

SOUTH DAKOTA YOUTH RISK BEHAVIOR SURVEY 2011

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for



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South Dakota is one of only two states that have been able to secure weighted data for every year the Youth Risk Behavior Survey (YRBS) has been conducted. This achievement could only have been accomplished with the continued commitment of South Dakota's school administrators, school principals, teachers, parents, and students. Sincere appreciation is extended to those school districts that have participated in past and present surveys.

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DESCRIPTIONS

DESCRIPTION OF THE YOUTH RISK BEHAVIOR SURVEY

The Youth Risk Behavior Survey (YRBS) is a questionnaire that assesses the six priority health-risk behaviors that result in the greatest amount of morbidity, mortality, and social problems among youth. The YRBS was developed cooperatively by the Centers for Disease Control and Prevention (CDC), and state and local departments of education.⁽⁵⁾ The six priority health-risk behaviors assessed in the YRBS are behaviors that result in intentional and unintentional injuries; tobacco use; alcohol and other drug use; sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy; dietary behaviors; and physical activity.

These six priority health-risk behaviors were selected for inclusion in the survey because in the United States, 74% of all deaths among youth and young adults aged 10–24 years result from four causes: motor vehicle crashes (30%), other unintentional injuries (16%), homicide (16%), and suicide (12%).⁽¹¹⁾ Substantial morbidity and social problems also result from the approximately 757,000 pregnancies among women aged 15–19 years,⁽¹⁰⁵⁾ the estimated 9.1 million cases of sexually transmitted diseases (STDs) among persons aged 15–24 years,⁽¹⁰⁸⁾ and the estimated 6,610 cases of HIV/AIDS among persons aged 15–24 years⁽¹⁰⁾ that occur annually.

Among adults aged >25 years, 57% of all deaths in the United States result from cardiovascular diseases (34%) and cancer (23%).⁽¹¹⁾ These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health risk behaviors: 1) behaviors that contribute to unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; 5) unhealthy dietary behaviors; and 6) physical inactivity. These behaviors frequently are interrelated and often are established during childhood and adolescence and extend into adulthood.

DESCRIPTION OF THE SAMPLE SELECTION PROCESS

All regular public, private, and Bureau of Indian Education (BIE) schools in South Dakota containing any students in grades 9, 10, 11, or 12 were eligible to be selected for inclusion in the sample. Ungraded, alternative, and out-of-school programs were excluded. Schools were stratified on the basis of type of control (public, private, BIE), region (East River, West River), and size of enrollment. Systematic sampling with probabilities proportional to size of enrollment with a random start was used to select 25 schools to participate in the survey.

Each participating school submitted a list of all classes with students in grades 9, 10, 11, or 12 which met during a given class period (e.g., 2nd period). Systematic equal probability sampling with a random start was used to select classes to participate in the survey.

DESCRIPTION OF THE SURVEY ADMINISTRATION IN THE CLASSROOM

Prior to the administration of the survey, a letter was sent to the parents of the students in each of the selected classes, which informed them about the nature of the survey. The letter also contained a form that the parents could return to request that their child not participate in the survey. The instructions read to the students and printed on the survey stated that completing the survey is voluntary, and even though their parents had given permission for them to do the survey, they could make their own decision at that time as to whether or not to participate.

DESCRIPTION OF THE STRATEGY TO ENSURE THE PRIVACY OF RESPONSES

The survey administration process was designed to maximize the confidentiality of each student's responses. Students sealed their sense-mark answer sheets into a standard-size business envelope, and then sealed the questionnaire and the sealed business envelope into a large manila envelope.

CHARACTERISTICS OF THE SAMPLE

Completed surveys were received from 24 of the 25 sampled schools for a school response rate of 96%. Completed questionnaires were received from 1,544 of the 1,770 sampled students for a student response rate of 87%. The overall response rate was $(96\% * 87\%) = 84\%$.

The sample was comprised of 48.8% female students and 51.2% male students. The grade level breakdown of the sample was 27.0% ninth grade students, 25.8% tenth grade students, 24.0% eleventh grade students, and 22.9% twelfth grade students. The race/ethnicity breakdown of the sample was 79.6% White, 13.6% Native American, 2.5% Hispanic/Latino, 1.1% Black or African American, and 3.2% other or multiple race/ethnicity.

WEIGHTING OF THE RESPONSES

A weighting procedure was performed to reduce bias by compensating for differing patterns of nonresponse and to reflect the likelihood of sampling each student. The weighted results contained in this report can be used to make inferences concerning the priority health-risk behaviors of all high school students in grades 9 through 12 in public, private, and BIE schools in South Dakota.

ORGANIZATION OF THIS REPORT

The following six pages provide a summary of each of the six priority health-risk behaviors. The remainder of the report provides the summary results for each of the survey questions, along with the rationale for each question. In addition to reporting the overall results for each question, a separate breakdown is provided for grade level. Since the majority of the 2011 questions were also included in the 2005, 2007, and 2009 surveys, the results are also summarized by year. Several new questions have been added to the survey over the years. The phrase “Added in [2007] or [2009] or [2011]” is used to indicate that results for a question are unavailable for prior years because the question did not appear on the survey until the year specified. For example, the phrase “Added in 2009” indicates that the results are not available for 2005 and 2007 because the question was not added to the survey until 2009.

The results have been rounded to the nearest integer to permit easier viewing of the percentages that are reported.

MARGIN OF ERROR

During each year that the YRBS was administered, the sample of students selected for the YRBS was only one of many possible random samples of students that could have been drawn from the population of 9th through 12th grade students. Each sample would have yielded slightly different results had it actually been selected. This variation in results is called sampling error and it can be estimated using the results that were obtained from the YRBS. In general, larger samples produce smaller sampling errors. The South Dakota YRBS sample size is designed to yield sampling errors that would produce a margin of error of approximately plus or minus 5% for the total summary response of each YRBS question.

The margin of error of plus or minus 5% applies only to the total summary responses which are based on the responses from all of the students who participated in the survey. However, in addition to the total summary responses, this report also presents separate breakdowns by grade and year for both female and male students. Since these separate breakdowns are based on smaller sample sizes (i.e., only the male students or only the female students), the margin of error for each of these separate breakdowns is considerably larger, i.e., plus or minus 10% or more.

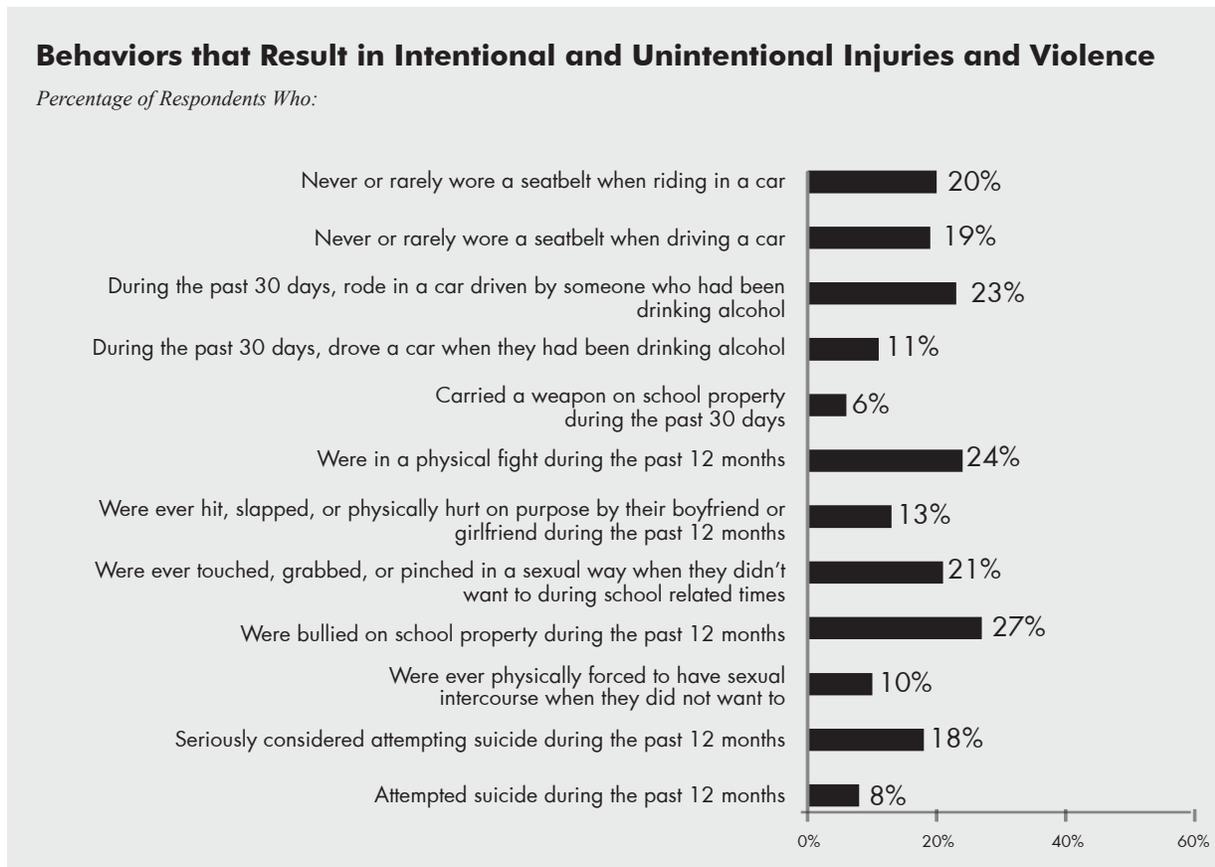
Therefore, some of the results that are summarized by year may appear to show year-to-year changes when they are actually random fluctuations resulting from sampling errors and are not statistically significant.

BEHAVIORS THAT RESULT IN INTENTIONAL AND UNINTENTIONAL INJURIES AND VIOLENCE

The chart below summarizes the reported risk behaviors that result in intentional and unintentional injuries and violence, and the reported instances of sexual harassment and bullying. Twenty percent of the respondents never or rarely wore a seatbelt when riding in a car. Nineteen percent of the respondents never or rarely wore a seatbelt when driving a car. Twenty-three percent of the respondents, during the past 30 days, rode in an automobile that was driven by someone who had been drinking alcohol. During the past 30 days, eleven percent of the respondents had driven an automobile when they had been drinking alcohol.

Six percent of the respondents had carried a weapon on school property during the past 30 days. Twenty-four percent of the respondents reported that they had been in a physical fight during the past 12 months. Thirteen percent of the respondents were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend. Twenty-one percent of the respondents were ever touched, grabbed, or pinched in a sexual way when they didn't want to during school-related times. Twenty-seven percent of the respondents were bullied on school property during the past 12 months.

Ten percent of respondents have been physically forced to have sexual intercourse when they didn't want to. Suicide was seriously considered by eighteen percent of the respondents during the past 12 months. Eight percent of the respondents reported actually attempting suicide during the past 12 months.



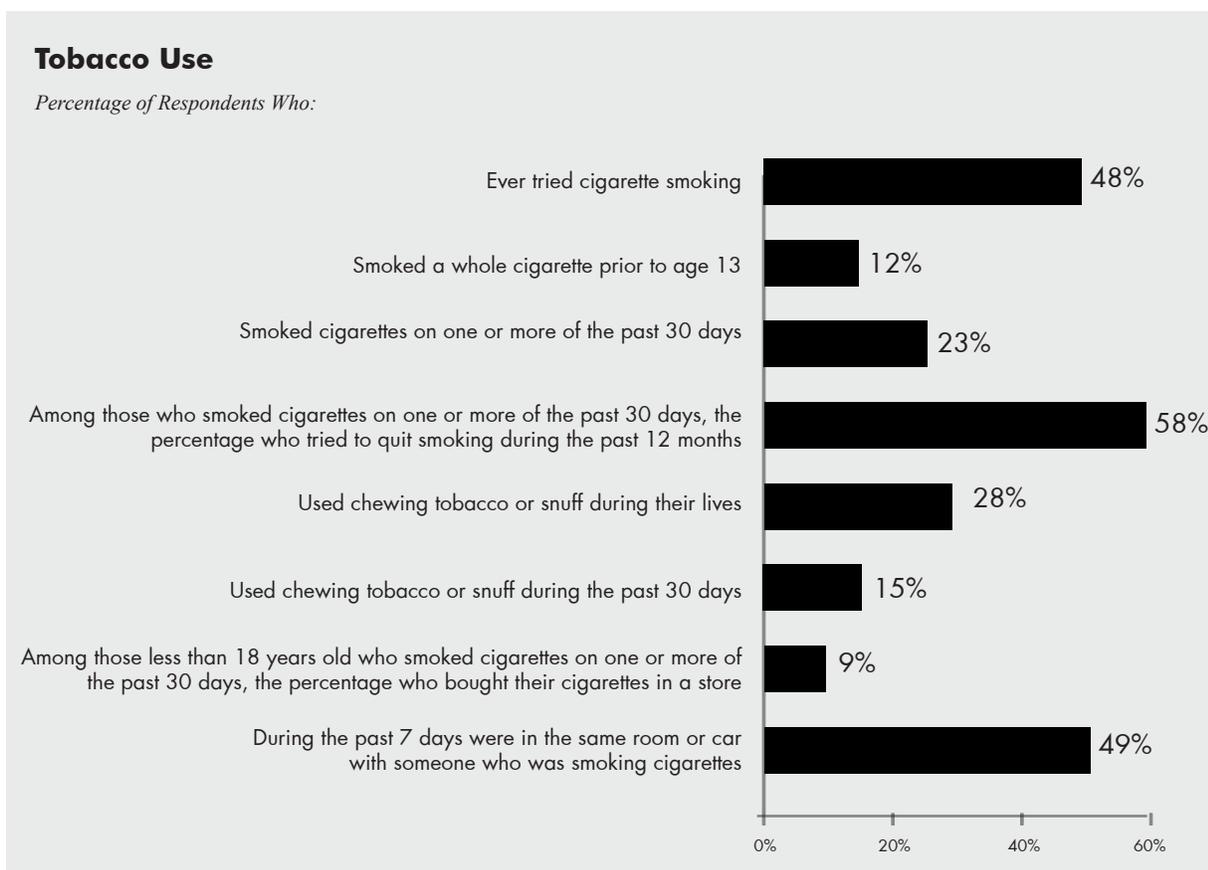
SUMMARY OF THE SIX PRIORITY HEALTH-RISK BEHAVIORS

TOBACCO USE

The reported risk behaviors associated with tobacco use are summarized in the chart below. Forty-eight percent of the respondents have tried cigarette smoking. Twelve percent of the respondents had smoked a whole cigarette prior to age 13. Twenty-three percent of the respondents smoked a cigarette during the past 30 days. Fifty-eight percent of the respondents who had smoked during the past 30 days reported that they had tried to quit smoking during the past 12 months.

Twenty-eight percent of the respondents reported using smokeless tobacco during their lives, i.e., chewing tobacco or snuff, and 15% used smokeless tobacco during the past 30 days. Of respondents less than 18 years old who smoked cigarettes during the past 30 days, nine percent usually bought their cigarettes in a store.

Forty-nine percent of the respondents were in the same room or car with someone who was smoking cigarettes during the past 7 days.

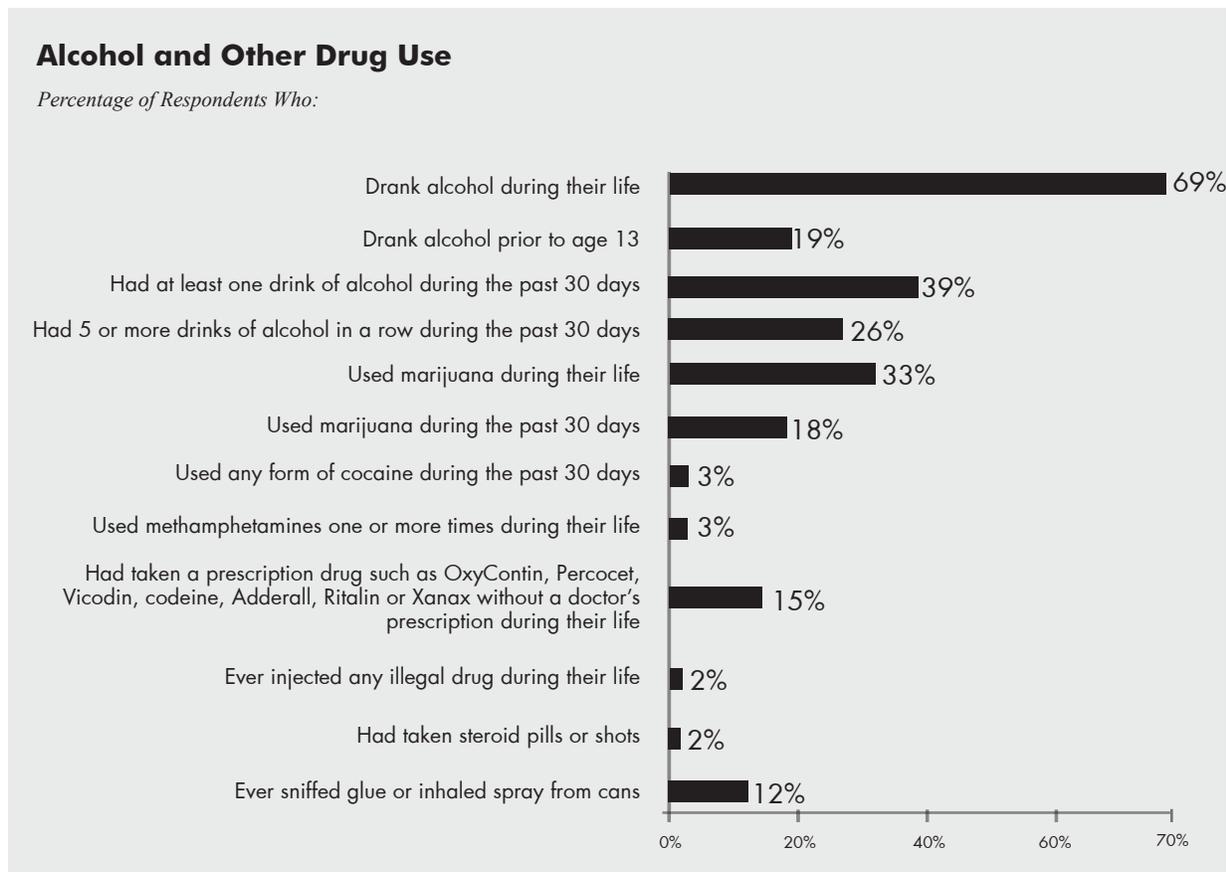


ALCOHOL AND OTHER DRUG USE

The chart below summarizes the reported risk behaviors associated with the use of alcohol and other drugs. Use of alcohol anytime during their life was reported by 69% of the respondents. Nineteen percent of the respondents drank alcohol prior to age 13. Thirty-nine percent of the respondents reported having had at least one alcoholic drink during the past 30 days. Twenty-six percent of the respondents had 5 or more alcoholic drinks in a row during the past 30 days. Marijuana was used at least once by 33% of the respondents. Eighteen percent of the respondents used marijuana during the past 30 days. Cocaine use during the past 30 days was reported by 3% of the respondents. Three percent of the respondents reported using methamphetamines during their life. Fifteen percent of the respondents had taken a prescription drug such as OxyContin, Codeine, Percocet, or Vicodin without a doctor’s prescription during their life. Illegal drugs were injected by 2% of the respondents. Two percent of the respondents reported using steroid pills or shots without a doctor’s prescription. Twelve percent of the respondents sniffed glue or inhaled sprays from cans during their lifetime.

Cocaine use during the past 30 days was reported by 3% of the respondents. Three percent of the respondents reported using methamphetamines during their life. Fifteen percent of the respondents had taken a prescription drug such as OxyContin, Codeine, Percocet, or Vicodin without a doctor’s prescription during their life.

Illegal drugs were injected by 2% of the respondents. Two percent of the respondents reported using steroid pills or shots without a doctor’s prescription. Twelve percent of the respondents sniffed glue or inhaled sprays from cans during their lifetime.



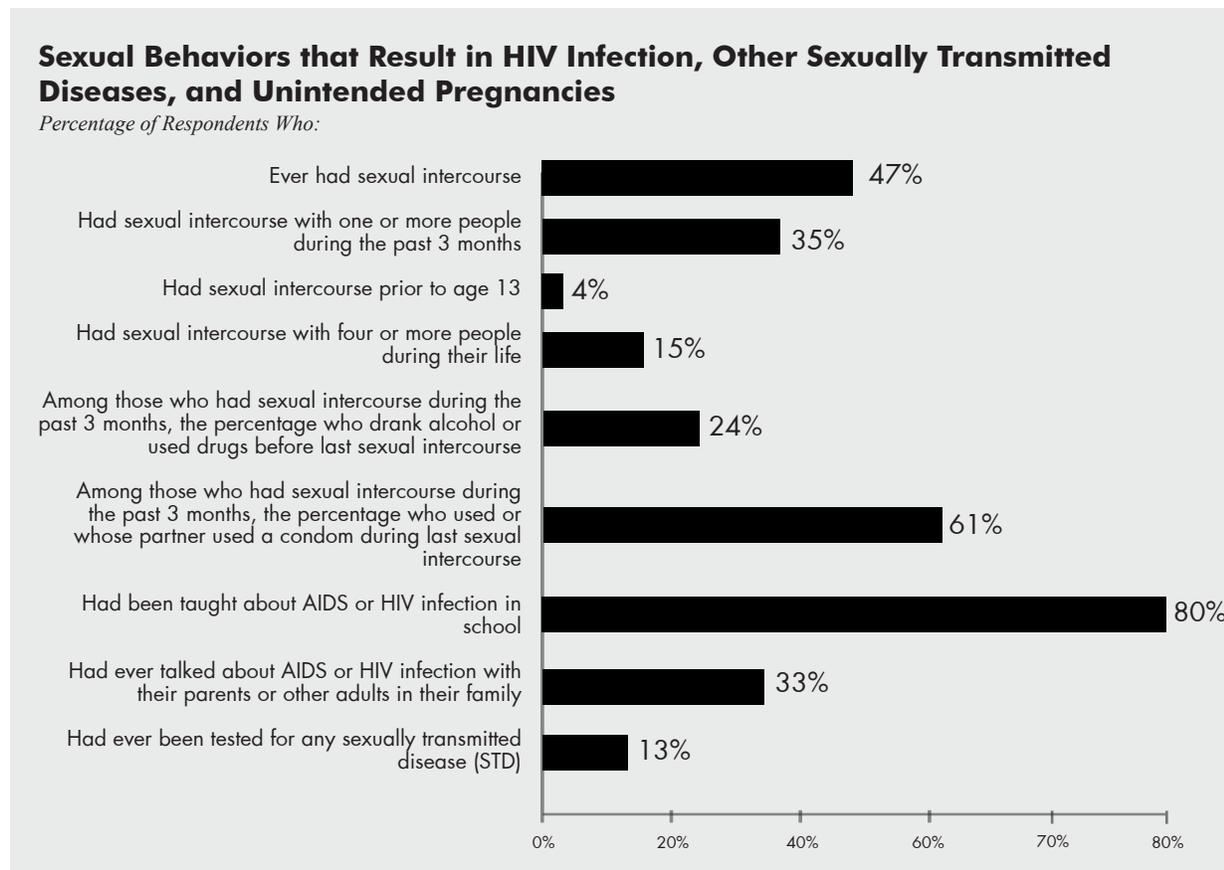
SUMMARY OF THE SIX PRIORITY HEALTH-RISK BEHAVIORS

SEXUAL BEHAVIORS THAT RESULT IN HIV INFECTION, OTHER SEXUALLY TRANSMITTED DISEASES, AND UNINTENDED PREGNANCY

The chart below summarizes the reported sexual risk behaviors. Forty-seven percent of the respondents reported having had sexual intercourse. Thirty-five percent of the respondents reported having had sexual intercourse with one or more people during the past three months. Four percent of the respondents reported having had sexual intercourse prior to age 13. Fifteen percent of the respondents reported having had sexual intercourse with four or more people during their life.

Of the respondents who reported having had sexual intercourse during the past 3 months, 24% used alcohol or other drugs prior to last sexual intercourse, and 61% reported condom use during last sexual intercourse.

Eighty percent of the respondents reported having been taught about AIDS or HIV infection in school, and 33% had ever talked about AIDS or HIV infection with their parents or other adults in their family. Thirteen percent of respondents had ever been tested for any sexually transmitted disease (STD).

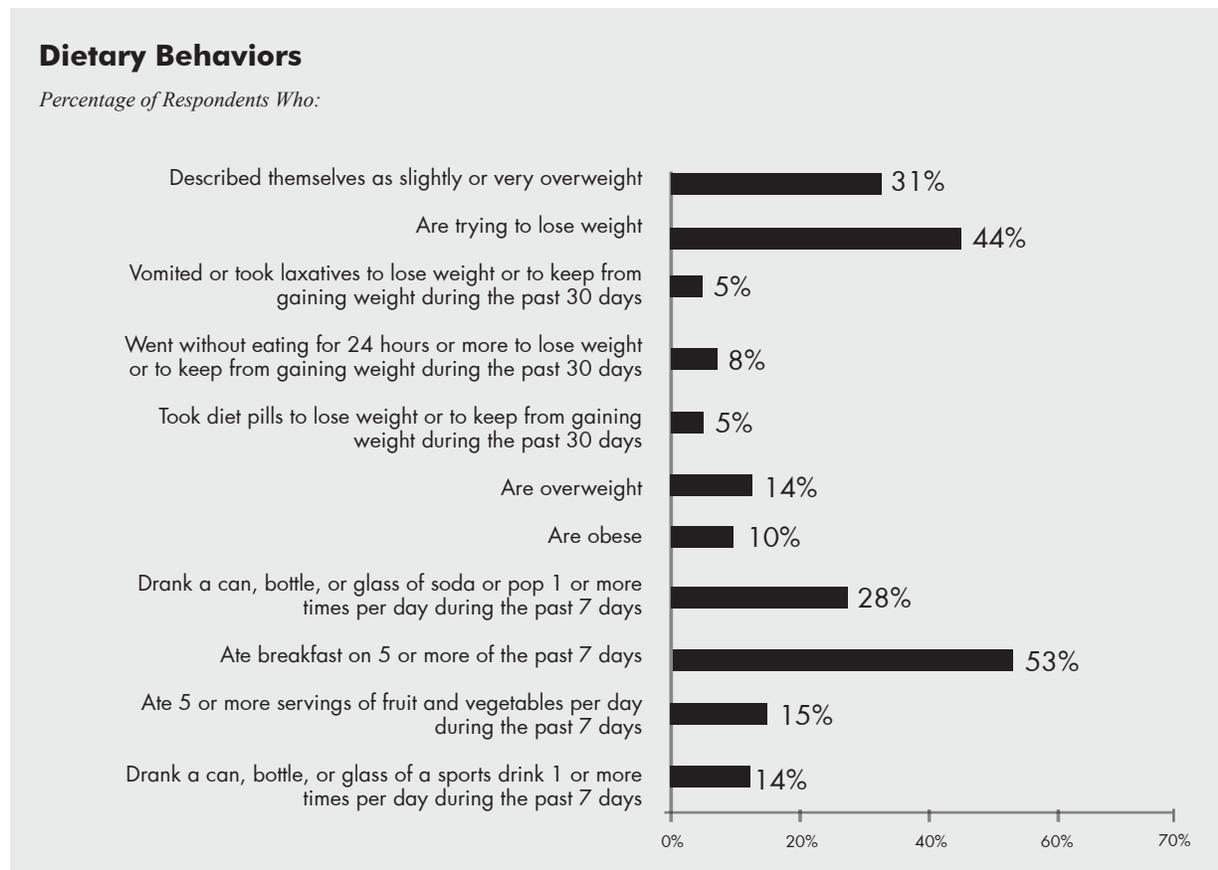


DIETARY BEHAVIORS

The reported risk behaviors associated with dietary intake are summarized in the chart below. Thirty-one percent of the respondents described themselves as slightly or very overweight. Forty-four percent of the respondents reported that they were trying to lose weight. Five percent of the respondents vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days. Eight percent went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days. Five percent of the respondents took diet pills to lose weight or to keep from gaining weight during the past 30 days. Five percent of the respondents took diet pills to lose weight or to keep from gaining weight during the past 30 days.

