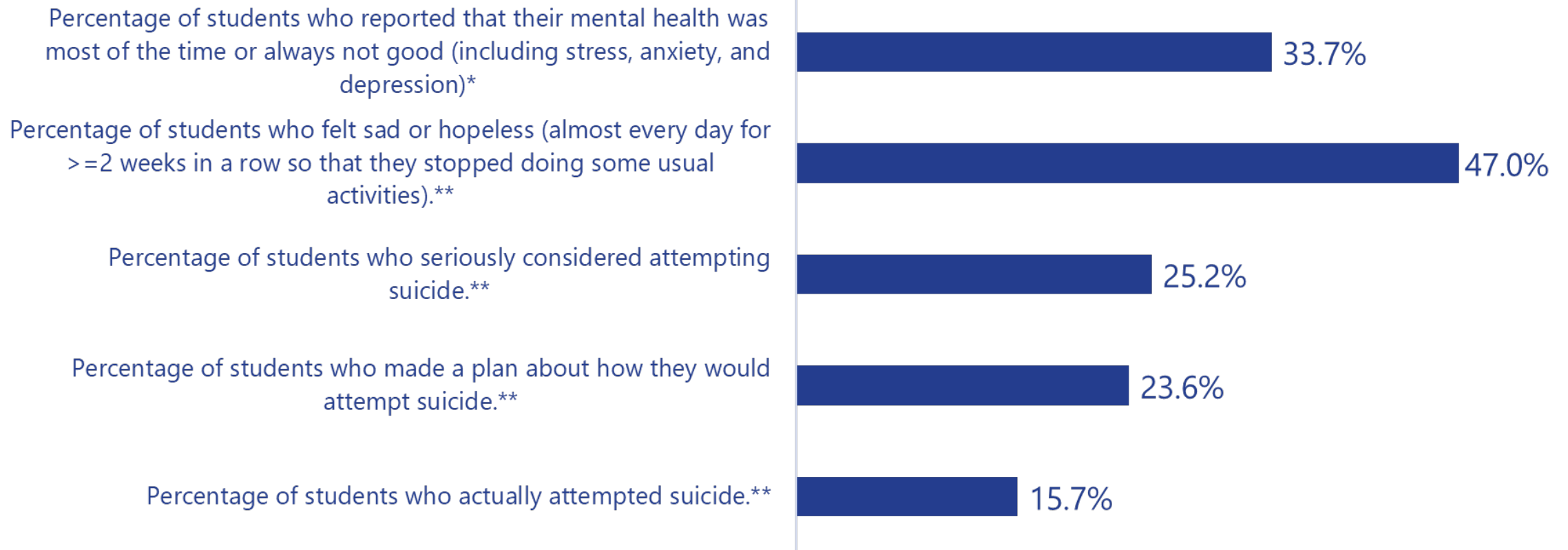


Dating and Sexual Violence

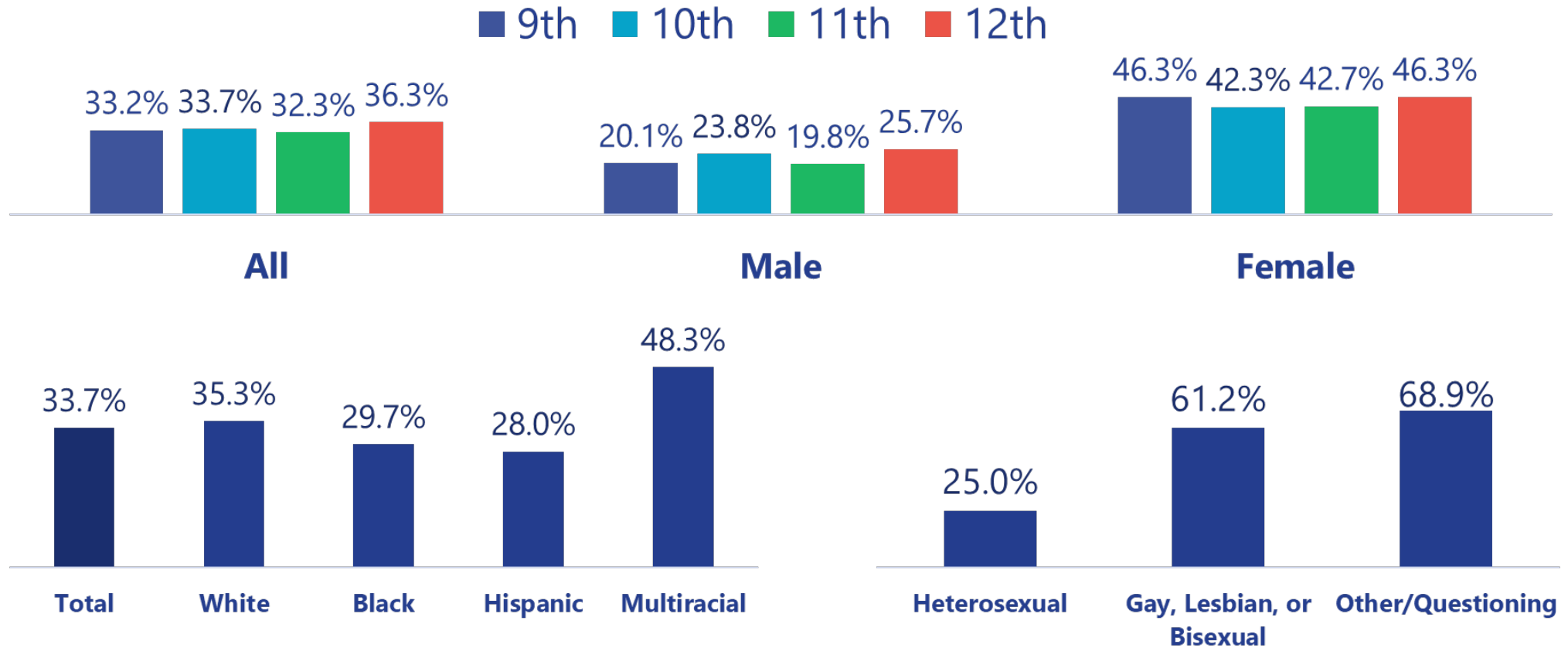


**during the 12 months before the survey

