

Meeting the Needs of Alaska Students by Using Data from YRBS and School Health Profiles

School Health Collaborative Meeting
December 17, 2024



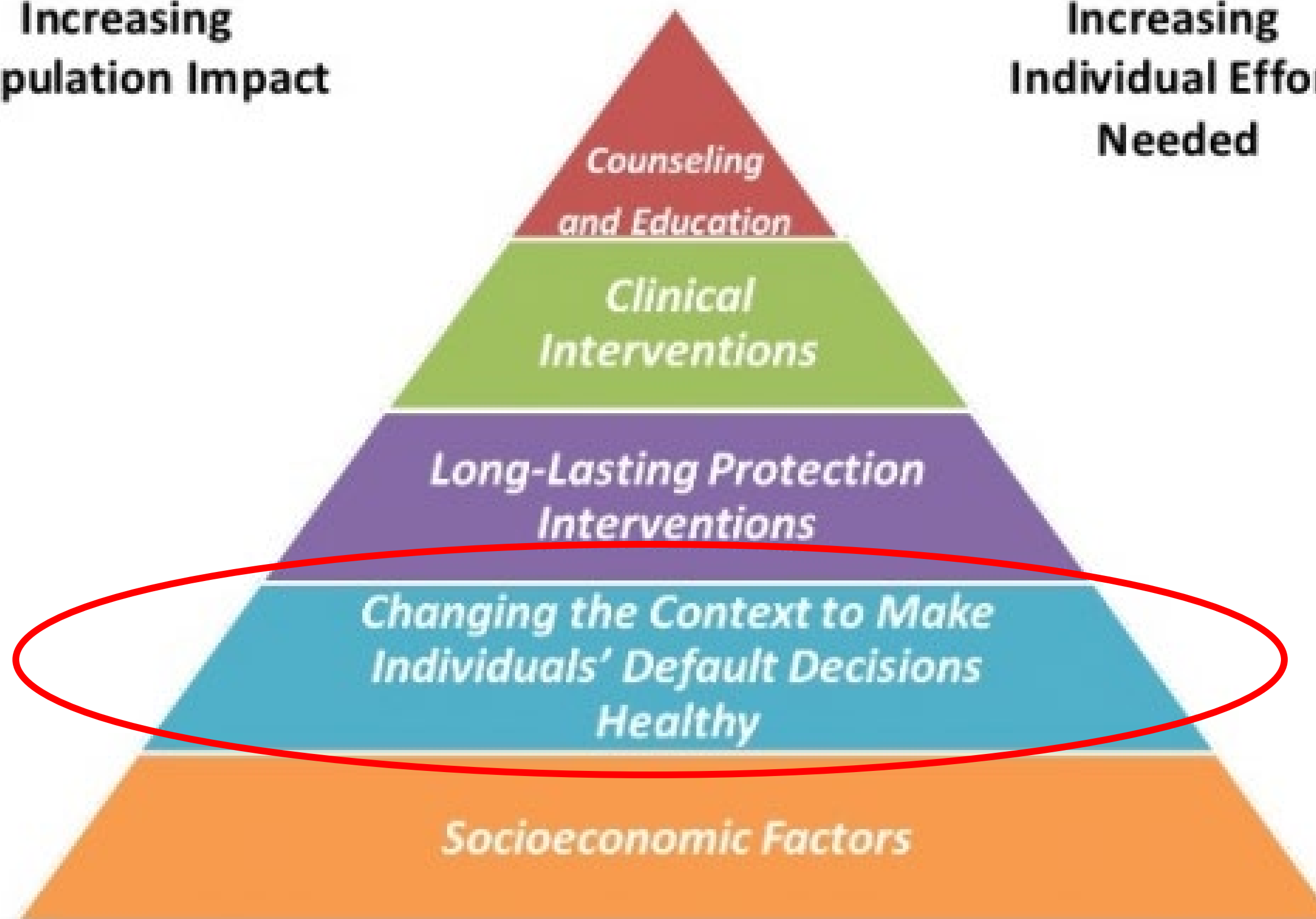
Andrea Fenaughty
CDPHP Senior Epidemiologist



Health Impact Pyramid

Increasing
Population Impact

Increasing
Individual Effort
Needed



Overview

- What are these data sources?
- What do the most recent data show?
- What are the overall patterns?
 - Where do we see cause for concern?
 - Which indicators show progress?
 - Where are policies and behaviors aligned?
- How can I access these data?

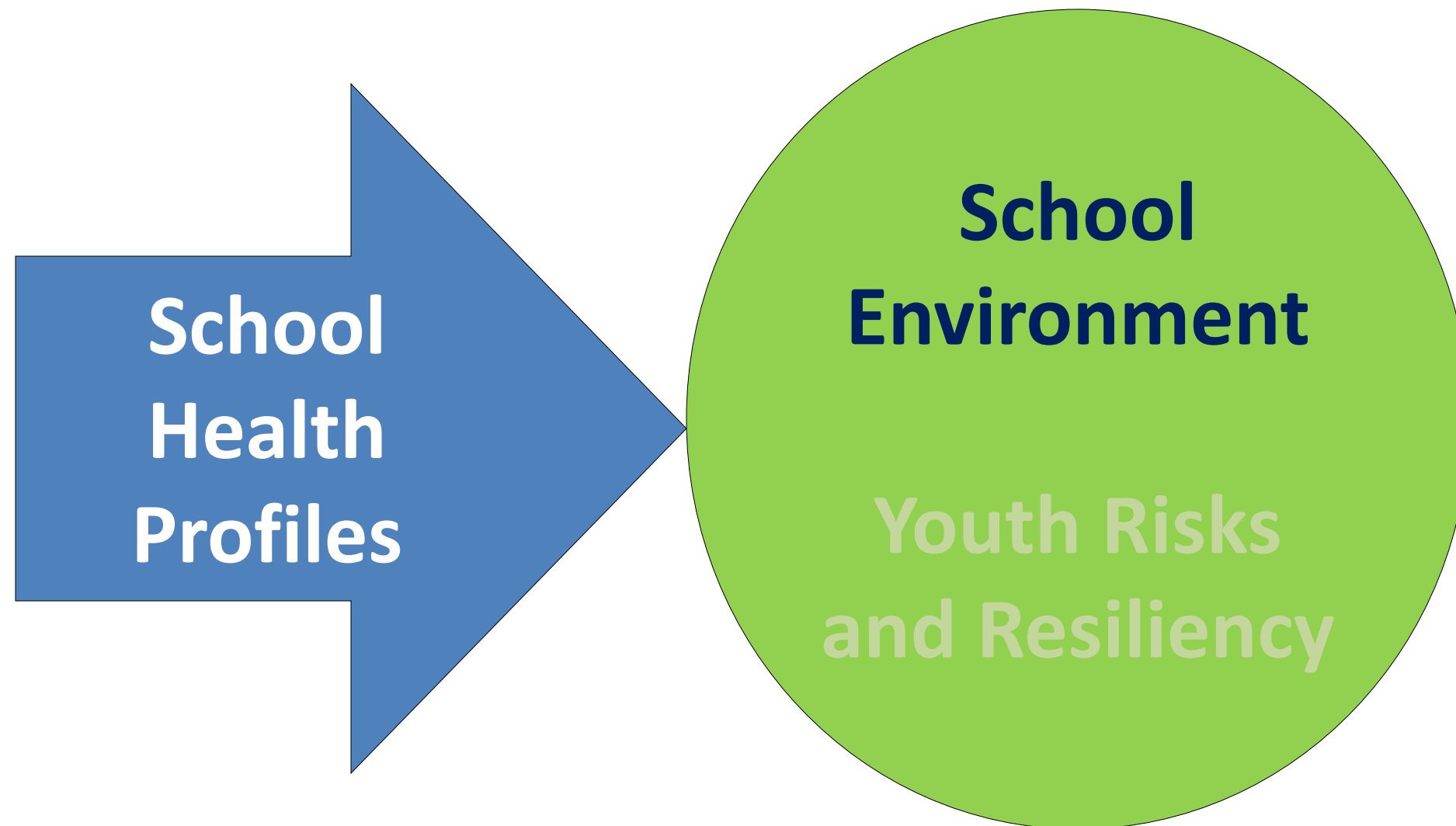


Data Sources Measure

**School
Environment**

**Youth Risks
and Resiliency**

Data Sources



Data Sources



School Health Profiles

- Assesses school health **policies and practices**
- Occurs biennially on even-numbered years
- Conducted by Dept of Health
- Sample of secondary schools in Alaska
- 2 self-administered online surveys (Principals, Health Teachers)
 - No Health Teacher data for 2012, 2022
- Recently received weighted 2024 Profiles data!

School Health Profiles Domains

Policies



Professional Development



Curriculum
Content Areas

School Health Profiles Topics

- School health coordination
- School health education requirements and content
- Practices related to bullying, sexual harassment
- Physical education and physical activity
- School policies related to:
 - HIV/AIDS
 - tobacco-use prevention
 - nutrition
- School-based health services
- Family and community involvement in school health

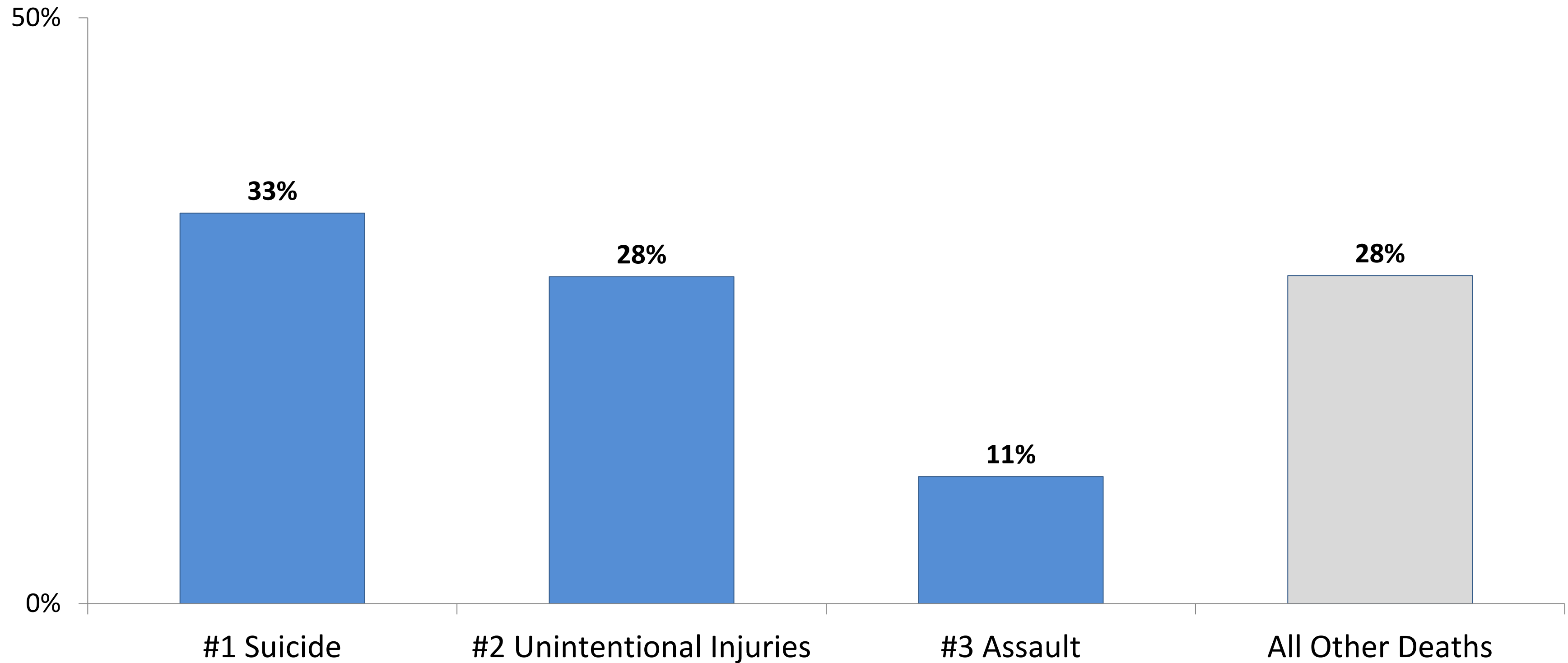
Youth Risk Behavior Survey (YRBS)

- School-based, high school students
- Conducted by Departments of Health and Education & Early Development
- Samples:
 - Statewide Traditional High Schools
 - Statewide Alternative High Schools
 - District-specific High Schools
- Risk behavior monitoring

YRBS measures...

- **Risk behaviors** linked with leading causes of death *in adolescence*
- **Risk behaviors** linked with leading causes of death *in adulthood*
- **Resiliency factors** that protect against injury, illness and premature death

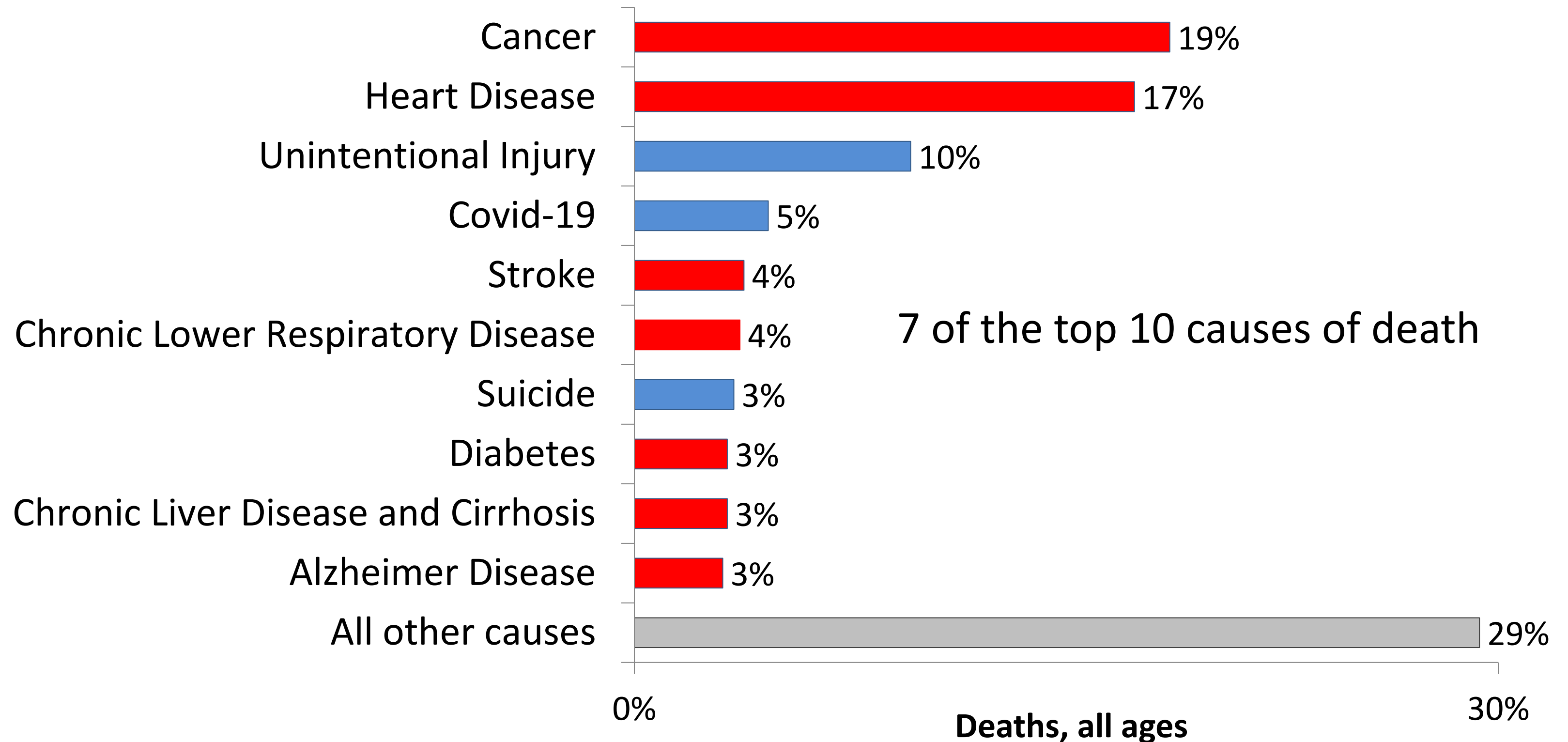
Top 3 Leading Causes of Death for Alaska 15-24 Year-Olds are Injury-related (2022)



Behaviors Related to Leading Causes of Injury Deaths in Youth

- **Safety**
 - Driving or riding in car while drinking, texting, using drugs
 - Helmet, seatbelt use
- **Violence**
 - Bullying, physical, sexual, and dating violence
- **Alcohol, marijuana, heroin, cocaine, opioids and other drug use**
 - Use, risk perceptions
- **Suicide and mental health**
 - Suicidal thoughts, attempts

Most Alaskans ultimately die from a chronic disease.



Source: Alaska Health Analytics and Vital Records (2022)



Behaviors Related to Leading Causes of Chronic Disease Illness and Death

- **Weight Status, Physical Activity & Nutrition**
 - Overweight and obesity
 - Consumption of fruits and vegetables, sugary drinks
 - Physical education, physical activity
 - Screen time, social media use
- **Tobacco use**
 - Smoking, smokeless, vaping
- **Sexual behaviors**
 - Early sexual intercourse, unprotected sex

Factors That May Worsen or Protect Against Injury Deaths and Chronic Disease

- **Adverse childhood experiences**
 - Emotional well-being, homelessness
- **Positive childhood experiences**
 - School connectedness, caring adults and teachers, relationship skills
 - Community engagement and connectedness

YRBS Methods

- 9th – 12th grade
- Probability sample = representative findings
- **Anonymous, voluntary, parental consent**
- Self-administered
- One class period (45 minutes)
- Paper & Pencil (electronic coming in 2025!)
- Biennial, 2023 is most recent data

YRBS and SHP Results

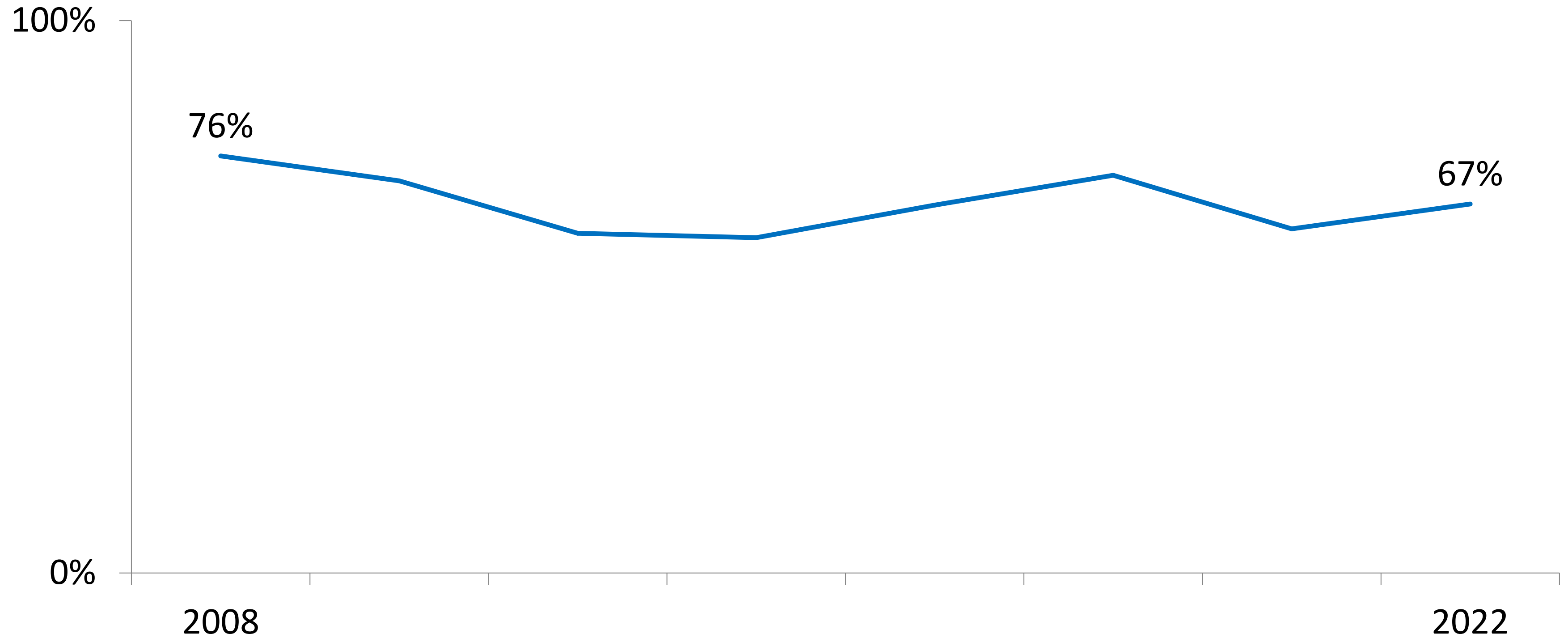
- **Trends**
 - Better?
 - Worse?
 - Flat?
- **New data?**
- **Patterns**
 - Consistency across environment and behavior?



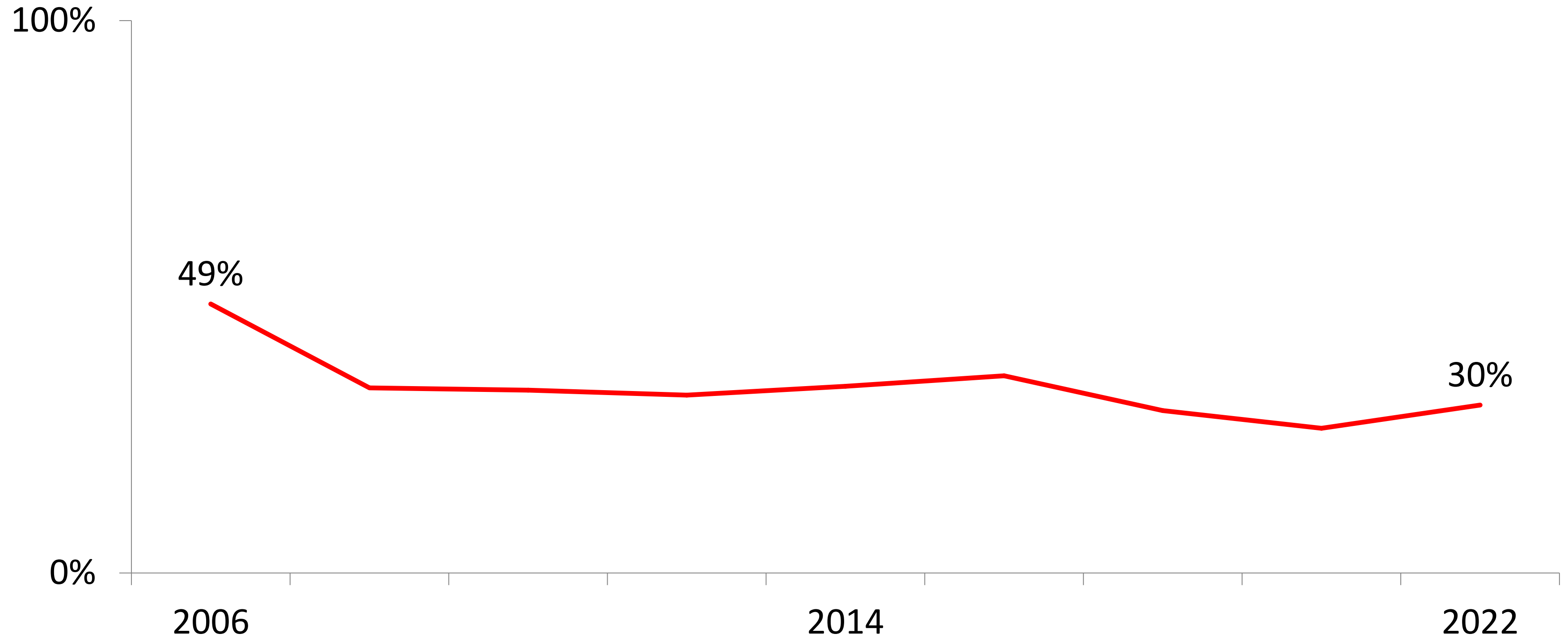
Overall School Health Environment



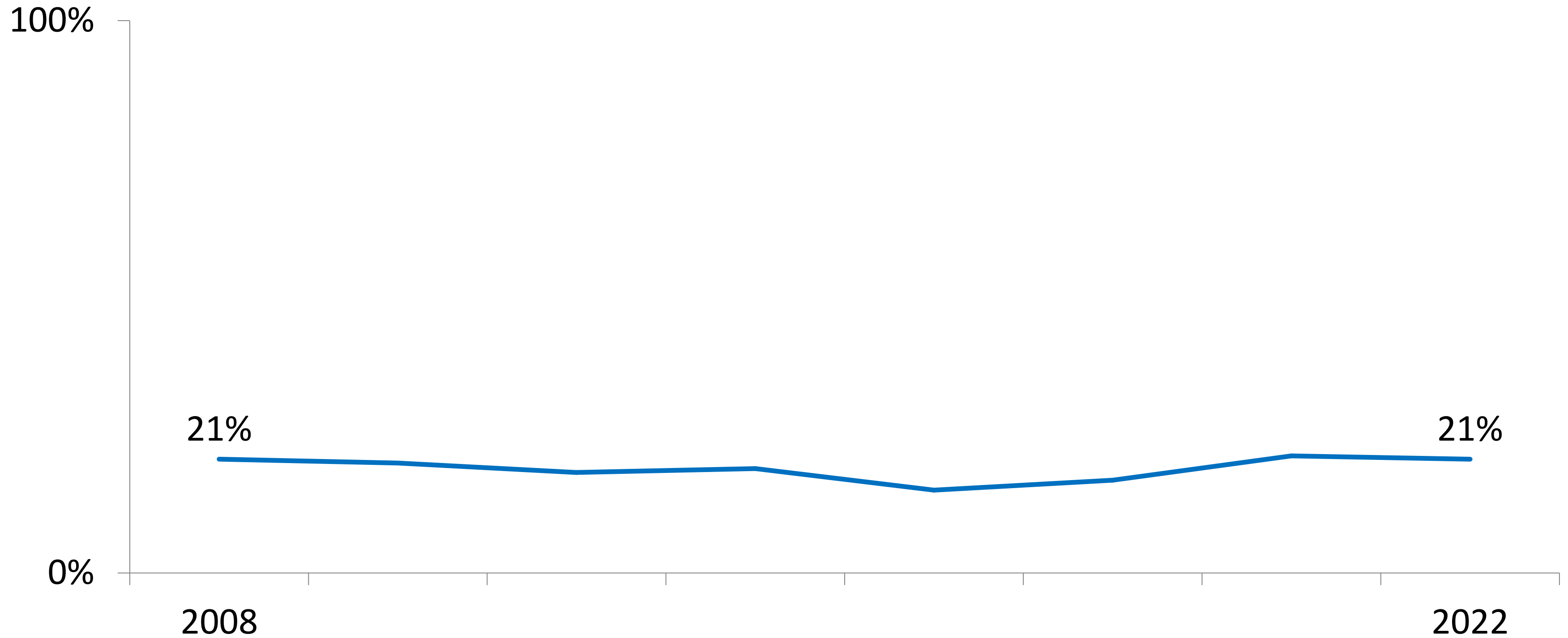
About 2/3rds of schools have a school health and safety coordinator.



The percentage of schools with school health councils has been declining.

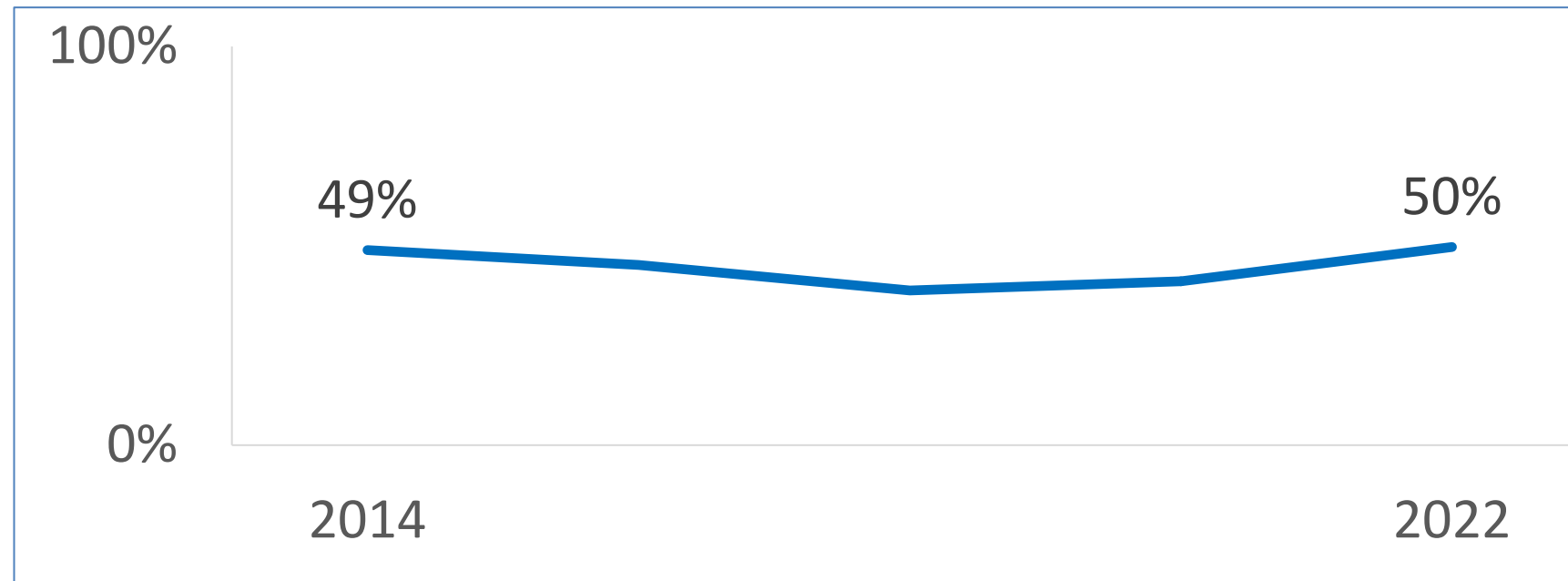


About 1 in 5 schools have a full-time nurse.

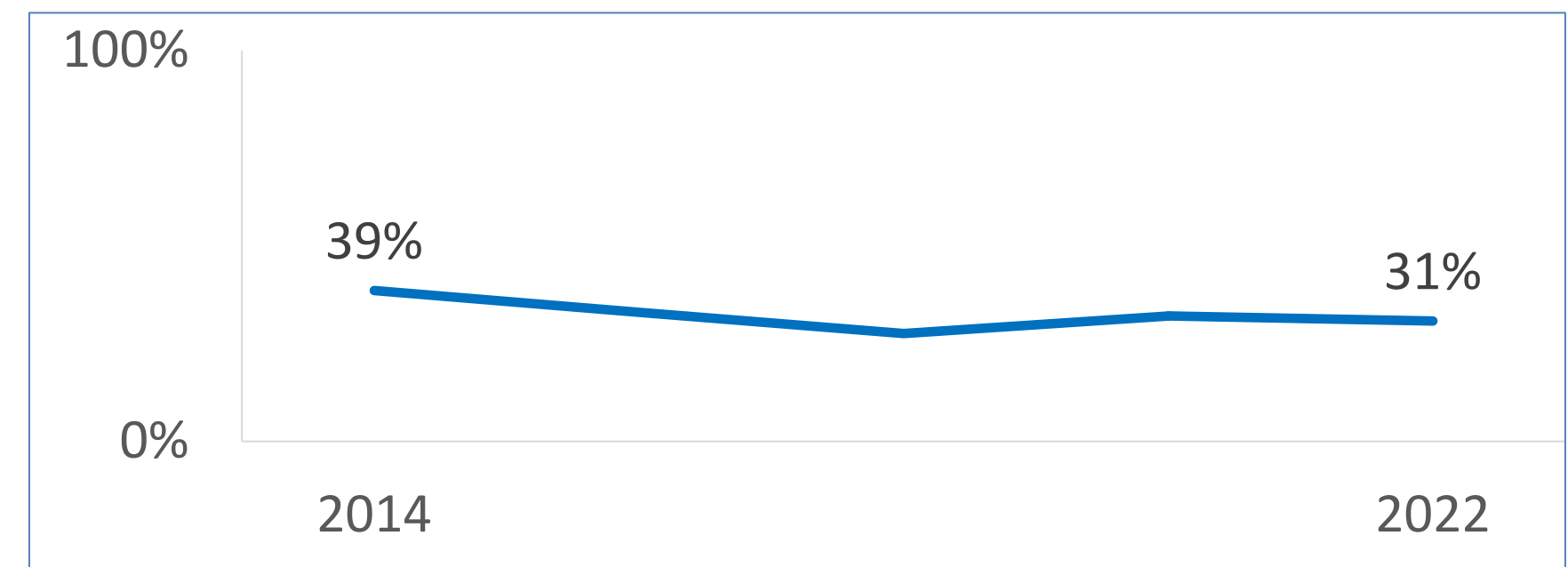


We're seeing no change in schools referring students with these chronic conditions to health services.

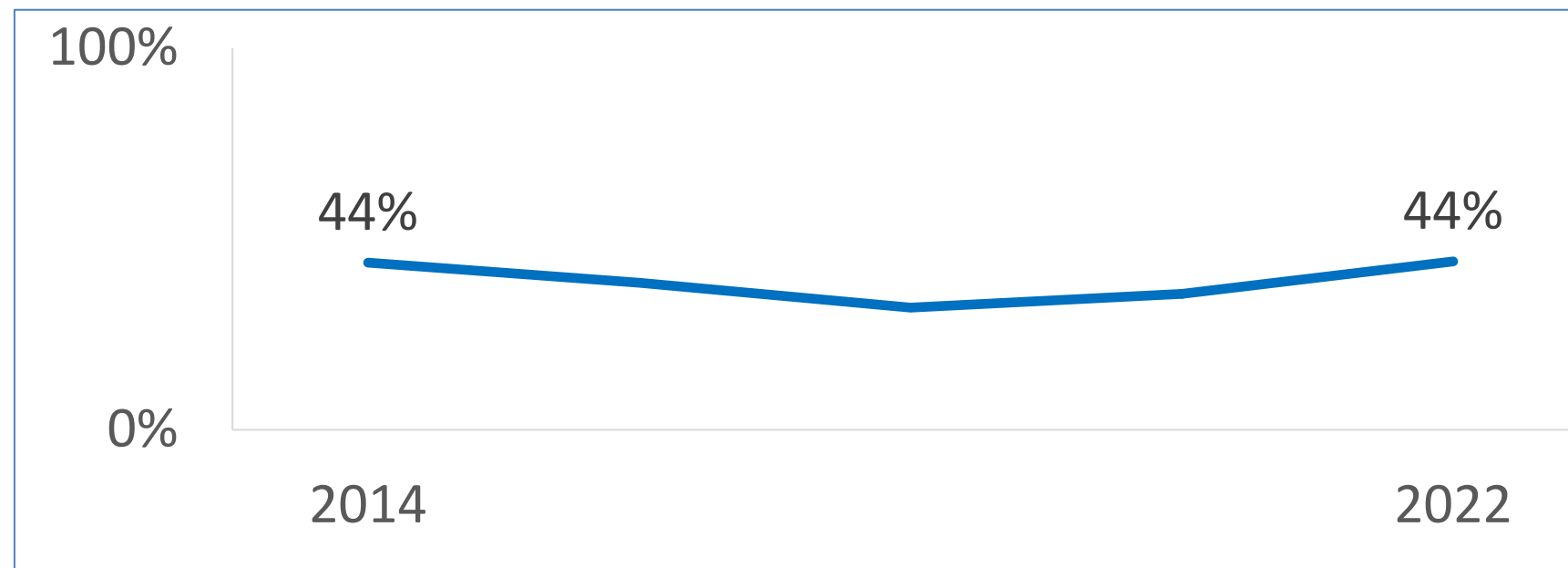
Refer students with **asthma** to off-site providers



Refer students with **obesity** to off-site providers

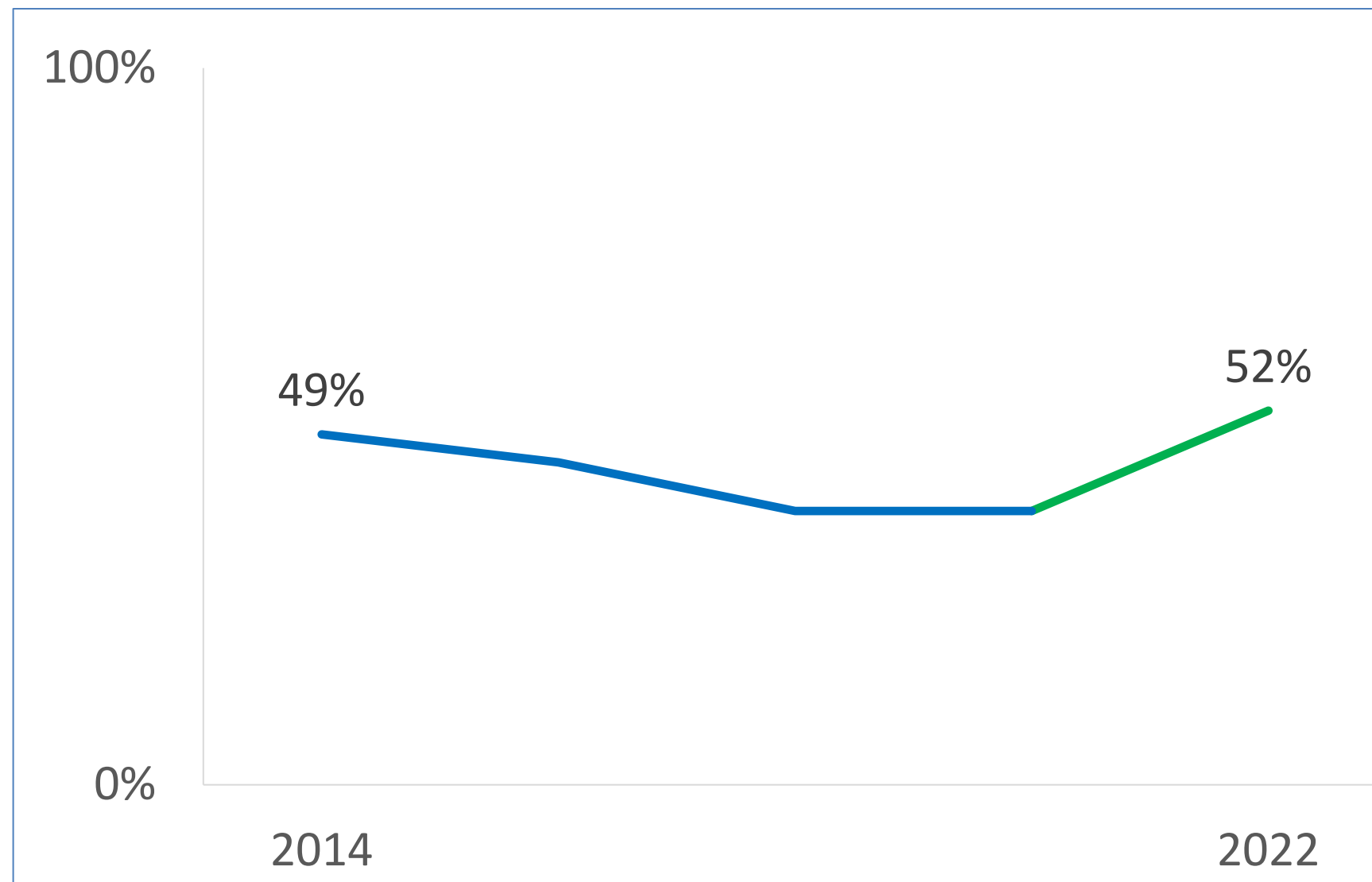


Refer students with **hypertension** to off-site providers

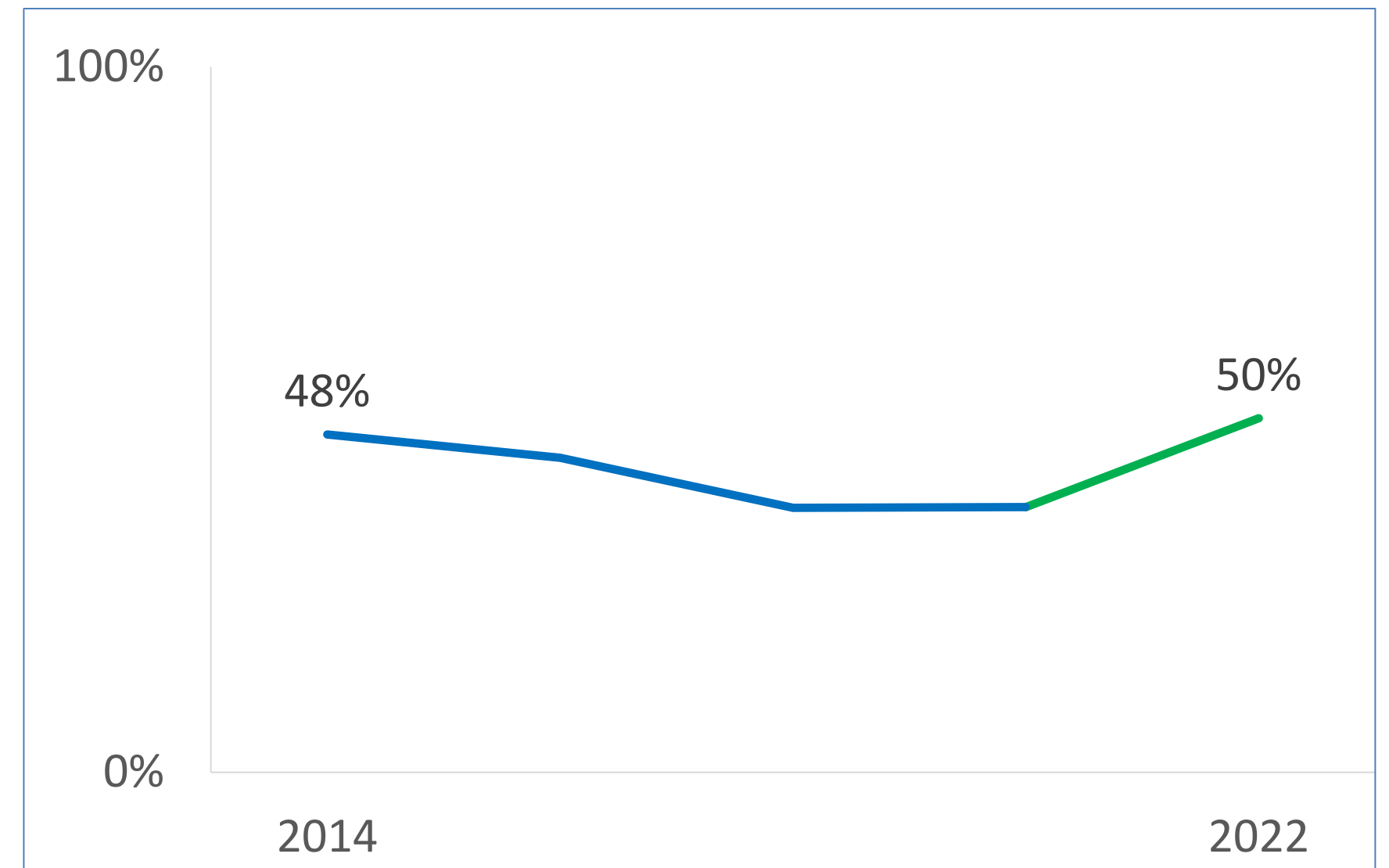


Schools are increasingly referring students with epilepsy and diabetes to health services

Refer students with **epilepsy** to off-site providers



Refer students with **diabetes** to off-site providers

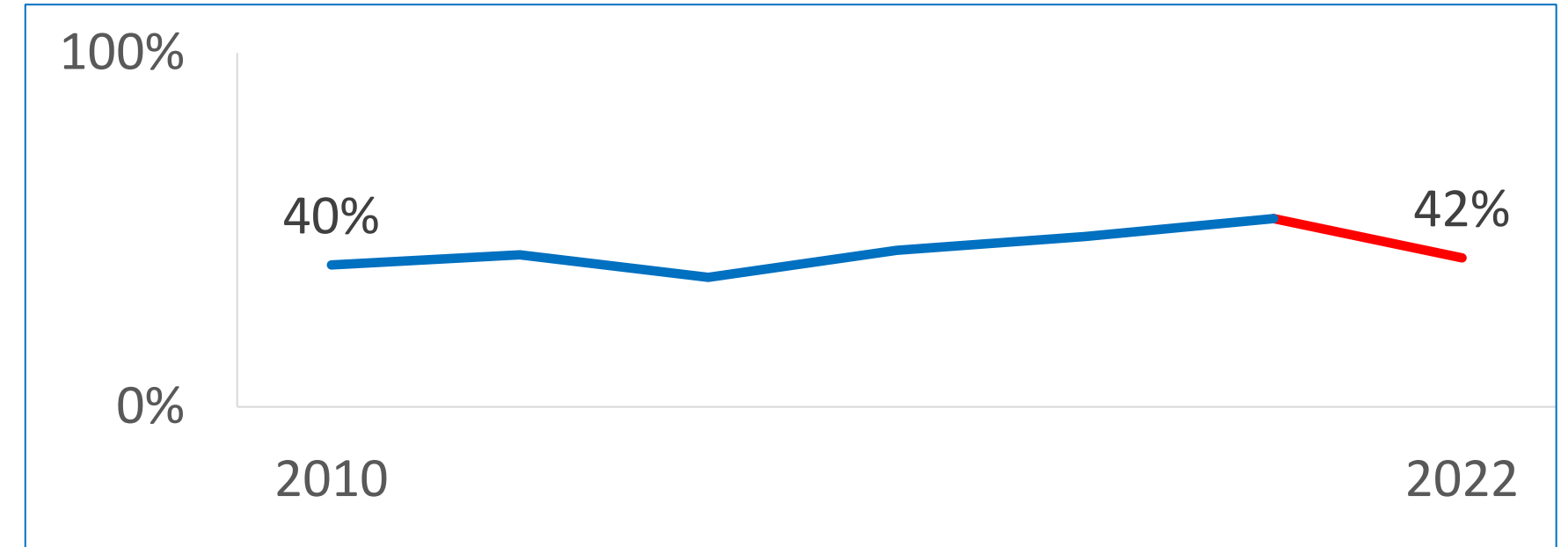


Schools increasingly facilitate access to social services for LGBTQ students; recent decline with health services

Encourage PD around safe, inclusive environments



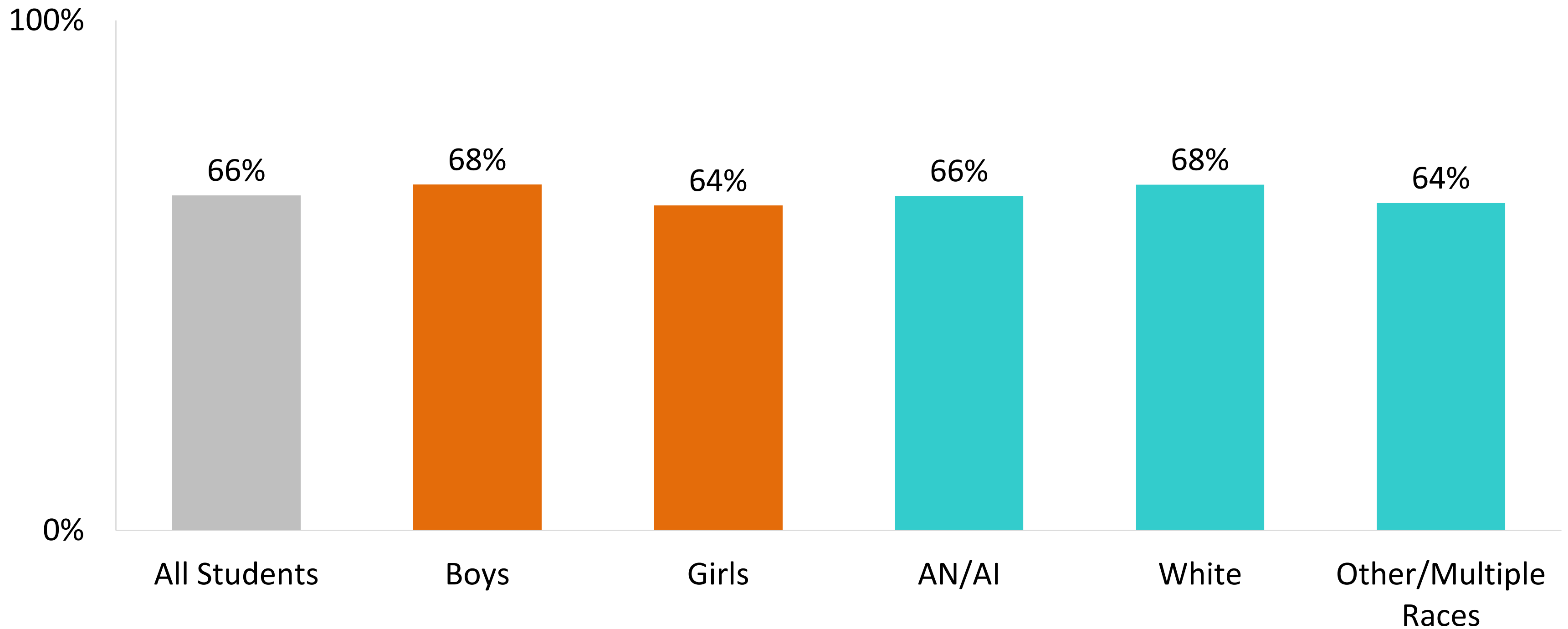
Facilitate LGBTQ access to health services



Facilitate LGBTQ access to social, psychological services



Most high school students agree that their teachers really care about them. (AK YRBS, 2023)



Bullying and Harassment

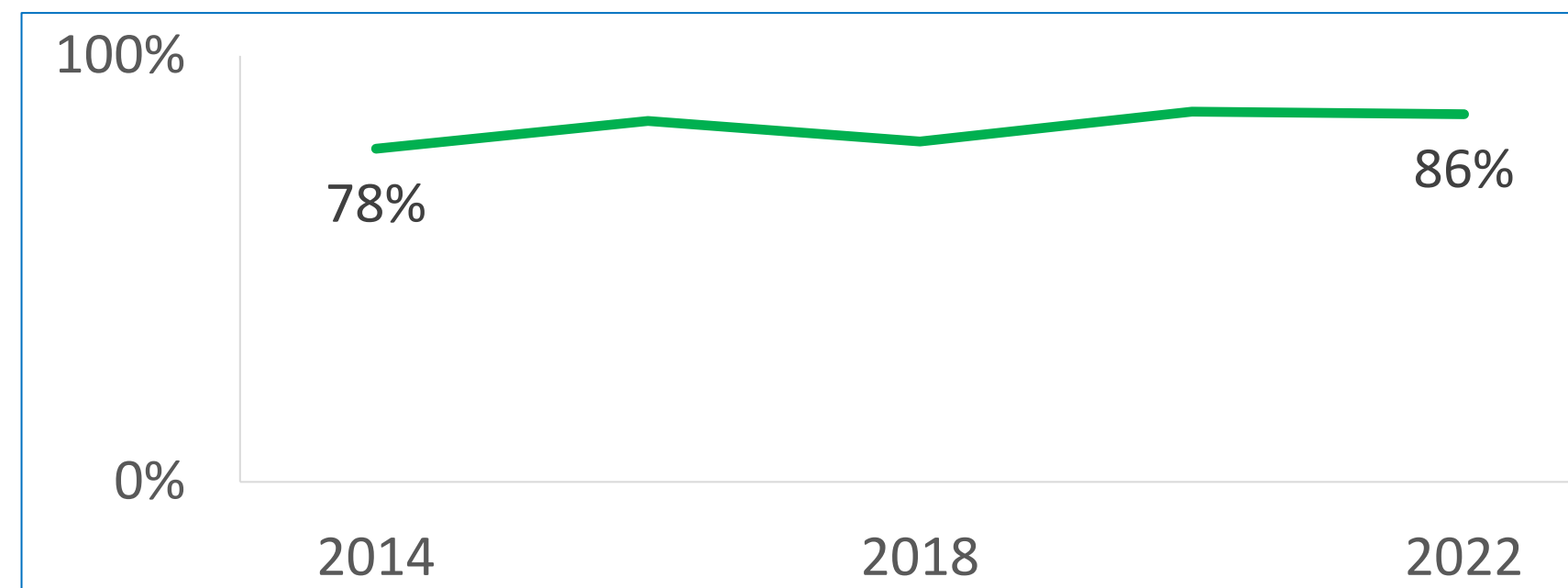


Most schools implement anti-bullying, anti-sexual harassment measures; some improvements.

All staff receive training on bullying



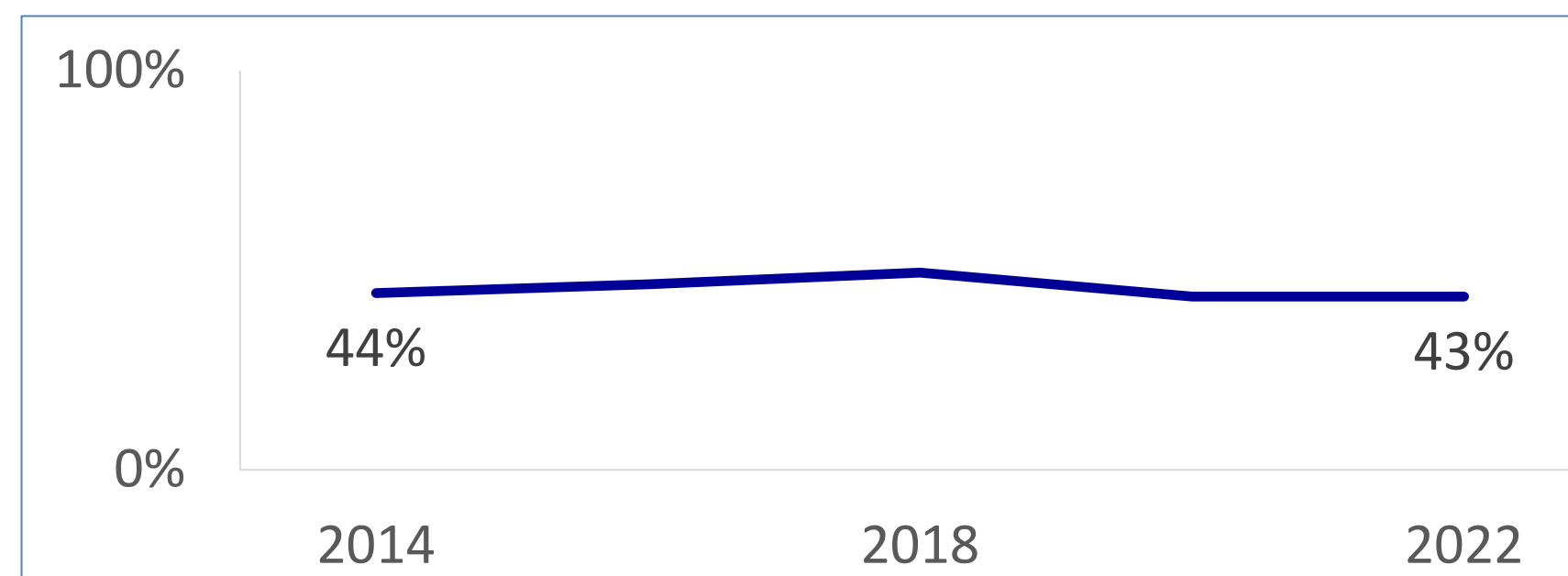
Support confidential reporting



Publicize anti-bullying policies



Provide families anti-bullying info

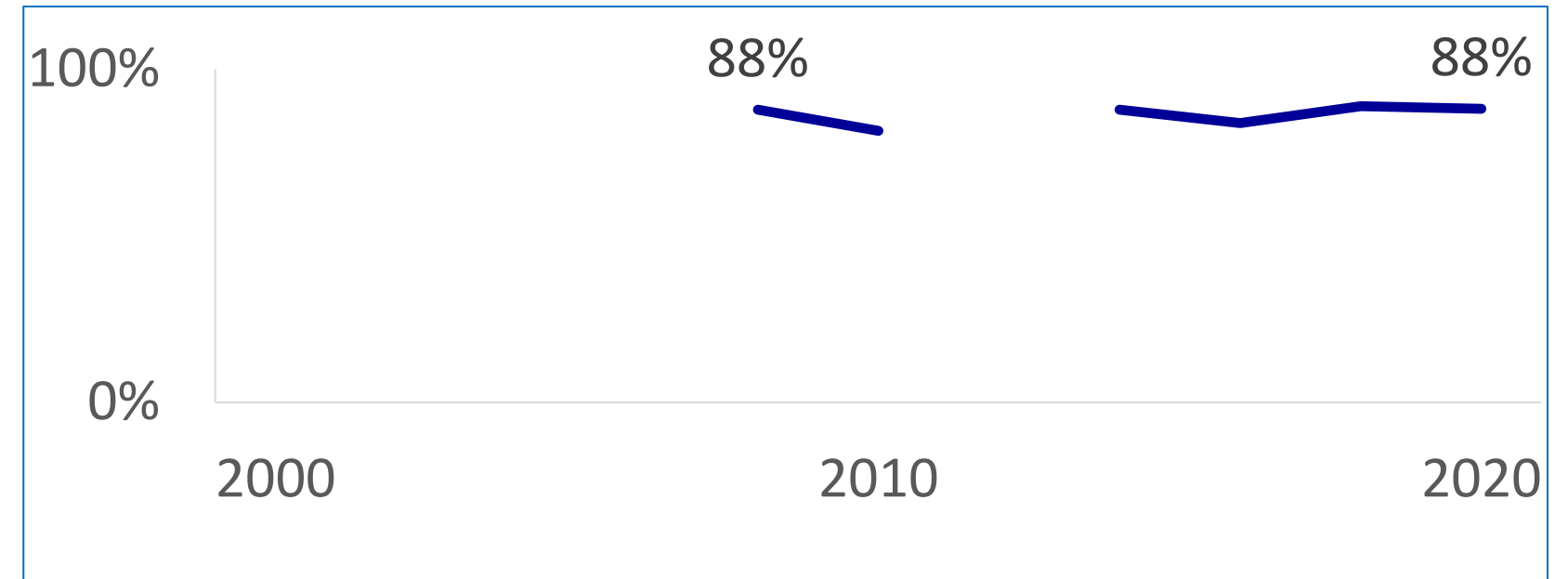


Training in violence prevention has increased.

Lead health teacher *received* training in violence prevention within 2 years



Teachers teach violence prevention



Lead health teacher *wants* training in violence prevention



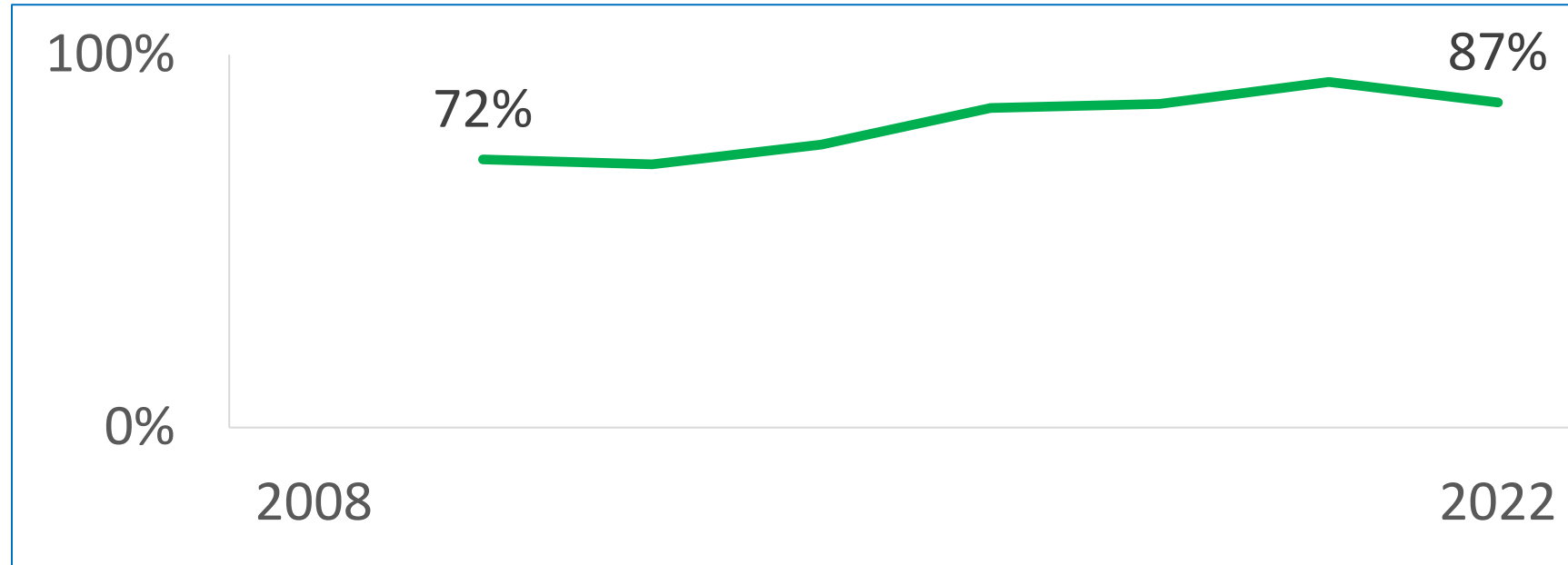
- Increase in receipt of professional development/training
- No change in desire for training
- No change in teaching (but high)

Source: Alaska School Health Profiles

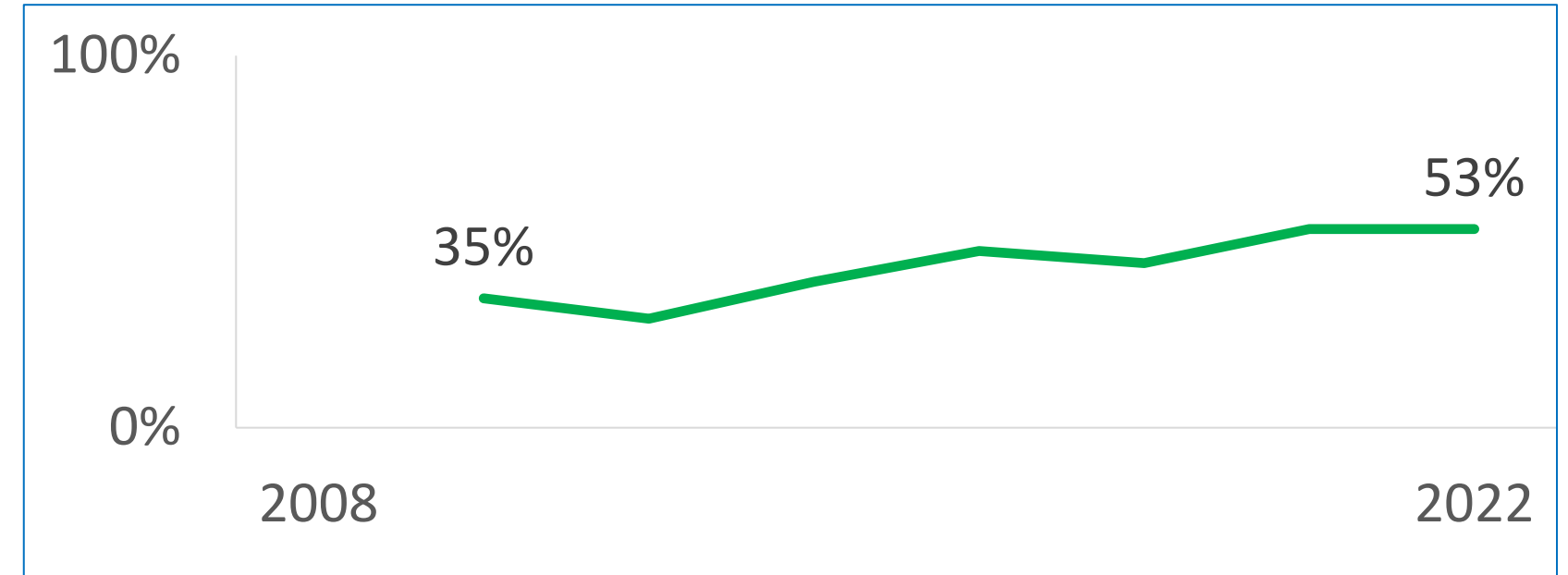
There are no 2012 or 2022 health teachers results due to low response rate.