Based on their reported height and weight measurements, 14% of the students are overweight, and 10% are obese.

Twenty-eight percent of the respondents had drank a can, bottle, or glass of soda or pop one or more times per day during the past 7 days. Fifty-three percent of the respondents had eaten breakfast on five or more of the past 7 days. Fifteen percent of the respondents had eaten five or more servings of fruits and vegetables per day during the past 7 days. Fourteen percent of the respondents had drank a can, bottle, or glass of a sports drink per day during the past 7 days.



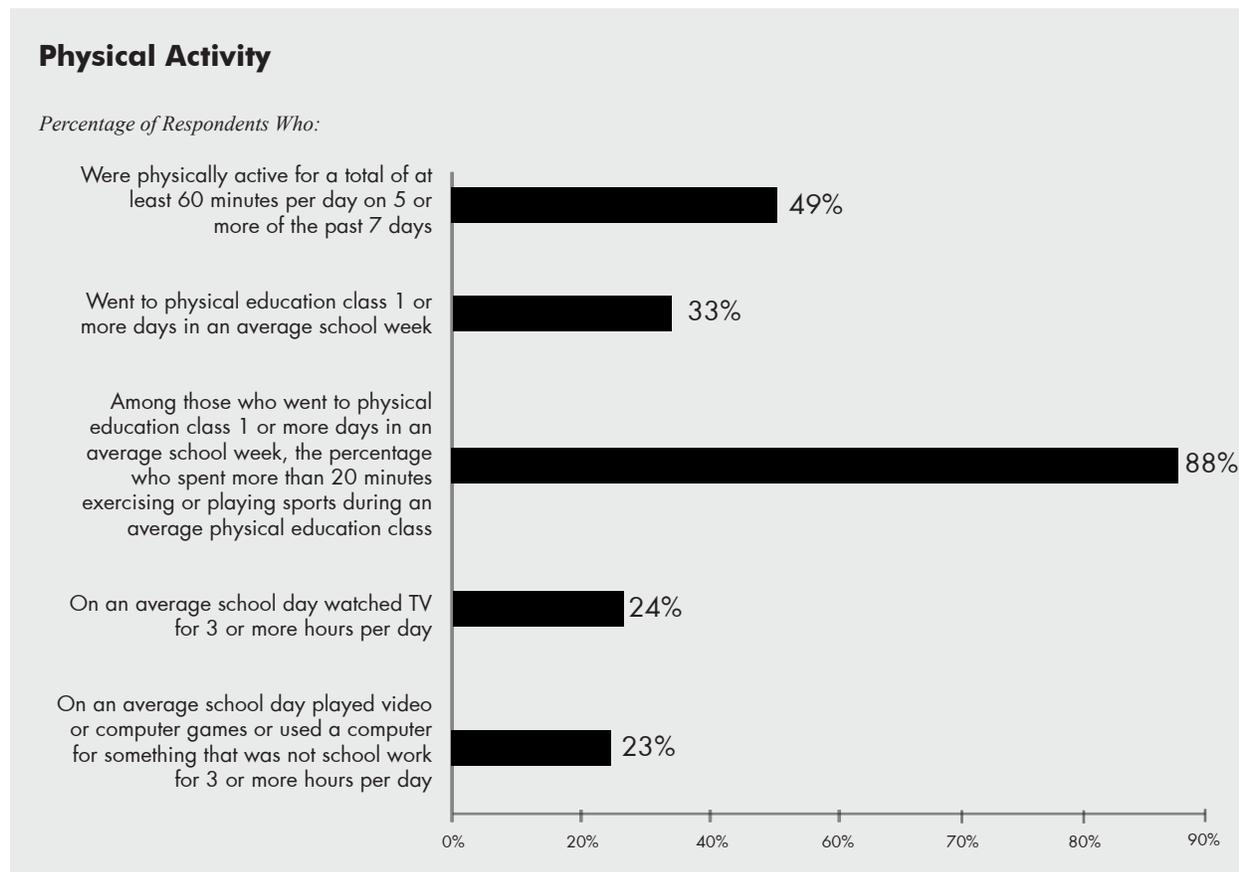
SUMMARY OF THE SIX PRIORITY HEALTH-RISK BEHAVIORS

PHYSICAL ACTIVITY

The chart below summarizes the reported risk behaviors associated with physical inactivity. Regarding the amount of physical activity in which they engaged, 49% of respondents were physically active for a total of at least 60 minutes per day on 5 or more of the past 7 days.

Thirty-three percent of the respondents had at least one day of physical education class per week at school. Among those respondents who attended physical education classes, 88% reported spending more than 20 minutes actually exercising or playing sports during an average physical education class.

On an average school day, 24% of the respondents watched 3 or more hours of television per day. Twenty-three percent of the respondents played video games or used a computer for something that was not school work for 3 or more hours per day on an average school day.



Unintentional Injuries and Violence



BEHAVIORS THAT RESULT IN INTENTIONAL AND UNINTENTIONAL INJURIES AND VIOLENCE

Questions:

8. How often do you wear a seatbelt when riding in a car driven by someone else?
9. How often do you wear a seatbelt when driving a car?

Rationale:

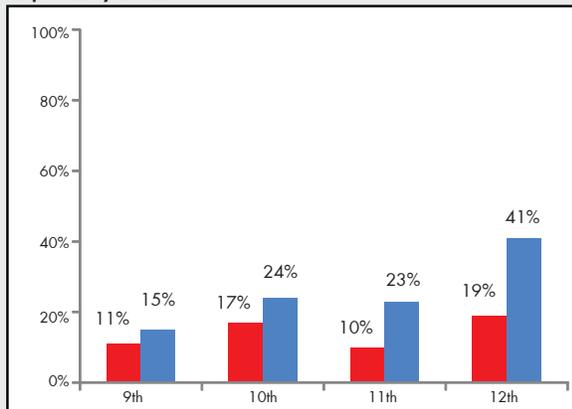
This question measures the frequency with which seat belts are worn when riding in a car driven by someone else, and when driving a car. Motor-vehicle related injuries kill more young adults ages 5-19 years than any other single cause in the United States.(107) Safety belts, when used appropriately, reduce the risk of fatal injury to front-seat passenger car occupants by 45% and the risk of moderate-to-critical injury by 50%.(66) In 2009, 10% of high school students nationwide had rarely or never worn a seat belt when riding in a car driven by someone else.(15)

Results: The results for Questions 8 and 9 are summarized on page 15.

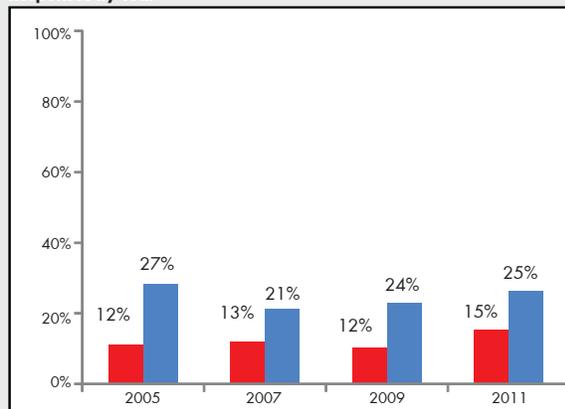
Question 8

Percentage of respondents who never or rarely wore a seatbelt when riding in a car driven by someone else = 20%

Responses by Grade



Responses by Year

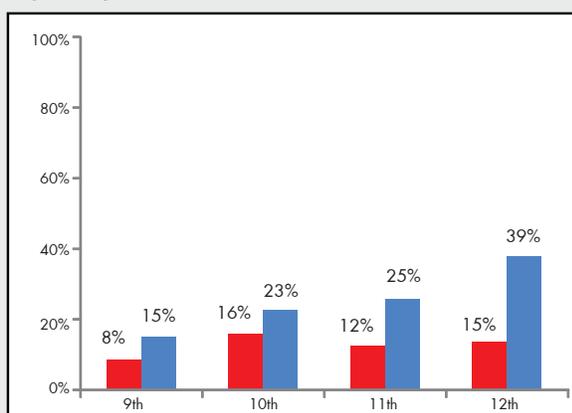


■ Females ■ Males

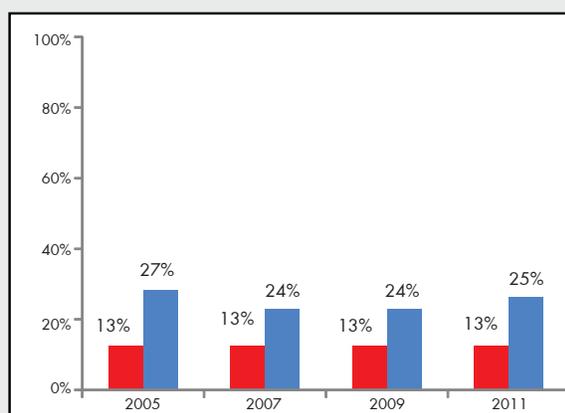
Question 9

Of respondents who drove a car, the percentage who never or rarely wore a seatbelt = 19%

Responses by Grade



Responses by Year



■ Females ■ Males

BEHAVIORS THAT RESULT IN INTENTIONAL AND UNINTENTIONAL INJURIES AND VIOLENCE

Questions:

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?
11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

Rationale:

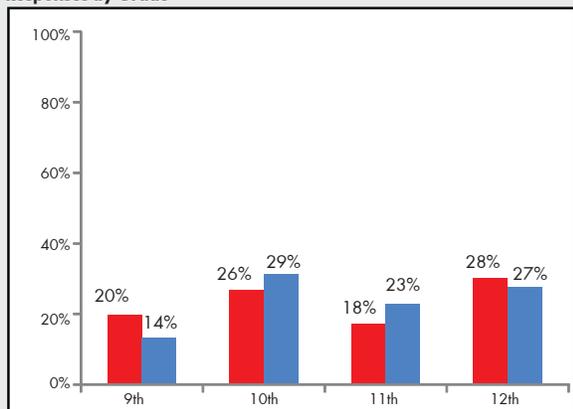
These questions measure the frequency with which high school students drove a motor vehicle while under the influence of alcohol or rode as a passenger in a motor vehicle operated by someone who was under the influence of alcohol. In 2008, 22% of 15- to 20-year-old drivers who were killed in motor vehicle crashes and 4% of those injured in crashes had been drinking alcohol.(67) In 2008, 31% of drivers ages 15- to 20-years old who were killed in crashes had a blood alcohol concentration (BAC) of .01 grams per deciliter (g/dL) or higher; 25% had a BAC of .08 or higher at the time of the crash.(67) In 2009, 10% of high school students nationwide had driven a car or other vehicle one or more times when they had been drinking alcohol and 28% of high school students nationwide had ridden in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the 30 days before the survey.(15)

Results: The results for Questions 10 and 11 are summarized on page 17.

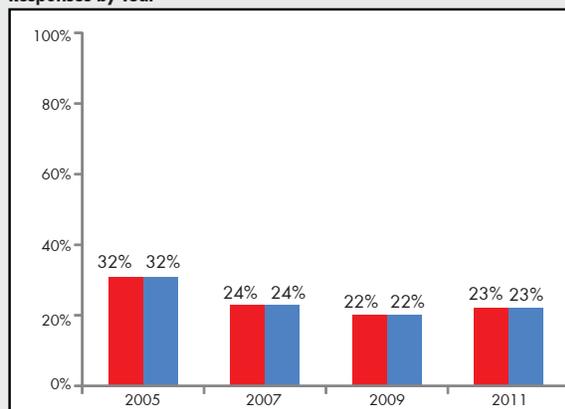
Question 10

Percentage of respondents who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol = 23%

Responses by Grade



Responses by Year

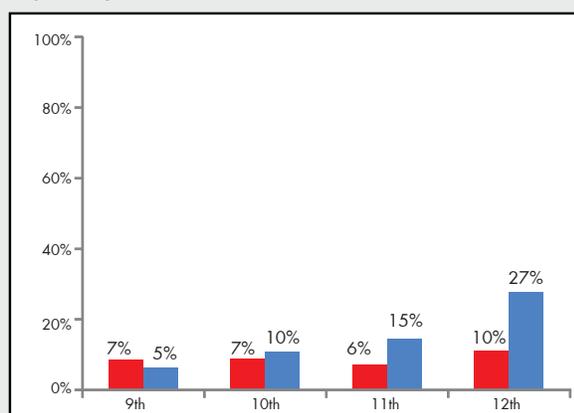


■ Females ■ Males

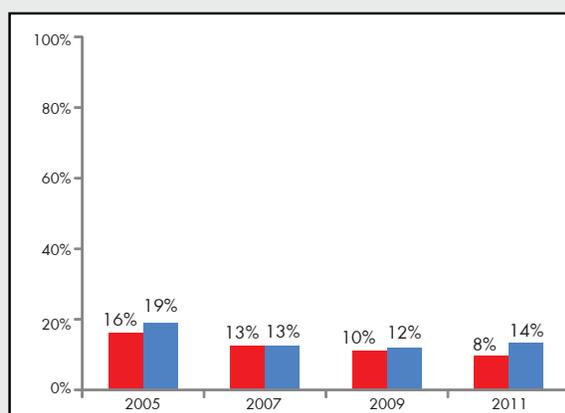
Question 11

Percentage of respondents who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol = 11%

Responses by Grade



Responses by Year



■ Females ■ Males

BEHAVIORS THAT RESULT IN INTENTIONAL AND UNINTENTIONAL INJURIES AND VIOLENCE

Questions:

12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?
13. During the past 30 days, on 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?
14. 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?
15. 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?

Rationale:

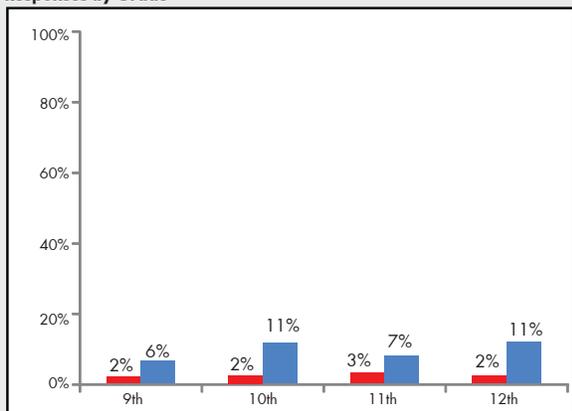
These questions measure violence-related behaviors and school-related violent behaviors. Homicide is the second leading cause of death among all youth ages 15-19 years (9.6 per 100,000) and is the leading cause of death among black youth ages 15-19 years (33.8 per 100,000).(107) Approximately 84% of homicide victims in the United States in 2004 were killed with a weapon, such as a gun, knife, or club.(21) In 2006, 85% of homicide victims 15-19 years old were killed with firearms.(107) Firearms intensify violence and increase the likelihood of fatality in a conflict.(18) Of all violent deaths that occurred on school property between 1994 and 2006, 65% involved firearms.(12) Nearly 100% of school districts have a policy prohibiting weapon possession or use by high school students on school property.(45) Among high school students nationwide in 2009, 17% had carried a weapon, 6% had carried a gun, and 6% had carried a weapon on school property on at least 1 day during the 30 days before the survey.(15) Among high school students nationwide in 2009, 5% had not gone to school on at least 1 day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school and 8% had been threatened or injured with a weapon on school property 1 or more times during the 12 months before the survey. (15)

Results: The results for Questions 12 to 15 are summarized on pages 19 - 20.

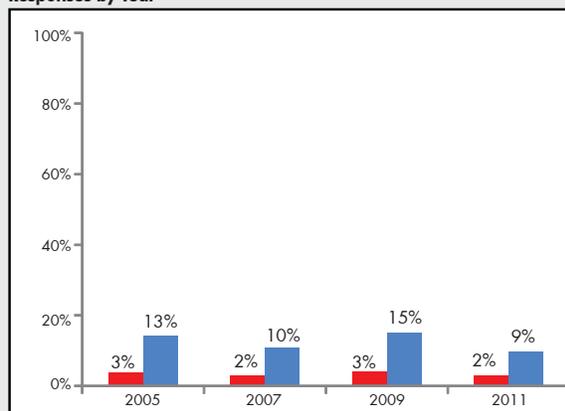
Question 12

Percentage of respondents who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days = 6%

Responses by Grade



Responses by Year

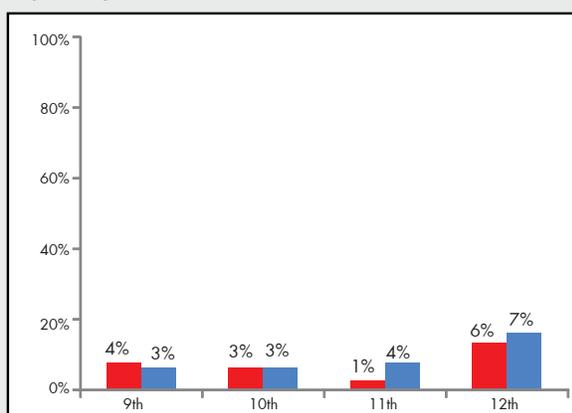


■ Females ■ Males

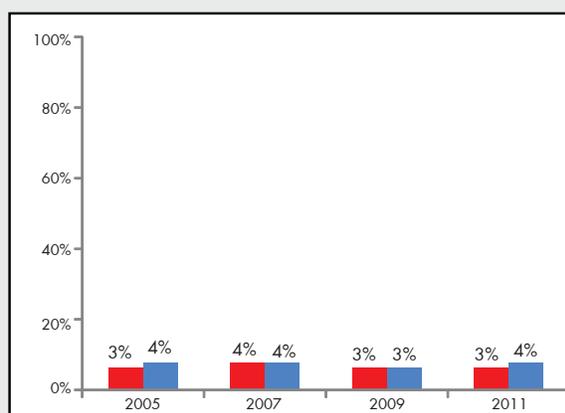
Question 13

Percentage of respondents who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school = 4%

Responses by Grade



Responses by Year

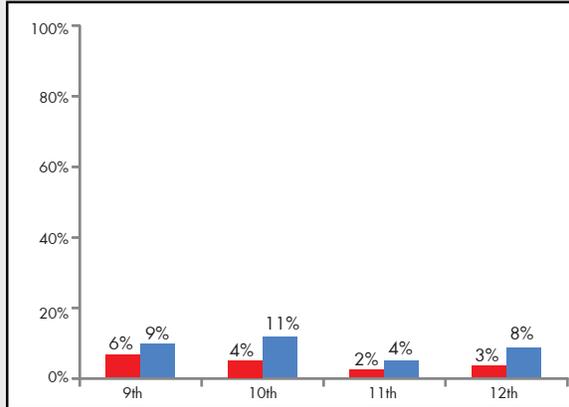


■ Females ■ Males

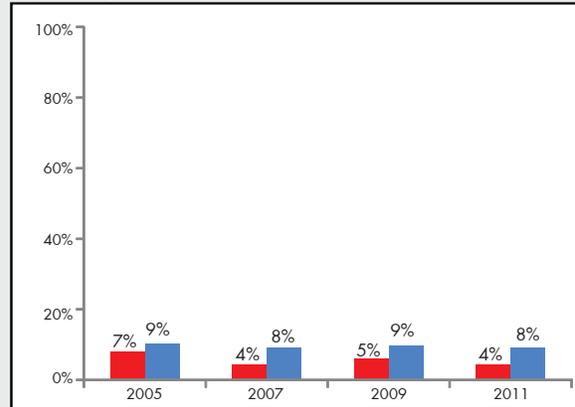
Question 14

Percentage of respondents who have been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months = 6%

Responses by Grade



Responses by Year

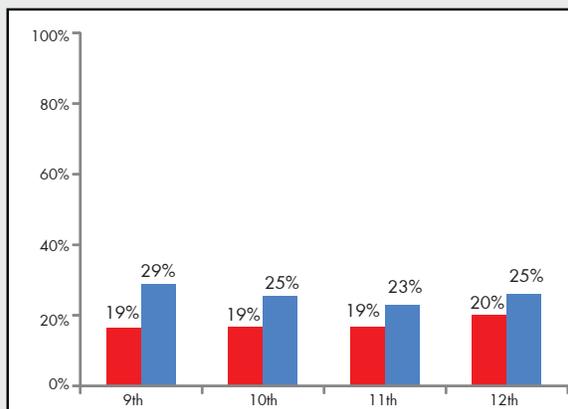


■ Females ■ Males

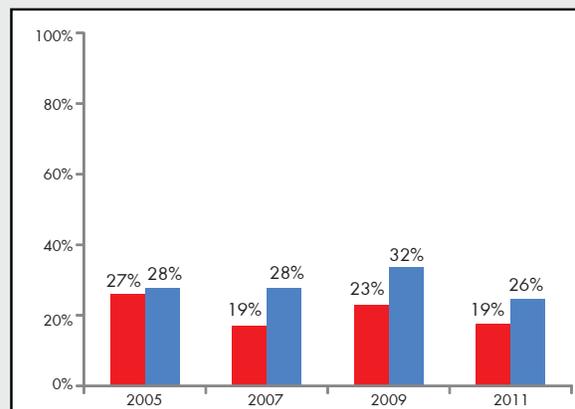
Question 15

Percentage of respondents who had property, such as their car, clothing, or books, stolen or deliberately damaged on school property one or more times during the past 12 months = 23%

Responses by Grade



Responses by Year



■ Females ■ Males

BEHAVIORS THAT RESULT IN INTENTIONAL AND UNINTENTIONAL INJURIES AND VIOLENCE

Questions:

16. During the past 12 months, how many times were you in a physical fight?
17. 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?
18. During the past 12 months, how many times were you in a physical fight on school property?
19. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
20. Have you ever been physically forced to have sexual intercourse when you did not want to?
21. During the past 12 months, how many times have you felt threatened or been injured as a result of gang activity?
22. During your whole school life, has anyone (this includes students, teachers, other school employees, and anyone else) ever touched, grabbed or pinched you in a sexual way when you did not want them to?
23. During the past 12 months, have you ever been bullied on school property?
24. During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)

Rationale:

These questions measure the frequency and severity of physical fights, school-related fights, and abusive and bullying behavior. Physical fighting is a marker for other problem behaviors (84) and is associated with serious injury-related health outcomes.(3,76) Among high school students nationwide in 2009, 31% had been in a physical fight and 11% had been in a physical fight on school property one or more times during the 12 months before the survey.(15)

Intimate partner abuse victimization is associated with participation in other high risk behaviors,(78) including suicide ideation and attempts, as well as post-traumatic stress disorder and major depressive episodes.(16,111) In 2009, 10% of high school students nationwide had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months before the survey.(15) Forced sexual intercourse is associated with negative psychosocial and mental health consequences.(1,42) In 2009, 7% of high school students nationwide had ever been physically forced to have sexual intercourse when they did not want to.(15)

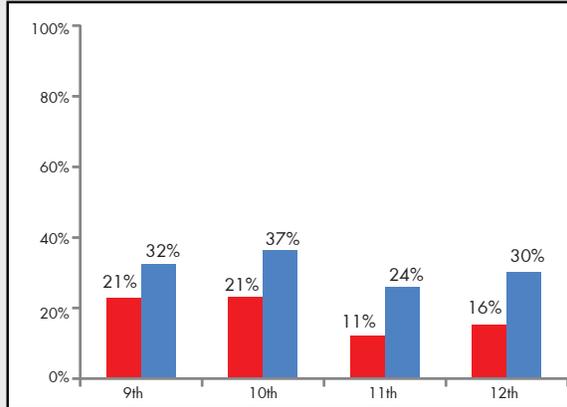
Bullying victimization is associated with depression,(103) suicidal ideation,(103) increased odds of repeated common health problems,(77) school absenteeism,(33) psychological distress,(77) and feeling unsafe at school.(33) Among high school students nationwide in 2009, 20% had been bullied on school property during the 12 months before the survey.(15) Electronic bullying victimization has been associated with discipline problems in school, skipping school, weapon carrying (113) and social anxiety.(46)

Results: The results for Questions 16 to 24 are summarized on pages 22 to 26.

