Indiana Department of Health

THE CURRENT STATE OF HOOSIER YOUTH:

2021 YOUTH RISK BEHAVIOR SURVEY FINDINGS

KATE SCHEDEL

MAY 17, 2023

IDOH– Adolescent Health Programming

- The Maternal and Child Heath Division houses a lot of our adolescent and young adult programming
  - Other divisions at IDOH also serve the adolescents and young adult (AYA) population

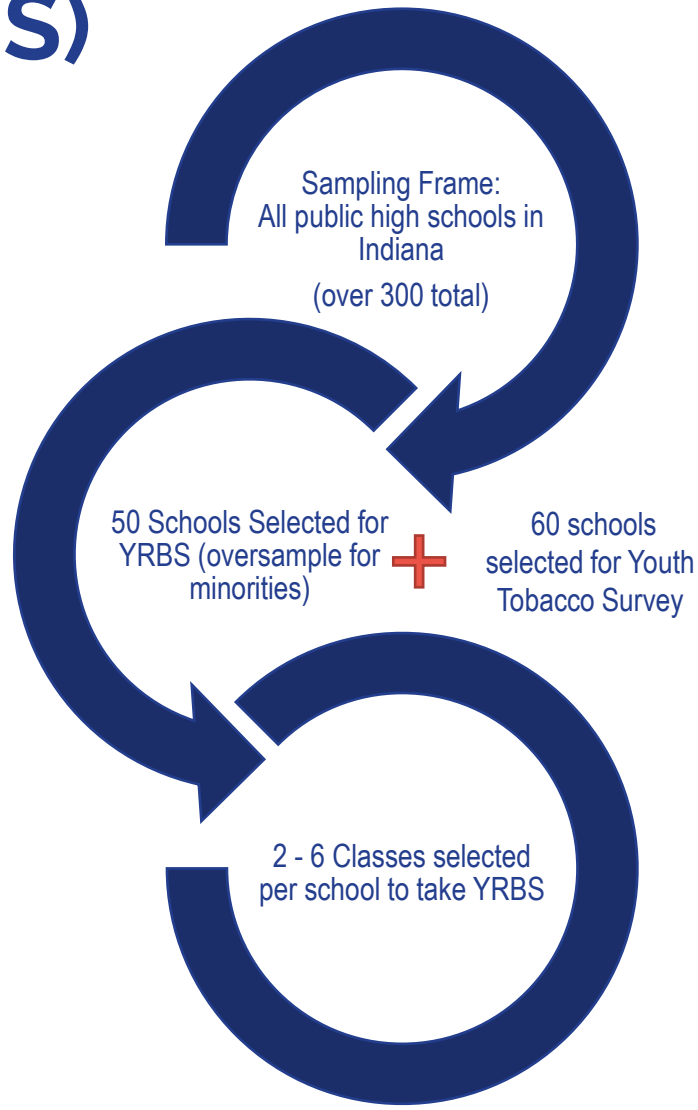
- Programming Overview
  - Title V MCH Block Grant
    - Currently has four major objectives and goals related to adolescent health
    - Work alongside a network across 59 states and jurisdictions serving the AYA population
  - Teen Pregnancy Prevention Grant Program
  - Sexual Risk Avoidance Education Grant Program
  - Youth Risk Behavior Survey and School Health Profiles Survey
  - Youth Advisory Board

Youth Risk Behavior Survey (YRBS)

- A CDC-sponsored survey, around since 1990
  - Conducted every other year (odd-numbered years) from January - April
  - Sample consists of a representative group of high school students around the state
  - Indiana uses 2/3 of base questions each year, and adds additional questions
    - Total: 99 questions, completed in one class period, all anonymous
    - In 2021: Added 8 ACE-related questions
    - In 2023: Added all 16 ACE and PCE related questions

- YRBS monitors students' health risks and behaviors in six categories:
  - unintentional injury and violence
  - sexual behaviors related to unintended pregnancy
  - alcohol and other drug use
  - tobacco use
  - unhealthy dietary behaviors
  - inadequate physical activity

- Schools receive $500 for their participation



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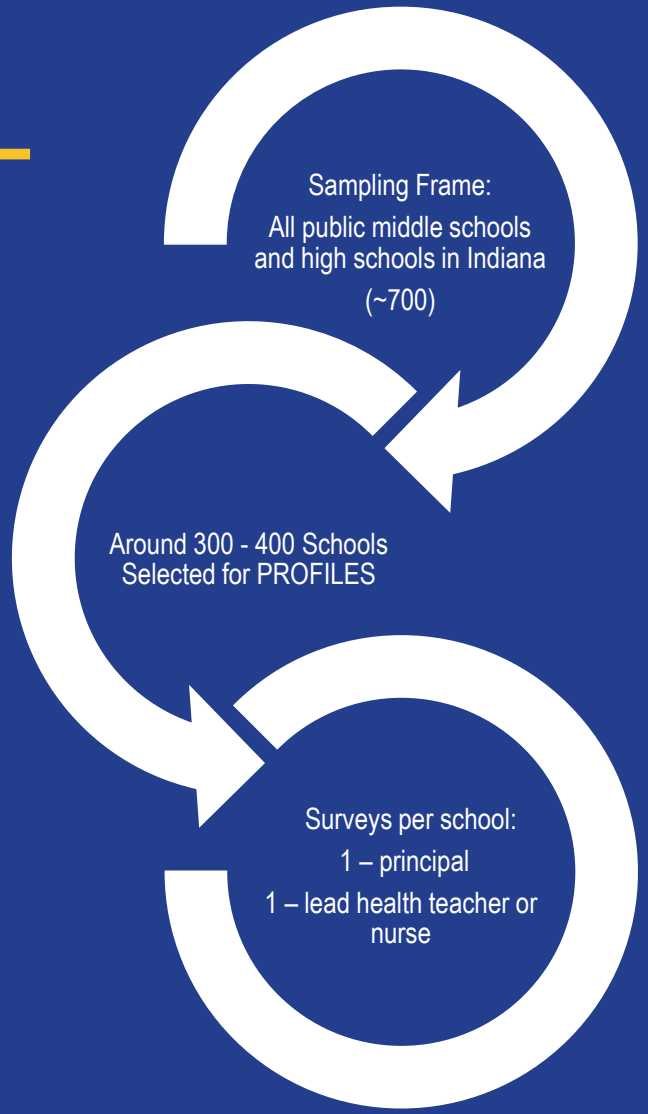
School Health Profiles

- A CDC-sponsored survey
  - Conducted every other year (even-numbered years)
  - Sample a representative group of high school staff around the state

- Assesses school health policies and practices such as:
  - School health education requirements and content;
  - Education and physical activity;
  - Practices related to bullying and sexual harassment;
  - School health policies related to tobacco-use prevention and nutrition;
  - School-based health services;
  - Family engagement and community involvement; and
  - School health coordination.

- Principals and teachers are rewarded with a $25 gift card for their participation



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Data Notes & Caveats

- Indiana celebrates the hard-earned success of achieving YRBS weighted data in 2021! This means that enough schools and students participated in the YRBS to allow for the survey results to be representative of Indiana public high school students.
- Throughout this presentation, note the years of missing data in some of the graphs and data visuals: Indiana did not achieve weighted data for YRBS for 2013, 2017, or 2019 and did not achieve weighted data for SHP for 2018; therefore, data for these years are missing throughout this presentation.
- YRBS was conducted in January – April 2021, keep in mind this is when most students returned to in-person learning after approximately seven months of remote learning.
- Based on CDC guidance, statistics based on subgroup counts less than 30 have been suppressed.
- Please note small counts for some of the data slides and keep in mind that graph axes shift to allow for legible data visuals.
- The intent of this slide deck is to be a comprehensive overview of valuable information from which users can pull data and statistics for their work – for additional data requests or a deeper dive into a specific content area please reach out to MCH (ISDHMCH@isdh.in.gov).

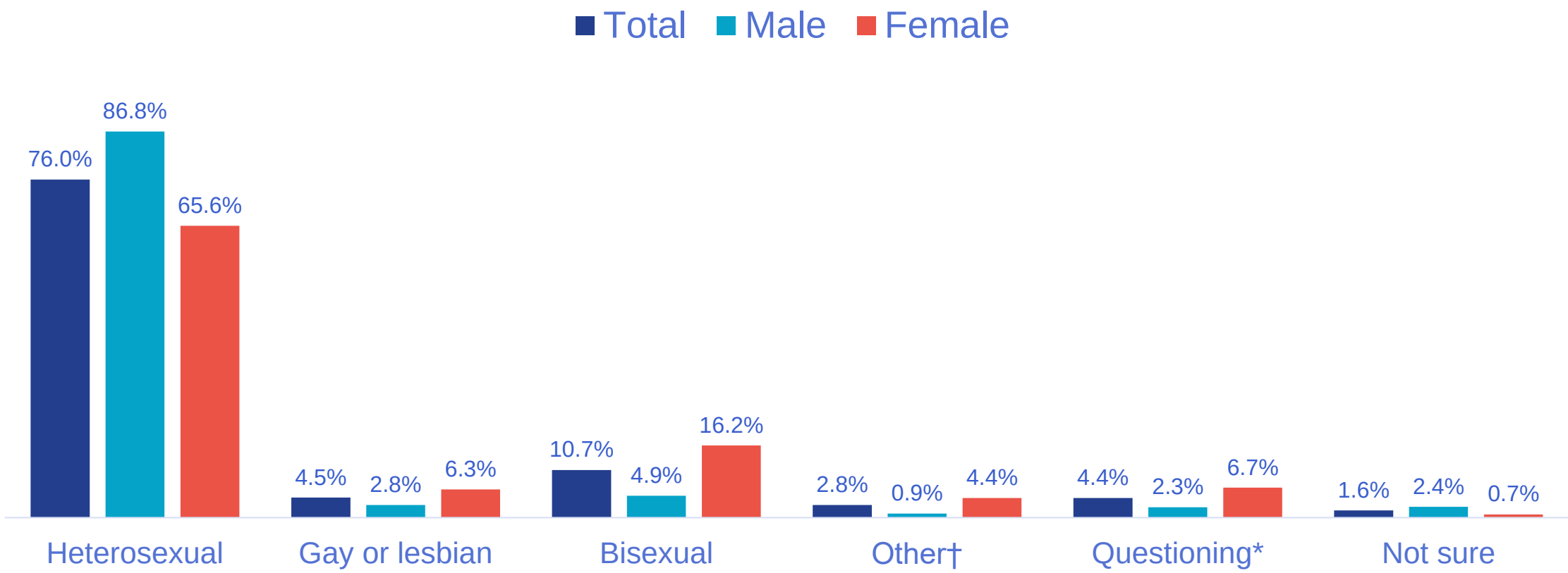
2021 Sample Characteristics

- The 2021 Youth Risk Behavior Survey (YRBS) was completed by 1,029 students in 43 public high schools in Indiana during the spring of 2021.
- The school response rate was 88%, the student response rate was 81%, and the overall response rate was 71%.
- The results are representative of all students in grades 9-12.
- The weighted demographic characteristics of the sample are as follows:

Gender	Grade	Age	Race/Ethnicity
Female: 49.0%	9th: 25.9%	15 or younger: 32.7%	Black*: 10.8%
Male: 51%	10th: 25.8%	16 or 17: 51.1%	Hispanic/Latino: 11.7%
	11th: 24.5%	18 or older: 16.2	White*: 70.3%
	12th: 23.8%		All Other Races*: 4.1%
			Multiple Races*: 3.2%

*Non-Hispanic

Sexual Orientation – All Students



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† Includes students who responded 'I describe my sexual identity some other way'
* Includes students who responded 'I am not sure about my sexual identity'

General Health & Healthcare

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Health Ratings – 2021 Results

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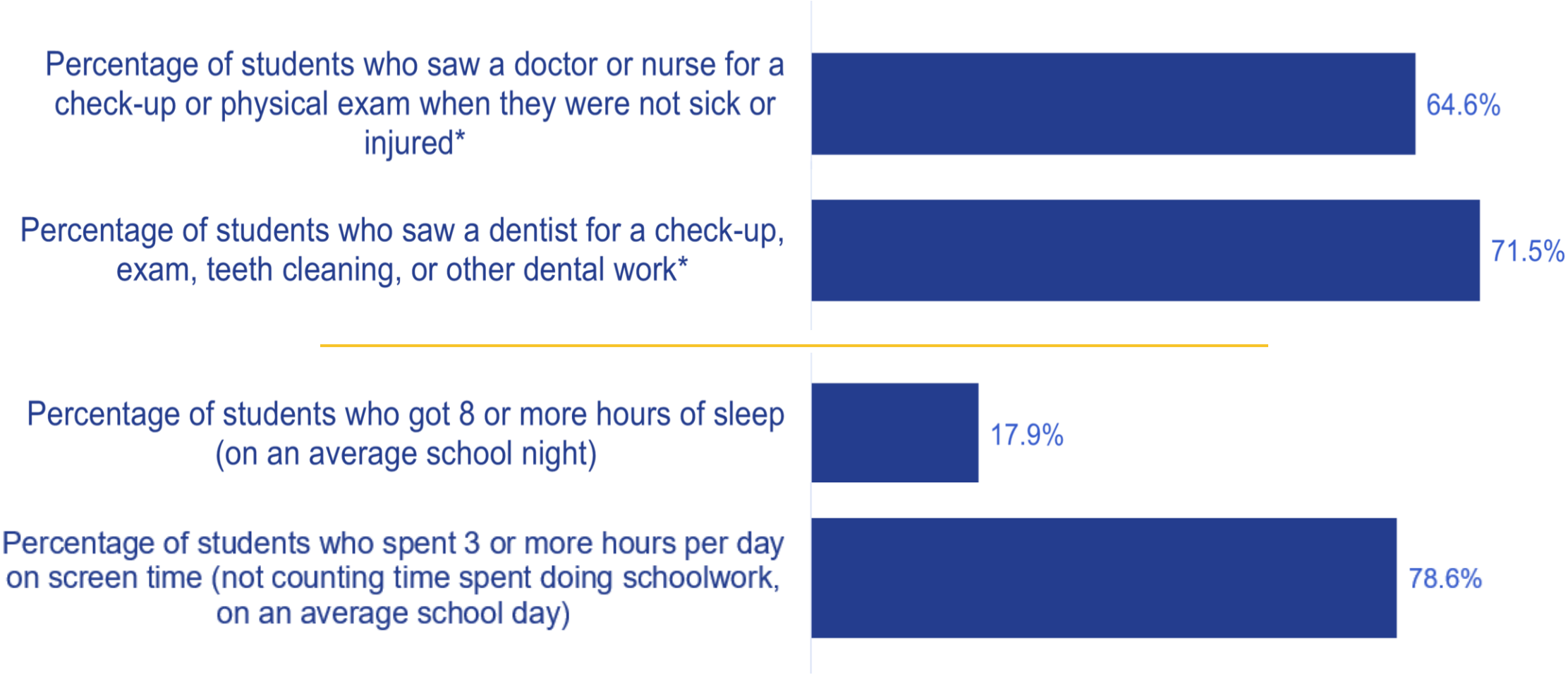
*on at least 1 day during the 30 days before the survey

