



2017 Wauwatosa High School Youth Risk Behavior Survey Summary



What is the Youth Risk Behavior Survey?

The Youth Risk Behavior Survey (YRBS) is conducted every two years by the Wauwatosa School District and the City of Wauwatosa Health Department. It is a randomized survey of students in grades 9 through 12 who attend high school in 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 behaviors include:

- Intentional or unintentional injuries
- Traffic safety
- Mental health
- Tobacco use
- Alcohol
- Drug Use
- Sexual behaviors
- Eating habits
- Physical activity
- Social Support

What do the results mean?

Wauwatosa High School students were selected randomly in February and March 2017 to participate in the 92 question YRBS. A sample of the survey results from the Wauwatosa High School students selected to participate were compared to the results from the 2015 Wauwatosa YRBS as well as the 2017 Wisconsin YRBS (conducted through Wisconsin Department of Public Instruction) and 2015 National YRBS (conducted through the Centers for Disease Control) when available. This document outlines if Wauwatosa students are engaging in health-risk behaviors at a higher rate than previous students as well as how Wauwatosa students compare to others in the state and nation.

Whom do I contact if I have a question?

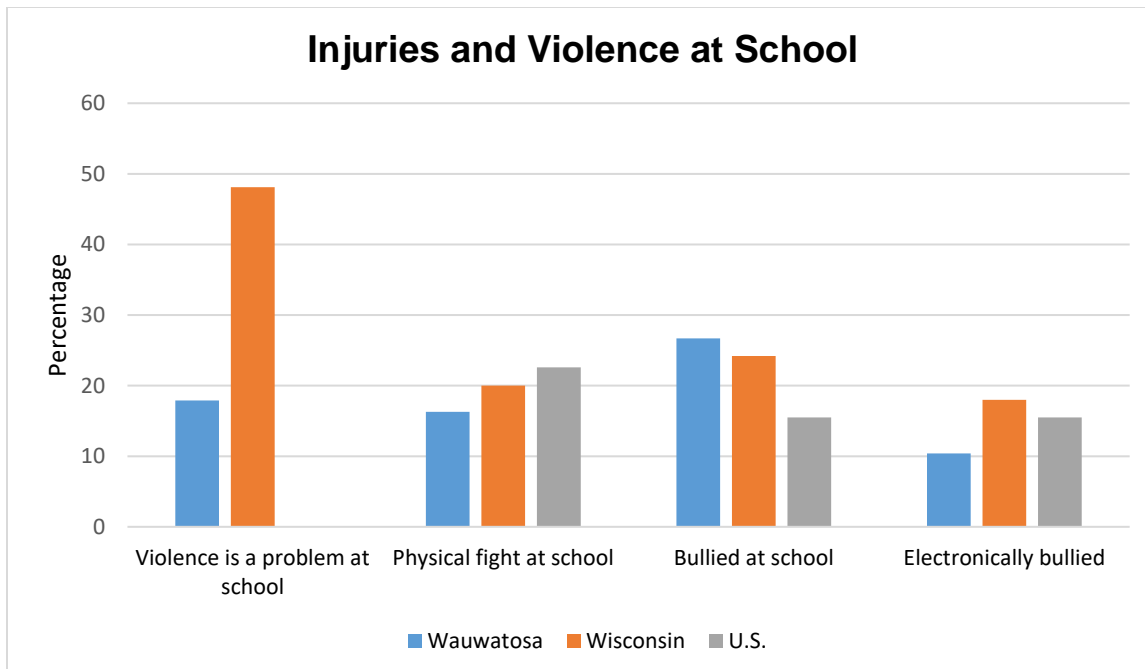
You may call the Wauwatosa School District Office at 414-771-1080 or the City of Wauwatosa Health Department's Information and Referral Nurse Line at 414-479-8939 or e-mail the Health Department at publichealthnurse@wauwatosa.net for more information. For a complete report of the entire YRBS findings, visit the Wauwatosa Health Department website, www.wauwatosa.net/healthdata.

Injuries and Violence at School

While most of Wauwatosa students report feeling safe in their neighborhood, many students report being bullied or feel bullying and violence is a problem at their schools.

| Wauwatosa Data | 2017 | 2015 |
|--|--------------|--------------|
| Always or most of the time feel safe and secure in their neighborhood | 80.2% | N/A |
| Agree or strongly agree that violence is a problem at your school | 17.9% | 51.6% |
| Have been harassed or bullied on school property \geq 1 time in the past 12 months | 26.7% | 24.7% |
| Have been electronically bullied in the past 12 months | 10.4% | 13.1% |
| Someone tried to physically hurt them on school property in the past 12 months | 16.3% | 15.0% |
| Were in a physical fight in the past 12 months | 18.9% | 15.7% |

How does Wauwatosa compare?