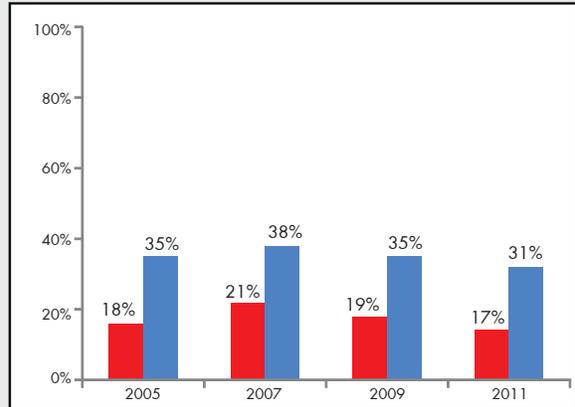
Question 16

Percentage of respondents who were in a physical fight one or more times during the past 12 months = 24%

Responses by Grade



Responses by Year

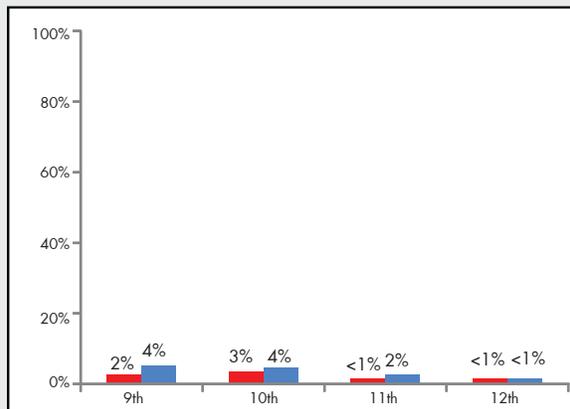


■ Females ■ Males

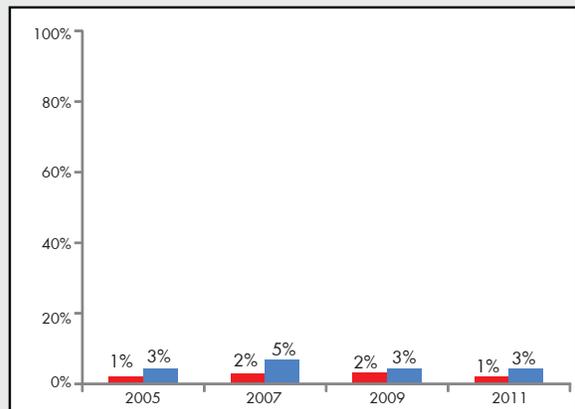
Question 17

Percentage of respondents who were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months = 2%

Responses by Grade



Responses by Year

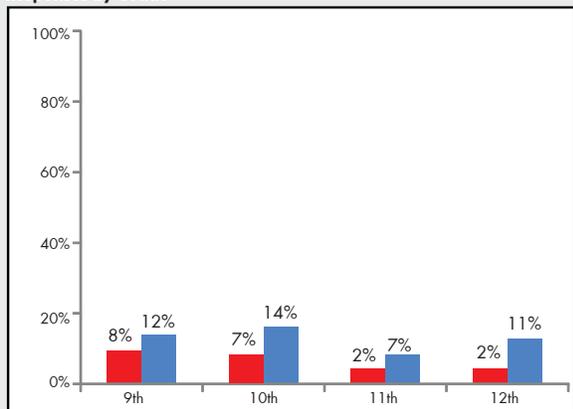


■ Females ■ Males

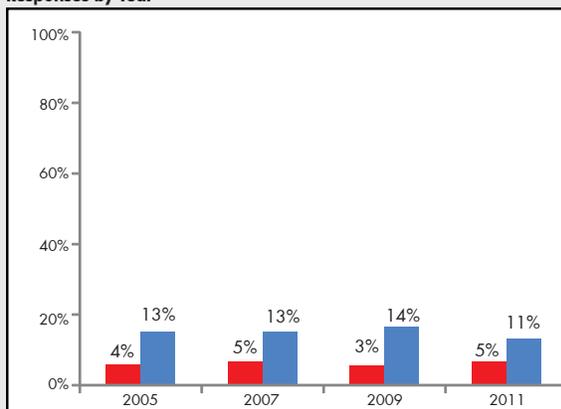
Question 18

Percentage of respondents who were in a physical fight on school property one or more times during the past 12 months = 8%

Responses by Grade



Responses by Year

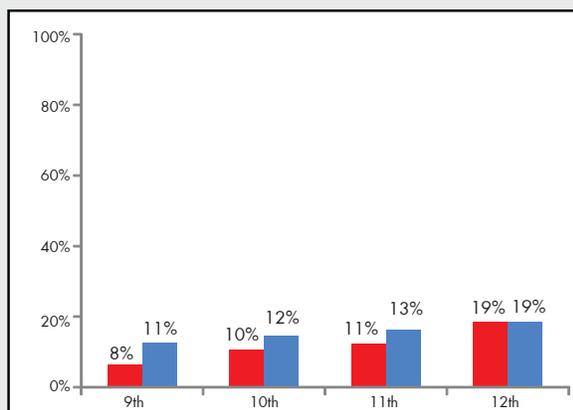


■ Females ■ Males

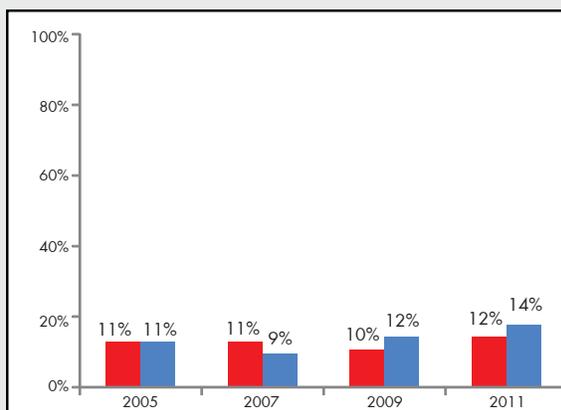
Question 19

Percentage of respondents who during the past 12 months were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend = 13%

Responses by Grade



Responses by Year

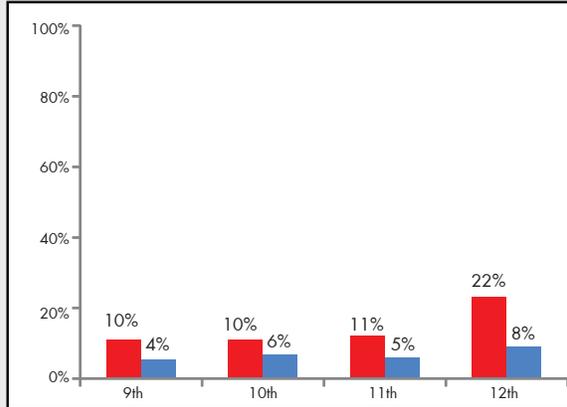


■ Females ■ Males

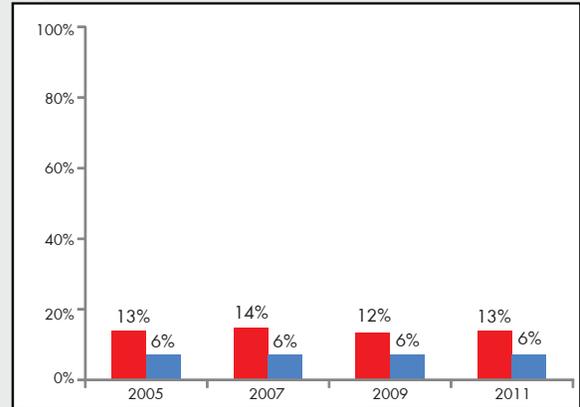
Question 20

Percentage of respondents who were ever physically forced to have sexual intercourse when they did not want to = 10%

Responses by Grade



Responses by Year

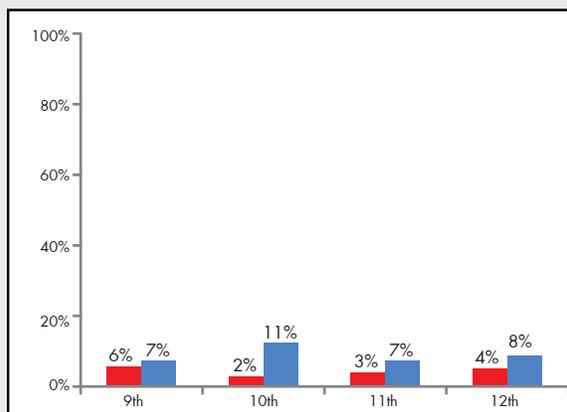


■ Females ■ Males

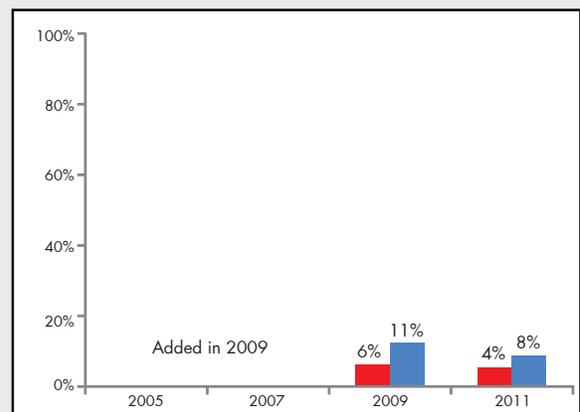
Question 21

Percentage of respondents who during the past 12 months ever felt threatened or were injured as a result of gang activity = 6%

Responses by Grade



Responses by Year

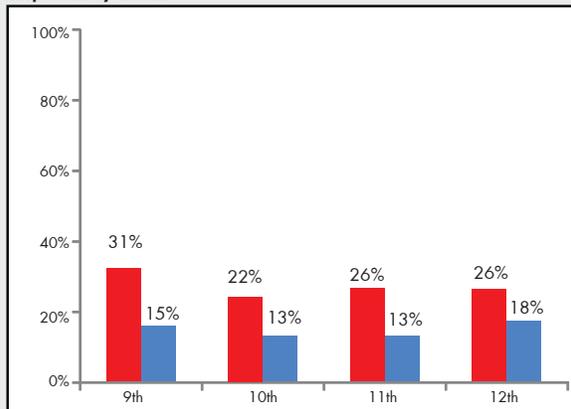


■ Females ■ Males

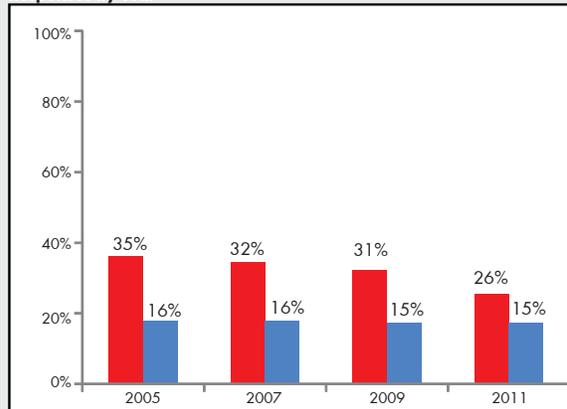
Question 22

Percentage of respondents who, during their whole school life, had been touched, grabbed, or pinched in a sexual way by anyone when they didn't want them to = 21%

Responses by Grade



Responses by Year

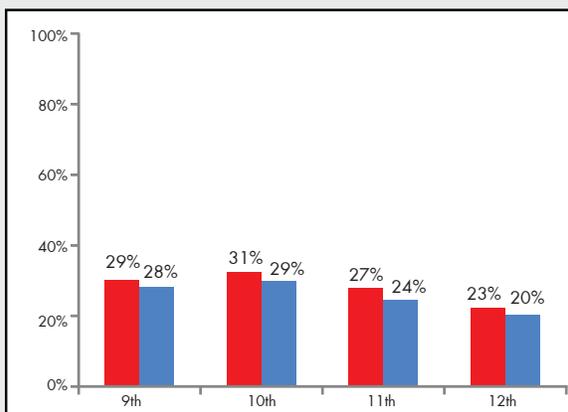


■ Females ■ Males

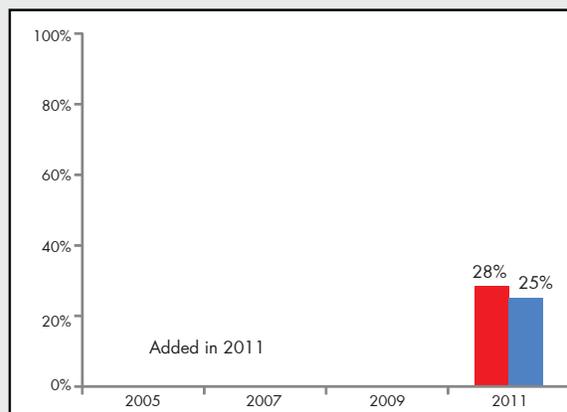
Question 23

Percentage of respondents who during the past 12 months had ever been bullied on school property = 27%

Responses by Grade



Responses by Year

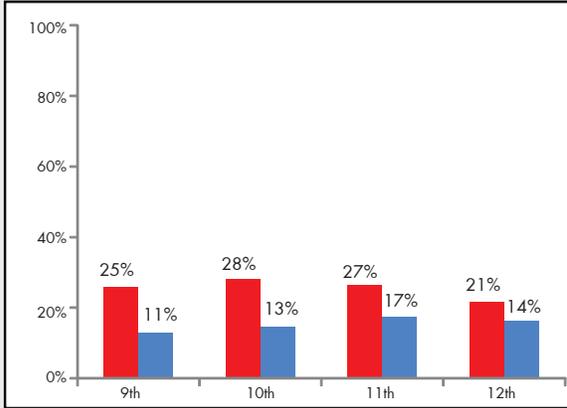


■ Females ■ Males

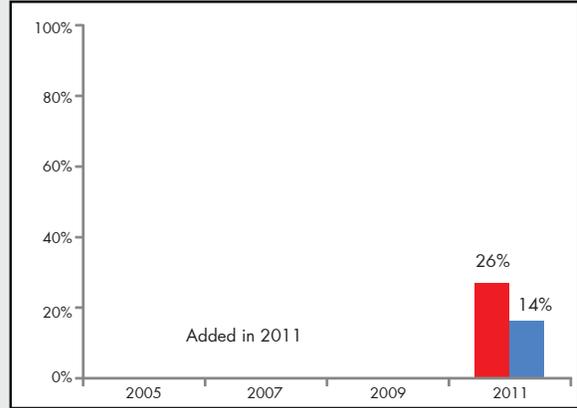
Question 24

Percentage of respondents who during the past 12 months had ever been electronically bullied = 20%

Responses by Grade



Responses by Year



■ Females ■ Males

BEHAVIORS THAT RESULT IN INTENTIONAL AND UNINTENTIONAL INJURIES AND VIOLENCE

Questions:

25. During the past 12 months, did you ever seriously consider attempting suicide?
26. During the past 12 months, did you make a plan about how you would attempt suicide?
27. During the past 12 months, how many times did you actually attempt suicide?
28. 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?

Rationale:

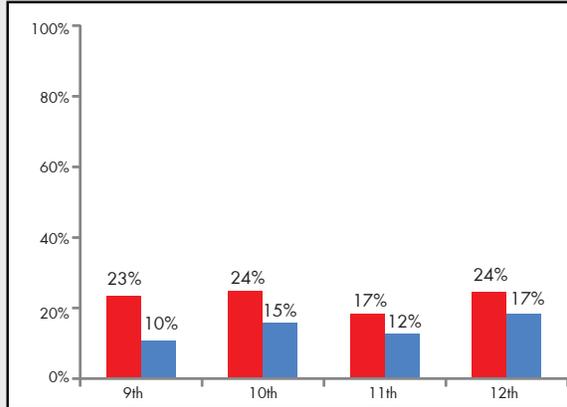
These questions measure suicide ideation, attempted suicide, and the seriousness of those attempts. Suicide is the third leading cause of death among youth ages 15-19 years.(107) The suicide rate for persons ages 15-19 was 7.3 per 100,000 in 2006 down from 8.2 per 100,000 in 2003.(107) A prior suicide attempt is one of the most significant risk factors for a fatal adolescent suicide attempt.(4,6) Among high school students nationwide in 2009, 14% had seriously considered attempting suicide, 11% had made a plan about how they would attempt suicide, and 6% had attempted suicide one or more times during the 12 months before the survey.(15)

Results: The results for Questions 25 to 28 are summarized on pages 28 and 29.

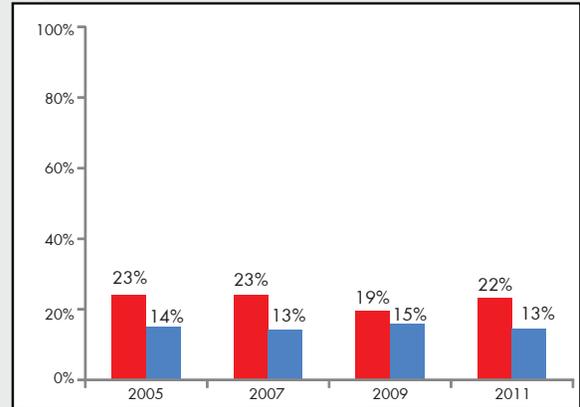
Question 25

Percentage of respondents who ever seriously considered attempting suicide during the past 12 months = 18%

Responses by Grade



Responses by Year

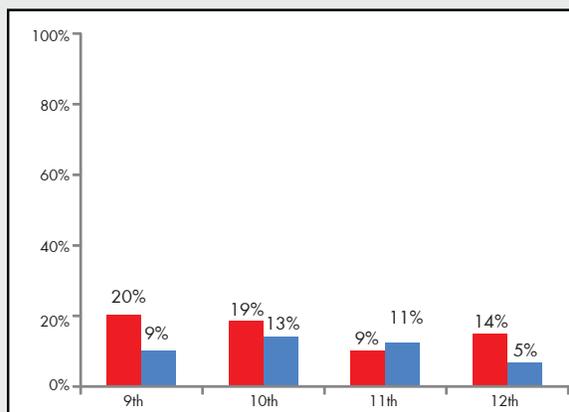


■ Females ■ Males

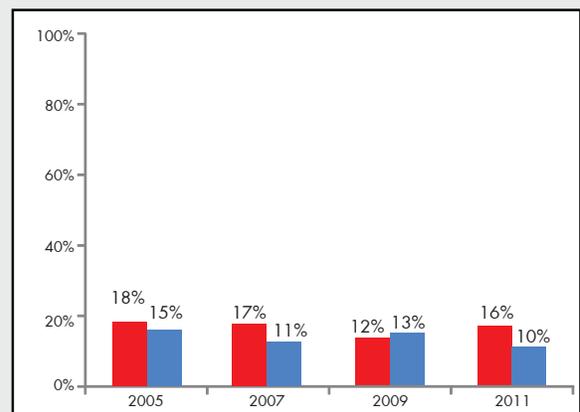
Question 26

Percentage of respondents who made a plan about how they would attempt suicide during the past 12 months = 13%

Responses by Grade



Responses by Year

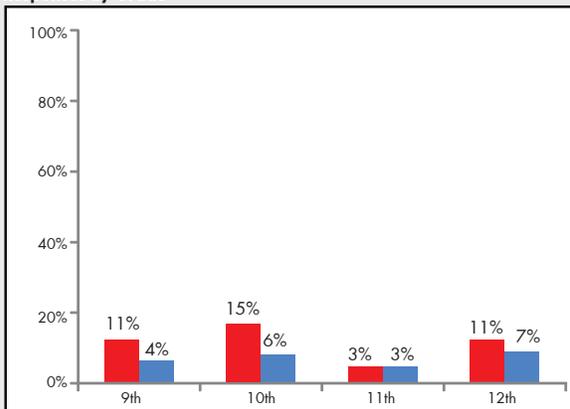


■ Females ■ Males

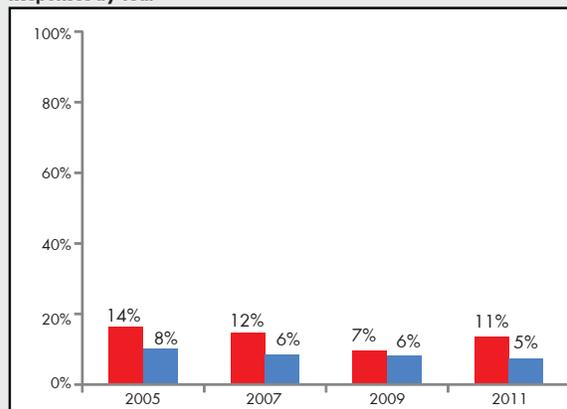
Question 27

Percentage of respondents who actually attempted suicide one or more times during the past 12 months = 8%

Responses by Grade



Responses by Year

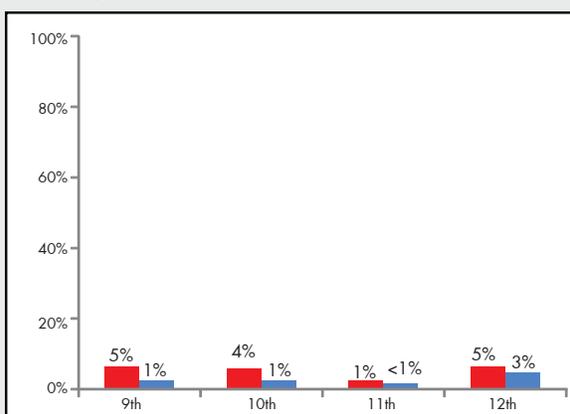


■ Females ■ Males

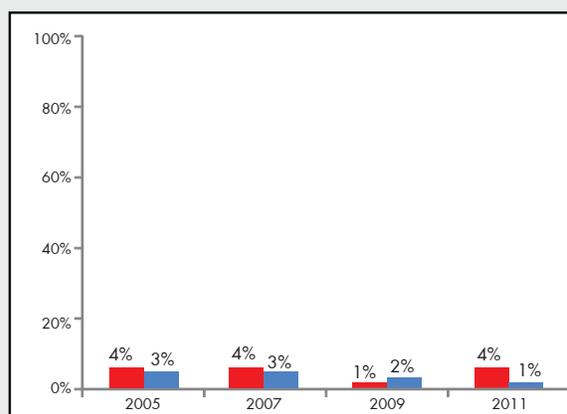
Question 28

Percentage of respondents whose attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse = 3%

Responses by Grade



Responses by Year



■ Females ■ Males



**Tobacco
Use**

TOBACCO USE

Questions:

29. Have you ever tried cigarette smoking, even one or two puffs?
30. How old were you when you smoked a whole cigarette for the first time?
31. During the past 30 days, on how many days did you smoke cigarettes?
32. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
33. During the past 30 days, how did you usually get your own cigarettes?
34. During the past 30 days, on how many days did you smoke cigarettes on school property?
35. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
36. Do you want to stop smoking cigarettes?
37. During the past 12 months, did you ever try to quit smoking cigarettes?
38. During the past 12 months, how many times did you stop smoking for one day or longer because you were trying to quit smoking?
39. Do you think you will be smoking cigarettes 5 years from now?

Rationale:

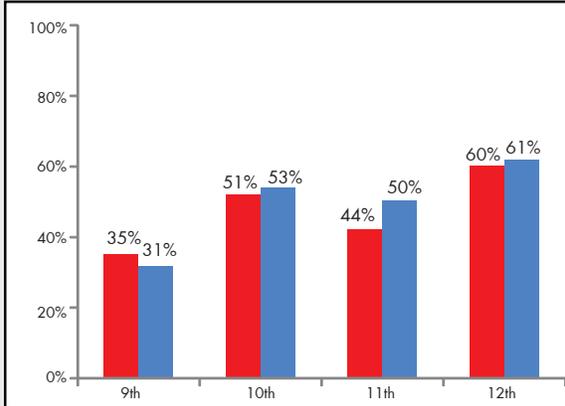
These questions measure ever and current smoking patterns, age of initiation, access to cigarettes, smoking on school property, and attempts to quit smoking. Cigarette smoking is the leading cause of preventable death in the United States(100) and accounts for approximately 440,000 deaths each year. (8) Cigarette smoking increases risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix. (100) In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in risky sexual behaviors, engage in physical fighting, carry a weapon, and attempt suicide.(7,25,92,99) If current patterns of smoking behavior persist, an estimated 6.4 million U.S. persons who were under the age of 18 in 2000 could die prematurely from smoking-related illnesses.(38) In 2006, approximately 64% of schools had adopted policies that 1) prohibited cigarette smoking and smokeless tobacco use among students, faculty and staff, and school visitors in school buildings; outside on school grounds; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events; and 2) prohibited cigar or pipe smoking by students, faculty and staff, and school visitors.(48) Among high school students nationwide in 2009, 46% had ever tried cigarette smoking, 19% had smoked cigarettes on at least 1 day during the 30 days before the survey, and 5% had smoked cigarettes on school property on at least 1 day during the 30 days before the survey.(15)

Results: The results for Questions 29 to 39 are summarized on pages 33 to 38.

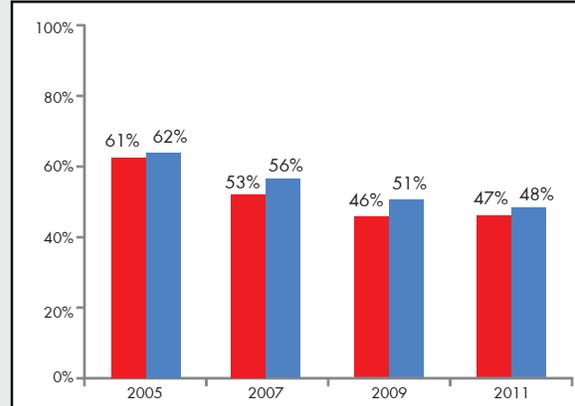
Question 29

Percentage of respondents who ever tried cigarette smoking, even one or two puffs = 48%

Responses by Grade



Responses by Year

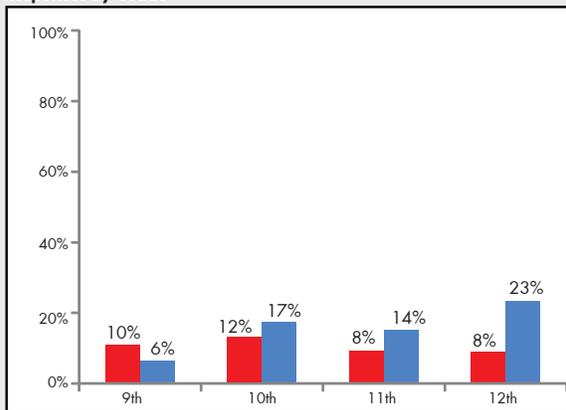


Females Males

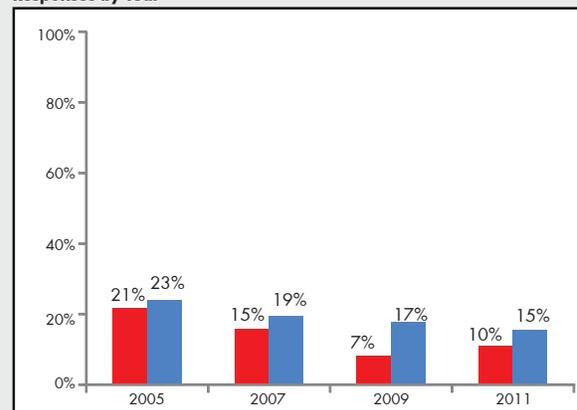
Question 30

Percentage of respondents who smoked a whole cigarette for the first time prior to age 13 = 12%

Responses by Grade



Responses by Year

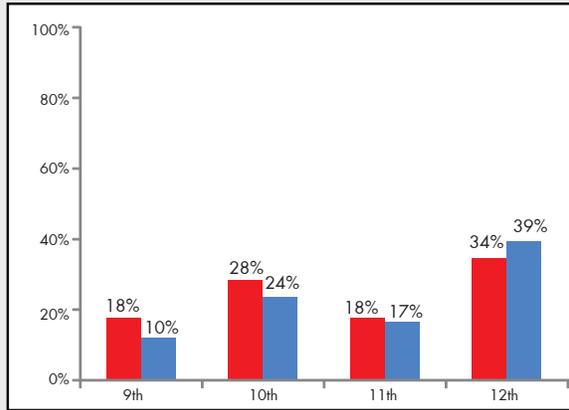


Females Males

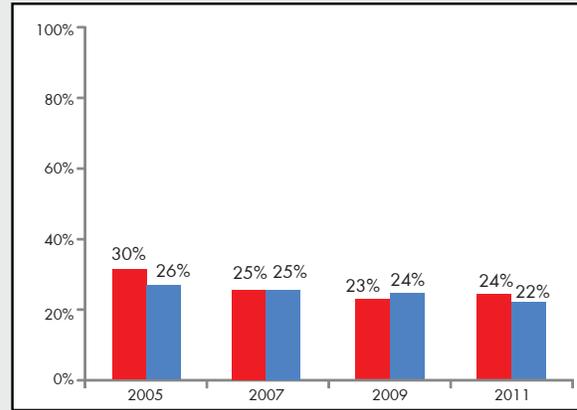
Question 31

Percentage of respondents who smoked cigarettes on one or more of the past 30 days = 23%

