



## RICHFIELD 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 Richfield students. Learn what you can do to support the health of Richfield 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](http://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

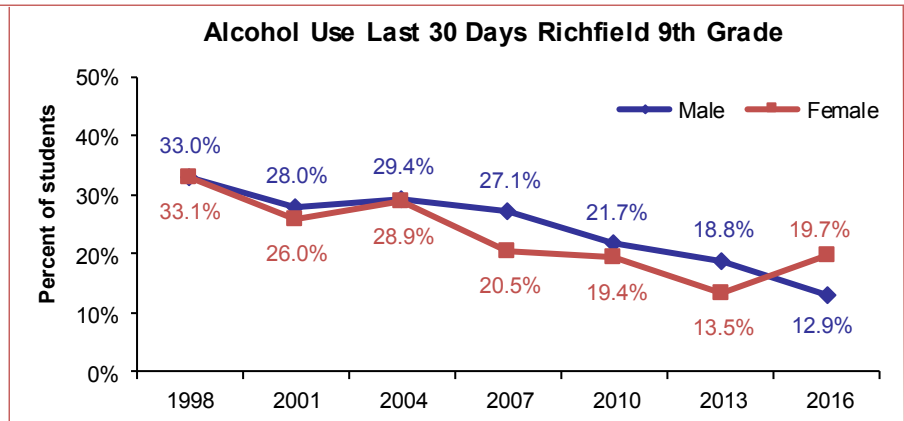
1900 W. Old Shakopee Road · Bloomington, MN 55431  
952-563-8900

The Minnesota Student Survey (MSS) is administered every three years. Previous surveys have been administered to 6<sup>th</sup>, 9<sup>th</sup> and 12<sup>th</sup> graders across the state. In 2013, and most recently 2016, the survey was given to 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> 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.*

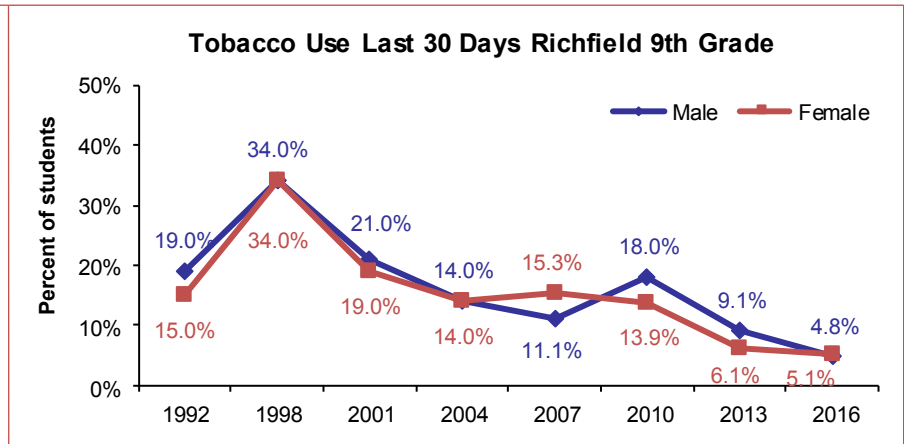
**ALCOHOL USE**

Among 9<sup>th</sup> grade males, alcohol use is at its lowest point since 1998. Consumption rates for males have steadily been dropping. Rates for females however have seen an increase of 6% since 2013.



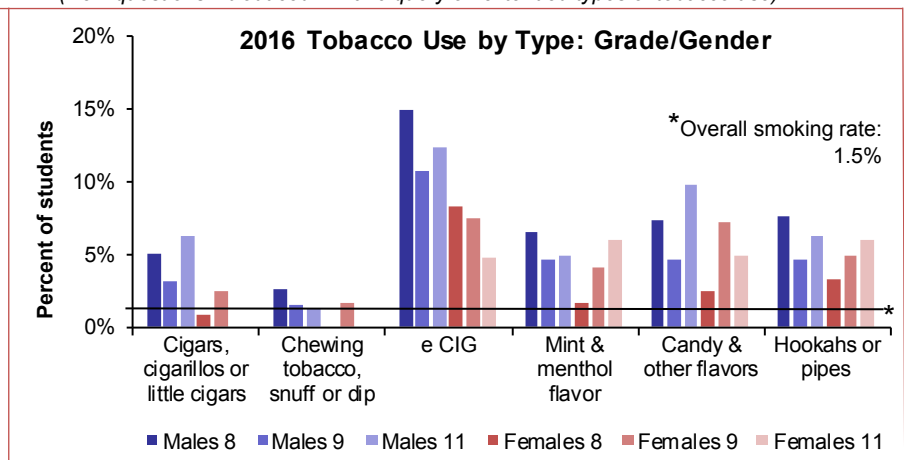
**TOBACCO USE**

Cigarette rates have fluctuated slightly since survey data collection began. Ninth grade males and females showed a declining smoking rate since 2010. Rates for both genders in 2016 are at their lowest since 1992.



