

FOREWORD

Thank you for your interest in the data presented in this publication. It is the result of the 2014 Youth Health Assessment of Fulton County. The data collected is reported along with health information from the Ohio Department of Health and relevant national, state, and local data sources.

The health assessment is vital as it serves as a guide for strategic planning and decision-making. This process assists the community in identifying new health concerns, measuring the impact of the current efforts, and guiding the wise stewardship of local resources. This assessment is but one tool to be used in the development of a planning process. Community health improvement requires examining, in depth, the data contained in the publication, pursuing additional information from service providers and others, identifying the target population at risk and choosing effective strategies that will work to create a healthier Fulton County.

This assessment would not have been possible without the collaboration of community leaders and organizations. We thank them for their time and support. Special thanks to the Fulton County Superintendents, Healthy Choices Caring Communities, and the Hospital Council of Northwest Ohio for guiding the health assessment process.

The information contained in this assessment can be paramount to improving our community. It is up to us, as individual organizations, to use the information in a way that is beneficial. We are happy to assist you in your efforts to improve the health and well-being of the Fulton County residents. We encourage you to be open to new ideas and collaborations. I am confident that with effective collaboration, we can create a more healthy community for the residents of Fulton County.

Sincerely,

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Fulton County Family and Children First Chairperson

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FOREWORD



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a committee of The Fulton County Family & Children First Council



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EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Fulton County youth (ages 12 through 18) who participated in a county-wide health assessment survey during 2014. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instrument used by the Centers for Disease Control and Prevention for their national and state Youth Risk Behavior Surveillance Survey (YRBSS). The Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adolescents within Fulton County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process was regarded as an important step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

A survey instrument was designed and pilot tested for this study. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adolescents. The investigators decided to derive the majority of the survey items from the Youth Risk Behavior Surveillance System survey. This was important because it provided for a more valid comparison of the findings with the state and national YRBS data.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with a committee of Family and Children First Council from Fulton County. During these meetings, banks of potential survey questions from the YRBSS survey were reviewed and discussed. Based on input from the Fulton County planning committee, the Project Coordinator composed a draft of a survey containing 83 items. This draft was reviewed and approved by health education researchers at the University of Toledo.

PROCEDURE | *Adolescent Survey*

Superintendents reviewed and approved the survey. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 90% (n=456). The number needed to have adequate power was 365. Adequate power means that the results are more likely to be representative of all of the students of a similar age in the county.

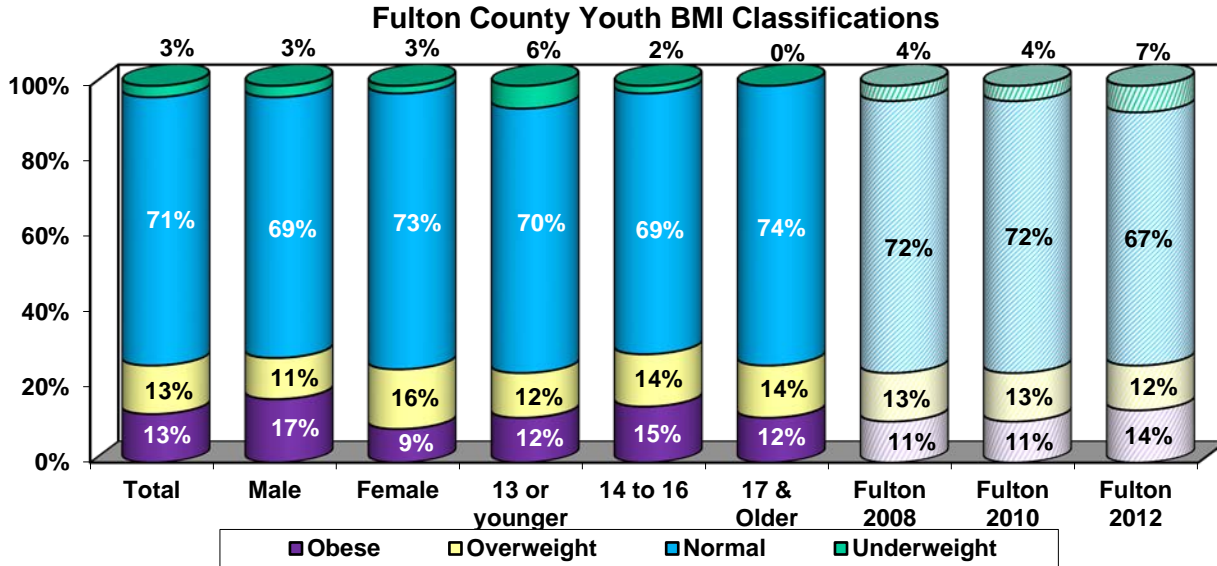
DATA ANALYSIS

Individual responses were anonymous and confidential. Only group data were available. All data were analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report.

Data Summary

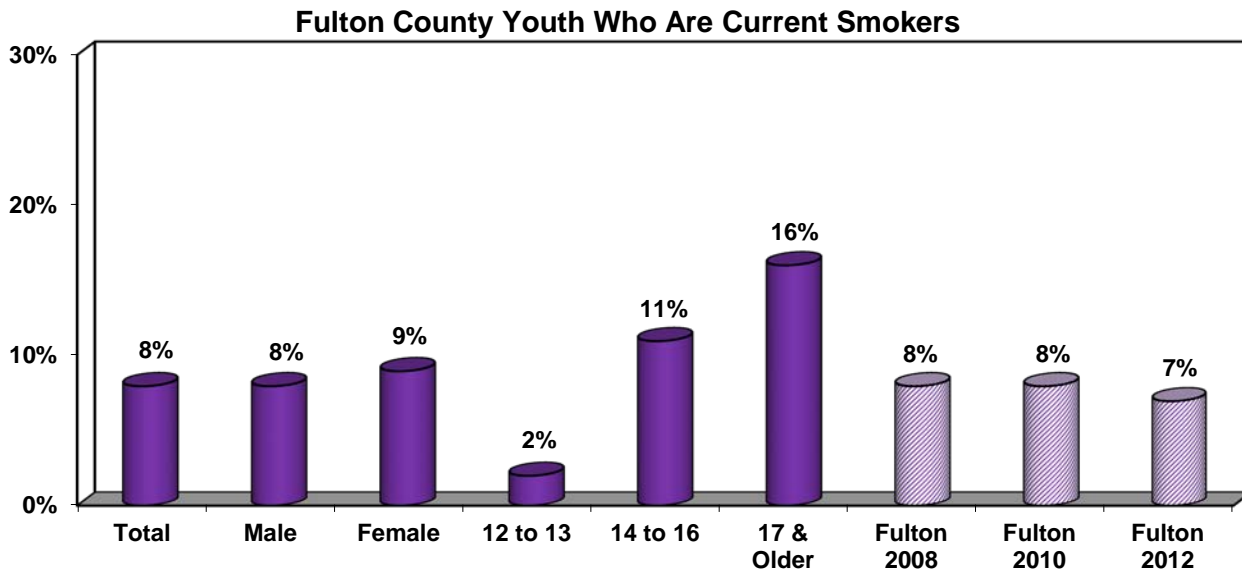
YOUTH WEIGHT STATUS

The 2014 Health Assessment identified that 13% of Fulton County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 28% of Fulton County youth reported that they were slightly or very overweight. 81% of youth were exercising for 60 minutes on 3 or more days per week. 91% of youth were involved in extracurricular activities.



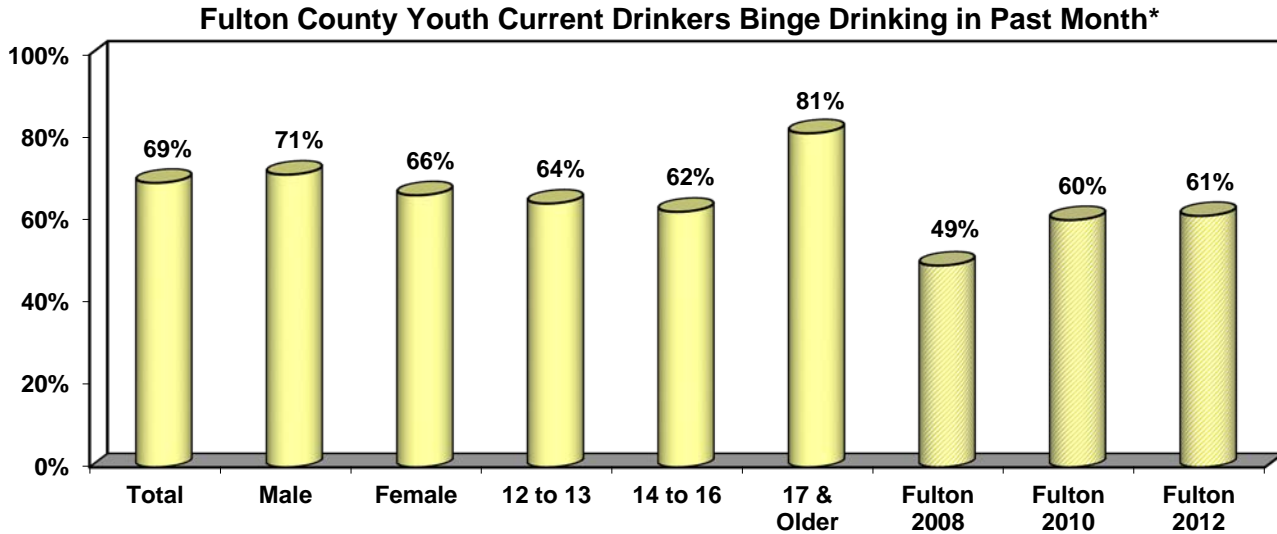
YOUTH TOBACCO USE

The 2014 Health Assessment identified that 8% of Fulton County youth in grades 6-12 were smokers, increasing to 16% of those who were over the age of 17. Of those 6th -12th grade youth who currently smoked, 43% had tried to quit.



YOUTH ALCOHOL CONSUMPTION

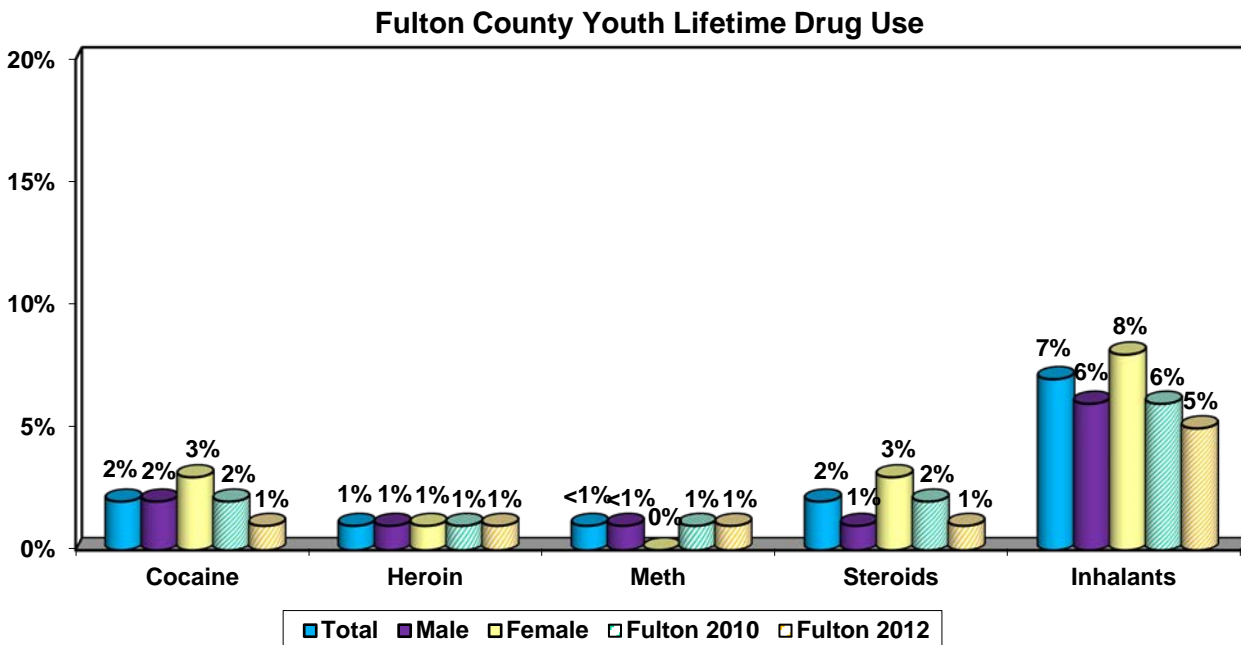
In 2014, the Health Assessment results indicated that 42% of Fulton County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 66% of youth seventeen and older. 33% of those 6th-12th graders who drank, took their first drink at 12 years or younger. 15% of all Fulton County 6th-12th grade youth and 32% of those over the age of 17 had at least one drink in the past 30 days. 69% of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% of all high school youth drivers had driven a car in the past month after they had been drinking alcohol.