Responses by Grade



Responses by Year

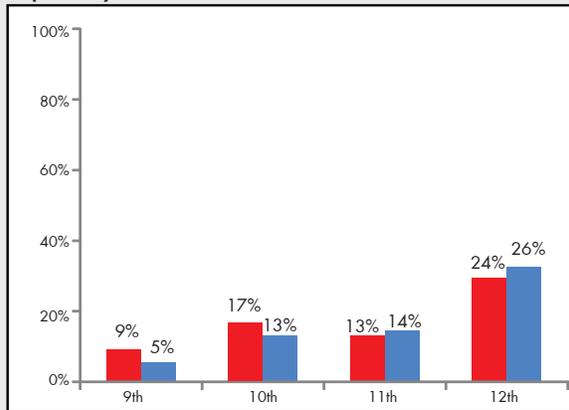


■ Females ■ Males

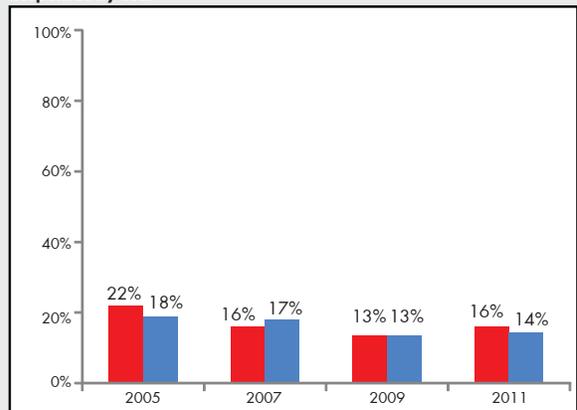
Question 32

Percentage of respondents who smoked 2 or more cigarettes per day on the days they smoked = 15%

Responses by Grade



Responses by Year

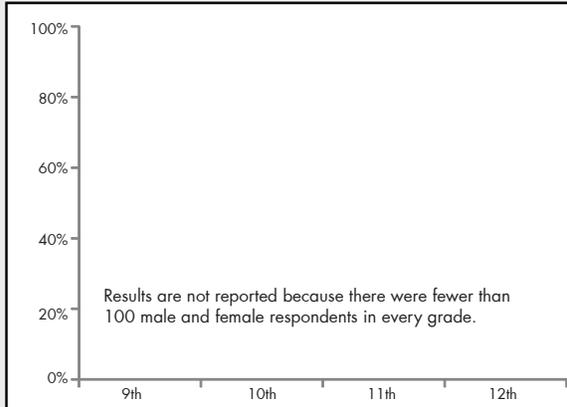


■ Females ■ Males

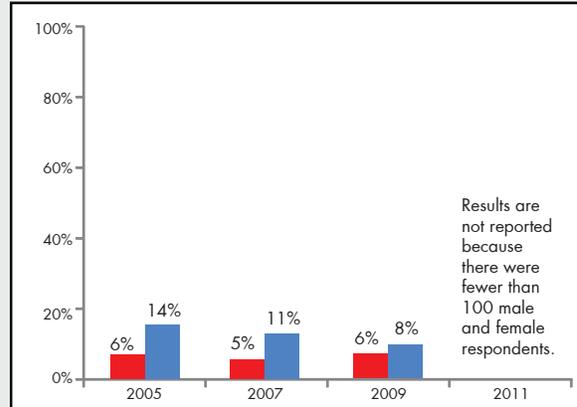
Question 33

Of respondents less than 18 years old age who smoked cigarettes during the past 30 days, the percentage who bought their own cigarettes in a store such as a convenience store, supermarket, discount store, or gas station = 9%

Responses by Grade



Responses by Year

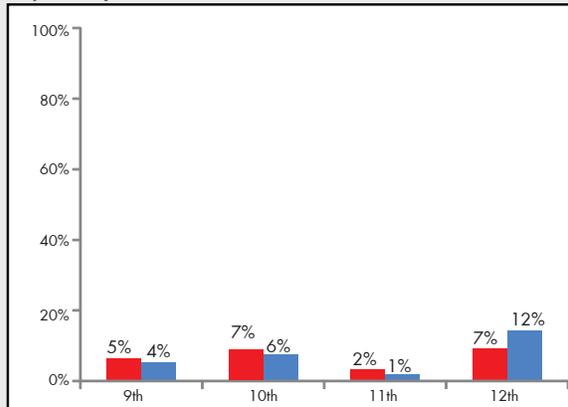


■ Females ■ Males

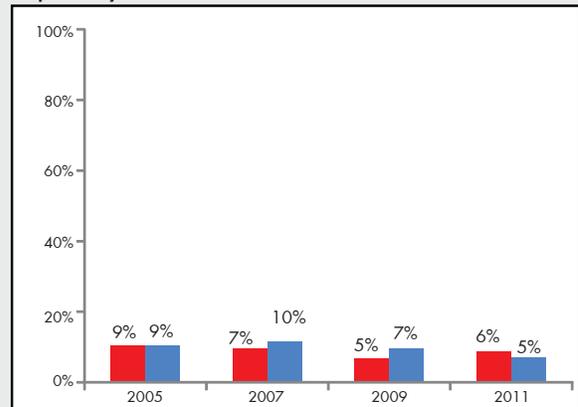
Question 34

Percentage of respondents who smoked cigarettes on school property on one or more of the past 30 days = 6%

Responses by Grade



Responses by Year

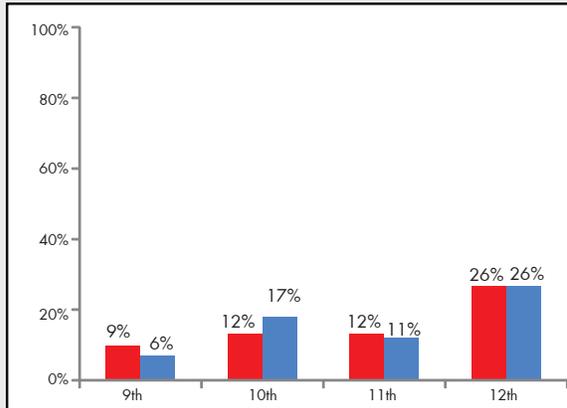


■ Females ■ Males

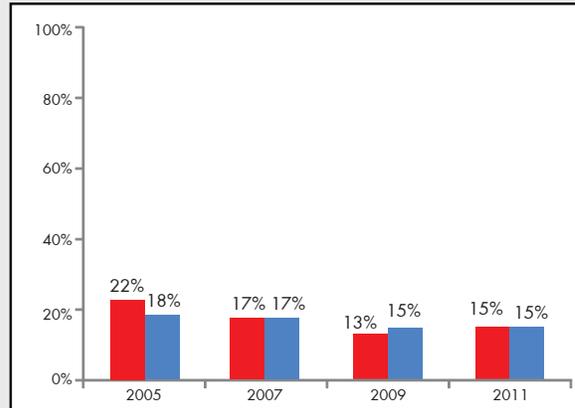
Question 35

Percentage of respondents who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days = 15%

Responses by Grade



Responses by Year

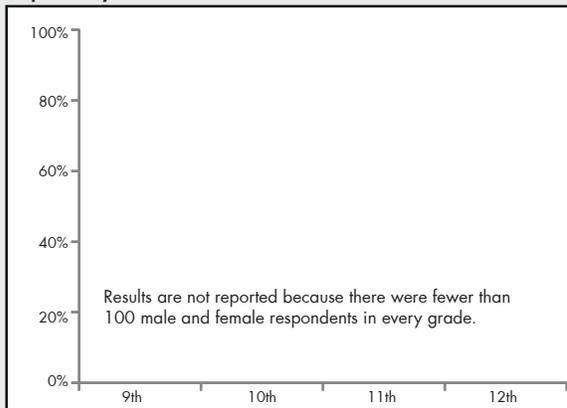


■ Females ■ Males

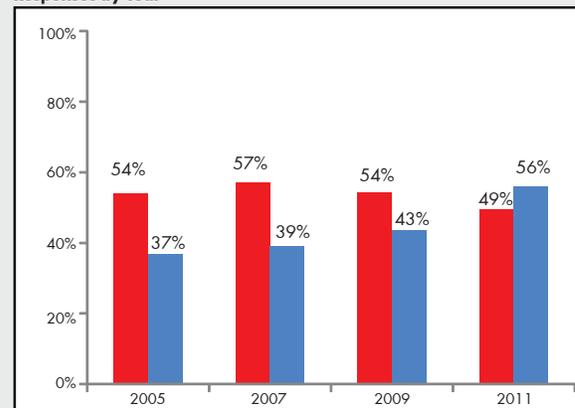
Question 36

Of respondents who smoked cigarettes during the past 30 days, the percentage who want to stop smoking cigarettes = 53%

Responses by Grade



Responses by Year

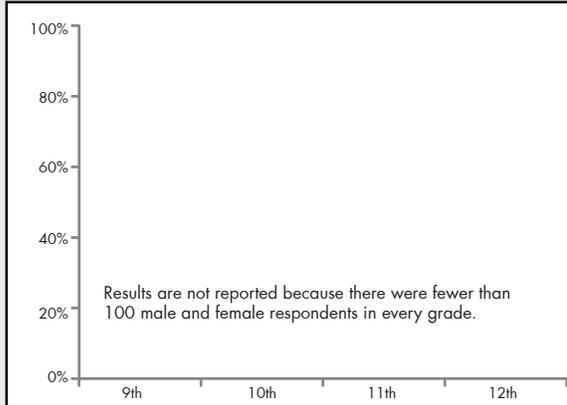


■ Females ■ Males

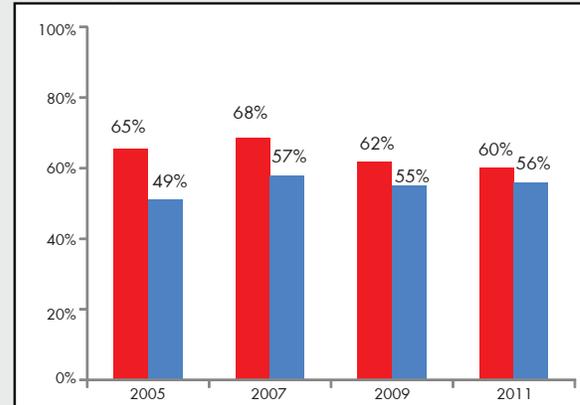
Question 37

Of respondents who smoked cigarettes during the past 30 days, the percentage who tried to quit smoking cigarettes during the past 12 months = 58%

Responses by Grade



Responses by Year

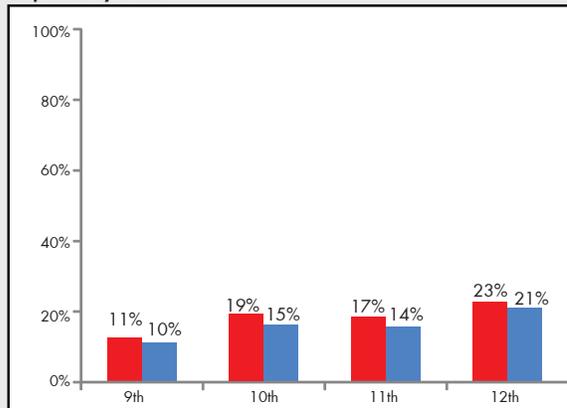


■ Females ■ Males

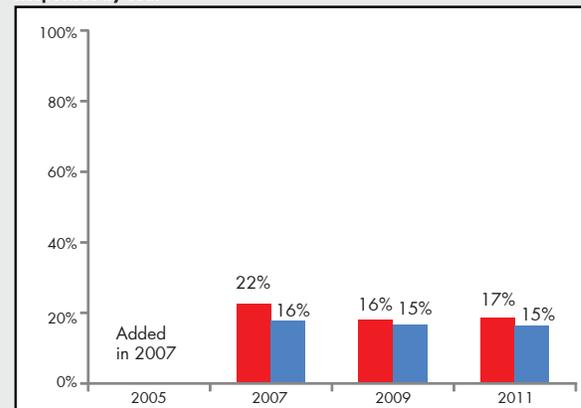
Question 38

Percentage of respondents who during the past 12 months ever stopped smoking for one day or longer because they were trying to quit smoking = 16%

Responses by Grade



Responses by Year

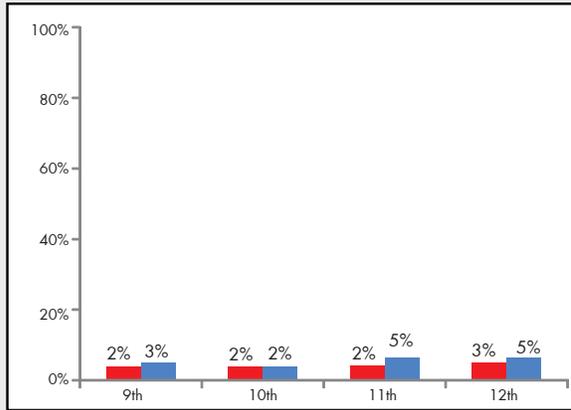


■ Females ■ Males

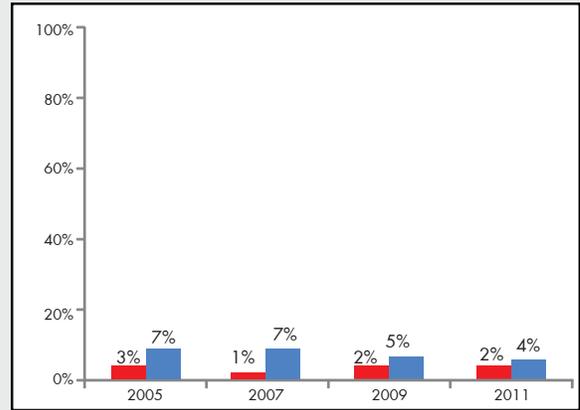
Question 39

Percentage of respondents who think they definitely will be smoking cigarettes 5 years from now = 3%

Responses by Grade



Responses by Year



■ Females ■ Males

TOBACCO USE

Questions:

40. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
41. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
42. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?
43. Do you believe that smokeless tobacco is safer than cigarettes?
44. During this school year, were you taught in any of your classes about the dangers of tobacco use?
45. During the past 7 days, on how many days were you in the same room or car with someone who was smoking cigarettes?

Rationale:

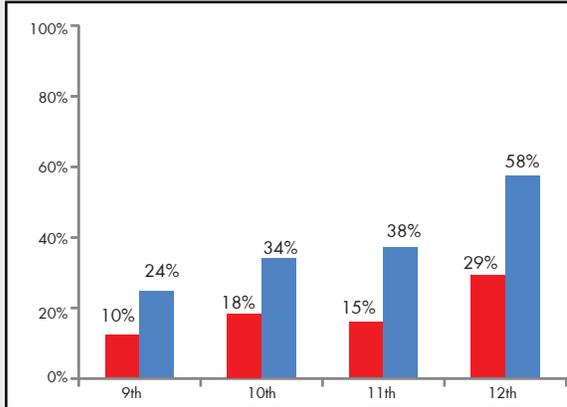
These questions measure smokeless tobacco use, smokeless tobacco use on school property. Smokeless tobacco contains 28 known human carcinogens.(64) Use of smokeless tobacco products increases the risk of developing cancer of the oral cavity.(64) Other oral health problems strongly associated with smokeless tobacco use are leukoplakia (a lesion of the soft tissue that consists of a white patch or plaque that cannot be scraped off) and recession of the gums.(43,99,112) Smokeless tobacco use also causes an increased risk of heart disease and stroke.(41) Among high school students nationwide in 2009, 9% had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey and 6% had used smokeless tobacco on school property on at least 1 day during the 30 days before the survey.(15)

Results: The results for Questions 40 to 45 are summarized on pages 40 to 42.

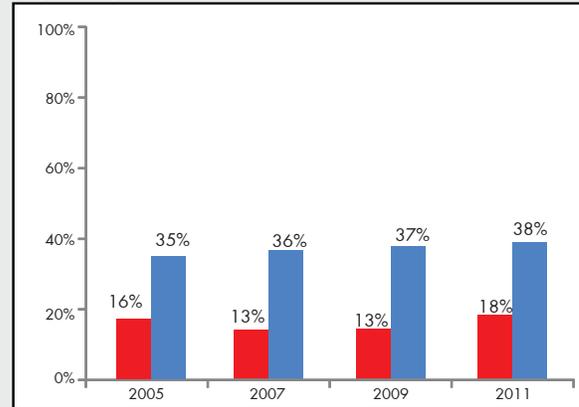
Question 40

Percentage of respondents who ever used chewing tobacco or snuff such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen, during their lives = 28%

Responses by Grade



Responses by Year

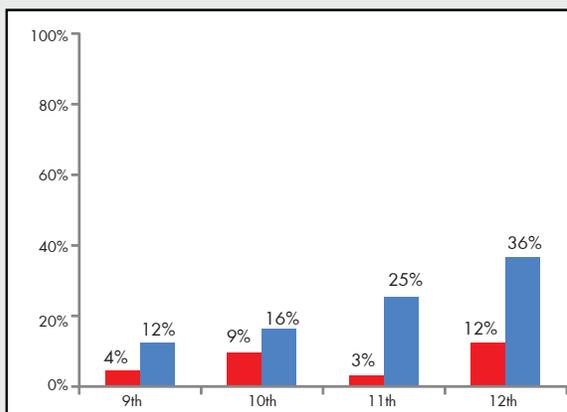


■ Females ■ Males

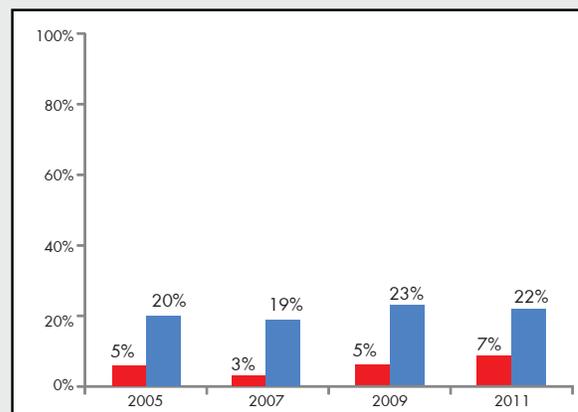
Question 41

Percentage of respondents who used chewing tobacco or snuff such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen, during the past 30 days = 15%

Responses by Grade



Responses by Year

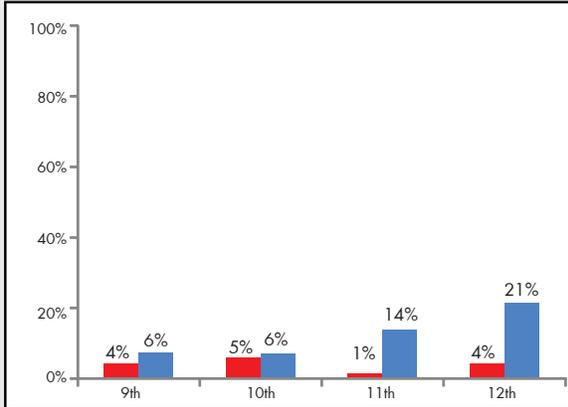


■ Females ■ Males

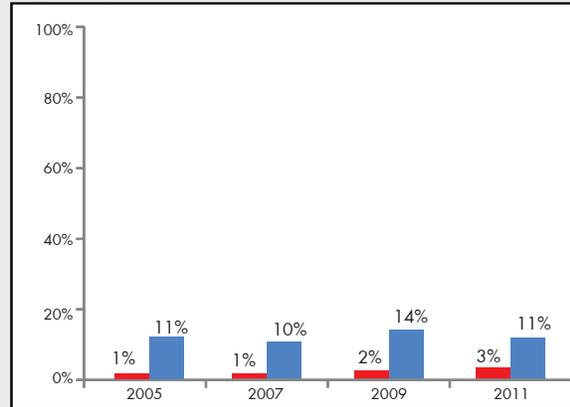
Question 42

Percentage of respondents who used chewing tobacco or snuff on school property on one or more of the past 30 days = 8%

Responses by Grade



Responses by Year

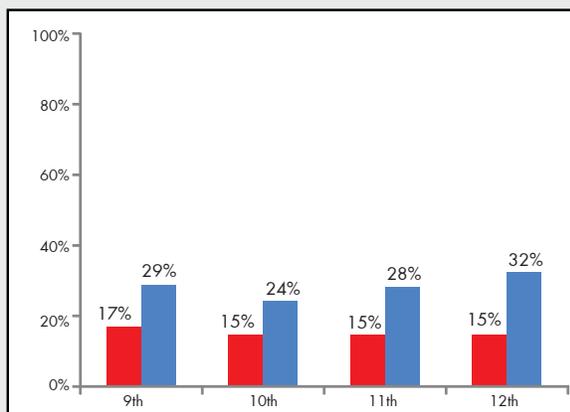


Females Males

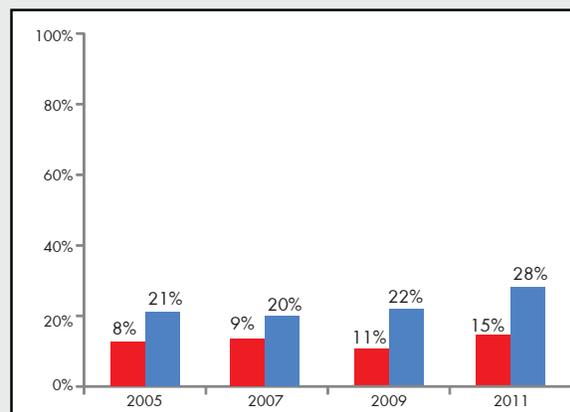
Question 43

Percentage of respondents who believe that smokeless tobacco is safer than cigarettes = 22%

Responses by Grade



Responses by Year

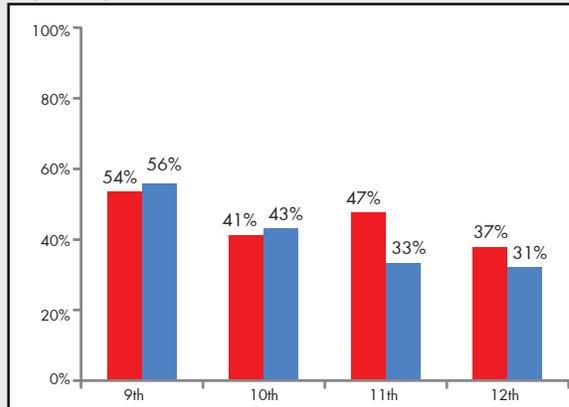


Females Males

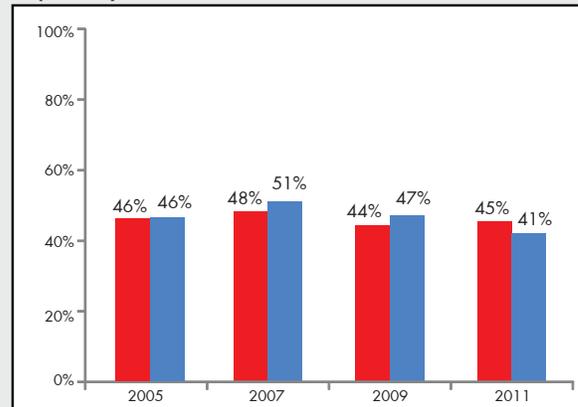
Question 44

Percentage of respondents who during this school year were taught in any of their classes about the dangers of tobacco use = 43%

Responses by Grade



Responses by Year

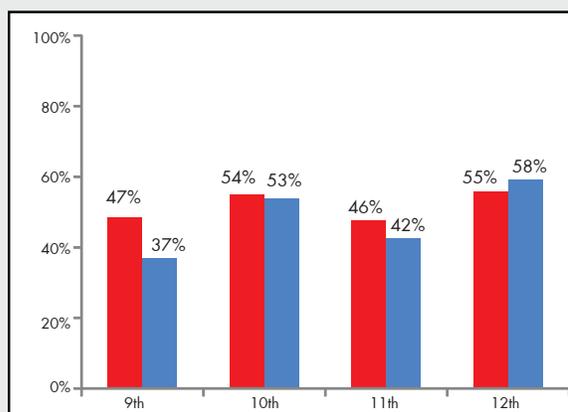


Females Males

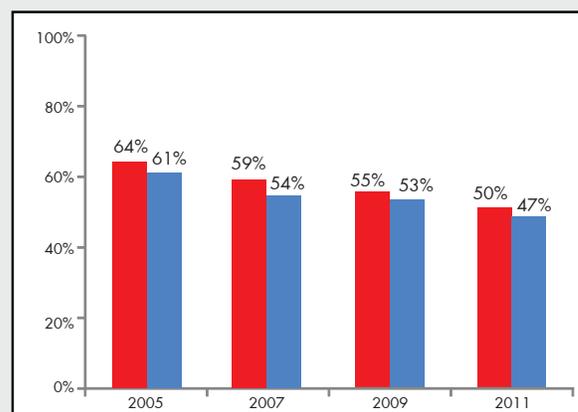
Question 45

Percentage of respondents who during the past 7 days were in the same room or car with someone who was smoking cigarettes = 49%

Responses by Grade



Responses by Year



Females Males



Alcohol and Other Drug Use

ALCOHOL AND OTHER DRUG USE

Questions:

46. During your life, on how many days have you had at least one drink of alcohol?
47. How old were you when you had your first drink of alcohol other than a few sips?
48. During the past 30 days, on how many days did you have at least one drink of alcohol?
49. 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?
50. How much do people risk harming themselves, physically and in other ways, when they have five or more drinks of an alcoholic beverage once or twice a week?

Rationale:

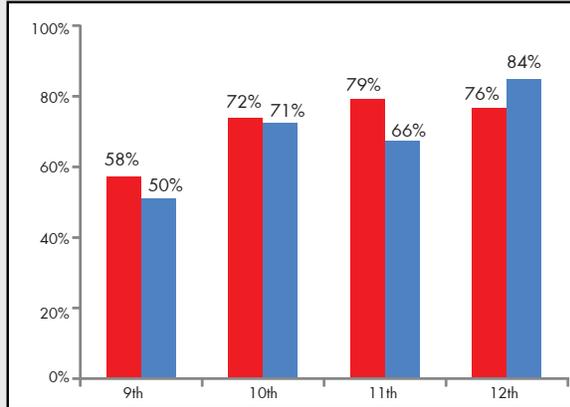
These questions measure ever and current use of alcohol, age of initiation, and binge drinking. Alcohol is used by more young people than tobacco or illicit drugs.(92) Heavy alcohol drinking among youth is associated with risky sexual behaviors (including sexual initiation, multiple sex partners, reduced condom use, and pregnancy)(23) and use of cigarettes,(26,44) marijuana, cocaine, and other illegal drugs.(26) Motor vehicle crashes are the leading cause of death among youth ages 15–19 years in the United States(107) and alcohol use is associated with 9% of all motor vehicle crashes that result in injury and approximately one-third of all traffic-related fatalities.(68) Persons who begin drinking alcohol before the age of 15 years are five times as likely to report alcohol dependence or abuse than those who first drank alcohol at age 21 or older.(88) Limiting youth access to alcohol has reduced underage alcohol use and alcohol-related problems.(51) However, youth continue to obtain alcohol from a variety of sources, reflecting the need for improved enforcement of underage drinking laws as well as greater public awareness of restrictions on drinking alcohol by underage youth. Nearly 100% of school districts in the United States explicitly prohibit alcohol use by students on school property. (24) Among high school students nationwide in 2009, 72% had had at least one drink of alcohol on at least 1 day during their life and 42% had had at least one drink of alcohol on at least 1 day during the 30 days before the survey.(15) In addition, 24% of high school students had had 5 or more drinks of alcohol in a row on at least 1 day during the 30 days before the survey.(15)

Results: The results for Questions 46 to 50 are summarized on pages 45 to 47.

