

2011 High School Report

2011

NAVAJO NATION HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY REPORT

A publication of the Navajo Nation Division of Health and the
Navajo Area Indian Health Service

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SUGGESTED CITATION

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ACKNOWLEDGEMENTS

The 2011 Navajo High School Youth Risk Behavior Survey (NYRBS) report is based on the surveillance system first initiated in 1993. This report was completed, published, and provided through the significant support and contribution of numerous individuals and groups who are committed to enhancing adolescent health.

We gratefully acknowledge:

- ✚ Participating Students, Teachers, Administrators, Principals, Superintendents, Counselors, School Boards
- ✚ Parents
- ✚ Navajo Nation President's Office
- ✚ Navajo Nation Division of Health
- ✚ Navajo Area Indian Health Service
- ✚ Navajo Nation Human Research Review Board
- ✚ Navajo Nation Division of Youth Services
- ✚ Centers for Disease Control and Prevention
- ✚ State Departments of Health for Arizona, New Mexico and Utah

The 2011 Navajo Nation YRBS provides important information on youth health-risk behaviors. The information is meant to increase awareness, help target unmet needs, identify priority areas, evaluate and monitor programs, and to secure additional resources for intervention and prevention initiatives.

EXECUTIVE SUMMARY

Since 1997, the Navajo Nation youth risk behavior surveillance system has been used to monitor health-risk behaviors among youth in middle and high schools. In 2008, a resiliency component was added to the surveillance efforts.

This report provides information on youth health-risk behavioral factors for High School students. Health-risk behaviors among youth may lead to early morbidity and mortality, commonly extend into adulthood, are often interrelated, and are preventable. The 2011 Navajo Youth Risk Behavior Survey was administered to identify patterns and trends, to develop and implement interventions, and to evaluate and monitor youth and school health programs to reduce potential behavioral risk factors among Navajo youth. The High School NYRBS monitors six categories for priority health-risk behaviors, including behaviors that contribute to unintentional injuries and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy and sexually transmitted disease, unhealthy dietary behaviors, and physical inactivity.

The survey was completed by 14,948 students in 46 public High Schools on and near the Navajo Reservation. The school response rate was 87%, the student response rate was 67%, and the overall response rate was 58%. The results are representative of all students in grades 9-12.

The Navajo Nation collaborates with the Centers for Disease Control and Prevention (CDC) for data processing and analysis. This report contains tables and graphs illustrating responses to survey questions by sex, grade, and race. A copy

of the 2011 middle school survey is provided in the back of the document.

TABLE OF CONTENTS

Acknowledgements	1
Executive Summary	2
Methods	3
Report Format	6
Survey Summary	6
Violence and Unintentional Injuries	10
Tobacco Use	25
Alcohol and Other Drug Use	37
Sexual Behaviors	60
Body Weight	69
Physical Inactivity	83
Resiliency and Other Behaviors	89
2011 YRBS Questionnaire	116
References	132

BACKGROUND

The 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 human immunodeficiency virus (HIV) infection; 5) unhealthy dietary behaviors; and 6) physical inactivity. These behaviors frequently are interrelated and are established during childhood and adolescence and extend into adulthood.

To monitor priority health-risk behaviors in each of these six categories and obesity and asthma among youth and young adults, Centers for Disease Control and Prevention developed the Youth Risk Behavior Surveillance System which uses the Youth Risk Behavior Survey (YRBS). Information about the YRBS can be found at www.cdc.gov/YRBS. Collaborations among the CDC and Navajo education and health systems, including the Indian Health Service, began in the mid-1990s and remain active. In 1997, the YRRS was administered to seven middle schools in the Shiprock Service Unit and public high schools located on or near the Navajo Nation. In 2000 and 2003, the YRRS was administered to middle and high school students attending schools on or near the Navajo Nation. The 2003, 2005, 2008, 2011 surveys included Bureau of Indian Education-funded schools on the Navajo Nation. The 1997,

2000 and 2003 surveys were administered in the spring the 2005, 2008 and 2011 surveys were administered in the fall.

In the fall 2008, the YRRS was modified to include resiliency questions and was renamed the Youth Risk and Resilience Survey (YRRS). In the fall of 2011, the resiliency component of the survey was taken out, and only behavioral component was surveyed. Also in the Fall of 2011, the New Mexico Department of Health (NMDOH) collaborated with the Navajo Nation to conduct a similar survey utilizing a majority of the same questions from the Center of Disease Control YRBS. Some Navajo Nation schools were selected to participate in the NMDOH survey while others participated in the NYRB Survey.

Youth, parents, youth program administrators, school teachers, school administrators, public health and health care practitioners, researchers, policy makers, and other youth advocates are encouraged to use the information in this report to establish priorities, seek and secure funding and resources, implement and monitor interventions, and establish prevention programs to increase healthy behaviors and strengthen resiliency among Navajo Nation youth.

METHODS

Description of the Youth Risk and Resiliency Survey

Students completed a self-administered, anonymous, 97-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary

participation. Local parental permission procedures were followed before survey administration.

The High School YRBS includes questions to assess factors associated with behavior and includes questions about behaviors that contribute to unintentional injuries and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy and sexually transmitted disease, unhealthy dietary behaviors, physical inactivity, and obesity.

Description of Survey Administration

At the beginning of the Spring semester 2011, NYRBS orientation arrangements were made with each school for teachers and volunteers on how to administer the survey and its use. NYRBS fact sheets and parent permission forms were provided to the schools and parents. Each student with parent permission and attending any of the targeted schools was asked to voluntarily participate in the survey.

Packets were prepared for each classroom by survey administrators. The packets contained instructions, a script, questionnaires, answer sheets, and pencils for the teachers and volunteers. From this packet, each participating student was given a questionnaire booklet, a scan able answer sheet to record their responses, and a No. 2 pencil which they could keep.

The script was read to the students. To protect the privacy of the students, they were assured that their participation was voluntary and that they would remain anonymous. The students

were asked not to record their name, student identification number, or any other information that could identify them individually.

All the questionnaires and answer sheets were collected, placed in an envelope, and returned to the Health Promotion or Health Education staff members. The staff members then reviewed answer sheets for stray marks that might affect electronic scanning. The answer sheets were scanned and the data processed in collaboration with CDC using standard data processing protocols developed by the CDC. The Navajo Nation Division of Health Epidemiologist then wrote this final report.

Sample Description

✚ **School Level** - All regular public schools containing grades 9, 10, 11, or 12 and having a school enrollment of at least 10 were included in the sample. 20 of these schools are also Bureau of Indian Education schools. One school was ineligible.

✚ **Class Level** - All students were included in the sample.

High School Sampling Summary, 1997-2011

YEAR	TARGET REGION	TARGET SCHOOLS
1997	Navajo	High Schools on or near Navajo Nation
2000	Navajo	High Schools on or near Navajo Nation
2003	Navajo	High Schools on or near Navajo Nation + BIA* schools

2005	Navajo	High Schools on or near Navajo Nation + BIE** schools
2008	Navajo	High Schools on or near Navajo Nation + BIE** schools
2011	Navajo	High Schools on or near Navajo Nation + BIE** schools

* Bureau of Indian Affairs
 **Bureau of Indian Education

Response Rates

- ✚ **Schools** - 87%; 46 of the 53 sampled eligible schools participated.
- ✚ **Students** – 67%; 10,107 of the 14,948 sampled students submitted questionnaires. 10,055 questionnaires were usable after data editing.

High School Response Rate Summary, 1997-2011

YEAR	SCHOOL RESPONSE RATE	STUDENT RESPONSE RATE	OVERALL RESPONSE RATE
1997	92%	74%	68%
2000	89%	70%	62%
2003	80%	67%	53%
2005	92%	69%	64%
2008	96%	73%	70%
2011	87%	67%	58%

Weighting

A weight has been associated with each questionnaire to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response.

The weight used for estimated is given by:

$$W = f1 * f2 * f3$$

F1 = a school-level non-response adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrollment instead of number of schools;

F2 = a student-level non-response adjustment factor calculated by school;

F3 = a post-stratification adjustment factor calculated by gender within grade.

*Overall response rate is computed as (number of participating schools/number of eligible sampled schools) * (number of usable questionnaires/number of eligible students sampled in participating schools), rounded to the nearest integer.

Use of the Weighted Results

The weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular public school students in grades 9 through 12 in schools with an enrollment of at least 10.

REPORT FORMAT

First, the front section of the 2011 Navajo Nation High School YRBS report include acknowledgements, an executive summary, background, methods, and survey summary results.

Second, the Navajo Nation High School YRBS results are presented for each of the six health-risk behaviors and resiliency factors. At the beginning of each priority section, a Rationale statement prepared by CDC is included.

A graph illustrating select questions within each priority section is included with stratifications by sex, grade, and race. The narrative interpretations summarize any differences. Within topic areas, results from 1997-2011 are provided to show any trends with respect to that particular question and/or behavior.

Third, the latter sections of the report include the 2011 questionnaire and references.

QUESTIONS MAY BE DIRECTED TO

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2011 NAVAJO NATION HIGH SCHOOL NYRBS SURVEY SUMMARY

The 2011 Navajo Nation High School Youth Risk Behavior Survey was completed by 10,055 students in 46 public high schools in Navajo during the fall of 2011. The school response rate was 87%, the student response was 67%, and the overall response rate was 58%. The results are representative of only those students who completed the questionnaire and not all students found in the Navajo Nation.

The un-weighted demographic characteristics of the sample are as follows:

Gender:

- Female: 49.3%
- Male: 50.7%

Grade

- 9th grade: 27.7%
- 10th grade: 26.3%
- 11th grade: 24.1%

- 12th grade: 21.5%
- Other: 0.5%

Race:

- Black: 0.7%
- Hispanic/Latino: 11.6%
- Native American: 79.3%
- White: 4.0%
- All other races: 1.3%
- Multiple races: 3.1%

HIGHLIGHTS & KEY FINDINGS

Achieving Healthy People 2020 Objectives:

Only 23.8% of High School students rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol. HP Objective = 25.5%

45% of students never had at least one drink of alcohol on one or more days during their life, and 36.7% of seniors never had a drink of alcohol. HP objective = 30.5%

25.8% of students were physically active for a total of at least 60 minutes per day on 7 of the past 7 days. HP objective = 20.2%

IMPROVING TRENDS

- Binge drinking in the past 30 days decreased by 49.5% since 1997
- Lifetime inhalant use has decreased by 47.6% since 1997
- Smoking for the first time before age 13 has decreased by 42.9% since 1999
- Smoking at least once in the past 30 days has decreased by 42.2% since 1997
- The percentage of students who never tried alcohol increased by 72.4%
- Condom use during their sexual encounter has increased by 67.7% since 2005
- Attempts at quitting smoking has increased among current smokers by 50% since 2005
- Watching TV for 3 or less hours on a typical school day has increased by 18.3% since 1999

WORSENING TRENDS

Students who had been taught about HIV/AIDS has decreased by 22.0% since 1997

Obesity has increased by 47.5% since 1999

Chewing tobacco use in the previous 30 days has increased by 27.9% since 1999

Sex before age 13 has increase by 21.7% since 1997

Sex with 4 or more partners in a student’s lifetime has increased by 19.4%

Current sexual activity (sex in the previous 3 months) has increased by 17.1% since 2005.

NN High School students were more likely than U.S. high school students to:

- 28.5% more likely to have tried marijuana before age 13
- 26.1% more likely to have smoke marijuana at schools
- 43.6% more likely to have ever tried marijuana
- 39% more likely to have used marijuana in the past 30 days
- 91% more likely to have attempted suicide in the past year
- 29.7% more likely to have made a suicide plan in the last year

- 15.2% more likely to have seriously considered suicide in the past year
- 33.8% more likely to be obese
- 15.8% more likely to be overweight
- 34.7% less likely to have used Depo-Provera or birth control pills before last sexual intercourse
- 40% less likely to have used a condom plus Depo-Provera or birth control pills before last sexual intercourse
- 46.4% of students spoke a language other than English in their home most of the time or all the time
- 42.4% of students participated in some traditional ceremony such as puberty, blessing way, fire dance, or Yeibichei
- 78.6% of students know their mother’s clan or ancestry & 71.3% know their father’s clan or ancestry



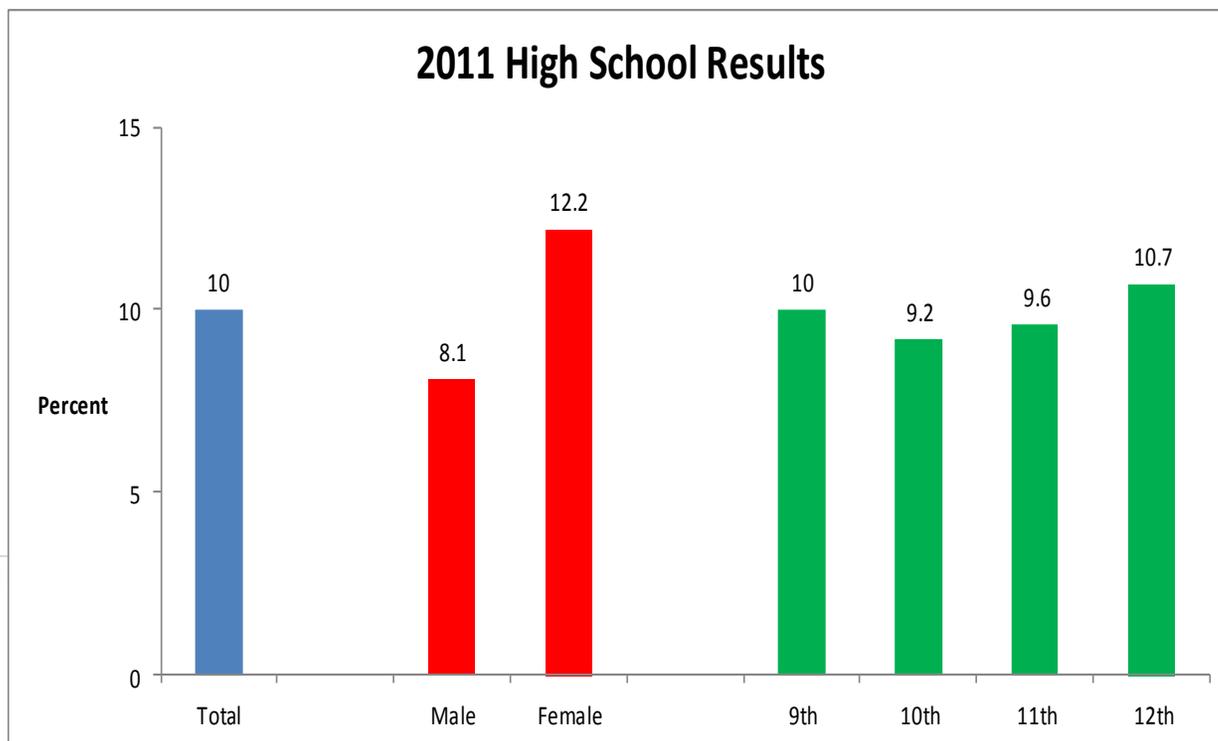
Violence and
Unintentional
Injuries

RATIONALE:

This question measures the frequency of helmet use while riding a bicycle. In 2000-2001, bicycle activities were the third leading type of sports and recreation-related activities in which 15- to 19-year-old males were injured and had to be treated at an emergency department. (1) In 2008, 13% of bicyclists who were killed and 25% of those injured and treated in a hospital emergency department were under age 16. (2) Head injury is the leading cause of death in bicycle crashes(3,4) and use of bicycle helmets is the single most effective way of reducing head injuries and fatalities.(2) Estimates indicate bicycle helmets may prevent approximately 56% of bicycle-related deaths,(5) 65%-88% of bicycle-related brain injuries,(6,7) and 65% of serious facial injuries to the upper and middle regions of the face.(8) In 2009, among the 70% of high school students nationwide who had ridden a bicycle during the 12 months before the survey, 85% had rarely or never worn a bicycle helmet.(9) During 1991–2001, a significant linear decrease occurred in the percentage of students who rarely or never wore a bicycle helmet (96%–85%), and then did not change significantly during 2001–2009 (85%–85%).(9)

Among students who rode a bicycle during the past 12 months, the percentage who usually¹ wore a bicycle helmet

Healthy People 2020 Objective: None Available
2011 U.S. High School Total: 12.5%
2011 Native American/Alaska Native: 6.3%



Bicycle helmet use among high school students on the Navajo Nation is less than the national average, and females are more likely to report helmet use than males

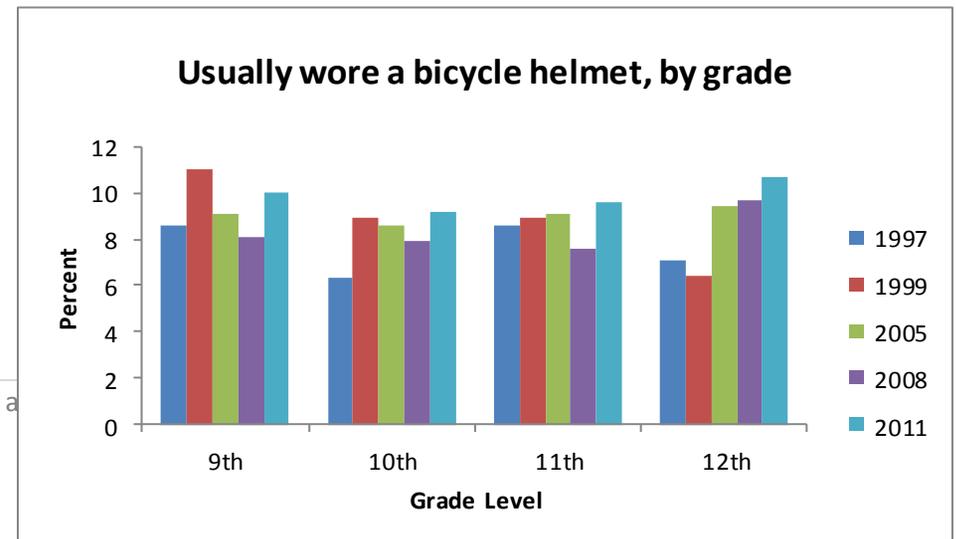
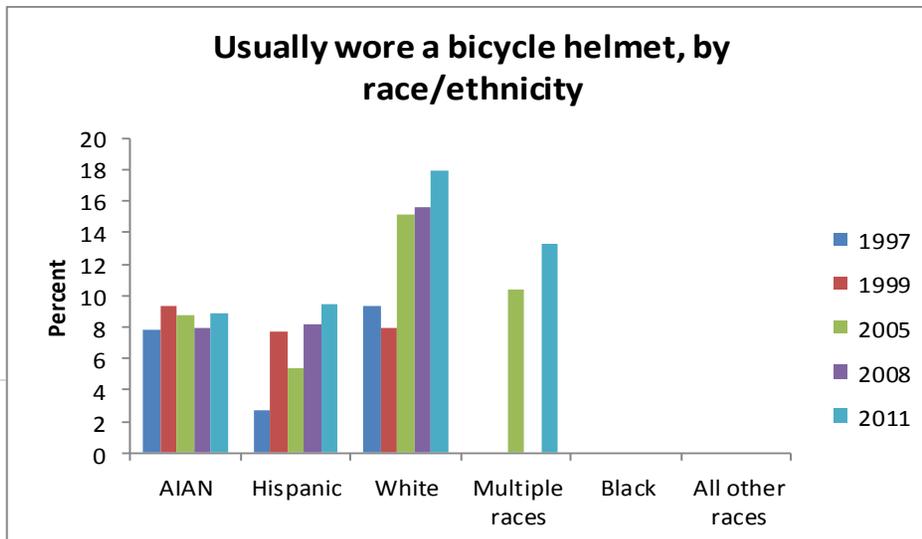
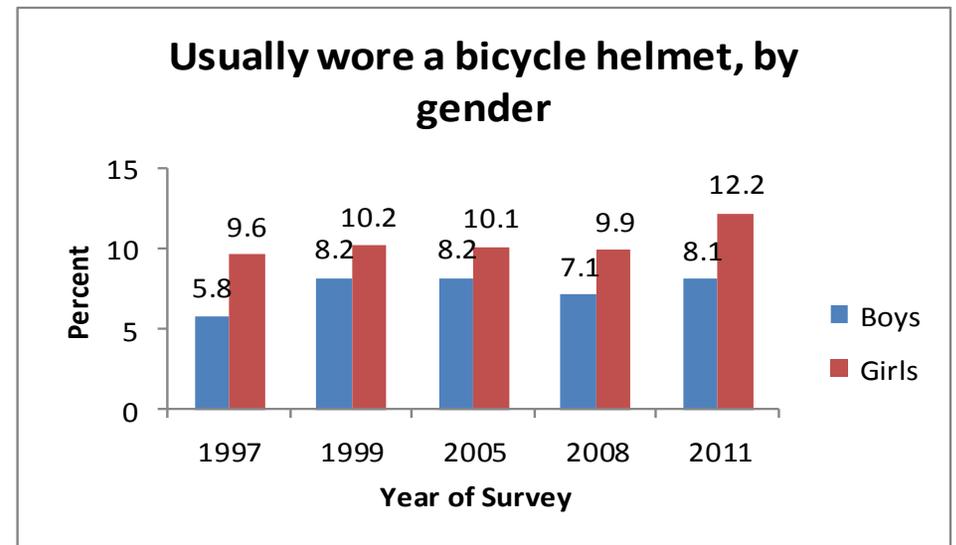
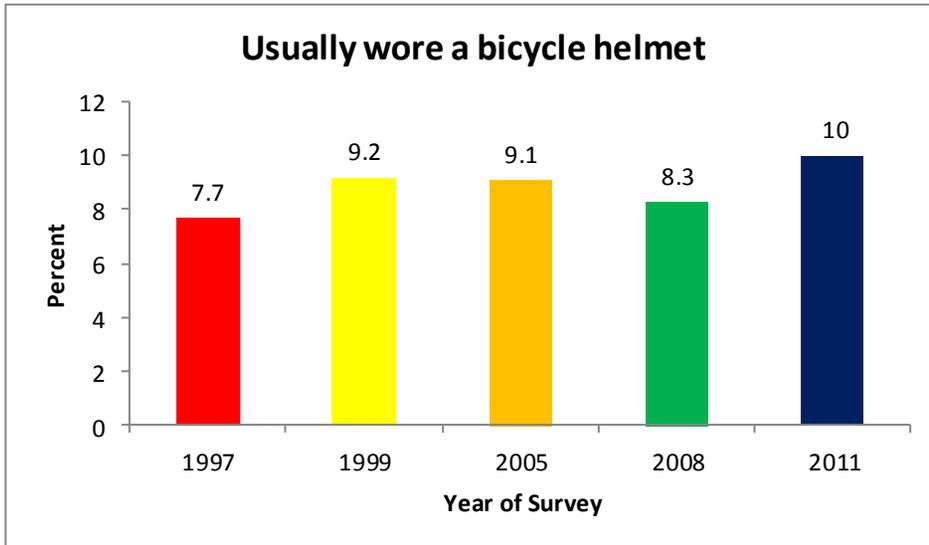
¹Sometimes, most of the time or always

*Non-Hispanic

There are missing values if there are fewer than 100 respondents

Among students who rode a bicycle during the past 12 months, the percentage who usually wore a bicycle helmet

Healthy People 2020 Objective: None Available



***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

RATIONALE:

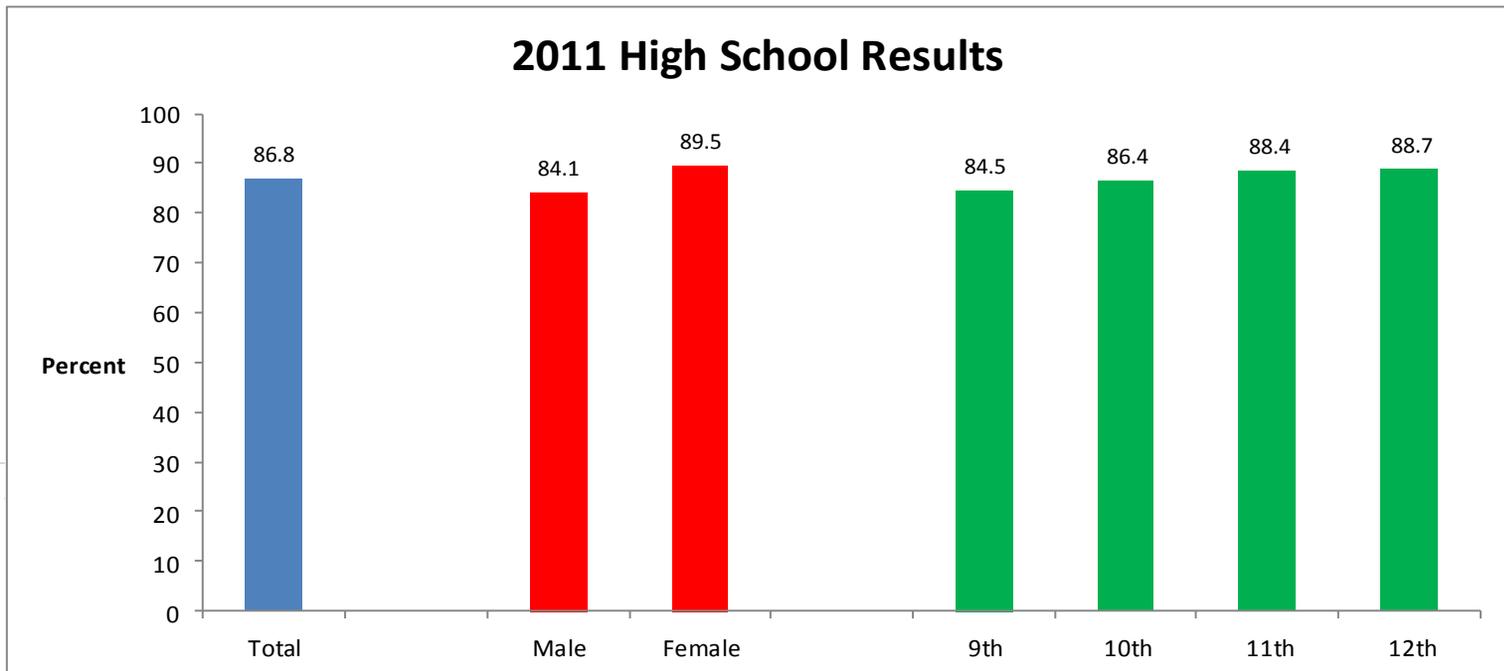
This question measures the frequency with which seat belts are worn when riding in a car driven by someone else. In 2006, 1,537 young people ages 15 and under were killed and 203,819 were injured in passenger vehicle crashes; of those injured, approximately 9% had an injury that was so severe they were unable to walk, drive, or continue the activities they normally engaged in prior to the crash.(1) Motor-vehicle related injuries kill more young adults ages 5-19 years than any other single cause in the United States.(2) 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%.(3) During 2006, a total of 1,537 children from birth to age 15 were killed in passenger vehicle crashes; in approximately 50% of these fatalities, the children were unrestrained: 40% of children 5 to 7 were unrestrained; 52% of children 8 to 12 were unrestrained; and 65% of children 13 to 15 were unrestrained.(1) 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.(4) During 1991–2009, a significant linear decrease occurred in the percentage of students who rarely or never wore a seat belt (26%–10%).(4)

Percentage of students who usually wore a seat belt when riding in a car driven by someone else

Healthy People 2020 Objective: 92.4% (Not adolescent specific)

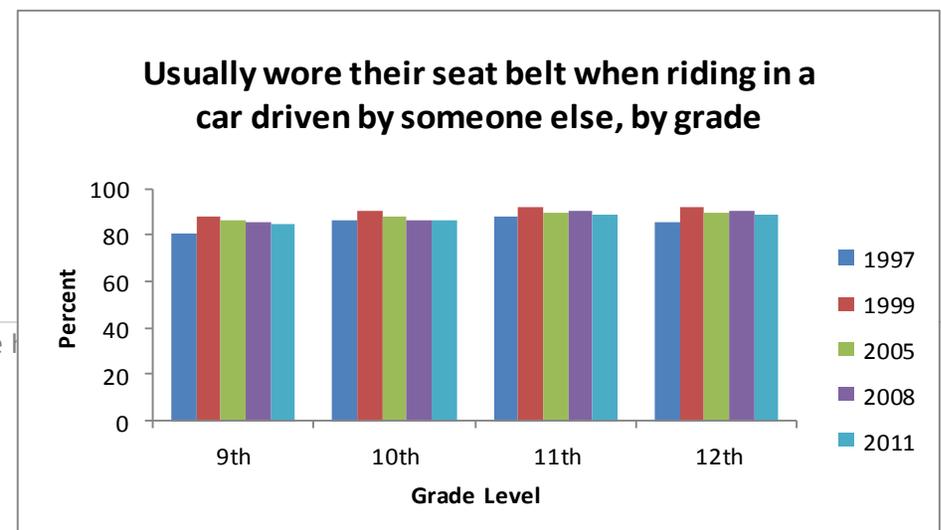
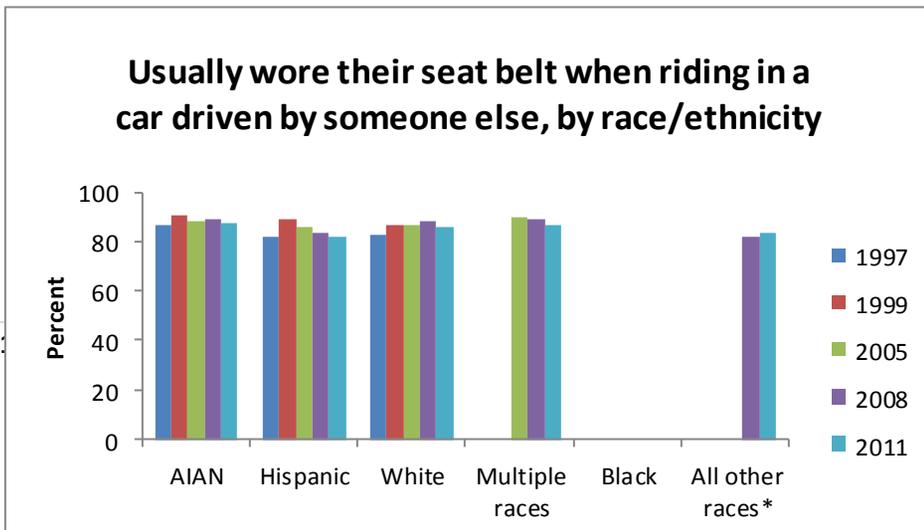
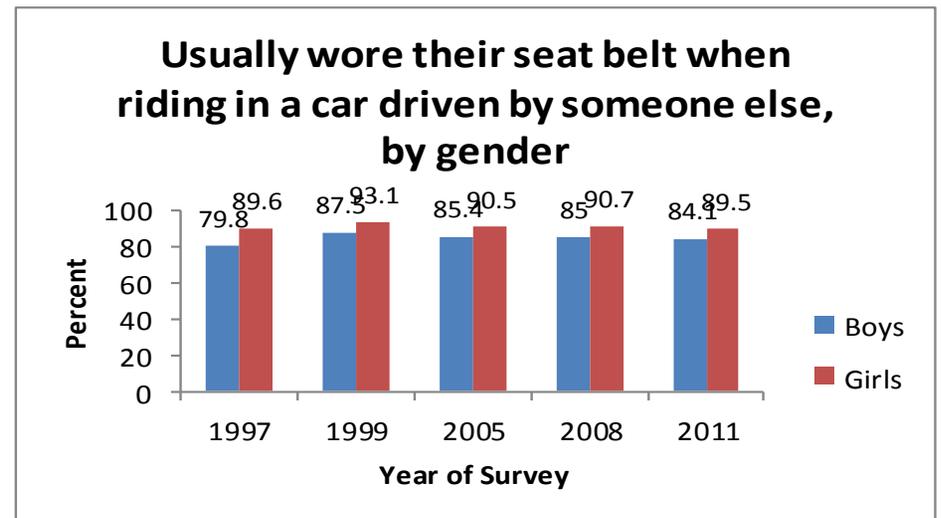
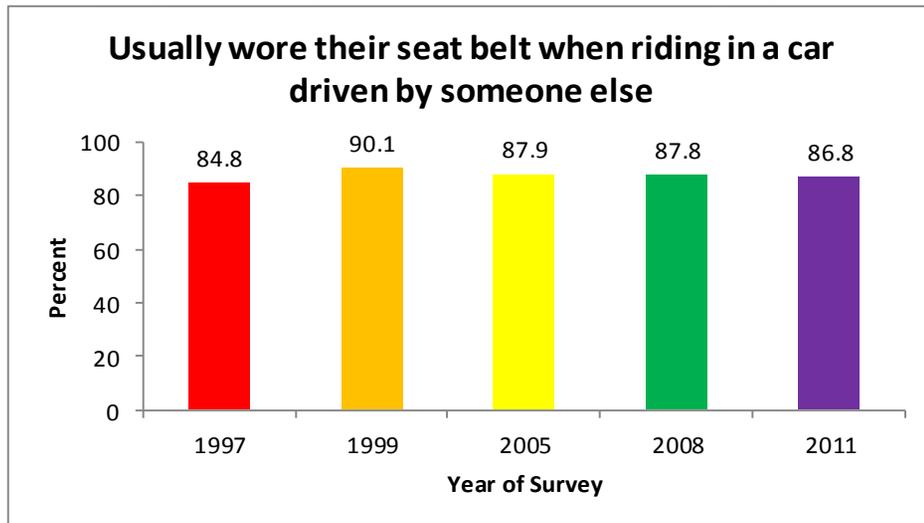
2011 U.S. High School Total: 92.3%

2011 Native American/Alaska Native: 80.1%



Percentage of students who usually wore a seat belt when riding in a car driven by someone else

Healthy People 2020 Objective: 92.4%, not adolescent specific



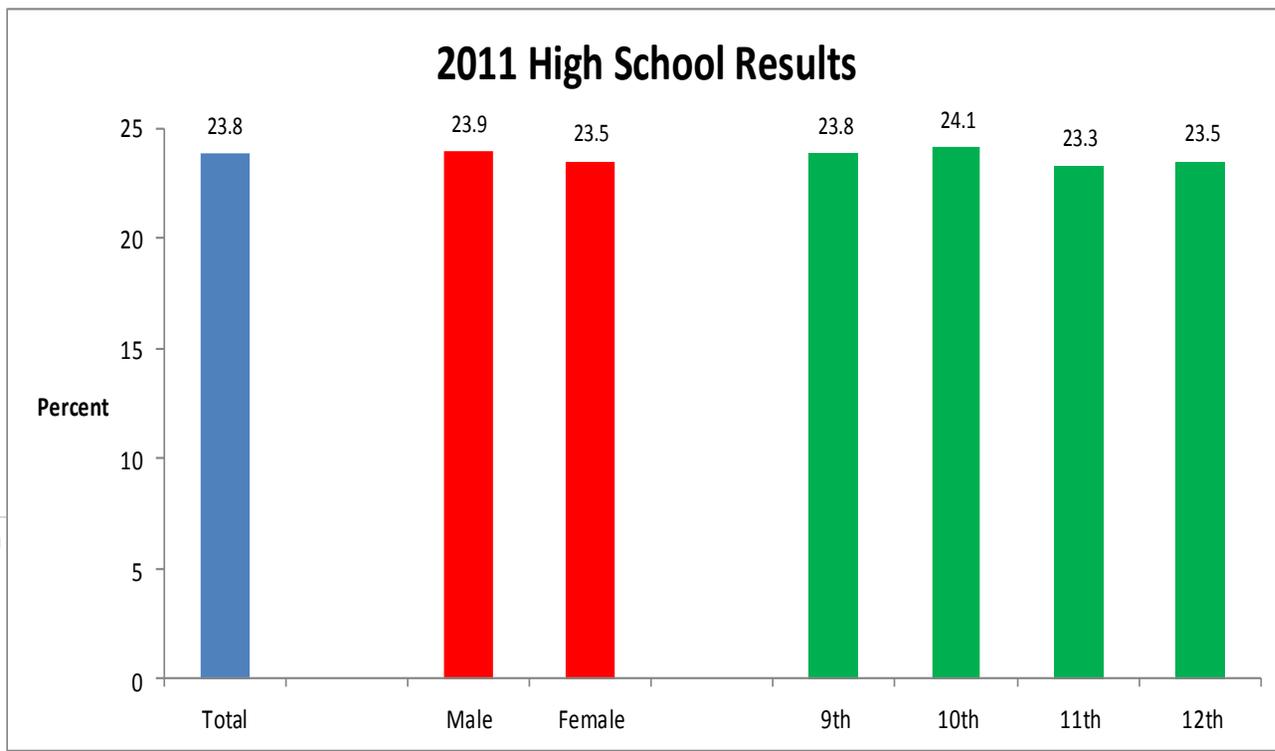
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

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.(1) 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.(1) 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.(2) The percentage of students who drove when they had been drinking alcohol did not change significantly during 1991 –1997 (17%–17%) and then decreased during 1997–2009 (17%–10%). During 1991–2009, a significant linear decrease occurred in the percentage of students who rode with a driver who had been drinking alcohol (40%–28%).(2)

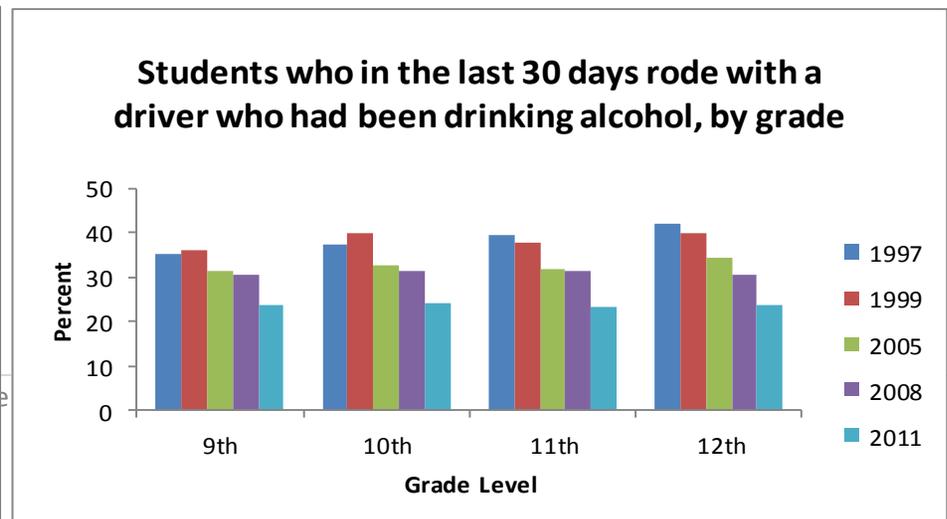
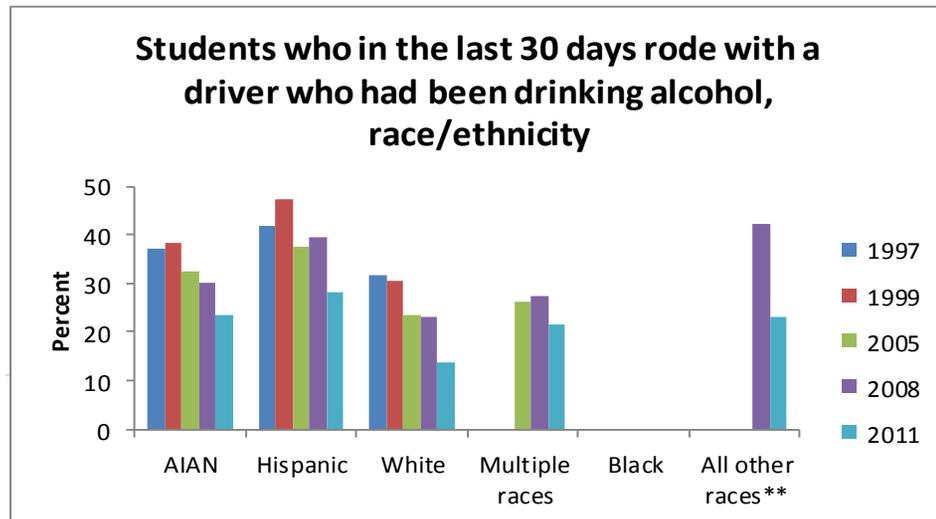
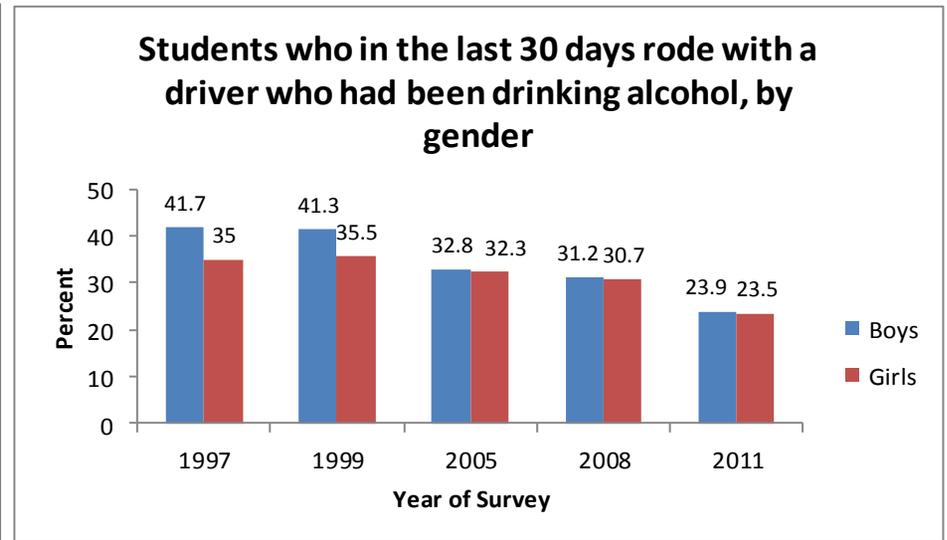
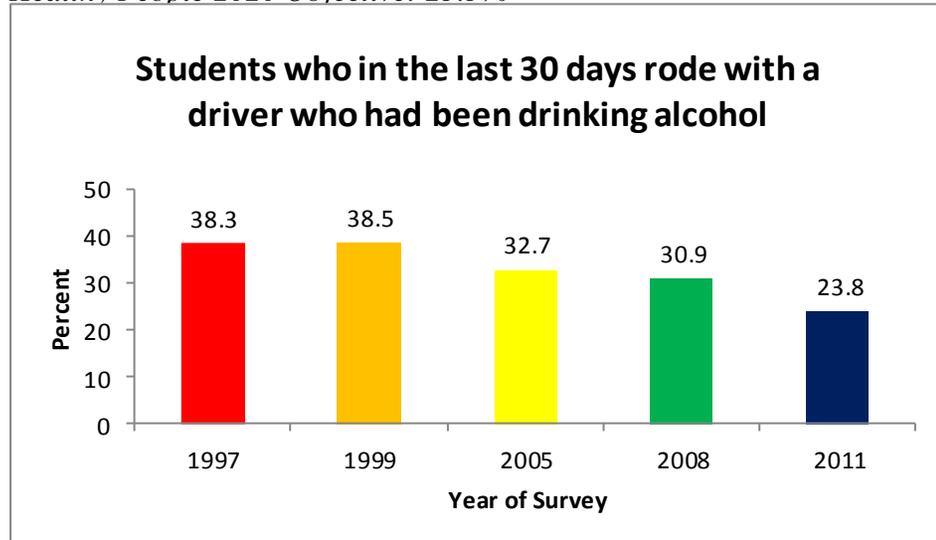
Percentage of school students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol.

*Healthy People 2020 Objective: 25.5%
2011 U.S. High School Total: 24.1%
2011 Native American/Alaska Native: 32.6%*



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

Healthy People 2020 Objective: 25.5%



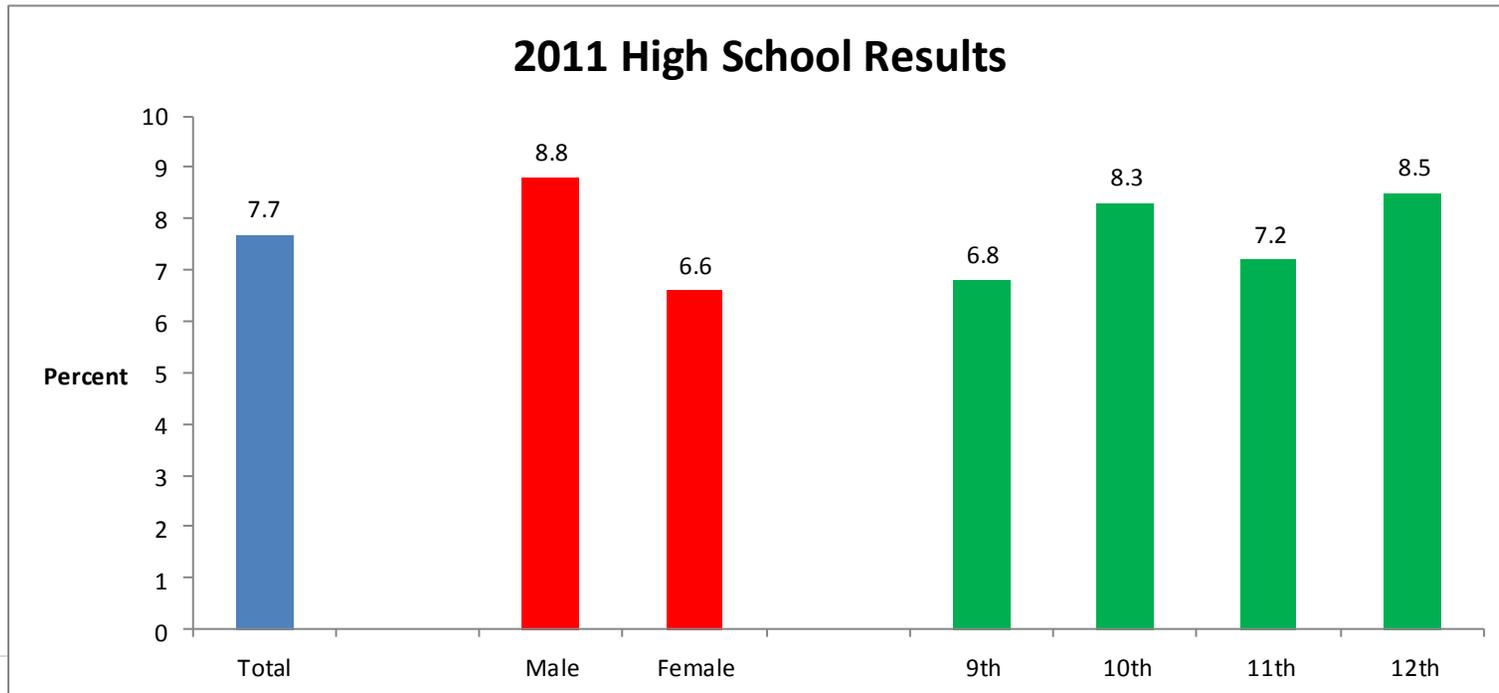
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of high school students who drove a car or other vehicle one or more times in the past 30 days when they had been drinking alcohol

Healthy People 2020 Objective: None

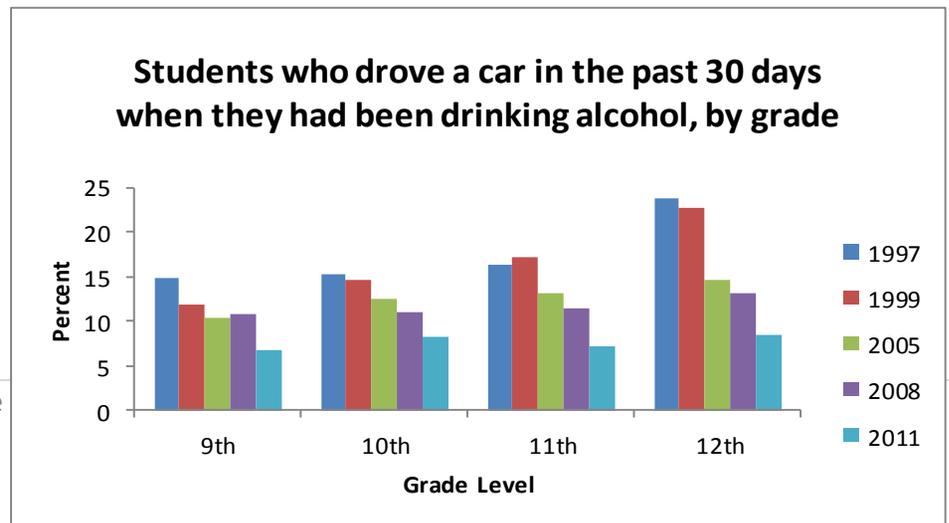
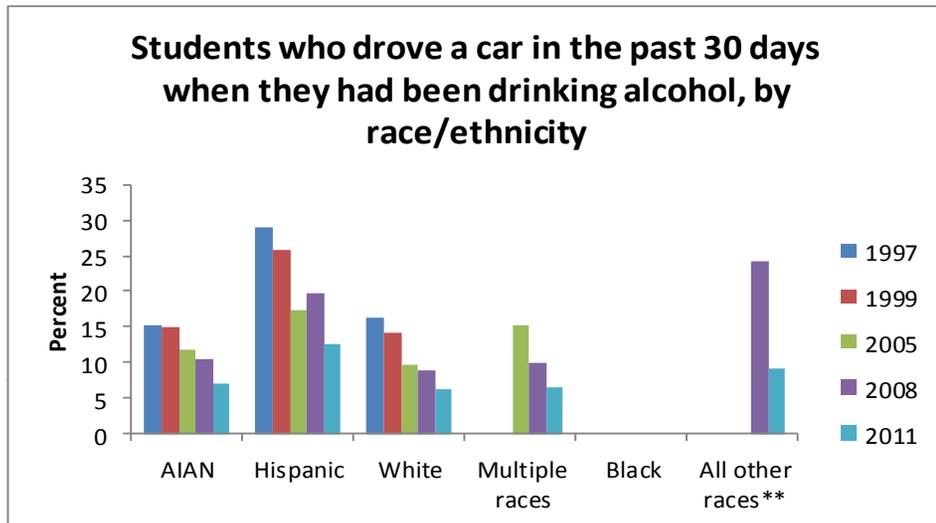
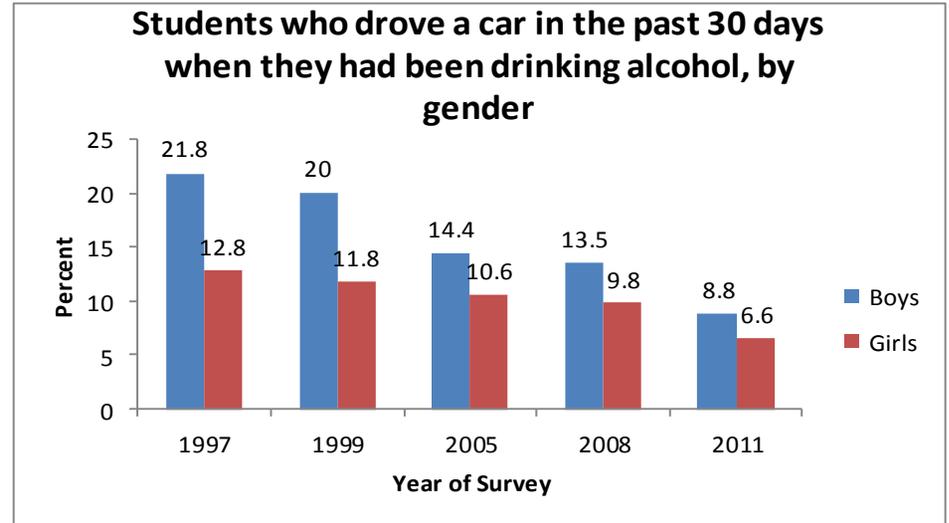
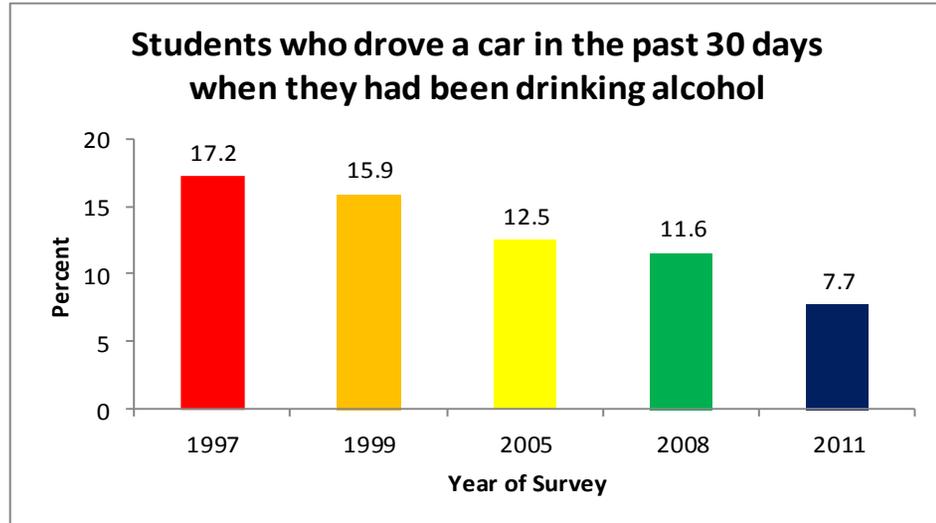
2011 U.S. High School Total: 8.2%

2011 Native American/Alaska Native: 9.5%



Percentage of high school students who drove a car or other vehicle one or more times in the past 30 days when they had been drinking alcohol

Healthy People 2020 Objective: None



***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

RATIONALE:

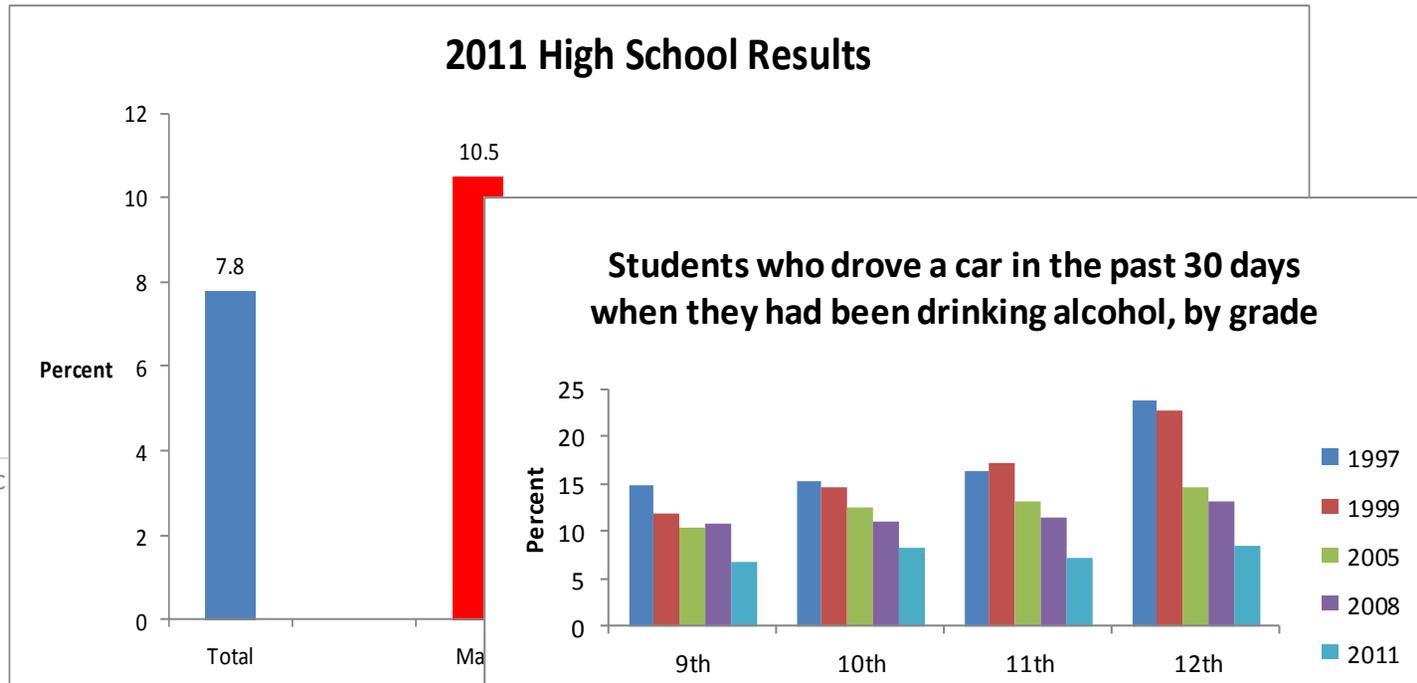
These questions measure violence-related behaviors and school-related violent behaviors. Homicide is the second leading cause of death among all youth ages 15-19 years (9.6 per 100,000) and is the leading cause of death among black youth ages 15-19 years (33.8 per 100,000). (1) Approximately 84% of homicide victims in the United States in 2004 were killed with a weapon, such as a gun, knife, or club. (2) In 2006, 85% of homicide victims 15-19 years old were killed with firearms. (1) Firearms intensify violence and increase the likelihood of fatality in a conflict. (3) Of all violent deaths that occurred on school property between 1994 and 2006, 65% involved firearms. (4) Nearly 100% of school districts have a policy prohibiting weapon possession or use by high school students on school property. (5) 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. (6) The percentage of students who carried a weapon decreased during 1991–1999 (26%–17%) and then did not change significantly during 1999–2009 (17%–17%). (6) 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. (6) The percentage of students who did not go to school because of safety concerns increased during 1993–2001 (4%–7%) and then decreased during 2001–2009 (7%–5%). (6)

Percentage of students who carried a weapon such as a gun, knife, or club on school property in last 30 days.

Healthy People 2020 Objective: 4.6% (on school property)

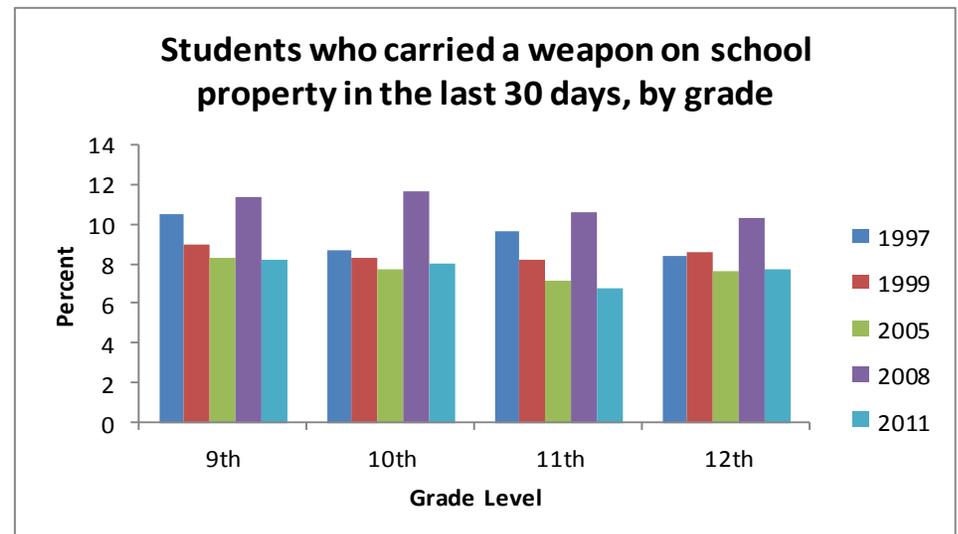
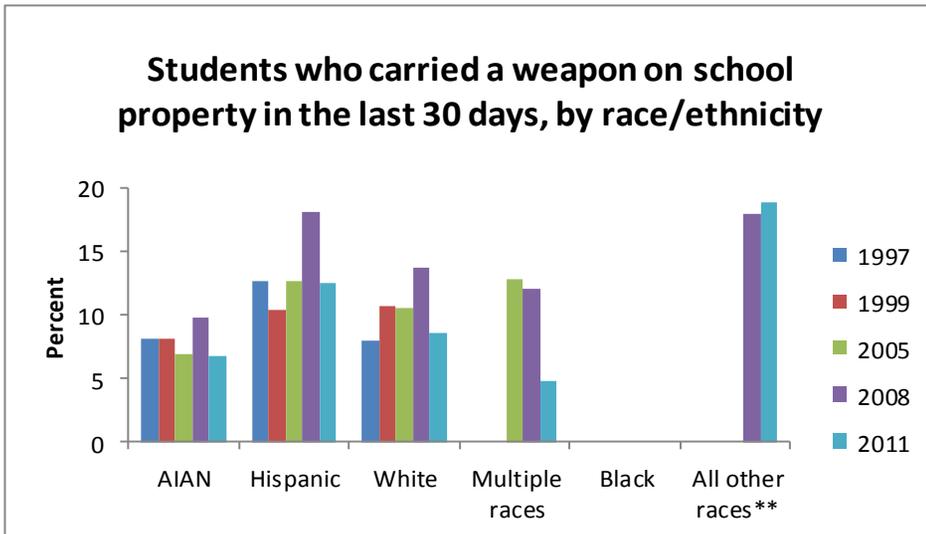
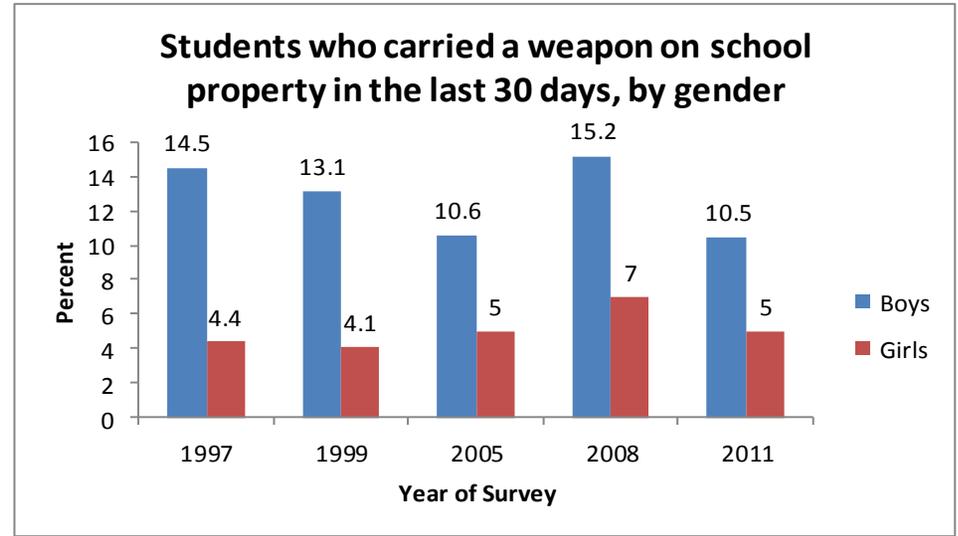
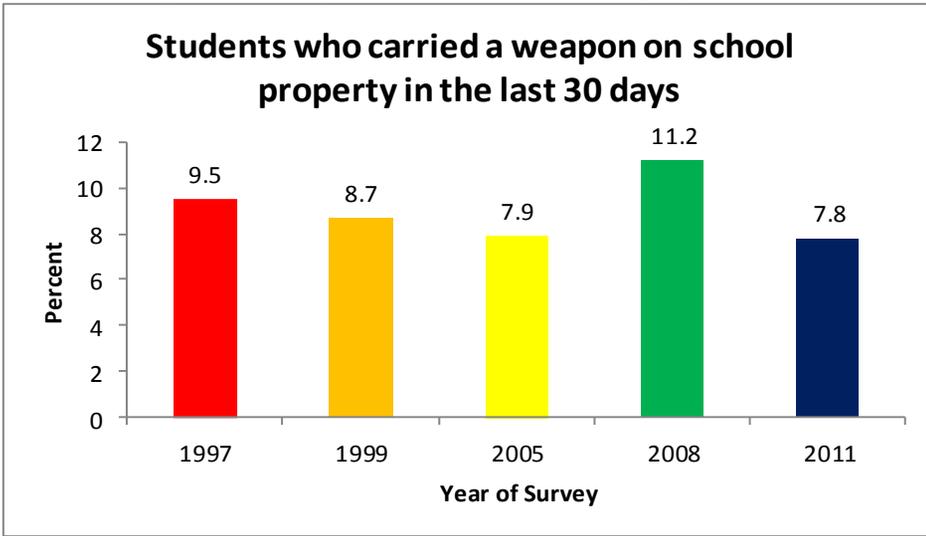
2011 U.S. High School Total: 5.4%

2011 Native American/Alaska Native: 7.5%



Percentage of students who carried a weapon such as a gun, knife, or club on school property in last 30 days.

Healthy People 2020 Objective: 4.6% (on school property)



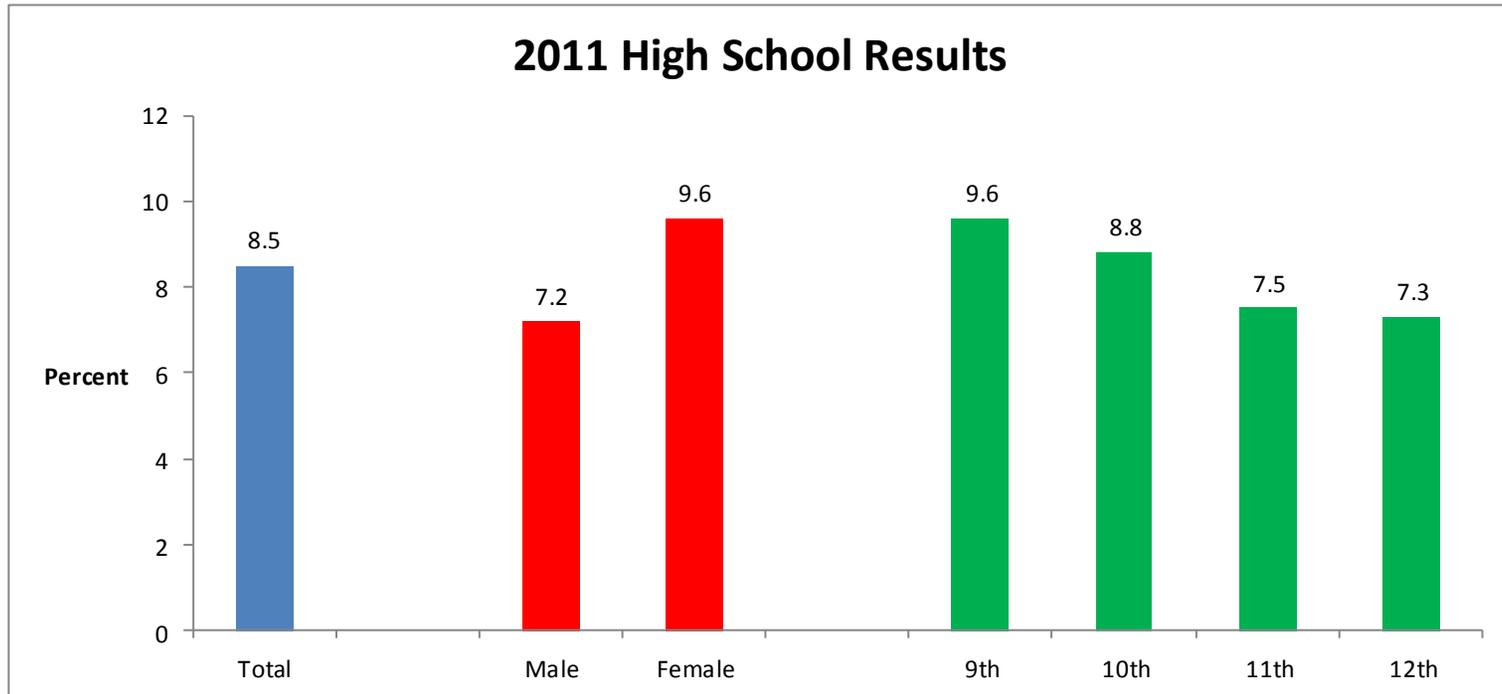
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students 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 home from school.

Healthy People 2020 Objective: None

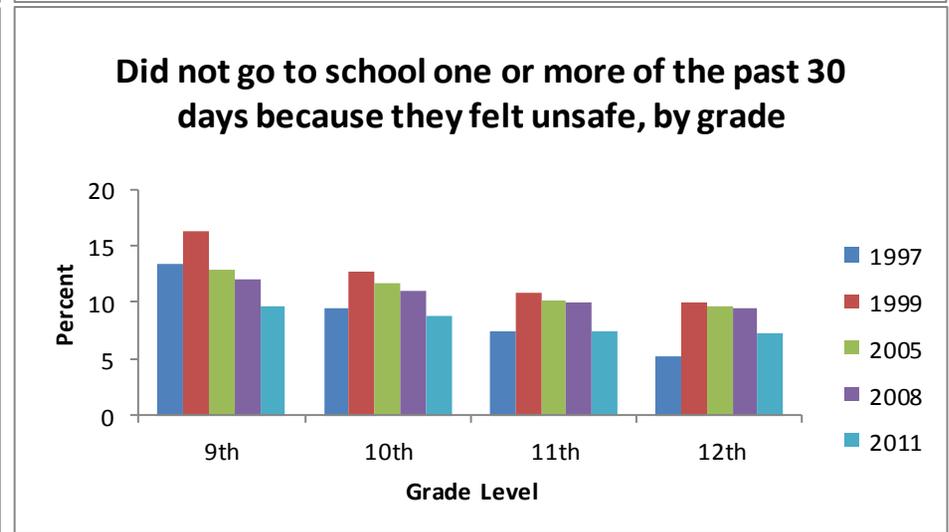
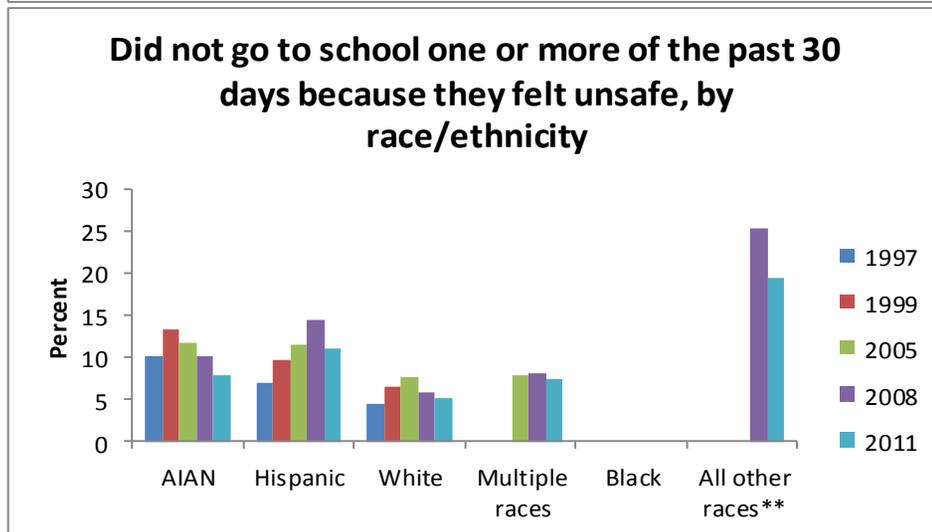
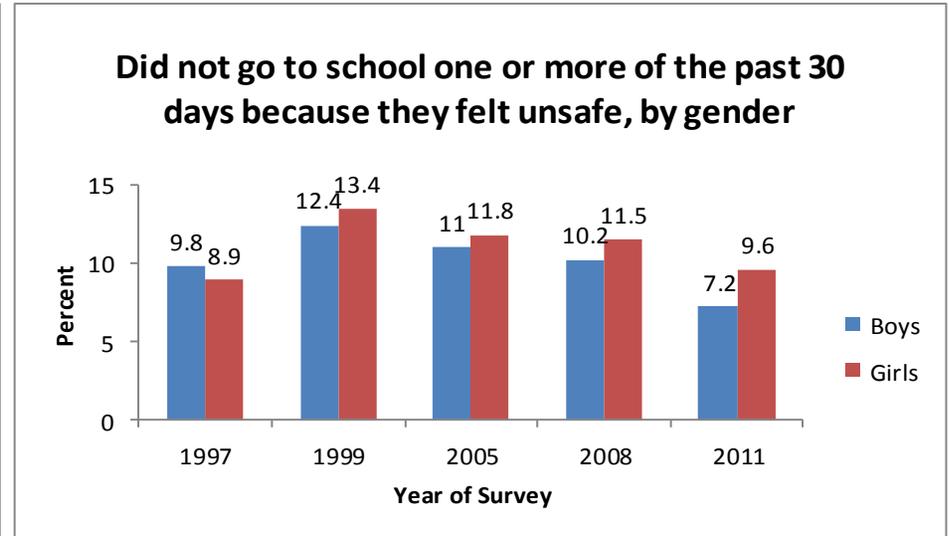
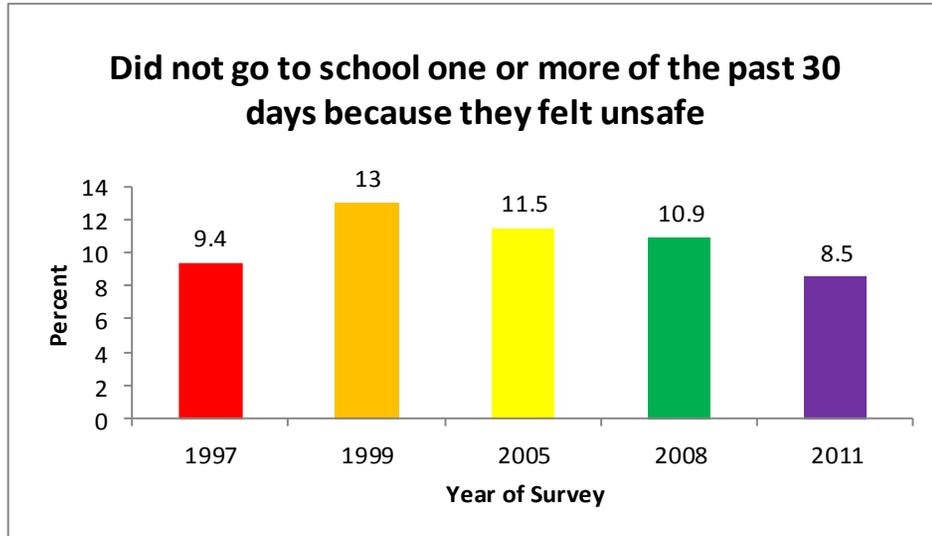
2011 U.S. High School Total: 5.9%

2011 Native American/Alaska Native: 8.8%



Percentage of students 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 home from school.

Healthy People 2020 Objective: None



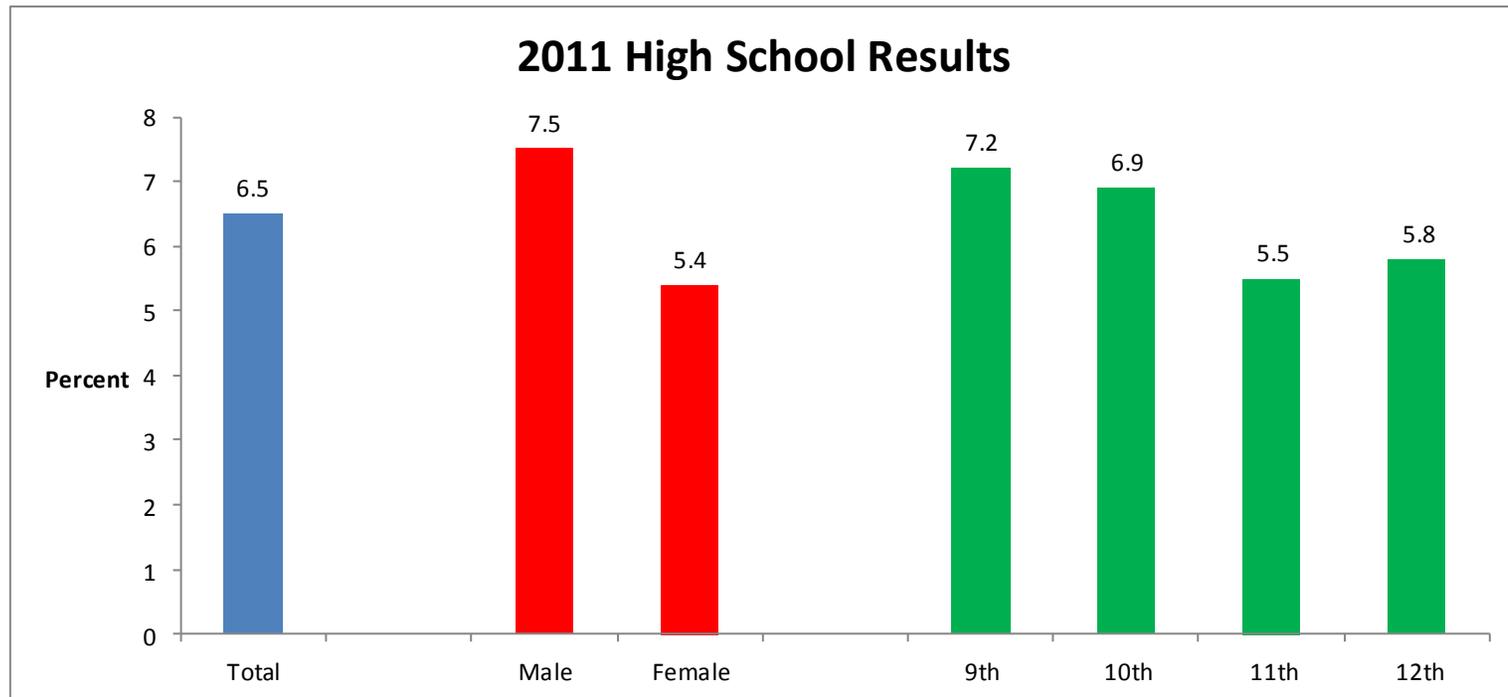
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who had 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.

Healthy People 2020 Objective: None

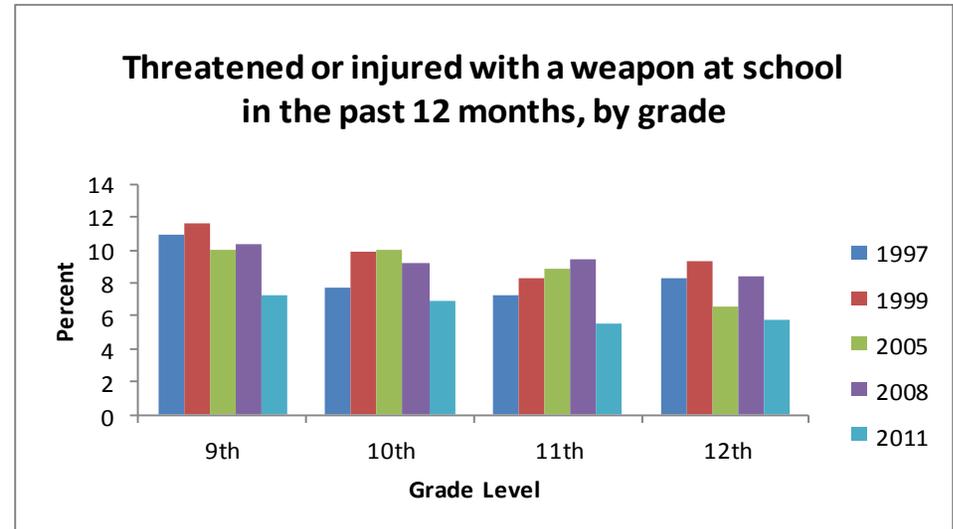
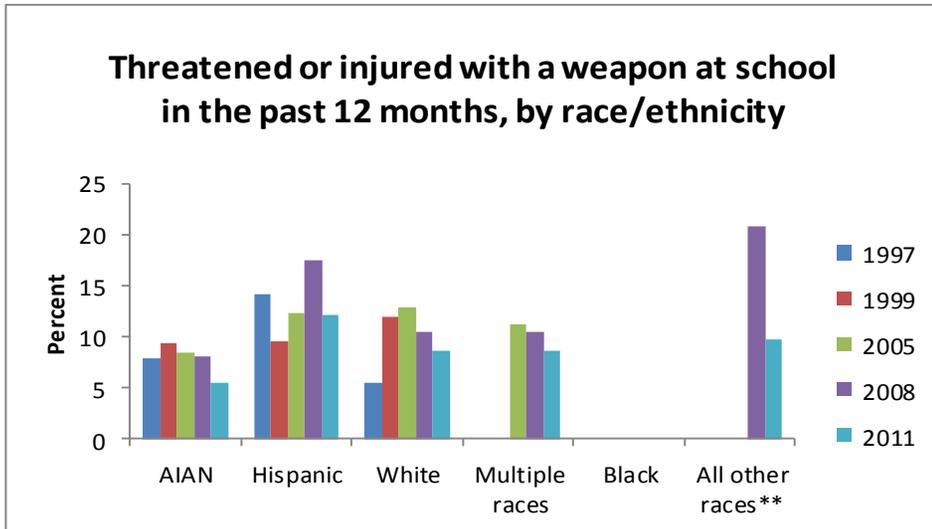
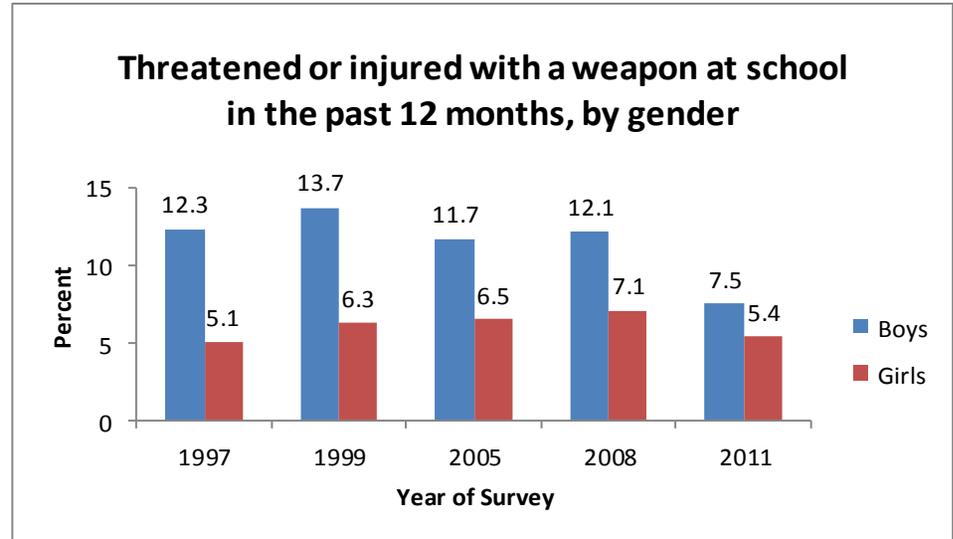
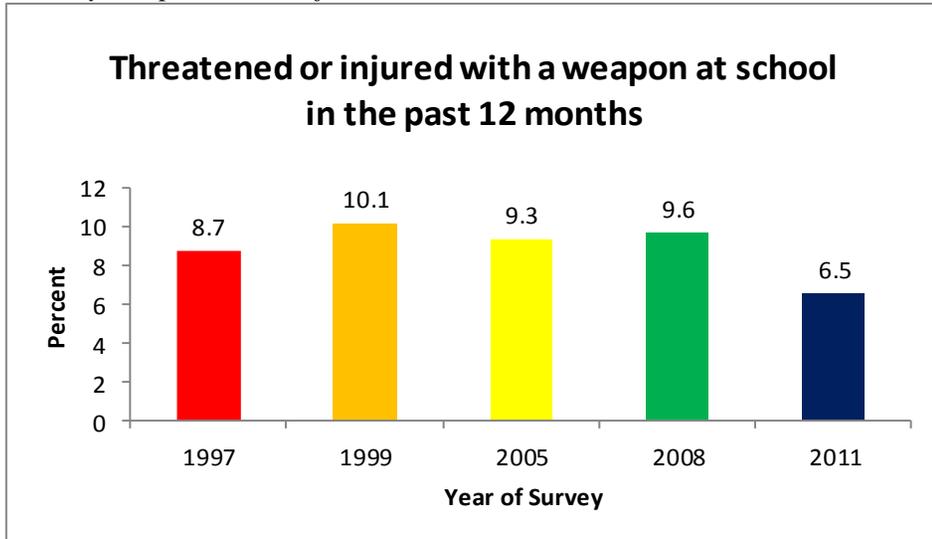
2011 U.S. High School Total: 7.4%

2011 American Indian/Alaska Native: 8.2%



Percentage of students who had 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.

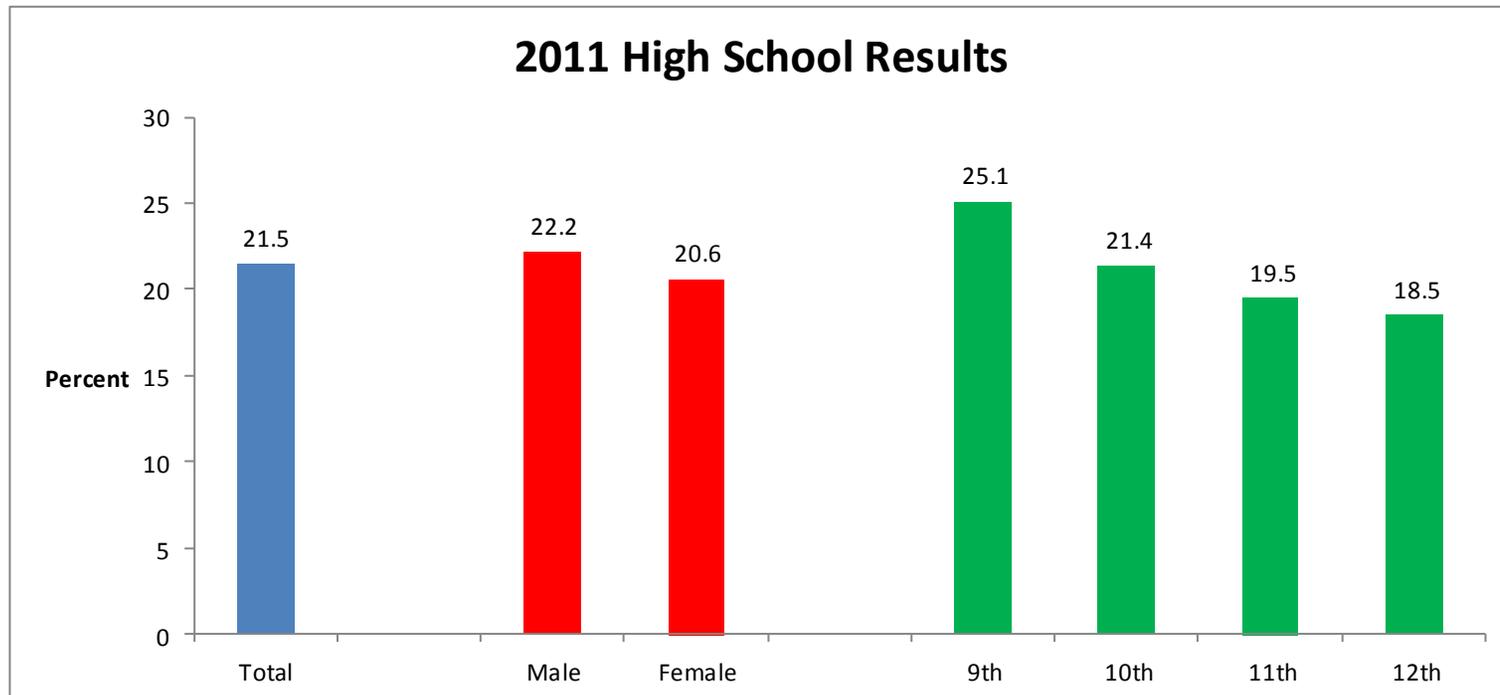
Healthy People 2020 Objective: None



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students whose property such as their car, clothing, or books, had been stolen or deliberately damaged on school property one or more times during the past 12 months

Healthy People 2020 Objective: None



RATIONALE:

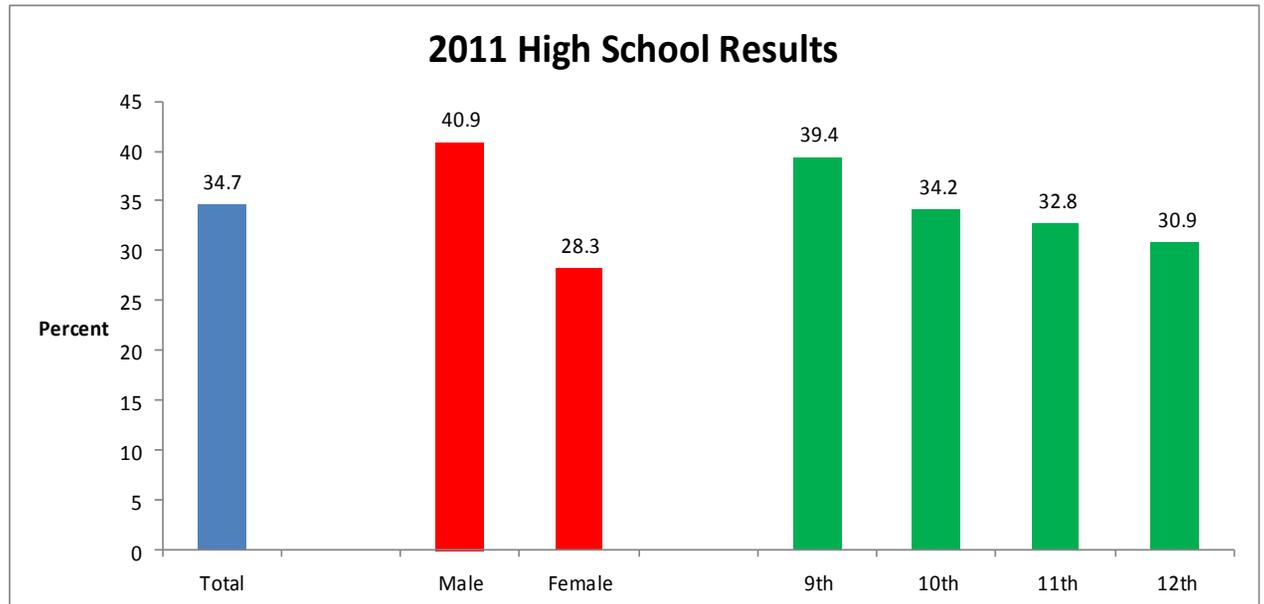
These questions measure the frequency and severity of physical fights, school-related fights, and abusive and bullying behavior. Physical fighting is a marker for other problem behaviors (1) and is associated with serious injury-related health outcomes.(2,3) Among high school students nationwide in 2009, 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.(4) The percentage of high school students who were in a physical fight decreased during 1991–2003 (42%–33%) and then did not change significantly during 2003–2009 (33%–31%).(4) During 1993–2009, a significant linear decrease occurred in the percentage of students who had been in a physical fight on school property (16%–11%).(4) Intimate partner abuse victimization is associated with participation in other high risk behaviors,(5) including suicide ideation and attempts, as well as post-traumatic stress disorder and major depressive episodes.(6,7) 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.(4) Forced sexual intercourse is associated with negative psychosocial and mental health consequences.(8,9) In 2009, 7% of high school students nationwide had ever been physically forced to have sexual intercourse when they did not want to.(4) Bullying victimization is associated with depression,(10) suicidal ideation,(10) increased odds of repeated common health problems,(11) school absenteeism,(12) psychological distress,(11) and feeling unsafe at school.(12) Among high school students nationwide in 2009, 20% had been bullied on school property during the 12 months before the survey.(4) Electronic bullying victimization has been associated with discipline problems in school, skipping school, weapon carrying (13) and social anxiety.(14)

Percent of High School students who were in a physical fight in the past 12 months

Healthy People 2020 Objective: 28.4% (in past 12 months)

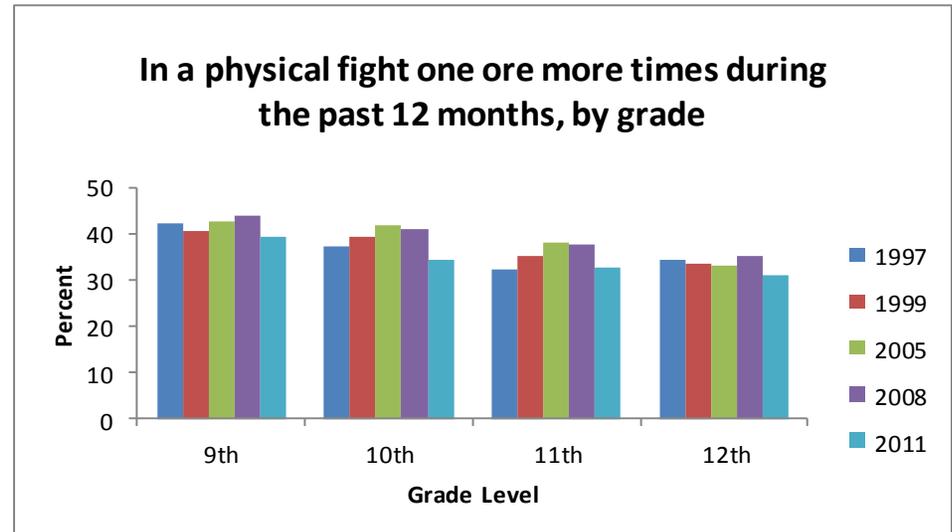
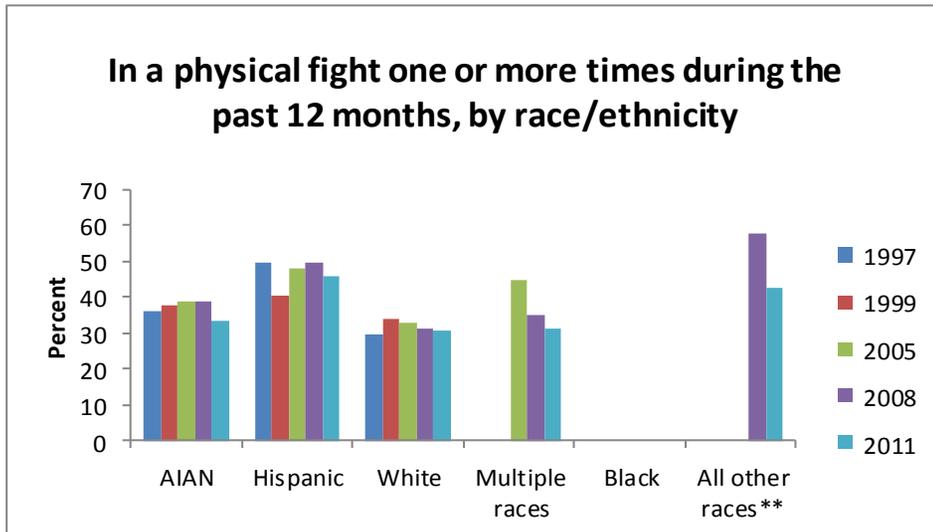
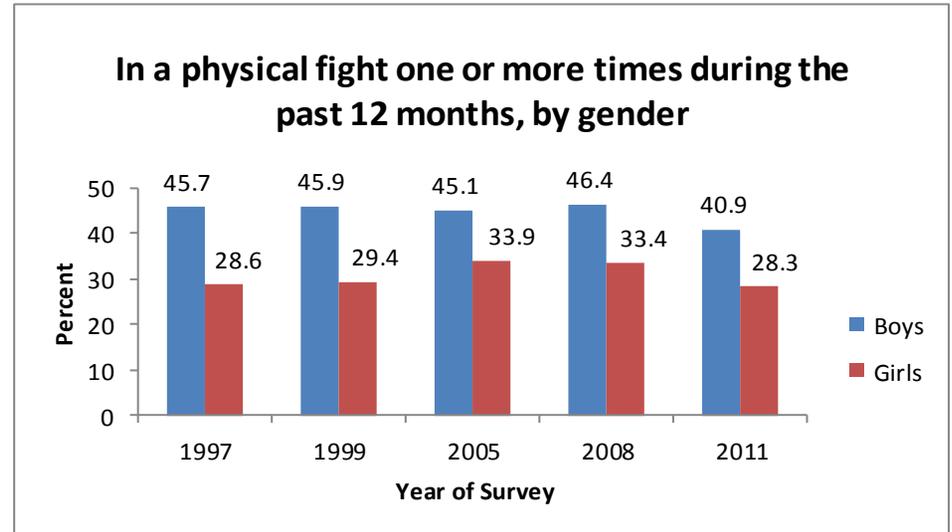
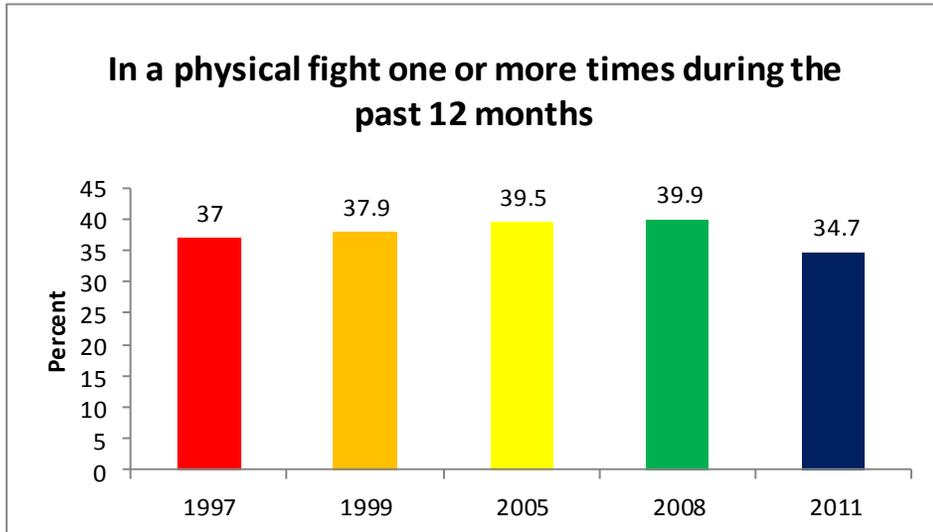
2011 U.S. High School Total: 32.8%

2011 American Indian/Alaska Native: 42.4%



Percent of High School students who were in a physical fight in the past 12 months.

Healthy People 2020 Objective: 28.4% (in past 12 months)



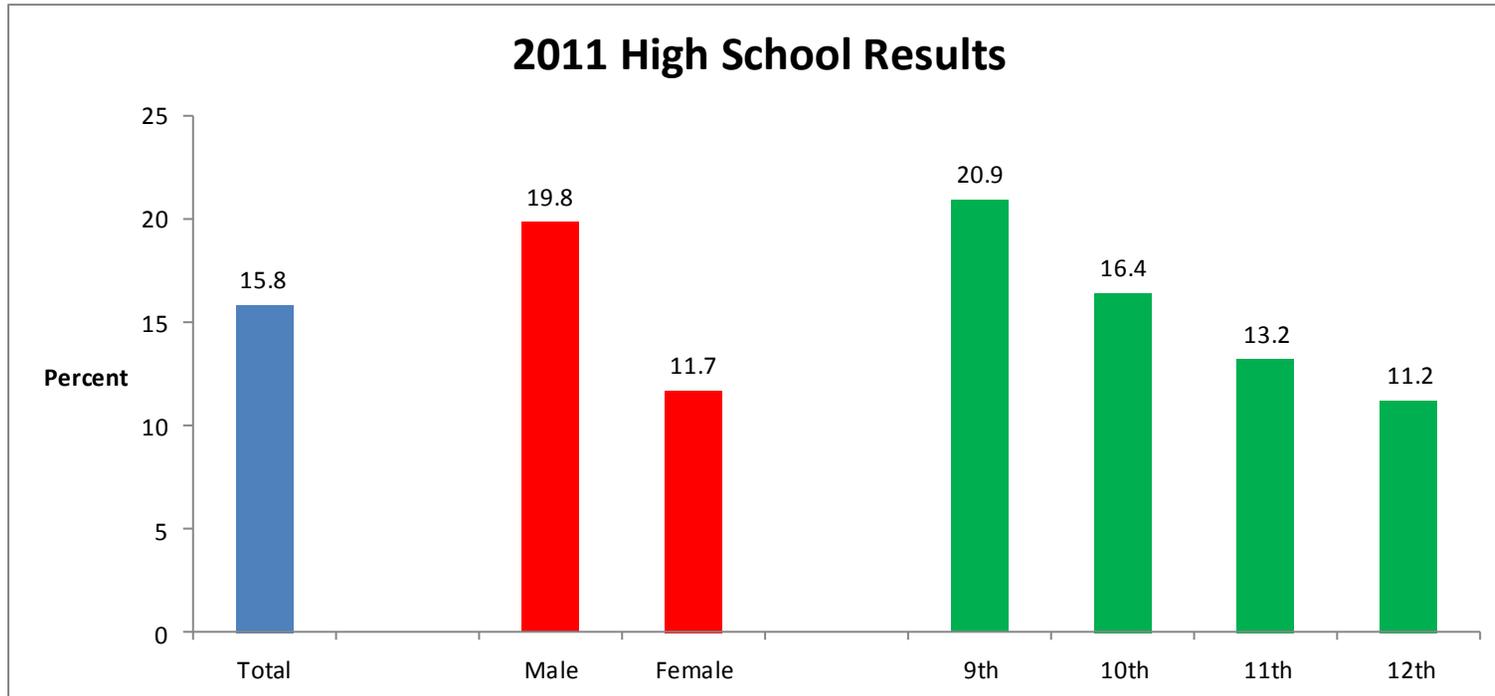
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percent of High School students who were in a physical fight on school property in the past 12 months

Healthy People 2020 Objective: None

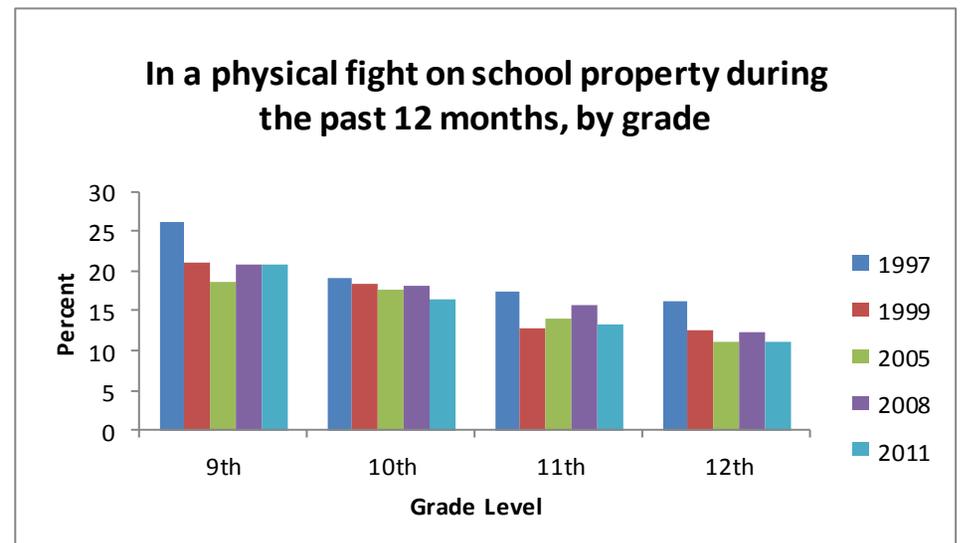
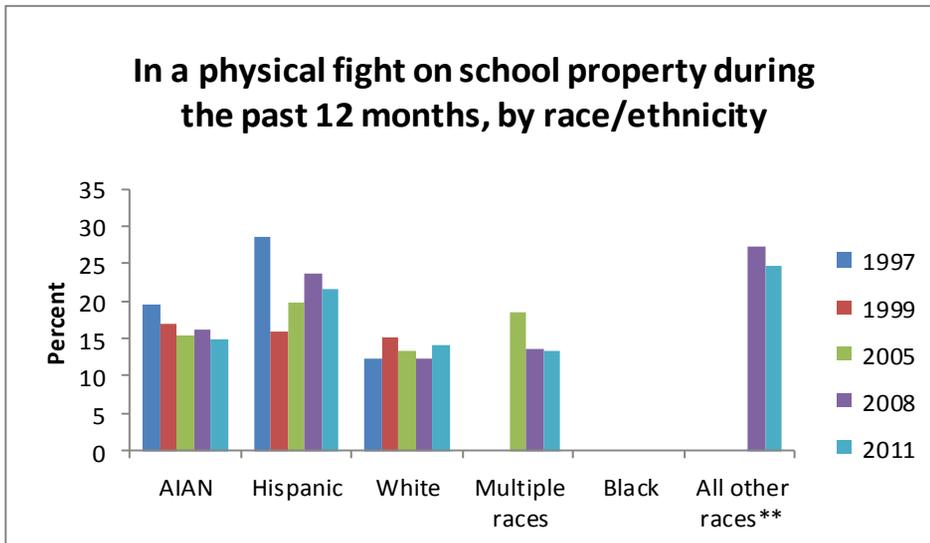
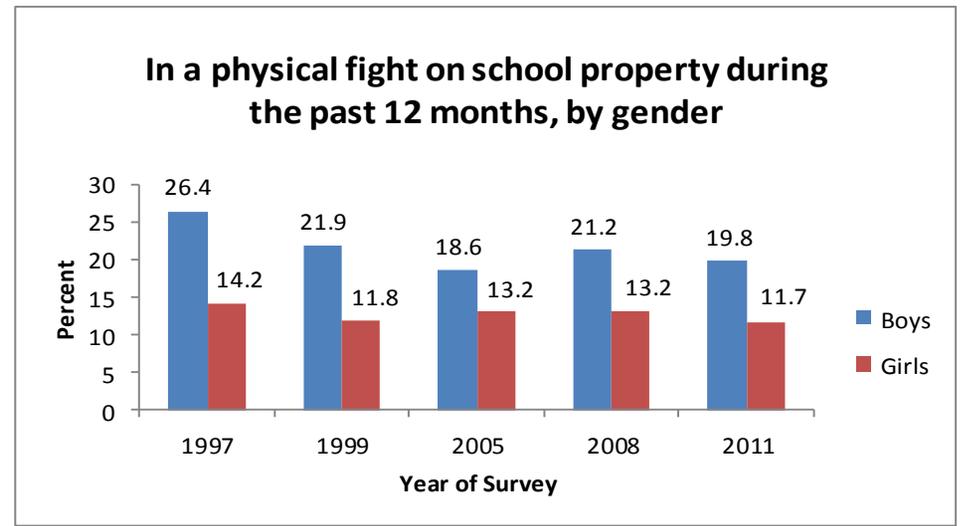
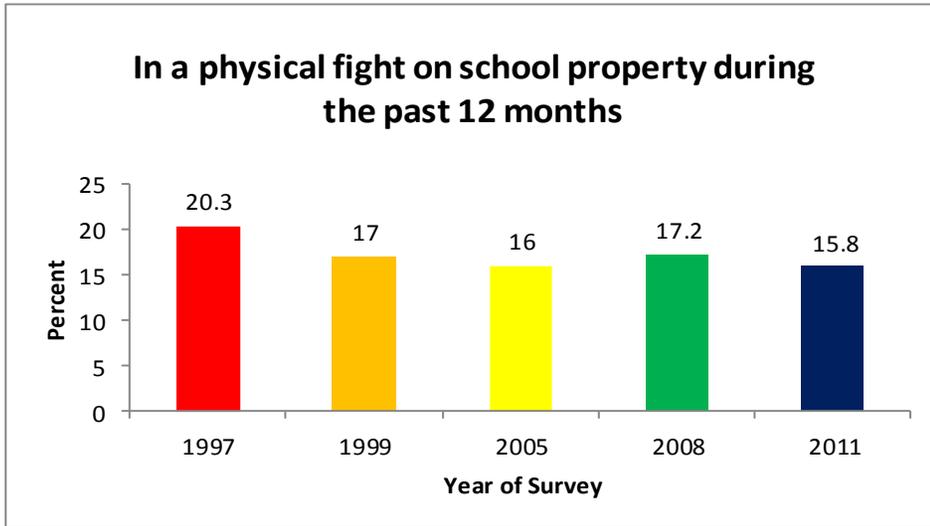
2011 U.S. High School Total: 12.0%

2011 American Indian/Alaska Native: 12.0%



Percent of High School students who were in a physical fight on school property in the past 12 months

Healthy People 2020 Objective: None



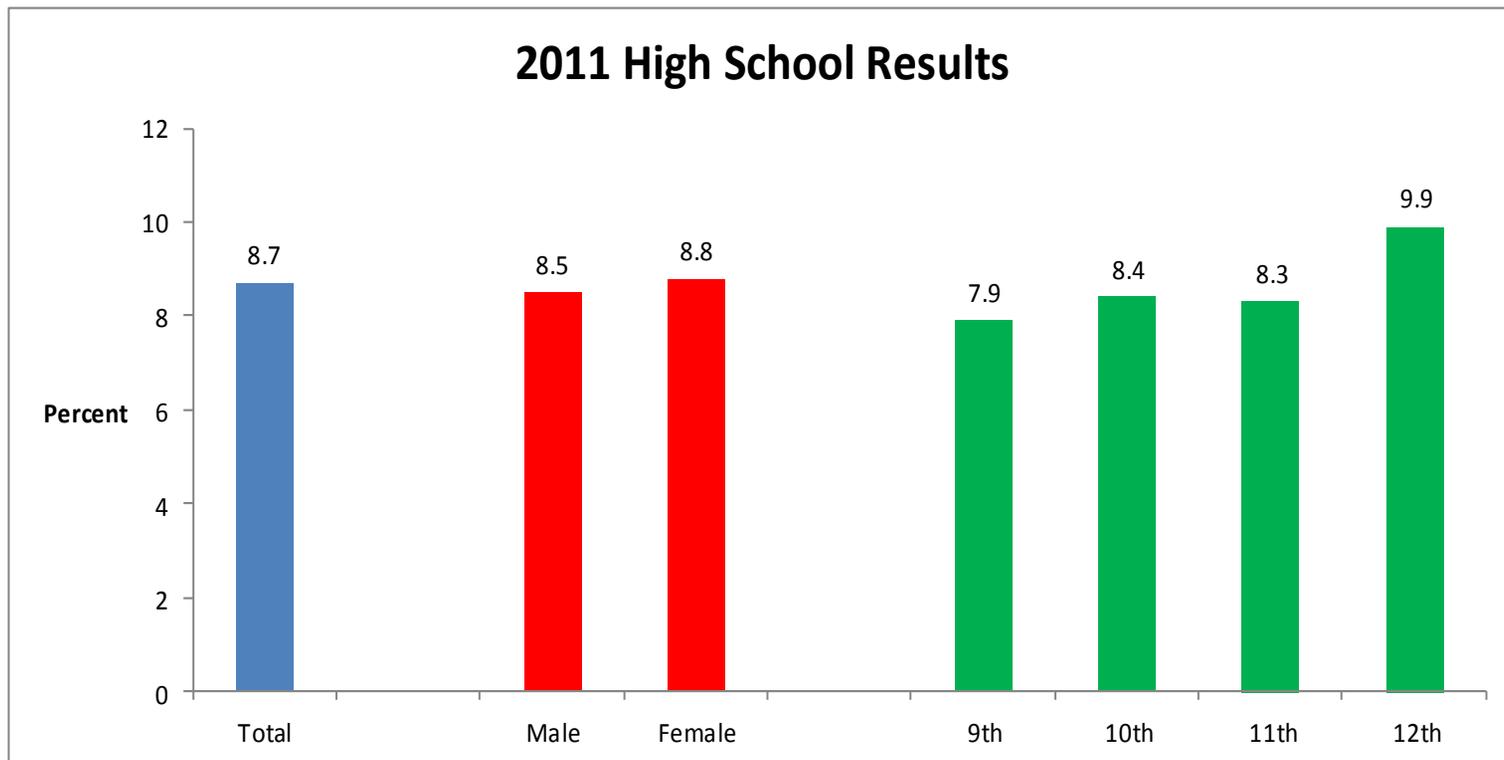
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percent of High School students who were ever hit slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past 12 months.

