

Youth | WEIGHT STATUS

Key Findings

The 2015 Health Assessment identified that 17% of Wood County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 29% of Wood County youth reported that they were slightly or very overweight. 73% of youth were exercising for 60 minutes on 3 or more days per week. 91% of youth were involved in extracurricular activities.

Youth Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- In 2015, 17% of youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and 14% for the U.S.). 15% of youth were classified as overweight (2013 YRBS reported 16% for Ohio and 17% for the U.S.). 66% were normal weight, and 3% were underweight.

17% of Wood County youth were classified as obese.

- 29% of youth described themselves as being either slightly or very overweight (2013 YRBS reported 28% for Ohio and 31% for the U.S.).
- Over-two-fifths (41%) of all youth were trying to lose weight, increasing to 52% of Wood County female youth (compared to 33% of males) (2013 YRBS reported 47% for Ohio and 48% for the U.S.).
- Wood County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
 - 43% of youth exercised.
 - 37% of youth drank more water.
 - 27% of youth ate less food, fewer calories, or foods lower in fat.
 - 25% of youth ate more fruits and vegetables.
 - 12% of youth skipped meals.
 - 3% reported going without eating for 24 hours or more (2013 YRBS reported 10% for Ohio and 13% for the U.S.).
 - 2% vomited or took laxatives (2013 YRBS reported 5% for Ohio and 4% for the U.S.).
 - 1% reported taking diet pills, powders, or liquids without a doctor's advice (2013 YRBS reported 5% for Ohio and the U.S.).
 - <1% reported smoking to lose weight.

Nutrition

- 13% of Wood County youth ate 5 or more servings of fruits and vegetables per day. 80% ate 1 to 4 servings of fruits and vegetables per day.
- 28% of youth drank soda pop (not diet), punch, Kool-Aid, sports drinks, energy drinks or other fruit flavored drinks at least once per day during the past week.
- 26% of youth reported they drank energy drinks for the following reasons: to stay awake (43%), to get pumped up (16%), to help them perform (15%), before games or practice (15%), to mix with alcohol (7%), and some other reason (50%).

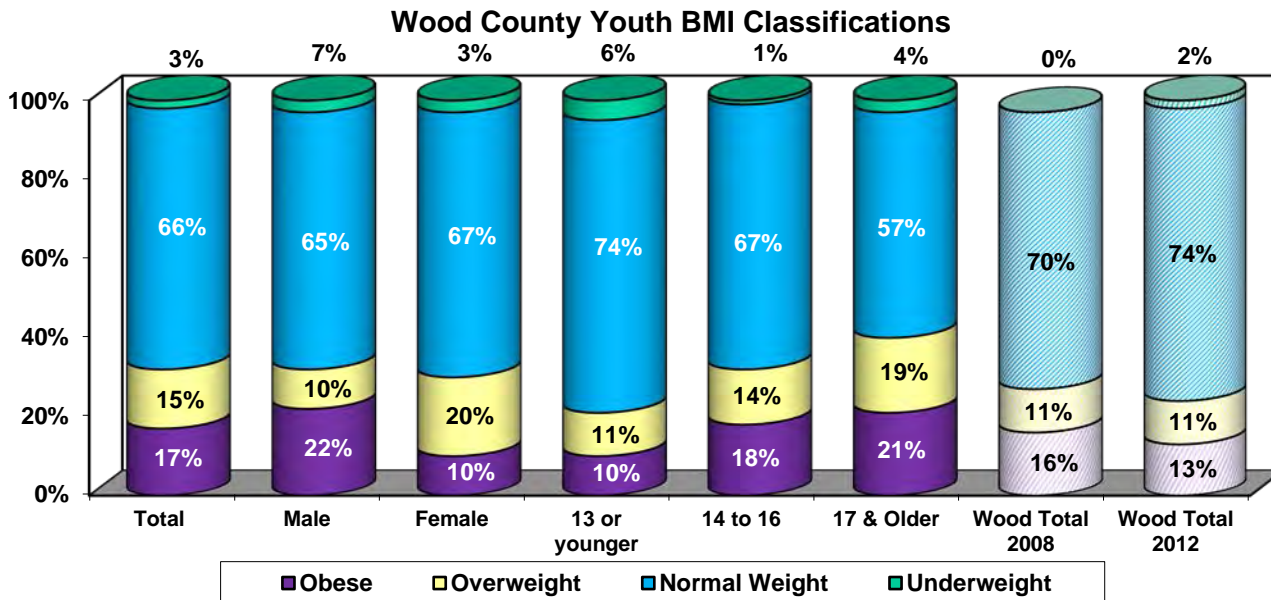
- Wood County youth consumed the following sources of calcium daily: milk (82%), yogurt (37%), other dairy products (33%), calcium-fortified juice (9%), calcium supplements (7%) and other calcium sources (16%).
- Youth reported they ate most of their food at the following places: home (86%), from a fast food place (2%), school (1%), a restaurant (1%) and a convenience store (<1%).

Physical Activity

- About three-fourths (73%) of Wood County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 49% did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and 47% for the U.S.), and 28% did so every day in the past week (2013 YRBS reports 26% for Ohio and 27% for the U.S.). 14% of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2013 YRBS reports 13% for Ohio and 15% for the U.S.).
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least three days per week.
- Wood County youth spent an average of 3.4 hours on their cell phone, 2.3 hours watching TV, 1.9 hours on their computer/tablet and 1.5 hours playing video games on an average day of the week.
- Over one-third (35%) of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and 33% for the U.S.).
- 91% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (56%), exercising (outside of school) (42%), school club or social organization (39%), church or religious organization (22%), church youth group (20%), caring for siblings after school (19%), part-time job (15%), babysitting for other kids (15%), volunteering in the community (14%), caring for parents or grandparents (2%) or some other organized activity (Scouts, 4H, etc.) (14%).

Wood County 6 th -12 th Grade Youth did the following to lose weight in the past 30 days:	Percent
Exercised	43%
Drank more water	37%
Ate less food, fewer calories, or foods lower in fat	27%
Ate more fruits and vegetables	25%
Skipped meals	12%
Went without eating for 24 hours	3%
Vomited or took laxatives	2%
Took diet pills, powders, or liquids without a doctor's advice	1%
Smoked cigarettes	<1%

The following graph shows the percentage of Wood County youth who were classified as obese, overweight, normal weight, or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the graph include: 66% of all Wood County youth were classified as normal weight, 17% were obese, 15% were overweight, and 3% were underweight for their age and gender.



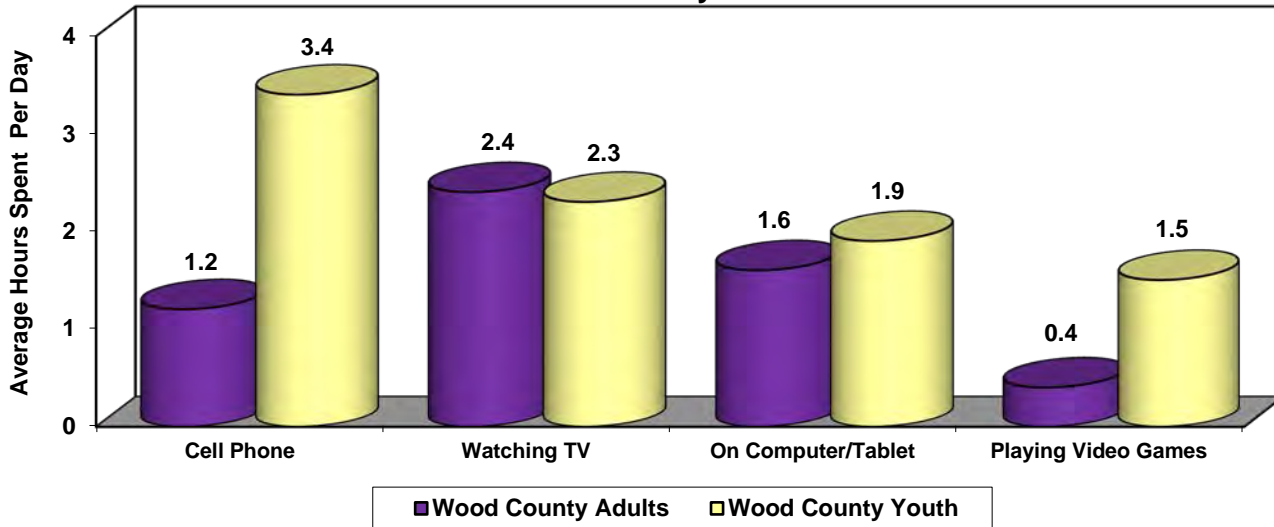
Physical Activity Facts

- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.
- The U.S. Department of Health and Human Services recommends that young people ages 6–17 years participate in at least 60 minutes of physical activity daily.
- The percentage of high school students who attended physical education classes daily decreased from 42% in 1991 to 25% in 1995 and remained stable at that level until 2011 (31%).
- Regular physical activity:
 - Helps build and maintain healthy bones and muscles.
 - Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.
 - Reduces feelings of depression and anxiety and promotes psychological well-being.
 - May help improve students' academic performance, including academic achievement and academic behavior.

(Sources: CDC, *Adolescent and School Health*, Updated: 2/19/2013, from: <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)

The following graph shows the average number of hours spent per day in sedentary activities for Wood County adults and youth. Examples of how to interpret the information in the graph include: Wood County youth spent an average of 3.4 hours on their cell phone per day, compared to 1.2 hours for adults.

