2002

Cuyahoga County
First Ring School Districts

Youth Risk Behavior Survey

The Center for Adolescent Health, Case Western Reserve University

Funded by: The Cuyahoga County Child and Family Health Services Program
# 2002 First Ring School Districts YRBS Report
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Acknowledgements

The 2002 First Ring School Districts Youth Risk Behavior Survey (YRBS) was the result of an intensive planning and negotiation process between staff members from the Center for Adolescent Health at Case Western Reserve University and the administrations of the First Ring suburban school districts. This survey was made possible through the support of the community, parents, students, and other agencies committed to working with and promoting healthier behavior in Greater Cleveland’s adolescents. The Center for Adolescent Health greatly appreciates the interest of students as well as their parents who granted permission for them to participate in the survey.

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report prepared by

Center for Adolescent Health
Case Western Reserve University
School of Medicine
10900 Euclid Avenue
Cleveland, OH 44106-4945
216-368-3770

Jean L. Frank, YRBS Coordinator
Kristina N. Knight, YRBS Coordinator
Elizabeth M. G. Larkin, Data Manager
Julie M. Patterson, Community and Evaluation Coordinator
Dr. Barbara A. Cromer, Director, Center for Adolescent Health
Introduction
First Ring School Districts Youth Risk Behavior Survey

Background

The Youth Risk Behavior Survey (YRBS) is a national health behavior survey developed by the Centers for Disease Control and Prevention (CDC). It is a collection of 87 questions designed to provide a “snapshot” of teenage students' health risk behaviors. Questions are grouped into six broad categories, which have been identified as leading causes of morbidity and mortality:

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

The CDC has surveyed ninth through twelfth grade high school students on a national basis and the Ohio Department of Education has coordinated the administration of the Youth Risk Behavior Survey for the state. The samples drawn generally did not include Cuyahoga County, which many believe to be fundamentally different from the rest of the state.

In order to establish baseline information specifically about Cuyahoga County adolescents, the Center for Adolescent Health designed a multi-year surveillance plan which collects information from high school students attending school within geographic regions of Cuyahoga County. In this way, a composite snapshot of adolescent risk behaviors is developed that represents the entire county. The First Ring School Districts YRBS is one portion of this plan.

The YRBS is designed to identify a wide range of high school students' current health and safety habits. Results from the survey can be used to develop curricula for health and nutrition, safety training, drug, sexuality, and violence education programs. The YRBS survey results presented in this document may also help us to better understand non-academic barriers to learning, which can affect test scores, graduation rates and attendance rates for the adolescents of the First Ring School Districts in Cuyahoga County.

Methodology

The First Ring School Districts are those districts in which fifty percent of students live in a suburb that shares a border with the city of Cleveland, Ohio. The fifteen public high schools within these thirteen school districts that were identified as the eligible population for the First Ring School Districts YRBS and were invited to participate in the study are: Brooklyn, Brush, Cleveland Heights, Cuyahoga Heights, East Cleveland, Euclid, Fairview, Garfield Heights, Lakewood, Maple Heights, Normandy, Parma Senior, Shaker Heights, Valley Forge, and Warrensville Heights.

A total of 3428 students from eleven of the fifteen high schools participated in the Youth Risk Behavior Survey during the 2001-2002 academic year. This represents a school response rate of 73.3% and a student response rate of 78.6%. The combined response rate was high enough that the data are considered representative of the First Ring School Districts. Therefore, it is reasonable to assume that the rates of behaviors reported by this sample of students can be generalized to the entire population, including other students who did not complete the survey.

The First Ring School Districts YRBS was administered to students in participating high schools in April and May of 2002. Students completed a YRBS survey contingent upon
having parent or guardian permission. Permission slips were mailed home to selected students, and parents or guardians were given the option of excluding their student from the survey. The basic 87-item CDC-developed questionnaire was used, with additional questions added to reflect the specific interests of participating schools. The results of these additional modules are not included in this report, but will appear in later reports and will be provided to participating schools.

A variety of methods were used to administer the survey, from whole school administration to a random sample during a required subject or class period on a specific school day. The survey took approximately 45 minutes for an individual to complete.

Participation was both anonymous and voluntary. All parties involved in data collection, survey administration, and logistics, signed pledges of confidentiality consistent with the research protocol approved by the Institutional Review Board of MetroHealth Medical Center.
Sample Description

In order to insure that the sample of students surveyed accurately reflects the students in the entire First Ring, the self-reported demographic characteristics of students who were actually sampled are compared below to the demographic characteristics of the entire First Ring School Districts. The composition of the First Ring sample was nearly identical to that of the entire First Ring, indicating that we have a reliable sample that should accurately reflect the total population.

In addition to the overall results reported for the First Ring, most questions were broken down and analyzed by the demographics listed above. This provides more insight into specific high-risk groups. However, it should be noted that when analyzing race, only African-American and white students were reported. There were too few individuals in other minority groups to accurately report their responses.
Executive Summary

The 2002 First Ring School Districts YRBS was the first comprehensive YRBS conducted among ninth, tenth, eleventh and twelfth grade students from the first ring suburbs of Cuyahoga County. This summary provides highlights describing rates of intentional and unintentional injuries; alcohol, tobacco and other drug use; sexual behavior that results in sexually transmitted diseases and unintended pregnancies; dietary behaviors; and physical activity. These results will be compared with those obtained from the YRBS administered to students throughout the state of Ohio in 1999, as well as national YRBS data collected in 2001. The following sections titled The Good News and Warning Signs are summaries of findings in which First Ring students reported risk behaviors at rates that are significantly different from rates reported for either the state or the nation. First Ring data were also categorized to determine significant health risk behavior differences when analyzed by gender, race, and grade level, within the First Ring School Districts sample.

The Good News

The First Ring School Districts students reported wearing a helmet when riding a bicycle more frequently than their statewide counterparts. They also reported less weapon and gun carrying than students across the state and nation, including on school property. First Ring students reported having attempted suicide significantly less often than did students across the nation.

In smoking related categories, First Ring School Districts students reported smoking cigarettes on one or more of the past 30 days less often than did students in the state sample. They also reported less cigar or cigarillo smoking than at the state level. Fewer reported having ever been regular smokers than in the state survey, or being current or heavy smokers. Fewer students in the First Ring reported chewing tobacco or using snuff, including on school property, than at the state level.

Regarding alcohol and other drug use, fewer students reported having at least one drink or drinking heavily at least once in the past 30 days than did students in the statewide sample. In addition, fewer students reported using inhalants than did students from the statewide survey, and fewer First Ring students reported using methamphetamines than did students from both the state and national surveys.

Fewer students reported using diet pills or other weight loss aids without physician awareness and more students reported engaging in moderate physical activity than did students at state or national levels. Significantly higher numbers of students who were enrolled in physical education reported that they exercised or played sports for more than twenty minutes during an average class than was reported at the state level.

Warning Signs

First Ring School Districts students reported using a helmet while riding a motorcycle less often than did students in the statewide or national samples. First Ring students used seatbelts while in a car less often and they drove a car when they had been drinking more often than students throughout the nation.

Significantly more First Ring students reported having at least one drink of alcohol in their lifetime as compared to the national sample.

First Ring students reported watching television for more than two hours daily on school days more often than did students statewide.

Significantly fewer First Ring School Districts students reported attending physical education classes weekly than students that participated in the national survey.
Students' reports of other activities did not differ significantly from state of Ohio or national data. This can be considered reassuring, but must also be viewed with concern in light of increased efforts, at all levels, to deliver more health promoting information to adolescents.

