

# NH Youth Risk Behavior Survey (NH YRBBS)

NH Department of Health & Human Services (NH DHHS)

01/06/2023



# About YRBS – Purpose, process and usage

- The YRBS is a biennial nationwide effort to learn what young people do that may affect their health both now and in the future.
- Since 1993, the NH YRBS has been a tremendously successful collaborative effort between DOE, DHHS, schools and communities.
- It is a tool that can be a catalyst for community engagement and positive change. **The only dataset** to understand youth health and behavioral risk factors longitudinally.
- It is valid and reliable. Findings are consistent with other survey findings.
- Data reflect youth perceptions, behaviors and experiences; the school is simply a place where it is administered.

# About YRBS – Priority and Health Outcomes

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Other health risks (Alcohol/Drug Use perceptions, Community Engagement...)

# About YRBS – Student privacy

- YRBS procedures are designed to protect student privacy by allowing only anonymous participation.
- Names, student ID #, Social Security #, DOB and other identifier are not collected.
- School Coordinators/Administers training and instruction. Guidance on classroom setting.
- School-level YRBS data and school identifiers are not available in any public-use YRBS dataset.

# About YRBS – Reliability and validity

- **Do Students Tell the Truth on YRBS Questionnaire?**

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. To obtain truthful answers, students must perceive the survey as important and know procedures have been developed to protect their privacy and allow for anonymous participation.

- **Consistency Over Time**

YRBS results have been fairly consistent since 1991. While the prevalence of some behaviors has increased or decreased significantly over time, most changes have been gradual, in one direction, either up or down, and have not bounced around from year to year.

**While a very small number of students do not answer the YRBS honestly, most students tell the truth.**

# Parental notification

NH Statute RSA 186, Section 186:11, IX-d

- CDC YRBS is an exception for written parent consent.  
The law does not require Active Parental Permission (Opt-In).
- School districts are required to make the questionnaire available on website and notify parent or legal guardian at least 10 days prior to scheduled survey date.

**Note:** HB 1639 (2022) has died due to the house and the senate could not agree on language.

*Questionnaire and Forms are available at:*

<https://www.dhhs.nh.gov/programs-services/population-health/health-statistics-informatics/youth-risk-behavior-survey>

# Student's Choice

- Students may choose at any time to opt out of the survey or reconsider their participation and take part in a makeup session.
- Students who choose not to participate are not required to provide a parental opt-out form.
- Students must be told that the survey is voluntary and anonymous.

# Support the students

- Questions are written in a straightforward and direct manner and require only one response. This helps students accurately comprehend questions and response options.
- Some of the content of the survey can be disturbing to students.
- Be sure that staff is aware of the possibility that students may have unanticipated or unpleasant feelings.
- Arrange for support staff to be available and give the students information about whom to go to discuss their feelings.



# Opportunities to Use Data

- Assess trends in priority health risk behaviors among high school aged youth
- Enable schools and communities to understand risks and health behaviors of area youth
- Proposals for funding to address community's needs
- Raise awareness or get people involved on youth perceptions and behaviors in the community
- Discover the factors related to a particular issue
- Prioritize the issue(s) to address and determine strategies, approaches, changes to curriculums
- Program evaluation

Questionnaire and  
sampling frame



School  
confirmation



**YRBS  
administration  
planning**

**YRBS survey day**



Data  
completeness and  
analysis



Community/  
school report  
release

# YRBS Survey format

## Web-Format

- Reduced administrative burden
- Ease of administration and data collection
- Better protection of privacy
- Cost savings

