

Youth Risk Behavior Survey
2008 Report
Waynesboro City Public Schools

May 2008

**Waynesboro City Public School
Youth Risk Behavior Survey**

Executive Summary

The results of the 2007 administration of the Youth Risk Behavior Survey are presented in the following report. In January 2008, the survey was given to those Waynesboro City students who did not opt out. A total of 544 surveys were usable for data analysis: 196 from Kate Collins Middle School, and 348 from Waynesboro High School (195 9th graders and 153 11th graders). Eighteen questions were added to the standard Youth Risk Behavior Surveillance System questions developed by the Centers for Disease Control. The high school version of the survey had a total of 100 questions; the middle school version had 91.

The results show the differences among students in grades 7, 9 and 11 for this year's administration; when available, results from the previous administration and National Data are presented as well. The reader is cautioned to interpret all data carefully; the quality self-report data is compromised by differences in student effort, perseverance, reading ability, memory and compliance.

Some of the main findings from this survey:

- **The percentage of students not having enough to eat has decreased since 2006.**
- **Over 90% of high school students surveyed report using birth control the last time they engaged in sexual intercourse.**
- **Fewer students report dieting in 2008 (limiting food intake to prevent weight gain) than in 2006.**
- **Amongst 7th graders, there is a 10% drop since 2006 in students stating that both mother and father are responsible for them, and a 10% increase since 2006 in foster parents as the adults responsible for the student.**
- **As students age, the percentage reporting getting hurt by someone at home increases (14%, 17% and 24% for 7th, 9th and 11th grades, respectively), although 7th graders express the most fear of being hurt by someone at home.**
- **As students age, friends and peers exert more influence and families have less influence over the student.**
- **For risk-perception questions, students endorse the belief that there is less risk associated with the behavior (marijuana use, alcohol consumption) as student age increases.**

- For parental approval questions, as age of student increases, perception that parents would think behavior (smoking, alcohol use) is “very wrong” decreases.
- Lack of helmet wearing for dangerous sports is steady and increasing in some cases.
- Of all the respondents, 7th graders are most likely to carry a weapon. This reflects an increase since 2006 (from 7% to 14%).
- 25% of 7th grade students reported missing a day of school in the preceding month due to feeling unsafe.
- 25% of 7th graders reported being threatened with a weapon on school property sometime in the last year. This is up from 11% in 2006.
- Approximately 40% of 7th graders report having experienced vandalism to their personal property while on school grounds. This is much higher than what is reported by 9th and 11th graders in the school district.
- 7th graders are most likely to indicate feelings of depression in past year, although suicidal ideation is lowest for this group.
- About 30% of 7th and 11th graders, and 15% of 9th graders report smoking on a daily basis.
- The perceived ease of securing cigarettes, alcohol and street drugs increases with grade level.
- Approximately 40% of 7th and 9th graders, and 60% of 11th graders, drink at least one day per month. This represents a 10% increase for 7th graders, a 13% increase for 11th graders, and no change for 9th graders.
- Over 20% of high school students surveyed engage in one or more episodes of binge drinking per month.
- Reported lifetime marijuana use jumps from 30% in 9th grade to 50% in 11th grade, which is the same pattern detected in the 2006 results.
- Lifetime cocaine use is at about 10% for both 9th and 11th graders, a slight increase since 2006 (3% for 9th graders and 7% for 11th graders at that time.)
- Over 15% of 7th graders indicated having used heroin and/or methamphetamines; this proportion is higher than reported lifetime use of 9th and 11th graders.

- **Prescription drug use as a means of getting high increases drastically with grade level (4% for 7th graders versus 27% for 11th graders).**
- **No birth control is used for 5% of respondents in 9th and 11th grades, the same percentage of respondents report having been or having gotten someone pregnant.**
- **37% of 11th graders report using a cell phone for 5 or more hours per day.**

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Introduction

This document details the results of the 2008 administration of the Youth Risk Behavior Survey based on the responses gathered in the Waynesboro City Public Schools (Kate Collins Middle School and Waynesboro High School). The survey, created by the Centers for Disease Control and administered at schools across the nation to gauge health-related youth activity, was made possible in our area by the Waynesboro City school district, Valley Community Services Board, Shenandoah Valley Office on Youth, and the Regional Planners for Prevention Services (RPPS).

The survey was administered at the schools mentioned above during January 2008. Students in 7th, 9th and 11th grades participated based on an opt-out procedure. Since all of the information presented is based on the self reports of these students, the consumer is cautioned to interpret data with the limitations of this methodology in mind. Specifically, the shortcomings of self report data include inaccurate responding due to social desirability, erroneous recall of facts, and lack of replying due to boredom or fatigue.

The 2008 Youth Risk Behavior Survey (YRBS) is based on the 2005 survey of the same name developed by the Centers for Disease Control. Throughout the report, the rationale behind the creation of certain survey items is provided. Seventeen additional items were added by area professionals working on this survey.

These data are intended to support decision makers in the creation and revision of programs and policies related to students in this age group. Section I of the report contains results from the 17 additional items added to the YRBS. Section II highlights results of the YRBS standard items. Section II is further divided into topical categories. Each category contains the CDC rationale behind the creation of the items in the topical category and any related National Health objectives, followed by tables showing results. The question or item stem is located in the table title, followed by the positions of the item in both the High School and Middle School surveys.

The data disk included with this report contains: raw data files in text format, cleaned data files in SPSS format, SPSS output showing the frequencies of responses for each item (split by grade for the high school data set), and bar charts for each response in SPSS format.

Methodology

In December 2007, letters were sent home with Waynesboro city school students in 7th, 9th and 11th grades. The request was included to return opt-out forms before the winter break. For both of these schools, staff members were instructed to grant students the option to not participate if their opt-out forms were returned late, even on the day of survey administration. The survey administration date was January 7th, 2008, at Kate Collins Middle School and January 14th, 2008, at Waynesboro High School.

Volunteers to administer the survey at KCMS and WHS were solicited at an RPPS meeting; administration of the survey was coordinated by the Director of Student Services at Waynesboro City Schools as well as by the Office on Youth.

Teachers were present at the administration of the surveys.

Following administration, answer sheets that conveyed lack of effort (blanks or pattern responding) were removed from the data set. Final sample sizes for those groups were $N=196$ (Collins) and $N=348$ (Waynesboro HS; 195 9th graders and 153 11th graders). Taking enrollment information for January 2008 into account, 94% of 7th grade students took part in the survey. Participation rates for the high school were 71% for 9th grade and 78% for 11th grade.

Student confidentiality and anonymity were maintained at all times throughout the administration of the YRBS.

Results

- The additional questions, added to the survey for the students in the sample, are presented first. These survey items cover the following issues:
 - Background information
 - Religious practices
 - Level of perceived harm at home
 - Visits to healthcare professionals
 - Sleep habits

- YRBS standard questions are presented in the following categories, in the order listed:
 - Category I: Behaviors that result in unintentional injuries. These questions include helmet use, motor-vehicle safety, violence and the use of weapons.
 - Category II: Behaviors that result in intentional injuries (suicide).
 - Category III: Tobacco, alcohol, and other drug use.
 - Category IV: Sexual behavior. These items cover birth control, HIV/AIDS awareness, pregnancy, and level of sexual activity.
 - Category V: Dietary habits. These survey items address weight management and nutritional habits.
 - Category VI: Physical health. Level of activity and inactivity are covered in this section.

For each of these categories, health objectives for the year 2005 are provided, rationale of survey items, and data tables for questions, containing figures from the current administration and past values, when available. To view the specific frequencies of responses associated with a given survey item, please see the frequency tables provided on the data disk. The data disk also contains this information in bar chart form.

Section I.: Additional Items

Below are the responses to survey items that were asked of the students in participating Waynesboro City public schools in addition to the standard YRBS items. These additional items were created in response to expressed interest in the community.

Table 1.

Percentage of sample responding to each option for “How old are you?” (HS1, MS1)

Response in years	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
12 or younger	16.1	43.7	0	0.5	0	0.7	0.1
13	72.4	53.6	0	0.5	0	0	0.1
14	10.9	2.6	28.5	45.6	0	0	10.3
15	0.5	--	61.0	45.1	2.1	2.0	26.4
16	--	--	9.9	8.3	23.4	50.7	26.0
17	--	--	0.6	0	67.4	42.6	23.4
18 or older	--	--	0	0	6.4	4.1	13.6

-- Not applicable or available for this cohort.

Table 2.

Percentage of students responding to each option for “What is your sex?” (HS2); “What is your gender?” (MS2)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Female	54.7	43.5	50.6	53.6	56.7	49.3	49.5
Male	45.3	44.6	48.8	46.4	42.6	50.0	50.5

Table 3.

Percentage of students responding to each option for “How do you describe yourself?” (HS4, MS4)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
American Indian or Alaskan Native	2.1	12.8	2.9	3.1	1.4	3.3	1.0
Asian	2.1	1.5	1.2	0.5	3.9	0.7	3.4
Black or African American	16.7	14.3	10.5	16.4	12.1	11.8	14.6
Hispanic or Latino	10.4	8.2	4.7	9.7	3.5	8.5	9.6
Native Hawaiian or Other Pacific Islander	1.0	2.0	1.2	1.5	0.7	1.3	0.8
White	65.1	59.7	76.7	65.1	76.6	71.9	61.9
Missing	2.1	1.5	2.9	3.6	2.1	2.6	--

Note: For previous years, an “Other” category was included, Asian and Pacific Islander were one category, and White Not Hispanic and Black Not Hispanic were used as opposed to the 2008 designations, White and Black/African American, respectively.
--Not available.

Table 4.

Percentage of students responding to each option for “In the home where you spend the most time, who are the adults who are most responsible for you?” (HS5, MS5)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
Mother and father	50.0	39.3	53.5	53.3	58.2	51.0
Mother	34.9	26.5	33.1	29.2	30.5	28.1
Father	2.6	8.2	4.7	5.6	1.4	6.5
Grandparents	3.6	10.2	4.1	3.1	2.8	4.6
Foster Parents	1.0	10.7	0	0.5	0	0
Step-Parents	2.6	1.5	0.6	1.5	0	2.0
Other adult relatives	0.5	1.0	0	1.5	2.1	1.3
Other	1.6	0	3.5	2.6	2.1	2.6
Missing	0	2.0	0.6	2.6	2.8	3.9

Table 5.

Percentage of students responding to each option for “Have you ever been intentionally hurt by anyone in your home?” (HS6, MS6)

	7 th grade		9 th grade		11 th grade	
Response	2008		2008		2008	
Yes	13.8		16.9		23.5	
No	80.6		80.5		73.2	
Missing	5.6		2.6		3.3	

- **The number of students reporting getting hurt goes up as the students’ ages increase.**

Table 6.

Percentage of students responding to each option for “Are you afraid of being harmed by someone in your home?” (HS7, MS7)

	7 th grade		9 th grade		11 th grade	
Response	2008		2008		2008	
No, I am not	83.7		90.8		90.8	
Yes, by my mother	3.1		0.5		3.3	
Yes, by my father	1.5		2.1		2.6	
Yes, by my mother and father	1.5		0.5		0	
Yes, by someone else in my home	7.1		3.1		2.0	
Missing	3.1		3.1		1.4	

- **7th graders expressed the most fear of being hurt by someone in their homes.**

Table 7.

Percentage of students responding to each option for “Who/what most influences your decisions and behavior?” (HS8, MS8)

	7 th grade		9 th grade		11 th grade	
Response	2006	2008	2006	2008	2006	2008
Family	33.3	53.6	30.2	29.2	34.0	26.8
Friends/peers	28.6	14.8	28.5	33.3	31.2	35.9
School teachers/ Counselors/ Nurses	0.5	1.5	0.6	0.5	0.7	2.0
Religious leaders	1.0	2.6	2.3	0.5	1.4	2.0
TV/ Newspapers/ Magazines	1.0	2.0	0	0.5	0	0
Other	5.2	2.0	9.3	10.3	11.3	11.8
Not sure	25.5	21.9	27.3	23.6	18.4	19.0
Missing	4.7	1.5	1.7	2.1	2.8	2.7

Table 8.

Percentage of students responding to each option for “How often do you attend religious services?” (HS9, MS9)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
Never	15.6	37.8	12.2	13.8	17.0	16.3
Rarely	30.2	12.8	19.9	33.8	31.2	26.8
Once or twice a month	14.1	34.2	20.9	17.4	14.2	19.0
About once a week or more	37.0	13.3	43.6	30.3	34.8	34.0
Missing	3.1	2.0	3.5	4.6	2.8	3.9

- **There is a 13% decrease in the percentage of 7th graders attending religious services regularly from 2006.**

Table 9.

Percentage of students responding to each option for “When was the last time you saw a doctor or healthcare provider for a check-up or physical exam when you were not sick or injured?” (HS99, MS90)

Response	7 th grade	9 th grade		11 th grade	
	2008*	2006	2008	2006	2008
During the past 12 months	46.4	65.7	56.4	57.9	71.2
Between 12 and 24 months ago	3.1	9.3	8.7	9.8	5.9
More than 24 months ago	2.6	3.5	4.6	5.3	2.6
Never	1.5	4.7	3.1	7.5	2.0
Not sure	20.4	15.7	19.5	19.5	14.4
Missing	26.0	3.5	7.7	2.8	3.9

Note: This survey item was not presented on the Middle School version in 2006.

- **For students in high school, the proportion of students visiting a doctor in the previous 12 months remained the same over the two administrations.**

Table 10.

Percentage of students responding to each option for “When was the last time you saw a dentist for a check-up, exam, teeth cleaning or other dental work?” (HS100, MS91)

	7th grade	9th grade		11th grade	
Response	2008*	2006	2008	2006	2008
During the past 12 months	46.9	66.9	59.0	70.9	73.9
Between 12 and 24 months ago	4.1	6.4	7.7	9.9	7.2
More than 24 months ago	2.6	7.6	7.7	7.8	4.6
Never	2.6	2.3	2.6	0.7	1.3
Not sure	16.8	11.6	16.4	7.8	8.5
Missing	27.0	5.2	6.7	2.8	4.7

Note: This survey item was not presented on the Middle School version in 2006.

Table 11.

Percentage of students responding to each option for “The last time you seriously considered attempting suicide, with whom did you talk to this about?” (HS32, MS29)

	7th grade	9th grade	11th grade
Response	2008	2008	2008
A friend, boyfriend, or girlfriend	24.5	9.7	9.8
A parent, brother, sister or other family member	1.5	2.6	3.3
A guidance counselor	2.0	2.1	2.6
Someone not listed above	0	0.5	0.7
More than one of the people listed above	1.0	1.0	1.3
I did not talk to anyone	7.1	7.7	9.2
I have never seriously considered suicide	61.7	72.8	70.6
Missing	2.0	3.6	2.6

Table 12.

Percentage of students responding to each option for “Have you ever sought counseling, or any other service, when you felt so depressed that you seriously considered suicide?” (HS33, MS29)

	7 th grade	9 th grade	11 th grade
Response	2008	2008	2008
Yes	26.5	7.2	10.5
No	15.8	19.5	19.6
I have never seriously considered suicide	54.6	66.7	66.0
Missing	3.0	6.7	3.9

- **The amount of students seeking counseling goes down drastically from 7th to 9th grade: 27% to 8%, although the total number of students considering suicide is lower for the 9th graders.**

Table 13.

Percentage of students responding to each option for “How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?” (HS43, MS39)

	7 th grade	9 th grade	11 th grade
Response	2008	2008	2008
No risk	17.3	4.6	2.6
Slight risk	7.1	6.2	7.2
Moderate risk	17.3	19.0	20.3
Great risk	54.6	65.6	67.3
Missing	3.6	4.6	2.6

- **The opinion that smoking holds “no risk” is greatest for the youngest respondents. In this case it appears that the older students are more aware of the dangers of smoking.**

Table 14.

Percentage of students responding to each option for “How wrong do your parents feel it would be for you to smoke cigarettes?” (HS44, MS40)

	7 th grade	9 th grade	11 th grade
Response	2008	2008	2008
Very wrong	85.2	64.6	59.5
Wrong	9.2	17.9	20.3
A little bit wrong	2.6	8.2	13.7
Not at all wrong	0.5	3.6	5.2
Missing	2.5	5.6	1.3

- **As the age of students increases, the perception of extreme parental disapproval (“Very wrong”) decreases.**

Table 15.

Percentage of students responding to each option for “How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?” (HS51, MS45)

	7 th grade	9 th grade	11 th grade
Response	2008	2008	2008
No risk	9.2	8.2	9.8
Slight risk	27.6	27.7	21.6
Moderate risk	22.4	32.3	33.3
Great risk	37.8	30.3	33.3
Missing	3.1	1.5	2.0

Table 16.

Percentage of students responding to each option “How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?” (HS55, MS49)

	7 th grade	9 th grade	11 th grade
Response	2008	2008	2008
No risk	5.6	16.4	18.3
Slight risk	26.5	14.9	24.2
Moderate risk	7.7	20.0	17.6
Great risk	56.6	46.2	36.6
Missing	3.6	2.6	3.3

- **The belief that there is no risk to smoking marijuana increases with each grade, and the percentage endorsing that there is great risk correspondingly decreases.**

Table 17.

