



BLOOMINGTON YOUTH HEALTH UPDATE 2013 - 2014

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 2004, 2007, 2010 and 2013 Minnesota Student Surveys. Data from 1995, 1998 and 2001 is available upon 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.

More information: 952-563-8900 or www.bloomingtonmn.gov/

Bloomington Public Health

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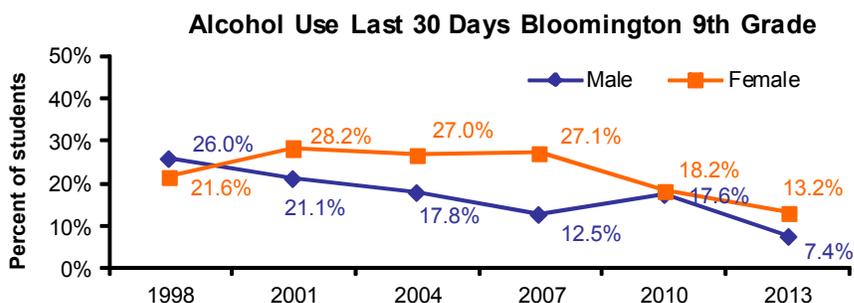
The Minnesota Student Survey (MSS) is administered every three years. Previous surveys have been administered to 6th, 9th, and 12th graders across the state. In 2013, the survey was given to 5th, 8th, 9th and 11th graders. Student participation is voluntary. Ninth-grade data is used to monitor trends 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.

ALCOHOL USE*

Among both 9th grade males and females, alcohol use is at its lowest point since 1998.

Among males, alcohol use fell 10% since 2010. Among females it fell 5%.

**The question format changed slightly from 2004 to 2007. There is no data for 1992.*

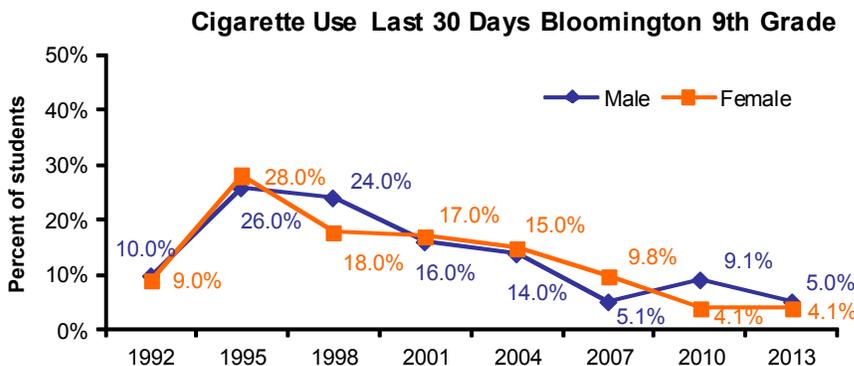


TOBACCO USE

Cigarette use has been consistently decreasing among both 9th grade males and females since 1995.

Rate for both genders are currently at their lowest point since 1992.

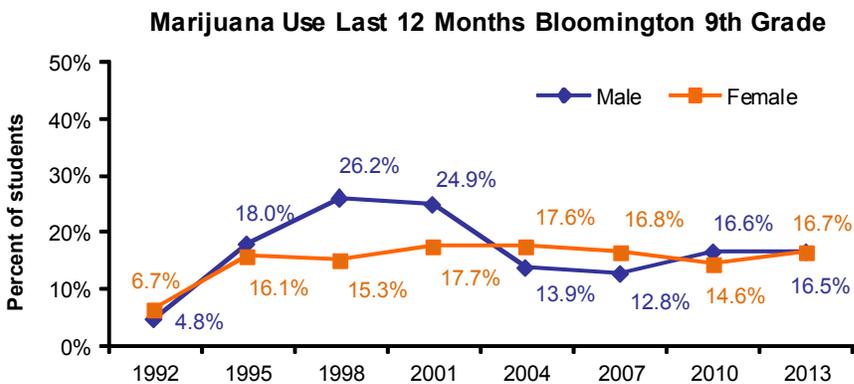
In 2013, cigarette use fell 4% for 9th grade males and remained steady for females.



MARIJUANA USE

Marijuana use among Bloomington 9th grade males declined from 1998 through 2007 but increased slightly in 2010. It remained steady from 2010 to 2013.

