

# Foreword

This 2007 Youth Health Assessment is the result of the continued support, commitment and dedication of our community partners to work together to improve the health and well being of the citizens of Sandusky County. The information presented in this report is intended to support the collaborative efforts that began with the 2001 Community Health Assessment and its strong base of evidence. This data allows stakeholders to write better grants, formulate strong strategic plans and answer a call to action. The result is a community that focuses on wellness, improving the general health status, increasing the access to services and addressing unmet needs. Health and human service programs, health care providers, managed care organizations and other groups and individuals interested in gaining a factual understanding of Sandusky County's issues should find this information very useful. This effort should continue to inspire the community to work together to remove barriers to health improvement. It is the Health Partners' wish that community groups will persevere in meeting the challenges presented by the findings in this assessment.

Sincerely,

*Sandusky County Health Partners*

Mike Winthrop – Bellevue Hospital

Joe Liszak – Community Health Services

Dawn Kroh – Firelands Counseling & Recovery Services

Al Gorman – Memorial Hospital

Nancy Cochran – Mental Health and Recovery Services Board

Francis Aona, M.D., Physician

Cathy Glassford – Sandusky County Family & Children First Council

Dave Pollick – Sandusky County Health Department

# Acknowledgements

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## School Participation

The following schools agreed to participate in the 2007 Sandusky County Health Assessment. Grade levels and classrooms were randomly chosen:

Green Springs Elementary School  
McPherson Middle School  
Clyde High School  
Stamm Elementary School  
Fremont Middle School  
Fremont Ross High School  
Lakota Junior High School  
Lakota High School  
Gibsonburg Middle School  
Gibsonburg High School  
Woodmore Middle School  
Woodmore High School

# Sandusky County Youth Health Assessment

## *Executive Summary*

This executive summary provides an overview of health-related data for Sandusky County youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2007. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instrument used by the Centers for Disease Control and Prevention for their national and state Youth Risk Behavior Surveillance Survey (YRBSS). The Healthy Communities Foundation of the Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

## **Primary Data Collection Methods**

### **Design**

This community health assessment was cross-sectional in nature and included a written survey of adolescents within Sandusky County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process was regarded as an important step in completing a valid needs assessment.

### **Instrument Development**

A survey instrument was designed and pilot tested for this study. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adolescents. The investigators decided to derive the majority of the survey items from the Youth Risk Behavior Surveillance System survey. This was important because it provided for a more valid comparison of the findings with the state YRBS data.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Sandusky County. During these meetings, banks of potential survey questions from the YRBSS survey were reviewed and discussed. Based on input from the Sandusky County planning committee, the Project Coordinator composed a draft of a survey containing 75 items. This draft was reviewed and approved by health education researchers at the University of Toledo.

### **Procedure**

Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 96% (n=383). The number needed to have adequate power was 356. Adequate power means that the results are more likely to be representative of all of the students in the county. The survey contained 75 questions and had a multiple choice response format.

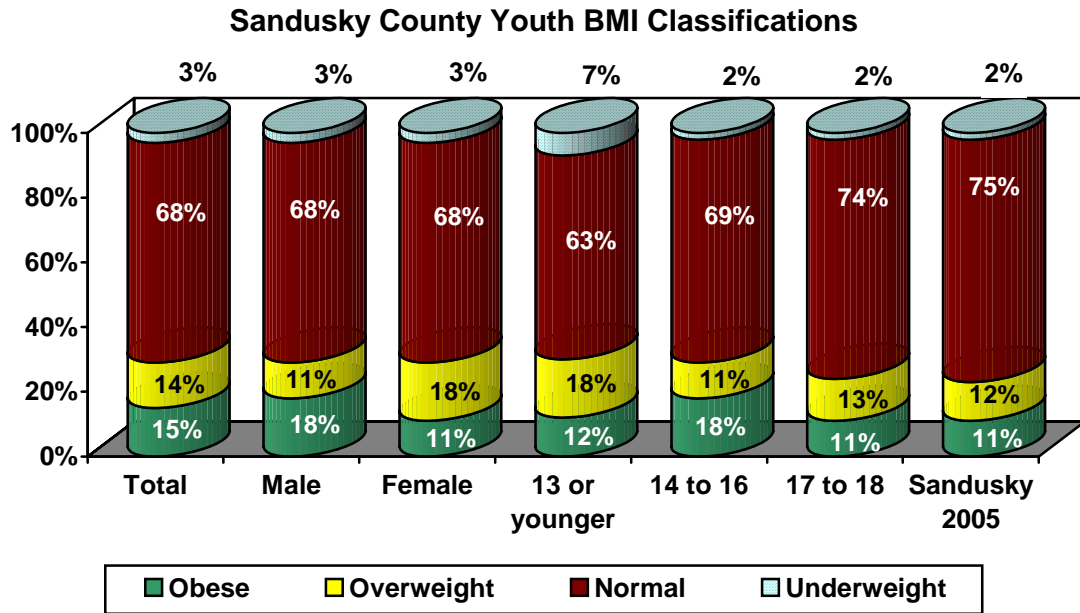
### **Data Analysis**

Individual responses were anonymous and confidential. Only group data were available. All data were analyzed by health education researchers at the University of Toledo using SPSS 12.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report.

## Data Summary

### Weight Control

The 2007 Health Assessment identified that 15% of Sandusky County youth were obese according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 25% of Sandusky County youth reported that they were slightly or very overweight. Females (49%) were more likely to be trying to lose weight.

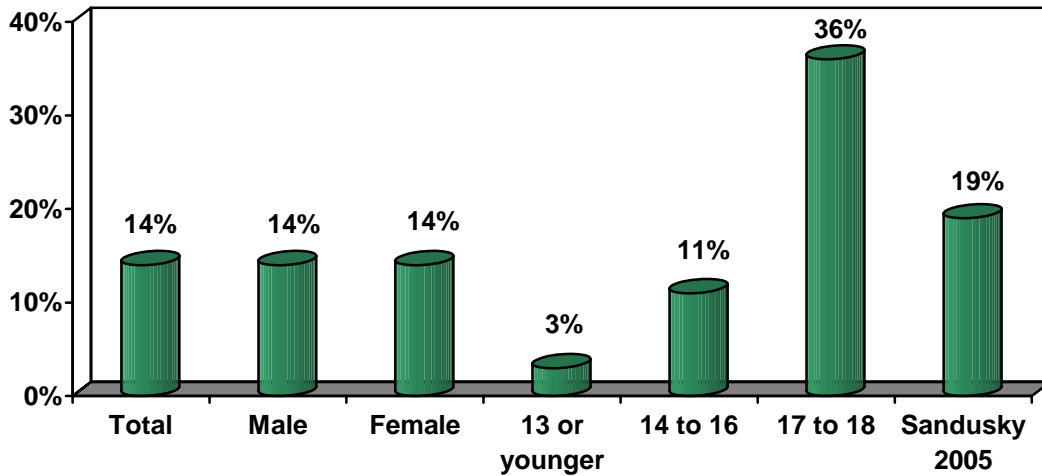


### Tobacco Use

The 2007 health assessment identified that 14% of Sandusky County youth (ages 12-18) were smokers increasing to 36% of those who were 17-18 years old. Overall, 4% of Sandusky County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 40% had tried to quit. The 2003 NW Ohio Strategic Alliance for Tobacco Control survey results were included for additional youth tobacco use and opinion information. The two data sets cannot be directly compared as the Alliance survey included youth in grades 4-12.

## Data Summary

### Sandusky County Youth Who Are Current Smokers

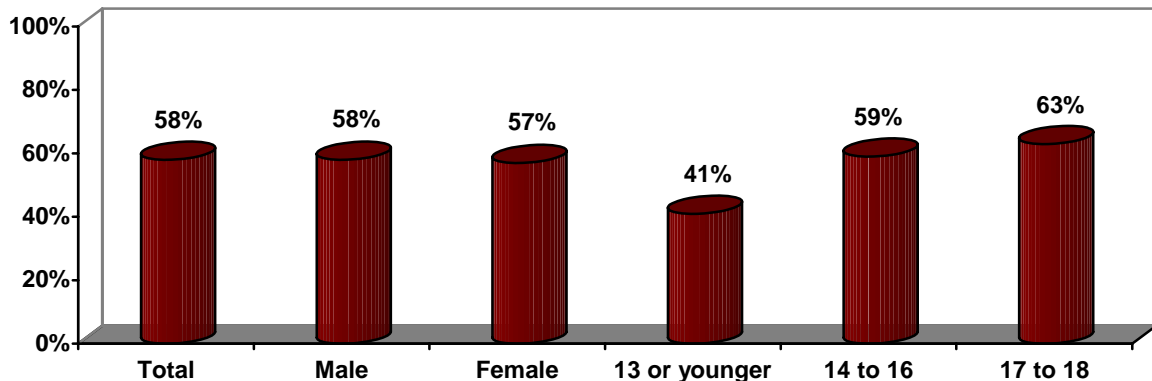


*Current smokers are those who have smoked at any time during the past 30 days.*

## Alcohol Consumption

In 2007, the health assessment results indicated that 57% of Sandusky County youth drank at least one drink of alcohol in their life increasing to 83% of youth seventeen and older. Just under one-third (29%) of all Sandusky County youth and 50% of those 17-18 years had at least one drink in the past 30 days. Almost three-fifths (58%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 6% of youth had driven a car in the past month after they had been drinking alcohol.

### Sandusky County Youth Current Drinkers Who Binge Drank in Past Month\*

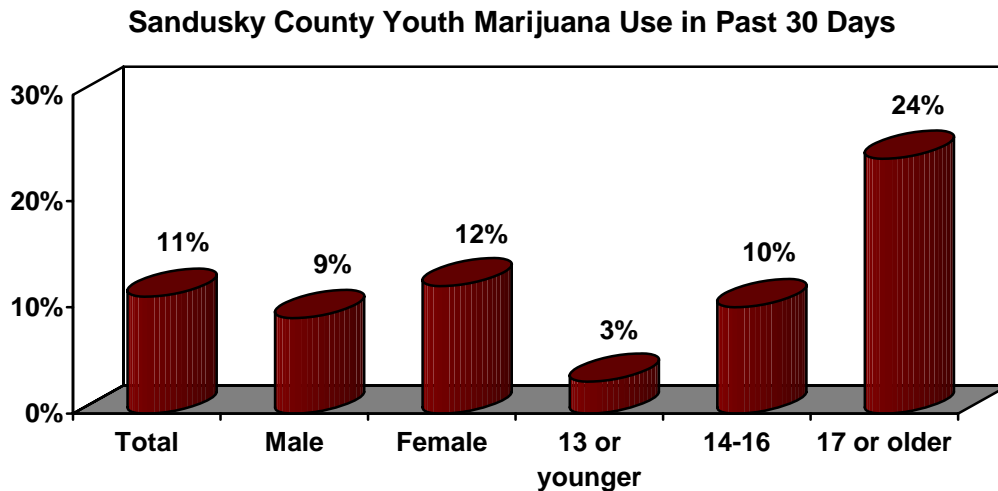


*Binge drinking is defined as having five or more drinks on an occasion.*

## Data Summary

### Marijuana and Other Drug Use

In 2007, 11% of Sandusky County youth had used marijuana at least once in the past 30 days. During the past 12 months, 16% of Sandusky County youth had someone offer, sell, or give them an illegal drug on school property.



### Sexual Behavior & Pregnancy Outcomes

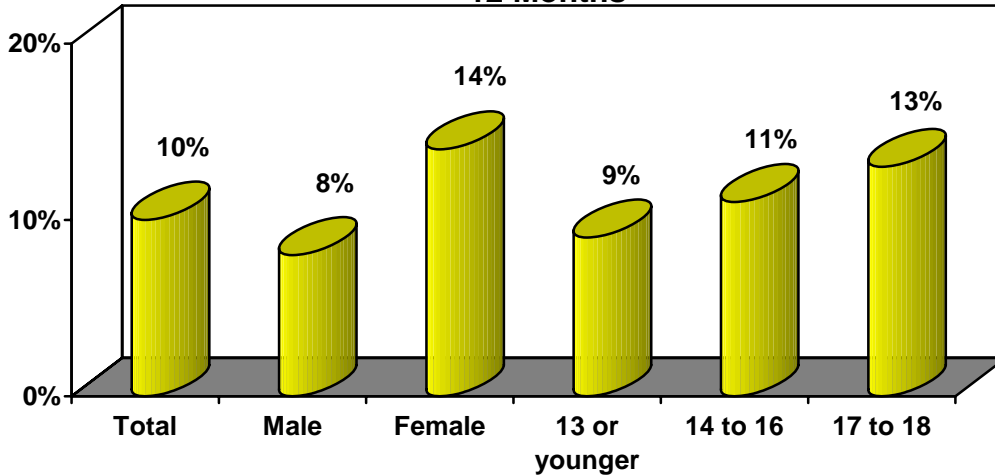
In 2007, just under one-third (30%) of Sandusky County youth had sexual intercourse, increasing to 66% of those ages 17 and over. Of those who were sexually active, 41% had one sexual partner. According to the Centers for Disease Control and Prevention (CDC), early sexual activity is associated with unwanted pregnancy, sexually transmitted diseases (STDs), and negative effects on social and psychological development. In addition, activities that may contribute to early sexual activity include alcohol and drug abuse (Source: CDC, Youth Risk Behavior Surveillance System (YRBSS) Question Rationale, Sexual Behaviors, 2007).

