



# February 21, 2024 Meeting

Kristy McCarron, Chairperson of the Commission



# Welcome

# Agenda

- Welcome and Introductions
  - New Commissioner Introductions
- Recap of the Previous Commission Meeting
  - Approval of Minutes
- Youth Risk Behavior Survey (YRBS)
- Commission Focus Areas for 2024
- Comments from Commissioners on Current Work
- Final Discussion, Closeout and Priorities for Next Meeting



# New Commissioner Introductions

# Healthy Youth and Schools Commission Meeting

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Lori Garibay, MPH, MA

Child, Adolescent and School Health Division Chief

Wednesday, February 21, 2024

# DC Health Mission and Vision

## Mission:

- The District of Columbia Department of Health promotes health, wellness and equity across the District, and protects the safety of residents, visitors and those doing business in our nation's capital

## Vision:

- To be the healthiest city in America

# Child, Adolescent and School Health Division

- Improve the health and well-being of children and adolescents with the District of Columbia
- Promote health, safety, and learning in school settings within the District of Columbia
- Programs include the School Health Services Program, School Based Health Centers, Pediatric Mental Healthcare Access, Rape Prevention Education, Teen Pregnancy Prevention, and the Youth Advisory Council

# JESS KIRCHNER

*Children and Families Senior Policy Analyst  
National Governors Association*



## PROFESSIONALLY:

- Supports the human services initiatives of Governors in all 55 states and territories, including child care, youth mental health, hunger and nutrition programs, poverty abatement programs, etc.
  - Big focuses for 2024 are youth mental health and childhood food security programs

## PERSONALLY:

- Grew up in Boston and has lived in D.C. for five years
- Semi-professional restaurant week strategist





As Program Manager on the Grassroots Health team, I provide overall leadership and management of Grassroots Health programming, from school programming to parent/caregiver programs, health fairs, and volunteer leadership and development. I have over 9 years of experience in community health and education.

I graduated from Howard University with my BS in Health Education/Community Health and continued my professional development in becoming a Certified Health Education Specialist (CHES), Community Health Worker, and completed certificate programs in Public Health and Project Management with Cornell University.

Grassroots Health advances health equity in cities by using sports to re-imagine health education in middle schools and mobilizing NCAA athletes as health educators and role models for youth.

We envision a world where schools everywhere have the support they need to prioritize health and physical education as core subjects for students.

## THE CORE OF OUR MODEL

### KINESTHETIC LEARNING

Trained athletes lead 30, 1-hour program sessions over 3 years.

By using sports and games, our programs

- engage students
- make health topics easier to understand
- make discussions less awkward & stigmatizing



6th Nutrition



7th Sexual Health



8th Mental Health

## IT TAKES A VILLAGE

FAMILY



We engage families in two **Grassroots Fam** workshops to offer support as they navigate tough health conversations with their children.

COMMUNITY



We host in-person events called **Grassroots Connect**, fostering connections to community-based clinical and social service providers

STUDENT

Whole Child. Whole School. Whole Family. Whole Community.



# Recap of the Previous Commission Meeting

Kristy McCarron, Chairperson, Healthy Youth and Schools Commission

# Recap of the Previous Commission Meeting

- July 26, 2023 Meeting
  - Main topic covered: School Mental and Behavioral Health
    - Youth Risk Behavior Survey
    - The Student Experience
  - Approval of minutes