*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.

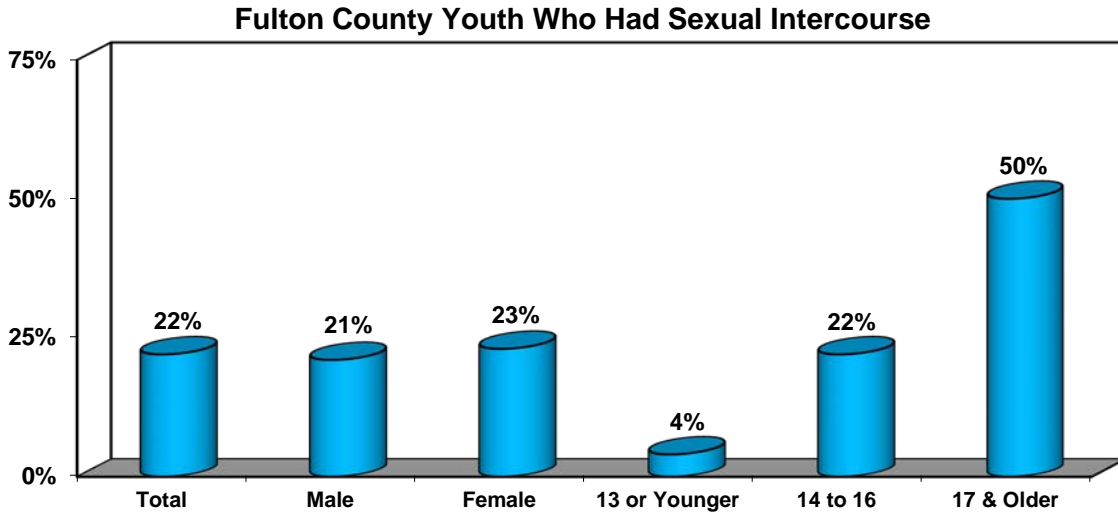
YOUTH MARIJUANA AND OTHER DRUG USE

In 2014, 6% of Fulton County 6th-12th grade youth had used marijuana at least once in the past 30 days. 6% of 6th-12th grade youth used medications that were not prescribed for them or took more than prescribed to get high in the past 30 days, increasing to 12% of those over the age of 17.



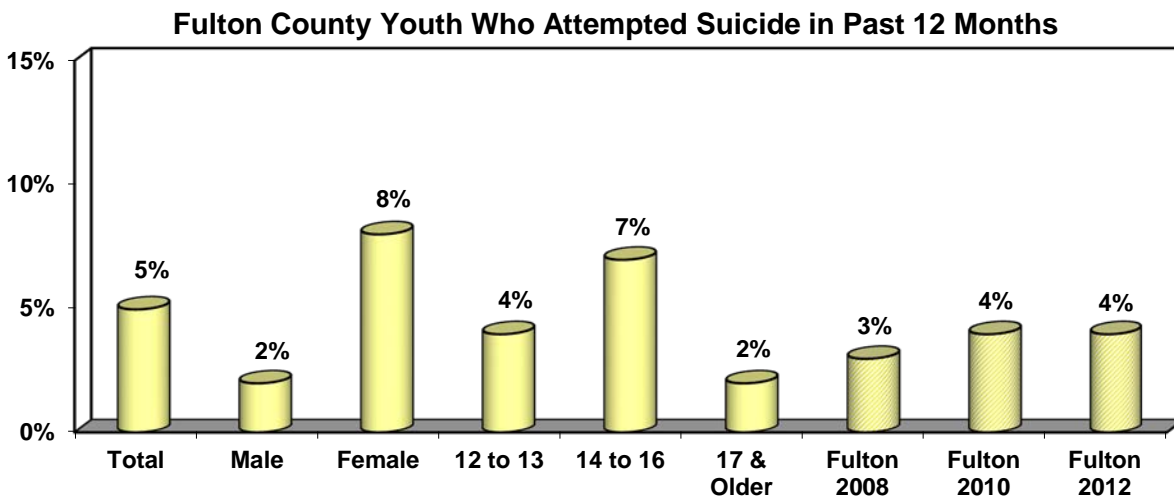
YOUTH SEXUAL BEHAVIOR & PREGNANCY OUTCOMES

In 2014, over one-fifth (22%) of Fulton County youth have had sexual intercourse, increasing to 50% of those ages 17 and over. 21% of youth participated in sexting.



YOUTH MENTAL HEALTH AND SUICIDE

In 2014, the Health Assessment results indicated that 12% of Fulton County 6th-12th grade youth had seriously considered attempting suicide in the past year and 5% admitted actually attempting suicide in the past year.

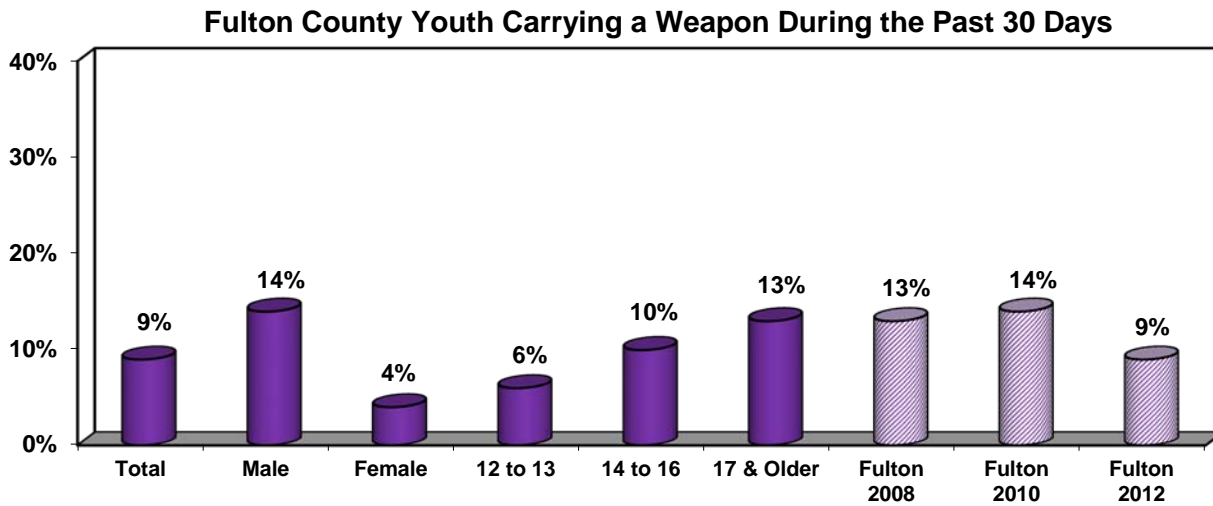


YOUTH SAFETY

In 2014, 85% of Fulton County youth self-reported that they wore a seatbelt when driving a car in the past month. 16% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month. 41% of youth drivers texted while driving. 8% of youth played the choking game.

YOUTH VIOLENCE

In Fulton County, 9% of youth had carried a weapon in the past month. 41% of youth had been bullied in the past year and 27% had been bullied on school property.



YOUTH PERCEPTIONS

In 2014, 62% of Fulton County 6th-12th grade youth thought there was a great risk in harming themselves if they smoked cigarettes. 37% of youth thought that there was either no risk or a slight risk to using marijuana once or twice a week. Almost three-quarters (74%) of youth reported that their parents would think it was very wrong for them to drink alcohol.

Youth | TREND SUMMARY

TREND SUMMARY

Youth Variables	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Weight Control							
Obese	11%	11%	14%	13%	14%	13%	14%
Overweight	13%	13%	12%	13%	14%	16%	17%
Described themselves as slightly or very overweight	27%	27%	30%	28%	30%	28%	31%
Trying to lose weight	43%	44%	47%	42%	41%	47%	48%
Exercised to lose weight	40%	40%	56%	44%	46%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	21%	22%	33%	25%	31%	43%*	39%*
Went without eating for 24 hours or more	4%	3%	6%	4%	4%	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	1%	1%	3%	3%	5%	5%	5%
Vomited or took laxatives	1%	1%	2%	2%	1%	5%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	N/A	78%	84%	83%	85%*	78%*
Drank a can, bottle or glass of soda or pop one or more times per day in past week	N/A	N/A	N/A	22%	24%	21%	27%
Physically active at least 60 minutes per day on every day in past week	36%	38%	34%	37%	36%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	62%	63%	62%	64%	66%	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	8%	8%	7%	8%	6%	13%	15%
Watched TV 3 or more hours per day	35%	36%	36%	31%	29%	28%	35%
Unintentional Injuries and Violence							
Carried a weapon in past month	13%	14%	9%	9%	11%	14%	18%
Carried a weapon on school property in past month	13%	14%	9%	2%	4%	4%*	5%
Did not go to school because felt unsafe	1%	2%	2%	2%	1%	5%	7%
Electronically/cyber bullied in past year	N/A	N/A	8%	11%	12%	15%	15%
Bullied in past year	N/A	N/A	39%	41%	40%	N/A	N/A
Bullied on school property in past year	N/A	N/A	23%	27%	21%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	4%	6%	5%	4%	7%	7%	9%**
Mental Health							
Youth who had seriously considered attempting suicide in the past year	8%	10%	10%	12%	13%	14%	17%
Youth who had attempted suicide in the past year	3%	4%	4%	5%	5%	6%	8%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	13%	14%	17%	19%	22%	26%	30%

N/A – Not available

* Comparative YRBSS data for 2007

**Comparative data YRBSS data for Ohio is 2009 and U.S. is 2011

Youth Variables	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (9 th -12 th)	Fulton County 2012 (9 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Alcohol Consumption							
Ever tried alcohol	41%	40%	42%	42%	58%	71%**	66%
Current drinker	18%	15%	15%	15%	22%	30%	35%
Binge drinker (of all youth)	9%	9%	9%	10%	16%	16%	21%
Drank for the first time before age 13 (of all youth)	14%	15%	15%	13%	10%	13%	19%
Rode with someone who was drinking in past month	19%	15%	14%	16%	16%	17%	22%
Drank and drove(of youth drivers)	3%	3%	3%	6%	8%	4%	10%
Tobacco Use							
Ever tried cigarettes	24%	20%	20%	23%	34%	52%**	41%
Current smokers	8%	8%	7%	8%	14%	15%	16%
Tried to quit smoking	66%	79%	74%	43%	43%	56%**	48%
Usually obtained their own cigarettes by buying them in a store or gas station	16%	18%	23%	16%	18%	N/A	18%
Sexual Behavior							
Participated in some form of sexual activity	27%	29%	30%	29%	47%	N/A	N/A
Ever had sexual intercourse	N/A	N/A	N/A	22%	37%	43%	47%
Planning to stay abstinent until marriage	53%	47%	43%	40%	30%	N/A	N/A
Used birth control at some time in life	9%	8%	11%	12%	19%	N/A	N/A
Drug Use							
Youth who used marijuana in the past month	4%	8%	4%	6%	10%	21%	23%
Ever used methamphetamines	1%	1%	1%	<1%	0%	6%*	3%
Ever used cocaine	1%	2%	1%	2%	3%	4%	6%
Ever used heroin	2%	2%	2%	1%	1%	2%	2%
Ever used steroids	3%	2%	1%	2%	2%	3%	3%
Ever used inhalants	8%	6%	5%	7%	6%	9%	9%
Ever misused medications	7%	7%	6%	8%	11%	N/A	N/A
Ever used ecstasy/MDMA	N/A	N/A	2%	2%	4%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	6%	7%	5%	4%	5%	20%	22%
Preventive Care							
Visited a dentist for a check-up within the past year	57%	62%	73%	73%	75%	75%	N/A
Visited a doctor for a routine check-up within the past year	78%	74%	63%	70%	70%	66%	N/A

N/A – Not available

* Comparative YRBSS data for 2007

**Comparative data YRBSS data for Ohio is 2009 and U.S. is 2011

Youth | WEIGHT STATUS

Key Findings

The 2014 Health Assessment identified that 13% of Fulton County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 28% of Fulton County youth reported that they were slightly or very overweight. 81% of youth were exercising for 60 minutes on 3 or more days per week. 91% of youth were involved in extracurricular activities.

