

2015 City of Wauwatosa Youth Risk Behavior Survey

What is the YRBS?

The Youth Risk Behavior Survey (YRBS) is conducted every two years by the Wauwatosa School District and the City of Wauwatosa Health Department. The YRBS is a randomized survey of students in grades 9 through 12 who attend a high school within Wauwatosa. The YRBS focuses on health-risk behaviors that result in the most significant mortality, morbidity and social problems during both adolescence and adulthood. These include: 1) behaviors that result in unintentional or intentional injuries; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors that may result in sexually transmitted diseases and unintended pregnancies; 5) dietary behaviors; and 6) physical activity. In addition, the YRBS measures student attitude and perceptions related to health risk behaviors, access to health care, and other health-related behaviors.

What do the results mean?

When evaluating the survey results, it is helpful to compare the local data against national standards. The Centers for Disease Control and Prevention (CDC) set selected health benchmarks, or goals, for all communities to achieve by the year 2020; these health benchmarks are called *2020 Healthiest People Goals* or “2020 HP Goal”. In addition to benchmarking, it is useful to analyze the local results by comparing current health data with other communities’ data, usually with state and national data. Where the information is available, Wauwatosa’s YRBS data is compared with the 2020 goals. If Wauwatosa meets or exceeds the 2020 benchmark, then a green triangle (▲) is shown under “Tosa’s Status”. Conversely, if Wauwatosa falls below the 2020 goal, then a red circle (●) is shown. If the CDC did not set a 2020 goal in a specific health indicator, then Wauwatosa’s health information is compared with the U.S. data, then State of Wisconsin data. If no information is available under 2020 goals, national data, or state data, or if the data is indeterminate, then a gray double arrow (↔) is shown. Unless otherwise noted, all of the ‘State’ and ‘US’ are from the 2013 CDC YRBSS or the 2013 Wisconsin Department of Public Instruction YRBS. The YRBS data is used to identify areas to improve health with strategic initiatives as well as celebrate successes with maintaining current programming.

How healthy are Wauwatosa adolescents?

Overall, Wauwatosa adolescents are very healthy – physically, mentally, and socially. Tosa teenagers minimally engage in tobacco, violent behavior, or risky behaviors resulting in injuries. Local adolescents have fewer suicidal behaviors and illicit drug use. However, they have some work to do in increasing physical activity and while decreasing alcohol consumption and marijuana and electronic cigarette usage. In addition, there is an opportunity to address youths’ perception of bullying and promoting preventive health check-ups.

Whom do I contact if I have a question?

You may call the Wauwatosa School District at 414-771-1080 or the City of Wauwatosa Health Department’s Information & Referral Nurse Line at 414-479-8939 or publichealthnurse@wauwatosa.net for more information.

2015 WAUWATOSA YRBS RESULTS

	2015 Tosa	State	US	2020 HP Goal	Tosa's Status
DEMOGRAPHICS					
Tosa resident, full or part-time	77.2%				

	2015 Tosa	State	US	2020 HP Goal	Tosa's Status
HEALTH STATUS and ACCESS TO CARE					
Health in general described as very good or excellent	54.9%	61.8%	80.5% ¹		●
Physical health not good on ≥ 1 of the past 30 days	61.5%	50.6%			●
Ever told had a sexually transmitted disease (STD)	1.9%	2.0%			↔
Get ≥ 8 hours of sleep on an average school night	33.0%	35.0%	31.7%	33.1%	▲
Described themselves as slightly or very overweight	27.6%		31.1%		▲
Never, rarely, or sometimes wear sunscreen with an SPF ≥ 15 when they are outside ≥ 1 hour	78.0%	85.2%	89.9%		▲
Never or rarely stay in the shade, wear long pants, wear long-sleeved shirt, or wear a hat that shades their face, ears, and neck when they are outside ≥ 1 hour on a sunny day	50.8%				↔
Usually sleep with parents or guardians at either their home or a home of a friend or relative	89.3%	90.6%			●
Saw a doctor or nurse for a check-up or physical exam when they were not sick or injured in the past 12 months	66.5%		68.7%	75.6%	●
Saw a dentist for a check-up, exam, teeth cleaning or other dental work during the past 12 months	73.4%	81.6%	44.5%	49.0%	▲

¹ Summary Health Statistics for U.S. Children: National Health Interview Survey, 2012, tables VIII, IX

