

Michigan Profile for Healthy Youth

Survey Overview
2010

Process Overview

- MiPHY is an online, anonymous student survey developed by Michigan Department of Education (MDE) in collaboration with the Michigan Department of Community Health.
- Switched from 40 Developmental Assets Survey in 2008 to MiPHY.
- Lake Orion participated in 2008 and again in 2010. MiPHY is offered every “EVEN” year to all Michigan schools.
- Data is relevant to alcohol, tobacco and other drug use, violence, nutrition, sexual behaviors, physical behaviors and family/community domains.
- Survey was administered to all students in grades 7, 9, and 11 at Lake Orion Community Schools.

Process Overview... Continued

- Cost – Free
- YRBS=Youth Risk Behavior Survey (National Data).
- Parent receives opt-out letter of participation
- Number of students who participated:

2008

■ OMS = 188 SMS = 229 WMS=194 LOHS = 989

2010

■ OMS = 167 SMS = 218 WMS=190 LOHS = 1,111

Positive Indicators: Tobacco Use

- Percentage of students who feel regular cigarette use to be a moderate or great risk:

	2008	2010
■ 7 th Grade:	90.7	86.3
■ 9 th Grade:	91.2	88.6
■ 11 th Grade:	90.1	86.9

- Percentage of students who smoked a whole cigarette (lifetime):

■ 7 th Grade:	3.1	3.7
■ 9 th Grade:	16.1	14.8
■ 11 th Grade:	29.6	33.5
■ YRBS (9-12):	51.2	

Alcohol Use

- Percentage of students who had their first drink before the age of 11 (7th grade) and age 13 (9th and 11th grade):

	2008	2010
■ 7 th Grade:	7.1	6.4
■ 9 th Grade:	10.1	12.6
■ 11 th Grade:	9.3	13.9
■ YRBS (9-12): 21.4		

- Percentage of students who report using alcohol on school property during the last 30 days (when survey was administered):

■ 7 th Grade:	0.2	0.0
■ 9 th Grade:	1.7	0.7
■ 11 th Grade:	3.3	1.9
■ YRBS (9-12): 3.6		

A TEEN WHO FIRST USES
ALCOHOL OR DRUGS AT
AGE 15 IS 4-5 TIMES AS
LIKELY TO DEVELOP A
SUBSTANCE USE DISORDER
(SUD) AS ONE WHO WAITS
UNTIL HE/SHE IS 21

AGE 1ST USE OF ALCOHOL <14 yo (vs. 21 yo)

- 4 ½ times more likely to develop a SUD
- 7 times more likely to be in MVA
- 12 times more likely to be injured
- 11 times more likely to be in physical fight
- 3 times more likely to attempt suicide
- Strong Predictor of Rx Drug Misuse (Hermos 2008)
- When develop a SUD, it's more severe and develops much faster

Marijuana and Other Drugs

- Percentage of students who tried marijuana before the age of 11 (7th grade) and age 13 (9th and 11th grade):

	2008	2010
■ 7 th Grade:	0.3	1.1
■ 9 th Grade:	4.9	2.9
■ 11 th Grade:	4.2	5.1
■ YRBS (9-12): 9.0		

- Percentage of students who used marijuana on school property in past 30 days:

■ 7 th Grade:	0.2	0
■ 9 th Grade:	0.8	0.3
■ 11 th Grade:	1.9	4.3
■ YRBS (9-12): 4.0		

Violence

- In 2010 respondents overwhelmingly agreed that their school felt safe – 97.7% of 7th grade students feel safe at school while 97.3% of 9th and 96.9% 11th grade students who were surveyed said they felt safe.

- Percentage of students who feel unsafe or very unsafe at school:

	2008	2010
■ 7 th Grade:	2.5	2.3
■ 9 th Grade:	3.6	2.7
■ 11 th Grade:	3.5	3.1

Violence

- Percentage of students who have been in a physical fight on school property (past 12 months):

	2008	2010
■ 7 th Grade:	15.4	13.5
■ 9 th Grade:	3.6	3.1
■ 11 th Grade:	2.3	3.6

 - **YRBS (9-12): 11.4**
- Percentage of students who carried a weapon (gun, knife or club) on school property (lifetime-7th grade & in the past 30 days for 9th & 11th graders):

■ 7 th Grade:	2.7	1.9
■ 9 th Grade:	3.4	3.4
■ 11 th Grade:	4.0	4.1

 - **YRBS (9-12): 5.0**

Statistics continue to
support that our schools
are the safest
environment for children.

