

Hays Consolidated Independent School District (CISD)
High School Youth Risk Behavior Surveillance Survey Report, 2018

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Executive Summary

Hays CISD Strengths:

Compared to The State of Texas and United States YRBS results, Hays CISD 2018 high school students report lower risk in the areas of:

- Wearing a safety belt
 - 4.9% Hays CISD (7.1% State; 5.1% Nation)
 - Hays CISD data trend demonstrated a decrease in students who never or rarely wore a safety belt compared to prior years
- Cigarette Smoking (10 or more per day)
 - .51% Hays CISD (8.2% State; 8.8% Nation)
 - Hays CISD data trend demonstrates a decrease in cigarette use compared to prior years. (Note: this could correlate with an increase in electronic vapor products.)
- Sexual Behaviors
 - Using drugs or alcohol during last intercourse
 - 6.9% Hays CISD (19.1% State; 18.8% Nation)
 - Using a condom during last sexual intercourse
 - 17.6% Hays CISD (52.4% State; 53.8% Nation) reported not using condom

Hays CISD Needs:

Compared to The State of Texas and United States YRBS results, Hays CISD high school students demonstrated a comparatively high risk in the areas of:

- Missed school because they felt unsafe
 - 13.6% for Hays CISD (8% State; 6.7% Nation)
 - Hays CISD students increased in percentage reported compared to prior years
- Felt sad or hopeless
 - 40.6% Hays CISD (34.2% State; 31.5% Nation)
 - Hays CISD students increased in percentage reported compared to prior years.
- Seriously considered suicide
 - 20.4% Hays CISD (17.6% State; 17.2% Nation)
 - Hays CISD students increased in percentage reported compared to prior years.
- Currently use electronic vapor products
 - 24.4% Hays CISD (10.3% State; 13.2% Nation)
 - Hays CISD students increased in percentage reported compared to prior years.
- Drug use
 - Ever used cocaine – 7.1% Hays CISD (5.9% State; 4.8% Nation)
 - Ever used hallucinogenic drugs – 8.4% Hays CISD (6.6% Nation)
 - Offered, sold, or given an illegal drug on school property – 25.5% Hays CISD (26.7% State; 19.8% Nation)
- Time spent watching television (3 or more hours per day)
 - Hays CISD students increased in percentage reported compared to prior years.

Purpose, Methods, and Reporting Notes

The Youth Risk Behavior Survey (YRBS) is a nationally accredited survey developed by the Centers for Disease Control and Prevention to monitor the health risk behaviors among youth in the United States. In addition to the priority health risk behaviors, the YRBS is used to monitor the prevalence of obesity, asthma, and health behaviors relating to sexual identity and orientation (CDC, 2018).

The YRBS monitors priority health risk behaviors among these primary topics:

- Unintentional Injuries and Violence
- Tobacco Use
- Alcohol and Other Drugs
- Sexual Behaviors
- Dietary Behaviors
- Physical Activity
- Other topics including prevalence of obesity, asthma, sleep practices, and dental care

The purpose of this report was to assess the prevalence of health behaviors among 9th-12th grade students in Hays CISD, Texas, and to determine if behaviors have decreased, increased or stayed the same since 2014. The methods of the study compare Hays CISD student data to the national and state YRBS survey data. This study will contribute to the knowledge base of local youth risk behaviors and provide key insights for the development of programs to address risky youth behaviors.

The Hays CISD YRBS survey was administered on March 9, 2018 at three Hays CISD campuses, Lehman High School, Hays High School, and Live Oak Academy via a secure web-based survey. The YRBS survey was administered electronically via Qualtrics Insight Survey technology. The student population of Hays CISD consists of 5,645 students. A stratified random sample of students was used based on grade level from randomly selected English classes across the campuses. Forty-six classes were randomly selected for inclusion on the study, which included a total enrollment of 1,022 students. Of the 1,022 students who were invited to participate, 780 completed the survey, for a 76.3% response rate. Students were surveyed using class laptop sets during their regularly scheduled classes throughout the school day. Data analyses were conducted using SPSS software.

Data presented in the following tables provided by the following sources:

Table Labels	Data Collection	References
United States 2017	Centers for Disease Control and Prevention	Centers for Disease Control and Prevention. (2017). Youth Risk Behavior Survey Data. Retrieved from www.cdc.gov/yrbs
Unites States 2015	Centers for Disease Control and Prevention	Centers for Disease Control and Prevention. (2015). Youth Risk Behavior Survey Data. Retrieved from www.cdc.gov/yrbs
United States 2013	Centers for Disease Control and Prevention	Centers for Disease Control and Prevention. (2013). Youth Risk Behavior Survey Data. Retrieved from www.cdc.gov/yrbs
Texas 2017	Texas Department of State Health Services	Texas Department of State Health Services, Center for Health Statistics. (2017). Texas Youth Risk Behavior Surveillance System Survey Data. Retrieved from http://healthdata.dshs.texas.gov/HealthRisks/YRBS
Texas 2015	No data collected	no state-level YRBS administered in 2015
Texas 2013	Texas Department of State Health Services	Texas Department of State Health Services, Center for Health Statistics. (2013). Texas Youth Risk Behavior Surveillance System Survey Data. Retrieved from http://healthdata.dshs.texas.gov/HealthRisks/YRBS
Hays CISD 2018	Megan Osborne – Texas State University	Hays CISD, district-level data administered April 2018
Hays CISD 2016	Sergio Castaneda – Texas State University	Hays CISD. (2016). Hays Consolidated Independent School District High School Youth Risk Behavior Surveillance. District-level data administered April 2016. Retrieved from https://www.hayscisd.net/cms/lib/TX02204837/Centricity/Domain/73/YRBS_Report_2016.pdf
Hays CISD 2014	Kelsey Olson – Texas State University	Hays CISD. (2014). Hays Consolidated Independent School District High School Youth Risk Behavior Surveillance. District-level data administered May 2014. Retrieved from https://www.hayscisd.net/cms/lib/TX02204837/Centricity/Domain/73/hcisd%20yrbs%20report%202014%20release%20final.pdf

Unintentional Injuries and Violence

The 2018 Hays CISD YRBS included 21 questions on unintentional injuries and violence. Topics included driving behaviors, behaviors associated with physical violence, safety concerns, bullying, and suicide risks.

Key findings regarding unintentional injuries and violence:

- For questions regarding unintentional injuries, participating Hays CISD students reported never or rarely wearing a safety belt less frequently than their Texas and U.S. peers as well as their peers who participated in the Hays CISD YRBS in both 2014 and 2016.
- Among questions regarding safety concerns, Hays CISD 2018 students reported they missed school due to not feeling safe at a statistically significantly ($p < .001$) higher percentage compared to their Texas and U.S. peers in 2017.
- Additionally, Hays CISD students reported they have missed school due to not feeling safe at a higher percentage than Hays CISD students in 2014 and 2016.
- Hays CISD students reported feeling sad or hopeless at a higher percentage than their Texas and U.S. counterparts.
- A higher percentage of Hays CISD students reported experiencing sexual dating violence when compared to Texas and U.S. high school students.
- Behaviors associated with suicide risk were also slightly higher among Hays CISD students in 2018 compared to Texas and U.S. peers in 2017.

Data tables for injuries and violence include:

- Table 1-1. Percent Responses to Unintentional Injury and Violence Survey Items, presented as percentages (%) of total respondents of each survey.
 - Table 1-1 demonstrates the data trend of the Hays CISD YRBS 2014, 2016, and 2018; United States YRBS 2013, 2015, and 2017; and Texas YRBS 2013 and 2017.
- Table 1-2. Crosstabulation of survey items ‘number of days missed of school in past 30 days’ and ‘have you been bullied in the last 30 days’.
 - Table 1-2 includes a descriptive, crosstab analysis where statistical significance was set at $p < .05$ and was observed as being statistically significant ($p < .001$).
- Figure 1-1. Relationship between days missed of school and being bullied in the past 12 months.
 - Figure 1-1 visually illustrates the inverse relationship between being bullied at school and missing school days due to feeling unsafe.

Table 1-1. Student Responses to Unintentional Injury and Violence Survey Items, presented as percentages (%) of total respondents of each survey.

Survey Item	U.S. YRBS			Texas YRBS			Hays CISD YRBS		
	2017	2015	2013	2017	2015	2013	2018	2016	2014
Never or rarely wore a seat belt (when riding in a car driven by someone else)	5.9	6.1	7.60	7.10	NA	7.4	4.9	8.2	13.9
Rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	16.5	20.0	21.9	20.8	NA	28.7	16.9	24.7	26.3
Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	39.2	41.5	41.4	39.3	NA	NA	19.0	24.9	NA
Carried a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	15.7	16.2	17.9	16.5	NA	18.4	10.2	19.4	16.0
Carried a gun (on at least 1 day during the 30 days before the survey)	4.8	5.3	5.5	5.9	NA	6.0	5.2	8.2	5.9
Carried a weapon on school property (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	3.8	4.1	5.2	NA	NA	5.6	4.5	6.1	5.7
Did not go to school because they felt unsafe at school or on their way to or from school on at least one day (during the past 30 days before the survey)	6.7	5.6	7.1	8.0	NA	7.7	13.6	10.7	9.8
Were threatened or injured with a weapon on school property (such as, a gun, knife, or club, one or more times during the 12 months before the survey)	6.0	6.0	6.9	7.4	NA	7.1	7.6	9.3	6.7
Were in a physical fight (one or more times during the 12 months before the survey)	23.6	22.6	24.7	20.9	NA	25.4	22.4	21.9	19.2
Were in a physical fight on school property (one or more times during the 12 months before the survey)	8.5	7.8	8.1	NA	NA	9.1	9.4	10.1	9.0
Were ever physically forced to have sexual intercourse (when they did not want to)	7.4	6.7	7.3	10.4	NA	NA	7.3	11.7	NA
Experienced physical dating violence (counting being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	8.0	9.6	10.3	7.1	NA	9.9	5.3	8.0	11.5