### Mental Health and Suicide

The health assessment results indicated that 10% of Sandusky County youth had made a plan to attempt suicide in the past year and 5% admitted actually attempting suicide in the past year.

## Data Summary

### Sandusky County Youth Who Made a Plan To Suicide in Past 12 Months



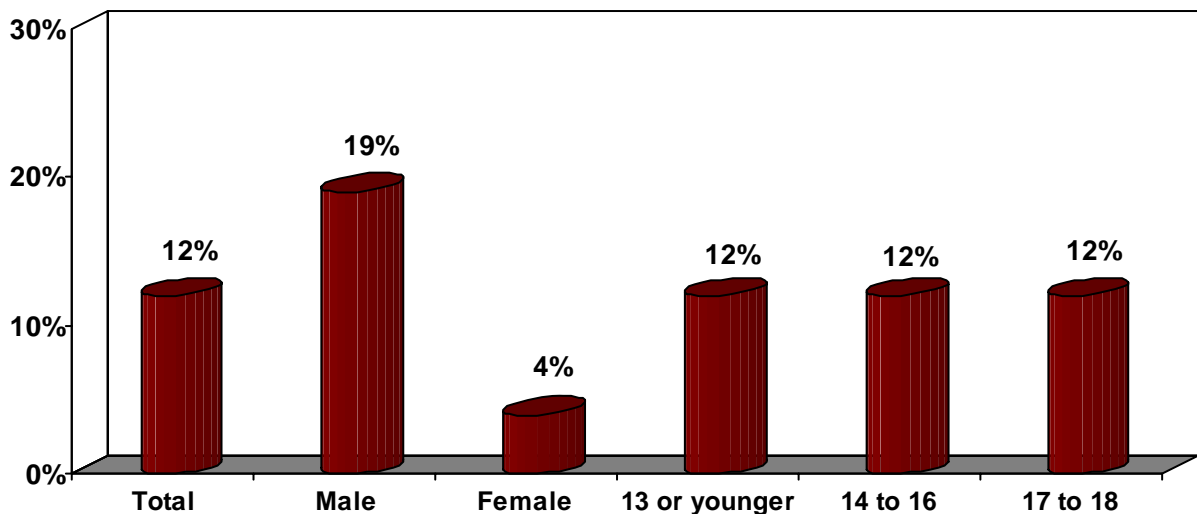
## Youth Safety

In 2007, less than half (46%) of Sandusky County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 21% of Sandusky youth said that their health was excellent in general.

## Youth Violence

In Sandusky County, 12% of the youth had carried a weapon in the past month and 2% indicated they brought it to school. 8% of youth had been threatened or injured by a weapon on school property.

### Sandusky County Youth Carrying a Weapon during the past 30 days



## Data Summary

Youth Variables 9 <sup>th</sup> -12 <sup>th</sup> grade	Sandusky County 2001	Sandusky County 2005	Sandusky County 2007	Ohio* 2005	U.S.* 2005
<b>Injury Related Behavior</b>					
Rode with a drunk driver in past 30 days	30%	24%	22%	21%	29%
Carried a weapon in past 30 days	10%	14%	12%	15%	19%
Involved in a physical fight in past 12 months	31%	24%	23%	30%	36%
Involved in a physical fight on school property in past 12 months	8%	9%	11%	10%	14%
Threatened or injured with a weapon on school property in past 12 months	5%	4%	7%	8%	8%
Seriously considered suicide in past 12 months	13%	13%	12%	18%	17%
Attempted suicide in past 12 months	7%	8%	4%	9%	8%
<b>Alcohol Use</b>					
Ever had at least one drink of alcohol in lifetime	66%	80%	72%	77%	74%
Used alcohol during past 30 days	36%	43%	39%	42%	43%
Used alcohol on school property during past 30 days	6%	1%	N/A	3%	4%
Binged during past 30 days (5 or more drinks in a couple of hours on an occasion)	23%	27%	24%	26%	26%
<b>Tobacco Use</b>					
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	74%	58%	53%	55%	54%
Used cigarettes on one or more of the past 30 days	39%	24%	21%	24%	23%
Smoked cigarettes on school property in past 30 days	N/A	4%	6%	8%	7%
Used smokeless tobacco in past 30 days	9%	4%	6%	8%	8%
<b>Sexual Behaviors</b>					
Ever had sexual intercourse	38%	44%	45%	48%	47%
Had four or more sexual partners	12%	9%	14%	17%	14%
Used a condom at last sexual intercourse	66%	55%	66%	62%	63%
Used birth control pills at last sexual intercourse	26%	22%	18%	20%	18%
<b>Physical Activity</b>					
Has exercised or participated in physical activities for at least 20 min. that made them sweat & breathe hard on three or more of the past 7 days	N/A	65%	44%	63%	64%
<b>Drug Use</b>					
Used marijuana in the past 30 days	17%	18%	16%	21%	20%
Used cocaine in their lifetime	7%	5%	5%	9%	8%
Used heroin in their lifetime	2%	2%	1%	2%	2%
Used methamphetamines in their lifetime	4%	5%	4%	8%	6%
Used steroids in their lifetime	5%	3%	5%	4%	4%
Used inhalants in their lifetime	9%	15%	9%	12%	12%
Used ecstasy in their lifetime	N/A	4%	6%	N/A	N/A
Used a needle to inject any illegal drug into their body in their lifetime	N/A	1%	1%	2%	2%
Offered, sold or given an illegal drug on school property during the past 12 months	N/A	20%	21%	31%	25%

\* From state and national YRBS data

## Data Summary

### Sandusky County Population by Age Groups and Gender (Source: U.S. Census Bureau, Census 2000)

Category	Total	Males	Females
<b>Sandusky County</b>	<b>61,792</b>	<b>30,242</b>	<b>31,550</b>
<b>0-4 years</b>	<b>4,016</b>	<b>2,084</b>	<b>1,932</b>
1-4 years	3,266	1,689	1,577
< 1 year	750	395	355
1-2 years	1,627	849	778
3-4 years	1,639	840	799
<b>5-9 years</b>	<b>4,428</b>	<b>2,231</b>	<b>2,197</b>
5-6 years	1,702	871	831
7-9 years	2,726	1,360	1,366
<b>10-14 years</b>	<b>4,763</b>	<b>2,460</b>	<b>2,303</b>
10-12 years	2,833	1,438	1,395
13-14 years	1,930	1,022	908
12-18 years	6,690	3,477	3,213
<b>15-19 years</b>	<b>4,535</b>	<b>2,350</b>	<b>2,185</b>
13-15 years	2,924	1,519	1,405
15-17 years	2,961	1,533	1,428
16-18 years	2,841	1,495	1,346
18-19 years	1,574	817	757

### General Demographic Characteristics (Source: U.S. Census Bureau, Census 2000)

#### Population By Race/Ethnicity

Total Population	61,792	(100%)
White Alone	56,773	(91.9%)
Hispanic or Latino (of any race)	4,205	(6.8%)
African American	1,713	(2.8%)
Two or More Races	996	(1.6%)
Asian	159	(0.3%)
Native American	75	(0.1%)

#### Population By Age

Under 6 years	4,886	(7.9%)
6 to 17 years	11,216	(18.2%)
18 to 24 years	5,125	(8.3%)

## Sandusky County Profile

### General Demographic Characteristics, Continued (Source: U.S. Census Bureau, Census 2000)

#### Household By Type

Total Households	23,717 (100%)
Family Households (families)	16,960 (71.5%)
With own children <18 years	7,892 (33.3%)
Married-Couple Family Households	13,402 (56.5%)
With own children <18 years	5,762 (24.3%)
Female Householder, No Husband Present	2,489 (10.5%)
With own children <18 years	1,512 (6.4%)
Non-family Households	6,757 (28.5%)
Householder living alone	5,707 (24.1%)
Householder 65 years and >	2,518 (10.6%)
Households With Individuals <18 years	8,603 (36.3%)
Households With Individuals 65 years and >	6,023 (25.4%)
Average Household Size	2.56 people
Average Family Size	3.04 people

### Selected Social Characteristics (Source: U.S. Census Bureau, Census 2000)

#### School Enrollment

Population 3 Years and Over Enrolled In School	16,006 (100%)
Nursery & Preschool	1,111 (6.9%)
Kindergarten	872 (5.4%)
Elementary School (Grades 1-8)	7,384 (46.1%)
High School (Grades 9-12)	4,030 (25.2%)
College or Graduate School	2,609 (16.3%)

#### Grandparents As Caregivers

Grandparent Living in Household with 1 or more own grandchildren <18 years	1,029 (100%)
Grandparent Responsible for Grandchildren	488 (47.4%)

#### Disability Status of the Civilian Non-institutionalized Population

Population 5 to 20 Years	14,352 (100%)
With a Disability	926 (6.5%)

## Sandusky County Profile

### Selected Economic Characteristics (Source: U.S. Census Bureau, Census 2000)

#### Employment Status

Population 16 Years and Over	47,628 (100%)
In Labor Force	31,870 (66.9%)
Not In Labor Force	15,758 (33.1%)

Females 16 Years and Over	24,810 (100%)
In Labor Force	14,960 (60.3%)

Population Living With Own Children <6 Years	4,673 (100%)
All Parents In Family In Labor Force	3,349 (71.7%)

Poverty Status (1999)	Number Below Poverty Level	% Below Poverty Level
Families	971	5.7%
Individuals	4,542	7.5%

# Youth Weight Status

## Key Findings

*The 2007 Health Assessment identified that 15% of Sandusky County youth were obese according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 25% of Sandusky County youth reported that they were slightly or very overweight. Females (49%) were more likely to be trying to lose weight.*

## Youth Weight Control

- ◆ BMI is used differently in children than with adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fat composition changes over the years as they grow. In children and teens, body mass index is used to assess underweight, normal, overweight, and obese (CDC, 2007). Obese was formerly called overweight in youths and overweight was called at risk for overweight.
- ◆ In 2007, 15% of youth were classified as obese by Body Mass Index (BMI) calculations (*Sandusky 2005, 11%*). Conversely, 25% of youth described themselves as being either slightly or very overweight.
- ◆ About two-fifths (42%) of all youth were trying to lose weight (2005 YRBS reported 49% for Ohio and 46% for the U.S.) increasing to 49% of female youth (compared to 33% of males).
- ◆ In the past 30 days, 3% of all Sandusky County youth (2005 YRBS reported 13% for Ohio and 12% for the U.S.) reported going without eating for 24 hours or more. 1% of all youth admitted to vomiting or taking laxatives to lose or keep from gaining weight. 1% of all youth took diet pills, powders, or liquids without a doctor's advice to lose weight. 12% of youth ate less food, fewer calories or foods low in fat and 32% of youth exercised to lose or keep from gaining weight.
- ◆ Almost one-third (32%) of youth drank 100% fruit juices at least once per day in the past week, 27% ate vegetables such as green salad, carrots and potatoes, and 47% drank at least one glass of milk.
- ◆ Over half (56%) of youth participated in at least 20 minutes of physical activity that made them sweat or breathe hard for three or more days in the past week (2005 YRBS reported 63% for Ohio and 64% for the U.S., Sandusky County 2005, 84%). About one-fifth (19%) of youth participated in 20 minutes of physical activity every day in the past week.
- ◆ About two-fifths (39%) of youth participated in at least 30 minutes of physical activity that did not make them sweat or breathe hard for three or more days in the past week..
- ◆ About three-fourths (74%) of youth participated in extracurricular activities. Almost half (46%) participated in sports or intramural programs, 28% participated in a club or social organization, 24% participated in a church or religious organization, and 16% participated in some other organized activity.
- ◆ Sandusky County youth spent an average of 2.6 hours watching television, 1.1 hours playing video games, and 2.2 hours on the computer on an average day of the week.