Weight & Nutrition/Physical Activity

- Approximately 64% of all students surveyed play on a sports team.
70.7% (7th grade) 63.9% (9th grade) 55.2% (11th grade)

- Percentage who actually exercise or played a sport more than 20 minutes during an average PE class:

	2008	2010
■ 7 th Grade:	N/A	N/A
■ 9 th Grade:	98.4	97
■ 11 th Grade:	93.8	90.3
■ YRBS (9-12):	44.5	

- Percentage of students who watched three or more hours/day of TV on an average school day:

■ 7 th Grade:	29	22.6
■ 9 th Grade:	25.3	26.1
■ 11 th Grade:	21	23.8
■ YRBS (9-12):	32.6	

School Domain

- Percentage of students who feel they have lots of chances to talk with teachers one on one:

	2008	2010
■ 7 th Grade:	79.2	80
■ 9 th Grade:	78.5	80.8
■ 11 th Grade:	79.5	82.5

- Percentage of students who feel they have lots of chances to be part of class discussions or activities:

	2008	2010
■ 7 th Grade:	82	83.8
■ 9 th Grade:	83.6	84.3
■ 11 th Grade:	84.7	86.1

- Greater than 94% of all students surveyed said that they have lots of chances to get involved in clubs, sports and other school activities outside of class.

95.1% (7th grade) 94.5% (9th grade) 93.1% (11th grade)

Family Domain

- Parents overwhelmingly send the message to their children that the use of substances is wrong. However, the older the student the weaker the message conveyed by parents. **Also, parents more readily accept the use of alcohol over cigarettes and marijuana.**

- Percentage of students who report their parents felt alcohol use to be wrong:

	2008	2010
■ 7 th Grade:	96.1	95.1
■ 9 th Grade:	90.3	90.8
■ 11 th Grade:	81	81

- Percentage of students who report their parents felt marijuana use to be wrong: :

■ 7 th Grade:	99	98.4
■ 9 th Grade:	95.7	94.4
■ 11 th Grade:	89.6	88.8

TEENS 12-17 YEARS OLD...

89.4% Whose parents would strongly disapprove of their trying marijuana once or twice.....



5.4% used marijuana in the last month

Of those whose parents would only “somewhat disapprove”...



28.7% used marijuana in the last month

Community Domain

- Percentage of students who reported feeling unsafe or very unsafe in their neighborhood:

	2008	2010
■ 7 th Grade:	4.6	2.4
■ 9 th Grade:	3.2	4.0
■ 11 th Grade:	2.5	3.3

- Percentage of students with sports teams available for youth in their community:

■ 7 th Grade:	91.9	94.2
■ 9 th Grade:	93.9	95.1
■ 11 th Grade:	94.6	93.5

Sexual Behavior

- Percentage of students being taught in school about HIV/AIDS: 90.7%

- Percentage of students who ever had sexual intercourse (lifetime):

	2008	2010
■ 7 th Grade:	3.3	3.6
■ 9 th Grade:	15.2	17
■ 11 th Grade:	47.6	43.3
■ YRBS (9-12): 42.4		

- Among the students who had sexual intercourse during the past three months, the percentage of students who used a condom during last sexual intercourse:

	2008	2010
■ 7 th Grade:	55.6	55
■ 9 th Grade:	69.4	81.7
■ 11 th Grade:	65.8	63.3
■ YRBS (9-12): 65.0		

PROTECTIVE FACTORS FOR ADOLESCENT SUDs

- Strong Family Bonds
- Parental Engagement
- Clear Expectations and Consequences
- Strong Pro-Social Bonds
- Conventional Norms about drugs and alcohol
- Delayed Onset of First Use
- Religious/Spiritual Affiliation

Risk Indicators:

D and F students are at a greater risk and more likely to smoke cigarettes (lifetime) and during the past 30 days, chew more tobacco, smoke cigars (lifetime and in the last 30 days), drink alcohol (including binge drinking more) and use marijuana, club drugs, prescription drugs and painkillers more frequently than A and B students. More D and F students carry weapons and have done so in the last 30 days.