# Youth Risk Behavior Survey (YRBS)

Tasneem Islam, OSSE

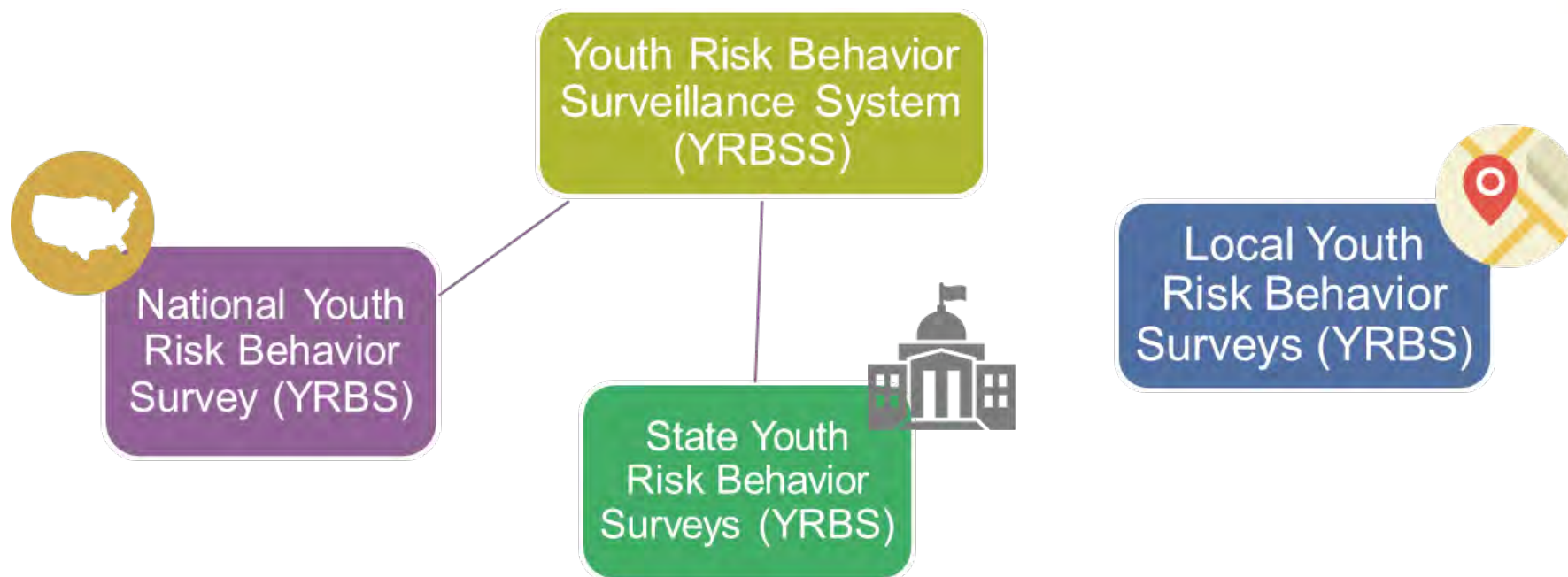


# DC Youth Risk Behavior Survey (YRBS)

HYSC Meeting.....

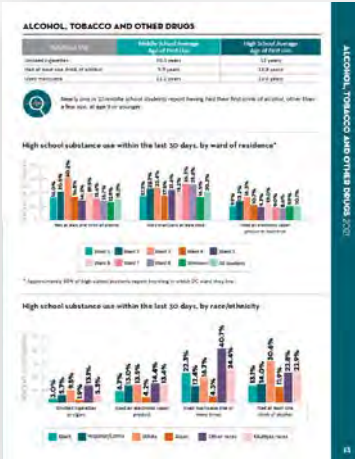
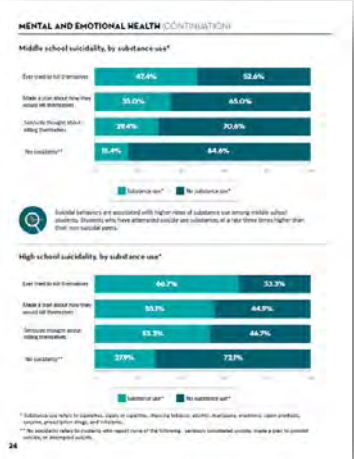
Feb. 21, 2024

# Youth Risk Behavior Survey (YRBS)



# District of Columbia YRBS

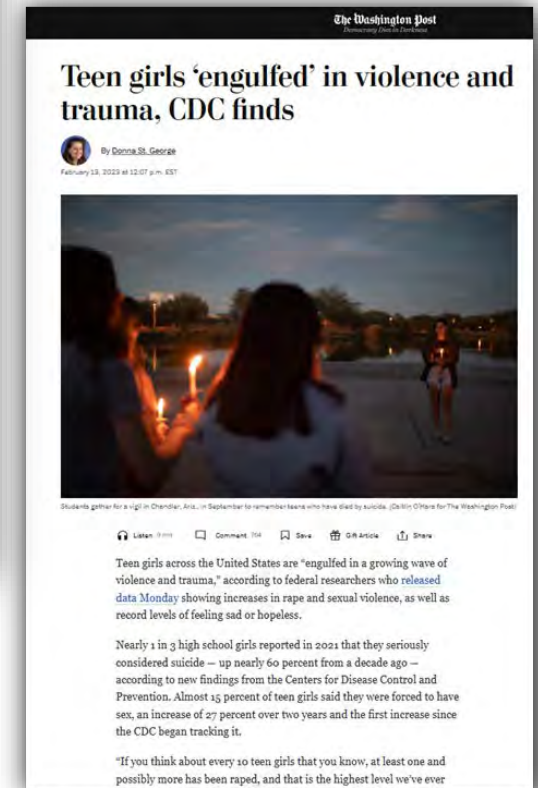
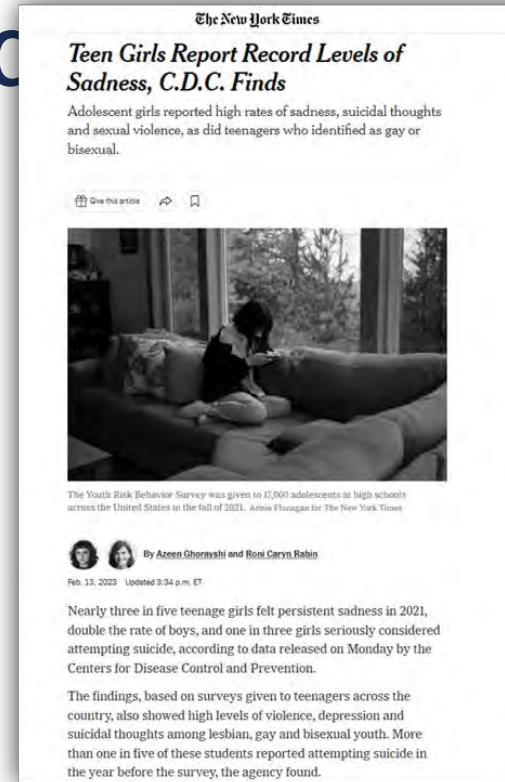
- High school and middle school youth
- Census data collection rather than sample
- Required participation for all public and public charter middle and high schools
- Survey modifications to reflect unique DC priorities.
  - School discipline
  - Ward of residency
  - Transgender identity
  - Gender expression
  - Dating violence