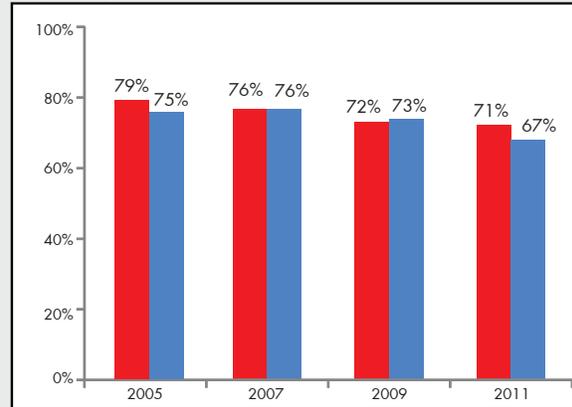
Question 46

Percentage of respondents who had at least one drink of alcohol on one or more days during their life = 69%

Responses by Grade



Responses by Year

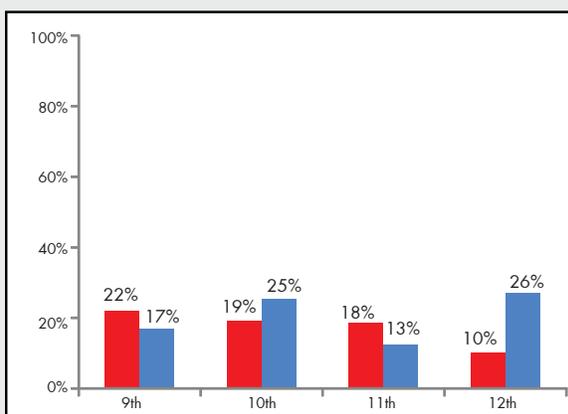


Females Males

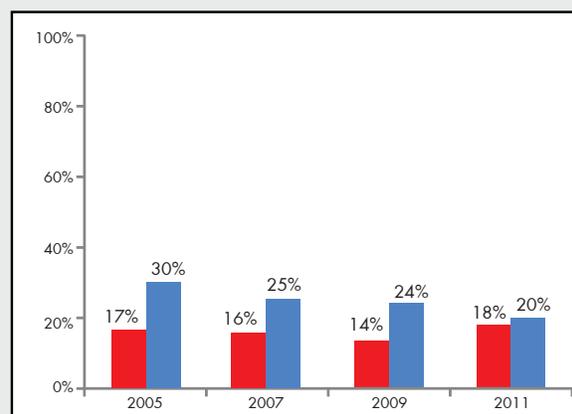
Question 47

Percentage of respondents who had their first drink of alcohol other than a few sips prior to age 13 = 19%

Responses by Grade



Responses by Year

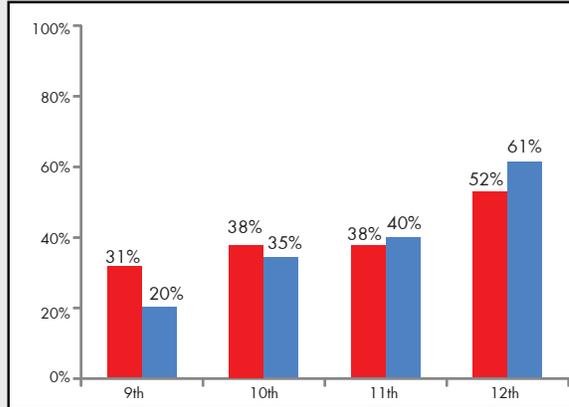


Females Males

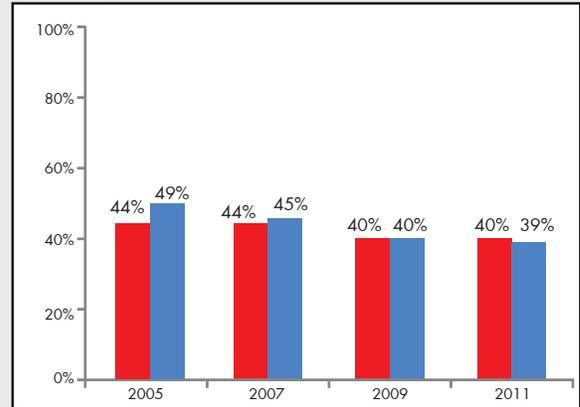
Question 48

Percentage of respondents who had at least one drink of alcohol on one or more of the past 30 days = 39%

Responses by Grade



Responses by Year

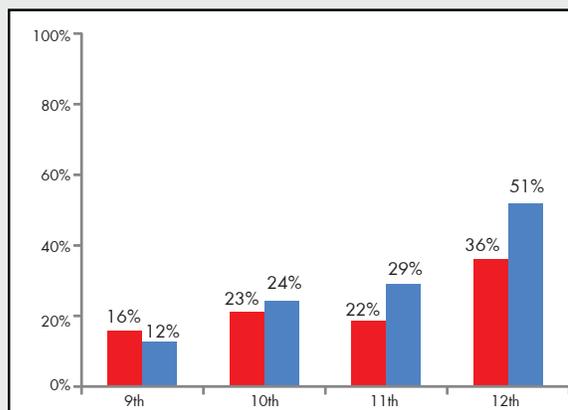


Females Males

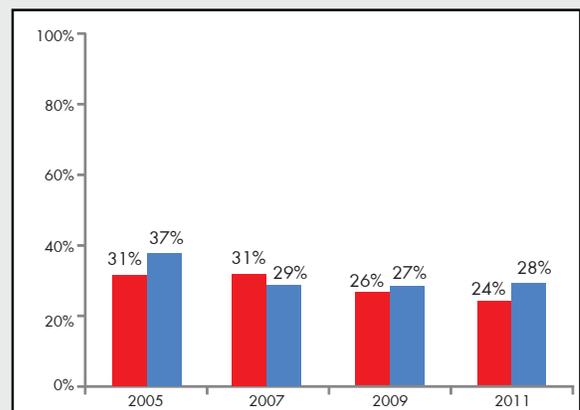
Question 49

Percentage of respondents who had 5 or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days = 26%

Responses by Grade



Responses by Year

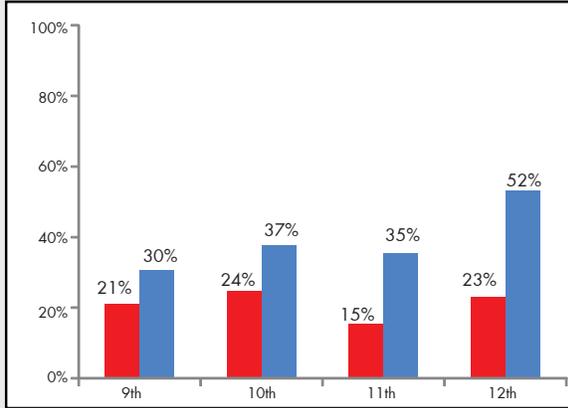


Females Males

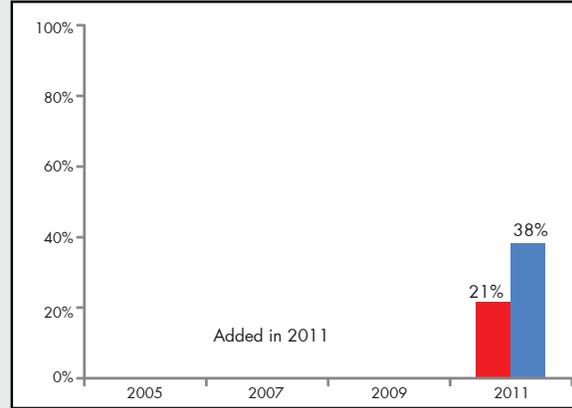
Question 50

Percentage of respondents who think people are at no risk or at slight risk of harming themselves physically and in other ways when they have 5 or more drinks of alcohol once or twice a week = 29%

Responses by Grade



Responses by Year



■ Females ■ Males

ALCOHOL AND OTHER DRUG USE

Questions:

51. During your life, how many times have you used marijuana?
52. How old were you when you tried marijuana for the first time?
53. During the past 30 days, how many times did you use marijuana?
54. How much do people risk harming themselves, physically and in other ways, when they smoke marijuana once or twice a week?
55. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?
56. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
57. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
58. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?
59. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
60. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?
61. During the past 30 days, how many times have you taken over-the-counter drugs to get high?
62. During your life, how many times have you used a needle to inject any illegal drug into your body?
63. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

Rationale:

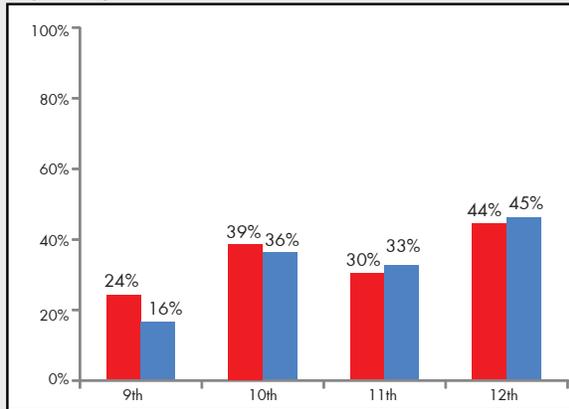
These questions measure ever and current use of marijuana, cocaine and inhalants, and ever use of methamphetamines, steroids, injected drugs, and prescription drug abuse. Among youth, illicit drug use is associated with heavy alcohol and tobacco use,(92) violence and delinquency,(89,90,91,94) and suicide.(93) All school districts prohibit illegal drug possession or use by students on school property.(24) Among high school students nationwide in 2009, 37% had used marijuana, 6% had used any form of cocaine, 3% had taken steroid pills or shots without a doctor's prescription, and 4% had used methamphetamines one or more times during their life.(15) In addition, 12% of high school students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high and 2% had used a needle to inject any illegal drug into their body one or more times during their life.(15)

Results: The results for Questions 51 to 63 are summarized on pages 49 to 55.

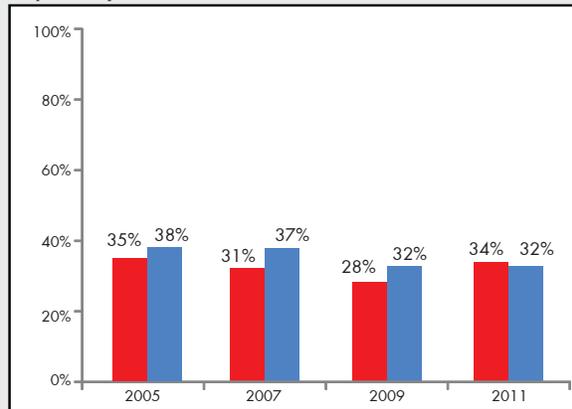
Question 51

Percentage of respondents who used marijuana one or more times during their life = 33%

Responses by Grade



Responses by Year

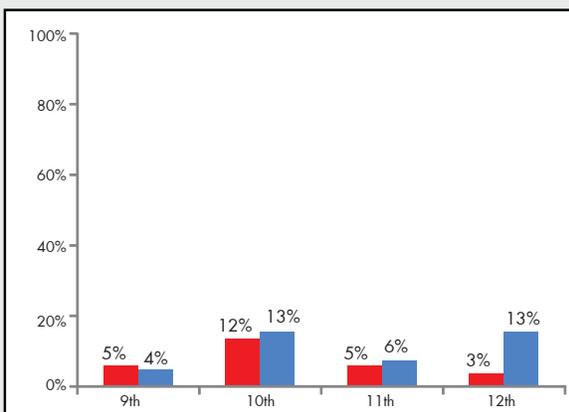


■ Females ■ Males

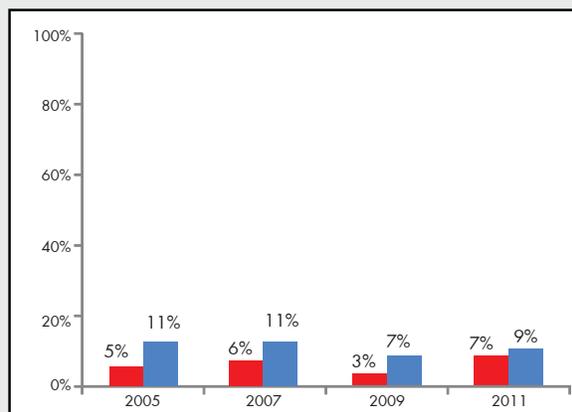
Question 52

Percentage of respondents who tried marijuana for the first time prior to age 13 = 8%

Responses by Grade



Responses by Year

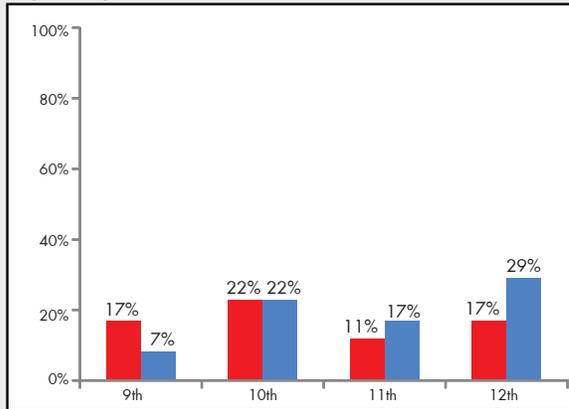


■ Females ■ Males

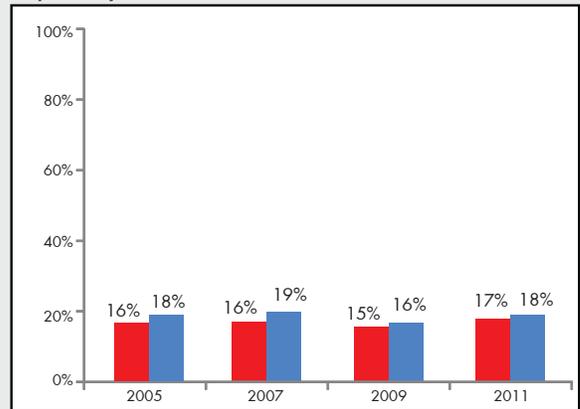
Question 53

Percentage of respondents who used marijuana one or more times during the past 30 days = 18%

Responses by Grade



Responses by Year

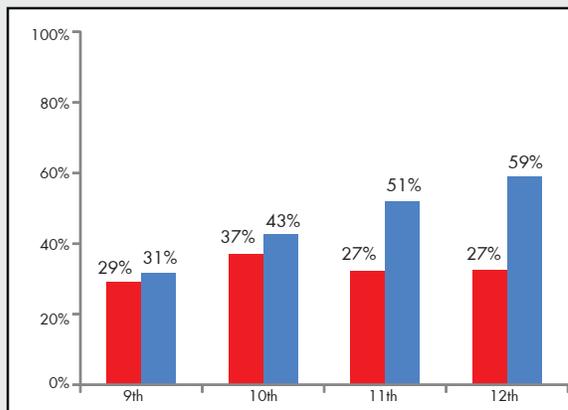


■ Females ■ Males

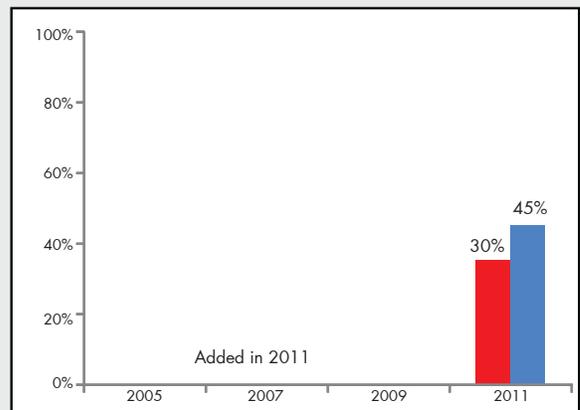
Question 54

Percentage of respondents who think people are at no risk or at slight risk of harming themselves physically and in other ways when they smoke marijuana once or twice a week = 38%

Responses by Grade



Responses by Year

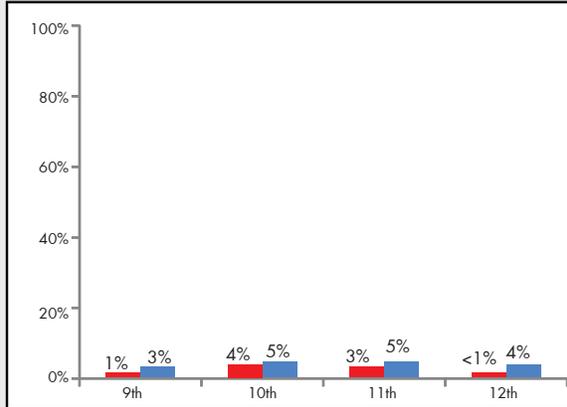


■ Females ■ Males

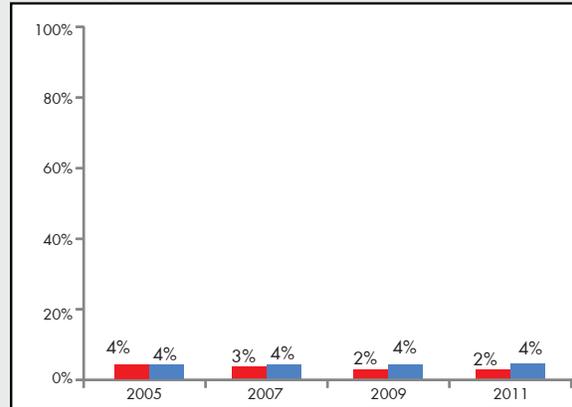
Question 55

Percentage of respondents who had used any form of cocaine including powder, crack, or freebase, one or more times during the past 30 days = 3%

Responses by Grade



Responses by Year

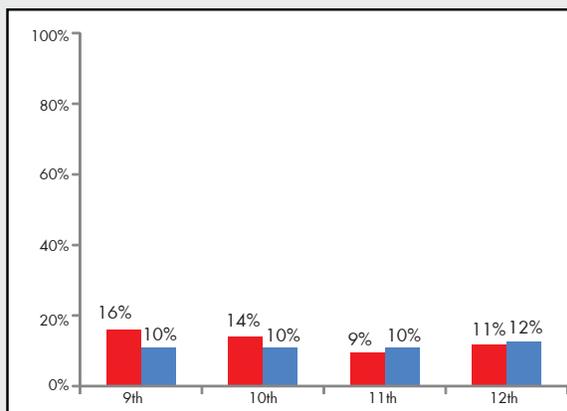


■ Females ■ Males

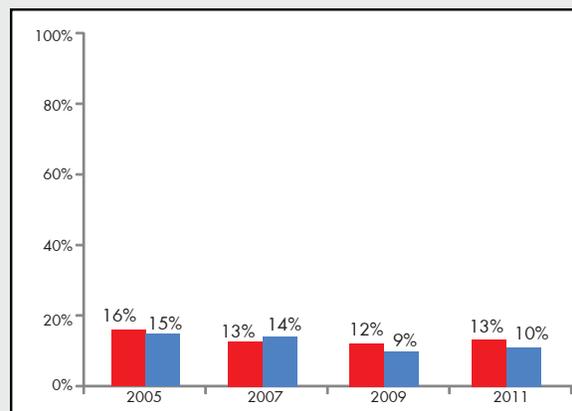
Question 56

Percentage of respondents who had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any sprays or paints to get high during their life = 12%

Responses by Grade



Responses by Year

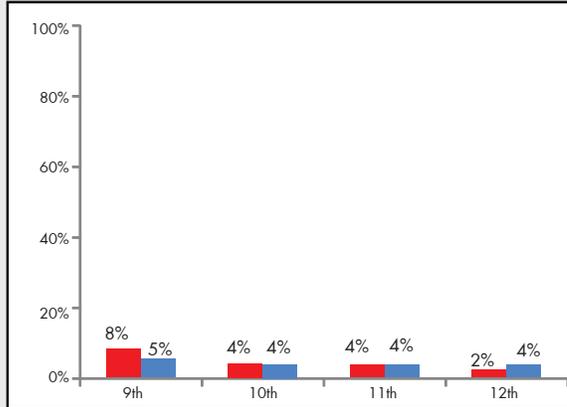


■ Females ■ Males

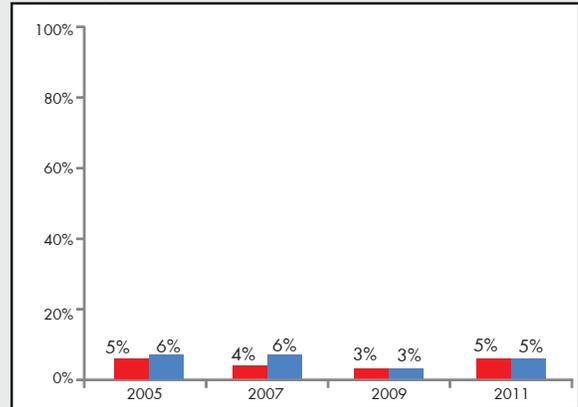
Question 57

Percentage of respondents who had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any sprays or paints to get high during the past 30 days = 5%

Responses by Grade



Responses by Year

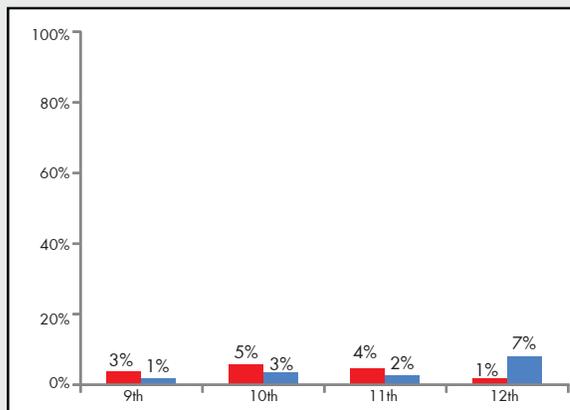


Females Males

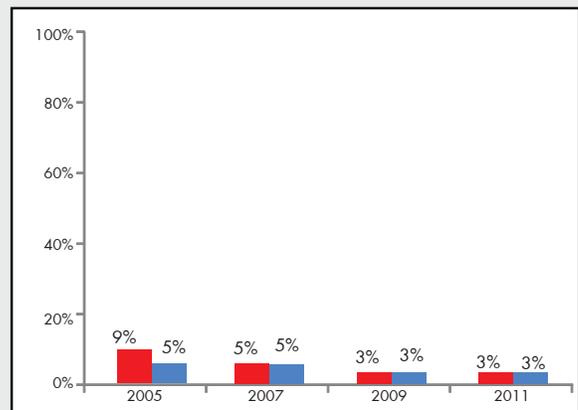
Question 58

Percentage of respondents who used methamphetamines one or more times during their life = 3%

Responses by Grade



Responses by Year

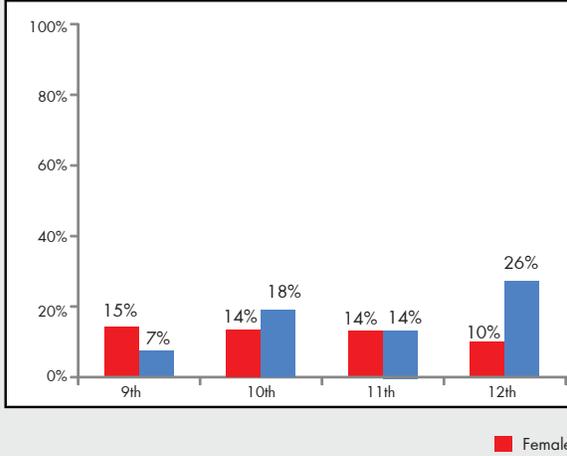


Females Males

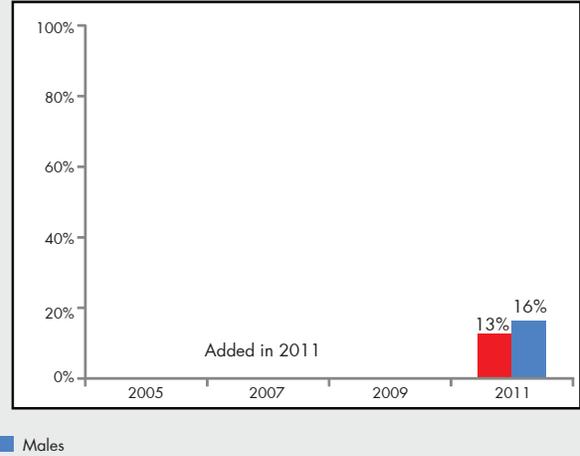
Question 59

Percentage of respondents who had 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 = 15%

Responses by Grade



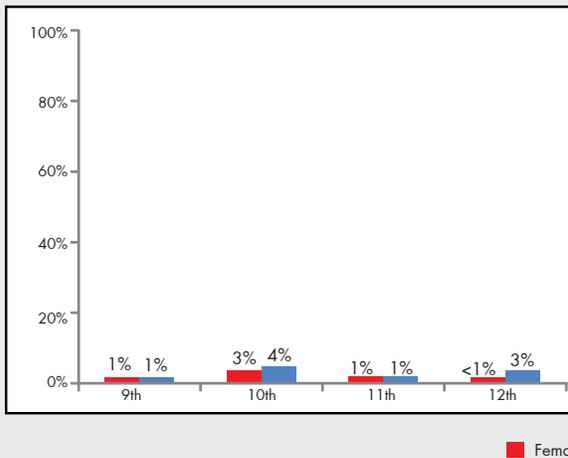
Responses by Year



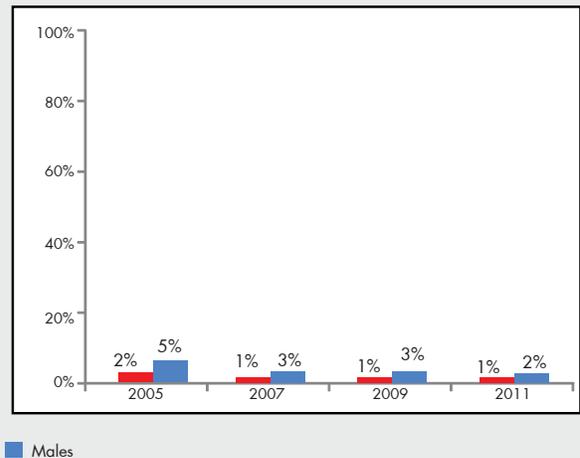
Question 60

Percentage of respondents who had taken steroid pills or shots without a doctor's prescription, one or more times during their life = 2%