Schools are generally becoming more welcoming of LGBTQ students, but clubs are less common.

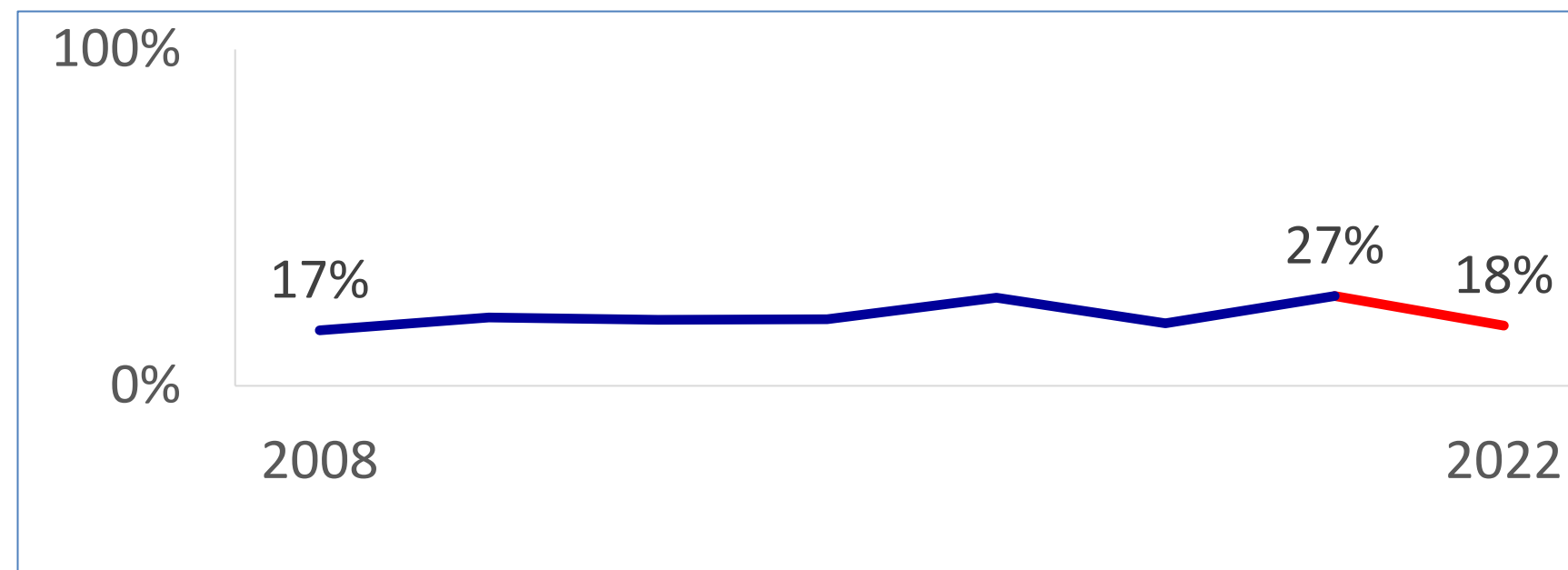
Prohibit harassment



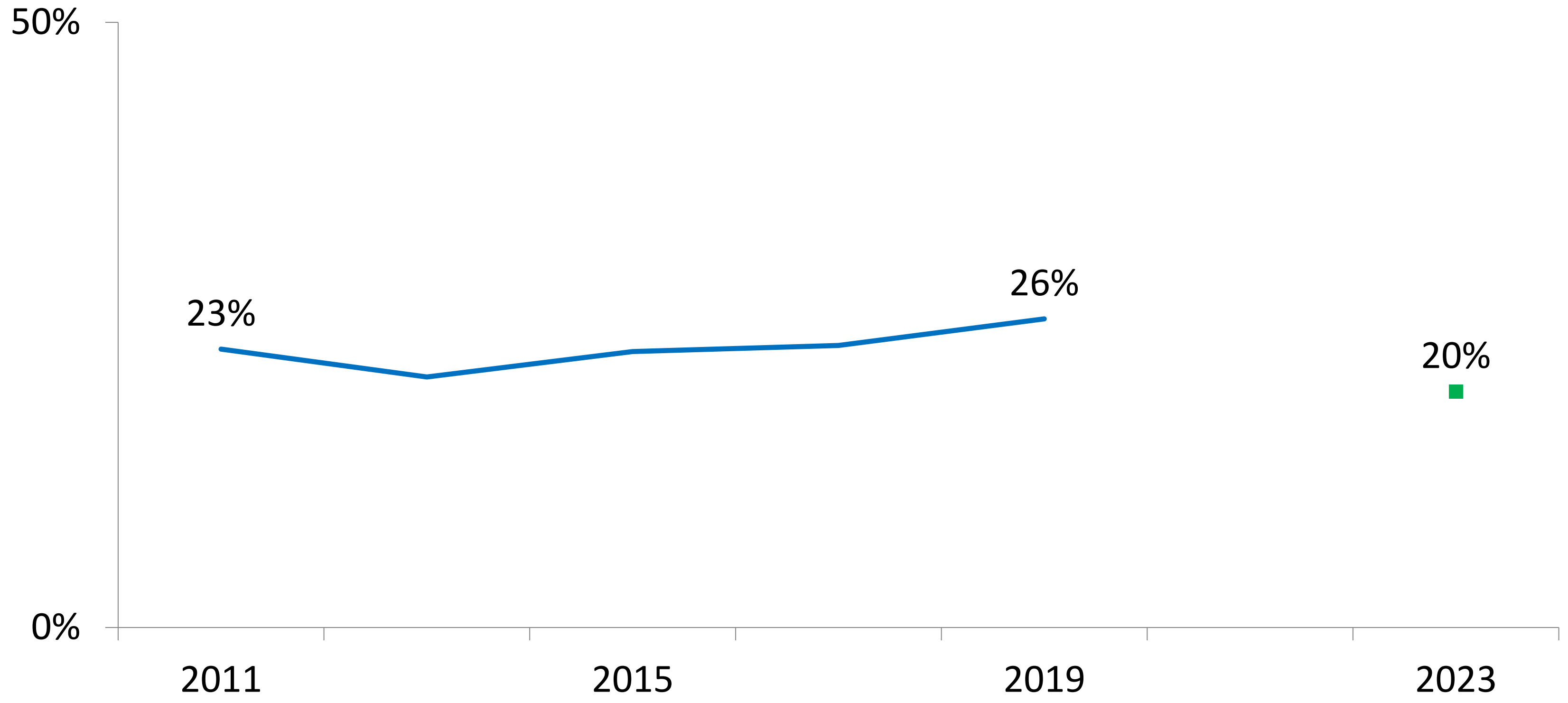
Have "safe spaces"



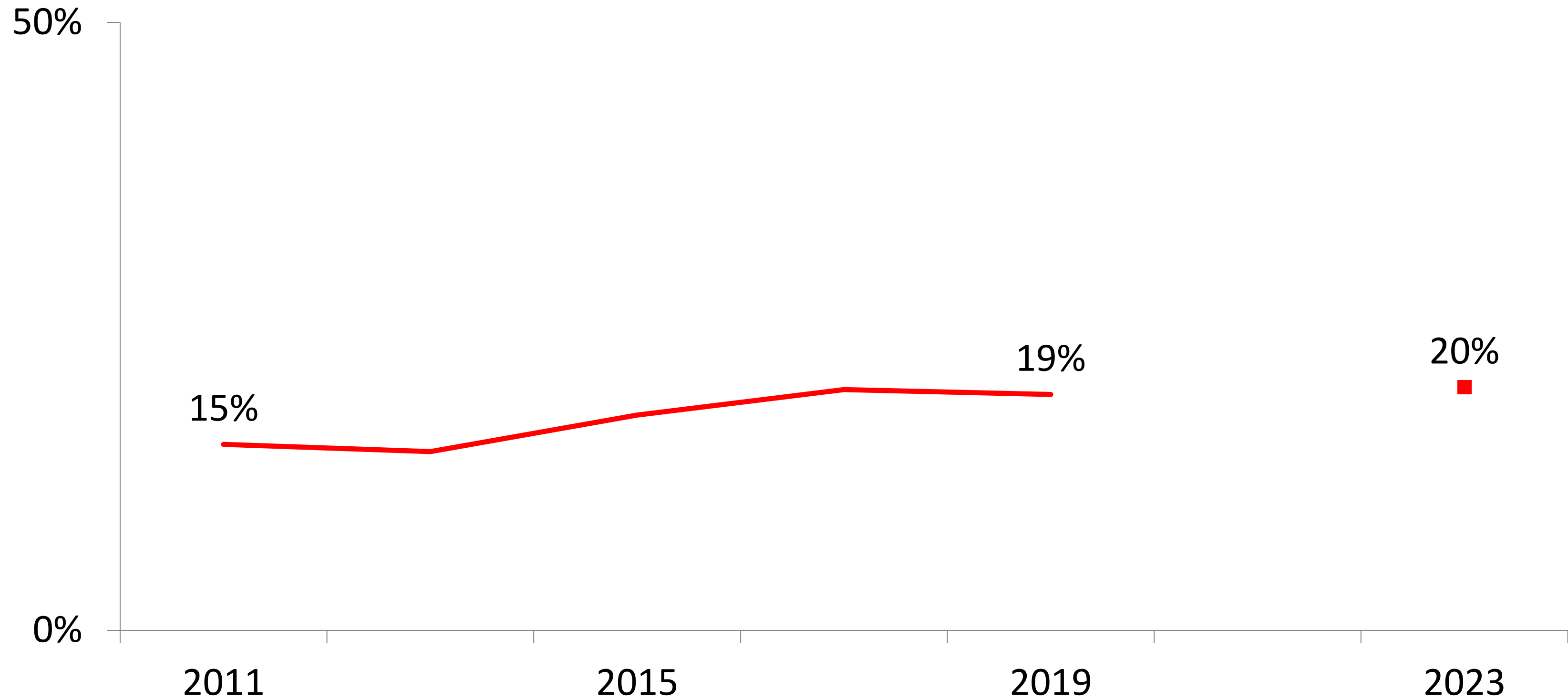
Have LGBTQ club



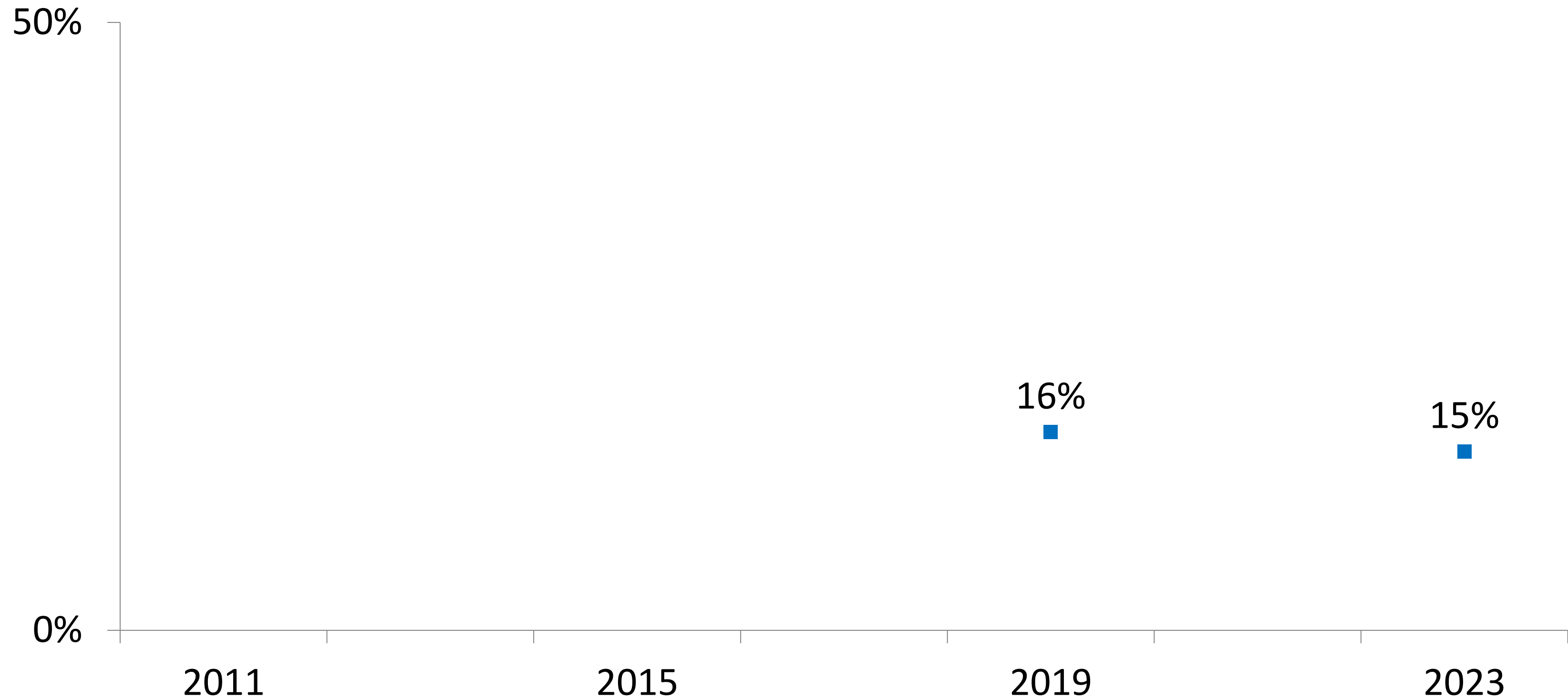
There was a recent decline in being bullied on school property in the past year.



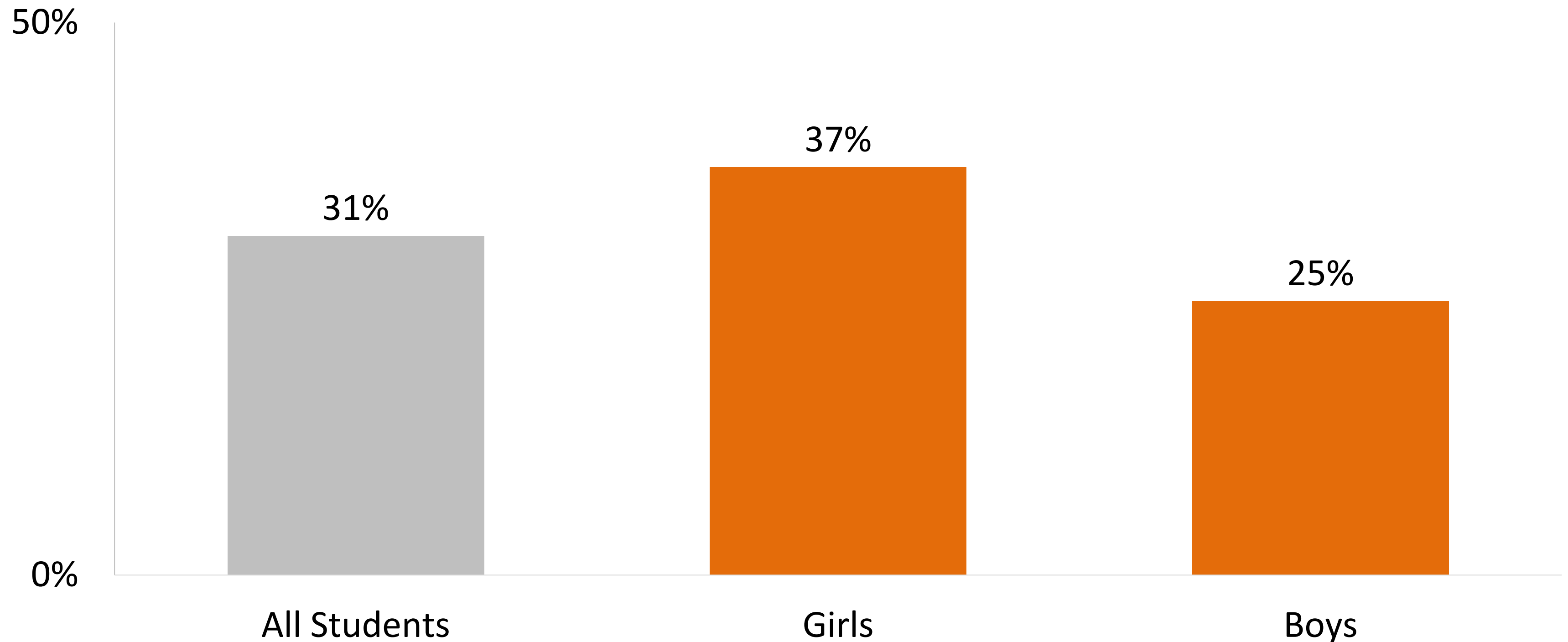
But in an increase in being electronically bullied over the decade.



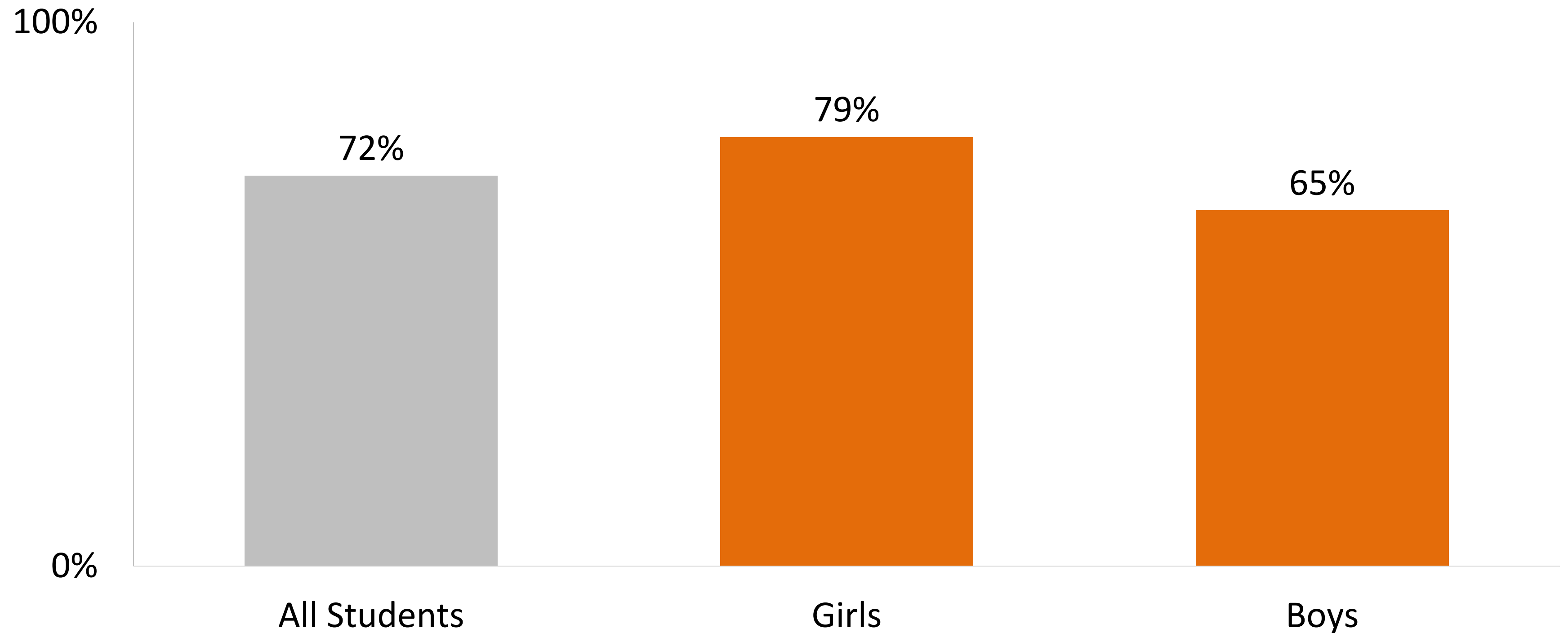
Students are also bullied off school property...



Taken together in 2023, nearly 1 in 3 high school students were bullied in the past year. And girls fare worse than boys.



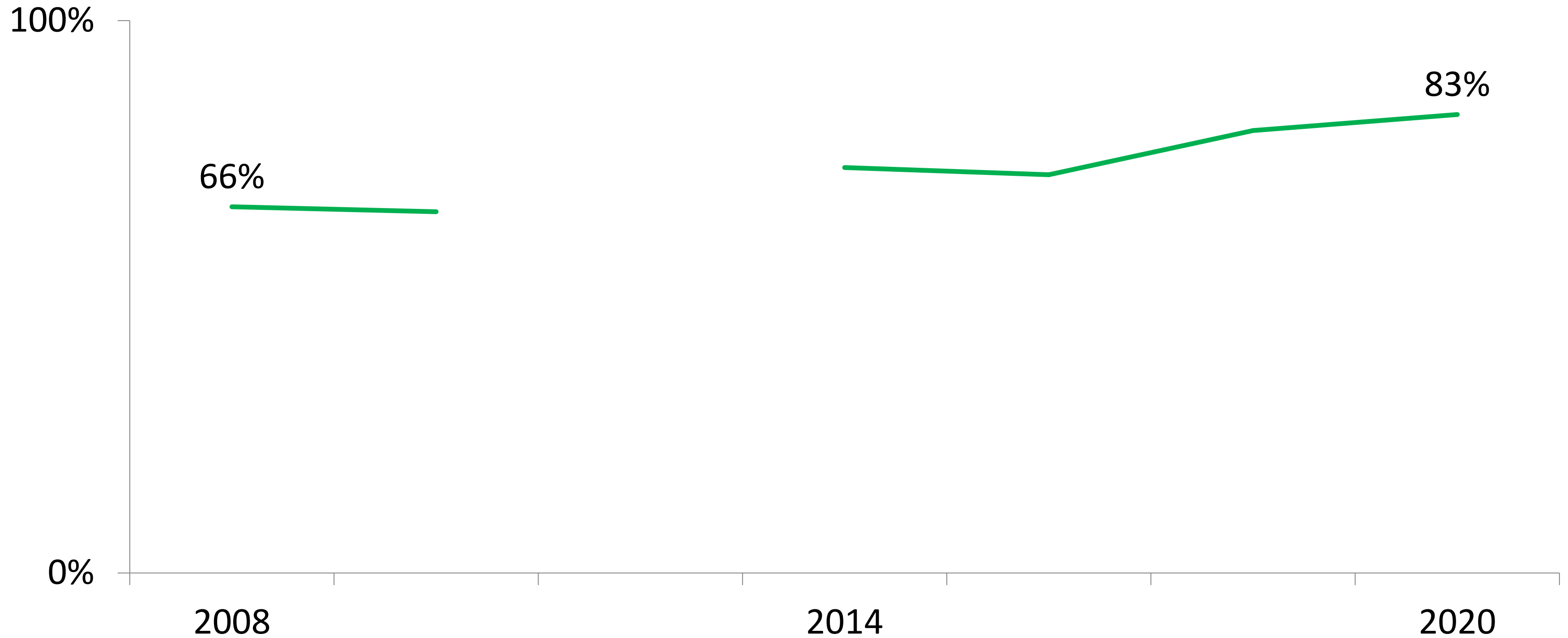
In 2023, most students used social media several times per day, girls more than boys.



Suicide & Mental Health



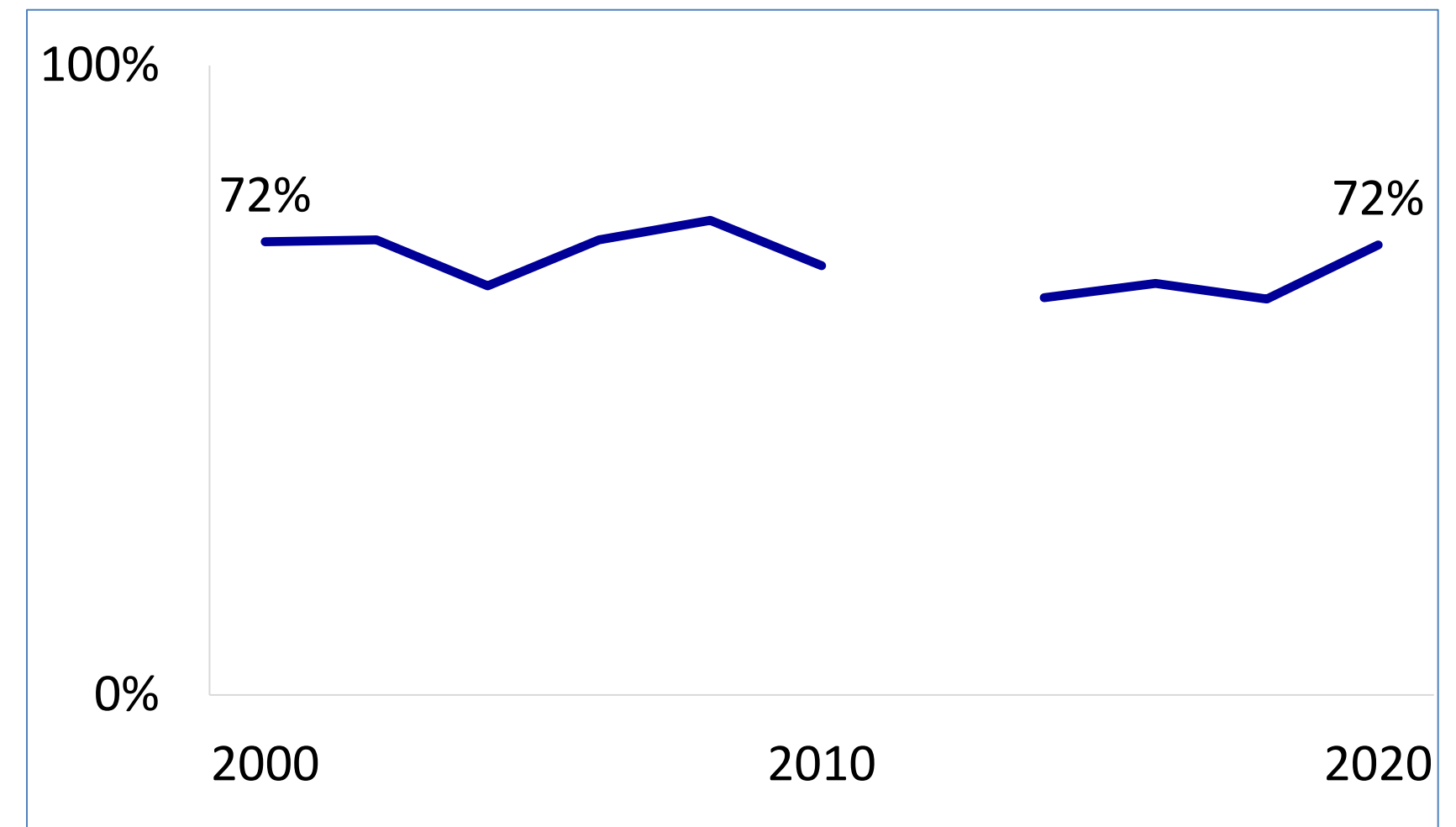
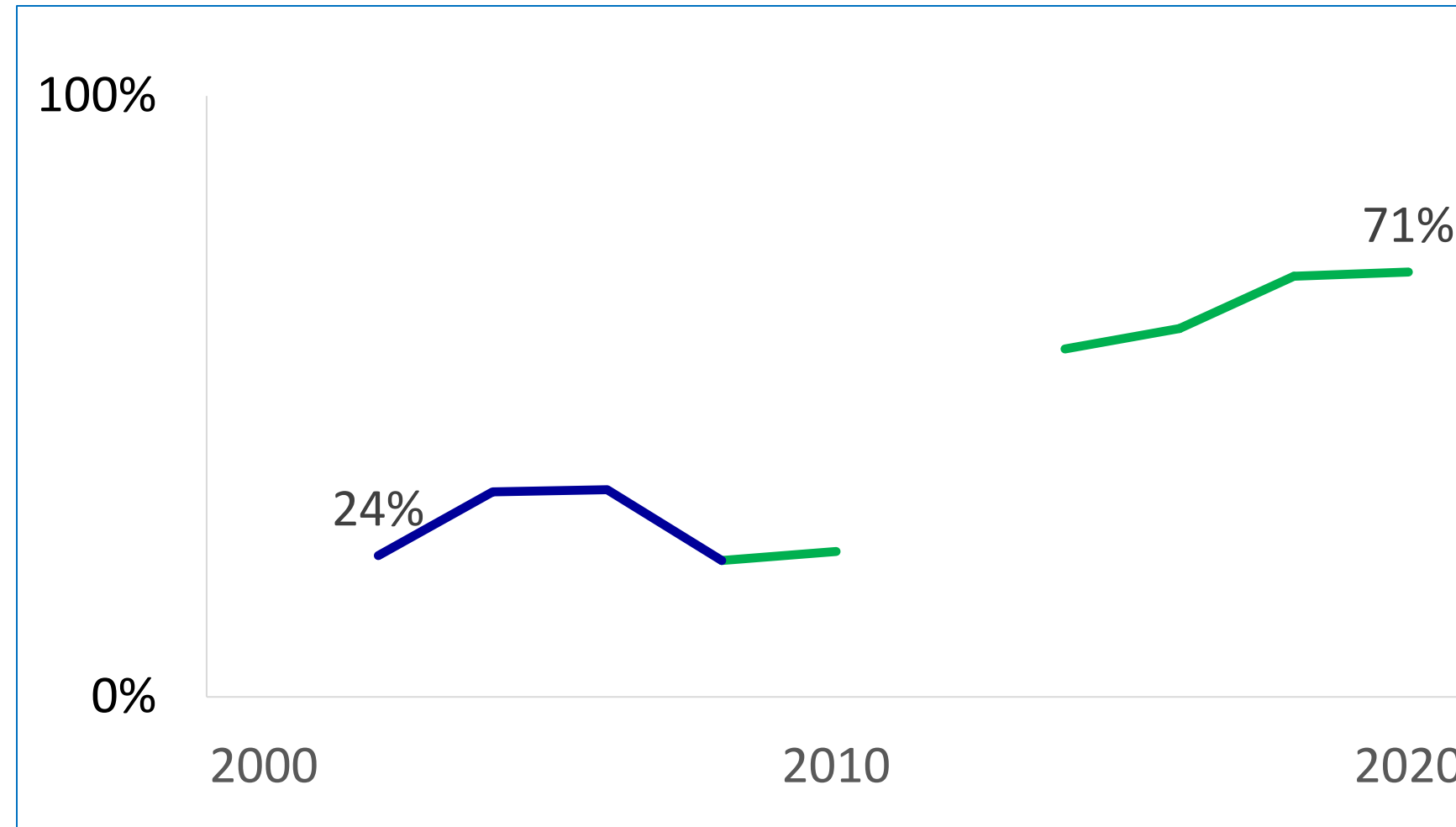
More schools are teaching students about suicide prevention.



Health Teacher Training on Suicide Prevention: Getting, Wanting

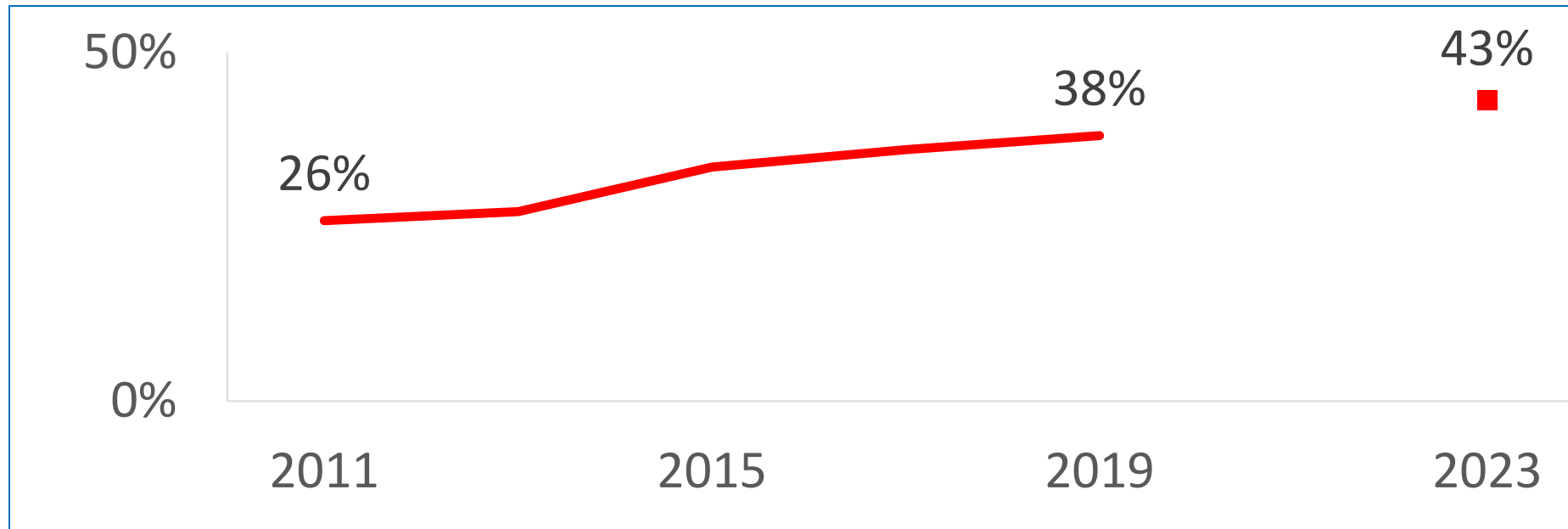
Since 2008, more schools' teachers *received* training in suicide prevention in the past 2 years

Consistently 3/4ths of schools have health teachers who *want more* of this training.

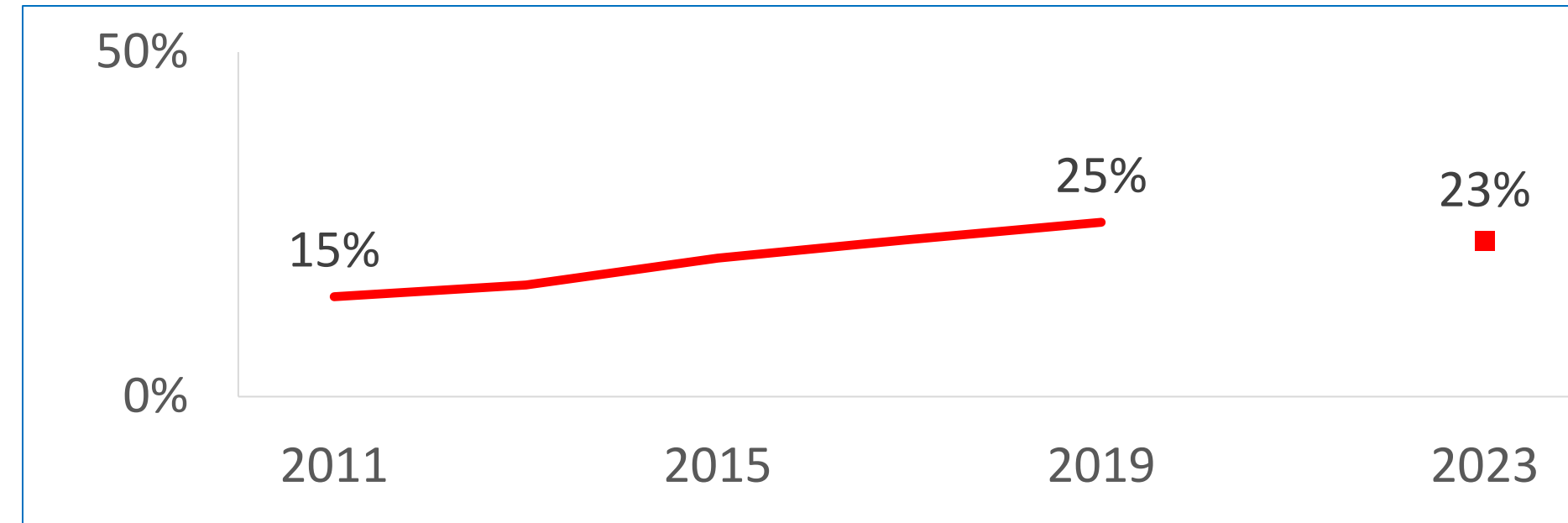


All measures of suicidal ideation in past 12 months are increasing among Alaska high school students.

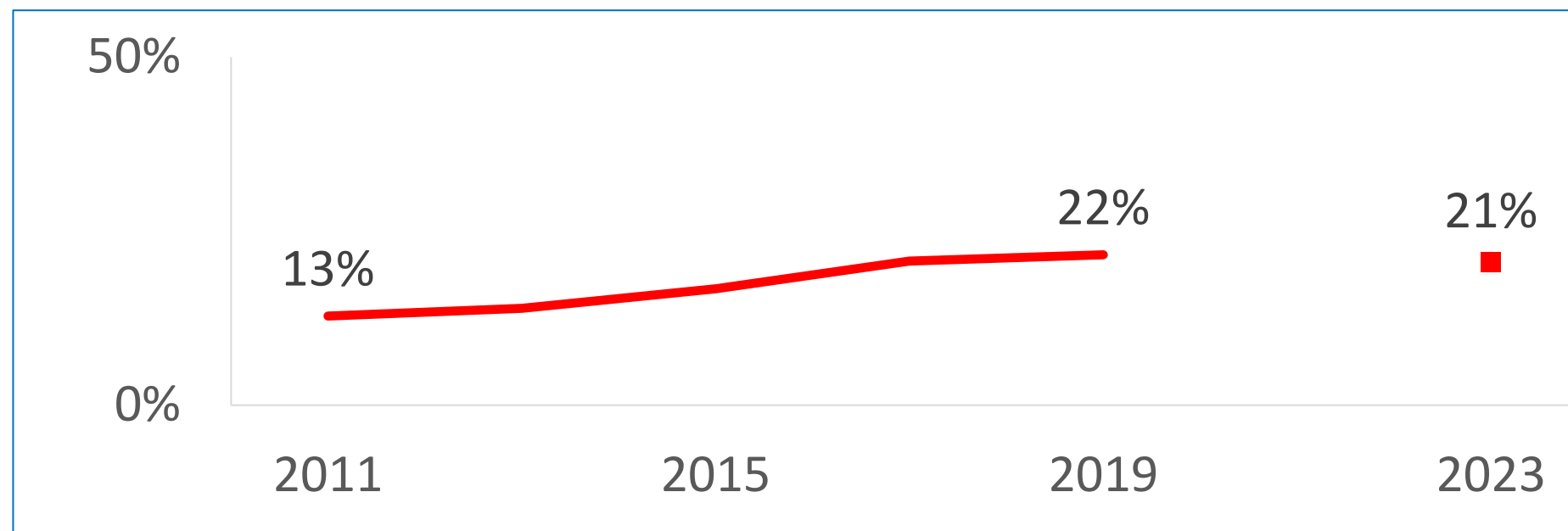
Felt sad or hopeless 2+ weeks



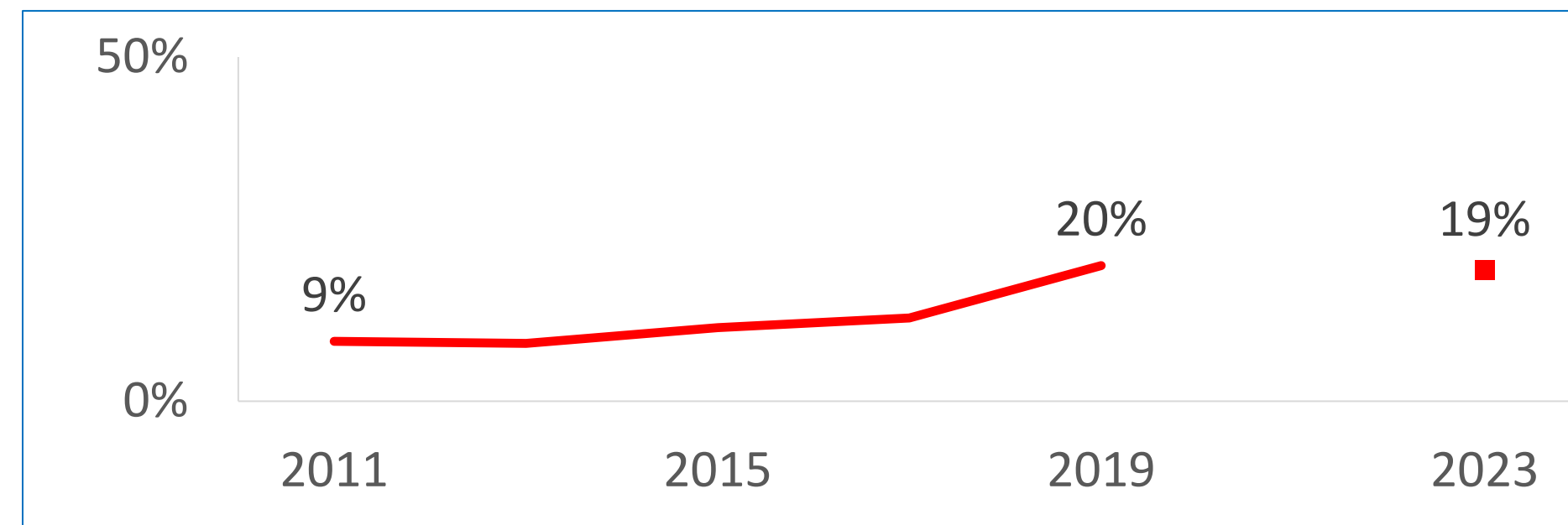
Seriously considered suicide



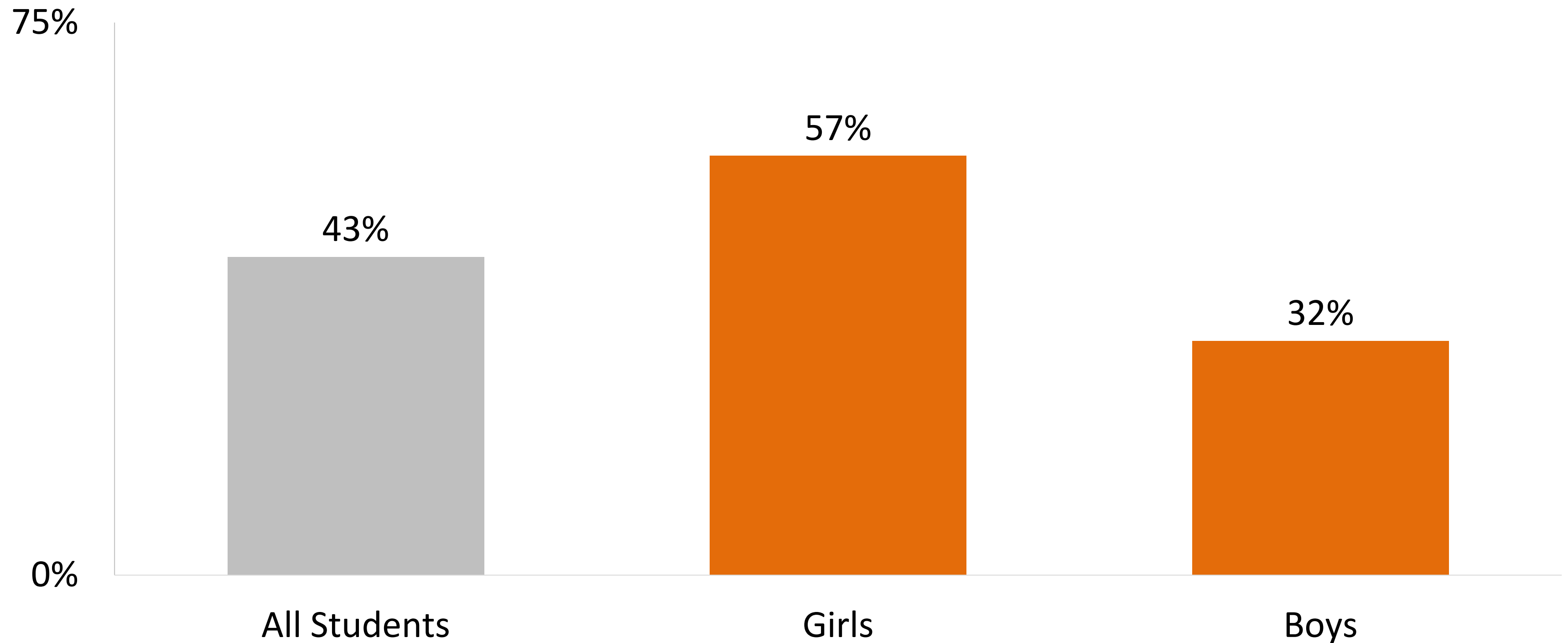
Planned a suicide attempt



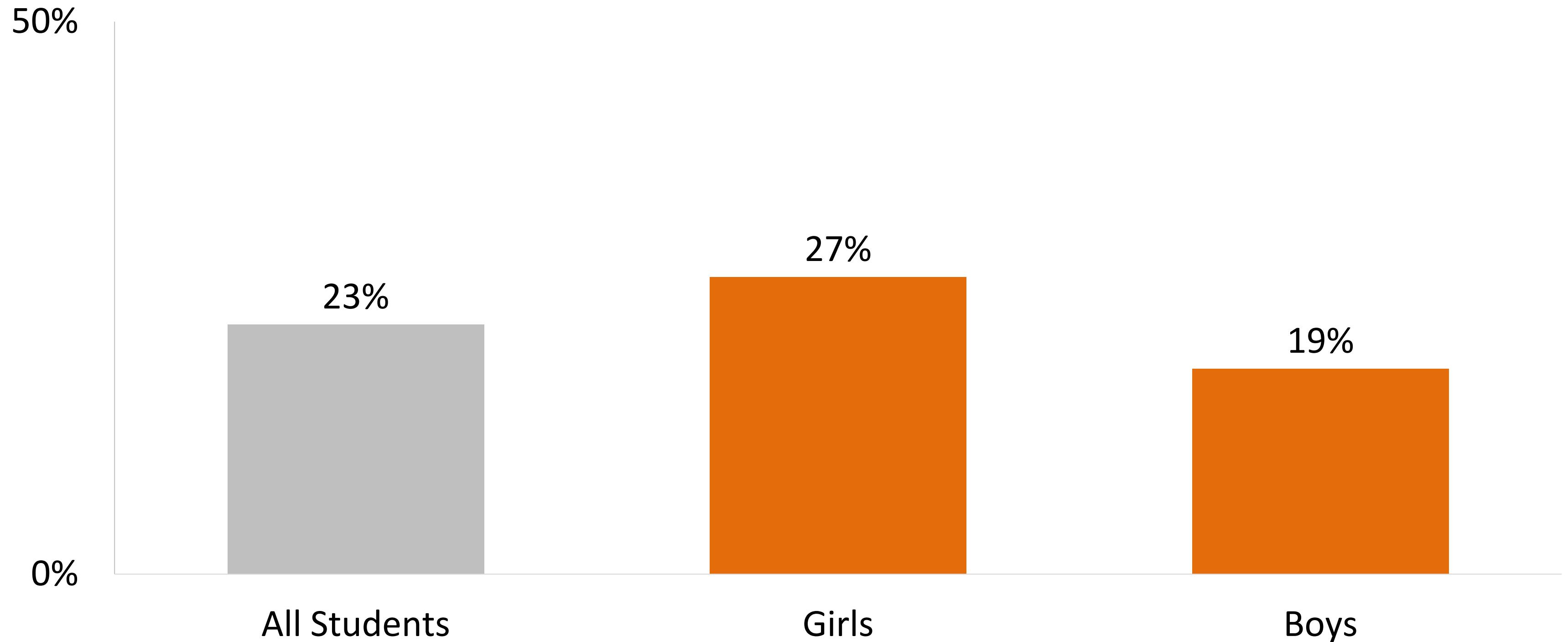
Attempted suicide



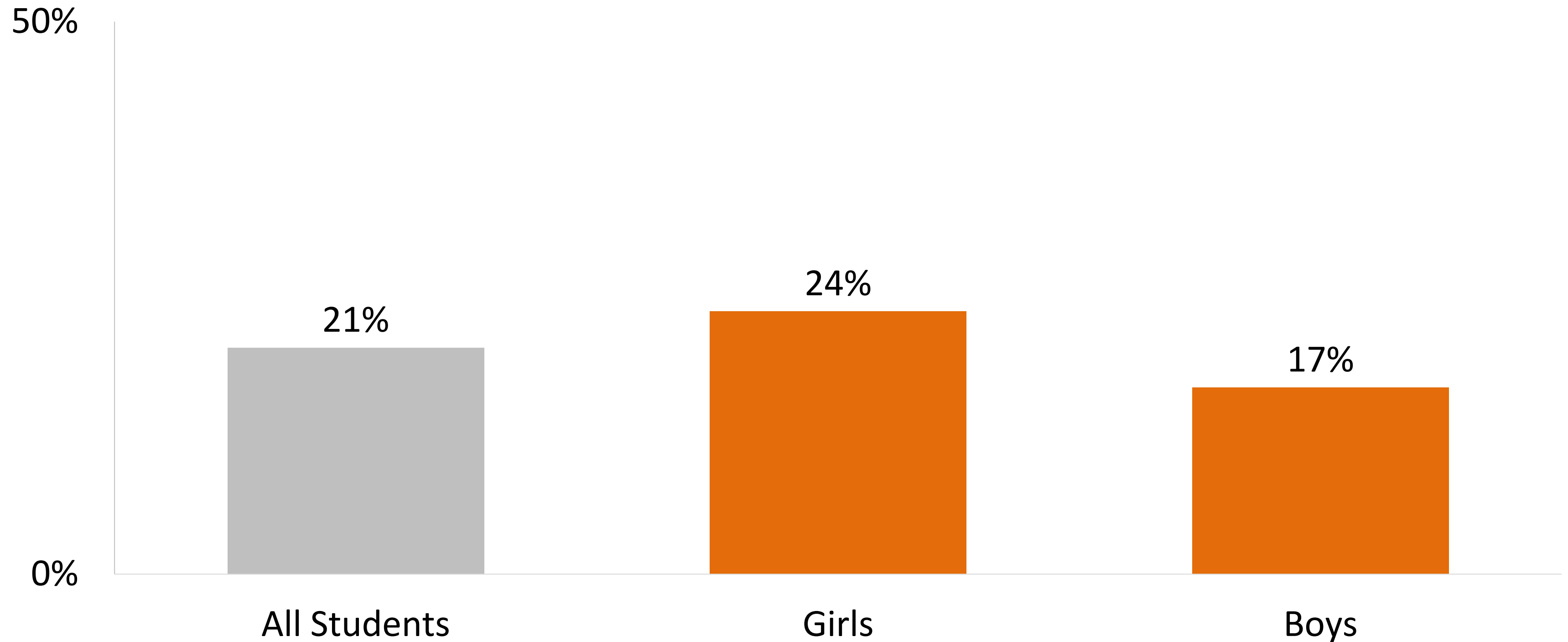
In 2023, girls were almost twice as likely as boys to be sad and hopeless for 2 weeks or more.



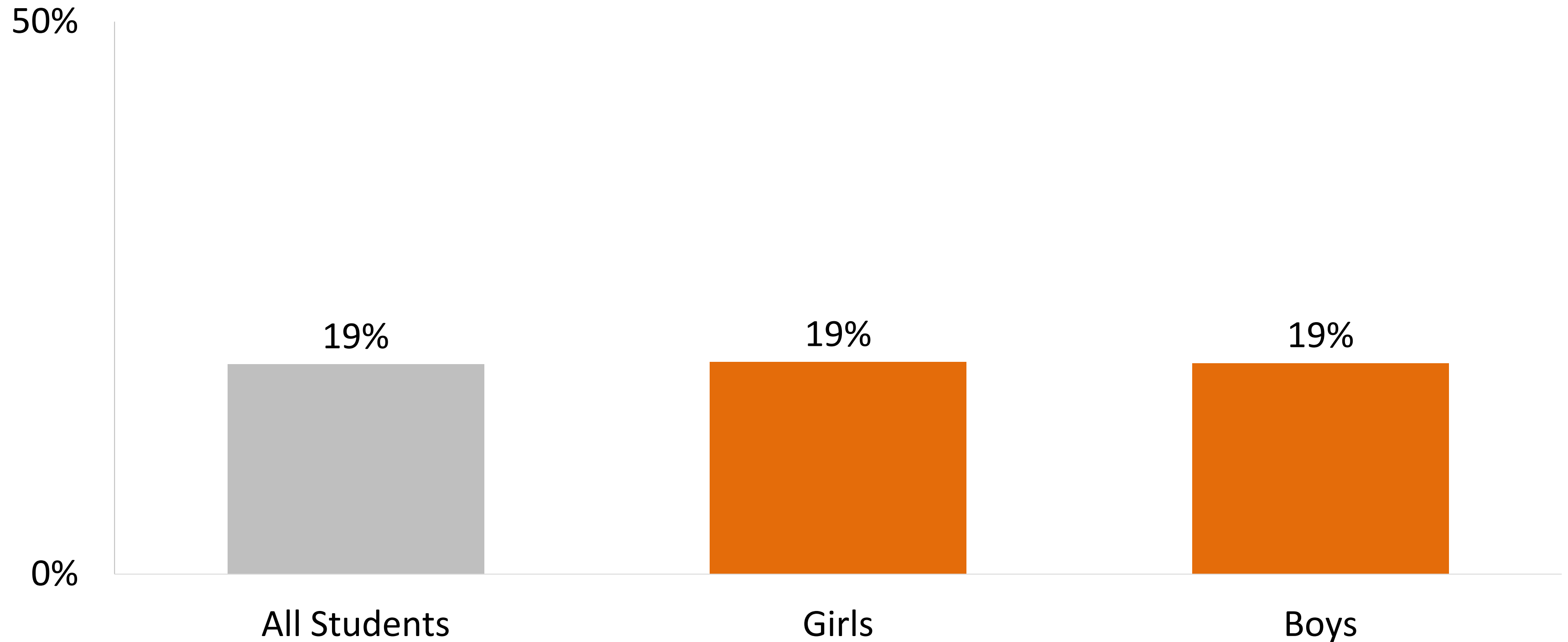
In 2023, girls were significantly more likely to consider suicide than were boys.



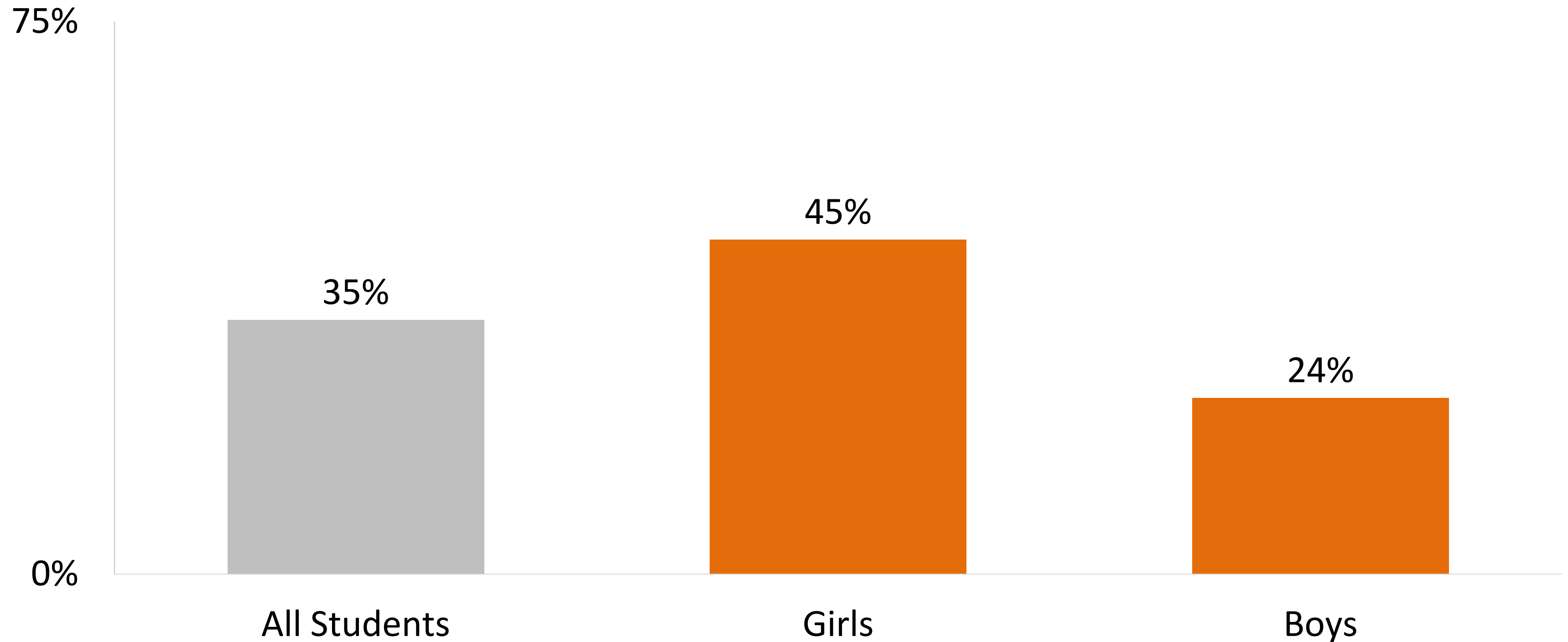
In 2023, girls were not significantly more likely than boys to make a suicide plan.



In 2023, boys and girls were equally likely to attempt suicide.



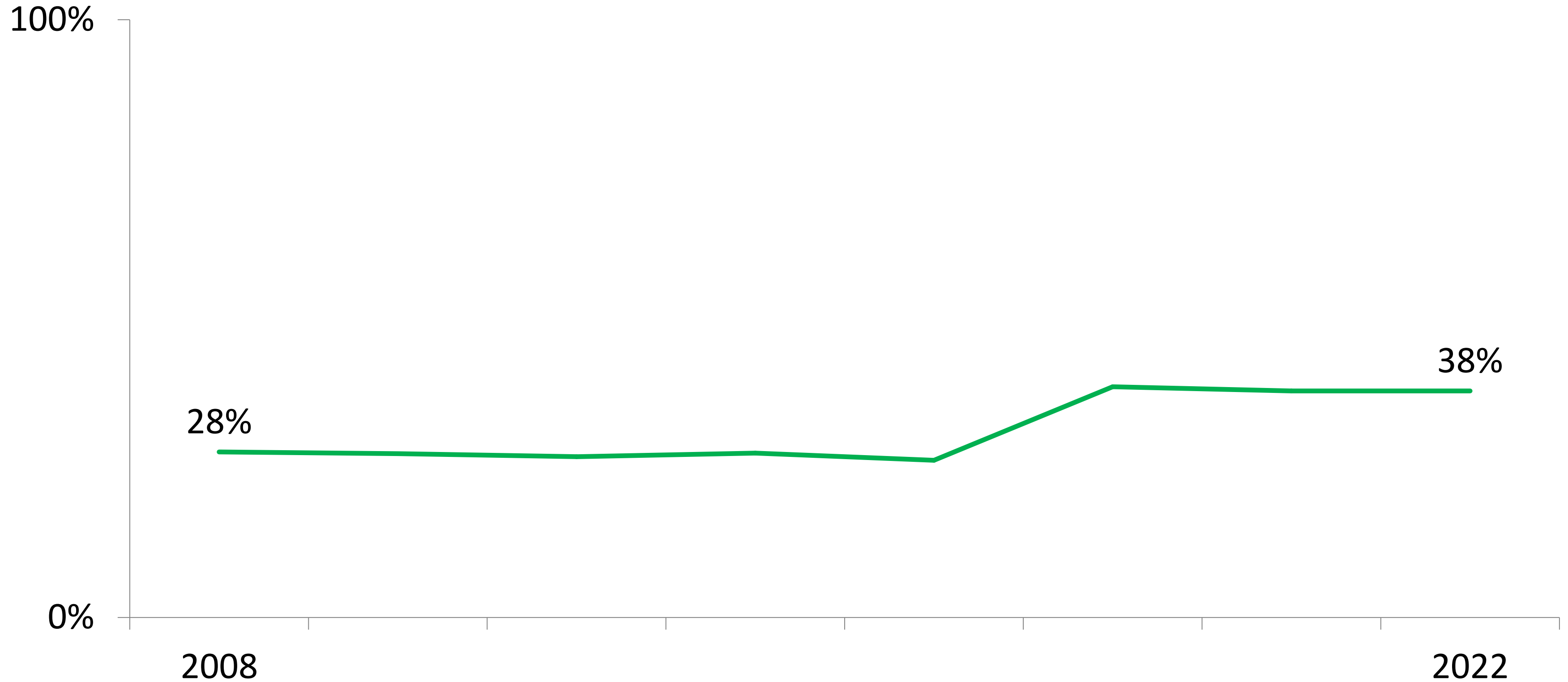
In 2023, about 1/3rd of students had such high levels of anxiety in the past year for 2+ weeks that it impacted regular activities. Again—girls more than boys.



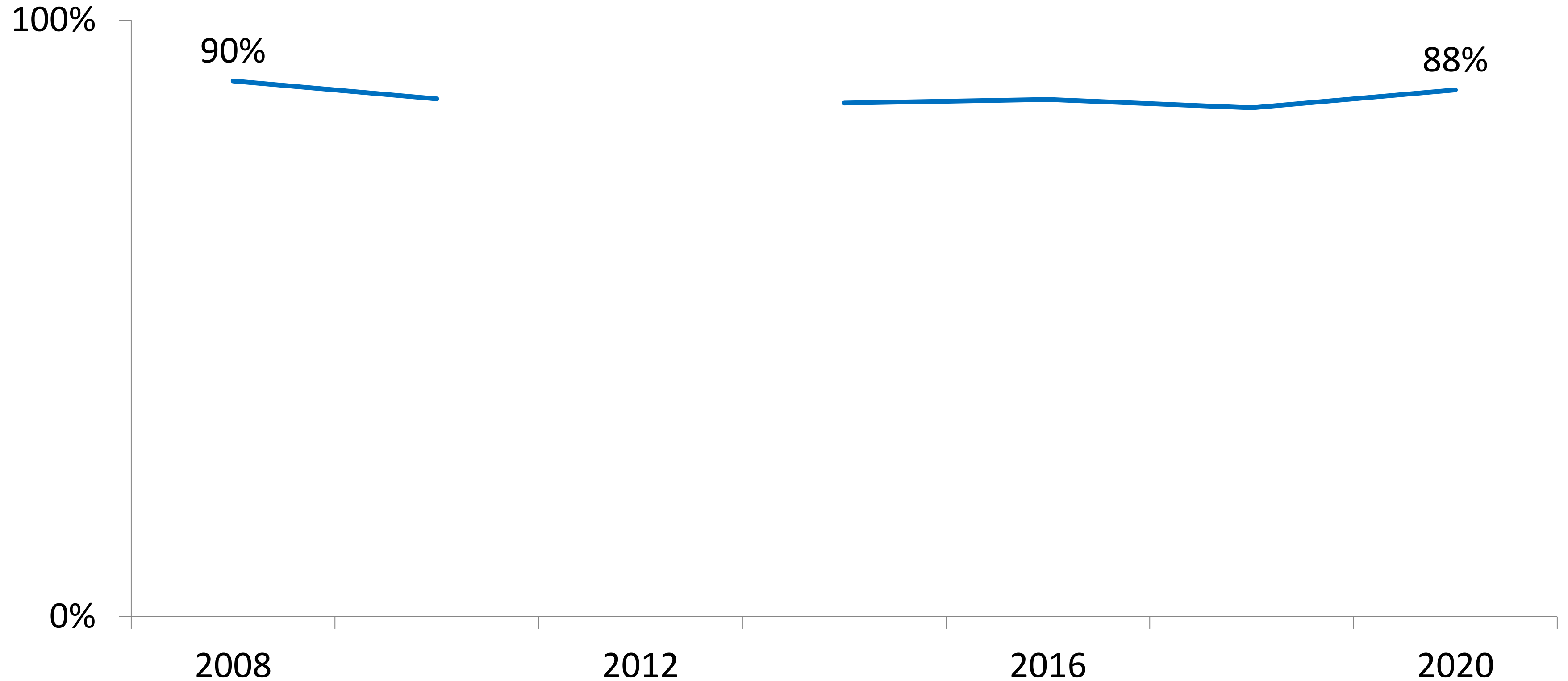
Tobacco Use



Schools are increasingly assessing their tobacco prevention programs and policies.

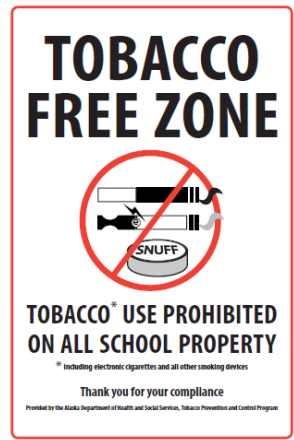


9 out of 10 schools are teaching students about tobacco prevention.

