

A Healthy Look at Idaho Youth



**Results of the 2007 Idaho Youth Risk Behavior Survey
and
2006 School Health Education Profile Survey**

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**RESULTS OF THE
2007 IDAHO YOUTH RISK BEHAVIOR SURVEY
AND
2006 SCHOOL HEALTH EDUCATION PROFILE SURVEY**

Prepared for the Idaho Department of Education,
Tom Luna, State Superintendent of Public Instruction

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PREFACE

The Youth Risk Behavior Survey (YRBS) is one component of the Youth Risk Behavior Surveillance System developed by the Centers for Disease Control and Prevention in collaboration with representatives from 71 state and local departments of education and health, 19 other federal agencies, and national education and health organizations. The Youth Risk Behavior Surveillance System was designed to focus the nation on behaviors among youth related to the leading causes of mortality and morbidity among both youth and adults and to assess how these risk behaviors change over time. The Youth Risk Behavior Surveillance System measures behaviors that fall into six categories:

1. Behaviors that result in intentional and unintentional injuries and violence
2. Tobacco use
3. Alcohol and other drug use
4. Sexual behaviors that result in HIV infection, other sexually transmitted diseases and unintended pregnancies
5. Dietary behaviors
6. Physical activity

The body of this report highlights the results of the 2007 Idaho Youth Risk Behavior Survey and is intended for use by a broad audience including educators, health program planners, community organizations, youth, parents, legislators, and government agencies.

In addition to the six behavior categories, the 2007 Idaho YRBS collected information on asthma and diabetes prevalence among Idaho students.

ACKNOWLEDGEMENTS

The 2007 Idaho Youth Risk Behavior Survey (YRBS) is one component of the surveillance and reporting system for adolescent risk behaviors developed by the Division of Adolescent and School Health (DASH), the National Center for Chronic Disease Prevention and Health Promotion, and the Centers for Disease Control and Prevention (CDC). The YRBS was first used in Idaho in 1991. The Idaho Department of Education and State Superintendent Tom Luna acknowledge the participation, support, and cooperation of those persons who made the 2007 Idaho Youth Risk Behavior Survey possible. Sincere appreciation is expressed to:

- the Centers for Disease Control and Prevention, Division of Adolescent and School Health, and the WESTAT Technical Assistance Project
- the school district superintendents, principals, and the teachers and students who participated in the 2007 Idaho Youth Risk Behavior Survey
- the Bureau of Environmental and Community Health, Division of Health, Idaho Department of Health and Welfare

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Introduction

This report describes the results of the 2007 Idaho Youth Risk Behavior Survey (YRBS) and the 2006 School Health Education Profile Survey (SHEPS). The Idaho Department of Education conducted the YRBS survey during the Spring 2007 school semester. Similar surveys were conducted in 1991, 1993, 1995, 2001, 2003 and 2005.

Mortality, morbidity, and social problems Idaho teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving, sexual intercourse at a young age, suicide, and lack of seatbelt use, etc. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases which are not manifested until adulthood. These behaviors and associated health problems are largely preventable.

Survey results for each of the risk factors (i.e. injury, tobacco use, alcohol and other drug use, poor diet, and physical inactivity) are presented in four parts:

- an overview of the risk factor as it applies to Idaho high school students
- highlights of the 2007 Idaho YRBS results in bullet form
- graphic illustration of 2007 YRBS key findings among grades and sexes
- selected adolescent health objectives for the Year 2010 (Healthy People 2010)

For readers desiring additional information, a question-by-question summary of survey results and a copy of the 2007 questionnaire are included in the Appendix of this report. Contact Patricia Stewart, Idaho Department of Education, for more information about the use of the YRBS in school health education programs: (208) 332-6950.

Healthy People 2010

Healthy People 2010 contains 467 objectives to improve the health of Americans by the year 2010. Because these objectives are national, not solely federal, the achievement of these objectives is dependent in part on the ability of health agencies at all levels of the government and on non-governmental organizations to assess objective progress.

This report includes (where appropriate) selected national health objectives for the year 2010 and the corresponding 2003, 2005, and 2007 Idaho Youth Risk Behavior Survey measure.

Bolded measures indicate where Idaho has met the HP2010 objective.

For further information about Healthy People 2010 visit the website at:
www.healthypeople.gov

Methods

Sampling

The 2007 Idaho Youth Risk Behavior Survey employed a two-stage cluster sample design to produce representative samples of students in grades 9-12 in Idaho's public school system. The first-stage sampling frame included all public schools containing any grades 9 through 12. Schools were selected systematically with probability proportional to school enrollment size using a random start. At the second sampling stage, intact classes of a required subject or a required period (e.g., second period) were randomly selected using systematic equal probability sampling with a random start. All students in selected classes were eligible to participate in the survey.

Data Collection

Students completed the self-administered questionnaire in their classrooms during a regular class period, recording their responses directly on a computer-scannable answer sheet. The 2007 Idaho YRBS questionnaire contained 84 multiple-choice questions plus two additional questions to collect student height and weight. Survey procedures were designed to protect students' privacy by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration. A copy of this survey can be obtained from the Idaho Department of Education: (208)332-6950.

Data Weighting

Based on the sampling methodology, a weight was associated with each student's responses in order to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. For more information regarding the methodology used to weight the data contact the Idaho Department of Education. The weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular Idaho public school students in grades 9 through 12.

Survey Limitations

The YRBS does have several limitations which may impact the reliability and usefulness of the results. The 2007 Idaho survey is administered to students enrolled in one of Idaho's public schools. Many teens who are at the highest risk for unhealthy behaviors may have dropped out of school and therefore are not represented by these results. In addition, respondents of self-reported surveys may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (drug, alcohol and tobacco use, sexual abuse, etc.) and over report behaviors which are socially desirable (exercise frequency, healthy diet, seat-belt use, etc.). Despite these limitations, YRBS data can be useful in tracking behaviors over time (trend data) and in making adolescent health program decisions.

Survey Summary

Participants

The 2007 Idaho Youth Risk Behavior Survey was completed by 1,440 students in 45 public high schools in Idaho during the spring of 2007. The school response rate was 79%, the student response rate was 84%, and the overall response rate was 66%. The results are representative of all students in public schools containing grades 9 through 12. The weighted demographic characteristics of the sample are as follows:

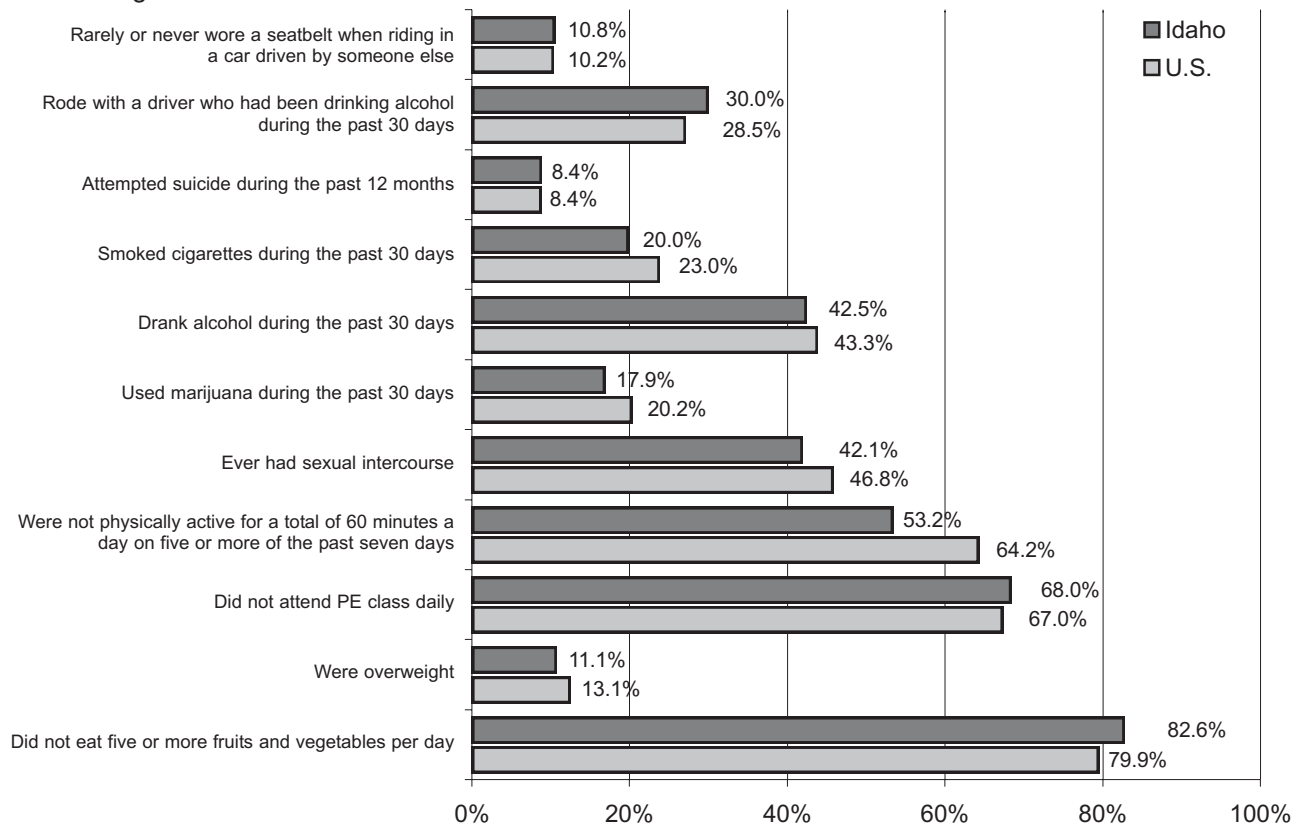
Female	48.4%	9th grade	26.9%	African American	0.4%
Male	51.6%	10th grade	25.6%	Hispanic/Latino	11.4%
		11th grade	24.2%	White	84.4%
		12th grade	22.8%	All other races	1.9%
				Multiple races	1.8%

Note: Due to rounding and/or weighting of results, and the overlap among racial and ethnic groups, the above demographic group totals may not add up to 100%

The following chart highlights some of the major summary statistics for the 2007 Idaho YRBS:

Summary Results from the 2007 Idaho High School YRBS and 2005 National YRBS Survey Summary Findings—Weighted Data

Percentage of students who:



U.S. data source: 2005 National Youth Risk Behavior Survey.

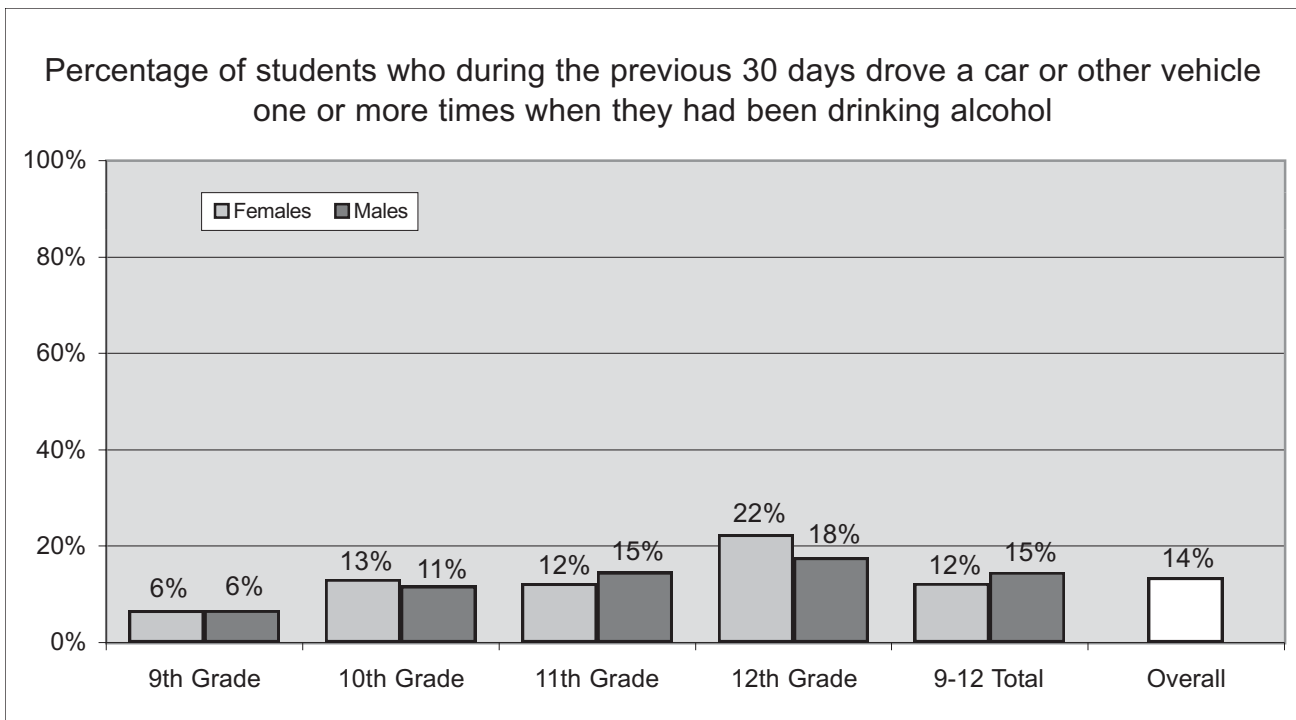
Unintentional and Intentional Injuries

In 2005, 80% of deaths among Idaho youth aged 10-18 resulted from unintentional and intentional injuries in 2005; accidents accounted for 62%, which includes motor vehicle accidents (46%) and all other unintentional accidents (17%); intentional self-harm (suicide) (14%); and homicide (5%).¹ Motor-vehicle crashes are the leading cause of death in the US for persons aged 16 to 24 years, and a substantial proportion of these crashes are alcohol related.² The 2007 YRBS measured the frequency in which students drove a vehicle while under the influence of alcohol.

Head injury is the leading cause of death in motorcycle and bicycle crashes, although helmets substantially reduce the risk for serious head injuries.^{3,4} It is estimated that in 2003 safety belt use saved over 14,000 lives nationally.⁵

Injury in Idaho

- 30% of students report riding in a car or other vehicle in the previous 30 days driven by someone who had been drinking alcohol
- One in seven Idaho high school students drove a vehicle in the previous 30 days when he or she had been drinking alcohol
- Hispanic students (22%) were nearly twice as likely as White students (13%) to have driven a vehicle when they had been drinking
- Male students (14%) were twice as likely as female students (7%) to say they never or rarely wore a seatbelt when riding in a car driven by someone else
- Among those students who rode a bicycle in the previous 12 months, 85% never or rarely wore a bicycle helmet



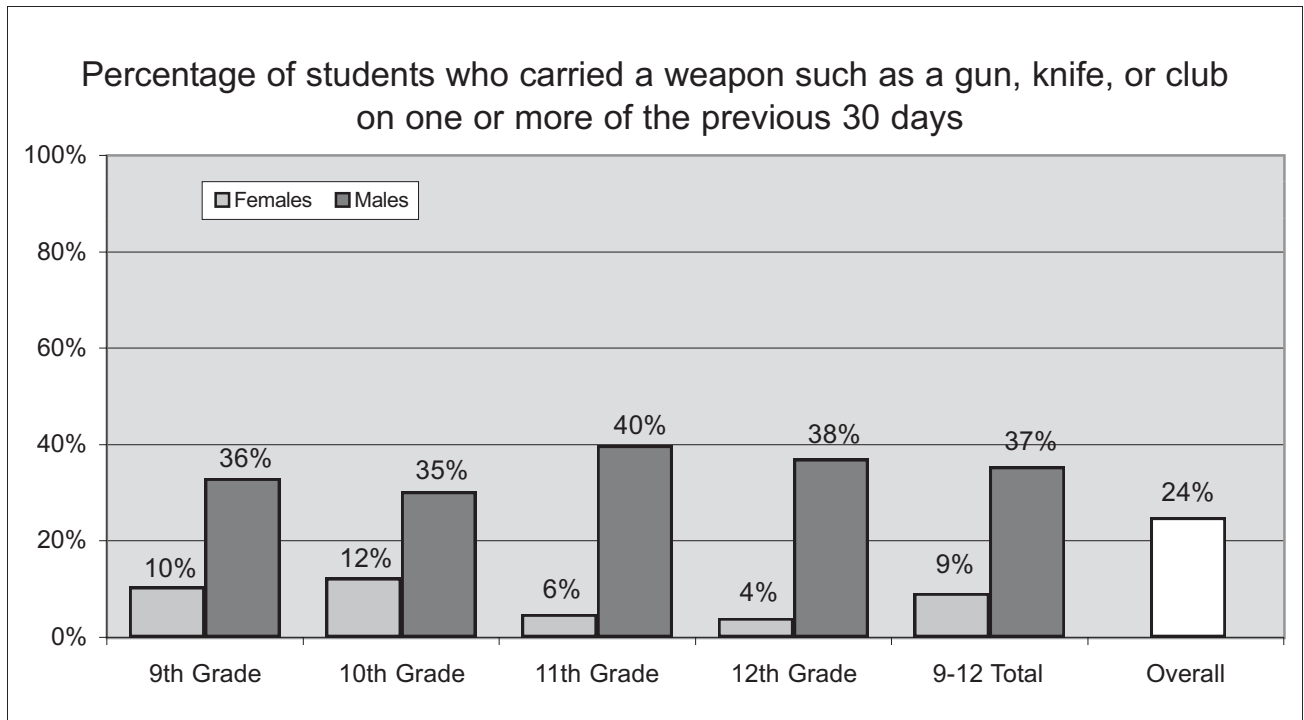
HP 2010 Goal 26-6: Riding with a driver who had been drinking alcohol
 Reduce the proportion of adolescents who report they rode, during the previous 30 days, with a driver who had been drinking alcohol to 30%
Idaho 2003: 24% Idaho 2005: 28% Idaho 2007: 30%

Unintentional and Intentional Injuries

Approximately nine out of ten homicide victims in the United States are killed with a weapon of some type, such as a gun, knife, or club.⁶ Unintentional firearm-related fatalities are also a critical problem among children and young adults in the United States.⁷ In 2005, 194 Idahoans died as a result of firearm-related injuries.⁸ The 2007 Idaho YRBS included questions designed to measure violence-related behaviors. These questions asked about the prevalence and frequency of weapon use and the occurrence of threats or injuries from the use of a weapon. One in four Idaho high school students carried a weapon on one or more of the previous 30 days and 6% of students reported that they did not come to school one or more times during the previous month because they felt unsafe.

Injury in Idaho

- Male students (37%) were four times as likely as female students (9%) to have carried a weapon on one or more of the previous 30 days
- Male students (17%) were significantly more likely than female students (3%) to have carried a gun during the previous 30 days
- One in ten students were threatened or injured with a weapon on school property during the past 12 months
- One-third of all students had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the previous 30 days



HP 2010 Goal 15-39: Carrying a weapon
 Reduce weapon carrying by adolescents on school property to 6%
 Idaho 2003: 8% Idaho 2005: N/A Idaho 2007: 9%

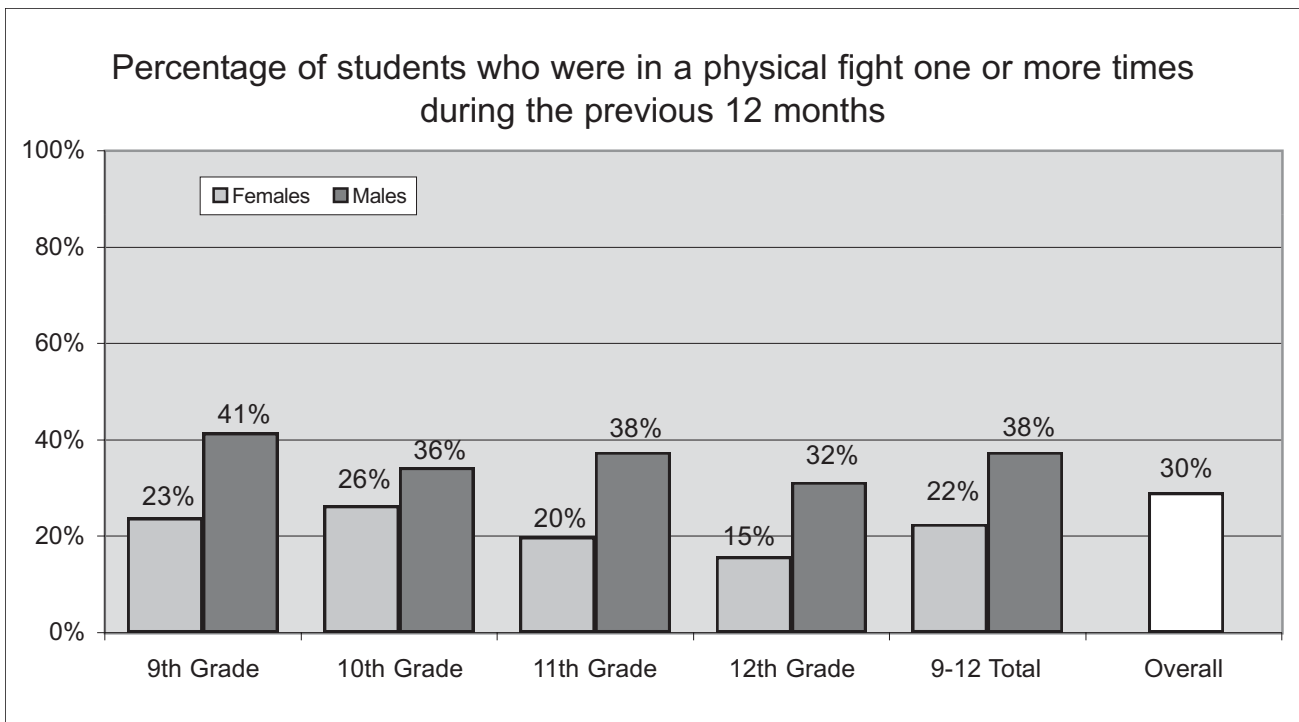
Unintentional and Intentional Injuries

YRBS injury-related questions measured the frequency and severity of physical fighting and abusive behavior. Among Idaho high school students, 30% were in a physical fight in the previous year, and 10% were threatened or injured with a weapon on school property. One in eight Idaho students report they have been hit or slapped on purpose by their boyfriend or girlfriend during the previous year

Forced sex has been associated with suicidal ideation and attempts,⁹ alcohol and drug use,¹⁰ and increased risk of chronic diseases and somatic symptoms in both reproductive and nonreproductive organ systems.¹¹ In Idaho, 13% of female students and 8% of male students report they have been physically forced to have sexual intercourse.