Percentage of students responding to each option “How wrong do your parents feel it would be for you to smoke marijuana?” (HS56, MS50)

	7 th grade	9 th grade	11 th grade
Response	2008	2008	2008
Very wrong	67.3	78.5	67.3
Wrong	27.6	11.8	19.0
A little bit wrong	0.5	2.6	7.8
Not at all wrong	2.0	3.1	3.9
Missing	2.6	4.1	2.0

- **More 9th graders reported that their parents think smoking marijuana is “Very wrong” than either of the other groups.**

Table 18. Percentage of sample responding to each option for “If you have a job, how many hours do you work in a typical week?” (HS98)

	9th grade	11th grade
Response	2008	2008
Less than 5 hours per week	12.3	4.6
Between 5 and 10 hours per week	5.1	8.5
Between 11 and 15 hours per week	1.5	8.5
Between 16 and 20 hours per week	5.1	5.2
More than 20 hours per week	4.1	14.4
I don't have a job	64.6	54.9
Missing	7.2	3.9

Section II: YRBS Standard Items

Category I: Behaviors that result in unintentional injuries.

Topic: Helmet use.

CDC Rationale: This question measures the frequency of helmet use while riding a bicycle. In 2000-2001, bicycle activities were the third leading type of sports and recreation-related activities in which 15- to 19-year-old males were injured and treated at an emergency department. In 2004, children 14 years and younger accounted for 18% of all bicycle fatalities, making this one of the most frequent causes of injury-related deaths for young children. Head injury is the leading cause of death in bicycle crashes and the use of bicycle helmets is the single most effective way of reducing head injuries and fatalities. Estimates indicate bicycle helmets may prevent approximately 56% of bicycle related deaths, 65-88% of bicycle-related brain injuries, and 65% of serious facial injuries to the upper and middle regions of the face. In 2005, among the 68% of high-school students nationwide who reported riding a bicycle during the 12 months preceding the survey, 83% of students had rarely or never worn a bicycle helmet.

Related National Health objectives for the year 2010: Increase the number of states and District of Columbia with laws requiring bicycle helmets for bicycle riders to include all states and the District of Columbia.

Table 18.

Percentage of students responding to each option for “When you rode a motorcycle during the past 12 months, how often did you wear a helmet?” (HS10)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
Never wore a helmet	8.1	6.2	3.5	7.2
Rarely wore a helmet	2.3	3.6	2.8	1.3
Sometimes wore a helmet	1.2	4.1	0.7	0.7
Most of the time wore a helmet	2.3	1.5	2.1	2.0
Always wore a helmet	12.2	12.3	12.8	12.4
I did not ride a motorcycle during the past 12 months	71.5	70.3	77.3	75.8
Missing	2.3	2.1	0.7	0.7

- **The number of students who report never wearing a helmet went up for 11th grade students, while the number of students participating in motorcycle riding remained steady.**

Table 19.

Percentage of students responding to each option for “When you rode a bicycle/scooter during the past 12 months, how often did you wear a helmet?” (HS11, MS 10)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
Never wore a helmet	56.8	60.2	50.0	53.3	42.6	47.1
Rarely wore a helmet	11.5	5.6	5.2	7.7	3.5	2.0
Sometimes wore a helmet	6.3	7.7	4.7	4.1	3.5	2.0
Most of the time wore a helmet	8.3	6.6	4.7	3.6	3.5	2.6
Always wore a helmet	5.7	8.2	5.2	3.6	6.4	3.9
I did not ride a bicycle/scooter during the past 12 months	9.4	10.2	27.9	25.1	40.4	41.8
Missing	2.1	1.5	2.3	2.6	0	0.7

Note: For middle school survey, this item was formerly worded as “When you ride a bicycle, how often do you wear a helmet?” For high school version, wording was, “When you rode a bicycle/moped ...”

- **For 7th graders, the results are consistent with the data collected in 2006.**

Table 20.

Percentage of students responding to each option for “When you rollerbladed or rode a skateboard during the past 12 months, how often did you wear a helmet?” (HS12, MS11)

Response	7 th grade		9 th grade	11 th grade
	2006	2008	2008	2008
Never wore a helmet	45.8	47.4	37.9	34.0
Rarely wore a helmet	3.6	7.1	5.1	0.7
Sometimes wore a helmet	4.2	3.6	2.1	0.7
Most of the time wore a helmet	1.0	1.5	1.5	0
Always wore a helmet	2.6	2.0	2.1	1.3
I did not rollerblade or skateboard during the past 12 months	42.7	37.2	49.7	60.8
Missing	0	1.0	1.5	2.8

Note: For middle school survey. This item was formerly worded as “When you ride a skateboard, how often do you wear a helmet?”

- **Only 1-2% of students in this sample consistently wear helmets.**

Topic: Motor vehicle safety.

CDC rationale: The question measures the frequency with which seat belts are worn when riding in a car. Motor vehicle related injuries kill more young adults aged 15 to 19 years than any other single cause in the United States. Safety belts, when used, reduce the rate of fatal injury to front-seat passenger car occupants by 45% and the risk of moderate to critical injury by 50%. In 2005, 10% of high school students nationwide had rarely or never worn a seat belt when riding in a car driven by someone else. During 1991-2005, a significant linear decrease occurred in the percentage of students who rarely or never wore a seat belt (26%-10%).

Related national health objectives for year 2010: Increase use of seatbelts to 92%.

Table 21.

Percentage of students responding to each option for “How often do you wear a seat belt when riding in a car?” (HS13, MS 12)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Never	10.4	13.8	3.5	4.1	2.1	6.5	3.1
Rarely	6.8	11.2	8.7	10.3	8.5	4.6	7.0
Sometimes	14.6	14.8	15.7	17.4	14.2	10.5	13.5
Most of the time	27.1	20.4	26.7	33.8	25.5	29.4	28.4
Always	40.1	38.3	43.6	31.3	47.5	46.4	47.9
Missing	1.0	1.5	1.7	3.1	2.1	2.7	--

--Not available.

- **More 7th graders neglect to buckle up when riding in a car, as compared to their older counterparts.**

Topic: Drugs/Alcohol and Driving

CDC Rationale: These questions measure the frequency with which high-school students drove a motor vehicle while under the influence of drugs and alcohol or rode as a passenger in a motor vehicle operated by someone who was under the influence of alcohol or drugs. In 2004, 5% of 15-to-20 year old drivers who were involved in crashes that resulted in injuries were drinking alcohol and 22% of 15- to 20-year old drivers involved in fatal crashes had been drinking alcohol. Alcohol use is associated with 24% of fatalities among those less than 15 years old. IN 2005, 10% of high school students nationwide had driven a car or other vehicle driven by someone who had been drinking alcohol during the 30 days preceding the survey. During 1991-2005, a significant linear decrease occurred in the percentage of students who rode with a driver who had been drinking alcohol (40-29%).

Related National Health Objectives for the year 2010: Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol, to 30 percent.

Table 22.

Percentage of students responding to each option for “During the past 30 days, did you ride in a car or other vehicle driven by someone who had been drinking alcohol?” (HS14, MS 13)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
Yes	15.6	31.6	15.7	17.9	19.9	26.1
No	82.3	62.8	82.0	69.2	79.4	68.6
Not Sure	--	3.1	--	8.7	--	3.9
Missing	0	2.5	2.3	4.1	0.7	1.3

- **The “Not Sure” option was added to the item for the 2008 version, so strict comparisons with the previous administration are tricky. For 7th graders, a significant increase in “Yes” responses can be detected; for 9th graders, fewer students answered “No” in 2008 as compared with 2006 (71% and 82%, respectively). For 11th graders, nearly a quarter of the sample reported having ridden with a driver who had been drinking.**

Table 23.

Percentage of students responding to each option for “During the past 30 days, did you drive a car or other vehicle when you had been drinking alcohol?” (HS 15)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
Yes	3.5	5.6	12.1	9.8
No	94.2	90.3	87.2	88.2
Missing	2.3	4.1	0.7	2.0

- **The number of 11th graders who reported driving following alcohol consumption is almost double that of 9th graders– 10 and 5.9%, respectively. There are likely to be differences in the cohorts of number of licensed drivers in these groups.**

Topic: Violence and weapons

CDC Rationale: These questions measure violence-related behaviors and school-related violent behaviors. Homicide is the second-leading cause of death among all youth aged 15-19 years (9.5 per 100,000) and is the leading cause of death among black youth aged 15-19 years (33.2 per 100,000). Approximately 84% of homicide victims in the United States in 2004 were killed with a weapon, such as a gun, knife or club. In 2003, 82% of homicide victims aged 15 to 19 years old were killed with firearms. Firearms intensify violence and increase the likelihood of fatality in a conflict. Of all violent deaths that occurred on school property between 1994 and 1999, 75% involved firearms. Nearly 100% of school districts have a policy prohibiting by weapon possession or use by high school students on school property. Among high school students nationwide in 2005, 19% had carried a weapon, 5% had carried a gun, and 7% had carried a weapon on school property on ≥ 1 day of the 30 days preceding the survey. The percentage of students who carried a weapon decreased during 1991-1999 (26-17.3%) and then did not

change significantly during 1999-2005 (17-19%). About 1.2 million thefts of student property occurred at school in 2003. In 2005, 30% of high school students nationwide had their property stolen or deliberately damaged on school property one or more times during the 12 months preceding the survey.

Related National Health Objective for 2010: Reduce weapon carrying by adolescents on school property to 4.9%.

Table 24.

Percentage of students responding to each option for “During the past 30 days, on how many days did you carry a gun or knife for self protection or to use as a weapon?” (HS16, MS14)

Response in days	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0	81.3	87.2	82.0	86.7	85.4	88.2	81.5
1	5.7	6.1	5.2	2.1	1.4	2.6	3.7
2 or 3	4.2	2.6	5.2	1.0	3.5	2.6	4.2
4 or 5	3.1	1.0	1.2	2.6	1.4	2.0	1.8
6 or more	4.2	1.5	6.4	3.6	7.1	3.9	8.8
Missing	1.6	1.5	0	4.1	0.7	0.7	--

--Not available.

Note: In 2006 this item was worded as follows: “During the past month, on how many days did you carry a gun or knife other than for hunting?”

- **Fewer students reported carrying a weapon in the 2008 samples.**

Table 25.

Percentage of students responding to each option for “During the past 30 days, on how many days did you carry a weapon such as a gun or knife on school property?” (HS 17, MS15)

Response in days	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0	91.7	76.5	90.3	91.8	91.5	92.2	93.5
1	3.1	6.6	1.7	0.5	1.4	0.7	2.0
2 or 3	1.0	0.5	2.0	2.1	2.1	0.7	1.4
4 or 5	0.5	3.6	0	2.1	0.7	2.0	0.5
6 or more	2.1	4.1	0.6	0.5	2.8	2.0	2.6
Missing	1.6	8.6	1.7	3.1	1.4	2.7	--

--Not available.

Note: In 2006 this items was worded as follows: During the past 30 days, on how many days did you carry a weapon, such as a gun, knife or club on school property?”

- **The number of 7th graders carrying a weapon on school property increased for the 2008 group. The National Average for carrying a weapon 0 times is 93.5%; for 7th graders it was only 76.9%.**

Table 26.

Percentage of students responding to each option for “During the past 30 days, how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?” (HS18, MS16)

Response in days	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0	85.9	73.5	91.3	92.3	94.3	92.2	94.0
1	4.7	23.0	4.1	3.1	4.3	1.3	3.3
2 or 3	4.2	2.0	1.2	2.1	0.7	0.7	1.7
4 or 5	1.0	0.5	0.6	0	0	1.3	0.3
6 or more	1.0	0.5	1.2	0	0	2.0	0.8
Missing	3.1	0.5	1.7	2.6	0.7	2.6	--

--Not available.

- **The number of 7th graders missing a day of school last month is 5 times the 2006 reported amount.**

Table 27.

Percentage of students responding to each option for “During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun or knife on school property?” (HS19, MS17)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0 times	85.9	74.5	91.9	91.3	95.7	94.8	90.8
1 time	4.7	23.0	4.7	3.6	0.7	2.0	4.1
2 or 3 times	4.2	0.5	2.3	0.5	0.7	1.3	2.0
4 or 5 times	1.0	0	0.6	0.5	0	0	0.9
6 to 9 times	0	0.5	0.6	0	0	0.7	0.8
10 or more times	1.0	0.5	0	0.5	1.4	0.7	1.5
Missing	3.1	1.0	0	3.6	1.4	0.7	--

--Not available.

Notes: In previous version of the survey, item was worded as follows: “During the past 12 months, how many times has someone threatened or injured you with a weapon, such as a gun, knife, or club on school property?” Answer choices included “6 or 7 times,” “8 or 9 times,” “10 or 11 times,” and “12 or more times.”

Table 28.

Percentage of students responding to each option for “During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?” (HS 20, MS18)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0 times	61.5	58.2	77.9	69.2	78.7	83.7	70.2
1 time	13.0	29.1	11.6	17.4	12.8	7.8	14.8
2 or 3 times	15.6	6.6	7.0	4.1	4.3	5.2	10.3
4 or 5 times	4.2	1.0	1.2	1.5	1.4	0	1.9
6 to 9 times	0	1.0	0	2.1	0	0	1.7
10 or more times	3.6	1.5	0.6	1.0	0.7	1.3	0
Missing	2.1	2.6	1.7	4.6	2.1	2.0	--

--Not available.

Topic: Physical fights and abusive behavior

CDC Rationale: These questions measure the frequency and severity of physical fights, school-related fights, and abusive behavior. Physical fighting is a marker of other abusive behaviors and is associated with other injury-related health outcomes. Among high school students nationwide in 2005, 36% had been in a physical fight and 14% had been in a physical fight on school property one or more times during the 12 months preceding the survey. The percentage of high school students who were in a physical fight decreased during 1991-2003 (43%-33%) and then increased during 2003-2005 (33%-36%). Intimate partner abuse victimization is associated with participation in other high-risk behaviors. In 2005, 9% of high school students nationwide had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months preceding the survey. Forced sexual intercourse is associated with negative psychosocial and mental health consequences. In 2005, 7.5% of high school students nationwide had ever been physically forced to have sexual intercourse when they did not want to.

Related National Health Objective for 2010: Reduce physical fighting among adolescents to 32%.

Table 29.

Percentage of students responding to each option for “During the past 12 months, how many times were you in a physical fight?” (HS 21, MS19)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0 times	54.7	55.1	64.5	65.6	68.1	69.9	67.0
1 time	17.7	28.1	20.9	14.9	14.2	14.4	13.9
2 or 3 times	13.5	8.7	7.0	8.2	10.6	9.2	11.3
4 or 5 times	5.2	2.6	1.2	2.1	2.8	1.3	3.1
6 or 7 times	2.1	2.0	2.3	1.5	1.4	0	1.9
8 or 9 times	1.6	0	1.2	1.5	0.0	2.0	0.7
10 or more times	3.1	0	0	2.1	0.7	1.3	2.8
Missing	2.1	3.6	2.9	4.1	2.1	2.0	--

Note: This item not administered on MS survey in 2006.

Table 30.

Percentage of students responding to each option for “During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?” (HS 22, MS20)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0 times	92.7	77.6	93.6	90.8	96.5	92.8	95.8
1 time	4.2	19.4	1.7	4.1	1.4	2.0	2.8
2 or 3 times	0.5	0.5	2.9	0.5	0.7	0.7	0.6
4 or 5 times	0.5	0.5	0	0.5	0	0.7	0.1
6 or more times	0	0.5	0.6	0.5	0	0	0.7
Missing	2.1	1.5	1.2	4.1	1.4	4.0	--

--Not available.

- **For 7th graders, the percentage of students needing to see a doctor or nurse once in the past year has gone up by 5 times the 2006 reported amount.**

Table 31.

Percentage of students responding to each option for “During the past 12 months, how many times were you in a physical fight on school property?” (HS 23, MS21)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0 times	68.2	79.1	89.5	81.0	90.1	90.2	87.2
1 time	14.1	9.7	7.0	10.8	5.0	4.6	8.1
2 or 3 times	9.9	7.1	1.2	1.5	2.1	0	2.9
4 or 5 times	1.0	0	0.6	0	0	0	0.6
6 or 7 times	0.5	1.0	0	0.5	0	0	0.3
8 or 9 times	0.5	0	0	0	0	0	0.1
10 or 11 times	0.5	1.0	0	1.0	0	0.7	0.1
12 or more times	0	0.5	0.6	0	0	1.3	0.7
Missing	5.2	1.5	1.2	5.1	2.8	3.3	--

--Not available.

- **Overall, the number of students getting into fights on school property has decreased since 2006. Also, as students proceed through school the number of fights diminishes.**

Table 32.

Percentage of students responding to each option for “The last time you were in a physical fight, with whom did you fight?” (HS 24, MS22)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
A total stranger	3.1	5.1	8.1	5.1	5.9	7.2
A friend of someone I know	22.4	17.3	12.8	23.1	19.3	15.7
A boyfriend, girlfriend, or date	0.5	1.0	1.2	2.1	0	1.3
A parent, brother, sister, or other family member	10.4	8.7	15.7	8.2	8.9	17.0
Someone not listed above	14.6	8.7	12.8	12.3	18.5	13.7
More than one of the persons listed above	3.6	4.6	7.0	3.1	4.4	1.3
I have never been in a physical fight	42.2	51.0	40.1	40.5	43.0	41.2
Missing	3.1	3.6	2.3	5.6	3.5	2.6

Table 33.

