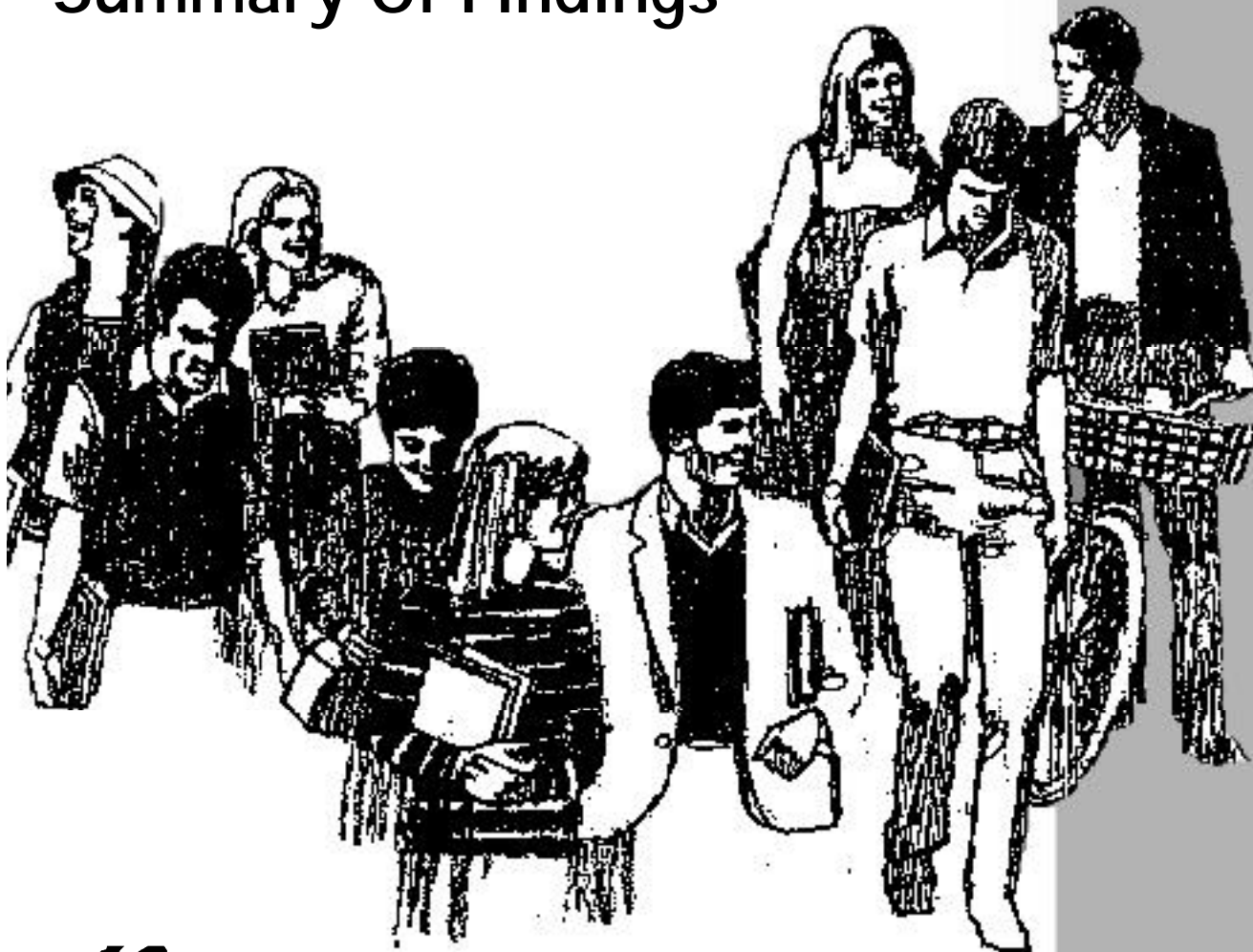


Mississippi 1997 Youth Risk Behavior Survey

Summary Of Findings



Mississippi State Department Of Health
F. E. Thompson, Jr., MD, MPH
State Health Officer

MISSISSIPPI

Youth Risk Behavior
Survey
1997

Statewide Report

Mississippi State Department of Health
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Acknowledgments

This survey was made possible through the support and effort of many individuals who felt that obtaining this information was important to the health and well-being of Mississippi youth. Sincere appreciation is extended to the administrators, faculty, and most importantly, the students of the participating schools who made possible the exceptional response rate that contributed directly to the quality of the resulting report.

The following members of the Mississippi State Department of Health are recognized for their participation in the production of this report: Dr. F. E. Thompson, Jr., State Health Officer; Ellen S. Jones, Director, Division of Tobacco Policy and Prevention; Dr. Alan Penman, Medical Epidemiologist, Office of Community Health Services; and Patricia Clemen, School Health Coordinator, Division of Health Promotion/Education/Chronic Disease.

Our gratitude is extended to the staff of Westat, Inc. for assisting in sampling procedures and data analysis. Finally, our appreciation to the staff at the Surveillance and Evaluation Research Branch, Division of Adolescent and School Health, U.S. Centers for Disease Control and Prevention, for providing the survey instrument, portions of the background test, and materials used in preparing this report.

State of Mississippi
Mississippi State Department of Health
Division of Health Promotion/Education/Chronic Disease

To all Mississippians who care about teens:

In 1997, 1,926 ninth through twelfth grade students randomly selected from 21 Mississippi Public Schools participated in the Mississippi Youth Risk Behavior Survey (YRBS). The YRBS, which is administered every other year, measures behaviors that are most responsible for harming youth such as smoking, using alcohol and other drugs, driving under the influence, fighting, carrying weapons, and eating unhealthy foods. The YRBS is a pulse-check on the well-being of teens.

Many Mississippi teens have adopted positive health habits. Compared to 1993 and 1995 YRBS results, the 1997 survey shows that more students report attending PE classes at least once a week and fewer students report having ever tried cigarette smoking. Fewer students report carrying a weapon during the past 30 days or being involved in a fight during the past 12 months. However, in absolute terms, many health risk behaviors remain at unacceptably high levels. Nearly three-quarters of students have ever tried cigarette smoking, more than two-thirds have ever had sexual intercourse (often without using a condom), and 60% attend PE classes less than once a week. There are, in addition, some disturbing trends in relation to use of illegal drugs. More students report having ever used marijuana and cocaine, and more report that they had someone offer, sell, or give them an illegal drug on school property during the past 12 months.

These results serve as a wake-up call, and a challenge to each of us to find ways to make a difference in the lives of teens. Communities can find meaningful ways to value teens and to involve them in civic life. Government agencies can collaborate and support the innovative work of communities. Schools and parents can set reasonable limits for students and enforce them consistently. The media can promote anti-drug messages. All adults, especially family members, can be positive role models who can teach, guide, and inspire by their actions. Teen themselves must find their strengths and build on them, and must find a sense of purpose by becoming involved in something bigger than themselves.

I would like to thank the superintendents and principals who agreed to participate in 1997 YRBS, and the teachers and school staff who administered it. Most of all I am grateful to the students who took the time and effort to share with us a piece of their lives. The results of the survey will help us better plan for youth health services and target prevention efforts.

If you have questions or comments about the YRBS, please contact Pat Clemen at the Division of Health Promotion/Education/Chronic Disease (601/576-7793).

Sincerely,

F. E. Thompson, Jr., M.D., M.P.H.
State Health Officer

The 1997 Mississippi Youth Risk Behavior Survey

Statewide Report

How many Mississippi teens smoke cigarettes or drink alcohol? How many use marijuana or cocaine? How many are sexually active, and of those, how many are using condoms? How many have been threatened at school? How many have contemplated suicide? Finding the answers to these questions is both vitally important and difficult. It is important because this information can put to rest unwarranted fears when the answers are positive; it can mobilize reform and prevention efforts when the answers are negative; and it can influence the behavior of students by setting norms. It is difficult because surveys are costly to design, conduct, and analyze.

The Mississippi Youth Risk Behavior Survey (YRBS) measures the incidence and prevalence of behaviors that contribute to the leading causes of mortality and morbidity among youth. The YRBS is part of a larger effort to help communities promote the “resiliency” of young people by reducing high risk behaviors and increasing health behaviors. The YRBS provides accurate information about Mississippi students that enables us to:

- ▶ monitor trends in their health and risk behaviors
- ▶ compare Mississippi students with a national sample of students
- ▶ plan, evaluate, and improve community programs which prevent health problems and promote healthy behaviors

In 1997, school staff administered the YRBS to 1,926 ninth through twelfth grade Mississippi students in 21 public schools. Participation by both schools and individuals was voluntary. To protect student privacy, the questionnaire was anonymous. Therefore, it is impossible to identify an individual student’s responses. This report summarizes the results of a representative sample of Mississippi public high schools.

How to use the YRBS

The YRBS provides an important piece of the public health puzzle. It can help detect changes in risk behaviors over time. It can help identify differences between ages, grades, race, and gender. It can help focus primary prevention efforts on specific groups of teens and can suggest whether or not school policies and community programs are having intended effects on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Mississippi students with other students nationwide.

- ▶ **Starting the Conversation:** Use the YRBS to begin a conversation with young people about the personal choices they make or about the health of their community. Ask if the results accurately reflect what is happening around teenagers. What explanation can be given about the results? What ideas can be implemented to promote healthy behaviors? From a teens' perspective, what seems to be working and what isn't working?
- ▶ **Increasing Awareness:** The YRBS provides an opportunity to break through denial and to make community members aware of the risks that young people face. It can dispel myths and correct misinformation about the "average teenager". In addition, the YRBS can be used to accentuate the positive, and to celebrate the fact that many students are abstaining from behaviors which endanger their health and their ability to succeed.
- ▶ **Planning and Evaluating Programs:** The YRBS can serve as the basis for a community needs assessment. Survey results can help identify strengths and weaknesses in the community and can suggest strategies to address those weaknesses.
- ▶ **Mississippi Trends and National Comparisons:** Mississippi collected YRBS data in 1991, 1993, and 1995. In addition, the Centers for Disease Control and Prevention conducts a biennial YRBS of a national sample of high school students. These results permit us to draw comparisons between Mississippi and the nation.

A Word of Caution

The YRBS represents the most complete and most recent information available about risk behaviors among Mississippi students. However, the YRBS has some limitations that should be kept in mind when interpreting the results.

- ▶ **Data Quality:** Several precautions were taken to ensure the reliability and validity of the results. First, the questionnaire has been carefully designed and thoroughly tested by the Centers for Disease Control and Prevention. Second, the survey was anonymous to encourage students to be honest and forthright. Third, over 100 consistency checks were run on the data to exclude careless, invalid, or logically inconsistent answers. Fourth, the results are statistically adjusted or “weighted” so that the sample accurately represents all Mississippi 9th - 12th grades. These precautions can reduce some sources of error, but not all. For example, some high risk students, such as those who have dropped out of school, would not be represented in the results.

- ▶ **Comparing Mississippi to the Nation:** There are two points to keep in mind when comparing the Mississippi statewide results to national results. First, the 1997 national report was not available at the time of writing this report; therefore, data from the 1995 national report is used throughout. Second, caution should be exercised in making comparisons between states because not all states have “weighted” results. As a result, it is possible that apparent differences, especially small differences, are due to demographic characteristics rather than to true differences in prevalence.

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Overview of the Project

Description of YRBS

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 in collaboration with representatives from 71 state and local departments of education and 19 other federal agencies, to monitor priority health-risk behaviors that contribute to the leading causes of mortality, morbidity, and social problems among youth in the United States. The 1997 survey instrument consisted of 84 multiple choice questions which address six priority health risk behaviors. These behaviors fall into six categories:

- Behaviors that result in unintentional and intentional injuries
- Tobacco Use
- Alcohol and other drug use
- Sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and other unintended pregnancies
- Dietary behaviors
- Physical activity

Methodology

All regular public schools in Mississippi containing grades 9, 10, 11, or 12 were included in the sampling frame. Twenty seven schools were selected systematically with probability proportional to enrollment in grades 9 through 12 using a random starting point. Twenty-one of the sampled schools participated in the survey, resulting in a school level response rate of 75%.

All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey. In all, 1,532 of the 1,926 sampled students completed usable questionnaires (80%). The overall response rate was 62%.

