

Highlights of the 2001 Hawai'i Youth Risk Behavior Surveys

Summary

There were ten statistically significant differences between 1999 and 2001 on the Middle School Hawai'i Youth Risk Behavior Survey (HYRBS). The positive changes were in the areas of carrying a gun or any other weapon, having property stolen or deliberately damaged on school property, ever smoking, smoking two or more cigarettes on days smoked, and drinking alcohol within the 30 days preceding the survey. The negative changes were in students feeling too unsafe to go to school in the 30 days preceding the survey, being taught about HIV/AIDS, and exercising vigorously.

Results from the 2001 High School HYRBS as compared to the comparable national Youth Risk Behavior Surveillance System (YRBSS) show that, overall, lower percentages of Hawai'i youth reported risky behaviors than did youth nationally. Most notably, lower percentages of Hawai'i high school students reported risky behaviors related to buying and using tobacco products, drinking alcohol, using drugs, carrying weapons, and engaging in sexual activity. However, Hawai'i high school students were more likely to seriously consider, make a plan for, or attempt suicide. They were also less physically active than students nationally. Hawai'i trends for the past four years were notably more positive than negative at both the middle and high school levels.

Background of the Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC), in collaboration with over 800 representatives from state and local health and education departments and other federal agencies, to monitor priority health-risk behaviors that contribute to the leading causes of mortality, morbidity, and social problems among youth and adults in the United States. There were 87 CDC-developed items in the 2001 Hawai'i high school YRBS (referred to as high school HYRBS) covering (a) behaviors that result in unintentional and intentional injuries; (b) tobacco use; (c) alcohol and other drug use; (d) sexual behavior that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; (e) dietary behaviors; and (f) physical activity; and 11 other Hawai'i-specific items. The high school level YRBS has been conducted nationally since 1990 and in

Hawai'i since 1991, during the spring in odd-numbered years. However, in 2001, due to the teacher strike, the survey was conducted in fall.

A similar survey was conducted of Hawai'i middle and intermediate school students (referred to as middle school HYRBS) in odd-numbered years since 1997. The 2001 version contained 91 items, most of which mirrored items in the high school HYRBS. Eight questions regarding to whom students would go to get help with health-related problems were also included.

The results of these surveys, conducted in compliance with the requirements of the Hawai'i State Department of Education's (DOE) cooperative agreement with the Division of Adolescent and School Health, CDC, and funded by the Hawai'i Department of Health's Healthy Hawaii Initiative will be used to (a) identify focus areas for curriculum development and teacher training, (b) identify focus areas for prevention and treatment efforts and resources, and (c) identify risk behaviors of Hawai'i public school students in grades 6–8.

Method

A two-stage, stratified random sampling procedure was used to produce final samples of 1,495 students in public middle and intermediate school (Grades 6–8), hereafter referred to as middle school, and 1,076 students in public high school (Grades 9–12). Written parental permission was required, and all students' responses were completely anonymous. As was the case in 1997 and 1999, the data from the middle school HYRBS administered during fall 2001 were statistically weightable; thus, it is possible to make valid statewide (public schools only) comparisons among the results from the past three middle school level HYRBS administrations. The 2001 high school HYRBS data were not statistically weightable according to CDC standards, and they did not provide confidence intervals for comparative analyses.

For comparison purposes, results from the 2001 U.S. Youth Risk Behavior Surveillance System (YRBSS) are also provided. A three-stage cluster sample design was used to produce this nationally representative sample of students in grades 9–12. There are no comparable national results for the middle school level.

CDC recommended a statistical analysis that first creates 95% confidence intervals around the results on individual items for different groups. If the confidence intervals for the same item do not overlap, then the differences are regarded as statistically significant. It is important to note that such an analysis is a stringent one that generally produces a small number of statistically

significant changes from year to year. The Hawai'i data were also analyzed in terms of trends observed since 1997.