Youth Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal weight, overweight, and obesity.
- In 2014, 13% of youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and 14% for the U.S.). 13% of youth were classified as overweight (2013 YRBS reported 16% for Ohio and 17% for the U.S.). 71% were normal weight, and 3% were underweight.

13% of Fulton County youth were classified as obese.

- 28% of youth described themselves as being either slightly or very overweight (2013 YRBS reported 28% for Ohio and 31% for the U.S.).
- 42% of all youth were trying to lose weight, increasing to 54% of Fulton County female youth (compared to 31% of males)(2013 YRBS reported 47% for Ohio and 48% for the U.S.).
- Fulton County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
 - 44% of youth exercised.
 - 37% of youth drank more water
 - 30% of youth ate more fruits and vegetables
 - 25% of youth ate less food, fewer calories, or foods lower in fat.
 - 11% of youth skipped meals.
 - 4% reported going without eating for 24 hours or more (2013 YRBS reported 10% for Ohio and 13% for the U.S.).
 - 3% reported taking diet pills, powders, or liquids without a doctor's advice (2013 YRBS reported 5% for Ohio and 5% for the U.S.).
 - 2% reported smoking to lose weight.
 - 2% vomited or took laxatives to lose weight. (2013 YRBS reported 5% for Ohio and 4% for the U.S.).

Nutrition

- 12% of Fulton County youth ate 5 or more servings of fruits and vegetables per day. 84% ate 1 to 4 servings of fruits and vegetables per day.
- 22% of youth drank a can, bottle, or glass of soda or pop (not including diet pop) at least once per day during the past week (2013 YRBS reports 21% for Ohio and 27% for the U.S.).

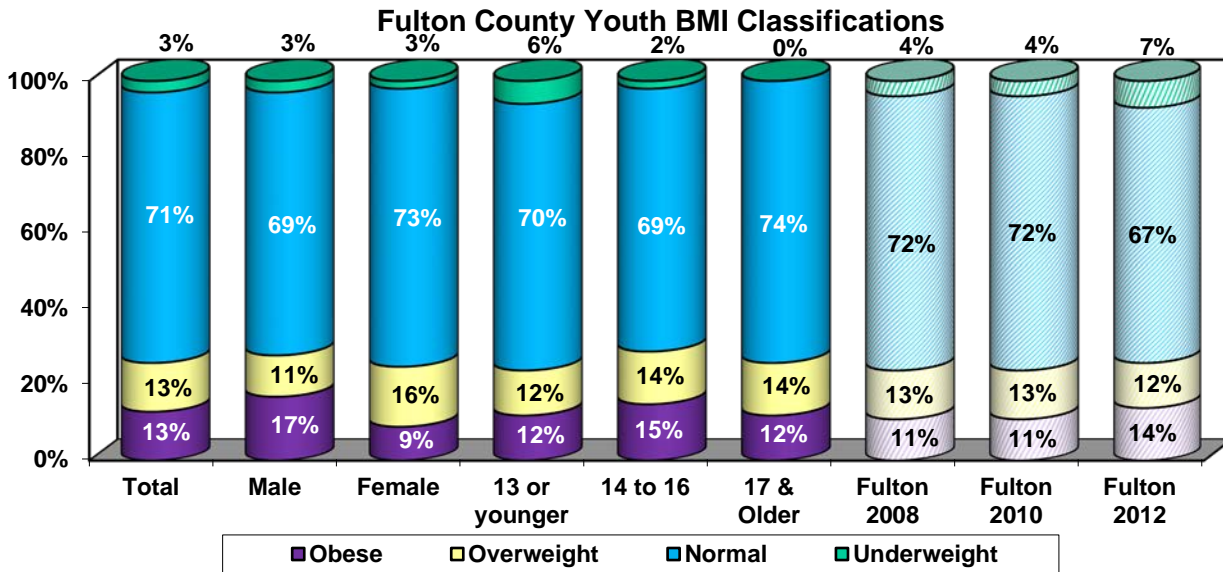
- 26% of youth reported they drank energy drinks for the following reasons: to stay awake (52%), to get pumped up (27%), to help them perform (13%), before games or practice (12%), to mix with alcohol (10%), and some other reason (42%).
- 12% of youth reported they went to bed hungry at least one day per week because their family did not have enough money for food. 3% reported they went to bed hungry every night.
- During the past 7 days, youth reported eating the following number of meals with their family: 1 to 3 meals (22%), 4 to 6 meals (20%), 7 to 9 meals (16%), 10 to 12 meals (12%), 13 to 15 meals (10%), and 16 or more meals (14%). 7% of youth reported they did not eat any meals with their family in the past week.

Physical Activity

- 81% of Fulton County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. 64% did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and 47% for the U.S.), and 37% did so every day in the past week (2013 YRBS reports 28% for Ohio and 27% for the U.S.). 8% of youth did not participate in at least 60 minutes of physical activity on any day in the past week. (2013 YRBS reports 13% for Ohio and 15% for the U.S.).
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least three days per week.
- Fulton County youth spent an average of 3.2 hours on their cell phone, 2.0 hours watching TV, 1.5 hours on the computer/tablet, and 1.2 hours playing video games on an average day of the week.
- Almost one-third (31%) of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and 33% for the U.S.).
- 91% of youth participated in extracurricular activities. They participated in the following: sports or intramural programs (43%), school club or social organization (34%), church youth group (34%), church or religious organization (28%), junior high, freshman, JV or varsity sports program (39%), caring for siblings after school (13%), part-time job (19%), babysitting for other kids (17%), volunteering in the community (14%), or some other organized activity (Scouts, 4H, etc.) (13%).

Fulton County 6 th -12 th Grade Youth did the following to lose weight in the past 30 days:	Percent
Exercised	44%
Drank more water	37%
Ate more fruits and vegetables	30%
Ate less food, fewer calories, or foods lower in fat	25%
Skipped meals	11%
Went without eating for 24 hours	4%
Took diet pills, powders, or liquids without a doctor's advice	3%
Vomited or took laxatives	2%
Smoked cigarettes	2%

The following graph shows the percentage of Fulton County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the first graph include: 71% of all Fulton County youth were classified as normal weight, 13% were obese, 13% were overweight, and 3% were underweight for their age and gender.



Physical Activity Facts

- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.
- The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.
- The percentage of high school students who attended physical education classes daily decreased from 42% in 1991 to 25% in 1995 and remained stable at that level until 2011 (31%).
- Regular physical activity:
 - Helps build and maintain healthy bones and muscles.
 - Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.
 - Reduces feelings of depression and anxiety and promotes psychological well-being.
 - May help improve students' academic performance, including academic achievement and academic behavior.

(Sources: CDC, *Adolescent and School Health*, Updated: 2/19/2013, from: <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)

Youth Comparisons	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Obese	11%	11%	14%	13%	14%	13%	14%
Overweight	13%	13%	12%	13%	14%	16%	17%
Described themselves as slightly or very overweight	27%	27%	30%	28%	30%	28%	31%
Trying to lose weight	43%	44%	47%	42%	41%	47%	48%
Exercised to lose weight	40%	40%	56%	44%	46%	61%*	61%*
Ate less food, fewer calories, or foods lower in fat to lose weight	21%	22%	33%	25%	31%	43%*	39%*
Went without eating for 24 hours or more	4%	3%	6%	4%	4%	10%	13%
Took diet pills, powders, or liquids without a doctor's advice	1%	1%	3%	3%	5%	5%	5%
Vomited or took laxatives	1%	1%	2%	2%	1%	5%	4%
Ate 1 to 4 servings of fruits and vegetables per day	N/A	N/A	78%	84%	83%	85%*	78%*
Drank a can, bottle or glass of soda or pop one or more times per day in past week	N/A	N/A	N/A	22%	24%	21%	27%
Physically active at least 60 minutes per day on every day in past week	36%	38%	34%	37%	36%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	62%	63%	62%	64%	66%	48%	47%
Did not participate in at least 60 minutes of physical activity on any day in past week	8%	8%	7%	8%	6%	13%	15%
Watched TV 3 or more hours per day	35%	36%	36%	31%	29%	28%	35%

N/A – Not available

* Comparative YRBSS data for Ohio is 2007 and U.S. is 2009

**2011 YRBS

Youth | TOBACCO USE

Key Findings

The 2014 Health Assessment identified that 8% of Fulton County youth in grades 6-12 were smokers, increasing to 16% of those who were over the age of 17. Of those 6th -12th grade youth who currently smoked, 43% had tried to quit.

In 2014, 8% of Fulton County youth were current smokers, having smoked at some time in the past 30 days.

Youth Tobacco Use Behaviors

- The 2014 health assessment indicated that 23% of Fulton County youth had tried cigarette smoking (2013 YRBS reported 41% for the U.S.).
- In 2014, 8% of Fulton County youth were current smokers, having smoked at some time in the past 30 days (2013 YRBS reported 15% for Ohio and 16% for the U.S.). 16% of those ages 17 years old and older were current smokers, compared to 2% of 12-13 year olds.
- About two-thirds (68%) of the Fulton County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- 47% of youth smokers borrowed cigarettes from someone else, 40% gave someone else money to buy them, 26% said a person 18 years or older gave them the cigarettes, 16% bought cigarettes from a store, supermarket, discount store or gas station, (2013 YRBS reported 18% for the U.S.), 14% took them from a family member, 2% reported they took them from a store, 2% got them on the internet and 23% got them some other way. No one reported that they got them from a vending machine.
- Fulton County youth used the following forms of tobacco the most in the past year: e-cigarette (14%), cigarettes (11%), hookah (9%), Black and Milds (7%), chewing tobacco or snuff (5%), cigars (4%), flavored cigarettes (4%), swishers (4%), cigarillos (3%), little cigars (2%), dissolvable tobacco products (1%), snus (1%) and bidis (<1%).
- Almost half (43%) of Fulton County 6th-12th grade youth smokers had tried to quit smoking in the past year.

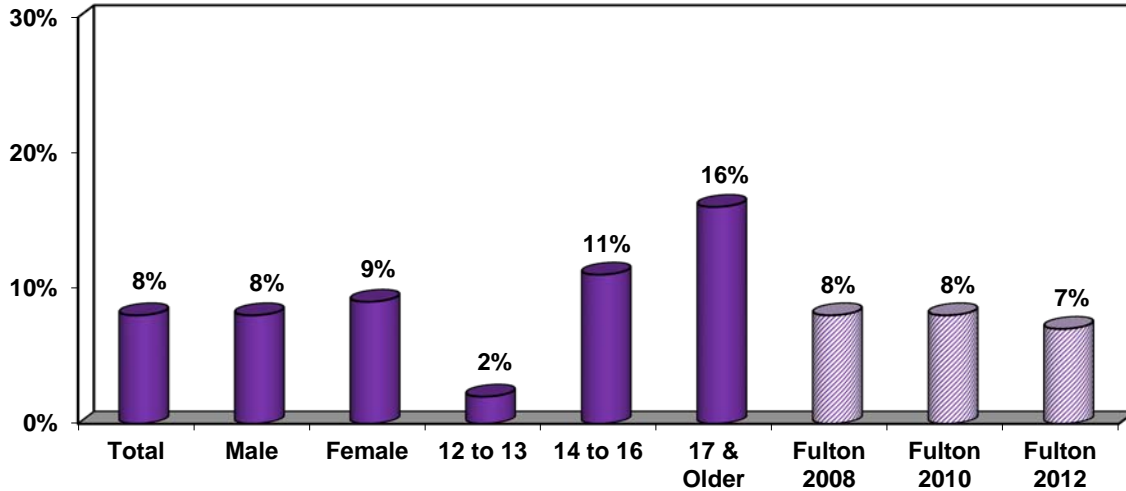
Youth Comparisons	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Ever tried cigarettes	24%	20%	20%	23%	34%	52%*	41%
Current smokers	8%	8%	7%	8%	14%	15%	16%
Tried to quit smoking	66%	79%	74%	43%	43%	56%*	48%
Usually obtained their own cigarettes by buying them in a store or gas station	16%	18%	23%	16%	18%	N/A	18%

N/A- Not Available

*Comparative data YRBSS data for Ohio and U.S. is 2011

The following graph shows the percentage of Fulton County youth who smoke cigarettes. Examples of how to interpret the information include: 8% of all Fulton County youth were current smokers, 8% of males smoked, and 9% of females were current smokers.

Fulton County Youth Who Are Current Smokers



16% of all Fulton County youth smokers reported they bought cigarettes from a convenience store, supermarket, discount store, or gas station.

