

# Depression and Suicidality among Cuyahoga County Adolescents

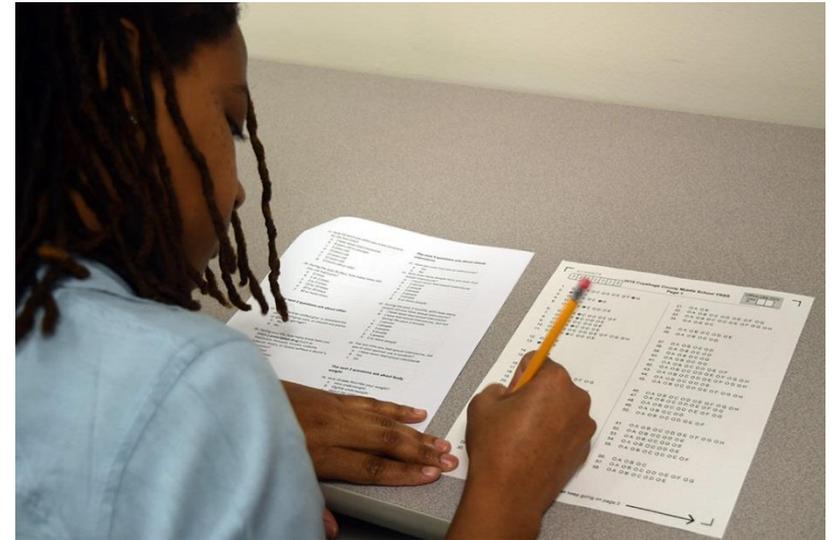
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# Cuyahoga County

## Youth Risk Behavior Survey (YRBS)

- Patterned after the Centers for Disease Control (CDC) and Prevention
- Provides a “snapshot” of student’s health risk behaviors
- Guided by YRBS Advisory Committee
- Wide array of topics:
  - Mental Health
  - Personal safety and violence
  - Alcohol, tobacco and other drug use
  - Dietary behavior, weight, and physical activity
  - Sexual behaviors
  - Protective factors



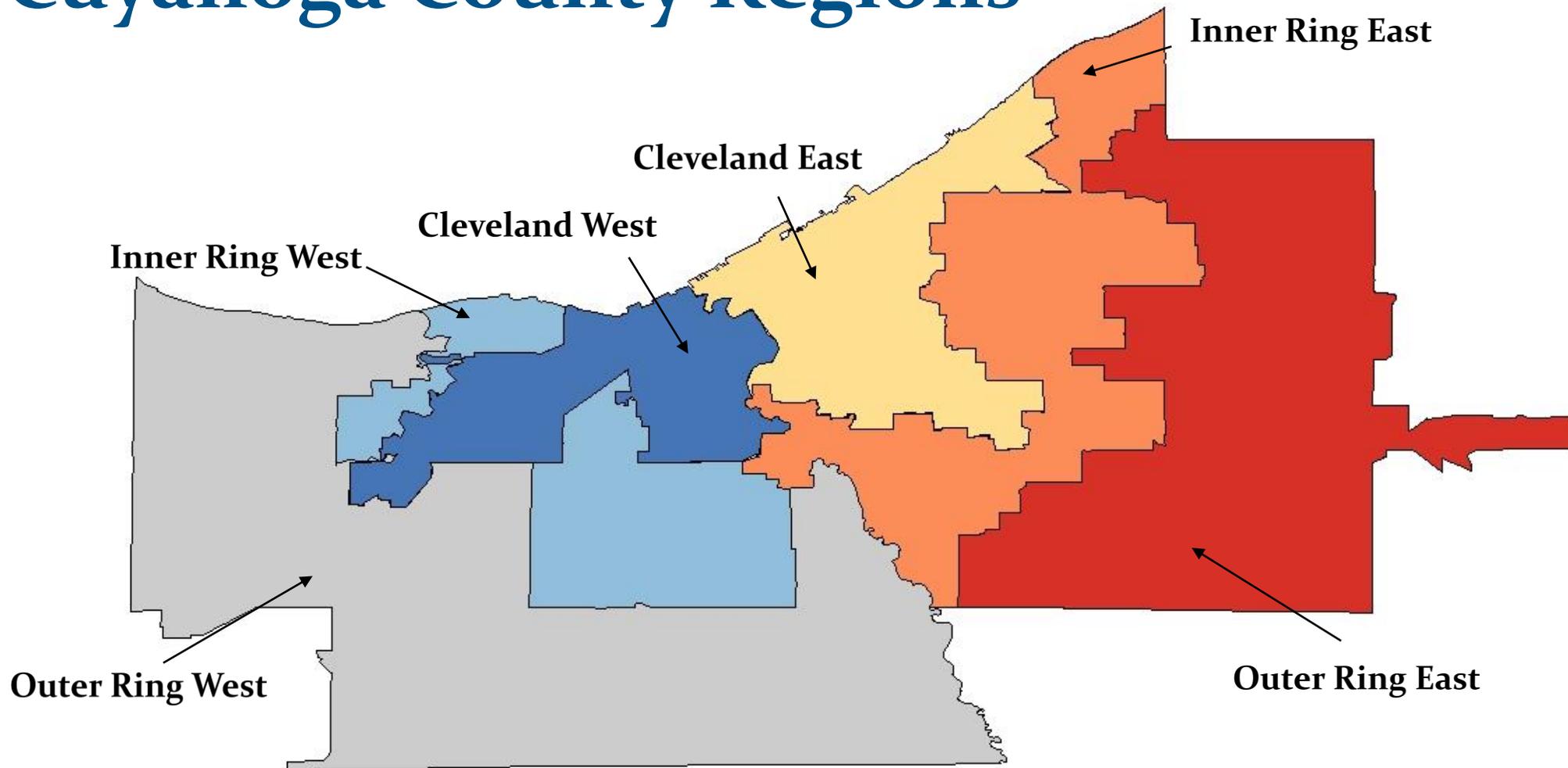


# History of YRBS in Cuyahoga County

- 2000:
  - Obtained support from Child & Family Health Services/CCBH
- 2005:
  - County-wide
  - Alternating annually between Middle and High Schools
- 2010:
  - County-wide as well as 6 regions
  - Alternating annually between Middle and High Schools
- 2012 – present
  - Census administrations in Cleveland Metropolitan School District



# Cuyahoga County Regions





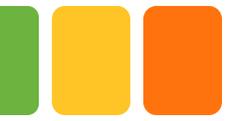
# YRBS Middle School Participation History

- 2010: 52/66 schools                      8,310 surveys
- 2012: 89/102 schools                      12,341 surveys
- 2014: 97/109 schools                      12,607 surveys
- 2016: 95/104 schools                      13,261 surveys



# YRBS High School Participation History

- 2011: 40/54 high schools 12,749 surveys
- 2013: 43/54 high schools 16,855 surveys
- 2015: 45/58 high schools 11,856 surveys
- 2017: 45/58 high schools 13,907 surveys