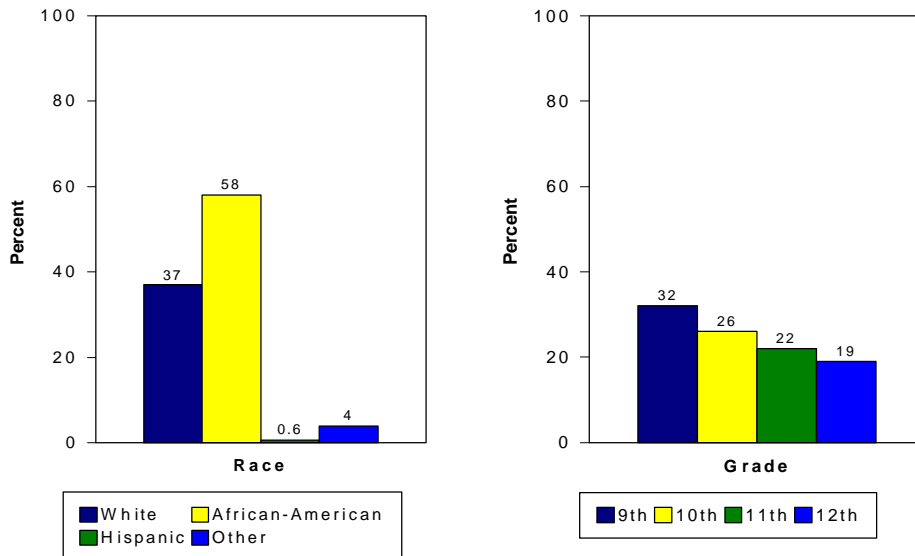
Instructions to the students indicated that participation in the survey was voluntary. Confidentiality of the respondents was maintained by allowing anonymous participation.

Extensive field tests and focus group encounters were conducted by the National Center for Health Statistics to ensure that students were interpreting the questions in a similar manner, and that responses requiring recall of past behaviors were realistic. A weighing procedure was used to reflect the likelihood of sampling each student and to reduce bias by compensating for different patterns of nonresponses at the school and student levels. The weighted results can be used to make valid inferences concerning the priority health risk behaviors of Mississippi public school students in grades 9 through 12.

Mississippi Students Who Participated in the YRBS

The sample reflected 836 (50.5%) females and 693 (49.5%) males. The distribution of respondents by grade level was as follows: 9th (513---32%); 10th (393---26%); 11th (354---22%); and 12th (250---19%). The racial makeup of the sample consisted of 525 (37%) Whites; 928 (58%) African Americans; 9 (0.6%) Hispanic; and 61 (4%) other.

Mississippi students who participated in the 1997 YRBS



**NOTE: Some students did not indicate their grade, gender, or race. Therefore, totals do not equal 1,532.

Injuries, Violence, and Safety

This section deals with personal safety and violence, and includes questions about physical fights, vehicle safety, and suicide.

- ▶ **Physical Fighting:** Violence and abuse comprise a significant public health problem in Mississippi. Nonfatal violence (i.e., fighting) often precedes fatal violence among young persons. (1)
 - ▶ **Carrying of weapons:** During adolescence, homicide rates increase 15 times, from a negligible rate of 0.9 per 100,000 at age 10 to 13.9 per 100,000 by age 20. (2) Approximately nine out of ten homicide victims in the United States are killed with a weapon of some type, such as a gun, knife, or club. Homicide is the second leading cause of death among all youth aged 15-24 and is the leading cause of death among black youth aged 15-24. (3) The total number of homicides in Mississippi in 1995 was 429 and 377 in 1996. (4,5) The immediate accessibility of a firearm or other lethal weapon often is the factor that turns a violent altercation into a lethal event. (6,7) Firearm-related suicides, which tripled in the US between 1950 and 1980, account for 60% of adolescent and young adult suicides. (8)
 - ▶ **Safety Belts and Bicycle Helmets:** Safety belt use is estimated to reduce motor vehicle fatalities by 40% to 50% and serious injuries by 45% to 55%. (9) Increasing the use of automobile safety restraint system to 85% could save an estimated 10,000 American lives per year. (10) Head injury is the leading cause of death in motorcycle and bicycle crashes. (11) The risk of head injury for unhelmeted bicyclists is more than six and one-half times greater than for helmeted riders. (12)
 - ▶ **Vehicle Safety - Drinking and Driving:** Motor vehicle crash injuries, approximately half of which involve alcohol, (13) are the leading cause of death among youth aged 15-24 in the United States. (14) Alcohol-related traffic crashes cause serious injury and permanent disability and rank as the leading cause of spinal cord injury among adolescents and young adults. (15) In 1996, motor vehicle crashes were the leading cause of death due to injuries in Mississippi totaling 868 or 57.4% of all injury deaths. (5)
 - ▶ **Suicide:** Suicide is the third leading cause of death among US youth aged 15-24 and the second leading cause of death among white males aged 15-24. (3) The suicide rate for persons aged 15-24 has tripled since 1950. (8) In Mississippi, from 1986 - 1994, there were approximately 382 suicide deaths per year. (16)
-

Related National Health Objectives for the year 2000:

- 7.9 Reduce by 20% the incidence of physical fighting by adolescents aged 14-17.
- 7.3 Reduce weapon-related violent deaths to no more than 12.6 per 100,000 people.
- 9.12 Increase use of occupant protection systems, such as safety belts, inflatable safety restraints, and child safety seat to at least 85% of motor vehicle occupants.
- 9.13 Increase use of helmets to at least 80% of motorcyclists and at least 50% of bicyclists.
- 4.1b Reduce deaths caused by alcohol-related motor vehicle crashes to no more than 18 per 100,000 people aged 15-24.
- 6.2 Reduce by 15% the incidence of injurious suicide attempts among adolescents aged 14-17. (Duplicate objective 7.8)

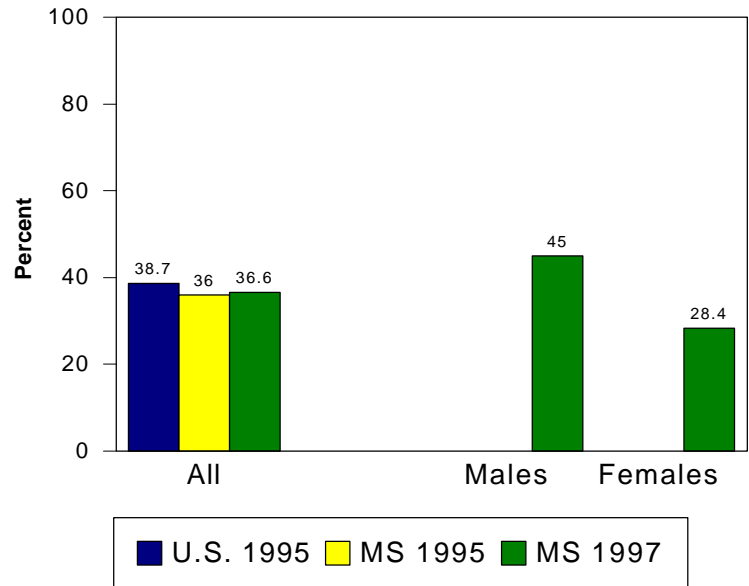
Physical Fighting

- ▶ **One third of students were involved in physical fighting in 1997.** 36.6% of Mississippi students reported physical fighting in 1997. Nationally, 38.7% of students reported fighting in 1995.

- ▶ **More males than females fight.** Male students were more likely to have been in a fight (45% vs 28.4%).

- ▶ **9th graders fight more than other grades.** Ninth graders were almost twice as likely than twelfth graders to have been in a fight (45.2% vs 26.3%).

Involved in a physical fight during the past 12 months



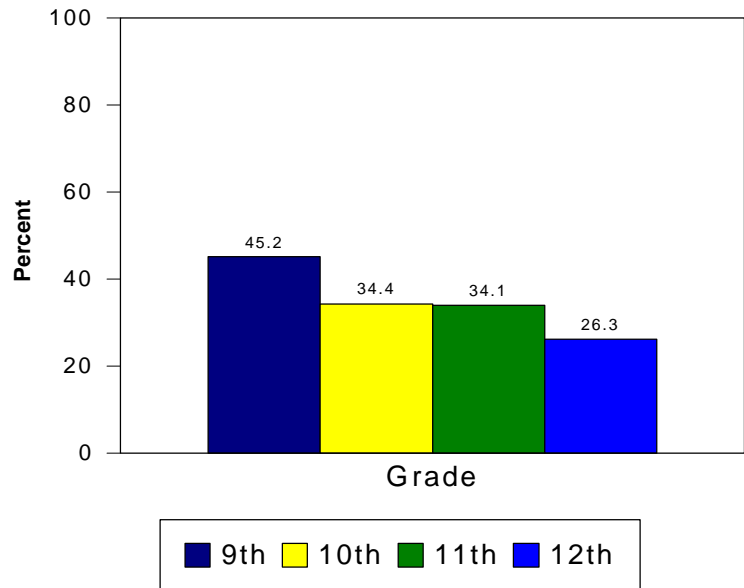
- ▶ Overall, 3.1% of students were in fights which required medical attention during the past year. This compares to 3.3% in 1995.

- ▶ **Fights on school property.** One in 6 students (16%) fought on school property in 1997. This is similar to 1995.

- ▶ **Students fight more with people they know than with strangers.**

Most (91.3%) students fought with people known to the student. Males were more than five times more likely than females to fight with total strangers.

Involved in a physical fight during the past 12 months



Carrying weapons

▶ **More males carry weapons than females.** Male students were more than 3 times more likely than females to carry a weapon. (35.8% vs 11.1%). Overall, 23.3% carried a weapon during the past month. Whites were more likely to carry weapons **than blacks (27.3% vs 20.2%). 28.4% of ninth graders vs 20.9% of 12th graders carried a weapon during the past 30 days.**

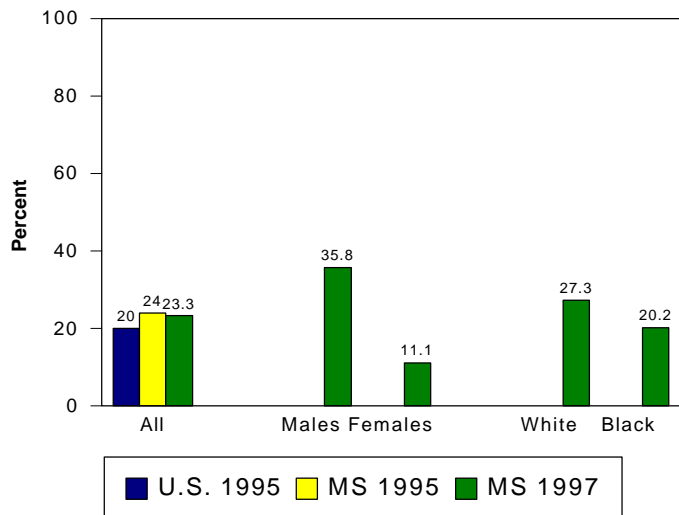
▶ **One in ten students has carried a weapon during the past 30 days on school property.** More males than females (14.6% vs 5.1%) carried a weapon to school. Ninth graders carry weapons to school more than 12th graders (11.3% vs. 7.7%).

▶ **Fewer students carry guns.** Overall, 10.3% carried a gun in the past thirty days compared to 11.7% in 1995. Tenth graders and 11th graders were less likely to carry a gun than 9th graders and 12th graders. More whites than blacks carried a gun in the past month (11.7% vs 8.7%). Males were almost 20 times more likely to carry a gun than females (19.8% vs 1.1%).

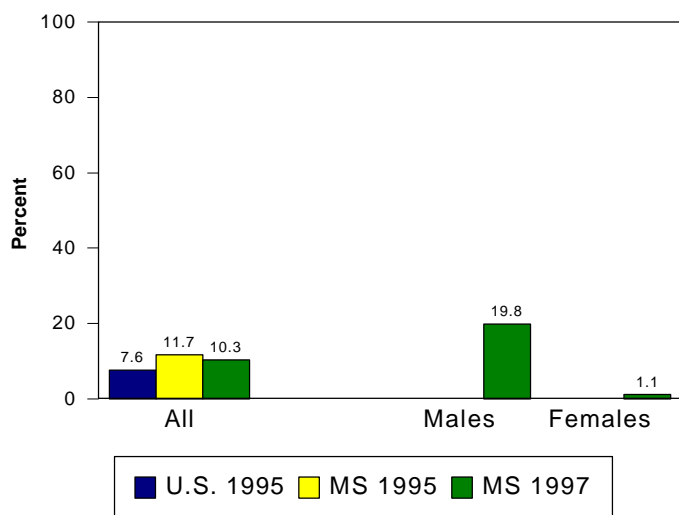
▶ **Males are threatened with weapons at school more than females.** Male students were more than twice as likely than female students to have been threatened with a weapon at school (12.5% vs 5.8%).