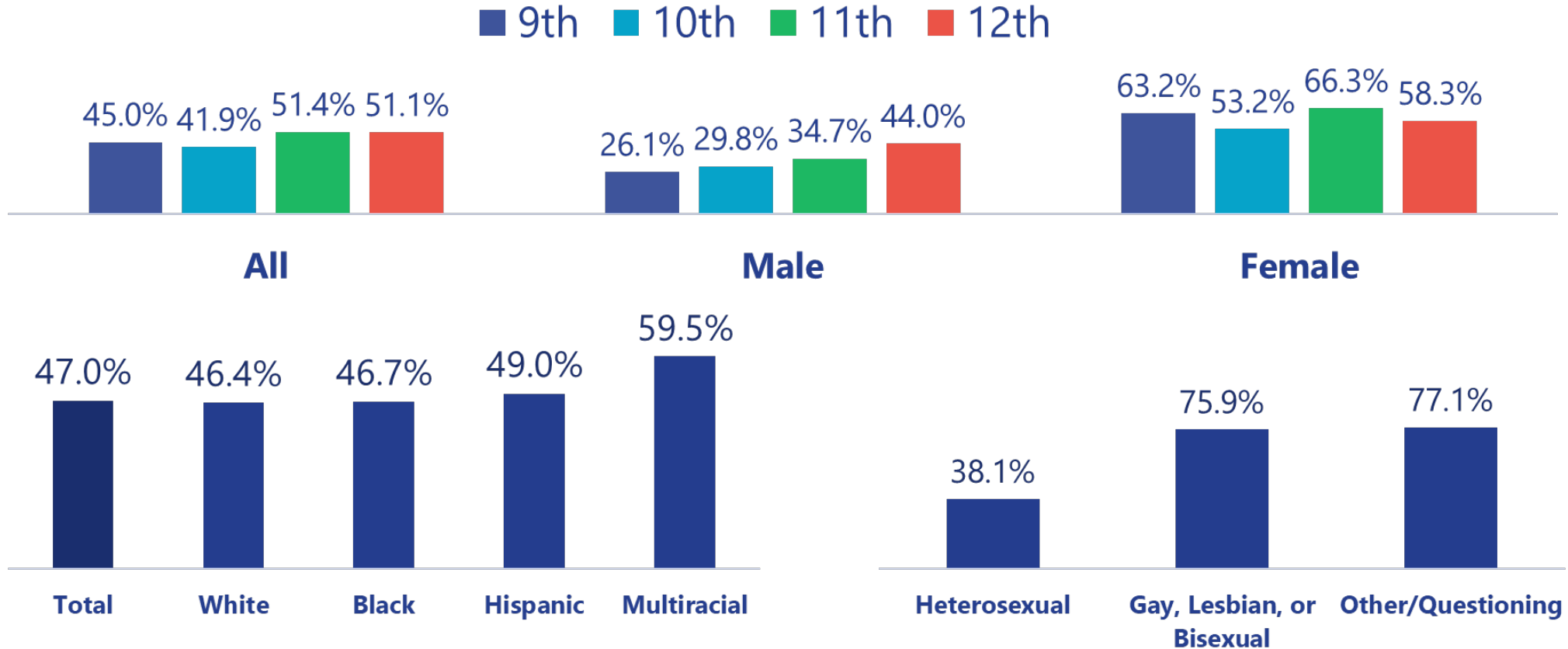
Stress, Anxiety, Depression & Suicide



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

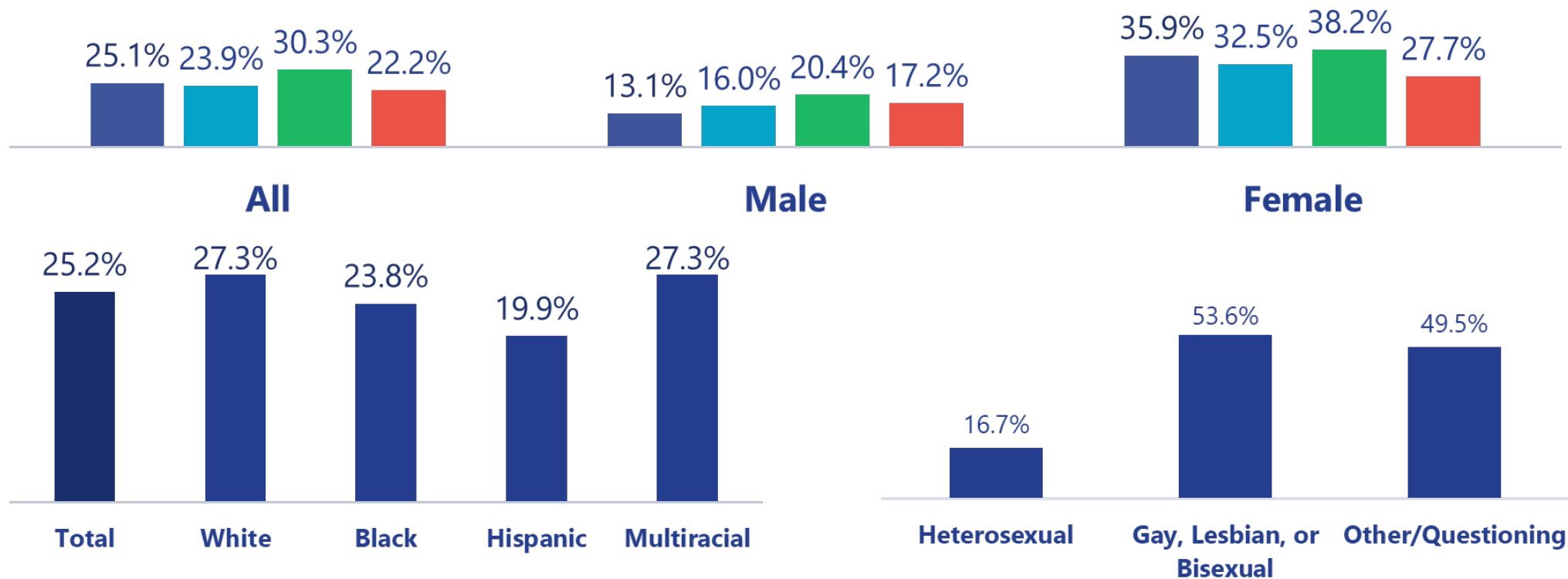


Percentage of students who felt sad or hopeless (almost every day for ≥ 2 weeks in a row so that they stopped doing some usual activities)^{***}

