

**Find out what
our young people think...**

about drugs, alcohol, tobacco,
bullying, sex, safety and more.



2017
**Marathon County
Youth Risk
Behavior Survey**



HEALTHY



marathon county

Brooke Davis

D.C. Everest School District

Katie Dively

Community Member

Tara Draeger

Aspirus Wausau Hospital

Sue Gantner

Community Member

Brad Gast

Northcentral Technical College

Jeffrey Gress

Wausau School District

Brad Jourdan

Diagnostic and Treatment Center

Karen Katz

EO Johnson Business Technologies

Christin Keele

Law Office of Christin E. Keele, Inc.

Corina Norrbom, MD

WIPPS - UW Center for Civic
Engagement

Nick O'Brien

Community Member

Jeff Sargent

United Way of Marathon County

Lori Shepherd, MD

Marshfield Clinic Wausau Center

Jennifer Smith

Bridge Community Health Clinic

Joan Theurer

Marathon County Health
Department

Debi Traeder

Community Member

Introduction

In 2017, a partnership between all 10 public school districts in Marathon County and the Marathon County Health Department resulted in the creation of the second Marathon County-wide Youth Risk Behavior Survey (YRBS) aggregate data set. This report, which features comparisons to the 2015 Marathon County YRBS data, will allow our community to discover differences and examine changes related to youth behaviors in order to target interventions that can improve the lives of Marathon County youth.

This report also marks the first time that a Marathon County middle school (grades 6th-8th) YRBS aggregate data set was created. An insert about middle school student behaviors is included.

The Wisconsin Online YRBS is conducted as part of a national effort by the U.S. Centers for Disease Control and Prevention and the Wisconsin Department of Public Instruction (DPI) to monitor health-risk behaviors of the nation's students. These behaviors, in turn, result in the most significant causes of mortality and morbidity during youth and adulthood. The behaviors monitored by the Wisconsin YRBS include traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behavior; and diet, nutrition, and exercise.

Participating school districts included: Abbotsford, Athens, Colby, DC Everest, Edgar, Marathon, Mosinee, Spencer, Stratford, and Wausau.



Summary of Findings

Approximately 1,900 students (12 years and older) from all 10 public school districts in Marathon County completed the survey.

age

- 0.2% | (12 years old or younger)
- 0.2% | (13 years old)
- 21.1% | (14 years old)
- 35.3% | (15 years old)
- 27.8% | (16 years old)
- 10.9% | (17 years old)
- 4.6% | (18 years old)

grade

- 43.2% | (9th grade)
- 31.6% | (10th grade)
- 16.3% | (11th grade)
- 8.7% | (12th grade)
- 0.2% | (Other grade)

race

- 5.1% | (American Indian or Alaska Native)
- 7.6% | (Asian)
- 1.9% | (Black or African American)
- 0.4% | (Native Hawaiian)
- 85.0% | (White)
- 8.1% | (Hispanic or Latino)
- 9.3% | (Two or more races)

The 2017 Marathon County YRBS Report marks the first time that our community has county-wide trend data related to our youth. This population-level data is crucial to make the current condition of what life is like for Marathon County teens visible and accessible. Collecting Marathon County YRBS data consistently over time will continue to provide benchmarks and trend analysis so the community can determine whether aligned actions effectively improve outcomes among youth in Marathon County.

This report features comparisons to the 2015 Marathon County data allowing our community to see differences regarding young people's behaviors and attitudes about a wide variety of topics.

Healthy youth development begins with a caring, supportive family, but also requires commitment and action from the entire community. Children and teens need positive nonparent role models including teachers, coaches, neighbors, and even peers. It is important to highlight that **72%** of Marathon County high school students reported having at least one teacher or other adult in their school who they can talk to if they had a problem and **63%** said they felt like they belong at their school. These are important **protective factors** and assets to Marathon County teens. In addition, **88%** described their **general health** as being good, very good, or excellent.