Responses by Grade



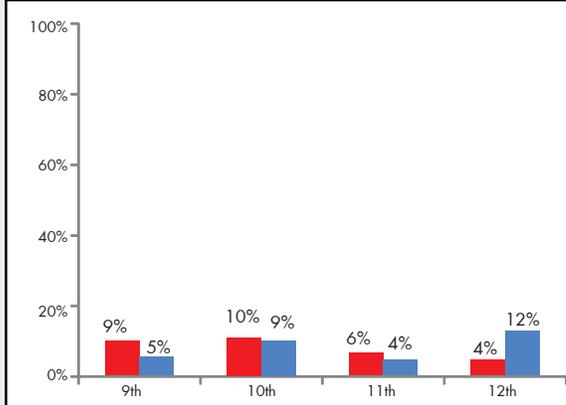
Responses by Year



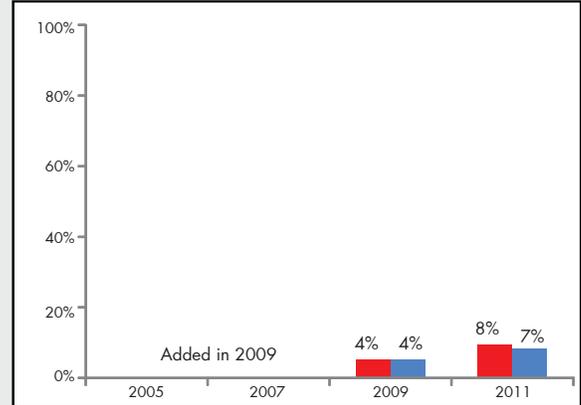
Question 61

Percentage of respondents who have taken over-the-counter drugs to get high during the past 30 days = 8%

Responses by Grade



Responses by Year

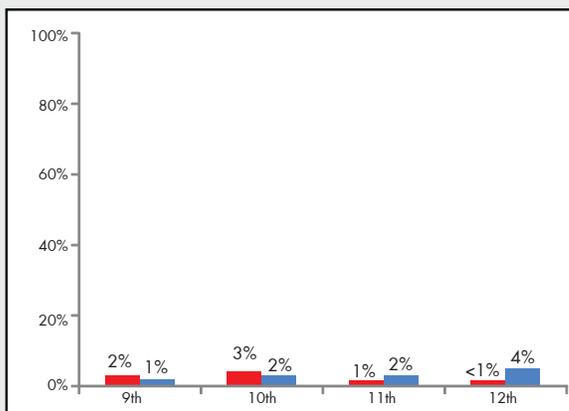


■ Females ■ Males

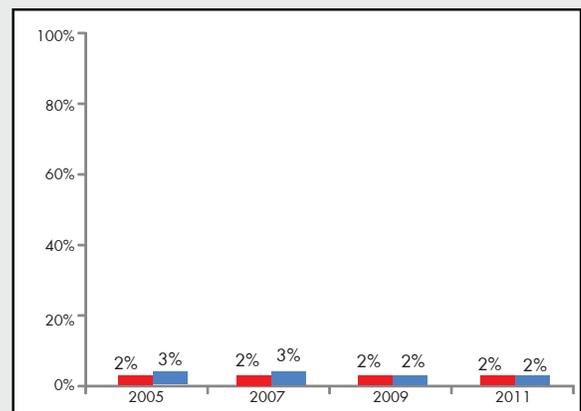
Question 62

Percentage of respondents who ever used a needle to inject any illegal drug into their body one or more times during their life = 2%

Responses by Grade



Responses by Year

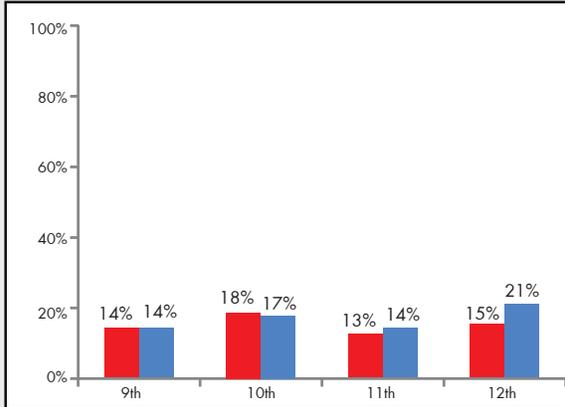


■ Females ■ Males

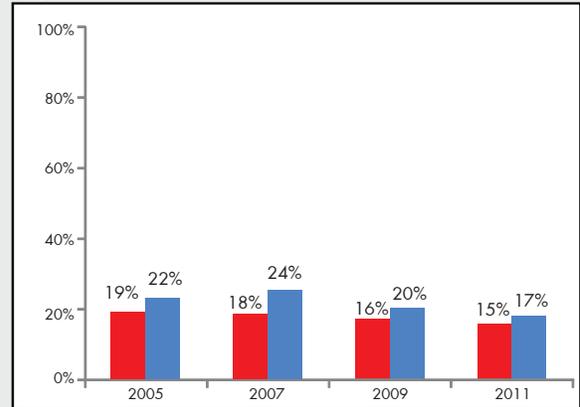
Question 63

Percentage of respondents who have had someone offer, sell, or give them an illegal drug on school property during the past 12 months = 16%

Responses by Grade



Responses by Year



■ Females ■ Males



Sexual Behaviors

SEXUAL BEHAVIORS THAT RESULT IN HIV INFECTION, OTHER SEXUALLY TRANSMITTED DISEASES, AND UNINTENDED PREGNANCIES

Questions:

64. Have you ever had sexual intercourse?
65. How old were you when you had sexual intercourse for the first time?
66. During your life, with how many people have you had sexual intercourse?
67. During the past 3 months, with how many people did you have sexual intercourse?
68. Did you drink alcohol or use drugs before you had sexual intercourse the last time?
69. The last time you had sexual intercourse, did you or your partner use a condom?
70. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?
95. Have you ever been taught about AIDS or HIV infection in school?
96. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?
97. Have you ever been tested for any sexually transmitted disease (STD)?

Rationale:

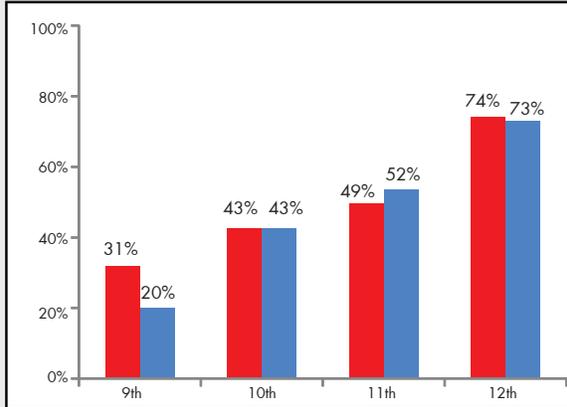
These questions measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, alcohol and other drug use related to sexual activity, condom use, contraceptive use, and whether high school students received HIV prevention education. Early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners.(17,29,47,80,81,82) In addition, adolescents who initiate sexual intercourse early are less likely to use contraception(56,58,82) and are at higher risk for pregnancy.(57,96) Recent estimates suggest that while representing 25% of the ever sexually active population, persons ages 15-24 years acquire nearly half of all new STDs.(108) Gonorrhea rates are highest among females between the ages of 15 and 19 years (636.8 cases per 100,000 females) and males between the ages of 20 and 24 years (433.6 cases per 100,000 males).(13) In 2007, there were an estimated 6,610 cases of HIV/AIDS among persons ages 15–24 years.(10) Among high school students nationwide in 2009, 46% had ever had sexual intercourse, 14% had had sexual intercourse with four or more persons during their life, and 34% had had sexual intercourse with at least one person during the 3 months before the survey.(15) In 2009, among the 34% of students who were currently sexually active, 61% reported that either they or their partner had used a condom during last sexual intercourse.(15) Among high school students nationwide in 2009, 87.0% of students had ever been taught in school about AIDS or HIV infection.(15).

Results: The results for Questions 64 to 70, and 95 to 97 are summarized on pages 59 to 63.

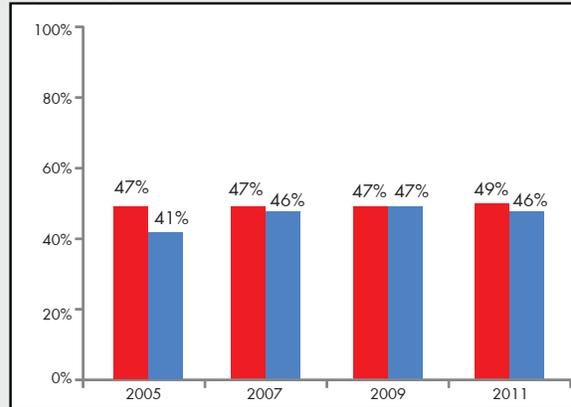
Question 64

Percentage of respondents who ever had sexual intercourse = 47%

Responses by Grade



Responses by Year

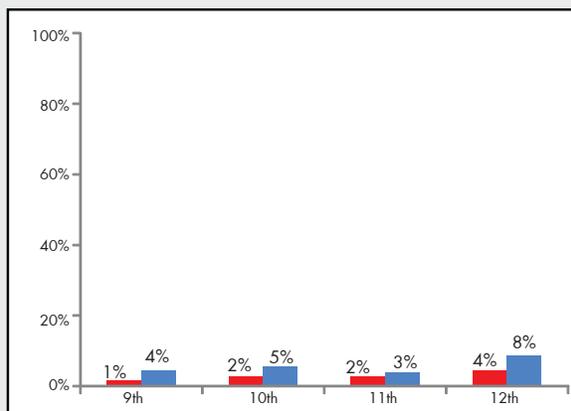


■ Females ■ Males

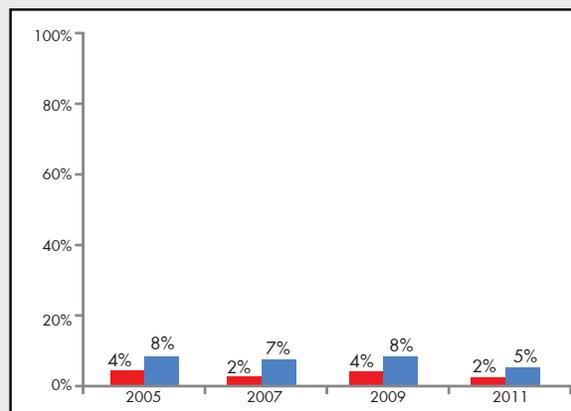
Question 65

Percentage of respondents who had sexual intercourse for the first time prior to age 13 = 4%

Responses by Grade



Responses by Year

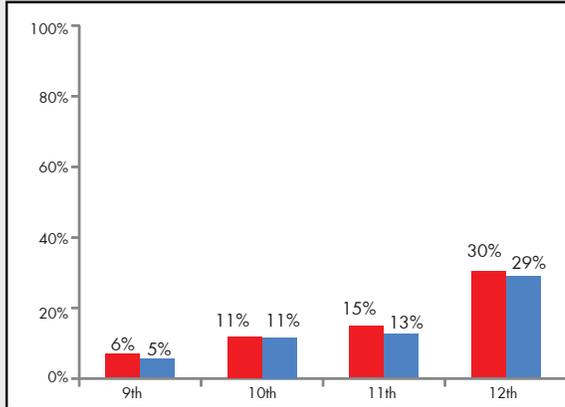


■ Females ■ Males

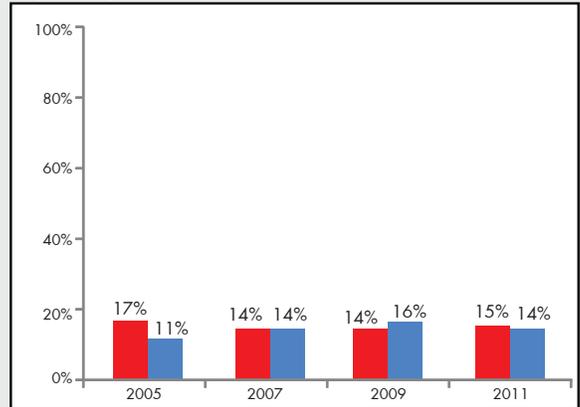
Question 66

Percentage of respondents who had sexual intercourse with four or more people during their life = 15%

Responses by Grade



Responses by Year

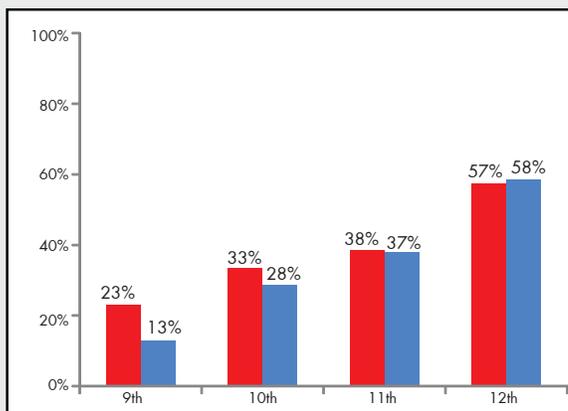


Females Males

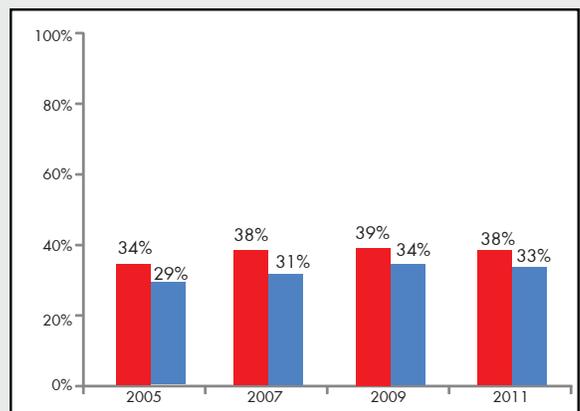
Question 67

Percentage of respondents who had sexual intercourse with one or more people during the past 3 months = 35%

Responses by Grade



Responses by Year

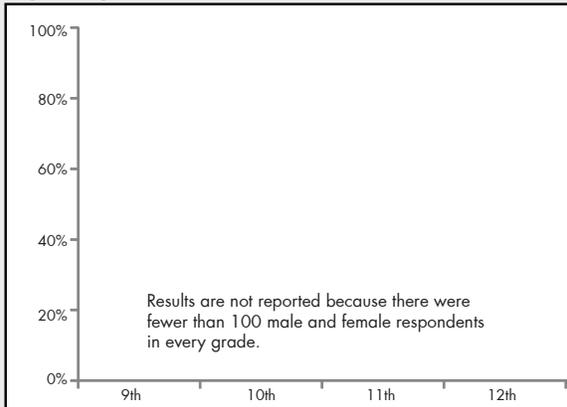


Females Males

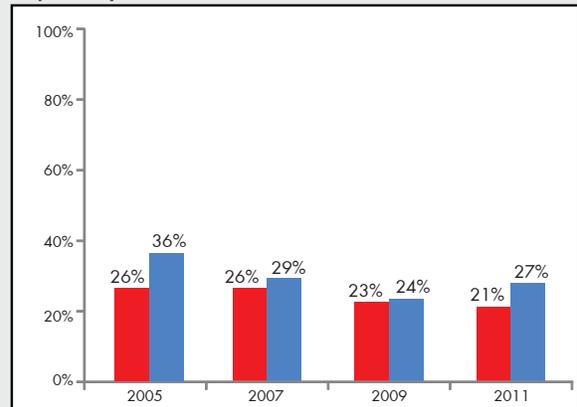
Question 68

Of respondents who had sexual intercourse during the past 3 months, the percentage who drank alcohol or used drugs before last sexual intercourse = 24%

Responses by Grade



Responses by Year

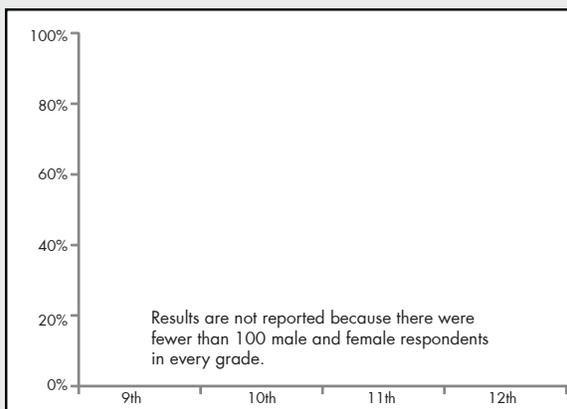


■ Females ■ Males

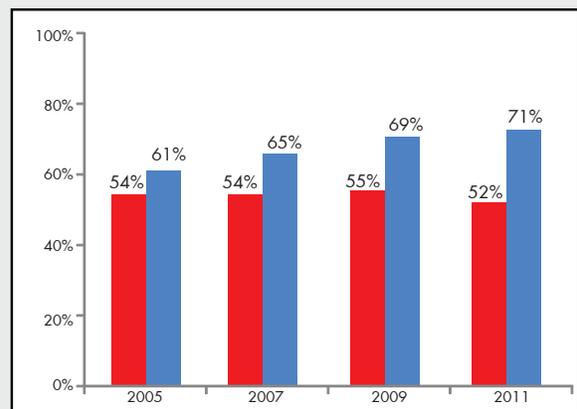
Question 69

Of respondents who had sexual intercourse during the past 3 months, the percentage who used or whose partner used a condom during last sexual intercourse = 61%

Responses by Grade



Responses by Year

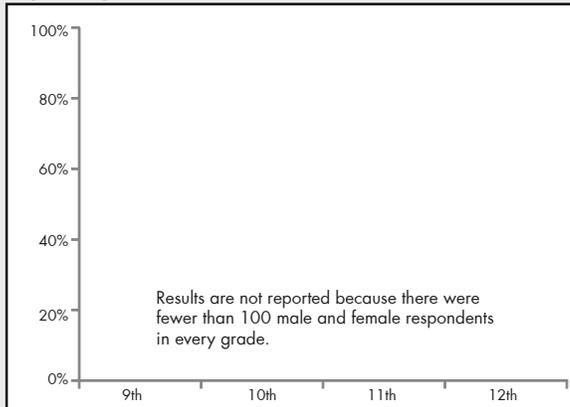


■ Females ■ Males

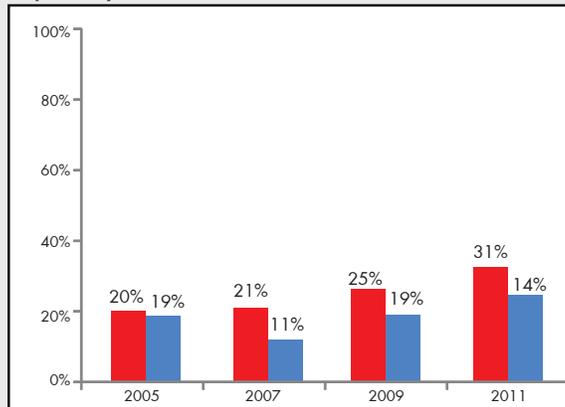
Question 70

Of respondents who had sexual intercourse during the past 3 months, the percentage who used or whose partner used birth control pills to prevent pregnancy during last sexual intercourse = 24%

Responses by Grade



Responses by Year

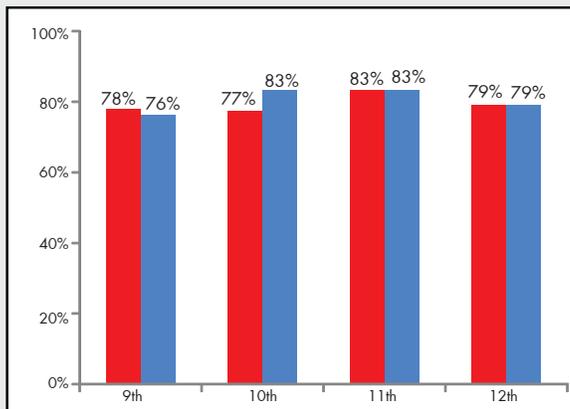


■ Females ■ Males

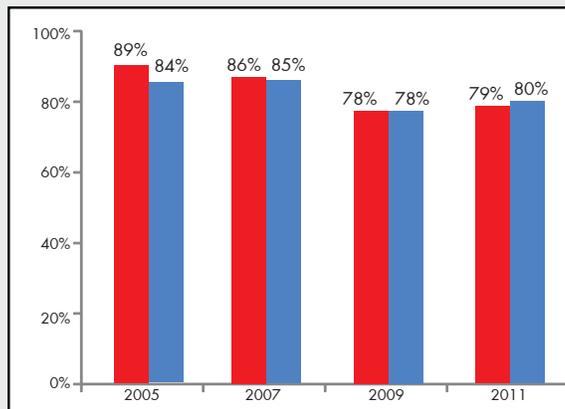
Question 95

Percentage of respondents who had been taught about AIDS/HIV infection in school = 80%

Responses by Grade



Responses by Year

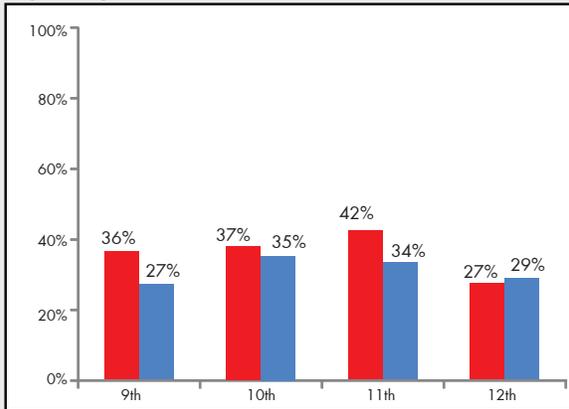


■ Females ■ Males

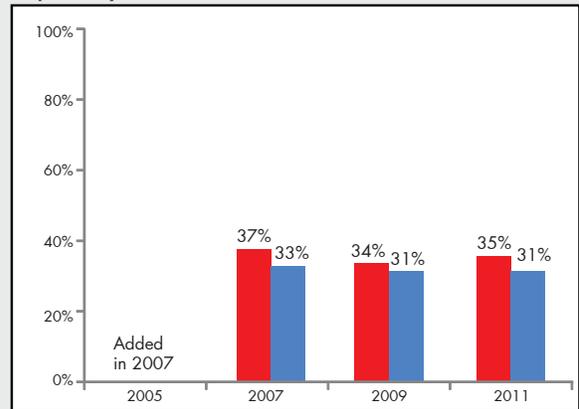
Question 96

Percentage of respondents who have ever talked about AIDS or HIV infection with their parents or other adults in their family = 33%

Responses by Grade



Responses by Year

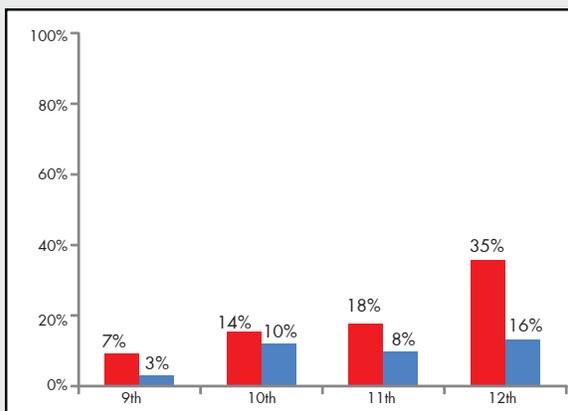


■ Females ■ Males

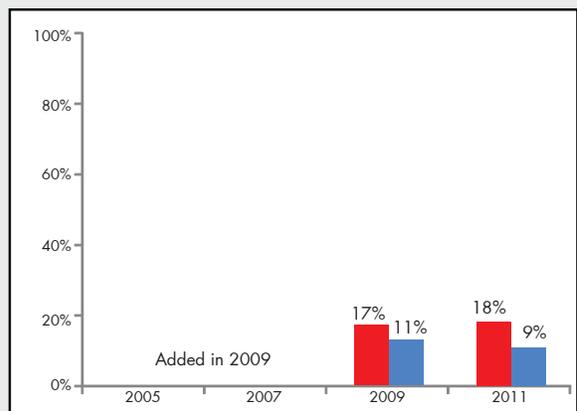
Question 97

Percentage of respondents who have been tested for any sexually transmitted disease (STD) = 13%

Responses by Grade



Responses by Year



■ Females ■ Males



**Unhealthy
Dietary
Behaviors**

DIETARY BEHAVIORS

Questions:

6. How tall are you without your shoes on?
7. How much do you weigh without your shoes on?

Rationale:

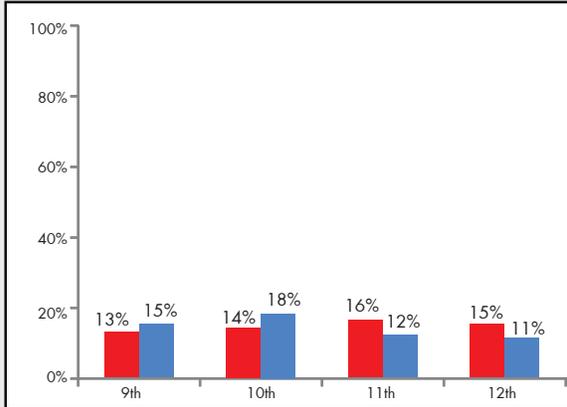
These questions measure self-reported height and weight and perceived body weight. Data on self-reported height and weight is used to calculate body mass index (BMI) and determine the corresponding BMI-for-age percentile for adolescents. BMI-for-age percentile is a proxy measure of weight status, correlates with body fat,(62) and is recommended for assessing weight status in youth ages 2-20.(52) Although BMI calculated from self-reported height and weight underestimate the prevalence of obesity compared to BMI calculated from measured height and weight,(83) self-reported height and weight are useful for tracking BMI trends over time. In addition, obesity prevalence trends from national surveys of adults using self-reported height and weight(31) have been consistent with trend data from national surveys using measured height and weight.(14) It is critical to continue monitoring height and weight because the prevalence of obesity among adolescents has tripled since 1980.(73) Obesity during adolescence is associated with negative psychological and social consequences and health problems such as type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.(19) Further, obese adolescents are more likely to become obese adults.(28,37) Nationwide in 2009, based on national YRBS data, 12% of high school students were obese and 16% were overweight.(15)

Results: On page 67, the results of Questions 6 and 7 are used to show the percentage of students who are overweight, and the percentage of students who are obese.