## Paper-Format

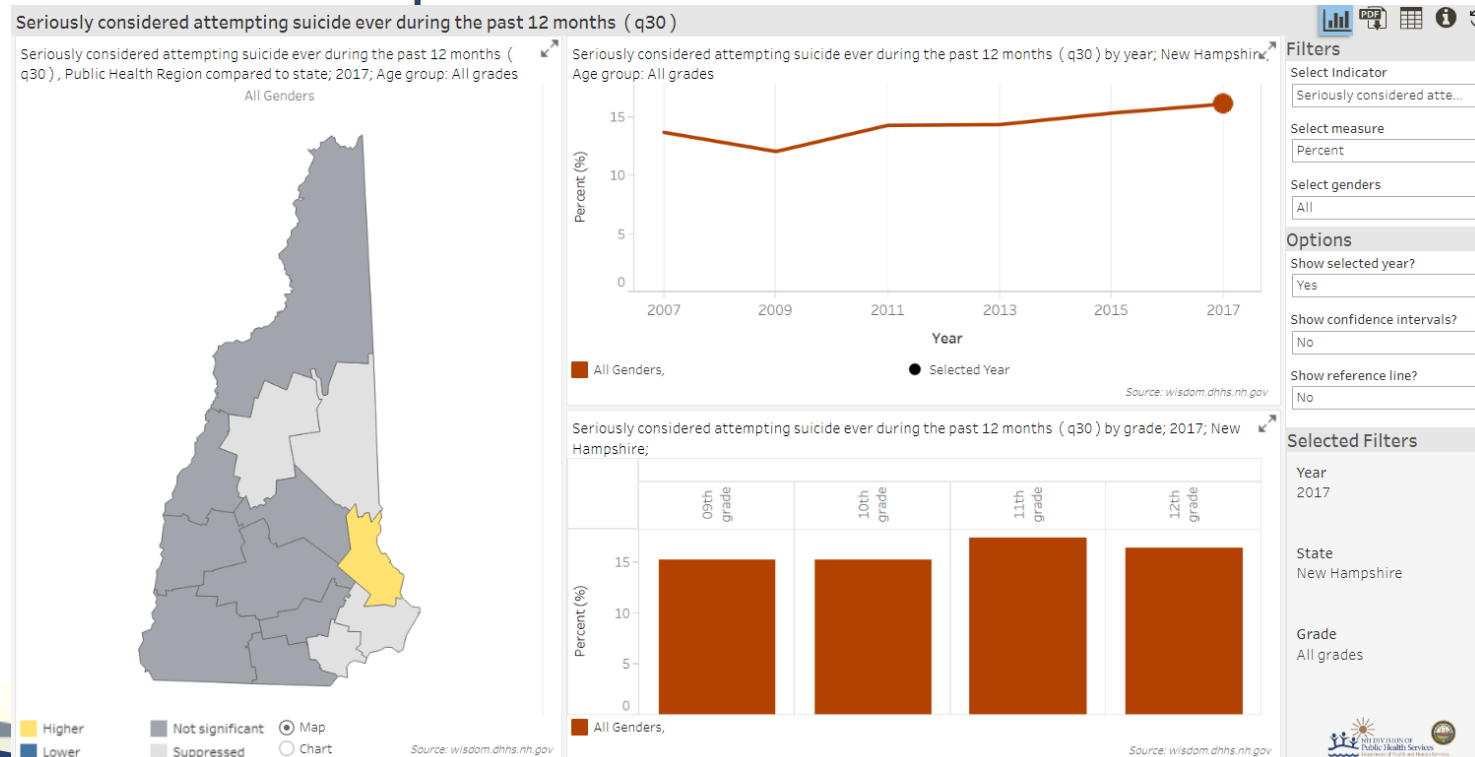
- No technical burden
- More traditional

The screenshot shows the web interface for the 2023 New Hampshire Youth Risk Behavior Survey. At the top, it says "New Hampshire Department of Education" and "2023 New Hampshire Youth Risk Behavior Survey". Below this, question 1 is displayed: "1. How old are you?". There are seven radio button options: "12 years old or younger", "13 years old", "14 years old", "15 years old", "16 years old", "17 years old", and "18 years old or older". At the bottom of the question area, there is a "reset" link. Below the question area, there are two buttons: "<< Previous Page" and "Next Page >>". At the very bottom, it says "Powered by REDCap".

