

**Nevada Middle School
Youth Risk Behavior Survey (YRBS)
Washoe County Comparison Report,
2017-2019**



**School of Community
Health Sciences**

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Additional Resources

UNR YRBS Statewide and Special Reports

<https://www.unr.edu/public-health/research/yrbs>

YRBS Adolescent and School Health

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

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INTRODUCTION

Priority health risk behaviors (i.e. preventable behaviors that contribute to the leading causes of morbidity and mortality) are often established during childhood and adolescence and extend into adulthood. Ongoing surveillance of youth risk behaviors is critical for the design, implementation, and evaluation of public health interventions to improve adolescent health. The Youth Risk Behavior Survey (YRBS) is a national surveillance system that was established in 1991 by the Centers for Disease Control and Prevention (CDC) to monitor the prevalence of health risk behaviors among youth. YRBS data are routinely collected on high school students, but only a few states collect data in middle schools. The Nevada Middle School YRBS is biennial, anonymous and voluntary survey of students in 6th through 8th grade in regular public, charter, and alternative schools. Students self-report their behaviors in five major areas of health that directly lead to morbidity and mortality, these include:

- 1) Behaviors that contribute to unintentional injuries and violence;
- 2) Tobacco use;
- 3) Alcohol and other drug use;
- 4) Unhealthy dietary behaviors; and
- 5) Physical inactivity.

The Nevada Middle School YRBS provides prevalence estimates for priority risk behaviors and can be used to monitor trends over time.

METHODS

The 2017 and 2019 Nevada YRBS sampling plans were designed to ensure that every eligible student in regular public, charter, and alternative high schools had an equal chance of selection. A random sample of students in grades 6–8 was selected in every school district. For the 2017 Middle School YRBS, 1,253 youth from 16 Washoe county schools completed the survey. For the 2019 Middle School YRBS, 1,373 youth from 18 Washoe county schools completed the survey. Please see the 2017 and 2019 Nevada Youth Risk Behavior reports for more information.

The 2017 and 2019 Nevada YRBS data were weighted at the state level and regional level based on the sex, race/ethnicity, and grade level of students in each region. The weighting process ensured that the estimates accurately represent the entire student population in each region and the state as a whole. Non-response or poor sampling procedures can result in a sample that is not a representative subset of the population; therefore un-weighted results from these samples may not accurately reflect student behaviors and could be misleading. This report only displays weighted results.

Differences in the weighted prevalence of risk behaviors from 2017 to 2019 were assessed with weighted chi-square tests. Consistent logic checks were applied to allow for comparisons across years. Therefore, estimates may differ from statewide and county reports.

DEMOGRAPHICS

Demographic characteristics of participating students, by sex, age, grade, race/ethnicity, and region — Washoe County, Youth Risk Behavior Survey, 2017 & 2019

		2017 Student Participants ^a	2019 Student Participants ^a	2017 Weighted %	2019 Weighted %
Washoe County Total		1253	1373	100%	100.0%
Sex	Female	619	715	48.72%	48.89%
	Male	627	645	51.28%	51.11%
Age Groups	11 years old or younger	108	103	16.60%	8.08%
	12 years old	353	411	30.78%	29.39%
	13 years old	520	578	34.09%	41.74%
	14 years old or older	272	277	18.53%	20.78%
Grade	6th	200	189	32.54%	15.23%
	7th	532	614	32.50%	42.86%
	8th	510	551	34.96%	41.91%
Race/Ethnicity	American Indian/Alaska Native^b	35	40	1.70%	1.27%
	Asian^b	40	59	4.49%	4.87%
	Black^b	30	33	2.43%	2.45%
	Native Hawaiian/Pacific Islander^b	26	22	1.12%	1.30%
	White^b	471	493	44.67%	43.68%
	Hispanic/Latino	537	609	39.87%	41.04%
	Other/Multiple^b	72	70	5.73%	5.41%

^a The sample size in the total and subgroups may differ due to missing data

^b Non-Hispanic

2017 to 2019 Comparison

Weighted prevalence of participant characteristics and health risk behaviors — Washoe County, Youth Risk Behavior Survey, 2017 to 2019

PARTICIPANT CHARACTERISTICS

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who had parents or other adults in the home serving on active duty in the military	7.6% (5.4-9.7)	6.5% (5.2-7.9)	—
Percentage of middle school students who qualified for or received free or reduced price lunches at school	32.3% (24.9-39.7)	34.8% (29.4-40.2)	—
Percentage of middle school students who made mostly A's or B's in school during the 12 months before the survey	68.5% (64.1-72.9)	69.6% (66.0-73.2)	—