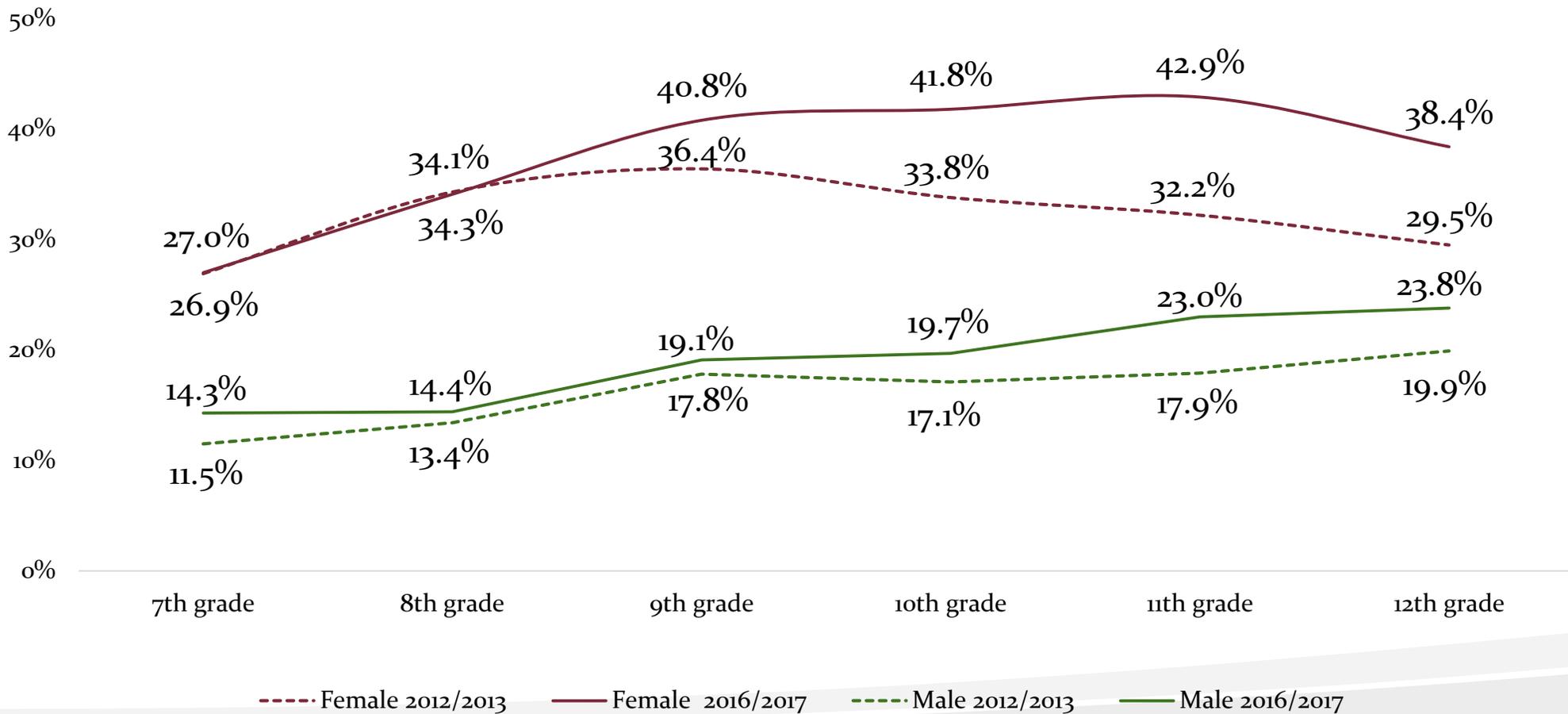


# Depressive Symptoms

During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?