Healthy People 2020 Objective: None

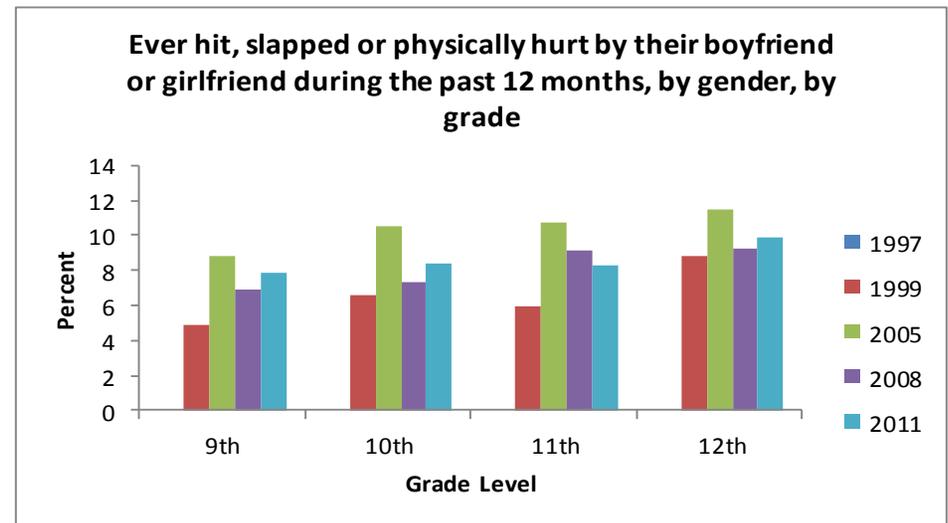
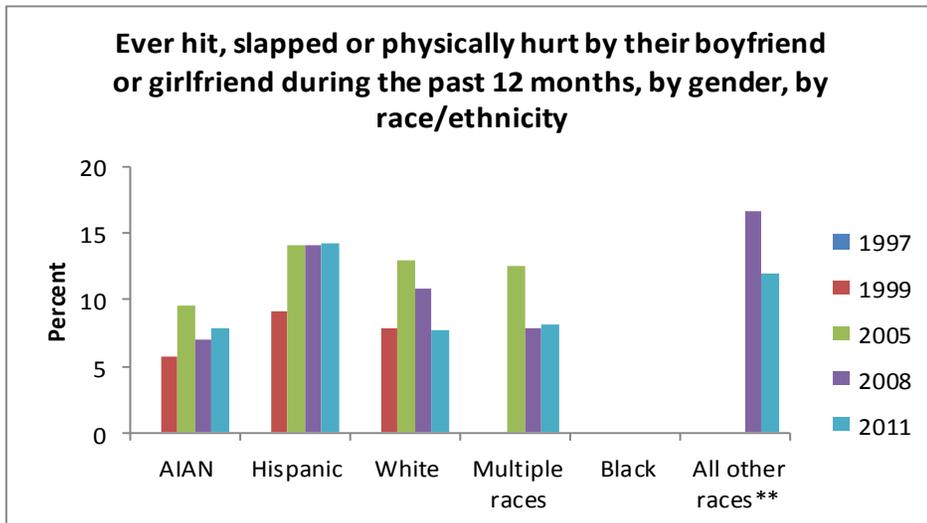
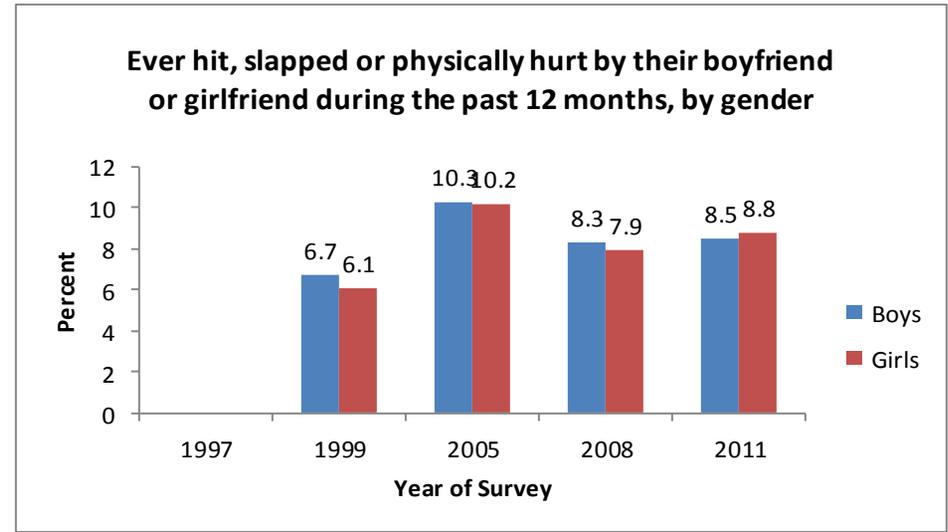
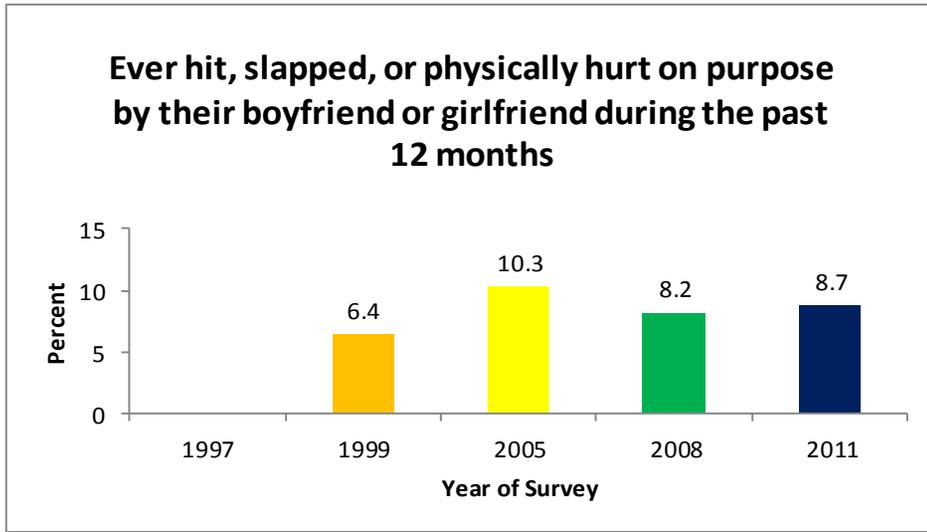
2011 U.S. High School Total: 9.4%

2011 American Indian/Alaska Native: 16.3%



Percent of High School students who were ever hit slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past 12 months.

Healthy People 2020 Objective: None



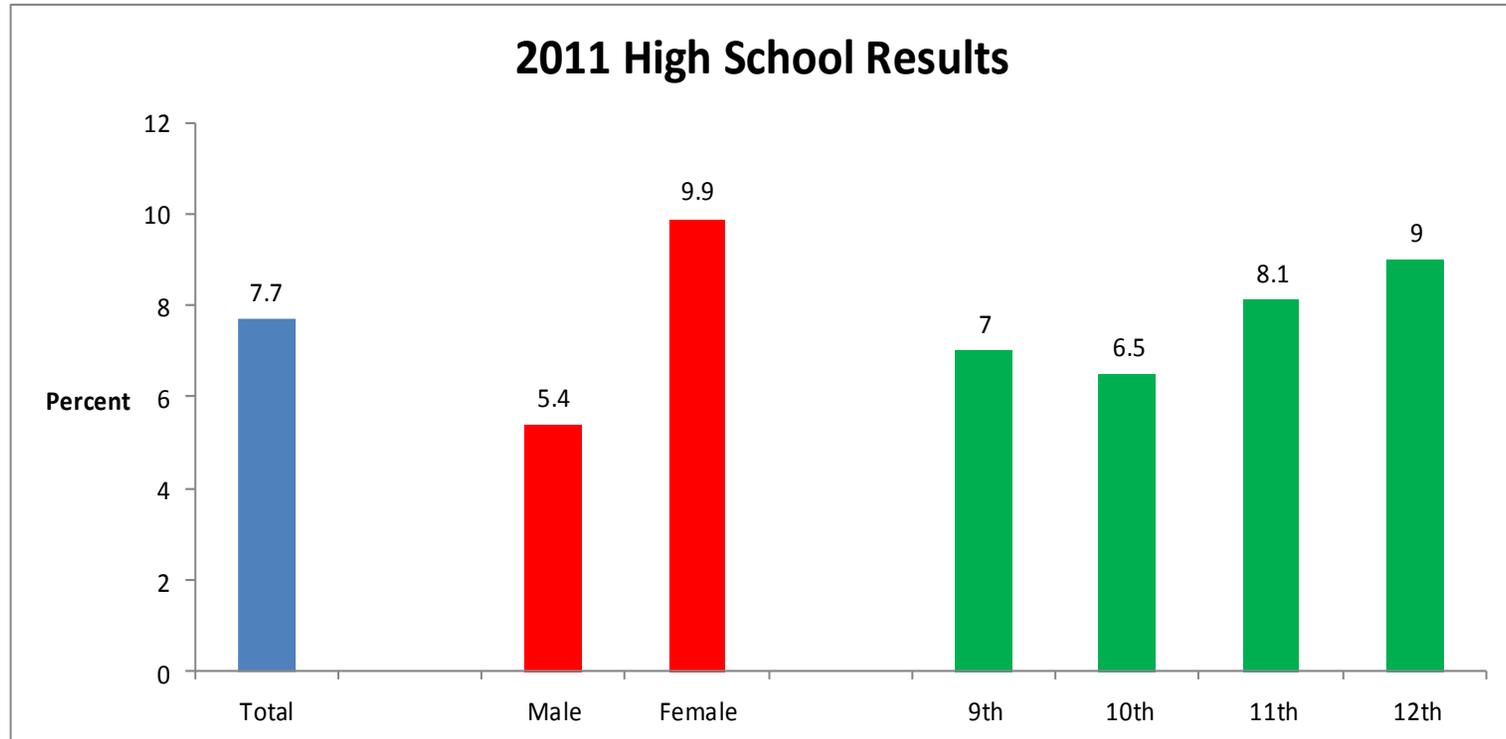
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percent of High School students who had ever been physically forced to have sexual intercourse when they did not want to

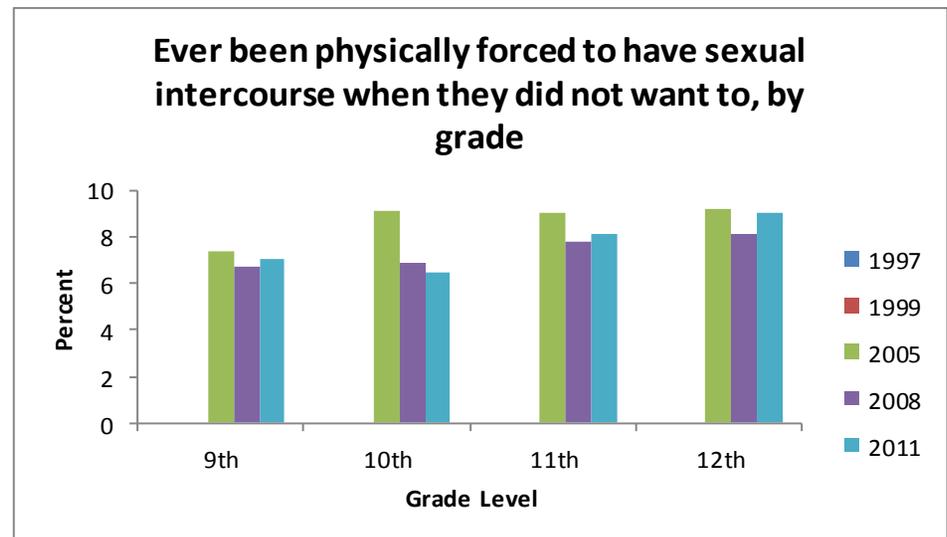
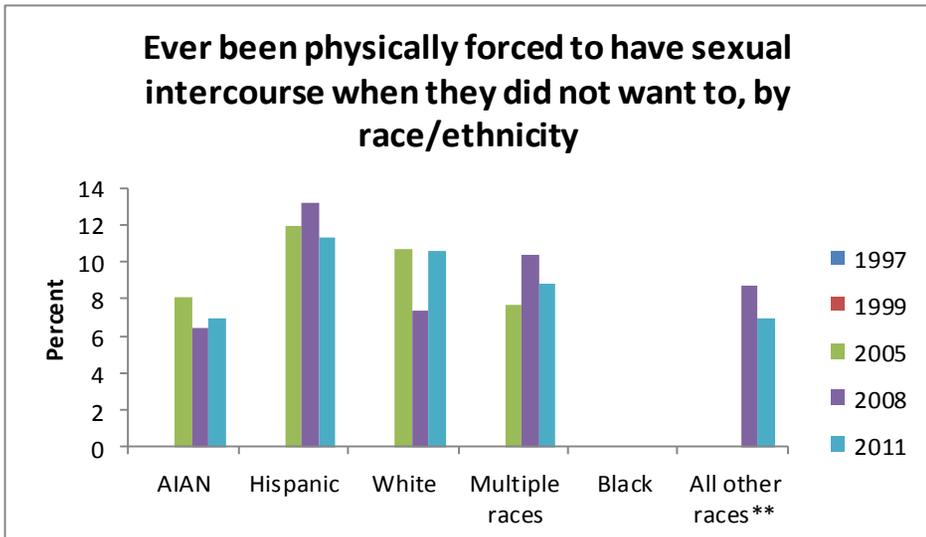
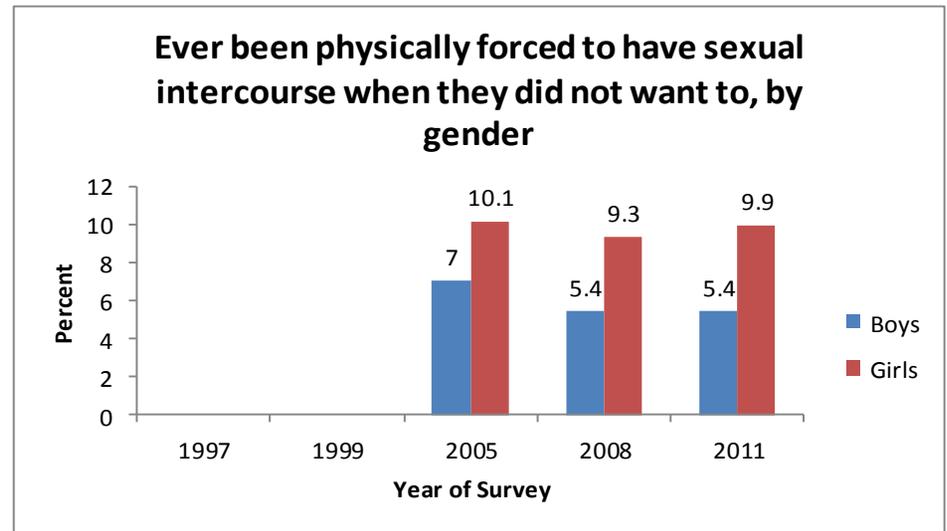
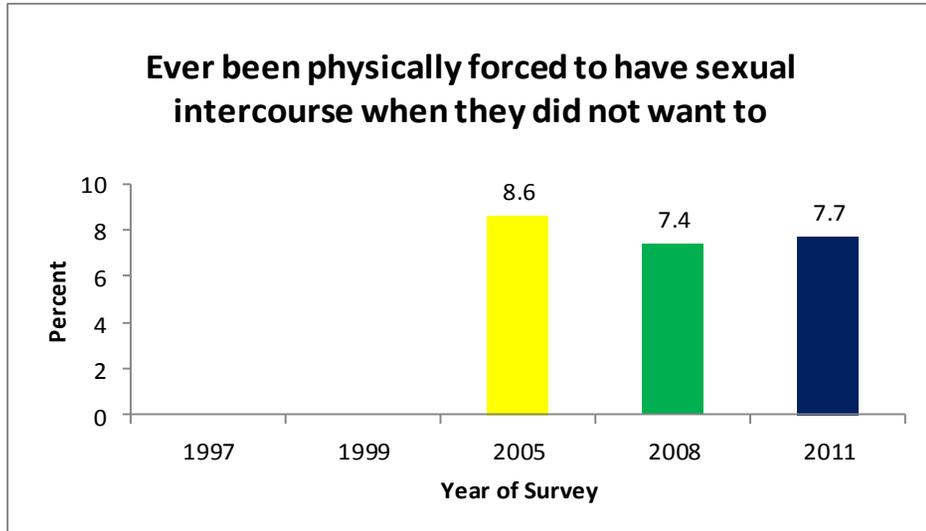
Healthy People 2020 Objective: None

2011 U.S. High School Total: 8.0%

2011 American Indian/Alaska Native: 12.5%



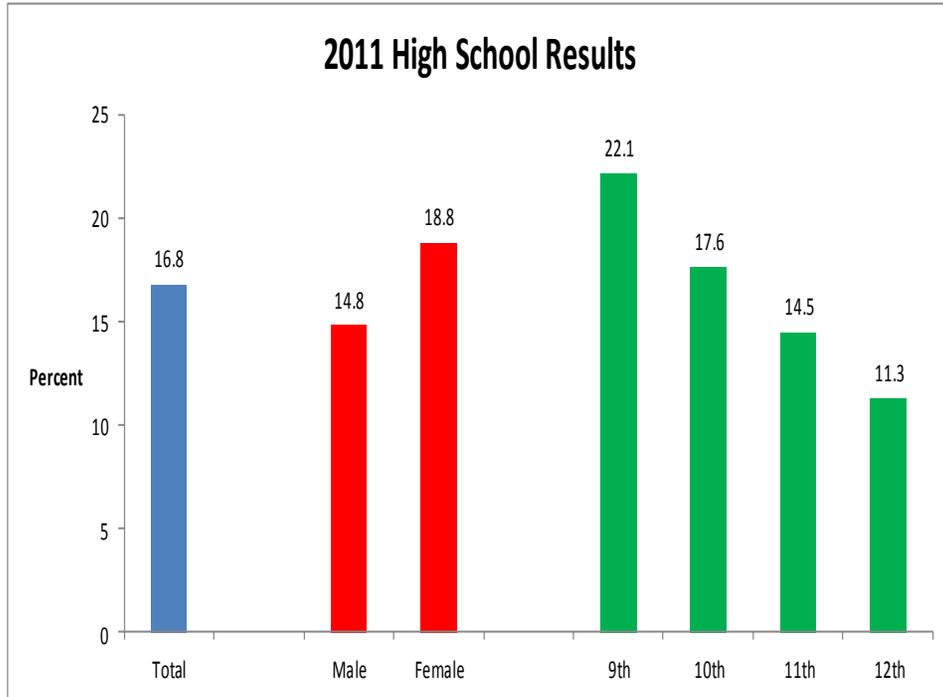
Percent of High School students who had ever been physically forced to have sexual intercourse when they did not want to
Healthy People 2020 Objective: None



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

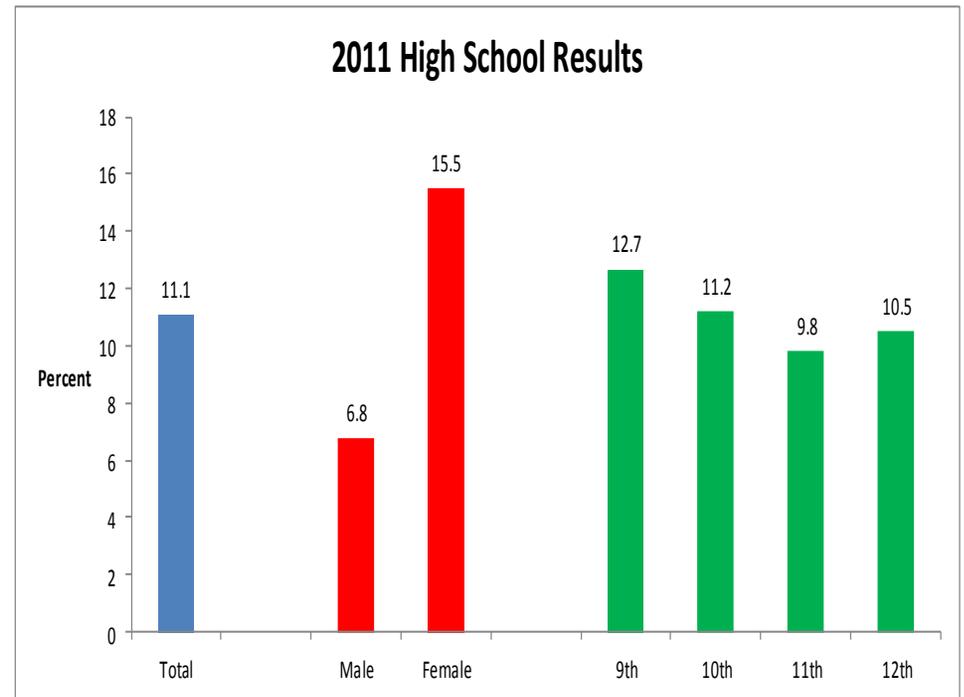
Percent of students who had ever been bullied on school property during the past 12 months. (This was the first year this question was asked so there are no trend data.)

Healthy People 2020 Objective: 17.9% (not specific to school property)
2011 U.S. High School Total: 20.1%
2011 American Indian/Alaska Native: 22.3%



Percent of students who had ever been electronically bullied. (This was the first year this question was asked so there are no trend data.)

Healthy People 2020 Objective: 17.9% (not specific to school property)
2011 U.S. High School Total: 16.2%
2011 American Indian/Alaska Native: 16.2%

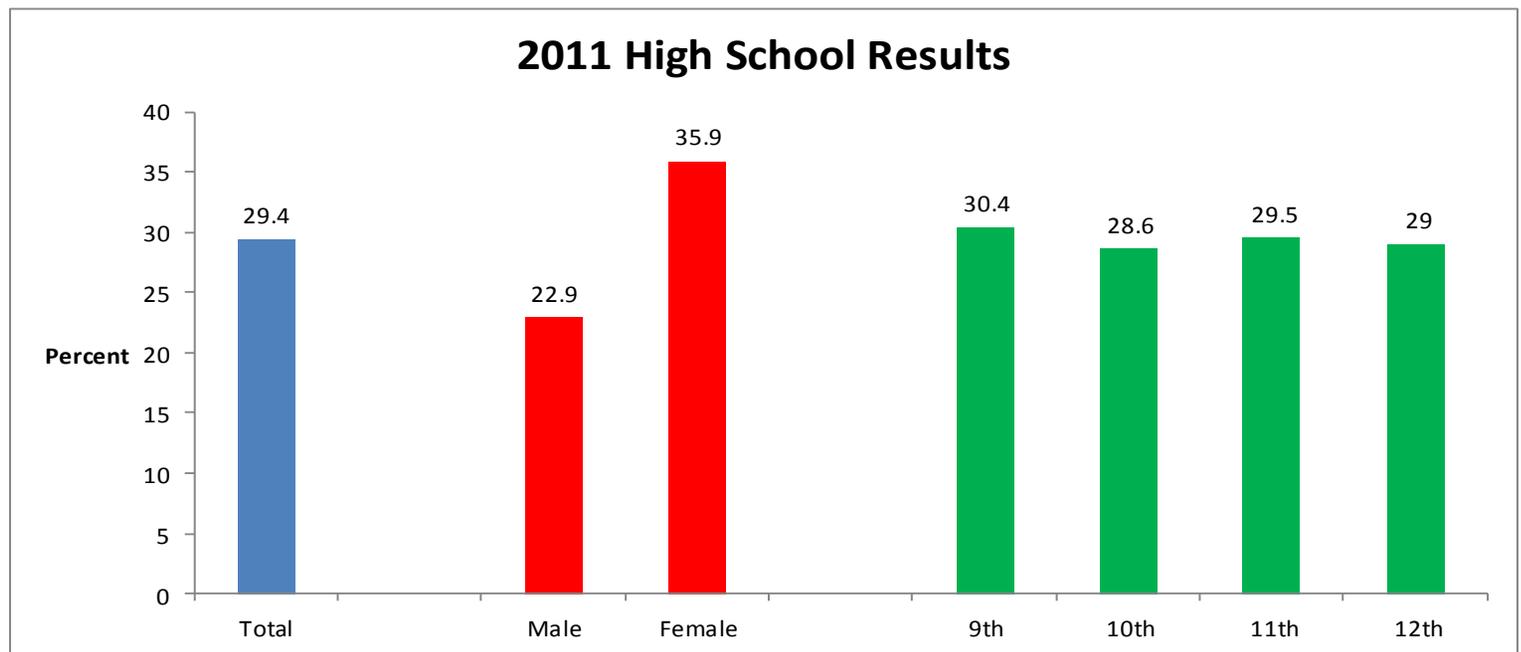


RATIONALE:

These questions measure sadness, suicide ideation, attempted suicide, and the seriousness of those attempts. Suicide is the third leading cause of death among youth ages 15-19 years.(1) 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.(1) A prior suicide attempt is one of the most significant risk factors for a fatal adolescent suicide attempt.(2,3) Among high school students nationwide in 2009, 26% felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing some usual activities.(4) 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.(4) The percentage of students who seriously considered attempting suicide decreased rapidly during 1991–1993 (29%–24%) and then decreased less rapidly during 1993–2009 (24%–14%).(4)

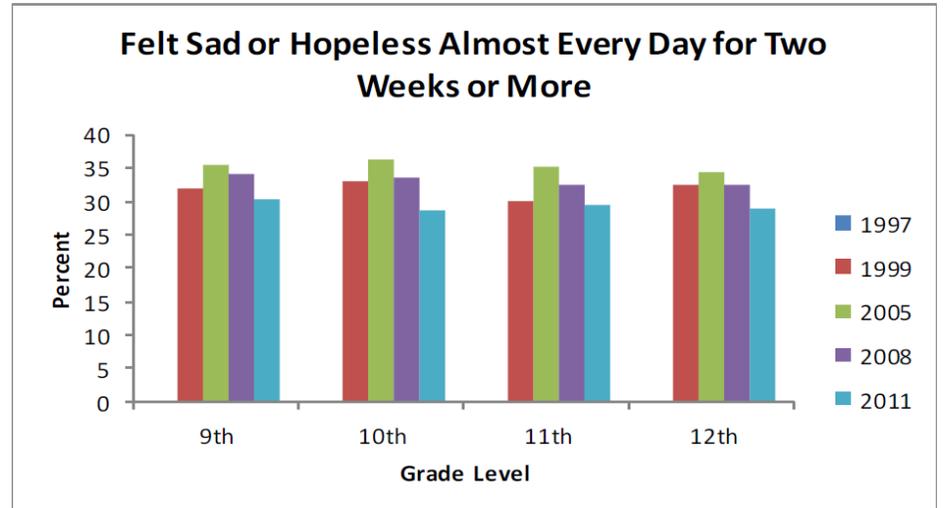
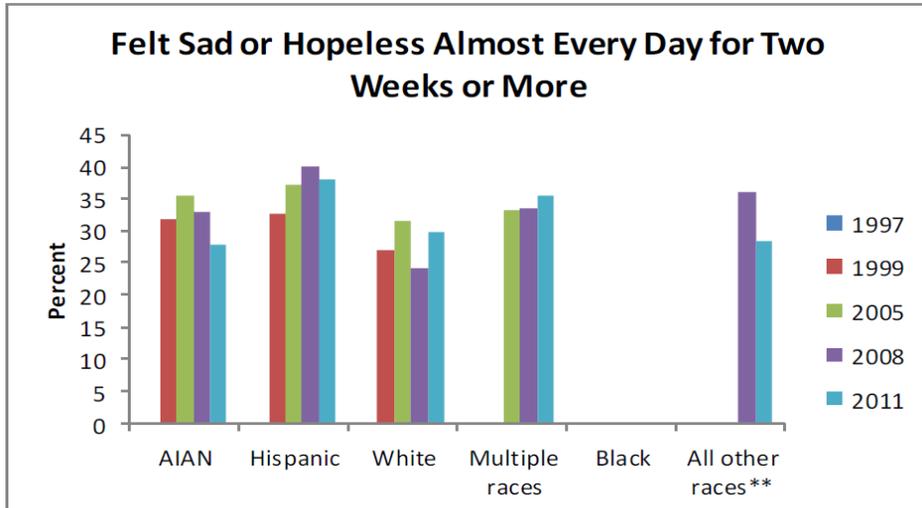
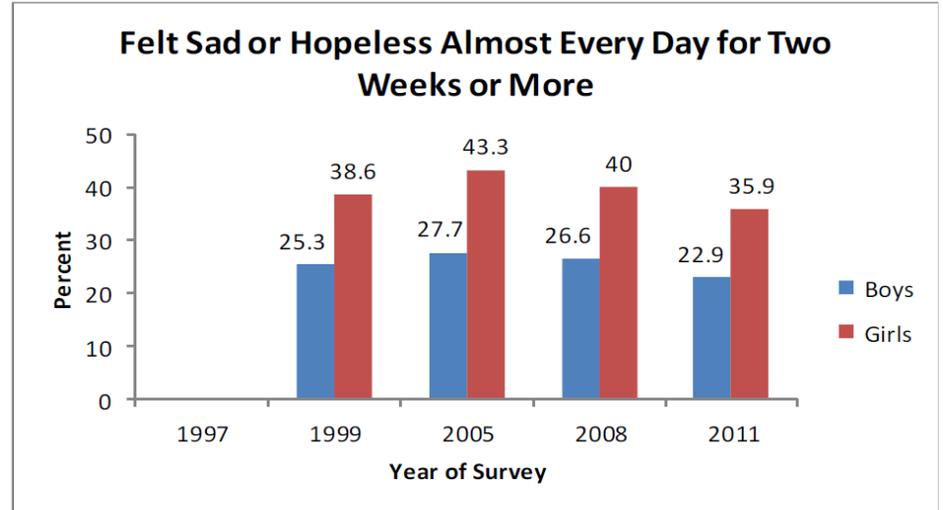
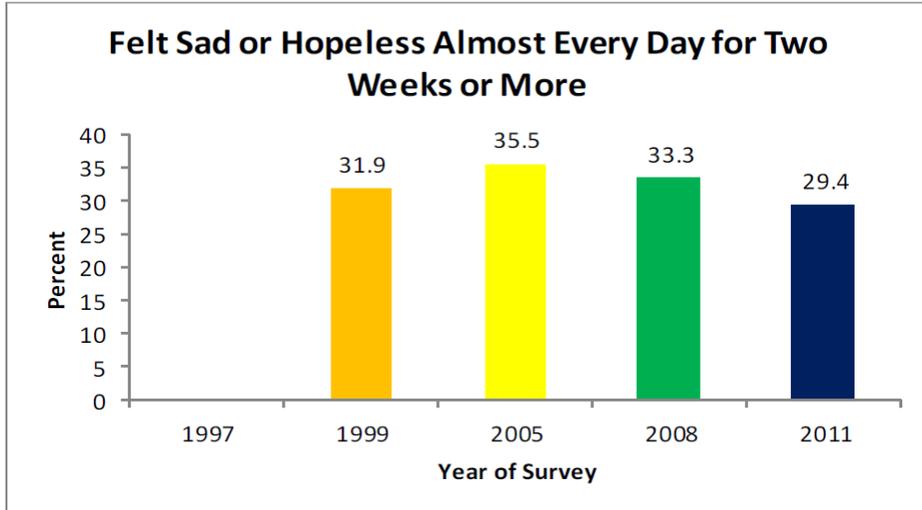
Percent of High School students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.

Healthy People 2020 Objective: 7.4% (adolescents aged 12-17 years who experience major depressive episodes)
2011 U.S. High School Total: 28.5%
2011 American Indian/Alaska Native: 35.9%



Percent of High School students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.

Healthy People 2020 Objective: 7.4% (adolescents aged 12-17 years who experience major depressive episodes)



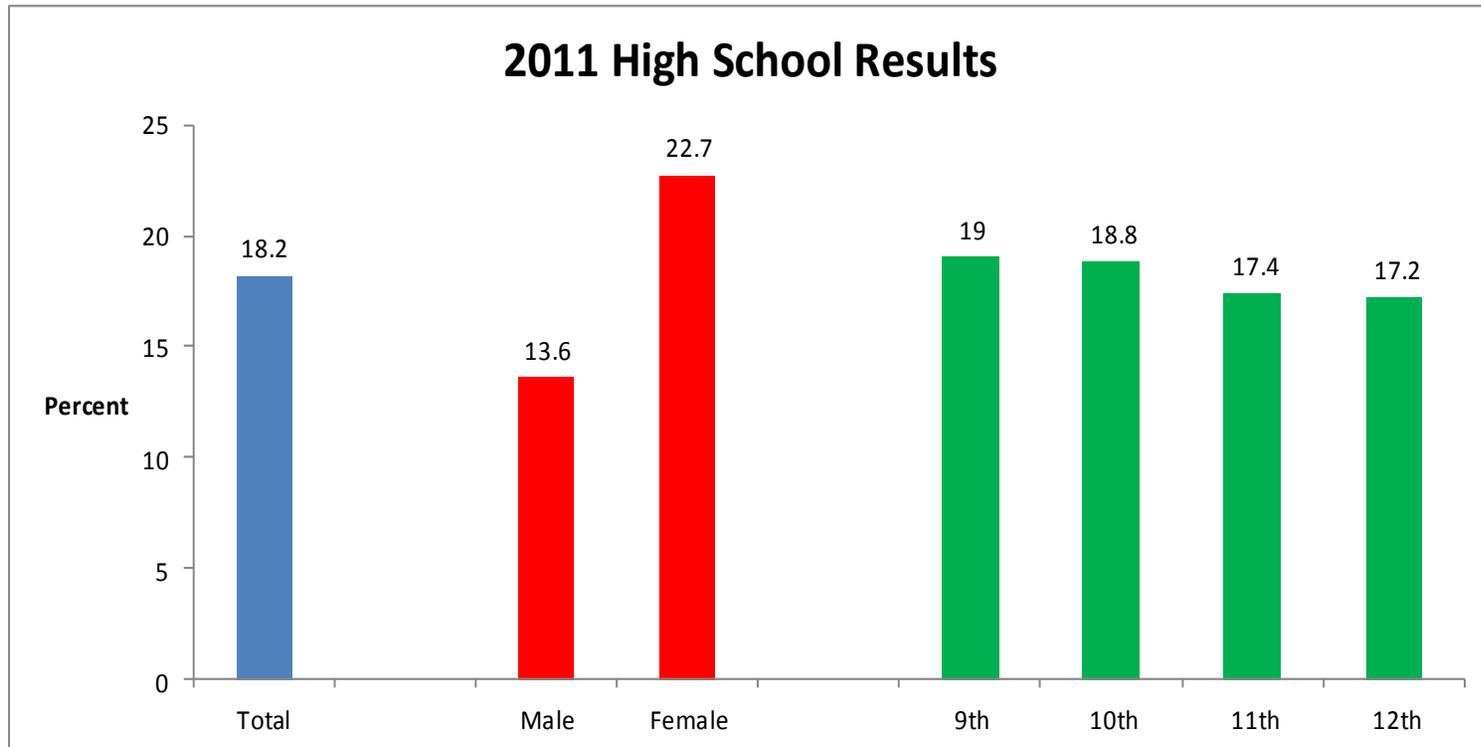
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percent of High School students who seriously considered attempting suicide during the past 12 months.

Healthy People 2020 Objective: None

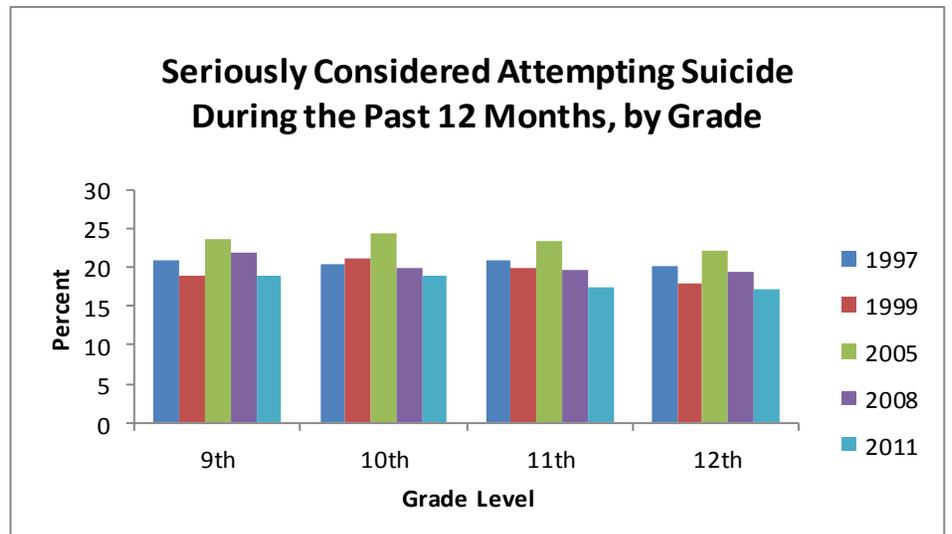
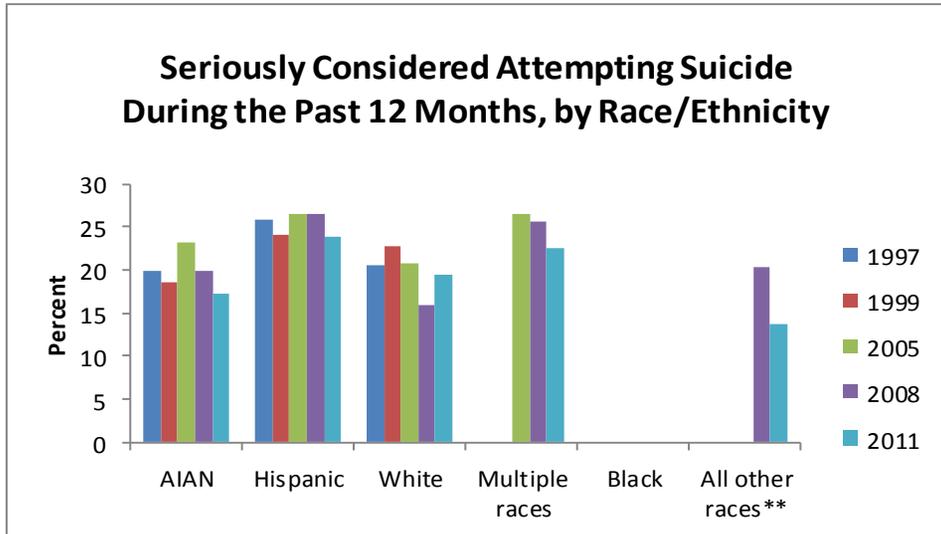
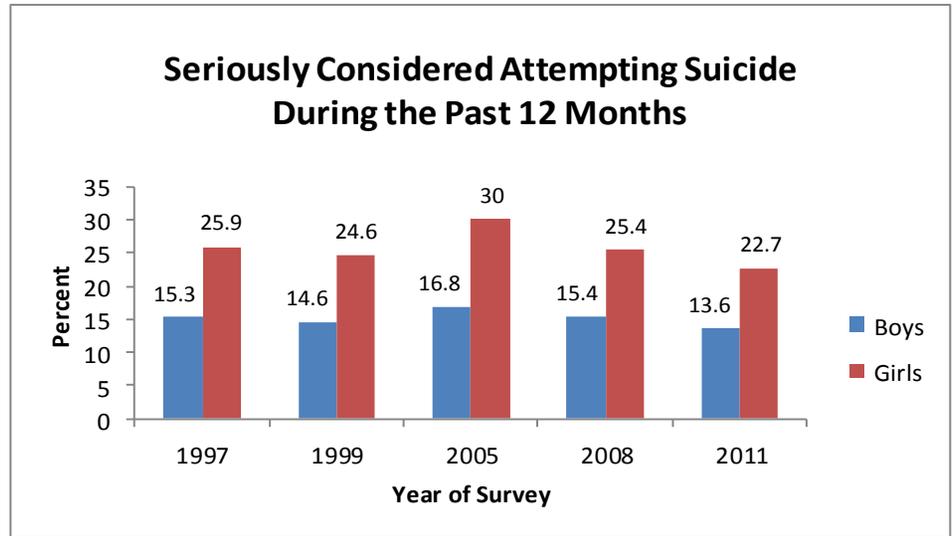
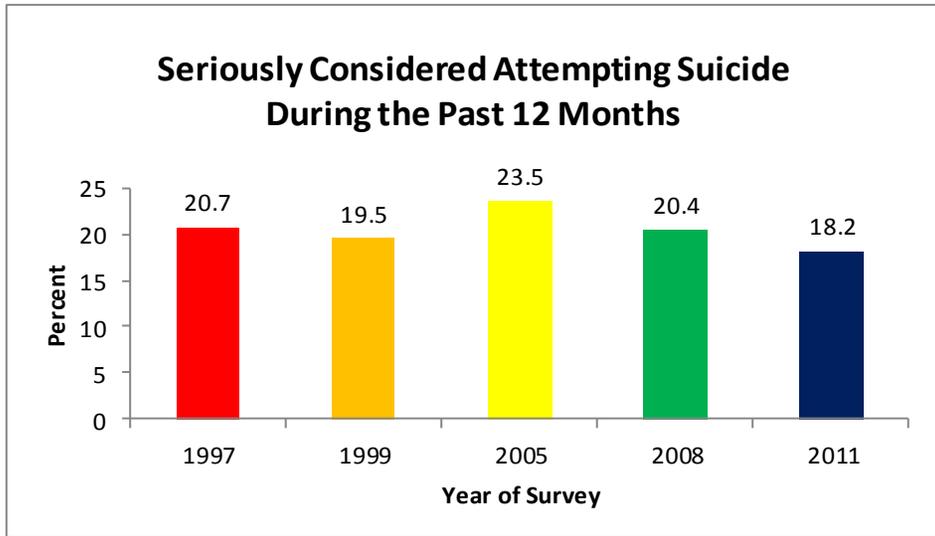
2011 U.S. High School Total: 15.8%

2011 American Indian/Alaska Native: 21.8%



Percent of High School students who seriously considered attempting suicide during the past 12 months.

Healthy People 2020 Objective: None



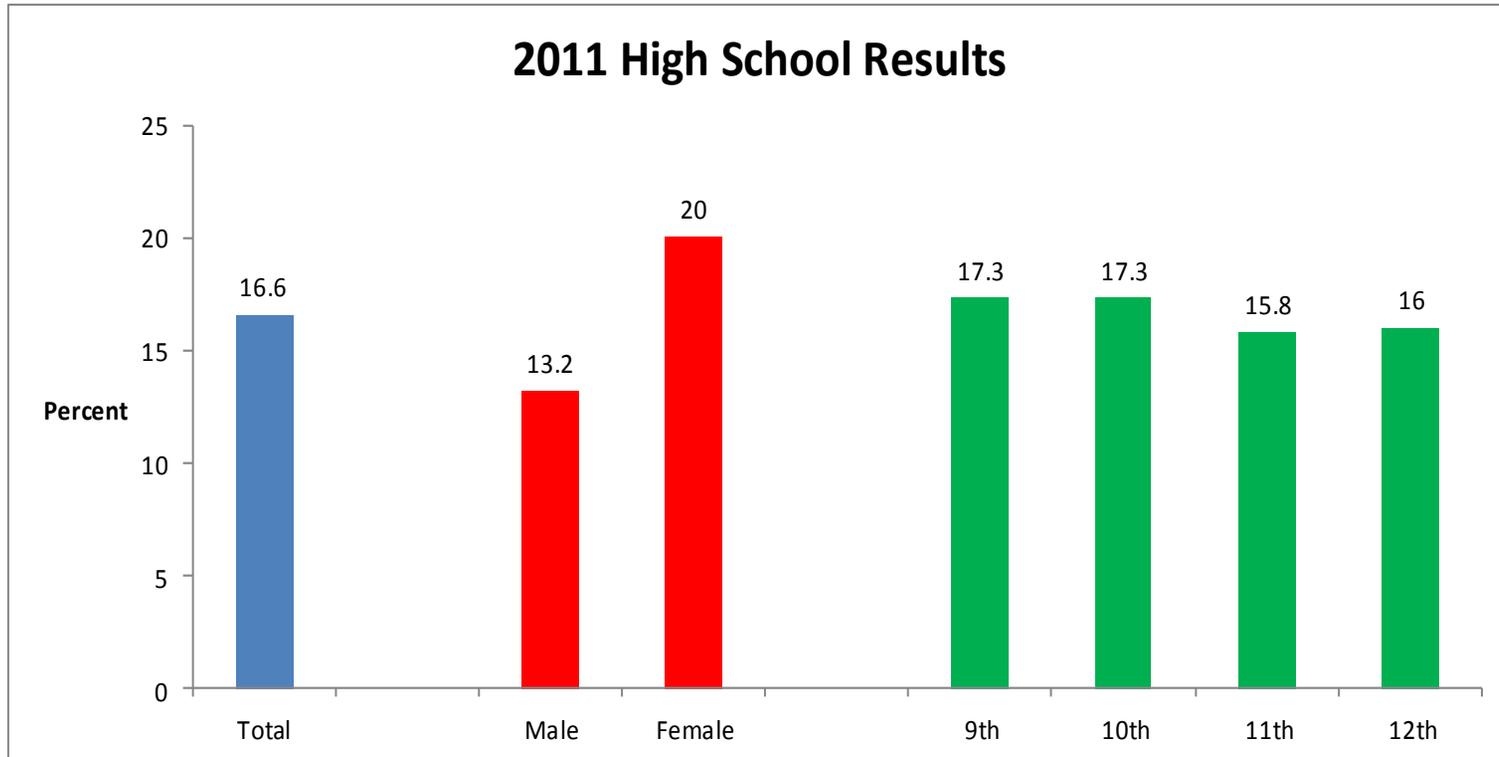
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percent of High School students who made a plan about how they would attempt suicide during the past 12 months.

Healthy People 2020 Objective: None

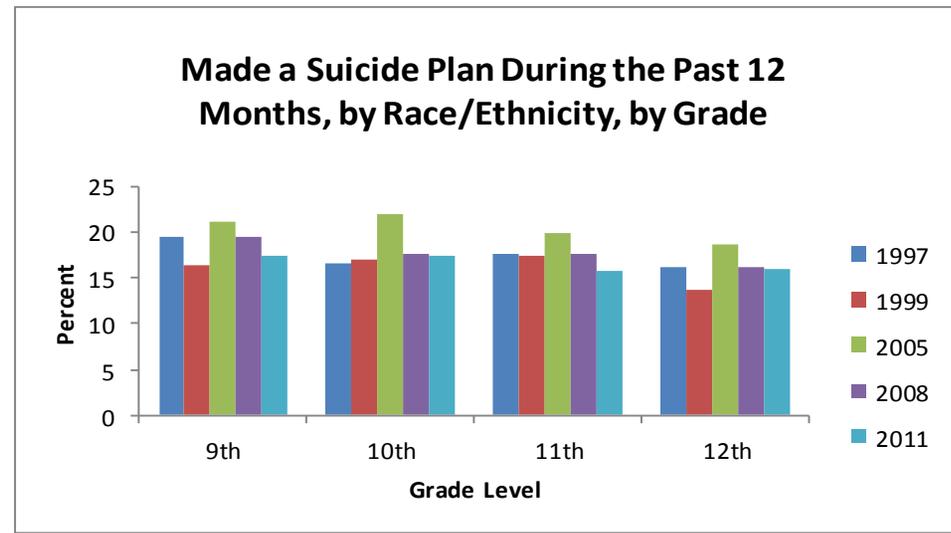
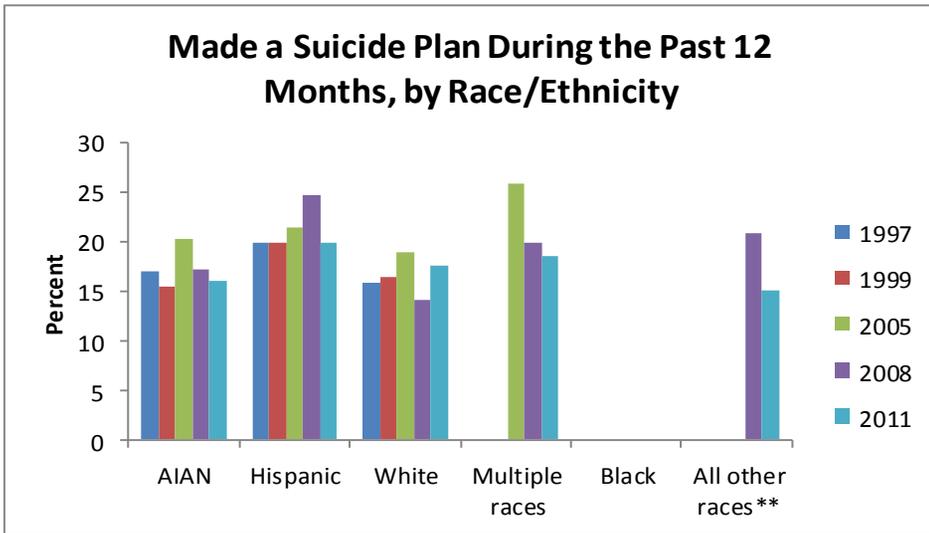
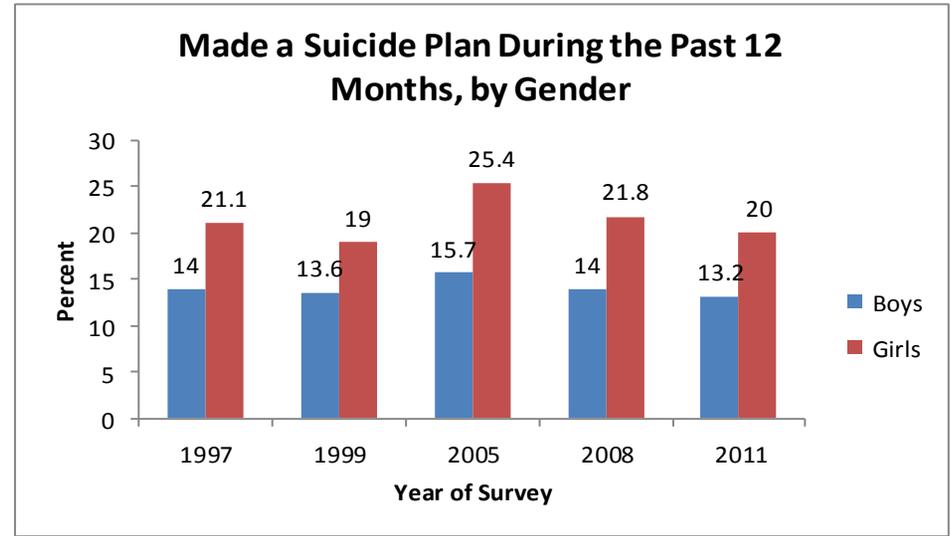
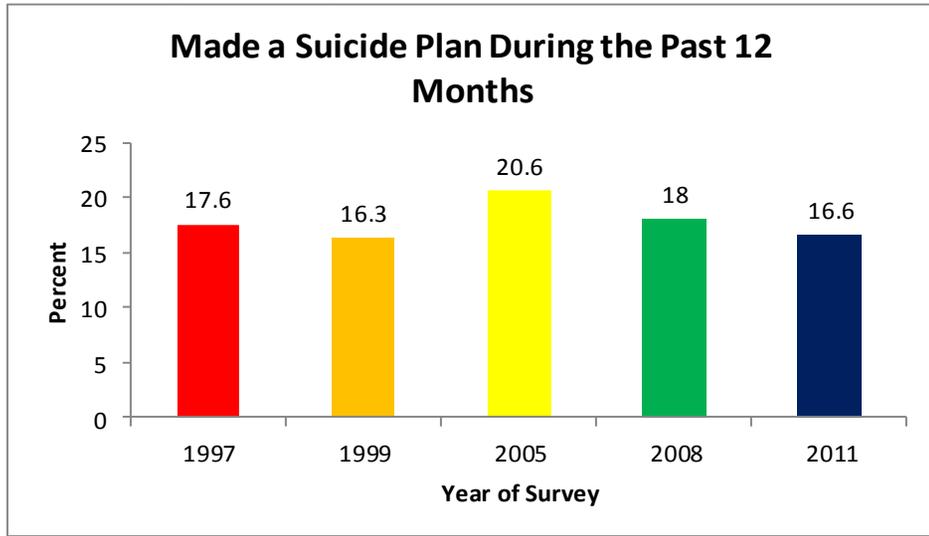
2011 U.S. High School Total: 12.8%

2011 American Indian/Alaska Native: 17.7%



Percent of High School students who made a plan about how they would attempt suicide during the past 12 months.

Healthy People 2020 Objective: None



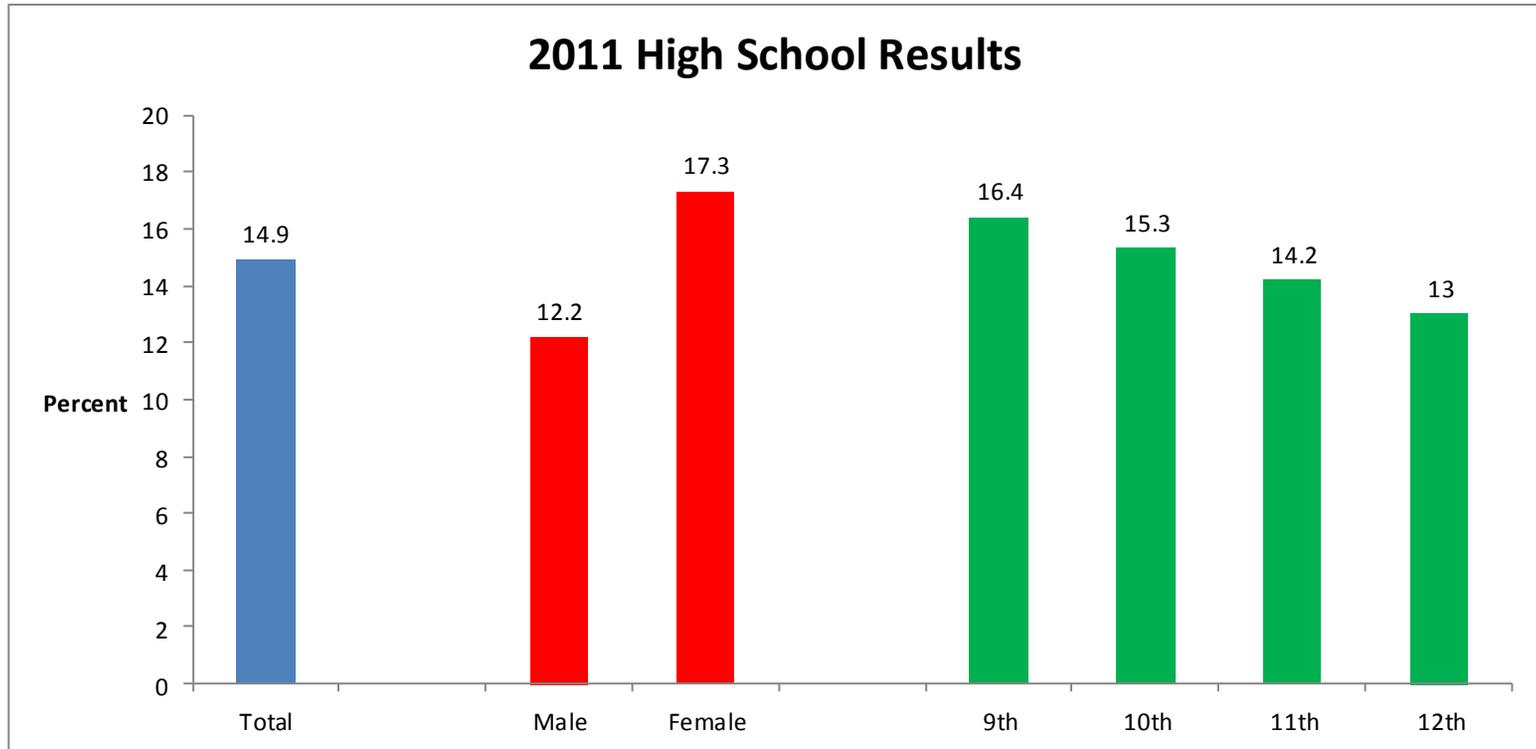
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percent of High School students who actually attempted suicide one or more times during the past 12 months.

Healthy People 2020 Objective: 1.7%

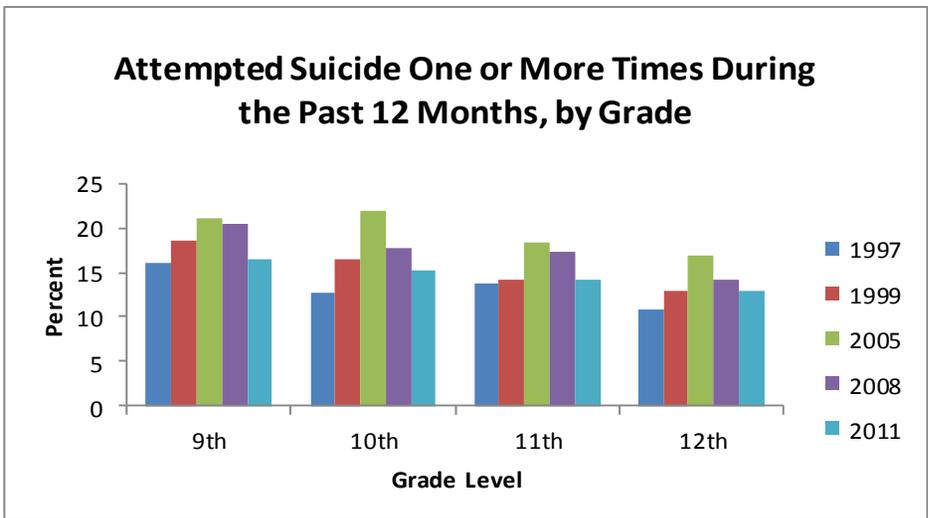
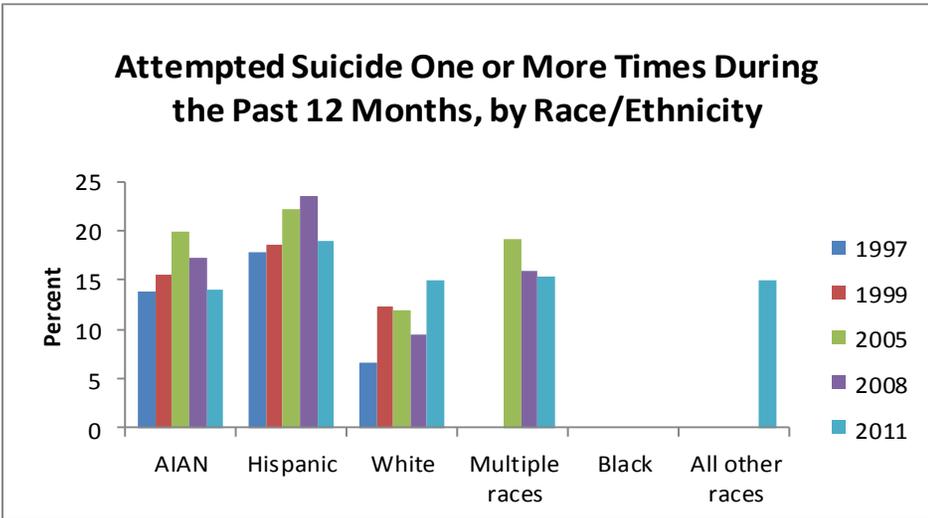
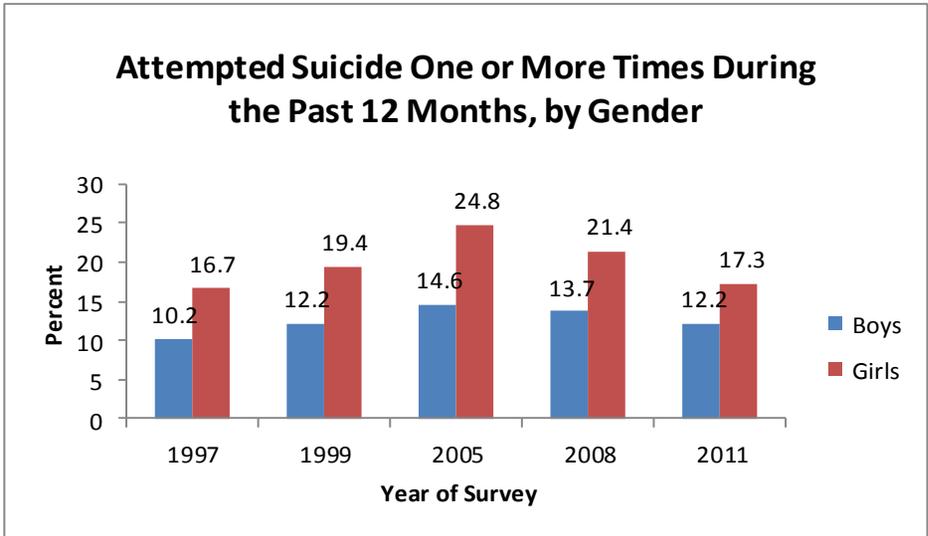
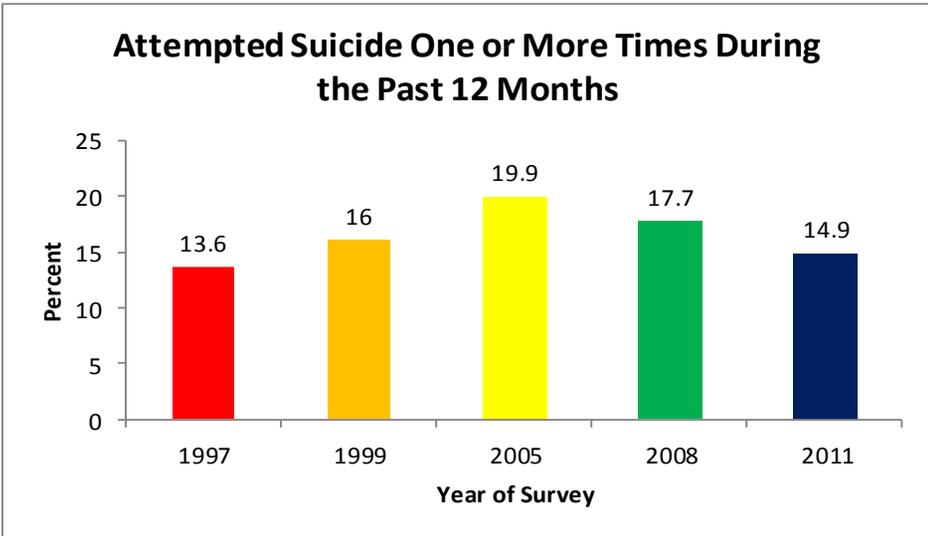
2011 U.S. High School Total: 7.8%

2011 American Indian/Alaska Native: 14.7%



Percent of High School students who actually attempted suicide one or more times during the past 12 months

Healthy People 2020 Objective: 1.7%



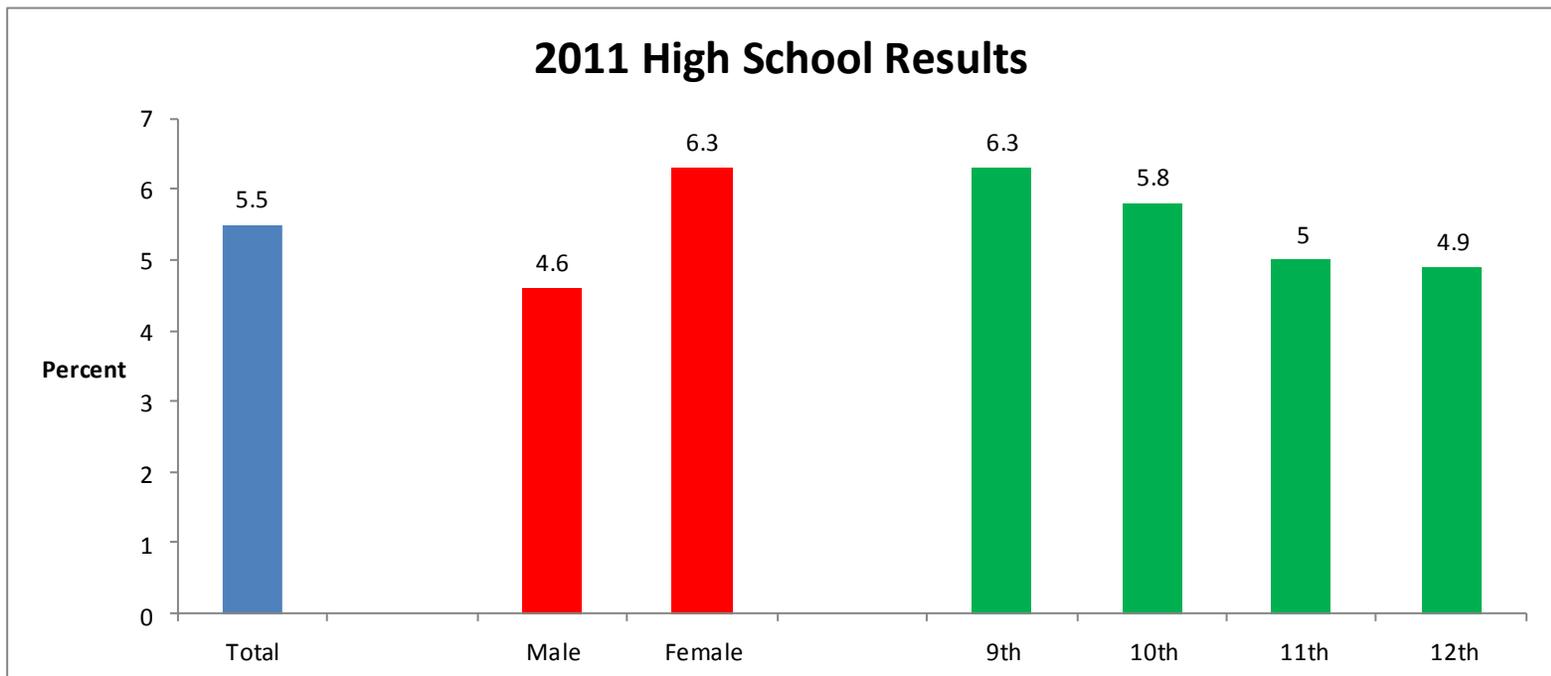
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percent of High School students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Healthy People 2020 Objective: None

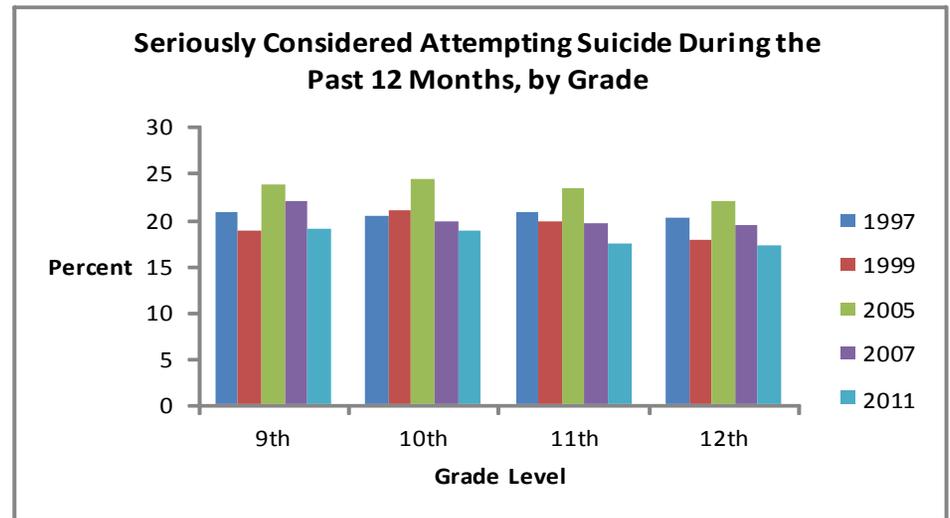
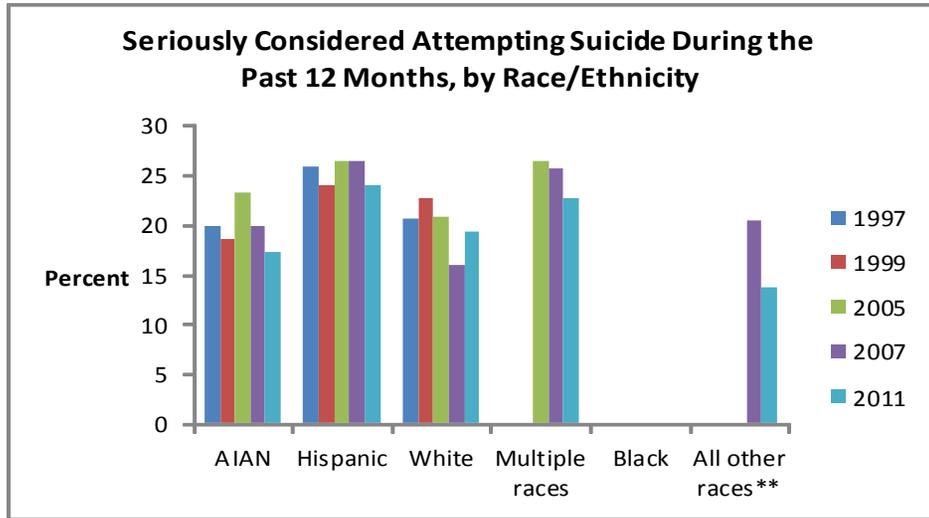
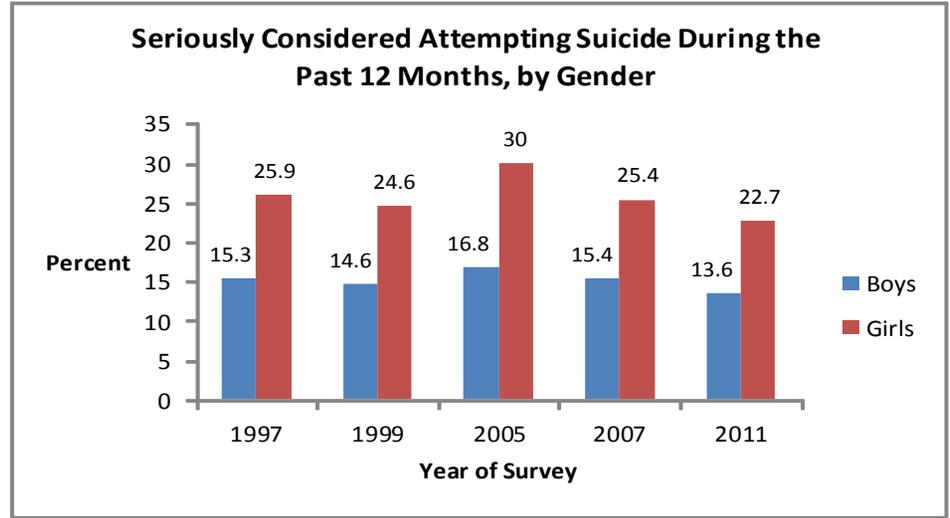
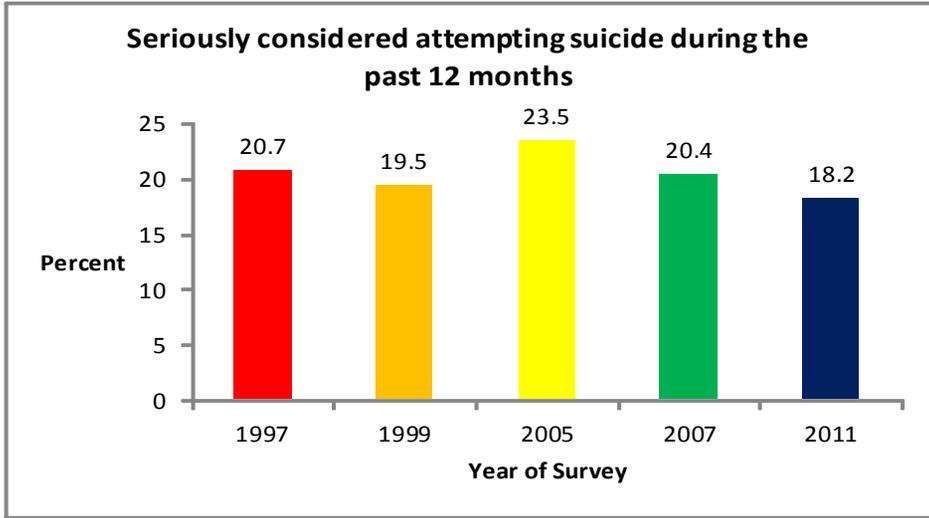
2011 U.S. High School Total: 2.4%

2011 American Indian/Alaska Native: 6.1%

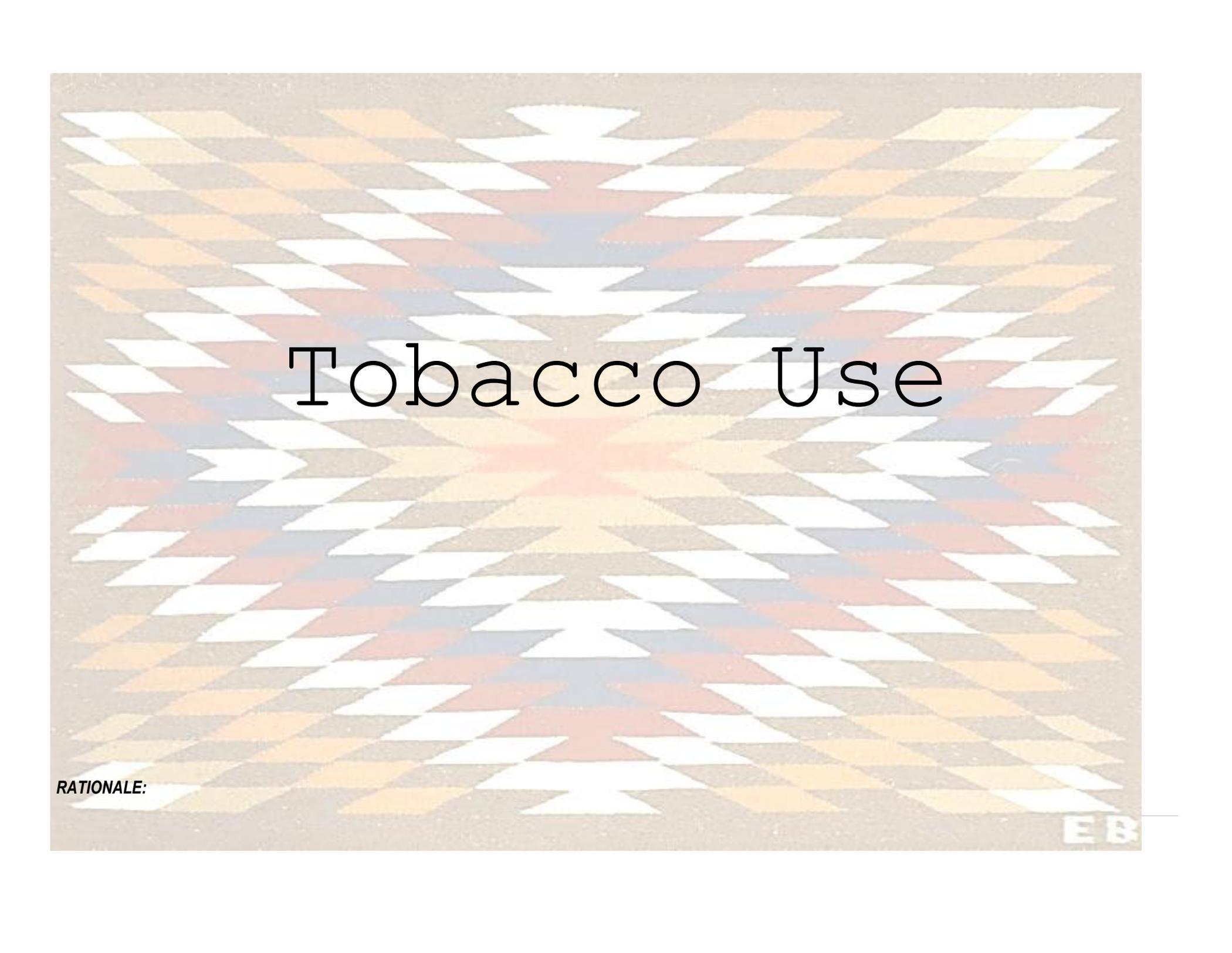


Percent of High School students who seriously considered attempting suicide during the past 12 months.

Healthy People 2020 Objective: None



***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*



Tobacco Use

RATIONALE:

ER

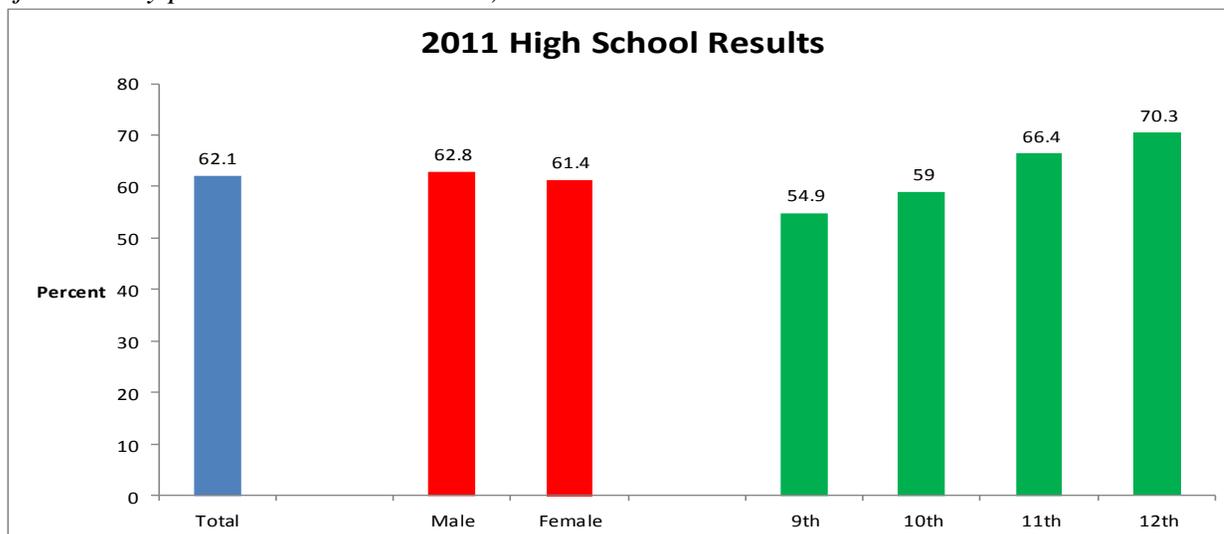
These questions measure ever and current smoking patterns, age of initiation, access to cigarettes, smoking on school property, and attempts to quit smoking. Cigarette smoking is the leading cause of preventable death in the United States(1) and accounts for approximately 440,000 deaths each year.(2) 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.(1) 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.(3- 6) 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.(7) 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.(8) 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.(9) The percentage of high school students who had ever tried cigarette smoking did not change significantly during 1991–1999 (70%–70%) and then decreased during 1999–2009 (70%–46%).(7) The percentage of high school students who had smoked cigarettes on at least 1 day during the 30 days before the survey increased significantly during 1991–1997 (28%–36%) and then decreased during 1997–2009 (36%–19%).(9)

Percent of students who ever tried cigarettes, even one or two puffs

Healthy People 2020 Objective: None (HP 2020 objective only pertains to new initiation)

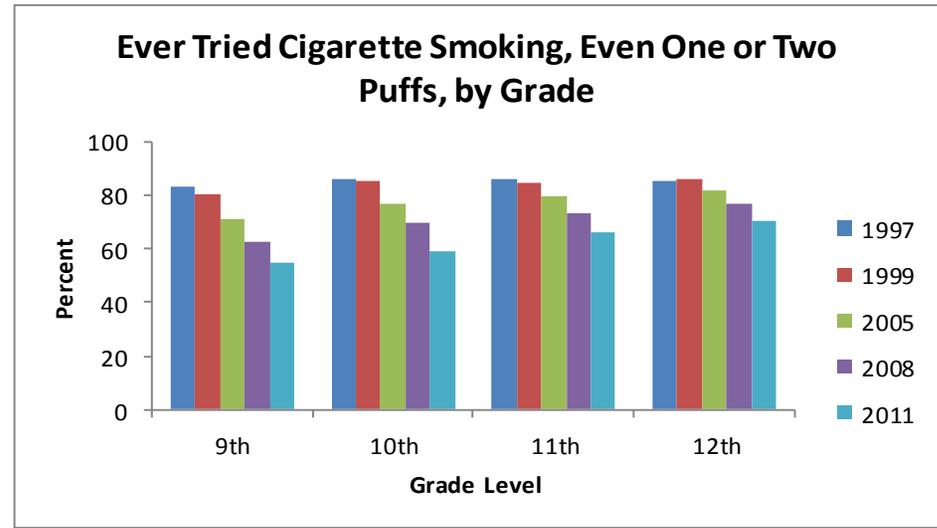
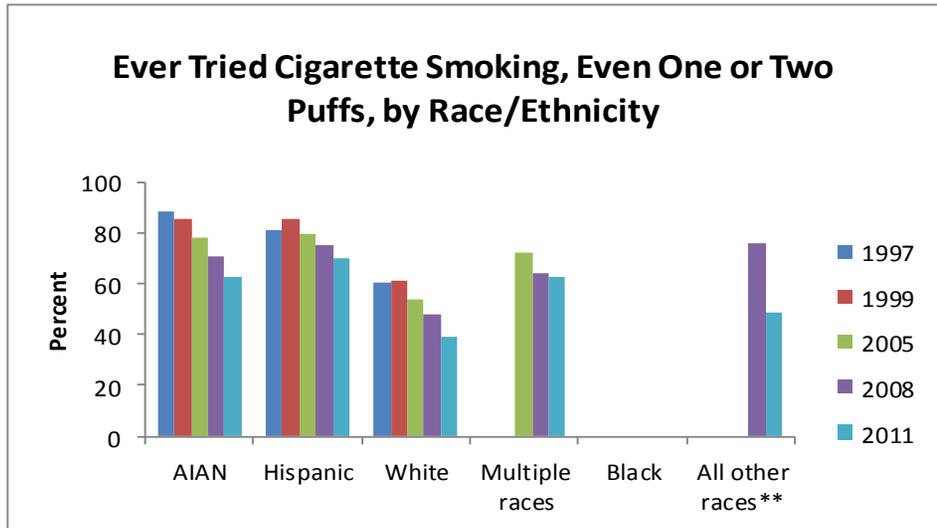
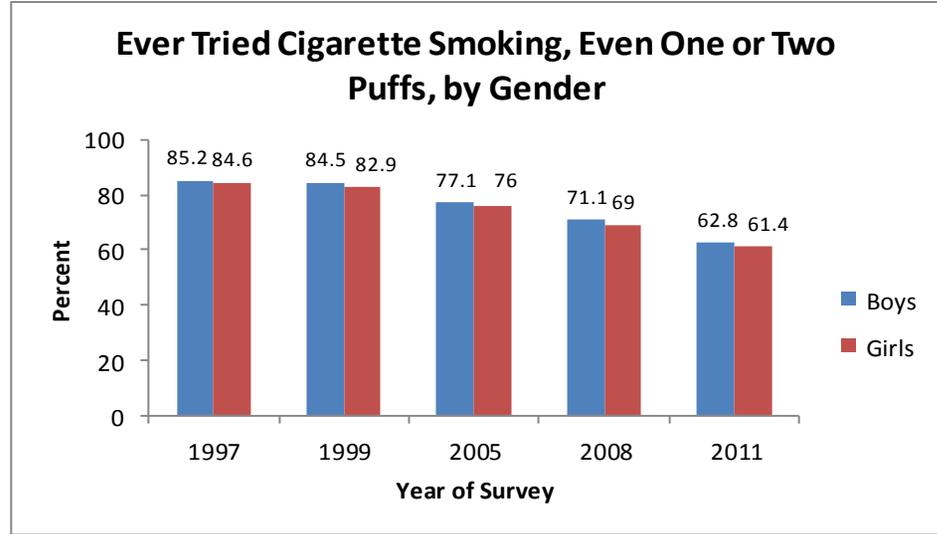
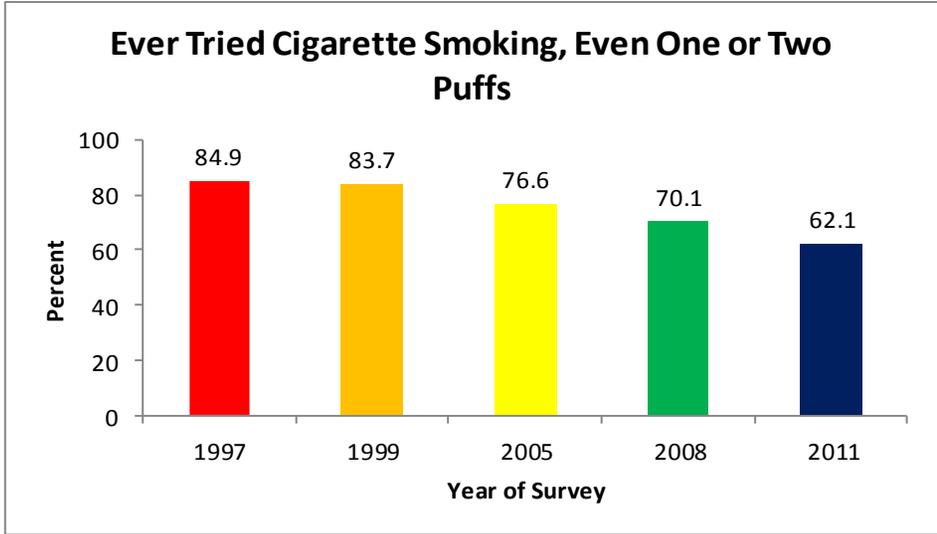
2011 U.S. High School Total: 44.7%

2011 American Indian/Alaska Native: 70.6%



Percent of students who ever tried cigarettes, even one or two puffs

Healthy People 2020 Objective: NA



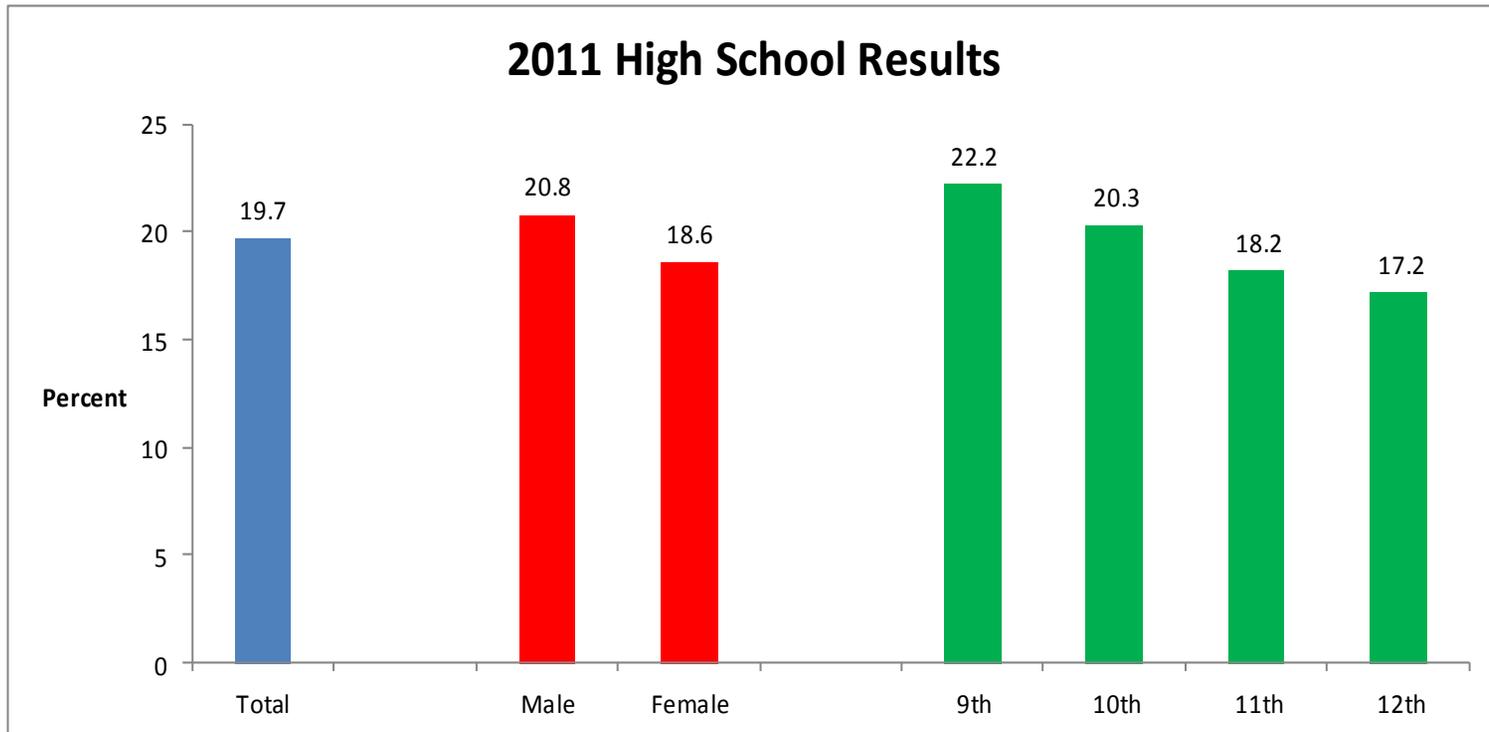
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percent of High School students who smoked a whole cigarette for the first time before age 13 years.

Healthy People 2020 Objective: None

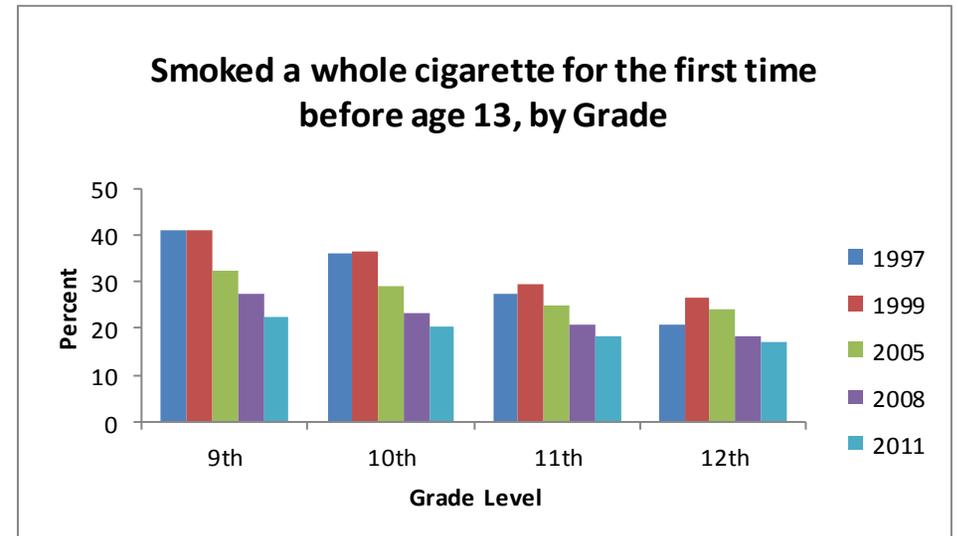
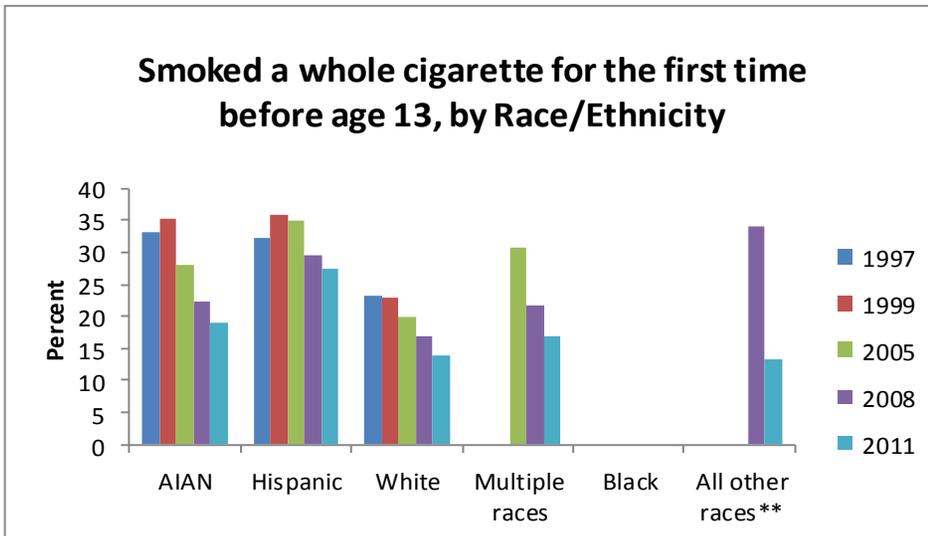
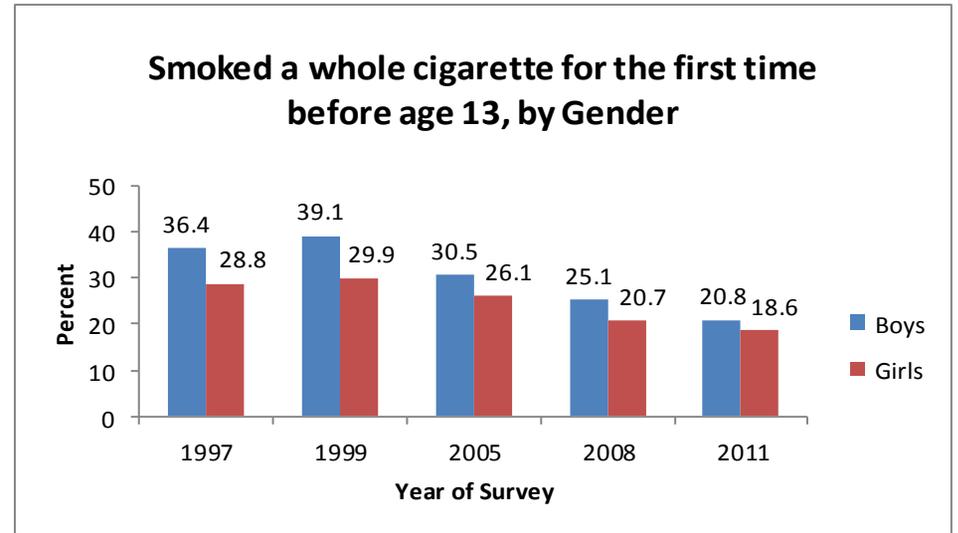
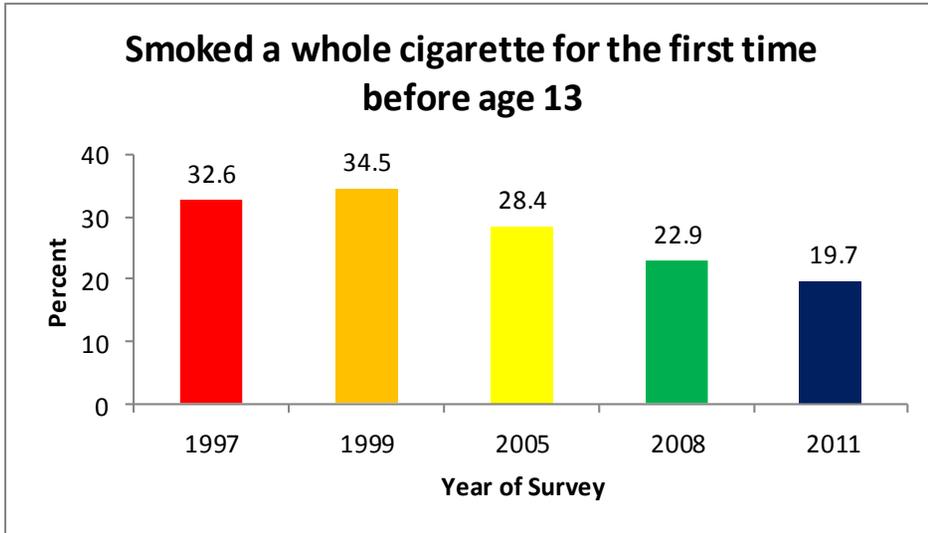
2011 U.S. High School Total: 10.3%

2011 American Indian/Alaska Native: 24.7%



Percent of High School students who smoked a whole cigarette for the first time before age 13 years.

Healthy People 2020 Objective: None



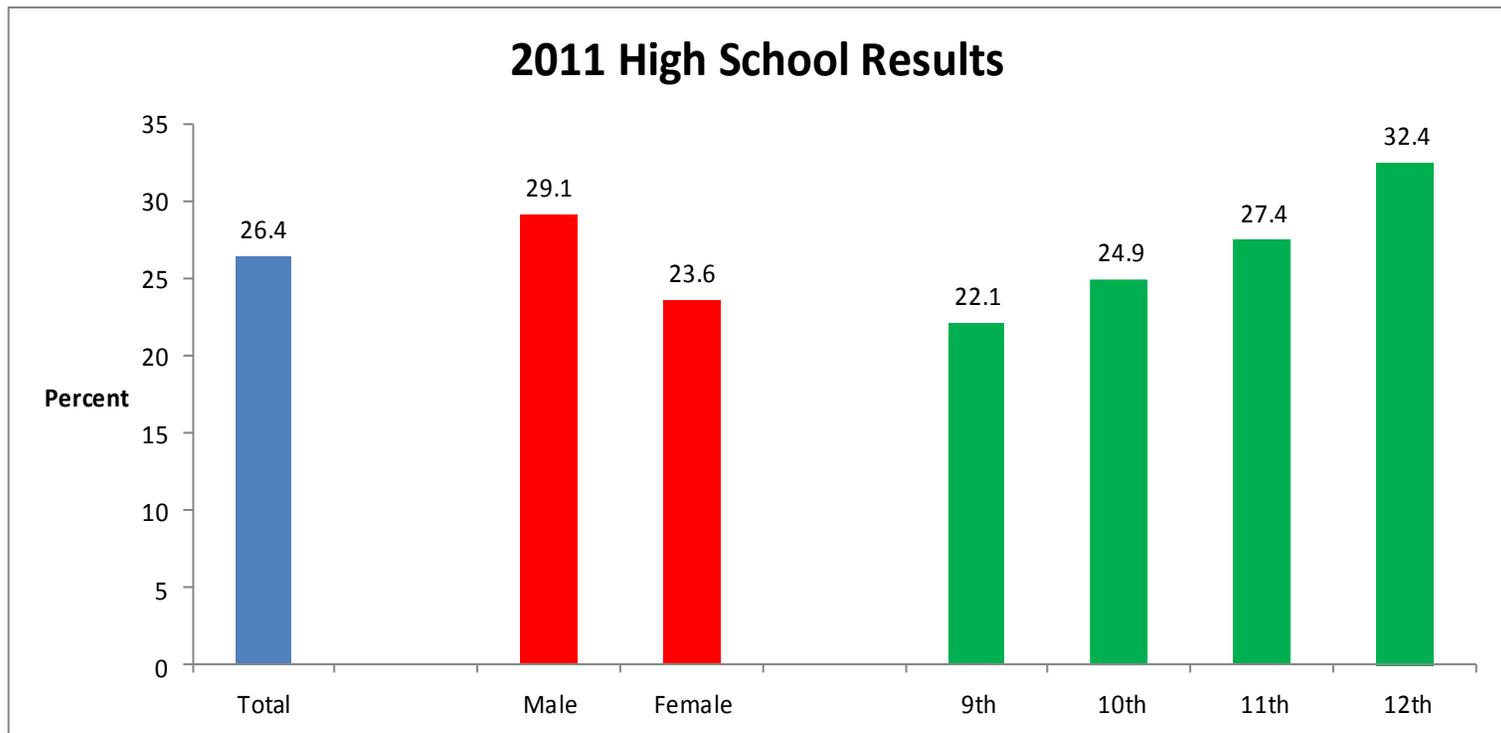
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

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

Healthy People 2020 Objective: 16.0%

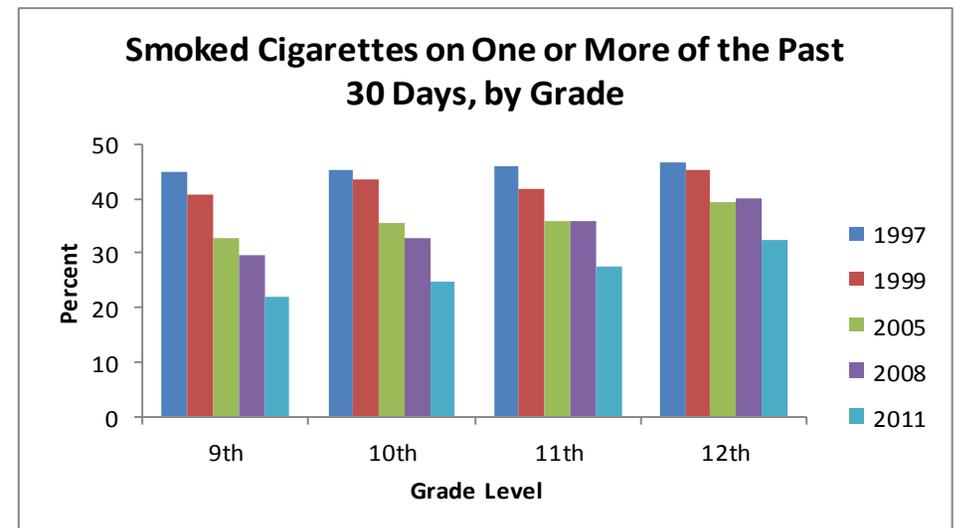
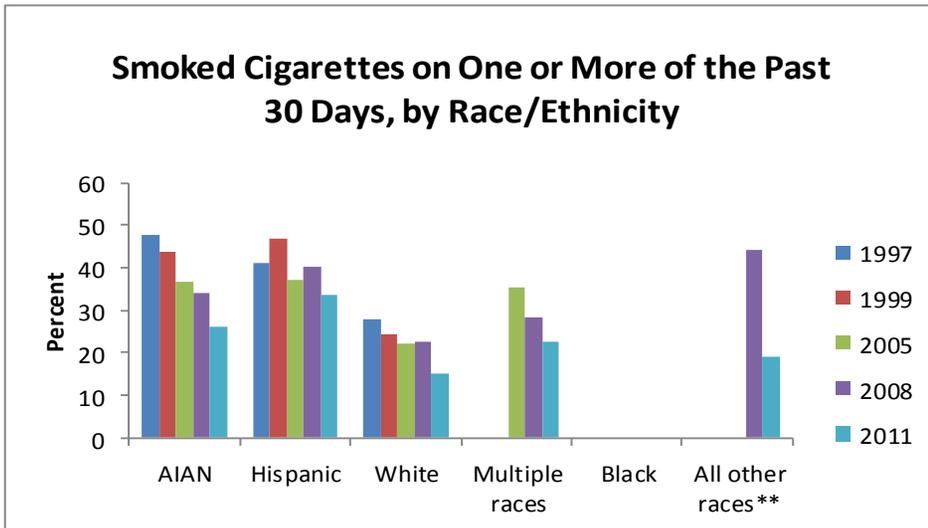
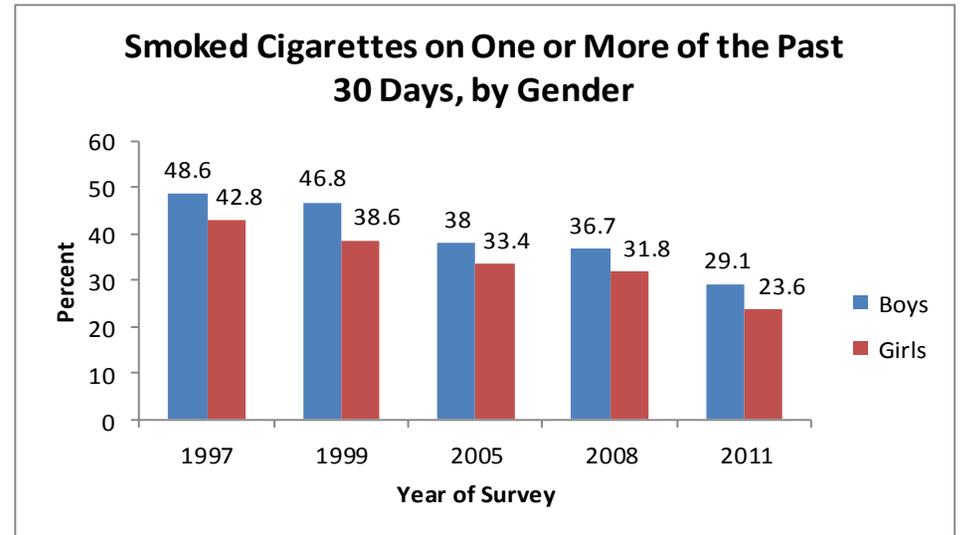
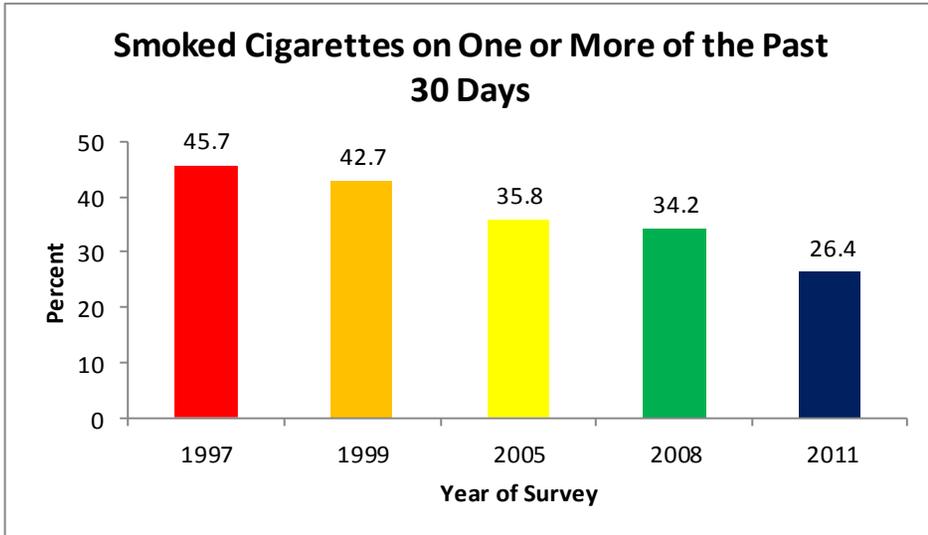
2011 U.S. High School Total: 18.1%

2011 American Indian/Alaska Native: 31.2%



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

Healthy People 2020 Objective: 16.0%



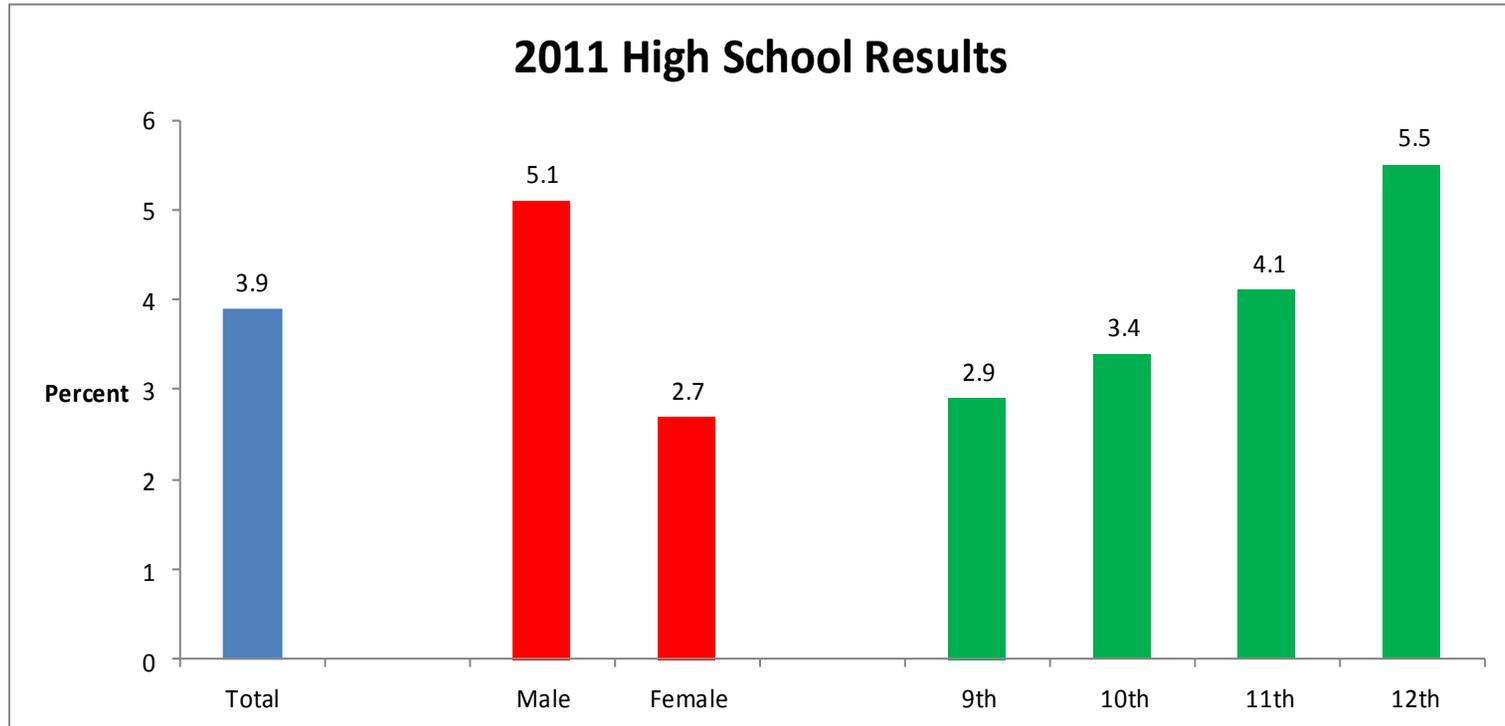
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percent of students who smoked cigarettes on 20 or more of the past 30 days.