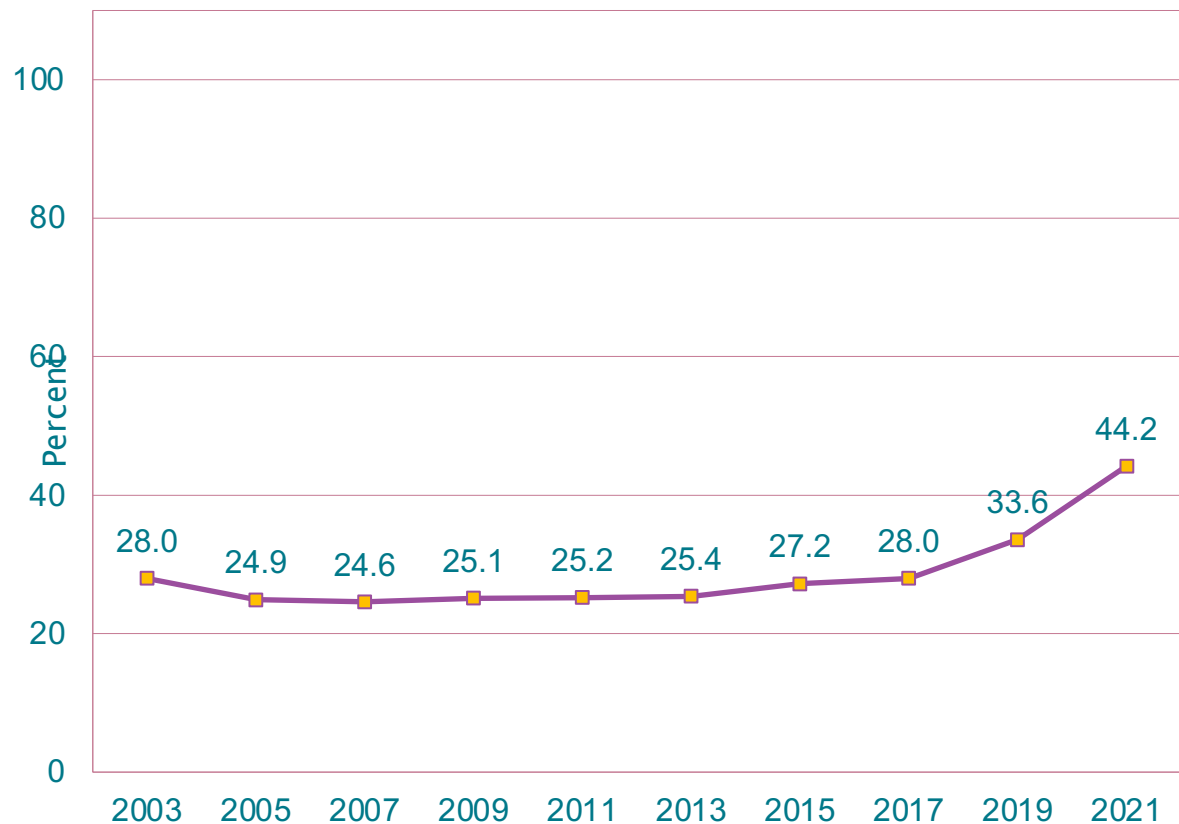
The paper-format survey form is titled "2023 New Hampshire Youth Risk Behavior Survey". It includes instructions at the top: "Directions: Use a #2 pencil only. Make dark marks. Fill in a response like this: A B • D. If you change your answer, erase your old answer completely." The form contains several questions and corresponding response areas. Question 1 asks "How old are you?" with options A through G. Question 2 asks "What is your sex?" with options A (Female) and B (Male). Question 3 asks "In what grade are you?" with options A through E. Question 4 asks "Are you Hispanic or Latino?" with options A (Yes) and B (No). Question 5 asks "What is your race? (Select one or more responses.)" with options A through E. Question 6 asks "How tall are you without your shoes on?" with a table for recording height in feet and inches. Question 7 asks "How much do you weigh without your shoes on?" with a table for recording weight in pounds. The form also includes a "reset" link and navigation buttons at the bottom.