**Significant Differences by Gender**

Female First Ring students reported more often than males that in the previous year they had experienced sad feelings for a long enough period of time to change their usual activities. They also reported more suicide attempts in the past year. Female students were able to purchase cigarettes without being asked for an ID more often than were males.

Female students that were currently sexually active reported more often than male students that they used hormonal contraception, i.e., either birth control pills or injected depo-provera. More females reported that they had ever been forced to have sex. Female students also reported more often that they had ever been taught about HIV and AIDS.

Female students were more likely to exercise and diet in order to lose or not gain weight, and were more likely to use diet aids than were male students. At the same time, females were more likely to report that they had experienced insufficient or no physical activity in the week before completing the survey.

Male First Ring students were more likely than female students to report that they had carried a weapon, including a gun, at some time in the year prior to completing the survey. Within the one-year timeframe, males were more likely to be threatened on school property and were more likely to have been in physical fights.

Males were more likely than females to chew tobacco or use snuff, including on school property; and were more likely to smoke cigars, cigarillos or small cigars, than were female students.

Males were more likely to drink alcohol for the first time before the age of thirteen and were more likely to binge drink than females. Males were more likely to have ever used marijuana, to have used it on school property; to try it for the first time before they were thirteen years old; and to have used it at least once in the month prior to completing the survey. Males were more likely to have ever used cocaine, inhalants and methamphetamines (such as speed), and were more likely to have used cocaine and inhalants in the month before the survey. More male students reported that they had used steroids without a physician’s knowledge. Males reported more often that they had been offered drugs on school property in the previous year.

Male students were more likely than female students to have had sexual intercourse for the first time before they were thirteen. Those males who reported that they were currently sexually active, were more likely to report having used a condom when they had sex most recently. They were also more likely to have drunk alcohol or used drugs before their last sexual encounter.

Males were more likely than females to drink three or more glasses of milk each day. More male students reported that they participated in vigorous physical activity at least three times in the week before completing the survey. Male students reported exercising to strengthen and/or tone their muscles, attending physical education classes weekly, and participating on one or more sports teams, more often than did female students.

**Significant Differences by Grade Level**

Ninth grade students reported that they wore a helmet while riding a bicycle more often than did twelfth grade students. Ninth grade students were more likely to carry a gun, avoid school because of unsafe feelings, and be threatened on school property, than were
older students. Ninth graders were more likely to be in a physical fight, including on school property.

More ninth grade students reported having attempted suicide in the past year, and more were likely to be seriously injured as a result of a suicide attempt, than were older high school students. More ninth grade students reported purchasing cigarettes without being asked for identification.

Ninth grade students were less likely to have ever had sexual intercourse than were older students. Those ninth and tenth grade students that did have sexual intercourse also reported more often that they used a condom during their most recent sexual activity.

Ninth grade students were less likely than all other grade levels to have had one drink in their lifetime, to drink alcohol in the month before the survey, and to binge drink. Fewer ninth grade students had ever tried illegal drugs, including marijuana.

More ninth and tenth grade students had been involved in vigorous physical activity, and had attended daily and weekly physical education classes than had eleventh or twelfth grade students.

Twelfth grade students were more likely to drive a car after drinking alcohol than younger students. Twelfth graders were more likely to have ever used tobacco products, to have ever tried smoking, to have ever been a regular smoker, to be current and/or heavy smokers, and to purchase their cigarettes from a store or gas station.

Twelfth grade students reported more often than younger students, that they were currently sexually active, and that they had four or more sexual partners in their lifetime. Twelfth grade students were more likely to use hormonal birth control, i.e., birth control pills or depo-provera. They were more likely to have ever been or gotten someone pregnant.

Twelfth grade students were more likely to use diet aids to lose or not gain weight, and were more likely to report insufficient and no physical activity than ninth grade students. Twelfth grade students watched less television on school days. More twelfth graders reported that they had ever been taught about HIV and AIDS than younger students.

**Significant Differences by Race**

When analyzing risk behaviors to compare differences by race, data were compiled only for African-American and white students because there were too few individuals in other minority groups to accurately report their responses.

African-American students were less likely to wear a seatbelt while a passenger in a car than were white students. African-American students were more likely to be physically hurt by a boyfriend or girlfriend.

More African-American students had ever had sex and more reported having sex for the first time before they were thirteen years old, than did white students. African-American students reported having four or more sexual partners over their lifetime, more often than did white students and more African-American students reported that they had ever been pregnant or had ever gotten someone pregnant. African-American students that were sexually active, were less likely to have used hormonal contraception the last time they had sex.

More African-American students are currently overweight than are white students. Fewer African-American students indicated that they drank three glasses of milk each day of the previous week.

African-American students watched more television on school days than did white students.
White students were more likely to ride in a car driven by someone that had been drinking, and were more likely to drive a car after drinking alcohol, than were African-American students.

White students were more likely to have ever used tobacco of any kind, to have ever been a regular smoker, to be current and/or heavy smokers, and to smoke on school property, than were African-American students. White students were more likely to have ever used chewing tobacco or snuff.

More white students than African-American students reported that they had ever had one drink of alcohol, had drunk alcohol in the month before the survey, and had more than five drinks in a row (binge drinking).

White students were more likely to have ever tried illegal drugs. More white students had ever used marijuana, cocaine, inhalants, methamphetamines (such as speed), or steroids, and more had used them in the month before the survey. White students reported being offered drugs on school property more often in the previous year.

White students that were sexually active, reported more often than African-American students, that they had drunk alcohol or used drugs before their most recent sexual experience.

More white students are at risk of becoming overweight than are African-American students. More white students reported that they dieted to lose or not gain weight. Fewer white students reported that they attended physical education classes daily and weekly.

First Ring students’ reports of additional activities did not differ significantly when analyzed by gender, race and grade level.
**Executive Summary: General Findings**

### Areas Where the First Ring Performs Better than Ohio
- Bicycle helmet use
- Weapon carrying
- Tobacco use
- Current Alcohol use
- Inhalant Use

### Areas Where the First Ring Performs Better than the U.S.
- Weapon carrying
- Suicide attempts
- Methamphetamine use

### Areas Where the First Ring Needs Improvement To Meet State and National Rates
- Motorcycle helmet use
- Seatbelt use
- Drinking and driving
- Ever drinking
- Television watching

### Subgroups of High School Students Associated With Specific High Risk Behaviors

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Executive Summary: Risky Behaviors

Percentage of First Ring Students who Engage in Health Risk Behaviors

- Rarely/Never Wear Bicycle Helmets: 86.6%
- Drove After Drinking: 19.4%
- Carried a Weapon: 11.4%
- Fighting: 32.2%
- Attempted Suicide: 6%
- Current Smokers: 29.9%
- Current Drinkers: 55.5%
- Binge Drinkers: 29%
- Marijuana Use: 46.4%
- Cocaine Use: 8.1%
- Sniffed Paint or Glue: 11.2%
- Methamphetamine Use: 6.7%
- Offered Illegal Drugs at School: 30.5%
- Ever had Intercourse: 47.4%
- Currently Sexually Active: 29.3%
- Unprotected Sex: 41%
- Overweight: 7.6%
- Vomited to lose weight: 6%
- Never Taught about HIV or AIDS: 8.6%
Executive Summary Graph: Students Reporting Risk Behaviors Before the Age of 13

- Drank Alcohol: 26.6%
- Had Intercourse: 5.2%
- Tried Marijuana: 10.4%
- Smoked a Whole Cigarette: 20.6%
Executive Summary Graph: Students Reporting Risk Behaviors On School Property

- Drank Alcohol: 4.7%
- Carried a Weapon: 3.6%
- Used Marijuana: 7.5%
- Smoked Cigarettes: 12.1%
Executive Summary: Interpreting the Graphs

The data for these graphs come from three sources: 2002 First Ring School Districts YRBS, the 1999 state of Ohio YRBS, and the 2001 national YRBS. The state and national information are included in the graph to provide a comparison for the results gathered from the First Ring YRBS. For additional emphasis and information, the First Ring data are also reported by gender, race, and grade level. The most recent information, specifically reported by gender, race, and grade level, on the state and national level can be requested from the Centers for Disease Control and Prevention (CDC) or found on their website.