▶ **More property stolen at school compared to 1995.** Overall, 36.2% reported that someone stole or deliberately damaged their property at school compared to 34.4% in 1995. Forty percent of the males compared to 32.6% of females reported stolen or damaged property.

Carrying a weapon (gun, knife, or club) during the past 30 days

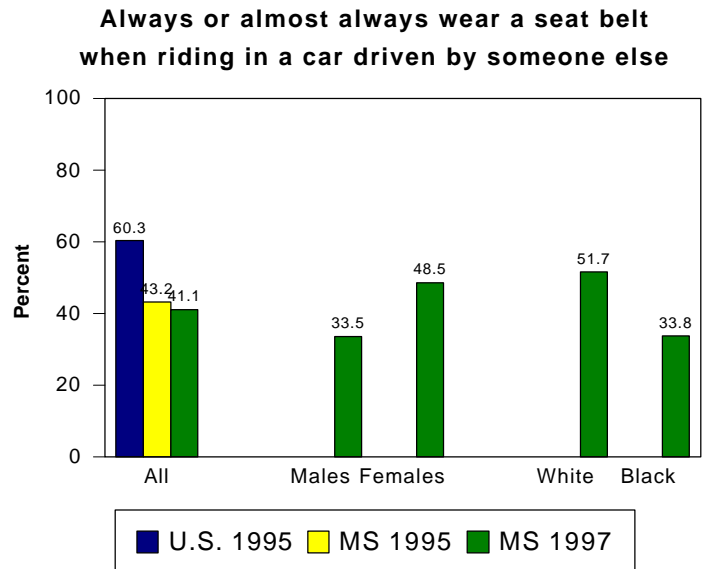


Carrying a gun during the past 30 days



Safety Belts

- ▶ **Less than half always or almost always wear a seat belt.** Overall, 41.1% of Mississippi students reported always or almost always wearing a seat belt compared to 43.2% in 1995.
- ▶ **More females than males always or almost always wear a seat belt.** 48.5% of female students wore seat belts compared to 33.5% of male students. 51.7% of White students reported always or almost always wearing a seat belt compared to 33.8% of Black students.

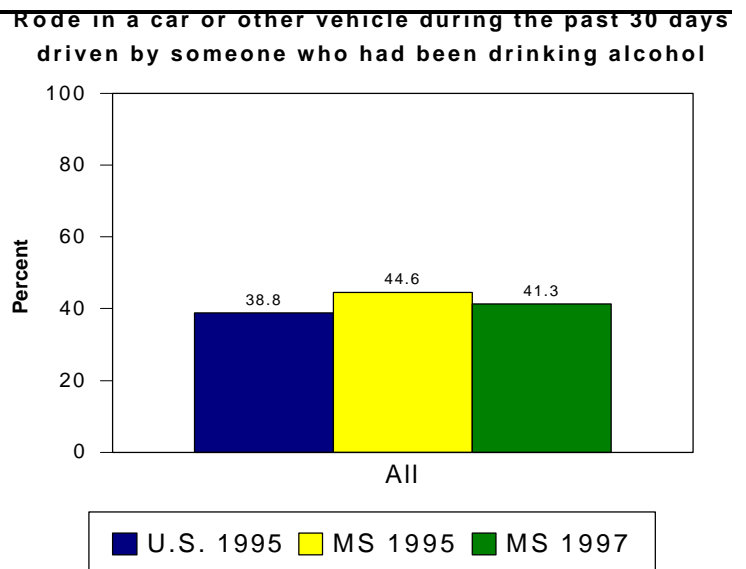


Bicycle Helmets

- ▶ **Very few students wear bicycle helmets.** Overall, of students who rode a bike in the past 12 months, 97% report never or rarely wearing a helmet when riding a bicycle. In 1995, 92.8% of students in the national and 97.6% of students in the Mississippi survey reported never or rarely wearing a helmet.

Vehicle Safety - Drinking and Driving

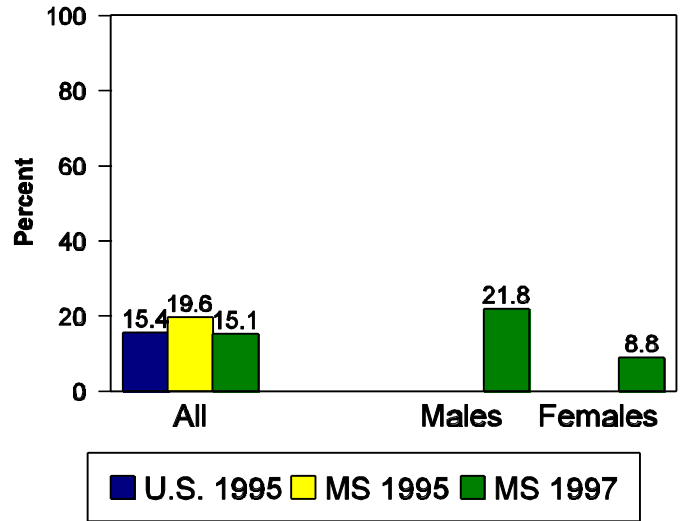
- ▶ **Riding with a drinking driver decreases.** 41.3% of Mississippi students reported riding with a drinking driver during the past 30 days. This compared to 44.6% in 1995.



- ▶ **Driving after drinking decreases.** Overall, 15.1% of Mississippi students drive after drinking alcohol. This compares to 19.6% in Mississippi in 1995 and 15.4% of students nationwide in 1995.

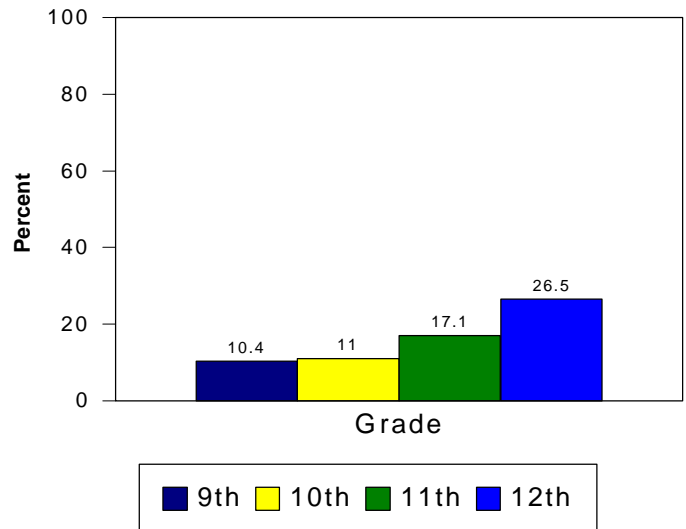
Male students were more likely to report driving after drinking than females (21.8% vs 8.8%).

Driving a car or other vehicle during the past 30 days after drinking alcohol



- ▶ **Drinking and driving increases across grades.** Twelfth graders were more than twice as likely as 9th graders to drink and drive (26.5% vs 10.4%).

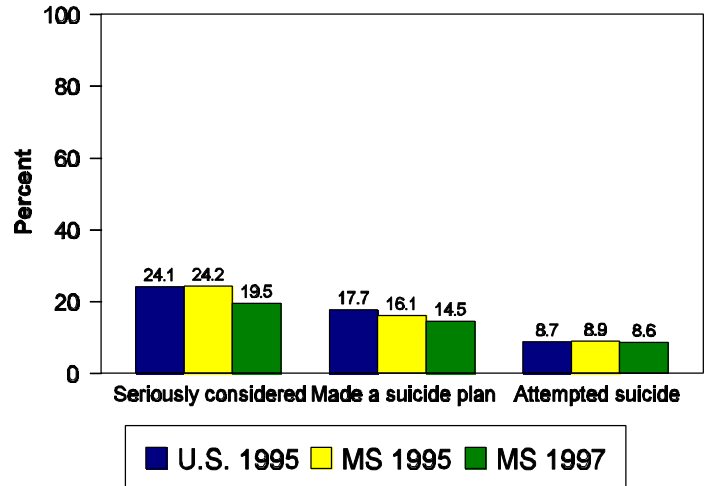
Driving a car or other vehicle during the past 30 days after drinking alcohol



Suicide

- Fewer students contemplate suicide.** Comparing 1995 to 1997, the percent of students who have seriously considered suicide (24.2% vs 19.5%), made a suicide plan (16.1% vs 14.5%), and attempted suicide (8.9% vs 8.6%) has decreased. Among students nationwide in 1995, 24.1% considered suicide; 17.7% made a suicide plan and 8.7% attempted suicide.

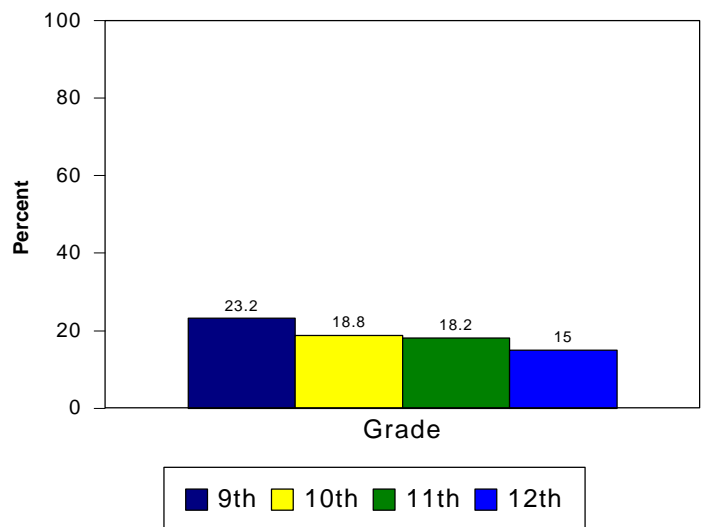
Suicide: seriously considered, planned, or attempted during the past 12 months



- More White females than White males consider suicide.** More Whites (21.9%) than Blacks (16.8%), and more females (22.5%) than males (16.5%) consider suicide. Female White students were more likely than male White students to seriously consider suicide (24.2% vs 19.5%); make a suicide plan (17% vs 15.8%) and actually attempt suicide (9.3% vs 6.4%).

- Serious thoughts of suicide.** Ninth graders were more likely than 12th graders to seriously consider suicide (23.2% vs 15%) and make a suicide plan (16.3% vs 12.3%).

Seriously consider suicide during the past 12 months



Alcohol , Tobacco and Other Drugs

The questions in this section ask students about their use of alcohol, tobacco products, marijuana, cocaine, steroids, and other illegal drugs. The questions ask the age at which students first used these substances and how often they use them now.