Healthy People 2020 Objective: None

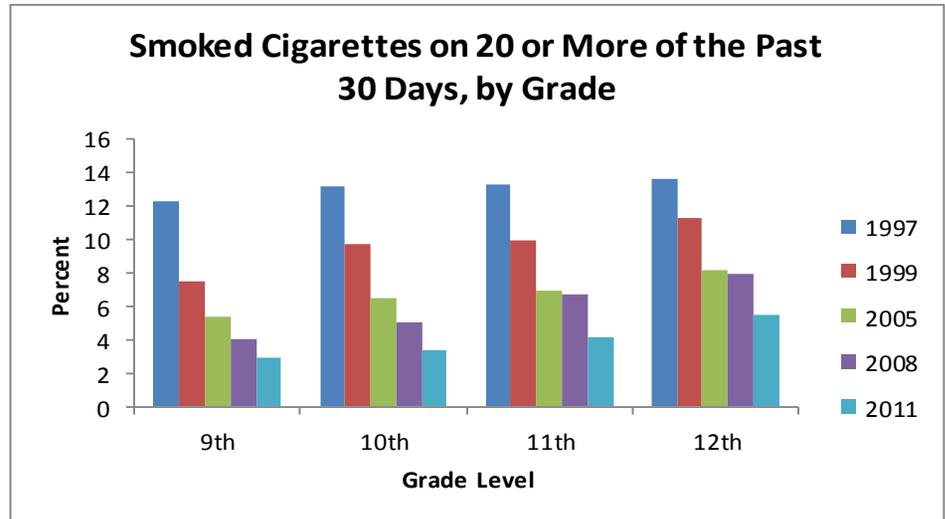
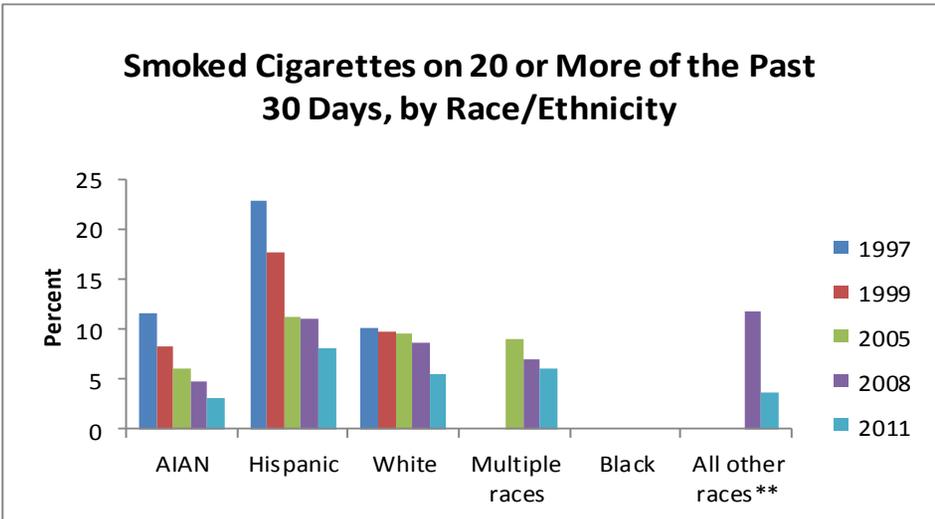
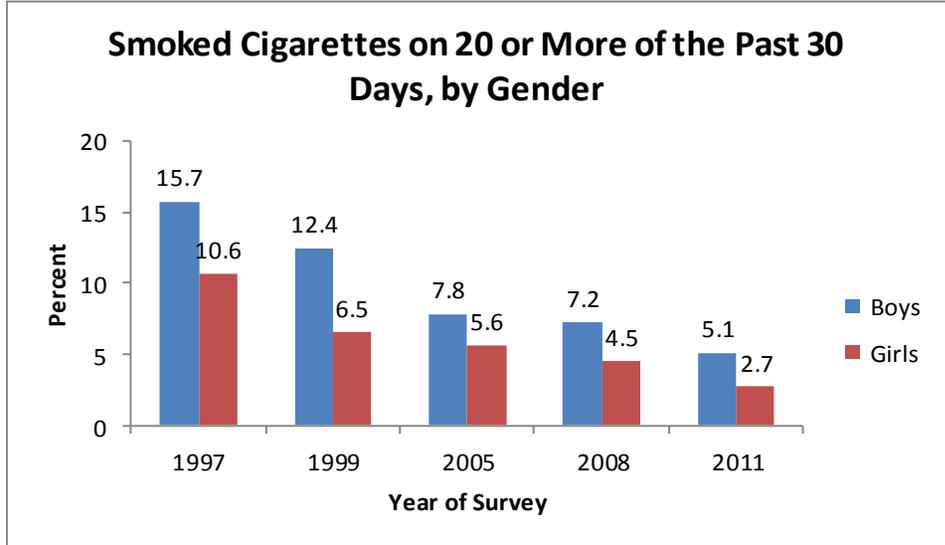
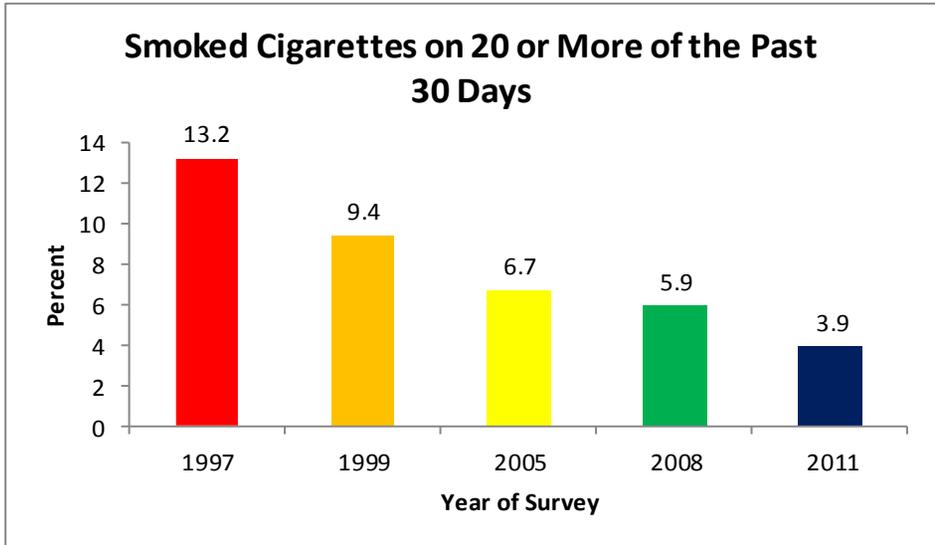
2011 U.S. High School Total: 6.4%

2011 Native American/Alaska Native: 7.5%



Percent of students who smoked cigarettes on 20 or more of the past 30 days.

Healthy People 2020 Objective: None



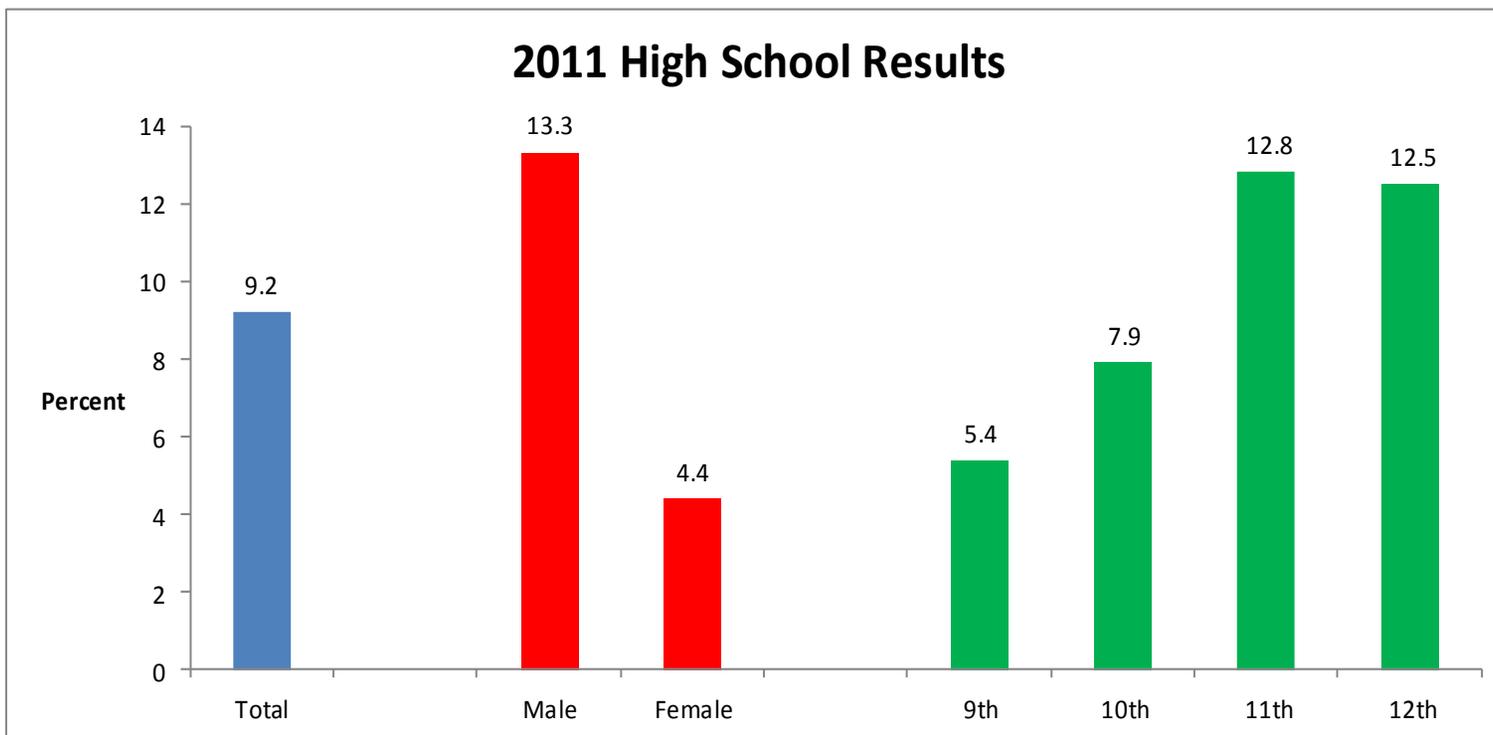
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Among cigarette users, the percentage who usually go their own cigarettes by buying them in a store or gas station during the past 30 days.

Healthy People 2020 Objective: None

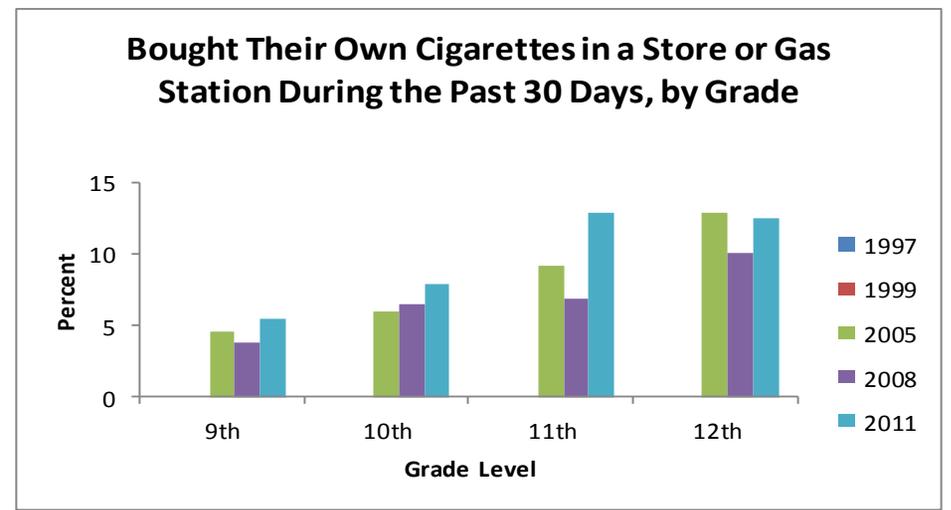
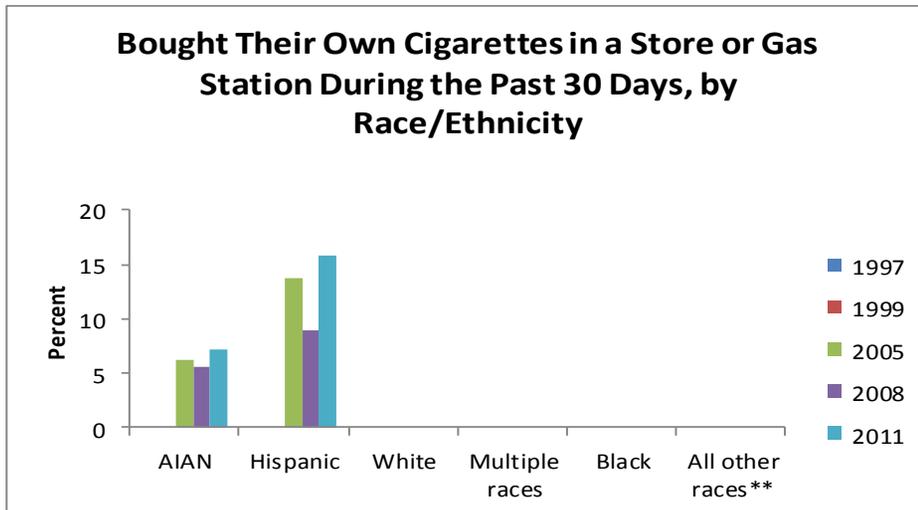
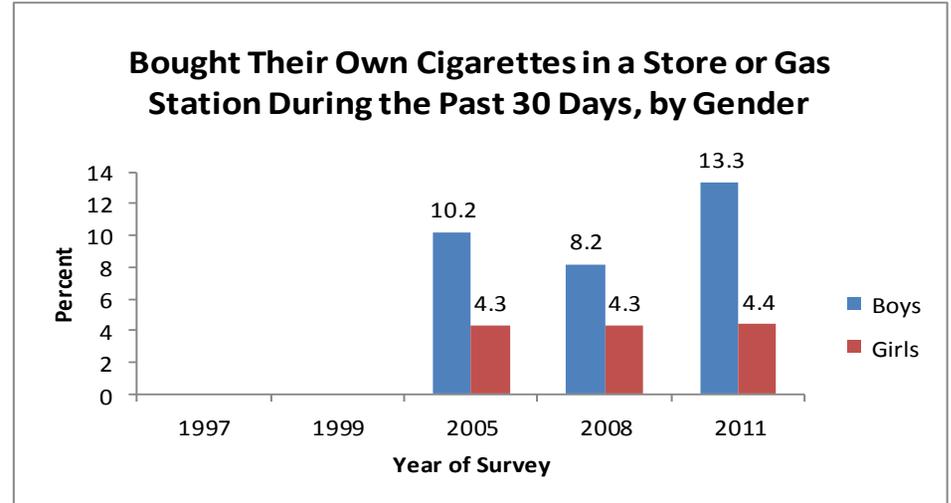
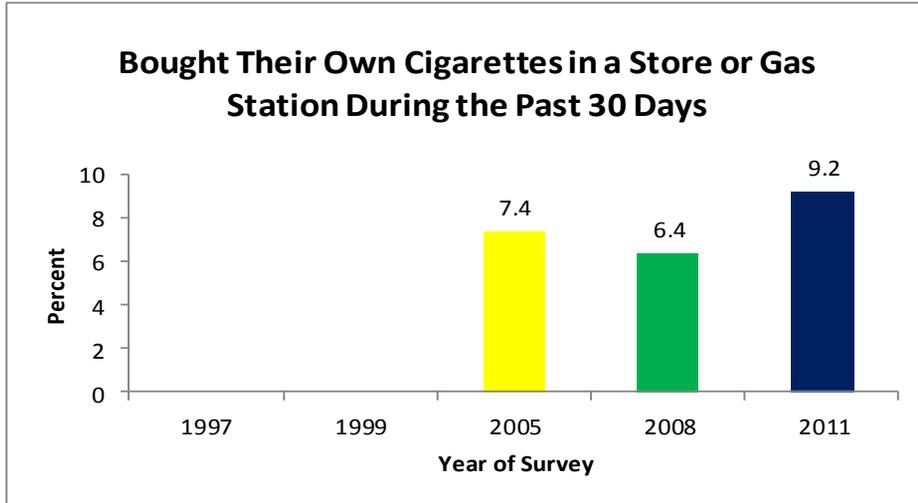
2011 U.S. High School Total: 14.0%

2011 American Indian/Alaska Native: NA



Among cigarette users, the percentage who usually go their own cigarettes by buying them in a store or gas station during the past 30 days.

Healthy People 2020 Objective: None



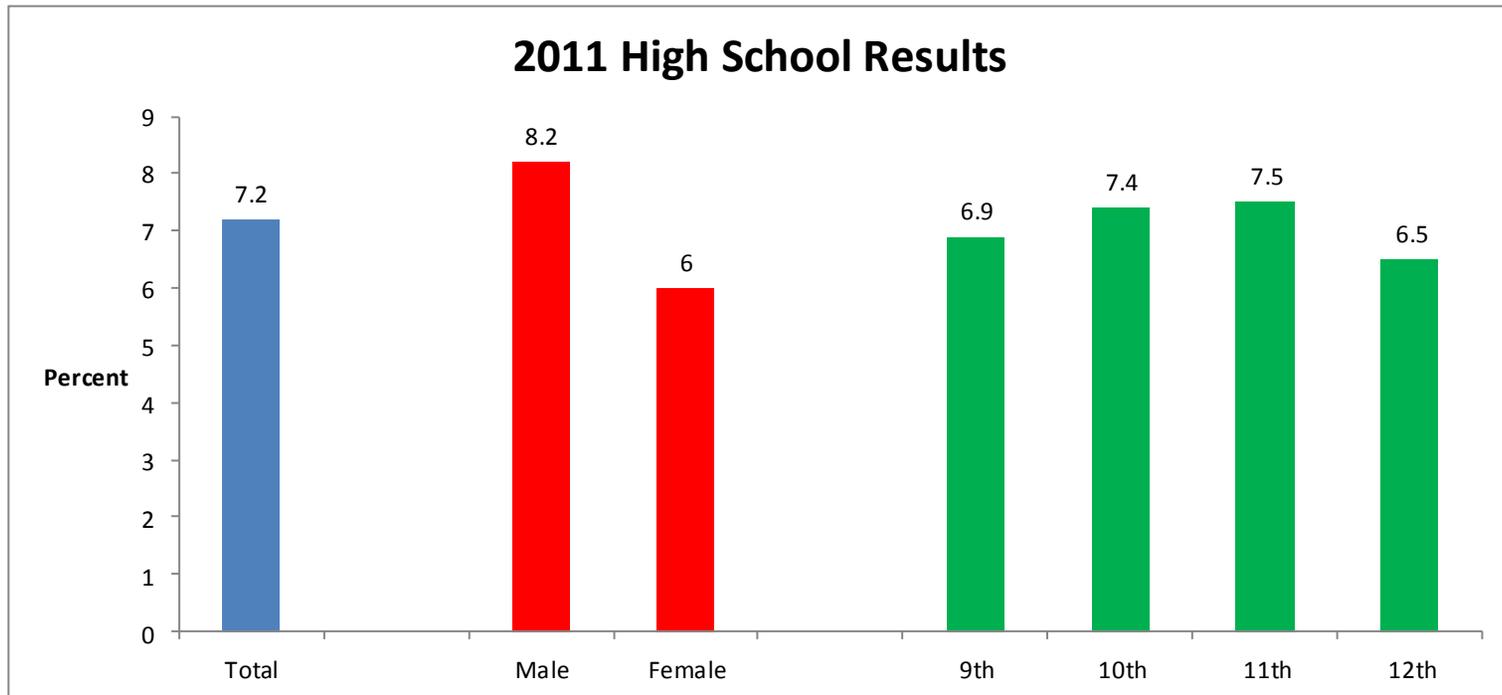
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who smoked cigarettes on school property on one or more of the past 30 days.

Healthy People 2020 Objective: None

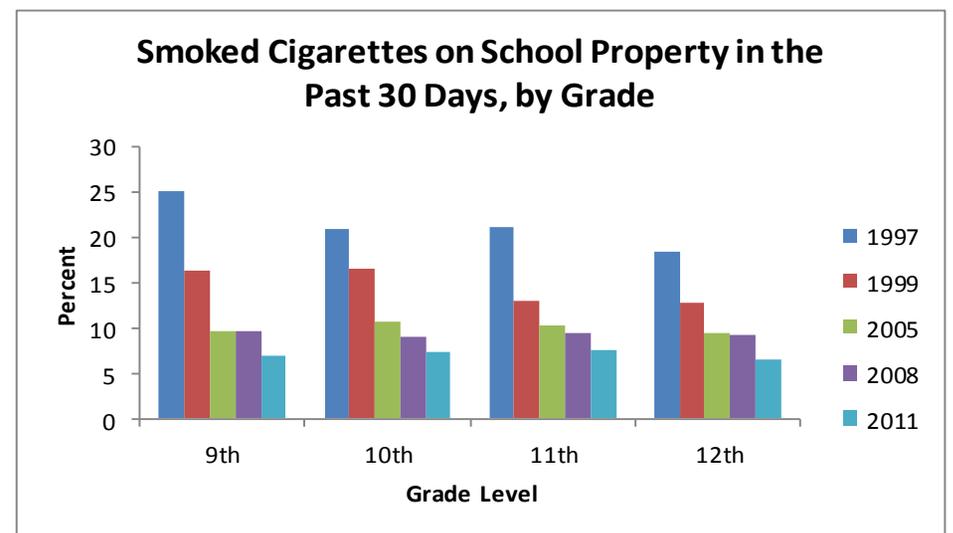
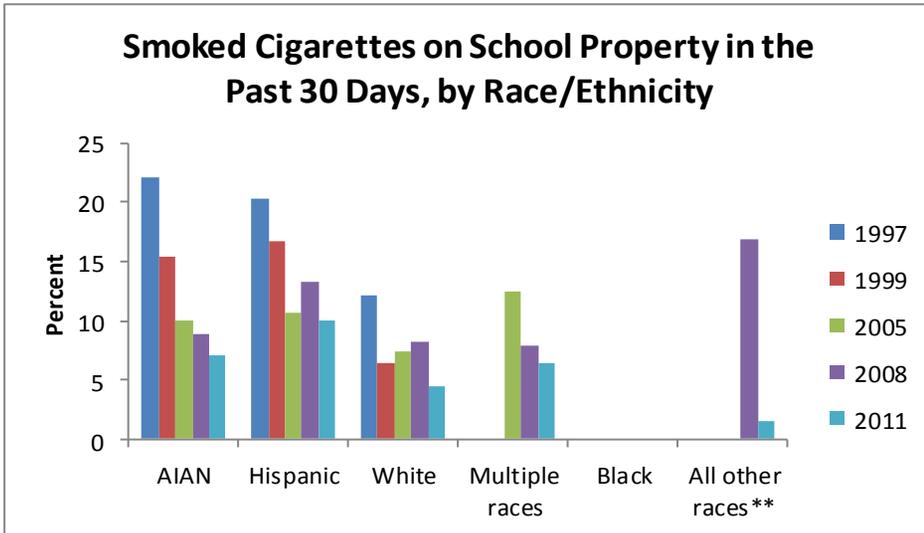
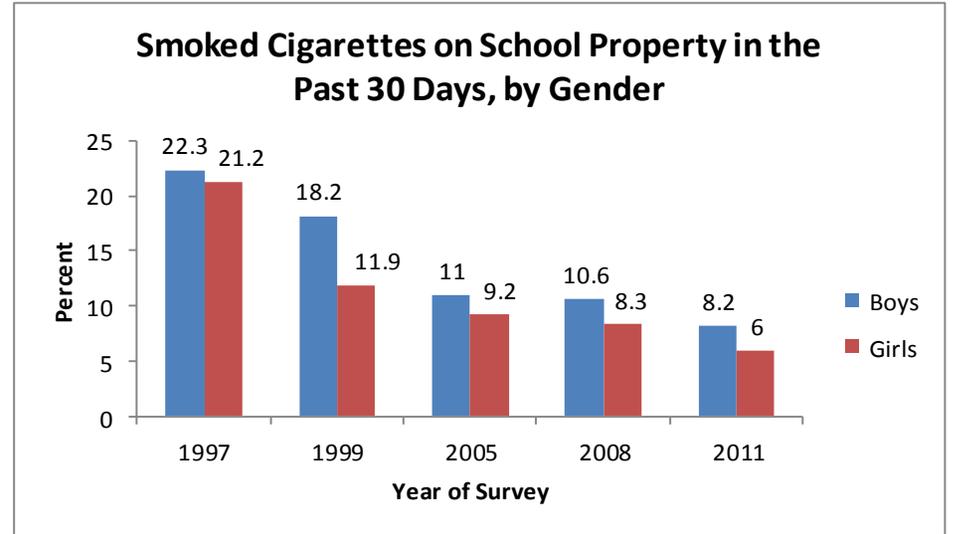
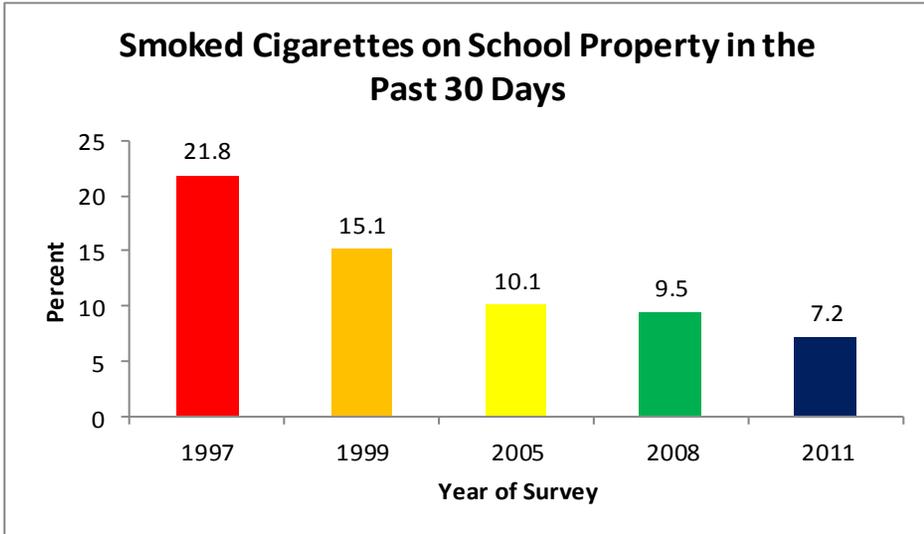
2011 U.S. High School Total: 4.9%

2011 American Indian/Alaska Native: 8.4%



Percentage of High School students who smoked cigarettes on school property on one or more of the past 30 days.

Healthy People 2020 Objective: None



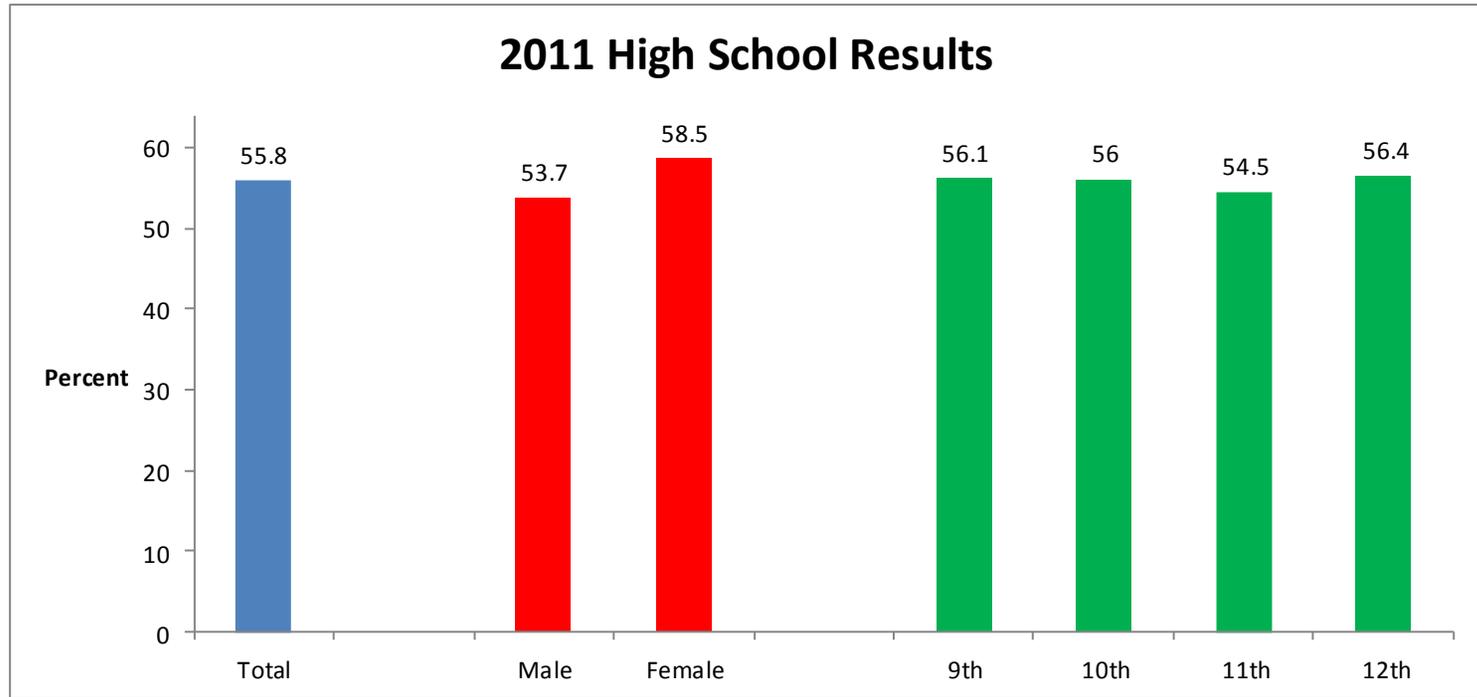
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Among High School students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months.

Healthy People 2020 Objective: 64%

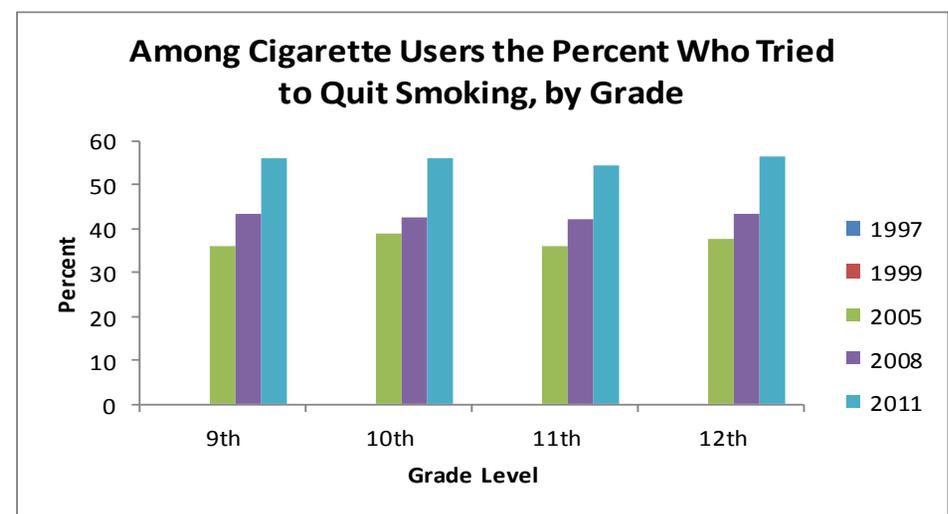
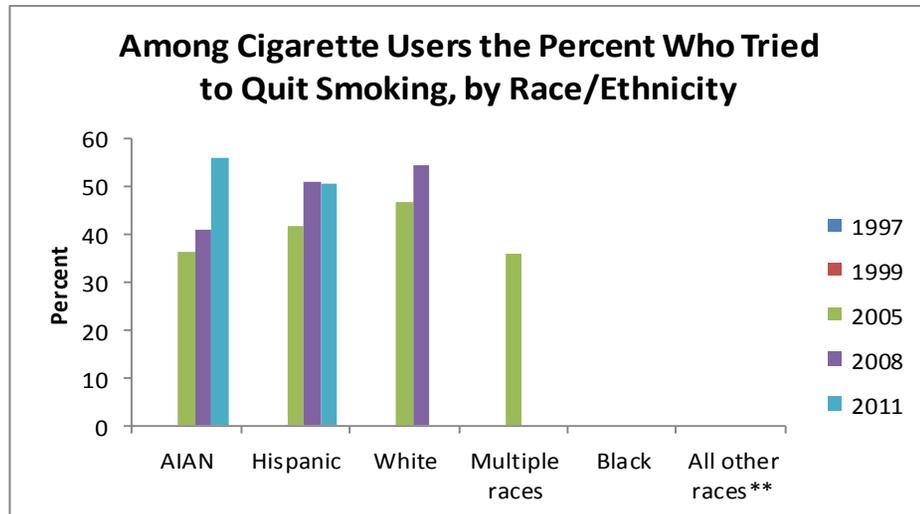
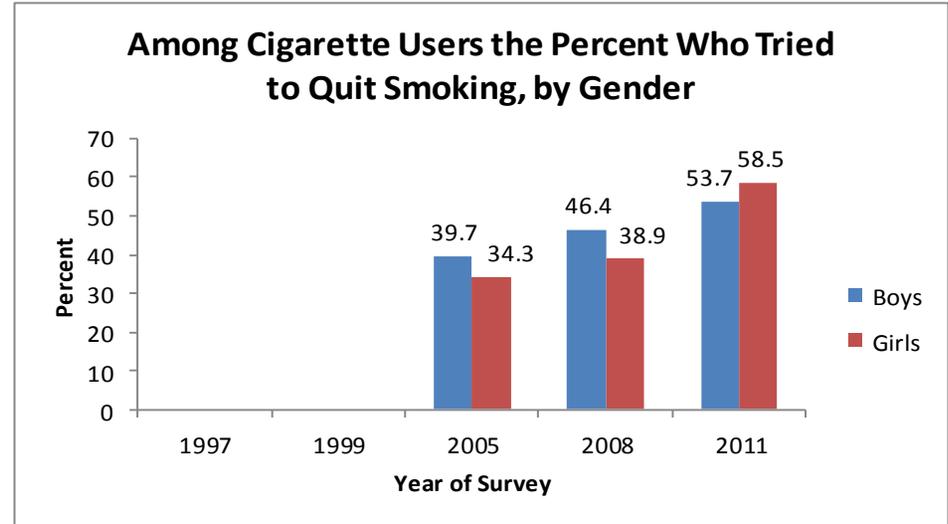
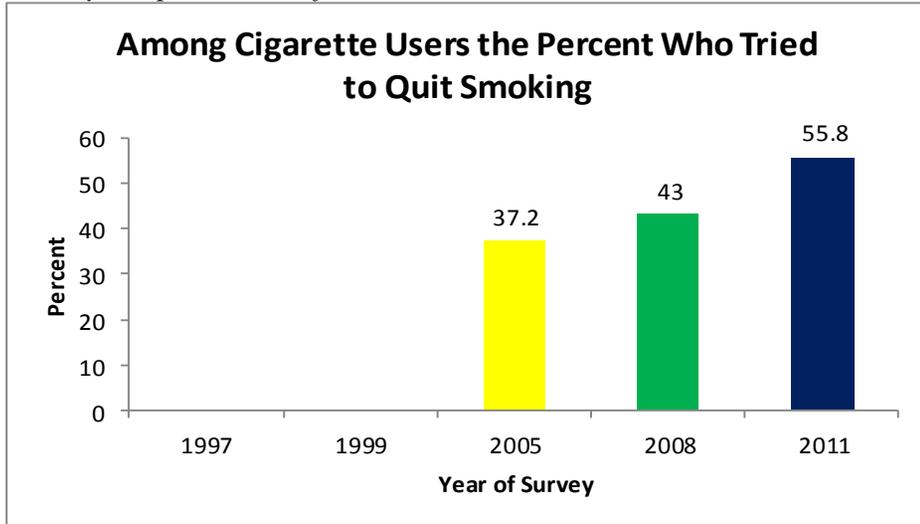
2011 U.S. High School Total: 49.9%

2011 American Indian/Alaska Native: NA



Among High School students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months.

Healthy People 2020 Objective: 64%



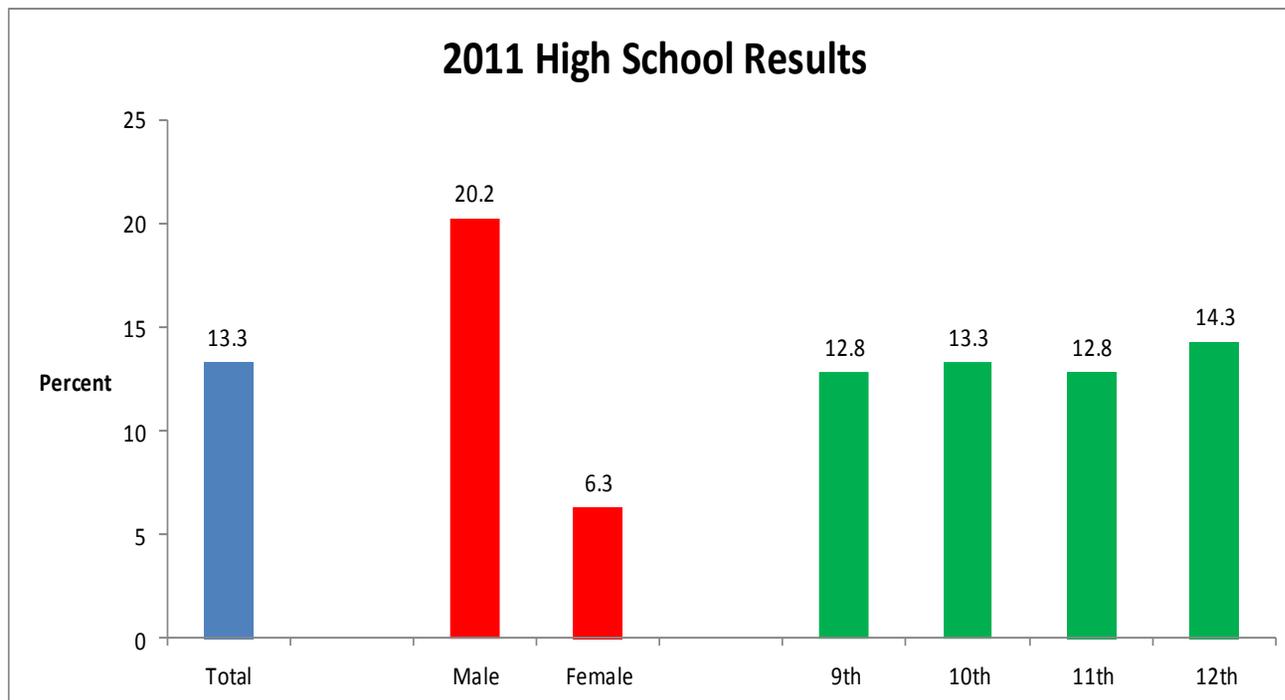
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

RATIONALE:

These questions measure smokeless tobacco use, smokeless tobacco use on school property, and cigar use. Smokeless tobacco contains 28 known human carcinogens.(1) Use of smokeless tobacco products increases the risk of developing cancer of the oral cavity.(1) 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.(2-4) Smokeless tobacco use also causes an increased risk of heart disease and stroke.(5) 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.(6) The percentage of students who reported smokeless tobacco use on at least 1 day during the 30 days before the survey decreased during 1995–2003 (11%–7%) and then did not change significantly during 2003–2009 (7%–9%).(6) Cigar smoking can cause lung cancer, coronary heart disease, and chronic obstructive pulmonary disease.(7,8) The overall risk of oral and pharyngeal cancer is 7-10 times higher among cigar smokers compared to those who never smoked.(9) In 2009, 14% of high school students nationwide had smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.(6) The percentage of students who had smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before decreased during 1997–2005 (22%–14%) and then did not change significantly during 2005–2009 (14%–14%).(6)

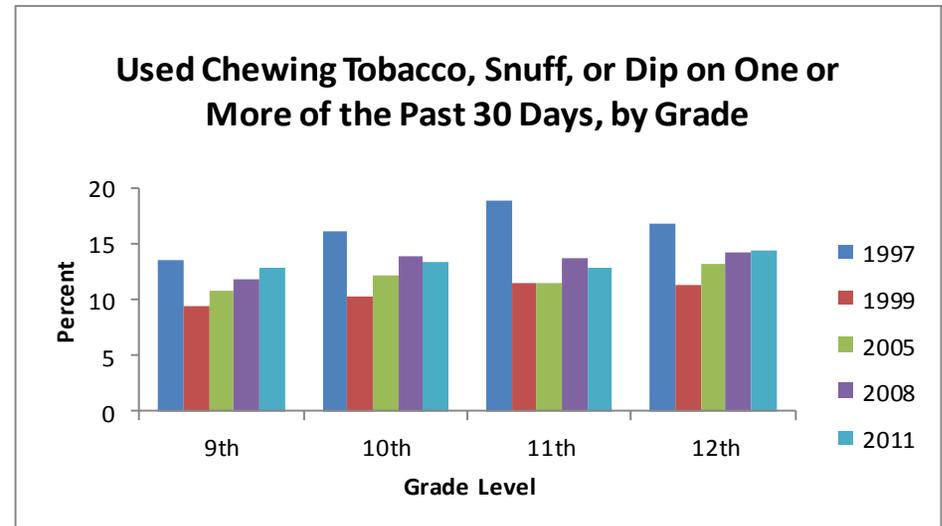
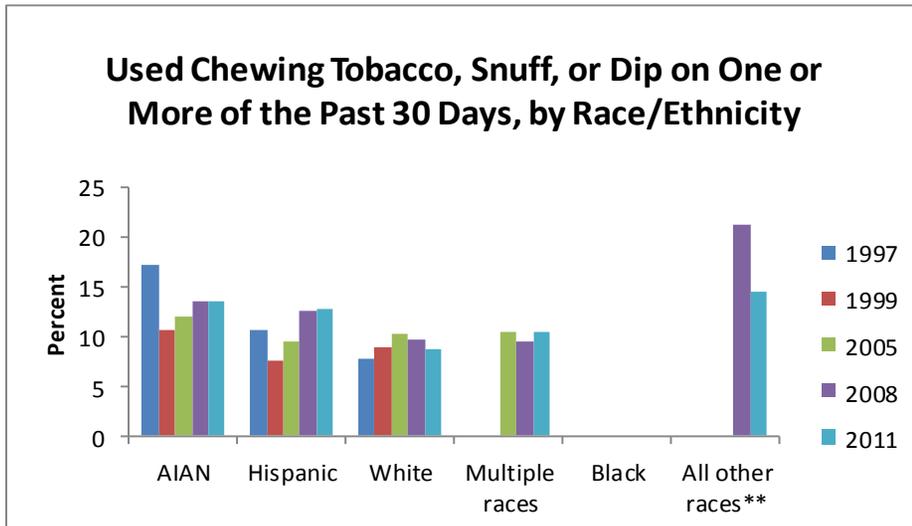
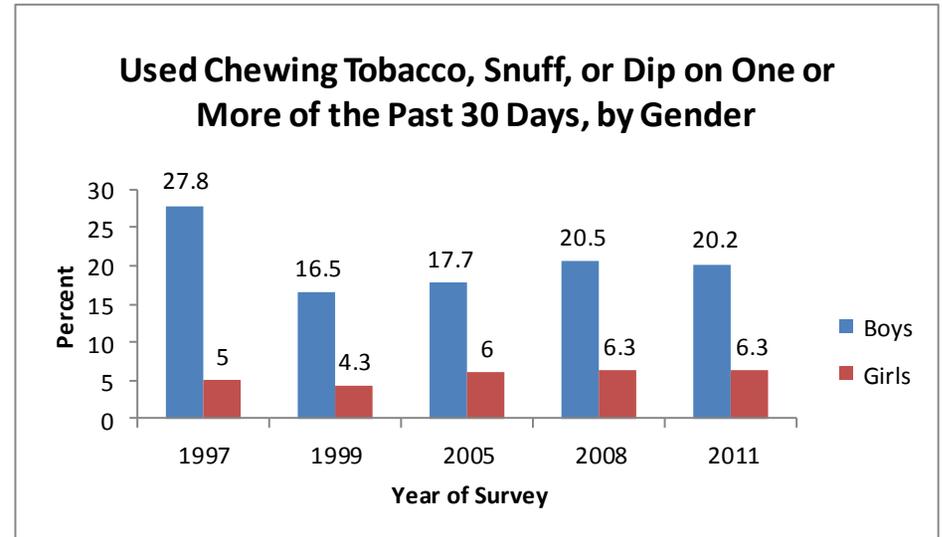
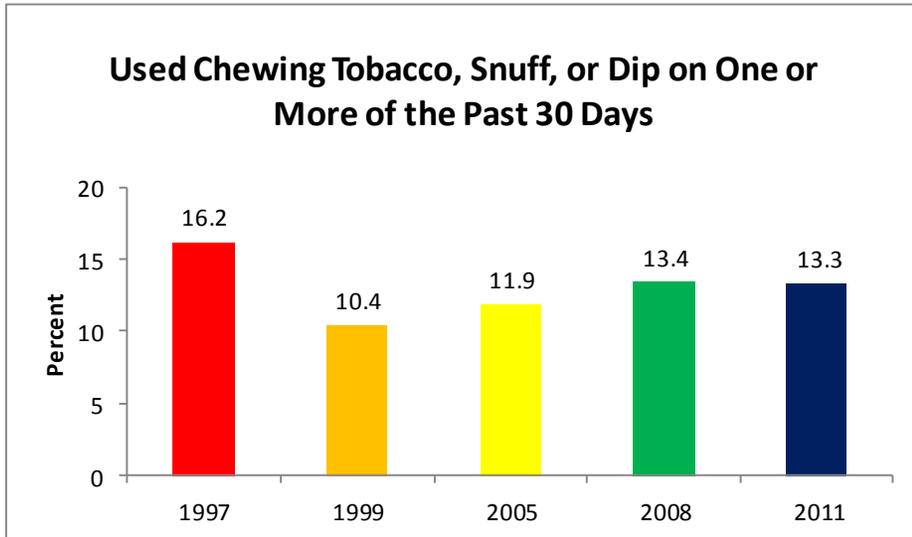
Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.

Healthy People 2020 Objective: 6.9%
2011 U.S. High School Total: 7.7%
2011 American Indian/Alaska Native: 12.8%



Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.

Healthy People 2020 Objective: 6.9%



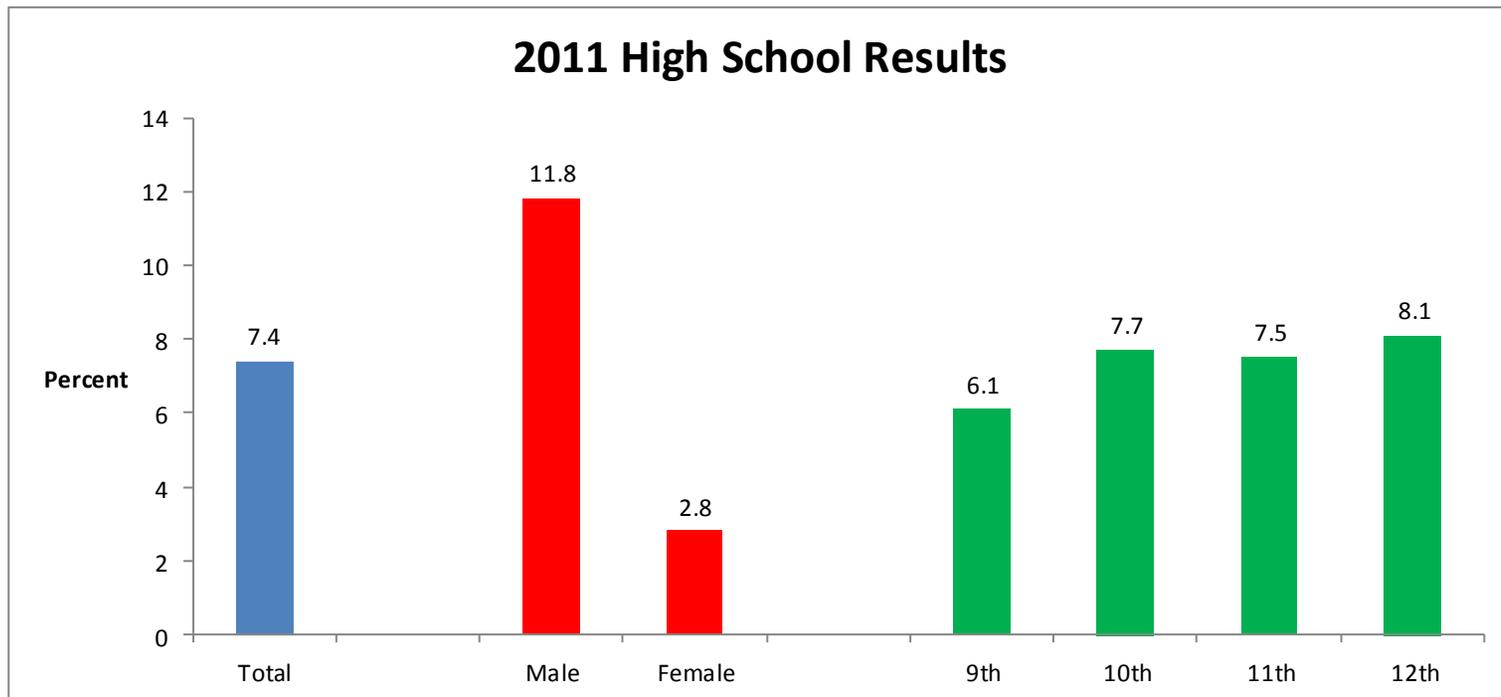
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days.

Healthy People 2020 Objective: 6.9%

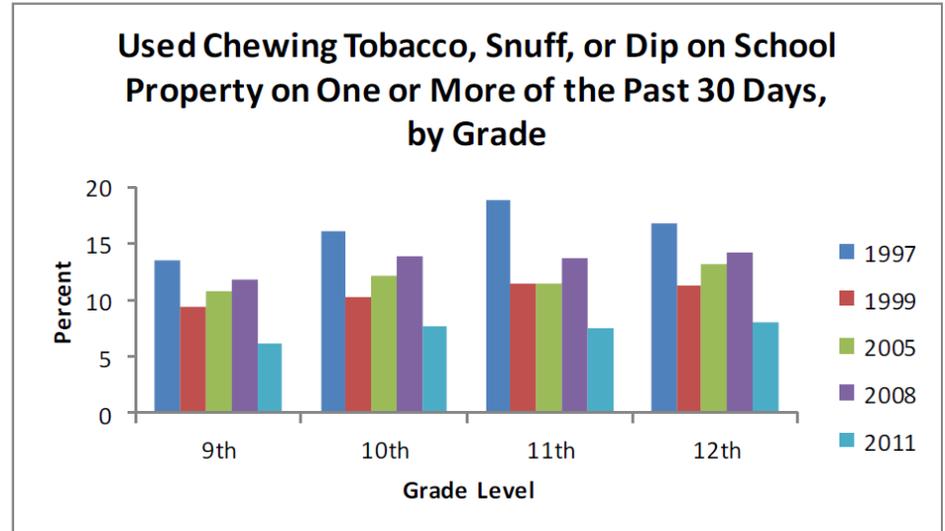
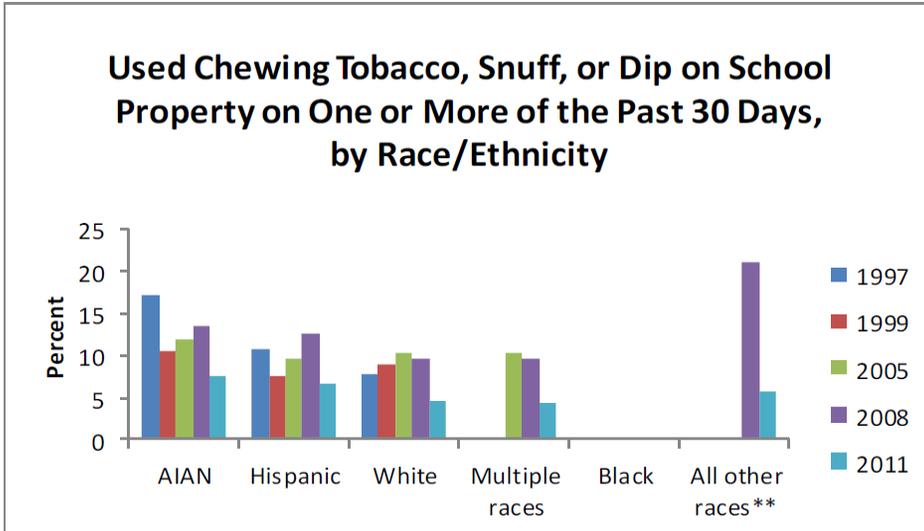
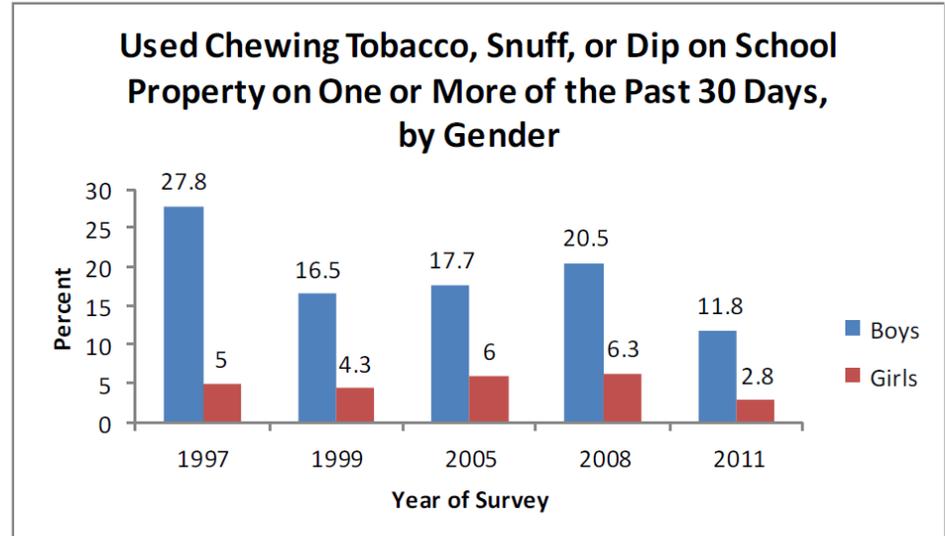
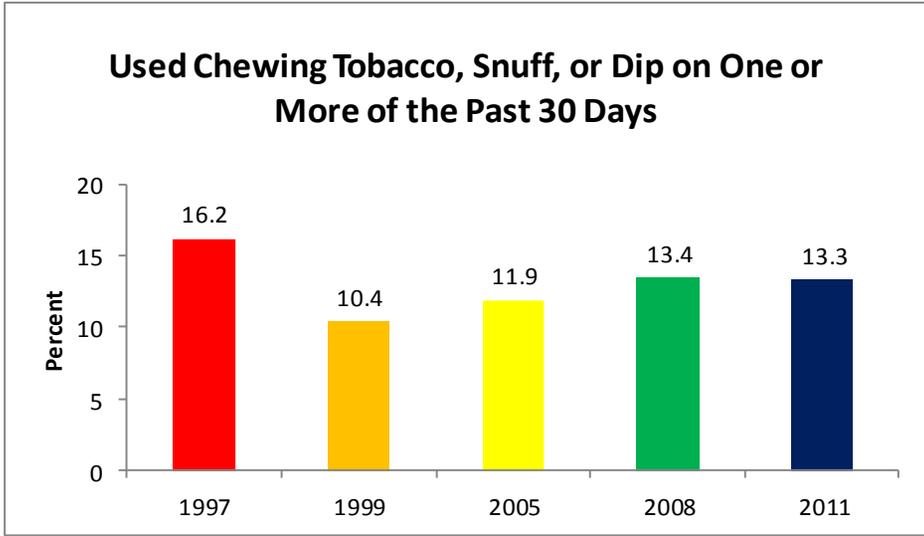
2011 U.S. High School Total: 4.8%

2011 American Indian/Alaska Native: 9.7%



Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days.

Healthy People 2020 Objective: 6.9%



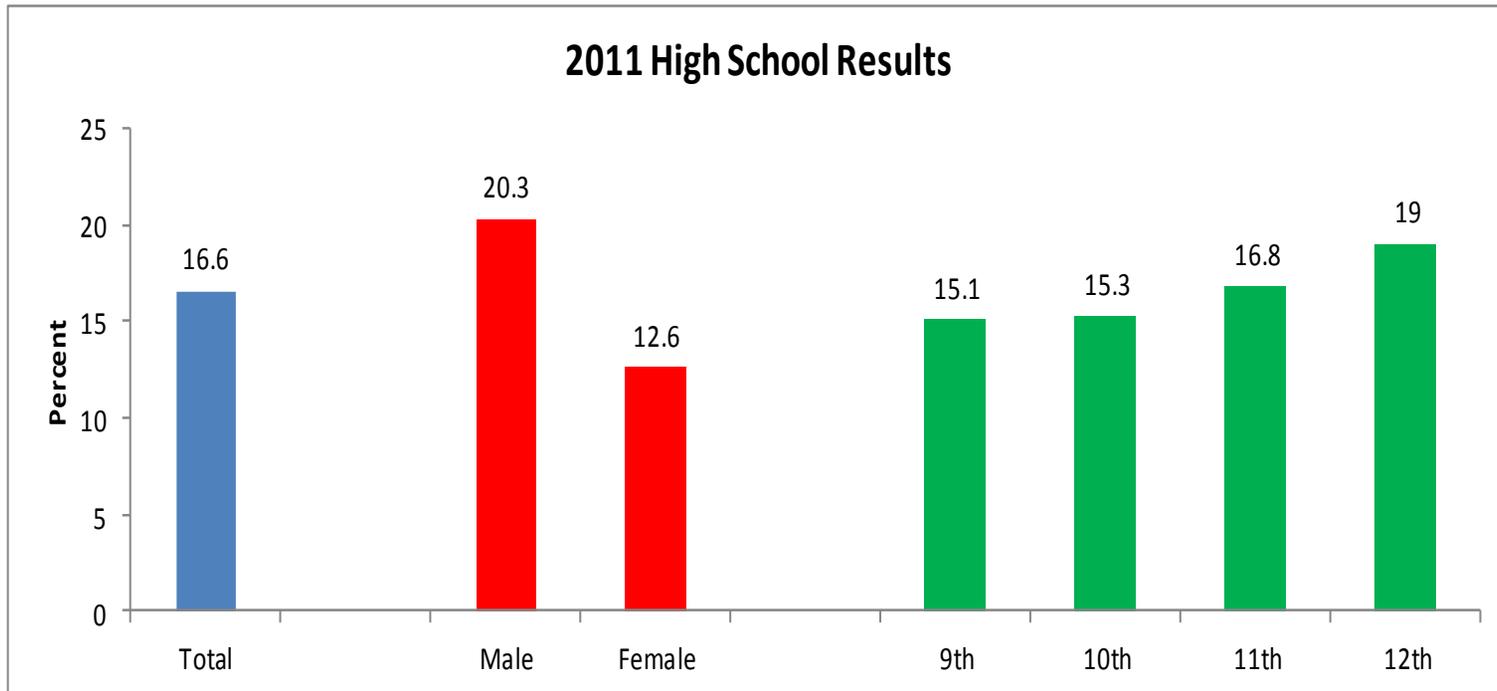
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.

Healthy People 2020 Objective: 8.0%

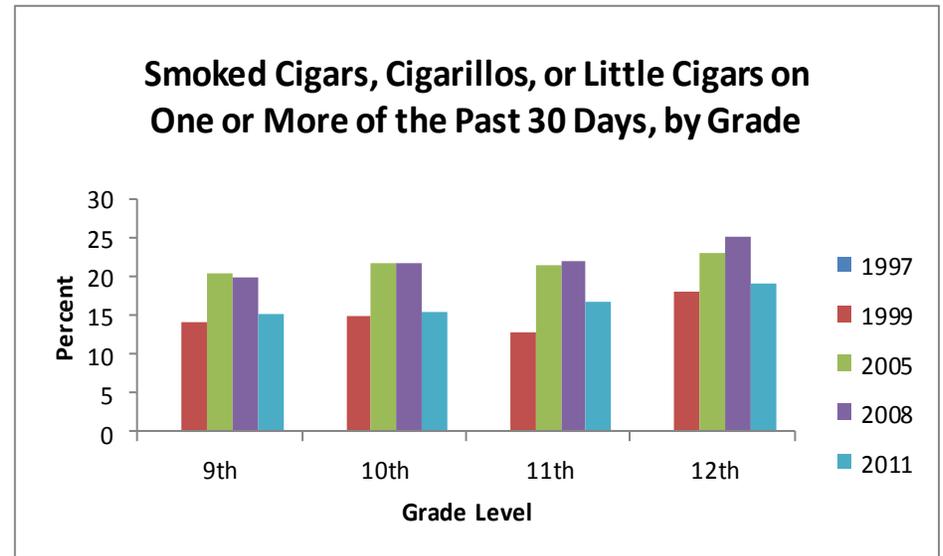
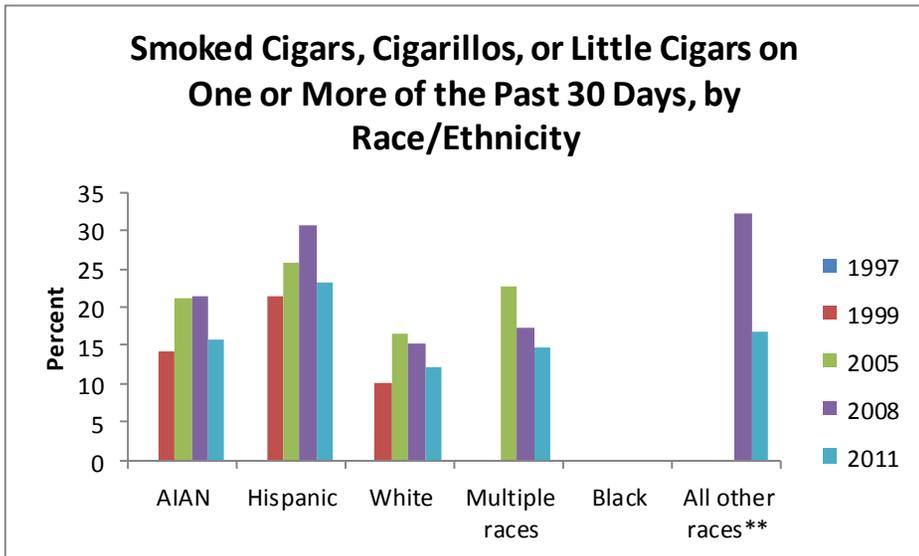
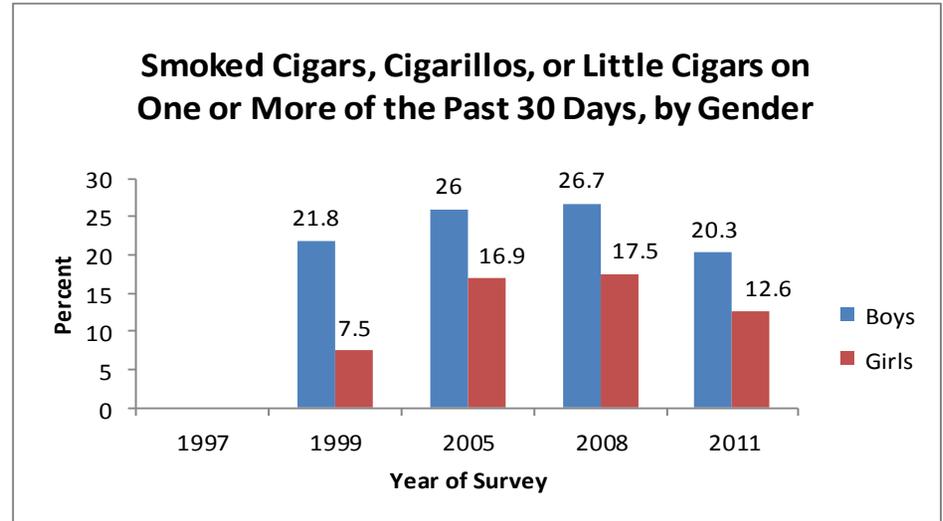
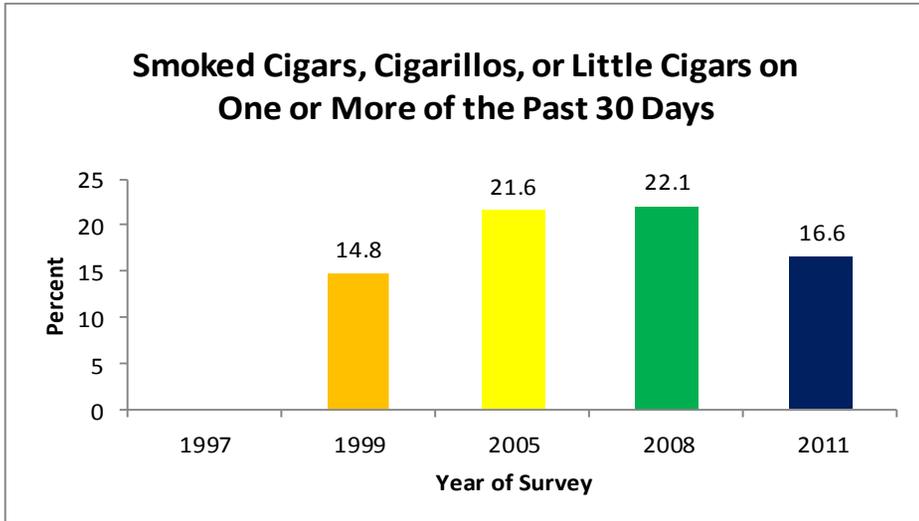
2011 U.S. High School Total: 13.1%

2011 American Indian/Alaska Native: 19.6%



Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.

Healthy People 2020 Objective: 8.0%



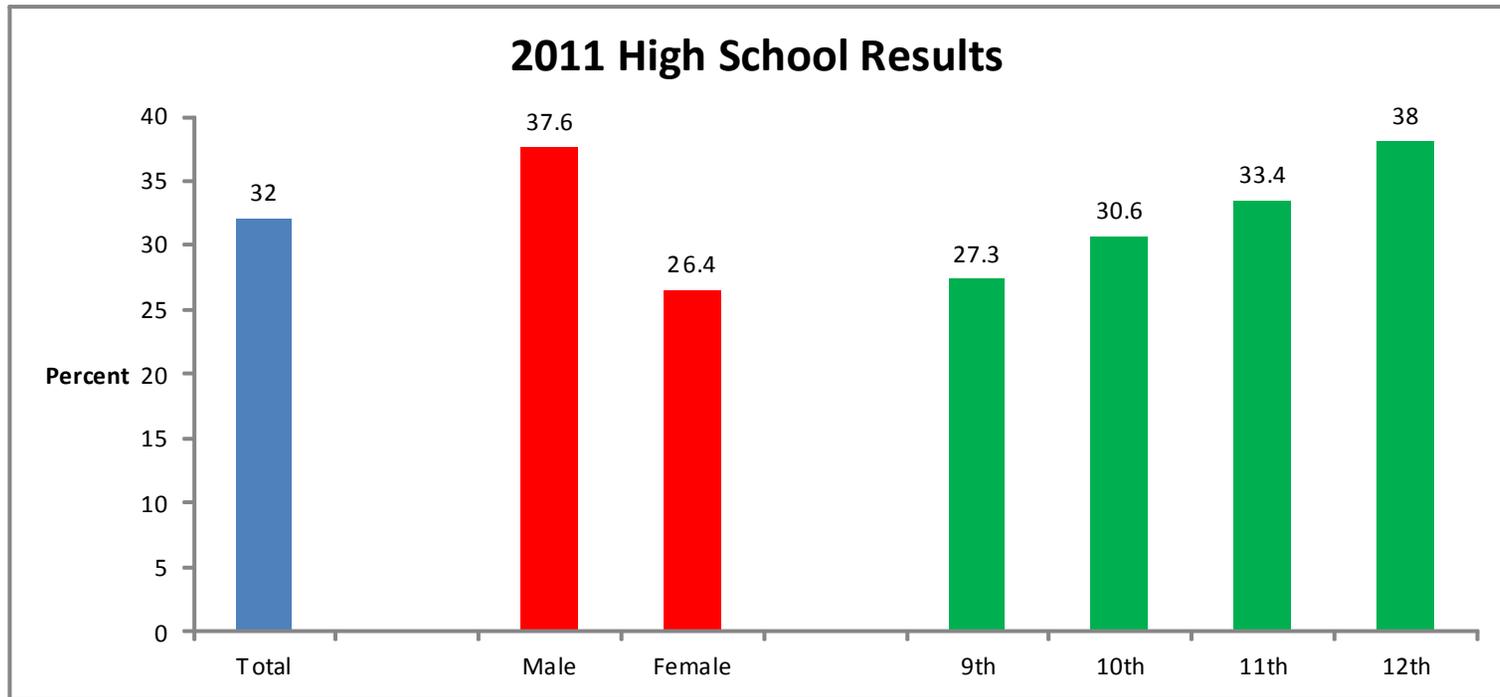
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days

Healthy People 2020 Objective: 21.0%

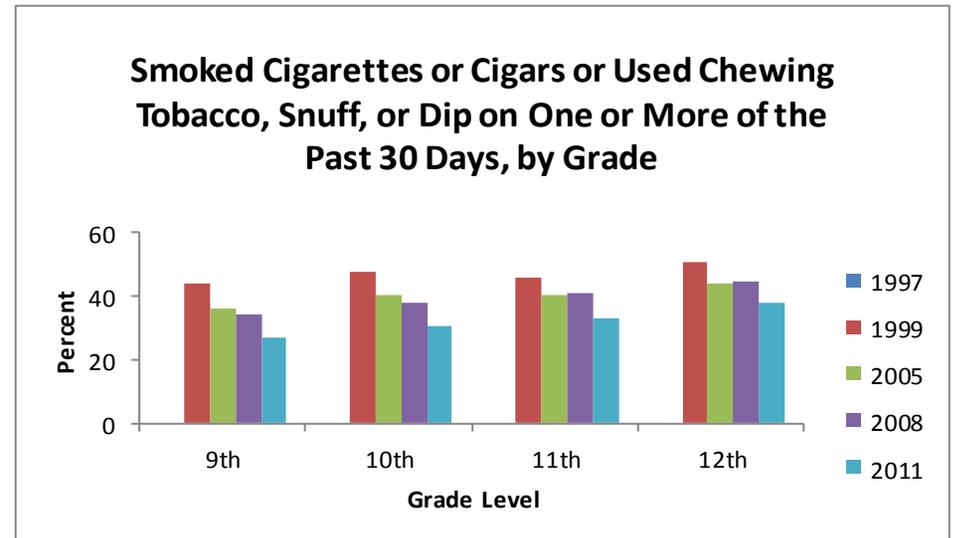
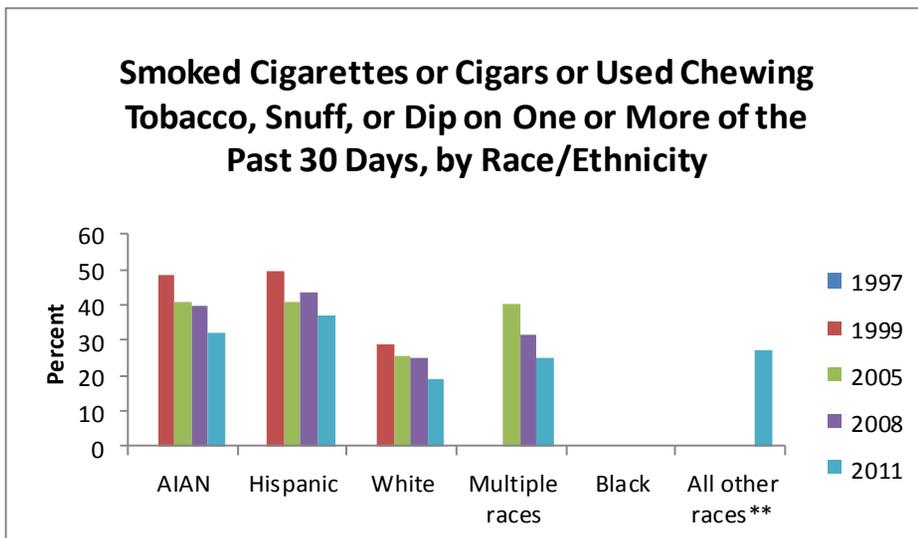
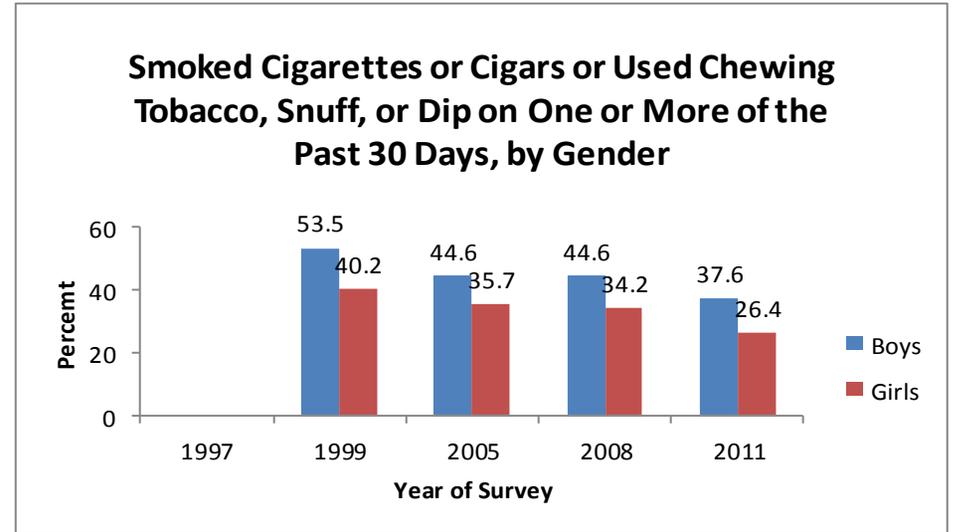
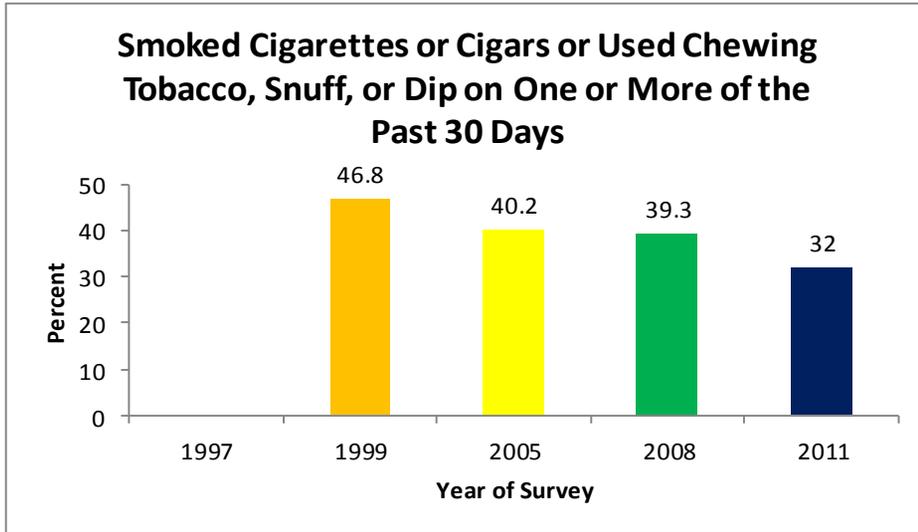
2011 U.S. High School Total: 23.4%

2011 American Indian/Alaska Native: 37.2%



Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days

Healthy People 2020 Objective: 21.0%



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander



Alcohol and other Drug Use

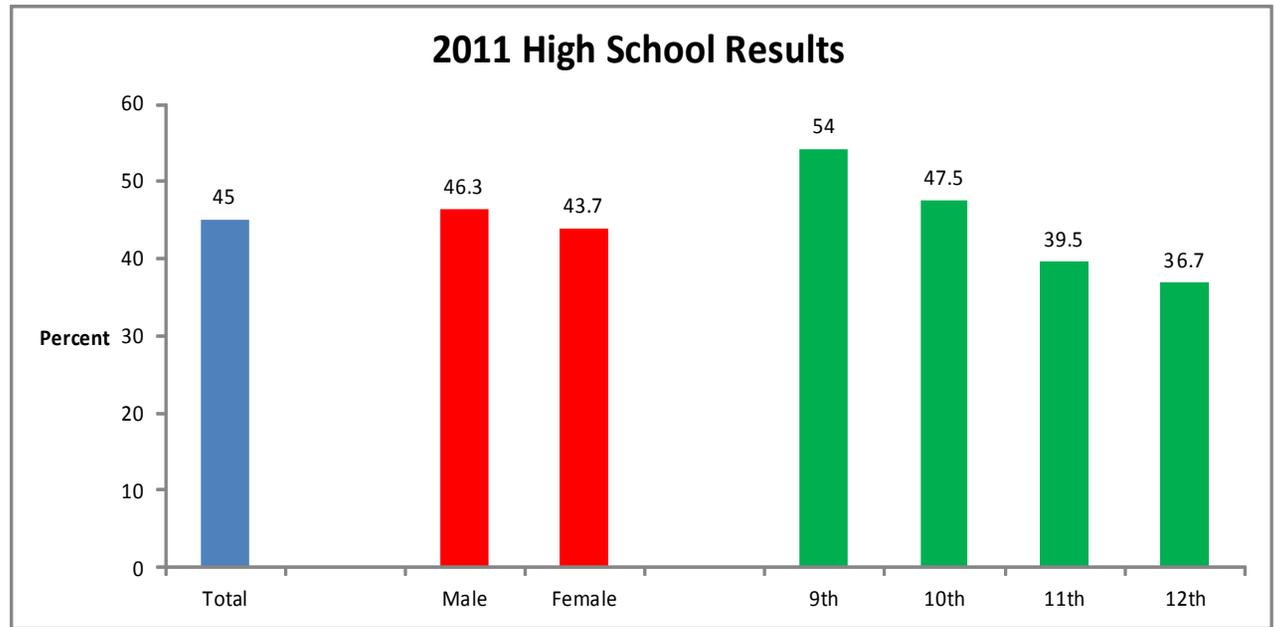
Alcohol and Other Drug Use

RATIONALE:

These questions measure ever and current use of alcohol, age of initiation, binge drinking, access to alcohol, and drinking on school property. Alcohol is used by more young people than tobacco or illicit drugs.(1) Heavy alcohol drinking among youth is associated with risky sexual behaviors (including sexual initiation, multiple sex partners, reduced condom use, and pregnancy)(2) and use of cigarettes,(3,4) marijuana, cocaine, and other illegal drugs.(3) Motor vehicle crashes are the leading cause of death among youth ages 15–19 years in the United States(5) 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.(7) 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.(8) Limiting youth access to alcohol has reduced underage alcohol use and alcohol-related problems.(9) 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.(10) 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.(11) 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 and 5% of students had drunk at least one drink of alcohol on school property on at least 1 day during the 30 days before the survey.(11) The percentage of high school students who had had at least one drink of alcohol on at least 1 day during their life decreased during 1991-2009 (82%–72%).(11)

Percentage of students who never had at least one drink of alcohol on one or more days during their life

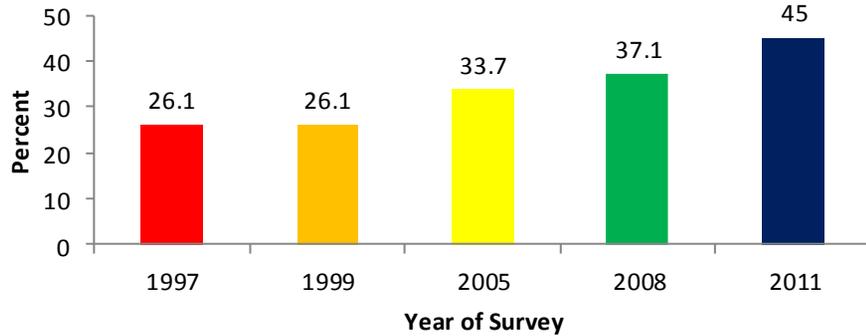
Healthy People 2020 Objective: 30.5%
(Seniors in High School, who never used alcohol)
 2011 U.S. High School Total: 29.2%
 2011 American Indian/Alaska Native: 22.0%



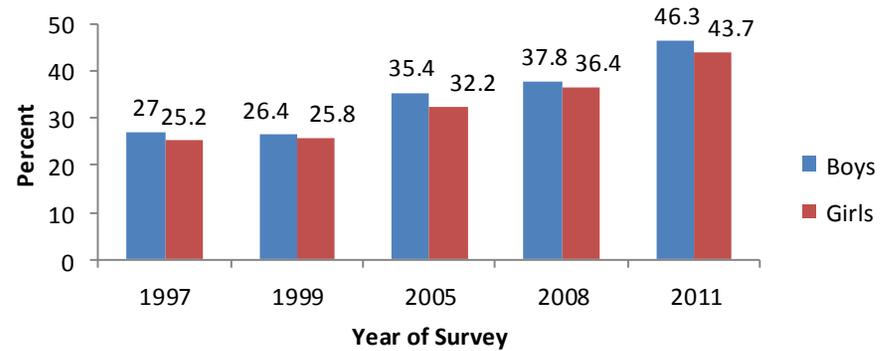
Percentage of students who never had at least one drink of alcohol on one or more days during their life

Healthy People 2020 Objective: 30.5% (Seniors in High School, who never used alcohol)

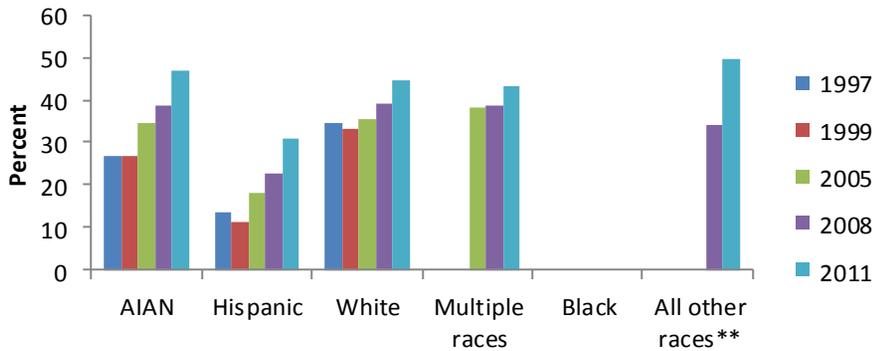
Never Had at Least One Drink of Alcohol on One or More Days During Their Life



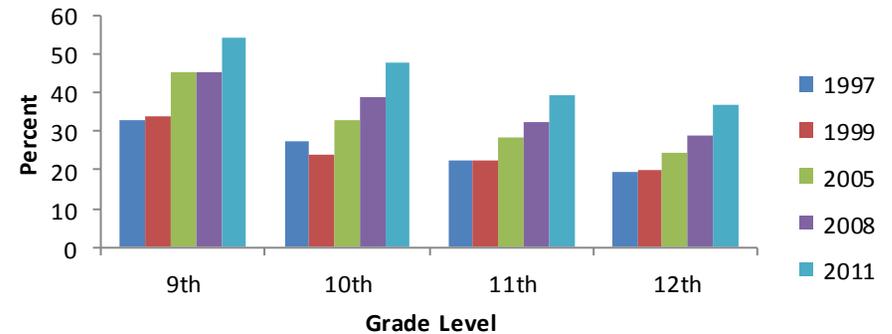
Never Had at Least One Drink of Alcohol on One or More Days During Their Life, by Gender



Never Had at Least One Drink of Alcohol on One or More Days During Their Life, by Race/Ethnicity



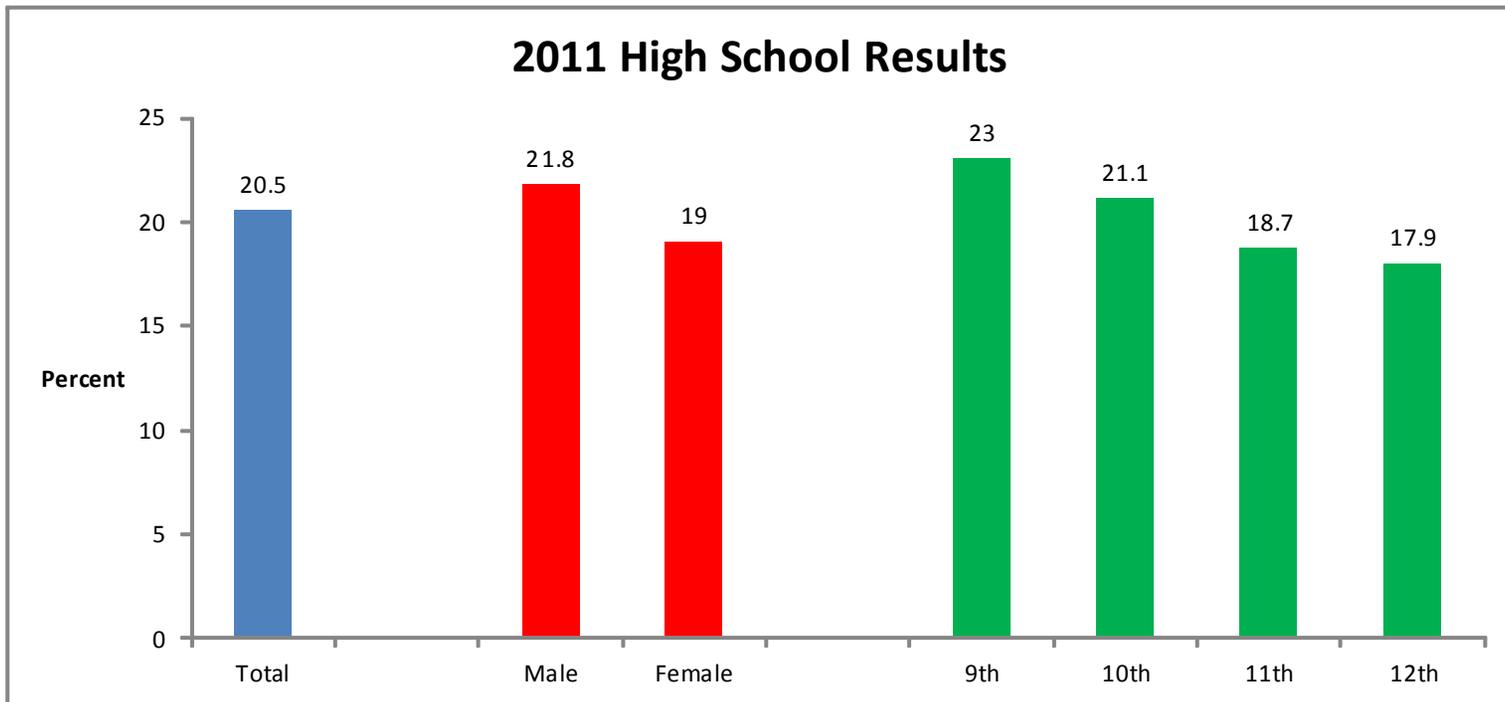
Never Had at Least One Drink of Alcohol on One or More Days During Their Life, by Grade



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

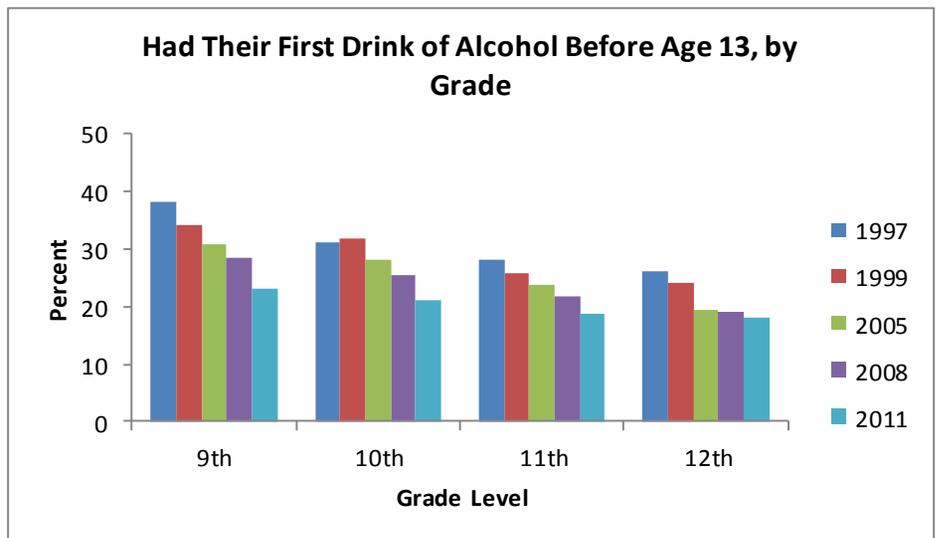
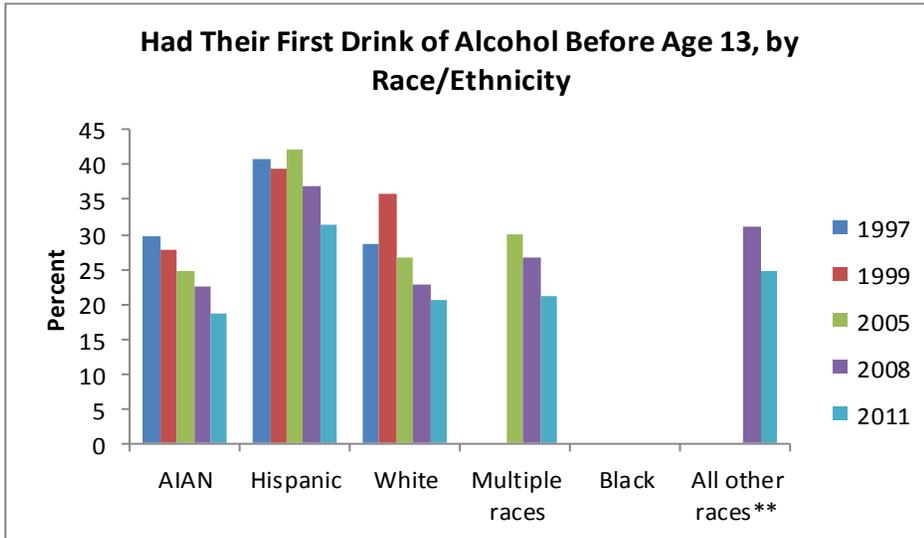
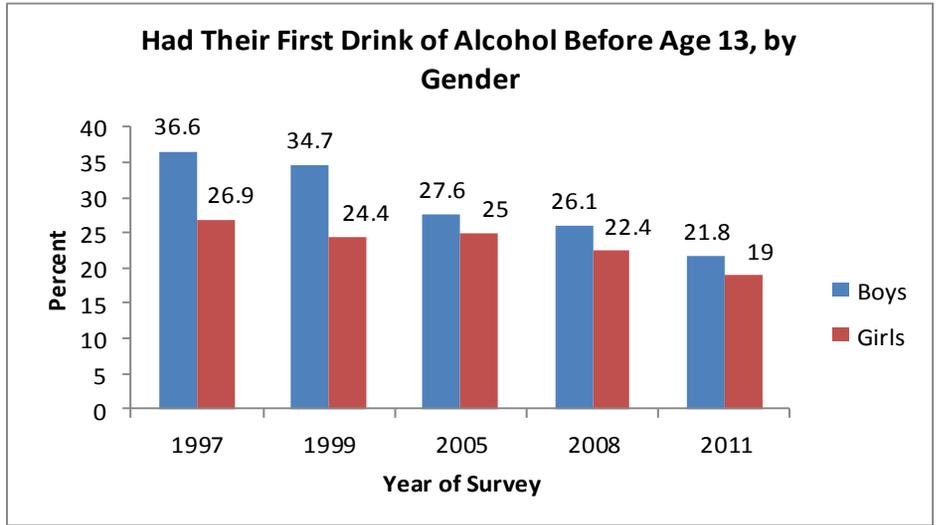
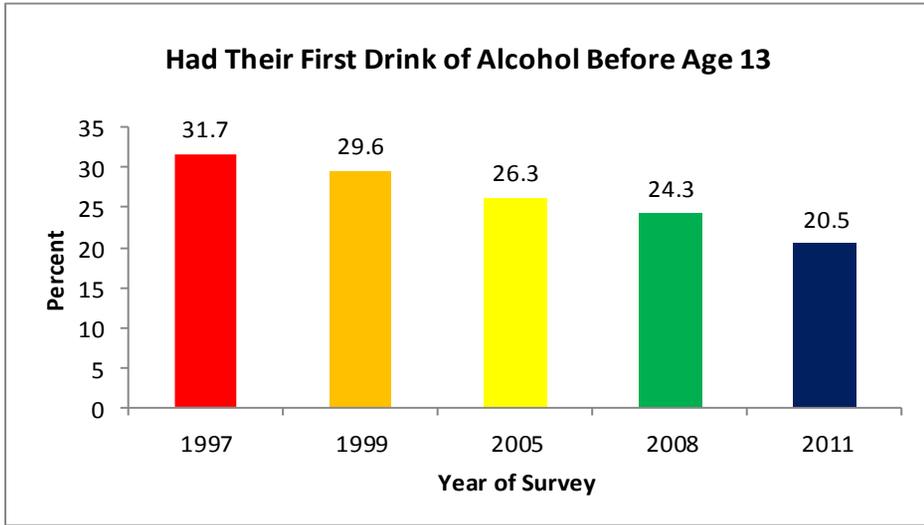
Percentage of High School students who had their first drink of alcohol other than a few sips before age 13.

Healthy People 2020 Objective: None
2011 U.S. High School Total: 20.5%
2011 American Indian/Alaska Native: 26.9%



Percentage of High School students who had their first drink of alcohol other than a few sips before age 13.

Healthy People 2020 Objective: None



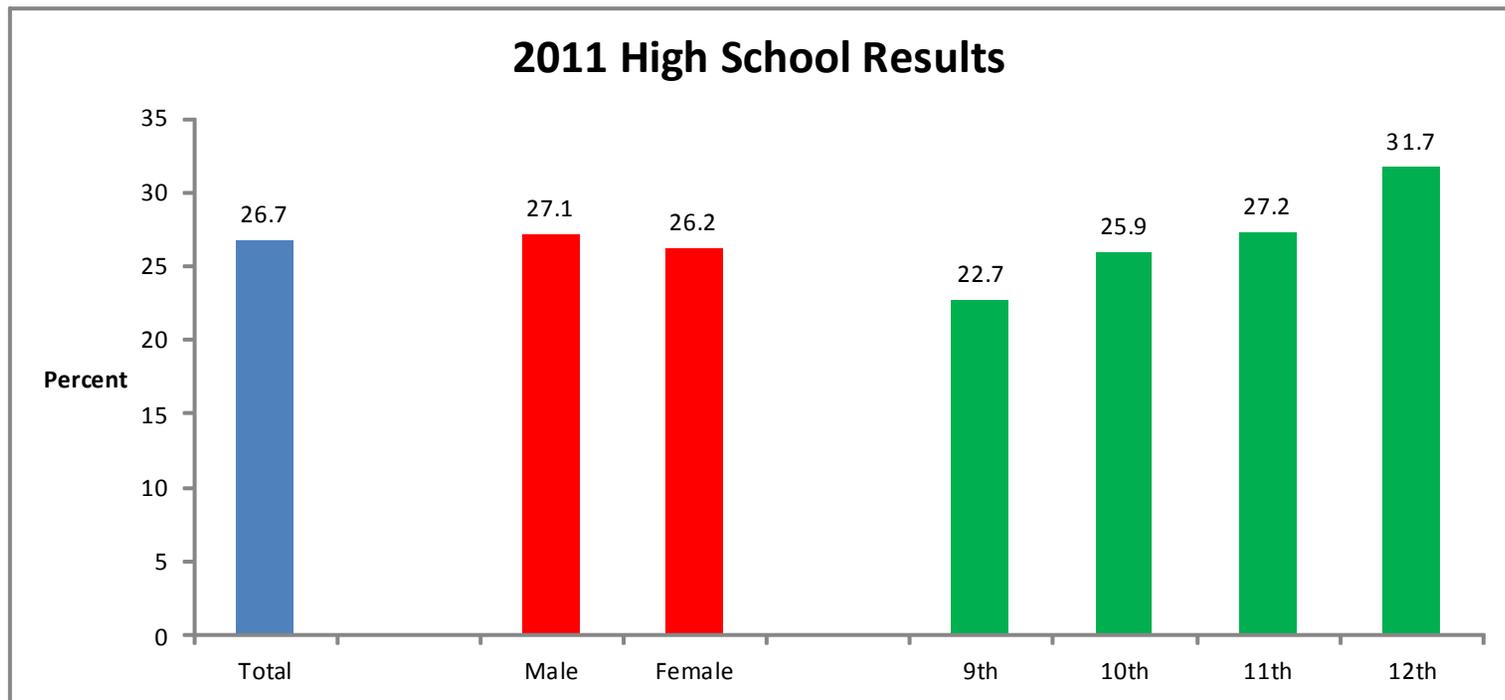
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who had at least one drink of alcohol on one or more of the past 30 days

Healthy People 2020 Objective: None

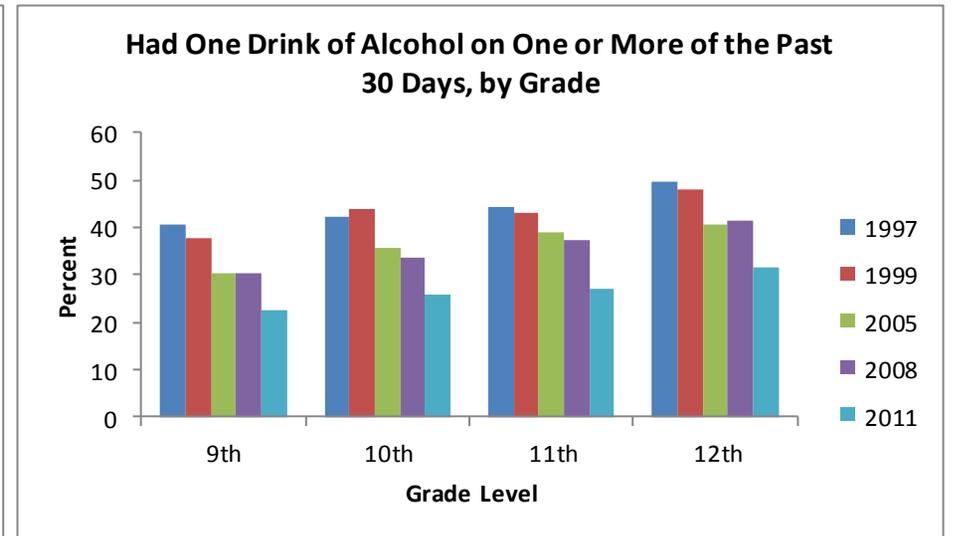
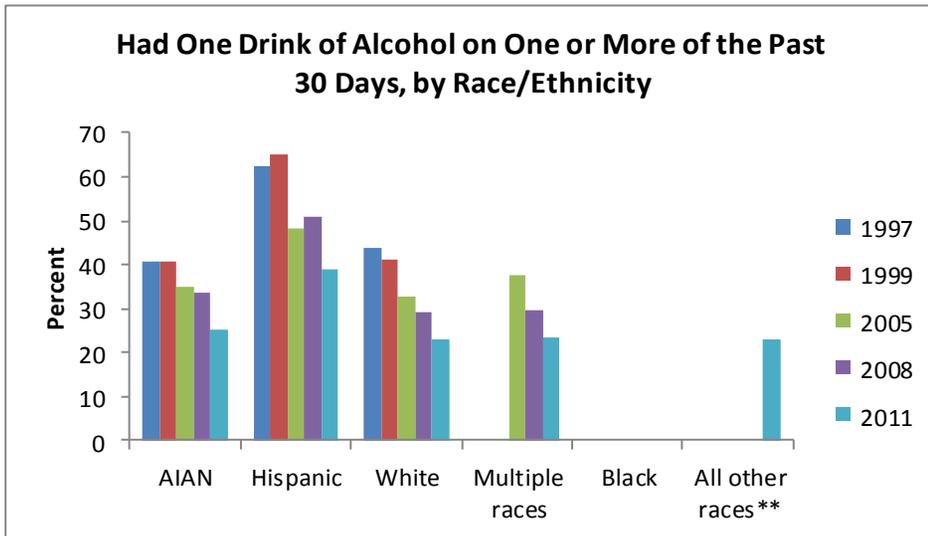
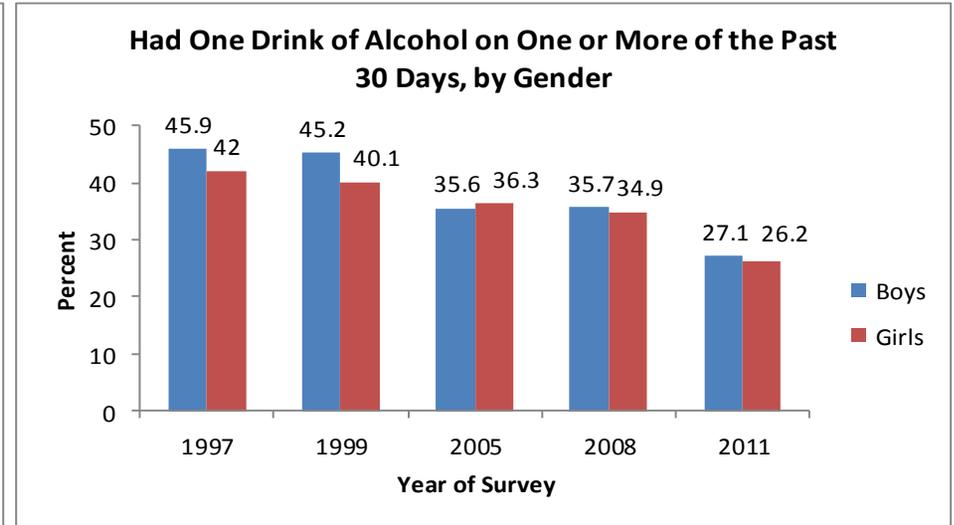
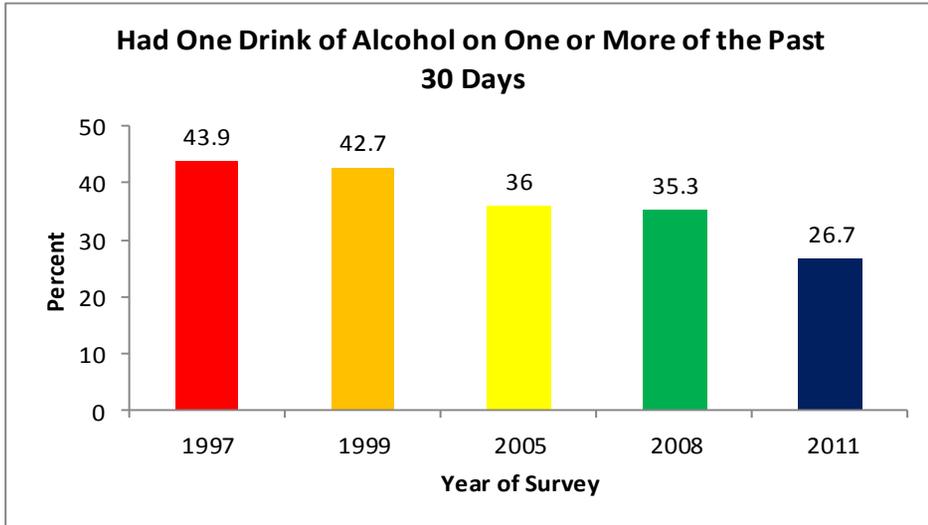
2011 U.S. High School Total: 38.7%

2011 American Indian/Alaska Native: 44.9%



Percentage of High School students who had at least one drink of alcohol on one or more of the past 30 days

Healthy People 2020 Objective: None



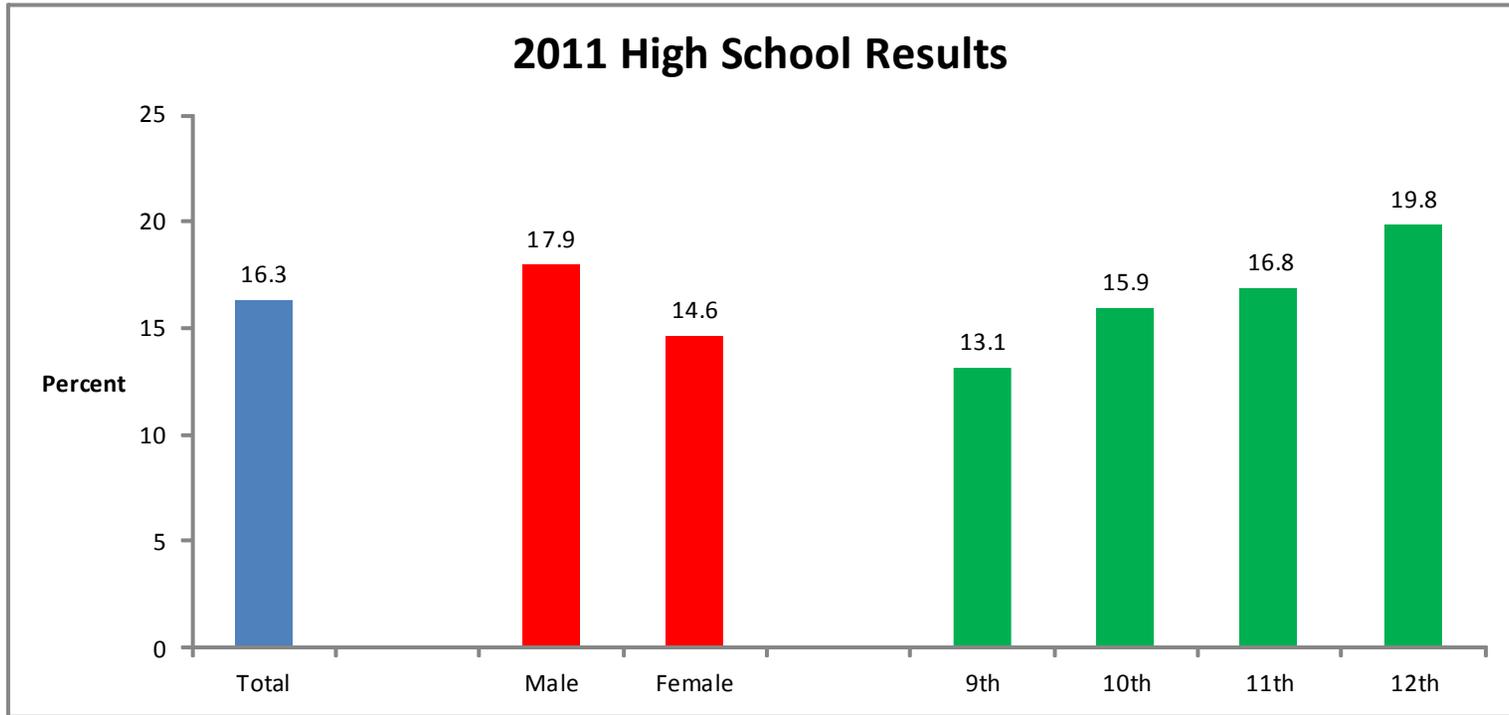
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.

