

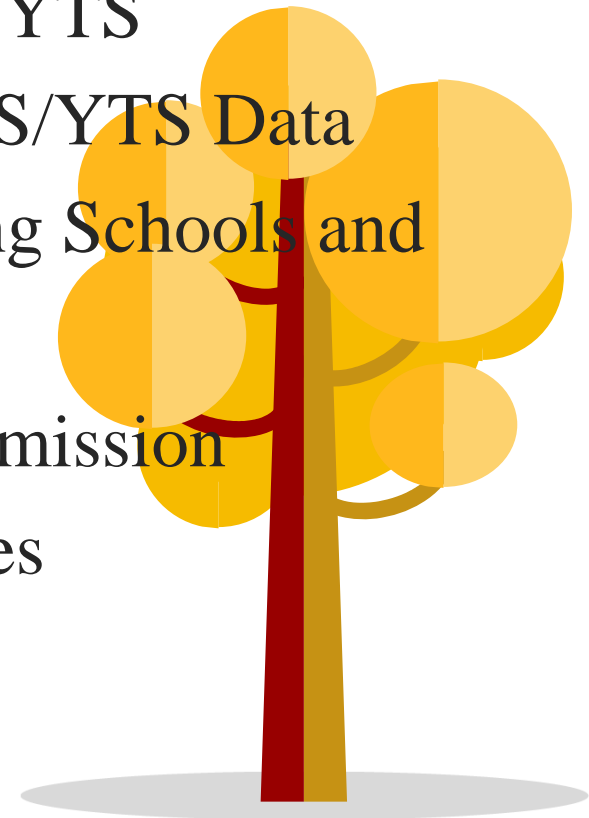
**MARYLAND DEPARTMENT OF HEALTH, THE MARYLAND STATE  
DEPARTMENT OF EDUCATION, and ICF, Inc.**

# **2018 YRBS/YTS Coordinator Training**

**August 20, 2018**

# Goals and Objectives

- Understand the Maryland YRBS/YTS
- Review the 2016 Maryland YRBS/YTS Data
- Learn about YRBS/YTS Sampling Schools and Classrooms
- Discuss YRBS/YTS Parental Permission
- Review Roles and Responsibilities
- Review Survey Timeline



# Who Are We?

- MSDE
- MDH
- ICF



*Survey Overview*

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# Maryland YRBS/YTS

# Maryland Survey History

- 2000: Maryland tasked with a biennial **Tobacco Study**
  - Md. Health-General Code Ann. § 13-1003 and § 13-1004
  - The tobacco study began as CDC's **Youth Tobacco Survey (YTS)**
    - The YTS collected data related to tobacco use, cessation, and secondhand smoke from students in grades 6 through 12
    - Collected in the Fall of **even** years
  - Data collected on a **statewide level** and **jurisdiction-level**

# Maryland Survey History Cont.

- 2005: MSDE begins biennial Youth Risk Behavior Survey (YRBS) in Maryland
  - Conducted **biennially** in the Spring of odd years to track priority health risk behaviors among youth in grades 9 through 12
  - Data collected on a **statewide** level only
- 2013: Maryland **combines** the YTS and YRBS (YRBS/YTS)
  - Reduce survey burden in schools
  - Comparison of tobacco use behaviors with other priority health risk behaviors

# Maryland YRBS/YTS Summary

- Combination of the **Youth Risk Behavior Survey** and the **Youth Tobacco Survey**
- 2/3 Core Youth Risk Behavior Survey- CDC
- 1/3 Youth Tobacco Survey and Stakeholder requests
- Separate Middle School and High School Instrument
- Jurisdiction-level data and statewide data
- Conducted via paper and pencil during one class period (approx. 45 min.)
- Fall of every even year

# Core YRBS Survey Topics

- YRBS Core Survey Topics Include:
  - Personal Safety
  - Bullying and Violence
  - Mental Health: Suicide and Depression
  - Sexual Health
  - Alcohol, Tobacco, and Other Drug Use
  - Nutrition and Physical Activity



# YTS Survey Topics

- YTS Survey Topics Include:
  - Knowledge and attitudes regarding tobacco use
  - Exposure to media and advertising
  - Information on the enforcement of minors' access regulations and laws
  - Presence of tobacco programs in school curricula
  - Cessation attempts and successes
  - Secondhand smoke exposure
  - Prevalence of other tobacco products (i.e., pipe use, bidis, kreteks, and snus)

# Value of the YRBS/YTS data

- Monitor and address youth priority health-risk behaviors that may lead to disability, injuries, social issues and mortality.
- Measure progress towards national health objectives highlighted in Healthy People 2020
- Evaluate the effect of school and community based programs and interventions
- Help with planning programs, interventions and policy-making

# How the Data are Used in Maryland

- State level reports:
  - Maryland Youth Risk Behavior Survey Biennial Report
  - Cigarette Restitution Fund (CRF) Tobacco Biennial Legislative Report and Summary Report
  - Reports to federal entities, such as CDC
- Data are used by local health departments, students, schools, and other local organizations
- Program evaluation and analysis at state, local, and community levels

# 2018 YRBS/YTS Survey Details

## Middle School

- 86 Questions
- New this year: Homelessness, Food Insecurity

## High School

- 99 Questions
- New this year: Homelessness, Food Insecurity, Adverse Childhood Experiences (ACE), Gambling



*Overview of Youth Risk Behaviors*

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**2016 Maryland YRBS/YTS Data**

# 2016 YRBS/YTS Sample

- **2016 sample included:**
  - 51,087 high school students
  - 23,568 middle school students
  - 184 Public/Vocational/Charter High Schools
  - 174 Public/Vocational/Charter Middle Schools

