



# 2023 FULTON COUNTY YOUTH HEALTH STATUS REPORT



**COMMISSIONED BY:**  
**FULTON COUNTY PARTNERS FOR HEALTH**  
**RELEASED: JANUARY 2024**

# Foreword

Dear Community Member,

We appreciate your interest in the data presented in this publication. It is the result of the 2023 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,

Kimberly A. Cupp, RS, MPH  
Health Commissioner  
Fulton County Health Department

Patricia A. Finn  
CEO  
Fulton County Health Center

# Acknowledgments

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United Way of Fulton County  
Wauseon Police Department

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## **The 2023 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](http://www.fultoncountyhealthdept.com)

HC3: Healthy Choices Caring Communities

[www.HC3Partnership.org](http://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 2023. 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 2023 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 91% (n=756; CI=± 3.21).

### 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 28.0 (SPSS). Crosstabs were used to calculate descriptive statistics for the data presented in this report.

The Fulton County 6-12<sup>th</sup> grade youth trend summary data is colored red or green to represent negative or positive percentage changes from the previous 2021 community health assessment. Green represents a positive percentage change and red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same. For example, out of 39 youth trend summary variables, 20 were positive and 10 were negative. Nine (9) 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 2023 Fulton County Youth Health Assessment. All other data is cited accordingly.

## 2019 Ohio State Health Assessment (SHA)

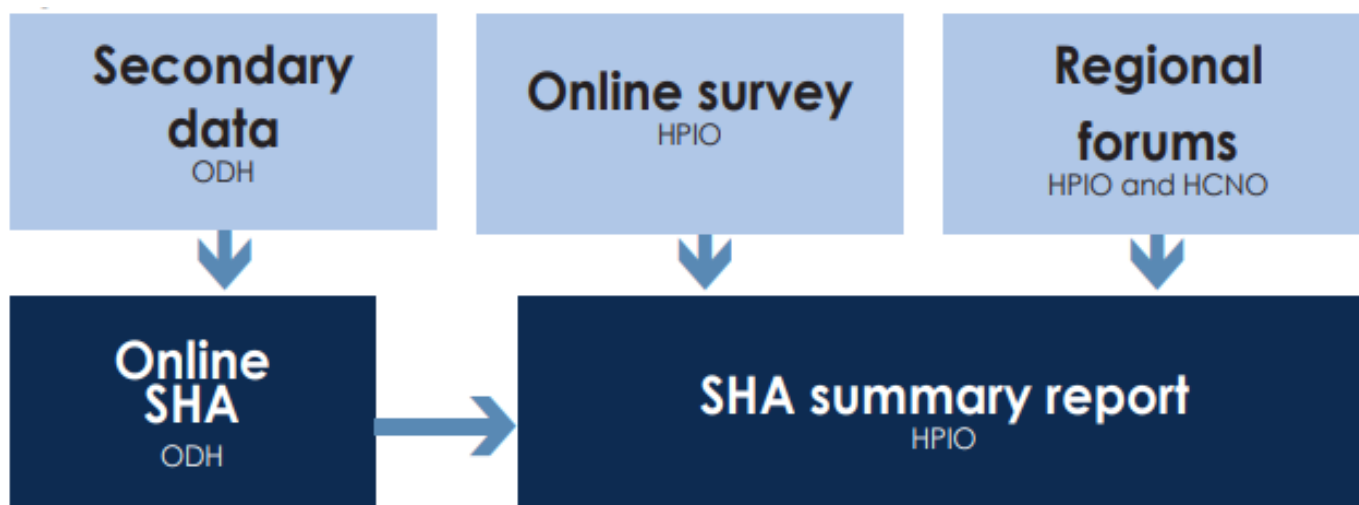
The 2019 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, online surveys completed by over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

Similar to the 2019 Ohio SHA, the 2023 Fulton Youth Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, access to health care, and social determinants of health. **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 between 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 2019 Ohio State Health Assessment, please visit: <https://odh.ohio.gov/wps/portal/gov/odh/explore-data-and-stats/interactive-applications/2019-Online-State-Health-Assessment>

**FIGURE 1.1 | Components of the 2019 SHA**



*\*Acronyms:*

*HCNO – Hospital Council of Northwest Ohio*

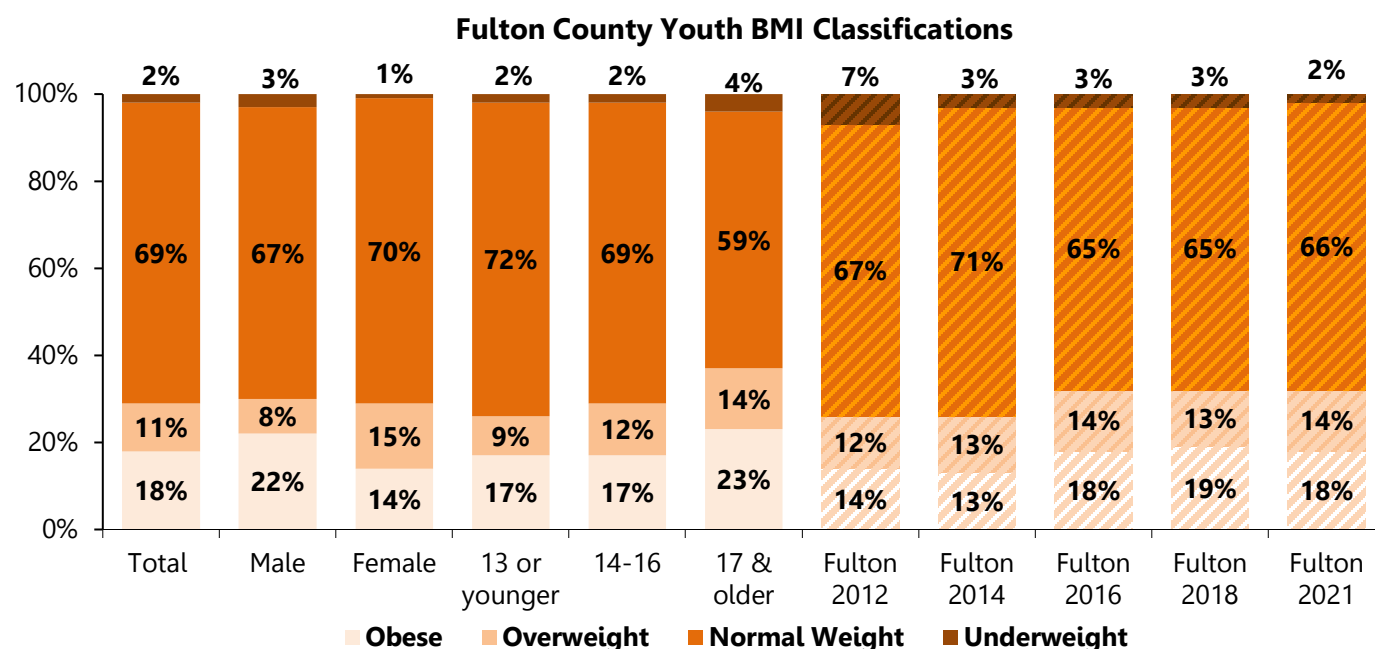
*HPIO – Health Policy Institute of Ohio*

*ODH – Ohio Department of Health*

## Data Summary

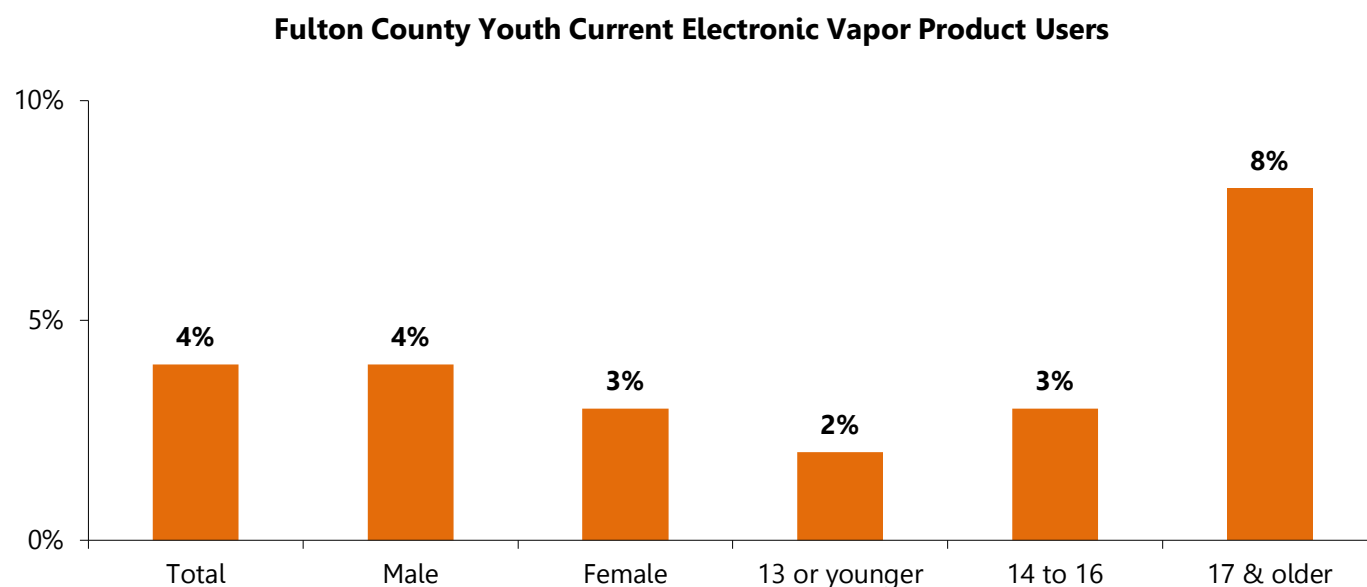
### WEIGHT STATUS

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, 32% 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.



### TOBACCO USE

Four percent (4%) of Fulton County youth were current electronic vapor product users, having used an electronic vapor product in the past 30 days. One percent (1%) of youth were current cigarette smokers, having smoked all or part of a cigarette in the past 30 days. Of youth that had used e-cigarettes/vapes in the past 12 months, 17% reported putting marijuana or THC in their e-cigarettes/vapes.

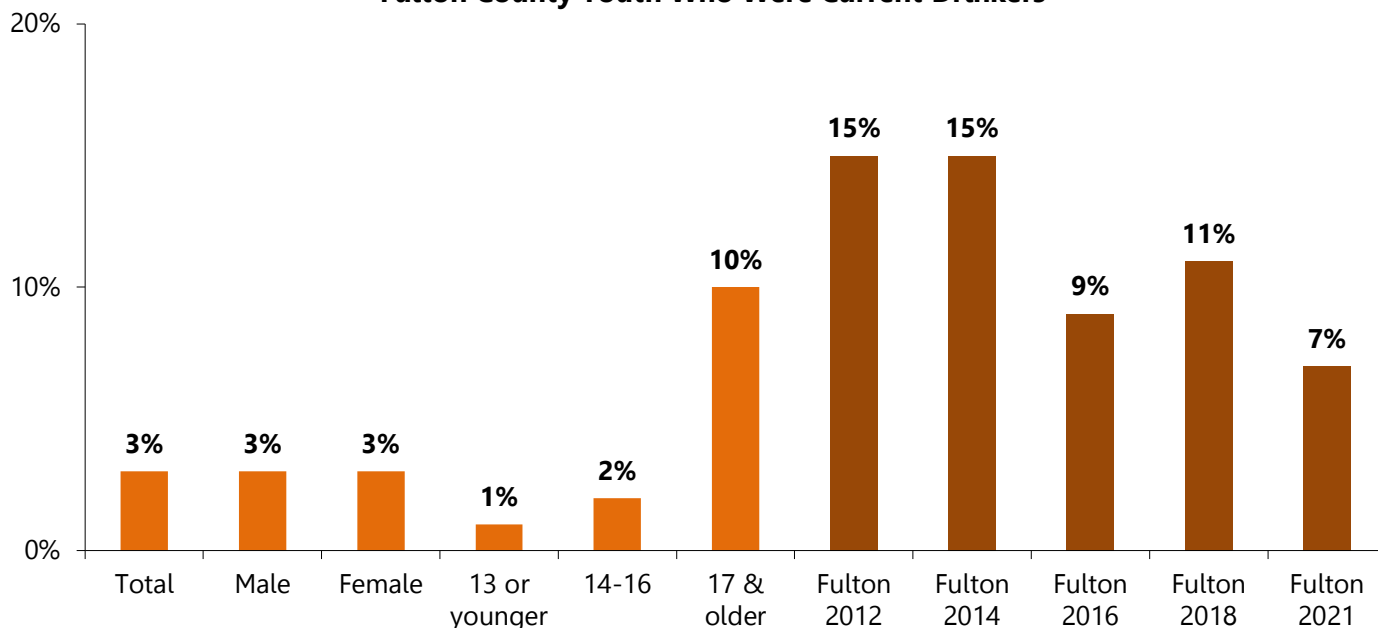


*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

## ALCOHOL CONSUMPTION

Three percent (3%) of Fulton County youth had at least one drink in the past 30 days, defining them as a current drinker. Among youth current drinkers, 61% were defined as binge drinkers. Nearly one-quarter (23%) of current youth drinkers indicated they got their alcohol by taking it from a family member.

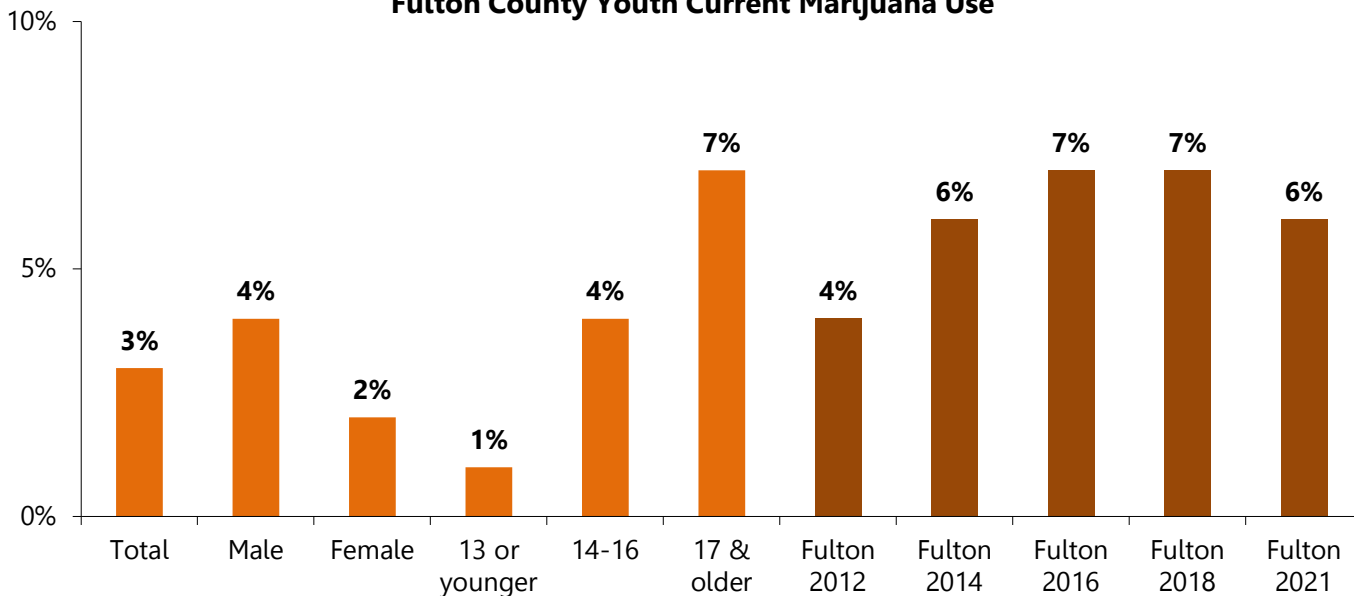
**Fulton County Youth Who Were Current Drinkers**



## DRUG USE

Three percent (3%) of Fulton County youth had used marijuana, weed, or THC in the past 30 days. Youth who used marijuana in the past 30 days reported using it in the following ways: smoked it (60%), vaporized it (45%), ate it (32%), dabbed it (23%), drank it (5%), and used it in some other way (23%).