RISK FACTORS FOR ADOLESCENT SUDs

- Parent with SUD
- Mood Disorder
- Learning Disorder / Poor Performance
- Low Self-Esteem
- Early Sexual Activity
- Dysfunctional Family
- Drug / Alcohol Using Peers
- Easy Availability of Substances in Community
- Early Use of Substances (First Initiation Age)

Risk Indicators: Tobacco

- The percentage of students using any form of tobacco is high (26% compared to the state average of 24.8%) among 11th grade students surveyed (18.4% for 7th grade).
- The percentage of students who purchased/stole their own tobacco from a store/parents, even though they are NOT 18 years old (28.4%) is close to double the state average of 15% (20% 7th grade).
- Percentage of students who smoked cigarettes over the past 30 days:

	2008	2010
■ 7 th Grade:	.8	2.3
■ 9 th Grade:	8.5	7.4
■ 11 th Grade:	17.7	20
■ YRBS (9-12):	18.0	

Alcohol

- Percentage of students who find it easy to get access to alcohol:

	2008	2010
■ 7 th Grade:	42.1	38.8
■ 9 th Grade:	66.7	69.7
■ 11 th Grade:	77.6	81

- More 7th grade students surveyed drank alcohol (11.7%) than smoked a whole cigarette (3.7%)

- Percentage of students who drank (lifetime)

■ 7 th Grade:	10.5	11.7
■ 9 th Grade:	35.8	37.2
■ 11 th Grade:	66.4	61.4
■ YRBS (9-12):	72.2	

- Percentage of students who have had one or more drinks in the past 30 days:

■ 7 th Grade:	5.2	5
■ 9 th Grade:	19.9	17.7
■ 11 th Grade:	41.6	38.9
■ YRBS (9-12):	42.8	

Alcohol

- Percentage of students who had five or more drinks of alcohol in a row within a couple of hours, in the past 30 days (binge):

	2008	2010
■ 7 th Grade:	1.5	2.7
■ 9 th Grade:	8.8	8.3
■ 11 th Grade:	30.3	27.2
■ YRBS (9-12):	24.6	

- Percentage of students who rode in a car or another vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days:

■ 7 th Grade:	23.8	18.9
■ 9 th Grade:	22.8	20
■ 11 th Grade:	23.4	24.6
■ YRBS (9-12):	27.6	

- Percentage of students who drove a car or another vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days:

■ 7 th Grade:	n/a	n/a
■ 9 th Grade:	2.5	3.5
■ 11 th Grade:	9.6	11.5
■ YRBS (9-12):	27.6	

UNDERAGE DRINKING: A MAJOR PUBLIC HEALTH ISSUE

- DRINKING AND DRIVING
- SUICIDE
- SEXUAL ASSAULT
- HIGH RISK SEX
- PHYSICAL FIGHTS
- INJURIES UNDER THE INFLUENCE
- NON-DRINKERS AFFECTED..."PASSIVE DRINKING"

Marijuana and Other Drugs

- Marijuana usage increases substantially as students get older. The percentage of students who ever tried marijuana in their lifetime goes from 3.2% in 7th grade to 15.9% in 9th to 38.3% in 11th.
- Percentage of students who have used marijuana during the last 30 days:

	2008	2010
■ 7 th Grade:	.3	2.7
■ 9 th Grade:	7.3	9.6
■ 11 th Grade:	20.7	23.7
■ YRBS (9-12): 18%		

Marijuana and Other Drugs

- Over 8.4% of all (9th and 11th grade) students took prescription painkillers (such as: Vicodin, Demerol) without a doctor's prescription one or more times during the past 30 days.
7th (10.7% ever) 9th (6.2%) 11th (10.8%)
- Among 11th grade students surveyed, 9.7% took a prescription drug (such as: Xanax, Ritalin) without a doctor's prescription one or more times during the past 30 days.
- 221 (23 7th, 74 9th, 124 11th) students indicated they were offered, sold or given an illegal drug on school property in the last 12 months.