Percentage of students responding to each option for “During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?” (HS 25, MS23)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	8.3	9.7	10.5	7.7	5.7	8.5	9.2
No	88.5	87.8	86.6	87.7	93.6	88.9	90.8
Missing	3.1	2.5	2.9	4.6	0.7	2.8	--

--Not available.

- **The percentage in the middle school sample answering “Yes” is above the national average.**

Table 34.

Percentage of students responding to each option for “Have you ever been forced to have sex when you did not want to?” (HS 26, MS24)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	4.2	13.3	8.7	13.8	8.5	7.2	7.5
No	89.6	84.2	89.5	80.5	90.1	90.2	92.5
Missing	6.2	2.5	1.7	5.6	1.4	2.7	--

--Not available.

- **Note the large increase in numbers for the 7th and 9th graders reporting they have been forced to have sex against their wishes.**

Table 35.

Percentage of students responding to each option for “During the past 12 months, have you been a member of a gang?” (MS25)

Response	7 th grade	
	2006	2008
Yes	8.9	7.8
No	85.9	75.1
Missing	5.2	17.1

Note: 2006 version asked this of HS and MS students; for 2008 the HS item was worded differently (see Table 29).

- **The high amount of missing data for 2008 makes close interpretation difficult.**

Table 36.

Percentage of students responding to each option for “Are you currently a member of a gang?” (HS27)

	9th grade	11th grade
Response	2008	2008
Yes	6.5	7.4
No	93.5	89.9
Missing	0	2.7

Note: 2006 version asked “During the past 12 months, have you been a member of a gang?”

Table 37.

Percentage of students responding to each option for “If you have ever been a member of a gang, were you able to leave the gang successfully?” (HS28)

	9th grade		11th grade	
Response	2006	2008	2006	2008
Yes	11.6	5.9	7.8	4.7
No	1.7	9.6	1.4	8.1
I have never been a member of a gang	85.5	84.0	87.9	86.6
Missing	1.2	0.5	2.8	0.7

Category II: Behaviors that result in intentional injuries

Topic: Suicide

CDC Rationale: These questions measure sadness, suicide ideation, attempted suicide, and the seriousness of these attempts. Suicide is the third leading cause of death among youth aged 15-19. The suicide rate for persons age 15-19 was 7.3 per 100,000 in 2003 down from a high of 10.9 per 100,000 in 1994. Among high school students nationwide in 2005, 17% had seriously considered attempting suicide, 13% had made a plan about how they would attempt suicide, and 8% actually attempted suicide one or more times during the 12 months preceding the survey. The percentage of high school students who seriously considered attempting suicide decreased during 1991-2003 (29%-17%) and then did not change significantly during 2003-2005 (17%-17%).

Related National Health Objectives for 2010: Reduce the rates of suicide attempts among adolescents to 1%.

Table 38.

Percentage of students responding to each option for “During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?” (HS29, MS26)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2008		2006	2008	2006	2008	
Yes	40.3		29.8	25.1	36.9	34.0	28.6
No	57.1		70.2	68.7	59.6	64.1	71.4
Missing	2.5		0	6.2	3.5	2.0	--

--Not available.

Table 39.

Percentage of students responding to each option for “During the past 12 months, did you ever seriously consider attempting suicide?” (HS30, MS27)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	18.8	11.2	18.7	18.5	14.9	22.9	16.9
No	77.1	64.8	81.3	75.9	83.7	74.5	83.1
Missing	4.1	24.0	0	5.6	1.4	2.8	--

--Not available.

- **The percentage of 11th graders seriously considering suicide is much higher than the national average and represents a 60% increase for that grade since 2006. It is also of interest to note in Tables 39 and 40 that 7th graders had noticeably more missing data.**

Table 40.

Percentage of students responding to each option for “During the past 12 months, how many times did you actually attempt suicide?” (HS31, MS28)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0 times	79.2	67.3	85.5	81.0	90.8	84.3	91.6
1 time	12.5	5.6	8.1	6.7	4.3	6.5	4.6
2 or 3 times	1.6	0.5	4.1	4.6	1.4	2.6	2.4
4 or 5 times	1.0	1.5	0	0	0.7	0	0.5
6 or more times	2.1	3.1	1.2	2.1	0.7	0	0.9
Missing	3.6	21.9	1.2	5.6	2.1	6.6	--

--Not available.

- **The numbers in this table indicating suicide attempts warrant further discussion with community partners invested in the welfare of these students.**

Category III: Tobacco, alcohol, and other drug use

Topic: Tobacco use

CDC Rationale: These questions measure lifetime and current smoking patterns, age of initiation, access to cigarettes, smoking on school property, and attempts to quit smoking. Cigarette smoking is the leading cause of preventable death in the United States and accounts for approximately 440,000 deaths each year. Cigarette smoking increases risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lungs, larynx, oral cavity, pharynx, pancreas, and cervix. In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in physical fighting, carry a weapon, and attempt suicide. If current patterns of smoking behavior persist, an estimated 6.4 million U.S. persons who were under the age of 18 in 2000 could die prematurely from smoking-related illnesses. Approximately 64% of school districts in the United States prohibit tobacco use by students, all school staff, and visitors on school property, in school vehicles, and at during school events on or off campus. Among high school students nationwide in 2005, 54% had ever tried smoking, 23% had smoked cigarettes on ≥ 1 of the 30 days preceding the survey, and 7% had smoked cigarettes on school property on ≥ 1 of the 30 days preceding the survey. The percentage of high school students who ever did try cigarettes did not change significantly during 1991-1999 (70%-70%) and then decreased during 1991-2005 (70%-54%). Current cigarette use among high school students increased significantly during 1991-1997 (28%-36%) and then decreased during 1997-2005 (36%-23%).

Related National Health Objective for 2010: Reduce use of tobacco products in the past month by adolescents to 21%. Reduce use of cigarettes in the past month by adolescents to 16%. Increase tobacco use cessation attempts by adolescent smokers to 84%.

Table 41.

Percentage of students responding to each option for “Have you ever tried cigarette smoking, even just one or two puffs?” (HS34, MS31)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	35.4	34.2	51.2	42.6	59.6	58.2	54.3
No	59.4	54.1	44.8	50.3	36.9	35.3	45.7
Missing	5.1	11.8	4.1	7.1	3.5	6.6	--

--Not available.

- **Across all three cohorts, the only decrease in number of students having tried smoking is noticed in the 9th grade sample (51% to 44%).**

Table 42.

Percentage of students responding to each option for “How old were you when you smoked a whole cigarette for the first time?” (HS35, MS32)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
8 years old or younger	--	--	5.8	--	4.3	--	3.5
9 years old or younger	9.4	8.2	--	7.7	--	5.9	--
9 to 10 years old	--	--	3.5	--	5.7	--	4.0
10 or 11 years old	9.4	7.7	--	6.2	--	7.2	--
11 to 12 years old	--	--	11.6	--	8.5	--	8.5
12 or 13 years old	8.3	8.2	--	15.9	--	11.1	--
13 to 14 years old	--	--	18.0	--	12.3	--	13.9
14 or 15 years old	1.6	15.8	--	7.2	--	13.7	--
15 to 16 years old	--	--	0.6	--	17.7	--	10.1
16 or 17 years old	--	--	--	0	--	13.7	--
17 or older	--	--	0	--	1.4	--	2.2
18 years old or older	--	--	--	2.1	--	2.6	--
I have never smoked a whole cigarette	70.8	58.2	57.6	56.9	48.2	43.1	57.8
Missing	3.6	2.0	2.9	4.1	2.1	2.6	--

-- Not available.

Table 43.

Percentage of students responding to each option for “During the past 30 days, if you smoked, how many cigarettes did you smoke per day?” (HS36, MS34)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
1 cigarette per day	4.2	8.7	16.9	4.1	14.9	5.9	8.9
2 to 5 cigarettes per day	4.7	5.6	2.3	5.6	5.7	11.8	8.6
6 to 10 cigarettes per day	0.5	4.1	0.6	2.1	1.4	7.8	3.1
11 to 20 cigarettes per day	0	0.5	0.6	2.1	0.7	2.6	1.9
More than 20 cigarettes per day	1.0	11.2	0	0	0	0.7	0.6
I did not smoke cigarettes during the past 30 days	86.5	64.8	76.2	81.5	74.5	68.6	76.9
Missing	3.1	5.1	3.5	4.6	2.8	2.7	--

--Not available.

Note: 2006 responses included “Less than 1 cigarette per day.” Those frequencies have been combined with “1 cigarette per day” for this table.

- **Smoking increased for the 11th grade group across all categories except for “1 cigarette per day”; over 10% of 7th graders reported smoking more than 20 cigarettes per day.**

Table 44.

Percentage of students responding to each option for “During the past 30 days, on how many days did you smoke cigarettes?” (MS33)

Response	7 th grade		National Average (2005)
	2006	2008	
0 days	85.4	83.7	77.0
1 to 2 days	1.6	7.1	5.7
3 to 5 days	4.2	4.1	3.2
6 to 9 days	2.1	0.5	2.0
10 to 19 days	1.0	1.0	2.8
20 to 29 days	1.0	0.5	2.2
Every day	1.0	0.5	4.2
Missing	3.6	2.6	--

--Not available.

Note: In 2006, this question was worded “During the past month ...” Answer choices from that version included “I did not smoke a cigarette during the past month.” Values from that response category have been added to “0 days” for this table.

- **Among 7th graders, reported frequency of smoking looks about the same for 2006 and 2008.**

Table 45.

Percentage of students responding to each option for “During the past 30 days, how did you usually get cigarettes?” (HS37, MS35)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
I bought them in a store such as a convenience store or supermarket	0.5	19.4	0.6	1.5	5.0	6.5	6.0
I bought them at vending machine	0.5	2.6	0	1.0	0.7	0.7	0.2
I gave someone else money to buy them for me	1.6	2.0	7.6	7.2	8.5	7.8	5.5
I got them from my parent	--	2.0	--	1.0	--	1.3	--
Borrowed them from someone	3.1	1.5	1.2	2.6	0.7	9.2	5.7
I stole them	--	3.1	--	3.1	--	2.6	--
I got them some other way	3.6	2.0	3.5	2.6	2.8	3.3	2.1
A person 18 years or older gave them to me	0	--	4.7	--	5.7	--	2.1
I took them from a store or family member	0.5	--	2.9	--	0	--	1.4
I did not smoke cigarettes during the past 30 days	84.9	62.8	77.3	74.9	74.5	64.7	77.0
Missing	4.7	4.6	2.3	6.2	2.1	3.9	--

--Not available.

- **The incidence of the purchasing of cigarettes in convenience stores increased 20% for the 7th graders since 2006. It would be interesting to find out if there is a certain location where students know they can purchase cigarettes without any problem.**

Table 46.

Percentage of students responding to each option for “If you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age?” (HS38)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
Yes	4.1	1.5	4.3	2.0	4.5
No	2.9	5.1	7.1	13.1	9.0
I did not buy cigarettes in a store during the past 30 days	89.5	87.2	85.1	79.7	86.5
Missing	3.5	6.1	3.5	5.3	--

--Not available.

- **Based on the previous table, it would be interesting to ask this question of the 7th graders.**

Table 47.

Percentage of students responding to each option for “Have you ever tried to quit smoking cigarettes?” (HS39)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
Yes	33.7	20.0	25.5	30.1	6.6
No	48.3	65.1	58.9	60.8	6.2
I did not smoke in the past 12 months	--	--	--	--	87.1
Missing	18.0	14.9	15.6	9.2	--

--Not available.

Note: Corresponding item in 2006 version is worded as: “During the past 12 months, did you ever try to quit smoking cigarettes?”

Table 48.

Percentage of students responding to each option for “If you wanted to get some cigarettes, how easy would it be for you to get some?” (HS42, MS38)

Response	7 th grade	9 th grade		11 th grade	
	2008	2006	2008	2006	2008
Very difficult	40.8	25.6	25.6	10.6	5.9
Somewhat difficult	14.3	9.9	11.3	5.0	3.3
Somewhat easy	15.8	19.8	23.1	19.1	24.8
Very easy	23.5	37.8	35.4	58.2	62.7
Missing	5.6	7.0	4.6	7.1	3.4

- **As students get older, their perception that getting cigarettes would be “Very easy” increases.**

Topic: Smokeless tobacco

CDC Rationale: These questions measure smokeless tobacco use, smokeless tobacco use on school property, and cigar use. Approximately 75% of oral cavity and pharyngeal cancers are attributed to the use of smoked and smokeless tobacco. Use of smokeless tobacco also causes gum disease and an increased risk of heart disease and stroke. Among high school students nationwide in 2005, 8% had used smokeless tobacco and 5% had used smokeless tobacco on school property on ≥ 1 of the 30 days preceding the survey. The overall risk of oral and pharyngeal cancer is 7 to 10 times higher among cigar smokers compared to those who never smoked. Additionally, cigar smoking can cause lung cancer, coronary heart disease, and chronic obstructive pulmonary disease. IN 2005, 14% of high school students nationwide had smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

Related National Health Objective for 2010: Reduce use of spit tobacco in the past month by adolescents to 1%. Reduce use of cigars in the past month by adolescents to 8%.

Table 49.

Percentage of students responding to each option for “During the past 30 days, on how many days did you use chewing tobacco or snuff, or smoke cigarettes?” (HS40, MS36)

	7th grade	9th grade	11th grade
Response	2008	2008	2008
0 days	70.4	77.9	66.0
1 or 2 days	4.6	7.7	4.6
3 to 5 days	2.0	2.1	3.3
6 to 9 days	3.1	1.0	1.3
10 to 19 days	1.0	1.0	2.6
20 to 29 days	1.0	1.0	3.9
Every day	2.6	5.1	13.7
Missing	15.3	4.1	4.6

Table 50.

Percentage of students responding to each option for “During the past 30 days, on how many days did you chew tobacco, use snuff, or smoke cigarettes on school property?” (HS41, MS37)

Response	7 th grade	9 th grade		11 th grade		National Average (2005)
	2008	2006	2008	2006	2008	
0 days	81.6	89.5	85.1	87.9	79.1	95.0
1 or 2 days	5.1	2.9	3.6	1.4	7.8	1.7
3 to 5 days	3.6	1.2	3.1	0	2.6	0.8
6 to 9 days	6.1	1.7	3.1	3.5	2.6	0.4
10 to 19 days	0	0.6	2.1	1.4	5.2	0.6
20 to 29 days	--	0.6	--	0	--	0.3
All 30 days	--	0.6	--	2.8	--	1.3
Missing	3.6	2.9	3.1	2.8	2.6	--

--Not available.

Topic: Alcohol use

CDC Rationale: These questions measure lifetime and current use of alcohol, age of initiation, episodic heavy drinking, access to alcohol, and drinking on school property. Motor vehicle crashes are the leading cause of death among youth aged 15-19 years in the United States and alcohol use is associated with 9% of all motor vehicle crashes that result in injury and more than one-third of all motor vehicle crash fatalities. Heavy drinking among youth is associated with risky sexual behavior (including sexual initiation, multiple sex partners, condom use, and pregnancy) and use of cigarettes, marijuana, cocaine, and other illegal drugs. Limiting youth access to alcohol has reduced underage drinking and alcohol-related problems. However, youth continue to obtain alcohol from a variety of sources, reflecting the need for improved enforcement of underage drinking laws as well as greater public awareness of restrictions of drinking by underage youth. Among high school students nationwide in 2005, 74% had had at least one drink of alcohol on ≥ 1 day during their life and 43% had had at least one drink of alcohol and 26% had had >5 drinks of alcohol in a row on >1 of the 30 days preceding the survey. The percentage of high school students who had had at least one drink of alcohol did not change significantly during 1991-1999 (82%-81%) and then decreased during 1999-2005 (81%-74%).

Table 51.

Percentage of students responding to each option for “How old were you when you had your first drink of alcohol, other than a few sips?” (HS45, MS41)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
8 years old or younger	16.7	--	9.9	8.2	9.2	7.8	7.8
9 years old or younger	--	12.2	--	--	--	--	--
9 or 10 years old	10.4	--	5.8	6.7	7.1	3.9	6.4
10 or 11 years old	--	8.7	--	--	--	--	--
11 or 12 years old	11.5	--	8.7	19.0	6.4	10.5	11.4
12 or 13 years old	--	11.2	--	--	--	--	--
13 or 14 years old	6.3	--	32.0	28.2	19.9	28.1	26.3
14 or 15 years old	--	0	--	--		--	--
15 to 16 years old	0.5	--	2.9	2.1	28.4	24.8	19.5
17 years old or older	--	--	0.6	0.5	1.4	2.6	3.3
I have never had a drink of alcohol other than a few sips	49.5	63.3	37.2	31.3	21.3	20.9	25.3
Missing	5.2	4.6	2.9	4.1	6.4	1.3	--

--Not available.

Table 52.

