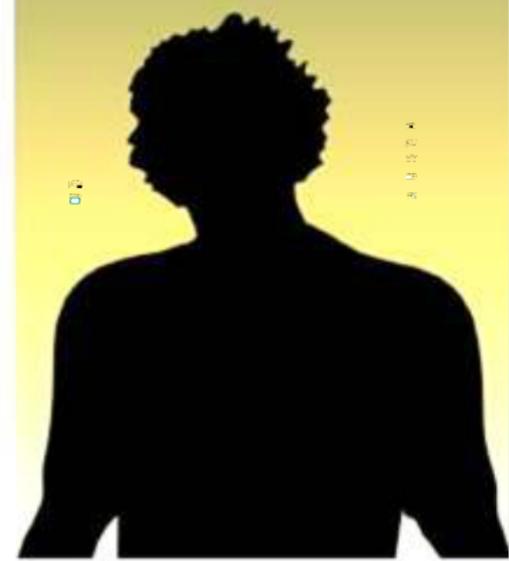
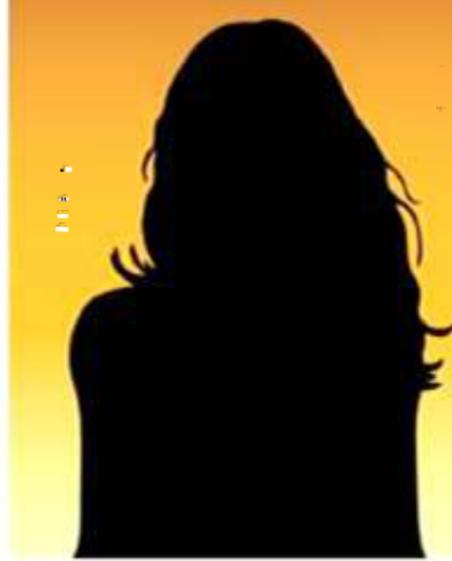




Sexual Health Findings from the 2013 Maryland Youth Risk Behavior Survey





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About the YRBS

- Conducted every two years to track priority health risk behaviors among youth
- In 2013, Maryland Youth Tobacco Survey (MYTS) and Maryland Youth Risk Behavior Survey (YRBS) combined
- 2013 sample included:
 - 53,785 high school students (full questionnaire), and
 - 27,209 middle school students (abbreviated questionnaire)
- For first time in Maryland, 2013 YTRBS high school questionnaire included:
 - Sexual Identity Questions
 - Sexual Behavior Questions
 - Sexual and Dating Violence Questions

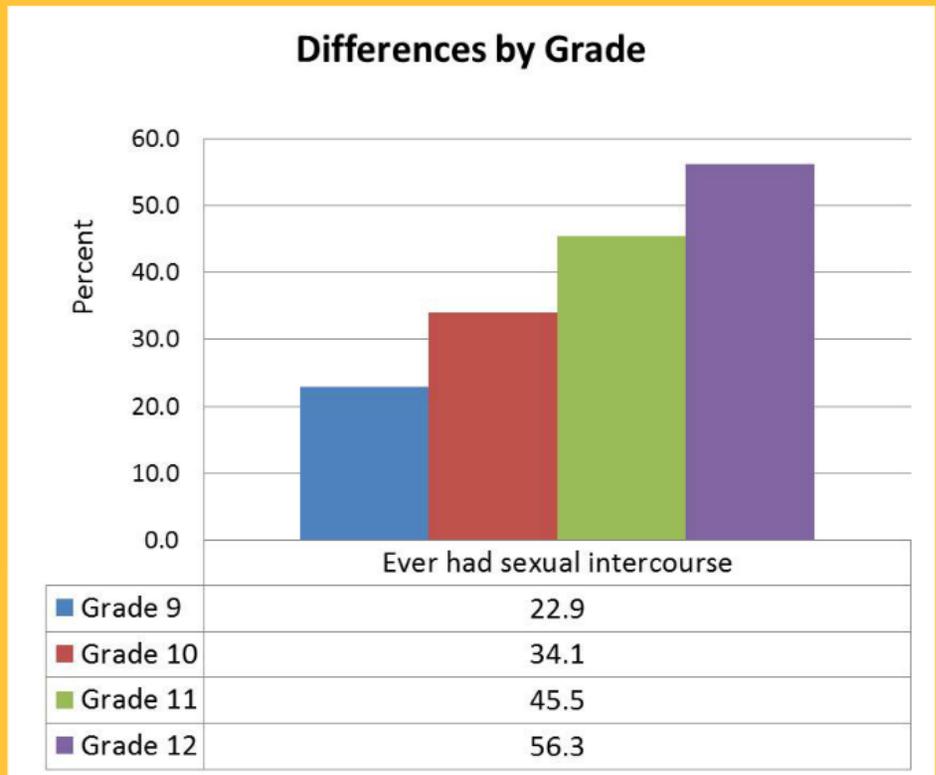
Sexual Identity

High school students were asked: "Which of the following best describes you?"

- 87.2% (n=44,966) described themselves as heterosexual
- 9.0% (n=4,458) described themselves as gay, lesbian, or bisexual
 - 2.9% (n=1,394) gay or lesbian
 - 6.1% (n=3,064) bisexual
- 3.8% (n=1,950) responded "not sure"