## Ohio & U.S. School Physical Activity Facts:

- ◆ In 2000, only 6-8% of senior, middle, and elementary schools provided daily physical education for the entire school year for students in all grades.
- ◆ Only 49% of all schools offered intramural activities or physical activity clubs for students.
- ◆ In 2005, 25% of Ohio and 27% of U.S. high school students participated in moderate physical activity on five or more days a week.

(Sources: CDC, School Health Policies and Programs Study, 2000; CDC YRBS, 2005)

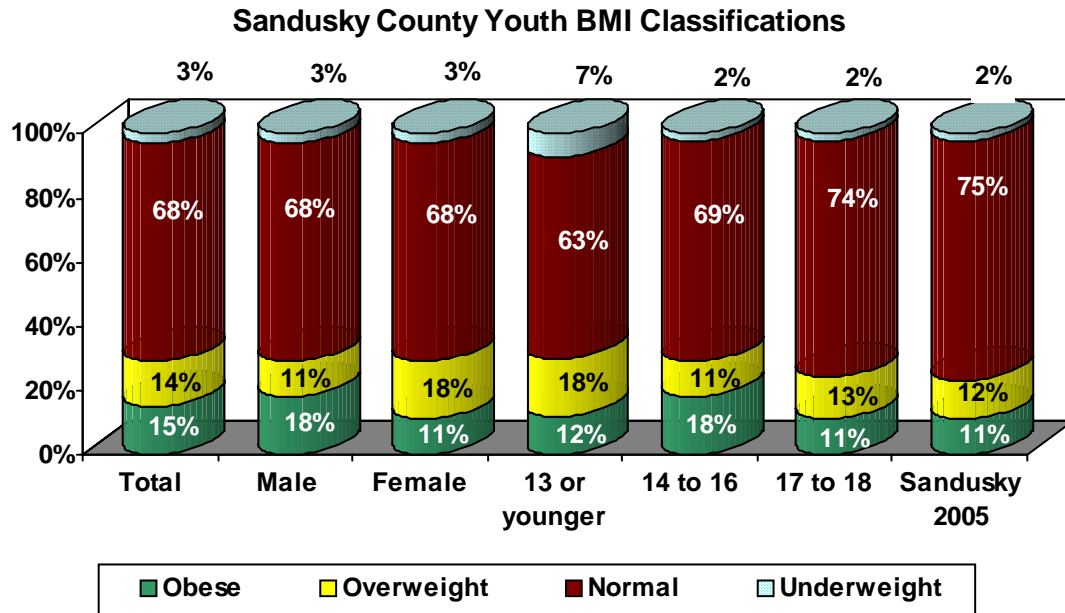
## Overweight Adolescents

- ◆ 16% of adolescents ages 12-19 were overweight in the U.S.
- ◆ The Healthy People 2010 national goal is to reduce the portion of overweight children to 5%.
- ◆ U.S. teenagers are more likely to be overweight than are teens from 14 other industrialized nations.
- ◆ Overweight adolescents have an increased likelihood of being overweight during adulthood.
- ◆ Adults who are overweight have an increased risk for heart disease, diabetes, and other health problems.

(Source: NIH/National Institute of Child Health and Human Development 2005-01-09)

## Youth Weight Control

The following graph shows the percentage of Sandusky County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). The table shows the various ways youth chose to lose weight. Examples of how to interpret the information in the first graph include: 71% of all Sandusky County youth were classified as normal weight, 15% were obese, 11% were overweight, and 3% were calculated to be underweight for their age and gender.



Sandusky County Youth did the following to lose weight:	Percent
Exercised	32%
Ate less food, fewer calories, or foods low in fat	12%
Went without eating for 24 hours	3%
Took diet pills, powders, or liquids without a doctor's advice	1%
Vomited or took laxatives	1%

## Youth Tobacco Use

### Key Findings

*The 2007 health assessment identified that 14% of Sandusky County youth (ages 12-18) were smokers increasing to 36% of those who were 17-18 years old. Overall, 4% of Sandusky County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 40% had tried to quit. The 2003 NW Ohio Strategic Alliance for Tobacco Control survey results were included for additional youth tobacco use and opinion information. The two data sets cannot be directly compared as the Alliance survey included youth in grades 4-12.*

### 2003 NW Ohio Strategic Alliance for Tobacco Control Youth Opinions Survey

- ❖ From February through May, over 5,000 NW Ohio youth in grades 4-12 were surveyed at school concerning their opinions about tobacco use.
- ❖ 253 Sandusky County youth were surveyed from several schools.
- ❖ The results of these surveys provided baseline tobacco use information for the Alliance.
- ❖ The funding for these surveys was part of the community grant awarded to the Alliance from the Ohio Tobacco Use Prevention and Control Foundation to implement a comprehensive tobacco control plan for NW Ohio.

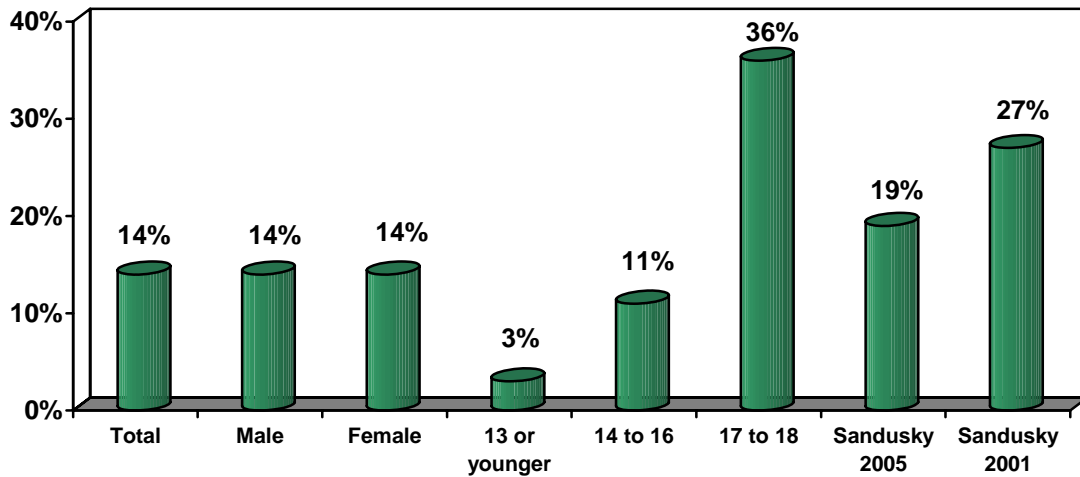
### Youth Tobacco Use Behaviors

- ◆ The 2005 YRBS reports that 54% of U.S. youth and 55% of Ohio youth had tried cigarette smoking and the 2007 health assessment indicated that 40% of Sandusky County youth had done the same (Sandusky 2005, 44%).
- ◆ 22% of those who have smoked a whole cigarette did so under 10 years old and almost half (44%) had done so under the age of 12.
- ◆ 14% of youth were current smokers, having smoked at some time in the past 30 days (Sandusky 2005, 19%). 36% of 17-18 year olds were current smokers compared to 3% of 12-13 year olds and 11% of 14-16 year olds.
- ◆ Of those who smoked, 25% smoked less than 1 cigarette per day and 7% smoked 11 or more cigarettes per day.
- ◆ 4% of youth reported smoking on school property, increasing to 12% of those 17-18 years old.
- ◆ Most (83%) of the Sandusky County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- ◆ When youth smokers were asked how they got their cigarettes, they reported the following: 31% bought them from a store or gas station, 23% of youth borrowed them from someone else, 21% asked someone else to buy them cigarettes, 15% said an adult gave them the cigarettes, 8% took them from a store or family member, and 3% said they got them some other way.
- ◆ Over half (56%) of youth who purchased cigarettes at a store in the past month were not asked to show proof of age.
- ◆ In the past 30 days, 4% of Sandusky County youth used chewing tobacco or snuff (U.S. and Ohio 8%, 2005 YRBS, Sandusky 2005, 4%) increasing to 8% of males and 11% of those 17-18 years old. 13% of current youth smokers had used chewing tobacco or snuff in the past 30 days.
- ◆ 12% of youth smoked cigars, cigarillos or little cigars in the past 30 days, increasing to 24% of those 17-18 years old (Sandusky 2005, 10%).
- ◆ Two-fifths (40%) of smokers had tried to quit smoking in the past year.
- ◆ About half (51%) of youth thought there was a great risk in harming themselves if they smoked cigarettes.
- ◆ 80% of youth reported their parents (or guardians) would strongly disapprove of them smoking cigarettes.

# Youth Tobacco Use

The following graph shows the percentage of Sandusky County youth who smoke cigarettes. Examples of how to interpret the information include: 14% of all Sandusky County youth were current smokers, 14% of males smoked, and 4% of females were current smokers. The table shows differences in specific behaviors between current smokers and non-current smokers (nonsmokers).

**Sandusky County Youth Who Are Current Smokers**



*Current smokers are those who have smoked at any time during the past 30 days.*

**Behaviors of Sandusky Youth**  
*Current Smokers vs. Non-Current Smokers*

Youth Behaviors	Current Smoker	Non-Current Smoker
Have been in a physical fight in the past 12 months	33%	28%
Have seriously considered attempting suicide in the past 12 months	17%	10%
Have had at least one drink of alcohol in the past 30 days	83%	21%
Have used marijuana in the past 30 days	45%	6%
Have had sexual intercourse	74%	23%

*Current smokers are those youth surveyed who have self-reported smoking at any time during the past 30 days*

**NW Ohio Strategic Alliance for Tobacco Control Data Collection**

The tobacco opinions of Sandusky County youth in grades 4-12 indicate:

- ❖ 13% of the students said they would smoke a cigarette if a friend offered it to them today.
- ❖ 13% believed they would probably or definitely smoke a cigarette sometime in the next three months.
- ❖ 46% of Sandusky County youth indicated they live in a household with someone who smokes.
- ❖ 85% of students believed that smoking should be banned on school property.
- ❖ 91% of the youth surveyed believed tobacco use is addictive.
- ❖ 95% believed secondhand smoke is harmful.

# Sandusky County Youth Tobacco Survey

In early 2003, 253 Sandusky County students from grades 4-12 were asked a series of questions about tobacco and their tobacco use. The following report summarizes their responses. When appropriate, results are compared with the Northwest Ohio region, which contains 16 counties and includes Sandusky County.

## Tobacco Use in Past 30 Days\*

- ❖ Sandusky County: 19%
- ❖ 4<sup>th</sup>-5<sup>th</sup> graders: 0%
- ❖ 6<sup>th</sup>-8<sup>th</sup> graders: 9%
- ❖ 9<sup>th</sup>-12<sup>th</sup> graders: 35%
- ❖ Males: 22%
- ❖ Females: 16%

***\*Includes students who used cigarettes, specialty cigarettes, smokeless tobacco.***

### ***Societal Issues***

- ◆ Approximately 46% of Sandusky County students live with someone who smokes cigarettes.
- ◆ 17% said that young people who smoke have more friends. One-third (35%) said that one or more of their closest friends smoke cigarettes and 13% have friends who use smokeless tobacco.
- ◆ Approximately one-third (36%) were taught about the dangers of tobacco use at school but only 14% participated in a community smoking cessation activity.
- ◆ In the past 30 days, almost half (45%) have seen commercials at least daily about the dangers of smoking.
- ◆ About 74% said that they see actors using tobacco most or some of the time when they go to the movies or watch television.

### ***Opinions About Tobacco***

- ◆ 13% of Sandusky County students think they will probably or definitely smoke a cigarette during the next three months and 13% would accept a cigarette from a friend if offered one. These percentages increase to about 25% of 9<sup>th</sup>-12<sup>th</sup> graders.
- ◆ Most of the respondents said that their friends (66%), family (94%) and peers (46%) would disapprove if they smoked today. Current smokers are less likely to say their friends (34%), family (80%) and peers (15%) would disapprove if they smoked today. About 5% of all students said friends and peers would approve and 2% said family would approve.
- ◆ Most of the students said that schools should offer smoking cessation programs (80%) and should not allow smoking on school property (85%). 9<sup>th</sup>-12<sup>th</sup> graders are least in favor of school interventions.
- ◆ Most (91%) Sandusky County students believe that tobacco is addictive; however, nearly half (46%) believe that adults exaggerate the health risks of smoking.
- ◆ 16% said it is okay to smoke for a year or two as long as you quit after that.

### ***Secondhand Smoke***

- ◆ In the past week, two-thirds (63%) of Sandusky County youth have been in a room with someone who was smoking cigarettes and 45% have ridden in a car with a smoker.
- ◆ Nearly all (95%) believe that secondhand smoke is harmful.