Results

Middle School Level

At the middle school level there were 10 statistically significant changes among the 56 possible comparisons for which confidence intervals were available for the 1999 and 2001 HYRBS. In 2001, a statistically significantly lower percentage of students reported the following six risky behaviors: (a) carrying a gun during the 30 days preceding the survey (5.0% in 2001 vs. 8.9% in 1999), (b) carrying any other weapon such as a knife or club in the 30 days preceding the survey (15.2% in 2001 vs. 20.1% in 1999), (c) having had property stolen or deliberately damaged on school property during the 12 months preceding the survey (43.2% in 2001 vs. 58.2% in 1999), (d) ever smoking cigarettes (32.1% in 2001 vs. 41.5% in 1999), (e) smoking two or more cigarettes on the days smoked during the 30 days preceding the survey (2.5% in 2001 vs. 5.1% in 1999), and (f) drinking alcohol in the 30 days preceding the survey (14.8% in 2001 vs. 19.7% in 1999). The three negative changes were the percentage of students who reported (a) feeling too unsafe to go to schools during the 30 days prior to the survey (7.0% in 2001 vs. 4.3% in 1999), (b) being taught about HIV/AIDS in school (71.7% in 2001 vs. 85.7% in 1999; however, this change was probably because the survey was administered in the first semester in 2001, whereas it had previously been administered in second semester.), and (c) exercising vigorously for 20 or more minutes on three or more of the seven days preceding the survey (58.5% in 2001 vs. 66.0% in 1999). The remaining statistically significant change was regarding the students who said they turn to a teacher, counselor, school health service center, or school health room first if they needed birth control information (3.9% in 2001 vs. 8.2% in 1999).

The four-year trend of results from the middle school level HYRBS for which comparisons were possible (n=35) were positive for 14 items and negative for 6 items. A trend was considered to be positive if there was improvement (not necessarily statistically significant) across all four years. Likewise, a trend was considered to be negative if the results got worse each year. Areas where Hawai'i middle school students have continued to report lower percentages of risky behaviors were for (a) wearing a seat belt when riding in a car, (b) during the 30 days preceding the survey, carrying a weapon other than a gun and carrying a weapon on school property, (c) being in a physical fight and fighting on school property during the 12 months preceding the survey, (d) getting care from a health professional after a suicide attempt, (e) ever smoking

cigarettes, and in the 30 days preceding the survey, smoking cigarettes, smoking two or more cigarettes on days smoked, smoking on school property, and using chewing tobacco or snuff, (f) in the 30 days preceding the survey, drinking alcohol and having five or more drinks on one or more occasion, and (g) using marijuana in the 30 days preceding the survey. Higher percentages of risky behaviors continued to be reported for (a) riding with a driver who had been drinking alcohol in the 30 days preceding the survey, (b) being injured in a physical fight and needing medical attention in the 12 months preceding the survey, (c) talking about HIV/AIDS with parents or other adult family members, (d) drinking alcohol or using drugs the last time they or their partner had sexual intercourse, and (e) eating fruits and green salad the day prior to the survey.

See Table 1 for the results of all 2001 items and comparable 1997 and 1999 middle school results and trends. Notably, the percentages of middle school students who had ever smoked a cigarette and who had smoked a cigarette in the 30 days preceding the survey have statistically significantly decreased from 1997 to 1999 and again in 2001.

Statistically Significant Differences (1999 vs. 2001) Among Various Middle School Subgroups

For each item, confidence intervals were computed for 23 age-grade-gender subgroups (e.g., *males age 12 years* or *6th-grade females*). Of the 1,104 (48 risk items x 23 subgroup analyses per item) possible 1999–2001 risky behavior subgroup comparisons at the middle school level, there were statistically significant differences on 47; 32 (68%) were in the positive direction and 15 (32%) were in the negative direction. There were 16 subgroup differences where students reported that they would be less likely to turn to a teacher, counselor, school health service center, or school health room first if they had a problem or concern (see Table 2 for details).

High School Level

For 17 of 60 comparable items, the Hawai'i trend was positive from 1997 to 2001, and Hawai'i results were better than the national results. The areas were (a) seat belt use when riding in a car driven by someone else, (b) weapon carrying and carrying on school property in the 30 days preceding the survey, (c) physical fighting and fighting on school property in the 12 months preceding the survey, (d) lifetime, 30-day prior to survey cigarette use, and use on school property, (e) purchase of cigarettes at a store or gas station in the 30 days preceding the survey, (f) chewing tobacco or snuff use on school property in the 30 days preceding the survey, (g) lifetime use of marijuana and inhalants, (h) sexual intercourse before age 13, (i) exercise to

loose weight or control weight gain in the 30 days preceding the survey, and (j) enrolled students active in P.E. class for 20 or more minutes.

