



BLOOMINGTON YOUTH HEALTH UPDATE 2016 - 2017

ALCOHOL · MARIJUANA · PHYSICAL ACTIVITY & NUTRITION · TOBACCO · TEEN PREGNANCY PREVENTION

This **YOUTH HEALTH UPDATE** presents data from the Minnesota Student Survey for Bloomington students. Learn what you can do to support the health of Bloomington youth and what you can do to help youth avoid behaviors harmful to their health.

TOP 11 THINGS PARENTS AND OTHER ADULTS CAN DO

1. Role model the behavior you expect from your teen.
2. Be involved in your teen's life.
3. Show your interest by asking questions that need a response other than "yes" or "no" and then listen.
4. Get to know your teen's friends.
5. Set clear expectations and rules concerning alcohol use, other substance use and other unhealthy, risky behavior.
6. Follow through with consequences if rules and expectations are broken.
7. Be active and live a healthy lifestyle. Invite your children to walk, bike, or do other activities with you.
8. Be your teen's excuse not to break the rules. "My parents would be so angry if I . . ."
9. Eat together as a family at least 2-3 times a week.
10. Make it easy for teens to choose healthy foods at home and at school.
11. Let teens know when you think they've done well.

Youth Health Updates are a publication of Bloomington Public Health. Information in the publication includes data from the 2007, 2010, 2013 and 2016 Minnesota Student Surveys. Data earlier than 2007 is included where available and/or may be available by request.

One question sometimes raised about student surveys is whether students' responses are honest and accurate. Researchers use a variety of data analysis techniques to examine the accuracy of anonymous surveys and these were applied to the student survey as well. Additionally, results are consistent over time with state and National trends.

For additional information, contact Bloomington Public Health at 952-563-8900 or www.bloomingtonmn.gov/publichealth; get district/county/region/state and past district MSS results at <http://w20.education.state.mn.us/MDEAnalytics/Data.jsp> and for reports and analysis go to <http://www.health.state.mn.us/divs/chs/mss>.



Bloomington Public Health

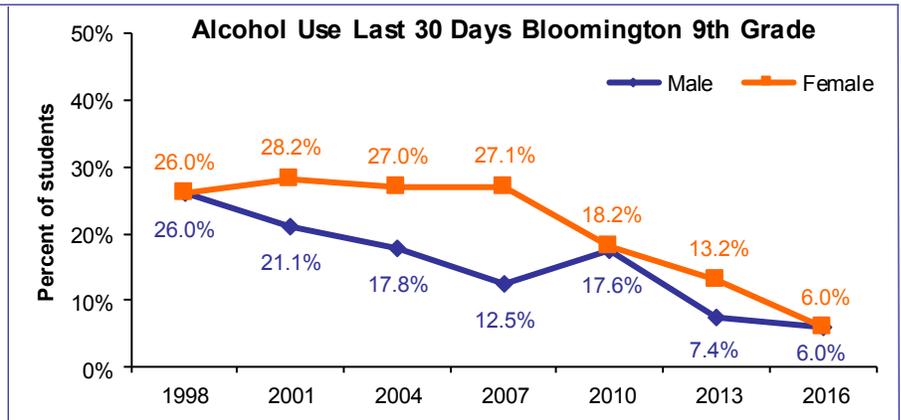
1900 W. Old Shakopee Road · Bloomington, MN 55431
952-563-8900

The Minnesota Student Survey (MSS) is administered every three years. Previous surveys have been administered to 6th, 9th and 12th graders across the state. In 2013, and most recently 2016, the survey was given to 5th, 8th, 9th and 11th graders. Student participation is voluntary. Ninth-grade data is used to monitor trends because these students historically have a high response rate and have been surveyed consistently across all years. Survey results provide information about youth assets and risk behaviors. Data can be used as a tool for initiating & continuing conversations about youth health.

Note: Sample size may vary between questions due to non-responses.