**Fulton County Youth Current Marijuana Use**



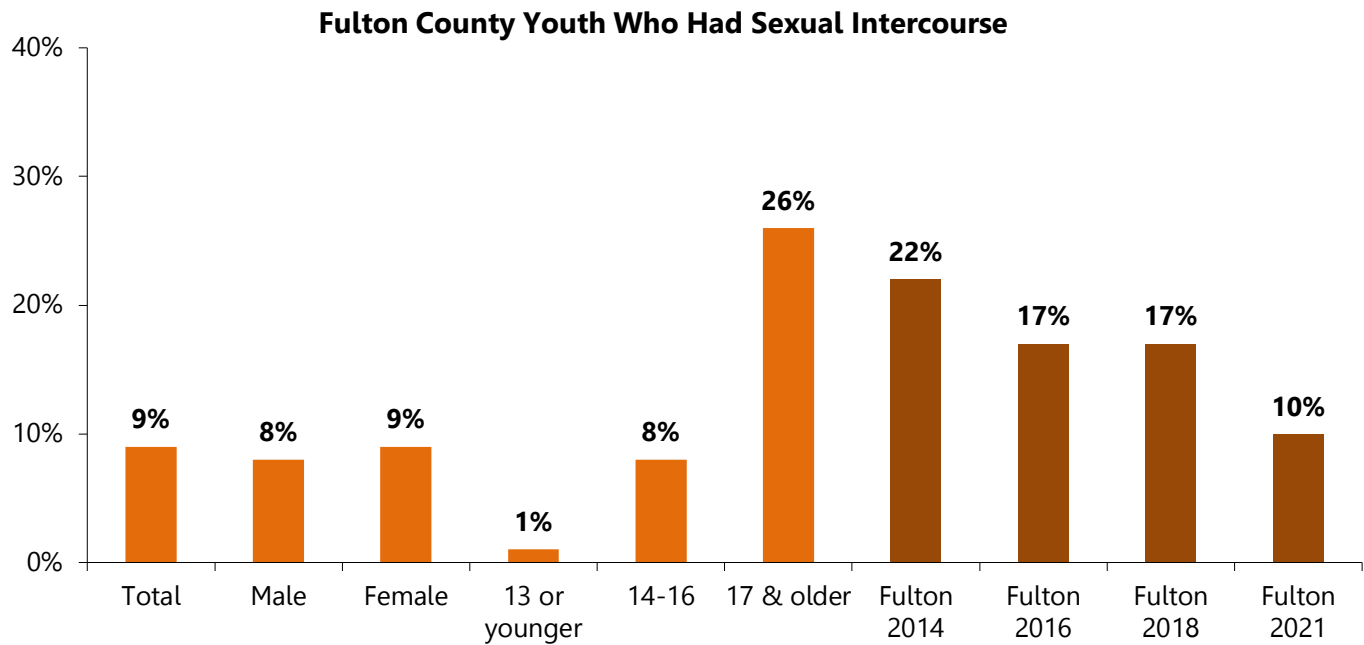
*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

PERCEPTIONS OF SUBSTANCE USE

In 2023, 66% of youth reported there was risk in harming themselves physically or in other ways if they misuse prescription drugs. More than three-fourths (76%) of youth reported their parents would disapprove of them drinking alcohol. Seventy-one percent (71%) of youth reported their friends would disapprove of them using vape products.

SEXUAL BEHAVIOR

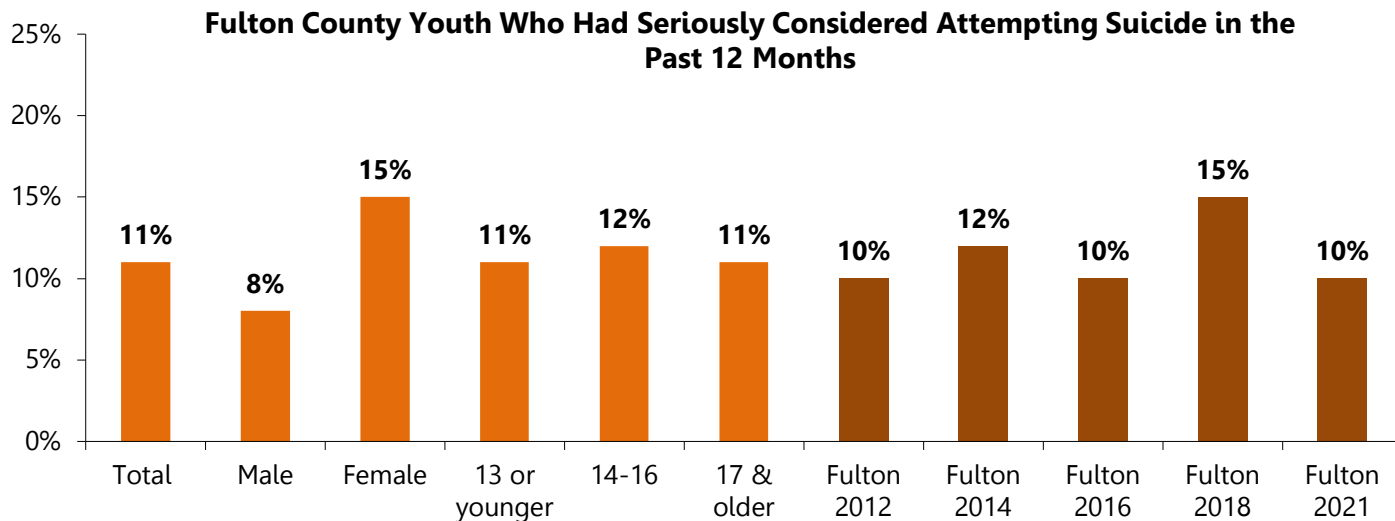
Nine percent (9%) of Fulton County youth had sexual intercourse at least once in their lifetime. Seven percent (7%) of youth who engaged in sexual activity did so without a method of protection. Two-thirds (67%) of youth reported they are planning to stay abstinent until marriage. Sixteen percent (16%) of youth had not been taught about pregnancy prevention, sexually transmitted diseases, HIV/AIDS, or the use of condoms.



*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.*

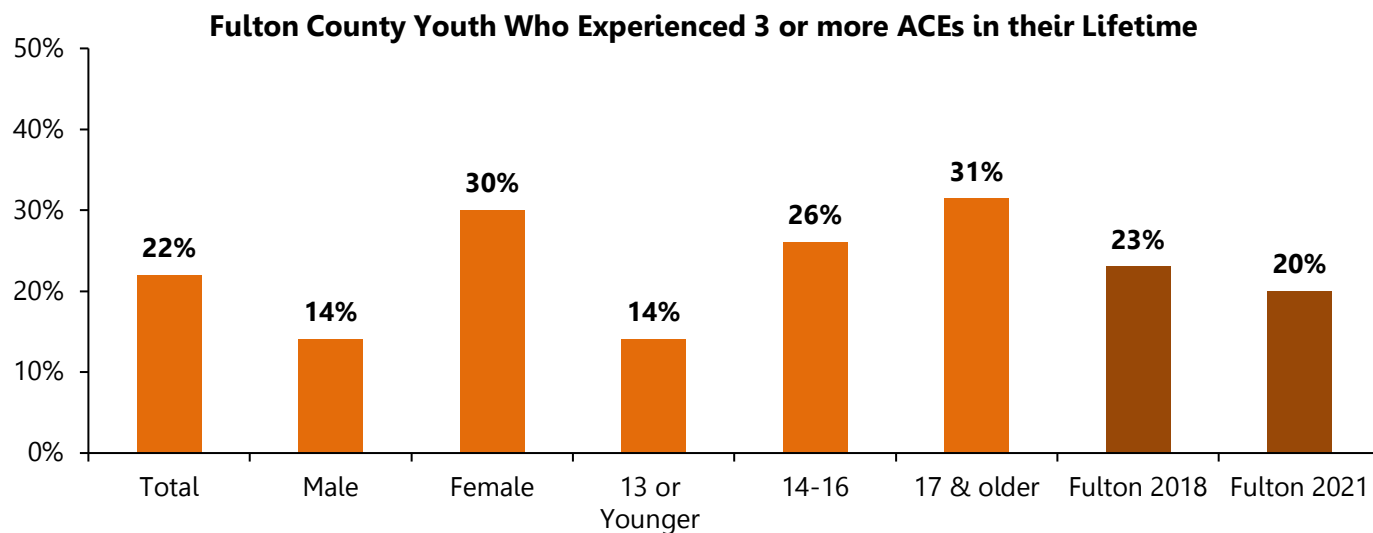
## MENTAL HEALTH

More than one-quarter (27%) 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. Eleven percent (11%) of youth reported they had seriously considered attempting suicide in the past 12 months and 5% attempted suicide at least once in the past 12 months. Nearly one-fifth (18%) of youth reported they had no one to talk to when they had feelings of depression or suicide.



## SOCIAL DETERMINANTS OF HEALTH

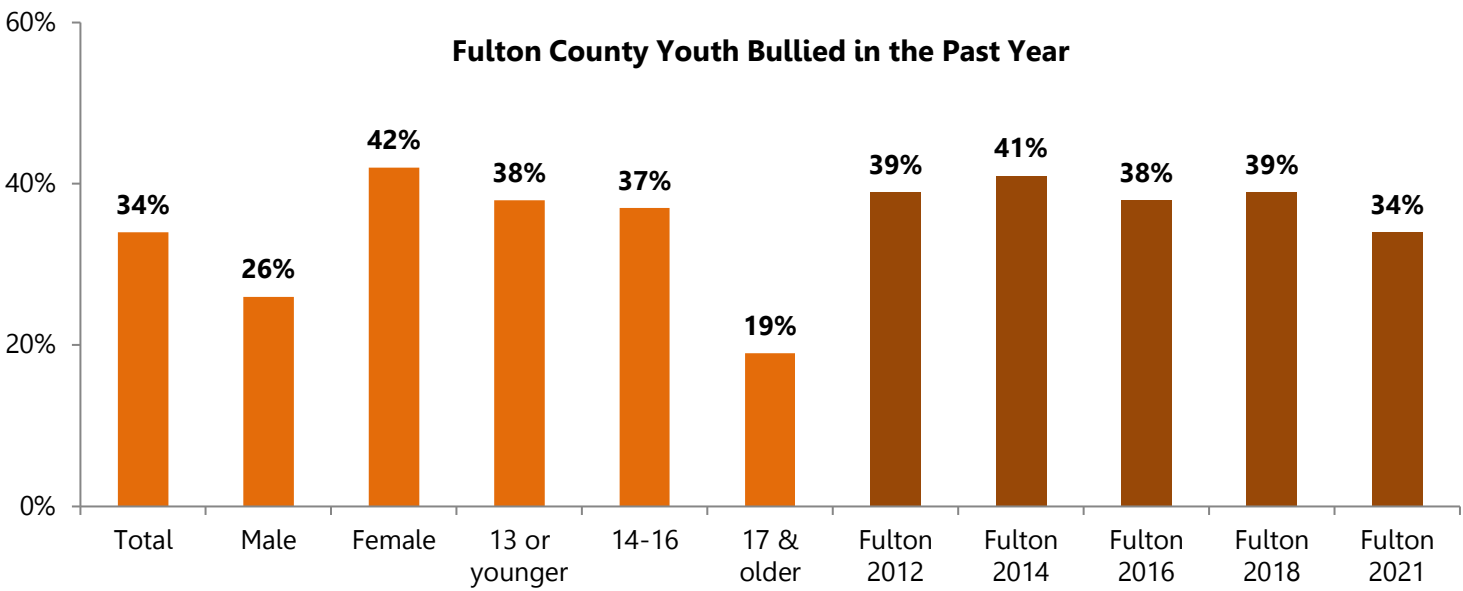
Seventy-nine percent (79%) of youth had been to the doctor for a routine check-up in the past year. Seventeen percent (17%) of youth drivers reported they had texted while driving in the past 30 days. More than one-fifth (22%) of youth experienced three or more adverse childhood experiences (ACEs).



*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.*




**VIOLENCE**

More than one-third (34%) of youth reported they had been bullied in the past 12 months. Twenty-one percent (21%) of youth had purposefully hurt themselves at some time in their lives. Three percent (3%) of youth had been forced or pressured to do sexual things they did not want to 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*

# Youth Trend Summary

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Variables	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
Weight Control									
<b>Obese</b> 	14%	13%	18%	19%	18%	18%	20%	19%	16%
<b>Overweight</b>	12%	13%	14%	13%	14%	11%	12%	13%	16%
<b>Described themselves as slightly or very overweight</b>	30%	28%	32%	33%	30%	32%	31%	N/A	32%
<b>Physically active at least 60 minutes per day on every day in past week</b>	34%	37%	34%	32%	30%	37%	31%	26%	24%
<b>Physically active at least 60 minutes per day on 5 or more days in past week</b>	62%	64%	61%	57%	58%	62%	60%	49%	45%
<b>Did not participate in at least 60 minutes of physical activity on any day in past week</b>	7%	8%	11%	15%	11%	11%	8%	16%	16%
Tobacco Use									
<b>Current smoker</b> (smoked cigarettes on at least 1 day during the past 30 days) 	7%	8%	6%	6%	3%	1%	2%	3%	4%
<b>Currently used an electronic vapor product</b> (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least one day during the past 30 days) 	N/A	N/A	N/A	N/A	N/A	4%	5%	20%	18%
<b>Used electronic vapor products daily</b> (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on all 30 days during the past 30 days)	N/A	N/A	N/A	N/A	N/A	1%	2%	6%	5%
Alcohol Consumption									
<b>Ever drank alcohol</b> (at least one drink of alcohol on at least 1 day during their life)	42%	42%	36%	43%	25%	21%	28%	N/A	N/A
<b>Current drinker</b> (at least one drink of alcohol on at least 1 day during the past 30 days)	15%	15%	9%	11%	7%	3%	5%	23%	23%
<b>Binge drinker</b> (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%	2%	3%	13%	11%
<b>Drank for the first time before age 13</b> (of all youth)	15%	13%	12%	15%	7%	7%	4%	11%	15%
<b>Obtained the alcohol they drank by someone giving it to them</b> (of current drinkers)	N/A	N/A	38%	30%	33%	23%	26%	N/A	40%
<b>Rode with a driver who had been drinking alcohol</b> (in a car or other vehicle on one or more occasion during the past month)	N/A	N/A	N/A	N/A	10%	15%	11%	N/A	14%