Experienced sexual dating violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	6.9	10.6	10.4	16.4	NA	NA	9.2	9.8	NA
Were bullied on school property (during the 12 months before the survey)	19.0	20.2	19.6	18.8	NA	19.1	18.5	20.4	21.2
Were electronically bullied (counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	14.9	15.5	14.8	14.7	NA	13.8	15.5	16.0	14.9
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	31.5	29.9	29.9	34.2	NA	28.3	40.6	34.0	33.8
Seriously considered attempting suicide (during the 12 months before the survey)	17.2	17.7	17.0	17.6	NA	16.7	20.4	19.7	15.6
Made a plan about how they would attempt suicide (during the 12 months before the survey)	13.6	14.6	13.6	14.5	NA	15.6	15.5	16.7	15.5
Attempted suicide (one or more times during the 12 months before the survey)	7.4	8.6	8.0	12.3	NA	10.0	8.7	16.9	14.4
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	2.4	2.8	2.7	4.5	NA	3.5	3.0	8.4	5.1

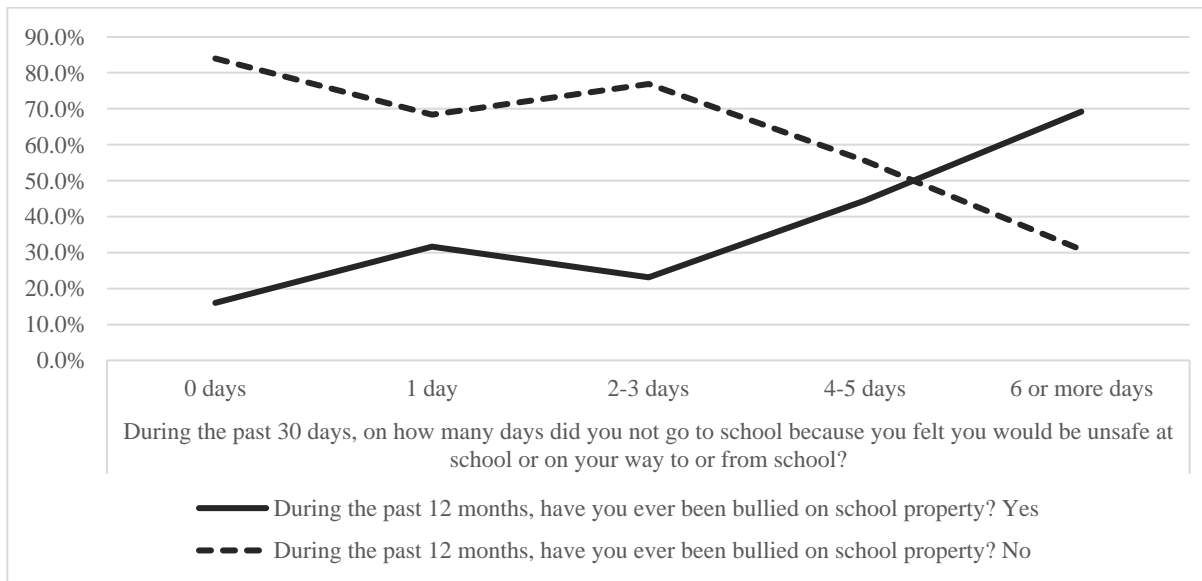
Table note: “NA” means data were unavailable

Table 1-2. Crosstabulation of survey items ‘number days missed of school in past 30 days’ with ‘have you been bullied in the last 30 days’ among students who participated in the 2018 Hays CISD YRBS survey.

		During the past 12 months, have you ever been bullied on school property?	
		Yes	No
During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?	0 days	(107) 16.0%	(561) 84.0%
	1 day	(18) 31.6%	(39) 68.4%
	2 – 3 days	(6) 23.1%	(20) 76.9%
	4 – 5 days	(4) 44.4%	(5) 55.6%
	6 or more days	(9) 69.2%	(4) 30.8%

Table note: data presented in total counts (n) and percentages (%) of total survey participants.

Figure 1-1. Relationship between days missed of school and being bullied in the past 12 months.



Tobacco Use

The 2018 Hays CISD YRBS included twelve questions on Tobacco Use. Topics included cigarette, smokeless tobacco, cigar, and electronic vapor product usage.

Key findings regarding Tobacco Use:

- In the tobacco use section, Hays CISD students overall reported lower risks for smoking more than 10 cigarettes per day compared to Texas and U.S. peers in 2017.
- Hays CISD students reported currently using electronic vapor products at a higher percentage than Texas and U.S. peers in 2017, putting them relatively at higher risk.
- Hays CISD students reported currently smoking cigarettes at a lower percentage compared to Hays CISD students in 2016 and 2014.