Healthy People 2020 Objective: 8.5% (Seniors in High School)

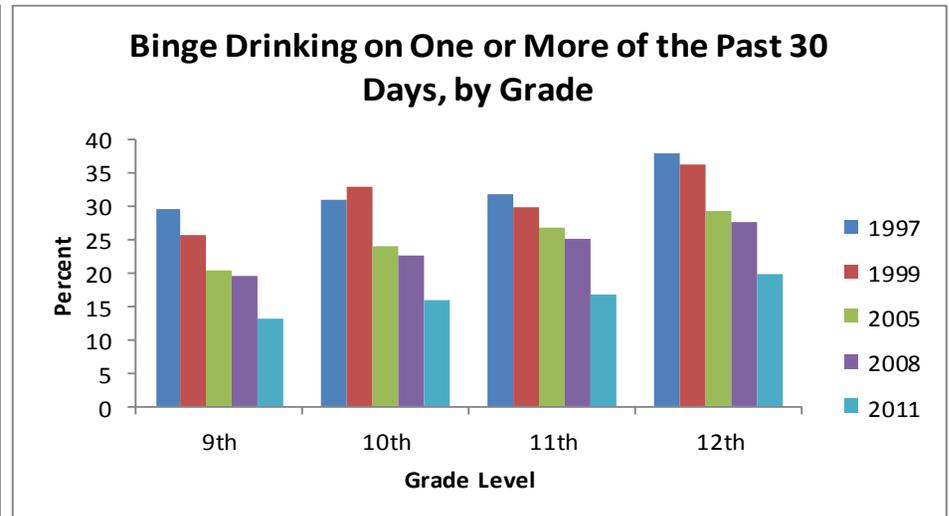
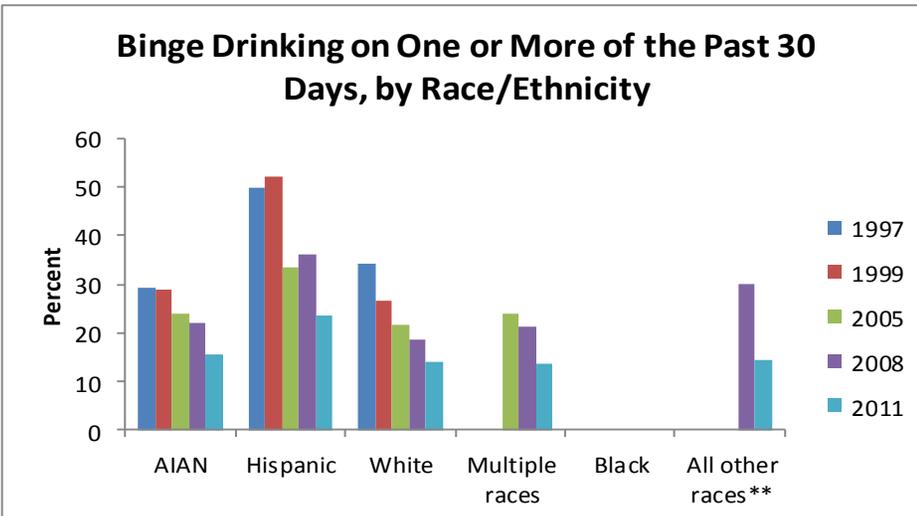
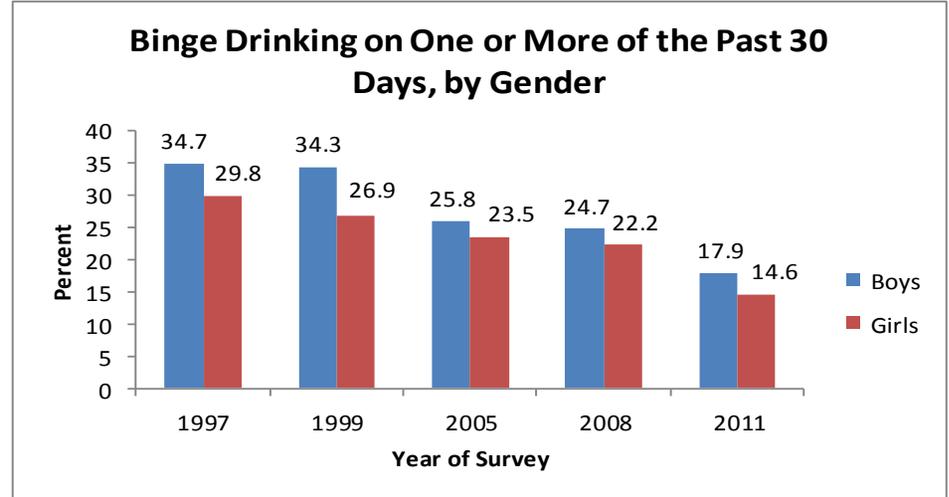
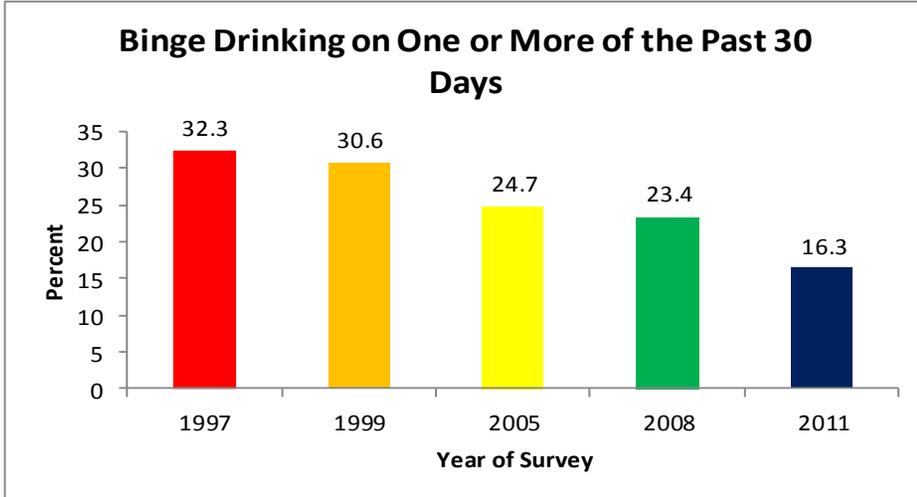
2011 U.S. High School Total: 21.9%

2011 American Indian/Alaska Native: 24.6%



Percentage of High School students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.

Healthy People 2020 Objective: 8.5% (Seniors in High School)



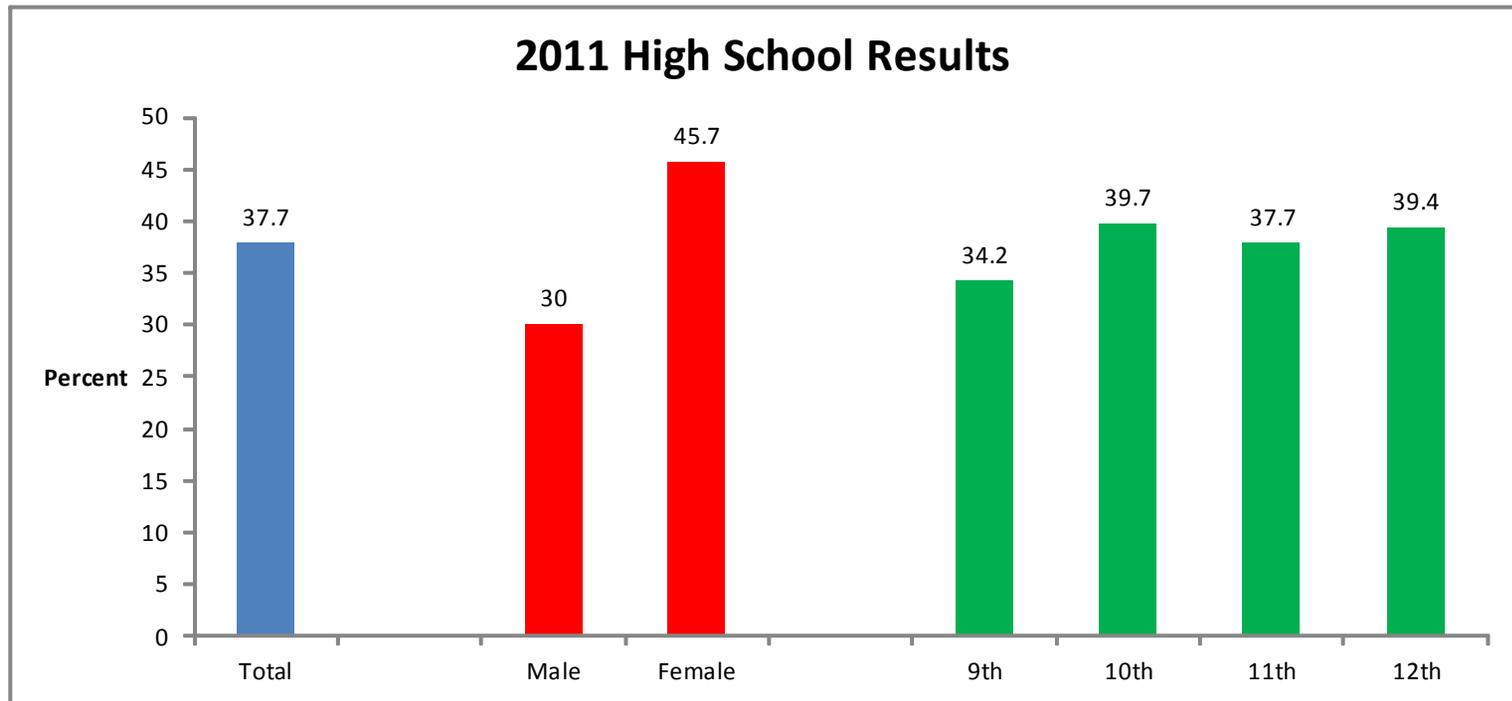
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days.

Healthy People 2020 Objective: None

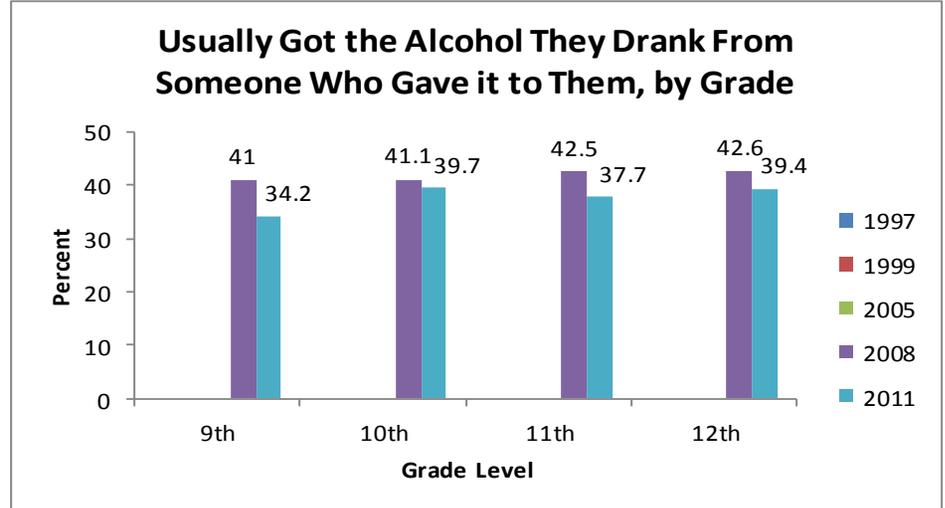
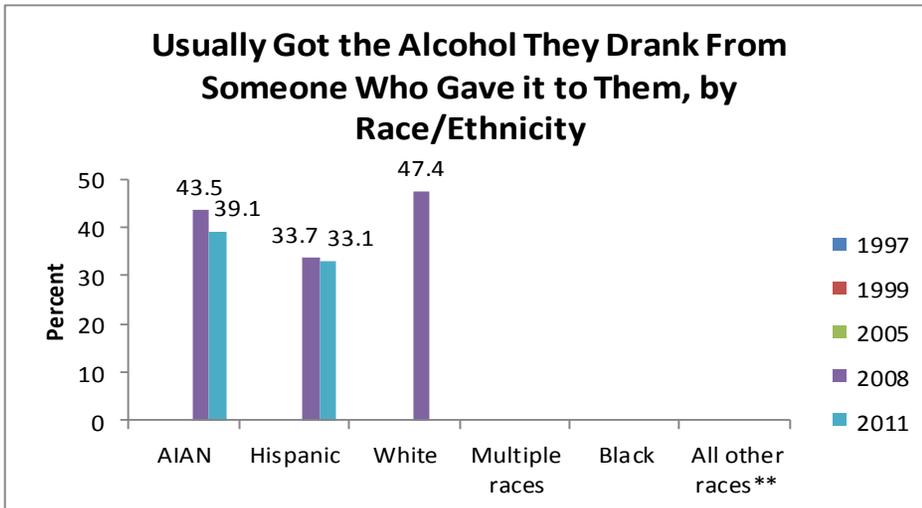
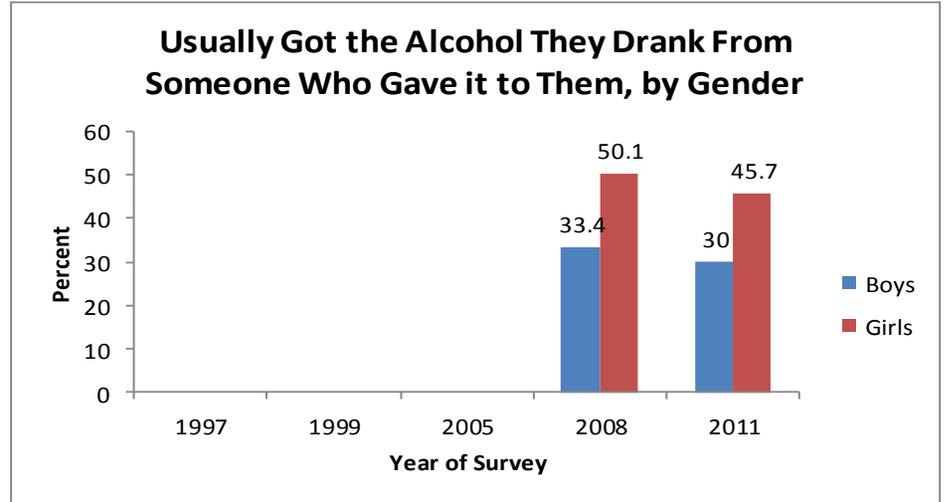
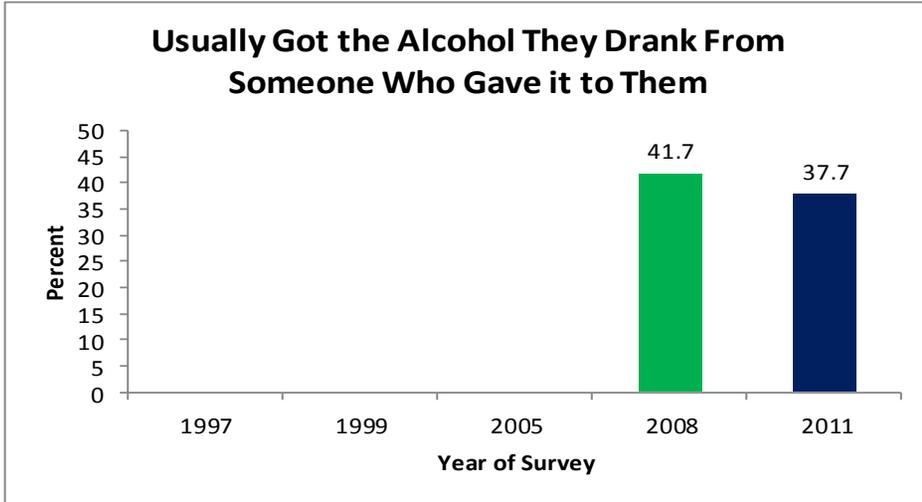
2011 U.S. High School Total: 40.0%

2011 American Indian/Alaska Native: 44.7%



Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days.

Healthy People 2020 Objective: None



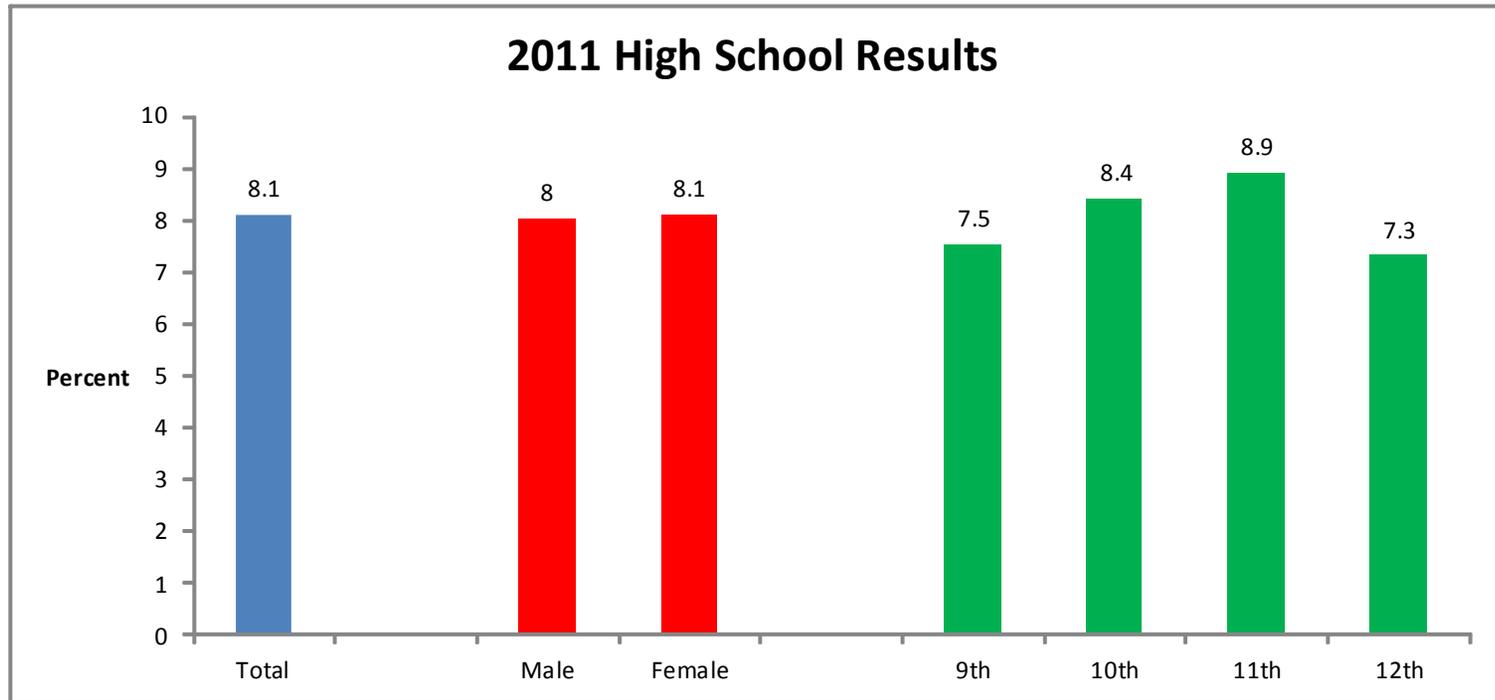
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of High School students who had at least one drink of alcohol on school property on one or more of the past 30 days

Healthy People 2020 Objective: None

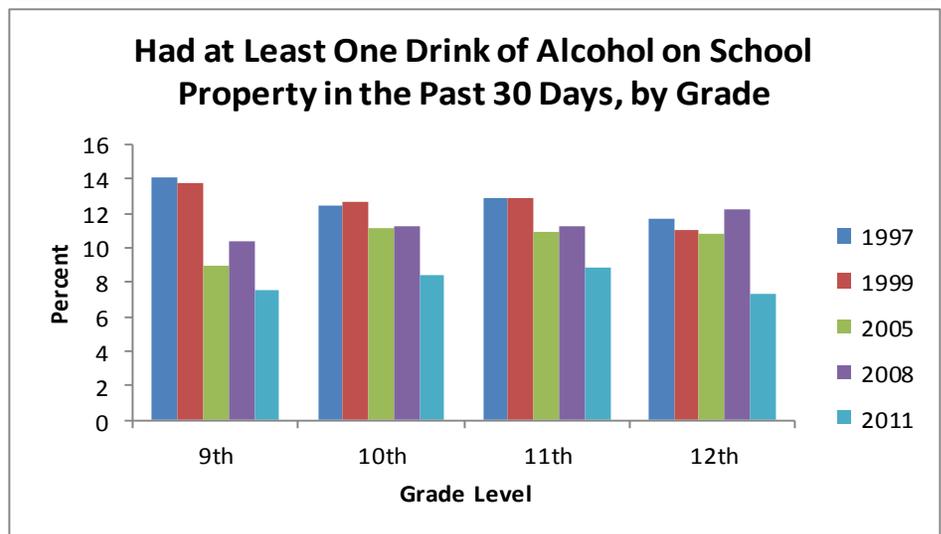
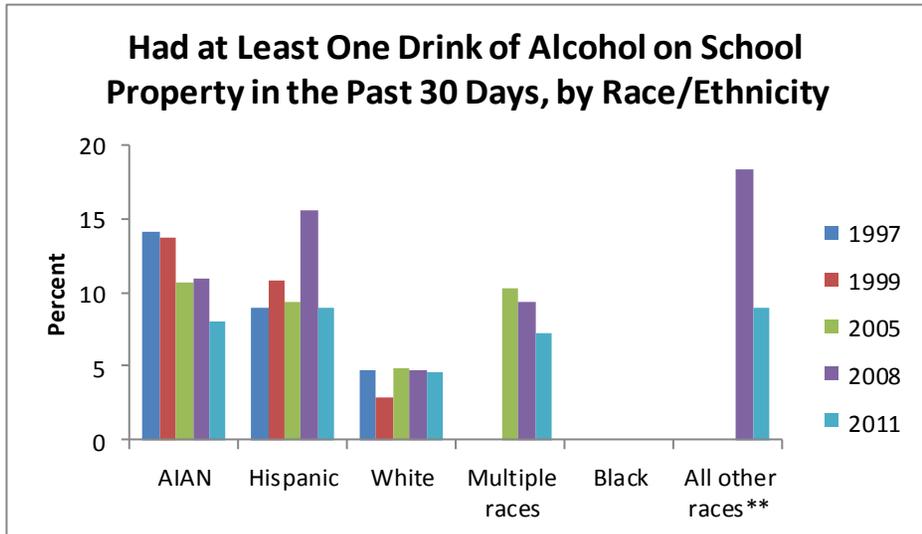
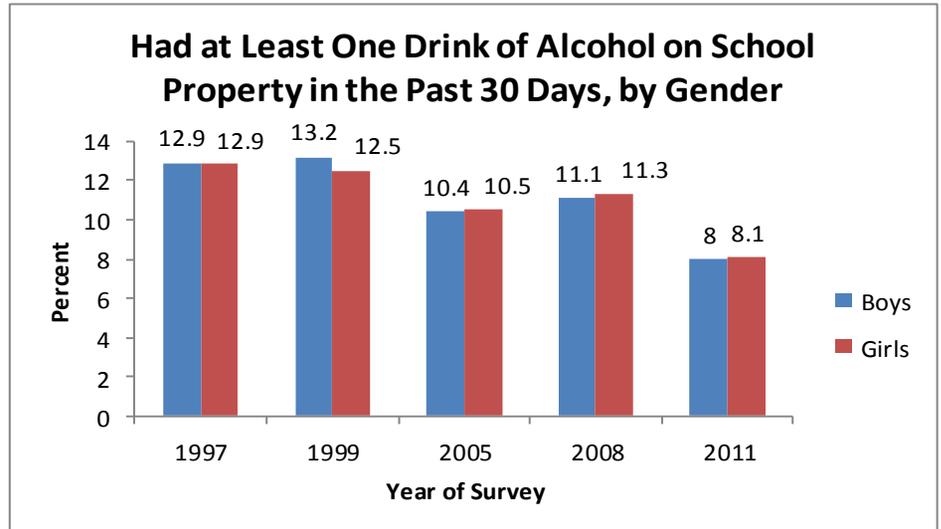
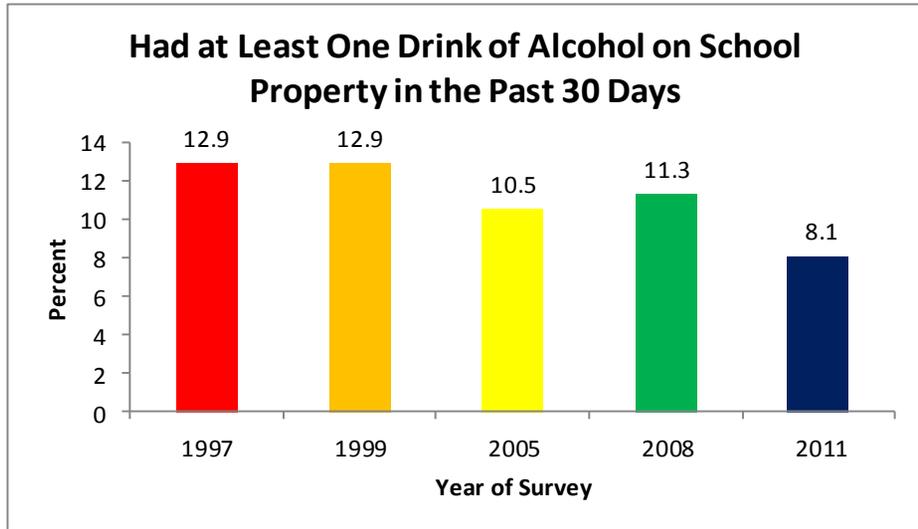
2011 U.S. High School Total: 5.1%

2011 American Indian/Alaska Native: 20.9%



Percentage of High School students who had at least one drink of alcohol on school property on one or more of the past 30 days

Healthy People 2020 Objective: None



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

RATIONALE:

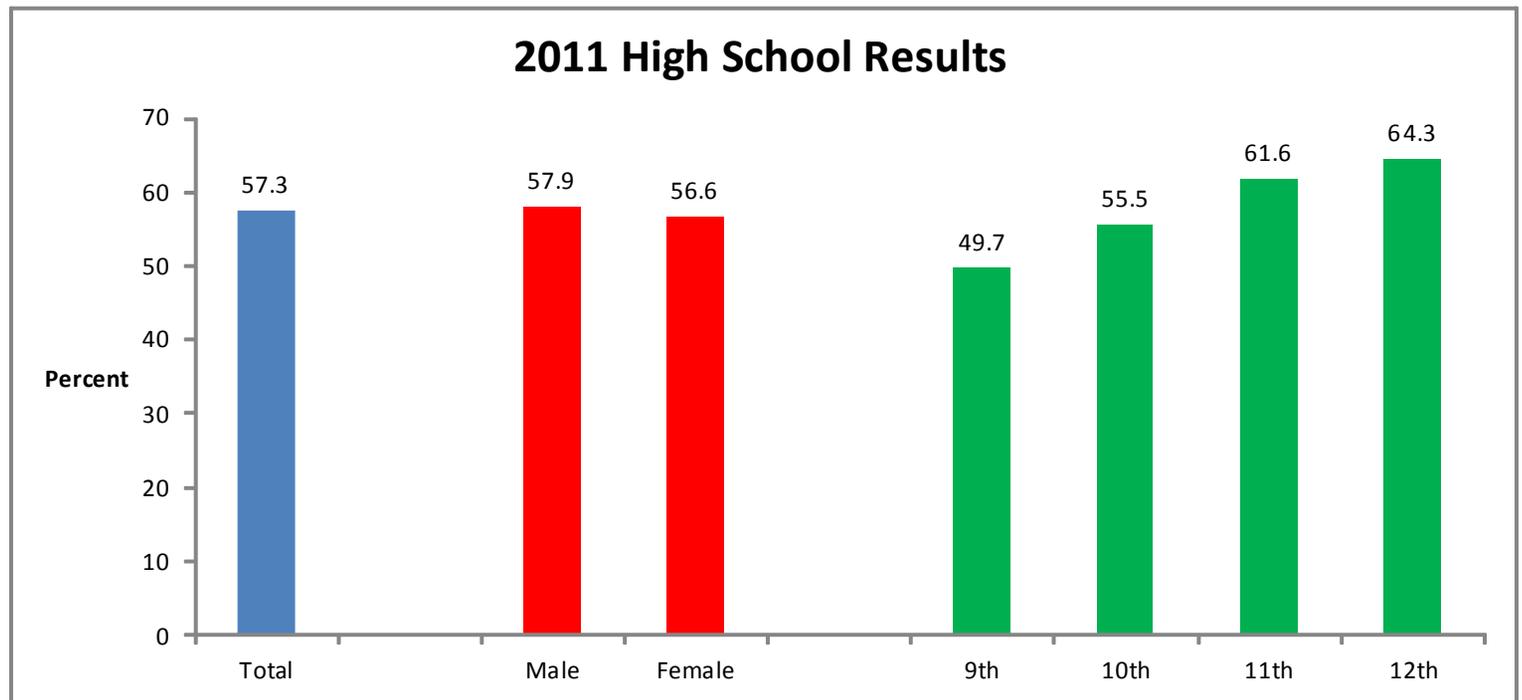
These questions measure ever and current use of marijuana and cocaine, and ever use of inhalants, heroin, methamphetamines, ecstasy, steroids, injected drugs, and prescription drug abuse. Among youth, illicit drug use is associated with heavy alcohol and tobacco use,(1) violence and delinquency,(2-5) and suicide.(6) All school districts prohibit illegal drug possession or use by students on school property.(7) 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, 8% had used hallucinogenic drugs, 2% had used heroin, 4% had used methamphetamines, and 7% had used ecstasy one or more times during their life.(8) 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. (8) The percentage of high school students who had used marijuana one or more times during their life increased during 1991–1999 (31%–47%) and then decreased during 1999–2009 (47%–37%).(8)

Percentage of students who ever tried marijuana

Healthy People 2020 Objective: None

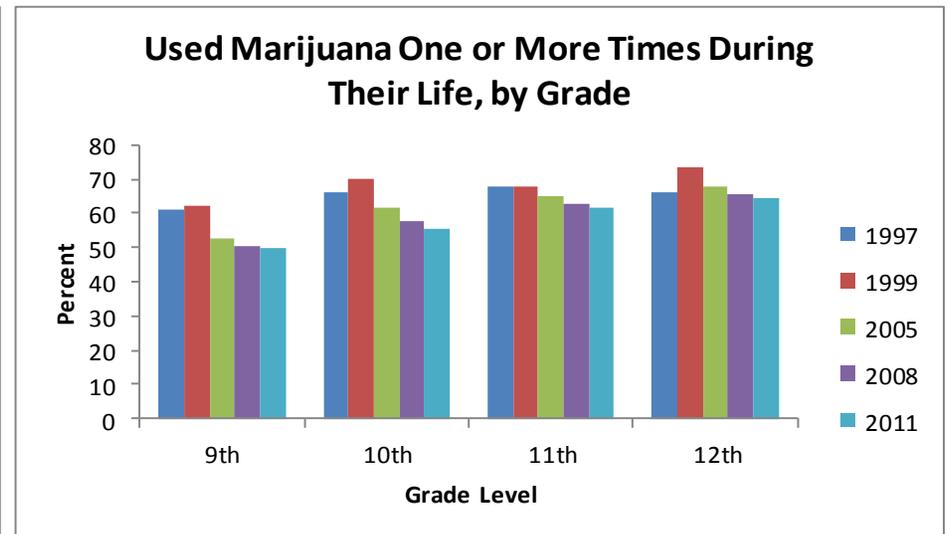
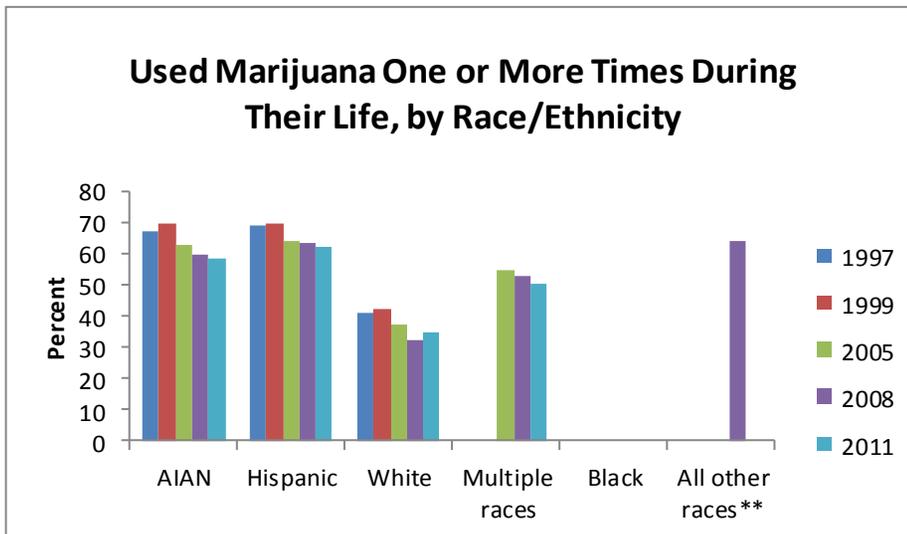
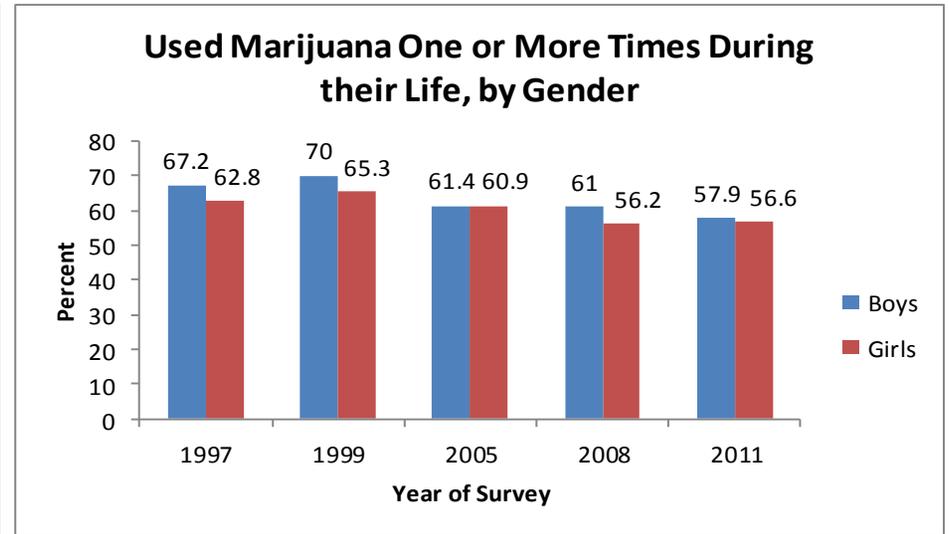
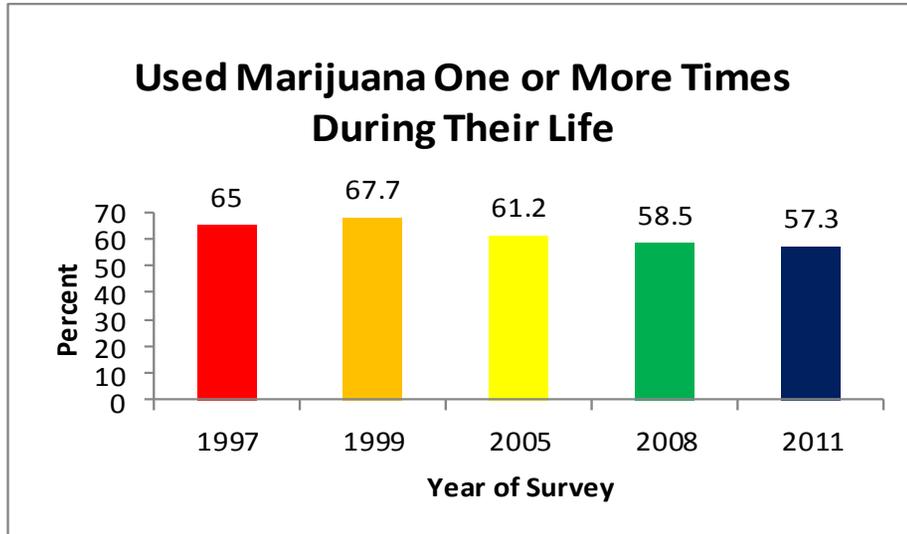
2011 U.S. High School Total: 39.9%

2011 American Indian/Alaska Native: 71.6%



Percentage of students who ever tried marijuana

Healthy People 2020 Objective: None



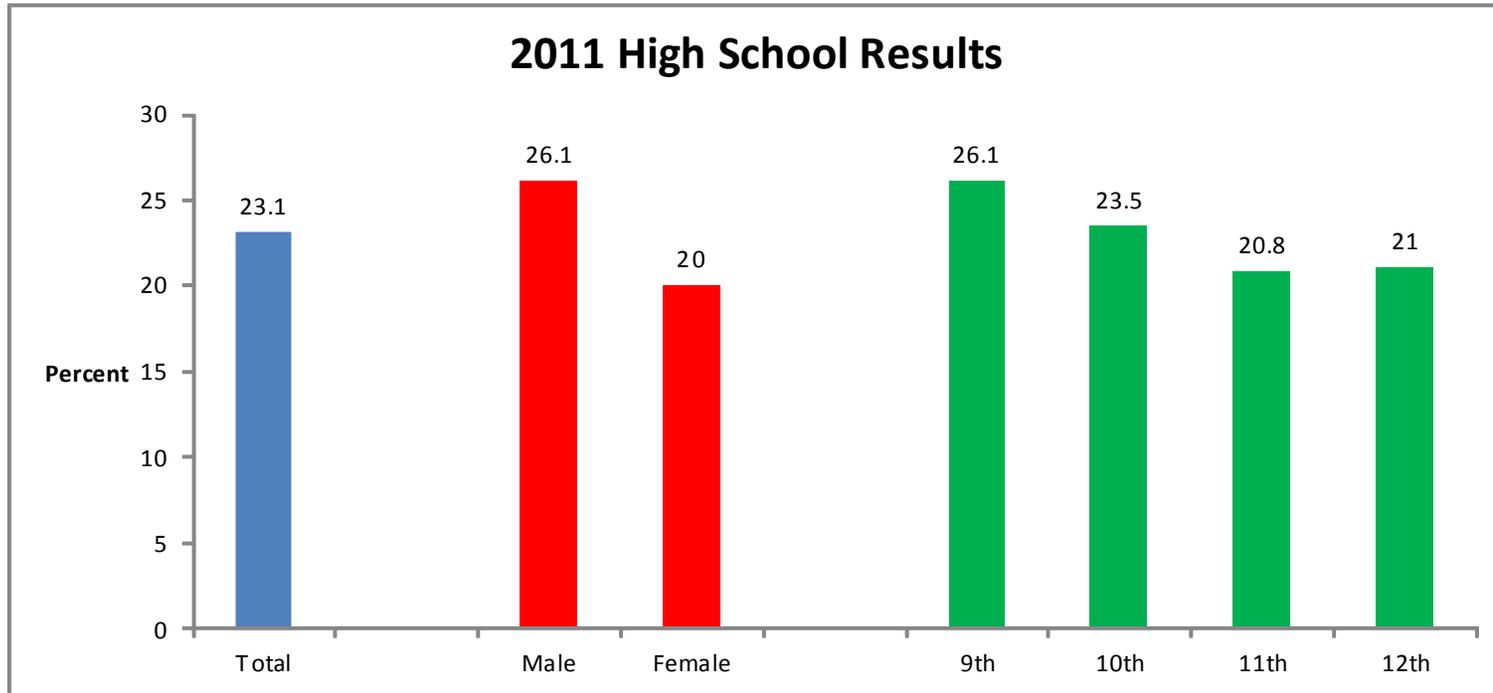
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who tried marijuana for the first time before age 13.

Healthy People 2020 Objective: None

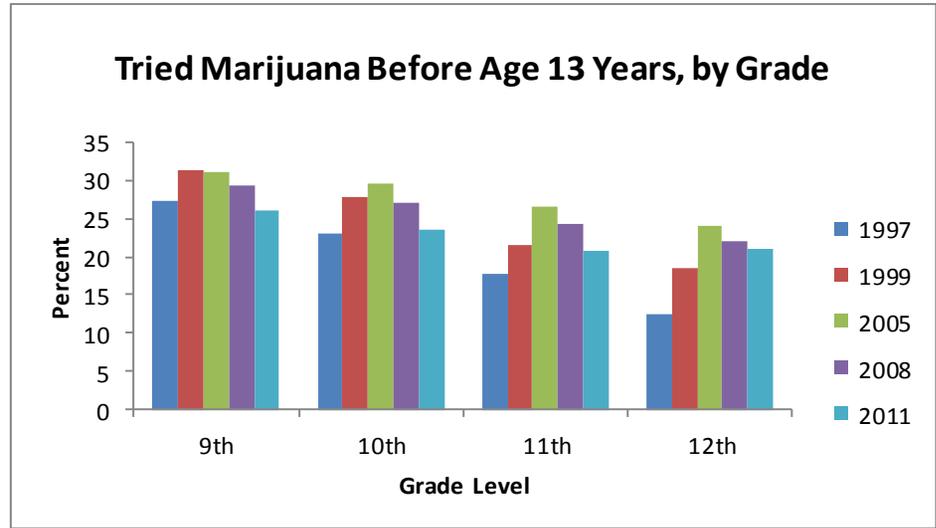
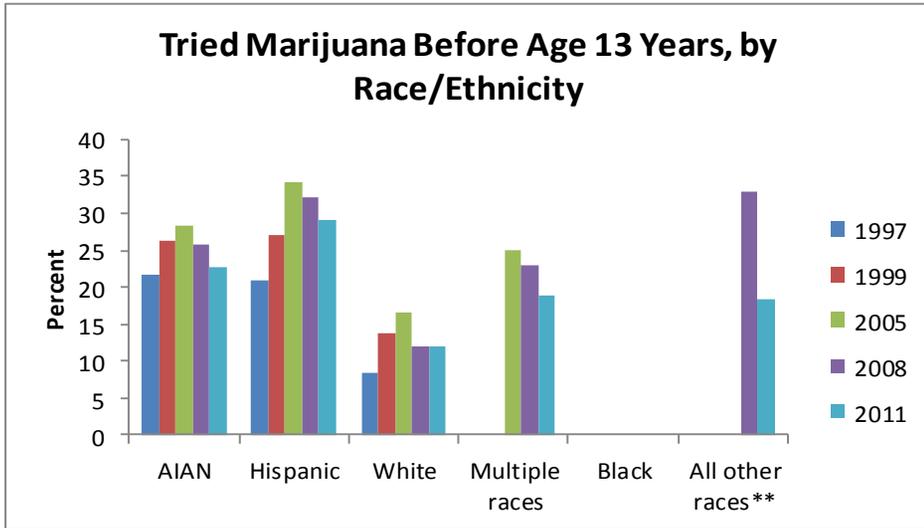
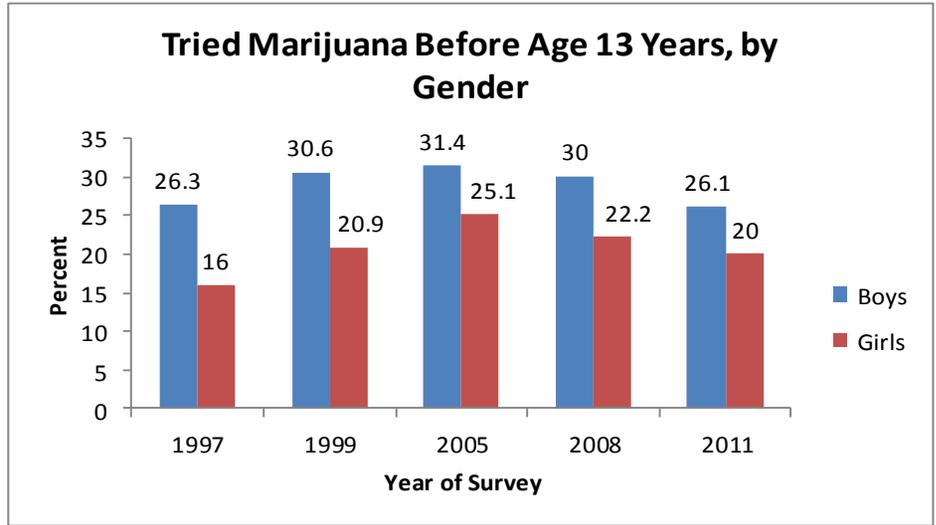
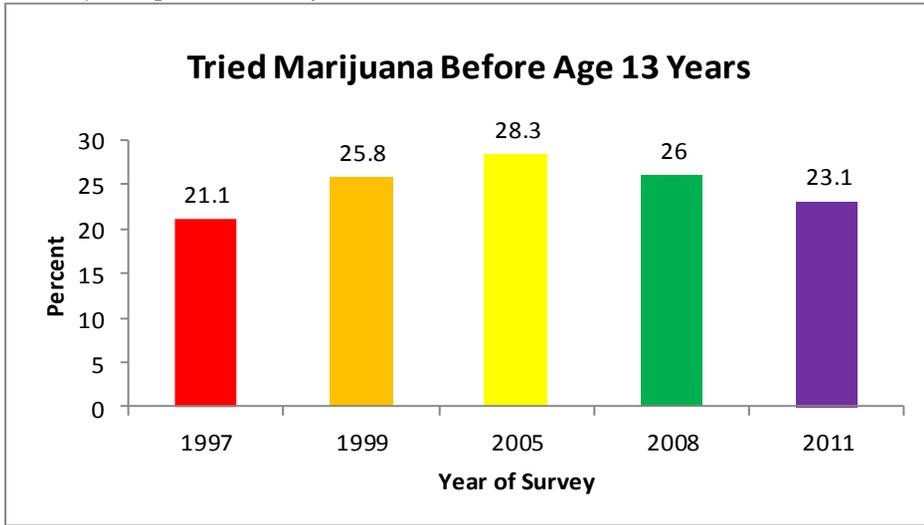
2011 U.S. High School Total: 8.1%

2011 American Indian/Alaska Native: 26.7%



Percentage of High School students who tried marijuana for the first time before age 13.

Healthy People 2020 Objective: None



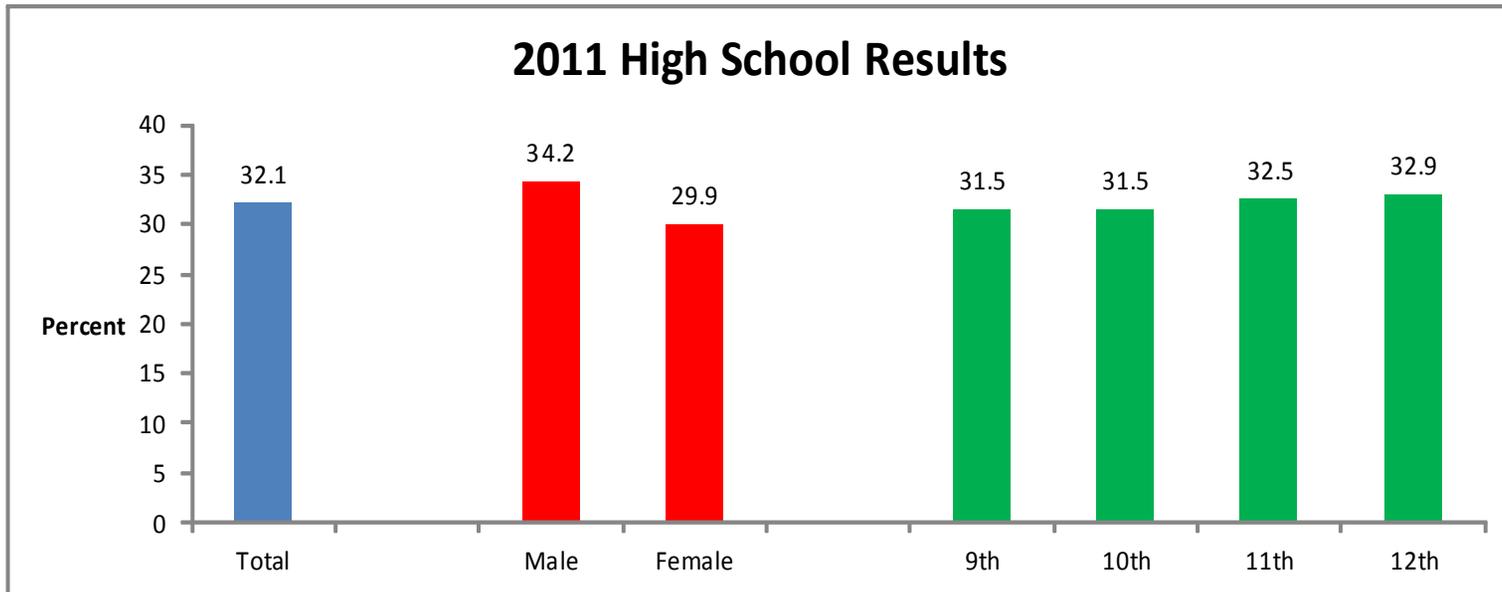
**All other races in 2007 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who used marijuana one or more times during the past 30 days

Healthy People 2020 Objective: 6.0%

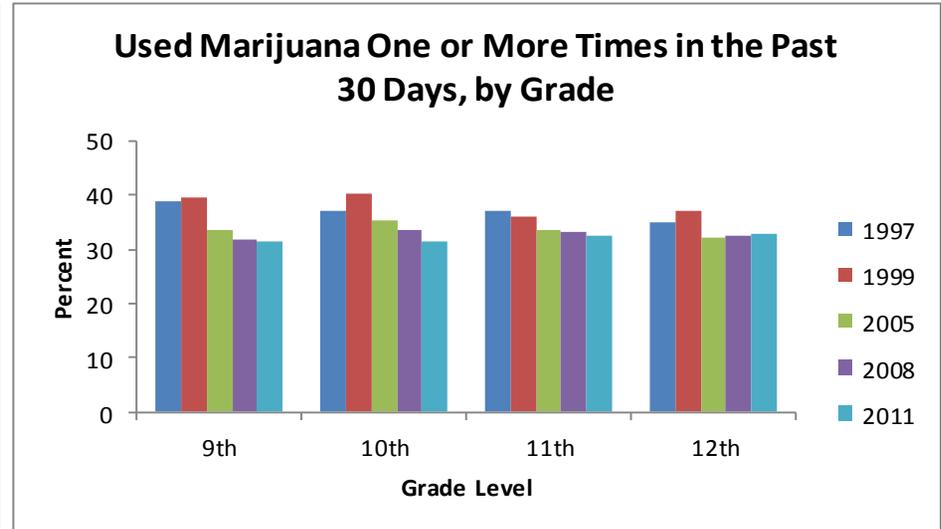
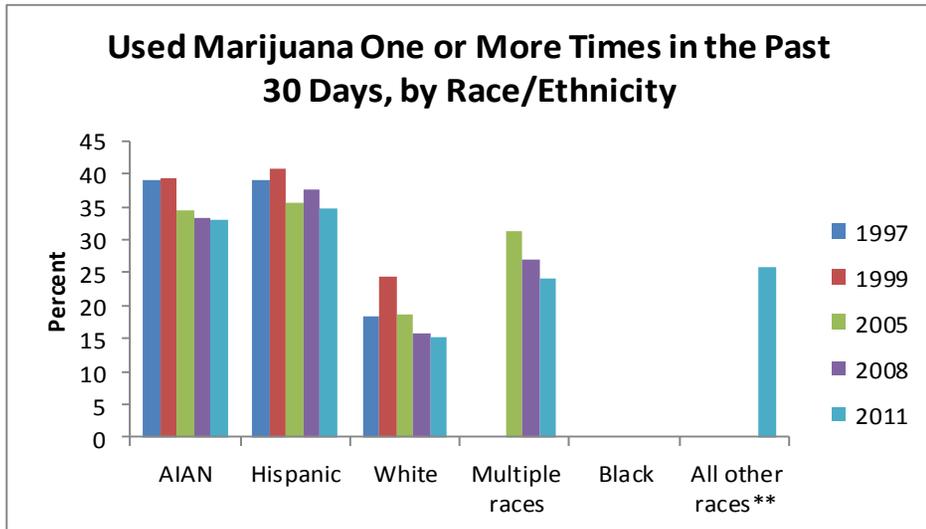
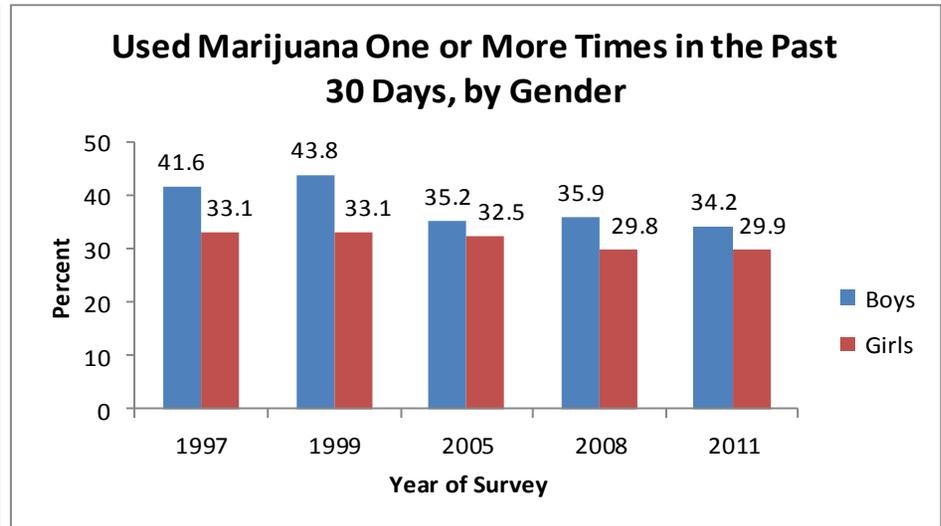
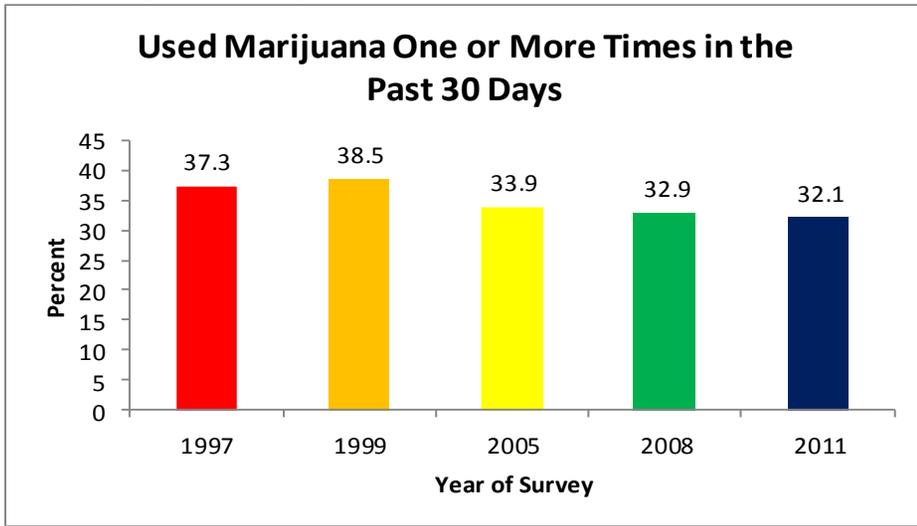
2011 U.S. High School Total: 23.1%

2011 American Indian/Alaska Native: 47.4%



Percentage of High School students who used marijuana one or more times during the past 30 days

Healthy People 2020 Objective: 6.0%



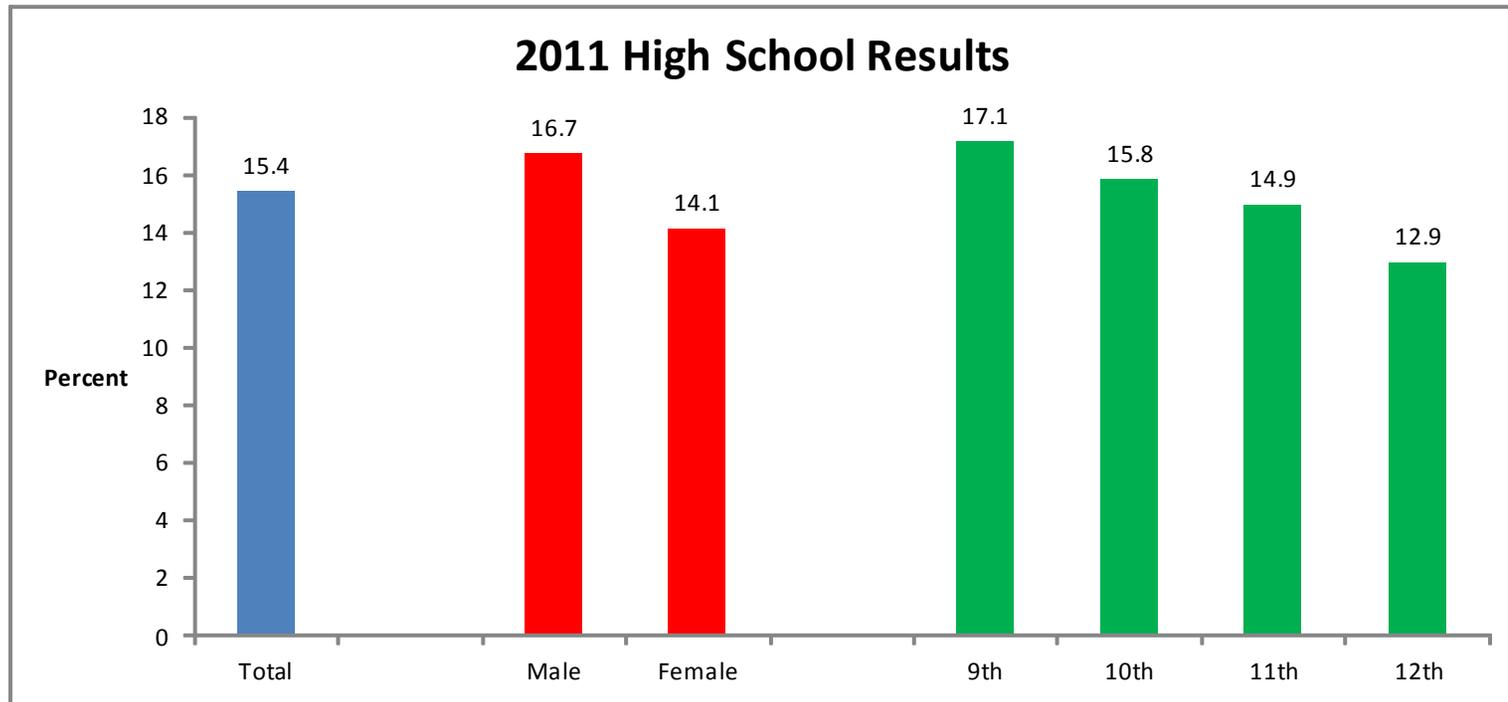
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who used marijuana on school property one or more times during the past 30 days

Healthy People 2020 Objective: None

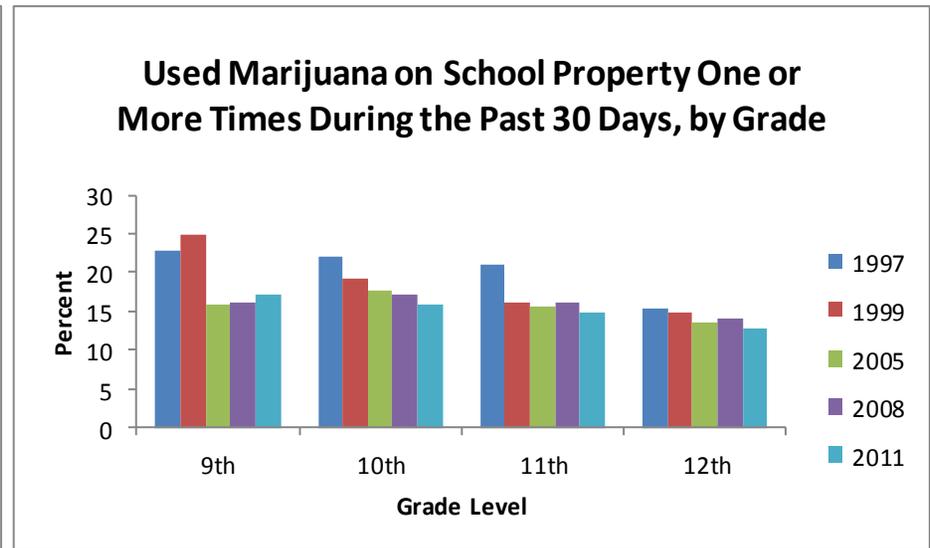
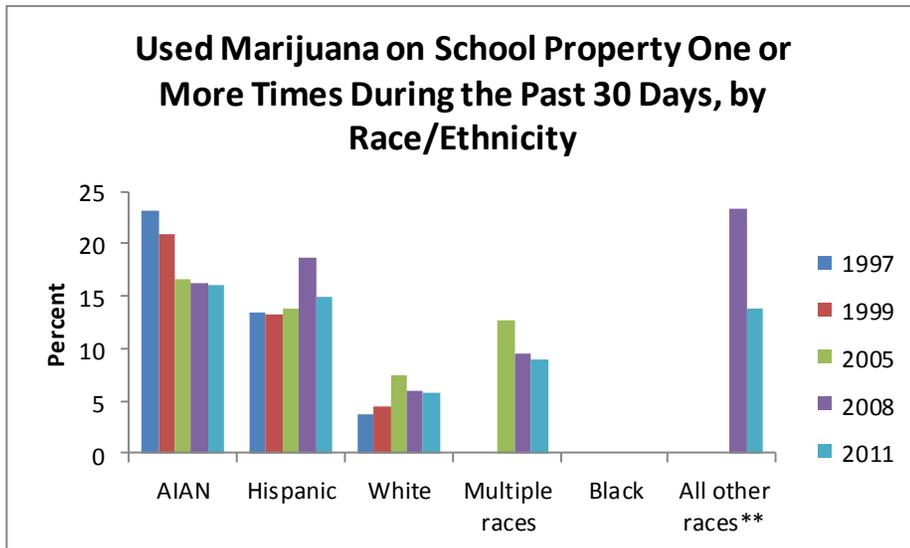
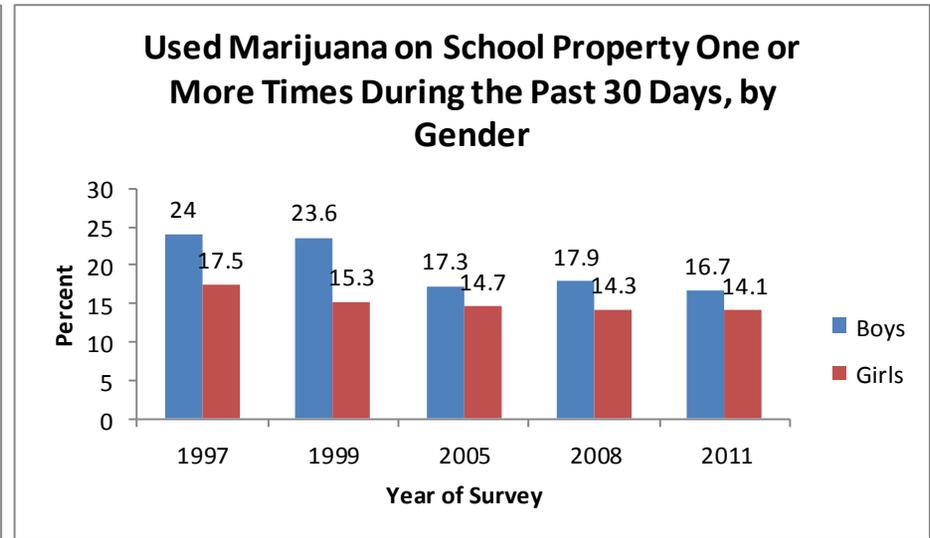
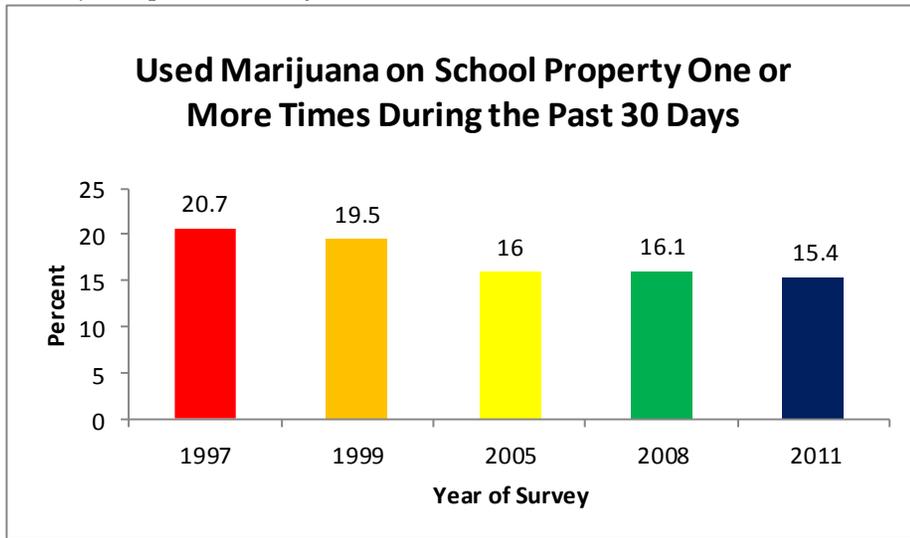
2011 U.S. High School Total: 5.9%

2011 American Indian/Alaska Native: 20.9%



Percentage of students who used marijuana on school property one or more times during the past 30 days

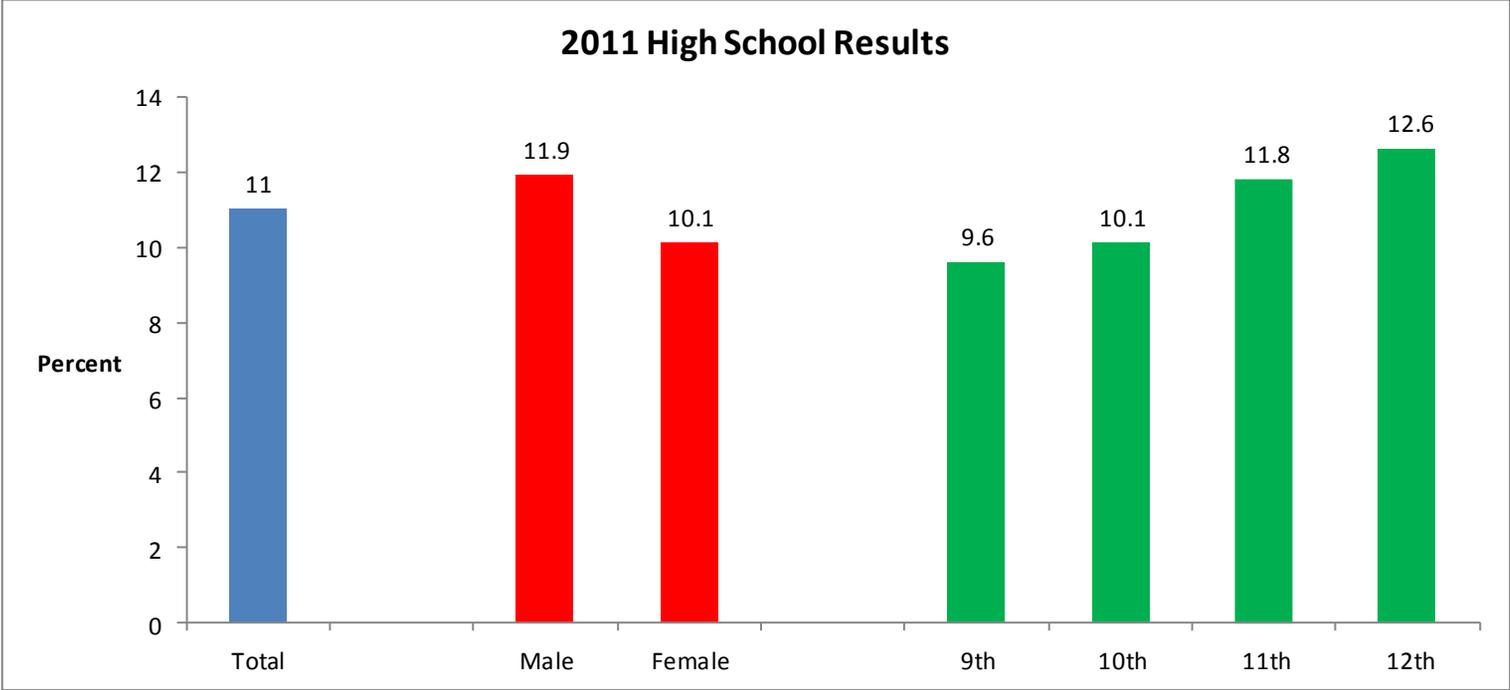
Healthy People 2020 Objective: None



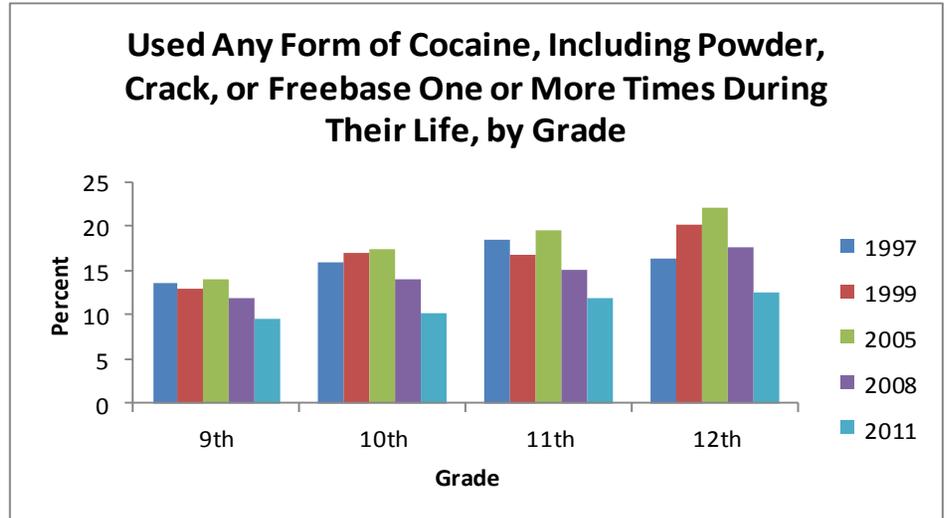
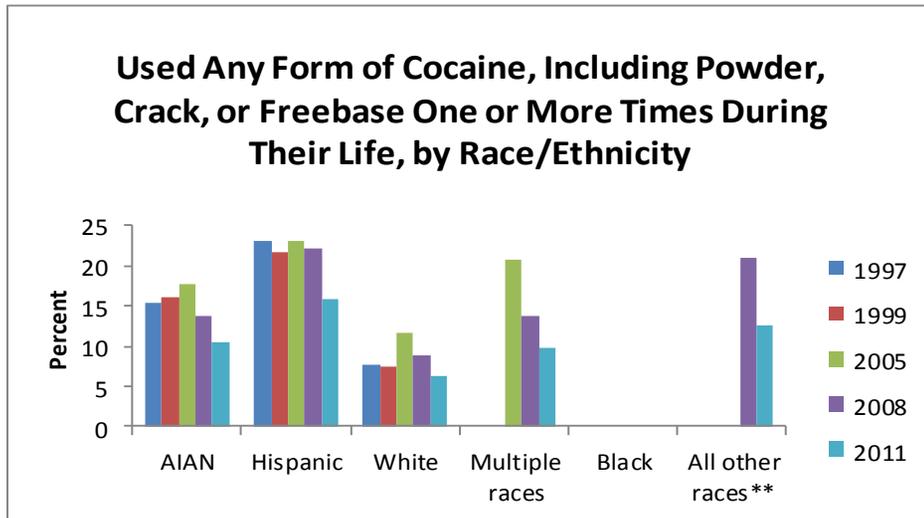
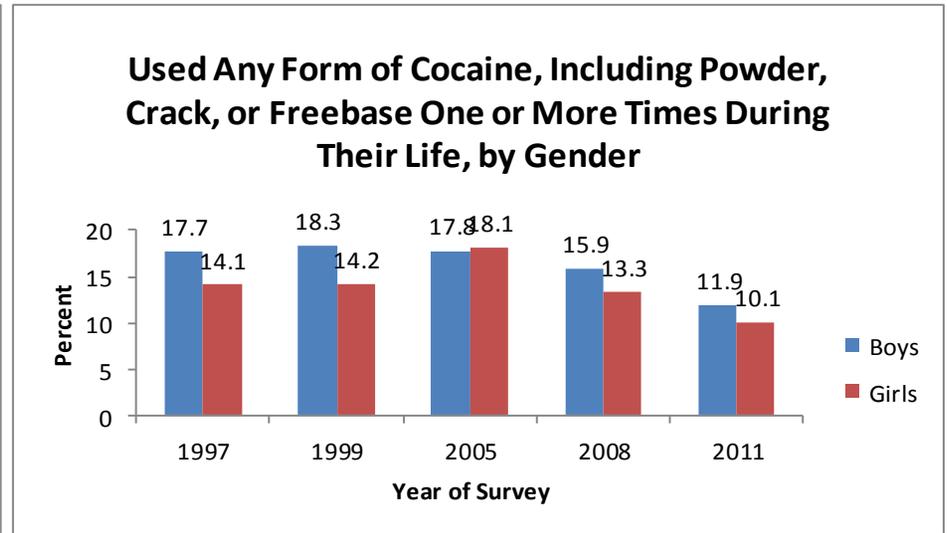
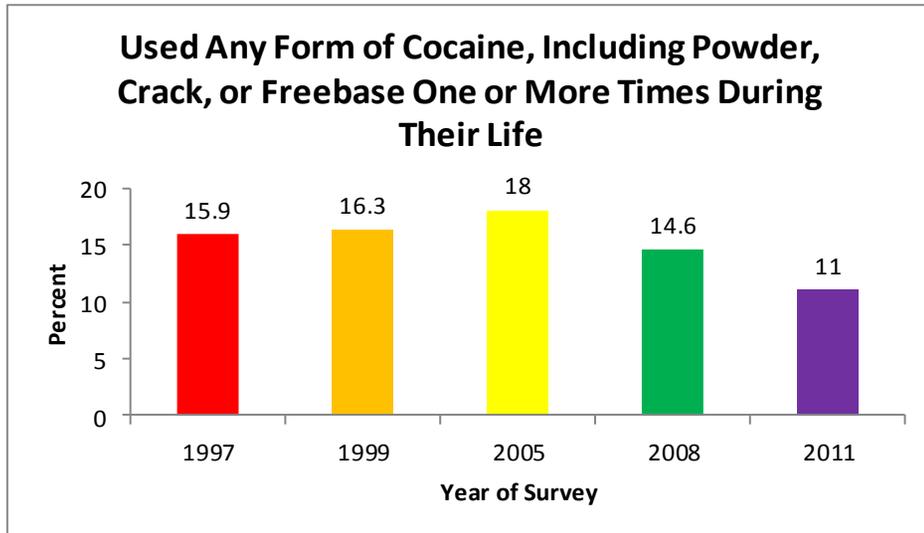
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life

Healthy People 2020 Objective: None
2011 U.S. High School Total: 6.8%
2011 U.S. Native American/Alaska Native: 18.3%



Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life
Healthy People 2020 Objective: None



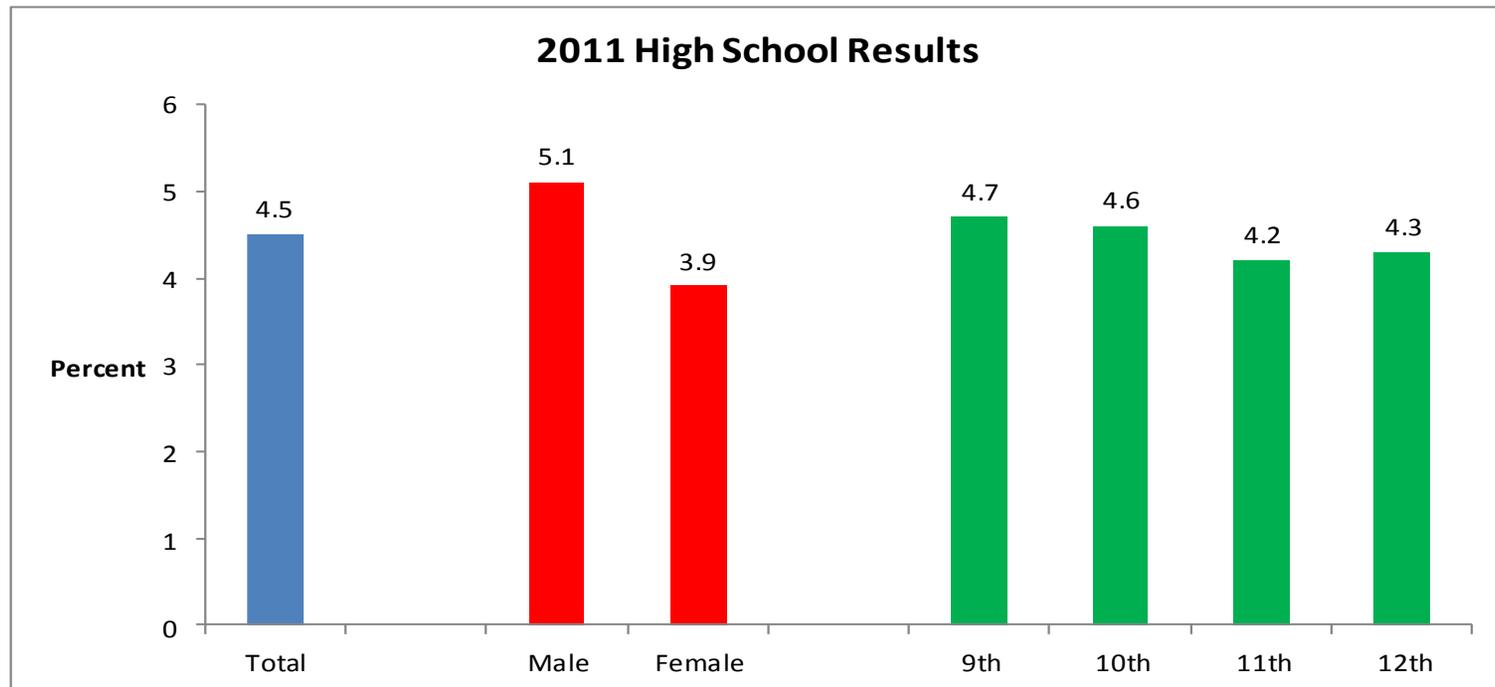
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days

Healthy People 2020 Objective: None

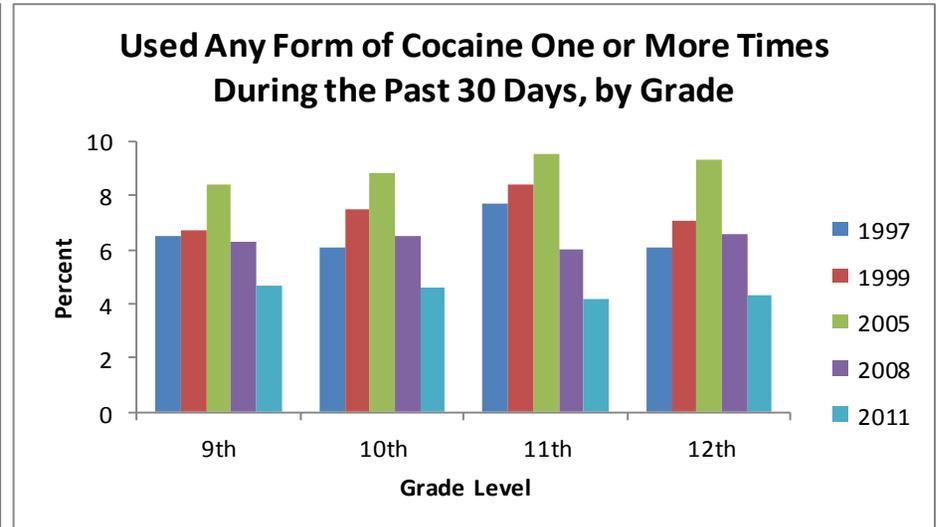
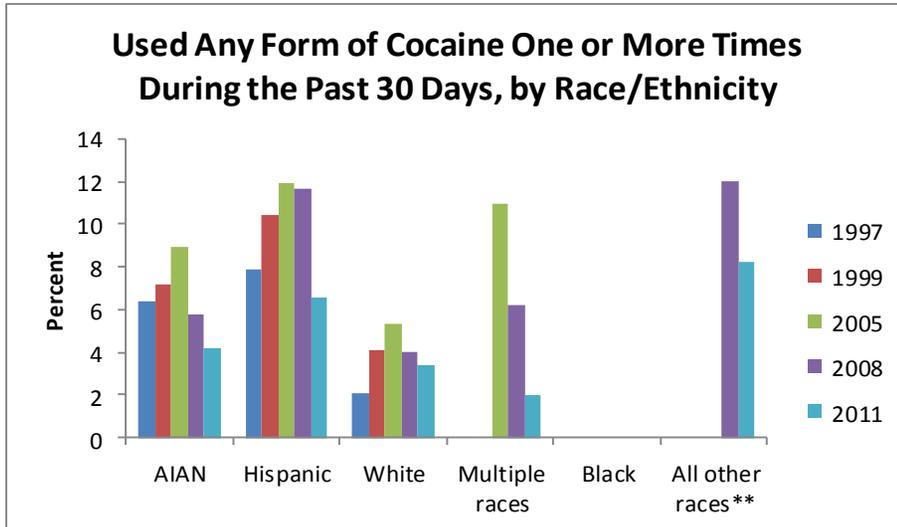
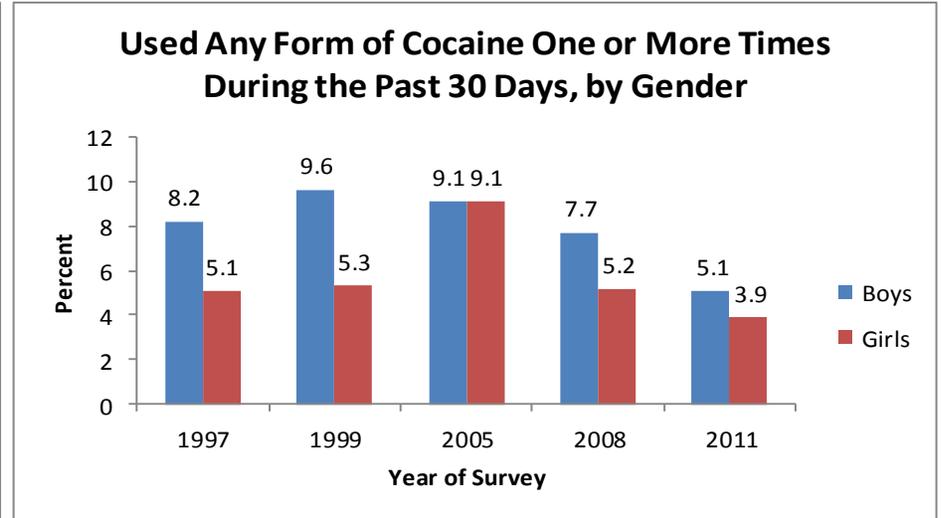
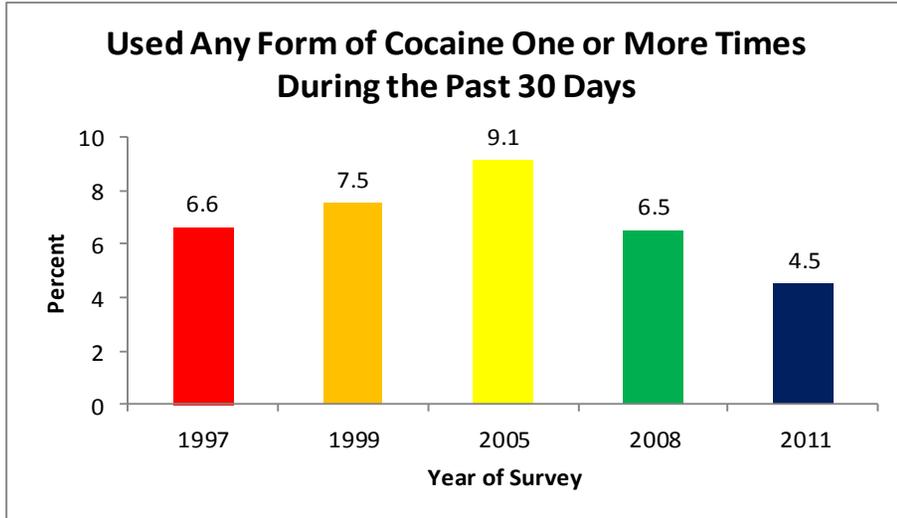
2011 U.S. High School Total: 3.0%

2011 U.S. Native American/Alaska Native: 7.9%



Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days

Healthy People 2020 Objective: None



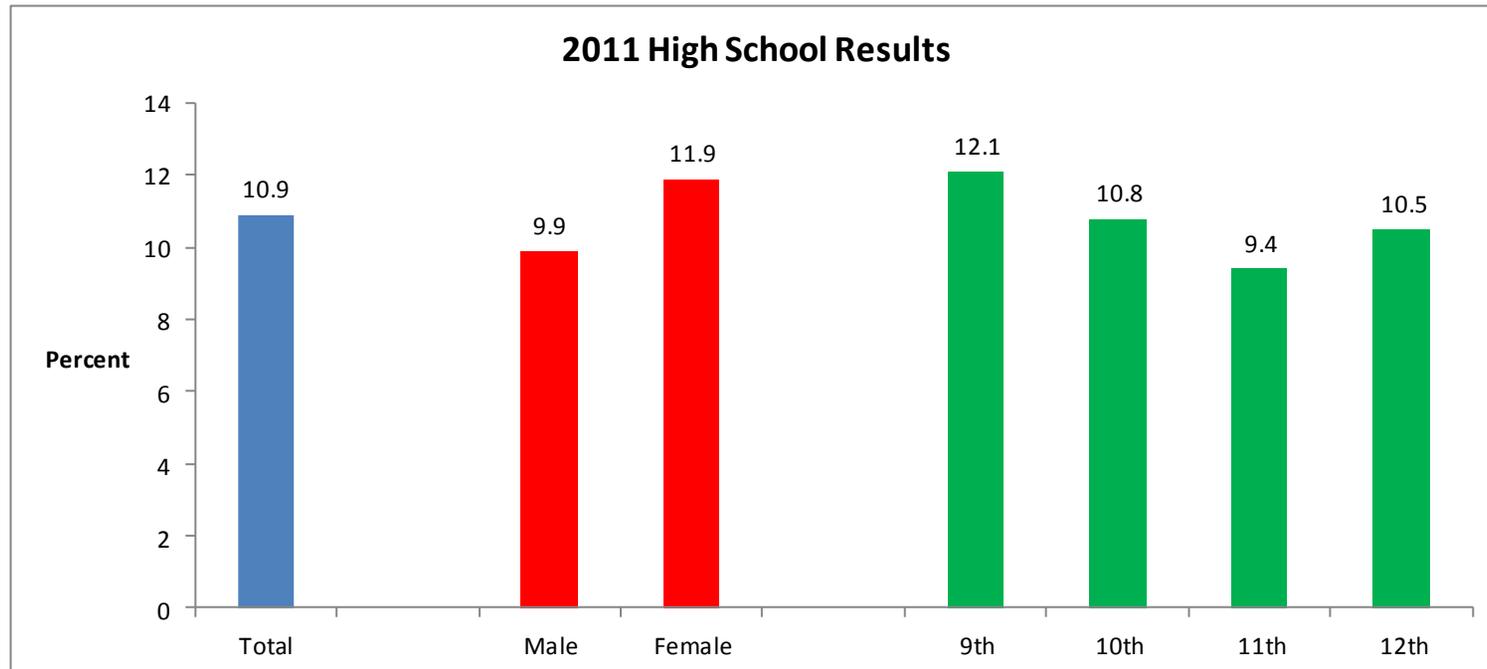
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life

Healthy People 2020 Objective: 3.9%

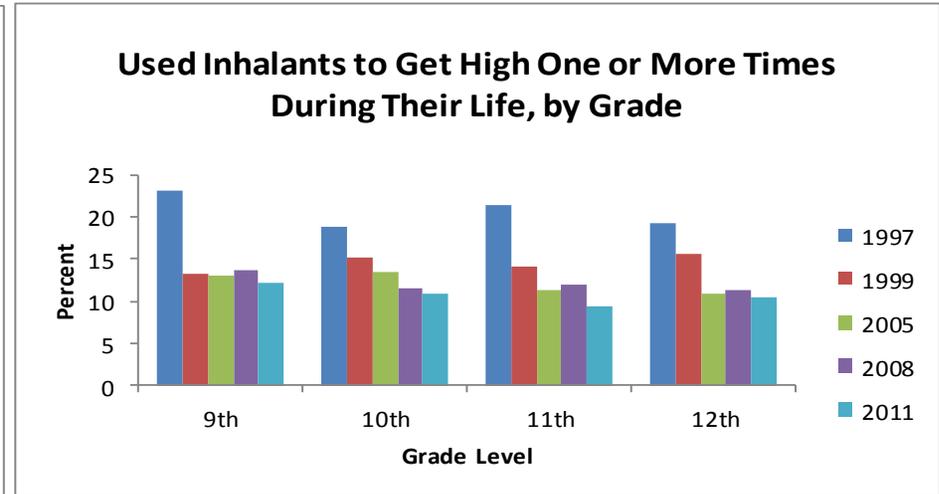
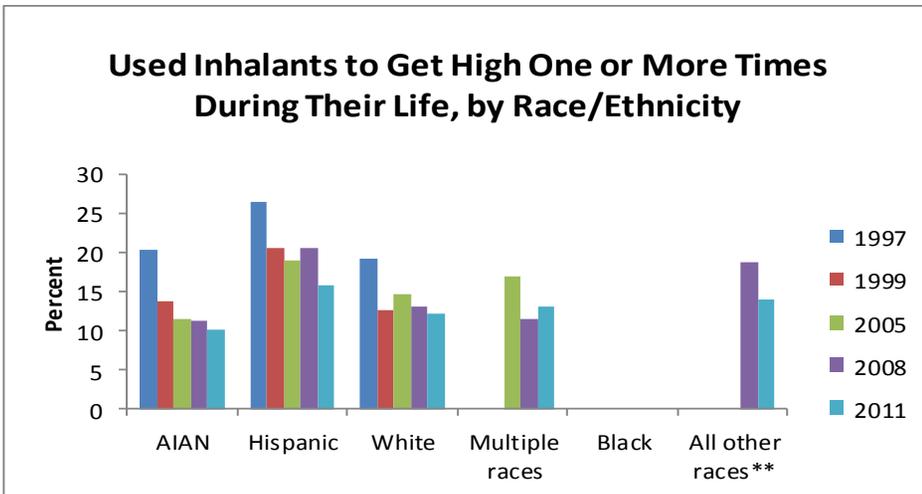
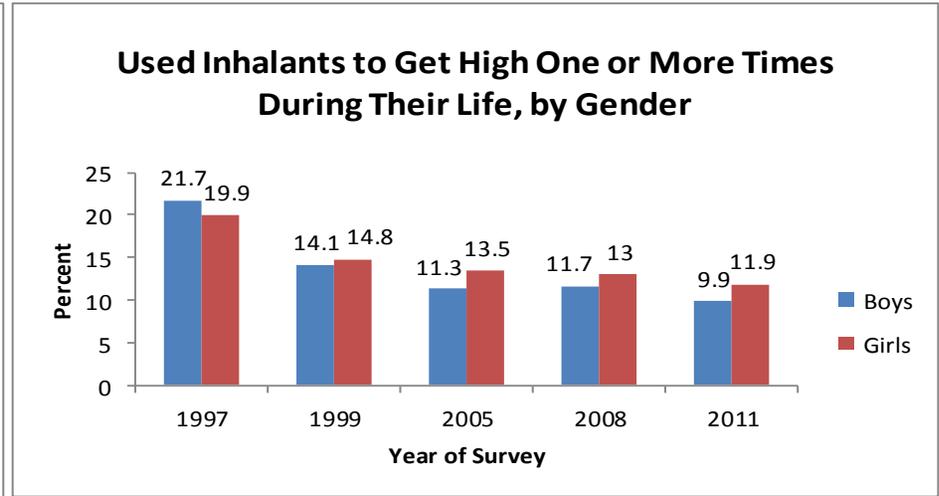
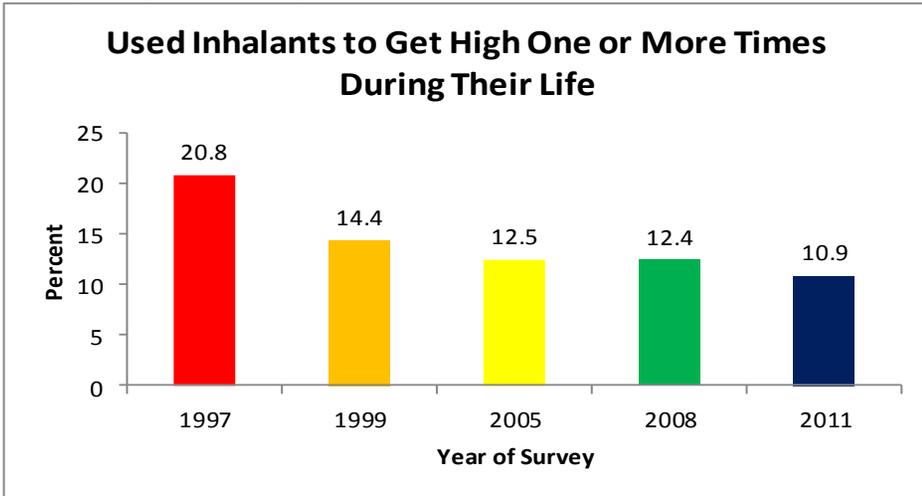
2011 U.S. High School Total: 11.4%

2011 U.S. Native American/Alaska Native: 18.0%



Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life

Healthy People 2020 Objective: 3.9%



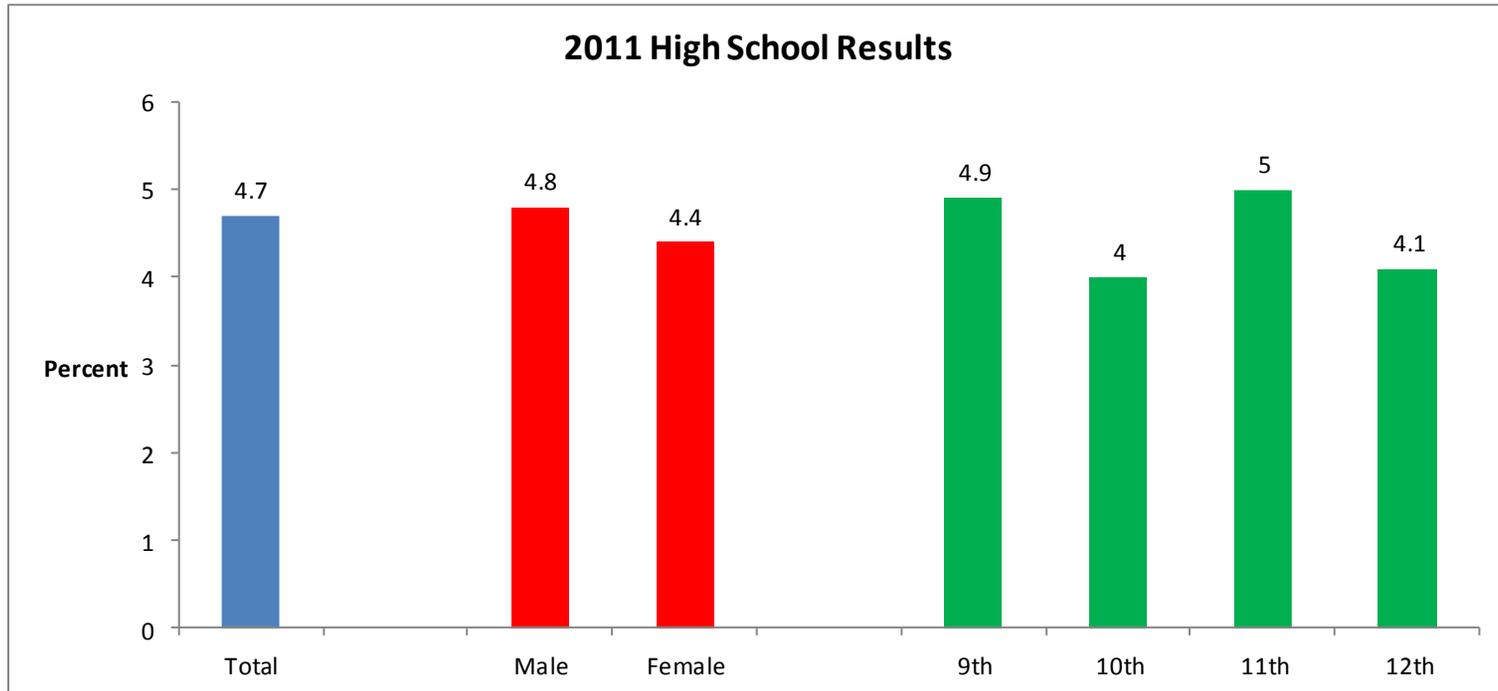
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who used heroin one or more times during their life

Healthy People 2020 Objective: None

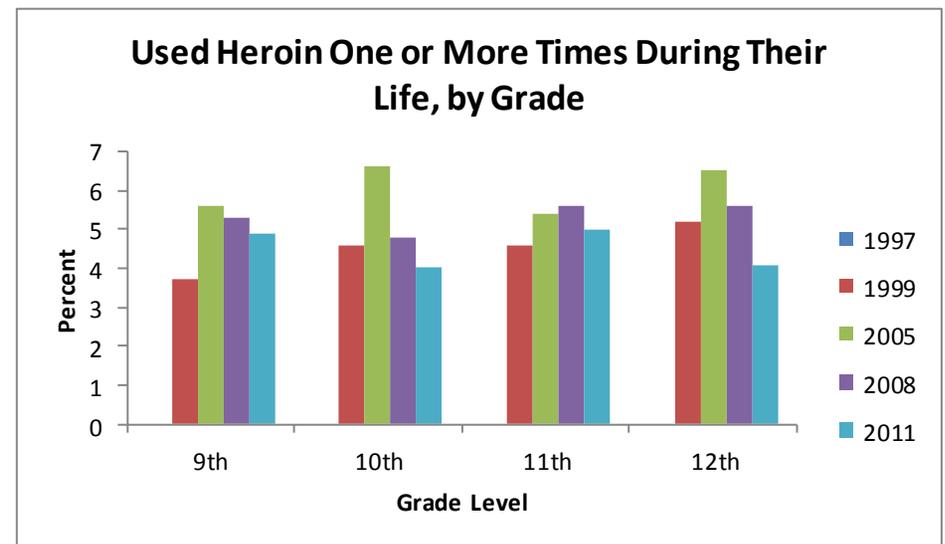
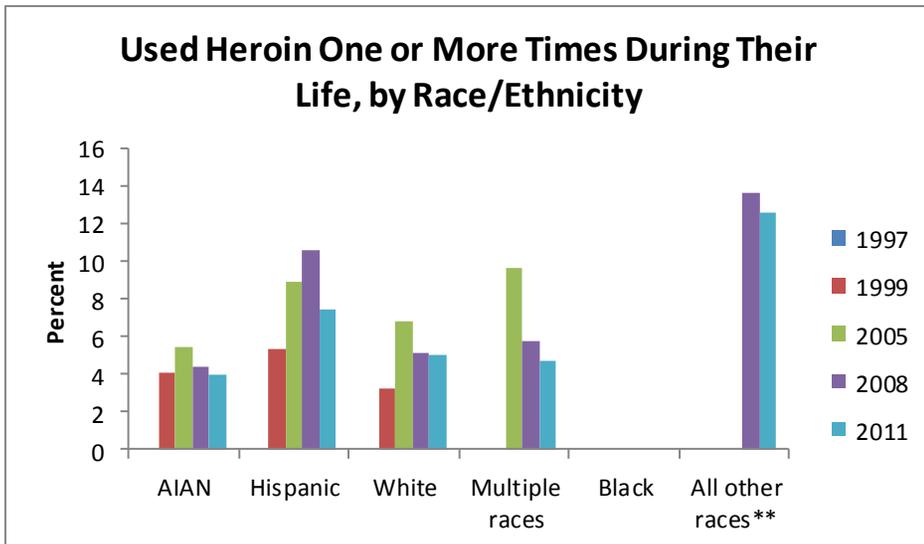
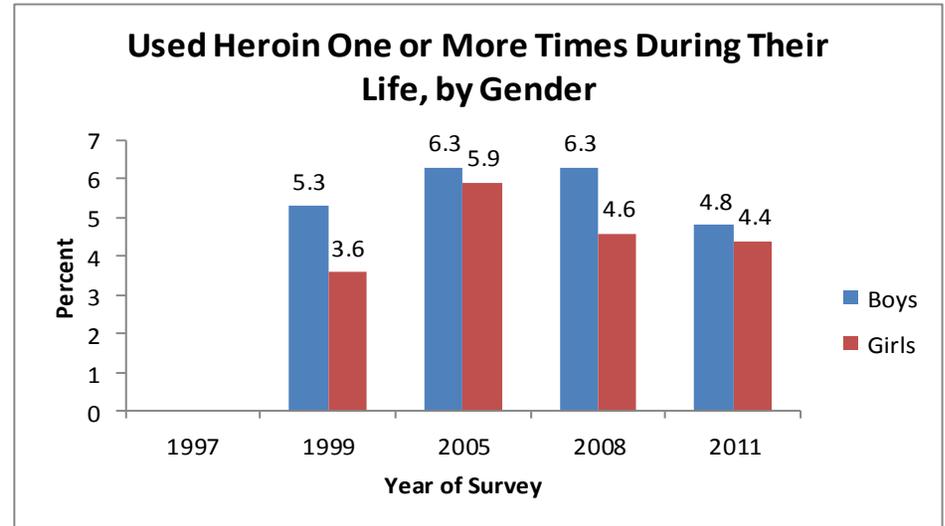
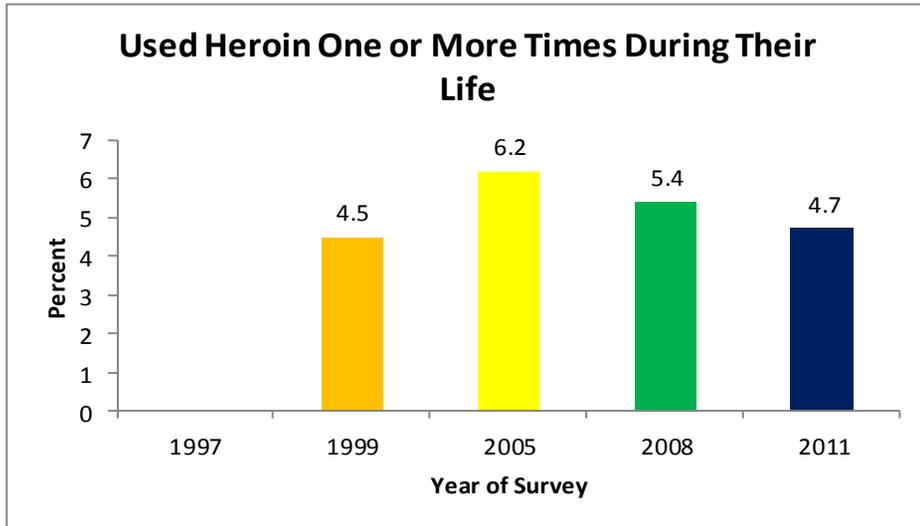
2011 U.S. High School Total: 2.9%

