



Health Risk Behaviors by Sex National YRBS: 2007

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

Health Risk Behaviors	Female Students (%)	Male Students (%)	Females More Likely Than Males ¹	Males More Likely Than Females ¹	No Difference ¹
Behaviors that Contribute to Unintentional Injuries					
Rarely or never wore a seat belt (When riding in a car driven by someone else.)	8.5 (6.7–10.7) ²	13.6 (10.9–16.9)		●	
Rarely or never wore a bicycle helmet (Among students who had ridden a bicycle during the 12 months before the survey.)	82.2 (79.0–85.0)	87.4 (84.6–89.7)		●	
Rode with a driver who had been drinking alcohol (In a car or other vehicle one or more times during the 30 days before the survey.)	28.8 (26.3–31.4)	29.5 (27.5–31.6)			●
Drove when drinking alcohol (A car or other vehicle one or more times during the 30 days before the survey.)	8.1 (6.8–9.7)	12.8 (11.3–14.5)		●	
Behaviors that Contribute to Violence					
Carried a weapon (For example, a gun, knife, or club on at least 1 day during the 30 days before the survey.)	7.5 (6.3–8.9)	28.5 (25.8–31.4)		●	
Carried a weapon on school property (For example, a gun, knife, or club on at least 1 day during the 30 days before the survey.)	2.7 (2.1–3.4)	9.0 (7.8–10.4)		●	
Threatened or injured with a weapon on school property (For example, a gun, knife, or club one or more times during the 12 months before the survey.)	5.4 (4.6–6.3)	10.2 (9.1–11.5)		●	
In a physical fight (One or more times during the 12 months before the survey.)	26.5 (24.6–28.6)	44.4 (42.6–46.2)		●	
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (During the 12 months before the survey.)	8.8 (7.6–10.3)	11.0 (9.7–12.4)		●	
Ever physically forced to have sexual intercourse (When they did not want to.)	11.3 (9.9–12.8)	4.5 (3.8–5.3)	●		
Did not go to school because they felt unsafe at school or on their way to or from school (On at least 1 day during the 30 days before the survey.)	5.6 (4.6–6.7)	5.4 (4.6–6.3)			●
Seriously considered attempting suicide (During the 12 months before the survey.)	18.7 (17.1–20.4)	10.3 (9.1–11.6)	●		
Made a plan about how they would attempt suicide (During the 12 months before the survey.)	13.4 (12.0–14.8)	9.2 (8.3–10.3)	●		
Attempted suicide (One or more times during the 12 months before the survey.)	9.3 (8.2–10.4)	4.6 (4.0–5.2)	●		