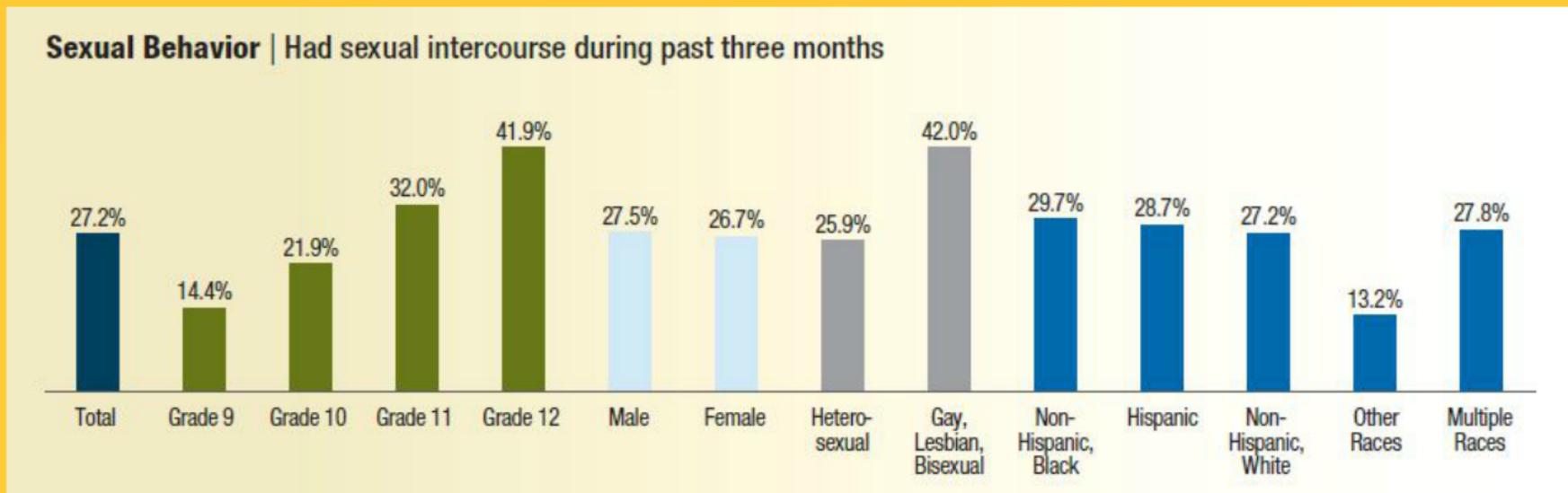
Sexual Behavior

- **39.1%** of Maryland high school youth reported ever having sexual intercourse (2011 U.S. data: 47.4%)
- More than half (**56.3%**) of 12th grade students surveyed reported having had sexual intercourse



Sexual Behavior

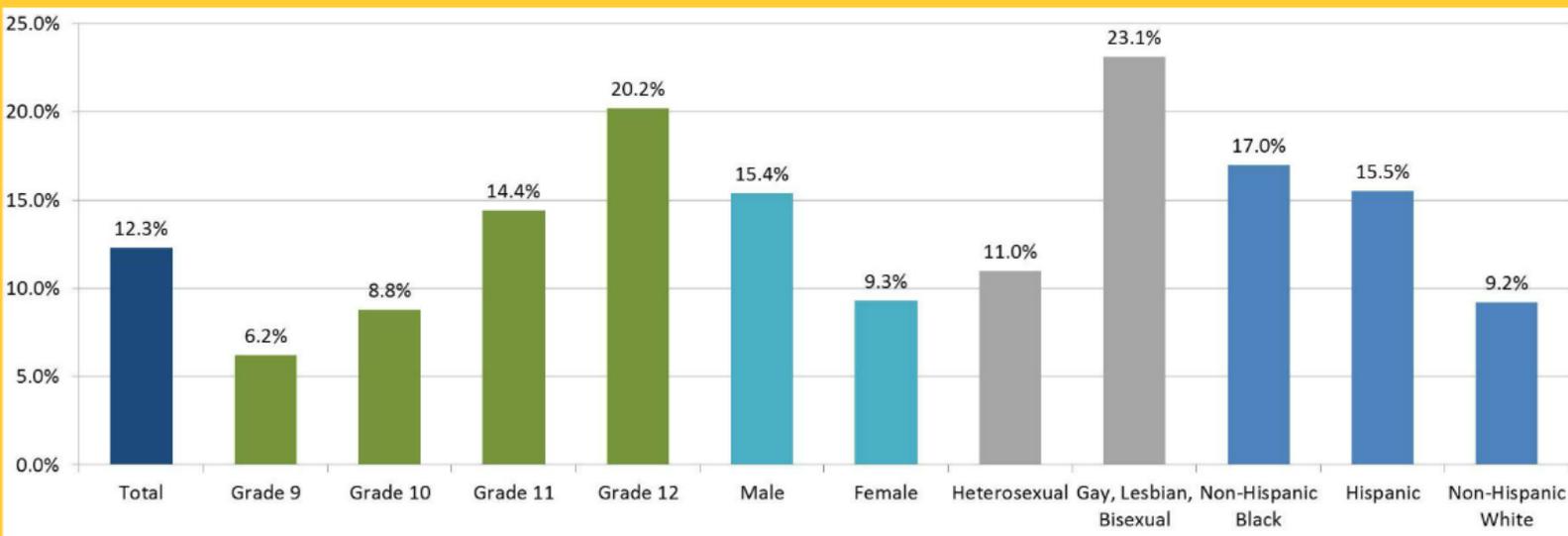
- **27.2%** of all high school youth reported having sexual intercourse during the past three months (2011 U.S. Data: 33.7%)
- **42.0%** of youth who described themselves as gay, lesbian, or bisexual reported having had sexual intercourse during the past three months, compared to only 25.9% of heterosexual youth*