Because only a sample of students were surveyed (not the entire First Ring), the percentages presented here are estimates and carry with them a margin of error. Therefore, to determine that there is a statistically significant difference between two groups, the error bars must not overlap. When significant differences occur, they are noted in the text.
Automobile, Motorcycle and Bicycle Injuries

The five questions in this section measure the frequency with which students participated in health risk behaviors known to result in injuries and that are some of the leading causes of illness and death for this age group. The questions examine helmet use while riding a bicycle or motorcycle, seatbelt use while riding in a car, riding as a passenger in a vehicle driven by someone who has been drinking, and driving after drinking.

In the United States: Nearly half of all deaths among people aged 10 – 24 years result from motor-vehicle crashes and other unintentional injuries. More than half of all people that were killed in motor-vehicle accidents last year were not wearing seat belts. This statistic applies particularly to the adolescent population, because data indicate that adolescents are far less likely to use seat belts than any other age group. The largest proportion of adolescent injuries is due to motor vehicle crashes. When adolescents drive after drinking alcohol, they are less likely to wear seat belts and they are more likely than adults to be in a crash, even when drinking less alcohol than adults. In 2000, one-third of young drivers who were killed in an automobile accident had been drinking and many were legally intoxicated.

Research demonstrates that universal helmet use could prevent numerous motorcycle and bicycle-related deaths as well as nonfatal head injuries. In addition, seat belt use reduces the risk of fatal injury by almost 50%.

In the First Ring School Districts: Students reported participating in a variety of risk behaviors known to result in injuries or death. Results indicate that in the year preceding the survey: the majority of students who rode motorcycles and/or bicycles did not wear helmets, and one-fifth of all students had not worn seatbelts while riding as a passenger in a car. In addition, students reported that in the month preceding the survey: one-third of all students rode in a car driven by someone that had been drinking, and one-fifth of all students drove a car at least once after they had been drinking.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to injuries and even death.
Helmet Use While Riding a Motorcycle

Of all students completing the survey, only 17.4% reported riding a motorcycle in the twelve months preceding the survey. Of those students, 49.4% responded that they never or rarely wore a motorcycle helmet. There is a significant difference in the number of First Ring students who reported that they never or rarely wore motorcycle helmets compared to the state of Ohio YRBS data (39.2%), and the national data (37.2%).

Helmet Use While Riding a Bicycle

Sixty-eight percent of students completing the survey reported that they had ridden a bicycle in the previous twelve months. 86.6% of students reported never or rarely wearing a helmet while riding a bicycle in the twelve months preceding the survey. There are significantly fewer First Ring students that reported never or rarely using a helmet than in the statewide sample (86.6% vs. 92.2%). Of significant importance, is the decrease in bicycle helmet use from 9th to 12th grade, indicating a trend toward less helmet use, as students get older. 82.9% of ninth grade students reported rarely or never wearing a bicycle helmet, while 89.4% of twelfth grade students reported they rarely or never wear a bike helmet.
Seatbelt Use While Riding in a Car
Twenty percent of the First Ring students sampled reported that they never or rarely wore a seatbelt while riding in a car driven by someone else. The data indicate that African-American students are significantly less likely to wear a seatbelt than white students (26.1% vs. 17.6%). There is also a significant difference (20% vs. 14.1%) in the number of students in the First Ring that reported never or rarely wearing a seatbelt while riding in a car driven by someone else, when compared to the national data.

Passenger in Car Driven by Drinker
Thirty-five percent of First Ring students reported riding one or more times during the thirty days preceding the survey in a car or other vehicle driven by someone who had been drinking alcohol. White students were significantly more likely to ride in a car driven by someone who had been drinking alcohol than were African-American (38% vs. 30.3%) students.
Driving After Drinking in Past Thirty Days
19.4% of the students completing the survey reported that they had driven a car one or more times after they had been drinking alcohol. This is significantly higher than was reported at the national (13.3%) level. African-American students are significantly less likely to ride in a car after drinking alcohol than their white counterparts. Twelfth grade students are significantly more likely to drive when they have been drinking.
Violence, Weapons and Homicides

The ten questions in this section measure violent behaviors, frequency and severity of physical fights, and abusive behavior.

In the United States: Public health studies show that youth violence is an ongoing problem. Starting in the mid-1990’s, overall arrest rates began to decline, however, the volume of violent behavior, which is based on self-reports, did not demonstrate a comparable decline.

Injuries kill more adolescents than all diseases combined. Unintentional injury accounts for around 60% of adolescent injury deaths, while violence (homicide and suicide) accounts for the remaining 40%. Physical fighting is just one form of violence that can lead to serious injury and even death. Nationally, the number of students that reported being in a physical fight continued to fall from 1993 until 2001. However, for this age group, “instant access to weapons, especially firearms, has often turned an angry encounter into a seriously violent or lethal one. Violence in schools is especially disturbing. Optimistically, national data show declining school crime and a reduction in the number of guns being carried to school.

Violent behavior that takes place in a dating or courtship context is not uncommon, either. Mistreatment and victimization imposed at any age can damage self-esteem, demolish families, and destroy futures, and adolescents are particularly vulnerable.

In the First Ring School Districts: Students reported varying experiences with violent and abusive behavior. Data show that in the month preceding the survey, one-tenth of all students carried a weapon and sometimes that weapon was a gun, fewer than 5% reported that they carried a weapon on school property, and about 5% said that they stayed away from school because of feelings of being unsafe. In addition, in the year preceding the survey, nearly one-third of students reported they were in physical fights, and about 5% of the time those physical fights required treatment for injuries. Fewer than 10% responded that they had been threatened or injured with a weapon on school property while 12% said that they were in a fight on school property. Ten percent of the students answered that at some time in the previous year they were physically hurt by a boyfriend or girlfriend. Less than ten percent of the students indicated that they had ever in their lifetime been forced to have sex.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to violent behavior.
Carried Weapon in Past Thirty Days
11.4% of the students in the First Ring reported that they had carried a weapon such as a gun, club, or knife during the thirty days before the survey. This is significantly less than was reported at both the state (14.9%) and national (17.4%) level. Significantly more male students (18.8%) than female students (5%) reported carrying a weapon during the last thirty days within the First Ring.