For 3 of 60 comparable items the Hawai'i trend worsened, and the Hawai'i 2001 results were worse than the national results: (a) sexually active (in the three months preceding the survey) high school students who used birth control pills, (b) students who exercised moderately for 30 or more minutes on five or more of the seven days preceding the survey, and (c) students who reported being taught about HIV/AIDS in school. However, results for 2001 were probably affected by the timing of the survey administration; the survey was administered in the first semester in 2001, whereas it had previously been administered in second semester.

Although the Hawai'i trend from 1997 to 2001 was positive, 36% of students reported being offered, sold, or given an illegal drug on school property in the 12 months preceding the survey compared to a national average of 28.5%. Other areas where the Hawai'i trend was positive but the percentage exhibiting risky behaviors higher than the national level are as follows: in the 12 months preceding the survey, the percentage of motorcycle riders who rarely or never wore helmets and students who made a suicide plan, and in the 30 days preceding the survey, the percentage of students who have used marijuana on school property.

The four-year trends of results of 64 items from the high school level HYRBS for which comparisons were possible were positive for 28 items and negative for 5. See Table 3 for details of the 2001 high school HYRBS results and comparable Hawai'i 1997 and 1999 and U.S. 2001 results.

Table 1. 1997-2001 Middle School Hawai'i Youth Risk Behavior Survey Results, 2001 vs. 1999
Statistically Significant Differences, and Trends

Health risk behavior	'97 %	'99 %	'01 vs. '99	'01 %	Trend
Injury					
Rarely or never wore seat belts when riding in a car	13.0	12.2		10.7	+ ^a
Bicycle riders who rarely or never wore a helmet when riding a bicycle	65.5	65.0		66.0	
Rarely or never wore a helmet when rollerblading or skateboarding	NA ^b	54.2	NA	NA	
Rarely or never wore a helmet when rollerblading, skateboarding, or riding a scooter	NA	NA	NA	61.3	
Rode with driver who had been drinking alcohol, past 30 days	26.7	27.2		27.4	- ^c
Carried a gun, past 30 days	7.5	8.9	+	5.0	
Carried any other weapon such as a knife or club, past 30 days	20.5	20.1	+	15.2	+
Carried a weapon on school property, past 30 days	7.8	6.0		4.7	+
Had property stolen or deliberately damaged on school property, past 12 months	51.2	58.2	+	43.2	
Felt unsafe at school or on way to or from school, past 30 days	37.0	41.8		37.7	
Felt too unsafe to go to school, past 30 days	6.0	4.3	-	7.0	
In physical fight, past 12 months	42.5	39.0		36.5	+
In physical fight on school property, past 12 months	23.0	20.3		17.1	+
Injured in a physical fight and required medical attention, past 12 months	2.8	4.4		4.5	-
Been hit, slapped, or physically hurt on purpose by boyfriend or girlfriend, past 12 months	NA	7.1		5.3	
Ever forced to have sexual intercourse	NA	6.0	NA	NA	
Ever physically forced to have sexual intercourse	NA	NA	NA	5.7	
Ever seriously thought about killing themselves	28.8	30.0		26.6	
Ever made a plan to kill themselves	16.7	14.8		15.6	
Ever tried to kill themselves	12.3	11.1		11.2	
Got care from a counselor, doctor, or other health care professional when they tried to kill themselves	4.4	4.6		5.2	+
Tobacco use					
Ever tried cigarette smoking	49.9	41.5	+	32.1	+
First smoked whole cigarette before age 9	NA	4.3	NA	NA	
First smoked whole cigarette before age 11	NA	NA	NA	9.2	
Smoked cigarettes, past 30 days	20.1	12.3		9.1	+
Smoked cigarettes on 20 or more of past 30 days	NA	NA	NA	1.2	
Smoked ≥ 2 cigarettes on days smoked, past 30 days	9.2	5.1	+	2.5	+
Smoked ≥ 10 cigarettes on days smoked, past 30 days	NA	NA	NA	0.2	
Not asked to show proof of age when buying cigarettes in a store, past 30 days	NA	NA	NA	2.1	
Smoked cigarettes on school property, past 30 days	7.1	4.9		2.7	+
Ever tried to quit smoking cigarettes	28.0	20.9	NA	NA	

^a+: Hawai'i '01 result was statistically significantly better than Hawai'i '99 result.

