

What Alaska youth tell us matters ...

Alaska YRBS Supporters:

- Alaska Association of Secondary School Principals
- Alaska Council on Domestic Violence and Sexual Assault
- Alaska Council of School Administrators
- Alaska Division of Behavioral Health
- Alaska Division of Juvenile Justice
- Alaska Native Tribal Health Consortium
- Alaska Parent Teacher Association (PTA)
- All Alaska Pediatric Partnership
- Association of Alaska School Boards
- United Way of Anchorage
- United Way of Mat-Su
- United Way of Southeast Alaska
- United Way of the Tanana Valley



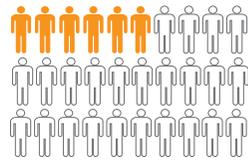
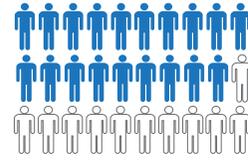
For more information
about the Alaska YRBS go to:

dhss.alaska.gov/dph/Chronic/Pages/yrbs/yrbs.aspx

Because of the 2013 YRBS, we know:

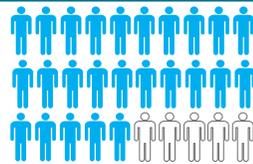
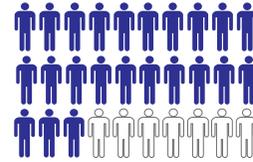
On average, in a classroom of 30 high school students:

19 had never tried
cigarette smoking
(5 more than in 2007)*



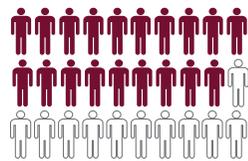
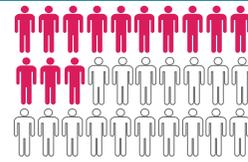
6 were physically
active for at least
60 minutes every day in
the past week (same as
in 2007)

23 did not drink
alcohol in the
past month (5 more than
in 2007)*



25 did not seriously
consider suicide
(same as in 2007)

13 have at least 3
adults from whom
they would seek help
(1 less than in 2007)



19 agree or
strongly agree
that their teachers
really care about and
encourage them
(2 more than in 2007)*

*2013 significantly different from 2007.



Alaska Youth Risk Behavior Survey (YRBS)

The Alaska Youth Risk Behavior Survey (YRBS) is:

- Limited only to students for whom school districts have obtained written parent permission.
- Completely anonymous and voluntary.
- Answered using paper and pencil in a single class period.
- A joint project of the Alaska Department of Health and Social Services and the Alaska Department of Education & Early Development.
- Conducted every other year.
- For students in grades 9-12. A limited number of school districts have chosen to use the tool for students in grades 7-8.
- Built on school district and community-level support.
- Used by community and statewide agencies to design and evaluate prevention and intervention programs.



History of the YRBS

The YRBS is part of an epidemiological surveillance system that the Centers for Disease Control and Prevention (CDC) started in 1990 to monitor health-risk behaviors among youth. The survey was first implemented in Alaska in 1995.

What the YRBS measures

The Youth Risk Behavior Survey (YRBS) produces information about Alaska's youth which is used by schools, communities and statewide agencies for program planning and evaluation.

The YRBS asks students about their behavior in six topic areas that directly lead to death, disability and social problems among youth and adults. **These six topics are:**

1. tobacco use;
2. alcohol and other drug use;
3. dietary behaviors;
4. physical activity;
5. sexual behaviors that can result in human immunodeficiency virus (HIV) infection, other sexually transmitted diseases (STDs) and teen pregnancies; and
6. behaviors that result in unintentional and intentional injuries.

The Alaska YRBS also asks students about **other influences on their health**, such as:

- school activities, volunteerism, and parent and community support; and
- how they perceive risk and approval of tobacco, alcohol or marijuana use.

Teens, truth and the YRBS

We are confident that YRBS results are accurate for the following reasons:

- Students understand that answering honestly is important and that no one will know their answers;
- Questions are worded in a straightforward and direct manner;
- The survey is conducted using strict guidelines to protect student privacy and anonymity;
- Data consistency is checked during analysis and contradictory answers within the same response are removed;
- Researchers have carefully tested the YRBS questions; and
- The statewide survey uses a scientifically selected sample to assure representation of all of Alaska's high school students.

The YRBS is a critical resource

- It is the most comprehensive survey in Alaska for learning about behaviors that could hurt teens.
- It is the only tool in Alaska for assessing change in teen health behavior over time.
- It is necessary for local and state agencies in planning and evaluating prevention programs.
- It is critical for designing and monitoring the impact of policies to promote teen health and wellbeing.