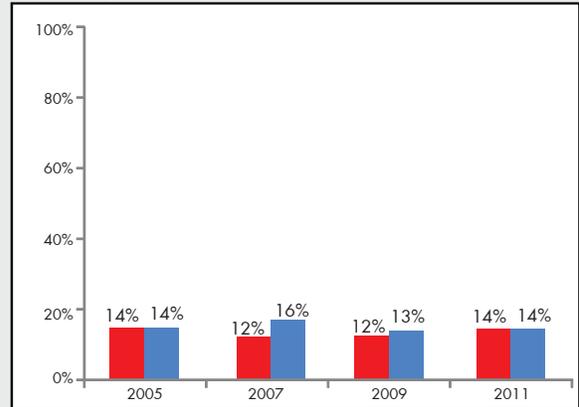
Questions 6 and 7

Percentage of respondents who are overweight = 14%

Responses by Grade



Responses by Year

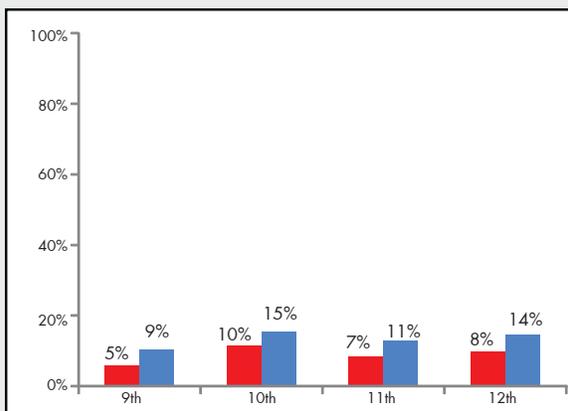


■ Females ■ Males

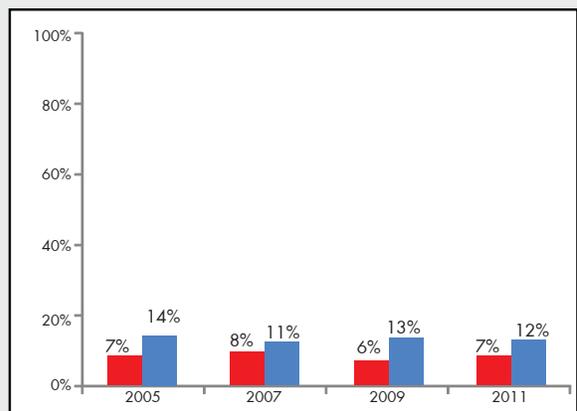
Questions 6 and 7

Percentage of respondents who are obese = 10%

Responses by Grade



Responses by Year



■ Females ■ Males

DIETARY BEHAVIORS

Questions:

71. How do you describe your weight?
72. Which of the following are you trying to do about your weight?
73. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?
74. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?
75. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

Rationale:

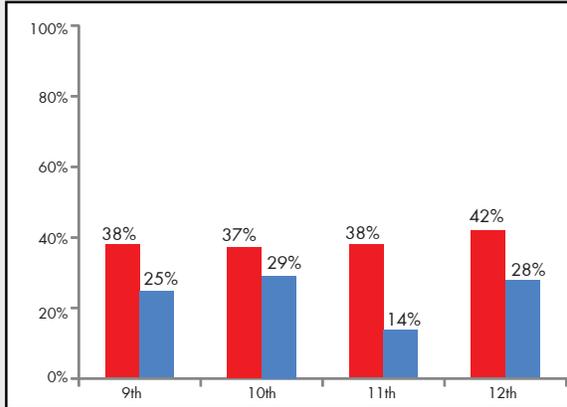
Current recommendations promote healthy eating and physical activity as effective weight control behaviors. (20,85) Unhealthy weight control behaviors include fasting, taking diet pills or laxatives, or inducing vomiting. Engaging in unhealthy weight control behaviors may result in physical and psychological health problems such as obesity, eating disorders such as anorexia and bulimia,(71) and stunted growth.(34) Disordered eating behaviors are correlated with inadequate nutrient intake,(69) low self-esteem, high levels of depression, suicidal ideation, high levels of stress, and alcohol and drug use.(70) Nationwide in 2009, 44% of high school students were trying to lose weight.(15) In 2009, 11% of high school students did not eat for 24 or more hours to lose weight or to keep from gaining weight, 5% of high school students had taken diet pills, powders, or liquids without a doctor's advice, and 4% had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days before the survey.(15)

Results: The results for Questions 71 to 75 are summarized on pages 69 to 71.

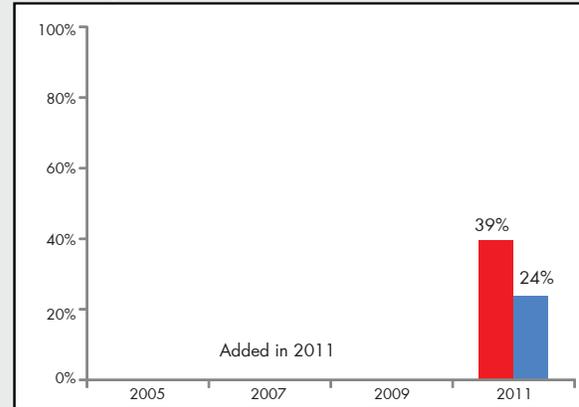
Question 71

Percentage of respondents who described themselves as slightly or very overweight = 31%

Responses by Grade



Responses by Year

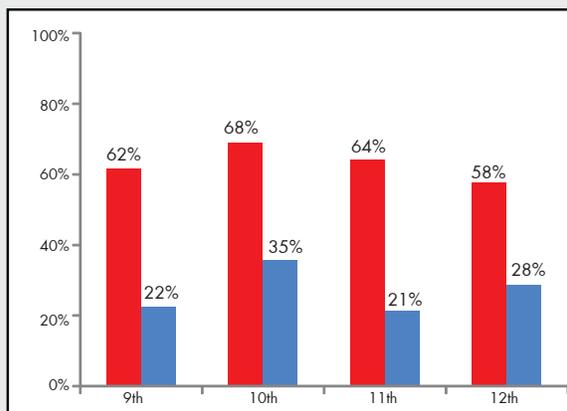


■ Females ■ Males

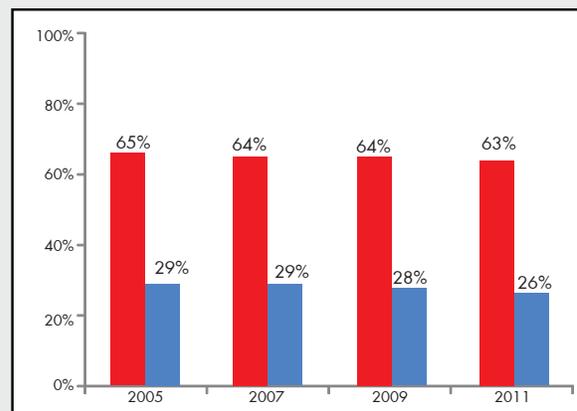
Question 72

Percentage of respondents who are trying to lose weight = 44%

Responses by Grade



Responses by Year

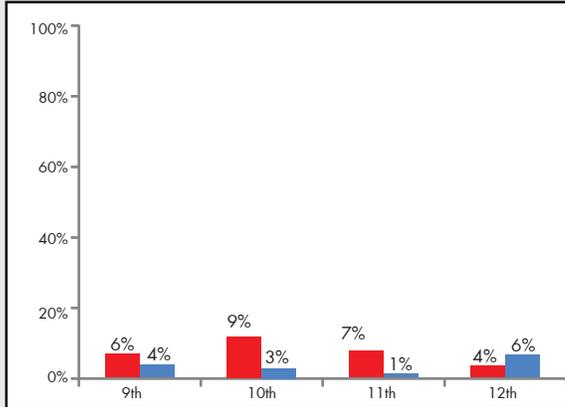


■ Females ■ Males

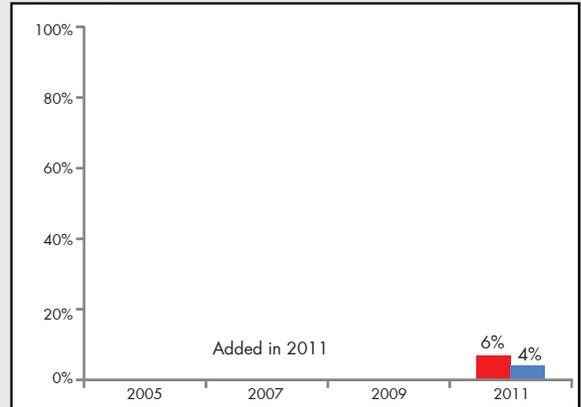
Question 73

Percentage of respondents who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days = 5%

Responses by Grade



Responses by Year

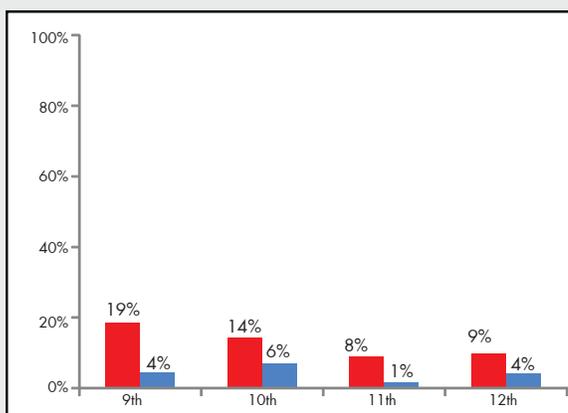


Females Males

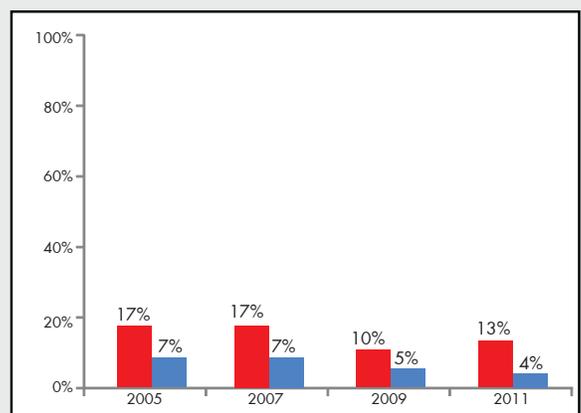
Question 74

Percentage of respondents who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days = 8%

Responses by Grade



Responses by Year

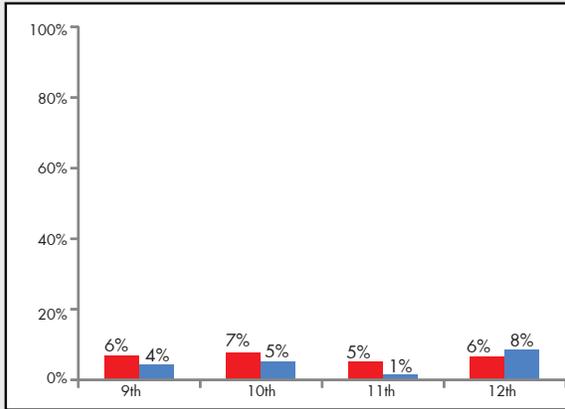


Females Males

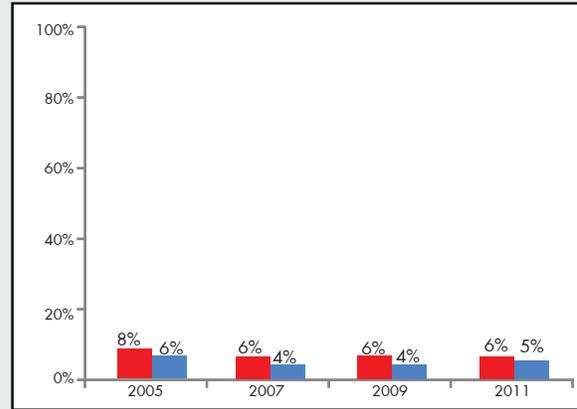
Question 75

Percentage of respondents who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days = 5%

Responses by Grade



Responses by Year



■ Females ■ Males

DIETARY BEHAVIORS

Questions:

76. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
77. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)
78. During the past 7 days, how many times did you eat green salad?
79. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
80. During the past 7 days, how many times did you eat carrots?
81. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)
82. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)
83. During the past 7 days, how many times did you drink a can, bottle, or glass of a sports drink such as Gatorade or PowerAde? (Do not count low-calorie sports drinks such as Propel or G2.)
84. During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull or Jolt? (Do not count diet energy drinks or sports drinks such as Gatorade or PowerAde.)
85. During the past 7 days, on how many days did you eat breakfast?
86. During the past 30 days, how often did you go hungry because there was not enough food in your home?

Rationale:

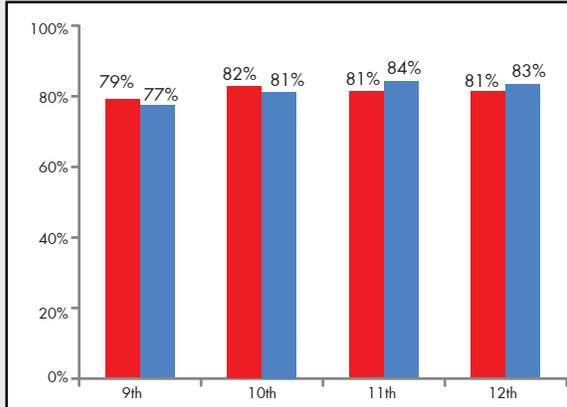
These questions measure dietary behaviors, including consumption of fruits and vegetables, and soda or pop. The fruit and vegetable questions are similar to questions asked of adults on CDC's Behavioral Risk Factor Survey 2009 questionnaire.(9) Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer,(50,53,102) cardiovascular disease,(2) and stroke.(39) Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of being overweight.(36,40,79) In 2009, 22% of high school students nationwide had eaten fruits and vegetables five or more times per day during the 7 days before the survey.(15) In recent years, soft drink consumption has significantly increased among children and adolescents. Among persons ages 2-18 years, soft drinks comprised 3% of the total daily calories consumed in 1977-1978 compared to 7% in 1999-2001.(72) In 1999-2004, US youth ages 2-19 years, consumed an average of 224 kcal per capita per day from sugar sweetened beverages (11% of their daily energy intake).(106) Consumption of sugar sweetened beverages, including soft drinks, appears to be associated with increased risk of being overweight among children(55,104) and is associated with a less healthy diet,(59) decreased bone density,(110) and dental decay.(95) Nationwide in 2009, 29% of high school students had drunk a can, bottle, or glass of soda or pop (not counting diet soda or diet pop) at least one time per day during the 7 days before the survey.(15)

Results: The results for Questions 76 to 86 are summarized on pages 73 to 78.

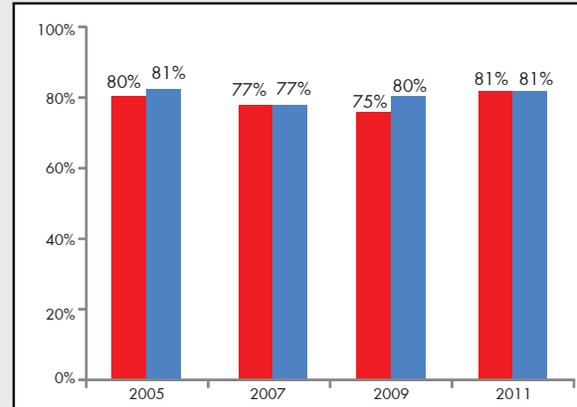
Question 76

Percentage of respondents who drank 100% fruit juice one or more times during the past seven days = 81%

Responses by Grade



Responses by Year

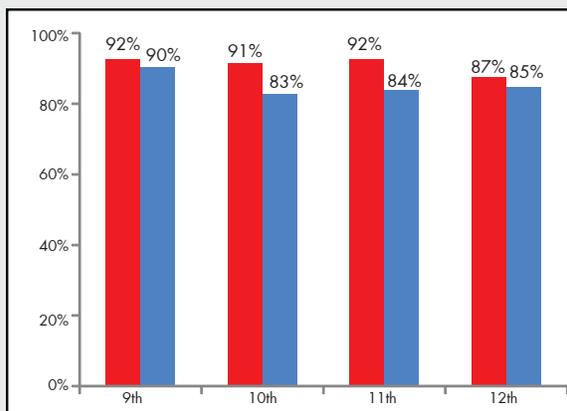


Females Males

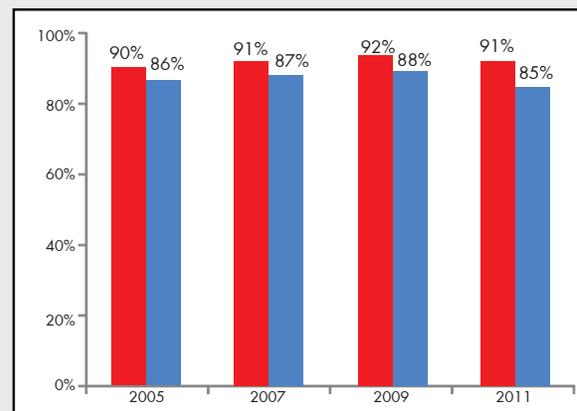
Question 77

Percentage of respondents who ate fruit one or more times during the past seven days = 88%

Responses by Grade



Responses by Year

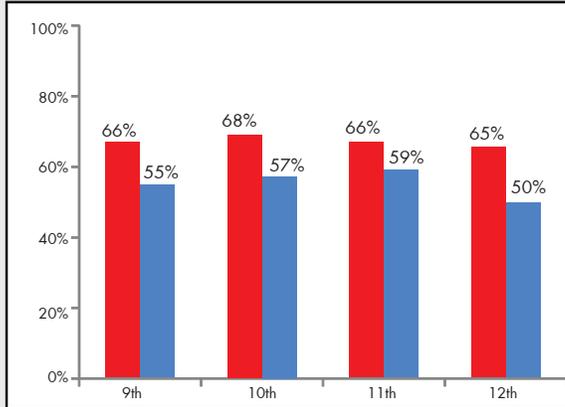


Females Males

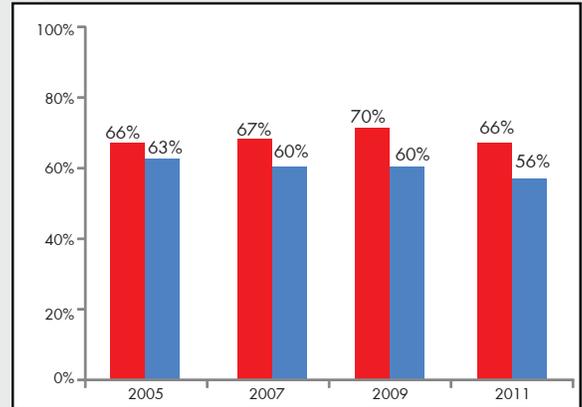
Question 78

Percentage of respondents who ate green salad one or more times during the past seven days = 61%

Responses by Grade



Responses by Year

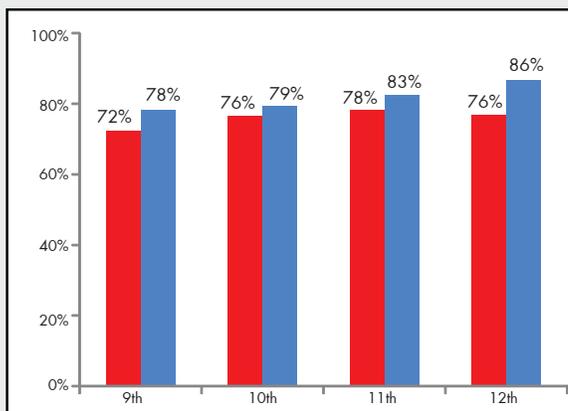


■ Females ■ Males

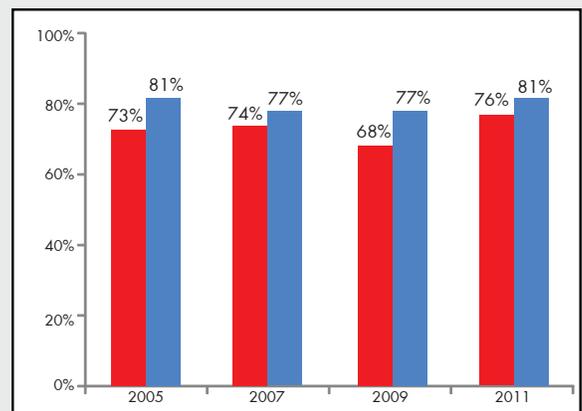
Question 79

Percentage of respondents who ate potatoes one or more times during the past seven days = 78%

Responses by Grade



Responses by Year

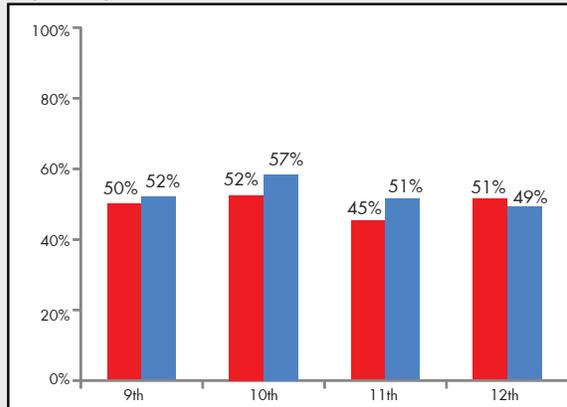


■ Females ■ Males

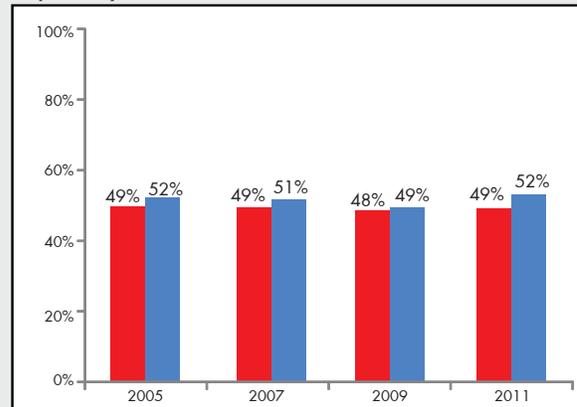
Question 80

Percentage of respondents who ate carrots one or more times during the past seven days = 51%

Responses by Grade



Responses by Year

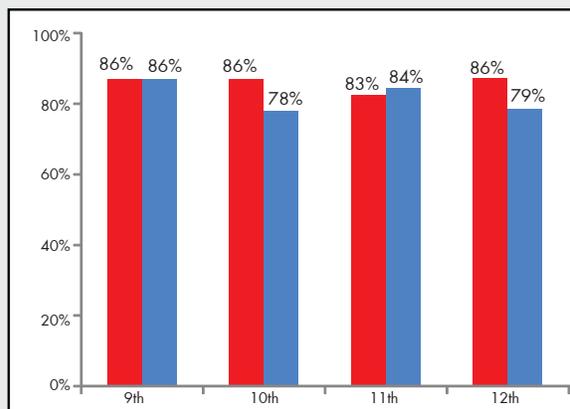


■ Females ■ Males

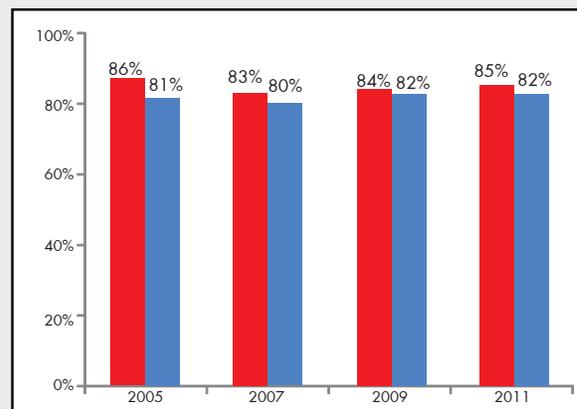
Question 81

Percentage of respondents who ate other vegetables one or more times during the past seven days = 84%

Responses by Grade



Responses by Year

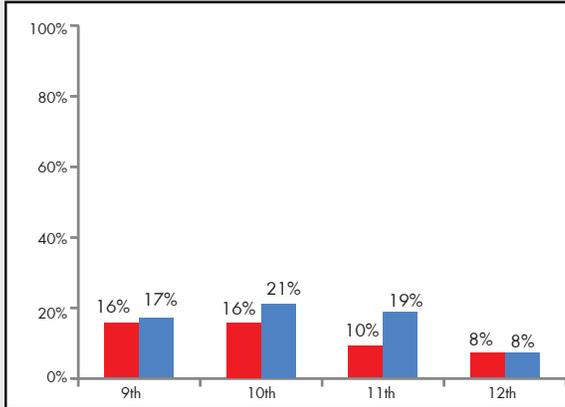


■ Females ■ Males

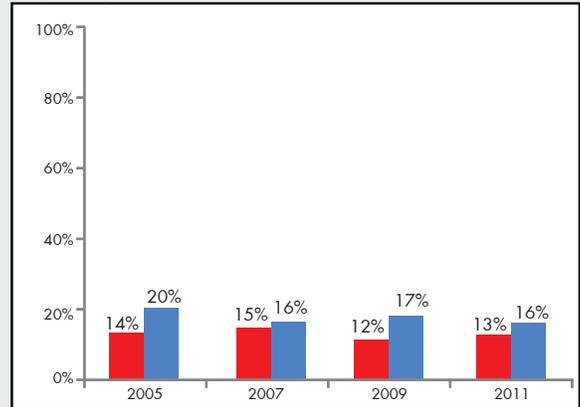
Questions 76 – 81

Percentage of respondents who ate five or more servings of fruits and vegetables per day during the past 7 days = 15%

Responses by Grade



Responses by Year

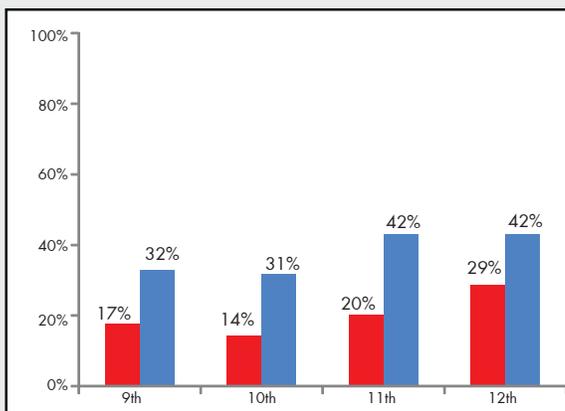


■ Females ■ Males

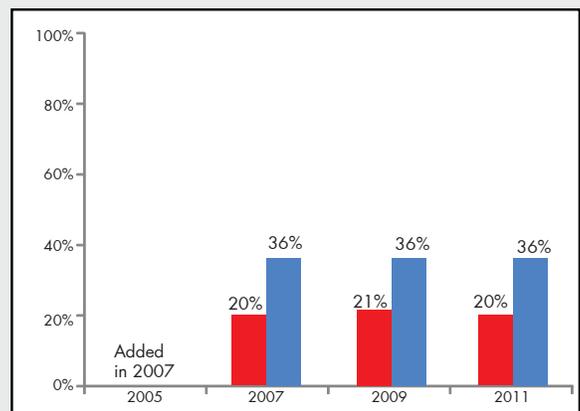
Question 82

Percentage of respondents who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days = 28%

