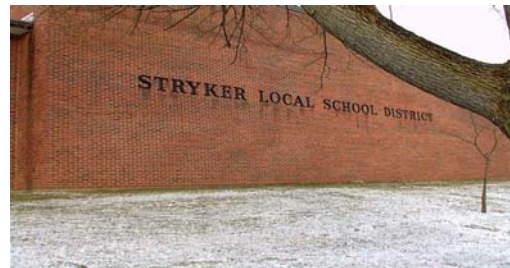




Williams County Family and
Children First Council



Williams County Youth Health Risk Behavioral Survey Fall 2006



Released: February 2007

Foreword

On behalf of the Williams County Family and Children First Council and Partnerships for Success, it our pleasure to present this document to the citizens of Williams County. This Williams County Youth Health Assessment is a result of the dedicated efforts of community members participating in the Partnerships for Success strategic planning process. This report will provide a basis for local decision making, planning and grant writing to support the youth of our county.

This youth health assessment gives us the opportunity to glance into our community as well as our region, state and nation. The data presented in this report will provide valuable information to develop strategies that focus on wellness, access to care, and unmet community needs. It will also provide additional insight into our community structure in the area of youth health and well-being. By partnering with the Healthy Communities Foundation of the Hospital Council of Northwest Ohio we have ensured the reliability of this assessment through scientific methods.

It is our hope that this assessment will prove to be invaluable to you as an agency, organization and community member. As we review the results of this assessment, we will continue to work collaboratively to coordinate resources, identify unmet needs in our community and strive to initiate quality, evidence-based programs to improve the health of our youth. We encourage you to be open to new ideas and collaborations as you use this information. By all of us working together we can positively impact the health of Williams County youth.

Sincerely,

Melissa J. Rupp, Coordinator, Williams County Family and Children First
Beth Schweitzer, Project Coordinator, Partnerships for Success

Acknowledgements

Commissioned by: Williams County Partnerships for Success

Core Team

Jon Ely- Williams County Juvenile Probation Office
Kerri Gearheart- NWOESC
Patsy Miller- BAHEC
Melissa J. Rupp- Family and Children First Council
Beth Schweitzer- Williams County Health Department
and Partnerships for Success

Question Selection Committee

Pam Campbell- Montpelier Schools
Jon Ely- Williams County Juvenile Probation Office
John Exman- Wesley United Methodist Church
Kerri Gearheart- NWOESC
Lou Levy- ADAMhs Board
Patsy Miller- BAHEC
Lana Newcomer- Bryan City Schools
Melissa J. Rupp- Family and Children First Council
Marilyn Sachs- Ohio State University Extension
Kathy Short- Four County Family Center
Beth Schweitzer- Williams County Health Department
and Partnerships for Success
Bonnie Troyer- Edon Schools

Funding for the Williams County Health Assessment Provided by:

Partnerships for Success Grant
of the Williams County Family and Children First Council

Acknowledgements

Project Management, Secondary Data, Data Collection, and Report Development

Healthy Communities Foundation
of the Hospital Council of Northwest Ohio
Kathy Silvestri, MPH, Director of Health Planning
Britney L. Ward, MPH, Assistant Director of Health Planning
Margaret Welty, Graduate Assistant, University of Toledo

Data Collection & Analysis

James H. Price, Ph.D., MPH, Professor of Health Education,
University of Toledo
Timothy R. Jordan, Ph.D., M.Ed., Assistant Professor of Health Education,
University of Toledo
Joseph A. Dake, Ph.D., MPH, Assistant Professor of Health Education
University of Toledo

Commissioned By

Williams County Partnerships for Success

Contact Information

Melissa J. Rupp, Coordinator
Williams County Family and Children First Council
One Courthouse Square, 4th Floor
Bryan, OH 43506
(419) 636-9348
mrupp@wmsco.org

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School Participation

The following schools agreed* to participate in the 2006 Williams County Health Assessment. Grade levels and classrooms were randomly chosen:

Edgerton High School
Edgerton Elementary School
Edon High School
Edon Middle School
Hilltop High School
Montpelier High School
North Central High School
Stryker High School

* Bryan City School District chose not to participate.

Williams County Youth Health Assessment

Executive Summary

This executive summary provides an overview of health-related data for Williams County youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2006. 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 Williams 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 Williams County. During these meetings, banks of potential survey questions from the YRBSS survey were reviewed and discussed. Based on input from the Williams County planning committee, the Project Coordinator composed a draft of a survey containing 74 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 97% (n=367). The number needed to have adequate power was 353. Adequate power means that the results are more likely to be representative of all of the students in the county. The survey contained 74 questions and had a multiple choice response format.

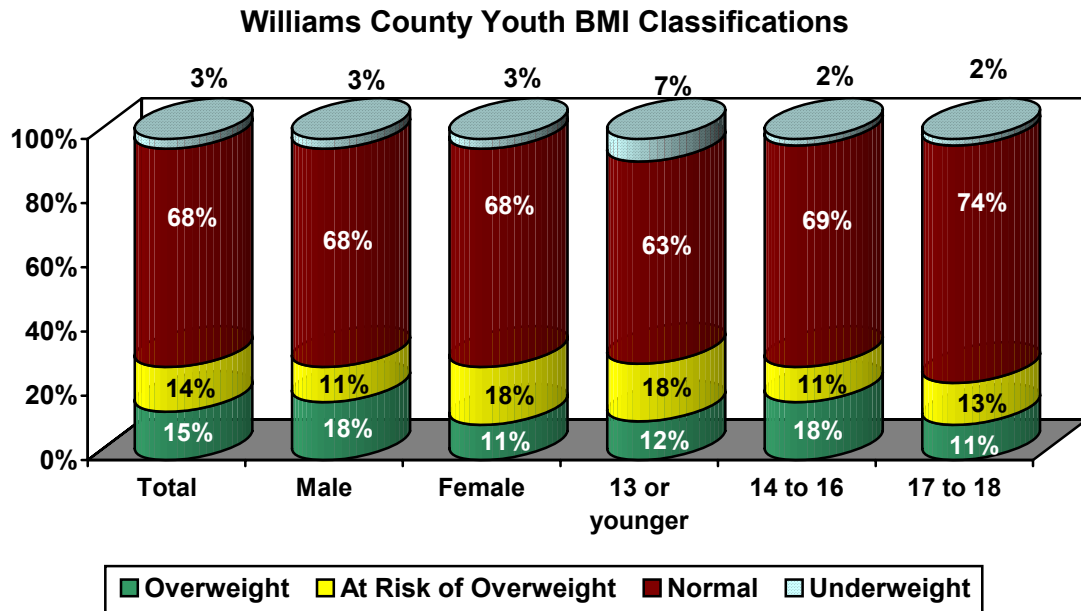
Data Analysis

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

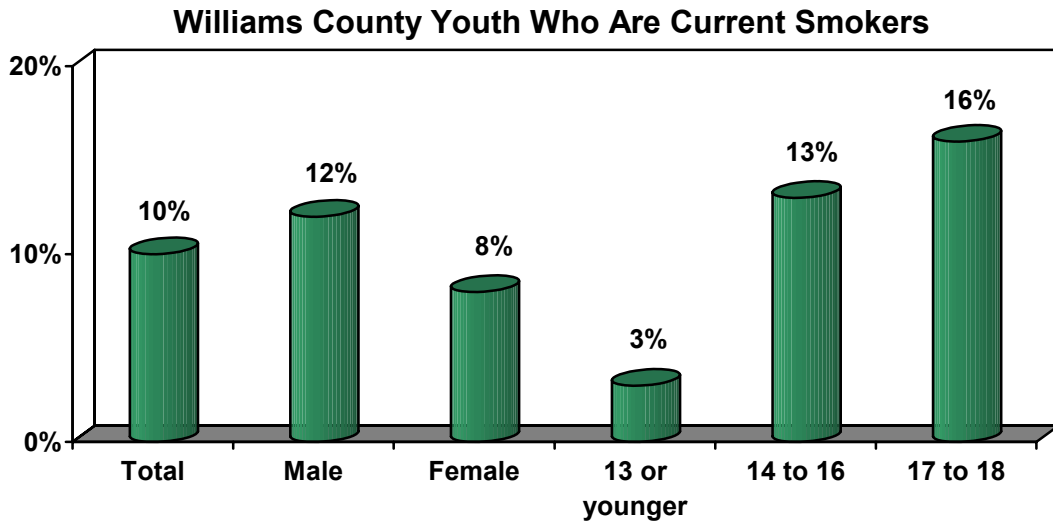
The 2006 Health Assessment identified that 15% of Williams County youth were overweight according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 29% of Williams County youth reported that they were slightly or very overweight. Females (55%) were more likely to be trying to lose weight.



Tobacco Use

The 2006 health assessment identified that 10% of Williams County youth (ages 12-18) were smokers increasing to 16% of those who were 17-18 years old. Overall, 5% of Williams County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 63% 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

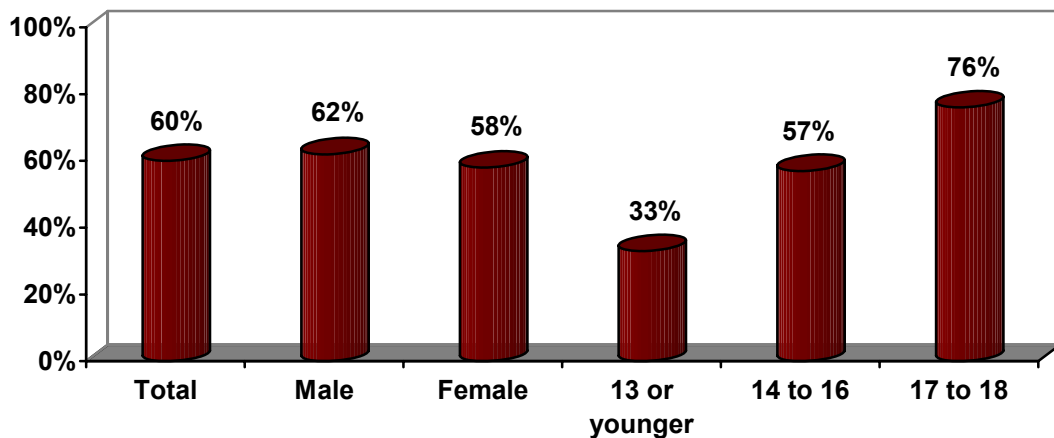


Current smokers are those who have smoked at any time during the past 30 days.