VIOLENCE-RELATED BEHAVIORS

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who were threatened or injured by someone with a weapon on school property during the 12 months before the survey (ex. a gun, knife, or club)	5.6% (4.4-6.8)	6.9% (5.6-8.3)	—
Percentage of middle school students who were in a physical fight on school property during the 12 months before the survey	9.6% (7.5-11.7)	12.9% (10.8-15.0)	↑ <i>p</i> = 0.0250
Percentage of middle school students who were bullied on school property during the 12 months before the survey	24.3% (21.5-27.2)	25.5% (22.2-28.8)	—
Percentage of middle school students who were electronically bullied during the 12 months before the survey (including being bullied through texting, Instagram, Facebook, or other social media)	15.3% (13.1-17.5)	16.8% (15.1-18.6)	—
Percentage of middle school students who did not go to school because they felt unsafe at school or on their way to or from school during the 30 days before the survey	5.2% (3.9-6.6)	6.0% (4.4-7.6)	—

ADVERSE CHILDHOOD EXPERIENCES

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who have ever been hit, beaten, kicked, or physically hurt in any way by an adult (not including spanking for bad behavior)	12.8% (10.3-15.2)	13.0% (11.2-14.9)	—
Percentage of middle school students who have ever been physically forced to have sexual intercourse when they did not want to	4.1% (3.1-5.1)	3.5% (2.2-4.8)	—
Percentage of middle school students who have ever been sworn at, insulted by, or put down by an adult in their home	26.8% (23.6-30.0)	35.1% (32.0-38.2)	↑ <i>p</i> < 0.0001
Percentage of middle school students who have seen or heard adults in their home slap, hit, kick, punch, or beat each other up	11.6% (9.6-13.6)	17.0% (14.9-19.1)	↑ <i>p</i> < 0.0001
Percentage of middle school students who ever lived with someone who was depressed, mentally ill, or suicidal	18.5% (16.0-21.0)	27.7% (24.8-30.6)	↑ <i>p</i> < 0.0001
Percentage of middle school students who ever lived with someone who was a problem drinker, alcoholic, or abused street or prescription drugs	19.2% (16.5-21.8)	26.7% (23.6-29.9)	↑ <i>p</i> < 0.0001

EMOTIONAL HEALTH

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who Never/Rarely got the kind of help they need when they feel sad, empty, hopeless, angry, or anxious (among those who felt sad, empty, hopeless, angry, or anxious)	45.3% (41.0-49.7)	52.7% (48.8-56.6)	↑ <i>p</i> = 0.0070

TOBACCO USE

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who ever smoked cigarettes (even one or two puffs)	9.9% (7.3-12.4)	11.7% (9.2-14.2)	—
Percentage of middle school students who smoked cigarettes for the first time before age 11 years (even one or two puffs)	4.5% (2.9-6.1)	3.9% (2.7-5.0)	—
Percentage of middle school students who smoked cigarettes during the 30 days before the survey	2.3% (1.3-3.2)	3.5% (2.4-4.6)	—
Percentage of middle school students who used smokeless tobacco during the 30 days before the survey	1.7% (0.8-2.6)	2.2% (1.2-3.2)	—

ELECTRONIC VAPOR PRODUCT USE

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who ever used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)	18.2% (14.3-22.0)	30.9% (26.7-35.0)	↑ <i>p</i> < 0.0001
Percentage of middle school students who used electronic vapor products during the 30 days before the survey (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)	7.8% (5.6-10.1)	18.9% (15.5-22.4)	↑ <i>p</i> < 0.0001
Percentage of middle school students who tried electronic vapor products for the first time before age 11 years (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)	4.8% (3.6-6.0)	3.9% (2.7-5.1)	—
Percentage of middle school students who usually obtained their own electronic vapor products by buying them in a store or gas station during the 30 days before the survey (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; among students who currently smoked electronic vapor products)	6.4% (2.3-10.6)	4.1% (1.5-6.6)	—

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ALCOHOL USE

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who ever drank alcohol (other than a few sips)	23.7% (19.5-28.0)	31.7% (27.7-35.6)	↑ <i>p</i> = 0.0033
Percentage of middle school students who drank alcohol for the first time before age 11 years (other than a few sips)	10.3% (7.9-12.6)	12.5% (10.3-14.7)	—
Percentage of middle school students who had at least one drink of alcohol during the 30 days before the survey	7.5% (5.5-9.5)	12.4% (10.3-14.5)	↑ <i>p</i> = 0.0003
Percentage of middle school students who ever rode in a car or other vehicle driven by someone who had been drinking alcohol	21.5% (18.6-24.3)	24.9% (22.5-27.3)	—