Average Number of Hours Per Day Wood County Adult and Youth Spent on Sedentary Activities



YOUTH WEIGH

Youth Comparisons	Wood County 2008 (6 th -12 th)	Wood County 2012 (6 th -12 th)	Wood County 2015 (6 th -12 th)	Wood County 2015 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Obese	16%	13%	17%	18%	13%	14%
Overweight	11%	11%	15%	16%	16%	17%
Described themselves as slightly or very overweight	30%	27%	29%	30%	28%	31%
Trying to lose weight	44%	48%	41%	43%	47%	48%
Exercised to lose weight	N/A	50%	43%	42%	61%‡	61%‡
Ate less food, fewer calories, or foods lower in fat to lose weight	N/A	32%	27%	29%	43%‡	39%‡
Went without eating for 24 hours or more	11%	6%	3%	5%	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	5%	1%	1%	1%	5%	5%
Vomited or took laxatives	3%	1%	2%	3%	5%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	79%	80%	83%	85%‡	78%‡
Physically active at least 60 minutes per day on every day in past week	N/A	28%	28%	27%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	N/A	52%	49%	48%	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	N/A	11%	14%	16%	13%	15%
Watched TV 3 or more hours per day	43%	43%	35%	38%	28%	33%

‡ Comparative YRBS data for Ohio is 2007 and U.S. is 2009

N/A - Not available

Youth | TOBACCO USE

Key Findings

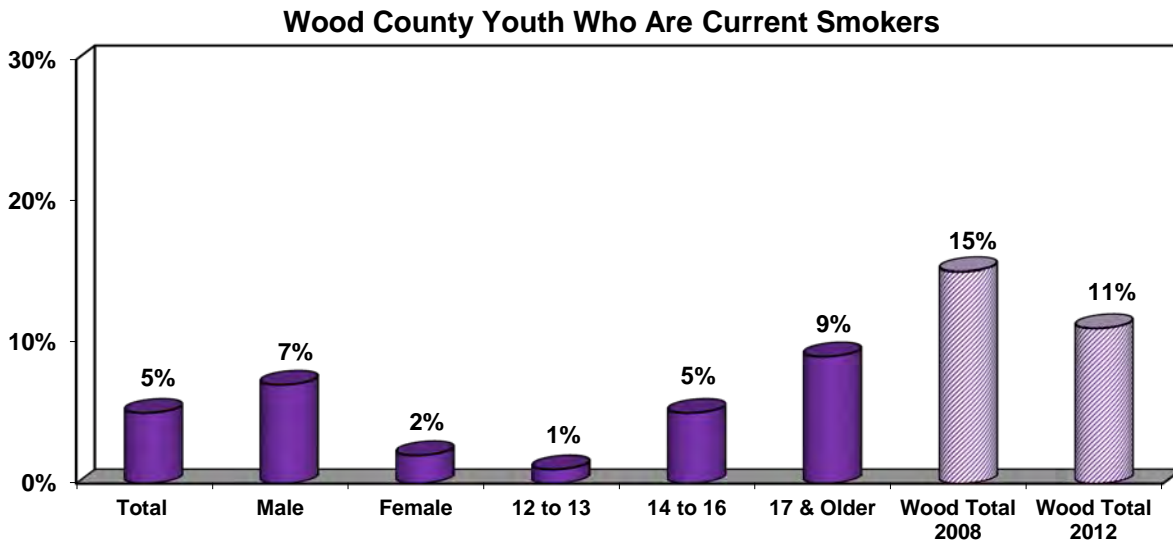
The 2015 Health Assessment identified that 5% of Wood County youth in grades 6-12 were smokers. 13% of current smokers smoked daily. More than four-fifths (87%) of Wood County youth reported that their parents would disapprove of them smoking cigarettes.

In 2015, 5% of Wood County youth were current smokers, having smoked at some time in the past 30 days.

Youth Tobacco Use Behaviors

- The 2015 health assessment indicated that 21% of Wood County youth had tried cigarette smoking (2013 YRBS reported 41% for the U.S.).
- 14% of those who had smoked a whole cigarette did so at 10 years old or younger, and another 26% had done so by 12 years old. The average age of onset for smoking was 13.4 years old.
- 6% of all Wood County youth had smoked a whole cigarette for the first time before the age of 13 (2013 YRBS reported 9% for the U.S.).
- In 2015, 5% of Wood County youth were current smokers, having smoked at some time in the past 30 days (2013 YRBS reported 15% for Ohio and 16% for the U.S.).
- 13% of current smokers smoked cigarettes daily.
- 1% of all Wood County youth smoked cigarettes on 20 or more days during the past month (2013 YRBS reported that 7% of youth in Ohio smoked cigarettes on 20 or more days during the past month and 6% for the U.S.).
- Over two-fifths (43%) of Wood County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 37% of youth smokers borrowed cigarettes from someone else, 37% indicated they bought cigarettes from a store or gas station (2013 YRBS reported 18% for the U.S.), 23% gave someone else money to buy them cigarettes, 17% said a person 18 years or older gave them the cigarettes 10% took them from a family member, and 17% got them some other way. No one reported getting them from the internet, a vending machine or taking them from a store.
- Wood County youth used the following forms of tobacco the most in the past year: e-cigarette (13%), hookah (12%), cigarettes (9%), Black and Milds (7%), swishers (4%), chewing tobacco or snuff (4%), flavored cigarettes (3%), cigars (3%), cigarillos (2%), snus (2%), little cigars (<1%), bidis (<1%) and dissolvable tobacco products (<1%).
- Nearly half (46%) of Wood County 6th-12th grade youth who smoked in the past year had tried to quit smoking (2013 YRBS reported 48% for the U.S.).
- More than four-fifths (87%) of Wood County youth reported that their parents would disapprove of them smoking cigarettes and 74% of youth reported that their friends would disapprove of them smoking cigarettes.

The following graph shows the percentage of Wood County youth who smoke cigarettes. Examples of how to interpret the information include: 5% of all Wood County youth were current smokers, 7% of males smoked, and 2% of females were current smokers.



6% of all Wood County youth had smoked a whole cigarette for the first time before the age of 13.

Behaviors of Wood County Youth Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Parent disapproves of smoking	87%	76%
Participated in extracurricular activities	83%	91%
Have used marijuana in the past 30 days	57%	6%
Have had at least one drink of alcohol in the past 30 days	43%	14%
Had 3 or more adverse childhood experiences	41%	19%
Have been bullied in the past 12 months	39%	37%
Misused prescription medications in the past 30 days	35%	4%
Attempted suicide in the past 12 months	17%	5%

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

Youth Comparisons	Wood County 2008 (6 th -12 th)	Wood County 2012 (6 th -12 th)	Wood County 2015 (6 th -12 th)	Wood County 2015 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Ever tried cigarettes	35%	27%	21%	28%	52%*	41%
Current smokers	15%	11%	5%	7%	15%	16%
Tried to quit smoking (of those youth who smoked in the past year)	41%	55%	46%	45%	56%*	48%
Smoked cigarettes on 20 or more days during the past month (of all youth)	7%	3%	1%	2%	7%	6%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	10%	9%	6%	6%	14%*	9%

* Comparative YRBS data for Ohio is 2011

Electronic Cigarettes and Teenagers in the U.S.

- The percentage of U.S. middle and high school students who tried electronic cigarettes more than doubled from 2011 to 2012.
- E-cigarettes look like regular cigarettes, but they are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled.
- The percentage of high school students who had ever used e-cigarettes rose from 4.7% in 2011 to 10% in 2012. In the same time period, high school students using e-cigarettes within the past 30 days rose from 1.5% to 2.8%.
- The percentage of middle school students who had ever used e-cigarettes also doubled from 1.4% to 2.7%.
- Altogether, as of 2012 more than 1.78 million middle and high school students in the US had tried e-cigarettes.
- 76% of current young e-cigarette users also smoked regular cigarettes. Some experts fear that e-cigarettes may encourage children to try regular cigarettes.
- Nicotine is a highly addictive drug. Many teens that start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes."

(Source: CDC, Press Release, September 5, 2013, <http://www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html> & ACS, *Electronic Cigarette Use Doubles Among Teenagers*, September 9, 2013, <http://www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers>)

Youth | ALCOHOL CONSUMPTION

Key Findings

In 2015, the Health Assessment results indicated that 44% of Wood County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 70% of youth seventeen and older. 29% of those 6th-12th graders who drank, took their first drink at 12 years or younger. 16% of all Wood County 6th-12th grade youth and 28% of those over the age of 17 had at least one drink in the past 30 days. Over two-fifths (43%) of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 4% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

In Wood County in 2015, 16% of youth had at least one drink in the past 30 days.

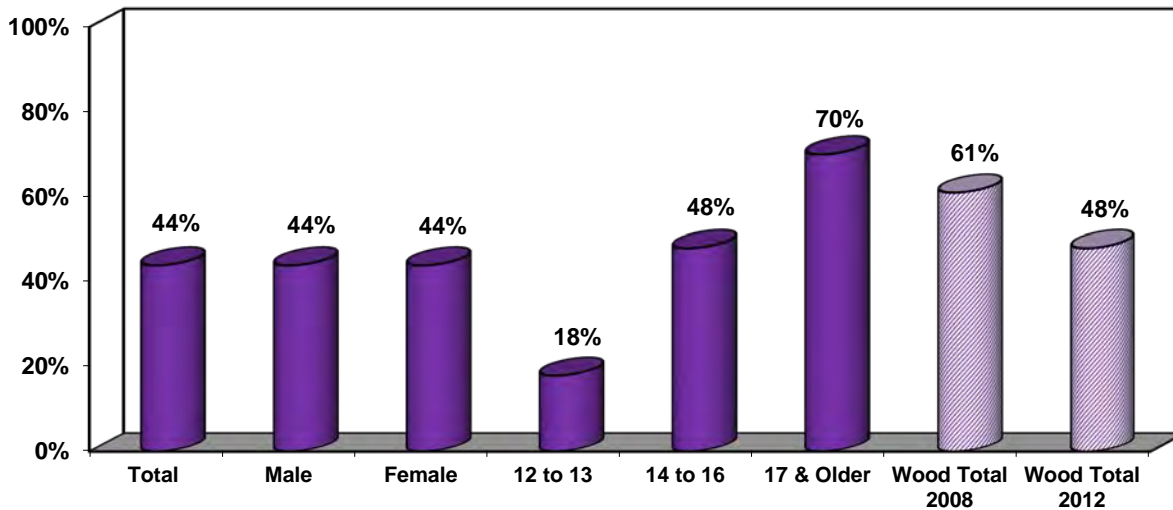
Youth Alcohol Consumption

- In 2015, the Health Assessment results indicated that nearly half (44%) of all Wood County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 70% of those ages 17 and older (2013 YRBS reports 66% for the U.S.).
- 16% of youth had at least one drink in the past 30 days, increasing to 28% of those ages 17 and older (2013 YRBS reports 30% for Ohio and 35% for the U.S.).
- Based on all youth surveyed, 7% were defined as binge drinkers, increasing to 14% of those ages 17 and older (2013 YRBS reports 16% for Ohio and 21% for the U.S.).
- Of those who drank, 43% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 52% of males.
- Over one-quarter (29%) of Wood County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 27% took their first drink between the ages of 13 and 14, and 45% started drinking between the ages of 15 and 18. The average age of onset was 13.5 years old.
- Of all Wood County youth, 11% had drunk alcohol for the first time before the age of 13 (2013 YRBS reports 13% of Ohio youth drank alcohol for the first time before the age of 13 and 19% for the U.S.).
- Wood County youth drinkers reported they got their alcohol from the following: someone older bought it (34%), someone gave it to them (33%) (2013 YRBS reports 38% for Ohio and 42% for the U.S.), a parent gave it to them (23%), took it from a store or family member (11%), a friend's parent gave it to them (5%), bought it in a liquor store/ convenience store/gas station (2%), bought it at a public event (2%), bought it at a restaurant/bar/club (1%), and some other way (10%). No one reported using a fake ID to buy alcohol.
- During the past month 13% of all Wood County youth had ridden in a car driven by someone who had been drinking alcohol (2013 YRBS reports 17% for Ohio and 22% for the U.S.).
- 4% of youth drivers had driven a car in the past month after they had been drinking alcohol (2013 YRBS reports 4% for Ohio and 10% for the U.S.).
- More than three-fourths (81%) of Wood County youth reported that their parents would disapprove of them drinking alcohol and 57% reported their friends would disapprove of them drinking alcohol.