- ▶ **Alcohol use** is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes, which are the leading causes of death and disability among young people. (13) Heavy drinking among youth has been linked conclusively to physical fights, destroyed property, academic and job problems, and trouble with law enforcement authorities. (10)

 - ▶ **Tobacco use** is considered the chief preventable cause of death in the United States (17,18), accounting for more than one of every five deaths. (19) Smoking causes heart disease; cancer of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. If 29% of the 70 million children now living in the United States smoke cigarettes as adults, at least 5 million of them will die of smoking-related diseases. (18) In addition, smoking is related to poor academic performance and the use of alcohol and other drugs. (20) Over one million teenagers begin smoking each year.(8) Approximately 60 Mississippi youth begin smoking every day. In 1993, 27.6% of Mississippi youth smoked cigarettes on one or more of the past 30 days. This figure increased to 31.3% in 1997. Between 1970 and 1986, the prevalence of snuff use increased 15 times and chewing tobacco use increased four times among men aged 17-19. (18)

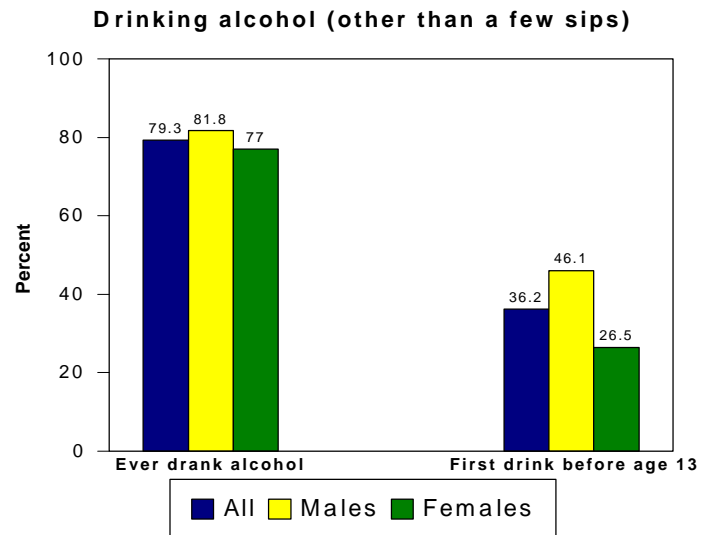
 - ▶ **Other drug use** is related to early pregnancy school failure, delinquency, and transmission of sexually transmitted diseases (STD), including human immunodeficiency virus (HIV) infection. (21) Despite improvements in recent years, illicit drug use is greater among high school students and other young adults in America than has been documented in any other industrialized nation in the world. (22)
-

Related National Health Objectives for the year 2000:

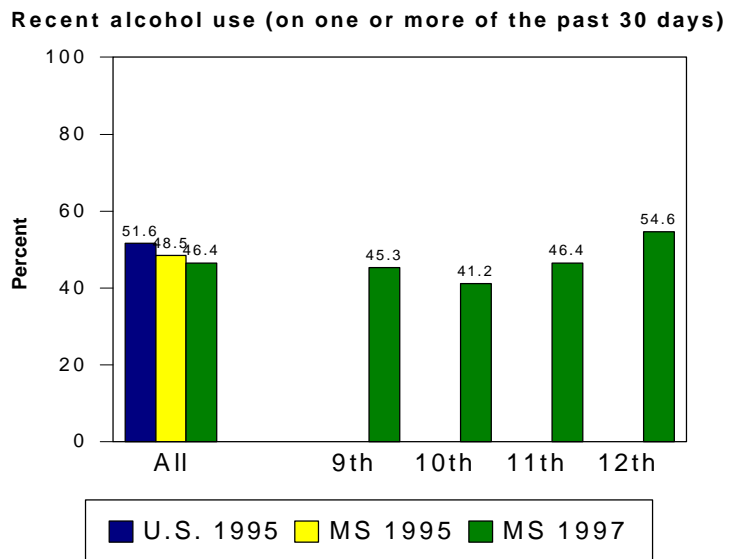
- 4.5 Increase by at least 1 year the average age of first use of cigarettes, alcohol, and marijuana by adolescents aged 12-17.
- 4.6 Reduce the proportion of young people who have used alcohol, marijuana, and cocaine in the past month as follows: 12.6% of youth aged 12-17 and 29% of youth aged 18-20 (alcohol use); 3.2% of youth aged 12-17 and 7.8% of youth aged 18-25 (marijuana use); and 0.6% of youth aged 12-17 and 2.3% of youth aged 18-25 (cocaine use).
- 4.7 Reduce the proportion of high school seniors and college students engaging in recent occasions of heavy drinking of alcoholic beverages to no more than 28% of high school seniors and 32% of college students.
- 4.8 Reduce alcohol consumption by people aged 14 and older to an annual average of no more than 2 gallons of ethanol per person.
- 3.5 Reduce the initiation of cigarette smoking by children and youth so that no more than 15% have become regular cigarette smokers by age 20.
- 3.9 Reduce smokeless tobacco use by males aged 12-24 to a prevalence of no more than 4%.
- 4.11 Reduce to no more than 3% the proportion of male high school seniors who use anabolic steroids.

Alcohol Use

- ▶ **More than three out of four students report alcohol use.** More than 3 out of 4 students (79.3%) have ever drunk alcohol, compared to 78.2% in 1995. More than 1 in 3 (36.2%) teenagers in 1997 had their first drink before the age of 13.



- ▶ **Recent alcohol use is down.** Almost half (46.4%) of students reported drinking alcohol during the past 30 days, compared to 48.5% in 1995.
- ▶ **Recent alcohol use highest among 12th graders.** Recent alcohol use among 12th graders is 54.6%; 11th graders is 46.4%; 10th graders is 41.2% and 9th graders is 45.3%.

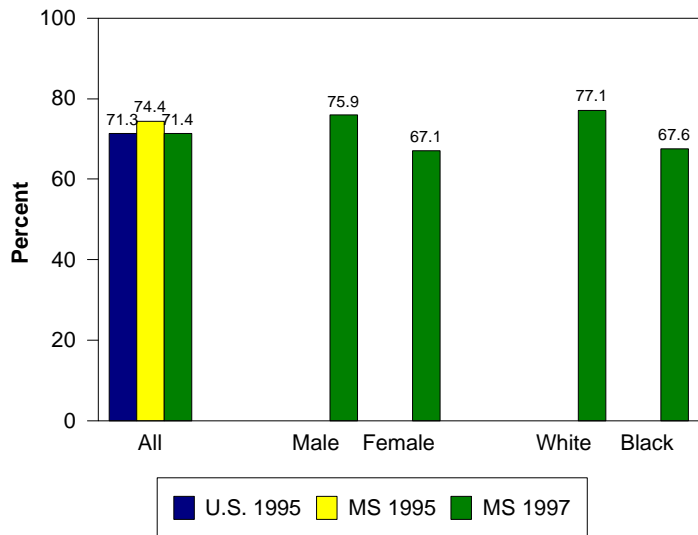


- ▶ **Binge drinking is down compared to 1995.** Binge drinking is defined as having five or more drinks of alcohol within a couple of hours. Overall, Mississippi students reported less binge drinking compared to 1995 (23.9% vs 29.9%). Nationally, 32.6% of students reported binge drinking.
- ▶ **Drinking on school property is up.** Overall, 6.8% of students drank on school property during the past 30 days. This compares to 5.7% of students who drank in 1995.

Tobacco Use

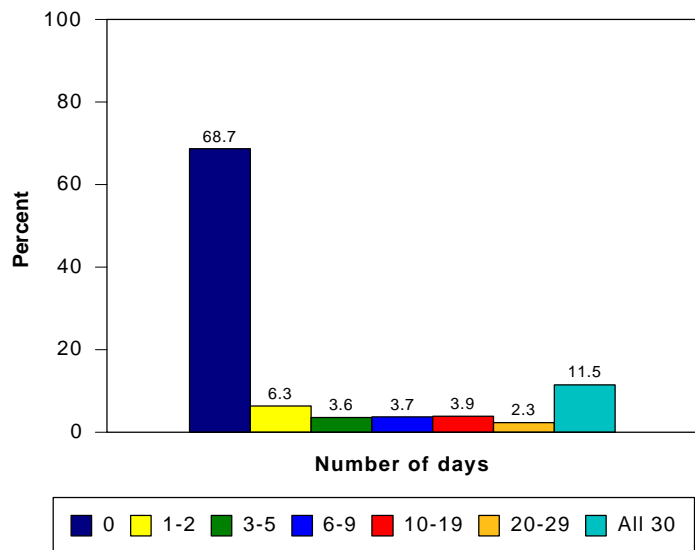
- More males than females have tried smoking.** Three out of four (75.9%) male students have tried cigarette smoking, compared to 67.1% of female students. White students tend to smoke more than Black students (77.1% vs 67.6%). Overall, 71.4% of students have tried smoking. This compares to 74.4% of Mississippi students in 1995 and 71.3% of students nationwide in 1995.

Percentage of students who ever tried cigarette smoking, even one or two puffs



- One third of students have smoked in the past 30 days.** One third (31.3%) had smoked at least one cigarette in the past 30 days (37.6% of males vs 25.4% of females). About 1 in 9 (11.5%) students had smoked every day during the past 30 days.

"During the past 30 days, on how many days did you smoke cigarettes?"



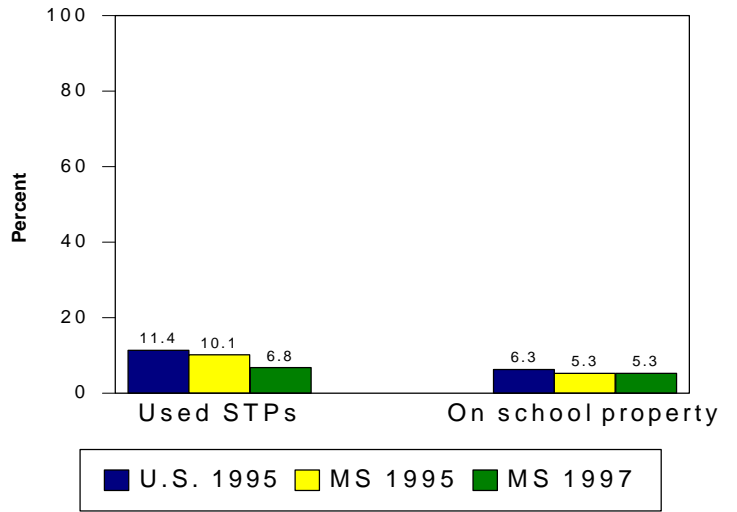
- Four out of ten students have smoked for the first time before the age of 13.** Of students who have ever smoked a whole cigarette, 41.7% smoked for the first time before the age of 13 (46.9% of males vs 35.6% of females).

- Smoking on school property is up.** Overall, 13.2% of Mississippi students smoked cigarettes on school property compared to only 9.4% of Mississippi students in 1995.

- ▶ **Use of smokeless tobacco products down.** Overall use of smokeless tobacco products among students decreased from 10.1% in 1995 to 6.8% in 1997.

Use of these products during the past month while on school property remained the same as 1995 at 5.3%.

Used smokeless tobacco products (STPs) during the past 30 days



Other Drug Use

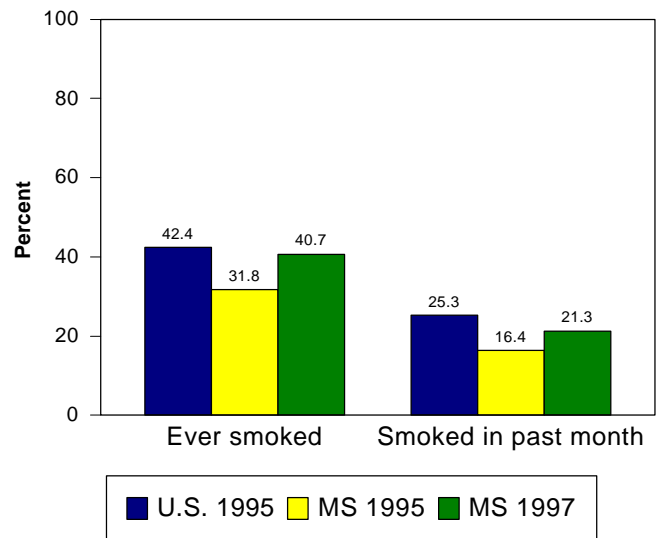
- ▶ **Overall use of illegal drugs is up.** Compared to 1995, illegal drug use among students is increasing. In 1997, students reported almost a ten percentage point increase over 1995 student reports in the number of students who had smoked marijuana at least once during their lifetime (40.7% vs. 31.8%).

In 1997, 1 in 5 (21.3%) students and in 1995, 1 in 6 (16.4%) students had smoked marijuana at least once during the past month.

- ▶ In 1997, nearly 2% of students had used some form of cocaine during the past month. In 1995, 1.4% of students used cocaine.

- ▶ In 1997, almost 1 out of 4 (24.1%) students and in 1995, 1 out of 5 (20.2%) students had been offered, sold, or given illegal drugs during the past 12 months while on school property.

Smoked marijuana



Sexual Behavior

The questions in this section asked students whether they had received information about AIDS or HIV infection, whether they have had intercourse, the frequency with which they have sex, and whether they use a method to prevent pregnancy.