	2015 Tosa	State	US	2020 HP Goal	Tosa's Status
INJURIES AND VIOLENCE					
Never/rarely wore seatbelt when riding in a car driven by someone else	6.2%	8.3%	7.6%	7.6%	▲
Rode in a car or other vehicle driven by someone who had been drinking alcohol ≥ 1 time during the past 30 days	18.1%	20.6%	21.9%	25.5%	▲
Drove a car or other vehicle ≥ 1 time during the past 30 days when they had been drinking alcohol	2.6%	8.9%	10.0%		▲
Texted or emailed while driving a car or other vehicle ≥ 1 time during the past 30 days	18.3%	47.9%	41.4%		▲
Talked on cell phone while driving a car or other vehicle ≥ 1 time during the past 30 days	21.9%		58.0% ²		▲
Carried a weapon such as a gun, knife, or club ≥ 1 time during the past 30 days	7.6%	14.4%	17.9%		▲
Carried a weapon such as a gun, knife, or club ≥ 1 time during the past 30 days on school property	1.4%	3.2%	5.2%	4.6%	▲

Did not go to school \geq 1 time during the past 30 days because they felt they would be unsafe at school or on their way to or from school	8.3%	5.8%	7.1%		●
Been threatened or injured with a weapon such as a gun, knife, or club on school property \geq 1 time during the past 12 months	5.5%	4.3%	6.9%		▲
Were in a physical fight during the past 12 months	15.7%	22.4%	24.7%	28.4%	▲
Responded that someone had tried to hurt them by hitting, punching, or kicking them while on school property \geq 1 time during the past 12 months	15.0%	14.1%			●
Never or rarely feel safe from physical harm at school	6.4%	10.2%			▲
Strongly disagree or disagree that violence is a problem at their school	48.4%	49.6%			●
Forced verbally or physically to take part in sexual activity	4.3%	7.5%			▲
Did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves, \geq 1 time during the past 12 months	12.8%	17.3%			▲
Mostly or always feel safe and secure in your neighborhood	85.7%				↔
Had someone you were dating or going out with force you to do sexual things that you did not want to do \geq 1 time during the past 12 months	5.7%	9.6%	10.4%		▲
Were physically hurt on purpose by someone they were dating or going out with during the past 12 months	3.3%	8.5%	10.3%		▲
Were bullied on school property \geq 1 time during the past 12 months	24.7%	22.7%	19.6%	17.9%	●
Strongly disagree or disagree that harassment and bullying by other students is a problem at their school	21.5%	24.3%			●
Have been asked to send or post a sexually explicit photo of themselves	30.6%				↔
Sent or posted a sexually explicit photo of themselves	13.8%		4.0-10.0% ³		●
Ever been electronically bullied during the past 12 months	13.1%	17.6%	14.8%		

² Hamilton BC, Arnold LS, Tefft BC. Distracted Driving and Perceptions of Hands-Free Technologies: Findings from the 2013 Traffic Safety Culture Index. AAA Foundation for Traffic Safety; Washington, DC: 2013.

³ Lounsbury, et al, "The True Prevalence of 'Sexting'", Crimes Against Children Research Center, University of New Hampshire, April, 2011.

	2015 Tosa	State	US	2020 HP Goal	Tosa's Status
MENTAL HEALTH					
Mental health not good on \geq 1 of the past 30 days	58.0%	55.6%			●
Felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities during the past 12 months	24.7%	24.6%	29.9%		● WI ▲ US
Seriously considered attempting suicide in the past 12 months	11.4%	13.2%	17.0%		▲
Made a plan about how they would attempt suicide in the past 12 months	6.4%	12.1%	13.6%		▲
Actually attempted suicide \geq 1 time during the past 12 months	2.9%	6.0%	8.0%		▲

Made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	0.5%	2.5%	2.7%	1.7%	▲
Who most of the time or always feel stress in their life	36.1%				↔
Who most of the time or always felt under stress or pressure in the last 30 days	29.7%				↔

TOBACCO USE	2015 Tosa	State	US	2020 HP Goal	Tosa's Status
Ever tried cigarette smoking, even 1 or 2 puffs	17.8%	33.2%	41.1%		▲
Smoked a whole cigarette for the first time before age 13 years	2.9%	6.6%	9.3%		▲
Smoked cigarettes ≥ 1 time during the past 30 days	8.4%	11.8%	15.7%	16.0%	▲
Smoked cigarettes ≥ 20 days during the past 30 days	0.7%	4.3%	5.6%		▲
During the past 30 days, smoked > 10 cigarettes per day on the days they smoked	0.0%	9.8%	8.6%		▲
Smoked cigarettes on school property ≥ 1 time during the past 30 days	0.7%	3.0%	3.8%		▲
Tried to quit smoking cigarettes in the past 12 months	48.0%	45.6%	48.0%	64.0%	●
Used chewing tobacco, snuff, or dip ≥ 1 time during the past 30 days	2.1%	8.0%	8.8%	6.9%	▲
Smoked cigars, cigarillos, or little cigars ≥ 1 time during the past 30 days	5.0%	11.5%	12.6%	8.0%	▲
Used electronic cigarettes in the past 30 days	10.7%		10.0% ⁴	8.0%	●