- During the past six months youth had experienced the following: drank more than expected (3%), had drank more alcohol to get the same effect (2%), gave up other activities to drink (1%), drank to ease withdrawal symptoms (1%), spent a lot of time drinking (<1%), tried to quit or cut down on their drinking (but couldn't) (<1%) and continued to drink despite problems cause by drinking (<1%).

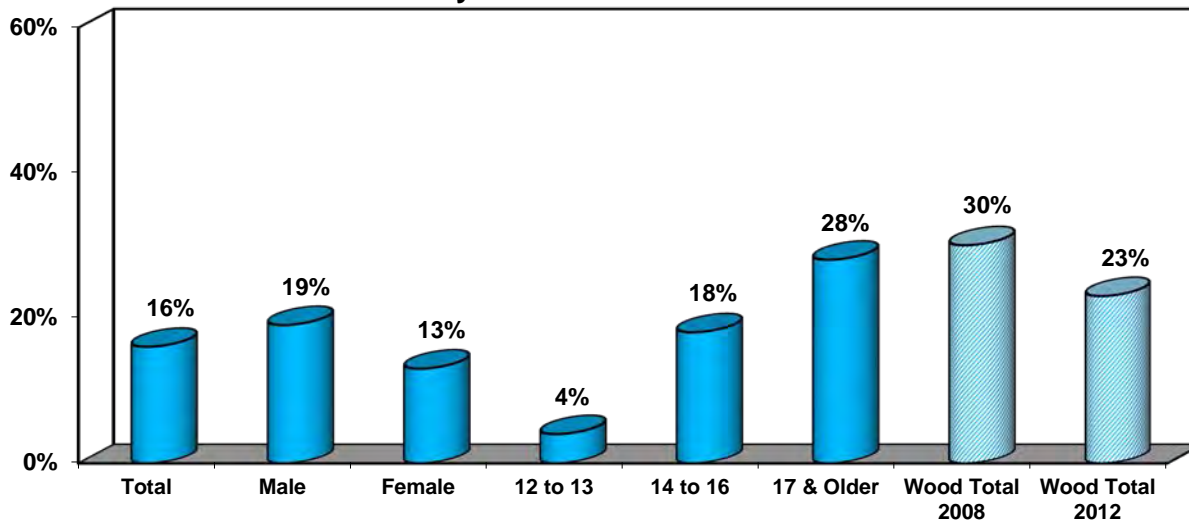
The following graphs show the percentage of Wood County youth who have drank in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 44% of all Wood County youth have drank of alcohol at some time in their life: 44% of males and 44% of females.

Wood County Youth Having At Least One Drink of Alcohol In Their Lifetime



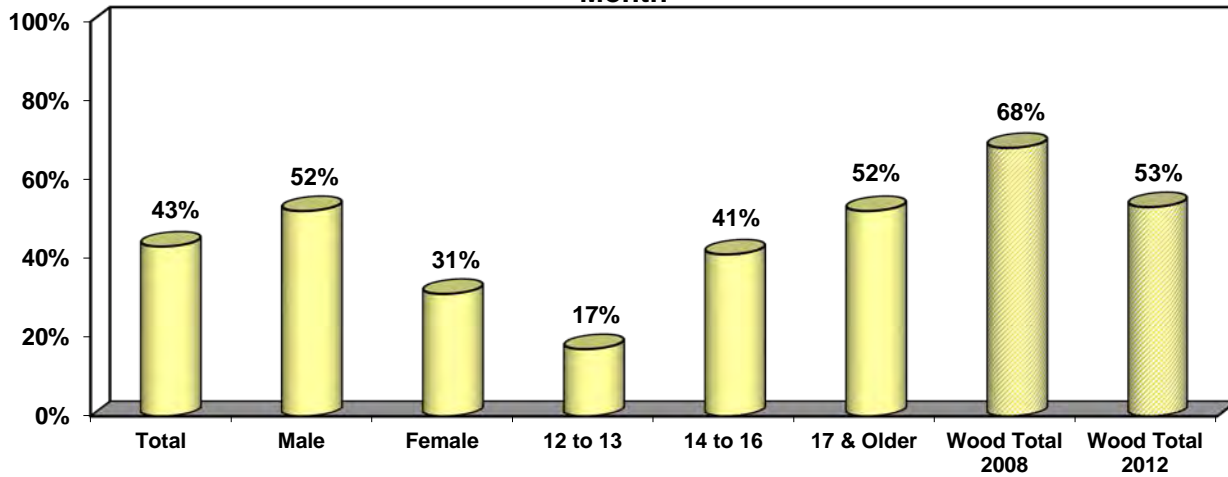
Based on all Wood County youth surveyed, 7% were defined as binge drinkers.

Wood County Youth Who Are Current Drinkers



The following graph shows the percentage of Wood County youth who were binge drinkers. Examples of how to interpret the information include: 43% of current drinkers binge drank in the past month, 52% of males, and 31% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.

Wood County Youth Current Drinkers Who Binge Drank in Past Month*



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

23% of Wood County youth drinkers reported they got their alcohol from a parent giving it to them.

Behaviors of Wood County Youth
Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	93%	90%
Parent disapproves of drinking alcohol	74%	82%
Have been bullied in the past 12 months	44%	37%
Have used marijuana in the past 30 days	39%	3%
Have had 3 or more adverse childhood experiences	32%	18%
Misused prescription medications in the past 30 days	19%	3%
Have smoked cigarettes in the past 30 days	14%	3%
Attempted suicide in the past 12 months	9%	5%

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

Of all Wood County youth, 11% had drunk alcohol for the first time before the age of 13.

Youth Comparisons	Wood County 2008 (6 th -12 th)	Wood County 2012 (6 th -12 th)	Wood County 2015 (6 th -12 th)	Wood County 2015 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Ever tried alcohol	61%	48%	44%	58%	71%*	66%
Current drinker	30%	23%	16%	23%	30%	35%
Binge drinker (of all youth)	21%	12%	7%	11%	16%	21%
Drank for the first time before age 13 (of all youth)	24%	18%	11%	12%	13%	19%
Rode with someone who was drinking	18%	17%	13%	14%	17%	22%
Drank and drove (of youth drivers)	6%	3%	4%	4%	4%	10%
Obtained the alcohol they drank by someone giving it to them	N/A	41%	33%	35%	38%	42%

* Comparative YRBS data for Ohio is 2011

N/A – Not available

Teen Binge Drinking: All Too Common

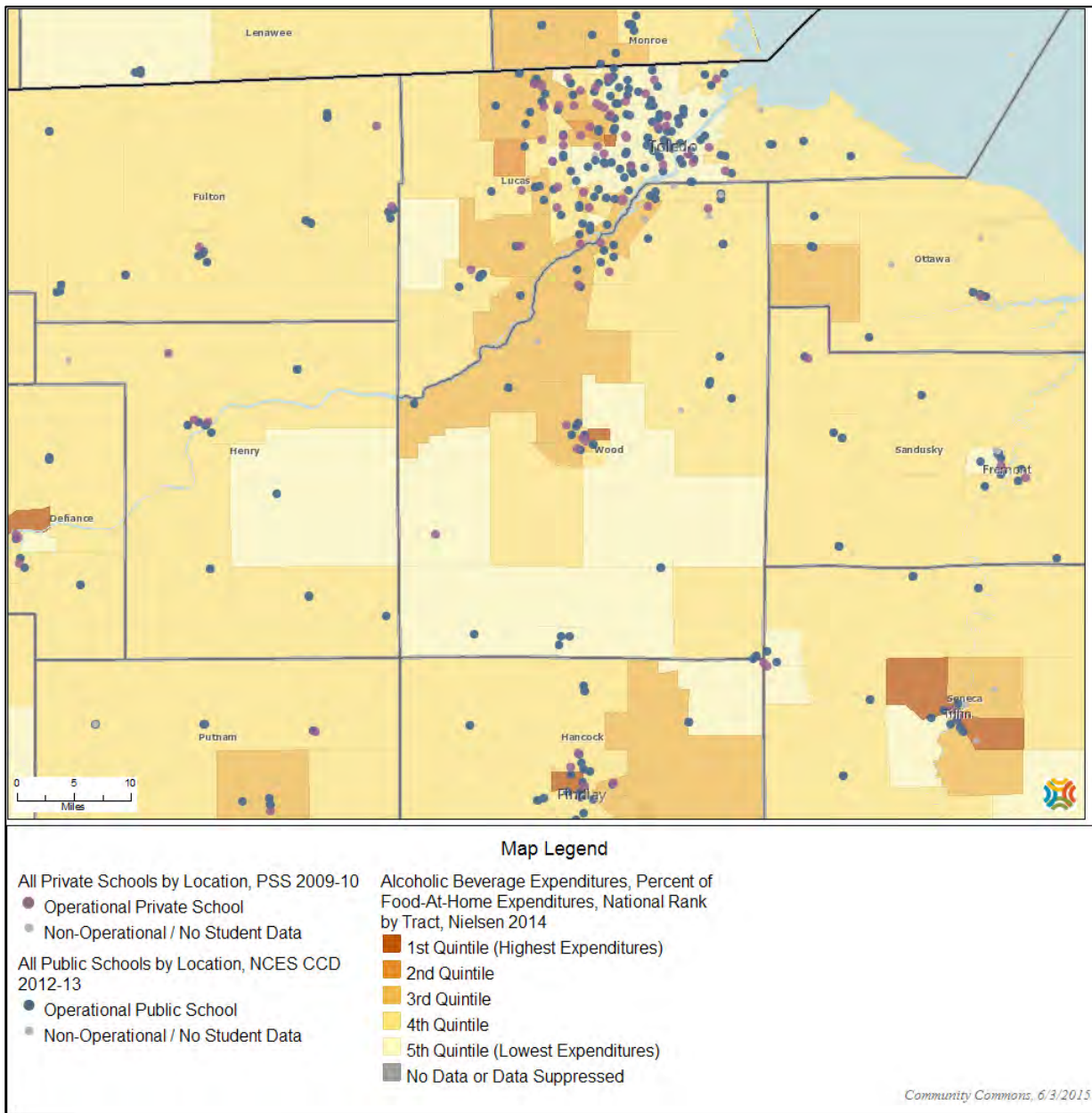
Risks Associated with Binging:

- It is estimated that alcohol consumption is responsible for about 80,000 deaths in the US each year.
- Binge drinking has also been associated with many health problems, including:
 - Heart disease
 - Stroke
 - Cancer
 - Liver disease
 - Chemical dependency
 - Pregnancy
 - STDs
 - Alcohol poisoning
- MRI scans of the brains of teens that drank heavily showed damaged nerve tissue compared to those who did not.
- Studies have shown that alcohol can cause long-term damage to the brain and impair memory, coordination and movement.