**statistically significant based on 95% confidence intervals*

Four or More Sexual Partners

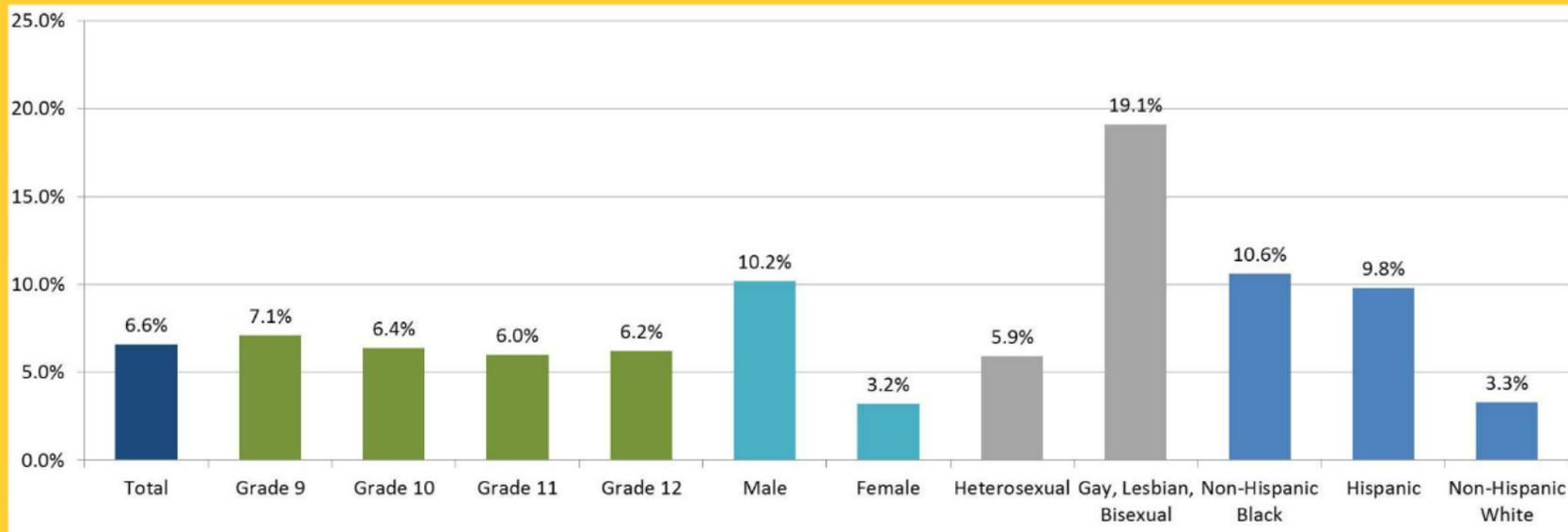
- **12.3%** of high school youth reported having sexual intercourse with 4+ people during their lifetime (2011 U.S. Data: 15.3%)
- This behavior was highest* among:
 - **Gay/Lesbian/Bisexual** youth (**23.1%**) compared to Heterosexual youth (11.0%)
 - **Males** (**15.4%**) compared to Females (9.3%)
 - **Non-Hispanic Blacks** (**17.0%**) and **Hispanics** (**15.5%**) compared to Non-Hispanic Whites (9.2%)
 - **12th Grade** students (**20.2%**) compared to lower grades



**statistically significant based on 95% confidence intervals*

Sex Before Age 13

- **6.6%** of high school youth reported having sexual intercourse before age 13 (2011 U.S. Data: 6.2%)
- This behavior was highest* among:
 - **Gay/Lesbian/Bisexual** youth (**19.1%**) compared to Heterosexual youth (5.9%)
 - **Males** (**10.2%**) compared to Females (3.2%)
 - **Hispanics** (**10.6%**) and **Non-Hispanic Blacks** (**9.8%**) compared to Non-Hispanic Whites (3.3%)



**statistically significant based on 95% confidence intervals*

Birth Control

Among high school youth who reporting having engaged in sexual intercourse:

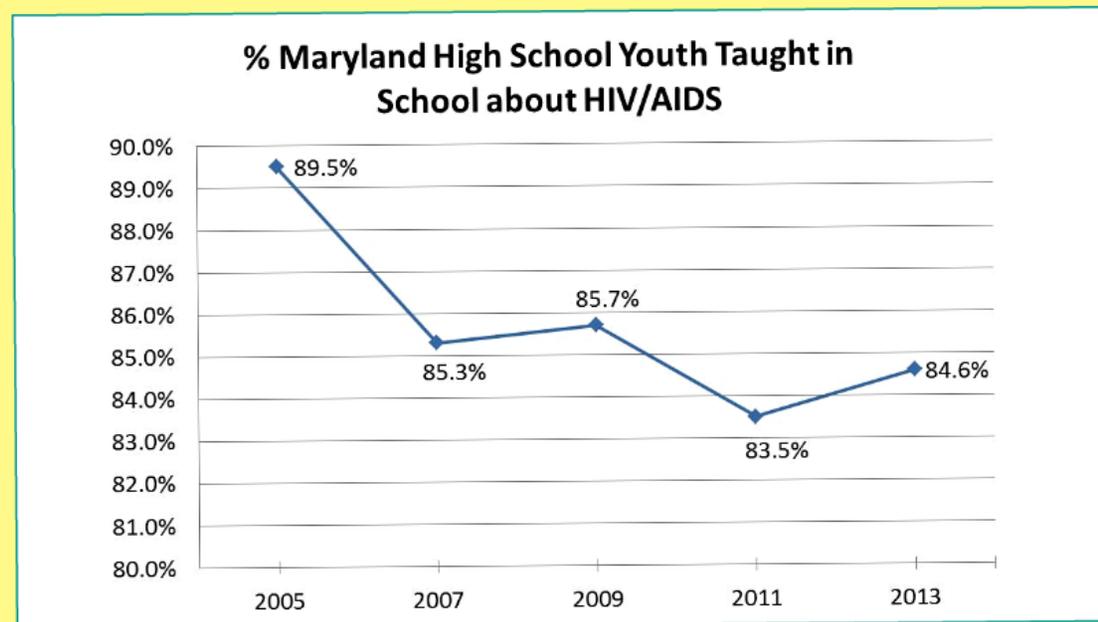
- **24.5%** used birth control pills, IUD or implant, shot, or birth control ring*
(2011 U.S. Data: 23.3%)
- **61.5%** used a condom*
(2011 U.S. Data: 60.2%)
- **14.3%** used no method of birth control
(2011 U.S. Data: 12.9%)

*some students used more than one type of birth control



HIV/AIDS Education

- In 2013, the majority of high school students (**84.6%**) reported having been taught in school about HIV/AIDS
- Between 2005 and 2013, however, there was a statistically significant **downward trend** for this measure



Alcohol/Drugs and Sexual Behavior

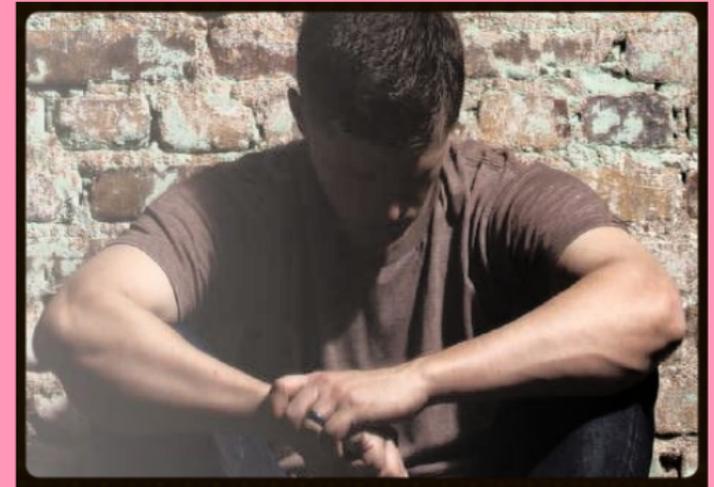
- Among youth who reported engaging in sexual activity, one in four (**24.0%**) reported having drunk alcohol or used drugs before last sexual intercourse (2011 U.S. Data: 22.1%)
- This behavior was highest* among:
 - **Gay/Lesbian/Bisexual** youth (**30.8%**) compared to Heterosexual youth (22.3%)
 - **Males** (**27.9%**) compared to Females (20.1%)
 - **Hispanics** (**28.6%**) & Non-Hispanic Whites (25.4%) compared to Non-Hispanic Blacks (20.0%)