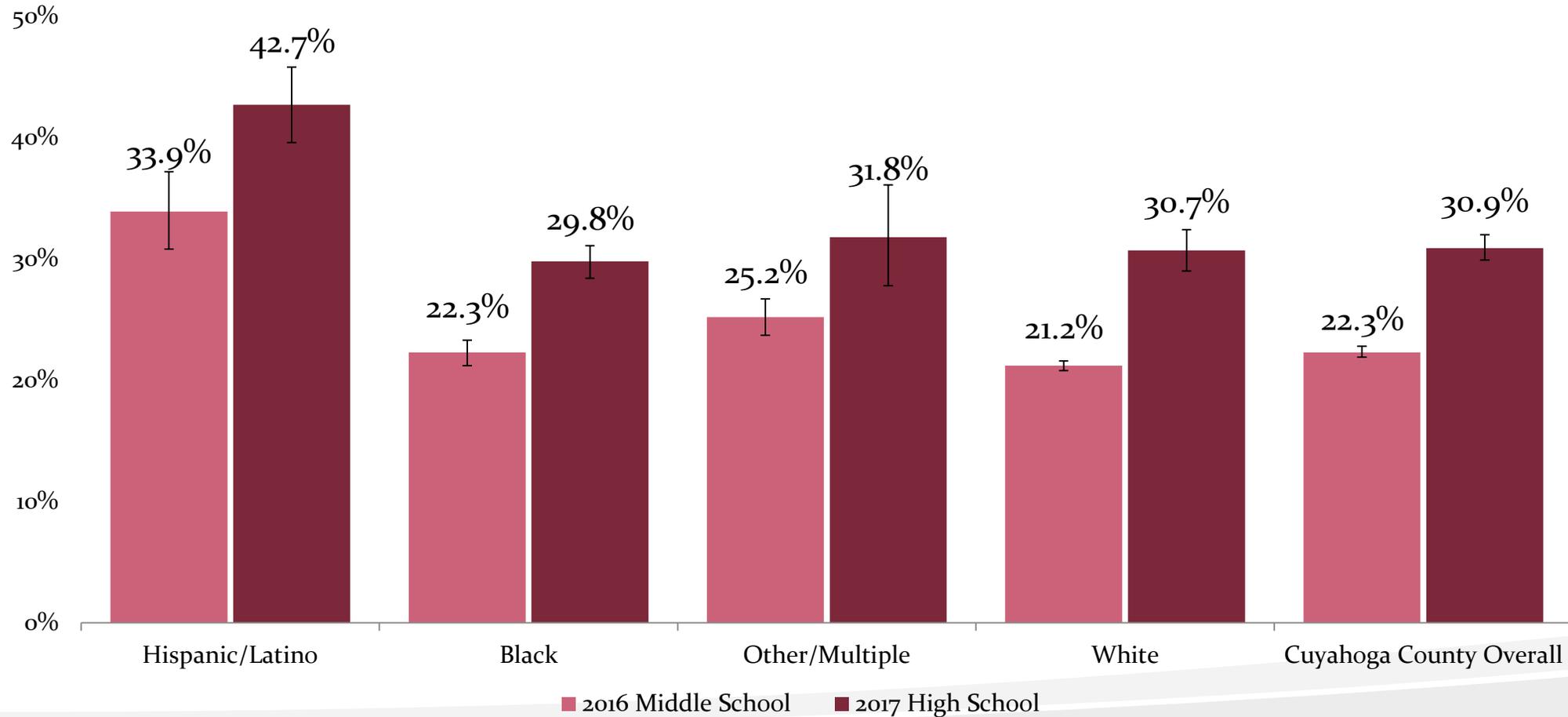
- A. Yes
- B. No

# Depressive Symptoms, Gender, Grade, Over Time Cuyahoga County





# Depressive Symptoms, Race/Ethnicity Cuyahoga County





# Urgency: Depressive Symptoms

- U.S., 2017

3 in 10 teens

Hispanic/Latino

1 in 2 teens

- Cuyahoga County, 2017

1 in 10 teens

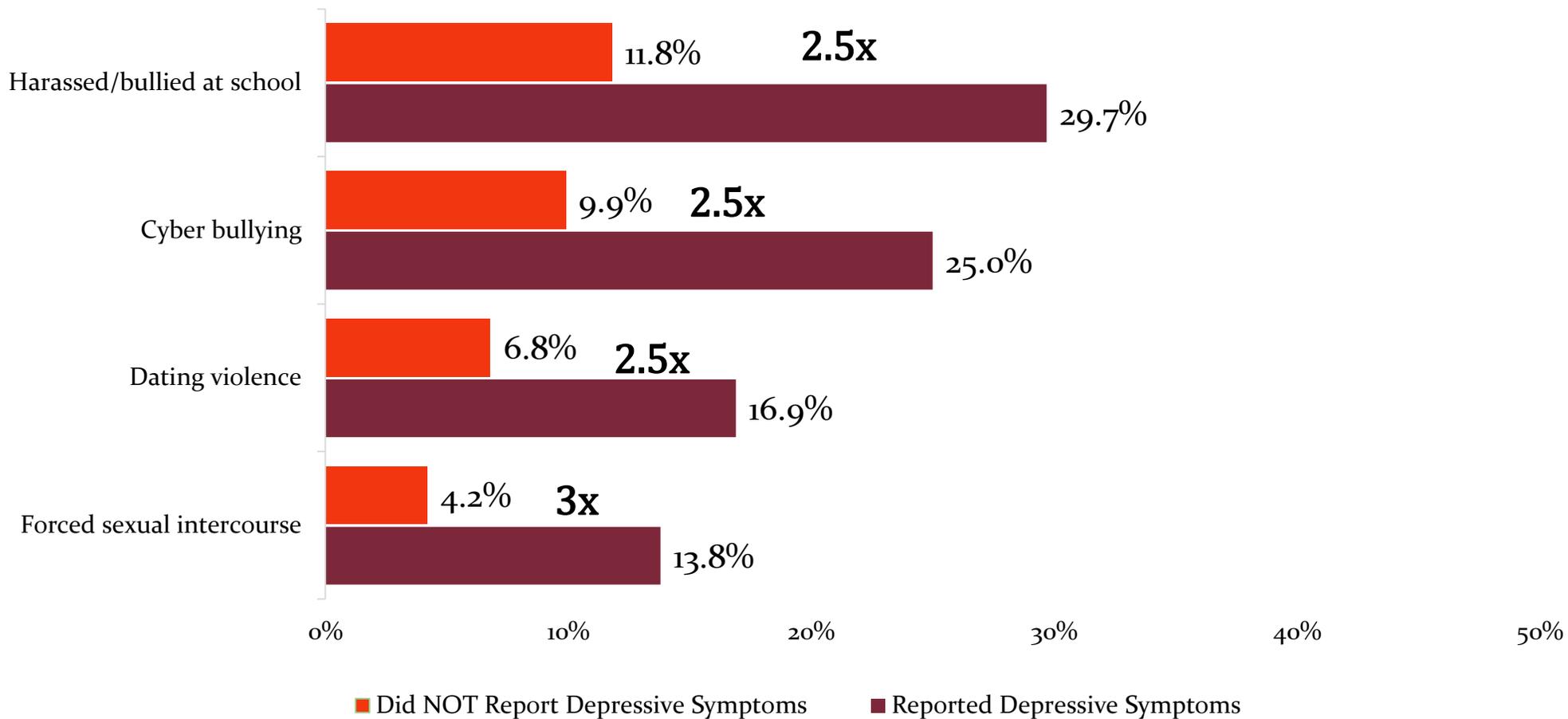
Hispanic/Latino: 2 of 5 teens

Latinas: 3 of 5 teens



# Depressive Symptoms & Other Behaviors, 2017

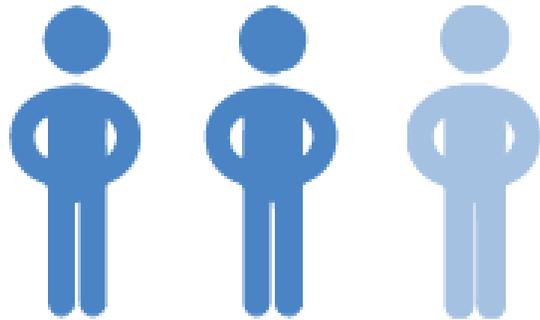
## Cuyahoga County



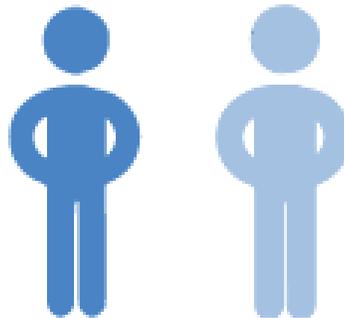


# Substance Use among High School Students Cuyahoga County

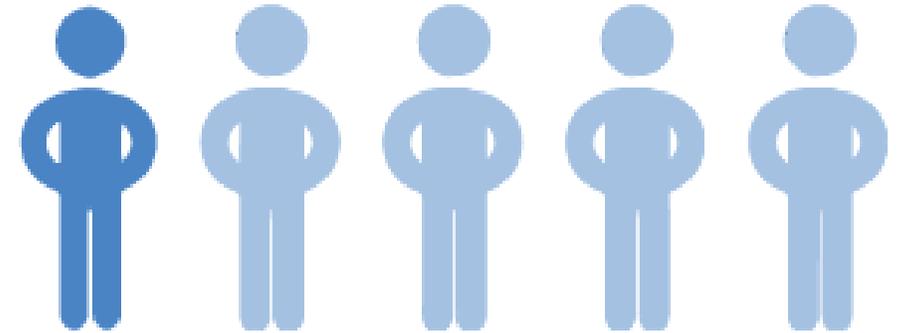
**Of those high school students who report depressive symptoms:**



**More than 2 in 3 (71.5%)  
have tried alcohol.**



**More than 1 in 2 (51.8%)  
have tried marijuana.**



**More than 1 in 5 (21.8%)  
have tried an unprescribed  
pain medication.**



# Suicide Ideation

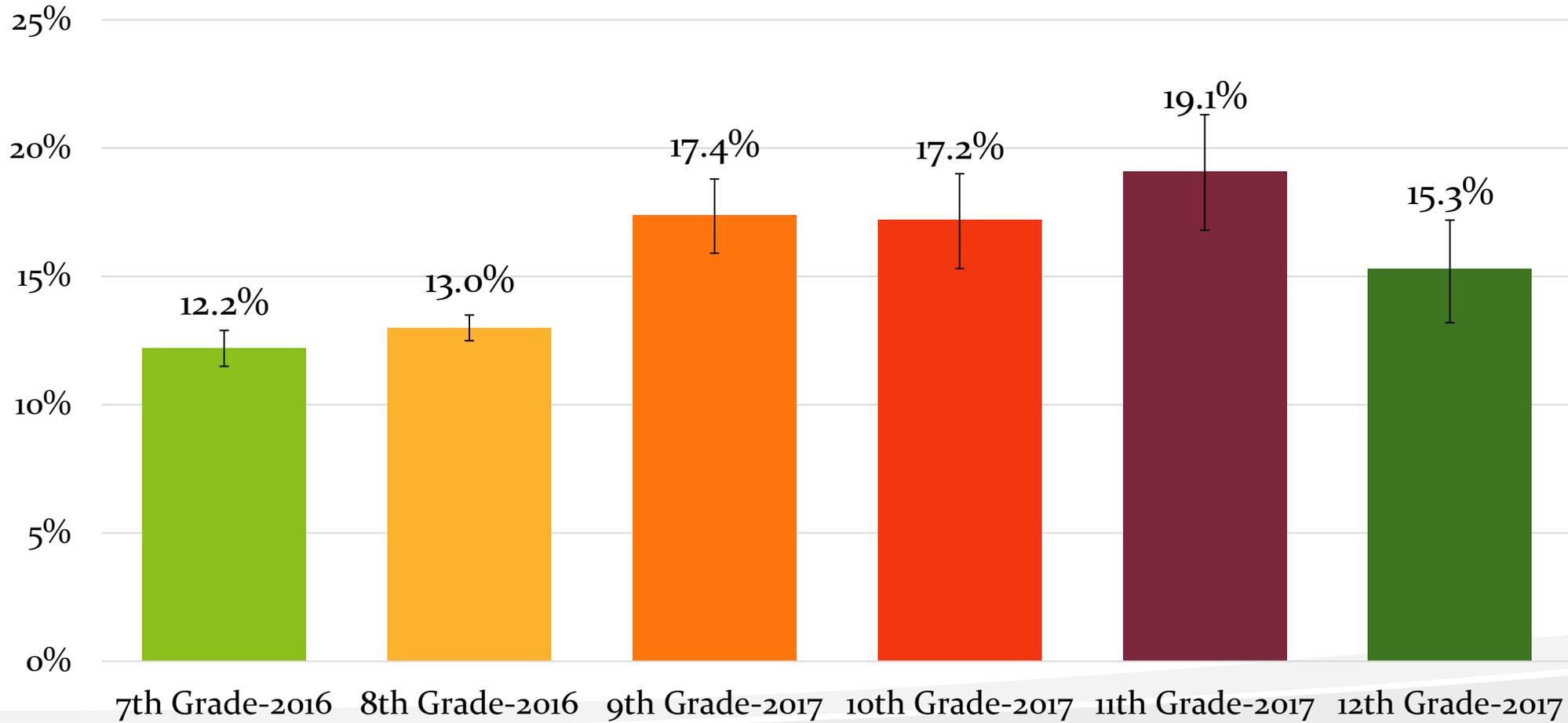
During the past 12 months, did you ever **seriously** consider attempting suicide?