Percentage of students responding to each option for “During the past 30 days, on how many days did you have at least one drink of alcohol?” (HS46, MS42)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0 days	72.4	60.7	56.4	57.4	49.6	39.9	56.7
1 or 2 days	14.6	11.2	25.6	23.6	19.9	24.2	20.8
3 to 5 days	4.2	5.1	7.0	8.2	12.8	16.3	10.3
6 to 9 days	2.1	17.3	5.2	3.6	7.1	10.5	6.7
10 to 19 days	2.6	0	2.3	3.6	4.3	5.2	3.8
20 to 29 days	1.0	1.0	1.2	0.5	1.4	2.6	0
All 30 days	--	0	--	0	--	--	--
Missing	3.1	4.6	2.3	3.1	5.0	1.3	--

--Not available.

Note: For 2006, Middle School version asked about behavior over “past month,” and included “10 or more days” as a final choice. For this table, data in that category have been listed in the “10 to 19 days” row. In 2008 HS version, final choice is “20 or more days;” these data are included in the “20 to 29 days” tally.

- **35% of the 11th graders drink at least 3 days per month. Nearly 60% drink at least once a month.**

Table 53.

Percentage of students responding to each option for “During the past 30 days, on how many days did you have at least one drink of alcohol on school property?” (HS47)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
0 days	91.9	89.7	92.9	96.1	95.7
1 or 2 days	3.5	2.6	3.5	0	3.0
3 to 5 days	1.2	0	0	0	0.5
6 to 9 days	0	1.0	0.7	0	0.3
10 to 19 days	0	0	0	0	0.1
20 or more days	0	1.0	0.7	2.0	0.1
Missing	3.5	5.6	2.1	2.0	--

--Not available.

Table 54.

Percentage of students responding to each option for “The last time you drank more than a few sips of alcohol, which one answer most closely explains your reason for drinking?” (HS49, MS43)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
To have fun	14.1	27.6	26.7	35.4	36.9	49.7
To fit in	2.1	4.1	0.6	2.1	0	0
Because my friends drink	1.0	1.5	2.9	1.5	0	0.7
To escape problems	0	1.0	1.7	4.6	4.3	5.9
Boredom	5.7	0.5	4.1	3.6	6.4	3.3
Curiosity	--	7.1	--	5.6	--	5.9
Other	15.1	10.2	17.4	8.7	14.2	7.2
I do not drink more than a few sips of alcohol	55.7	43.4	38.4	34.4	31.2	24.8
Missing	6.3	4.6	8.1	4.1	7.1	2.6

- For all three samples, the number one reason for alcohol consumption was “to have fun.” This may be due to the order the options are presented in – changing the order of the answers for the next administration can test this.

Table 55.

Percentage of students responding to each option for “During the past 30 days, on how many days did you have 5 or more drinks of alcohol within a couple of hours?” (HS48)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
0 days	73.3	73.8	63.8	58.2	74.5
1 or 2 days	14.5	12.3	21.3	19.6	0
3 to 5 days	5.8	5.1	5.0	9.8	6.1
6 to 9 days	2.9	2.1	5.0	5.9	3.1
10 to 19 days	0	0.5	1.4	3.3	1.1
20 or more days	1.2	--	0.7	--	0.8
Missing	2.3	6.1	2.8	3.4	--

--Not available.

Table 56.

Percentage of students responding to each option for “If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?” (HS50, MS44)

	7 th grade	9 th grade		11 th grade	
Response	2008	2006	2008	2006	2008
Very difficult	38.3	22.1	20.0	14.9	7.8
Somewhat difficult	33.7	19.2	17.9	11.3	16.3
Somewhat easy	9.2	24.4	25.1	22.7	32.0
Very easy	13.8	29.7	29.2	45.4	41.8
Missing	5.1	4.7	7.7	5.7	2.0

- **There is a decrease across grades in percentage of students saying that it would be “Very difficult” to get alcohol; there is a corresponding increase in the proportion of students saying that getting alcohol would be “Very easy.”**

Table 57.

Percentage of students responding to each option for “How wrong do your parents feel it would be for you to drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?” (HS52, MS46)

	7 th grade	9 th grade	11 th grade
Response	2008	2008	2008
Very wrong	54.1	40.5	37.9
Wrong	32.7	31.3	30.1
A little bit wrong	7.7	19.5	22.2
Not at all wrong	2.0	4.6	7.8
Missing	3.6	4.1	2.0

- **As in the smoking version of this question, the incidence of responding in favor of parental disapproval decreases as grade of student increases.**

Topic: Marijuana and other drug use

CDC Rationale: These questions measure lifetime and current use of marijuana and cocaine, and lifetime use of inhalants, heroin, methamphetamines, ecstasy, steroids, and injected drugs. Among youth, illicit drug use is associated with heavy alcohol and tobacco use, violence and delinquency, and suicide. Among high schools students nationwide in 2005, 38% had used marijuana, 8% had used any form of cocaine, 2% had injected drugs, 12% had used inhalants, 4% had used steroids, 9% had used hallucinogenic drugs, 2% had used heroin, 6% had used methamphetamines, and 6% had used ecstasy 1 or more times during their life. The percentage of high school students who had used marijuana during their life increased during 1991-1999 (31%-47%) and then decreased during 1999-2005 (47%-38%).

Table 58.

Percentage of students responding to each option for “During your life, how many times did you use marijuana?” (HS 53)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
0 times	68.0	66.7	48.9	45.8	61.6
1 or 2 times	8.1	6.7	11.3	9.2	8.6
3 to 9 times	6.4	9.2	9.9	10.5	7.9
10 to 19 times	4.7	2.1	7.1	3.9	4.4
20 to 39 times	5.2	3.1	3.5	4.6	4.3
40 or more times	6.4	7.2	17.0	21.6	13.1
Missing	1.2	5.1	2.1	4.6	--

--Not available.

Note: Previous version had categories for “40 to 99 times” and “100 or more times.”

These two response categories have been combined into “40 or more times” on this table.

Table 59.

Percentage of students responding to each option for “During the past 30 days, how many times have you used marijuana?” (MS47)

Response	7 th grade	National Average (2005)
	2008	
0 times	67.9	79.8
1 to 2 times	23.5	7.1
3 to 9 times	2.6	4.6
10 to 19 times	0.5	2.5
20 to 39 times	0.5	2.2
40 to 99 times	0.5	3.7
100 or more times	0.5	--
Missing	4.1	--

Note: In National Average column for this table, final category is “40 or more times.”

--Not available.

Table 60.

Percentage of students responding to each option “How old were you when you tried marijuana for the first time?” (MS48)

Response	7 th grade		National Average (2005)
	2006	2008	
8 years old or younger	--	--	1.1
9 years old or younger	3.6	4.1	--
9 or 10 years old	--	--	1.6
10 to 11 years old	5.7	24.5	--
11 or 12 years old	--	--	5.9
12 or 13 years old	5.2	4.6	--
13 or 14 years old	--	--	0
14 or 15 years old	1.6	0.5	
I have never tried marijuana	--	63.3	61.4
Missing	4.2	3.1	--

--Not available.

- **The mode response is “10 to 11 years old” (about 25%).**

Table 61.

Percentage of students responding to each option “During your life, how many times did you use marijuana on school property?” (HS 54)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
0 days	98.8	85.6	92.9	81.7	95.5
1 or 2 times	0	4.1	2.1	8.5	2.3
3 to 9 times	0	2.1	1.4	2.6	1.2
10 to 19 times	0	3.1	2.1	4.6	1.1
Missing	1.2	5.1	1.4	2.7	--

--Not available.

Note: For National Average column, last three categories are labeled as “10 to 19 times,” “20 to 39 times,” and “40 or more times.” Values from all three categories have been combined and entered into “10 to 19 times” for this table.

- **In the 2008 samples, over 16% of 11th grade respondents have used marijuana on school property at some point in their lives; nearly 10% of 9th graders have.**

Table 62.

Percentage of sample responding to each option for “During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?” (HS57)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
0 times	95.3	88.7	91.5	86.3	92.4
1 or 2 times	2.9	3.1	4.3	5.2	3.1
3 to 9 times	0	3.6	1.4	4.6	1.8
10 to 19 times	0	0.5	1.4	0.7	0.9
20 to 39 times	0	0	0	0	0.5
40 or more times	0	1.0	0	0.7	1.3
Missing	1.7	3.1	1.4	2.6	--

--Not available.

- For 9th and 11th graders, respectively, 8.5% and 11.5% of the respondents reported having tried cocaine at last once. Reported use has increased since 2006.

Table 63.

Percentage of sample responding to each option for “Have you ever used any form of cocaine, including powder, crack, or freebase?” (MS51)

Response	7 th grade	
	2006	2008
Yes	7.8	5.6
No	87.0	90.3
Missing	5.2	4.1

Note: In previous YRBS, the item was worded as “Have you ever tried any form of cocaine?”

Table 64.

Percentage of sample responding to each option for “Have you ever huffed (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays) to get high?” (MS52)

Response	7 th grade	
	2006	2008
Yes	19.8	15.8
No	73.4	61.2
Missing	6.7	23.0

- With so much missing data, it is difficult to compare groups across years.

Table 65.

Percentage of sample responding to each option for “During your life, how many times have you huffed (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays) to get high?” (HS58)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
0 times	87.2	83.6	85.8	86.9	87.6
1 or 2 times	7.0	7.2	8.5	5.2	6.3
3 to 9 times	1.7	2.6	2.1	2.6	2.9
10 to 19 times	1.7	1.0	0	0.7	1.4
20 to 39 times	0.6	0.5	0	1.3	0.6
40 or more times	0.6	2.6	1.4	0	1.2
Missing	1.2	2.6	2.1	3.3	--

--Not available.

- **Compared to 2006, more students report huffing multiple times.**

Table 66.

Percentage of sample responding to each option for “Have you ever used any form of heroin (also called: “smack”, “junk”, or “China White”)?” (MS53)

Response	7 th grade
	2008
Yes	17.3
No	74.5
Missing	8.2

- **Although there is no previous data by which to make comparisons, community professionals should take note of the high proportion of 7th graders who reported having used heroin.**

Table 67.

Percentage of sample responding to each option for “During your life, how many times have you used heroin (also called “smack,” “junk,” or “China White”)?” (HS59)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
0 times	98.8	91.3	97.2	92.2
1 or 2 times	0	1.5	0	1.3
3 to 9 times	0	0.5	0	0
10 to 19 times	0	0	0	0.7
20 to 39 times	0	0.5	0	0.7
40 or more times	0	1.0	0.7	1.3
Missing	1.2	5.1	2.1	3.9

- **3.5% of 9th graders and 4% of 11th graders report lifetime heroin use. This is interesting, relative to the 7th graders’ responses in the previous table.**

Table 68.

Percentage of sample responding to each option for “Have you ever used any form of methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”)?” (MS54)

	7 th grade	
Response	2006	2008
Yes	14.3	14.3
No	82.7	82.7
Missing	3.1	3.1

- **As with the earlier table addressing heroin use in 7th graders, the figure for percentage of 7th graders reportedly using methamphetamines is concerning.**

Table 69.

Percentage of sample responding to each option for “During your life, how many times have you used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”)?” (HS60)

	9 th grade		11 th grade	
Response	2006	2008	2006	2008
0 times	96.5	89.2	88.7	91.5
1 or 2 times	1.7	2.6	2.8	1.3
3 to 9 times	0	0.5	2.1	0
10 to 19 times	0	0.5	2.1	1.3
20 to 39 times	0	0	0	0
40 or more times	0	1.5	1.4	1.3
Missing	1.7	5.6	2.8	4.6

- **Use is slightly higher among 11th grade cohort as compared to 9th grade – 8.4% and 5.1%, respectively; one should consider that the 11th graders are for the most part older and it can be argued that they’ve had more exposure to or opportunities to use drugs.**

Table 70.

Percentage of sample responding to each option for “Have you ever used steroids without a doctor’s prescription? (MS55)”

	7 th grade	
Response	2006	2008
Yes	4.2	4.6
No	88.8	92.3
Missing	7.8	3.1

Note: Previously this item was worded “Have you ever used steroids to improve athletic performance?”

Table 71.

Percentage of sample responding to each option for “During your life, how many times have you taken steroids without a doctor’s prescription?” (HS61)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
0 times	95.3	89.2	94.3	92.2	96.0
1 or 2 times	1.2	2.6	1.4	1.3	1.9
3 to 9 times	0.6	0.5	0.7	0.7	0.7
10 to 19 times	0	0	1.4	0.7	0.5
20 to 39 times	0.6	0.5	0	0	0.3
40 or more times	0	0.5	0.7	0.7	0.6
Missing	2.3	6.7	1.4	4.6	--

Note: This item was previously worded “During your life, how many times have you taken steroid pills or shots without a doctor’s prescription?”

--Not available.

- **Across the chart, there are indications that steroid use is higher in our students than the national average.**

Table 72.

Percentage of sample responding to each option for “Have you ever used prescription or over-the-counter drugs to get high?” (HS62, MS56)

Response	7 th grade	9 th grade	11 th grade
	2008	2008	2008
Yes	4.1	16.9	26.8
No	74.5	77.9	68.6
Missing	21.4	5.1	4.6

- **Prescription drug use as a means to get high increases dramatically as the samples get older. The difference between 7th and 9th grade responses is especially noteworthy, although the high amount of missing data with the 7th grade group confounds interpretation somewhat.**

Table 73.

Percentage of sample responding to each option for “Have you ever used a needle to inject any illegal drug into your body?” (MS57)

Response	7 th grade	
	2006	2008
Yes	7.3	4.6
No	84.9	74.0
Missing	7.3	21.4

Note: In 2006, this question was worded as “During your life, how many times have you used a needle to inject any illegal drug into your body?” The values for “0 times” have been added to the “No” column for 2006, and the combined values for “1 time” and “2 or more times” have been added to the “Yes” column in the above table.

- **It is difficult to determine whether the change in format of this question contributes to the magnitude of the decrease in the behavior.**

Table 74.

Percentage of sample responding to each option for “During your life, how many times have you used a needle to inject any illegal drug into your body?” (HS63)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
0 times	97.7	88.7	96.5	93.5
1 time	1.2	4.6	0.7	0.7
2 or more times	0	1.0	0.7	1.3
Missing	1.2	5.6	2.1	4.6

Table 75.

Percentage of sample responding to each option for “During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?” (HS64, MS58)

Response	7 th grade	9 th grade		11 th grade	
	2008	2006	2008	2006	2008
Yes	4.6	18.6	15.4	24.1	24.2
No	74.5	80.2	78.5	73.8	71.2
Missing	20.9	1.2	6.1	2.1	4.7

- **The incidence of drugs being offered on school property reportedly for 11th graders is 5 times the amount reported by 7th graders.**

Table 76.

Percentage of sample responding to each option for “How old were you when you tried any form of illegal drug the first time (excluding tobacco and alcohol)?” (HS65, MS59)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
8 years old or younger	--	--	5.2	4.6	4.3	2.6
9 years old or younger	7.3	8.7		--		--
9 or 10 years old	--	--	4.1	5.6	2.1	3.9
10 or 11 years old	5.7	7.1		--		--
11 or 12 years old	--	--	4.7	8.7	5.0	6.5
12 or 13 years old	6.3	4.6		--		--
13 or 14 years old	--	--	20.3	10.8	14.2	11.1
14 or 15 years old	--	6.6		--		--
15 to 16 years old	--	--	2.3	2.6	19.1	26.8
17 years old or older	--	--		0	0.7	2.0
I have never tried an illegal drug	73.7	64.3	62.2	63.1	53.2	44.4
Missing	7.3	8.7	1.2	4.6	1.4	2.6

--Not available.

Table 77.

Percentage of sample responding to each option for “If you wanted to get street drugs, how easy would it be for you to get some?” (HS66, MS60)

Response	7 th grade	9 th grade	11 th grade
	2008	2008	2008
Very difficult	57.7	40.0	15.0
Somewhat difficult	13.8	21.5	15.0
Somewhat easy	13.8	18.5	30.7
Very easy	8.2	13.8	36.6
Missing	6.6	6.2	2.6

- **Over one-third of 11th graders surveyed said it would be “Very easy” to get street drugs.**

Category IV: Sexual behavior

CDC Rationale: These questions measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, alcohol and other drug use related to sexual activity, condom use, contraceptive use, and whether high school students received HIV prevention education. Early initiation of sexual of sexual intercourse is associated with having a greater number of lifetime sexual partners. In addition, adolescents who initiate sexual intercourse early are less likely to use contraception, and are at a higher risk for pregnancy. Each year, there are an estimated 9.1 million cases of sexually transmitted diseases among persons ages 15-24 years. Gonorrhea rates are highest among females between the ages of 15 and 19 years (610.9 cases among 100,000 females) and males between the ages of 20 and 24 years (430.6 per 100,000 males). IN 2004, there were an estimated 4,842 cases of HIV/AIDS among persons aged 15-24 years. Among high school students nationwide, 47% had had sexual intercourse and 14% had had sexual intercourse with ≥ 4 person during their life and 34% had had sexual intercourse with >1 persons during the 3 months preceding the survey. During 1991-2005, a significant linear decrease occurred in the percentage of students who had ever had sexual intercourse (54%-47%) and a significant linear increase occurred in the percentage of current students who use a condom at last sexual intercourse (46%-63%). IN 2000, 70% of senior high schools taught HIV prevention education in a required health education course.

Related national health objectives for 2010: Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active to 95%.

Table 78.