Injury in Idaho

- One in three students were in a physical fight one or more times in the previous 12 months
- 38% of Hispanic students (compared to 28% of White students) were in a physical fight one or more times in the previous 12 months
- Male students (17%) were more than twice as likely than female students (7%) to have been in a fight on school property during the previous 12 months
- 13% of high school students were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the previous 12 months



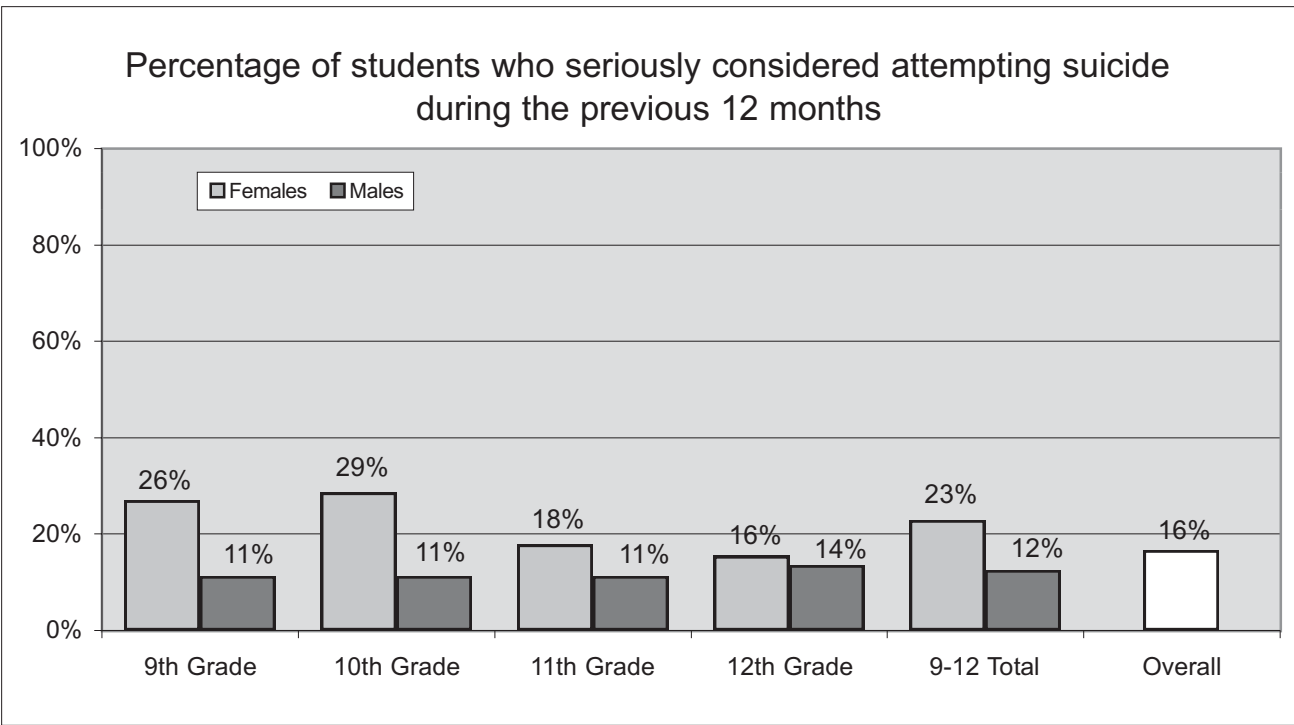
HP 2010 Goal 15-38: **Physical fighting**
 Reduce physical fighting among adolescents
 Idaho 2003: 28% Idaho 2005: 32% **Idaho 2007: 30%**

Unintentional and Intentional Injuries

Suicide is the 2nd leading cause of injury related deaths among youth aged 10 to 19 in Idaho. The leading cause of death is unintentional injury.⁸ Nationally, the suicide rate for persons aged 15 to 24 has tripled since 1950.¹² In 2005, 31 Idahoans between the ages of 10 and 24 committed suicide.⁸ According to results of the 2007 Idaho YRBS, 17% of all high school students seriously considered attempting suicide in the previous year and 14% said they made a plan for how they would attempt suicide. Among all Idaho students, 8% report having actually attempted suicide during the previous year. Suicide ideation appears to occur more often among high school females.

Injury in Idaho

- Female students (36%) were significantly more likely than male students (19%) to report that in the previous 12 months they felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities
- During the previous year, 14% of Idaho students made a plan about how they would attempt suicide
- Female students (11%) were nearly twice as likely as male students (6%) to have actually attempted suicide during the previous 12 months
- Hispanic students (6%) were three times as likely as White students (2%) to have attempted suicide during the previous 12 months; resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse



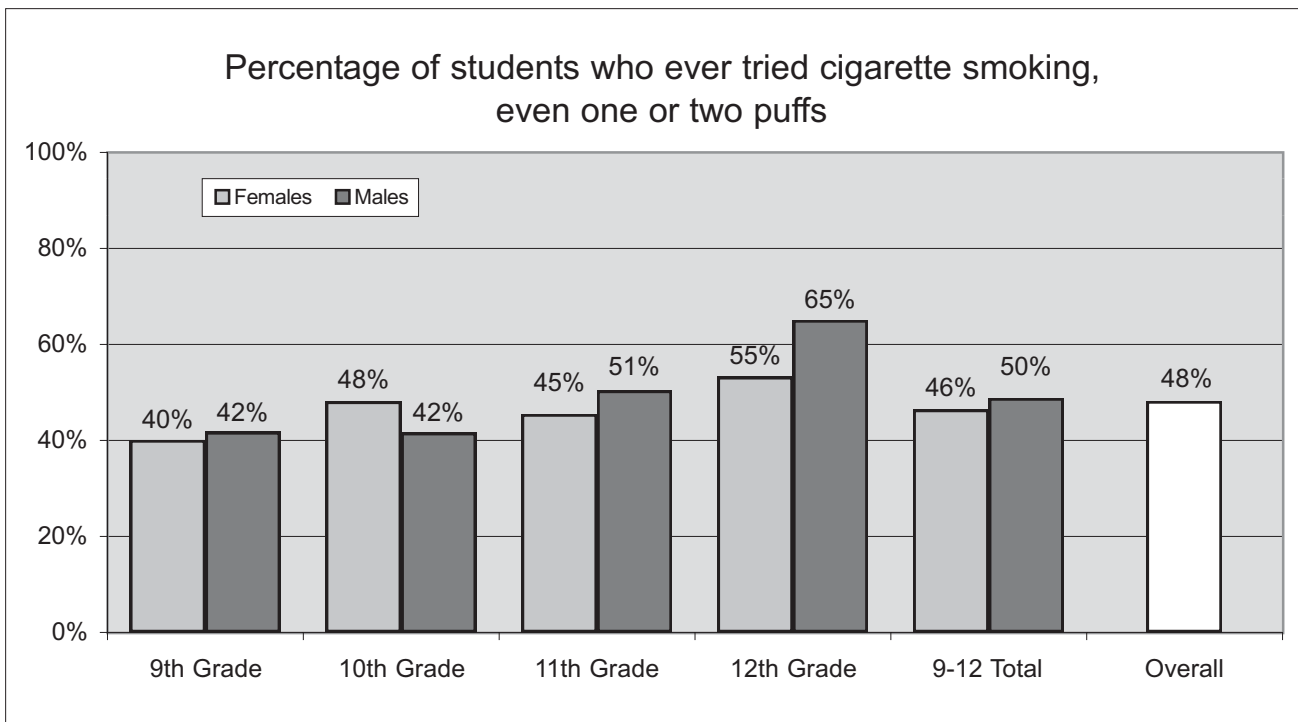
HP 2010 Goal 18-02: **Sadness and suicide ideation and attempts**
 Reduce the rate of suicide attempts by adolescents
 Idaho 2003: 9% Idaho 2005: 9% **Idaho 2007: 8%**

Tobacco Use

Tobacco use is considered the chief preventable cause of death in the United States with an estimated 18% of all deaths attributed to tobacco use.^{13,14} Cigarette smoking is responsible for heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. In addition, there is evidence that cigarette smokers are more likely to drink alcohol and use marijuana and cocaine as compared to non-smokers.¹³ If current patterns of smoking behavior persist, an estimated 30,000 Idaho youth are projected to die prematurely from smoking-related illnesses.¹⁵ Tobacco use questions on the YRBS measured smoking experimentation, current smoking patterns, age of initiation, adherence to Federal regulations regarding sale of cigarettes, smoking on school property and attempts to quit smoking.

Tobacco Use in Idaho

- Nearly one-half (48%) of all Idaho students have tried cigarette smoking, and 14% of Idaho students smoked a whole cigarette before age 13
- 63% of Hispanic students have tried smoking at least once (compared to 46% of White students)
- 12th grade students (60%) were significantly more likely than 9th grade students (41%) to have ever tried cigarette smoking
- Hispanic students (23%) were nearly twice as likely as White students (12%) to have smoked a whole cigarette before age 13
- 19% of male students and 4% of female students used chewing tobacco, snuff, or dip on one or more of the previous 30 days



HP 2010 Goal 27-02a: Current tobacco use

Reduce use of any tobacco products in the past month by adolescents to 21%

Idaho 2003: 18% Idaho 2005: 21% Idaho 2007: 26%

Tobacco Use

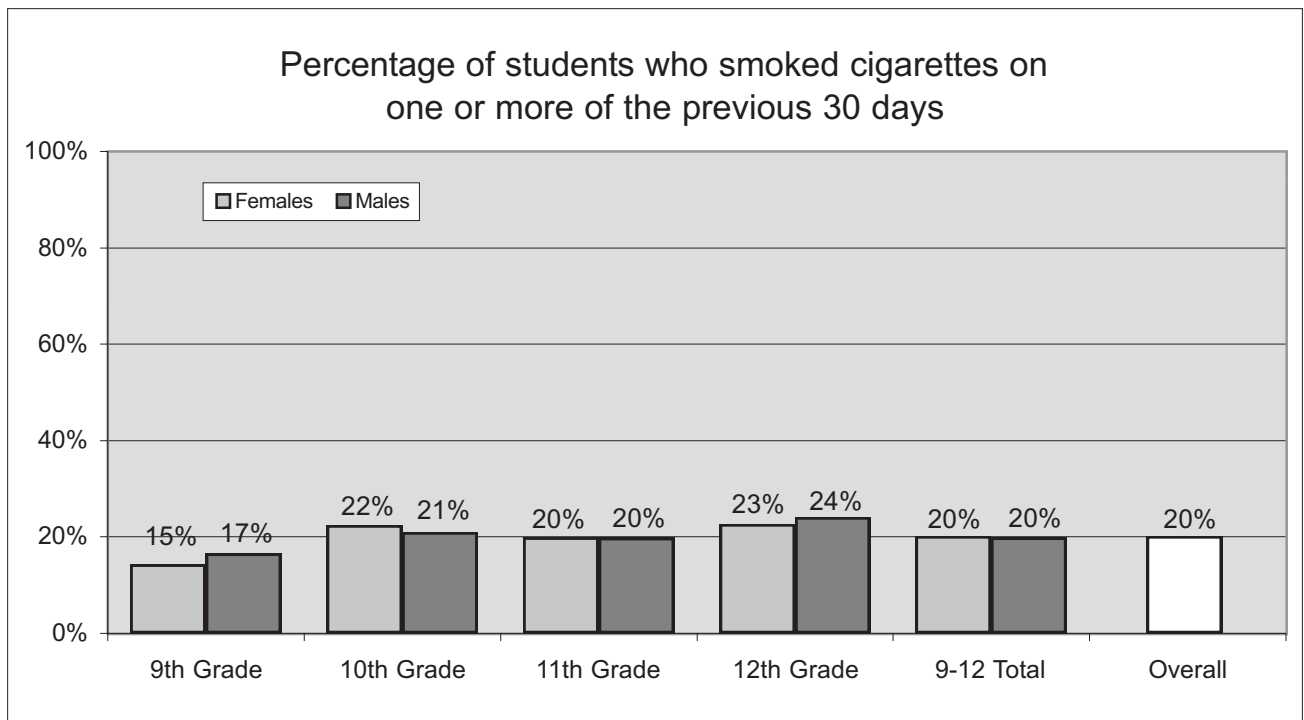
If the trend in early initiation of cigarette smoking continues, approximately 5 million children aged 18 years and younger who are living today will die prematurely because they began to smoke cigarettes during adolescence.¹⁶

In Idaho, one in five students smoked cigarettes one or more of the previous 30 days and 8% of students smoked on 20 or more of the previous 30 days.

Among students who report current cigarette use, 9% smoked more than 10 cigarettes per day on the days they smoked and 13% of all high school students have smoked daily (that is at least one cigarette a day for 30 days)

Tobacco Use in Idaho

- 20% of all students in Idaho smoked on one or more of the past 30 days (i.e. current smokers)
- 21% of male students and 8% of female students smoked cigars or cigarillos on one or more of the previous 30 days
- 8% of Idaho's high school students smoked on 20 or more of the past 30 days (i.e. frequent smokers)
- Male students (30%) were more likely than female students (22%) to have used any form of tobacco during the previous 30 days
- Half (52%) of all students who reported current cigarette use have tried to quit smoking at least once during the previous 12 months



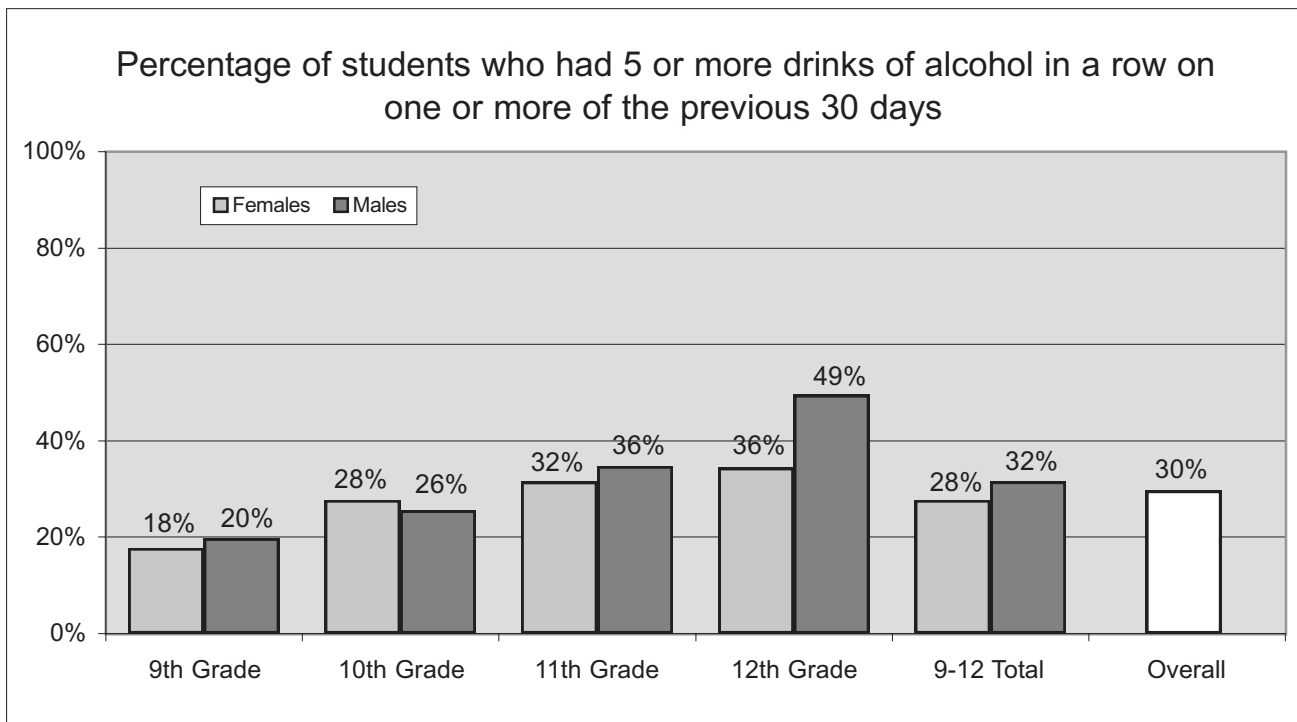
HP 2010 Goal 27-02b: **Cigarette use**
 Reduce use of cigarettes in the past month by adolescents to 16%
Idaho 2003: 14% Idaho 2005: 16% Idaho 2007: 20%

Alcohol and Other Drug Use

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes, which are the leading causes of death and disability among young people.¹⁷ Heavy drinking has been associated with an increased risk of marijuana use, multiple sexual partners, and poor academic performance.^{18,23} Several YRBS questions were developed to measure frequency of alcohol use, age of initiation, heavy drinking, and drinking on school property. In Idaho, 43% of high school students drank alcohol in the previous 30 days and 23% had their first drink of alcohol before age 13. Nearly one-third of Idaho's students engaged in binge drinking (defined as having five or more drinks in a row) during the month prior to completing the survey.

Alcohol and Other Drug Use in Idaho

- Two-thirds of all high school students have had at least one drink of alcohol during their lifetime
- Hispanic students (35%) were significantly more likely than White students (21%) to have had their first drink of alcohol before age 13
- 43% of all Idaho students drank on one or more of the previous 30 days
- 12th grade students (42%) were significantly more likely than 9th grade students (19%) to have had five or more drinks of alcohol in a row, on one or more occasions during the previous 30 days



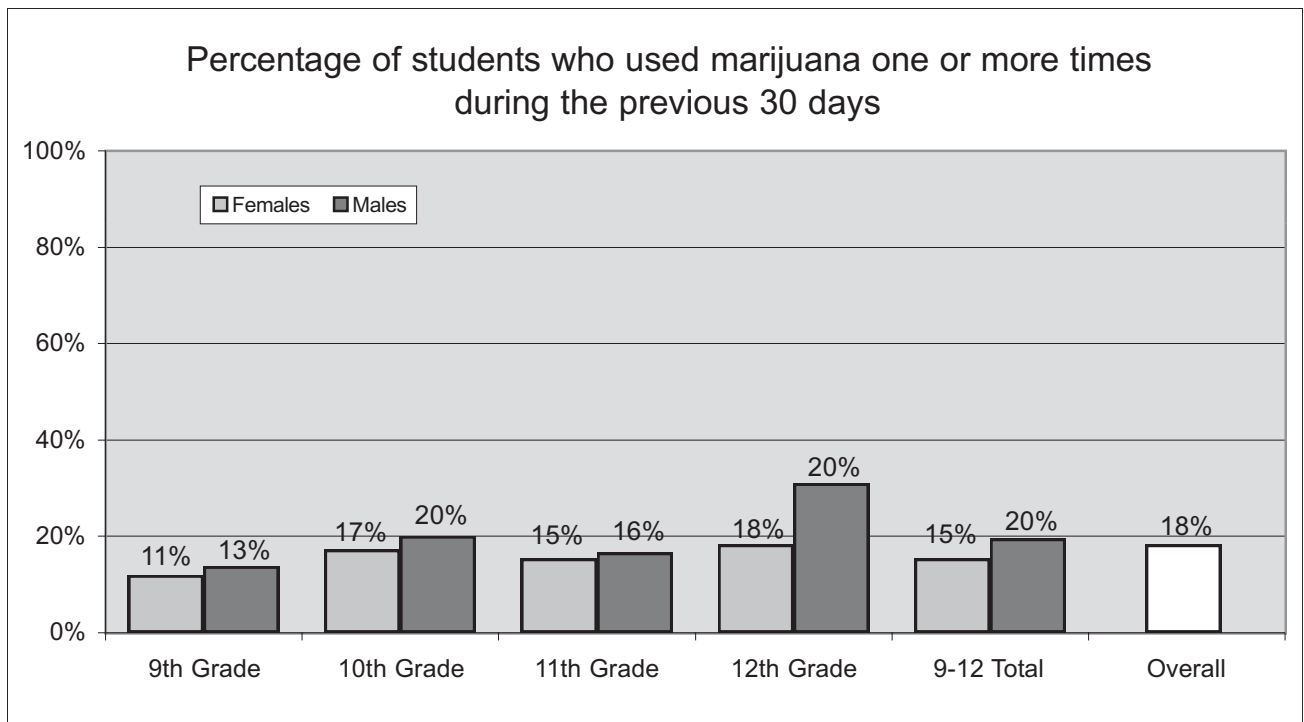
HP 2010 Goal 26-11d: **Alcohol use**
 Reduce the proportion of adolescents engaging in binge drinking during the previous month
 Idaho 2003: 23% Idaho 2005: 28% Idaho 2007: 30%

Alcohol and Other Drug Use

In the past 40 years, the use of marijuana in the U.S. has increased 10-fold; and it is estimated that more than half of all Americans aged 18 to 25 have used it.¹⁹ Although marijuana is an illegal substance, 18% of Idaho's high school students smoked marijuana during the previous month, and 33% have smoked it at least once in their lives. Nationally, 20% of all high school students smoked marijuana in the previous month and two-thirds of all high school students have used marijuana at least once during their lives.²⁰ Despite improvements in recent years, drug use is greater among high school students and other young adults in the U.S. than in any other industrialized nation in the world.²¹

Alcohol and Other Drug Use in Idaho

- One in three Idaho high school students has used marijuana one or more times during his or her lifetime
- 11% of male students and 6% of female students tried marijuana for their first time before the age of 13
- Hispanic students (14%) were twice as likely as White students (7%) to have used marijuana for their first time before the age of 13
- 12th grade students (26%) were significantly more likely to have used marijuana in the past 30 days than 9th grade students (12%)
- Overall, 5% of Idaho high school students used marijuana on school property during the previous month