N/A – Not available

 Indicates alignment with the Ohio State Health Assessment



Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Variables	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
Drug Use									
Currently used marijuana (in the past 30 days)	4%	6%	7%	7%	6%	3%	5%	13%	16%
Currently used prescription drugs not prescribed to them (in the past 30 days)	4%	6%	3%	3%	2%	<1%	<1%	N/A	N/A
Ever used methamphetamines (in their lifetime)	1%	<1%	1%	1%	1%	<1%	1%	2%	2%
Ever used cocaine (in their lifetime)	1%	2%	3%	1%	1%	1%	1%	2%	3%
Ever used heroin (in their lifetime)	2%	1%	1%	1%	<1%	<1%	<1%	N/A	1%
Ever used inhalants (in their lifetime)	5%	7%	6%	7%	<1%	1%	2%	N/A	8%
Ever used ecstasy (also called MDMA in their lifetime)	2%	2%	2%	<1%	1%	<1%	1%	N/A	3%
Ever took prescription drugs without a doctor's prescription (in their lifetime)	6%	8%	6%	7%	4%	4%	4%	10%	12%
Were offered, sold, or given an illegal drug on school property (in the past 12 months)	5%	4%	4%	3%	5%	3%	3%	N/A	14%
Sexual Behavior									
Participated in some form of sexual activity	30%	29%	17%	16%	10%	9%	14%	N/A	N/A
Ever had sexual intercourse	N/A	22%	17%	17%	10%	9%	14%	33%	30%
Had sexual intercourse for the first time before age 13	N/A	N/A	N/A	N/A	3%	2%	1%	2%	3%
Planning to stay abstinent until marriage	43%	40%	52%	55%	60%	67%	58%	N/A	N/A
Drank alcohol or used drugs before last sexual intercourse (among youth who had ever had sexual intercourse)	N/A	N/A	11%	14%	16%	6%	6%	15%*	21%*
Used a condom during last sexual intercourse (among youth who had ever had sexual intercourse)	N/A	N/A	N/A	37%	40%	37%	46%	58%*	52%*
Used birth control pills before last sexual intercourse (to prevent pregnancy, among youth who had ever had sexual intercourse)	N/A	N/A	N/A	21%	28%	21%	26%	43%*	33%*
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, (among youth who had ever had sexual intercourse)	N/A	N/A	N/A	2%	7%	8%	11%	8%*	9%*
Mental Health									
Felt sad or hopeless (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	17%	19%	22%	29%	29%	27%	30%	43%	42%
Seriously considered attempting suicide (in the past 12 months)	10%	12%	10%	15%	10%	11%	11%	22%	22%
Attempted suicide (in the past 12 months)	4%	5%	6%	7%	4%	5%	4%	10%	10%

N/A – Not available

\*YRBS Ohio and US data is among youth who indicated they were sexually active (had sexual intercourse within the past three months)

Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Variables	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
Violence									
<b>Did not go to school because they felt unsafe</b> (at school or on their way to or from school in the past 30 days)	2%	2%	4%	4%	3%	4%	3%	9%	9%
<b>Bullied</b> (in past 12 months)	39%	41%	38%	39%	34%	34%	31%	N/A	N/A
<b>Bullied on school property</b> (in past 12 months) 	23%	27%	27%	30%	24%	25%	21%	20%	15%
<b>Electronically bullied</b> (in past 12 months) 	8%	11%	10%	10%	7%	8%	7%	19%	16%

N/A – Not available

 Indicates alignment with the Ohio State Health Assessment

Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.

# Weight Status

**1,148 youth in Fulton County were classified as overweight or obese.**

## Weight Status

- Nearly one-fifth (18%) of Fulton County youth were classified as obese by Body Mass Index (BMI) calculations; 11% of youth were classified as overweight; 69% were normal weight; and 2% were underweight.
- Almost one-third (32%) 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 15% of youth described themselves as being slightly or very underweight.

## How is BMI calculated for youth?

BMI for children and teens 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.

(Source: CDC, Division of Nutrition, Physical Activity, and Obesity, December 2022)

## Healthy People 2030 Nutrition and Weight Status (NWS)

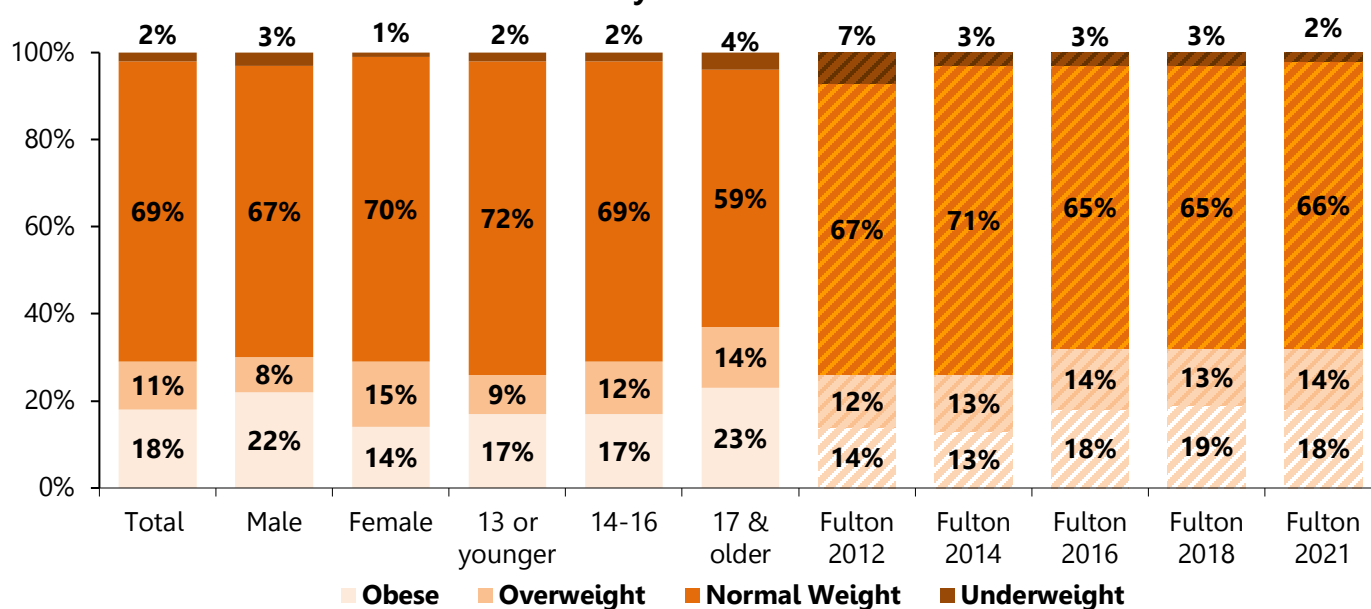
Objective	Fulton County 2023	Ohio 2021	U.S. 2021	Healthy People 2030 Target
<b>NWS-04 Reduce the proportion of children and adolescents with obesity</b>	18% (6-12 Grade) 20% (9-12 Grade)	16% (9-12 Grade)	16% (9-12 Grade)	16%*

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

(Sources: 2023 Fulton County Youth Health Assessment, 2021 Ohio and U.S. YRBS, Healthy People 2030 Objectives)

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: 69% of all Fulton County youth were classified as normal weight, 11% 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

- Twenty-six percent (26%) of youth ate 5 or more servings of fruit and/or vegetables per day; 38% of youth ate 3-4 servings; and 31% of youth ate 1-2 servings. Five percent (5%) of youth ate zero servings of fruit and/or vegetables per day.
- Six percent (6%) of youth ate 5 or more servings of fruit per day; 18% of youth ate 3-4 servings; and 66% of youth ate 1-2 servings. Ten percent (10%) of youth ate zero servings of fruit per day.
- Three percent (3%) of youth ate 5 or more servings of vegetables per day; 16% of youth ate 3-4 servings; and 65% of youth ate 1-2 servings. Sixteen percent (16%) of youth ate zero servings of vegetables per day.
- Seven percent (7%) of youth drank 5 or more servings of sugar-sweetened beverages per day; 14% of youth drank 3-4 servings; and 67% of youth drank 1-2 servings. Twelve percent (12%) of youth drank zero servings of sugar-sweetened beverages per day.
- Five percent (5%) of youth drank 5 or more servings of caffeinated beverages per day; 10% of youth drank 3-4 servings; and 46% of youth drank 1-2 servings. Nearly two-fifths (39%) of youth drank zero servings of caffeinated beverages per day.

**The tables below indicate the number of servings of fruit and vegetables Fulton County youth consumed daily.**

	0 servings	1-2 servings	3-4 servings	5 or more servings
<b>Fruit</b>	10%	66%	18%	6%
<b>Vegetables</b>	16%	65%	16%	3%
<b>Fruit and/or vegetables</b>	5%	31%	38%	26%

**The table below indicates the number of servings of sugar-sweetened beverages and caffeinated beverages Fulton County youth consumed daily.**

	0 servings	1-2 servings	3-4 servings	5 or more servings
<b>Sugar-sweetened beverages</b>	12%	67%	14%	7%
<b>Caffeinated beverages</b>	39%	46%	10%	5%

## Physical Activity

- Seventy-eight percent (78%) of youth participated in at least 60 minutes of physical activity on 3 or more days in the past week; 62% did so on 5 or more days in the past week; and 37% 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 day, youth spent an average of 3.0 hours using screens (e.g., video games, social media, streaming), 1.8 hours doing extracurricular activities (e.g., sports, scouts, cubs, etc.), 1.1 hours doing homework, and 1.0 hour working at a job.

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Comparisons	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Obese</b>	14%	13%	18%	19%	18%	18%	20%	19%	16%
<b>Overweight</b>	12%	13%	14%	13%	14%	11%	12%	13%	16%
<b>Described themselves as slightly or very overweight</b>	30%	28%	32%	33%	30%	32%	31%	N/A	32%
<b>Physically active at least 60 minutes per day on every day in past week</b>	34%	37%	34%	32%	30%	37%	31%	26%	24%
<b>Physically active at least 60 minutes per day on 5 or more days in past week</b>	62%	64%	61%	57%	58%	62%	60%	49%	45%
<b>Did not participate in at least 60 minutes of physical activity on any day in past week</b>	7%	8%	11%	15%	11%	11%	8%	16%	16%

N/A – Not Available

Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.

# Youth Health: Tobacco Use

## 40 youth in Fulton County were current cigarette smokers.

### Tobacco Use

- One percent (1%) of Fulton County youth were current cigarette smokers, having smoked all or part of a cigarette in the past 30 days.
- Youth used the following forms of tobacco in the past 12 months:
  - Vape products (disposable or non-disposable) [Breeze, Elf Bar] (9%)
  - Cigarettes (2%)
  - Chewing tobacco, snuff, or dip [Kodiak] (1%)
  - Pouch [Snus] (1%)
  - Swishers (<1%)
  - Bidis, cigars, Black & Milds, cigarillos, little cigars (<1%)
  - Dissolvable tobacco products [Aria, Stonewall, Camel Orbs, Camel Sticks, Camel Strips] (<1%)
  - Hookah (<1%)
  - Other (<1%)
- Youth tobacco users reported the following ways of obtaining tobacco products (including cigarettes and vape products):
  - Borrowed (or bummed) tobacco products from someone else (29%)
  - Gave someone else money to buy them (26%)
  - Took them from a family member (17%)
  - A person 21 years or older gave them tobacco products (9%)
  - Bought them from a store such as a gas station, convenience store, or supermarket (9%)
  - A family member or friend 21 years or older gave them the tobacco products (6%)
  - Purchased them online (6%)
  - Some other way (31%)
- Five percent (5%) of youth had tried tobacco or vape products (even one or two puffs) before the age of 13.
- Forty-three percent (43%) of youth who reported ever using some form of tobacco or vape product (even one or two puffs) did so for the first time at 12 years old or younger, 32% first used some form of tobacco between the ages of 13 and 14, and 25% used some form of tobacco for the first time at 15 years and older. The average age of onset was 12.8 years old.

## Electronic Vapor Product (E-Cigarette) Use

### 277 youth in Fulton County used vape products in the past year.

- Four percent (4%) of youth were current electronic vapor users, having used an electronic vapor product in the past 30 days, increasing to 8% of youth ages 17 and older.

The table below indicates the number of days youth reported using electronic vapor products in the past 30 days:

	0 days	1 or 2 days	3 to 5 days	6 to 9 days	10 to 19 days	All 30 days
<b>Current electronic vapor product use</b>	96%	1%	<1%	<1%	1%	1%

- Seven percent (7%) of Fulton County youth indicated they had used e-cigarettes/vapes in the 12 months.
- Youth who used e-cigarettes/vapes in the past 12 months reported putting the following in their e-cigarettes/vapes:
  - Flavor with nicotine (85%)
  - Flavor without nicotine (21%)
  - Marijuana or THC (17%)
  - No flavor with nicotine (6%)
  - Homemade (2%)

## Healthy People 2030

### Tobacco Use (TU)

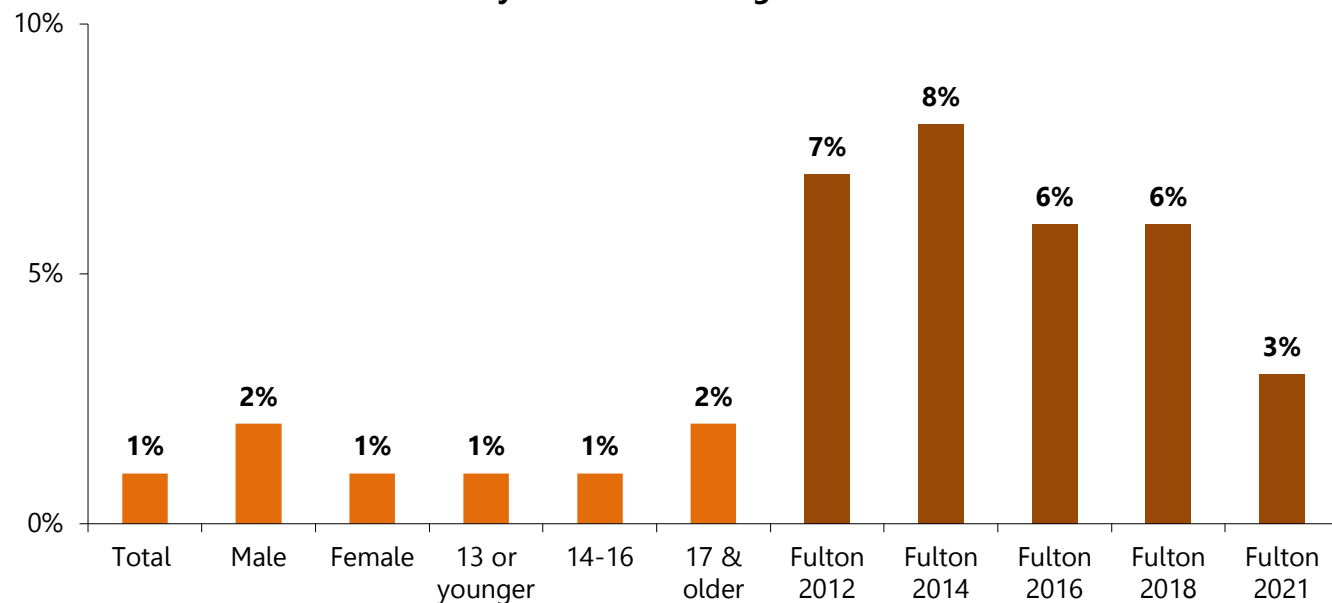
Objective	Fulton County 2023	Ohio 2021	U.S. 2021	Healthy People 2030 Target
<b>TU-06 Reduce current cigarette smoking in adolescents during the past month</b>	1% (6-12 Grade) 2% (9-12 Grade)	3% (9-12 Grade)	4% (9-12 Grade)	3%* (6-12 Grade)
<b>TU-05 Reduce current e-cigarette use (past month) in adolescents</b>	4% (6-12 Grade) 5% (9-12 Grade)	20% (9-12 Grade)	18% (9-12 Grade)	11%*

