



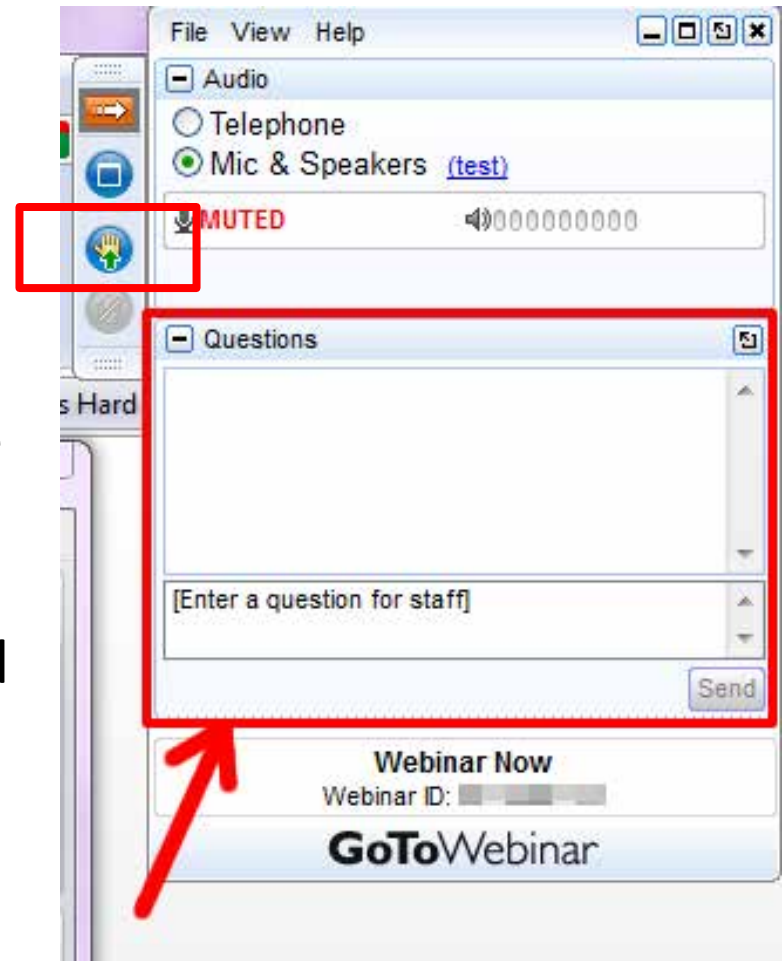
CHRONIC DISEASE PREVENTION & HEALTH PROMOTION

WEBINAR SERIES

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>

About this Webinar

- Audio will come through your computer. Another option is to call the number provided when you registered for today's session.
- To ask a question, “raise” your hand by clicking on the **Hand** button in the GoToWebinar control panel.
- To share your question, you will need a microphone on your computer or you will need to call the phone number provided. Another option is to type in your question on the control panel.



Alaska Youth Risk Behavior Survey

Gina Agron
Alaska YRBS Coordinator

Tazlina Mannix
Alaska YRBS Data Manager

Alaska Department of Health and Social Services
Section of Chronic Disease Prevention and Health Promotion
November 17, 2020

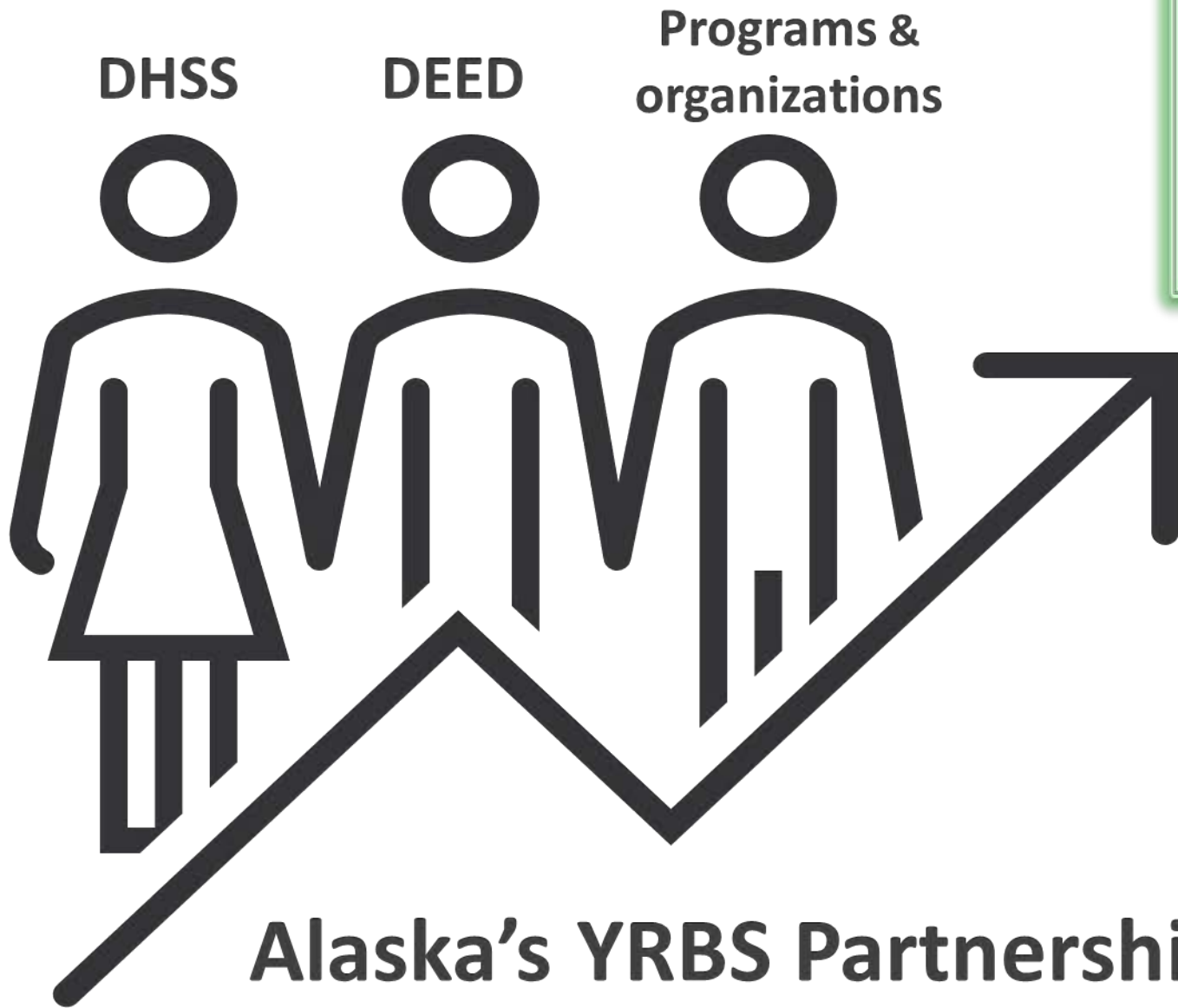


Overview

Alaska Youth Risk Behavior Survey (YRBS)

- ❑ About the YRBS
- ❑ News: YRBS administration delayed
- ❑ Examples of how YRBS results are used in Alaska
- ❑ Resources
- ❑ Preparations for the 2021 survey
- ❑ YRBS Data Dashboards
- ❑ Q&A