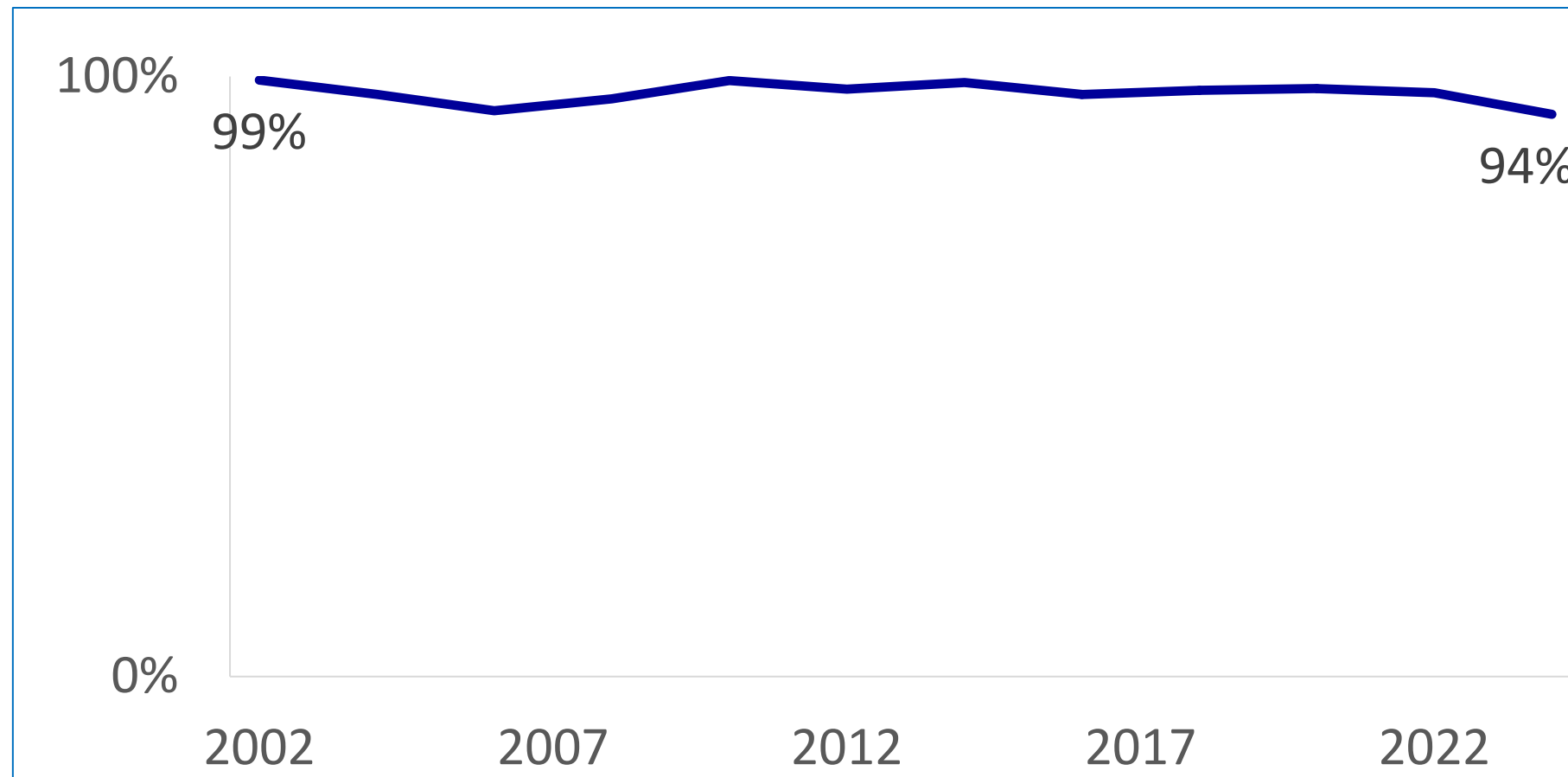


Source: Alaska School Health Profiles
There are no 2012 or 2022 health teachers results due to low response rate.

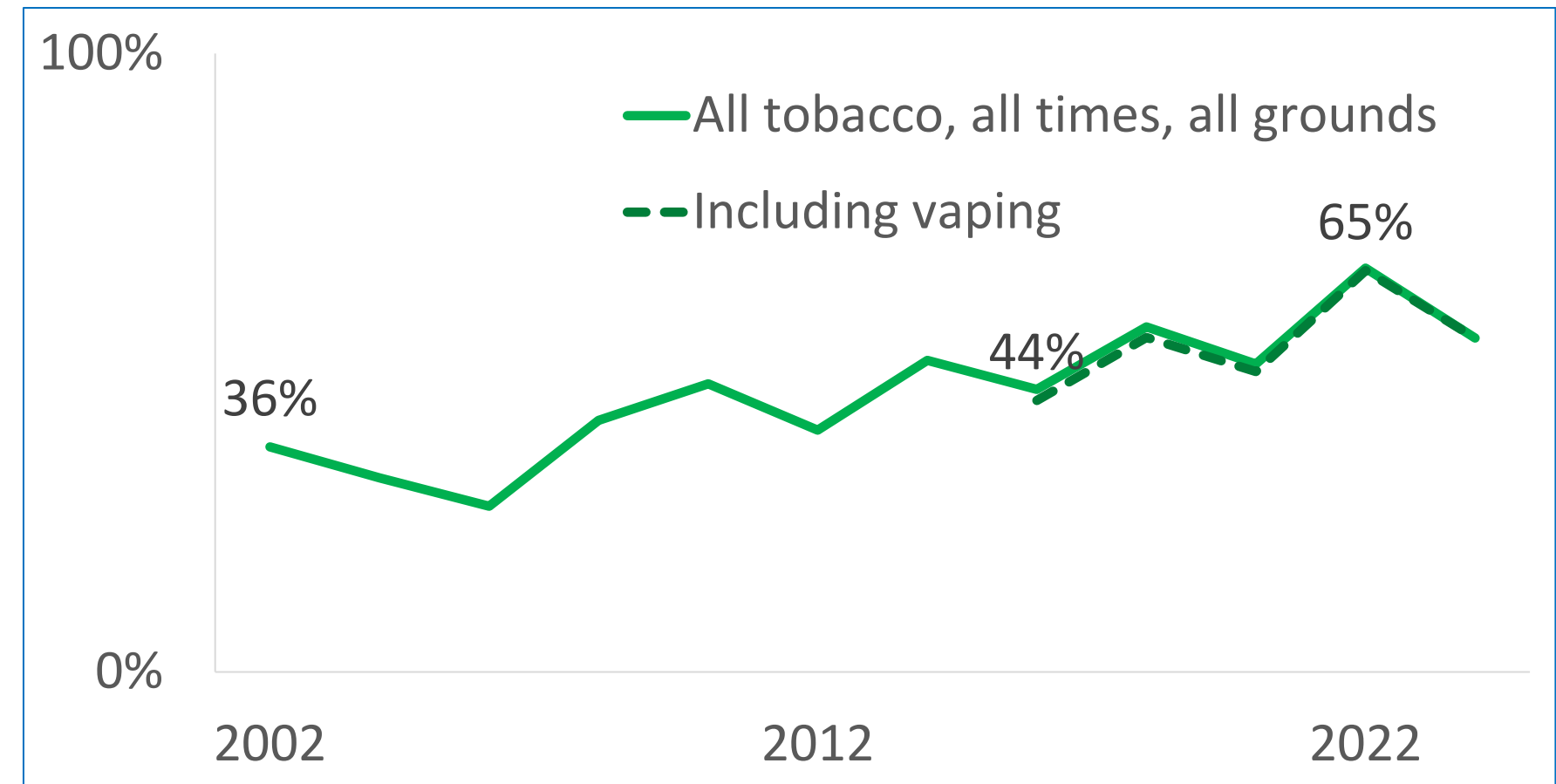
Nearly all schools have a tobacco-free policy; more and more those policies are *comprehensive*.



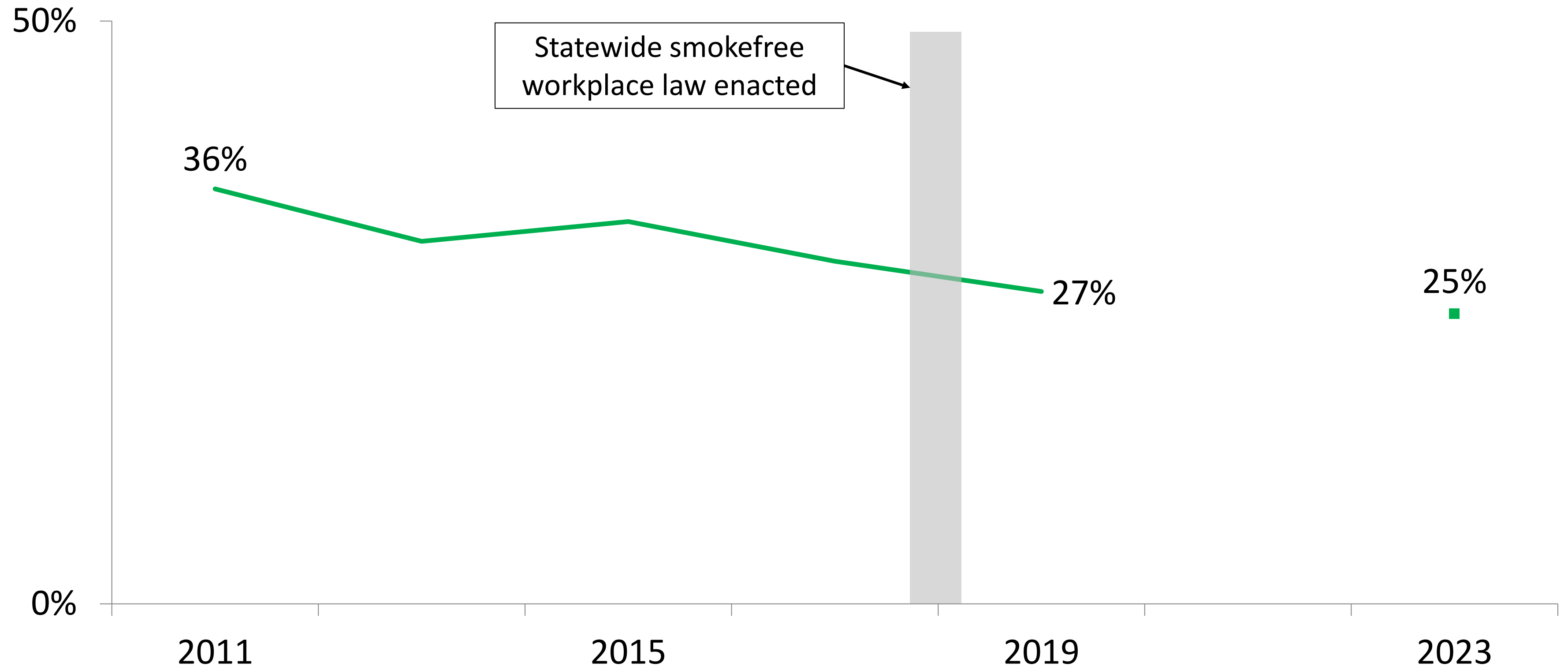
Have a tobacco-free policy



Policy prohibits use by all, on all grounds, at all times, including vaping

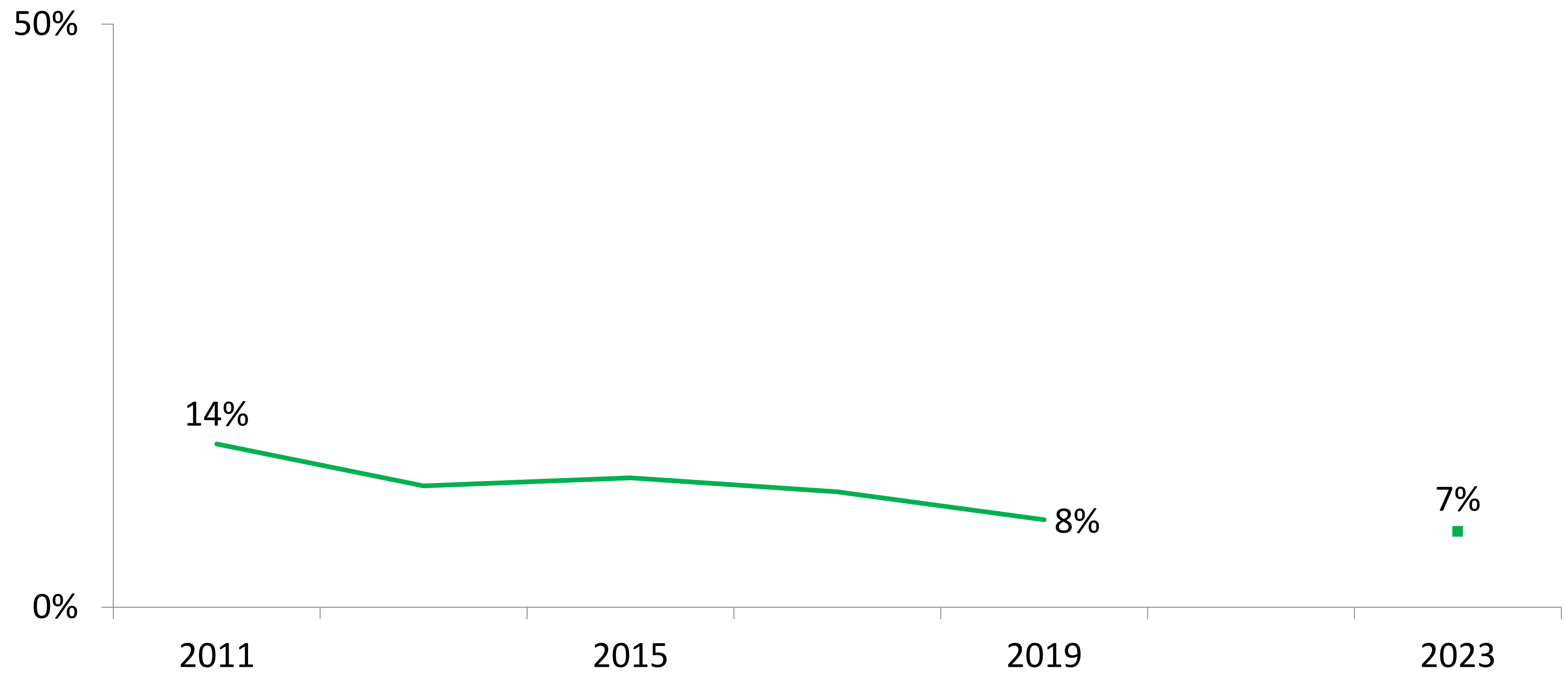


Fewer high school students are being exposed to smoke from other peoples' cigarettes.

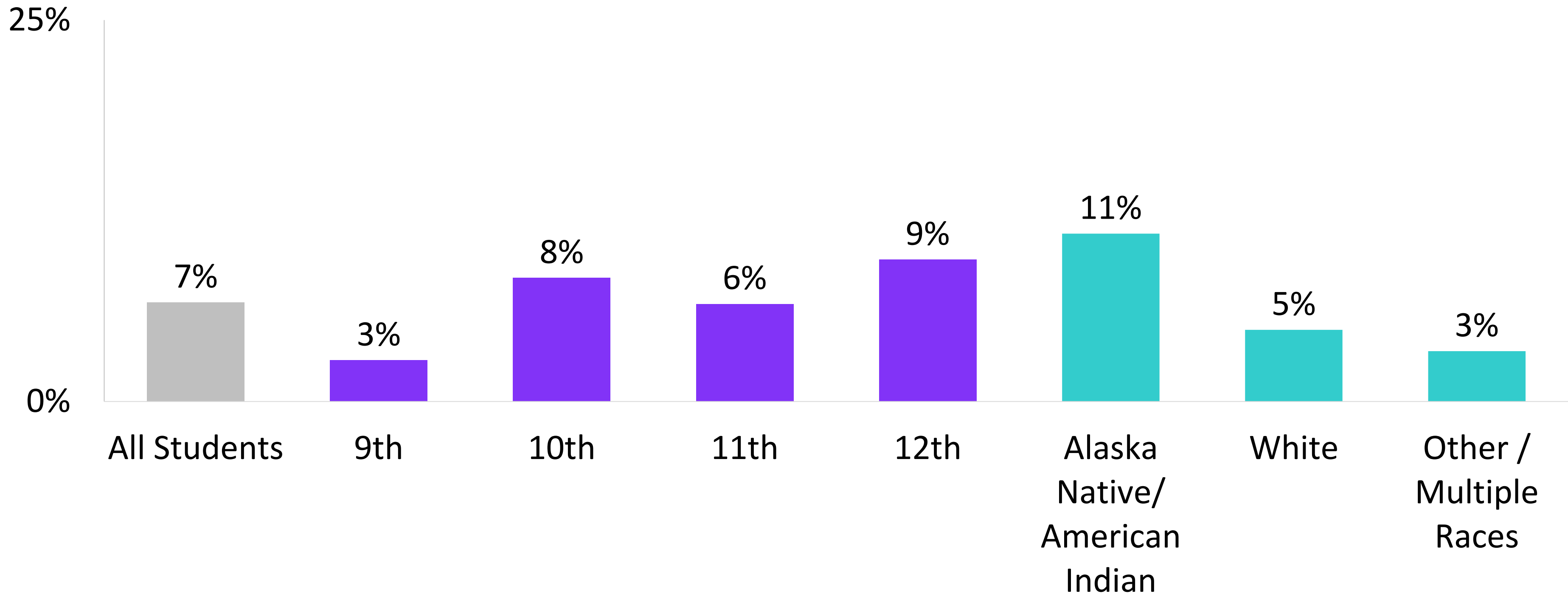


Statewide smokefree workplace law enacted

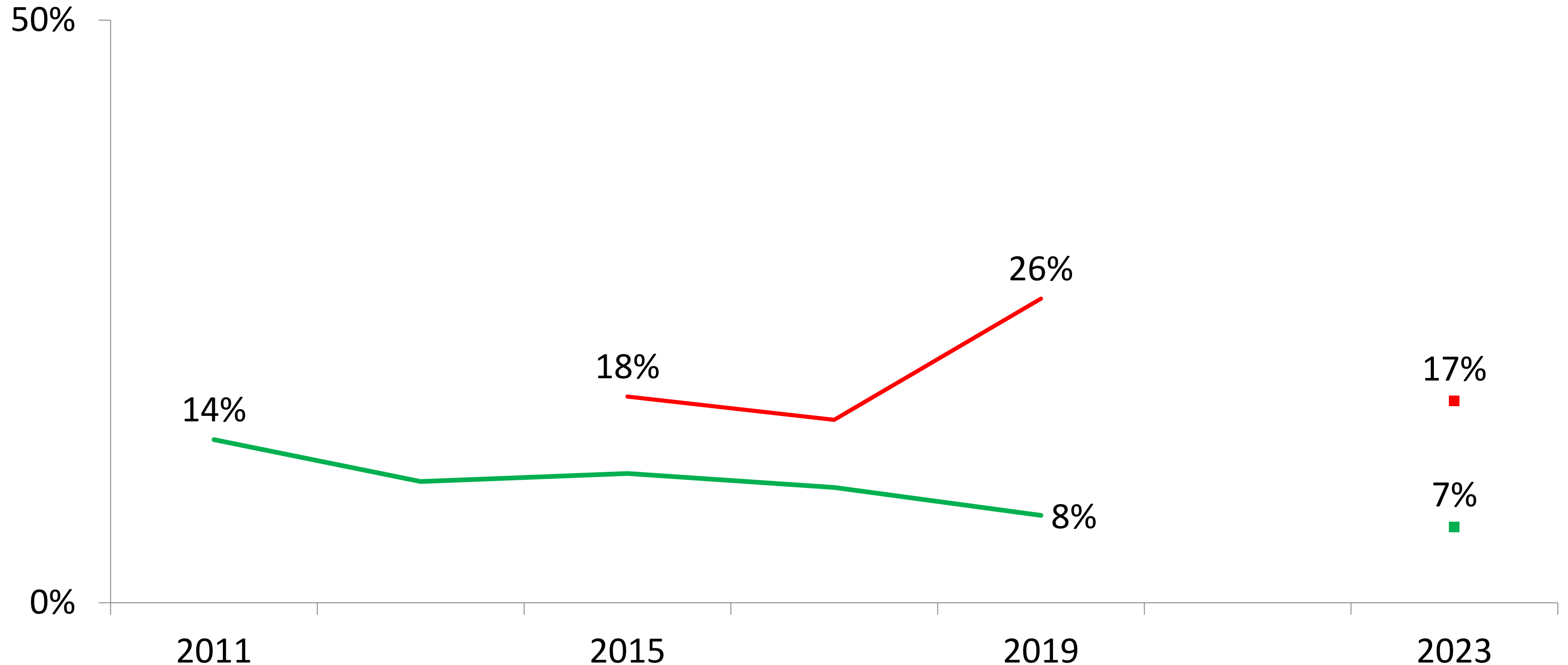
Smoking among high school students has been cut in half since 2011.



In 2023, current smoking varied by grade and race.

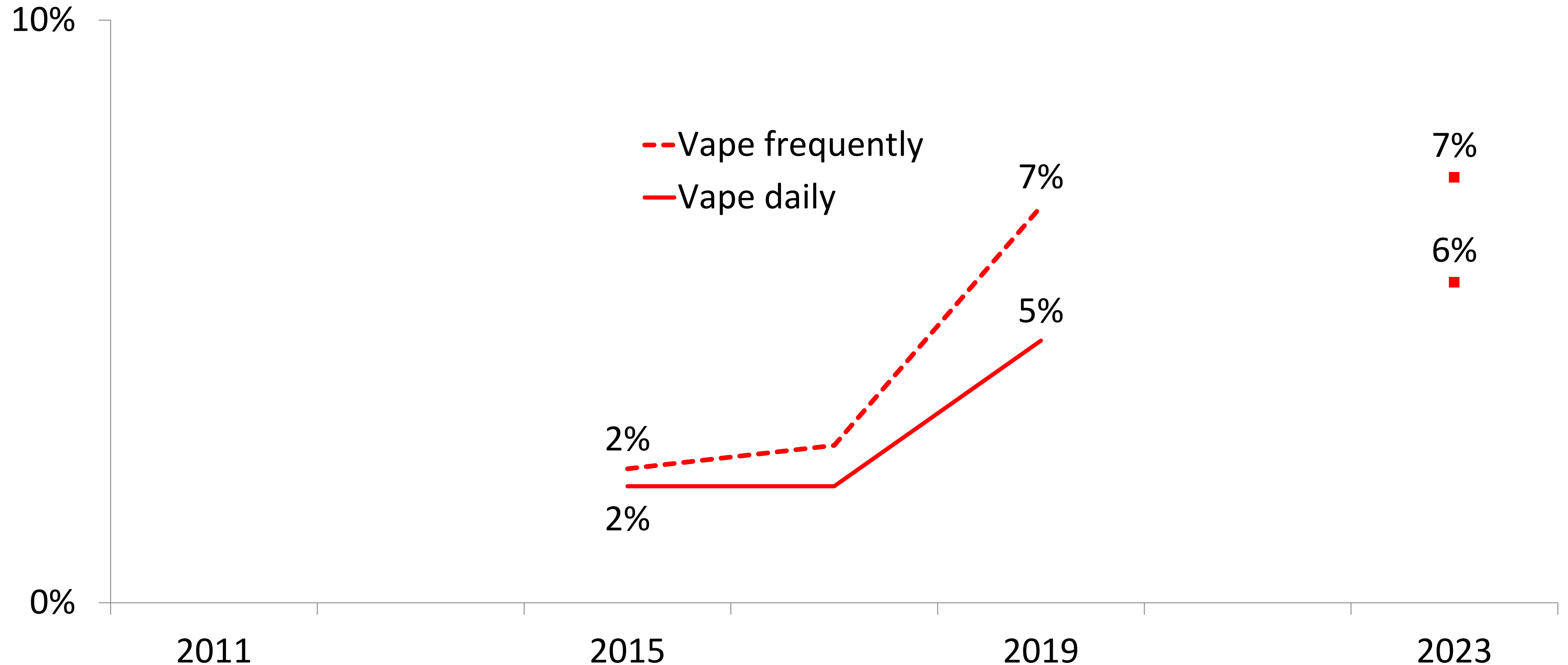


Vaping spiked up in 2019 and is now back to 2015 levels— still too high given the harms of nicotine.



Source: Alaska Youth Risk Behavior Survey

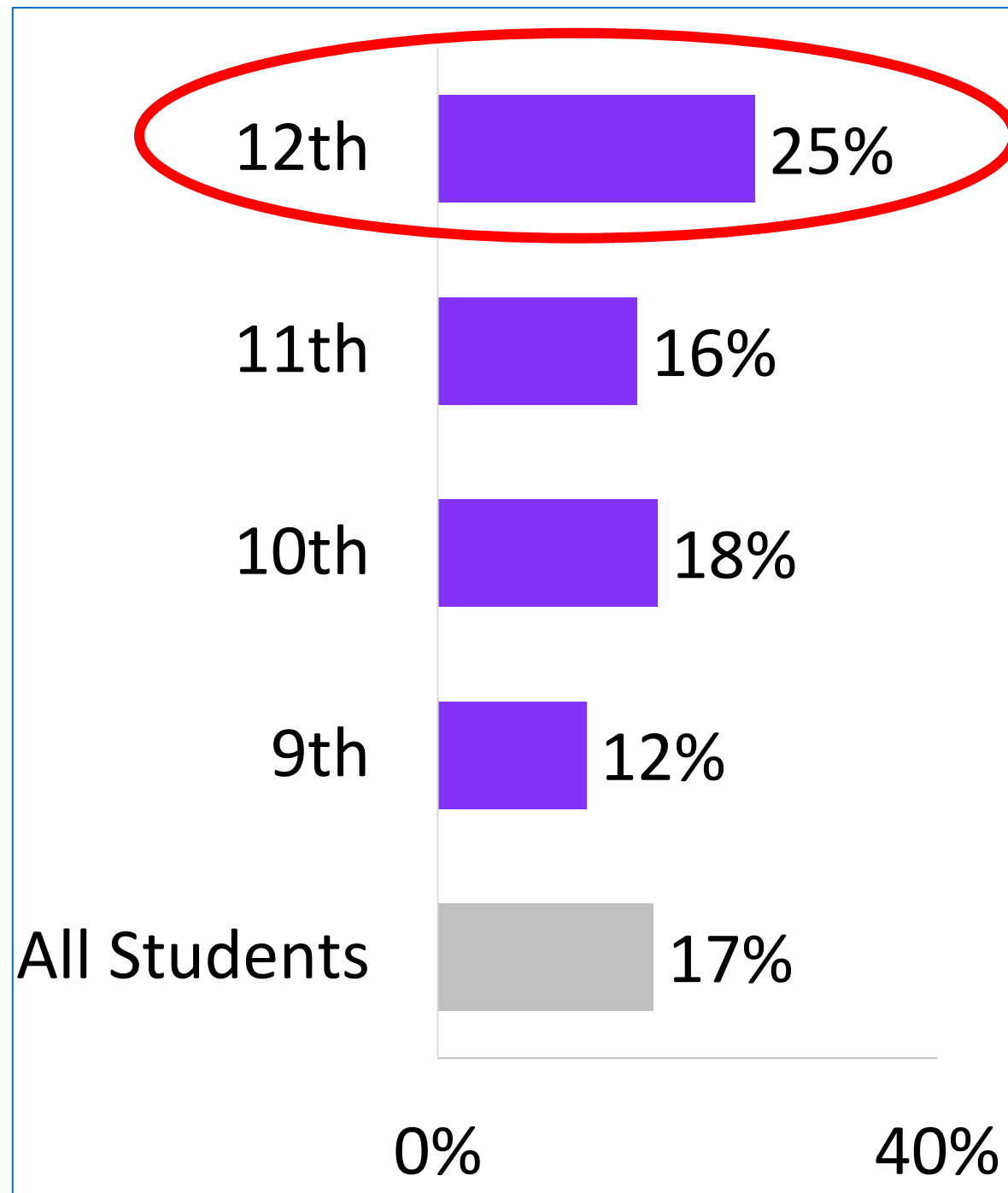
Also concerning is the fact that frequent and daily vaping are still on the rise.



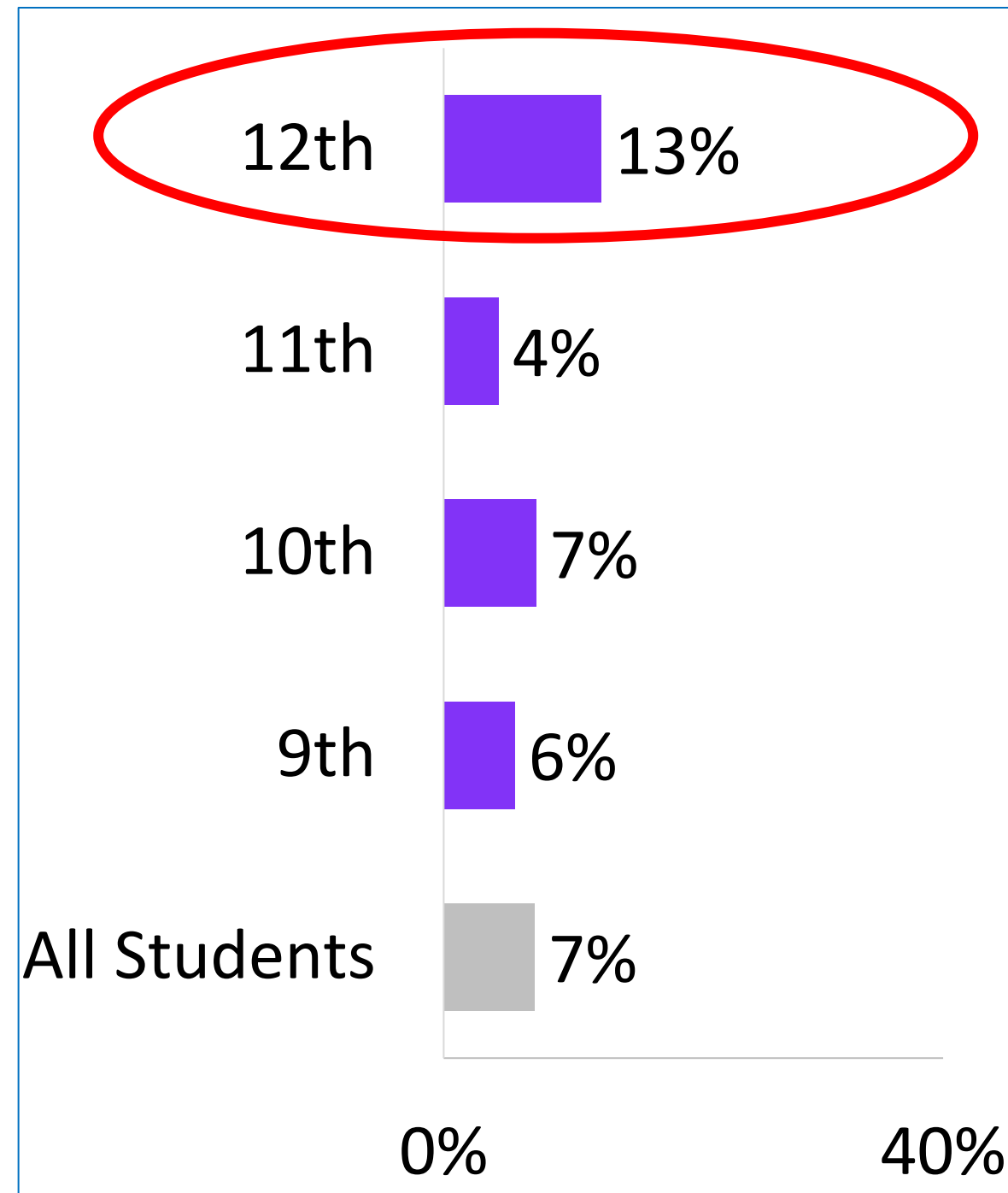
Source: Alaska Youth Risk Behavior Survey

In 2023, vaping varied significantly by grade.

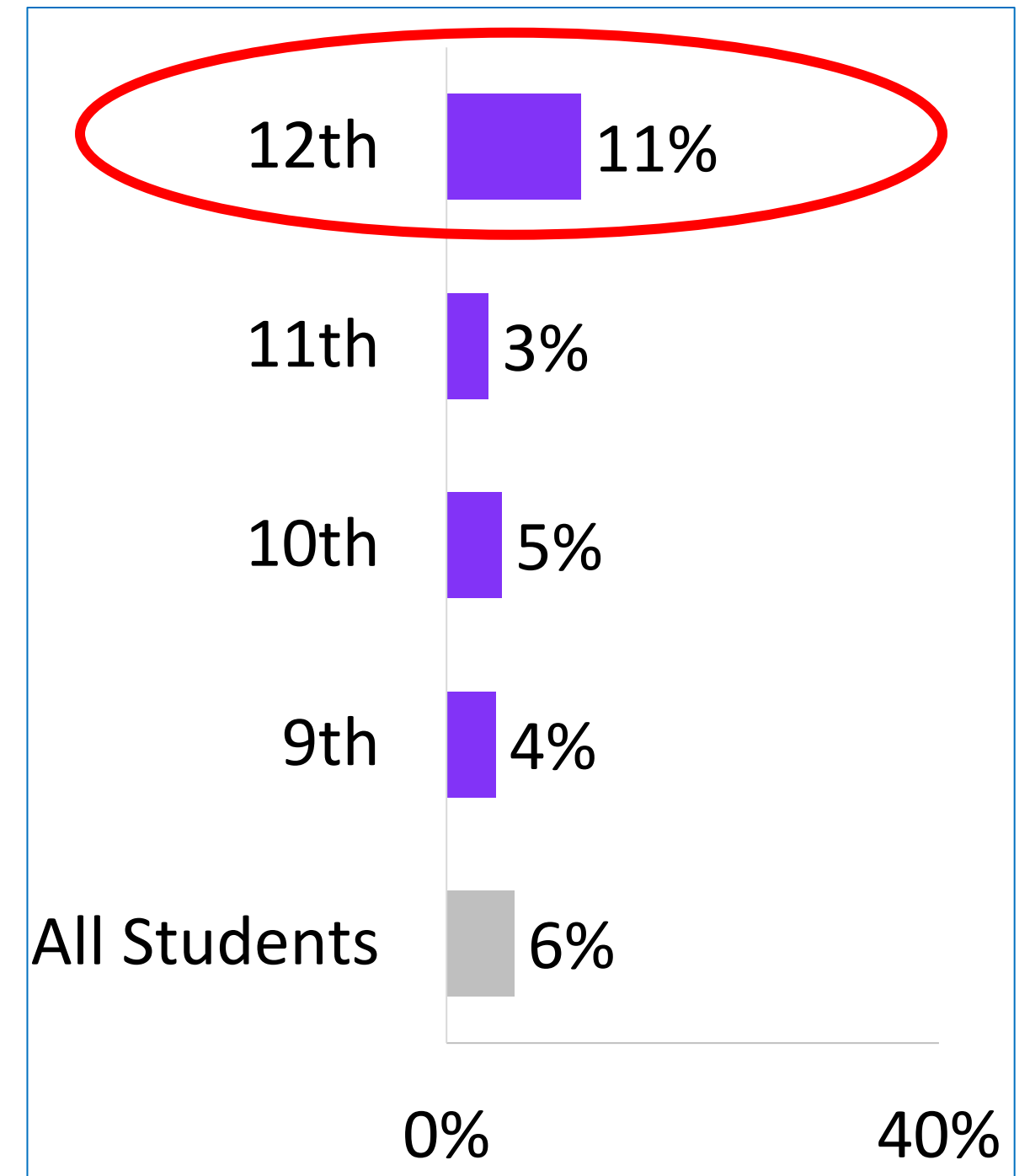
Vape at all in last 30 days



Vaped 20 of last 30 days



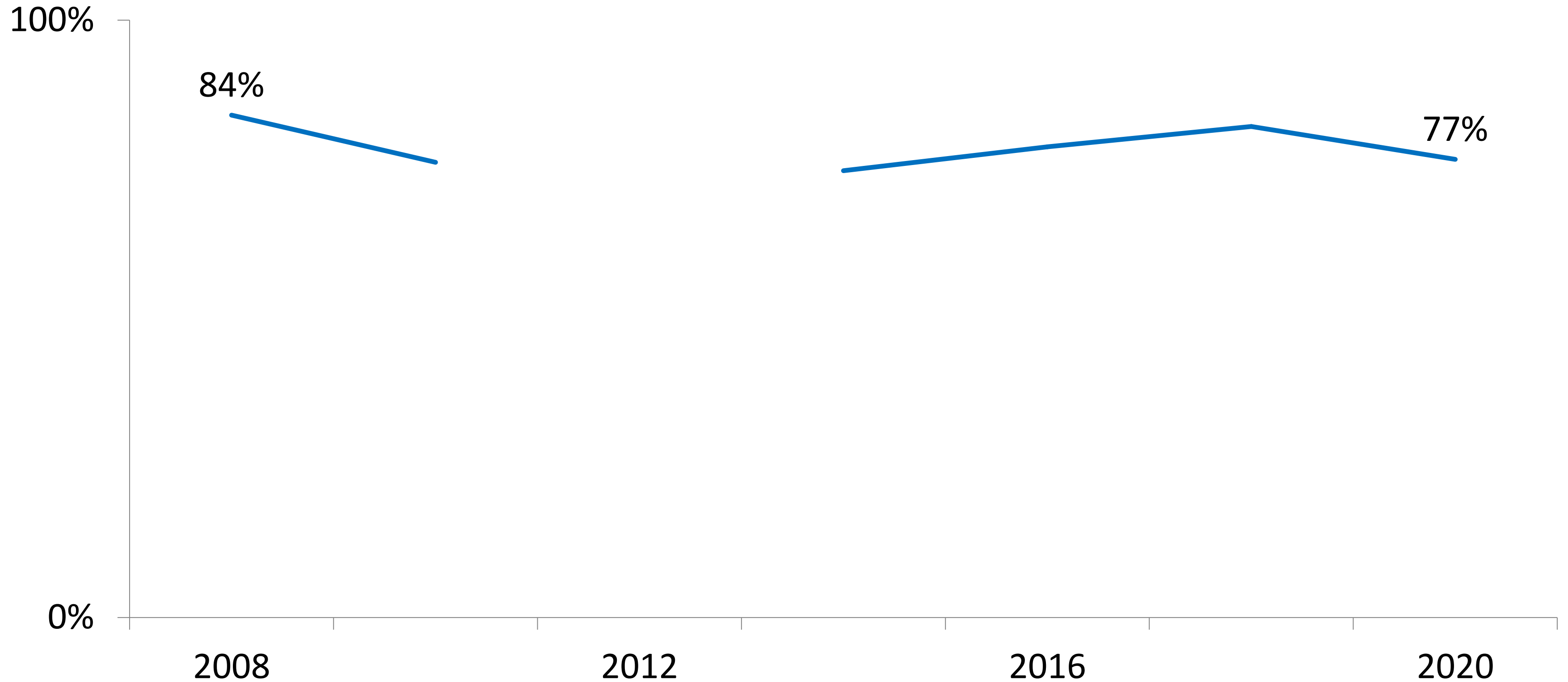
Vaped daily



Injuries and Violence

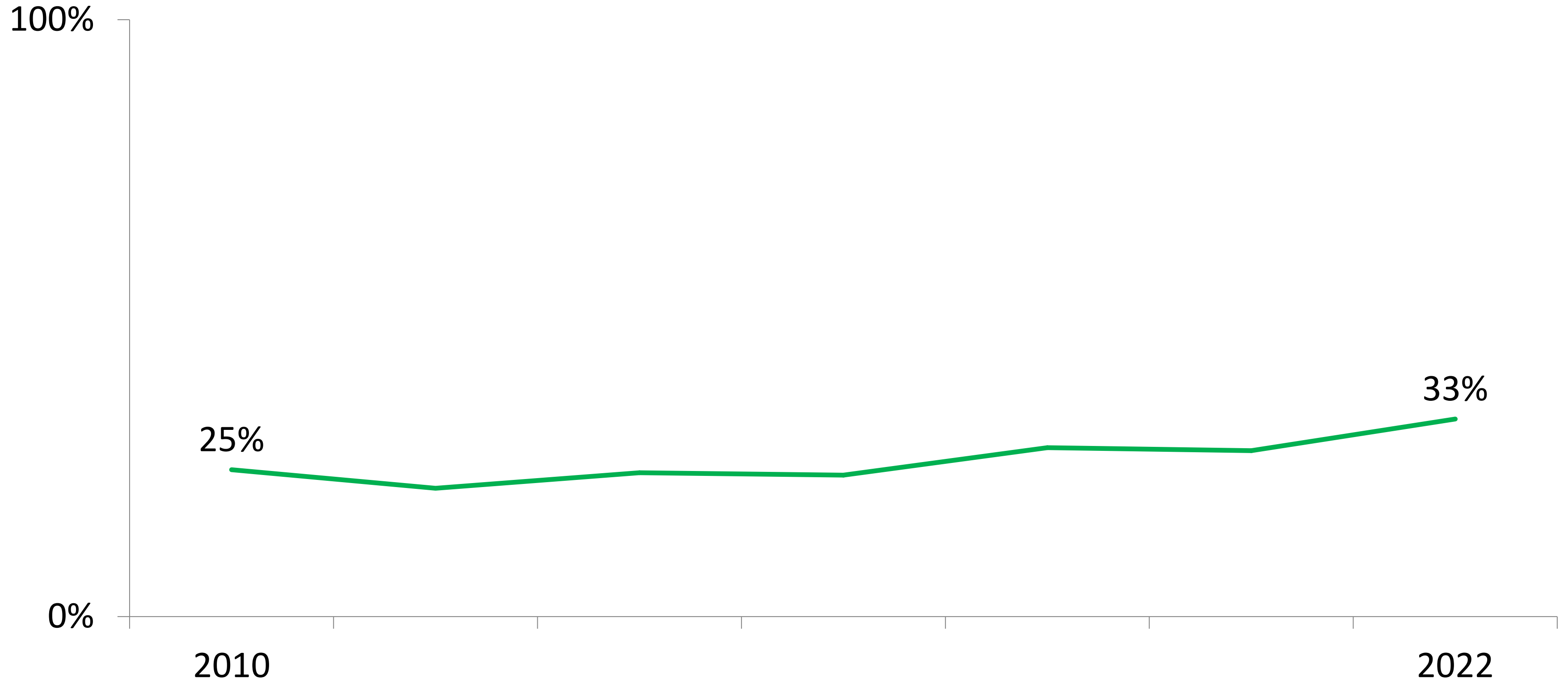


8 out of 10 schools are teaching students about injury prevention and safety.



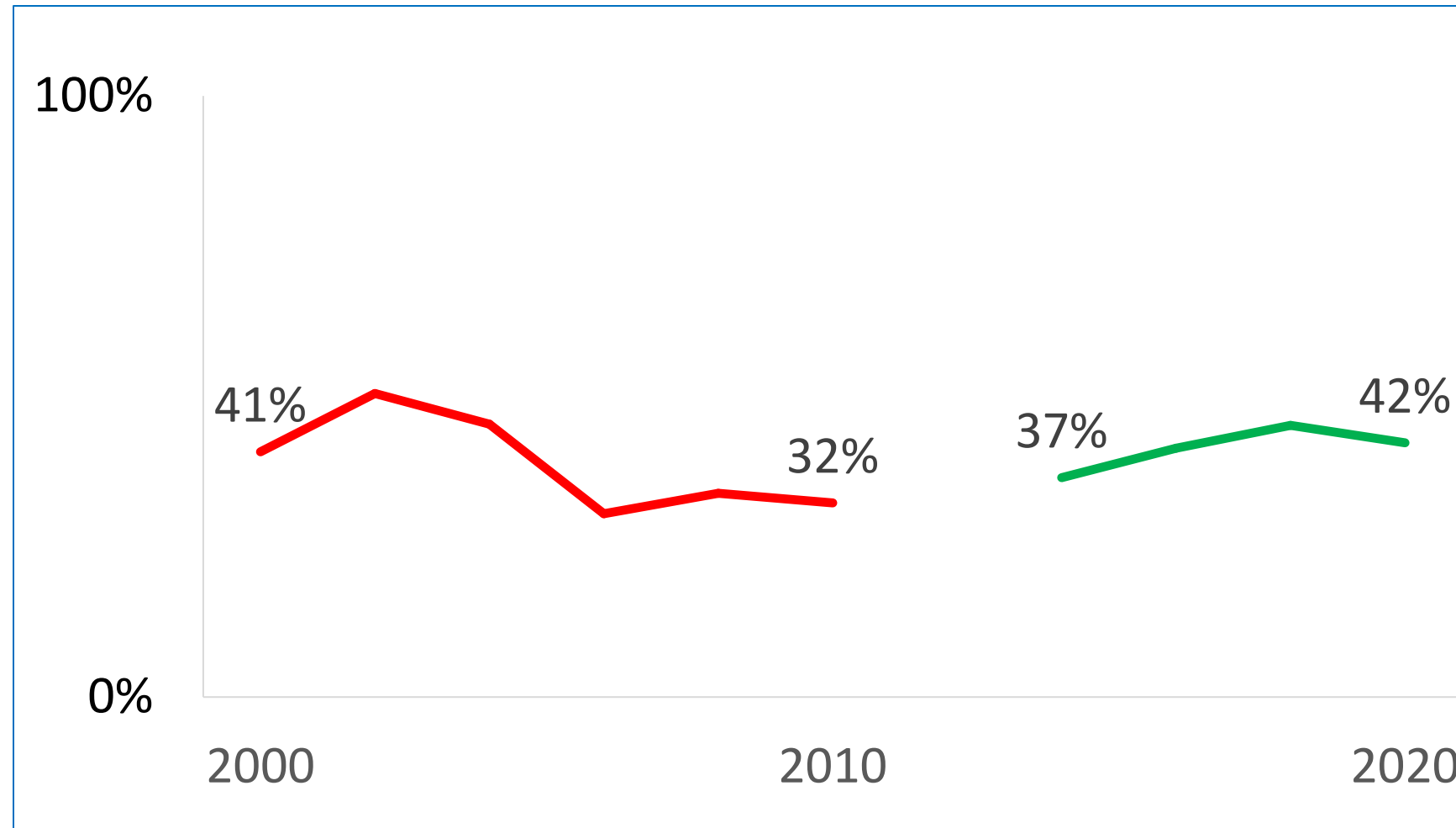
Source: Alaska School Health Profiles
There are no 2012 or 2022 health teachers results due to low response rate.

Schools are increasingly assessing their injury prevention and safety programs and policies.

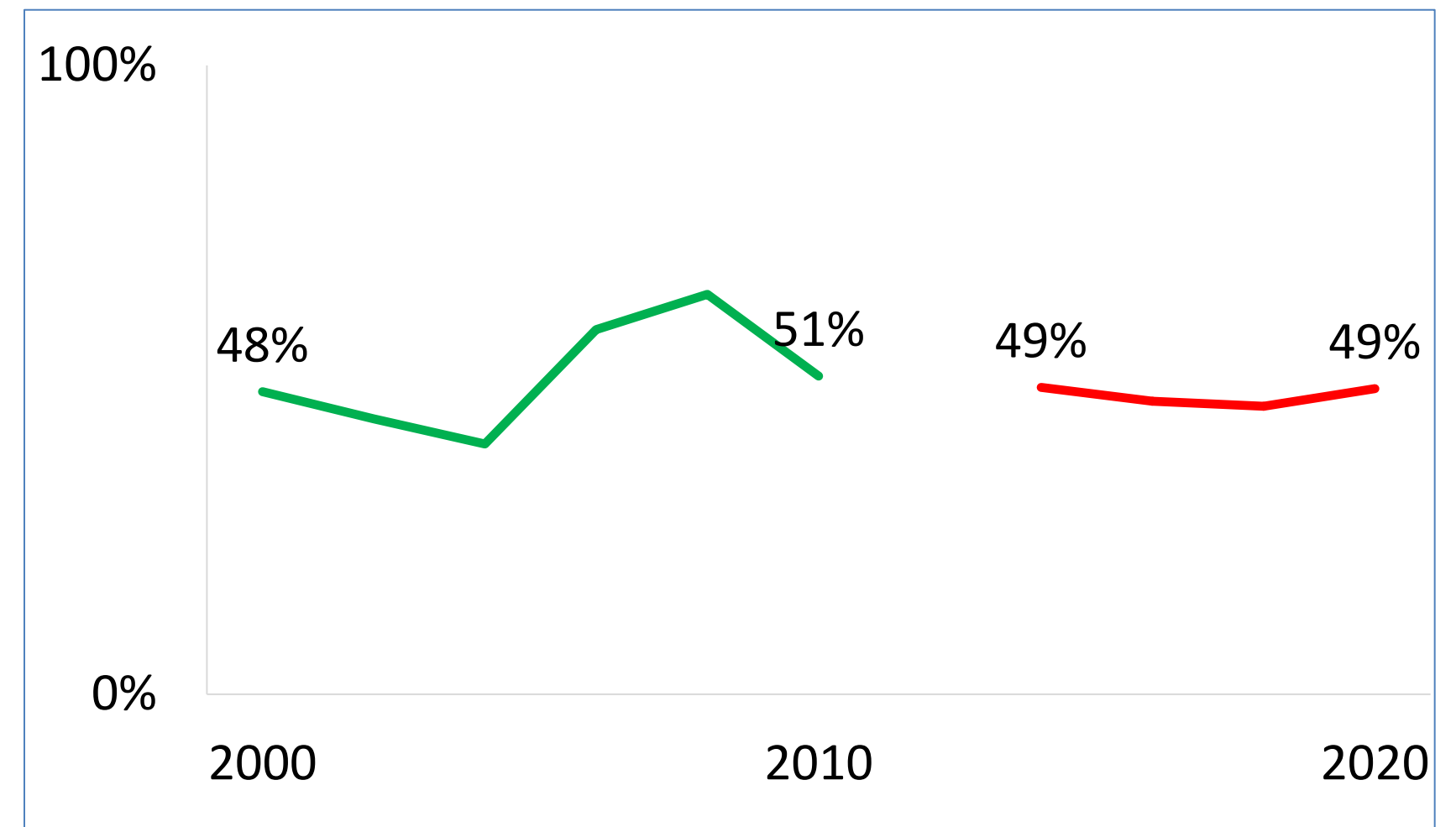


Health Teacher Training on Injury Prevention: Getting, Wanting

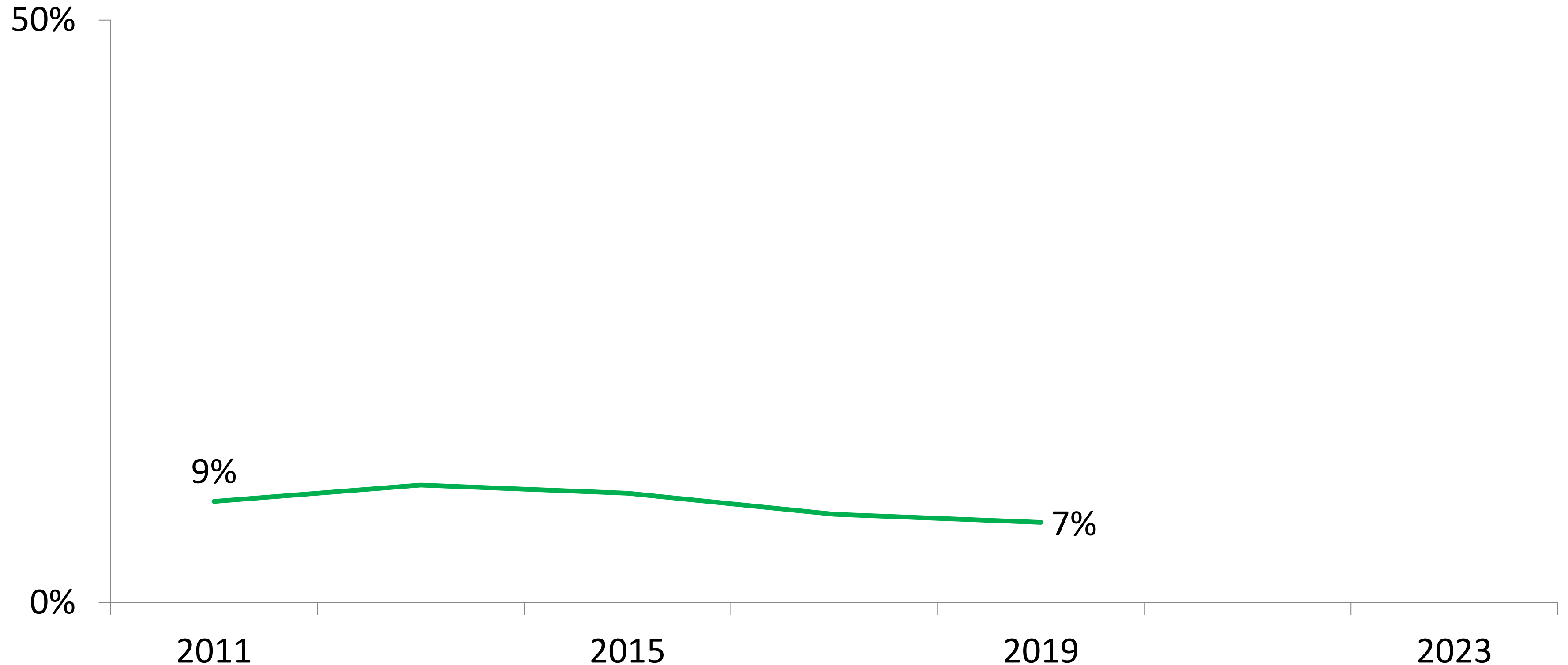
There was a dip through 2010 then an increase in schools' teachers *receiving* training in injury prevention in the past 2 years



The reverse trend was seen in health teachers *wanting more* of this training.



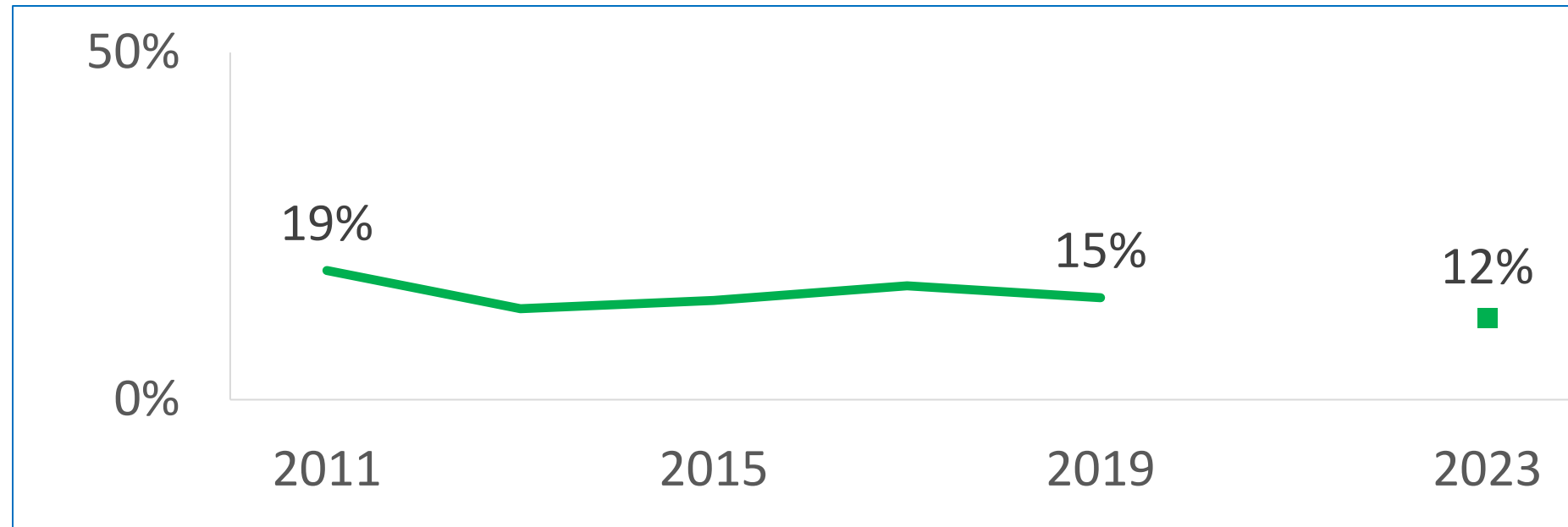
Fewer students say they never or rarely wear a seatbelt.



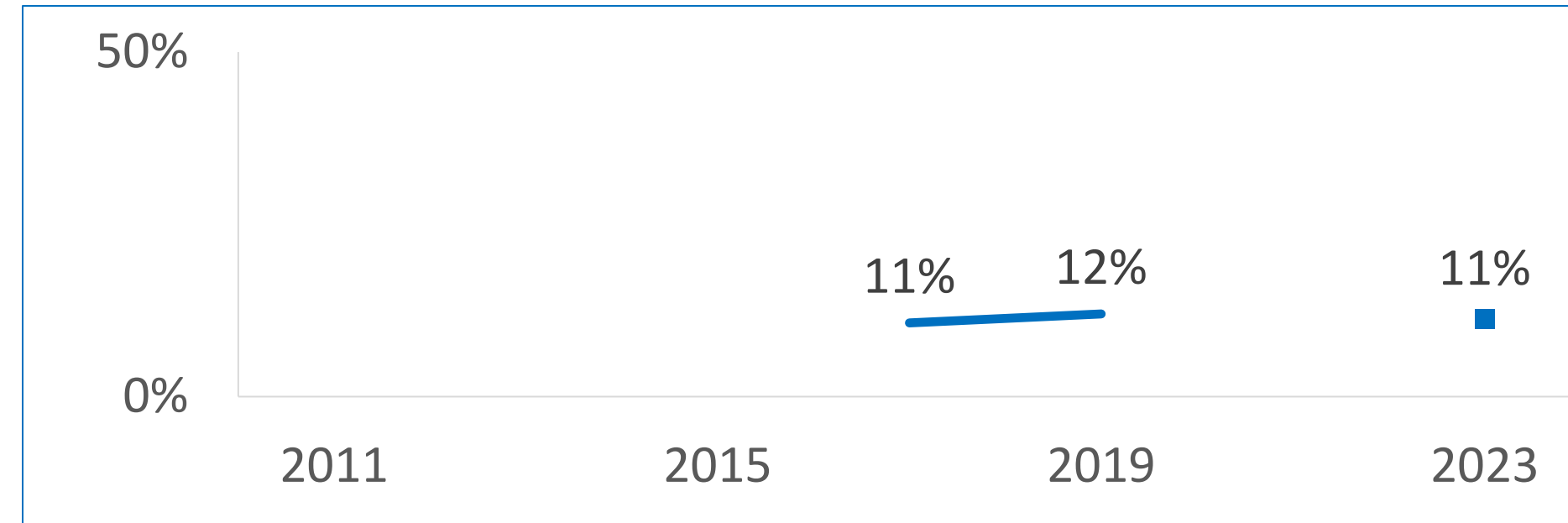
Source: Alaska Youth Risk Behavior Survey

Trends in impaired/distracted driving vary.