Data tables regarding tobacco use:

- Table 2-1. Student Responses to Tobacco Use Survey Items, presented as percentages (%) of total respondents of each survey.
 - Table 2-1 demonstrates the tobacco use data trend of the Hays CISD YRBS 2014, 2016, and 2018; United States YRBS 2013, 2015, and 2017; and Texas YRBS 2013 and 2017.
- Table 2-2. Crosstabulation of ‘in what grade are you’ with ‘have you ever tried cigarettes even one or two puffs’?
 - Table 2-2 displays a crosstab descriptive analysis of grade level and trying cigarettes. Chi square demonstrated a statistically significant difference by grade ($p < .001$).

Table 2-1. Student Responses to Tobacco Use Survey Items, presented as percentages (%) of total respondents of each survey.

Survey Item	U.S YRBS			Texas YRBS			Hays CISD YRBS		
	2017	2015	2013	2017	2015	2013	2018	2016	2014
Ever tried cigarette smoking (even one or two puffs)	28.9	32.3	41.1	30.0	NA	42.1	26.9	31.9	39.7
Smoked a whole cigarette before age 13 years (for the first time)	9.5	6.6	9.3	11.1	NA	8.5	9.2	7.7	8.4
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	8.8	10.8	15.7	7.4	NA	14.1	7.7	12.1	16.4
Smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)	8.8	7.9	8.6	8.2	NA	7.6	.51	1.7	0.9
Usually obtained their own cigarettes by buying on them in a store or gas station (during the 30 days before the survey, among students who currently smoked cigarettes and who were aged <18 years)	NA	12.6	18.1	NA	NA	16.0	4.0	3.4	4.8
Usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey, among students who currently smoked cigarettes and who were aged <18 years)	NA	1.0	NA	NA	NA	0.9	0.7	NA	NA
Did not try to quit smoking cigarettes (during the 12 months before the survey, among students who currently smoked cigarettes)	58.6	54.6	52.0	52.7	NA	49.6	13.62	47.8	9.4
Currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)	5.5	7.3	8.8	5.4	NA	8.1	3.2	6.7	8.0
Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	8.0	10.3	12.6	10.4	NA	13.7	7.0	11.6	12.1
Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	42.2	44.9	NA	41.2	NA	NA	43.3	45.2	NA
Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	13.2	24.1	NA	10.3	NA	NA	24.4	21.0	21.3
Usually obtained their own electronic vapor products by buying them in a store or gas station (during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)	13.6	NA	NA	NA	NA	NA	4.0	NA	NA

Table note: "NA" means data were unavailable

Table 2-2. Crosstabulation of ‘in what grade are you’ with ‘have you ever tried cigarettes even one or two puffs?’

		Have you ever tried cigarettes even one or two puffs?	
		Yes	No
In what grade are you?	9 th grade	(47) 18.1%	(212) 81.9%
	10 th grade	(68) 30.4%	(156) 69.6%
	11 th grade	(49) 27.1%	(132) 72.9%
	12 th grade	(46) 40%	(69) 60%

Table note: data presented in total counts (n) and percentages (%) of total survey participants.

Alcohol and Other Drugs

The 2018 Hays CISD YRBS included twenty questions on alcohol and other drugs. Topics included initiation of alcohol consumption, alcohol use, binge drinking, marijuana initiation, marijuana use, and other drug use.

Key findings regarding alcohol and other drugs:

- The Alcohol and Other Drugs section contained the most questions that revealed Hays CISD students to be at a relatively higher risk for risky health behaviors compared to Texas and U.S. peers.
- Hays CISD students reported higher percentages of consuming first alcohol before the age of 13 compared to Texas and U.S. peers in 2017.
- Hays CISD students reported higher risk for marijuana, cocaine, heroin, methamphetamines, ecstasy, hallucinogens, and synthetic marijuana use compared to Texas and U.S. peers in 2017.
- Hays CISD students reported a lower risk for inhalant use compared to Texas and U.S. peers and a lower risk than reported by Hays CISD students in 2014 and 2016.
- A higher percentage of Hays CISD students reported being offered, sold, or given an illegal drug on school property compared to U.S. peers, but lower percentage than their Texas peers and Hays CISD students in 2014 and 2016.

A national survey on adolescent health risks revealed adverse school experiences, legal involvement, authoritarian parenting, and depression diagnosis as predictors of lifetime illicit drug use (Vidourek, King, Merianos, & Bartsch, 2018), underscoring the need for multidisciplinary behavior interventions to address Hays CISD student drug-related risky health behaviors.

Data tables regarding alcohol and other drugs:

- Table 3-1. Percent Responses to Alcohol and Other Drugs Survey Items, presented as percentages (%) of total respondents of each survey.
 - Table 3-1 demonstrates the data trend of the Hays CISD YRBS 2014, 2016, and 2018; United States YRBS 2013, 2015, and 2017; and Texas YRBS 2013 and 2017.
- Table 3-2. Crosstabulation of survey items ‘feeling hopeless or sad in the past 12 months’ with ‘ever used cocaine’
 - Table 3-2 crosstabulation demonstrates a statistically significant relationship between feeling sad or hopeless with ever used cocaine ($p < .035$)

Table 3-1. Percent Responses to Alcohol and Other Drugs Survey Items, presented as percentages (%) of total respondents of each survey.