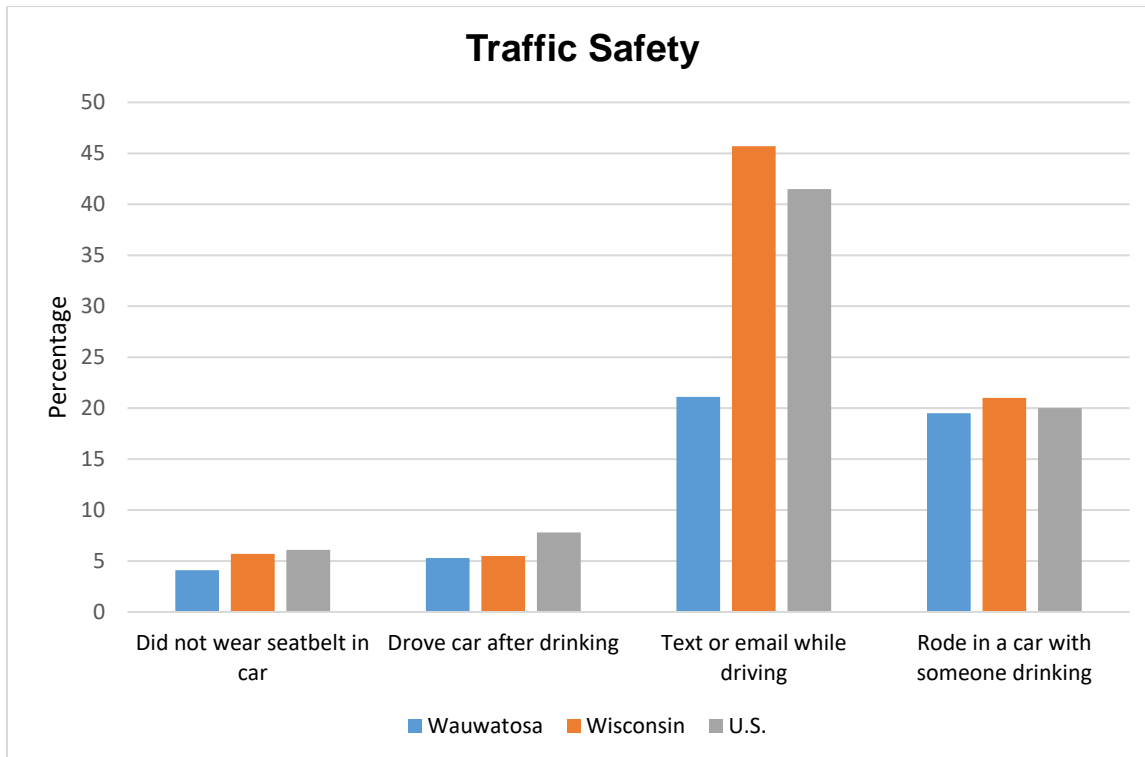


Traffic Safety

Motor vehicle crashes are one of the leading causes of death for youth ages 5 to 17 years old in Wisconsin. The percentage of students who wear seatbelts while riding in cars has gone up, but so has the number of distractions teens face while driving or riding in cars with other.

| Wauwatosa Data | 2017 | 2015 |
|---|--------------|--------------|
| Always or almost always wore a seatbelt while riding in a car | 95.9% | 93.8% |
| Drove a car after drinking ≥ 1 time in the last 30 days | 5.3% | 2.6% |
| Rode in a car driven by someone who had been drinking ≥ 1 time in the last 30 days | 19.5% | 18.1% |
| Texted or emailed while driving a car ≥ 1 time in the last 30 days | 21.1% | 18.3% |
| Rode in a car driven by someone that had been smoking marijuana ≥ 1 time in the last 30 days | 18.9% | N/A |

How does Wauwatosa compare?