Alcohol Consumption

In 2006, the health assessment results indicated that 54% of Williams County youth had drunk at least one drink of alcohol in their life increasing to 84% of youth seventeen and older. Just under one-quarter (23%) of all Williams County youth and 41% of those 17-18 years had at least one drink in the past 30 days. Three-fifths (60%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. Of all youth who drive, 4% had driven a car in the past month after they had been drinking alcohol themselves.

Williams County Youth Current Drinkers Binge Drinking in Past Month*



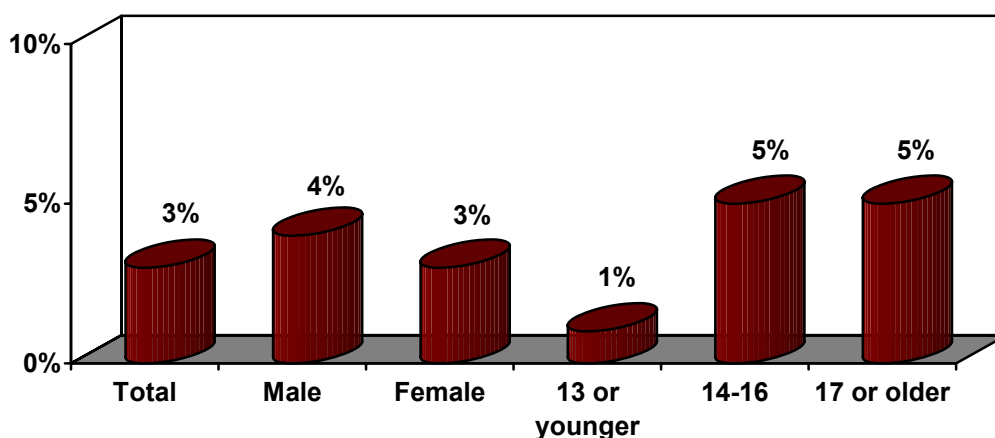
** Binge drinking is defined as having five or more drinks on an occasion.*

Data Summary

Marijuana and Other Drug Use

In 2006, 5% of Williams County youth had used a medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert at sometime in their lives. Three percent of Williams County youth had used marijuana at least once in the past 30 days. During the past 12 months, 6% of Williams County youth had someone offer, sell, or give them an illegal drug on school property.

Williams County Youth Marijuana Use in Past 30 Days



Sexual Behavior & Pregnancy Outcomes

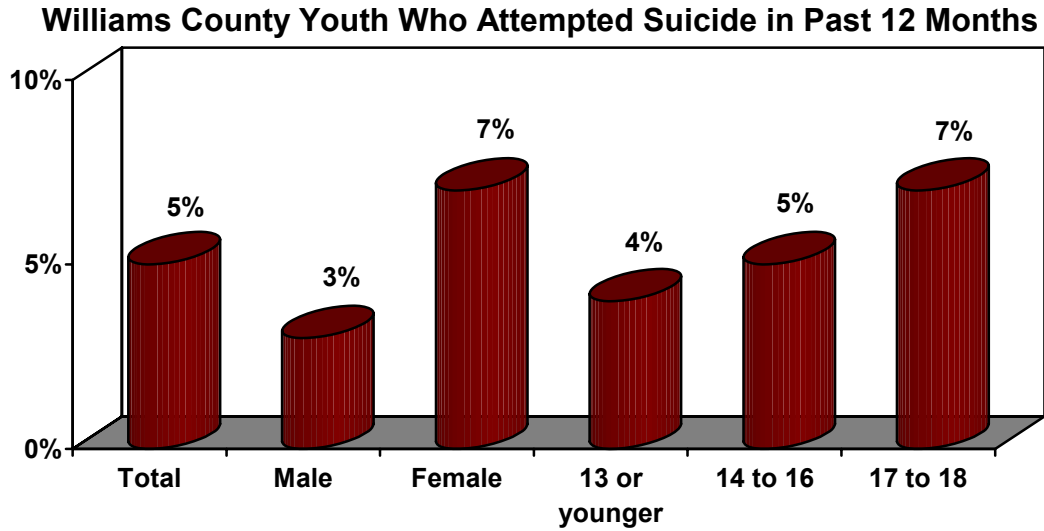
Hilltop High School did not participate in the sexual health section of the health survey.

In 2006, just over one-fifth (21%) of Williams County youth have had sexual intercourse, increasing to 59% of those ages 17 and over. Of those who were sexually active, 51% have 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 Williams County youth had seriously contemplated suicide in the past year and 5% admitted actually attempting suicide in the past year.

Data Summary

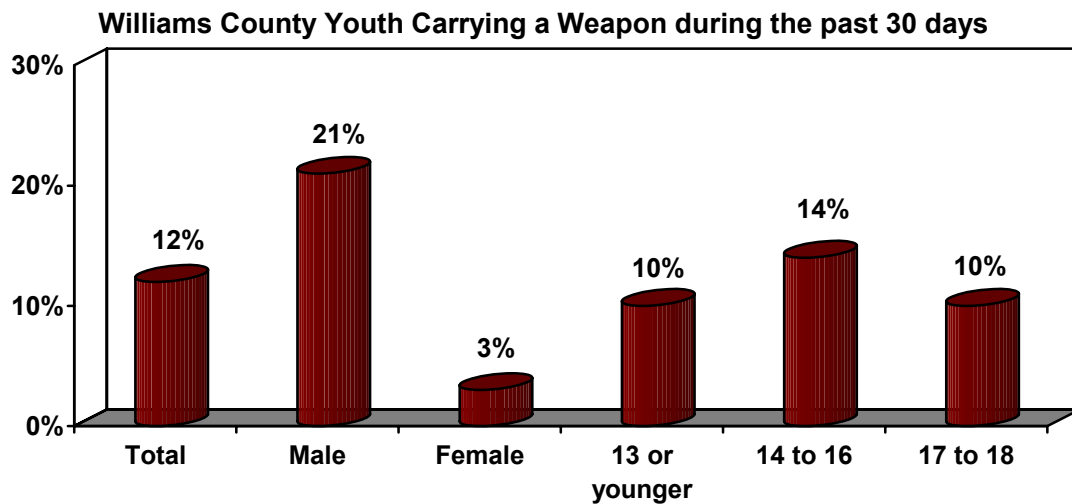


Youth Safety

In 2006, less than half (47%) of Williams County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. In Williams County, one-fifth (20%) of youth purposefully hurt themselves sometime during their life.

Youth Violence

In Williams County, 12% of the youth had carried a weapon in the past month and 4% indicated they brought it to school. Five percent of youth had been threatened or injured by a weapon on school property.



Data Summary

Youth Variables – 9-12 th Grade Only	Williams County 2006	Ohio* 2005	U.S.* 2005
Injury-Related Behaviors			
Rode with a drunk driver in past 30 days	16%	21%	29%
Carried a weapon in past 30 days	12%	15%	19%
Involved in a physical fight in past 12 months	34%	30%	36%
Involved in a physical fight on school property in past 12 months	9%	10%	14%
Threatened or injured with a weapon on school property in past 12 months	5%	8%	8%
Seriously considered suicide in past 12 months	10%	18%	17%
Attempted suicide in past 12 months	5%	9%	8%
Alcohol Use			
Ever had at least one drink of alcohol in lifetime	54%	77%	74%
Used alcohol during past 30 days	23%	42%	43%
Used alcohol on school property during past 30 days	1%	3%	4%
Binged during past 30 days (5 or more drinks in a couple of hours on an occasion)	14%	26%	26%
Tobacco Use			
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	30%	55%	54%
Used cigarettes on one or more of the past 30 days	10%	24%	23%
Smoked cigarettes on school property in past 30 days	1%	8%	7%
Used smokeless tobacco in past 30 days	5%	8%	8%
Sexual Behaviors			
Ever had sexual intercourse	21%	48%	47%
Had four or more sexual partners	4%	17%	14%
Used a condom at last sexual intercourse	62%	62%	63%
Used birth control pills at last sexual intercourse	20%	20%	18%
Physical Activity			
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	70%	63%	64%
Drug Use			
Used marijuana in the past 30 days	3%	21%	20%
Used cocaine in their lifetime	2%	9%	8%
Used heroin in their lifetime	1%	2%	2%
Used methamphetamines in their lifetime	1%	8%	6%
Used steroids in their lifetime	1%	4%	4%
Used inhalants in their lifetime	8%	12%	12%
Used prescription medication in order to get high or feel good	5%	N/A	N/A
Used a needle to inject any illegal drug into their body in their lifetime	1%	2%	2%
Offered, sold or given an illegal drug on school property during the past 12 months	6%	31%	25%

* From state and national YRBS data

Data Summary

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

Category	Total	Males	Females
Williams County	39,188	19,466	19,722
0-4 years	2,515	1,274	1,241
1-4 years	2,014	1,007	1,007
< 1 year	501	267	234
1-2 years	1,018	521	497
3-4 years	996	486	510
5-9 years	2,844	1,449	1,395
5-6 years	1,108	553	555
7-9 years	1,736	896	840
10-14 years	2,992	1,535	1,457
10-12 years	1,802	906	896
13-14 years	1,190	629	561
12-18 years	4,281	2,262	2,019
15-19 years	2,973	1,592	1,381
13-15 years	1,880	1,020	860
15-17 years	1,912	1,010	902
16-18 years	1,797	940	857
18-19 years	1,061	582	479