(Source: Psychology Today, Teen Angst, Teen Binge Drinking: All Too Common, 1/26/2013, from: <http://www.psychologytoday.com/blog/teen-angst/201301/teen-binge-drinking-all-too-common>)

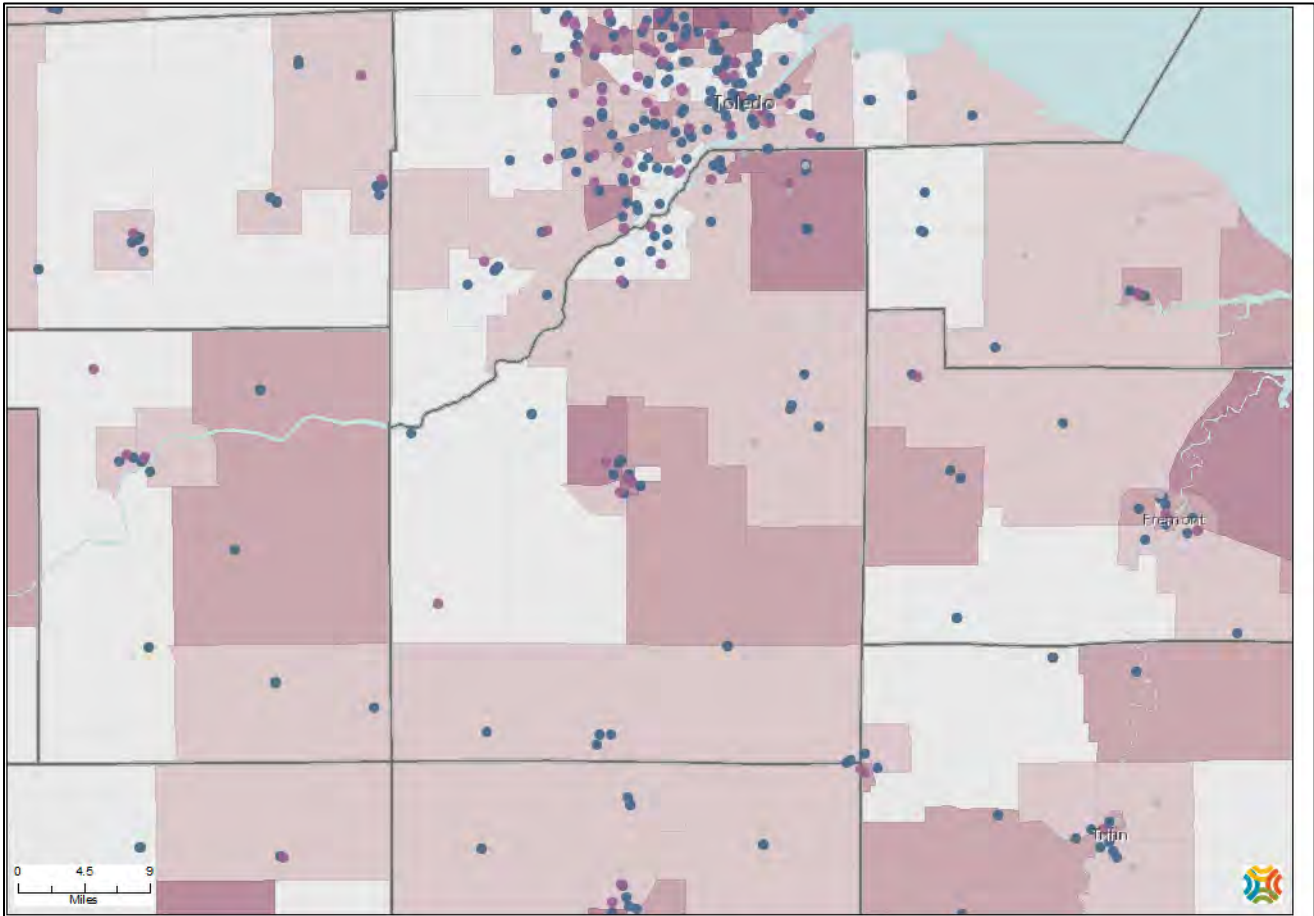
Alcoholic Beverage Expenditures in Proximity to Schools

YOUTH ALCOHOL



(Source: Community Commons, updated 6/3/15)

Beer, Wine and Liquor Stores, Total Number in Proximity to Schools, County Business Patterns 2012



Map Legend

- | | |
|--|---|
| <p>All Private Schools by Location, PSS 2009-10</p> <ul style="list-style-type: none"> ● Operational Private School ● Non-Operational / No Student Data <p>All Public Schools by Location, NCES CCD 2012-13</p> <ul style="list-style-type: none"> ● Operational Public School ● Non-Operational / No Student Data | <p>Bars and Drinking Establishments, Total Establishments by Tract, GBP 2012</p> <ul style="list-style-type: none"> ■ Over 4 ■ 3 - 4 ■ 2 ■ 1 ■ No Establishments or No Data |
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Community Commons, 6/3/2015

(Source: Community Commons, updated 6/3/15)

Youth | DRUG USE

Key Findings

In 2015, 8% of Wood County 6th-12th grade youth had used marijuana at least once in the past 30 days, increasing to 17% of those ages 17 and older. 6% of youth used medications that were not prescribed for them or took more than prescribed to get high at some time in their life, increasing to 8% of those over the age of 17.

Youth Drug Use

- In 2015, 8% of all Wood County youth had used marijuana at least once in the past 30 days, increasing to 17% of those over the age of 17. The 2013 YRBS found a prevalence of 21% for Ohio youth and a prevalence of 23% for U.S. youth.
- 6% Wood County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives, increasing to 8% of those over the age of 17.
- Wood County youth have tried the following in their life:
 - 3% of youth used inhalants, (2013 YRBS reports 9% for Ohio and U.S.)
 - 2% used ecstasy/MDMA (2013 YRBS reports 7% for the U.S.)
 - 2% used K2/spice
 - 1% misused cough syrup
 - 1% used cocaine, (2013 YRBS reports 4% for Ohio and 6% for U.S.)
 - 1% used steroids, (2013 YRBS reports 3% for Ohio and U.S.)
 - 1% misused over-the-counter medications
 - 1% used posh/salvia/synthetic marijuana
 - 1% used liquid THC
 - 1% used bath salts
 - <1% used methamphetamines, (2013 YRBS reports 3% for the U.S.)
 - <1% had been to a pharm party/used skittles
 - <1% used Cloud 9
 - No one reported using GhB
 - No one reported misusing hand sanitizer
 - No one reported using heroin, (2013 YRBS reports 2% for Ohio and U.S.)
- During the past 12 months, 5% of all Wood County youth reported that someone had offered, sold, or given them an illegal drug on school property (2013 YRBS reports 20% for Ohio and 22% for the U.S.).
- The following would keep youth from seeking help for alcohol, tobacco or other drug use: the possibility of getting in trouble (19%), time (9%), not knowing where to go (6%), paying for treatment (4%), and transportation (2%). 72% reported they don't think they need help.

