

What is the Youth Risk Behavior Survey (YRBS)?

The Youth Risk Behavior Survey (YRBS) is a 99-item multiple-choice questionnaire for high school students and a 55-item questionnaire for middle school students that examines the trends of health behaviors among young people across the United States.

The District of Columbia YRBS monitors seven categories of health behaviors every two years. These include:

- Weight and Dietary Behaviors,
- Physical Activity and Sedentary Behaviors,
- Tobacco Use,
- Alcohol and Illicit Drug Use,
- Unintentional and Intentional Injuries,
- Mental Health, and
- Sexual Behaviors.

The results from the completed surveys are analyzed and used to provide comparable data among subpopulations of youth, examine whether health risk behaviors either increase, decrease, or remain constant over time, and assist in monitoring the progress toward achieving healthy goals and objectives.

Sample and Participation

For the 2010 YRBS, only the District of Columbia's public schools participated. A sample total of 3082 middle (grades 6-8) and high school (grades 9-12) students completed the anonymous, voluntary survey. Within middle schools, the YRBS was completed by 1686 students in 34 schools. In high schools, the YRBS was completed by 1396 students in 19 schools. The overall response rate from middle schools was 85% and the response rate was 74% from high schools.

Use of Comparison Statistics

The 2010 YRBS results qualified as weighted data, as it met the Center for Disease Control's requirement of at least an overall response rate of 60%. When examining trend data, please note the 2007 sample included both DCPS and Public Charter School students.

2010 Survey Highlights

In the District of Columbia,

- 78.8% of HS students ate at a fast food chain or carry out restaurant on one or more times in the past seven days.
- 57.4% of MS and 34.2% of HS students went to physical education (PE) classes on one or more days in an average week.
- 18.8% of MS and 43.1% of HS students tried cigarette smoking.
- 28.0% of MS and 60.3% of HS students had at least one drink of alcohol one or more days in their life.
- 22.6% of HS students were offered, sold, or given an illegal drug by someone on school property in the last twelve months.
- 44.1% of MS and 58.3% of HS students responded that they or someone close to them has been wounded by a weapon or physically attacked.
- 11.4% of MS students made a suicide plan.
- 11.2% of HS students made a suicide plan in the last twelve months.
- 7.7% of MS and 14.7% of HS students had been hit, slapped, or physically hurt on purpose by their significant other.
- Among students who had sexual intercourse, 76.5% of MS and 76.2% of HS students used a condom during last sexual intercourse.
- 41.4% of HS students have been tested for HIV.

(HS) High school; (MS) Middle School

Profile of Students

The results are only representative of students who completed the questionnaire.

District of Columbia Public Middle School Survey (Weighted Data)

Total= 1,686

| | Sample (n) | Sample % |
|---------------|------------|----------|
| Sex | | |
| Female | 847 | 48.5 |
| Male | 838 | 51.5 |
| No Response | 1 | --- |
| Age | | |
| 11 or younger | 360 | 25.2 |
| 12 | 499 | 30.4 |
| 13 | 606 | 33.1 |
| 14 or older | 220 | 11.3 |
| No Response | 1 | --- |

Table 1: Sex and Age profile of middle school students within the District of Columbia 2010.

| | Sample (n) | Sample % |
|-------------------------|------------|----------|
| Grade | | |
| 6 th | 419 | 30.0 |
| 7 th | 588 | 35.1 |
| 8 th | 664 | 34.5 |
| Ungraded or other grade | 7 | 0.4 |
| No Response | 1 | --- |
| Ethnicity | | |
| Black | 1,080 | 61.9 |
| Hispanic/Latino | 266 | 11.7 |
| White | 124 | 13.2 |
| All other races | 76 | 6.9 |
| Multiple races | 68 | 6.3 |
| No Response | 72 | --- |

Table 2: Grade and Ethnicity profile of middle school students within the District of Columbia 2010.

Profile of Students (continued)

District of Columbia Public High School Survey (Weighted Data)

Total= 1,396

| | Sample (n) | Sample % |
|---------------|------------|----------|
| Sex | | |
| Female | 719 | 51.3 |
| Male | 670 | 48.7 |
| No Response | --- | --- |
| Age | | |
| 15 or younger | 546 | 47.2 |
| 16 or 17 | 684 | 44.2 |
| 18 or older | 163 | 8.6 |
| No Response | 3 | --- |

Table 1: Sex and Age profile of High school students within the District of Columbia 2010.

| | Sample (n) | Sample % |
|-------------------------|------------|----------|
| Grade | | |
| 9 th | 322 | 31.1 |
| 10 th | 315 | 25.1 |
| 11 th | 331 | 23.0 |
| 12 th | 408 | 20.3 |
| Ungraded or other grade | 7 | 0.6 |
| No Response | 13 | --- |
| Ethnicity | | |
| Black | 961 | 64.6 |
| Hispanic/Latino | 189 | 10.6 |
| White | 71 | 10.6 |
| All other races | 53 | 6.1 |
| Multiple races | 73 | 8.1 |
| No Response | 49 | --- |

Table 2: Grade and Ethnicity profile of High school students within the District of Columbia 2010.

The Youth Risk Behavior Survey (YRBS) is part of a nationwide surveillance system led by the Center for Disease Control and Prevention (CDC) to monitor health risks and behaviors in six categories identified as most likely to negatively impact a young person's health and wellbeing. The YRBS was administered in grades 6-12 in the District of Columbia and was funded by The Office of the State Superintendent of Education (OSSE). Participation was voluntary. For more information on the DC YRBS please go to www.osse.dc.gov and click on Wellness and Nutrition Services/Healthy Youth Development Team.