Goal:
Improve the
health of
Alaska's youth

Alaska's YRBS Partnerships

Alaska Youth Risk Behavior Survey

- School-based survey
- High school students
 - ▣ Grades 9-12
 - ▣ **Anonymous**
 - ▣ **Voluntary**
 - ▣ **Requires parental consent**



YRBS Topics

- ❑ Physical activity and nutrition
- ❑ Tobacco, alcohol, and drug use
- ❑ Injury prevention
- ❑ Violence and bullying
- ❑ Suicide and depression
- ❑ Sexual behaviors
- ❑ Connections with peers, adults, and community

News: 2021 YRBS delayed

□ Fall: October through December 2021

- Relief for schools and partners
- Better opportunity for a high-quality sample

□ Public awareness campaign

- Starts spring 2021

□ Please encourage:

- Participation
- Permission forms
 - Add to 2021-22 high school registration packets
- Include the YRBS in 2021-22 planning calendars
 - Two-week window
 - October - December 2021

The YRBS provides reliable results

for a better understanding of
priority health issues
which help develop...

- Programs
 - Annual reports
 - Strategic planning
 - Policies
 - Priorities
 - Measurable outcomes
 - Inform and communicate
- Grants (applications and reports)
- Community Health Needs Assessments
- Community Health Improvement Plans

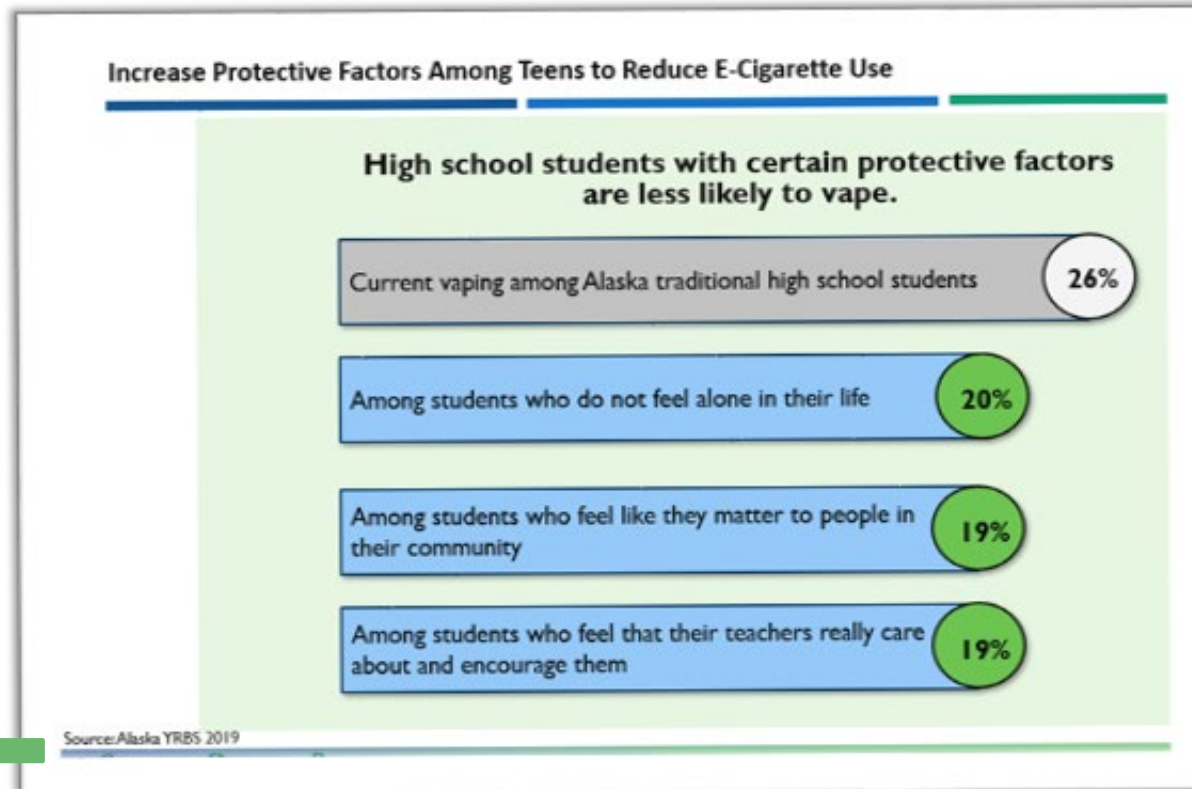


Annual reports and strategic planning



Program priorities

Alaska Tobacco Prevention & Control Program (TPC)



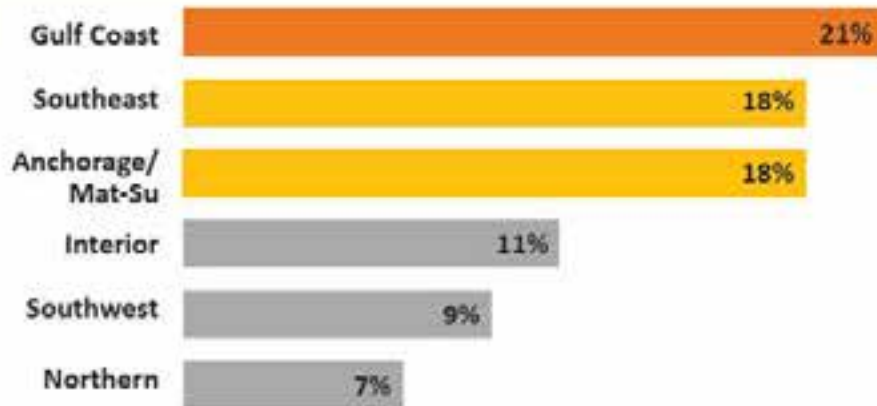
Goal: Provide educational messages and resources to empower adults to have productive and safe conversations with teens about e-cigarettes.

Understand health issues affecting youth

Alaska Tobacco Control & Prevention Program

Focus Group Demographics

Current e-cigarette use among Alaska high school students varies widely by region.



% of students reporting current e-cigarette use

Data Source: Alaska Youth Risk Behavior Survey (YRBS) 2017

We used data from the 2017 YRBS to recruit from regions with the highest rates of youth vaping.