- ▶ **Early sexual activity** is associated with unwanted pregnancy and sexually transmitted diseases (STD), including HIV infection, and negative effects on social and psychological development. Number of sexual partners and age at first intercourse are associated with STD. Alcohol and drug use may serve as predisposing factors for initiation of sexual activity and unprotected intercourse. (23) Of the 12 million new cases of STD per year, 86% are among people aged 15-29. (24) STD may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcome and maternal and child health. (25) During 1996, Mississippians aged 15-19 accounted for 76% of all reported STD in the state. (26)

 - ▶ **AIDS** is the 6th leading cause of death for youth aged 15-24(3) and is the 7th leading cause of years of potential life lost before age 65 in the United States. (27) While heterosexual transmission was once uncommon, recent trends indicate that growing numbers of individuals are at risk of contracting HIV. Many people, especially adolescents, do not have the knowledge, awareness, and skills necessary to prevent their becoming infected. During 1996, Mississippians aged 15-24 accounted for 13% of all newly reported HIV infection in the state. (26)

 - ▶ **Teen Pregnancy:** More than one million teenage girls in the United States become pregnant each year, just over 400,000 teenagers obtain abortions, and nearly 470,000 give birth. (28) One-third of all unintended pregnancies occur among teenagers, and 75% of teenage pregnancies occur among adolescents who are not using contraception. (29) The United States leads all other Western developed countries in rates of adolescent pregnancy, abortion, and childbearing. (30) Mississippi has the highest percentages of births to teen in the nation. In 1995, 22.2 % and in 1996 21.3% of all babies in Mississippi were born to teenagers. In 1995, of the 216,145 girls ages 10-19 in Mississippi, 10,778 became pregnant. Those pregnancies resulted in 9,185 births, 1,467 abortions, and 126 fetal deaths. In 1996, the number of girls ages 10-19 was the same as 1995. Pregnancies for 1996 were 10,401. Those pregnancies resulted in 8,745 births, and 1,557 abortions, and 99 fetal deaths. (31,32)
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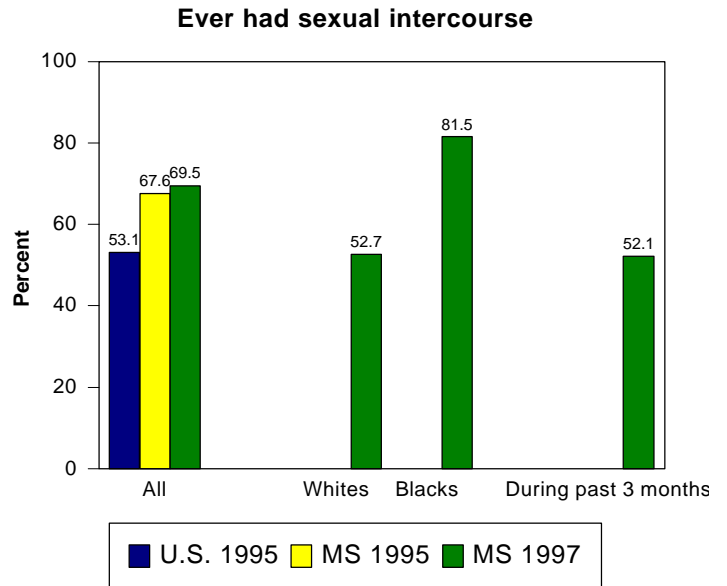
Related National Health Objectives for the year 2000:

- 5.4 Reduce the proportion of adolescents who have engaged in sexual intercourse to no more than 15% by age 15 and no more than 40% by age 17. (Duplicate objectives 18.3 and 19.9)
- 5.5 Increase to at least 40% the proportion of ever sexually active adolescents aged 17 and younger who have abstained from sexual activity for the previous three months.
- 18.4a Increase to at least 60% the proportion of sexually active, unmarried young women aged 15-19 who used a condom at last sexual intercourse. (Duplicate objective 19.10a)
- 18.4b Increase to at least 75% the proportion of sexually active, unmarried young men aged 15-19 who used a condom at last sexual intercourse. (Duplicate objective 19.10b)
- 5.1a Reduce pregnancies among black adolescent girls aged 15-19 to no more than 120 per 1,000 adolescents.
- 5.6 Increase to at least 90% the proportion of sexually active, unmarried people age 19 and younger who use contraception, especially combined method contraception that both effectively prevents pregnancy and provides barrier protection against disease.

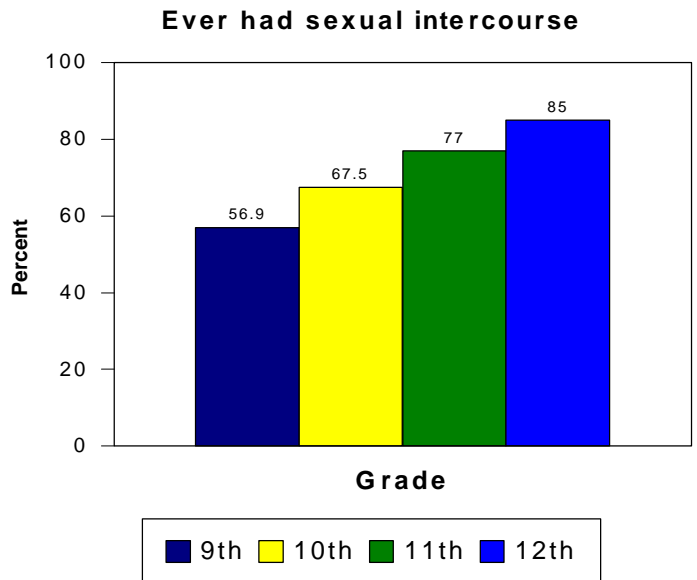
Sexual Behavior

- ▶ **Two-thirds of students have ever had sexual intercourse.** Overall, more than two-thirds of students (69.5%) have ever had sexual intercourse. Black students are more likely to have ever had sexual intercourse than White students (81.5% vs 52.7%).

21.2% of students had sexual intercourse before the age of 13. This compares with 8.9% of students nationally in 1995, and 18.2% of Mississippi students in 1995.



- ▶ **More than half of 9th graders have had sex.** 56.9% of 9th graders report having ever had sexual intercourse. Students in higher grades were more likely than students in lower grades to have had sexual intercourse.



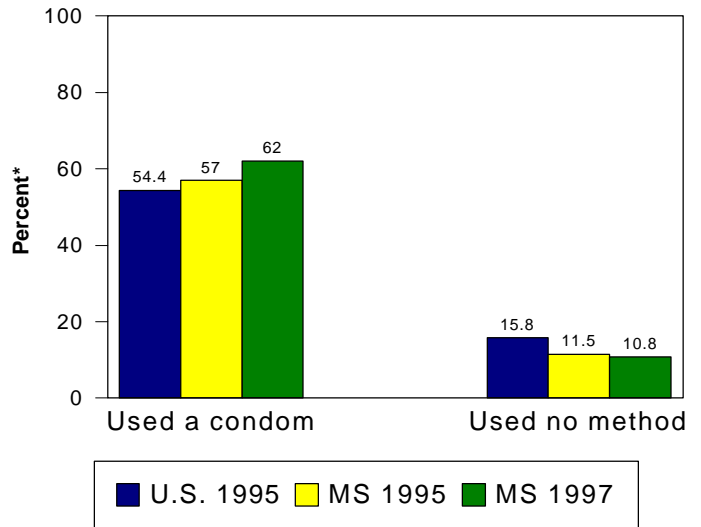
- ▶ **Three quarters have had more than one sex partner.** Of those students who have ever had sex, three-quarters (75.4%) have had multiple (two or more) partners, compared to 74.5% in 1995.

- ▶ **More students sexually active in past three months.** Overall, 52.1% of students were sexually active in the past three months. Of these, 33.7% were involved with multiple sexual partners during this period.

- ▶ **More than two-thirds of sexually active students used a condom.** In 1997, 64.7% of sexually active students used a condom during their most recent sexual experience. Nationally, 54.4% of students used a condom in 1995. In Mississippi, 57% of students used a condom in 1995.

Of the sexually active students, almost 1 in 6 (15.7%) used no method of protection during their most recent sexual experience. One in 8 (12.1%) students reported having been pregnant or gotten someone pregnant. Nationally, 6.9% of students reported having been pregnant or gotten someone pregnant.

Used protection during last sexual encounter

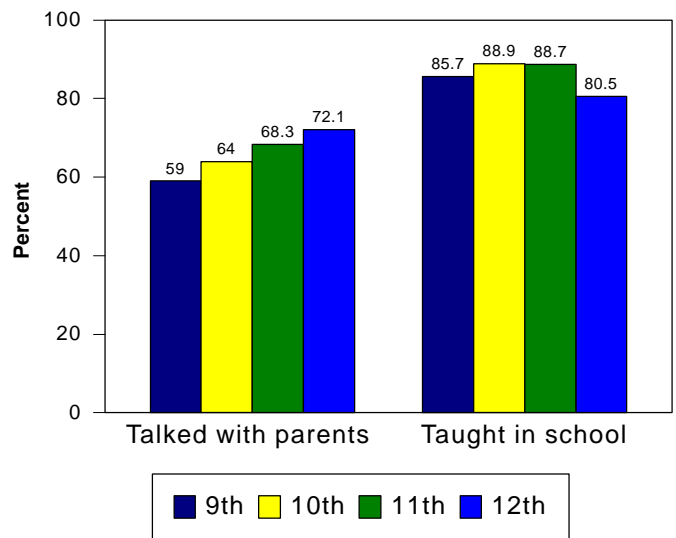


* Denominator is students who had sex during the past 3 months

- ▶ **More females than males talk with their parents about HIV/AIDS infection.** In 1997, two-thirds (64.7%) of students reported having talked with their parents about HIV/AIDS. 68.4% of female students (63.9% White and 70.8% Black) and 60.7% of male students (56.2% White and 64.6% Black) have talked with their parents or other adult family about HIV or AIDS.

More than 8 out of 10 (86%) students reported having been taught about AIDS/HIV in school.

Education about HIV / AIDS



Body Weight and Nutrition

This section asked students how they feel about their weight and what, if anything, they were doing to control their weight. The questions also inquire about how often students eat healthful foods and “junk” foods.

- ▶ **Obesity** and extreme obesity may be increasing by as much as 39% and 64%. Respectively, among adolescents aged 1-17.(33) Obesity acquired during childhood or adolescence may persist into adulthood increasing later risk for chronic conditions such as diabetes, heart disease, high blood pressures, stroke, some types of cancer, and gall bladder disease. (34) Children and adolescents often experience social and psychological stress related to obesity. (35)

Obesity in adolescence has been related to depression, problems in family relations, and poor school performance. (36) Over-emphasis on thinness during adolescence may contribute to eating disorders, such as anorexia nervosa and bulimia. (37,38) Adolescent females represent a high-risk population for the development of these two health problems and compose 90% to 95% of all patients with eating disorders. (39)

- ▶ **Nutrition:** Poor nutrition is associated with five of the leading causes of death: heart disease, stroke, cancer, diabetes, and atherosclerosis, and it contributes to other causes of death and disability as well.

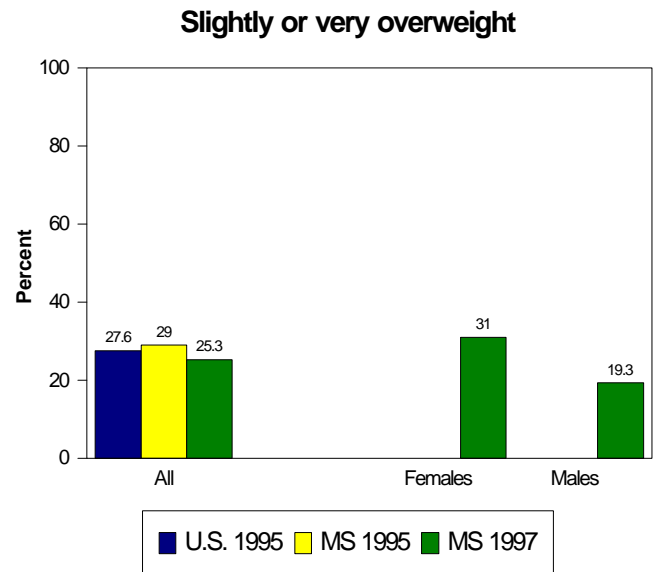
Americans currently consume more than 36% of their total calories from fat. High-fat diets are associated with increased risk of obesity, heart disease, some types of cancer, and other chronic conditions. They are often consumed at the expense of food high in complex carbohydrates and dietary fiber, foods which are considered to be more conducive to good health. (34) Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits. (40)

Related National Health Objectives for the year 2000:

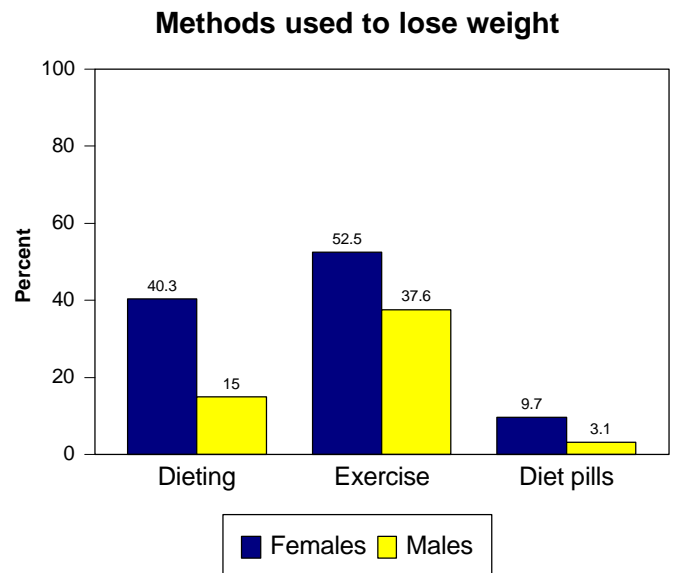
- 1.2 Reduce overweight to a prevalence of no more than 20% among people aged 20 and older and no more than 15% among adolescents aged 12-19. (Duplicate objectives 2.3, 15.10, and 17.2)
- 1.7 Increase to at least 50% the proportion of overweight people aged 12 and older who have adopted sound dietary practices combined with regular physical activity to attain an appropriate body weight. (Duplicate objective 2.7)
- 2.5 Reduce dietary fat intake to an average of 30% of calories or less and average saturated fat intake to less than 10% of calories among people aged 2 and older. (Duplicate objectives 15.9 and 16.7)
- 2.6 Increase complex carbohydrate and fiber-containing foods in the diets of adults to 5 or more daily servings for vegetables (including legumes) and fruits, and to 6 or more daily servings for grain products. (Duplicate objective 16.8)
- 2.8 Increase calcium intake to at least 50% of youth aged 12-24 and 50% of pregnant and lactating women consume 3 or more servings daily of foods rich in calcium, and at least 50% of people aged 25 and older consume 2 or more servings daily.