# YRBS National-level Findings

- In Feb. 2023, the CDC released its preliminary national findings through the *Data Summary & Trends Report*.





# 2021 DC YRBS Data

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# On a positive note...

Trends in alcohol age of initiation: 2007 to 2021		2007	2012	2015	2017	2019	2021	2019 - 2021 Trend	Long-Term Trend (2007 - 2021)
MIDDLE SCHOOL	Percentage of students who had their first drink of alcohol, other than a few sips, before age 11 years	17.6%	14.2%	10.9%	14.4%	13.1%	11.7%	Down ↓	Down ↓
HIGH SCHOOL	Percentage of students who had their first drink of alcohol, other than a few sips, before age 13 years	25.4%	22.0%	18.8%	16.1%	17.8%	12.6%	Down ↓	Down ↓

# On a positive note...

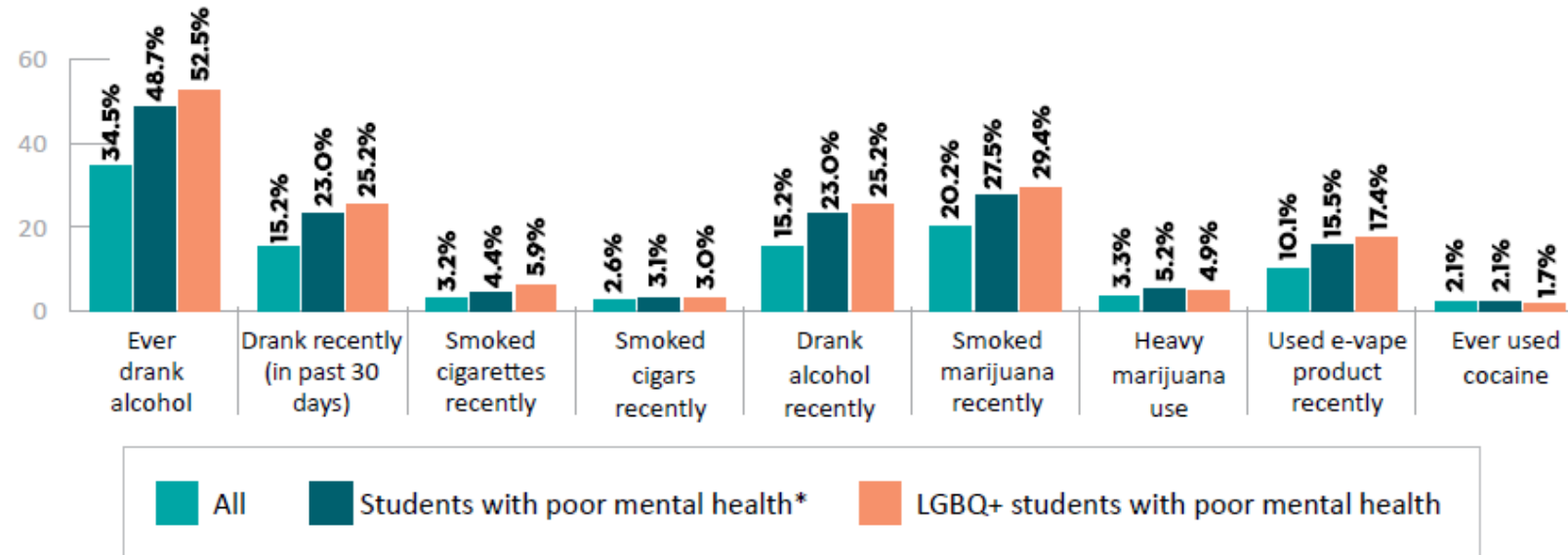
Trends in high school students' current (past 30-day) substance use: 2007 to 2021	2007	2012	2015	2017	2019	2021	2019 - 2021 Trend	Long-Term Trend (2007 - 2021)
Smoked cigarettes*	11.0%	13.8%	8.2%	8.1%	5.3%	3.2%	Down ↓	n/a
Smoked cigars, cigarillos, or little cigars	10.4%	16.5%	11.5%	10.5%	6.6%	2.6%	Down ↓	Down ↓
Used electronic vapor products	n/a	n/a	13.4%	10.9%	13.0%	10.1%	Down ↓	n/a
Used marijuana	20.5%	32.2%	28.7%	33.0%	29.2%	20.2%	Down ↓	No Change ↔
Had at least one drink of alcohol	34.2%	31.4%	20.1%	20.5%	20.2%	15.2%	Down ↓	Down ↓

