

Lorain County Archival Data, 2009- compiled by Communities That Care of Lorain County (Data Workgroup)

10 Additional Questions	Summary of Findings	Emerging trends
<p>1.If you drink alcohol, how did you get it?</p>	<p>Nearly one-third of current alcohol users aged 12-20 (30.6%) paid for the last alcohol they used. More than one in four (26.4%) got it for free from a nonrelative aged 21 or older, 14.6% got it for free from another underage person, 5.9% got it from a parent or guardian, 8.5% got it from another relative age 21 or older, 3.9% took it from their own home without asking.</p> <p>From a poll of teens (ages 13-18): Two out of three teens surveyed said it is easy to get alcohol from their homes without parents knowing it ; One-third of teens respond that it is easy to obtain alcohol from their own consenting parents. Two out of five teens say that it is easy to get alcohol from a friend's parents. One in four teens has attended a party where minors were drinking in front of parents. Nearly one in four teens, and one in three girls, say their own parents have supplied them with alcohol. For teens who have obtained alcohol in the past six months, parents have been the supplier an average of three times in six-month period.</p> <p>Among the country's estimated 10.8 million underage drinkers, more than 40% said they got alcohol free from an adult during the past month. One in four said they got alcohol from an unrelated adult; One in 16 said they got it from a parent or guardian; One in 12 got the alcohol from a family member.</p>	<p>Nearly 20% of all surveyed said someone else bought it for them (9.3%) or supplied for them (9.6%); nearly 3% said their parents supplied it (of 10th and 12th graders nearly 8% said their parents supplied it); another 2.4% overall took it without parent's knowledge.</p>

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2. Which of the following best describes your familiarity with the Youth Pages?

Fall 2008: 20,000 copies of the Youth Pages were distributed to youth in grades 9-12 in all 14 public high schools in fall 2008; distribution included dropping boxes off at high schools and leaving up to schools to distribute. Avon Lake and North Ridgeville Schools returned about half of their boxes; anecdotally, the coalition heard that adults/agencies liked the Youth Pages; heard positive things about Elyria High School youth using them.

Fall 2009: Youth Pages made into an online document that can be viewed at coalition website (www.ctc.loraincounty.com); viewer information can be tracked (pages viewed, duration, date, etc.) Marketing Workgroup created strategic plan to distribute locker magnets with website and Youth Pages cover to public school 9th graders only (selected because that is the year the problem behaviors tend to spike/2006 Youth Survey results). Each of the 14 public high schools received 100 bookmarks for distribution in their media centers, front offices, etc. Oberlin High School requested an additional 280 to mail home to parents; each public high school received 10 posters. All marketing items have website link to youth pages. All 10,000-plus youth in grades 6, 8, 10 and 12 who took the 2009 Youth Survey received a pencil that listed the website for the youth pages. Additional bookmarks and posters distributed to all public libraries in the county and all agencies listed in the Youth Pages.

Lorain County JVS took part in cover design contest in Spring 2009, based on youth focus groups who told us they preferred a different cover that more accurately represented Lorain County Youth.

90.3% overall said they were not familiar with the Youth Pages

10.4% of 10th and 12th graders (who would have been in grades 9 and 11 respectively when first distributed) said they were familiar with the Youth Pages, but never used it; another 5.8 % of them said they had a copy, but didn't use it and 3.4% of them got a copy but threw it away.

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3. Which of the following best describes your cell phone and text messaging habits?

Adolescent access to cell phones has grown rapidly in the last several years; between 2004 and 2007, the percentage of adolescents ages 12-17 who have cell phones rose from 45 to 71 percent; there are no significant differences in cell phone ownership across white, black and Hispanic teens and only modest differences by income level.

In 2006, about a third (35 percent) of all teens, ages 12-17, spoke with their friends using their cell phone on a daily basis. Among teens who have a cell phone, that increases to over one half (55 percent). Over a quarter of all teens use cell phones on a daily basis to send text messages to their friends.