Williams County Profile

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

Population By Race/Ethnicity

Total Population	39,188 (100%)
White Alone	37,821 (96.5%)
Hispanic or Latino (of any race)	1,049 (2.7%)
Two or more races	324 (0.8%)
African American	283 (0.7%)
Asian	202 (0.5%)
American Indian and Alaska Native	89 (0.2%)

Population By Age

Under 6 years	3,062 (7.8%)
6 to 17 years	7,201 (18.4%)
18 to 24 years	3,269 (8.3%)

Household By Type

Total Households	15,105 (100%)
Family Households (families)	10,666 (70.6%)
With own children <18 years	5,028 (33.3%)
Married-Couple Family Households	8,680 (57.5%)
With own children <18 years	3,728 (24.7%)
Female Householder, No Husband Present	1,354 (9.0%)
With own children <18 years	887 (5.9%)
Non-family Households	4,439 (29.4%)
Householder living alone	3,760 (24.9%)
Householder 65 years and >	1,592 (10.5%)
Households With Individuals < 18 years	5,402 (35.8%)
Households With Individuals 65 years and >	3,701 (24.5%)
Average Household Size	2.52 people
Average Family Size	3.00 people

Williams County Profile

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

School Enrollment

Population 3 Years and Over Enrolled In School	9,356 (100%)
Nursery & Preschool	566 (6.0%)
Kindergarten	580 (6.2%)
Elementary School (Grades 1-8)	4,841 (51.7%)
High School (Grades 9-12)	2,386 (25.5%)
College or Graduate School	983 (10.5%)

Grandparents As Caregivers

Grandparent Living in Household with 1 or more own grandchildren <18 years	562 (100%)
Grandparent Responsible for Grandchildren	194 (34.7%)

Disability Status of the Civilian Non-institutionalized Population

Population 5 to 20 Years	9,296 (100%)
With a Disability	642 (6.9%)

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

Employment Status

Population 16 Years and Over	30,122 (100%)
In Labor Force	20,753 (68.9%)
Not In Labor Force	9,369 (31.1%)
Females 16 Years and Over	15,297 (100%)
In Labor Force	9,745 (63.7%)
Population Living With Own Children <6 Years	2,913 (100%)
All Parents in Family in Labor Force	2,221 (76.2%)

<i>Poverty Status (1999)</i>	<i>Number Below Poverty Level</i>	<i>% Below Poverty Level</i>
Families	417	3.9%
Individuals	2,286	6.0%

Youth Weight Status

Key Findings

The 2006 Health Assessment identified that 15% of Williams County youth were overweight according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 29% of Williams County youth reported that they were slightly or very overweight. Females (55%) 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, at risk for overweight, and overweight (CDC, 2006). Overweight was formerly called obese in youths and at risk for overweight was called overweight.
- ◆ In 2006, 15% of youth were classified as overweight by Body Mass Index (BMI) calculations. Conversely, 29% of youth described themselves as being either slightly or very overweight.
- ◆ Under half (44%) of all youth were trying to lose weight (2005 YRBS reported 49% for Ohio and 46% for the U.S.) increasing to 55% of Williams County female youth (compared to 34% of males).
- ◆ In the past 30 days, 5% of all Williams County youth (2005 YRBS reported 13% for Ohio and 12% for the U.S.) and 9% of females reported going without eating for 24 hours or more. One percent (1%) of all youth admitted to vomiting or taking laxatives to lose or keep from gaining weight. Three percent (3%) of all youth took diet pills, powders, or liquids without a doctor's advice to lose weight. Over one-fifth (21%) of youth ate less food, fewer calories or foods low in fat and 45% of youth exercised to lose or keep from gaining weight.
- ◆ Almost one-third (29%) of youth drank 100% fruit juices at least once per day in the past week, 31% ate vegetables such as green salad, carrots and potatoes, and 57% drank at least one glass of milk.
- ◆ Over two-thirds (70%) 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.). One-quarter (25%) of youth participated in 20 minutes of physical activity every day in the past week.
- ◆ Almost half (49%) 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..
- ◆ Most (85%) of youth participated in extracurricular activities. Over three-fifths (61%) participated in sports or intramural programs, 20% participated in a club or social organization, 14% participated in a church or religious organization, 25% participated in a church youth group and 17% participated in some other organized activity such as 4H or Scouts.

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)

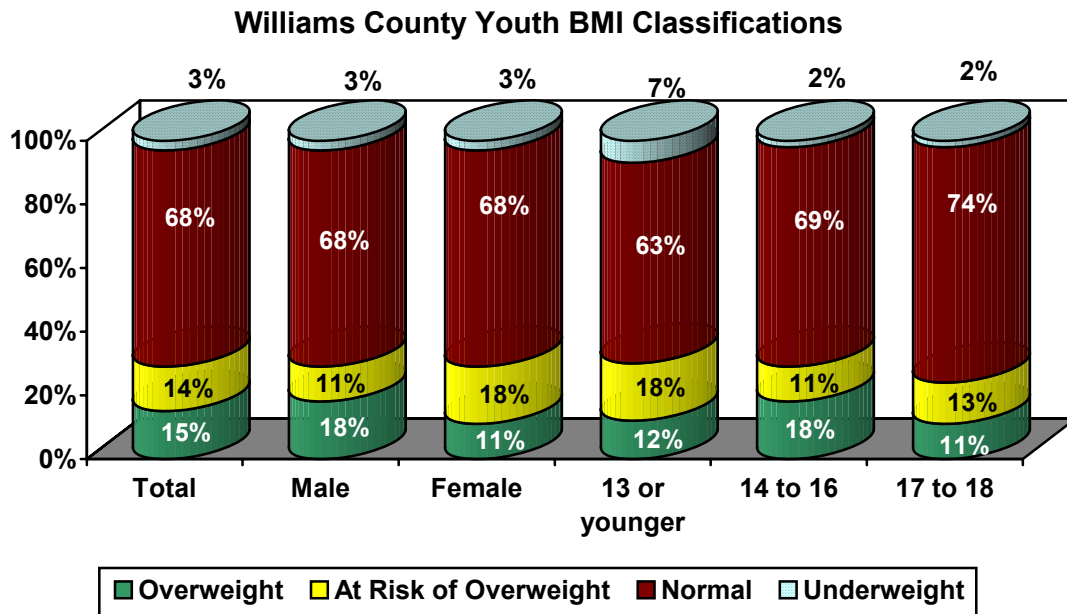
Overweight Adolescents

- ❖ 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 Williams County youth who were classified as overweight, at risk for 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: 68% of all Williams County youth were classified as normal weight, 15% were overweight, 14% were at risk for being overweight, and 3% were calculated to be underweight for their age and gender.



Williams County Youth did the following to lose weight:	<i>Percent</i>
Exercised	45%
Ate less food, fewer calories, or foods low in fat	21%
Went without eating for 24 hours	5%
Took diet pills, powders, or liquids without a doctor's advice	3%
Vomited or took laxatives	1%

Youth Tobacco Use

Key Findings

The 2006 health assessment identified that 10% of Williams County youth (ages 12-18) were smokers increasing to 16% of those who were 17-18 years old. Overall, 5% of Williams County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 63% 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.

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 2006 health assessment indicated that 30% of Williams County youth had done the same.
- ◆ 25% of those who have smoked a whole cigarette did so under 10 years old and about two-fifths (41%) had done so under the age of 12.
- ◆ 10% of youth were current smokers, having smoked at some time in the past 30 days. 16% of 17-18 year olds were current smokers compared to 3% of 12-13 year olds and 13% of 14-16 year olds.
- ◆ Of those who smoked, 31% smoked less than 1 cigarette per day and 6% smoked 11 or more cigarettes per day. Over one-quarter (28%) of current smokers, smoked cigarettes daily
- ◆ 1% of youth reported smoking on school property, increasing to 2% of those 17-18 years old.
- ◆ Just over three-fourths (77%) of the Williams County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- ◆ 15% of youth borrowed them from someone else, 21% asked someone else to buy them cigarettes, 18% bought them from a store or gas station, 10% said an adult gave them the cigarettes, 5% took them from a store or family member, and 31% said they got them some other way.
- ◆ In the past 30 days, 5% of Williams County youth used chewing tobacco or snuff (U.S. and Ohio 8%, 2005 YRBS) increasing to 9% of males and 8% of those 14-16 years old. 23% of current youth smokers had used chewing tobacco or snuff in the past 30 days.
- ◆ 6% of youth smoked cigars, cigarillos or little cigars in the past 30 days, increasing to 10% of those 17-18 years old and 9% of males.
- ◆ Almost two-thirds (63%) of smokers had tried to quit smoking in the past year.

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.
- ◆ 307 Williams 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.

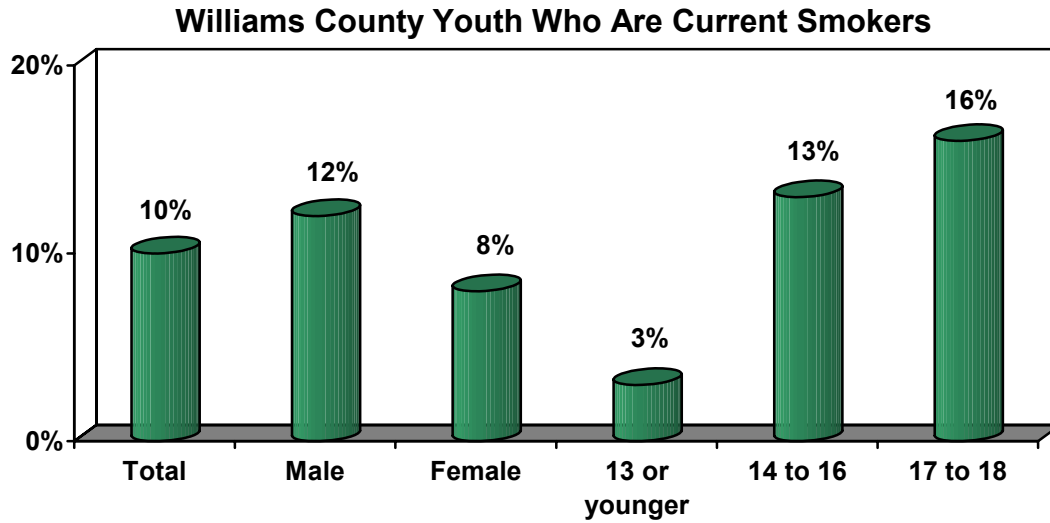
NW Ohio Strategic Alliance for Tobacco Control Data Collection

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

- ◆ 10% of the students said they would smoke a cigarette if a friend offered it to them today.
- ◆ 10% believed they would probably or definitely smoke a cigarette sometime in the next three months.
- ◆ 42% of Williams County youth indicated they live in a household with someone who smokes.
- ◆ 86% of students believed that smoking should be banned on school property.
- ◆ 95% of the youth surveyed believed tobacco use is addictive.
- ◆ 96% believed secondhand smoke is harmful.