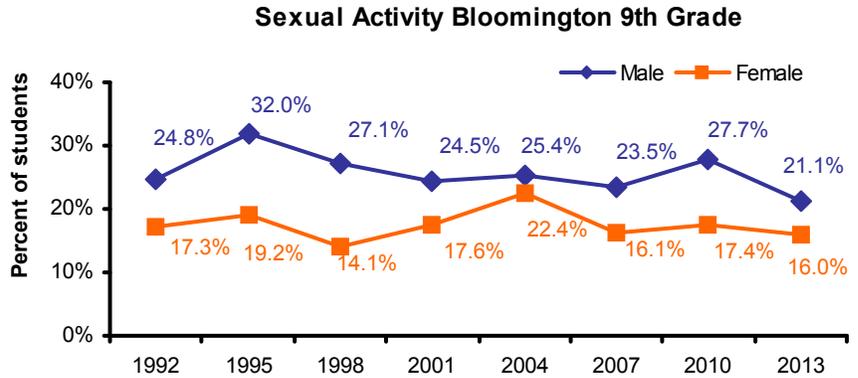
Marijuana use in the past 12 months among 9th grade females fell 2% in 2010, but increased the same amount in 2013.



SEXUAL ACTIVITY

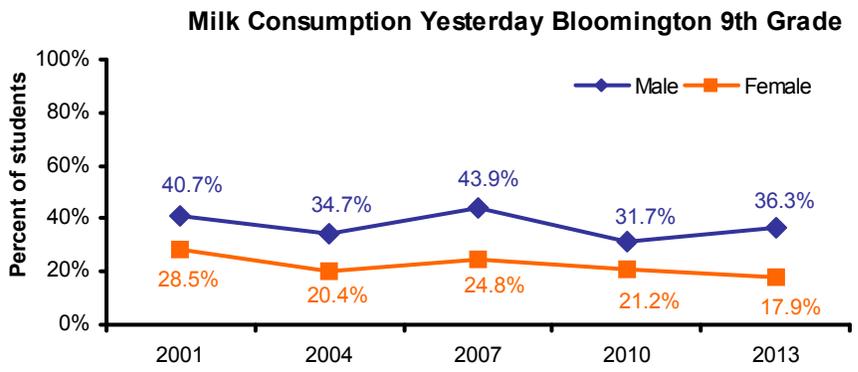
Percentage of Bloomington 9th grade males who report ever having sex has decreased between 1992 and 2013, with a 6.6% decrease between 2010 and 2013.

Sexual activity among 9th grade females has been historically lower than males. The percentage of sexually active 9th grade females in Bloomington has remained steady since 1992.

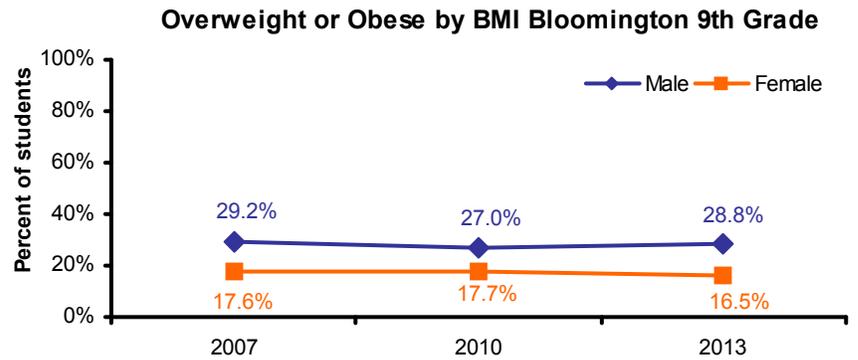


NUTRITION & WEIGHT STATUS

Among Bloomington 9th graders, significantly fewer females than males report adequate mild consumption (drinking three glasses or more of milk per day).