Survey Items	U.S. YRBS			Texas YRBS			Hays CISD YRBS		
	2017	2015	2013	2017	2015	2013	2018	2016	2014
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	60.4	63.2	66.2	60.8	NA	NA	57.6	60.7	NA
Drank alcohol before age 13 years (for the first time other than a few sips)	15.5	17.2	18.6	16.9	NA	18.1	18.7	21.2	20.2
Currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)	29.8	32.8	34.9	26.8	NA	36.1	28.1	32.3	37.4
Drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)	13.5	17.7	20.8	11.8	NA	21.0	12.6	17.2	21.9
Reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours during the 30 days before the survey)	4.4	4.3	6.1	4.1	NA	NA	2.7	4.1	NA
Usually obtained the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)	43.5	44.1	41.8	42.1	NA	42.1	13.9	12.3	15.0
Ever used marijuana (one or more times during their life)	35.6	38.6	40.7	34.4	NA	37.5	39.0	40.1	43.6
Tried marijuana before age 13 years (for the first time)	6.8	7.5	8.6	7.9	NA	8.2	9.6	11.0	11.1
Currently used marijuana (one or more times during the 30 days before the survey)	19.8	21.7	23.4	17.0	NA	20.5	22.7	24.2	26.5
Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	4.8	5.2	5.5	5.9	NA	8.3	7.1	9.6	8.9
Ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)	6.2	7.0	8.9	6.9	NA	9.5	5.3	8.9	7.6
Ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)	1.7	2.1	2.2	2.4	NA	3.8	2.2	4.6	3.1
Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)	2.5	3.0	3.2	3.1	NA	3.2	3.1	6.1	4.6
Ever used ecstasy (also called "MDMA," one or more times during their life)	4.0	5.0	6.6	5.5	NA	8.8	5.0	8.7	8.6
Ever used hallucinogenic drugs (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms, one or more times during their life)	6.6	6.4	7.1	NA	NA	NA	8.4	11.0	NA
Ever used synthetic marijuana (also called "K2", "Spice", "fake weed", "King Kong", "Yucatan Fire", "Skunk", or "Moon Rocks", one or more times during their life)	6.9	9.2	NA	7.8	NA	NA	8.3	11.3	NA
Ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)	2.9	3.5	3.2	3.8	NA	4.6	2.9	6.2	4.4
Ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)	14	16.8	17.8	14.9	NA	19.0	14.7	20.3	23.3

Ever injected any illegal drug (used a needle to inject any illegal drug into their body one or more times during their life)	1.5	1.8	1.7	2.4	NA	2.9	1.8	4.4	2.9
Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	19.8	21.7	22.1	26.7	NA	26.4	25.5	31.5	32.4

Table note: “NA” means data were unavailable

Table 3-2. Crosstabulation of ‘feeling hopeless or sad in the past 12 months’ with ‘ever used cocaine’

		During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	
		Yes	No
During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?	0 times	(284) 89.9%	(440) 95.2%
	1 or 2 times	(17) 5.4%	(8) 1.7%
	3 to 9 times	(8) 2.5 %	(4) 0.9%
	10 to 19 times	(2) 0.6%	(4) 0.9%
	20 to 39 times	(1) 0.3%	(1) 0.2%
	40 or more times	(4) 1.3%	(5) 1.1%

Table note: data presented in total counts (n) and percentages (%) of total survey participants.

Sexual Behaviors

The 2018 Hays CISD YRBS included twelve questions on sexual behaviors. Topics included initiation of sexual intercourse, sexually active, birth control usage, and risky alcohol or drug use with sexual intercourse.

Key findings regarding sexual behaviors:

- Overall, Hays CISD students showed lower risky sexual health behaviors compared to Texas and U.S. peers in 2017.
- Hays CISD students reported much lower percentages of drinking alcohol or drug use prior to sexual intercourse compared to Texas and U.S. peers in 2017.
- Compared to 2017 Texas and U.S. peers' responses, Hays CISD students reported higher use of condoms during sexual intercourse.
- A lower percentage of Hays CISD students reported using no form of birth control compared to Texas and U.S. peers in 2017.

Tables regarding sexual behaviors:

- Table 4-1. Student Responses to Sexual Behavior Survey Items, presented as percentages (%) of total respondents of each survey.
 - Table 4-1 demonstrates the data trend of the Hays CISD YRBS 2014, 2016, and 2018; United States YRBS 2013, 2015, and 2017; and Texas YRBS 2013 and 2017.
- Table 4-2. Crosstabulation of survey items 'Age at First Sexual Intercourse' with 'Current Condom Use'.
 - Table 4-2 crosstabulation demonstrates a statistically significant relationship between age of sexual initiation and current condom use ($p < .001$).
- Figure 4-1. Relationship Between Age at First Sexual Intercourse and Current Condom Use.
 - Figure 4-1 visually depicts the inverse relationship between the age of sexual initiation and current condom use.