### **The following Sandusky County groups are more likely to be tobacco users:**

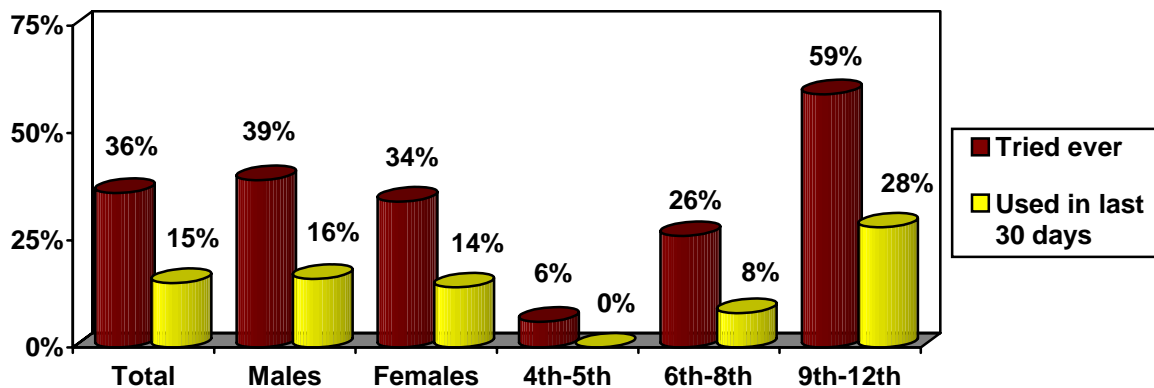
- ❖ 9<sup>th</sup>-12<sup>th</sup> graders
- ❖ Those who live with someone who smokes
- ❖ Those who do not often attend religious services
- ❖ Those who average C-F grades in school
- ❖ Those who have a poor self-image

## Sandusky County Cigarette Use

### *Cigarette Use*

- ◆ One out of four (23%) Sandusky County students was offered a cigarette in the past 30 days, increasing to 35% among 9<sup>th</sup>-12<sup>th</sup> graders.
- ◆ 36% have tried cigarettes in the past and 15% have used cigarettes in the last 30 days. These percentages increase to 59% who have tried and 28% who have smoked cigarettes in the last 30 days among 9<sup>th</sup>-12<sup>th</sup> graders.
- ◆ Most (81%) Sandusky County tobacco users smoke cigarettes. The remainder use only smokeless tobacco, specialty cigarettes or cigars.
- ◆ A current smoker is defined as a student who has smoked cigarettes, flavored cigarettes, cigars and/or cigarillos in the last 30 days.

### Sandusky County Cigarette Use



### *Cigarette Use Behaviors*

- ◆ Almost half (45%) of Sandusky County current smokers started smoking before age 13.
- ◆ Of all Sandusky County students, 12% have tried only a few puffs and 9% have smoked over 100 cigarettes in their entire life.
- ◆ Approximately 7% of all Sandusky County students have been daily smokers, increasing to 16% among 9<sup>th</sup>-12<sup>th</sup> graders.
- ◆ 10% of current smokers smoke at least two cigarettes per day on average. This figure increases to 19% among 9<sup>th</sup>-12<sup>th</sup> graders.
- ◆ 7% of all students smoked cigarettes on school property in the past 30 days.
- ◆ One in five (21%) current smokers (4% of all students) usually bought their cigarettes at a store or gas station. About 6% of all youth tried to buy cigarettes but were not asked to show proof of age.
- ◆ Half (49%) of current smokers (9% of all Sandusky County students) smoke Marlboros. Over one-third (36%) of current smokers smoke menthol cigarettes.
- ◆ 6% have smoked flavored cigarettes, bidis, clove cigarettes, or Liquid Dreams in the past 30 days.

### Sandusky County Addiction Statistics:

- ❖ 16% of current smokers feel like they need a cigarette at least once every three hours.
- ❖ One-quarter (26%) smoke within 30 minutes of waking up in the morning (5% of all youth).
- ❖ Approximately 6% of all students find it difficult to avoid smoking in restricted places.
- ❖ About 3% still smoke cigarettes if they are so ill that they are in bed most of the day.

# Sandusky County Tobacco Use

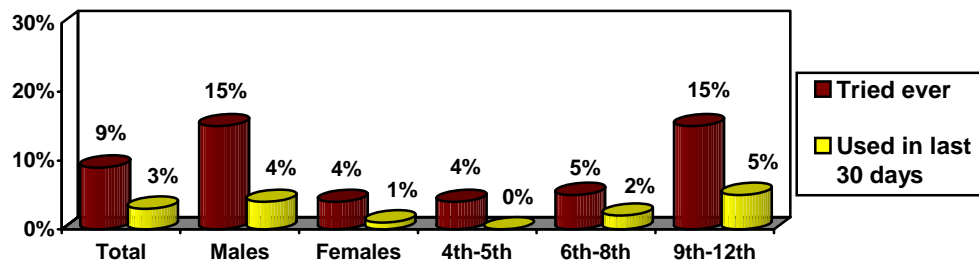
## *Smoking Cessation*

- ◆ Almost half (45%) of current smokers (8% of all students) would like to quit smoking, but only 9% of current smokers have participated in a smoking cessation program and 8% of current smokers have asked for their physician’s help to quit smoking.
- ◆ One in ten (10%) current smokers (3% of all youth) thinks they would definitely or probably not be able to quit smoking if they wanted to.
- ◆ In the past 12 months, over one-third (38%) of current smokers (8% of all students) have tried to quit smoking and one in five current smokers (4% of all students) has tried three or more times. More than one in five (23%) current smokers who tried to quit did not last more than one week without smoking.

## *Smokeless Tobacco*

- ◆ One out of ten (9%) Sandusky County students has tried smokeless tobacco. 3% have used smokeless tobacco in the last 30 days.
- ◆ 2% have used smokeless tobacco on school property in the last 30 days.
- ◆ One-third of the current users (1% of all students) bought their smokeless tobacco at a store or gas station.

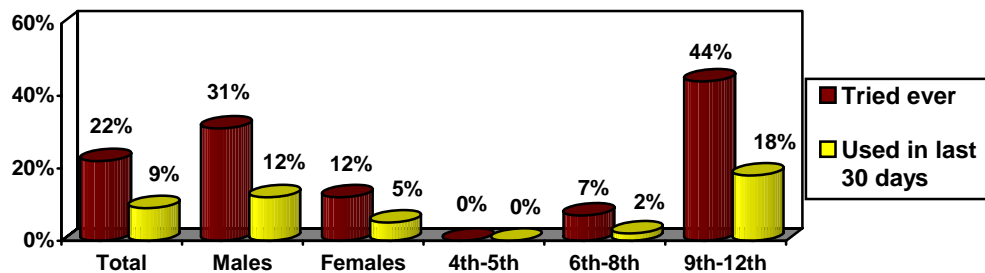
**Sandusky County Smokeless Tobacco Use**



## *Cigars*

- ◆ About one-quarter (22%) of all students have tried cigars or cigarillos, increasing to 44% among 9<sup>th</sup>-12<sup>th</sup> graders. Three out of four (75%) current tobacco smokers have tried cigars or cigarillos. About 9% of all students have smoked cigars in the last 30 days.
- ◆ Over half (57%) of current tobacco smokers (17% of all students) had their first cigar at age 13 or older.
- ◆ One in five (20%) current tobacco smokers (4% of all students) bought their cigars at a store or gas station.

**Sandusky County Cigar Use**



## Sandusky County Comparative Data

The following table shows county and region statistics. Differences of about seven to eight percentage points indicate that the county may have behaviors different than the total region.

Issue	Sandusky County	NW Ohio
High school student (grades 9 – 12) used tobacco in past 30 days	35%	32%
Middle school student (grades 6 – 8) used tobacco in past 30 days	9%	10%
Student is living in a household with a smoker	46%	46%
Student definitely or probably will smoke a cigarette in the next 3 months	13%	13%
Student definitely or probably will be smoking cigarettes 5 years from now	9%	11%
Student would smoke a cigarette if a friend offered it today	13%	14%
Student thinks schools should offer smoking cessation programs	80%	83%
Student thinks smoking should be banned on school property	85%	85%
Student has discussed the dangers of smoking with parents often or very often in past 12 mos.	17%	17%
Student believes tobacco is addictive	91%	94%
Student was taught about the dangers of tobacco use at school during past year	36%	49%
Student participated in a smoking cessation program	2%	2%
Student was in a room with someone smoking in the past week	63%	58%
Student believes secondhand smoke is harmful	95%	96%
Student has tried cigarette smoking	36%	34%
Student has smoked cigarettes in past 30 days	15%	15%
Student smokes an average of 11 or more cigarettes per day	2%	2%
Student has tried to quit smoking in past 12 months	8%	9%
Student has tried smokeless tobacco	9%	10%
Student has used smokeless tobacco in past 30 days	3%	4%
Student has tried cigars	22%	21%
Student has used cigars in past 30 days	9%	9%
Student has participated in community activity to discourage tobacco use	14%	12%

\*Data have been weighed based on grade and gender.

## Youth Alcohol Consumption

### Key Findings

*In 2007, the health assessment results indicated that 57% of Sandusky County youth drank at least one drink of alcohol in their life increasing to 83% of youth seventeen and older. Just under one-third (29%) of all Sandusky County youth and 50% of those 17-18 years had at least one drink in the past 30 days. Almost three-fifths (58%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 6% of youth had driven a car in the past month after they had been drinking alcohol.*

### Youth Alcohol Consumption

- ◆ In 2007, the health assessment results indicate that over half (57%) of all Sandusky County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 84% of 17-18 year olds. According to the 2005 YRBS, 77% of Ohio youth and 74% of U.S. youth had at least one drink of alcohol in their lifetime.
- ◆ Just under one-third (29%) of the youth drank at least one drink in the past 30 days, increasing to 50% of 17-18 year olds.
- ◆ Of those who drank, 58% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 76% of those ages 17 and over. Based on all youth surveyed, 17% were defined as binge drinkers.
- ◆ 13% of Sandusky County youth who reported drinking in the past 30 days, drank on at least 10 or more days during the month.
- ◆ About two-fifths (41%) of Sandusky County youth who reported drinking at sometime in their life had their first drink under the age of 12, 29% took their first drink between the ages of 13 and 14, and 30% had their first drink between the ages of 15 and 18.
- ◆ During the past month 21% of all Sandusky County youth had ridden in a car driven by someone who had been drinking alcohol. 6% of all youth drivers had driven a car in the past month after they had been drinking alcohol, increasing to 14% of those ages 17 and over.
- ◆ Over one-third (37%) of youth thought there was a great risk in drinking alcohol.
- ◆ 61% of youth reported their parents (or guardians) would strongly disapprove of them drinking alcohol.

### Youth Risk Behavior Survey Results, 2005 Alcohol Use

- ◆ 42% of Ohio high school students drank alcohol in the past month compared with 43% of U.S. high school youth.
- ◆ 26% of Ohio and U.S. high school students self-reported heavy episodic drinking in the past month.
- ◆ Current drinking prevalence was essentially the same for female (43%) and male (44%) U.S. high school students: binge drinking incidence was higher for males (28%) than females (24%).

