

# YRBSS

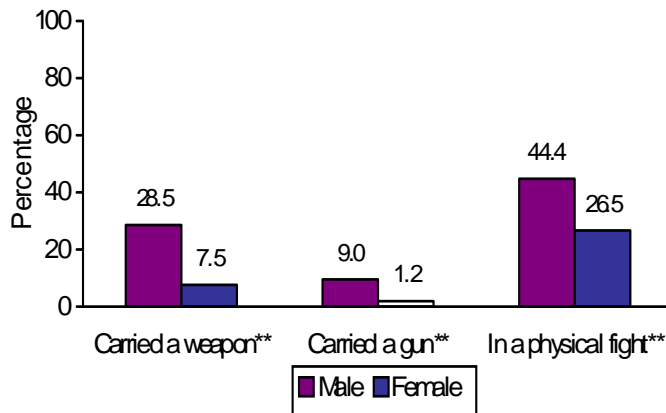
## 2007 National Youth Risk Behavior Survey Overview

The national Youth Risk Behavior Survey (YRBS) monitors six categories of priority health-risk behaviors among youth and young adults, including behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infection; unhealthy dietary behaviors; and physical inactivity. In addition, the national YRBS monitors the prevalence of obesity and asthma. The national YRBS is conducted every two years during the spring semester and provides data representative of 9<sup>th</sup> through 12<sup>th</sup> grade students in public and private schools in the United States.

### Behaviors that Contribute to Unintentional Injury and Violence

- Among the 66.8% of students who had ridden a bicycle during the 12 months before the survey, 85.1% had rarely or never worn a bicycle helmet.
- 11.1% of students had rarely or never worn a seat belt when riding in a car driven by someone else.
- 29.1% of students had ridden one or more times in a car or other vehicle driven by someone who had been drinking during the 30 days before the survey.
- 10.5% of students had driven a car or other vehicle one or more times when they had been drinking alcohol during the 30 days before the survey.
- 18.0% of students had carried a weapon (e.g., a gun, knife, or club) on at least 1 day during the 30 days before the survey.
- 5.2% of students had carried a gun on at least 1 day during the 30 days before the survey.
- 5.9% of students had carried a weapon (e.g., a gun, knife, or club) on school property on at least 1 day during the 30 days before the survey.
- 7.8% of students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times during the 12 months before the survey.

**Percentage of Students Who Carried a Weapon\* or a Gun on at Least 1 Day During the 30 Days Before the Survey or Who Had Been in a Physical Fight One or More Times During the 12 Months Before the Survey, by Sex**



\* For example, a gun, knife, or club.

\*\* Differences between males and females are statistically significant based on t-test analyses,  $p < .05$ .

## Behaviors that Contribute to Unintentional Injury and Violence (continued)

- 35.5% of students had been in a physical fight one or more times during the 12 months before the survey.
- 5.5% of students had not gone to school on at least 1 day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school.
- 14.5% of students had seriously considered attempting suicide and 6.9% of students had attempted suicide one or more times during the 12 months before the survey.

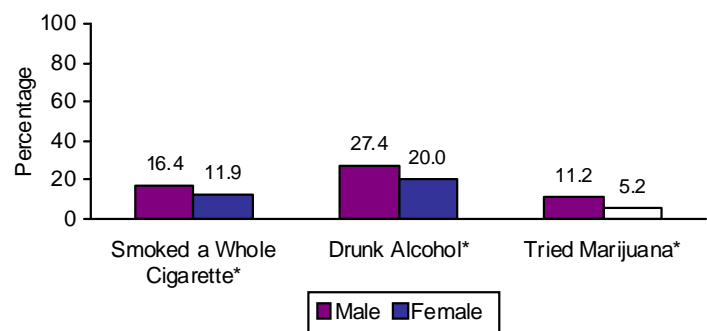
## Tobacco Use

- 20.0% of students had smoked cigarettes on at least 1 day during the 30 days before the survey.
- 7.9% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey.
- 14.2% of students had smoked a whole cigarette for the first time before age 13 years.
- 5.7% of students had smoked cigarettes on school property on at least 1 day during the 30 days before the survey.

## Alcohol and Other Drug Use

- 75.0% of students had had at least one drink of alcohol on at least 1 day during their life and 44.7% of students had had at least one drink of alcohol on at least 1 day during the 30 days before the survey.
- 23.8% of students had drunk alcohol (other than a few sips) for the first time before age 13 years.
- 26.0% of students had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on at least 1 day during the 30 days before the survey.
- 38.1% of students had used marijuana one or more times during their life.
- 19.7% of students had used marijuana one or more times during the 30 days before the survey.
- 8.3% of students had tried marijuana for the first time before age 13 years.
- 3.3% of students had used any form of cocaine (e.g., powder, crack, or freebase) one or more times during the 30 days before the survey.
- 13.3% of students had 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.