According to the Centers for Disease Control and Prevention, early age at first sexual intercourse is associated with unintentional pregnancy, increased sexual partners, sexually transmitted infection, and not using condoms (Ethier, Kann, & McManus, 2018), underscoring the importance of monitoring this health behavior and designing appropriate interventions as needed.

Table 4-1. Student Responses to Sexual Behavior Survey Items, presented as percentages (%) of total respondents of each survey.

Survey Item	U.S. YRBS			Texas YRBS			Hays CISD YRBS		
	2017	2015	2013	2017	2015	2013	2018	2016	2014
Ever had sexual intercourse	39.5	41.2	46.8	39.2	NA	45.9	38.7	41.8	43.5
Had sexual intercourse before age 13 years (for the first time)	3.4	3.9	5.6	3.3	NA	5.2	3.9	6.0	8.6
Had sexual intercourse with four or more persons (during their life)	9.7	11.5	15.0	11.2	NA	14.9	9.3	10.7	12.2
Were currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	28.7	30.1	34.0	27.5	NA	NA	26.6	26.9	NA
Drank alcohol or used drugs (before last sexual intercourse, among students who were currently sexually active)	18.8	20.6	22.4	19.1	NA	NA	6.9	9.7	NA
Did not use a condom (during last sexual intercourse, among students who were currently sexually active)	53.8	43.1	40.9	52.4	NA	NA	17.6	18.4	8.4
Did not use a shot (e.g., DepoProvera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing) (before last sexual intercourse to prevent pregnancy, among students who were currently sexually active)	95.3	94.7	95.3	96.1	NA	NA	99.2	95.8	NA
Did not use an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon) (before last sexual intercourse to prevent pregnancy, among students who were currently sexually active)	95.9	96.7	98.4	96.1	NA	NA	98.1	97.1	NA
Did not use any method to prevent pregnancy (during last sexual intercourse, among students who were currently sexually active)	13.8	13.8	13.7	NA	NA	NA	7.8	20.1	4.0
Did not use birth control pills (before last sexual intercourse to prevent pregnancy)	79.3	81.8	81.0	85.9	NA	NA	95.2	84.9	NA
Did not use birth control pills; an IUD or implant; or a shot, patch, or birth control ring (before last sexual intercourse to prevent pregnancy)	70.6	73.2	74.7	79.0	NA	NA	92.5	77.9	NA
Did not use both a condom during and birth control pills; an IUD or implant; or a shot, patch, or birth control ring (before last sexual intercourse to prevent pregnancy)	91.2	91.2	91.2	NA	NA	NA	88.7	84.9	NA

Table note: “NA” means data were unavailable

Table 4-2. Crosstabulation: ‘Age at First Sexual Intercourse’ with ‘Current Condom Use’

		The last time you had sexual intercourse, did you or your partner use a condom?	
		Yes	No
How old were you when you had sexual intercourse for the first time?	11 years old or younger	(6) 37.5%	(10) 62.5%
	12 years old	(5) 35.7%	(9) 64.3%
	13 years old	(10) 45.5%	(12) 54.5%
	14 years old	(50) 59.5%	(32) 38.1%
	15 years old	(50) 57.5%	(35) 40.2%
	16 years old	(30) 58.8%	(21) 41.2%
	17 years old or older	(16) 53.3%	(14) 46.7%

Table note: data presented in total counts (n) and percentages (%) of total survey participants.

Figure 4-1. Relationship Between Age at First Sexual Intercourse and Current Condom Use.



Dietary Behaviors

The 2018 Hays CISD YRBS included twelve questions on dietary behavior. Topics included consumption of fruit, sodas, and sports drinks.

Key findings regarding dietary behavior include:

- Hays CISD students reported a higher percentage of sports drink consumption compared to U.S. peers and an increase in sports drink consumption from Hays CISD students in 2016.
- A higher percentage of Hays CISD 2018 students reported not eating fruit or drinking 100% fruit juices compared to U.S. peers; however, this measure has decreased compared to Hays CISD YRBS 2014 and 2016 responses.

Tables regarding dietary behaviors:

- Table 5-1. Student Responses to Dietary Behavior and Weight Control Survey Items, presented as percentages (%) of total respondents of each survey.
 - Table 5-1 demonstrates the data trend of the Hays CISD YRBS 2014, 2016, and 2018; United States YRBS 2013, 2015, and 2017; and Texas YRBS 2013 and 2017.

Table 5-1. Student Responses to Dietary Behavior and Weight Control Survey Items, presented as percentages (%) of total respondents of each survey.

