



CHKS/BHC HEALTH INDEX REPORT

SW Merced/East Merced 2013-14

This Health Index Report summarizes data from on the California Healthy Kids Survey (CHKS) administered during the 2013-14 school year to high school students in the SW Merced/East Merced Building Healthy Communities (BHC) Place schools, an initiative of The California Endowment (TCE). The survey asks 9th and 11th grade students about their health and the degree to which their schools and communities support their health. The results may be used to help BHC leaders identify needs related to the health of their young people and, when the surveys are re-administered in future years, track the progress of initiatives. It is designed to provide a snapshot of key findings of value to BHC, based on stakeholder feedback, to guide the process of identifying and addressing your BHC needs. Each BHC Place has also received a full report of all results.

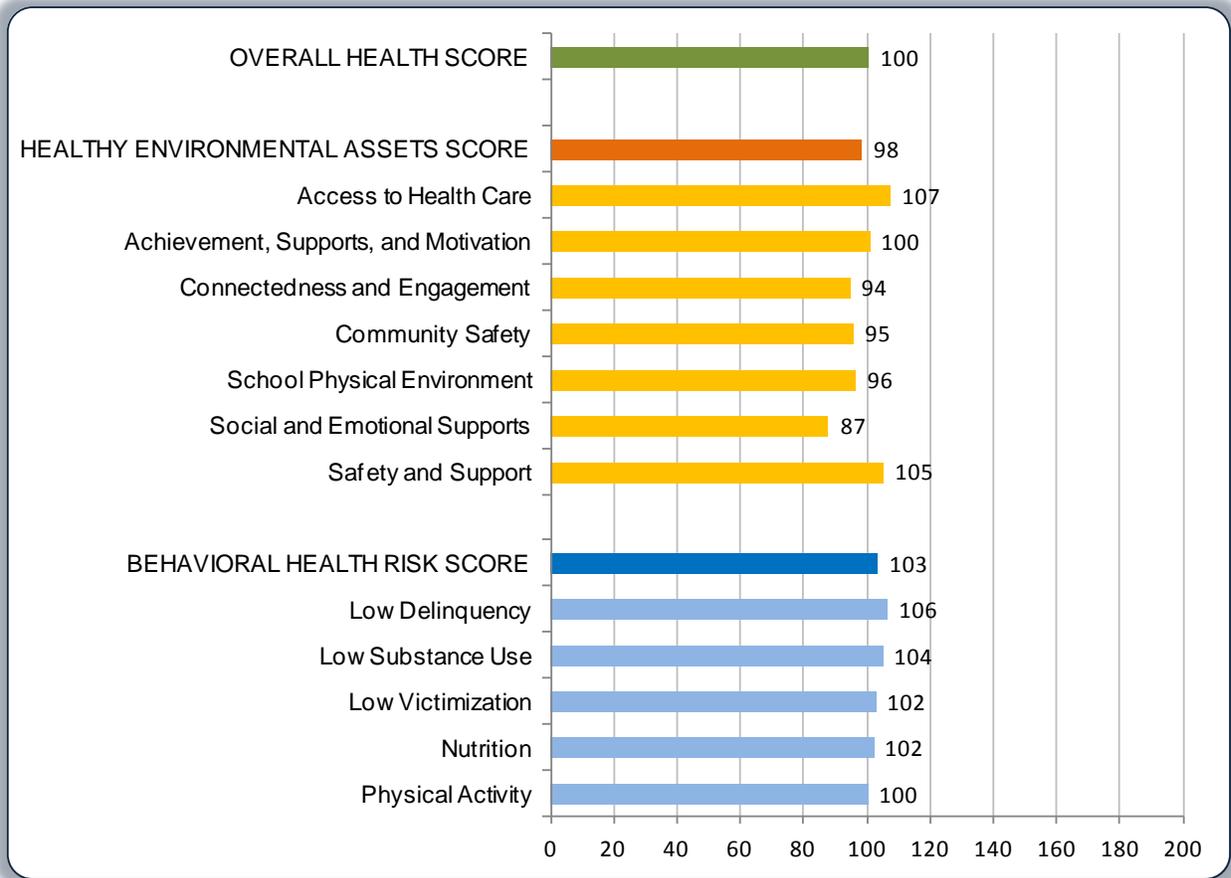
The survey was administered to 2,497 students in five high schools in SW Merced/East Merced. Table 1 provides a list of schools administering the CHKS, and the gender and ethnicity of the survey participants, by school and overall for East Oakland. Figure 1 shows the overall health index score, health environmental assets and risk scores, and 11 health subscales generated from survey responses for all students participating in the survey.¹ Note that a high score on all measures is desirable. Following Figure 1, results are provided for some of the specific survey items used to create each scale.