The mental health of Marathon County students is a growing concern. In 2017, **31.5%** of Marathon County high school students described their **mental health** as not good on three days or more during the past 30 days, compared with **28.8%** in 2015. It is also important to note that all data indicators related to suicide remained relatively the same or slightly increased from 2015 to 2017.

The vast majority of Marathon County students are not using alcohol or other drugs. In 2017, underage drinking, smoking cigarettes, using marijuana, and taking prescription drugs during the past 30 days all increased slightly compared to 2015.

Bullying was an issue that had mixed results. Even with fewer students reporting being bullied on school property and electronic bullying staying relatively the same, more students agreed in 2017 that harassment/bullying was a problem at their school than in 2015.

What you can do

to help reduce young people's risky behavior:

Read this report • Stay informed
Get involved • Volunteer

Personal Safety

The first percentage represents the responses of Marathon County high school students in 2017. The second percentage represents responses of Marathon County high school students in 2015. The third percentage represents students surveyed in 2015 throughout the U.S. The state of Wisconsin was unable to achieve weighted data for 2015.

Traffic Safety

Percentage of students who rarely or never wore a seat belt when riding in a car driven by someone else.

- 4.8% (2017 - Marathon County)
- 6.3% (2015 - Marathon County)
- 9.1% (2015 - United States)

Percentage of students who texted or emailed while driving a car or other vehicle in the past 30 days.

- 22.0% (2017 - Marathon County)
- 22.4% (2015 - Marathon County)
- 41.5% (2015 - United States)

Weapons

Percentage of students who carried a weapon such as a gun, knife or club on at least one day during the 30 days before the survey.

- 17.0% (2017 - Marathon County)
- 19.2% (2015 - Marathon County)
- 16.2% (2015 - United States)

Percentage of students who carried a weapon such as a gun, knife or club on school property on at least one day during the 30 days before the survey.

- 2.8% (2017 - Marathon County)
- 2.0% (2015 - Marathon County)
- 4.1% (2015 - United States)

Percentage of students who did not go to school at least one day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school.

- 6.0% (2017 - Marathon County)
- 4.2% (2015 - Marathon County)
- 5.6% (2015 - United States)

Percentage of students who were threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the 12 months before the survey.

- 2.4% (2017 - Marathon County)
- 5.5% (2015 - Marathon County)
- 6.0% (2015 - United States)



Physical Fighting

Percentage of students who were in a physical fight one or more times during the 12 months before the survey.

- 17.6%** ■ (2017 - Marathon County)
- 20.8%** ■ (2015 - Marathon County)
- 22.6%** ■ (2015 - United States)

Percentage of students who were in a physical fight on school property one or more times during the 12 months before the survey.

- 7.5%** ■ (2017 - Marathon County)
- 8.6%** ■ (2017 - Marathon County)
- 7.8%** ■ (2015 - United States)

Percentage of students who were physically threatened or injured while on school property one or more times during the 12 months before the survey.

- 14.3%** ■ (2017 - Marathon County)
- 19.1%** ■ (2017 - Marathon County)

Percentage of students who never or rarely feel safe from physical harm while at school.

- 10.5%** ■ (2017 - Marathon County)
- 10.8%** ■ (2015 - Marathon County)

Percentage of students who agree that violence is a problem at their school.

- 17.5%** ■ (2017 - Marathon County)
- 13.7%** ■ (2015 - Marathon County)

Partner Abuse

Percentage of students who were forced to take part in a sexual activity.

- 7.3%** ■ (2017 - Marathon County)
- 5.5%** ■ (2017 - Marathon County)
- 6.7%** ■ (2015 - United States)

Percentage of students who were physically injured one or more times in the 12 months before the survey by their partner.

- 5.5%** ■ (2017 - Marathon County)
- 5.0%** ■ (2015 - Marathon County)
- 9.7%** ■ (2015 - United States)

Percentage of students who were forced to do sexual things one or more times during the 12 months before the survey.