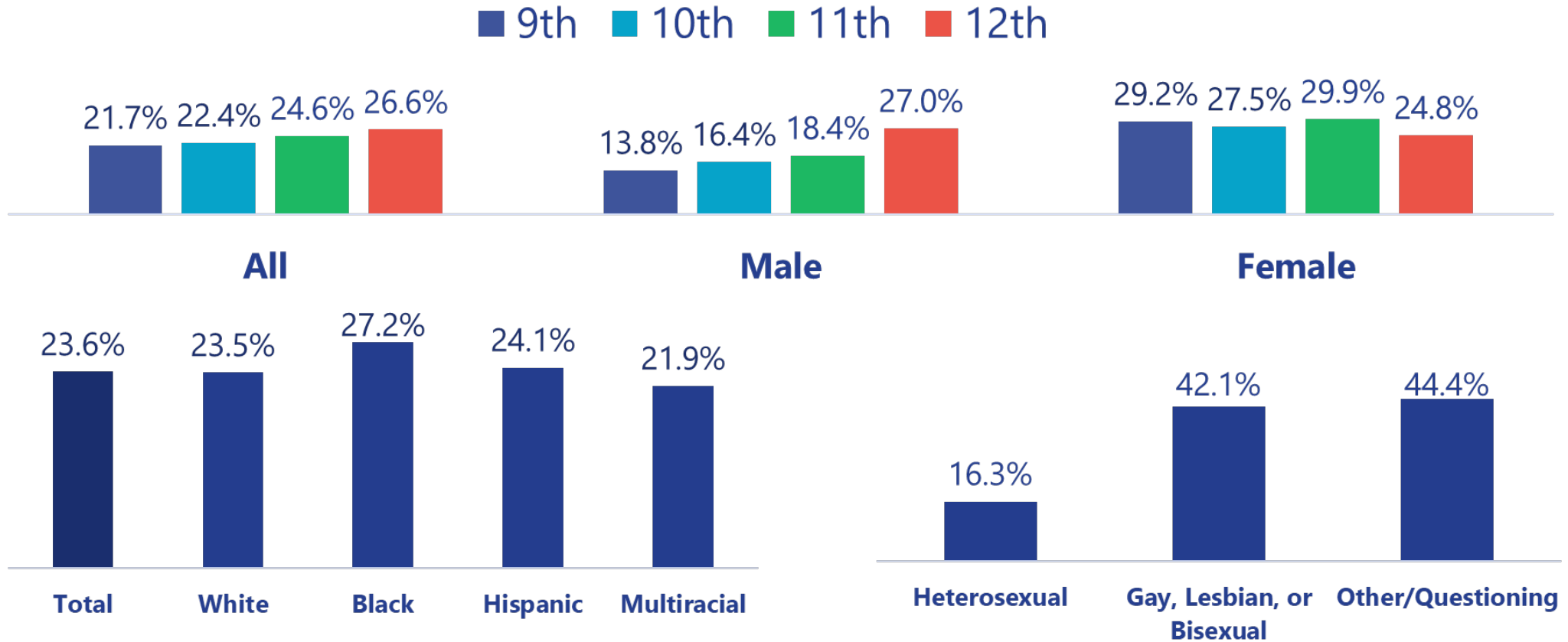


Percentage of students who seriously considered attempting suicide**

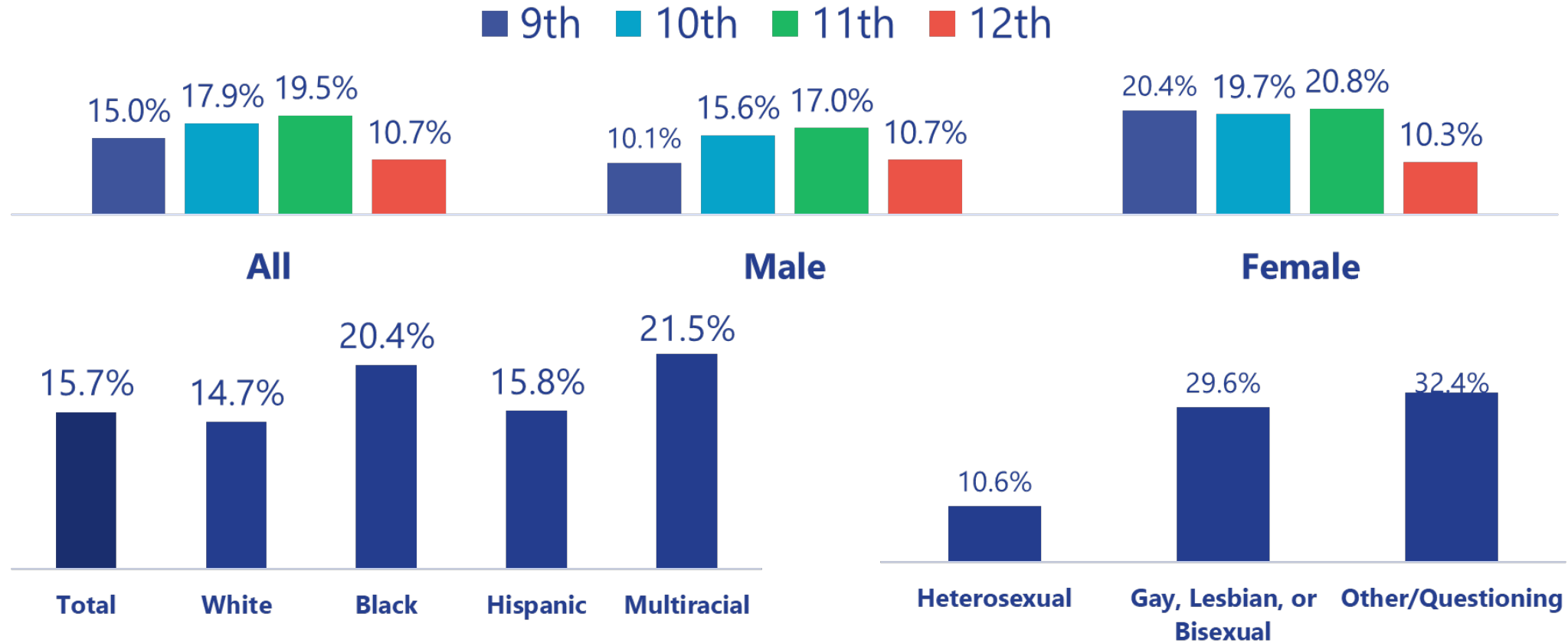