\* The wording of this question was altered from “How old were you when you smoked a whole cigarette for the first time?” to “How old were you when you first tried cigarette smoking, even one or two puffs?” in 2017, and the CDC will not provide long-term trend data for questions with wording changes. Therefore, though the long-term trend appears to be declining, no long-term trend data are available for this question.

# Of concern...

## Mental Health

**Differences in substance use for those with poor mental health, comparing all high school students and LGBQ+ students**



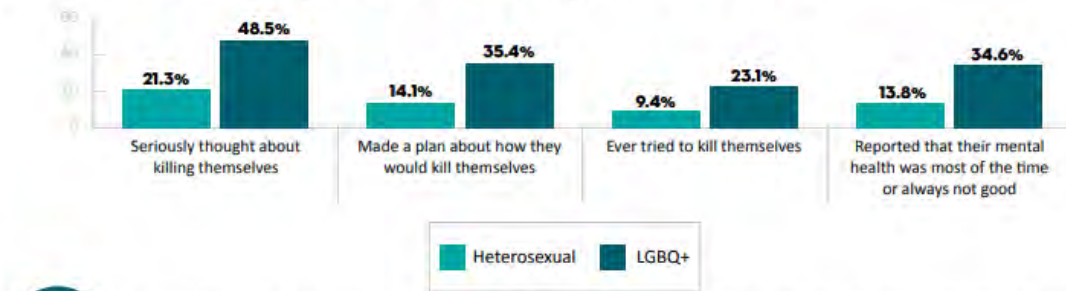
\* Poor mental health refers to students who reported that their mental health was most of the time or always not good 30 days prior to the survey.

^ Suicidality refers to seriously considering, making a plan to, or attempting suicide.

# Of concern...

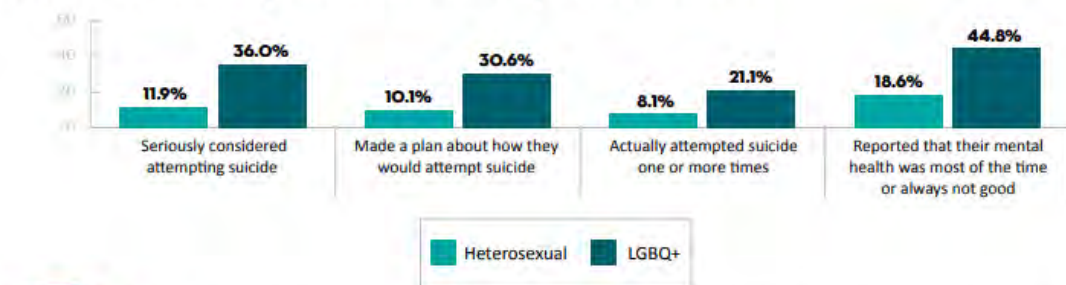
## Mental Health

### Middle school suicidality and mental health, by sexual orientation



LGBTQ+ middle school students are 2.8 times as likely to attempt suicide as their heterosexual peers, and 2.5 times as likely to experience poor mental health.

