

# News Release



North Central District Health Department (NCDHD) represents the following counties; Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, and Rock  
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## Regional 2003 Youth Risk Behavior Survey Results

The results of the 2003 Nebraska Youth Risk Behavior Survey, conducted in area senior high schools in Antelope, Boyd, Cherry, Holt, Knox, Pierce, and Rock Counties was presented in O'Neill, on Monday, June 30, 2003, by Ian M. Newman, Ph.D. of *The Buffalo Beach Company*, Health Education Research & Evaluations. Dr Newman's presentation was attended in representation by 35 people consisting of Board of Health Members, School Principals and Superintendents, Counselors, and County Board Members.

Dr. Newman discussed how the Youth Risk Behavior Survey asked the current behaviors of area senior high school students, of grades 9 through 12, and explained several of the conclusive results. The behaviors asked about, in the survey, directly relate to the major causes of death and disability among young people. Several of the behavior categories included; Unintentional and Intentional Injuries; Tobacco Use; Alcohol Use; Other Drug Use; Inhalant Use; Sexual Behaviors; HIV Education; Weight Control; and Physical Exercise.

As Dr. Newman concluded his session, he left those in attendance with a message and a number of thoughts in how communities can work together in proceeding with improving educational programs. He recommends to select a priority area or two, develop specific objectives, decide how to achieve these objectives, recruit all the help possible and to stay the course – it will take time. Educational programs, combined with policy changes, have the best chance of success. He reminded the audience to never forget that most young people, at some point, are doing the right thing, and then asked, "What are we doing to encourage and reinforce the right thing?"

For more information about the Youth Risk Behavior Survey, or to receive a copy of the results, contact North Central District Health Department at 1-877-336-2406.