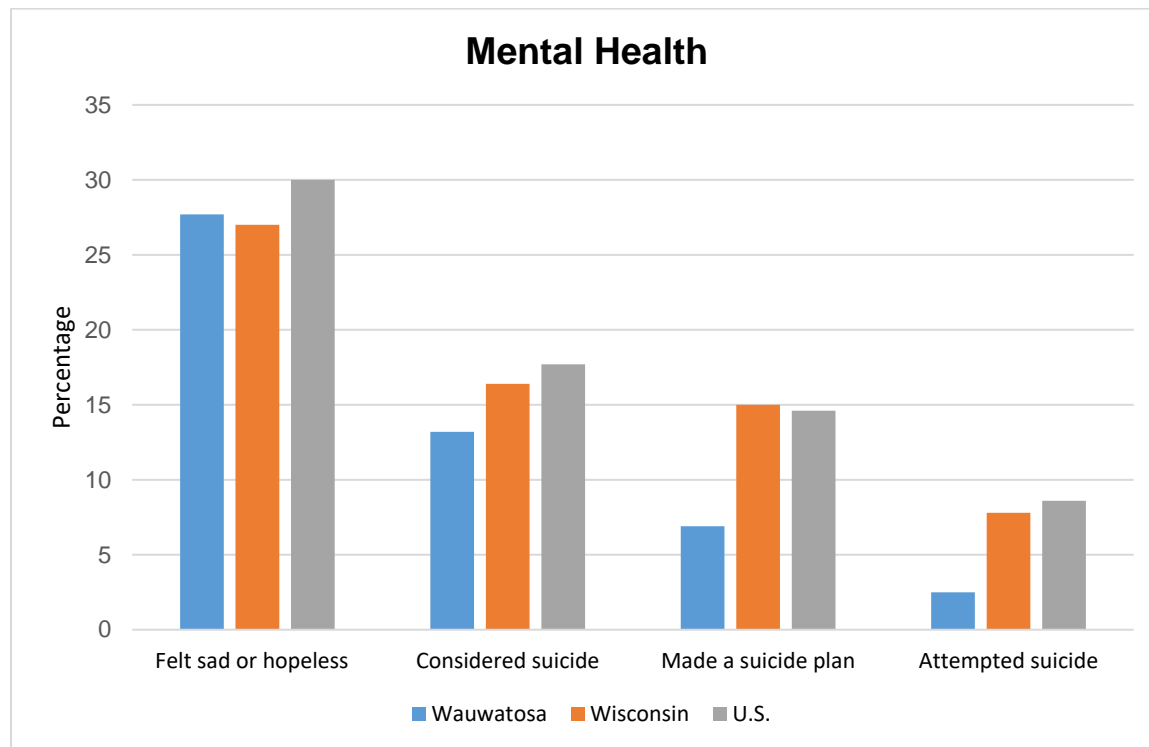


Mental Health

Improving the mental health of youth is a priority of the Wauwatosa School District (WSD). The youth suicide rate in Wisconsin is above the national averages. In addition to the YRBS data, the WSD has received a grant to train members of its staff and the community in Mental Health First Aid to recognize the signs of youth in a potential mental health crisis.

| Wauwatosa Data | 2017 | 2015 |
|---|--------------|--------------|
| Felt sad or hopeless every day for at two weeks or more in a row that you stopped doing usual activities | 27.7% | 24.7% |
| Seriously considered suicide in the last 12 months | 13.2% | 11.4% |
| Made a plan about how to attempt suicide in the last 12 months | 6.9% | 6.4% |
| Attempted suicide in the past 12 months | 2.5% | 2.9% |

How does Wauwatosa compare?