60 percent of tweens (ages 10-14) and 84 percent of teens (ages 15-18) own a cell phone. Health risks include a link between low self esteem and problem cell phone use; a study measuring the link between cell phones and mental health found that teens who used cell phones most were more likely to be anxious and depressed. Links were also found to include **bullying** (text messaging is increasingly used by bullies to torment their victims; cyberbullying, psychological harassment in text or instant messaging is often perpetrated by girls who initiate inappropriate messages or spread damaging gossip); **eye strain** and **lack of sleep** because some teen cell phone users are woken at night by incoming text messages or calls; **dependence** (one study found 37% of teens felt they wouldn't be able to live without a cell phone once they had it – the more they use it, more likely they are to depend on it or allow it to interfere with their daily schedule; **dishonesty** (39% of cell phone users ages 18-29 aren't always truthful about where they are when they are on a cell phone); **expense**.

Nearly 40% of all surveyed (38.9%) said their cell phone and texting habits were frequent (over 40 times a day). Over 50 percent of all 10th and 12th graders surveyed said they had frequent use (over 40 times a day).

About 22% (21.9%) of all surveyed said they didn't have regular use of a cell phone.

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<p>4. On average, how many hours per day do you watch TV?</p>	<p>The AAP recommends limiting TV viewing to 1-2 hours per day</p> <p>The percentage of 8th, 10th and 12th graders who reported watching four or more hours of television on a weekday decreased between 1991 and 2006, with the largest drops occurring in the younger age groups.</p> <p>The percentage of students at each grade level who watched one hour of television or less per day increased between 1991 and 2006:</p> <ul style="list-style-type: none"> • From 21 to 29% among 8th graders • From 29 to 37% among 10th graders • From 38 to 45% among 12th graders <p>As students age, the amount of time they spend watching television decreases; watching four or more hours per day:</p> <ul style="list-style-type: none"> • 29% of 8th graders • 22% of 10th graders • 20% of 12th graders <p>Similarly, the percentage of students watching less than an hour of television per night increases with age:</p> <ul style="list-style-type: none"> • 29% of 8th graders • 37% of 10th graders • 45% of 12th graders <p>Black teens are much more likely than white teens to watch excessive amounts of television: in 2006, 57% of black 8th graders reported watching four or more hours of television on an average weekday compared to 20% of white students.</p>	<p>38.8% of all surveyed watch one hour or less a day</p> <p>The greatest percentage of all surveyed (44%) said they watched between 2-3 hours of TV/day.</p> <p>Viewership tended to decline as students aged, but again, the percentages for all grades surveyed hovered in the 40% ranges for viewing 2-3 hours/day</p>
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Today's young people spend more time watching TV (15,000 hours) than they do in school (11,000 hours)

The "not so good" news about TV:

- For every hour of TV watched per day by teens, the risk of obesity is increased by 2%, according to one study.
- Studies have consistently documented that more than 1-2 hours of TV viewing a day has a negative effect on school performance, especially reading scores.

Inappropriate viewing leads to:

- "Checking out/tuning out" others, escaping from the real world.
- Getting a false view of the world
- Violence; young people (particularly boys) who watch TV violence are more likely to imitate more aggressive acts; weapons can be shown as attractive while guilt and remorse are absent.
- Stereotypes
- Overexposure to sexual references, jokes (more than 14,000); between 1,000 to 2,000 beer and wine commercials; more than 1,000 murders, rapes, assaults and armed robberies and nearly 20,000 commercials.

For every hours of tv children watch each day, their risk of developing attention-related problems later increases by 10%; (for example, if a child watches 3 hours of TV a day, the child would be 30% more likely to develop attention deficit disorder.

A study tracked over 4,000 adolescents for seven years determined that those reporting more television use were more likely to develop depressive symptoms; those reporting more television use had significantly greater odds of developing depression for each hour of daily use; findings were even more significant in young men. Additionally it leads to social isolation, unhealthy eating habits and social comparison.