Behaviors of Fulton County Youth
Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Participated in extracurricular activities	87%	91%
Reported that tobacco was easily available	82%	29%
Perceived a great or moderate risk to smoking	79%	83%
Parents feel cigarette smoking was very wrong or wrong	71%	95%
Have had at least one drink of alcohol in the past 30 days	68%	10%
Have been bullied in the past 12 months	47%	41%
Have used marijuana in the past 30 days	43%	3%
Contemplated suicide in the past 12 months	42%	9%
Misused prescription medications in the past 30 days	22%	5%
Friends feel cigarette smoking was very wrong or wrong	17%	79%

Current smokers are those youth surveyed who have self-reported smoking at any time during the past 30 days.

Electronic Cigarettes and Teenagers

- The percentage of U.S. middle and high school students who tried electronic cigarettes more than doubled from 2011 to 2012.
- E-cigarettes look like regular cigarettes, but they are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled.
- The percentage of high school students who had ever used e-cigarettes rose from 4.7% in 2011 to 10.0% in 2012. In the same time period, high school students using e-cigarettes within the past 30 days rose from 1.5% to 2.8%.
- The percentage of middle school students who had ever used e-cigarettes also doubled from 1.4% to 2.7%.
- Altogether, as of 2012 more than 1.78 million middle and high school students in the US had tried e-cigarettes.
- 76% of current young e-cigarette users also smoked regular cigarettes. Some experts fear that e-cigarettes may encourage children to try regular cigarettes.
- Nicotine is a highly addictive drug. Many teens that start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes."

(Source: CDC, Press Release, September 5, 2013, <http://www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html> & ACS, Electronic Cigarette Use Doubles Among Teenagers, September 9, 2013, <http://www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers>)

Youth | ALCOHOL CONSUMPTION

Key Findings

In 2014, the Health Assessment results indicated that 42% of Fulton County youth in grades 6-12 had drunk at least one drink of alcohol in their life, increasing to 66% of youth seventeen and older. 33% of those 6th-12th graders who drank, took their first drink at 12 years or younger. 15% of all Fulton County 6th-12th grade youth and 32% of those over the age of 17 had at least one drink in the past 30 days. 69% of the 6th-12th grade youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% of all high school youth drivers had driven a car in the past month after they had been drinking alcohol.

In Fulton County in 2014, 15% of youth had at least one drink in the past 30 days.

Youth Alcohol Consumption

- In 2014, the Health Assessment results indicated that about two-fifths (42%) of all Fulton County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 66% of those ages 17 and older (2013 YRBS reports 66% for the U.S.).
- 15% of youth had at least one drink in the past 30 days, increasing to 32% of those ages 17 and older (2013 YRBS reports 30% for Ohio and 35% for the U.S.).
- Of those who drank, 69% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 81% of those ages 17 and older.
- Based on all youth surveyed, 10% were defined as binge drinkers, increasing to 26% of those ages 17 and older (2013 YRBS reports 16% for Ohio and 21% for the U.S.).
- One-third (33%) of Fulton County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 33% took their first drink between the ages of 13 and 14, and 34% drank for the first time between the ages of 15 and 18. The average age of onset was 13.1 years old.

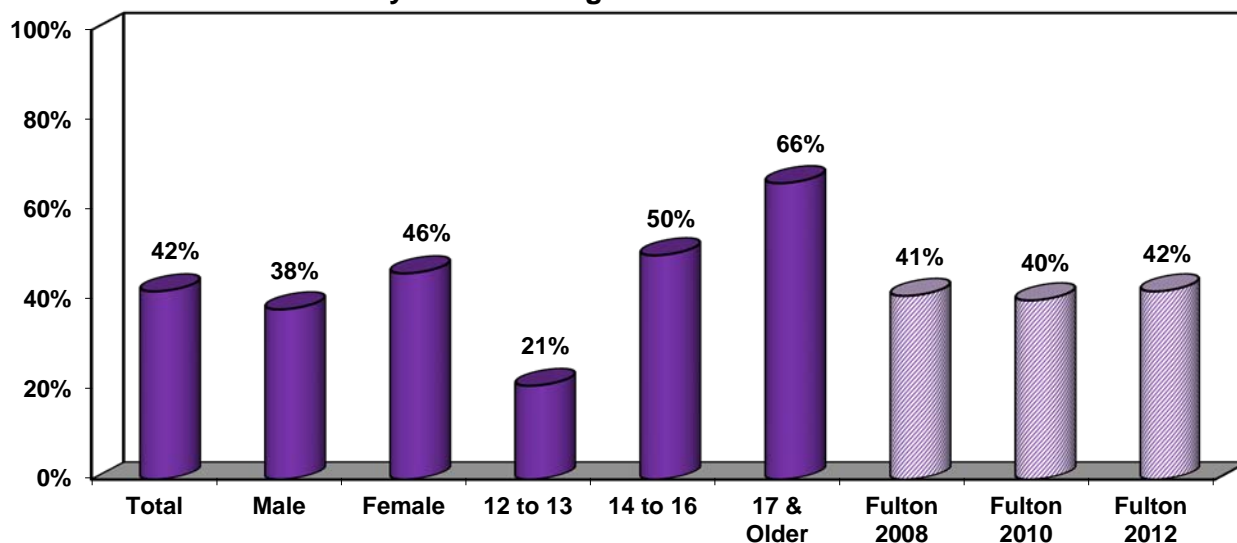
Of all Fulton County youth, 13% had drunk alcohol for the first time before the age of 13.

- Of all Fulton County youth, 13% had drunk alcohol for the first time before the age of 13. (2013 YRBS reports 13% of Ohio youth drank alcohol for the first time before the age of 13 and 19% for the U.S.).
- Fulton County youth drinkers reported they got their alcohol from the following: a parent gave it to them (26%), someone older bought it for me (26%), an older friend/sibling bought it for me (24%), gave someone else money to buy it for me (23%), a friend's parent gave it to them (10%), took it from a family member (8%), bought it at a public event (3%), bought it with a fake ID (2%), took it from a store (1%) and some other way (31%). No one reported that they bought it in a liquor store/ convenience store/gas station/ supermarket/ discount store, or that they bought it at a restaurant or club.

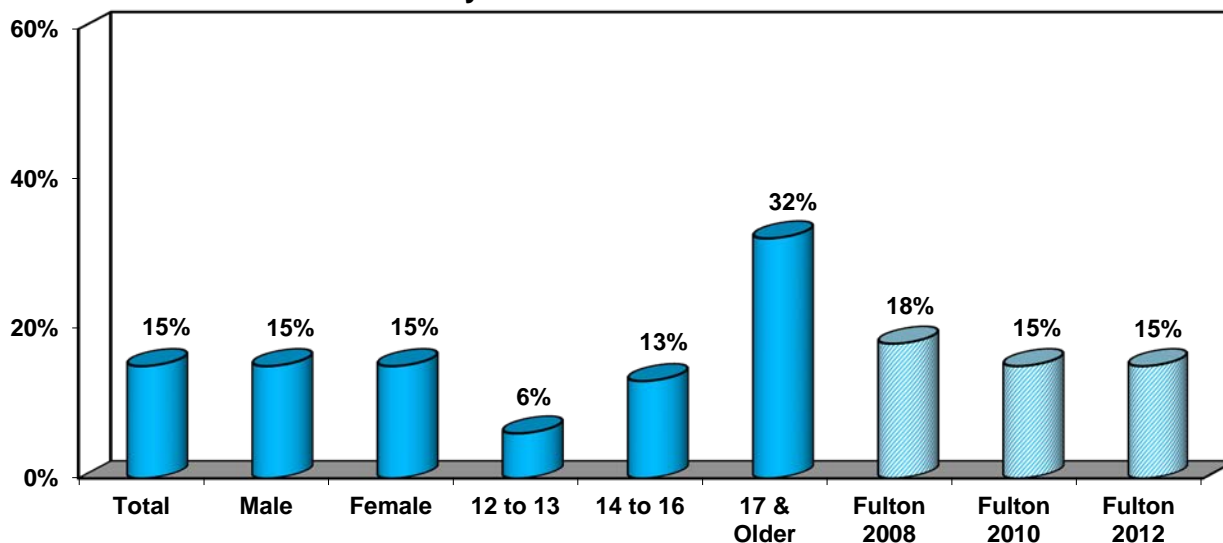
- During the past month 16% of all Fulton County youth had ridden in a car driven by someone who had been drinking alcohol (2013 YRBS reports 17% for Ohio and 22% for the U.S.).
- 6% of youth drivers had driven a car in the past month after they had been drinking alcohol, increasing to 11% of those 17 and older (2013 YRBS reports 4% for Ohio and 10% for the U.S.).
- 29% of youth reported their parents had talked to them about the dangers of underage drinking and drug use within the past month. 13% said their parents talked to them in the past 2-3 months, 6% said 4-6 months ago, 5% said 7-12 months ago, and 19% said it had been more than a year ago. 29% of youth reported their parents had never talked with them about the dangers of underage drinking and drug use.

The following graphs show the percentage of Fulton County youth who have drunk in their lifetime and those who are current drinkers. Examples of how to interpret the information include: 42% of all Fulton County youth have drunk at some time in their life: 38% of males and 46% of females.

Fulton County Youth Having At Least One Drink In Their Lifetime

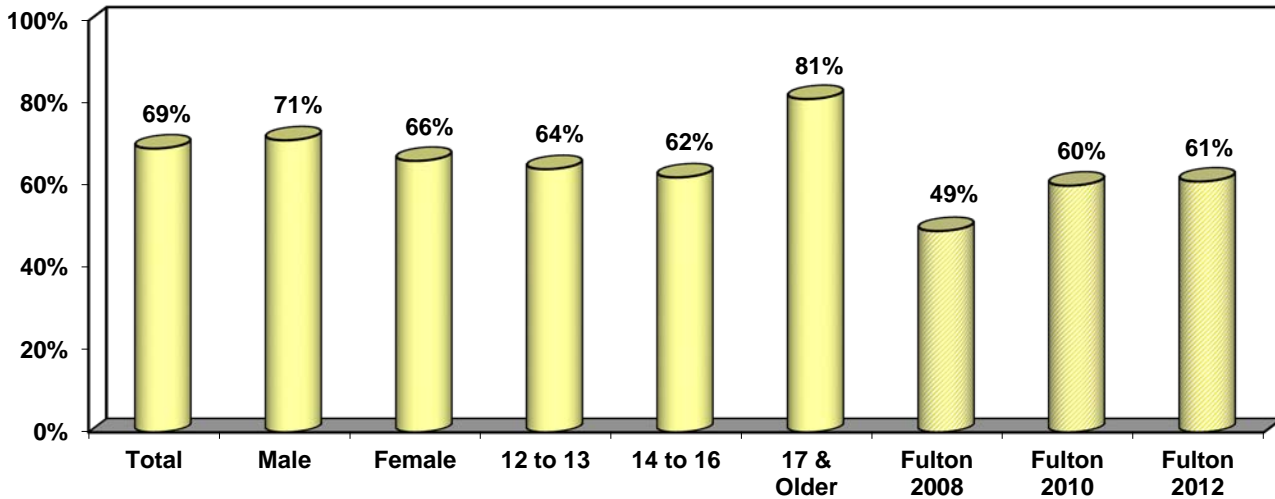


Fulton County Youth Who Are Current Drinkers



The following graph shows the percentage of Fulton County youth who were binge drinkers. Examples of how to interpret the information include: 69% of current drinkers binge drank in the past month, 71% of males, and 66% of females had binge drank. The table shows differences in specific risk behaviors between current drinkers and non-current drinkers.

Fulton County Youth Current Drinkers Who Binge Drank in Past Month*



*Based on all current drinkers. Binge drinking is defined as having five or more drinks on an occasion.

26% of Fulton County youth drinkers reported they got their alcohol from a parent giving it to them.

Behaviors of Fulton County Youth

Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
Participated in extracurricular activities	97%	90%
Reported that alcohol was easily available	83%	38%
Parents feel drinking alcohol was very wrong or wrong	73%	92%
Have had sexual intercourse	63%	15%
Perceived a great or moderate risk of drinking alcohol	54%	78%
Have been bullied in the past 12 months	45%	41%
Have smoked cigarettes in the past 30 days	37%	3%
Friends feel drinking alcohol was very wrong or wrong	31%	76%
Have used marijuana in the past 30 days	26%	3%
Misused prescription medications in the past 30 days	24%	3%
Contemplated suicide in the past 12 months	18%	11%

Current drinkers are those youth surveyed who have self-reported drinking at any time during the past 30 days.