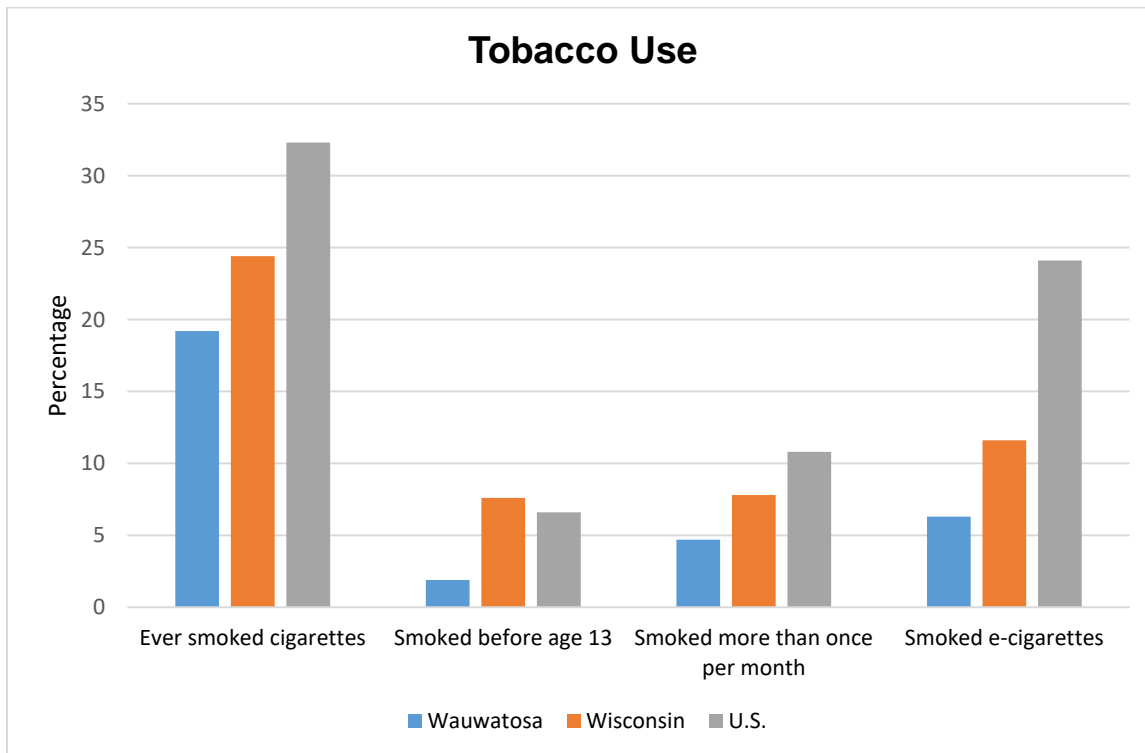


Tobacco Use

The trend for cigarette smoking in Wauwatosa as well as Wisconsin has been decreasing over the last decade however, the emergence of e-cigarette products has led to youth utilizing these new products.

| Wauwatosa Data | 2017 | 2015 |
|--|--------------|--------------|
| Ever smoked cigarettes | 19.2% | 17.8% |
| Smoked cigarettes before age 13 years | 1.9% | 6.6% |
| Smoked ≥ 1 cigarette in the past 30 days | 4.7% | 11.8% |
| Used electronic cigarettes ≥ 1 time in the past 30 days | 6.3% | 10.7% |
| Tried to quit smoking in the past 12 months | 14.8% | 48.0% |

How does Wauwatosa compare?

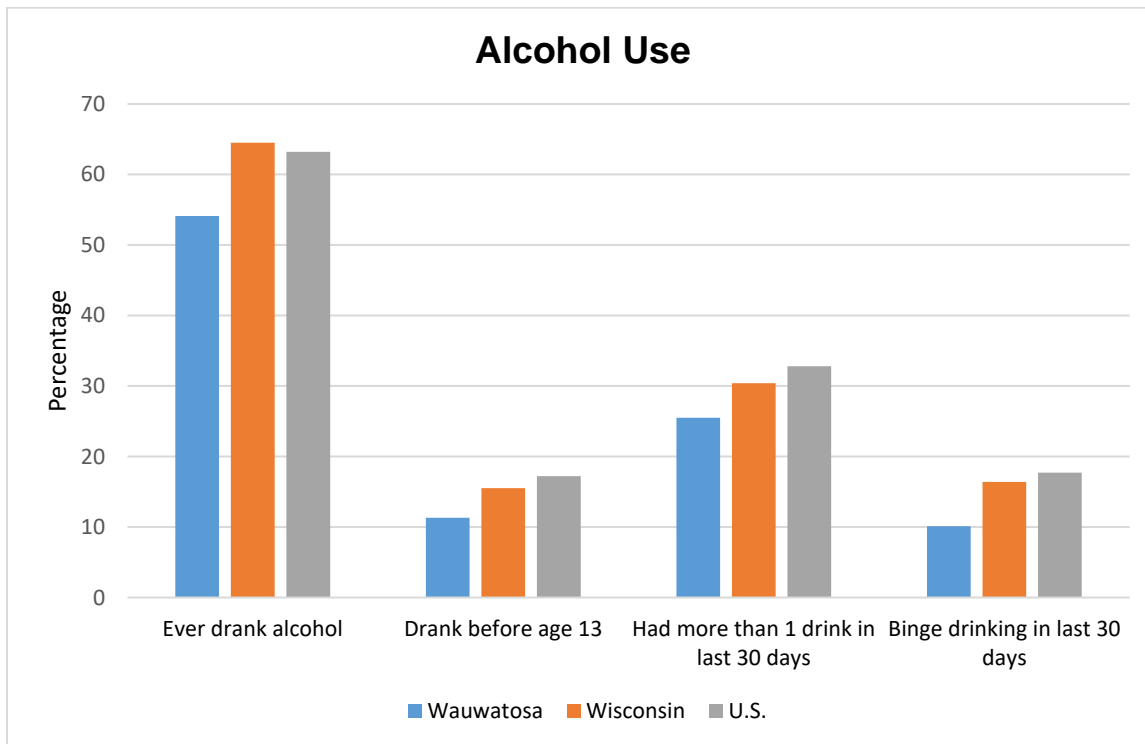


Alcohol Use

While Wauwatosa alcohol use has remained relatively constant from 2015 to 2017 and are below state and national averages, the numbers of students that drink alcohol on a regular basis is approximately 25%.