Carried a Gun in Past Thirty Days
2.4% of First Ring students reported carrying a gun in the thirty days prior to completing the survey. Significantly fewer students in the First Ring reported carrying a gun than was reported at state (4.6%) or national (5.7%) levels. Male students reported carrying a gun more often than did female students (4.4% vs. 0.5%). In addition, significantly more ninth grade students (4.1%) reported carrying a gun than did twelfth grade students (1.3%).
Carried Weapon on School Property in Past Thirty Days
3.6% of First Ring students reported carrying a weapon on school property in the thirty days preceding the survey. Significantly fewer students in the First Ring sample reported weapon carrying on school property than at the state (5.6%) or national (6.4%) level.

Avoided School Because of Feeling Unsafe
5.2% of First Ring students indicated that they did not attend school on one or more days, in the thirty days preceding the survey, because they felt unsafe at school or on their way to school. Significantly more ninth grade students reported feeling unsafe at school than did twelfth grade students (8.1% vs. 3.2%).
Threatened or Injured With a Weapon on School Property

7.3% of students in the First Ring reported that they were threatened or injured with a weapon on school property in the twelve months preceding the survey. This information is consistent with reports at both the state (8.1%) and national (8.9%) levels. Significantly more First Ring male students reported threats or injuries on school property than did females (10.1% vs. 4.8%). Significantly more ninth grade (10.8%) students experienced threats or injuries on school property than did eleventh grade (5.1%) or twelfth grade (5.4%) students.

Physical Fight In Past Twelve Months

32.2% of students in the First Ring reported being in a physical fight during the twelve months prior to the survey. Significantly more male students reported having been in a fight than did female students (42.3% vs. 23.2%). Chances of being in a fight decrease significantly from ninth grade to twelfth grade (39.7% vs. 26.5%).
Fight Resulting in Injury in Past Twelve Months
3.5% of all students in the First Ring indicated that during the twelve months preceding completion of the survey, they were in a physical fight that resulted in an injury requiring treatment by a physician or nurse. This information is consistent with that reported both at the state (3.8%) and national (4%) level.

Fight on School Property in Past Twelve Months
12.1% of First Ring students indicated that they were in a physical fight on school property during the twelve months prior to the survey. *Significantly* more ninth grade students (20.1%) than any other grade reported having been in a fight on school property (10th grade--10.9% vs. 11th grade--9.2% vs. 12th grade--7%).
Physically Hurt by Boyfriend or Girlfriend in Past Twelve Months
Ten percent of First Ring students reported that in the twelve months prior to the survey they were hit, slapped or physically hurt by their boyfriend or girlfriend. This information is consistent with state (10%) and national (9.5%) trends. African-American students reported being hurt by their boyfriend or girlfriend significantly more often than did white students (14.4% vs. 8.3%). It is important to notice that males and females were equally likely to suffer this abuse.

Students Forced to Have Intercourse
7.2% of First Ring students reported that they had been forced to have intercourse. Female students were significantly more likely than male students (9.1% vs. 5.2%) to have been forced to have intercourse.
Suicide

The five questions in this section measure sadness, attempted suicides and the seriousness of those attempts. The questions are intended to elicit baseline information from which appropriate prevention and treatment programs can develop.

In the United States: Suicide is the third leading cause of death for young people aged 15 – 24, resulting in approximately 5000 deaths each year. Further, studies indicate that suicide attempts occur two hundred times more frequently than completed suicides, and that about one-fourth of all suicide attempts require medical attention as a result of the attempt. It is known that persistent sadness and hopelessness are predictors or indicators of clinical depression. Depression in youth is linked with suicidal behavior as well as a host of additional risk behaviors.

In the First Ring School Districts: Students responded that in the past twelve months: nearly one-third had felt sad enough to change their normal activities, just less than 20% considered attempting suicide, fewer than 15% had made a suicide plan, and 6% attempted suicide. Sixteen percent of those students who had attempted suicide experienced a serious injury requiring treatment as a result of the attempt.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to suicidal behavior.
Sadness Resulting In Changing Usual Activities
28.7% of First Ring students reported that in the twelve months prior to completing the survey, they had felt so sad or helpless almost everyday for two weeks or more in a row, that they stopped doing their usual activities. This information is consistent with state (28.7%) and national (28.3%) trends. Significantly more female students than male students (34.9% vs. 22%) reported experiencing sad feelings that changed their usual activities.

Considered Attempting Suicide in Past Twelve Months
18.6% of students in the First Ring reported that they had seriously considered attempting suicide in the twelve months preceding the survey.
Made a Suicide Plan During Past Twelve Months
12.6% of students in the First Ring reported that in the twelve months prior to participating in the survey they had made a plan about how they would attempt suicide. This information is consistent with state (15%) and national (14.8%) data.

Attempted Suicide During Past Twelve Months
Six percent of First Ring students reported that during the twelve months prior to completing the survey, they had actually attempted suicide. This indicates significantly fewer suicide attempts among First Ring students as compared to national data (6% vs. 8.8%). Significantly more female students than male students (8.1% vs. 3.8%) reported attempting suicide among the First Ring. Significantly more ninth grade students reported attempting suicide than all other grades of students (9.9% vs. 5.7% or less).
**Suicide Attempts that Resulted in Serious Injury**

Two percent of First Ring students reported that they were seriously injured when attempting suicide in the past twelve months. A serious injury is an “injury, poisoning, or overdose that has to be treated by a doctor or nurse”. This information is consistent with state (2.9%) and national (2.6%) data. *Significantly* more ninth grade students reported that they were seriously injured when attempting suicide than did twelfth grade students (3.6% vs. 0.5%). Although the state doesn’t calculate this information, we have found that 16.9% of all suicide attempts reported by First Ring students, result in serious injury.
Tobacco

There are twelve questions on the 2002 YRBS that address tobacco use. These questions address frequency and amount of tobacco use, age of initiation, federal laws regarding tobacco sales, and smoking cessation.

In the United States: Cigarette smoking is an addictive behavior that usually begins during adolescence. ix The national rate of teen smoking approaches 30%, while Ohio’s teen rate of smoking has been reported to be as high as 40%. x In addition to its addictive effects, tobacco is considered a gateway drug, leading to additional substance use. For example, adolescents who use tobacco products are often thought to be at higher risk for using other drugs such as alcohol and marijuana.

Tobacco use is first among the leading preventable causes of death. xi Tobacco use often leads to cancer of the larynx, lungs or throat, pulmonary diseases, and heart disease.

In the First Ring School Districts: More than sixty percent of First Ring students reported that they had ever tried smoking. One-fifth smoked for the first time before they were thirteen years old. Slightly more than one-third indicated that they had used some form of tobacco in the month preceding the survey. Almost fifteen percent answered that they had smoked cigars, cigarillos, or little cigars. Less than ten percent had used chewing tobacco or snuff. One-third of the students reported that they were “current smokers,” which means that they had smoked one or more cigarettes in the month before the survey. Half of the students currently smoking had ever attempted to quit smoking. Twenty percent responded that they had ever smoked regularly, or that at some point in their life, they had smoked at least one cigarette each day for a month. Nearly 15% said that they were “heavy smokers,” because they smoked cigarettes on twenty or more days of the month prior to completing the survey. Twelve percent reported that they had smoked cigarettes and less than five percent said that they had used chewing tobacco or snuff, on school property at some time in the month before the survey. One-fifth of the students responded that they bought their cigarettes at a store or gas station, and half of those students were not asked for identification.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to tobacco use.
Current Tobacco Use
34.4% of the First Ring reported using some form of tobacco in the thirty days before the survey. This is significantly lower than was reported at the state (47.3%) level. Significantly more white (41.7%) than African-American (18.6%) students reported using some form of tobacco product during that time. Significantly more twelfth (46.5%) than ninth (28.1%) grade students reported using a tobacco product in the month before the survey, indicating a trend toward more tobacco use as students get older.


ever tried smoking
64.4% of First Ring students reported that they had ever tried smoking, even one or two puffs. Significantly fewer students in the First Ring reported ever smoking than did students in the state of Ohio (73.1%). The rate of ever trying smoking rises incrementally from ninth grade to twelfth grade students such that significantly more twelfth grade students (73.4%) than ninth grade students (54.3%) reported ever smoking.
Early Onset of Cigarette Smoking

20.6% of students in the First Ring indicated that they smoked a whole cigarette for the first time before they were thirteen years old. Again, significantly fewer students in the First Ring sample reported that they smoked for the first time before age thirteen than did students in the state of Ohio (20.6% vs. 27.7%).