HP 2010 Goal 26-10b: **Marijuana use**

Reduce the proportion of adolescents reporting use of marijuana during the previous month

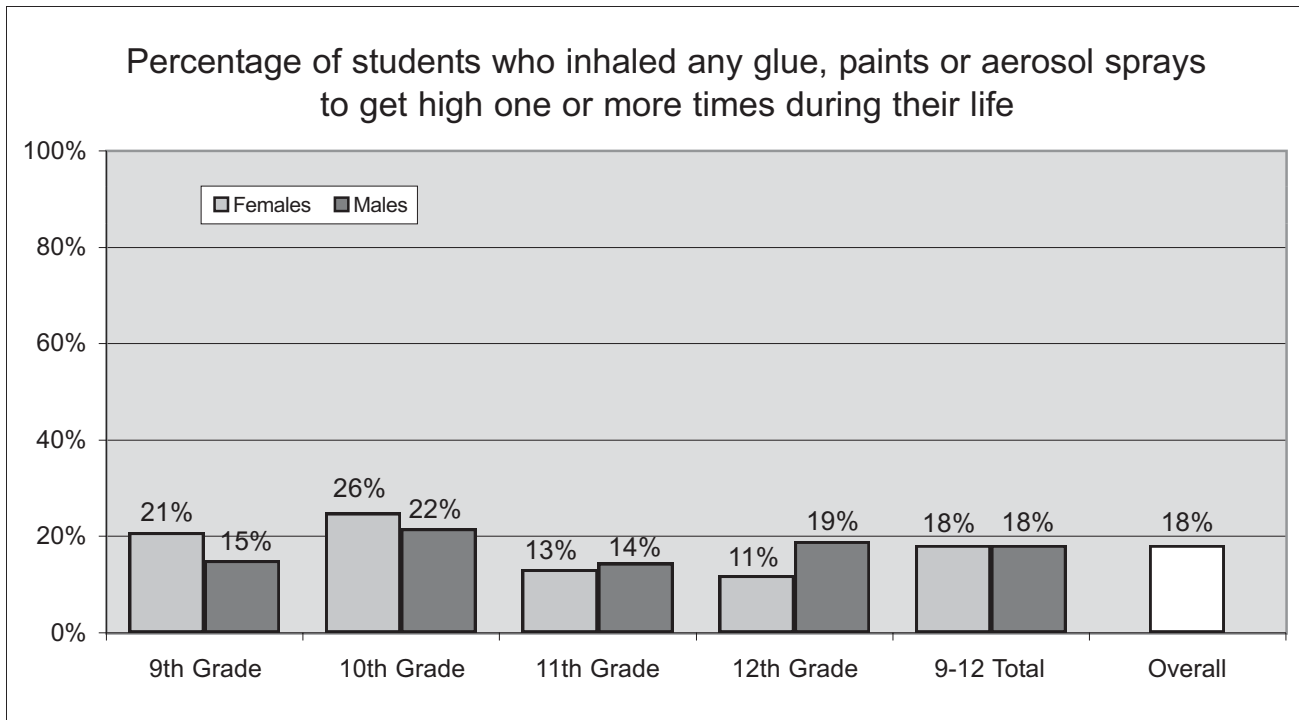
Idaho 2003: 15% Idaho 2005: 17% Idaho 2007: 18%

Alcohol and Other Drug Use

2007 Idaho YRBS drug related questions measured the frequency of cocaine, inhalant (like paint or other aerosols), heroin, ecstasy, methamphetamine, steroid, and injected drug use. In addition to morbidity and mortality due to injury, drug abuse is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases, including HIV.^{22,23} Nine percent of Idaho students have ever tried cocaine and 4% used it in the month prior to completing the YRBS survey. Huffing substances to get high has been done by 18% of Idaho's students at least once in his or her lifetime.

Alcohol and Other Drug Use in Idaho

- 17% of Idaho's Hispanic high school students (compared to 7% of White students) have used cocaine one or more times during his or her lifetime
- Hispanic students (8%) are also significantly more likely to have used cocaine in the past month compared to White students (3%)
- 7% of Idaho's high school students has used ecstasy one or more times in his or her life
- 18% of Idaho's high school students has sniffed glue, breathed the contents of aerosol spray cans, or inhaled paint or sprays to get high one or more times in his or her life



HP 2010 Goal 26-9c: Alcohol use

Increase the proportion of high school seniors who have never used alcohol

Idaho 2003: 40% Idaho 2005: 33% **Idaho 2007: 34%**

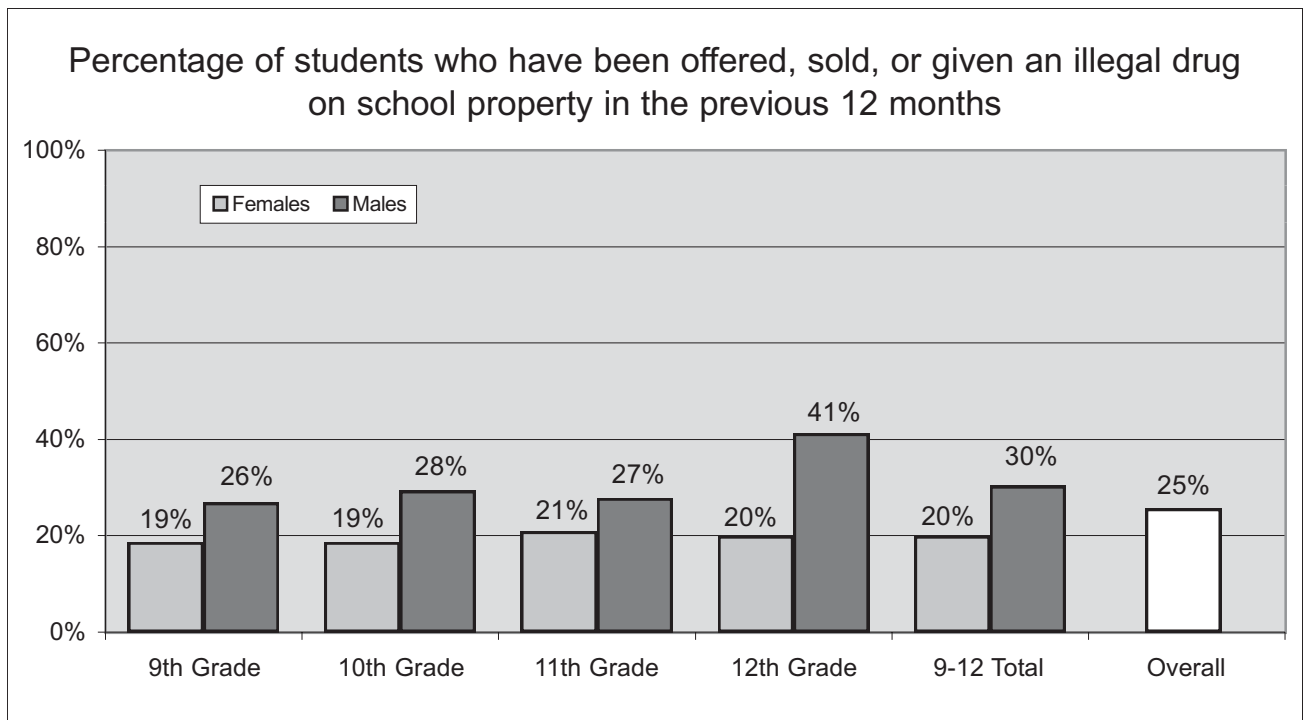
Alcohol and Other Drug Use

Methamphetamine (also known as "speed," "crystal," "crank," "go," and "ice") is the most widely illegally manufactured, distributed, and abused type of amphetamine. In the United States, 6% of high school students have used methamphetamine at least once during his or her lifetime.²⁰ Methamphetamine use is also a problem among Idaho teens as 6% of all high school students have tried it at least once.

Hispanic students in Idaho high schools are more than twice as likely as White students to have ever used cocaine, heroin, or meth. Hispanic students are also nearly three times as likely as White students to have used cocaine during the previous month.

Alcohol and Other Drug Use in Idaho

- 4% of Idaho high school students report having used heroin at least once during their lives, and 3% of students have used a needle to inject an illegal drug into their body
- 14% of Hispanic students and 5% of White students have used meth one or more times during their lives
- One in four Idaho high school students were offered, sold, or given an illegal drug on school property during the previous month
- 8% of Idaho's high school Hispanic students compared to 3% of White students report having ever taken steroid pills or shots without a doctor's prescription



HP 2010 Goal 26-9d: Illicit drug use

Increase the proportion of high school seniors who have never used Illicit drugs

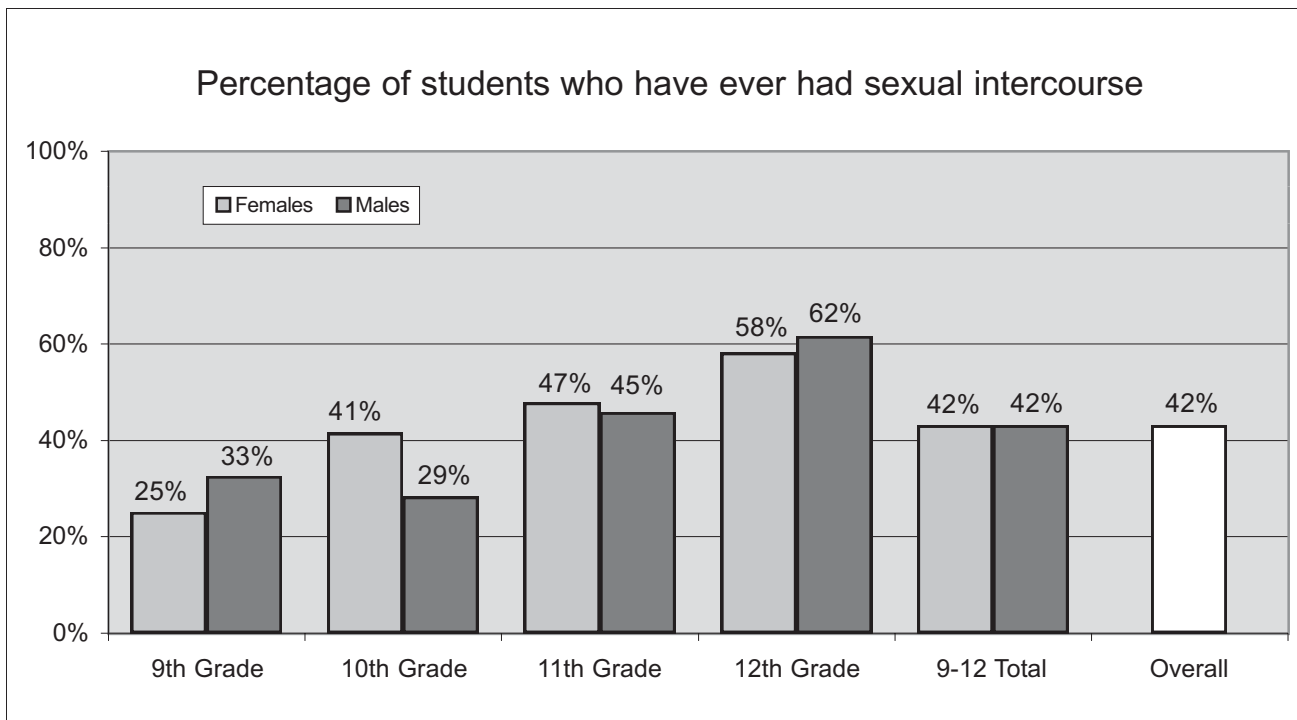
Idaho 2003: 63% **Idaho 2005: 54%** Idaho 2007: N/A

Sexual Behavior

The 2007 Idaho YRBS included sexual behavior questions that measured the prevalence of sexual activity, alcohol and/or drug use prior to sexual activity, age at first intercourse, and whether students have received HIV education. Each year in the United States almost one million teenage girls become pregnant and roughly 275,000 teenagers obtain an abortion.³³ In Idaho, there were 1,352 out-of-wedlock births and 356 abortions among women aged 15 to 19 in 2005.⁸ Early sexual activity is associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection, and negative effects on social and psychological development.²⁹ Although 58% of Idaho students have abstained from having sex, 42% have had sexual intercourse.

Sexual Behavior in Idaho

- 42% of students have had sexual intercourse at least once during their lifetime
- Hispanic students (55%) were significantly more likely than White students (40%) to have ever had sexual intercourse
- Male students (7%) were nearly twice as likely as female students (4%) to have had sexual intercourse for the first time before the age of 13
- 12% of students drank alcohol or used drugs before they had sexual intercourse the last time
- 5% of Idaho students had sex for the first time before the age of 13.



HP 2010 Goal 25-11d: **Sexual intercourse**

Increase the proportion of adolescents that abstain from ever having sexual intercourse

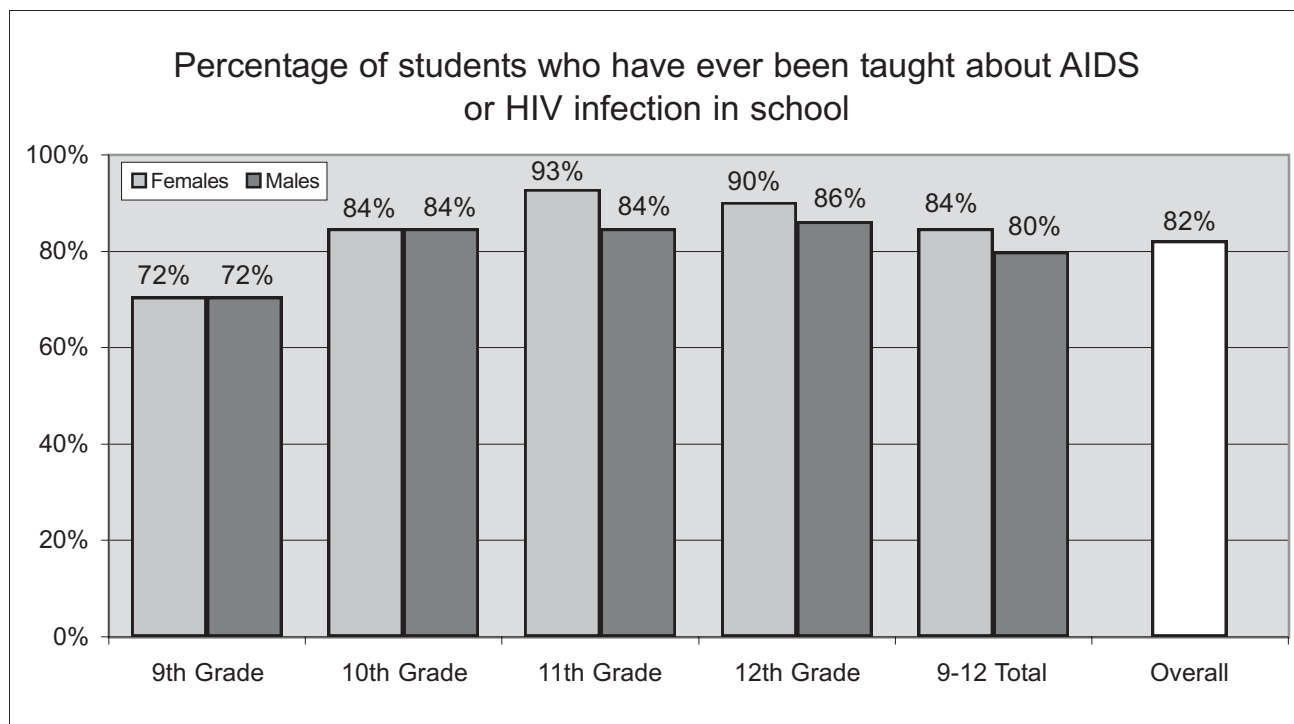
Idaho 2003: 64% Idaho 2005: 61% Idaho 2007: 58%

Sexual Behavior

Though it is no longer ranked among the leading causes of death in the United States, in 1999, HIV was the fifth leading cause of death for Americans between the ages of 25 and 44.²⁴ It has been estimated that at least half of all new HIV infections in the United States are among people under 25, and the majority of young people are infected through sexual contact.³⁴ Nationally, the rate of high school students that have received education in school about AIDS and HIV infection is 88%.²⁰ In Idaho, 82% of all high school students have been taught about AIDS or HIV infection and 88% of all 12th grade students say they have received some education about AIDS or HIV infection in school.

Sexual Behavior in Idaho

- 82% of all Idaho students have been taught about AIDS or HIV infection in school
- 88% of 12th grade students and 72% of 9th grade students have been educated on AIDS or HIV infection
- 45% of students said they have talked about AIDS or HIV infection with their parents or other adults in their family
- Hispanic students (71%) were much less likely than White students (85%) to report having been taught in school about AIDS or HIV infection



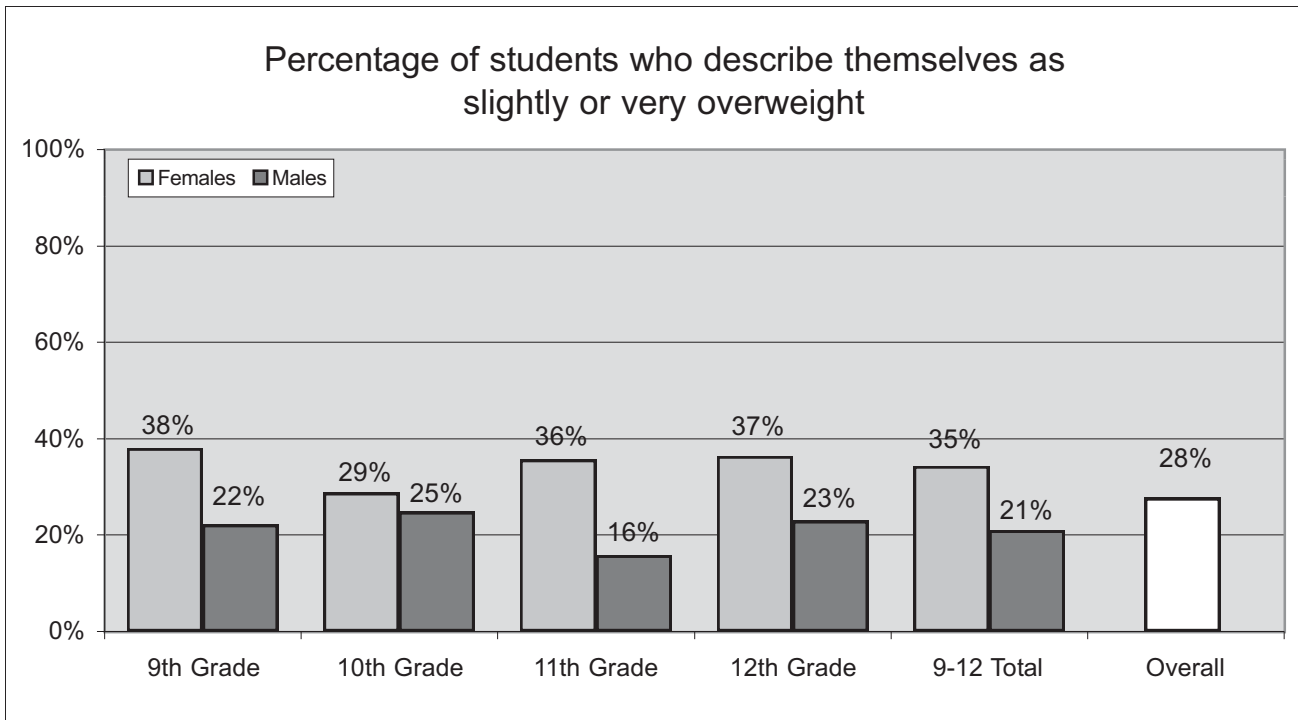
HP 2010 Goal 7-2g: **HIV education**
 Increase the proportion of high schools that provide school health education to prevent unintended pregnancy, HIV/AIDS, and STD infection
 Idaho 2003: 84% **Idaho 2005: 91%** Idaho 2007: N/A

Dietary Behaviors

In adolescence, obesity is associated with hypertension, abnormal glucose tolerance, and adverse psychological and social consequences. In the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.²⁷ The 2007 Idaho YRBS dietary behavior questions measured self-reported height and weight, self-perception of body weight status, specific weight control behaviors, and fruit and vegetable consumption. According to self-reported height and weight measurements, 11% of Idaho high school students were overweight.