**Percentage of Students Who Had Smoked a Whole Cigarette, Drunk Alcohol, or Tried Marijuana For the First Time Before Age 13 Years, by Sex**



\* Differences between males and females are statistically significant based on t-test analyses,  $p < .05$ .

## Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection

- 47.8% of students had ever had sexual intercourse.
- 7.1% of students had had sexual intercourse for the first time before age 13 years.
- 14.9% of students had had sexual intercourse with four or more persons during their life.
- 35.0% of students had had sexual intercourse with at least one person during the 3 months before the survey.
- Among the 35.0% of currently sexually active students, 61.5% had used a condom during last sexual intercourse.

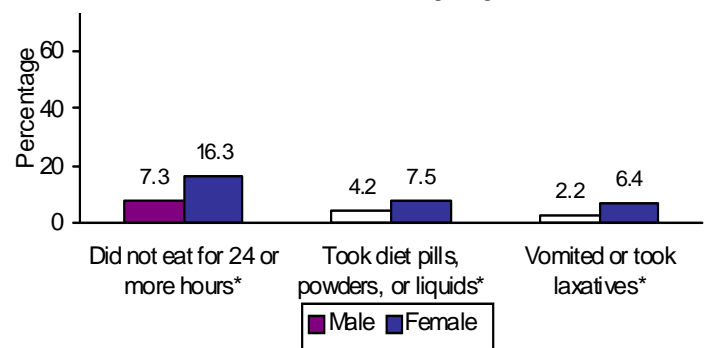
## Physical Inactivity

- 34.7% of students met recommended levels of physical activity by being 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.
- 53.6% of students went to physical education (PE) classes on 1 or more days in an average week when they were in school and 30.3% of students went to PE classes 5 days in an average week when they were in school.
- 24.9% of students played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day.
- 35.4% of students watched television 3 or more hours per day on an average school day.

## Obesity and Dietary Behaviors

- 13.0% of students were obese<sup>1</sup> and 15.8% of students were overweight.<sup>2</sup>
- 21.4% of students had eaten fruits and vegetables<sup>3</sup> five or more times per day during the 7 days before the survey.
- 33.8% of students had drunk a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey.
- 15.8% of students did not eat for 24 or more hours; took diet pills, powders, or liquids; or vomited or took laxatives to lose weight or to keep from gaining weight during the 30 days before the survey.

**Percentage of Students Who Did Not Eat For 24 or More Hours; Took Diet Pills, Powders, or Liquids; or Vomited or Took Laxatives to Lose Weight or to Keep From Gaining Weight During the 30 Days Before the Survey, by Sex**



\* Differences between males and females are statistically significant based on t-test analyses,  $p < .05$ .

<sup>1</sup> Students who were  $\geq 95^{\text{th}}$  percentile for body mass index, by age and sex, based on reference data.

<sup>2</sup> Students who were  $\geq 85^{\text{th}}$  percentile but  $<95^{\text{th}}$  percentile for body mass index, by age and sex, based on reference data.

<sup>3</sup> 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

## Other Health Related Topics

- 20.3% of students had ever been told by a doctor or nurse that they had asthma and 10.9% of students had current asthma.
- 10.3% of students most of the time or always wore sunscreen with an SPF of 15 or higher when outside for more than 1 hour on a sunny day.
- 31.1% of students had 8 or more hours of sleep on an average school night.

## Methods

### Sampling:

The sampling frame for the 2007 national YRBS consisted of all public and private schools with students in at least one of grades 9–12 in the 50 states and the District of Columbia. A three-stage cluster sample design produced a nationally representative sample of students in grades 9-12 who attended public and private schools. Black and Hispanic students were oversampled.

### Data Collection Procedures:

Survey procedures for the national survey were designed to protect students' privacy by allowing for anonymous and voluntary participation. Before survey administration, local parental permission procedures were followed. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a computer-scannable booklet or answer sheet.

### Questionnaire:

The national questionnaire contained 98 questions that assessed demographics, six categories of health-risk behaviors, obesity, and other health-related topics.

### Response Rates:

For the 2007 national YRBS, the school response rate was 81%; the student response rate was 84%; and the overall response rate was 68%.

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