Current Smoker

29.9% percent of First Ring students reported that they are current smokers. A “current smoker” is someone who smoked one or more cigarettes in the past thirty days. Significantly fewer students from the First Ring reported that they are “current smokers”, than at the state level (40.3%). Within the First Ring sample, significantly more white students (37.2%) reported being “current smokers” than did African-American students (13.4%). Significantly fewer ninth grade students (24.4%) reported being “current smokers” than did twelfth grade students (40.2%), with rates increasing incrementally at each grade.
Heavy Smoker
14.1% of First Ring students surveyed indicated that they were “heavy smokers”, by reporting that they smoked cigarettes on twenty or more of the thirty days prior to completing the survey. Within this sample, significantly more white (19%) students reported that they fit the definition of “heavy smoker” than did African-American (3.1%) students. Significantly more twelfth grade students (22.1%) indicated that they were “heavy smokers” than did either ninth (8.9%) or tenth (11.4%) grade students. However, significantly fewer First Ring students fit the definition of “heavy smoker” than did students that completed the survey at the state level (22%).

Underage, Current Smokers Purchasing Cigarettes from a Gas Station or Store
19.2% of First Ring smokers reported getting cigarettes from a gas station or store. Significantly more eleventh (27.4%) and twelfth (33.8%) grade students than ninth (11.2%) and tenth (9.4%) grade students usually purchased cigarettes from a store or gas station.
Not Asked for an ID when Bought Cigarettes
Fifty percent of First Ring students that bought cigarettes at a store or gas station reported not being asked for ID. **Significantly** more female (59.5%) students than male (41.9%) students reported buying cigarettes without being asked for an ID. **Significantly** more ninth grade (65.2%) students than twelfth grade (36.6%) students reported buying cigarettes without being asked for an ID.

Current Cigarette Use School Property
12.1% of students said that they had smoked cigarettes on school property within the thirty days prior to completing the survey. **Significantly** fewer African-American students (4.6%) indicated that they smoked on school property than did white students (14.4%).
**Ever Smoked Regularly**
20.1% of the First Ring sample reported ever smoking regularly. A “regular smoker” smoked at least one cigarette per day for thirty days. *Significantly* more white students (26%) than African-American students (6.9%) reported ever smoking regularly. There is also a consistent increase in regular smoking from ninth grade through twelfth grade resulting in a *significant* difference between the number of ninth grade students (13.4%) and twelfth grade students (31.1%) that were ever regular smokers. The number of students that reported ever smoking regularly is *significantly* higher at the state level (30.2%) than in the First Ring.

**Current Smokers Who Ever Tried to Quit**
54.4% of First Ring students that smoke reported ever trying to quit. No *significant* differences are found when analyzed by gender, race or grade level.

* This information was not reported by the state of Ohio
* This information was not reported in the National report
Current Chewing Tobacco or Snuff Use
6.5% of students in the First Ring responded that they had used chewing tobacco or snuff in the thirty days preceding the survey. This number is significantly lower than was reported at the state (11.2%) level. Within the First Ring population, there is also a significant difference between the number of male students (12%) and female students (1.5%) that reported using chewing tobacco or snuff. In addition, white students (8.2%) are significantly more likely to use chewing tobacco or snuff than African-American students (2.6%).

Current Chewing Tobacco or Snuff Use on School Property
There is a significant difference between the percent of students in the First Ring sample that reported using chewing tobacco or snuff on school property and the number of students who reported that same activity at the state level (3.5% vs. 5.1%). There is also a significant difference between the percent of male students (7%) and female students (0.4%) using chewing tobacco or snuff on school property. African-American students are significantly less likely to use chewing tobacco or snuff on school property than white students (1.3% vs. 4.2%).
Current Cigar, Cigarillo, or Little Cigar Use

There is a significant difference between First Ring results and state of Ohio results for the percentage of students that smoked cigars, cigarillos, or little cigars in the thirty days before the survey (14.6% vs. 24.5%). Within the First Ring sample, significantly more male students (19.6%) than female students (10.1%) reported smoking cigars, cigarillos or little cigars.
There are five questions on the 2002 Youth Risk Behavior Survey that address alcohol consumption. These questions address frequency of alcohol use, age of initiation, binge drinking, and drinking on school property.

**In the United States:** The Centers for Disease Control and Prevention report alcohol as the drug most frequently used by adolescents. Alcohol use among adolescents results in an increased risk of alcohol dependence in adulthood and is associated with a wide variety of risky behaviors, including unprotected sexual intercourse, marijuana use, and poor academic performance.xii

**In the First Ring School Districts:** More than eighty percent of students indicated that they had ever had a drink of alcohol and nearly one-third reported that they had drunk alcohol for the first time before they were thirteen years old. Nearly half answered that they had at least one drink in the month before completing the survey, and almost five percent had drunk alcohol on school property during that time. Less than one-third reported that they had drunk five or more drinks of alcohol in a row, which is considered binge drinking.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to alcohol consumption.
**Ever Consumed Alcohol**
82.3% of the First Ring students responded that they had at least one drink of alcohol in their lifetime. This is significantly higher than was reported at the national level (78.2%). White students (84.9%) reported having had at least one drink of alcohol significantly more than African-American students (77.1%). Ninth grade students reported having had at least one drink of alcohol significantly less than all other grade levels (74.1% vs. 83.7% or more).

**Early Onset of Alcohol Use**
26.6% of the First Ring students reported having their first drink of alcohol, other than a few sips, before age thirteen. Students were instructed to exclude any alcohol consumed in accordance with their religious beliefs. The First Ring rate of 26.6% is consistent with state (30.4%) and national (29.1%) data. Within the First Ring, significantly more male students (31.8%) than female students (22.2%) reported having their first drink of alcohol before the age of thirteen.
Current Alcohol Use
47% of First Ring students reported having at least one drink of alcohol within the thirty days prior to completing the survey, which is significantly lower than was reported at the state level (55.5%). Significantly fewer African-American students (32.1%) reported drinking alcohol in the thirty days prior to completing the survey than did white students (54.7%). There is a significant difference between the number of ninth grade students (39.8%) and the number of twelfth grade students (58.3%) who reported drinking alcohol in the thirty days prior to participating in the survey.