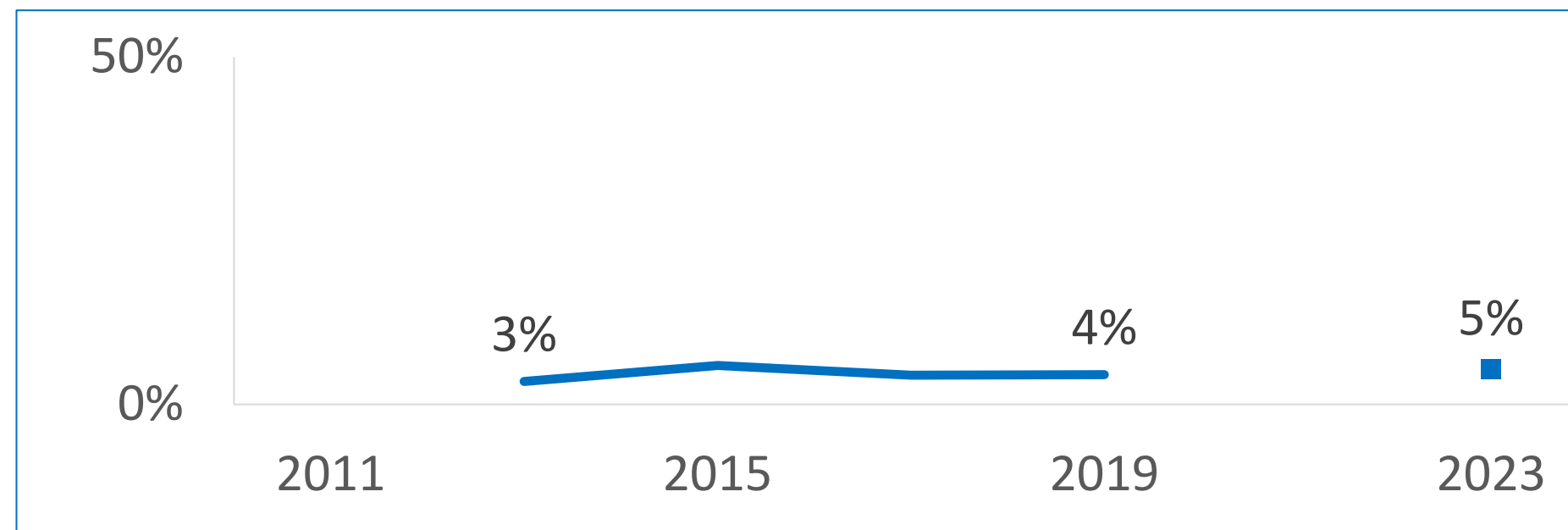
Rode with a DUI (alcohol) driver



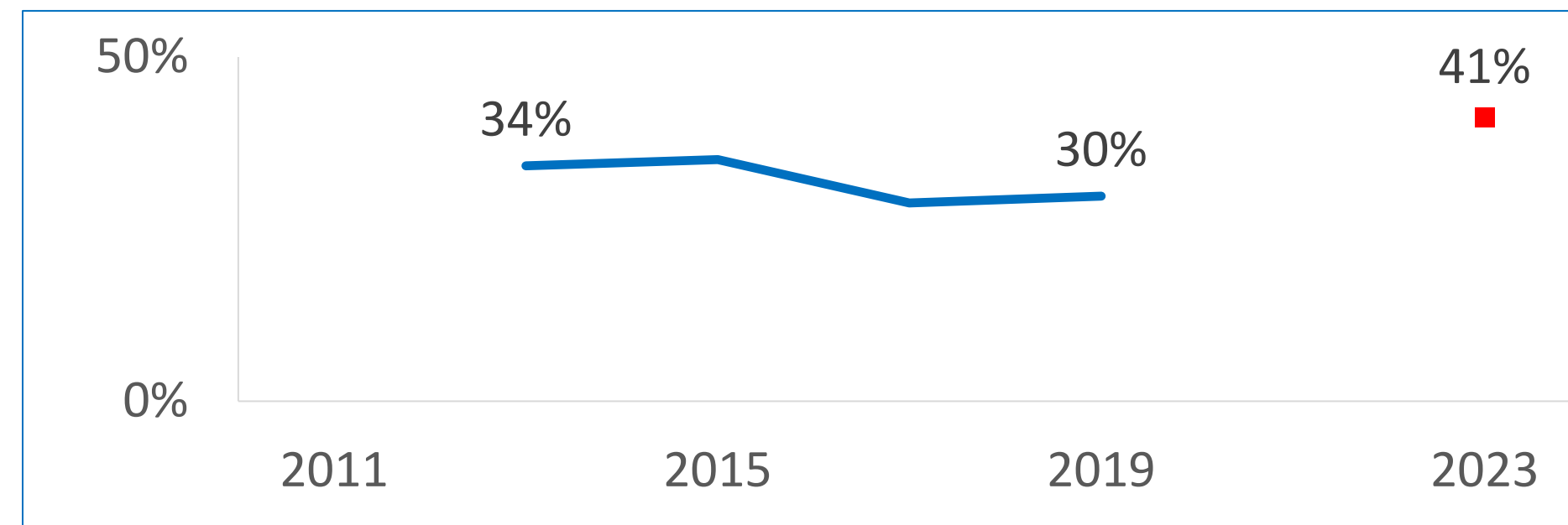
Drove under influence of marijuana*



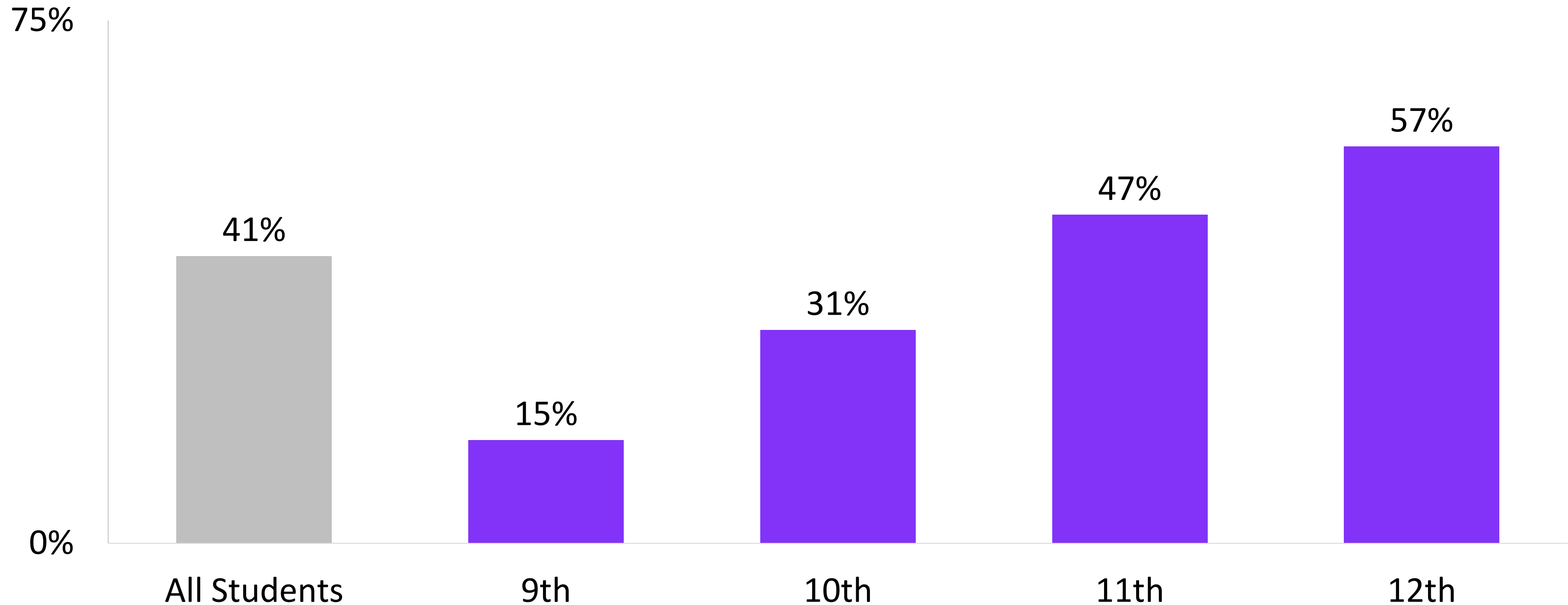
Drove under influence of alcohol*



Drove while texting or emailing*



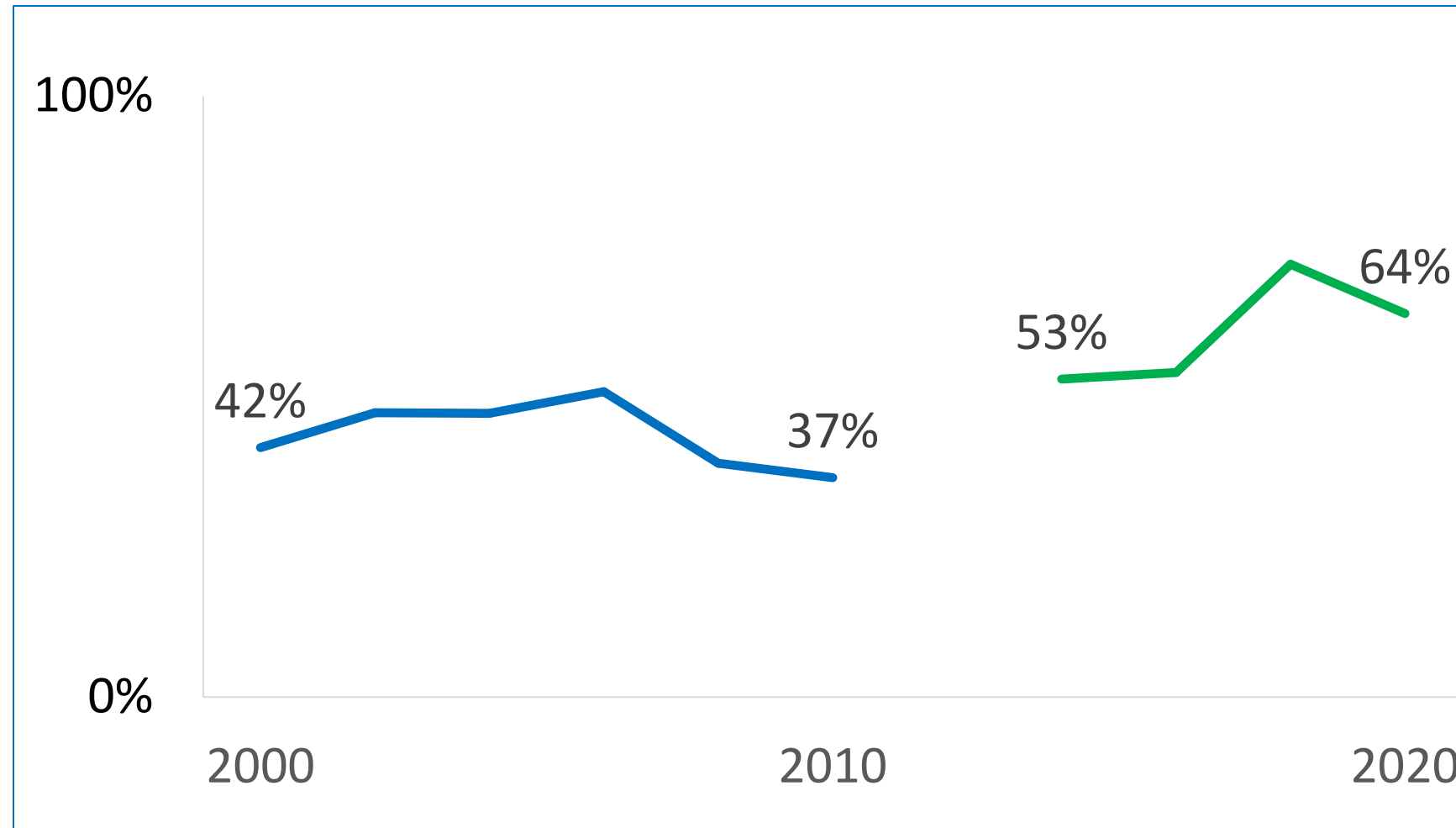
In 2023, texting while driving* varied significantly by grade.



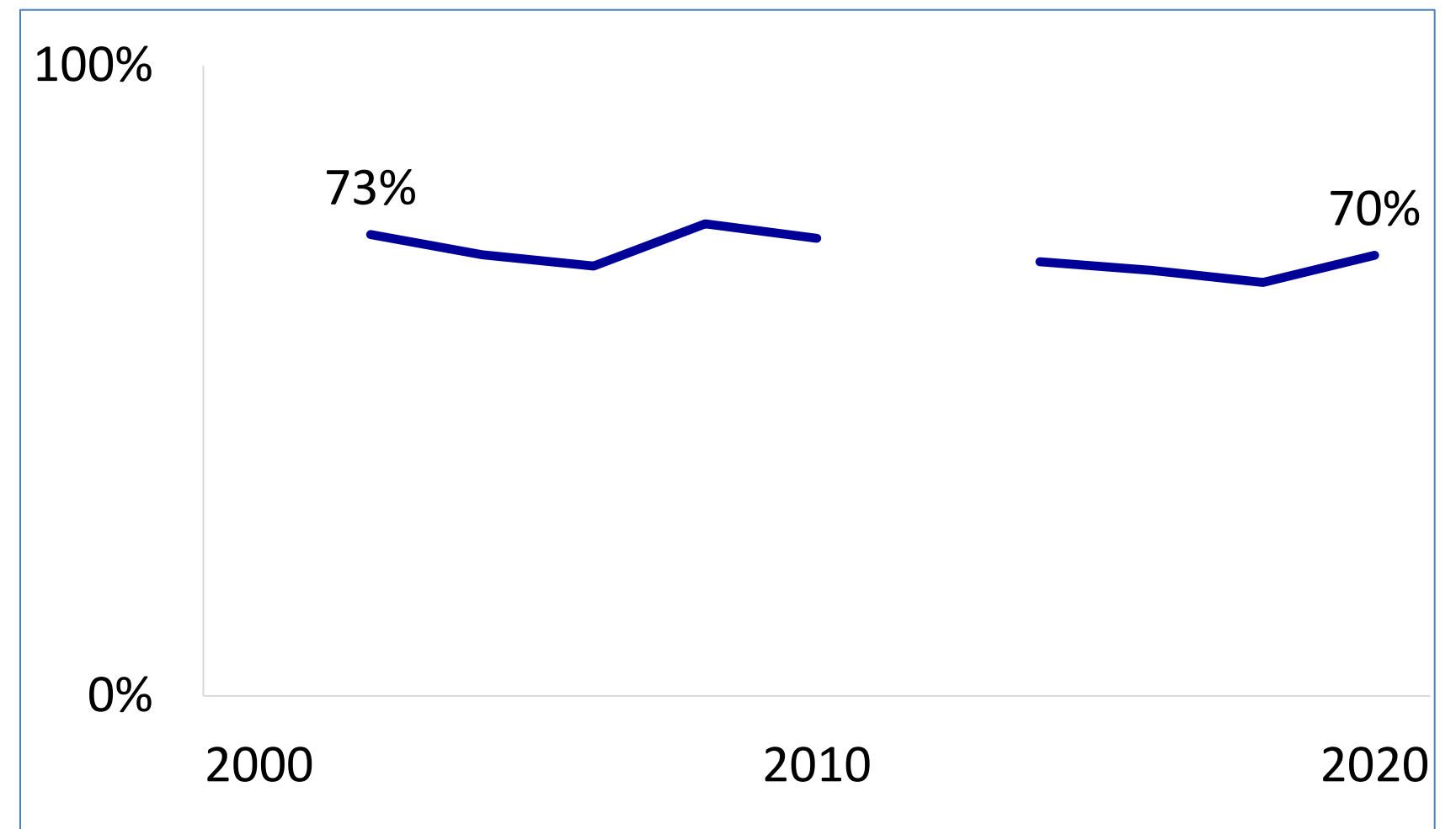
Source: Alaska Youth Risk Behavior Survey
*among those who drove in last 30 days

Health Teacher Training on Violence Prevention: Getting, Wanting

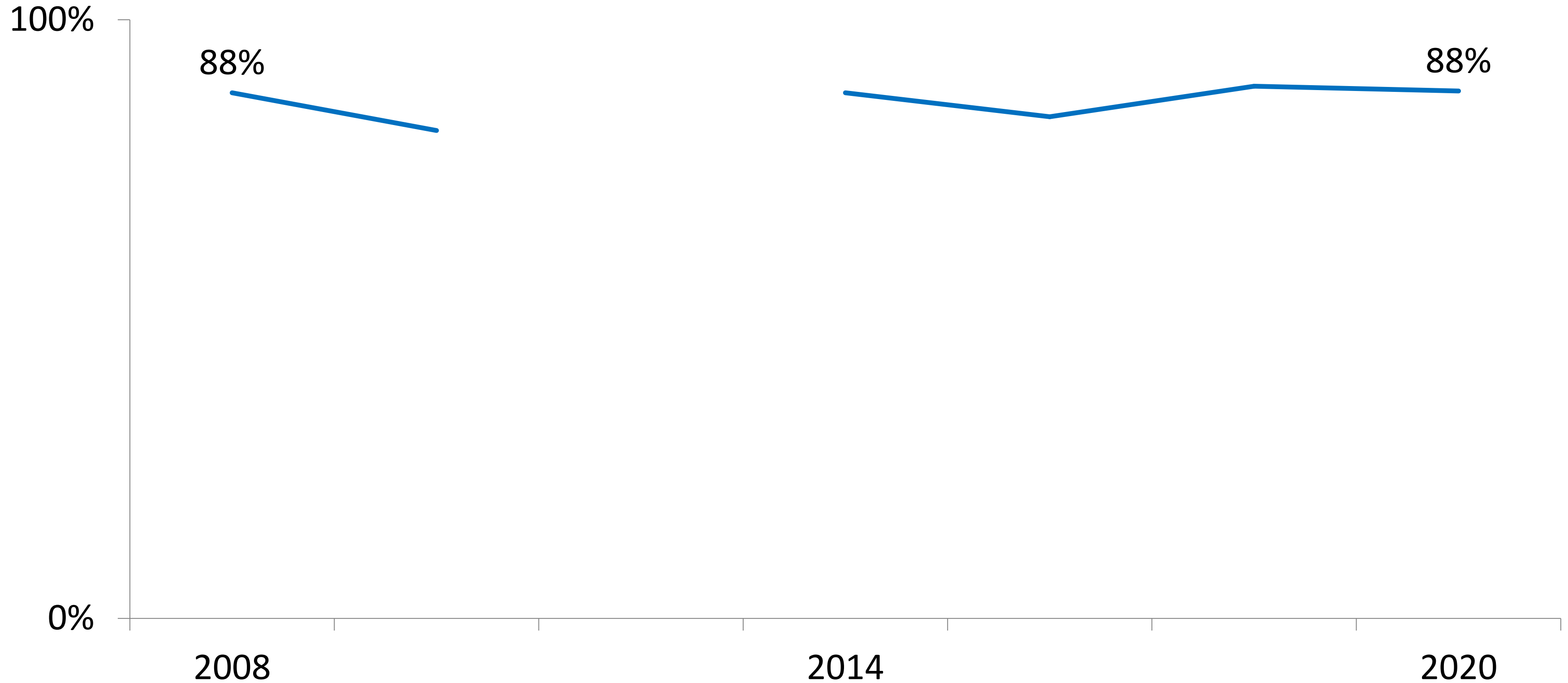
Since 2010, more schools' teachers *received* training in violence prevention in the past 2 years



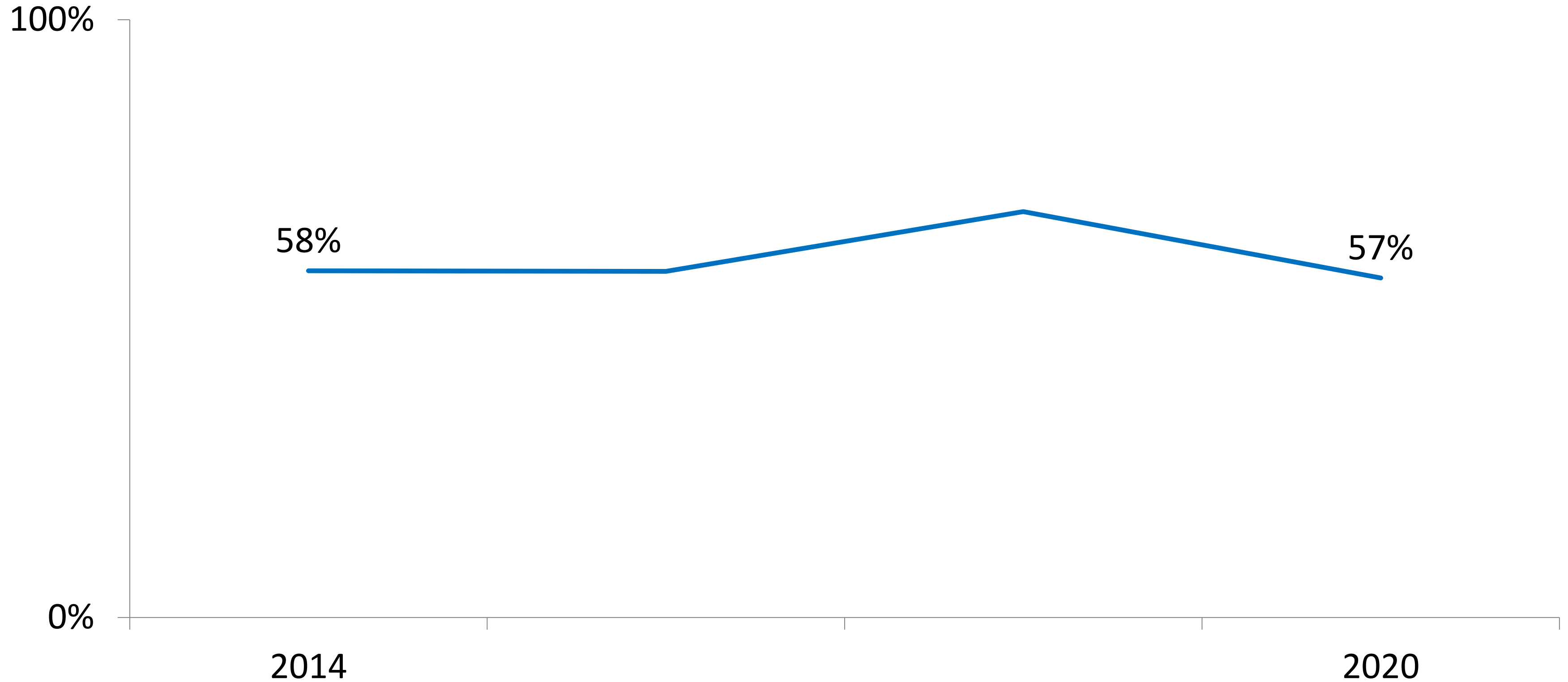
Consistently 70% of schools have health teachers who *want more* of this training.



Nearly 9 in 10 schools teach violence prevention, including bullying and dating violence.

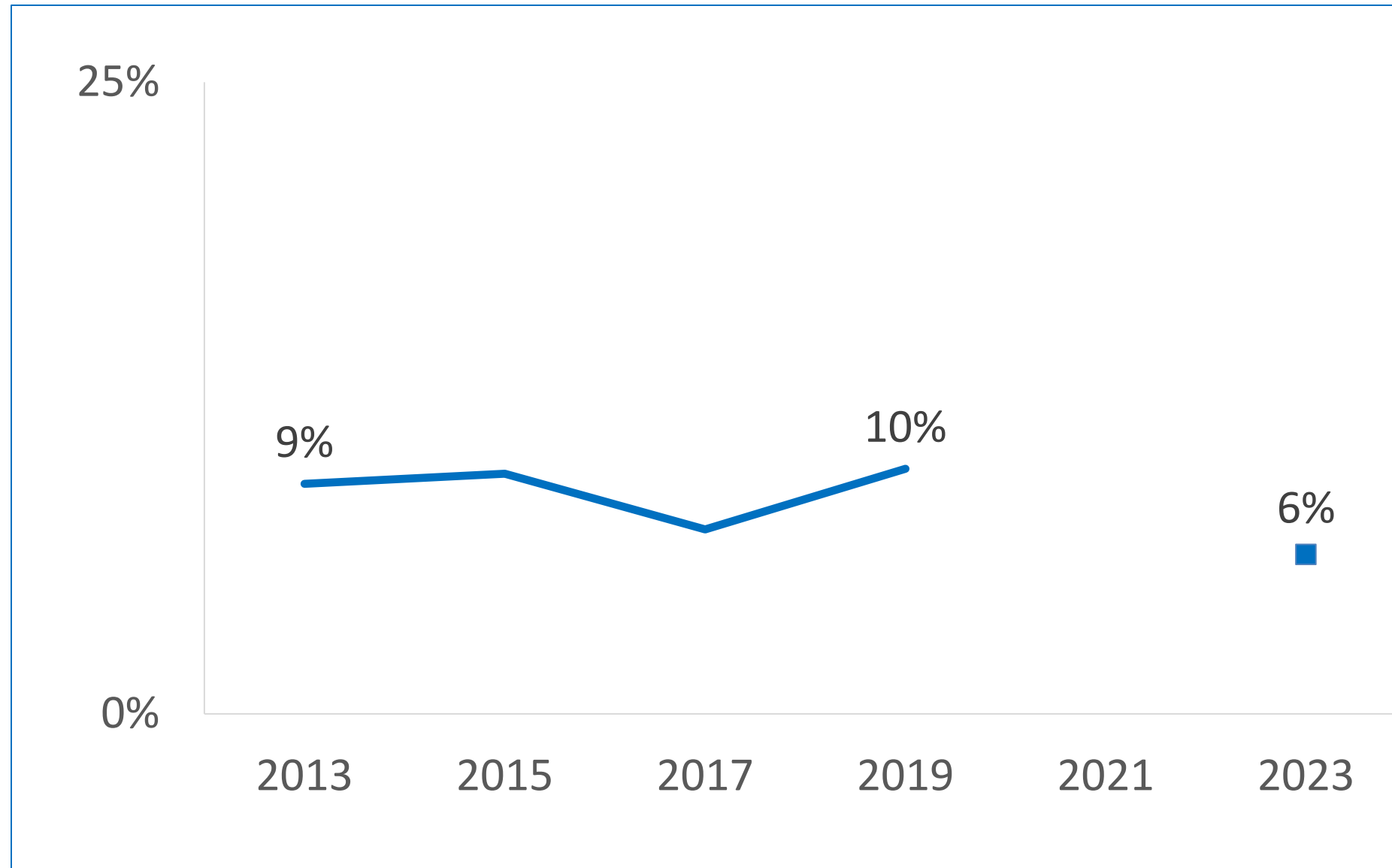


In a little over half of schools, teachers taught respectful relationships as part of a required health course (9-12th)

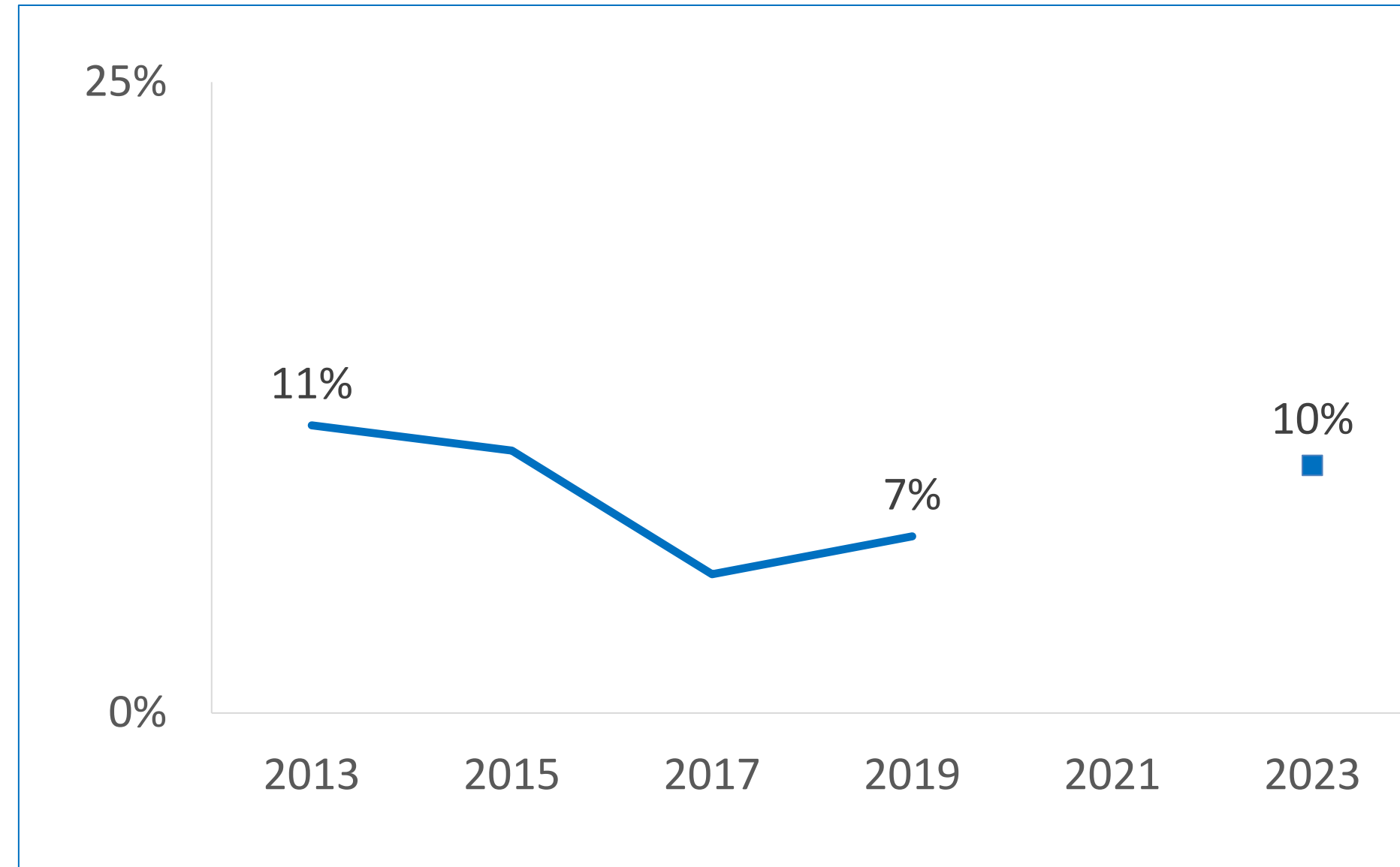


Consistently about 1 in 10 experienced dating violence in the last year.

Experienced *physical* dating violence*

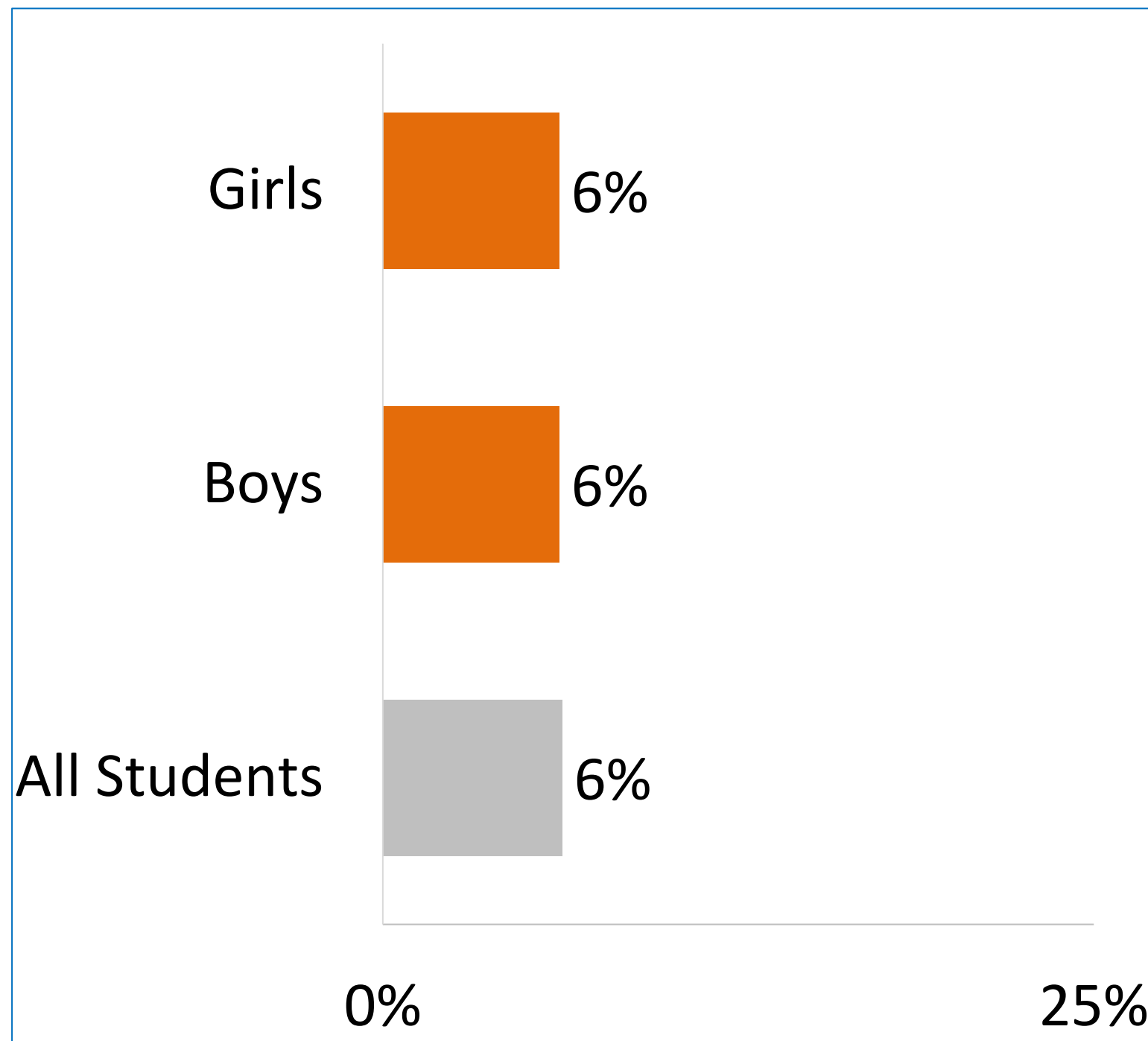


Experienced *sexual* dating violence*

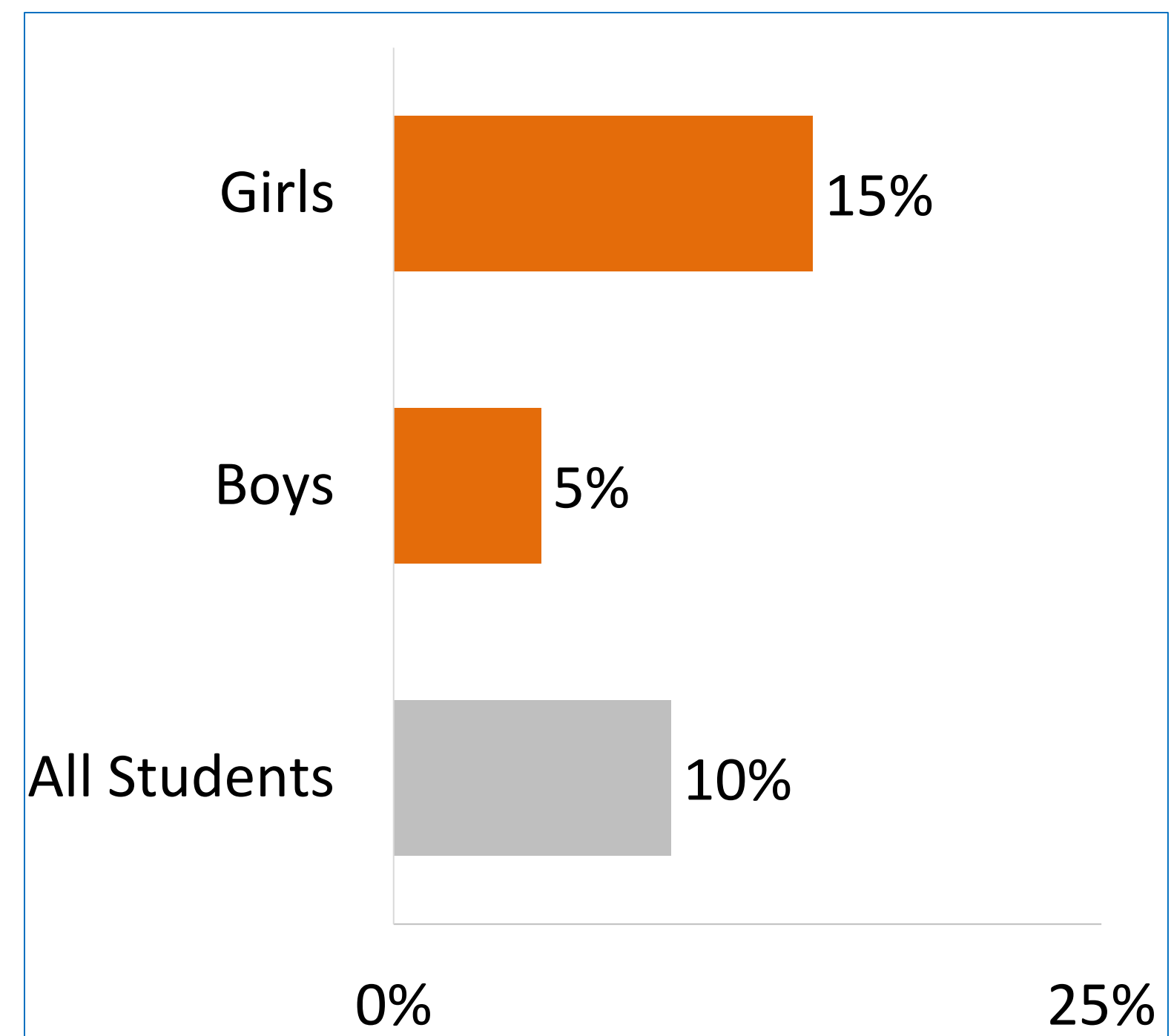


In 2023, sexual dating violence was more common in girls.

Experienced **physical** dating violence*

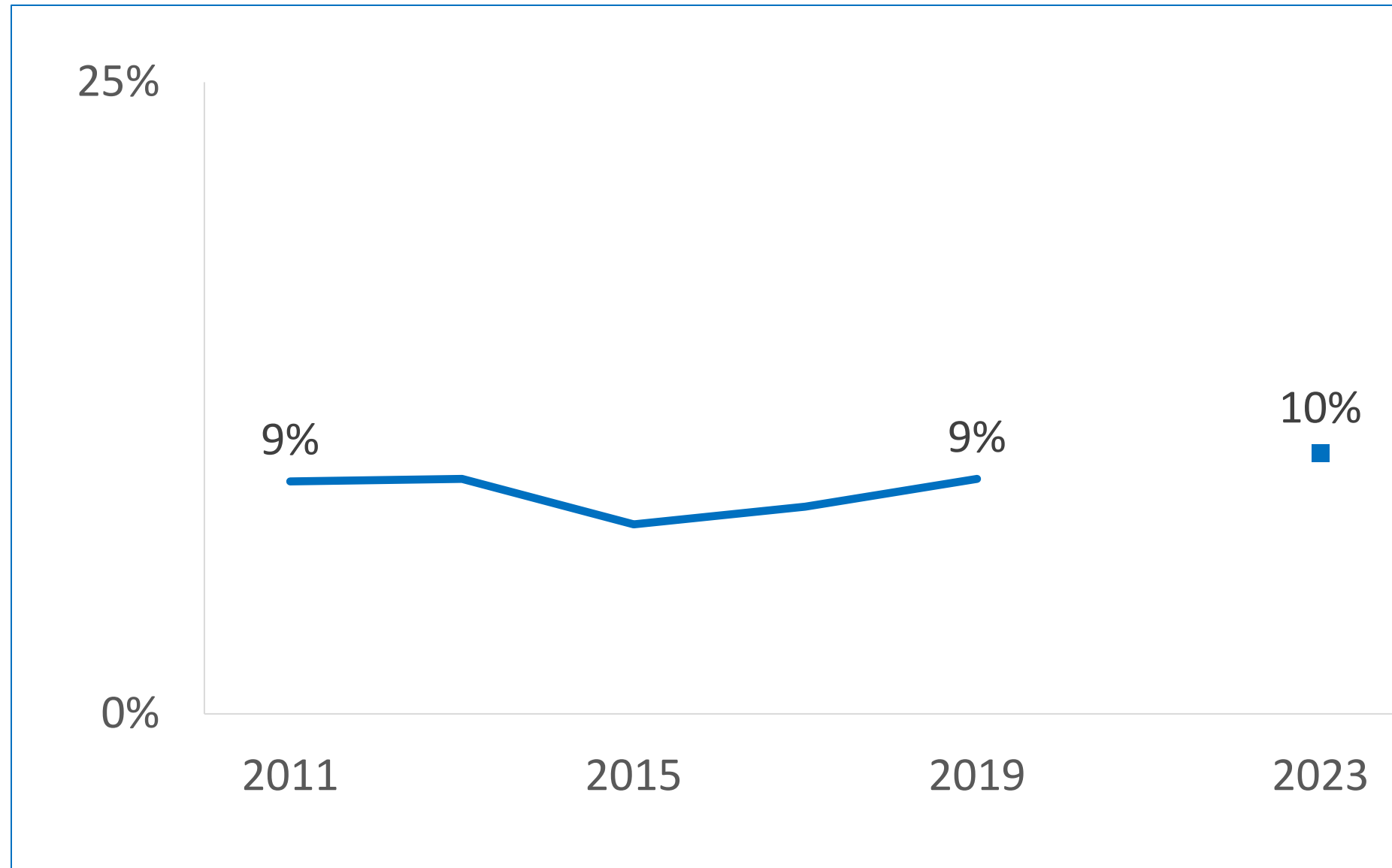


Experienced **sexual** dating violence*

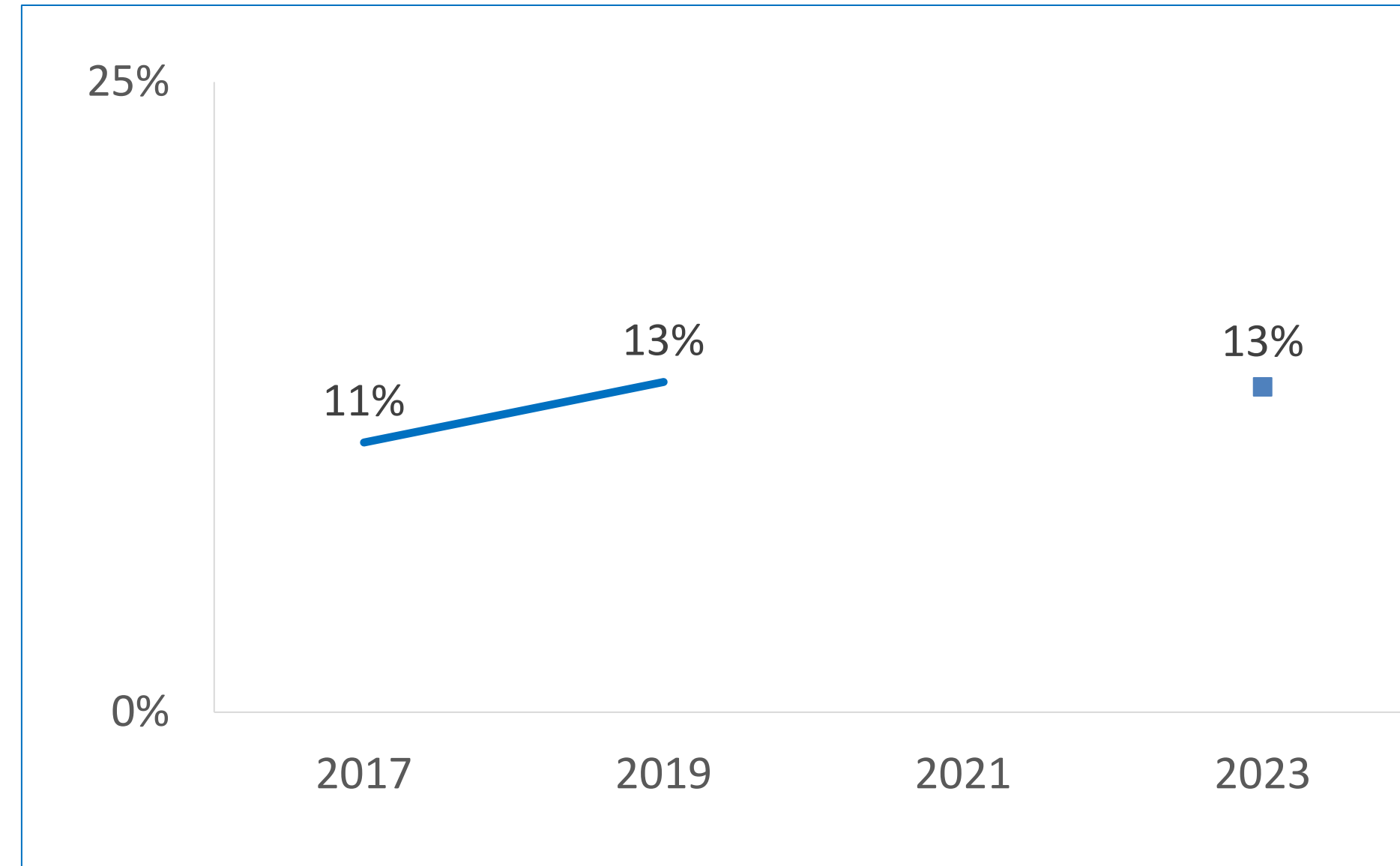


Sexual violence not limited to dating relationships is also stubbornly high.

Ever forced to have sexual intercourse

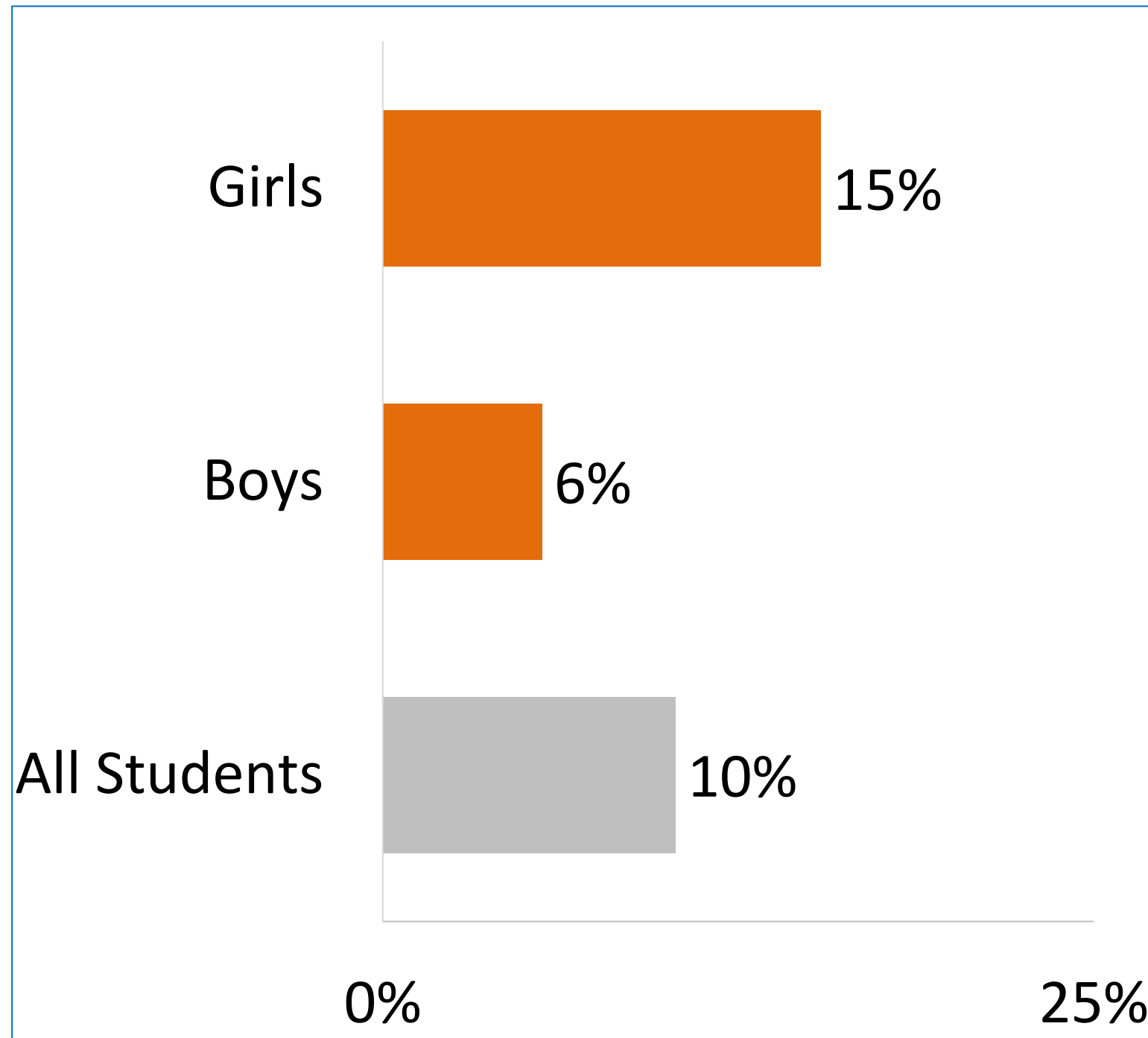


Any forced sexual violence in the last year

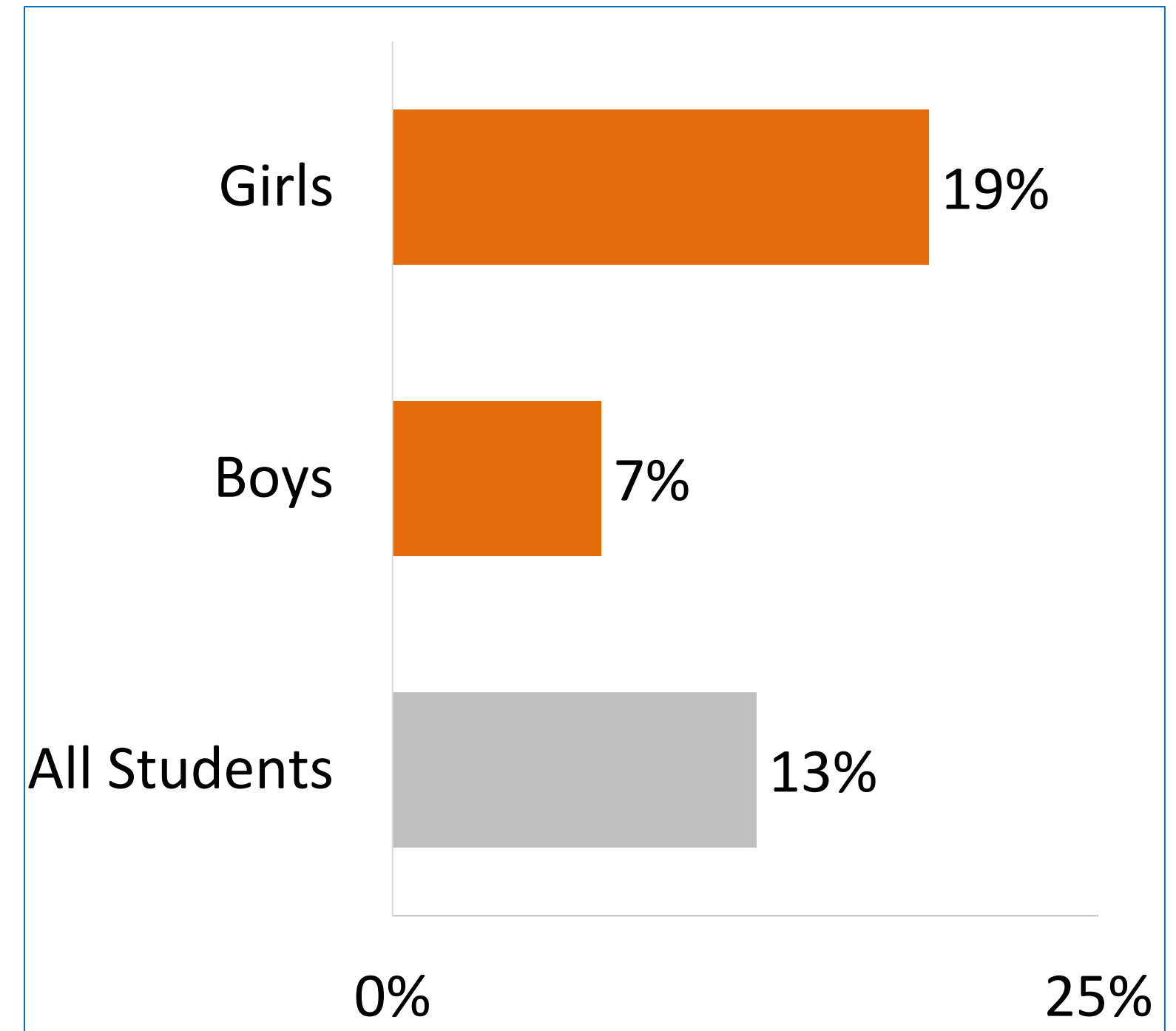


In 2023, sexual violence was more common in girls.

Ever forced to have sexual intercourse



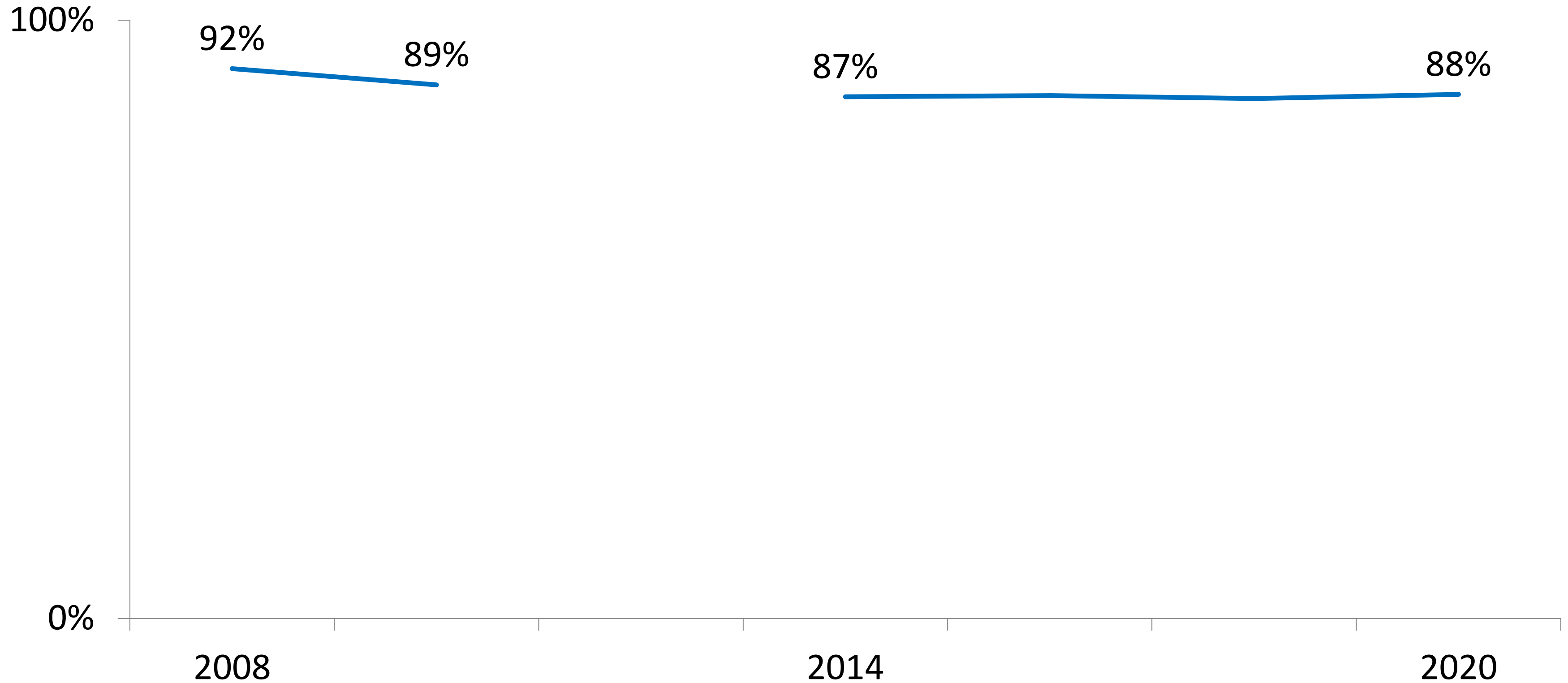
Any forced sexual violence in the last year



Alcohol and Drug Use

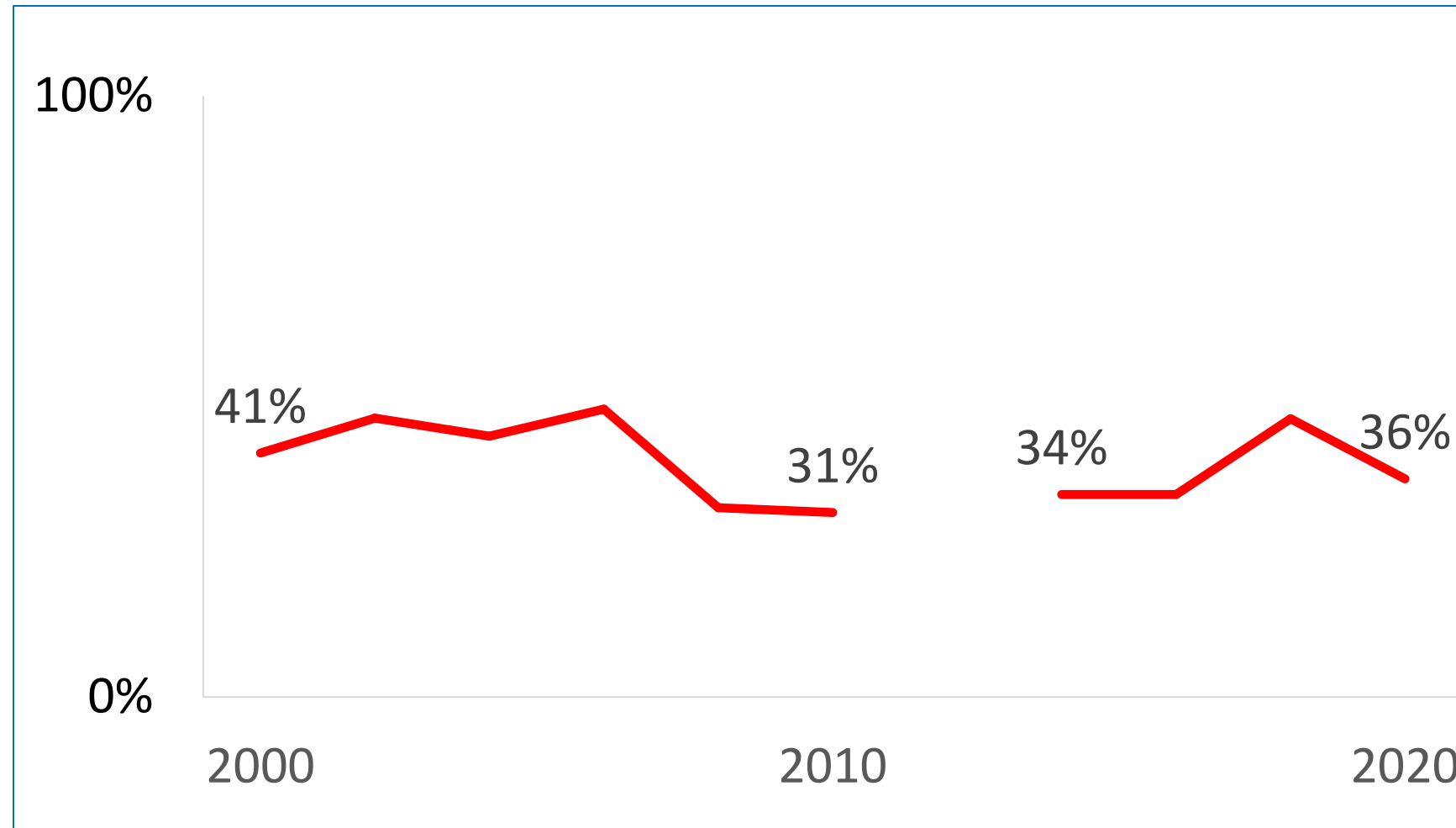


Nearly 9 in 10 schools teach alcohol and drug use prevention.

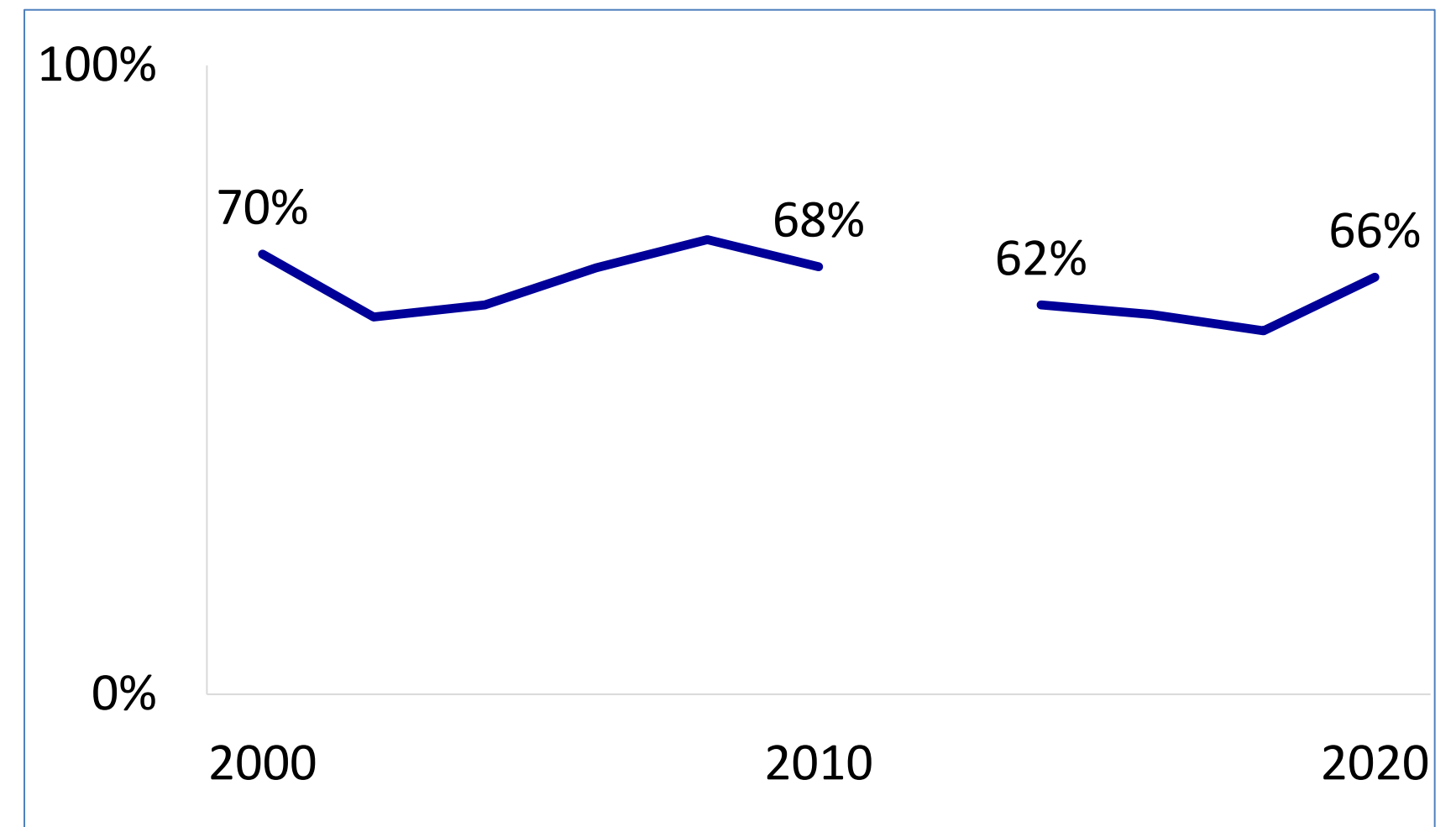


Health Teacher Training on Alcohol and Drug Use Prevention: Getting, Wanting

Long-term decline in teachers *receiving* training in alcohol and drug use prevention in the past 2 years

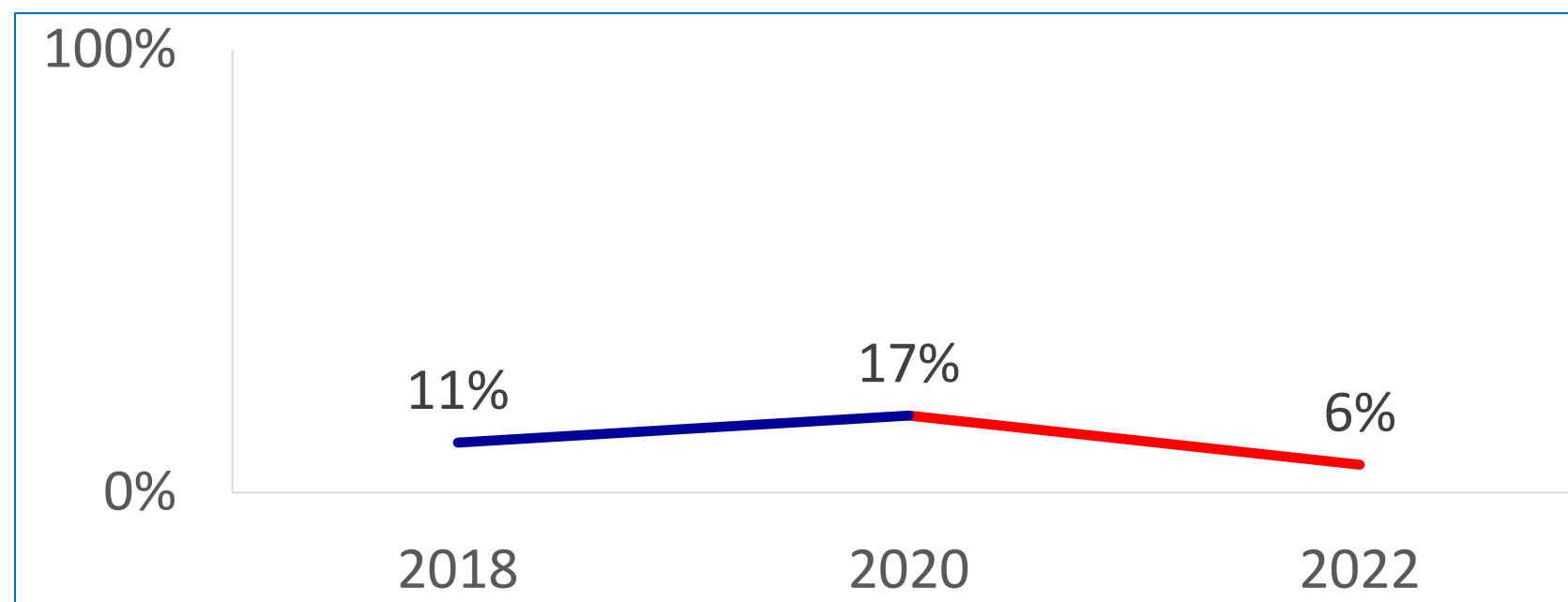


Consistently about 70% of schools have health teachers who *want more* of this training.

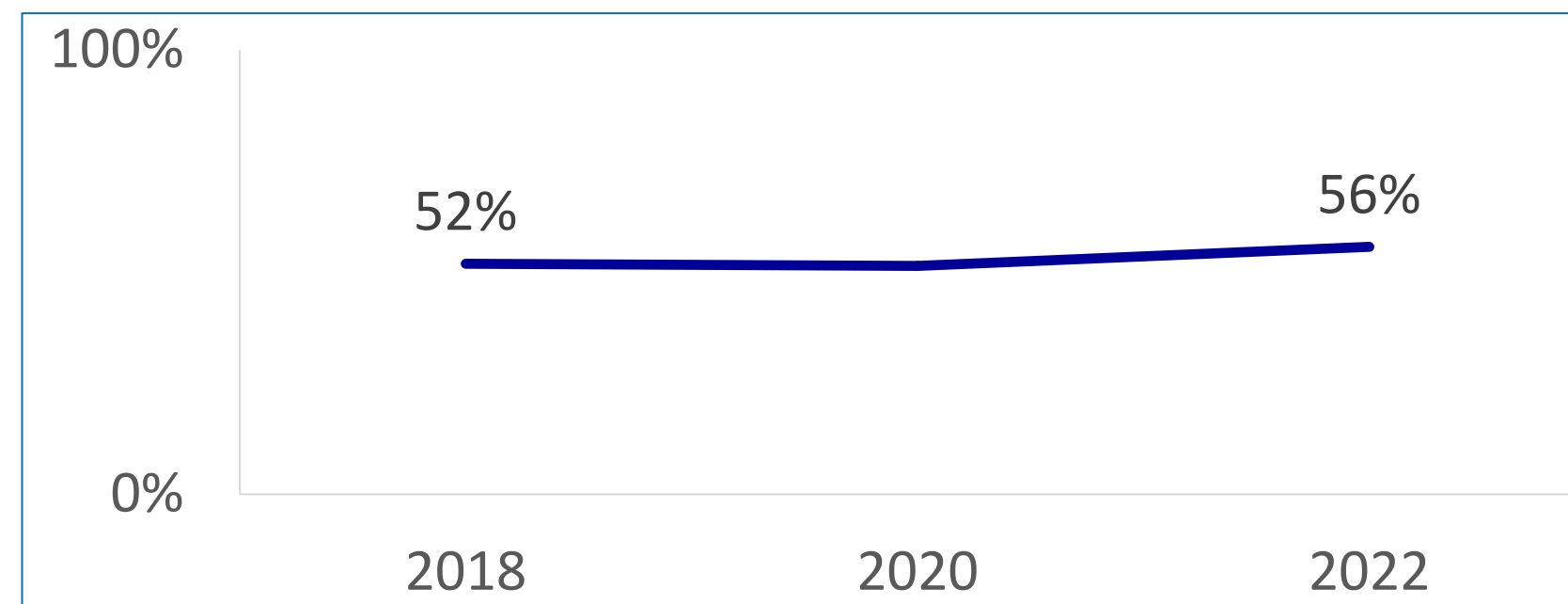


Assessment for substance use is down; referrals to treatment are flat.