Youth Tobacco Use

The following graph shows the percentage of Williams County youth who smoke cigarettes. Examples of how to interpret the information include: 10% of all Williams County youth were current smokers, 12% of males smoked, and 8% of females were current smokers. The table shows differences in specific behaviors between current smokers and non-current smokers (nonsmokers).



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

Behaviors of Williams 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	66%	30%
Have seriously considered attempting suicide in the past 12 months	40%	7%
Have had at least one drink of alcohol in the past 30 days	77%	17%
Have used marijuana in the past 30 days	29%	1%
Have had sexual intercourse*	75%	15%

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

**The sexual health questions were not asked by Hilltop schools.*

Youth Alcohol Consumption

Key Findings

In 2006, the health assessment results indicated that 54% of Williams County youth drank at least one drink of alcohol in their life increasing to 84% of youth seventeen and older. Just under one-quarter (23%) of all Williams County youth and 41% of those 17-18 years had at least one drink in the past 30 days. Three-fifths (60%) of the 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.

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)

Youth Alcohol Consumption

- ◆ In 2006, the health assessment results indicate that over half (54%) of all Williams County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 84% of 17-18 year olds. Just under one-quarter (23%) of the youth drank at least one drink in the past 30 days, increasing to 41% of 17-18 year olds.
- ◆ 1% of youth drank alcohol on school property in the past 30 days.
- ◆ Of those who drank, 60% 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, 14% were defined as binge drinkers.
- ◆ 10% of Williams County youth who reported drinking in the past 30 days, drank on at least 10 or more days during the month.
- ◆ Two-fifths (40%) of Williams County youth who reported drinking at sometime in their life had their first drink under the age of 12, 30% 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 16% of all Williams County youth had ridden in a car driven by someone who had been drinking alcohol. 4% of all youth drivers had driven a car in the past month after they had been drinking alcohol, increasing to 13% of those ages 17 and over.

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

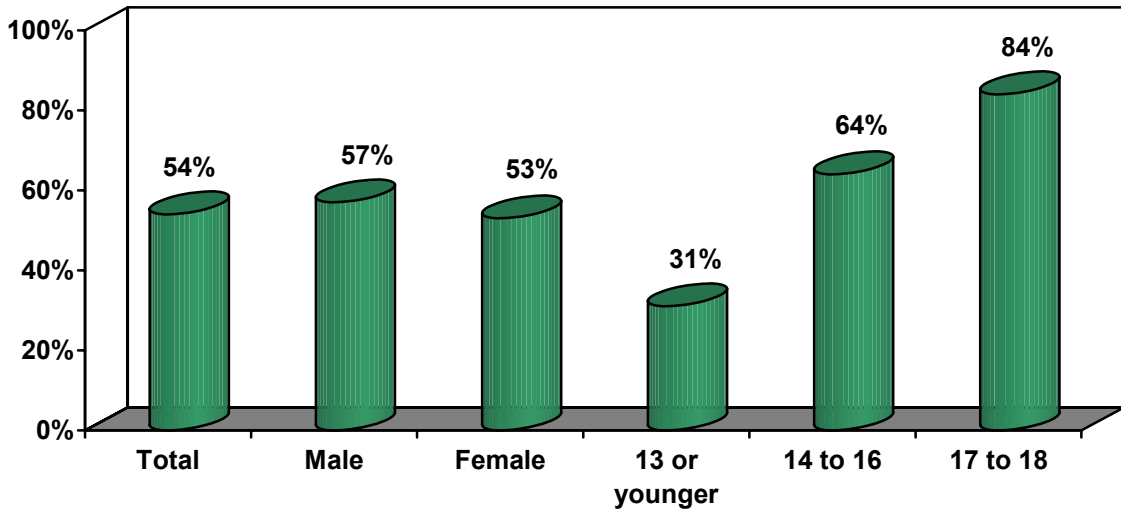
Youth Behaviors	Current Drinker	Non-Current Drinker
Have been in a physical fight in the past 12 months	54%	28%
Have seriously considered attempting suicide in the past 12 months	23%	7%
Have smoked in the past 30 days	32%	3%
Have used marijuana in the past 30 days	11%	1%
Have had sexual intercourse*	55%	12%

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

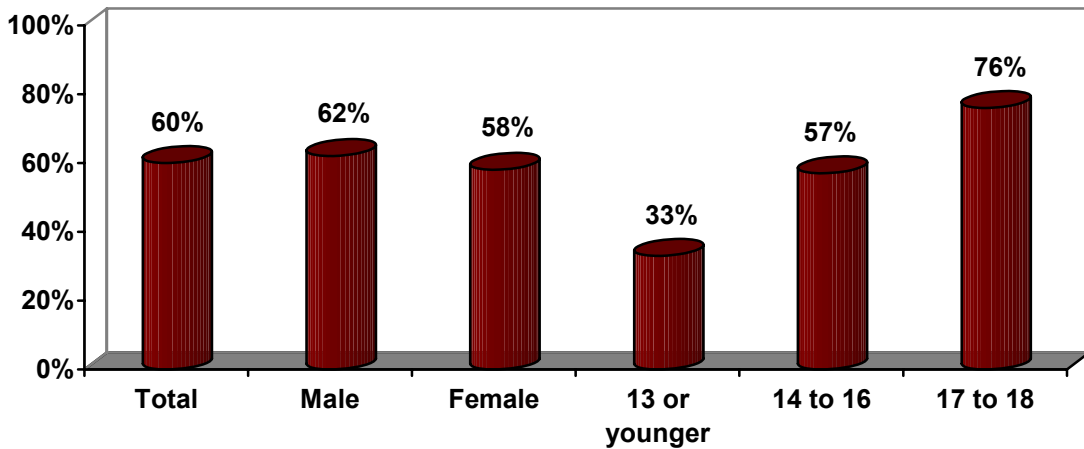
*The sexual health questions were not asked of Hilltop schools.

Youth Alcohol Consumption

Williams County Youth Having At Least One Drink In Their Lifetime



Williams 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.

Youth Marijuana and Other Drug Use

Key Findings

In 2006, 5% of Williams County youth had used a medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert at sometime in their lives. 3% of Williams County youth had used marijuana at least once in the past 30 days. During the past 12 months, 6% of Williams County youth had someone offer, sell, or give them an illegal drug on school property.

Youth Drug Use

- ◆ In 2006, 3% of all Williams 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.
- ◆ 5% of Williams County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at sometime in their lives.
- ◆ 8% used inhalants, 2% used cocaine, 1% used steroids, 1% used methamphetamines, and 1% used heroin.
- ◆ During the past 12 months, 6% of all Williams County youth reported that someone had offered, sold, or given them an illegal drug on school property. 33% of current marijuana users had been offered, sold, or given illegal drugs on school property, as compared to 5% of non-marijuana users.

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

Drug	Williams County 2006	Ohio 2005	U.S. 2005
Cocaine	2%	9%	8%
Inhalants	8%	12%	12%
Heroin	1%	2%	2%
Methamphetamines	1%	8%	6%
Steroid Drugs	1%	4%	4%
Injectable Drugs	1%	2%	2%

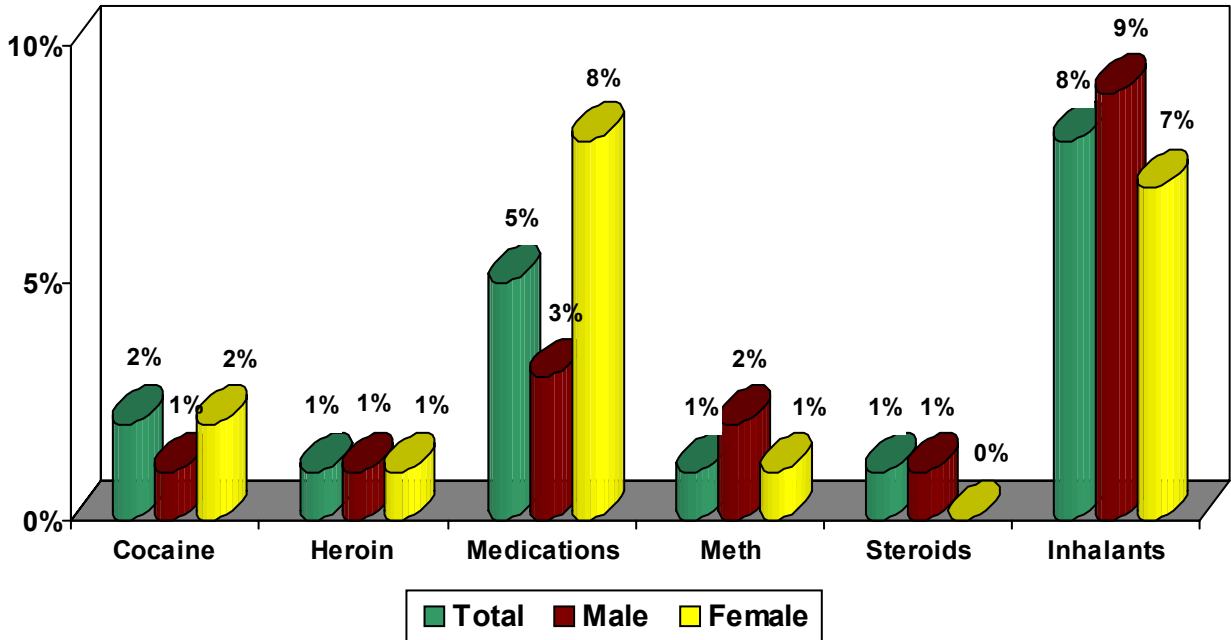
Commonly Abused Prescription Drugs

- ❖ **Opioids**—most often prescribed to relieve pain. Examples include: Codeine, Percocet, Darvon (Propoxyphene), Duragesic (Fentanyl), Dilaudid (Hydromorphone), Demerol (Meperidine), OxyContin (Oxycodone), and Vicodin (hydrocodone)
- ❖ **Central Nervous System (CNS) Depressants**—may be used to treat anxiety and sleep disorders. Examples include: Mebaral (mephobarbital), Nembutal (pentobarbital sodium), Valium (diazepam), Librium (choloridiazepoxide HCL), Xanax (alprazolam), and ProSom (estazolam)
- ❖ **Stimulants**—prescribed to treat narcolepsy, attention-deficit hyperactivity disorder (ADHD), asthma and obesity. Examples include: Dexedrine (dextroamphetamine), and Ritalin (methylphenidate)
(Source: National Institute on Drug Abuse, www.nida.nih.gov)