### High school suicidality and mental health, by sexual orientation

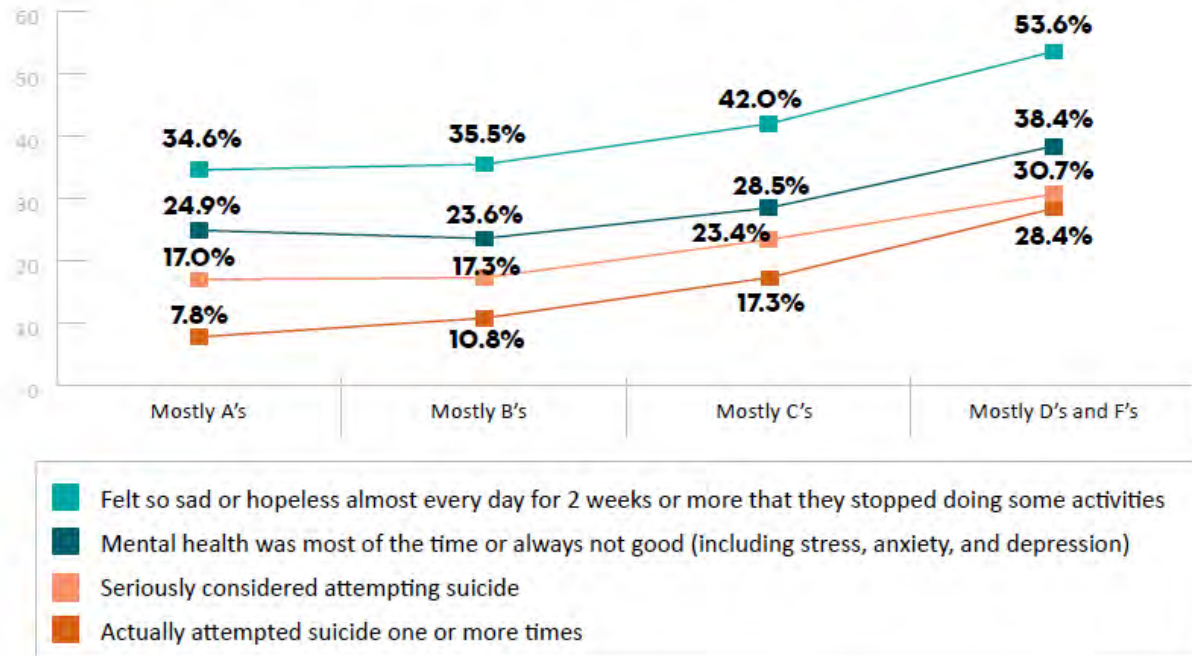


LGBTQ+ high school students are 2.4 times as likely as their heterosexual peers to experience suicidality, and three times as likely to experience poor mental health.

# Confirming our understanding...

## Mental Health

High school depressed mood and suicidality, by academic performance

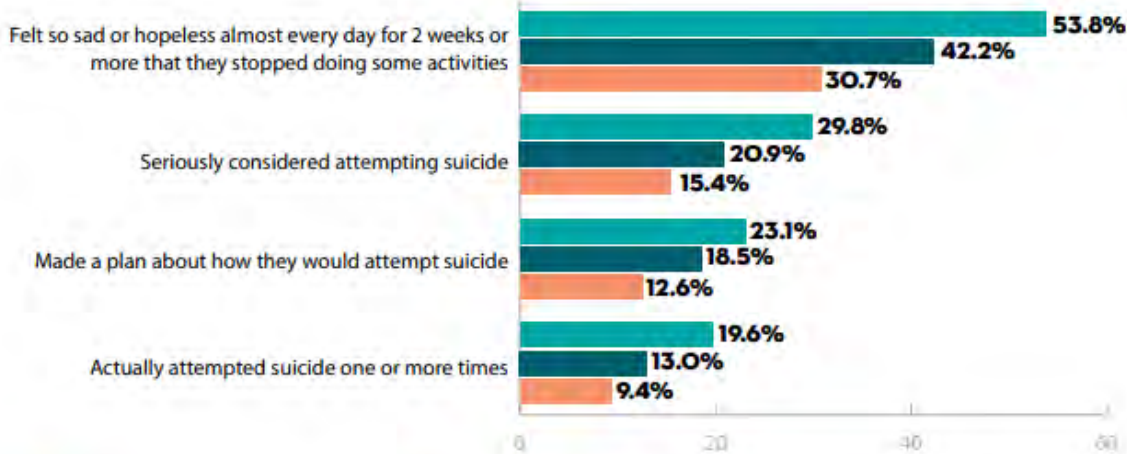


High school students who receive mostly D's and F's are 3.6 times more likely to report attempting suicide as students receiving mostly A's.

# Furthermore...

## Mental Health

**High school depressed mood and suicidality, by level of closeness with school-based supportive adult**



Close to an adult at school: Strongly Disagree      Close to an adult at school: Not Sure or Disagree      Close to an adult at school: Strongly Agree / Agree