Strategic Planning: Alaska Suicide Prevention

Careline Contacts Age: 0-20 years old

TOP FIVE PRESENTING ISSUES (not an unduplicated count):

1. Anxiety (372)
2. Relationships (362)
3. Depression (355)
4. Crisis (295)
5. Loneliness (243)

RISK AND PROTECTIVE FACTORS FOR SUICIDE

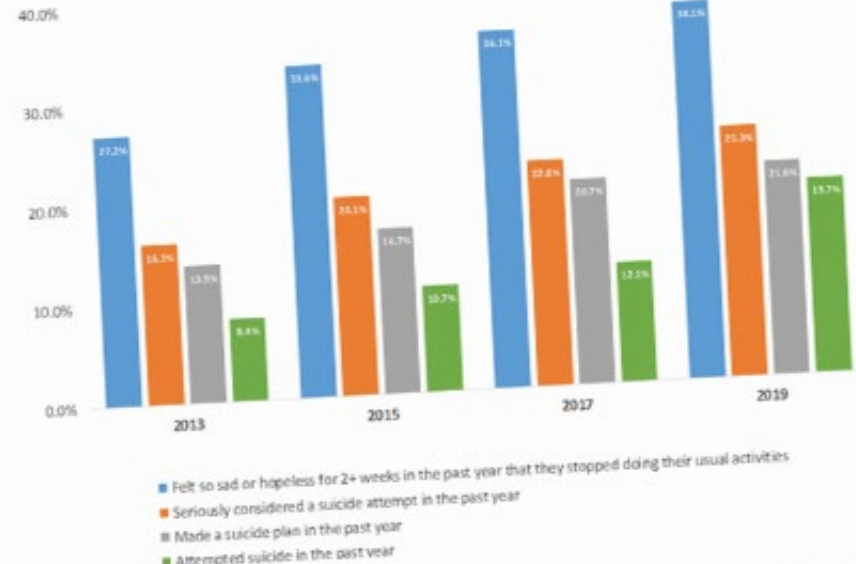
Risk factors:

- Prior suicide attempt(s)
- Substance misuse
- Mood disorders
- Access to lethal means

Protective factors:

- Effective mental health care
- Connectedness
 - Individuals
 - Family
 - Community
 - Social institutions
- Problem-solving skills
- Contacts with caregivers

Alaska Youth Risk Behavior Survey
2013, 2015, 2017, 2019



Community Health Needs Assessments Community Health Improvement Plans



Resources

- 2019 YRBS Highlights
- Rack cards, updated with 2019 YRBS results
- Your Voice Matters Poster
- YRBS Student Brochure
- Frequently Asked Questions

- Student Video
- Partner Video
- Public awareness campaign

2019 YRBS Survey Results

yrbs.dhss.alaska.gov

2019 Alaska Youth Risk Behavior Survey Highlights

In 2019, 1,876 Alaska students in 39 traditional high schools statewide completed the anonymous and voluntary Alaska Youth Risk Behavior Survey (YRBS) that reports many different health and social behaviors. The 2019 survey showed a significant increase in the percentage of adolescents vaping, feeling sad and hopeless, and attempting suicide. About 1 out of 4 adolescents currently vape. During the past year, one-third (1 out of 3) felt sad or hopeless, and 1 out of 5 attempted suicide. This report highlights the challenges and improvements for Alaska high school students statewide. The following is a brief summary of 2019 Alaska YRBS results showing the health risk behaviors and protective factors of Alaska's traditional high school students.

Increase in Risk Factors

Alaska high school students are increasingly using e-cigarettes, feeling sad or hopeless, and attempting suicide. Current use of e-cigarettes is up among Alaska high school students, after being flat since 2015.

Since 2007, there have been significant increases in students feeling sad or hopeless, and contemplating, planning for, and attempting suicide in the past 12 months.

Vaping

Between 2010 and 2019, there was a statistically significant increase in students starting to use and currently using electronic vapor products like e-cigarettes. Current use means using at least once during the past 30 days. In 2019, 23% of Alaska high school students were currently using e-cigarettes, compared to 26.1% currently using e-cigarettes. That's a significant increase from 2017, when 13.2% were using e-cigarettes.

Mental Health

The percentage of students attempting suicide during the past year nearly doubled, from 10.7% in 2007 to 19.7% in 2019. In fact, this measure increased significantly as of 2017 (12.2%).

Screen Time

Between 2007 and 2019, more adolescents spent long periods of time in front of screens. More than half of students spend three or more hours each day on an average school day watching television, playing video or computer games, or using a computer, smartphone, or tablet for something other than school work (36.7% in 2019; 49.9% in 2007).¹

Obesity²

In 2019, 14.8% of Alaska high school students were obese, an increase from 10.9% in 2007.

2019 Highlights

2019 YRBS Highlights

Home Divisions and Agencies Services News Contact Us COVID-19 Resources

Health and Social Services > Public Health > Chronic Disease Prevention and Health Promotion > Alaska YRBS (Youth Risk Behavior Survey)

CHRONIC DISEASE PREVENTION HEALTH PROMOTION

Alaska Youth Risk Behavior Survey (YRBS)

The Youth Risk Behavior Survey (YRBS) is a school-based survey of Alaska high school students. The YRBS collects important information about the health of Alaska teens, including health risk behaviors that contribute to social problems, disabilities, and even death. The survey helps school districts and schools, communities and public and private organizations understand the needs of Alaska teens. These groups use YRBS data to develop school health policies and programs, promote health, prevent disease and write grants.

Alaska YRBS Information

- Home >
- AK YRBS FAQs
- Guidance on using YRBS data
- Questionnaires
- Resources

National YRBS Information

- National Youth Risk Behavior Surveillance System (YRBSS)

YRBS Results and Data

- Where are the YRBS Results? Infographic (pdf 500KB)
- Results and publications by year
- Searchable datasets
- Data requests

Program Contacts

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Gina Agron, MS, MBA
YRBS Coordinator
(907) 269-6000

Highlights:

- COVID-19**
- Managing Anxiety & Stress During COVID-19
- COVID-19 Resources for Alaska Schools
- Download the 2019 Alaska YRBS Highlights
- Watch this video to learn how organizations across the state are using Alaska YRBS data.
- Sign up for our free e-listserv to receive updates from the Alaska YRBS program.
- Use Alaska YRBS data in your work.
- Find out "Where are the YRBS Results?" Download the pdf (500KB)

Other Resources

- Healthy Alaskans 2020
- AK-IBBS - Indicator-Based Information System
- InstantAtlas - Health Maps
- Living Well Alaska: Better Choices, Better Health
- Play Every Day
- Take Heart Alaska

Where are the Results?

Alaska's YRBS is part of a national effort run by the U.S. Centers for

Resources

Rack Cards

About the Alaska Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) was established by the Centers for Disease Control and Prevention and was first implemented in Alaska in 1995. The Alaska YRBS is an anonymous and voluntary survey of students in grades 9 - 12 in public schools, including schools that teach students learning English as a second language, and requires parental consent.

Frequently Asked Questions

- Why is the Alaska YRBS important?**
The YRBS collects information about Alaska teens, including their behaviors that affect health. The results help communities understand the strengths and needs of their youth and design programs that improve teen health and reduce unhealthy behaviors.
- Who completes the YRBS?**
Students in almost every state in the United States complete the YRBS. In Alaska, about 7,200 high school students from about 32 school districts participate every other year.
- Are students' names linked to their surveys?**
No, the YRBS is completely anonymous. Students do not put their names in the address of their classes or lockers on the survey and their completed answers sheets are sealed in a privacy envelope so others cannot see how they answered.
- How can I support the YRBS?**
If you're a student, take the YRBS when it is offered at your school. If you're a parent, complete the YRBS parent permission form and encourage your teen to take the YRBS. For other ways to help, contact the Alaska YRBS program at YRBS@alaska.gov
- Where can I find the results of the YRBS?**
Visit the Alaska YRBS website at yrb.alaska.gov

In an average classroom of 35 traditional high school students, the following health risks and strengths were reported in 2015:

25 did not get 60 minutes of daily physical activity		
8 were not satisfied with school		
8 were bullied at school		
6 attempted suicide		
28 did not smoke cigarettes		
24 did not drink alcohol		
21 did not text or e-mail while driving (texting while driving)		
18 agreed that their teachers care about and encourage them		

yrb.alaska.gov

Posters

Your Voice Matters!