# 2021 YRBS Data reporting status

- Preliminary community/school report – released in Oct 2022
- State and regional weighted dataset from CDC – received end Dec 2022.
- Final community/school report – estimated release in Feb 2023.
- DHHS Data Portal update – estimated in April 2023

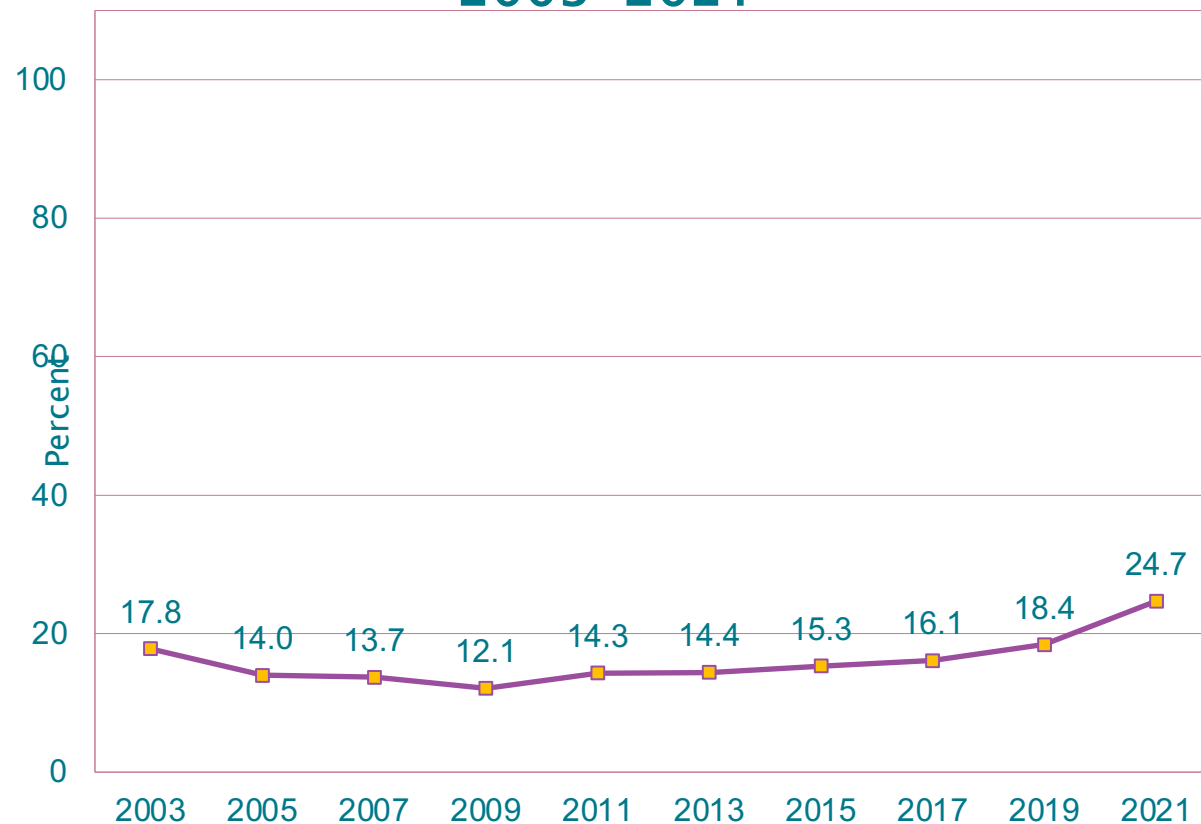


## Percentage of High School Students Who Felt Sad or Hopeless,\* 2003–2021



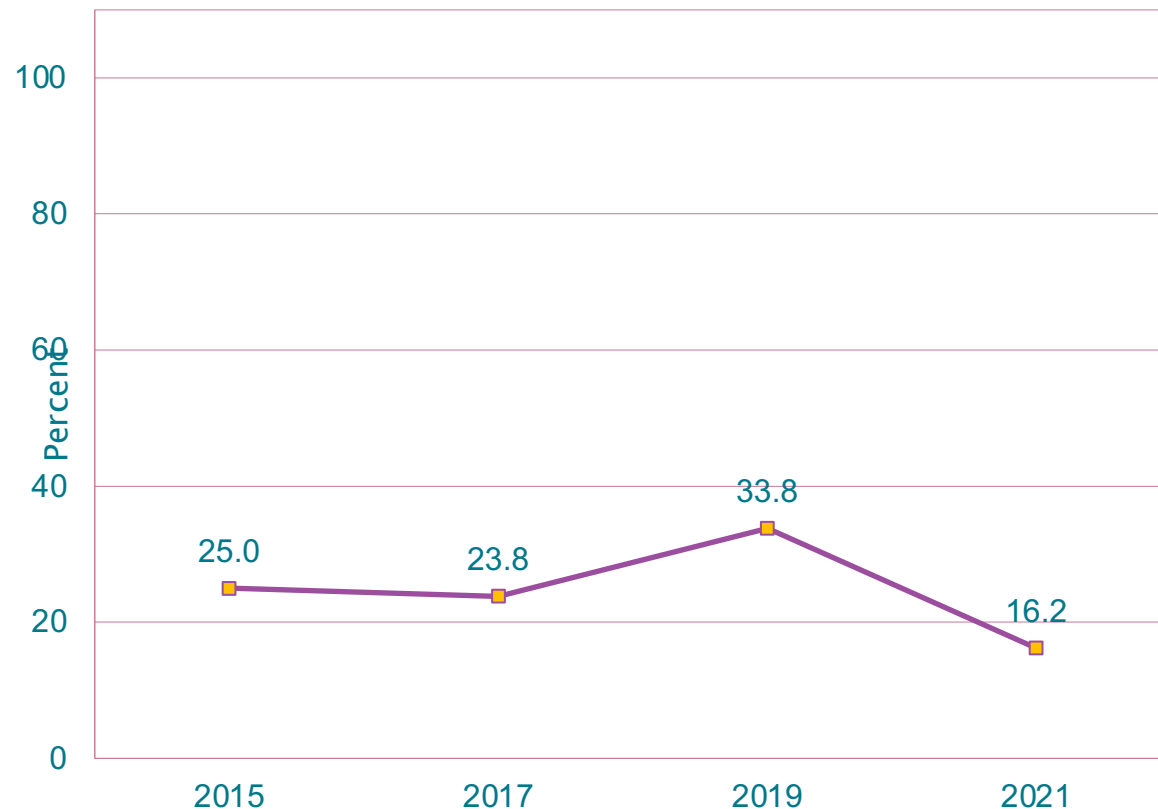
\*Almost every day for  $\geq 2$  weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey

## Percentage of High School Students Who Seriously Considered Attempting Suicide,\* 2003–2021



\*During the 12 months before the survey

## Percentage of High School Students Who Currently Used an Electronic Vapor Product,\* 2015–2021



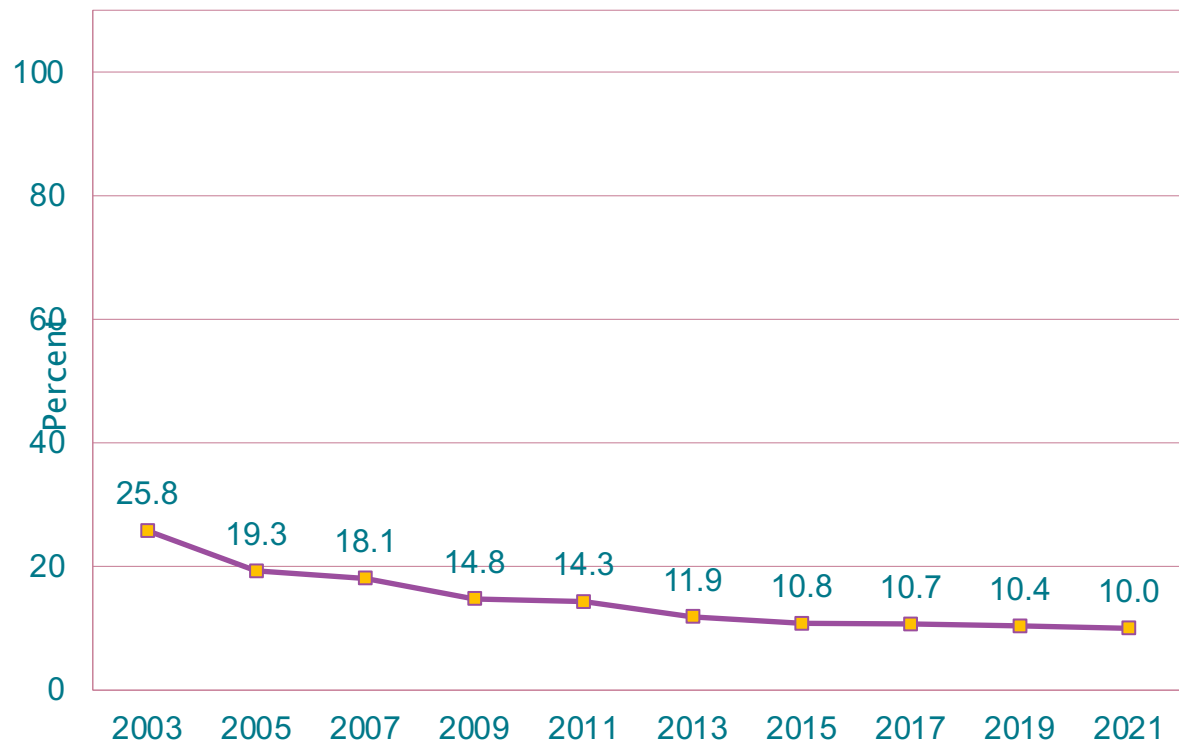
\*Including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey

## Percentage of High School Students Who Currently Used Electronic Vapor Products Frequently,\* 2015–2021



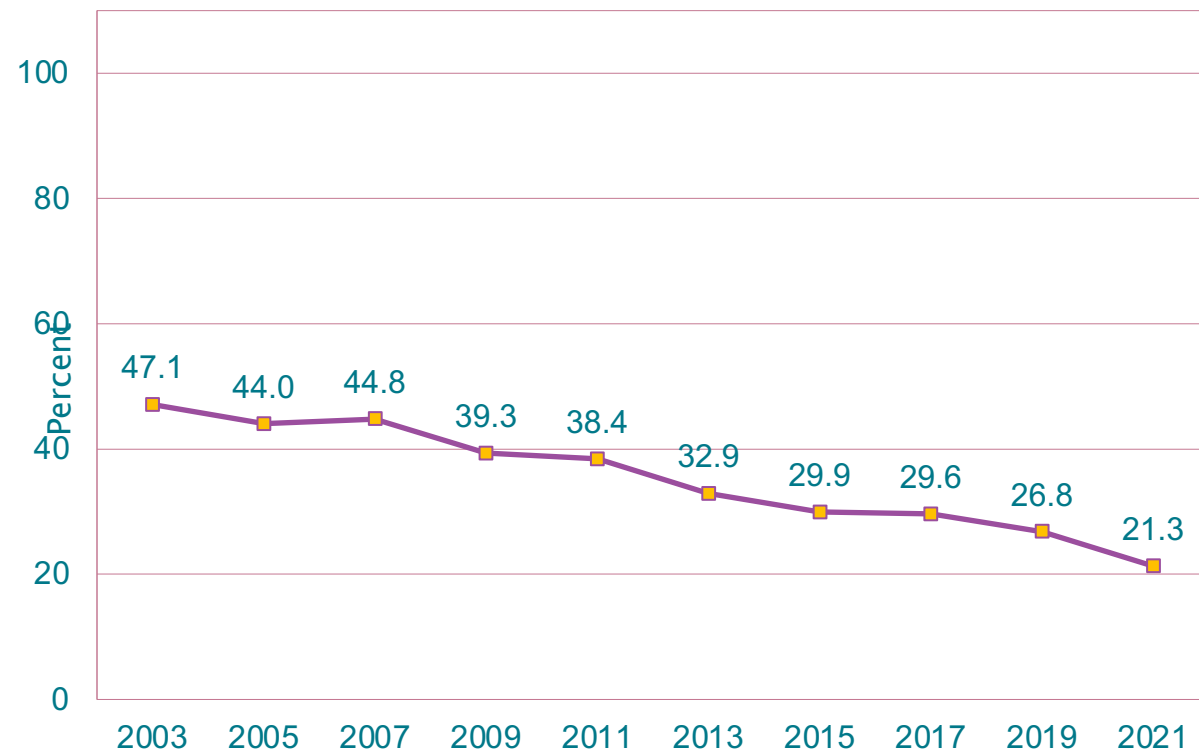
\*On 20 or more days during the 30 days before the survey