Youth Comparisons	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2011 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Ever tried alcohol	41%	40%	42%	42%	58%	71%*	66%
Current drinker	18%	15%	15%	15%	22%	30%	35%
Binge drinker (of all youth)	9%	9%	9%	10%	16%	16%	21%
Drank for the first time before age 13 (of all youth)	14%	15%	15%	13%	10%	13%	19%
Rode with someone who was drinking	19%	15%	14%	16%	16%	17%	22%
Drank and drove (of youth drivers)	3%	3%	3%	6%	8%	4%	10%

*Comparative YRBSS data for Ohio and U.S. is 2011
 N/A - Not available

Underage Drinking

Youth who drink alcohol are more likely to experience:

- School problems, such as higher absence and poor or failing grades.
- Social problems, such as fighting and lack of participation in youth activities.
- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Physical problems, such as hangovers or illnesses.
- Unwanted, unplanned, and unprotected sexual activity.
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning.
- Higher risk for suicide and homicide.
- Memory problems.
- Abuse of other drugs.
- Changes in brain development that may have life-long effects.
- Death from alcohol poisoning.

(Source: CDC, Alcohol and Public Health, 10/29/2012, from: <http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>)

Youth | DRUG USE

Key Findings

In 2014, 6% of Fulton County 6th-12th grade youth had used marijuana at least once in the past 30 days. 6% of 6th-12th grade youth used medications that were not prescribed for them or took more than prescribed to get high in the past 30 days, increasing to 12% of those over the age of 17.

Youth Drug Use

- In 2014, 6% of all Fulton County youth had used marijuana at least once in the past 30 days. The 2013 YRBS found a prevalence of 21% for Ohio youth and a prevalence of 23% for U.S. youth.
- 8% of Fulton County youth used medications that were not prescribed for them or took more than prescribed to feel good or get high at some time in their lives, increasing to 14% of those over the age of 17.
- In the past month, 6% of youth reported using prescriptions drugs not prescribed for them, increasing to 12% of those over the age of 17.
- Fulton County youth have tried the following in their life:
 - 7% of youth used inhalants, (2013 YRBS reports 9% for Ohio and U.S.)
 - 5% used K2/spice
 - 3% misused over-the-counter medications
 - 3% used posh/salvia/synthetic marijuana
 - 2% misused cough syrup
 - 2% used cocaine, (2013 YRBS reports 4% for Ohio and 6% for U.S.)
 - 2% used ecstasy/MDMA/Molly (2013 YRBS reports 7% for the U.S.)
 - 2% used steroids, (2013 YRBS reports 3% for Ohio and U.S.)
 - 1% used heroin, (2013 YRBS reports 2% for Ohio and U.S.)
 - 1% misused hand sanitizer
 - <1% had been to a pharm party/used skittles
 - <1% used bath salts
 - <1% used methamphetamines, (2013 YRBS reports 3% for the U.S.)
 - No one reported that they had used GhB
- During the past 12 months, 4% of all Fulton County youth reported that someone had offered, sold, or given them an illegal drug on school property (2013 YRBS reports 20% for Ohio and 22% for the U.S.).

Inhalants

- Inhalants are invisible, volatile substances found in common household products that produce chemical vapors that are inhaled to induce psychoactive or mind altering effects.
- There are more than 1,000 products that are very dangerous when inhaled. Examples include things like typewriter correction fluid, air conditioning refrigerant, felt tip markers, spray paint, air freshener, household glue, nail polish remover, and hairspray.
- Inhalants are often among the first drugs that young children use. About 1 in 5 youth report having used inhalants by the eighth grade.
- Inhaled chemicals are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs. Within minutes of inhalation, the user experiences intoxication along with other effects similar to those produced by alcohol.
- Effects of inhalants may include slurred speech, an inability to coordinate movements, euphoria, and dizziness. After heavy use of inhalants, abusers may feel drowsy for several hours and experience a lingering headache.
- Inhalant abuse can cause damage to the parts of the brain that control thinking, moving, seeing, and hearing. Cognitive abnormalities can range from mild impairment to severe dementia.
- Inhalant abuse can also cause death by asphyxiation from repeated inhalations

(Source: U.S. Department of Justice : DEA Briefs & Background, Inhalants, June 2012, from: <http://www.justice.gov/dea/druginfo/factsheets.shtml>)

- Youth thought the following about random drug testing in schools: it would reduce the number of students doing drugs (52%), it would make school safer (43%), it would reduce participation in extracurricular activities (21%), and it would give students a way out of feeling peer pressured to use drugs (17%).
- 29% of youth reported their parents had talked to them about the dangers of underage drinking and drug use within the past month. 13% said their parents talked to them in the past 2-3 months, 6% said 4-6 months ago, 5% said 7-12 months ago, and 19% said it had been more than a year ago. 29% of youth reported their parents had never talked with them about the dangers of underage drinking and drug use.

Accessibility of Substances to Fulton County Youth

Substance	Available	Not Available	Don't Know
Tobacco	33%	45%	22%
Alcohol	44%	34%	22%
Marijuana	20%	56%	24%
Prescription drugs not prescribed to you	25%	47%	28%
Synthetic drugs (ex. K2, Spice, etc.)	4%	64%	32%
Heroin	1%	69%	29%

Behaviors of Fulton County Youth

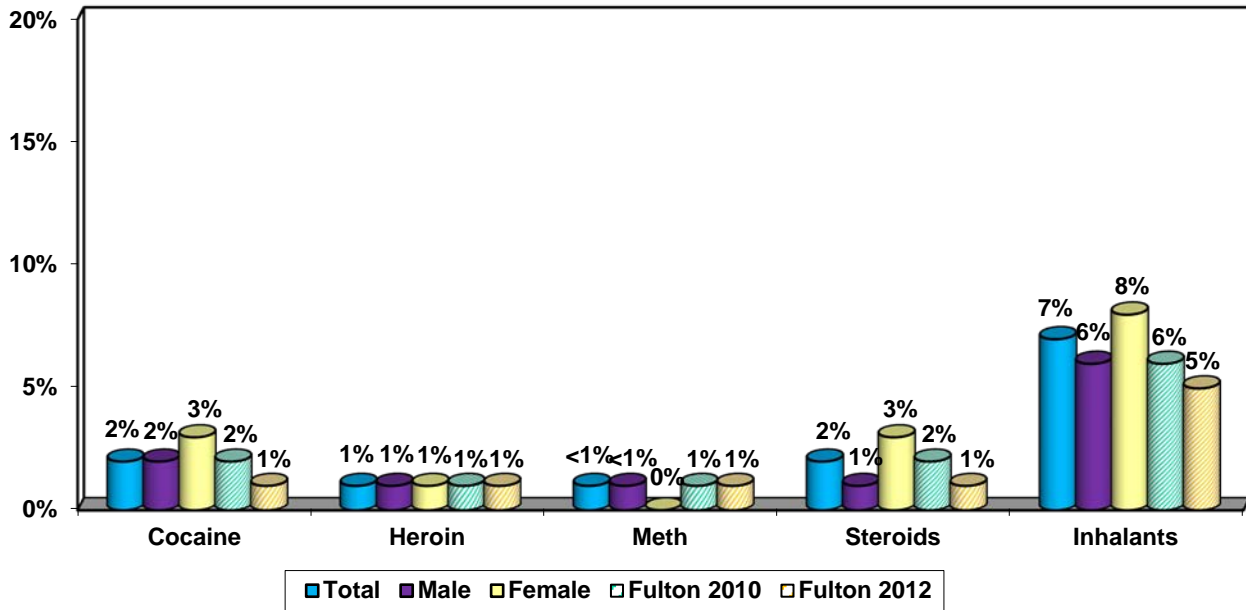
Drug Users vs. Non-Drug Users

Youth Behaviors	Drug Users	Non-Drug Users
Participated in extracurricular activities	93%	90%
Reported their parents had talked to them about the dangers of underage drinking or drug use	70%	71%
Have been bullied in the past 12 months	59%	38%
Have had sexual intercourse	51%	16%
Had drank alcohol in the past 30 days	45%	9%
Have smoked cigarettes in the past 30 days	32%	4%
Attempted suicide in the past 12 months	14%	3%

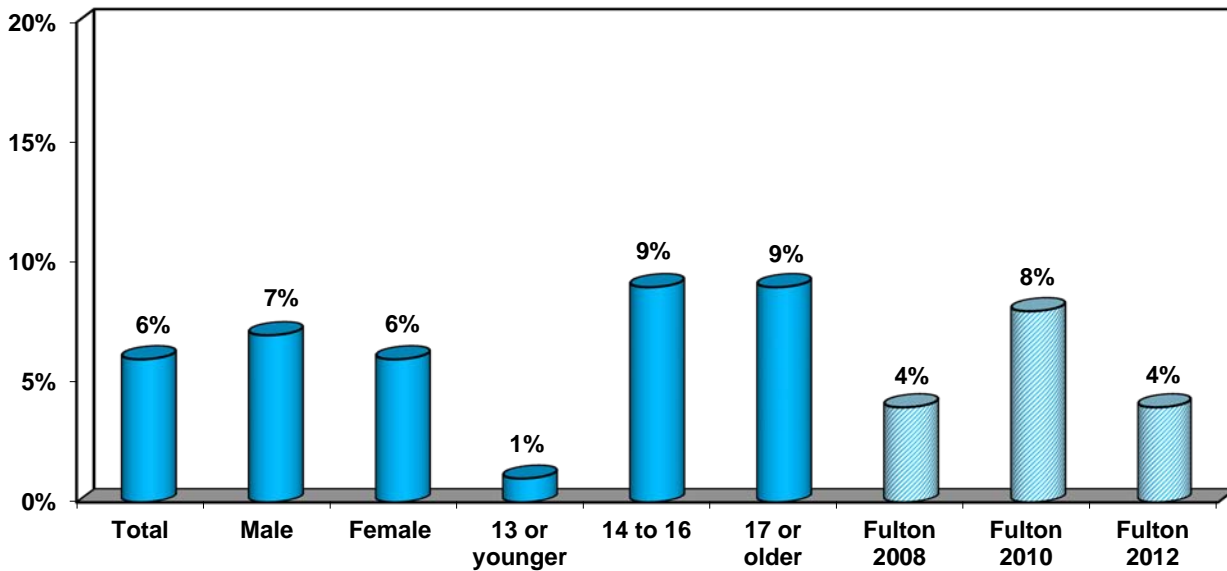
Drug users are those youth surveyed who have self-reported using drugs, including marijuana and/or prescription medications at any time during their life.

The following graphs are data from the 2014 Fulton County Health Assessment indicating youth lifetime drug use and marijuana use in the past 30 days. Examples of how to interpret the information include: 2% of youth have used cocaine at some point in their lives: 2% of males and 3% of females. 6% of all Fulton County youth used marijuana in the past month.

Fulton County Youth Lifetime Drug Use

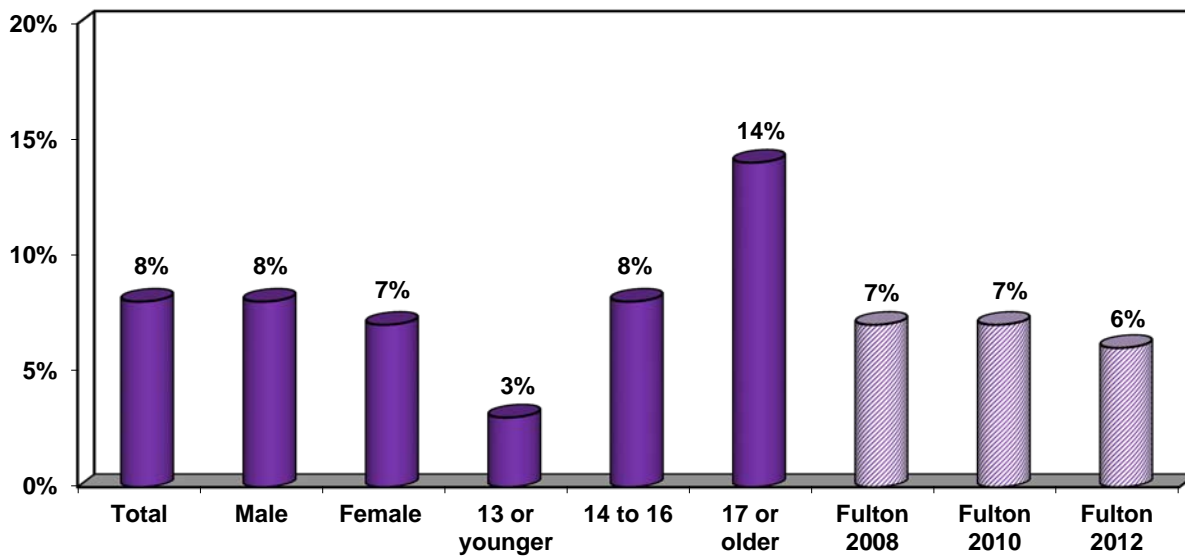


Fulton County Youth Marijuana Use in Past Month



The following graph is data from the 2014 Fulton County Health Assessment indicating youth lifetime prescription drug abuse. Examples of how to interpret the information include: 8% of youth have misused medication at some point in their life.