MARIJUANA USE

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who ever used marijuana	10.7% (7.6-13.8)	17.2% (13.7-20.7)	↑ <i>p</i> = 0.0031
Percentage of middle school students who tried marijuana for the first time before age 11 years	3.2% (1.9-4.5)	3.7% (2.6-4.8)	—
Percentage of middle school students who used marijuana during the 30 days before the survey	5.6% (3.9-7.3)	9.1% (6.4-11.9)	↑ <i>p</i> = 0.0177
Percentage of middle school students who usually used marijuana by different methods during the past 30 days before the survey (among those who used marijuana in the past 30 days):			
Smoked it in a joint, bong, pipe or blunt	71.1% (60.9-81.3)	76.2% (65.4-86.9)	—
Vaporized it	5.6% (1.0-10.2)	6.7% (2.2-11.1)	
Used it in some other way	23.3% (13.6-33.0)	17.1% (8.0-26.3)	
Percentage of middle school students who ever rode in a car or other vehicle driven by someone using marijuana	13.4% (11.2-15.7)	18.0% (15.3-20.7)	↑ <i>p</i> = 0.0061

OTHER DRUG USE

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who ever used cocaine (any form of cocaine including powder, crack, or freebase)	3.5% (2.1-5.0)	1.8% (0.9-2.7)	↓ <i>p</i> = 0.0300
Percentage of middle school students who ever used heroin	1.4% (0.6-2.2)	1.0% (0.2-1.7)	—
Percentage of middle school students who ever used methamphetamines	2.0% (1.1-2.9)	1.1% (0.4-1.7)	—
Percentage of middle school students who ever used ecstasy	1.4% (0.5-2.2)	2.1% (1.1-3.2)	—
Percentage of middle school students who ever used synthetic marijuana	3.4% (2.4-4.3)	5.2% (4.1-6.3)	↑ <i>p</i> = 0.0085
Percentage of middle school students who ever took prescription pain medicine without a doctor's prescription or differently than prescribed	5.0% (3.7-6.3)	8.1% (6.3-9.8)	↑ <i>p</i> = 0.0025

PHYSICAL ACTIVITY

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who <u>did not</u> participate in at least 60 minutes of physical activity on any day during the 7 days before the survey (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time)	14.6% (12.1-17.1)	17.4% (14.6-20.2)	—
Percentage of middle school students who were physically active at least 60 minutes per day on 5 or more days during the 7 days before the survey (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time)	53.0% (48.7-57.2)	46.0% (42.2-49.8)	↓ <i>p</i> = 0.0120
Percentage of middle school students who were physically active at least 60 minutes per day on all 7 days during the 7 days before the survey (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time)	30.1% (26.2-33.9)	23.3% (20.6-26.0)	↓ <i>p</i> = 0.0016
Percentage of middle school students who watched TV, played video or computer games, or used a computer for 3 or more hours per day (on an average school day; for something that was not school work)	47.8% (42.8-52.8)	60.6% (57.3-63.9)	↑ <i>p</i> < 0.0001
Percentage of middle school students who attended physical education classes on one or more days in an average school week	64.9% (57.1-72.8)	61.9% (54.1-69.7)	—
Percentage of middle school students who attended physical education classes daily (5 days in an average week when they were in school)	20.4% (14.3-26.4)	28.4% (19.8-36.9)	—
Percentage of middle school students who played on at least one sports team run by their school or community groups during the 12 months before the survey	57.0% (52.6-61.5)	54.8% (50.8-58.7)	—
Percentage of middle school students who had 9 or more hours of sleep on an average school night	26.1% (22.5-29.6)	17.7% (15.3-20.2)	↓ <i>p</i> < 0.0001

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OTHER

	2017 Percentage and 95% Confidence Interval	2019 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of middle school students who Most of the time/Always went hungry because there was not enough food in the house during the 30 days before the survey	4.3% (3.1-5.4)	3.8% (2.7-4.8)	—
Percentage of middle school students who visited a dentist during the 12 months before the survey (for a check-up, exam, teeth cleaning, or other dental work)	70.5% (65.7-75.2)	71.6% (68.1-75.1)	—

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