^bNA: Not Available.

^c-: Hawai'i '01 result was statistically significantly worse than Hawai'i '99 result.

(table continues)

Table 1. (continued)

Health risk behavior	'97 %	'99 %	'01 vs. '99	'01 %	Trend
Alcohol and other drug use					
First tried alcohol before age 9	NA	16.1	NA	NA	
First tried alcohol before age 11	NA	NA	NA	19.9	
Drank alcohol, past 30 days	23.7	19.7	+	14.8	+
Had 5 or more drinks of alcohol in a row, past 30 days	8.7	8.0		6.5	+
First tried marijuana before age 9	NA	2.0	NA	NA	
First tried marijuana before age 11	NA	NA	NA	5.2	
Used marijuana, past 30 days	12.1	9.1		7.9	+
Used marijuana on school property, past 30 days	3.3	3.4		2.7	
First tried cocaine before age 9	NA	0.4	NA	NA	
First tried cocaine before age 11	NA	NA	NA	1.5	
Ever used any form of cocaine	NA	2.3		2.4	
Ever sniffed glue or inhaled intoxicating substances to get high	NA	18.4		15.7	
Ever used illegal steroids	NA	2.6		2.7	
Ever used LSD, PCP, ecstasy, or mushrooms	NA	4.1	NA	NA	
Ever used LSD, PCP, or mushrooms	NA	NA	NA	3.7	
Ever used ecstasy	NA	NA	NA	4.1	
Ever used methamphetamines	NA	3.2		2.8	
Ever used sedatives or downers without a doctor's prescription	NA	4.3		2.4	
Ever injected illegal drug	NA	1.8		2.7	
Were offered, sold, or given an illegal drug on school property, past 12 months	20.1	24.9		18.8	
Sexual behavior					
Were taught about HIV/AIDS in school	84.1	85.7	-	71.7	
Talked about HIV/AIDS with parents or other adult family members	50.4	49.3		44.6	-
Had sexual intercourse before age 11	NA	NA	NA	4.2	
Had sexual intercourse before age 13	8.3	8.3	NA	NA	
Ever had sexual intercourse	NA	14.1	NA	NA	
Ever had sexual intercourse with ≥ 4 people	NA	NA	NA	2.5	
They or their partner drank alcohol or used drugs, last intercourse	2.2	2.6		2.8	-
No method was used to prevent pregnancy, last intercourse	NA	4.3	NA	NA	
Used birth control pills to prevent pregnancy, last intercourse	NA	NA	NA	0.9	
Dietary behavior					
At risk for becoming overweight (≥ 85 th percentile but < 95 th)	NA	NA	NA	19.7	

Ate less food, fewer calories, or foods low in fat to lose weight or control weight gain, past 30 days	NA	38.6		37.3	
Took diet pills, powders, or liquids without doctor's advice to lose weight or control weight gain, past 30 days	NA	5.8		5.5	
Vomited or took laxatives to lose weight or control weight gain, past 30 days	5.9	5.0	NA	NA	
Ever vomited or took laxatives to lose weight or control weight gain	NA	NA	NA	7.0	
Ate fruit, yesterday	73.1	71.6		66.3	–
Drank 100% fruit juice, yesterday	NA	57.2		55.1	

(table continues)

Table 1. (continued)

Health risk behavior	'97 %	'99 %	'01 vs. '99	'01 %	Trend
Dietary behavior (continued)					
Drank diet soda, yesterday	NA	21.6	NA	NA	
Drank regular soda, yesterday	NA	67.5	NA	NA	
Drank soda, yesterday	NA	NA	NA	63.3	
Ate green salad, yesterday	40.8	38.9		34.1	–
Ate cooked vegetables, yesterday	56.8	54.5		48.4	
Physical activity					
Exercised vigorously for ≥ 20 minutes on ≥ 3 of the past 7 days	NA	66.0	–	58.5	
Played on sports team(s)	49.6	51.1	NA	NA	
Participated in other physical activities besides sports teams such as dance, gymnastics, or swimming	35.2	40.1	NA	NA	
Participated in any organized physical activity such as sports teams, dance, gymnastics, or swimming	NA	NA	NA	54.9	
Beliefs about school and self					
Got mostly D's and F's in school	NA	NA	NA	6.6	
Take care of themselves--no adult present--on most afternoons after school	NA	11.5		9.0	
Feel that students in their school respect and care about them	NA	NA	NA	52.5	
Feel there is a teacher or other adult at their school who really cares about them	NA	NA	NA	55.7	
Feel they know at least one other adult besides their parent/ guardian whom they can go to for help if they have an important life question	NA	NA	NA	75.4	
Feel they know where to go for help with a problem	NA	NA	NA	79.7	
Feel they try to work out problems by talking about them	NA	NA	NA	60.8	
Feel they can do most things if they try	NA	NA	NA	86.3	
Feel they can work with someone who has different opinions than theirs	NA	NA	NA	70.5	
Feel they stand up for themselves without putting others down	NA	NA	NA	60.5	
Feel they have goals and plans for the future	NA	NA	NA	82.4	
Feel they are good at making decisions and following through on them	NA	NA	NA	65.8	
Feel they can resist negative peer pressure and dangerous situation	NA	NA	NA	69.7	
Would turn to a teacher/counselor/school health service center/school					