■ 9th ■ 10th ■ 11th ■ 12th



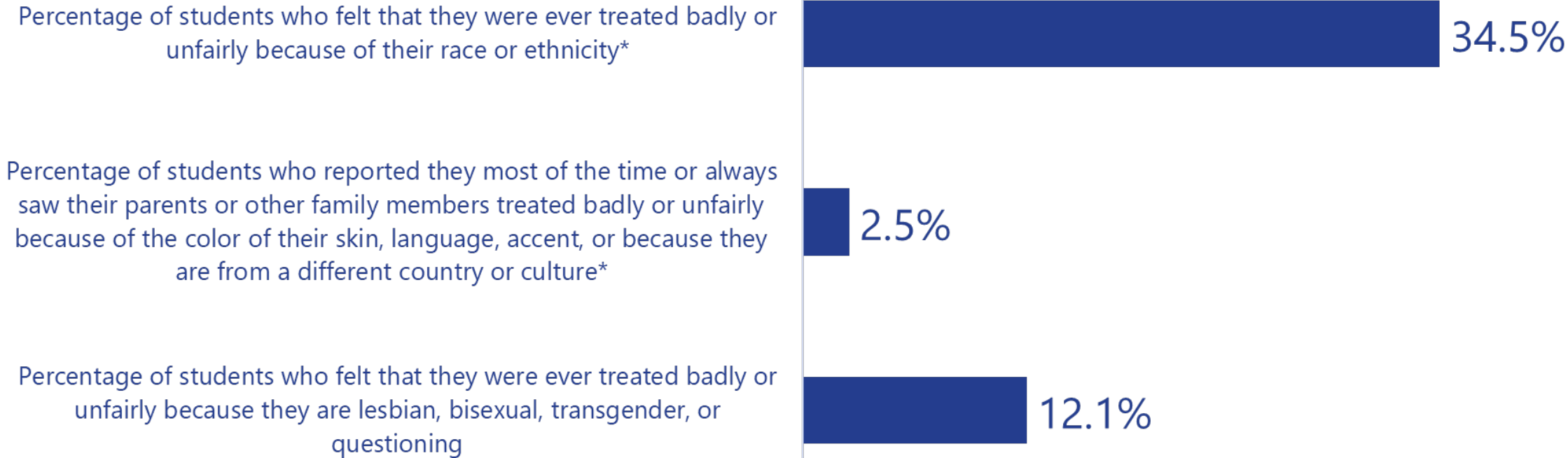
Percentage of students who made a plan about how they would attempt suicide**