Binge Drinking
Binge Drinking is “having five or more drinks of alcohol in a row”. Twenty-nine percent of First Ring students reported binge drinking in the thirty days preceding completion of the survey. This is significantly lower than was reported at the state level (37.4%). Male (32.8%) students were significantly more likely to binge drink than their female (25.8%) counterparts. African-American students (11.6%) reported significantly less binge drinking than white students (38%). Significantly fewer ninth grade students (22.3%) reported binge drinking than did twelfth grade students (41.2%).
Current Alcohol Use on School Property
4.7% of First Ring students reported having at least one drink of alcohol on school property within the thirty days preceding completion of the survey. These findings are consistent with what was reported at the state (5.0%) and national (4.9%) level.
Marijuana, Cocaine, And Other Illegal Drugs

There are thirteen questions on the survey that address illegal drug use, such as marijuana, cocaine, and heroin. These questions address frequency and amount of drug use, age of initiation, and drug use on school property.

**In the United States:** In 2001, almost fifty percent of students reported having used marijuana by the time they were seniors in high school. Many adolescents think marijuana does not pose serious health risks. However, marijuana can be just as harmful as other illegal drugs and may lead to serious health problems. The effects of marijuana use include memory problems, respiratory problems, loss of coordination, cognitive impairment and increased heart rate. Use of other illegal drugs such as cocaine or heroin is associated with many harmful health effects and behaviors as well. Generally, adolescents who use marijuana or other drugs have also engaged in other health risk behaviors such as alcohol and tobacco use. Use of illegal drugs in adolescence is a non-academic barrier to learning, leading to poor academic performance and a host of other health risk behaviors.

**In the First Ring School Districts:** Nearly half of students reported that they had ever tried an illegal drug. Forty-six percent said that they had ever used marijuana and one-tenth of students indicated that they had used marijuana for the first time before they were thirteen years old. Almost thirty percent had used marijuana in the month before the survey, while fewer than ten percent had smoked marijuana on school property during that time. Less than ten percent of the students reported that they had ever used cocaine, with fewer than five percent indicating that they had used cocaine in the month before the survey. Slightly more than ten percent had ever used an inhalant to get high, with fewer than five percent doing so in the month before the survey. Fewer than ten percent reported that they had ever used methamphetamines. Less than five percent said that they had ever used heroin, and the same number of students indicated that they had ever taken steroids without a doctor’s prescription. Fewer than three percent of students had ever used a needle to inject an illegal drug. One-third of students reported that they had been offered illegal drugs on school property in the year prior to completing the survey.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to illegal drug use.
Ever Tried Illegal Drugs
48.7% of First Ring students reported ever trying an illegal drug. Significantly more white (52.7%) than African-American (39.3%) students reported ever trying an illegal drug. Significantly more twelfth (61.6%) than ninth (39.8%) grade students reported trying an illegal drug, indicating a trend toward more drug use as students get older.

![Graph showing drug use by grade and race]

Ever Used Marijuana
There is no significant difference between the number of students that reported ever using marijuana in the First Ring sample (46.4%) from the state (46.6%) or national (42.4%) level. Within the First Ring, significantly more male students (50.9%) than female students (42.3%) reported ever using marijuana. Significantly fewer African-American students (37.1%) than white students (50.9%) within the First Ring reported ever using marijuana. Significantly fewer ninth grade students (35.9%) reported ever using marijuana than did twelfth grade students (60.4%), with reports of use increasing significantly as students’ grade levels increase.

![Graph showing marijuana use by grade and gender]
Early Onset of Marijuana Use
10.4% of the students in the First Ring sample reported using marijuana for the first time before the age of thirteen. This finding is consistent with information available at both the state (10.2%) and national (10.2%) level. **Significantly** more male students (14.1%) than female students (7.1%) reported using marijuana before age thirteen in the First Ring.

![Graph showing early onset of marijuana use](chart1)

Current Marijuana Use
27.4% of First Ring students said they had used marijuana within the thirty days preceding completion of the survey. There is a **significant** difference in the First Ring when examining the percentage of male students (32.4%) and female students (23%) who had used marijuana recently. There is also a **significant** difference in the number of African-American students (16.9%) using marijuana in the past thirty days, when compared to white students (31.7%) in the First Ring.

![Graph showing current marijuana use](chart2)
Current Marijuana Use on School Property
7.5% of First Ring students reported using marijuana on school property at some time in the thirty days prior to completing the survey. This information is consistent with findings at both the state (5.1%) and national (5.4%) level. Significantly more male students (11.1%) than female students (4.2%) reported using marijuana on school property within the thirty days preceding the survey.

Ever Used Cocaine
8.1% of First Ring students reported that they had ever used cocaine. In the First Ring, significantly more male students (11.1%) than female students (5.5%) reported ever using any form of cocaine. Significantly more white students (10.4%) than African-American students (2.3%) reported ever using cocaine.
Current Cocaine Use
4.5% of First Ring students reported using cocaine within the thirty days prior to participating in the survey. Within the First Ring, significantly more male students reported recent use of cocaine than did female students (6.6% vs. 2.6%). Significantly more white students than African-American students reported recent cocaine use (5.2% vs. 1.5%)

Ever Used Inhalants
Within the First Ring 11.2% of the students surveyed reported that they had ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays, to get high. Significantly more male students (13.9%) than female students (8.9%) reported ever using an inhalant. Significantly more white students (13.1%) used inhalants than African-American students (5.7%) within the First Ring. However, significantly fewer First Ring students reported having ever used an inhalant to get high than did students at the state (17.1%) level.
Current Inhalant Use
3.9% of students reported sniffing glue or paint to get high in the thirty days prior to completing the survey. *Significantly* more male students than female students (6.0% vs. 1.9%) reported using an inhalant to get high during that time in the First Ring.

![Graph showing current inhalant use by gender and grade level]

Ever Used Heroin
The percentage reporting ever using heroin in the First Ring (3.5%) is consistent with that of the state (2.5%) and national (3.1%) data. There are no *significant* differences to report.

![Graph showing ever used heroin by gender and grade level]
Ever Used Methamphetamines

*Significantly* fewer First Ring students (6.7%) reported ever using methamphetamines, such as speed, than was reported at the state (9.8%) and national (9.8%) level. *Significantly* more male students (8.8%) than female students (4.9%) within the First Ring sample reported methamphetamine use. *Significantly* fewer African-American students (3.0%) than white students (7.8%) reported using methamphetamines within the First Ring.

Ever Used Steroids

4.6% of students reported that they had ever taken steroids without a doctor’s prescription. *Significantly* more male students (6.4%) than female students (2.9%) reported ever taking steroids without a doctor’s prescription within the First Ring sample. *Significantly* more white students (4.9%) than African-American students (2.7%) reported taking steroids without a doctor’s prescription.
Ever Used a Needle to Inject Illegal Drugs
2.9% of students that participated in the First Ring study reported having ever used a needle to inject an illegal drug. The data are consistent with use reported at the state (2.3%) and national (2.3%) levels.

![Graph showing the percentage of students who have used a needle to inject illegal drugs.](image)

Offered Illegal Drugs on School Property in the Past Twelve Months
30.5% of First Ring students reported having been offered, sold, or given an illegal drug on school property at some time in the twelve months prior to participating in the survey. This information is consistent at both the state (30.5%) and national (28.5%) level. Significantly more male students (36.6%) than female students (25.1%) were offered illegal drugs on school property during that time. Also, within the First Ring, significantly more white students (32.8%) than African-American students (23.7%) were offered illegal drugs on school property in the year before the survey.

![Graph showing the percentage of students who have been offered illegal drugs on school property.](image)
Sexual Behaviors that Result in HIV Infection and Other Sexually Transmitted Diseases:

The seven questions in this section measure the prevalence of sexual activity, age at first intercourse, number of sexual partners, alcohol and drug use related to sexual activity, and condom use.