Survey Item	U.S. YRBS			Texas YRBS			Hays CISD YRBS		
	2017	2015	2013	2017	2015	2013	2018	2016	2014
Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	5.6	5.2	5.0	NA	NA	5.9	7.6	9.6	18.0
Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	72.2	73.8	77.7	NA	NA	NA	70.6	69.6	NA
Drank a can, bottle, or glass of soda or pop one or more times per day (not counting diet soda or diet pop, during the 7 days before the survey)	18.7	20.4	27.0	NA	NA	NA	17.9	14.1	NA
Drank a can, bottle, or glass of a sports drink two or more times per day (not counting low calorie sports drinks during the 7 days before the survey)	12.5	13.0	19.4	NA	NA	NA	9.3	8.3	NA
Drank a can, bottle, or glass of soda or pop three or more times per day (not counting diet soda or diet pop, during the 7 days before the survey)	7.1	7.1	11.2	NA	NA	NA	3.8	4.2	NA
Drank a can, bottle, or glass of a sports drink (not counting low calorie sports drinks during the 7 days before the survey)	52.3	57.6	NA	NA	NA	NA	58.7	53.8	NA
Drank a can, bottle, or glass of a sports drink one or more times per day (not counting low calorie sports drinks during the 7 days before the survey)	12.4	13.8	NA	NA	NA	NA	14.0	9.9	NA
Drank a can, bottle, or glass of a sports drink two or more times per day (not counting low calorie sports drinks during the 7 days before the survey)	7.6	8.3	NA	NA	NA	NA	7.2	5.6	NA
Drank a can, bottle, or glass of a sports drink three or more times per day (not counting low calorie sports drinks during the 7 days before the survey)	4.2	4.8	NA	NA	NA	NA	2.5	3.4	NA
Did not drink water (during the 7 days before the survey)	3.8	3.5	NA	NA	NA	NA	3.0	5.6	NA
Did not eat breakfast (during the 7 days before the survey)	14.1	13.8	13.7	NA	NA	NA	14.6	14.7	NA
Avoid foods because eating the food could cause an allergic reaction (such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing)	15.2	16.0	NA	NA	NA	NA	10.0	13.7	NA

Table note: “NA” means data were unavailable

Physical Activity and Body Weight

The 2018 Hays CISD YRBS included nine questions on physical activity and body weight. Topics included body weight, physical activity behaviors, and sedentary behaviors.

Key findings regarding physical activity and body weight:

- Hays CISD students reporting the behavior of watching three hours or more per day of television also has increased from the 2014 and 2016 Hays CISD student responses.
- Hays CISD students also reported higher percentage of not doing physical activity for 60 minutes per day, five days per week, compared to U.S. peers in 2017.

Table regarding physical activity and body weight:

- Table 6-1. Student Responses to Physical Activity and Body Weight Survey Items, presented as percentages (%) of total respondents of each survey.
 - Table 6-1 demonstrates the data trend of the Hays CISD YRBS 2014, 2016, and 2018; United States YRBS 2013, 2015, and 2017; and Texas YRBS 2013 and 2017.

Table 6-1. Student Responses to Physical Activity and Body Weight Survey Items, presented as percentages (%) of total respondents of each survey

Survey Item	U.S. YRBS			Texas YRBS			Hays CISD YRBS		
	2017	2015	2013	2017	2015	2013	2018	2016	2014
Described themselves as slightly or very overweight	31.5	31.5	31.1	35.9	NA	31.7	33.8	30.7	32.5
Were not trying to lose weight	52.9	54.4	52.3	50.4	NA	NA	30.1	48.1	48.4
Did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	15.4	14.3	15.2	19.0	NA	16.6	15.7	19.7	16.4
Were not physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	46.5	51.4	52.7	42.9	NA	NA	53.2	39.8	NA
Were not physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	73.9	72.9	72.9	74.8	NA	NA	74.4	19.7	NA
Did not participate in muscle strengthening activities on 3 or more days (such as, push-ups, sit-ups, or weight lifting, during the 7 days before the survey)	48.9	46.6	48.3	NA	NA	NA	49.1	53.1	49.1
Watched 3 or more hours per day of television (on an average school day) ¹	20.7	24.7	32.5	21.9	NA	32.9	51.5	38.1	51.5
Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	43.0	41.7	41.3	42.7	NA	38.0	41.0	39.1	41.0
Did not play on at least one sports team (run by their school or community groups during the 12 months before the survey)	45.7	42.4	46.0	51.6	NA	45.3	52.3	47.9	52.3

Table note: "NA" means data were unavailable

¹ Hays CISD question included streaming services such as Netflix or Hulu therefore a direct comparison to State and National data cannot be determined.

Other Health Topics

The 2018 Hays CISD YRBS included five questions categorized in other health topics. Topics included HIV testing, dental exams, asthma, and sleep behaviors.

Key finding among other health topics include:

- A higher percentage of Hays CISD students reported not seeing a dentist compared to U.S. peers in 2017.
- A slightly higher percentage of Hays CISD students reported being diagnosed with asthma compared to Texas and U.S. peers in 2017.
- Hays CISD students reported lower risk sleep behaviors compared to Texas and U.S. peers with lower percentages reporting not having 8 or more hours of sleep on an average school night.
- A lower percentage of Hays CISD students reported never being tested for HIV compared to U.S. peers in 2017.