Body Weight

- More females than males think they are overweight and are trying to lose weight.** Females were almost two-thirds more likely than males to describe themselves as overweight (31% vs 19.3%). In addition, more than half (53.4%) of females students are trying to lose weight, compared to 21.9% of male students.



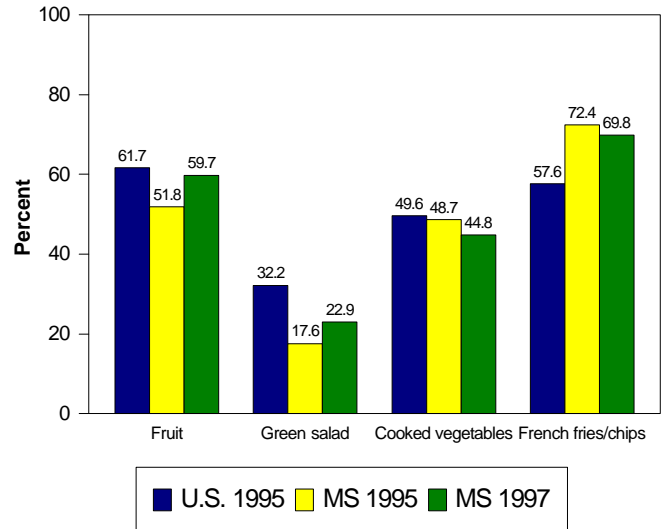
- More females than males are trying to control their weight.** During the past 30 days males and females did the following to control their weight. 40.3% of females and 15% of males dieted to lose weight. More than half (52.5%) of females compared to 37.6% of males exercised to lose weight. Females were 3 times more likely than males to take diet pills to lose weight (9.7% vs 3.1%).



Nutrition

- ▶ **More students are eating fruit and green salads.** Compared to 1995, more students ate fruit (59.7% vs 51.8%) and ate green salad (22.9% vs 17.6%) and fewer students ate cooked vegetables (44.8% vs 48.7%) the day before the survey.
- ▶ **Students are eating less fast food.** Compared to 1995, fewer students ate chips or french fries (69.8% vs 72.4%) the day before the survey.

Nutrition (foods eaten the day before the survey)



Physical Activity

This section asks students how often they engage in physical activities that improve or maintain aerobic capacity, flexibility, and muscular strength. Students were also asked about school-based physical activities including physical education classes and sports teams.

- ▶ **Regular physical activity** increases life expectancy (41) and is associated with good mental health and self-esteem. (42) Additionally, regular physical activity can assist in the prevention and management of coronary heart disease, hypertension, diabetes, osteoporosis, obesity, and mental health problems. (43) School physical education programs can have a significant positive effect on the health-related fitness of children. (44,45)
 - ▶ **Benefits:** Evidence of the benefits of regular physical activity is mounting. Physically active people tend to outlive those who are inactive. Regular activity can also help older adults maintain functional independence and can enhance the quality of life for people of all ages.
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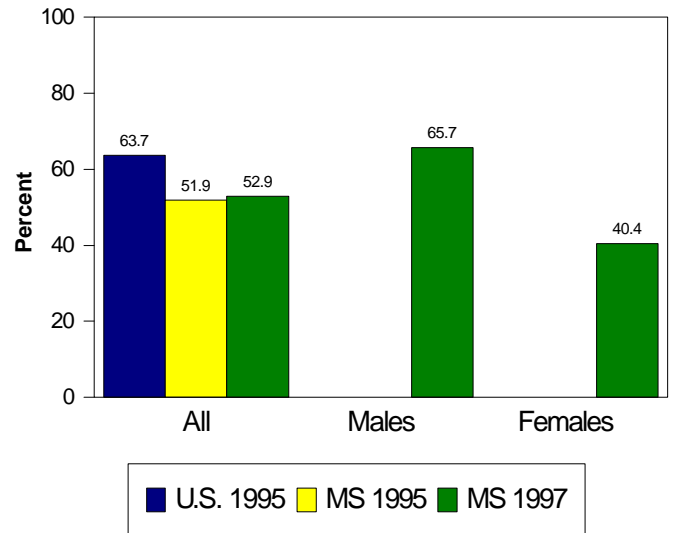
Related National Objectives for the Year 2000:

- 1.3 Increase to at least 30% the proportion of people aged 6 and older who engage regularly, preferably daily, in light to moderate physical activity for at least 30 minutes per day. (Duplicate objectives 15.11 and 17.13)
- 1.4 Increase to at least 20% the proportion of people aged 18 and older to at least 75% the proportion of children and adolescents aged 6-17 who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.
- 1.5 Reduce to no more than 15% the proportion of people aged 6 and older who engaged in no leisure-time physical activity.
- 1.6 Increase to at least 40% the proportion of people aged 6 and older who regularly perform physical activities that enhance and maintain muscular strength, muscular endurance, and flexibility.
- 1.7 Increase to at least 50% the proportion of overweight people aged 12 and older who have adopted sound dietary practices combined with regular physical activity to attain an appropriate body weight. (Duplicate objective 2.7)
- 1.8 Increase to at least 50% the proportion of children and adolescents in 1st through 12th grade who participate in daily school physical education.
- 1.9 Increase to at least 50% the proportion of school physical education class time that students spend being physically active, preferably engaged in lifetime physical activities.

Physical Activity

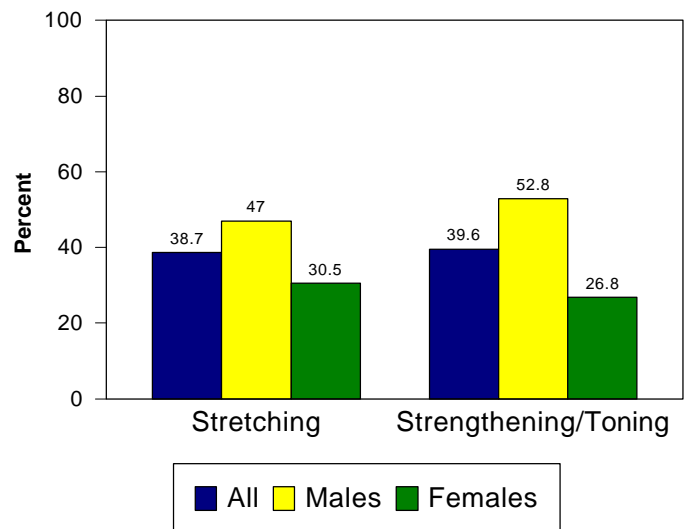
- ▶ **Only half get regular aerobic exercise.** Overall, 52.9% of Mississippi students participated in 3 or more days/week of aerobic exercise. More males than females participate in physical activities. Over 65.7% of male students, compared to 40.4% of female students exercised aerobically 3 or more days/week.

Aerobic exercise for 20 minutes or more 3 or more days during the past week

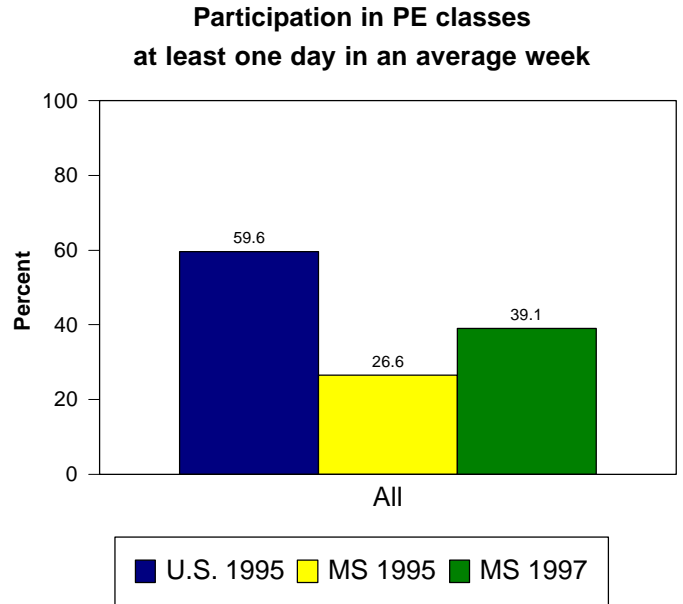


- ▶ **Less than half get regular muscle exercises.** In stretching exercises, male participation was 47% and female participation was 30.5%. Student participation in muscle strengthening/toning reflected a male to female ratio of 2:1 (52.8% vs 26.8%).

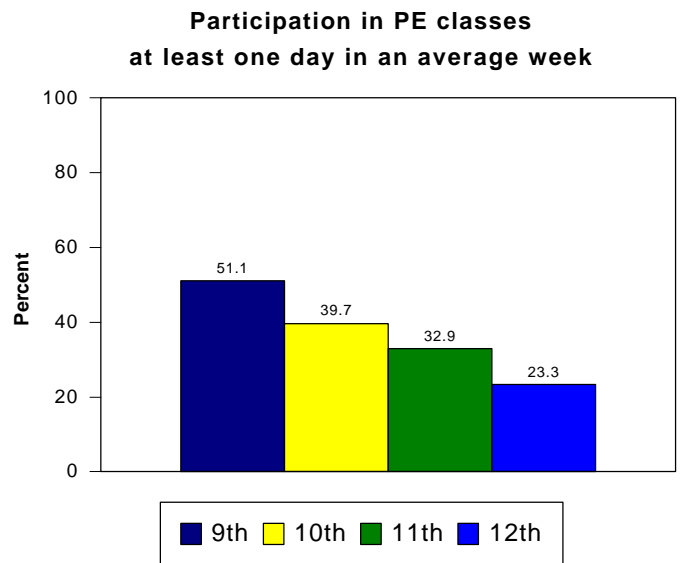
Muscle stretching/strengthening/toning exercises 3 or more days during the past week



- ▶ **Participation in PE classes is up, but still low.** Compared to 1995, more students participated in physical education classes (39.1% vs 26.6%). Nationally, 59.6% of students participated in physical education classes.



- ▶ **Participation in PE classes is highest in 9th grade.** Participation in physical education classes among 9th graders is 51.1%; 10th graders is 39.7%; 11th graders is 32.9% and 12th graders is 23.3%.



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1997 Mississippi Youth Risk Behavior Survey Survey Results

NOTE: The following frequency distributions are based upon surveys with 1,532 randomly selected high school students in Mississippi during May of 1997. Frequency distributions may not total 1,532 due to non-response. Percents may not total 100 percent due to rounding. Numerical data illustrated are actual data while percents are weighted responses and may not reflect distribution of actual data.

(The number in parentheses after each question is the number of students who answered that question.)