| Wauwatosa Data | 2017 | 2015 |
|---|--------------|--------------|
| Ever drank alcohol | 54.1% | 56.5% |
| Drank alcohol before age 13 years | 11.3% | 9.7% |
| Had ≥ 1 drink in the last 30 days | 25.5% | 26.1% |
| Had ≥ 5 drinks in a row (in a short period of time), also known as binge drinking ≥ 1 time in the last 30 days | 10.1% | 13.1% |
| Parents think it is wrong or very wrong to drink alcohol at least twice a month | 69.7% | 70.5% |

How does Wauwatosa compare?

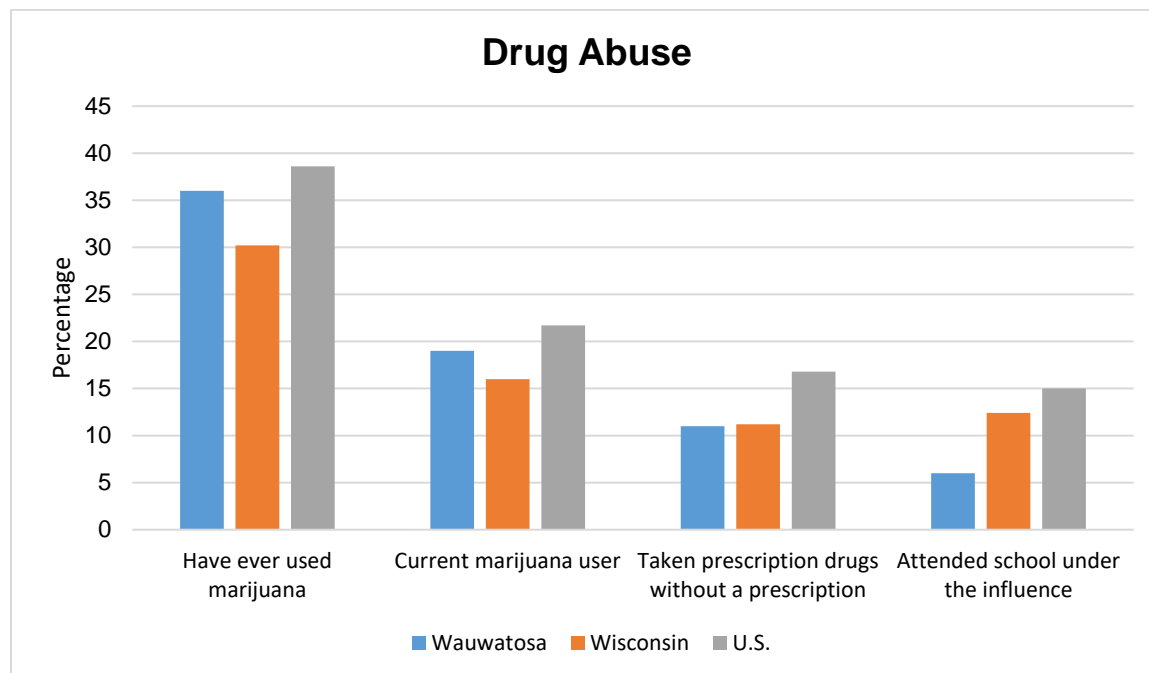


Drug Use

While prescription drug abuse by Wauwatosa students has remained below state and national averages, the number of youth that have tried marijuana as well as the number of youth that are current marijuana users has increased in conjunction with the perception that almost 60% of those surveyed feel their peers think it's ok to smoke marijuana.

| Wauwatosa Data | 2017 | 2015 |
|--|--------------|--------------|
| Have used marijuana \geq 1 time in lifetime | 36% | 30.4% |
| Used marijuana \geq 1 time in the last 30 days | 19% | 15.2% |
| Think people their age would say it is ok to smoke marijuana | 59% | 52.5% |
| Taken a prescription drug (OxyContin, Percocet, Vicodin, Adderall, Xanax, etc.) without a doctor's prescription | 11% | 10.7% |
| Used heroin \geq 1 time in lifetime | 0.6% | 0.0% |
| Agree or strongly agree that illegal drugs are a problem at their school | 37.1% | 43.0% |

How does Wauwatosa compare?