Take the Youth Risk Behavior Survey (YRBS) at your school this spring

- Have you ever been bullied?
- How many vegetables do you eat?
- Have you ever vaped?

Your response helps our communities know what needs to be done to improve life for youth. It's anonymous and it's your opportunity to help teens in Alaska.

<http://dhs.alaska.gov/dph/Chronic/Pages/yrb/yrbse.aspx>

Student Brochures

Alaska Youth Risk Behavior Survey

Frequently Asked Questions

The Youth Risk Behavior Survey (YRBS) was established by the Centers for Disease Control and Prevention and was first implemented in Alaska in 1995. The Alaska YRBS is an anonymous and voluntary survey of students in grades 9 - 12 in public schools, including schools that teach students learning English as a second language, and requires parental consent.

What is the purpose of the YRBS?
The YRBS collects information about Alaska teens, including behaviors that affect health. The results of the survey are used to identify and communicate to parents and program adolescent health programs.

Who completes the YRBS?
Students in almost every state in the United States complete the YRBS every other year. In Alaska, about 7,200 high school students from about 32 school districts participate.

How can I support the YRBS?
If you're a student, take the YRBS when it is offered at your school. If you're a parent, complete the YRBS parent permission form and encourage your teen to take the YRBS. For other ways to help, contact the Alaska YRBS program at YRBS@alaska.gov

Where can I find the results of the YRBS?
The results of the survey can be found on the Alaska YRBS website: yrb.alaska.gov

For more information about the Alaska YRBS, visit yrb.alaska.gov

Student Resources

Thank you for completing the Alaska Youth Risk Behavior Survey (YRBS). Your response helps our communities know what needs to be done to improve life for youth. It's anonymous and it's your opportunity to help teens in Alaska.

If you are concerned about any of the issues discussed in the survey, or you need help, consider talking to a:

- parent or guardian
- teacher
- school counselor
- school nurse
- trusted adult
- health care professional

Need to talk? Call CARELINE, Alaska's Substance Prevention and Substance Use Talk to Line.
Call: 1-877-266-4HELP (HELP)
Available 24 hours a day, 7 days a week.
www.carelinealaska.com

Text 4help to 838663 most evenings.

Contact the CARELINE if:

- you are feeling down and need someone to talk to
- you are in crisis and need help
- you are a survivor of a suicide attempt, or if you had someone to suicide
- you are someone about someone

Resources: Frequently Asked Questions (FAQs)

State of Alaska
Alaska Department of Health and Social Services
Division of Public Health

Home Divisions and Agencies
Health and Social Services > Public Health

CHRONIC DISEASE PREVENTION & HEALTH PROMOTION

YRBS
AK Youth Risk Behavior Survey

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- > Questionnaires
- > Resources

National YRBS Information

- > National Youth Risk Behavior Surveillance System (YRBSS)

YRBS Results and Data

- > Where are the YRBS Results? Infographic (pdf 500KB)
- > Results and publications by year
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- > Data requests

Program Contacts

CHRONIC DISEASE PREVENTION & HEALTH PROMOTION

YRBS
AK Youth Risk Behavior Survey

Alaska Youth Risk Behavior Survey (YRBS) Frequently Asked Questions (FAQs)

On this page:

- > FAQs for Districts and Schools
- > FAQs for Parents

Download the FAQs:

- > FAQs for Districts and Schools
- > FAQs for Parents

The Youth Risk Behavior Survey (YRBS) was established by the Centers for Disease Control and Prevention and was first implemented in Alaska in 1995. The Alaska YRBS is an **anonymous** and **voluntary** survey of students in grades 9–12 in public schools, including schools that teach students facing higher risks. It is administered throughout the state in odd-numbered years. The survey **requires parental consent**.

FAQs for Districts and Schools

QUESTIONS ABOUT THE SURVEY

- > *What if districts, schools, or students choose not to participate?*

YRBS results for the entire state may be affected. We cannot

On this page:

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- > FAQs for Parents

Download the FAQs:

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QUESTIONS ABOUT THE SURVEY

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Resources: Downloadable FAQs

- Districts and Schools
- Parents

Alaska Youth Risk Behavior Survey
Frequently Asked Questions (FAQs) for Districts and Schools

The Youth Risk Behavior Survey (YRBS) was established by the Centers for Disease Control and Prevention and was first implemented in Alaska in 1995. The Alaska YRBS is an anonymous and voluntary survey of students in grades 9–12 in public schools, including schools that teach students facing higher risks. It is administered throughout the state in odd-numbered years. The survey requires parental consent.

QUESTIONS ABOUT THE SURVEY

What if districts, schools, or students choose not to participate?
YRBS results for the entire state may be affected. We cannot replace or substitute a selected classroom, school, or district that chooses not to participate.

Why is the survey administered at school?
A school-based survey provides a controlled setting under strict standardized guidelines, which is the best way to protect student privacy, ensure anonymity, and collect credible data.

Do students answer questions truthfully?
Research has shown that data of this nature gathered from adolescents are as reliable as data gathered from adults. Data obtained from the YRBS are checked for conflicting and invalid responses. You can help us ensure students answer truthfully by informing parents and students that the survey is important, procedures are in place to protect their privacy, and their participation is anonymous.

ADMINISTERING THE YRBS

What information can you provide to schools and parents concerned about the YRBS?
The Alaska YRBS Program provides materials and videos on our website, yrbs.dhss.alaska.gov, that may be helpful, including:

- Videos and other materials for students, parents, and schools: dhs.alaska.gov/dph/Chronic/Pages/yrbs/resources.aspx
- FAQs: dhs.alaska.gov/dph/Chronic/Pages/yrbs/FAQs.aspx
- Questionnaires: dhs.alaska.gov/dph/Chronic/Pages/yrbs/questionnaires.aspx
- Alaska YRBS sample parental permission form: dhs.alaska.gov/dph/Chronic/Documents/yrbs2021YRBS_SampleParentalPermissionForm.pdf
- Questionnaires: dhs.alaska.gov/dph/Chronic/Pages/yrbs/results.aspx#results

Is assistance available to administer the YRBS?
Yes. We provide survey materials at no cost to schools and districts. Participating schools receive funding to help cover costs associated with survey administration. Organizations that use YRBS data are often interested in assisting school districts and schools with YRBS promotion and/or administration. You may contact us at YRBS@alaska.gov to find out if there is a community partner in your area willing to help.

What should we know about scheduling the YRBS with participating schools?
The YRBS is administered during the second semester of odd-numbered years. Districts have flexibility to schedule the survey during a one- to two-week survey window. However, each school must administer the survey on a single day, preferably during a single class period, to ensure students are surveyed only once. We recommend conducting the survey during second period to avoid missing students who arrive late or leave early. We ask every school to select a make-up survey date within one to two weeks of their primary administration date to survey students who have permission and were absent on the primary administration day. The YRBS is completed in one 45-minute class period.