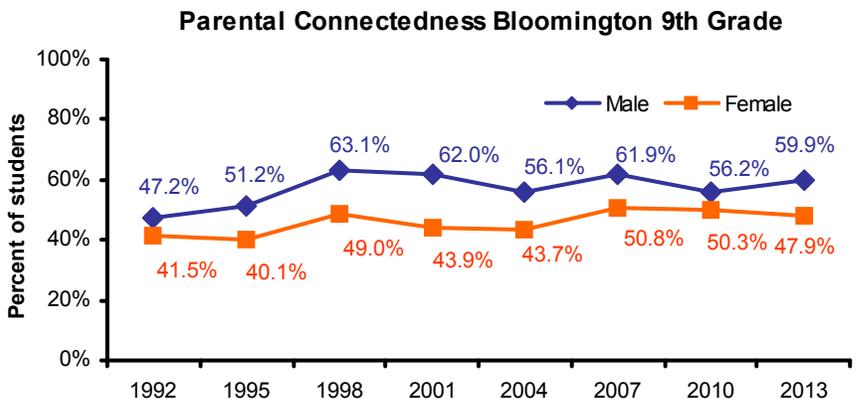


Significantly fewer 9th grade females than males are overweight or obese based a BMI > on self report height and weight.



HEALTHY YOUTH DEVELOPMENT

A greater percentage of 9th grade males compared to 9th grade females in Bloomington report being able to talk to both parents about problems most or some of the time. In 2013, connectedness fell among females and increased among males.



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Survey Responses* from 9th grade students in Bloomington		2004	2007	2010	2013	MN '13 [†]
Alcohol	Had any alcoholic beverages (beer, wine, wine coolers, or liquor) in the last 30 days. **	22%	20%	18%	10%	15%
	Binge drinking (five or more drinks in a row) in the past month.	-	-	-	4%	7%
Marijuana & Other Drugs	Used marijuana in the last 30 days.**	11%	11%	11%	9%	9%
	During the last 30 days, on how many days have other students at school offered, sold, or given you an illegal drug? (answered at least one day)	-	-	-	10%	12%
Tobacco	Smoked cigarettes in the last 30 days.	15%	8%	7%	5%	8%
Healthy Youth Development	Can talk to your mother about your problems most or some of the time?	76%	80%	74%	78%	82%
	Can talk to your father about your problems most or some of the time?	56%	62%	62%	62%	68%
	Teachers are interested in students as people (answered "strongly agree" or "agree")	-	-	-	68%	67%
	Students reporting they feel adults in the community care about them "quite a bit" or "very much."	31%	36%	38%	38%	37%
Physical Activity	Active five or more days of last week for 60 minutes a day (vigorous activity).	-	-	-	42%	51%
	Spends more than 2 hours watching TV, DVDs, or videos on a phone, TV or computer on a typical school day.	-	-	-	34%	30%
Nutrition	Ate fruit two or more times per day in the past 7 days.	-	-	-	35%	27%
	Ate vegetables two or more times per day in the past 7 days.	-	-	-	24%	21%
	Had no milk yesterday (females only).	27%	28%	33%	31%	26%
	Weight Status: Overweight or Obese (BMI)	-	23%	23%	23%	23%
	How would you describe your weight?: Overweight	21%	21%	21%	19%	19%
Sex	Have you ever had sexual intercourse ("had sex")? (answered "yes")**	24%	20%	23%	19%	15%
Violence	Has a parent or other adult in your household ever hit, beat, kicked or physically hurt you in any way? (Answered "Yes")**	14%	12%	13%	15%	13%
	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? (>= 1 day)	-	-	-	10%	13%
Bullying	During the last 30 days, how often have other students at school excluded you from friends, other students or activities? (answered at least once a week).	-	-	-	18%	23%
	During the last 30 days, how many times at school have YOU excluded you from friends, other students or activities? (answered at least once a week).	-	-	-	10%	11%
Parental Disapproval	Students who think their parents would feel it would be "wrong" or "very wrong" for them to smoke cigarettes.**	-	-	95%	94%	94%
	Students who think their parents would feel it would be "wrong" or "very wrong" for them to have one or more drinks of alcohol nearly every day.**	-	-	90%	92%	92%
	Students who think their parents would feel it would be "wrong" or "very wrong" for them to smoke marijuana.**	-	-	95%	90%	92%
	Students who think their parents would feel it would be "wrong" or "very wrong" for them use prescription drugs not prescribed for them.	-	-	-	95%	95%
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.	-	90%	91%	80%	83%
	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.	-	85%	83%	77%	76%
	Students who think there is great risk or moderate risk if they smoke marijuana once or twice a week.	-	80%	75%	61%	67%

* Minnesota Student Survey, 2004-2013

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

† State data does not contain Minneapolis School District