Would turn to a teacher/counselor/school health service center/school health room first if they were pregnant or had gotten someone pregnant	NA	7.7		4.4	
Would turn to a teacher/counselor/school health service center/school health room first if they were feeling angry or out of control	NA	5.6		5.5	
Would turn to a teacher/counselor/school health service center/school health room first if they were being sexually or physically abused	NA	10.1		8.6	
Would turn to a teacher/counselor/school health service center/school health room first if they had an alcohol or drug use problem	NA	11.3		7.9	
Would turn to a teacher/counselor/school health service center/school health room first if they had a relationship problem with boyfriend/girlfriend	NA	4.9		2.9	

^d+/-: It is not clear if this is a positive or negative change.

Table 2. Middle School Hawai'i Youth Risk Behavior Survey Statistically Significant Subgroup Differences, 2001 vs. 1999

Health risk behavior by subgroup	'99 %	'01 vs. '99	'01 %
Injury			
Carried a gun, past 30 days			
Overall males	14.8	+ ^a	7.6
Overall age 13	7.9	+	3.9
Males age 13	14.0	+	5.7
Overall 8th graders	9.2	+	3.8
Male 8th graders	15.6	+	5.9
Carried a weapon besides a gun, such as a knife or club, past 30 days			
Overall males	29.6	+	22.5
Overall age 13	19.8	+	15.0
Overall 8th graders	23.0	+	14.3
Male 8th graders	33.3	+	21.3
Had property stolen or deliberately damaged on school property, past 12 months			
Overall males	59.8	+	44.4
Overall females	56.7	+	42.1
Overall age 12	59.4	+	44.9
Females age 12	60.1	+	40.8
Overall age 13	58.8	+	42.0
Males age 13	62.0	+	40.3
Overall 7th graders	60.1	+	46.2
Female 7th graders	60.5	+	44.9
Overall 8th grader	56.7	+	41.1
Male 8th graders	58.9	+	41.3
Female 8th graders	54.7	+	41.2
Felt unsafe at school or on way to or from school, past 30 days			
Overall age 13	43.2	+	31.5
Males age 13	40.1	+	27.7
Tobacco use			
Ever tried cigarette smoking			
Overall females	42.3	+	31.8
Overall 8th graders	50.5	+	38.4
Smoked ≥ 2 cigarettes on days smoked, past 30 days			
Overall females	6.7	+	3.3
Smoked cigarettes on school property, past 30 days			
Males age 13	5.4	+	0.8
Used chewing tobacco or snuff, past 30 days			
Males age 13	3.6	+	1.0
Sexual behavior			
Were taught about HIV/AIDS in school			

Overall age 13	91.0	–	80.4
Males age 13	91.4	–	76.5

^a+: Hawai'i '01 result was statistically significantly better than Hawai'i '99 result.

^b-: Hawai'i '01 result was statistically significantly worse than Hawai'i '99 result.