Responses by Grade



Responses by Year

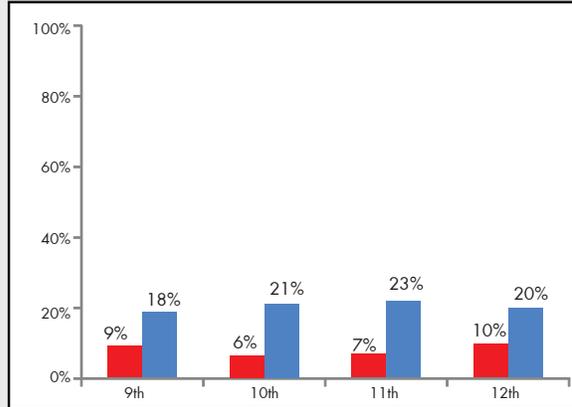


■ Females ■ Males

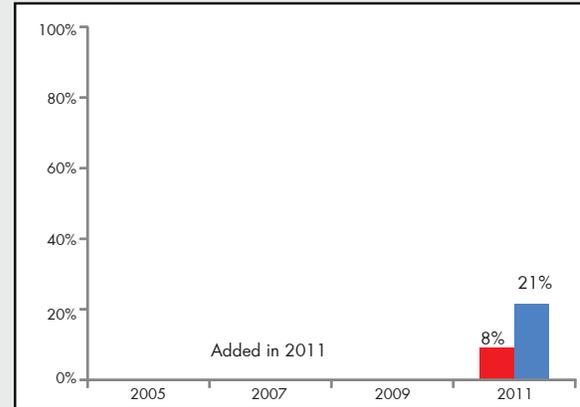
Question 83

Percentage of respondents who drank a can, bottle, or glass of a sports drink such as Gatorade or PowerAde one or more times per day during the past seven days = 14%

Responses by Grade



Responses by Year

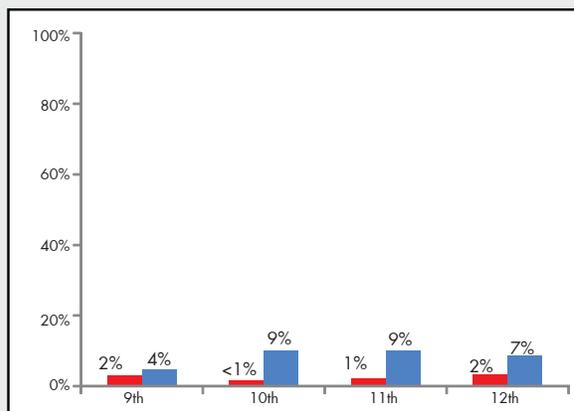


■ Females ■ Males

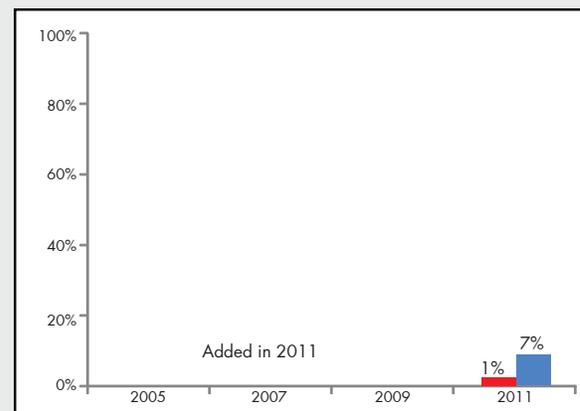
Question 84

Percentage of respondents who drank a can, bottle, or glass of an energy drink such as Red Bull or Jolt one or more times per day during the past seven days = 4%

Responses by Grade



Responses by Year

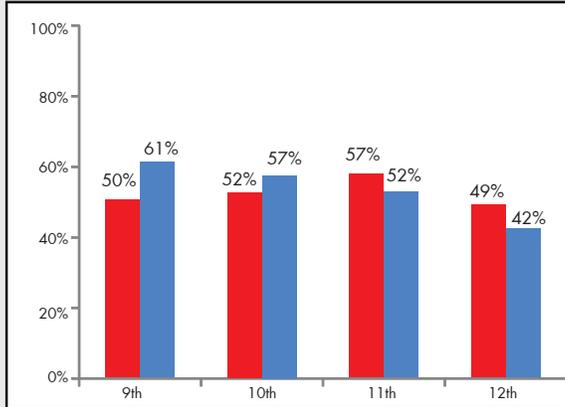


■ Females ■ Males

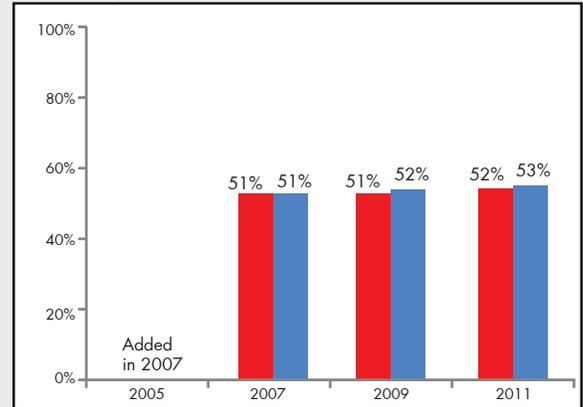
Question 85

Percentage of respondents who ate breakfast on 5 or more of the past 7 days = 53%

Responses by Grade



Responses by Year

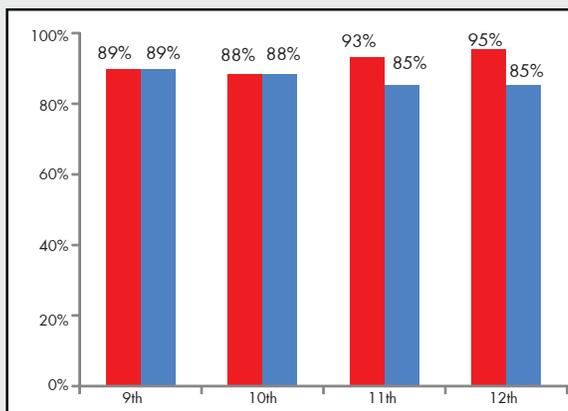


Females Males

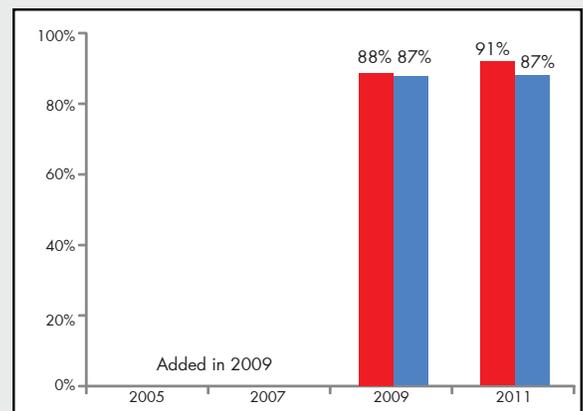
Question 86

Percentage of respondents who never or rarely went hungry during the past 30 days because there was not enough food in the house = 89%

Responses by Grade



Responses by Year



Females Males



**Physical
Inactivity**

PHYSICAL ACTIVITY

Questions:

87. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time that you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)
88. On an average school day, how many hours do you watch TV?
89. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, Play Station, Nintendo DS, iPod touch, Facebook, and the Internet.)
90. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
91. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

Rationale:

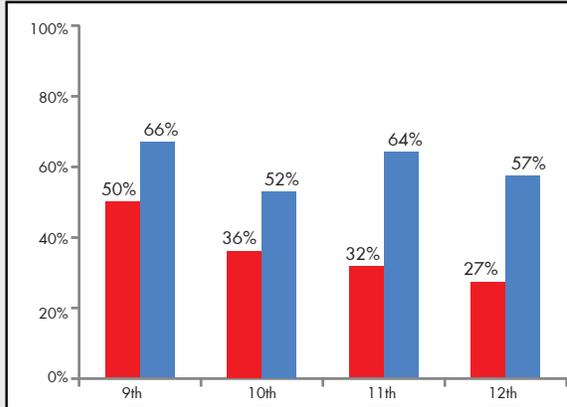
These questions measure participation in physical activity, physical education classes, and time spent watching television (TV) and using a computer or playing video games. Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being.(75,87) Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, obesity, some types of cancer, and premature death.(75) In 2008, the U.S. Department of Health and Human Services recommended that young people ages 6–17 participate in at least 60 minutes of physical activity daily.(98) In 2009, 18% of high school students were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on each of the 7 days before the survey (i.e., physically active at least 60 minutes on all 7 days).(15) School physical education classes can increase adolescent participation in physical activity(24,60,61,97) and help high school students develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.(22,97) In 2009, 56% of high school students nationwide went to physical education classes on 1 or more days in an average week when they were in school.(15) Watching TV and using a computer are considered sedentary behaviors. Among youth, time spent watching TV, in particular, is associated with childhood and adult obesity(30,35,49,54,101) and youth who engage in less than two hours of TV viewing per day tend to be more active.(54) Computer usage and video game playing are associated with physical inactivity among adolescents(35) and young adults.(27) Among high school students nationwide in 2009, 25% of students played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day and 33% watched television 3 or more hours per day on an average school day.(15)

Results: The results for Questions 87 to 91 are summarized on pages 81 to 83.

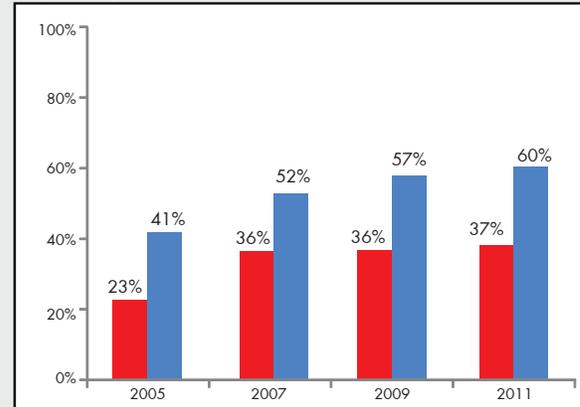
Question 87

Percentage of respondents who were physically active for a total of at least 60 minutes per day, during 5 or more of the past 7 days = 49%

Responses by Grade



Responses by Year

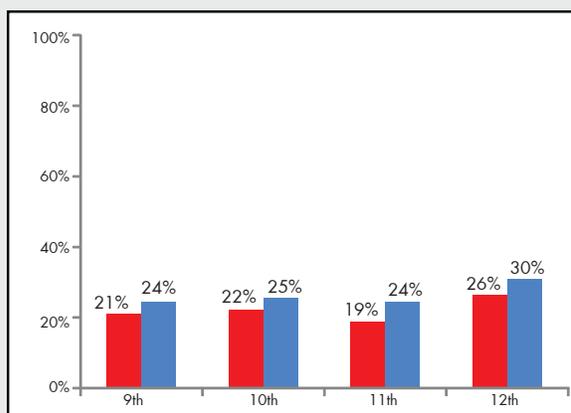


Females Males

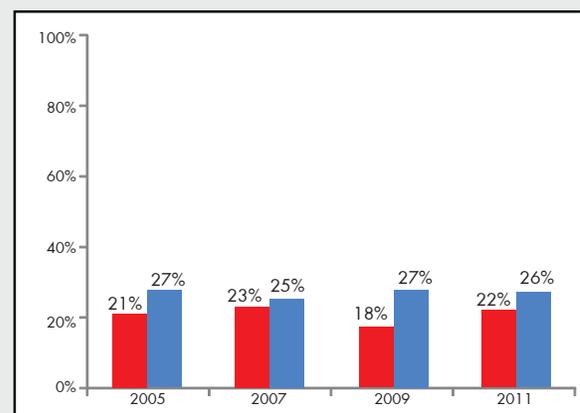
Question 88

Percentage of respondents who during an average school day watched TV for 3 or more hours per day = 24%

Responses by Grade



Responses by Year

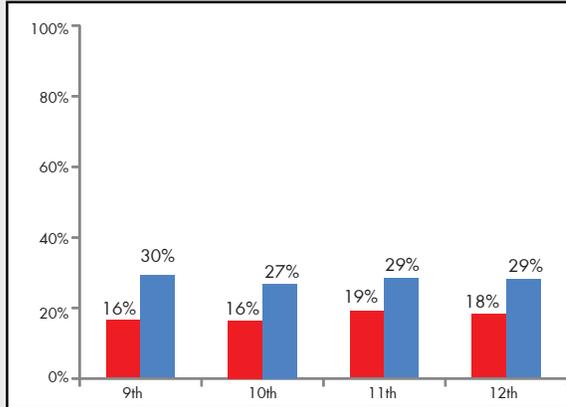


Females Males

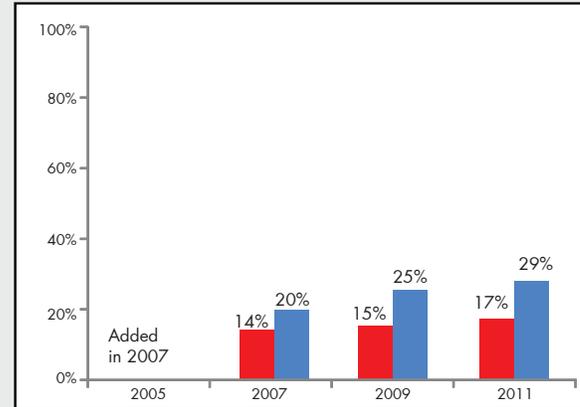
Question 89

Percentage of respondents who played video games or used a computer for something that was not school work for 3 or more hours on an average school day = 23%

Responses by Grade



Responses by Year

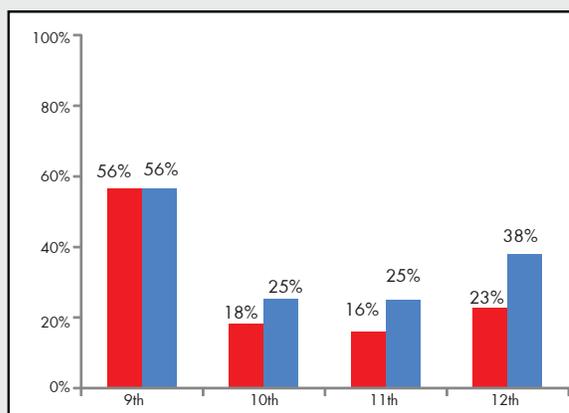


Females Males

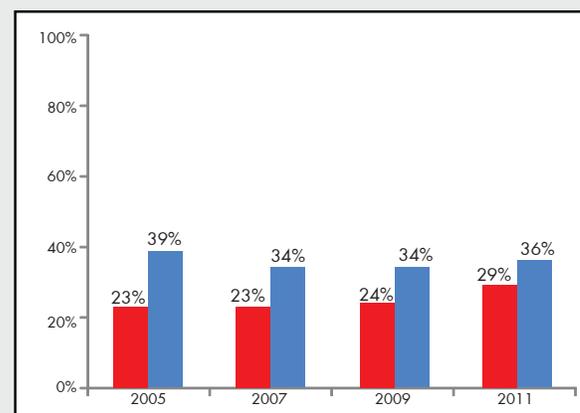
Question 90

Percentage of respondents who went to physical education class one or more days in an average school week = 33%

Responses by Grade



Responses by Year



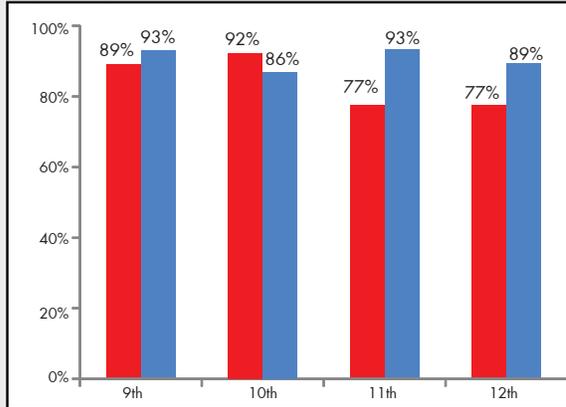
Females Males

Physical Inactivity

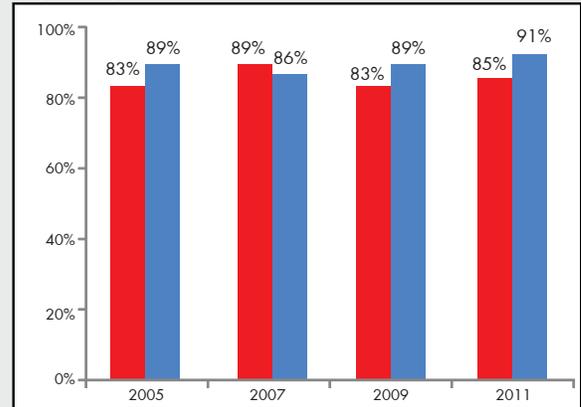
Question 91

Of respondents enrolled in physical education class, the percentage who exercised or played sports more than 20 minutes during an average physical education class = 88%

Responses by Grade



Responses by Year



■ Females ■ Males



**Other Health
Related Topics**

OTHER HEALTH-RELATED TOPICS

Questions:

92. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?
93. During the past 12 months, how many times have you missed school because of problems with your teeth or mouth?
94. During the past 12 months, how many times have you visited a hospital emergency room for problems with your teeth or mouth?
98. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not include getting a spray-on tan.)
99. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with a SPF of 15 or higher?

Rationale:

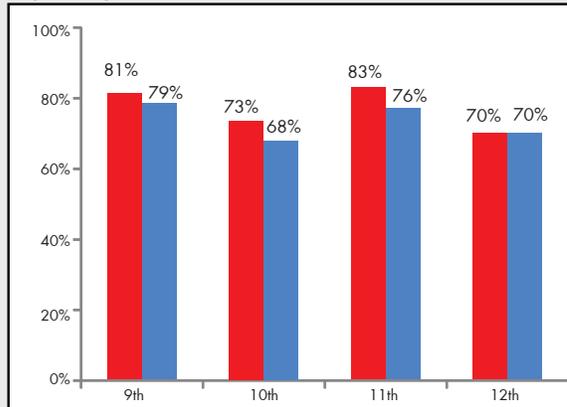
Skin cancer is the most common type of cancer in the United States.(63) Because a substantial percentage of lifetime sun exposure occurs before age 20 years(86,109) and because ultraviolet (UV) radiation exposure during childhood and adolescence plays an important role in the development of skin cancer,(32,109) preventive behaviors can yield the most positive effects, if they are initiated early and established as healthy and consistent patterns throughout life.

Results: The results for Questions 92 to 94, 98 and 99 are summarized on pages 87 to 89.

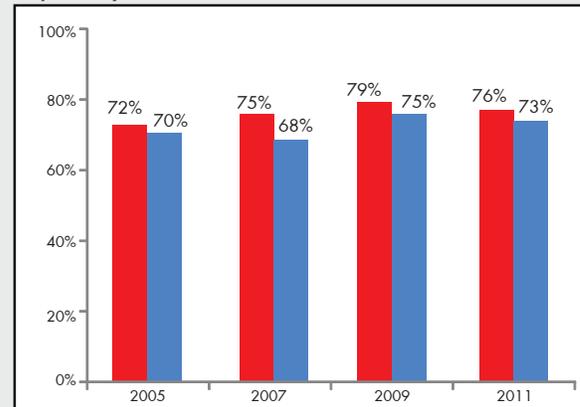
Question 92

Percentage of respondents who saw a dentist during the past 12 months for a check-up, exam, teeth cleaning, or other dental work = 74%

Responses by Grade



Responses by Year

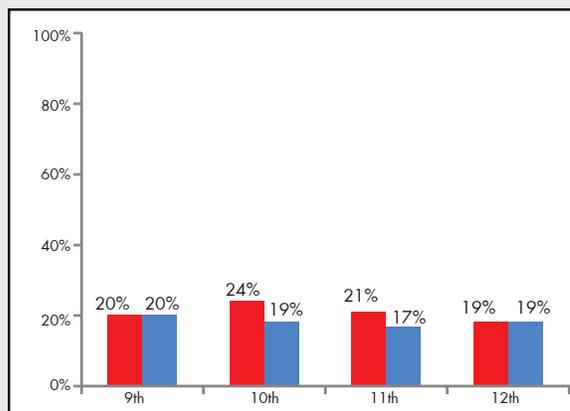


■ Females ■ Males

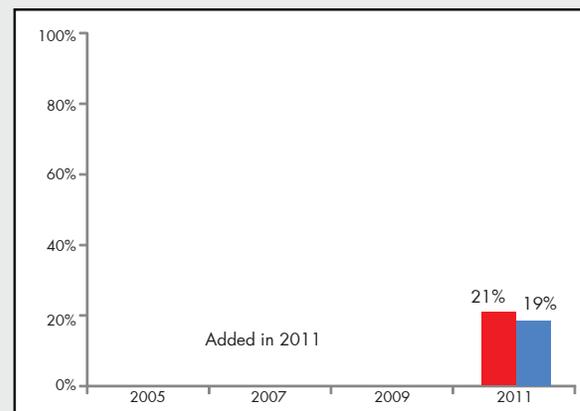
Question 93

Percentage of respondents who have missed school because of problems with their teeth or mouth one or more times during the past 12 months = 20%

Responses by Grade



Responses by Year

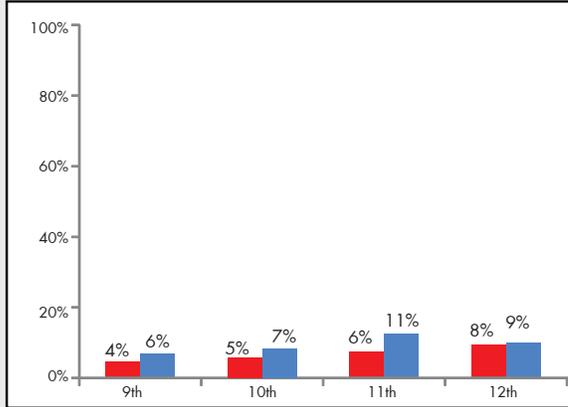


■ Females ■ Males

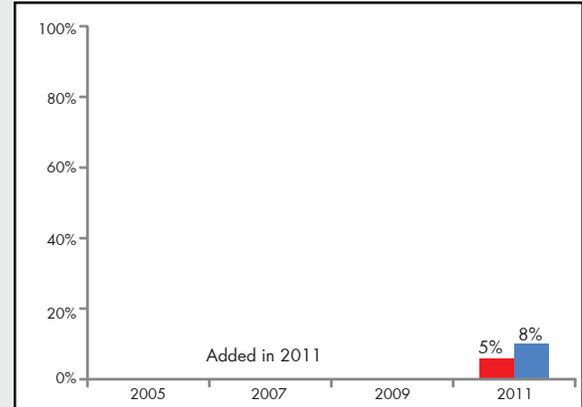
Question 94

Percentage of respondents who have visited a hospital emergency room for problems with their teeth or mouth one or more times during the past 12 months = 7%

Responses by Grade



Responses by Year

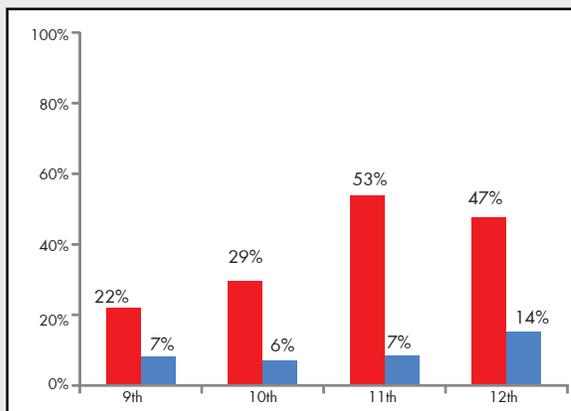


Females Males

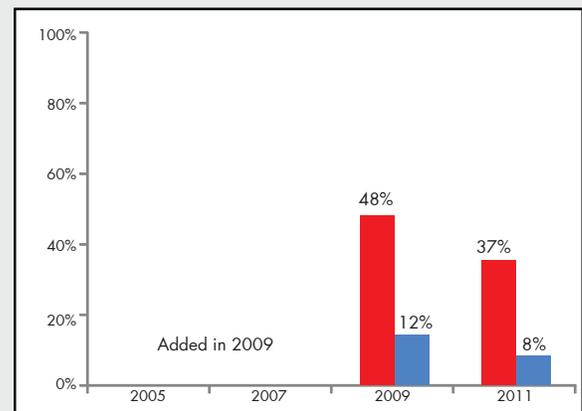
Question 98

Percentage of respondents who during the past 12 months used an indoor tanning device such as a sunlamp, sunbed, or tanning booth = 22%

Responses by Grade



Responses by Year

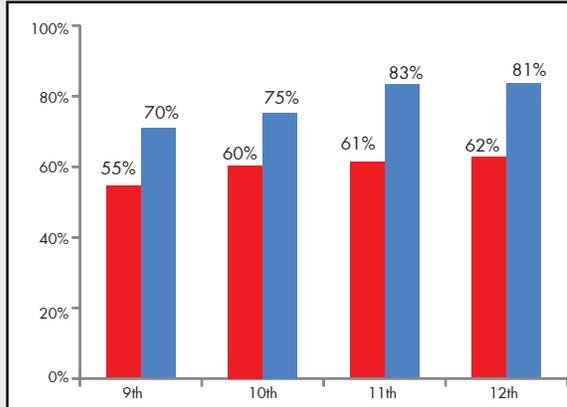


Females Males

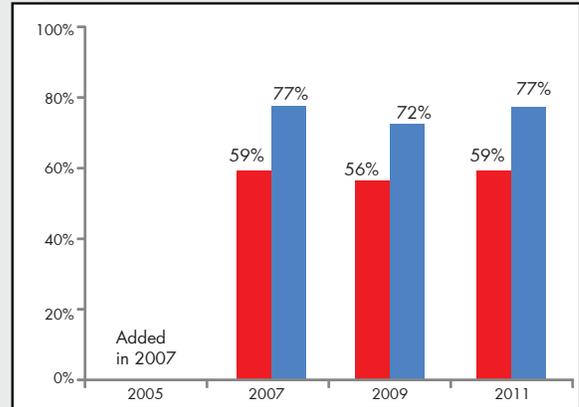
Question 99

Percentage of respondents who never or rarely wore sunscreen with an SPF of 15 or higher when they stayed outside for more than one hour on a sunny day = 68%

Responses by Grade



Responses by Year



■ Females ■ Males

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RESOURCES

South Dakota Department of Education
<http://doe.sd.gov/>

South Dakota Department of Health
<http://doh.sd.gov/>

South Dakota Department of Social Services
<http://dss.sd.gov/>

OTHER DATA RESOURCES

Centers for Disease Control and Prevention Division of Adolescent School Health
<http://www.cdc.gov/healthyyouth/>

2010 South Dakota School Health Profiles
<http://doe.sd.gov/schoolhealth/schoolhealthprofiles.asp>

South Dakota Kids Count
www.sdkidscount.org

Youth Tobacco Survey
<http://doh.sd.gov/Tobacco/Default.aspx>

School Height and Weight Report
<http://doh.sd.gov/SchoolWeight/default.aspx>

Vital Statistics
<http://doh.sd.gov/VitalRecords/default.aspx>

Behavioral Risk Factor Surveillance
<http://doh.sd.gov/Statistics/default.aspx>

Motor Vehicle Crash Statistics
<http://www.state.sd.us/dps/AccidentRecords/stats.htm>

South Dakota Youth Risk Behavior Survey Trend Data 1991-2005
http://doe.sd.gov/schoolhealth/documents/YRBS_Report111907.pdf