Healthcare Providers & Sleep – 2021 Results



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*During the 12 months prior to the survey

Substance Use

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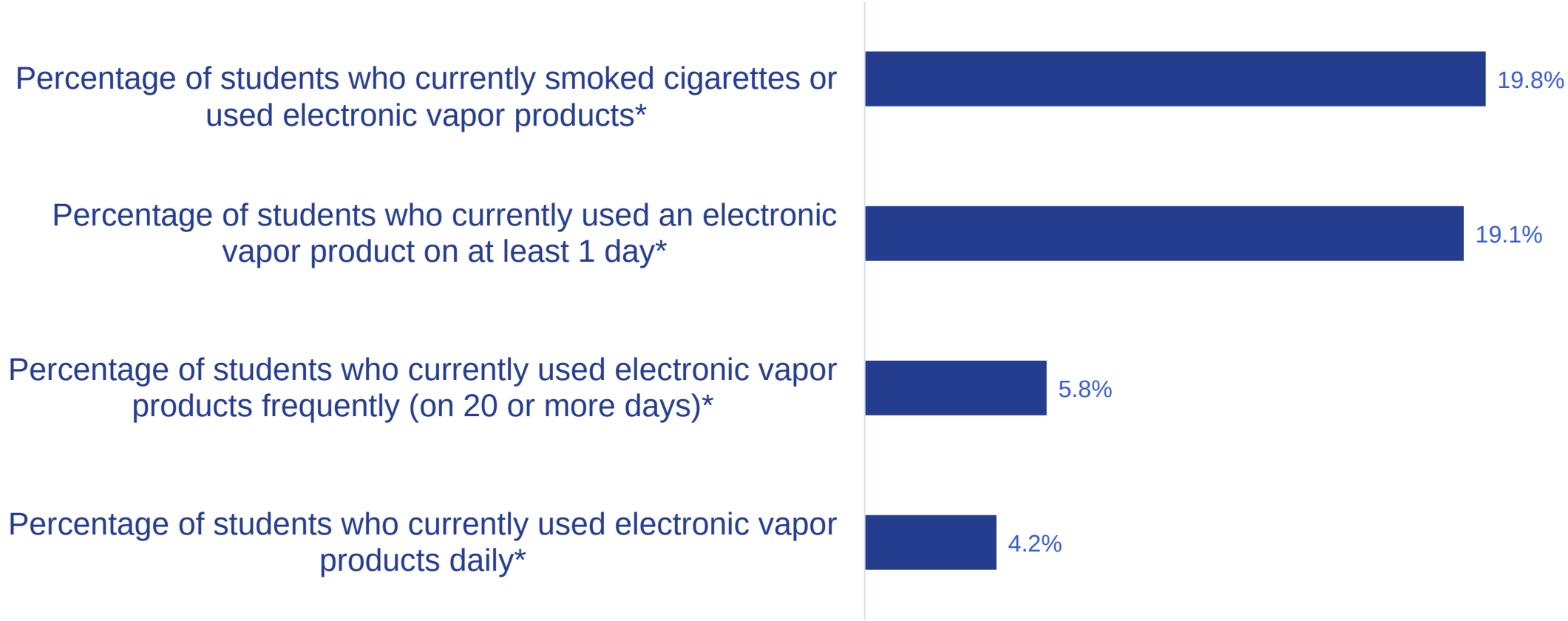
Cigarettes & Vaping – 2021 Results



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*during the 30 days before the survey

Alcohol Consumption – 2021 Results

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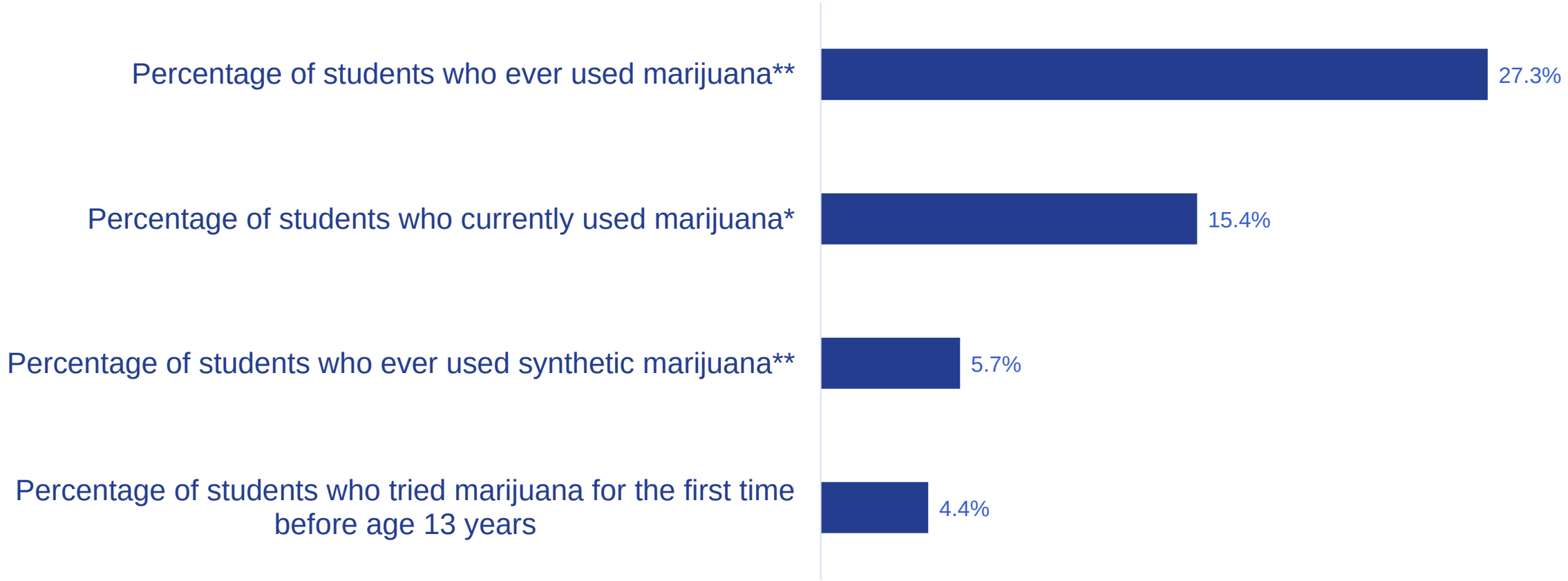
*during the 30 days before the survey

Marijuana Use – 2021 Results



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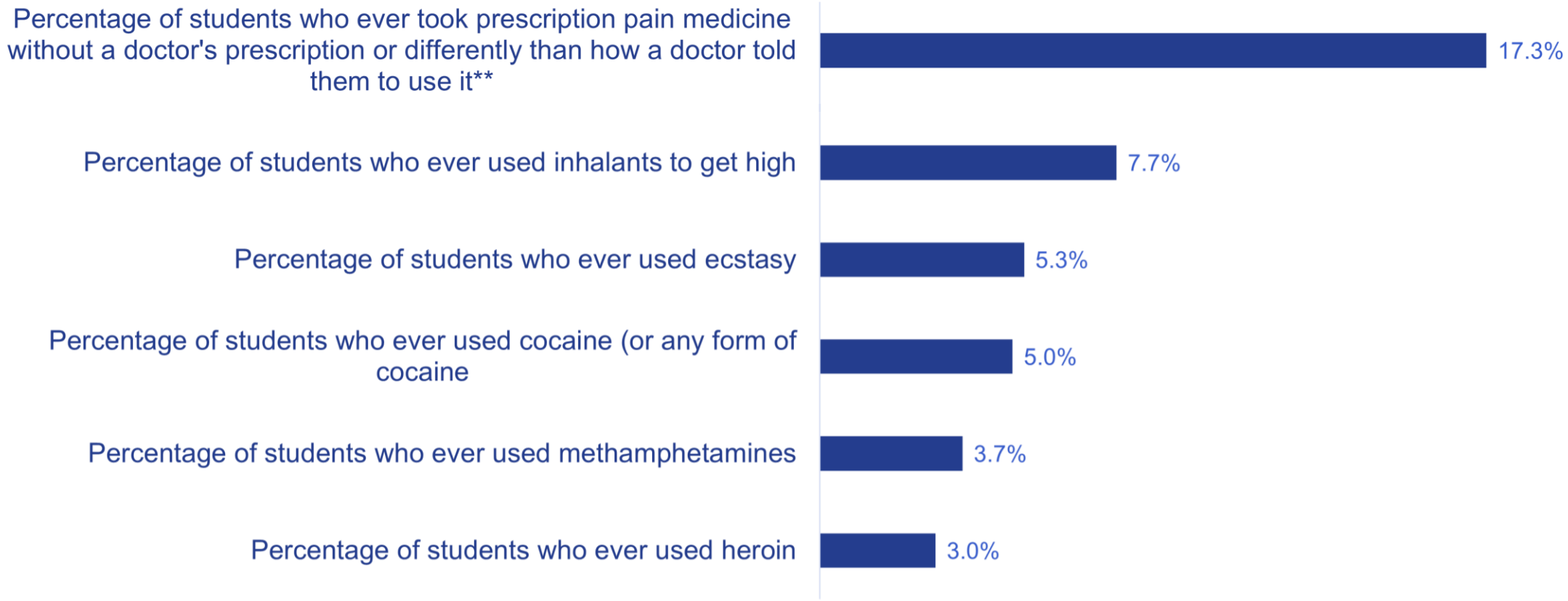
*during the 30 days before the survey
**one or more times during their life

Other Drug Use – 2021 Results



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*during the 12 months before the survey
**during their lifetime

Mental Health

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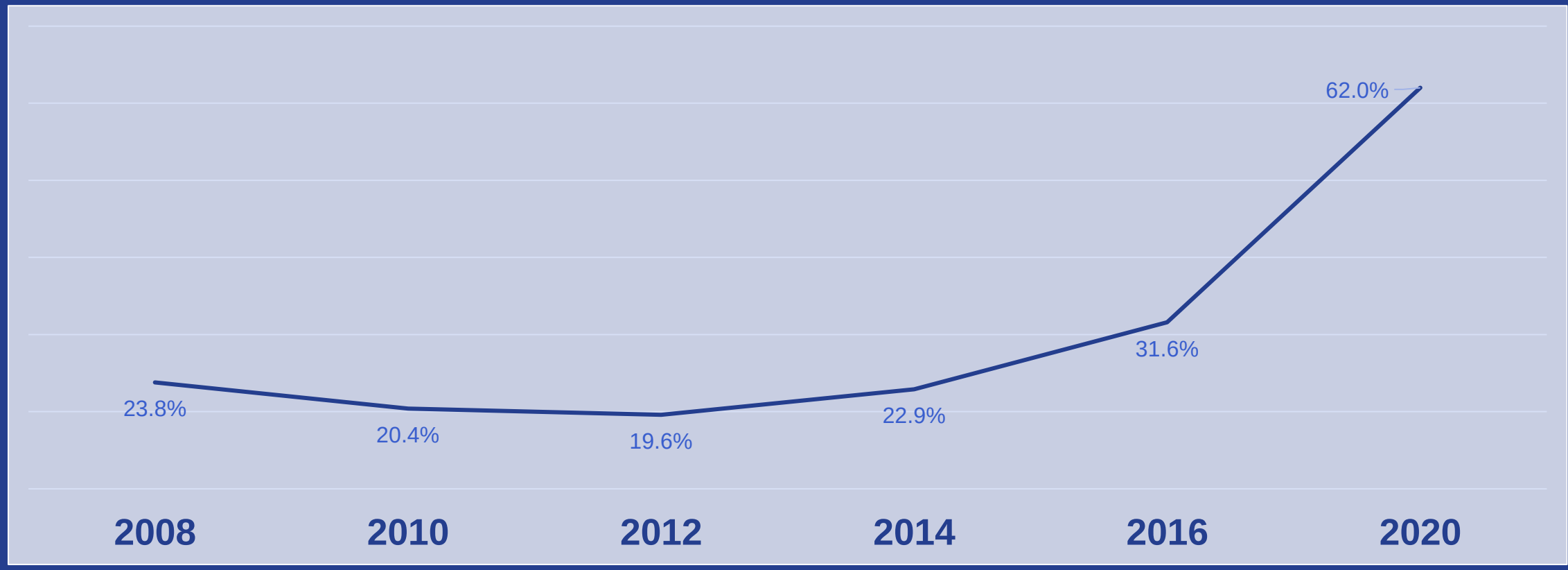
School Health Profiles – Teacher Survey

Percentage of schools in which the lead health education teacher received professional development on emotional and mental health during the two years before the survey:



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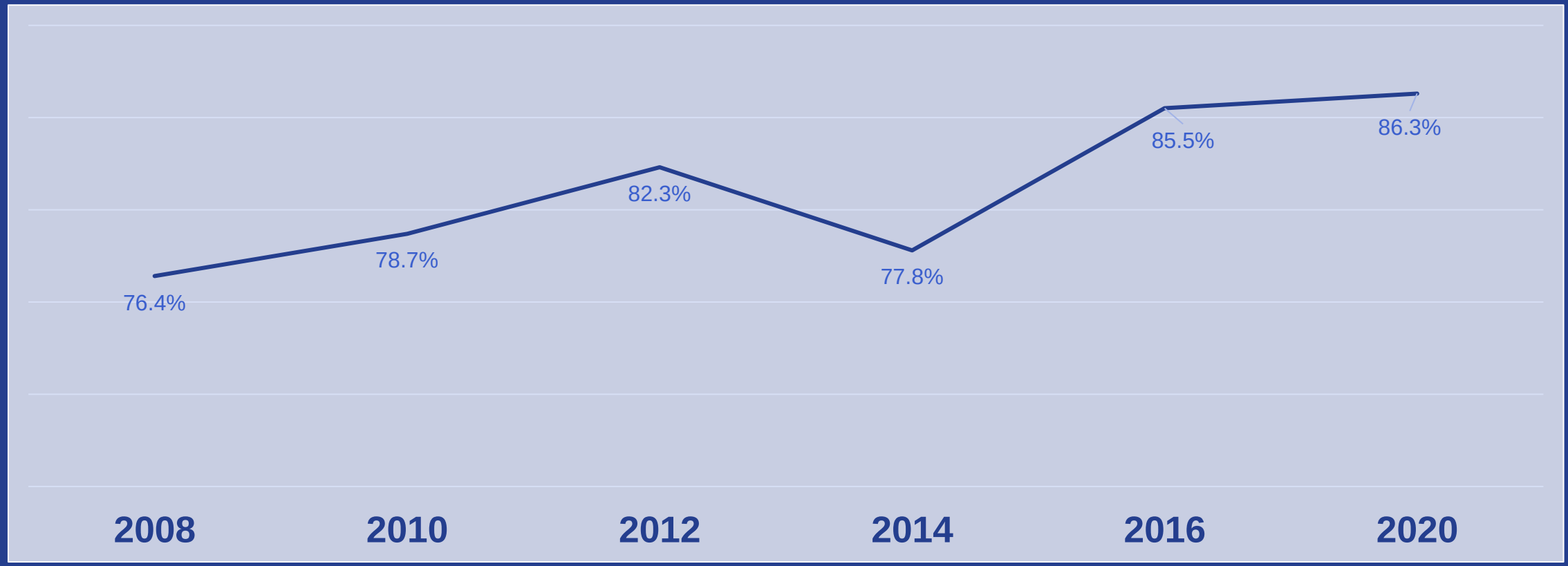
School Health Profiles – Teacher Survey

Percentage of schools in which teachers tried to increase student knowledge on suicide prevention in a required course in any of grades 6 through 12 during the current school year:



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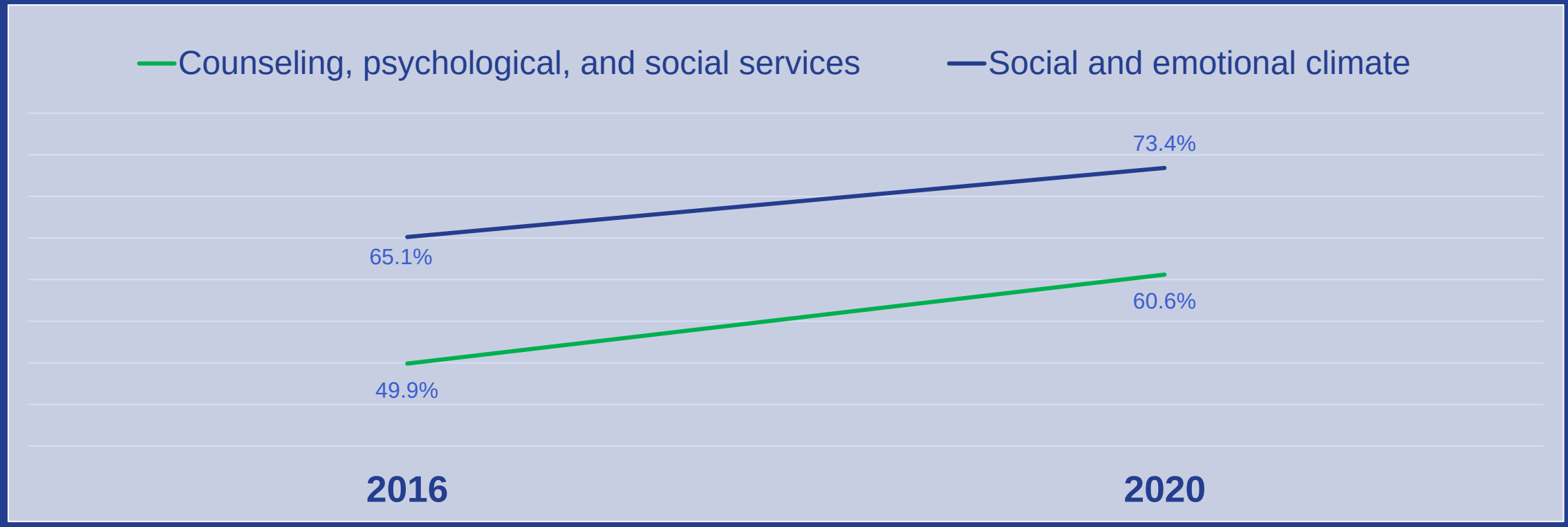
School Health Profiles – Principal Survey

Percentage of schools with a School Improvement Plan that includes health-related objectives on…



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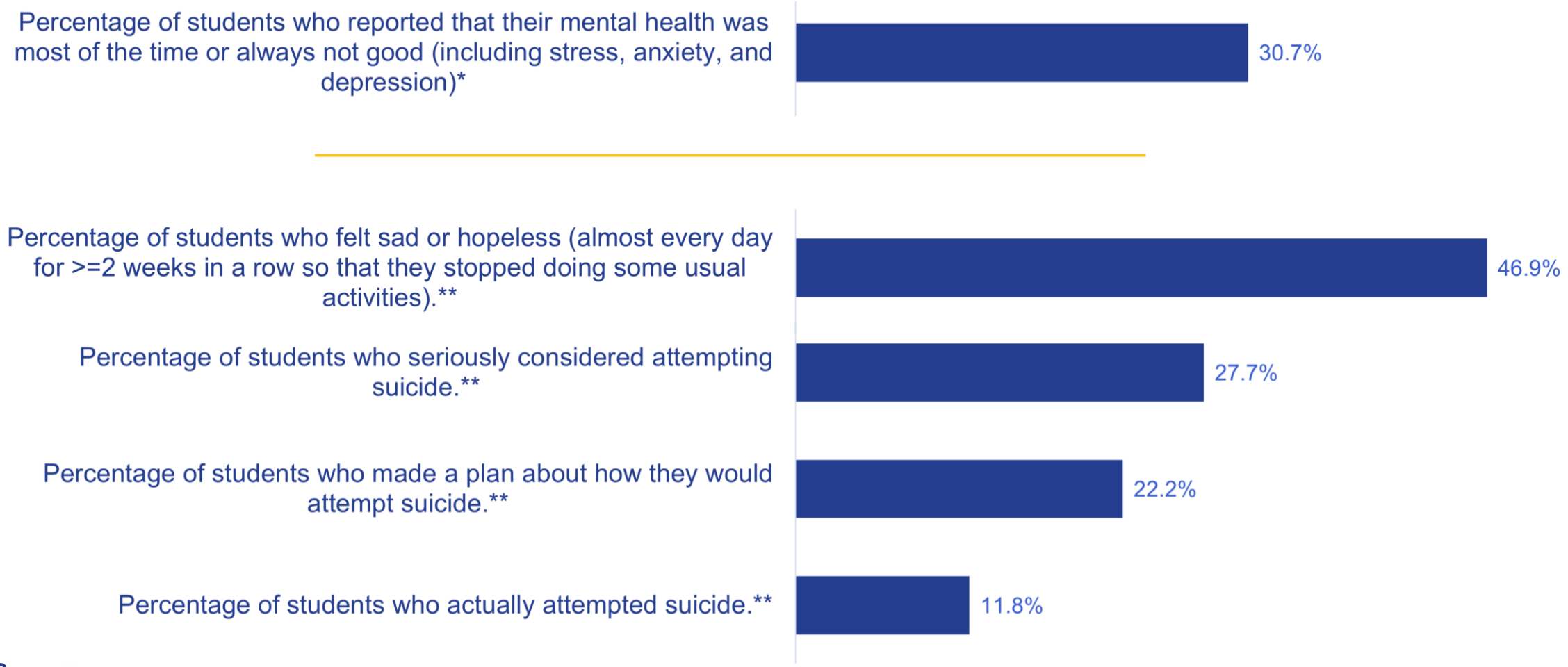
Stress, Anxiety, Depression & Suicide – 2021 Results



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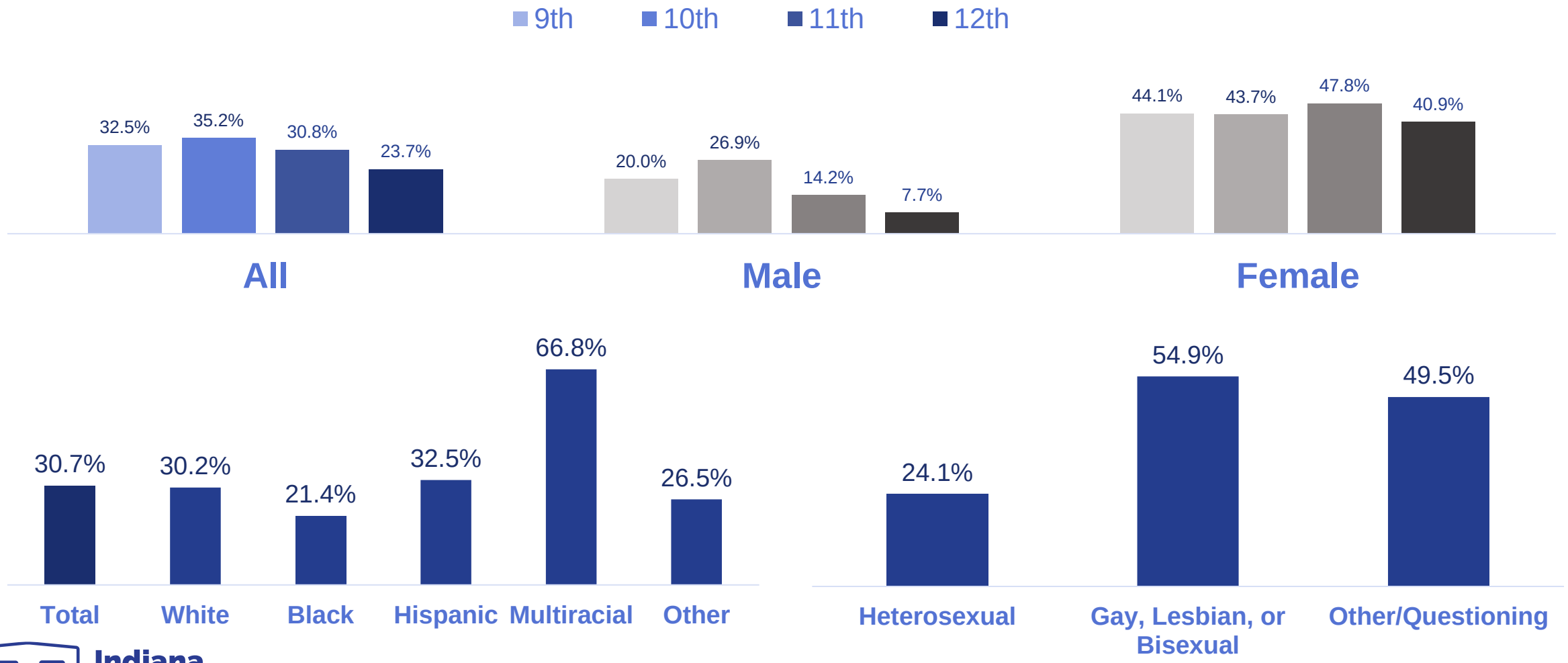
*during the 30 days before the survey
**during the 12 months before the survey

Percentage of students that their mental health was most of the time or always not good (Including stress, anxiety, and depression)*



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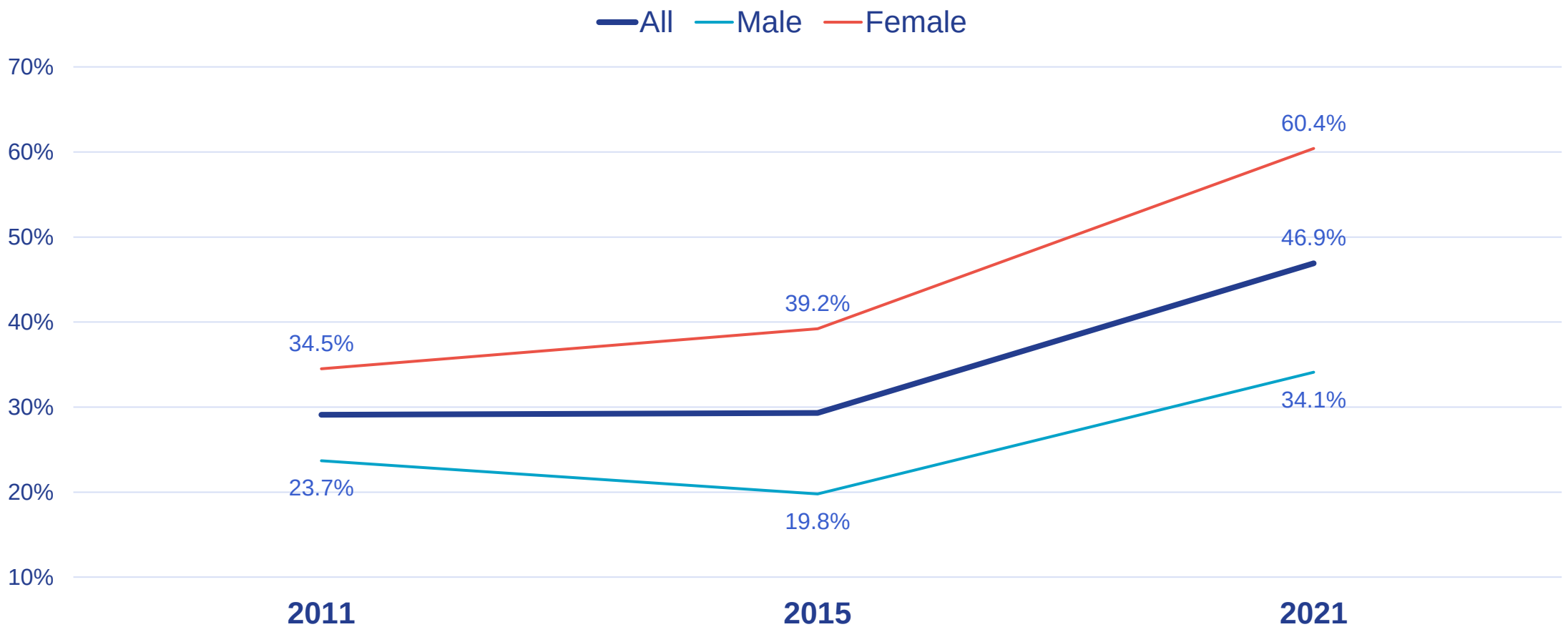
*during the 30 days before the survey