- 7.0%** ■ (2017 - Marathon County)
- 6.2%** ■ (2015 - Marathon County)
- 10.6%** ■ (2015 - United States)

Bullying

Percentage of students who were bullied while on school property during the 12 months before the survey.

- 28.9%** ■ (2017 - Marathon County)
- 30.4%** ■ (2015 - Marathon County)
- 20.2%** ■ (2015 - United States)

Percentage of students who were electronically bullied during the 12 months before the survey.

- 17.1%** ■ (2017 - Marathon County)
- 16.9%** ■ (2015 - Marathon County)
- 15.5%** ■ (2015 - United States)

Percentage of students who agree that harassment/bullying is a problem at their school.

- 43.5%** ■ (2017 - Marathon County)
- 40.7%** ■ (2015 - Marathon County)

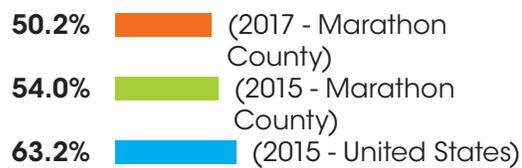


Alcohol Use



In 2017, alcohol continues to be the primary substance of choice for Marathon County youth.

Percentage of students who had at least one drink of alcohol on at least one day during their life.



Percentage of students who drank alcohol (other than a few sips) for the first time before age 13 years.



Percentage of students who rode one or more times during the 30 days before the survey in a car or other vehicle driven by someone who had been drinking alcohol.



Percentage of students who drove a car or other vehicle one or more times during the 30 days before the survey when they had been drinking alcohol.



Percentage of students who had at least one drink of alcohol on at least one day during the 30 days before the survey.



Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on at least one day during the 30 days before the survey.



Where students obtained the alcohol they drank during the 30 days before the survey.

Retail = from a licensed alcohol establishment (convenience store, bar, restaurant, public event)

Social = from someone else (family, friend)



Percentage of students whose parents feel drinking alcohol at least twice a month is wrong or very wrong.



Tobacco Use

Youth tobacco use rates in Marathon County varied in 2017 from 2015. Past 30-day use of smoking cigarettes increased while past 30-day use of chewing tobacco, snuff or dip decreased.

Percentage of students who ever tried cigarette smoking, even one or two puffs.

- 23.1%** ■ (2017 - Marathon County)
- 23.6%** ■ (2015 - Marathon County)
- 32.3%** ■ (2015 - United States)

Percentage of students who smoked a whole cigarette for the first time before age 13 years.

- 5.6%** ■ (2017 - Marathon County)
- 5.1%** ■ (2015 - Marathon County)
- 6.6%** ■ (2015 - United States)

Percentage of students who smoked on at least one day during the 30 days before the survey.

- 8.9%** ■ (2017 - Marathon County)
- 8.2%** ■ (2015 - Marathon County)
- 10.8%** ■ (2015 - United States)

Percentage of students who smoked 10 or more cigarettes per day during the 30 days before the survey.

- 1.0%** ■ (2017 - Marathon County)
- 5.9%** ■ (2015 - Marathon County)
- 7.9%** ■ (2015 - United States)

Percentage of students who smoked cigarettes on school property on at least one day during the 30 days before the survey.

- 1.8%** ■ (2017 - Marathon County)
- 1.8%** ■ (2015 - Marathon County)



Percentage of students who tried to quit smoking during the 12 months before the survey.

- 45.4%** ■ (2017 - Marathon County)
- 48.2%** ■ (2015 - Marathon County)
- 45.6%** ■ (2015 - United States)

Percentage of students who used chewing tobacco, snuff, or dip on at least one day during the 30 days before the survey.

- 6.2%** ■ (2017 - Marathon County)
- 7.2%** ■ (2015 - Marathon County)
- 7.3%** ■ (2015 - United States)

Percentage of students who smoked cigars, cigarillos, or little cigars on at least one day during the 30 days before the survey.

- 5.5%** ■ (2017 - Marathon County)
- 4.9%** ■ (2015 - Marathon County)
- 10.3%** ■ (2015 - United States)

Percentage of students who ever used electronic vapor products (only four school districts asked this question).