Table 1. Demographic Information for SW Merced/East Merced

School	# Students	Male %	Female %	Black %	Latino/a %	White %	Asian/PI %	Other %
Buhach Colony High	736	47.6	52.4	2.9	66.4	16.6	7.8	6.3
Golden Valley High	772	49.1	50.9	2.5	60.6	12.6	16.0	8.3
Le Grand High	195	44.1	55.9	0.5	90.7	5.7	1.0	2.1
Merced High	794	47.5	52.5	3.6	55.7	17.0	17.1	6.6
Overall	2497	47.7	52.3	2.8	63.1	14.6	12.8	6.7

¹ For a full description of the survey methodology and the creation of health scores and subscales, see Appendix A and Appendix B, pages 5-9.

Figure 1. The Health of Young People in SW Merced/East Merced



Note: *The scores in Figure 1 provide standardized scores for each Place compared to relevant reference groups (State and Place). The average score for the reference groups was 100. Each Place can compare their scores to 100 to see if they are above or below the average of the reference group.

HEALTHY ENVIRONMENTAL ASSETS

Access to Health Care

71% of respondents reported that they sometimes or always **get medical care when they were sick or hurt** in the last year

23% of respondents reported that they sometimes or always **get counseling to help me deal with problems like stress, depression, family issues, or alcohol or drug use** in the last year

Achievement, Supports, and Motivation

91% of respondents reported that they **had someone in or outside of school who advised and helped them think about their future**

49% of respondents reported that they **got mostly B's or better** in their course grades the last year

Connectedness and Engagement

28% of respondents reported that it was pretty much or very much true that they **do things at school that make a difference**

19% of respondents reported that it was pretty much or very much true **help decide things like class activities or rules**

46% of respondents reported that they agreed or strongly agreed that **teachers treat students fairly**

Community Safety

71% of respondents reported that they **feel safe or very safe in their neighborhood**

School Physical Environment

70% of respondents agreed or strongly agreed that their **school has clean and drinkable water available to all students**

Social and Emotional Supports

48% of respondents said it was pretty much or very much true that **an adult at school really cares about them**

64% of respondents said it was pretty much or very much true that **an adult at school believes that they will be a success**

Safety and Support

37% of respondents said **their school has a way of making sure that all sides are heard** (like restorative justice) before taking disciplinary action

BEHAVIORAL HEALTH RISKS

Delinquency

2% of respondents reported that they **carried a gun on school property** in the last year

7% of respondents reported that they **damaged school property on purpose** in the last year

Substance Use

5% of respondents reported that they **smoked cigarettes** in the last 30 days

24% of respondents reported that they **drank alcohol** in the last 30 days

Victimization

32% of respondents reported that they **had been made fun of because of their looks or the way they talk** in the last year

8% of respondents reported that they **had been harassed or bullied because of their sexual orientation** in the last year

Nutrition

66% of respondents reported that they **ate vegetables** in the last day

41% of respondents reported that they **ate fast food** in the last day

69% of respondents reported that they **drank soda/other sweetened drink** in the last day

Physical Activity

30% of respondents reported that they **exercised or did physical activity for more than 30 minutes during normal school hours** in the last 7 days

Appendix A: Item Frequencies

The tables below show student responses to each survey item used to calculate scores for this report. Items are listed according to the subscale they are used to calculate. The symbol (R) indicates that the item was reverse-coded in calculating subscales to ensure that the bars can all be interpreted the same across scales with the highest number being the most positive. Percentages are reported for all students in SW Merced/East Merced.

Access to Health Care

	%
I don't have anywhere I usually go for help when I am sick. (R)	7.3
In the past year, ...	
...I visited a dentist to get my teeth checked or cleaned.	71.3
...When I needed it, I sometimes or always got medical care when I was sick or hurt.	71.2
...When I needed it, I sometimes or always got counseling to help me deal with problems like stress, depression, family issues, or alcohol or drug use.	22.8
...When I needed it, I sometimes or always got dental care.	63.0

Achievement, Supports, and Motivation

	%
During the past 12 months, ...	
...My grades in school were mostly B's or better.	48.6
...I skipped school or cut class at least once. (R)	47.0
I have someone in or outside of school who advised and helped me think about my future.	91.1
I have participated in internships or other learning activities that gave me skills for my future.	59.6
I plan to go to a 4 year college/university.	28.1

Connectedness and Engagement

	%
I agree or strongly agree that ...	
...I feel close to people at this school.	55.5
...I am happy to be at this school.	52.7
...I feel like I am a part of this school.	45.2
...The teachers here treat students fairly.	45.8
...I feel safe in my school.	54.4
It is pretty much or very much true that ...	
...At school, I help to decide things like class activities or rules.	19.0
...I do things at school that make a difference.	28.4

