



2021 FULTON COUNTY YOUTH HEALTH STATUS REPORT



COMMISSIONED BY:
FULTON COUNTY PARTNERS FOR HEALTH
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Foreword

Dear Community Member,

We appreciate your interest in the data presented in this publication. It is the result of the 2021 health assessment of youth in Fulton County. The information collected is reported along with health information from relevant national and local data sources.

This health assessment publication contains a tremendous amount of data which can serve as one source for strategic planning with respect to making Fulton County a healthier community. It can influence the current course of action and support new areas of interest. When using this publication for planning purposes the process should look more in depth at the results obtained, seek additional sources of information from service providers and identify the target population to put the findings in perspective.

This report would not have been possible without the assistance of a number of community leaders and organizations. We thank them for their support or financial assistance in making this health assessment a reality and the Hospital Council of Northwest Ohio for guiding the process.

The information in this publication can ultimately benefit our community. We encourage you to be open to new ideas and collaborations as you use this information. It is designed for your use as you consider the health needs of the youth of Fulton County. By all of us working together we can positively impact the health of this community.

Sincerely,

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Health Commissioner
Fulton County Health Department

Patricia A. Finn
CEO
Fulton County Health Center

Acknowledgements

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Four County ADAMhs Board
Fulton County Board of Developmental Disabilities
Fulton County Family & Children First Council
Fulton County Health Center
Fulton County Health Department
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Healthy Choices Caring Communities
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The 2021 Fulton County Health Assessment is available on the following websites:

Fulton County Health Center

<https://www.fultoncountyhealthcenter.org/>

Fulton County Health Department

www.fultoncountyhealthdept.com

HC3: Healthy Choices Caring Communities

www.HC3Partnership.org

Hospital Council of Northwest Ohio

<http://www.hcno.org/community-services/community-health-assessments/>

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Executive Summary

This executive summary provides an overview of health-related data for Fulton County youth in grades 6-12 who participated in a county-wide health assessment survey in September to October 2021. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instrument used by the Centers for Disease Control and Prevention (CDC) for their national and state Youth Risk Behavior Surveillance System (YRBSS). The Fulton County Health Department collected the data. The Hospital Council of Northwest Ohio (HCNO) analyzed the data, guided the health assessment process, and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

DESIGN

This youth health assessment was cross-sectional in nature and included an online survey of adolescents within Fulton County. From the beginning, community stakeholders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

An online survey instrument was designed for this study. As a first step in the design process, members from Fulton County Partners for Health met to discuss potential sources of valid and reliable survey items that would be appropriate to assess the health status and health needs of adolescents. Fulton County Partners for Health decided to derive the majority of the survey items from the YRBSS. This decision was based on being able to compare local data with national data. Fulton County Partners for Health created a survey containing 75 items.

SAMPLING

Youth in grades 6-12 in Fulton County school districts were used as the sampling frame for the adolescent survey. Using the U.S. Census Bureau data, it was determined that approximately 3,959 youth ages 12 to 18 years old live in Fulton County. A sample size of 350 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings). Students were selected at random and surveyed in the schools.

PROCEDURE

Staff from the Fulton County Health Department received consent from Fulton County superintendents to administer the assessment in the fall of 2021 and the survey instrument was approved by all participating superintendents. Individual schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the classroom that was selected, such as a home room or health class. Classrooms were randomly chosen by the school principal or designee. Passive permission slips were mailed home to the parents of any student whose class was selected to participate. The response rate was 92% (n=371; CI=± 4.84).

DATA ANALYSIS

Individual responses were anonymous. Only group data was available. All data was analyzed by health education researchers at the University of Toledo using Statistical Product and Service Solutions 26.0 (SPSS). Crosstabs were used to calculate descriptive statistics for the data presented in this report.

The Fulton County 6-12th grade youth trend summary data is colored red or green to represent negative or positive percentage changes from the previous 2018 CHA. Green represents a positive percentage change and red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same. For example, out of 41 youth trend summary variables, 27 were positive and 7 were negative. Seven (7) variables were not colored due to unavailable data or no percentage change.

LIMITATIONS

As with all health assessments, it is important to consider the findings in light of limitations that are present in all assessment methods. HCNO uses survey questions and a sampling method based on the CDC's YRBSS which involves randomly selecting schools and grade levels. Probability of selection is weighted by the size of grade levels within each school. Upon selection, the school principal (or designee) selects a general education classroom within the selected grade level to survey.

This sampling method is used to ensure the inclusion of a representative sample of youth across the county. This is in contrast to population surveying in which all students, in all schools, complete the survey. While population surveying provides the strongest set of data which can be broken down by district or school to gain insight into the behaviors of that subgroup of students, it is also very time consuming and expensive. Many schools that HCNO has been working with for more than a decade have indicated that the reduced testing burden is better for their teachers and students due to the significant level of mandatory testing that already exists (standardized testing).

While the method applied is a strong and efficient procedure, it is important to also understand its limitations. First, if the random selection (or the school assignment) of general education classrooms resulted in a group of students that was not reflective of the county, this represents a threat to the external validity of the results (the generalizability of the results to the student population of Fulton County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation. Second, the sample sizes selected for this assessment were to examine student behaviors at the county level.


Due to sample size limitations, it is not recommended to select a particular district, school, age, or gender and assume that the results will accurately reflect that smaller subset of the county. Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey. Finally, as is the case with all self-reported surveys, to the extent that students responded in a socially desirable manner which is inconsistent with reality, this would represent a threat to the internal validity of the results.

Secondary Data Collection Methods

HCNO collected secondary data from multiple websites, including county-level data, whenever possible. HCNO utilized sources such as YRBSS, numerous CDC sites, U.S. Census data, Healthy People 2030, etc. All of the data is included in the section of the report it corresponds with. All primary data in this report is from the 2021 Fulton County Youth Health Assessment. All other data is cited accordingly.

2019 Ohio State Health Assessment (SHA)

The 2019 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, online surveys completed by over 300 stakeholders, and advisory and steering committee members who represented 13 state agencies, including sectors beyond health.

Similar to the 2019 Ohio SHA, the 2021 Fulton County Youth Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, chronic disease, access to health care, and social determinants of health. Additionally, the CHA studied themes and perceptions from local public health stakeholders from a wide variety of sectors. **Note: This symbol  will be displayed in the trend summary when an indicator directly aligns with the 2019 Ohio SHA.**

The interconnectedness of Ohio's greatest health challenges, along with the overall consistency of health priorities identified in this assessment, indicates many opportunities for collaboration among a wide variety of partners at and between the state and local level, including physical and behavioral health organizations and sectors beyond health. It is The Fulton County Partners for Health hope that this CHA will serve as a foundation for such collaboration.

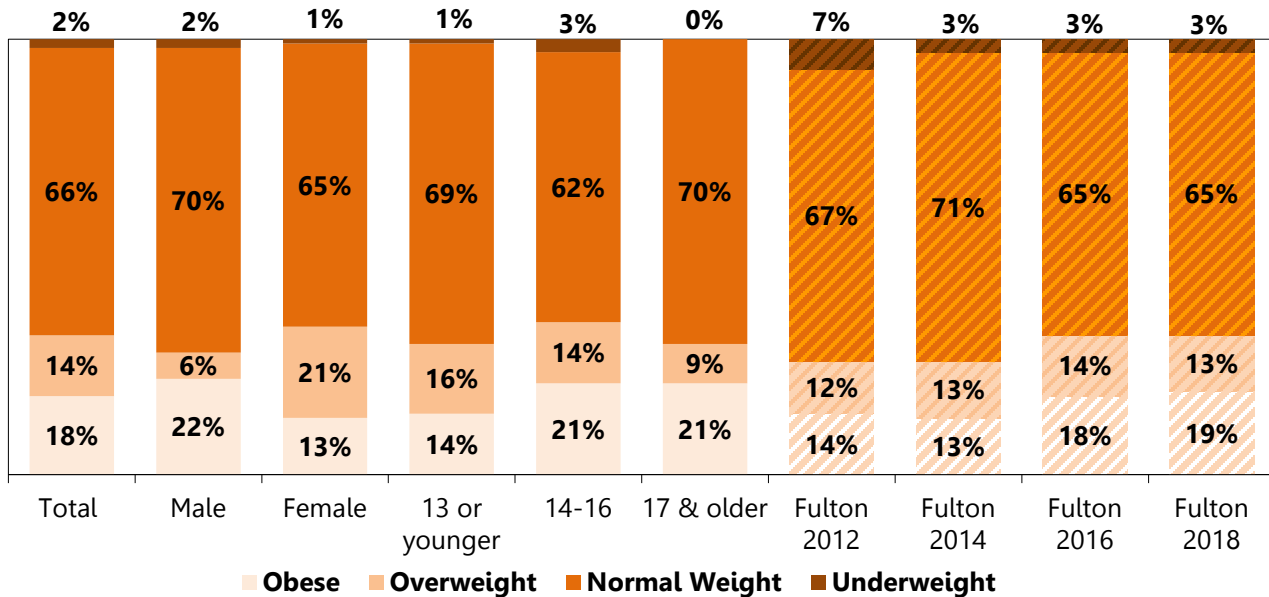
To view the full 2019 Ohio State Health Assessment, please visit: <https://odh.ohio.gov/wps/portal/gov/odh/about-us/sha-ship/>

Data Summary

WEIGHT STATUS

Nearly one-fifth (18%) of Fulton County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 30% of Fulton County youth reported that they were slightly or very overweight. Eleven percent (11%) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.

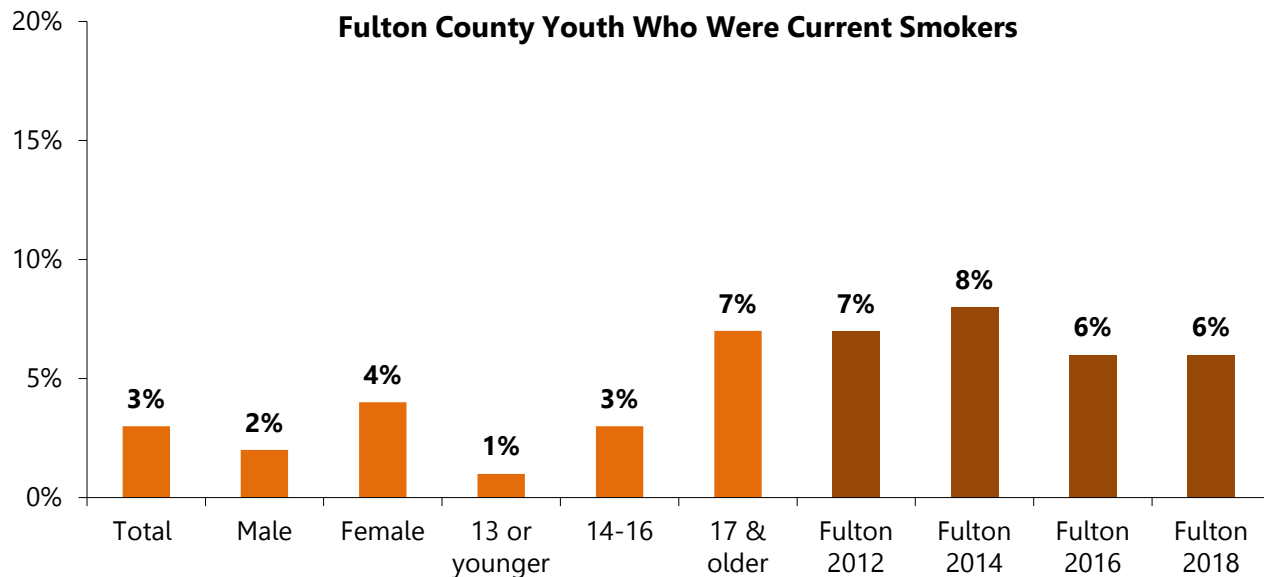
Fulton County Youth BMI Classifications



TOBACCO USE

Three percent (3%) of Fulton County youth were current cigarette smokers. Sixteen percent (16%) of youth used vape products in the past year. Of youth that had used e-cigarettes/vapes in the past 12 months, 19% reported putting marijuana or THC in their e-cigarettes/vapes.

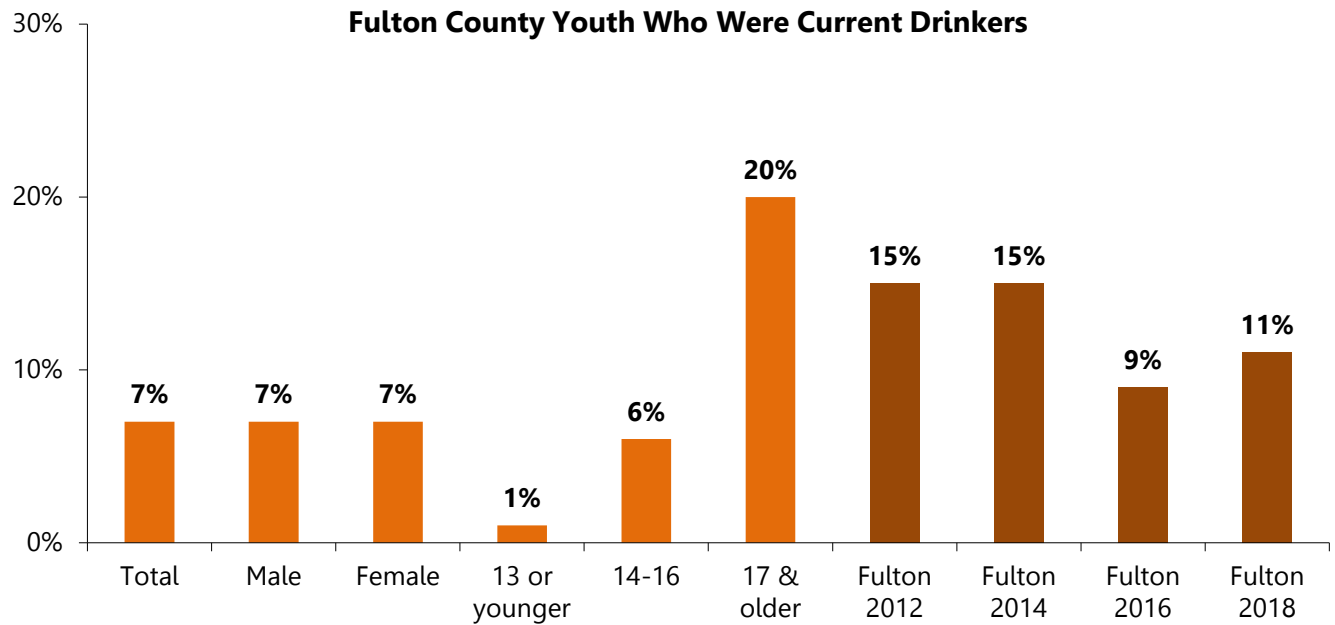
Fulton County Youth Who Were Current Smokers