- 6.4%** ■ (2017 - Marathon County)



Alcohol Use
Tobacco Use

Marijuana and Other Drugs

Marijuana usage rates increased among Marathon County high school students in 2017. As other states continue to legalize medicinal and recreational marijuana, the anticipation of increased marijuana usage rates for youth in Wisconsin is a real threat. Legalization of marijuana has not yet been addressed at the state level in Wisconsin.



Marijuana

Percentage of students who used marijuana one or more times during their life.

- 15.1%** (2017 - Marathon County)
- 12.7%** (2015 - Marathon County)
- 38.6%** (2015 - United States)

Percentage of students who tried marijuana for the first time before the age of 13 years.

- 3.3%** (2017 - Marathon County)
- 2.8%** (2015 - Marathon County)
- 7.5%** (2015 - United States)

Percentage of students who used marijuana one or more times during the 30 days before the survey.

- 7.6%** (2017 - Marathon County)
- 5.6%** (2015 - Marathon County)
- 21.7%** (2015 - United States)



Other Drugs

Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life.

- 3.0%** ■ (2017 - Marathon County)
- 1.6%** ■ (2015 - Marathon County)
- 5.2%** ■ (2015 - United States)

Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.

- 4.3%** ■ (2017 - Marathon County)
- 4.9%** ■ (2015 - Marathon County)
- 7.0%** ■ (2015 - United States)

Percentage of students who had taken prescription drugs (e.g., OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life (i.e., ever took prescription drugs without a doctor's prescription).

- 7.8%** ■ (2017 - Marathon County)
- 7.9%** ■ (2015 - Marathon County)
- 16.8%** ■ (2015 - United States)

Percentage of students who had taken prescription drugs (e.g., OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times in the past 30 days.

- 4.6%** ■ (2017 - Marathon County)
- 3.8%** ■ (2015 - Marathon County)



Percentage of students who have taken an over-the-counter drug to get high one or more times.

- 3.4%** ■ (2017 - Marathon County)
- 4.7%** ■ (2015 - Marathon County)

Percentage of students who attended school under the influence of alcohol or other illegal drugs, such as marijuana or cocaine, one or more times, during the past 12 months.

- 6.2%** ■ (2017 - Marathon County)
- 3.4%** ■ (2015 - Marathon County)

Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey.

- 7.7%** ■ (2017 - Marathon County)
- 5.8%** ■ (2015 - Marathon County)
- 21.7%** ■ (2015 - United States)

Mental Health

Mental health concerns have risen among Marathon County high school students.

Percentage of students who described their mental health as not good, during the past 30 days before the survey, three days or more.

31.5% (2017 - Marathon County)
28.8% (2015 - Marathon County)

Depression & Suicide

Percentage of students who felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities during the 12 months before the survey.

23.6% (2017 - Marathon County)
21.3% (2015 - Marathon County)
29.9% (2015 - United States)

Percentage of students who purposely hurt themselves one or more times during the 12 months before the survey.

14.7% (2017 - Marathon County)
13.9% (2015 - Marathon County)

Percentage of students who seriously considered attempting suicide during the 12 months before the survey.

13.0% (2017 - Marathon County)
12.2% (2015 - Marathon County)
17.7% (2015 - United States)

Percentage of students who made a plan about how they would attempt suicide during the 12 months before the survey.

7.9% (2017 - Marathon County)
7.6% (2015 - Marathon County)
14.6% (2015 - United States)



Percentage of students who attempted suicide one or more times during the 12 months before the survey.

4.0% (2017 - Marathon County)
4.2% (2015 - Marathon County)
8.6% (2015 - United States)

Percentage of students who made a suicide attempt that resulted in injury, poisoning, or an overdose that had to be treated by a doctor or nurse during the 12 months before the survey.

1.2% (2017 - Marathon County)
0.8% (2015 - Marathon County)
2.8% (2015 - United States)

Connectedness

Percentage of students who agree or strongly agree that they feel like they belong at their school.