Fulton County Youth Lifetime Prescription Medication Abuse



Youth Comparisons	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Youth who used marijuana in the past month	4%	8%	4%	6%	10%	21%	23%
Ever used methamphetamines	1%	1%	1%	<1%	0%	6%*	3%
Ever used cocaine	1%	2%	1%	2%	3%	4%	6%
Ever used heroin	2%	2%	2%	1%	1%	2%	2%
Ever used steroids	3%	2%	1%	2%	2%	3%	3%
Ever used inhalants	8%	6%	5%	7%	6%	9%	9%
Ever misused medications	7%	7%	6%	8%	11%	N/A	N/A
Ever used ecstasy/MDMA/Molly	N/A	N/A	2%	2%	4%	N/A	7%
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	6%	7%	5%	4%	5%	20%	22%

N/A - Not available

*2007 YRBS Data

Characteristics of New Marijuana Users

There are several ways to tell if someone is habitually smoking marijuana. Below it is broken down into two categories, behavioral and physical, to help you identify if a child or loved one is habitually abusing marijuana.

- Behavioral Signs of Marijuana Use:
 - Lack of motivation or ambition for activities that once excited the user.
 - In many cases, participation in sports, social groups, or other pursuits will wane or even cease entirely.
 - Performance in school or in the workplace will begin to decline, coupled with a sense of apathy towards this decline.
 - Withdrawal from the family system – This is most often the case with adolescents and young adults, but can be a warning sign for adults as well.
 - Drastic change in peer group – An addict will often abandon peer groups in favor of those who share similar desires and behaviors, namely those engaging in drug use.
 - Personal hygiene may begin to suffer as he or she is less concerned with their public appearance.
 - Depressive style of mood. Marijuana addicts manifest many of the same characteristics as those suffering from depression. An addict will have a flat affect and mood; he or she will appear lazy and day-to-day functioning will start to deteriorate on every major life level.
 - Aversive, avoidant behavior.
- Physical Signs of Marijuana Use:
 - Bloodshot eyes.
 - Slowed speech.
 - Averting eye contact or an unsteady gaze.

(Source: Caron Pennsylvania, Signs of Pot Use: Guide to Signs & Symptoms of Marijuana Use, 2013, from: <http://www.caron.org/signs-of-pot-use-5827.html>)

Youth | SEXUAL BEHAVIOR AND TEEN PREGNANCY OUTCOMES

Key Findings

In 2014, over one-fifth (22%) of Fulton County youth have had sexual intercourse, increasing to 50% of those ages 17 and over. 21% of youth participated in sexting.

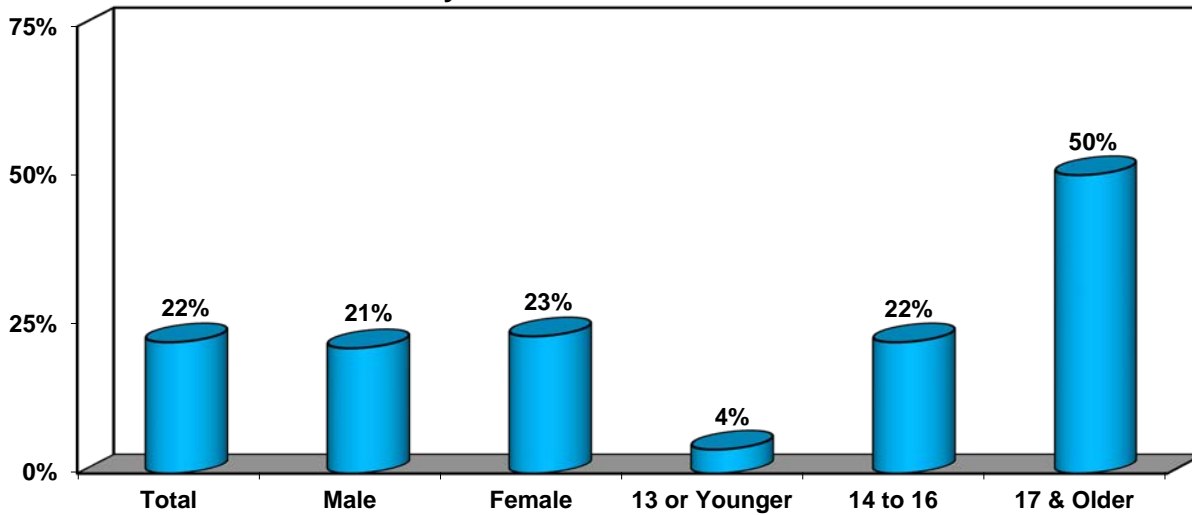
50% of Fulton County youth ages 17 and over have had sexual intercourse.

Youth Sexual Behavior

- Over one-fifth (22%) of Fulton County youth have had sexual intercourse, increasing to 50% of those ages 17 and over. (The 2013 YRBS reports 43% for Ohio and 47% of U.S. youth have had sexual intercourse).
- 21% of youth had participated in sexting, increasing to 36% of those ages 17 and over.
- 24% of youth had viewed pornography, increasing to 35% of males.
- 29% of youth participated in other sexual activities (not including kissing or holding hands).
- 16% of sexually active youth used drugs or alcohol before their last sexual activity, increasing to 25% of those over the age of 17.
- Fulton County youth had experienced the following: wanted to get pregnant (2%), had sex in exchange for something of value such as food, drugs shelter or money (1%), tried to get pregnant (<1%), been treated for an STD (<1%). No one reported they had got someone pregnant, they had been pregnant, they had a child, had an abortion, or had a miscarriage.
- 12% of Fulton County youth had used some type of birth control.
- About two-fifths (40%) of youth planned to stay abstinent until marriage. 32% said they were not sure and 28% said they were not planning to stay abstinent.
- About half (46%) of females planned to stay abstinent until marriage compared to 34% of males.
- 53% of youth 13 and younger planned to stay abstinent compared to 22% of those ages 17 and over.
- When asked where they were taught about pregnancy prevention, STDs, AIDS/HIV, and birth control, Fulton County youth reported the following: school (76%), parents (61%), friends (28%), doctor (27%), the internet/social media (22%), church (19%), siblings (18%), and somewhere else (8%). 9% of youth reported they had not been taught about these subjects.

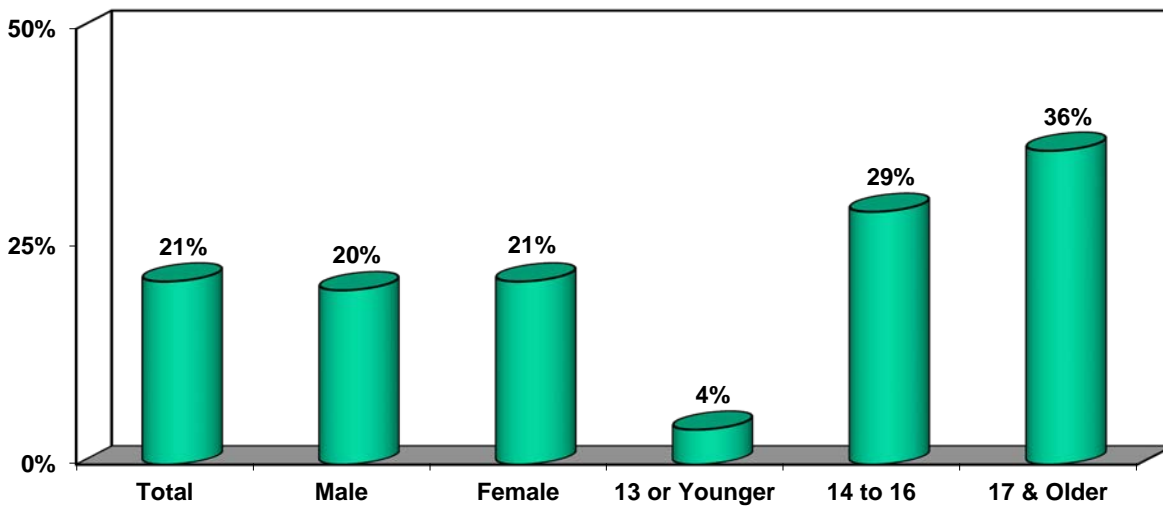
The following graphs show the percentage of Fulton County youth who participated in sexual intercourse and sexting. Examples of how to interpret the information include: 22% of all Fulton County youth had sexual intercourse, 21% of males, and 23% of females had sex.

Fulton County Youth Who Had Sexual Intercourse



40% of Fulton County youth reported they planned to stay abstinent until marriage.

Fulton County Youth Who Participated in Sexting

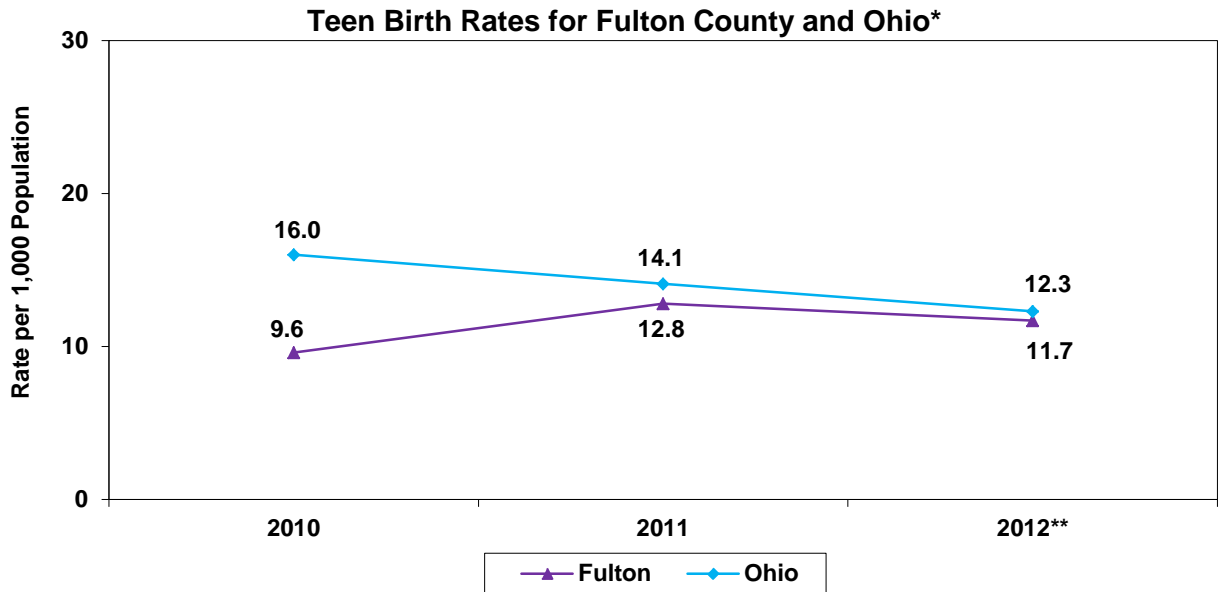


Youth Comparisons	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Participated in some form of sexual activity	27%	29%	30%	29%	47%	N/A	N/A
Ever had sexual intercourse	N/A	N/A	N/A	22%	37%	43%	47%
Planning to stay abstinent until marriage	53%	47%	43%	40%	30%	N/A	N/A
Used birth control at some time in life	9%	8%	11%	12%	19%	N/A	N/A

N/A- Not available

The following graph shows the teen birth rates for Fulton County and Ohio youth. The graph shows:

- The teen birth rate for Fulton County fluctuated from year to year, and decreased in Ohio.
- From 2010-2012, the teen birth rate for Ohio was greater than the Fulton County teen birth rate.



*Teen birth rates include women ages 15-17

**2012 data is preliminary

(Source: Ohio Department of Health Information Warehouse Updated 2-26-13)

Youth | MENTAL HEALTH AND SUICIDE

Key Findings

In 2014, the Health Assessment results indicated that 12% of Fulton County 6th-12th grade youth had seriously considered attempting suicide in the past year and 5% admitted actually attempting suicide in the past year.