A. Yes

B. No

# Seriously Considered Attempting Suicide by Grade

## Cuyahoga County





# Seriously Considered Attempting Suicide

- Cuyahoga County, 2017

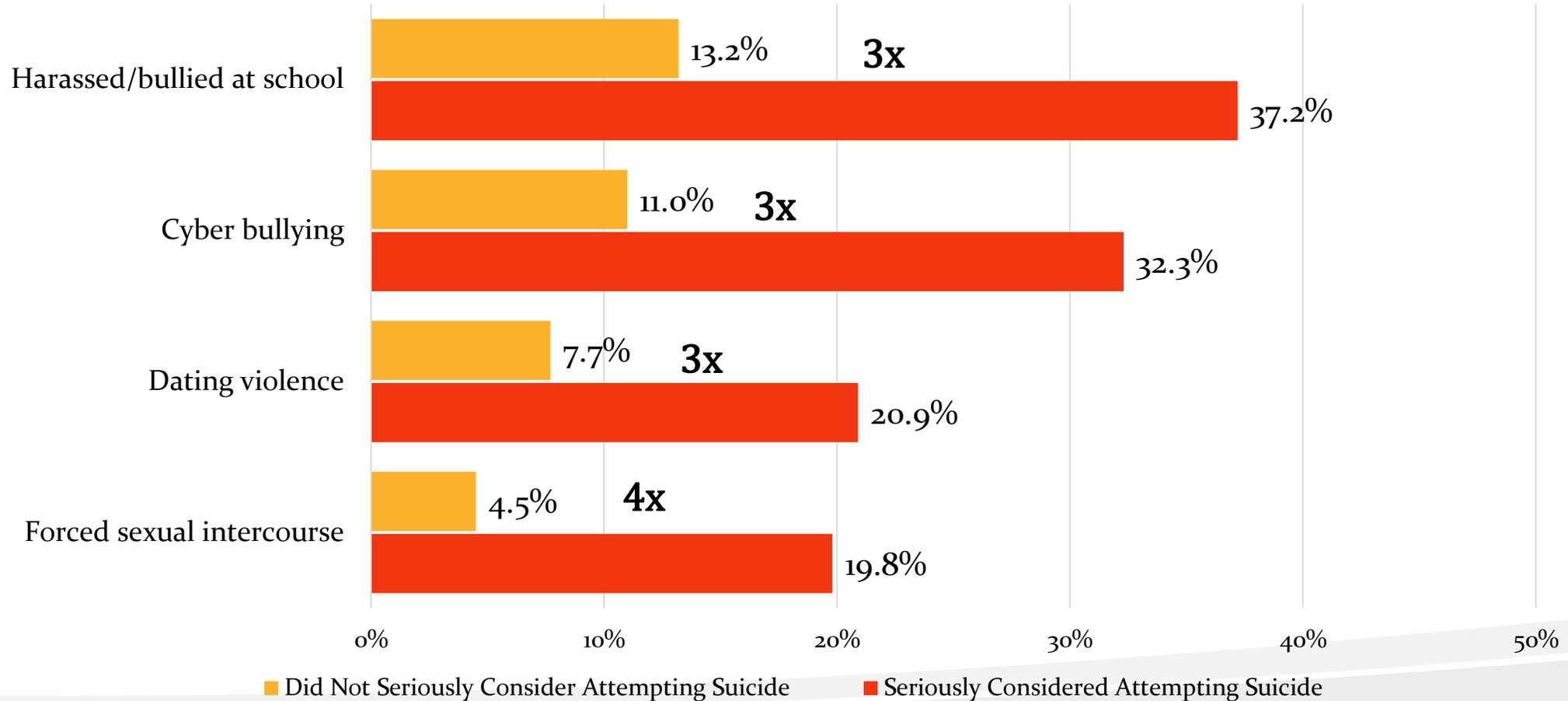
In the past 12 months,

**1 in 6 teens**

seriously considered attempting  
suicide



# Seriously Considered Attempting Suicide & Other Behaviors, Cuyahoga County 2017



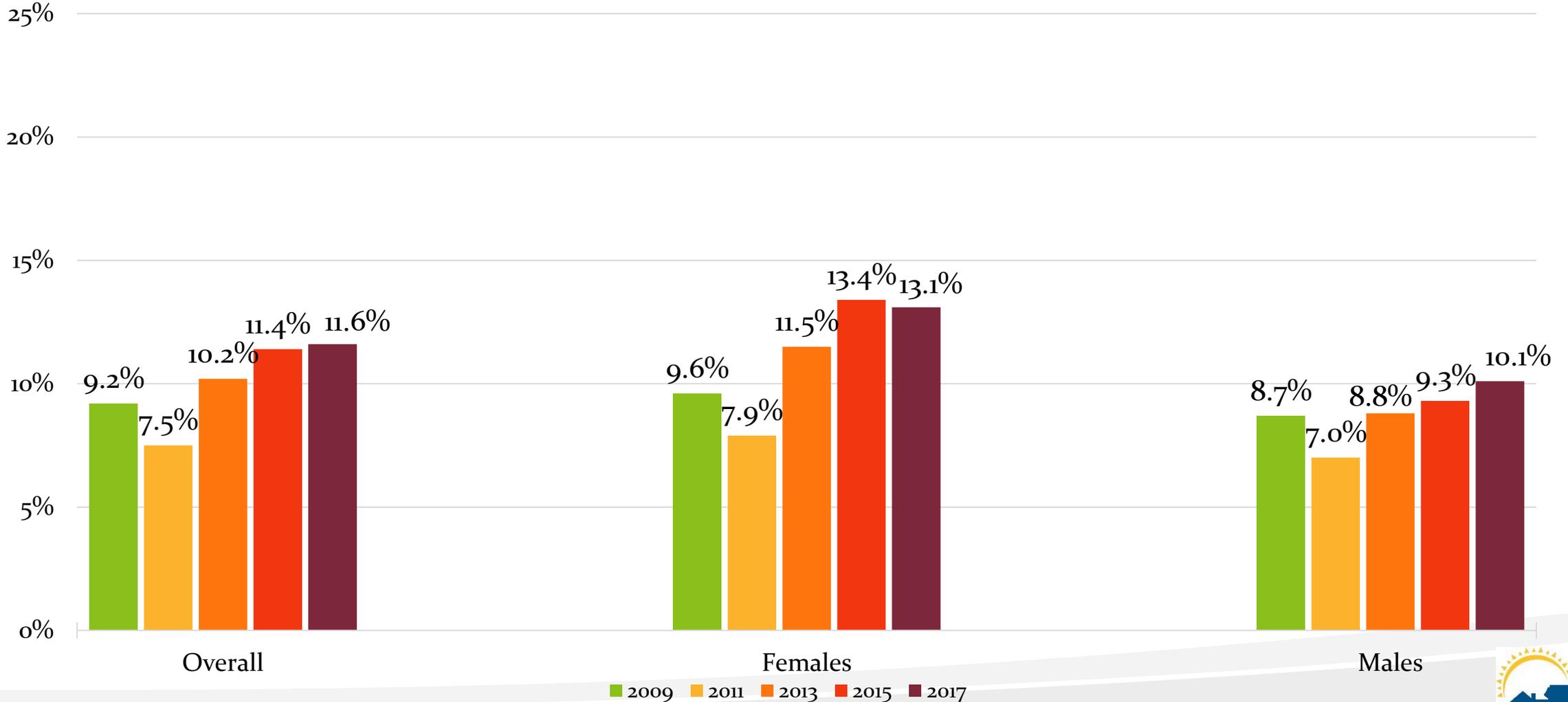


# Attempted Suicide

During the past 12 months, how many times did you actually attempt suicide?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