# Trends 2014-2016\*

## Favorable Trends

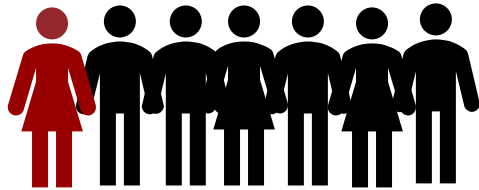
- Decreased cigar, cigarette, ESD use
- Decreased intake of sodas

## Unfavorable Trends

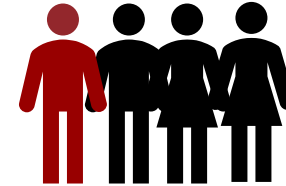
- Increased violent behavior
- Increased mental health issues (suicide and depression)
- Decreased consumption of healthy food

\*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade,  $p < 0.05$

# Mental Health



1 out of every 7 Maryland high school students has made a plan about how they would attempt suicide.\*



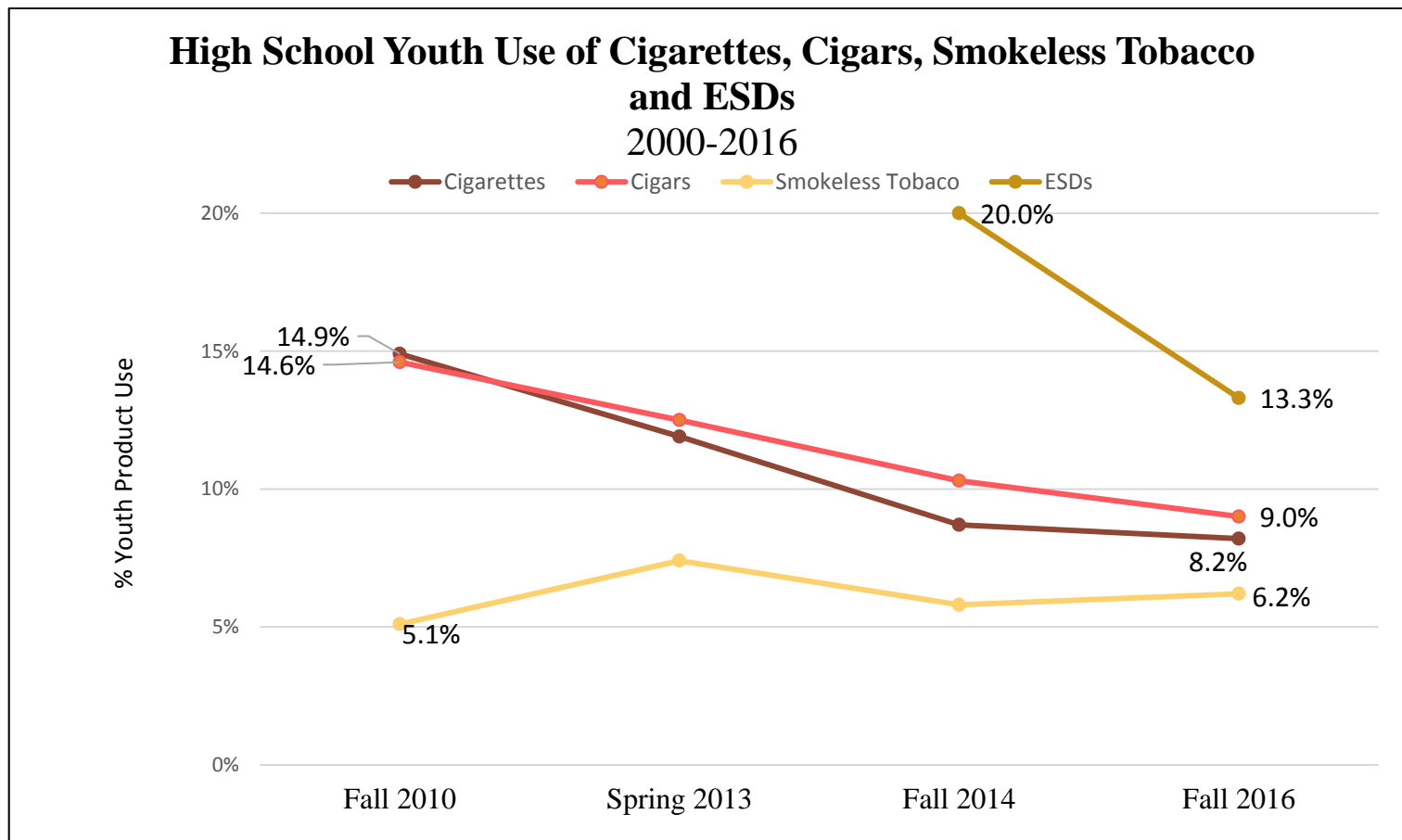
1 out of every 4 Maryland middle school students felt sad or hopeless for  $\geq 2$  weeks in a row (so that they stopped doing some usual activities, ever during the 12 months before the survey).\*

\* = Statistically significant upward trend (based on t-test analysis,  $p < 0.05$ )

\*\* = Statistically significant downward trend (based on t-test analysis,  $p < 0.05$ )