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

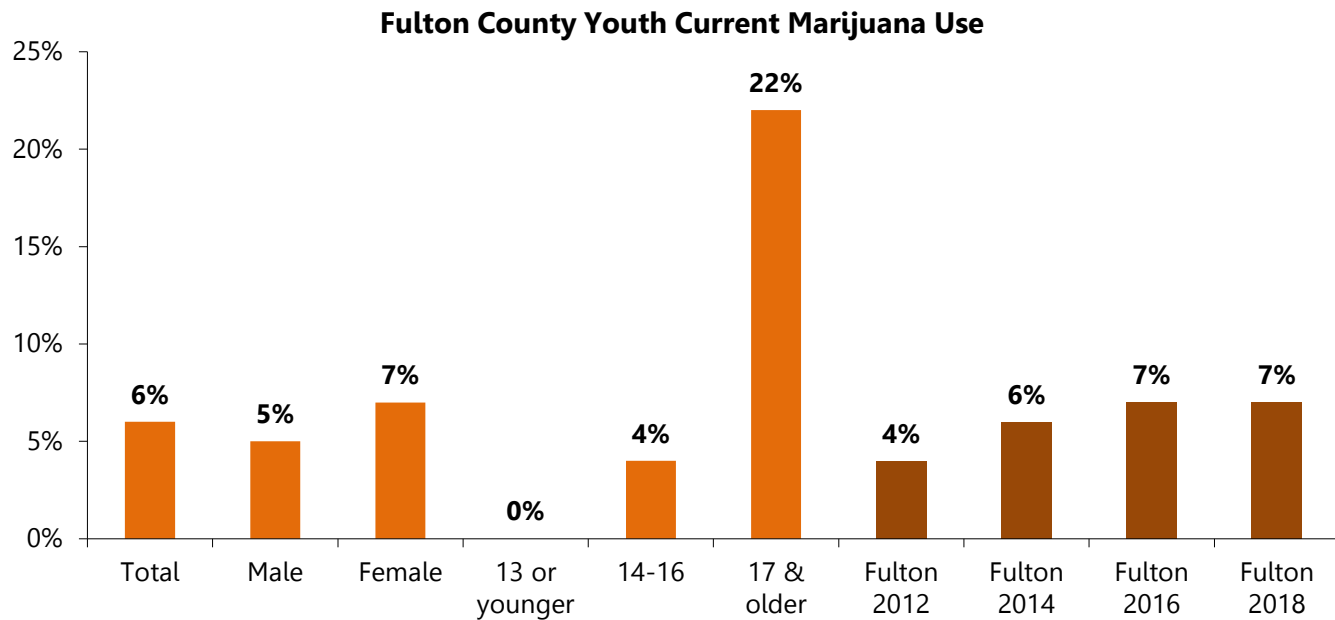
ALCOHOL CONSUMPTION

Seven percent (7%) of Fulton County youth had at least one drink in the past 30 days, defining them as a current drinker, increasing to 20% of those ages 17 and older. Of those who drank in the past month, 76% were defined as binge drinkers. Over one-fifth (22%) of current drinkers reported that their parent gave them alcohol.



DRUG USE

Six percent (6%) of Fulton County youth had used marijuana or weed in the past 30 days, increasing to 22% of those ages 17 and older. Youth who used marijuana in the past 30 days reported using it in the following ways: vaped it (58%), smoked it (39%), dabbled it (23%), ate it (19%), drank it (10%), and used it in some other way (6%).



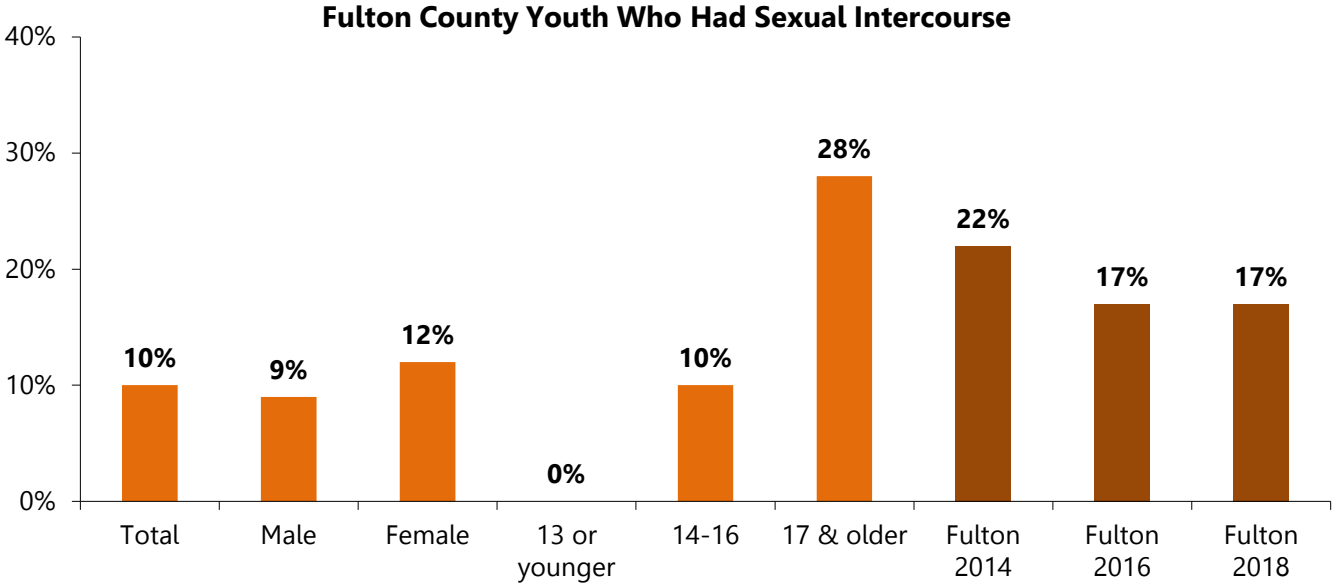
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

PERCEPTIONS OF SUBSTANCE USE

In 2021, 76% of youth reported people risk harming themselves if they misuse prescription drugs. More than three-fourths (77%) of youth reported their parents would disapprove of them drinking alcohol. Sixty-seven percent (67%) of youth reported their friends would disapprove of them using vape products.

SEXUAL BEHAVIOR

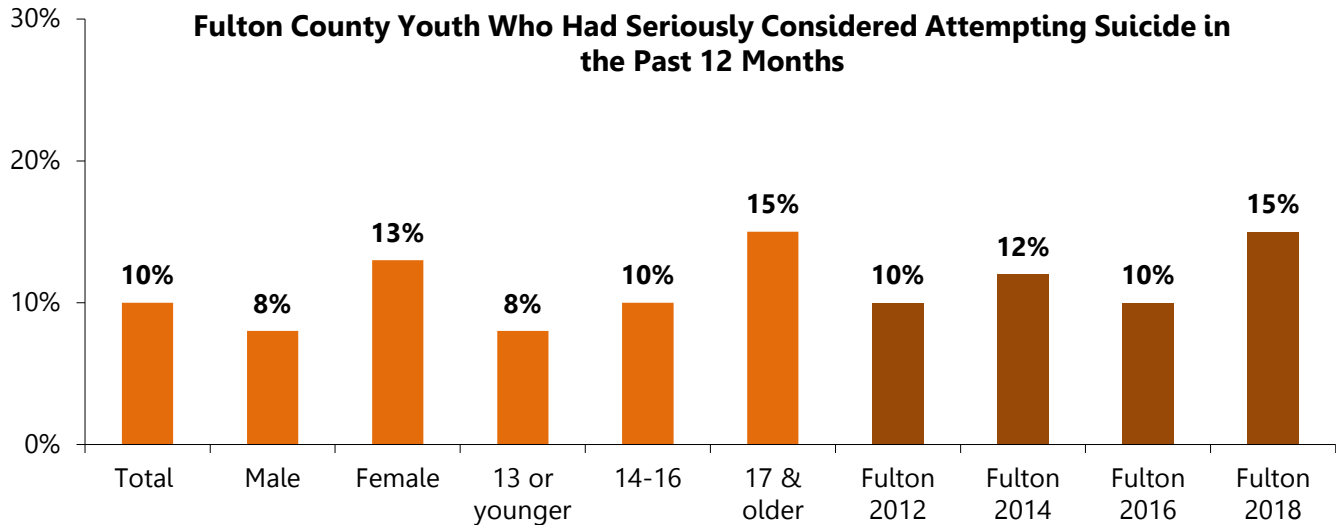
Ten percent (10%) of Fulton County youth had sexual intercourse. Twelve percent (12%) of youth who engaged in sexual activity did so without a reliable method of protection. Twelve percent (12%) of youth had not been taught about pregnancy prevention, sexually transmitted diseases, HIV/AIDS, or the use of condoms.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

MENTAL HEALTH

Twenty-nine percent (29%) of Fulton County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past year. Ten percent (10%) of youth reported they had seriously considered attempting suicide in the past 12 months. Sixteen percent (16%) of youth reported they had no one to talk to when they had feelings of depression or suicide.

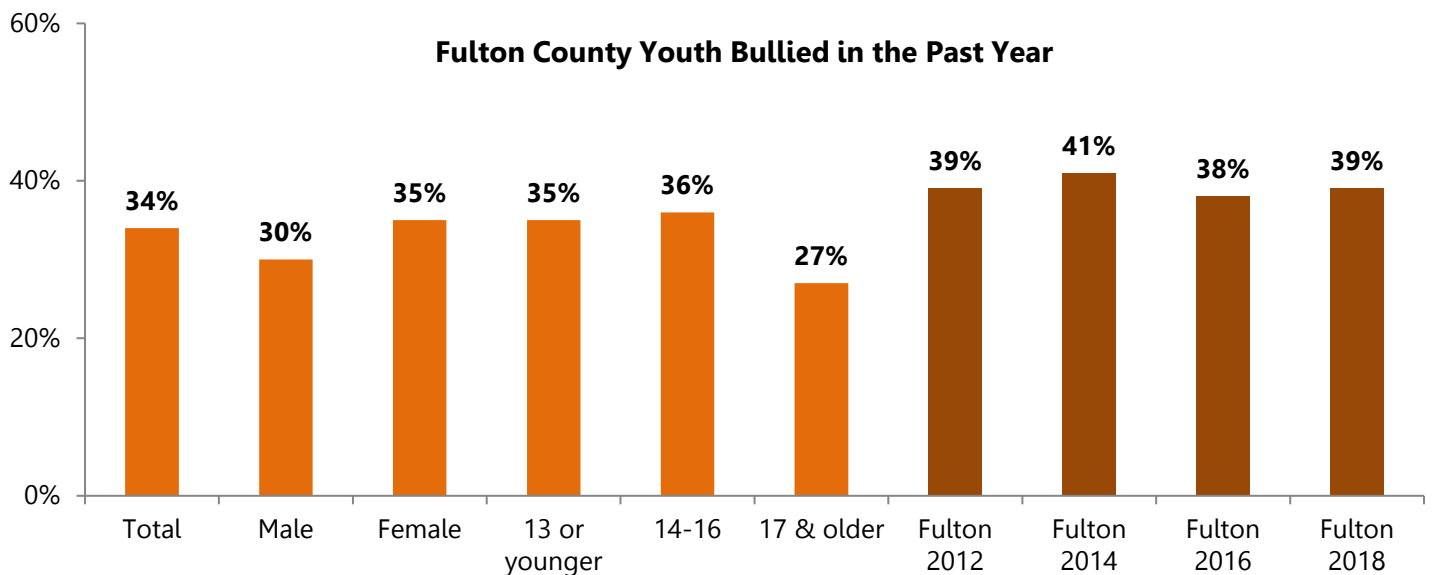


SOCIAL DETERMINANTS OF HEALTH

Seventy-three percent (73%) of youth had been to the doctor for a routine check-up in the past year. Fifteen percent (15%) youth reported feeling anxious many times after checking social media. One-fifth (20%) of youth experienced three or more adverse childhood experiences (ACEs).




VIOLENCE

Twenty-two percent (22%) of youth had purposefully hurt themselves at some time in their lives. Four percent (4%) of youth had been forced or pressured to do sexual things they did not want to in the past year. Almost one-fourth (24%) of youth reported they had been bullied on school property in the past 12 months.




Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Youth Trend Summary

Youth Variables	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Weight Control								
Obese 	14%	13%	18%	19%	18%	22%	17%	16%
Overweight	12%	13%	14%	13%	14%	12%	12%	16%
Described themselves as slightly or very overweight	30%	28%	32%	33%	30%	38%	N/A	32%
Exercised to lose weight (in the past 30 days)	56%	44%	47%	45%	45%	41%	N/A	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	33%	25%	29%	31%	34%	33%	N/A	N/A
Went without eating for 24 hours or more (in the past 30 days)	6%	4%	5%	6%	8%	8%	N/A	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	3%	3%	2%	1%	1%	1%	N/A	N/A
Vomited or took laxatives (in the past 30 days)	2%	2%	2%	2%	2%	3%	N/A	N/A
Physically active at least 60 minutes per day on every day in past week	34%	37%	34%	32%	30%	27%	24%	23%
Physically active at least 60 minutes per day on 5 or more days in past week	62%	64%	61%	57%	58%	58%	43%	44%
Did not participate in at least 60 minutes of physical activity on any day in past week	7%	8%	11%	15%	11%	11%	21%	17%
Unintentional Injuries and Violence								
Did not go to school because they felt unsafe (at school or on their way to or from school in the past 30 days)	2%	2%	4%	4%	3%	4%	N/A	9%
Bullied (in past 12 months) 	39%	41%	38%	39%	34%	32%	N/A	N/A
Bullied on school property (in past 12 months)	23%	27%	27%	30%	24%	25%	14%	20%
Electronically bullied (in past 12 months)	8%	11%	10%	10%	7%	7%	13%	16%
Mental Health								
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	17%	19%	22%	29%	29%	32%	33%	37%
Seriously considered attempting suicide (in the past 12 months)	10%	12%	10%	15%	10%	12%	16%	19%
Attempted suicide (in the past 12 months)	4%	5%	6%	7%	4%	2%	7%	9%
Tobacco Use								
Current smoker (smoked cigarettes on at least 1 day during the past 30 days) 	7%	8%	6%	6%	3%	4%	5%	6%

N/A – Not available

 Indicates alignment with the Ohio State Health Assessment

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.