# Attempted Suicide - High School Cuyahoga County, 2017





# Urgency: Suicide Attempts

• U.S., 2017

■ Hispanic/Latino

• Asians



Hispanic/Latino: 1 in 5 teens

1 in 14 teens

1 in 14 teens

1 in 14 teens

1 in 14 teens



Latinas: 1 in 5 teens



# Deaths by Suicide, Cuyahoga County Medical Examiner's Office

	10 – 14 years		15 – 19 years	
2007	2 Males	1 Female	2 Males	1 Female
2009	2 Males	0 Females	5 Males	1 Female
2011	1 Male	0 Females	5 Males	1 Female
2013	3 Males	1 Female	5 Males	1 Female
2015	0 Males	0 Females	4 Males	2 Females
2016	0 Males	0 Females	5 Males	1 Female
<b>Total</b>	<b>8 Males</b>	<b>2 Females</b>	<b>26 Males</b>	<b>7 Females</b>



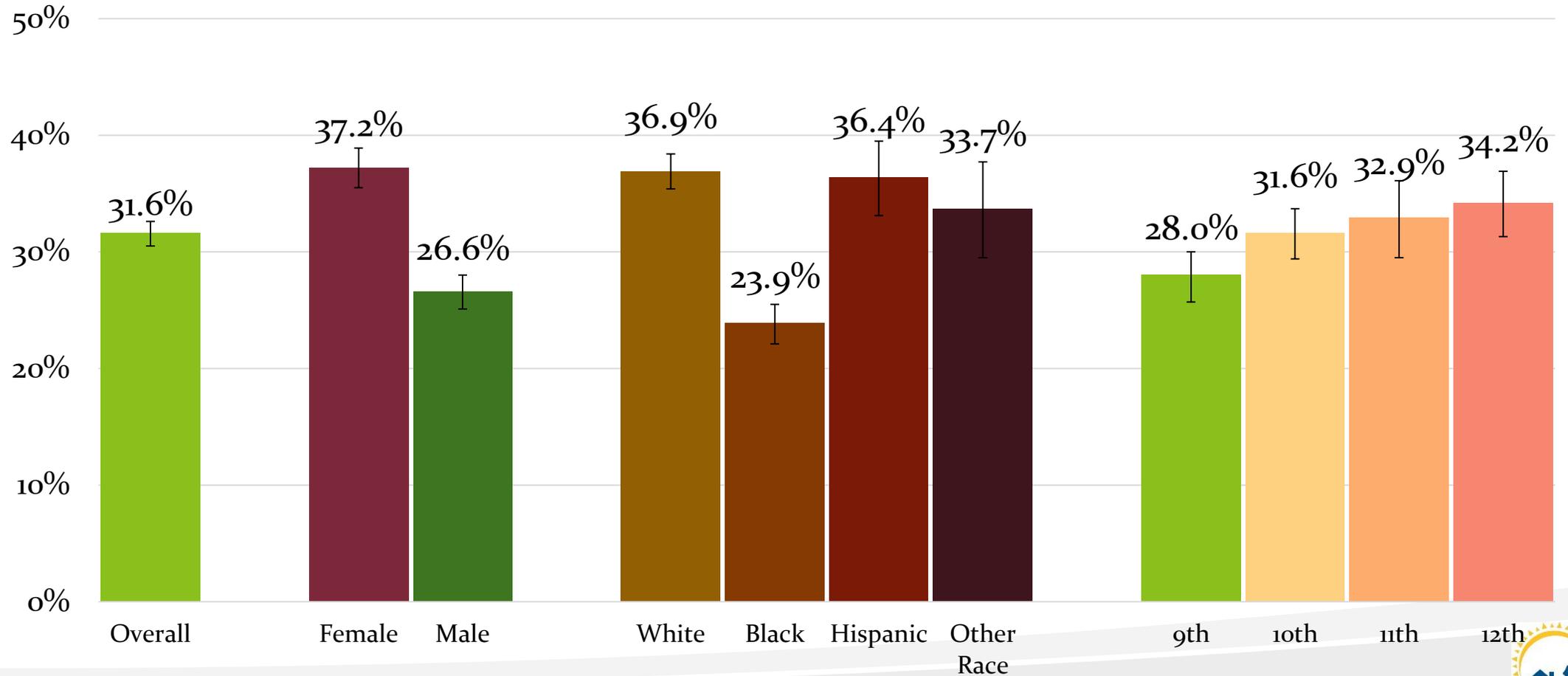
# New Survey Item

Have you known someone who has completed suicide?

A. Yes

B. No

# Knew Someone Who Completed Suicide, 2017



# Self-Harm, Depressive Symptoms & Suicide among Sexual Minority Youth

	Heterosexual	Gay, lesbian or bisexual	Not sure
Intentional self-harm	14.5% (13.8-15.3)	43.0% (40.1-45.9)	34.2% (29.5-39.1)
Depressive symptoms	26.6% (25.7-27.6)	59.9% (56.8-62.9)	45.1% (39.8-50.5)
Seriously considered suicide	13.8% (12.9-14.7)	40.8% (37.6-44.0)	31.8% (27.1-37.0)
Attempted suicide	9.5% (8.8-10.3)	24.5% (21.4-27.8)	20.3% (16.3-25.0)
Knew someone who completed suicide	30.0% (28.9-31.1)	43.3% (40.0-46.6)	38.3% (33.4-43.4)





# Summary

- The prevalence of depressive symptoms among high school students has increased overall, driven by increases among females.
- Students of Hispanic/Latino ethnicity in both middle and high school are more likely than other race/ethnicities to experience depressive symptoms.
- Prevalence of bullying, dating and sexual violence, are higher among students with depressive symptoms and for those who have seriously considered attempting suicide than for those who have not.
- Students of sexual minority status have higher prevalence of depressive symptoms and suicidal ideation, than students who describe themselves as heterosexual.

