IDENTIFYING AND REDUCING ADOLESCENT RISK FACTORS
2017-2018 RAAPS DATA

The Rapid Assessment for Adolescent Preventive Services© (RAAPS) is a validated risk screening and coaching system developed to support professionals in addressing the risk factors impacting health, well-being, and academic success in youth\(^1\). From 2017 through 2018, 85,203 youth completed RAAPS.

**WHO COMPLETED THE RAAPS?**

**AGE**

- 8-11: 8%
- 12-14: 34%
- 15-17: 48%
- 18-21: 10%

**GENDER**

- Girls: 55%
- Boys: 45%
- <1% transgender/gender queer

**RACE**

- White: 40%
- Black: 31%
- Other: 19%
- Hispanic: 10%

**POSITIVE CHANGE IN RISK OVER TIME**

A year-end review of 12,751 youth who completed the RAAPS twice between January 2017 and December 2018 shows that Possibilities for Change is making significant differences in the lives of youth. The number in bold-italics shows the overall change in percent for each risk factor.

**TOP RISK FACTORS**

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>At Risk Initial</th>
<th>Improvement in Identified At Risk Youth Initial to Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helmet use</td>
<td>51%</td>
<td>40% now use a helmet</td>
</tr>
<tr>
<td>Anger management</td>
<td>32%</td>
<td>49% now managing their anger</td>
</tr>
<tr>
<td>Depression</td>
<td>30%</td>
<td>45% resolved feelings of depression</td>
</tr>
<tr>
<td>Sexual activity</td>
<td>28%</td>
<td>8% report no sexual activity</td>
</tr>
<tr>
<td>Fruits and vegetables</td>
<td>21%</td>
<td>46% now eat fruits and vegetables daily</td>
</tr>
<tr>
<td>Physical activity</td>
<td>19%</td>
<td>50% are now regularly active</td>
</tr>
<tr>
<td>Serious problems</td>
<td>15%</td>
<td>61% resolved serious problems or worries</td>
</tr>
<tr>
<td>Bullying</td>
<td>14%</td>
<td>66% no longer report being bullied</td>
</tr>
<tr>
<td>Seatbelt use</td>
<td>13%</td>
<td>54% now use a seatbelt</td>
</tr>
<tr>
<td>Weapons</td>
<td>12%</td>
<td>51% no longer carry a weapon</td>
</tr>
</tbody>
</table>
12 to 14-year olds are more likely to report being bullied than 15 to 17-year olds.

12 to 14-year olds reporting being bullied are even more at risk as they are also more likely to report...

15 to 17-year olds are more likely to report sexual activity than 12 to 14-year olds.

15 to 17-year olds reporting sexual activity are even more at risk as they are also more likely to report...
### TOP 10 RISK FACTORS BY GENDER

#### IDENTIFIED AS GIRLS
% of those that are at risk for these factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helmet use</td>
<td>57%</td>
</tr>
<tr>
<td>Unprotected sex</td>
<td>33%</td>
</tr>
<tr>
<td>Depression</td>
<td>31%</td>
</tr>
<tr>
<td>Sexual activity</td>
<td>31%</td>
</tr>
<tr>
<td>Anger management</td>
<td>24%</td>
</tr>
<tr>
<td>Physical activity</td>
<td>20%</td>
</tr>
<tr>
<td>Fruits and vegetables</td>
<td>18%</td>
</tr>
<tr>
<td>Bullying</td>
<td>14%</td>
</tr>
<tr>
<td>Serious problems</td>
<td>13%</td>
</tr>
<tr>
<td>Suicide/self-harm</td>
<td>12%</td>
</tr>
</tbody>
</table>

#### IDENTIFIED AS BOYS
% of those that are at risk for these factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helmet use</td>
<td>60%</td>
</tr>
<tr>
<td>Sexual activity</td>
<td>45%</td>
</tr>
<tr>
<td>Anger management</td>
<td>38%</td>
</tr>
<tr>
<td>Unprotected sex</td>
<td>25%</td>
</tr>
<tr>
<td>Fruits and vegetables</td>
<td>18%</td>
</tr>
<tr>
<td>Depression</td>
<td>17%</td>
</tr>
<tr>
<td>Physical activity</td>
<td>12%</td>
</tr>
<tr>
<td>Seatbelt use</td>
<td>11%</td>
</tr>
<tr>
<td>Tobacco use</td>
<td>11%</td>
</tr>
<tr>
<td>Drug use</td>
<td>10%</td>
</tr>
</tbody>
</table>

#### Girls are more likely to report being depressed than boys.

Girls reporting being depressed are also more likely to report...

- Being abused: 22%
- Self harm/suicidal thoughts: 33%

#### Boys are more likely to report anger management issues than girls.

Boys reporting anger management issues are even more at risk as they are also more likely to report...

- Carrying a weapon: 22%
- Being depressed: 32%

Note: For reporting significance, largest gender populations are featured.
TOP 10 RISK FACTORS BY RACE

IDENTIFIED AS BLACK
% of those that are at risk for these factors

- Helmet use: 73%
- Sexual activity: 38%
- Unprotected sex: 33%
- Anger management: 29%
- Depression: 26%
- Fruits and vegetables: 24%
- Physical activity: 16%
- Seatbelt use: 15%
- Drug use: 14%
- Serious problems: 11%

IDENTIFIED AS WHITE
% of those that are at risk for these factors

- Helmet use: 53%
- Sexual activity: 29%
- Unprotected sex: 27%
- Anger management: 26%
- Depression: 24%
- Fruits and vegetables: 15%
- Physical activity: 15%
- Bullying: 12%
- Serious problems: 12%
- Tobacco use: 12%

IDENTIFIED AS HISPANIC
% of those that are at risk for these factors

- Helmet use: 58%
- Unprotected sex: 30%
- Anger management: 21%
- Physical activity: 20%
- Depression: 19%
- Sexual activity: 19%
- Fruits and vegetables: 17%
- No adult confidante: 10%
- Serious problems: 10%
- Seatbelt use: 8%

OTHER
% of those that are at risk for these factors

- Helmet use: 55%
- Unprotected sex: 33%
- Anger management: 23%
- Depression: 23%
- Sexual activity: 23%
- Physical activity: 17%
- Fruits and vegetables: 16%
- Bullying: 11%
- Serious problems: 11%
- Seatbelt use: 11%

Note: For reporting significance, largest race populations are featured.

For more information, please contact: info@pos4chg.org

To learn more about RAAPS, visit: http://www.possibilitiesforchange.com/raaps/