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

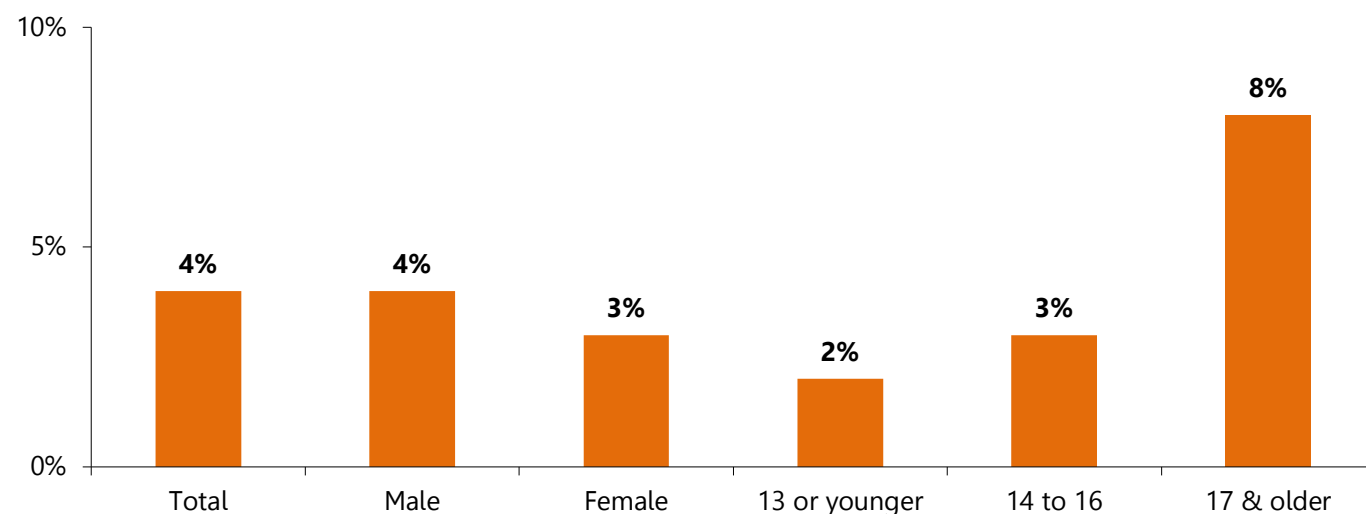
*(Sources: 2023 Fulton County Youth Health Assessment, 2021 Ohio and U.S. YRBS, Healthy People 2030 Objectives)*

The following graphs show the percentage of Fulton County youth who were current cigarette smokers and current electronic vapor product users. An example of how to interpret the information in the first graph includes: 1% of all Fulton County youth were current cigarette smokers, including 2% of males and 2% of youth ages 17 and older.

**Fulton County Youth Current Cigarette Smokers**



**Fulton County Youth Current Electronic Vapor Product Users**



*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.*

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: 37% of e-cigarette/vape users seriously considered attempting suicide in the past year, compared to 9% 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
<b>Currently participate in extracurricular activities</b>	93%	92%
<b>Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities</b> (in the past 12 months)	59%	24%
<b>Bullied</b> (in the past 12 months)	53%	32%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	37%	9%
<b>Had sexual intercourse</b> (in their lifetime)	36%	6%
<b>Experienced 3 or more adverse childhood experiences (ACEs)</b> (in their lifetime)	50%	19%
<b>Attempted suicide</b> (in the past 12 months)	25%	3%
<b>Used marijuana</b> (in the past 30 days)	22%	1%
<b>Had at least one drink of alcohol</b> (in the past 30 days)	20%	2%
<b>Smoked cigarettes</b> (in the past 30 days)	12%	0%
<b>Used prescription medication not prescribed to them</b> (in their lifetime)	0%	<1%

*\*Indicates use in 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.*

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Comparisons	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Current smoker</b> (smoked cigarettes on at least 1 day during the past 30 days)	7%	8%	6%	6%	3%	1%	2%	3%	4%
<b>Currently used an electronic vapor product</b> (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least one day during the past 30 days)	N/A	N/A	N/A	N/A	N/A	4%	5%	20%	18%
<b>Used electronic vapor products daily</b> (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on all 30 days during the past 30 days)	N/A	N/A	N/A	N/A	N/A	1%	2%	6%	5%

N/A – Not Available

Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.

# Youth Health: Alcohol Consumption

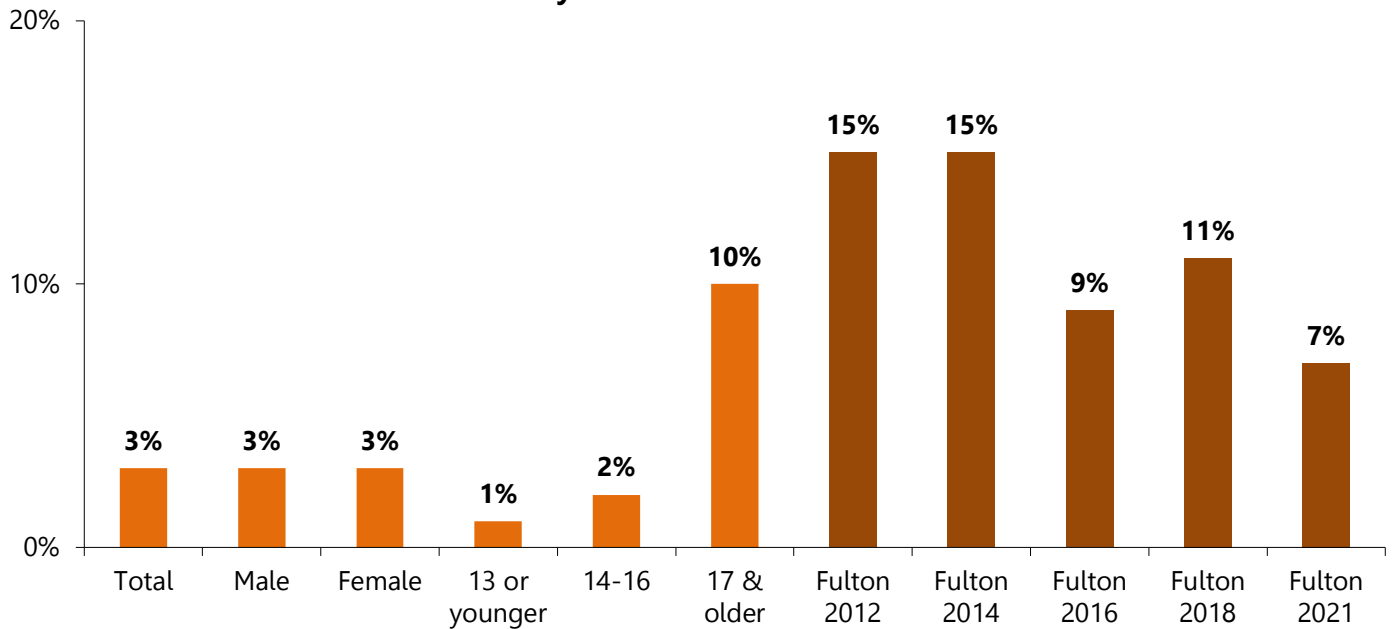
## 119 youth in Fulton County were current drinkers.

### Alcohol Consumption

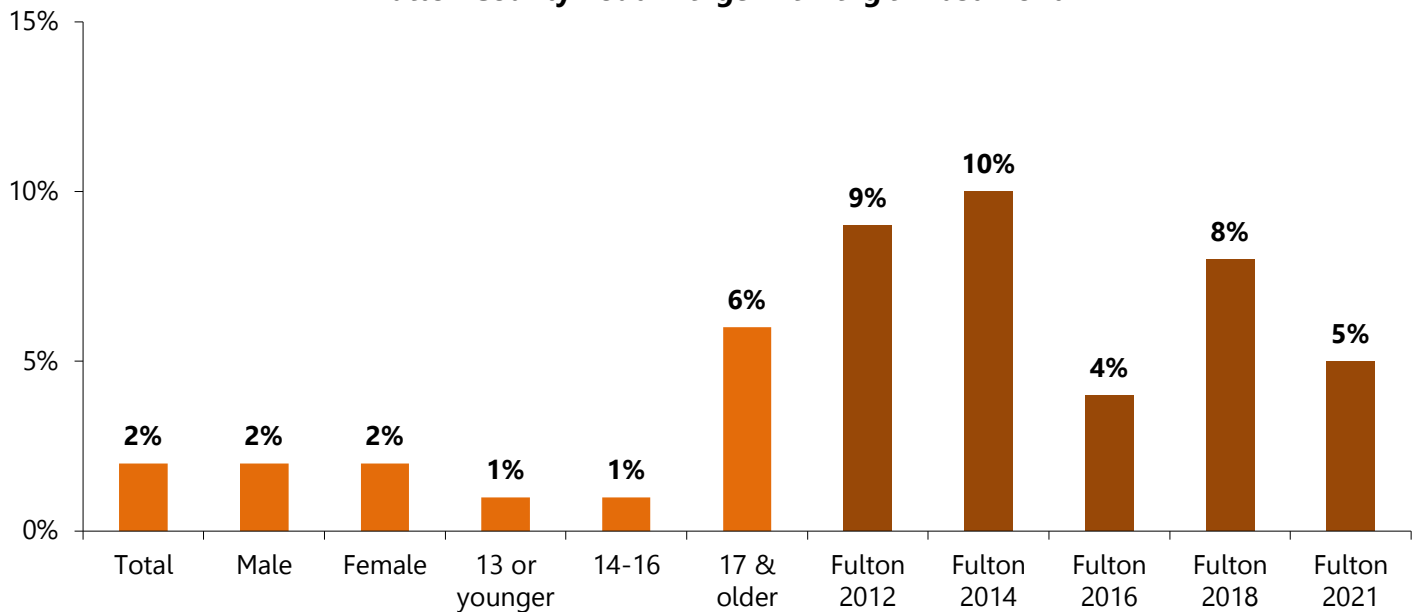
- More than one-fifth (21%) of Fulton County youth had at least one drink of alcohol in their life, increasing to 41% of youth ages 17 and older.
- Three percent (3%) of youth had at least one drink in the past 30 days, increasing to 10% of youth ages 17 and older.
- Based on all youth surveyed, 2% had four or more alcoholic drinks (for females) or five or more alcoholic drinks (for males) on an occasion in the past month and would be considered binge drinkers, increasing to 6% of youth ages 17 and older. Of those who drank in the past month, 61% were defined as binge drinkers.
- Of all youth, 7% drank alcohol for the first time before the age of 13.
- Almost one-third (31%) of youth who reported drinking at some time in their life had their first drink at 12 years old or younger, 32% took their first drink between the ages of 13 and 14, and 37% started drinking at 15 years and older. The average age of onset was 13.3 years old.
- Youth drinkers reported they got their alcohol from the following in the past 30 days:
  - Someone gave it to them (23%)
  - Took it from a family member (23%)
  - Friend or sibling 21 and older bought it for them (14%)
  - Their parent gave it to them (14%)
  - A friend's parent gave it to them (5%)
  - Bought it in a liquor store, supermarket, discount store, or gas station (5%)
  - Bought it with a fake ID (5%)
  - Some other way (32%)
- In the past 30 days, youth drinkers reported they usually drank their alcohol:
  - At their home (74%)
  - At a friend's home (52%)
  - At another person's home (22%)
  - At a public space such as a park, beach, or parking lot (6%)
  - While riding in or driving a car or other vehicle (4%)
  - At a public event such as a concert or sporting event (4%)
- In the past 30 days, 15% 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: 3% of all Fulton County youth were current drinkers, including 10% of youth ages 17 and older.

**Fulton County Youth Who Were Current Drinkers**



**Fulton County Youth Binge Drinking in Past Month**



*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.*

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: 17% of current drinkers had attempted suicide in the past year, compared to 5% of non-current drinkers.

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

Youth Behaviors	Current Drinker	Non-Current Drinker
<b>Currently participate in extracurricular activities</b>	100%	92%
<b>Had sexual intercourse</b> (in their lifetime)	63%	7%
<b>Felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities</b> (in the past 12 months)	57%	26%
<b>Experienced 3 or more adverse childhood experiences (ACEs)</b> (in their lifetime)	41%	22%
<b>Bullied</b> (in the past 12 months)	36%	34%
<b>Used marijuana</b> (in the past 30 days)	26%	2%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	22%	11%
<b>Attempted suicide</b> (in the past 12 months)	17%	5%
<b>Smoked cigarettes</b> (in the past 30 days)	13%	1%
<b>Used prescription medication not prescribed to them</b> (in their lifetime)	0%	<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 (SU)**

Objective	Fulton County 2023	Ohio 2021	U.S. 2021	Healthy People 2030 Target
<b>SU-09 Reduce the proportion of people under 21 who engaged in binge drinking during the past month</b>	2% (6-12 Grade) 3% (9-12 Grade)	13% (9-12 Grade)	13% (9-12 Grade)	8%*
<b>SU-04 Reduce the proportion of adolescents who drank alcohol in the past month</b>	3% (6-12 Grade) 5% (9-12 Grade)	23% (9-12 Grade)	23% (9-12 Grade)	6%**

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

*\*\*Note: The Healthy People 2030 target is for youth aged 12 -17 years*

*(Sources: 2023 Fulton County Youth Health Assessment, 2021 Ohio and U.S. YRBS, Healthy People 2030 Objectives)*

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Comparisons	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Ever drank alcohol</b> (at least one drink of alcohol on at least 1 day during their life)	42%	42%	36%	43%	25%	21%	28%	N/A	N/A
<b>Current drinker</b> (at least one drink of alcohol on at least 1 day during the past 30 days)	15%	15%	9%	11%	7%	3%	5%	23%	23%
<b>Binge drinker</b> (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%	2%	3%	13%	11%
<b>Drank for the first time before age 13</b> (of all youth)	15%	13%	12%	15%	7%	7%	4%	11%	15%
<b>Obtained the alcohol they drank by someone giving it to them</b> (of current drinkers)	N/A	N/A	38%	30%	33%	23%	26%	N/A	40%
<b>Rode with a driver who had been drinking alcohol</b> (in a car or other vehicle on one or more occasion during the past month)	N/A	N/A	N/A	N/A	10%	15%	11%	N/A	14%

N/A – Not Available

Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.