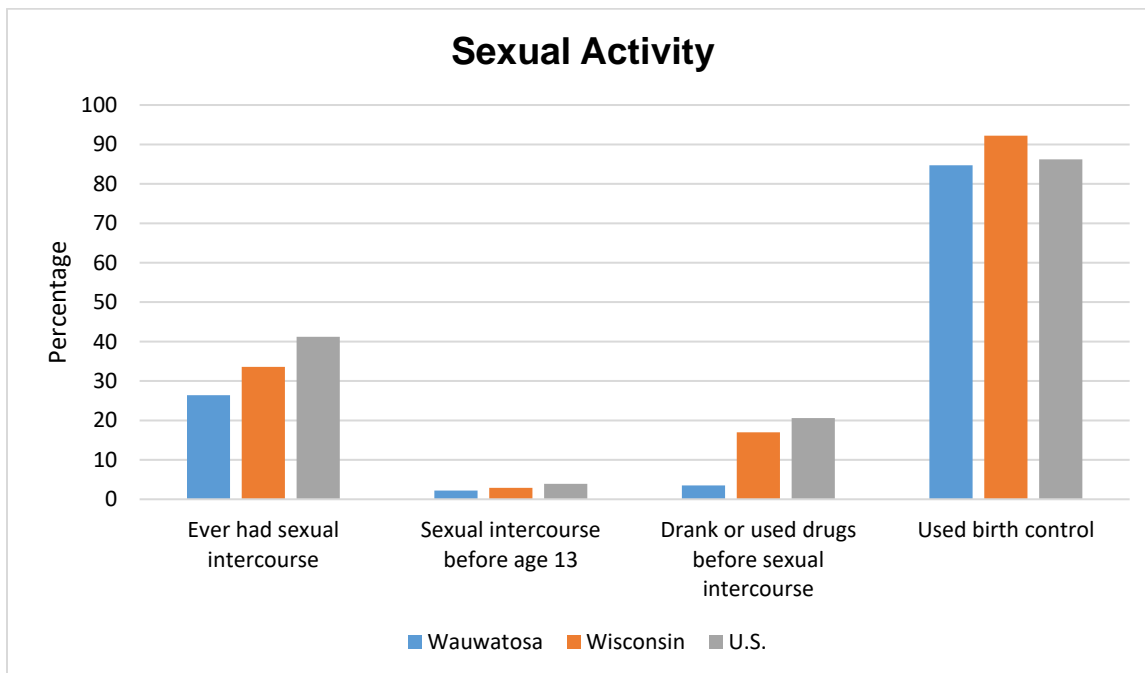


Sexual Activity

The number of students that used alcohol or drugs prior to sexual activity dropped significantly from 2015. However there are still approximately a quarter of students engaging in high risk sexual behaviors that may result in negative health outcomes.

| Wauwatosa Data | 2017 | 2015 |
|---|--------------|--------------|
| Have had sexual intercourse | 26.4% | 23.5% |
| Had sexual intercourse before age 13 | 2.2% | 1.4% |
| Drank alcohol or used drugs before last time of sexual intercourse | 3.5% | 14.6% |
| Used a birth control device to prevent pregnancy the last time of sexual intercourse | 84.7% | 94.8% |
| Been diagnosed with a sexually transmitted disease (STD) | 1.3% | 1.9% |

How does Wauwatosa compare?