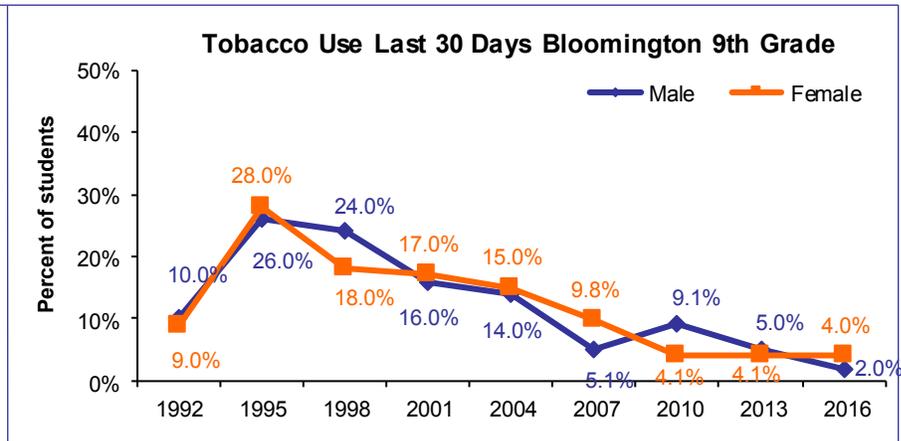
ALCOHOL USE

Among both 9th grade males and females, alcohol use is at its lowest point since 1998. Consumption rates dropped more among females than among males since 2013.



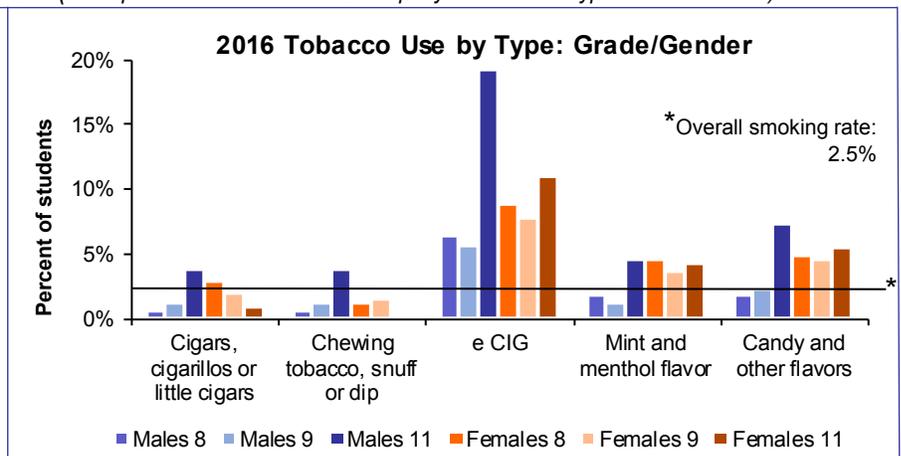
TOBACCO USE

Despite smoking rates being at their lowest since 1992, the rates among 9th grade females have been constant since 2010. Ninth-grade males showed a declining smoking rate since 2010.



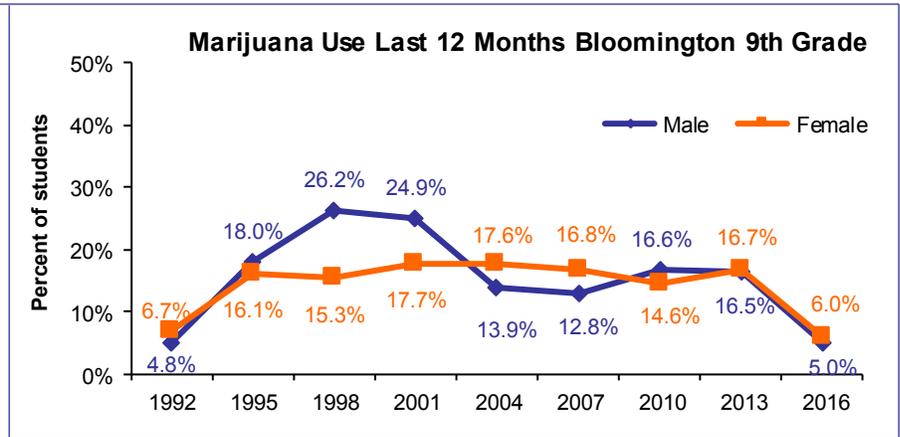
TOBACCO USE BY TYPE AND GENDER (New questions introduced in 2016 query on extended types of tobacco use)

E-cigarettes and flavored tobacco are used more than standard tobacco products among 8th 9th and 11th graders. Except for 11th grade males, females of all grades have higher rates of both e-cigarette and flavored tobacco use.