# Tobacco/ESD Use Behaviors

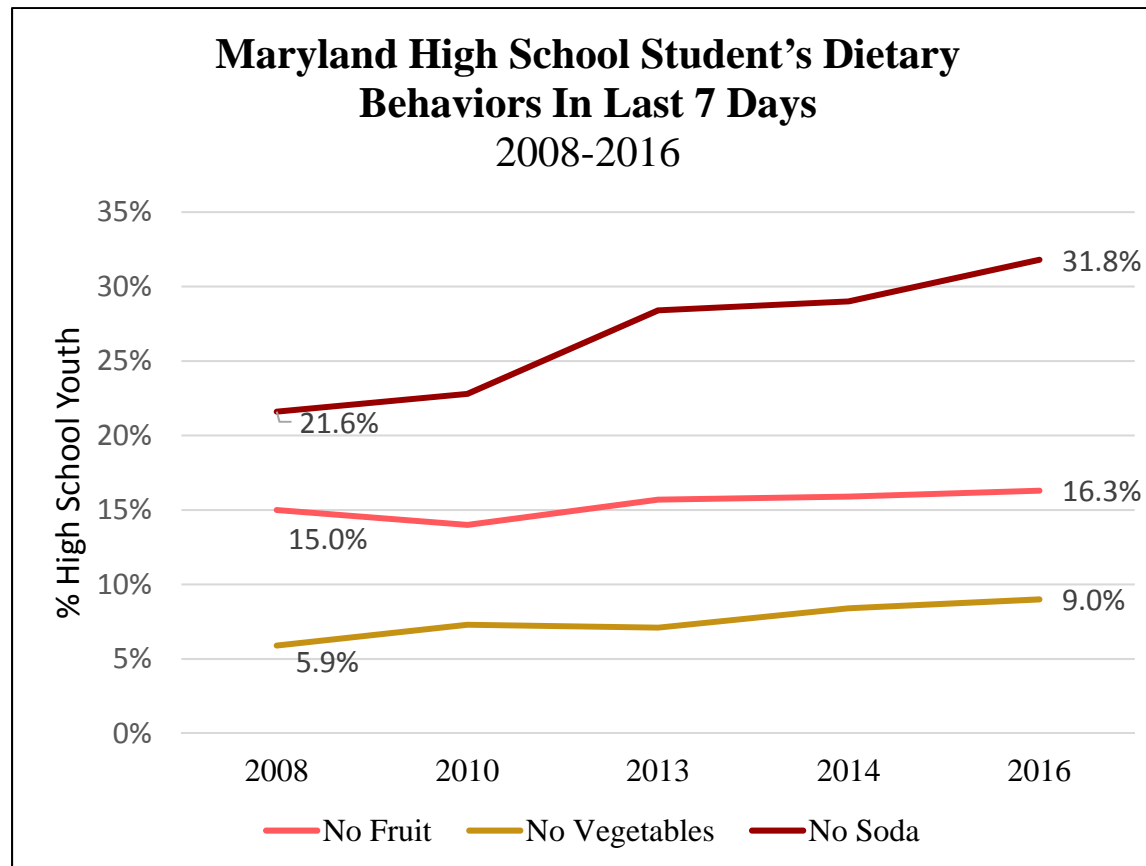


# Alcohol, Marijuana, and Other Drugs

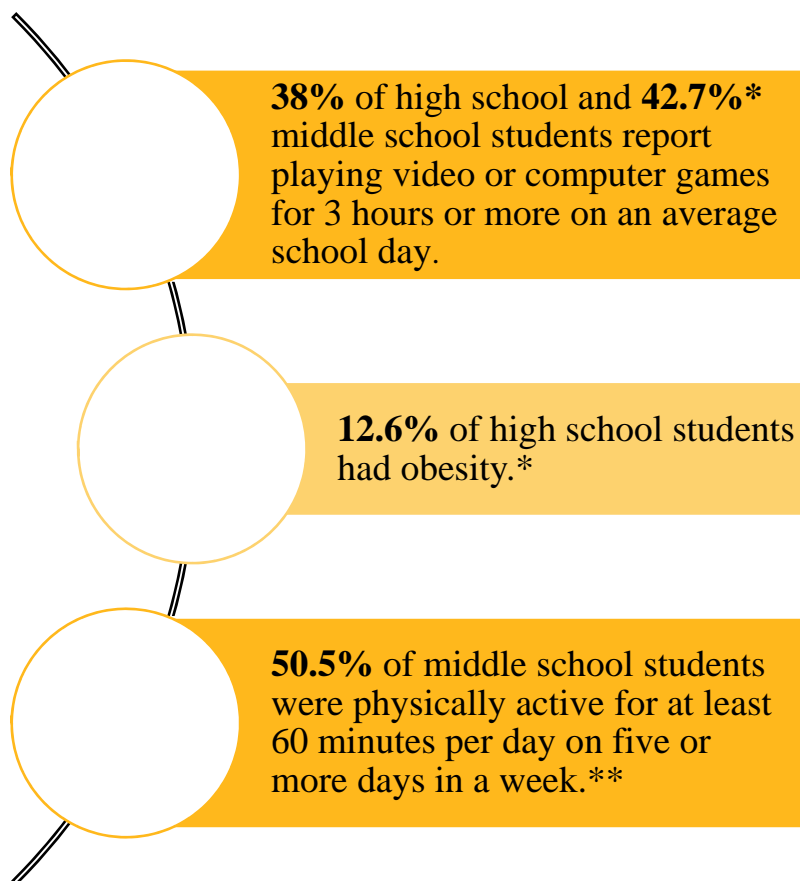


<i>2016 Youth Alcohol/Drug Use</i>		
	<b>High School</b>	<b>Middle School</b>
<b>Alcohol *</b>	25.5%	9.1%
<b>Marijuana*</b>	18.4%	5.5%
<b>Cocaine**</b>	5.4%	4.2%
<b>Prescription Drug Use**</b>	13.7%	4.9%
<b>Heroin**</b>	4.3%	4.2%
<b>Injected Illegal Drugs**</b>	3.8%	N/A
<b>*‘Current’ use (one or more days out of past 30 days)</b> <b>** ‘Ever’ use</b>		