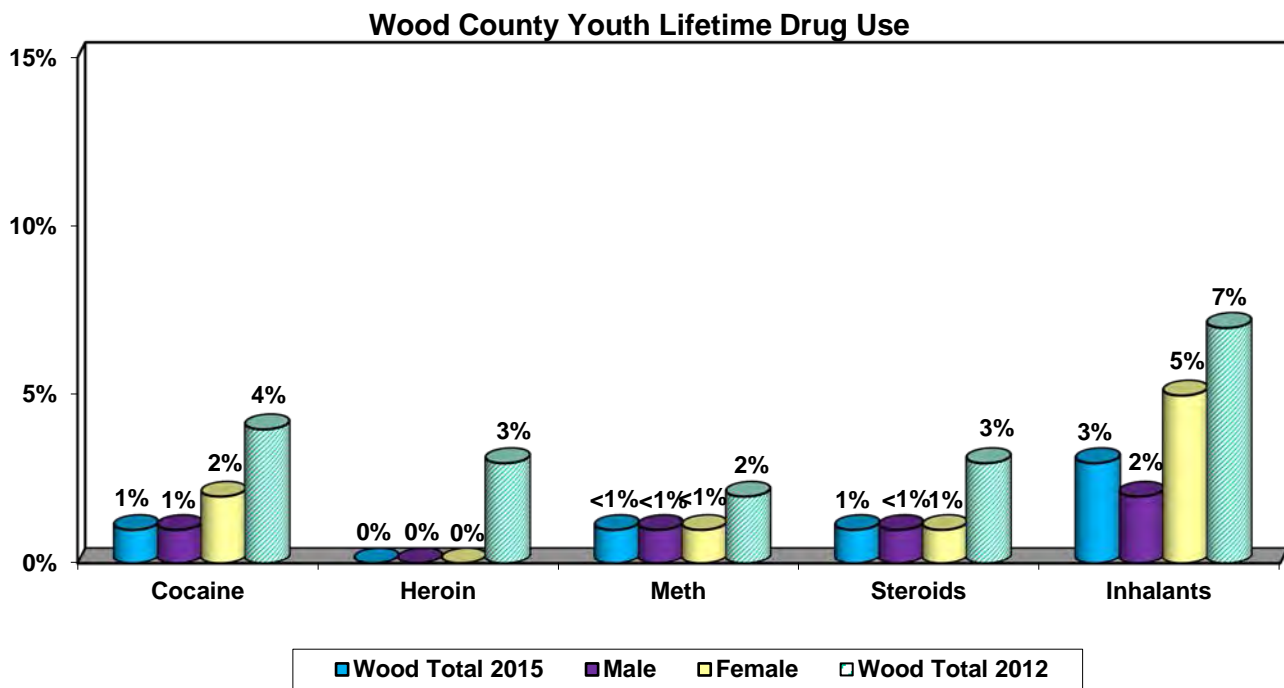
Drug Facts: Drugged Driving

- Vehicle accidents are the leading cause of death among youth people aged 16 to 19. When teens' relative lack of driving experience is combined with the use of marijuana or other substances that affect cognitive and motor abilities, the results can be tragic.
- According to the 2013 National Survey on Drug Use and Health (NSDUH), an estimated 9.9 million people aged 12 or older reported driving under the influence of illicit drugs during the year prior to being surveyed.
- After alcohol, THC (delta-9-tetrahydrocannabinol), the active ingredient in marijuana is the substance most commonly found in the blood of impaired drivers, fatally injured drivers, and motor vehicle crash victims. Studies in several localities have found that approximately 4 to 14 percent of drivers who sustained injury or died in traffic accidents tested positive for THC.

(Source: National Institute on Drug Abuse, *The Science of Drug Abuse & Addiction: Drug Facts: Drugged Driving*, <http://www.drugabuse.gov/publications/drugfacts/drugged-driving>, revised 12-14)

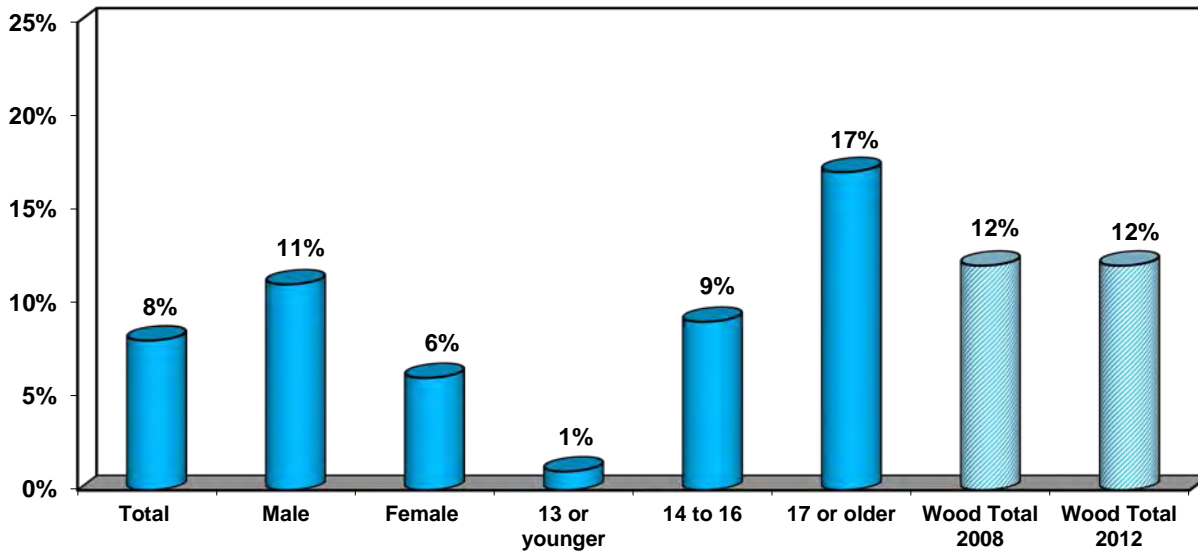
- Youth reported their parents would disapprove of them doing the following: misusing prescription drugs (86%) and using marijuana (85%).
- Youth reported their friends would disapprove of them doing the following: misusing prescription drugs (80%) and using marijuana (68%).
- Youth reported that they would put themselves at a greater health risk if they did any of the following: smoke cigarettes (70%), drink alcohol and then drive (69%), text while driving (67%), drink alcohol (64%), use marijuana (56%), bully others (54%), carry a weapon (53%), participate in sexual intercourse (44%), and participate in other sexual activities (44%). 26% of youth reported that none of the above would put them at a greater health risk.

The following graph is data from the 2015 Wood County Health Assessment indicating youth lifetime drug use. Examples of how to interpret the information include: 1% of youth have used cocaine at some point in their lives, and 3% of youth have used inhalants at some point in their life.

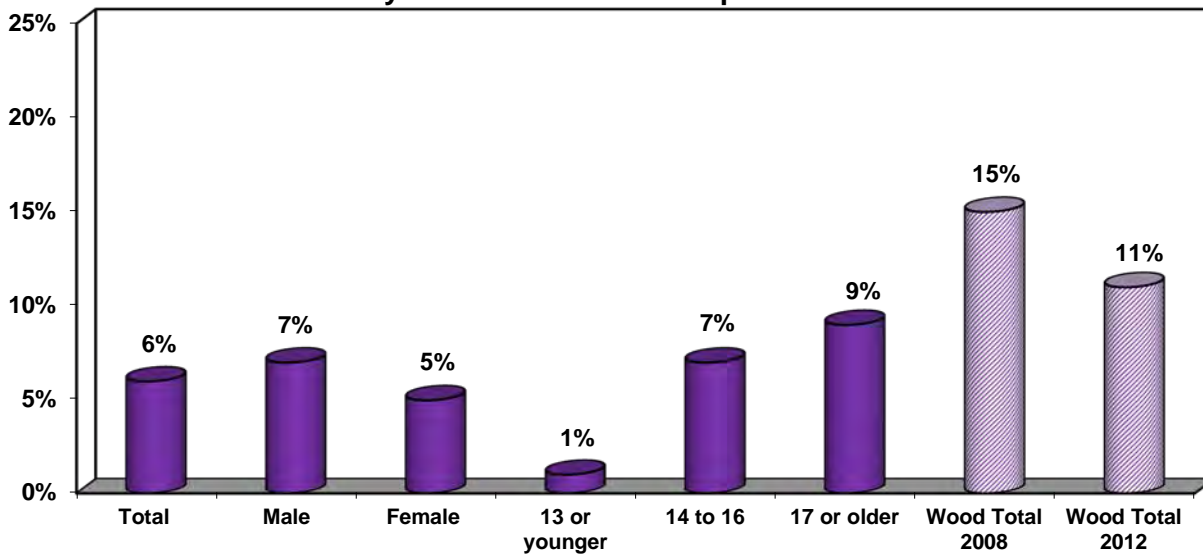


The following graph is data from the 2015 Wood County Health Assessment indicating youth marijuana use in the past month and lifetime prescription medication abuse. Examples of how to interpret the information include: 8% of youth have misused marijuana in the past month, 11% of males and 6% of females.

Wood County Youth Marijuana Use in Past Month



Wood County Youth Lifetime Prescription Medication Abuse



Youth Comparisons	Wood County 2008 (6 th -12 th)	Wood County 2012 (6 th -12 th)	Wood County 2015 (6 th -12 th)	Wood County 2015 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Youth who used marijuana in the past month	12%	12%	8%	13%	21%	23%
Ever used methamphetamines	3%	2%	<1%	1%	6%‡	3%
Ever used cocaine	4%	4%	1%	2%	4%	6%
Ever used heroin	2%	3%	0%	0%	2%	2%
Ever used steroids	3%	3%	1%	1%	3%	3%
Ever used inhalants	11%	7%	3%	4%	9%	9%
Ever misused medications	15%	11%	6%	8%	N/A	N/A
Ever used ecstasy/MDMA	N/A	4%	2%	2%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	13%	8%	5%	7%	20%	22%

‡ Comparative YRBS data for Ohio is 2007

N/A – Not available

Youth | SEXUAL BEHAVIOR AND TEEN PREGNANCY OUTCOMES

Key Findings

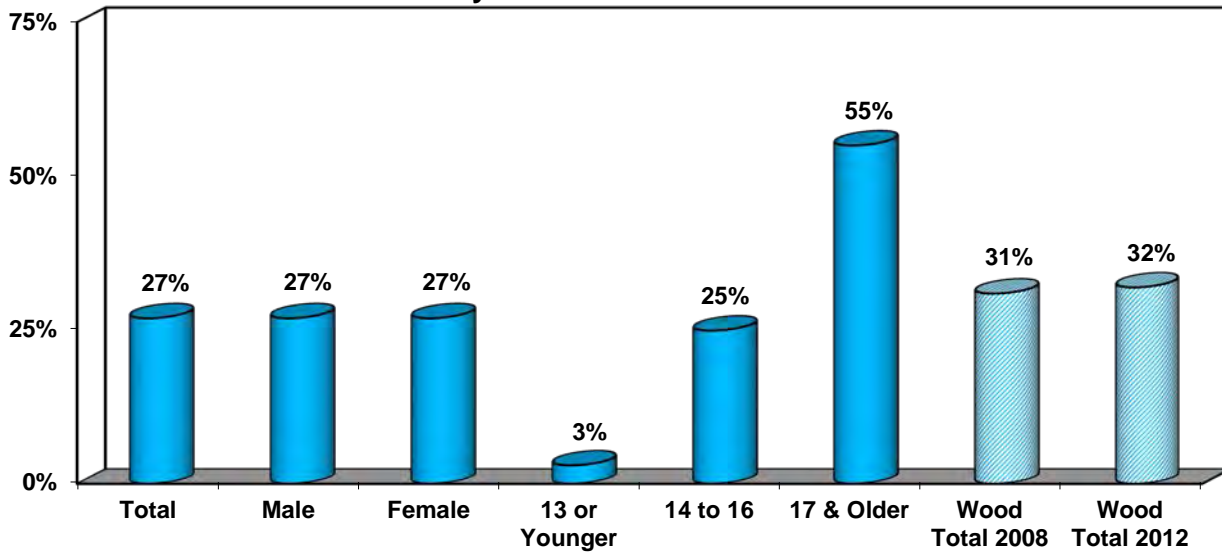
In 2015, over one-quarter (27%) of Wood County youth have had sexual intercourse, increasing to 55% of those ages 17 and over. 27% of youth had participated in oral sex and 6% had participated in anal sex. 26% of youth participated in sexting. Of those who were sexually active, 45% had multiple sexual partners. One Wood County school did not ask all sexual behavior questions.