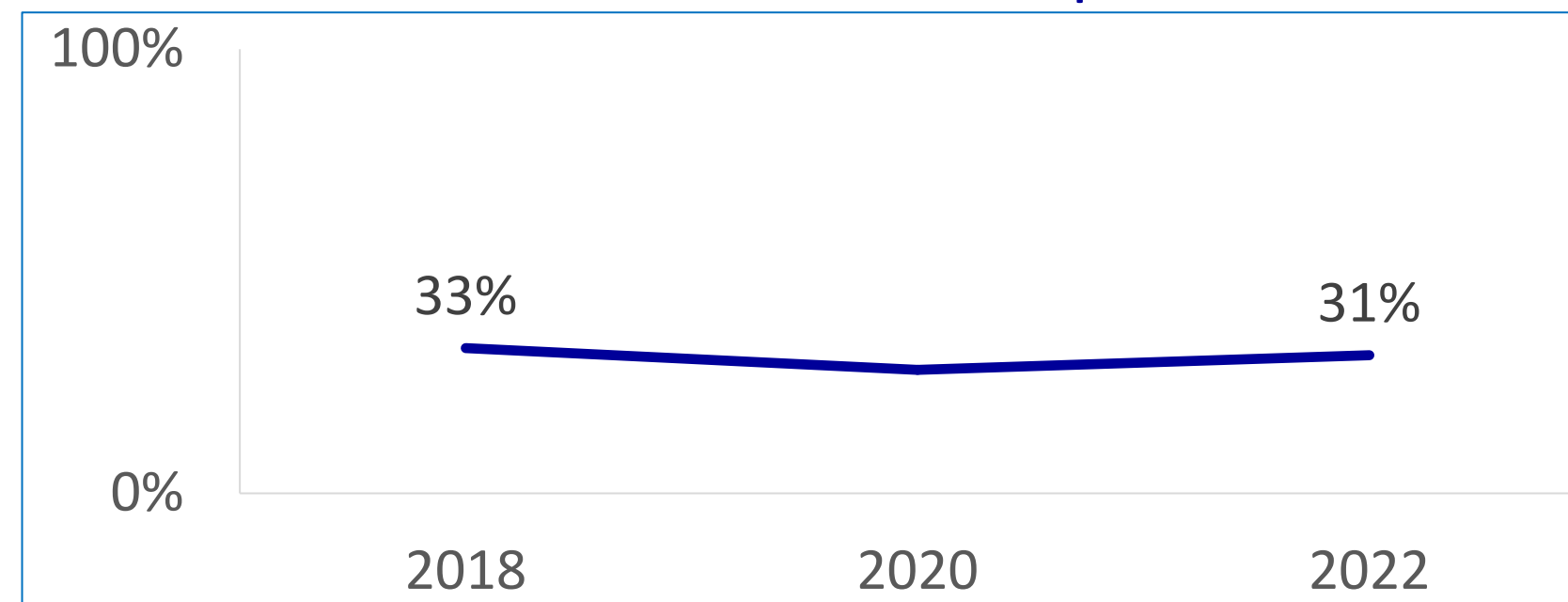
Provide alcohol, drug dependency assessment



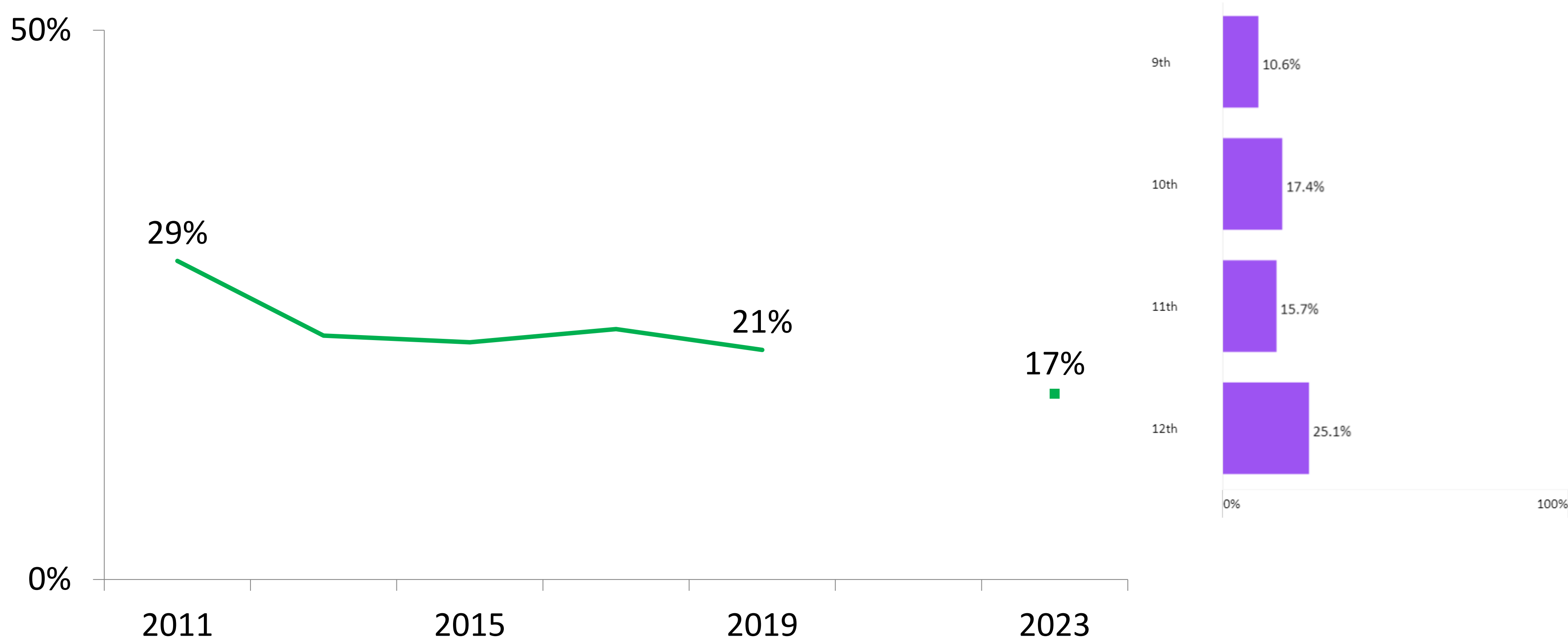
Provide referrals for alcohol, drug treatment



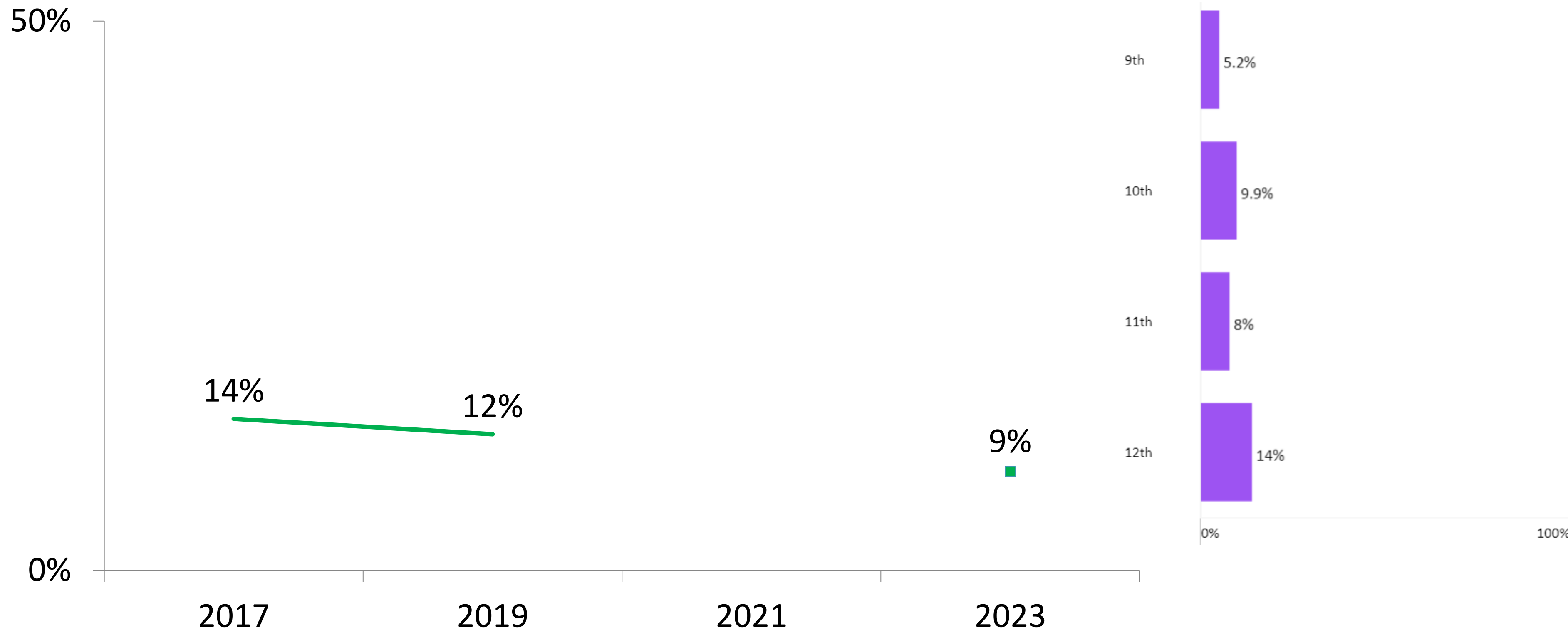
Provide families substance use prevention info



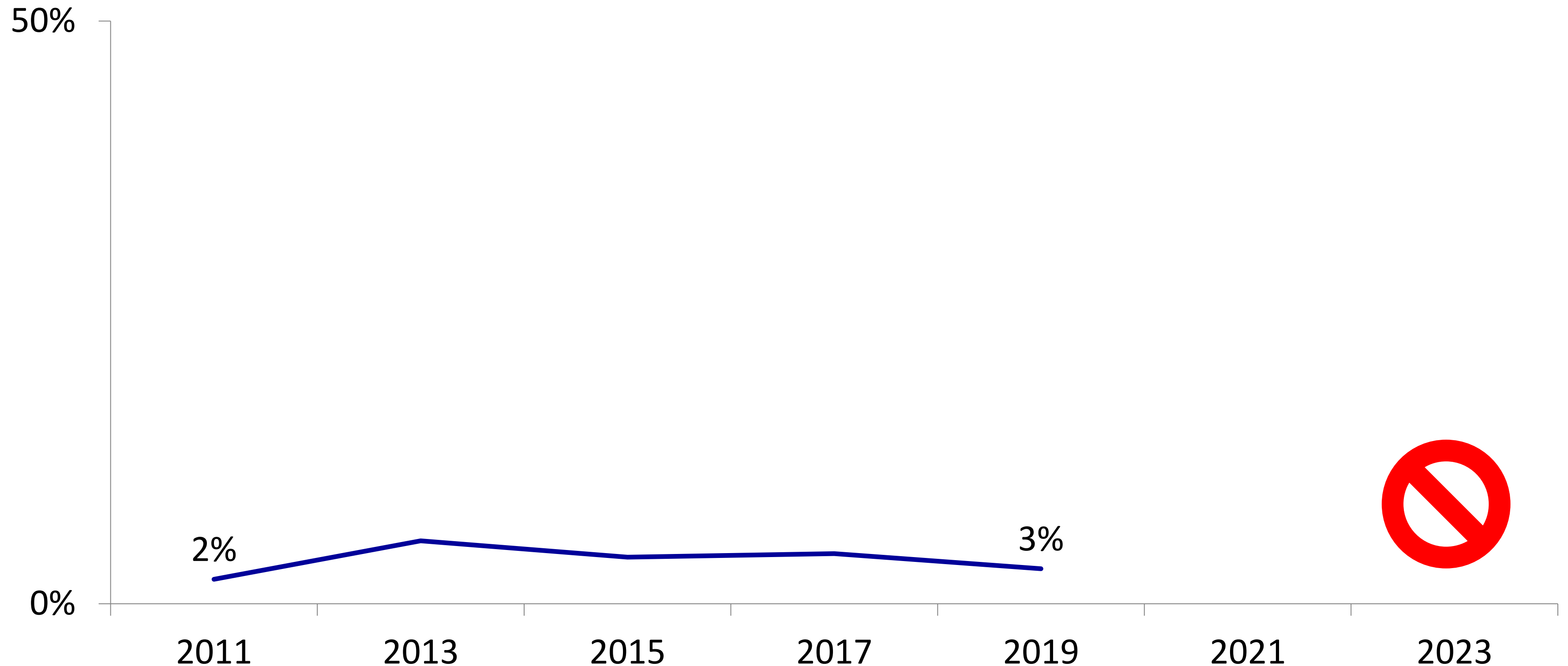
Fewer students drank alcohol at all in the last 30 days.



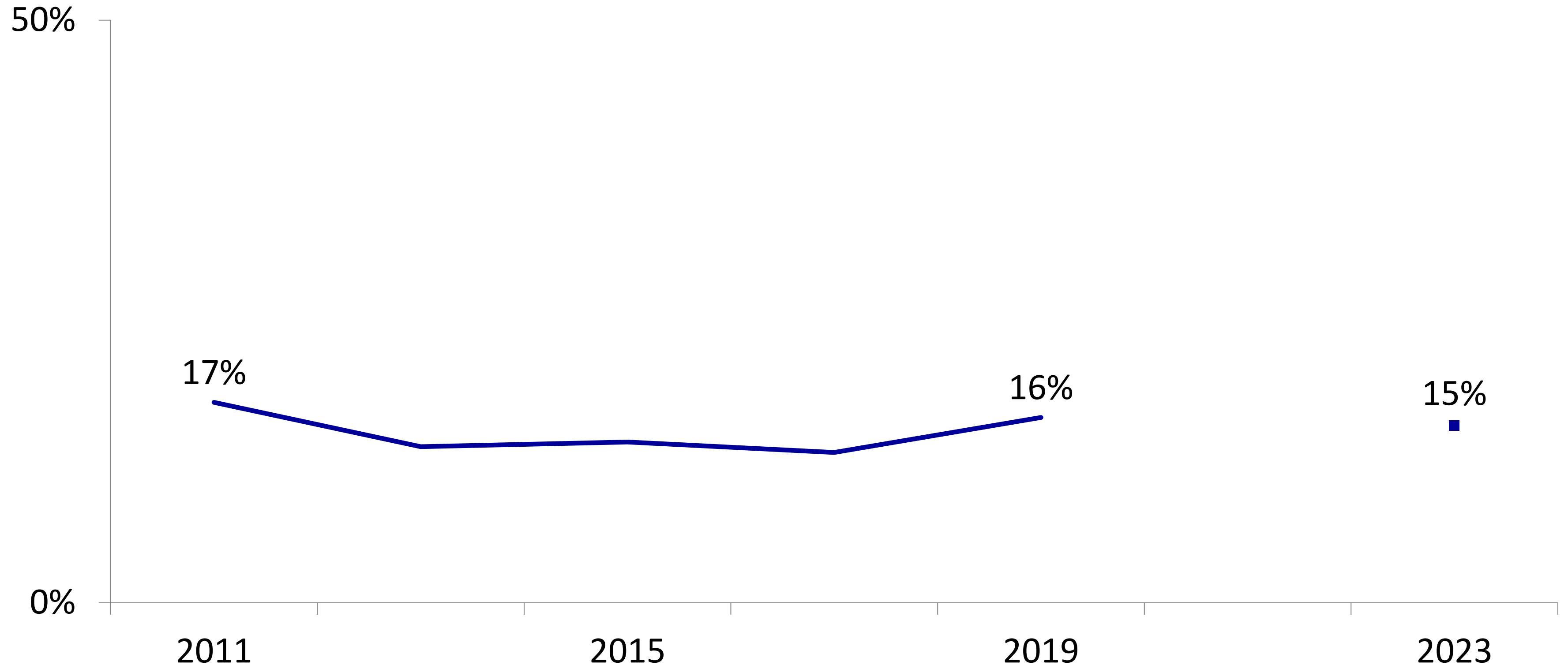
Fewer students binge drank alcohol in the last 30 days.



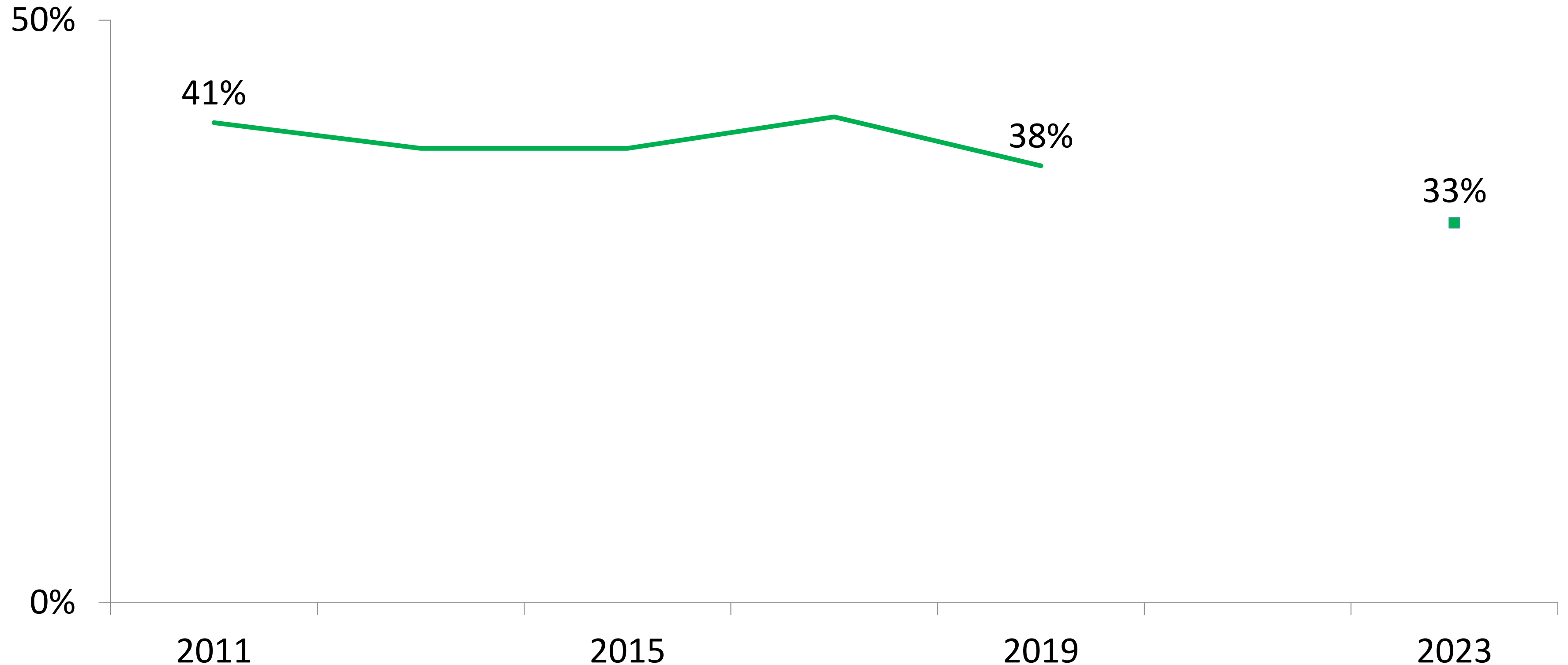
Among those who do drink alcohol, very few are buying it (e.g., a store, restaurant, bar, etc.)



**But there's been little change in when drinking starts.
About 15% had their first alcohol drink before age 13.**

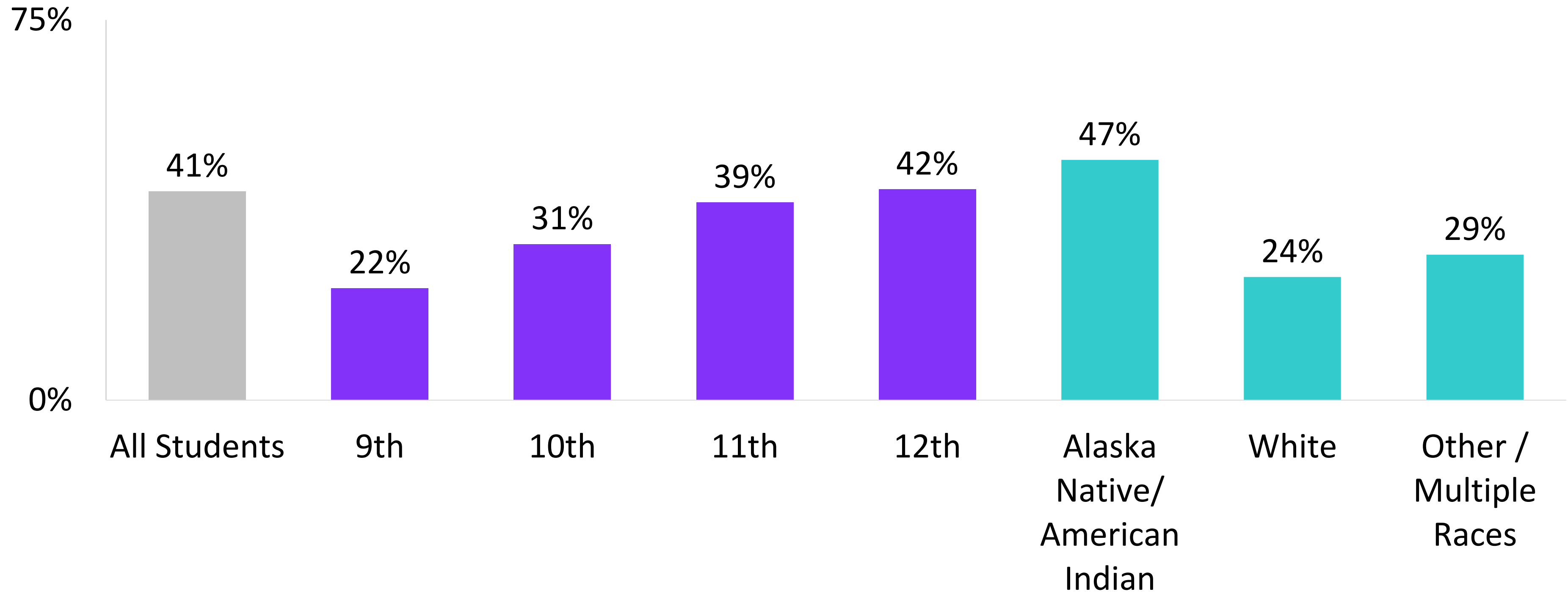


The percentage of students who ever tried marijuana continues to decline, including significantly since 2019.

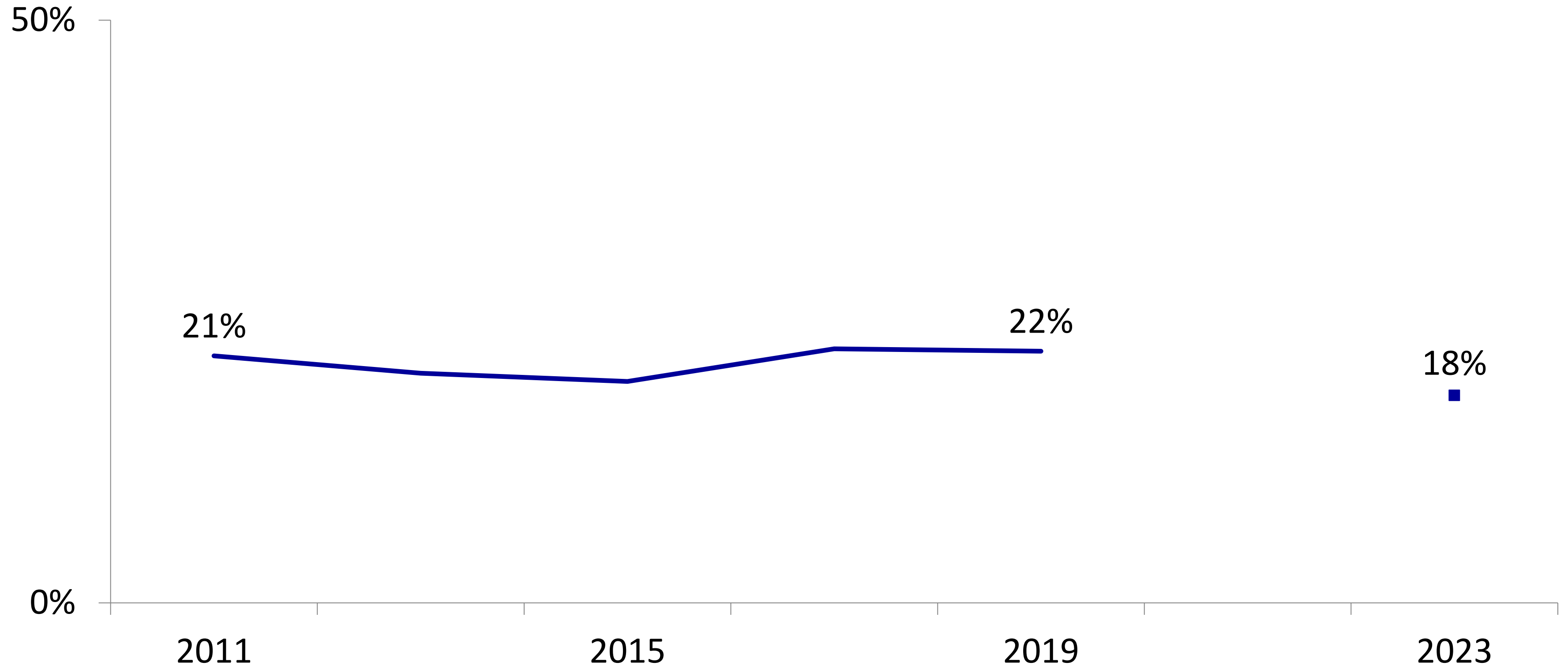


Source: Alaska Youth Risk Behavior Survey

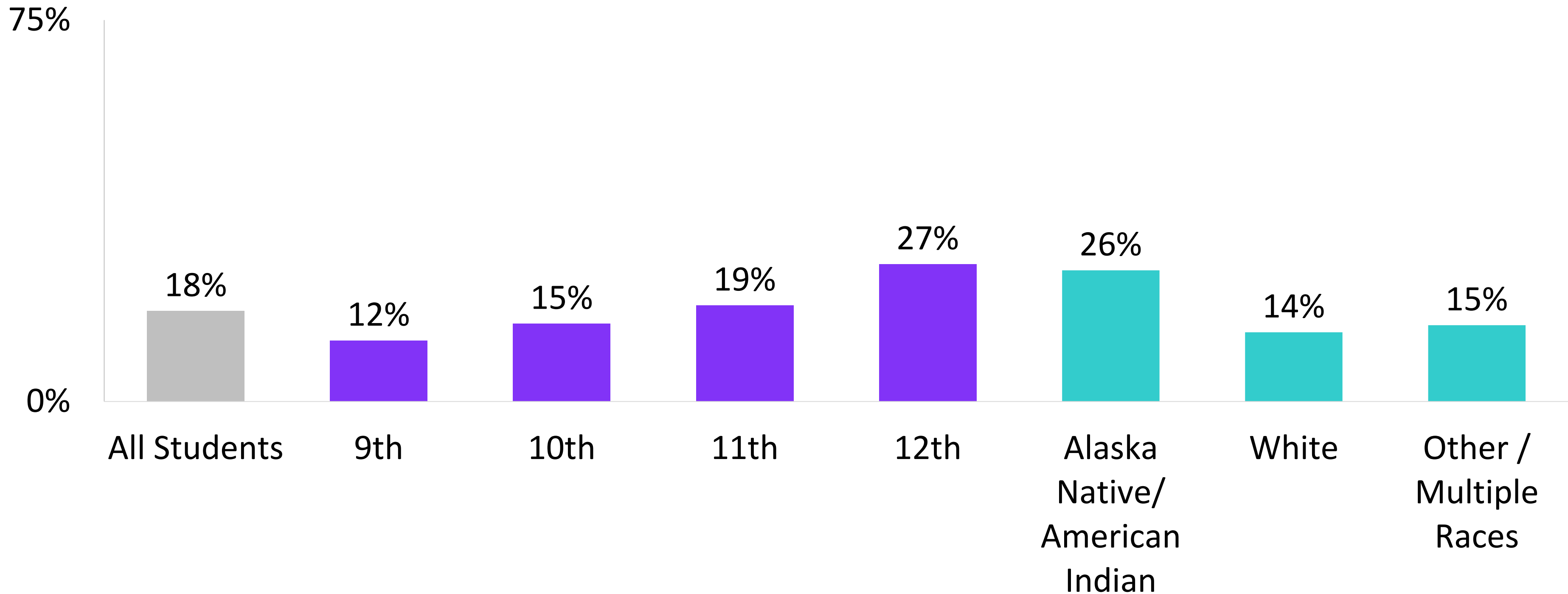
In 2023, ever use of marijuana varied by grade and race.



Current marijuana use however remains flat.

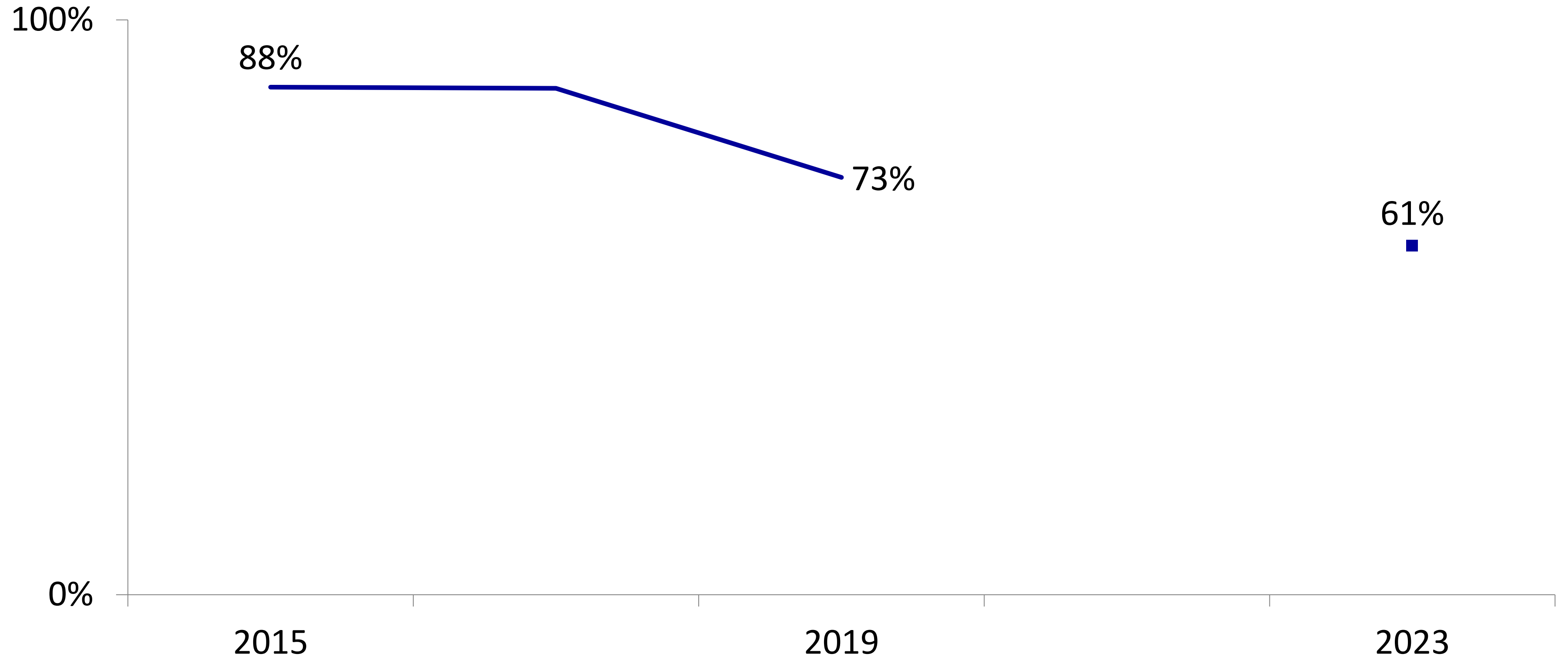


Similar patterns by demographic groups.

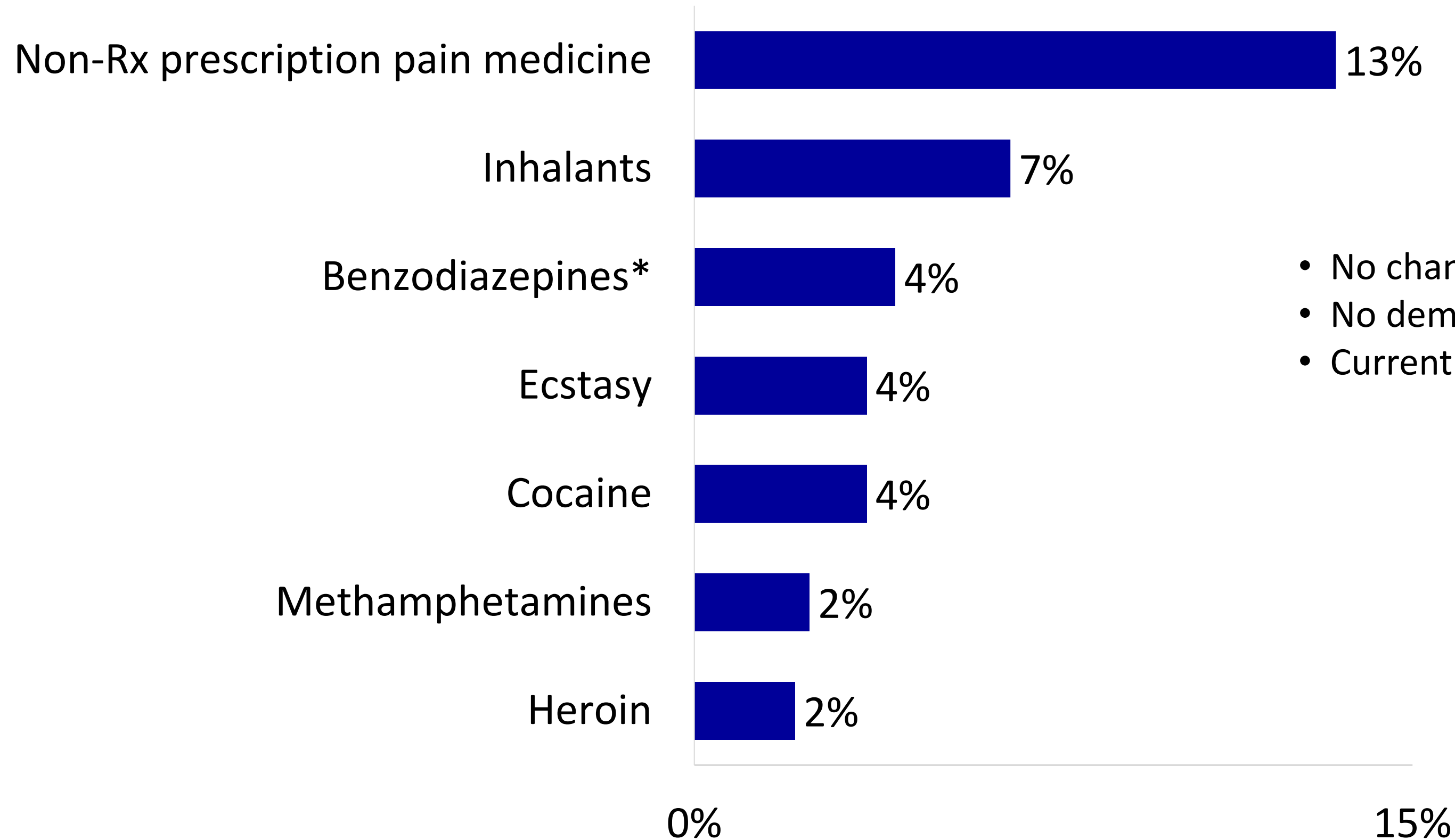


Source: Alaska Youth Risk Behavior Survey

Using marijuana by smoking it is on the decline.



The percentage who ever used...



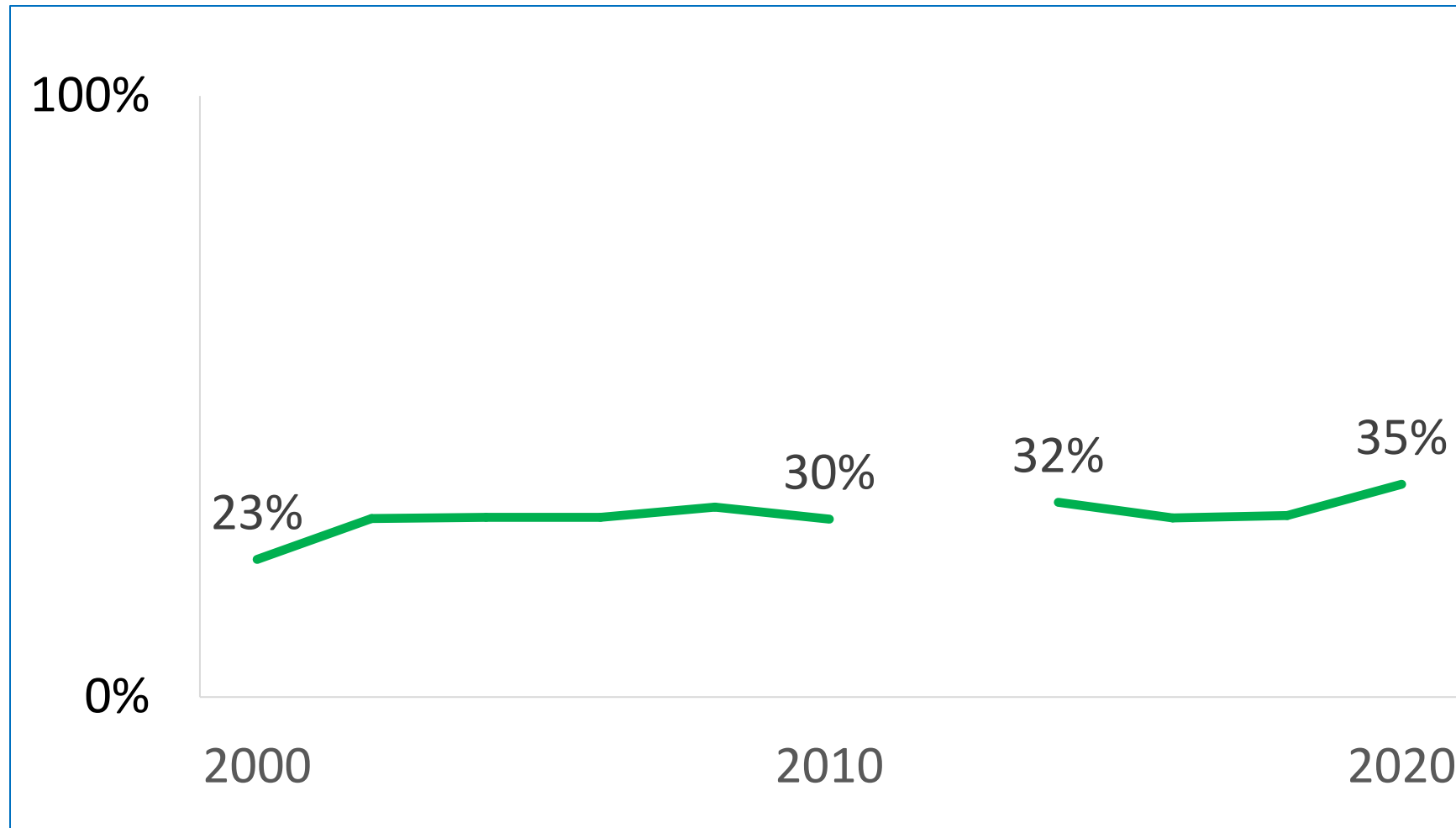
- No change, except Benzodiazepines down
- No demographic differences
- Current use all $\leq 6\%$

Physical Activity

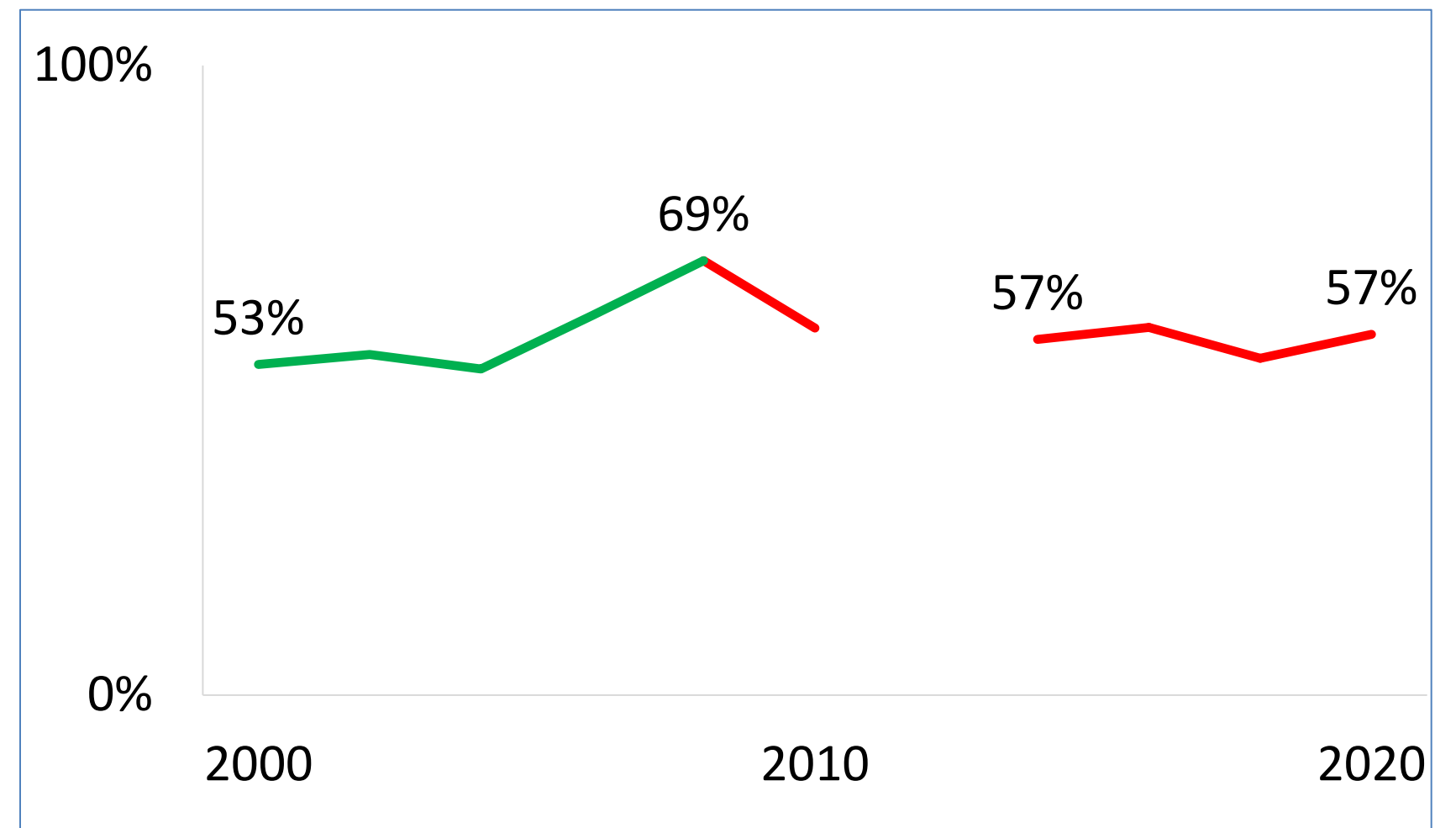


Health Teacher Training on Physical Activity: Getting, Wanting

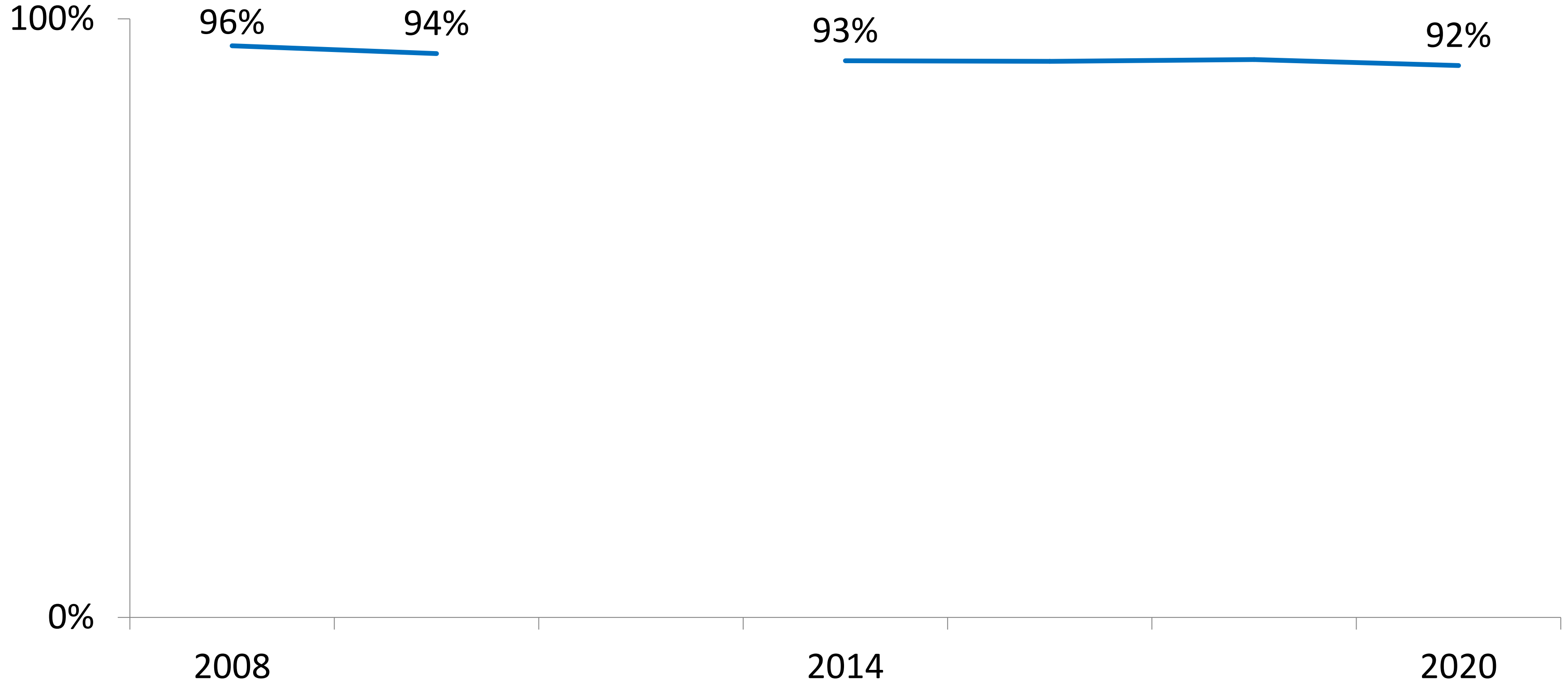
Long-term increase in health teachers *receiving* training in physical activity in the past 2 years



Increase then decline in health teachers who *want more* of this training.

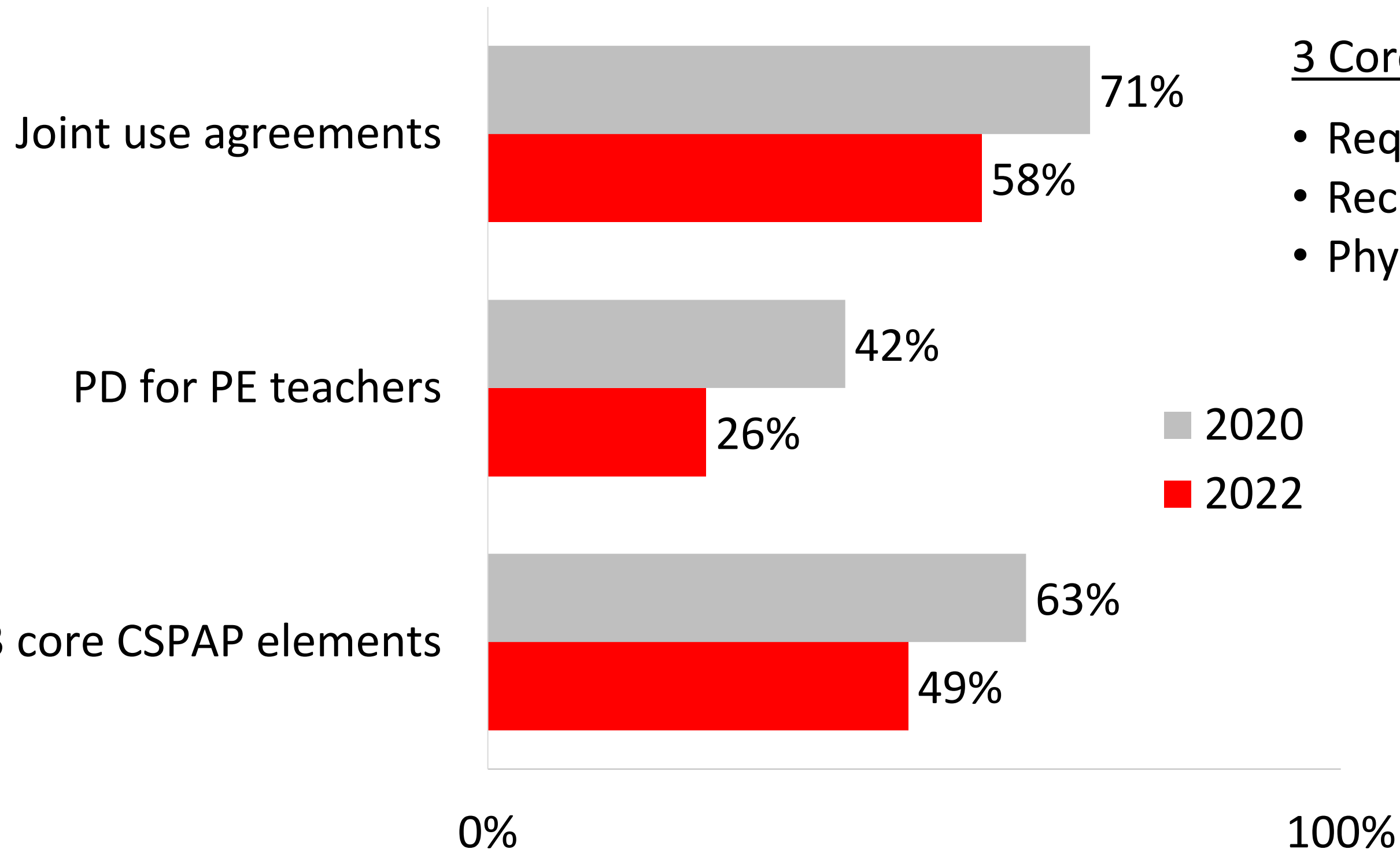


More than 9 in 10 schools teach physical activity and fitness.



Source: Alaska School Health Profiles
There are no 2012 or 2022 health teachers results due to low response rate.

Some practices that support a Comprehensive School Physical Activity Program (CSPAP) have declined.

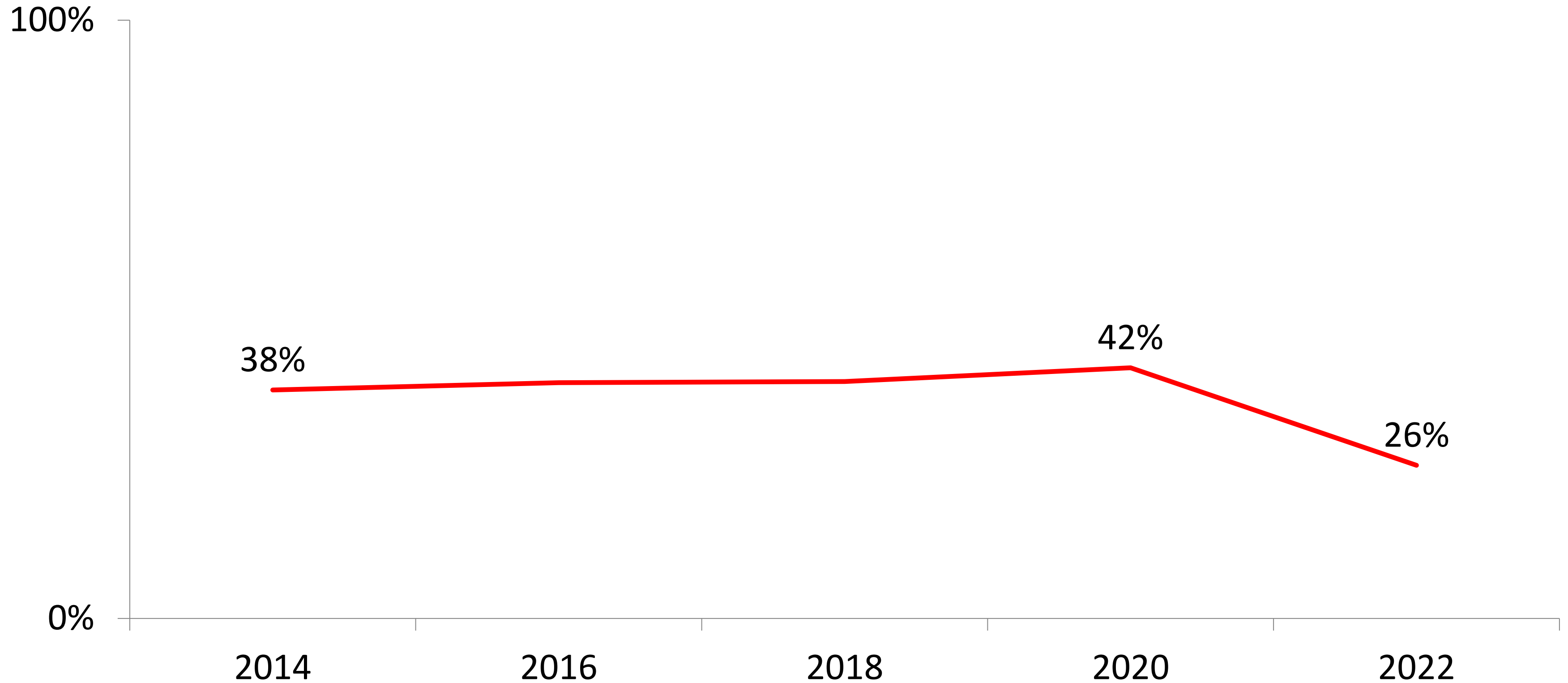


3 Core CSPAP Elements:

- Required PE and related practices
- Recess or classroom physical activity
- Physical activity before or after school

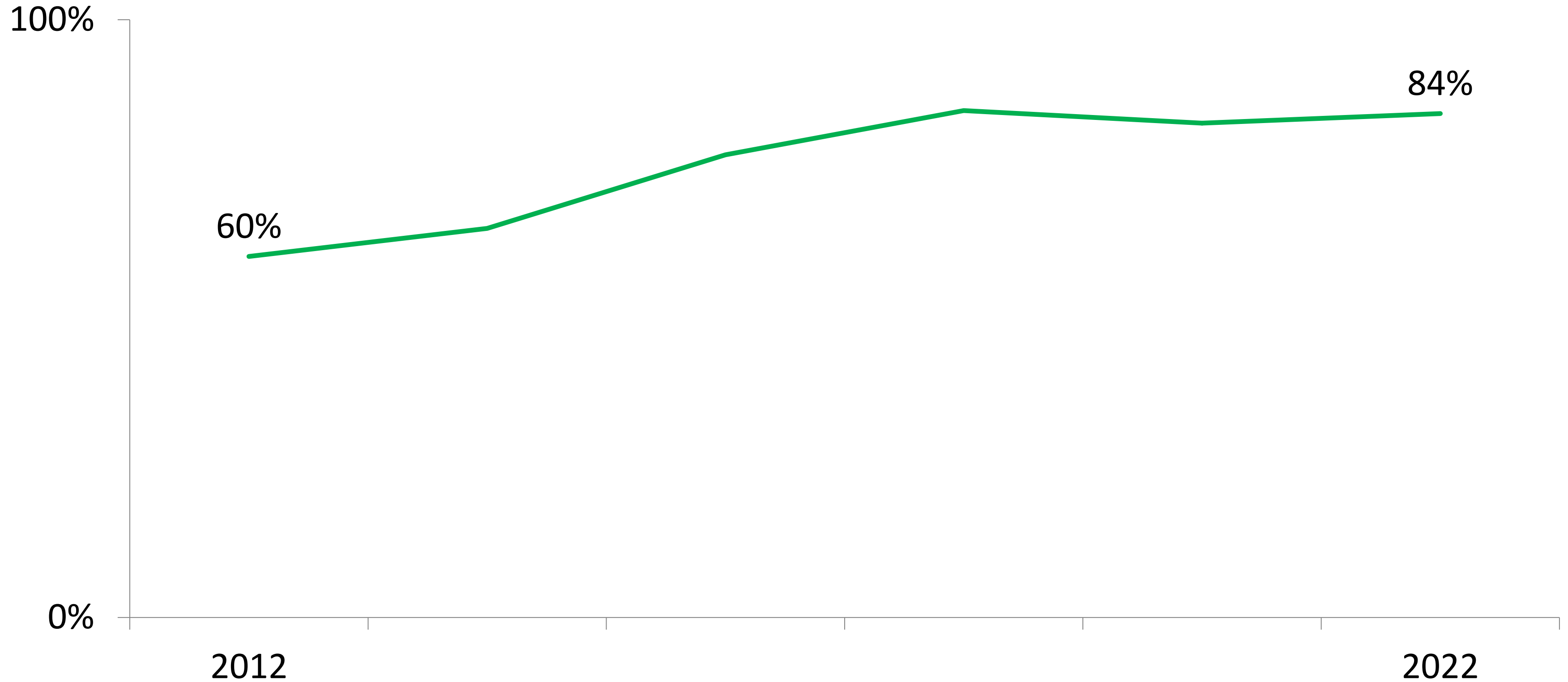
■ 2020
■ 2022

PE teachers receiving training on physical activity in the past year is in decline.



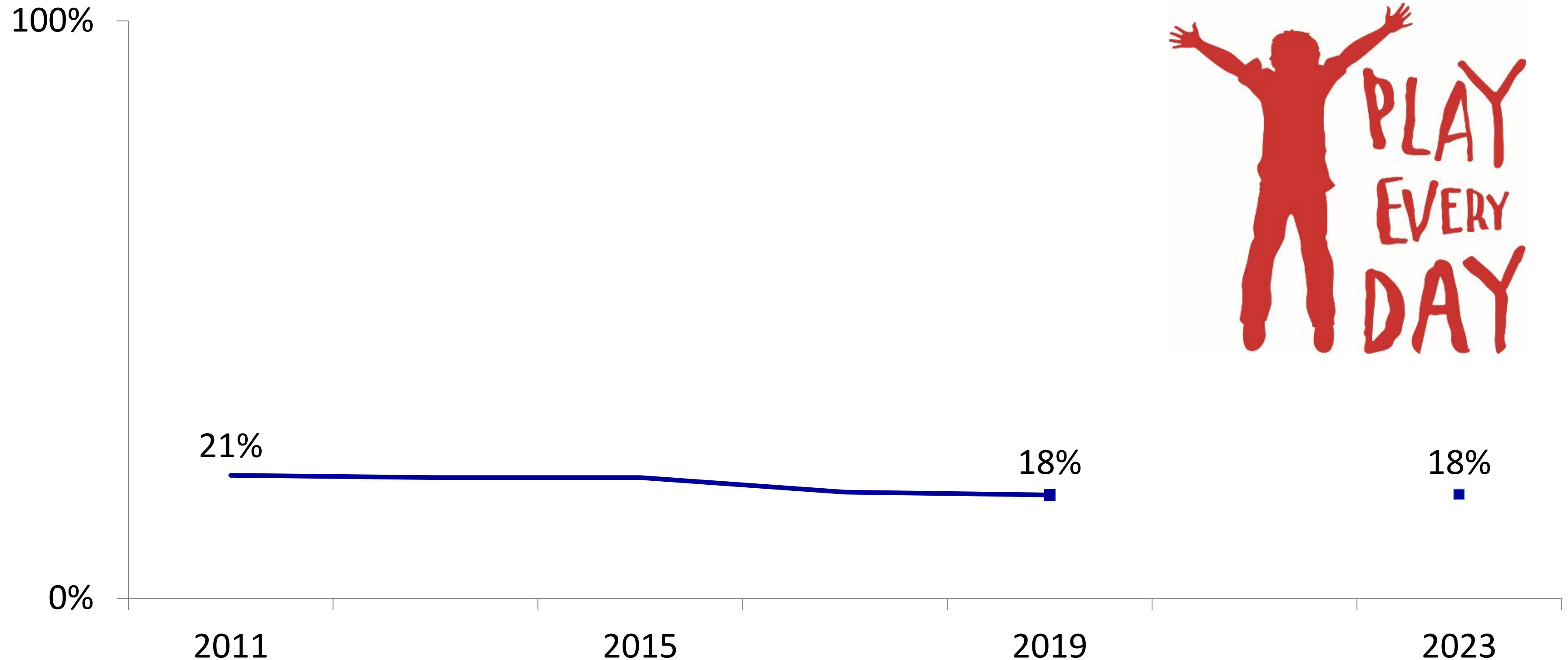
Source: Alaska School Health Profiles

Schools increasingly support students being physically active in classrooms and outside the school day.



Source: Alaska School Health Profiles

Only 1 in 5 students is getting the recommended 60 minutes of physical activity per day.