Percentage of sample responding to each option for “Have you talked about sex with your parents or other adults in your family?” (MS61)

	7th grade
Response	2008
Yes	53.1
No	28.1
Missing	18.9

Table 79.

Percentage of sample responding to each option for “Have you ever engaged in any type of sexual activity?” (HS67, MS62)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	23.4	20.9	38.4	48.2	54.6	66.0	46.8
No	71.9	59.2	60.5	46.7	41.1	28.8	53.2
Missing	4.7	19.9	1.2	5.1	4.3	5.3	--

Note: This item formerly worded as “Have you ever had sexual intercourse?” National average values correspond to previous version.

--Not available.

- **Interpretation of this survey item is somewhat difficult unless there is insight as to what students think constitutes “any type of sexual activity.”**

Table 80.

Percentage of sample responding to each option for “How old were you the first time you engaged in sexual activity?” (MS63)/ “How old were you when you engaged in sexual activity for the first time?” (HS68).

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
11 years old or younger	--	17.9	--	9.7	--	4.6	0
Less than 12 years old	4.7	--	5.2	--	4.3	--	
12 years old	8.3	8.7	2.3	5.1	0	2.6	3.1
13 years old	5.7	7.7	9.9	15.4	3.5	7.8	6.2
14 years old	1.0	5.6	12.8	16.4	9.9	12.4	10.6
15 years old	--	0	8.7	3.1	20.6	23.5	11.3
16 years old	--	--	1.7	0	12.8	14.4	8.0
17 years old or older	--	--	0	0.5	5.3	2.0	4.4
I have never engaged in sexual activity	74.0	54.6	58.1	45.1	41.1	28.8	53.2
Missing	6.3	5.6	1.2	4.6	3.5	3.9	--

Note: In previous versions, this item was worded as “How old were you when you had sexual intercourse for the first time?”

-- Not available.

- **The percentages reporting never having engaged in sexual activity has decreased since 2006; by 20% for 7th graders, and by 13% for both 9th and 11th graders.**

Table 81.

Percentage of sample responding to each option for “If you have ever engaged in sexual activity, how many different people have you had sex with?” (MS64) / “During your life, with how many different people have you had sexual activity?” (HS60)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
1 person	8.3	20.4	18.6	15.9	24.1	18.3	17.3
2 people	4.7	13.8	4.7	17.9	11.3	17.0	8.7
3 people	--	1.0	5.2	5.6	--	11.8	6.5
3 or more people	6.2	--	--	--	4.3	--	--
4 people	--	0.5	2.3	4.6	5.7	8.5	4.1
5 people	--	1.5	1.7	1.0	2.1	5.2	2.8
6 or more people	--	1.0	4.1	5.1	6.4	6.5	7.4
I have never had sex/engaged in sexual activity	74.5	56.6	61.6	43.1	43.3	28.8	53.5
Missing	6.3	5.1	1.7	6.6	2.8	4.0	--

Note: Middle school survey previously had wording as follows: “With how many people have you had sexual intercourse?” High school version previously used the term “Sexual intercourse,” not “Sexual activity.”

--Not available.

- **While over 56% of 7th graders have not had sex, only 29% of 11th graders can say that. Responses indicate that 67% of 11th graders have engaged in sexual activity with more than one person.**

Table 82.

Percentage of sample responding to each option for “If you have ever engaged in sexual activity, did you or your partner use a condom the last time you had sexual intercourse?” (MS65)

Response	7 th grade	
	2006	2008
Yes	25.0	17.9
No	21.4	20.4
I have never had sexual intercourse	--	56.1
Missing	56.6	5.6

Note: Survey item previously worded as “The last time you had sexual intercourse, did you or your partner use a condom?”

- **One-fifth of 7th graders report having unprotected sex.**

Table 83.

Percentage of sample responding to each option for “Have you ever drunk alcohol or used drugs before you engaged in sexual activity?” (HS70)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
Yes	8.1	14.9	12.8	35.3
No	29.1	33.8	41.8	31.4
I have never engaged in sexual activity	59.9	44.6	42.6	28.1
Missing	2.9	1.6	2.8	5.3

Note: Item previously worded as: “Did you drink alcohol or use drugs before you had sexual intercourse the last time?”

- **Note the increase in percentages of students reporting having used alcohol or drugs before having sex as compared to the 2006 values.**

Table 84.

Percentage of sample responding to each option for “The last time you engaged in sex, what method did you or your partner use to prevent pregnancy (birth control)?” (HS71)

Response	9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	
No birth control method was used	6.4	5.1	3.5	5.9	6.2
Birth control pills	0.6	1.0	13.5	10.5	6.8
Condoms	25.0	25.1	22.0	36.6	25.7
Depo-Provera (inject able birth control)	1.2	3.1	8.5	3.9	1.2
Withdrawal	1.2	1.0	4.3	2.6	3.8
Some other method	1.2	1.0	0.7	0.7	1.1
Not sure	1.2	2.6	0.7	2.0	1.4
I have never had sex	60.5	56.9	41.8	32.0	53.9
Missing	2.9	4.1	5.0	5.9	--

--Not available.

- **At least 5% of the 9th and 11th grade respondents admit not using birth control; a small percentage are not sure what method (if any) was used.**

Table 85.

Percentage of sample responding to each option for “How many times have you been pregnant or gotten someone pregnant?” (HS72)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
0 times	95.9	89.2	92.9	86.9
1 time	0.6	2.6	2.1	4.6
2 or more times	0	1.5	1.4	2.0
Not sure	1.2	0.5	0.7	0.7
Missing	2.3	6.6	2.8	5.9

Topic: HIV/STDs/Sex Education

Table 86.

Percentage of sample responding to each option for “Where have you received most of your information about sex and sexually transmitted diseases/infections (STDs/STIs)?” (HS73, MS66).

Response	7 th grade	9 th grade	11 th grade
	2008	2008	2008
Friends/peers	9.2	15.9	13.1
Parents/other family members	38.8	13.3	15.7
Brothers/sisters	2.6	1.0	2.0
School teachers/counselors	34.7	50.3	55.6
Doctors or nurses	3.1	7.2	5.9
TV/radio	2.0	1.0	0.7
Magazines/newspapers/books	1.0	1.5	2.6
I have not received any information about STDs/STIs	4.6	4.6	0
Missing	4.1	5.1	4.6

Note: This item was formerly broken into two items, one asking about sex information and one asking about STDs information.

- **Students talk to friends more and family members less as they get older (and as previous data suggested, as they become more sexually active). Fortunately the data also indicate that 9th and 11th graders get more information from teachers and school counselors as they proceed through school.**

Table 87.

Percentage of sample responding to each option for “Have you ever been taught about HIV/AIDS or other STDs/STIs in school?” (HS74, MS67)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
Yes	83.9	46.9	92.4	82.6	94.3	95.3
No	6.8	27.0	4.7	3.6	0	3.3
Not sure	3.6	21.4	0	5.6	1.4	0.7
Missing	5.7	4.6	2.9	8.2	4.3	2.7

Note: In 2006 this item was worded as “Have you ever been taught about AIDS/HIV infection in school?”

--Not available.

- **There is a large decline in Yes responses for the 7th graders as compared to 2006.**

Table 88.

Percentage of sample responding to each option for “When you have sex, how often do you use a condom?” (HS75)

Response	9 th grade	11 th grade
	2008	2008
Every time	24.1	30.7
Most of the time	3.6	16.3
Sometimes	3.6	2.6
Rarely	3.1	5.2
Never	4.6	9.8
I have not had sex	57.4	31.4
Missing	3.6	4.0

- **Amongst 9th graders, 27% use a condom most of the time or all of the time; 47% percent of 11th graders fall into this category.**

Category V: Dietary habits

Topic: Weight management

CDC Rationale: These questions measure self-reported height and weight, self-perception of body-weight status, and specific weight-control behaviors. Data on self-reported height and weight can be used to calculate body mass index and provide a proxy measure of whether high school students are overweight. Although overweight prevalence estimates derived from self-reported data are likely to be low, they can be useful in tracking trends over time. Prevalence trends from national surveys for adults using self-reported height and weight have been consistent with trend data from national surveys using measured heights and weights. In 2003-2004, 66% of persons aged 20 years or older were either overweight or obese and 17% of adolescents aged 12 to 19 were overweight. In 2003-2004, there were more than three times as many overweight adolescents as there were in 1976-1980 (17% vs. 5%, respectively). Overweight or

obesity acquired during childhood or adolescence may persist into adulthood. Overweight during childhood and adolescence is associated with negative psychological and social consequences and adverse healthy outcomes, including Type II diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and the metabolic syndrome. Studies have shown high rates of body dissatisfaction and dieting among adolescents with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting which can lead to abnormal physical and psychological developments. It is estimated that 5 million Americans are affected by eating disorders every year. Among high schools students nationwide in 2005, 12% had gone without eating for ≥ 24 hours, 6% had taken diet pills, powders or liquids without a doctor's advice, and 5% had vomited or taken laxatives to lose weight or keep from gaining weight during the 30 days preceding the survey.

Table 89.

Percentage of sample responding to each option for "How would you describe your weight?" (HS76, MS69)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Very underweight	4.2	5.1	2.3	3.6	0.7	0.7	1.9
Slightly underweight	11.5	12.8	8.4	7.7	12.8	9.8	12.2
About the right weight	49.5	40.8	53.1	53.3	54.6	57.5	54.4
Slightly overweight	23.5	31.1	27.9	22.1	25.5	26.8	26.9
Very overweight	6.8	6.1	4.1	6.7	5.7	2.6	4.3
Missing	4.7	4.1	2.9	6.6	0.7	2.6	--

--Not available.

Table 90.

Percentage of sample responding to each option for “Which of the following are you trying to do about your weight?” (HS77, MS70)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Lose weight	52.1	45.9	53.5	41.0	45.4	40.5	45.6
Gain weight	10.4	16.8	11.6	8.7	16.3	17.0	16.8
Stay the same weight	18.8	19.4	15.1	27.2	19.9	20.9	19.4
I am not trying to do anything about my weight	16.1	14.3	11.6	19.0	15.6	17.0	18.2
Missing	2.6	3.6	1.2	4.1	2.8	4.6	--

--Not available.

Table 91.

Percentage of sample responding to each option for “During the past 30 days, did you exercise to lose weight or to keep from gaining weight?” (HS78, MS71)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	72.9	56.1	65.1	64.6	55.3	56.9	60.0
No	22.9	32.7	33.1	28.7	42.6	37.3	40.0
Missing	4.1	11.2	1.7	6.6	2.1	5.9	--

Note: 2006 Middle School question was “Have you ever exercised to lose weight or keep from gaining weight?”

--Not available.

- Fewer students in the 7th grade group report exercising to control weight.

Table 92.

Percentage of sample responding to each option for “During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?” (HS79, MS72)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	43.2	41.8	65.1	34.4	55.3	41.8	12.3
No	52.6	48.5	33.1	60.5	42.6	53.6	87.7
Missing	4.1	9.7	1.7	5.1	2.1	4.7	--

Note: Middle school item formerly worded as “Have you ever eaten less food ...”

--Not available.

- **In the 9th and 11th grade cohorts, fewer students control food intake as a means of weight control or weight loss (30% and 14% decreases, respectively, since 2006).**

Table 93.

Percentage of sample responding to each option for “During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?” (HS80, MS73)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	21.9	23.0	15.7	10.3	7.1	11.8	12.3
No	72.9	70.9	82.6	84.1	90.8	83.7	87.7
Missing	5.2	6.2	1.7	5.6	2.1	4.6	--

--Not available.

Table 94.

Percentage of sample responding to each option for “During the past 30 days, did you take any diet pills, powders, or liquids without a doctor’s advice in order to lose weight?” (HS81, MS74)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	7.8	10.7	4.1	6.2	7.8	2.6	6.3
No	88.5	78.1	94.2	88.7	91.5	90.8	93.7
Missing	3.6	11.2	1.7	5.1	0.7	6.7	--

--Not available.

- **This behavior seems to peak with the 7th graders.**

Table 95.

Percentage of sample responding to each option for “During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?” (HS82. MS75)

Response	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
Yes	10.4	6.1	2.9	8.2	4.3	4.6	4.5
No	79.2	87.2	94.2	83.1	91.5	90.2	95.5
Missing	10.4	6.6	2.9	8.6	4.3	5.3	--

--Not available.

Table 96.

Percentage of sample responding to each option for “Yesterday, how many meals did you eat?” (MS76)

Response	7 th grade	
	2006	2008
0 meals	4.7	6.6
1 meal	14.6	13.3
2 meals	22.9	23.5
3 meals	41.7	30.6
More than 3 meals	10.4	17.3
Missing	5.7	8.7

- **Over 50% of 7th grade respondents had eaten two or three meals the previous day.**

Topic: Nutritional Habits

CDC Rationale: These questions measure food choices. Six of the questions address food and vegetable consumption, one addresses soda or pop consumption, and one addresses milk consumption. The fruit and vegetable questions are similar to the ones asked of adults on CDC’s Behavioral Risk Factor Survey. Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals and other substances that are important for good health. There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decreased risk of some types of cancer, cardiovascular diseases, and stroke. Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of overweight. In 2005, 20% of high school students nationwide ate fruits or vegetables 5 or more times a day. During 1999-2005 a significant linear decrease occurred in the percentage of students who ate fruits and vegetables ≥ 5 times per day (24%-20%). Milk is an important source of calcium for adolescents. Calcium is essential for forming and maintaining healthy bones and low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis. Although the recommended intake of calcium is 1300 mg/day, so adolescents consume far less. National data indicate that the average calcium intake among persons aged 12 to 19 years was 1125 mg/day (among males) and 814 mg/day (among females). In 2005, 21% of male and 12% of female high school students nationwide had drunk ≥ 3 glasses of milk per day. In recent

years, soft drink consumption has significantly increased among children and adolescents compared to 7% in 1999-2001. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with being at increased risk for overweight in children.

Table 97.

Percentage of sample responding to each option for “Yesterday, did you eat fruit or drink fruit juice?” (MS77)

	7th grade
Response	2008
No	28.0
Yes, 1 time only	29.9
Yes, 2 or more times	42.1

Table 98.

Percentage of sample responding to each option for “During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?” (HS83)

	9th grade		11th grade	
Response	2006	2008	2006	2008
1-3 times	34.9	33.8	29.8	32.7
4-6 times	15.1	12.3	16.3	11.8
About once a day	7.6	8.2	7.8	14.4
About twice a day	7.6	9.7	5.7	13.1
About 3 times a day	4.1	4.6	6.4	4.6
About 4 times a day	5.2	7.2	5.0	2.0
I did not drink 100% juice	22.7	18.5	26.2	17.6
Missing	2.9	5.6	2.8	3.9

Table 99.

Percentage of sample responding to each option for “During the past 7 days, how many times did you eat fruit?” (HS84)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
1-3 times	45.3	26.7	36.9	29.4
4-6 times	20.9	17.9	17.7	22.9
About once a day	6.4	14.4	11.3	13.7
About twice a day	8.7	13.8	7.8	9.2
About 3 times a day	3.5	4.1	2.1	5.2
About 4 times a day	4.1	5.6	1.4	3.9
I did not eat fruit	8.7	13.8	21.3	10.5
Missing	2.3	3.6	1.4	5.2

Table 100.

Percentage of sample responding to each option for “Yesterday, did you drink milk?” (MS78)

Response	7 th grade
	2008
No	32.7
Yes, 1 time only	30.1
Yes, 2 or more times	21.4
Missing	15.9

Table 101.

Percentage of sample responding to each option for “During the past 7 days, how many glasses of milk did you drink?” (HS86)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
1-3 glasses	23.3	25.6	24.8	22.2
4-6 glasses	18.0	13.8	14.2	15.0
About 1 glass per day	14.0	14.4	18.4	17.6
About two glasses per day	8.1	10.8	12.1	11.8
About 3 glasses per day	9.3	7.7	4.3	6.5
About 4 or more glasses per day	7.6	6.2	4.3	3.9
I did not drink milk	16.9	16.9	19.9	18.3
Missing	2.9	4.6	2.1	4.6

Table 102.

Percentage of sample responding to each option for “Yesterday did you eat any vegetables?” (MS81)

Response	7 th grade
	2008
No	39.3
Yes, 1 time only	34.7
Yes, 2 or more times	20.4
Missing	5.6

Table 103.

Percentage of sample responding to each option for “During the past 7 days, how many times did you eat green salad or raw vegetables?” (HS85)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
1-3 times	39.0	28.2	48.2	28.1
4-6 times	12.8	20.0	13.5	26.8
About once a day	11.6	12.3	7.8	11.8
About twice a day	3.5	11.8	5.0	12.4
About 3 times a day	2.9	2.6	0.7	3.9
4 or more times a day	1.7	3.6	1.4	2.0
I did not eat green salad or raw vegetables	25.6	15.9	21.3	10.5
Missing	2.9	5.6	2.1	4.6

Note: The 2006 wording did not include “raw vegetables.”

- **The percentage of students who did not eat any raw vegetables dropped dramatically since 2006, by over 10% for both 9th and 11th graders. It may be worthwhile to investigate whether this is due to changes in school-lunch offerings.**

Table 104.