Percentage of students who felt sad or hopeless

(almost every day for >=2 weeks in a row* during the 12 months before the survey)



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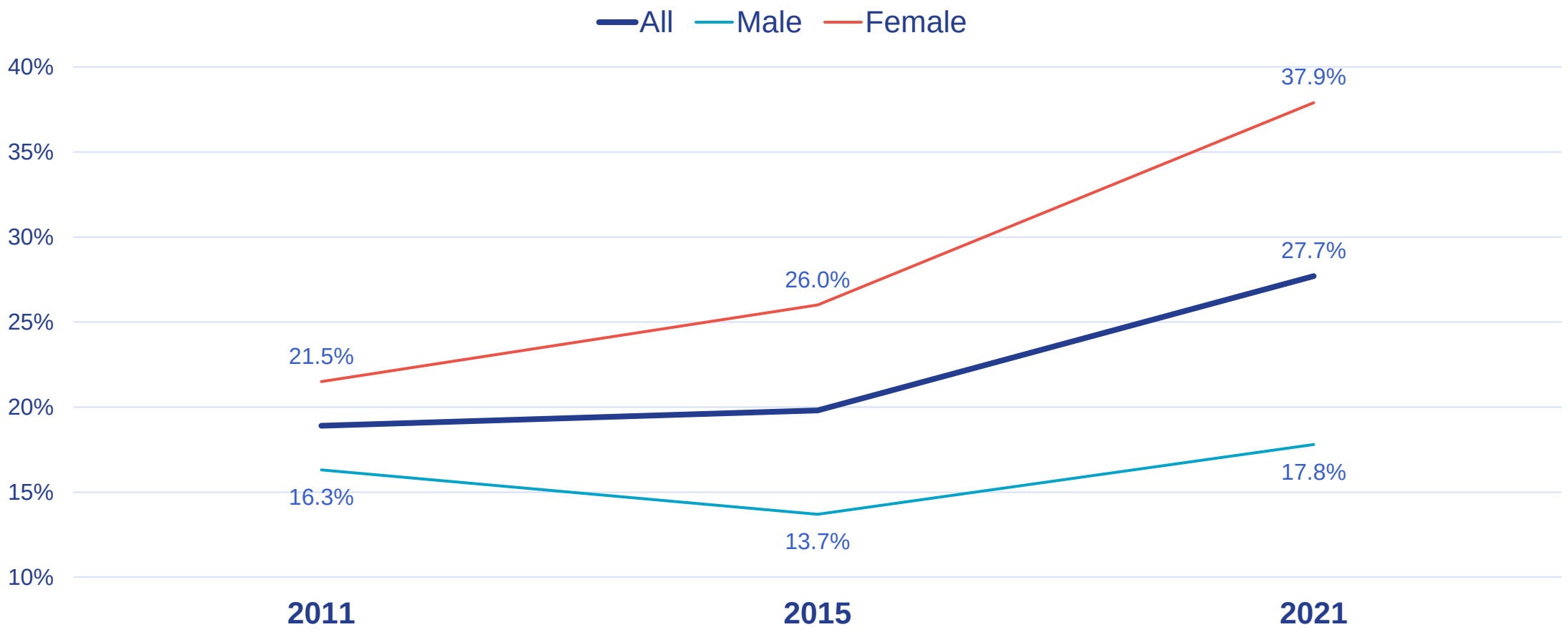
*so that they stopped doing some usual activities

Percentage of students who seriously considered attempting suicide
(during the 12 months before the survey)



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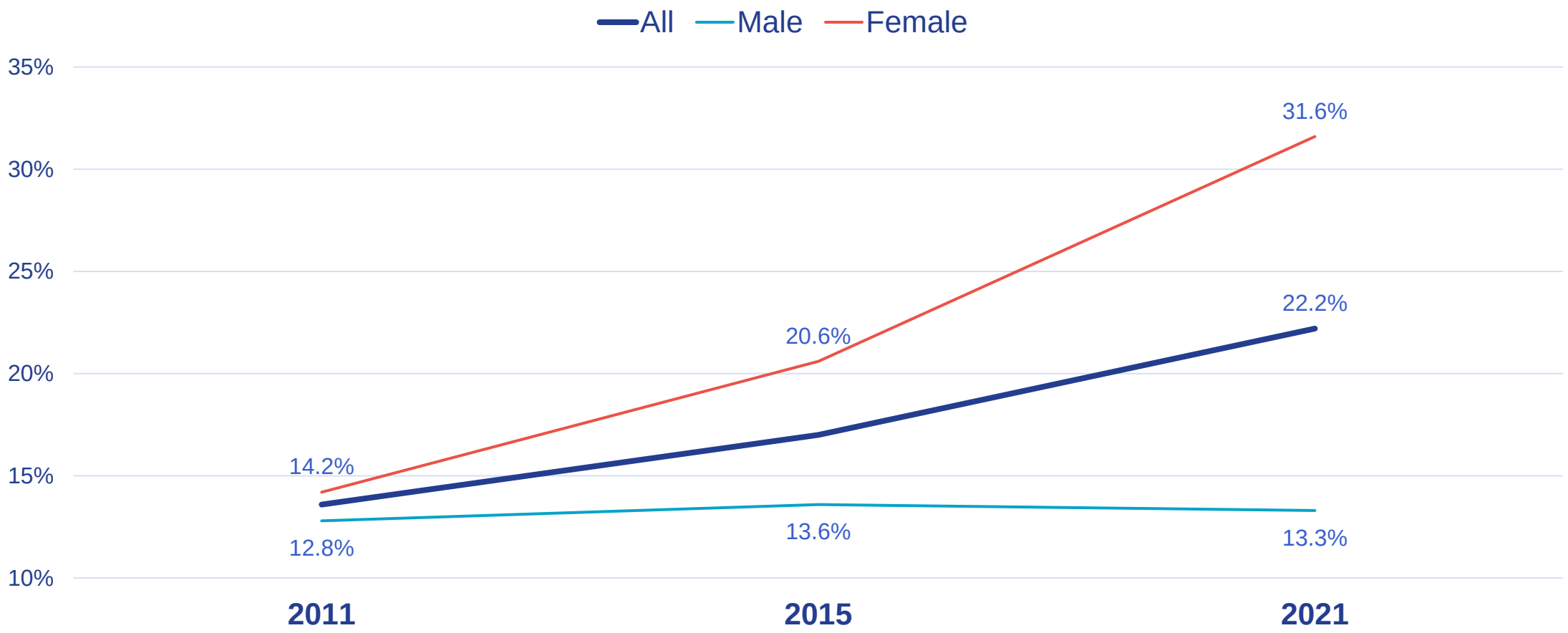
Percentage of students who made a plan about how they would attempt suicide
(during the 12 months before the survey)



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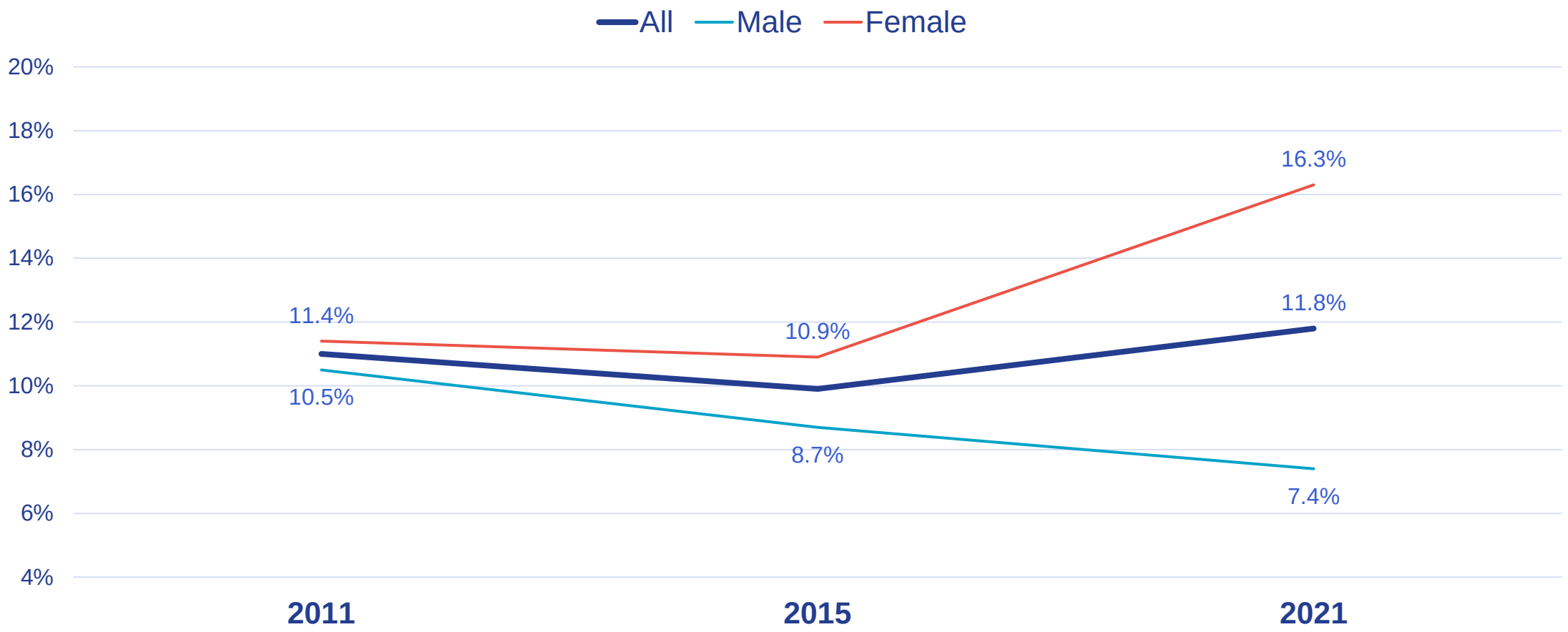
Percentage of students who actually attempted suicide

(one or more times during the 12 months before the survey)



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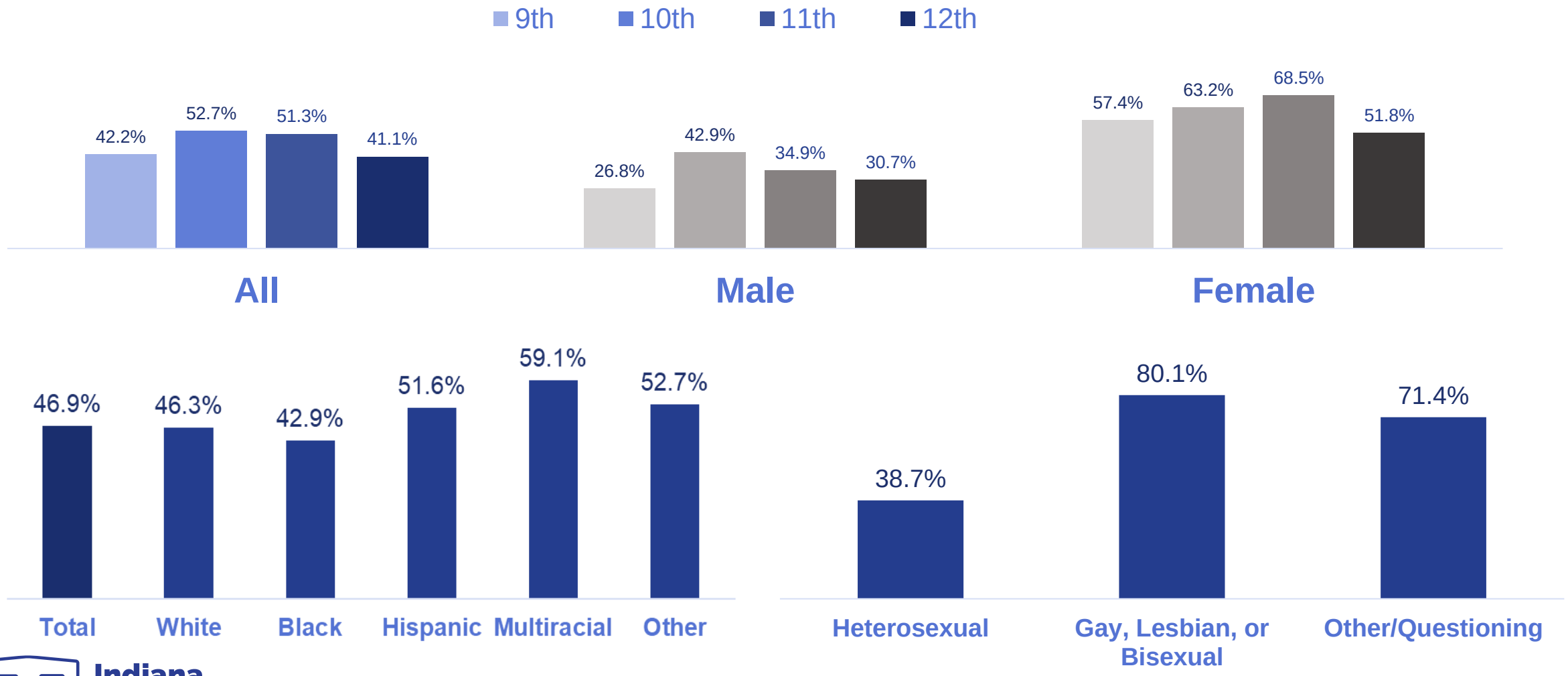