⁴ MMWR, 62(35); 729-730, September 6, 2013

ALCOHOL USE	2015 Tosa	State	US	2020 HP Goal	Tosa's Status
Had at least one drink of alcohol on at least 1 day during their life	56.5%	65.9%	66.2%	69.5%	▲
Had first drink of alcohol other than a few sips before age 13 years	9.7%	14.6%	18.6%		▲
Had at least one drink of alcohol ≥ 1 time during the past 30 days	26.1%	32.7%	34.9%	16.6%	●
Had ≥ 5 drinks of alcohol in a row (within a couple of hours) ≥ 1 time during the past 30 days	13.1%	18.4%	20.8%	8.6%	●
Obtained alcohol they drank by someone giving it to them in the past 30 days	70.9%	34.7%	41.8%		●
Think their parents would feel it is very wrong or wrong for them to drink alcohol at least twice a month	70.5%	66.2%			●

SUBSTANCE USE	2015			2020	Tosa's Status
	Tosa	State	US	HP Goal	
Used marijuana ≥ 1 time during their life	30.4%	31.2%	40.7%		▲
Tried marijuana for the first time before age 13 years	2.4%	6.3%	8.6%		▲
Used marijuana ≥ 1 time during the past 30 days	15.2%	17.3%	23.4%	6.0%	●
Disapprove or strongly disapprove of people smoking marijuana	32.5%				↔
Think most or all of the people their age would say it is okay to smoke marijuana	52.5%				↔
Think people are at no risk of harming themselves (physically or in other ways) if they smoke marijuana	20.4%				↔
Taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription ≥ 1 time during their life	10.7%	14.9%	17.8%		▲
Taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription during the past 30 days	6.7%	7.6%			▲
Used any form of cocaine, including powder, crack, or freebase, ≥ 1 time during their life	1.9%	4.3%	5.5%		▲
Used any form of cocaine, including powder, crack, or freebase, ≥ 1 time during the past 30 days	0.5%				↔
Sniffed glue, breathed contents of aerosol spray cans, or inhaled any paints or sprays to get high ≥ 1 time during their life	5.2%	5.9%	8.9%		▲
Sniffed glue, breathed contents of aerosol spray cans, or inhaled any paints or sprays to get high ≥ 1 time during the past 30 days	1.0%				↔
Used methamphetamines (speed, crystal, crank, or ice) ≥ 1 time during the past 30 days	0.5%				↔
Used heroin (smack, junk, or China White) ≥ 1 time during their life	0.0%		2.2%		▲
Used hallucinogenic drugs (LSD, acid, PCP, angel dust, mescaline, or mushrooms) ≥ 1 time during their life	5.7%		7.1%		▲
Taken over-the-counter drugs to get high ≥ 1 time during their life	3.8%	7.4%			▲
Taken over-the-counter drugs to get high ≥ 1 time during the past 30 days	1.2%				↔
Anyone offered, sold, or given them an illegal drug on school property in the past 12 months	13.5%	18.3%	22.1%	20.4%	▲
Taken steroid pills or shots without a doctor's prescription ≥ 1 time during the past 30 days	0.0%		3.2%		▲
Used a needle to inject any illegal drug into your body ≥ 1 time during their life	0.0%		1.7%		▲
Agree or strongly agree that illegal drugs are a problem at school	43.0%				↔