Dietary Behaviors in Idaho

- Just over one in ten Idaho high school students is overweight and an additional 11% of students were at risk for becoming overweight (based on BMI calculation, see page 19)
- Male students (16%) were significantly more likely to be overweight than female students (6%); and Hispanic students (18%) were significantly more likely to be overweight than White students (10%)
- 63% of female high school students were trying to lose weight compared to 26% of males students
- Among female students; 20% went without eating for 24 hours, 9% took diet drugs, and 6% vomited or took laxatives, in order to lose weight



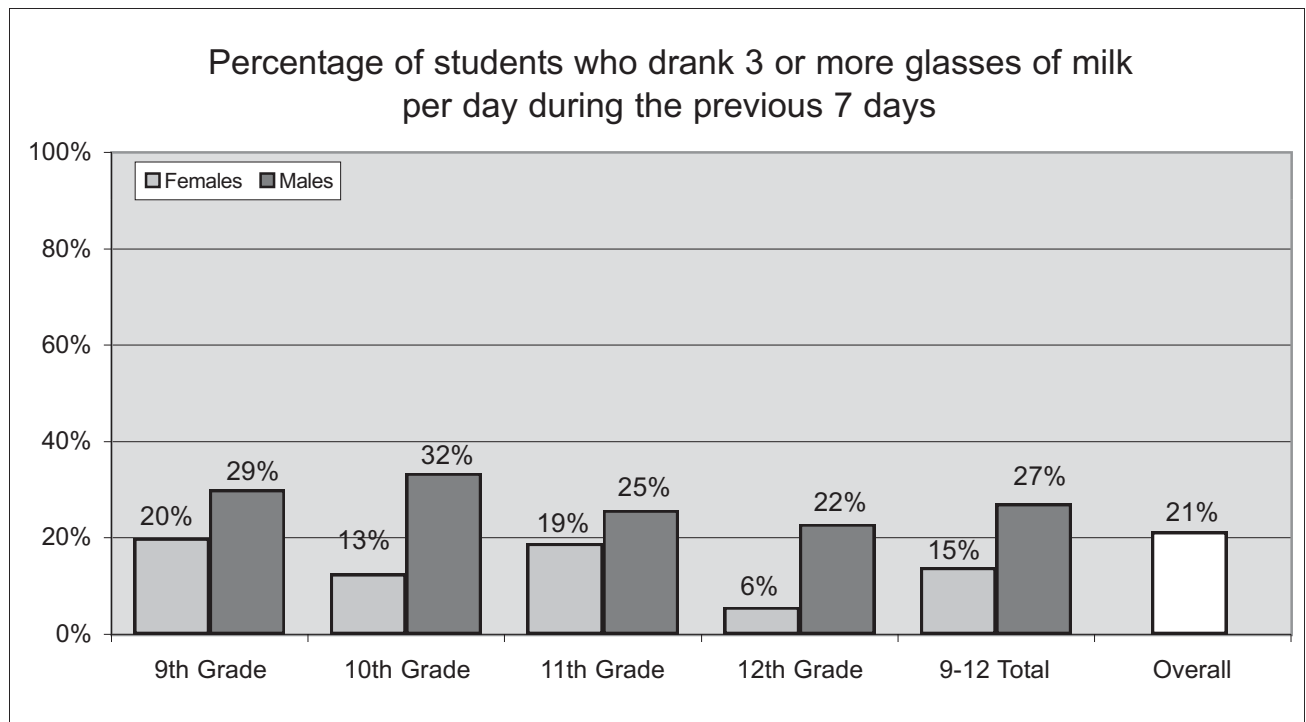
The Idaho YRBS uses self-reported weight and height to calculate the Body Mass Index (BMI), defined as weight in kilograms divided by the square of height in meters. Students are considered to be at risk of becoming overweight if they have a BMI greater than the 85th percentile but less than the 95th percentile. Overweight students are defined as those with a BMI greater than the 95th percentile.

Dietary Behaviors

Americans currently consume more than 36% of their calories from fat.²⁵ Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.²⁶ YRBS dietary behavior questions measured fruit and vegetable consumption along with the consumption of milk. During the week prior to the survey, 17% of all students had five or more servings of fruits and vegetables per day. Nearly three-fourths of Idaho students ate a green salad one or more times during the previous week, and 77% drank 100% fruit juice on one or more occasions during the same time period. Male students (27%) were significantly more likely to drink three or more glasses of milk per day than female students (15%).

Dietary Behaviors in Idaho

- Female students (75%) were more likely than male students (67%) to have eaten a green salad on one or more occasions during the previous week
- Overall, 17% of Idaho's students ate five or more servings of fruits and vegetables during the previous week
- Male students (29%) were significantly more likely than female students (17%) to have drank soda pop one or more times per day during the previous week
- One in three students bought at least part of their lunch from a vending machine on one or more days during the previous week



HP 2010 Goal 19-3: **Overweight**

Reduce the proportion of overweight or obese adolescents to 5%

Idaho 2003: 7% Idaho 2005: 7% Idaho 2007: 11%

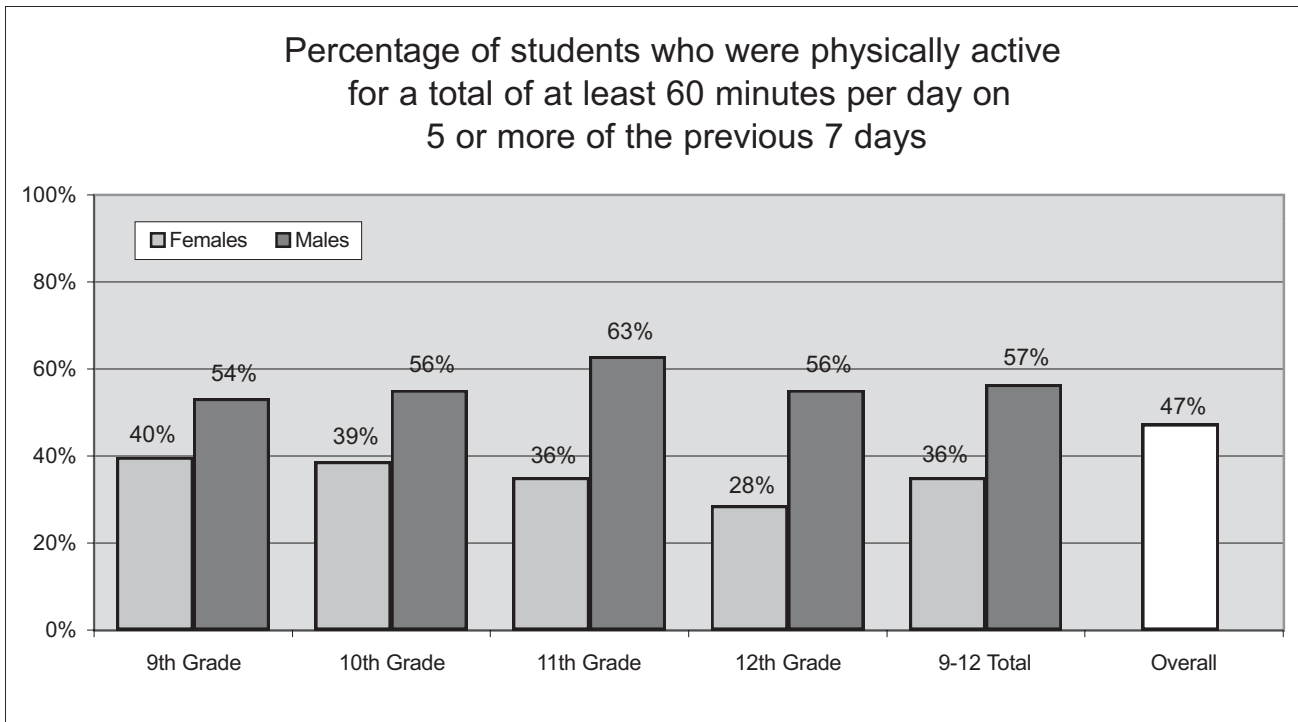
Physical Activity

Physical activity helps build and maintain healthy bones and muscles; control weight, build lean muscle, and reduce fat; and reduce feelings of depression and anxiety and promote psychological well-being.²⁸ National statistics indicate that nearly half of young people aged 12 to 21 do not engage in vigorous physical activity on a regular basis.²⁸

Idaho's YRBS questions measured participation in physical activity, physical education classes, sports teams, non-school-related computer use, and television watching. In Idaho, 47% of all high school students reported they exercised for at least 60 minutes per day on five or more of the previous seven days.

Physical Activity in Idaho

- Male students (57%) were significantly more likely than female students (36%) to be physically active for a total of 60 minutes or more per day on five or more of the previous seven days
- Male students (41%) were significantly more likely than female students (23%) to attend PE classes daily during an average school week
- Hispanic students (38%) were less likely than White students (48%) to have been physically active for a total of 60 minutes or more on five or more of the previous seven days



HP 2010 Goal 22-9: Physical Education Participation
 Increase the proportion of adolescents who participate in daily school physical education to 50%
 Idaho 2003: 30% Idaho 2005: 29% Idaho 2007: 32%

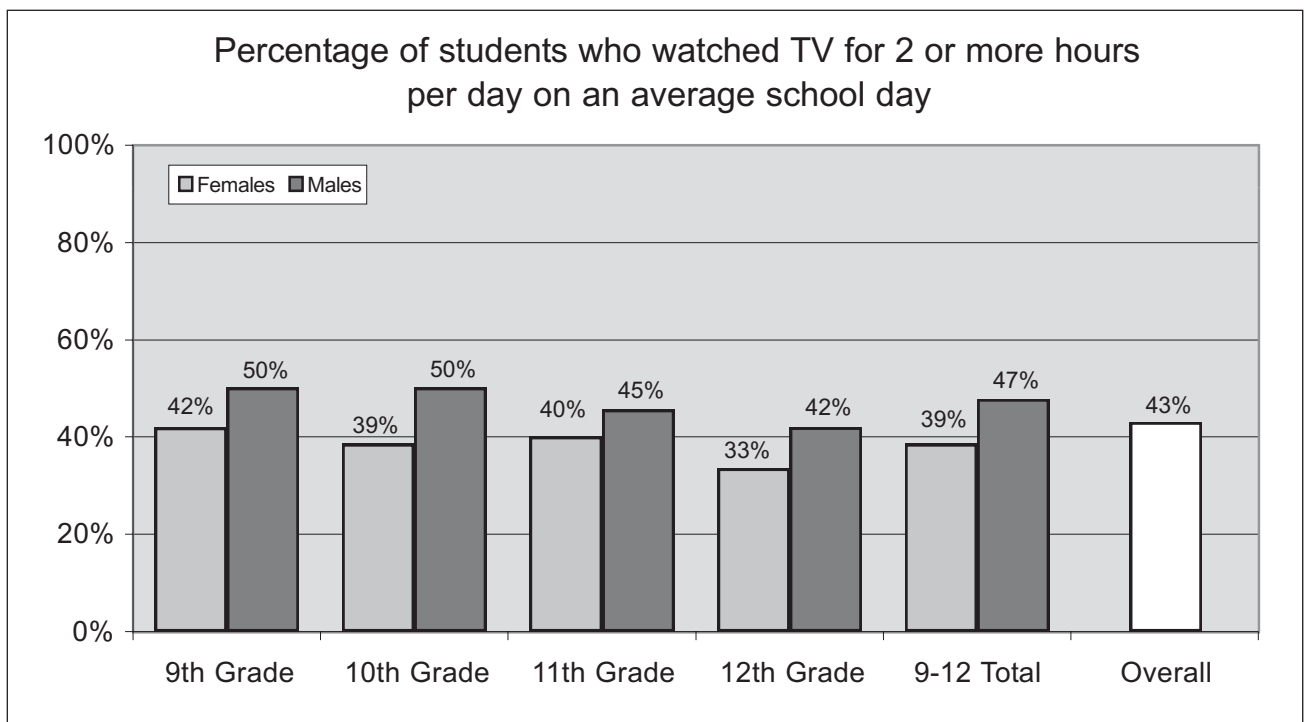
Physical Activity

Physical inactivity increases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.²⁹ In Idaho high schools, 32% of all students attended physical education (PE) class daily, and 58% played on one or more sports teams during the previous year.

Television viewing is the principal sedentary leisure time behavior in the U.S. and studies have shown that television viewing in young people is related to obesity and violent or aggressive behavior.^{30,31,32} Idaho's male students (19%) were almost two times as likely as female students (11%) to spend three or more hours playing video or computer games or using a computer for something that is not school related on an average school day.

Physical Activity in Idaho

- Male students (19%) were significantly more likely than female students (11%) to play video or computer games or use a computer for something that was not school work three or more hours per day on an average school day
- Hispanic students (43%) were significantly less likely than White students (60%) to have played on one or more sports teams during the previous year
- Overall, 20% of White students and 32% of Hispanic students watched three or more hours of TV on the average school day
- 26% of male students and 18% of female students watched three or more hours of TV on the average school day



HP 2010 Goal 22-11: **Watching television**

Decrease the proportion of adolescents who view television 2 or more hours per day to 25%

Idaho 2003 Baseline: 47% Idaho 2005: 43% Idaho 2007: 43%

Asthma

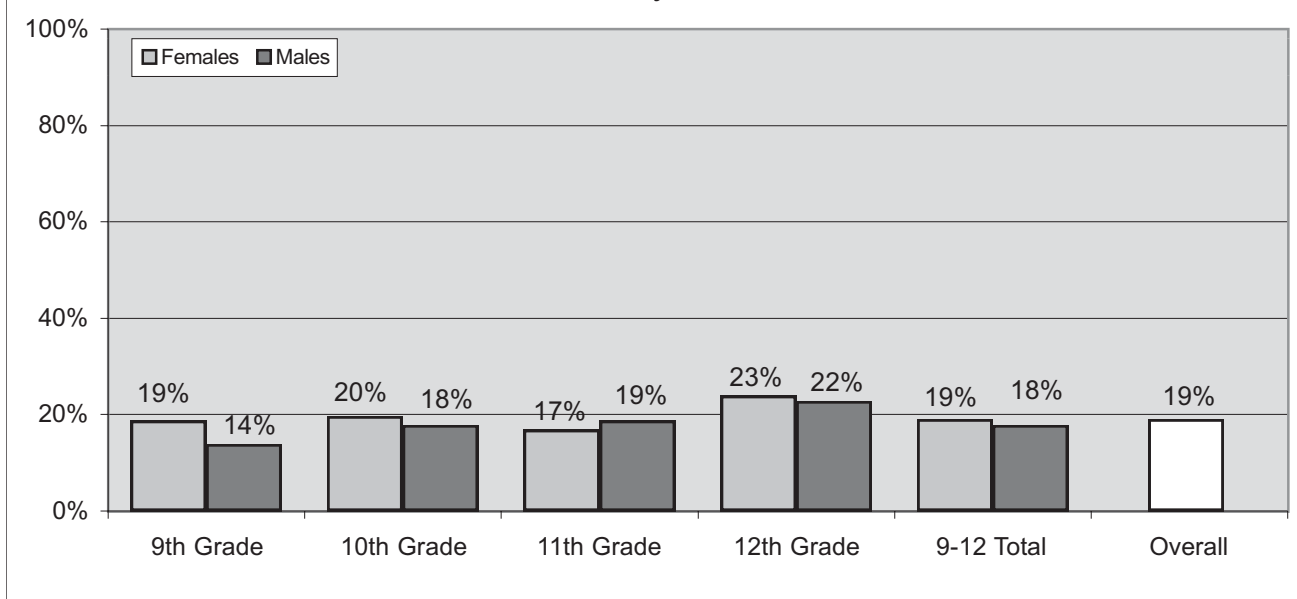
Asthma is a chronic, potentially life-threatening disease of the airways. An asthma attack occurs when the airways become inflamed, causing wheezing, breathlessness, chest tightness, and if untreated, possibly death. National studies have not yet determined a cause of asthma, but several factors have been identified that contribute to its onset. Several environmental factors can trigger an asthma attack, including environmental tobacco smoke, cockroaches, dust mites, pets, and mold.

Asthma cannot be cured, but most people with asthma can control it so that they have few and infrequent symptoms and can live normal, active lives.

Asthma in Idaho

- Overall, one in five Idaho students have ever been told by a doctor or nurse that they have asthma
- 12th grade students (22%) were slightly more likely than 9th grade students (16%) to have ever been diagnosed with asthma
- Hispanic students (20%) were slightly more likely than White students (18%) to have ever been diagnosed with asthma

Percentage of students who have ever been told by a doctor or nurse that they have asthma



HP 2010 Goal: **Asthma**

Currently there are no Healthy People 2010 goals related to asthma or asthma management which utilize results of the Youth Risk Behavior Surveillance System

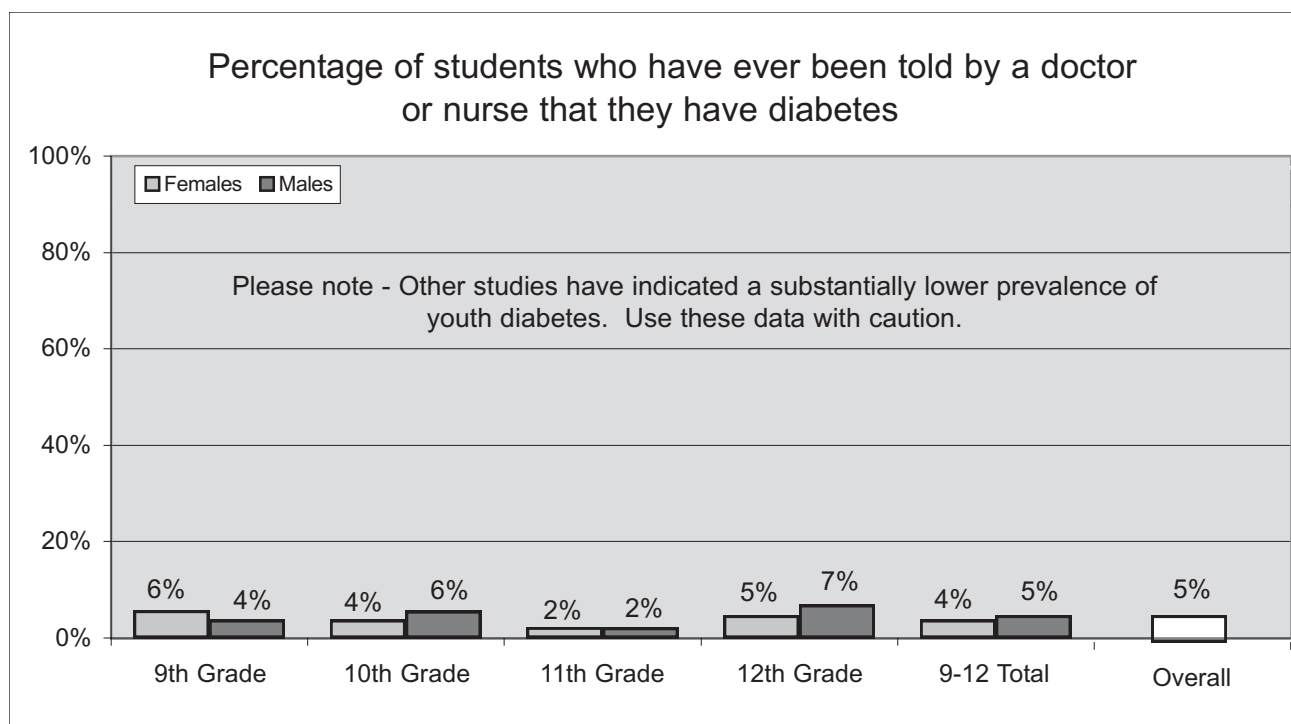
Diabetes

Each year, over 15,000 children are diagnosed with diabetes in Idaho. Students with type 1 diabetes (juvenile diabetes) need a strong support network at school to help them properly manage their diabetes on a daily basis as well as in emergency situations.

Beginning in 2007, the Idaho YRBS included one question to assess the prevalence of diabetes among Idaho high school students. Although other estimates of diabetes among high school students indicate a much lower prevalence, 5% of Idaho students say they have been diagnosed with diabetes by a doctor or nurse.

Diabetes in Idaho

- Overall, 5% of Idaho students have ever been told by a doctor or nurse that they have diabetes
- Hispanic students (8%) were slightly more likely than White students (4%) to have ever been diagnosed with diabetes



HP 2010 Goal: **Diabetes**

Currently there are no Healthy People 2010 goals related to diabetes or diabetes management which utilize results of the Youth Risk Behavior Surveillance System



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2003 to 2007
Idaho Youth Risk Behavior Survey
Trend Results

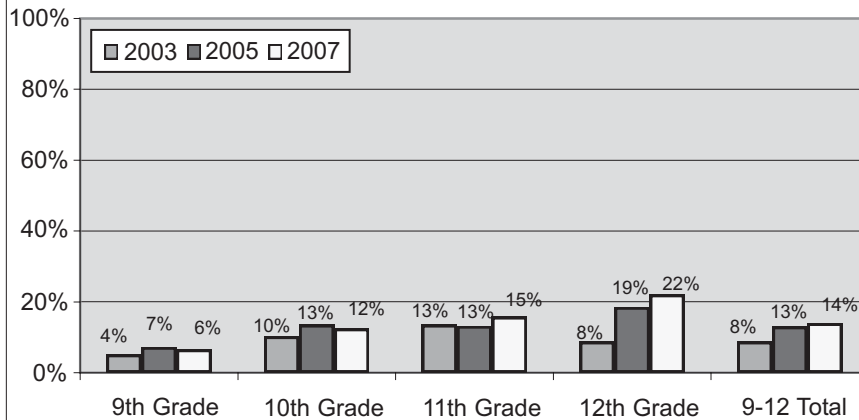
2003 to 2007

The following graphs show how students' responses changed, or in some cases did not change, from the 2003 Idaho YRBS to the 2007 Idaho YRBS. The graphs are grouped by topic area (i.e. tobacco use, alcohol and other drug use, sexual behavior, etc.).

Note: Asthma-related questions were not asked in 2003 and therefore are not included in this section of the report. Diabetes-related questions were not asked in 2003 or 2005 and therefore are not included in this section of the report.