2011 U.S. Native American/Alaska Native: 4.3%



Percentage of students who used heroin one or more times during their life

Healthy People 2020 Objective: None



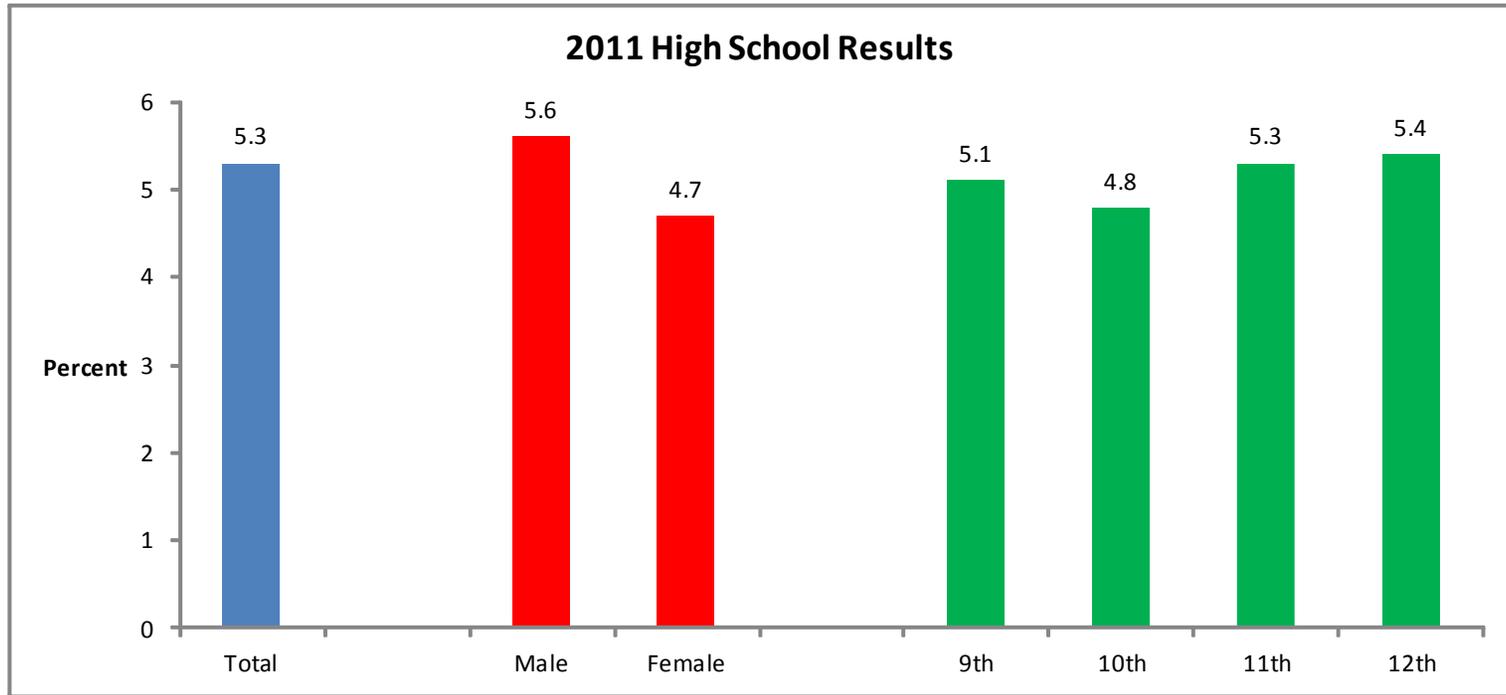
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who used methamphetamines one or more times during their life

Healthy People 2020 Objective: None

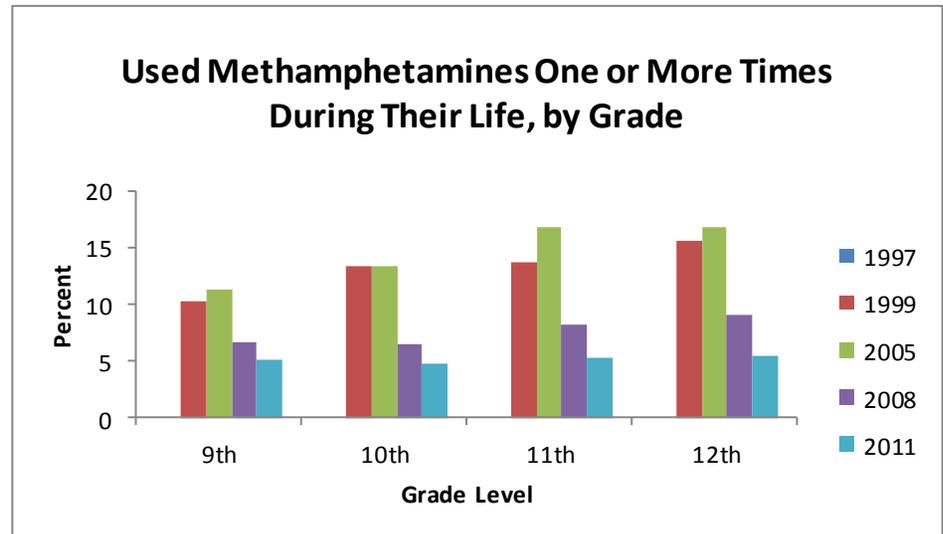
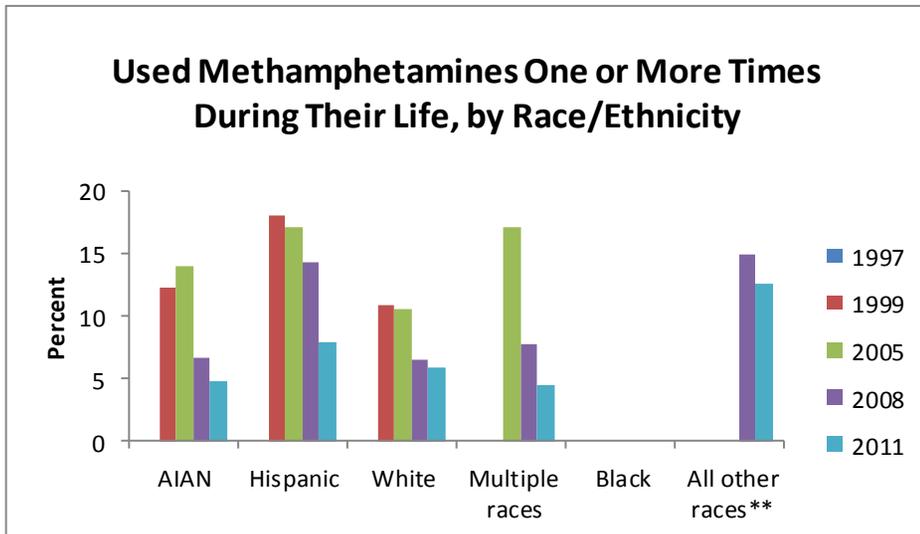
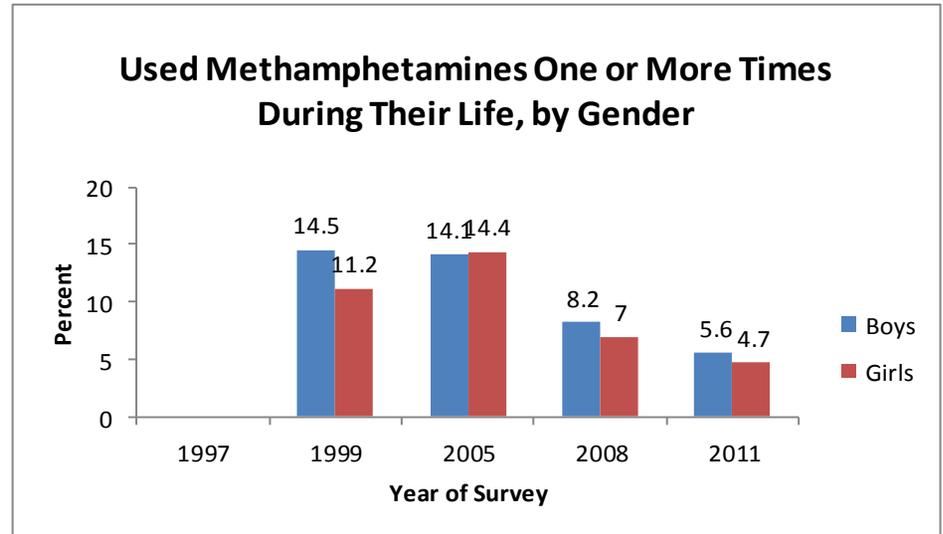
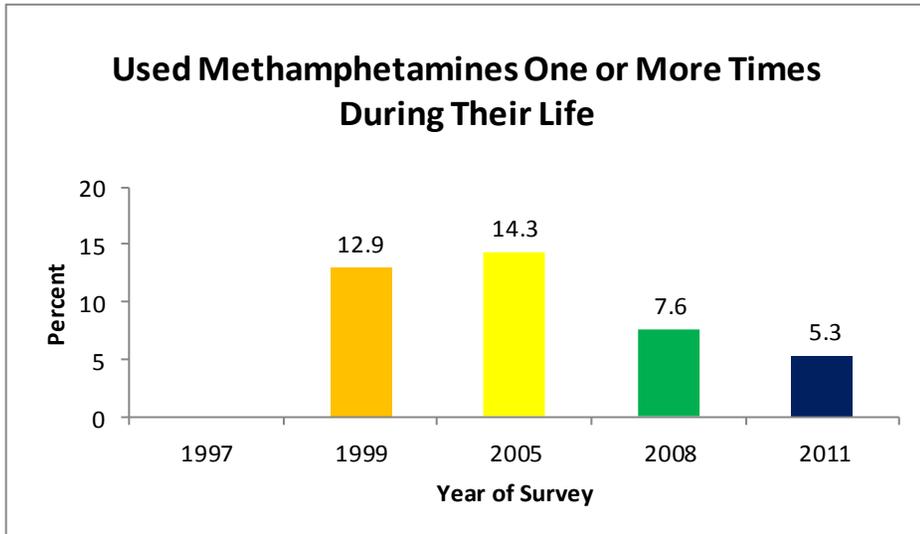
2011 U.S. High School Total: 3.8%

2011 U.S. Native American/Alaska Native: 7.1%



Percentage of students who used methamphetamines one or more times during their life

Healthy People 2020 Objective: None



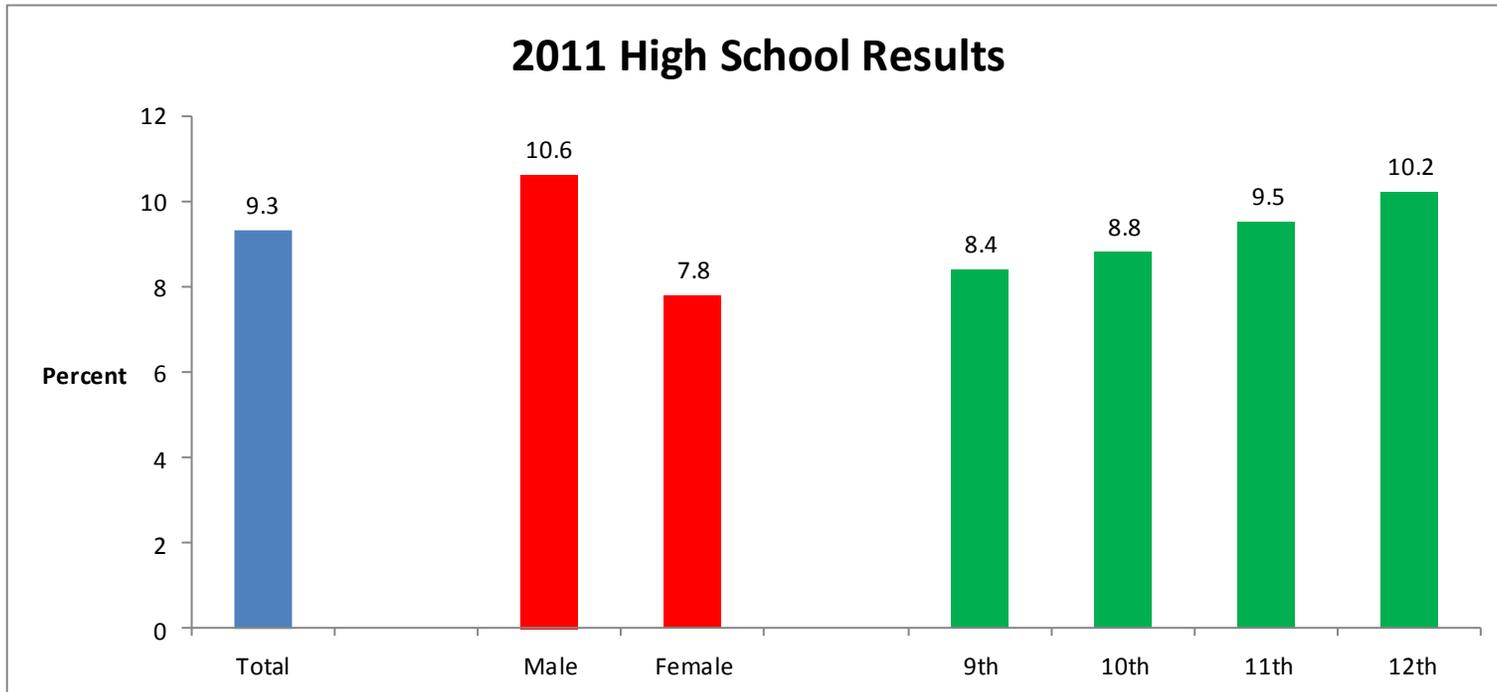
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who used ecstasy one or more times during their life

Healthy People 2020 Objective: None

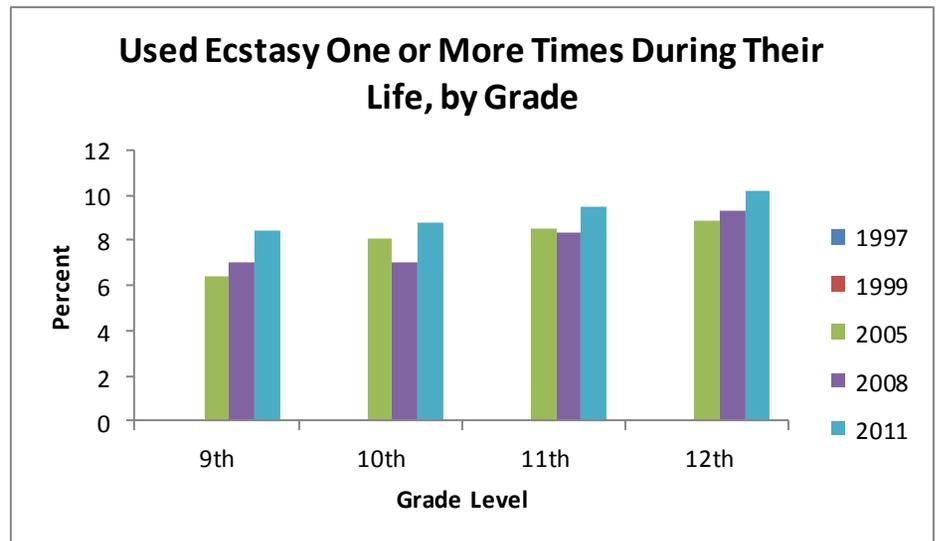
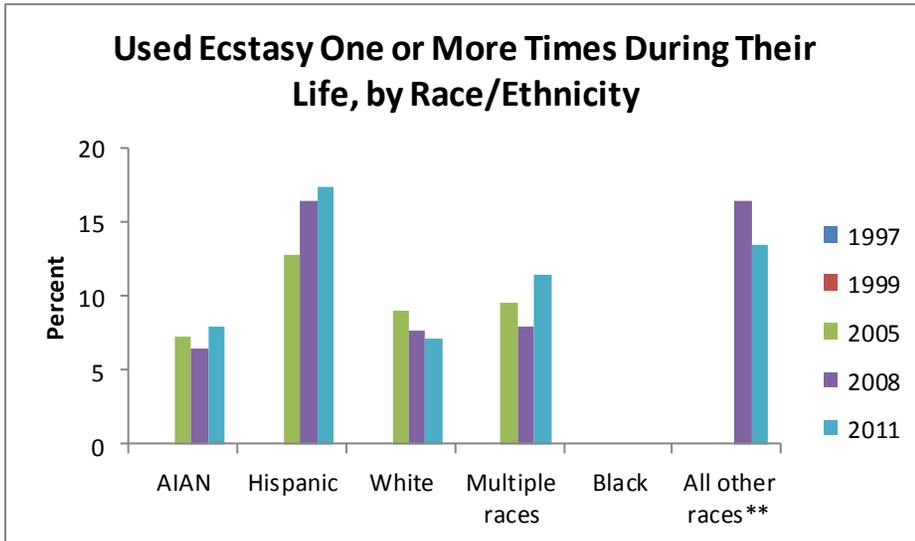
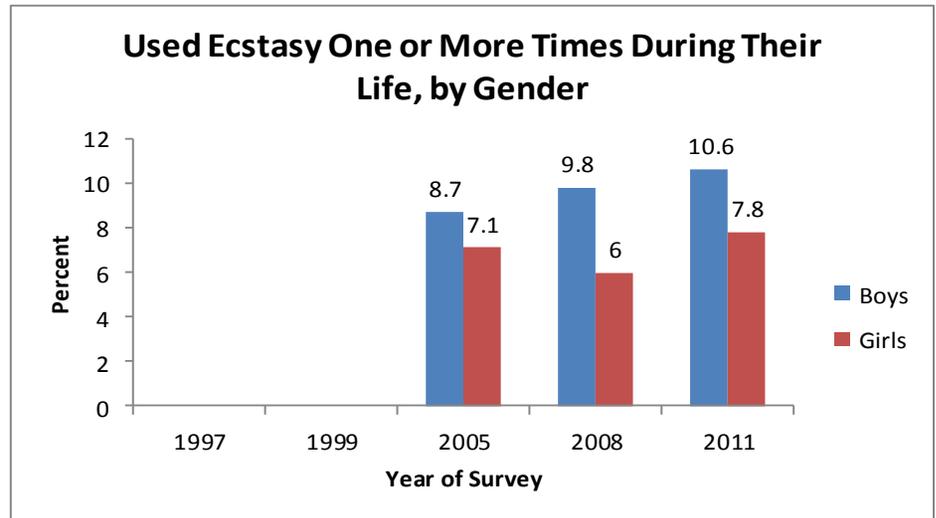
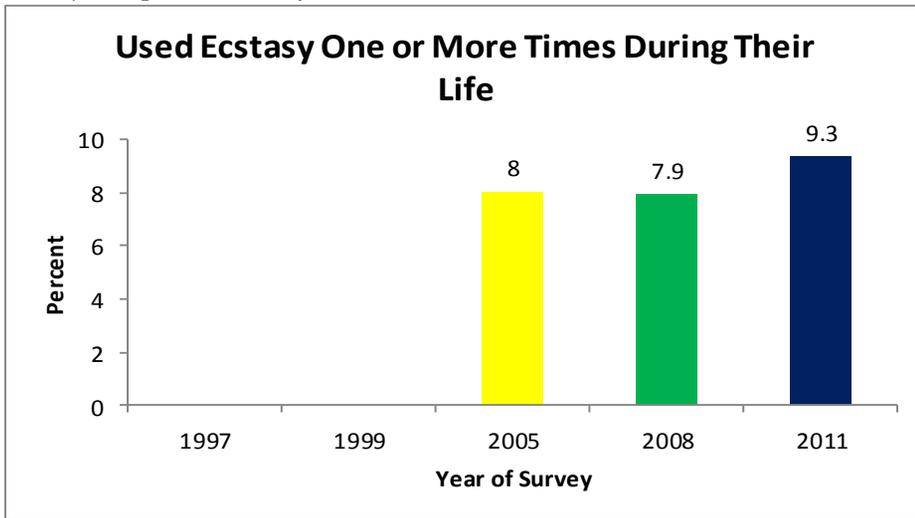
2011 U.S. High School Total: 8.2%

2011 U.S. Native American/Alaska Native: 13.3%



Percentage of High School students who used ecstasy one or more times during their life

Healthy People 2020 Objective: None



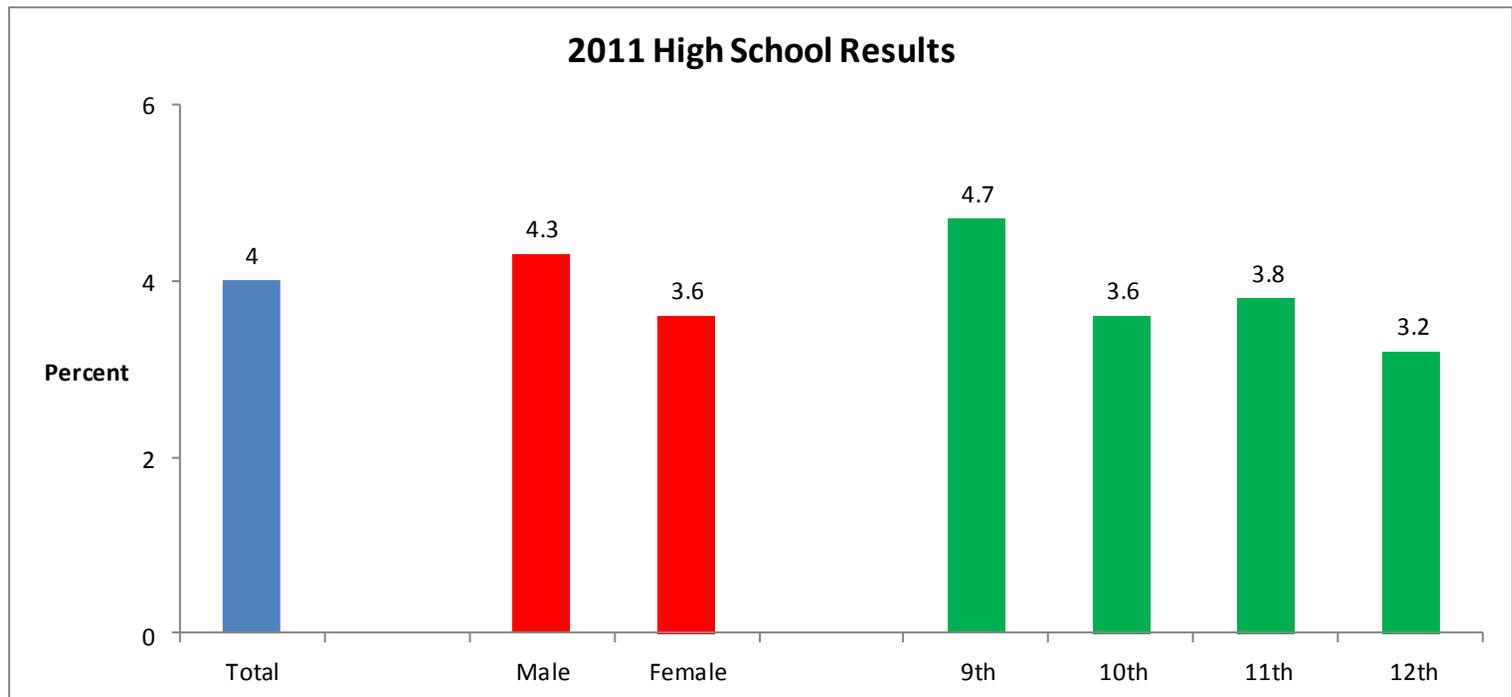
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who took steroid pills or shots without a doctor's prescription one or more times during their life

Healthy People 2020 Objective: 12th Grade 2.2%, 10th Grade 1.3%

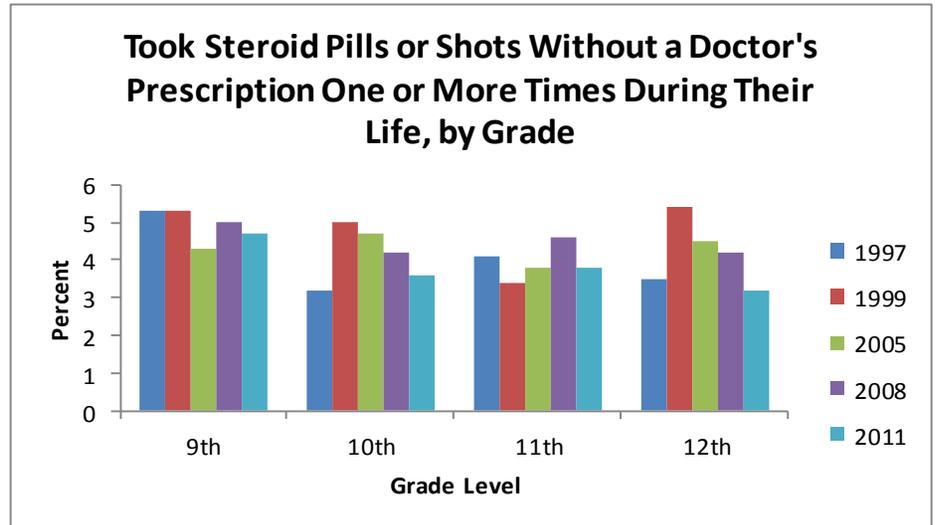
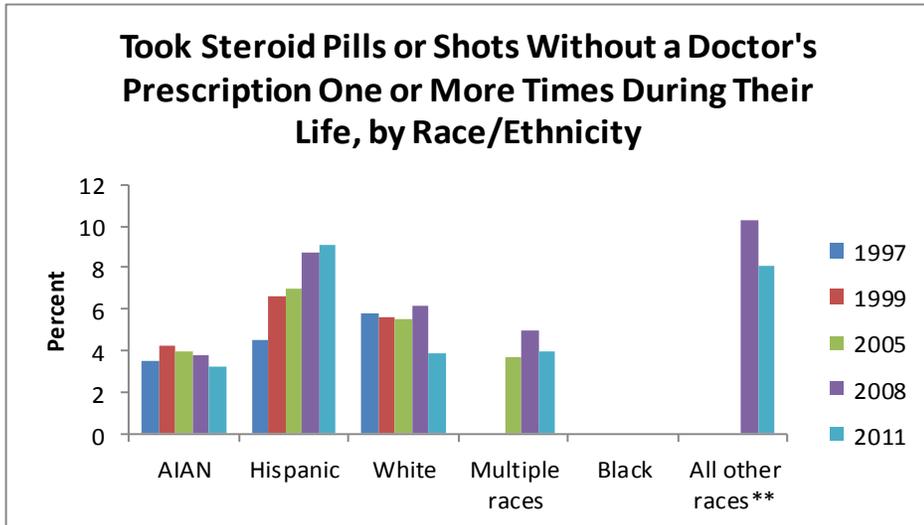
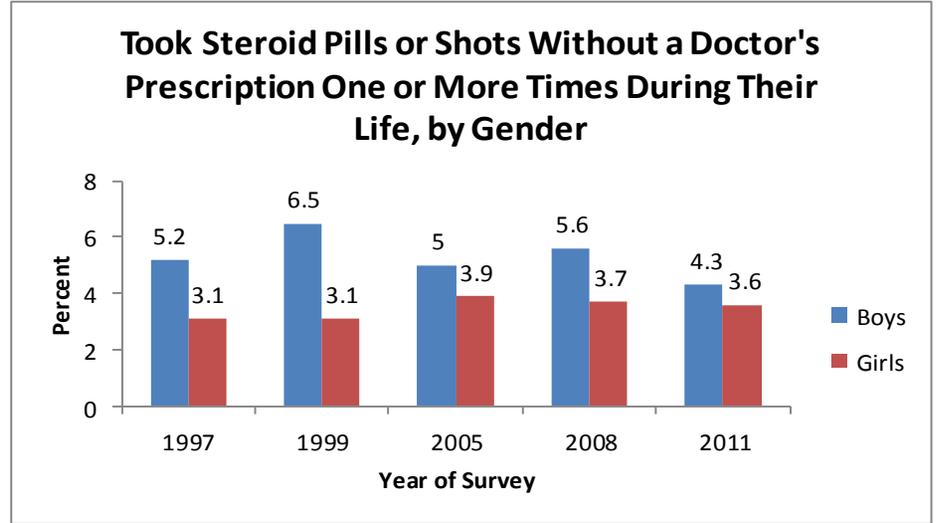
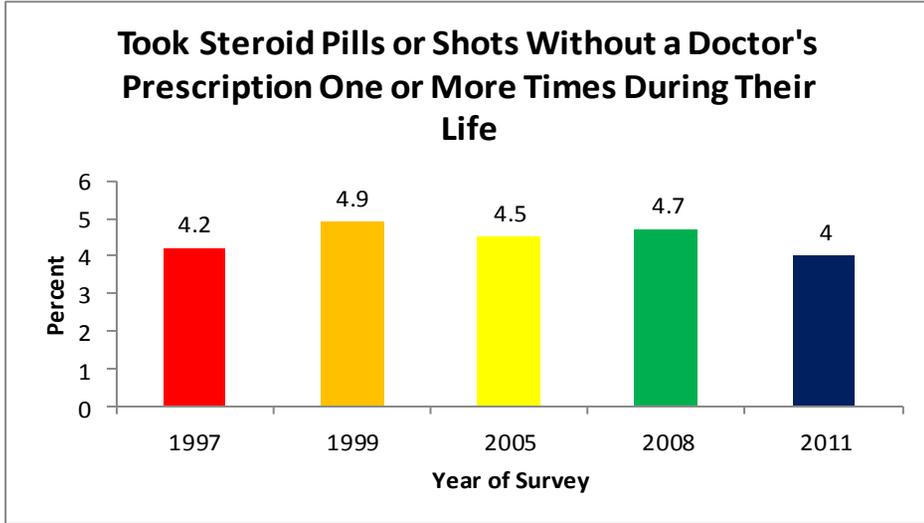
2011 U.S. High School Total: 3.6%

2011 U.S. Native American/Alaska Native: 4.1%



Percentage of High School students who took steroid pills or shots without a doctor's prescription one or more times during their life

Healthy People 2020 Objective: 12th Grade 2.2%, 10th Grade 1.3%



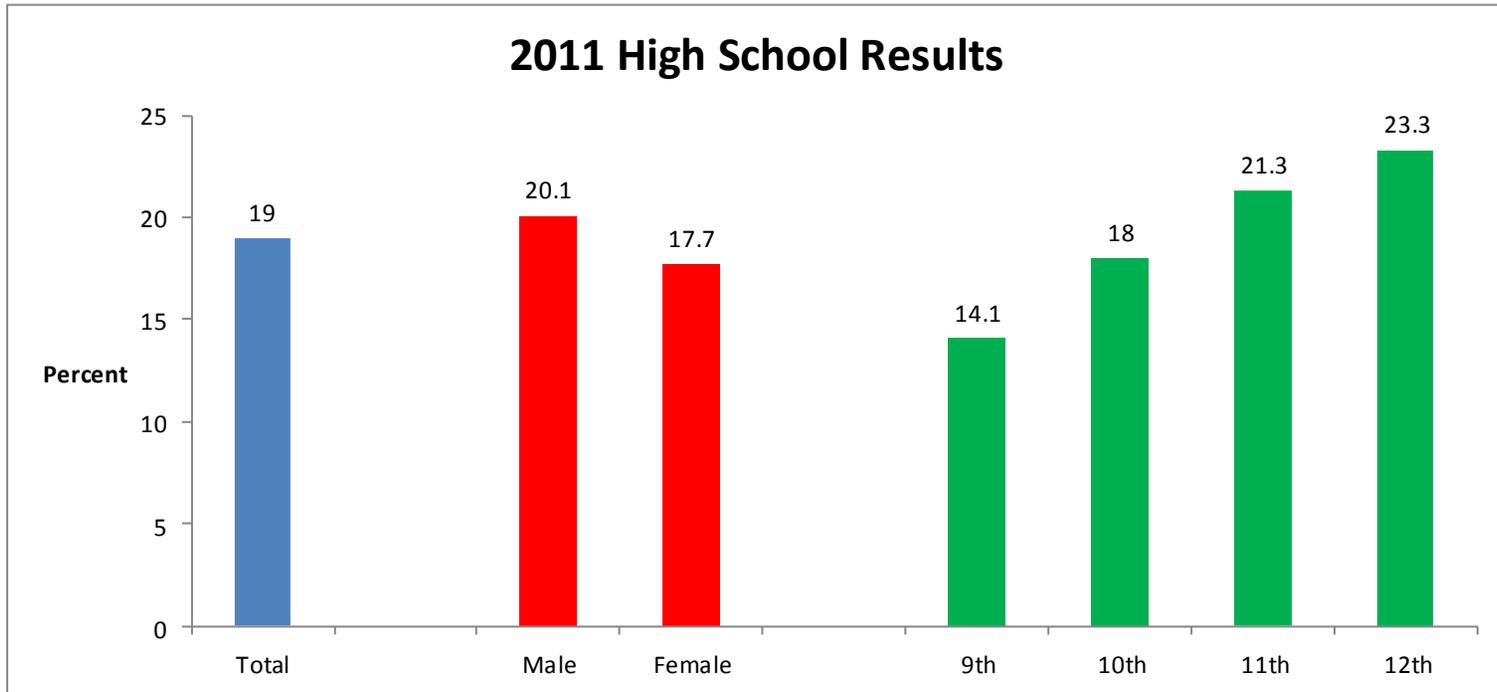
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of High School students who have taken a prescription drug without a doctor's prescription one or more times during their life.

Healthy People 2020 Objective: 5.5% (not adolescent specific)

2011 U.S. High School Total: 20.7%

2011 U.S. Native American/Alaska Native: 30.1%

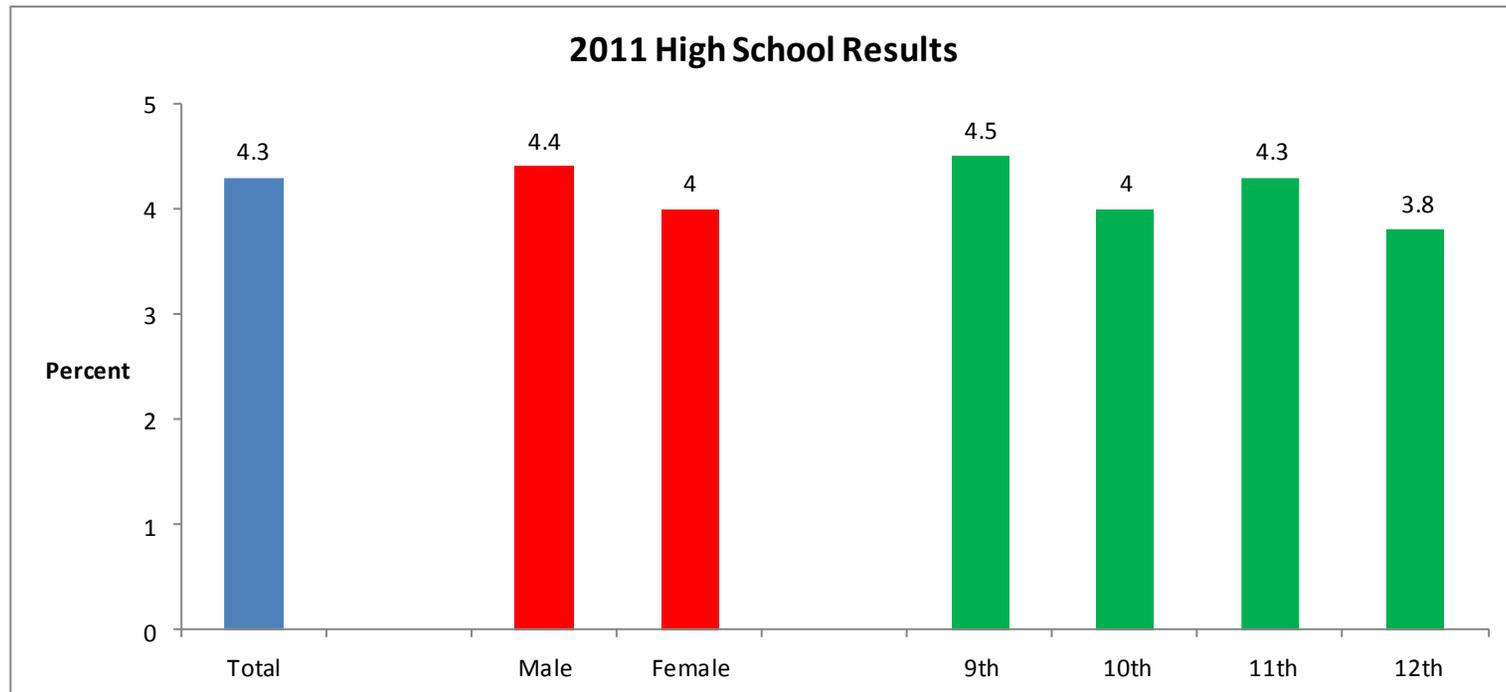


Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life

Healthy People 2020 Objective: None

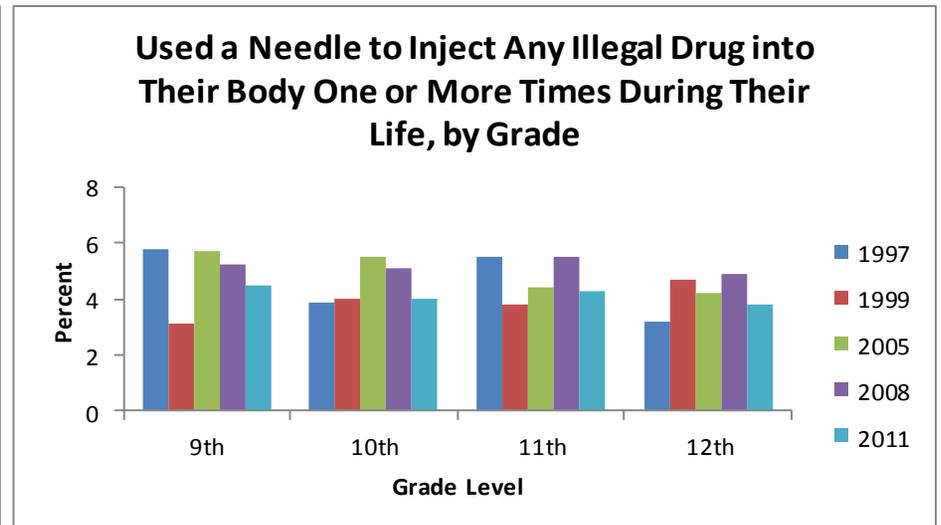
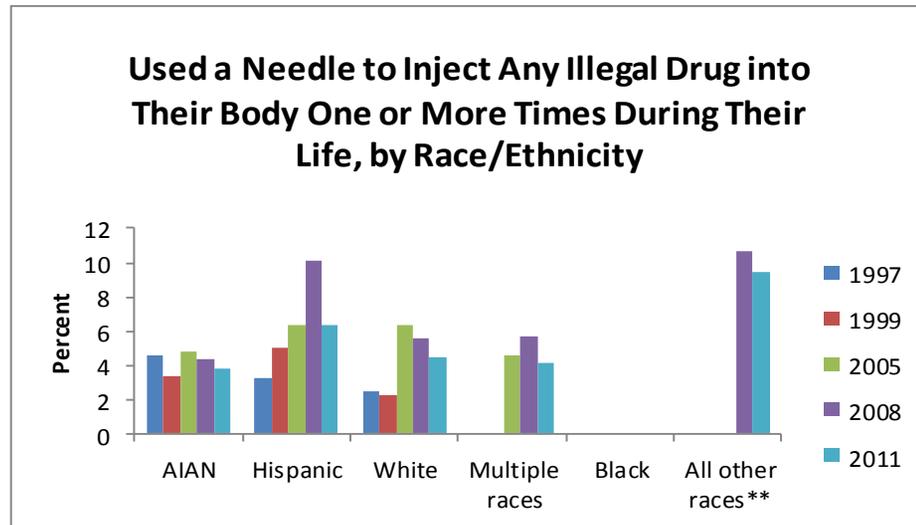
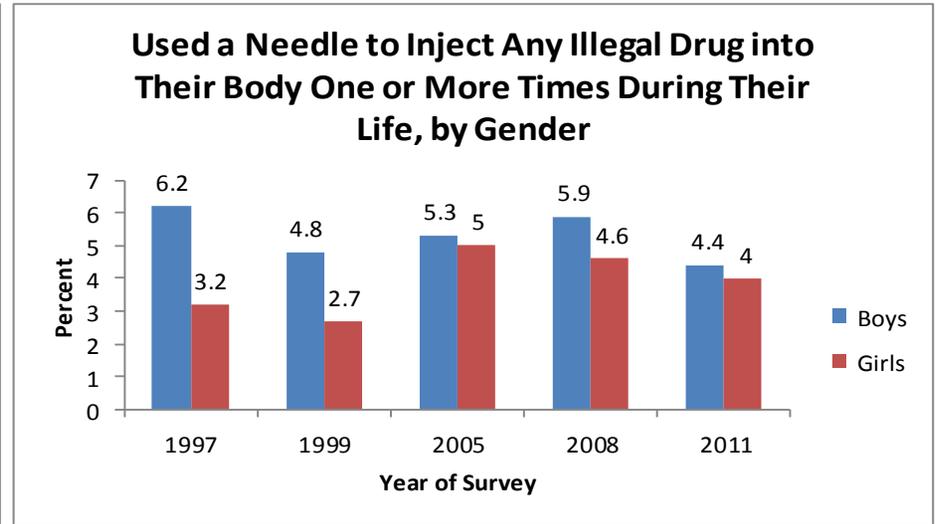
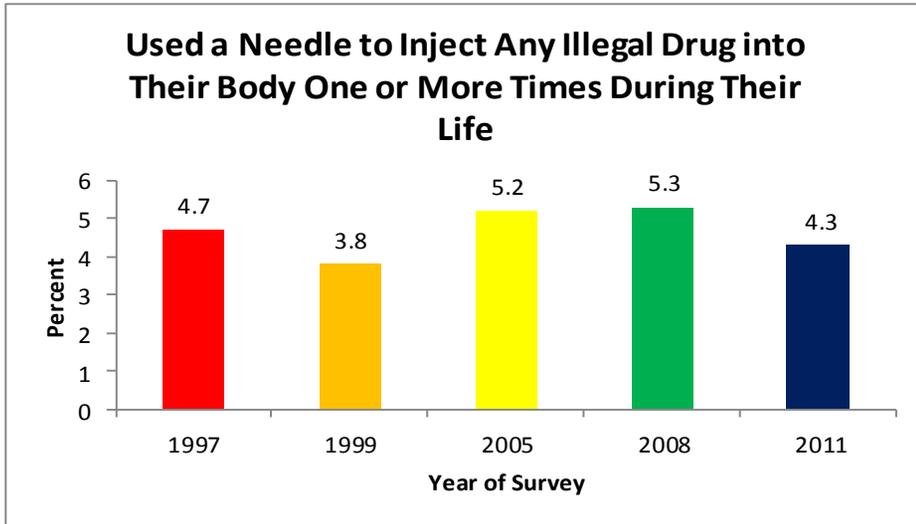
2011 U.S. High School Total: 2.3%

2011 U.S. Native American/Alaska Native: 3.1%



Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life

Healthy People 2020 Objective: None



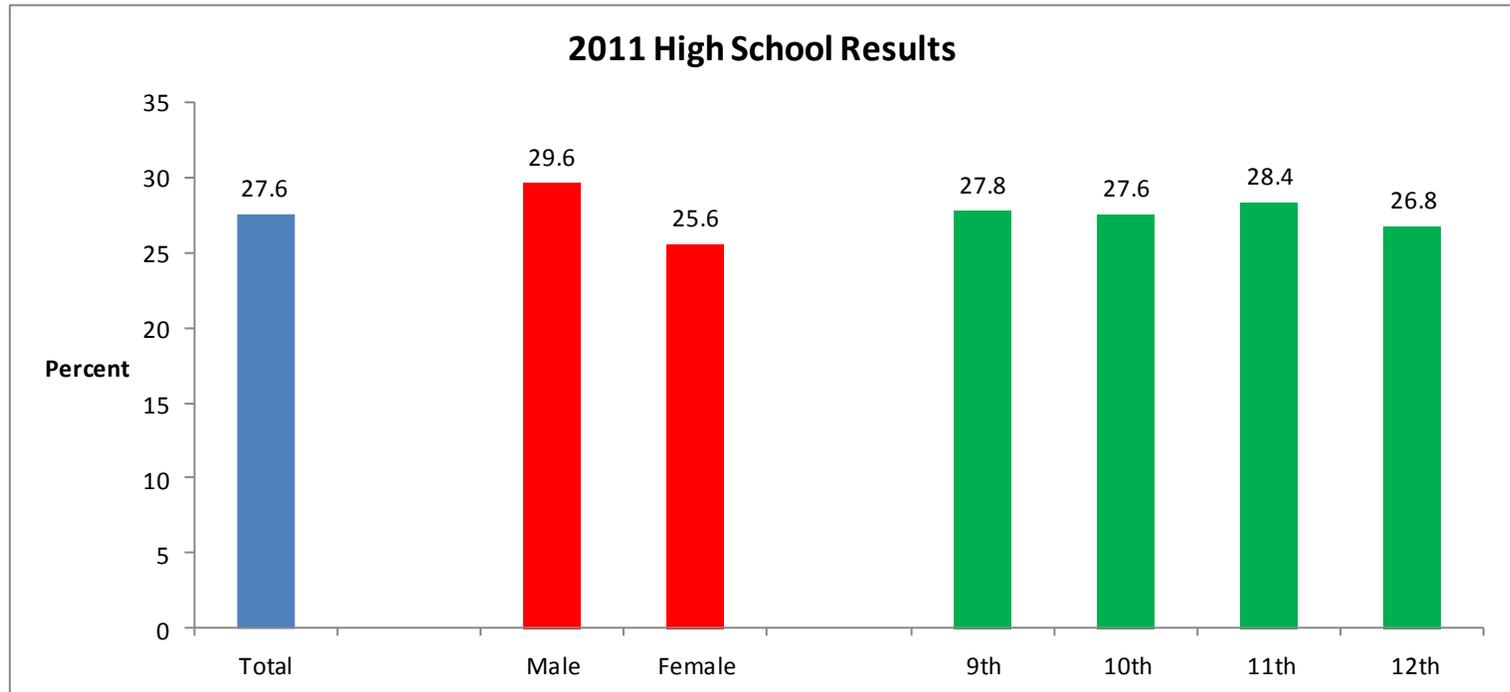
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months

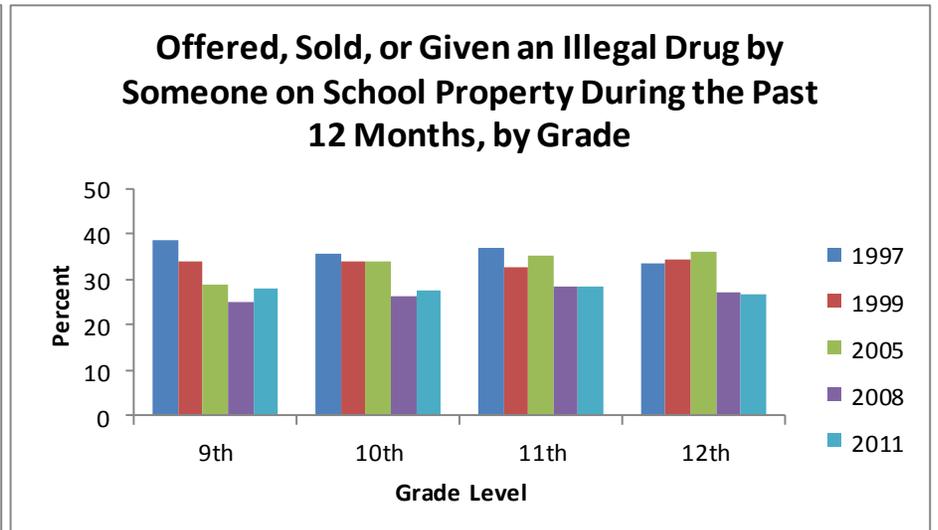
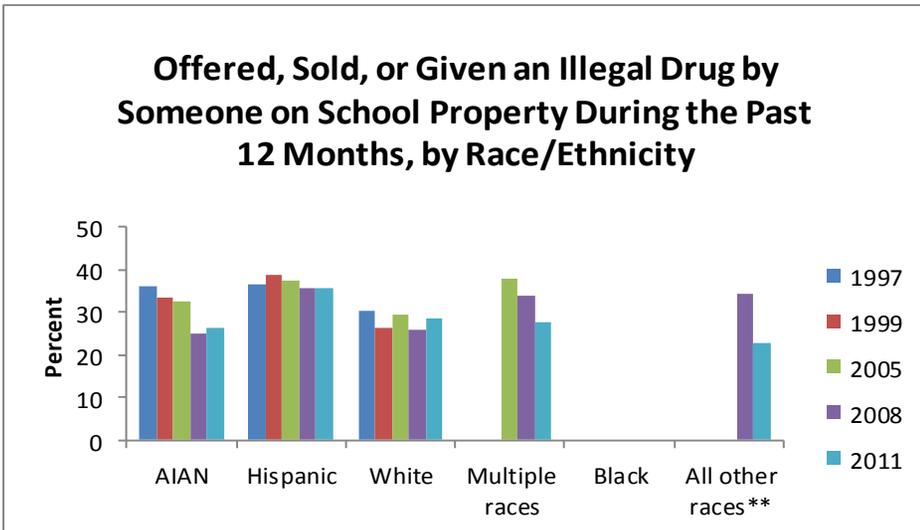
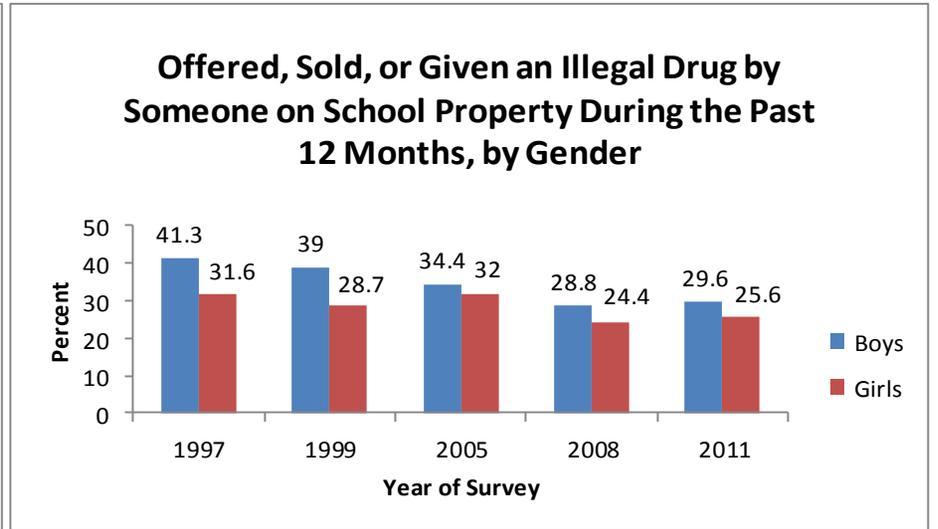
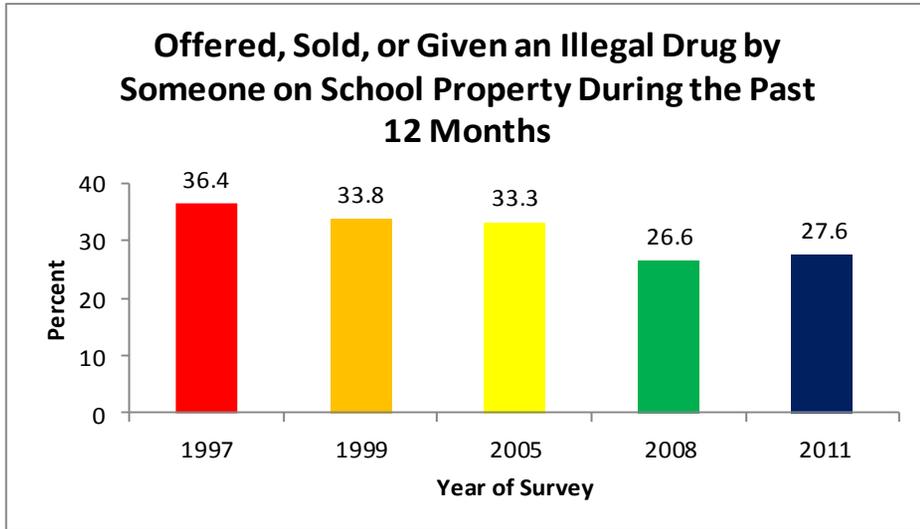
Healthy People 2020 Objective: 20.4%

2011 U.S. High School Total: 25.6%

2011 U.S. Native American/Alaska Native: 40.5%



Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months
Healthy People 2020 Objective: 20.4%



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander



Sexual Behaviors

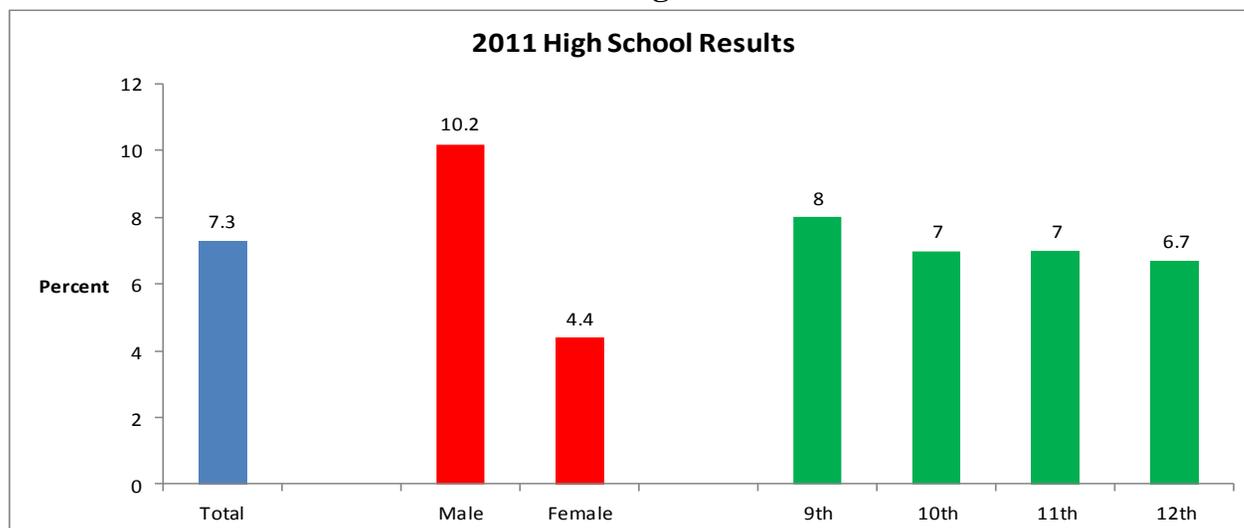
Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases,
Including HIV Infection

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.(1-6) In addition, adolescents who initiate sexual intercourse early are less likely to use contraception(6-8) and are at higher risk for pregnancy.(9,10) 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.(11) 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).(12) In 2007, there were an estimated 6,610 cases of HIV/AIDS among persons ages 15–24 years.(13) 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.(14) During 1991–2009, significant linear decreases occurred in the percentage of students who ever had sexual intercourse (54%–46%), who had sexual intercourse with four or more persons during their life (19%–14%), and who had had sexual intercourse with at least one person during the 3 months before the survey (37%–34%).(14) 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.(14) The percentage of sexually active students who used a condom during last sexual intercourse increased during 1991–2003 (46%–63%) and then did not change significantly during 2003–2009 (63%–61%).(14) In 2006, 88% of high schools taught HIV prevention education in a required health education course.(15) Among high school students nationwide in 2009, 87.0% of students had ever been taught in school about AIDS or HIV infection.(14) The percentage of students who were taught in school about AIDS or HIV infection increased during 1991–1997 (83.3%–91.5%) and then decreased during 1997–2009 (91.5%–87.0%).(14)

Percentage of High School students who had sexual intercourse for the first time before age 13

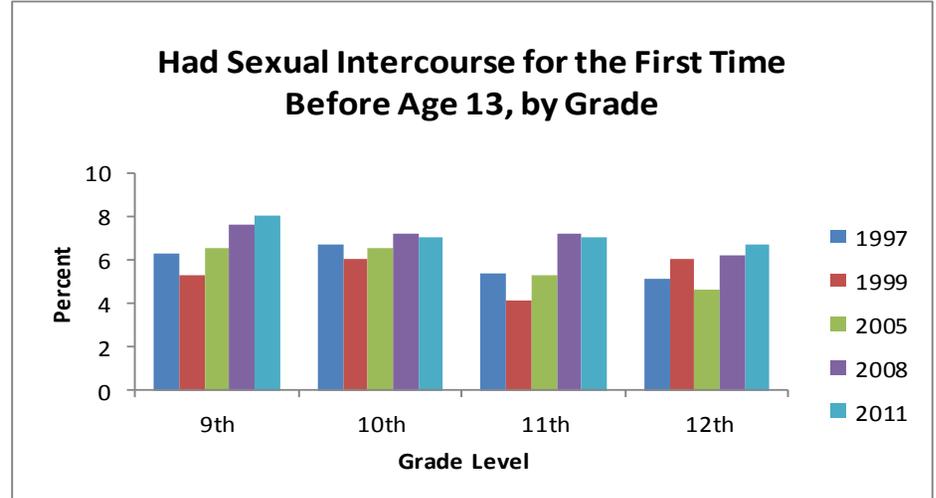
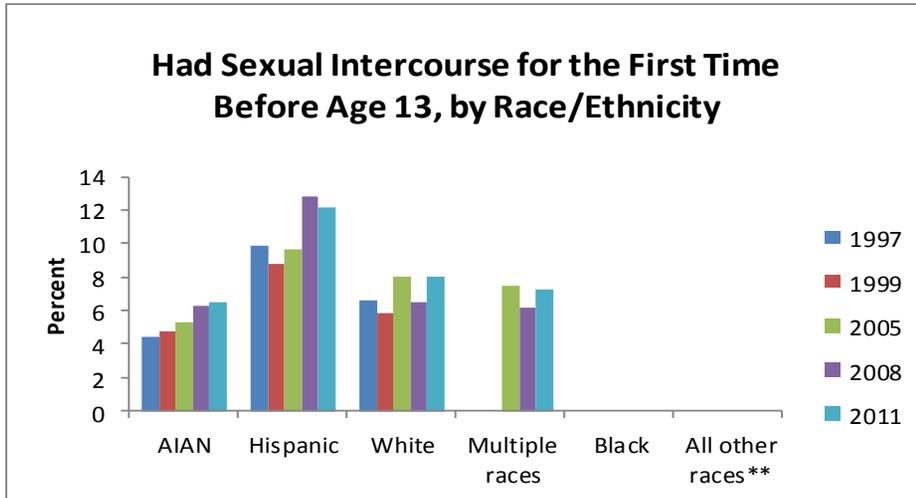
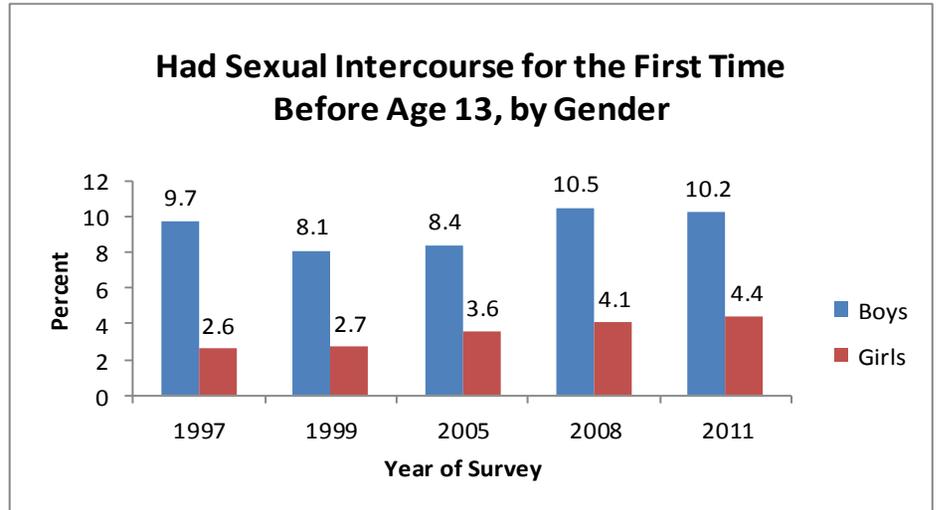
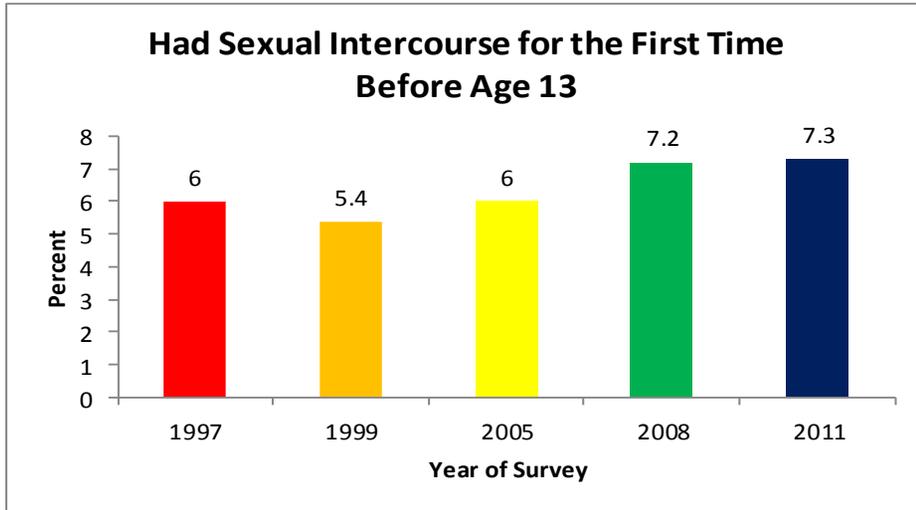
Healthy People 2020 Objective: None
2011 U.S. High School Total: 6.2%
2011 U.S. Native American/Alaska Native: 10.7%



Percentage of High School students who had sexual intercourse for the first time before age 13, and middle school students before

age 11

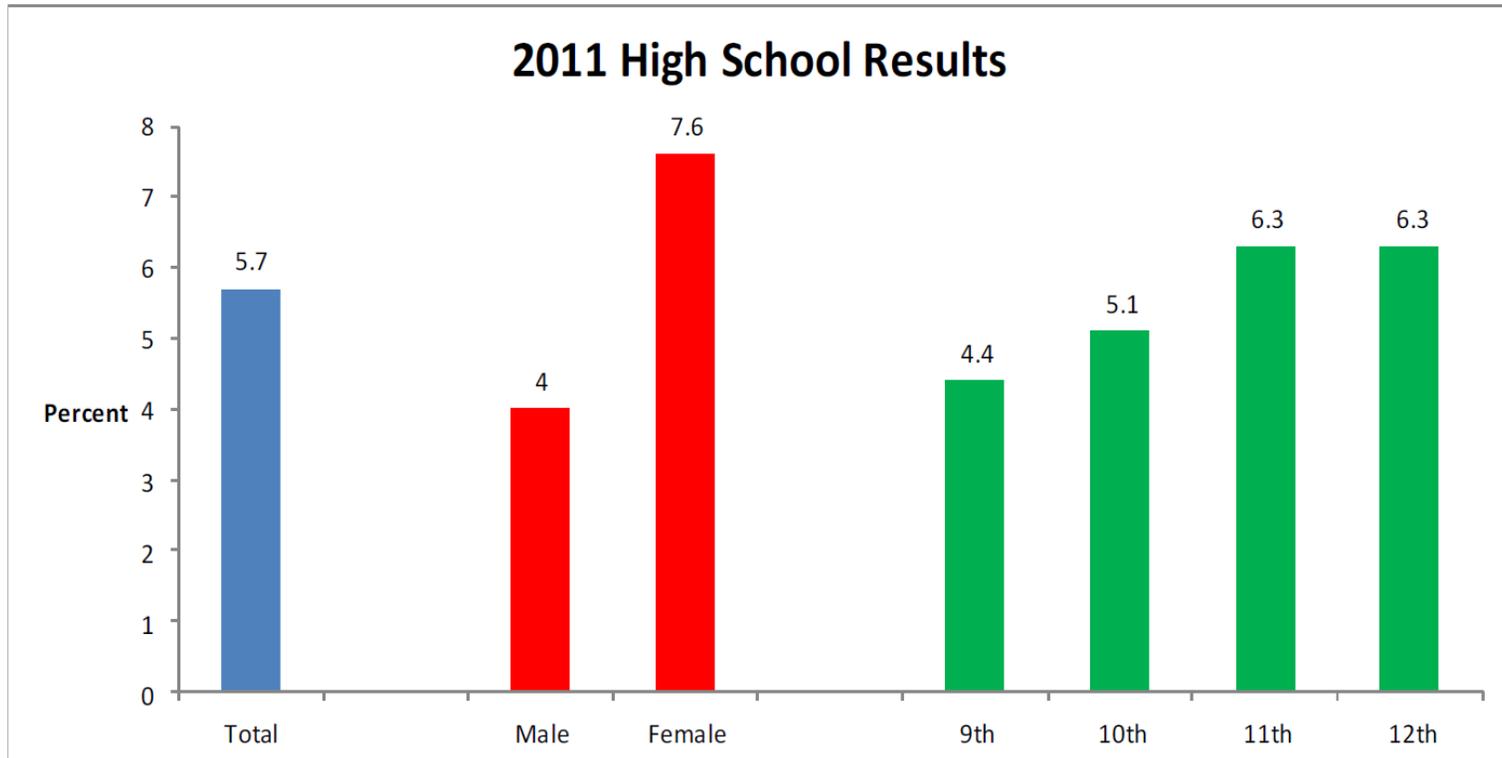
Healthy People 2020 Objective: None



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

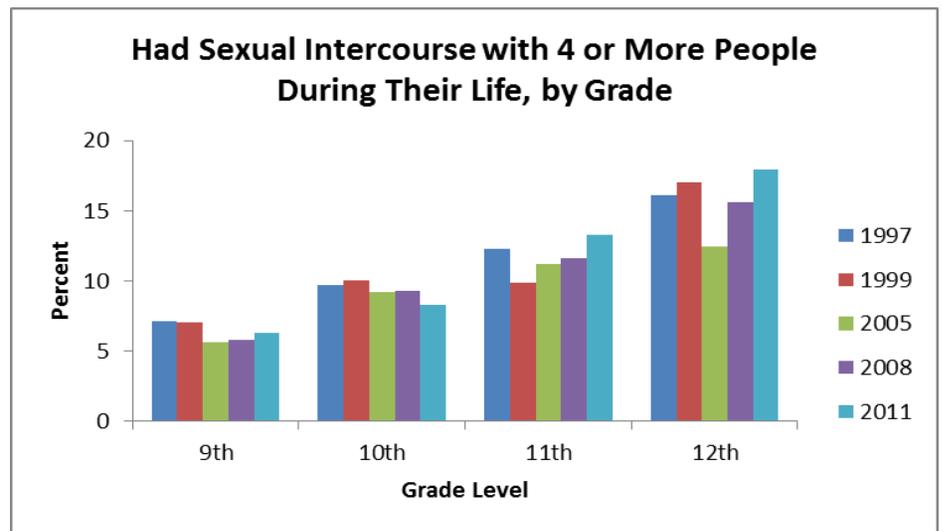
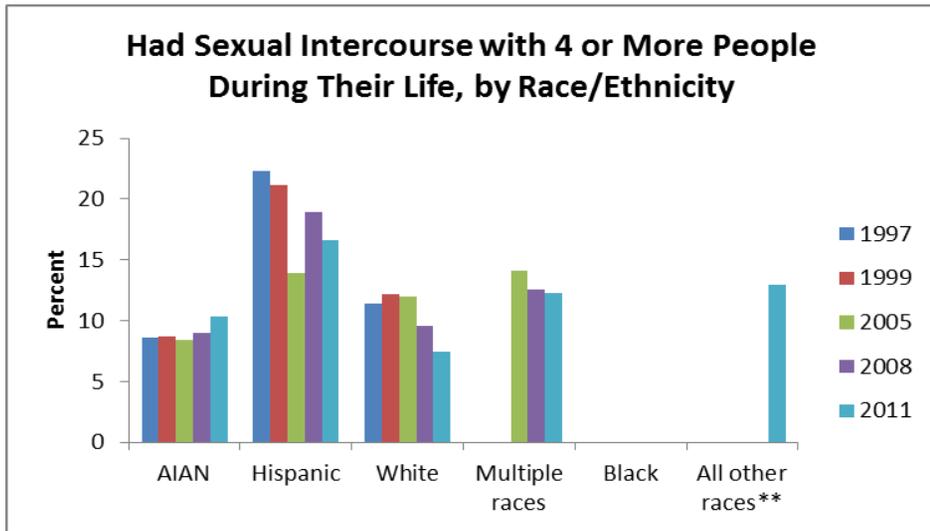
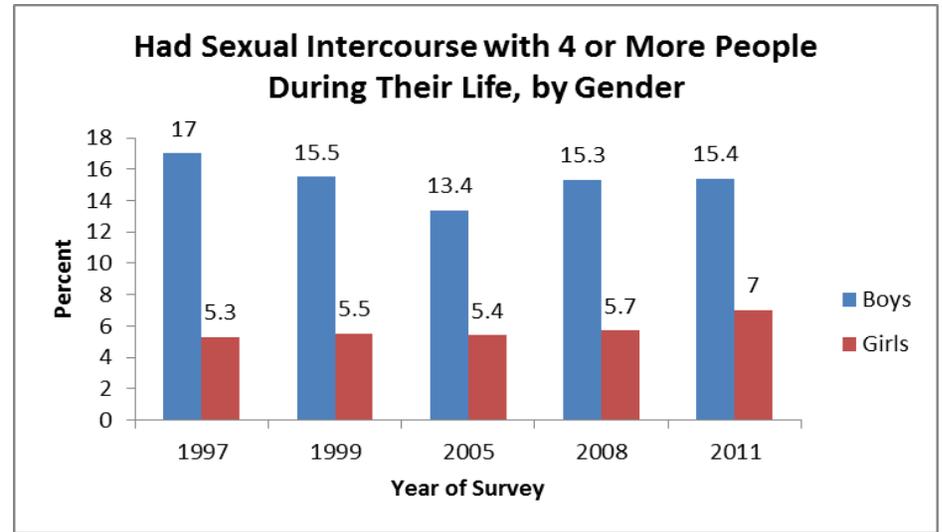
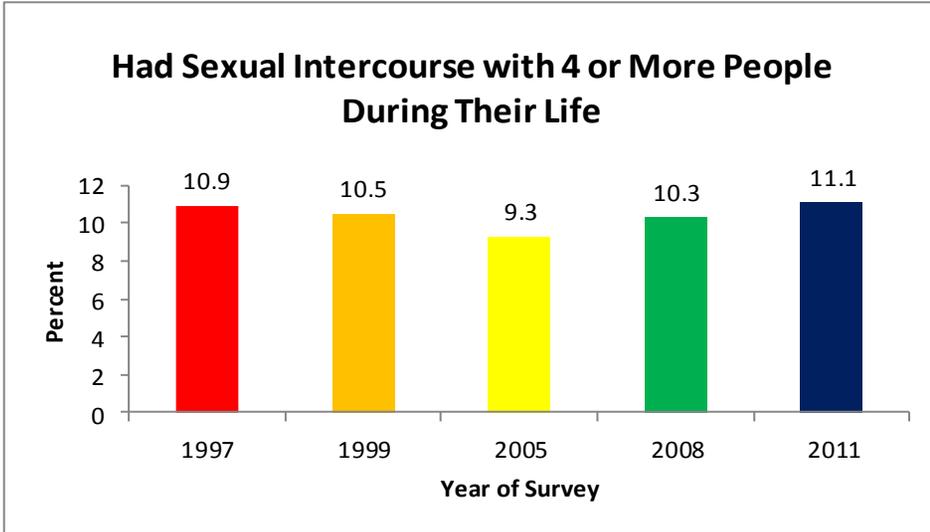
Percentage of High School students who had sexual intercourse with four or more people during their life

Healthy People 2020 Objective: None
2011 U.S. High School Total: 15.3%
2011 U.S. Native American/Alaska Native: 21.9%



Percentage of High School students who had sexual intercourse with four or more people during their life

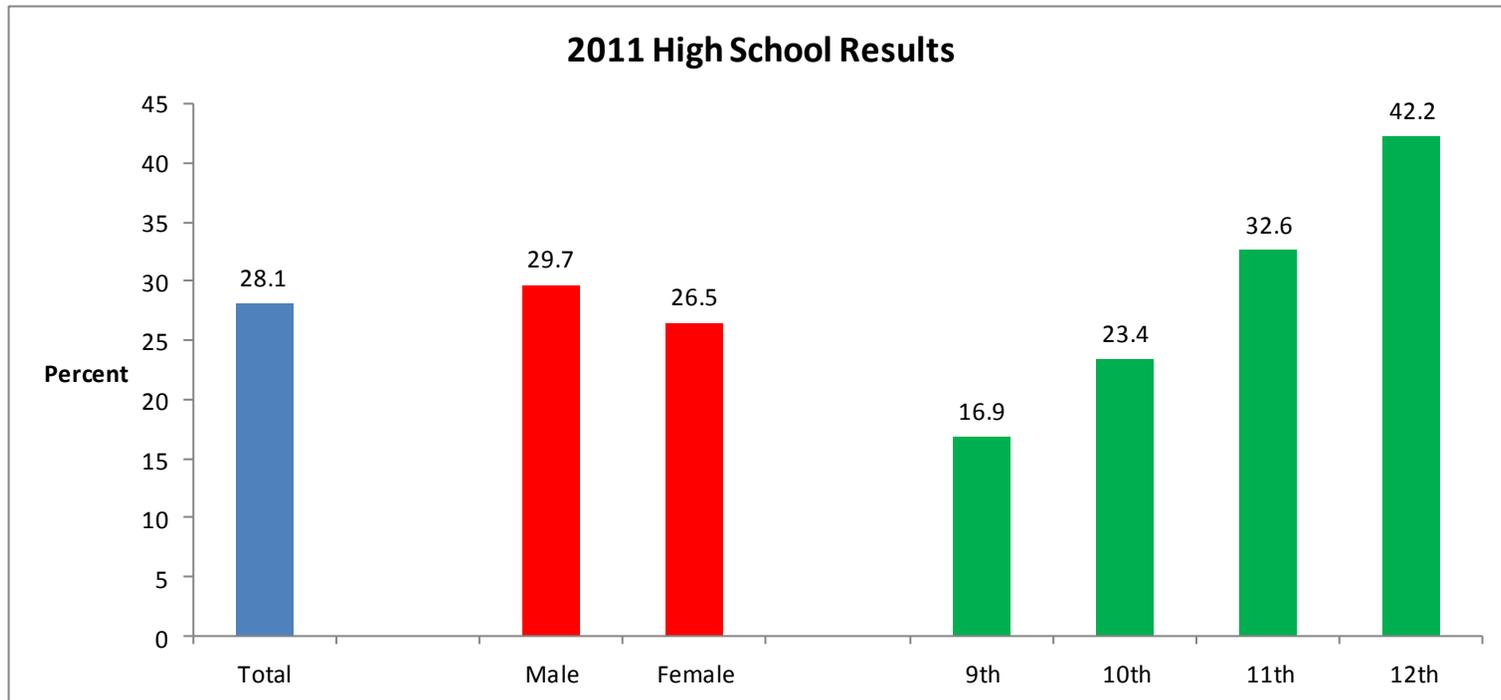
Healthy People 2020 Objective: None



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

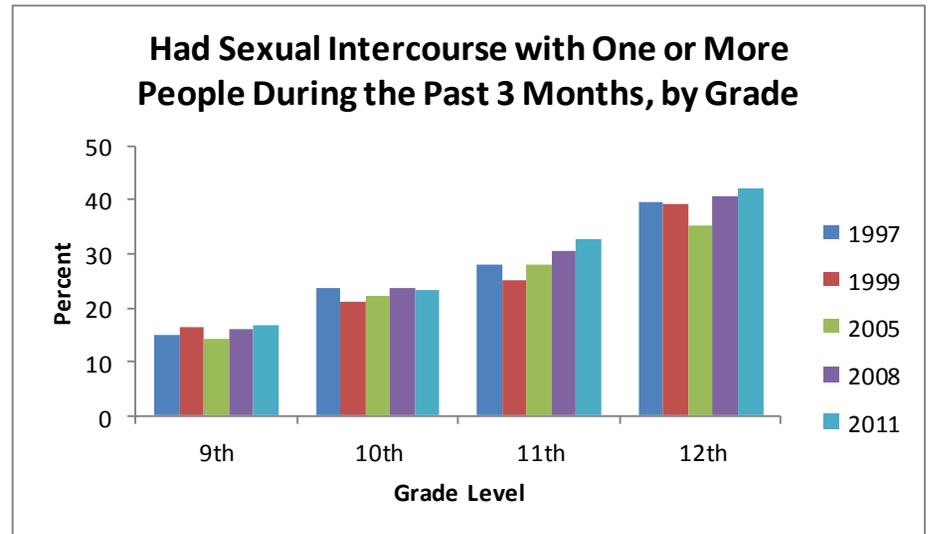
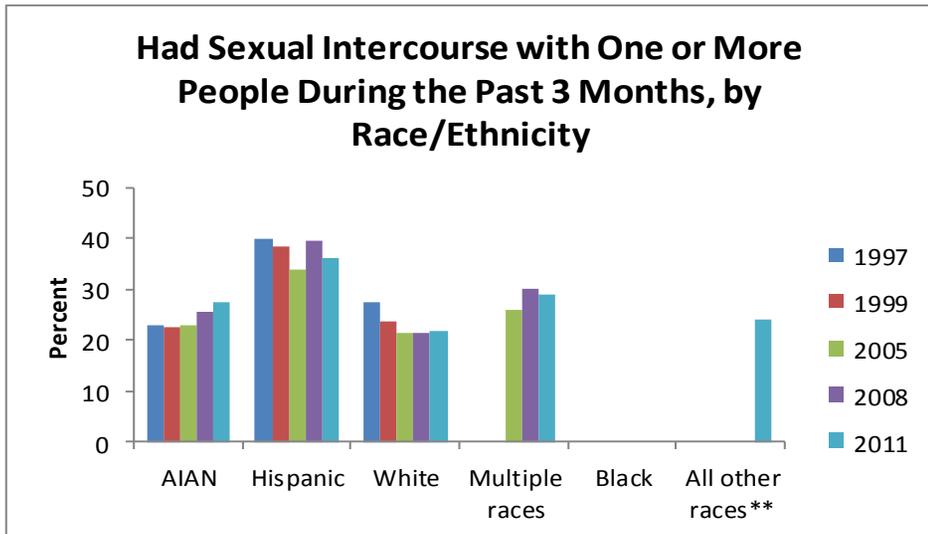
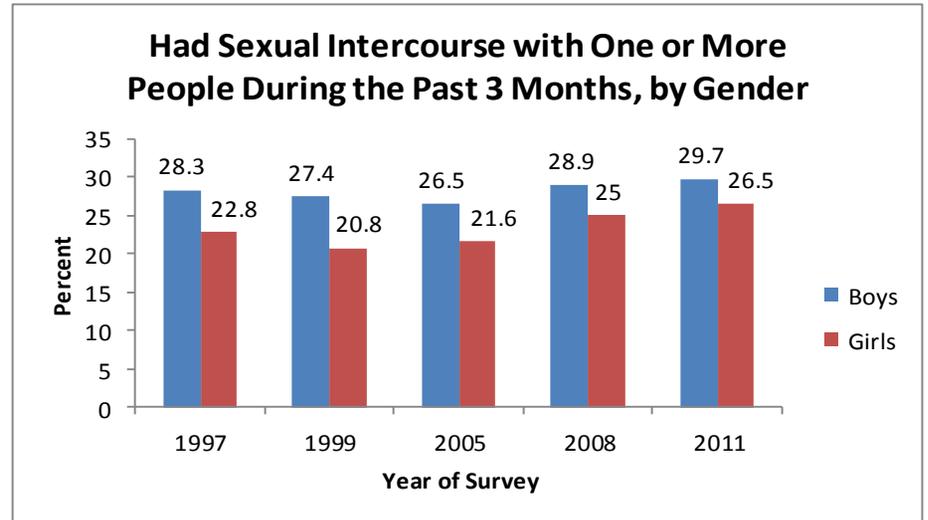
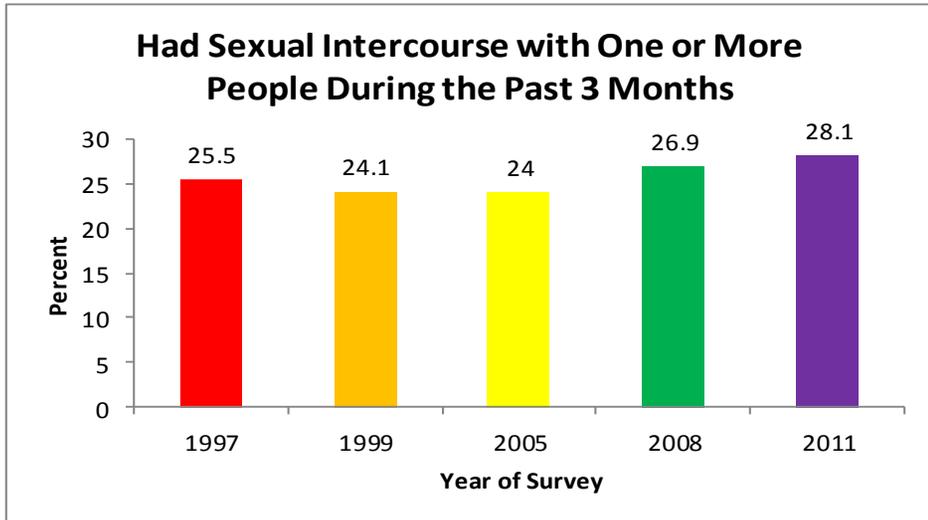
Percentage of High School students who had sexual intercourse with one or more people during the past three months

Healthy People 2020 Objective: None
2011 U.S. High School Total: 33.7%
2011 U.S. Native American/Alaska Native: 45.5%



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

Healthy People 2020 Objective: None



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

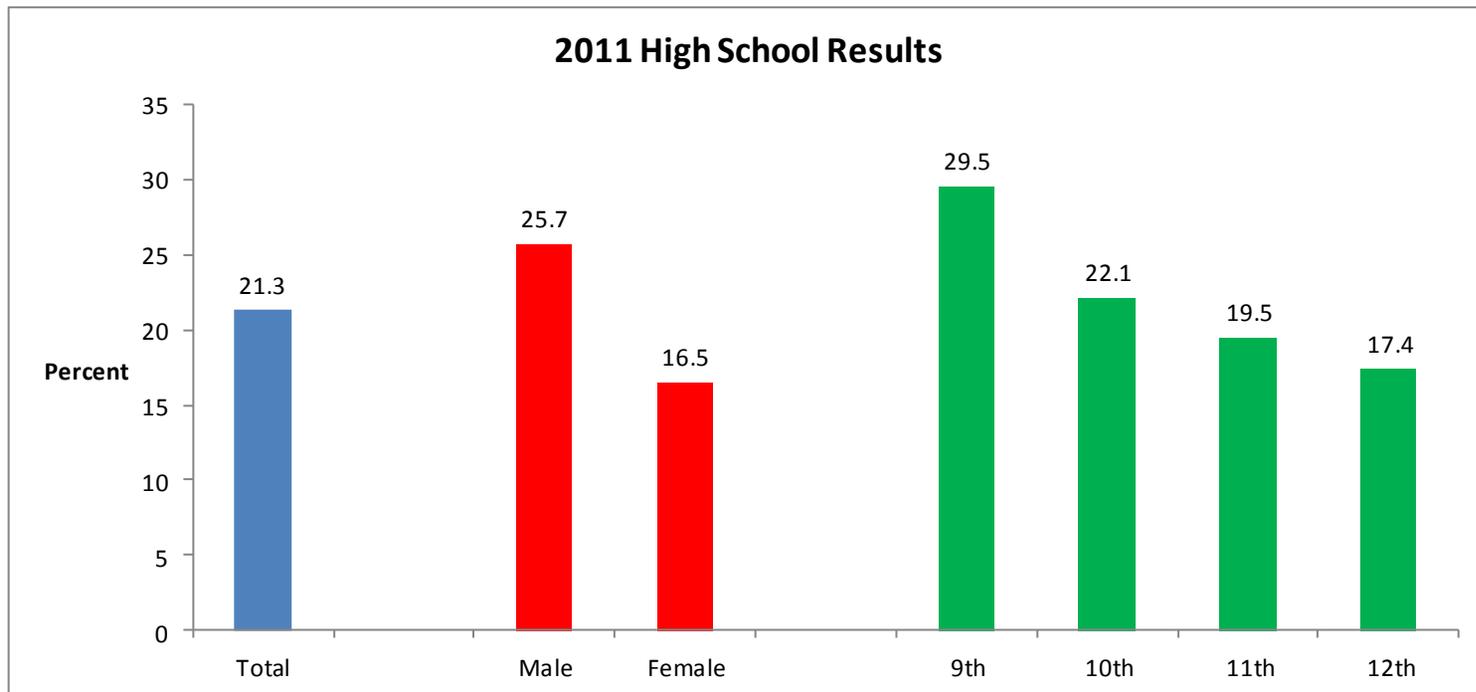
Among High School students who had sexual intercourse during the past three months, the percentage who drank alcohol or used

drugs before last sexual intercourse

Healthy People 2020 Objective: None

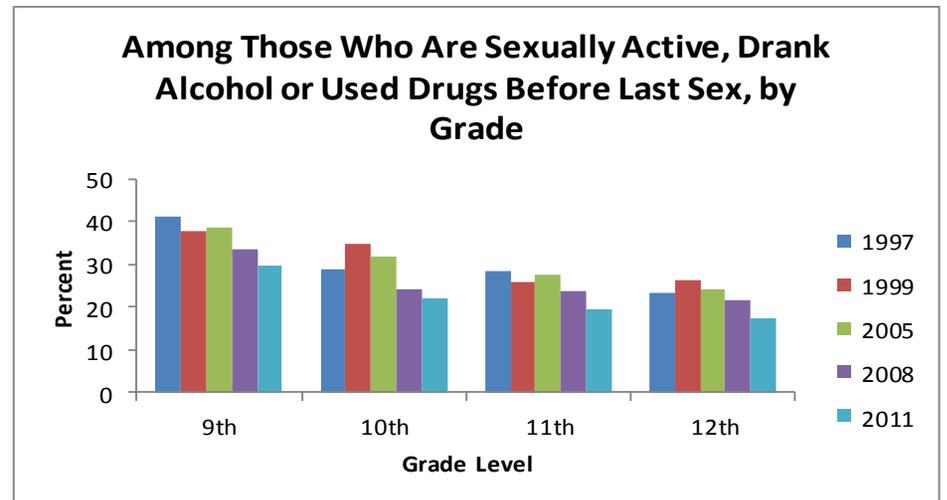
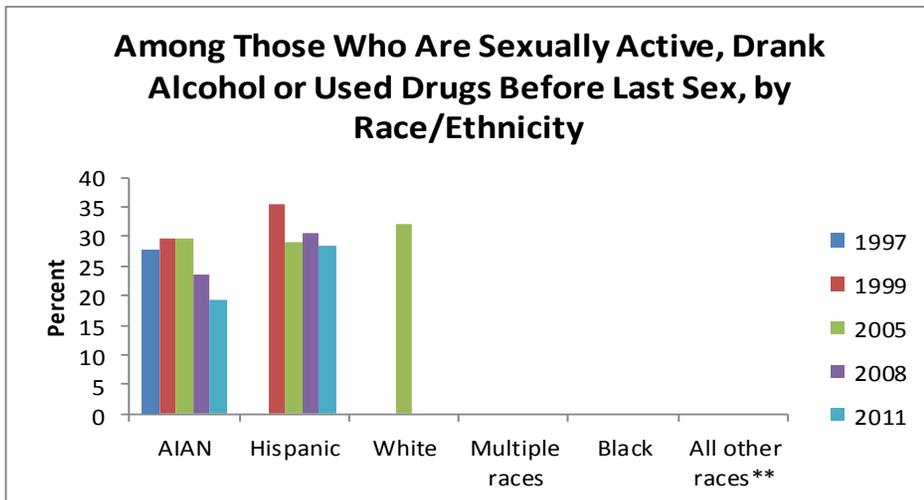
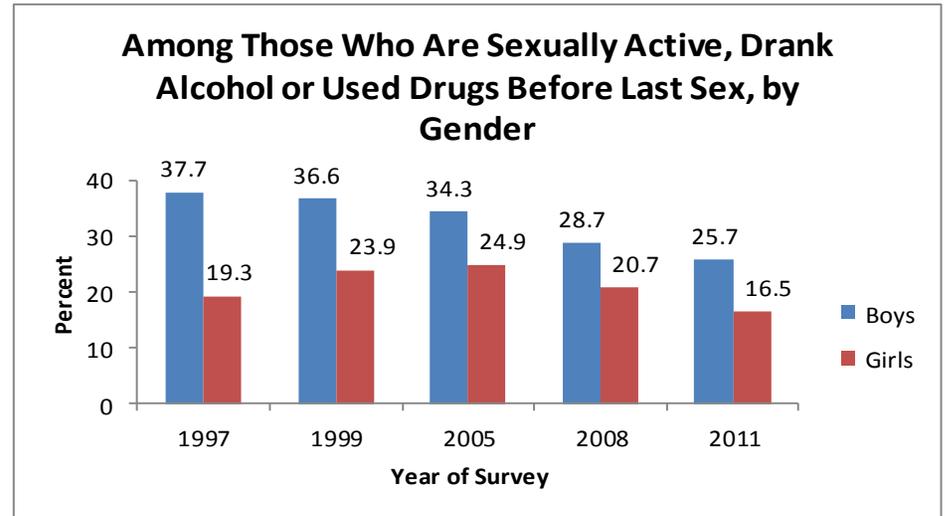
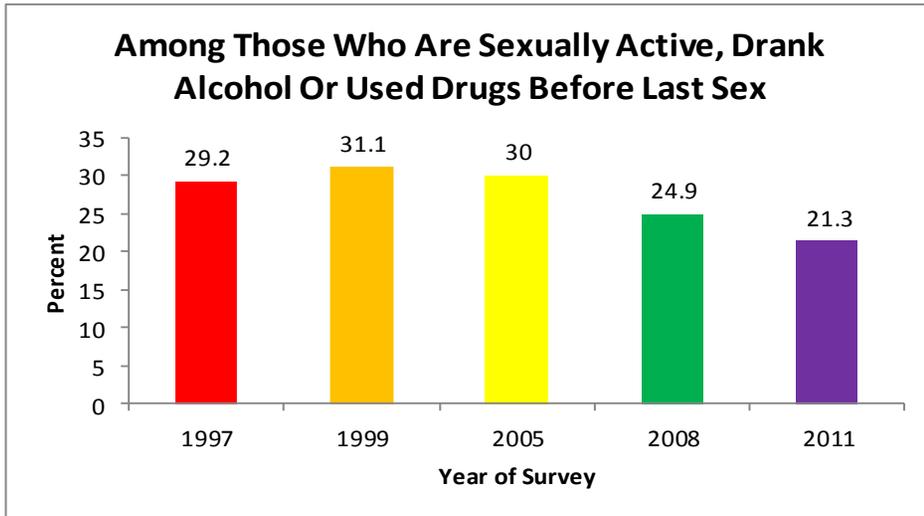
2011 U.S. High School Total: 22.1%

2011 U.S. Native American/Alaska Native: 31.6%



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

Healthy People 2020 Objective: None



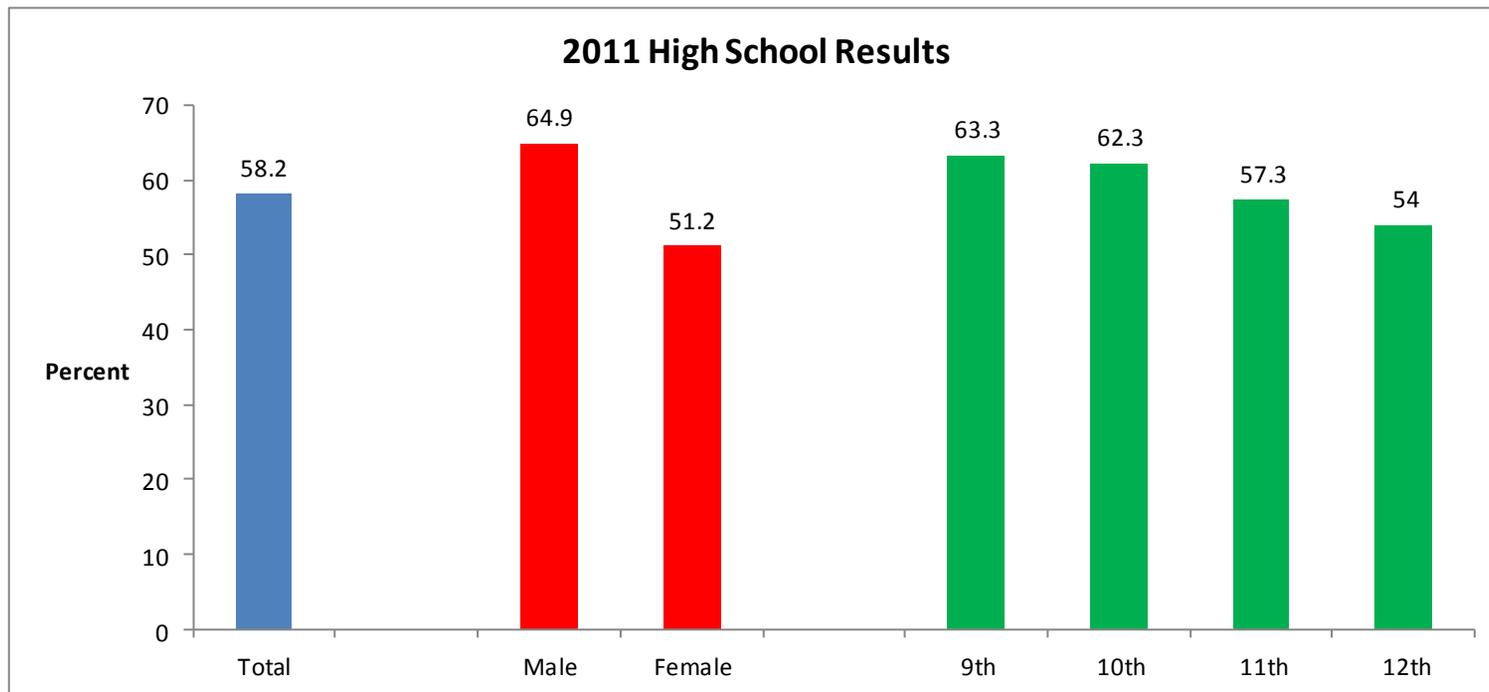
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Among High School students who had sexual intercourse the percentage who used a condom during last sexual encounter

Healthy People 2020 Objective: 85.7% (Male), 58.1% (Female)

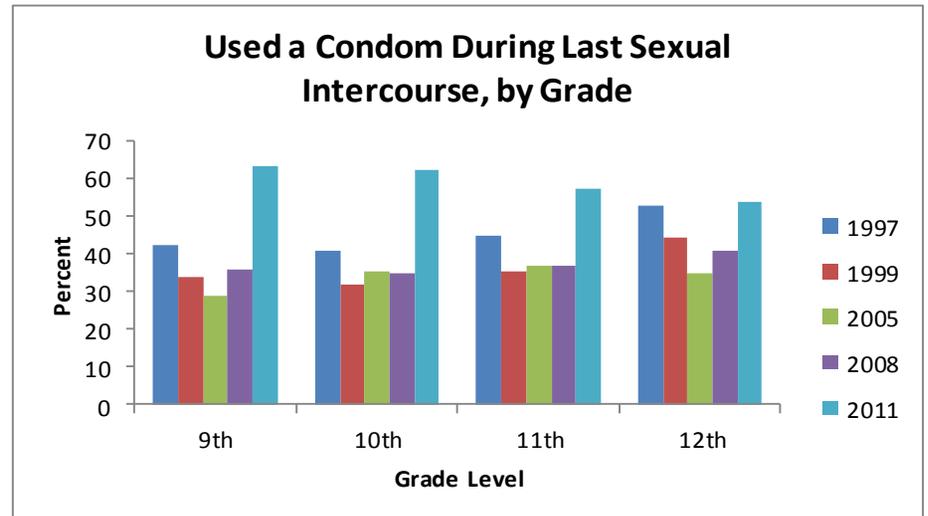
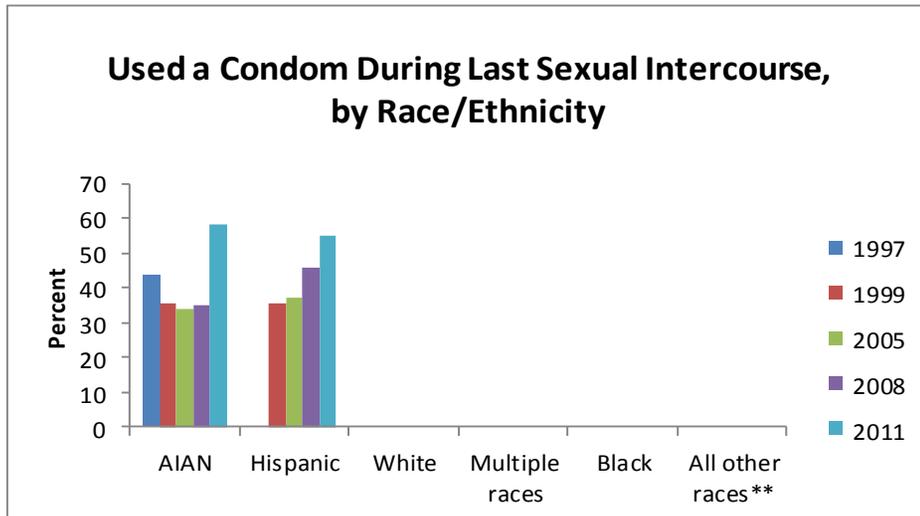
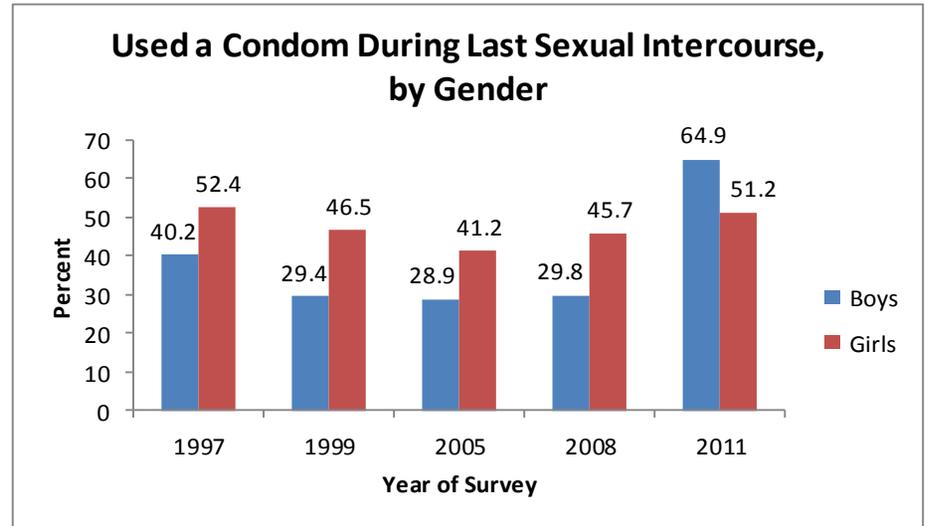
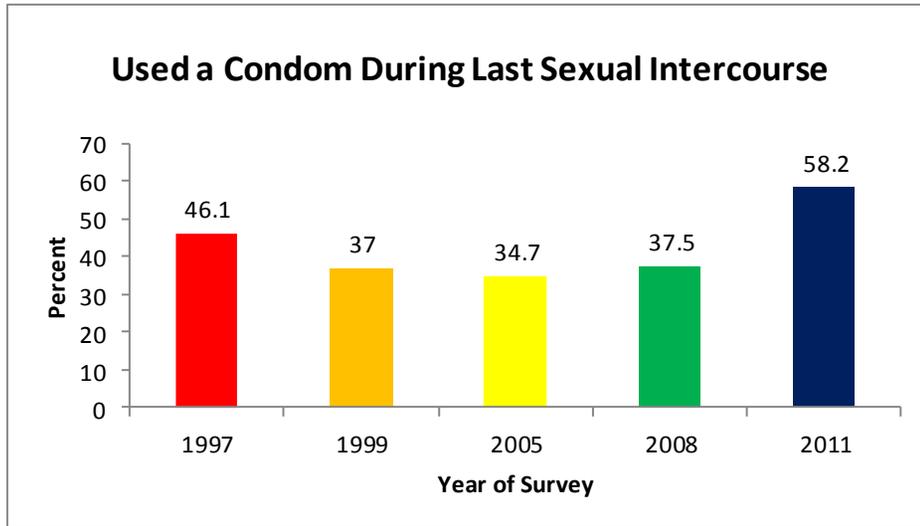
2011 U.S. High School Total: 60.2%

2011 U.S. Native American/Alaska Native: 66.2%



Among High School students who had sexual intercourse the percentage who used a condom during last sexual encounter

Healthy People 2020 Objective: 85.7% (Male), 58.1% (Female)



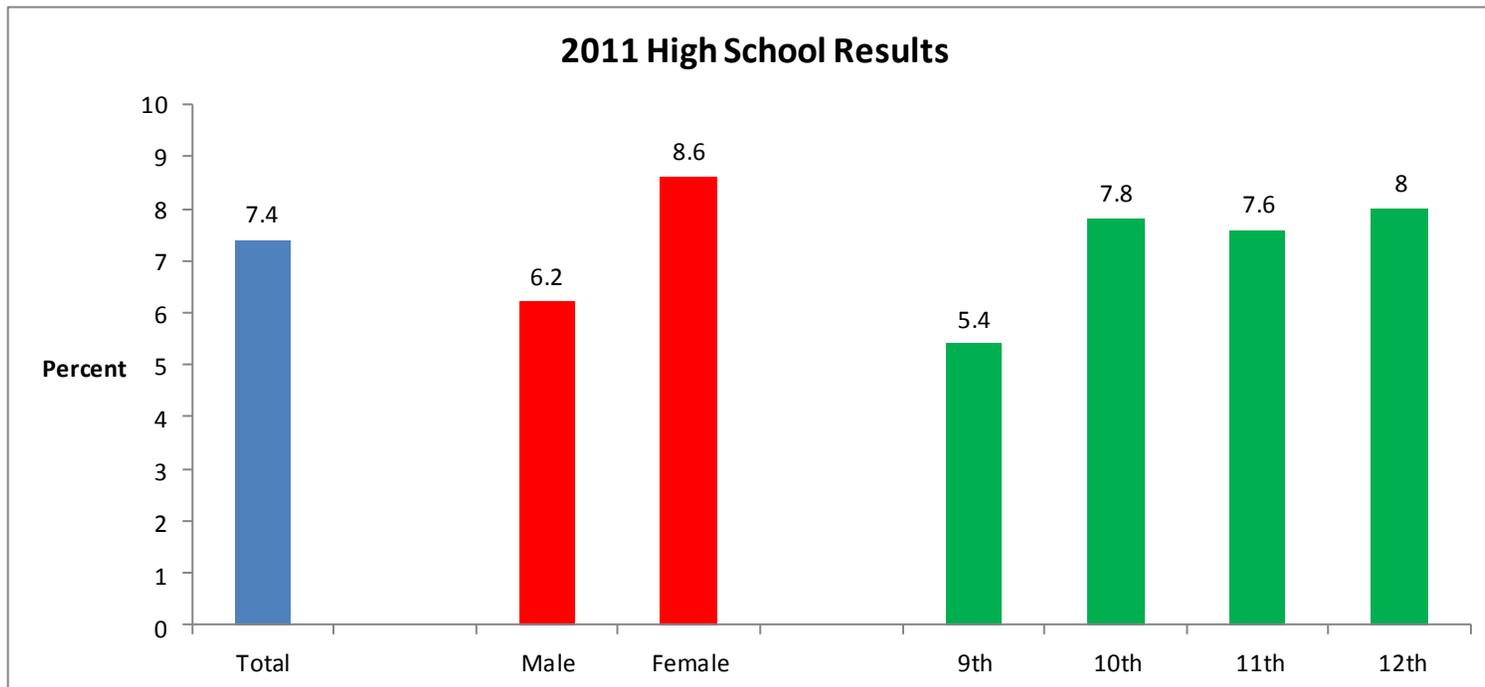
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Among High School students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual encounter