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<p>5. Other than for school-related purposes, how many hours per day do you spend, on average, on the internet for gaming, social networking, and other purposes?</p>	<p>Access to computers has increased: nearly 90 percent of 8th graders have a computer in the home; a 2007 national survey found nearly 60% of adolescents (ages 12-17) have a computer at home; in 1007, 75% of teens (ages 12-17) had internet access; less than 40% of teens in families with incomes less than \$15,000 have internet access in the home compared to 80% among those with incomes exceeding \$50,000 and over 95% for those with incomes over \$100,000.</p> <p>College students who use Facebook spend less time studying and have lower grade point averages than students who have not signed up for the social networking website; the researchers studied 219 Ohio State students; 148 of whom said they had a Facebook account; 85% of undergraduates were Facebook users compared to 52% of graduate students. Facebook users in the study said they average 1-5 hours a week studying; while non-Facebook users said they studied 11 to 15 hours a week. "It may be that if it wasn't for Facebook, some students would still find other ways to avoid studying, and would still get lower grades. But perhaps the lower GPAs could actually be because students are spending too much time socializing online."</p>	<p>28.9% of all surveyed said they spent 2-3 hours a day on the computer</p> <p>At least 5% of youth in grades 6,8, and 10 all reported spending six hours a day on the computer (that number diminished to 3.9% for 12th graders).</p>
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<p>6. In general, how are most important decisions made between you and your parent(s) or other adults you live with (e.g. what time do you need to be home or where you can go with friends?)</p>	<p>Youth under 18 represent 26% of our population; empowering youth in decision-making can even have an impact on their parents and other adults.</p> <p>Parents are teens' biggest influence not to drink regardless of the age of the teen. As teens mature, influences not to drink become less significant. When it comes to drinking, drugs and sex, close friends are teens' number-one influence when it comes to making destructive decisions. The influence of parents in helping their children to avoid destructive decision-making declines as teens mature.</p> <p>Parents are equally overwhelmed as their kids become teenagers; their confidence level drops during their teens' years; they feel their influence in talking about drugs and alcohol wanes and they lack the needed tools and information. The Partnership research shows that kids who learn about the risks of drugs at home are up to 50% less likely to use. Some parents report feeling conflicted in whether to be a parent or a pal; 36% of those with kids in 6-8 grades say it's important that my child consider me a friend. Parents of middle school kids (grades 6-8) are more likely than elementary school kids to agree they have a hard time saying "no" to their child when he/she wants to do something or go somewhere that they have doubts about (37% vs. 18%); they also say: It's hard to tell my child not to do something if all of his/her friends' parents allow them to do it or if other parents approve (40% vs. 19%)</p>	<p>Over 50% of all surveyed said their parents/caregivers asked their opinion but had the final say (30.5%), or the youth and caregiver talked together and came to a mutual decision (28.9%).</p>
<p>6. Decision-making contd.</p>	<p>The Internet is changing family decision-making; with easy access, the teen Internet maven (someone who enjoys net surfing) has a greater relative influence in the family decision-making than the non-maven.</p>	

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7. How many times per week do you have dinner with your family?

This year, 59% of teens report having dinner with their family at least five times a week; the National Center on Addiction and Substance Abuse (CASA) at Columbia University found that compared to teens who have five-seven family dinners week, those who have fewer than three family dinners a week are more than 1.5 times likelier to see their parent(s) drunk and to think their father is okay with them drinking.

The study found that compared to 12-13-year-olds who have frequent family dinners, those who have infrequent family dinners are six times likelier to use marijuana, four times likelier to use tobacco and three-times likelier to use alcohol.

Compared to their peers who have frequent family dinner, those who don't are 1.5 times more likely to report getting grades of C or lower in school.

45.6% of all Lorain County youth surveyed reported having dinner 5-7 times together a week with their families; percentages were higher for younger-ages and declined over time.

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8. How true is the following statement about you? "Even though I know right from wrong, I can't stop myself from doing things I know I shouldn't."

Choice of answers: always, often, sometimes, rarely, never

- 2007: 1,516
- 2008: 1,685
- 2009: 1,742

Youth ages 0-17 seen with ADHD diagnosis:

Prevalence of ADHD is estimated at 3-5% of the school-age children. The disorder is much more frequent in males than in females with a male-to female ratio ranging from 4:1 to 9:1.