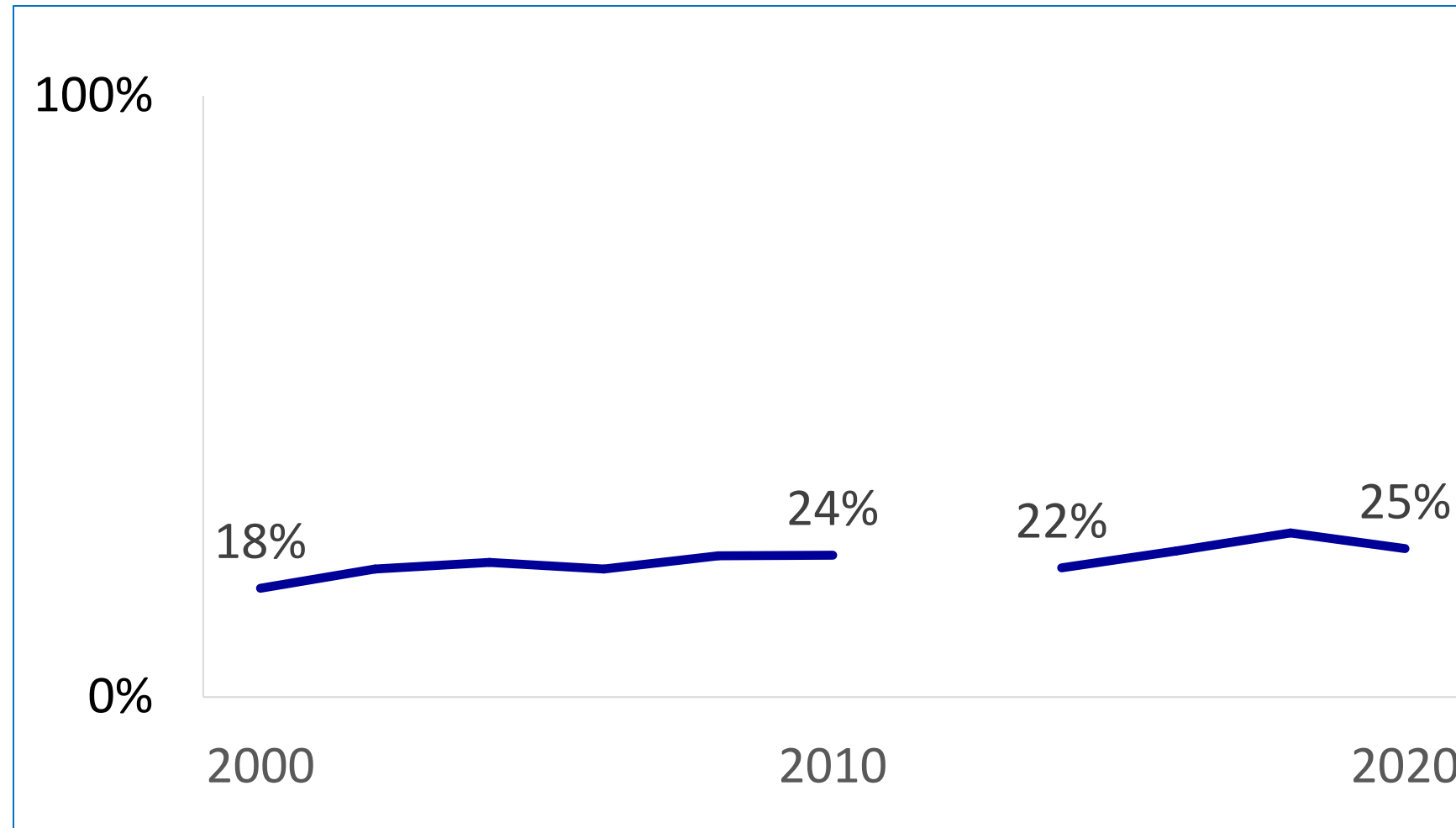


Nutrition & Weight Status

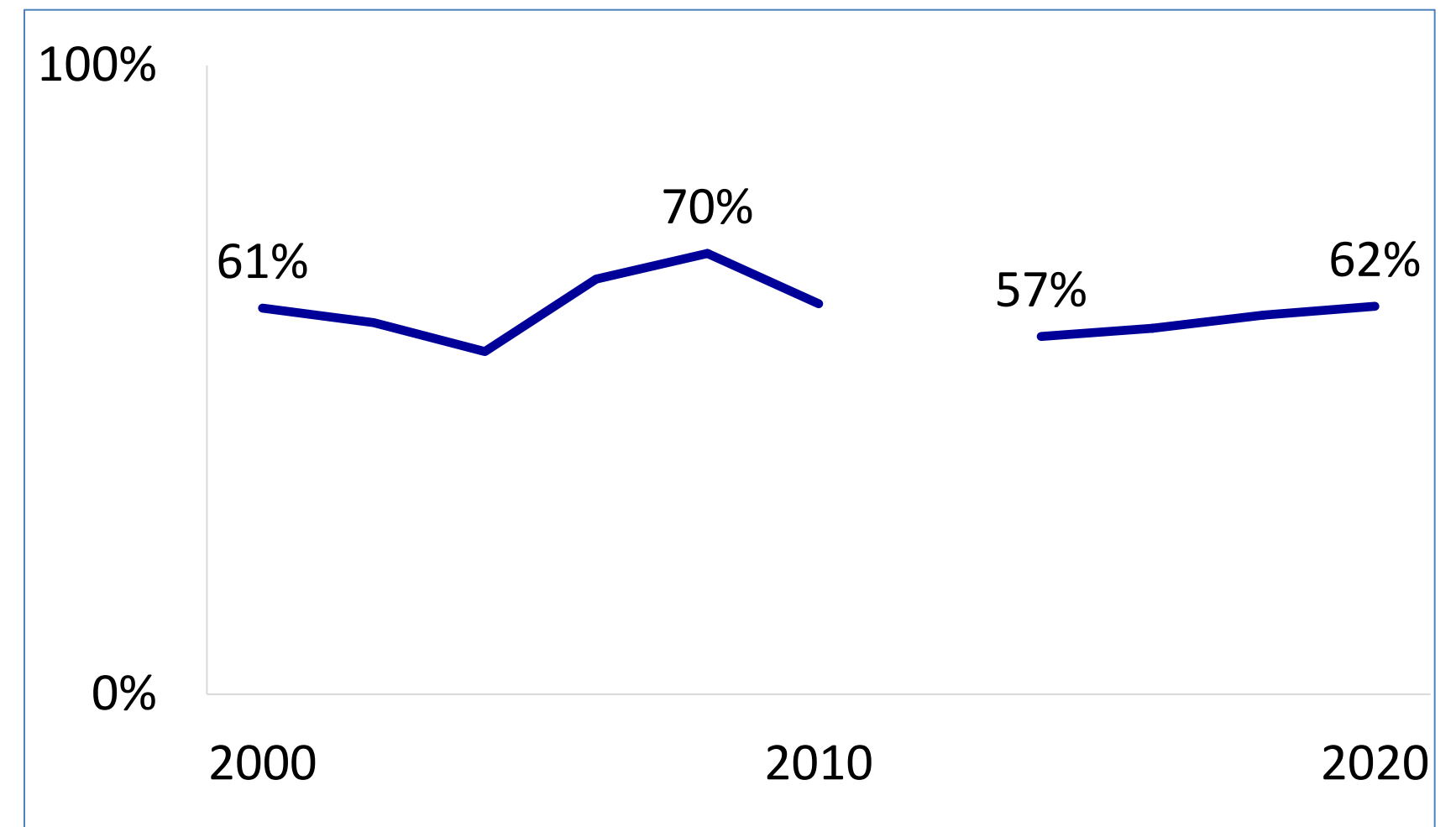


Health Teacher Training on Nutrition: Getting, Wanting

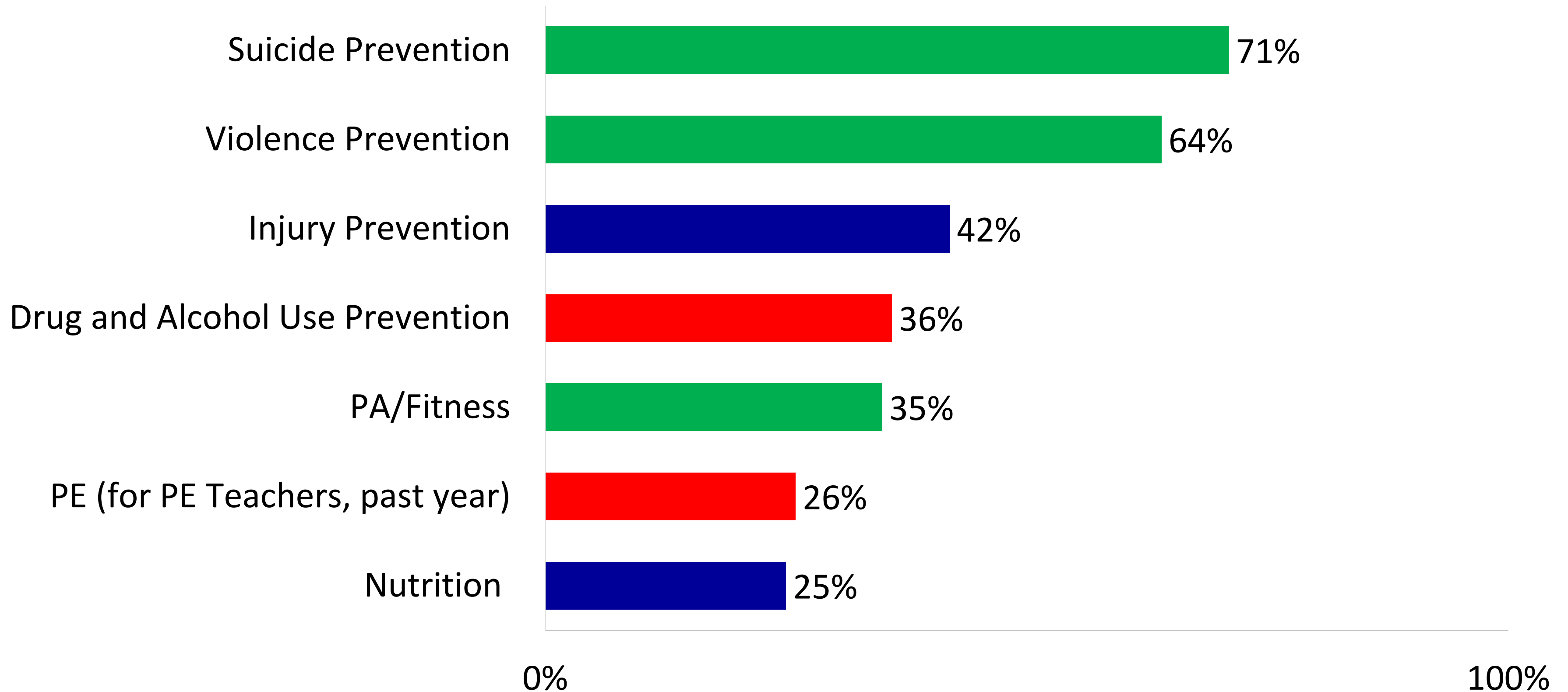
No change in health teachers **receiving** training in nutrition in the past 2 years



No change in health teachers who **want more** of this training.



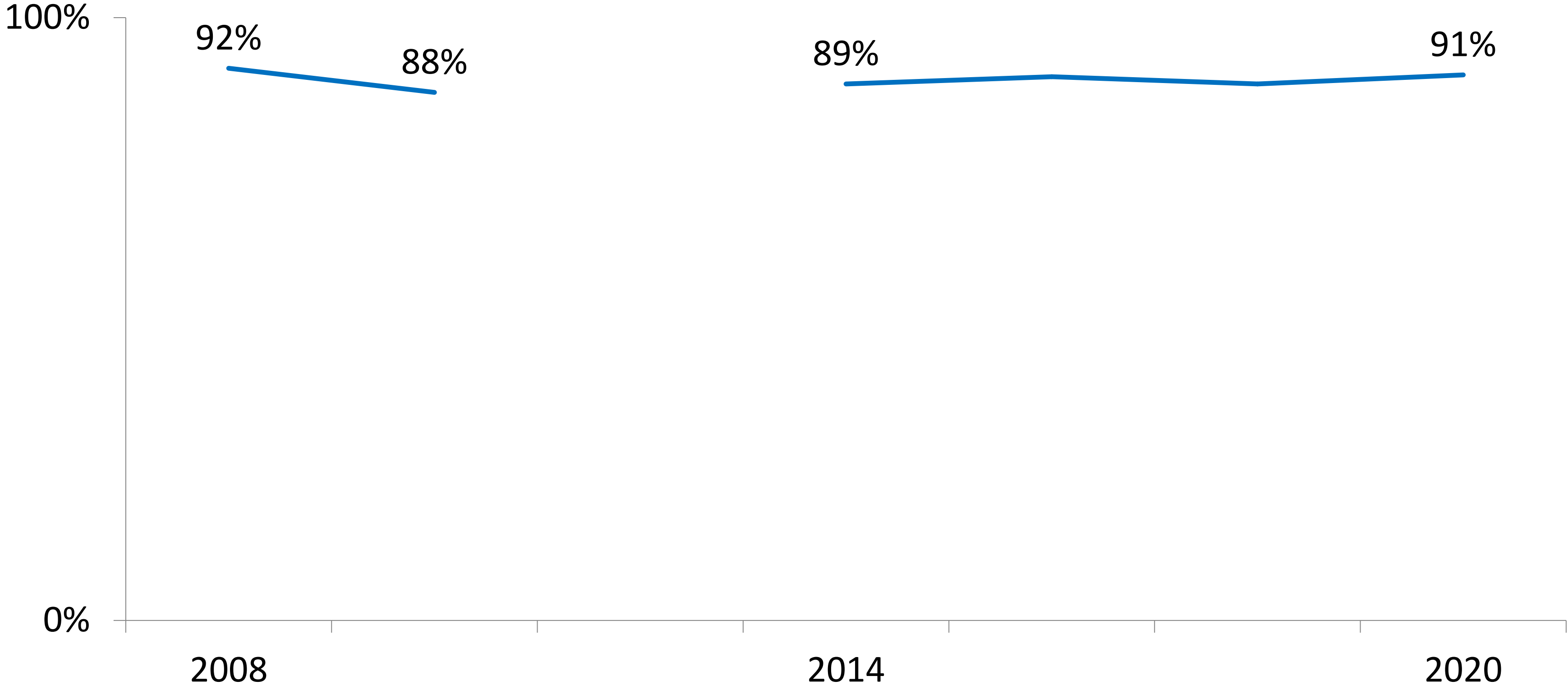
Huge variation in health teachers receiving training by topic



0%

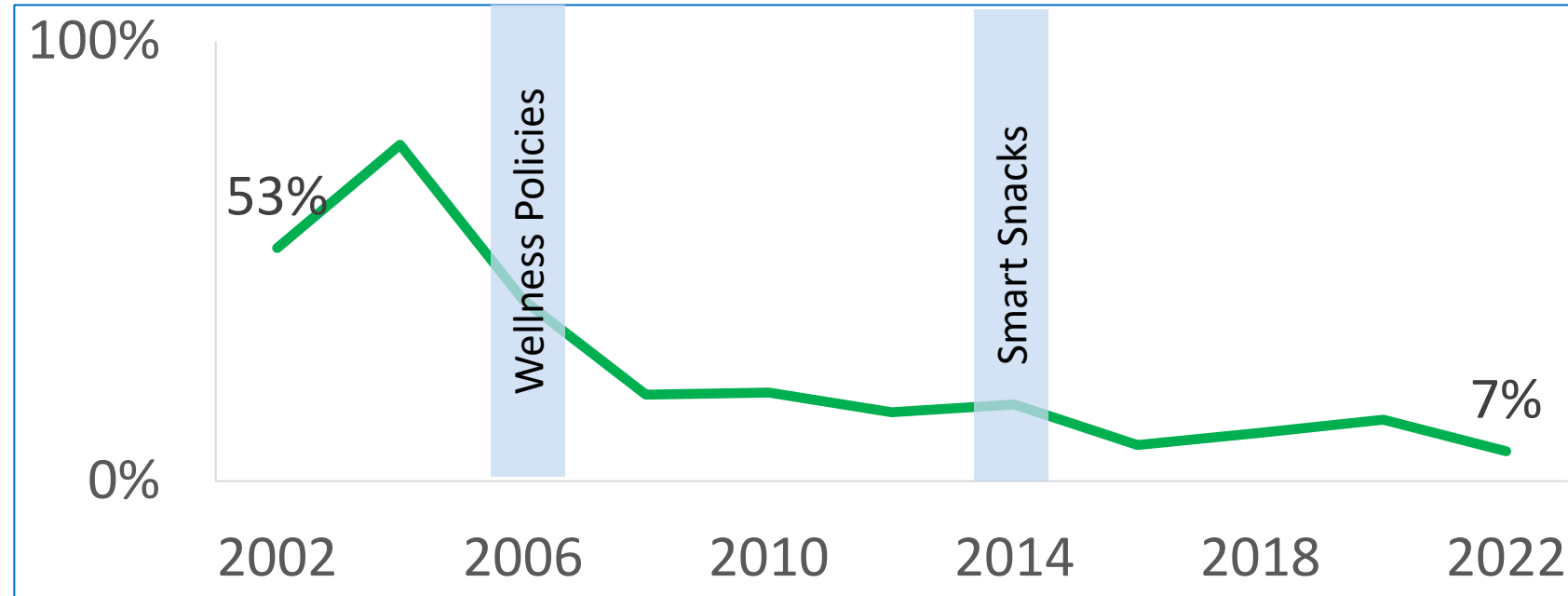
100%

9 in 10 schools teach nutrition and dietary behaviors.

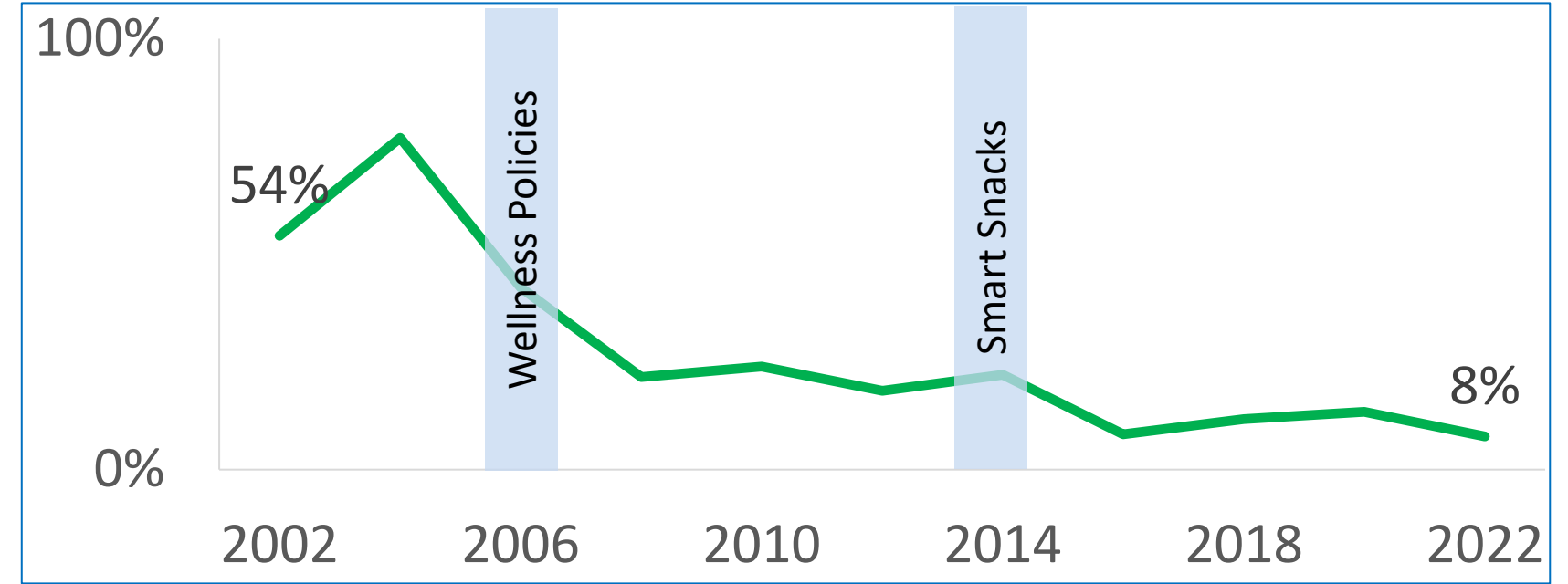


Nutrition policies change what is served at school. Fewer students can purchase...

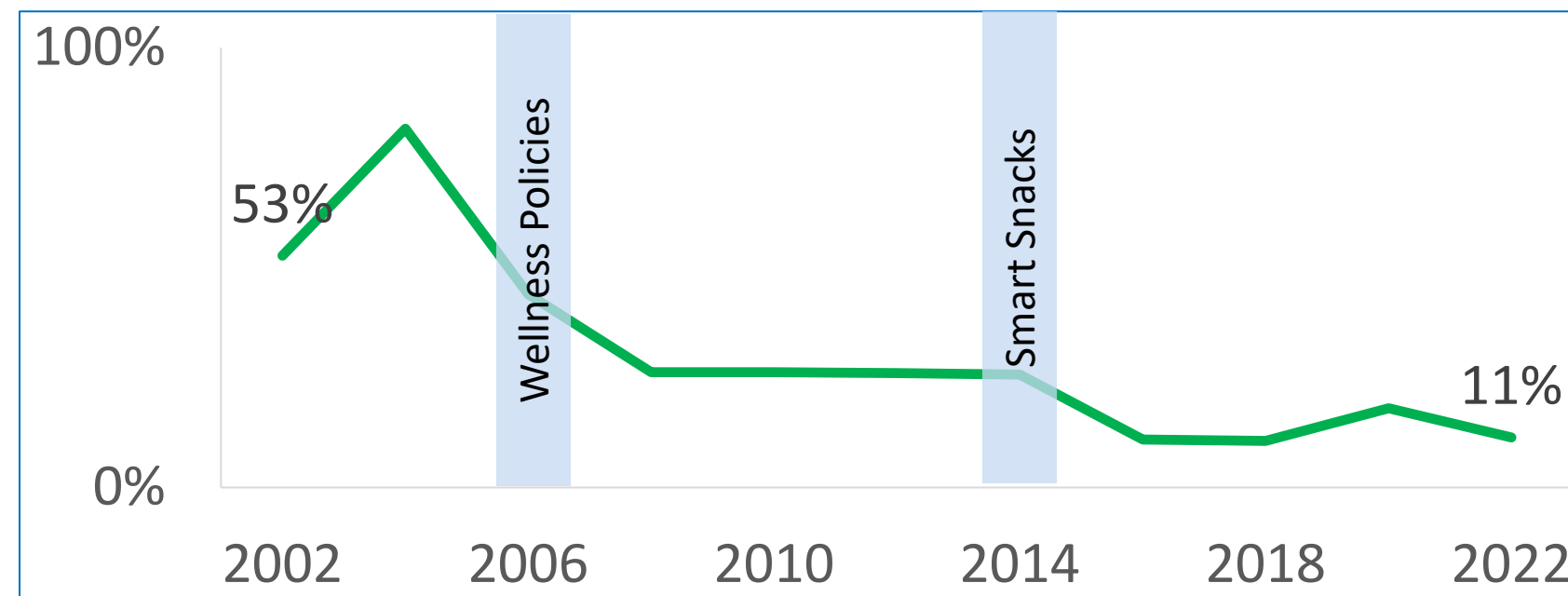
Chocolate candy.



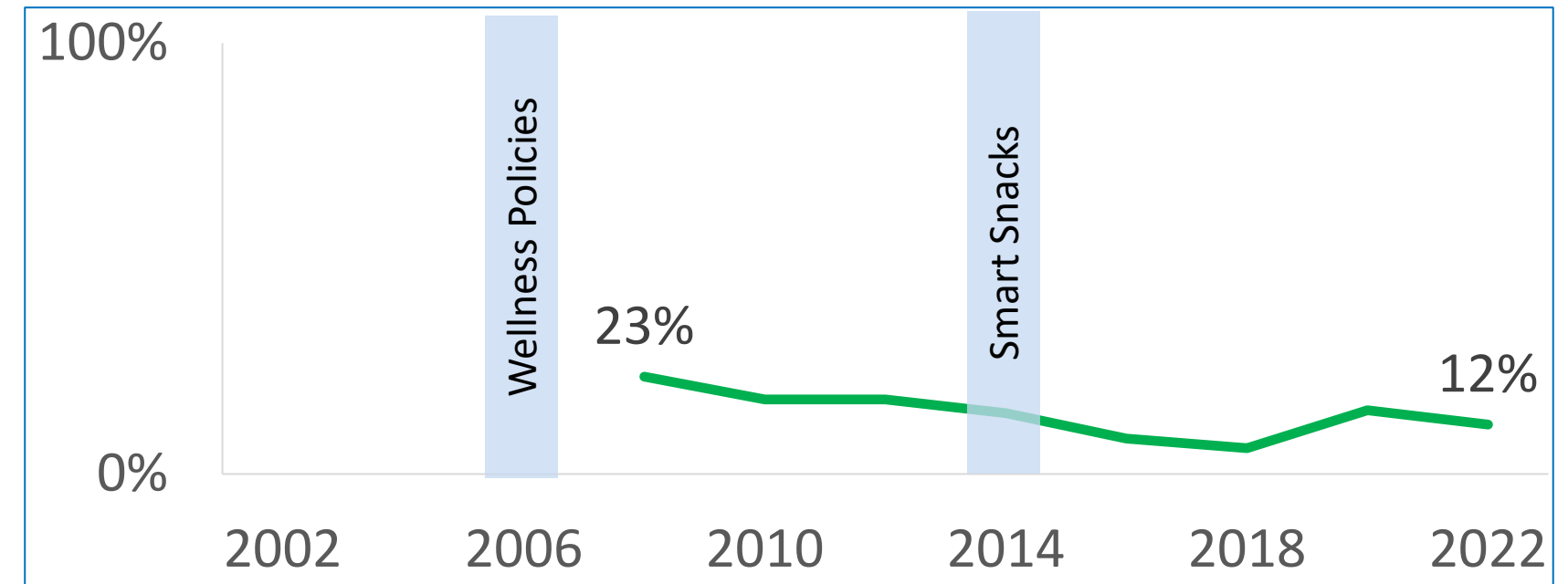
Other candy.



Salty snacks.

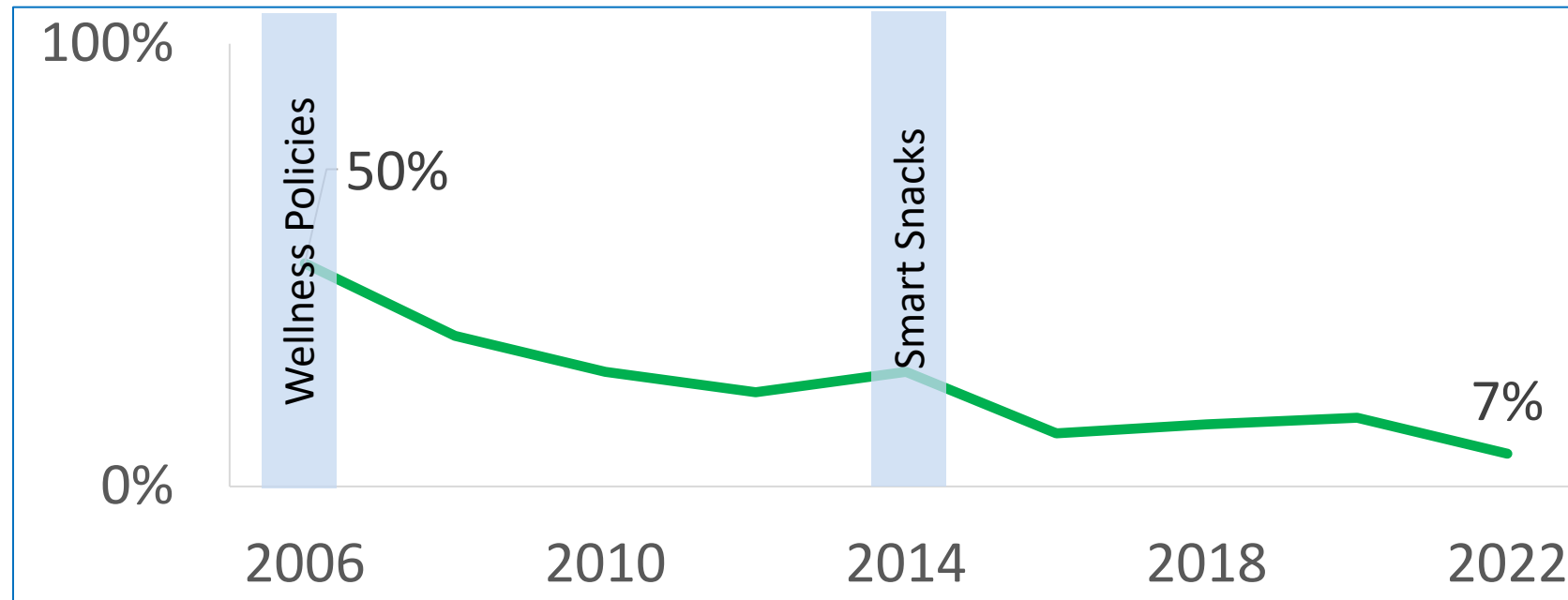


Cookies, baked goods.

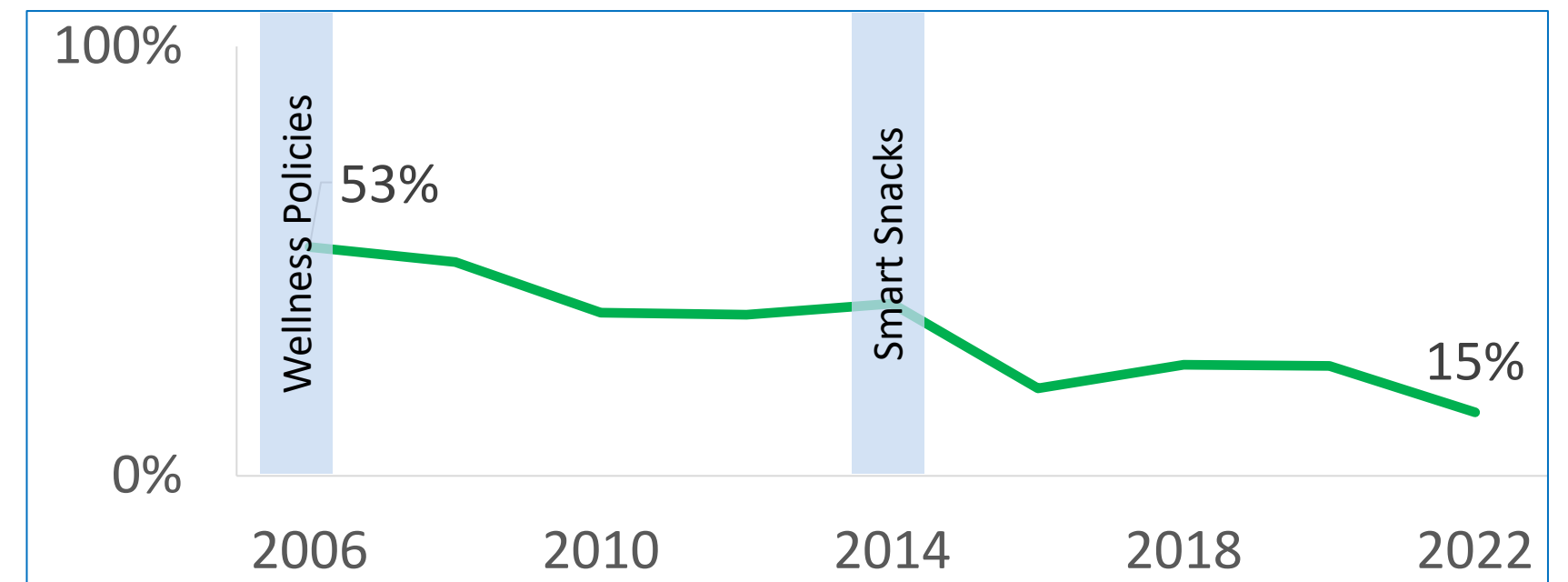


Nutrition policies change what is served at school. Fewer students can purchase...

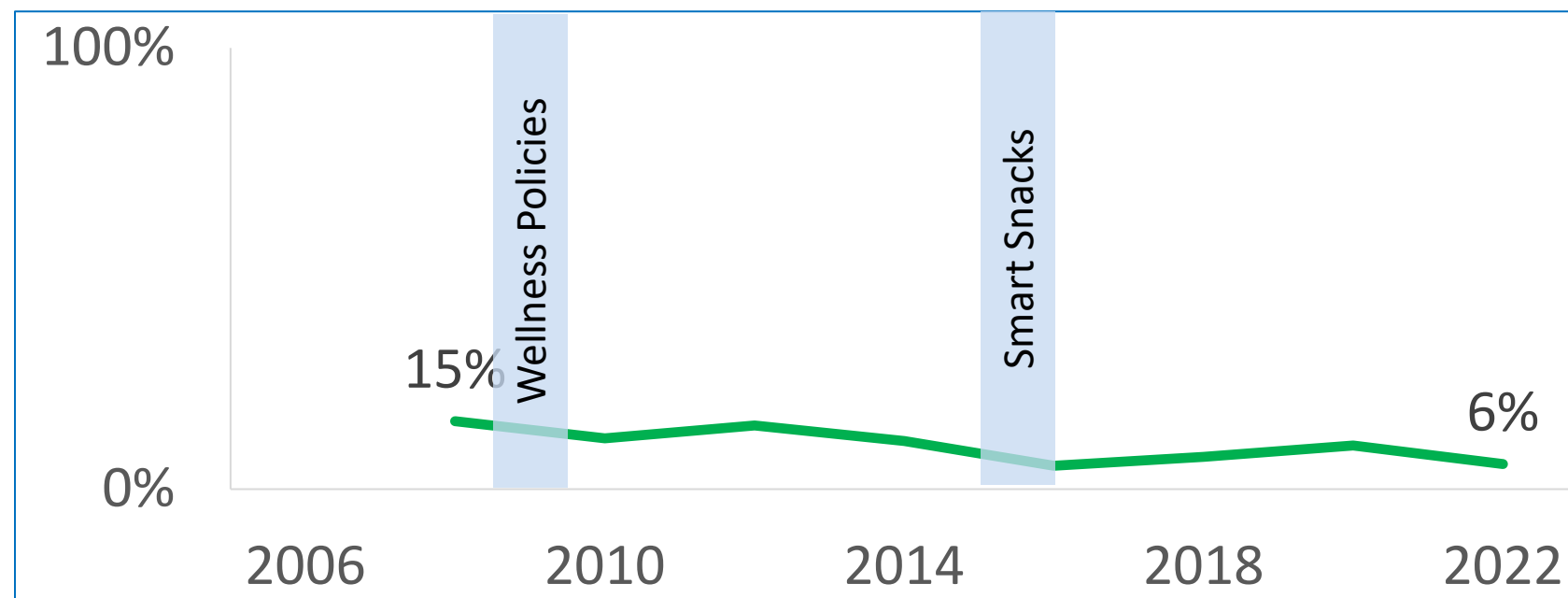
Soda.



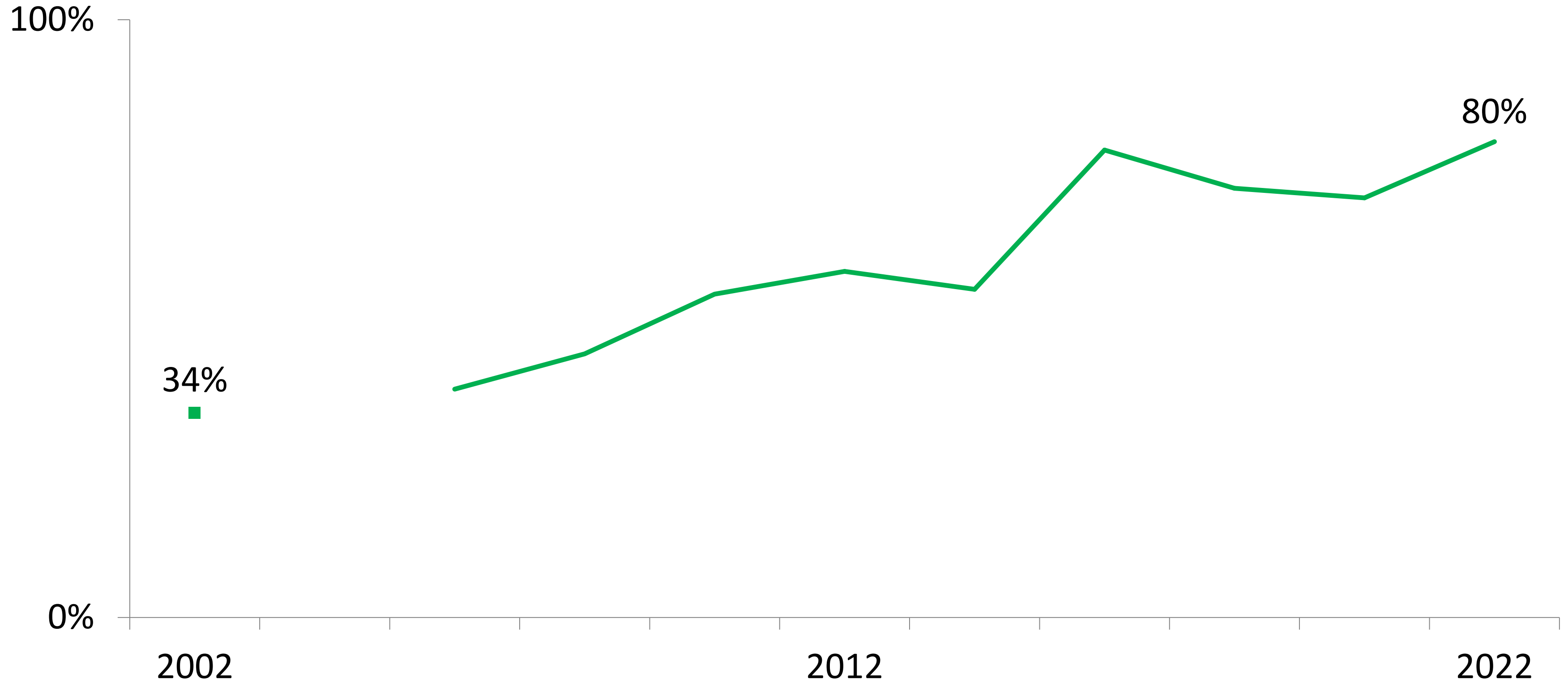
Sports drinks.



Icees/Slushie drinks.



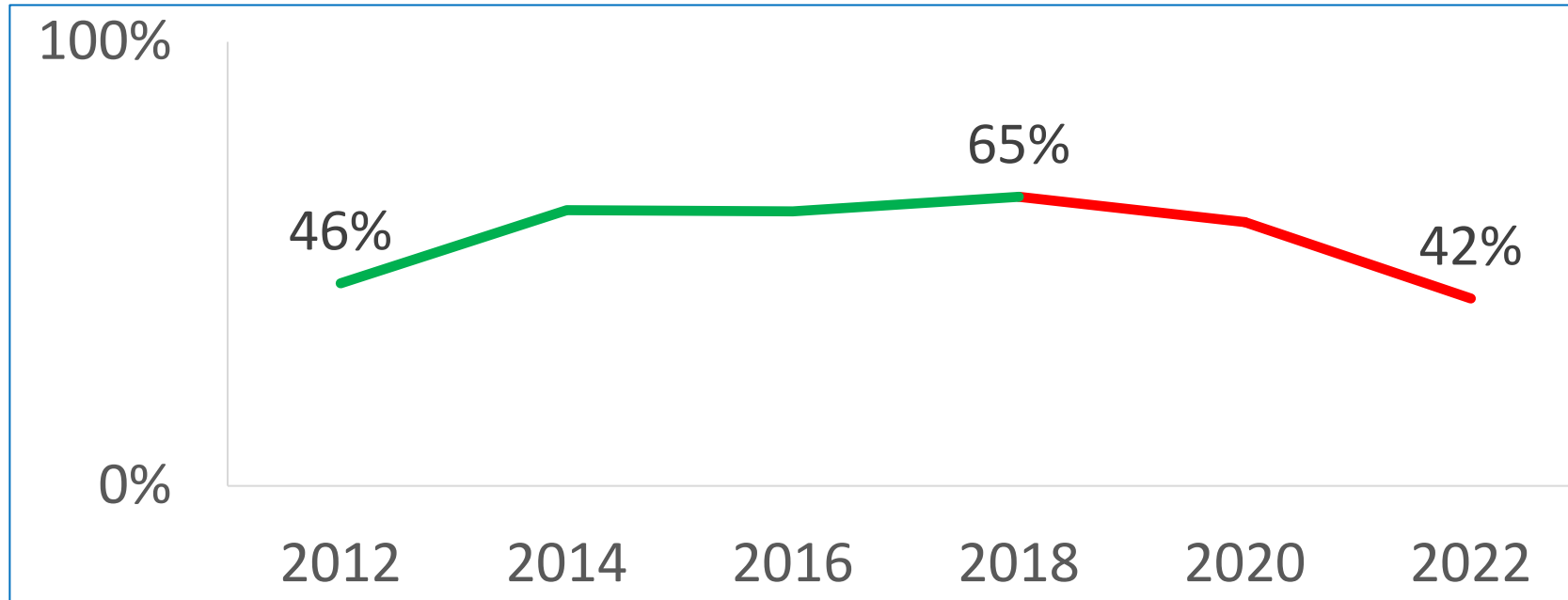
Schools increasingly do not sell less healthy foods and beverages.



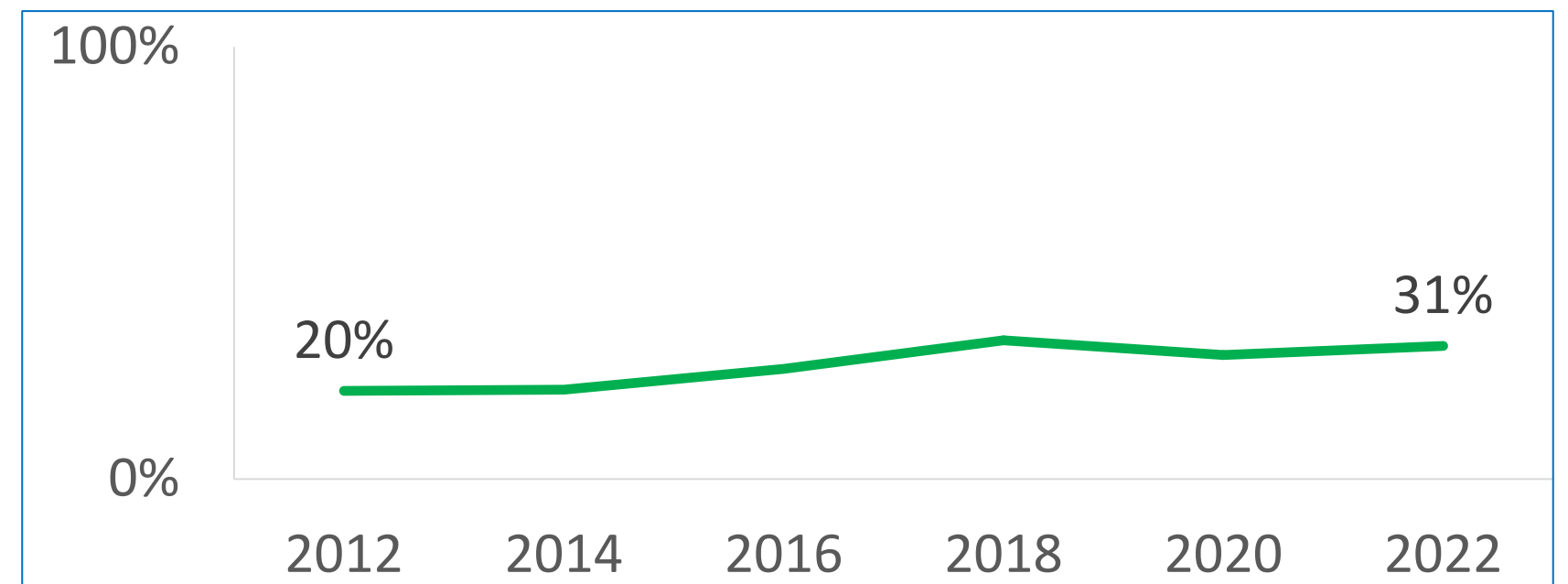
Source: Alaska School Health Profiles

There have been some changes in foods available in schools.

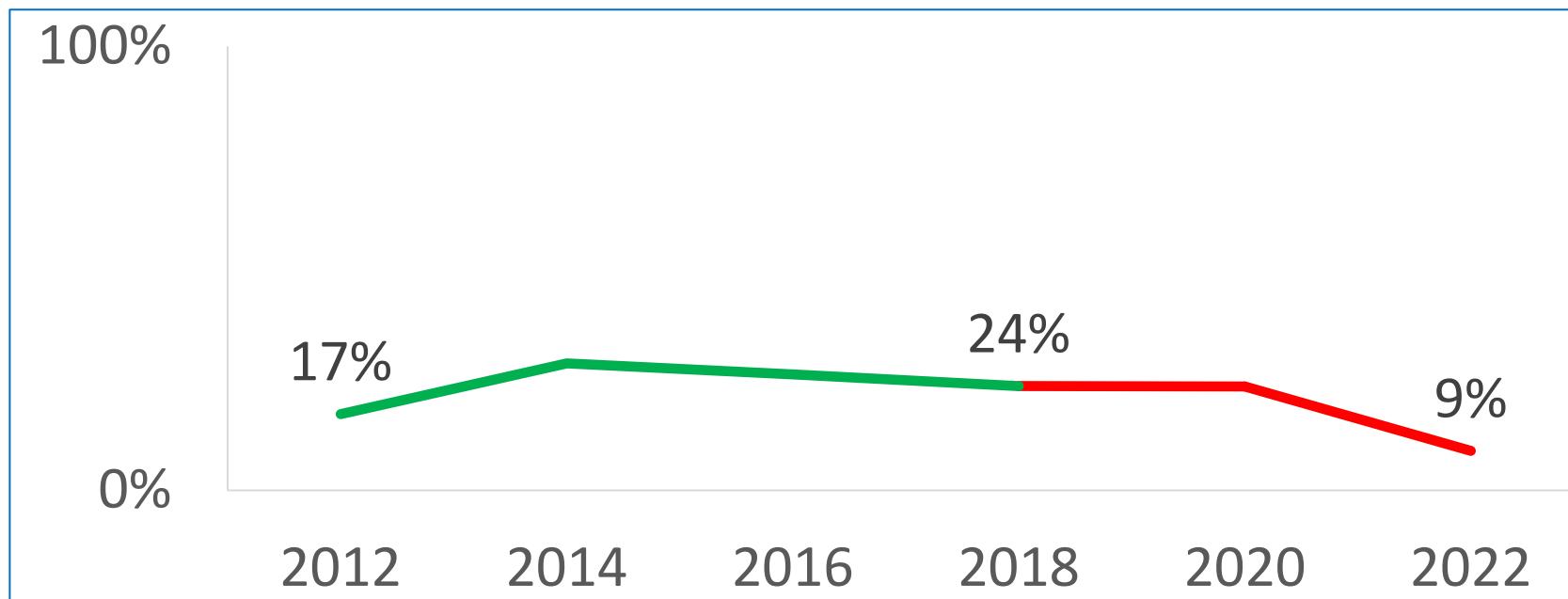
Serve locally grown foods in cafeterias, class.



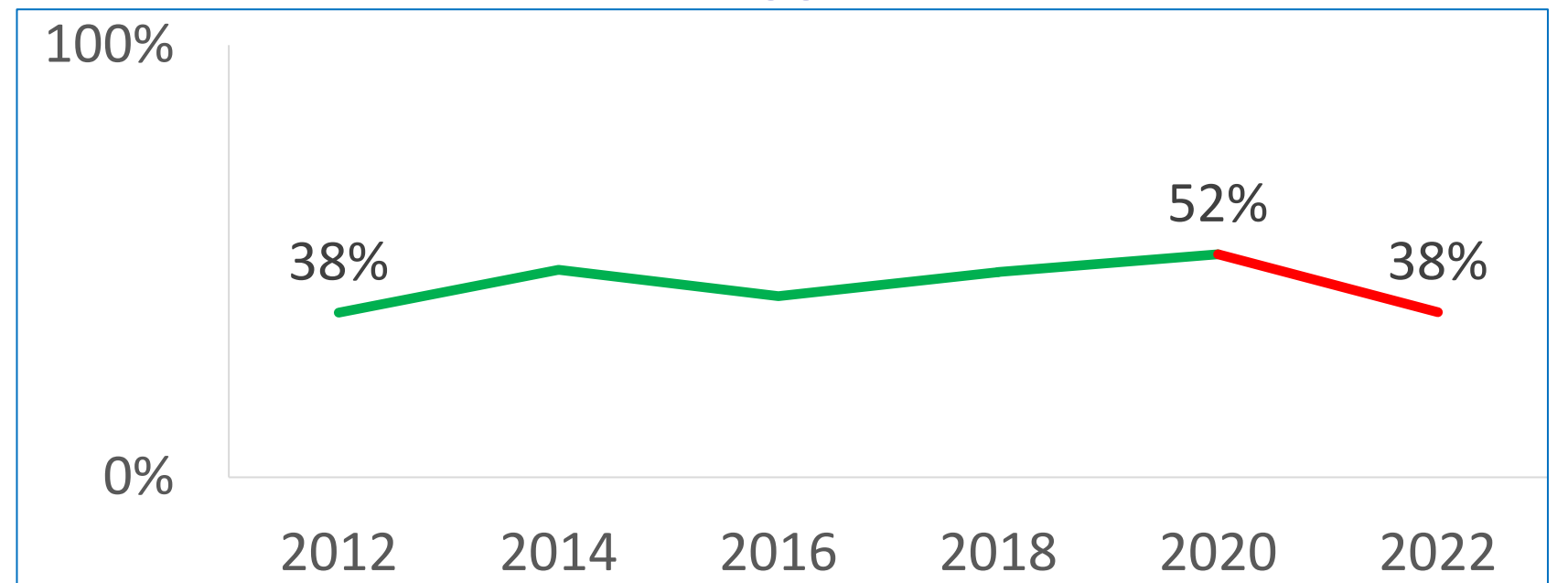
Planted a school garden.



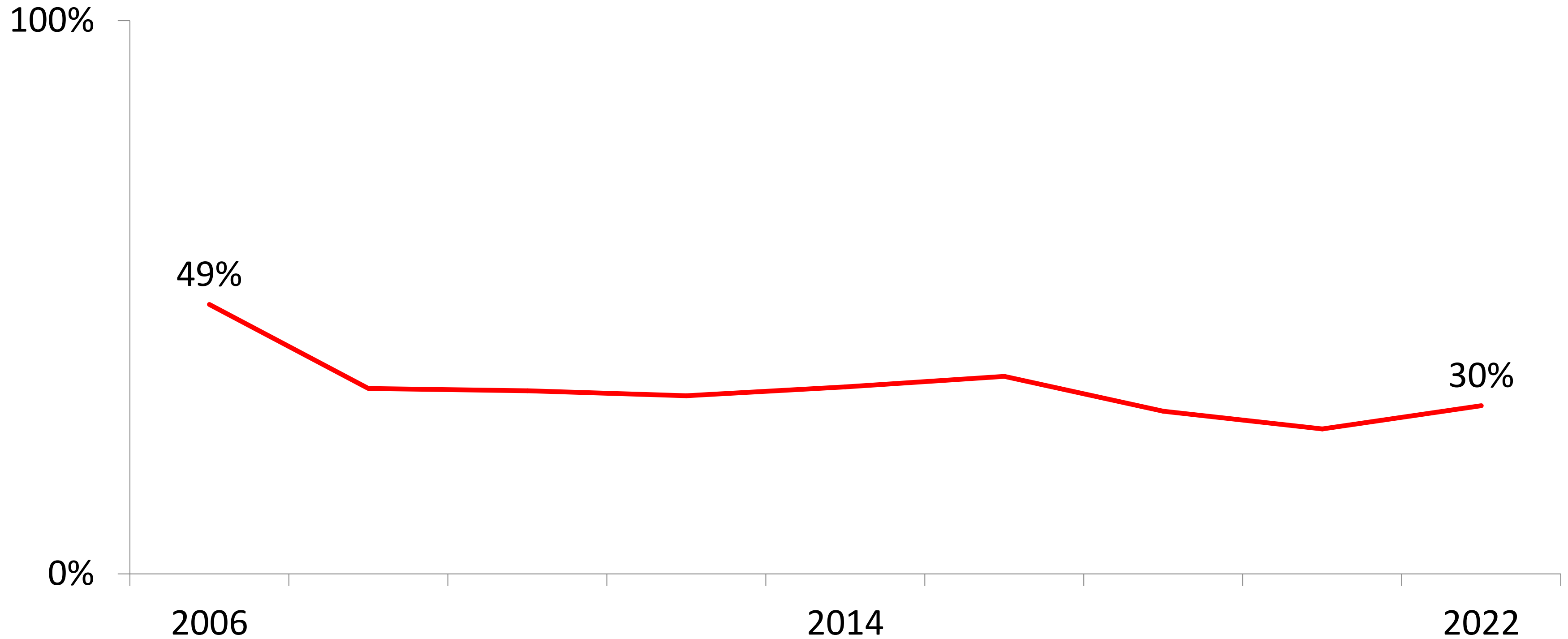
Offered a salad bar.



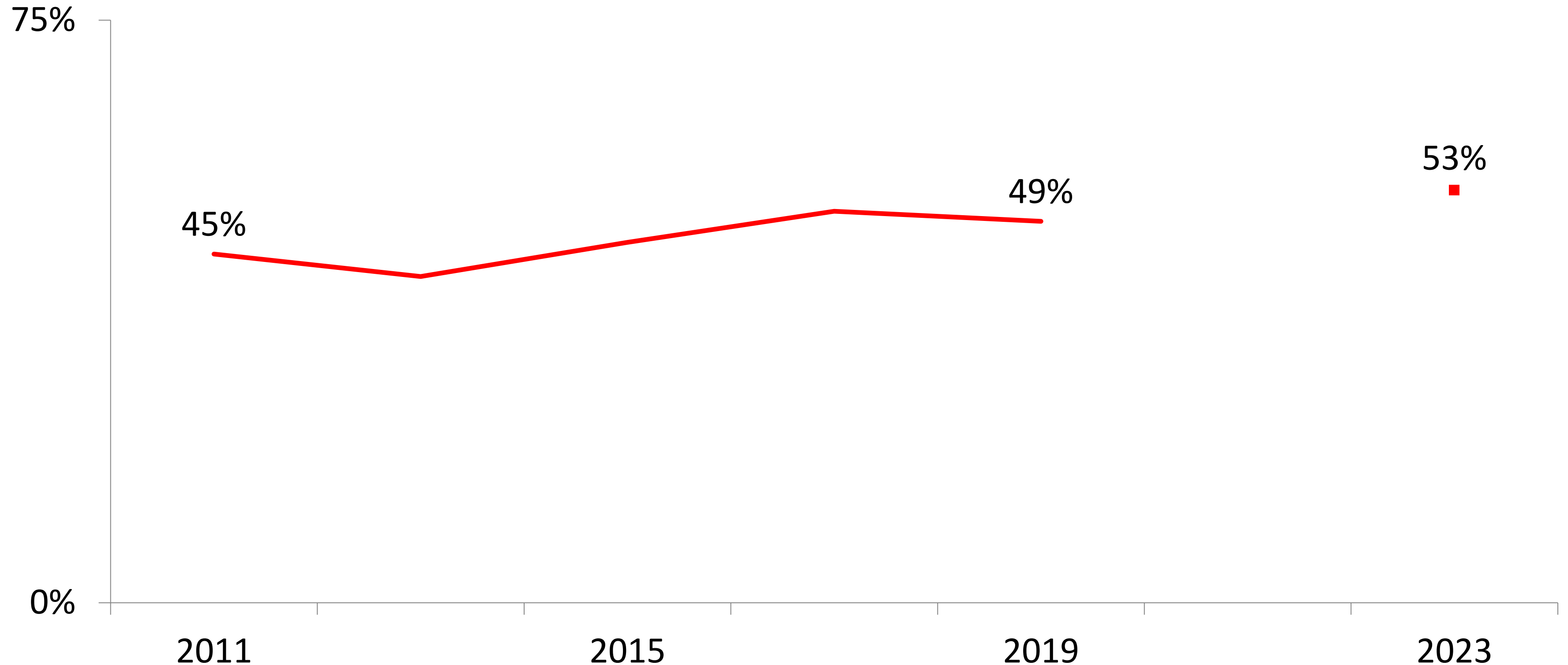
Placed fruits and veggies near cashier.



The percentage of schools with school health councils has been declining.

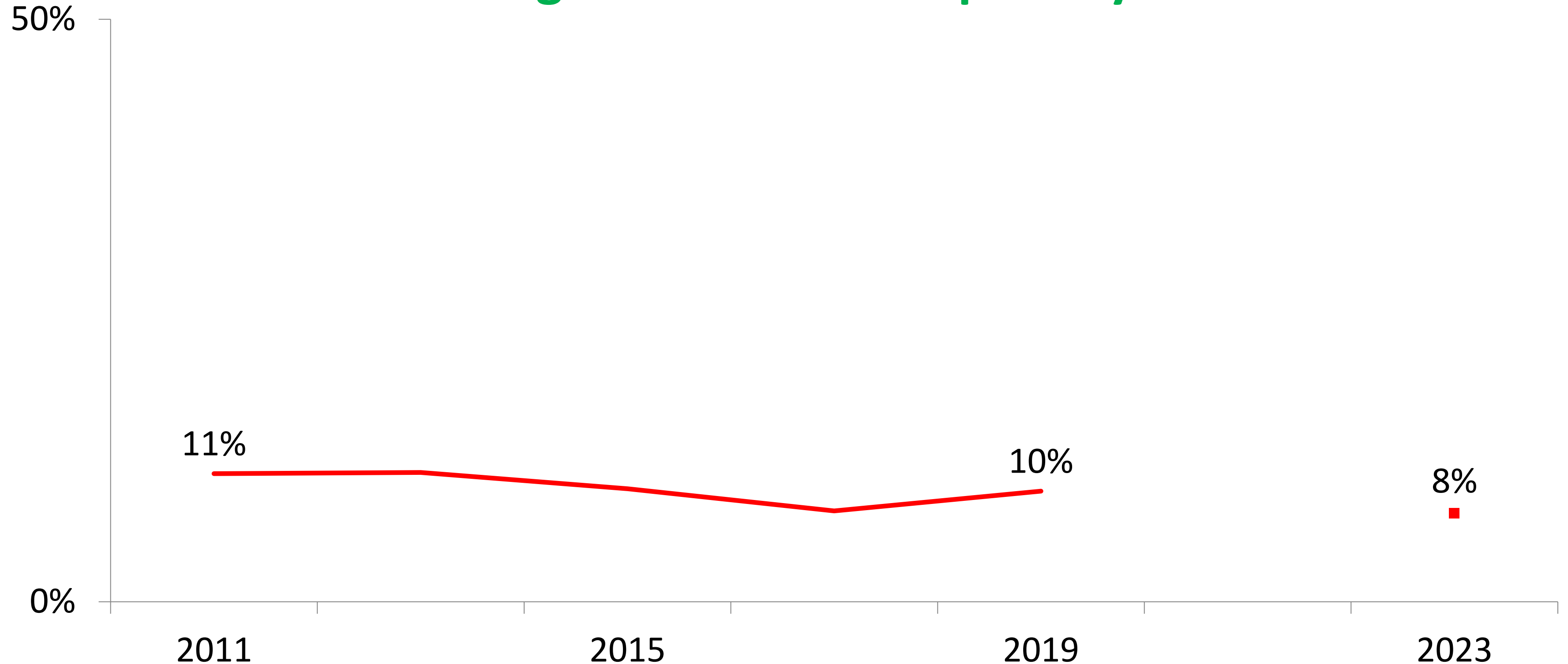


Sugary drink consumption is on the rise. Now more than ½ drink at least 1 sugary drink per day.

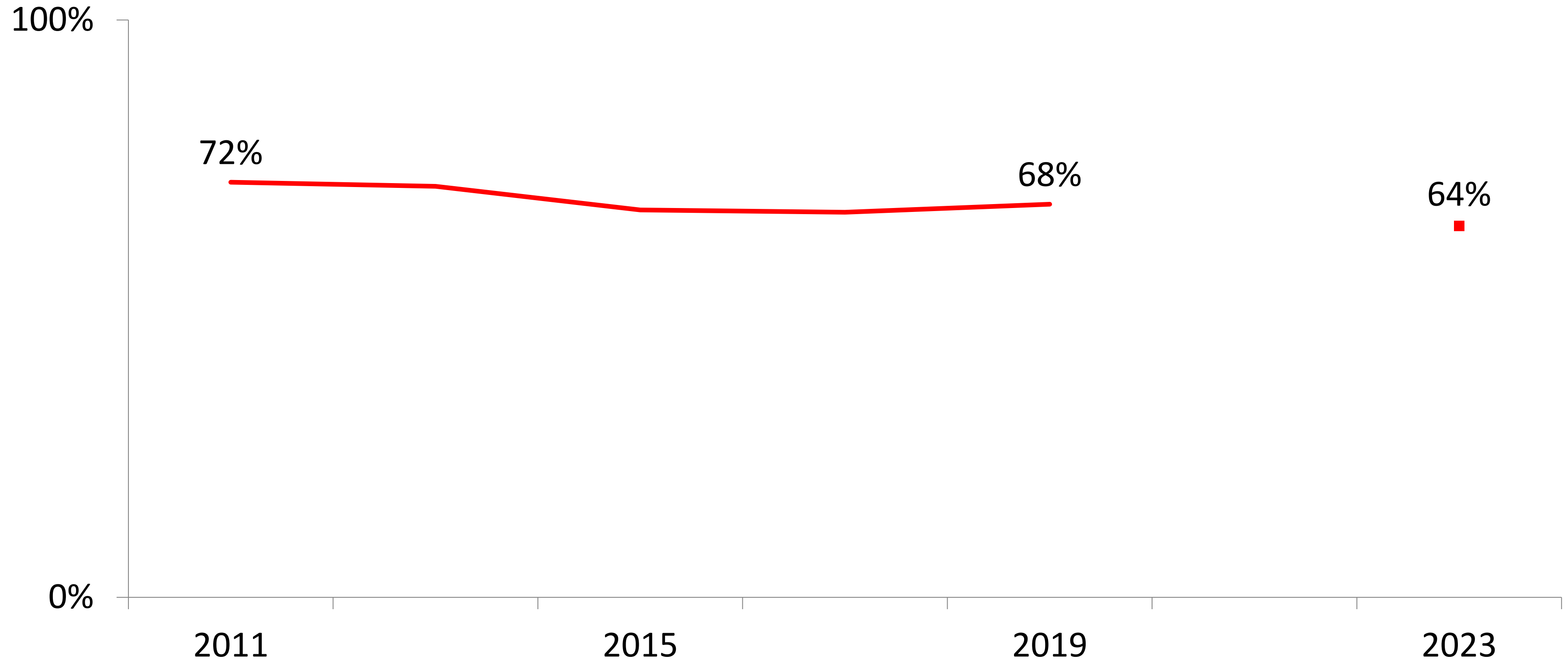


Source: Alaska Youth Risk Behavior Survey

**But fruit and vegetable consumption is declining.
Only 8% of students ate fruit 2+ times per day and
vegetables 3+ times per day.**



Not surprisingly, the percentage of students at a healthy weight has significantly declined since 2011.

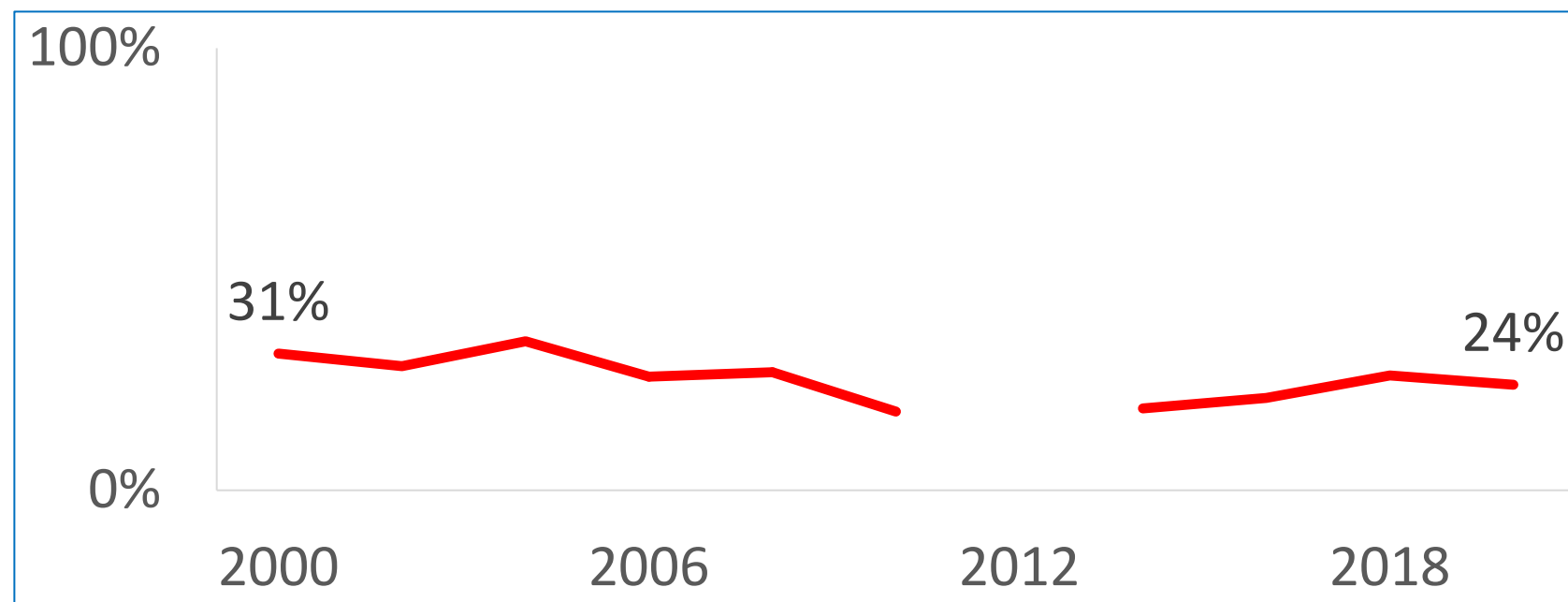


Sexual Health & STD Prevention

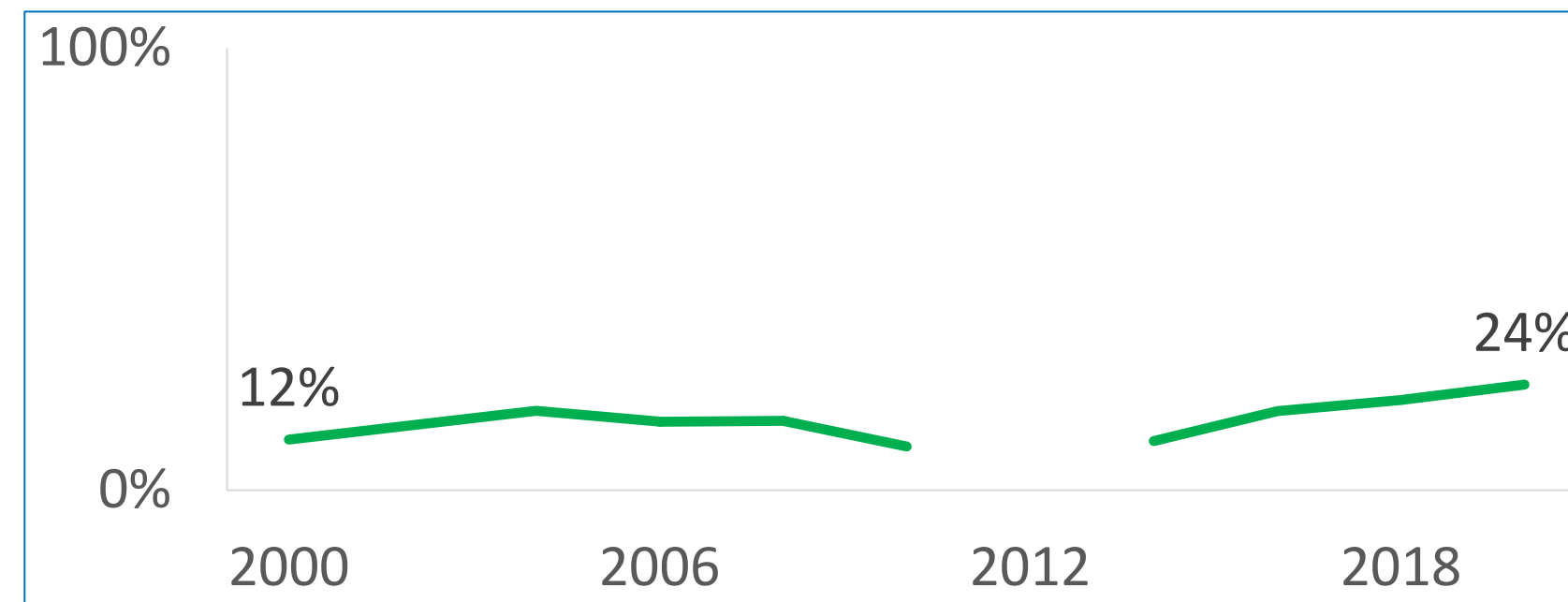


Trends in health teacher training in sexual health vary by topic.