*(Source: CDC: YRBS, Updated 4/5/06)*

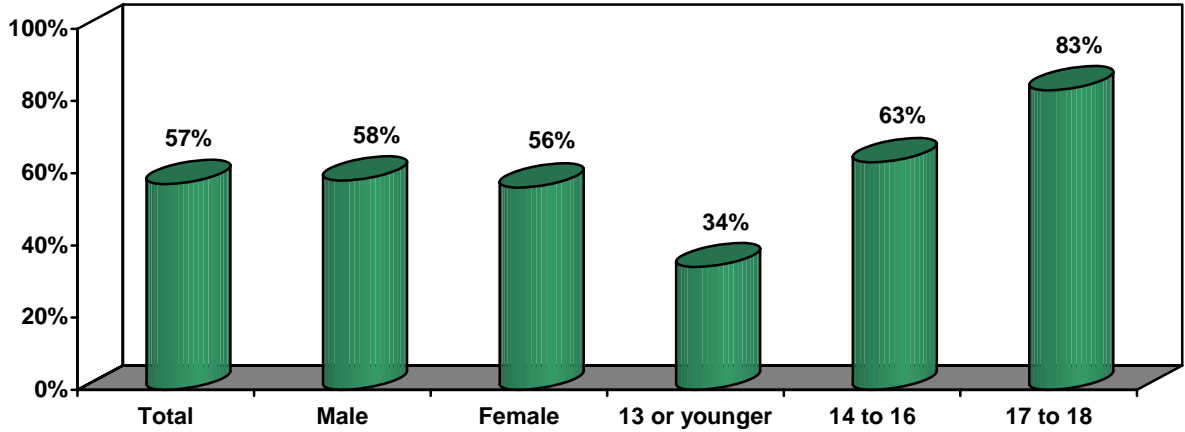
### Risk Factors for Youth Alcohol Abuse:

- ◆ Smoking
- ◆ Drinking on school property
- ◆ Frequency of drinking
- ◆ Riding in car with someone who has been drinking
- ◆ Age of first drink
- ◆ Drinking before sexual intercourse
- ◆ Binge drinking
- ◆ Driving a car after drinking

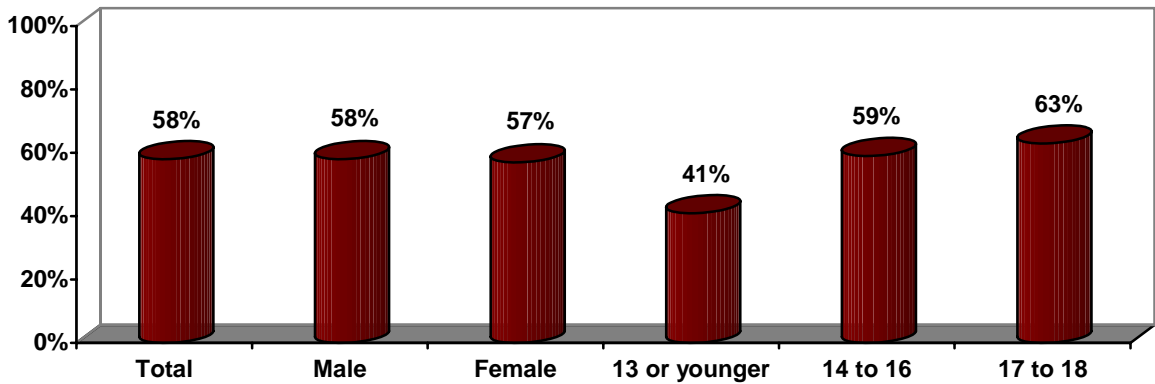
*(Source: YRBS 2001 Rationale for the Questionnaire, Alcohol and Other Drug Abuse and the CDC Adolescent School Health Prevent Alcohol and*

# Youth Alcohol Consumption

## Sandusky County Youth Having At Least One Drink In Their Lifetime



## Sandusky County Youth Current Drinkers Who Binge Drank in Past Month\*



\*Based on all current youth drinkers. Binge drinking is defined as having five or more drinks on an occasion.

## Behaviors of Sandusky County Youth Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Have been in a physical fight in the past 12 months	40%	24%
Have seriously considered attempting suicide in the past 12 months	23%	6%
Have smoked in the past 30 days	42%	3%
Have used marijuana in the past 30 days	31%	3%
Have had sexual intercourse	59%	19%

*Current drinkers are those youth surveyed who have self-reported drinking alcohol at any time during the past 30 days.*

# Youth Marijuana and Other Drug Use

## Key Findings

*In 2007, 11% of Sandusky County youth had used marijuana at least once in the past 30 days. During the past 12 months, 16% of Sandusky County youth had someone offer, sell, or give them an illegal drug on school property.*

## Youth Drug Use

- ◆ In 2007, 24% of all Sandusky County youth had used marijuana at least once in their lifetime, increasing to 51% of youth ages 17 and older. The 2005 YRBS found a prevalence of 41% for Ohio and 38% for U.S. youth who had used marijuana one or more times during their lifetime.
- ◆ 46% of youth who used marijuana did so before the age of 13, compared to 9% of Ohio and U.S. youth. *(Source: 2005 YRBS)*
- ◆ One in 9 (11%) of Sandusky County youth had used marijuana at least once in the past 30 days. The 2005 YRBS found a prevalence of 21% for Ohio youth and 20% of U.S. youth who had used marijuana one or more times during the past 30 days.
- ◆ 10% used inhalants, 4% used cocaine, 4% used steroids, 2% used methamphetamines, 4% used ecstasy, 1% used heroin, and 1% used a needle to inject an illegal drug.
- ◆ During the past 12 months, 16% of all Sandusky County youth reported that someone had offered, sold, or given them an illegal drug on school property. 37% of current marijuana users had been offered, sold, or given illegal drugs on school property, as compared to 13% of non-marijuana users.
- ◆ The 2005 YRBS found a prevalence of 31% of Ohio and 25% of U.S. students were offered, sold or given an illegal drug by someone on school property in the past year.
- ◆ Over half (58%) of youth thought there was a great risk in smoking marijuana.
- ◆ 94% of Sandusky youth feel that their parents would strongly disapprove if they smoked marijuana.

### Prescription Drug Abuse Facts from the 2002/2003 National Survey on Drug Use and Health (NSDUH)

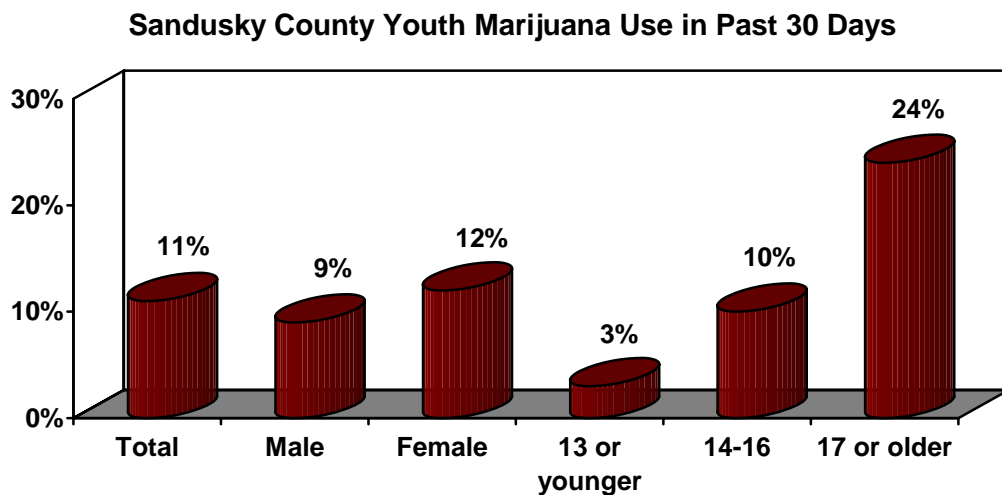
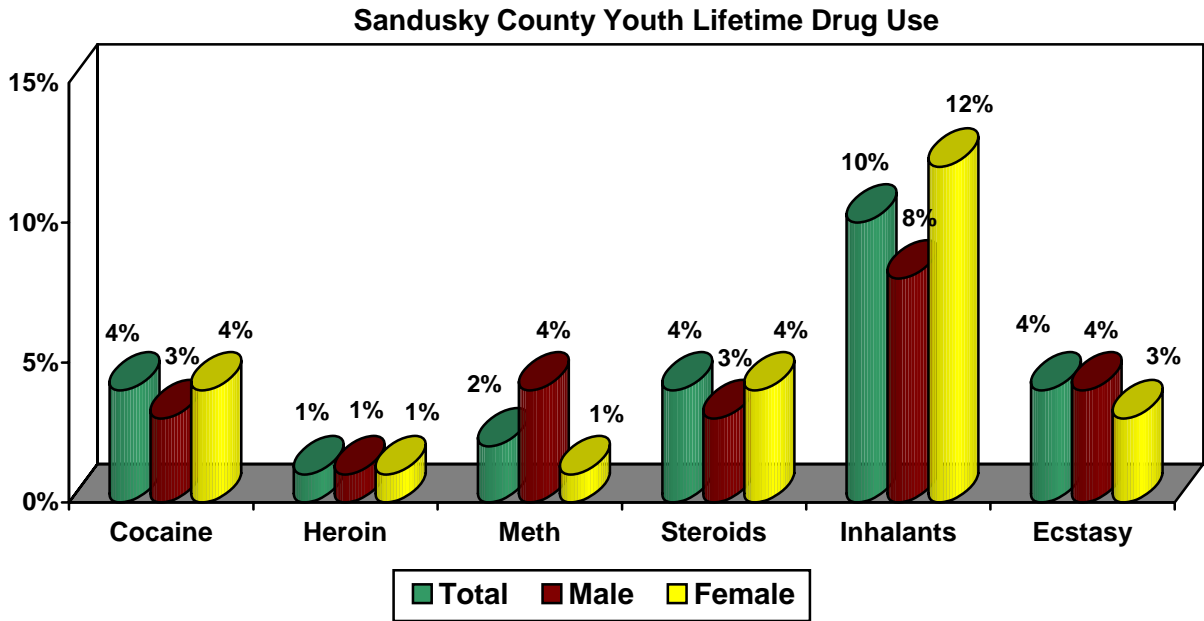
- ❖ 20.1% of persons aged 12 or older had used prescription-type drugs for a non-medical purpose at least once in their lifetime.
  - ❖ In 2003, of the estimated 1.9 million people who reported using prescription drugs non-medically in the past year, nearly half (46%) were ages 12-25.
  - ❖ In 2002, youth prescription drug users in the past year were more likely to be: females (4.3% versus 3.6% of males); and, live in a non-metropolitan or small metropolitan area (9% versus 7% in a large metropolitan area).
  - ❖ In 2002, adult users in the past year were more likely to be young adults aged 18-25 (5.4%).
  - ❖ Pain relievers were the prescription drugs most often used non-medically by youths and young adults in the past year.
- (Source: Department of Health and Human Services, SAMHSA, NSDUH, 2002 & 2003)*

## Lifetime Drug Use Comparison of High School Youth

Drug	Sandusky County 2007	Sandusky County 2005	Ohio 2005	U.S. 2005
Cocaine	5%	5%	9%	8%
Inhalants	9%	15%	12%	12%
Heroin	1%	2%	2%	2%
Methamphetamines	4%	5%	8%	6%
Steroid Drugs	5%	3%	4%	4%
Ecstasy	6%	4%	7%	6%
Injectable Drugs	1%	1%	2%	2%

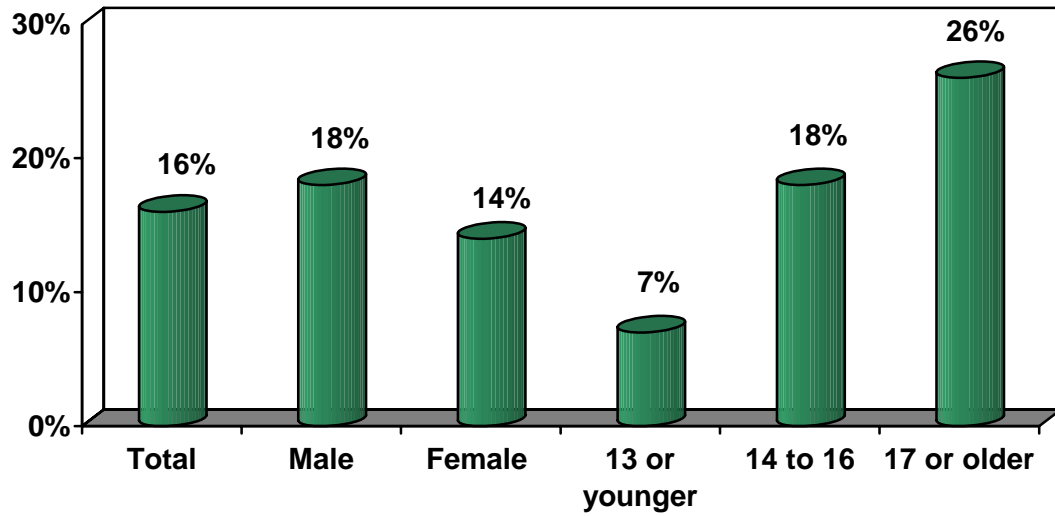
## Youth Marijuana and Other Drug Use

The following graphs are data from the 2007 Sandusky County Health Assessment indicating youth lifetime drug use, marijuana use in the past 30 days, and the percent of youth who had been offered, sold, or given an illegal drug on school property in the past month. Examples of how to interpret the information include: 4% of youth used cocaine, 1% used heroin and 10% used inhalants in their lifetime



## Youth Marijuana and Other Drug Use

**Sandusky County Youth Offered, Sold, or Given Illegal Drugs by Someone on School Property in Past 12 Months**



# Youth Sexual Behavior and Teen Pregnancy Outcomes

## Key Findings

In 2007, just under one-third (30%) of Sandusky County youth had sexual intercourse, increasing to 66% of those ages 17 and over. Of those who were sexually active, 41% had one sexual partner. According to the Centers for Disease Control and Prevention (CDC), early sexual activity is associated with unwanted pregnancy, sexually transmitted diseases (STDs), and negative effects on social and psychological development. In addition, activities that may contribute to early sexual activity include alcohol and drug abuse (Source: CDC, Youth Risk Behavior Surveillance System (YRBSS) Question Rationale, Sexual Behaviors, 2007).