Is Alaska considering an online YRBS survey, and will students' anonymity be protected?
Alaska is considering moving to a web-based survey to improve the efficiency of our survey administration process. We recognize that Alaska schools conduct academic assessments and other surveys online, and youth are more receptive to online platforms. The methods for delivering the YRBS today and in the future will assure responses are anonymous and the resulting information is representative of Alaska's entire youth population.

Can we obtain district-level YRBS results?
We provide districts in Alaska the option of conducting a district-level survey. District-level results are only released if there are enough student responses to protect student anonymity and ensure high data quality.

FOR ADDITIONAL INFORMATION
Visit the YRBS web site at yrbs.dhss.alaska.gov, or email the YRBS program at YRBS@alaska.gov.

This publication was supported by Grant/Cooperative Agreement #UG1P9300290, funded by the Centers for Disease Control and Prevention (CDC).

Alaska Youth Risk Behavior Survey
Frequently Asked Questions (FAQs) for Parents

The Youth Risk Behavior Survey (YRBS) was established by the Centers for Disease Control and Prevention and was first implemented in Alaska in 1995. The Alaska YRBS is an anonymous and voluntary survey of students in grades 9–12 in public schools, including schools that teach students facing higher risks. It is administered throughout the state in odd-numbered years. The survey requires parental consent.

QUESTIONS ABOUT THE SURVEY

Are students tracked over time for changes in risk behaviors?
Individual students cannot be tracked. However, we can look at trends over time in populations of students, such as students overall or students in a certain grade level.

How was my student chosen to be in the survey?
Students are eligible to participate in the survey if they are in a selected class at a selected school. A district may choose a random sample of classes in select schools or may sample all classes in all schools.

Why is the survey done at school and not at home?
A school-based survey provides a controlled setting under strict standardized guidelines, which is the best way to protect student privacy, ensure anonymity, and collect credible data from students.

Does the YRBS include questions about sensitive topics?
Questions related to priority health risk behaviors — the most important health risks affecting youth today — may be considered sensitive. Questions are clear and straightforward. Students have the option to skip questions they are uncomfortable answering.

Does asking students survey questions about health risk behaviors increase the likelihood that they will practice those behaviors?
There is no evidence that asking these questions will lead to an increase in the likelihood that youth will practice risky behaviors. To help solve health problems among youth, we need to understand their unique experiences and perspectives. The YRBS provides an anonymous tool to gather that information.

Do students answer questions truthfully?
Research has shown that data of this nature gathered from youth are as reliable as when gathered from adults. Data obtained from the YRBS are checked for conflicting and invalid responses, and surveys that are incomplete are discarded. To obtain truthful answers, students must understand the importance of the survey and know procedures are in place to protect their privacy and allow for anonymous participation.

You can help us ensure that your child answers truthfully. Students must understand that the survey is important, their privacy protected, and participation is anonymous.

Is Alaska moving from paper to online surveys, and would online surveys allow anonymous results and protect students' privacy?
Alaska is considering moving to a web-based survey to improve the efficiency of our survey administration process. We recognize that Alaska schools conduct academic assessments and other surveys online, and youth are more receptive to online platforms. The methods for delivering the YRBS surveys today and in the future will assure responses are anonymous and the resulting information is representative of Alaska's entire youth population.

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Resources: YRBS Student Video



Alaska YRBS Information

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- > Guidance on using YRBS data
- > Questionnaires
- > Resources

National YRBS Information

- > National Youth Risk Behavior Surveillance System (YRBSS)

YRBS Results and Data

- > Where are the YRBS Results? Infographic (pdf 500KB)
- > Results and publications by year
- > Searchable datasets
- > Data requests

Program Contacts

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Anchorage, AK 99503
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Fax: (907)-269-5446
YRBS@alaska.gov

Alaska YRBS Success Story

- > NACDD Snapshot of Success: **Alaska Develops Video to Share How Partners Use Youth Survey Results**

Survey Promotion

- > **About the Alaska YRBS**
- > **Your Voice Matters**
- > **Student video**
- > **Partner video**

Survey Administration

- > **Sample Parent Questionnaire**
- > **YRBS Student Questionnaires**

2021 Alaska YRBS

- > **2021 CDC YRBS Report**
- > **2021 CDC Optimal Health**



Alaska YRBS

441 views · Jul 25, 2018

0 likes 0 comments SHARE SAVE

Resources: YRBS Partner Video



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- > Partner video

Survey Administration

- > Sample Parent Permission
- > YRBS Student Brochure
- > Questionnaires

2021 Alaska YRBS Questionnaires

- > 2021 CDC YRBS Standard Questionnaire
- > 2021 CDC Optional Questionnaire

Alaska Youth Risk Behavior Survey (YRBS)

Resources



https://www.youtube.com/watch?v=LCKV6yhKMFs&feature=emb_logo



Resources: Social Media

- Facebook: @alaska.dhss
- Twitter: @alaska_dhss



Resources: YRBS Listserv

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Subscribe

Join the **AK YRBS News listserv** to receive updates from the Alaska YRBS Program.

You can subscribe to the list, un-subscribe, or list owners may view the subscribers list.

AKYRBSnews -- Alaska Youth Risk Behavior Survey (YRBS) announcements.

English (USA)

About AKYRBSnews

Membership is open to anyone interested in the Youth Risk Behavior Survey (YRBS). Subscribers to the AKYRBSnews list receive announcements about new YRBS results, reports, publications, accessing YRBS data, the YRBS in the news, upcoming events and presentations, and survey promotion and administration efforts.

To see the collection of prior postings to the list, visit the [AKYRBSnews Archives](#).

Subscribing to AKYRBSnews

Subscribe to AKYRBSnews by filling out the following form. You will be sent email requesting confirmation, to prevent others from gratuitously subscribing you. This is a hidden list, which means that the list of members is available only to the list administrator.

Your email address:

Your name (optional):

Subscribe

<http://list.state.ak.us/mailman/listinfo/akyrbsnews>

Alaska YRBS Data Dashboards | Overview

- New in summer/fall 2020
- Purpose: to make Alaska YRBS results accessible to data users
- Two types of dashboards
 - ▣ Statewide
 - ▣ School district-level





CHRONIC DISEASE PREVENTION HEALTH PROMOTION



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Alaska students take the YRBS every other year in odd-numbered years in public traditional and alternative high schools. Student participation in the YRBS is **anonymous, voluntary, and requires written parental consent**. The survey includes questions on the following topics:

- > Physical activity and nutrition
- > Tobacco, alcohol, and drug use

Highlights:



- > **Managing Anxiety & Stress During COVID-19**
- > **COVID-19 Resources for Alaska Schools**
- > **Download** the 2019 Alaska YRBS Highlights
- > **Watch this video** to learn how organizations across the state are using Alaska YRBS data.
- > **Sign up** for our free e-listserv to receive updates from the Alaska YRBS program.
- > **Use Alaska YRBS data** in your work.
- > **Find out** "Where are the YRBS Results?" Download the pdf (500KB)



Chronic Disease Prevention and Health Promotion (CDPHP)

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CDPHP Programs

- [Behavioral Risk Factor Surveillance System \(BRFSS\)](#)
- [Cancer Control and Prevention](#)
- [Diabetes Prevention and Control](#)
- [Heart Disease and Stroke Prevention](#)
- [CDPHP Injury Prevention Programs](#)
- [Physical Activity and Nutrition School Health](#)
- [Tobacco Prevention and Control](#)
- [Youth Risk Behavior Survey](#)