Q-1 How old are you? (n=1,532)

	<u>Number</u>	<u>Percent</u>
a. 15 years old or younger	511	32.4
b. 16 or 17 years old	784	50.0
c. 18 years old or older	237	17.7

Q-2 What is your sex? (n=1,529)

	<u>Number</u>	<u>Percent</u>
a. Female	836	50.5
b. Male	693	49.5

Q-3 In what grade are you? (n=1,510)

	<u>Number</u>	<u>Percent</u>
a. 9th grade	513	32.4
b. 10th grade	393	26.1
c. 11th grade	354	21.6
d. 12th grade	250	19.1
e. Ungraded or other	22	0.8

Q-4 How would you describe yourself? (n=1,523)

	<u>Number</u>	<u>Percent</u>
a. White-not Hispanic	525	36.9
b. Black-not Hispanic	928	58.4
c. Hispanic	9	0.6
d. Other	61	4.0

Q-5 How often do you wear your seat belt when riding in a car driven by someone else?
(n=1,530)

	<u>Number</u>	<u>Percent</u>
a. Never	162	11.0
b. Rarely	302	20.1
c. Sometimes	427	27.7
d. Most of the time	361	23.5
e. Always	278	17.6

Q-6 During the past 12 months, how many times did you ride a motorcycle?
(n=1,501)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,320	86.8
b. 1 to 10 times	125	9.1
c. 11 to 20 times	18	1.2
d. 21 to 39 times	6	0.4
e. 40 or more times	32	2.4

Q-7 When you rode a motorcycle during the past 12 months, how often did you wear a helmet? (n=1,485)

	<u>Number</u>	<u>Percent</u>
a. Did not ride a motorcycle	1,304	86.7
b. Never wore a helmet	70	5.3
c. Rarely	16	1.2
d. Sometimes	7	0.6
e. Most of the time	18	1.3
f. Always	70	5.0

Q-8 During the past 12 months, how many times did you ride a bicycle?
(n=1,498)

	<u>Number</u>	<u>Percent</u>
a. 0 times	415	28.3
b. 1 to 10 times	618	40.3
c. 11 to 20 times	145	9.6
d. 21 to 39 times	87	5.9
e. 40 or more times	233	15.9

Q-9 When you rode a bicycle in the past 12 months, how often did you wear a helmet?
(n=1,492)

	<u>Number</u>	<u>Percent</u>
a. Did not ride a bicycle	407	27.9
b. Never	1,026	68.3
c. Rarely	25	1.7
d. Sometimes	11	0.7
e. Most of the time	12	0.8
f. Always	11	0.7

Q-10 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? (n=1,531)

	<u>Number</u>	<u>Percent</u>
a. 0 times	902	58.7
b. 1 time	159	10.6
c. 2 or 3 times	238	15.1
d. 4 or 5 times	61	3.9
e. 6 or more times	171	11.7

Q-11 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? (n=1,500)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,290	84.9
b. 1 time	85	6.2
c. 2 or 3 times	56	3.9
d. 4 or 5 times	20	1.3
e. 6 or more times	49	3.8

Q-12 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?(n=1,501)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,176	76.7
b. 1 day	56	3.5
c. 2 or 3 days	76	5.3
d. 4 or 5 days	33	2.5
e. 6 or more days	160	12.0

Q-13 During the past 30 days, on how many days did you carry a gun?
(n=1,514)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,377	89.7
b. 1 day	39	2.6
c. 2 or 3 days	37	2.8
d. 4 or 5 days	8	0.7
e. 6 or more days	53	4.2

Q-14 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property? (n=1,512)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,377	90.2
b. 1 day	38	2.7
c. 2 or 3 days	36	2.8
d. 4 or 5 days	7	0.6
e. 6 or more days	54	3.7

Q-15 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? (n=1,531)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,441	94.0
b. 1 day	42	2.7
c. 2 or 3 days	26	1.7
d. 4 or 5 days	7	0.4
e. 6 or more days	15	1.1

Q-16 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? (n=1,530)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,390	90.9
b. 1 time	67	3.9
c. 2 or 3 times	32	2.2
d. 4 or 5 times	15	1.1
e. 6 or 7 times	6	0.5
f. 8 or 9 times	2	0.1
g. 10 or 11 times	2	0.1
h. 12 or more times	16	1.2

Q-17 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? (n=1,528)

	<u>Number</u>	<u>Percent</u>
a. 0 times	977	63.8
b. 1 time	237	15.1
c. 2 or 3 times	190	12.6
d. 4 or 5 times	50	3.5
e. 5 or 7 times	27	1.9
f. 8 or 9 times	16	1.0
g. 10 or 11 times	3	0.2
h. 12 or more times	28	1.9

Q-18 During the past 12 months, how many times where you in a physical fight?(n=1,492)

	<u>Number</u>	<u>Percent</u>
a. 0 times	954	63.4
b. 1 time	260	17.1
c. 2 or 3 times	161	10.9
d. 4 or 5 times	43	3.0
e. 6 or 7 times	23	1.6
f. 8 or 9 times	7	0.6
g. 10 or 11 times	2	0.2
h. 12 or more times	42	3.1

Q-19 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? (n=1,519)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,475	96.9
b. 1 times	31	2.0
c. 2 or 3 times	7	0.6
d. 4 or 5 times	2	0.2
e. 6 or more times	4	0.3

Q-20 In the past 12 months, how many times were you in a physical fight on school property? (n=1,504)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,271	84.0
b. 1 time	142	9.5
c. 2 or 3 times	63	4.2
d. 4 or 5 times	7	0.5
e. 6 or 7 times	5	0.4
f. 8 or 9 times	3	0.2
g. 10 or 11 times	2	0.2
h. 12 or more times	11	0.9

Q-21 The last time your were in a physical fight, with whom did you fight? (n=1,373)

	<u>Number</u>	<u>Percent</u>
a. Have never been in a fight	506	35.8
b. Total stranger	70	5.6
c. Friend or someone I know	416	31.2
d. Boyfriend, girlfriend, date	58	3.9
e. Family member	136	9.7
f. Someone not listed above	121	8.9
g. More than one of the above	66	4.9

Q-22 During the past 12 months, did you ever seriously consider attempting suicide? (n=1,526)

	<u>Number</u>	<u>Percent</u>
a. Yes	294	19.5
b. No	1,232	80.5

Q-23 During the past 12 months, did you make a plan about how you would attempt suicide? (n=1,526)

	<u>Number</u>	<u>Percent</u>
a. Yes	219	14.5
b. No	1307	85.5

Q-24 During the past 12 months, how many times did you actually attempt suicide?
(n=1,335)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,220	91.4
b. 1 time	57	4.0
c. 2 or 3 times	38	3.1
d. 4 or 5 times	7	0.5
e. 6 or more times	13	1.0

Q-25 If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? (n=1,325)

	<u>Number</u>	<u>Percent</u>
a. Did not attempt suicide	1,211	91.4
b. Yes	35	2.7
c. No	79	6.0

Q-26 Have you ever tried cigarette smoking, even one or two puffs? (n=1,469)

	<u>Number</u>	<u>Percent</u>
a. Yes	1,043	71.4
b. No	426	28.6

Q-27 How old were you when you smoked a whole cigarette for the first time? (n=1,491)

	<u>Number</u>	<u>Percent</u>
a. Never smoked a cigarette	684	44.5
b. 8 years old or younger	61	4.5
c. 9 or 10 years old	89	6.4
d. 11 or 12 years old	176	12.3
e. 13 or 14 years old	243	16.6
f. 15 or 16 years old	185	12.0
g. 17 or older	53	3.7

Q-28 During the past 30 days, on how many days did you smoke a cigarette? (n=1,437)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,011	68.7
b. 1 or 2 days	92	6.3
c. 3 to 5 days	52	3.6
d. 6 to 9 days	51	3.7
e. 10 to 19 days	51	3.9
f. 20 to 29 days	30	2.3
g. All 30 days	150	11.5

Q-29 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day? (n=1,455)

	<u>Number</u>	<u>Percent</u>
a. Did not smoke	1,010	67.8
b. Less than 1 per day	91	6.2
c. 1 per day	73	5.3
d. 2 to 5 per day	155	11.2
e. 6 to 10 per day	57	4.0
f. 11 to 20 per day	47	3.7
g. More than 20 per day	22	1.8

Q-30 During the past 30 days, how did you usually get your cigarettes? (n=1,491)

	<u>Number</u>	<u>Percent</u>
a. Did not smoke	1,000	65.5
b. Store	144	10.5
c. Vending machine	15	1.0
d. Someone else bought them	109	7.7
e. Borrowed them	151	10.2
f. Stole them	20	1.4
g. Some other way	52	3.7

Q-31 When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age? (n=1,471)

	<u>Number</u>	<u>Percent</u>
a. Did not smoke	944	62.4
b. Did not buy cigarettes	263	18.6
c. Yes	109	8.4
d. No	155	10.6

Q-32 During the past 30 days, how many days did you smoke cigarettes on school property? (n= 1,496)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,319	86.8
b. 1 or 2 days	61	4.5
c. 3 to 5 days	31	2.1
d. 6 to 9 days	15	1.2
e. 10 to 19 days	19	1.4
f. 20 to 29 days	11	0.8
g. All 30 days	40	3.2

Q-33 Have you ever tried to quit smoking cigarettes? (n= 1,352)

	<u>Number</u>	<u>Percent</u>
a. Yes	519	38.8
b. No	833	61.2

Q-34 During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen? (n=1,516)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,429	93.2
b. 1 or 2 days	23	1.7
c. 3 to 5 days	11	0.8
d. 6 to 9 days	7	0.5
e. 10 to 19 days	12	1.1
f. 20 to 29 days	5	0.4
g. All 30 days	29	2.3

Q-35 During the past 30 days, on how many days did you use chewing tobacco or snuff on school property? (n=1,517)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,451	94.7
b. 1 or 2 days	21	1.6
c. 3 to 5 days	10	0.8
d. 6 to 9 days	6	0.5
e. 10 to 19 days	7	0.6
f. 20 to 29 days	5	0.4
g. All 30 days	17	1.4

Q-36 How old were you when you had your first drink of alcohol other than a few sips? (n=1,367)

	<u>Number</u>	<u>Percent</u>
a. Never drank alcohol	291	20.7
b. 8 years old or younger	177	13.5
c. 9 or 10 years old	103	7.9
d. 11 or 12 years old	196	14.8
e. 13 or 14 years old	285	20.9
f. 15 or 16 years old	264	18.4
g. 17 or more years old	51	3.8

Q-37 During your life, on how many days have you had at least one drink of alcohol? (n=1,361)

	<u>Number</u>	<u>Percent</u>
a. 0 days	298	21.3
b. 1 or 2 days	254	18.3
c. 3 to 9 days	229	16.7
d. 10 to 19 days	162	11.9
e. 20 to 39 days	154	11.1
f. 40 to 99 days	113	8.3
g. 100 or more days	151	12.4

Q-38 During the past 30 days, on how many days did you have at least one drink?
(n=1,411)

	<u>Number</u>	<u>Percent</u>
a. 0 days	757	53.6
b. 1 or 2 days	289	19.7
c. 3 to 5 days	154	10.5
d. 6 to 9 days	85	6.3
e. 10 to 19 days	90	7.0
f. 20 to 29 days	20	1.6
g. All 30 days	16	1.3

Q-39 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? (n=1,482)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,144	76.1
b. 1 day	99	6.7
c. 2 days	69	4.8
d. 3 to 5 days	89	6.3
e. 6 to 9 days	37	2.6
f. 10 to 19 days	29	2.3
g. 20 or more days	15	1.3

Q-40 During the past 30 days, on how many days did you have at least one drink of alcohol on school property? (n=1,497)

	<u>Number</u>	<u>Percent</u>
a. 0 days	1,396	93.2
b. 1 or 2 days	69	4.4
c. 3 to 5 days	16	1.2
d. 6 to 9 days	6	0.4
e. 10 to 19 days	2	0.1
f. 20 to 29 days	1	0.1
g. All 30 days	7	0.6

Q-41 How old were you when you tried marijuana for the first time?

(n=1,493)

	<u>Number</u>	<u>Percent</u>
a. Never tried marijuana	903	59.1
b. 8 years old or younger	18	1.4
c. 9 or 10 years old	14	1.2
d. 11 or 12 years old	85	6.2
e. 13 or 14 years old	215	15.0
f. 15 or 16 years old	206	13.6
g. 17 or more years old	52	3.5

Q-42 During your lifetime, how many times have you used marijuana?