ADHD occurs in approximately 3-7% of the childhood population and approximately 205% of the adult population. Among children the gender ratio is approximately 3:1 with boys more likely to have the disorder than girls. Among adults, the gender ratio falls to 2:1 or lower.

As far as longterm outcomes: It has been estimated that anywhere from 15-50% of those with ADHD ultimately outgrow the disorder. However, these figures come from follow-up studies in which the current and more rigorous diagnostic criteria for the disorder were not used. When more appropriate and modern criteria are employed, probably only 20-35 percent of children with the disorder no longer have any symptoms resulting in impairment in their adult life. Approximately 5-10 percent of those with ADHD may develop more serious mental disorders, such as manic-depression or bipolar disorder. Between 10 and 20 percent may develop antisocial personality disorder by adulthood, most of whom will also have problems with substance abuse. Overall, approximately 10-25 percent develop difficulties with over-use, dependence upon, or even abuse of legal (i.e., alcohol, tobacco) or illegal substances (i.e., marijuana, cocaine, illicit use of prescription drugs, etc.), with this risk being greatest among those who had conduct disorder or delinquency as adolescents. Despite these risks, upwards of half or more of those having ADHD do not develop these associated difficulties or disorders. However, the majority of those with ADHD certainly experienced problems with school performance, with as many as 30-50 % having been retained in their school grade at least once, and 25-36 % never completing high school.

Nearly 7% (6.9%) of youth answered "always" on this question; another 11.5% answered "often"

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<p>9. How true is the following statement for you? "My worries make it difficult to get things done." Choices include: always, often, sometimes, rarely, never</p>	<p>Anxiety Disorders reported among those 0-17:</p> <ul style="list-style-type: none"> • 2007: 157 • 2008: 181 • 2009: 216 <p>(Lorain County Board of Mental Health, MACSIS)</p>	<p>8% of all surveyed answered "always"; another 14.4% said "often".</p>
<p>The combined prevalence of Anxiety Disorders is higher than that of virtually all other mental disorders of childhood and adolescence (Costello et al., 1996). The 1-year prevalence in children ages 9-17 is 13%. http://www.surgeongeneral.gov/library/mentalhealth/chapt3/sect6.html</p>	<p>Anxiety disorders are among the most common mental, emotional and behavioral problems to occur during childhood and adolescence. About 13 of every 100 children and adolescents ages 9-17 experience some kind of anxiety disorder; girls are more affected than boys. About half of children and adolescents with anxiety disorders have a second anxiety disorder or other mental or behavioral health disorder, such as depression. In addition, anxiety disorders may coexist with physical health conditions requiring treatment.</p>	<p>Ditto for above notation on ACES experiences causing problems with teen health and outcomes later in life.</p>

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10. Are you involved in organized community or school-based after-school activities?

Studies show that children who spend only a couple of hours per week in extracurricular after-school activities are significantly less likely to drop out of school; use tobacco, alcohol or drugs and become teen parents. Spending 5-19 hours per week in after-school activities reduced the risk even further.

In Region 2, there are 115,261 children between the ages of 5-19; 19% of them (21,858) are estimated to be enrolled in an afterschool programs. Another 29% (33,204) are estimated to be in 9.62 hours a week in self-care arrangements.

Supply estimate: For Region 2, with data from Department of Job and Family Services and 21st Century Community Learning Center grantees there are at least 3,438 total spaces; with 523 estimated to be open.

Demand estimate: 11,923 children are currently NOT enrolled in afterschool programming.

Gap estimate: There appears to be a gap of approximately 11,400 spaces in Region 2.

Perceived barriers included:

I don't think I can afford the cost of afterschool programs in my community (11%)

My children are old enough to care for themselves in the hours after school (39%)

I don't know whether afterschool programs are available in my community (32%)

The afterschool programs in my community have hours of operation that do not work with my schedule. (11%)

The afterschool programs in my community are not convenient (16%)

61.3% of all surveyed said yes; 38.7% said no