Unintentional and Intentional Injuries

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



- The percentage of Idaho High School students who reported driving when they had been drinking alcohol during the previous 30 days increased from 8% in 2003 to 14% in 2007

- From 2003 to 2007, 9th grade students had the lowest risk for drinking and driving during the previous month

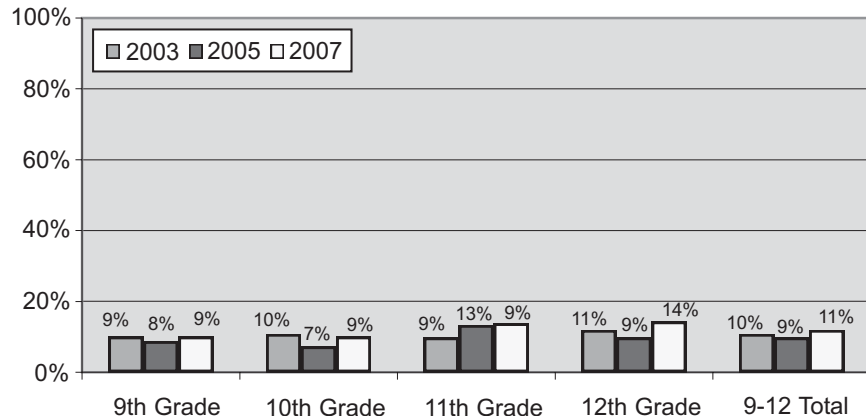
- Past month drinking and driving among 12th grade students nearly tripled from 8% in 2003 to 22% in 2007

- In Idaho one in ten high school students have been physically forced to have sexual intercourse when they did not want to

- The percentage of Idaho High School students who had ever been physically forced to have sexual intercourse increased slightly from 2005 (9%) to 2007 (11%)

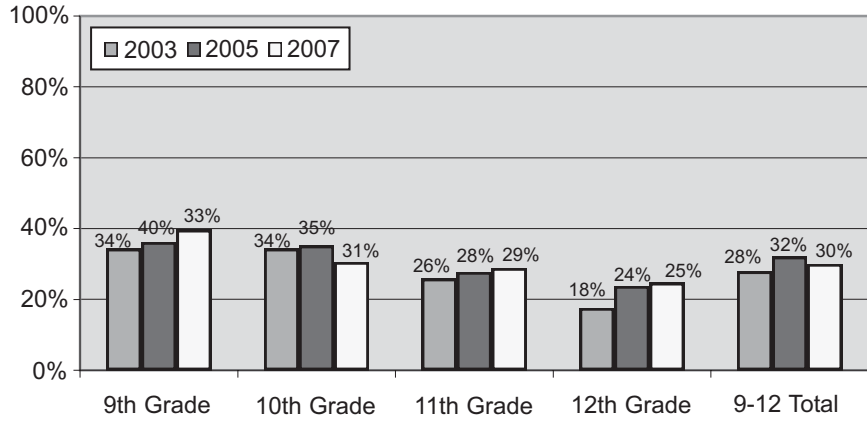
- In 2007, 12th grade students had the highest risk for ever having been physically forced to have sex (14%)

Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to

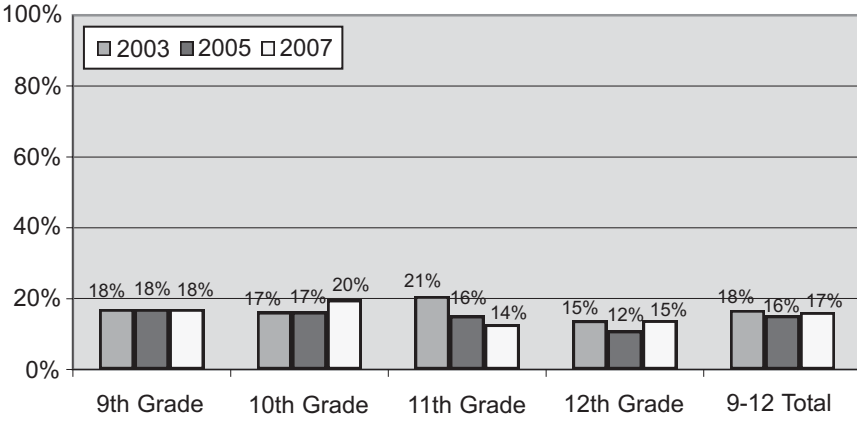


- In 2007, there was a slight decrease in the percentage of Idaho High School students who reported being in a physical fight during the previous 12 months
- In all three years, 12th grade students had the lowest risk for being involved in a physical fight during the past 12 months

Percentage of students who were in a physical fight one or more times during the past 12 months

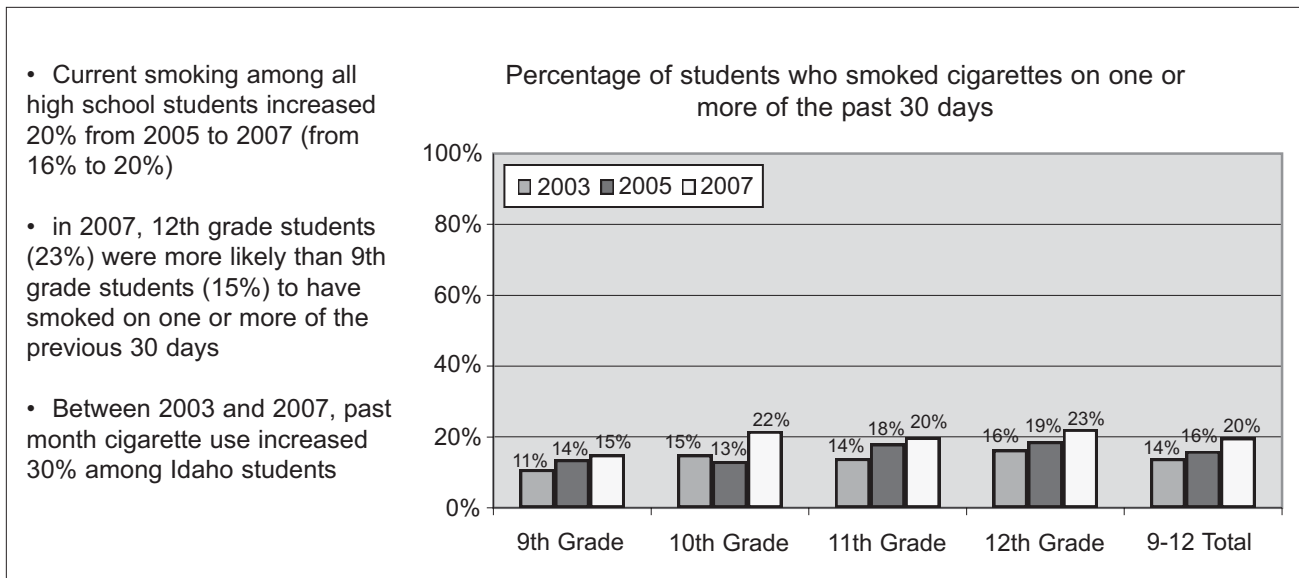
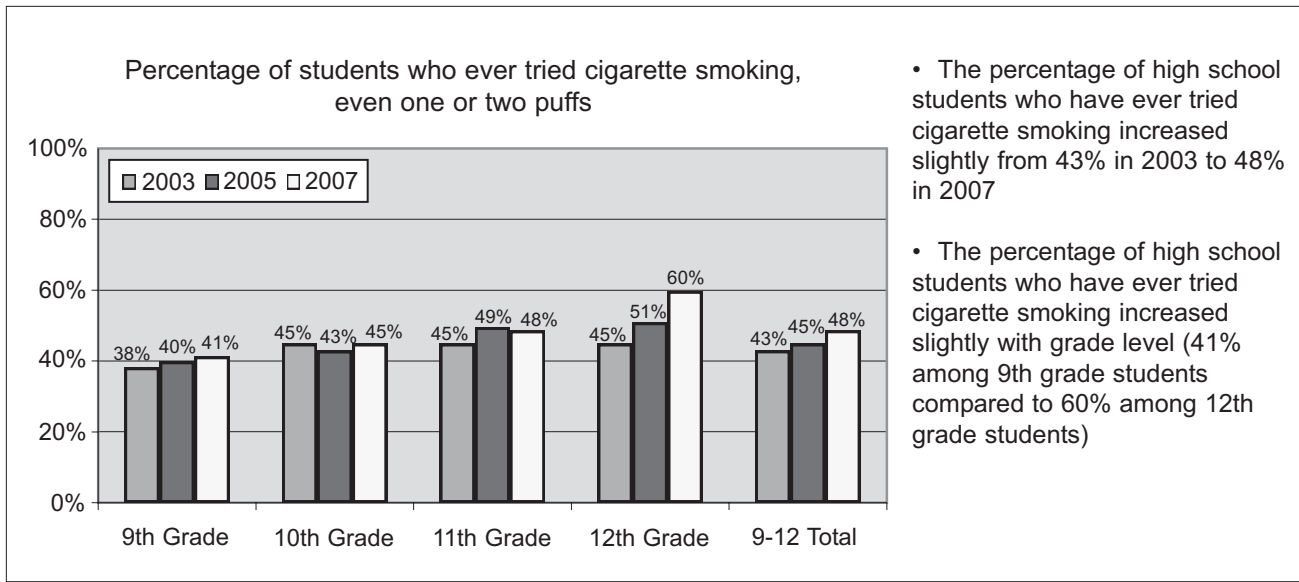


Percentage of students who seriously considered attempting suicide during the past 12 months



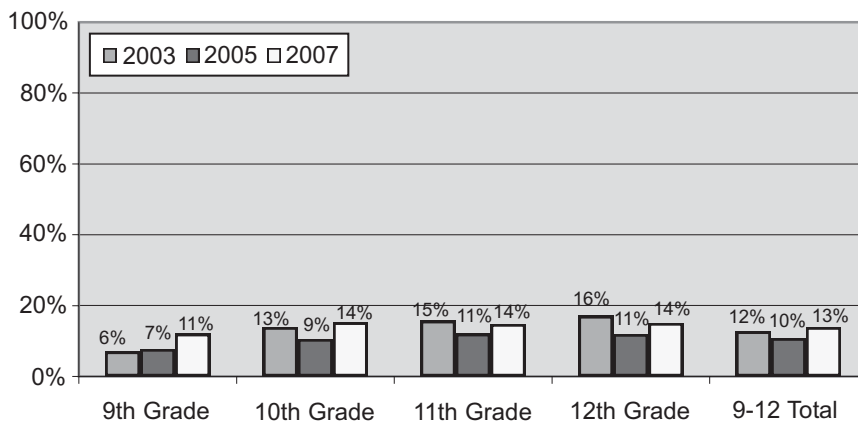
- Suicide ideation continues to be a big problem among Idaho High School students.
- From 2003 to 2007, there was a slight increase in the percent of students who seriously considered attempting suicide during the previous year (from 16% to 17%)

Tobacco Use

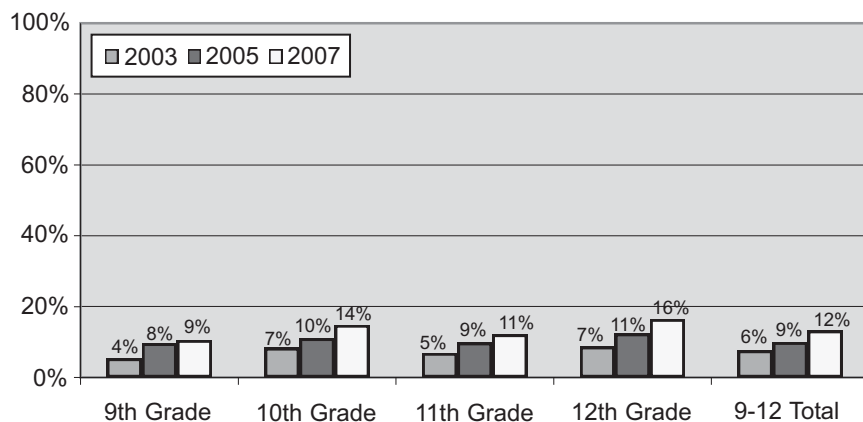


- From 2005 to 2007 there was a 30% increase in the percentage of high school students who have ever smoked cigarettes daily (from 10% in 2005 to 13% in 2007)
- In 2007, the percentage of students who ever smoked daily did not differ significantly between grade levels

Percentage of students who ever smoked cigarettes daily, that is at least one cigarette every day for 30 days

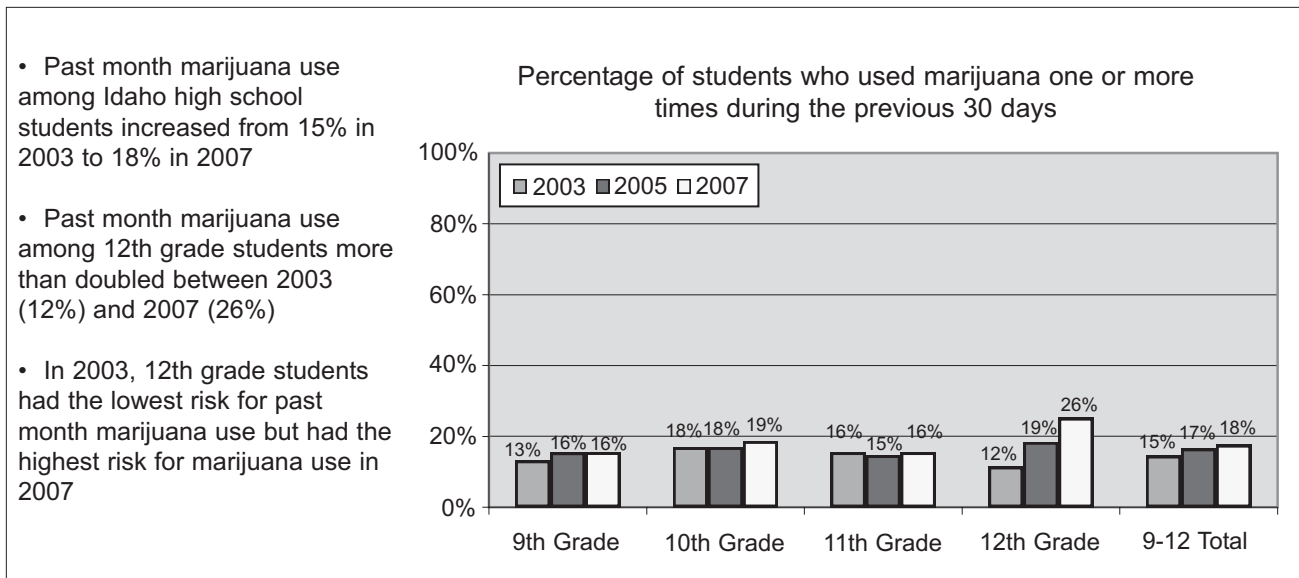
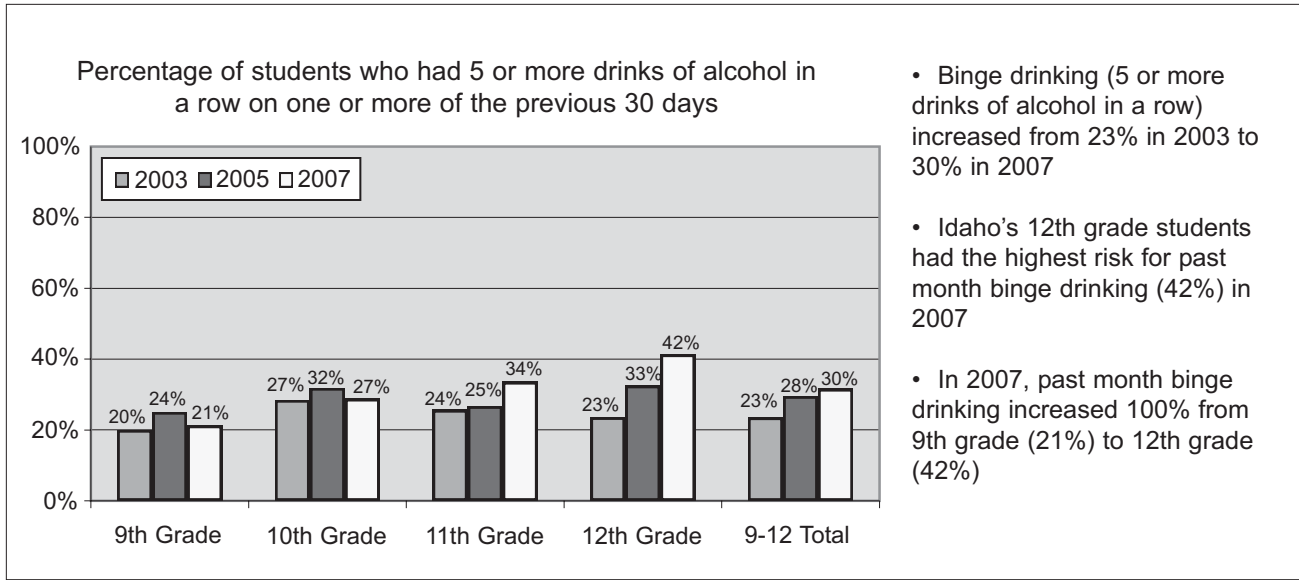


Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days

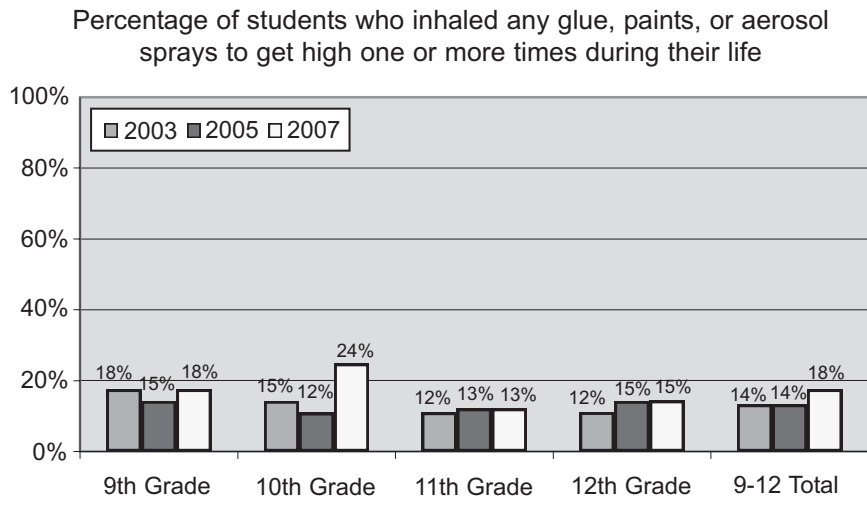


- The percentage of Idaho high school students that used chewing tobacco or snuff during the previous 30 days increased from 6% in 2003 to 12% in 2007
- In 2007, past month chewing tobacco or snuff use increased with grade level
- 12th grade students (16%) had the highest rate of chewing tobacco or snuff use in the previous month

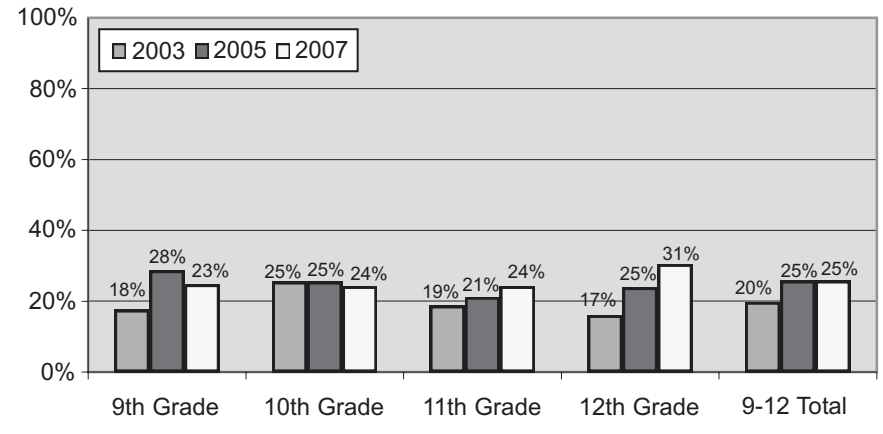
Alcohol and Other Drug Use



- The percentage of Idaho high school students who “huffed” glue, paints, or other aerosols to get high increased to 18% in 2007
- In 2007, 10th grade students had the highest risk for huffing with 1 in 4 students indicating they had inhaled substances in order to get high on one or more occasions



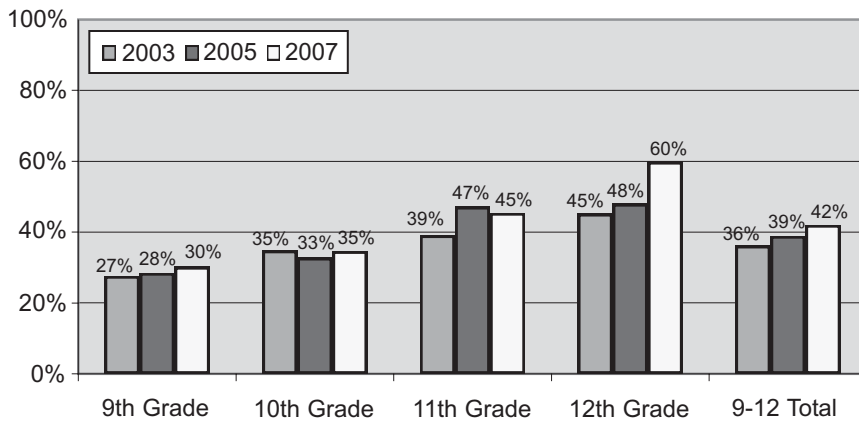
Percentage of students who have been offered, sold, or given an illegal drug on school property in the previous 12 months



- Access to illegal drugs continues to be a problem among Idaho high schools as 1 in 4 students had been offered, sold, or given an illegal drug on school property during the previous year
- In 2007, 31% of 12th grade students had been offered, sold, or given an illegal drug on school property during the previous year

Sexual Behavior

Percentage of students who have ever had sexual intercourse



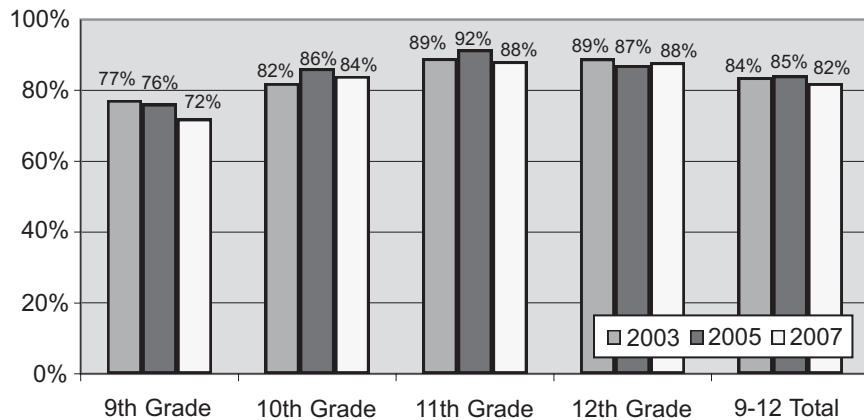
- Overall, from 2003 to 2007 there was a 17% increase in the percentage of Idaho high school students who have ever had sexual intercourse

- Lifetime sexual activity increased in 2007 among all grade levels except for 11th grade