(table continues)

Table 2. (continued)

Health risk behavior and subgroup	'99 %	'01 vs. '99	'01 %
Sexual behavior (continued)			
Were taught about HIV/AIDS in school (continued)			
Overall 7th graders	88.6	–	70.8
Male 7th graders	89.6	–	70.9
Female 7th graders	87.5	–	70.6
Dietary behavior			
Described self as slightly or very overweight			
Overall age 13	33.6	+	25.2
Males age 13	33.8	+	19.8
Overall 8th graders	35.6	+	27.6
Male 8th graders	35.5	+	22.1
Trying to lose weight			
Males age 12	36.3	+/- ^c	52.9
Exercised to lose weight or control weight gain, past 30 days			
Male 8th graders	65.9	–	54.3
Took diet pills, powders, or liquids without doctor's advice to lose weight or control weight gain, past 30 days			
Females age 13	5.9	+	2.5
Ate fruit, yesterday			
Overall 7th graders	73.1	–	64.2
Male 7th graders	74.8	–	61.6
Ate green salad, yesterday			
Overall females	39.3	–	31.1
Ate cooked vegetables, yesterday			
Overall males	55.7	–	47.5
Physical activity			
Exercised vigorously for ≥ 20 minutes on ≥ 3 of the past 7 days			
Overall males	72.0	–	61.5
Male 7th graders	75.2	–	59.9
Beliefs about school and self			
Would turn to a teacher/counselor/school health service center/school health room first if they had a relationship problem with someone in their family			
Overall 6th graders	12.3	+/-	4.1
Would turn to a teacher/counselor/school health service center/school health room first if they needed birth control information			
Overall males	6.8	+/-	2.8

Females age 12	9.8	+/-	3.7
Overall age 13	9.4	+/-	4.3
Overall 7th graders	9.4	+/-	2.7
Female 7th graders	11.8	+/-	3.1

^c+/-: It is not clear if this is a positive or negative change.

(table continues)

Table 2. (continued)

Health risk behavior	'99 %	'01 vs. '99	'01 %
Beliefs about school and self (continued)			
Would turn to a teacher/counselor/school health service center/school health room first if they were pregnant or had gotten someone pregnant			
Overall 7th graders	7.5	+/-	2.4
Male 7th graders	5.8	+/-	1.7
Female 7th graders	9.4	+/-	3.0
Would turn to a teacher/counselor/school health service center/school health room first if they were being sexually or physically abused			
Overall 6th graders	17.4	+/-	6.2
Would turn to a teacher/counselor/school health service center/school health room first if they had an alcohol or drug use problem			
Overall age 12	14.4	+/-	7.0
Overall 6th graders	16.5	+/-	7.3
Overall 7th graders	13.7	+/-	7.1

Table 3. 1997–2001 Hawai'i Youth Risk Behavior Survey (Public High Schools) Results
(2001, n = 1,076; 1999, n = 1,248; 1997, n = 1,409) Compared to 2001 U.S. Results (n = 15,349)

