

Data saves lives.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Health Promotion and Disease Prevention Section

YRBS INFORMATION CAN HELP YOU ADDRESS STUDENT HEALTH-RISK BEHAVIORS.

The Youth Risk Behavior Survey (YRBS) is an invaluable tool that your school can use to make a difference in students' lives. Delaware's YRBS is conducted every other year (odd years) and provides a benchmark that measures the progress our schools are making in key behavioral areas. These include unintentional injuries and violence, tobacco and e-cigarette use, alcohol and other drug use, sexual and dietary behaviors, and physical activity. This same data helps state agencies to determine what interventions may be needed and what resources should be allocated, as well as to identify emerging issues, evaluate programs, and request grant funding. The YRBS is your window into what's happening with Delaware youth, and where you can get involved.

WHAT STUDENTS HAVE REPORTED TO THE YRBS



IN 2017

16.1%

of high school students had consumed their first drink of alcohol before age 13.

VS

23.5%

IN 2009

IN 2017

45.1%

of middle school students had been in a physical fight.

VS

65.3%

IN 2009



IN 2017

22.7%

of high school students had tried smoking cigarettes.

VS

47.7%

IN 2009

IN 2017

9.2%

of middle school students had been sexually active.

VS

22.8%

IN 2009



IN 2017

17%

of high school students were not physically active for 60 minutes a day*

VS

19.5%

IN 2009

* For at least one day in the seven days prior to the survey.

Be sure your school participates in the YRBS. Learn more: HealthyDelaware.org/Activate.

Still, there is work to be done.

While we've seen a trend toward improvement in some areas, there are other areas in which Delaware students are still struggling. Our schools need to redouble their efforts to effectively change student behaviors and outcomes for the better. Once again, YRBS data is invaluable in spotting these trends and in tracking progress to effect positive change.

DELAWARE STUDENTS IN CRISIS IN 2017



27.8% of middle school students watch three or more hours of television a day.



38.6% of middle school students have been bullied.

13.5% of high school students carry a weapon (gun, knife, or club) in school.



45% of high school students email or text while driving.



37.9% of high school students have used an electronic vaping product.



32% of high school students were overweight or obese.

MENTAL HEALTH CONCERNS GROW

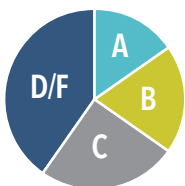


27.6% of high school students feel sad or hopeless every day.

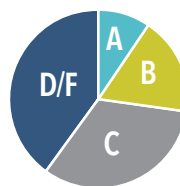


17.8% of middle school students have seriously considered attempting suicide.

A HIGHER NUMBER OF STUDENTS ARE GETTING LOWER GRADES



EARNED GRADES OF STUDENTS WHO BINGE DRINK



EARNED GRADES OF STUDENTS WHO USE TOBACCO PRODUCTS

Source: Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 2017 and 2009

Be sure your school participates in the YRBS. Learn more: HealthyDelaware.org/Activate.