Healthy People 2020 Objective: None

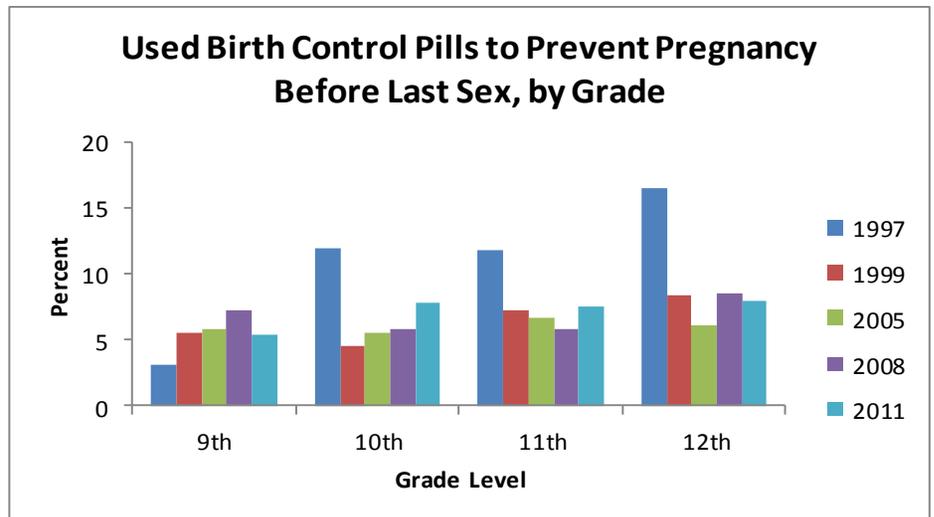
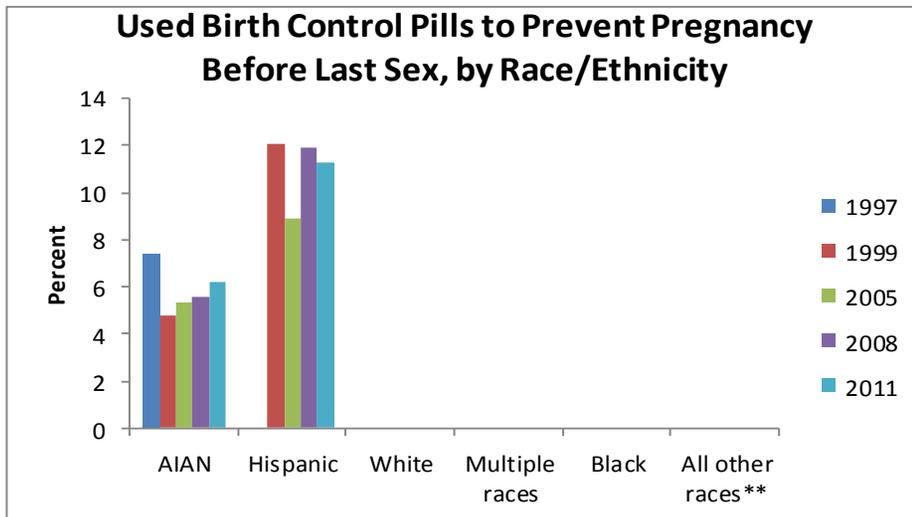
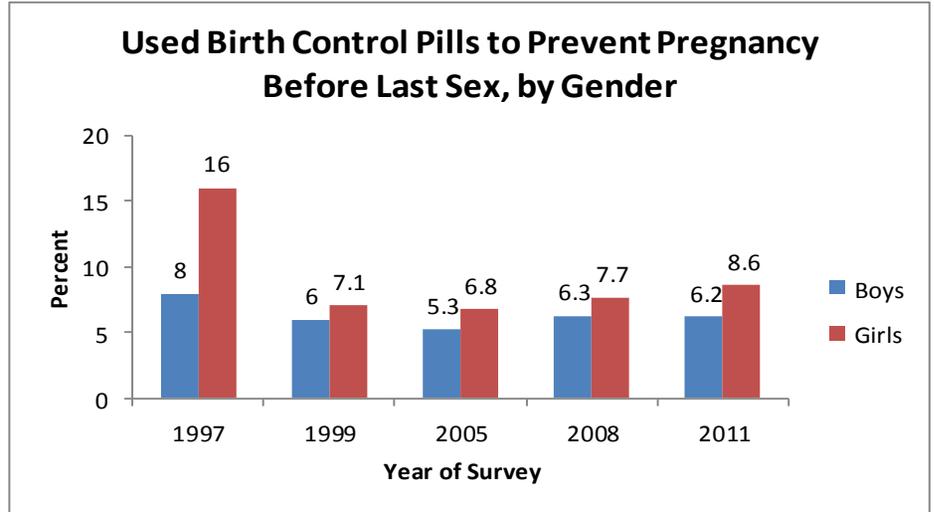
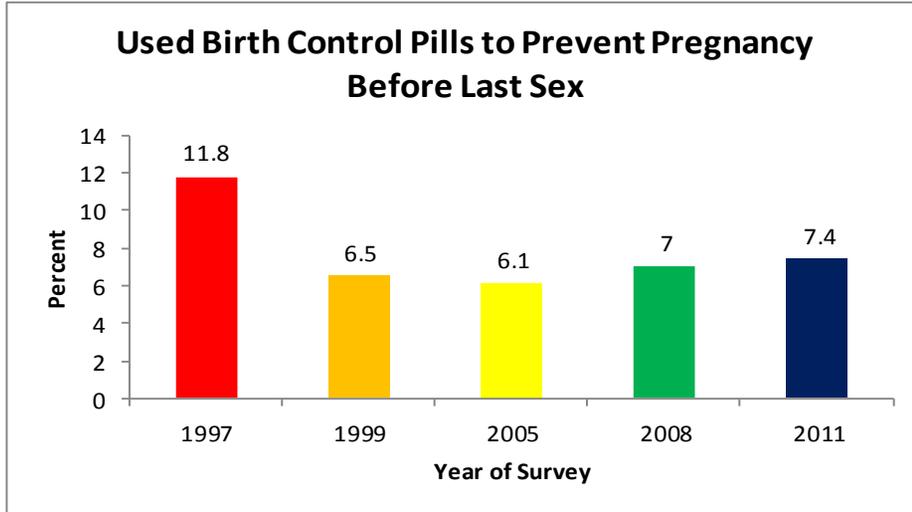
2011 U.S. High School Total: 18.0%

2011 U.S. Native American/Alaska Native: 10.4%



Among High School students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual encounter

Healthy People 2020 Objective: None



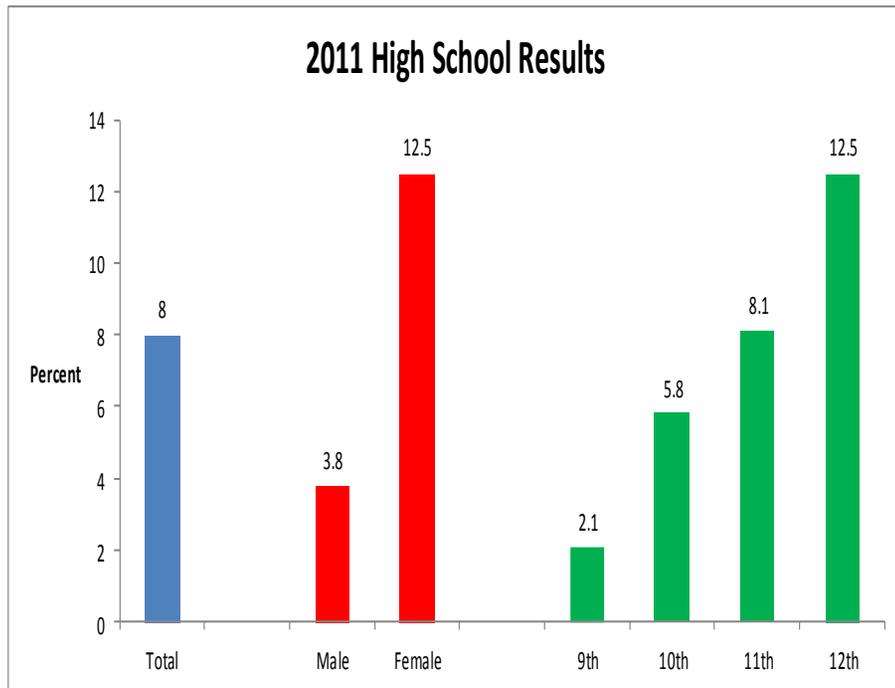
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Among High School students who had sexual intercourse during the past three months, the percentage who used Depo-Provera (injectable birth control) to prevent pregnancy before last sexual intercourse

Healthy People 2020 Objective: None

2011 U.S. High School Total: 5.3%

2011 U.S. Native American/Alaska Native: 10.1%

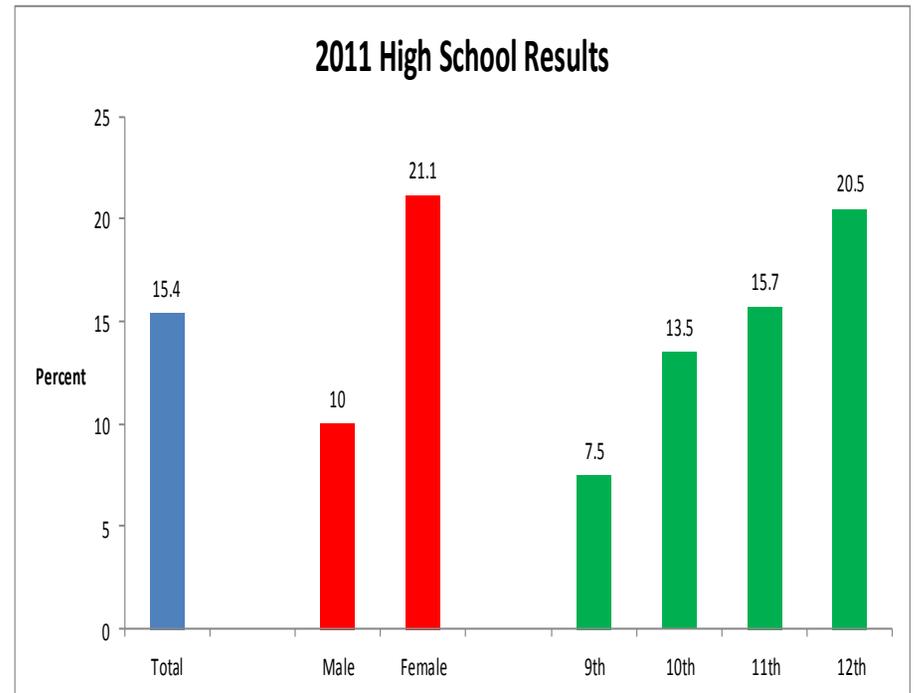


Among High School students who had sexual intercourse during the past three months, the percentage who used Depo-Provera (injectable birth control) or birth control pills to prevent pregnancy before last sexual intercourse

Healthy People 2020 Objective: None

2011 U.S. High School Total: 23.6%

2011 U.S. Native American/Alaska Native: 20.5%

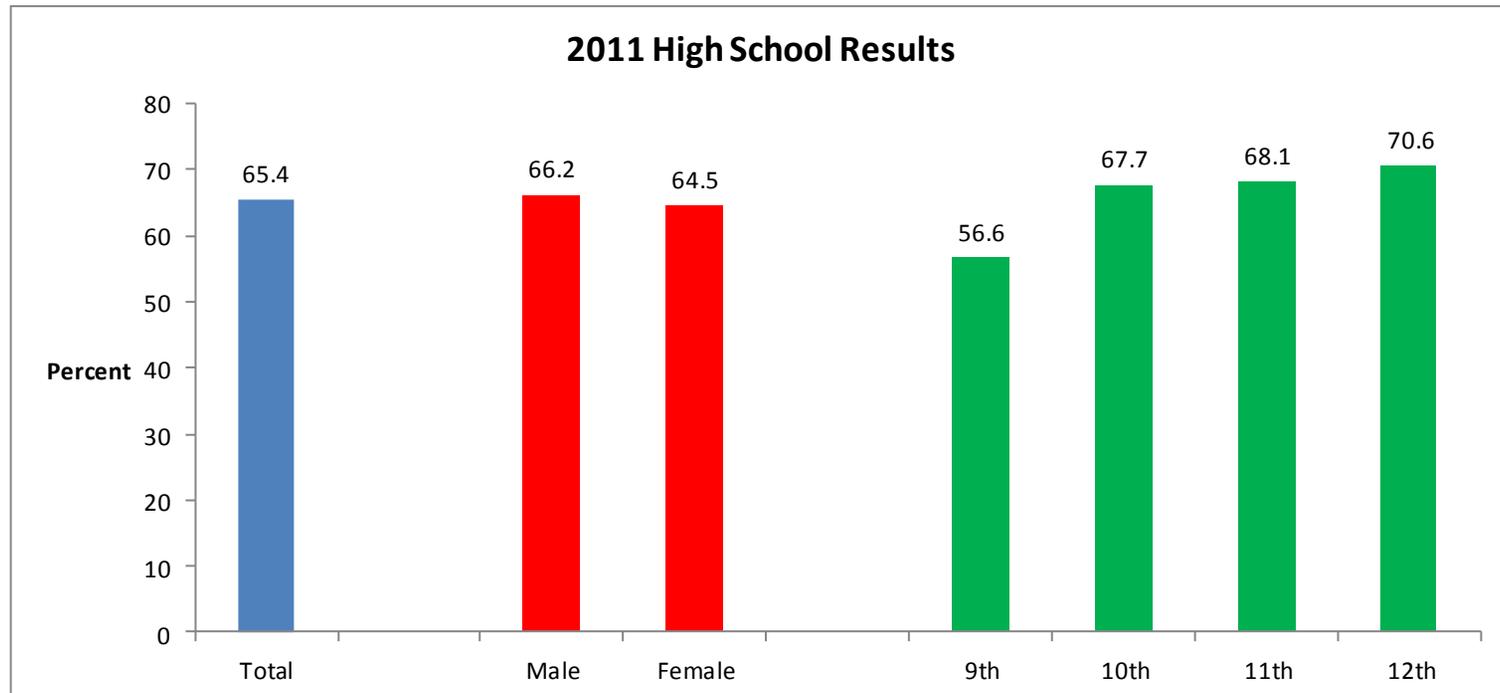


Among High School students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse and used birth control pills or Depo-Provera (injectable birth control) before last sexual intercourse to prevent pregnancy

Healthy People 2020 Objective: None

2011 U.S. High School Total: 9.5%

2011 U.S. Native American/Alaska Native: 10.2%

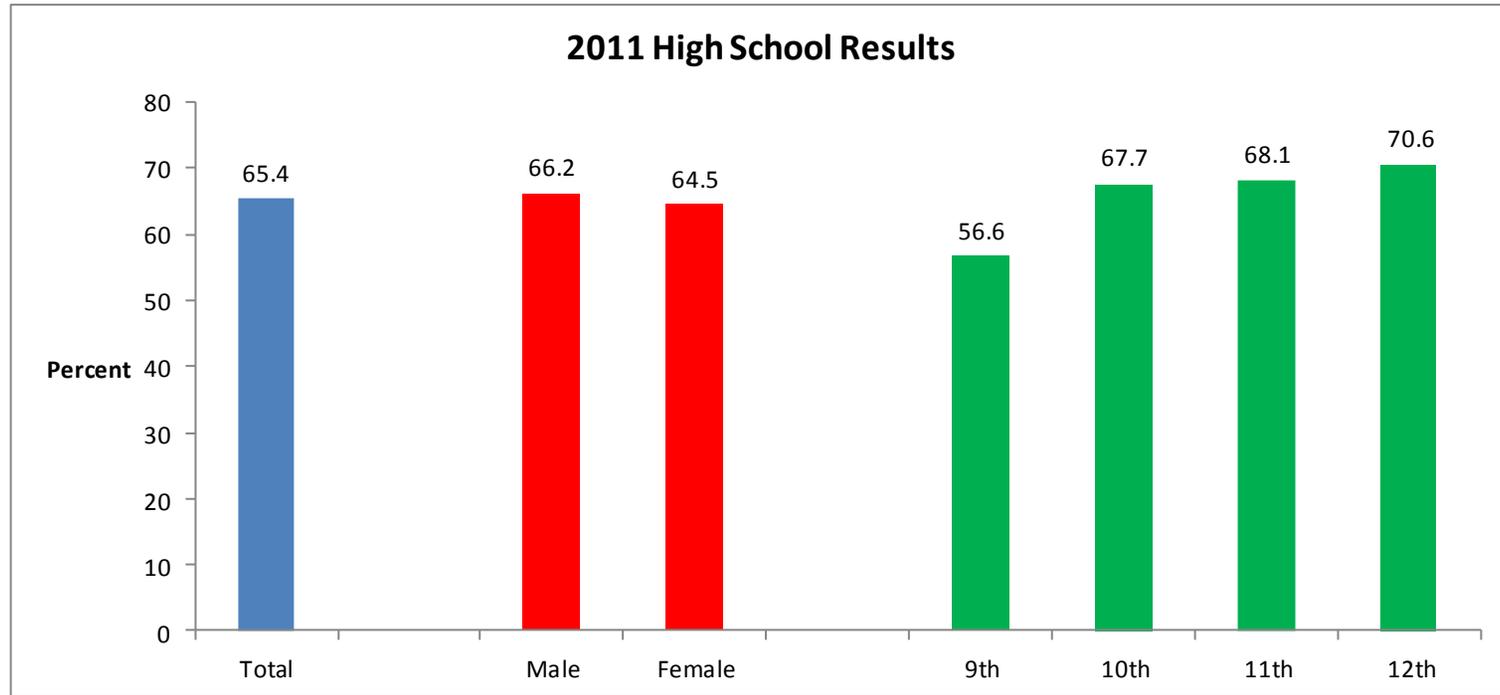


Percentage of students who had ever been taught in school about AIDS or HIV infection

Healthy People 2020 Objective: 97.9% (males), 97.2% (females)

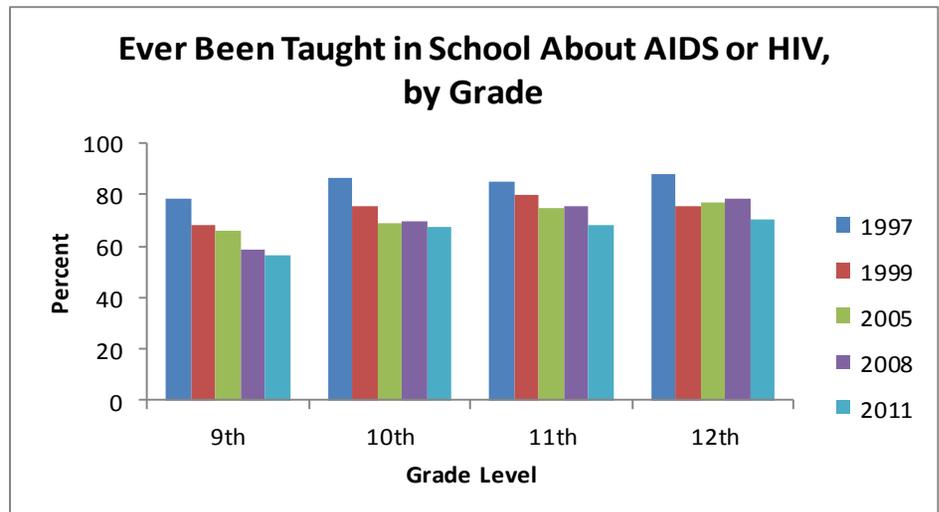
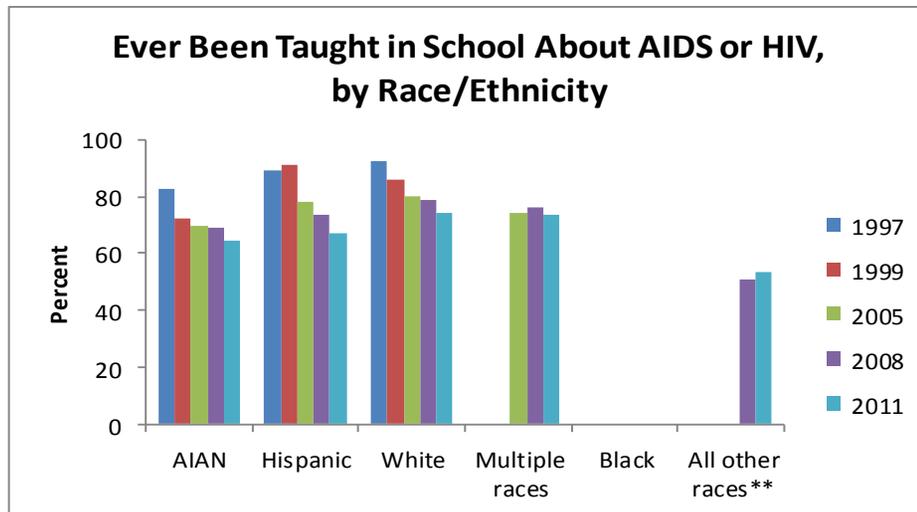
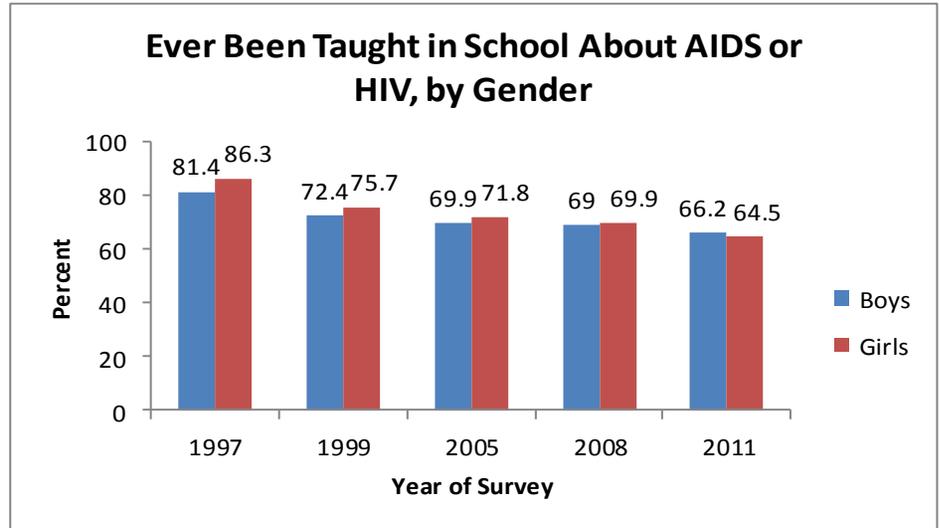
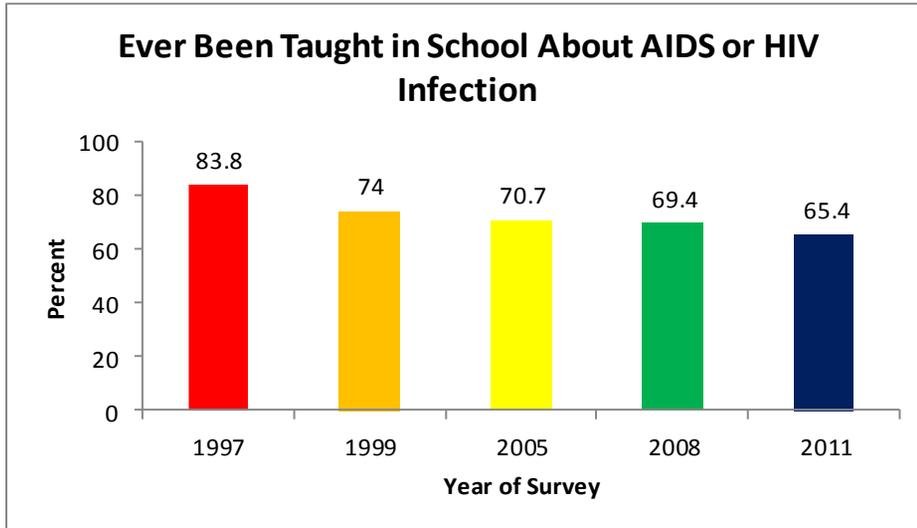
2011 U.S. High School Total: 84.0%

2011 U.S. Native American/Alaska Native: 79.3%

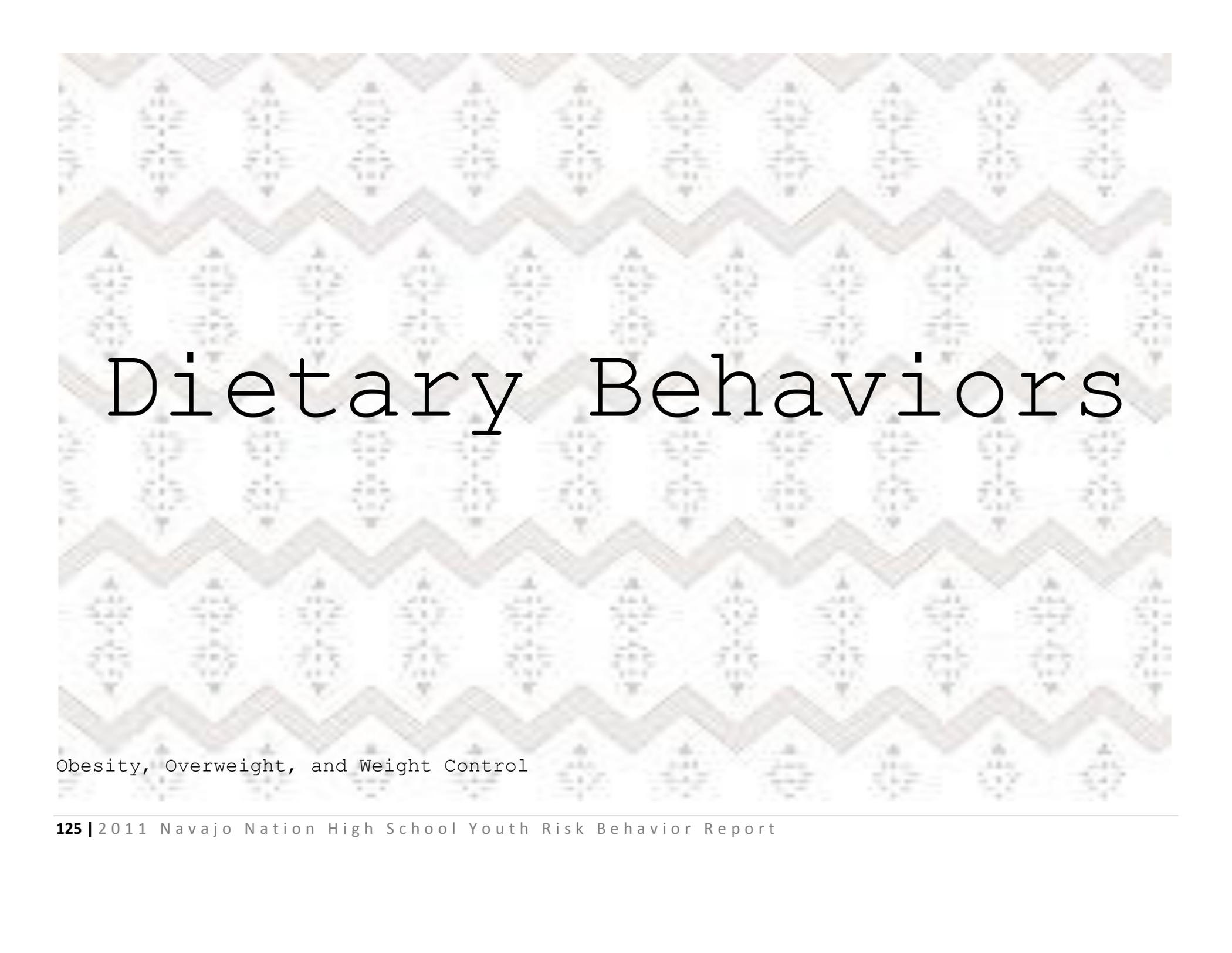


Percentage of students who had ever been taught in school about AIDS or HIV infection

Healthy People 2020 Objective: 97.9% (males), 97.2% (females)



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander



Dietary Behaviors

Obesity, Overweight, and Weight Control

RATIONALE:

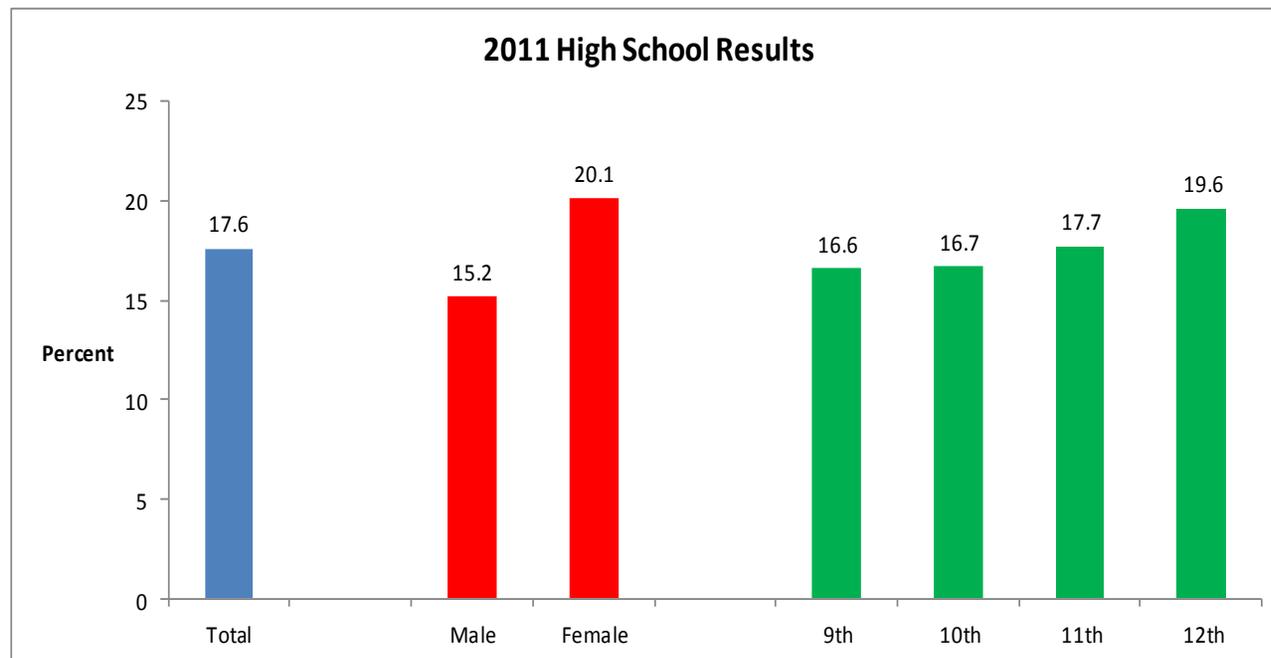
These questions measure self-reported height and weight and perceived body weight. Data on self-reported height and weight is used to calculate body mass index (BMI) and determine the corresponding BMI-for-age percentile for adolescents. BMI-for-age percentile is a proxy measure of weight status, correlates with body fat,(1) and is recommended for assessing weight status in youth ages 2-20.(2) Although BMI calculated from self-reported height and weight underestimate the prevalence of obesity compared to BMI calculated from measured height and weight,(3) 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(4) have been consistent with trend data from national surveys using measured height and weight.(5) It is critical to continue monitoring height and weight because the prevalence of obesity among adolescents has tripled since 1980.(6) 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.(7) Further, obese adolescents are more likely to become obese adults.(8,9) Nationwide in 2009, based on national YRBS data, 12% of high school students were obese and 16% were overweight.(10) During 1999–2009, significant increases occurred in the percentage of students who were obese (11%–12%) and who were overweight (14%–16%).(10)

Percentage of High School students who were overweight (i.e. at the 85th percentile but below the 95th percentile for body mass index, by age and sex**

Healthy People 2020 Objective: None

2011 U.S. High School Total: 15.2%

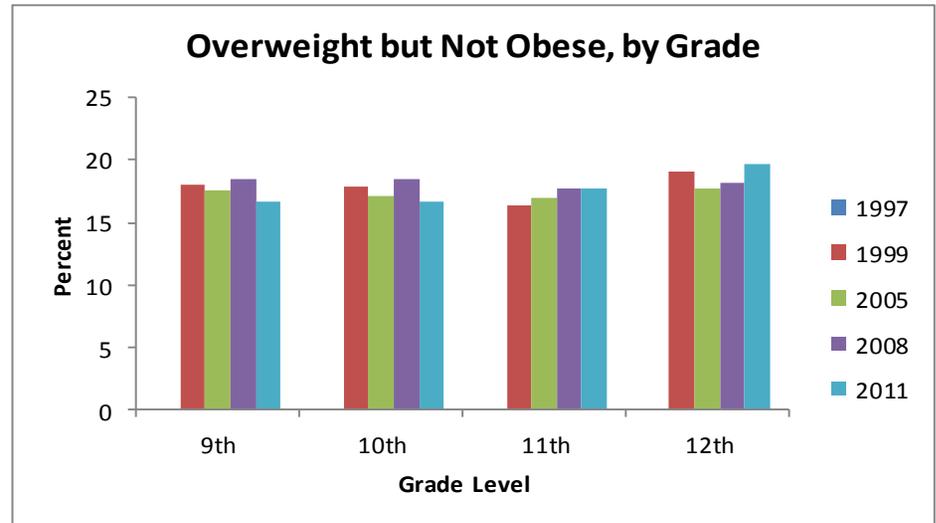
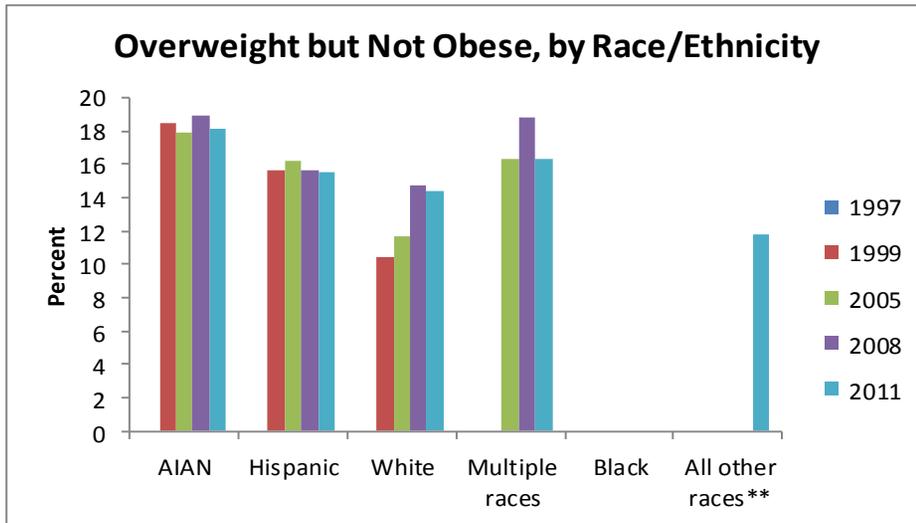
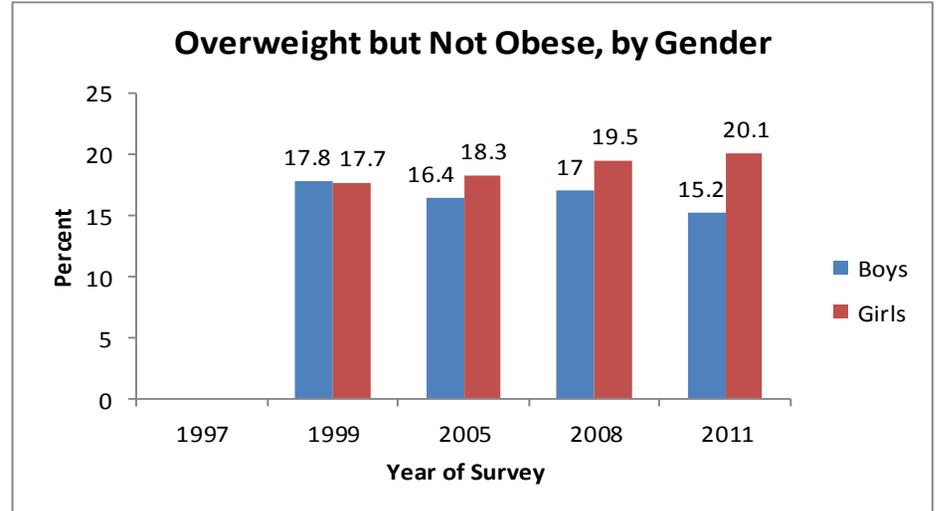
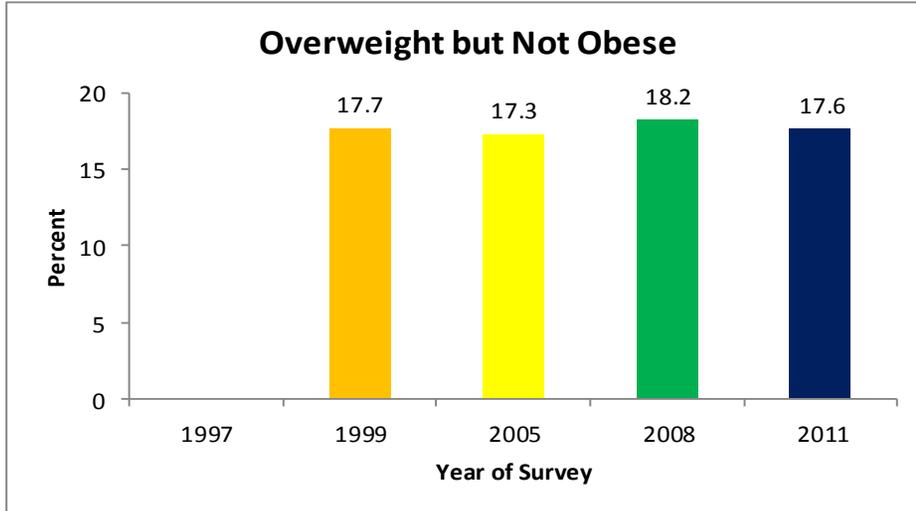
2011 Native American/Alaska Native: 21.2%



**Based on reference data from the 2000 CDC Growth Chart

Percentage of High School students who were overweight (i.e. at the 85th percentile but below the 95th percentile for body mass index, by age and sex**

Healthy People 2020 Objective: None

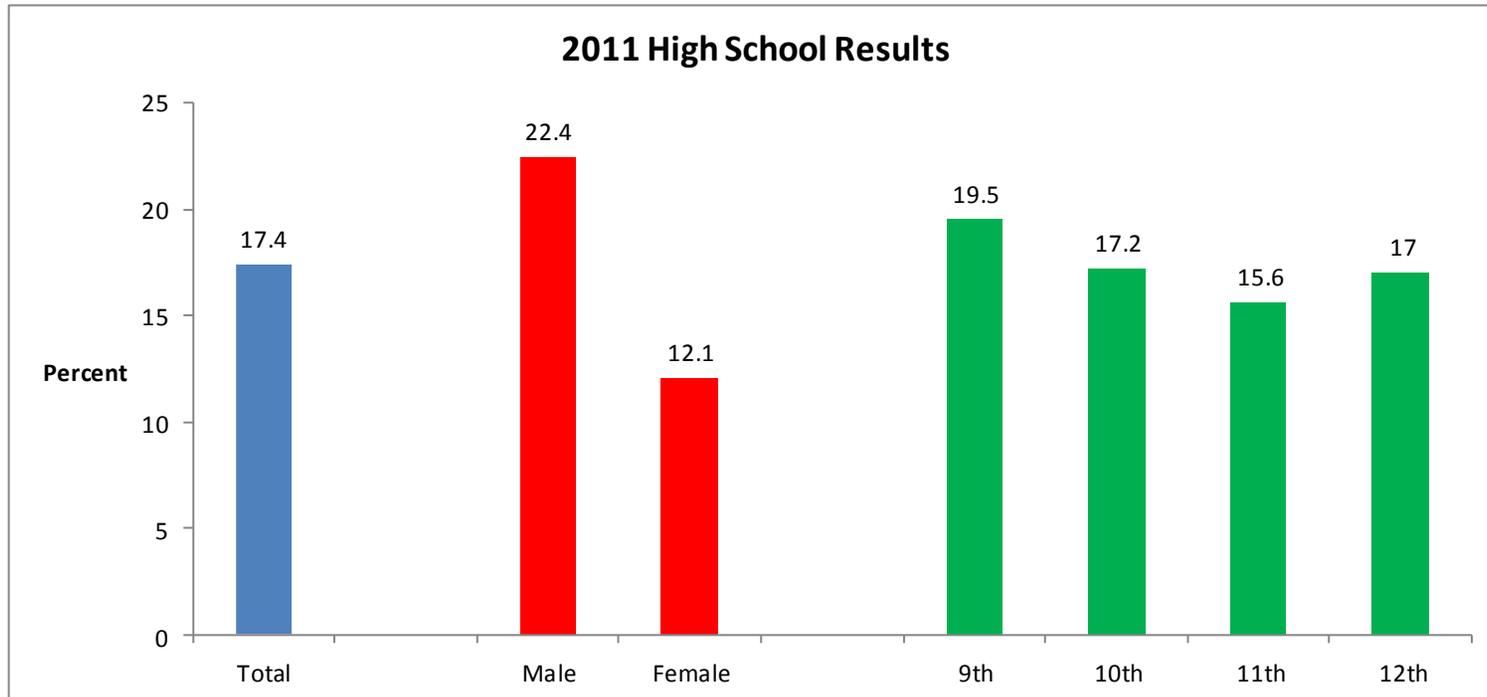


**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who were obese (i.e. at or above the 95th percentile for body mass index, by age and sex)**

**Based on reference data from the 2000 CDC Growth Chart

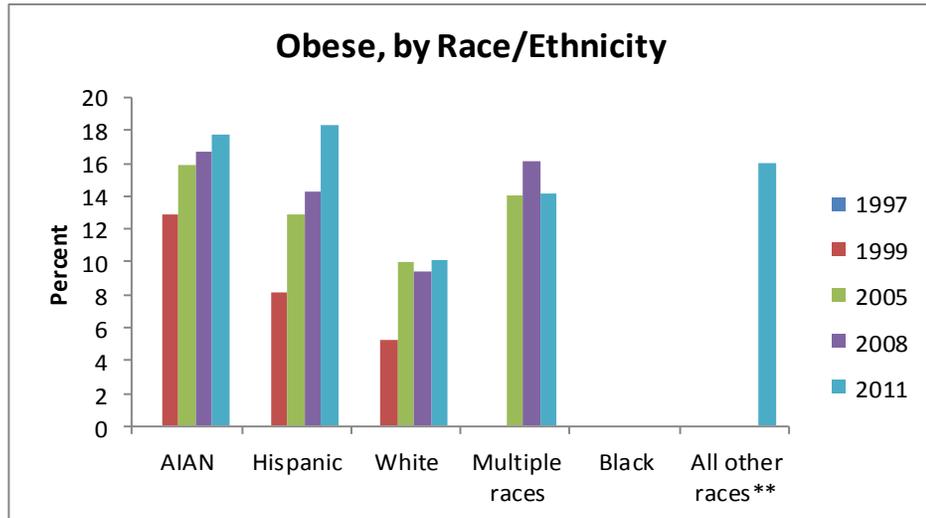
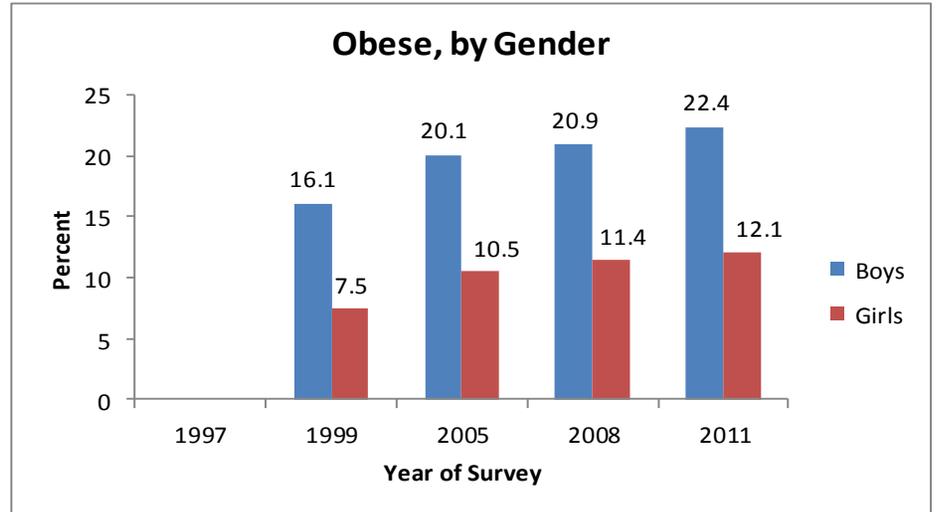
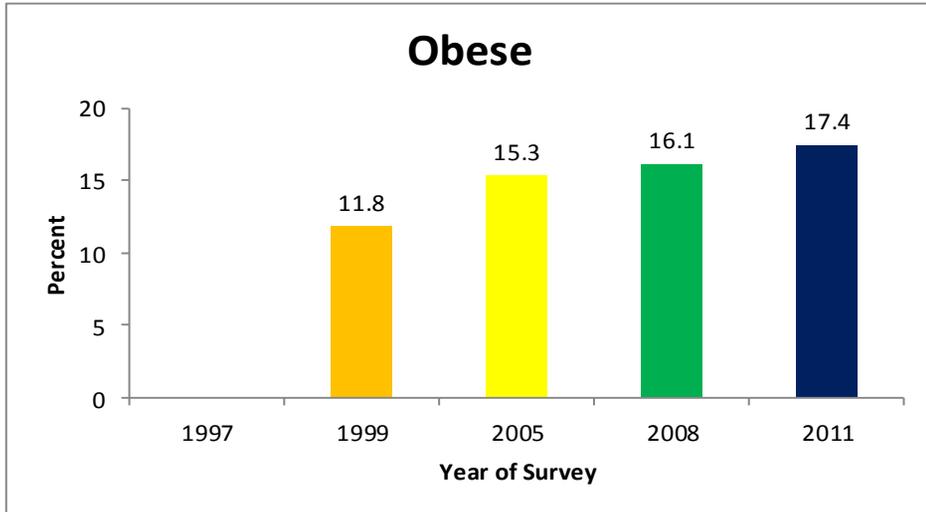
Healthy People 2020 Objective: 16.1%
2011 U.S. High School Total: 13.0%
2011 U.S. Native American/Alaska Native: 17.5%



Percentage of High School students who were obese (i.e. at or above the 95th percentile for body mass index, by age and sex)**

**Based on reference data from the 2000 CDC Growth Chart

Healthy People 2020 Objective: 16.1%



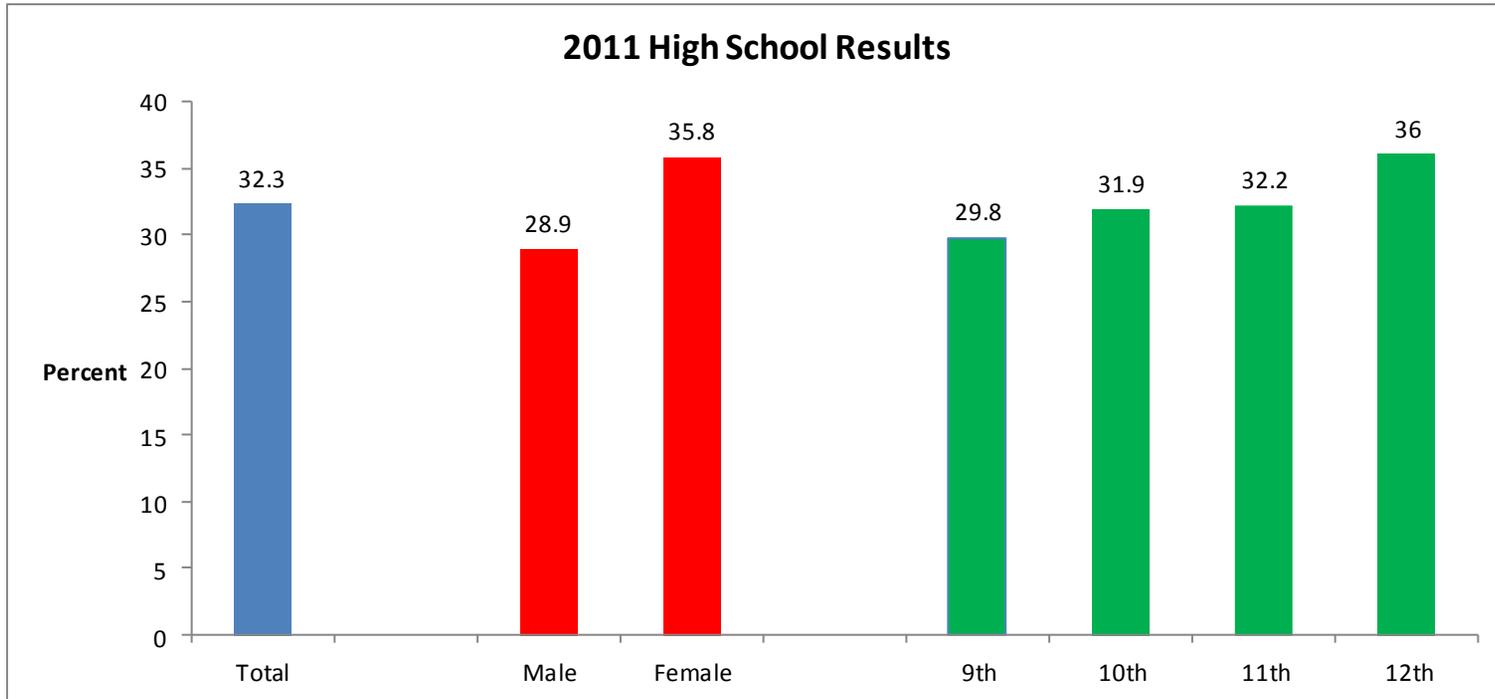
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of students who described themselves as slightly or very overweight

Healthy People 2020 Objective: None

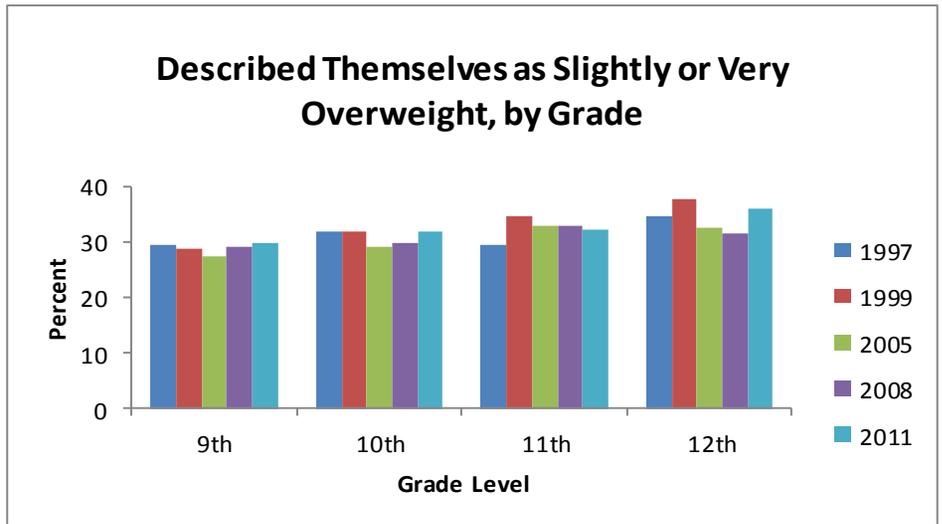
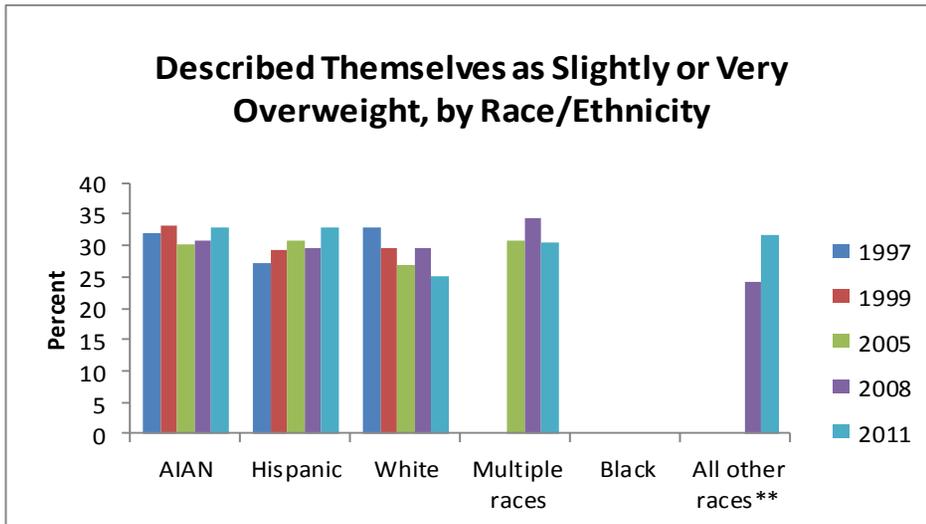
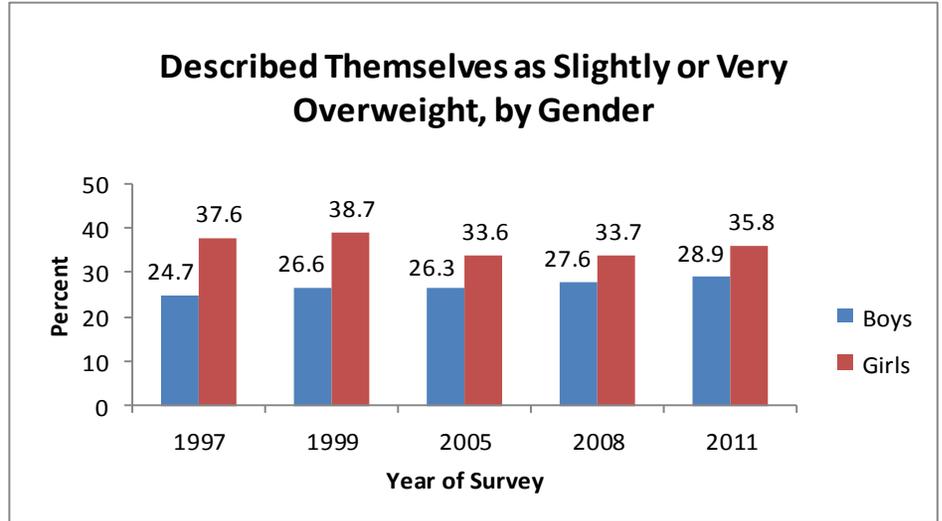
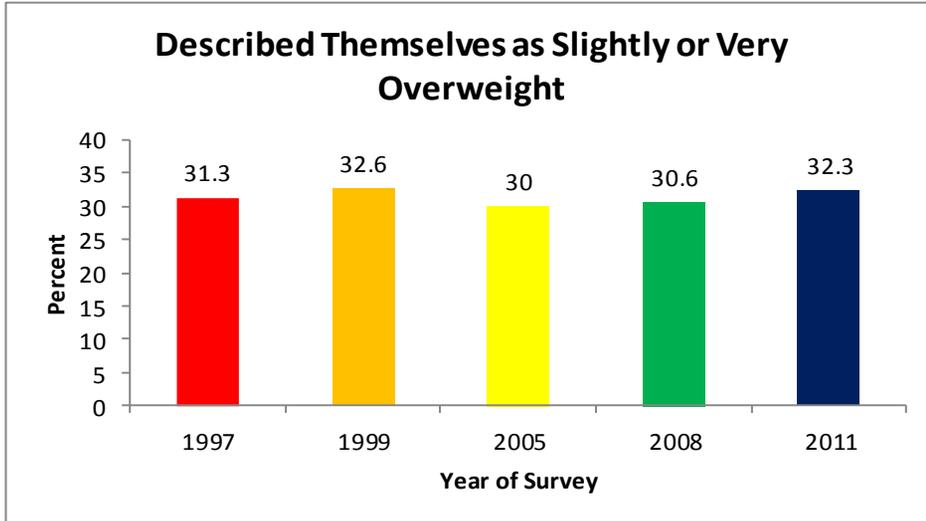
2011 U.S. High School Total: 29.2%

2011 U.S. Native American/Alaska Native: 41.1%



Percentage of students who described themselves as slightly or very overweight

Healthy People 2020 Objective: None



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

RATIONALE:

Current recommendations promote healthy eating and physical activity as effective weight control behaviors.(1,2) 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,(3) and stunted growth.(4) Disordered eating behaviors are correlated with inadequate nutrient intake,(5) low self-esteem, high levels of depression, suicidal ideation, high levels of stress, and alcohol and drug use.(6) Nationwide in 2009, 44% of high school students were trying to lose weight.(7) 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.(7) The percentage of students who did not eat for 24 or more hours to lose weight or to keep from gaining weight did not change significantly during 1999–2001 (13%–13%) and then decreased during 2001–2009 (13%–11%).(7) The percentage of students who took diet pills, powders, or liquids to lose weight or to keep from gaining weight increased during 1999–2001 (8%–9%) and then decreased during 2001–2009 (9%–5%).(7) The percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight did not change significantly during 1995–2003 (5%–6%) and then decreased during 2003–2009 (6%–4%).(7)

Percentage of students who were trying to lose weight

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

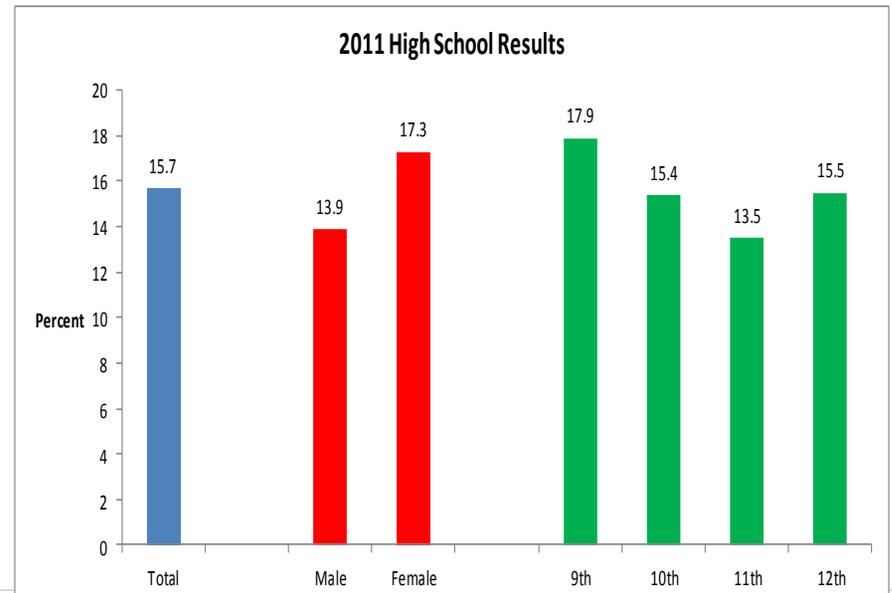
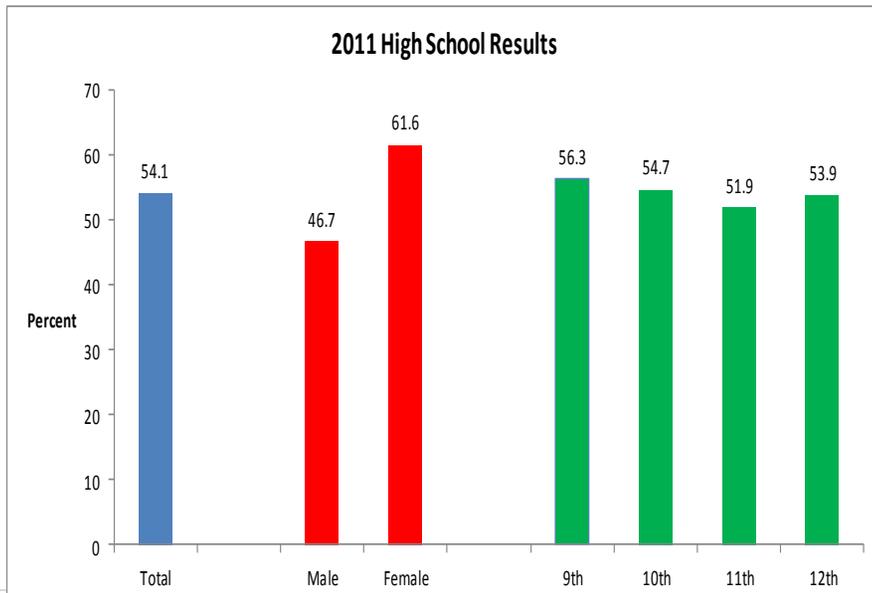
2011 U.S. Native American/Alaska Native: NA

Percentage of High School students who went without eating 24 hours or more to lose weight or to keep from gaining weight during the past 30 days, and Middle School students who have ever done so

Healthy People 2020 Objective: None

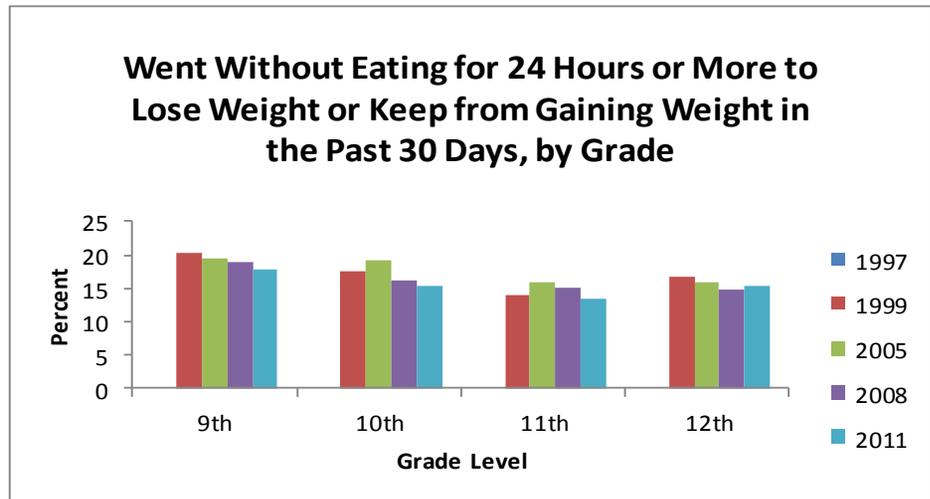
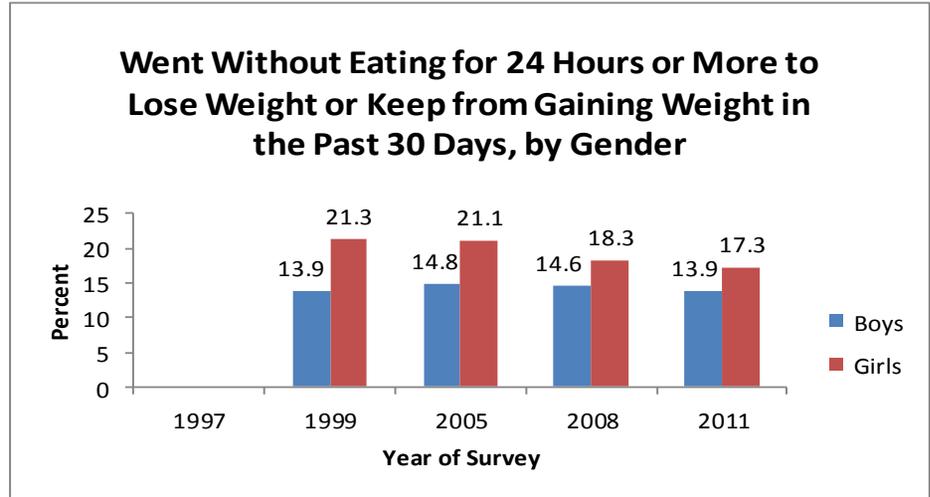
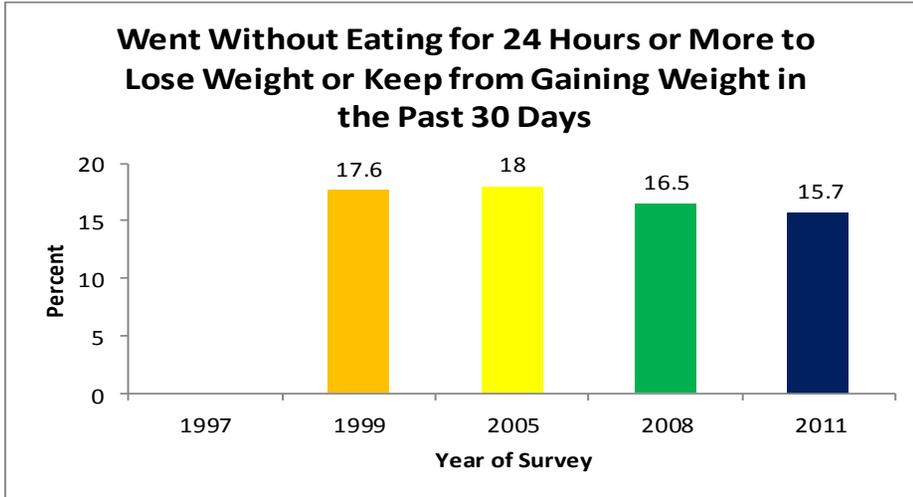
2011 U.S. High School Total: 12.2%

2011 U.S. High School Native American/Alaska Native: 20.5%



Percentage of students who went without eating 24 hours or more to lose weight or to keep from gaining weight during the past 30 days

Healthy People 2020 Objective: None



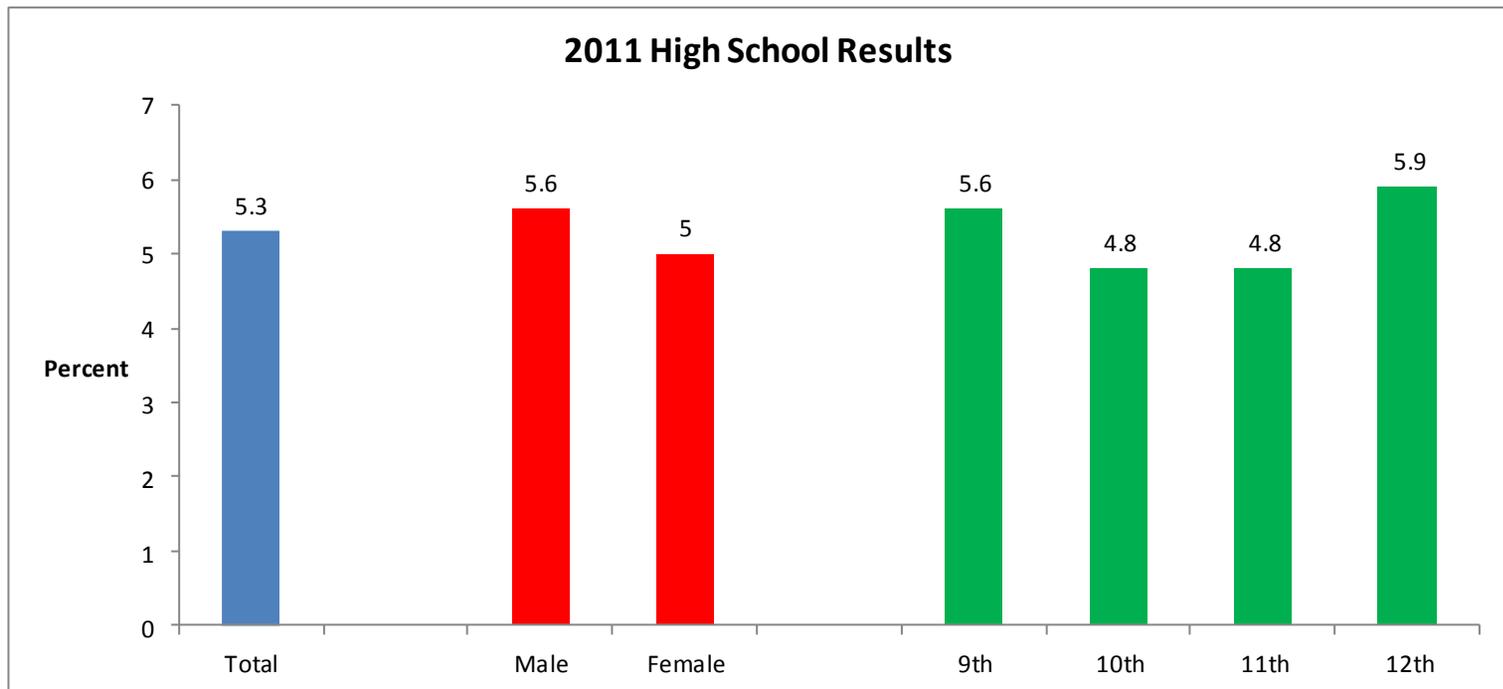
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who took any diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight during the past 30 days

Healthy People 2020 Objective: None

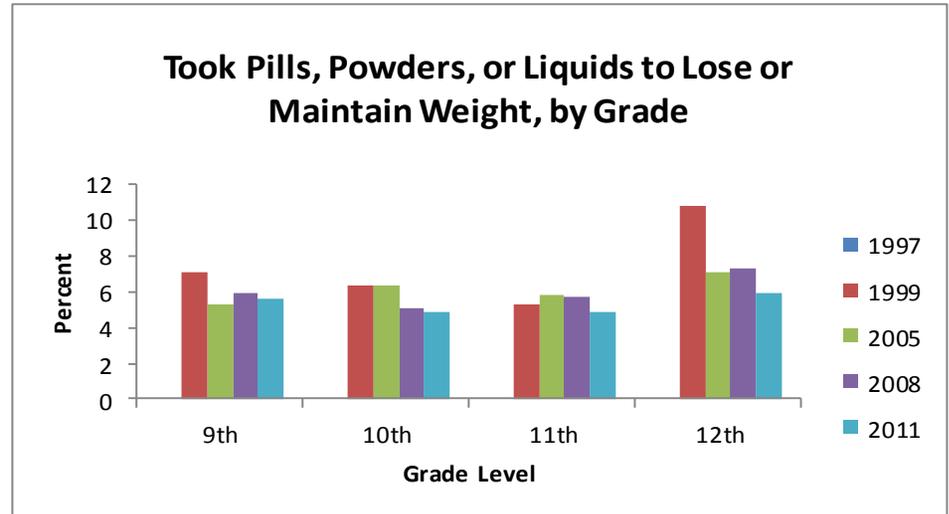
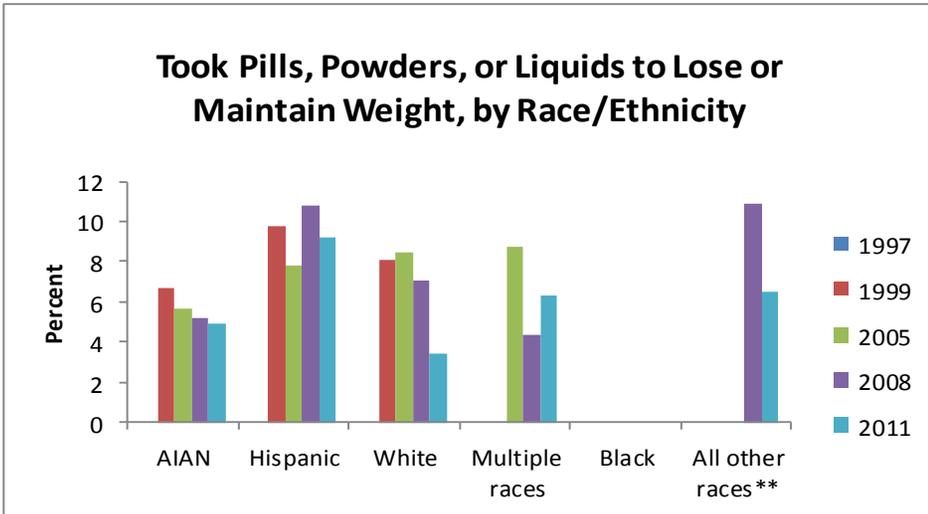
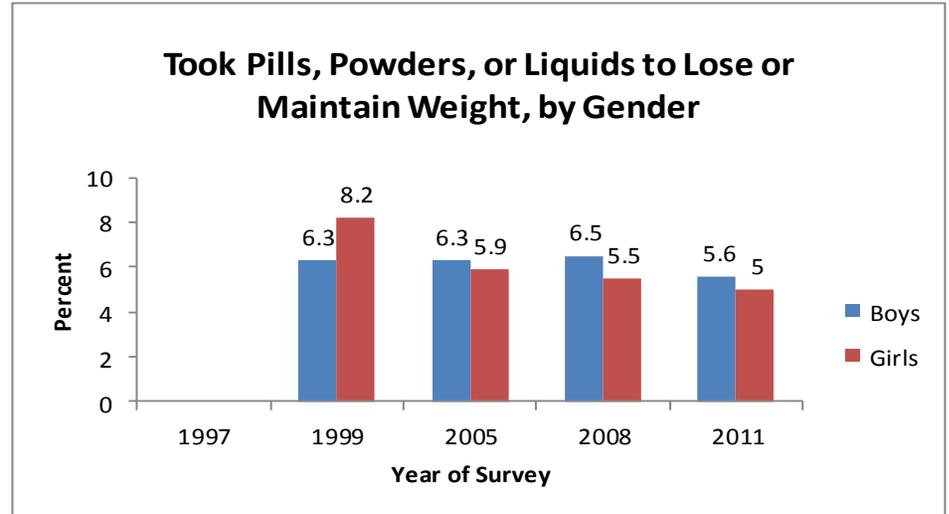
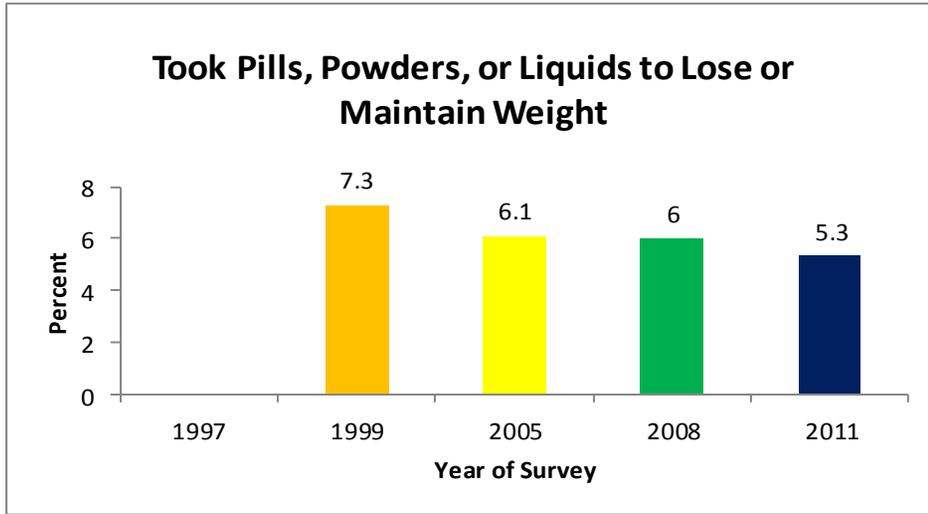
2011 U.S. High School Total: 5.1%

2011 U.S. Native American/Alaska Native: 5.4%



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

Healthy People 2020 Objective: None



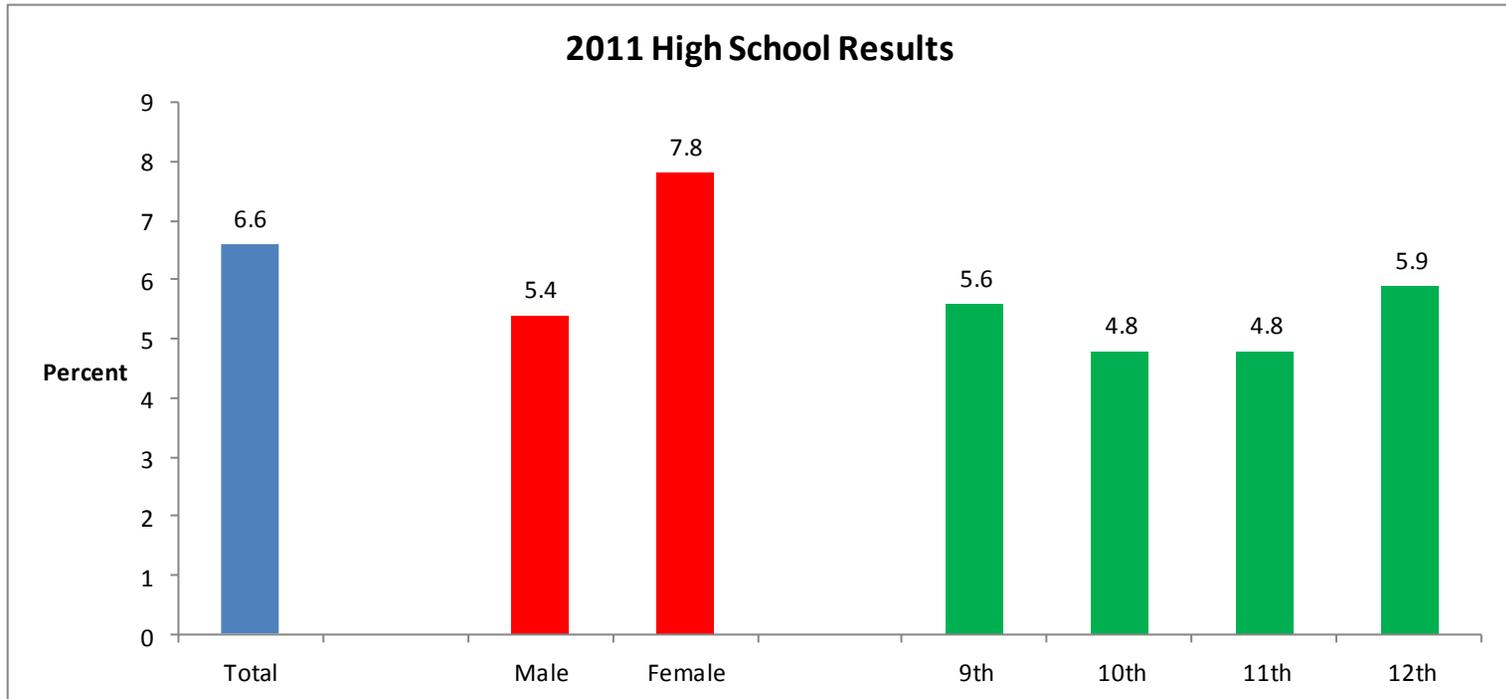
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days

Healthy People 2020 Objective: None

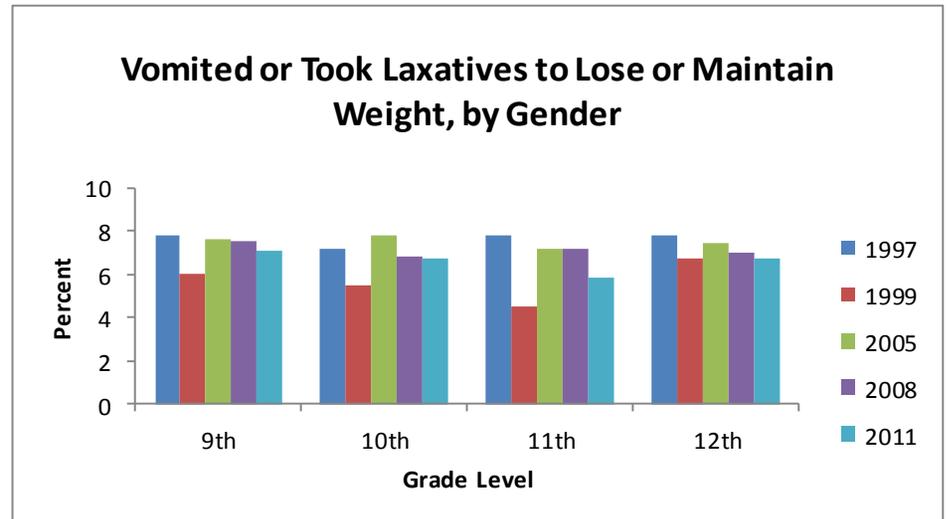
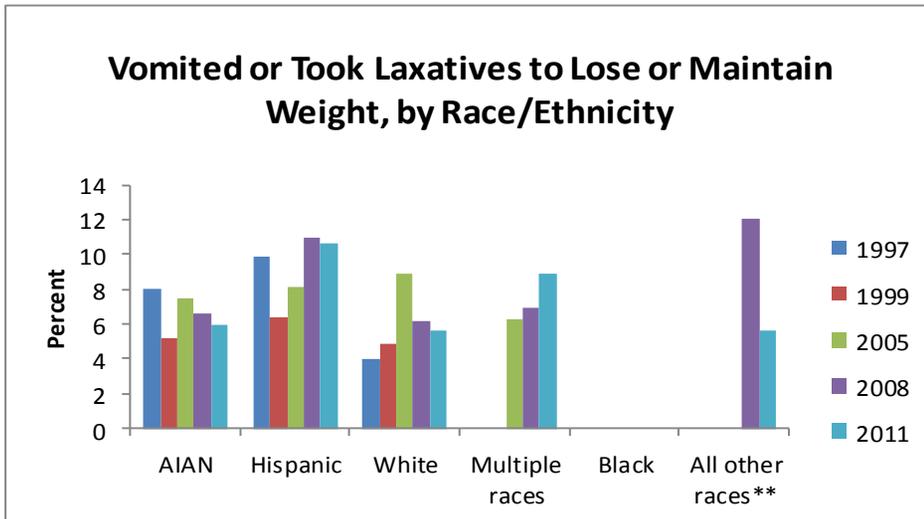
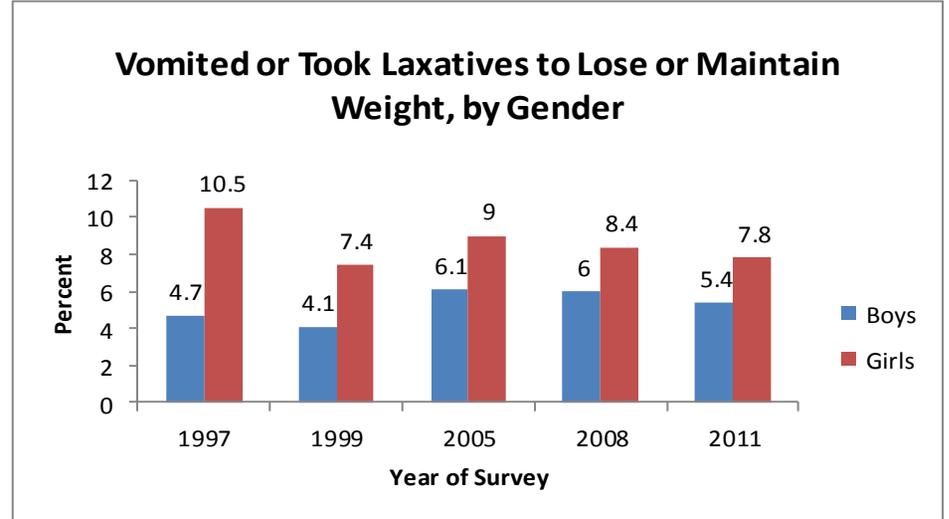
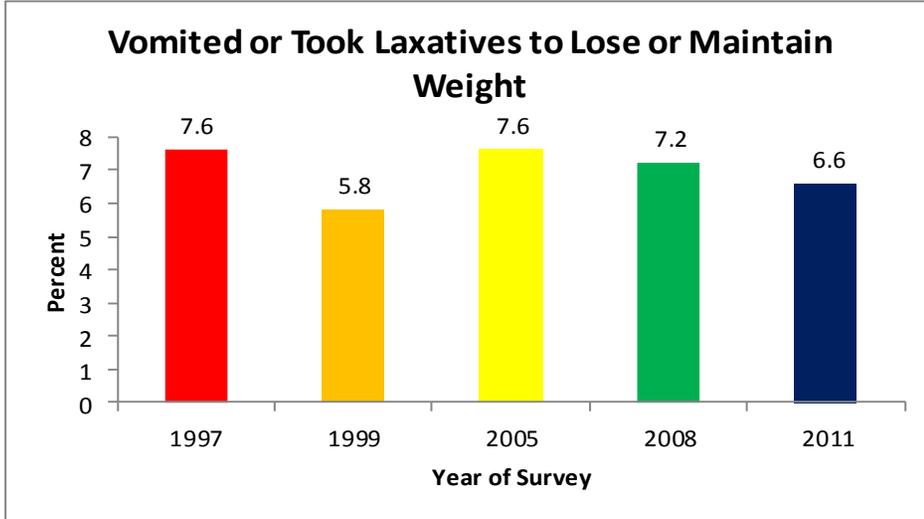
2011 U.S. High School Total: 4.3%

2011 U.S. American Indian/Alaska Native: 7.0%



Percentage of High School students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days, and Middle School students who ever had

Healthy People 2020 Objective: None



**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who have exercised to lose weight or to keep from gaining weight in the past 30 days

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

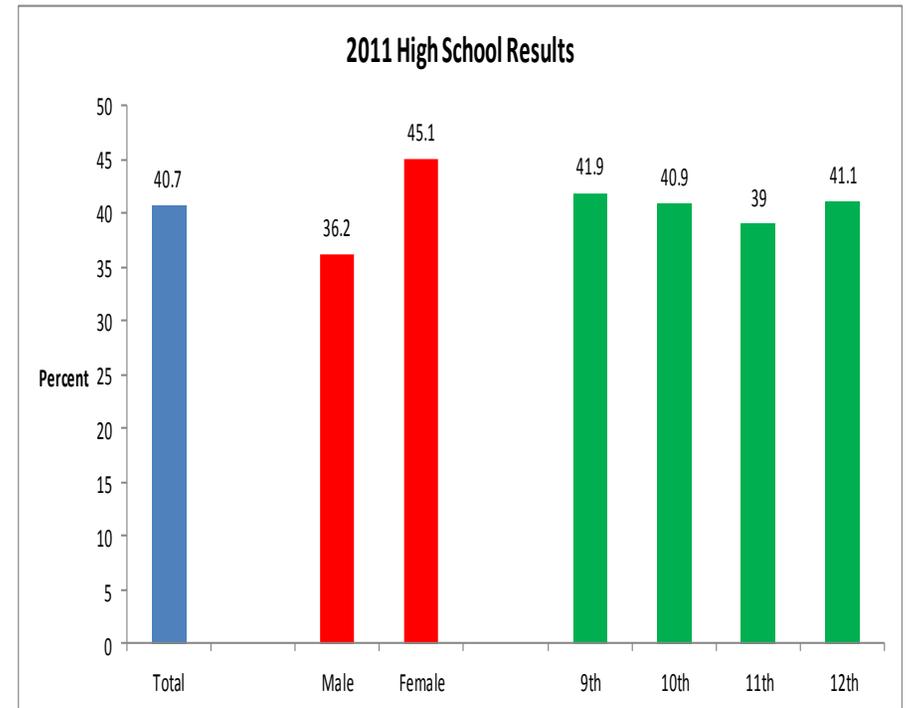
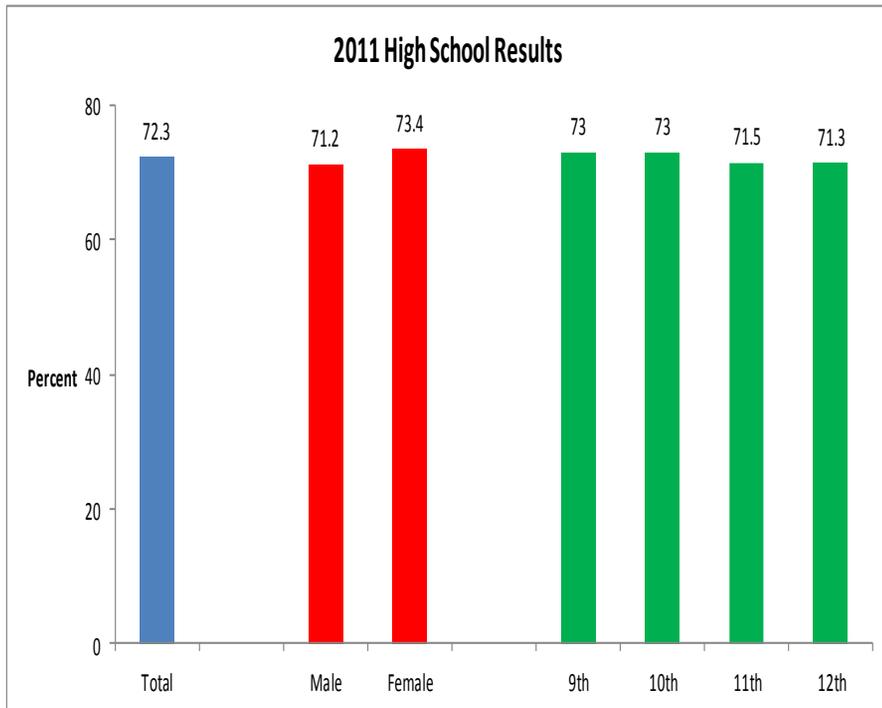
2011 U.S. Native American/Alaska Native: NA

Percentage of High School students who have eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight in the past 30 days, and Middle School students who ever have

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 U.S. Native American/Alaska Native: NA

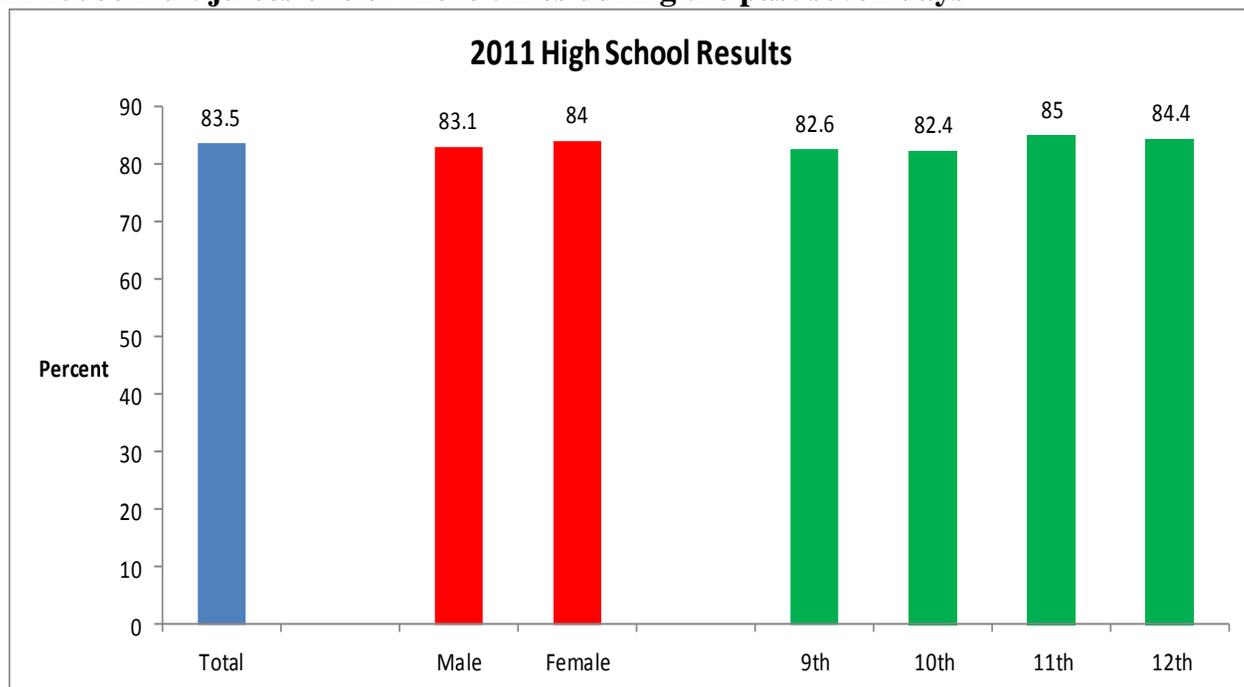


RATIONALE:

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.(1) 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,(2-4) cardiovascular disease,(5) and stroke.(6) Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of being overweight.(7-9) 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.(10) The percentage of students who ate fruits and vegetables five or more times per day decreased during 1999–2005 (24%–20%) and then did not change significantly during 2005–2009 (20%–22%).(10) 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.(11) 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).(12) Consumption of sugar sweetened beverages, including soft drinks, appears to be associated with increased risk of being overweight among children(13,14) and is associated with a less healthy diet,(15) decreased bone density,(16) and dental decay.(17) 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.(10)

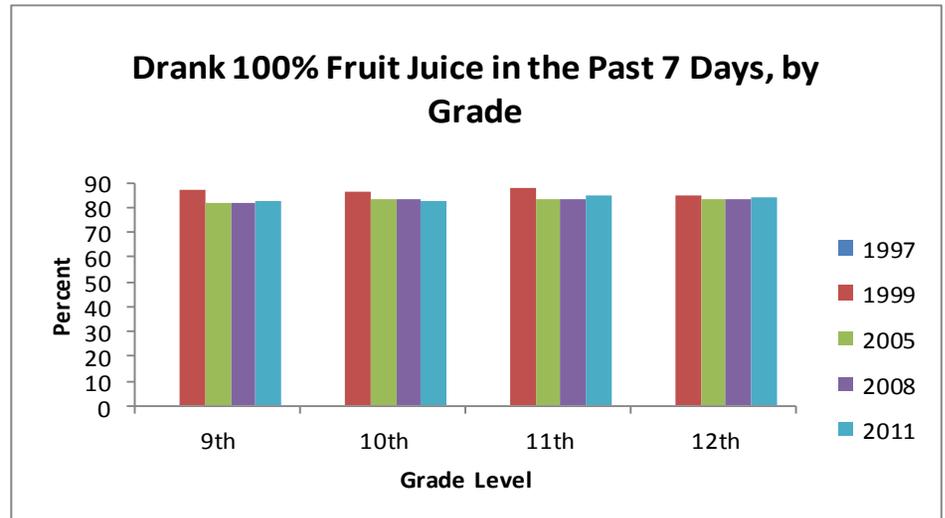
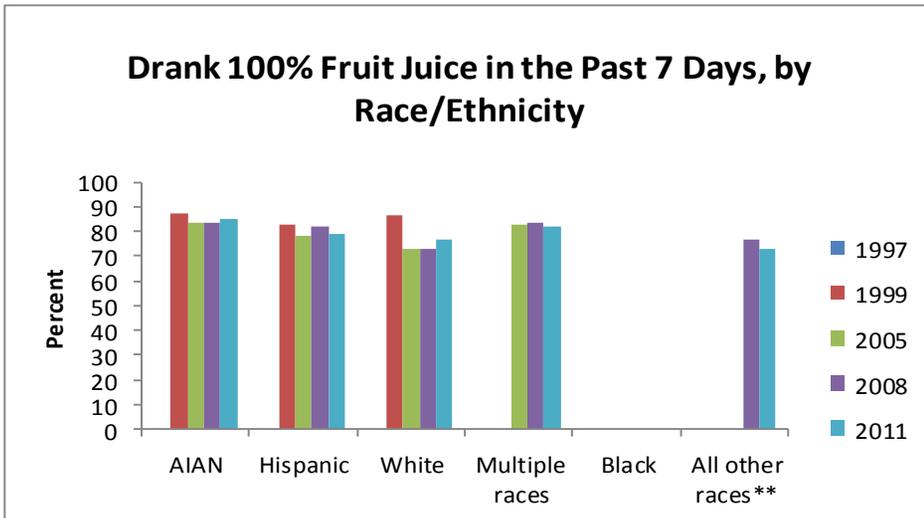
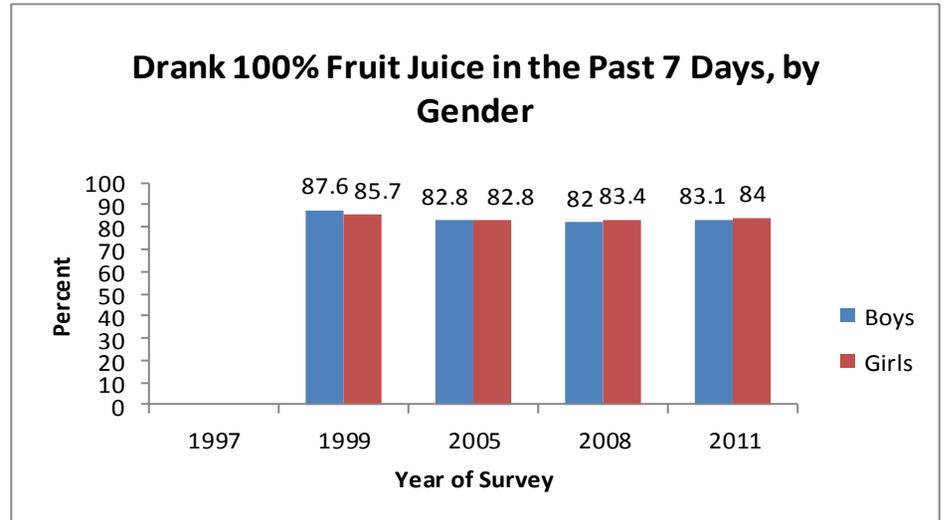
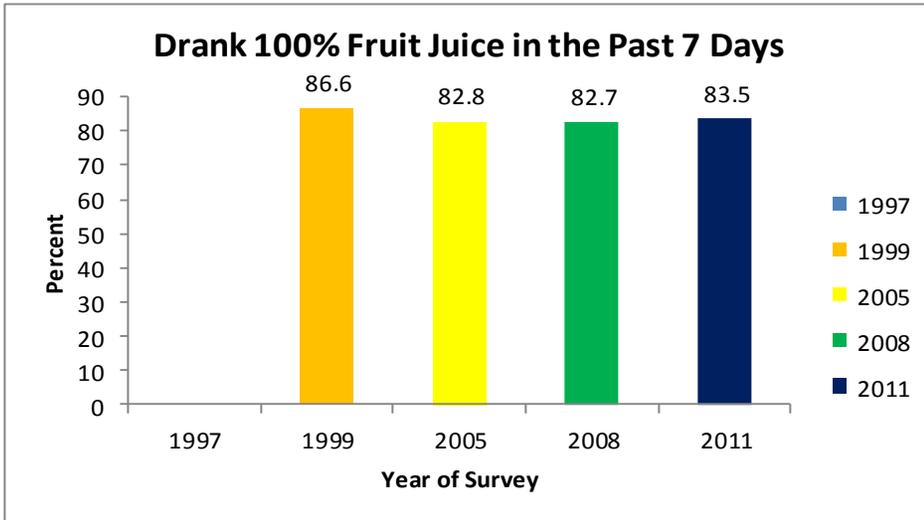
Percentage of High School students who drank 100% fruit juices one or more times during the past seven days

Healthy People 2020 Objective: None
2011 U.S. High School Total: 80.8%
2011 U.S. Native American/Alaska Native: 81.4%



Percentage of High School students who drank 100% fruit juices one or more times during the past seven days

Healthy People 2020 Objective: None



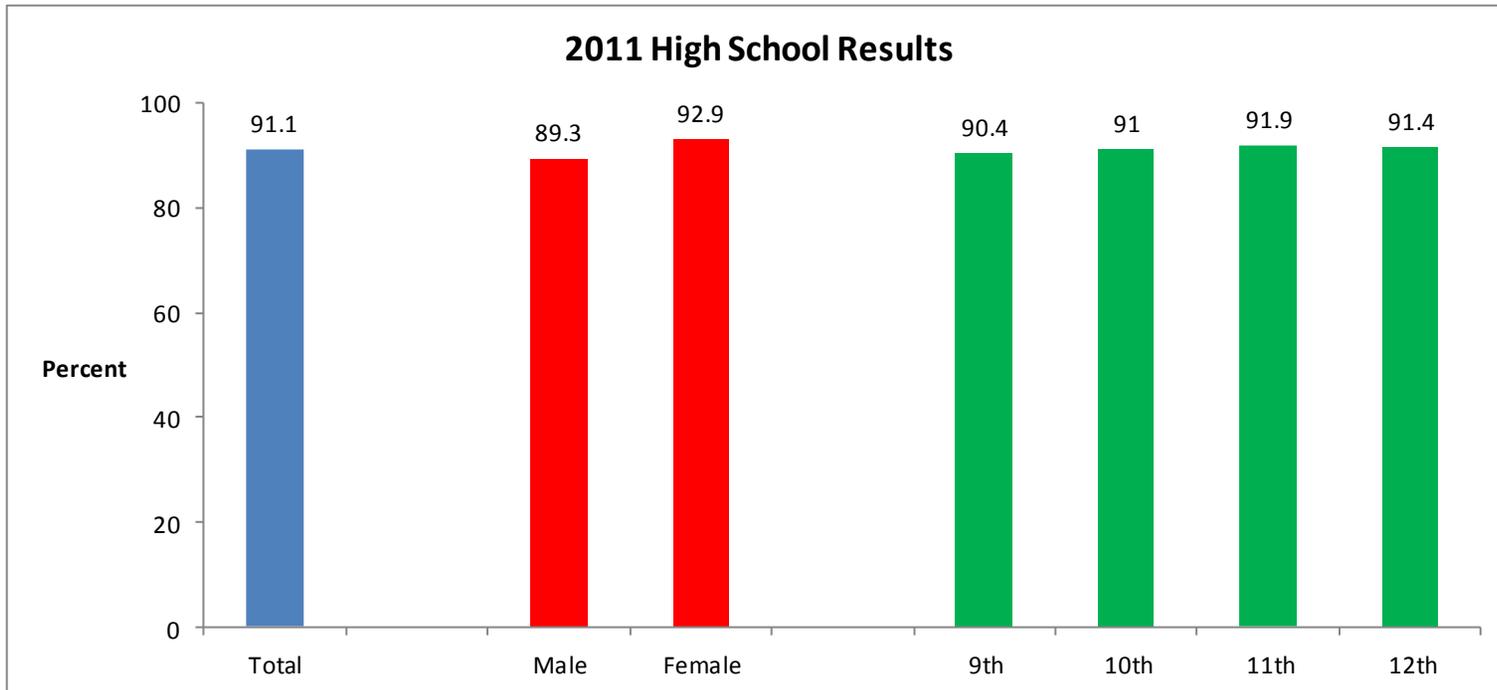
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who ate fruit one or more times during the past seven days.

Healthy People 2020 Objective: None

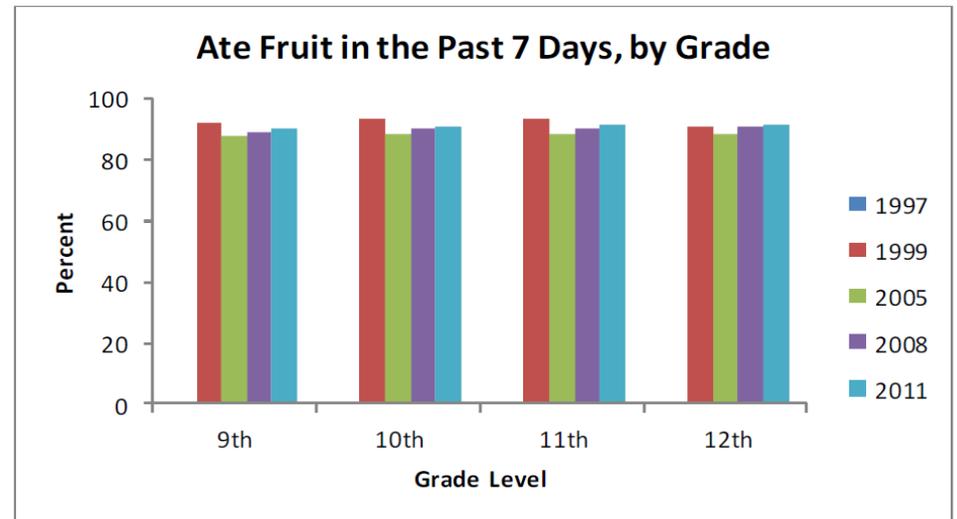
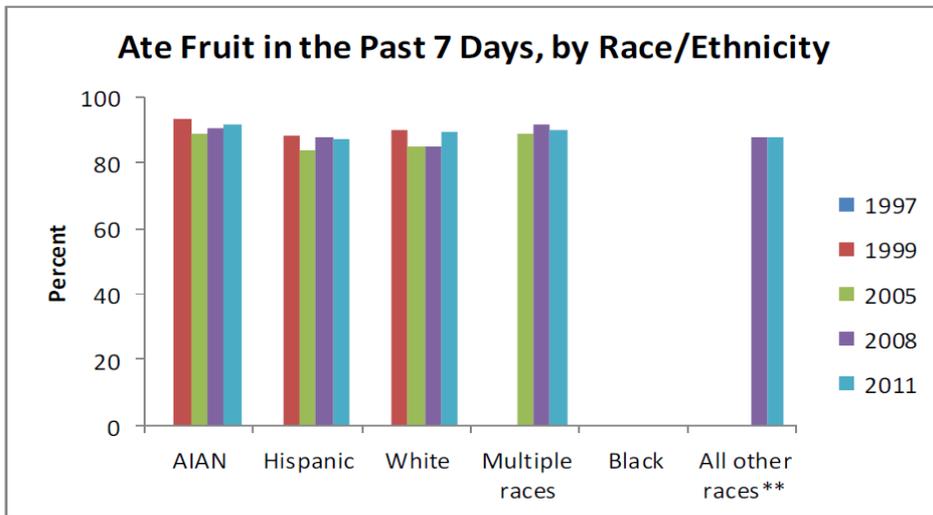
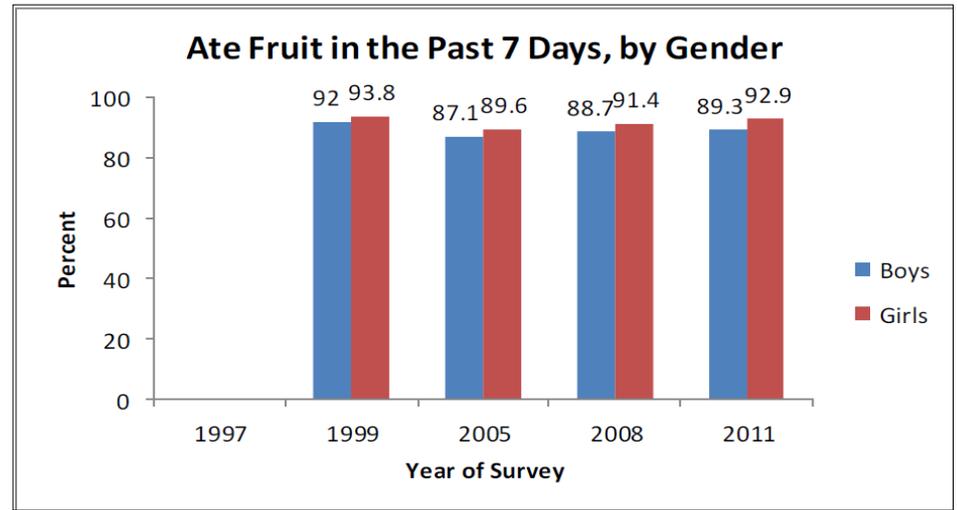
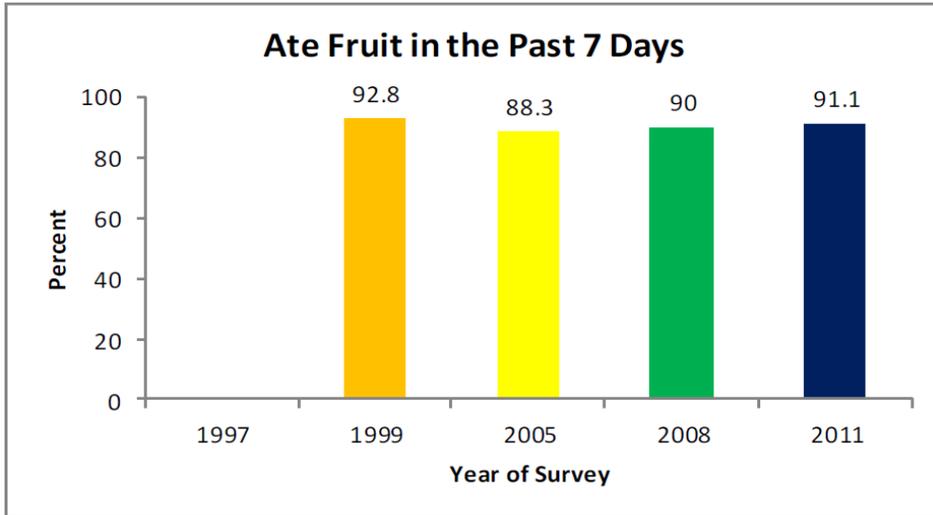
2011 U.S. High School Total: 88.3%

2011 U.S. Native American/Alaska Native: 88.3%



Percentage of High School students who ate fruit one or more times during the past seven days.