Youth Sexual Behavior

- One Wood County school district did not ask all sexual behavior questions.
- Over one-quarter (27%) of Wood County youth have had sexual intercourse, increasing to 55% of those ages 17 and over (The 2013 YRBS reports 43% for Ohio and 47% of U.S. youth have had sexual intercourse).
- 27% of youth had participated in oral sex, increasing to 55% of those ages 17 and over.
- 6% of youth had participated in anal sex, increasing to 13% of those ages 17 and over.
- 26% of youth had participated in sexting, increasing to 47% of those ages 17 and over.
- 27% of youth had viewed pornography, increasing to 36% of males and 46% of those ages 17 and over.
- Of those youth who were sexually active in their lifetime, 55% had one sexual partner and 45% had multiple partners.
- 22% of all Wood County sexually active youth had 4 or more partners (2013 YRBS reports 28% for Ohio).
- 6% of all Wood County youth had 4 or more sexual partners (2013 YRBS reports 12% for Ohio and 15% for the U.S.).
- Of those youth who were sexually active, 19% had done so by the age of 13. Another 40% had done so by 15 years of age. The average age of onset was 14.9 years old.
- Of all youth, 3% were sexually active before the age of 13 (2013 YRBS reports 4% for Ohio and 6% for the U.S).
- Of the youth who were sexually active, 13% had drunk alcohol or used drugs before their last sexual encounter (2013 YRBS reports 18% for Ohio and 22% for the U.S).
- 69% of youth who were sexually active used condoms to prevent pregnancy, 33% used birth control pills, 5% used the withdrawal method, 3% used a shot, patch or birth control ring and 2% used some other method. 4% reported they were gay or lesbian. No one reported using an IUD. However, 7% were engaging in intercourse without a reliable method of protection and 4% reported they were unsure.
- Wood County youth had experienced the following: wanted to get pregnant (2%), been pregnant (1%), had a miscarriage (1%), got someone pregnant (1%), tried to get pregnant (1%), had sex in exchange for something of value such as food, drugs, shelter or money (<1%), had been treated for an STD (<1%), had an abortion (<1%) and had a child (<1%).

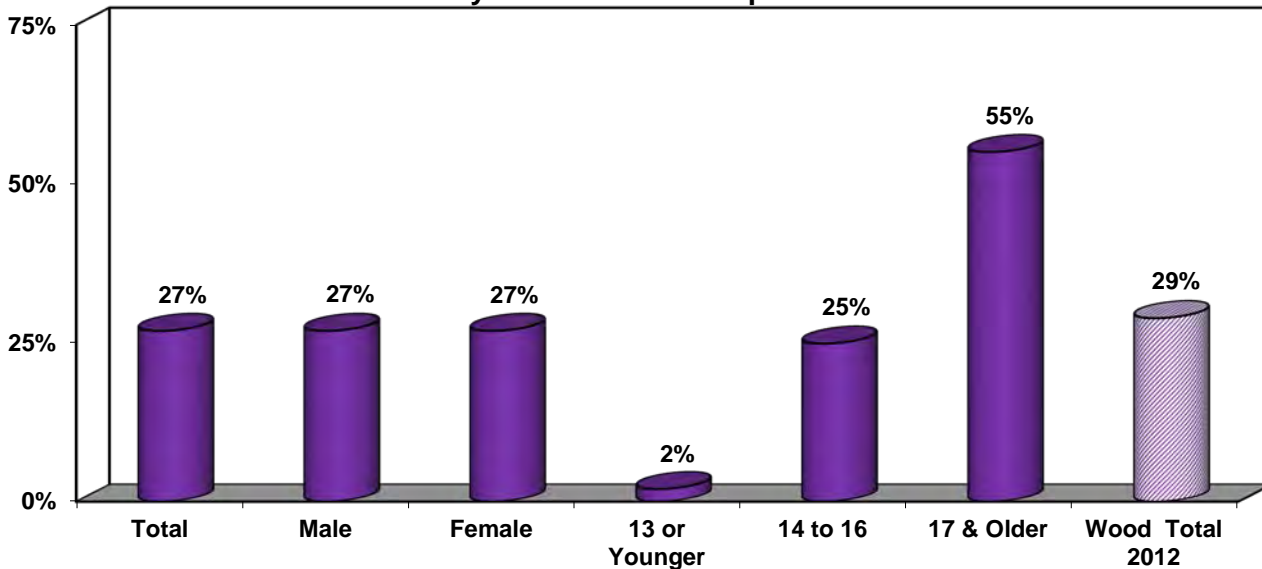
The following graphs show the percentage of Wood County youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 27% of all Wood County youth had sexual intercourse, 27% of males, and 27% of females had sex.

Wood County Youth Who Had Sexual Intercourse



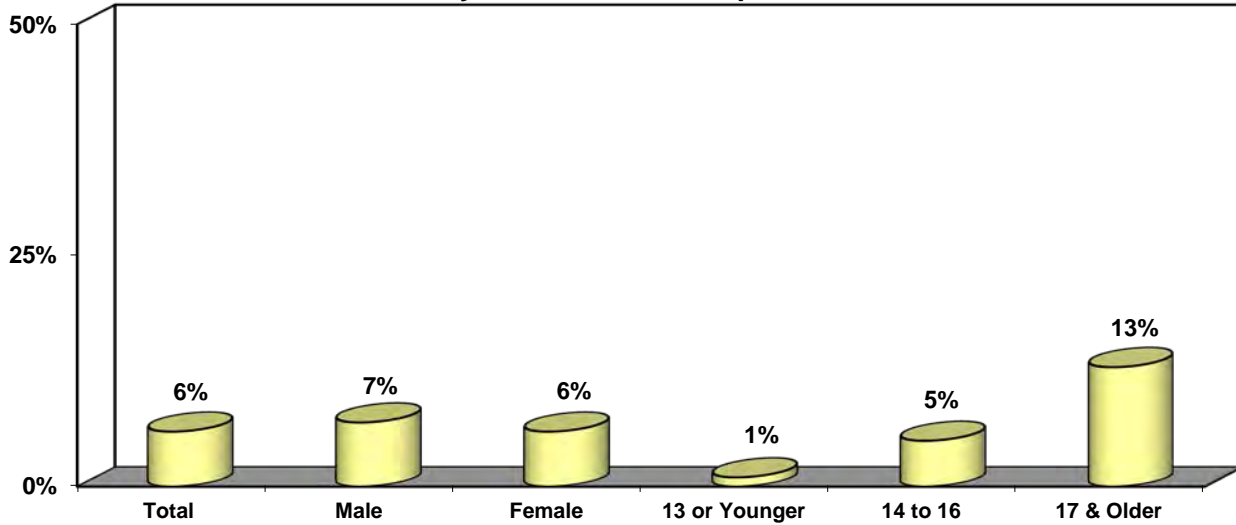
7% of Wood County youth who were sexually active were not using a reliable method of protection to prevent pregnancy.

Wood County Youth Who Participated in Oral Sex

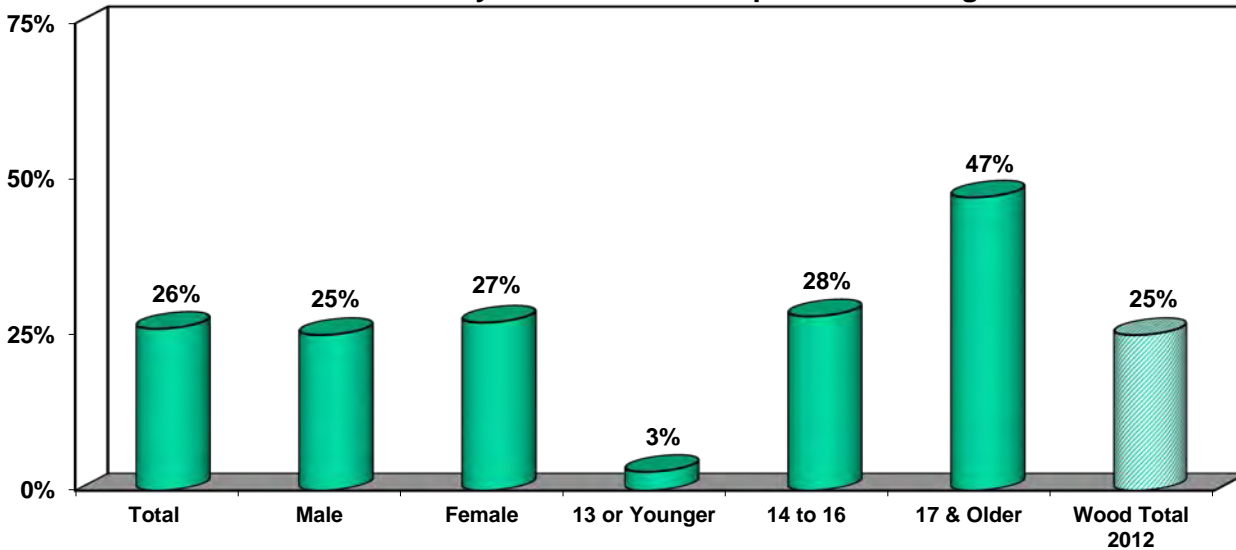


The following graphs show the percentage of Wood County youth who participated in anal sex and sexting. Examples of how to interpret the information include: 6% of all Wood County youth participated in anal sex, 7% of males, and 6% of females.