Youth Variables	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Alcohol Consumption								
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	42%	42%	36%	43%	25%	37%	N/A	N/A
Current drinker (at least one drink of alcohol on at least 1 day during the past 30 days)	15%	15%	9%	11%	7%	11%	26%	29%
Binge drinker (drank 5 or more drinks within a couple of hours on at least 1 day during the past 30 days)	9%	10%	4%	8%	5%	9%	13%	14%
Drank for the first time before age 13 (of all youth)	15%	13%	12%	15%	7%	6%	16%	15%
Obtained the alcohol they drank by someone giving it to them (of current drinkers)	N/A	N/A	38%	30%	33%	39%	N/A	41%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on one or more occasion during the past month)	N/A	N/A	N/A	N/A	10%	10%	N/A	17%
Sexual Behavior								
Participated in some form of sexual activity	30%	29%	17%	16%	10%	17%	N/A	N/A
Ever had sexual intercourse	N/A	22%	17%	17%	10%	17%	38%	38%
Drank alcohol or used drugs (before last sexual intercourse)	N/A	N/A	11%	14%	16%	16%	17%	21%
Planning to stay abstinent until marriage	43%	40%	52%	55%	60%	46%	N/A	N/A
Used a condom during last sexual intercourse (among students who were currently sexually active)	N/A	N/A	N/A	37%	40%	45%	45%	54%
Used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)	N/A	N/A	N/A	21%	28%	32%	32%	23%
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)	N/A	N/A	N/A	2%	7%	6%	5%	5%
Drug Use								
Currently used marijuana (in the past 30 days)	4%	6%	7%	7%	6%	11%	16%	22%
Currently used prescription drugs not prescribed to them (in the past 30 days)	4%	6%	3%	3%	2%	2%	N/A	N/A
Ever used methamphetamines (in their lifetime)	1%	<1%	1%	1%	1%	1%	N/A	2%
Ever used cocaine (in their lifetime)	1%	2%	3%	1%	1%	1%	4%	4%
Ever used heroin (in their lifetime)	2%	1%	1%	1%	<1%	<1%	2%	2%
Ever used inhalants (in their lifetime)	5%	7%	6%	7%	<1%	0%	8%	6%
Ever used ecstasy (also called MDMA in their lifetime)	2%	2%	2%	<1%	1%	1%	N/A	4%
Ever took prescription drugs without a doctor's prescription (in their lifetime)	6%	8%	6%	7%	4%	5%	12%	14%
Were offered, sold, or given an illegal drug on school property (in the past 12 months)	5%	4%	4%	3%	5%	7%	15%	22%

N/A – Not available

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.

Youth Health: Weight Status

Key Findings

Nearly one-fifth (18%) of Fulton County youth were obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 30% of Fulton County youth reported that they were slightly or very overweight. Eleven percent (11%) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.

Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children’s body fat changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- Nearly one-fifth (18%) of Fulton County youth were classified as obese by Body Mass Index (BMI) calculations; 14% of youth were classified as overweight; 66% were normal weight; and 2% were underweight.
- Thirty percent (30%) of youth described themselves as being either slightly or very overweight. Fifty-three percent (53%) of youth described themselves as being about the right weight and 16% of youth described themselves as being slightly or very underweight.

1,267 youth in Fulton County were classified as overweight or obese.

- Youth did the following to lose or keep from gaining weight in the past 30 days:
 - Exercised (45%)
 - Drank more water (45%)
 - Ate less food, fewer calories, or foods lower in fat (34%)
 - Ate more fruits and vegetables (30%)
 - Skipped meals (22%)
 - Went without eating for 24 hours (8%)
 - Vomited or took laxatives (2%)
 - Smoked cigarettes/e-cigarettes (2%)
 - Took diet pills, powders, or liquids without a doctor’s advice (1%)
 - Used illegal drugs (1%)
- More than one-third (36%) of youth did not do anything to lose or keep from gaining weight.

Healthy People 2030 Nutrition and Weight Status (NWS)

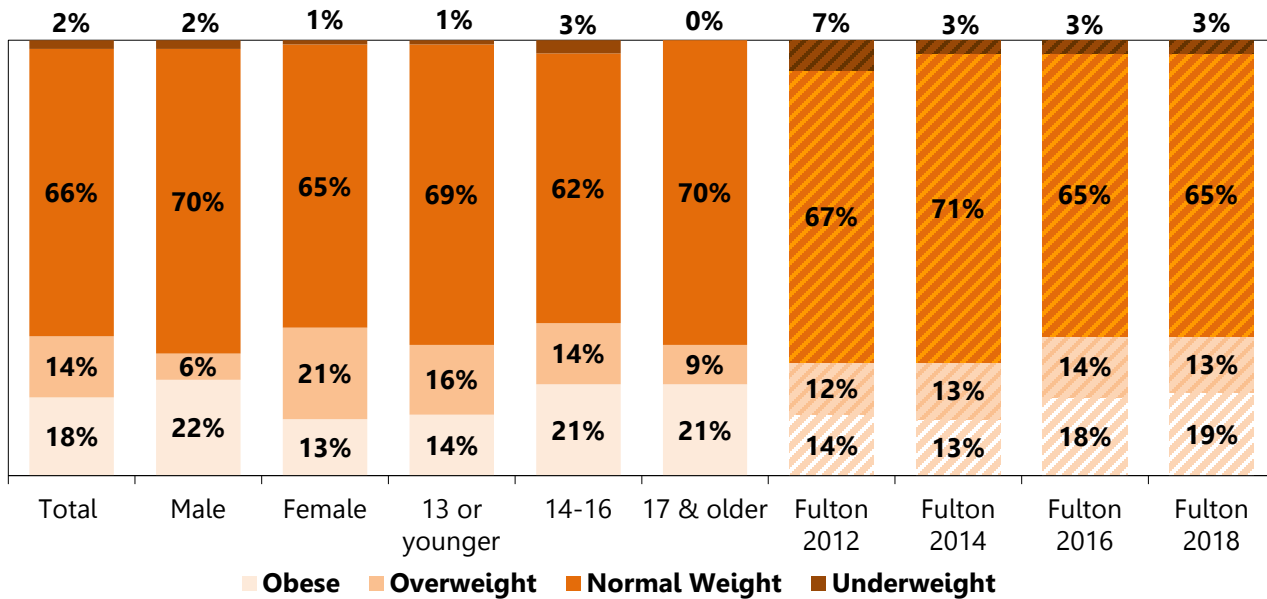
Objective	Fulton County 2021	Ohio 2019	U.S. 2019	Healthy People 2030 Target
NWS-04 Reduce the proportion of children and adolescents aged 2 to 19 years with obesity	18% (6-12 Grade) 22% (9-12 Grade)	17% (9-12 Grade)	16% (9-12 Grade)	16%*

*The Healthy People 2030 target is for children and youth aged 2-19 years.

(Sources: Healthy People 2030 Objectives, 2019 Ohio and U.S. YRBS, 2021 Fulton County Youth Health Assessment)

The following graph shows the percentage of Fulton County youth who were classified as obese, overweight, normal weight, or underweight according to Body Mass Index (BMI) by age. An example of how to interpret the information in the graph includes: 66% of all Fulton County youth were classified as normal weight, 14% were overweight, 18% were obese, and 2% were underweight for their age and gender.

Fulton County Youth BMI Classifications



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Nutrition

- Eighteen percent (18%) of youth ate 5 or more servings of fruit **and/or** vegetables per day; 37% of youth ate 3-4 servings; and 40% of youth ate 1-2 servings. Five percent (5%) of youth ate zero servings of fruit and/or vegetables per day.
- Two percent (2%) of youth ate 5 or more servings of fruit per day; 15% of youth ate 3-4 servings; and 77% of youth ate 1-2 servings. Seven percent (7%) of youth ate zero servings of fruit per day.
- One percent (1%) of youth ate 5 or more servings of vegetables per day; 12% of youth ate 3-4 servings; and 68% of youth ate 1-2 servings. Nearly one-fifth (18%) of youth ate zero servings of vegetables per day.
- Four percent (4%) of youth drank 5 or more servings of sugar-sweetened beverages per day; 19% of youth drank 3-4 servings; and 61% of youth drank 1-2 servings. Sixteen percent (16%) of youth drank zero servings of sugar-sweetened beverages per day.
- Four percent (4%) of youth drank 5 or more servings of caffeinated beverages per day; 10% of youth drank 3-4 servings; and 45% of youth drank 1-2 servings. More than two-fifths (41%) of youth drank zero servings of caffeinated beverages per day.

Physical Activity

- Seventy-six percent (76%) of youth participated in at least 60 minutes of physical activity on 3 or more days in the past week; 58% did so on 5 or more days in the past week; and 30% participated in at least 60 minutes of physical activity every day in the past week.
- Eleven percent (11%) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.
- On an average school night, youth spent an average of 2.0 hours doing extracurricular activities (sports, scouts, cubs, etc.), 1.2 hours doing homework, and 1 hour at a job.
- On an average school day, youth spent an average of, 2.3 hours on social media (TikTok, Instagram, Snapchat), 1.9 hours streaming (Netflix, Hulu, YouTube), and 1.1 hours playing video games.

Key Physical Activity Guidelines for School-Aged Children

Children and adolescents need opportunities and encouragement to participate in physical activity that is appropriate for their age. They should engage in physical activity that is both enjoyable and offers variety. Children and adolescents ages 6 to 17 should engage in 60 minutes or more of moderate to vigorous physical activity every day.

- **Aerobic:** Most of the 60 minutes a day should be moderate or vigorous intensity physical activity and should include vigorous intensity physical activity on at least 3 days per week. Aerobic activity causes a person's heart to beat faster, and they will breathe harder than normal. Examples include brisk walking, bicycling, jumping rope, and swimming.
- **Muscle strengthening:** As part of the 60 minutes per day, children and adolescents should engage in muscle-strengthening activity on at least 3 days a week. This kind of activity includes resistance training and weightlifting, causing the body's muscles to work or hold against an applied force or weight. Examples include lifting relatively heavy objects, climbing a tree, or doing pushups.
- **Bone-strengthening:** As part of the 60 minutes per day, children and adolescents should engage in bone-strengthening physical activity on at least 3 days a week. This kind of activity produces a force on the bones of the body that promotes bone growth and strength. Examples include jumping jacks, running, and weightlifting exercises.

(Source: CDC, Physical Activity Guidelines for School-Aged Children and Adolescents, May 2019)

Youth Comparisons	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Obese	14%	13%	18%	19%	18%	22%	17%	16%
Overweight	12%	13%	14%	13%	14%	12%	12%	16%
Described themselves as slightly or very overweight	30%	28%	32%	33%	30%	38%	N/A	32%
Exercised to lose weight (in the past 30 days)	56%	44%	47%	45%	45%	41%	N/A	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	33%	25%	29%	31%	34%	33%	N/A	N/A
Went without eating for 24 hours or more (in the past 30 days)	6%	4%	5%	6%	8%	8%	N/A	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	3%	3%	2%	1%	1%	1%	N/A	N/A
Vomited or took laxatives (in the past 30 days)	2%	2%	2%	2%	2%	3%	N/A	N/A
Physically active at least 60 minutes per day on every day in past week	34%	37%	34%	32%	30%	27%	24%	23%
Physically active at least 60 minutes per day on 5 or more days in past week	62%	64%	61%	57%	58%	58%	43%	44%
Did not participate in at least 60 minutes of physical activity on any day in past week	7%	8%	11%	15%	11%	11%	21%	17%

N/A – Not Available

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.

Youth Health: Tobacco Use

Key Findings

Three percent (3%) of Fulton County youth were current cigarette smokers. Sixteen percent (16%) of youth used vape products in the past year. Of youth that had used e-cigarettes/vapes in the past 12 months, 19% reported putting marijuana or THC in their e-cigarettes/vapes.

Tobacco Use Behaviors

- Three percent (3%) of Fulton County youth were current cigarette smokers, having smoked at some time in the past 30 days, increasing to 7% of those ages 17 and older.
- Over three-fifths (64%) of youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.

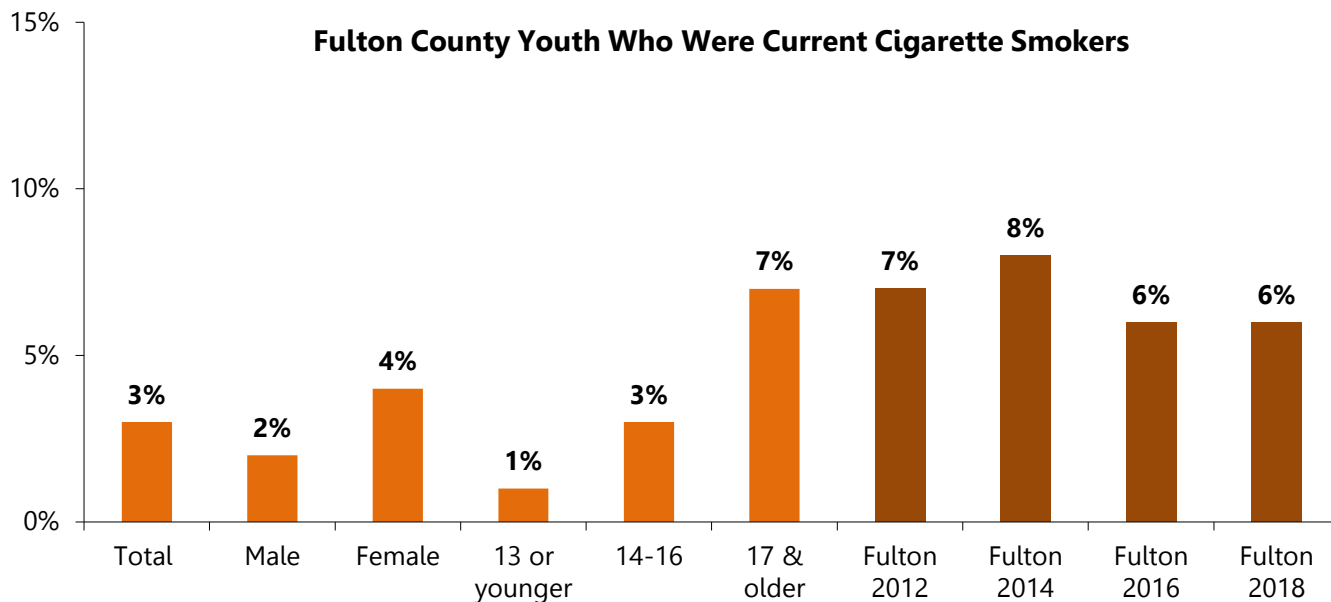
119 youth in Fulton County were current cigarette smokers.

- Eighteen percent (18%) of youth had used some form of tobacco or vape product at some time in their life.
- Almost one-fourth (22%) of youth who reported using some form tobacco or vape product did so for the first time at 12 years old or younger, 48% first used some form of tobacco between the ages of 13 and 14, and 30% used some form of tobacco for the first time between the ages of 15 and 18. The average age of onset was 13.7 years old.
- Youth used the following forms of tobacco in the past 12 months:
 - Vape products (disposable or non-disposable) [JUUL, Puff Bar] (16%)
 - Cigarettes (5%)
 - Swishers (2%)
 - Cigars (2%)
 - Chewing tobacco, snuff, or dip (1%)
 - Pouch [Snus] (1%)
 - Dissolvable tobacco products (1%)
 - Hookah (<1%)
 - Other (1%)

633 youth in Fulton County used vape products in the past year.

- Youth tobacco users reported the following ways of obtaining tobacco products (including cigarettes and vape products):
 - Gave someone else money to buy them (36%)
 - Borrowed (or bummed) tobacco products from someone else (29%)
 - A person 21 years or older gave them the tobacco products (15%)
 - A family member or friend 21 years or older gave them the tobacco products (15%)
 - Bought them from a store such as a convenience store, supermarket, discount store, or gas station (11%)
 - Took them from a family member (5%)
 - Purchased them online (4%)
 - Some other way (27%)
- Sixteen percent (16%) of youth had used e-cigarettes/vapes in the past 12 months. Of those who used, they reported putting the following in them:
 - Flavor with nicotine (74%)
 - Marijuana or THC (19%)
 - Flavor without nicotine (14%)
 - No flavor with nicotine (5%)
 - Homemade (3%)
- During the past 12 months, 8% of all youth tried to quit vaping, increasing to 14% of youth ages 17 and older.
- During the past 12 months, 1% of all youth tried to quit tobacco products.