Youth Mental Health

- In 2014, nearly one-fifth (19%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 31% of females (2013 YRBS reported 26% for Ohio and 30% for the U.S.).
- 12% of youth reported they had seriously considered attempting suicide in the past 12 months. 13% of high school youth had seriously considered attempting suicide, compared to the 2013 YRBS rate of 17% for U.S. youth and 14% for Ohio youth.
- In the past year, 5% of Fulton County youth had attempted suicide and 3% had made more than one attempt. The 2013 YRBS reported a suicide attempt prevalence rate of 8% for U.S. youth and a 6% rate for Ohio youth.
- 53% of youth reported they would seek help if they were dealing with anxiety, stress, depression or thoughts of suicide. Of youth who reported they would not seek help the following reasons were reported: they can handle it themselves (68%), worried what others might think (45%), did not know where to go (33%), cost (15%), no time (16%), their family would not support them (9%), and transportation (4%).

19% of Fulton County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.

- When Fulton County youth are dealing with personal problems or feelings of depression or suicide, they usually talked to the following: best friend (29%), parents (19%), girlfriend/boyfriend (14%), brother/sister (8%), school counselor (4%), teacher (3%), youth minister (3%), professional counselor (3%), pastor/priest (3%), coach (3%), scout master/club advisor (<1%), and someone else (5%). 13% of youth reported they talk to no one. 49% reported they do not have personal problems or feelings of depression or suicide.
- Fulton County youth reported dealing with anxiety, stress or depression in the following ways: sleeping (30%), hobbies (25%), texting someone (22%), talking to someone in their family (21%), exercising (19%), praying (18%), talking to a peer (17%), eating (15%), using social media (11%), reading the Bible (10%), breaking something (7%), writing in a journal (6%), self-harm (5%), shopping (5%), drinking alcohol (4%), smoking or using tobacco (4%), talking to a counselor/teacher (4%) using illegal drugs (3%), vandalism or violent behavior (3%), using medication that is prescribed to them (2%), using medication that is not prescribed to them (1%), gambling (1%), talking to a medical professional (1%) or harming someone else (<1%). 37% reported they do not have anxiety, stress or depression.

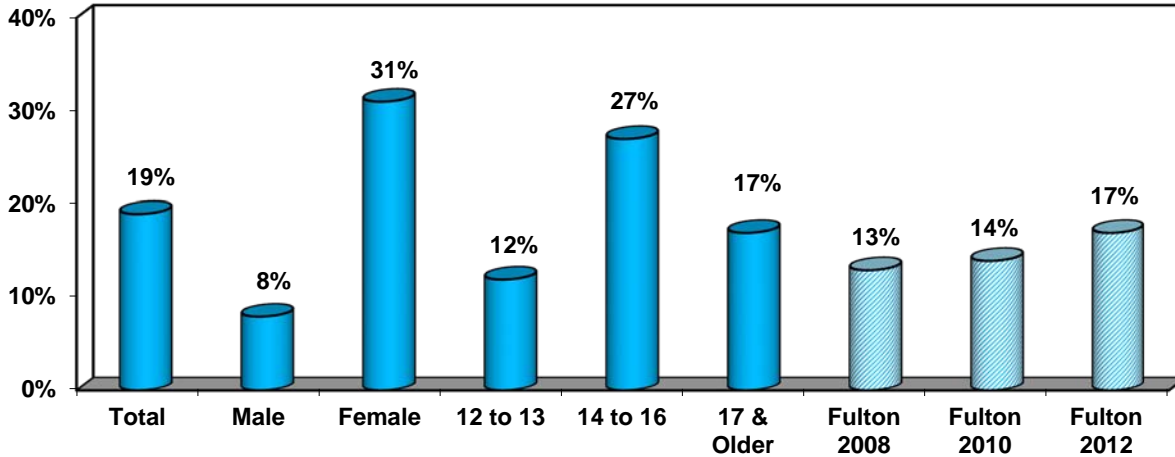
2013 Ohio Suicide Statistics for Youth Grades 9-12

- 14% of Ohio youth seriously considered attempting suicide in the 12 months prior to the survey.
- 11% of Ohio youth made a plan about how they would attempt suicide in the 12 months prior to the survey.
- 6% of youth had attempted suicide one or more times in the 12 months prior to the survey.
- 1% of youth had a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse in the 12 months prior to the survey.

(Source: Centers for Disease Control and Prevention, Healthy Youth, YRBSS 2013)

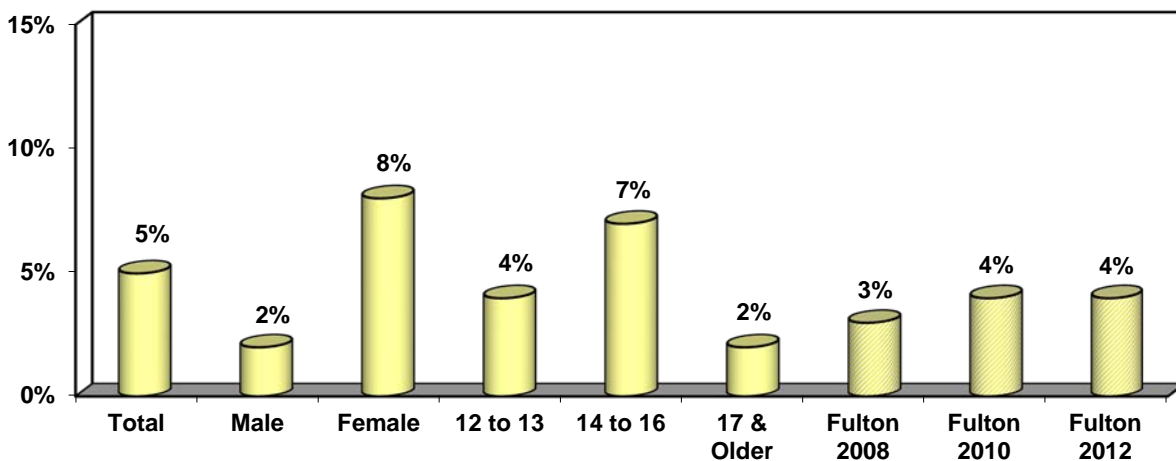
The following graphs show the percentage of Fulton County youth who had felt sad or hopeless almost every day for two weeks or more in a row and attempted suicide in the past 12 months (i.e., the first graph shows that 19% of all youth had felt sad or hopeless for two weeks or more, 8% of males and 31% of females).

Fulton County Youth Who Felt Sad or Hopeless For 2 Weeks or More In a Row



Fulton County youth reported dealing with anxiety, stress or depression in the following ways: sleeping (30%), hobbies (25%), texting someone (22%), talking to someone in their family (21%), exercising (19%), and praying (18%).

Fulton County Youth Who Attempted Suicide in Past 12 Months



Youth Comparisons	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Youth who had seriously considered attempting suicide in the past year	8%	10%	10%	12%	13%	14%	17%
Youth who had attempted suicide in the past year	3%	4%	4%	5%	5%	6%	8%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	13%	14%	17%	19%	22%	26%	30%

N/A – Not available

Youth Suicide

Suicide affects all youth, but some groups are at a higher risk than others. Boys are more likely than girls to die from suicide. Girls, however, are more likely to report attempting suicide than boys. Several factors can put a young person at risk for suicide. However, having these risk factors does not always mean that suicide will occur.

Risk Factors Include:

- History of previous suicide attempts
- Family history of suicide
- History of depression or other mental illness
- Alcohol or drug abuse
- Stressful life event or loss
- Easy access to lethal methods
- Exposure to the suicidal behavior of others
- Incarceration

(Source: CDC 2014, Injury Center: Violence Prevention; Suicide Prevention; Youth Suicide http://www.cdc.gov/violenceprevention/pub/youth_suicide.htm)

Youth | SAFETY

Key Findings

In 2014, 85% of Fulton County youth reported that they wore a seatbelt when driving a car in the past month. 16% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month. 41% of youth drivers texted while driving. 8% of youth played the choking game.

41% of Fulton County youth drivers texted while driving in the past month

Personal Safety

- In the past 30 days, 16% of youth had ridden in a car driven by someone who had been drinking alcohol, (2013 YRBS reported 17% for Ohio and 22% for the U.S.) and 6% of youth drivers had driven a car themselves after drinking alcohol, increasing to 11% of those ages 17 and older (2013 YRBS reported 4% for Ohio and 10% for the U.S.).
- Fulton County youth drivers did the following while driving in the past month: wore a seatbelt (85%), ate (57%), talked on their cell phone (52%), texted (41%), used the internet on their cell phone (19%), checked facebook on their cell phone (13%), applied makeup (8%), played electronic games on cell phone (6%), read (5%), used illegal drugs (2%), drank alcohol (2%), misused prescription drugs (2%), and used cell phone for other things (12%).
- 8% of youth played the choking game.
- 18% of youth had purposefully hurt themselves at some time in their lives. Of those youth who had purposefully hurt themselves, they had done so in the following ways: cutting (59%), hitting (38%), scratching (37%), biting (24%), burning (18%), and self-embedding (3%).
- 90% of youth had a Twitter, Instagram, facebook, online gaming, or other social network account.
- Of those who had an account, they reported the following:
 - They believe sharing personal information online is dangerous (55%)
 - They knew all of "my friends" (49%)
 - Their account was currently checked private (41%)
 - Their parents had their password (20%)
 - They knew all of the people they play with online (16%)
 - Their friends had their password (9%)
 - They had been asked to meet someone they met online (8%)
 - They had been asked to share personal info (7%)
 - They were bullied because of their accounts (7%)
 - They shared personal information (7%)
 - They had problems as a result of their account (4%)
 - Their parents do not know they have an account (3%)
 - They had participated in sexual activity with someone they met online (1%)

Personal Health

- Almost three-fourths (73%) of youth had been to the dentist for a check-up, exam, teeth cleaning or other dental work in the past year (2013 YRBS reported 75% for Ohio). 8% said one to two years ago and 2% said they had never been to a dentist.
- 67% of Fulton County youth had visited the doctor for a routine check-up in the past year, 13% said one to two years ago, and 2% said they had never been to the doctor for a routine check-up.
- Youth reported they preferred to get information about their health from the following: parents (70%), school (48%), friends (26%), the internet (22%), siblings (13%), TV (11%), Twitter (8%), facebook (6%), Instagram (6%), and the radio (6%).
- When asked how they would describe their grades in the past year, youth reported the following: mostly A's (46%), mostly B's (31%), mostly C's (13%), mostly D's (2%), and mostly F's (1%). 8% reported they were not sure.

18% of Fulton County youth had purposely hurt themselves at some time in their lives

Youth Comparisons	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Ridden with someone who had been drinking alcohol in past month	19%	15%	14%	16%	16%	17%	22%
Drove a car after drinking alcohol (youth drivers)	3%	3%	3%	6%	8%	4%	10%
Visited a dentist for a check-up within the past year	57%	62%	73%	73%	75%	75%	N/A
Visited a doctor for a routine check-up within the past year	78%	74%	67%	70%	70%	66%	N/A

N/A – Not available

Texting While Driving Statistics and Information

- **Be Smart:** Don't text and drive. No text message is worth the distraction.
- **Be in Control:** Remember it's your phone. You decide if and when to send and read texts so take control. Consider turning your phone off, setting it to silent or even storing it in the glove box before hitting the road.
- **Be Caring:** Never send a text message to a friend that is driving to meet you, or to anyone you know is likely behind the wheel.
- **Be a Friend:** Friends don't let each other text and drive.

(Source: *Enough is Enough: Internet Safety 101, Texting and Driving*, from: <http://www.internetsafety101.org/textinganddriving.htm>)

Youth | VIOLENCE ISSUES

Key Findings

In Fulton County, 9% of youth had carried a weapon in the past month. 41% of youth had been bullied in the past year and 27% had been bullied on school property.

Violence-Related Behaviors

- In 2014, 9% of Fulton County youth had carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 14% of males (2013 YRBS reported 14% for Ohio and 18% for the U.S.).
- 2% of youth had carried a weapon (such as a gun, knife or club) on school property in the past 30 days (2013 YRBS reported 5% for the U.S.).
- 2% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school (2013 YRBS reported 5% for Ohio and 7% for the U.S.).
- 41% of youth had been bullied in the past year. The following types of bullying were reported:
 - 33% were verbally bullied (teased, taunted or called you harmful names)
 - 24% were indirectly bullied (spread mean rumors about you or kept you out of a "group")
 - 11% were physically bullied (you were hit, kicked, punched or people took your belongings)
 - 11% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (2013 YRBS reported 15% for Ohio and the U.S.).
 - 1% were sexually bullied (someone used nude or semi-nude pictures to pressure you to have sex when you do not want to, blackmailed, intimidated or exploited by another person)
- In the past year, 27% of youth had been bullied on school property (2013 YRBS reported 21% for Ohio and 20% for the U.S.).
- 4% of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months, increasing to 7% of those in high school (2013 YRBS reported 7% for Ohio).
- 4% of youth were physically forced to participate in any sexual activity when they did not want to, increasing to 6% of high school youth.