Percentage of sample responding to each option for “During the past 7 days, how many times did you eat cooked vegetables?” (HS89)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
1-3 times	38.4	37.4	39.0	27.5
4-6 times	15.7	16.9	19.9	26.8
About once a day	12.8	13.8	8.5	15.0
About twice a day	3.5	4.1	5.0	8.5
About 3 times a day	0.6	4.1	1.4	0.7
4 or more times a day	1.2	3.1	0.7	0.7
I did not eat cooked vegetables	25.0	14.9	22.0	14.4
Missing	2.9	5.6	3.5	6.5

- **As in the previous table concerning raw vegetables, fewer students report not eating any cooked vegetables in the past seven days.**

Table 105.

Percentage of sample responding to each option for “Yesterday, did you eat any of the following: hamburger, hotdog, French fries or potato chips?” (MS79)

Response	7 th grade	
	2006	2008
No	41.7	36.7
Yes, 1 time only	39.1	37.8
Yes, 2 or more times	15.6	11.2
Missing	2.6	14.3

- **The results of this item may vary tremendously depending on the school lunch offerings from day to day.**

Table 106.

Percentage of sample responding to each option for “During the past 7 days, how many times did you eat a hamburger?” (HS90)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
1-3 times	56.4	48.2	56.7	53.6
4-6 times	7.6	9.7	8.5	14.4
About once a day	1.7	4.1	1.4	3.9
About twice a day	1.2	2.1	1.4	1.3
About 3 times a day	0	0.5	0	0.7
4 or more times a day	0.6	1.6	0	1.3
I did not eat hamburger	29.1	28.7	29.8	22.2
Missing	3.5	5.1	2.1	2.6

Table 107.

Percentage of sample responding to each option for “During the past 7 days, how many times did you eat french fries or potato chips?” (HS87)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
1-3 times	55.8	36.4	56.1	34.0
4-6 times	12.2	25.6	20.6	27.5
About once a day	5.8	10.8	5.7	10.5
About twice a day	6.4	6.7	2.1	3.9
About 3 times a day	1.2	2.1	1.4	1.3
4 or more times a day	2.3	2.1	0.7	2.6
I did not eat French fries/chips	13.4	10.8	12.9	14.4
Missing	2.9	5.6	1.4	5.9

Note: In 2006, survey item only asked about consumption of french fries.

Table 108.

Percentage of sample responding to each option for “Yesterday, did you eat cookies, doughnuts, pie or cake?” (MS80)

Response	7 th grade	
	2006	2008
No	52.1	51.0
Yes, 1 time only	32.8	23.5
Yes, 2 or more times	10.9	9.2
Missing	4.1	16.4

Note: Item formerly worded as “Yesterday, how many times did you eat or drink sweets, such as cookies, doughnuts, cake, candy or soft drinks?”

Table 109.

Percentage of sample responding to each option for “During the past 7 days, how many times did you eat cookies, doughnuts, pie or cake?” (HS88)

Response	9 th grade		11 th grade	
	2006	2008	2006	2008
1-3 times	46.5	47.2	39.0	42.5
4-6 times	19.8	15.4	19.9	17.6
About once a day	5.8	9.7	8.5	7.2
About twice a day	4.1	2.1	5.0	4.6
About 3 times a day	2.3	1.5	1.4	1.3
4 or more times a day	2.3	2.6	0.7	2.0
I did not eat cookies, doughnuts, pie or cake	16.9	15.9	22.0	19.6
Missing	2.3	5.6	3.5	5.2

Table 110.

Percentage of sample responding to each option for “Have you ever gone to bed hungry because there was not enough food in your house?” (HS91, MS82)

Response	7 th grade	9 th grade		11 th grade	
	2008	2006	2008	2006	2008
Yes	14.8	22.7	17.9	24.4	15.7
No	66.8	74.4	66.7	73.8	75.8
Missing	18.4	2.9	15.3	1.4	8.6

Note: Former wording of this item was “Have you ever been hungry because your family did not have food?” Responses were: “Never” (categorized as “No” in above table); “Once,” “From time to time,” and “Regularly” (combined and placed in “Yes” category in above table).

Category VI: Physical health

CDC Rationale: These questions measure participation in physical activity, physical education classes, sports teams, television watching, and video game/computer use. Participation in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well being. Overtime, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure. The 2005 Dietary Guidelines for Americans recommends that youth engage in at least 60 minutes of physical activity on most, preferably all, days of the week. In 2005, 44% of male and 28% of female high school students nationwide had been physically active, doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for at least 60

minutes/day on ≥ 5 of the 7 days preceding the survey. School physical education classes can increase adolescent participation in physical activity and help high school students develop the knowledge, attitudes and skills they need to engage in lifelong physical activity. In 2005, 54% of high school students nationwide went to physical education classes on one or more days in an average week when they were in school. The percentage of high school students enrolled in physical education class did not change significantly from 1991 (49%) to 2005 (54%). Television viewing, computer usage and video game playing are associated with physical inactivity among adolescents and young adults. Television viewing during childhood and adolescence is associated with being overweight. Among high school students nationwide, in 2005, 37% watched television ≥ 3 hours/day on an average school day. During 1999-2005, a significant linear decrease occurred in the percentage of high school students who watched ≥ 3 hours/day of televisions (43%-37%).

Related National Health Objectives for 2010: Increase the proportion of adolescents who participate in daily school physical education to 50%. Increase the proportion of adolescents who spend at least 50% of school physical education class time being physically active to 50%. Increase the proportion of adolescents who view television 2 or fewer hours on a school day to 75%

Table 111.

Percentage of sample responding to each option for “On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, fast walking, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?” (HS92, MS83)

Response in days	7 th grade		9 th grade		11 th grade		National Average (2005)
	2006	2008	2006	2008	2006	2008	
0	--	--	4.7	11.8	14.9	17.0	16.3
1	14.1	--	9.9	8.2	11.3	9.8	8.9
1 or less	--	21.4	--	--	--	--	--
2	12.0	8.7	8.7	9.2	12.1	15.7	10.6
3	9.4	15.4	14.0	13.3	15.6	6.5	12.6
4	9.4	12.8	12.2	11.3	11.3	7.8	9.2
5	18.2	15.3	10.5	10.8	12.1	7.8	13.2
6	6.3	4.1	10.5	11.3	0.7	8.5	7.3
7	25.5	18.4	27.3	16.4	20.3	20.3	21.9
Missing	5.2	4.1	2.3	7.7	12.1	6.5	--

--Not available.

Table 112.

Percentage of sample responding to each option for “On an average school day, how many hours do you watch TV?” (HS93, MS84)

Response in hours	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
Less than 1	16.7	23.0	12.2	19.5	19.1	15.0
1	15.6	18.4	10.5	17.4	18.4	17.6
2	17.7	14.3	30.8	16.9	27.0	22.2
3	15.6	14.8	16.9	13.8	9.9	19.0
4	7.3	8.7	7.6	9.7	3.5	9.8
5 or more	14.6	12.2	7.0	12.8	6.4	4.6
I do not watch TV on an average school day	7.8	5.6	10.5	4.1	12.8	7.2
Missing	4.7	3.1	4.7	5.6	2.8	4.6

- **Over 50% of students watch two hours of TV or less on an average school day.**

Table 113.

Percentage of sample responding to each option for “On an average school day, how many hours do you use a computer?” (HS94, MS86)

Response in hours	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
Less than 1	24.0	29.9	19.8	20.2	25.5	26.2
1	16.1	19.0	14.5	17.6	19.1	22.8
2	6.3	19.7	22.7	25.5	14.2	18.6
3	8.3	9.5	9.9	11.2	12.1	10.3
4	7.3	2.7	4.1	5.9	5.7	5.5
5 or more	6.3	7.5	7.6	9.6	8.5	6.9
I do not use a computer	26.0	11.6	17.4	10.1	12.8	9.7
Missing	5.7		4.1		2.1	

Note: Item was worded differently in 2006 YRBS: “On an average school day, how many hours do you use a computer for fun or play video games?”

Table 114.

Percentage of sample responding to each option for “On an average school day, how many hours do you spend using a cell phone (talking and text messaging)?” (HS95, MS85)

Response in hours	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
1 or less	--	32.0	--	--	--	--
Less than 1	24.0	--	27.4	23.7	30.8	14.3
1	10.2	--	9.1	7.0	9.0	12.2
2	7.2	7.5	7.3	10.8	9.8	12.2
3	1.2	7.5	9.1	7.5	8.3	6.8
4	15.0	3.4	1.8	6.5	6.8	4.8
5 or more	0.6	19.7	13.4	25.3	16.5	36.7
I do not use a cell phone	41.9	29.3	31.7	19.4	18.8	12.9

--Not available.

- **For 7th graders, nearly one-fifth answered that they use a cell phone five or more hours per day; this is the modal response for 9th and 11th graders. The amount of high-school students reporting not using a cell phone has decreased since 2006.**

Table 115.

Percentage of sample responding to each option for “During an average physical education (PE) class, how many minutes do you spend exercising or playing sports?” (MS87)

Response	7 th grade		National Average (2005)
	2006	2008	
Less than 10 minutes	7.6	7.5	3.0
10 to 20 minutes	8.7	8.9	5.7
21 to 30 minutes	4.3	11.0	8.9
31 to 45 minutes	29.3	10.3	34.2
46 to 60 minutes	--	17.8	--
More than 60 minutes	--	44.5	--
I do not take PE	50.0	0	45.7

Note: For National Average (2005) and the 2006 version of the YRBS, the highest response category was “More than 30 minutes.” The values from this category have been placed in the “31 to 45 minutes” category in the above table.

--Not available.

- **The results look promising in terms of how much time students are spending on exercise in their PE classes: the number of students not taking PE decreased, and 45 percent get over an hour of exercise.**

Table 116.

Percentage of sample responding to each option for “During the past 12 months, on how many sports teams did you play?” (HS96, MS88)

Response	7 th grade	9 th grade		11 th grade		National Average (2005)
	2008	2006	2008	2006	2008	
0 teams	39.2	51.2	38.3	48.5	45.6	44.0
1 team	24.3	17.9	23.5	28.0	25.2	24.9
2 teams	21.6	17.3	21.3	14.4	9.5	16.4
3 or more teams	13.5	11.1	14.8	9.1	19.7	14.7

Note: A related survey item appeared on the 2006 middle school YRBS: “During the past year, on how many sports teams organized by groups other than your school did you play?”

- **In 2006 the number of respondents answering “0 teams” was above the national average; for this administration fewer students answered that they played on no sports teams.**

Table 117.

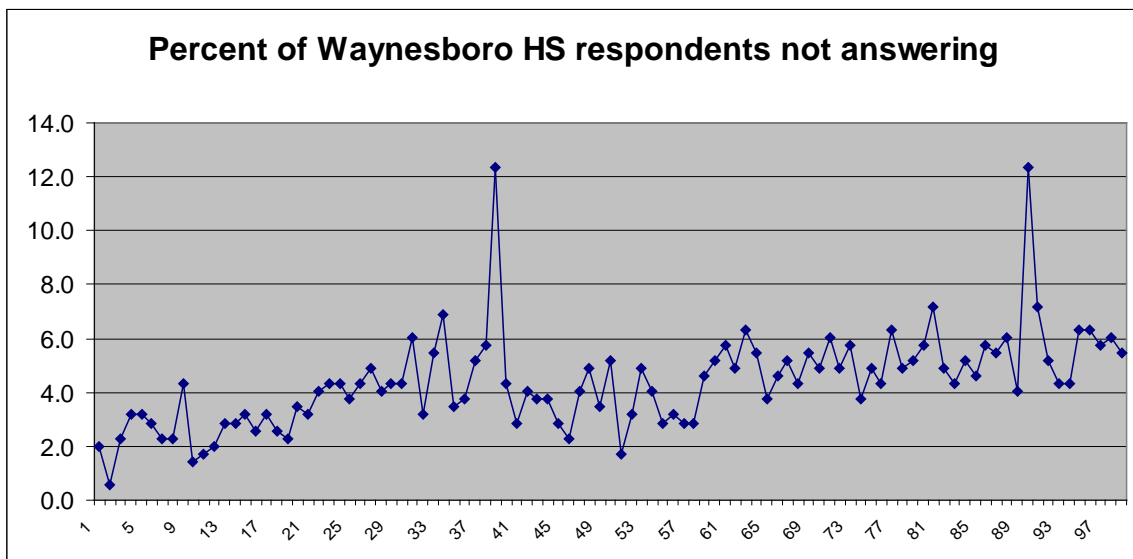
Percentage of sample responding to each option for “How much sleep do you usually get at night?” (HS97, MS89)

Response	7 th grade		9 th grade		11 th grade	
	2006	2008	2006	2008	2006	2008
Less than 7	24.4	18.6	40.3	23.9	39.1	28.8
7 hours	21.1	20.7	33.6	29.3	32.6	36.3
8 hours	29.3	31.7	18.7	32.4	18.1	28.8
More than 8 hours	23.8	29.0	7.5	10.6	7.2	5.5

Section III. Conclusions

In the above tables, every effort was made to highlight points of interest and emerging trends. However, as mentioned throughout the report, changes in the wording of questions may contribute to changes in results. The recommendation is being made that to the extent possible, this survey should remain in its current format to facilitate interpreting results in a change-over-time frame of reference following the next administration.

The amount of missing data increased over the length of the survey. The following graph illustrates how the amount of skipped or miskeyed items increased.



This increase is likely due to reduction in motivation and/or fatigue as the survey proceeds. This evaluator recommends an eventual reduction in the total number of items asked on the survey.

Appendix A
YOUTH RISK BEHAVIOR SURVEY
MIDDLE SCHOOL SURVEY
2008

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

The questions that ask about your background will only be used as a way to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Completing this survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

Make sure to read every question. Using a #2 pencil, fill in the circle that matches your answer. Fill in the ovals on the answer sheet completely. To change answers, erase the filled-in oval completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

DIRECTIONS: Read each question carefully. Using a #2 pencil, fill in the circle on your answer sheet that matches the letter of your answer. Fill in the ovals on the answer sheet completely. To change answers, erase the filled-in oval completely. CHOOSE THE ONE BEST ANSWER FOR EACH QUESTION.

1. How old are you?
 1. 12 years old or younger
 2. 13 years old
 3. 14 years old
 4. 15 years old or older

2. What is your gender?
 1. Female
 2. Male

3. In what grade are you?
 1. 6th grade
 2. 7th grade
 3. 8th grade
 4. Ungraded or other grade

4. How do you describe yourself?
 1. American Indian or Alaskan Native
 2. Asian
 3. Black or African American
 4. Hispanic or Latino
 5. Native Hawaiian or Other Pacific Islander
 6. White

5. In the home where you spend the most time, who are the adults who are most responsible for you?
 1. Mother and Father
 2. Mother
 3. Father
 4. Grandparent(s)
 5. Foster Parent(s)
 6. Stepparent(s)
 7. Other Relative(s)
 8. Other

6. Have you ever been intentionally hurt by someone in your home?
 1. Yes
 2. No

7. Are you afraid of being harmed by someone in your home?
 1. No, I am not
 2. Yes, by my mother
 3. Yes, by my father
 4. Yes, by both my mother and father
 5. Yes, by someone else in my home

8. Who/what most influences your decisions and behavior?
 1. Family
 2. Friends and peers
 3. School teachers/counselors/nurses
 4. Religious leaders
 5. TV/newspaper/magazine
 6. Other
 7. Not Sure

9. How often do you attend religious services?
 1. Rarely
 2. Once or twice a month
 3. About once a week or more
 4. Never

THE NEXT 4 QUESTIONS ASK ABOUT PERSONAL SAFETY.

10. **When you rode a bicycle/scooter** during the past 12 months, how often did you wear a helmet?
 1. Never wore a helmet
 2. Rarely wore a helmet
 3. Sometimes wore a helmet
 4. Most of the time wore a helmet
 5. Always wore a helmet
 6. I did not ride a bicycle or scooter during the past 12 months

11. When you **rollerbladed or rode a skateboard** during the past 12 months how often did you wear a helmet?
 1. Never wore a helmet
 2. Rarely wore a helmet
 3. Sometimes wore a helmet
 4. Most of the time wore a helmet
 5. Always wore a helmet
 6. I did not rollerblade or ride a skateboard

12. How often do you wear a **seat belt** when riding in a car?
1. Never
 2. Rarely
 3. Sometimes
 4. Most of the time
 5. Always
13. During the past 30 days, did you **ride** in a car or other vehicle driven by someone **who had been drinking alcohol**?
1. Yes
 2. No
 3. Not sure

THE NEXT 12 QUESTIONS ASK ABOUT VIOLENCE-RELATED BEHAVIORS.