**statistically significant based on 95% confidence intervals*

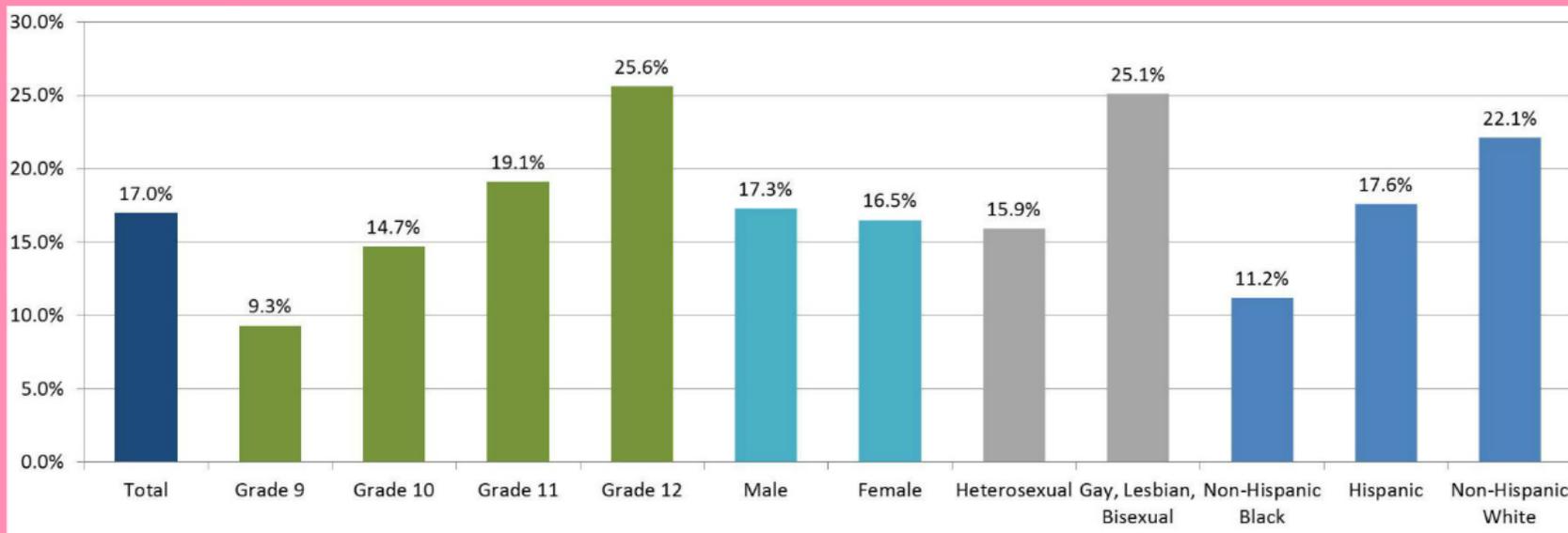
Alcohol and Drug Use

- Nearly one-third (**31.2%**) of high school youth had at least one alcoholic drink in the past 30 days
- **17.0%** binge drank (i.e. had 5+ drinks in a row within a couple of hours) in the past 30 days
- **19.8%** of high school students used marijuana in the past 30 days
- During the past year, **29.1%** of high school students reported that they were offered, sold, or given an illegal drug by someone on school property



Binge Drinking

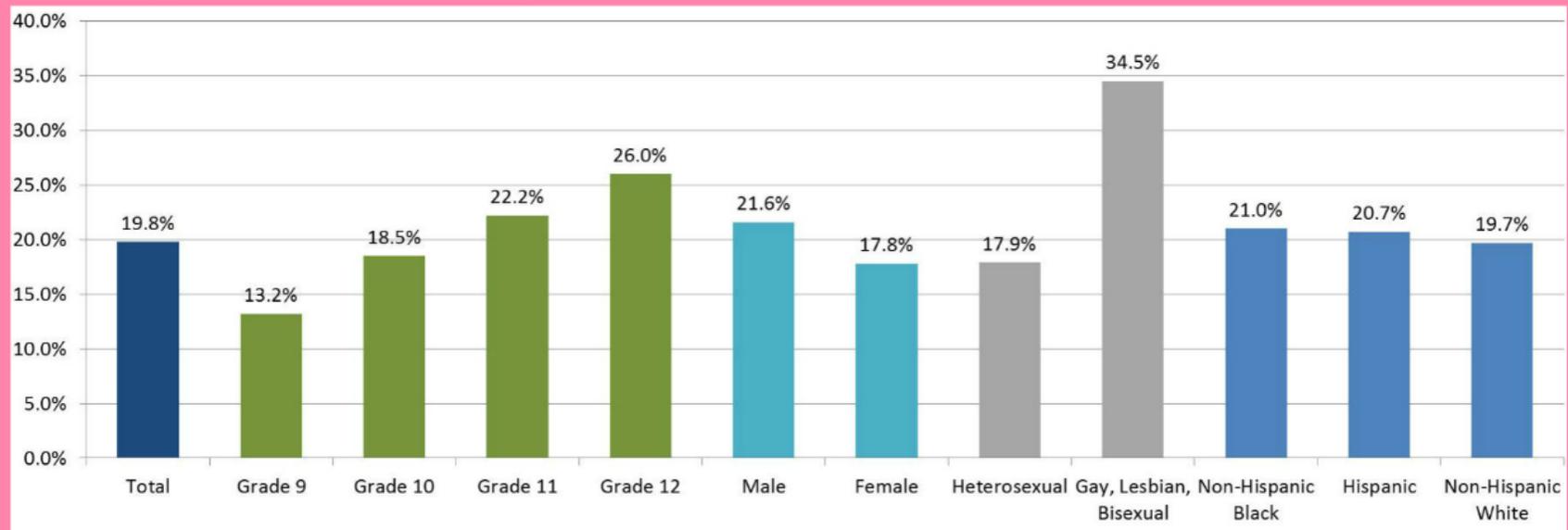
- **17.0%** of high school youth reported having five or more drinks in a row (within a couple of hours) in the past 30 days
- This behavior was highest* among:
 - **Gay/Lesbian/Bisexual** youth (**25.1%**) compared to Heterosexual youth (15.9%)
 - **Non-Hispanic Whites** (**22.1%**) compared to Hispanics (17.6%) and Non-Hispanic Blacks (11.2%)
 - **12th Grade** students (**25.6%**) compared to lower grades