## Percentage of High School Students Who Had Their First Drink of Alcohol Before Age 13 Years,\* 2003–2021



\*Other than a few sips

## Percentage of High School Students Who Currently Drank Alcohol,\* 2003–2021



\*At least one drink of alcohol, on at least 1 day during the 30 days before the survey

# 2023 YRBS Administration status

- Administration period: January – April 2023
- Total 82 public high schools: 69 participating, 4 refusing, 9 pending
- 36% - Paper format, 57% - Web format
- Data report plan:
  - NH DHHS receives school level results in early summer 2023.
  - Receives the state and regional weighted data from CDC estimated in Feb 2024.
  - Deliver community data reports to school Superintendents estimated in April 2024.



# Community Data Report

Available to superintendents  
only for their own school district.

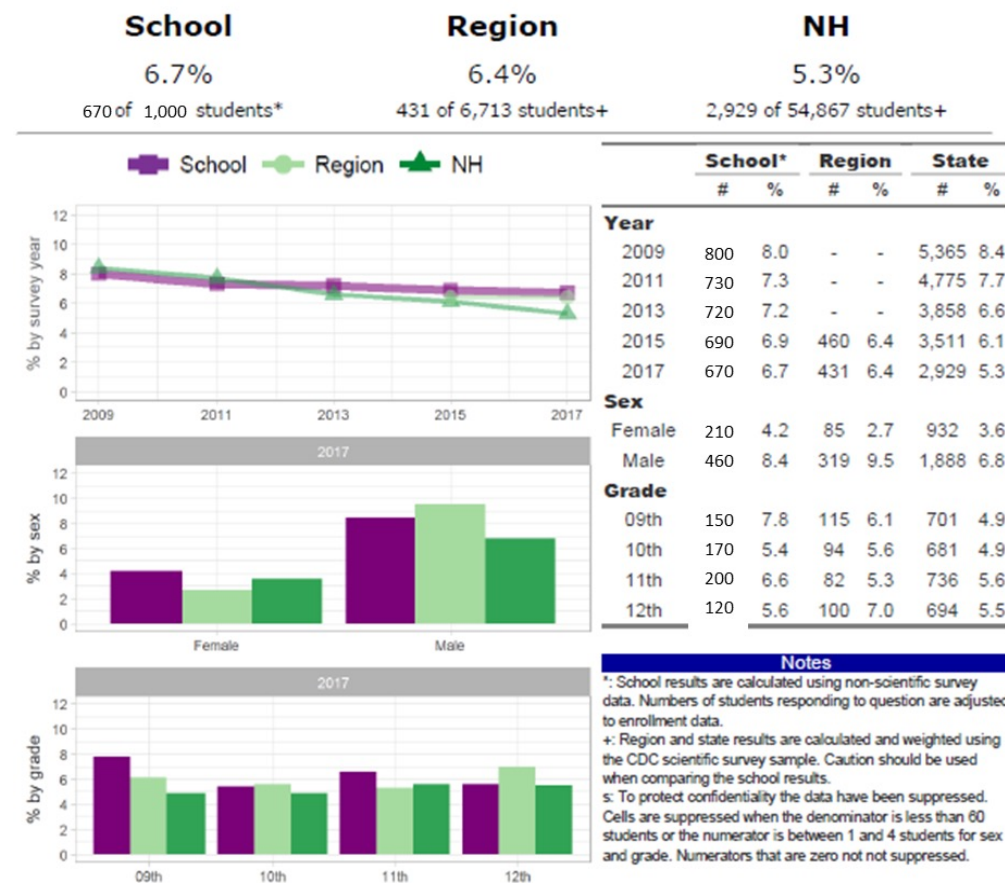
Note: To release community report –  
authorization from superintendent.