# Nutrition

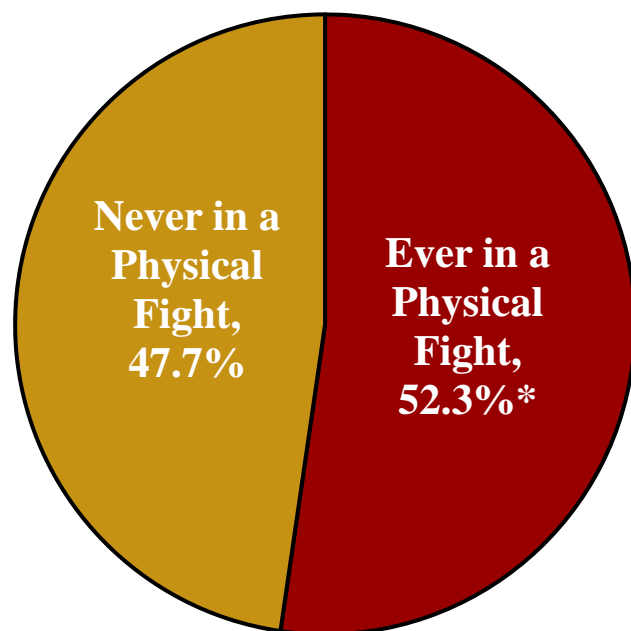


# Physical Activity and Obesity

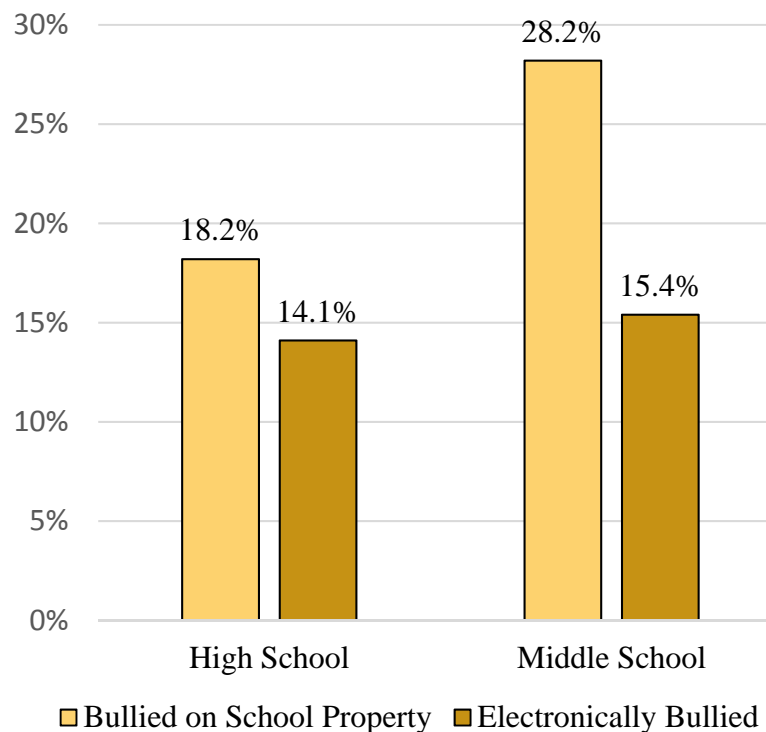


# Violence and Bullying

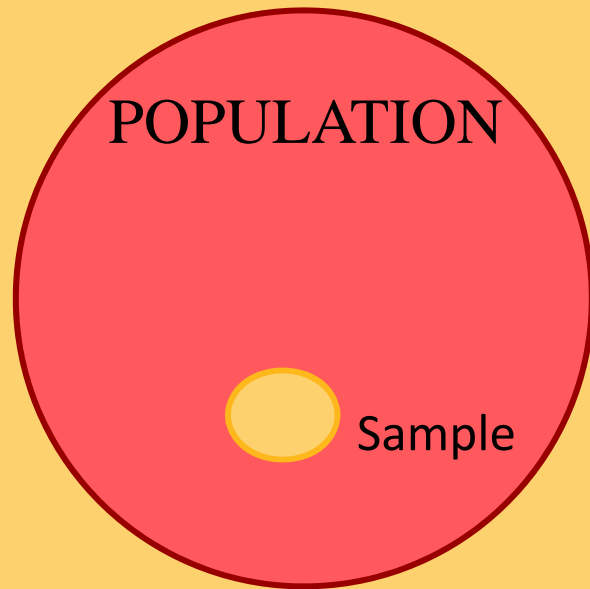
Middle School Students Ever in a Physical Fight



Bullying in Maryland High Schools and Middle Schools



21 \* = Statistically significant upward trend (based on t-test analysis,  $p < 0.05$ )  
 \*\* = Statistically significant downward trend (based on t-test analysis,  $p < 0.05$ )



## *2018 Maryland YRBS/YTS Preparation*

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### **YRBS/YTS Sampling Schools and Classrooms**

# Why we sample?

- To survey every student in every school is costly, time-consuming, and unnecessary
- To decrease the burden, in most jurisdictions we draw a random sample of schools and students.
  - In some jurisdictions, it is impossible to take a sample as the number of schools and students available is too small.
- CDC requires a combined student and school response rate of 60% for our data to be valid so **everyone counts!**

# **2018 Maryland Youth Survey Sample**

- Sample derived from projected enrollment data provided by MSDE
  - 56,117 (potential) high school students
  - 33,059 (potential) middle school students
  - 185 Public/Vocational/Charter High Schools
  - 183 Public/Vocational/Charter Middle Schools



# Sampling of Schools and Classrooms

## #1 Sampling Parameter

- MDH and MSDE sends Westat (CDC contractor) middle school and high school **projected enrollment** numbers from the previous school year.

