Behaviors that Contribute to Unintentional Injuries & Violence in South Dakota High Schools 2015

Why is this problematic?
Adolescence is a period of both risk and opportunity. Adolescents may take risks that can jeopardize their health and safety during these early years, as well as contribute to the leading causes of death and disease in adulthood. In South Dakota, 74% of ALL deaths among youth and young adults aged 14-18 years result from three causes: suicide (35%), motor vehicle crashes (28%), and other unintentional injuries (11%).

UNINTENTIONAL INJURIES (by grade)

- **Percentage of students who never or rarely wore a helmet when riding a bicycle**
- **Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else**
- **Among students who drive a car, the percentage who never or rarely wear a seat belt when driving**
- **Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol**
- **Among students who drove a car or other vehicle during the past 30 days, the percentage who drove when they had been drinking alcohol one or more times during the past 30 days**
- **Among students who drove a car or other vehicle during the past 30 days, the percentage who texted or e-mailed while driving on one or more of the past 30 days**

SUICIDE (by grade)

- **Percentage of students who seriously considered attempting suicide during the past 12 months**
- **Percentage of students who actually attempted suicide one or more times during the past 12 months**
- **Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse**
- **Percentage of students who most of the time or always get the kind of help they need when they feel sad, empty, hopeless, angry, or anxious**

VIOLENCE (by grade)

- **Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days**
- **Percentage of students who had ever been bullied on school property during the past 12 months**
- **Percentage of students who had ever been electronically bullied during the past 12 months**
- **Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to**
- **Percentage of students who have ever been forced to do sexual things, such as kissing or touching, when they did not want to**
- **Percentage of students who have ever been touched, grabbed, or pinched in a sexual way that made them feel unsafe or uncomfortable**

Why is this problematic?
Adolescence is a period of both risk and opportunity. Adolescents may take risks that can jeopardize their health and safety during these early years, as well as contribute to the leading causes of death and disease in adulthood. In South Dakota, 74% of ALL deaths among youth and young adults aged 14-18 years result from three causes: suicide (35%), motor vehicle crashes (28%), and other unintentional injuries (11%).
**UNINTENTIONAL INJURY TRENDS**

- Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.

- Among students who drove a car or other vehicle during the past 30 days, the percentage who texted or e-mailed while driving on one or more of the past 30 days.

**VIOLENCE TRENDS**

- Percentage of students who had ever been bullied on school property during the past 12 months.

- Percentage of students who had ever been electronically bullied during the past 12 months.

**SUICIDE TRENDS**

- Percentage of students who actually attempted suicide one or more times during the past 12 months.

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**What Works?**

- Changes in driver licensure requirements, public information campaigns, and strategies for encouraging parent involvement in the training of new drivers are strategies that have been used to improve driving safety for teens.

- Prevention strategies that stop youth violence before it happens and intervention and treatment strategies that respond to youth violence after it happens.

- Create a “caring community” for adolescents where bullying is not seen as normal rite of passage and therefore stopped; and positive behavior is reinforced.

- Advocate for health, mental health, and suicide prevention services. Reduce inappropriate access to drugs, firearms, and alcohol. Support life skills training, such as coping with stress, decision making, conflict resolution, anger management, and communication. Champion strong crisis services. Advocate for school policies and programs to prevent violence. Get training in suicide prevention.

- Intervention approaches to address underage drinking include: (1) environmental-level interventions, which seek to change knowledge, expectancies, attitudes, intentions, and skills so that youth are better able to resist the pro-drinking influences and opportunities that surround them.

References:


2. CDC. Youth Risk Behavior Surveillance—United States, 2013. MMWR 2014;63:4


8. South Dakota Department of Health
**Dietary & Physical Activity Behaviors in South Dakota High Schools 2015**

**Why is this problematic?**
There is strong evidence to show that poor dietary habits and lack of physical activity lead to overweight and obesity in youth and adults, leading to several chronic diseases. Unhealthy eating and lack of physical activity cause 33% of premature deaths.

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**Dietary Behaviors (by grade)**

- **Percentage of students who ate vegetables three or more times per day during the past seven days**
  - 9th: 43.1%
  - 10th: 44.3%
  - 11th: 41.9%
  - 12th: 38.2%
  - Total: 40.7%

- **Percentage of students who drank a can, bottle, or glass of milk per day during the past seven days**
  - 9th: 56.4%
  - 10th: 55.9%
  - 11th: 55.9%
  - 12th: 53.9%
  - Total: 53.9%

- **Percentage of students who ate breakfast on all of the past seven days**
  - 9th: 29.9%
  - 10th: 29.5%
  - 11th: 33.8%
  - 12th: 38.9%
  - Total: 36.4%

- **Percentage of students who ate three or more glasses of milk per day during the past seven days**
  - 9th: 19.2%
  - 10th: 17.8%
  - 11th: 21.1%
  - 12th: 33.3%
  - Total: 23.2%

- **Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage one or more times per day during the past seven days**
  - 9th: 22.9%
  - 10th: 20.7%
  - 11th: 23.8%
  - 12th: 20.2%
  - Total: 20.2%