Wood County Youth Who Participated in Anal Sex



Wood County Youth Who Participated in Sexting



Youth Comparisons	Wood County 2008 (6th-12th)	Wood County 2012 (6th-12th)	Wood County 2015 (6th-12th)	Wood County 2015 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2013 (9th-12th)
Ever had sexual intercourse	31%	32%	27%	42%	43%	47%
Used a condom at last intercourse	74%	76%	69%	71%	51%	59%
Used birth control pills at last intercourse	28%	41%	33%	36%	24%	19%
Did not use any method to prevent pregnancy during last sexual intercourse	13%	11%	7%	6%	12%	14%
Had four or more sexual partners (of all youth)	7%	6%	6%	8%	12%	15%
Drank alcohol or used drugs before last sexual intercourse (of sexually active youth)	20%	18%	13%	12%	18%	22%
Had sexual intercourse before age 13 (of all youth)	4%	4%	3%	3%	4%	6%

Youth | MENTAL HEALTH AND SUICIDE

Key Findings

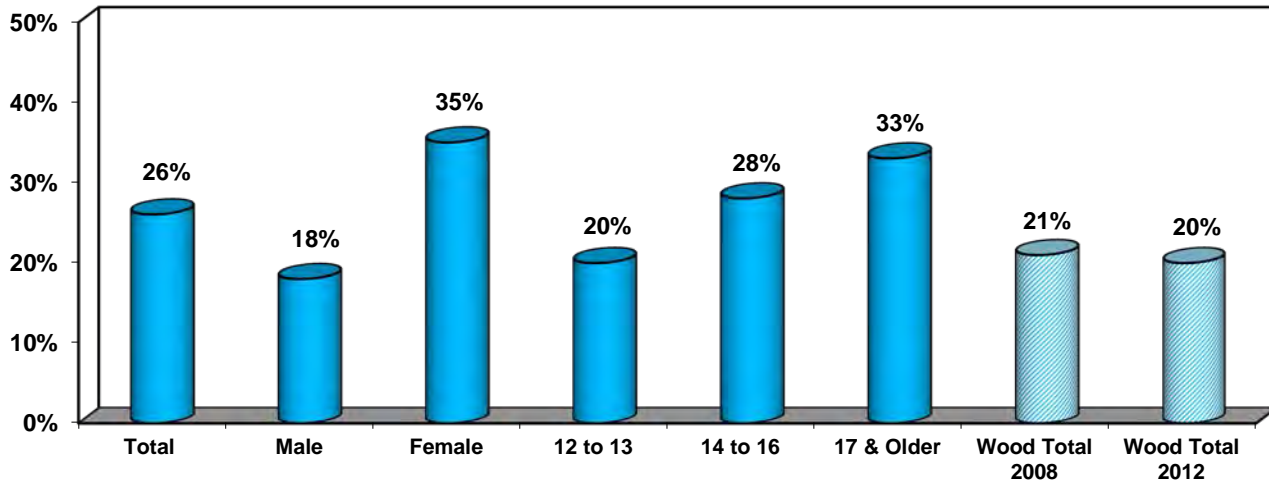
In 2015, the Health Assessment results indicated that 16% of Wood County 6th-12th grade youth had seriously considered attempting suicide in the past year and 6% admitted actually attempting suicide in the past year.

Youth Mental Health

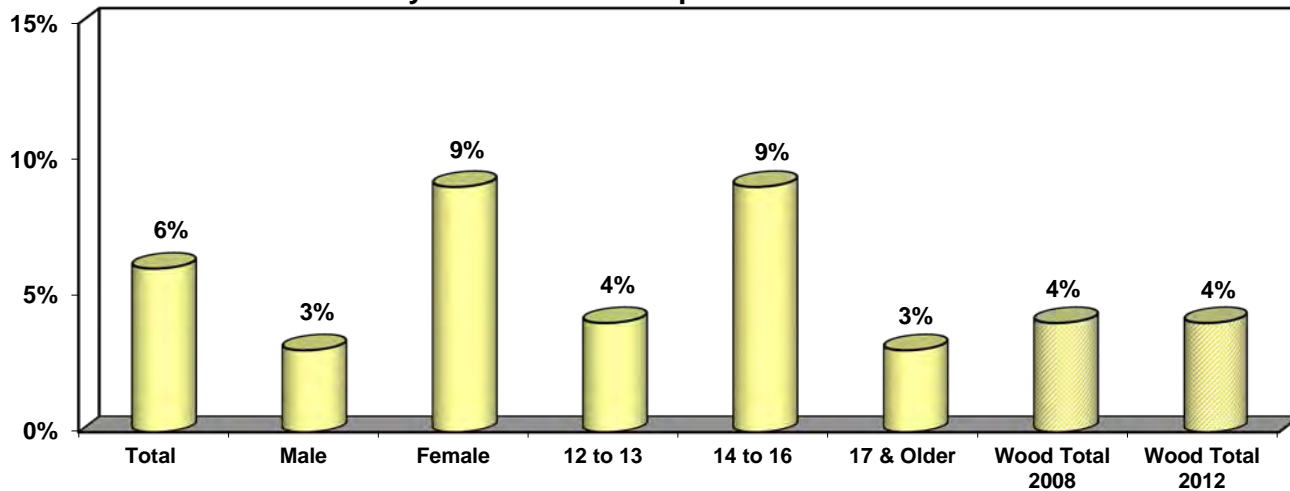
- In 2015, over one-quarter (26%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 35% of females (2013 YRBS reported 26% for Ohio and 30% for the U.S.).
- 16% of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 20% of females. 19% of high school youth had seriously considered attempting suicide, compared to the 2013 YRBS rate of 17% for U.S. youth and 14% for Ohio youth.
- In the past year, 6% of Wood County youth had attempted suicide, increasing to 9% of females. 3% of youth had made more than one attempt. The 2013 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 6% rate for Ohio youth.
- Of all youth, 2% made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse, (2013 YRBS reported 1% for Ohio and 3% for the U.S.).
- Of those who attempted suicide, 7% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- Wood County youth reported the following causes of anxiety, stress and depression: academic success (43%), fighting with friends (28%), sports (28%), self-image (27%), fighting at home (27%), dating relationship (19%), peer pressure (19%), breakup (17%), death of close family member or friend (16%), being bullied (14%), poverty/no money (12%), parent divorce/separation (12%), caring for younger siblings (8%), parent lost their job (5%), ill parent (4%), not having enough to eat (3%), not feeling safe at home (3%), parent with a mental illness (3%), alcohol or drug use at home (3%), parent/caregiver with a substance abuse problem (2%), family member in the military (2%), sexual orientation (2%), not feeling safe in the community (1%), not having a place to live (1%) and other stress at home (23%).
- Wood County youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (45%), hobbies (31%), texting someone (30%), exercising (29%), talking to an adult (21%), talking to a peer (20%), eating (19%), praying (17%), using social media (14%), writing in a journal (9%), shopping (7%), breaking something (6%), reading the Bible (6%), self-harm (5%), smoking/using tobacco (4%), using prescribed medication (4%), drinking alcohol (3%), using illegal drugs (3%), talking to a medical professional (2%), vandalism/violent behavior (1%), using un-prescribed medication (1%), and gambling (1%).
- When Wood County youth are dealing with feelings of depression or suicide, they usually talk to the following: best friend (23%), parent/guardian (15%), girlfriend/boyfriend (11%), brother/sister (7%), professional counselor (4%), school counselor (3%), teacher (2%), coach (1%), pastor/priest/religious leader (1%), youth minister (1%), scout master/club advisor (1%), and someone else (3%). 20% reported they talk to no one. 54% of youth reported they did not have anxiety, stress, or depression.

The following graphs show the percentage of Wood County youth who had felt sad or hopeless almost every day for two weeks or more in a row and those who attempted suicide in the past 12 months (i.e., the first graph shows that 26% of all youth had felt sad or hopeless for two weeks or more, 18% of males and 35% of females).

Wood County Youth Who Felt Sad or Hopeless Almost Every Day for Two Weeks or More in a Row



Wood County Youth Who Attempted Suicide in Past 12 Months



2013 Ohio Suicide Statistics for Youth Grades 9-12

- 14% of Ohio youth seriously considered attempting suicide in the 12 months prior to the survey.
- 11% of Ohio youth made a plan about how they would attempt suicide in the 12 months prior to the survey.
- 6% of youth had attempted suicide one or more times in the 12 months prior to the survey.
- 1% of youth had a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse in the 12 months prior to the survey.

(Source: Centers for Disease Control and Prevention, Healthy Youth, YRBSS 2013)

Youth Comparisons	Wood County 2008 (6 th -12 th)	Wood County 2012 (6 th -12 th)	Wood County 2015 (6 th -12 th)	Wood County 2015 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Youth who had seriously considered attempting suicide in the past year	9%	9%	16%	19%	14%	17%
Youth who had attempted suicide in the past year	4%	4%	6%	6%	6%	8%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	1%	1%	2%	2%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	21%	20%	26%	31%	26%	30%

Wood County youth reported the following leading causes of anxiety, stress and depression: academic success (43%), fighting with friends (28%), sports (28%), self-image (27%), and fighting at home (27%).

Youth Suicide

Suicide affects all youth, but some groups are at a higher risk than others. Boys are more likely than girls to die from suicide. Girls, however, are more likely to report attempting suicide than boys. Several factors can put a young person at risk for suicide. However, having these risk factors does not always mean that suicide will occur.

Risk Factors Include:

- History of previous suicide attempts
- Family history of suicide
- History of depression or other mental illness
- Alcohol or drug abuse
- Stressful life event or loss
- Easy access to lethal methods
- Exposure to the suicidal behavior of others
- Incarceration

(Source: CDC 2014, Injury Center: Violence Prevention; Suicide Prevention; Youth Suicide http://www.cdc.gov/violenceprevention/pub/youth_suicide.html)

Youth | SAFETY

Key Findings

In 2015, 13% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 4% of youth drivers had driven after drinking alcohol. 42% of youth drivers texted while driving.

13% of Wood County youth had suffered a blow or jolt to their head while playing with a sports team in the past year.