**statistically significant based on 95% confidence intervals*

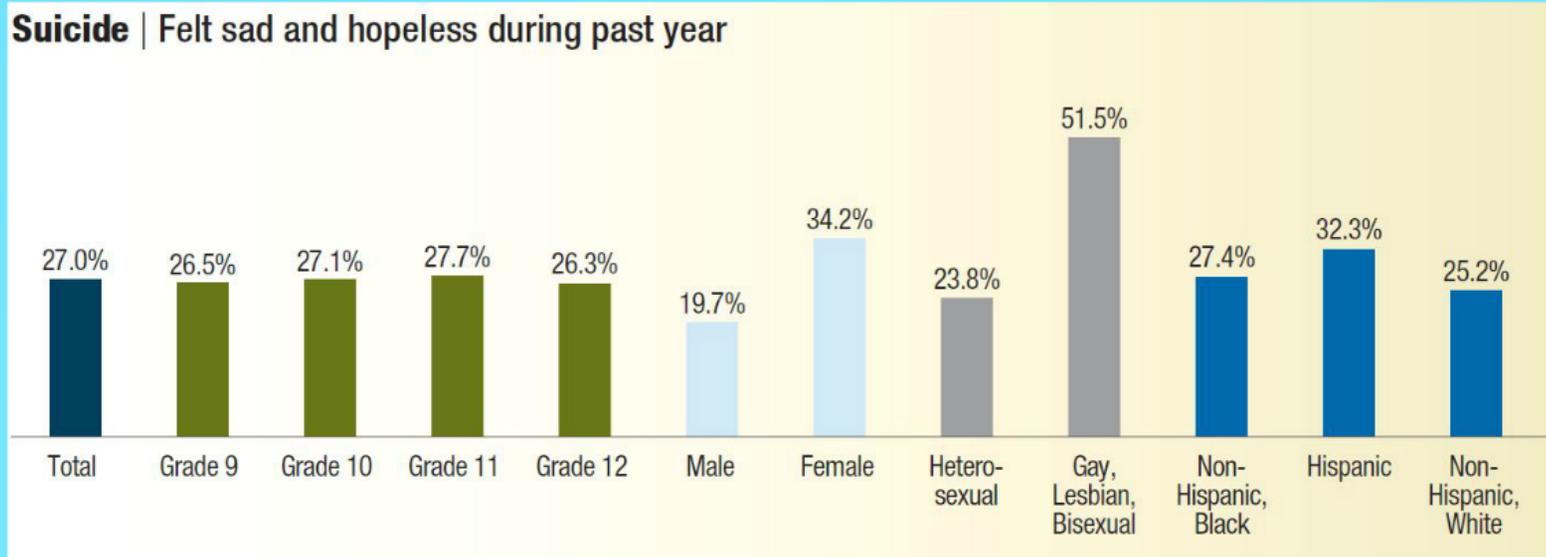
Marijuana Use

- **19.8%** of high school youth reported using marijuana during the past 30 days
- This behavior was highest* among:
 - **Gay/Lesbian/Bisexual** youth (**34.5%**) compared to Heterosexual youth (17.9%)
 - **Males** (**21.6%**) compared to Females (17.8%)
 - **12th Grade** students (**26.0%**) compared to lower grades