Tables regarding other health topics:

- Table 7-1. Student Responses to Other Healthy Topics Survey Items, presented as percentages (%) of total respondents of each survey.
 - Table 7-1 demonstrates the data trend of the Hays CISD YRBS 2014, 2016, and 2018; United States YRBS 2013, 2015, and 2017; and Texas YRBS 2013 and 2017.

Table 7-1. Student Responses to Other Healthy Topics Survey Items, presented as percentages (%) of total respondents of each survey.

Survey Item	U.S. YRBS			Texas YRBS			Hays CISD YRBS		
	2017	2015	2013	2017	2015	2013	2018	2016	2014
Were never tested for HIV (not counting tests done when donating blood)	90.7	89.8	87.1	NA	NA	NA	77.7	71.9	NA
Did not see a dentist (for a check-up, exam, teeth cleaning, or other dental work during the 12 months before the survey)	24.3	25.6	NA	NA	NA	NA	28.1	28.5	NA
Had ever been told by a doctor or nurse that they had asthma	22.5	22.8	21.0	21.7	NA	NA	23.7	23.7	17.2
You or anyone in your family have diabetes	NA	NA	NA	NA	NA	NA	NA	54.9	57.3
You or anyone in your family Type 2 diabetes	NA	NA	NA	NA	NA	NA	32.9	NA	NA
Did not have 8 or more hours of sleep (on an average school night)	74.6	72.7	68.3	74.9	NA	NA	66.8	67.2	NA

Table note: “NA” means data were unavailable

Hays CISD Site-Specific Questions

Survey items in this section cannot be compared to National or State data as they appear exclusively on the Hays CISD YRBS.

Table 8-1. Hays CISD student responses in 2014, 2016, and 2018 on site-specific questions.

Question	2018 Responses	2016 Responses	2014 Responses
In the past 12 months, did you ever feel threatened or unsafe because of your perceived sexual orientation or gender identity?	Yes – 6.68% (52) No – 93.32% (726)	Yes – 8.4% (321) No – 88.9% (3376)	Yes – 6.6% (214) No – 92.8% (2997)
During the past 12 months, have you cut or injured yourself intentionally without the intent to die?	Yes – 12.97% (101) No – 87.03% (678)	Yes – 16.7% (636) No – 80.6% (3061)	Yes – 14.5% (468) No – 84.8 (2735)
During your life, with whom have you had sexual contact?	I have not had sex – 51.55% (399) Females – 25.45% (197) Males – 17.18% (133) Males and Females – 5.81% (45)	I have not had sex – 43.8% (1663) Females – 25.0% (948) Males – 20.2% (769) Males and Females – 6.7% (253)	NA
Which of the following best describes you?	Heterosexual – 83.29% (643) Homosexual – 2.33% (18) Bisexual – 9.07% (70) Not sure – 5.31 (41)	Heterosexual – 78.1% (2966) Homosexual – 3.7% (141) Bisexual – 8.1% (307) Not Sure – 5.5% (209)	NA
During the past 12 months, how would you describe your grades in school?	Mostly As – 19.2% (147) Mostly Bs – 49.4% (379) Mostly Cs – 22.4% (172) Mostly Ds – 3.5% (27) Mostly Fs – 2.7% (21) None of these – 0.3% (2) Not sure – 2.5 % (19)	Mostly As – 29% (1100) Mostly Bs – 40.7% (1548) Mostly Cs – 15% (571) Mostly Ds – 2.6% (98) Mostly Fs – 1.6% (59) None of these – .5% (19) Not sure – 3% (114)	NA
Do you or anyone in your family have Type 2 Diabetes?	Yes – 32.9% (252) No – 38.51% (295) Not sure – 28.59% (219)	NA	NA
How well do you speak English?	Very Well – 74.6% (578) Well – 22.3% (173) Not Well – 2.3% (18) Not at all – 0.8% (6)	Very Well – 74.7% (2839) Well – 14.1% (535) Not Well – 2.3% (87) Not at all – 1.3% (50)	NA

Table notes: “NA” means data were unavailable; data presented as percentages (%) and total counts (n) of total responses for each Hays CISD YRBS year.

Table 8-2. Participant Demographics

	N	%
Race^b		
White	439	71.7
American Indian/ Alaska Native	87	14.2
Black/ African American	63	10.3
Asian	15	2.5
Pacific Islander/Other	8	1.3
Ethnicity^c		
Hispanic/Latinx	548	70.6
Non-Hispanic/Latinx	228	29.4
Age		
13 years old	1	.13
14 years old	107	13.75
15 years old	226	29.05
16 years old	198	25.45
17 years old	166	21.34
18 years or older	80	10.28
Grade Level		
9 th grade	259	33.2
10 th grade	224	28.7
11 th grade	181	23.2
12 th grade	115	14.7

^b Differences in values represent students who selected more than one race

^c Differences in values due to missing data

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