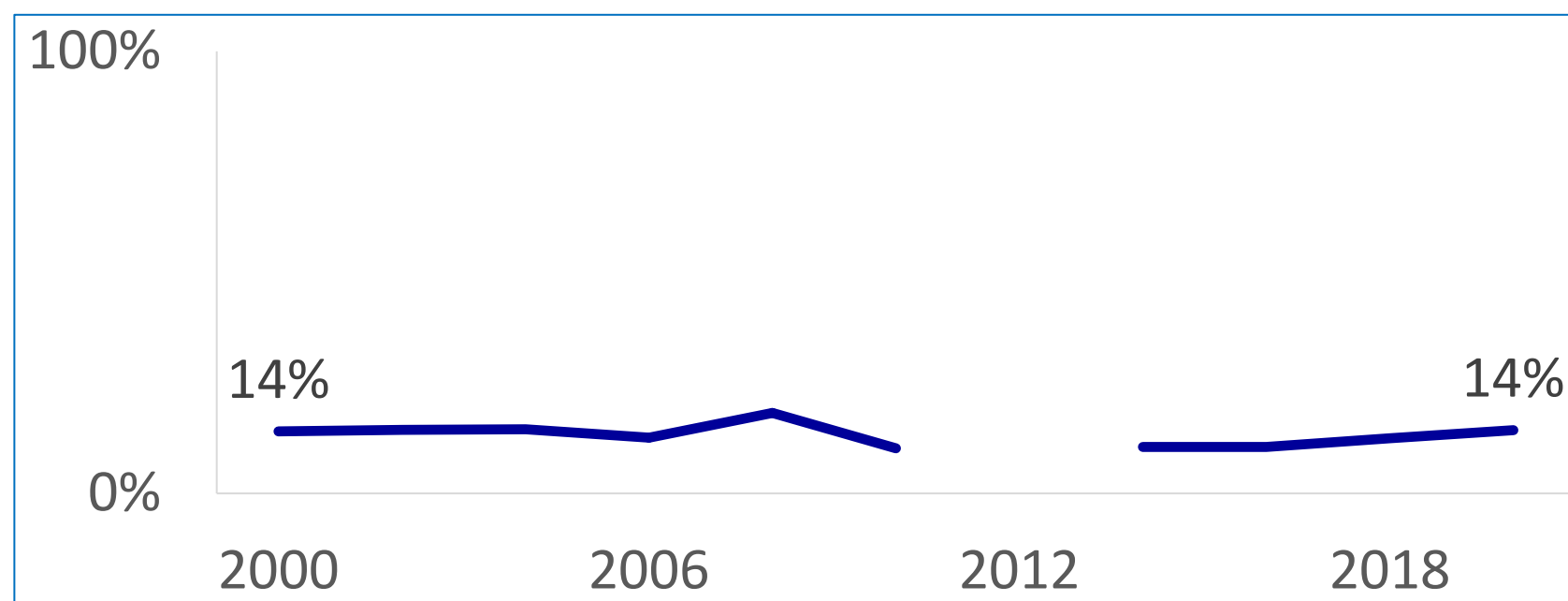
Training in HIV Prevention declined.



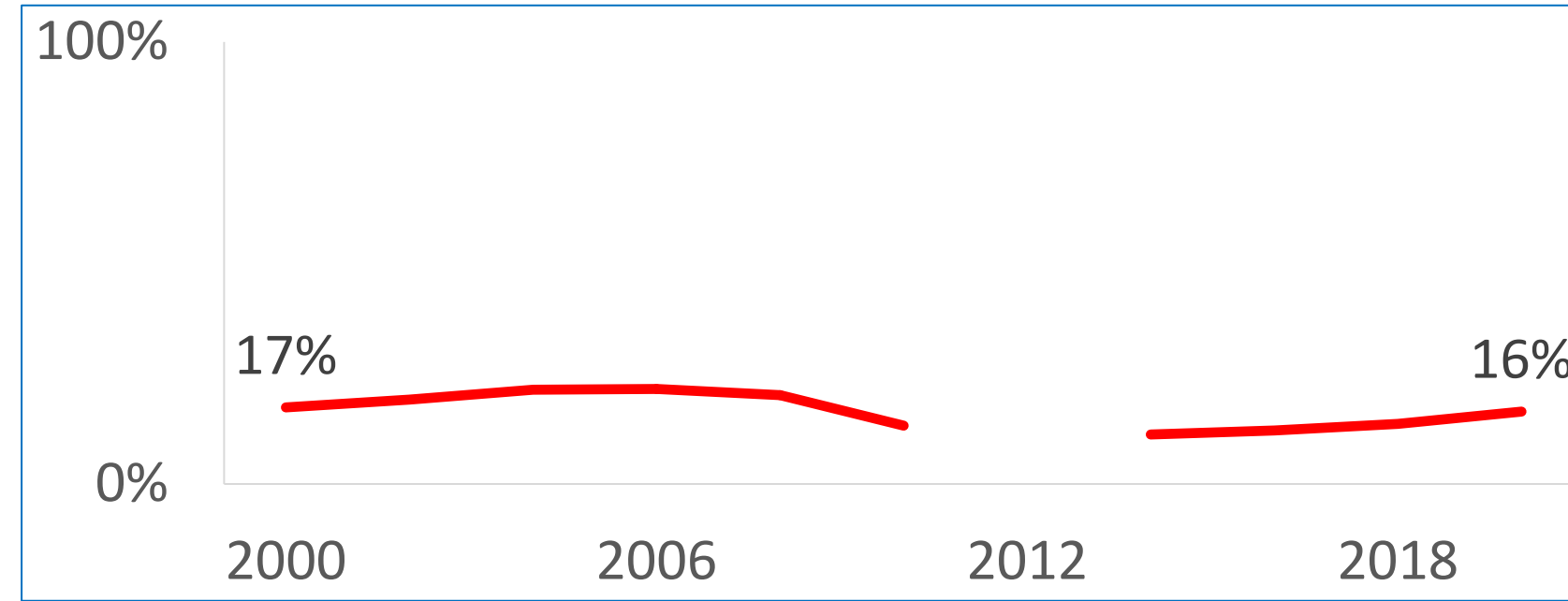
Training in Human Sexuality increased.



Training in Pregnancy Prevention was flat.

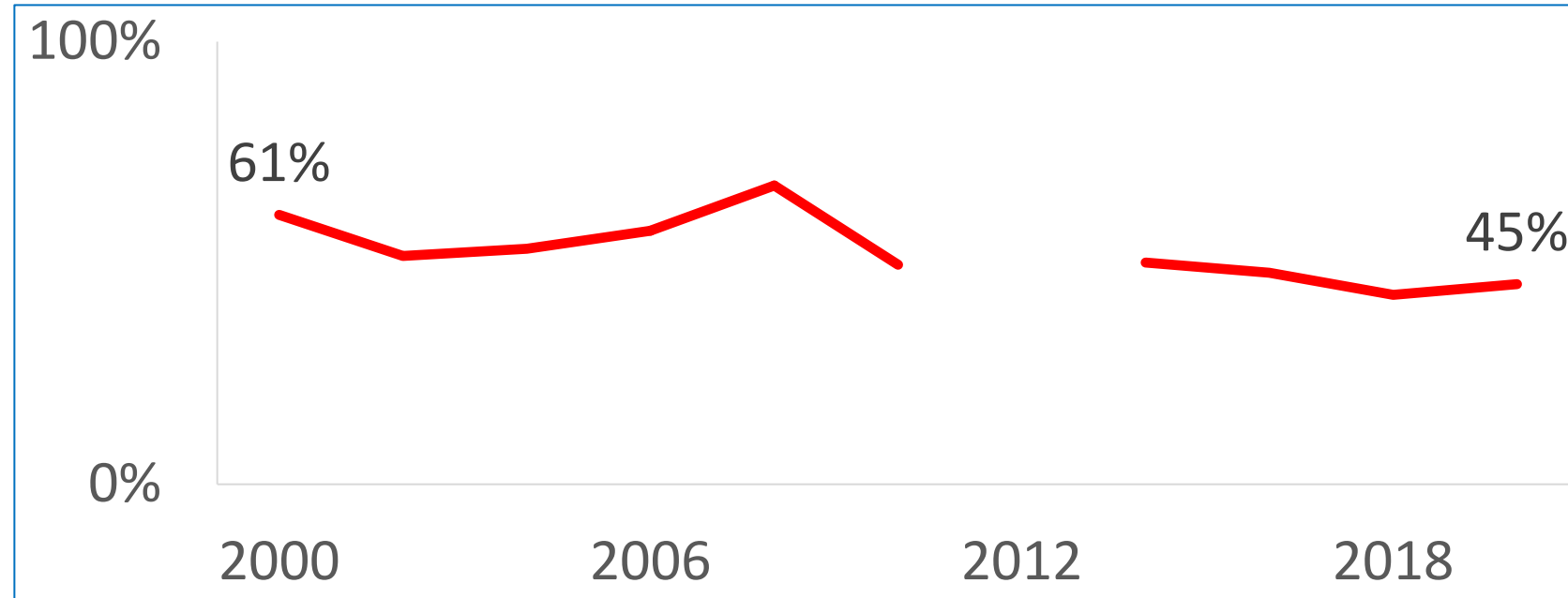


Training in STD Prevention declined.

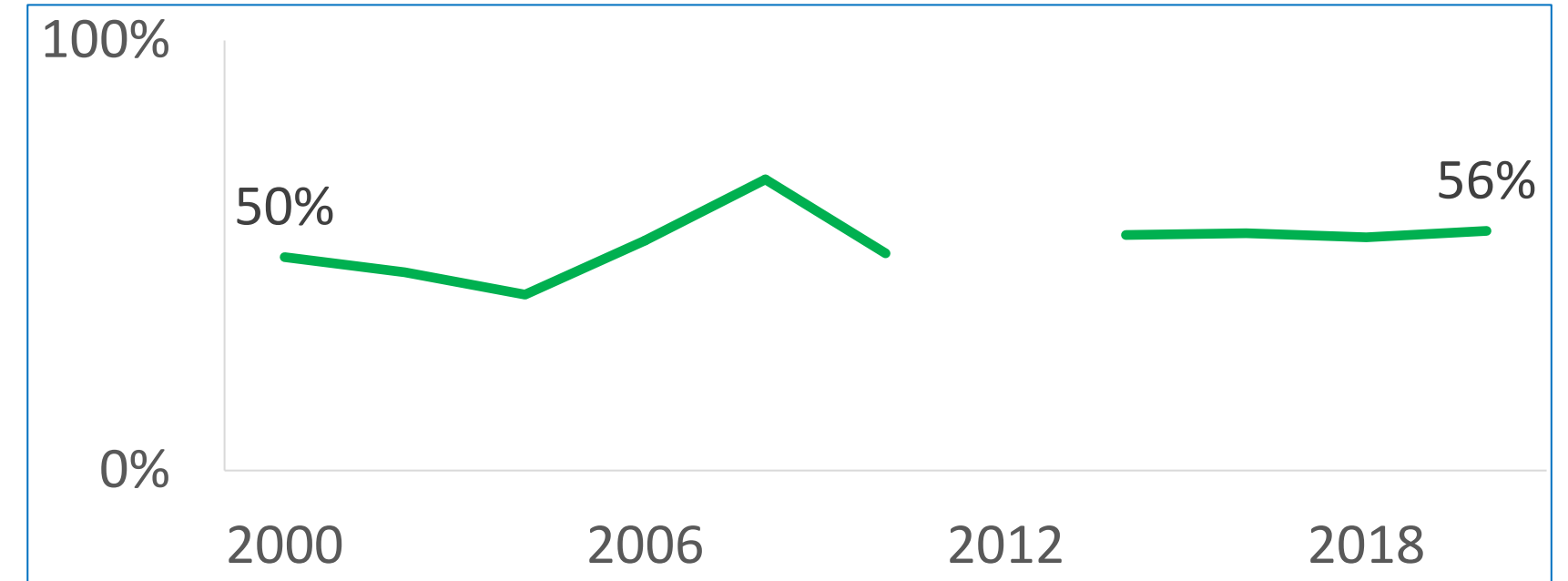


Many of these changes align with health teacher interest in receiving more training.

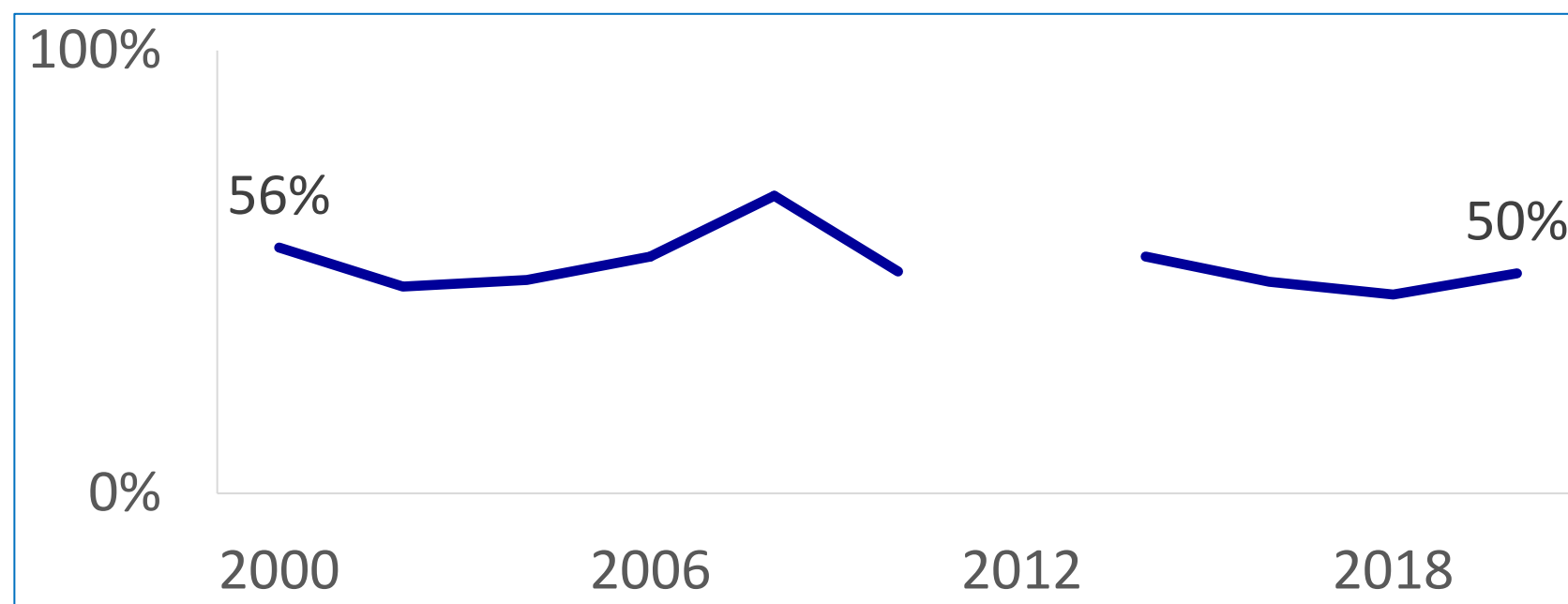
Interest in training in HIV Prevention declined.



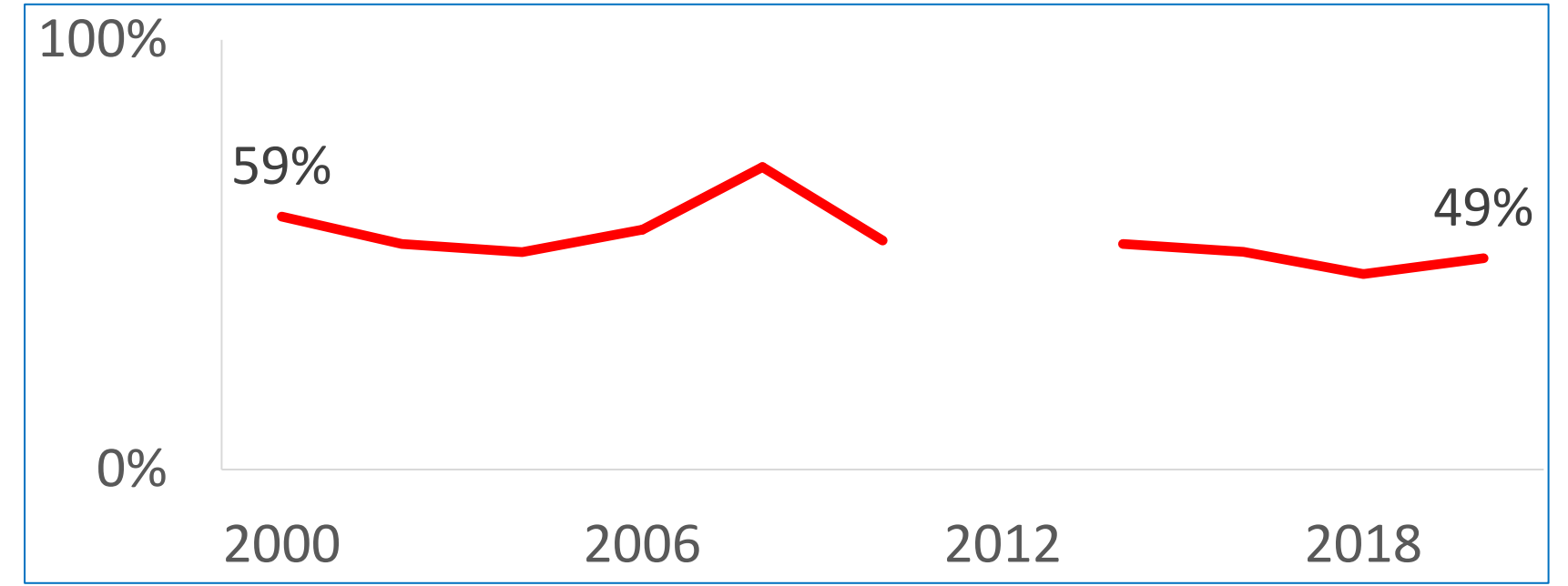
Interest in training in Human Sexuality increased.



Interest in training in Pregnancy Prevention was flat.



Interest in training in STD Prevention declined.



We've seen many declines in sexual health topics being taught to 9-12 graders.

How to access valid, reliable sexual health info.



Risk-reducing communication skills.



How to set goals to reduce risk of STD and pregnancy.



Source: Alaska School Health Profiles

Including several topics related to effective condom use.

The importance of using condoms consistently.



How to obtain condoms.



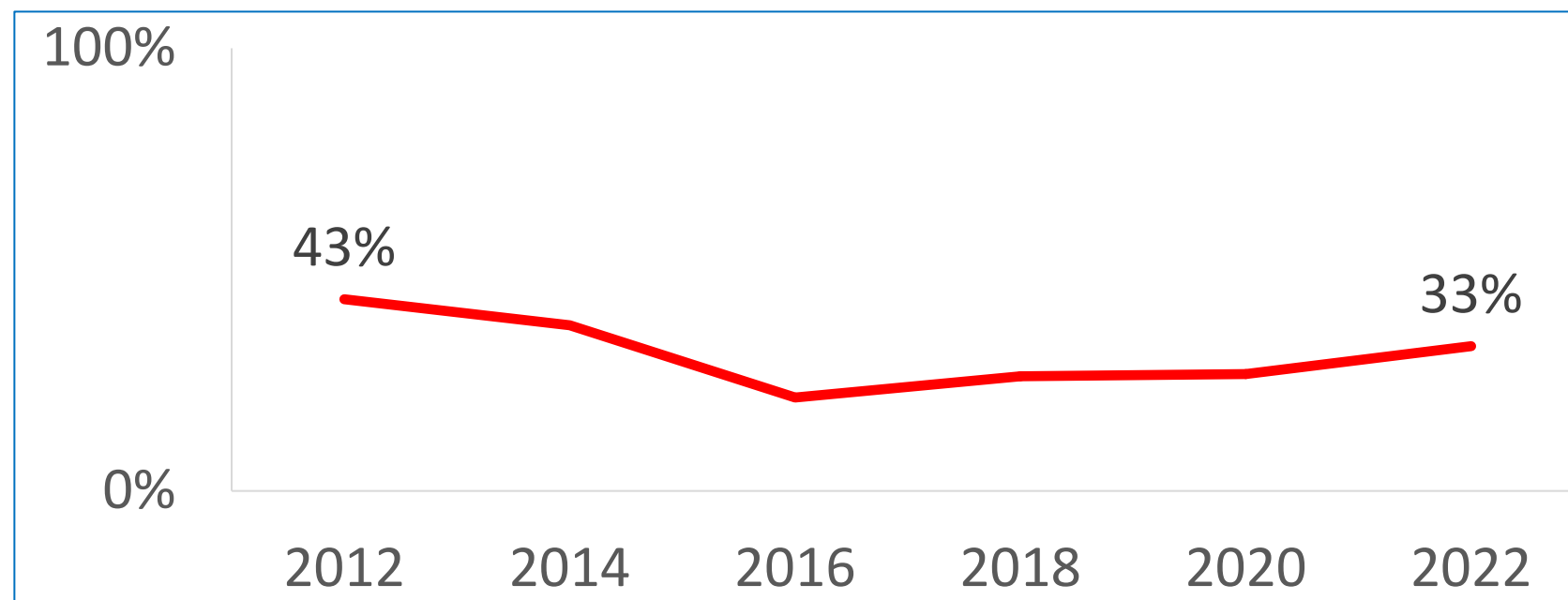
How to use condoms effectively.



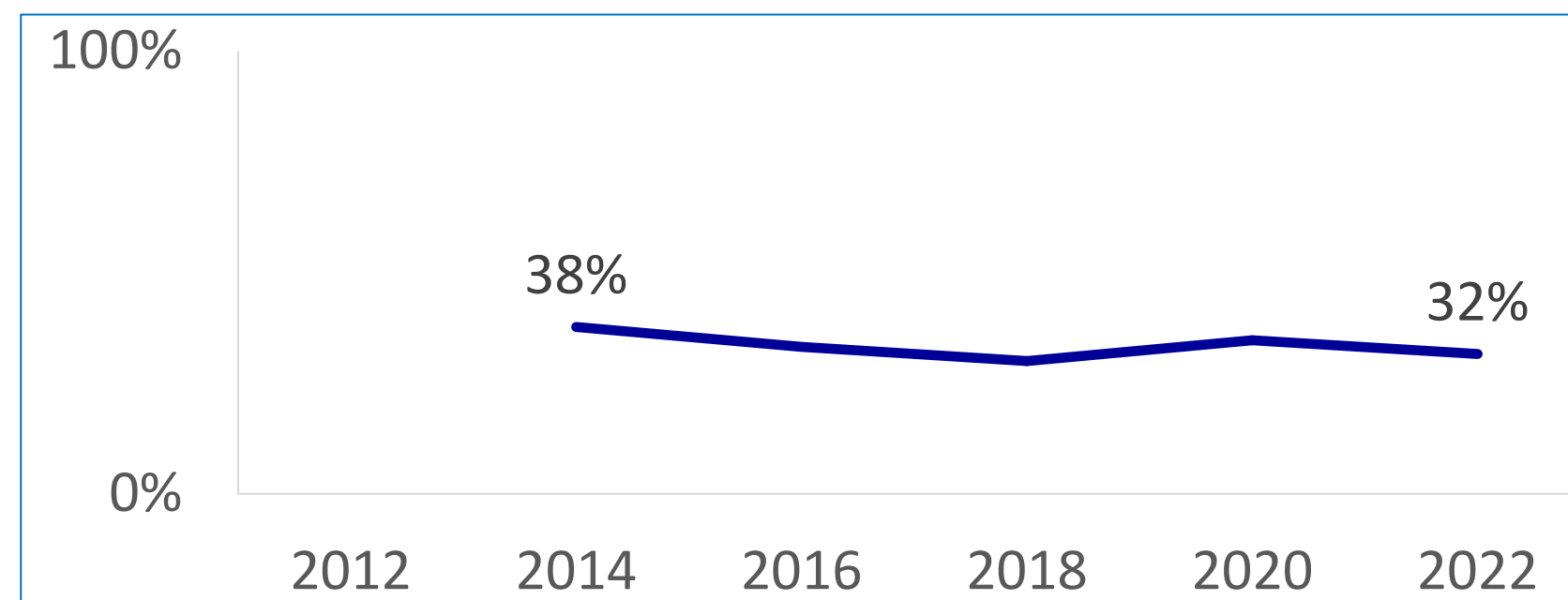
Source: Alaska School Health Profiles

Most schools do not provide referrals for sexual health services, including these...

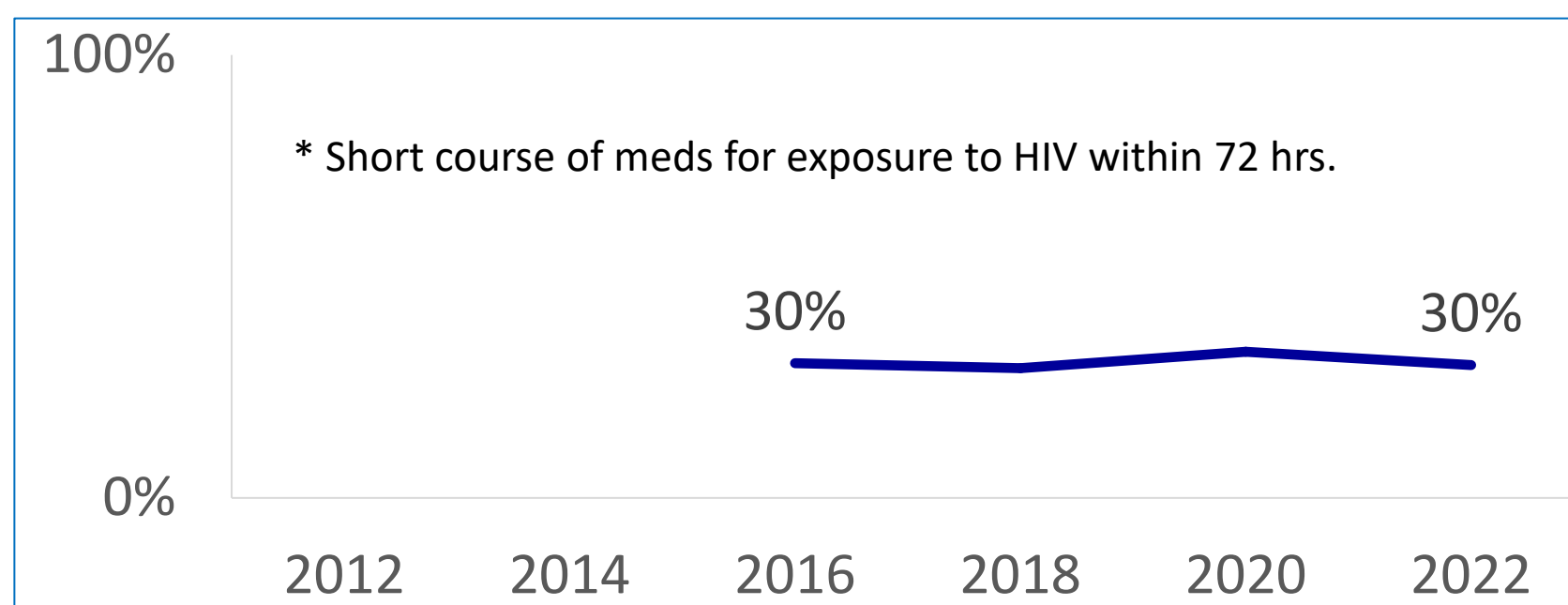
Fewer schools provide referrals for HIV testing.



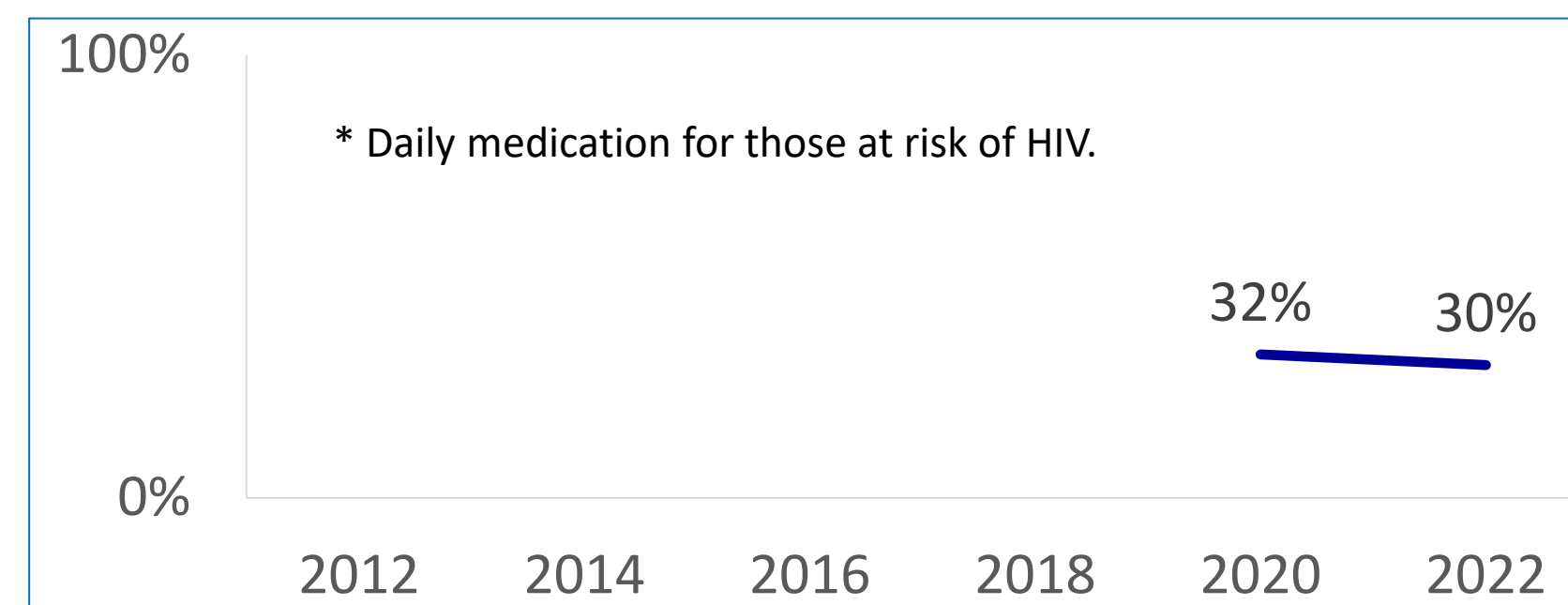
No change in schools referring for HIV treatment.



No change in schools referring for nPEP*.

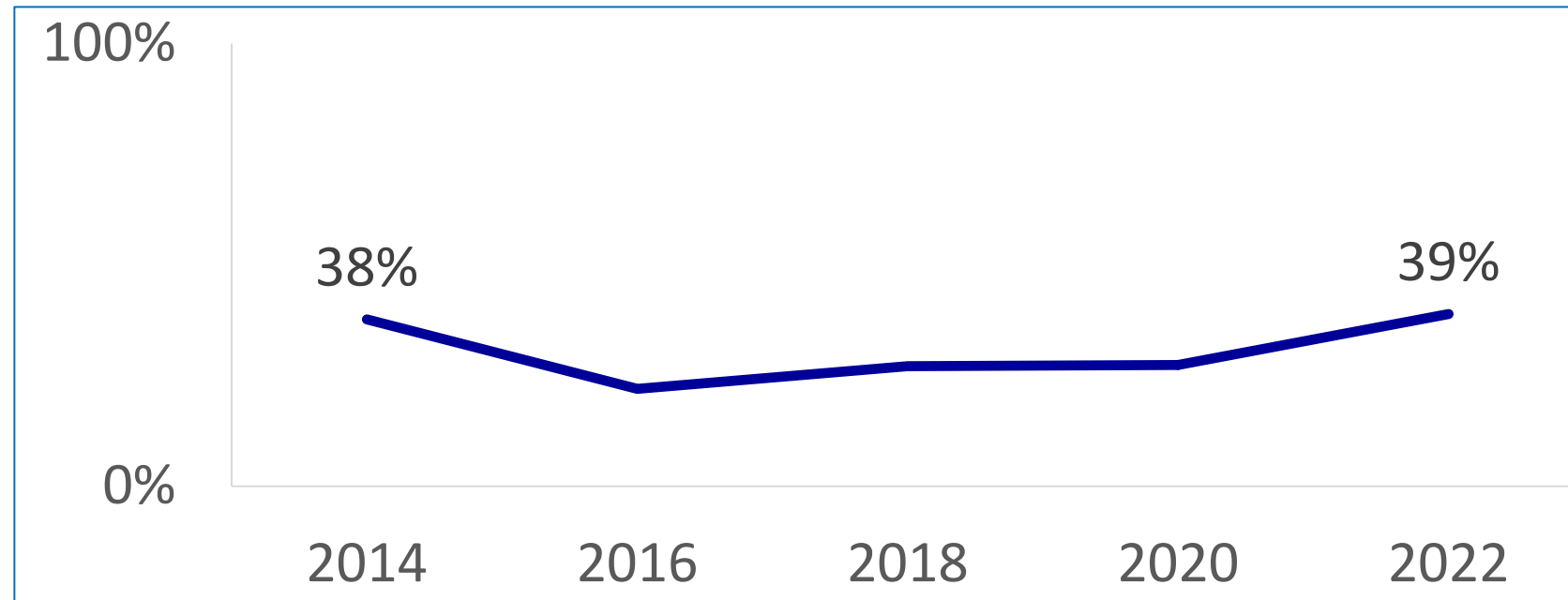


No change in schools referring for PrEP*.

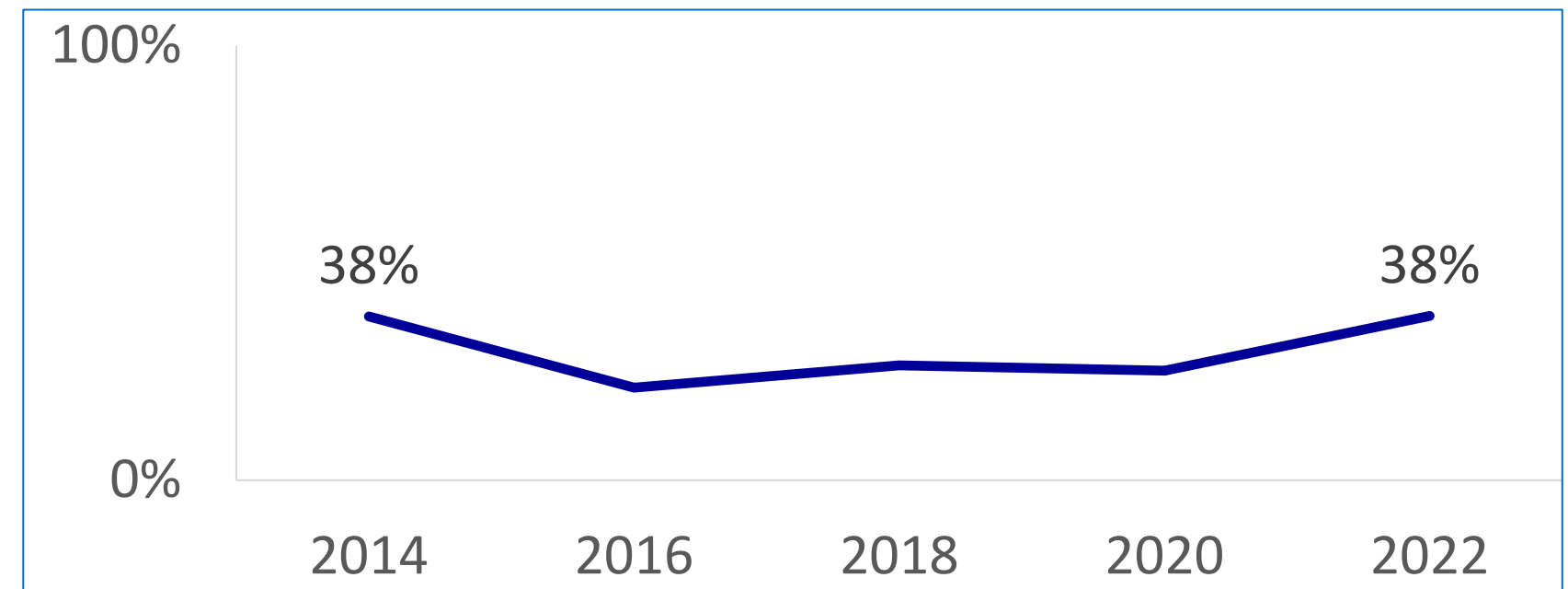


Most schools do not provide referrals for sexual health services, including these...

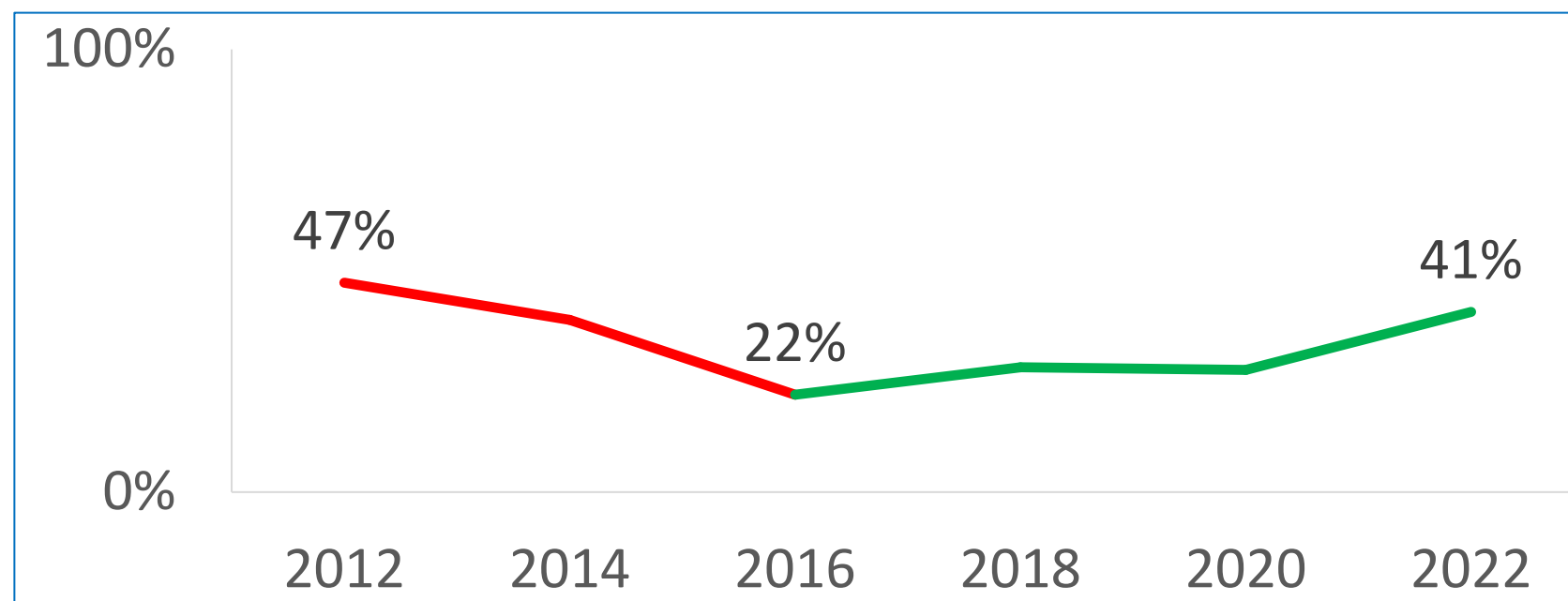
No change in schools referring for STD testing.



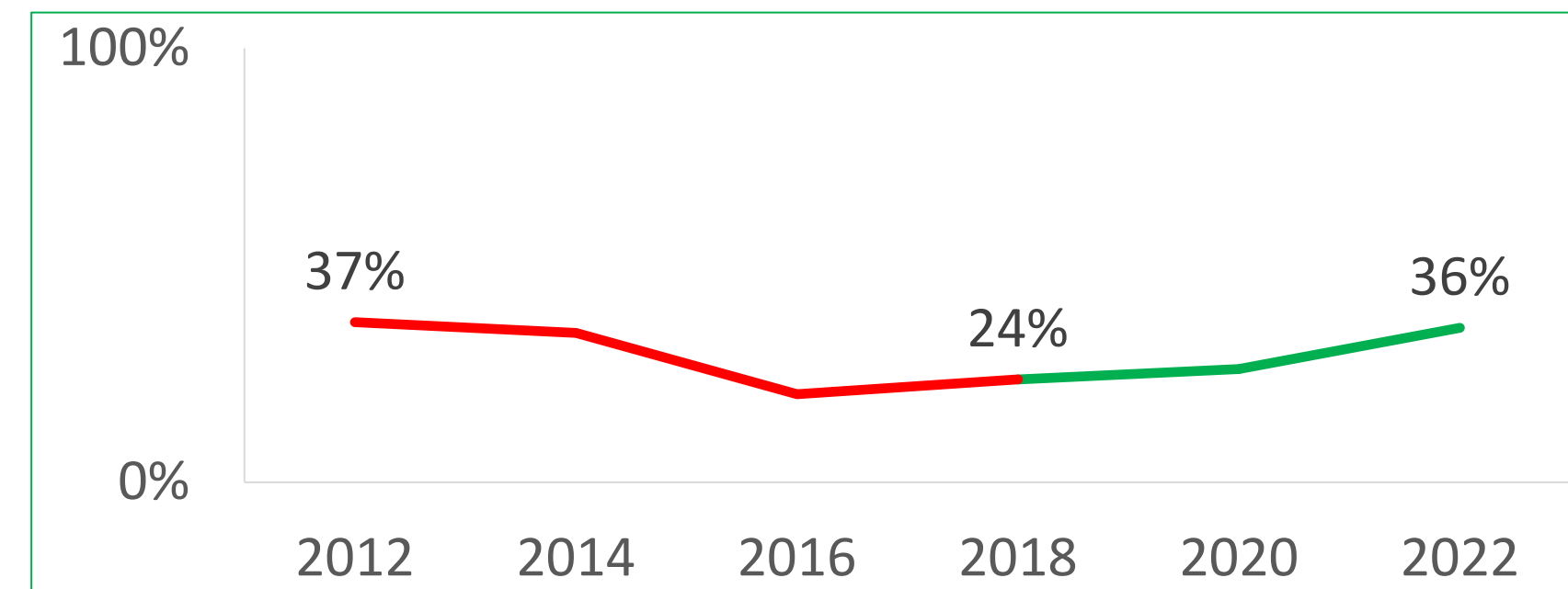
No change in schools referring for STD treatment.



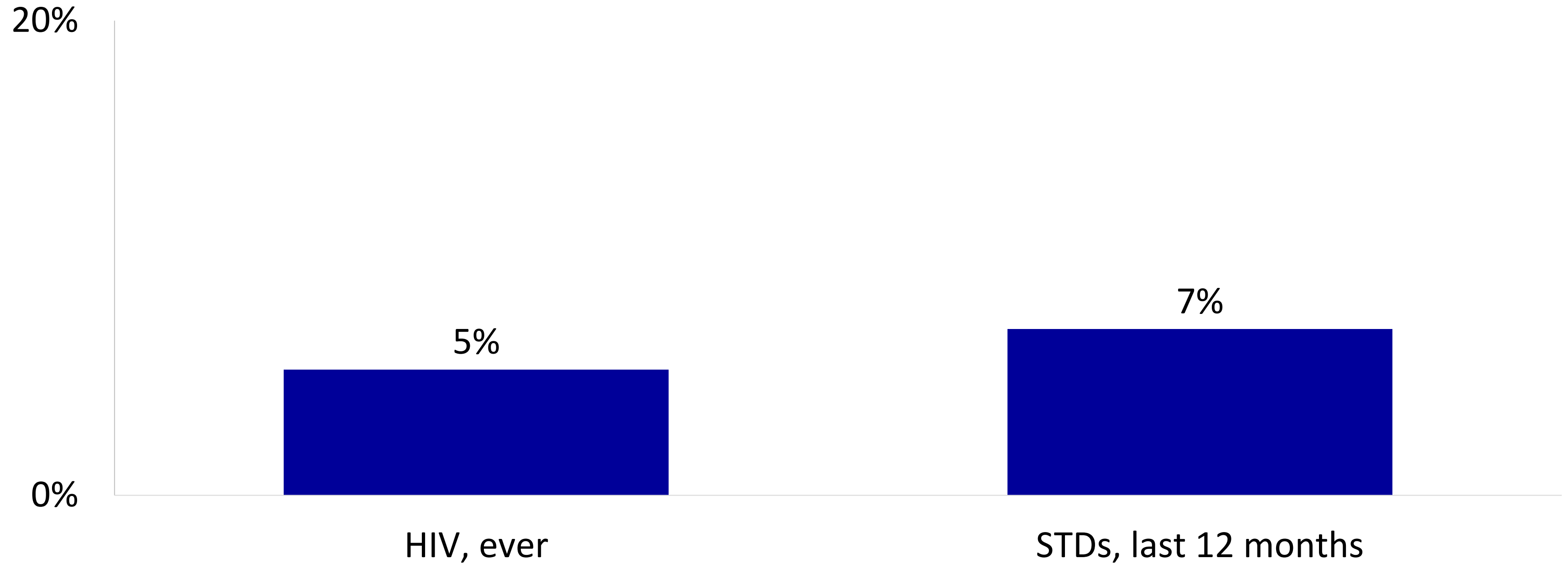
Referring for pregnancy testing dipped then increased.



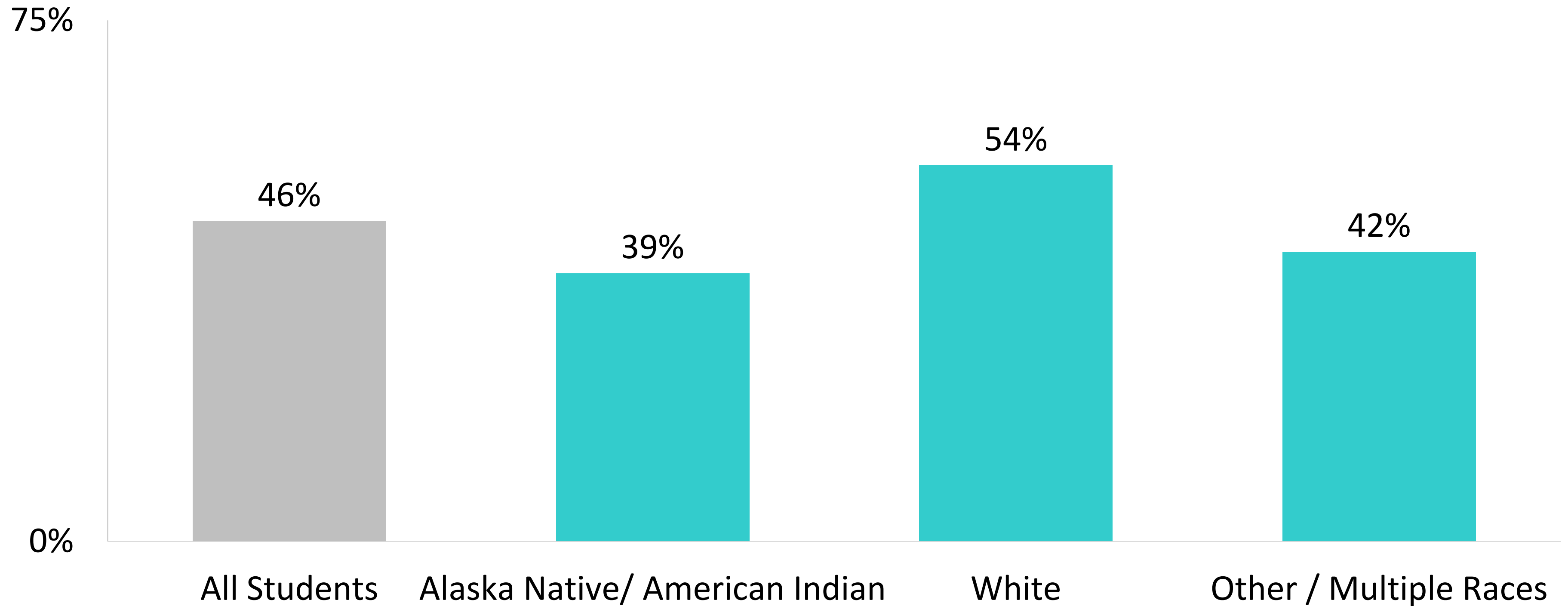
Referring for condoms dipped then increased.



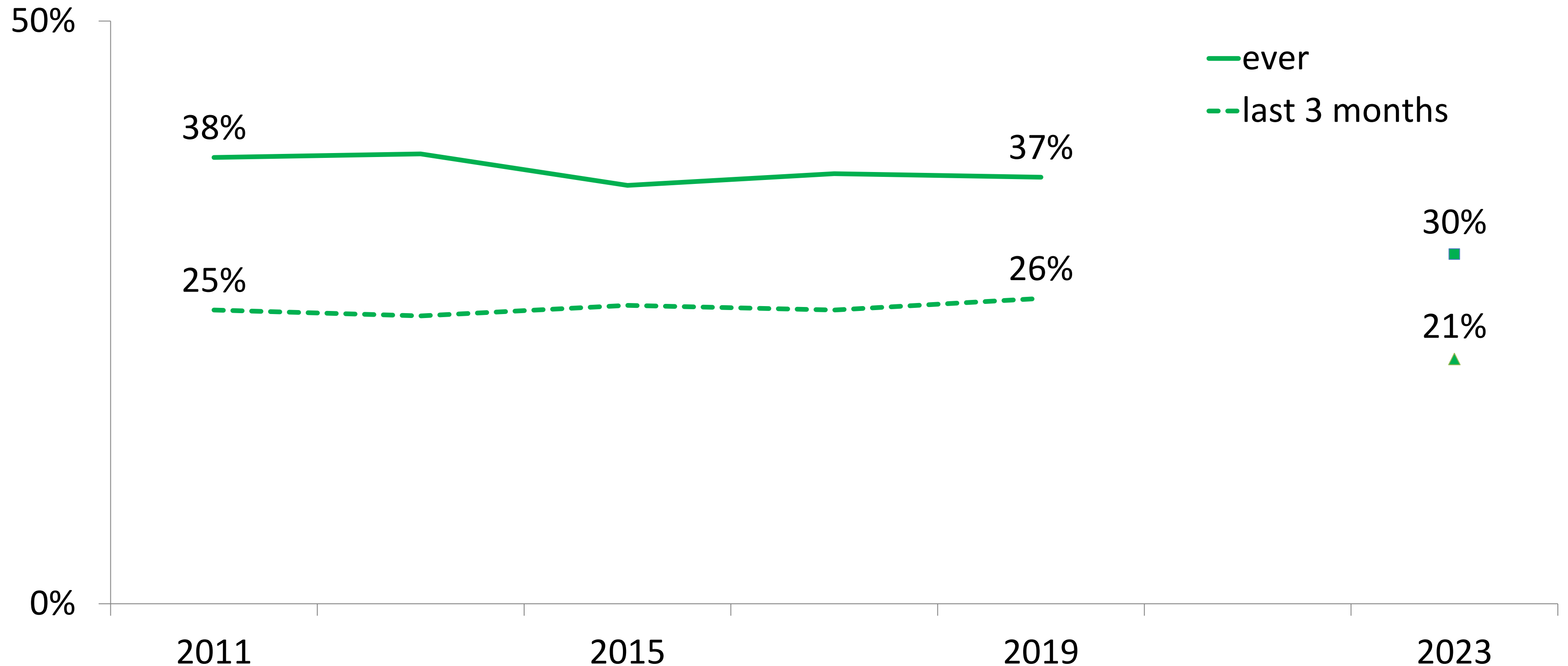
In 2023, few students had been tested for HIV or STDs.



In 2023, less than half of students talked about STDs or HIV with a parent or other trusted adult.



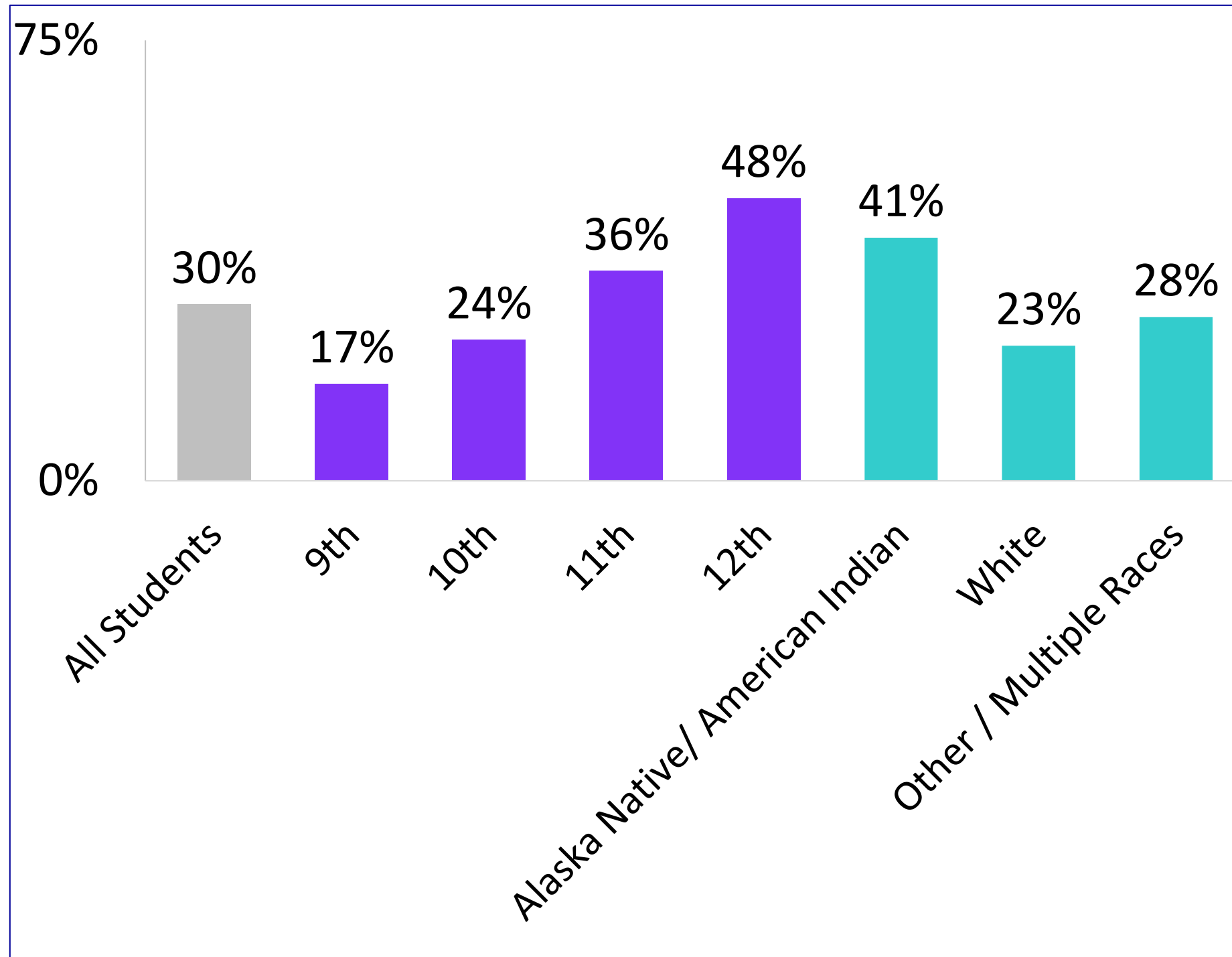
The percentage of students who ever or recently had sexual intercourse is on the decline.



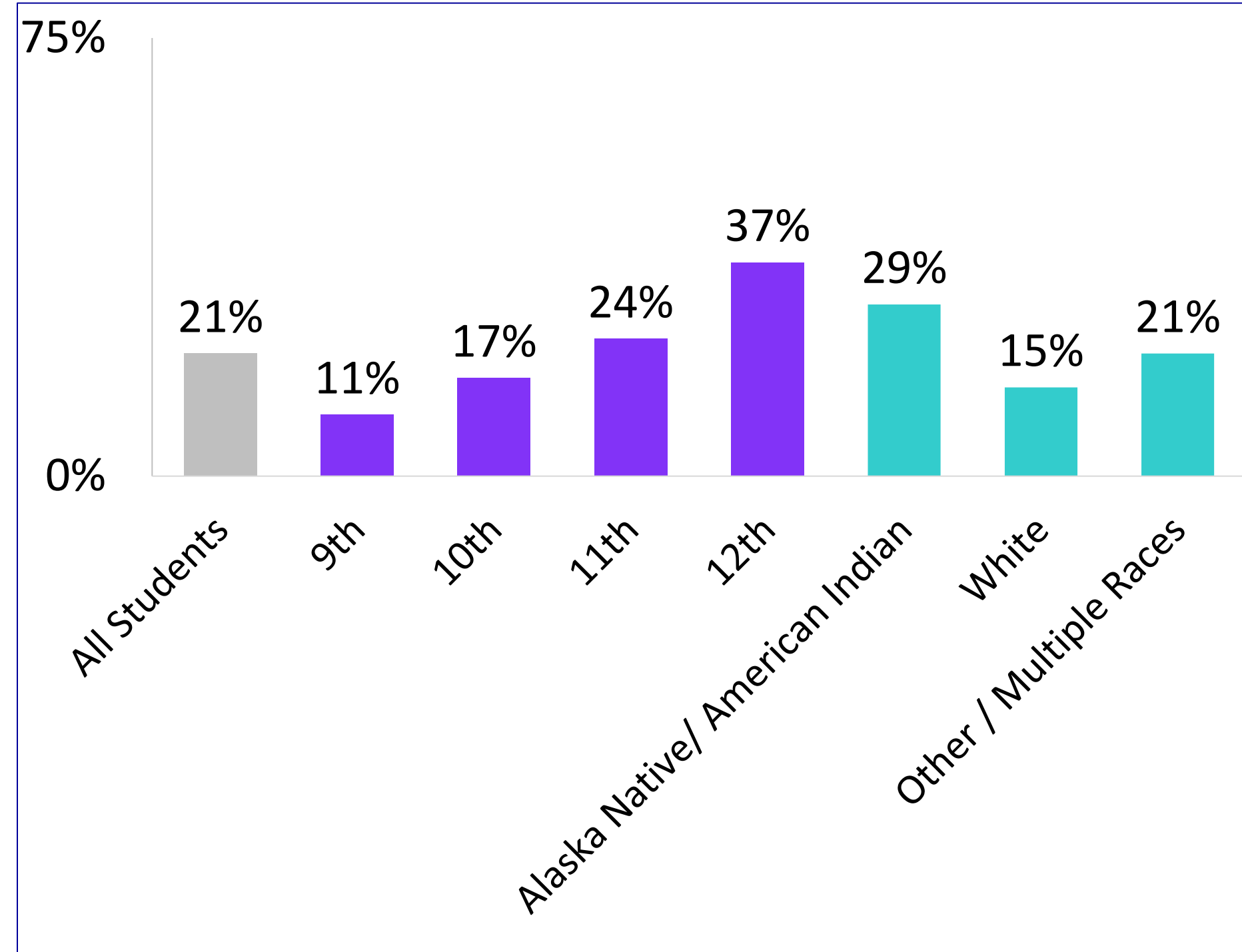
Source: Alaska Youth Risk Behavior Survey

In 2023, having sexual intercourse varied by grade and race.