2017 Youth Risk Behavior Survey

ABC High School

## Category: Drug Use - Behaviors

Number and Percent of students who tried marijuana for the first time before age 13 years



**How the question was actually asked:** How old were you when you tried marijuana for the first time?

a: I have never tried marijuana ; b: 8 years old or younger ; c: 9 or 10 years old ; d: 11 or 12 years old ; e: 13 or 14 years old ; f: 15 or 16 years old ; g: 17 years old or older;

Numerator: bod; denominator: abodefg;

Question number: 40; 2007q40; 2009q37; 2011q40; 2013q46; 2015q42; 2017q44;

# National YRBS Data resources

## CDC High School YRBS Youth Online (<https://nccd.cdc.gov/Youthonline/App/Default.aspx>)

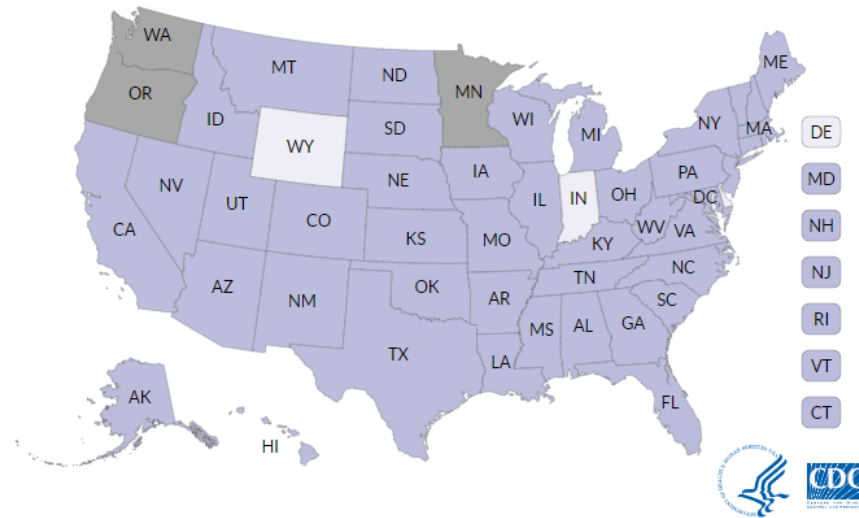
### View all responses for one location

View survey results for the United States, a state, a territory or freely associated state, or selected location. To view U.S. data, click the View U.S. Data link. To choose a specific location, make a selection in the dropdown menu or click a location on the map.

Select State, Local Site, Territory or Freely Associated State, or Tribe

Select One

GO [View U.S. Data](#)



Data availability

■ Data available (includes 2019)

Data updates

■ Data available (does not include 2019)

■ Data not available

### View one question for all locations

View results for one question for all states and locations that have data available. To choose a question, first select a Health Topic.

Select a Health Topic:



[Unintentional Injuries and Violence](#)



[Tobacco Use](#)



[Alcohol and Other Drug Use](#)



[Sexual Behaviors](#)



[Dietary Behaviors](#)



[Physical Activity](#)



[Obesity, Overweight, and Weight Control](#)



[Other Health Topics](#)

### YRBS Analysis Tool

Explore YRBS and GSHS data in more detail using the YRBS Analysis Tool to run a real-time data analysis that generates frequencies, cross tabulations, and stratified results.

# Important Role of Schools in Youth Health & Safety

Schools play a critical role in:

- Promoting the health and safety of young people
- Helping young people establish lifelong healthy behavior patterns
- Communicating with students and parents

**The youth of today will be the adults of tomorrow.**

***Thank you for supporting the  
NH Youth Risk Behavior Survey!***

# Contact

## NH DHHS

NH Youth Risk Behavior Survey Mailbox:  
[DHHS.NH.Youth.Risk@dhhs.nh.gov](mailto:DHHS.NH.Youth.Risk@dhhs.nh.gov)

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# QUESTIONS