## Youth Sexual Behavior

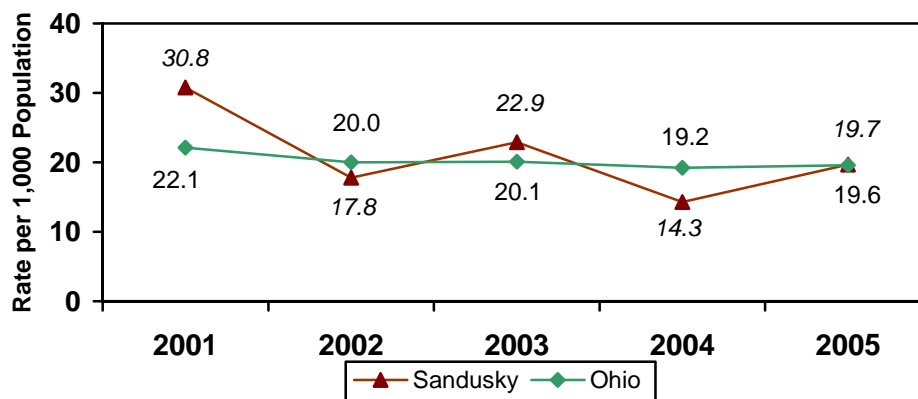
- ◆ Just under one-third (30%) of Sandusky County youth had sexual intercourse, increasing to 66% of those ages 17 and over (Sandusky 2005, 31%). According to the 2005 YRBS, 48% of Ohio and 47% of U.S. youth have ever had sexual intercourse.
- ◆ Of those youth who were sexually active in their lifetime, 41% had one sexual partner and 59% had multiple partners. 15% had 6 or more sexual partners.
- ◆ Of those youth who were sexually active, 49% had done so by the age of 14. Another 22% had done so by 15 years of age.
- ◆ 30% of youth had participated in oral sex, increasing to 64% of those ages 17 and over.
- ◆ 66% of sexually active youth used condoms to prevent pregnancy, 16% used birth control pills, 5% used the withdrawal method, and 1% used some other method. However, 9% were engaging in intercourse without any method of protection.
- ◆ About one in five (19%) of sexually active youth used alcohol or drugs before their last sexual intercourse.
- ◆ Over four-fifths (78%) had been taught about sexual practices, sexually transmitted diseases, AIDS, or HIV infection in school, decreasing to 57% of those ages 13 and younger.

## Teen Sex and Its Risks National Statistics

- ❖ About 25% of sexually active teens acquire an STD.
- ❖ In one act of unprotected sex with an infected partner, a teen female increases her risk of acquiring HIV by 1%, genital herpes by 30%, and gonorrhea by 50%.
- ❖ 19% of all sexually active teen women will become pregnant.
- ❖ 25% of new teenage mothers will have a second child within two years.
- ❖ The babies of teen mothers are more likely to be low birth-weight and have childhood health issues that require hospitalization than babies born to older mothers.

(Source: Facts in Brief, The Alan Guttmacher Institute)

Teen Birth Rates for Sandusky County and Ohio\*



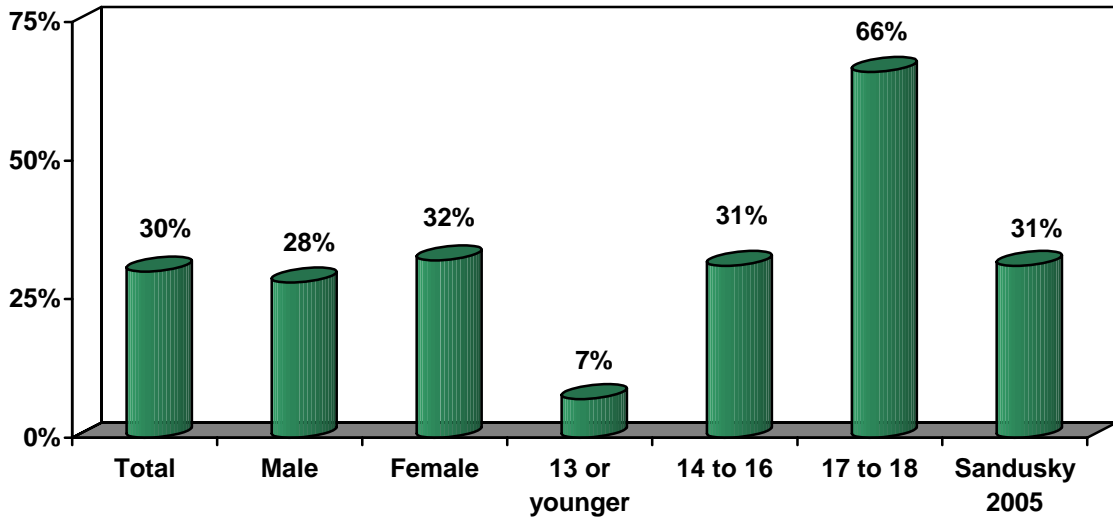
\*Teen birth rates include women ages 15-17

(Source: Ohio Department of Health Information Warehouse Updated 6-21-07)

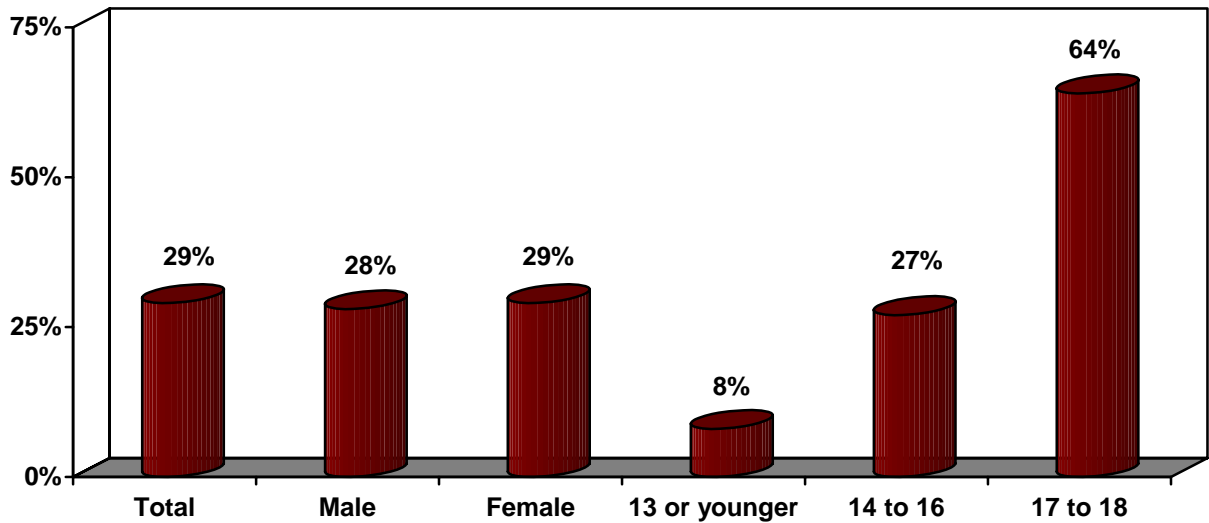
## Youth Sexual Behavior and Teen Pregnancy Outcomes

The following graphs show the percentage of Sandusky County youth who were participating in sexual intercourse and oral sex. Examples of how to interpret the information in the first graph include: 30% of all Sandusky County youth were sexually active, 28% of males, and 32% of females.

### Sandusky County Youth Participating in Sexual Intercourse



### Sandusky County Youth Participating in Oral Sex



# Mental Health and Suicide

## Key Findings

*The health assessment results indicated that 10% of Sandusky County youth had made a plan to attempt suicide in the past year and 5% admitted actually attempting suicide in the past year.*

## Youth Mental Health

- ◆ Just under one-quarter (22%) of youth reported they felt sad or hopeless almost every day for two weeks or more in a row that stopped them from doing some usual activities, increasing to 30% of females.
- ◆ In 2007, 10% of Sandusky County youth made a plan on how they would attempt suicide in the past twelve months.
- ◆ In the past year, 5% of Sandusky County youth had attempted suicide and 3% had made more than one attempt. The 2005 YRBS reported a prevalence rate of 8% for the U.S. and 9% for Ohio youth who actually attempted suicide one or more times.
- ◆ The CDC has reported that in 2005, 372,722 people were treated in the emergency room and 154,598 were hospitalized for self-inflicted injuries.
- ◆ According to the CDC's Suicide Fact Sheet, there is one suicide for every 25 attempts. *(Source: CDC, Suicide Facts at a Glance)*
- ◆ Individuals who had committed suicide in 13 states were given toxicology tests, according to the CDC's Suicide Facts at a Glance Fact Sheet. Of those individuals, the following substances were found present:
  - Alcohol (33%)
  - Opiates (16%)
  - Cocaine (9%)
  - Marijuana (8%)
  - Amphetamines (4%)

## Mental Health and Suicide Facts

- ❖ For youth ages 15 to 24, suicide is the 3<sup>rd</sup> leading cause of death.
- ❖ Firearms were used in 54% of U.S. youth suicides in 2001.
- ❖ In 2005, just over 18% of Ohio high school youth indicated that they had seriously considered attempting suicide in the past 12 months with more females (22%) considering suicide than males (15%).
- ❖ 9% of Ohio high school youth actually attempted suicide in the past 12 months (11% of all females and 7% of all males). 3% of Ohio high school youth indicated that their suicide attempt required medical attention by a doctor or nurse in the past 12 months.

*(Sources: CDC, National Center for Injury Prevention and Control, Suicide, 12-22-04; CDC, National Center for Chronic Disease Prevention and Health Promotion, YRBSS, Unintentional Injuries and Violence, 9-14-04)*

## Teen Suicide Signals

The strongest risk factors for attempted suicide in teens are:

- ◆ Depression
- ◆ Alcohol abuse
- ◆ Aggressive or disruptive behaviors

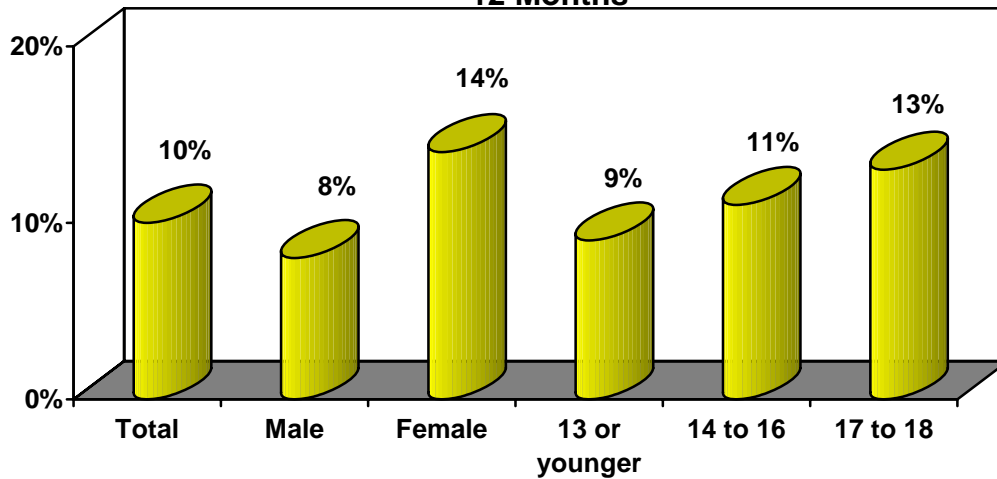
In 2005, the *American Psychiatric Association* advises one should consult a mental health professional, parent, or school counselor if several of the following symptoms, experiences, or behaviors are present:

- ◆ Depressed mood
- ◆ Family loss or instability; significant problems with parents
- ◆ Frequent episodes of running away or being incarcerated
- ◆ Expressions of suicidal thoughts, or talk of death or the afterlife during moments of sadness or boredom
- ◆ Loss of interest in or enjoyment in activities that was once pleasurable
- ◆ Impulsive, aggressive behavior, frequent expressions of rage
- ◆ Difficulties in dealing with sexual orientation
- ◆ Unplanned pregnancy
- ◆ Withdrawal from family and friends
- ◆ Substance abuse