Health Risk Behaviors	Female Students (%)	Male Students (%)	Females More Likely Than Males ¹	Males More Likely Than Females ¹	No Difference ¹
Tobacco Use					
Lifetime cigarette use (Ever tried cigarette smoking, even one or two puffs.)	48.8 (45.6–52.1)	51.8 (48.4–55.3)		●	
Lifetime daily cigarette use (Ever smoked at least one cigarette every day for 30 days.)	11.8 (9.8–14.1)	13.0 (10.9–15.4)			●
Current cigarette use (Smoked cigarettes on at least 1 day during the 30 days before the survey.)	18.7 (16.5–21.1)	21.3 (18.3–24.6)		●	
Current frequent cigarette use (Smoked cigarettes on 20 or more days during the 30 days before the survey.)	7.4 (5.9–9.2)	8.7 (7.2–10.5)		●	
Did not try to quit smoking cigarettes (During the 12 months before the survey, among students who currently smoked cigarettes.)	44.9 (40.7–49.1)	54.9 (51.9–57.9)		●	
Smoked a whole cigarette for the first time before age 13 years	11.9 (10.3–13.6)	16.4 (13.5–19.7)		●	
Current smokeless tobacco use (Used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.)	2.3 (1.7–3.2)	13.4 (10.7–16.7)		●	
Current cigar use (Smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.)	7.6 (6.6–8.8)	19.4 (17.0–22.0)		●	
Current tobacco use (Current cigarette use, current smokeless tobacco use, or current cigar use.)	21.0 (18.7–23.5)	30.3 (26.4–34.4)		●	
Alcohol and Other Drug Use					
Lifetime alcohol use (Had at least one drink of alcohol on at least 1 day during their life.)	75.7 (72.7–78.5)	74.3 (71.7–76.7)			●
Current alcohol use (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)	44.6 (41.8–47.5)	44.7 (41.9–47.6)			●
Episodic heavy drinking (Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day during the 30 days before the survey.)	24.1 (22.0–26.4)	27.8 (25.1–30.7)		●	
Drank alcohol for the first time before age 13 years (Other than a few sips.)	20.0 (18.2–21.9)	27.4 (24.8–30.2)		●	
Lifetime marijuana use (Used marijuana one or more times during their life.)	34.5 (31.4–37.7)	41.6 (39.0–44.3)		●	
Current marijuana use (Used marijuana one or more times during the 30 days before the survey.)	17.0 (14.9–19.4)	22.4 (20.4–24.5)		●	
Tried marijuana for the first time before age 13 years	5.2 (4.2–6.4)	11.2 (9.3–13.5)		●	
Lifetime cocaine use (Used any form of cocaine, including powder, crack, or freebase one or more times during their life.)	6.5 (5.4–7.8)	7.8 (6.7–9.0)		●	
Current cocaine use (Used any form of cocaine one or more times during the 30 days before the survey.)	2.5 (2.0–3.2)	4.0 (3.4–4.6)		●	
Lifetime inhalant use (Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.)	14.3 (12.7–16.1)	12.4 (11.2–13.8)	●		

Health Risk Behaviors	Female Students (%)	Male Students (%)	Females More Likely Than Males ¹	Males More Likely Than Females ¹	No Difference ¹
Alcohol and Other Drug Use (continued)					
Lifetime illegal steroid use (Took steroid pills or shots without a doctor's prescription one or more times during their life.)	2.7 (2.1–3.6)	5.1 (4.4–5.9)		●	
Lifetime hallucinogenic drug use (Used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms one or more times during their life.)	6.1 (4.7–7.7)	9.5 (8.3–10.9)		●	
Lifetime heroin use (Used heroin [also called smack, junk, or China white] one or more times during their life.)	1.6 (1.1–2.3)	2.9 (2.3–3.6)		●	
Lifetime methamphetamine use (Used methamphetamines [also called speed, crystal, crank, or ice] one or more times during their life.)	4.1 (3.2–5.3)	4.6 (3.8–5.5)			●
Lifetime ecstasy use (Used ecstasy [also called MDMA] one or more times during their life.)	4.8 (4.1–5.6)	6.7 (5.7–7.9)		●	
Offered, sold, or given an illegal drug by someone on school property (During the 12 months before the survey.)	18.7 (16.5–21.2)	25.7 (23.5–28.1)		●	
Sexual Behaviors that Contribute to Unintended Pregnancy and STDs, Including HIV Infection					
Ever had sexual intercourse	45.9 (43.1–48.6)	49.8 (46.7–52.9)		●	
Had sexual intercourse for the first time before age 13 years	4.0 (3.5–4.5)	10.1 (8.6–12.0)		●	
Had sexual intercourse with four or more persons during their life	11.8 (10.5–13.1)	17.9 (16.0–20.0)		●	
Currently sexually active (Had sexual intercourse with at least one person during the 3 months before the survey.)	35.6 (33.2–38.1)	34.3 (32.0–36.7)			●
Did not use a condom during last sexual intercourse (Among students who were currently sexually active.)	45.1 (41.9–48.2)	31.5 (28.6–34.6)	●		
Drank alcohol or used drugs before last sexual intercourse (Among students who were currently sexually active.)	17.7 (15.1–20.7)	27.5 (24.6–30.6)		●	
Never taught in school about AIDS or HIV infection	9.8 (8.3–11.5)	11.3 (10.1–12.6)		●	
Never tested for HIV (Does not include tests conducted when donating blood.)	85.2 (83.2–87.0)	88.9 (87.6–90.1)		●	
Dietary Behaviors					
Ate fruits and vegetables less than five times per day (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables during the 7 days before the survey.)	80.1 (78.0–82.0)	77.1 (75.2–78.9)	●		
Drank less than three glasses per day of milk (During the 7 days before the survey.)	91.2 (89.2–92.9)	80.6 (78.2–82.7)	●		
Drank a can, bottle, or glass of soda or pop at least one time per day (Not including diet soda or diet pop, during the 7 days before the survey.)	29.0 (25.9–32.2)	38.6 (35.6–41.6)		●	