**In the United States:** Early sexual activity and a high number of sexual partners are associated with the spread of sexually transmitted diseases, including HIV infection. Nearly four million adolescents are diagnosed with an STD each year. Research has shown that biological factors make people who are infected with an STD more likely to become infected with HIV if exposed sexually. In addition, it has been estimated that at least half of all new HIV infections in the United States occur in people under 25, and that most of these young people are infected sexually. Teens who take part in risky behaviors, such as drug and alcohol use, are more likely to have multiple sexual partners, which puts them at greater risk of contracting sexually transmitted diseases.

Condoms, if used correctly, can greatly reduce, though not eliminate, the risk of STD’s.

**In the First Ring School Districts:** Nearly half of First Ring students have had sex, with five percent reporting that they had sex for the first time before they were thirteen years old. Nearly one third of students said that they were currently sexually active. Less than fifteen percent indicated that they have had multiple (four or more) sex partners. Of those currently sexually active, half indicated they used drugs or drank before having sex most recently, and 60% reported that they had used a condom during their most recent sexual activity.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to sexual behaviors that result in HIV infection and other sexually transmitted diseases.
Ever Had Sexual Intercourse

47.4% of students surveyed reported that they had ever had sexual intercourse. This experience is consistent with that reported at the state (46.9%) and the national (45.6%) levels. Within the First Ring, significantly more African-American students (57%) than white students (42%) reported ever having sexual intercourse. There is also a significant difference by grade in the percentage of students who reported ever having sexual intercourse, with rates rising incrementally by grade level.

Early Onset of Sexual Activity

5.2% of First Ring students reported having their first sexual encounter before the age of thirteen. Significantly more male students than female students (8.2% vs. 2.6%) reported having sex before age thirteen. Significantly more African-American students than white students (10.6% vs. 2.5%) reported having sexual intercourse before the age of thirteen.
Intercourse with Four or More People in Their Lifetime
12.6% of students in the First Ring reported having had intercourse with four or more people in their lifetime. **Significantly** more African-American students (20.7%) have had four or more sexual partners than did white students (8.8%). In addition, within the First Ring there is a significant trend toward more sexual partners in older teens.

Currently Sexually Active
29.3% of First Ring students reported that they had sexual intercourse within the past three months, indicating that they are currently sexually active. This is consistent with trends at both the state (33.6%) and national (33.4%) level. **Significantly** more twelfth grade students (44.3%) than ninth grade students (18.4%) are currently sexually active, indicating a trend toward more sexual activity as grade level increases.
Drank or Used Drugs Before Last Sexual Intercourse
25.4% of First Ring students indicated that the last time they had sex they drank or used drugs, prior to engaging in sexual intercourse. *Significantly* more male students (31.4%) than female students (20.0%) reported this activity. *Significantly* more white students (32.4%) than African-American students (14.8%) reported drinking or using drugs before their most recent sexual experience.

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* This information was not reported by the state of Ohio
* This information was not reported in the National report

Used a Condom the Last Sexual Intercourse
62.4% of First Ring students reported using a condom the last time they had sexual intercourse. *Significantly* more males (68%) than females (56.8%) reported using a condom the last time they had sex. *Significantly* more ninth grade students (74.9%) than twelfth grade students (55.5%) reported using condoms the last time they had sex, indicating a trend toward less condom use as students get older.

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Sexual Behaviors that Result in Pregnancy

The two questions in this section measure use of contraception and identify whether a student has been pregnant or has gotten someone pregnant.

**In the United States:** The teen birth rate in the United States is one of the highest among developed nations, with approximately one million teenage girls becoming pregnant unintentionally every year.\textsuperscript{xvii} Mothers who give births as teens are more disadvantaged, on average, than are other teens and have children who face negative health, cognitive, and behavioral outcomes. A recent study of the consequences of teen childbearing reports that the effects of teen motherhood are borne primarily by the children of teen mothers, partly because teenage mothers are much less likely than older women to receive timely prenatal care, are more likely to smoke cigarettes, and less likely to gain adequate weight during pregnancy. Additional consequences of teen childbearing are experienced by the mothers themselves, as well as society at large.\textsuperscript{xviii}

Early sexual activity is associated with unwanted pregnancy.

**In the First Ring School Districts:** One-fifth of the students who reported that they were currently sexually active, indicated that they used hormonal birth control—either oral contraceptives or depo-provera injections—the last time they had sexual intercourse. Almost 5\% had ever been or had ever gotten someone pregnant.

The graphs and narratives on the following pages depict the rates of these specific risk behaviors relevant to sexual behaviors that result in pregnancy by adolescents in the First Ring.
Used Hormonal Birth Control Last Sexual Intercourse
21.2% of First Ring students reported using hormonal birth control the last time they had sex. Hormonal birth control includes oral contraceptives (the pill) and depo-provera (injection). 17.5% of students reported relying on oral contraceptives while 3.7% indicated that they used the injection or depo-provera as their form of pregnancy prevention. Significantly more females (26.5%) than males (15.7%) reported using hormonal birth control the last time they had sex. Significantly more white students (26.4%) than African-American students (14.6%) reported using hormonal birth control the last time they had sex. Significantly more twelfth grade students (28.6%) than ninth grade students (10.3%) reported using hormonal contraception the last time they had sex, indicating a trend toward more use of hormonal contraception as students get older.

Have Been Pregnant, or Gotten Someone Pregnant
Of the students in the First Ring, 4.7% reported that they had been pregnant, or had gotten someone else pregnant. Significantly more African-American students (7.9%) than white students (3%) reported pregnancy involvement. Significantly more twelfth grade students (8.3%) reported a pregnancy experience than did ninth grade students (2.9%).
Nutrition

There are sixteen questions on the survey that address unhealthy dietary behaviors and nutrition. These questions address self-perceptions of height and weight, prevalence of underweight and overweight adolescents, food choices, and the consumption of fruit, vegetables and milk.

In the United States: The recommendations for a healthy, balanced diet are based on the Dietary Guidelines for Americans. Adolescents should consume a healthy assortment of fruits, vegetables, protein and fiber. However, most of America’s children consume too much fat and not enough fruits, vegetables, and calcium. This has led to a dramatic increase in the number of adolescents who are overweight. Being an overweight adolescent is a risk factor for becoming an overweight adult and overweight adolescents are at an increased risk for developing diabetes and other cardiovascular diseases.

In the First Ring School Districts: Body Mass Index is considered a more accurate reflection of body composition when compared to weight alone. BMI is obtained by dividing a person’s weight, expressed in kilograms, by their height expressed in meter squared. Based on Body Mass Index calculations, it can be concluded that fifteen percent of all students are at risk for becoming overweight, and less than ten percent are overweight. Nearly thirty percent of students reported that they consider themselves to be slightly or very overweight. More than forty percent indicated that they were trying to lose weight. More than half of all students answered that they had exercised to lose or at least not gain weight, forty percent indicated that they had dieted to lose or not gain weight, more than one-tenth reported that they had fasted to lose or not gain weight, less than ten percent said that they used a variety of diet aids to lose or not gain weight, and six percent answered that they had vomited or taken laxatives to lose or not gain weight, in the month before the survey. Nearly one-fifth reported that they drank three or more glasses of milk daily, fewer than fifteen percent reported that they ate three or more servings of vegetables per day, and less than ten percent said that they ate two or more servings of fruit daily. Less than five percent of students reported that they get the recommended amount of fruits, vegetables and milk each day.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to unhealthy dietary behaviors and nutrition.
BMI: Body Mass Index
Students were asked to report their height and weight for the purpose of determining their Body Mass index. The BMI is obtained by dividing the weight in kilograms by the height in meters squared. The acceptable range for BMI is 20-25. A BMI greater than 30 is an indication of being overweight, or at or above the 95th percentile, and a BMI less than 16 is an indication of being underweight or at or below the 2nd percentile.