The following graph shows the percentage of Fulton County youth who were current cigarette smokers. An example of how to interpret the information includes: 3% of all Fulton County youth were current cigarette smokers, including 2% of males and 4% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between current cigarette smokers and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 55% of current cigarette smokers were bullied in the past year, compared to 32% of non-current smokers.

Behaviors of Fulton County Youth
Current Smokers* vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
Currently participate in extracurricular activities	82%	90%
Had at least one drink of alcohol (in the past 30 days)	64%	5%
Bullied (in the past 12 months)	55%	32%
Used marijuana (in the past 30 days)	55%	5%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	45%	19%
Had sexual intercourse (in their lifetime)	45%	9%
Attempted suicide (in the past 12 months)	27%	3%
Used prescription medication not prescribed to them (in their lifetime)	27%	1%
Seriously considered attempting suicide (in the past 12 months)	18%	10%

*"Current smokers" indicate youth who self-reported smoking cigarettes at any time during the past 30 days.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Healthy People 2030 Tobacco Use (TU)

Objective	Fulton County 2021	Ohio 2019	U.S. 2019	Healthy People 2030 Target
TU-06 Reduce current cigarette smoking in adolescents during the past month	3% (6-12 Grade) 4% (9-12 Grade)	5% (9-12 Grade)	6% (9-12 Grade)	3% (6-12 Grade)

**The Healthy People 2030 target is for youth in grades 6-12.*

(Sources: Healthy People 2030 Objectives, 2019 Ohio and U.S. YRBS, 2021 Fulton County Youth Health Assessment)

The table below indicates correlations between e-cigarette/vape users and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 29% of e-cigarette/vape users seriously considered attempting suicide in the past year, compared to 7% of non-e-cigarette/vape users.

Behaviors of Fulton County Youth E-Cigarette/Vape Users vs. Non-E-Cigarette/Vape Users

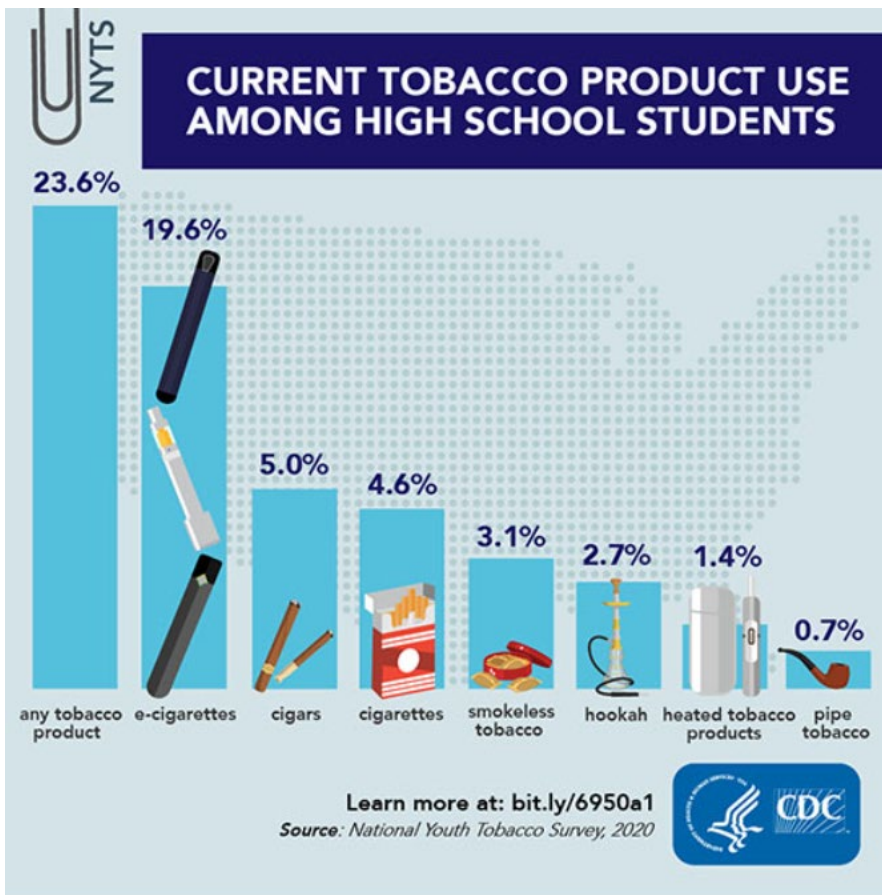
Youth Behaviors	E-Cigarette/ Vape User*	Non- E-Cigarette/ Vape User*
Currently participate in extracurricular activities	90%	89%
Bullied (in the past 12 months)	55%	28%
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities (in the past 12 months)	48%	25%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	45%	11%
Used marijuana (in the past 30 days)	40%	0%
Had sexual intercourse (in their lifetime)	36%	5%
Had at least one drink of alcohol (in the past 30 days)	36%	1%
Seriously considered attempting suicide (in the past 12 months)	29%	7%
Attempted suicide (in the past 12 months)	12%	3%
Used prescription medication not prescribed to them (in their lifetime)	7%	1%

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

**Indicates use in past year*

Youth Comparisons	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Current smoker (smoked cigarettes on at least 1 day during the past 30 days)	7%	8%	6%	6%	3%	4%	5%	6%

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.



Tobacco Use Among Youth

- During 2019 to 2020, current use of any tobacco product, any combustible tobacco product, e-cigarettes, cigars, and smokeless tobacco among middle and high school students decreased. These declines resulted in an estimated 1.73 million fewer current youth tobacco product users in 2020 (4.47 million) compared to 2019 (6.20 million).
- Electronic cigarettes (e-cigarettes) have been the most commonly used tobacco product among youth since 2014. After increasing since 2017, the use of e-cigarettes went down among middle and high school students from 2019 to 2020.
- From 2011 to 2020, current cigarette smoking (past 30 days) went down among middle and high school students.
- In 2020, nearly 7 out of every 100 middle school students and 23 of every 100 high school students reported current use of a tobacco product.
- Youth who use multiple tobacco products are at a higher risk for developing nicotine dependence and may be more likely to continue tobacco use into adulthood.

(Source: CDC, Smoking and Tobacco Use, December 2020)

Youth Health: Alcohol Consumption

Key Findings

Seven percent (7%) of Fulton County youth had at least one drink in the past 30 days, defining them as a current drinker, increasing to 16% of those ages 17 and older. Of those who drank in the past month, 76% were defined as binge drinkers. Over one-fifth (22%) of current drinkers reported that their parent gave them alcohol.

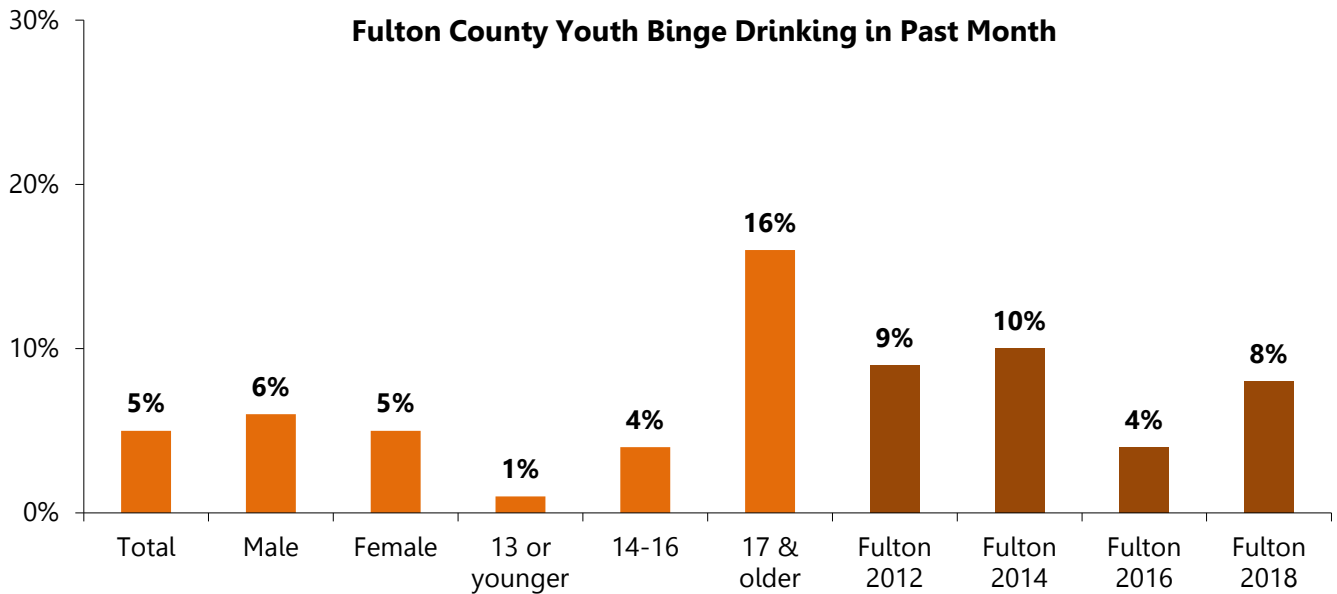
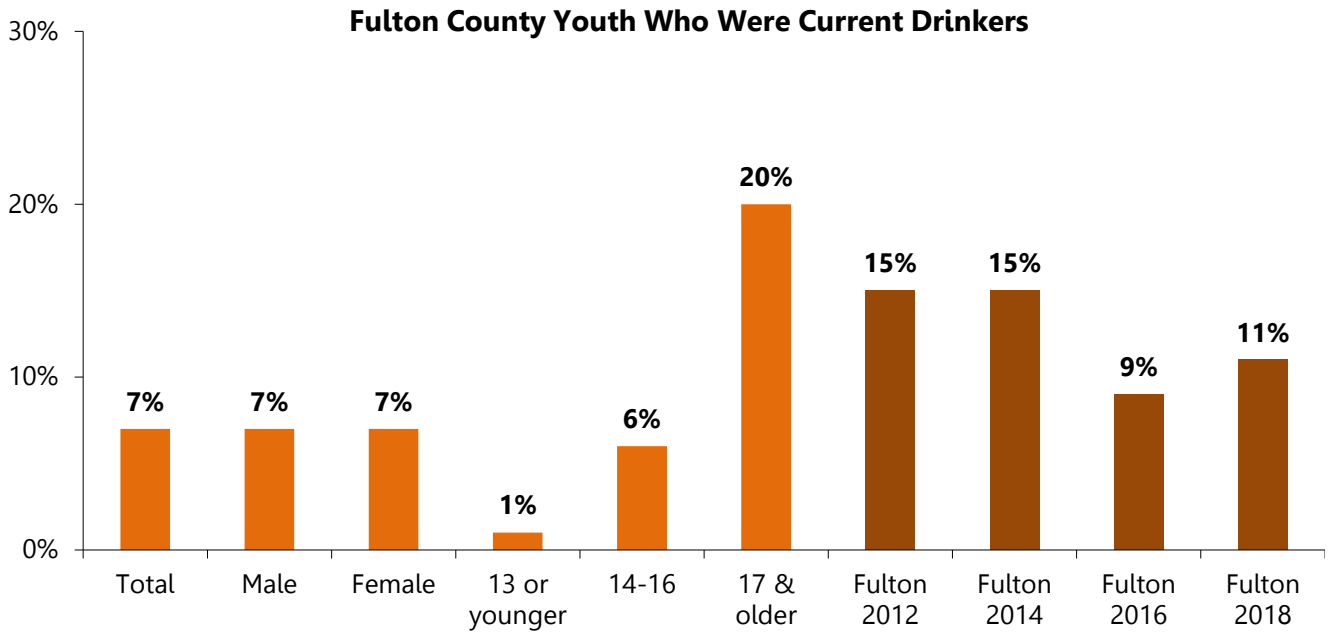
Alcohol Consumption

- One-quarter (25%) of Fulton County youth had at least one drink of alcohol in their life increasing to 54% of those ages 17 and older.
- Seven percent (7%) youth had at least one drink in the past 30 days, increasing to 20% of those ages 17 and older.

198 youth in Fulton County were binge drinkers.

- Based on all youth surveyed, 5% had five or more alcoholic drinks on an occasion in the past month and would be considered binge drinkers, increasing to 16% of those ages 17 and older. Of those who drank in the past month, 76% were defined as binge drinkers.
- Of all youth, 7% drank alcohol for the first time before the age of 13.
- Twenty-six percent (26%) of youth who reported drinking at some time in their life had their first drink at 12 years old or younger, 31% took their first drink between the ages of 13 and 14, and 43% started drinking between the ages of 15 and 18. The average age of onset was 13.8 years old.
- Youth drinkers reported they got their alcohol from the following in the past 30 days:
 - Someone gave it to them (33%)
 - Their parent gave it to them (22%)
 - Someone age 21 or older bought it for them (13%)
 - Took it from a family member (13%)
 - Friend or sibling 21 and older bought it for them (13%)
 - A friend's parent gave it to them (11%)
 - Bought it in a liquor store, supermarket, discount store, or gas station (4%)
 - Bought it with a fake ID (4%)
 - Some other way (24%)
- In the past 30 days, youth drinkers reported they usually drank their alcohol:
 - At their home (48%)
 - At a friend's home (43%)
 - At another person's home (30%)
 - While riding in or driving a car or other vehicle (13%)
 - At a restaurant, bar, or club (10%)
 - At a public space such as a park, beach, or parking lot (5%)
- In the past 30 days, 10% of youth rode in a car or other vehicle driven by someone who had been drinking alcohol.

The following graphs show the percentage of Fulton County youth who were current drinkers and binge drinkers. An example of how to interpret the information on the first graph includes: 7% of all Fulton County youth were current drinkers, including 7% of males and 20% of those ages 17 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between current drinkers and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 16% of current drinkers had attempted suicide in the past year, compared to 3% of non-current drinkers.

Behaviors of Fulton County Youth
Current Drinkers vs. Non-Current Drinkers*

Youth Behaviors	Current Drinker	Non-Current Drinker
Currently participate in extracurricular activities	92%	89%
Bullied (in the past 12 months)	52%	31%
Used marijuana (in the past 30 days)	48%	3%
Had sexual intercourse (in their lifetime)	44%	8%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	40%	18%
Smoked cigarettes (in the past 30 days)	28%	1%
Seriously considered attempting suicide (in the past 12 months)	24%	9%
Attempted suicide (in the past 12 months)	16%	3%
Used prescription medication not prescribed to them (in their lifetime)	12%	1%

*"Current drinkers" indicate youth who self-reported having had at least one drink of alcohol during the past 30 days.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Healthy People 2030
Substance Abuse (SA)

Objective	Fulton County 2021	Ohio 2019	U.S. 2019	Healthy People 2030 Target
SU-09 Reduce the proportion of people under 21 who engaged in binge drinking during the past month	5% (6-12 Grade) 9% (9-12 Grade)	13% (9-12 Grade)	14% (9-12 Grade)	8%*

*Note: The Healthy People 2030 target is for youth aged 12-20 years.