# Youth Health: Drug Use

## 119 youth used marijuana, weed, or THC in the past 30 days.

### Drug Use

- Three percent (3%) of all Fulton County youth had used marijuana, weed, or THC in the past 30 days.
- Youth who used marijuana in the past 30 days reported using it in the following ways: smoked it (60%), vaporized it (45%), ate it (32%), dabbed it (23%), drank it (5%), and used it in some other way (23%).
- Fulton County youth had tried the following in their life:
  - Bath salts (2%)
  - Liquid THC (1%)
  - Inhalants (1%)
  - Hallucinogenic drugs, such as LSD, acid, PC, angel dust, mescaline, or mushrooms (1%)
  - Cocaine, including powder, crack, or freebase (1%)
  - Misused over-the-counter medications [to get high] (1%)
  - Misused hand sanitizer (1%)
  - Misused cough syrup (1%)
  - Posh/salvia/synthetic marijuana (<1%)
  - Steroid pills, creams, or shots without a doctor's prescription (<1%)
  - Opioids (<1%)
  - Methamphetamines (<1%)
  - Ecstasy/MDMA/Molly (<1%)
  - Pharm party/skittles (<1%)
  - Heroin (<1%)
- Less than one percent (<1%) 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%)
  - 20 to 39 times (0%)
  - 40 or more times (<1%)
- Youth who reported using medications that were not prescribed to them obtained them the following ways: a friend gave it to them (56%), bought it from someone else (44%), bought it from a friend (33%), their parent gave it to them (22%), took it from a friend or family member (22%), and another family member gave it to them (22%).
- 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%)
  - Stimulants or amphetamines such as Ritalin (<1%)
- Less than one percent (<1%) of youth reported taking multiple types of prescription medications at the same time without a doctor's prescription

## Drug Use, *continued*

- In the past 30 days, youth reported being at school under the influence of the following: alcohol (<1%), prescription medication not prescribed to them (<1%), and other illegal drugs such as cocaine, LSD, etc. (<1%).
- Youth reported ever using the following on school property: vape products (4%), THC (2%), alcohol (1%), prescription drugs not prescribed to them (<1%), illegal drugs (<1%), cigarettes (<1%), and chewing tobacco (<1%). Ninety-six percent (96%) of youth indicated they had never used any of the above on school property.

### 158 youth had used vape products on school property.

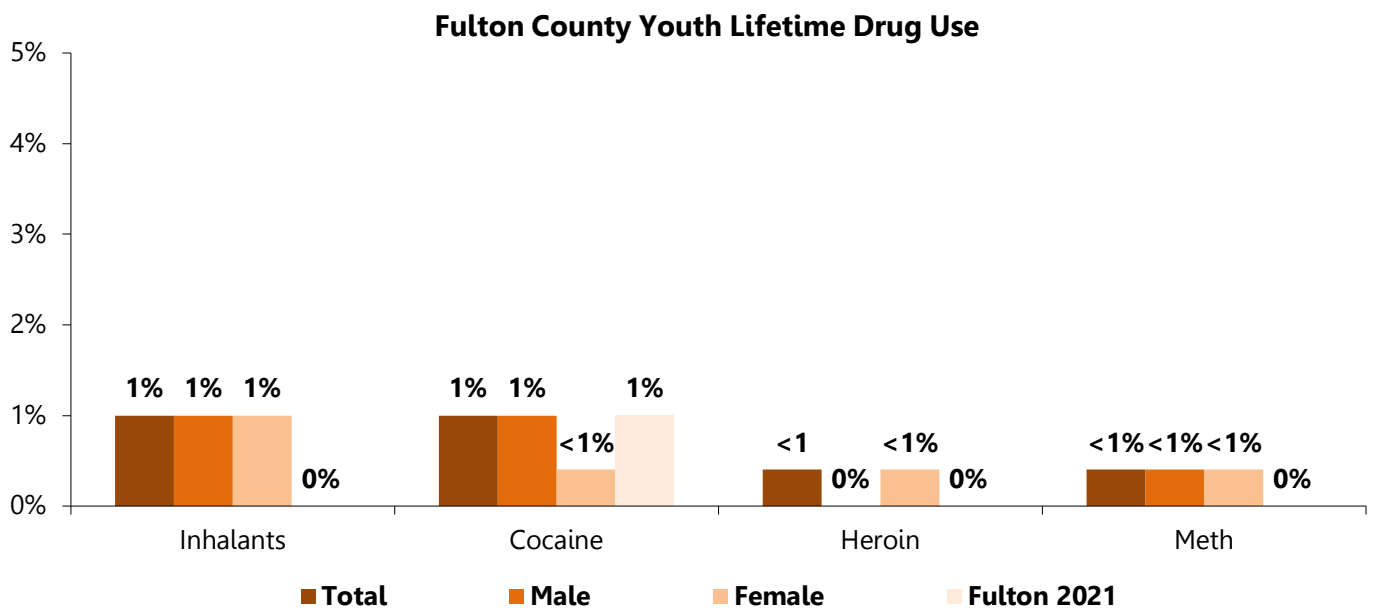
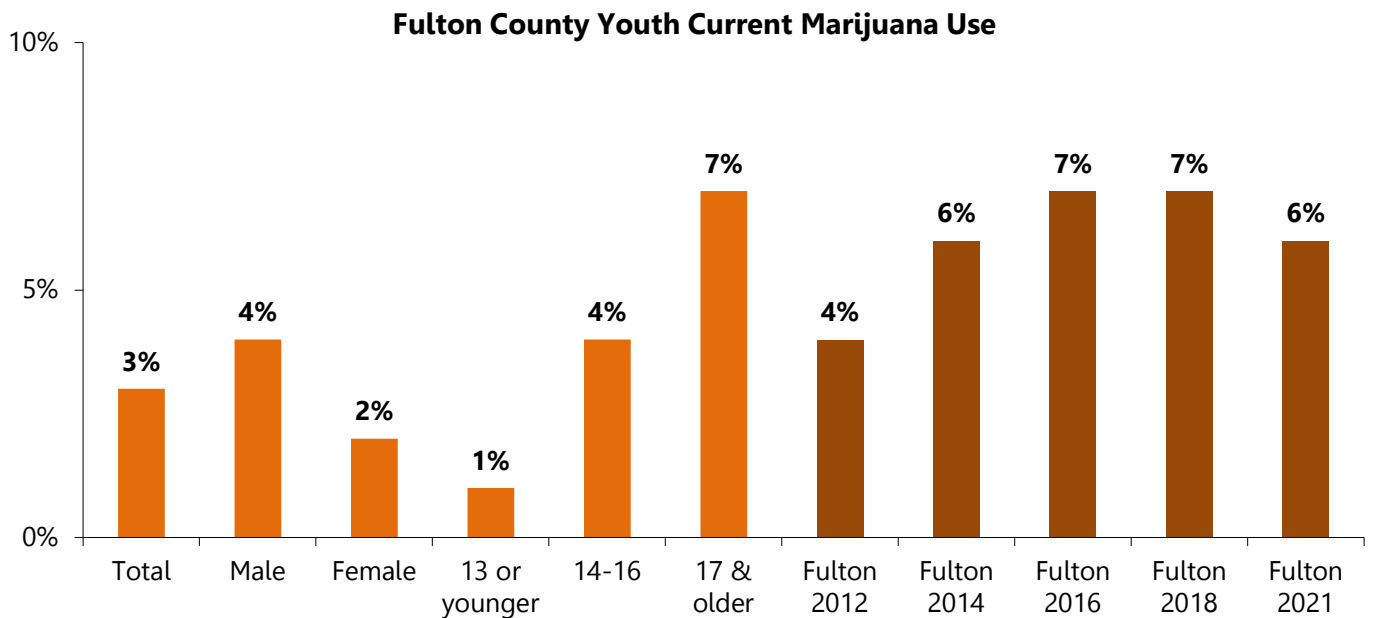
- In the past 12 months, 3% of youth reported being offered, sold, or given an illegal drug on school property.
- Youth gave the following reasons for not using alcohol, tobacco, or other drugs:
  - Family would be upset (53%)
  - Values (53%)
  - Legal consequences (42%)
  - Kicked out of extracurricular activities (34%)
  - Friends would not approve (33%)
  - Health problems (30%)
  - Random drug testing (13%)
  - 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 (28%), 2-3 months ago (14%), 4-6 months ago (7%), 7-12 months ago (5%), and more than one year ago (18%). More than one-quarter (28%) 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 (36%), themselves (31%), peers (4%), siblings (2%), religious leader (2%), social media/influencers (2%), coaches (1%), teachers (1%), law enforcement (1%), another adult (1%), other trusted adult (1%), and other (3%). Seventeen percent (17%) of youth reported none of the above were a leading influence in their decision to not use alcohol, tobacco, or other substances.

The table below shows substances that youth reported were available (easily accessible in their home or community) to them.

**Availability of Substances to Fulton County Youth**

Substance	All Youth			6 <sup>th</sup> -8 <sup>th</sup> Grade (Middle School)			9 <sup>th</sup> -12 <sup>th</sup> Grade (High School)		
	Available	Not Available	Don't Know	Available	Not Available	Don't Know	Available	Not Available	Don't Know
<b>Alcohol</b>	44%	43%	13%	32%	51%	17%	53%	37%	10%
<b>Electronic vapor products</b>	22%	64%	14%	17%	68%	15%	27%	60%	13%
<b>Tobacco</b>	21%	65%	14%	12%	72%	16%	28%	59%	13%
<b>Prescription drugs not prescribed to you</b>	14%	65%	21%	10%	70%	20%	17%	61%	22%
<b>Marijuana</b>	13%	71%	16%	6%	79%	15%	19%	65%	16%
<b>Synthetic drugs (K2, spice, etc.)</b>	1%	79%	20%	1%	79%	20%	1%	79%	20%
<b>Methamphetamines</b>	1%	81%	18%	1%	81%	18%	1%	81%	18%
<b>Heroin</b>	1%	83%	16%	1%	82%	17%	1%	83%	16%
<b>Narcan/Naloxone</b>	1%	77%	22%	1%	77%	22%	2%	77%	21%

The following graphs indicate current marijuana use and lifetime drug use among Fulton County youth. An example of how to interpret the information in the first graph includes: 3% of all Fulton County youth were current marijuana users, including 7% of youth 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.*

## Healthy People 2030 Substance Abuse (SU)

Objective	Fulton County 2023	Ohio 2021	U.S. 2021	Healthy People 2030 Target
<b>SU-06 Reduce the proportion of adolescents who used marijuana in the past month</b>	3% (6-12 Grade) 5% (9-12 Grade)	13% (9-12 Grade)	16% (9-12 Grade)	6%*

*\*Note: The Healthy People 2030 target is for youth aged 12 -17 years  
(Sources: 2023 Fulton County Youth Health Assessment, 2021 Ohio and U.S. YRBS, Healthy People 2030 Objectives)*

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: 55% of current marijuana users had sexual intercourse in their lifetime, compared to 7% 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
<b>Currently participate in extracurricular activities</b>	91%	92%
<b>Felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities</b> (in the past 12 months)	59%	27%
<b>Had sexual intercourse</b> (in their lifetime)	55%	7%
<b>Experienced 3 or more adverse childhood experiences (ACEs)</b> (in their lifetime)	50%	21%
<b>Bullied</b> (in the past 12 months)	46%	34%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	36%	11%
<b>Have had at least one drink of alcohol</b> (in the past 30 days)	29%	2%
<b>Attempted suicide</b> (in the past 12 months)	23%	5%
<b>Smoked cigarettes</b> (in the past 30 days)	14%	1%
<b>Used prescription medication not prescribed to them</b> (in their lifetime)	0%	<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.*

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Comparisons	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Currently used marijuana</b> (in the past 30 days)	4%	6%	7%	7%	6%	3%	5%	13%	16%
<b>Currently used prescription drugs not prescribed to them</b> (in the past 30 days)	4%	6%	3%	3%	2%	<1%	<1%	N/A	N/A
<b>Ever used methamphetamines</b> (in their lifetime)	1%	<1%	1%	1%	1%	<1%	1%	2%	2%
<b>Ever used cocaine</b> (in their lifetime)	1%	2%	3%	1%	1%	1%	1%	2%	3%
<b>Ever used heroin</b> (in their lifetime)	2%	1%	1%	1%	<1%	<1%	<1%	N/A	1%
<b>Ever used inhalants</b> (in their lifetime)	5%	7%	6%	7%	<1%	1%	2%	N/A	8%
<b>Ever used ecstasy</b> (in their lifetime)	2%	2%	2%	<1%	1%	<1%	1%	N/A	3%
<b>Ever took prescription drugs without a doctor's prescription</b> (in their lifetime)	6%	8%	6%	7%	4%	4%	4%	10%	12%
<b>Were offered, sold, or given an illegal drug on school property</b> (in the past 12 months)	5%	4%	4%	3%	5%	3%	3%	N/A	14%

N/A – Not Available

Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.

# Youth Health: Perceptions of Substance Use

## Perceived Risk of Use

- Youth thought there was risk in people harming themselves physically or in other ways if people: misused prescription drugs (66%), drank alcohol (62%), smoked cigarettes (62%), used vape products (60%), and used marijuana/THC (59%). Twenty-seven percent (27%) of youth thought there was no risk in doing any of the above.

### Perceived Risk of Use

Youth believed people risk harming themselves physically or in other ways if they:	Total	Male	Female	13 or younger	14-16 years old	17 or older
Smoke cigarettes	62%	60%	64%	55%	69%	63%
Drink alcohol	62%	57%	68%	50%	73%	63%
Use vape products	60%	58%	62%	52%	68%	58%
Use marijuana/THC	59%	54%	64%	50%	70%	51%
Misuse prescription drugs	66%	62%	71%	53%	77%	69%

## Perception of Parent and Friend Disapproval

- Youth thought their parents would disapprove of them doing the following: misusing prescription drugs (87%), smoking cigarettes (86%), using vape products (83%), using marijuana/THC (83%), and drinking alcohol (76%). Eleven percent (11%) 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 (82%), smoking cigarettes (78%), using marijuana/THC (73%), using vape products (71%), and drinking alcohol (63%). Seventeen percent (17%) of youth thought their friends would not disapprove of any of the above.