## WHEN IT COMES TO SEX... TEENS IN CUYAHOGA COUNTY

**TEENS WHO HAVE EVER HAD SEX**

CUYAHOGA COUNTY 40%

INNER RING EAST: 49%

INNER RING EAST: EASTERN SUBURBS BORLIVING CLEVELAND

**COUNTY TEEN BIRTH RATE**

21.4

**TEENS WHO HAD SEX IN THE LAST 3 MONTHS**

28% OF COUNTY OVERALL

34% OF INNER RING EAST

**TEENS WHO HAD SEX <13 YEARS OLD**

5% OF COUNTY OVERALL

8% OF INNER RING EAST

**INNER RING EAST TEEN BIRTH RATE**

25.1

**TEENS WHO HAD 4+ SEXUAL PARTNERS**

10% OF COUNTY OVERALL

14% OF INNER RING EAST

**BLACK TEENS IN INNER RING EAST**

9X MORE LIKELY TO EXPERIENCE TEEN BIRTH THAN WHITE TEENS

**FOR MORE INFORMATION:**  
Contact Brendy Eaton at Cuyahoga County Board of Health's Teen Pregnancy Prevention Program 216-261-2000 ext. 1327  
OR VISIT US AT: WWW.216TEENS.ORG

## YOUTH SMOKING

Tobacco Use in Cuyahoga County

**16% of students are using tobacco**

**FEW are smoking ONLY cigarettes**

2 OR MORE PRODUCTS

**Smoking Rates have DROPPED**

2013: 25% (Males), 20% (Females)  
2017: 16% (Males), 15% (Females)

**BUT FEMALE use is catching UP to males**

**Nearly HALF of current users TRIED TO QUIT in the past year**

**1 in 2 students using TOBACCO are ALSO using VAPING products**

Find youth smoking resources at: <https://teen.smokefree.gov> and 1-800-QUIT-NOW

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at <http://www.pcrhn.org/YRBSResults.aspx>

## TIME Magazine has named the #MeToo movement as its Person of the Year. Did you know that 13% of Cuyahoga County high school students have been forced to do sexual things by someone they were dating or going out with?

Data taken from the Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University.

## Dating Violence Happens Among Youth Too

Cuyahoga County high school students reported experiencing **1 in 10** students has been physically hurt by someone they were going out with

**PHYSICAL dating violence:** being hit, slammed into something, or injured with an object or weapon

**SEXUAL dating violence:** forced to be kissed, touched, or physically forced to have sexual intercourse

**GIRLS are nearly 2X as likely to have been the victim of SEXUAL DATING VIOLENCE as boys**

**16% vs 9%**

**1 in 5 LGB students has been forced to do sexual things by someone they were dating**

lesbian, gay, bisexual

**THE HURT STOPS NOW**

find resources at: <https://216teens.org/resources> or dial 216-391-HELP

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at <http://www.pcrhn.org/YRBSResults.aspx>

## Fewer Cuyahoga County students are being taught HIV prevention than in the past

**Nearly half of sexually active teens do not use a condom**

2011: 92% High School, 78% Middle School  
2017: 81% High School, 58% Middle School

Data taken from the Cuyahoga County Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at <http://www.pcrhn.org/YRBSResults.aspx>

## Los Síntomas Depresivos en el Condado de Cuyahoga

2017 Los Resultados de una Encuesta de los Estudiantes Latinos en las Escuelas Superiores

**2 de cada 5** estudiantes Latinos tiene síntomas depresivos (Sentir tristeza o desesperación que dura dos semanas o más y la interrupción de las actividades normales)

**57%** de las Latinas tienen síntomas depresivos

**Entre los Estudiantes Hispanos que Tienen Síntomas Depresivos**

- 3 de cada 4 han probado bebidas alcohólicas
- casí 1 de cada 3 han sido intimidados en la escuela
- casí 1 de cada 3 ha intentado de cometer suicidio
- 1 de cada 3 han probado cigarrillos
- 1 de cada 3 han participado en una pelea física
- 2 de cada 5 se ha lastimado a sí mismo intencionalmente

**¿Ve Algo? Diga Algo:**

Síntomas que Buscar: Perdida de esperanza, Cambios en los Hábitos de Sueños, Cambios en el Movimiento, Dolores Físicos, Falta de Interés, Falta de Concentración, Baja Autoestima, Perdida de Energía, Cambios en el Apetito

Recursos: ADAMHS Board of Cuyahoga County [www.adamhsco.org](http://www.adamhsco.org) 216.241.3400, National Alliance on Mental Illness Diverse Communities Program [www.nami.org](http://www.nami.org) OR [espanol.nami.org](http://espanol.nami.org), Oscar Hispanic Clinic (Services for Children and Adolescents) 216.778.2222

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at <http://www.pcrhn.org/YRBSResults.aspx>

## 80% of Cuyahoga County high school students sleep less than 8 hours on an average school night.

Is your teen getting enough sleep?

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University.

## High School Substance Use

Alcohol and Drugs in Cuyahoga County

**58%** of all students have tried alcohol

more females than males drink alcohol (36% vs 26%)

more females than males binge drink (18% vs 15%)

**40%** of 9th-12th graders have tried marijuana

**1 in 4** are current users

**60%** smoke their marijuana in a blunt

**14%** used pain medication without a doctor's prescription

**7%** used an illicit drug like heroin, ecstasy or cocaine

**17%** were given or sold drugs while at school

Find youth drug and alcohol resources at: <https://216.teens.org/resources> or dial 2-1-1

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at <http://www.pcrhn.org/YRBSResults.aspx>

**81%** of high school students RARELY or NEVER wear a helmet

**Only 1 of 4** WALK or RIDE their bike to or from school

Find your local recreation center here: <https://www.city.cleveland.oh.us/>

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at <http://www.pcrhn.org/YRBSResults.aspx>

## Weight Status & Physical Activity

Survey Results for Students in Cuyahoga County

**1 in 3** MIDDLE and HIGH school students are considered OVERWEIGHT or OBSESE

**44%** of high school students played video or computer games (or used computers) 3+ hours a day

physical activity **decreased** from 7th to 12th grade

obesity in Black and Latinx MIDDLE school students is nearly **2X** that of White students

**50%** of males and **40%** of females in high school met PHYSICAL ACTIVITY RECOMMENDATIONS

**1 in 5** high school students DID LESS than 60+ minutes of physical activity per day

Find your local recreation center here: <https://www.city.cleveland.oh.us/>

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at <http://www.pcrhn.org/YRBSResults.aspx>

## Are Cuyahoga County High School Students Bullied?

**BULLYING** is repeated unwanted aggressive behavior that involves a power imbalance

**Types of BULLYING:** VERBAL (teasing, name-calling, social rumors, threats), PHYSICAL (hitting, pushing, tripping, taking or breaking someone's things), SOCIAL (spreading rumors, leaving someone out on purpose, embarrassing someone in public)

**1 in 5 girls** and **1 in 7 boys** said they were bullied at school in the past year

**23%** of bullied students missed school in the past month because they felt unsafe

**1 in 7** students were electronically bullied in the past year

**CYBERbullying** is bullying that takes place through social media, online, or gaming on digital devices. It can happen 24/7.

**45%** of students spend 3 or more hours a day on digital devices (phones, tablets, computers) not for school work

Find youth prevention resources at: **StopBullying.gov**

Data taken from the 2017 Youth Risk Behavior Survey (YRBS) conducted by the Prevention Research Center for Healthy Neighborhoods at Case Western Reserve University. YRBS data is available online at <http://www.pcrhn.org/YRBSResults.aspx>

# Suicide Ideation and Attempts Cuyahoga County High School Teens

In the past 12 months:



**1 in 9**

**ATTEMPTED SUICIDE**



**1 in 3**

**knew SOMEONE  
who completed  
SUICIDE**

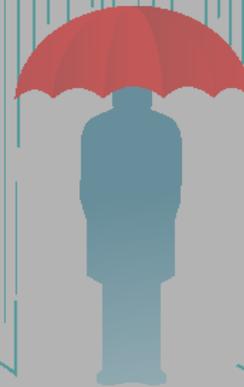
Of those who  
**ATTEMPTED SUICIDE:**  
more than



**50%**  
experienced  
**DEPRESSIVE  
SYMPTOMS**

(Feeling sad or hopeless  
for 2+ weeks  
and not doing usual activities.)