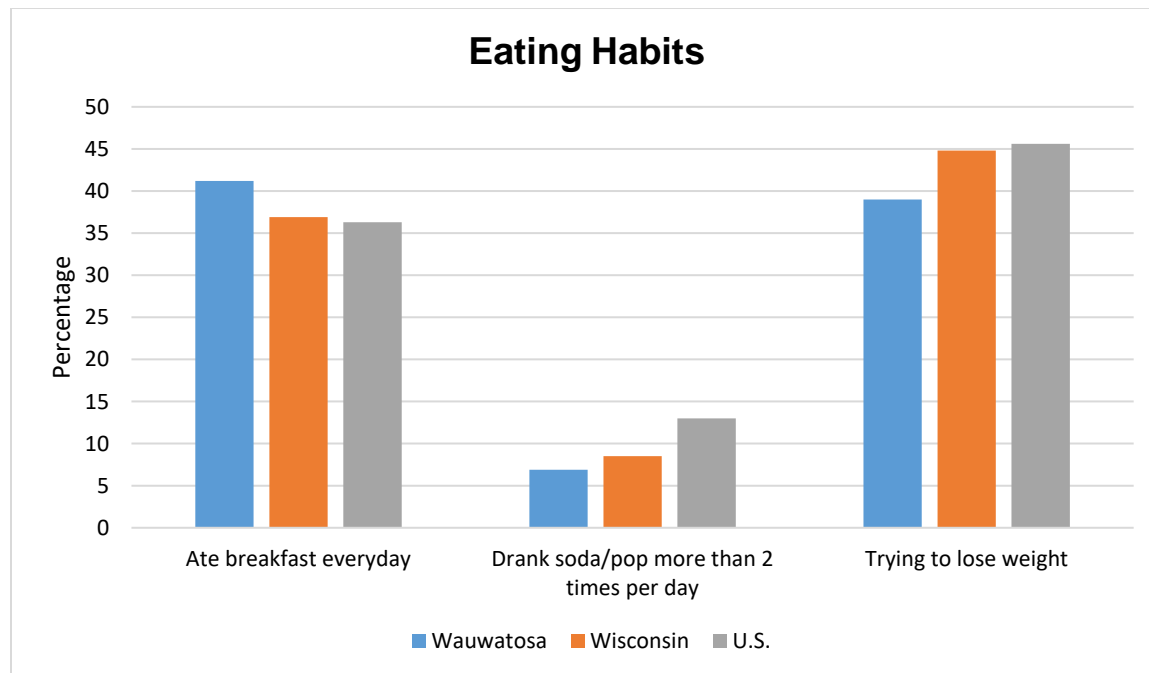


Eating Habits

Wauwatosa youth report high numbers of students eating some fruits and vegetables each week, however work needs to be done to incorporate fruits and vegetables into their daily eating habits. Wauwatosa youth also report a high incidence of eating breakfast daily as well as having meals with adults each week.

| Wauwatosa Data | 2017 | 2015 |
|--|--------------|--------------|
| Ate breakfast every day for the last 7 days | 41.2% | 38.2% |
| Ate meals with one or more adults \geq 4 times the last 7 days | 58.5% | 65.5% |
| Drank soda/pop \geq 2 times per day for the last 7 days | 6.9% | 6.3% |
| Ate vegetables \geq 3 times in the past 7 days | 64.2% | N/A |
| Ate fruit \geq 3 times in the past 7 days | 72.6% | N/A |
| Trying to lose weight | 39% | 43% |

How does Wauwatosa compare?