REPRODUCTIVE AND SEXUAL HEALTH	2015			2020	Tosa's Status
	Tosa	State	US	HP Goal	
Ever had sexual intercourse	23.5%	35.3%	46.8%	19.8% F 20.8% M	●
Had sexual intercourse for the first time before age 13 years	1.4%	2.6%	5.6%		▲
Had sexual intercourse with ≥ 4 people during their life	3.6%	9.8%	15.0%		▲
Had sexual intercourse with ≥ 1 person during the past 3 months	15.2%	25.6%	34.0%		▲
Among current sexually active students, drank alcohol or used drugs before last sexual intercourse	14.6%	21.9%	22.4%		▲
Used a condom during last sexual intercourse	71.6%	62.5%	59.1%	55.6% F 81.5% M	▲ F ● M
Among current sexually active students, used birth control pills to prevent pregnancy before last sexual intercourse	19.5%	23.7%	19.0%		▲
Among current sexually active students, used Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), implanon (or any implant), or any IUD to prevent pregnancy before last sexual intercourse	6.1%				↔
Among current sexually active students, used birth control pills, Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), implanon (or any implant), or any IUD to prevent pregnancy before last sexual intercourse	25.5%	34.9%	25.3%		↔
Among current sexually active students, did not use any method to prevent pregnancy during last sexual intercourse	5.2%	10.7%	13.7%		▲

NUTRITION AND EATING HABITS	2015			2020	Tosa's Status
	Tosa	State	US	HP Goal	
Drank a can, bottle, or glass of soda/pop ≥ 1 times in the past 7 days	70.1%	74.2%	77.7%		▲
Drank a can, bottle, or glass of soda/pop ≥ 1 times per day in the past 7 days	10.3%	19.6%	27.0%		▲
Drank a can, bottle, or glass of soda/pop ≥ 2 times per day in the past 7 days	6.3%	11.9%	19.4%		▲
Drank a can, bottle, or glass of soda/pop ≥ 3 times per day in the past 7 days	2.0%	5.7%	11.2%		▲
Ate breakfast on all of the past 7 days	38.2%	41.1%	38.1%		↔
Did not eat any breakfast in the past 7 days	8.1%	10.7%	13.7%		▲
Drank a power drink (such as Red Bull, Monster, or Volt) ≥ 1 times per day in the past 7 days	1.1%	3.2%			▲
Did not eat fruit or drank fruit juice during the past 7 days	6.4%	3.6%	5.0%		●
Did not eat vegetables during the past 7 days	6.4%		6.6%		
Ate vegetables ≥ 1 time per day during the past 7 days	43.0%				↔

Vomited or took laxatives to lose or to keep from gaining weight in the past 30 days	2.6%		4.4%		▲
Eat meals with one or more adults in your home ≥ 4 times a week	65.5%		57.0% ⁵		↔
Ever gone without eating for ≥ 24 hours (also called fasting) to lose weight or to keep from gaining weight	14.7%		13.0%		●
Trying to lose weight	43.0%	42.8%	47.7%		↔
Most of the time or always went hungry because there was not enough food in the home during the past 30 days	3.1%			6.0%	▲
Taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight	2.6%		5.0%		▲

⁵ <http://www.casacolumbia.org/addiction-research/reports/importance-of-family-dinners-2012>

PHYSICAL ACTIVITY	2015 Tosa	State	US	2020 HP Goal	Tosa's Status
Not physically active for at least 60 minutes on any day in the past 7 days	16.2%	12.6%	15.2%		●
Physically active for at least 60 minutes per day on < 5 days in the past 7 days	56.6%	50.5%	52.7%		●
Physically active for at least 60 minutes per day on < 7 days in the past 7 days	82.5%	76.0%	72.9%	79.8%	▲
Watched ≥ 3 hours per day of TV on an average school day	27.6%	22.5%	32.5%	26.1%	●
Played video or computer games or used a computer for non-school work ≥ 3 hours per day on an average school day	43.9%	34.2%	41.3%	17.4%	●
Exercised to strengthen or tone your muscles, such as push-ups, sit-ups, or weight-lifting ≥ 3 days in the past 7 days	55.7%		51.7%	None set	▲
Did not play on a sports team during the past 12 months	36.1%		46.0%		▲
Walk or ride bike to school when weather allows 5 days in an average week	20.4%	7.1%			▲

OTHER	2015 Tosa	State	US	2020 HP Goal	Tosa's Status
Agree or strongly agree that their family loves them and gives them help and support when they need it	86.9%				↔
Agree or strongly agree that their teachers really care about them and give them a lot of encouragement	64.1%				↔
Agree or strongly agree that they belong at this school	66.0%	73.7%			●
Have ≥ 1 teacher or other adult in the school that they can talk to if they have a problem	73.9%	74.1%	75.6%	83.2%	●
Helped someone else participate or participated themselves in the Choking Game	2.7%		5.7% ⁶		▲
Participate in extra-curricular activities	92.1%		82.7%	90.6%	▲

⁶ MMWR, 59(01); 1-5, January 15, 2010