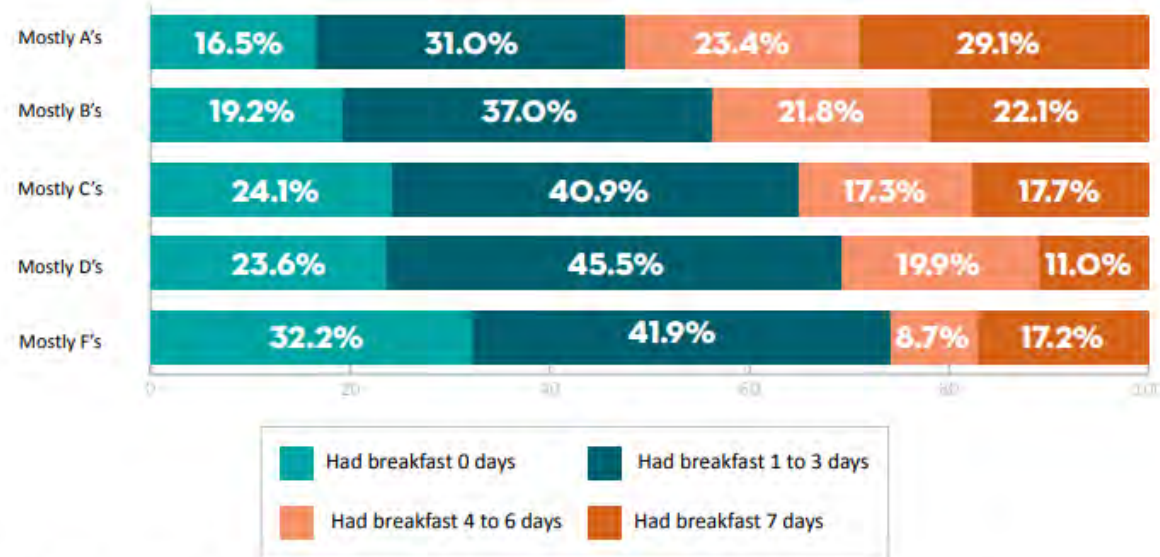


Transgender high school students report the lack of a school-based supportive adult at twice the rate of their non-transgender peers.



# ... and how academic performance connects to nutrition

**Breakfast consumption\* among high school students, by academic performance**



\* Breakfast consumption is any breakfast, not just school breakfast, in the seven days prior to the survey.

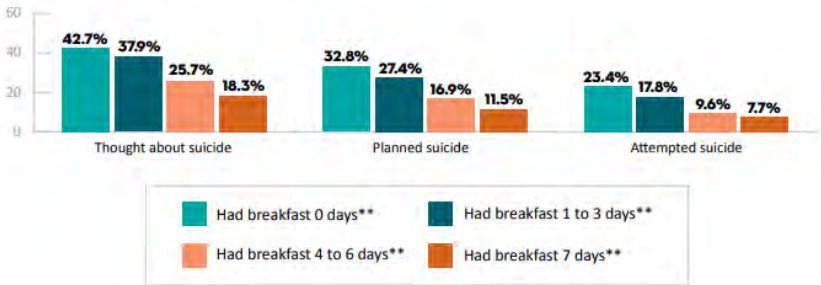


High school students who report eating breakfast zero days over the seven days prior to the survey are three times as likely to either plan for or attempt suicide than those who report having breakfast all seven days.

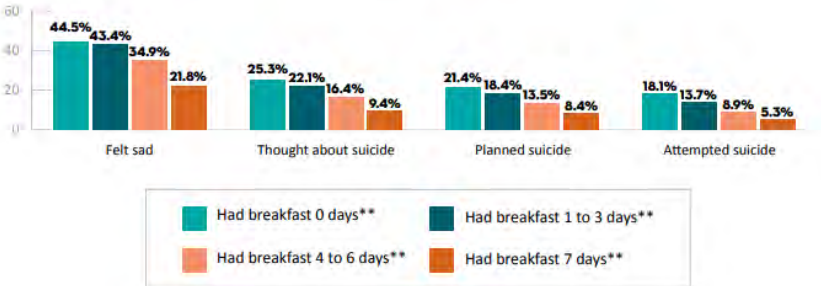
# Mental health and breakfast consumption

## Nutrition

Middle school suicidality, by breakfast consumption\*



High school depressed mood and suicidality, by breakfast consumption.\*



\* Breakfast consumption is any breakfast, not just school breakfast.  
 \*\* In the seven days prior to the survey.