Healthy People 2020 Objective: None



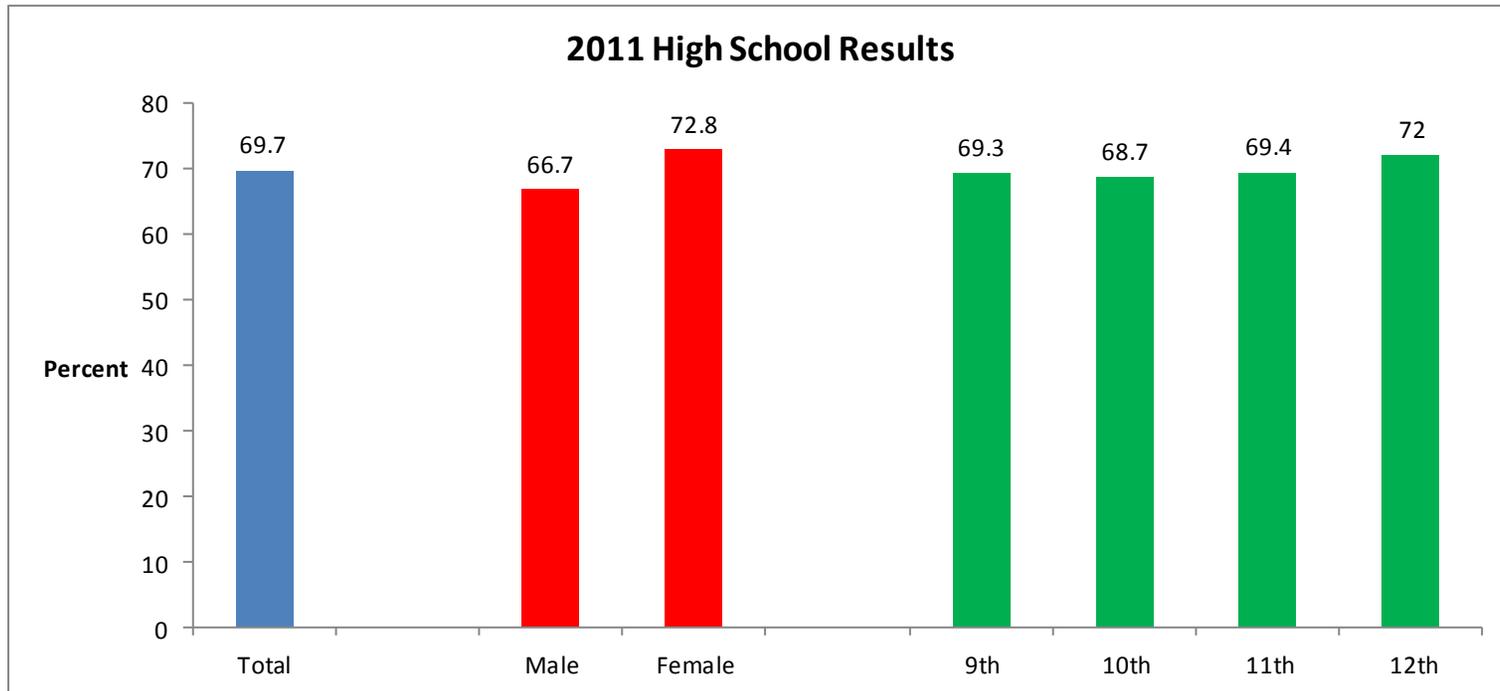
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of High School students who ate green salad one or more times during the past seven days.

Healthy People 2020 Objective: None

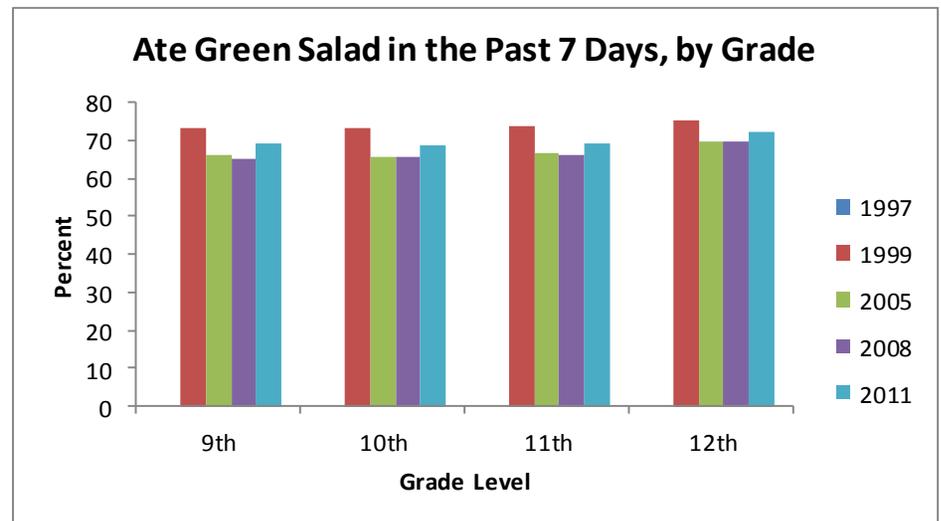
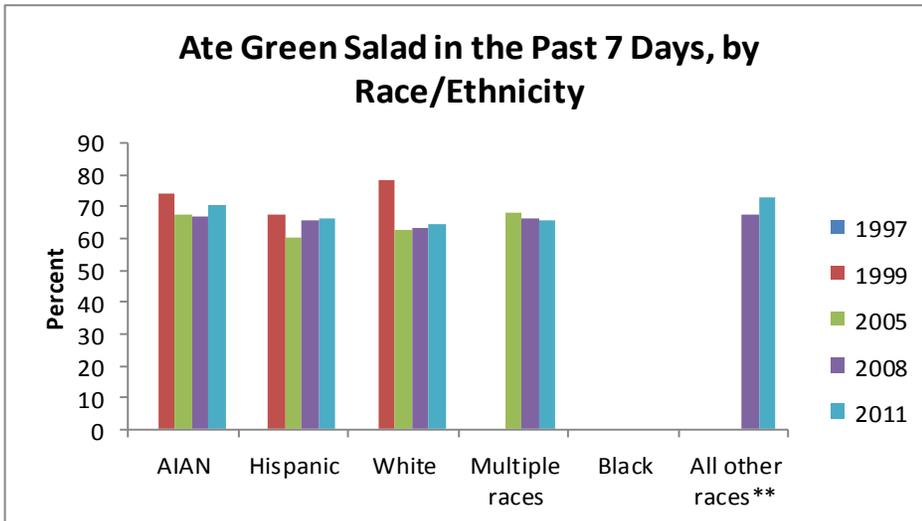
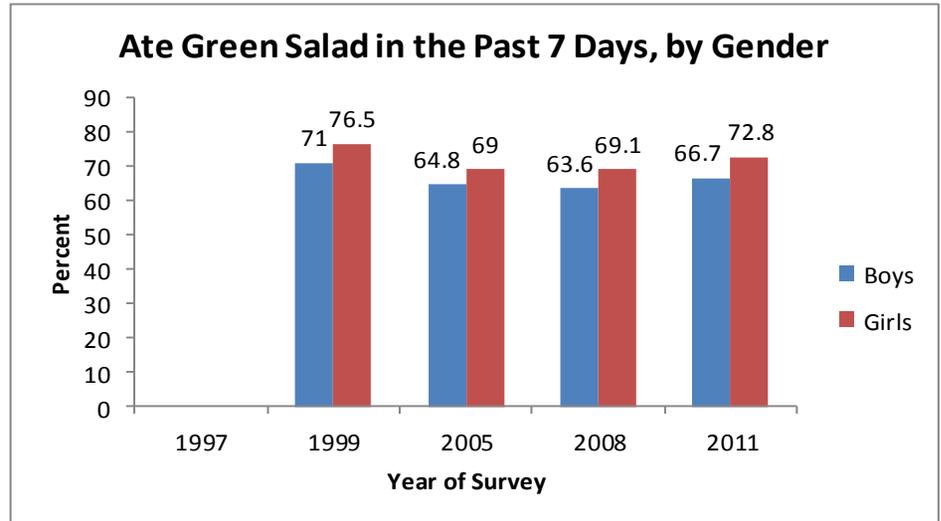
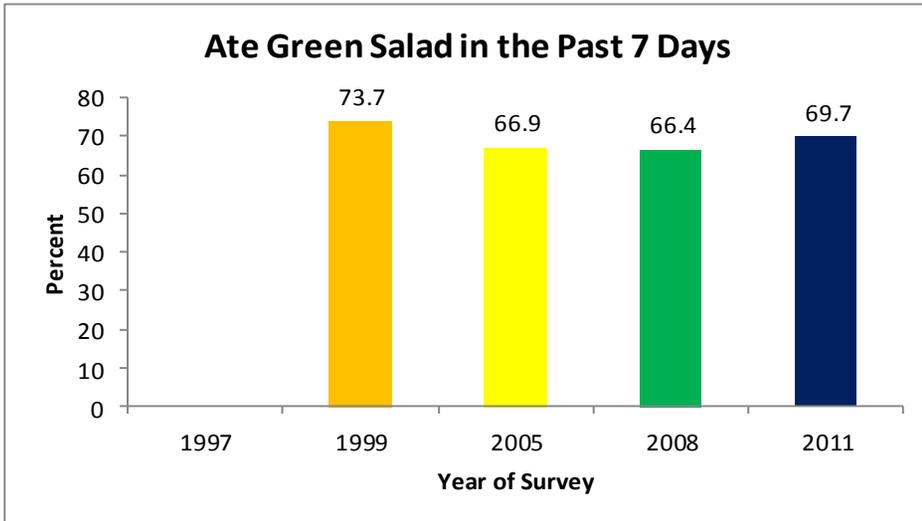
2011 U.S. High School Total: 62.0%

2011 U.S. Native American/Alaska Native: 60.7%



Percentage of High School students who ate green salad one or more times during the past seven days.

Healthy People 2020 Objective: None



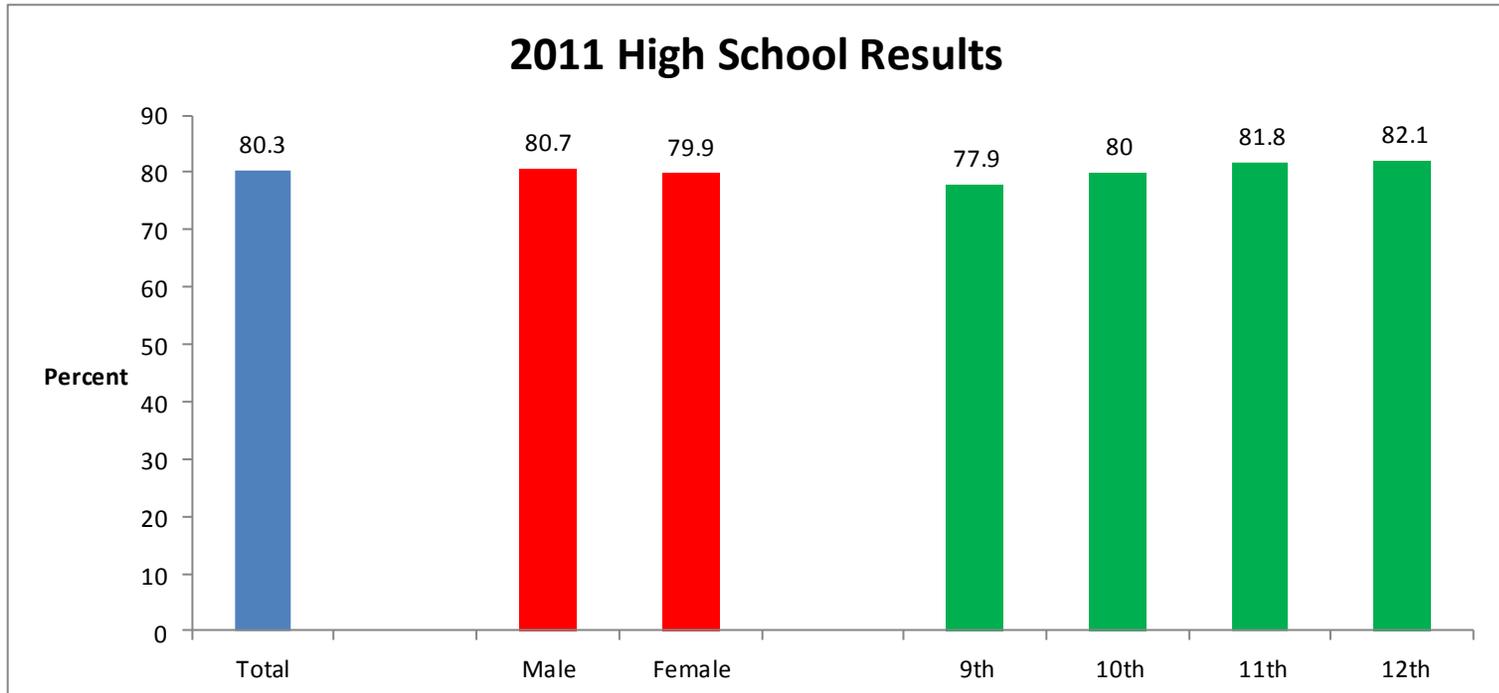
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students who ate potatoes one or more times during the past seven days

Healthy People 2020 Objective: None

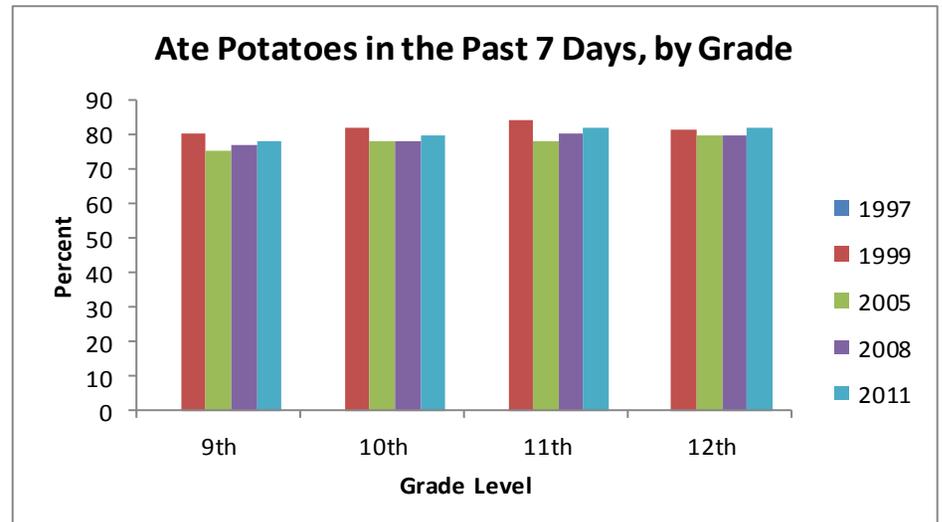
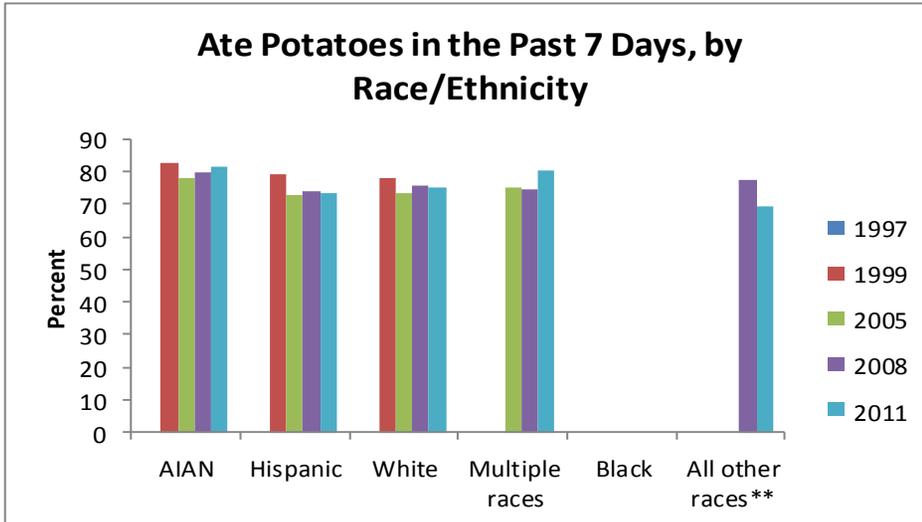
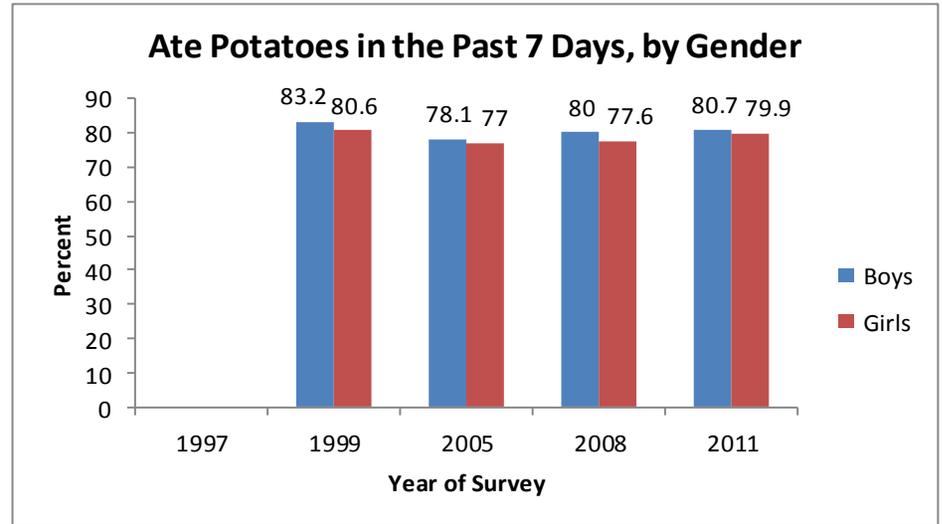
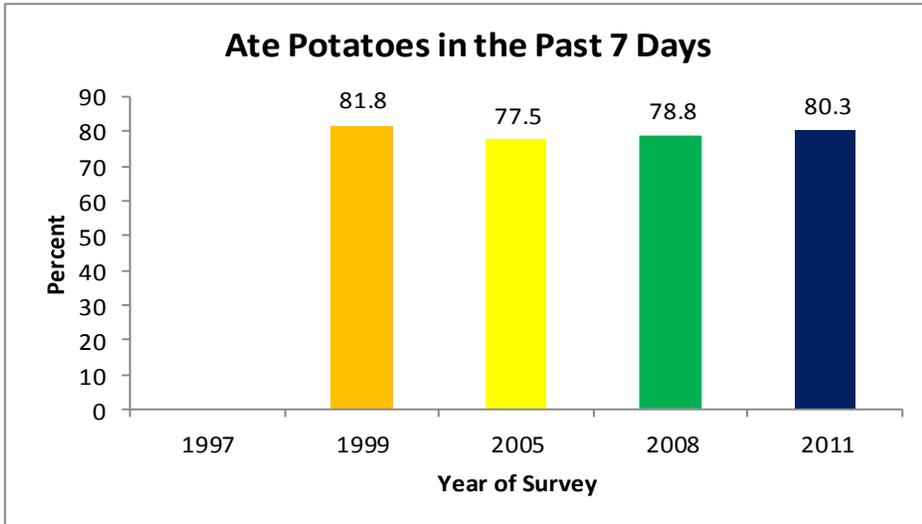
2011 U.S. High School Total: 68.8%

2011 Native American/Alaska Native: 70.6%



Percentage of High School students who ate potatoes one or more times during the past seven days.

Healthy People 2020 Objective: None



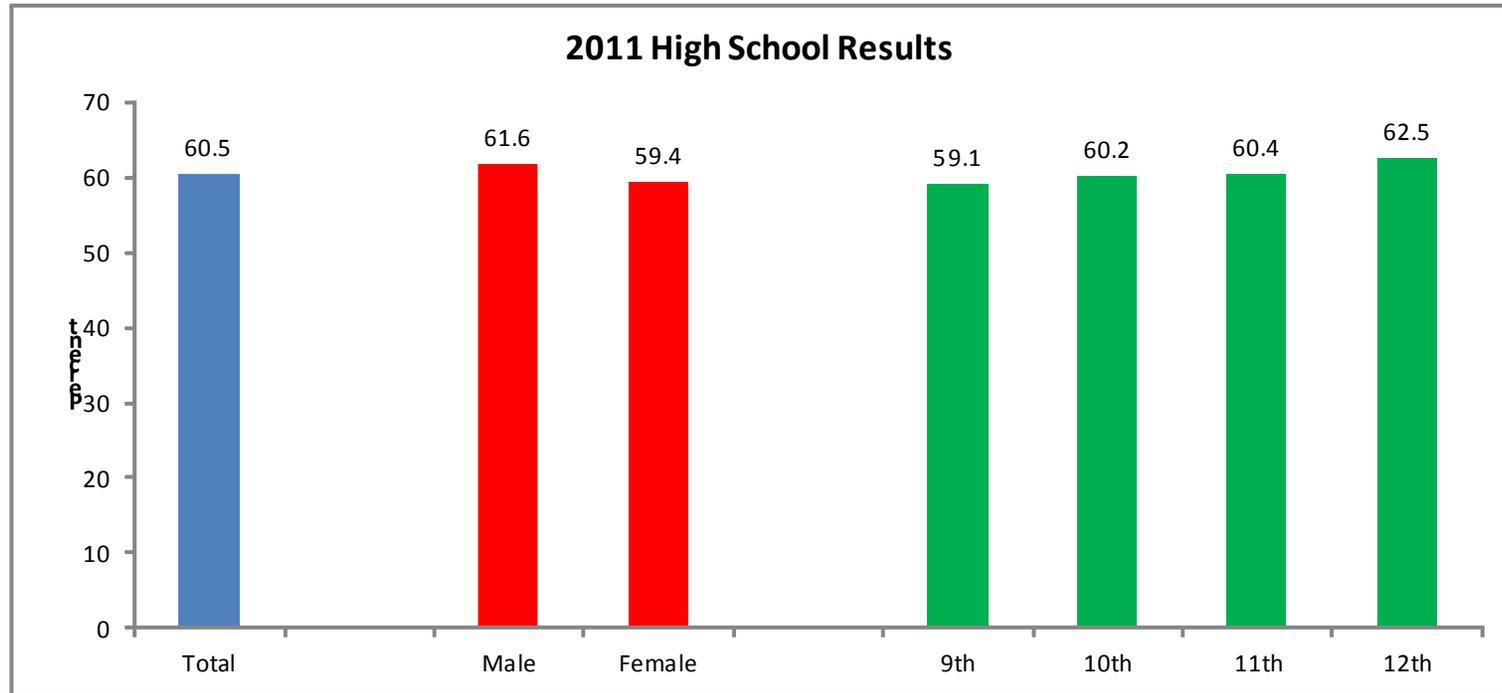
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of High School students who ate carrots one or more times during the past seven days.

Healthy People 2020 Objective: None

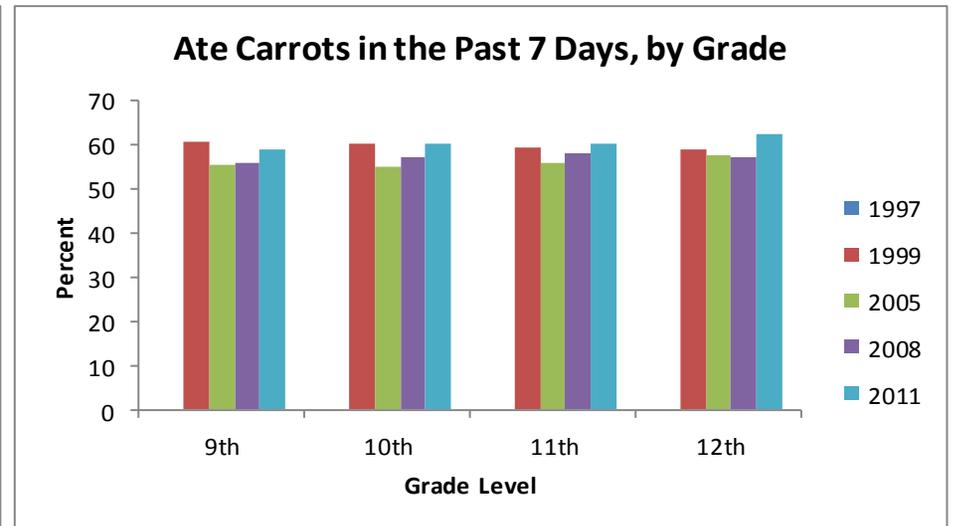
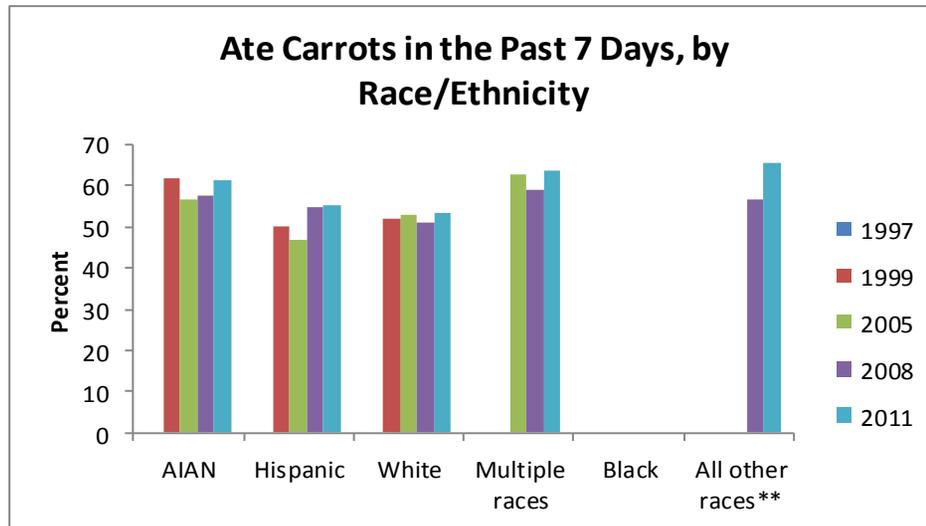
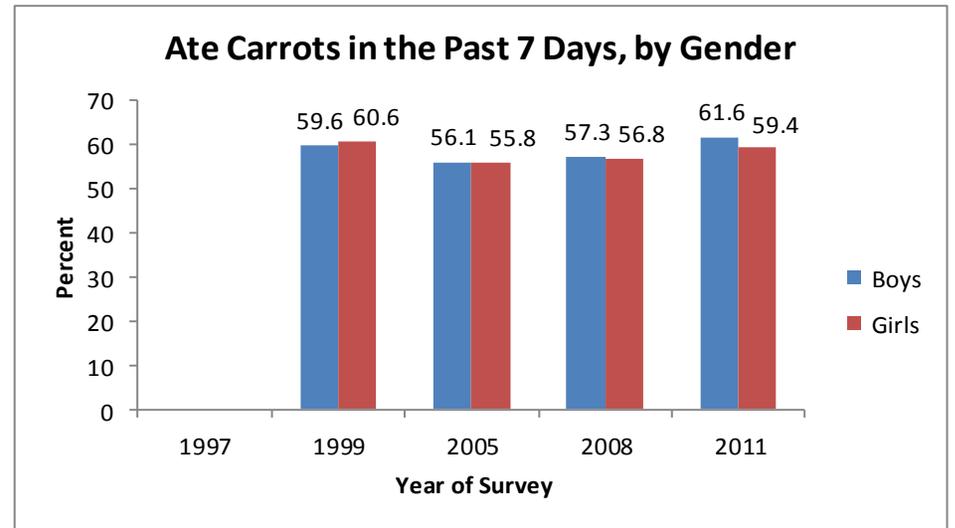
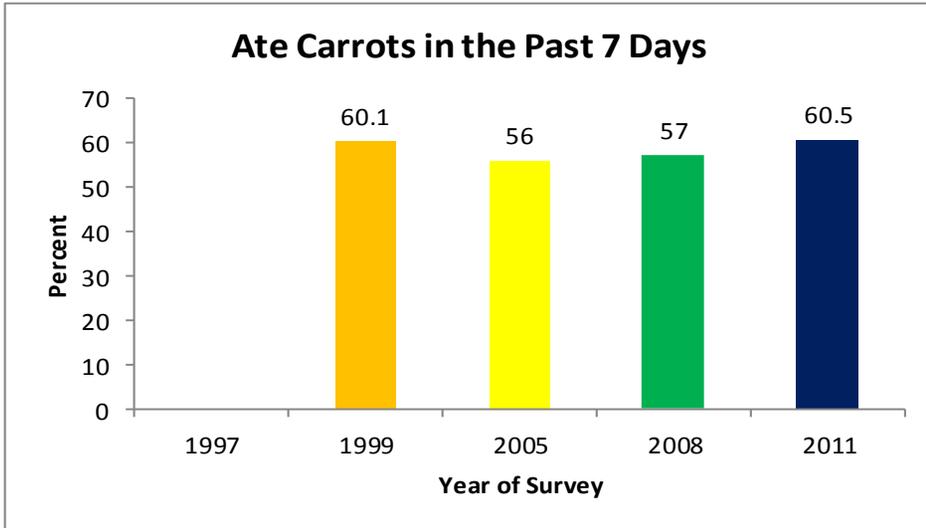
2011 U.S. High School Total: 48.0%

2011 U.S. Native American/Alaska Native: 53.2%



Percentage of High School students who ate carrots one or more times during the past seven days.

Healthy People 2020 Objective: None



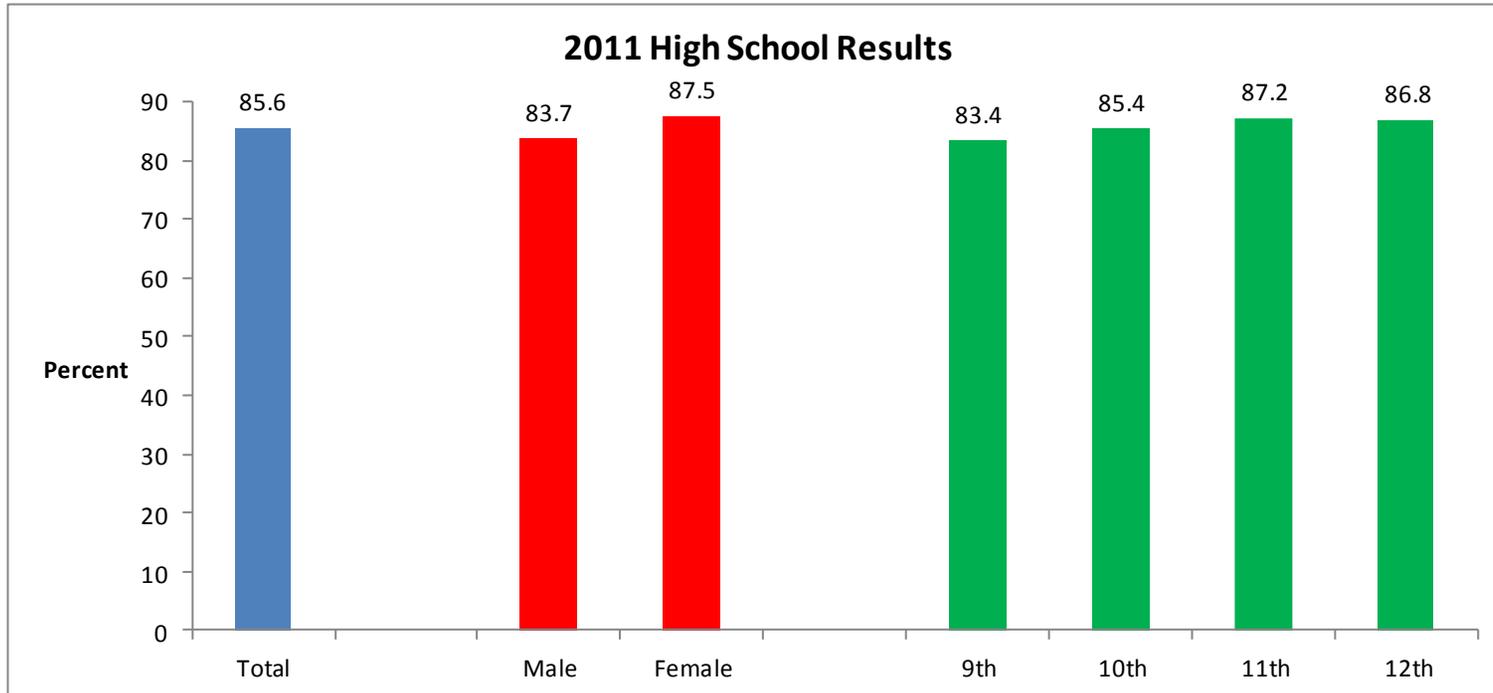
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of High School students who ate other vegetables one or more times during the past seven days.

Healthy People 2020 Objective: None

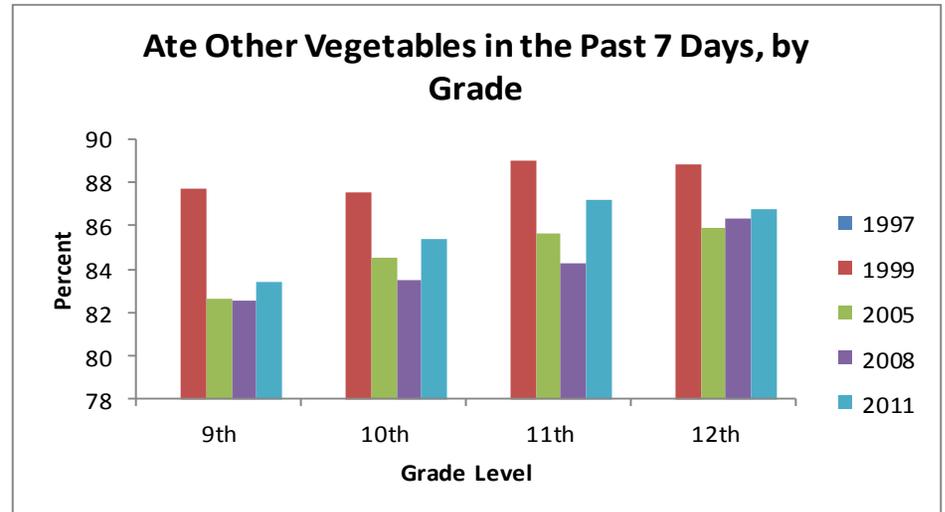
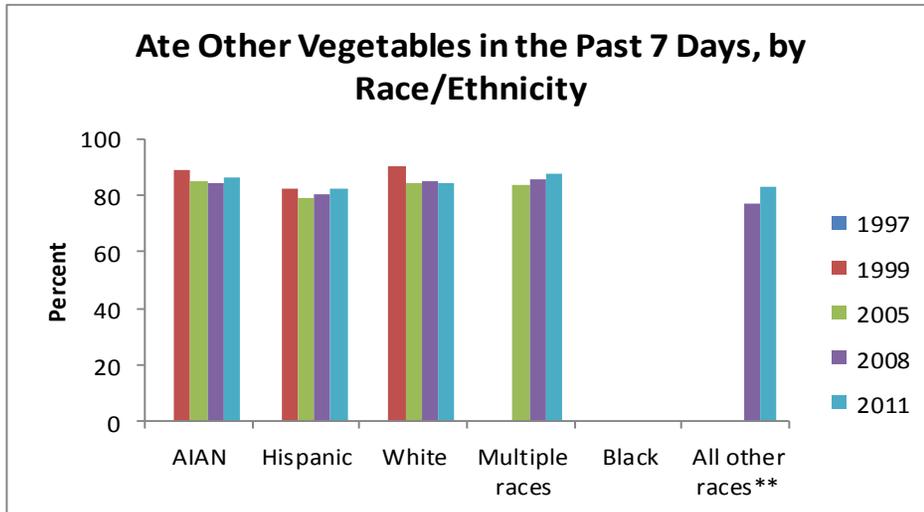
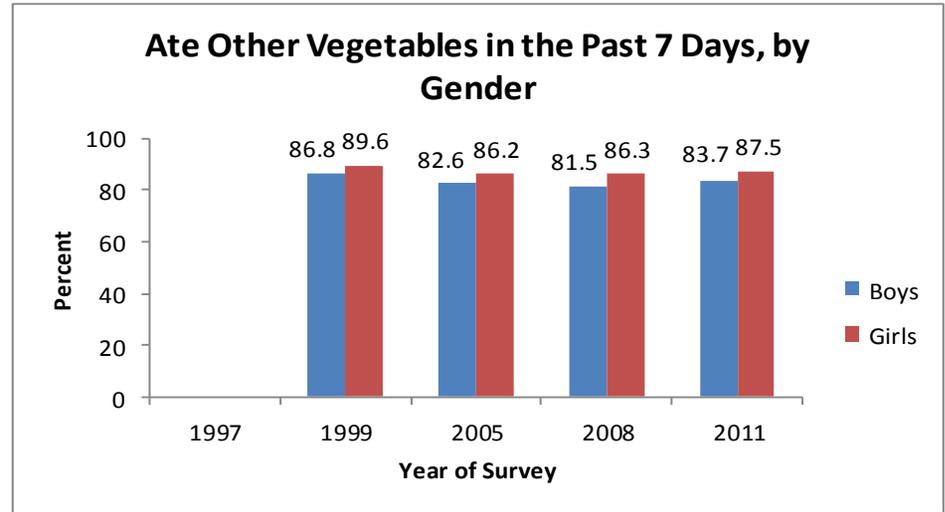
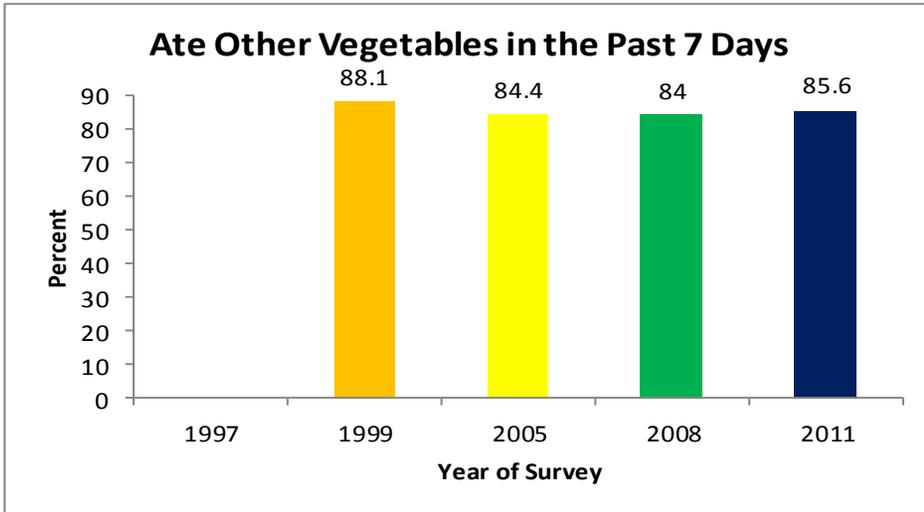
2011 U.S. High School Total: 83.0%

2011 U.S. Native American/Alaska Native: 83.7%



Percentage of High School students who ate other vegetables one or more times during the past seven days.

Healthy People 2020 Objective: None



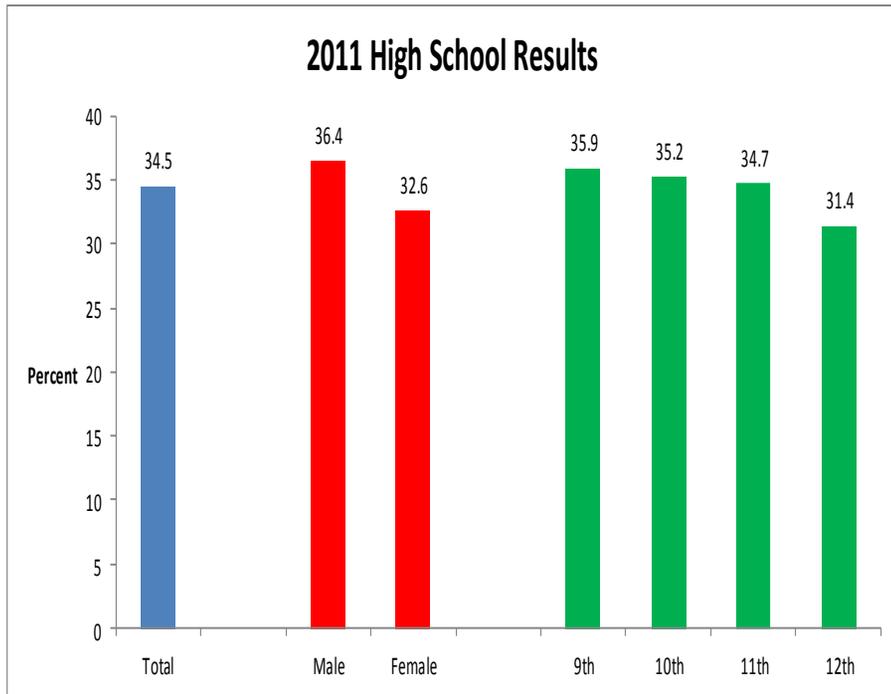
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of High School students who ate fruits and vegetables five or more times per day during the past seven days.

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 Native American/Alaska Native: NA

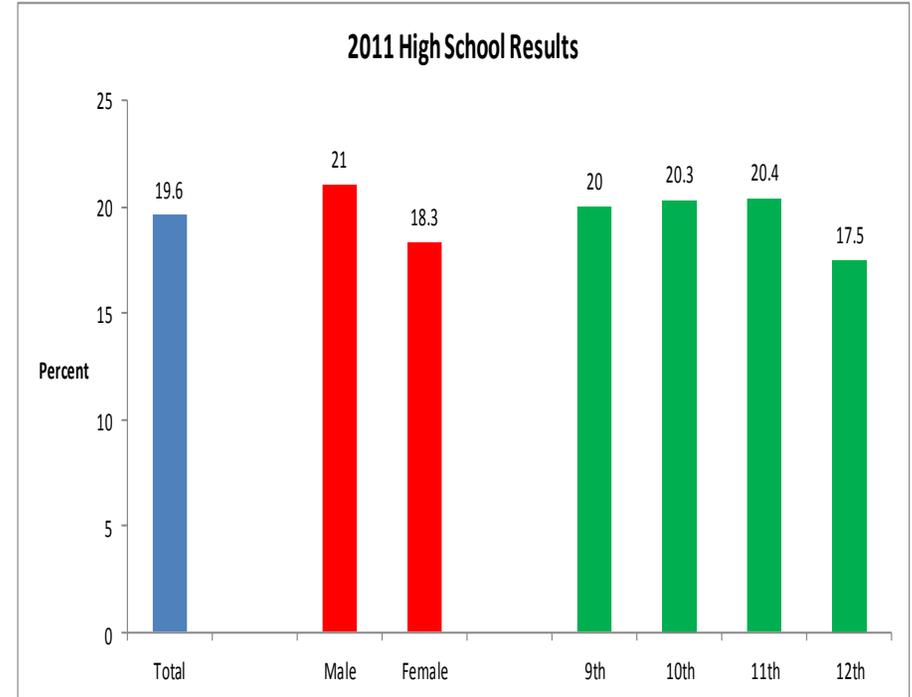


Percentage of High School students who ate fruits or drank 100% fruit juices two or more times per day and ate vegetables three or more times per day during the past seven days

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 Native American/Alaska Native: NA

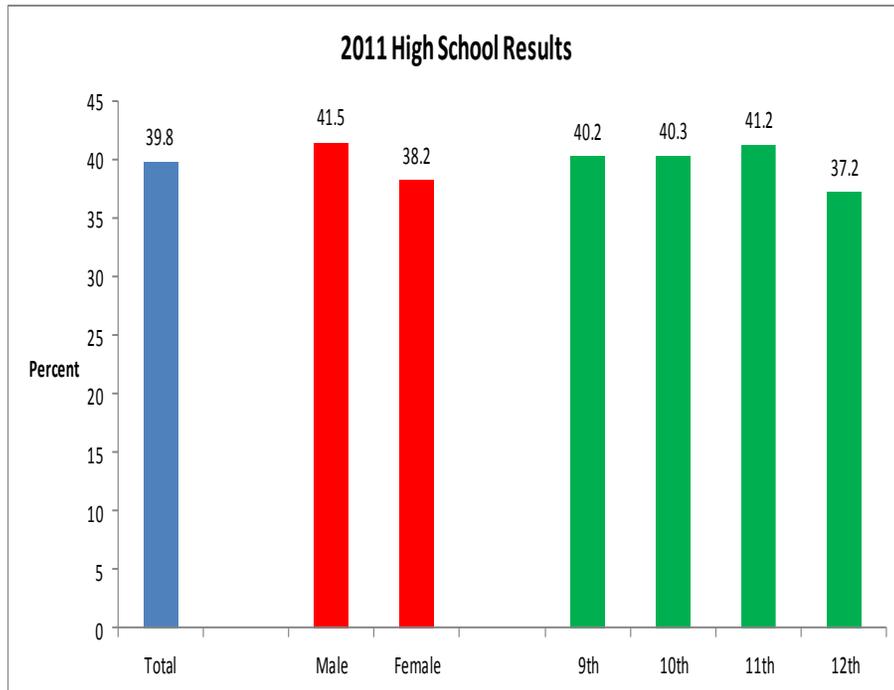


Percentage of High School students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days

Healthy People 2020 Objective: None

2011 U.S. High School Total: 34.0%

2011 U.S. Native American/Alaska Native: 37.9%

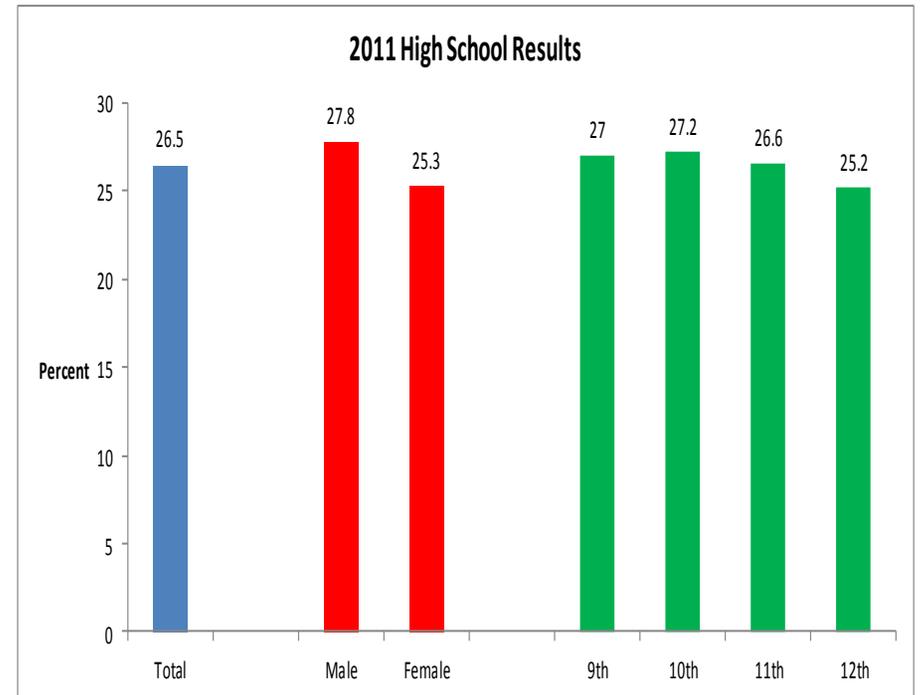


Percentage of High School students who ate vegetables three or more times per day during the past seven days

Healthy People 2020 Objective: None

2011 U.S. High School Total: 15.3%

2011 U.S. Native American/Alaska Native: 22.5%

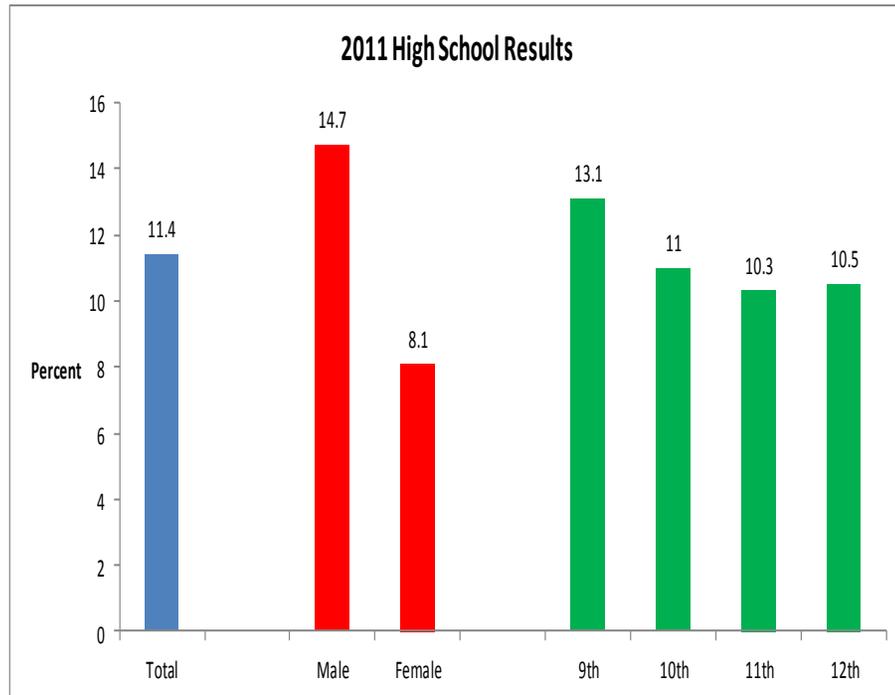


Percentage of High School students who drank three or more glasses of milk during the past seven days.

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 U.S. Native American/Alaska Native: NA

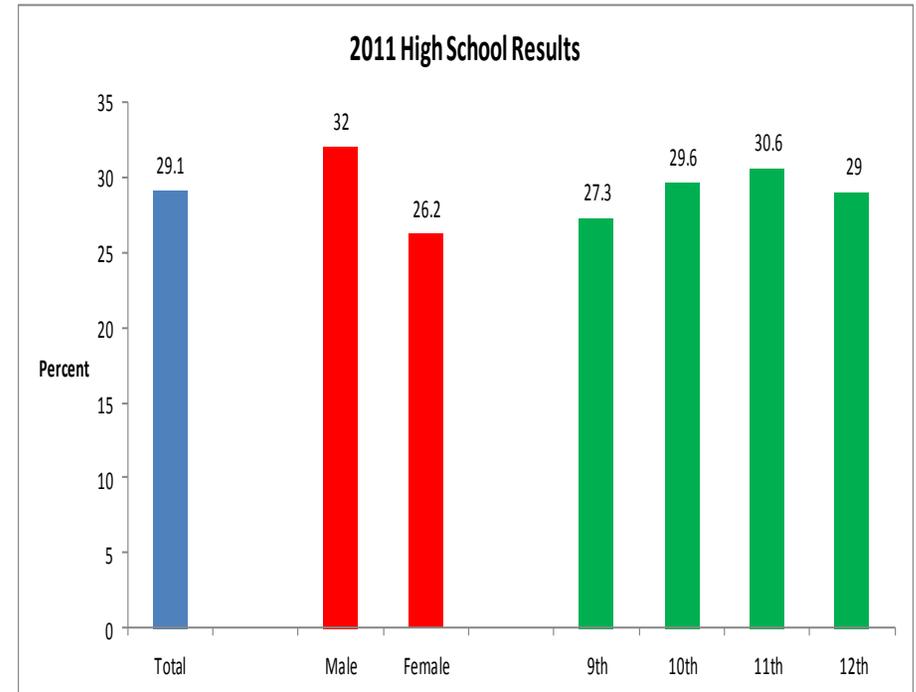


Percentage of High School students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days

Healthy People 2020 Objective: None

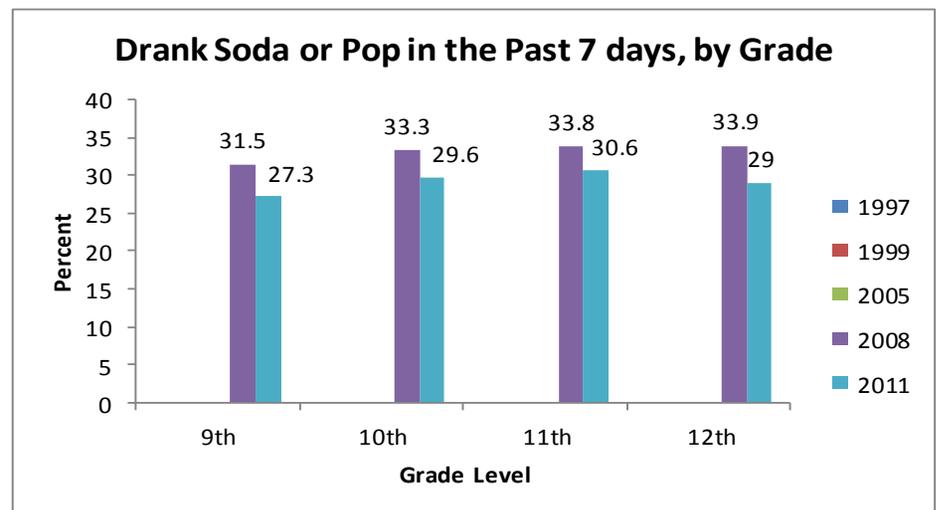
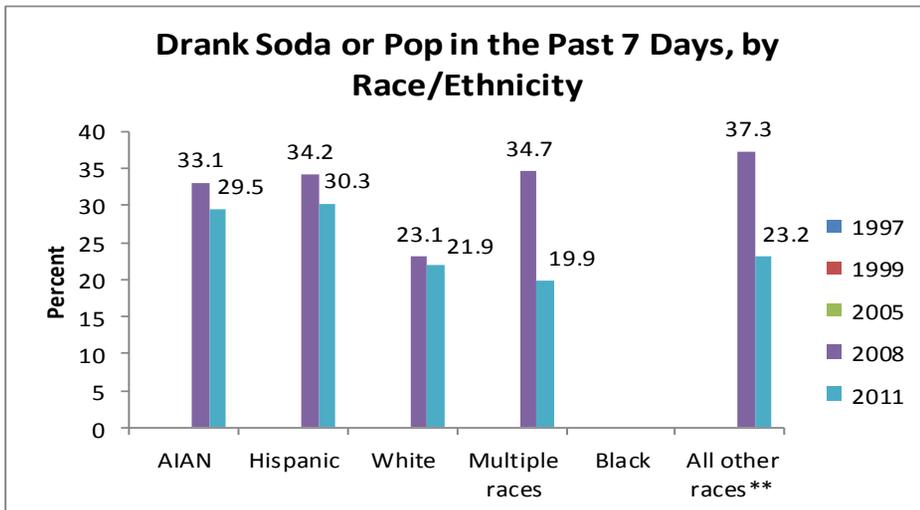
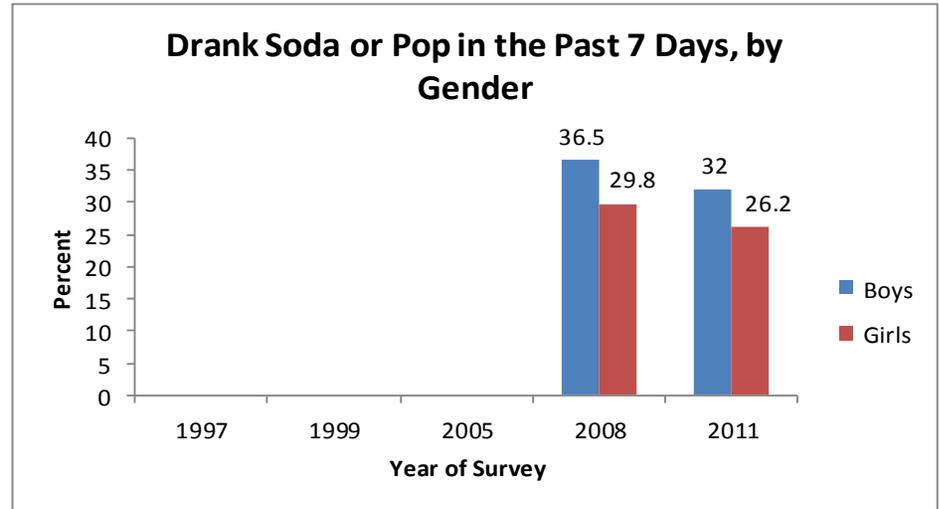
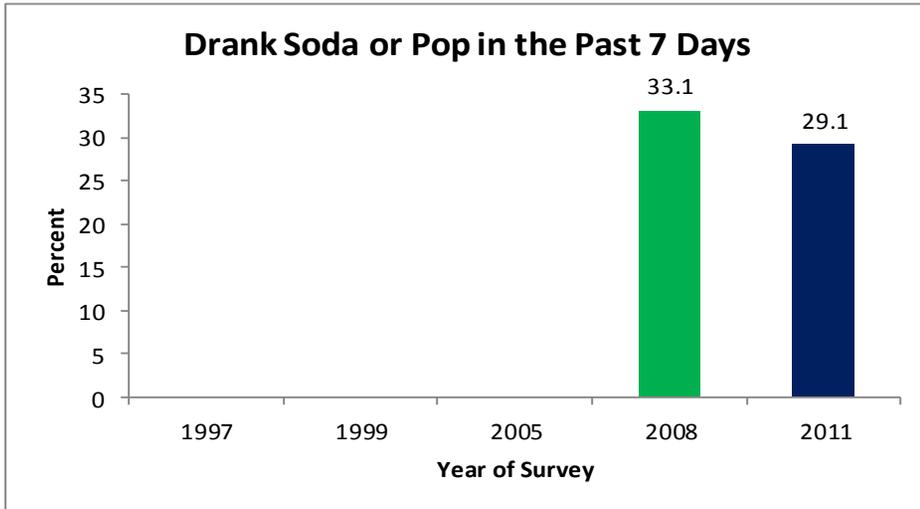
2011 U.S. High School Total: 27.8%

2011 U.S. Native American/Alaska Native: 35.8%



Percentage of High School students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days

Healthy People 2020 Objective: None



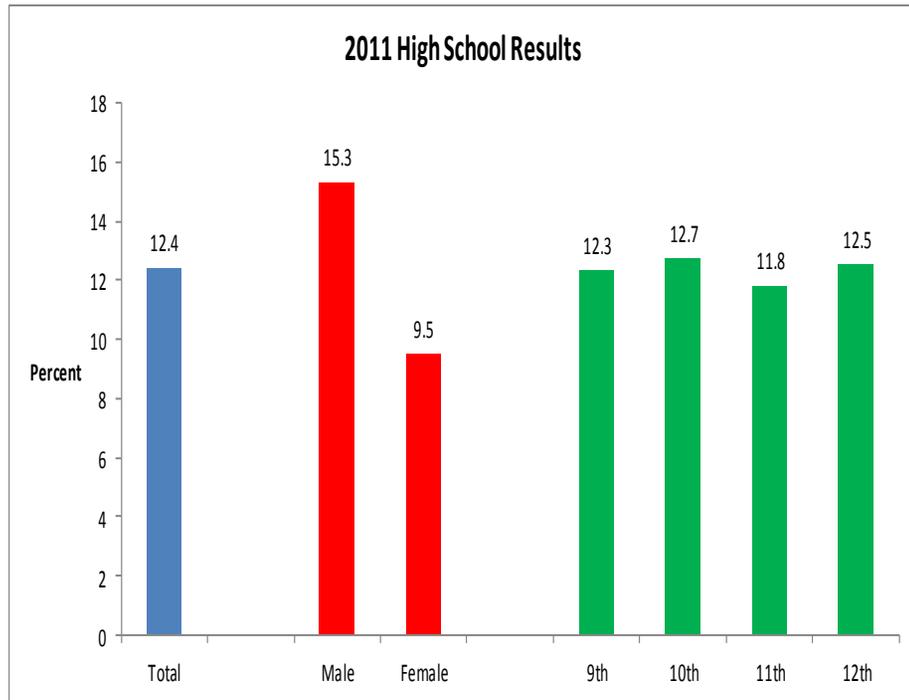
**All other races in 2008 only includes Native Hawaiian and other Pacific Islander

Percentage of High School students 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

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 U.S. Native American/Alaska Native: NA

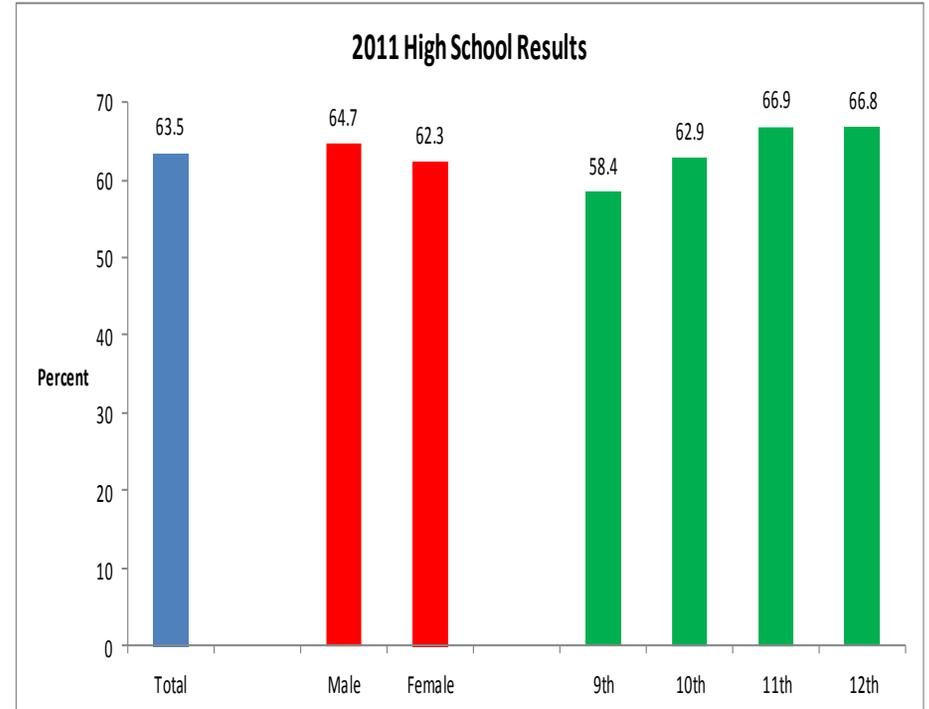


Percentage of students who have ever been taught about diabetes in school

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 U.S. Native American/Alaska Native: NA





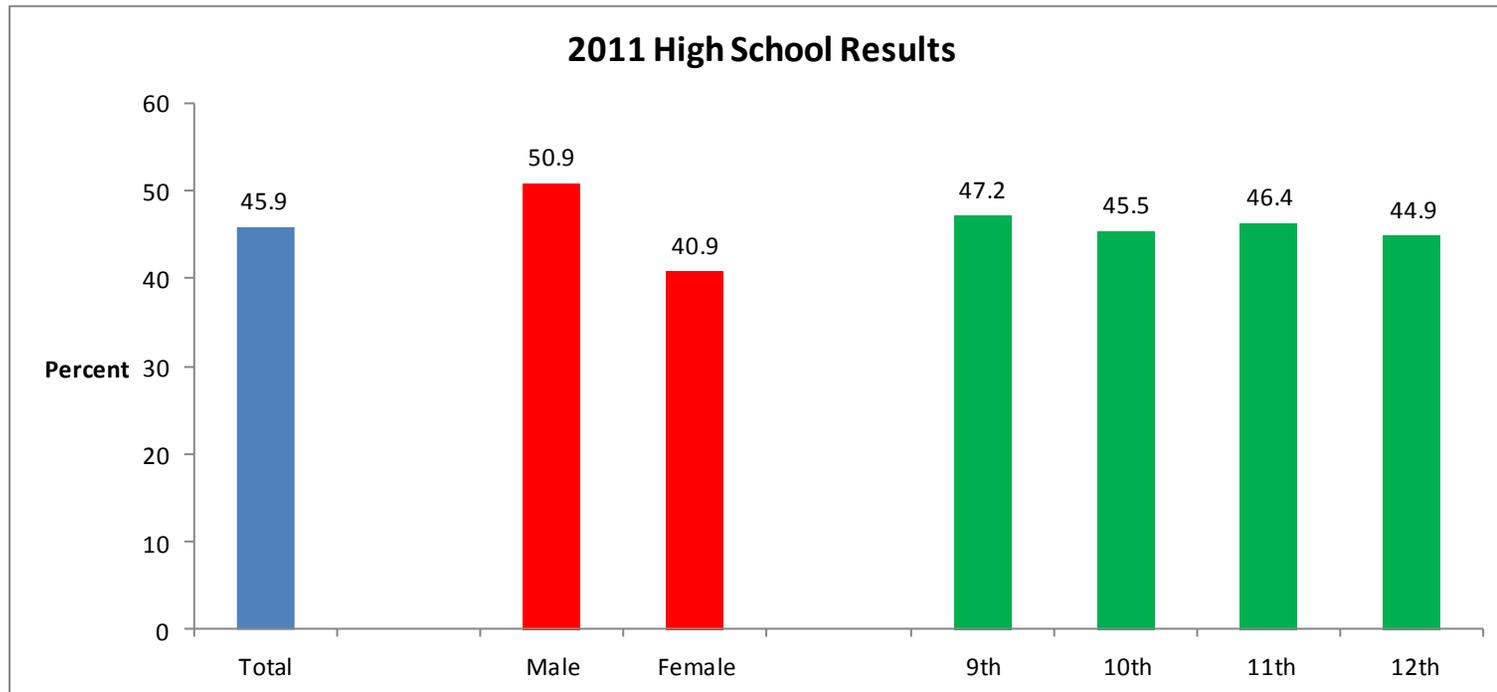
Physical Activity

Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven

Healthy People 2020 Objective: None

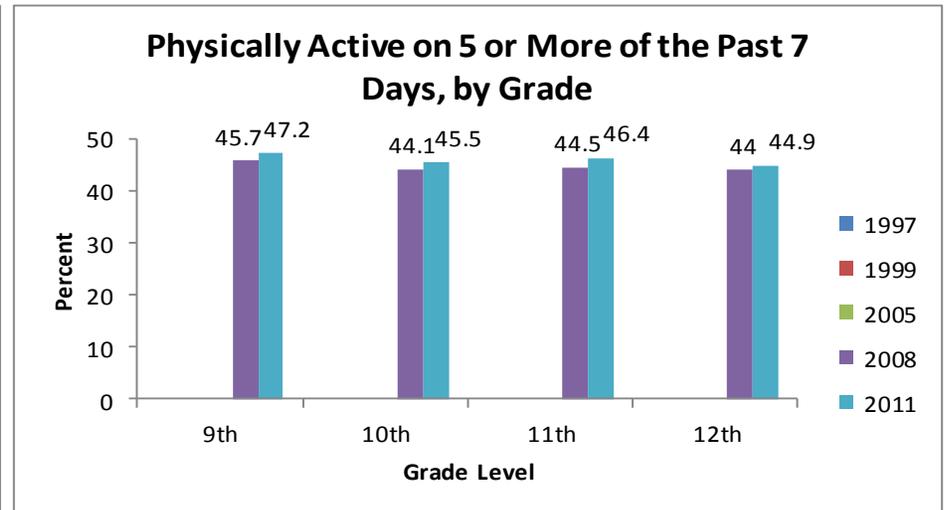
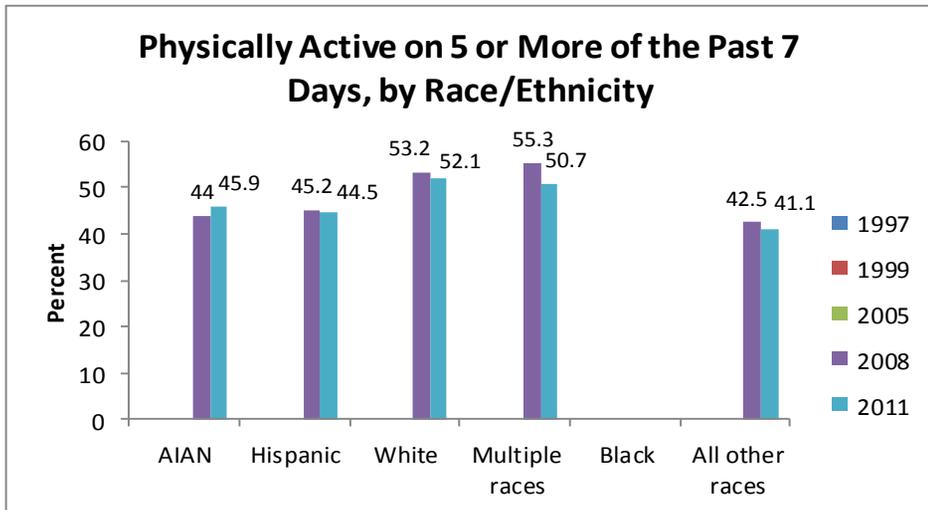
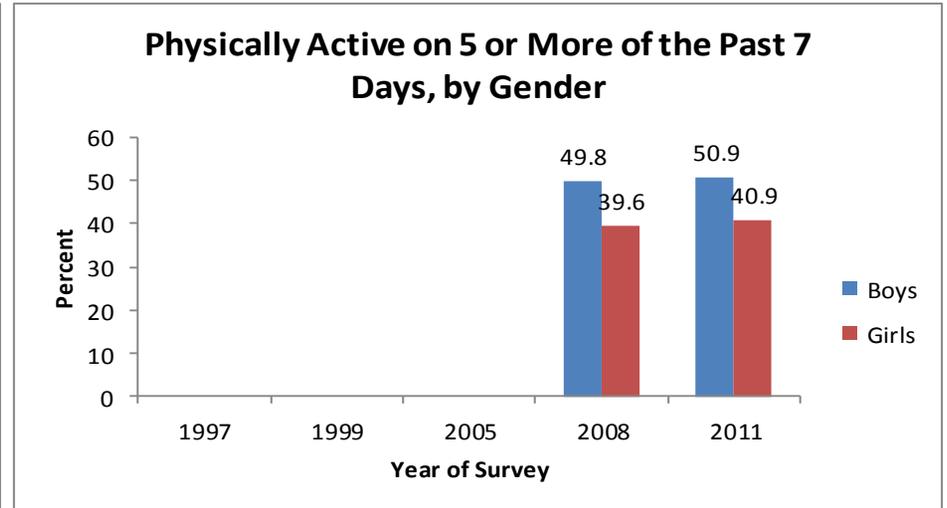
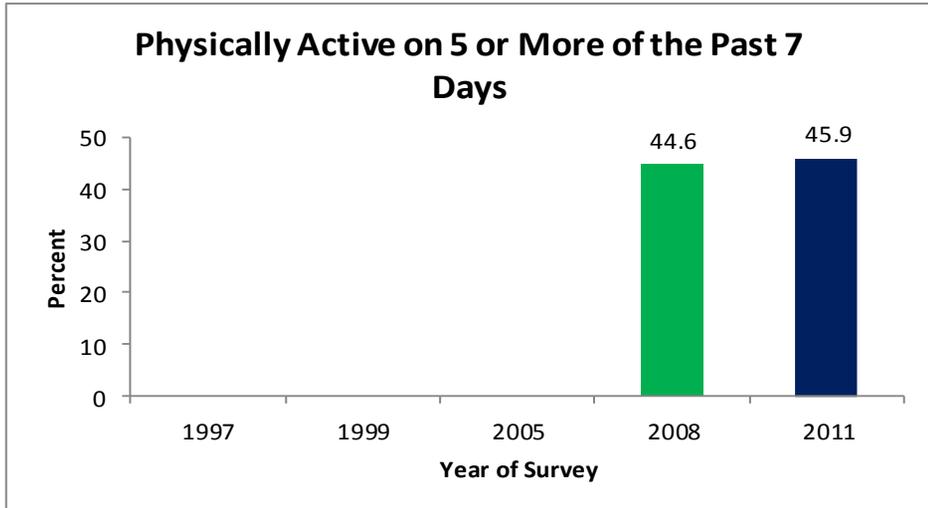
2011 U.S. High School Total: 49.5%

2011 U.S. Native American/Alaska Native: 47.9%



Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven

Healthy People 2020 Objective: None



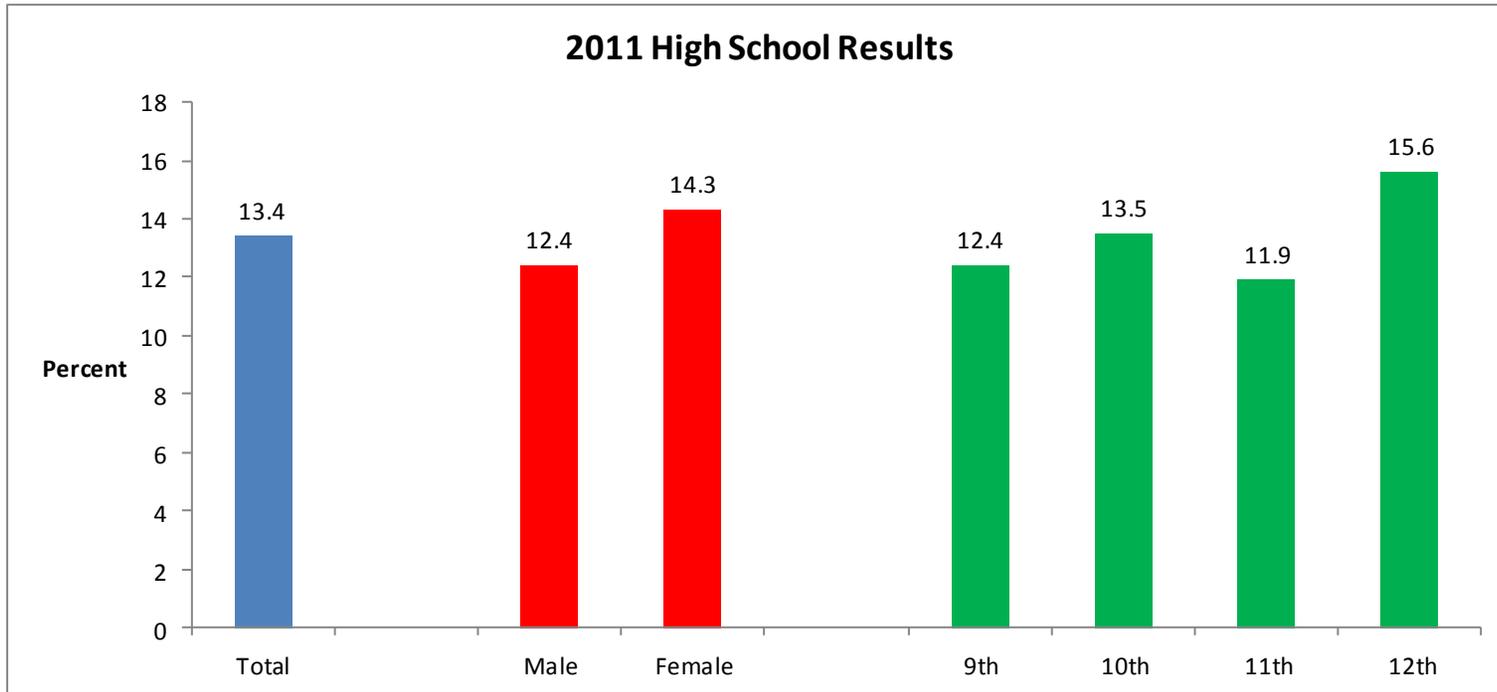
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who were physically active for a total of at least 60 minutes per day on 0 or more of the past seven

Healthy People 2020 Objective: None

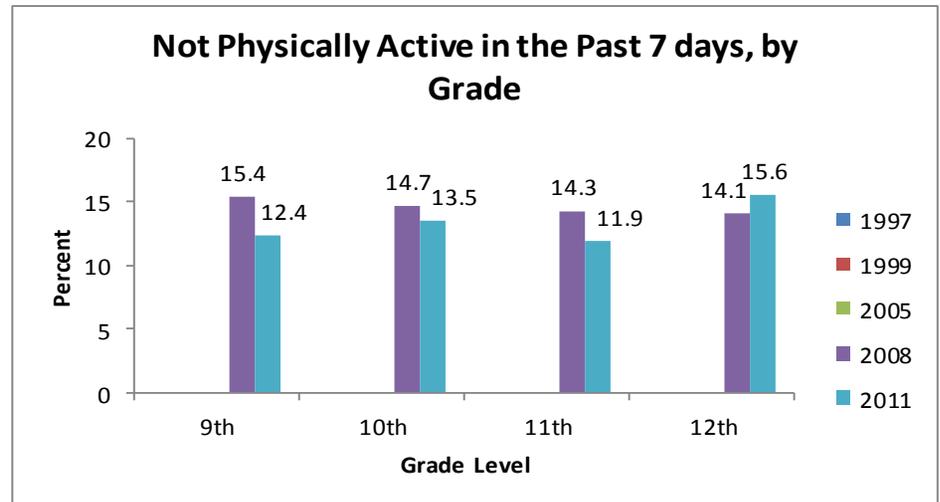
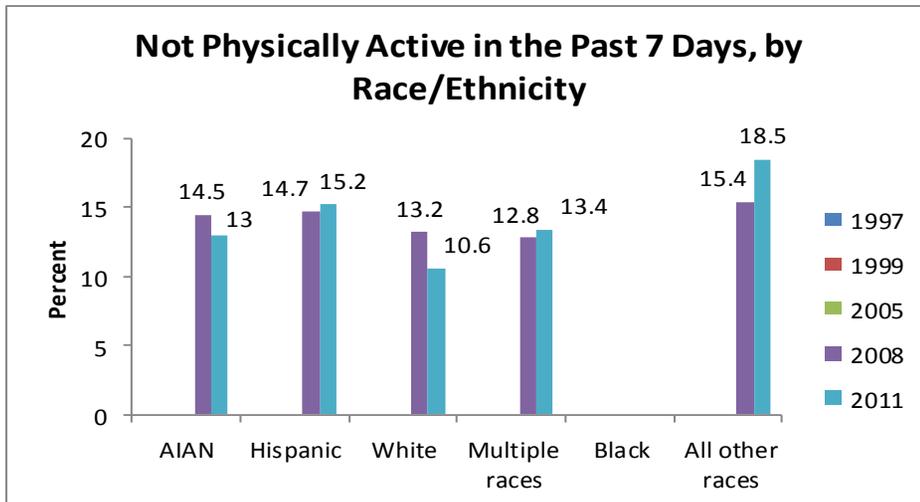
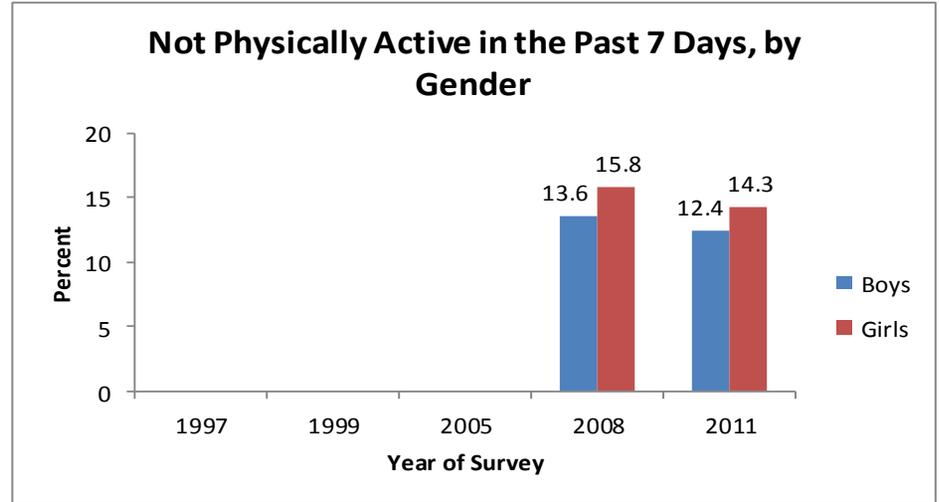
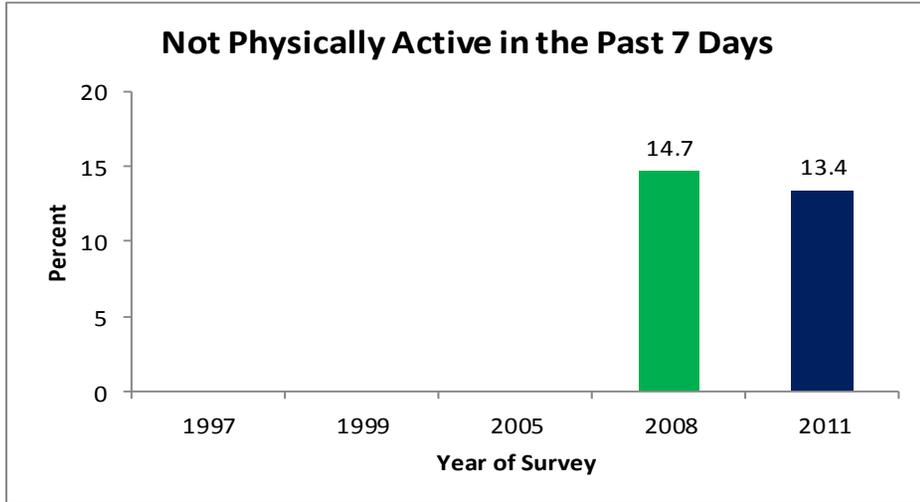
2011 U.S. High School Total: 13.8%

2011 U.S. Native American/Alaska Native: 13.0%



Percentage of students who were physically active for a total of at least 60 minutes per day on 0 or more of the past seven

Healthy People 2020 Objective: None



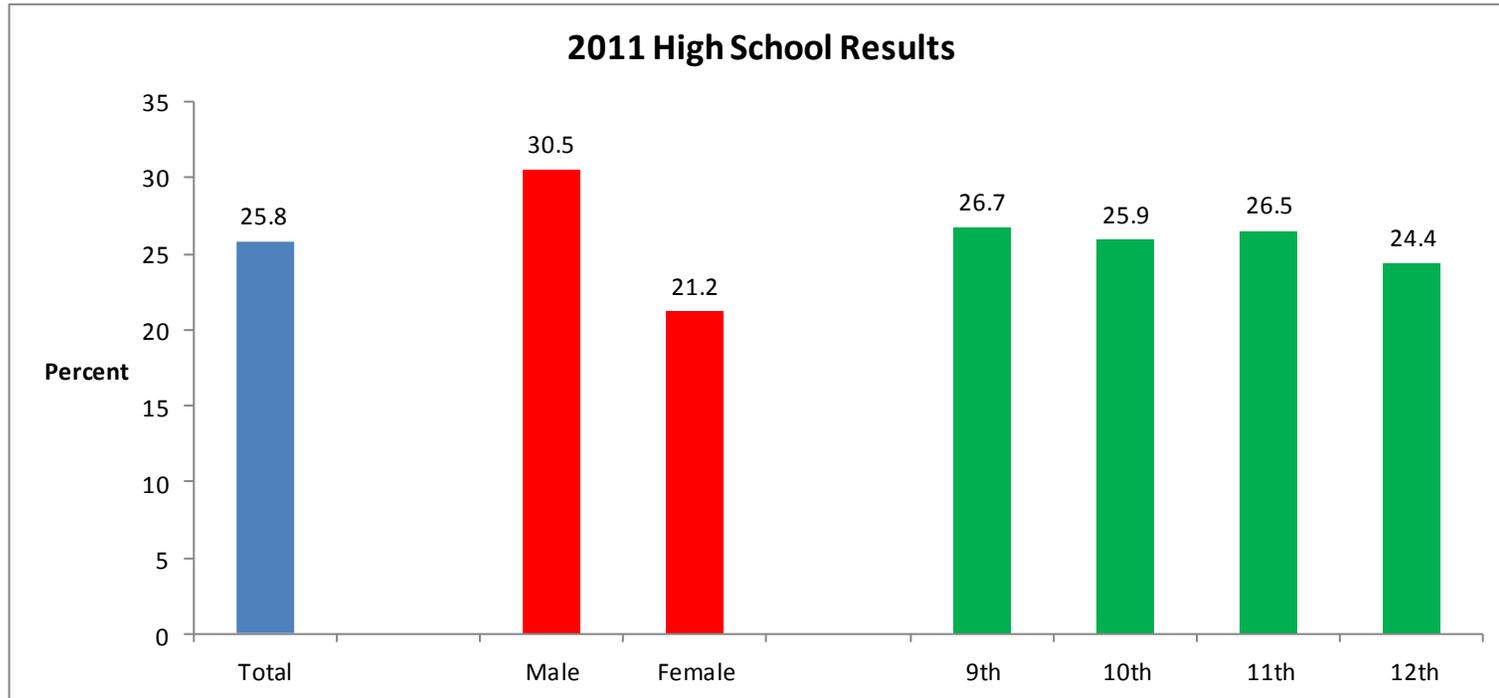
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven

Healthy People 2020 Objective: 20.2%

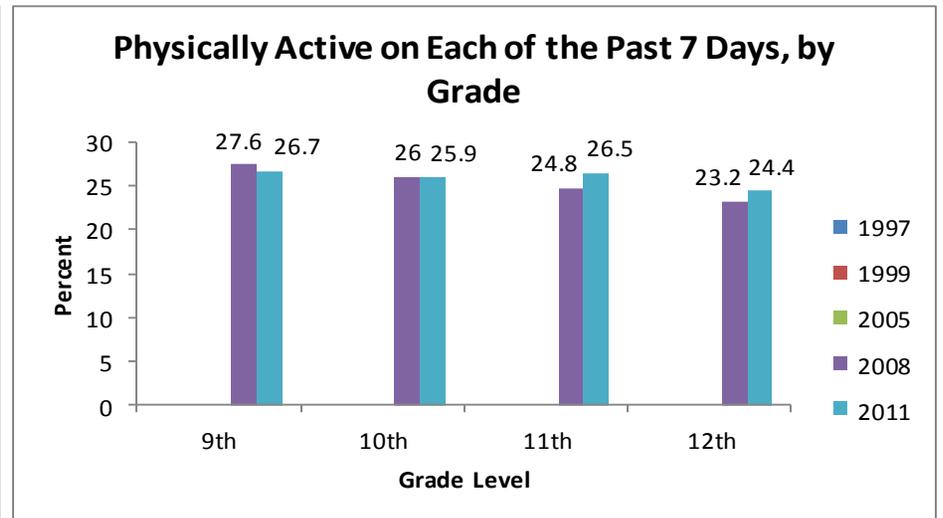
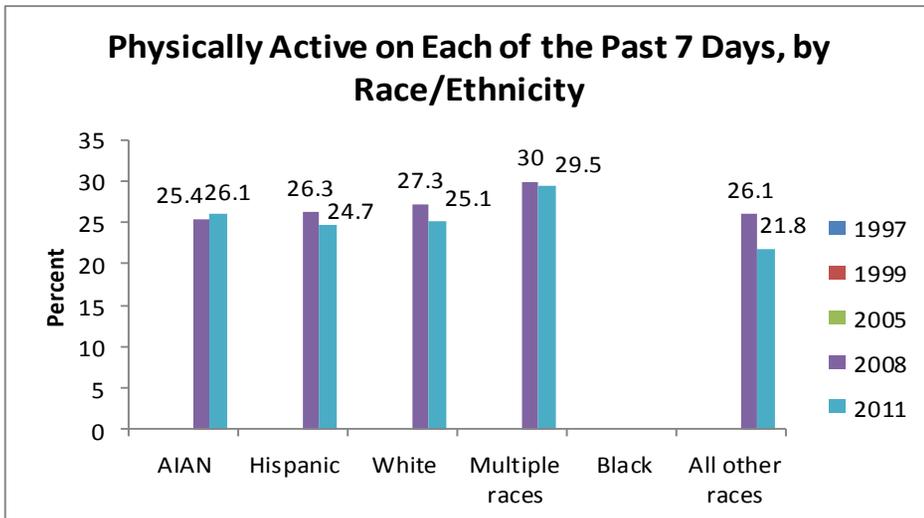
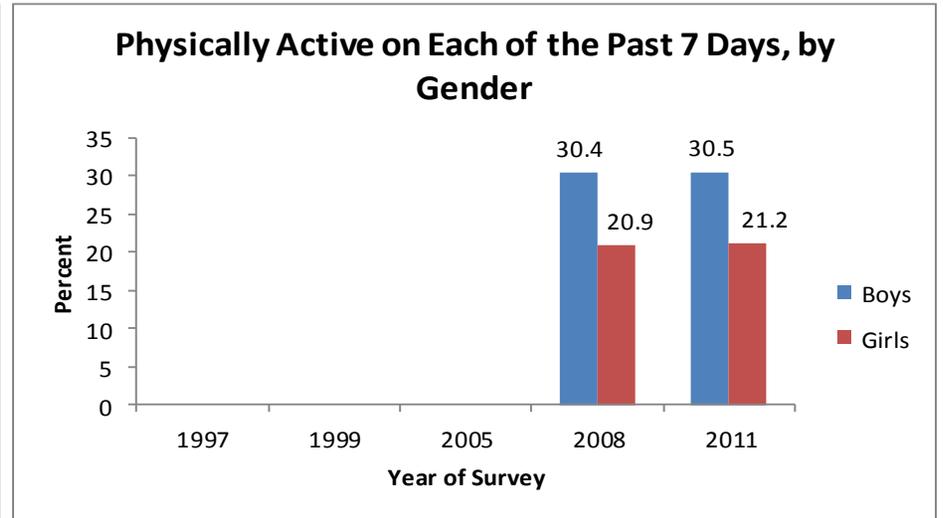
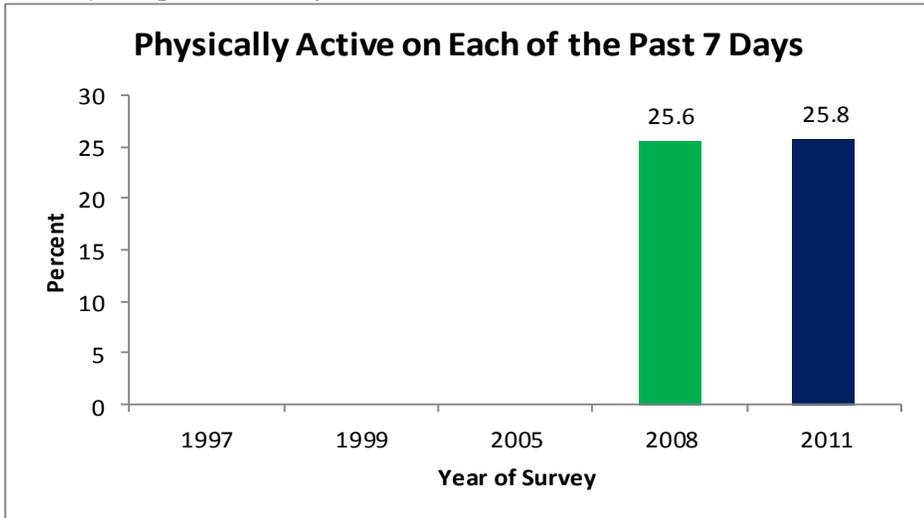
2011 U.S. High School Total: 28.7%

2011 U.S. Native American/Alaska Native: 29.1%



Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven

Healthy People 2020 Objective: 20.2%



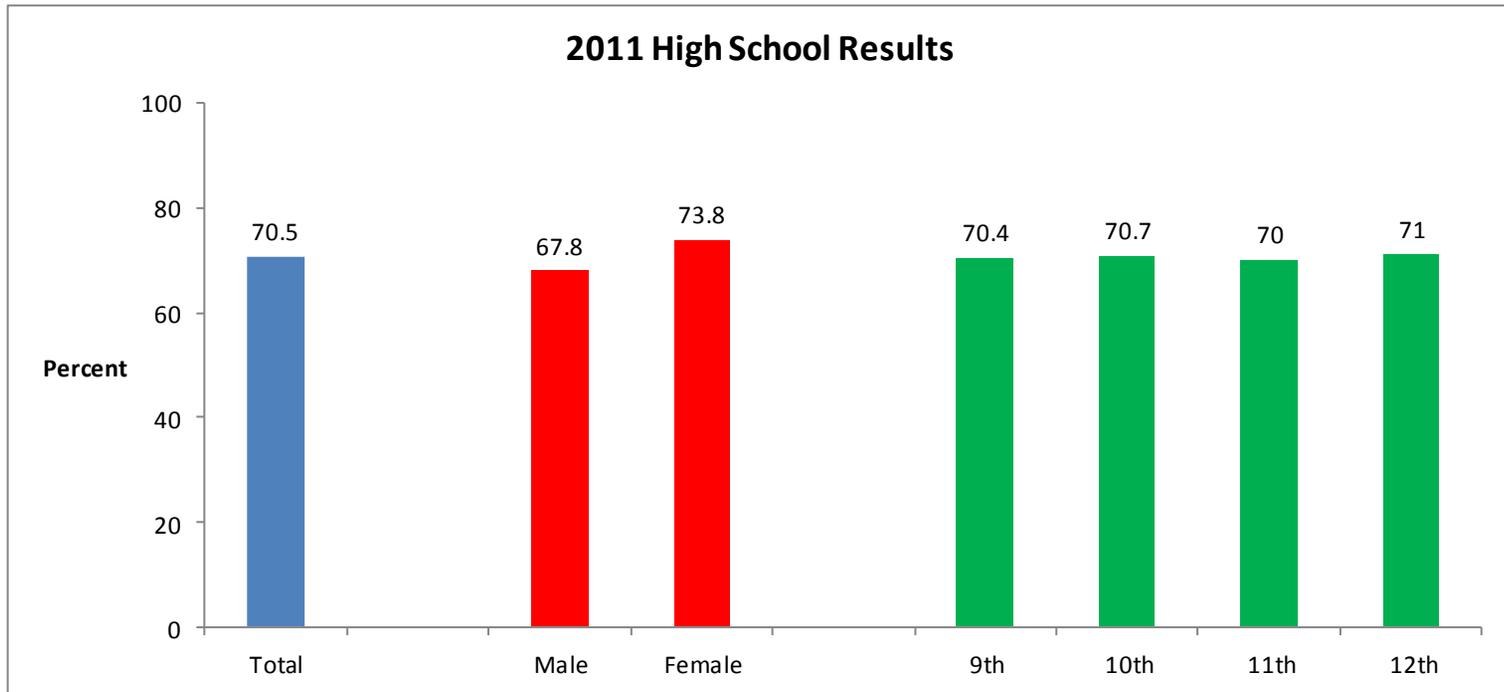
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who watched less than three hours per day of TV on an average school day

Healthy People 2020 Objective: 73.9% (watch no more than 2 hours per day 9th-12th)

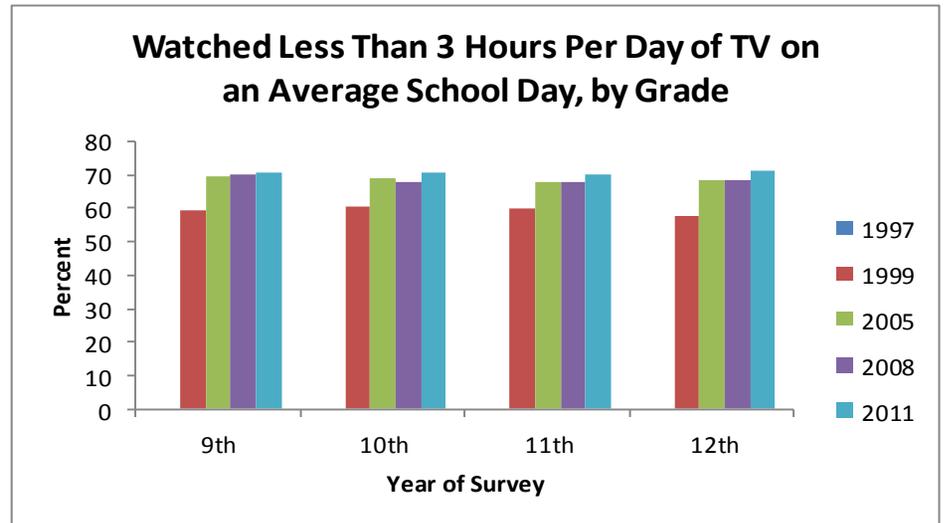
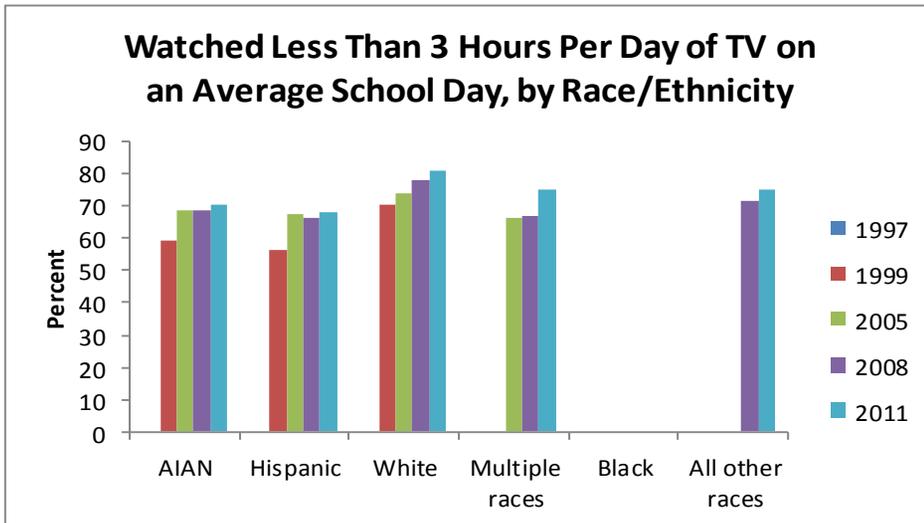
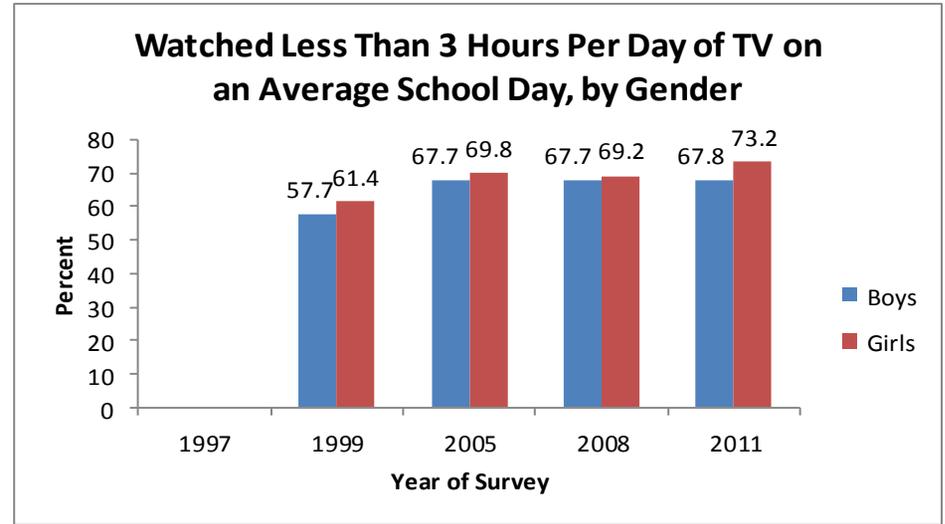
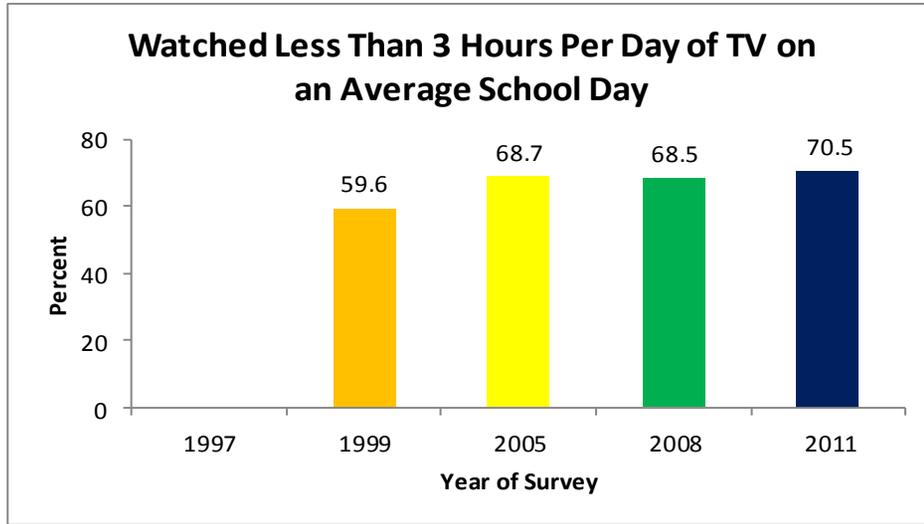
2011 U.S. High School Total: 67.6%

2011 U.S. Native American/Alaska Native: 64.0%



Percentage of students who watched less than three hours per day of TV on an average school day

Healthy People 2020 Objective: 73.9% (watch no more than 2 hours per day, 9th-12th)



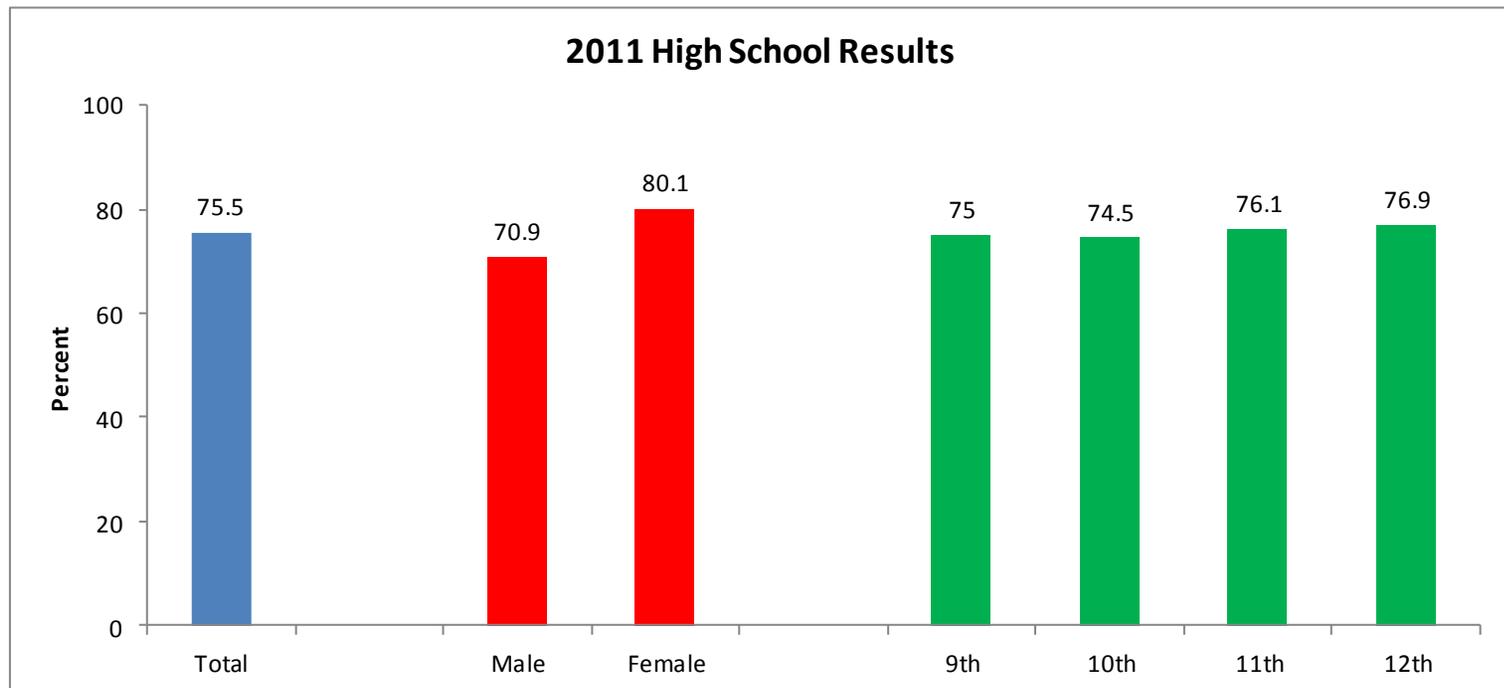
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who played video or computer games or used a computer for something that was not school work for less than three hours per day on an average school day

Healthy People 2020 Objective: 82.6% (play no more than 2 hours per day, 9th-12th)

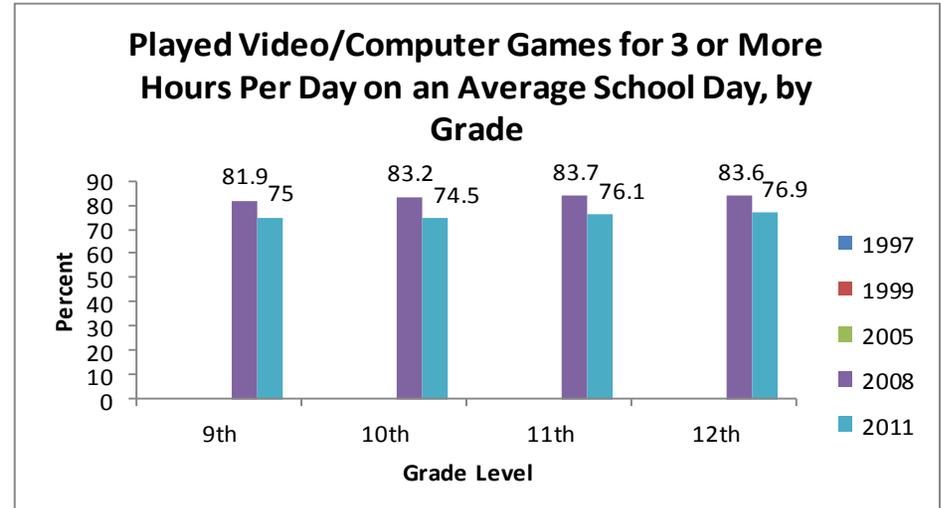
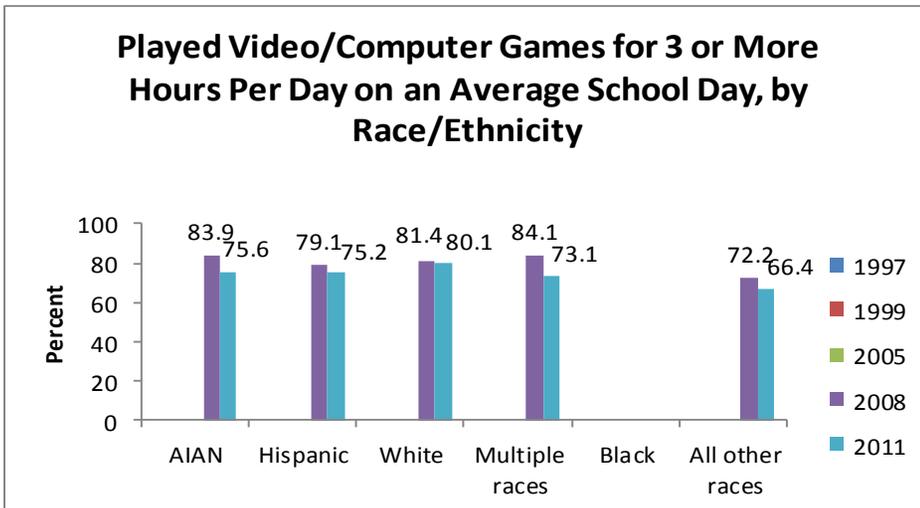
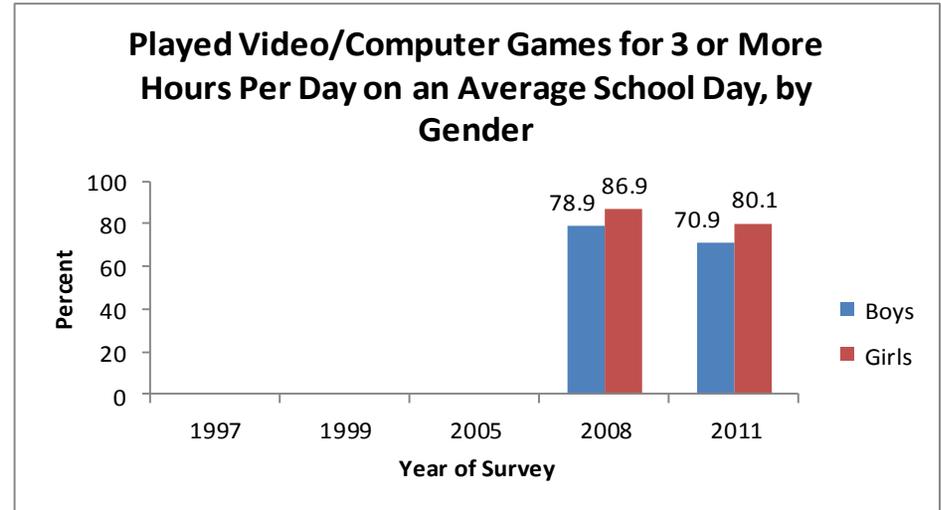
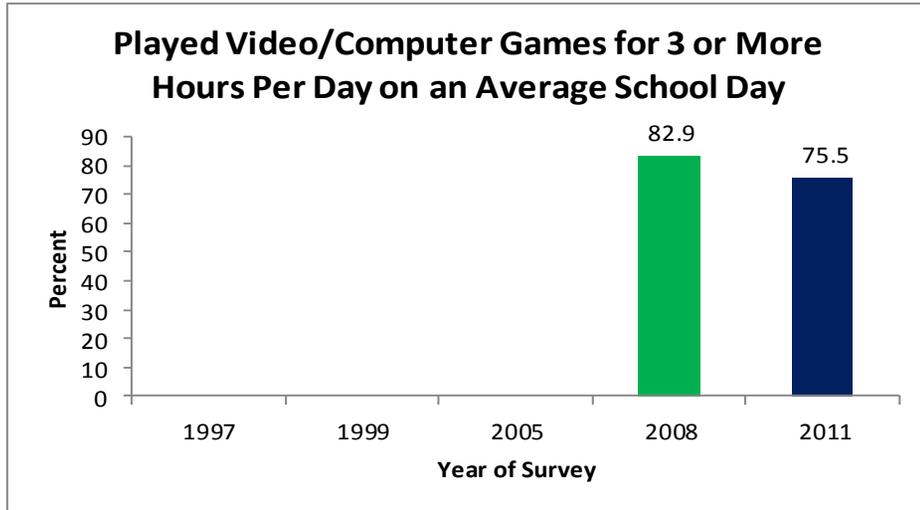
2011 U.S. High School Total: 68.9%