Percentage of students who actually attempted suicide**



Unfair Treatment



*during their life

Adverse Childhood Experiences (ACEs)



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)



Percentage of students who use social media several times a day



Parental Support

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



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

Parental Support

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)



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

Social Support

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

81.8%

Percentage of students who strongly agree or agree that they feel close to people at their school

50.9%

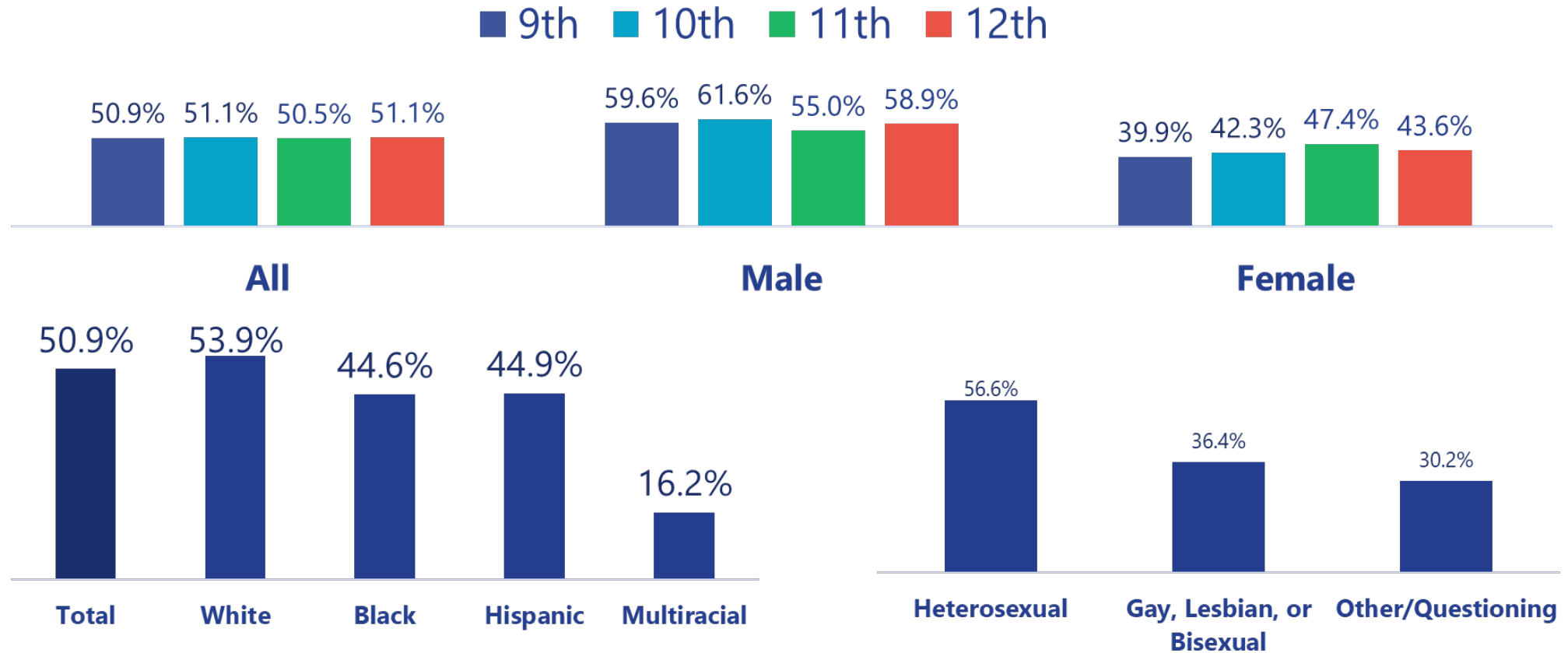
Percentage of students who most of the time or always feel that they are able to talk to a friend about their feelings