Other Resources

- [Healthy Alaskans 2020](#)
- [AK-IBIS - Indicator-Based Information System](#)
- [InstantAtlas - Health Maps](#)
- [Living Well Alaska: Better Choices, Better Health](#)
- [Play Every Day](#)
- [Take Heart Alaska](#)

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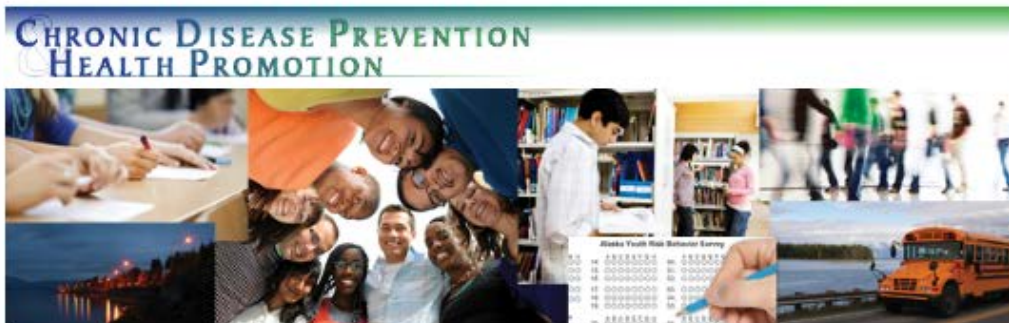




Alaska Department of Health and Social Services Division of Public Health

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Health and Social Services > Public Health > Chronic Disease Prevention and Health Promotion > Results & Data | Alaska YRBS



Chronic Disease Prevention and Health Promotion (CDPHP)

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- Webinar Series

CDPHP Programs

- Behavioral Risk Factor Surveillance System (BRFSS)
- Cancer Control and Prevention
- Diabetes Prevention and Control
- Heart Disease and Stroke Prevention
- CDPHP Injury Prevention Programs
- Physical Activity and Nutrition
- School Health
- Tobacco Prevention and Control
- Youth Risk Behavior Survey

Other Resources

- Healthy Alaskans 2020
- AK-IBIS - Indicator-Based Information System
- InstantAtlas - Health Maps
- Living Well Alaska: Better Choices, Better Health
- Play Every Day
- Take Heart Alaska



Alaska Youth Risk Behavior Survey (YRBS)

Results and Data

Results and Publications by Year

(The YRBS is only given in odd-numbered years).

- > 2019 Survey Results
- > 2017 Survey Results
- > For earlier results, please email: YRBS@alaska.gov

Searchable datasets

- > YRBS Statewide Traditional dataset
- > YRBS Statewide Alternative dataset
- > YRBS Local dataset
- > How to access YRBS school district results online via AK-IBIS - Video



Alaska YRBS Information

- > Home
- > AK YRBS FAQs
- > Guidance on using YRBS data
- > Questionnaires
- > Resources

National YRBS Information

- > National Youth Risk Behavior Surveillance System (YRBSS)

YRBS Results and Data >

- > Results and publications by year
- > Searchable datasets
- > Data requests

Program Contacts

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CHRONIC DISEASE PREVENTION HEALTH PROMOTION



AK Youth Risk Behavior Survey

2019 Alaska Youth Risk Behavior Survey Data Dashboards and Results

Statewide Traditional High School Results

2019 Alaska YRBS
Highlights (Traditional High
School Data)

Statewide Traditional High School Data Dashboard

Statewide Alternative High School Results

Statewide Alternative High School Data Dashboard

School District Results

> Traditional High School Data Dashboards

- > Anchorage School District
- > Fairbanks North Star Borough School District
- > Juneau Borough School District
- > Kenai Peninsula Borough School District
- > Ketchikan Gateway Borough School District
- > Kodiak Island Borough School District
- > Matanuska-Susitna Borough School District
- > Northwest Arctic Borough School District
- > Petersburg School District
- > Sitka School District
- > Valdez City School District

> Alternative High School Data Dashboards

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- > Mount Edgecumbe

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National YRBS Information

- > National Youth Risk Behavior Surveillance System (YRBSS)

YRBS Results and Data

- > Where are the YRBS Results? Infographic (pdf 500KB)
- > Results and publications by year
- > Searchable datasets
- > Data requests

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Alaska YRBS Statewide Data Dashboards | Demonstration

CHRONIC DISEASE PREVENTION HEALTH PROMOTION

Alaska YRBS: HOME | Data Presentations: Statewide Traditional High School Results

Note: Google Chrome is the recommended web browser for viewing this dashboard.

If you are unable to view the dashboard on this page, it can also be accessed [here](#).

Alaska YRBS Statewide Traditional High School Results



About the YRBS

How to use
YRBS data

How to use the
data dashboard

Data dashboard

Download data

About the YRBS

Background

The Alaska Youth Risk Behavior Survey (YRBS) is part of a data collection system established by the Centers for Disease Control and Prevention (CDC) in 1990 and first implemented in Alaska in 1995. The YRBS is a school-based survey that collects important information about the health of Alaska teens, including health risk behaviors that contribute to social problems, disabilities, and even death. Alaska high school students take the YRBS every other year in odd-numbered years. Their participation is **anonymous**, **voluntary**, and **requires written parental consent**.

Sampling

The Alaska statewide traditional high school sample includes students in public traditional high schools (excluding boarding, correspondence, home study, alternative, and correctional schools) with enrollments of at least ten students. Schools are selected for the sample using a two-stage, cluster sample design. In the first stage, schools are selected with a probability proportional to school enrollment size. In the second stage, classes within each school are randomly selected.

2019 Response Rates

Schools: 39 of 43 (91%) sampled traditional high schools participated.

Students: 1,897 of 2,824 (67%) sampled traditional high school students submitted questionnaires.
1,890 questionnaires usable after data editing.

Overall: $91\% \times 67\% = 61\%$



Alaska YRBS Statewide Data Dashboards | Demonstration

CHRONIC DISEASE PREVENTION
HEALTH PROMOTION

Alaska YRBS: HOME | Data Presentations: Statewide Traditional High School Results

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Alaska YRBS Statewide Traditional High School Results



How to use YRBS data

Who do the results represent?

The data dashboard provides representative statewide data for Alaska traditional high school students and should be used when the user wants to estimate the statewide prevalence of risk or protective behaviors among Alaska traditional high school students.

How do I interpret the results?

YRBS results are displayed as percentages, also called a prevalence estimates. The prevalence estimates in this dashboard are *estimates* of the true population prevalence, or true percentage of students in the population with these risk and protective behaviors.

Each prevalence estimate in this dashboard also has a corresponding 95% confidence interval. The confidence interval is the range of possible values around the YRBS prevalence estimate that contains the true population prevalence. The confidence interval for each prevalence estimate is displayed in the lower and upper confidence limit (CL) columns in the data dashboard.

So how do I interpret the following result?