Health risk behavior	U.S. '01 %	Hawai'i public			Hawai'i Trend
		'01 %	'99 %	'97 %	
Injury					
Rarely or never wore seat belts when riding in a car driven by someone else	14.1	7.6	10.6	14.6	+ ^a
Motorcycle riders who rarely or never wore motorcycle helmet, past 12 months	37.2	56.9	64.5	68.1	+
Bicycle riders who rarely or never wore bicycle helmet, past 12 months	84.7	85.0	89.5	93.9	+
Rode with driver who had been drinking alcohol, past 30 days	30.7	32.8	38.3	36.1	
Drove after drinking alcohol, past 30 days	13.3	9.2	14.5	10.3	
Carried a weapon, past 30 days	17.4	10.6	13.7	14.1	+
Carried a gun, past 30 days	5.7	2.9	4.2	4.1	
Carried a weapon on school property, past 30 days	6.4	3.5	6.0	6.1	+
Felt too unsafe to go to school, past 30 days	6.6	6.7	11.4	5.6	
Threatened or injured with a weapon on school property, past 12 months	8.9	5.9	6.7	6.3	
In physical fight, past 12 months	33.2	25.9	30.6	31.7	+
Injured in a physical fight and required medical attention, past 12 months	4.0	3.2	3.0	3.1	
In physical fight on school property, past 12 months	12.5	9.0	11.5	12.9	+
Been hit, slapped, or physically hurt by boyfriend or girlfriend on purpose, past 12 months	9.5	9.8	7.9	NA ^b	NA
Ever forced to have sexual intercourse	7.7	9.0	8.3	NA	NA
Felt sad or hopeless almost every day for ≥ 2 weeks in a row, past 12 months	28.3	30.5	31.8	NA	NA
Seriously considered attempting suicide, past 12 months	19.0	20.9	23.3	26.9	+
Made a suicide plan, past 12 months	14.8	16.9	18.5	20.1	+
Made suicide attempt, past 12 months	8.8	13.4	10.1	11.5	
Made suicide attempt requiring medical attention, past 12 months	2.6	3.4	3.7	4.0	+
Tobacco use					
Ever tried cigarette smoking	63.9	55.0	67.2	67.4	+
First smoked a whole cigarette before age 13	22.1	19.2	27.1	25.6	
Smoked cigarettes, past 30 days	28.5	15.0	27.9	29.2	+
Smoked ≥ 2 cigarettes on days smoked, past 30 days	19.4	9.2	18.6	21.4	+
Smoked >10 cigarettes/day on days smoked, past 30 days	4.1	1.3	2.6	NA	NA
Smoked cigarettes on ≥ 20 days, past 30 days (frequent)	13.8	6.1	13.1	14.5	+
Smoked cigarettes on school property, past 30 days	9.9	6.7	12.0	16.0	
Smoked ≥ 1 cigarette for 30 consecutive days (regular daily)	20.0	13.2	19.8	NA	NA
Ever tried to quit smoking cigarettes	NA	67.3	37.8	46.0	
Got cigarettes by buying in a store or gas station, past 30 days	NA	1.8	6.2	9.1	+
Current cigarette smokers, <18 years of age who bought cigarettes at a store or gas station, past 30 days	19.1	9.1	14.1	24.9	+
When buying cigarettes in a store, not asked for proof of age, past 30 days	NA	3.4	7.4	9.7	+
Current cigarette smokers, <18 years of age who were not asked to show proof of age when buying cigarettes in a store or gas station, past 30 days	67.2	NA	NA	65.0	NA
Used chewing tobacco or snuff, past 30 days	8.2	2.9	2.2	3.4	
Used chewing tobacco or snuff on school property, past 30 days	5.0	1.3	1.6	1.9	+
Smoked cigars, cigarillos, or little cigars, past 30 days	15.2	6.2	7.8	NA	NA
Smoked cigarettes or cigars or used chewing tobacco or snuff, past 30 days	33.9	16.7	29.9	NA	NA

^a+: Results have improved across all three survey administrations.

^bNA: Not Available.

(table continues)

	%	%	%	%	trend
Alcohol and other drug use					
Ever drank alcohol	78.2	67.2	76.4	72.5	
First tried alcohol before age 13	29.1	26.4	33.6	31.7	
Drank alcohol, past 30 days	47.1	34.2	44.6	40.3	
Had 5 or more drinks of alcohol in a row, past 30 days	29.9	18.8	26.8	25.1	
Drank alcohol on school property, past 30 days	4.9	4.7	7.7	8.5	+
Ever used marijuana	42.4	38.8	44.6	46.4	+
First tried marijuana before age 13	10.2	11.8	14.8	14.4	
Used marijuana, past 30 days	23.9	20.5	24.7	24.3	
Used marijuana on school property, past 30 days	5.4	6.9	9.3	12.6	+
Ever tried cocaine	9.4	6.1	7.8	7.4	
Used cocaine, past 30 days	4.2	2.4	3.3	2.8	
Ever sniffed glue or inhaled intoxicating substances	14.7	11.8	12.9	15.7	+
Sniffed glue or inhaled intoxicating substances, past 30 days	4.7	3.2	3.9	NA	NA
Ever used heroin	3.1	2.5	2.3	NA	NA
Ever used methamphetamines	9.8	6.5	7.7	NA	NA
Ever used illegal steroids	5.0	2.8	2.5	2.1	- ^c
Ever injected illegal drug	2.3	2.0	1.6	0.8	-
Were offered, sold, or given an illegal drug on school property, past 12 months	28.5	36.0	36.3	41.4	+
Sexual behavior					
Were taught about HIV/AIDS in school	89.0	87.0	90.6	94.3	-
Ever had sexual intercourse	45.6	33.6	41.0	40.3	
First sexual intercourse before age 13	6.6	4.8	6.8	7.0	+
Had ≥ 4 sexual partners during lifetime	14.2	8.4	12.2	9.1	
Had sexual intercourse, past 3 months	33.4	23.2	28.5	25.8	
Sexually active students (ever had sexual intercourse), no sexual intercourse, past 3 months	26.7	31.0	30.4	35.7	
Never had sexual intercourse, had had sexual intercourse but not during the past 3 months, or had used a condom the last time they had sexual intercourse, past 3 months	86.1	87.7	NA	NA	NA
Sexually active students, past 3 months, who drank or used drugs, last intercourse	25.6	21.6	26.8	22.7	
Sexually active students, past 3 months, who used condom, last intercourse	57.9	45.5	47.1	41.0	
Sexually active students, past 3 months, who used birth control pills, last intercourse	18.2	17.2	18.1	19.3	-
Been pregnant or got someone pregnant	4.7	3.5	5.7	5.7	
Dietary behavior					
At risk for becoming overweight (≥ 85th percentile but < 95th percentile for body mass index, by age and sex)	13.6	11.9	16.3	NA	NA
Overweight (≥ 95th percentile for body mass index, by age and sex)	10.5	12.1	9.0	NA	NA
Described self as slightly or very overweight	29.2	33.4	33.5	33.5	
Trying to lose weight	46.0	47.9	47.1	45.1	+