**statistically significant based on 95% confidence intervals*

Mental Health

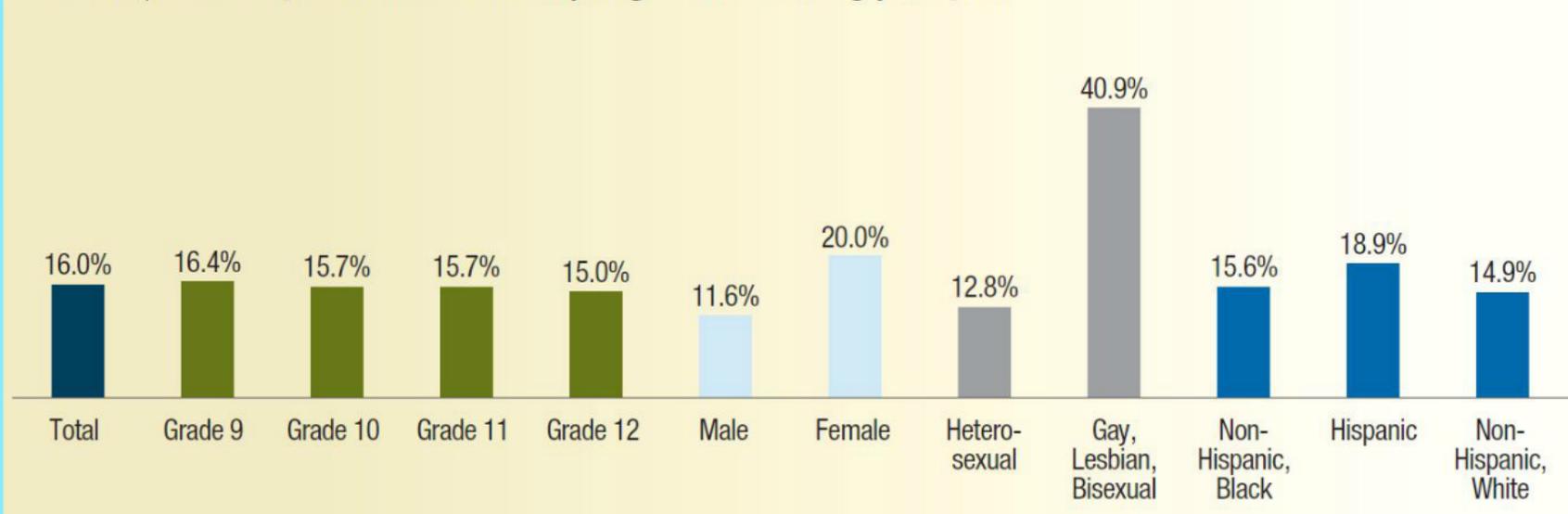


- One-third (**34.2%**) of **Females** felt sad and hopeless during the past year, compared to 19.7% of Males*
- One-third (**32.3%**) of **Hispanic** youth felt sad and hopeless during the past year, compared to 27.4% of Non-Hispanic Black and 25.2% of Non-Hispanic White youth*
- More than half (**51.5%**) of **Gay/Lesbian/Bisexual** youth felt sad and hopeless during the past year, compared to 23.8% of Heterosexual youth*

**statistically significant based on 95% confidence intervals*

Considered Suicide

Suicide | Seriously considered attempting suicide during past year



- Compared to the rest of each of their subgroups: **Females; Hispanic** youth; and **Gay/Lesbian/Bisexual** youth were more likely to report having seriously considered attempting suicide during the past year*
- There were no statistically significant differences by grade

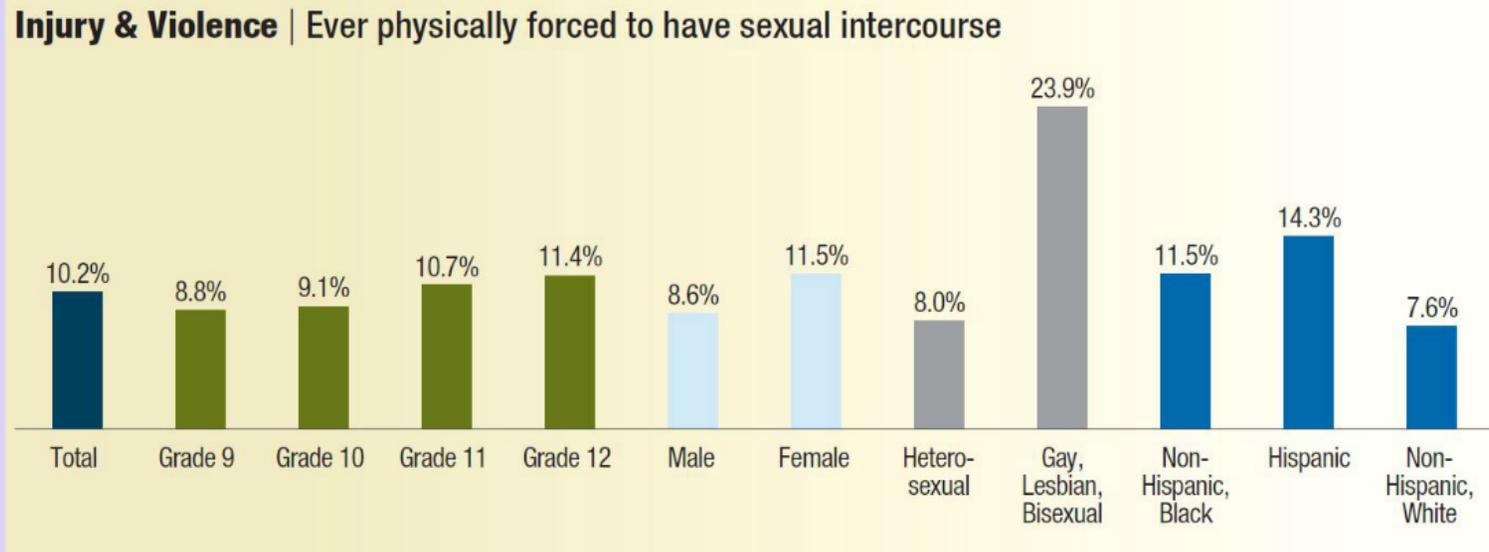
**statistically significant based on 95% confidence intervals*

Sexual and Dating Violence

- One in ten (**10.2%**) high school students reported having been physically forced to have sexual intercourse (by anyone) when they did not want to (2011 U.S. Data: 8.0%)
- Among students who dated or went out with someone, **11.1%** had been physically hurt by a boyfriend/girlfriend (2011 U.S. Data: 9.4%)
- **9.0%** had been forced by someone they were dating or going out with to do sexual things they did not want to (U.S. Data: n/a)