(Sources: Healthy People 2030 Objectives, 2019 Ohio and U.S. YRBS, 2021 Fulton County Youth Health Assessment)

Youth Comparisons	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	42%	42%	36%	43%	25%	37%	N/A	N/A
Current drinker (at least one drink of alcohol on at least 1 day during the past 30 days)	15%	15%	9%	11%	7%	11%	26%	29%
Binge drinker (females drank four or more drinks while males drank five or more drinks within a couple hours on at least one day during the past 30 days)	9%	10%	4%	8%	5%	9%	13%	14%
Drank for the first time before age 13 (of all youth)	15%	13%	12%	15%	7%	6%	16%	15%
Obtained the alcohol they drank by someone giving it to them (of current drinkers)	N/A	N/A	38%	30%	33%	39%	N/A	41%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on one or more occasion during the past month)	N/A	N/A	N/A	N/A	10%	10%	N/A	17%

N/A – Not Available

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.

Alcohol and Public Health

Drinking by those under age 21 is a public health problem:

- In the United States, excessive drinking contributes to more than 3,500 deaths among people below the age of 21 each year.
- Underage drinking cost the U.S. economy \$24 billion in 2010.
- There were about 189,00 emergency department visits by people under the age of 21 for injuries and other conditions linked to alcohol use in 2010.
- More than 90% of the alcohol consumed by those under age 21 is consumed by binge drinkers (5 or more drinks per occasion for boys and 4 or more drinks on occasion for girls).

Drinking by those under age 21 is also strongly linked with:

- Death from alcohol poisoning
- Unintentional injuries such as car crashed, falls, burns, and drowning
- Suicide and violence
- Changes in brain development
- School performance problems, such as higher absenteeism
- Alcohol dependence later in life
- Other risky behaviors such as smoking, drug misuse, and risky sexual behaviors

(Source: CDC, Alcohol and Public Health, September 2020)

Youth Health: Drug Use

Key Findings

Six percent (6%) of Fulton County youth had used marijuana or weed in the past 30 days, increasing to 22% of those ages 17 and older. Youth who used marijuana in the past 30 days reported using it in the following ways: smoked it (39%), vaped it (58%), dabbed it (23%), ate it (19%), drank it (10%), and used it in some other way (6%).

Drug Use

- Six percent (6%) of all Fulton County youth had used marijuana or weed in the past 30 days.
- Youth who used marijuana in the past 30 days reported using it in the following ways: vaped it (58%), smoked it (39%), dabbed it (23%), ate it (19%), drank it (10%), and used it in some other way (6%).

238 youth used marijuana or weed in the past 30 days.

- Youth reported agreeing with the following statements regarding marijuana:
 - Marijuana is addictive (53%)
 - Using marijuana leads to using other drugs (48%)
 - Recreational marijuana should be legalized (29%)
- Fulton County youth had tried the following in their life:
 - Liquid THC (2%)
 - Hallucinogenic drugs, such as LSD, acid, PC, angel dust, mescaline, or mushrooms (1%)
 - Posh/salvia/synthetic marijuana (1%)
 - Cocaine (1%)
 - Over-the-counter medications [to get high] (1%)
 - Methamphetamines (1%)
 - Misused hand sanitizer (1%)
 - Misused cough syrup (1%)
 - Ecstasy/MDMA/Molly (1%)
 - Bath salts (<1%)
 - Tried a pharm party/skittles (<1%)
 - Inhalants (<1%)
 - Heroin (<1%)
- Two percent (2%) of Fulton County youth used prescription medication that was not prescribed to them in the past 30 days.
- During their life, youth reported using medications that were not prescribed to them or took more than prescribed to get high at the following frequencies: 0 times (96%), 1 or 2 times (2%), 3 to 9 times (1%), 10 to 19 times (1%), and 40 or more times (<1%).
- Youth who reported using medications that were not prescribed to them obtained them the following ways: their parent gave it to them (30%), took it from a friend or family member (10%), a friend gave it to them (10%), another family member gave it to them (5%), bought it from someone else (5%), and the internet (5%).
- Youth reported taking the following types of medication most often without a doctor's prescription: tranquilizers or anti-anxiety drugs such as Xanax or Valium (1%); narcotic pain relievers such as OxyContin, Percocet, Vicodin, Lortabs, etc. (<1%); sleeping pills, sedatives, and other depressants such as Ambien or Phenobarbital (<1%); and stimulants or amphetamines such as Adderall or Ritalin (<1%). One percent (1%) of youth reported taking multiple types of prescription medications at the same time without a doctor's prescription.

- In the past 30 days, youth reported being at school under the influence of the following: marijuana (1%), alcohol (1%), prescription medication not prescribed to them (<1%), and other illegal drugs such as cocaine, LSD, etc. (<1%).
- Youth reported using the following on school property: vape products (4%), alcohol (1%), illegal drugs (1%), cigarettes (<1%), and chewing tobacco (<1%).

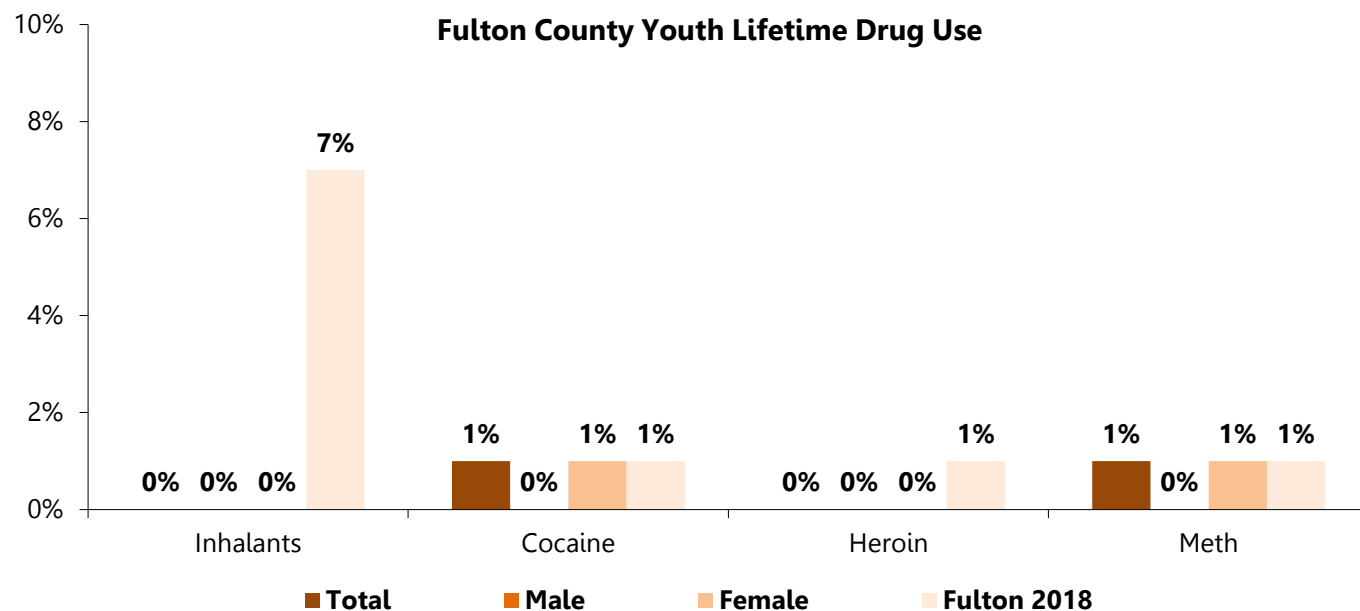
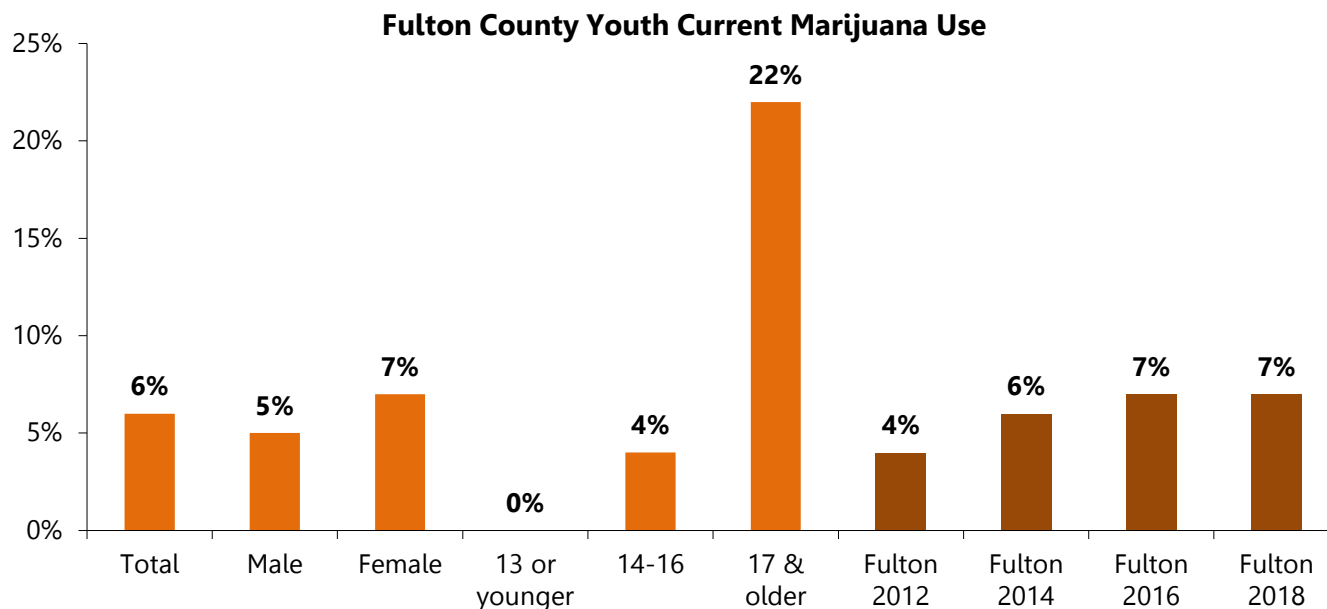
158 youth used vape products on school property.

- In the past 12 months, 5% of youth reported being offered, sold, or given an illegal drug on school property.
- Youth gave the following reasons for not using alcohol, tobacco, or other drugs:
 - Family would be upset (57%)
 - Values (50%)
 - Legal consequences (43%)
 - Kicked out of extracurricular activities (39%)
 - Health problems (32%)
 - Friends would not approve (32%)
 - Random drug testing (12%)
 - Other (22%)
- Youth reported the last time a parent or guardian talked to them about the dangers of underage drinking or drug use was: less than one month ago (27%), 2-3 months ago (15%), 4-6 months ago (8%), 7-12 months ago (5%), and more than one year ago (18%). More than one-quarter (27%) of youth reported their parent or guardian never talked to them about the dangers of underage drinking or drug use.
- The following are the leading influencers youth reported for deciding to use or not use alcohol, tobacco, or other substances: parents (54%), peers (3%), coaches (3%), teachers (2%), law enforcement (2%), siblings (1%), religious leader (1%), another adult (1%), other trusted adult (1%), and other (9%). Twenty-three percent (23%) of youth reported none of the above were a leading influence in their decision to not use alcohol, tobacco, or other substances.

Availability of Substances to Fulton County Youth

Substance	Total Youth			6 th -8 th Grade			9 th -12 th Grade		
	Available	Not Available	Don't Know	Available	Not Available	Don't Know	Available	Not Available	Don't Know
Alcohol	43%	41%	16%	36%	45%	19%	47%	38%	15%
Tobacco	28%	54%	18%	19%	63%	18%	34%	48%	18%
Electronic vapor products	23%	57%	20%	12%	66%	22%	31%	51%	18%
Prescription drugs not prescribed to you	18%	54%	28%	20%	57%	23%	18%	51%	31%
Marijuana	13%	65%	22%	3%	76%	21%	20%	58%	22%
Synthetic drugs (K2, spice, etc.)	1%	72%	27%	1%	72%	27%	0%	72%	28%
Methamphetamines	1%	72%	27%	0%	75%	25%	1%	70%	29%
Heroin	0%	76%	24%	0%	79%	21%	0%	73%	27%

The following graphs indicate current marijuana use and lifetime drug use among Fulton County youth. An example of how to interpret the information on the first graph includes: 6% of all Fulton County youth were current marijuana users, including 7% of females and 22% of those ages 17 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between current marijuana use and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 57% of current marijuana users experienced 3 or more adverse childhood experiences in their lifetime, compared to 17% of non-current marijuana users.

Behaviors of Fulton County Youth
Current Marijuana Use vs. Non-Current Marijuana Use*

Youth Behaviors	Current Marijuana User	Non-Current Marijuana User
Currently participate in extracurricular activities	96%	89%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	57%	17%
Had sexual intercourse (in their lifetime)	57%	7%
Have had at least one drink of alcohol (in the past 30 days)	52%	4%
Bullied (in the past 12 months)	48%	32%
Seriously considered attempting suicide (in the past 12 months)	35%	9%
Smoked cigarettes (in the past 30 days)	26%	2%
Attempted suicide (in the past 12 months)	9%	4%
Used prescription medication not prescribed to them (in their lifetime)	9%	1%

**"Current marijuana use" indicates youth who self-reported using marijuana at any time during the past 30 days.*

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Currently used marijuana (in the past 30 days)	4%	6%	7%	7%	6%	11%	16%	22%
Currently used prescription drugs not prescribed to them (in the past 30 days)	4%	6%	3%	3%	2%	2%	N/A	N/A
Ever used methamphetamines (in their lifetime)	1%	<1%	1%	1%	1%	1%	N/A	2%
Ever used cocaine (in their lifetime)	1%	2%	3%	1%	1%	1%	4%	4%
Ever used heroin (in their lifetime)	2%	1%	1%	1%	<1%	<1%	2%	2%
Ever used inhalants (in their lifetime)	5%	7%	6%	7%	<1%	0%	8%	6%
Ever used ecstasy (in their lifetime)	2%	2%	2%	<1%	1%	1%	N/A	4%
Ever took prescription drugs without a doctor's prescription (in their lifetime)	6%	8%	6%	7%	4%	5%	12%	14%
Were offered, sold, or given an illegal drug on school property (in the past 12 months)	5%	4%	4%	3%	5%	7%	15%	22%

N/A – Not Available

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.

Youth Health: Perceptions of Substance Use

Key Findings

In 2021, 76% of youth reported people risk harming themselves if they misuse prescription drugs. More than three-fourths (77%) of youth reported their parents would disapprove of them drinking alcohol. Sixty-seven percent (67%) of youth reported their friends would disapprove of them using vape products.