- **Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days**
  - 9th: 24.2%
  - 10th: 25.5%
  - 11th: 26.7%
  - 12th: 20.2%
  - Total: 23.8%

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**Physical Activity (by grade)**

- **Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days**
  - 9th: 56.4%
  - 10th: 53.9%
  - 11th: 57.1%
  - 12th: 58.5%
  - Total: 53.9%

- **Percentage of students who watched three or more hours per day of TV on an average school day**
  - 9th: 24.0%
  - 10th: 22.0%
  - 11th: 23.6%
  - 12th: 21.5%
  - Total: 20.2%

- **Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on average school day**
  - 9th: 11.9%
  - 10th: 22.0%
  - 11th: 23.8%
  - 12th: 24.0%
  - Total: 20.2%

- **Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school**
  - 9th: 9.8%
  - 10th: 17.8%
  - 11th: 21.1%
  - 12th: 21.6%
  - Total: 13.2%

- **Percentage of students who get at least eight hours of sleep on an average school night**
  - 9th: 11.9%
  - 10th: 15.4%
  - 11th: 15.7%
  - 12th: 15.7%
  - Total: 15.4%
What works?
To reverse the obesity epidemic, we must change our physical and food environments to provide more opportunities for people to eat healthy foods and to be physically active on a daily basis. This can occur through implementation of evidence-based policy and environmental changes in schools, worksites, communities, and healthcare settings. Furthermore, the dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society. Schools play a particularly critical role by establishing safe and supportive environments with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity.

References:
1. National Alliance for Nutrition and Activity 2008
https://cspinet.org/national-alliance-nutrition-and-activity
**ALCOHOL**

**Why is this problematic?**
Adolescence is a period of both risk and opportunity in which youth often take risks that may jeopardize their health and safety. Early substance use and regular substance use and abuse by youth are linked to a host of negative consequences including academic failure, involvement in the criminal justice system, poor health outcomes, suicide, and unintentional injury and death.

**ALCOHOL (by grade)**

- **Percentage of students who had at least one drink of alcohol on one or more days during their life**
  - 9th: 36.6%
  - 10th: 50.4%
  - 11th: 63.5%
  - 12th: 78.4%
  - Total: 60.3%

- **Percentage of students who had at least one drink of alcohol on one or more of the past 30 days**
  - 9th: 20.9%
  - 10th: 24.4%
  - 11th: 26.5%
  - 12th: 40.7%
  - Total: 28.0%

- **Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days**
  - 9th: 9.0%
  - 10th: 13.5%
  - 11th: 13.2%
  - 12th: 22.5%
  - Total: 14.3%

**MARIJUANA (by grade)**

- **Percentage of students who used marijuana one or more times during their life**
  - 9th: 16.0%
  - 10th: 21.0%
  - 11th: 27.6%
  - 12th: 37.5%
  - Total: 25.0%

- **Percentage of students who used marijuana one or more times during the past 30 days**
  - 9th: 7.8%
  - 10th: 14.2%
  - 11th: 19.7%
  - 12th: 12.4%

**OTHER DRUGS (by grade)**

- **Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription one or more times during their life**
  - 9th: 9.1%
  - 10th: 14.6%
  - 11th: 19.4%
  - 12th: 13.1%
  - Total: 12.8%

- **Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life**
  - 9th: 11.4%
  - 10th: 7.9%
  - 11th: 8.9%
  - 12th: 11.8%
  - Total: 9.9%

- **Percentage of students who have taken over-the-counter drugs to get high one or more times during their life**
  - 9th: 3.8%
  - 10th: 6.9%
  - 11th: 5.3%
  - 12th: 10.8%
  - Total: 6.8%

- **Percentage of students who have used synthetic marijuana (also called K2 or Spice) one or more times during their life**
  - 9th: 4.8%
  - 10th: 2.6%
  - 11th: 3.7%
  - 12th: 3.8%

- **Percentage of students who used methamphetamines one or more times during their life**
  - 9th: 3.4%
  - 10th: 2.2%
  - 11th: 1.7%
  - 12th: 3.6%

- **Percentage of students who used heroin one or more times during their life**
  - 9th: 2.2%
  - 10th: 2.6%
  - 11th: 0.9%
  - 12th: 2.6%

- **Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months**
  - 9th: 15.9%
  - 10th: 18.7%
  - 11th: 21.3%
  - 12th: 20.0%
  - Total: 19.0%
What works?

- Environmental-level interventions that reduce opportunities for underage drinking, increase enforcement and penalties for alcohol and drug use, and reduce community tolerance and acceptance of youth alcohol and drug use.
- Individual-level interventions, which seek to change knowledge, attitudes, motivations, and enhance refusal skills for youth and promote pro-social decision making.