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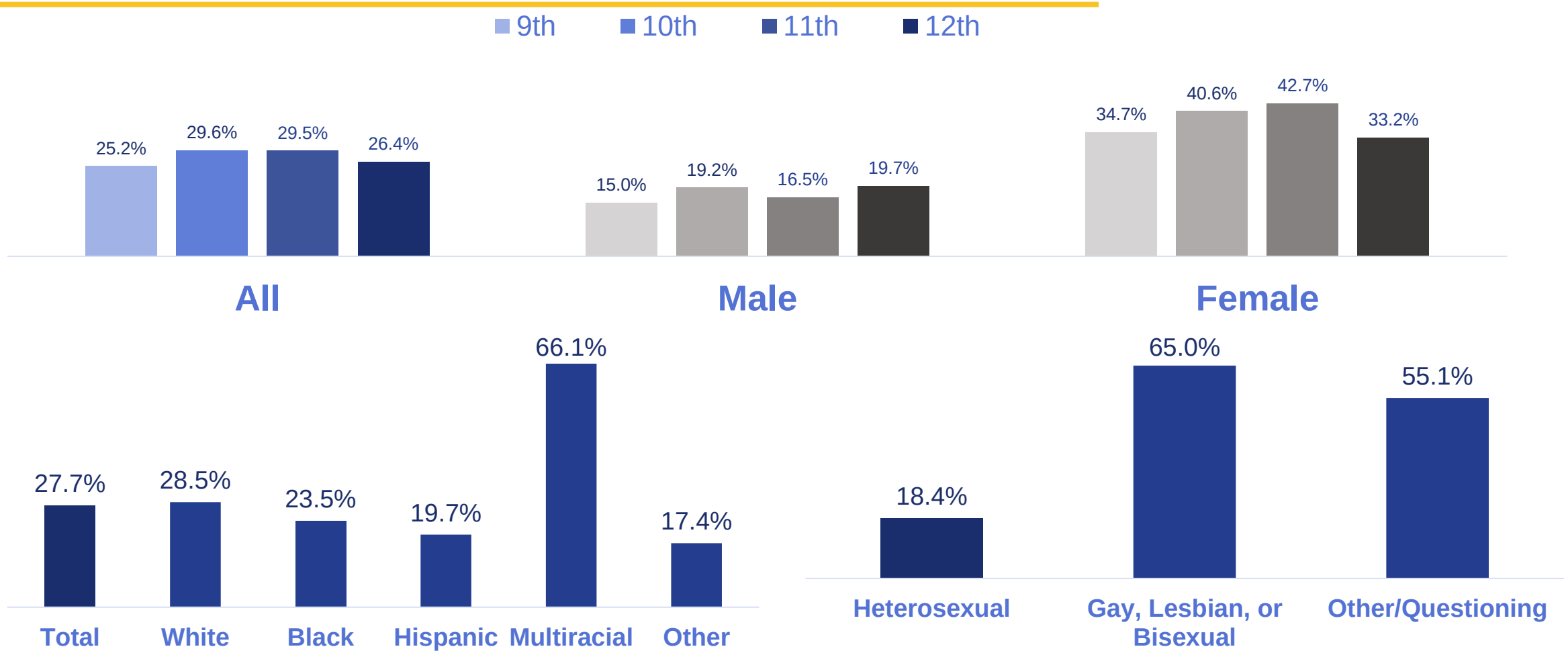
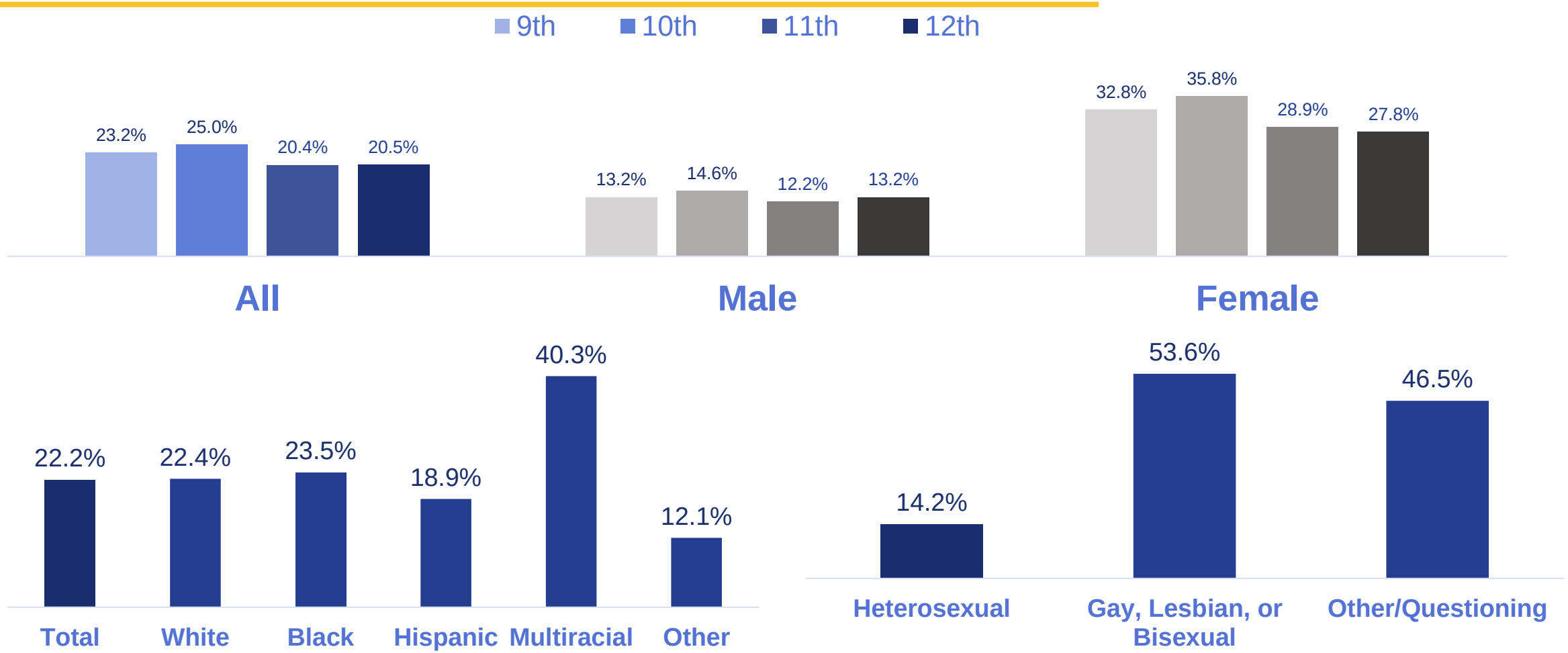


Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)



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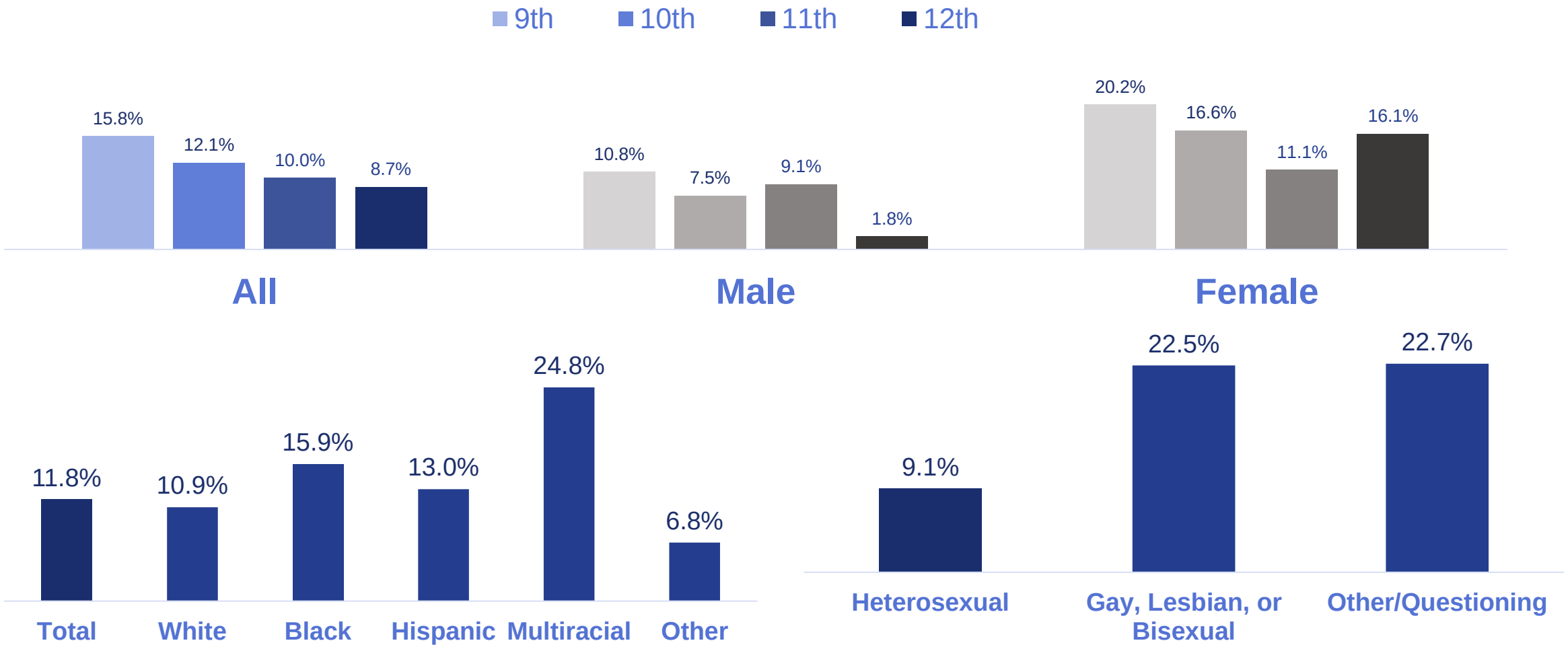

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Sexual Behavior

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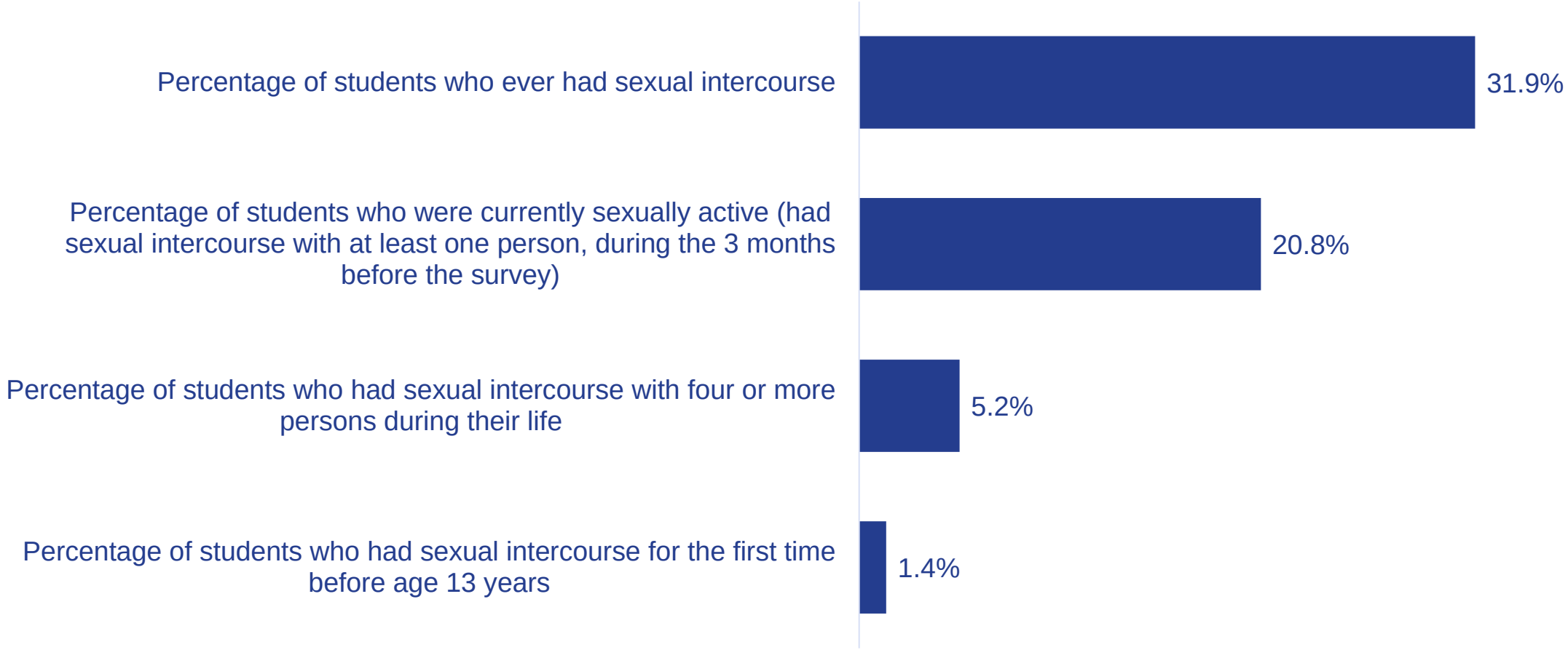
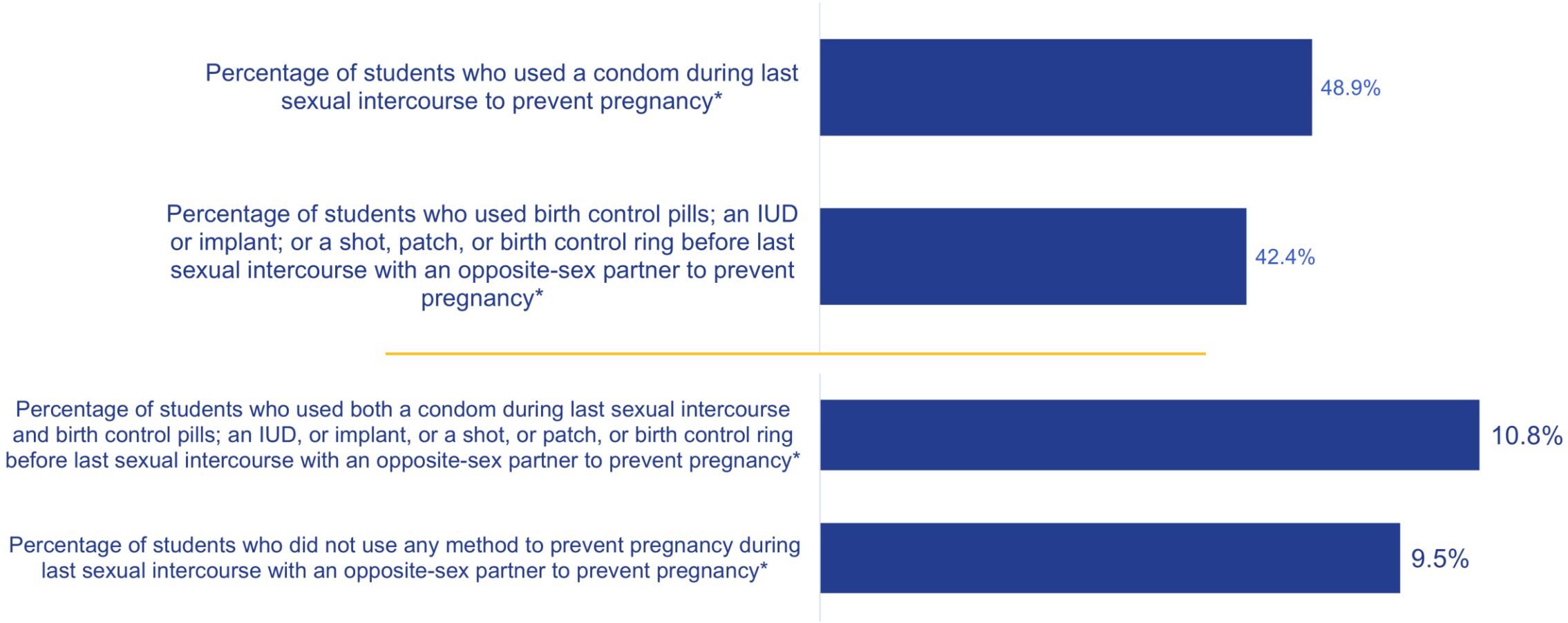
Sexual Activity – 2021 Results