(n=1,483)

	<u>Number</u>	<u>Percent</u>
a. 0 times	900	59.3
b. 1 or 2 times	153	10.1
c. 3 to 9 times	124	8.2
d. 10 to 19 times	68	4.6
e. 20 to 39 times	73	5.1
f. 40 to 99 times	59	4.3
g. 100 or more times	106	8.3

Q-43 During the past 30 days, how many times did you use marijuana?

(n=1,487)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,188	78.7
b. 1 or 2 times	99	6.7
c. 3 to 9 times	73	5.1
d. 10 to 19 times	46	3.5
e. 20 to 39 times	32	2.2
f. 40 or more times	49	3.8

Q-44 During the past 30 days, how many days did you use marijuana on school property?

(n=1,504)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,438	94.8
b. 1 or 2 times	32	2.8
c. 3 to 9 times	15	1.0
d. 10 to 19 times	4	0.3
e. 20 to 39 times	6	0.4
f. 40 or more times	9	0.6

Q-45 How old were you when you first tried any form of cocaine, including, powder, crack, or freebase, for the first time? (n=1,501)

	<u>Number</u>	<u>Percent</u>
a. Never tried cocaine	1,442	95.3
b. 8 years old	5	0.3
c. 9 or 10 years old	4	0.3
d. 11 or 12 years old	7	0.6
e. 13 or 14 years old	16	1.2
f. 15 or 16 years old	18	1.4
g. 17 or more years old	9	0.9

Q-46 During your lifetime, how many times have you used any form of cocaine, including powder, crack, or freebase? (n=1,494)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,442	95.9
b. 1 or 2 times	23	1.8
c. 3 to 9 times	12	1.0
d. 10 to 19 times	6	0.6
e. 20 to 39 times	2	0.2
f. 40 or more times	9	0.6

Q-47 During the past 30 days, how many times have you used any form of cocaine, including powder, crack, or freebase? (n=1,508)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,483	98.0
b. 1 or 2 times	10	0.9
c. 3 to 9 times	8	0.6
d. 10 to 19 times	0	0.0
e. 20 to 39 times	1	0.1
f. 40 or more times	6	0.4

Q-48 During your lifetime, how many times have you used the crack or freebase forms of cocaine? (n=1,501)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,469	97.4
b. 1 or 2 times	16	1.3
c. 3 to 9 times	6	0.6
d. 10 to 19 times	3	0.2
e. 20 to 39 times	0	0.0
f. 40 or more times	7	0.5

Q-49 During your lifetime, how many times have you sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high? (n=1,519)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,279	83.4
b. 1 or 2 times	121	8.1
c. 3 to 9 times	60	4.3
d. 10 to 19 times	26	1.8
e. 20 to 39 times	13	1.1
f. 40 or more times	20	1.4

Q-50 During your lifetime, how many times have you taken steroid pills or shots without a doctor's prescription? (n=1,517)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,466	96.2
b. 1 or 2 times	16	1.1
c. 3 to 9 times	12	1.0
d. 10 to 19 times	8	0.6
e. 20 to 39	5	0.4
f. 40 or more times	10	0.7

Q-51 During your lifetime, how many times have you used any other type of illegal drug such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin? (n=1,518)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,400	91.3
b. 1 or 2 times	47	3.2
c. 3 to 9 times	21	1.6
d. 10 to 19 times	11	0.8
e. 20 to 39 times	9	0.6
f. 40 or more times	30	2.4

Q-52 During your lifetime, how many times have you used a needle to inject any illegal drug into your body? (n=1,516)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,484	97.5
b. 1 time	14	1.0
c. 2 or more times	18	1.5

Q-53 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property? (n=1,514)

	<u>Number</u>	<u>Percent</u>
a. Yes	349	24.1
b. No	1,165	75.9

Q-54 Have you ever been taught about AIDS/HIV infection in school? (n=1,517)

	<u>Number</u>	<u>Percent</u>
a. Yes	1,310	86.0
b. No	142	9.4
c. Not sure	65	4.6

Q-55 Have you ever talked about AIDS/HIV infection with your parents or other adults in your family? (n=1,513)

	<u>Number</u>	<u>Percent</u>
a. Yes	984	64.7
b. No	460	30.7
c. Not sure	69	4.6

Q-56 Have you ever had sexual intercourse? (n=1,463)

	<u>Number</u>	<u>Percent</u>
a. Yes	1,008	69.5
b. No	455	30.5

Q-57 How old were you when you had sexual intercourse for the first time? (n=1,460)

	<u>Number</u>	<u>Percent</u>
a. Never had sexual intercourse	454	30.5
b. 11 years old or younger	170	12.1
c. 12 years old	125	9.1
d. 13 years old	165	10.9
e. 14 years old	176	11.9
f. 15 years old	201	13.9
g. 16 years old	118	7.9
h. 17 years old or older	51	3.7

Q-58 During your lifetime, with how many people have you had sexual intercourse? (n=1,455)

	<u>Number</u>	<u>Percent</u>
a. Never had sexual intercourse	455	30.7
b. 1 person	246	17.0
c. 2 people	156	10.3
d. 3 people	152	10.6
e. 4 people	95	6.0
f. 5 people	72	5.0
g. 6 or more people	279	20.4

Q-59 During the past 3 months, with how many people did you have sexual intercourse? (n=1,451)

	<u>Number</u>	<u>Percent</u>
a. Never had sexual intercourse	454	30.7
b. None during the past 3 months	256	17.3
c. 1 person	501	34.5
d. 2 people	91	6.3
e. 3 people	65	4.7
f. 4 people	29	2.3
g. 5 people	10	0.7
h. 6 or more people	45	3.6

Q-60 Did you drink alcohol or use drugs before you had sexual intercourse the last time?
(n=1,458)

	<u>Number</u>	<u>Percent</u>
a. Never had sexual intercourse	454	30.5
b. Yes	165	12.0
c. No	839	57.4

Q-61 The last time you had sexual intercourse, did you or your partner use a condom?
(n=1,432)

	<u>Number</u>	<u>Percent</u>
a. Never had sexual intercourse	453	31.0
b. Yes	643	44.6
c. No	336	24.4

Q-62 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (n=1,424)

	<u>Number</u>	<u>Percent</u>
a. Never had sexual intercourse	452	31.1
b. No method used	150	10.8
c. Birth control pills	118	8.5
d. Condoms	535	37.4
e. Withdrawal	109	8.0
f. Some other method	33	2.2
g. Not sure	27	1.9

Q-63 How many times have you been pregnant or gotten someone pregnant?
(n=1,487)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,274	85.1
b. 1 time	149	10.0
c. 2 or more times	32	2.1
d. Not sure	32	2.7

Q-64 How would you describe your weight? (n=1,508)

	<u>Number</u>	<u>Percent</u>
a. Very underweight	51	3.5
b. Slightly underweight	201	13.3
c. About the right weight	870	57.9
d. Slightly overweight	326	21.4
e. Very overweight	60	3.9

Q-65 Which of the following are you trying to do about your weight? (n=1,508)

	<u>Number</u>	<u>Percent</u>
a. Lose weight	587	38.0
b. Gain weight	346	24.0
c. Stay the same weight	330	21.9
d. Not trying to do anything	245	16.1

Q-66 During the past 30 days, did you diet to lose weight or to keep from gaining weight? (n=1,508)

	<u>Number</u>	<u>Percent</u>
a. Yes	428	27.9
b. No	1,080	72.1

Q-67 During the past 30 days, did you exercise to lose weight or to keep from gaining weight? (n=1,504)

	<u>Number</u>	<u>Percent</u>
a. Yes	685	45.3
b. No	819	54.7

Q-68 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight? (n=1,506)

	<u>Number</u>	<u>Percent</u>
a. Yes	75	5.0
b. No	1,431	95.0

Q-69 During the past 30 days, did you take diet pills to lose weight or to keep from gaining weight? (n= 1,509)

	<u>Number</u>	<u>Percent</u>
a. Yes	95	6.5
b. No	1,414	93.5

Q-70 Yesterday, how many times did you eat fruit? (n= 1,508)

	<u>Number</u>	<u>Percent</u>
a. 0 times	610	40.3
b. 1 time	511	33.8
c. 2 times	240	15.7
d. 3 or more times	147	10.2

Q-71 Yesterday, how many times did you drink fruit juice? (n=1,510)

	<u>Number</u>	<u>Percent</u>
a. 0 times	646	44.4
b. 1 time	424	27.4
c. 2 times	236	15.6
d. 3 or more times	204	12.7

Q-72 Yesterday, how many times did you eat green salad? (n=1,507)

	<u>Number</u>	<u>Percent</u>
a. 0 times	1,165	77.1
b. 1 time	283	18.8
c. 2 times	44	3.1
d. 3 or more times	15	1.0

Q-73 Yesterday, how many times did you eat cooked vegetables? (n=1,510)

	<u>Number</u>	<u>Percent</u>
a. 0 times	838	55.2
b. 1 time	469	30.9
c. 2 times	156	10.8
d. 3 or more times	47	3.1

Q-74 Yesterday, how many times did you eat hamburger, hot dogs, or sausage?
(n=1,508)

	<u>Number</u>	<u>Percent</u>
a. 0 times	673	44.6
b. 1 time	589	39.5
c. 2 times	173	11.1
d. 3 or more times	73	4.8

Q-75 Yesterday, how many times did you eat french fries or potato chips? (n=1,508)

	<u>Number</u>	<u>Percent</u>
a. 0 times	443	30.2
b. 1 time	698	46.1
c. 2 times	255	16.8
d. 3 or more times	112	6.9

Q-76 Yesterday, how many times did you eat cookies, doughnuts, pie, or cake?
(n=1,501)

	<u>Number</u>	<u>Percent</u>
a. 0 times	562	37.8
b. 1 time	564	37.7
c. 2 times	241	15.9
d. 3 or more times	134	8.6

Q-77 On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?
(n=1,504)

	<u>Number</u>	<u>Percent</u>
a. 0 days	415	26.7
b. 1 day	149	9.7
c. 2 days	158	10.7
d. 3 days	189	12.8
e. 4 days	136	9.0
f. 5 days	143	9.6
g. 6 days	68	4.8
h. 7 days	246	16.7

Q-78 On how many of the past 7 days did you do stretching exercises, such as toe touching, knee bending, or leg stretching? (n=1,504)

	<u>Number</u>	<u>Percent</u>
a. 0 days	598	39.5
b. 1 day	167	10.9
c. 2 days	163	10.9
d. 3 days	151	10.1
e. 4 days	102	6.5
f. 5 days	122	8.1
g. 6 days	40	2.8
h. 7 days	161	11.2

Q-79 On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting? (n=1,506)

	<u>Number</u>	<u>Percent</u>
a. 0 days	649	41.9
b. 1 day	141	9.4
c. 2 days	135	9.1
d. 3 days	154	10.6
e. 4 days	104	7.1
f. 5 days	98	6.7
g. 6 days	55	3.9
h. 7 days	170	11.4

Q-80 On how many of the past 7 days did you walk or bicycle for at least 30 minutes at one time? (Include walking or bicycling to or from school.) (n=1,505)

	<u>Number</u>	<u>Percent</u>
a. 0 days	613	41.4
b. 1 day	176	11.4
c. 2 days	147	9.3
d. 3 days	130	9.0
e. 4 days	74	5.0
f. 5 days	86	5.6
g. 6 days	34	2.2
h. 7 days	245	16.1

Q-81 In an average week when you are in school, on how many days do you go to physical education (PE) classes? (n=1,502)

	<u>Number</u>	<u>Percent</u>
a. 0 days	925	60.9
b. 1 day	48	3.1
c. 2 days	26	1.9
d. 3 days	67	5.0
e. 4 days	20	1.5
f. 5 days	416	27.6

Q-82 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports? (n=1,499)

	<u>Number</u>	<u>Percent</u>
a. Do not take PE	886	58.1
b. Less than 10 minutes	119	7.9
c. 10 - 20 minutes	96	6.3
d. 21 - 30 minutes	89	6.0
e. More than 30 minutes	309	21.6

Q-83 During the past 12 months, on how many sports teams run by your school did you play? (Do not include PE classes.) (n=1,495)

	<u>Number</u>	<u>Percent</u>
a. 0 teams	900	58.5
b. 1 team	306	20.8
c. 2 teams	173	12.4
d. 3 or more teams	116	8.4

Q-84 During the past 12 months, on how many sports teams run by organizations outside of your school did you play? (n=1,496)

	<u>Number</u>	<u>Percent</u>
a. 0 teams	990	65.2
b. 1 team	299	20.1
c. 2 teams	120	8.5
d. 3 or more teams	87	6.2