- In 2007, lifetime sexual activity doubled from 30% among 9th grade students to 60% among 12th grade students

2003 to 2007

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



- The percentage of students who have ever been taught about AIDS or HIV infection decreased slightly in 2007 to 82%

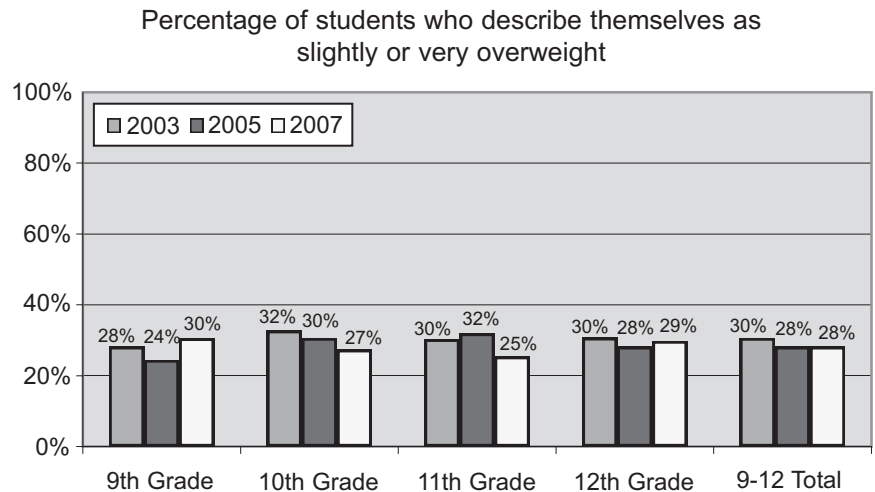
- In 2007, 9th grade students (72%) were least likely to have ever been taught about AIDS or HIV infection in school

Dietary Behavior

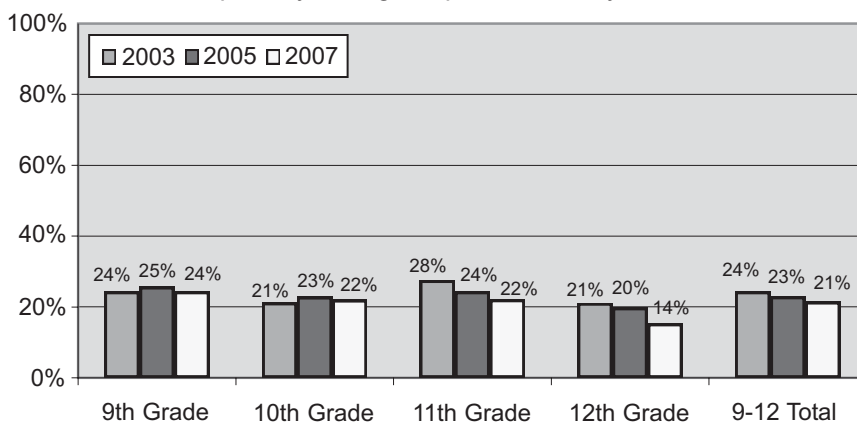
- In 2007, the rate of high school students who describe themselves as slightly or very overweight did not change

- Among grade levels, there are no significant differences among the percentage of students who describe themselves as slightly or very overweight

- The largest decrease in the percentage of students who describe themselves as slightly or very overweight was seen among 11th graders (32% to 25%)



Percentage of students who drank 3 or more glasses of milk per day during the previous 7 days

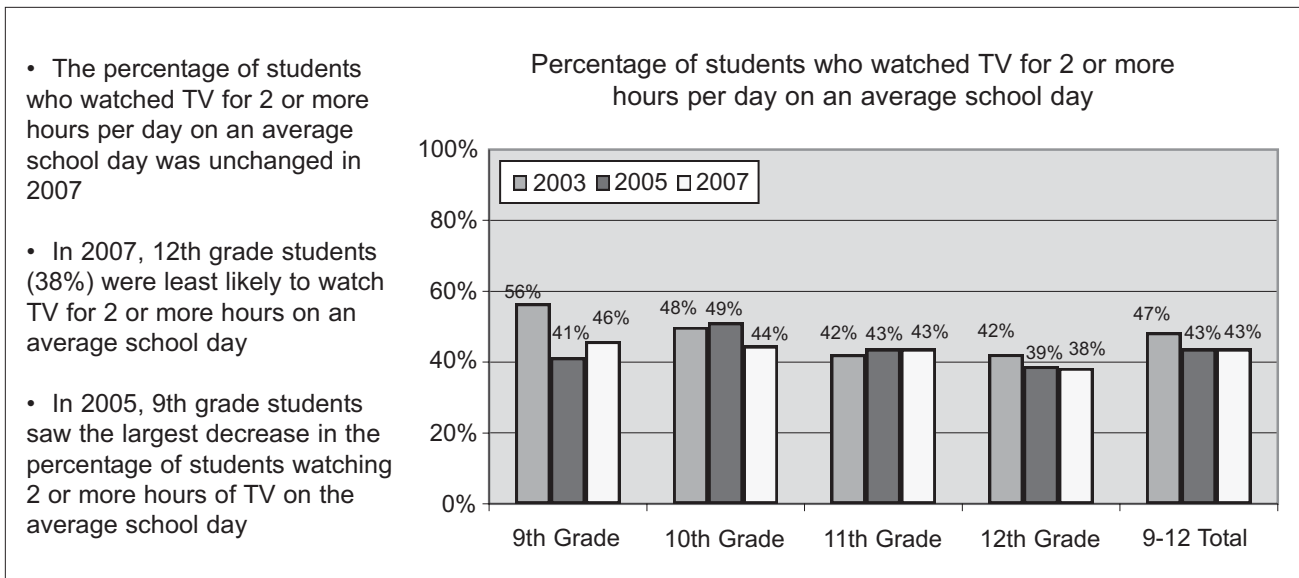
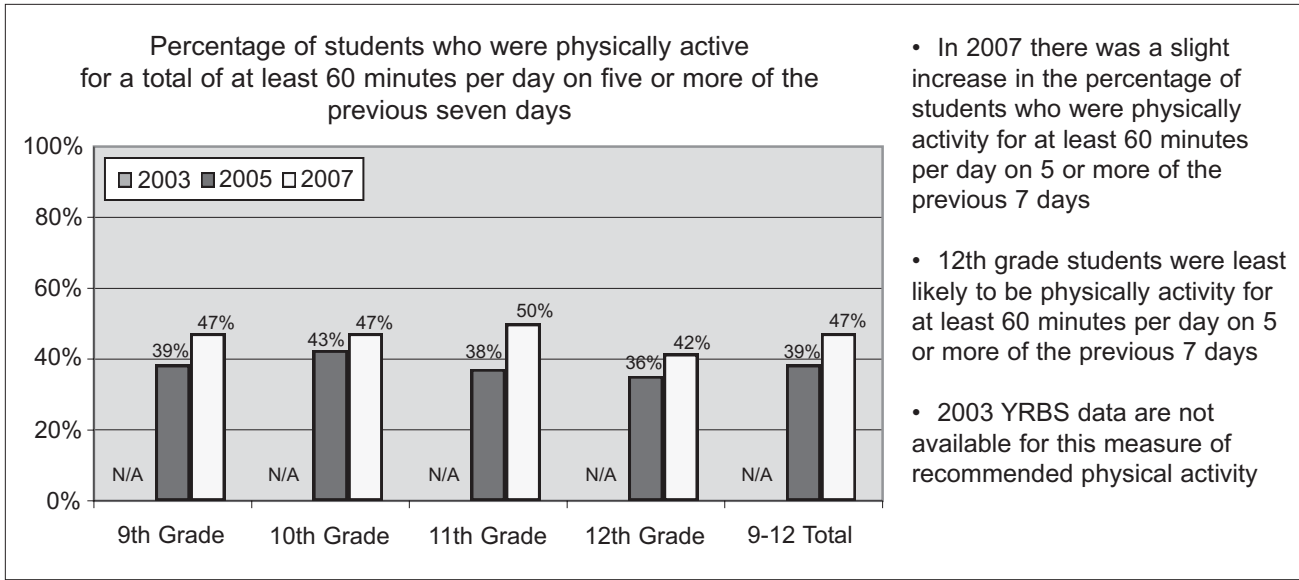


- The percentage of Idaho students who drank 3 or more glasses of milk during the previous week dropped slightly from 24% in 2003 to 21% in 2007

- The largest decrease in the percentage of students who drank 3 or more glasses of milk during the previous week was seen among 12th grade students

2003 to 2007

Physical Activity



2006 SCHOOL HEALTH EDUCATION PROFILE SURVEY RESULTS

2006 Idaho Department of Education School Health Education Profile Survey Results

About the School Health Education Profile

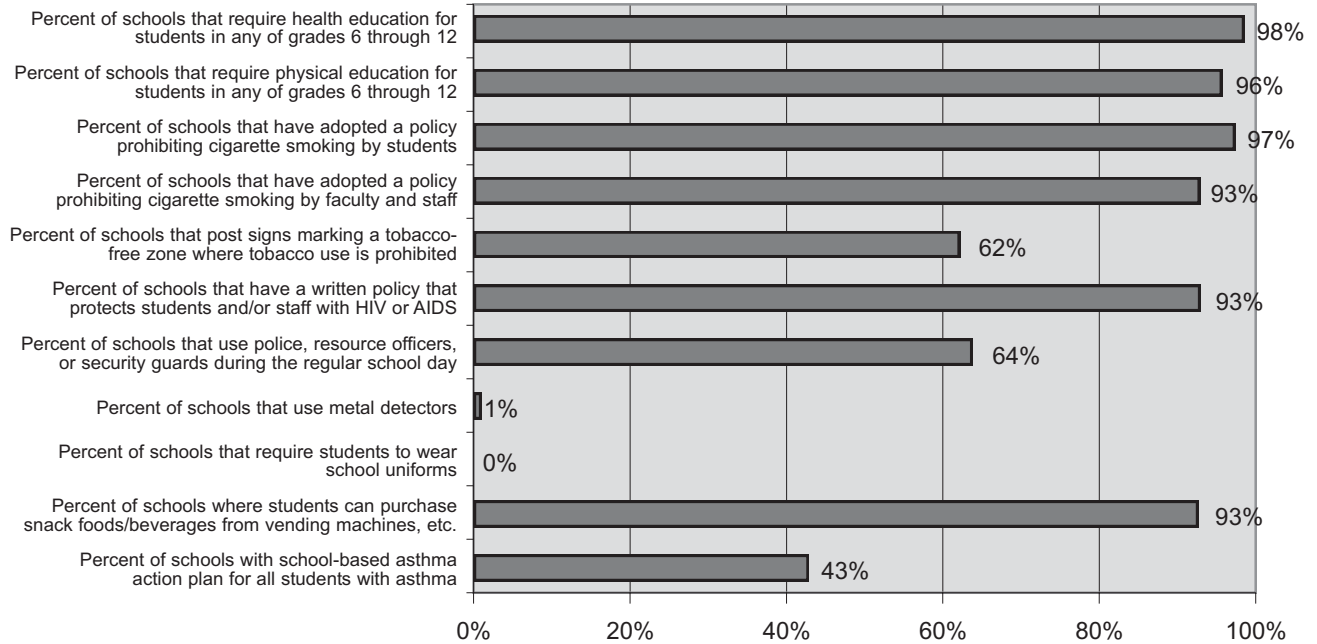
The School Health Education Profile Survey (SHEPS) principal and lead health education teacher questionnaires were developed by the Division of Adolescent and School Health (DASH), the National Center for Chronic Disease Prevention and Health Promotion, the Centers for Disease Control and Prevention (CDC) in collaboration with representatives of 75 state, local, and territorial departments of education. These questionnaires can be used to monitor the current status of school health education, including education to prevent HIV infection, sexually transmitted diseases, and other important health problems, at the middle/junior high school and senior high school levels.

Executive Summary

The School Health Education Profile includes two questionnaires, one for school principals and one for lead health education teachers. The principal's questionnaire examines health education from an administrative perspective, while the lead health education teacher's questionnaire looks at health education from an instructional perspective. These two questionnaires were mailed to 240 regular secondary public schools containing any of grades 6 through 12 in Idaho during the spring of 2004. Usable questionnaires were received from 213 principals and from 201 teachers (for response rates of 89% and 84% respectively for each survey group).

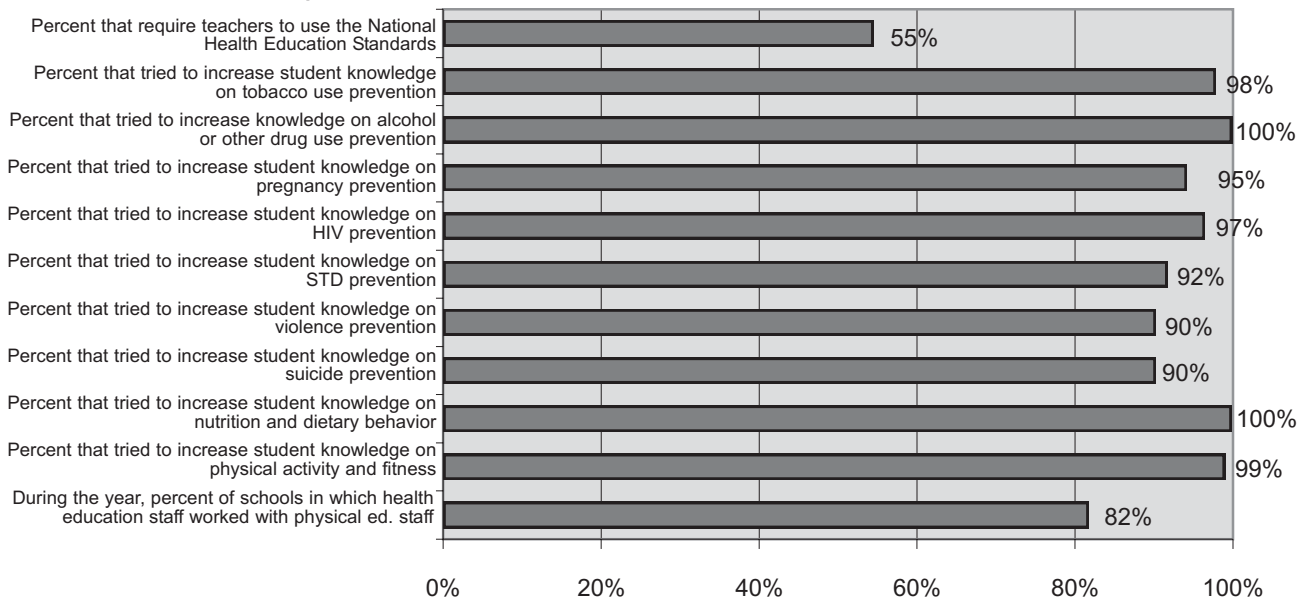
The principals and lead health education teachers who responded are representative of secondary schools in Idaho. A more complete breakdown of the results of the survey can be obtained from the Idaho Department of Education. The complete report has results broken down into the following categories: (1) overall results, (2) middle school results with a high grade of 9 or less, (3) junior-senior high schools results for schools with a low grade of 8 or less and a high grade of 10 or higher, and (4) senior high school results for schools with a low grade of 9 or higher and a high grade of 10 or higher. The categories are derived from the sampling frame. The findings can be used to develop policies and programs for school health education. The results presented in this report are overall summary results (weighted) of both the principal and lead health education teacher surveys.

School Principal Summary 2006 School Health Education Profile Survey



Lead Health Education Teacher Summary 2006 School Health Education Profile Survey

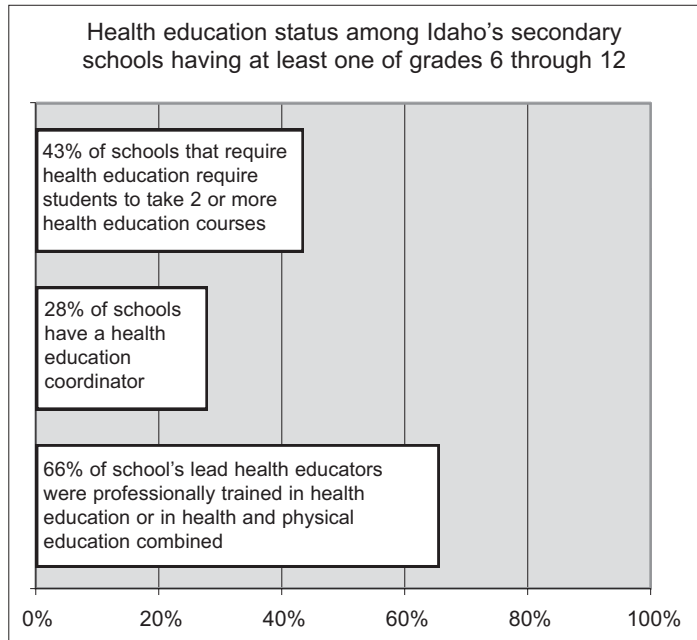
Of the schools that have a required health education course:



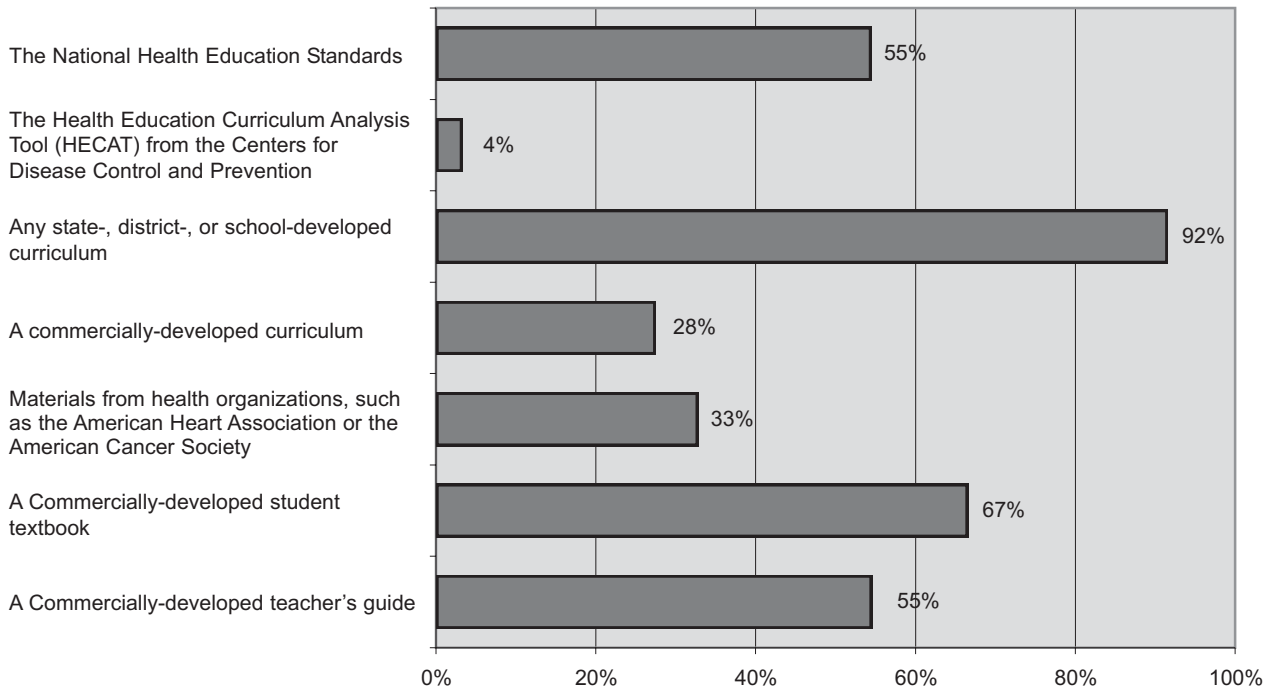
School Health Education Requirements

In Idaho, 43% of schools that require any health education, require students to complete two or more health education courses. Twenty-eight percent of schools have a health education coordinator, and 66% of school's lead health educator had professional training in health education or in health and physical education combined.

Teachers were asked about specific materials used to teach health education courses. The most prevalently required materials used by teachers are state-, district-, or school-developed curriculum (91%), while the CDC's health education curriculum analysis tool (HECAT) (4%) and commercially-developed curriculum (28%) are the least required. The table below summarizes the types of materials teachers are required to use in teaching health education.

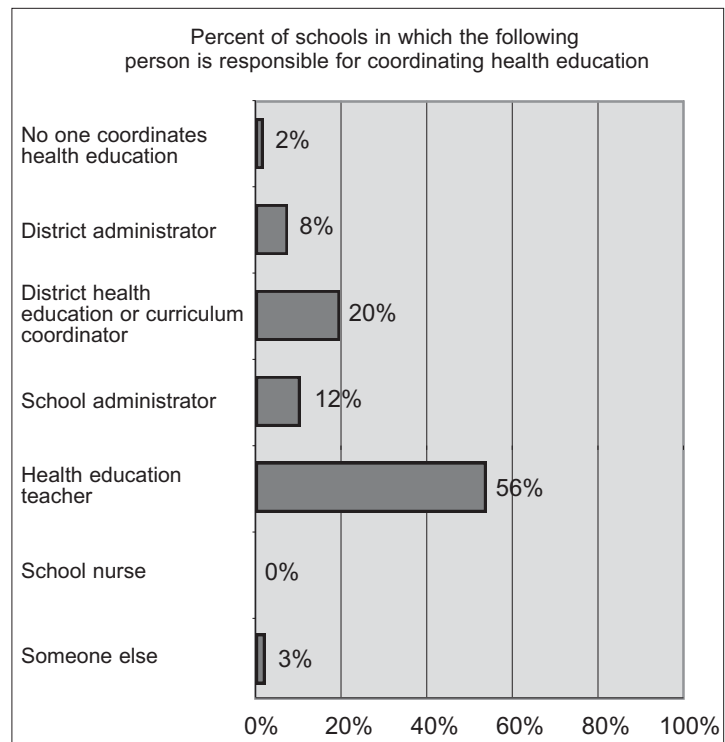


Percent of teachers required to use the following materials in a required health education course for students in grades 6 through 12*



*Among those schools that require a health education course for students in any of grades 6 through 12.