Contraception Use – 2021 Results



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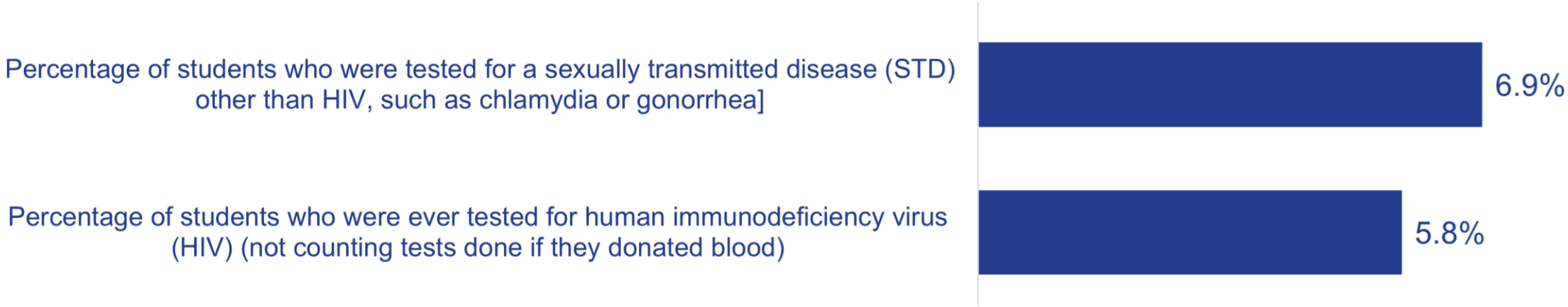
*among students who were currently sexually active

HIV and STD Testing – 2021 Results



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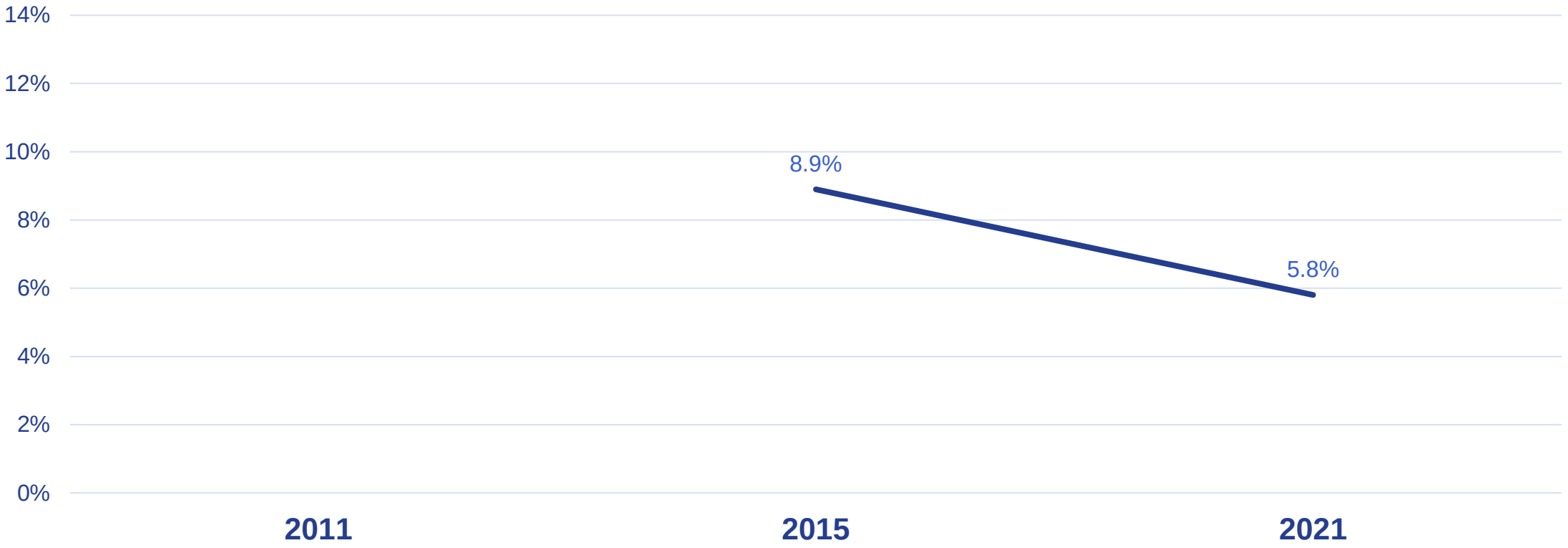
*among students who were currently sexually active

Percentage of students who were ever tested for human immunodeficiency virus (HIV)
(not counting tests done if they donated blood)



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Dating & Sexual Violence – 2021 Results

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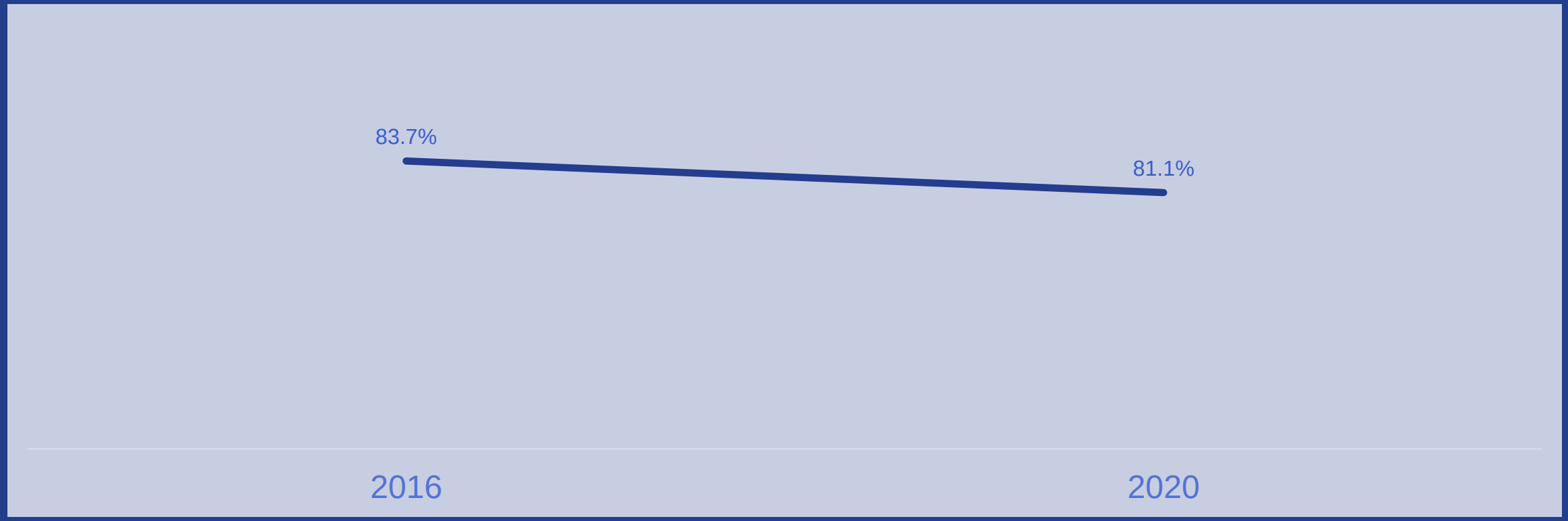
**during the 12 months before the survey

School Health Profiles – Principal Survey

School does not provide any sexual or reproductive health services



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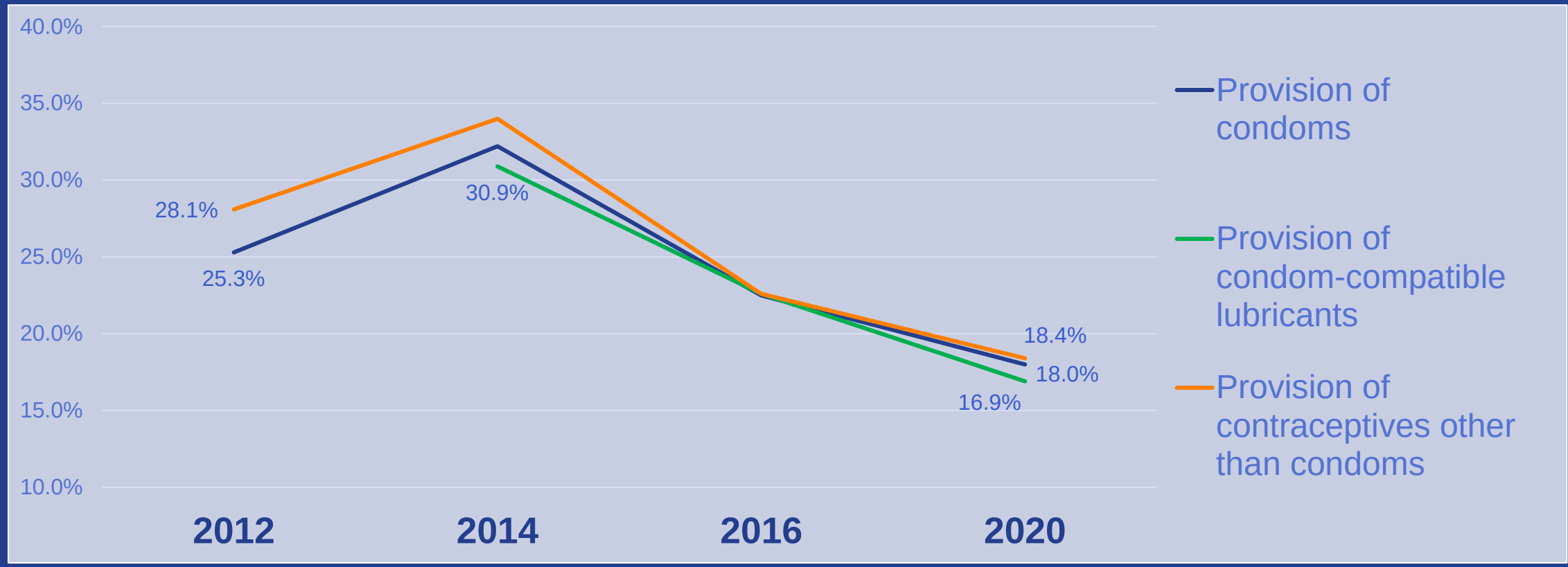
School Health Profiles – Principal Survey

Percentage of schools that provide students with referrals to any organizations or health care professionals not on school property for the following services:



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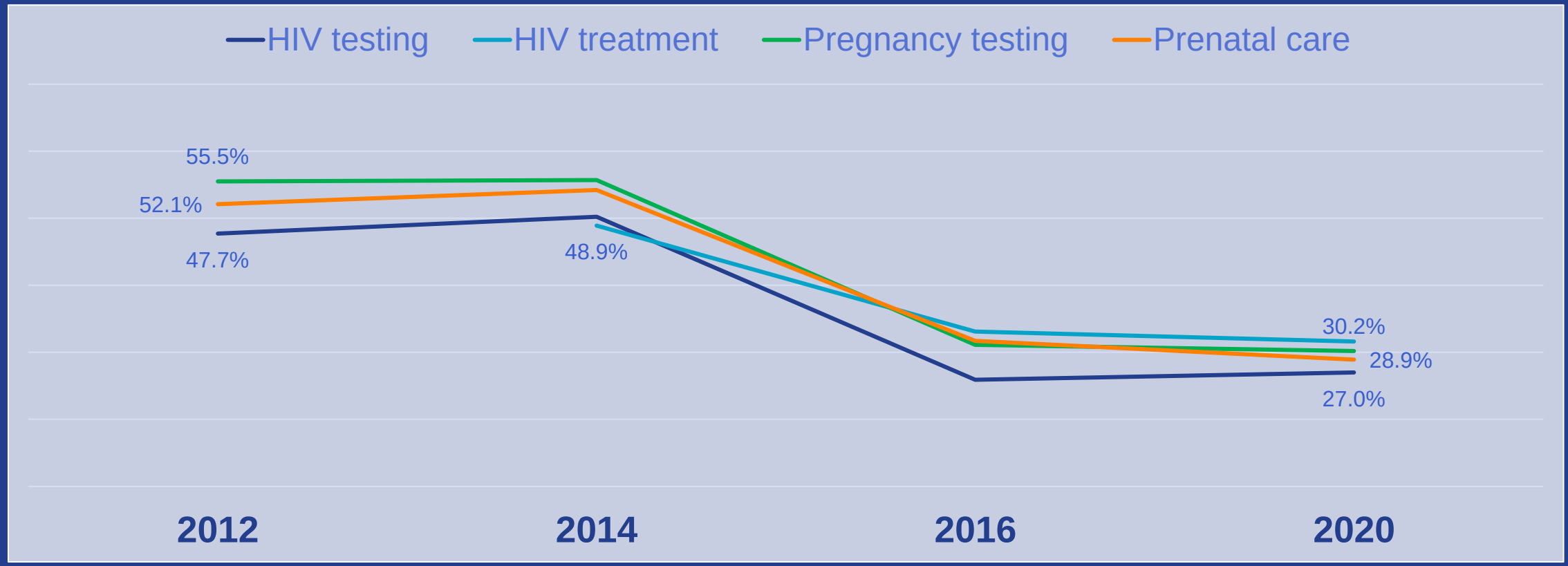
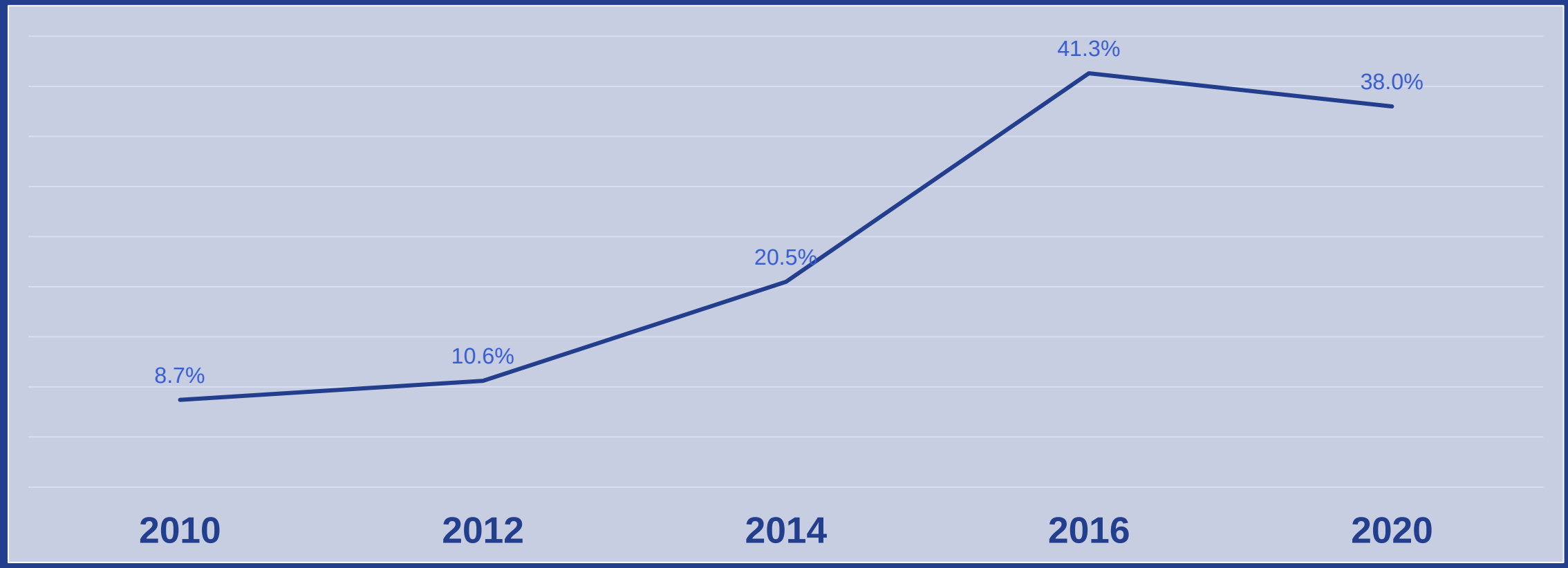


School Health Profiles – Teacher Survey

Percentage of schools that provide curricula or supplementary materials that include HIV, STD, or pregnancy prevention information that is relevant to lesbian, gay, bisexual, transgender, and questioning youth



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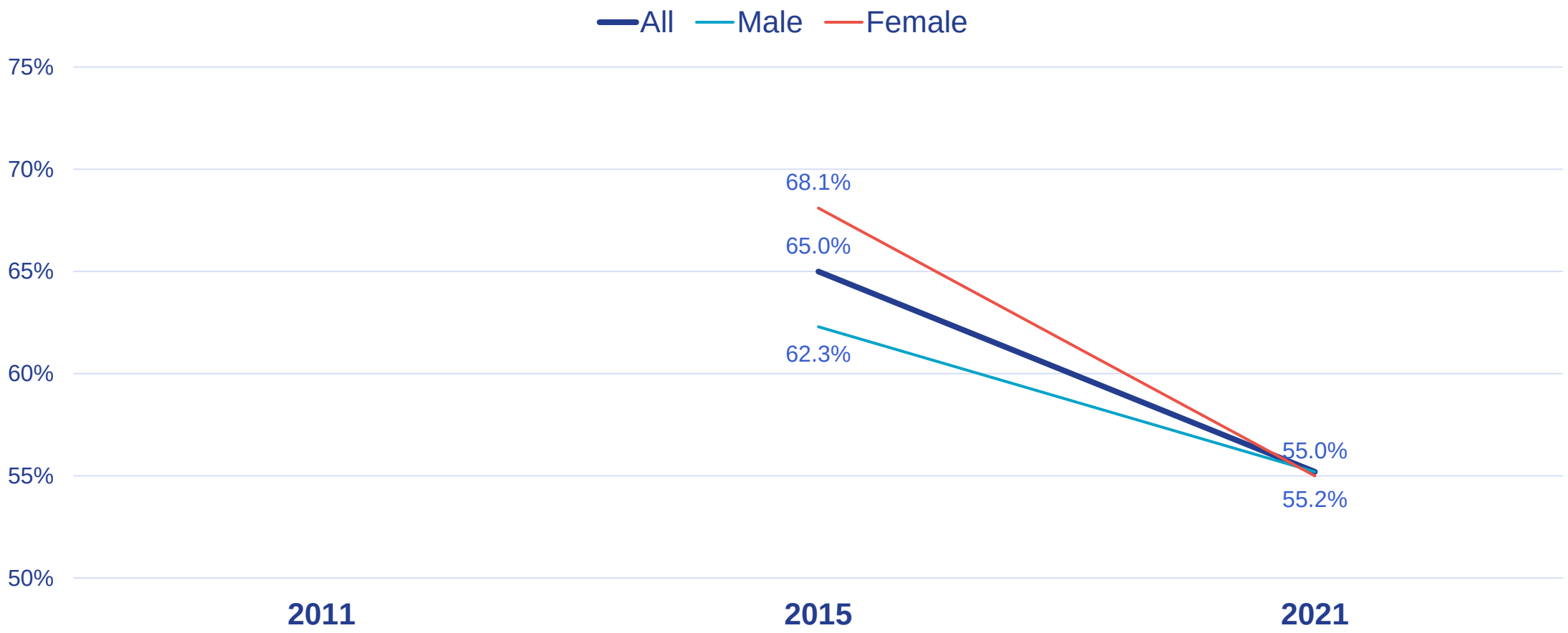
Percentage of students who reported their parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex



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Adverse Childhood Experiences (ACEs)

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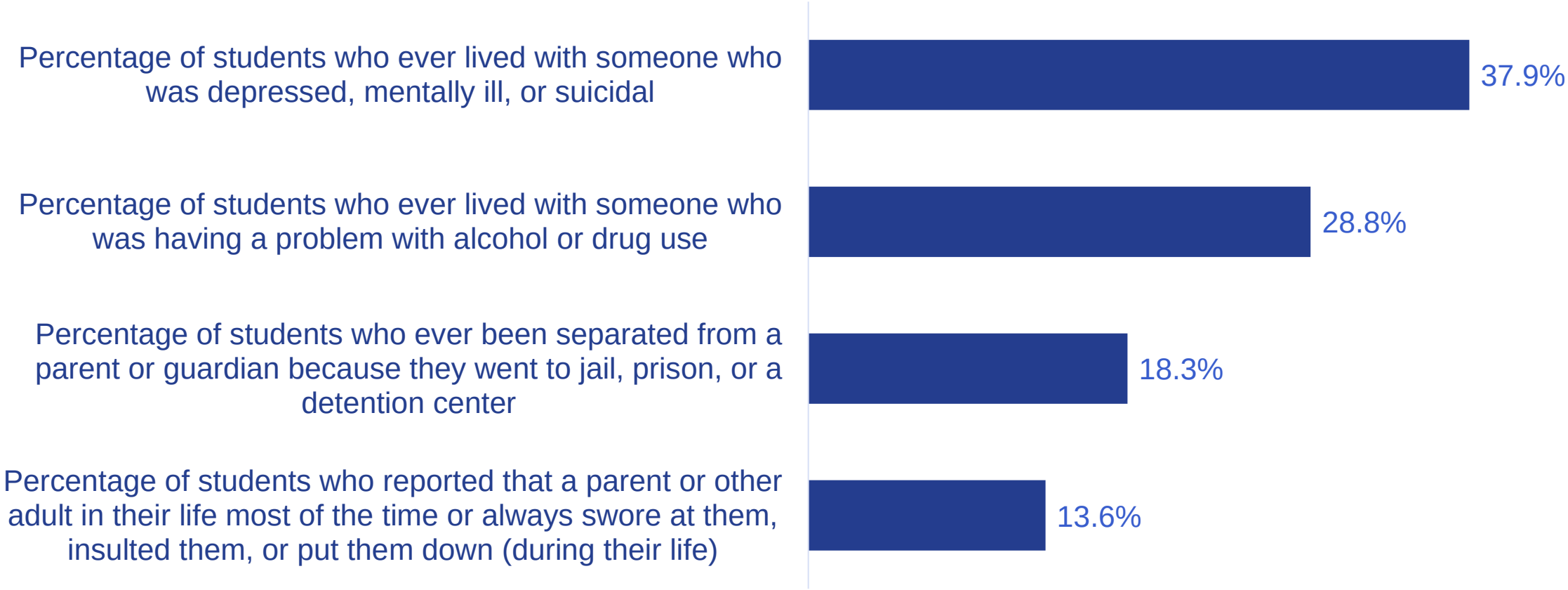
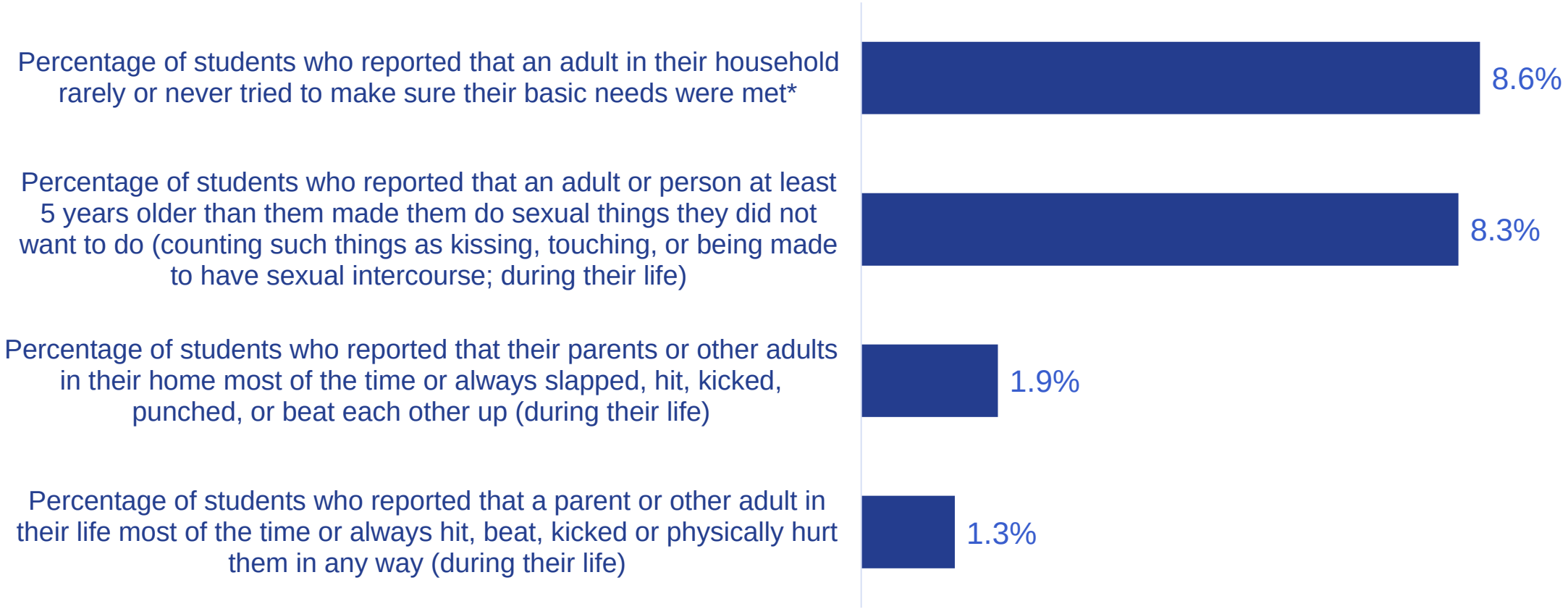
Adverse Life Experiences (ACE's)



Adverse Life Experiences (ACE's)