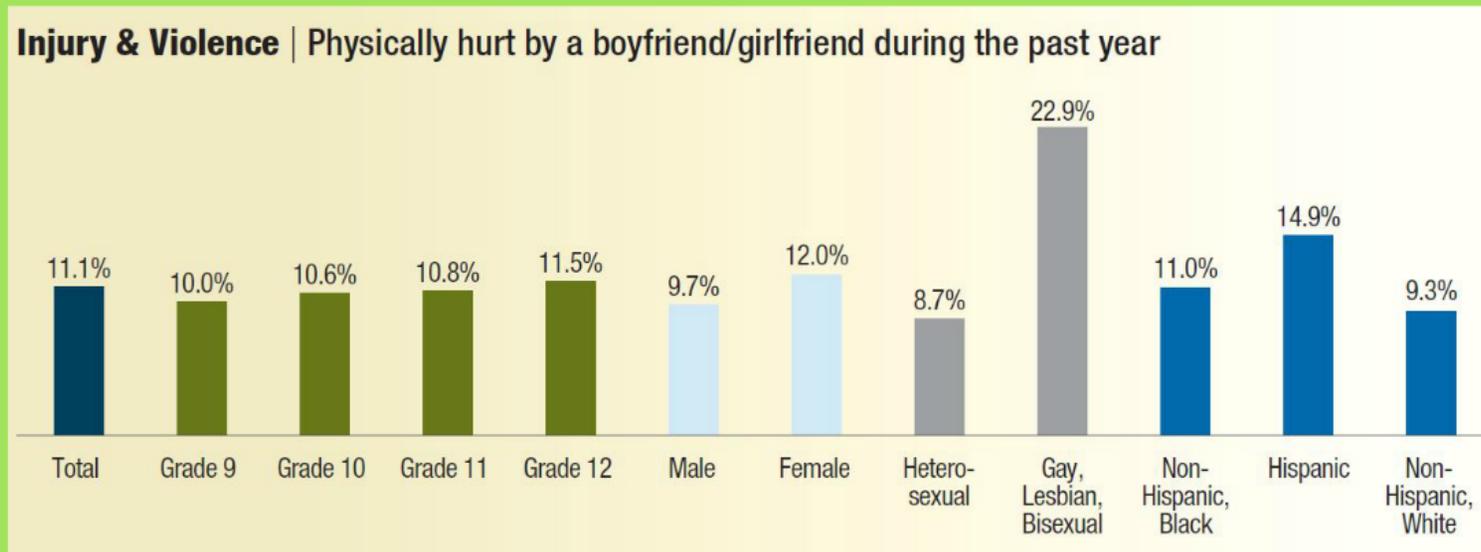
Sexual Violence Disparities



- Compared to the rest of each of their subgroups: **Females; Hispanic** youth; and **Gay/Lesbian/Bisexual** youth were more likely to report having ever been forced to have sexual intercourse (by anyone)*
- **11th and 12th grade students** were more likely than 9th grade students to report having ever been forced to have sexual intercourse (by anyone)*

**statistically significant based on 95% confidence intervals*

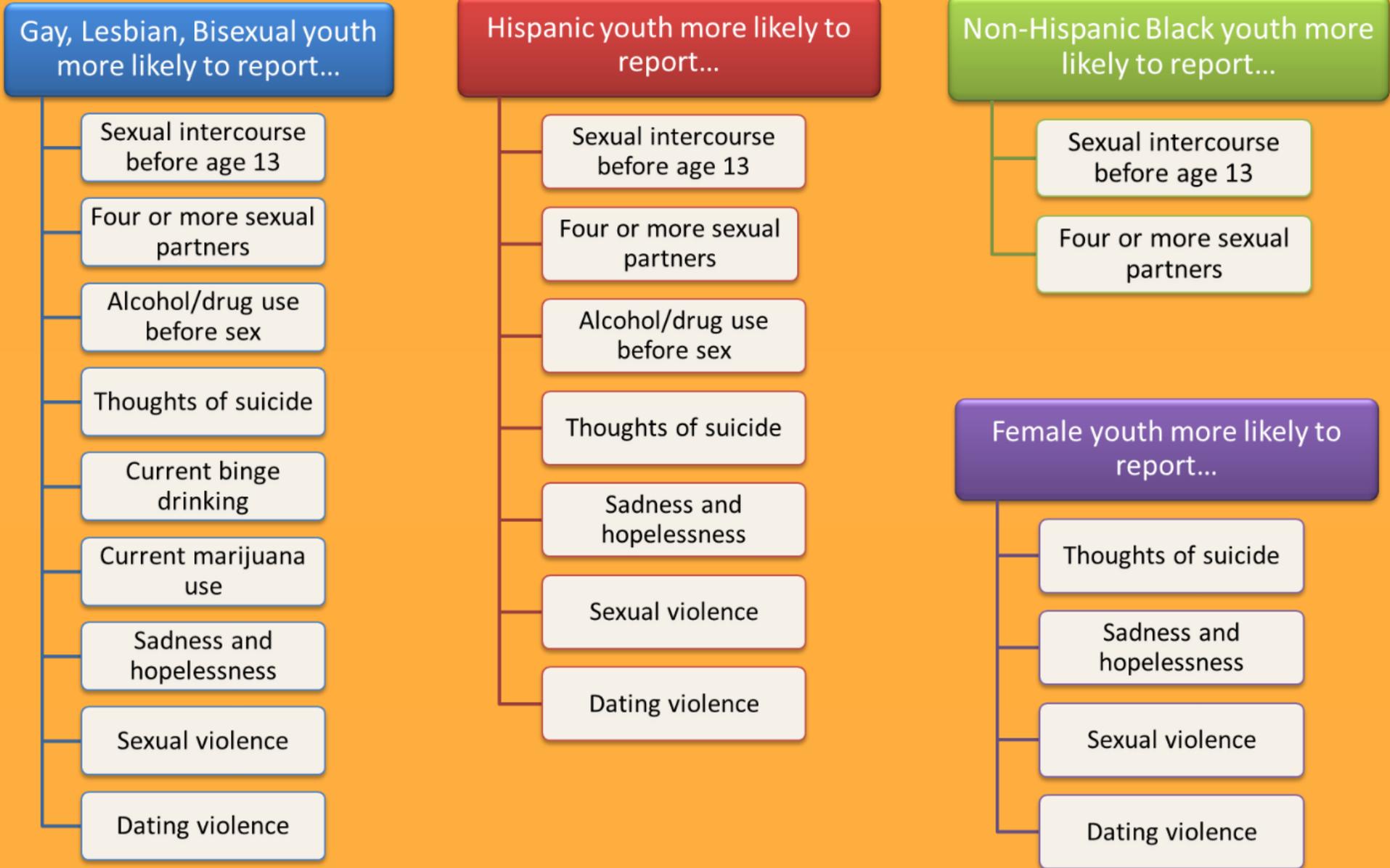
Dating Violence Disparities



- Compared to the rest of each of their subgroups: **Females**; **Hispanic** youth; and **Gay/Lesbian/Bisexual** youth were more likely to report having been physically hurt by a boyfriend or girlfriend during the past year*
- There were no statistically significant differences by grade

*statistically significant based on 95% confidence intervals

Summary of Disparities in 2013 Maryland YRBS



Dating Violence

- Russell ST et al. Cross-sectional survey to examine association between same-sex romantic attraction and experiences of violence
- Same-sex or both-sex (bisexual) romantic attraction more likely to experience, witness, or perpetrate violence



Russell ST, Franz BT, Driscoll AK. Same-sex romantic attraction and experiences of violence in adolescence. Am J Public Health. 2001 Jun;91(6):903-6

Sexual Identity and Risk Behaviors

- Multiple studies* in adolescents confirm that gay, lesbian, or bisexual youth are at greater risk for:
 - Sexual risk behaviors
 - Multiple substance use
 - Suicide
 - Victimization
- Gay, lesbian or bisexual youth are more likely to engage in multiple risk behaviors initiate risk behaviors at an earlier age