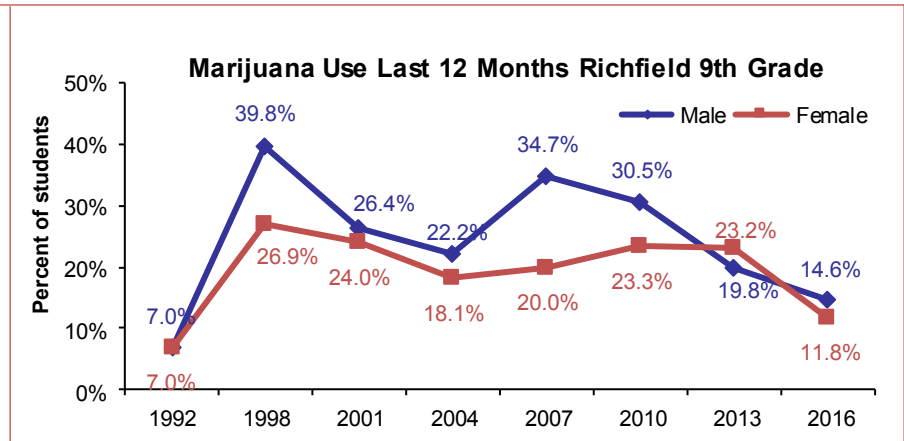
**TOBACCO USE BY TYPE AND GENDER** *(New questions introduced in 2016 query on extended types of tobacco use)*

E-cigarettes, flavored tobacco and hookahs or pipes are used more than standard tobacco products among 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders. Males in all three grades and 8<sup>th</sup> grade females use e-cigarettes more than other tobacco types.



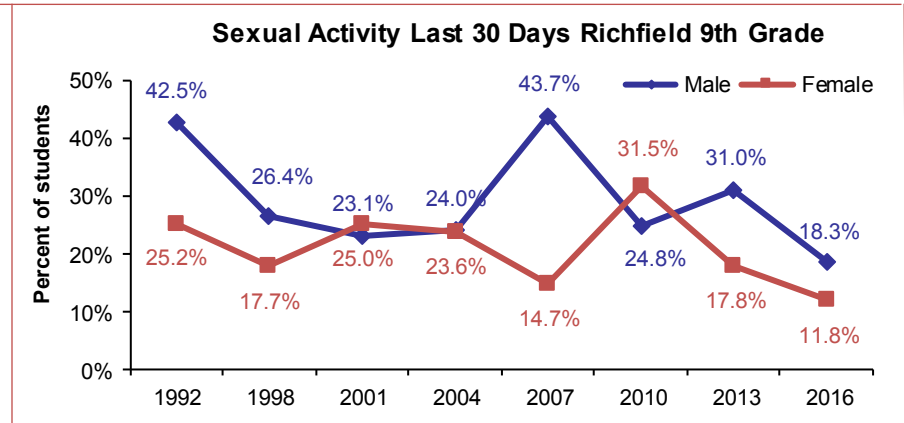
## MARIJUANA USE

Marijuana use has dropped since 2013. The percentage of 9<sup>th</sup> grade male and female users is the lowest it has been since 1998.



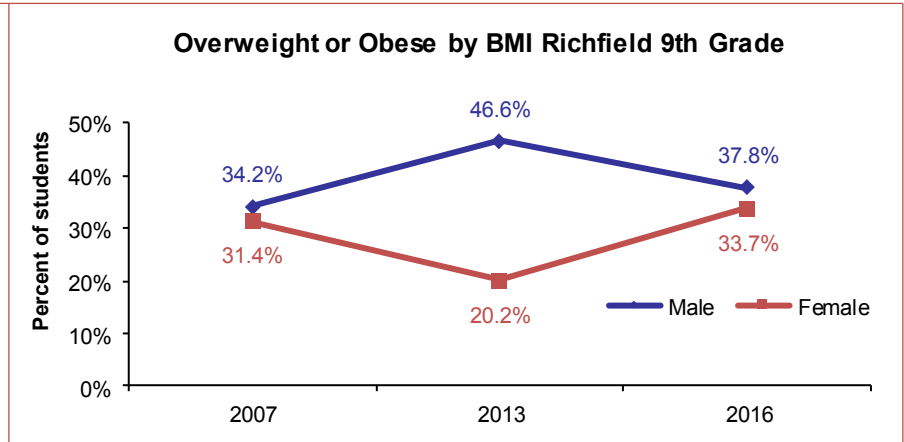
## SEXUAL ACTIVITY

Sexual activity of 9<sup>th</sup> graders has varied since survey data collection began. Sexual activity of 9<sup>th</sup> grade females has declined since 2010. Sexual activity of 9<sup>th</sup> grade males increased in 2013 and decreased in 2016.