Indicator	Percentage	Lower CL	Upper CL
Percentage of students who currently smoked cigarettes	7.5%	6.0%	9.4%



Alaska YRBS Statewide Data Dashboards | Demonstration

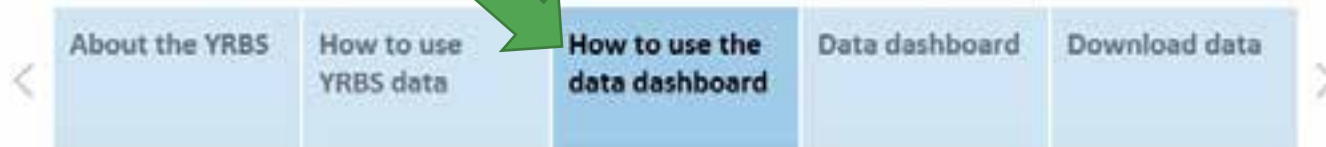
CHRONIC DISEASE PREVENTION
HEALTH PROMOTION

Alaska YRBS: HOME | Data Presentations: Statewide Traditional High School Results


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Alaska YRBS Statewide Traditional High School Results



How to use the data dashboard

1. Use the **Select Health Topic** filter at the top of the dashboard to display your health topic of interest
2. Use the **Select Indicator** filter at the top of the dashboard to display your indicator of interest.
 - To identify YRBS indicators that are Healthy Alaskans 2030 Leading Health Indicators, look for the 
 - For more information about Healthy Alaskans, visit healthyalaskans.org.
3. In the data table,
 - Use the **Select Year** filter to display your year of interest.
 - To exclude specific groups or rows of data from the table, click on **Age**, **Grade**, or **Race/Ethnicity** or individual rows and select **Exclude**.
 - Red text indicates that an estimate is statistically unstable due to a high relative standard error (RSE). Hover over the cell to view additional information about the specific estimate. When "Unstable" is displayed the RSE is greater than 30%, and when "Very Unstable" is displayed the RSE is greater than 50%.
 - A dash indicates that an estimate is suppressed because the numerator or denominator is too small. Hover over the cell to view additional information about the specific estimate. "Suppressed: Small Denominator" or "Suppressed: Small Numerator" will be displayed to explain why the estimate is unavailable.
4. In the first graph,
 - Use the **Select Sex** filter to display trend results for all groups by selecting **(All)** or specific groups of students by selecting either **All Students**, **Female**, or **Male**.

Alaska YRBS Statewide Data Dashboards | Demonstration

Alaska YRBS: HOME | Data Presentations: Statewide Traditional High School Results

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Alaska YRBS Statewide Traditional High School Results

< About the YRBS How to use YRBS data How to use the data dashboard **Data dashboard** Download data >

Select Health Topic
Student Connectedness and Resilience

Select Indicator
Feel like they matter in their community

Download data

Percentage of students who strongly agree or agree that in their community they feel like they matter to people, all students and by sex, by age, grade, and race/ethnicity

Select Year

(data may not be available for all years)

2019

Percentage

Total

Lower CL

Upper CL

Female

Percentage

Lower CL

Upper CL

Male

Percentage

Lower CL

Upper CL

Alaska YRBS Statewide Data Dashboards | Demonstration

CHRONIC DISEASE PREVENTION HEALTH PROMOTION

Alaska YRBS: HOME | Data Presentations: Statewide Traditional High School Results

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Alaska YRBS Statewide Traditional High School Results

Navigation menu:

- About the YRBS
- How to use YRBS data
- How to use the data dashboard
- Data dashboard**
- Download data

Select Year

(data may not be available for all years)

2019

		Total			Female			Male		
		Percentage	Lower CI	Upper CI	Percentage	Lower CI	Upper CI	Percentage	Lower CI	Upper CI
Total		47.8%	43.7%	52.0%	44.8%	40.4%	49.3%	50.9%	45.1%	56.6%
Age	15 years old or younger	47.1%	42.6%	51.7%	44.1%	36.5%	52.0%	50.3%	44.0%	56.5%
	16 or 17 years old	49.0%	43.6%	54.3%	45.7%	40.1%	51.4%	51.9%	43.9%	59.8%
	18 years old or older	47.8%	35.0%	60.9%	45.3%	31.4%	60.1%	49.5%	33.4%	65.7%
Grade	9th grade	50.8%	46.0%	55.7%	47.3%	40.1%	54.6%	55.0%	47.9%	61.9%
	10th grade	44.4%	38.5%	50.4%	37.0%	29.1%	45.6%	50.1%	42.2%	58.0%
	11th grade	45.9%	38.4%	53.6%	45.9%	37.1%	55.0%	46.0%	35.3%	57.1%
	12th grade	51.2%	41.4%	61.0%	50.3%	38.8%	61.7%	52.7%	40.5%	64.6%
Race/ Ethnicity	American Indian or Alaska Native	51.2%	41.3%	61.0%	48.0%	37.8%	58.4%	54.0%	41.6%	66.0%
	Black or African American	-	-	-	-	-	-	-	-	-
	Hispanic or Latino	44.4%	33.9%	55.4%	-	-	-	-	-	-
	White	47.3%	43.6%	51.0%	44.5%	37.9%	51.3%	49.8%	44.1%	55.5%
	All other races	43.1%	35.0%	51.5%	-	-	-	-	-	-
	Multiple races	-	-	-	-	-	-	-	-	-



Alaska YRBS Statewide Data Dashboards | Demonstration

CHRONIC DISEASE PREVENTION
HEALTH PROMOTION

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Alaska YRBS Statewide Traditional High School Results

Navigation menu: About the YRBS | How to use YRBS data | How to use the data dashboard | **Data dashboard** | Download data

Select Year (data may not be available for all years): 2019

	Total			Female			Male		
	Percentage	Lower CL	Upper CL	Percentage	Lower CL	Upper CL	Percentage	Lower CL	Upper CL
Total	47.8%	43.7%	52.0%	44.8%	40.4%	49.3%	50.9%	45.1%	56.6%
Age									
15 years old or younger	47.1%	42.6%	51.7%	44.1%	36.5%	52.0%	50.3%	44.0%	56.5%
16 or 17 years old	49.0%	43.6%	54.3%	45.7%	40.1%	51.4%	51.9%	43.9%	59.8%
18 years old or older	47.8%	35.0%	60.9%	45.3%	31.4%	60.1%	49.5%	33.4%	65.7%
Grade									
9th grade	50.8%	46.0%	55.7%	47.3%	40.1%	54.6%	55.0%	47.9%	61.9%
10th grade	44.4%	38.5%	50.4%	37.0%	29.1%	45.6%	50.1%	42.2%	58.0%
11th grade	45.9%	38.4%	53.6%	37.1%	37.1%	55.0%	46.0%	35.3%	57.1%
12th grade	51.2%	41.4%	61.0%	48.0%	37.9%	51.3%	49.8%	44.1%	55.5%
Race/Ethnicity									
American Indian or Alaska Native	51.2%	41.3%	61.0%	48.0%	37.9%	51.3%	49.8%	44.1%	55.5%
Black or African American	-	-	-	-	-	-	-	-	-
Hispanic or Latino	44.4%	33.9%	55.4%	-	-	-	-	-	-
White	47.3%	43.6%	51.0%	44.5%	37.9%	51.3%	49.8%	44.1%	55.5%
All other races	43.1%	35.0%	51.5%	-	-	-	-	-	-
Multiple races	-	-	-	-	-	-	-	-	-