51.5%

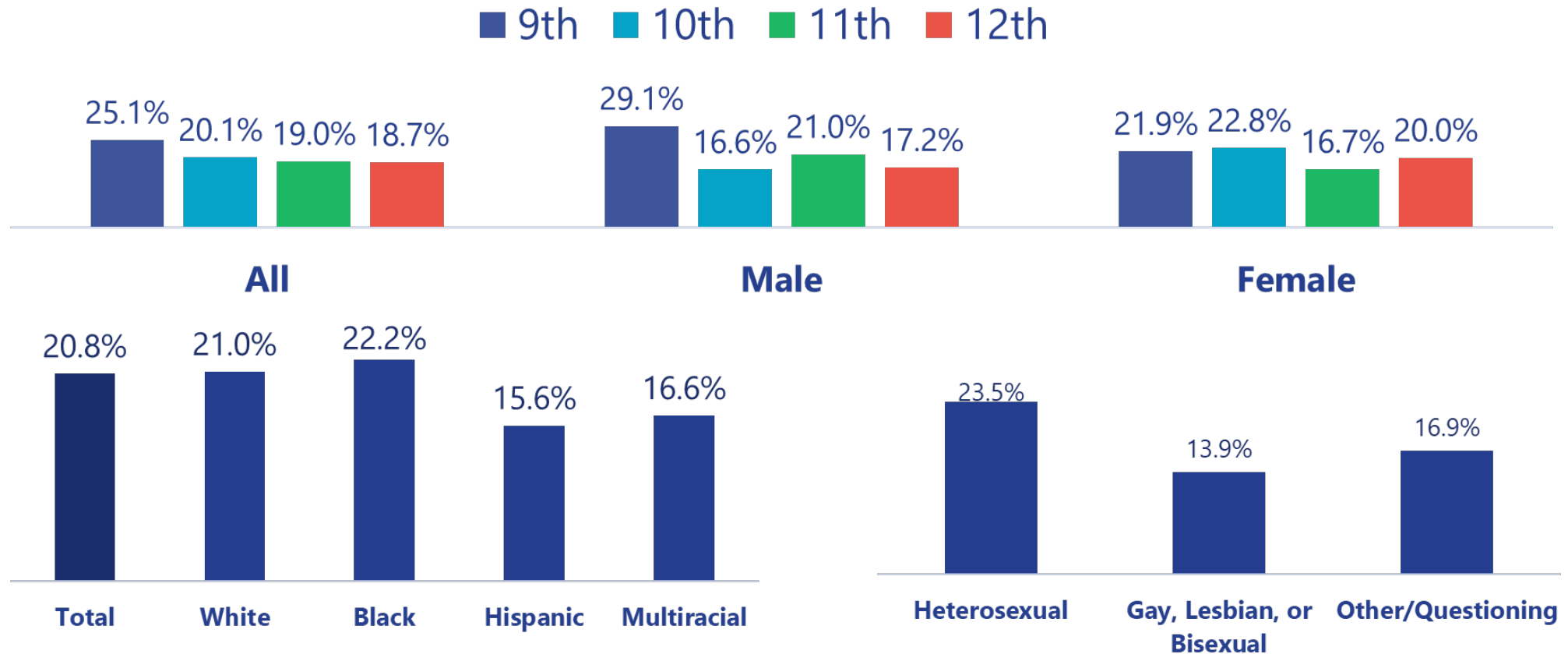
Percentage of students who most of the time or always get the kind of help they need*

20.8%

Percentage of students who strongly agree that they feel close to people at their school



Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry or anxious)



YRBS Explorer

- A CDC resource
 - Compare Indiana data to national data
- Can you find
 - The % of students bullied on school property in the US?
 - The % of students who ate breakfast everyday in the past week in the US?
 - The % of students who ever used an electronic vapor product in the US?



Questions?

Sarah Iwinski-Wallace

Adolescent Health Administrator

Siwinskiwallace@health.in.gov

Sophia Schadewald

Adolescent Health Coordinator

Sschadewald@health.in.gov



References

Centers for Disease Control and Prevention. (2024, September 24). *YRBSS participation*. Youth Risk Behavior Surveillance System (YRBSS). https://www.cdc.gov/yrbs/data/yrbs-participation.html#cdc_data_surveillance_section_2-middle-school-yrbss-participation-map

Indiana Department of Health (IDOH). (2024, July 30). *Adolescent and School Health Data*. Maternal and Child Health (MCH). <https://www.in.gov/health/mch/data/adolescentyoung-adult-health/>

Centers for Disease Control and Prevention. (2023). *YRBS Explorer*. Centers for Disease Control and Prevention. <https://yrbs-explorer.services.cdc.gov/#/>