FOR YEARS, MARIJUANA WAS
KNOWN AS THE “GATEWAY
DRUG”....IT HAS RECENTLY
BEEN SURPASSED BY
PRESCRIPTION MEDICATION

Marijuana and Other Drugs

- The percentage of 7th grade students indicating that they have tried the following drugs: (lifetime)

	2008	2010
■ Marijuana:	1	3.2
■ Sniffing:	4.5	3.5
■ Cocaine:	3.5	5.4
■ Steroids:	4.0	5.7
■ Methamphetamines:	3.0	5.3
■ Inject:	3.0	5.3

Violence

- Bullying behaviors are a concern. Younger students are reporting seeing and/or being bullied.
 - 72.3% of our 7th grade students surveyed have seen students get pushed, hit or punched.
 - 89.4% have heard students get called mean names or get put down.
 - 91.3% have heard rumors or lies being spread about other students one or more times during the past 12 months.

Violence

- Percentage of students who have seen students wreck or damage other students' things one or more times during the past 12 months:

	2008	2010
■ 7 th Grade:	72.2	69.8
■ 9 th Grade:	61.8	56
■ 11 th Grade:	65.6	58.7

- Percentage of students who have heard students threaten to hurt other students one or more times in the past 12 months:

■ 7 th Grade:	69.3	61.8
■ 9 th Grade:	70.4	62
■ 11 th Grade:	79.3	68.2

Violence

- Percentage of students who were injured in a physical fight and had to be treated by a doctor during the past 12 months:

	2008	2010
■ 7 th Grade:	4.8	2.6
■ 9 th Grade:	9.1	9.1
■ 11 th Grade:	9.5	7.1
■ YRBS (9-12): 3.1		

- Percentage of students who carried a weapon such as a gun, knife or club in the past 30 days:

■ 7 th Grade:	36.8	29.5
■ 9 th Grade:	15.4	18.4
■ 11 th Grade:	21.2	15.4
■ YRBS (9-12): 17.9		

School Domain

- Over 60% of our students surveyed reported that they did not receive praise from teachers when they work hard.
- 38% of our 9th and 11th grade students reported that they often or almost always hated being at school during the past year.
- A large percentage of students feel that the school does not report to parents when they have done something well.
(27.3% of 9th & 11th graders and 42.4% of 7th graders said the school lets parents know)

- Percentage of students who feel their courses are slightly or very dull:

	2008	2010
■ 7 th Grade:	32.1	33.3
■ 9 th Grade:	44.1	41.1
■ 11 th Grade:	40.1	39.2

Community Domain

- Students report that it is easy to acquire cigarettes, alcohol and marijuana. **All the students reported that alcohol was the easiest to obtain.**
- Students report that very few neighbors notice when they are doing a good job and let them know. The older the students the less they are recognized.
- Percentage of students who know adults in their neighborhood that they could talk to about something important decreases with

age:	2008	2010
■ 7 th Grade:	58.1	60.6
■ 9 th Grade:	53.9	52.5
■ 11 th Grade:	46.6	48.2

Family Domain

- Students in all grade levels report that they feel closer to their mothers than their fathers.

- Most parents do not ask their children if homework is done. Below is the percentage of students whose parents do ask whether their homework is

complete:	2008	2010
■ 7 th Grade:	9.7	7.2
■ 9 th Grade:	15.7	12.7
■ 11 th Grade:	21.7	22.2

Interestingly, parents who question students about homework increases with age.

- Percentage of students who feel people in their family have serious arguments
 - 7th Grade: 38 34.7
 - 9th Grade: 40.9 48.3
 - 11th Grade: 46.5 48.9

Weight & Nutrition/Physical Activity

- Students' activity level decreases with age and a significant number of students do not meet the recommended minutes/days for physical activity.
- Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days:

	2008	2010
■ 7 th Grade:	55.8	61.7
■ 9 th Grade:	48.5	52
■ 11 th Grade:	42.9	37.1

- Over 22% of students in all grade levels described themselves as being slightly or very overweight.
- 38% (7th) and 42%/42.4%(9th /11th) graders reported they are trying to lose weight.
- Percentage of students stating that they dieted in the last 30 days:
11th Grade: 42.5% 9th Grade: 42.5% 7th Grade: 41% State average: 40.5%