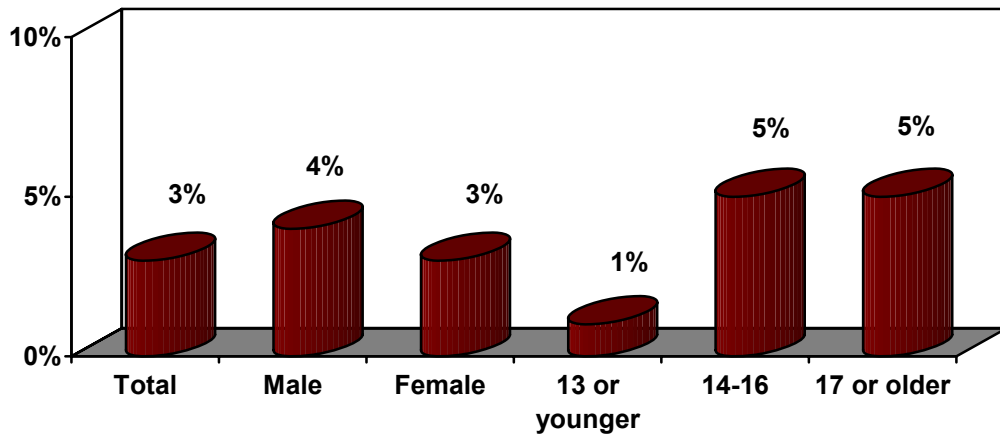
Youth Marijuana and Other Drug Use

The following graphs are data from the 2006 Williams 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: 2% of youth used cocaine, 1% used heroin and 8% used inhalants.

Williams County Youth Lifetime Drug Use

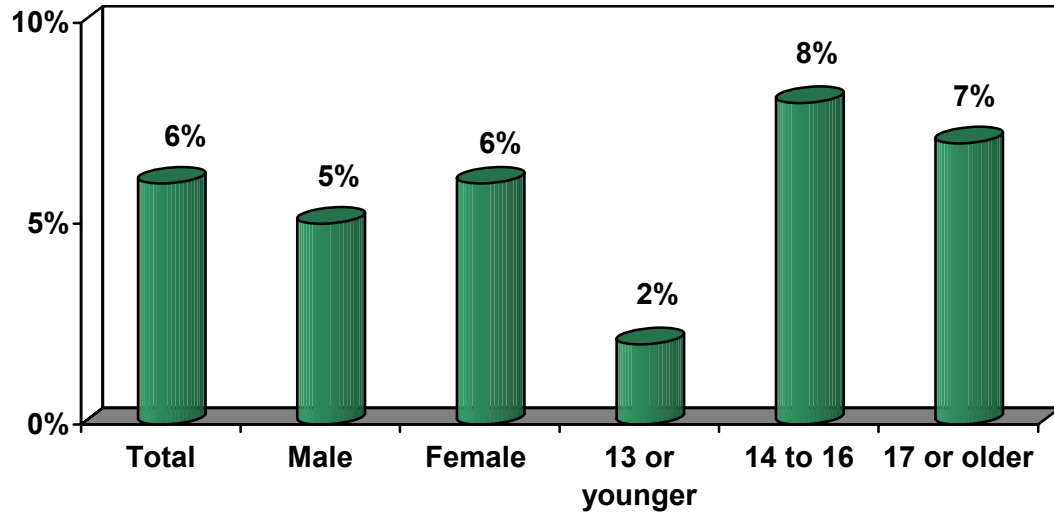


Williams County Youth Marijuana Use in Past 30 Days



Youth Marijuana and Other Drug Use

Williams 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

Hilltop High School did not participate in the sexual health section of the health survey.

In 2006, just over one-fifth (21%) of Williams County youth had sexual intercourse, increasing to 59% of those ages 17 and over. Of those who were sexually active, 51% 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

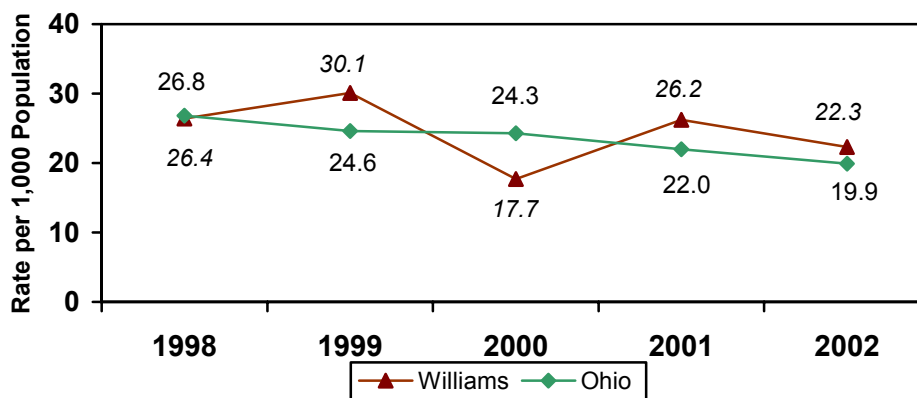
- ◆ Just over one-fifth (21%) of Williams County youth had sexual intercourse, increasing to 59% of those ages 17 and over.
- ◆ Of those youth who were sexually active in their lifetime, 51% had one sexual partner and 49% had multiple partners.
- ◆ Of those youth who were sexually active, 51% had done so by the age of 14. Another 18% had done so by 15 years of age.
- ◆ 62% of sexually active youth used condoms to prevent pregnancy, 20% used birth control pills, 18% used the withdrawal method, and 3% used Depo-Provera. However, 20% were engaging in intercourse without any method of protection. (Totals are greater than 100% because more than one answer could be chosen).
- ◆ About one in six (16%) of sexually active youth used alcohol or drugs before their last sexual intercourse.
- ◆ Over four-fifths (81%) had been taught about sexual practices, sexually transmitted diseases, AIDS, or HIV infection. 95% were taught at school, 43% were taught at home, 12% were taught somewhere else, 11% were taught by their doctor, and 2% were taught at a family planning clinic.

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 Williams County and Ohio*



*Teen birth rates include women ages 15-17

(Source: Ohio Department of Health Information Warehouse Updated 3-12-04)

Mental Health and Suicide

Key Findings

The health assessment results indicated that 10% of Williams County youth had seriously contemplated suicide in the past year and 5% admitted actually attempting suicide in the past year.

Youth Mental Health

- ◆ About one in six (16%) 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.
- ◆ In 2006, 10% of Williams County youth reported seriously considering attempting suicide in the past twelve months compared to the 2005 YRBS rates of 17% for the U.S. and 18% for Ohio youth.
- ◆ In the past year, 5% of Williams County youth had attempted suicide and 3% had made more than one attempt. Of those who attempted suicide, 39% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse. 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 firearms were used in 54% of U.S. youth suicides in 2001.
- ◆ The 2006 health assessment identified that 12% of Williams County youth had carried a weapon such as a gun, knife or club in the past month.
- ◆ Over half (56%) of Williams County youth reported a firearm was kept in or around their home.

Mental Health and Suicide Facts

- ❖ For youth ages 15 to 24, suicide is the 3rd 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:

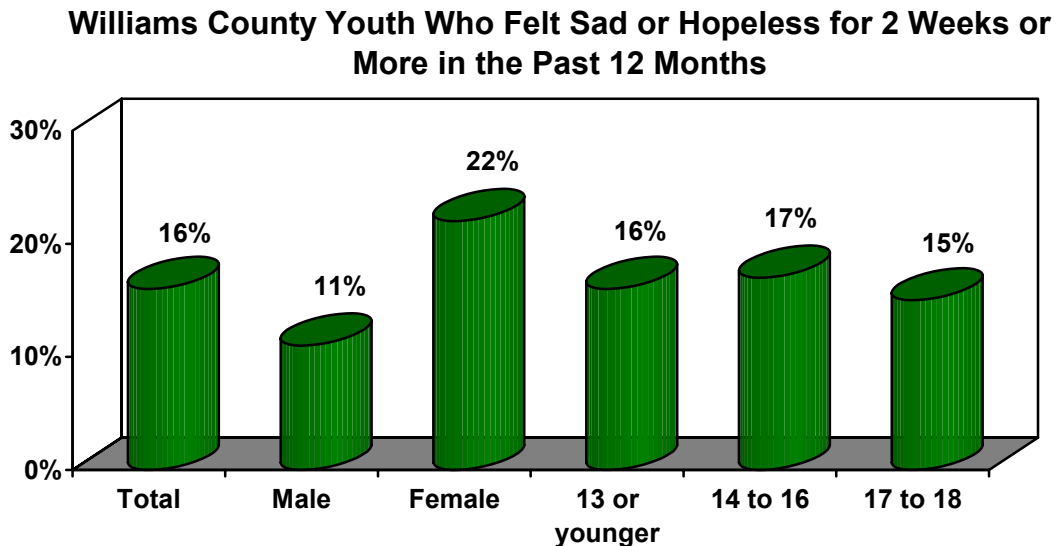
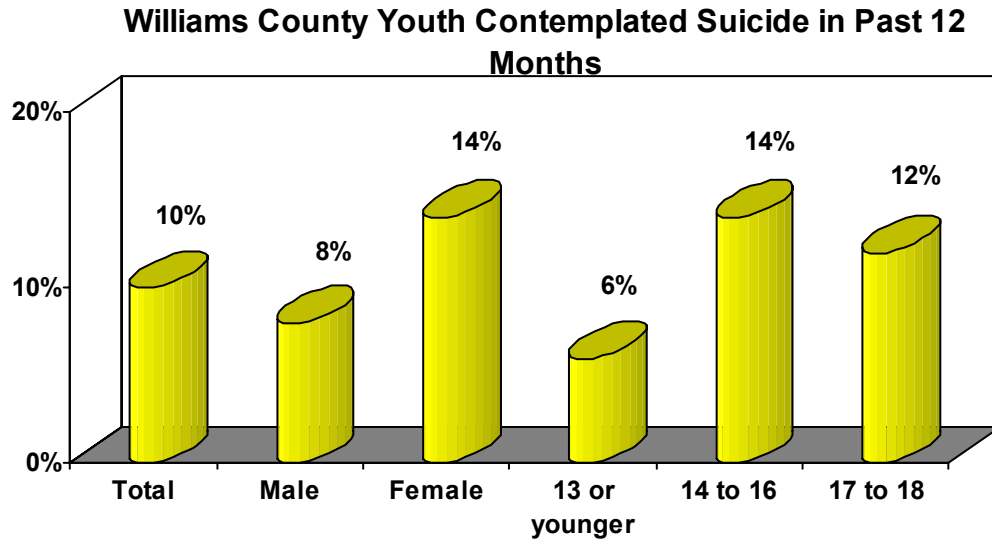
- ❖ Depression
- ❖ Alcohol abuse
- ❖ Aggressive or disruptive behaviors

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 Williams County youth contemplated and attempted suicide in the past 12 months (i.e., the first graph shows that 10% of all youth contemplated suicide, 8% of males and 14% of females).



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

(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 2006, less than half (47%) of Williams County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. In Williams County, one-fifth (20%) of youth purposefully hurt themselves sometime during their life.

Personal Safety

- ◆ Less than half (47%) of Williams County youth always wore a seatbelt when riding in a car driven by someone else increasing to 54% of females and 53% of those 12-13 years old.
- ◆ In the past 30 days, 16% of Williams County youth had ridden in a car driven by someone who had been drinking alcohol and 4% had driven a car themselves after they had been drinking alcohol.
- ◆ Three-fifths (60%) of youth visited a doctor for a routine checkup within the past year, increasing to 74% of those over 17 years of age.
- ◆ In the past year, 67% visited a dentist for a check-up, exam, teeth cleaning, or dental work.
- ◆ 8% of youth always wore a helmet when they rode a bicycle, skateboard, or ATV during the past 12 months and 62% never wore a helmet.
- ◆ One-fifth (20%) of youth purposefully hurt themselves during their life. 11% of all youth purposefully hurt themselves by cutting, 9% by scratching, 6% by hitting, 4% by biting, and 3% by burning. (Totals are greater than 20% because more than one answer could be chosen).
- ◆ 11% of youth played the choking game, increasing to 14% of females and 19% of those over 17 years of age.
- ◆ Over two-fifths (42%) of Williams County youth talked to their best friend about personal problems, 35% talked to their parents, 19% talked to a girlfriend/boyfriend, 18% did not talk to anyone, 11% talked to a brother/sister, 3% talked to their pastor/priest, 2% talked to their teacher, and 1% talked to their youth minister. (Totals are greater than 100% because more than one answer could be chosen).

Williams County Youth- Leading Causes of Death 2000-2002

Total Deaths: 24

- ❖ Motor vehicle accidents
- ❖ Congenital deformities
- ❖ Low birth weight-related disorders
- ❖ Suicide
- ❖ Complications from birth

(Source: ODH Information Warehouse, updated 9-29-04)

Warning Signs for the “Choking Game”

Common names for this game – Blackout, Fainting Game, Space Monkey, Dream Game, Suffocation Roulette, Pass-Out Game, Flat Liner, California Choke, Space Cowboy, Airplaning, Purple Dragon, and many more

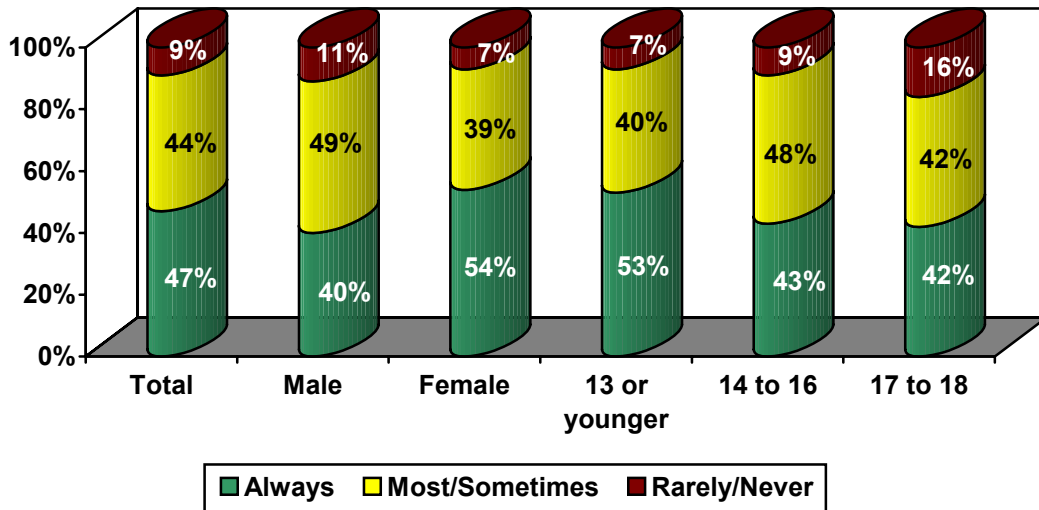
- ❖ Suspicious mark on side of the neck sometimes hidden by wearing turtlenecks, scarves and up-turned collars
- ❖ Changes in personality, such as overly aggressive or agitated
- ❖ Any straps, rope, or belt lying around without any reason
- ❖ Headaches
- ❖ Loss of concentration
- ❖ A flushed face
- ❖ Bloodshot eyes
- ❖ A thud in the bedroom or against a wall
- ❖ Any questions about the effects or dangers of strangulation

(Source: Choking Game Education, www.deadlygameschildrenplay.com)

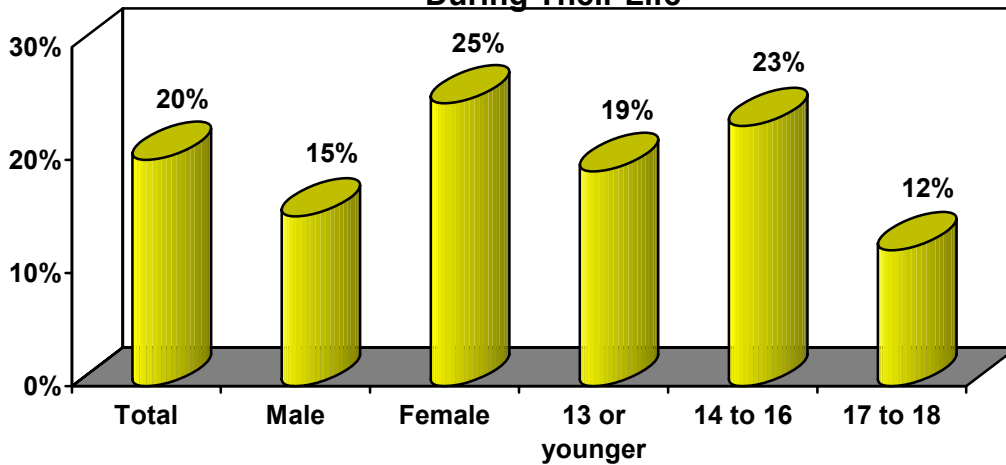
Youth Safety

The following graphs show Williams County youth seatbelt use and those youth that have purposefully hurt themselves at sometime in their life. The graphs show the number of youth in each segment giving each answer (i.e., the first graph shows that 47% of all youth always wear a seatbelt, 44% wear one most or some of the time and 9% rarely or never wear a seatbelt).

Williams County Youth Seatbelt Use in the Past Month



Williams County Youth Who Purposefully Hurt Themselves During Their Life



Youth Violence Issues

Key Findings

In Williams County, 12% of the youth had carried a weapon in the past month and 4% indicated they brought it to school. 5% of youth had been threatened or injured by a weapon on school property.

Violence-Related Behaviors

- ◆ In 2006, 12% of Williams County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 21% of males. The 2005 YRBSS reports a prevalence rate of carrying a weapon for U.S. youth as 19% and for Ohio youth as 15%.
- ◆ 4% of Williams County youth had carried weapons to school in the past 30 days.
- ◆ 5% of Williams County youth had been threatened or injured by a weapon on school property.
- ◆ 2% 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.
- ◆ In the past year, over one third (34%) of youth had been involved in a physical fight and 19% on more than one occasion.
- ◆ Almost half (49%) of youth had been bullied in the past year. The following types of bullying were reported:
 - 31% were verbally bullied (teased, taunted or called you harmful names)
 - 23% were indirectly bullied (spread mean rumors about you or kept you out of a “group”)
 - 10% were physically bullied (you were hit, kicked, punched or people took your belongings)
 - 4% were cyber bullied (teased, taunted, or threatened by e-mail, cell phone, or another electronic method)
- ◆ Williams County youth reported being hit, slapped or physically hurt by the following:
 - A boyfriend or girlfriend (3%)
 - A parent or caregiver (5%)
 - An another adult (2%)
- ◆ 5% of youth were physically forced to have sexual intercourse when they did not want to, increasing to 9% of females and 10% 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.
- ◆ Over half (56%) of youth reported that firearms were kept in or around their home, increasing to 64% of those 17 years or older.
- ◆ 9% of youth had been touched in an unsafe (sexual) way in the past year, increasing to 17% of those ages 17 and over and 11% of females.