Perceived Risk of Use

- Youth thought there was risk in harming themselves physically or in other ways if people: misused prescription drugs (76%), drank alcohol (66%), smoked cigarettes (62%), used vape products (59%), and used marijuana (59%). Seventeen percent (17%) of youth thought there was no risk in any of the above.

Perception of Parent and Peer Disapproval

- Youth thought their parents would disapprove of them doing the following: misusing prescription drugs (89%), smoking cigarettes (88%), using vape products (85%), using marijuana (84%), and drinking alcohol (77%). Seven percent (7%) of youth thought their parents would not disapprove of any of the above.
- Youth thought their friends would disapprove of them doing the following: misusing prescription drugs (80%), smoking cigarettes (76%), using marijuana (72%), using vape products (67%), and drinking alcohol (62%). Thirteen percent (13%) of youth thought their friends would not disapprove of any of the above.

Perceived Disapproval by Parents and Friends

Parents would disapprove you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke cigarettes	88%	93%	84%	88%	87%	92%
Drink alcohol	77%	81%	74%	83%	78%	65%
Use vape products	85%	89%	82%	89%	84%	82%
Use marijuana	84%	88%	82%	86%	84%	82%
Misuse prescription drugs	89%	82%	86%	86%	88%	95%
Friends would disapprove you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke cigarettes	76%	84%	71%	80%	76%	70%
Drink alcohol	62%	67%	58%	77%	62%	35%
Use vape products	67%	72%	63%	77%	67%	47%
Use marijuana	72%	79%	67%	80%	72%	60%
Misuse prescription drugs	80%	86%	75%	80%	79%	85%

Youth Health: Sexual Behavior

Key Findings

Ten percent (10%) of Fulton County youth had sexual intercourse. Twelve percent (12%) of youth who engaged in sexual activity did so without a reliable method of protection. Twelve percent (12%) of youth had not been taught about pregnancy prevention, sexually transmitted diseases, HIV/AIDS, or the use of condoms.

Sexual Behavior

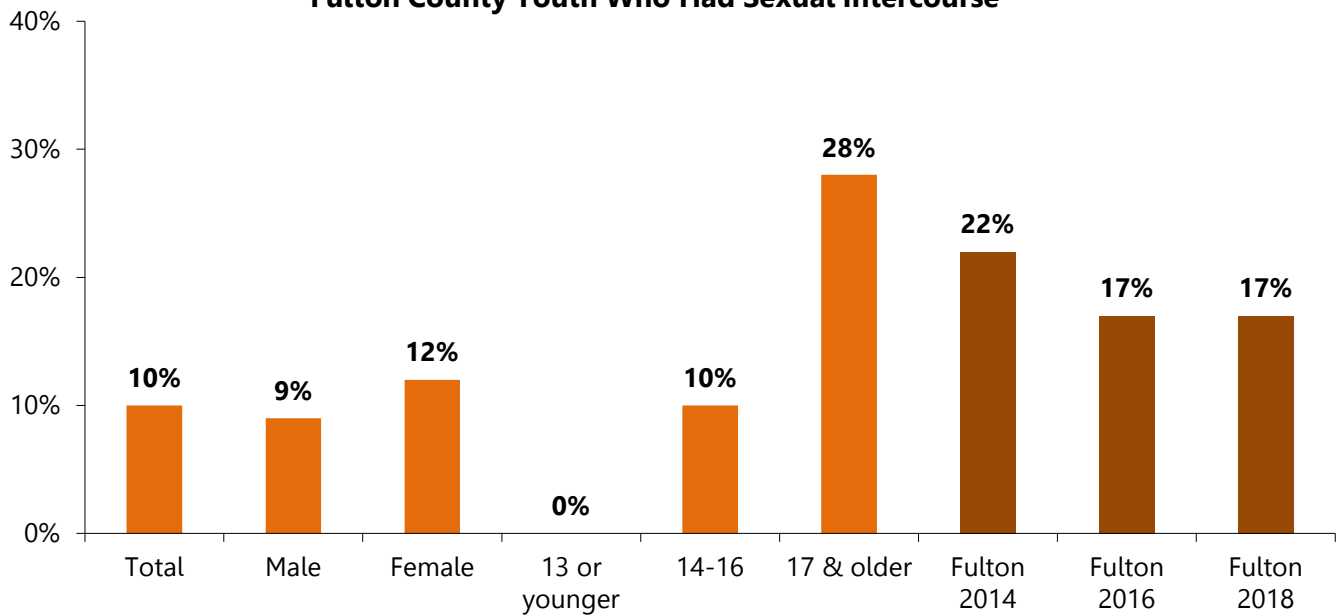
- Ten percent (10%) of Fulton County youth had sexual intercourse at least once in their lives, increasing to 28% of those ages 17 and older.
- Ten percent (10%) of youth had participated in other sexual activities at least once in their lives (not including kissing or holding hands), increasing to 32% of those ages 17 and older.

396 youth have had sexual intercourse at least once in their lives.

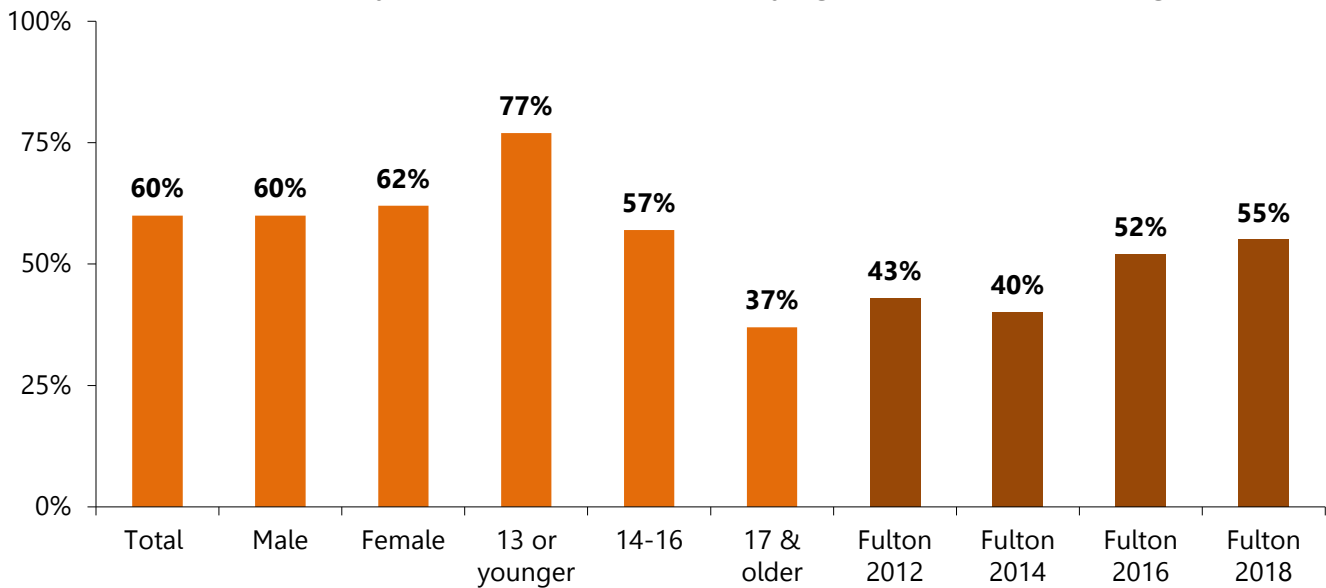
- Twelve percent (12%) of youth had participated in sexting, increasing to 31% of those ages 17 and older.
- Sixteen percent (16%) of youth had viewed pornography, increasing to 23% of males and 30% of those ages 17 and older.
- In the past 30 days, youth reported the following situations applied to them:
 - They received a text or an e-mail with a revealing or sexual photo of someone (10%)
 - They texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (5%)
 - A revealing or sexual photo of them was texted, e-mailed, or posted electronically without their permission (2%)
- Two-fifths (40%) of sexually active youth used condoms to prevent pregnancy and/or sexually transmitted diseases (STDs); 28% used birth control pills; 9% used the withdrawal method; 7% used an IUD; 5% used a shot, patch, or birth control ring; and 6% of youth used some other method. Twelve percent (12%) of youth who engaged in sexual activity did so without a reliable method of protection., and 26% reported they were unsure.
- Youth learned about pregnancy prevention, sexually transmitted diseases, HIV/AIDS, and the use of condoms from: school (73%), parents/caregiver (51%), their doctor (27%), internet or other social media (25%), friends (17%), other trusted adult (12%), siblings (10%), church (9%), and somewhere else (3%). Twelve percent (12%) of youth had not been taught about these subjects.
- Sixteen percent (16%) of sexually active youth reported drinking alcohol or using drugs before the last time they engaged in sexual intercourse.
- Fulton County youth experienced the following in their life: wanted to get pregnant (2%); had been treated for a STD (1%); had a miscarriage (1%); had been pregnant (1%); had an abortion (1%); had gotten someone pregnant (1%); tried to get pregnant (<1%); and had sex in exchange for something of value, such as food, drugs, shelter, or money (<1%).
- Sixty percent (60%) of youth reported they are planning to stay abstinent until marriage, decreasing to 40% of those ages 17 and older.

The following graphs show the percentage of Fulton County youth who participated in sexual intercourse and planned on staying abstinent until marriage. An example of how to interpret the information on the first graph includes: 10% of all Fulton County youth had sexual intercourse, including 12% of males and 28% of those ages 17 and older.

Fulton County Youth Who Had Sexual Intercourse



Fulton County Youth Who Planned on Staying Abstinent Until Marriage



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Participated in some form of sexual activity	30%	29%	17%	16%	10%	17%	N/A	N/A
Ever had sexual intercourse	N/A	22%	17%	17%	10%	17%	38%	38%
Drank alcohol or used drugs (before last sexual intercourse)	N/A	N/A	11%	14%	16%	16%	17%	21%
Planning to stay abstinent until marriage	43%	40%	52%	55%	60%	46%	N/A	N/A
Used a condom during last sexual intercourse (among students who were currently sexually active)	N/A	N/A	N/A	37%	40%	45%	45%	54%
Used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)	N/A	N/A	N/A	21%	28%	32%	32%	23%
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)	N/A	N/A	N/A	2%	7%	6%	5%	5%

N/A – Not Available

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.

Youth Health: Mental Health

Key Findings

Twenty-nine percent (29%) of Fulton County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past year. Ten percent (10%) of youth reported they had seriously considered attempting suicide in the past 12 months. Sixteen percent (16%) of youth reported they had no one to talk to when they had feelings of depression or suicide.

Mental Health

- Twenty-nine percent (29%) of youth in Fulton County reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past 12 months, increasing to 36% of those ages 17 and older and 37% of females.
- Ten percent (10%) of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 13% of females.
- In the past year, 4% of youth had attempted suicide. Two percent (2%) of all youth had made more than one suicide attempt.

396 youth in Fulton County seriously considered attempting suicide.

- Fulton County youth reported the following caused them anxiety, stress, or depression:
 - Homework (48%)
 - Academic success (35%)
 - Self-image (32%)
 - Sports (26%)
 - Fighting in home (23%)
 - Fighting with friends (21%)
 - Other stress at home (21%)
 - Peer pressure (18%)
 - COVID-19 (16%)
 - Death of close family member or friend (15%)
 - Dating relationship/breakup (14%)
 - Social media (12%)
 - Being bullied (11%)
 - Parent divorce/separation (11%)
 - Current news/world events/political environment (10%)
 - Their own illness (9%)
 - Job (8%)
 - Caring for younger siblings (7%)
 - Family is sick (7%)
 - Poverty/no money (5%)
 - Sexual orientation (4%)
 - Gender Identity (3%)
 - Alcohol or drug use in the home (3%)
 - Not having a place to live (2%)
 - Not having enough to eat (<1%)
- Youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (47%); hobbies (34%); eating more or less than normal (32%); talking to someone in their family (29%); using social media (29%); texting someone (28%); exercising (27%); talking to a peer (25%); talking to a trusted adult (23%); praying/reading the Bible (17%); shopping (11%); writing in a journal (10%); breaking something (9%); and drinking alcohol, smoking, using tobacco, using marijuana or using illegal drugs (6%).
- When youth had feelings of depression or suicide, they talked to the following: a best friend (31%); parents (16%); a girlfriend/boyfriend (10%); brother/sister (9%); trusted adult (7%); an adult relative such as a grandparent, aunt or uncle (5%); school counselor (4%); professional counselor (3%); pastor, priest, youth minister, or religious leader (2%); a family doctor (2%); a coach (1%); call/text crisis line (1%); teacher (1%); and other (5%). Sixteen percent (16%) of youth reported they had no one to talk to when they had feelings of depression or suicide. Forty-three percent (43%) of youth reported they did not have feelings of depression or suicide.
- More than one-third (36%) of youth reported they would seek help if they were dealing with anxiety, stress, depression, or thoughts of suicide. Reasons for not seeking help included the following: they can handle it themselves (35%), worried what others might think (21%), no time (14%), would not know where to go (10%), cost (9%), their family would not support them in getting help (6%), they were already in treatment (3%), their friends would not support them in getting help (2%), and transportation (2%).

The table below indicates correlations between those who contemplated suicide in the past 12 months and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 76% of those who contemplated suicide were bullied in the past 12 months, compared to 27% of those who did not contemplate suicide.