Types of Bullying

- **Verbal Bullying:** Any bullying that is done by speaking. Calling names, teasing, threatening somebody, and making fun of others are all forms of verbal bullying.
- **Indirect Bullying:** A form of bullying that involves mean rumors being spread about someone or keeping someone out of a "group".
- **Physical Bullying:** Any bullying that hurts someone's body or damages their possessions. Stealing, shoving, hitting, fighting, and destroying property all are types of physical bullying.
- **Cyber Bullying:** Any bullying that happens over any technological device. This includes email, instant messaging, social networking sites (such as Facebook), text messages, and cell phones.
- **Sexual Bullying:** Any bullying that involves comments, gestures, action or attention that is intended to hurt, offend or intimidate someone that focuses on appearance, body parts, or sexual orientation.

(Source: RESPECT, *Bullying Definitions*, obtained from: <http://www.respect2all.org/parents/bullying-definitions> & *Teens Health, Sexual Harassment and Sexual Bullying*, obtained from: http://kidshealth.org/teen/sexual_health/guys/harassment.html)

Behaviors of Fulton Youth

Bullied vs. Non-Bullied

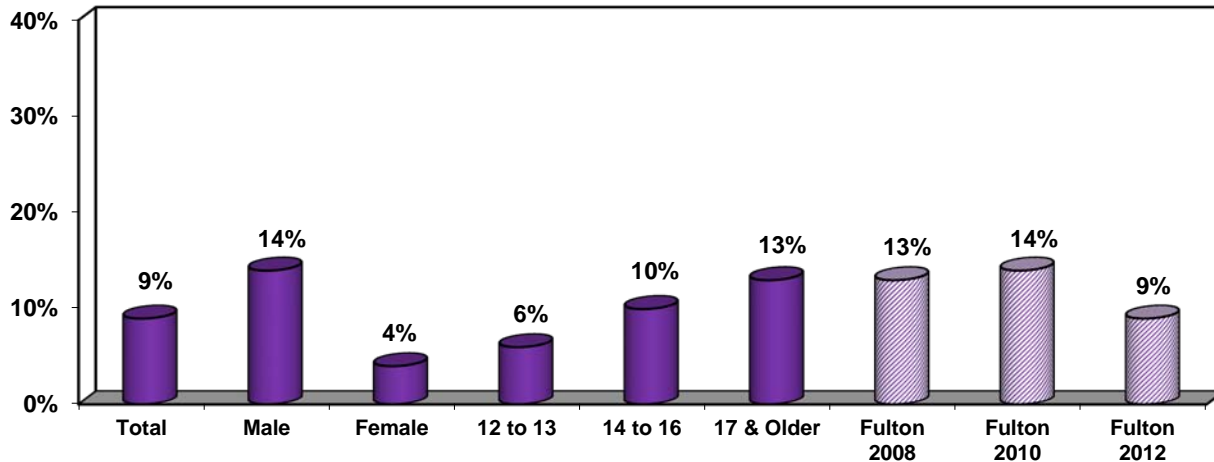
Youth Behaviors	Bullied	Non-Bullied
Contemplated suicide in the past 12 months	22%	4%
Have drank alcohol in the past 30 days	16%	14%
Have smoked cigarettes in the past 30 days	10%	8%
Have used marijuana in the past 30 days	9%	4%
Attempted suicide in the past 12 months	9%	2%
Misused prescription medications in the past 30 days	8%	5%

Types of Bullying Fulton County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 or younger	14-16 Years old	17 and older
Verbally Bullied	33%	27%	38%	30%	43%	22%
Indirectly Bullied	24%	13%	36%	22%	30%	21%
Physically Bullied	11%	11%	11%	12%	15%	4%
Cyber Bullied	11%	5%	17%	8%	15%	13%
Sexually Bullied	1%	0%	3%	1%	1%	4%

The following graph shows Fulton County youth who carried a weapon in the past month. The graph shows the number of youth in each segment giving each answer (i.e., the first graph shows that 9% of all youth carried a weapon in the past 30 days, 14% of males and 4% of females).

Fulton County Youth Carrying a Weapon During the Past 30 Days



YOUTH VIOLENCE

Youth Comparisons	Fulton County 2008 (6 th -12 th)	Fulton County 2010 (6 th -12 th)	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2014 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2013 (9 th -12 th)
Carried a weapon in past month	13%	14%	9%	9%	11%	14%	18%
Carried a weapon on school property in past month	13%	14%	9%	2%	4%	4%*	5%
Did not go to school because felt unsafe	1%	2%	2%	2%	1%	5%	7%
Electronically/cyber bullied in past year	N/A	N/A	8%	11%	12%	15%	15%
Bullied on school property in past year	N/A	N/A	23%	27%	21%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	4%	6%	5%	4%	7%	7%	9%**

N/A - Not available

*2007 YRBS

**2011 YRBS

Youth | PERCEPTIONS

Key Findings

In 2014, 62% of Fulton County 6th-12th grade youth thought there was a great risk in harming themselves if they smoked cigarettes. 37% of youth thought that there was either no risk or a slight risk to using marijuana once or twice a week. Almost three-quarters (74%) of youth reported that their parents would think it was very wrong for them to drink alcohol.

Perceived Risk of Drug Use

- Over three-fifths (62%) of Fulton youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day.
- 7% of youth thought that there was no risk for smoking one or more packs of cigarettes per day.
- Over two-fifths (44%) of youth thought there was a great risk in smoking marijuana once or twice a week
- 17% of youth thought that there was no risk of smoking marijuana once or twice a week.
- Over one-third (38%) of Fulton County youth thought there was a great risk to drinking five or more alcoholic beverages once or twice a week.
- 7% of youth thought that there was no risk in drinking five or more alcoholic beverages once or twice a week.
- Over half (55%) of Fulton County youth thought there was a great risk to using prescription drugs that were not prescribed for them.
- 6% of youth thought that there was no risk in misusing prescription drugs.

Degree of Disapproval of Use by Adults

- 80% of youth reported their parents (or guardians) would feel it was very wrong for them to smoke cigarettes, increasing to 90% of youth under the age of 13.
- 86% of Fulton County youth reported their parents would feel it was very wrong for them to use marijuana.
- 74% of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day, decreasing to 63% of those ages 17 and older.
- 88% of youth reported their parents would feel it was very wrong for them to misuse prescription medications.

Degree of Disapproval of Use by Peers

- Half (50%) of youth reported their peers would feel it was very wrong for them to smoke cigarettes, increasing to 71% of youth under the age of 13.
- 57% of Fulton County youth reported their peers would feel it was very wrong for them to use marijuana.
- 46% of youth reported their peers would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day decreasing to 19% of those ages 17 and older.
- 68% of youth reported their peers would feel it was very wrong for them to misuse prescription medications.

Perceived Risk of Drug Use

How much do you think people risk harming themselves if they:	No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke one or more packs of cigarettes per day	7%	11%	20%	62%
Smoke marijuana once or twice a week	17%	20%	20%	44%
Have five or more drinks of an alcoholic beverage once or twice a week	7%	18%	37%	38%
Misusing prescription drugs	6%	10%	29%	55%

Perceived Great Risk of Drug Use

How much do you think people risk harming themselves if they:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke one or more packs of cigarettes per day	62%	66%	59%	65%	58%	64%
Smoke marijuana once or twice a week	44%	46%	41%	64%	36%	22%
Have five or more drinks of an alcoholic beverage once or twice a week	38%	43%	34%	48%	34%	29%
Misusing prescription drugs	55%	62%	49%	58%	51%	61%

Degree of Disapproval by Parents/Guardians

How wrong do your parents feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	2%	6%	13%	80%
Using marijuana	3%	3%	9%	86%
Having one or two drinks of an alcoholic beverage nearly every day	3%	8%	15%	74%
Misusing prescription drugs	1%	2%	9%	88%

Perceived Degree of Great Disapproval by Parents/Guardians

Parents feel it would be very wrong for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoking cigarettes	80%	80%	80%	90%	81%	63%
Using marijuana	86%	87%	86%	96%	86%	69%
Having one or two drinks of an alcoholic beverage nearly every day	74%	76%	72%	87%	69%	63%
Misusing prescription drugs	88%	90%	87%	92%	87%	86%

Degree of Disapproval by Peers

How wrong do your friends feel it would be for you to do the following:	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong
Smoking cigarettes	9%	16%	24%	50%
Using marijuana	12%	13%	17%	57%
Having one or two drinks of an alcoholic beverage nearly every day	14%	17%	23%	46%
Misusing prescription drugs	5%	5%	22%	68%

Perceived Degree of Great Disapproval by Peers

Friends feel it would be very wrong for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoking cigarettes	50%	53%	49%	71%	43%	26%
Using marijuana	57%	60%	55%	80%	51%	26%
Having one or two drinks of an alcoholic beverage nearly every day	46%	49%	44%	68%	39%	19%
Misusing prescription drugs	68%	74%	64%	78%	70%	52%

Appendix I | FULTON COUNTY HEALTH ASSESSMENT INFORMATION SOURCES

APPENDIX I

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures 2013. Atlanta: ACS, 2013	<ul style="list-style-type: none"> Electronic Cigarette Use Doubles Among Teenagers 	www.cancer.org/cancer/news/electronic-cigarette-use-doubles-among-teenagers
Caron Pennsylvania	<ul style="list-style-type: none"> Marijuana Use 	www.caron.org/signs-of-pot-use-5827.html
Center for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> Electronic Cigarettes and Teenagers 	www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html
CDC, Adolescent and School Health, 2013	<ul style="list-style-type: none"> Youth Physical Activity Facts 	www.cdc.gov/healthyouth/physicalactivity/facts.htm
CDC, Alcohol and Public Health, 2012	<ul style="list-style-type: none"> Underage Drinking 	www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm
CDC, Injury Center: Violence Prevention 2014	<ul style="list-style-type: none"> Youth Suicide 	www.cdc.gov/violenceprevention/pub/youth_suicide.html
Enough is Enough: Internet Safety 101	<ul style="list-style-type: none"> Texting While Driving 	www.internetsafety101.org/textinganddriving.htm
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> Teen Birth Rates 	www.odh.ohio.gov/
RESPECT	<ul style="list-style-type: none"> Types of Bullying 	www.respect2all.org/parents/bullying-definitions
U.S. Department of Justice: DEA Briefs & Background	<ul style="list-style-type: none"> Inhalants 	www.justice.gov/dea/druginfo/factsheets.shtml
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> 2005 - 2013 youth Ohio and U.S. correlating statistics 	http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx
Youth Suicide Prevention Program	<ul style="list-style-type: none"> Understanding Self Harm 	www.yspp.org/about_suicide/self_harm.htm

Appendix II | FULTON COUNTY ACRONYMS AND TERMS

Binge drinking	Consumption of five alcoholic beverages or more) on one occasion.
HCNO	Hospital Council of Northwest Ohio
N/A	Data is not available.
ODH	Ohio Department of Health
Weapon	Defined in the YRBSS as “a weapon such as a gun, knife, or club”
Youth	Defined as 12 through 18 years of age
Youth BMI Classifications	Underweight is defined as BMI-for-age \leq 5 th percentile Overweight is defined as BMI-for-age 85 th percentile to < 95 th percentile. Obese is defined as \geq 95 th percentile.
YRBSS	Youth R isk B ehavior S urveillance S ystem, a youth survey conducted by the CDC

Appendix III | FULTON COUNTY SCHOOLS

The following schools were randomly chosen and agreed to participate in the 2014 Fulton County Health Assessment:

Archbold Area Schools

Archbold Middle School
Archbold High School

Evergreen Local Schools

Evergreen Middle School
Evergreen High School

Fayette Local Schools

Fayette High School

Pettisville Local Schools

Pettisville Junior High/High School

Pike-Delta-York Local Schools

Delta Middle School
Delta High School

Swanton Local Schools

Swanton Middle School
Swanton High School

Wauseon Exempted Village Schools

Wauseon Middle School
Wauseon High School