Facts Concerning Youth Violence

- ❖ Teens are 2.5 times more likely to be victims of violence than adults.
- ❖ More than 75% of teen homicides and over 50% of adult homicides involve people that know each other.
- ❖ In 90% of the cases, the perpetrator and victim are of the same race.

(Source: CDC, Youth Violence and Suicide Prevention)

Key Risk Factors for Youth Violence

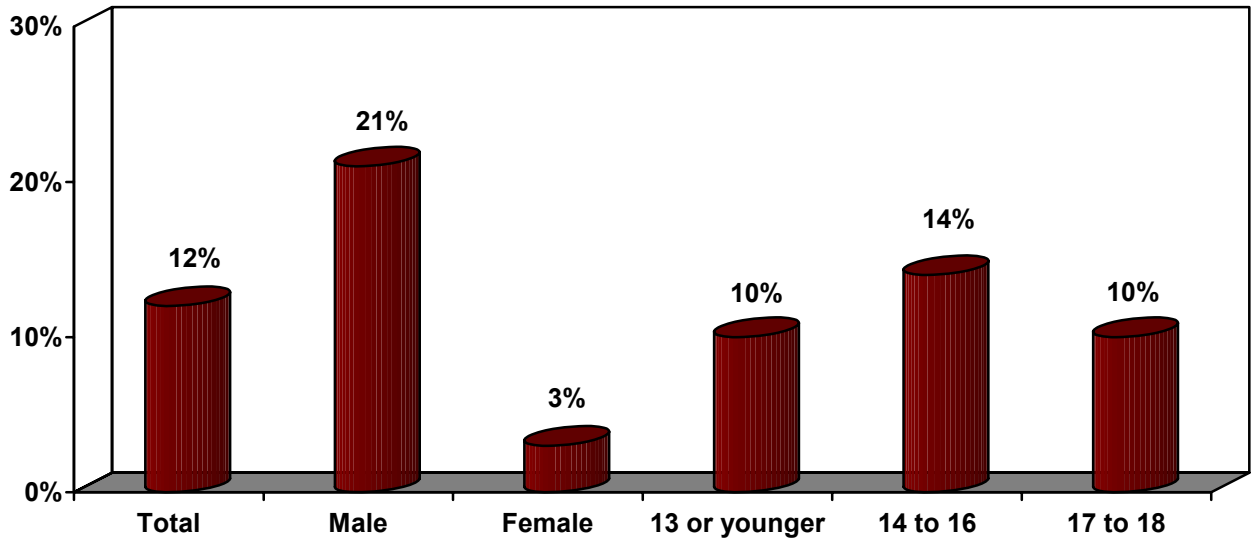
- ❖ History of early aggression
- ❖ Social cognitive deficits
- ❖ Use of alcohol and other drugs
- ❖ Beliefs supportive of violence
- ❖ Poor emotional attachment to parents or caregivers

(Source: CDC, Surgeon General's Report on Youth Violence)

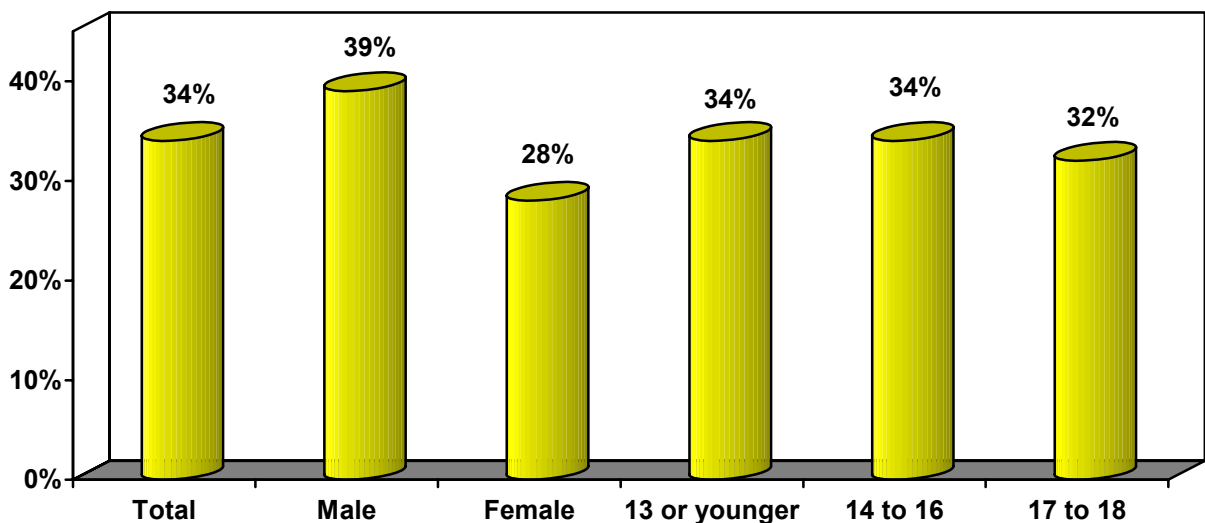
Youth Violence Issues

The following graphs show Williams County youth carrying a weapon in the past 30 days, those involved in a physical fight in the past year, and those who have been bullied. 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, 21% of males and 3% of females).

Williams County Youth Carrying a Weapon during the past 30 days



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



Youth Violence Issues

Types of Bullying Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Physically Bullied	10%	11%	9%	15%	8%	5%
Verbally Bullied	31%	31%	32%	31%	37%	17%
Indirectly Bullied	23%	12%	34%	22%	25%	18%
Cyber Bullied	4%	7%	2%	3%	6%	3%

Williams County Health Assessment Project Information Sources

Source	Data Used	Website
American Psychiatric Association Let's Talk Facts About Teen Suicide	◆ Teen suicide statistics	www.psych.org/public_info/teen.cfm
CDC, National Center for Injury Prevention & Control Suicide Fact Sheet	◆ Suicide statistics	www.cdc.gov/ncipc/factsheets/suifacts.htm
Centers for Disease Control, Youth Violence & Suicide Prevention	◆ Youth violence ◆ Intimate partner violence fact sheet	http://www.cdc.gov/ncipc/dvp/dvp.htm
Children's Defense Fund Ohio, 2002	◆ Oral health	http://www.cdfoho.org
Choking Game Education	◆ Choking game information	www.deadlygameschildrenplay.com
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	www.health.gov/healthypeople
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	www.cdc.gov
National Depression and Manic Depression Association	◆ US depression facts	www.ndmda.org
National Governor's Association, Center for Best Practices	◆ Obesity	http://www.nga.org/portal/site/nga
National Health & Nutrition Examination Survey, CDC	◆ Weight status	http://www.cdc.gov/nchs/nhanes.htm
National Institute of Child Health and Human Development, 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	www.nida.nih.gov
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	https://nsduhweb.rti.org/
Northwest Ohio Strategic Alliance for Tobacco Control Youth Opinions Survey	◆ Youth tobacco use	
Ohio Department of Job & Family Services, 2003	◆ Williams County and Ohio mortality statistics ◆ Williams County and Ohio birth statistics ◆ Williams County and Ohio sexually transmitted diseases	http://jfs.ohio.gov/

Williams County Health Assessment Project Information Sources

Source	Data Used	Website
Planned Parenthood Federation of America, Inc.	◆ STI facts	www.plannedparenthood.org
Rationale for the 2001 Questionnaire, Alcohol and Other Drug Abuse, Youth Risk Behavior Surveillance System, U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control	◆ Youth alcohol abuse facts	www.cdc.gov
Sexually Transmitted Disease Surveillance 2003 Supplement, Department of Health and Human Services	◆ STD facts	www.cdc.gov
<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	www.cdc.gov/nccd/php/dash/shpps
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	www.unspeakable.com
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	www.cdc.gov/nchstp/dstd/Stats_Trends/Trends2000.pdf
U.S. Census Bureau, United States Department of Commerce	◆ Ohio and Williams County 2000 Census demographic information	www.census.gov
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.	www.cdc.gov

Acronyms and Terms

Binge drinking	Consumption of five alcoholic beverages or more on one occasion.
BMI	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
CDC	Centers for Disease Control and Prevention.
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
HCF	Healthy Communities Foundation of the Hospital Council of Northwest Ohio.
HP 2010	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.
N/A	Data not available.
ODH	Ohio Department of Health
Race/Ethnicity	Census 2000: 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.
Weapon	Defined in the YBRSS as “a weapon such as a gun, knife, or club”
Youth	Defined as 12 through 18 years of age
Youth BMI Classifications	Underweight is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile. At risk of Overweight is defined as BMI-for-age 85^{th} percentile to $< 95^{\text{th}}$ percentile. Overweight is defined as $\geq 95^{\text{th}}$ percentile.
YRBSS	Youth Risk Behavior Surveillance System , a youth survey conducted by the CDC

Williams County Youth Tobacco Survey

In early 2003, 307 Williams 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 Williams County.