Behaviors of Fulton County Youth
Contemplated Suicide vs. Did Not Contemplate Suicide*

Youth Behaviors	Contemplated Suicide	Did Not Contemplate Suicide
Bullied (in the past 12 months)	76%	27%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	68%	14%
Had sexual intercourse (in their lifetime)	34%	8%
Used marijuana (in the past 30 days)	21%	5%
Have had at least one drink of alcohol (in the past 30 days)	16%	6%
Smoked cigarettes (in the past 30 days)	5%	4%

*"Contemplated suicide" indicates youth who self-reported seriously considering attempting suicide in the past year.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

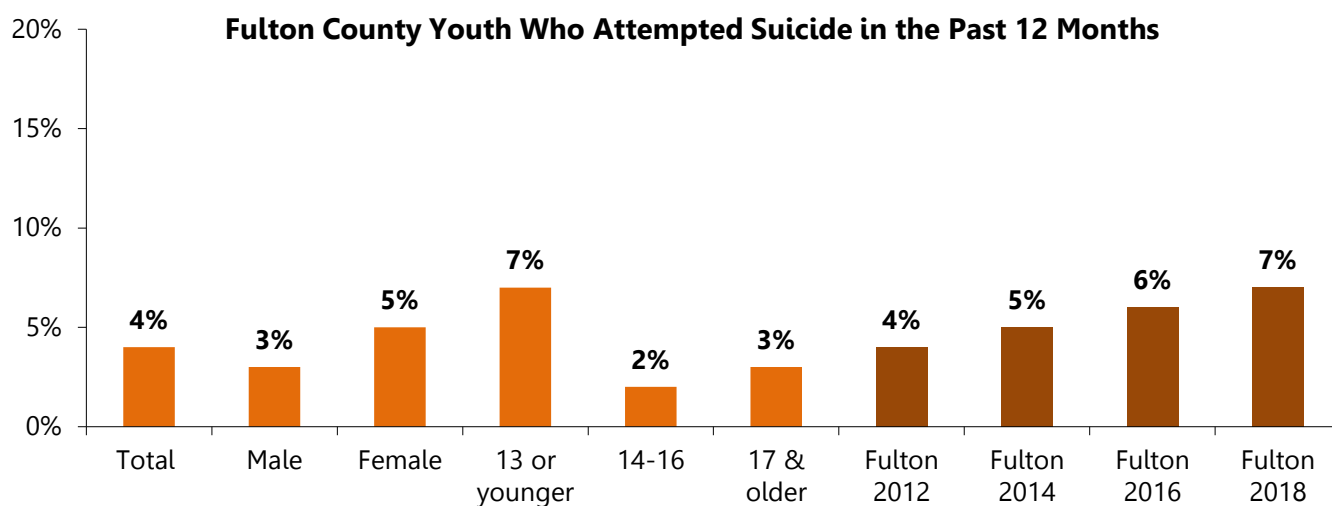
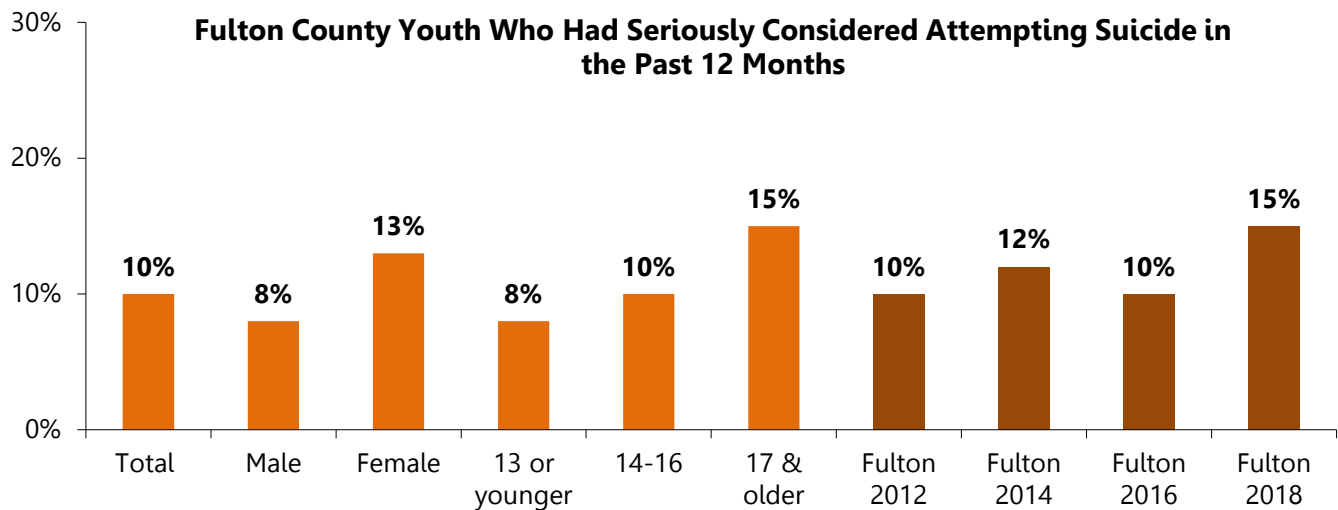
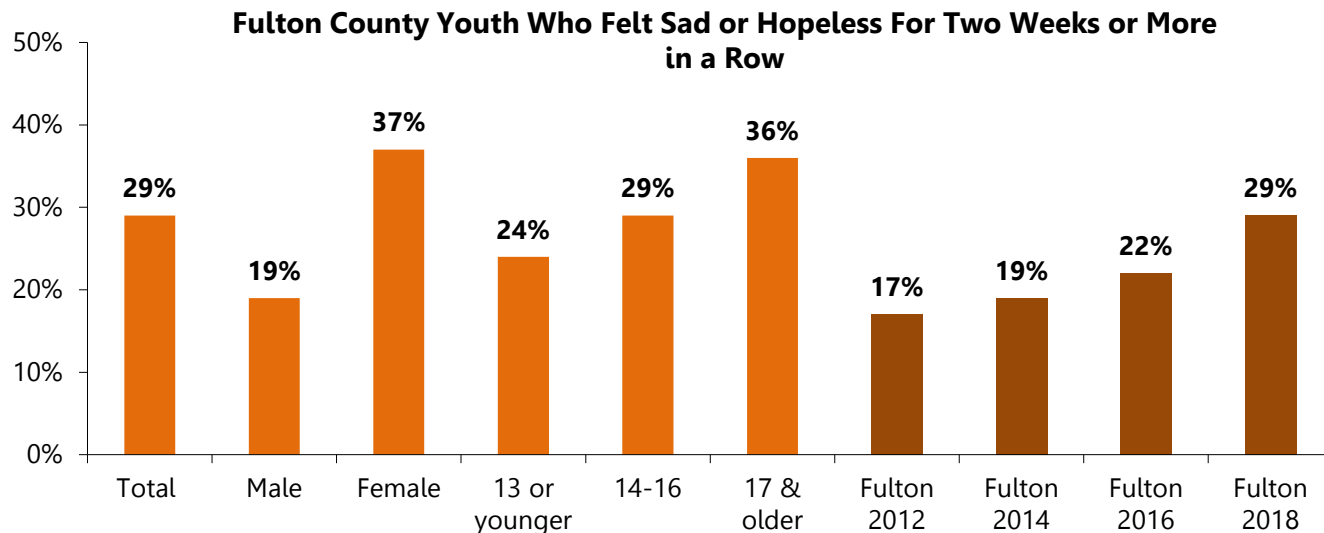
Healthy People 2030
Mental Health and Mental Disorders (MHMD)

Objective	Fulton County 2021	Ohio 2019	U.S. 2019	Healthy People 2030 Target
MHMD-02 Reduce suicide attempts by adolescents†	4% (6-12 Grade) 2% (9-12 Grade)	7% (9-12 Grade)	9% (9-12 Grade)	2%*

*Note: The Healthy People 2030 target is for youth in grades 9-12.

(Sources: Healthy People 2030 Objectives, 2019 Ohio and U.S. YRBS, 2021 Fulton County Youth Health Assessment)

The following graphs show Fulton County youth who felt sad or hopeless for two or more weeks in a row, seriously considered attempting suicide in the past year, and had attempted suicide in the past year. An example of how to interpret the information includes: 29% of all Fulton County youth felt sad or hopeless for two or more weeks in a row, including 37% of females, and 36% of those ages 17 and older.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Youth Comparisons	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	17%	19%	22%	29%	29%	32%	33%	37%
Seriously considered attempting suicide (in the past 12 months)	10%	12%	10%	15%	10%	12%	16%	19%
Attempted suicide (in the past 12 months)	4%	5%	6%	7%	4%	2%	7%	9%

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.

Five Tips to Help Teens Cope with Stress

More than 9 in 10 Generation Z adults (ages 15-21) said they have experienced at least one physical or emotional symptom because of stress according to research by the American Psychological Association. To deal with stress, high school teens most often turn to media and communications activities, including watching TV, using social media and the internet, and calling or texting friends. Although these can be helpful ways to relieve stress, too much technology can lead to lack of human connection and feelings of loneliness. Below are tips to manage stress in a healthy way:

- 1) **Get some sleep:** Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means approximately 8-10 hours each night.
- 2) **Focus on your strengths:** Take time to think about what you are good at and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.
- 3) **Do things that make you happy:** Find activities or hobbies that make you happy and add them into your daily life. This could be a sport, artistic outlet, or spending time with family and friends.
- 4) **Engage in physical activity:** Exercise takes the mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park to a bike ride or a basketball game with friends.
- 5) **Talk to someone:** It can be hard to manage stress alone. Talk to a parent, teacher, or other trusted adult about your problems and they may be able to help you find new ways to manage your stress.

(Source: Mental Health First Aid, Five Tips to Help Teens Cope with Stress, June 2019)

Youth Health: Social Determinants of Health

Key Findings

Seventy-three percent (73%) of youth had been to the doctor for a routine check-up in the past year. Fifteen percent (15%) of youth reported feeling anxious many times after checking social media. One-fifth (20%) of youth experienced three or more adverse childhood experiences (ACEs).

Personal Health

- Almost three-fourths (73%) of Fulton County youth had been to the doctor or other health care professional for a routine check-up in the past year.
- Youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (73%), 1 to 2 years ago (8%), more than 2 years ago (3%), never (1%), and do not know (14%).

Personal Safety

- In the past 30 days, youth drivers did the following while driving: wore a seatbelt (88%), ate (32%), used their cell phone other than for talking or texting (25%), drove while tired or fatigued (24%), talked on their cell phone (21%), used marijuana (2%), applied makeup (1%), read (1%), and drank alcohol (1%).

999 youth wished they spent less time on social media.

- Thirteen percent (13%) of youth reported they did not have a social media or online gaming account. Of those who had a social media or online gaming account, they reported the following:
 - They knew all the people in their “friends” (51%)
 - Their account was currently checked private (46%)
 - They take technology breaks (30%)
 - They wish they spent less time on social media (29%)
 - Their parents had their password (26%)
 - They have physically met all the people they play with online (25%)
 - They felt anxious many times after checking social media (15%)
 - They felt sad or depressed many times after checking social media (11%)
 - They had been asked to meet someone they met online (10%)
 - Their friends had their password (8%)
 - They share personal information, such as where they live (8%)
 - They wish they did not have a social media account (8%)
 - They felt pressured to have a social media account (7%)
 - They were bullied because of their accounts (6%)
 - Their parents do not know they have an account (5%)
 - They had participated in sexual activity with someone they met online (4%)
- Sixty-three percent (63%) of youth who had a social media or online gaming account believed that sharing information online is dangerous.

Social and Community Context

- In the past 30 days, 11% of youth reported they went to bed hungry because their family did not have enough money for food. They reported going to bed hungry at the following frequencies: never (88%), rarely (9%), sometimes (2%), most of the time (1%), and always (<1%).
- Fulton County youth reported their family gets most of their food from the following: grocery store (97%), fast food restaurant (1%), food pantry (1%), church (<1%), other (<1%), and don't know (1%).

- In the past 30 days, youth reported usually sleeping: in their parent’s or caregiver’s home (97%); in the home of a friend, family member, or other person because they had to leave their home, or their parent or caregiver could not afford housing (1%); and somewhere else (2%).
- Eighty-nine percent (89%) of youth participated in extracurricular activities. They participated in the following:
 - Sports or intramural program (59%)
 - Exercise outside of school (40%)
 - School club or social organization (35%)
 - Church youth group (29%)
 - Church or religious organization (29%)
 - Part-time job (25%)
 - Take care of siblings after school (17%)
 - Some other organized activity (16%)
 - Babysit for other kids (14%)
 - Volunteer in the community (11%)
 - Take care of parents or grandparents (3%)
- Eleven percent (11%) of youth did not participate in any extracurricular activities.
- Fulton County youth indicated their parent or guardian regularly do the following: ask about homework (75%), talk to them about school (72%), make the family eat a meal together (62%), go to meetings or events at their school (59%), help them with schoolwork (54%), talk to them about healthy choices (52%), talk to them about social media (41%), talk to them about alcohol or drug use (32%), and talk to them about sex (22%). Eight percent (8%) of youth reported their parent or guardian do not regularly do any of the above.
- Fulton County youth indicated the following about school:
 - Their teachers push them to do their best (68%)
 - Their teachers care about them (67%)
 - They are bored at school (66%)
 - The community supports their school (64%)
 - They have a lot of school pride (52%)
 - They felt protected at school (50%)
 - They get a lot of encouragement (48%)
 - Adults do not take bullying serious at their school (14%)
 - They came to class unprepared (14%)
 - They skipped school in the past month (9%)
 - Classes they wanted to take got cut (7%)
 - They felt unsafe at school (5%)
 - Teachers or staff members bully/target them (4%)
 - Teachers and or staff members do not care about them (4%)
 - Extracurricular activities they were involved in got cut (2%)

- Over two-fifths (45%) of Fulton County youth reported experiencing the following adverse childhood experiences (ACEs):
 - Parents separated or were divorced (24%)
 - Parents or adults in home swore at them, insulted them, or put them down (23%)
 - Family did not look out for each other, feel close to each other, or support each other (16%)
 - Lived with someone who was depressed, mentally ill, or suicidal (15%)
 - Lived with someone who was a problem drinker or alcoholic (12%)
 - Parents were not married (11%)
 - Lived with someone who served time or was sentenced to serve in prison or jail (8%)
 - Lived with someone who used illegal street drugs or abused prescription drugs (6%)
 - Parents or adults in the home abused them (5%)
 - Parents or adults in the home abused each other (4%)
 - Did not have enough to eat, had to wear dirty clothes, and had no one to protect them (3%)
 - An adult or someone 5 years older than them touched them sexually (3%)
 - An adult or someone 5 years older than them tried to make them touch them sexually (2%)
 - An adult or someone 5 years older than them forced them to have sex (1%)
- One-fifth (20%) of youth experienced three or more ACEs in their lifetime.

792 youth in Fulton County had experienced three or more Adverse Childhood Experiences (ACEs).

Adverse Childhood Experiences (ACEs)

- Childhood abuse, neglect, and exposure to other traumatic stressors, referred to as adverse childhood experiences (ACEs), are common. The most common ACEs are separated or divorced parents, verbal, physical or sexual abuse, witness of domestic violence, and having a family member with depression or mental illness.
- How big is the problem?
 - ACEs are common. About 61% of adults surveyed across 25 states reported they experienced at least one type of ACE, and nearly 1 in 6 reported experiences four or more types of ACEs.
 - Preventing ACEs could reduce a large number of health conditions. For example, up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs.
 - Some children are more at risk than others. Women and several racial/ethnic minorities were at greater risk for having experienced 4 or more ACEs.
 - ACEs are costly. The economic and social costs to families, communities, and society costs hundreds of billions of dollars each year.

(Source: CDC, Violence Prevention Fast Facts, April 2021)

The table below indicates correlations between those who experienced three or more ACEs in their lifetime and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 56% of those who experienced three or more ACEs were bullied in the past year, compared to 22% of those who did not experience any ACEs.

Behaviors of Fulton County Youth
Experienced 3 or More ACEs vs. Did Not Experience Any ACEs

Youth Behaviors	Experienced 3 or More ACEs	Did Not Experience Any ACEs
Bullied (in the past 12 months)	56%	22%
Seriously considered attempting suicide (in the past 12 months)	36%	2%
Had sexual intercourse (in their lifetime)	29%	3%
Used marijuana (in the past 30 days)	18%	2%
Attempted suicide (in the past 12 months)	15%	<1%
Have had at least one drink of alcohol (in the past 30 days)	14%	4%
Smoked cigarettes (in the past 30 days)	7%	2%
Used prescription medication not prescribed to them (in their lifetime)	4%	2%

Note: Caution should be used when interpreting subgroup result as the margin of error for any subgroup is higher than that of the overall survey.