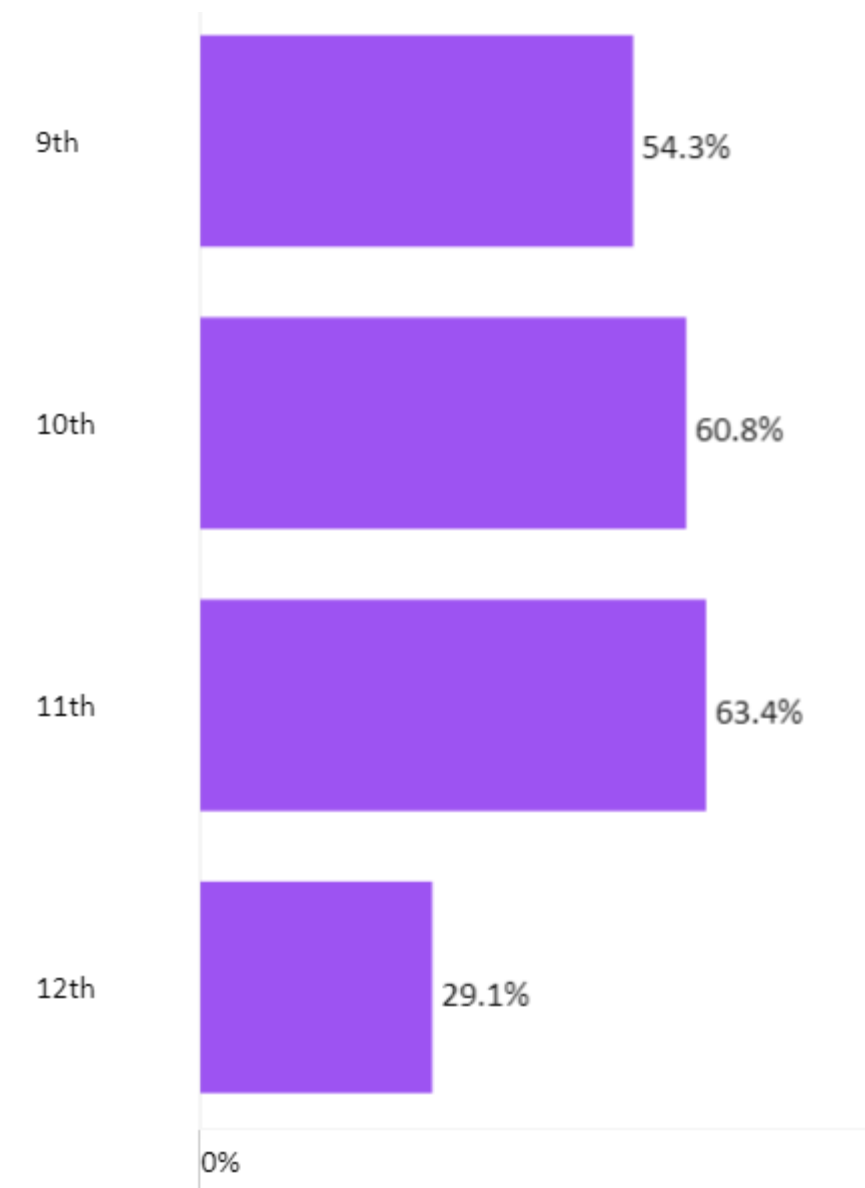
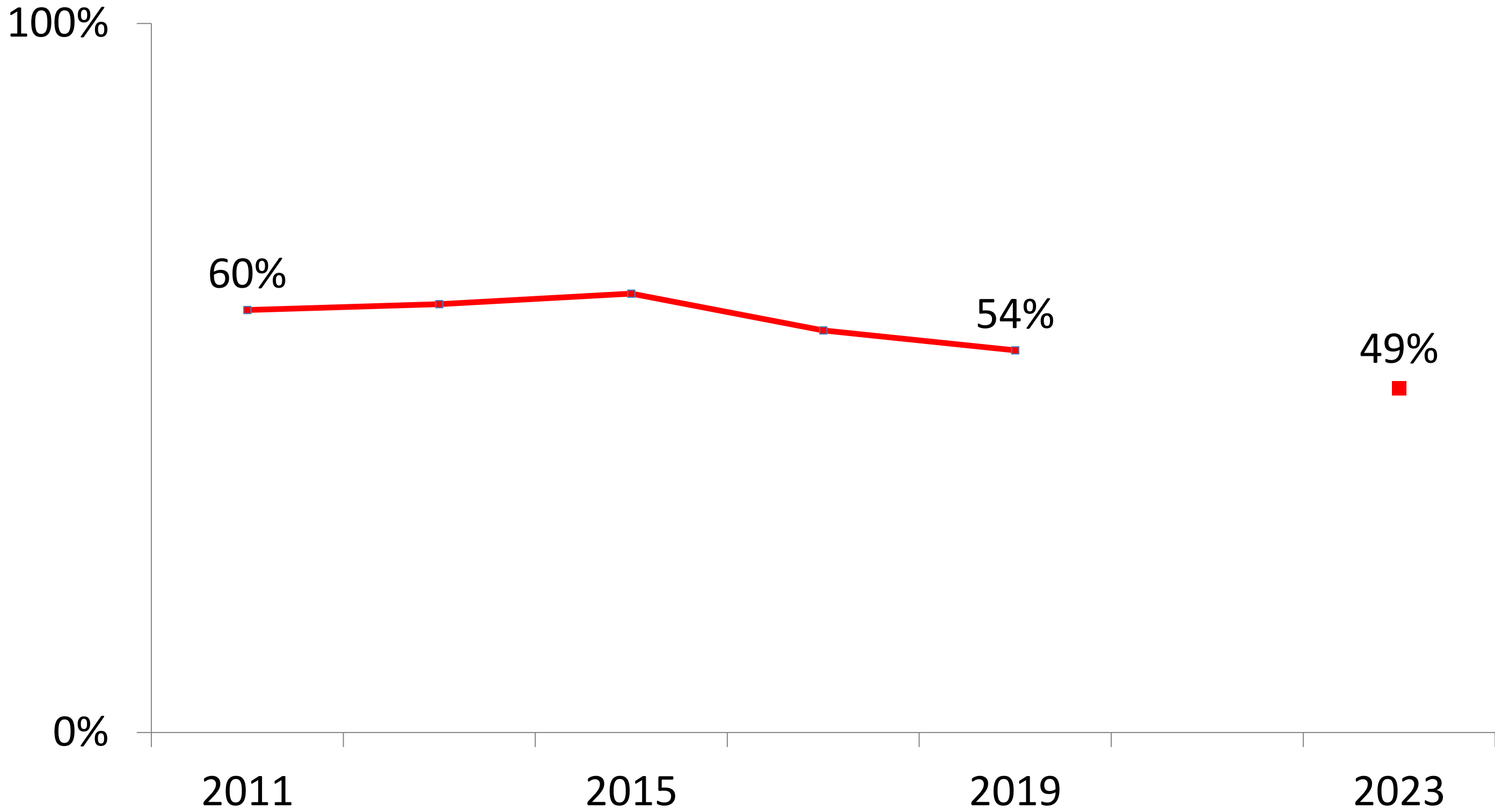
Ever had sexual intercourse



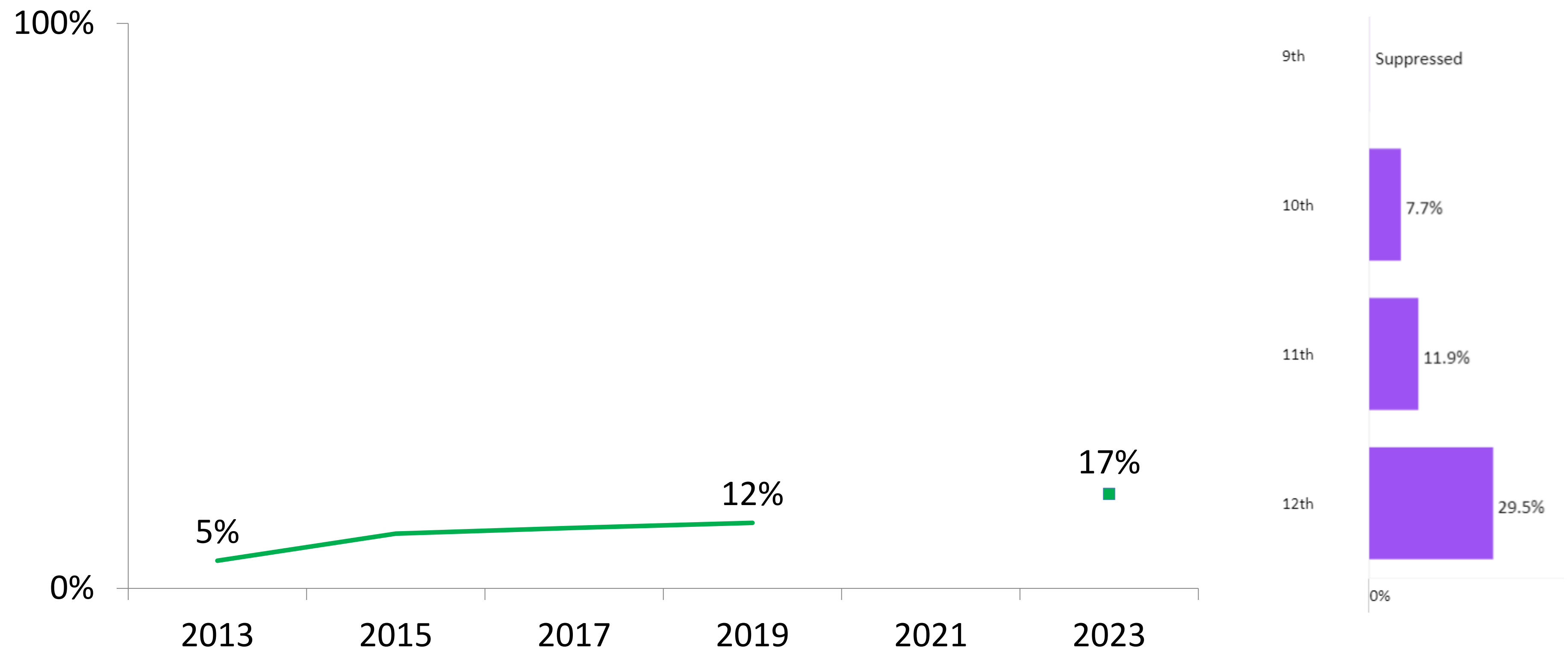
Had sexual intercourse in last 3 months



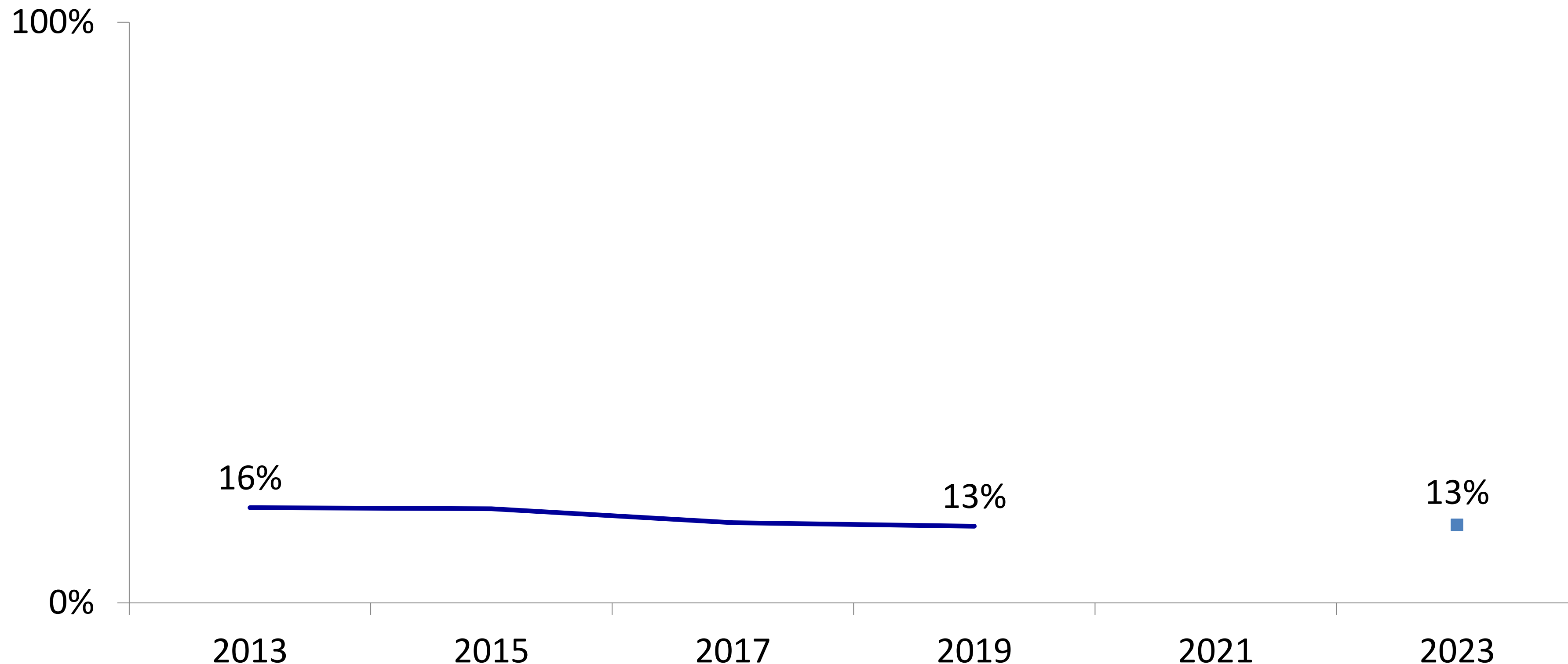
Among those sexually active, condom use is on the decline and lowest among 12th grade students.



Among those sexually active, IUD, Nexplanon use is increasing and highest among 12th grade students, girls.



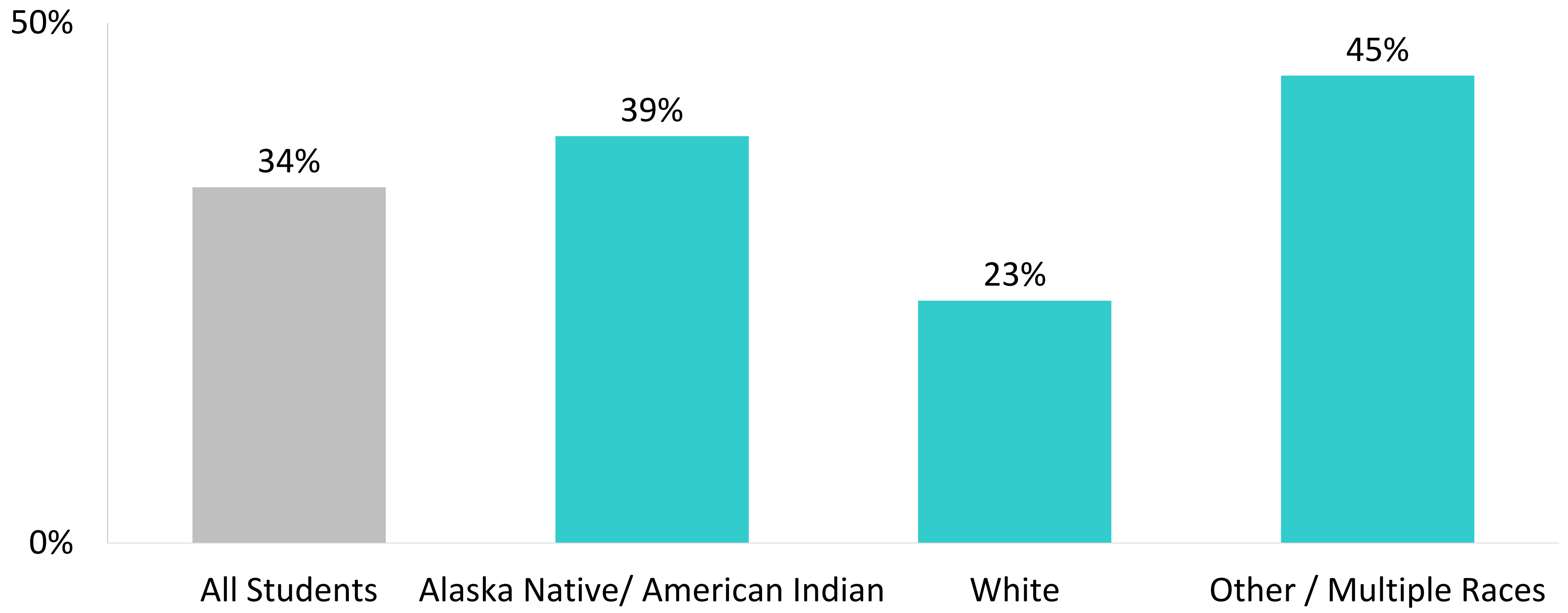
Among those sexually active, it is uncommon to use both a condom and another birth control method (pills, IUD, etc.).



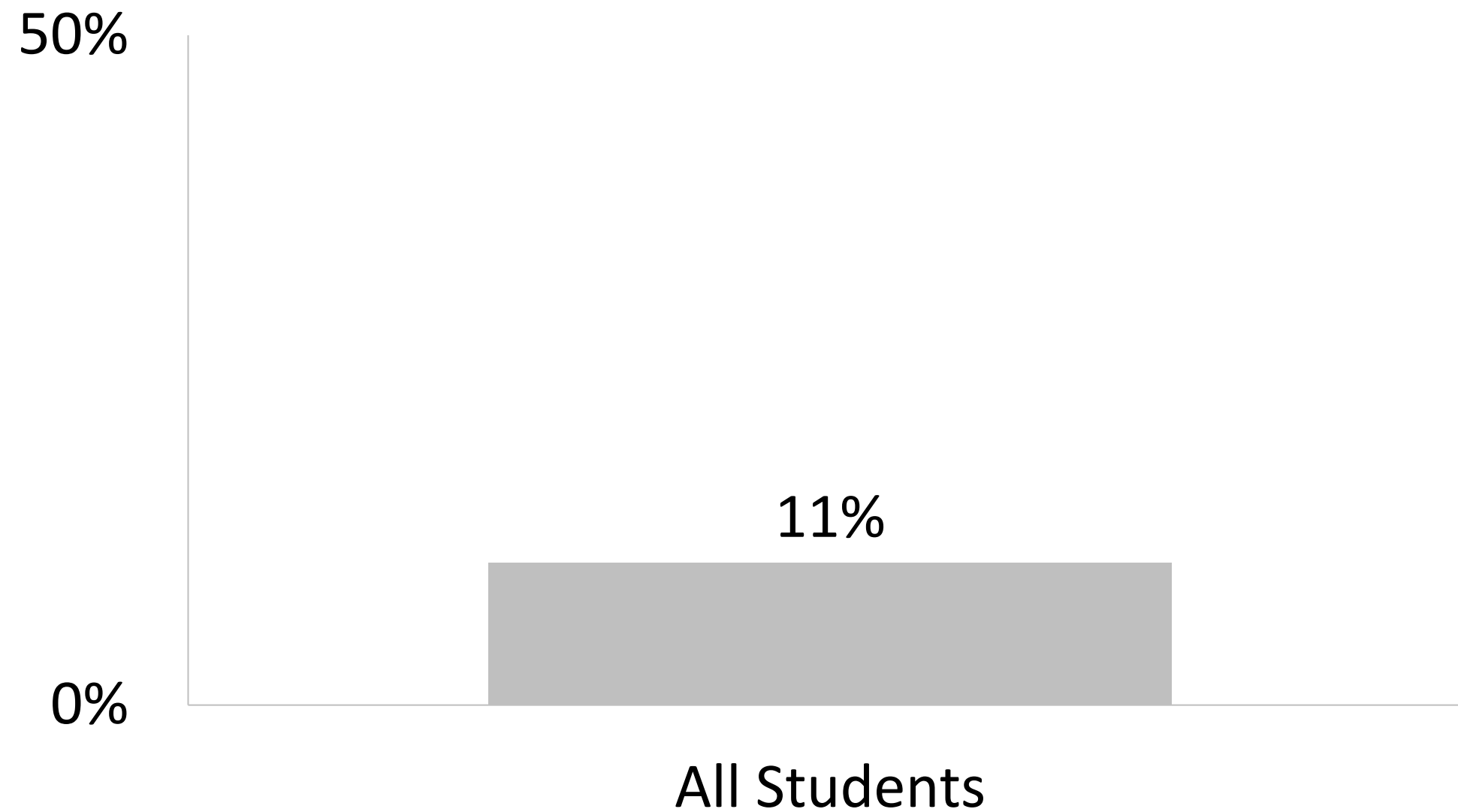
Social Determinants of Health and Youth Resilience



In 2023, 1/3 of students had experienced food insecurity in the last 30 days

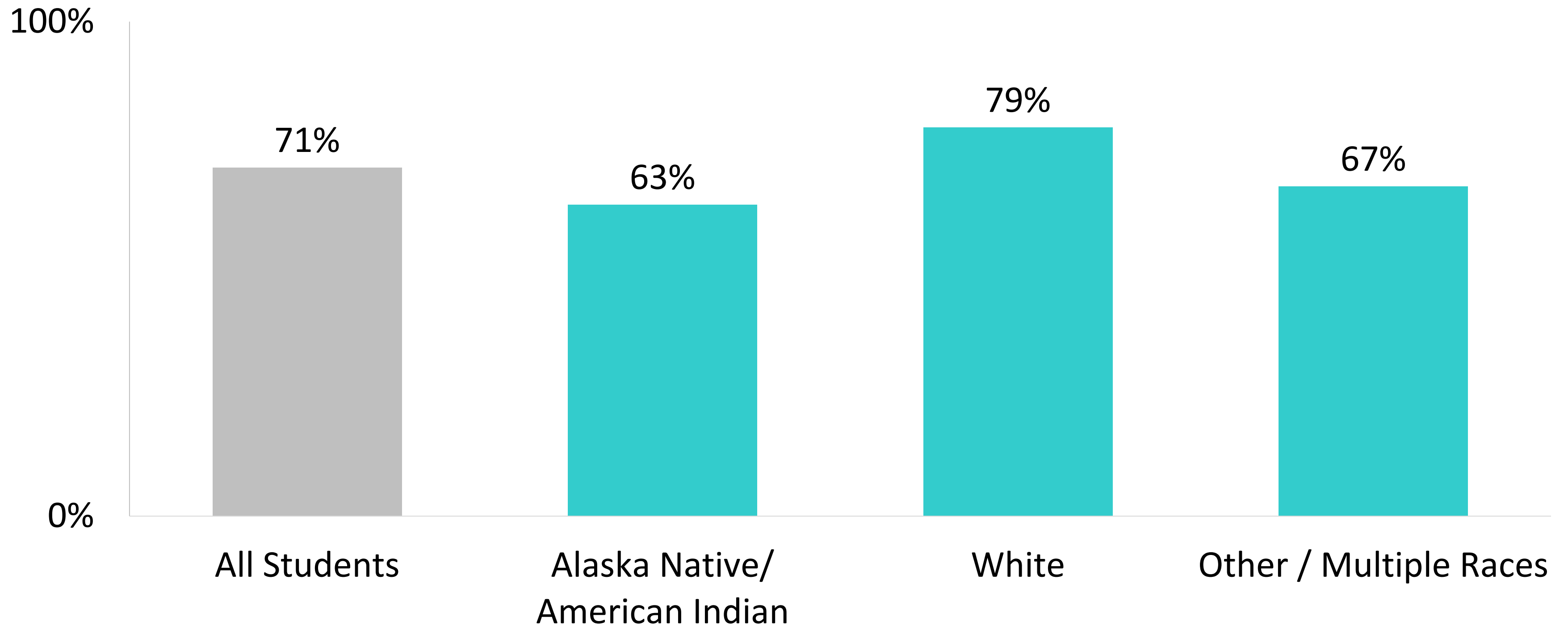


In 2023, 1 in 10 students slept away from home in the last 12 months for any of these reasons:



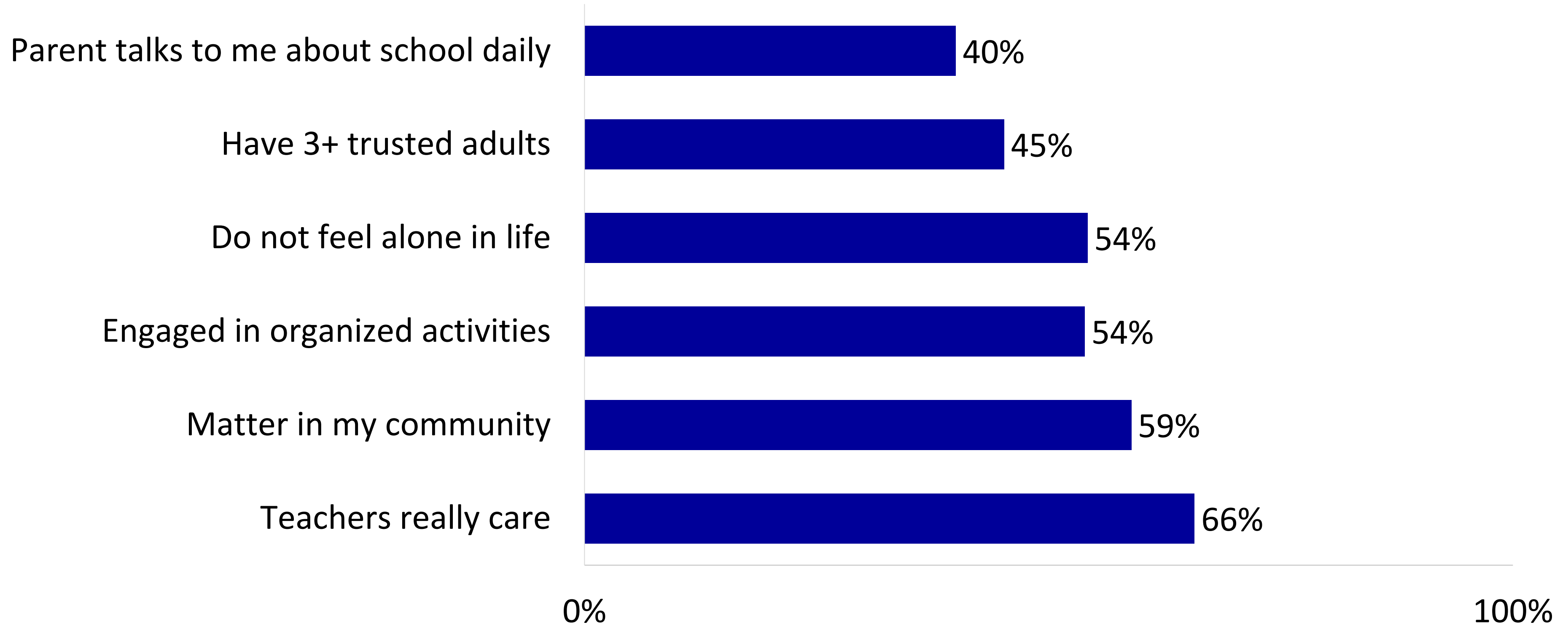
- Was kicked out
- Ran away
- Was abandoned
- Felt unsafe in my home

In 2023, only 71% of students saw a dentist in the last 12 months.



Source: Alaska Youth Risk Behavior Survey

In 2023, students feel varying levels of support from these different sources.



Progress and Challenges in Youth Risks

Worsening

- × Texting while driving
- × Electronic bullying
- × All suicide indicators: Depressed, planning, attempting suicide
- × Fruit and vegetable consumption
- × Sugary drink consumption
- × Being at a healthy weight
- × Frequent and daily vaping
- × Condom use

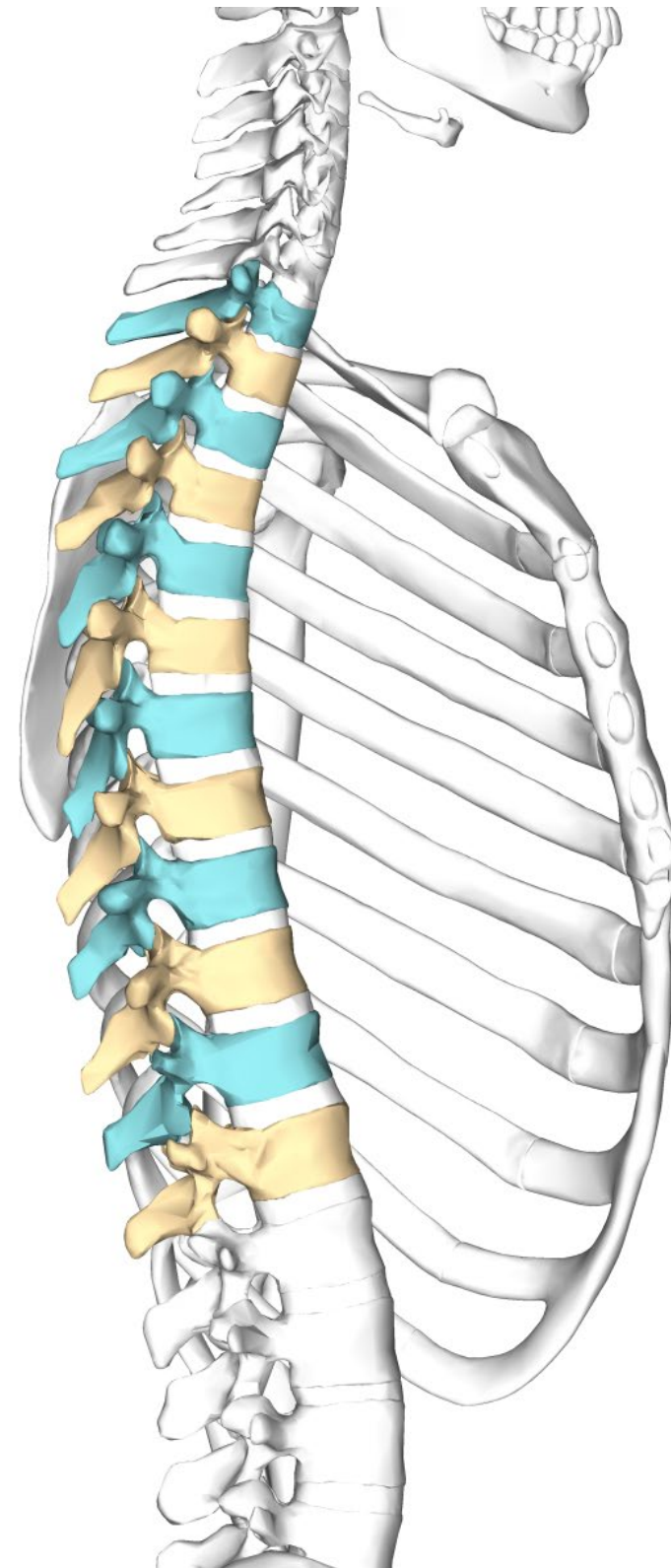
No significant decline but of concern

- × Forced intercourse and sexual abuse
- × Physical and sexual dating violence
- × High levels of anxiety (about 1/3)
- × Driving under the influence of marijuana
- × Current marijuana use (1 in 5 currently use)
- × Physical inactivity
- × Using both a condom and other birth control measure
- × Talking with trusted adults about STDs/HIV
- × Sleeping away from home
- × Food insecurity

Improving

- ✓ Seatbelt use
- ✓ Riding with a DUI driver
- ✓ Alcohol use – current and binge
- ✓ Tobacco use, vaping, and secondhand smoke exposure
- ✓ Ever used marijuana
- ✓ Abstinence from sexual intercourse (ever, recent)
- ✓ Using IUD/Nexplanon, etc. among sexually active

Is there alignment?





Alignment in Mental Health, Violence, Bullying?

	School Environment	Student Behavior
Positive	<p>Increases in:</p> <ul style="list-style-type: none"> • PD in safe, inclusive environments • Facilitating access to providers with experience with LGBTQ students' <i>social/psych.</i> services • Prohibiting harassment based on SOGI • Safe spaces, support for LGBTQ students • Teaching on suicide prevention • Health teacher PD on suicide, violence prevention • Publicizing anti-bullying messages • Confidential reporting of sexual harassment, bullying 	<ul style="list-style-type: none"> • Most students agree teachers care about them <p style="text-align: center;">Not aligned</p> <p style="text-align: center;">Girls are suffering disproportionately</p>
Concerning	<p>Declines in:</p> <ul style="list-style-type: none"> • Facilitating access to providers with experience with SOGI students' <i>sexual health</i> services • Student led LGBTQ clubs • Only ½ teaching on healthy relationships 	<p>Increases in:</p> <ul style="list-style-type: none"> • Depression, suicide planning, attempt • Electronic bullying • High levels of social media use • High levels of anxiety • High levels of sexual violence, dating violence

Unintentional Injury



Alignment in Unintentional Injury?

	School Environment	Student Behavior
Positive	<p>Increases in:</p> <ul style="list-style-type: none"> • High levels of teaching on injury prevention • Assessing injury prevention and safety programs and policies • Health teachers receiving PD on injury prevention and safety (recent trend) 	<p>Increases in:</p> <ul style="list-style-type: none"> • Seatbelt use <p>Decreases in:</p> <ul style="list-style-type: none"> • Riding with DUI (alcohol) driver • Flat but low alcohol DUI
Concerning	<p style="text-align: center;">Aligned</p>	<ul style="list-style-type: none"> • 1 in 10 driving under the influence of marijuana

Tobacco Use



Alignment in Tobacco?

	School Environment	Student Behavior
Positive	<p>Increases in:</p> <ul style="list-style-type: none">• Assessing tobacco prevention programs and policies• Comprehensive tobacco-free policies, including vapes• High levels of teaching tobacco prevention in health class	<p>Decreases in:</p> <ul style="list-style-type: none">• Cigarette smoking• vaping• Secondhand smoke exposure <p>Alaska Native smoking disparity</p>
Concerning	<p>Aligned</p>	<p>Increases in:</p> <ul style="list-style-type: none">• Frequent and daily vaping <p>Especially 12th graders</p>

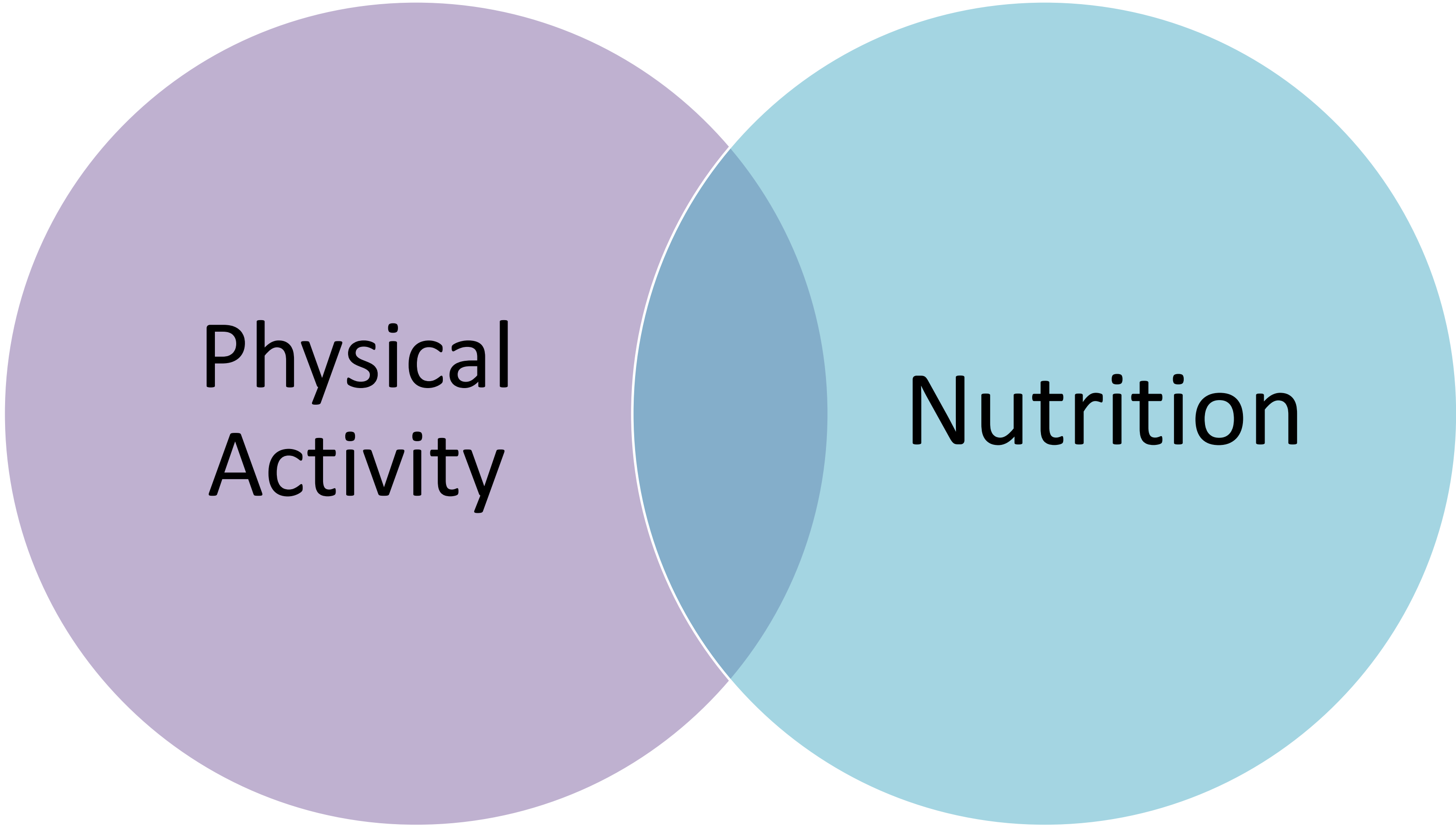
Alcohol and Drug Use



Alignment in Alcohol and Drug Use?

	School Environment	Student Behavior
Positive	<ul style="list-style-type: none"> High levels of teaching alcohol and drug use prevention in health class 	<p>Decreases in:</p> <ul style="list-style-type: none"> Current alcohol use Binge drinking Riding with a DUI driver Ever use of marijuana Not seeing increases in other substances
Concerning	<p>Declines in:</p> <ul style="list-style-type: none"> Assessing for alcohol and drug dependency (Only 6%) Health teacher PD in alcohol and substance use prevention Consistently 70% want more of this PD 	<ul style="list-style-type: none"> Current marijuana use is still flat at 18%

Not aligned



Physical
Activity

Nutrition

Alignment in Physical Activity and Nutrition?

	School Environment	Student Behavior
Positive	<p>Increases in:</p> <ul style="list-style-type: none"> Supporting students to be active throughout the day High levels of health teachers teaching about PA/PE and nutrition <p>Decreases in:</p> <ul style="list-style-type: none"> Less healthy food and beverages being available 	<p>Mixed</p>
Concerning	<p>Decreases in:</p> <ul style="list-style-type: none"> Locally grown foods in cafeterias Salad bars Fruits and veggies placed near cashier School health councils (related?) PE teachers getting PD in physical activity/fitness <p>• Low levels of health teacher PD in nutrition (25%) or physical activity (33%) – much lower than other areas</p>	<p>Increases in:</p> <ul style="list-style-type: none"> Sugary drink consumption <p>Decreases in:</p> <ul style="list-style-type: none"> Fruit and vegetable consumption Health weight status <p>• Persistently low levels of meeting physical activity recommendations (< 1 in 5)</p>

Sexual Health & STD Prevention



Alignment of Sexual Health and STD Prevention?

	School Environment	Student Behavior
Positive	<p>Increases in:</p> <ul style="list-style-type: none"> Health teacher PD in human sexuality <ul style="list-style-type: none"> Aligns with trend in teachers wanting more Referring out for pregnancy testing. Referring out for provision of condoms. 	<p>Decreases in:</p> <ul style="list-style-type: none"> Ever having had sexual intercourse Recently having had sexual intercourse <p>Increases in:</p> <ul style="list-style-type: none"> IUD, Nexplanon, etc. for birth control
Concerning	<p>Decreases in:</p> <ul style="list-style-type: none"> Health teacher PD in STD and HIV prevention <ul style="list-style-type: none"> Aligns with trend in teachers wanting less Many sexual topics being covered in a health course, including several on condoms Most schools do not provide sexual health services. Referrals to these services are low, through some have increased recently 	<ul style="list-style-type: none"> Decreases in condom use Low percentage of students asking trusted adult about HIV/STDs

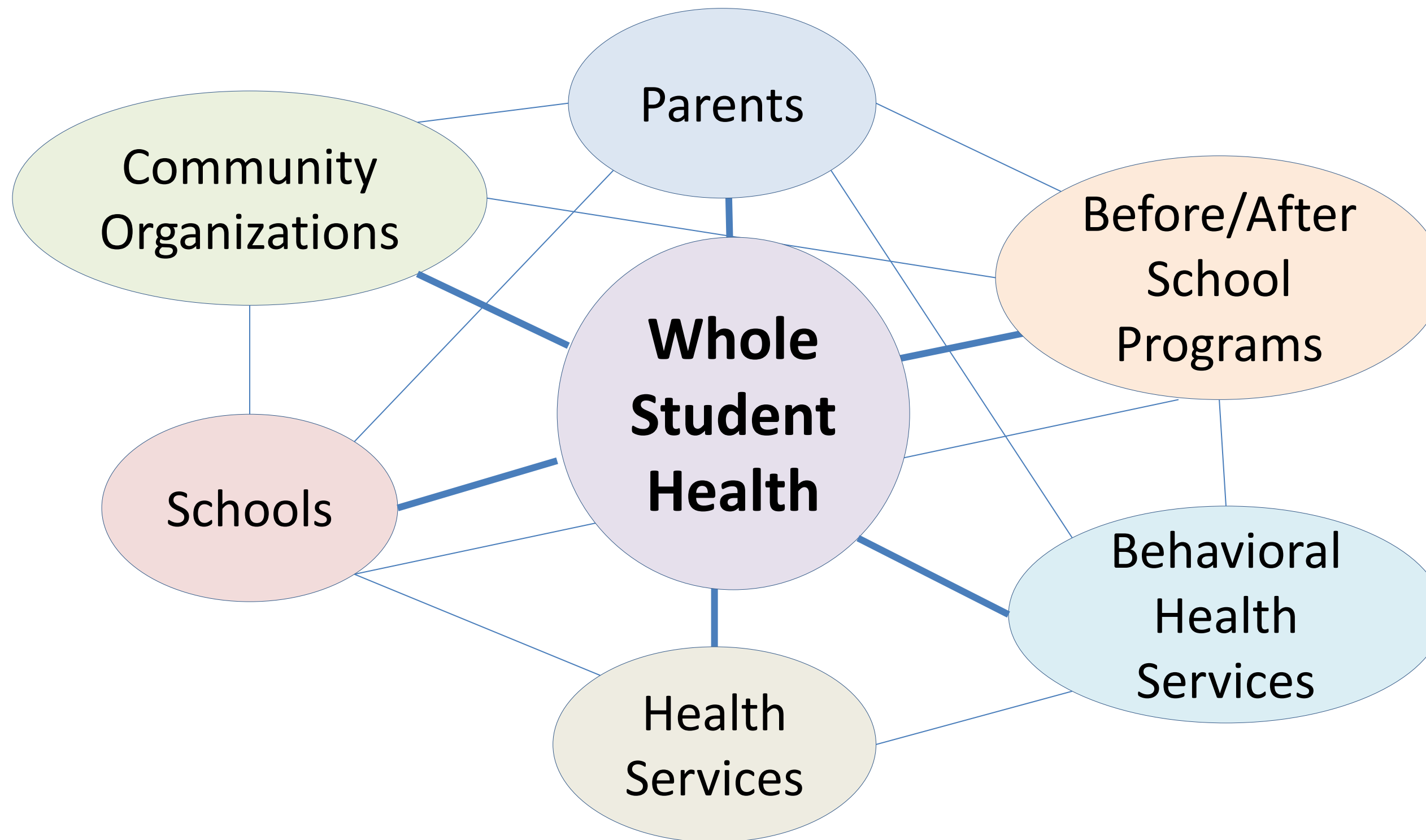
Mixed

Conclusions

- The school environment can be greatly enhanced through implementation of key policies and practices.
- Healthy school environments have great potential to impact the health of Alaska youth by providing opportunities to make healthy choices.
 - YRBS and SHP many not currently ask the right questions (e.g., unintentional injury)
 - Other data sources may be needed to paint a more complete picture (e.g., suspensions data, STI rates)
 - Certain risk behaviors may be “stickier” vis-à-vis school environment
 - Schools are **but one** critical environment

Student Health System

CDC's Whole School, Whole Community, Whole Child model



How do I access YRBS Data?

- ***Start with the Data Dashboard***
- Request YRBS Data: YRBS@Alaska.gov



ALASKA YRBS STATEWIDE SURVEY RESULTS

TOPICS & SCHOOL TYPE

METHODOLOGY

HOW TO USE YRBS DATA

HOW TO VIEW THE DATA

VIEW DATA

DOWNLOAD DATA

Select a High School Type

Statewide Alternative

Statewide Traditional

Select a topic to view on the dashboard

Dietary Behaviors

Physical Activity & Screen Time

Sexual Behavior

Tobacco

Student Connectedness & Resilience

Weight Status

Other Health

ALCOHOL AND OTHER DRUG USE

Alcohol

Marijuana

Other Drugs

Substance Use Perceptions

UNINTENDED INJURIES AND VIOLENCE

Mental Health & Suicide

Violence & Bullying

Injury Prevention

[View the District YRBS Dashboard here](#)



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ALASKA YRBS STATEWIDE SURVEY RESULTS

TOPICS & SCHOOL TYPE

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Select a School Type

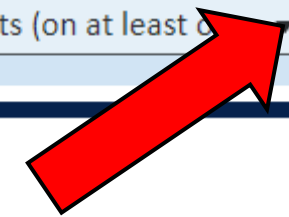
Statewide Traditional

Select a Topic

Mental Health and Suicide

Select an Indicator

(Percentage of students who currently smoked cigarettes or cigars, or used smokeless tobacco (including Iqmik) or electronic vapor products (on at least 6

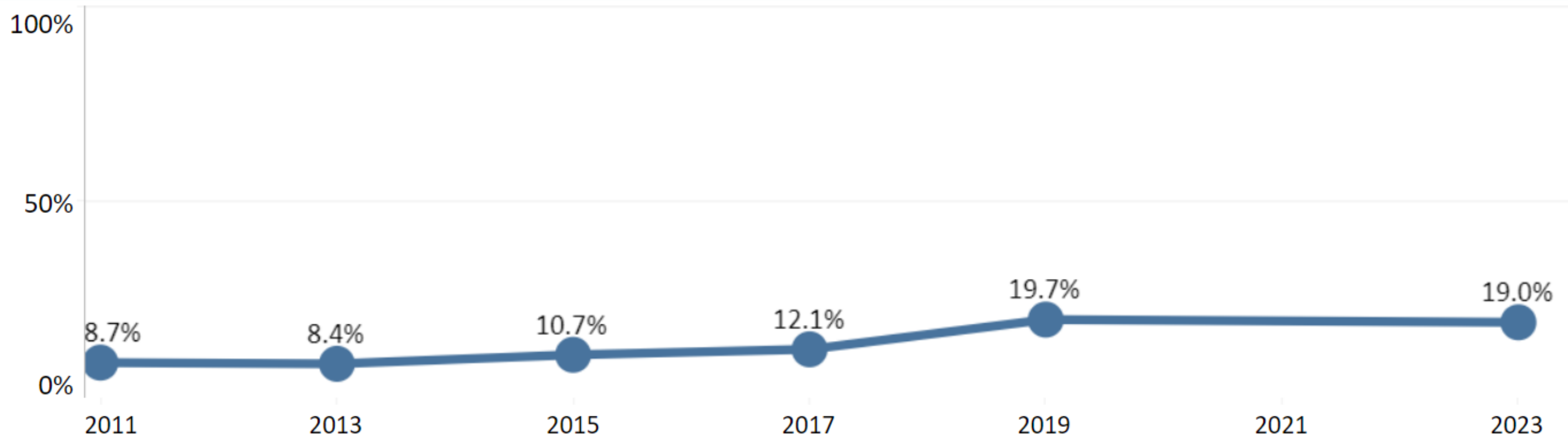


- Percent of students who do not use social media such as Instagram, TikTok, Snapchat, and Twitter
- Percent of students who use social media such as Instagram, TikTok, Snapchat, and Twitter several times a day
- Percentage of students who attempted suicide (one or more times during the past 12 months)
- Percentage of students who did not feel so anxious, nervous, tense, scared, or like something bad was going to happen almost every day for...
- Percentage of students who felt so anxious, nervous, tense, scared, or like something bad was going to happen almost every day for two we...
- Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual ac...
- Percentage of students who made a plan about how they would attempt suicide (during the past 12 months)
- Percentage of students who seriously considered attempting suicide (during the past 12 months)

Trends over time

Indicator: Percentage of students who attempted suicide (one or more times during the past 12 months)

There was **Significant Increase** from 2011 to 2023.
There was **No Change** from 2019 to 2023



The Alaska YRBS program evaluated long-term linear trend using logistic regression model, controlling for sex, race/ethnicity, and grade. We use a p-value of 0.05 to determine significance. The 2021 results are not available as the YRBS was not conducted that year.

Results by demographics
 Indicator: Percentage of students who attempted suicide (one or more times during the past 12 months)

Survey Year

2023

Change data labels displayed for the sections below

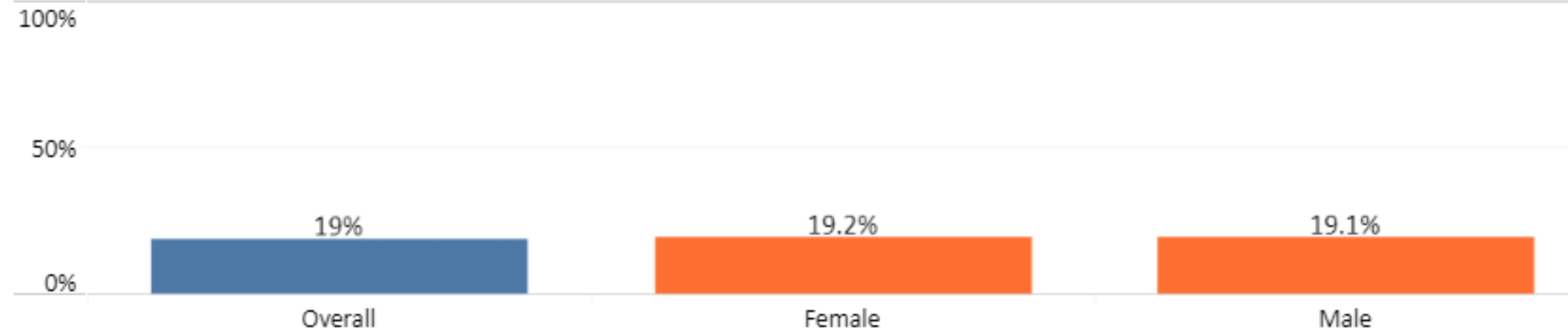
Display Percentage

Display Confidence Interval

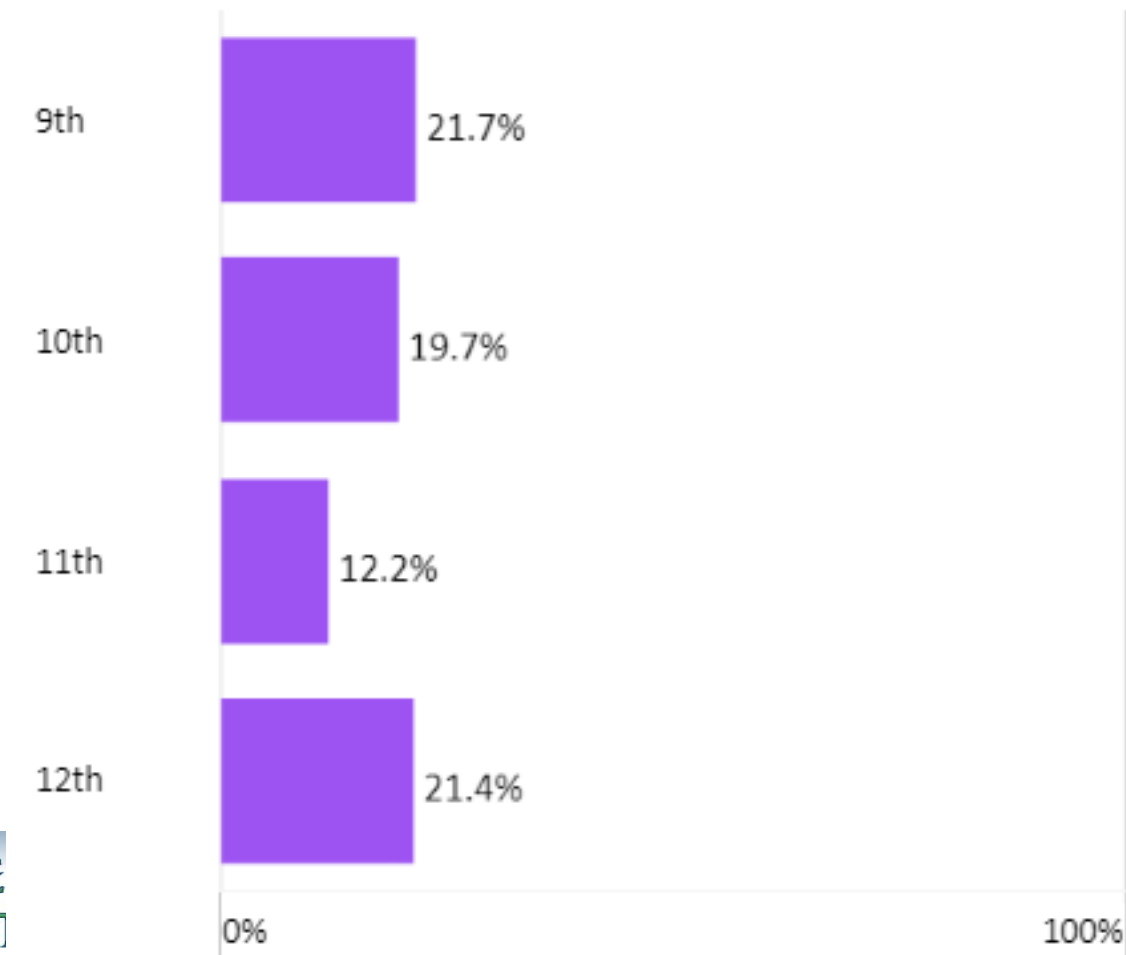
Hide Data Table

The section below will appear blank if there is no data available for the year selected in the filter above.

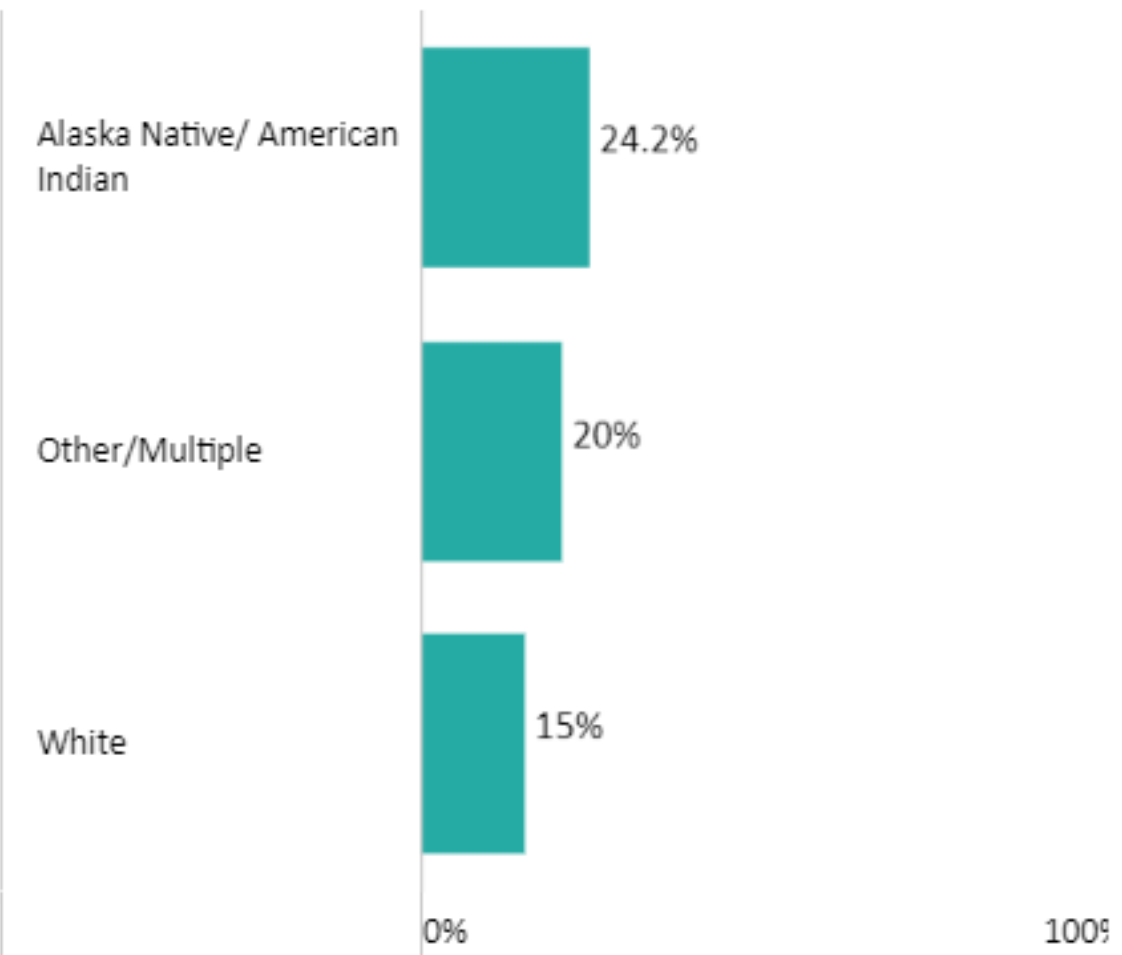
By Sex



By Grade



By Race and Ethnicity



Indicator: Percentage of students who attempted suicide (one or more times during the past 12 months)

		2011	2013	2015	2017	2019	2023
Sex	Female	9.9%	8.8%	11%	14.4%	20.5%	19.2%
	Male	7.4%	7.4%	10.4%	9.5%	18.5%	19.1%
Grade	9th	9.3%	9.4%	9.6%	12.8%	20.2%	21.7%
	10th	6.8%	10.7%	13.4%	12.6%	21.4%	19.7%
	11th	9.7%	5.6%	9.1%	8.9%	18.9%	12.2%



ALASKA YRBS STATEWIDE SURVEY RESULTS

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Select a High School Type

Statewide Alternative

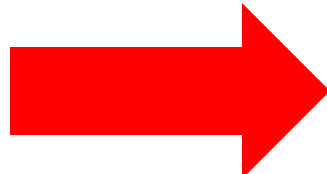
Statewide Traditional

How do I access School Health Profiles Data?

- Request SHP data reports:
 - Schoolhealth@Alaska.gov
 - PDF reports generated by CDC
 - For each of the 2 surveys (Principal, Health teacher):
 - **Tables** of most recent year's data, each question by school type
 - **Charts** of most recent year's data, each question by school type
 - Tables of **trends over time**, tests of significance



Visit the CDC Profiles Data Explorer



Search Questions [Reset](#)

Select Topic

- Health Education
- Health Information For Parents And Families
- Professional Development And Preparation
- Physical Education And Physical Activity
- Nutrition Environment And Services
- Healthy And Safe School Environment
- Health Services
- Family Engagement
- Youth Development Programs
- School Health Coordination
- Before And After School Programs

See All Topics

Explore School Health Profiles Questions - Nationwide, 2022

Additional **locations** are available by selecting a question or subquestion below

Health Services Staffing

Part-time school nurse

Table Map

Healthy and Safe School Environment Tobacco-Use Prevention Policies

Prohibit cigarette use for specific groups

Select a Subquestion

View All

Table Map

Before and After School Programs School Action

Actions related to before- or after-school programs

Select a Subquestion

View All

Table Map

Healthy and Safe School Environment Tobacco-Use Prevention Policies

Tobacco- and EVP-free school environment

Table Map

Professional Development and Preparation Professional Development and Preparation for Health Education Teachers

Wanted to receive professional development on health topics

Select a Subquestion

View All

Table Map

Healthy and Safe School Environment Tobacco-Use Prevention Policies

Prohibit tobacco use outside on school grounds for specific groups

Select a Subquestion

View All

Table Map

Nutrition Environment and Services Competitive Foods

Do not sell expanded list of less healthy foods

Table Map

Physical Education and Physical Activity Physical Activity

Joint use agreement for physical activity or sports facilities

Table Map

Physical Education and Physical Activity Physical Activity

Comprehensive School Physical Activity Plan (CSPAP)

Table Map

Professional Development and Preparation Certification

Certification

Select a Subquestion

View All

Physical Education and Physical Activity Required Physical Education

Required physical education in a specific grade

Select a Subquestion

View All

Health Education Sexual Health Topics

Assessed students' ability in grades 9, 10, 11, or 12

Select a Subquestion

View All

Table Map

Have A Part-Time Registered Nurse Who Provides Health Services To Students

Principal Surveys, 2022

Location:

All Locations

Table

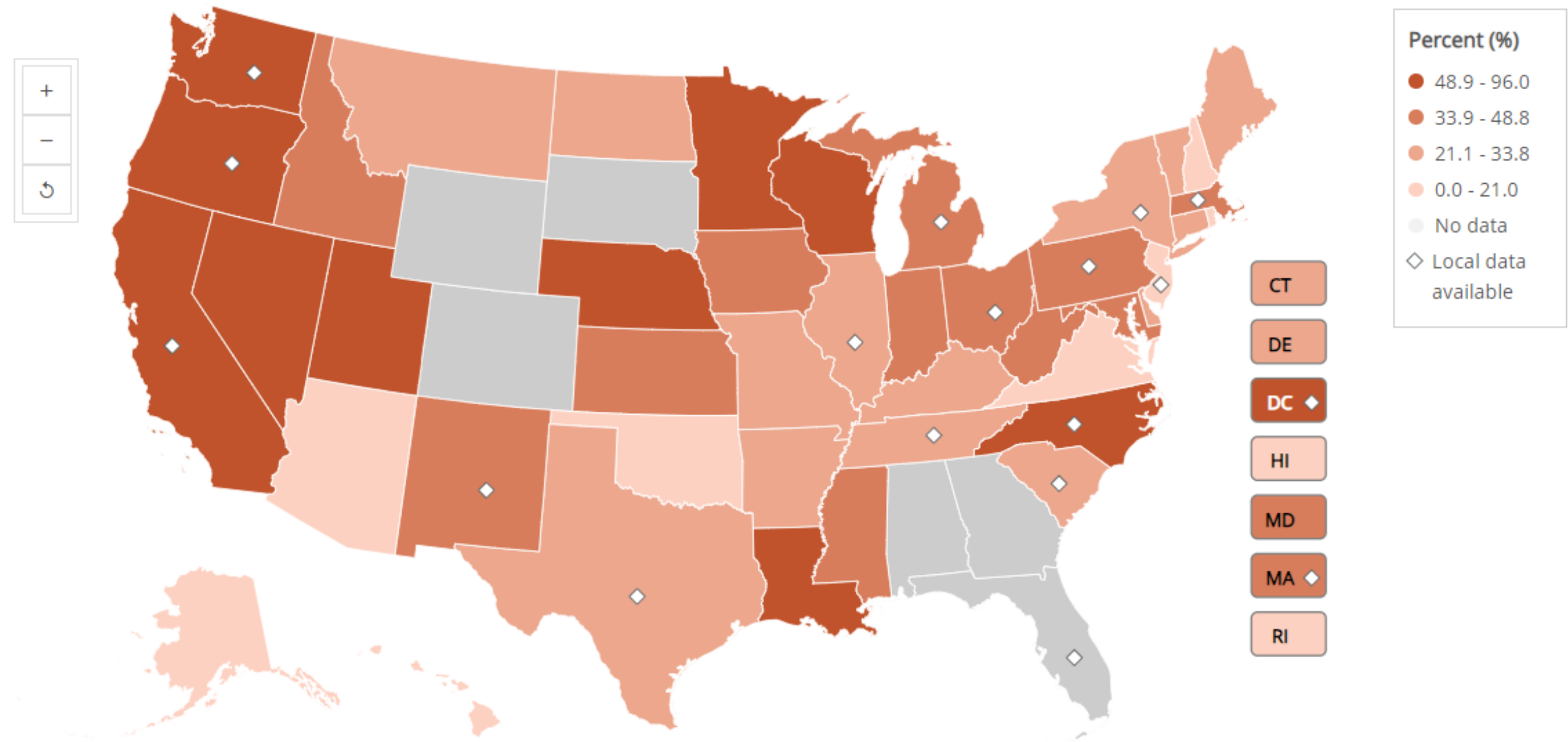
Map

Share Link

All Locations Survey Results

Year: 2022

Have a part-time registered nurse who provides health services to students



Have A Part-Time Registered Nurse Who Provides Health Services To Students

Principal Surveys, 2022

Location:

All Locations

Table

Map

[Share Link](#)

All Locations Survey Results

Year: 2022

State Survey	%	CI	N
Nationwide	38.3	37.6 - 39.0	9126
Alaska	13.3	9.0 - 19.2	103
Arizona	18.2	14.0 - 23.2	241
Arkansas	23.0	19.8 - 26.6	223
California	69.5	64.0 - 74.4	289
Connecticut	23.3	19.4 - 27.7	213
Delaware	29.7	25.6 - 34.1	63
Hawaii	17.8	17.1 - 18.6	109
Idaho	43.4	36.0 - 51.1	118
Illinois	26.8	22.1 - 32.1	277
Indiana	36.5	32.5 - 40.7	256
Iowa	34.3	30.1 - 38.7	237
Kansas	43.1	37.2 - 49.2	176
Kentucky	28.6	24.6 - 33.1	233

Wrap Up

- Explore the YRBS and Profiles data
- What measures are most related to your work?
- How might you use data on trends and patterns by demographic group?
- What data don't you see that you wish we were collecting?
- Reach out to the YRBS or School Health Profiles teams with any questions!

Session Learning Objectives

- ✓ Understand the value of two school-based surveillance systems that can be used to better meet the needs of Alaska's students.
- ✓ Be able to find YRBS and School Health Profiles results.
- ✓ Identify a way to use data from these sources in your own work.

Thank you!

Andrea Fenaughty – Chronic Disease Epidemiologist

Andrea.Fenaughty@Alaska.gov

Carly Adams – YRBS Data Manager/Epidemiologist

Carly.Adams@Alaska.gov

Jenna Test – NEW YRBS Program Manager

Jenna.Test@Alaska.gov

Naomi Davidson – Healthy Schools Specialist, SHP Coordinator

Naomi.Davidson@Alaska.gov