14. During the past 30 days, on how many days did you carry a **gun or knife for self protection or to use as a weapon**?
1. 0 days
 2. 1 day
 3. 2 or 3 days
 4. 4 or 5 days
 5. 6 or more days
15. During the past 30 days, on how many days did you carry a weapon such as a gun or knife **on school property**?
1. 0 days
 2. 1 day
 3. 2 or 3 days
 4. 4 or 5 days
 5. 6 or more days
16. During the past 30 days, how many days did you **not go to school** because you felt you would be unsafe at school or on your way to or from school?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or more times
17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun or knife on **school property**?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 to 9 times
 6. 10 or more times

18. During the past 12 months, how many times has someone **stolen** or **deliberately damaged** your property such as your clothing or books on school property?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 to 9 times
 6. 10 or more times
19. During the past 12 months, how many times were you in a physical fight?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or 7 times
 6. 8 or 9 times
 7. 10 or more times
20. During the past 12 months, how many times were you in a physical fight in which you were **injured** and had to be treated by a doctor or nurse?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or more times
21. During the past 12 months, how many times were you in a physical fight **on school property**?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or 7 times
 6. 8 or 9 times
 7. 10 or 11 times
 8. 12 or more times
22. The last time you were in a physical fight, **with whom** did you fight?
1. A total stranger
 2. A friend of someone I know
 3. A boyfriend, girlfriend, or date
 4. A parent, brother, sister, or other family member
 5. Someone not listed above
 6. More than one of the persons listed above
 7. I have never been in a physical fight

23. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you **on purpose**?
1. Yes
 2. No
24. Have you ever been forced to have sex when you did not want to?
1. Yes
 2. No
25. During the past 12 months, have you been a member of a gang?
1. Yes
 2. No

THE NEXT 5 QUESTIONS ASK ABOUT SAD FEELINGS AND ATTEMPTED SUICIDE.

(Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking an action to end their own life.)

26. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
1. Yes
 2. No
27. During the past 12 months, did you ever **seriously** consider attempting suicide?
1. Yes
 2. No
28. During the past 12 months, how many times did you **actually attempt** suicide?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or more times
29. The last time you seriously considered attempting suicide, **with whom did you talk** to this about?
1. A friend, boyfriend, or girlfriend
 2. A parent, brother, sister or other family member
 3. A guidance counselor
 4. Someone not listed above
 5. More than one of the persons listed above
 6. I did not talk to anyone
 7. I have never seriously considered suicide

30. Have you ever sought **counseling**, or any other service, when you felt so depressed that you seriously considered attempting suicide?
1. Yes
 2. No
 3. I have never seriously considered suicide

THE NEXT 10 QUESTIONS ASK ABOUT TOBACCO USE.

31. Have you ever tried cigarette smoking, even just one or two puffs?
1. Yes
 2. No
32. How old were you when you smoked a whole cigarette for the first time?
1. 9 years old or younger
 2. 10 or 11 years old
 3. 12 or 13 years old
 4. 14 or 15 years old
 5. I have never smoked a whole cigarette
33. During the past 30 days, on how many days did you smoke cigarettes?
1. 0 days
 2. 1 to 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days
 6. 20 to 29 days
 7. Everyday
34. During the past 30 days, if you smoked, how many cigarettes did you smoke **per day**?
1. 1 cigarette per day
 2. 2 to 5 cigarettes per day
 3. 6 to 10 cigarettes per day
 4. 11 to 20 cigarettes per day
 5. More than 20 cigarettes per day
 6. I did not smoke cigarettes during the past 30 days
35. During the past 30 days, how did you usually get cigarettes? (Select only **one**)
1. I bought them in a store such as a convenience store or supermarket
 2. I bought them at vending machine
 3. I gave someone else money to buy them for me
 4. I got them from my parent
 5. Borrowed them from someone
 6. I stole them
 7. I got them some other way
 8. I did not smoke cigarettes during the past month

36. During the past 30 days, on how many days did you use **chewing tobacco or snuff, or smoke cigarettes**?
1. 0 days
 2. 1 to 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days
 6. 20 to 29 days
 7. Everyday
37. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or smoke cigarettes on school property**?
1. 0 days
 2. 1 or 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days
38. If you wanted to get some cigarettes, how easy would it be for you to get some?
1. Very difficult
 2. Somewhat difficult
 3. Somewhat easy
 4. Very easy
39. How much do you think people risk harming **themselves** (physically or in other ways) if they smoke one or more packs of cigarettes per day?
1. No risk
 2. Slight risk
 3. Moderate risk
 4. Great risk
40. How wrong do your parents feel it would be for **you** to smoke cigarettes?
1. Very wrong
 2. Wrong
 3. A little bit wrong
 4. Not at all wrong

THE NEXT 6 QUESTIONS ASK ABOUT DRINKING ALCOHOL. THIS INCLUDES DRINKING BEER, WINE, WINE COOLERS, AND LIQUOR SUCH AS RUM, GIN, VODKA, OR WHISKEY.

(For these questions, drinking alcohol does not include drinking a few sips of wine for religious or holiday purposes.)

41. How old were you when you had your **first drink** of alcohol, other than a few sips?
1. 9 years old or younger
 2. 10 or 11 years old
 3. 12 or 13 years old
 4. 14 or 15 years old
 5. I have never had a drink of alcohol other than a few sips
42. During the past 30 days, how many days have you had **at least one** drink of alcohol?
1. 0 days
 2. 1 or 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days
 6. 20 to 29 days
 7. Everyday
43. The last time you drank more than a few sips of alcohol, which one answer most closely explains your **reason for drinking**?
1. To have fun
 2. To fit in
 3. Because my friends drink
 4. To escape problems
 5. Boredom
 6. Curiosity
 7. Other
 8. I do not drink more than a few sips of alcohol
44. If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?
1. Very difficult
 2. Somewhat difficult
 3. Somewhat easy
 4. Very easy
45. How much do you think people risk harming **themselves** (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?
1. No risk
 2. Slight risk
 3. Moderate risk
 4. Great risk

46. How wrong do your parents feel it would be for **you** to drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?
1. Very wrong
 2. Wrong
 3. A little bit wrong
 4. Not at all wrong

THE NEXT 5 QUESTIONS ASK ABOUT MARIJUANA USE. (Marijuana also is called “grass” or “pot.”)

47. During the past 30 days, how many times have you used marijuana?
1. 0 times
 2. 1 or 2 times
 3. 3 to 9 times
 4. 10 to 19 times
 5. 20 to 39 times
 6. 40 to 99 times
 7. 100 or more times
48. How old were you when you tried marijuana for the first time?
1. 9 years old or younger
 2. 10 to 11 years old
 3. 12 or 13 years old
 4. 14 or 15 years old
 5. I have never tried marijuana
49. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?
1. No risk
 2. Slight risk
 3. Moderate risk
 4. Great risk
50. How wrong do your parents feel it would be for **you** to smoke marijuana?
1. Very wrong
 2. Wrong
 3. A little bit wrong
 4. Not at all wrong

THE NEXT 10 QUESTIONS ASK ABOUT COCAINE AND OTHER DRUGS.

51. Have you ever used **any form of cocaine**, including powder, crack, or freebase?
1. Yes
 2. No

52. Have you ever huffed (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays) to get high?
1. Yes
 2. No
53. Have you ever used any form of **heroin** (also called: “smack”, “junk”, or “China White”)?
1. Yes
 2. No
54. Have you ever used **any** form of **methamphetamines** (also called “speed,” “crystal,” “crank,” or “ice”)?
1. Yes
 2. No
55. Have you ever used **steroids** without a doctor’s prescription?
1. Yes
 2. No
56. Have you ever used **prescription drugs** or **over-the-counter medications** to get high?
1. Yes
 2. No
57. Have you ever used a needle to inject any **illegal** drug into your body?
1. Yes
 2. No
58. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
1. Yes
 2. No
59. How old were you when you tried any form of illegal drug the first time (excluding tobacco and alcohol)?
1. 9 years old or younger
 2. 10 to 11 years old
 3. 12 or 13 years old
 4. 14 or 15 years old
 5. I have never tried an illegal drug
60. If you wanted to get **street drugs**, how easy would it be for you to get some?
1. Very difficult
 2. Somewhat difficult
 3. Somewhat easy
 4. Very easy

THE NEXT 5 QUESTIONS ASK ABOUT SEXUAL BEHAVIOR.

61. Have you **talked about sex** with your parents or other adults in your family?
1. Yes
 2. No
62. Have you ever engaged in any type of sexual activity?
1. Yes
 2. No
63. How old were you the first time you engaged in sexual activity?
1. 11 years old or younger
 2. 12 years old
 3. 13 years old
 4. 14 years old
 5. 15 years old
 6. I have never engaged in sexual activity
64. If you have ever engaged in sexual activity, how many different people have you had sex with?
1. 1 person
 2. 2 people
 3. 3 people
 4. 4 people
 5. 5 people
 6. 6 or more people
 7. I have never had sex
65. If you have ever engaged in sexual activity, did you or your partner use a condom the last time you had sexual intercourse?
1. Yes
 2. No
 3. I have never had sexual intercourse

THE NEXT 3 QUESTIONS ASK ABOUT HIV/AIDS/SEX EDUCATION.

66. Where have you received most of your information about sex and sexually transmitted diseases/infections (STDs/STIs)?
1. Friends/peers
 2. Parents/other family members
 3. Brother/sisters
 4. School teachers/counselors
 5. Doctors or nurse
 6. TV/radio
 7. Magazines/newspapers/books
 8. I have not received any information about sex

67. Have you ever been taught about HIV/AIDS or other STDs/STIs in school?
1. Yes
 2. No
 3. Not sure
68. Where have you received most of your information about STDs/STIs?
1. Friends/peers
 2. Parents/other family members
 3. Brothers/sisters
 4. School teachers/counselors
 5. Doctors or nurses
 6. TV/radio
 7. Magazines/newspapers/books
 8. I have not received any information about STDs/STIs

THE NEXT 7 QUESTIONS ASK ABOUT BODY WEIGHT.

69. How would you describe your weight?
1. Very underweight
 2. Slightly underweight
 3. About the right weight
 4. Slightly overweight
 5. Very overweight
70. Which of the following are you trying to do about your weight?
1. **Lose** weight
 2. **Gain** weight
 3. **Stay** the same weight
 4. I am **not trying to do anything** about my weight
71. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
1. Yes
 2. No
72. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
1. Yes
 2. No

73. During the past 30 days, did you **go without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
1. Yes
 2. No
74. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice in order to lose weight?
1. Yes
 2. No
75. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
1. Yes
 2. No

THE NEXT 7 QUESTIONS ASK ABOUT FOOD YOU ATE OR DRANK YESTERDAY. (Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else. Select only one response for each question.)

76. Yesterday, how many meals did you eat?
1. 0 meals
 2. 1 meal
 3. 2 meals
 4. 3 meals
 5. More than 3 meals
77. Yesterday, did you eat **fruit or drink fruit juice**?
1. No
 2. Yes, 1 time only
 3. Yes, 2 or more times
78. Yesterday, did you drink **milk**?
1. No
 2. Yes, 1 time only
 3. Yes, 2 or more times
79. Yesterday, did you eat any of the following: hamburger, hotdog, French fries or potato chips?
1. No
 2. Yes, 1 time only
 3. Yes, 2 or more times
80. Yesterday, did you eat cookies, doughnuts, pie or cake?
1. No
 2. Yes, 1 time only
 3. Yes, 2 or more times

81. Yesterday did you eat any vegetables?
1. No
 2. Yes, 1 time only
 3. Yes, 2 or more times
82. Have you ever gone to bed hungry because there was not enough food in your house?
1. Yes
 2. No

THE NEXT 7 QUESTIONS ASK ABOUT PHYSICAL ACTIVITY.

83. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes **that made you sweat and breathe hard**, such as basketball, soccer, fast walking, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
1. 1 day or less
 2. 2 days
 3. 3 days
 4. 4 days
 5. 5 days
 6. 6 days
 7. 7 days
84. On an average school day, how many hours do you **watch TV**?
1. Less than 1 hour per day
 2. 1 hour per day
 3. 2 hours per day
 4. 3 hours per day
 5. 4 hours per day
 6. 5 or more hours per day
 7. I do not watch TV on an average school day
85. On an average school day, how many hours do you spend using a **cell phone** (include text messaging)?
1. 1 hour or less
 2. 2 hours
 3. 3 hours
 4. 4 hours
 5. 5 or more hours
 6. I do not use a cell phone

86. On an average school day, how many hours do you use a computer?
1. Less than 1 hour
 2. 1 hour
 3. 2 hours
 4. 3 hours
 5. 4 hours
 6. 5 or more hours
 7. I do not use a computer
87. During an average physical education (PE) class, how many minutes do you spend exercising or playing sports?
1. Less than 10 minutes
 2. 10 to 20 minutes
 3. 21 to 30 minutes
 4. 31 to 45 minutes
 5. 46 to 60 minutes
 6. More than 60 minutes
 7. I do not take PE
88. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)
1. 0 teams
 2. 1 team
 3. 2 teams
 4. 3 or more teams
89. How much sleep do you usually get at night?
1. Less than 7 hours
 2. 7 hours
 3. 8 hours
 4. More than 8 hours

THE LAST 2 QUESTIONS HAVE TO DO WITH PREVENTIVE MEDICAL CARE.

90. When was the last time you saw a **doctor or health care provider** for a check-up or physical exam when you were not sick or injured?
1. During the past 12 months
 2. Between 12 and 24 months ago
 3. More than 24 months ago
 4. Never
 5. Not sure/don't remember

91. When was the last time you saw a **dentist** for a check-up, exam, teeth cleaning, or other dental work?
1. During the past 12 months
 2. Between 12 and 24 months ago
 3. More than 24 months ago
 4. Never
 5. Not sure/don't remember

THIS IS THE END OF THE SURVEY. THANK YOU SO MUCH FOR YOUR HELP! ☺☺☺

Appendix B
YOUTH RISK BEHAVIOR SURVEY
HIGH SCHOOL SURVEY
2008

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

The questions that ask about your background will only be used as a way to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Completing this survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

Make sure to read every question. Using a #2 pencil, fill in the circle that matches your answer. Fill in the ovals on the answer sheet completely. To change answers, erase the filled-in oval completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

DIRECTIONS: Read each question carefully. Using a #2 pencil, fill in the circle on your answer sheet that matches the letter of your answer. Fill in the ovals on the answer sheet completely. To change answers, erase the filled-in oval completely. CHOOSE THE ONE BEST ANSWER FOR EACH QUESTION.

1. How old are you?
 1. 12 years old or younger
 2. 13 years old
 3. 14 years old
 4. 15 years old
 5. 16 years old
 6. 17 years old
 7. 18 years old or older

2. What is your gender?
 1. Female
 2. Male

3. In what grade are you?
 1. 9th grade
 2. 10th grade
 3. 11th grade
 4. 12th grade
 5. Ungraded or other grade

4. How do you describe yourself?
 1. American Indian or Alaskan Native
 2. Asian
 3. Black or African American
 4. Hispanic or Latino
 5. Native Hawaiian or Other Pacific Islander
 6. White

5. In the home where you spend the most time, who are the adults who are most responsible for you?
 1. Mother and Father
 2. Mother
 3. Father
 4. Grandparent(s)
 5. Foster Parent(s)
 6. Stepparent(s)
 7. Other Relative(s)
 8. Other

6. Have you ever been intentionally hurt by someone in your home?
 1. Yes
 2. No

7. Are you afraid of being harmed by someone in your home?
 1. No, I am not
 2. Yes, by my mother
 3. Yes, by my father
 4. Yes, by both my mother and father
 5. Yes, by someone else in my home

8. Who/what most influences your decisions and behavior?
 1. Family
 2. Friends and peers
 3. School teachers/counselors/ nurses
 4. Religious leaders
 5. TV/newspaper/magazine
 6. Other
 7. Not sure

9. How often do you attend religious services?
 1. Never
 2. Rarely
 3. Once or twice a month
 4. About once a week or more

THE NEXT 6 QUESTIONS ASK ABOUT PERSONAL SAFETY.

10. **When you rode a motorcycle** during the past 12 months, how often did you wear a helmet?
 1. Never wore a helmet
 2. Rarely wore a helmet
 3. Sometimes wore a helmet
 4. Most of the time wore a helmet
 5. Always wore a helmet
 6. I did not ride a motorcycle during the past 12 months

11. **When you rode a bicycle/scooter** during the past 12 months, how often did you wear a helmet?
 1. Never wore a helmet
 2. Rarely wore a helmet
 3. Sometimes wore a helmet
 4. Most of the time wore a helmet
 5. Always wore a helmet
 6. I did not ride a bicycle or scooter during the past 12 months

12. **When you rollerbladed or rode a skateboard** during the past 12 months how often did you wear a helmet?
1. Never wore a helmet
 2. Rarely wore a helmet
 3. Sometimes wore a helmet
 4. Most of the time wore a helmet
 5. Always wore a helmet
 6. I did not rollerblade or ride a skateboard during the past 12 months
13. How often do you wear a **seat belt** when riding in a car?
1. Never
 2. Rarely
 3. Sometimes
 4. Most of the time
 5. Always
14. During the past 30 days, did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?
1. Yes
 2. No
 3. Not sure
15. During the past 30 days, did you **drive** a car or other vehicle **when you had been drinking alcohol**?
1. Yes
 2. No

THE NEXT 13 QUESTIONS ASK ABOUT VIOLENCE-RELATED BEHAVIORS.