Principals were asked who was responsible for coordinating health education for their school. In the majority of schools (56%) the health education teacher coordinates health education. In 20% of schools, the district health education or curriculum coordinator is responsible. Three percent of schools indicated that “someone else” was responsible for coordinating health education, while 2% of schools said that no one was responsible for coordinating health education, and school nurses did not coordinate health education in any of the schools.



Health education teachers in Idaho indicated that they had tried to increase the level of knowledge on a variety of health issues in required health courses. With nearly all of the issues, over 70% of teachers indicated they had tried to improve knowledge among students.

During the school year, the percent of health education teachers who tried to increase student knowledge on each of the following topics in a required health education course in any of grades 6 through 12.

Alcohol or other drug use prevention	100%
Consumer health	93%
CPR (cardiopulmonary resuscitation)	72%
Dental and oral health	74%
Emotional and mental health	98%
Environmental health	76%
First aid	86%
Growth and development	90%
HIV (human immunodeficiency virus) prevention	97%
Human sexuality	81%
Immunizations	73%
Injury prevention and safety	91%
Nutrition and dietary behavior	100%
Physical activity and fitness	99%
Pregnancy prevention	95%
STD (sexually transmitted disease) prevention	92%
Suicide prevention	90%
Sun safety or skin cancer prevention	87%
Tobacco use prevention	98%
Violence prevention	90%

Health education teachers also taught a number of skills to students in health education courses. The results are summarized in the table below. In all cases, over 90% of health education teachers indicated that these skills were taught in a required health education course.

During the school year, the percent of teachers who tried to improve each of the following student skills in a required health education course in any of grades 6 through 12.

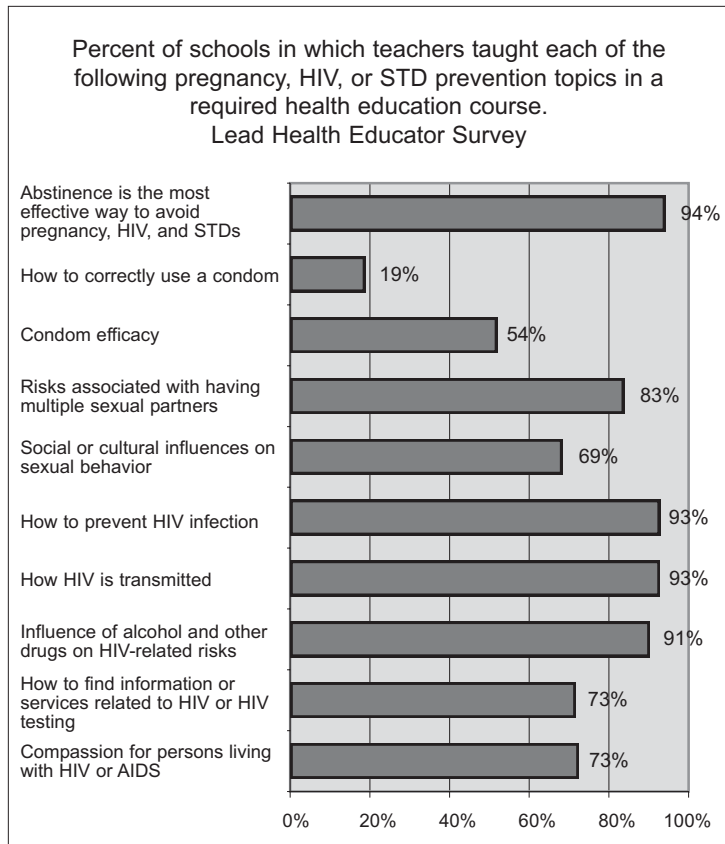
Accessing valid health information or services related to personal health and wellness	90%
Influence of media on personal health and wellness	93%
Communication	91%
Decision-making	91%
Goal setting	96%
Conflict resolution	94%
Resisting peer pressure for unhealthy behaviors	97%

*Among those schools that require a health education course for students in any of grades 6 through 12.

Pregnancy, HIV, and STD Prevention Education

Ninety-three percent of principals indicated that their school has a written policy that protects the rights of students and/or staff with HIV infection/AIDS. Ninety-seven percent of health education teachers indicated they had tried to increase student knowledge about HIV prevention as part of a required health education course.

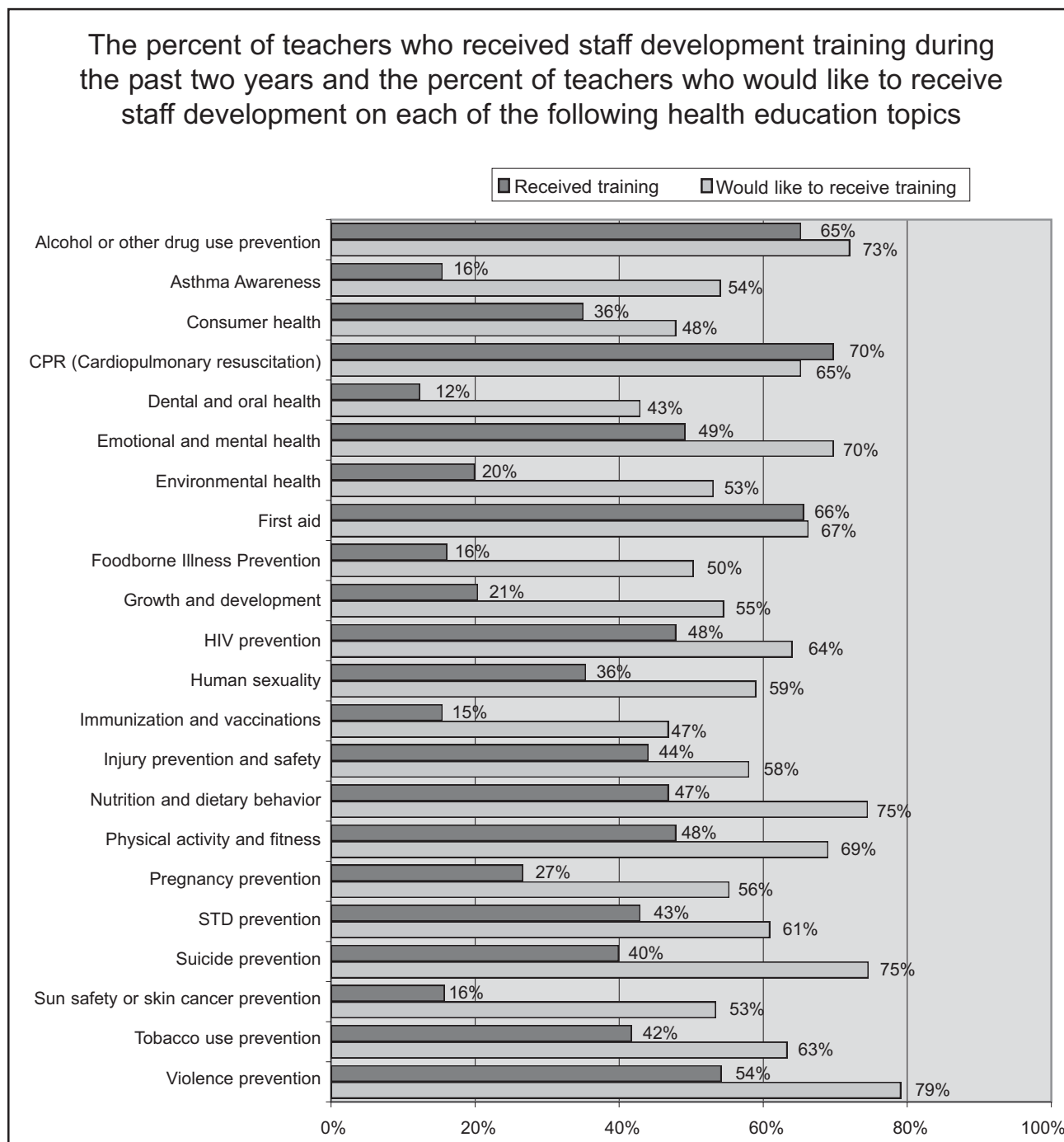
Of those pregnancy, HIV infection, or STD prevention topics covered by the survey; how to correctly use a condom (19%), and condom efficacy (56%), were the least taught topics. In contrast, 94% of health educators taught abstinence as the most effective way to avoid pregnancy, HIV, and STDs. Roughly three-fourths of health educators said they taught compassion for persons living with HIV or AIDS and how to find information or services related to HIV or HIV testing.



*Among those schools that require a health education course for students in any of grades 6 through 12.

Health Education Staff Development

The graph below presents a summary of health education topics for which teachers have received staff development training and would like to receive additional training. In general, a greater proportion of teachers requested more training in a particular topic than those indicating that they had received training.



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Appendix A: Question by Question Results

2007 YRBS Questionnaire Results

The following tables highlight question-by-question results of the 2007 Idaho YRBS. Results are weighted to represent all public high school students in Idaho. Results are not included where the sample size is less than 100 respondents. Where U.S. rates are available they have been included. U.S. Overall results are from the 2005 National Youth Risk Behavior Survey (2007 results were not available at print time). Results of the national YRBS survey can be viewed on the internet at: <http://www.cdc.gov/nccdphp/dash/yrbs/>.

In some cases, results from a single question may be reported as several measures. For example, cigarette consumption during the previous month is used to calculate the percentage of current smokers AND frequent smokers. Multiple tables that display the results of a single question will be labeled alpha-numerically (i.e. Question 29a and Question 29b).

Note: Questions 1 through 7 asked students about demographic information and are not reported here.

Unintentional and Intentional Injury

Question 8: Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet

Grade	Total	Female	Male
9th	86.8%	90.8%	83.9%
10th	83.8%	85.1%	82.7%
11th	84.8%	83.4%	85.8%
12th	82.3%	-	83.3%
Idaho Overall	84.7%	85.5%	84.0%
U.S Overall	83.4%	79.9%	86.1%

Question 9: Percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else

Grade	Total	Female	Male
9th	7.5%	7.7%	6.7%
10th	12.1%	8.8%	15.3%
11th	11.2%	5.8%	16.4%
12th	11.9%	4.8%	18.6%
Idaho Overall	10.8%	6.9%	14.0%
U.S Overall	10.2%	7.8%	12.5%

Question 10: Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol

Grade	Total	Female	Male
9th	27.7%	33.2%	22.1%
10th	27.9%	31.7%	24.2%
11th	32.3%	33.0%	31.6%
12th	31.5%	29.9%	32.9%
Idaho Overall	30.0%	32.1%	27.8%
U.S Overall	28.5%	29.6%	27.2%

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

Grade	Total	Female	Male
9th	6.0%	6.0%	6.0%
10th	11.9%	13.0%	10.9%
11th	15.2%	11.5%	18.7%
12th	22.2%	18.0%	26.4%
Idaho Overall	13.8%	12.1%	15.2%
U.S Overall	9.9%	8.1%	11.7%

Question 12: Percentage of students who during the past 30 days carried a weapon such as a gun, knife, or club

Grade	Total	Female	Male
9th	23.6%	10.1%	35.9%
10th	23.2%	11.5%	34.7%
11th	22.9%	5.6%	40.0%
12th	23.3%	8.8%	37.8%
Idaho Overall	23.6%	9.3%	37.3%
U.S Overall	18.5%	7.1%	29.8%

Question 13: Percentage of students who during the past 30 days carried a gun

Grade	Total	Female	Male
9th	9.3%	3.4%	14.5%
10th	8.3%	3.4%	13.1%
11th	11.3%	1.1%	21.4%
12th	10.8%	2.3%	19.1%
Idaho Overall	10.3%	2.8%	17.4%
U.S Overall	5.4%	0.8%	9.9%

Question 14: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	7.7%	3.4%	11.3%
10th	8.8%	2.7%	14.7%
11th	6.8%	1.6%	11.6%
12th	11.0%	2.2%	19.7%
Idaho Overall	8.9%	2.7%	14.6%
U.S Overall	17.1%	6.7%	26.9%

Question 15: Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school

Grade	Total	Female	Male
9th	8.0%	8.5%	7.0%
10th	5.2%	7.7%	2.7%
11th	3.2%	3.6%	2.7%
12th	4.7%	4.2%	4.8%
Idaho Overall	5.7%	6.2%	5.0%
U.S Overall	5.4%	5.3%	5.5%

Question 16: Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	12.4%	8.7%	16.0%
10th	10.0%	10.4%	9.7%
11th	8.1%	4.2%	11.8%
12th	9.6%	6.3%	12.4%
Idaho Overall	10.2%	7.5%	12.6%

U.S Overall 7.9% 6.1% 9.7%

Question 17: Percentage of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property during the past 12 months

Grade	Total	Female	Male
9th	34.5%	35.6%	33.2%
10th	30.8%	31.0%	30.6%
11th	32.7%	31.9%	33.5%
12th	33.1%	23.8%	41.7%
Idaho Overall	33.1%	31.0%	34.8%

U.S Overall 29.8% 28.0% 31.4%

Question 18: Percentage of students who were in a physical fight one or more times during the past 12 months

Grade	Total	Female	Male
9th	32.3%	23.4%	40.9%
10th	30.9%	26.1%	35.5%
11th	29.3%	20.2%	37.8%
12th	25.2%	14.7%	35.0%
Idaho Overall	30.0%	21.5%	37.8%

U.S Overall 35.9% 28.1% 43.4%

Question 19: Percentage of students who were injured in a physical fight one or more times during the past 12 months and had to be treated by a doctor or nurse

Grade	Total	Female	Male
9th	4.4%	3.3%	5.4%
10th	4.7%	4.1%	5.2%
11th	2.2%	0.4%	3.8%
12th	3.3%	0.0%	6.3%
Idaho Overall	4.0%	2.3%	5.4%

U.S Overall 3.6% 2.4% 4.8%

Question 20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	17.1%	9.6%	24.3%
10th	12.2%	7.5%	16.7%
11th	9.1%	6.9%	11.2%
12th	8.8%	1.4%	16.0%
Idaho Overall	12.3%	6.8%	17.4%

U.S Overall 13.6% 8.8% 18.2%

Question 21: Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

Grade	Total	Female	Male
9th	10.4%	11.4%	9.0%
10th	12.0%	14.7%	9.5%
11th	15.0%	17.7%	12.4%
12th	17.0%	14.7%	19.0%
Idaho Overall	13.6%	14.7%	12.3%
U.S Overall	9.2%	9.3%	9.0%

Question 22: Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to

Grade	Total	Female	Male
9th	9.0%	11.3%	6.9%
10th	9.4%	13.6%	5.3%
11th	9.2%	14.0%	4.5%
12th	13.7%	13.6%	13.6%
Idaho Overall	10.5%	13.2%	7.6%
U.S Overall	7.5%	10.8%	4.2%

Question 23: Percentage of students who, during the past 12 months, ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities

Grade	Total	Female	Male
9th	24.2%	34.4%	14.3%
10th	30.0%	40.2%	20.3%
11th	26.0%	31.5%	20.9%
12th	28.9%	36.4%	21.6%
Idaho Overall	27.4%	35.9%	19.1%
U.S Overall	28.5%	36.7%	20.4%

Question 24: Percentage of students who seriously considered attempting suicide during the past 12 months

Grade	Total	Female	Male
9th	17.6%	25.7%	10.1%
10th	19.9%	28.9%	11.4%
11th	14.3%	18.0%	10.7%
12th	15.3%	16.1%	14.3%
Idaho Overall	17.1%	22.6%	11.7%
U.S Overall	16.9%	21.8%	12.0%

Question 25: Percentage of students who made a plan about how they would attempt suicide during the past 12 months

Grade	Total	Female	Male
9th	12.7%	16.1%	9.5%
10th	13.6%	19.4%	8.1%
11th	14.0%	19.8%	8.4%
12th	14.3%	14.0%	14.3%
Idaho Overall	13.8%	17.5%	10.1%
U.S Overall	13.0%	16.2%	9.9%

Question 26: Percentage of students who actually attempted suicide one or more times during the past 12 months

Grade	Total	Female	Male
9th	9.0%	12.4%	5.6%
10th	9.6%	14.6%	4.5%
11th	7.0%	10.6%	3.6%
12th	6.4%	- %	9.1%
Idaho Overall	8.4%	10.6%	6.1%
U.S Overall	8.4%	10.8%	6.0%

Question 27: Percentage of students who attempted suicide during the past 12 months which resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Grade	Total	Female	Male
9th	4.3%	6.0%	2.7%
10th	3.0%	4.2%	1.9%
11th	2.6%	3.6%	1.6%
12th	1.4%	- %	2.4%
Idaho Overall	3.2%	3.8%	2.4%
U.S Overall	2.3%	2.9%	1.8%

Tobacco Use

Question 28: Percentage of students who ever tried cigarette smoking, even one or two puffs

Grade	Total	Female	Male
9th	40.7%	39.7%	41.9%
10th	45.1%	47.9%	42.4%
11th	48.1%	44.7%	51.3%
12th	60.1%	55.2%	64.8%
Idaho Overall	48.3%	46.7%	49.7%
U.S. Overall	54.3%	52.7%	55.9%

Question 29: Percentage of students who smoked a whole cigarette for the first time before age 13

Grade	Total	Female	Male
9th	16.3%	17.5%	15.1%
10th	11.5%	12.2%	10.8%
11th	12.9%	9.4%	16.2%
12th	12.9%	7.8%	17.7%
Idaho Overall	13.9%	12.1%	15.2%
U.S. Overall	16.0%	13.6%	18.3%

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

Grade	Total	Female	Male
9th	15.0%	14.8%	15.3%
10th	21.5%	21.9%	21.1%
11th	19.9%	19.9%	19.9%
12th	23.2%	22.6%	23.6%
Idaho Overall	20.0%	19.8%	19.9%
U.S. Overall	23.0%	23.0%	22.9%

Question 30b: Percentage of students who smoked cigarettes on 20 or more of the past 30 days

Grade	Total	Female	Male
9th	4.3%	6.3%	2.5%
10th	9.7%	9.9%	9.5%
11th	10.0%	11.9%	8.3%
12th	8.4%	4.8%	11.8%
Idaho Overall	8.2%	8.4%	7.9%
U.S. Overall	9.4%	9.3%	9.3%

Question 31: Among students who currently smoke, the percentage who smoked more than 10 cigarettes per day on the days that they smoked during the past 30 days

Grade	Total	Female	Male
9th	- %	- %	- %
10th	- %	- %	- %
11th	- %	- %	- %
12th	- %	- %	- %
Idaho Overall	9.1%	4.4%	12.3%
U.S. Overall	10.7%	7.2%	14.2%

Question 32: Percentage of students less than 18 years of age who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.

Grade	Total	Female	Male
9th	- %	- %	- %
10th	- %	- %	- %
11th	- %	- %	- %
12th	- %	- %	- %
Idaho Overall	6.7%	4.2%	9.4%
U.S. Overall	15.2%	11.7%	18.8%

Question 33: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	4.1%	3.6%	4.6%
10th	6.9%	7.3%	6.6%
11th	5.5%	4.8%	6.2%
12th	7.1%	4.2%	9.6%
Idaho Overall	6.0%	5.2%	6.7%
U.S. Overall	6.8%	6.2%	7.4%

Question 34: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days

Grade	Total	Female	Male
9th	10.6%	11.7%	9.6%
10th	13.5%	16.1%	10.9%
11th	14.2%	14.5%	14.0%
12th	14.1%	10.4%	17.3%
Idaho Overall	13.4%	13.4%	13.1%
U.S. Overall	13.7%	13.5%	13.3%

Question 35: Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months

Grade	Total	Female	Male
9th	- %	- %	- %
10th	- %	- %	- %
11th	- %	- %	- %
12th	- %	- %	- %
Idaho Overall	52.1%	55.4%	49.1%
U.S. Overall	54.6%	60.3%	48.9%

Question 36: Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days

Grade	Total	Female	Male
9th	7.7%	2.9%	11.8%
10th	13.7%	8.5%	18.8%
11th	10.5%	2.5%	18.3%
12th	15.6%	2.7%	27.7%
Idaho Overall	11.8%	4.4%	18.6%
U.S. Overall	8.0%	2.2%	13.6%

Question 37: Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	5.1%	2.0%	7.5%
10th	6.4%	3.5%	9.3%
11th	5.9%	0.2%	11.6%
12th	10.6%	0.0%	20.6%
Idaho Overall	7.0%	1.7%	11.9%
U.S. Overall	5.0%	0.8%	9.2%

Question 38: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days

Grade	Total	Female	Male
9th	10.2%	6.1%	14.1%
10th	14.1%	9.8%	18.2%
11th	15.3%	8.9%	21.5%
12th	18.7%	4.5%	31.8%
Idaho Overall	14.5%	7.6%	20.9%
U.S. Overall	14.0%	8.7%	19.2%

Questions 30, 36, 38: Percentage of students who used any tobacco during the past 30 days

Grade	Total	Female	Male
9th	18.2%	14.7%	21.1%
10th	26.7%	25.0%	28.3%
11th	25.4%	22.8%	27.9%
12th	35.5%	24.9%	46.3%
Idaho Overall	26.1%	21.9%	29.9%
U.S. Overall	28.4%	25.1%	31.7%

Alcohol and Other Drug Use

Question 39: Percentage of students who had at least one drink of alcohol on one or more days during their life

Grade	Total	Female	Male
9th	57.0%	58.3%	56.0%
10th	66.0%	68.2%	63.7%
11th	69.1%	66.2%	71.9%
12th	74.6%	71.6%	77.6%
Idaho Overall	66.5%	66.0%	67.0%
U.S. Overall	74.3%	74.8%	73.8%

Question 40: Percentage of students who had their first drink of alcohol other than a few sips before age 13

Grade	Total	Female	Male
9th	25.9%	22.8%	28.4%
10th	25.4%	21.6%	29.1%
11th	20.3%	19.7%	20.8%
12th	17.9%	8.7%	26.0%
Idaho Overall	23.0%	18.7%	26.8%
U.S. Overall	25.6%	22.0%	29.2%