Indicator: Feel like they matter in their community
Sex: Female
Race/Ethnicity: Black or African American
Percentage of students: -
Flag: Suppressed: Small Denominator

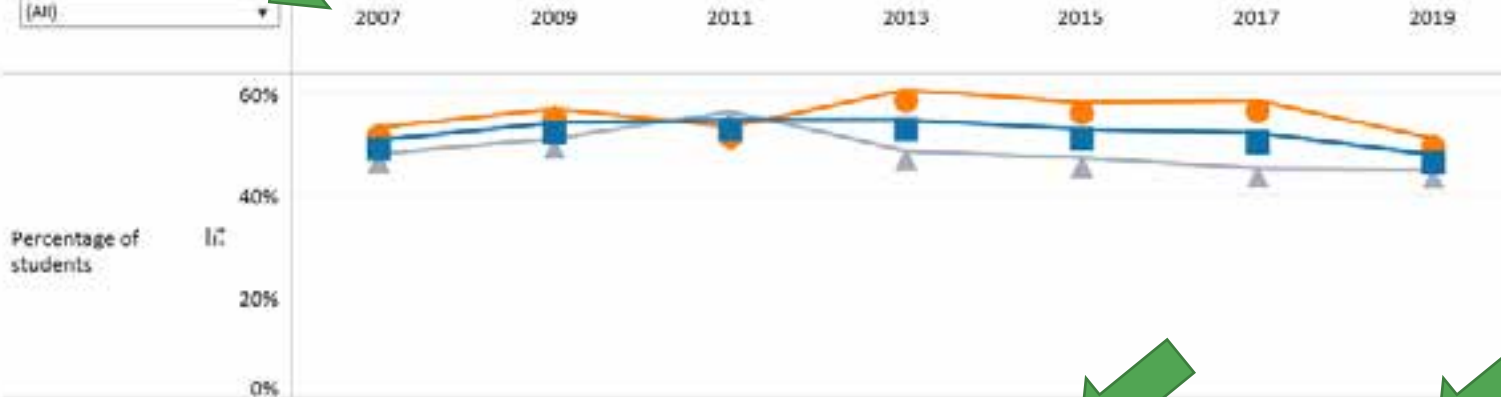


Alaska YRBS Statewide Data Dashboards | Demonstration

Percentage of students who strongly agree or agree that in their community they feel like they matter to people, all students and by sex

Select Sex

[All]

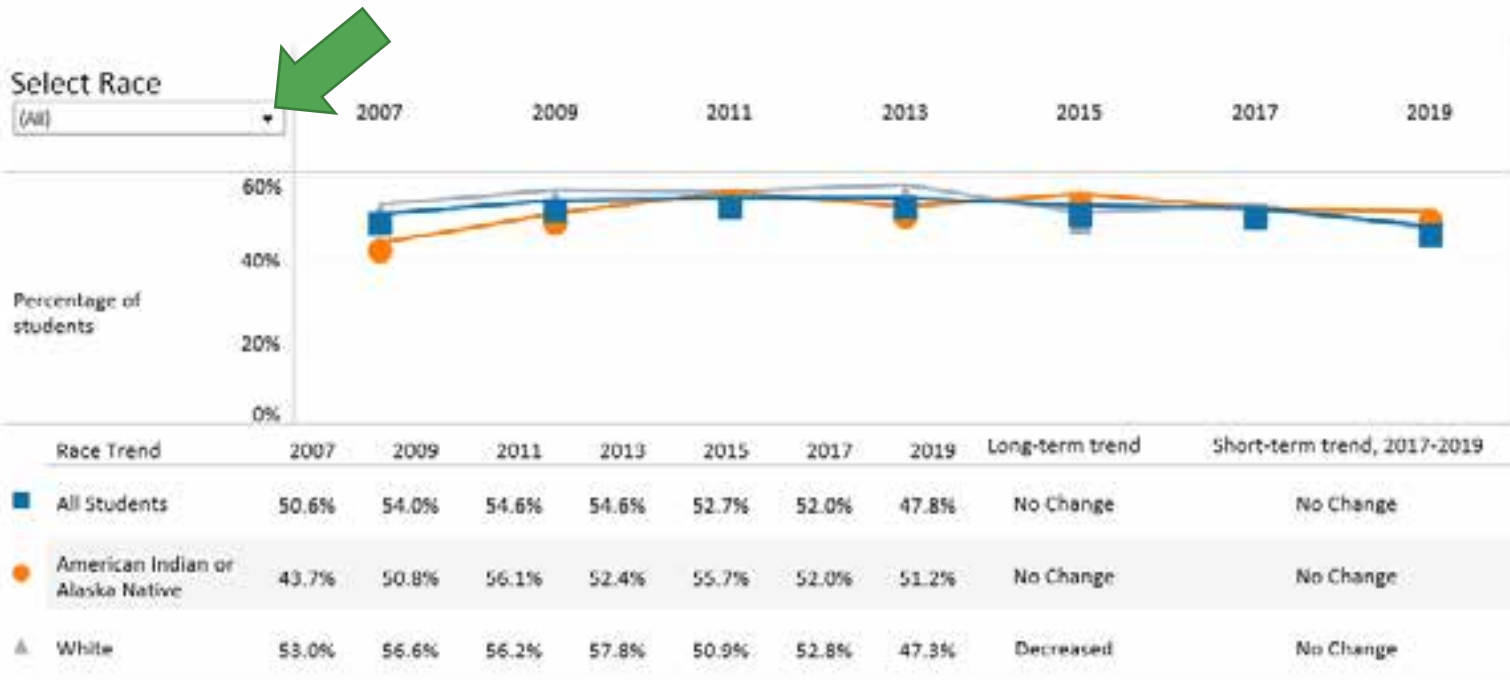


Sex Trend	2007	2009	2011	2013	2015	2017	2019	Long-term trend	Short-term trend, 2017-2019
All Students	50.6%	54.0%	54.6%	54.6%	52.7%	52.0%	47.8%	No Change	No Change
Female	48.0%	50.9%	56.3%	48.5%	47.1%	45.0%	44.8%	Decreased	No Change
Male	53.1%	56.8%	53.2%	60.5%	58.0%	58.4%	50.9%	No Change	No Change

Percentage of students who strongly agree or agree that in their community they feel like they matter to people, all students and by sex, by year is a line graph. Year is on the x-axis. Percentage of students is on the y-axis. The blue line with square markers represents all Alaska traditional high school students. The gray line with triangle markers represents female Alaska traditional high school students. The orange line with circular markers represents male Alaska traditional high school students.

Alaska YRBS Statewide Data Dashboards | Demonstration

Percentage of students who strongly agree or agree that in their community they feel like they matter to people, all students and by race



Percentage of students who strongly agree or agree that in their community they feel like they matter to people, all students and by race, by year is a line graph. Year is on the x-axis. Percentage of students is on the y-axis. The blue line with square markers represents all Alaska traditional high school students. The orange line with circular markers represents American Indian or Alaska Native Alaska traditional high school students. The gray line with triangular markers represents White Alaska traditional high school students.

Questions?

For more information, contact YRBS@alaska.gov

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