16. During the past 30 days, on how many days did you carry a **gun or knife for self protection or to use as a weapon**?
1. 0 days
 2. 1 day
 3. 2 or 3 days
 4. 4 or 5 days
 5. 6 or more days
17. During the past 30 days, on how many days did you carry a weapon such as a gun or knife **on school property**?
6. 0 days
 7. 1 day
 8. 2 or 3 days
 9. 4 or 5 days
 10. 6 or more days

18. During the past 30 days, how many days did you **not go to school** because you felt you would be unsafe at school or on your way to or from school?
1. 0 days
 2. 1 days
 3. 2 or 3 days
 4. 4 or 5 days
 5. 6 or more days
19. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun or knife **on school property**?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 to 9 times
 6. 10 or more times
20. During the past 12 months, how many times has someone **stolen** or **deliberately damaged** your property such as your car, clothing, or books on school property?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 to 9 times
 6. 10 or more times
21. During the past 12 months, how many times were you in a **physical fight**?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or 7 times
 6. 8 or 9 times
 7. 10 or more times
22. During the past 12 months, how many times were you in a physical fight in which you were **injured** and had to be treated by a doctor or nurse?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or more times

23. During the past 12 months, how many times were you in a physical fight **on school property**?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or 7 times
 6. 8 or 9 times
 7. 10 or 11 times
 8. 12 or more times
24. The last time you were in a physical fight, **with whom** did you fight?
1. A total stranger
 2. A friend of someone I know
 3. A boyfriend, girlfriend, or date
 4. A parent, brother, sister, or other family member
 5. Someone not listed above
 6. More than one of the persons listed above
 7. I have never been in a physical fight
25. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you **on purpose**?
1. Yes
 2. No
26. Have you ever been forced to have sex when you did not want to?
1. Yes
 2. No
27. Are you currently a member of a gang?
1. Yes
 2. No
28. If you have ever been a member of a gang, were you able **to leave** the gang successfully?
1. Yes
 2. No
 3. I have never been a member of a gang.

THE NEXT 5 QUESTIONS ASK ABOUT SAD FEELINGS AND ATTEMPTED SUICIDE.

(Sometimes people feel so depressed about the future that they may consider attempting suicide; that is, taking an action to end their own life.)

29. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
1. Yes
 2. No
30. During the past 12 months, did you ever **seriously** consider attempting suicide?
1. Yes
 2. No
31. During the past 12 months, how many times did you **actually attempt** suicide?
1. 0 times
 2. 1 time
 3. 2 or 3 times
 4. 4 or 5 times
 5. 6 or more times
32. The last time you seriously considered attempting suicide, **with whom did you talk** to this about?
1. A friend, boyfriend, or girlfriend
 2. A parent, brother, sister or other family member
 3. A guidance counselor
 4. Someone not listed above
 5. More than one of the people listed above
 6. I did not talk to anyone
 7. I have never seriously considered suicide
33. Have you ever sought **counseling**, or any other service, when you felt so depressed that you seriously considered suicide?
1. Yes
 2. No
 3. I have never seriously considered suicide

THE NEXT 11 QUESTIONS ASK ABOUT TOBACCO USE.

34. Have you ever tried cigarette smoking, even just one or two puffs?
1. Yes
 2. No
35. How old were you when you smoked a whole cigarette for the first time?
1. 9 years old or younger
 2. 10 or 11 years old
 3. 12 or 13 years old
 4. 14 or 15 years old
 5. 16 or 17 years old
 6. 18 years old or older
 7. I have never smoked a whole cigarette

36. During the past 30 days, if you smoked, how many cigarettes did you smoke **per day**?
1. 1 cigarette per day
 2. 2 to 5 cigarettes per day
 3. 6 to 10 cigarettes per day
 4. 11 to 20 cigarettes per day
 5. More than 20 cigarettes per day
 6. I did not smoke cigarettes during the past 30 days
37. During the past 30 days, how did you usually get cigarettes? (Select only **one**)
1. I bought them in a store such as a convenience store or supermarket
 2. I bought them at vending machine
 3. I gave someone else money to buy them for me
 4. I got them from my parent
 5. Borrowed them from someone
 6. I stole them
 7. I got them some other way
 8. I did not smoke cigarettes during the past 30 days
38. **If you bought cigarettes** in a store during the past 30 days, were you ever asked to show proof of age?
1. Yes
 2. No
 3. I did not buy cigarettes in a store during the past 30 days
39. Have you ever tried **to quit** smoking cigarettes?
1. Yes
 2. No
40. During the past 30 days, on how many days did you use **chewing tobacco or snuff, or smoke cigarettes**?
1. 0 days
 2. 1 or 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days
 6. 20 to 29 days
 7. All 30 days
41. During the past 30 days, on how many days did you **chew tobacco, use snuff, or smoke cigarettes on school property**?
1. 0 days
 2. 1 or 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days

42. If you wanted to get some cigarettes, how easy would it be for you to get some?
1. Very difficult
 2. Somewhat difficult
 3. Somewhat easy
 4. Very easy
43. How much do you think people risk harming **themselves** (physically or in other ways) if they smoke one or more packs of cigarettes per day?
1. No risk
 2. Slight risk
 3. Moderate risk
 4. Great risk
44. How wrong do your parents feel it would be for **you** to smoke cigarettes?
1. Very wrong
 2. Wrong
 3. A little bit wrong
 4. Not at all wrong

THE NEXT 8 QUESTIONS ASK ABOUT DRINKING ALCOHOL. THIS INCLUDES DRINKING BEER, WINE, WINE COOLERS, AND LIQUOR SUCH AS RUM, GIN, VODKA, OR WHISKEY.

(For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.)

45. How old were you when you had your **first drink** of alcohol, other than a few sips?
1. 8 years old or younger
 2. 9 or 10 years old
 3. 11 or 12 years old
 4. 13 or 14 years old
 5. 15 or 16 years old
 6. 17 years old or older
 7. I have never had a drink of alcohol other than a few sips
46. During the past 30 days, on how many days did you have **at least one** drink of alcohol?
1. 0 days
 2. 1 or 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days
 6. 20 or more days

47. During the past 30 days, on how many days did you at least one drink of alcohol **on school property**?
1. 0 days
 2. 1 or 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days
 6. 20 or more days
48. During the past 30 days, on how many days did you have 5 or more drinks of alcohol within a couple of hours?
1. 0 days
 2. 1 or 2 days
 3. 3 to 5 days
 4. 6 to 9 days
 5. 10 to 19 days
49. The last time you drank more than a few sips of alcohol, which one answer most closely explains your **reason for drinking**?
1. To have fun
 2. To fit in
 3. Because my friends drink
 4. To escape problems
 5. Boredom
 6. Curiosity
 7. Other
 8. I do not drink more than a few sips of alcohol
50. If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?
1. Very difficult
 2. Somewhat difficult
 3. Somewhat easy
 4. Very easy
51. How much do you think people risk harming **themselves** (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?
1. No risk
 2. Slight risk
 3. Moderate risk
 4. Great risk

52. How wrong do your parents feel it would be for **you** to drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?
1. Very wrong
 2. Wrong
 3. A little bit wrong
 4. Not at all wrong

THE NEXT 4 QUESTIONS ASK ABOUT MARIJUANA USE. (Marijuana also is called “grass” or “pot.”)

53. During your life, how many times did you use marijuana?
1. 0 times
 2. 1 or 2 times
 3. 3 to 9 times
 4. 10 to 19 times
 5. 20 to 39 times
 6. 40 or more times
54. During your life, how many times did you use marijuana **on school property**?
1. 0 times
 2. 1 or 2 times
 3. 3 to 9 times
 4. 10 to 19 times
55. How much do you think people risk harming **themselves** (physically or in other ways) if they smoke marijuana regularly?
1. No risk
 2. Slight risk
 3. Moderate risk
 4. Great risk
56. How wrong do your parents feel it would be for **you** to smoke marijuana?
1. Very wrong
 2. Wrong
 3. A little bit wrong
 4. Not at all wrong

THE NEXT 10 QUESTIONS ASK ABOUT COCAINE AND OTHER DRUGS.

57. During your life, how many times have you used **any form of cocaine**, including powder, crack, or freebase?
1. 0 times
 2. 1 or 2 times
 3. 3 to 9 times
 4. 10 to 19 times
 5. 20 to 39 times
 6. 40 or more times

58. During your life, how many times have you **huffed** (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays) to get high?
1. 0 times
 2. 1 or 2 times
 3. 3 to 9 times
 4. 10 to 19 times
 5. 20 to 39 times
 6. 40 or more times
59. During your life, how many times have you used **heroin** (also called “smack,” “junk,” or “China White”)?
1. 0 times
 2. 1 or 2 times
 3. 3 to 9 times
 4. 10 to 19 times
 5. 20 to 39 times
 6. 40 or more times
60. During your life, how many times have you used **methamphetamines** (also called “speed,” “crystal,” “crank,” or “ice”)?
1. 0 times
 2. 1 or 2 times
 3. 3 to 9 times
 4. 10 to 19 times
 5. 20 to 39 times
 6. 40 or more times
61. During your life, how many times have you taken **steroids** without a doctor’s prescription?
1. 0 times
 2. 1 or 2 times
 3. 3 to 9 times
 4. 10 to 19 times
 5. 20 to 39 times
 6. 40 or more times
62. Have you ever used **prescription** or **over-the-counter drugs** to get high?
1. Yes
 2. No
63. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
1. 0 times
 2. 1 time
 3. 2 or more times

64. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property?**

1. Yes
2. No

65. **How old were you** when you tried any form of illegal drug the first time (excluding tobacco and alcohol)?

1. 8 years old or younger
2. 9 or 10 years old
3. 11 or 12 years old
4. 13 or 14 years old
5. 15 or 16 years old
6. 17 years old or older
7. I have never tried an illegal drug

66. If you wanted to get street drugs, how easy would it be for you to get some?

1. Very difficult
2. Somewhat difficult
3. Somewhat easy
4. Very easy

THE NEXT 6 QUESTIONS ASK ABOUT SEXUAL BEHAVIOR.

67. Have you ever engaged in any type of sexual activity?

1. Yes
2. No

68. How old were you when you engaged in sexual activity for the first time?

1. 11 years old or younger
2. 12 years old
3. 13 years old
4. 14 years old
5. 15 years old
6. 16 years old
7. 17 years old or older
8. I have never engaged in sexual activity

69. During your life, with how many different people have you had sexual activity?

1. 1 person
2. 2 people
3. 3 people
4. 4 people
5. 5 people
6. 6 or more people
7. I have never engaged in sexual activity

70. Have you ever drank alcohol or used drugs before you engaged in sexual activity?
1. Yes
 2. No
 3. I have never engaged in sexual activity
71. The **last time** you engaged in sex, what method did you or your partner use to **prevent pregnancy** (birth control)? (Select only **one** response.)
1. No birth control method was used
 2. Birth control pills
 3. Condoms
 4. Depo-Provera (injectable birth control)
 5. Withdrawal
 6. Some other method
 7. Not sure
 8. I have never had sex
72. How many times have you been **pregnant** or gotten someone pregnant?
1. 0 times
 2. 1 time
 3. 2 or more times
 4. Not sure

THE NEXT 3 QUESTIONS ASK ABOUT HIV/AIDS/SEX EDUCATION.

73. Where have you received most of your information about sex and sexually transmitted diseases/infections (STDs/STIs)?
1. Friends/peers
 2. Parents/other family members
 3. Brother/sisters
 4. School teachers/counselors
 5. Doctors or nurse
 6. TV/radio
 7. Magazines/newspapers/books
 8. I do not know much about sex
74. Have you ever been taught about HIV/AIDS or other STDs/STIs in school?
1. Yes
 2. No
 3. Not sure

75. When you have sex, how often do you use a condom?
1. Every time
 2. Most of the time
 3. Sometimes
 4. Rarely
 5. Never
 6. I have not had sex

THE NEXT 7 QUESTIONS ASK ABOUT BODY WEIGHT.

76. How would you describe your weight?
1. Very underweight
 2. Slightly underweight
 3. About the right weight
 4. Slightly overweight
 5. Very overweight
77. Which of the following are you trying to do about your weight?
1. Lose weight
 2. Gain weight
 3. Stay the same weight
 4. I am not trying to do anything about my weight
78. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
1. Yes
 2. No
79. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
1. Yes
 2. No
80. During the past 30 days, did you **go without eating for 24 hours or more** (also called “fasting”) to lose weight or to keep from gaining weight?
1. Yes
 2. No
81. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor’s advice in order to lose weight?
1. Yes
 2. No
82. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
1. Yes
 2. No

THE NEXT 9 QUESTIONS ASK ABOUT FOOD YOU ATE OR DRANK DURING THE PAST 7 DAYS. (Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere.)

83. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

1. 1-3 times during the past 7 days
2. 4-6 times during past 7 days
3. About once a day
4. About twice a day
5. About 3 times a day
6. About 4 or more times a day
7. I did not drink 100% fruit juice during the past 7 days

84. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)

1. 1-3 times during the past 7 days
2. 4-6 times during the past 7 days
3. About once a day
4. About twice a day
5. About 3 times a day
6. About 4 or more times a day
7. I did not eat fruit during the past 7 days

85. During the past 7 days, how many times did you eat **green salad or raw vegetables**?

1. 1-3 servings during the past 7 days
2. 4-6 servings during the past 7 days
3. About 1 serving per day
4. About 2 servings per day
5. About 3 servings per day
6. About 4 or more servings per day
7. I did not eat green salad during the past 7 days

86. During the past 7 days, how many **glasses of milk** did you drink? (Count the half pint of milk served at school as equal to one glass.)

1. 1-3 glasses during the past 7 days
2. 4-6 glasses during the past 7 days
3. About 1 glass per day
4. About 2 glasses per day
5. About 3 glasses per day
6. About 4 or more glasses per day
7. I did not drink milk during the past 7 days

87. During the past 7 days, how many times did you eat **french fries** or **potato chips**?

1. 1-3 servings during the past 7 days
2. 4-6 servings during the past 7 days
3. About 1 serving per day
4. About 2 servings per day
5. About 3 servings per day
6. About 4 or more servings per day
7. I did not eat french fries during the past 7 days

88. During the past 7 days, how many times did you eat **cookies, doughnuts, pie or cake**?

1. 1-3 servings during the past 7 days
2. 4-6 servings during the past 7 days
3. About 1 serving per day
4. About 2 servings per day
5. About 3 servings per day
6. About 4 or more servings per day
7. I did not eat cookies, doughnuts, pie or cake during the past 7 days

89. During the past 7 days, how many times did you eat **cooked vegetables**?

1. 1-3 servings during the past 7 days
2. 4-6 servings during the past 7 days
3. About 1 serving per day
4. About 2 servings per day
5. About 3 servings per day
6. About 4 or more servings per day
7. I did not eat cooked vegetables during the past 7 days

90. During the past 7 days, how many times did you eat a **hamburger**?

1. 1-3 hamburgers during the past 7 days
2. 4-6 hamburgers during the past 7 days
3. About 1 hamburger per day
4. About 2 hamburgers per day
5. About 3 hamburgers per day
6. About 4 or more hamburgers per day
7. I did not eat hamburger during the past 7 days

91. Have you ever gone to bed hungry because there was not enough food in your home?

1. Yes
2. No

THE NEXT 7 QUESTIONS ASK ABOUT PHYSICAL ACTIVITY.

92. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes **that made you sweat and breathe hard**, such as basketball, soccer, walking, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
1. 0 days
 2. 1 day
 3. 2 days
 4. 3 days
 5. 4 days
 6. 5 days
 7. 6 days
 8. 7 days
93. On an average school day, how many hours do you **watch TV**?
1. Less than 1 hour per day
 2. 1 hour per day
 3. 2 hours per day
 4. 3 hours per day
 5. 4 hours per day
 6. 5 or more hours per day
 7. I do not watch TV on an average school day
94. On an average school day, how many hours do you **use a computer**?
1. Less than 1 hour
 2. 1 hour
 3. 2 hours
 4. 3 hours
 5. 4 hours
 6. 5 or more hours
 7. I do not use a computer
95. On an average school day, how many hours do you spend using a **cell phone** (talking and text messaging)?
1. Less than 1 hour
 2. 1 hour
 3. 2 hours
 4. 3 hours
 5. 4 hours
 6. 5 or more hours
 7. I do not use a cell phone

96. During the past 12 months, on how many **sports teams** did you play? (Include any teams run by your school or community groups.)
1. 0 teams
 2. 1 team
 3. 2 teams
 4. 3 or more teams
97. How much **sleep** do you usually get at night?
1. Less than 7 hours
 2. 7 hours
 3. 8 hours
 4. More than 8 hours
98. If you have a job, how many hours do you **work** in a typical week?
1. Less than 5 hours per week
 2. Between 5 and 10 hours per week
 3. Between 11 and 15 hours per week
 4. Between 16 and 20 hours per week
 5. More than 20 hours per week
 6. I don't have a job

THE LAST 2 QUESTIONS HAVE TO DO WITH PREVENTIVE MEDICAL CARE.

99. When was the last time you saw a **doctor or health care provider** for a check-up or physical exam when you were not sick or injured?
1. During the past 12 months
 2. Between 12 and 24 months ago
 3. More than 24 months ago
 4. Never
 5. Not sure/don't remember
100. When was the last time you saw a **dentist** for a check-up, exam, teeth cleaning, or other dental work?
1. During the past 12 months
 2. Between 12 and 24 months ago
 3. More than 24 months ago
 4. Never
 5. Not sure/don't remember

THIS IS THE END OF THE SURVEY. THANK YOU SO MUCH FOR YOUR HELP! ☺☺☺