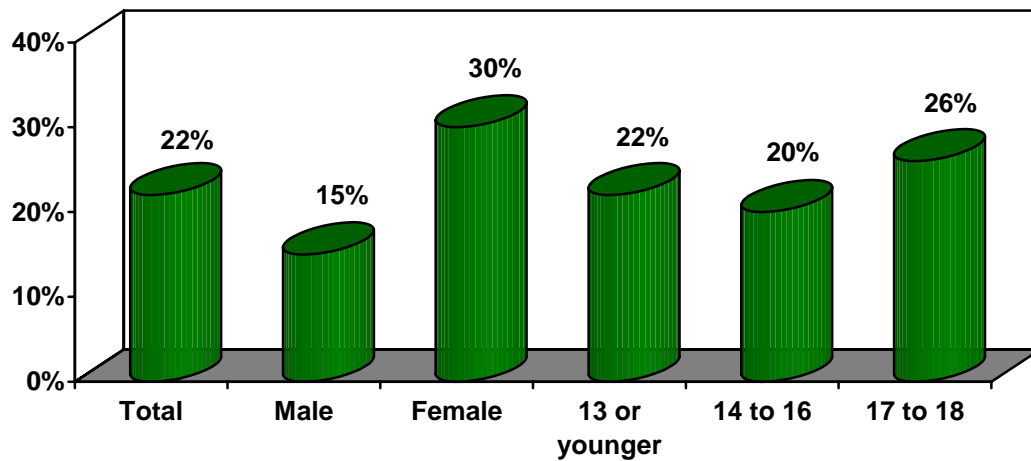
## Mental Health and Suicide

The following graphs show the percentage of Sandusky County youth that made a plan to attempt suicide and those that felt sad or hopeless two or more weeks in a row in the past 12 months (i.e., the first graph shows that 10% of all youth made a plan, 8% of males and 14% of females).

**Sandusky County Youth Who Made a Plan To Suicide in Past 12 Months**



**Sandusky County Youth Who Felt Sad or Hopeless for 2 Weeks or More in the Past 12 Months**



# Mental Health and Suicide

## Suicide Risk Factors

**A risk factor is anything that increases the likelihood that persons will harm themselves including:**

- ❖ Previous suicide attempt(s)
- ❖ History of alcohol and substance abuse
- ❖ Family history of child maltreatment
- ❖ Impulsive or aggressive tendencies
- ❖ Feeling socially isolated
- ❖ Barriers to accessing mental health treatment
- ❖ Loss (relational, social, work, or financial)
- ❖ Has easy access to lethal suicide methods (for instance, firearms)
- ❖ Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts
- ❖ Cultural and religious beliefs (i.e., the belief that suicide is not a resolution of a personal dilemma)
- ❖ Local epidemics of suicide
- ❖ History of mental disorders, particularly depression
- ❖ Family history of suicide
- ❖ Feelings of hopelessness
- ❖ Physical illness

*(Source: CDC, National Center for Injury Prevention and Control, Suicide Fact Sheet)*

## Suicide Protective Factors

**Protective factors defend people from the risks associated with suicide and include:**

- ❖ Effective clinical care for mental, physical, and substance abuse disorders
- ❖ Easy access to a variety of clinical interventions and support for those seeking help
- ❖ Family and community support
- ❖ Support from ongoing medical and mental health care relationships
- ❖ Skills in problem solving, conflict resolution, and nonviolent handling of disputes
- ❖ Cultural and religious beliefs that discourage suicide and support self-preservation instincts

*(Source: CDC, National Center for Injury Prevention and Control, Suicide Fact Sheet)*

## Warning Signs of Suicide

**Recognizing Warning Signs of Suicide in Others**

- ❖ Feelings of despair or hopelessness
- ❖ Taking care of business-preparing for the family's welfare
- ❖ Drug or alcohol abuse
- ❖ Rehearsing suicide or seriously discussing specific suicide methods
- ❖ Shows signs of improvement, but in reality, relief comes from having made decision to commit suicide

*(Source: CDC, National Depression and Manic Depression Association)*

For additional resources please see:

U.S. Public Health Service, *The Surgeon General's Call to Action to Prevent Suicide*. Washington, DC: 1999.

U.S. Department of Health and Human Services, *National Strategy for Suicide Prevention*. Washington, DC: 2001.

# Youth Safety

## Key Findings

*In 2007, less than half (46%) of Sandusky County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 21% of Sandusky youth said that their health was excellent in general.*

## Personal Safety

- ◆ Less than half (46%) of Sandusky County youth always wore a seatbelt when riding in a car driven by someone else increasing to 50% of females and 51% of those 12-13 years old.
- ◆ In the past 30 days, 21% of Sandusky County youth had ridden in a car driven by someone who had been drinking alcohol and 6% had driven a car themselves after they had been drinking alcohol.
- ◆ 72% of youth never wore a helmet when they rode a bicycle during the past 12 months and 1% always wore a helmet.

## General Health

- ◆ When asked how they would describe their health in general, 21% of Sandusky youth reported excellent, 30% said very good and 38% said good. Only 2% of youth said that their health was poor.
- ◆ Over three-fifths (61%) of youth visited a doctor for a routine checkup within the past year, decreasing to 56% of those under 13 years of age.
- ◆ In the past year, 69% visited a dentist for a check-up, exam, teeth cleaning, or dental work.

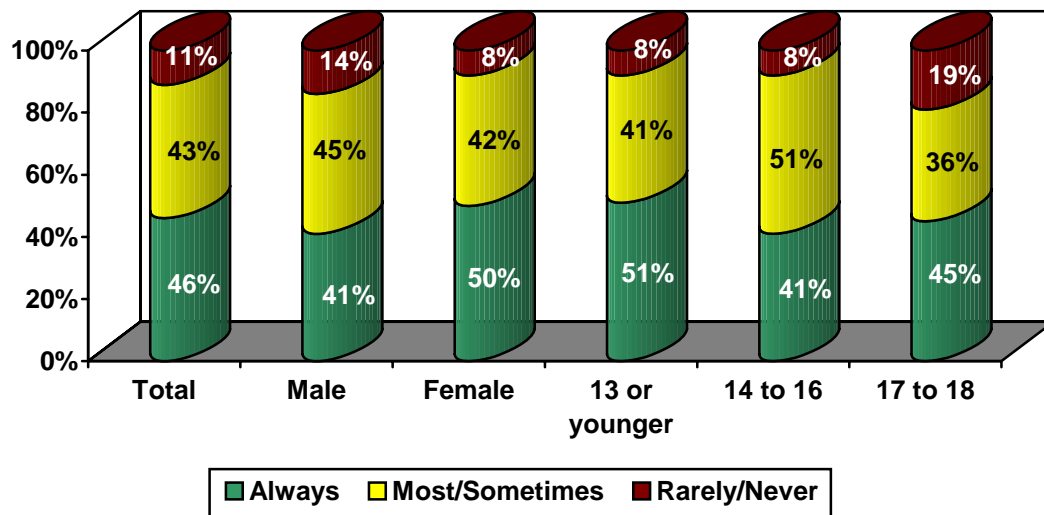
### Sandusky County Youth Leading Causes of Death 2003-2005

Total Deaths: 46

- ◆ Accidents (Unintentional injuries)
- ◆ Congenital malformations
- ◆ Diseases of the heart
- ◆ Complications affected from pregnancy
- ◆ Sudden infant death syndrome

*(Source: ODH Information Warehouse, updated 7-6-07)*

**Sandusky County Youth Seatbelt Use in the Past Month**



# Youth Violence Issues

## Key Findings

*In Sandusky County, 12% of the youth had carried a weapon in the past month and 2% indicated they brought it to school. 8% of youth had been threatened or injured by a weapon on school property.*

## Violence-Related Behaviors

- ◆ In 2007, 12% of Sandusky County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 19% of males. The 2005 YRBS reports a prevalence rate of carrying a weapon for U.S. youth as 19% and for Ohio youth as 15%.
- ◆ 2% of Sandusky County youth had carried weapons to school in the past 30 days.
- ◆ 9% of Sandusky County youth had been threatened or injured by a weapon on school property.
- ◆ 6% stayed home from school at least one day in the previous month because they did not feel safe either at school or on their way to or from school. The 2005 YRBS reported 5% of Ohio and 6% of U.S. youth had stayed home at least one day.
- ◆ 22% of Sandusky County youth reported having their personal property, such as car, clothing or books stolen or damaged on school property, compared to 28% of Ohio and 30% of U.S. youth. *(Source: 2005 YRBS)*
- ◆ In the past year, under one third (30%) of youth had been involved in a physical fight and 14% on more than one occasion.
- ◆ 33% of smokers and 40% of drinkers were involved in a physical fight compared to 28% of non-smokers and 24% of non-drinkers.
- ◆ 21% of youth who carried a weapon in the past 30 days has also been in a fight at least once in the past year, compared to 8% who had not been in a fight.
- ◆ 14% of youth had a physical fight on school property in the past 12 months.
- ◆ 9% of Sandusky County youth reported being hit, slapped or physically hurt by their boyfriend or girlfriend, increasing to 14% of those age 17 and older.
- ◆ 9% of youth were physically forced to have sexual intercourse when they did not want to, increasing to 16% of females and 18% of those ages 17 and over. The 2005 YRBS reported 11% of Ohio youth and 8% of U.S. youth being forced into having sexual intercourse.
- ◆ Youth violence costs society over \$158 billion each year, according to the CDC. *(Source: CDC, Understanding Youth Violence Fact Sheet, 2006)*

## Facts Concerning Youth Violence

- ❖ Youth violence is defined by the CDC as “harmful behaviors that can start early and continue into young adulthood.”
- ❖ In 2003, 5,570 youth ages 10-24 were murdered.
- ❖ Emergency rooms treated in excess of 780,000 youth ages 10-24 for violence-related injuries.
- ❖ Approximately 30% of kids (6<sup>th</sup> to 10<sup>th</sup> grade) reported being involved in bullying.

*(Source: CDC, Understanding Youth Violence Fact Sheet, 2006)*

## Key Risk Factors for Youth Violence

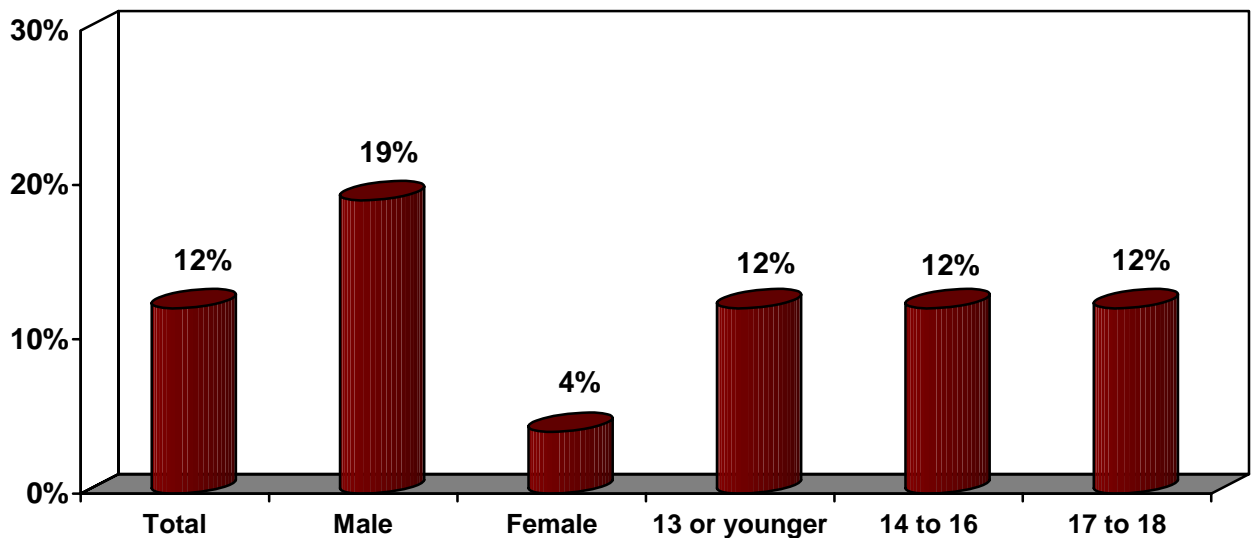
- ❖ Prior history of violence
- ❖ Poor family functioning
- ❖ Poverty in the community
- ❖ Drug, alcohol, or tobacco use
- ❖ Poor grades in school
- ❖ Association with delinquent peers