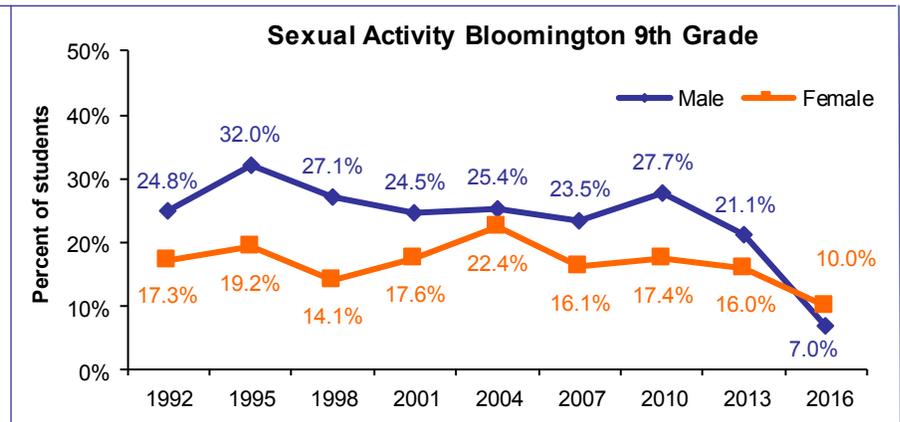
MARIJUANA USE

Marijuana use rates have dropped by 10% among both 9th grade males and females since 2013.



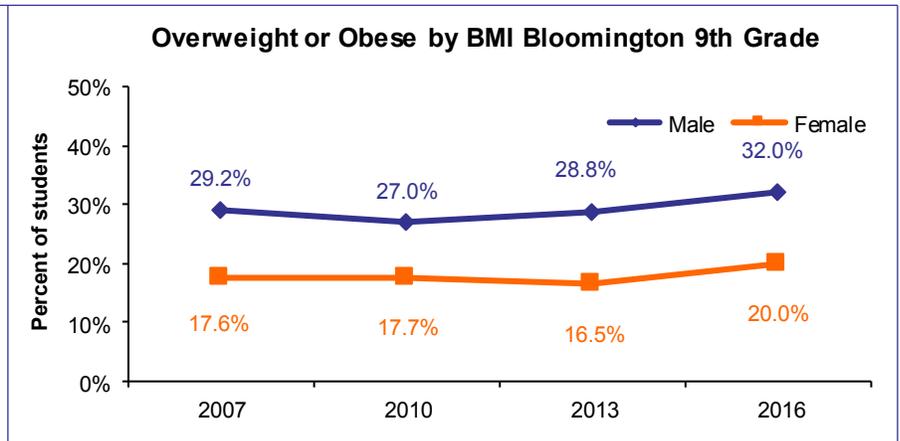
SEXUAL ACTIVITY

The percentage of sexually active 9th graders has declined since 2010 for both sexes. Sexual activity among 9th grade females has been lower than males until 2013. In 2016, fewer males than females were sexually active.

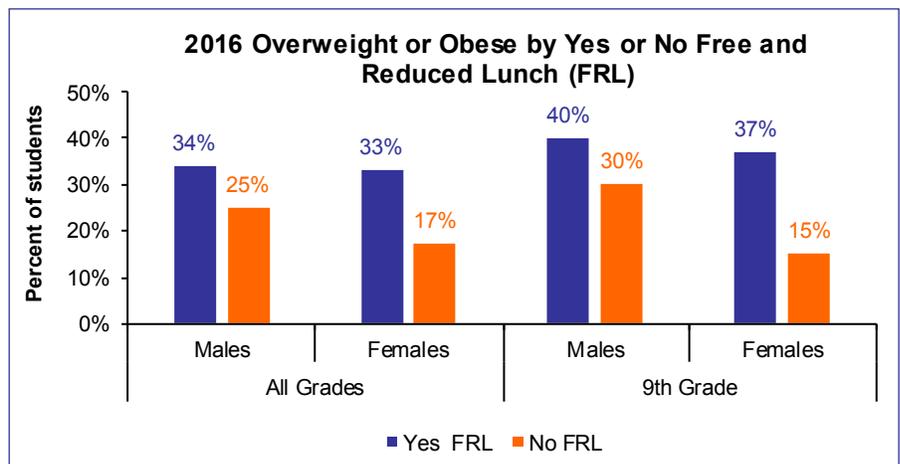


WEIGHT STATUS

BMI weight status from self-reported weight and height reveals an increase in overweight/obesity since 2013 for 9th grade females. The increase is greater for males since 2010.