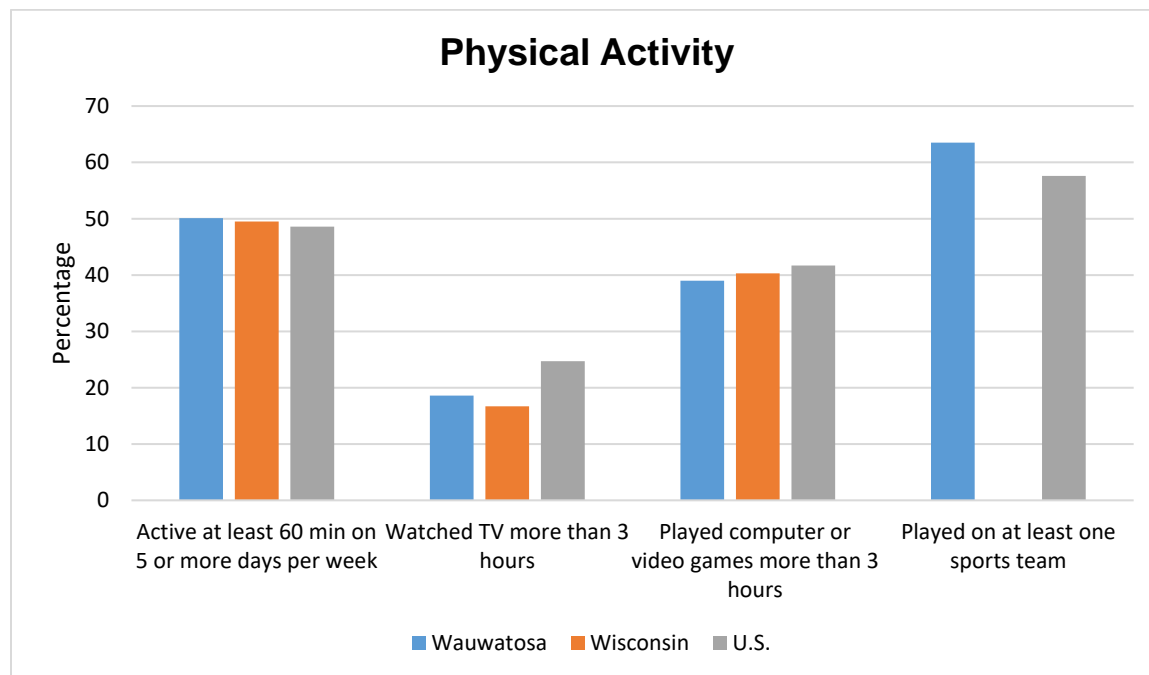


Physical Activity

Overall Wauwatosa high school students are becoming more physically active with an increase in students walking or biking to school and decreasing the amount of time reported watching TV or playing video games. Work should still continue on encouraging students to be physically active every day to improve overall health.

| Wauwatosa Data | 2017 | 2015 |
|--|--------------|--------------|
| Physically active at least 60 minutes per day for \geq 5 days per week | 60.1% | 56.6% |
| Watched TV \geq 3 hours per day on a school day | 18.6% | 27.6% |
| Played video or computer games \geq 3 hours per day on a school day | 39% | 43.9% |
| Played on at least one sports team in the last year | 36.5% | 36.1% |
| Walk or bike to school 5 times per week | 25.8% | 20.4% |

How does Wauwatosa compare?

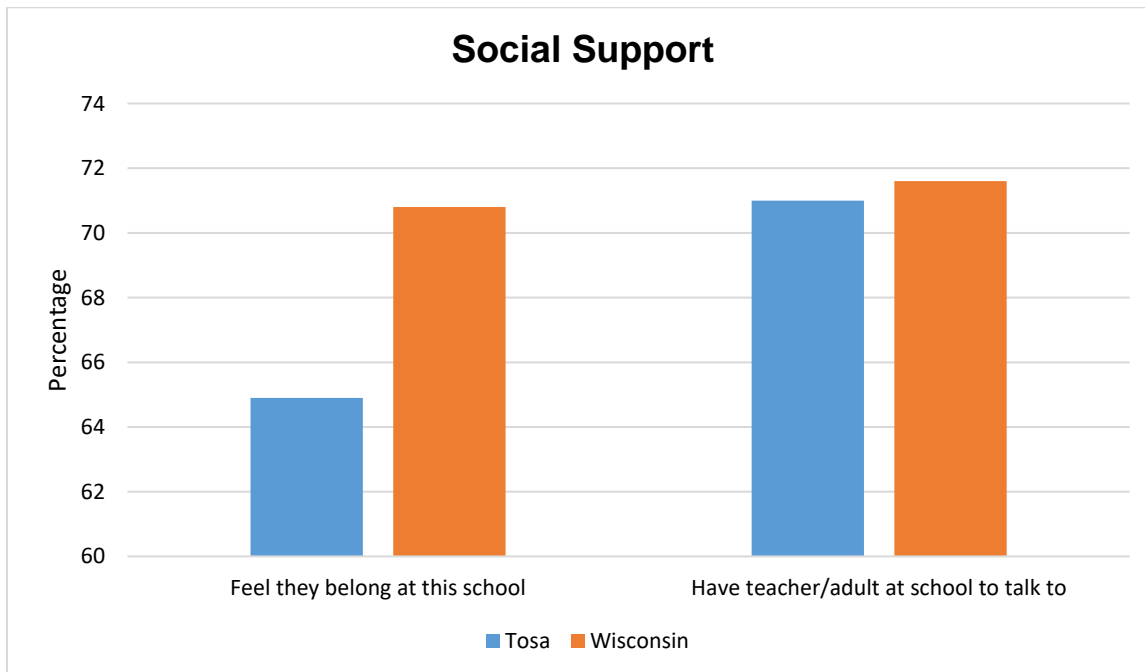


Social Support

On average Wauwatosa high school students state they have a network of social support both at home and at school. Numbers from 2015 to 2017 have remained relatively steady and are just below the State average.

| Wauwatosa Data | 2017 | 2015 |
|---|--------------|--------------|
| Agree or strongly agree their family loves and supports them | 83% | 86.9% |
| Agree or strongly agree their teachers care about them and provide encouragement | 62.3% | 64.1% |
| Agree or strongly agree they belong at this school | 64.9% | 66.0% |
| Have \geq 1 teacher or older adult in the school they can talk to if there is a problem | 71% | 73.9% |

How does Wauwatosa compare?



Resources

2017 Wisconsin Youth Risk Behavior Survey

- <https://dpi.wi.gov/sspw/yrbs>

2015 Centers for Disease Control and Prevention Youth Risk Behavior Survey

- <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>