62.7% (2017 - Marathon County)
67.2% (2015 - Marathon County)

Percentage of students who reported having at least one teacher or other adult in their school that they can talk to if they had a problem.

72.1% (2017 - Marathon County)
72.6% (2015 - Marathon County)

Sexual Behavior

Percentage of students who felt it is important to wait until marriage to have sexual intercourse.



Percentage of students who ever had sexual intercourse.



Percentage of students who had sexual intercourse for the first time before age 13 years.



Percentage of students who had sexual intercourse with at least one person during their life.



Percentage of students who had sexual intercourse with at least one person during the three months before the survey.



Percentage of students who reported drinking alcohol or using drugs before they had sex.



Among students who were currently sexually active, the percentage who reported that either they or their partner had used a condom during last sexual intercourse.



Among students who were currently sexually active, the percentage who reported that either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse.



Among students who were currently sexually active, the percentage who had sexual contact with a person about their same age.



Percentage of students who described themselves as gay, lesbian, bisexual, or unsure.



Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD).



Personal Health

Eating Habits

Percentage of students who drank 100% fruit juices one or more times during the seven days before the survey.



Percentage of students who ate fruit one or more times during the seven days before the survey.



Percentage of students who ate vegetables such as green salad, carrots, green beans, or other vegetables two or more times per day during the seven days before the survey.



Percentage of students who drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the seven days before the survey.



Percentage of students who drank a can, bottle, or glass of an energy drink, such as Red Bull or Jolt (not including Gatorade or Powerade) at least one time per day during the seven days before the survey.



Percentage of students who drank a glass of milk at least one time per day during the seven days before the survey.



Percentage of students who ate breakfast at least three days during the seven days before the survey.

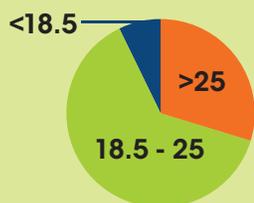


Weight Loss

Percentage of students who were trying to lose weight.



2017 Marathon County Student Body Mass Index (BMI)



-  **29.9%** Overweight or Obese (BMI > 25)
-  **62.9%** Normal (BMI between 18.5-25)
-  **7.2%** Underweight (BMI < 18)



Personal Health

Physical Activity

Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the seven days before the survey.

57.4%  (2017 - Marathon County)
60.3%  (2015 - Marathon County)

Percentage of students who watched television three or more hours per day on an average school day.

22.6%  (2017 - Marathon County)
22.2%  (2015 - Marathon County)
24.7%  (2015 - United States)

Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day.

39.1%  (2017 - Marathon County)
32.4%  (2015 - Marathon County)
41.7%  (2015 - United States)

In an average week, percentage of students who attend physical education classes at least three days.

58.7%  (2017 - Marathon County)
58.9%  (2015 - Marathon County)

In an average week, percentage of students who walk or ride their bike to school at least one day.

25.0%  (2017 - Marathon County)
24.2%  (2015 - Marathon County)



Percentage of students who wear sunscreen, most of the time or always, with SPF of 15 or higher when outside for more than one hour on a sunny day.

13.9%  (2017 - Marathon County)
11.8%  (2015 - Marathon County)

Percentage of students who used an indoor tanning device, such as a sunlamp, sunbed, or tanning booth, at least one time during the past 12 months.

10.1%  (2017 - Marathon County)
12.6%  (2015 - Marathon County)
7.3%  (2015 - United States)

Personal Health

Other Health Issues

Percentage of students who had ever been taught in school about AIDS or HIV infection.

73.9% (2017 - Marathon County)
77.4% (2015 - Marathon County)

Percentage of students who had ever talked about AIDS or HIV infection with their parents or other adults in their family.

35.8% (2017 - Marathon County)
36.1% (2015 - Marathon County)

Percentage of students who have been told by a doctor or nurse that they had asthma.