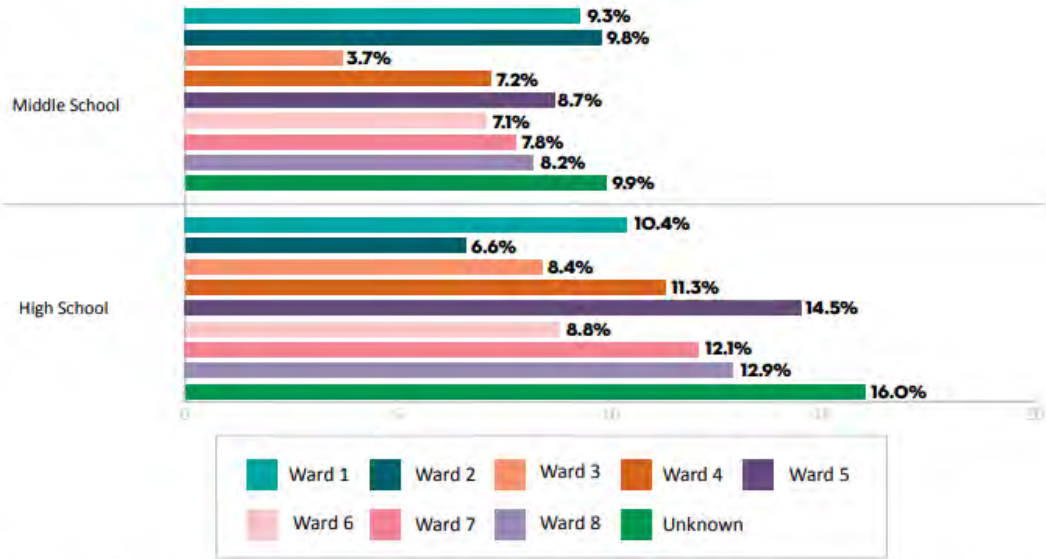


Students who report suicidality (thinking about, making a plan to, or attempting to commit suicide) report eating breakfast less frequently.

# Experiences of hunger

## Nutrition

Experiences of hunger\*, by ward of residence\*\*



\* Hunger includes students who report having gone hungry due to a lack of enough food in the home sometimes, most of the time, or always during the past 30 days.  
\*\* Approximately 60 percent of high school students and 40 percent of middle school students report knowing in which DC ward they live.



- High school students' experience of hunger most of the time or always has decreased by one-fourth, from 4.6 percent in 2019 to 3.3 percent in 2021.
- Middle school students with a parent or adult in their household who experienced job loss during the COVID-19 pandemic were 1.6 times as likely to experience hunger than their peers.



## 2023 YRBS Survey Administration

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# Youth Risk Behavior Survey (YRBS)

- 2023 YRBS Administration

- **Web-based** survey

- Significant decline in schools administering paper surveys (5% in 2023 compared to 25% in the 2021 YRBS cycle)
    - No technical issues reported

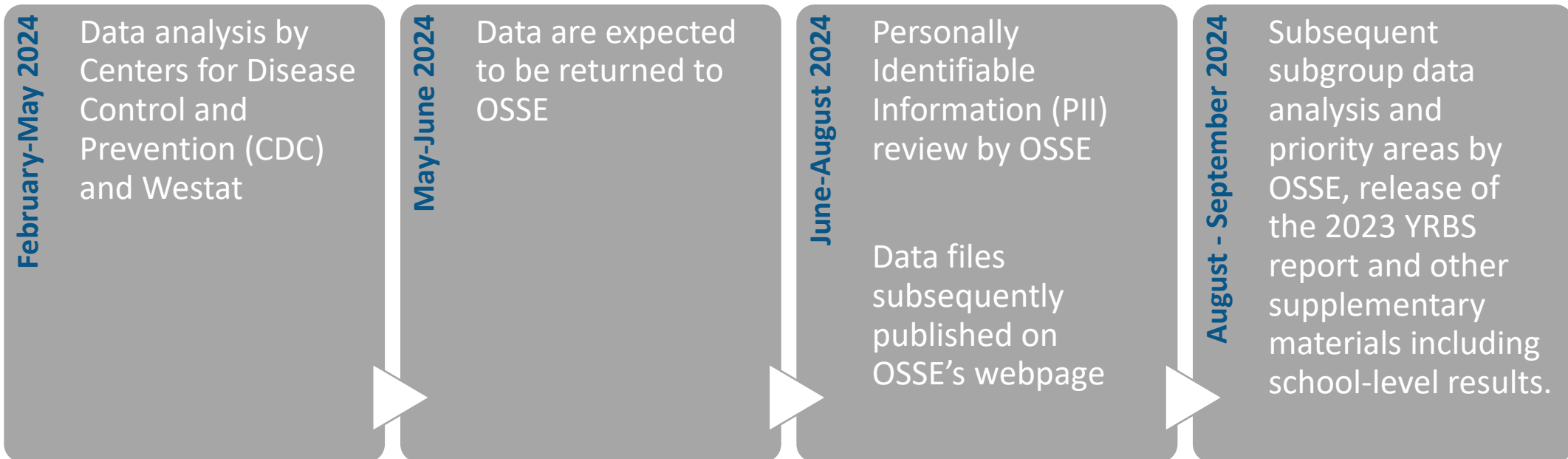
- **New questions** added in 2023

- ❖ Treated badly or unfairly in school because of race/ethnicity
    - ❖ Social media use
    - ❖ Grades in school
    - ❖ *HS only*: Transgender identity

# 2023 YRBS Administration: by the numbers

- School-level participation rate: **100%**
- Schools surveyed:
  - Middle School: **73**
  - High School: **40**
- Student response rates:
  - Middle School: **81%**
  - High School: **73%**
- Total # participating students:
  - Middle School: **13,227**
  - High School: **13,582**