## #2 Selecting Schools

- Westat randomly selects schools to participate in survey based on student population and number of schools in jurisdiction.

## #3 Selecting Classrooms

- ICF randomly selects classrooms based on random interval numbers provided by Westat.

# Increasing the Participation Rate by Updating Enrollment in Classrooms

- A high participation rate is critical
  - To get weighted data (60%)
  - Have confidence in student behavior estimates
- The (# of students present to take the survey) and the (total # of students enrolled in the class) are equally important
- Example:
  - If 17 out of 25 students in a class complete the 2018 YRBS/YTS, the participation rate is 68%
  - However, if 5 of the students who did not participate are ineligible and removed from the total class enrollment number, the participation rate is 85%!
- Ineligibility: Students who moved, dropped out, or no longer attend the class



*2018 Maryland YRBS/YTS Preparation*

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**YRBS/YTS Parental Permission**

# What is Passive Parental Consent (aka, Opt-out)?

- Passive consent requires a signed form be returned marked “NO – My child may not participate.” Otherwise, permission is assumed and the student can participate in the MD YRBS/YTS.
- Participation in the YRBS/YTS survey is encouraged, however parents will have **two** opportunities to opt-out

# Parental Opt-Out Form

- **Must include:**
  - Description of the YRBS/YTS Survey
  - Anonymous nature of survey
  - How student information will be protected
  - Must be an ‘opt-out’ form, not ‘opt-in’
    - Passive consent

# Parental Opt-Out Forms Examples

## Baltimore City Schools Example:

### Opt-out of Tobacco and Risk Behavior Survey

Voluntary Survey- Passive Consent

The Youth Tobacco and Risk Behavior Survey (YTRBS) monitors priority health-risk behaviors, including tobacco use and the prevalence of obesity and asthma among youth and young adults. The YTRBS is conducted by the Maryland Department of Health and Mental Hygiene (DHMH) and the Maryland State Department of Education (MSDE) in partnership with the Centers for Disease Control and Prevention (CDC). In addition, Baltimore City Public Schools conducts a similar survey, the Youth Risk Behavior Survey, in partnership with DHMH, MSDE, and the CDC. Please note that:

- Schools and classrooms are randomly selected to participate
- The survey is completely anonymous
- All answers are private
- Student names are not collected on the survey response sheet
- Students will not be asked to complete more than one survey

Anonymity and Privacy Information

*Description of the survey*

Additional information about the survey, including a copy of the survey questions, can be obtained at the DHMH website.

☐ As the parent/guardian of the student named on the reverse of this form, I do **not** give permission for my child to participate in the survey.

# Parental Opt-Out Forms Examples

This form only needs to be returned if you do **NOT** want your child to participate.

Passive Consent →

Description of the survey →

Anonymity and Privacy Information →

Voluntary Survey →

MARYLAND YOUTH RISK BEHAVIOR SURVEY/YOUTH TOBACCO SURVEY

## PARENTAL "OPT OUT" FORM

Our school will be taking part in the Maryland Youth Risk Behavior Survey/Youth Tobacco Survey (YRBS/YTS), conducted by the Maryland Department of Health (MDH) in collaboration with the Maryland State Department of Education (MSDE) and the Centers for Disease Control and Prevention (CDC). The survey was designed by the CDC to identify risk behaviors that may include safety behaviors such as use of helmets and seat belts, depression and mental health, use of tobacco, alcohol, or other drugs, nutrition and physical activity, and sexual behavior. The survey takes one class period (45 minutes) to complete.

The survey has been designed to protect your child's privacy. The survey is confidential, and **students will not put their names on the survey**. Also, no school or student will ever be mentioned by name in a report of the results. Although your child may not benefit immediately from taking part in the survey, all children will ultimately benefit from the information collected that will guide the development and implementation of State and local programs designed to increase their health.

We would like all selected students to take part in the survey. However, the survey is voluntary. Doing this paper and pencil survey will cause little or no risk to your child. The only potential risk is that some students might find certain questions to be sensitive. **If your child is not comfortable answering a question, he or she may skip it.** No action will be taken against the school, you, or your child, if your child does not take part. In addition, students may stop participating in the survey at any point without penalty. A copy of the questionnaire is available for your review at the school and on the health department website listed below.

A review board has approved the survey. If you have any questions about your child's rights as a participant in this survey, or if you feel your child will be harmed in any way by taking part, please call toll-free 1-877-878-3935, leave a message including your name and phone number, and someone will call you back as soon as possible. For more information about the survey, please visit <http://phpa.dhmh.maryland.gov/ccdpc/Reports/Pages/vrbs.aspx> or [www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth).

If you do **not** want your child to take part in the survey, (1) check the box below, (2) sign the form and date it, and (3) return it to the school within 3 days. Please see the other side of this form for more facts about the survey. If your child's teacher or principal cannot answer your questions about the survey, contact Brenda Clark, toll-free at 1-877-878-3935. Thank you.

=====

Child's name (please print) \_\_\_\_\_ Grade \_\_\_\_\_

I have read this form and know what the survey is about.

☐ No - My child may not take part in this survey.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

# Parental Permission Form Distribution

- **Md. Education Code Ann. § 7-420**
  - Passive parental opt-out process
    - 1<sup>st</sup> wave of opt-out forms must accompany the **Emergency Contact Form** at the beginning of the school year (all students)
    - 2<sup>nd</sup> wave of opt-out forms **only** given to randomly selected classrooms
  - Students are excluded from participation in the survey if either the 1<sup>st</sup> or 2<sup>nd</sup> wave parental opt-out form is returned to school



# Tracking the Parental Opt-Out Forms

- What are some ways your school system tracks the opt-out forms and/or the Emergency Contact Forms (Cards)?