Tobacco Use in Past 30 Days*

- ❖ Williams County: 14%
- ❖ 4th-5th graders: 4%
- ❖ 6th-8th graders: 6%
- ❖ 9th-12th graders: 24%
- ❖ Males: 16%
- ❖ Females: 11%

**Includes students who used cigarettes, specialty cigarettes, smokeless tobacco, and/or cigars.*

Societal Issues

- ◆ Approximately 42% of Williams County students live with someone who smokes cigarettes.
- ◆ 9% said that young people who smoke have more friends. One-quarter (22%) said that one or more of their closest friends smoke cigarettes and 9% have friends who use smokeless tobacco.
- ◆ Over half (57%) were taught about the dangers of tobacco use at school but only 11% participated in a community smoking cessation activity.
- ◆ In the past 30 days, about half (43%) have seen commercials at least daily about the dangers of smoking.
- ◆ 75% 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

- ◆ 10% of Williams County students think they will probably or definitely smoke a cigarette during the next three months and 10% would accept a cigarette from a friend if offered one. These percentages increase to about 17% of 9th-12th graders.
- ◆ Most of the respondents said that their friends (75%), family (93%) and peers (61%) would disapprove if they smoked today. Current smokers are less likely to say their friends (33%), family (71%) and peers (45%) would disapprove if they smoked today. Less than 5% of all students said friends, family and peers would approve.
- ◆ Most of the students said that schools should offer smoking cessation programs (84%) and should not allow smoking on school property (86%). 9th-12th graders are least in favor of school interventions.
- ◆ Nearly all (95%) Williams County students believe that tobacco is addictive; however, 36% believe that adults exaggerate the health risks of smoking.
- ◆ 9% said it is okay to smoke for a year or two as long as you quit after that.

Secondhand Smoke

- ◆ In the past week, half (52%) of Williams County youth have been in a room with someone who was smoking cigarettes and 40% have ridden in a car with a smoker.
- ◆ Nearly all (96%) believe that secondhand smoke is harmful.

The following Williams County groups are more likely to be tobacco users:

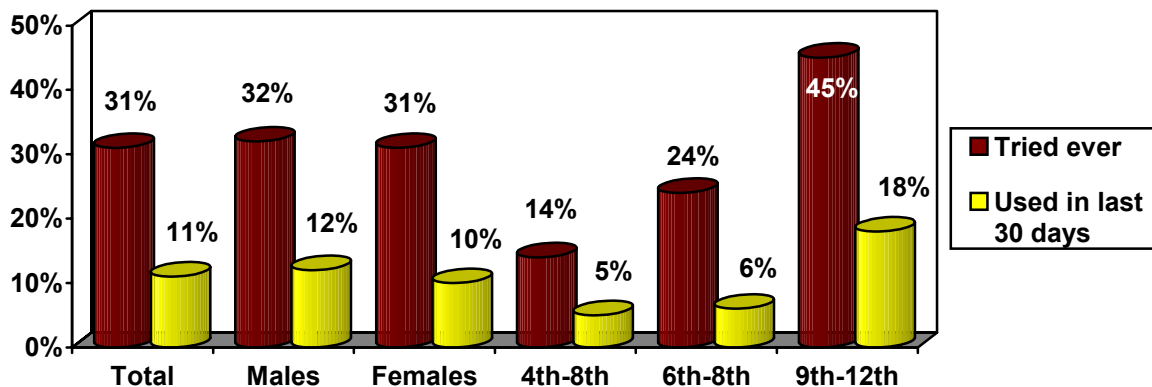
- ❖ 9th-12th graders
- ❖ Those who live with someone who smokes
- ❖ Those who do not often attend religious services
- ❖ Those who average C-F grades in school
- ❖ Those who have a poor self-image

Williams County Cigarette Use

Cigarette Use

- ◆ Less than one out of five (15%) Williams County students was offered a cigarette in the past 30 days, increasing to 25% among 9th-12th graders.
- ◆ 31% have tried cigarettes in the past and 11% have smoked cigarettes in the last 30 days. These percentages increase to 45% who have tried and 18% who have smoked cigarettes in the last 30 days among 9th-12th graders.
- ◆ Most (80%) Williams 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.

Williams County Cigarette Use



Cigarette Use Behaviors

- ◆ Half (50%) of Williams County current smokers started smoking cigarettes before age 13.
- ◆ Of all Williams County students, 9% have tried only a few puffs and 8% have smoked over 100 cigarettes in their entire life.
- ◆ Approximately 8% of all Williams County students have been daily smokers, increasing to 16% among 9th-12th graders.
- ◆ 8% of all students smoke at least two cigarettes per day on average. This figure increases to 16% among 9th-12th graders.
- ◆ 3% of all students smoked cigarettes on school property in the past 30 days.
- ◆ 6% of current smokers (1% of all students) usually bought their cigarettes at a store or gas station. About 3% of all youth tried to buy cigarettes but were not asked to show proof of age.
- ◆ Two-fifths (43%) of current smokers (6% of all Williams County students) smoke Marlboros. One in ten (9%) current smokers (2% of all students) smokes menthol cigarettes.
- ◆ 4% have smoked flavored cigarettes, bidis, clove cigarettes, or Liquid Dreams in the past 30 days.

Williams County Addiction Statistics:

- ❖ One-third (31%) of current smokers feel like they need a cigarette at least once every three hours.
- ❖ Two-fifths (40%) smoke within 30 minutes of waking up in the morning (5% of all students).
- ❖ Approximately 5% of all students find it difficult to avoid smoking in restricted places.
- ❖ About 4% still smoke cigarettes if they are so ill that they are in bed most of the day.

Williams County Tobacco Use

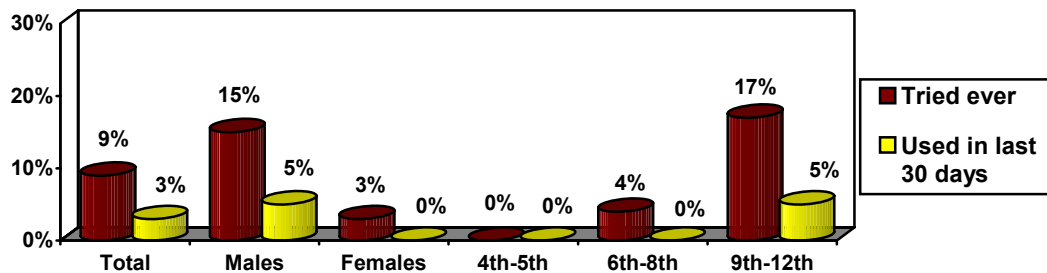
Smoking Cessation

- ◆ Nearly one-third (31%) of current smokers (4% of all students) would like to quit smoking, but only 14% of current smokers have participated in a smoking cessation program and 3% have asked for their physician’s help to quit smoking.
- ◆ One in five (18%) current smokers (2% 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-quarter (28%) of current students (5% of all students) have tried to quit smoking and 16% of current smokers (3% of all students) have tried three or more times. One in four (26%) current smokers who tried to quit did not last more than one week without smoking.

Smokeless Tobacco

- ◆ One out of ten (9%) Williams County students has tried smokeless tobacco. 3% have used smokeless tobacco in the last 30 days.
- ◆ 1% has used smokeless tobacco on school property in the last 30 days.
- ◆ 14% of students who used smokeless tobacco in the last 30 days (less than 1% of all students) bought their smokeless tobacco at a store or gas station.

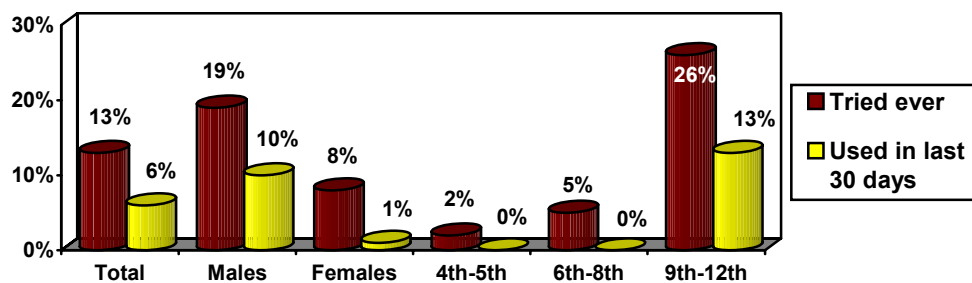
Williams County Smokeless Tobacco Use



Cigars

- ◆ One in ten (13%) Williams County students has tried cigars or cigarillos, increasing to 26% among 9th-12th graders. Over half (56%) of current tobacco smokers have tried cigars or cigarillos. About 6% of all students have smoked cigars in the last 30 days.
- ◆ Two-fifths (39%) of current tobacco smokers (9% of all students) had their first cigar at age 13 or older.
- ◆ 15% of current tobacco smokers (2% of all students) bought their cigars at a store or gas station.

Williams County Cigar Use



Williams 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	Williams County	NW Ohio
High school student (grades 9 – 12) used tobacco in past 30 days	24%	32%
Middle school student (grades 6 – 8) used tobacco in past 30 days	6%	10%
Student is living in a household with a smoker	42%	46%
Student definitely or probably will smoke a cigarette in the next 3 months	10%	13%
Student definitely or probably will be smoking cigarettes 5 years from now	8%	11%
Student would smoke a cigarette if a friend offered it today	10%	14%
Student thinks schools should offer smoking cessation programs	84%	83%
Student thinks smoking should be banned on school property	86%	85%
Student has discussed the dangers of smoking with parents often or very often in past 12 mos.	15%	17%
Student believes tobacco is addictive	95%	94%
Student was taught about the dangers of tobacco use at school during past year	57%	49%
Student participated in a smoking cessation program	2%	2%
Student was in a room with someone smoking in the past week	52%	58%
Student believes secondhand smoke is harmful	96%	96%
Student has tried cigarette smoking	31%	34%
Student has smoked cigarettes in past 30 days	11%	15%
Student smokes an average of 11 or more cigarettes per day	2%	2%
Student has tried to quit smoking in past 12 months	5%	9%
Student has tried smokeless tobacco	9%	10%
Student has used smokeless tobacco in past 30 days	3%	4%
Student has tried cigars	13%	21%
Student has used cigars in past 30 days	6%	9%
Student has participated in community activity to discourage tobacco use	11%	12%

*Data have been weighted based on grade and gender.