More students who answered "yes" to receiving free and reduced lunch were overweight or obese, by self-reported BMI, than those who answered "no."



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Minnesota Student Survey 2016 Bloomington 9th Grade

		2007	2010	2013	2016	MN 2016
Alcohol Tobacco and Other Drugs						
Had any alcoholic beverages (beer, wine, wine coolers, or liquor) in the last 30 days. **	Male	12.5%	17.6%	7.4%	6.0%	10.1%
	Female	27.1%	18.2%	13.2%	6.0%	12.2%
Smoked (any) Tobacco in the last 30 days**	Male	5.1%	9.1%	5.0%	2.0%	6.3%
	Female	9.8%	4.1%	4.1%	4.0%	5.4%
Used marijuana in the last 12 months days.**	Male	12.8%	16.6%	16.5%	6.0%	9.3%
	Female	16.8%	14.6%	16.7%	5.0%	10.2%
Used prescription drug not prescribed to you last 30 days	Male			4.7%	2.6%	3.9%
	Female			6.6%	4.8%	4.8%
Sexual Activity						
Have you ever had sexual intercourse ("had sex")? (answered "yes")**	Male	23.5%	27.7%	21.1%	7.0%	12.9%
	Female	16.1%	17.4%	16.0%	10.0%	9.8%
Used effective Birthcontrol method Last sexual encounter	All				61.8%	64.0%
Nutrition and Physical Activity						
Receives Free and Reduced Lunch	All			35%	30.5%	28.0%
Ate fruit two or more times per day in the past 7 days.	All			35.0%	31.8%	29.9%
Ate vegetables two or more times per day in the past 7 days.	All			24.0%	23.2%	21.2%
Milk Consumption Yesterday *3+ servings	Male	43.9%	31.7%	36.3%	31.0%	35.6%
	Female	24.8%	21.2%	17.9%	21.0%	19.4%
Weight Status: Overweight or Obese (BMI)	Male	29.2%	27.0%	28.8%	32.0%	27.3%
	Female	17.6%	17.7%	16.5%	20.0%	20.9%
Active 5 or more days of last week for 60 minutes a day	All			42.0%	52%	52.0%
Perception of Risk/Harm						
Students who think there is great risk or moderate risk if they smoke one or more packs of cigarettes per day.	All	90.0%	91.0%	80.0%	71.0%	78.6%
Students who think there is great risk or moderate risk if they have five or more drinks of an alcoholic beverage once or twice a week.	All	85.0%	83.0%	77.0%	71.0%	72.9%
Students who think there is great risk or moderate risk if they smoke marijuana once or twice a week.	All	80.0%	75.0%	61.0%	57.0%	59.8%
Violence and Bullying						
Has a parent or other adult in your household ever hit, beat, kicked or physically hurt you in any way? *students reporting at least once a week	All			15.5%	11.5%	12.0%
During the last 30 days, how often have other students at school pushed, shoved, slapped, hit or kicked you when they weren't kidding around? *students reporting at least once a week	All			9.5%	7.4%	10.3%
During the last 30 days, how many times at school have YOU pushed, shoved, slapped, hit or kicked someone when you weren't kidding around? *students reporting at least once a week	All			8.0%	4.1%	6.6%
During the last 30 days, how often have you been bullied through e-mail, chat rooms, instant messaging, websites or texting? *Students reporting at least once	All			11.0%	11.3%	13.8%
Healthy Youth Development						
Students reporting positive parental connectedness *Can talk to both mom and dad most of the time	Male	61.9%	56.2%	59.9%	66.0%	80.8%
	Female	50.8%	50.3%	47.9%	54.0%	74.7%
Students reporting they feel adults in the community care about them "quite a bit" or "very much." **	All	36.0%	38.0%	38.0%	38.6%	45.6%
Have you ever been treated for a mental health, emotional or behavioral problem?	Male			11.0%	15.2%	13.6%
	Female			16.0%	23.8%	21.2%
Have you ever actually attempted suicide?	Male			6.0%	4.8%	4.1%
	Female			11.0%	6.2%	10.2%

* Minnesota Student Survey, 2007-2016

** Text for question or response option may vary between years

†State data does not contain Minneapolis School District