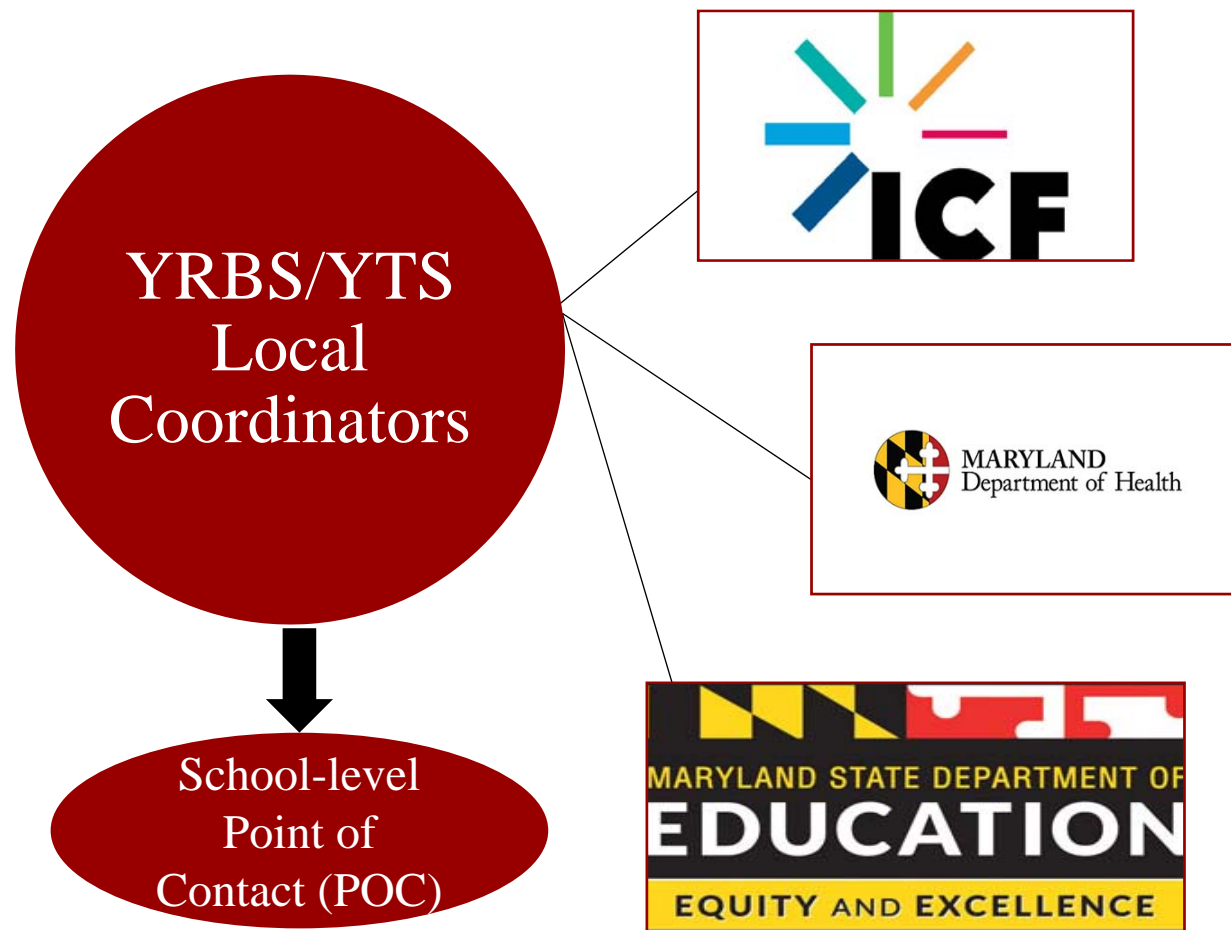


## *2018 Maryland YRBS/YTS Implementation*

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# **Roles and Responsibilities**





# **Maryland Department of Health**

## **Roles and Responsibilities**

- Oversees and monitors implementation of the survey
- Develops and revises the survey questionnaires
- Provides technical assistance to ICF related to data collection
- Provides secondary analysis of data and produces reports
- Monitors ICF contract
- Responds to inquires regarding the YRBS/YTS

# Maryland State Department of Education

## Roles and Responsibilities

- Collaborates with the MDH for the implementation of the survey.
- Shares planning and implementation responsibilities with the MDH.
- Works with the MDH to approve and revise the survey questionnaires
- Coordinates technical assistance with the MDH.
- Serve as a liaison between the local schools systems and the MDH.
- Provides data and reports to the LEAs.



# ICF Roles and Responsibilities

- Coordinates with MDH and MSDE on the MD YRBS/YTS administration
- Provides a survey administration timeline
- Trains Logistic Coordinators to properly set up the survey administrations in the schools
- Interviews, hires and trains field data collectors
- Monitors student response rates in each school to ensure all selected students have opportunity to participate



## **ICF Roles and Responsibilities Cont.**

- Prints the surveys and all other survey related materials
- Provides ongoing assistance to local coordinators; school personnel; and the MDH
- Ensures all necessary information is collected according to best practice CDC guidelines to maintain data integrity
- Transmits completed data to CDC contractor (Westat) for scanning, weighting and primary analysis

# Summary of Local Coordinator Roles

Facilitate	Facilitate communication between the MDH, ICF with schools randomly selected to participate in the YRBS/YTS within your jurisdiction.
Coordinate	Coordinate scheduling dates for school survey visits with the ICF Logistics Coordinator.
Communicate	Communicate to MDH, MSDE and ICF any issues involving scheduling, classroom refusals, and school-wide activities (e.g. field trips) that may interfere with survey administration.
Track and Confirm	Track and confirm that only students that did not return an Opt Out Form were surveyed by ICF in the selected schools on the scheduled day.