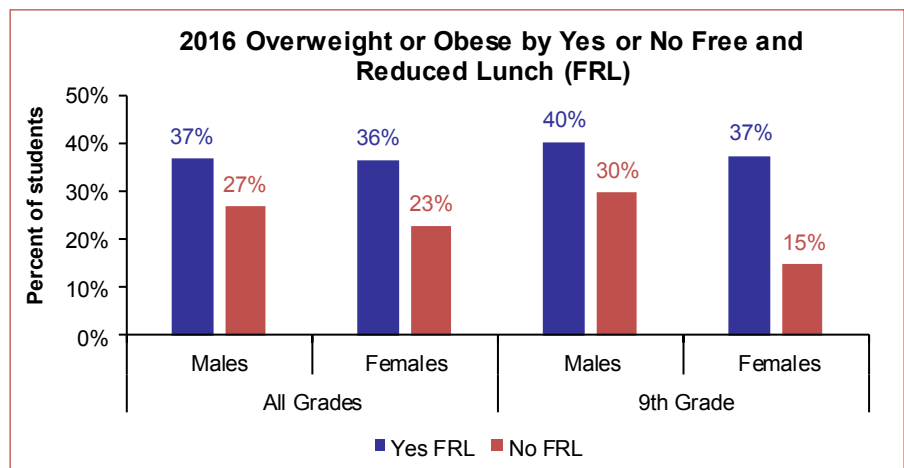


## WEIGHT STATUS

A greater percent of 9<sup>th</sup> grade males than females are overweight or obese based on BMI from self-reported weight and height. Overweight or obese status is the highest it has been since 2007 for 9<sup>th</sup> grade females. Obesity or overweight status decreased for 9<sup>th</sup> grade males in 2016.



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 Richfield 9th Grade

		2007	2010	2013	2016	MN 2016
<b>Alcohol Tobacco and Other Drugs</b>						
Had any alcoholic beverages (beer, wine, wine coolers, or liquor) in the last 30 days. **	Male	27.1%	21.7%	18.8%	12.9%	10.1%
	Female	20.5%	19.4%	13.5%	19.7%	12.2%
Smoked (any) Tobacco in the last 30 days**	Male	11.1%	18.0%	9.1%	4.8%	6.3%
	Female	15.3%	13.9%	6.1%	5.1%	5.4%
Used marijuana in the last 12 months days.**	Male	34.7%	30.5%	19.8%	14.6%	9.3%
	Female	20.0%	23.3%	23.2%	11.8%	10.2%
Used prescription drug not prescribed to you last 30 days	Male			9.9%	7.6%	3.9%
	Female			7.1%	7.9%	4.8%
<b>Sexual Activity</b>						
Have you ever had sexual intercourse ("had sex")? (answered "yes")**	Male	43.7%	24.8%	31.0%	18.3%	12.9%
	Female	14.7%	31.5%	17.8%	11.8%	9.8%
Used effective Birthcontrol method Last sexual encounter	All			86.0%	61.1%	64.0%
<b>Nutrition and Physical Activity</b>						
Receives Free and Reduced Lunch	All			58	68.5%	28.0%
Ate fruit two or more times per day in the past 7 days.	All			43.0%	24.2%	29.9%
Ate vegetables two or more times per day in the past 7 days.	All			13.0%	14.3%	21.2%
Milk Consumption Yesterday *3+ servings	Male	22.0%	29.0%	25.0%	18.9%	35.6%
	Female	13.0%	10.0%	17.0%	9%	19.4%
Weight Status: Overweight or Obese (BMI)	Male	15.5%	12.0%	13.0%	37.8%	27.3%
	Female	34.2%	41.0%	46.6%	33.7%	20.9%
Active 5 or more days of last week for 60 minutes a day	All	31.4%	24.00%	20.20%	40.7%	52.0%
<b>Perception of Risk/Harm</b>						
Students who think there is great risk or moderate risk if they smoke one or more packs of cigarettes per day.	All	85.0%	87.0%	79.0%	71.9%	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	78.0%	77.0%	75.0%	70.0%	72.9%
Students who think there is great risk or moderate risk if they smoke marijuana once or twice a week.	All	71.0%	71.0%	50.0%	46.9%	59.8%
<b>Violence and Bullying</b>						
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			13.0%	17.0%	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			10.0%	11.7%	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			9.5%	12.1%	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			11.5%	10.9%	13.8%
<b>Healthy Youth Development</b>						
Students reporting positive parental connectedness *Can talk to both mom and dad most of the time	Male	57.3%	53.5%	53.4%	51.8%	80.8%
	Female	43.9%	34.6%	44.4%	39.8%	74.7%
Students reporting they feel adults in the community care about them "quite a bit" or "very much." **	All	42.0%	49.0%	41.5%	28.8%	45.6%
Have you ever been treated for a mental health, emotional or behavioral problem: No?	Male			10.0%	8.3%	13.6%
	Female			8.0%	27.1%	21.2%
Have you ever actually attempted suicide?	Male			7.0%	4.5%	4.1%
	Female			7.0%	13.6%	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