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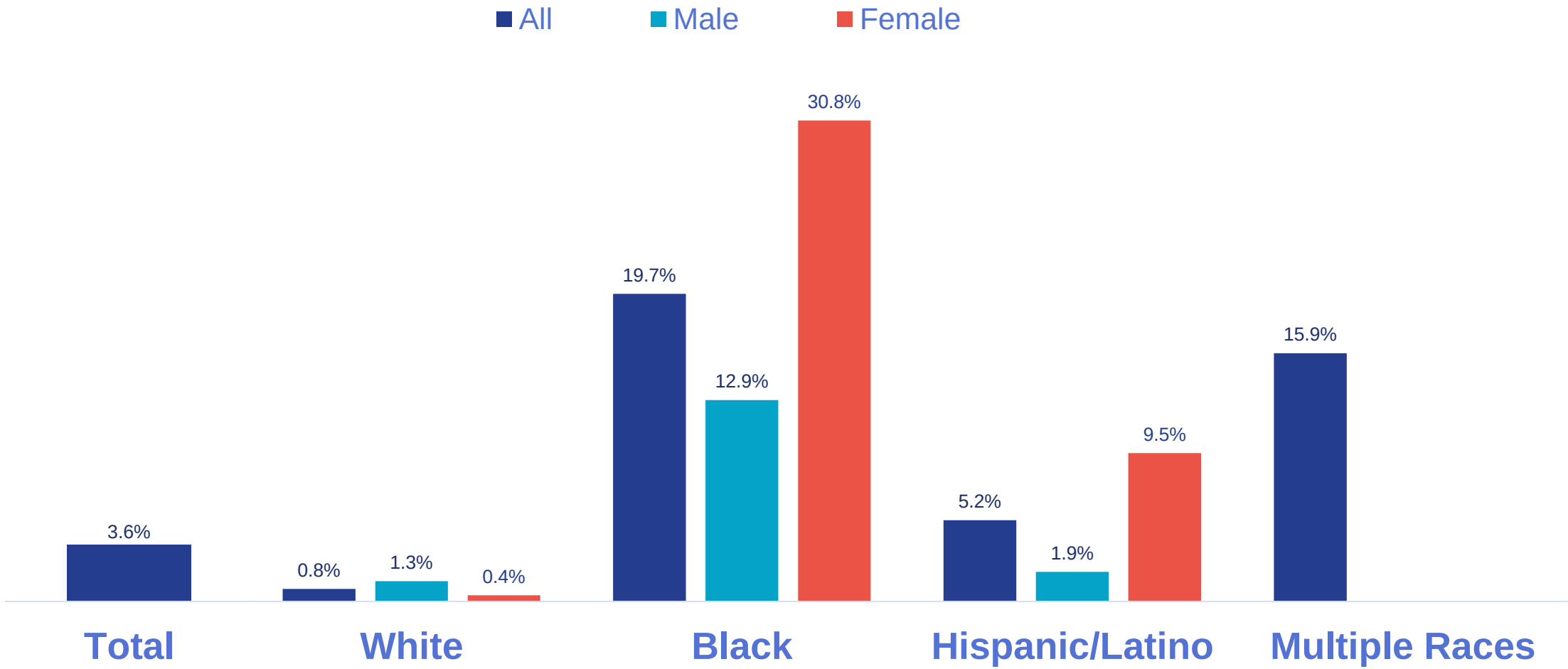
*such as looking after their safety and making sure they had clean clothes and enough to eat, during their life

Racism & Unfair Treatment - 2021 Results

Percentage of students who most of the time or always felt that they were treated badly or unfairly because of their race or ethnicity*



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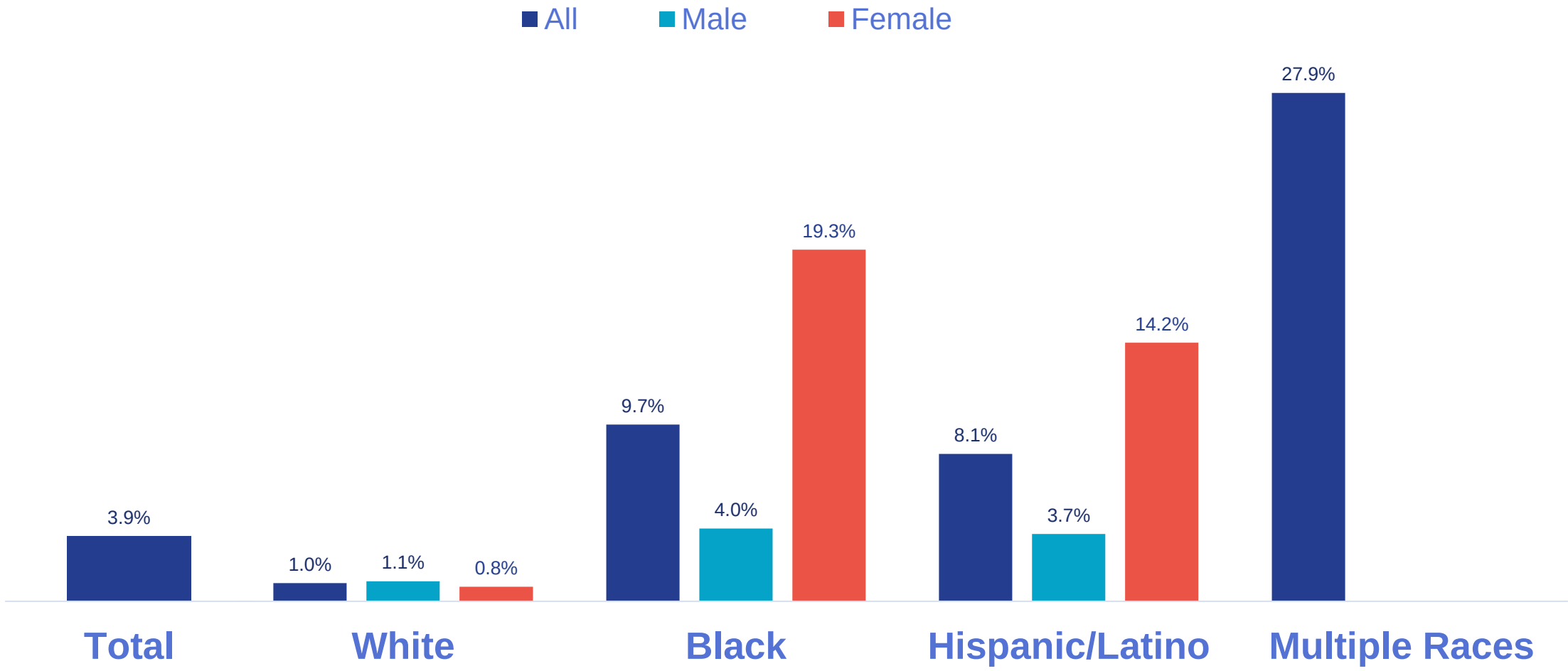
*during their life

NOTE: Data for males and females identifying as “multiple races” are not available due to low sample size

Percentage of students who reported they most of the time or always saw their parents or other family members treated badly or unfairly because of color of their skin, language, accent, or because they are from a different country or culture*



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*during their life

NOTE: Data for males and females identifying as “multiple races” are not available due to low sample size

Parent & Social Support (PCEs)

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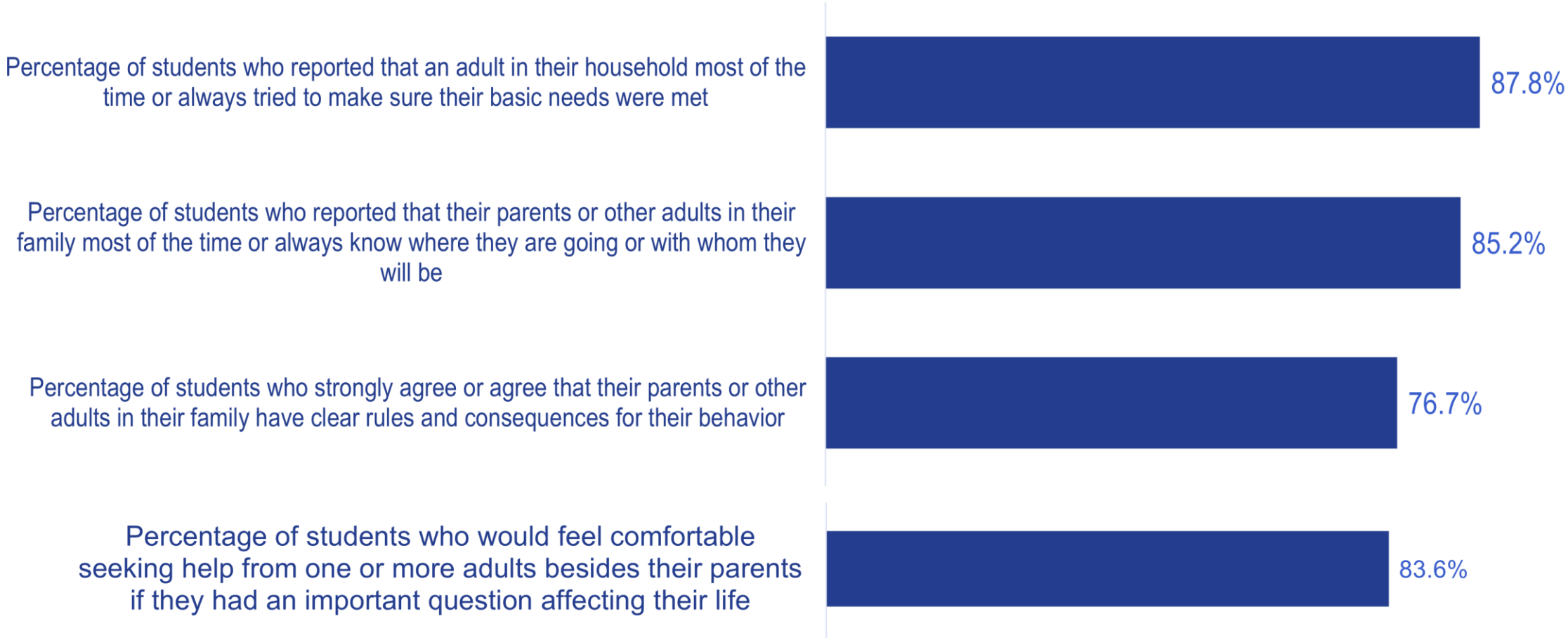
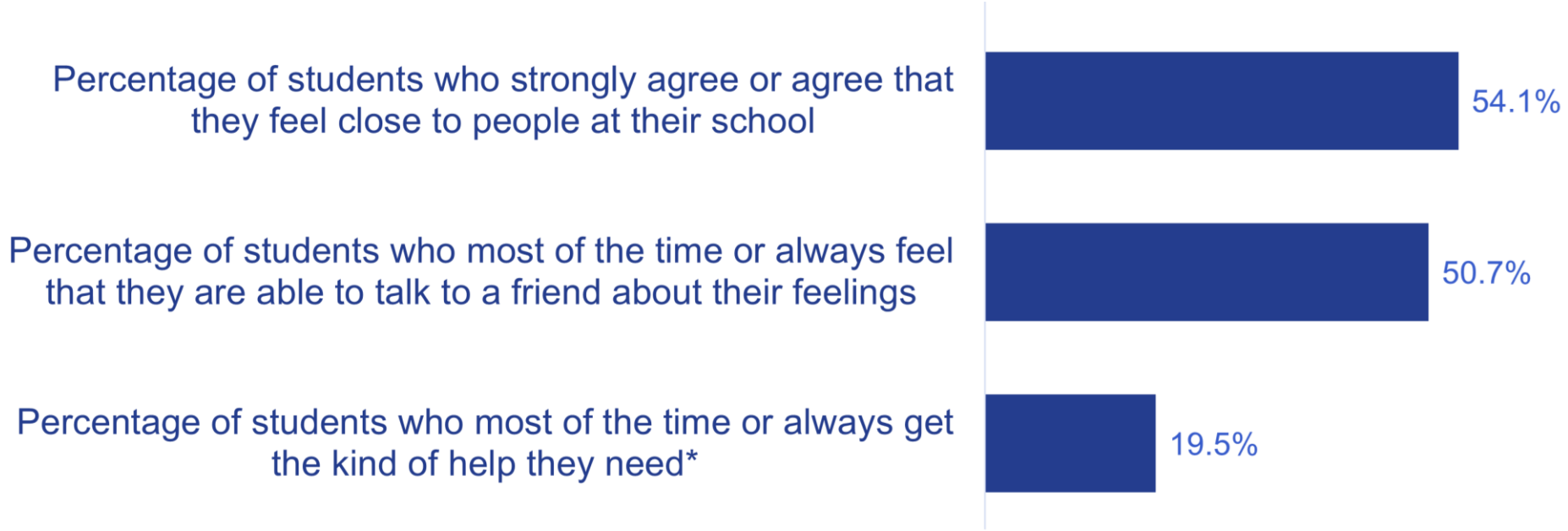
Parental Support – 2021 Results



Social Support – 2021 Results



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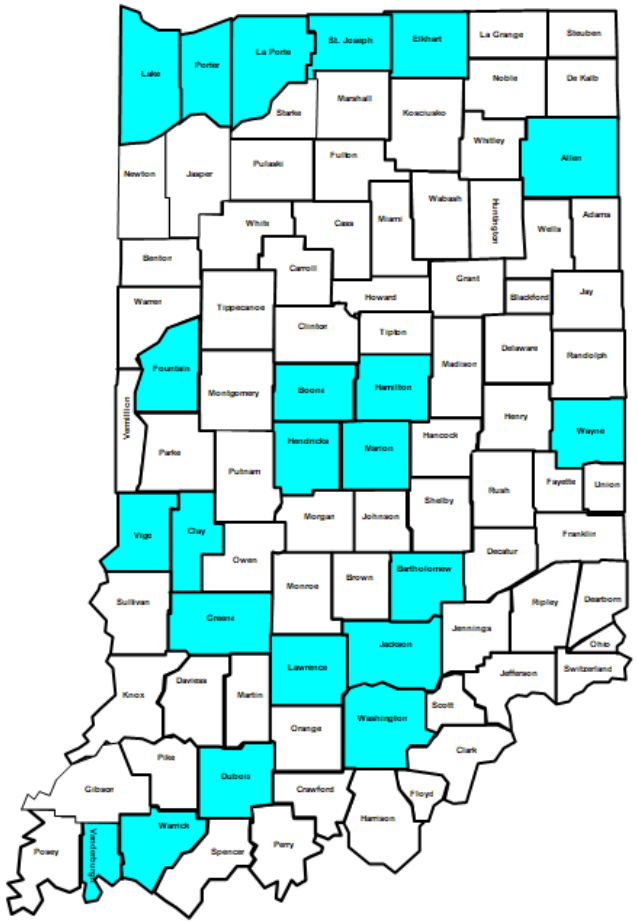
*among students who report having felt sad, empty, hopeless, angry, or anxious

Indiana Youth Advisory Board

- Partnering with Indiana Division of Mental Health and Addiction Youth Services Team
- Opened applications during March 2022
  - Selected final 45 youth in July 2022
- Focus on mental health, reproductive health, access to care, and minority health
- Youth will meet monthly and paid for their time and work.



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Indiana Youth Advisory Board Panel

Ali

Kylie

Austin

Caroline

Nancy

IYAB

Indiana Youth Advisory Board

Indiana Department of Health

Kate Schedel, MPH, Director of MCH Programs

kschedel@health.in.gov

IYAB:

https://www.in.gov/health/mch/adolescentyoung-adult-health/indiana-youth-advisory-board-iyab/