20.5% (2017 - Marathon County)
18.0% (2015 - Marathon County)
22.8% (2015 - United States)

Percentage of students who saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months.

79.6% (2017 - Marathon County)
79.0% (2015 - Marathon County)
74.4% (2015 - United States)

Percentage of students who described their general health as being good, very good, or excellent.

87.9% (2017 - Marathon County)
89.8% (2015 - Marathon County)



Percentage of students who have any physical disabilities or long-term health problems (six months or more).

10.3% (2017 - Marathon County)
8.3% (2015 - Marathon County)

Percentage of students who described their physical health as not good, during the past 30 days before the survey, three days or more.

26.9% (2017 - Marathon County)
25.0% (2015 - Marathon County)



What can we do to support young people in our community?

Changing the culture of health in a community takes time and does not happen quickly. These are decade-long issues that are interconnected in so many ways. The Youth Risk Behavior Survey data also shows the correlation between these issues:

- Students who reported feeling depressed were 8.5 times more likely to engage in self-harm and twice as likely to describe their physical health as not good during the past month.
- Students who reported feeling depressed were two-and-a-half times more likely to smoke cigarettes, one-and-a-half times more likely to drink alcohol, two-and-a-half times more likely to use marijuana, and three times more likely to take prescription drugs without a doctor's prescription.
- Students who reported feeling depressed were two-and-a-half times more likely to report having poor mental health days.
- Students who reported that bullying was a problem at their school were two times more likely to report feeling depressed.

The Marathon County Youth Risk Behavior Survey makes current conditions for youth visible and accessible in our community. It's our duty as a community to utilize this data to help improve the health of Marathon County youth.



Listen to what our youth are saying. Share their stories. This is their reality.

Marathon County Teen is a documentary video series based on the Youth Risk Behavior Survey that highlights what life is like for teens living in Marathon County. The interviews and stories feature Marathon County students in Marathon County school districts.

These students share their authentic, honest voices — without interference — about the challenges they face, the ideas they have, and how they approach the many complex facets of their high school lives.

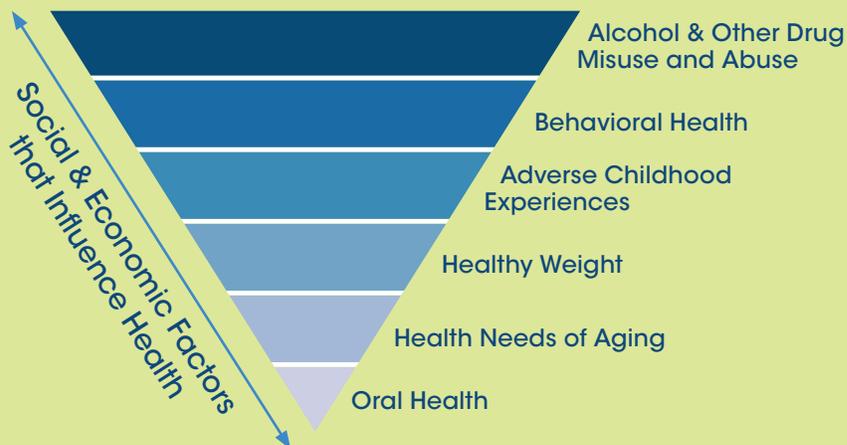
It's now up to us to listen.

Marathon County Teen can be viewed at www.healthymarathoncounty.org

About Healthy Marathon County

Healthy Marathon County is committed to making Marathon County the healthiest county in Wisconsin. Our members, who live and work in Marathon County, collaborate with community partners to build systems, environments, and a culture that supports health and wellness. Our mission is to be a community catalyst to improve the health of Marathon County residents through individual, organizational and community involvement. Find out more about how you can support the Marathon County health priorities at www.marathoncountyhealthpriorities.org

2017-2020 Community Health Priorities



To explore more Marathon County data please visit:

www.healthymarathoncountypulse.org

Copyright © Healthy Marathon County

Created by Kinziegreen Marketing Group, Wausau, WI