**MORE  
FEMALES  
than MALES  
CONSIDERED AND  
ATTEMPTED SUICIDE**



**You can make a difference!  
For questions or more information:**

**Cuyahoga County's 24/7 Suicide Hotline  
216-623-6888**

**Crisis Text Line  
Text "4Hope" to 741741**

# Data Briefs

## Depressive Symptoms In Cuyahoga County

**Youth Data Brief**  
June 2018

Emotional health is essential to overall health and is associated with risk behaviors such as alcohol and drug use, academic achievement, school connectedness, and neighborhood safety.<sup>1,2</sup> The Youth Risk Behavior Survey (YRBS) includes the question: "During the past 12 months, did you ever feel so sad or hopeless for two or more weeks in a row that you stopped doing some usual activities?" This one survey item assesses three indicators of a major depressive episode: experience of 11 extended (2) sad days and hopelessness, resulting in (3) interruptions of usual activities. Therefore, for the purpose of this brief, an affirmative response to this item will be referred to as "depressive symptoms."

This brief looks at reported rates of depressive symptoms from the 2017 YRBS (n=13,907) survey of Cuyahoga County public high school students (grades 9-12) and the 2016 YRBS (n=13,261) survey of Cuyahoga County public middle school students (grades 7 and 8). Through collaboration with CWRU's Schubert Center for Child Studies, this brief also includes information about awareness, action recommendations, and local resources.

**Which Students Experience the Highest Levels of Depressive Symptoms?**  
Overall, 30.5% of Cuyahoga County high school students reported experiencing depressive symptoms. This is a significant increase from the 2013 and 2015 YRBS (25.6% and 28.4%, respectively) but significantly lower than the national rate of 33.3%. The prevalence of depressive symptoms among middle school students continues to rest at 20.1-22.4% overall since 2010 with 22.4% of students in 2016 reporting depressive symptoms.

**By Region**  
The highest prevalence of depressive symptoms for high school students in Cuyahoga County was within Inner Ring West (37.4%) followed by Cleveland West (36.6%). The lowest prevalence for high school students in Cuyahoga County was in Outer Ring East (23.5%). Both Cleveland East and Inner Ring West have experienced significant increases in reporting of depressive symptoms since 2013, with Cleveland East increasing from 20.1% to 22.4% and Inner Ring West from 23.5% to 37.4%.

**Fig. 1 Prevalence of Depressive Symptoms among Cuyahoga County High School Students 2017**

Region	Prevalence (%)
Cleveland West	36.6%
Inner Ring West	37.4%
Cleveland East	33.3%
Inner Ring East	30.5%
Outer Ring West	25.6%
Outer Ring East	23.5%

## Protective Factors In Cuyahoga County

**Youth Data Brief**  
June 2018  
prchn.org

**Overview:** Protective Factors are environmental characteristics, conditions, or behaviors that reduce the effects of stressful life events. These factors, such as parents talking to their students about school, student engagement in after-school activities and feeling connected to their community, increase a student's ability to avoid risk and promote healthy behaviors. Adolescents who report more protective factors can, in fact, experience more positive outcomes. Consequently, those who have low amount of protective factors are more likely to engage or experience risk behaviors influence one's choices.

Research has shown that assets and protective factors can provide protection from risk behavior engagement and promote emotional well-being (reference). Six items from the YRBS comprise the Brief Assets Scale which has been found to be comparable in validity to the Search Institute's 40 Assets scale (reference). The 6-item brief index in the YRBS asks about student's participation in non-school youth programs and how many hours they have spent volunteering in the past 7 days. Assets are scored on a scale of 0 (no assets) to 6 (having all of the assets assessed). FROM Depressive symptoms overview

**Participation in Youth Programs**  
Students who have opportunities to engage in positive activities during non-school hours improves relationship building and leadership skills.

**Feeling Valued by the Community**  
Students who feel like they matter to their community are less likely to engage in risk behaviors and more likely to engage in community activities.

**Talking with Parents About School**  
Communication with parents about school is connected to students' academic achievement, overall health and avoidance of risk behaviors.

**School Connectedness**  
Students who feel that they play a meaningful role in decision-making at school are more likely to feel positively connected with school.

**Volunteering in the Community**  
Students who give back to their communities gain access to character building benefits which decreases their likelihood of engaging in risk behaviors.

**Academic Achievement**  
Students with A's and D's in school are likely to be more engaged with school and at lower risk of participating in unhealthy behaviors.

The risk behaviors identified in figure 1 have a clear pattern of decline. Other behaviors such as experiencing bullying or binge drinking alcohol did have a clear association. Number of assets was significantly related to likelihood of engaging in each of the risk and health promoting behaviors.

Figure 1. Risk Behaviors Decline with Number of Assets

## Obesity, Overweight, and Weight Control In Cuyahoga County

**Youth Data Brief**  
March 2018  
prchn.org

The Centers for Disease Control and Prevention (CDC) reports that adolescents with obesity are at a higher risk for a variety of medical, social, and psychological problems. Obese adolescents are likely to remain obese as adults and to experience chronic health problems such as type 2 diabetes, high blood pressure, and heart disease. In 2015, the CDC reported that nationally 13.5% of high school students were obese, while 16% were overweight. Obesity varied by gender with male adolescents more likely than females to be obese. Nearly one in every three Cuyahoga County middle and high school students were overweight or obese when surveyed in 2016-2017.

This data brief describes data provided in 2016 (n=13,261) and 2017 (n=13,907) from the Cuyahoga County Youth Risk Behavior Survey (YRBS). In the survey, county students were asked for their height, weight, and age. Body mass index (BMI) is calculated using these values and adjusted for age and gender. BMI is categorized as underweight (< 50th percentile), normal weight (≥ 50th percentile and < 85th percentile), overweight (≥ 85th percentile and < 95th percentile), and obese (≥ 95th percentile). The graphs and narrative identify those students most at risk for obesity and being overweight. Relationships with perceptions of weight, trying to lose weight, and hunger are also examined.

**33%** of Cuyahoga County high school students were overweight or obese in 2017.

**Figure 1. Prevalence (%) of Obesity among HS Student in 2013 vs. 2017**

Region	2013 (%)	2017 (%)
Cleveland West	25.1	28.8
Inner Ring West	17.3	16.6
Inner Ring East	13.3	13.1
Outer Ring West	10.3	11.1
Outer Ring East	7.1	8.5

The highest rates for BMI consistent with obesity were reported for high school students in both East and West Regions of Cleveland and the Inner Ring West. Students from the county's Inner Ring East reported the next highest obesity rates, which were significantly lower than Cleveland East and West, but not significantly lower than Inner Ring West. Inner Ring West and Outer Ring East reported significantly higher obesity rates than in 2013. Regional differences in obesity appear to be dissipating, but rates have remained stable for the past four years despite various programmatic interventions.

**Figure 2. Prevalence (%) of BMI Categories Grades 7-12**

In Cuyahoga County, similar prevalence was reported for BMI categories of normal weight, overweight, and obese at every grade level. The prevalence of underweight was highest among 7th graders. Nearly two-thirds of students in each grade (7th-12th) reported heights and weights consistent with normal weight, with the exception of 11th grade (60.1%). Overall, 18.9% of middle and 17.8% of high school students reported BMIs consistent with being overweight. The prevalence of obesity was significantly higher in high school than in middle school (HS 15.5%, MS 12.4%). Reported obesity rates have increased in the 11th and 12th grade categories since 2013 (2013 11th 12.5%, 12th 11.5%). In addition, minority students were more likely to be obese than white-identifying students in middle and high school (minority > 18% MS, > 19% HS, white students 12.4% HS 9.5% MS) (not depicted).

## Youth Smoking In Cuyahoga County

**Youth Data Brief**  
November 2017  
prchn.org

For adolescents in Cuyahoga County, smoking isn't just about cigarettes. Hookah and cigar products (cigars, cigarillos, little cigars, and flavored cigars) are smoked by more high school youth than cigarettes in Cuyahoga County.

