

# UNINTENTIONAL AND INTENTIONAL INJURIES

## RESULTS FROM THE OKLAHOMA YOUTH RISK BEHAVIOR SURVEY (YRBS) 2009

### What is the problem?

The 2009 Oklahoma Youth Risk Behavior Survey results indicate that among public high school students:

#### Injury

- 94% never or rarely wore a bicycle helmet.<sup>1</sup>
- 9% never or rarely wore a seat belt when riding in a car driven by someone else.
- 23% rode one or more times during the 30 days before the survey in a car or other vehicle driven by someone who had been drinking alcohol.
- 11% drove a car or other vehicle one or more times during the 30 days before the survey when they had been drinking alcohol.

#### Suicide

- 28% felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.
- 15% seriously considered attempting suicide during the 12 months before the survey.
- 11% made a plan about how they would attempt suicide during the 12 months before the survey.
- 7% actually attempted suicide one or more times during the 12 months before the survey.
- 3% made a suicide attempt during the 12 months before the survey that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

### What is the status of Oklahoma Schools?

The 2008 Oklahoma School Health Profiles<sup>2</sup> report indicates that among high schools:

- 49% had health education staff who worked with the school mental health or social services staff on health education activities during the school year.
- 31% of lead health education teachers received professional development on suicide prevention.
- 70% of lead health education teachers received professional development on violence prevention.
- 66% of lead health education teachers would like to receive professional development in the area of emotional and mental health.
- 72% of lead health education teachers would like to receive professional development in the area of injury prevention and safety.

### What are the solutions?

- Provide education on injury prevention and the importance of wearing a helmet while riding a bicycle, motorcycle, or ATV.
- Support comprehensive graduated drivers licensing (GDL) programs and educate parents on the state's GDL laws.
- Learn to identify early warning signs of youth at risk for suicide.
- Restrict access to lethal means and methods of self-harm for people at risk for suicide.
- Improve reporting and portrayals of suicidal behavior, mental illness, and substance abuse in the entertainment and news media.
- Build partnerships and networks between health and mental health providers.
- Actively screen for suicide risk and mental health problems, including in schools and healthcare settings.
- Encourage schools to participate in surveys, such as the YRBS, that assess risk-taking behaviors among youth.

1. Among students who rode a bicycle during the 12 months before the survey.

2. Brener ND, McManus T, Foli K, Shanklin SL, Hawkins J, Kann L, Speicher N. *School Health Profiles 2008: Characteristics of Health Programs Among Secondary Schools in Oklahoma*. Atlanta: Centers for Disease Control and Prevention; 2009. Available at URL: <http://www.cdc.gov/healthyyouth/profiles/>

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