*(Source: CDC, Understanding Youth Violence Fact Sheet, 2006)*

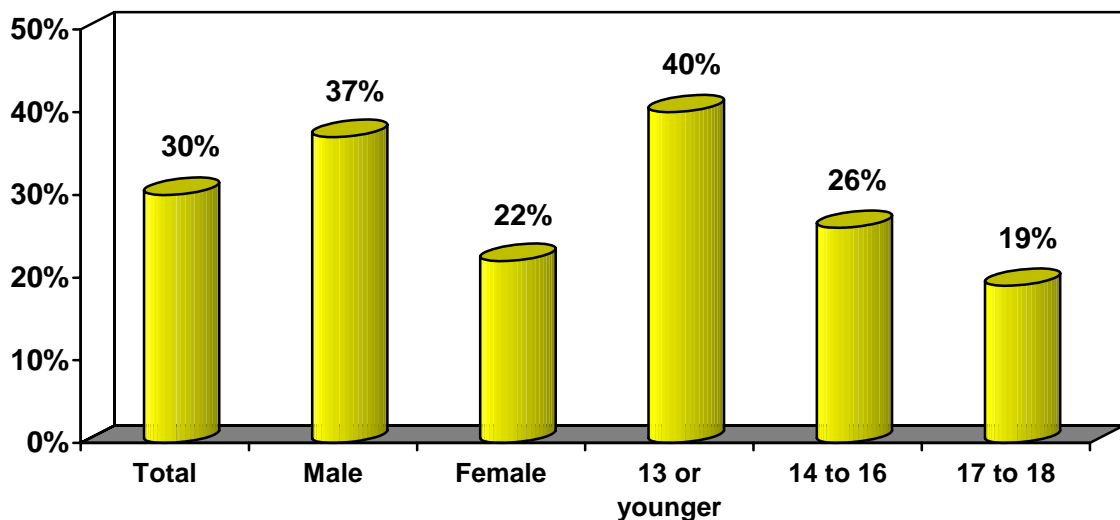
## Youth Violence Issues

The following graphs show Sandusky County youth carrying a weapon in the past 30 days and those involved in a physical fight in the past year. The graphs show the number of youth in each segment giving each answer (i.e., the first graph shows that 12% of all youth carried a weapon in the past 30 days, 19% of males and 4% of females).

**Sandusky County Youth Carrying a Weapon during the past 30 days**



**Sandusky County Youth Involved in a Physical Fight in the Past Year**



# Youth Perceptions of Substance Use/Misuse

## Key Findings

*In 2007, over one-half (51%) of Sandusky County youth thought there was a great risk in harming themselves if they smoked cigarettes. 22% of youth thought that there was either no risk or a slight risk of using marijuana. Over three-fifths (61%) of youth reported that their parents would strongly disapprove of them drinking alcohol.*

## Perceived Risk of Drug Use

- ◆ Over one-half (51%) of Sandusky youth thought there was a great risk in harming themselves if they smoked cigarettes, increasing to 55% of females.
- ◆ 9% of youth thought that there was no risk for smoking cigarettes.
- ◆ Just under three-fifths (58%) of youth thought there was a great risk in smoking marijuana.
- ◆ 9% of youth thought that there was no risk of smoking marijuana.
- ◆ Over one-third (37%) of Sandusky County youth thought there was a great risk for drinking alcohol.
- ◆ 6% of youth thought that there was no risk in drinking alcohol.
- ◆ *For more information, see table on page 2 of this section.*

## Degree of Disapproval of Use by Adults

- ◆ Four-fifths (80%) of youth reported their parents (or guardians) would strongly disapprove of them smoking cigarettes, increasing to 93% of youth under the age of 13.
- ◆ 85% of youth who lived with both parents believed that they would strongly disapprove of them smoking cigarettes, compared to 74% of youth who did not live with both of their parents.
- ◆ 89% of Sandusky County youth reported their parents would strongly disapprove of them using marijuana.
- ◆ 94% of youth who lived with both parents believed that they would strongly disapprove of them smoking marijuana, compared to 83% of youth who did not live with both of their parents.
- ◆ 61% of youth reported their parents would strongly disapprove of them drinking alcohol, increasing to 77% of youth under the age of 13.
- ◆ 69% of youth who lived with both parents believed that they would strongly disapprove of them drinking alcohol, compared to 51% of youth who did not live with both of their parents.
- ◆ *For more information, see table on page 3 of this section.*

## U.S. Youth Perceptions of Risk

- ◆ Among youth ages 12-17, 7.3% of those who perceived great risk from having 4 or 5 drinks of an alcoholic beverage nearly every day reported binge drinking.
- ◆ Binge drinking was reported by 17.3% of youth who saw moderate, slight, or no risk from having 4 or 5 alcoholic beverages nearly every day.
- ◆ Marijuana use in the past month was reported by 1.4% of youth who saw great risk in smoking marijuana once a month contrasting with 11.0% of youths who saw moderate, slight, or no risk.

*(Source: National Survey on Drug Use and Health Report, 2004, SAMHSA Office of Applied Studies)*

## Youth Perceptions of Substance Use/Misuse

### Perceived Risk of Drug Use

How much do you think people risk harming themselves if they:	No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke cigarettes	9%	9%	31%	51%
Smoke marijuana	9%	13%	20%	58%
Drinking alcohol (such as beer, wine, or hard liquor)	6%	25%	32%	37%

### Perceived Great Risk of Drug Use

How much do you think people risk harming themselves if they:	Total	Female	Male	13 or younger	14 – 16 years old	17 or older
Smoke cigarettes	51%	55%	48%	50%	57%	44%
Smoke marijuana	58%	57%	58%	66%	62%	40%
Drinking alcohol (such as beer, wine, or hard liquor)	37%	35%	39%	38%	39%	34%

## Youth Perceptions of Substance Use/Misuse

### Degree of Disapproval of Use by Adults

How do you think your parent(s) or guardian(s) would feel about you:	Would Approve	Would Not Care	Disapprove Some	Strongly Disapprove
Smoking cigarettes	2%	3%	14%	80%
Using marijuana	1%	3%	7%	89%
Drinking alcohol (such as beer, wine, or hard liquor)	3%	9%	27%	61%

### Strong Disapproval of Use by Adults

How do you think your parent(s) or guardian(s) would feel about you:	Total	Female	Male	13 or younger	14 – 16 years old	17 or older
Smoke cigarettes	80%	79%	82%	93%	79%	63%
Smoke marijuana	89%	90%	87%	96%	90%	76%
Drinking alcohol (such as beer, wine, or hard liquor)	61%	60%	61%	77%	60%	38%

## Sandusky County Health Assessment Project Information Sources

Source	Data Used	Website
American Psychiatric Association Let's Talk Facts About Teen Suicide	◆ Teen suicide statistics	<a href="http://www.psych.org/public_info/teen.cfm">www.psych.org/public_info/teen.cfm</a>
Centers for Disease Control, Youth Violence & Suicide Prevention	◆ Youth violence ◆ Intimate partner violence fact sheet	<a href="http://www.cdc.gov/ncipc/dvp/dvp.htm">http://www.cdc.gov/ncipc/dvp/dvp.htm</a>
Healthy People 2010: Data 2010, U.S. Department of Health & Human Services, January 2000	◆ All Healthy People 2010 target data points ◆ Some U.S. baseline statistics	<a href="http://www.health.gov/healthypeople">www.health.gov/healthypeople</a>
National Academy of Sciences	◆ Weight status	
National Center for Chronic Disease Prevention and Health Promotion, CDC	◆ US alcohol-related motor vehicle crashes and intentional injury stats ◆ Nutrition and physical activity ◆ Alcohol and public health	<a href="http://www.cdc.gov">www.cdc.gov</a>
National Center for Injury Prevention & Control, Suicide Facts at a Glance Sheet, CDC	◆ Suicide statistics	<a href="http://www.cdc.gov/ncipc/dvp/suicide/SuicideDataSheet.pdf">http://www.cdc.gov/ncipc/dvp/suicide/SuicideDataSheet.pdf</a>
National Governor's Association, Center for Best Practices	◆ Obesity	<a href="http://www.nga.org/portal/site/nga">http://www.nga.org/portal/site/nga</a>
National Health & Nutrition Examination Survey, CDC	◆ Weight status	<a href="http://www.cdc.gov/nchs/nhanes.htm">http://www.cdc.gov/nchs/nhanes.htm</a>
National Institute of Child Health and Human Development, National Institute of Health 2005	◆ Overweight adolescents	
National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services	◆ Commonly abused prescription drug facts	<a href="http://www.nida.nih.gov">www.nida.nih.gov</a>
National Mental Health Information Center, National Strategy for Suicide Prevention Goals & Objectives for Action	◆ Suicide prevention goals and objectives	
National Survey on Drug Use and Health, SAMHSA, DHHS, 2002, 2003	◆ Prescription Drug Abuse Facts	<a href="https://nsduhweb.rti.org/">https://nsduhweb.rti.org/</a>
Northwest Ohio Strategic Alliance for Tobacco Control Youth Opinions Survey	◆ Youth tobacco use	
Ohio Department of Health, Information Warehouse	◆ Poverty statistics	<a href="http://www.odh.state.oh.us">www.odh.state.oh.us</a>
Planned Parenthood Federation of America, Inc.	◆ STI facts	<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>
Sexually Transmitted Disease Surveillance 2003 Supplement, Department of Health and Human Services	◆ STD facts	<a href="http://www.cdc.gov">www.cdc.gov</a>

## Sandusky County Health Assessment Project Information Sources

Source	Data Used	Website
<i>School Health Policies and Programs Study, 2000</i> , Centers for Disease Control, National Center for Chronic Disease Prevention and Health Promotion	◆ School physical activity facts	<a href="http://www.cdc.gov/nccd/php/dash/shpps">www.cdc.gov/nccd php/dash/shpps</a>
Surgeon General's Report on Youth Violence	◆ Risk factors for youth violence	
<i>The Naked Truth About Sexually Transmitted Diseases</i> , Pfizer, Inc.	◆ Risk factors for contracting sexually transmitted diseases	<a href="http://www.unspeakable.com">www.unspeakable.com</a>
U.S. Public Health Service, <i>The Surgeon General's Call To Action To Prevent Suicide</i> . Washington, DC: 1999.	◆ Suicide as a public health problem	
<i>Tracking the Hidden Epidemics: Trends in STDs in the United States 2000</i> , Centers for Disease Control	◆ Facts about sexually transmitted infections	<a href="http://www.cdc.gov/nchstp/dstd/Stats_Trends/Trends2000.pdf">www.cdc.gov/ nchstp/dstd/ Stats_Trends/ Trends2000.pdf</a>
U.S. Census Bureau, United States Department of Commerce	◆ Ohio and Sandusky County 2000 Census demographic information	<a href="http://www.census.gov">www.census.gov</a>
Youth Risk Behavior Surveillance System, U.S. Department of Health and Human Services, Public Health Service, CDC	◆ 2005 Rationale for the Questionnaire, Alcohol and Other Drug Abuse ◆ Youth prevalence rates for Ohio, U.S.	<a href="http://www.cdc.gov">www.cdc.gov</a>

# Acronyms and Terms

<b>Binge drinking</b>	Consumption of five alcoholic beverages or more on one occasion.
<b>BMI</b>	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
<b>CDC</b>	Centers for Disease Control and Prevention.
<b>Current Smoker</b>	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
<b>HCF</b>	Healthy Communities Foundation of the Hospital Council of Northwest Ohio.
<b>HP 2010</b>	Healthy People 2010, a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
<b>N/A</b>	Data not available.
<b>ODH</b>	Ohio Department of Health
<b>Race/Ethnicity</b>	<b>Census 2000:</b> U.S. Census data consider race and ethnicity separately. Census 2000 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Ethnicity is presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2000 reported five race categories including: White or Caucasian, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
<b>Weapon</b>	Defined in the YBRSS as “a weapon such as a gun, knife, or club”
<b>Youth</b>	Defined as 12 through 18 years of age
<b>Youth BMI Classifications</b>	<b>Underweight</b> is defined as BMI-for-age $\leq$ 5 <sup>th</sup> percentile. <b>Overweight</b> is defined as BMI-for-age 85 <sup>th</sup> percentile to $<$ 95 <sup>th</sup> percentile. <b>Obese</b> is defined as $\geq$ 95 <sup>th</sup> percentile.
<b>YRBSS</b>	<b>Youth Risk Behavior Surveillance System</b> , a youth survey conducted by the CDC