# Local Coordinator Roles

1. Identify a point of contact (POC) for all selected schools
2. Determine who will be responsible for survey arrangements (You or school POC)
3. Develop a plan to track opt-out forms that are returned with the Emergency Contact Forms
4. Meet with school POC to determine:
  - a. What class/class period survey will be conducted in
  - b. What day would be best for conducting the survey
5. Generate **class lists** with all students in targeted grades.
  - a. Middle School (6-8)
  - b. High School (9-12)

# Data from Class lists

- Generated class lists are sent to ICF
- ICF produces a Summary of School Arrangements for each selected school

School ID: 4  
School Level: High

### SUMMARY OF SCHOOL ARRANGEMENTS MARYLAND YOUTH RISK BEHAVIOR SURVEY AND YOUTH TOBACCO SURVEY

We look forward to visiting your school to administer the Maryland Risk Behavior and Youth Tobacco Survey. This sheet summarizes the arrangements for the survey administration. Please review and if you have any questions or corrections, please call us toll-free at 1-877-878-3935 between 8:30am-5:00pm, Monday-Friday or you may email [MDYouthSurvey@icfi.com](mailto:MDYouthSurvey@icfi.com). Please verify that the classes listed below meet on the scheduled date of the survey administration.

School Name: **Kennedy High School**

County: **Fairfax**

School Address: **449 Dinwiddie St  
Anywhere, USA 22342**

School Phone: **410-277-8888**

Principal Name: **Ms Anne Glenn**

Name of Secondary Contact (if Applicable):

Main Contact Name and Information: **Carol  
Douglas; [CDouglas@ffcps.org](mailto:CDouglas@ffcps.org); 410.277.8888**

Time and Place of Contact and Teacher Meeting:  
**Tuesday, 6:55 am.**

Scheduled Date of Data Collection: **Tues, Nov 15, 2<sup>nd</sup> period**

#### PARENTAL OPT OUT FORMS:

**Teachers - Please send this opt out form home with each student at least three days in advance of the survey administration. All students are expected to participate in the survey unless a form is returned signed by the parent indicating that he/she does NOT want his/her child to participate in the survey. High student participation rates are critical for a valid statistical outcome, and therefore, we appreciate your assistance and support of this important survey.**

#### SELECTED CLASSES:

Class ID	Teacher Name	Class Name	Class Period	Start Time	End Time	# of Students
5	Lacy, Kevin	IB Higher Math 2 S1	2 <sup>nd</sup>	9:00	10:30	19
9	Roberts, Allison	H English 10 S1	2 <sup>nd</sup>	9:00	10:30	21
14	Kavokos, Chrissie	Algebra 1.s1	2 <sup>nd</sup>	9:00	10:30	29
19	Bennett, Joyce	Geometry S1	2 <sup>nd</sup>	9:00	10:30	25
23	Jenkins, Lamar	Algebra 1 S1	2 <sup>nd</sup>	9:00	10:30	20
28	Doyle, Christopher	H African Am History SX1	2 <sup>nd</sup>	9:00	10:30	28
33	Brassell, Thomas	AP Calculus AB/BC Comb S1	2 <sup>nd</sup>	9:00	10:30	18
37	Dickinson, Nellie	English 10 S1	2 <sup>nd</sup>	9:00	10:30	13
42	Baker, Carolyn	Sem:AP US History SO1	2 <sup>nd</sup>	9:00	10:30	20
47	Fleck, Kate	English 10 S1	2 <sup>nd</sup>	9:00	10:30	25
51	Williamson, Lane	Algebra 1:S1	2 <sup>nd</sup>	9:00	10:30	17
56	Rudy, Debbie	H Physics S1	2 <sup>nd</sup>	9:00	10:30	30
60	Amad, Kholla	Algebra 1 S1	2 <sup>nd</sup>	9:00	10:30	15

**SPECIAL NOTES:** Park behind school not in teachers parking lot.

- Generated Class List should include the following
  - Teacher Name
  - Class Subject
  - Class Period
  - # Students in Class
  - Room Number



# Local Coordinator/School POC Roles and Responsibilities

1. Work with ICF Logistics Coordinator to review selected classes
2. Receive and distribute Opt-Out forms to the teachers in selected classrooms
3. Make sure each teacher:
  - Distributes Opt-Out form to students
  - Tracks students who return the form with a “no”
  - Understands that the survey is mandatory, important
  - Understands the “**alternate activity**” options

# **Local Coordinator/School POC Roles and Responsibilities**

4. Ensure teachers give an accurate count of students enrolled in each selected class so that we get valid participation rates (this means excluding students that for all intents are not part of selected class)
5. Meet with Data collector on the day of survey administration
  - Show the Data Collector where to go for survey administration
6. Give feedback to ICF on survey administration
7. Oversee these steps if a school POC carries out the six steps outlined above

# Alternate Activity Instructions

## Acceptable:

- Completing class work
- Reading a book
- Completing an alternate class activity

## Not Acceptable:

- Students being told to put their head down on their desks
- Extra credit class work
- Appealing alternatives