Youth Health: Violence

Key Findings

Twenty-two percent (22%) of youth had purposefully hurt themselves at some time in their lives. Four percent (4%) of youth had been forced or pressured to do sexual things they did not want to in the past year. Almost one-fourth (24%) of youth reported they had been bullied on school property in the past 12 months.

Violence-Related Behaviors

- Three percent (3%) of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school.

Physical and Sexual Violence

- In the past year, youth reported someone they were dating or going out with did the following: forced or pressured them to do sexual things they did not want to (4%), stalked them (2%), and physically hurt them on purpose (1%). Forty-three percent (43%) of youth reported they had not experienced any of these things.
- Twenty-two percent (22%) of youth had purposefully hurt themselves at some time in their lives. They did so in the following ways: cutting (11%), scratching (11%), hitting (6%), biting (5%), self-embedding (3%), and burning (2%).

Fulton County Youth Who Purposefully Hurt Themselves at Some Time in Their Lives

Youth Behaviors	Total	Male	Female	13 and younger	14-16 years old	17 and older	Middle School Grades 6-8	High School Grades 9-12
Cutting	11%	6%	14%	6%	12%	15%	6%	14%
Scratching	11%	8%	14%	13%	12%	5%	12%	10%
Hitting	6%	6%	6%	8%	4%	8%	7%	6%
Biting	5%	3%	7%	5%	8%	1%	6%	5%
Self-embedding	3%	1%	5%	3%	3%	1%	3%	3%
Burning	2%	1%	3%	1%	3%	4%	1%	3%

Bullying

- More than one-third (34%) of Fulton County youth had been bullied in the past 12 months. The following types of bullying were reported:
 - 27% of youth were **verbally bullied** (teased, taunted, or called harmful names)
 - 12% youth were **indirectly bullied** (spread mean rumors about them or kept them out of a “group”)
 - 7% of youth were **cyber bullied** (teased, taunted, or threatened by e-mail or cell phone)
 - 5% of youth were **physically bullied** (were hit, kicked, punched or people took their belongings)
 - 1% of youth were **sexually bullied** (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- Eleven percent (11%) of youth reported they were bullied repeatedly by the same person in the past 12 months.
- Almost one-fourth (24%) of youth reported they had been bullied on school property during the past 12 months.

- During the past 12 months, 32% of youth had been a victim of teasing or name calling because of the following:
 - Weight, size, or physical appearance (39%), increasing to 43% of females
 - Sexual identity (gay, lesbian, bisexual, transgender, etc.) (12%)
 - Race or ethnic background (7%), increasing to 9% of those ages 14 to 16
 - Gender (7%), increasing to 9% of females

Types of Bullying Fulton County Youth Experienced in Past 12 Months

Youth Behaviors	Total	Male	Female	13 and younger	14-16 years old	17 and older	Middle School Grades 6-8	High School Grades 9-12
Verbally Bullied	27%	26%	27%	26%	30%	26%	27%	28%
Indirectly Bullied	12%	10%	14%	10%	12%	15%	10%	14%
Cyber Bullied	7%	5%	8%	8%	9%	3%	8%	7%
Physically Bullied	5%	6%	3%	7%	3%	4%	6%	3%
Sexually Bullied	1%	1%	1%	1%	1%	3%	1%	1%

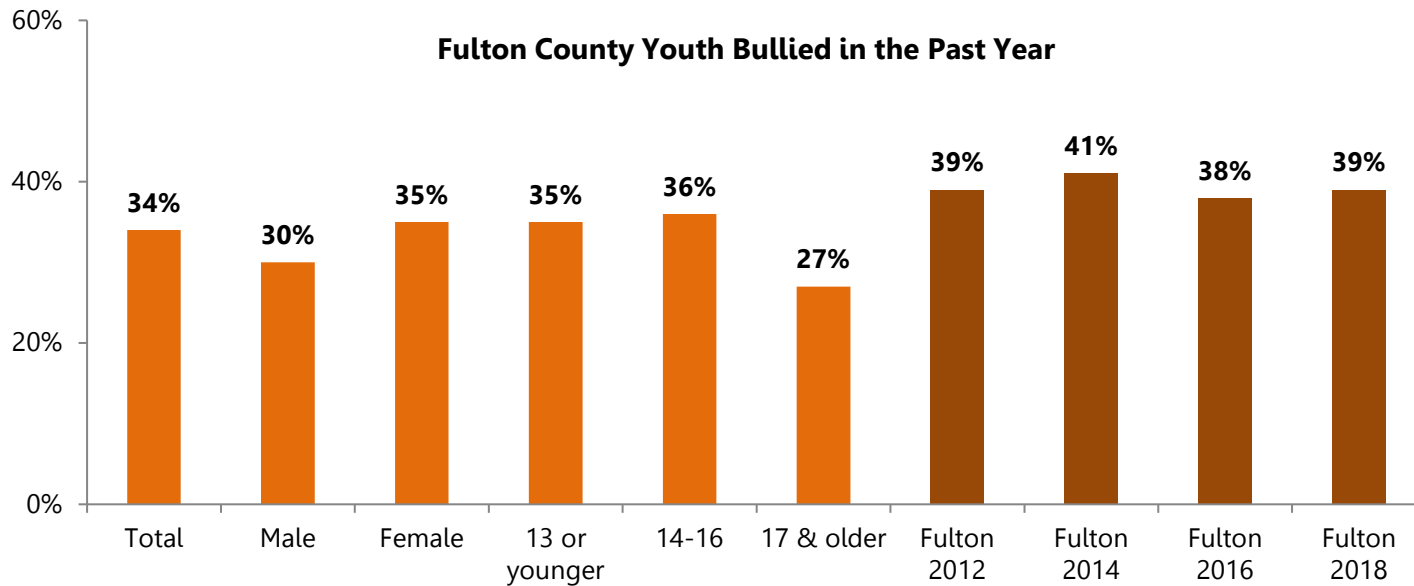
The table below indicates correlations between those who were bullied in the past 12 months and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 53% of those who were bullied felt sad or hopeless for two or more weeks in a row, compared to 17% of those who were not bullied.

Behaviors of Fulton County Youth Bullied vs. Not Bullied

Youth Behavior	Bullied	Not Bullied
Currently participate in extracurricular activities	93%	88%
Felt sad or hopeless for two or more weeks in a row (in the past 12 months)	53%	17%
Overweight or obese	37%	30%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	34%	13%
Seriously considered attempting suicide (in the past 12 months)	24%	4%
Had sexual intercourse (in their lifetime)	17%	7%
Have had at least one drink of alcohol (in the past 30 days)	11%	5%
Attempted suicide (in the past 12 months)	11%	1%
Used marijuana (in the past 30 days)	9%	5%
Smoked cigarettes (in the past 30 days)	5%	2%
Used prescription medication not prescribed to them (in their lifetime)	3%	1%

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows Fulton County youth who were bullied in the past year. An example of how to interpret the information includes: 34% of all Fulton County youth had been bullied in the past year, including 30% of males and 35% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	6 th -12 th Grade Fulton County Comparisons					High School State & National Comparisons		
	Fulton County 2012 (6 th -12 th)	Fulton County 2014 (6 th -12 th)	Fulton County 2016 (6 th -12 th)	Fulton County 2018 (6 th -12 th)	Fulton County 2021 (6 th -12 th)	Fulton County 2021 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Did not go to school because they felt unsafe (at school or on their way to or from school in the past 30 days)	2%	2%	4%	4%	3%	4%	N/A	9%
Bullied (in past 12 months)	39%	41%	38%	39%	34%	32%	N/A	N/A
Bullied on school property (in past 12 months)	23%	27%	27%	30%	24%	25%	14%	20%
Electronically bullied (in past 12 months)	8%	11%	10%	10%	7%	7%	13%	16%

N/A – Not Available

Note: 2021 percentages are colored green to represent a positive percentage change when comparing to 2018 data. Red represents a negative percentage change. No color is represented if the 2018 data is not available or if the percentage remained the same.

Appendix I: Health Assessment Information Sources

Source	Data Used	Website
Centers for Disease Control and Prevention (CDC), Alcohol and Public Health	<ul style="list-style-type: none"> Alcohol and Public Health 	https://www.cdc.gov/alcohol/fact-sheets/minimum-legal-drinking-age.htm
Centers for Disease Control and Prevention (CDC), CDC Healthy Schools	<ul style="list-style-type: none"> Key Physical Activity Guidelines for School-Aged Children 	https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm
Centers for Disease Control and Prevention (CDC), Smoking and Tobacco Use	<ul style="list-style-type: none"> Tobacco Use Among Youth Current Tobacco Product Use Among High School Students 	https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm
Centers for Disease Control and Prevention (CDC), Violence Prevention	<ul style="list-style-type: none"> Adverse Childhood Experiences (ACEs) 	https://www.cdc.gov/violenceprevention/aces/fastfact.html
Healthy People 2030: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> All Healthy People 2030 Target Data Points 	www.healthypeople.gov/2030/topicsobjectives2030
NAMI, National Council for Mental Wellbeing	<ul style="list-style-type: none"> Five Tips to Help Teens Cope with Stress 	https://www.mentalhealthfirstaid.org/2019/06/five-tips-to-help-teens-cope-with-stress/
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> 2019 Youth U.S. correlating statistics 	http://apps.nccd.cdc.gov/YouthOnline/App/Default.aspx

Appendix II: Acronyms and Terms

ACE	A dverse C hildhood E xperiences
BMI	B ody M ass I ndex is defined as the contrasting measurement/relationship of weight to height.
Binge Drinking	Consumption of five or more alcoholic beverages or more on one occasion.
CDC	C enters for D isease C ontrol and P revention.
Current Drinker	Individual who has had at least 1 alcoholic beverage in the past 30 days
Current Smoker	Individual who has smoked at least 1 cigarette in the past 30 days
HCNO	H ospital C ouncil of N orthwest O hio
HP 2030	H ealthy P eople 2030 , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
N/A	Data is not available.
NWS	N utrition and W eight S tatus, Topic of Healthy People 2030 objectives
Race/Ethnicity	Census 2010: U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Data are presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
SA	S ubstance A buse, Topic of Healthy People 2030 objectives
SHA	S tate H ealth A ssessment
SHIP	S tate H ealth I mprovement P lan
TU	T obacco U se, Topic of Healthy People 2030 objectives
Weapon	Defined in the YRBS as “a weapon such as a gun, knife, or club”
Youth	Defined as 12 through 18 years of age
Youth BMI Classifications	U nder w eight is defined as BMI-for-age \leq 5 th percentile O ver w eight is defined as BMI-for-age 85 th percentile to < 95 th percentile O bese is defined as \geq 95 th percentile
YRBS	Y outh R isk B ehavior S urvey, a youth survey conducted by the CDC survey conducted by the CDC

Appendix III: School Participation

The following schools agreed to participate in the 2021 Fulton County Youth Health Assessment:

Archbold Area Schools

Archbold High School
Archbold Middle School

Evergreen Local Schools

Evergreen High School
Evergreen Middle School

Fayette Local Schools

Fayette JH/HS
Fayette Elementary

Pettisville Local Schools

Pettisville HS/JH
Pettisville Elementary

Pike Delta York

Delta High School
Delta Middle School

Swanton Local Schools

Swanton High School
Swanton Middle School

Wauseon Exempted Village Schools

Wauseon High School
Wauseon Middle School

Appendix IV: Youth Demographic Profile*

Youth Variable	2021 Youth Survey Sample
Age	
12 years old or younger	18.3%
13 years old	17.3%
14 years old	16.4%
15 years old	15.6%
16 years old	12.4%
17 years old	14.3%
18 years old or older	5.7%
Gender	
Male	50.4%
Female	47.4%
Other	2.2%
Race/Ethnicity	
White	85.2%
Hispanic or Latino	11.1%
American Indian and Alaska Native	6.2%
Black or African American	2.7%
Asian	2.7%
Native Hawaiian or Other Pacific Islander	1.1%
Other	4.6%
Grade Level	
Middle School (6-8)	42.3%
High School (9-12)	57.7%
Individual Grade Level	
6 th grade	7.5%
7 th grade	16.2%
8 th grade	18.6%
9 th grade	14.0%
10 th grade	16.2%
11 th grade	10.8%
12 th grade	16.7%

*Percents may not equal 100% due to missing data (non-responses) and/or multiple response questions.

Appendix V: Demographics and Household Information

Fulton County Population by Age Groups and Gender U.S. Census 2010

Age	Total	Males	Females
Fulton County	42,698	20,984	21,714
0-4 years	2,755	1,417	1,338
1-4 years	2,220	1,128	1,092
< 1 year	535	289	246
1-2 years	1,105	560	545
3-4 years	1,115	568	547
5-9 years	2,933	1,551	1,382
5-6 years	1,139	578	561
7-9 years	1,794	973	821
10-14 years	3,268	1,686	1,582
10-12 years	1,940	996	944
13-14 years	1,328	690	638
12-18 years	4,658	2,397	2,261
15-19 years	3,093	1,600	1,493
15-17 years	2,755	1,417	1,338
18-19 years	2,220	1,128	1,092
Total 19 years and over	31,066	14,962	16,104

FULTON COUNTY PROFILE

(Source: U.S. Census Bureau, 2019)
2015-2019 ACS estimates

General Demographic Characteristics

	Number	Percent (%)
Total Population		
2019 Total Population	42,253	100%
Largest City – Wauseon		
2019 Total Population	3,184	100%
Population by Race/Ethnicity		
Total Population	42,253	100%
White	39,307	93.0%
Hispanic or Latino (of any race)	3,689	8.7%
Black or African American	169	0.4%
Two or more races	1,016	2.4%
Asian	182	0.4%
Some other race	1,377	3.3%
American Indian and Alaska Native	183	0.4%
Population by Age		
Under 5 years	2,485	5.9%
5 to 19 years	8,621	20.4%
20 to 24 years	2,449	5.8%
Household by Type		
Total households	16,506	100%
Total families	11,741	71.1%
Households with children <18 years	4,688	28.4%
Married-couple family household	9,378	56.8%
Married-couple family household with children <18 years	3,371	20.4%
Female householder, no spouse present	1,571	9.5%
Female householder, no husband present with children <18 years	822	5.0%
Households with one or more people <18 years	5,232	31.7%
Average household size	2.53 people	N/A
Average family size	2.99 people	N/A

N/A – Not Available

Selected Social Characteristics

<i>School Enrollment</i>		
Population 3 years and over enrolled in school	9,798	100%
Nursery & preschool	756	7.7%
Kindergarten	556	5.7%
Elementary School (Grades 1-8)	4,655	47.5%
High School (Grades 9-12)	2,114	21.6%
College or Graduate School	1,717	17.6%
<i>Educational Attainment</i>		
Population 25 years and over	28,698	100%
< 9 th grade education	618	2.2%
9 th to 12 th grade, no diploma	1,876	6.5%
High school graduate (includes equivalency)	11,977	41.7%
Some college, no degree	6,030	21.0%
Associate degree	3,134	10.9%
Bachelor's degree	3,513	12.2%
Graduate or professional degree	1,550	5.4%
High school graduate or higher	26,204	91.3%
Bachelor's degree or higher	5,063	17.6%