# 2023 YRBS Data: Approximate Timeline





## YRBS Data: Resources from CDC

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# YRBS Data Resources

- YRBS Toolkit
- YRBS Explorer
  - Graphs and Tables
- Youth Online
  - State and national comparisons
  - Trends



A screenshot of the YRBS Explorer web application. On the left is a sidebar with a search bar and a "Select Topic" menu containing categories like "Unintentional Injuries and Violence", "Tobacco Use", "Alcohol and Other Drug Use", "Sexual Behaviors", "Dietary Behaviors", "Physical Activity", "Obesity, Overweight and Weight Control", and "Other Health Topics". The main area is titled "Explore Youth Risk Behavior Survey Questions - United States, 2019" and displays a grid of question cards. Each card includes a question, a "Graphs" icon, and a "Tables" icon. Questions include "Were ever physically forced to have sexual intercourse", "Ever used cocaine", "Ever took prescription pain medicine without a doctor's prescription...", "Rode with a driver who had been drinking alcohol", "Were in a physical fight", "Ate fruit or drank 100% fruit juices one or more times per day", "Were in a physical fight on school property", "Currently used smokeless tobacco", "First tried cigarette smoking before age 13 years", "Currently smoked cigarettes or cigars", "Were bullied on school property", "Felt sad or hopeless", "Did not eat breakfast", "Were ever tested for human immunodeficiency virus", and "Currently smoked cigarettes".

# 2021 DC YRBS CDC files

The screenshot shows the DC OSSE website. At the top left is the DC.gov logo with three stars and the text "Mayor Muriel Bowser". A search bar contains the text "What are you looking for today?". Below this is the "Office of the State Superintendent of Education" header. A red-bordered box highlights a link: "Find a COVID Center Near You". A navigation menu includes: Home, LEAs & Schools, Educators, Students & Families, Child Development Facilities, Topics, Library, and About OSSE. The main content area features the OSSE logo, "Office Hours" (Monday to Friday, 8:30 a.m.-5 p.m.), "Connect With Us" (address, phone, TTY, email), and social media icons. The main heading is "2021 DC YRBS Data Files". The text describes the survey: "The 2021 District of Columbia Youth Risk Behavior Survey (YRBS) was administered between September 2021 and January 2022 in alignment with Centers for Disease Control and Prevention (CDC) protocols. Upon completing data collection from DC public and public charter middle and high schools, the Office of the State Superintendent of Education (OSSE) submitted raw data, answer sheets and electronic data to the CDC for final cleaning, weighting and high-level analysis. In fall 2021, OSSE received the summary data files and graphs below from the CDC. These files describe survey results for every variable in the 2021 survey as well as initial trend analysis. YRBS data offer an important lens into student health, experiences, and well-being, and can inform District efforts to support the physical, mental and social-emotional health of students." Below this, it states: "In order to provide timely, actionable data to local education agencies and community partners, OSSE is releasing the initial CDC-generated files before the OSSE-produced 2021 YRBS Report becomes available. The 2021 DC YRBS Report will be available in late-spring 2022 and will include deeper analysis of subgroup results and trends around youth risk behaviors and experiences." At the bottom, it says: "The files can be downloaded below and contain tabulations, graphs and technical documentation to understand the survey results, create new materials and conduct secondary data analyses."

## Middle School

- [2021 DC Middle School Academic Achievement](#)
- [2021 DC Middle School Summary Tables](#)
- [2021 DC Middle School Graphs](#)
- [2021 DC Middle School Sample Description](#)
- [2021 DC Middle School Sample Statistics](#)
- [2021 DC Middle School Sexual Identity Summary](#)
- [2021 DC Middle School Sexual Identity](#)
- [2021 DC Middle School Summary Graphs](#)
- [2021 DC Middle School Survey Summary](#)
- [2021 DC Middle School Trend Report 10 Years](#)
- [2021 DC Middle School Trend Report](#)

## High School

- [2021 DC High School Academic Achievement](#)
- [2021 DC High School Graphs](#)
- [2021 DC High School Sample Description](#)
- [2021 DC High School Sample Statistics](#)
- [2021 DC High School Sexual Contacts Summary](#)
- [2021 DC High School Sexual Contacts](#)
- [2021 DC High School Sexual Identity Summary](#)
- [2021 DC High School Sexual Identity](#)
- [2021 DC High School Summary Graphs](#)
- [2021 DC High School Summary Tables](#)
- [2021 DC High School Survey Summary](#)
- [2021 DC High School Trend Report](#)

## Related Content:

[DC Youth Risk Behavior Survey \(YRBS\)](#)



# Discussion: Commission Focus Areas for 2024



# Commissioners' Current Work

Commissioners



# Final Discussion, Closeout and Priorities for Next Meeting

Commissioners