These estimates are based on new data from the Cuyahoga County Youth Risk Behavior Survey (YRBS) conducted from 2009 to 2017 by the Prevention Research Center for Healthy Neighborhoods at CWRU. The YRBS is a cross-sectional survey developed by the Centers for Disease Control and Prevention to track adolescent risk behavior over time. This data brief reports on past 30 day (i.e., current) use of cigarettes, cigars, and hookah among high school youth in Cuyahoga County. In 2017, 15.7% of high school students reported current use of any tobacco product, a significant decrease from 2013 (22.3%). Overall, fewer students reported current cigar use (13.1%), followed by tobacco in a hookah use (7.4%) and cigarette use (6.2%; see Fig. 1).

The current use of any tobacco product has decreased from 2013 to 2017, and choice of product has continued to vary. Cigarette, cigar, and hookah use have decreased (10.4% to 6.2%, 15.1% to 13.1%, and 10.6% to 7.4%, respectively). Of note, in 2017 "current hookah use" was revised to "current use of tobacco in a water pipe."

**More than 1 in 6 high school youth smoked tobacco in the past 30 days.**

**Figure 1. Tobacco Use: 2013-2017**

Product	2013 (%)	2017 (%)
Any Tobacco	22.3%	15.7%
Cigarettes	10.4%	6.2%
Cigars	15.1%	13.1%
Hookah	10.6%	7.4%

**Implications for Adolescent Health**  
More than 35% of high school youth in Cuyahoga County currently smoke tobacco based on local YRBS data; cigarette smoking accounts for less than 10% of youth tobacco use. Youth in Cuyahoga County are smoking at a lower rate than adults in Cuyahoga County (18.7% in 2015), although youth are choosing products that are less regulated, and potentially more accessible, than cigarettes.

**What are cigars, cigarillos, little cigars, and flavored cigars?**  
The picture to the left helps to show the difference between cigarettes and cigar products. The main difference between a cigarette and cigar product is the wrapper; any product that includes tobacco in the wrapper is considered a cigar. A law passed on August 8, 2016, authorized the U.S. Food and Drug Administration (FDA) to regulate all tobacco products, including e-cigarettes, cigars, and hookah. It requires health warnings on all products, bans samples, and restricts youth access by not allowing products to be sold to those younger than 21 years of age. This law goes into effect once the FDA approves new tobacco product applications in 2018.

**What is a hookah?**  
The picture to the right shows a hookah, or waterpipe tobacco. Shisha, a damp tobacco that comes in flavors such as apple, cherry, or chocolate, is placed in the head of the pipe where it is heated. Tobacco smoke travels through the body of the pipe and is inhaled through the hose. Hookah smoking is typically a social activity in which smokers pass the hookah from person to person over a substantial period of time, increasing the amount of nicotine and high toxic smoke inhaled by the user. The smoke contains carbon monoxide, heavy metals, and toxins known to cause cancer. Charcoal used to heat the tobacco produces toxic substances that may be inhaled by both hookah smokers and non-smokers. There are more than 15 hookah bars in Cuyahoga County; these bars are exempt from Ohio's Clean Indoor Air Act.

## Physical Activity In Cuyahoga County

**Youth Data Brief**  
March 2018  
prchn.org

This data brief describes data provided in 2016 (n=13,261) and 2017 (n=13,907) from the Cuyahoga County Youth Risk Behavior Survey (YRBS). The US Department of Health and Human Services recommends adolescents get 60 minutes or more of daily physical activity, consisting of aerobic, muscle-strengthening, and bone-strengthening exercise in order to have health benefits. In 2015, the Centers for Disease Control and Prevention (CDC) reported that 17.7% of high school females and 36% of high school males obtained recommended levels of physical activity. Conversely, 17.5% of high school females and 11.1% of high school males reported themselves physically inactive on all seven days of the week before completing the survey.

The American Academy of Pediatrics recommends that a student spend less than two hours daily on the computer or television. In 2015, 75.3% of US high school students reported watching less than 3 hours of television per day on an average school day, while 58.3% reported spending less than 3 hours per day on the computer or playing video games. Overall, 40.9% of Cuyahoga County high school students and 51.5% of middle school students participated in 60 or more minutes of physical activity on five or more of the past seven days that made them sweat or breathe hard some of the time. Nationally, obtaining 60 minutes or more of physical activity is reported for 3 out of the past 7 days, 5 out of the past 7 days, and all 7 days. Since 2013, Cuyahoga County has reported on the group of students who obtained 60 minutes or more of physical activity 5 out of the past 7 days, and are considered to be meeting physical activity recommendations.

**Who is Meeting Physical Activity Recommendations in Cuyahoga County?**

**HS Students Meeting Physical Activity Recommendations**

Region	2016 (%)	2017 (%)
Cleveland West	31.4	28.5
Cleveland East	32.8	27.1
Inner Ring West	46.4	40.7
Inner Ring East	43.4	48.5
Outer Ring West	48.5	49.9
Outer Ring East	40.3	43.9

Cuyahoga County is divided into six regions based on proximity to the central city of Cleveland. The lowest rates for obtaining recommended physical activity occurred in both the Cleveland East and West regions. Students from the county's Inner Ring East and West reported the next lowest rates. Outer Ring East rates were similar to Inner Ring West, but higher than Inner Ring East.

**Figure 2. Middle and High School Students Meeting PA Recommendations by Demographic**

**Recommendations by Demographic**

Demographic	2016 (%)	2017 (%)
MS Male	57.6	47.7
MS Female	47.7	45.2
HS Male	33.8	33.8
HS Female	47.0	40.0
MS Hispanic/Latino	33.5	28.3
MS Non-Hispanic white/black	51.0	52.4
HS Male	45.0	41.8
HS Female	39.2	37.0

Cuyahoga County students have differences in meeting physical activity recommendations based on gender, race and grade level. Male middle school students had the highest prevalence of meeting physical activity recommendations. Female students were less likely than male students to meet recommended physical activity levels in both middle and high school. White middle and high school students were more likely to obtain recommended levels of physical activity compared to both Black and Hispanic/Latino students. The prevalence of meeting physical activity recommendations declines from 7th to 12th grade (see Fig. 2). Cuyahoga County high school prevalence by gender and grade level were similar to estimates reported by the United States in 2015.

## Marijuana Use In Cuyahoga County

**Youth Data Brief**  
June 2018  
prchn.org

This data brief describes the extent and characteristics of marijuana use among middle and high school students in Cuyahoga County. In 2017, 40.3% of Cuyahoga County high school students had tried marijuana and 6.5% of students aged 18 or older had used marijuana in the past 30 days. Both of these prevalence rates have increased significantly since 2009 (36.7% to 40.3%, 7.8% to 8.5%, respectively).

**Marijuana is used by more students than any illegal substance other than alcohol.**

**Figure 1. Ever and Current Use of Commonly Tried Substances 2017**

Substance	Ever Used/Tried (%)	Used in Past 30 Days (%)
Alcohol	65.4%	58.3%
Marijuana	40.3%	6.5%
Cigarettes	36.7%	20.4%
Electronic Vapor	15.7%	8.2%

**Marijuana use is increasing among high school youth.**

**Figure 2. "During the past 30 days, how did you usually use marijuana?"**

Nearly 60% of students who had used marijuana in the 30 days before completing the 2017 survey indicated that they usually smoked it in a blunt. (see Fig. 2) A blunt is a cigar that has been hollowed out and filled with marijuana. This prevalence has increased significantly since 2015 (61%).

Female students were more likely than male students to usually use marijuana by smoking it in a blunt (85.5% vs. 85.2%, respectively), while male students were almost twice as likely as females (18.1% vs. 10.3%, respectively) to usually use marijuana in ways other than smoke (i.e., ate in food, drank, vaped).

The majority of Black (77.8%) and the majority of Hispanic/Latino (86.8%) marijuana users usually smoked it in a blunt while white students were most likely (64.4%) to usually smoke it in a joint, bong or pipe.



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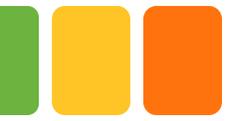
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