Personal Safety

- In the past 30 days, 13% of youth had ridden in a car driven by someone who had been drinking alcohol, (2013 YRBS reported 17% for Ohio and 22% for the U.S.) and 4% of youth drivers had driven a car themselves after drinking alcohol, (2013 YRBS reported 4% for Ohio and 10% for the U.S.).
- 6% of youth had played the choking game.
- Wood County youth drivers did the following while driving in the past month: wore a seatbelt (77%), talked on their cell phone (54%), ate (52%), texted (42%), used the internet on their cell phone (13%), used cell phone for other things (10%), checked facebook on their cell phone (8%), used illegal drugs (3%), applied makeup (3%), drank alcohol (1%), played electronic games on cell phone (3%), read (1%) and misused prescription drugs (1%).
- 90% of youth had a Twitter, Instagram, facebook, online gaming, or other social network account.
- Of those who had an account, they reported the following:
 - They knew all of "my friends" (48%)
 - Their account was currently checked private (45%)
 - Their parents had their password (22%)
 - They knew all of the people they play online (16%)
 - They had been asked to share personal info (12%)
 - They had been asked to meet someone they met online (8%)
 - Their friends had their password (7%)
 - They were bullied because of their accounts (7%)
 - Their parents do not know they have an account (6%)
 - They had participated in sexual activity with someone they met online (5%)
 - They share personal information (4%)
 - They had problems as a result of their account (4%)
- Over half (57%) of the youth who had a Twitter, Instagram, facebook, online gaming, or other social network account believed that sharing information online is dangerous.
- 6% of Wood County youth had gambled. Of youth who had gambled, they experienced the following: gambled while drunk or high (30%), gambled with larger amounts of money to get the same excitement (7%), and someone else expressed a concern (4%). No one reported lying to family members or others to hide gambling.
- Youth reported that they had participated in the following activities at least once a month: bet money on games of personal skill (3%), bought lottery tickets (3%), bought scratch offs (3%), bet money on sports games (2%), played cards for money (2%), bet money at a racetrack (1%), bet on fantasy sports leagues or games (1%), gambled for money online (1%), bet money on Keno (1%), and played Bingo for money (<1%).

Personal Health

- 13% of youth reported in the past year they had suffered a blow or jolt to their head while playing with a sports team (either during a game or during practice) which caused them to get “knocked out”, have memory problems, double or blurry vision, headaches or “pressure” in the head, or nausea or vomiting (2013 YRBS reported 12% for Ohio).
- Over three-fourths (79%) of youth had been to the dentist for a check-up, exam, teeth cleaning or other dental work in the past year (2013 YRBS reported 75% for Ohio).
- Over two-thirds (69%) of Wood County youth had visited the doctor for a routine check-up in the past year, 10% one to two years ago, and 2% said they had never been to the doctor for a routine check-up.
- Wood County youth reported the following adverse childhood experiences (ACE): parents became separated or were divorced (32%), parents or adults in home swore at them, insulted them or put them down (26%), lived with someone who was depressed, mentally ill or suicidal (21%), lived with someone who was a problem drinker or alcoholic (16%), lived with someone who served time or was sentenced to serve in prison or jail (13%), parents were not married (11%), lived with someone who used illegal drugs or misused prescription drugs (8%), parents or adults in home abused each other (6%), parents or adults in home abused them (4%), an adult or someone 5 years older than them touched them sexually (3%), an adult or someone 5 years older tried to make them touch them sexually (1%), and an adult or someone 5 years older than them forced them to have sex (1%).
- 20% of youth had three or more adverse childhood experiences

Youth Comparisons	Wood County 2008 (6 th -12 th)	Wood County 2012 (6 th -12 th)	Wood County 2015 (6 th -12 th)	Wood County 2015 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Ridden with someone who had been drinking alcohol in past month	18%	17%	13%	14%	17%	22%
Drove a car after drinking alcohol (of all youth drivers)	6%	3%	4%	4%	4%	10%
Visited a dentist for a check-up within the past year	71%	82%	79%	79%	75%	N/A
Suffered blow or jolt to head	N/A	N/A	13%	15%	12%	N/A

N/A – Not available

Adverse Childhood Experiences (ACE)

- Childhood abuse, neglect, and exposure to other traumatic stressors which we term adverse childhood experiences (ACE) are common. The most common are separated or divorced parents, verbal, physical or sexual abuse, witness of domestic violence, and having a family member with depression or mental illness.
- According to the CDC, 59% of people surveyed in 5 states in 2009 reported having had at least one ACE while 9% reported five or more ACEs.
- The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:
 - Depression
 - Fetal death
 - Illicit drug use
 - Liver disease
 - STD's
 - Multiple sexual partners
 - Alcoholism and alcohol abuse
 - COPD
 - Unintended pregnancies
 - Suicide attempts
 - Early initiation of smoking
 - Risk for intimate partner violence
- Given the high prevalence of ACEs, additional efforts are needed at the state and local level to reduce and prevent childhood maltreatment and associated family dysfunction in the US.

(Source: CDC, Adverse Childhood Experiences (ACE) Study, January 18, 2013, <http://www.cdc.gov/ace/about.htm> & Adverse Childhood Experiences Reported by Adults, Last Reviewed: June 3, 2011, <http://www.cdc.gov/features/dsaces/index.html>)

Youth | VIOLENCE ISSUES

Key Findings

In Wood County, 10% of youth had carried a weapon in the past month. 16% of youth had been involved in a physical fight in the past year. 38% of youth had been bullied in the past year and 22% had been bullied on school property.

Violence-Related Behaviors

- In 2015, 10% of youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 18% of males (2013 YRBS reported 14% for Ohio and 18% for the U.S.).
- 38% of youth had been bullied in the past year. The following types of bullying were reported:
 - 31% were verbally bullied (teased, taunted or called harmful names)
 - 20% were indirectly bullied (spread mean rumors about them or kept them out of a “group”)
 - 9% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (2013 YRBS reported 15% for Ohio and the U.S.).
 - 7% were physically bullied (were hit, kicked, punched or people took their belongings)
 - 2% were sexually bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- In the past year, 22% of youth had been bullied on school property (2013 YRBS reported 21% for Ohio and 20% for the U.S.).
- In the past year, 16% of youth had been involved in a physical fight, increasing to 24% of males. 7% had been in a fight on more than one occasion (2013 YRBS reported 20% for Ohio and 25% for the U.S.).
- 3% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months (2013 YRBS reported 7% for Ohio).
- 4% of youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past 12 months.
- Wood County youth had been forced to engage in the following: touched in an unsafe sexual way (3%), sexual intercourse (3%), other sexual activity (2%), and oral sex (2%).
- 23% of youth had purposefully hurt themselves at some time in their lives. They did so in the following ways: cutting (13%), scratching (10%), hitting (7%), biting (5%), burning (3%), and self-embedding (1%).

Types of Bullying Wood County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Verbally Bullied	31%	25%	35%	33%	29%	32%
Indirectly Bullied	20%	11%	29%	20%	22%	16%
Cyber Bullied	9%	5%	12%	11%	9%	7%
Physically Bullied	7%	8%	5%	9%	6%	6%
Sexually Bullied	2%	<1%	4%	1%	4%	2%

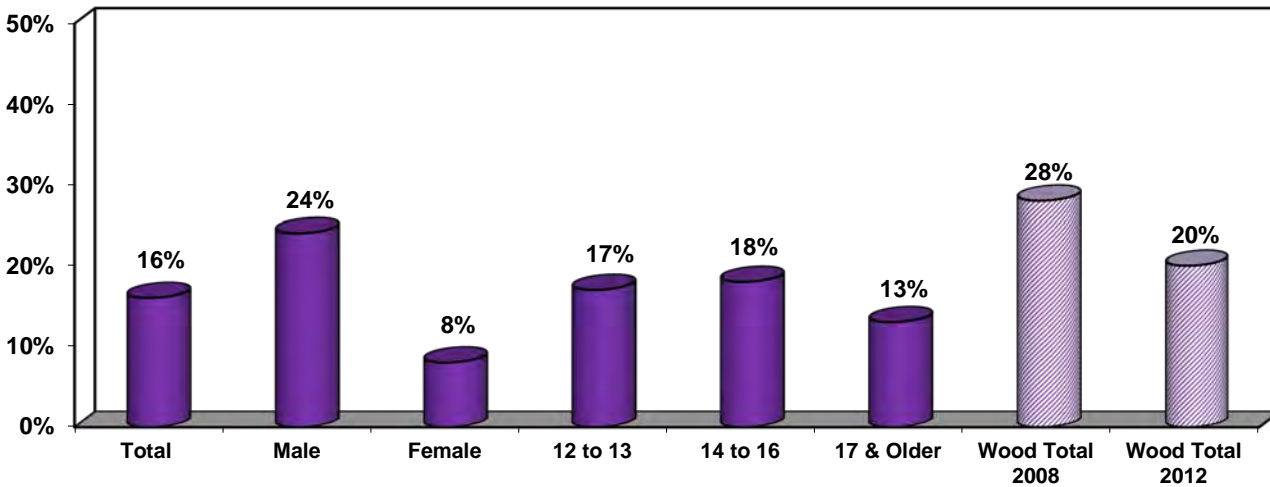
Behaviors of Wood County Youth

Bullied vs. Non-Bullied

Youth Behaviors	Bullied	Non-Bullied
Hurt self in any way	37%	17%
Contemplated suicide in the past 12 months	29%	9%
Have drank alcohol in the past 30 days	18%	14%
Have used marijuana in the past 30 days	12%	7%
Attempted suicide in the past 12 months	12%	2%
Misused prescription medications in the past 30 days	7%	4%
Have smoked cigarettes in the past 30 days	5%	5%

The following graph shows Wood County youth involved in a physical fight in the past year. The graph shows the number of youth in each segment giving each answer (i.e., the graph shows that 16% of all youth had been in a fight in the past year, 24% of males and 8% of females).

Wood County Youth Involved in a Physical Fight in the Past Year



Youth Comparisons	Wood County 2008 (6 th -12 th)	Wood County 2012 (6 th -12 th)	Wood County 2015 (6 th -12 th)	Wood County 2015 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Carried a weapon in past month	10%	10%	10%	11%	14%	18%
Been in a physical fight in past year	28%	20%	16%	15%	20%	25%
Electronically/cyber bullied in past year	12%	13%	9%	9%	15%	15%
Bullied in past year	46%	42%	38%	36%	N/A	N/A
Bullied on school property in past year	N/A	N/A	22%	20%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	4%	6%	3%	3%	7%	9%‡

‡ Comparative YRBS data for U.S. is 2009
 N/A – Not available

Understanding Bullying

- Bullying is a form of youth violence. CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated.
- Bullying can result in physical injury, social and emotional distress, and even death. Victimized youth are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescents and adulthood.
- Some of the factors associated with a higher likelihood of bullying behavior include:
 - Externalizing problems such as defiant and disruptive behavior
 - Harsh parenting by caregivers
 - Attitudes accepting of violence
- Some of the factors associated with a higher likelihood of victimization include:
 - Poor peer relationships
 - Low self-esteem
 - Perceived by peers as different or quiet

(Source: CDC, Injury Center: Violence Prevention, Understanding Bullying Fact Sheet, January 2014, http://www.cdc.gov/violenceprevention/pub/understanding_bullying.html)