Community Safety

	%
I feel safe or very safe in the neighborhood where I live.	70.6
I feel safe or very safe in my neighborhood parks and playgrounds.	52.8
During the past 30 days, I did not go to school at least once because I felt...	
...unsafe at school. (R)	4.7
...unsafe on the way to or from school. (R)	4.5
The following are major problems in my neighborhood.	
...Drug dealing (R)	30.9
...Fights (R)	24.3
...Bullying (R)	14.5
...Gangs (R)	35.4

School Physical Environment

	%
I agree or strongly agree that ...	
...this school has clean and drinkable water available to all students.	69.9

Social and Emotional Supports

	%
It is pretty much or very much true that at my school there is a teacher or other adult who ...	
...really cares about me.	48.1
...tells me when I do well.	60.5
...notices when I'm not there.	51.2
...wants me to do my best.	68.4
...listens to me when I talk.	56.1
...believes that I will be a success.	64.1

Safety and Support

	%
At this school...	
...when there is a conflict between students or adults and students, the school has a way of making sure that all sides are heard (like restorative justice) before taking disciplinary action.	37.3

Delinquency

	%
In the past 12 months, I have ...	
...damaged school property on purpose. (R)	6.5
...carried a gun on school property. (R)	1.8
...carried a weapon such as a knife or club on school property. (R)	6.0
...seen someone carrying a weapon on school property. (R)	15.5

Substance Use

	%
At least once in the past 30 days, I ...	
...smoked cigarettes. (R)	4.5
...used smokeless tobacco. (R)	2.6
...had at least one drink of alcohol. (R)	24.3
...had five or more drinks of alcohol. (R)	13.6
...used marijuana. (R)	16.4
...used inhalants. (R)	2.2
...used any other drug or pill. (R)	3.5

Victimization

	%
In the past 12 months, I have ...	
...been pushed, shoved, slapped, hit, or kicked by someone. (R)	18.0
...been afraid of being beaten up at school. (R)	11.9
...been in a physical fight at school. (R)	9.2
...had mean rumors or lies spread about you at school. (R)	33.8
...had sexual jokes, comments, or gestures made to you at school. (R)	31.7
...been made fun of because of your looks or the way you talk. (R)	31.6
...had your property stolen or deliberately damaged. (R)	22.3
...been threatened or injured with a weapon. (R)	4.0
...been harassed or bullied because of your race. (R)	17.6
...been harassed or bullied because of your religion. (R)	8.9
...been harassed or bullied because of your gender. (R)	7.3
...been harassed or bullied because you are gay or lesbian. (R)	7.5
...been harassed or bullied because of a physical or mental disability. (R)	4.2
...been harassed or bullied because of any other reason. (R)	20.5
...had mean rumors or lies about me spread on the internet. (R)	21.0

Nutrition

	%
At least once during the past 24 hours, I ...	
...ate fast food. (R)	41.1
...drank a glass of soda/other sweetened drink. (R)	69.3
...ate raw or whole fruit (like an apple, banana, or orange).	72.9
...ate vegetables (green salads, green beans, carrots, or sweet potatoes that are not fried).	66.3
At least once during the past 24 hours at school, I...	
...ate french fries, potato chips, or other fried potatoes. (R)	21.1

Physical Activity

	%
At least once in the past 7 days, I ...	
...exercised or did physical activity for more than 30 minutes during normal school hours.	30.4
...exercised or did physical activity in an afterschool program.	48.8

Appendix B: Methodology

The California Healthy Kids Survey and BHC Module were administered to high school students in SW Merced/East Merced during the 2013-14 school year.

The subdomain scores shown in Figure 1 were calculated by averaging related survey items. The items were rescaled so that the mean for students in the reference sample was 100 and the standard deviation was 50. In some cases, items were reverse-coded so that high scores reflect positive outcomes. For survey items in the CHKS Core Module, weighted means and standard deviations were obtained from the 2011-13 statewide California Student Survey (CSS). The CSS was designed to provide estimates representative of all students in California. For survey items in the supplemental Building Health Communities Module, means and standard deviations were based on pooled data from the 2011-12, 2012-13 and 2013-14 school years for all places that administered the module. For places that provided data for both the 2011-12 and 2013-14 school years, more recent data were used in the analysis.

The “overall health assets score” and the “overall health risks score” were calculated by averaging the associated subdomain scores. Under health assets were the following associated subdomains (a) access to health care, (b) achievement, supports, and motivation, (c) connectedness and engagement, (d) community safety, (e) school physical environment, (f) social and emotional supports, and (g) safety and support. Under health risks were the following associated subdomains (a) low delinquency, (b) low substance use, (c) low victimization, (d) nutrition, and (e) physical activity. The “overall health score” was an average of the assets score and risk score.