References

Why is this problematic?
By the time young people graduate from high school, almost two thirds have had sex. Nearly 40 percent of sexually active students did not use a condom the last time they had sex, and one in five drank alcohol or took drugs before their last sexual intercourse.¹

SEXUAL BEHAVIORS (by grade)

Percentage of students who ever had sexual intercourse

- 9th: 15.7%
- 10th: 31.3%
- 11th: 45.3%
- 12th: 61.4%
- Total: 50.5%

Percentage of students who had sexual intercourse with one or more people during the past three months

- 9th: 11.2%
- 10th: 22.3%
- 11th: 34.7%
- 12th: 45.1%
- Total: 27.5%

Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before the last sexual intercourse

- 9th: 18.4%
- 10th: 13.5%
- Total: 11.2%

Among students who had sexual intercourse during the past three months, the percentage who used a condom during the last sexual intercourse

- 9th: 50.5%
- 10th: 62.7%
- Total: 50.5%

HIV/AIDS (by grade)

Percentage of students who have ever been tested for any sexually transmitted disease (STD)

- 9th: 8.1%
- 10th: 9.1%
- 11th: 10.2%
- 12th: 9.6%
- Total: 5.9%

Percentage of students who have ever been tested for HIV, the virus that causes AIDS

- 9th: 6.8%
- 10th: 7.1%
- 11th: 5.2%
- 12th: 10.2%
- Total: 7.4%

Percentage of students who have ever talked about AIDS or HIV infection with their parents or other adults in their family

- 9th: 28.5%
- 10th: 30.5%
- 11th: 31.9%
- 12th: 31.2%
- Total: 30.5%

Why is this problematic?
By the time young people graduate from high school, almost two thirds have had sex. Nearly 40 percent of sexually active students did not use a condom the last time they had sex, and one in five drank alcohol or took drugs before their last sexual intercourse.¹
SEXUAL BEHAVIOR TRENDS

Percentage of students who ever had sexual intercourse

Percentage of students who had sexual intercourse with one or more people during the past three months

Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before the last sexual intercourse

Among students who had sexual intercourse during the past three months, the percentage who used a condom during the last sexual intercourse

What works?

- Strategies for preventing teenage pregnancy include: better health education and more comprehensive health services
- Strategies for preventing HIV and other STDs include: better health education, more comprehensive health services and more supportive policies

References

**Why is this problematic?**

Tobacco use is a behavior that contributes to the leading causes of morbidity and mortality among youth and adults. Habits are established during childhood and adolescence, extend into adulthood, and are interrelated and preventable. 90% of adult smokers began at or before age 18, and 5.6 million kids alive today will die prematurely from smoking-caused disease unless current trends are reversed.

### SMOKING (by grade)

- **Percentage of students who smoked cigarettes on one or more of the past 30 days**
  - 9th: 5.8%
  - 10th: 6.6%
  - 11th: 11.9%
  - 12th: 16.6%
  - Total: 10.1%

- **Percentage of students who ever tried cigarette smoking, even one or two puffs**
  - 9th: 22.5%
  - 10th: 28.8%
  - 11th: 32.8%
  - 12th: 51.2%
  - Total: 33.3%

- **Percentage of students who smoked a whole cigarette for the first time prior to age 13**
  - 9th: 9.8%
  - 10th: 7.2%
  - 11th: 6.8%
  - 12th: 12.1%
  - Total: 9.2%

- **Percentage of students who smoked cigarettes on school property on one or more of the past 30 days**
  - 9th: 3.5%
  - 10th: 3.1%
  - 11th: 3.6%
  - 12th: 5.4%
  - Total: 4.1%

- **Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days**
  - 9th: 8.5%
  - 10th: 6.1%
  - 11th: 9.7%
  - 12th: 12.4%
  - Total: 9.6%

- **Percentage of students who have ever seen or heard the slogan “Tobacco Rethink It. Seriously.” or “Rethink Tobacco” on posters, TV, the Internet, or the radio**
  - 9th: 72.9%
  - 10th: 74.6%
  - 11th: 74.6%
  - 12th: 77.6%
  - Total: 78.2%

### ELECTRONIC VAPOR (by grade)

- **Percentage of students who have ever used an electronic vapor product**
  - 9th: 17.3%
  - 10th: 41.0%
  - 11th: 23.9%
  - 12th: 17.3%
  - Total: 56.0%

- **Percentage of students who used an electronic vapor product on one or more of the past 30 days**
  - 9th: 12.7%
  - 10th: 15.6%
  - 11th: 16.5%
  - 12th: 17.3%
  - Total: 15.8%

### ALL TOBACCO (by grade)

- **Percentage of students who currently use tobacco (current cigarette, smokeless tobacco, cigar, or electronic vapor product use on at least 1 day during the 30 days before the survey)**
  - 9th: 30.3%
  - 10th: 46.7%
  - 11th: 44.3%
  - 12th: 56.0%
  - Total: 41.0%
**SMOKING TRENDS**

Percentage of students who smoked cigarettes on one or more of the past 30 days

**SPIT TOBACCO TRENDS**

Percentage of students who used chewing tobacco or snuff such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen, during the past 30 days

**What works?**

An evidence-based, coordinated effort works. Establish comprehensive smoke-free policies and social norms, promote and help tobacco users to quit, and prevent non-users from starting. Programs that are comprehensive, sustained, and accountable have been shown to reduce smoking rates and tobacco-related deaths and diseases.

References

1. CDC: [http://www.cdc.gov/HealthyYouth/yrbs/](http://www.cdc.gov/HealthyYouth/yrbs/)