2011 U.S. Native American/Alaska Native: 70.0%



Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day

Healthy People 2020 Objective: 82.6% (watch no more than 2 hours per day, 9th – 12th)



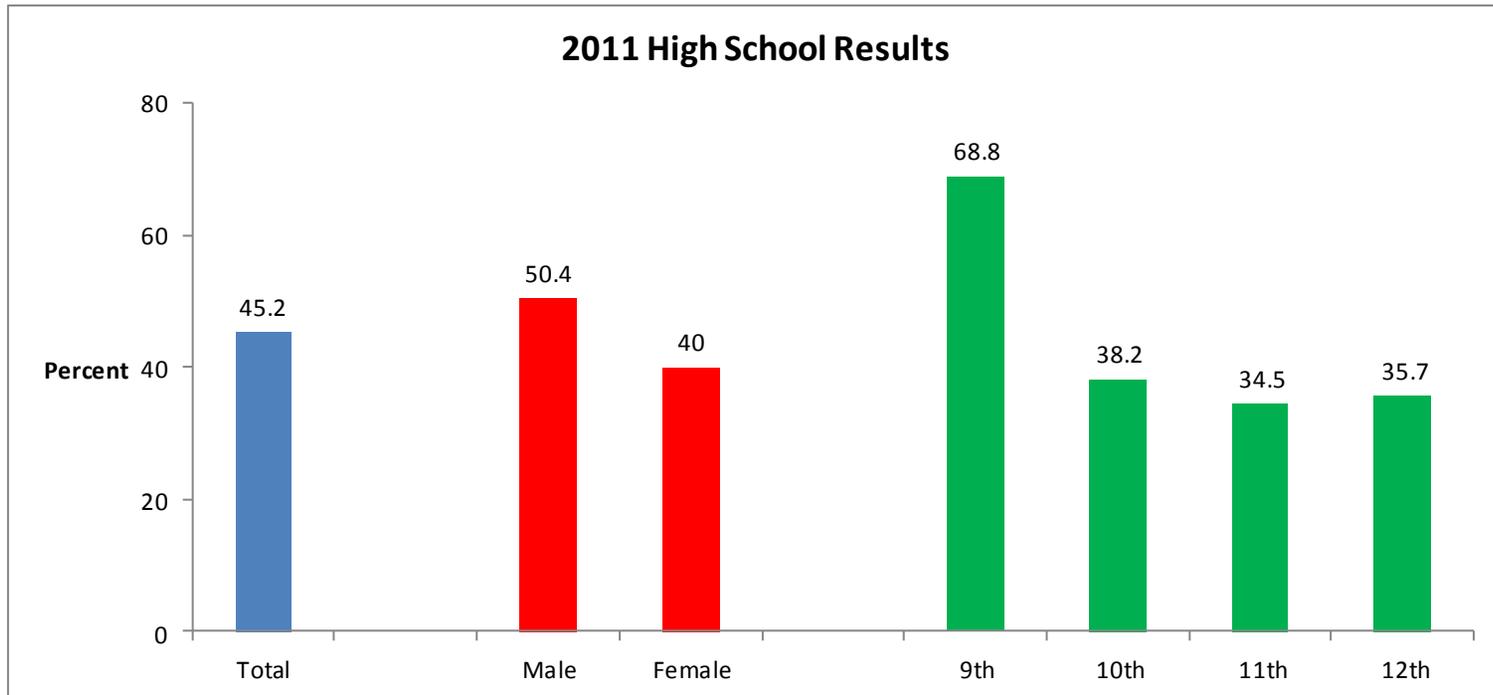
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school

Healthy People 2020 Objective: None

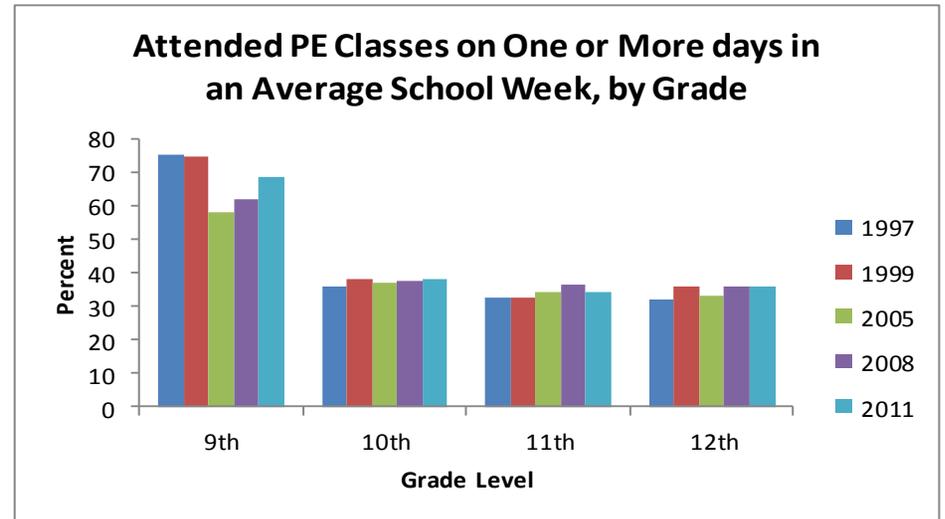
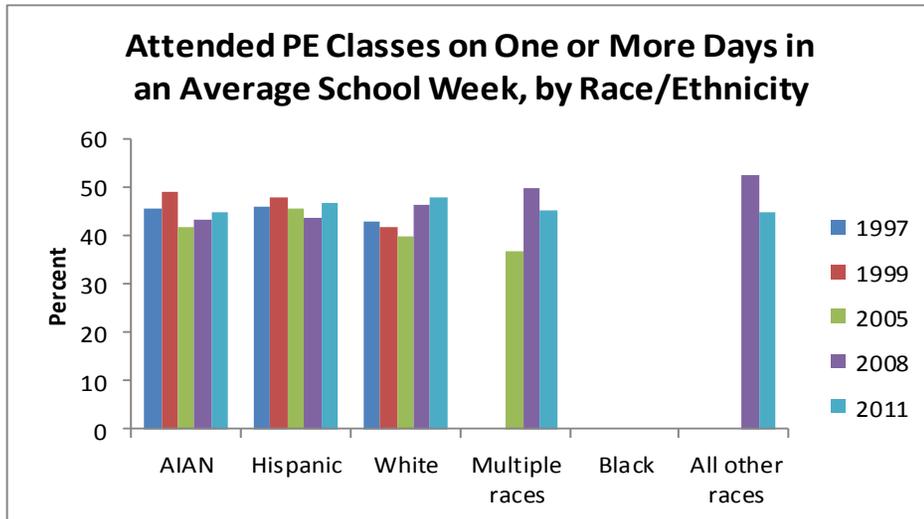
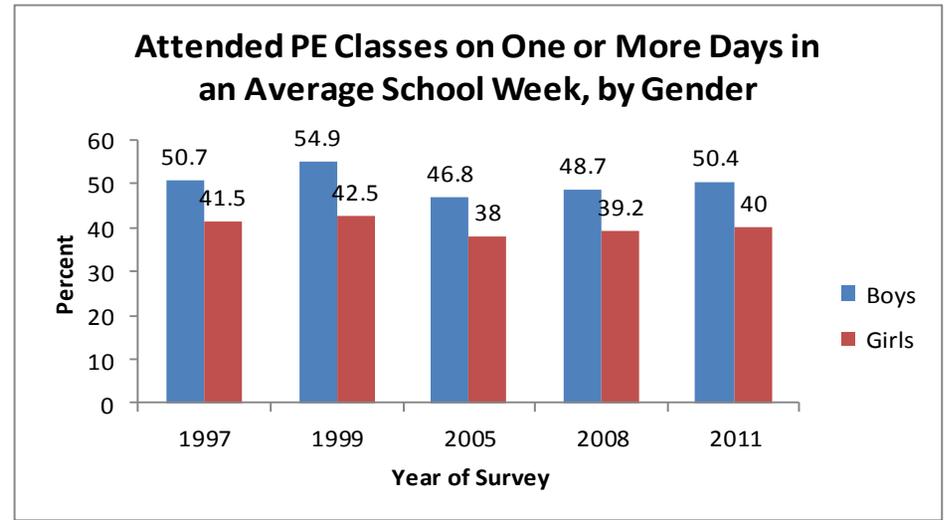
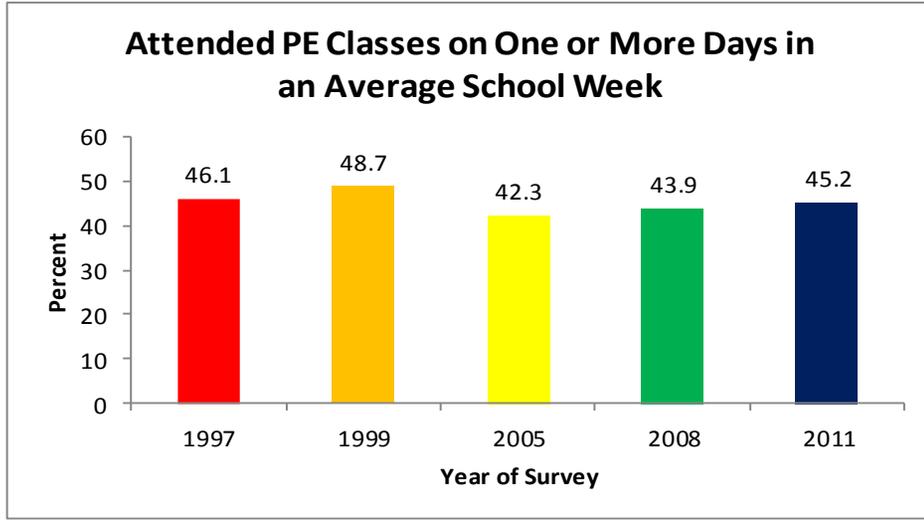
2011 U.S. High School Total: 51.8%

2011 Native American/Alaska Native: 42.3%



Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school

Healthy People 2020 Objective: None



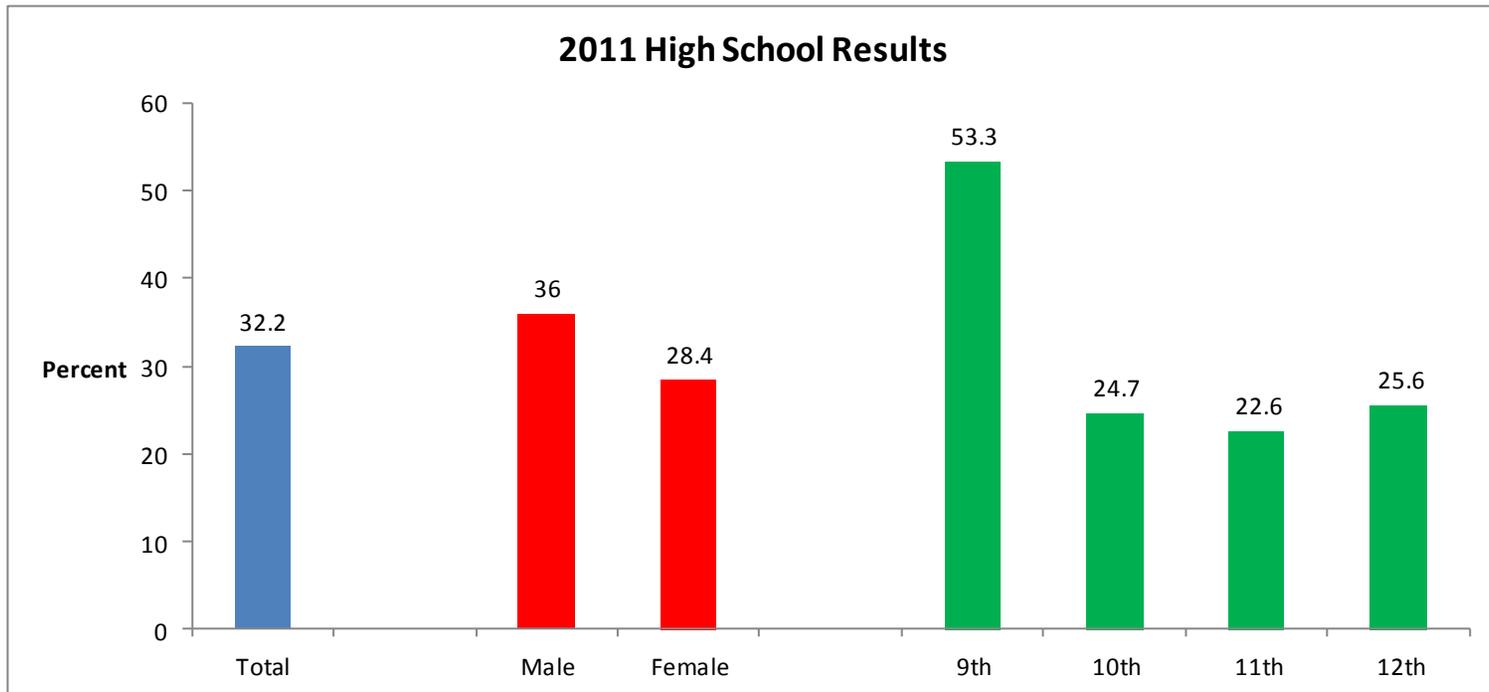
***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

Percentage of students who attended physical education (PE) classes daily an average week when they were in school

Healthy People 2020 Objective: 36.6%

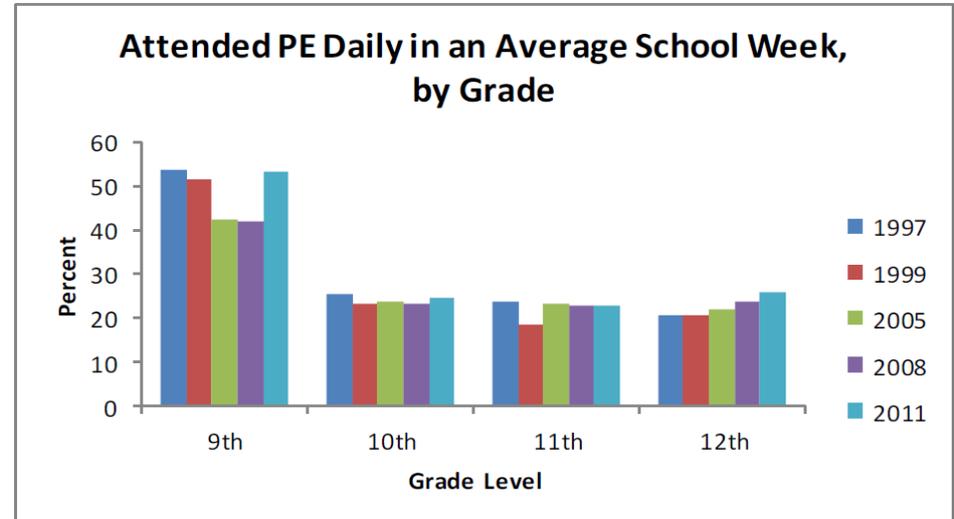
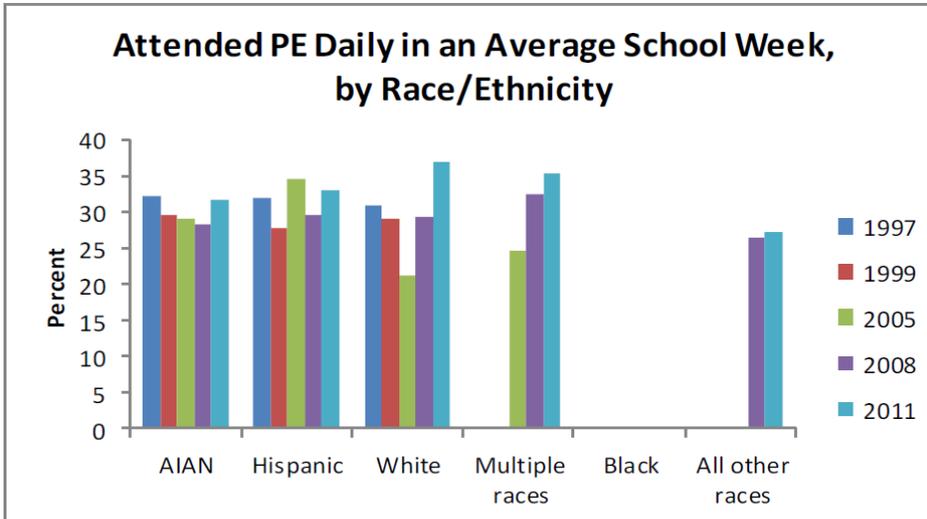
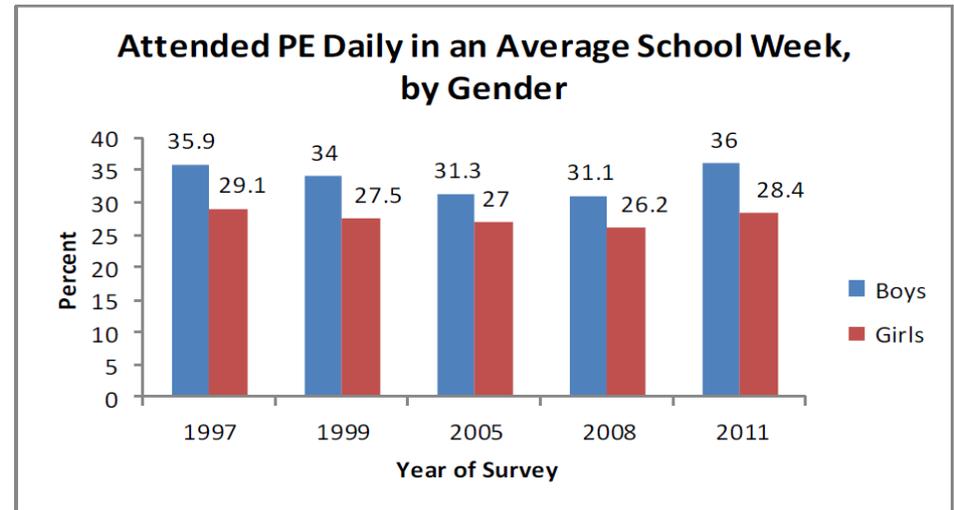
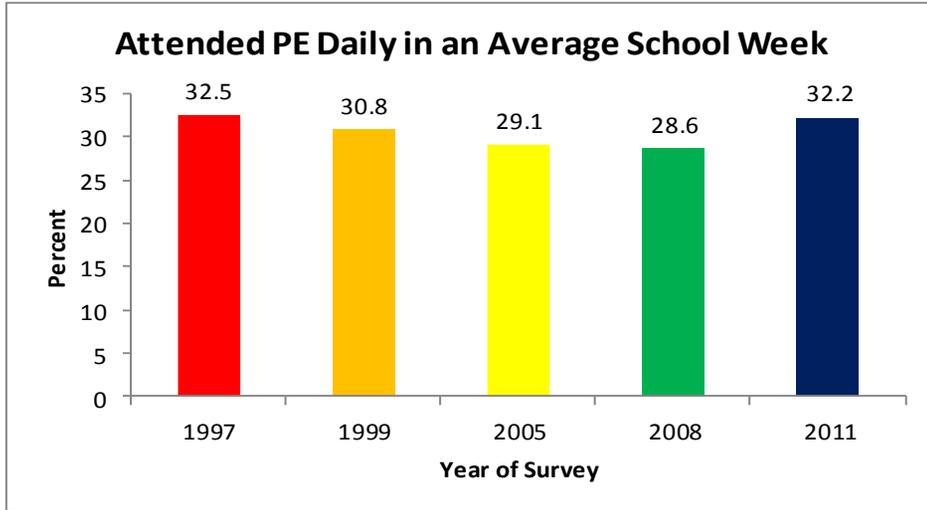
2011 U.S. High School Total: 31.5%

2011 Native American/Alaska Native: 31.6%

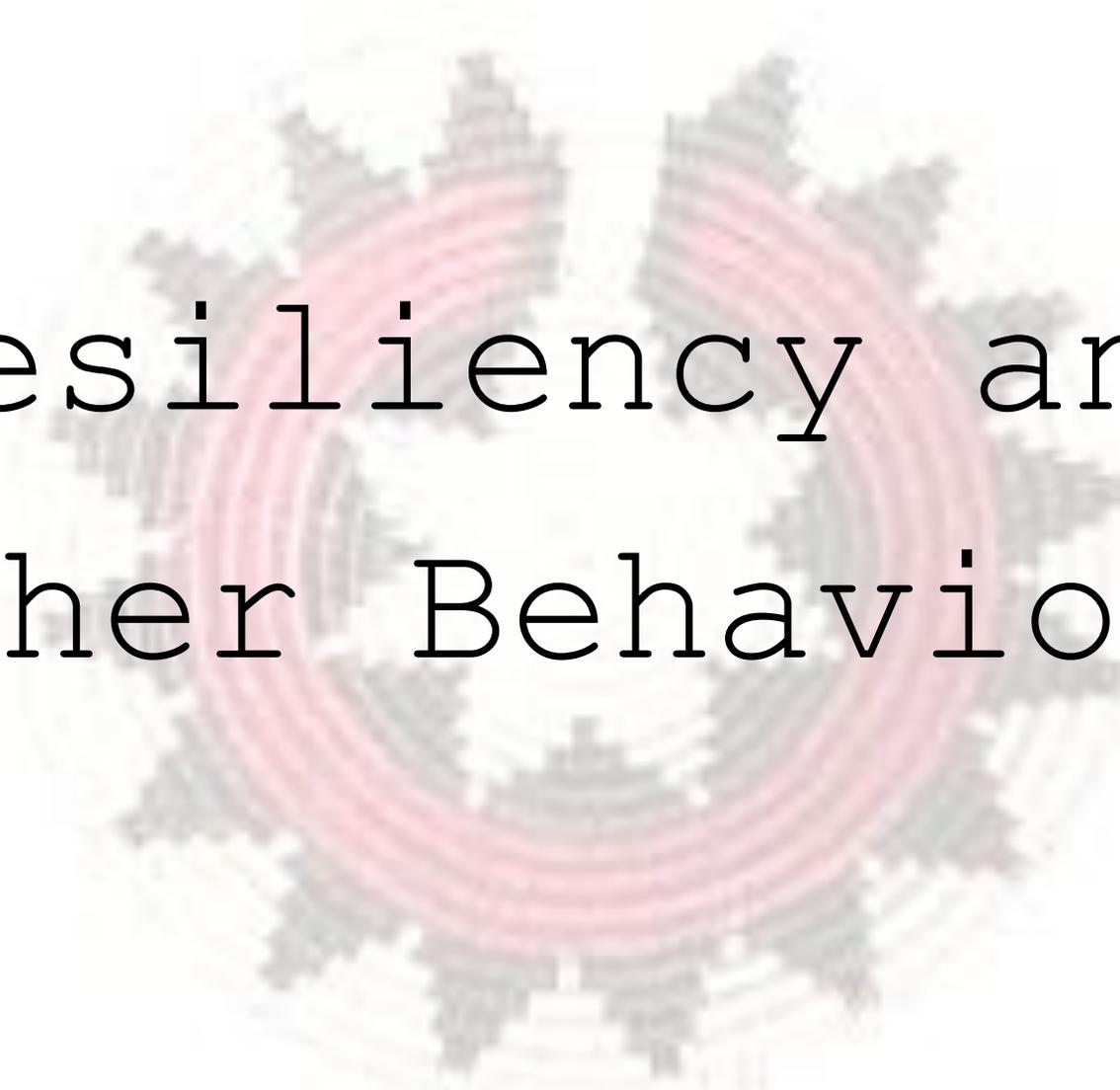


Percentage of students who attended physical education (PE) classes daily an average week when they were in school

Healthy People 2020 Objective: 36.6%



***All other races in 2008 only includes Native Hawaiian and other Pacific Islander*

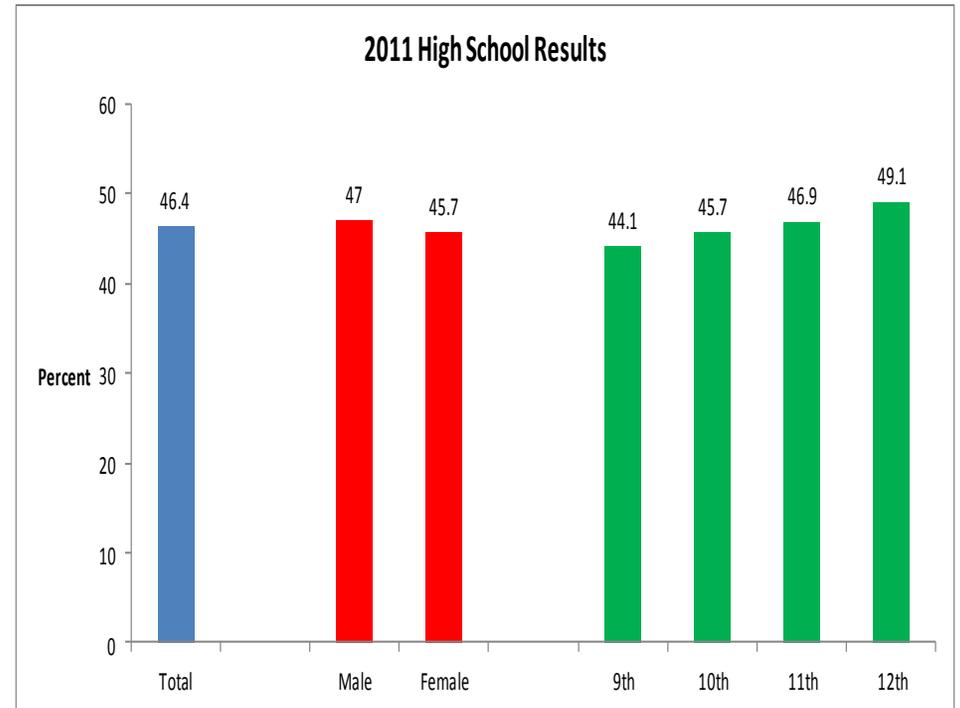
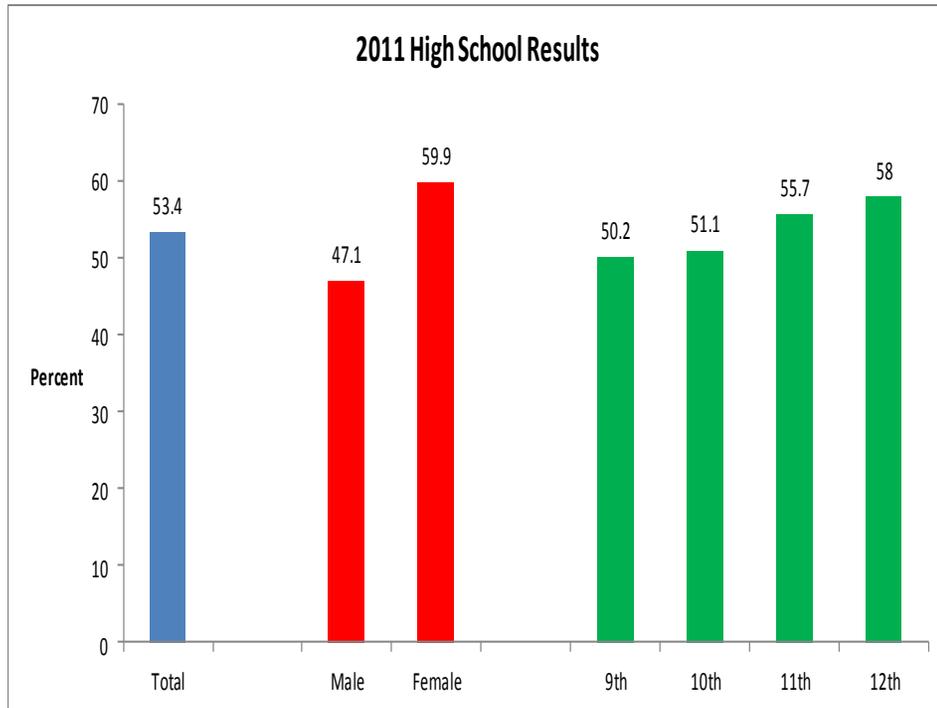


Resiliency and Other Behaviors

**Percentage of students who would describe their grades in
school as mostly A's or B's during the past 12 months**

Healthy People 2020 Objective: None
 2011 U.S. High School Total: NA
 2011 U.S. Native American/Alaska Native: NA

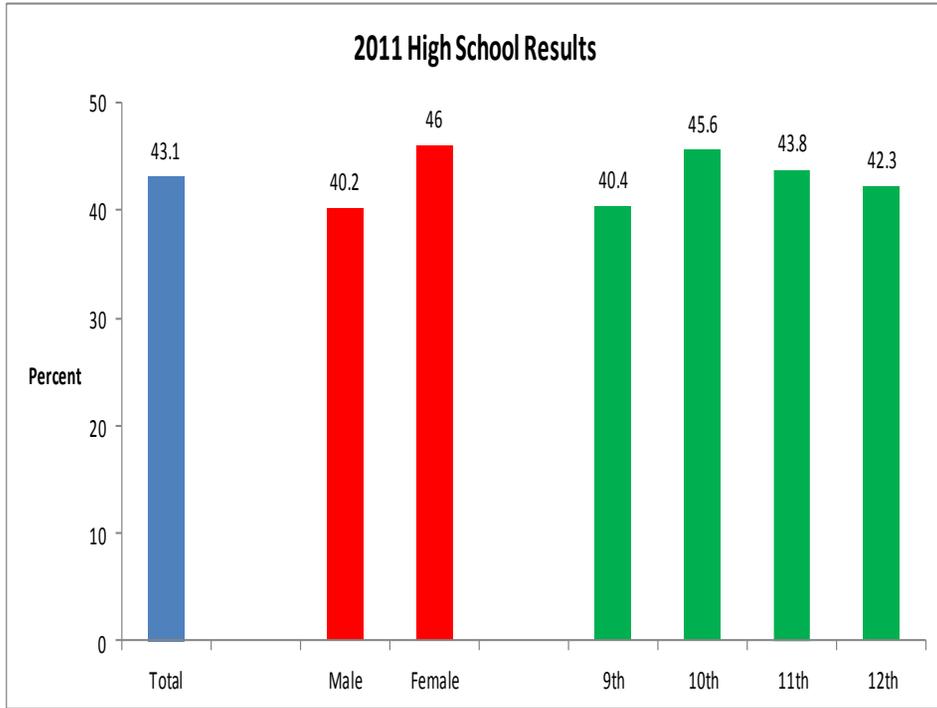
Healthy People 2020 Objective: None
 2011 U.S. High School Total: NA
 2011 U.S. Native American/Alaska Native: NA



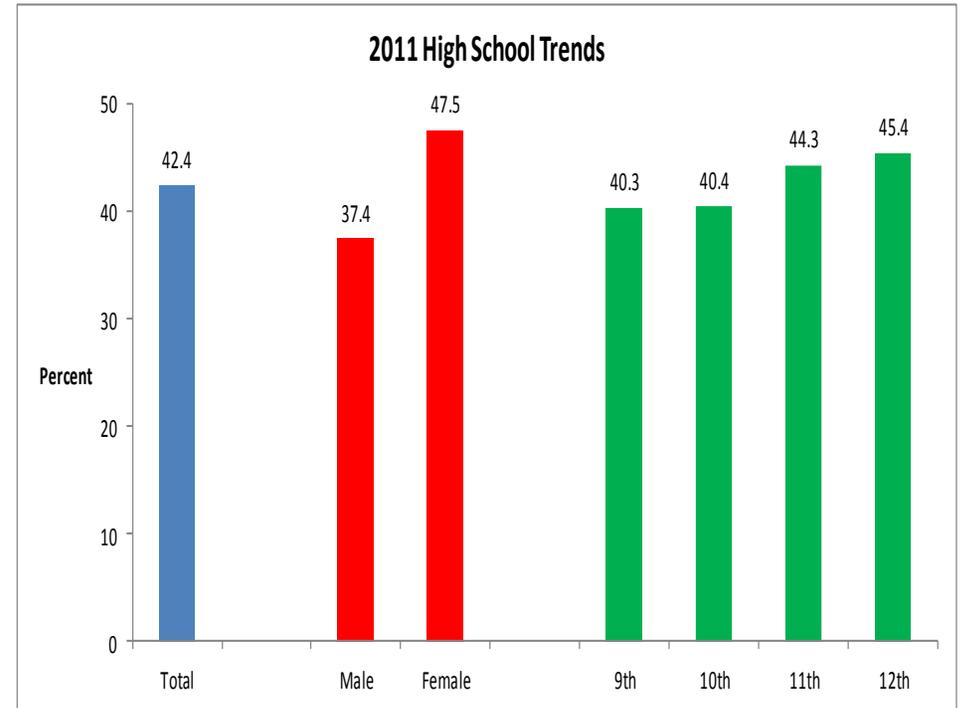
Percentage of students in whose home the people most of the time or always speak a language other than English

Percentage of students in who attended religious or spiritual services on one or more of the past 30 days

Healthy People 2020 Objective: None
2011 U.S. High School Total: NA
2011 U.S. Native American/Alaska Native: NA



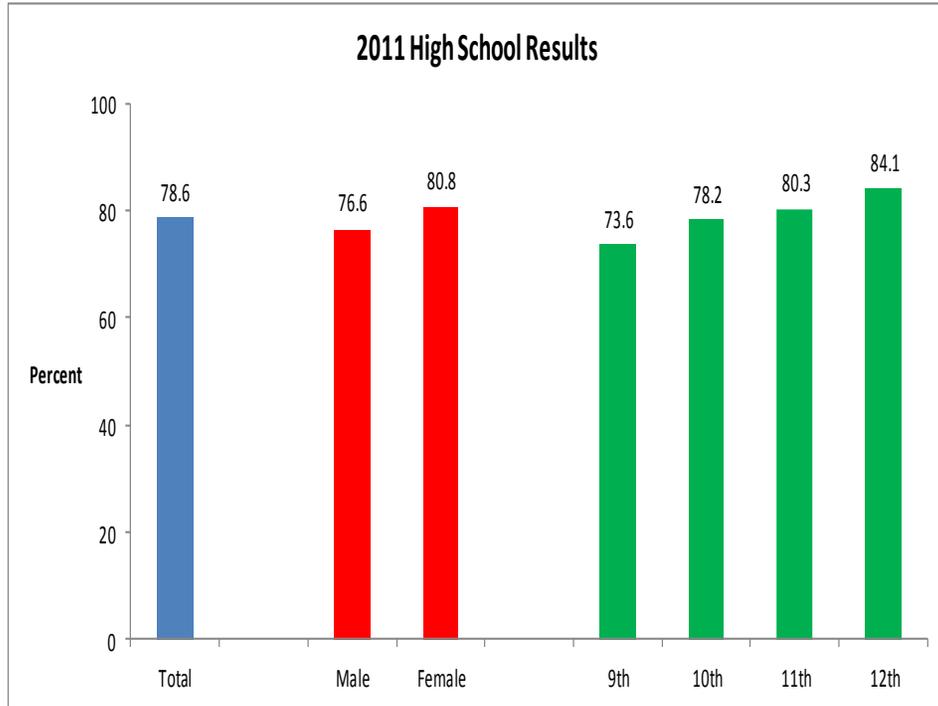
Healthy People 2020 Objective: None
2011 U.S. High School Total: NA
2011 U.S. Native American/Alaska Native: NA



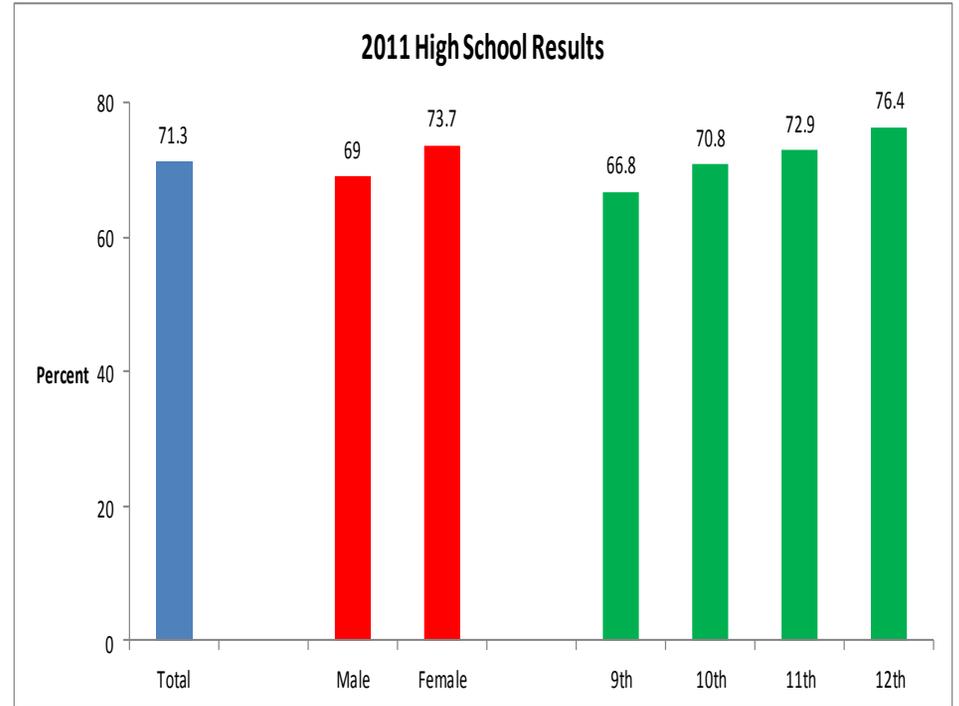
Percentage of students who participate in some traditional ceremonies such as puberty, blessing way, fire dance, or Yeibichei

Percentage of students who know their mother's clan or ancestry

Healthy People 2020 Objective: None
2011 U.S. High School Total: NA
2011 U.S. Native American/Alaska Native: NA



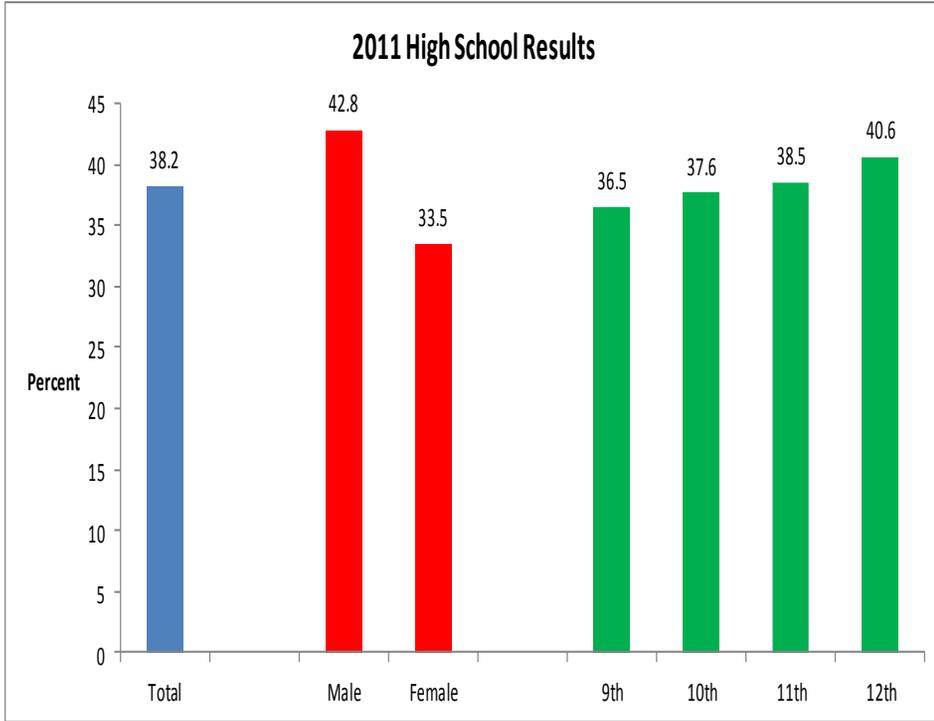
Healthy People 2020 Objective: None
2011 U.S. High School Total: NA
2011 U.S. Native American/Alaska Native: NA



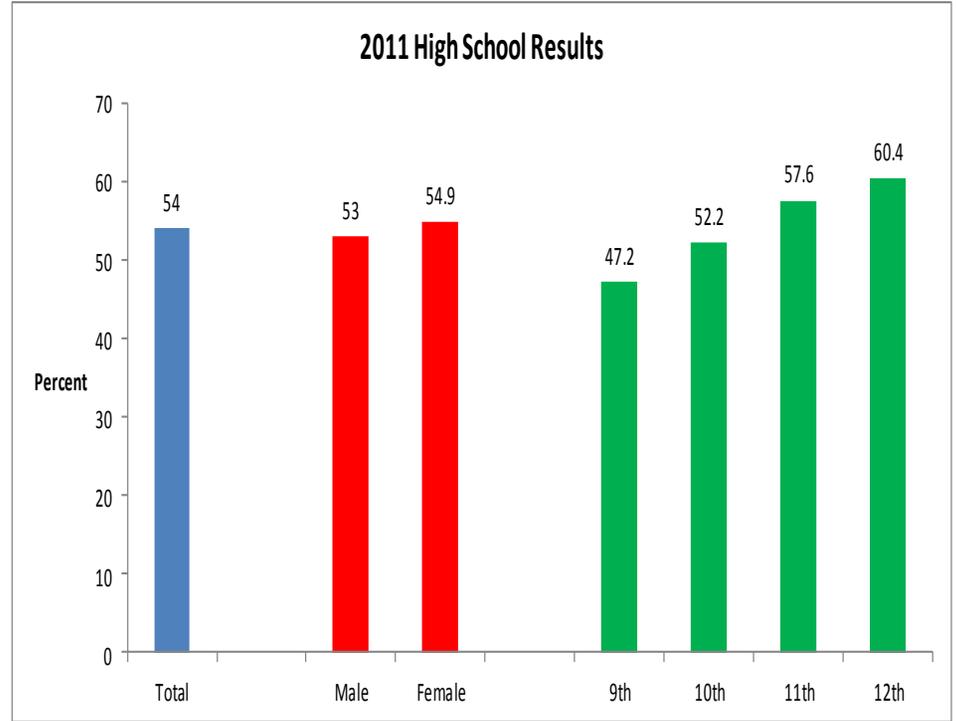
Percentage of students who know their father's clan or ancestry

Percentage of students who responded that there is a gun in their home

Healthy People 2020 Objective: None
2011 U.S. High School Total: NA
2011 U.S. Native American/Alaska Native: NA



Healthy People 2020 Objective: None
2011 U.S. High School Total: NA
2011 U.S. Native American/Alaska Native: NA



Percentage of students who responded that it would be very easy or easy for them to get alcohol if they wanted to

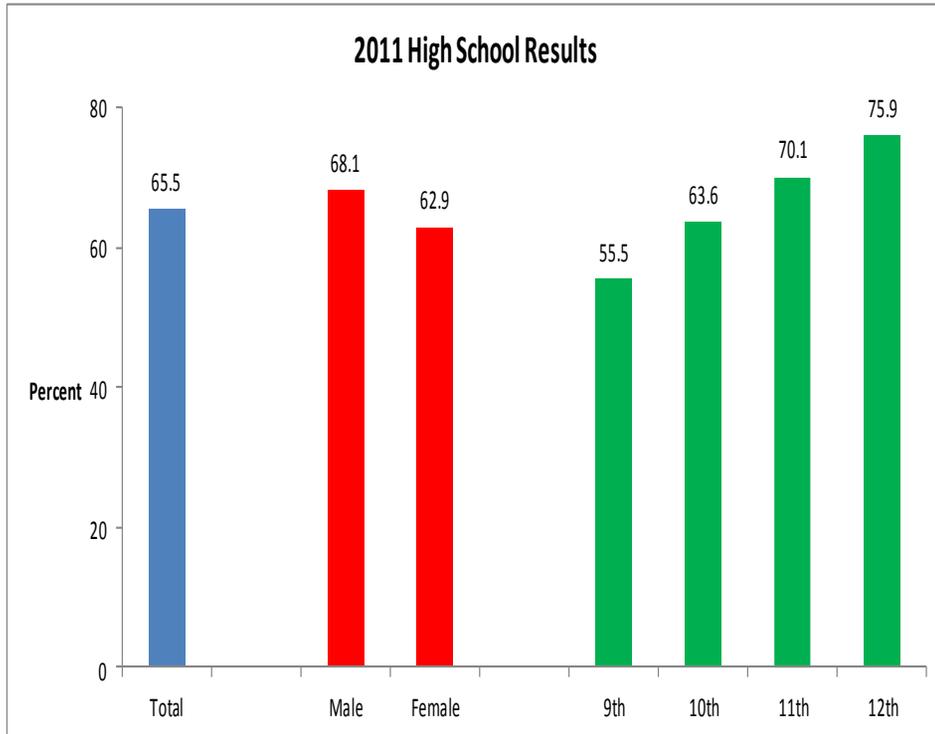
Percentage of students who responded that it would be very

easy or easy for them to get cigarettes if they wanted to

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 U.S. Native American/Alaska Native: NA

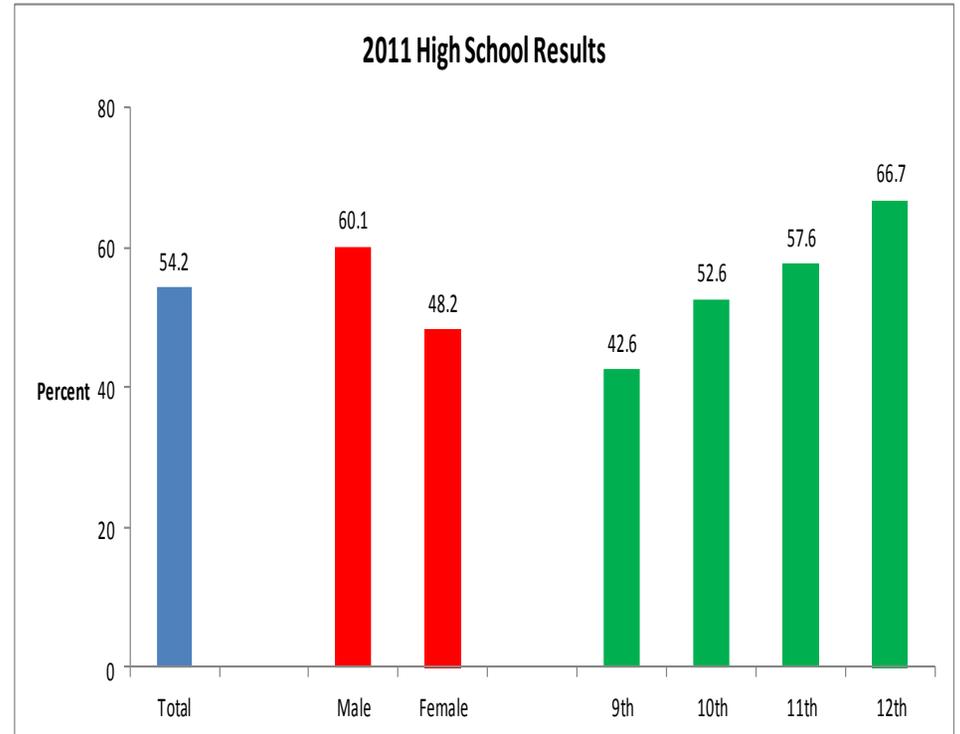


easy or easy for them to get chewing tobacco, snuff, or dip if they wanted to.

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 U.S. Native American/Alaska Native: NA



Percentage of students who responded that it would be very

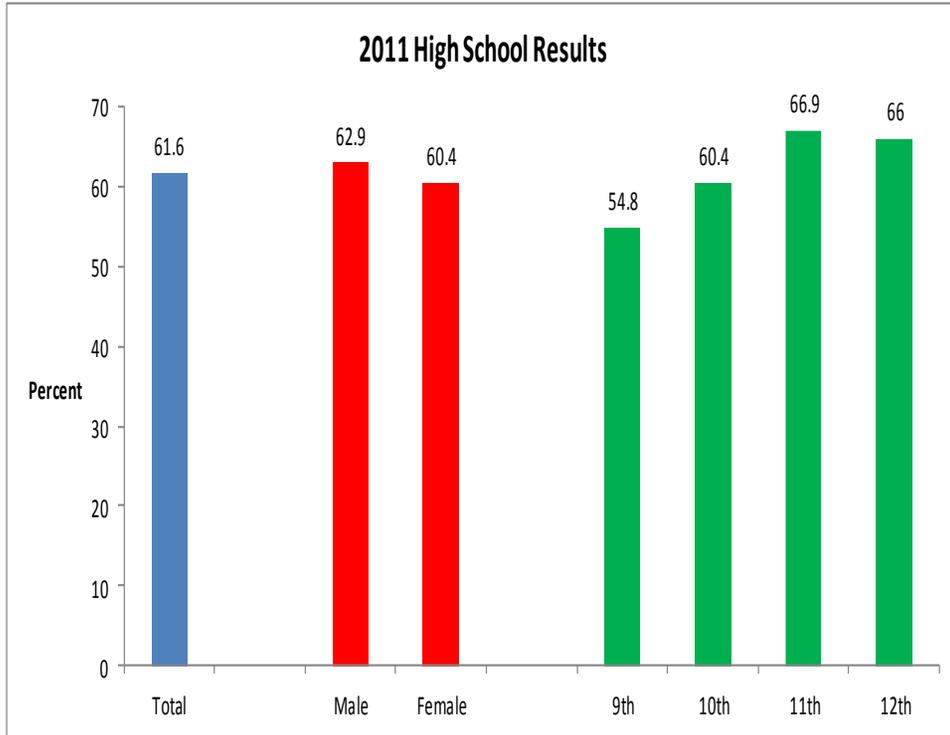
Percentage of students who responded that it would be very

easy or easy for them to get marijuana if they wanted to

Healthy People 2020 Objective: None

2011 U.S. High School Total: NA

2011 U.S. Native American/Alaska Native: NA

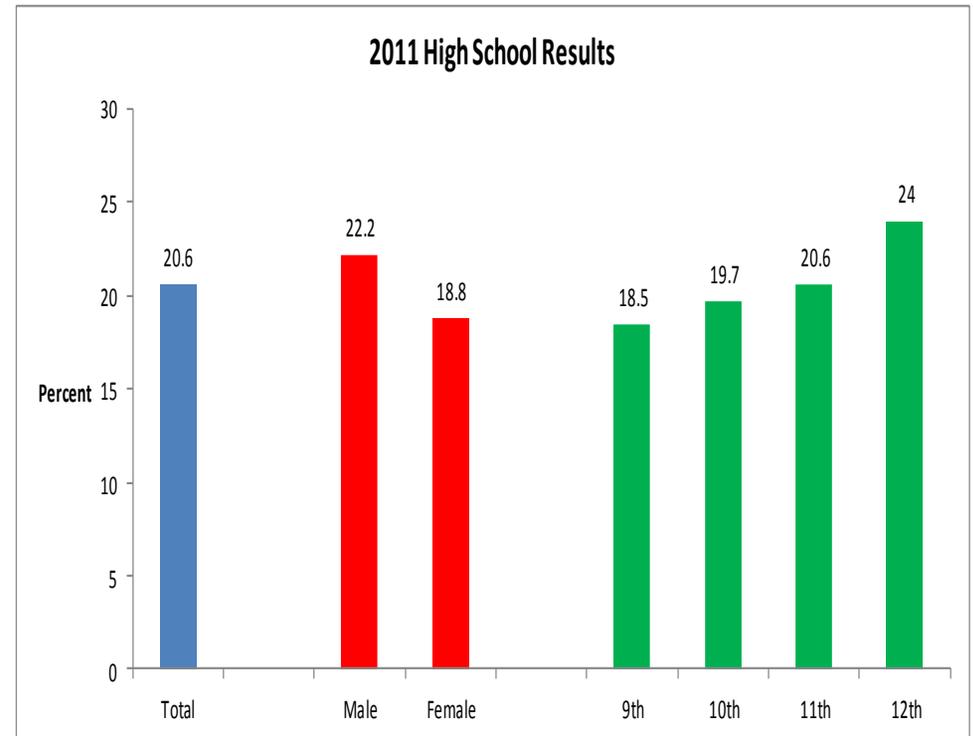


Percentage of students who responded that it would be very easy or easy for them to get methamphetamines (also called speed, crystal, crank or ice) if they wanted to

Healthy People 2020 Objective: None

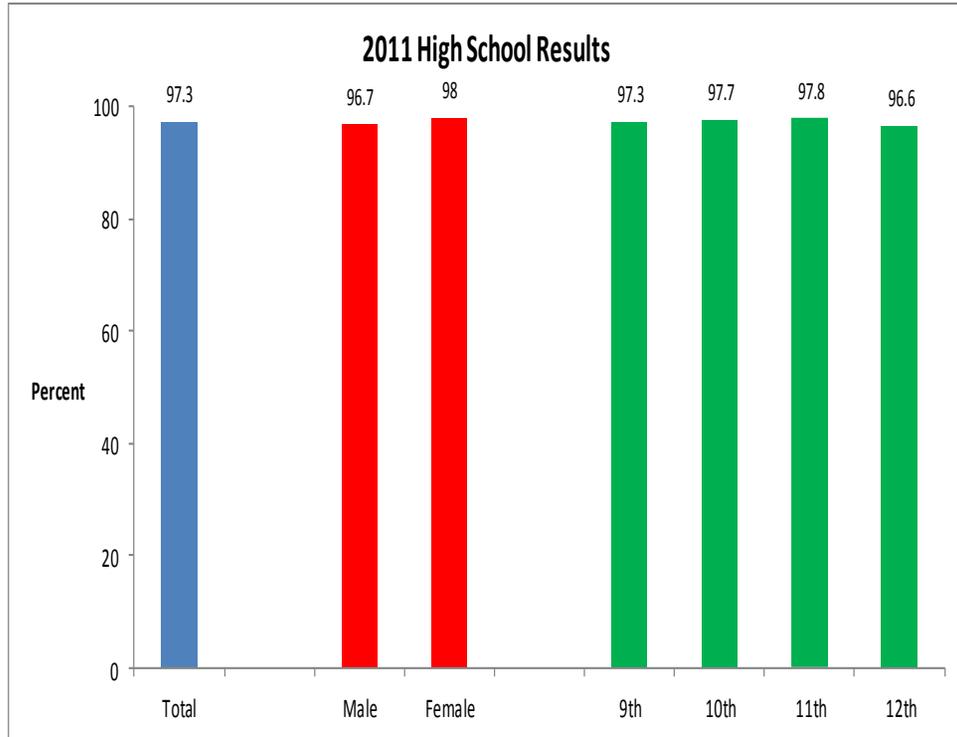
2011 U.S. High School Total: NA

2011 U.S. Native American/Alaska Native: NA



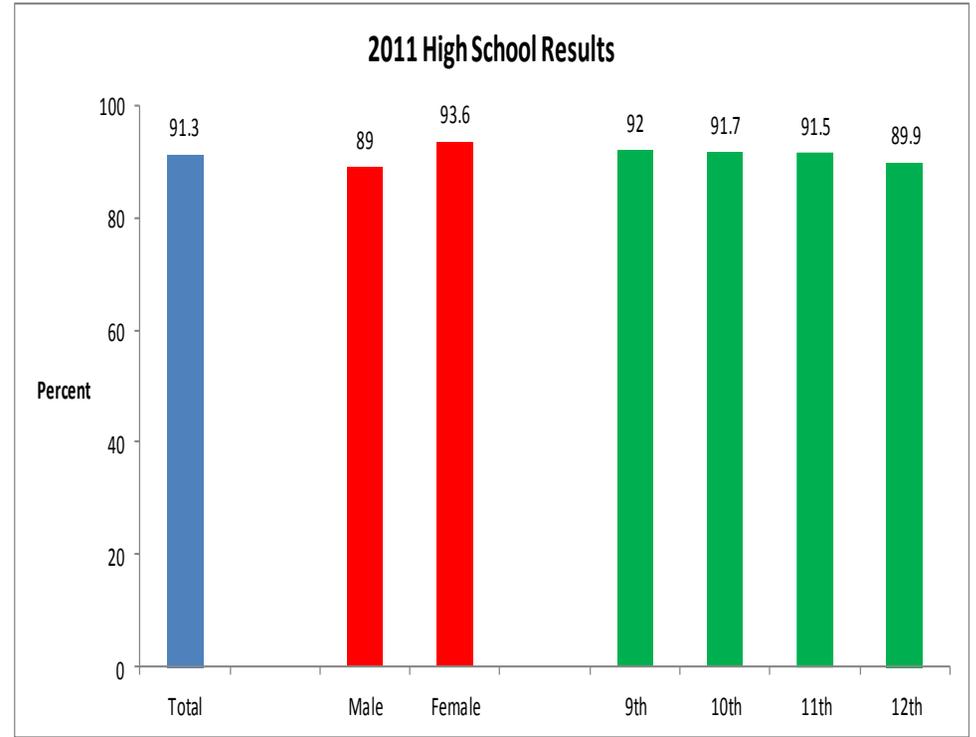
Percentage of students who responded that their parents think it would be very wrong or wrong for them to drink alcohol regularly

Healthy People 2020 Objective: None
2011 U.S. High School Total: NA
2011 U.S. Native American/Alaska Native: NA

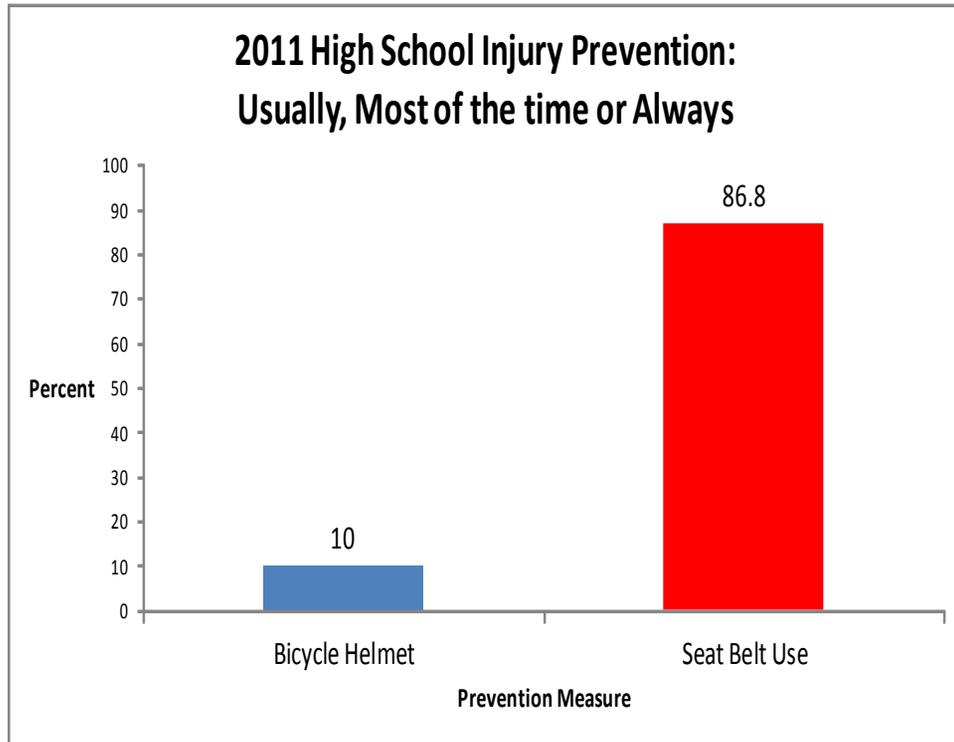


Percentage of students who think it is very wrong or wrong for someone their age to drink alcohol regularly

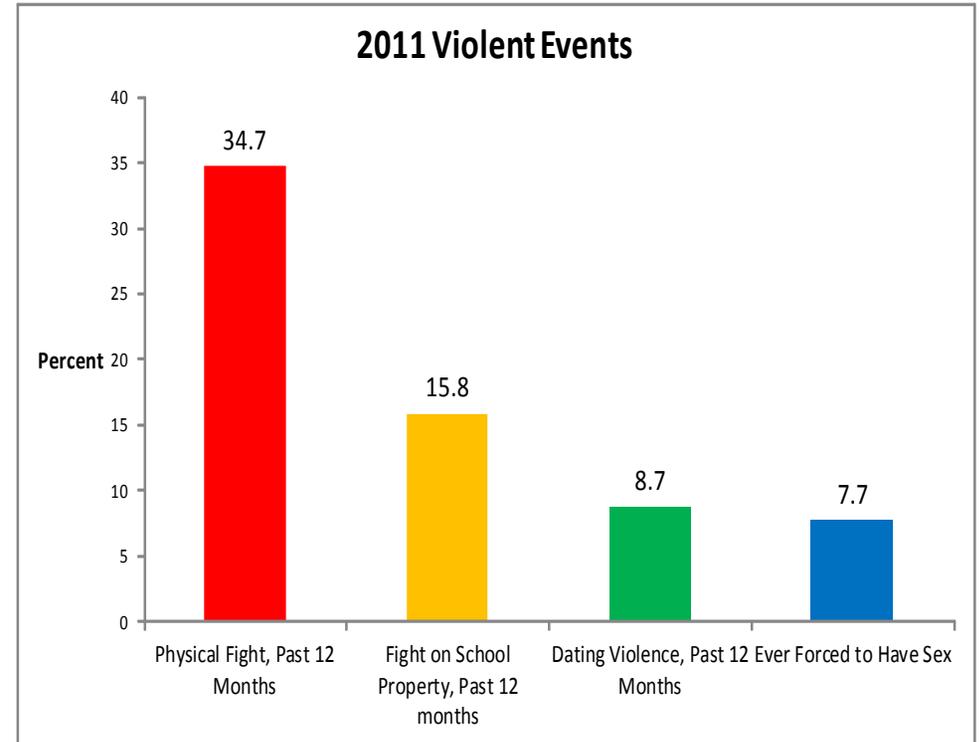
Healthy People 2020 Objective: 86.4% (8th grade), 85.4% (10th grade), 77.6% (12th grade)
2011 U.S. High School Total: NA
2011 U.S. Native American/Alaska Native: NA



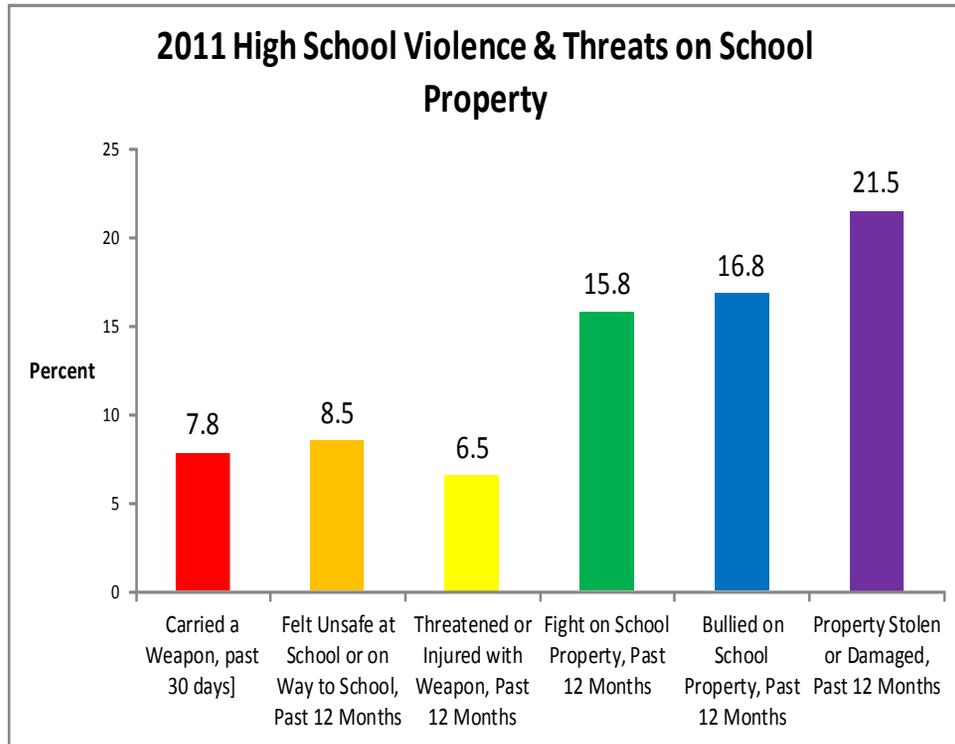
Injury Prevention



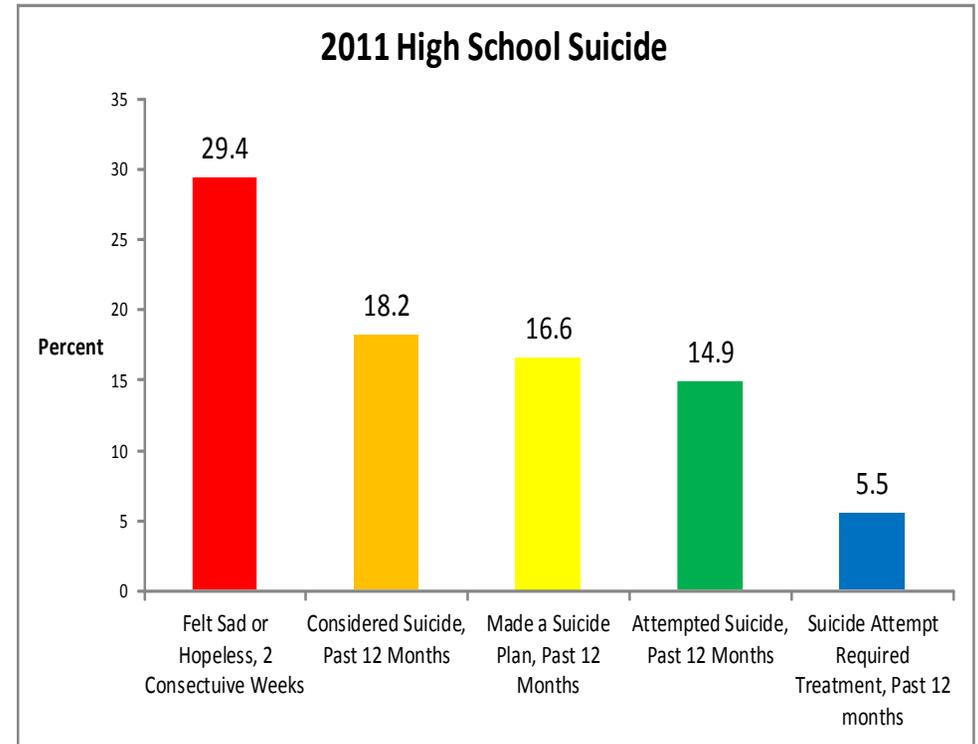
Violence



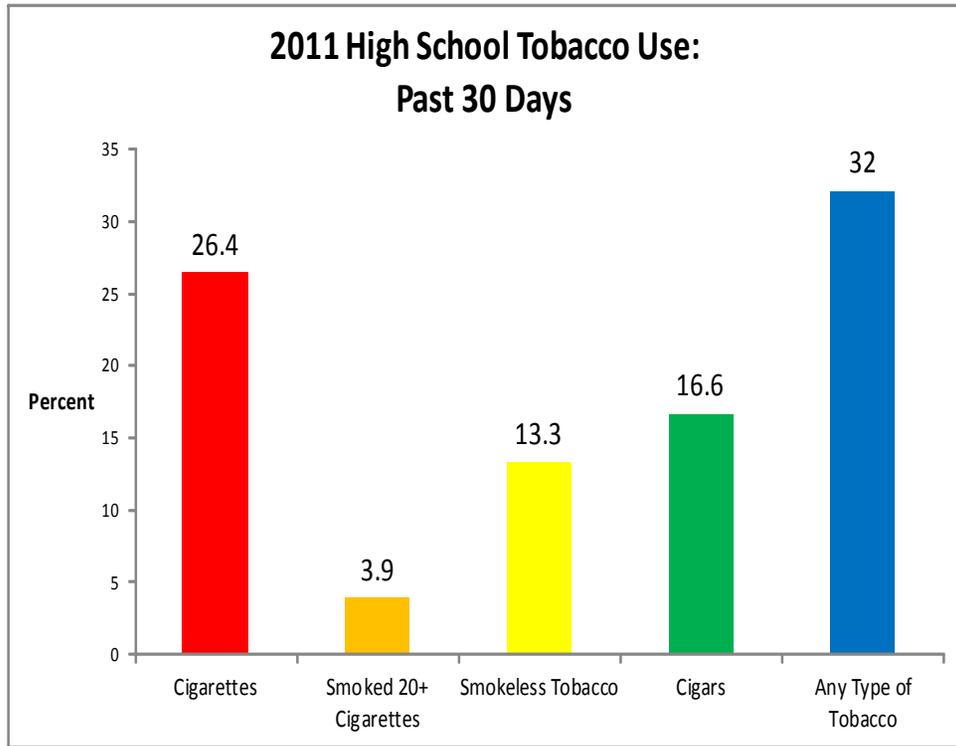
Violence at School



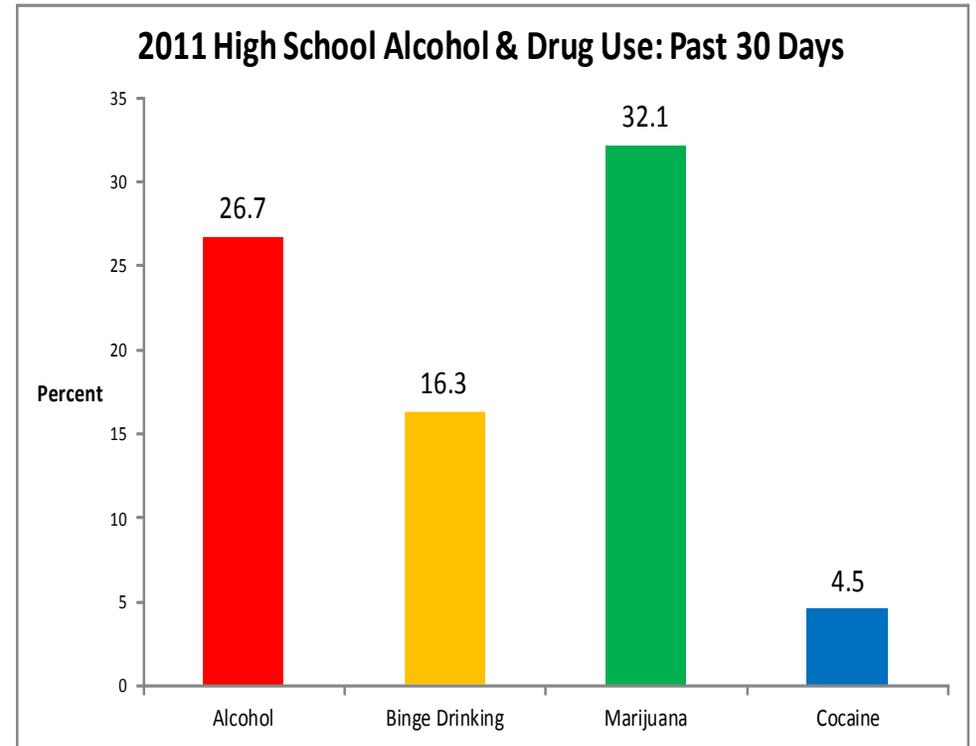
Suicide



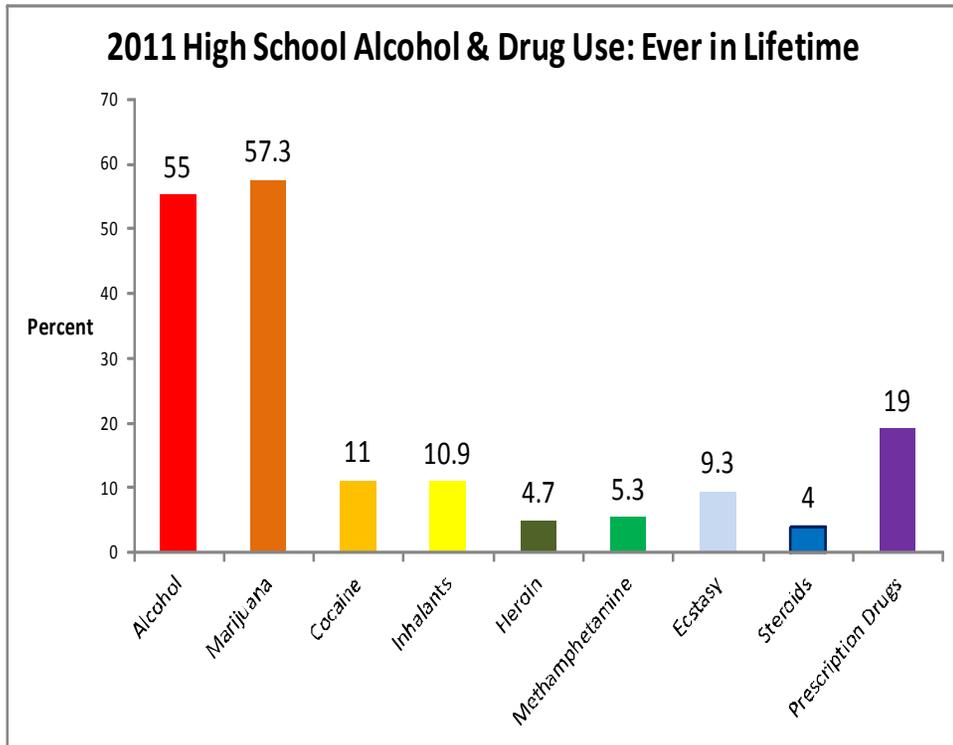
Current Tobacco Use



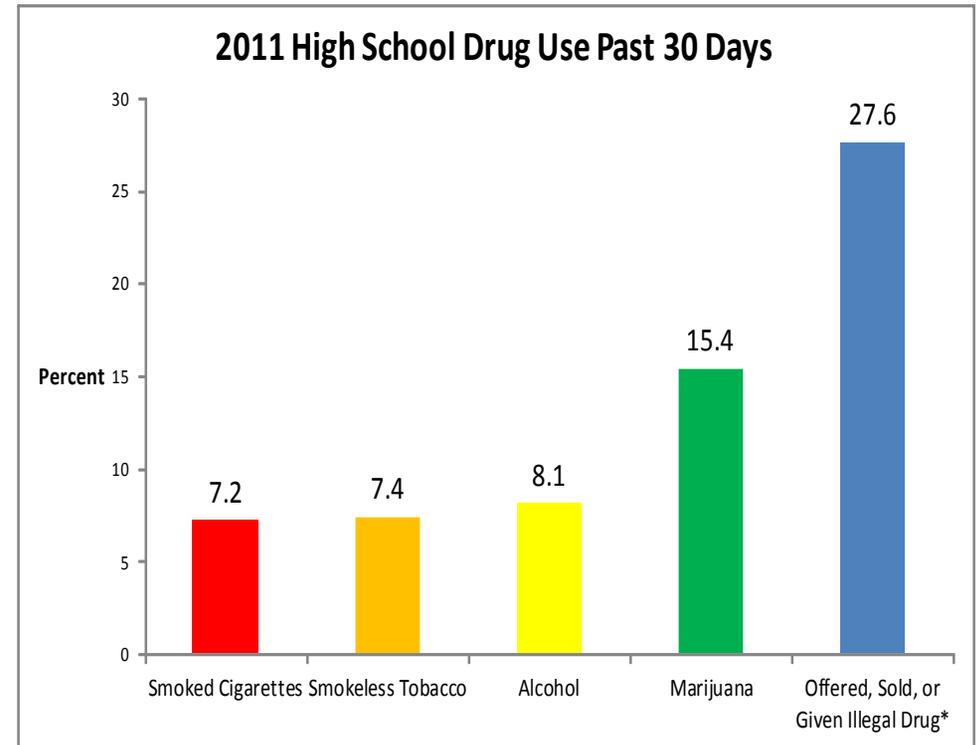
Current Alcohol & Drug Use



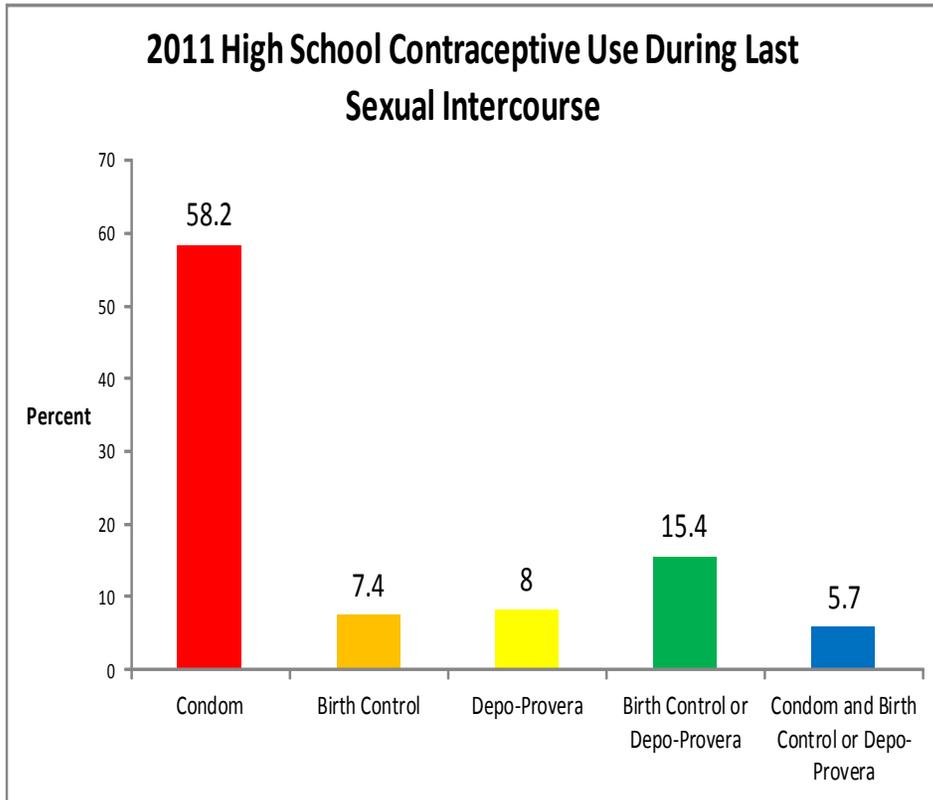
Lifetime Alcohol & Drug Use



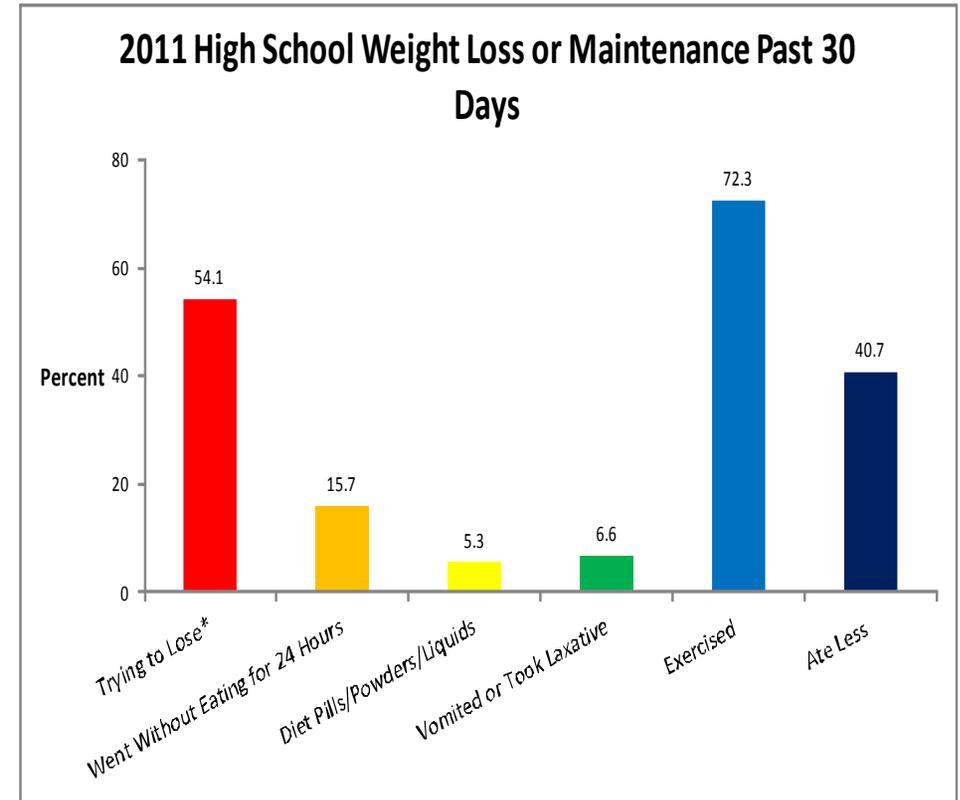
Tobacco, Alcohol & Drug Use on School Property



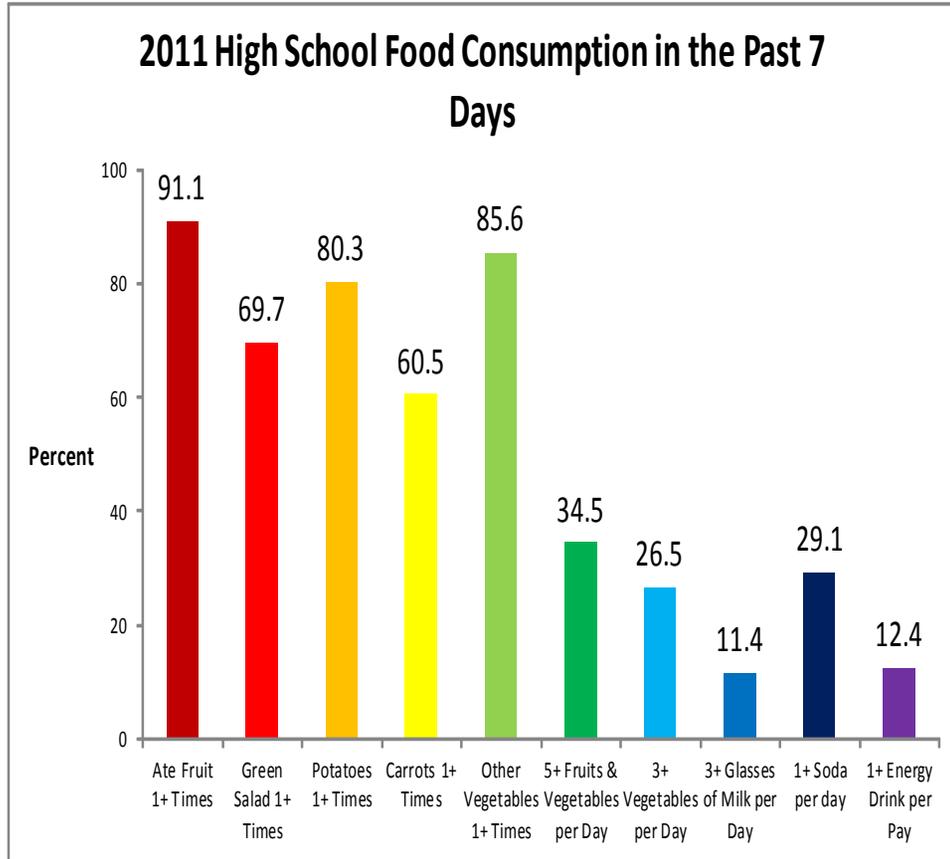
Contraceptive Use



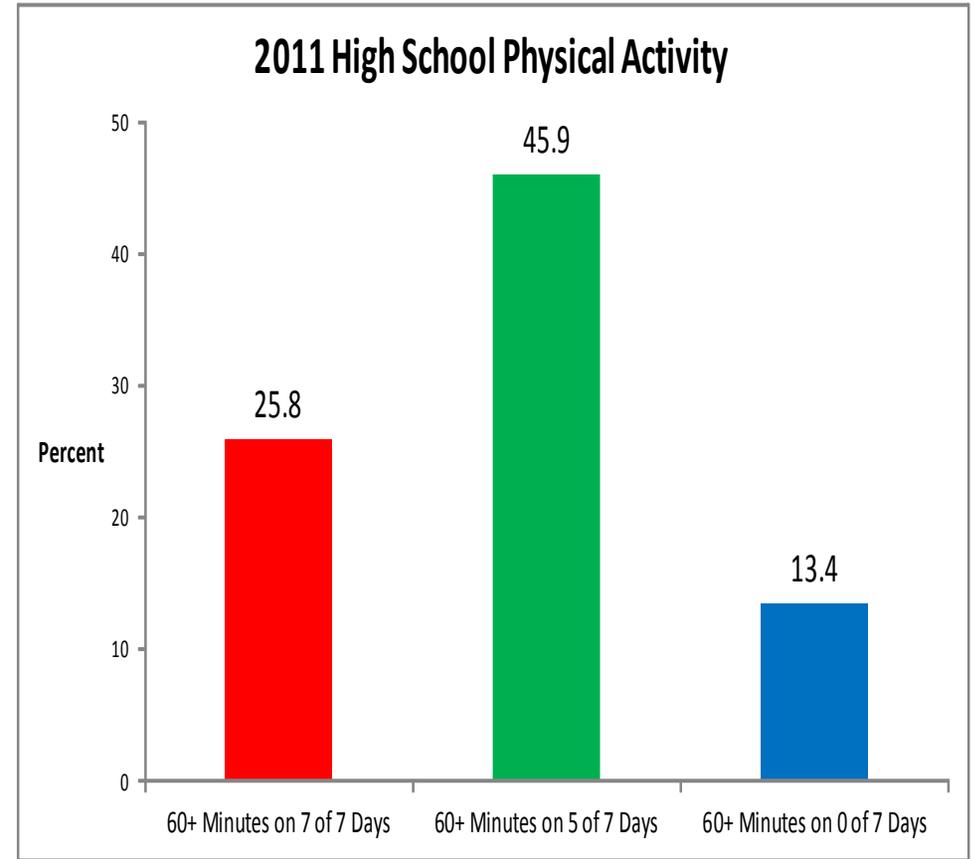
Weight Loss or Weight Maintenance



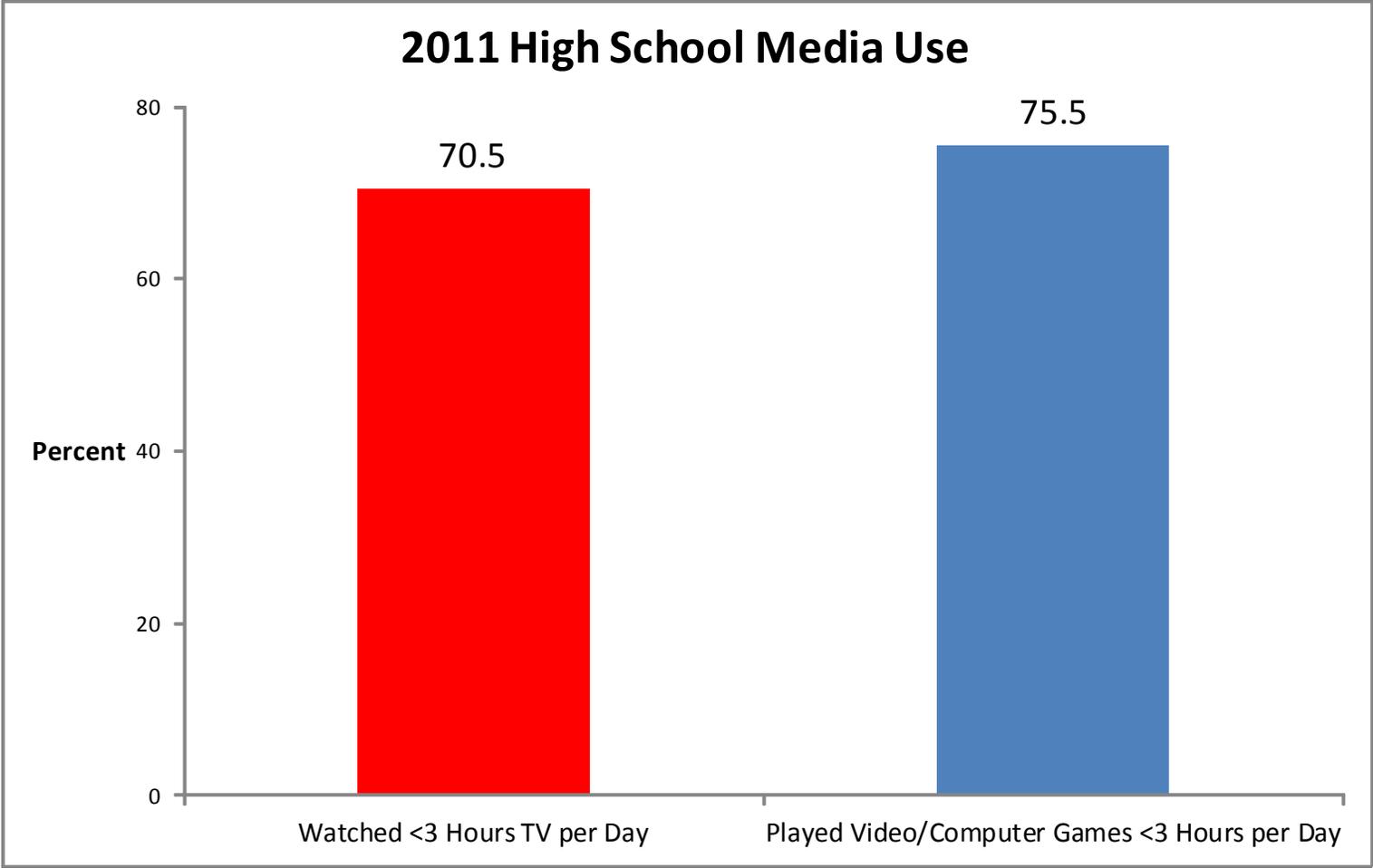
Nutrition

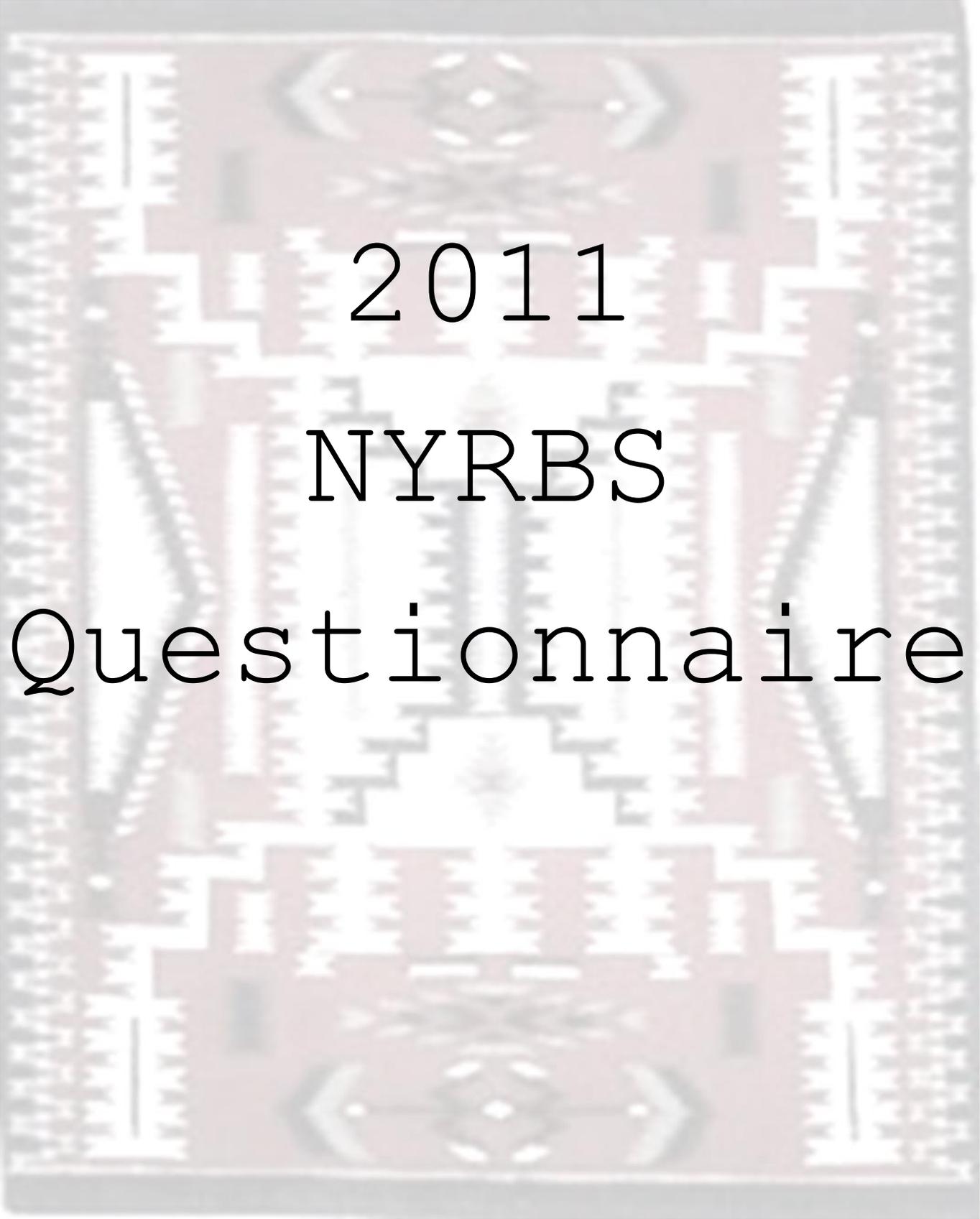


Physical Activity



Media Use





2011
NYRBS
Questionnaire

2011 Navajo High School Youth Risk and Resiliency Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey

Thank you very much for your help.

Directions:

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D.
- To change your answer, erase completely.

1. How old are you?
 - A. 12 years old or younger
 - B. 13 years old
 - C. 14 years old
 - D. 15 years old
 - E. 16 years old
 - F. 17 years old
 - G. 18 years old or older

2. What is your sex?
 - A. Female
 - B. Male

3. In what grade are you?
 - A. 9th grade
 - B. 10th grade
 - C. 11th grade
 - D. 12th grade
 - E. Ungraded or other grade

4. Are you Hispanic or Latino?
 - A. Yes
 - B. No

5. What is your race? **(Select one or more responses)**
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White

6. How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example

HEIGHT	
Feet	Inches
5	11
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	⑦
	⑧
	⑨
	⑩
	●

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

Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example

Weight		
Pounds		
1	5	3
●	⑩	⑩
②	①	①
③	②	②
	③	●
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

8. During the past 12 months, how would you describe your grades in school?

- A. Mostly A's
- B. Mostly B's
- C. Mostly C's
- D. Mostly D's
- E. Mostly F's
- F. None of these grades
- G. Not sure

9. How often do you speak a language other than English (such as Spanish, American Indian, Vietnamese, etc.) at home?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

10. During the past 30 days, on how many days did you attend religious or spiritual services?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

11. Do you participate in any traditional ceremonies such as puberty, blessing way, fire dance, or Yeibichei?

- A. Yes
- B. No
- C. Not sure

12. Do you know your mother's and father's clan or ancestry?

- A. Yes, I know my mother's clan or ancestry
- B. Yes, I know my father's clan or ancestry
- C. Yes, I know my mother's and father's clan or ancestry
- D. No, I do not know my mother's or father's clan or ancestry

The next 4 questions ask about personal safety.

13. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?

- A. I did not ride a bicycle during the past 12 months
- B. Never wore a helmet
- C. Rarely wore a helmet
- D. Sometimes wore a helmet
- E. Most of the time wore a helmet
- F. Always wore a helmet

14. How often do you wear a seat belt when **riding in** a car driven by someone else?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

15. 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**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

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

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

The next 10 questions ask about violence-related behaviors.

17. Is there a gun in your home?

- A. Yes
- B. No
- C. Not sure

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

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

19. 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?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

20. 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**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

21. 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**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

22. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

23. During the past 12 months, how many times were you in a physical fight **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

24. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- A. Yes
- B. No

25. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

26. Is harassment or bullying by other students a problem at your school?

- A. Yes
- B. No
- C. Not sure

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

27. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?

- A. Yes
- B. No

28. During the past 12 months, did you ever **seriously** consider attempting suicide?

- A. Yes
- B. No

29. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

30. During the past 12 months, how many times did you actually attempt suicide?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

31. **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?

- A. **I did not attempt suicide** during the past 12 months
- B. Yes
- C. No

The next 11 questions ask about tobacco use.

32. Have you ever tried cigarette smoking, even one or two puffs?

- A. Yes
- B. No

33. How old were you when you smoked a whole cigarette for the first time?

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

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

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

35. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response)

- A. I did not smoke cigarettes during the past 30 days
- B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- C. I bought them from a vending machine
- D. I gave someone else money to buy them for me
- E. I borrowed (or bummed) them from someone else
- F. A person 18 years old or older gave them to me
- G. I took them from a store or family member
- H. I got them some other way

36. During the past 30 days, on how many days did you smoke cigarettes **on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

37. During the past 12 months, did you ever try **to quit** smoking cigarettes?

- A. I did not smoke during the past 12 months
- B. Yes
- C. No

38. If you wanted to, how easy would it be for you to get cigarettes?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

39. 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?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

40. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

41. If you wanted to, how easy would it be for you to get **chewing tobacco, snuff, or dip**?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

42. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next 11 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purpose.

43. During your life, on how many days have you had at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 9 days
- D. 10 to 19 days
- E. 20 to 39 days
- F. 40 to 99 days
- G. 100 or more days

44. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

45. During the past 30 days, on how many days did you have at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

46. 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?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 or more days

47. During the past 30 days, how did you **usually** get the alcohol you drank?

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
- C. I bought it at a restaurant, bar, or club
- D. I bought it at a public event such as a concert or sporting event
- E. I gave someone else money to buy it for me
- F. Someone gave it to me
- G. I took it from a store or family member
- H. I got it some other way

48. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

49. How wrong do **your parents** think it would be for **you** to drink alcohol regularly?

- A. Very wrong
- B. Wrong
- C. Not wrong at all

50. How wrong do **you** think it is for **someone your age** to drink alcohol regularly?

- A. Very wrong
- B. Wrong
- C. Not wrong at all

51. If you wanted to, how easy would it be for you to get alcohol?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

The next 5 questions ask about marijuana use. Marijuana is also called grass or pot.

52. During your life, how many times have you used marijuana?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 to 99 times
- G. 100 or more times

53. During the past 30 days, how many times did you use marijuana?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

54. How old were you when you tried marijuana for the first time?

- A. I have never tried marijuana
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

55. During the past 30 days, how many times did you use marijuana **on school property**?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

56. If you wanted to, how easy would it be for you to get marijuana?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

The next 13 questions ask about other drugs.

57. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

58. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

59. 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?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

60. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

61. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

62. If you wanted to, how easy would it be for you to get methamphetamines (also called meth, speed, crystal, crank, ice, or G)?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

63. During your life, how many times have you used **ecstasy** (also called MDMA)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

64. Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin or Xanax) without a doctor's prescription?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

65. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

66. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- A. 0 times
- B. 1 time
- C. 2 or more times

67. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

The next 6 questions ask about sexual behavior.

68. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

69. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

70. During the past 3 months, with how many people did you have sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 3 months
- C. 1 person
- D. 2 people
- E. 3 people
- F. 4 people
- G. 5 people
- H. 6 or more people

71. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?

- A. I have never had sexual intercourse
- B. Yes
- C. No

72. The **last time** you had sexual intercourse; did you or your partner use a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

73. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)

- A. I have never had sexual intercourse
- B. No method was used to prevent pregnancy
- C. Birth control pills
- D. Condoms
- E. Depo-Provera (injectable birth control)
- F. Withdrawal
- G. Some other method
- H. Not sure

The next 7 questions ask about body weight.

74. How do **you** describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

75. Which of the following are you trying to do about your weight?

- A. **Lose** weight
- B. **Gain** weight
- C. **Stay** the same weight
- D. I am **not trying to do anything** about my weight

76. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

77. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

78. 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?

- A. Yes
- B. No

79. 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.)

- A. Yes
- B. No

80. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

The next 9 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

81. 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.)

- A. I did not drink 100% fruit juice during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

82. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)

- A. I did not eat fruit during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

83. During the past 7 days, how many times did you eat **green salad**?

- A. I did not eat green salad during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

84. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count French fries, fried potatoes, or potato chips.)

- A. I did not eat potatoes during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

85. During the past 7 days, how many times did you eat **carrots**?

- A. I did not eat carrots during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

86. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)

- A. I did not eat other vegetables during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

87. 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 sodas or diet pop.)

- A. I did not drink soda or pop during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

88. During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull, Monster, Rock Star, Full Throttle, or Amp?

- A. I did not drink any energy drinks during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

89. During the past 7 days, how many **glasses of milk** did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

- A. I did not drink milk during the past 7 days
- B. 1 to 3 glasses during the past 7 days
- C. 4 to 6 glasses during the past 7 days
- D. 1 glass per day
- E. 2 glasses per day
- F. 3 glasses per day
- G. 4 or more glasses per day

The next 4 questions ask about physical activity.

90. 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 you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

91. 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? (Includes activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

- A. I do not play video or computer games or use a computer for something that is not school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

92. On an average school day, how many hours do you watch TV?

- A. I do not watch TV on an average school day
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

93. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

The next 2 questions ask about other topics.

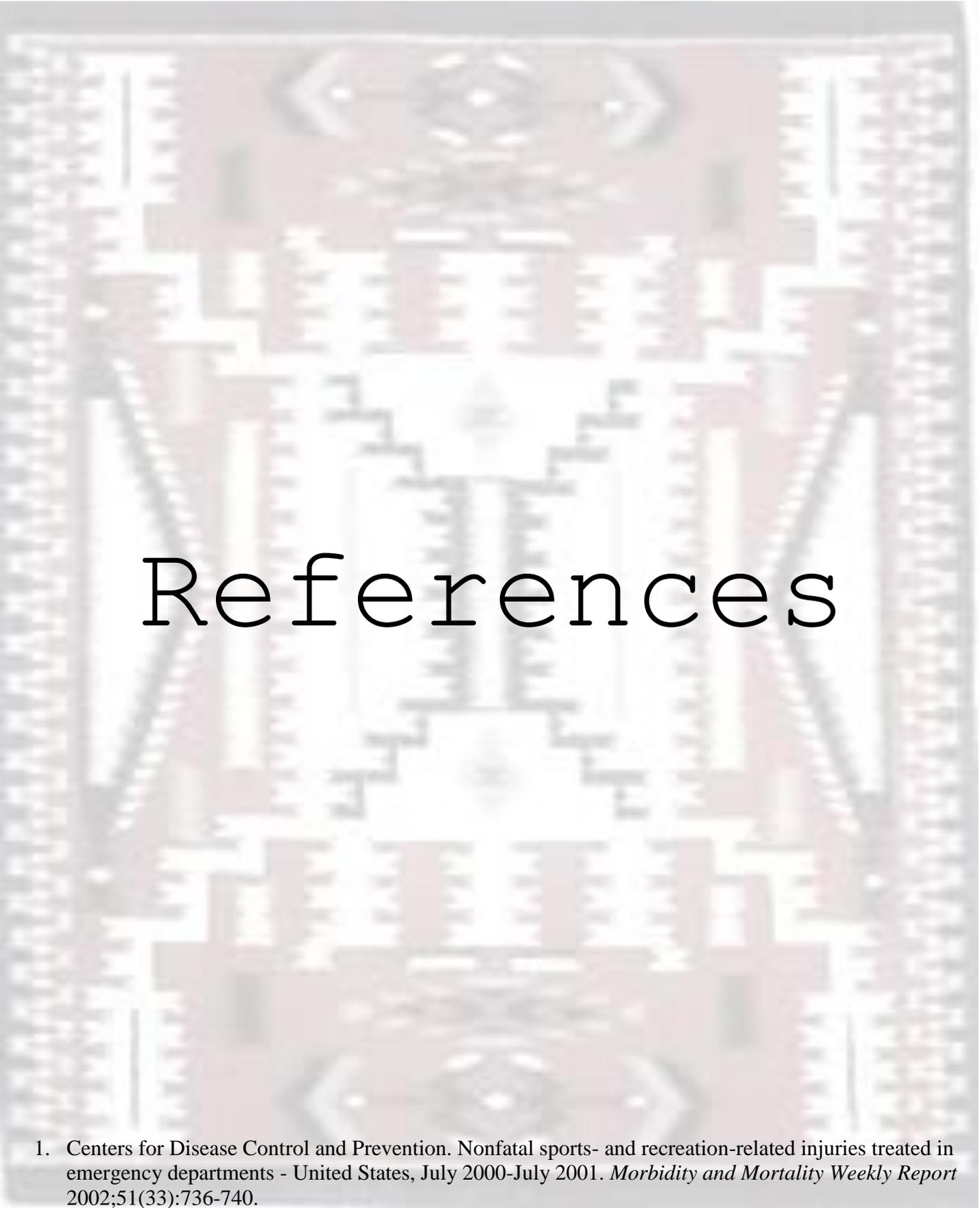
94. Have you ever been taught about AIDS or HIV infection in school?

- A. Yes
- B. No
- C. Not sure

95. Have you ever been taught about diabetes in school?

- A. Yes
- B. No
- C. Not sure

This is the end of the survey. Thank you very much for your help.



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