## **Coordinator Materials**

1. ICF, MDH, MSDE Contact Sheet
2. Sample 'Opt-Out' Forms
3. 2018 YRBS/YTS Timeline

Website: <https://phpa.health.maryland.gov/ohpetup/Pages/YTRBS.aspx>



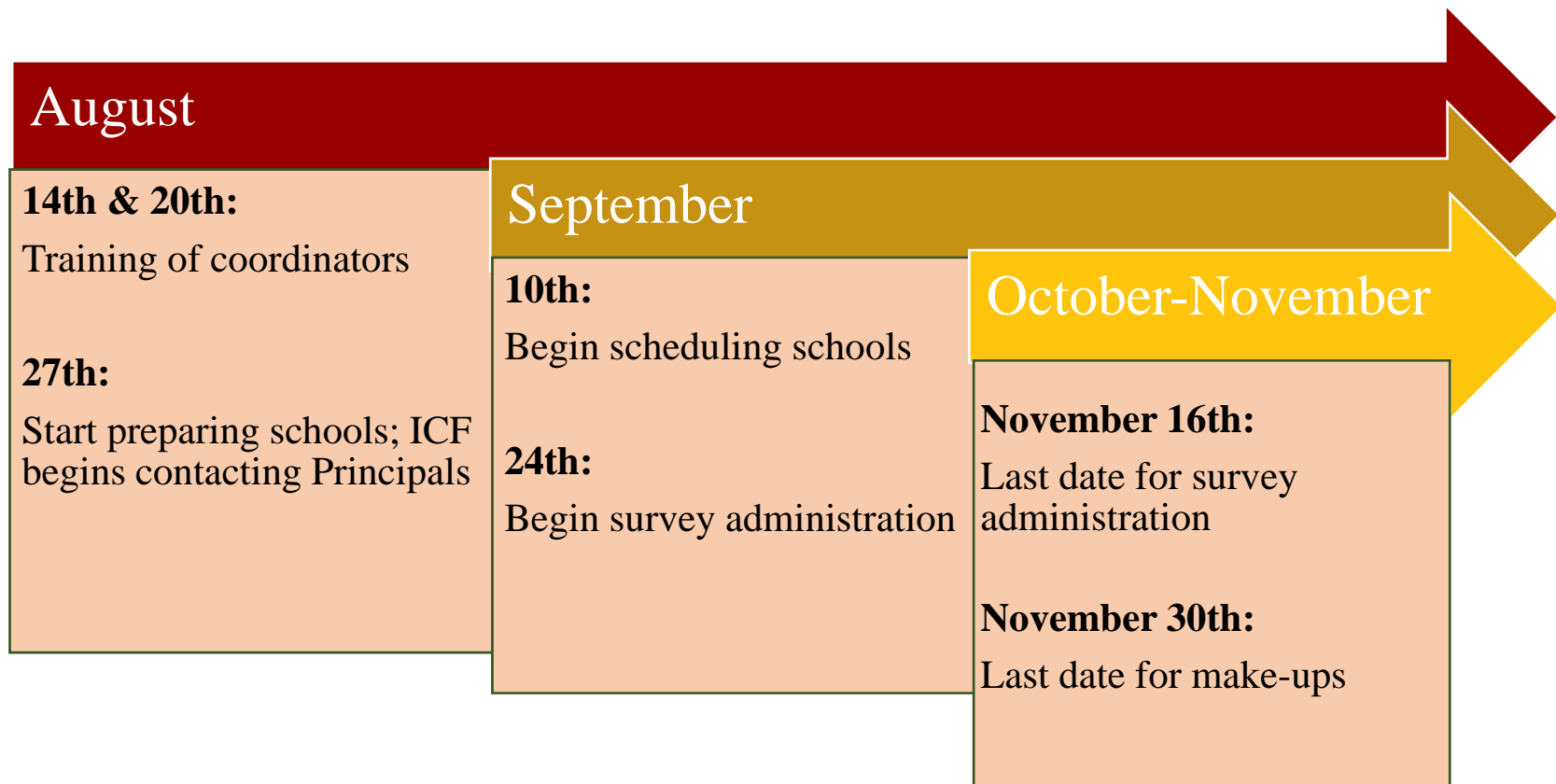
## *Overview of Upcoming 2018 YRBS/YTS*

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# **Survey Timeline**



# 2018 YRBS/YTS Timeline



# How to Follow-up With Schools to Ensure Timely Administration

Stay in touch with the schools until the end of data collection!

A few days before

- Call the school and make sure permission forms went out
- Find out if everything is still on schedule
- Ask if there are any questions regarding data collection

The day before

- Call the school contact to make sure everything is ready for data collection
- Ask if they need additional assistance
- Ask if the teachers are aware of the schedule

The day after the survey

- Confirm that survey occurred on scheduled date
- Ask how the survey went

Primary: ICF  
Secondary: Local Coordinators

Primary: ICF  
Secondary: Local Coordinators

Primary: ICF  
Secondary: MDH and Local Coordinators

# Our Contact Information

**Stephanie Richelsen**

Phone: (301) 572-0357/  
(877) 878-3935

Email: [Stephanie.Richelsen@icf.com](mailto:Stephanie.Richelsen@icf.com)

**Brenda Clark**

Phone: (301) 572-0352/  
(877) 878-3935

Email: [Brenda.Clark@icf.com](mailto:Brenda.Clark@icf.com)

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**Dana Moncrief**

Phone: (410) 767-5316

Email:  
[Dana.Moncrief@maryland.gov](mailto:Dana.Moncrief@maryland.gov)

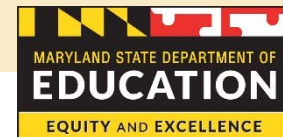


MARYLAND  
Department of Health

**Lynne Muller**

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MARYLAND  
Department of Health

An illustration featuring several stylized hands of various colors (yellow, white, olive green, and reddish-brown) raised against a dark brown background. The hands are positioned at different heights and angles, creating a sense of movement and diversity. A horizontal white band with a subtle grid pattern runs across the middle of the image, serving as a background for the text.

Questions?