### Perceived Disapproval by Parents and Friends

Parents would disapprove of you doing the following:	Total	Male	Female	13 or younger	14-16 years old	17 or older
Smoke cigarettes	86%	82%	90%	83%	89%	86%
Drink alcohol	76%	73%	79%	77%	78%	67%
Use vape products	83%	81%	86%	81%	87%	79%
Use marijuana/THC	83%	79%	87%	82%	86%	78%
Misuse prescription drugs	87%	82%	92%	82%	90%	88%
Friends would disapprove of you doing the following:	Total	Male	Female	13 or younger	14-16 years old	17 or older
Smoke cigarettes	78%	71%	85%	77%	82%	70%
Drink alcohol	63%	58%	69%	72%	66%	39%
Use vape products	71%	67%	75%	75%	76%	51%
Use marijuana/THC	73%	66%	79%	77%	77%	54%
Misuse prescription drugs	82%	75%	88%	78%	86%	79%

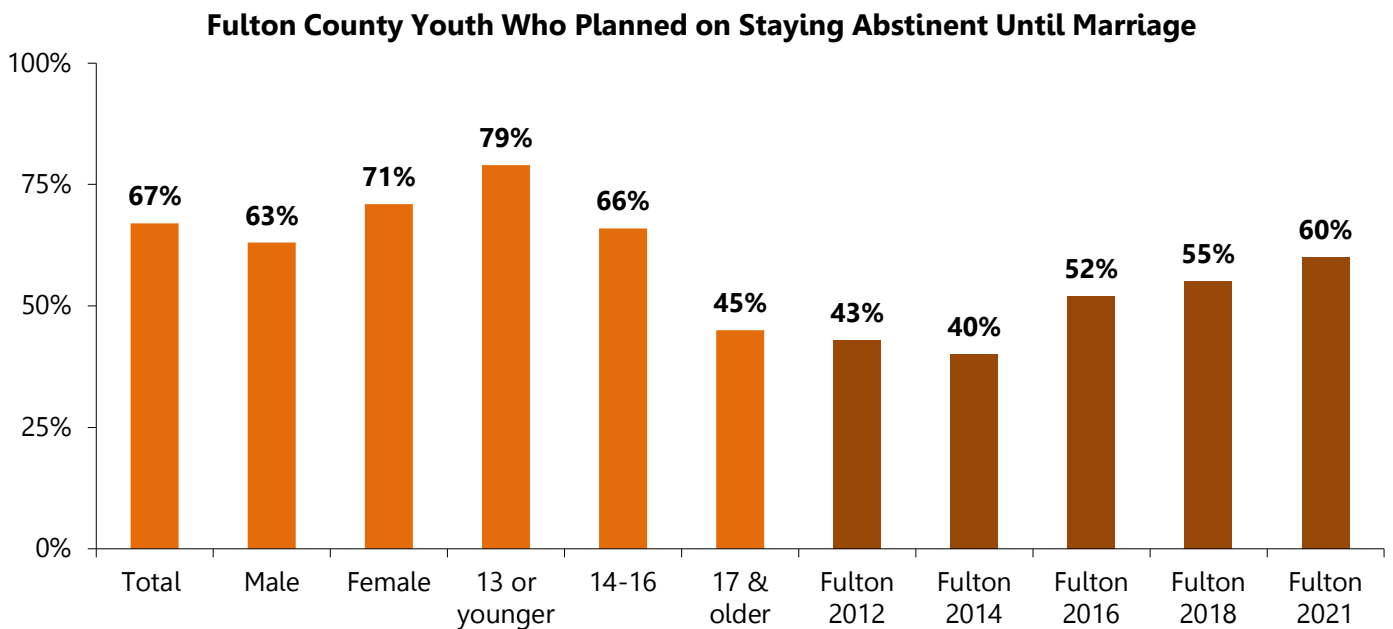
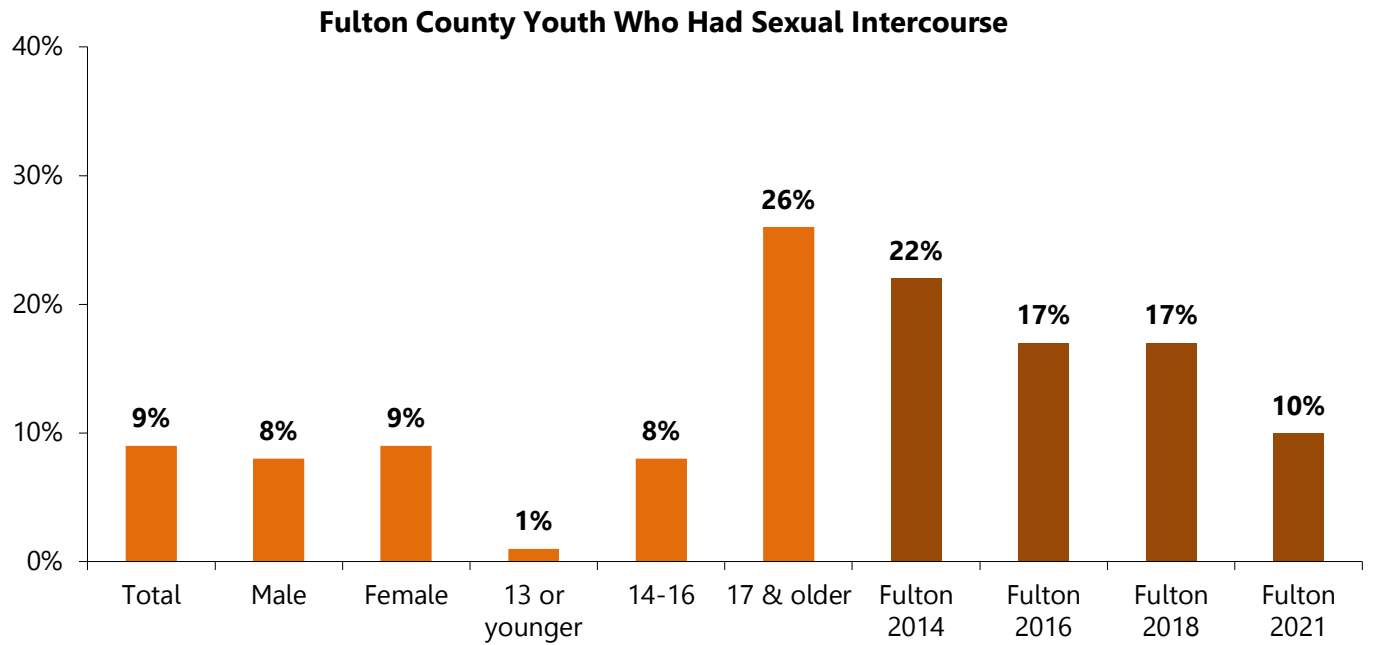
# Youth Health: Sexual Behavior

**356 youth had sexual intercourse at least once in their lives.**

## Sexual Behavior

- Nine percent (9%) of Fulton County youth had sexual intercourse at least once in their lives, increasing to 26% of youth ages 17 and older.
- Of all youth, 2% had sexual intercourse for the first time before the age of 13.
- Sixteen percent (16%) of youth who had sexual intercourse at some time in their life had sex for the first time at 12 years old or younger, 21% had sex for the first time between the ages of 13 and 14, and 63% had sex for the first time at 15 years or older. The average age of onset was 14.8 years old.
- Seven percent (7%) of youth had participated in other sexual activities at least once in their lives (not including kissing or holding hands), increasing to 18% of youth ages 17 and older.
- Seven percent (7%) of youth had participated in sexting, increasing to 17% of those ages 17 and older.
- Twelve percent (12%) of youth had viewed pornography, increasing to 17% of males and 22% of youth 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 (7%)
  - They texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (3%)
  - Threatened or blackmailed with the possibility of someone sharing real or fake nude pictures (2%)
  - A revealing or sexual photo of them was texted, e-mailed, or posted electronically without their permission (1%)
- Among youth who indicated they had ever had sex, almost two-fifths (37%) used condoms to prevent pregnancy and/or sexually transmitted diseases (STDs) the last time they had sex; 21% used birth control pills; 8% used an IUD or implant; 7% used the withdrawal method; 4% used a shot, patch, or birth control ring; and 6% of youth used some other method. Seven percent (7%) of youth who engaged in sexual activity did so without a method of protection, and 40% reported they were unsure.
- Youth learned about pregnancy prevention, sexually transmitted diseases, HIV/AIDS, and the use of condoms from: school (62%), parents/caregiver (48%), their doctor (26%), internet or other social media (22%), friends (18%), siblings (10%), other trusted adult (9%), church (5%), and somewhere else (4%). Sixteen percent (16%) of youth had not been taught about these subjects.
- Among youth who indicated they had ever had sex, 6% 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 (1%); had been treated for an STD (<1%); had a miscarriage (<1%); had gotten someone pregnant (<1%); tried to get pregnant (<1%); had a child (<1%); had been forced or manipulated to sell sex and give part or all of the money to someone else (<1%); and had sex in exchange for something of value, such as food, drugs, shelter, or money (<1%).
- Sixty-seven percent (67%) of youth reported they are planning to stay abstinent until marriage, decreasing to 45% of youth 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: 9% of all Fulton County youth had sexual intercourse, 26% of youth 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.*

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Comparisons	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Had participated in some form of sexual activity</b>	30%	29%	17%	16%	10%	9%	14%	N/A	N/A
<b>Ever had sexual intercourse</b>	N/A	22%	17%	17%	10%	9%	14%	33%	30%
<b>Had sexual intercourse for the first time before age 13</b>	N/A	N/A	N/A	N/A	3%	2%	1%	2%	3%
<b>Planning to stay abstinent until marriage</b>	43%	40%	52%	55%	60%	67%	58%	N/A	N/A
<b>Drank alcohol or used drugs before last sexual intercourse</b> (among youth who had ever had sexual intercourse)	N/A	N/A	11%	14%	16%	6%	6%	15%*	21%*
<b>Used a condom during last sexual intercourse</b> (among youth who had ever had sexual intercourse)	N/A	N/A	N/A	37%	40%	37%	46%	58%*	52%*
<b>Used birth control pills before last sexual intercourse</b> (to prevent pregnancy, among youth who had ever had sexual intercourse)	N/A	N/A	N/A	21%	28%	21%	26%	43%*	33%*
<b>Used an IUD</b> (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, (among youth who had ever had sexual intercourse)	N/A	N/A	N/A	2%	7%	8%	11%	8%*	9%*

N/A – Not Available

\*YRBS Ohio and US data is among youth who indicated they were sexually active (had sexual intercourse within the past three months)

Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.

# Youth Health: Mental Health

## 435 youth in Fulton County seriously considered attempting suicide.

### Mental Health

- More than one-quarter (27%) 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 38% of females.
- Eleven percent (11%) of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 15% of females.
- In the past year, 5% of youth had attempted suicide. Three percent (3%) of all youth had made more than one suicide attempt.
- Fulton County youth reported the following caused them anxiety, stress, or depression:
  - Homework (51%)
  - Academic success (31%)
  - Sports (30%)
  - Self-image (29%)
  - Fighting with friends (25%)
  - Fighting in home (24%)
  - Other stress at home (22%)
  - Death of close family member or friend (21%)
  - Dating relationship/breakup (20%)
  - Peer pressure (18%)
  - Being bullied (14%)
  - Social media (12%)
  - Parent/divorce separation (10%)
  - Current news/world events/political environment (8%)
  - Their own illness (8%)
  - Job (8%)
  - Caring for younger siblings (8%)
  - Poverty/no money (8%)
  - Someone they are close to is sick (6%)
  - Alcohol or drug use in the home (4%)
  - Sexual orientation (2%)
  - Gender Identity (2%)
  - Not having enough to eat (2%)
  - Not having a place to live (1%)
  - Their own alcohol/drug use (1%)
  - COVID-19 (1%)
- Youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (47%); hobbies (36%); talking to someone in their family (28%); eating more or less than normal (26%); using social media (26%); exercising (25%); texting someone (24%); talking to a peer (23%); praying/reading the Bible (22%); talking to a trusted adult (18%); shopping (10%); breaking something (9%); writing in a journal (8%); and drinking alcohol, smoking, using tobacco, using marijuana or using illegal drugs (2%).
- When youth had feelings of depression or suicide, they talked to the following: a best friend (25%); parents (16%); a girlfriend/boyfriend (11%); brother/sister (9%); professional counselor (5%); other trusted adult (4%); an adult relative such as a grandparent, aunt, or uncle (4%); school counselor (4%); pastor, priest, youth minister, or religious leader (3%); a coach (2%); teacher (2%); a family doctor (1%); call/text crisis line (1%); and other (3%). Eighteen percent (18%) of youth reported they had no one to talk to when they had feelings of depression or suicide. Forty-four percent (44%) of youth reported they did not have feelings of depression or suicide.
- Almost half (46%) 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 (22%), no time (10%), would not know where to go (10%), cost (6%), their family would not support them in getting help (5%), their friends would not support them in getting help (5%), and transportation (2%). Five percent (5%) of youth indicated they were already receiving treatment for anxiety, stress, depression, or thoughts of suicide.

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: 68% of those who contemplated suicide were bullied in the past 12 months, compared to 29% 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
<b>Currently participate in extracurricular activities</b>	89%	92%
<b>Felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities</b> (in the past 12 months)	86%	20%
<b>Bullied</b> (in the past 12 months)	68%	29%
<b>Experienced 3 or more adverse childhood experiences (ACEs)</b> (in their lifetime)	57%	17%
<b>Overweight or obese</b>	43%	28%
<b>Had sexual intercourse</b> (in their lifetime)	34%	8%
<b>Used marijuana</b> (in the past 30 days)	10%	2%
<b>Have had at least one drink of alcohol</b> (in the past 30 days)	6%	3%
<b>Smoked cigarettes</b> (in the past 30 days)	6%	1%
<b>Used prescription medication not prescribed to them</b> (in their lifetime)	1%	<1%