Nutrition

- Students report regular drinking of soda and the number increases with age. 31.6%/27.3% of (9th /11th graders) and 23.8% (7th graders). YRBS (9-12): 28.9%

- Percentage of students who had breakfast everyday in the past week:

	2008	2010
■ 7 th Grade:	60.3	58.1
■ 9 th Grade:	46.8	44.2
■ 11 th Grade:	41.3	39.5

- Percentage of students who did not eat breakfast in the past seven days:

■ 7 th Grade:	7.6	9.2
■ 9 th Grade:	10.8	7.4
■ 11 th Grade:	10.3	7.4

Sexual Behavior

- Percentage of students who ever had sexual intercourse (lifetime):

	2008	2010
■ 7 th Grade:	3.3	3.6
■ 9 th Grade:	15.2	17
■ 11 th Grade:	47.6	43.3
■ YRBS (9-12): 42.4		

- Percentage of students who had sexual intercourse with one or more people during the past three months:

■ 7 th Grade:	1	1.1
■ 9 th Grade:	11.1	11.1
■ 11 th Grade:	36.7	29.8
■ YRBS (9-12): 30.0		

- Percentage of students who drank alcohol or used drugs before last sexual intercourse:

■ 7 th Grade:	33.3	5.3
■ 9 th Grade:	36.2	23.7
■ 11 th Grade:	28.2	27.7
■ YRBS (9-12): 23.2		

Sexual Behavior

Approximately 40% of our students have never talked with their parents or other adults in their family about what they expected them to do when it comes to sex.

Depression / Suicide

- Percentage of students who seriously considered attempting suicide in the past 12 months:

	2008	2010
■ 7 th Grade:	17.7	13.6
■ 9 th Grade:	11	14.9
■ 11 th Grade:	12.3	18.2
■ YRBS:	15.3	

- Percentage of students who made a suicide plan:

■ 7 th Grade:	8.4	7.8
■ 9 th Grade:	10.6	9.7
■ 11 th Grade:	11.6	12.5
■ YRBS:	12.0	

- Percentage of students who actually attempted suicide one or more times in the past 12 months:

■ 7 th Grade:	4.8 (28students)	2.7 (15 students)
■ 9 th Grade:	7.8 (35 students)	7.6 (41 students)
■ 11 th Grade:	7.9 (34 students)	9.3 (42 students)
■ YRBS:	9.1	

SCHOOL PROGRAMS

- Programs that primarily increase knowledge about alcohol / drugs and consequences are not effective
- Programs that are effective:
 - Address Social Pressures
 - Teach Resisting Skills
 - Involvement of Peers / Interactive
 - Include Teacher Training
 - Include Family Components

Comprehensive Community Interventions...

Multi-Faceted

Involve Multiple City Departments

Involve Law Enforcement and Educators

Use Data and clear Measurable Objectives

Include Treatment

Involve Private Citizens

Involve the Youth they hope to Help

Good News

- We have 2 years worth of data to review and determine progress.
- Partnering with community, parents and other organizations to support and help reduce risky behaviors. . . e.g., North Oakland Community Coalition, PTA's, Chamber of Commerce.
- Data supports that many kids are engaged in healthy habits – they are receiving the message!
- Educators will focus on this data to support and target individual student needs.

Examples of Current Programs

- Social Work Services
- Health Classes addressing identified issues
- Bullying initiative in LOCS
- Peer mentoring programs
- Project Alert
- Physical Education Classes
- Wellness Committee

SOME CLASSES WE OFFER AT LOCS

- S.T.A.R. (Student Teacher Affective Relationships)
- Trans
- Conflict Management
- Assets
- Challenges
- Health
- Family Relations
- Contemporary Social Problems
- Business Law
- Educational Paradigms
- English Classes
- LRC Classes

The Next Steps

- Continue analyzing data by district.
- Review the “Areas of Focus” by building level.
(To be determined)
- Share with community groups and partners.
- Complete MiPHY survey again in 2012

“NEVER DOUBT THAT A SMALL
GROUP OF DEDICATED
CITIZENS CAN CHANGE THE
WORLD...INDEED IT IS THE
ONLY THING THAT EVER HAS”

Margaret Meade