^c–: Results have worsened across all three survey administrations.

(table continues)

Table 3. (continued)

Exercised to lose weight or control weight gain, past 30 days	59.9	64.5	62.7	59.0	+/- ^d
Ate less food, fewer calories, or foods low in fat to lose weight or control weight gain, past 30 days	43.8	38.4	40.3	NA	NA
Went ≥ 24 hours without eating to lose weight or control weight gain, past 30 days	13.5	13.1	11.8	NA	NA
Took diet pills, powders, or liquids without doctor's advice to lose weight or control weight gain, past 30 days	9.2	7.2	7.2	NA	NA
Vomited or took laxatives to lose weight or control weight gain, past 30 days	5.4	4.3	4.7	4.4	
Ate ≥ 5 servings of fruits and vegetables/day during the past 7 days	21.4	16.4	21.1	NA	NA
Drank ≥ 3 glasses of milk/day during the past 7 days	16.4	12.0	15.4	NA	NA
Physical activity					
Exercised vigorously ≥ 20 minutes on ≥ 3 of past 7 days	64.6	55.8	64.0	60.8	
Exercised moderately ≥ 30 minutes on ≥ 5 of past 7 days	25.5	19.2	20.3	26.6	–
Did strengthening exercises on ≥ 3 of past 7 days	53.4	47.2	51.1	47.8	
Did not participate in vigorous physical activity for ≥ 20 minutes on ≥ 3 of past 7 days and in moderate physical activity for ≥ 30 minutes on ≥ 5 of past 7 days	31.2	40.7	NA	NA	NA
Did not participated in either vigorous physical activity for ≥ 20 minutes or moderate physical activity for ≥ 30 minutes on any of the past 7 days	9.5	12.0	NA	NA	NA
Watched TV ≥ 3 hours, average school day	38.3	42.2	NA	NA	NA
Enrolled in PE class	51.7	41.5	41.9	40.4	
Attended PE class daily	32.2	10.1	8.9	11.6	
Enrolled students active in PE class for ≥ 20 minutes	83.4	86.6	83.8	79.7	+
Played on sports teams, past 12 months	55.2	49.3	54.6	NA	NA
Beliefs about school and self					
Feel that students in their school respect and care about them	NA	61.5	NA	NA	NA
Feel there is a teacher or other adult at their school who really cares about them	NA	58.1	NA	NA	NA
Feel they know at least one other adult besides their parent/ guardian whom they can go to for help if they have an important life question	NA	78.4	NA	NA	NA
Feel they know where to go for help with a problem	NA	79.5	NA	NA	NA
Feel they try to work out problems by talking about them	NA	72.0	NA	NA	NA
Feel they can do most things if they try	NA	88.2	NA	NA	NA
Feel they can work with someone who has different opinions than theirs	NA	72.0	NA	NA	NA
Feel they stand up for themselves without putting others down	NA	67.2	NA	NA	NA
Feel they have goals and plans for the future	NA	86.8	NA	NA	NA
Feel they are good at making decisions and following through on them	NA	68.6	NA	NA	NA
Feel they can resist negative peer pressure and dangerous situation	NA	77.5	NA	NA	NA

^d +/-: It is not clear if this is a positive or negative change