**Garofalo R, Wolf RC, Kessel S, Palfrey SJ, DuRant RH. The association between health risk behaviors and sexual orientation among a school-based sample of adolescents. Pediatrics. 1998 May;101(5):895-902.; Faulkner AH, Cranston K. Correlates of same-sex sexual behavior in a random sample of Massachusetts high school students. Am J Public Health. 1998 Feb;88(2):262-6.*

LGBT Youth

- Negative attitudes toward lesbian, gay, bisexual, and transgendered (LGBT) people can put LGBT youth at increased risk for experiences with violence (including bullying, teasing, harassment, assault, and suicide-related behaviors) [1]
- Students, regardless of sexual orientation, reported the lowest levels of depression, suicidal thoughts, alcohol use, marijuana use, and unexcused absences from school when they were in a positive school climate and did not experiencing homophobic teasing [2]
- Research has found significantly higher rates of mental and physical health problems (including depression, attempted suicide, drug use, and unprotected sex) among LGBT young adults who experienced high levels of rejection from their parents while they were adolescents [3]

[1] Coker TR, Austin SB, Schuster MA. The health and health care of lesbian, gay, and bisexual adolescents. *Annual Review of Public Health* 2010;31:457–477.

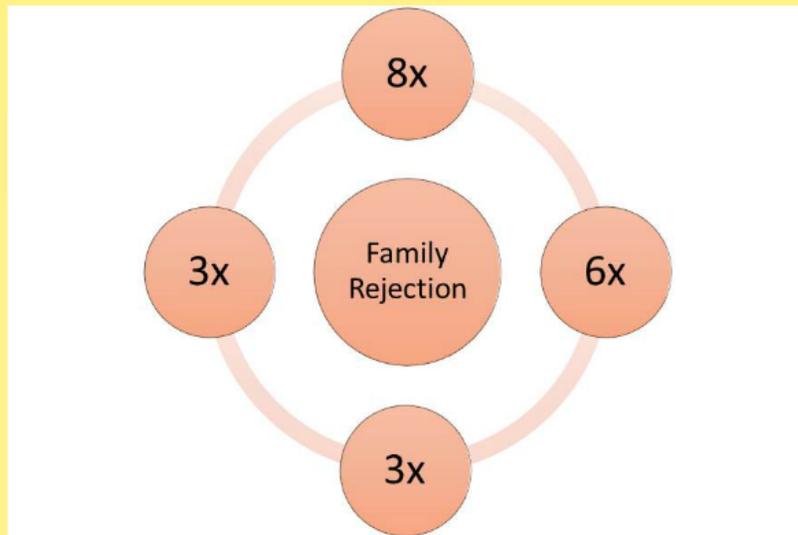
[2] Birkett M, Espelage DL, Koenig B. LGB and questioning students in schools: The moderating effects of homophobic bullying and school climate on negative outcomes. *J Youth Adolescence* 2009;38:989–1000

[3] Ryan C, Huebner D, Diaz RM, Sanchez J. Family rejection as a predictor of negative health outcomes in white and Latino lesbian, gay, and bisexual young adults. *Pediatrics* 2009;123:346–352.

Impact of Family Rejection

Being valued by their parents and family helps children learn to value and care about themselves.

Hearing that they are bad or sinful sends a deep message that they are not a good person.

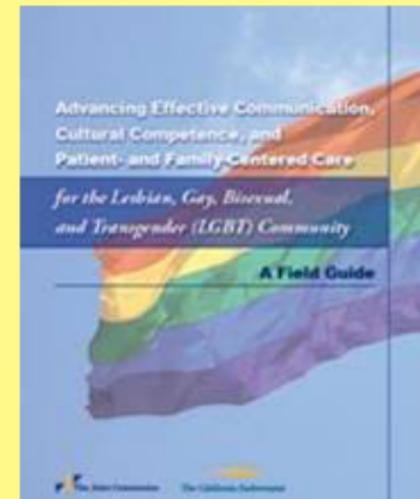


- More than **8** times likely to attempt suicide
- Nearly **6** times as likely to report high levels of depression
- More than **3** times as likely to use illegal drugs
- More than **3** times as likely to be at high risk for HIV and STI

Ryan C, Huebner D, Diaz RM, Sanchez J. Family rejection as a predictor of negative health outcomes in white and Latino lesbian, gay, and bisexual young adults. Pediatrics 2009;123:346–352.

What Clinical Providers Can Do

- Consider the needs of LGBT in programs designed to improve community health
- Provide culturally competent medical care and prevention services specific to this population
 - social inequality is often associated with poorer health status
 - sexual orientation has been associated with multiple health threats
- Joint Commission developed ***Advancing Effective Communication, Cultural Competence, and Patient- and Family-Centered Care for the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community, A Field Guide***
 - Urges U.S. hospitals to create more welcoming, safe inclusive environment to improve health care quality for LGBT patients and their families
 - Features a compilation of strategies, practice examples, resources, and testimonials to help hospitals in their efforts

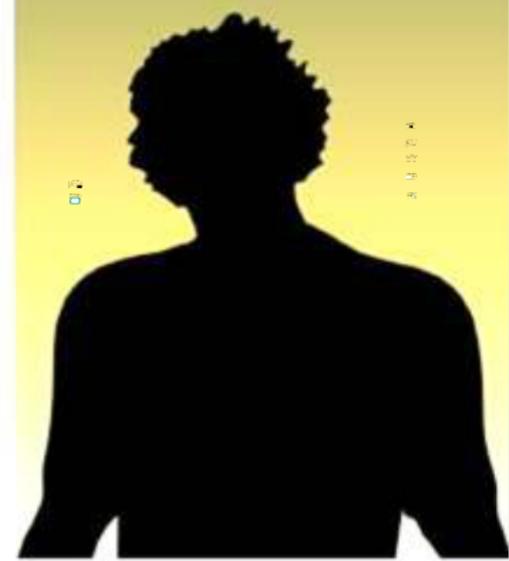


QUESTIONS?

2013 YRBS data tables (state and county data) will be available online
by May 30, 2014 at:

<http://phpa.dhmh.maryland.gov/cdp/SitePages/youth-risk-survey.aspx>

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