Health Risk Behaviors	Female Students (%)	Male Students (%)	Females More Likely Than Males ¹	Males More Likely Than Females ¹	No Difference ¹
Physical Activity					
Did not meet recommended levels of physical activity (Were not physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on 5 or more days during the 7 days before the survey.)	74.4 (71.4–77.2)	56.3 (53.6–58.9)	●		
Used computers 3 or more hours per day (Played video or computer games or used a computer for something that was not school work on an average school day.)	20.6 (18.6–22.7)	29.1 (26.6–31.8)		●	
Watched television 3 or more hours per day (On an average school day.)	33.2 (30.7–35.9)	37.5 (35.0–40.0)		●	
Did not attend physical education classes (On 1 or more days in an average week when they were in school.)	50.6 (43.1–58.2)	42.3 (36.5–48.3)	●		
Did not attend physical education classes daily (5 days in an average week when they were in school.)	72.7 (66.8–77.9)	66.8 (61.5–71.6)	●		
Did not play on a sports team (Run by their school or community groups during the 12 months before the survey.)	49.6 (46.3–52.9)	37.9 (35.3–40.5)	●		
Obesity, Overweight, and Weight Control					
Were obese ³ (Students who were ≥ 95 th percentile for body mass index, by age and sex, based on reference data.)	9.6 (8.3–11.0)	16.3 (15.1–17.5)		●	
Did not eat for 24 or more hours to lose weight or to keep from gaining weight (During the 30 days before the survey.)	16.3 (15.2–17.3)	7.3 (6.1–8.6)	●		
Vomited or took laxatives to lose weight or to keep from gaining weight (During the 30 days before the survey.)	6.4 (5.5–7.4)	2.2 (1.7–2.8)	●		
Other Health–Related Topics					
Lifetime asthma (Ever been told by a doctor or nurse that they had asthma.)	20.7 (19.2–22.2)	19.9 (18.6–21.3)			●
Current asthma (Ever told by a doctor or nurse that they had asthma and still have asthma.)	12.5 (11.3–13.8)	9.3 (8.4–10.3)	●		
Did not routinely use sunscreen (Sometimes, rarely, or never wore sunscreen with an SPF of 15 or higher when they were outside for more than 1 hour on a sunny day.)	86.3 (85.0–87.5)	93.1 (91.9–94.1)		●	
Did not routinely practice sun-safety behaviors (Sometimes, rarely, or never stayed in the shade, wore long pants, wore a long-sleeved shirt, or wore a hat that shaded their face, ears, and neck when they were outside for more than 1 hour on a sunny day.)	84.6 (83.1–86.0)	80.6 (78.8–82.3)	●		
Less than 8 hours of sleep (On an average school night.)	71.3 (69.2–73.2)	66.6 (64.1–69.1)	●		

¹ Based on t-test analyses, $p < .05$.

² 95% confidence interval.

³ Previous YRBS fact sheets used the term "overweight" to describe those youth with a BMI ≥ 95th percentile for age and sex. However, this fact sheet uses the term "obese" rather than "overweight" in accordance with the 2007 recommendations from the Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity convened by the American Medical Association (AMA) and cofunded by AMA in collaboration with the Health Resources and Services Administration and CDC.



Where can I get more information?
Visit <http://www.cdc.gov/yrbss> or call 800-CDC-INFO (800-232-4636).