Question 41: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days

Grade	Total	Female	Male
9th	30.8%	31.2%	30.6%
10th	40.2%	44.3%	35.9%
11th	46.6%	46.5%	46.7%
12th	53.4%	47.2%	59.4%
Idaho Overall	42.5%	42.3%	42.6%
U.S. Overall	43.3%	42.8%	43.8%

Question 42: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days

Grade	Total	Female	Male
9th	18.6%	17.8%	19.5%
10th	27.2%	28.1%	26.3%
11th	34.2%	32.8%	35.5%
12th	42.4%	35.6%	48.9%
Idaho Overall	30.4%	28.4%	32.1%
U.S. Overall	25.5%	23.5%	27.5%

Question 43: Percentage of students reporting current alcohol use who usually got the alcohol they drank by buying it in a store such as a liquor store, convenience store or gas station during the past 30 days

Grade	Total	Female	Male
9th	24.1%	24.2%	23.8%
10th	31.7%	31.8%	31.7%
11th	24.6%	22.6%	26.7%
12th	33.1%	30.3%	35.3%
Idaho Overall	28.3%	27.3%	29.3%
U.S. Overall	N/A	N/A	N/A

Question 44: Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	4.3%	4.4%	4.3%
10th	5.7%	6.7%	4.8%
11th	6.3%	6.0%	6.6%
12th	7.7%	2.6%	12.4%
Idaho Overall	6.2%	5.2%	7.1%
U.S. Overall	4.3%	3.3%	5.3%

Question 45: Percentage of students who used marijuana one or more times during their life

Grade	Total	Female	Male
9th	21.0%	20.6%	21.4%
10th	28.9%	27.4%	30.4%
11th	36.8%	38.9%	34.7%
12th	46.9%	43.2%	50.3%
Idaho Overall	33.1%	32.3%	33.7%
U.S. Overall	38.4%	35.9%	40.9%

Question 46: Percentage of students who tried marijuana for the first time before age 13

Grade	Total	Female	Male
9th	7.2%	6.6%	7.8%
10th	9.1%	6.5%	11.5%
11th	8.0%	6.0%	9.9%
12th	7.9%	2.0%	13.6%
Idaho Overall	8.2%	5.5%	10.7%
U.S. Overall	8.7%	6.3%	11.0%

Question 47: Percentage of students who used marijuana one or more times during the past 30 days

Grade	Total	Female	Male
9th	12.1%	11.0%	13.1%
10th	18.5%	16.9%	20.0%
11th	15.5%	14.6%	16.4%
12th	25.6%	18.4%	32.6%
Idaho Overall	17.9%	15.3%	20.2%
U.S. Overall	20.2%	18.2%	22.1%

Question 48: Percentage of students who used marijuana on school property one or more times during the past 30 days

Grade	Total	Female	Male
9th	3.4%	1.8%	4.9%
10th	4.6%	4.3%	4.9%
11th	3.8%	2.4%	5.2%
12th	6.1%	1.6%	10.5%
Idaho Overall	4.7%	2.7%	6.4%
U.S. Overall	4.5%	3.0%	6.0%

Question 49: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life

Grade	Total	Female	Male
9th	5.7%	7.9%	3.7%
10th	7.6%	4.8%	10.4%
11th	8.6%	6.5%	10.6%
12th	10.8%	5.6%	15.5%
Idaho Overall	8.5%	6.4%	10.1%
U.S. Overall	7.6%	6.8%	8.4%

Question 50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days

Grade	Total	Female	Male
9th	2.7%	2.7%	2.8%
10th	3.7%	1.3%	6.0%
11th	2.8%	1.3%	4.2%
12th	5.3%	2.1%	8.1%
Idaho Overall	3.8%	2.1%	5.4%
U.S. Overall	3.4%	2.8%	4.0%

Question 51: 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

Grade	Total	Female	Male
9th	17.8%	20.7%	14.7%
10th	24.0%	26.4%	21.8%
11th	13.4%	12.6%	14.1%
12th	15.2%	11.3%	18.7%
Idaho Overall	18.1%	18.2%	17.7%
U.S. Overall	12.4%	13.5%	11.3%

Question 52: Percentage of students who used heroin one or more times during their life

Grade	Total	Female	Male
9th	5.0%	5.5%	4.5%
10th	3.3%	2.4%	4.2%
11th	2.7%	2.0%	3.3%
12th	4.5%	1.5%	7.0%
Idaho Overall	4.3%	3.1%	5.1%
U.S. Overall	2.4%	1.4%	3.3%

Question 53: Percentage of students who used methamphetamines one or more times during their life

Grade	Total	Female	Male
9th	4.2%	5.6%	2.9%
10th	6.5%	7.7%	5.4%
11th	5.3%	4.6%	6.0%
12th	8.1%	6.0%	9.8%
Idaho Overall	6.4%	6.2%	6.4%
U.S. Overall	6.2%	6.0%	6.3%

Question 54: Percentage of students who used ecstasy (MDMA) one or more times during their life

Grade	Total	Female	Male
9th	6.4%	5.9%	6.8%
10th	7.1%	5.3%	8.7%
11th	4.0%	3.1%	4.9%
12th	9.8%	3.7%	15.3%
Idaho Overall	7.2%	4.8%	9.2%
U.S. Overall	6.3%	5.3%	7.2%

Question 55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life

Grade	Total	Female	Male
9th	2.8%	2.7%	2.9%
10th	4.3%	2.5%	6.1%
11th	1.6%	1.8%	1.4%
12th	3.7%	1.7%	5.3%
Idaho Overall	3.6%	2.4%	4.4%
U.S. Overall	4.0%	3.2%	4.8%

Question 56: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life

Grade	Total	Female	Male
9th	2.4%	1.3%	3.4%
10th	2.6%	1.3%	3.9%
11th	2.1%	1.7%	2.5%
12th	3.3%	0.8%	5.7%
Idaho Overall	2.9%	1.4%	4.1%
U.S. Overall	2.1%	1.1%	3.0%

Question 57: Percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months

Grade	Total	Female	Male
9th	22.6%	18.9%	26.2%
10th	23.5%	19.3%	27.5%
11th	23.9%	20.6%	27.0%
12th	30.7%	20.1%	40.9%
Idaho Overall	25.1%	19.9%	30.1%
U.S. Overall	25.4%	21.8%	28.8%

Sexual Behavior

Question 58: Percentage of students who have ever had sexual intercourse

Grade	Total	Female	Male
9th	29.7%	25.4%	33.4%
10th	35.1%	41.1%	29.1%
11th	45.5%	46.5%	44.5%
12th	60.2%	57.7%	62.4%
Idaho Overall	42.1%	42.2%	41.8%
U.S. Overall	46.8%	45.7%	47.9%

Question 59: Percentage of students who had sexual intercourse for the first time before age 13

Grade	Total	Female	Male
9th	7.1%	4.6%	9.6%
10th	6.3%	5.4%	7.2%
11th	2.5%	1.6%	3.4%
12th	4.1%	1.4%	6.4%
Idaho Overall	5.3%	3.5%	6.8%
U.S. Overall	6.2%	3.7%	8.8%

Question 60: Percentage of students who drank alcohol or used drugs before having sexual intercourse the last time

Grade	Total	Female	Male
9th	7.2%	6.4%	8.0%
10th	11.1%	13.2%	8.9%
11th	14.8%	13.7%	15.8%
12th	15.1%	11.2%	18.6%
Idaho Overall	12.1%	11.3%	12.6%
U.S. Overall	N/A	N/A	N/A

Dietary Behaviors

Questions 6 and 7: Percentage of students who are at risk for becoming overweight (i.e. at or above the 85th percentile but below the 95th percentile for BMI, by age and sex)

Grade	Total	Female	Male
9th	12.7%	16.2%	9.4%
10th	11.1%	7.1%	14.8%
11th	13.8%	16.8%	10.8%
12th	9.5%	12.6%	6.5%
Idaho Overall	11.7%	13.2%	10.4%
U.S. Overall	15.7%	15.5%	15.8%

Questions 6 and 7: Percentage of students who are overweight

Grade	Total	Female	Male
9th	12.9%	8.3%	17.3%
10th	9.6%	4.0%	14.7%
11th	10.5%	7.6%	13.3%
12th	10.7%	5.3%	15.8%
Idaho Overall	11.1%	6.4%	15.5%
U.S. Overall	13.1%	10.0%	16.0%

Question 61: Percentage of students who described themselves as slightly or very overweight

Grade	Total	Female	Male
9th	29.7%	38.2%	22.0%
10th	27.1%	29.0%	25.3%
11th	25.4%	35.7%	15.5%
12th	29.4%	36.7%	22.6%
Idaho Overall	28.0%	35.0%	21.3%
U.S. Overall	31.5%	38.1%	25.1%

Question 62: Percentage of students who were trying to lose weight

Grade	Total	Female	Male
9th	42.5%	57.3%	28.8%
10th	45.0%	64.1%	26.7%
11th	42.9%	64.8%	22.1%
12th	46.3%	65.3%	28.3%
Idaho Overall	43.8%	62.5%	26.4%
U.S. Overall	45.6%	61.7%	29.9%

Question 63: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	61.5%	67.1%	55.9%
10th	62.5%	77.1%	48.4%
11th	56.8%	70.1%	44.2%
12th	63.3%	75.5%	51.5%
Idaho Overall	61.0%	72.2%	50.4%
U.S. Overall	60.0%	67.4%	52.9%

Question 64: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	34.6%	46.7%	23.0%
10th	39.8%	54.7%	25.3%
11th	35.5%	52.6%	19.3%
12th	41.3%	58.2%	24.9%
Idaho Overall	37.5%	52.6%	23.2%
U.S. Overall	40.7%	54.8%	26.8%

Question 65: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	15.6%	22.6%	8.7%
10th	14.8%	24.5%	5.5%
11th	14.8%	22.4%	7.5%
12th	10.8%	13.4%	8.0%
Idaho Overall	14.2%	20.9%	7.8%
U.S. Overall	12.3%	17.0%	7.6%

Question 66: Percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	7.4%	9.1%	5.8%
10th	4.7%	7.9%	1.7%
11th	6.9%	9.7%	4.3%
12th	6.9%	10.0%	3.7%
Idaho Overall	6.7%	9.3%	4.1%
U.S. Overall	6.3%	8.1%	4.6%

Question 67: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	8.1%	12.4%	4.0%
10th	6.9%	10.3%	3.7%
11th	4.3%	6.1%	2.6%
12th	4.0%	4.7%	3.1%
Idaho Overall	6.1%	8.6%	3.7%
U.S. Overall	4.5%	6.2%	2.8%

Question 68: Percentage of students who drank 100% fruit juices one or more times during the past seven days

Grade	Total	Female	Male
9th	75.1%	73.9%	76.1%
10th	75.9%	76.4%	75.3%
11th	78.3%	80.3%	76.4%
12th	77.3%	76.1%	78.3%
Idaho Overall	76.6%	76.6%	76.6%
U.S. Overall	81.4%	80.6%	82.2%

Question 69: Percentage of students who ate fruit one or more times during the past seven days

Grade	Total	Female	Male
9th	87.4%	88.2%	86.6%
10th	89.2%	91.0%	87.4%
11th	89.0%	91.1%	87.1%
12th	87.6%	91.0%	84.4%
Idaho Overall	88.1%	90.2%	86.2%

U.S. Overall 85.3% 85.8% 84.7%

Question 70: Percentage of students who ate green salad one or more times during the past seven days

Grade	Total	Female	Male
9th	68.0%	69.7%	66.2%
10th	69.4%	78.0%	61.2%
11th	73.2%	77.9%	68.7%
12th	74.5%	76.8%	72.2%
Idaho Overall	71.2%	75.4%	67.2%

U.S. Overall 65.6% 69.3% 62.0%

Question 71: Percentage of students who ate potatoes one or more times during the past seven days

Grade	Total	Female	Male
9th	70.4%	71.9%	68.8%
10th	74.1%	75.0%	73.2%
11th	72.6%	74.5%	70.7%
12th	70.4%	67.0%	73.5%
Idaho Overall	71.9%	72.1%	71.7%

U.S. Overall 68.5% 67.3% 69.8%

Question 72: Percentage of students who ate carrots one or more times during the past seven days

Grade	Total	Female	Male
9th	55.7%	53.4%	57.7%
10th	51.7%	51.8%	51.6%
11th	55.3%	57.5%	53.2%
12th	57.1%	60.8%	53.8%
Idaho Overall	55.1%	55.8%	54.5%

U.S. Overall 46.9% 47.3% 46.5%

Question 73: Percentage of students who ate other vegetables one or more times during the past seven days

Grade	Total	Female	Male
9th	82.2%	85.4%	79.1%
10th	85.8%	89.3%	82.5%
11th	84.5%	87.4%	81.9%
12th	86.7%	89.3%	84.5%
Idaho Overall	84.7%	87.6%	82.2%

U.S. Overall 82.1% 83.1% 81.2%

Questions 68 through 73: Percentage of students who ate five or more servings of fruits and vegetables per day during the past seven days

Grade	Total	Female	Male
9th	17.0%	14.0%	19.8%
10th	18.5%	15.9%	21.0%
11th	19.6%	19.6%	19.6%
12th	14.7%	14.2%	14.9%
Idaho Overall	17.4%	15.8%	19.0%
U.S. Overall	20.1%	18.7%	21.4%

Question 74: Percentage of students who drank soda pop one or more times per day during the past seven days

Grade	Total	Female	Male
9th	22.6%	17.7%	27.4%
10th	26.4%	20.3%	32.2%
11th	21.1%	15.9%	26.0%
12th	22.1%	11.7%	31.7%
Idaho Overall	23.2%	16.6%	29.4%
U.S. Overall	N/A	N/A	N/A

Question 75: Percentage of students who drank three or more glasses of milk per day during the past seven days

Grade	Total	Female	Male
9th	24.4%	20.0%	28.8%
10th	22.4%	12.7%	31.7%
11th	21.8%	18.9%	24.6%
12th	14.3%	6.2%	22.1%
Idaho Overall	20.9%	14.6%	27.1%
U.S. Overall	16.2%	11.6%	20.8%

Question 76: Percentage of students who purchased at least part of their lunch from a vending machine one or more times during the past seven days

Grade	Total	Female	Male
9th	32.2%	31.7%	33.8%
10th	30.4%	33.3%	27.6%
11th	26.9%	22.8%	30.9%
12th	28.8%	28.5%	28.9%
Idaho Overall	29.8%	29.0%	30.4%
U.S. Overall	N/A	N/A	N/A

Physical Activity

Question 77: Percentage of students who were physically active for a total of 60 minutes or more per day on five or more of the past seven days

Grade	Total	Female	Male
9th	47.4%	39.6%	54.5%
10th	47.3%	38.5%	55.8%
11th	49.8%	35.5%	63.2%
12th	42.2%	27.5%	56.1%
Idaho Overall	46.8%	35.7%	57.3%
U.S. Overall	35.8%	27.8%	43.8%

Question 78: Percentage of students who watched three or more hours of TV per day on an average school day

Grade	Total	Female	Male
9th	25.6%	20.4%	30.1%
10th	23.6%	19.5%	27.6%
11th	19.3%	17.2%	21.3%
12th	18.0%	13.3%	22.7%
Idaho Overall	22.0%	18.0%	25.6%
U.S. Overall	37.2%	36.3%	38.0%

Questions 79: Percentage of students who spent three or more hours on an average school day playing video or computer games or using a computer for something that is not school related

Grade	Total	Female	Male
9th	18.5%	14.1%	22.8%
10th	14.6%	10.1%	19.0%
11th	14.0%	9.6%	18.2%
12th	12.7%	8.8%	16.2%
Idaho Overall	15.4%	11.1%	19.2%
U.S. Overall	N/A	N/A	N/A

Question 80a: Percentage of students who attended physical education (PE) class one or more days during an average school week

Grade	Total	Female	Male
9th	56.6%	45.9%	66.5%
10th	57.9%	51.8%	63.8%
11th	55.2%	47.5%	62.5%
12th	41.7%	31.2%	51.9%
Idaho Overall	53.2%	44.3%	61.7%
U.S. Overall	54.2%	48.3%	60.0%

Question 80b: Percentage of students who attended physical education (PE) class daily

Grade	Total	Female	Male
9th	29.2%	22.0%	36.1%
10th	31.8%	24.7%	38.8%
11th	39.5%	30.4%	48.1%
12th	27.5%	15.4%	39.1%
Idaho Overall	32.0%	23.2%	40.6%
U.S. Overall	33.0%	29.0%	37.1%

Question 81: Percentage of students who played on one or more sports teams during the past 12 months

Grade	Total	Female	Male
9th	62.6%	61.7%	63.2%
10th	54.7%	52.4%	57.0%
11th	61.5%	55.6%	67.0%
12th	50.8%	44.2%	56.8%
Idaho Overall	57.6%	53.6%	61.3%
U.S. Overall	56.0%	50.2%	61.8%

AIDS/HIV Education

Question 82: Percentage of students who had ever talked about AIDS or HIV infection with their parents or other adults in their family

Grade	Total	Female	Male
9th	41.7%	39.8%	43.7%
10th	43.8%	49.8%	38.0%
11th	46.4%	53.6%	39.5%
12th	46.8%	52.8%	41.4%
Idaho Overall	44.7%	48.8%	40.8%
U.S. Overall	N/A	N/A	N/A

Question 83: Percentage of students who had ever been taught about AIDS or HIV infection in school

Grade	Total	Female	Male
9th	72.0%	72.0%	72.4%
10th	83.9%	84.4%	83.9%
11th	88.3%	92.7%	88.3%
12th	87.5%	89.6%	87.5%
Idaho Overall	82.2%	84.0%	82.2%
U.S. Overall	87.9%	88.5%	87.2%

Diabetes

Question 84: Percentage of students who had ever been told by a doctor or nurse that they have diabetes

Grade	Total	Female	Male
9th	5.0%	6.1%	3.5%
10th	4.7%	3.9%	5.6%
11th	2.2%	2.0%	2.4%
12th	6.6%	5.1%	7.7%
Idaho Overall	4.9%	4.4%	4.8%
U.S. Overall	N/A	N/A	N/A

Asthma

Question 85: Percentage of students who had ever been told by a doctor or nurse that they have asthma

Grade	Total	Female	Male
9th	16.4%	18.9%	14.0%
10th	18.5%	19.5%	17.5%
11th	17.7%	16.7%	18.7%
12th	22.4%	22.7%	21.9%
Idaho Overall	18.5%	19.4%	17.6%
U.S. Overall	17.1%	17.0%	17.3%

Other

Question 86: Percentage of students who other than moving from elementary school to junior high to high school, have changed schools one or more times

Grade	Total	Female	Male
9th	60.7%	65.3%	56.8%
10th	60.4%	61.4%	59.5%
11th	60.0%	62.3%	57.9%
12th	54.2%	55.6%	52.8%
Idaho Overall	59.1%	61.4%	57.0%
U.S. Overall	N/A	N/A	N/A

Appendix B: 2007 Idaho YRBS Questionnaire

2007 Idaho Youth Risk Behavior Survey High School Questionnaire

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

- o Use a #2 pencil only.
- o Make dark marks.
- o Fill in a response like this: A B ● D.
- o If you change your answer, erase your old answer 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	7
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	●
	⑧
	⑨
	⑩
	⑪

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	2
○	○	○
●	①	①
②	②	●
③	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

The next 4 questions ask about safety.

8. **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

9. 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

10. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times

11. 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 11 questions ask about violence-related behaviors.

12. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days

13. During the past 30 days, on how many days did you carry **a gun**?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
15. 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

16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?
- 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
17. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books **on school property**?
- 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
18. 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

19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
20. 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
21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- A. Yes
 - B. No
22. Have you ever been physically forced to have sexual intercourse when you did not want to?
- A. Yes
 - B. No

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.

23. 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
24. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
 - B. No
25. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes
 - B. No
26. 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

27. **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.

28. Have you ever tried cigarette smoking, even one or two puffs?
- A. Yes
 - B. No
29. 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
30. 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

31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
- A. I did not smoke cigarettes during the past 30 days
 - B. Less than 1 cigarette per day
 - C. 1 cigarette per day
 - D. 2 to 5 cigarettes per day
 - E. 6 to 10 cigarettes per day
 - F. 11 to 20 cigarettes per day
 - G. More than 20 cigarettes per day
32. 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

33. 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
34. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- A. Yes
 - B. No
35. 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
36. 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

37. 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
38. 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 6 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 purposes.

39. 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

40. 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
41. 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
42. 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
43. 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
44. 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

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

45. 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
46. 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
47. 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
48. 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

The next 9 questions ask about other drugs.

49. 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
50. 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
51. 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

52. 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
53. 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
54. 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
55. 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

56. 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
57. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes
 - B. No

The next 3 questions ask about sexual behavior.

58. Have you ever had sexual intercourse?
- A. Yes
 - B. No
59. 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

60. 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

The next 7 questions ask about body weight.

61. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
62. 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
63. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

64. 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
65. 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
66. 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
67. 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.

68. 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
69. 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

70. 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
71. 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
72. 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

73. 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
74. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do **not** include diet soda or diet pop.)
- 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

75. 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
76. During the past 7 days, on how many days did you purchase at least part of your lunch from a vending machine?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 to 5 days
 - E. 6 or more days

The next 5 questions ask about physical activity.

77. 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

78. 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

79. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as 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

80. 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

81. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The next 5 questions ask about other health-related topics.

82. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?
- A. Yes
 - B. No
 - C. Not sure
83. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure

84. Has a doctor or nurse ever told you that you have diabetes?
- A. Yes
 - B. No
 - C. Not sure

85. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure

86. Other than moving from elementary school to junior high school and junior high school to high school, how many times have you changed schools?
- A. I have never changed schools
 - B. 1 or 2 times
 - C. 3 or 4 times
 - D. 5 or 6 times
 - E. 7 or 8 times
 - F. 9 or 10 times
 - G. 11 or more times

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

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