*\*\*"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.*

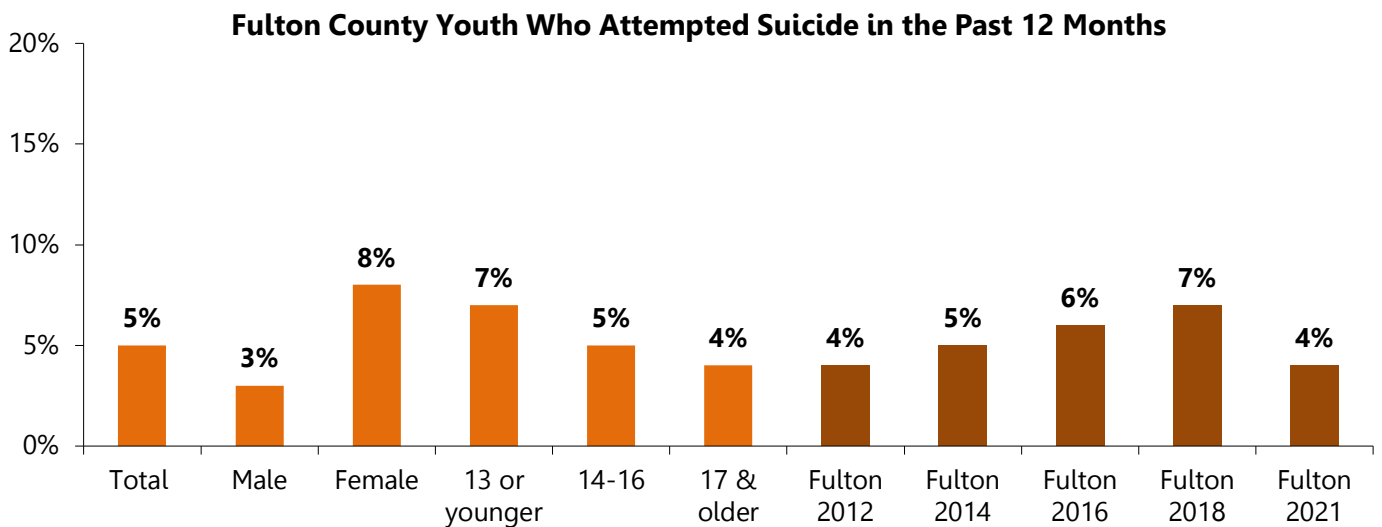
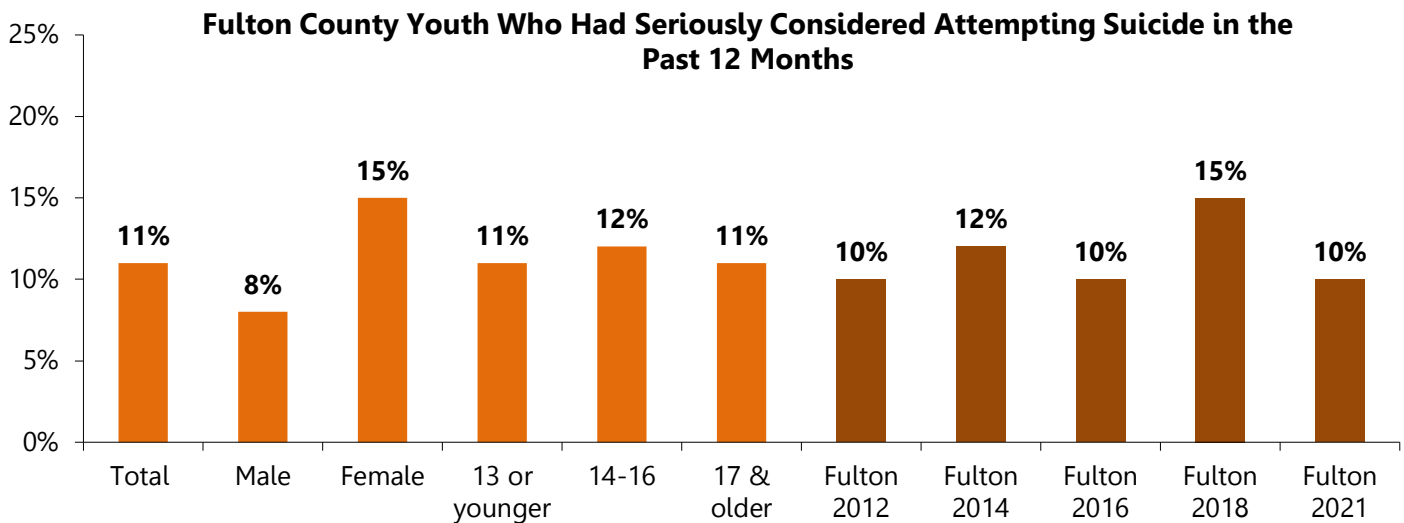
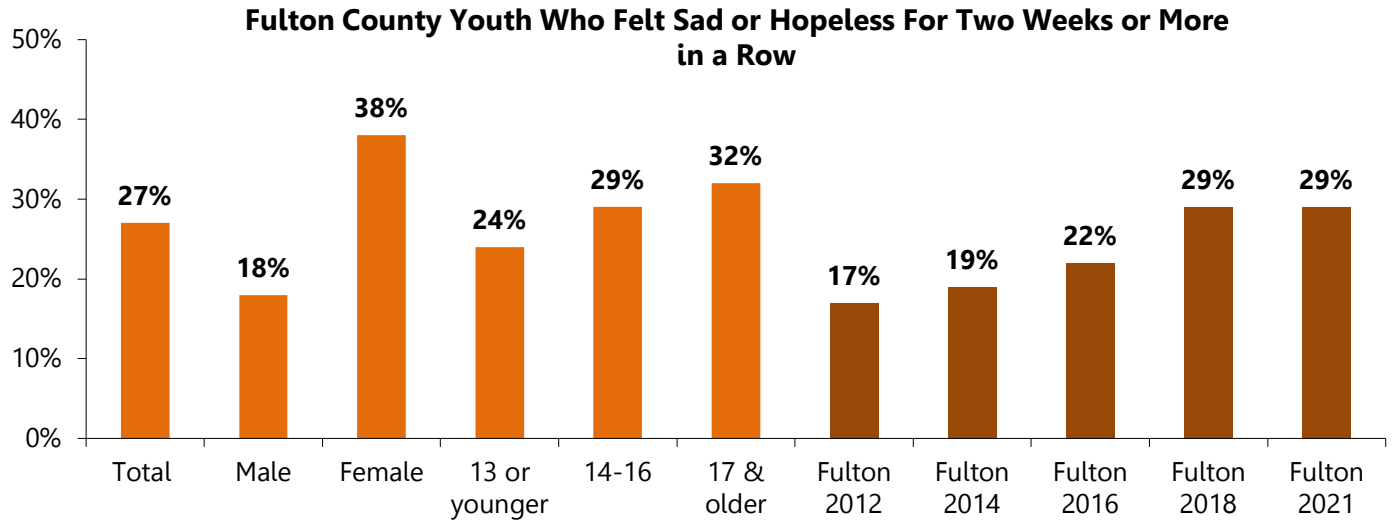
**Healthy People 2030**  
**Mental Health and Mental Disorders (MHMD)**

Objective	Fulton County 2023	Ohio 2021	U.S. 2021	Healthy People 2030 Target
<b>MHMD-02 Reduce suicide attempts by adolescents†</b>	5% (6-12 Grade)  4% (9-12 Grade)	10% (9-12 Grade)	10% (9-12 Grade)	2%*

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

*(Sources: 2023 Fulton County Youth Health Assessment, 2021 Ohio and U.S. YRBS, Healthy People 2030 Objectives)*

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 in the first graph includes: 27% of all Fulton County youth felt sad or hopeless for two or more weeks in a row, including 38% of females.



*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*

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Comparisons	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Felt sad or hopeless</b> (almost every day for two or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	17%	19%	22%	29%	29%	27%	30%	43%	42%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	10%	12%	10%	15%	10%	11%	11%	22%	22%
<b>Attempted suicide</b> (in the past 12 months)	4%	5%	6%	7%	4%	5%	4%	10%	10%

*Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 data is not available or if the percentage remained the same.*

# Youth Health: Social Determinants of Health

**515 youth in Fulton County went to bed hungry in the past month because their family did not have enough money for food.**

## Personal Health

- Youth last visited a doctor or other health care professional for a routine check-up: less than a year ago (79%), one to two years ago (8%), three to five years ago (2%), more than 5 years ago (1%), never (1%), and do not know (9%).
- Youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (73%), one to two years ago (9%), more than 2 years ago (4%), never (1%), and do not know (13%).

## Personal Safety

- Sixty-eight percent (68%) of Fulton County youth reported having a firearm in or around their home. One percent (1%) of youth reported that the firearms in or around their home were unlocked and loaded.
- In the past 30 days, youth drivers did the following while driving: wore a seatbelt (87%), ate (34%), drove while tired or fatigued (28%), talked on their cell phone (25%), used their cell phone other than for talking or texting (21%), texted (17%), and applied makeup (3%).
- Fifteen percent (15%) 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 believed sharing information online is dangerous (60%)
  - They knew all the people in their “friends” (58%)
  - Their account was currently checked private (40%)
  - They took technology breaks (34%)
  - They had physically met all the people they play with online (32%)
  - They wished they spent less time on social media (29%)
  - Their parents/caregivers had their password to their accounts (25%)
  - They felt anxious many times after checking social media (10%)
  - They wished they did not have a social media account (9%)
  - They felt pressured to have a social media account (8%)
  - They felt depressed many times after checking social media (7%)
  - They had been asked to meet someone they met online (7%)
  - Their friends had their password to some or all of their accounts (7%)
  - They shared personal information, such as where they live (6%)
  - They had been bullied because of their accounts (5%)
  - Their parents did not know they had an account (4%)
  - They had participated in sexual activity with someone they met online (2%)

## Social and Community Context

- Fulton County youth lived with the following: both parents (61%), one parent (16%), mother and step-father (13%), parents have joint custody (8%), father and step-mother (6%), grandparents (5%), mother and partner (4%), another relative (2%), father and partner (1%), on their own or with friends (1%), and guardians/foster parents (1%).
- In the past 30 days, 13% 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 (87%), rarely (8%), sometimes (4%), most of the time (1%), and always (<1%).

## Social and Community Context, *continued*

- Fulton County youth reported their family gets most of their food from the following: grocery store (93%), fast food restaurant (1%), food pantry (1%), convenience/corner store (<1%), doctor's office/food pharmacy (<1%), school backpack program (<1%), church (<1%), other (1%), and don't know (3%).
- In the past 30 days, youth reported usually sleeping: in their parent's or caregiver's home (95%); in the home of a friend, family member, or other person because they had to leave their home (1%); in a shelter or emergency housing (<1%); a car, park, campground, or other public place (<1%); and somewhere else (2%). One percent (1%) of youth reported they did not have a usual place to sleep.
- Ninety-two percent (92%) of youth participated in extracurricular activities. They participated in the following:
  - Sports or intramural program (58%)
  - Exercise outside of school (41%)
  - School club or social organization (34%)
  - Church youth group (27%)
  - Part-time job (25%)
  - Church or religious organization (24%)
  - Take care of siblings after school (16%)
  - Some other organized activity (13%)
  - Volunteer in the community (11%)
  - Babysit for other kids (10%)
  - Take care of parents or grandparents (3%)
- Eight percent (8%) of youth did not participate in any extracurricular activities.
- Fulton County youth indicated their parent or caregiver regularly did the following: talked to them about school (74%), asked them about homework (71%), went to meetings or events at their school (61%), made the family eat a meal together (60%), talked to them about goals for their future (59%), helped them with school work (57%), talked to them about healthy choices (54%), talked to them about respecting themselves (43%), talked to them about dating and healthy relationships (41%), talked to them about social media (40%), talked to them about healthy ways to deal with stress and emotions (36%), talked to them about alcohol or drug use (30%), talked to them about body image (21%), talked to them about sex (21%), discussed abstinence and how to refuse sex (13%), talked to them about condoms/safer sex/STD prevention (10%), and talked to them about birth control options (9%). Seven percent (7%) of youth reported their parent or caregiver do not regularly do any of the above.
- Fulton County youth indicated the following about school:
  - Their teachers pushed them to do their best (67%)
  - They were bored at school (67%)
  - Their teachers cared about them (65%)
  - The community supported their school (58%)
  - They felt protected at school (50%)
  - They had a lot of school pride (44%)
  - They got a lot of encouragement (43%)
  - Adults did not take bullying seriously at their school (15%)
  - They came to class unprepared (12%)
  - They skipped school in the past month (9%)
  - Classes they wanted to take got cut (6%)
  - They felt unsafe at school (6%)
  - Teachers and or staff members did not care about them (5%)
  - Teachers or staff members bullied/targeted them (4%)
  - Extracurricular activities they were involved in got cut (1%)

## Social and Community Context, *continued*

- Nearly half (49%) of Fulton County youth reported experiencing the following adverse childhood experiences (ACEs):
  - Parents separated or were divorced (28%)
  - Parents or adults in their home swore at them, insulted them, or put them down (23%)
  - Lived with someone who was depressed, mentally ill, or suicidal (18%)
  - Family did not look out for each other, feel close to each other, or support each other (15%)
  - Lived with someone who was a problem drinker or alcoholic (15%)
  - Parents were not married (13%)
  - Lived with someone who served time or was sentenced to serve in prison or jail (11%)
  - Lived with someone who used illegal street drugs or abused prescription drugs (7%)
  - Parents or adults in the home abused them (6%)
  - Parents or adults in the home abused each other (6%)
  - An adult or someone 5 years older than them touched them sexually (3%)
  - Did not have enough to eat, had to wear dirty clothes, and had no one to protect them (2%)
  - An adult or someone 5 years older than them tried to make them touch them sexually (1%)
  - An adult or someone 5 years older than them forced them to have sex (1%)
- More than one-fifth (22%) of youth experienced three or more ACEs in their lifetime.

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

#### **What are Adverse Childhood Experiences (ACEs)?**

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:

- experiencing violence, abuse, or neglect
- witnessing violence in the home or community
- having a family member attempt or die by suicide

Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding, such as growing up in a household with: substance use problems, mental health problems, or instability due to parental separation or household members being in jail or prison.

Please note the examples above are not a complete list of adverse experiences. Many other traumatic experiences could impact health and wellbeing, such as not having enough food to eat, experiencing homelessness or unstable housing, or experiencing discrimination.

ACEs are linked to chronic health problems, mental illness, and substance use problems in adolescence and adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. However, ACEs can be prevented.

*(Source: CDC, Violence Prevention Fast Facts, June 2023)*

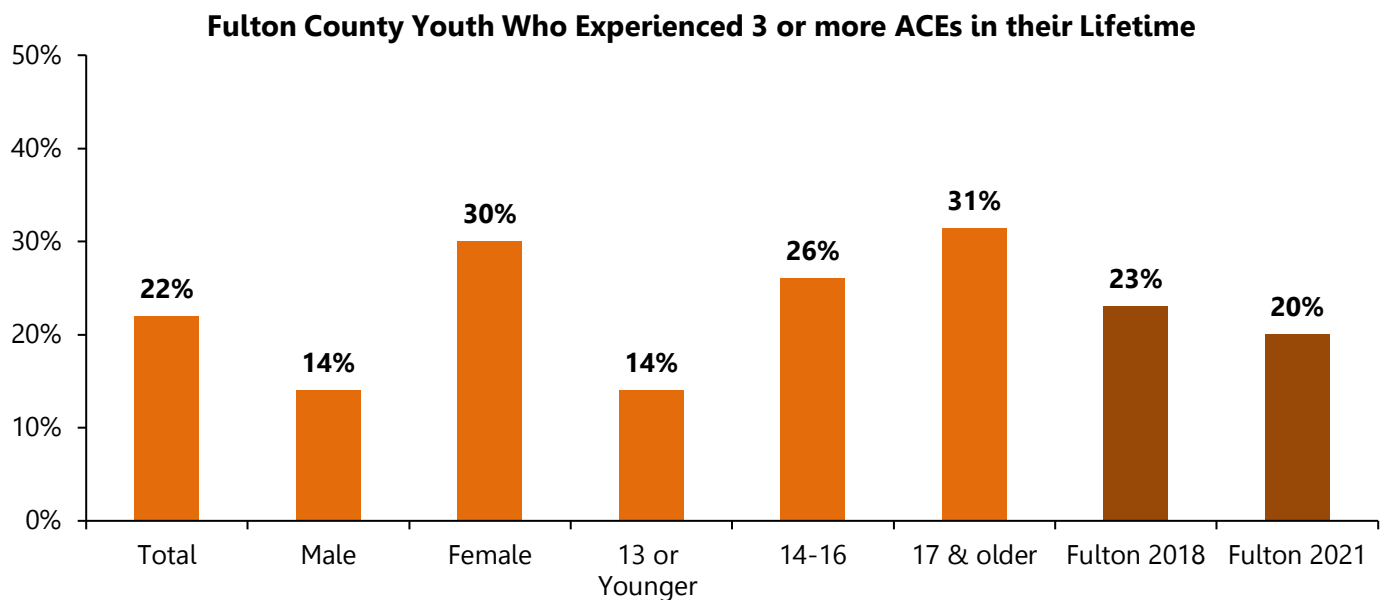
The table below indicates correlations between those who experienced three or more ACEs in their lifetime and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 58% of youth who experienced three or more ACEs were bullied in the past year, compared to 20% of youth 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
<b>Currently participate in extracurricular activities</b>	92%	94%
<b>Felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities</b> (in the past 12 months)	62%	10%
<b>Bullied</b> (in the past 12 months)	58%	20%
<b>Overweight or obese</b>	39%	23%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	30%	2%
<b>Had sexual intercourse</b> (in their lifetime)	22%	4%
<b>Attempted suicide</b> (in the past 12 months)	16%	1%
<b>Used marijuana</b> (in the past 30 days)	7%	2%
<b>Have had at least one drink of alcohol</b> (in the past 30 days)	6%	3%
<b>Smoked cigarettes</b> (in the past 30 days)	3%	1%
<b>Used prescription medication not prescribed to them</b> (in their lifetime)	1%	<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 the percentage of Fulton County youth who had experienced three or more ACEs in their lifetime. An example of how to interpret the information includes: 22% of all Fulton County youth had experienced three or more ACEs in their lifetime, including 30% of males and 14% 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 Health: Violence

## Violence-Related Behaviors

- Four percent (4%) of youth did not go to school on one or more days in the past month 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 (3%), stalked them (2%), and physically hurt them on purpose (1%). Almost half (49%) of youth reported they had not experienced any of these things, and 46% indicated they did not date or go out with anyone during the past 12 months.
- Twenty-one percent (21%) of youth had purposefully hurt themselves at some time in their lives. They did so in the following ways: cutting (11%), scratching (10%), hitting (10%), biting (6%), burning (4%), and self-embedding (3%).

### 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%	5%	18%	9%	11%	18%	9%	13%
Scratching	10%	5%	16%	10%	10%	10%	11%	10%
Hitting	10%	8%	12%	9%	10%	10%	10%	10%
Biting	6%	4%	9%	6%	6%	7%	7%	6%
Burning	4%	2%	5%	3%	4%	6%	3%	4%
Self-embedding	3%	2%	4%	4%	3%	2%	3%	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:
  - 28% of youth were **verbally bullied** (teased, taunted, or called harmful names)
  - 17% youth were **indirectly bullied** (spread mean rumors about them or kept them out of a “group”)
  - 8% of youth were **cyber bullied** (teased, taunted, or threatened by e-mail or cell phone)
  - 4% of youth were **physically bullied** (were hit, kicked, punched or people took their belongings)
  - 2% 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)
- Seventeen percent (17%) of youth reported they were bullied repeatedly by the same person in the past 12 months.
- One-fourth (25%) of youth reported they had been bullied on school property during the past 12 months, increasing to 31% of females and 31% of youth ages 13 or younger.
- During the past 12 months, 31% of youth had been a victim of teasing or name calling because of the following:
  - Weight, size, or physical appearance (25%)
  - Sexual identity (gay, lesbian, bisexual, transgender, etc.) (7%)
  - Race or ethnic background (5%)
  - Gender (4%)
  - A disability (2%)

### 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	28%	23%	34%	32%	32%	14%	31%	26%
Indirectly Bullied	17%	9%	25%	16%	18%	13%	17%	16%
Cyber Bullied	8%	3%	12%	9%	7%	8%	9%	7%
Physically Bullied	4%	5%	4%	6%	4%	1%	7%	2%
Sexually Bullied	2%	1%	2%	2%	1%	2%	2%	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: 48% 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.

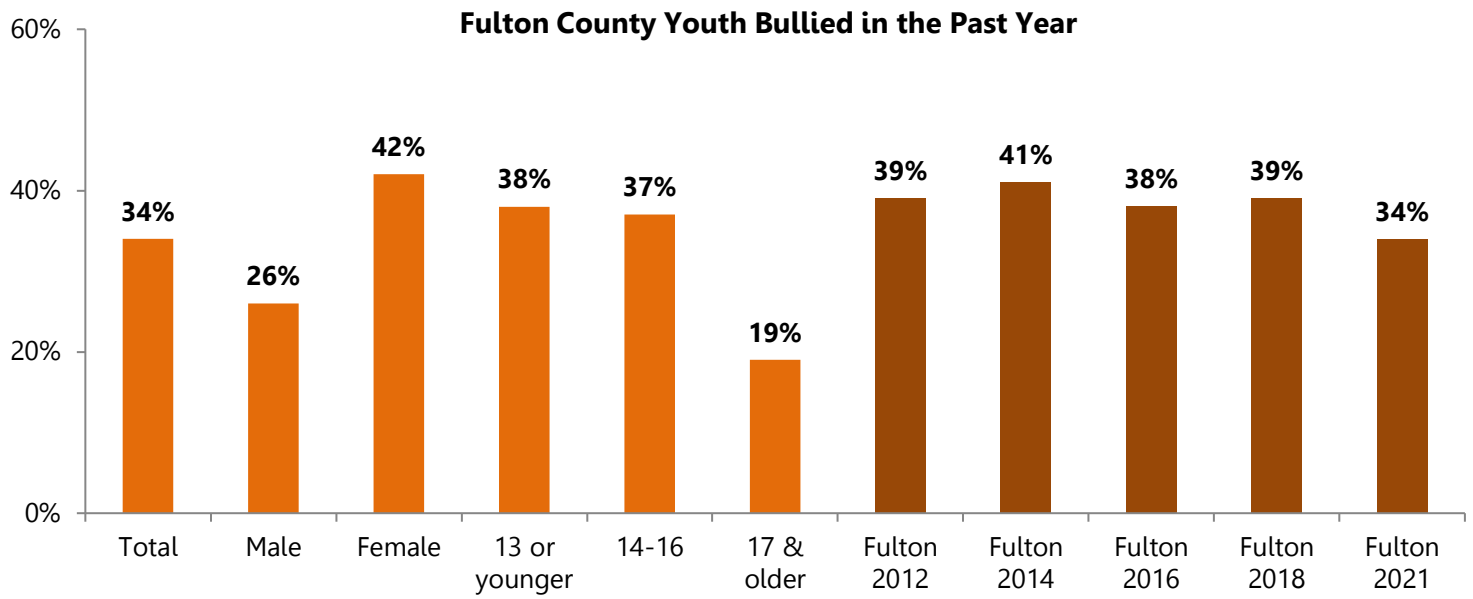
### Behaviors of Fulton County Youth

*Bullied vs. Not Bullied*

Youth Behavior	Bullied	Not Bullied
Currently participate in extracurricular activities	90%	93%
Felt sad or hopeless for two or more weeks in a row (in the past 12 months)	48%	17%
Overweight or obese	38%	25%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	38%	14%
Seriously considered attempting suicide (in the past 12 months)	23%	6%
Attempted suicide (in the past 12 months)	13%	2%
Had sexual intercourse (in their lifetime)	11%	7%
Used marijuana (in the past 30 days)	4%	2%
Have had at least one drink of alcohol (in the past 30 days)	3%	3%
Smoked cigarettes (in the past 30 days)	2%	1%
Used prescription medication not prescribed to them (in their lifetime)	<1%	<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 42% 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.*

	6 <sup>th</sup> -12 <sup>th</sup> Grade Fulton County Comparisons						High School State & National Comparisons		
Youth Comparisons	Fulton County 2012 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2014 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2016 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2018 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2021 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (6 <sup>th</sup> -12 <sup>th</sup> )	Fulton County 2023 (9 <sup>th</sup> -12 <sup>th</sup> )	Ohio 2021 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2021 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Did not go to school because they felt unsafe</b> (at school or on their way to or from school in the past 30 days)	2%	2%	4%	4%	3%	4%	3%	9%	9%
<b>Bullied</b> (in past 12 months)	39%	41%	38%	39%	34%	34%	31%	N/A	N/A
<b>Bullied on school property</b> (in past 12 months)	23%	27%	27%	30%	24%	25%	21%	20%	15%
<b>Electronically bullied</b> (in past 12 months)	8%	11%	10%	10%	7%	8%	7%	19%	16%

N/A – Not Available

Note: 2023 percentages are colored green to represent a positive percentage change when comparing to 2021 data. Red represents a negative percentage change. No color is represented if the 2021 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): Healthy Weight, Nutrition, and Physical Activity	<ul style="list-style-type: none"> <li>Using BMI-for-age as a screening tool</li> </ul>	<a href="https://www.cdc.gov/nccdphp/dnpao/growthcharts/training/bmiage/page2.html#:~:text=BMI%2Dfor%2Dage%20is%20the,before%20%20years%20of%20age.">https://www.cdc.gov/nccdphp/dnpao/growthcharts/training/bmiage/page2.html#:~:text=BMI%2Dfor%2Dage%20is%20the,before%20%20years%20of%20age.</a>
CDC: Healthy Weight, Nutrition, and Physical Activity	<ul style="list-style-type: none"> <li>What are adverse childhood experiences?</li> </ul>	<a href="https://www.cdc.gov/violenceprevention/aces/fastfact.html">https://www.cdc.gov/violenceprevention/aces/fastfact.html</a>
Healthy People 2030: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> <li>All Healthy People 2030 Target Objectives</li> </ul>	<a href="https://health.gov/healthypeople/objectives-and-data/browse-objectives">https://health.gov/healthypeople/objectives-and-data/browse-objectives</a>
U. S. Department of Commerce, Census Bureau	<ul style="list-style-type: none"> <li>Fulton County Demographic Information (American Community Survey 5-Year Estimates, 2022)</li> </ul>	<a href="https://data.census.gov/">https://data.census.gov/</a>
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"> <li>2021 Youth U.S. correlating statistics</li> </ul>	<a href="https://www.cdc.gov/healthyyouth/data/yrbs/results.htm">https://www.cdc.gov/healthyyouth/data/yrbs/results.htm</a>

## Appendix II: Acronyms and Terms

<b>ACE</b>	<b>A</b> dverse <b>C</b> hildhood <b>E</b> xperiences
<b>BMI</b>	<b>B</b> ody <b>M</b> ass <b>I</b> ndex is defined as the contrasting measurement/relationship of weight to height.
<b>Binge Drinking</b>	Consumption of five or more alcoholic beverages or more on one occasion.
<b>CDC</b>	<b>C</b> enters for <b>D</b> isease <b>C</b> ontrol and <b>P</b> revention.
<b>Current Drinker</b>	Individual who has had at least 1 alcoholic beverage in the past 30 days
<b>Current Smoker</b>	Individual who has smoked at least 1 cigarette in the past 30 days
<b>HCNO</b>	<b>H</b> ospital <b>C</b> ouncil of <b>N</b> orthwest <b>O</b> hio
<b>HP 2030</b>	<b>H</b> ealthy <b>P</b> eople <b>2030</b> , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
<b>MHMD</b>	<b>M</b> ental <b>H</b> ealth <b>a</b> nd <b>M</b> ental <b>D</b> isorders, Topic of Healthy People 2030 objectives
<b>N/A</b>	Data is not available.
<b>NWS</b>	<b>N</b> utrition and <b>W</b> eight <b>S</b> tatus, Topic of Healthy People 2030 objectives
<b>Race/Ethnicity</b>	<b>Census 2020:</b> U.S. Census data consider race and Hispanic origin separately. Census 2020 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 2020 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, and Native Hawaiian or Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
<b>SU</b>	<b>S</b> ubstance <b>U</b> se, Topic of Healthy People 2030 objectives
<b>SHA</b>	<b>S</b> tate <b>H</b> ealth <b>A</b> ssessment
<b>TU</b>	<b>T</b> obacco <b>U</b> se, Topic of Healthy People 2030 objectives
<b>Youth</b>	Defined as 12 through 18 years of age
<b>Youth BMI Classifications</b>	<b>U</b> nder <b>w</b> eight is defined as BMI-for-age $\leq$ 5 <sup>th</sup> percentile <b>O</b> ver <b>w</b> eight is defined as BMI-for-age 85 <sup>th</sup> percentile to < 95 <sup>th</sup> percentile <b>O</b> bese is defined as $\geq$ 95 <sup>th</sup> percentile
<b>YRBS</b>	<b>Y</b> outh <b>R</b> isk <b>B</b> ehavior <b>S</b> 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 2023 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

**Four County Career Center**

**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	2023 Youth Survey Sample
<b>Age</b>	
12 years old or younger	23.8%
13 years old	16.4%
14 years old	12.2%
15 years old	14.2%
16 years old	15.4%
17 years old	13.0%
18 years old or older	5.0%
<b>Gender</b>	
Male	52.9%
Female	46.2%
Other	0.9%
<b>Race/Ethnicity</b>	
White	84.3%
Hispanic or Latino	13.3%
American Indian and Alaska Native	8.0%
Black or African American	2.9%
Asian	1.6%
Native Hawaiian or Other Pacific Islander	0.8%
Other	5.6%
Biracial/Mixed	5.0%
<b>Grade Level</b>	
Middle School (6-8)	45.6%
High School (9-12)	54.4%
<b>Individual Grade Level</b>	
6 <sup>th</sup> grade	14.6%
7 <sup>th</sup> grade	15.3%
8 <sup>th</sup> grade	15.7%
9 <sup>th</sup> grade	12.1%
10 <sup>th</sup> grade	13.8%
11 <sup>th</sup> grade	14.2%
12 <sup>th</sup> grade	14.3%

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

# Appendix V: Demographics and Household Information

## FULTON COUNTY PROFILE

(Source: U.S. Census Bureau, 2021)  
2022 ACS 5-Year Estimates

### General Demographic Characteristics

	Number	Percent (%)
<b>Total Population</b>		
2021 Total Population	42,602	100%
<b>Largest City – Wauseon</b>		
2019 Total Population	7,301	100%
<b>Population by Race*/Ethnicity</b>		
Total Population	42,601	100%
White	40,986	96.2%
Hispanic or Latino (of any race)	3,880	9.1%
Black or African American	716	1.7%
American Indian and Alaska Native	439	1.0%
Asian	369	0.9%
Some other race	2,259	5.3%
<b>Population by Age</b>		
Under 5 years	2,416	5.7%
5 to 9 years	2,812	6.6%
10 to 14 years	2,905	6.8%
15 to 19 years	2,834	6.7%
<b>Household by Type</b>		
Total households	16,869	100%
Total families	11,558	68.5%
Households with one or more people <18 years	5,043	29.9%
Married-couple family household	9,285	55.0%
Married-couple family household with one or more people <18 years	N/A	40.3%
Female householder, no spouse present	1,487	8.8%
Female householder, no spouse present with one or more people <18 years	N/A	58.8%
Average household size	2.50 people	N/A
Average family size	3.03 people	N/A

\*Race alone or in combination with one or more other races

N/A – Not Available

*Selected Social Characteristics*

	Number	Percent (%)
<b><i>School Enrollment</i></b>		
Population 3 years and over enrolled in school	9,548	100%
Nursery & Preschool	638	6.7%
Kindergarten	533	5.6%
Elementary School (Grades 1-8)	4,612	48.3%
High School (Grades 9-12)	2,178	22.8%
College or Graduate School	1,587	16.6%
<b><i>Educational Attainment</i></b>		
Population 25 years and over	29,212	100%
< 9 <sup>th</sup> grade education	370	1.3%
9 <sup>th</sup> to 12 <sup>th</sup> grade, no diploma	1,424	4.9%
High school graduate (includes equivalency)	12,577	43.1%
Some college, no degree	6,040	20.7%
Associate's degree	3,462	11.9%
Bachelor's degree	3,401	11.6%
Graduate or professional degree	1,938	6.6%
High school graduate or higher	27,418	93.9%
Bachelor's degree or higher	5,339	18.3%