### BMI in the 85th Percentile
A BMI in the 85th percentile is an indication of being at risk for becoming overweight. 15.3% of First Ring students reported a height and weight consistent with a risk for becoming overweight. Significantly more African-American students (19.5%) than white students (13.4%) reported a BMI in the 85th percentile, placing them at risk of becoming overweight.

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
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</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Normal</td>
<td>70%</td>
<td>77%</td>
</tr>
<tr>
<td>At risk for becoming overweight</td>
<td>9%</td>
<td>7%</td>
</tr>
<tr>
<td>Overweight</td>
<td>9%</td>
<td>7%</td>
</tr>
</tbody>
</table>

![Graph showing BMI distribution](image-url)
BMI in the 95th Percentile
A BMI in the 95th percentile for your age is an indication of being overweight. 7.6% of First Ring students are overweight, a rate that is significantly lower than was reported at the national (10.5%) level. Significantly more African-American students (11.1%) than white students (5.7%) are overweight.

Slightly or Very Overweight (Self-Described)
Of the First Ring students that participated in the survey, 28.9% reported their body weight to be slightly or very overweight. This number is consistent with both state (32.0%) and national (29.2%) data.
Trying to Lose Weight
43.2% of First Ring students sampled indicated that they are trying to lose weight. This information is consistent with state (44.9%) and national (46.0%) data.

Exercised to Lose or Not Gain Weight in Past Thirty Days
In the First Ring, 56.3% reported that in the thirty days prior to participating in the survey, they exercised in order to lose or at least not gain weight. **Significantly** more female students (60.4%) reported this activity than did male students (50%).
Dieted to Lose or Not Gain Weight in Past Thirty Days
39.1% of the students indicated that in the thirty days prior to participating in the survey, they dieted to lose weight or to keep from gaining weight. Significantly more female students (42.8%) reported this activity than did male students (32.2%). Significantly more white students (42.8%) reported dieting to lose or not gain weight than did African-American students (32.2%).

Fasted to Lose or Not Gain Weight in Past Thirty Days
11.2% of First Ring students reported that they fasted or went without eating for 24 hours or more, in order to lose weight or keep from gaining weight in the month before the survey. This information is consistent with state (14.0%) and national (13.5%) data.
Took Diet Pills, Powders or Liquids to Lose or Not Gain Weight In Past Thirty Days
6.6% of the First Ring students indicated that in the thirty days prior to participating in the survey, they took diet pills, powders or liquids without the advice of their doctor, in order to lose or not gain weight. **Significantly** fewer First Ring students (6.6%) reported using diet aids than did students at the state (10.7%) or national (9.2%) level. **Significantly** more female students (7.5%) reported using such diet aids than did male students (4.7%). **Significantly** more twelfth grade (9.7%) students reported using diet pills, powders or liquids than did ninth (4.4%) or tenth (4.4%) grade students.

Vomited or Took Laxatives to Lose or Not Gain Weight in Past Thirty Days
Six percent of First Ring students indicated that in the thirty days prior to participating in the survey, they vomited or took laxatives to lose weight or keep from gaining weight. This information is consistent with data provided at both the state (6.2%) and national (5.4%) levels.
Drank Three or More Glasses of Milk Per Day
15.9% of First Ring students reported drinking three or more glasses of milk per day. This is significantly less than was reported at the state level (20.6%). Significantly more males (21.4%) than females (10.7%) reported drinking at least three glasses of milk per day. Significantly more white students than African-American students reported drinking at least three glasses of milk per day (19% vs. 9.6%).

Drank 100% Fruit Juice
Fruit is one of the five major food groups in the Food Guide Pyramid. It is recommended that children (over age 10) and adults consume 3-5 servings of fruit daily. Half of these servings can be provided in the form of 100% fruit juice (not fruit drinks).
Ate Three or More Servings of Vegetables Per Day
12.7% of First Ring students reported eating three or more servings of vegetables per day in the week before completing the survey. No significant differences appear when analyzed by gender, race, or grade level.

Ate Two or More Servings of Fruit Per Day
6.6% of First Ring students reported eating two or more servings of fruit per day. No significant differences appear when analyzed by gender, race, or grade level.
Ate the Recommended Amount of Fruits, Vegetables, and Milk Per Day

Three glasses of milk, three servings of vegetables, and two servings of fruit are recommended daily as part of a balanced diet. 3.4% of First Ring students reported drinking or eating the recommended amounts of milk, vegetables, and fruits.

* This information was not reported by the state of Ohio
* This information was not reported in the National report
Physical Activity

There are seven questions on the YRBS survey that address physical activity. These questions measure participation in physical activities.

**In the United States:** Regular physical activity benefits adolescents by building and maintaining strong bodies and aiding in weight control. Adolescents who exercise also improve their long-term health and are more likely to remain physically active into adulthood. Physical inactivity may lead to cardiovascular disease such as high blood pressure and heart disease, as well as cancer.

Regular physical activity is important to healthy living. Educators are being urged to increase their physical education requirements, and to educate students about the benefits of daily exercise.

**In the First Ring School Districts:** Students were asked to answer the questions in this section based on their behavior in the week prior to completing the survey. Almost half of all students indicated that they had exercised in order to strengthen or tone their muscles on at least three or more of the days in that week. Nearly two-thirds of students reported that they had participated in vigorous physical activity on three or more of the past seven days, while almost half of the students had engaged in moderate physical activities during that time. One-third of students said that they had been involved in insufficient physical activity during that week. Ten percent reported no physical activity during that same time period. Forty percent reported that they attended a physical education class in an average school week, while nearly that percent of students indicated that they attended physical education classes daily. More than three quarters of students enrolled in a physical education reported that they played sports for more than twenty minutes during an average class period. More than half of all students reported that they had played on one or more sports teams in the month prior to completing the survey. Nearly two-thirds of the students said they watched two hours or less of television on school days.

The graphs and narratives on the following pages depict the First Ring rates of these specific risk behaviors relevant to physical activity.
Vigorous Physical Activities on Three or More of Past Seven Days
63.8% of the First Ring students reported that they had participated in vigorous physical activities on three or more of the seven days prior to completing the survey. *Significantly* more male students (74.4%) reported such activities than did female students (54.3%). *Significantly* more ninth (75.2%) and tenth (69.1%) grade students reported involvement in vigorous physical activities than did twelfth grade students (57.7%).

Moderate Physical Activities on Three or More of Past Seven Days
29.5% of First Ring students indicated that they had participated in moderate physical activities on three or more of the seven days prior to completing the survey. *Significantly* more First Ring students reported involvement in such activities than did students at the national (25.5%) level.
Exercised to Strengthen or Tone Muscles on Three or More of Past Seven Days
48.9% of First Ring students reported that in the seven days prior to participating in the survey, they exercised to strengthen or tone their muscles at least three times. Significantly more male students (58.2%) reported strength and toning activities than did female students (40.5%).

Insufficient Physical Activity in Past Week
Insufficient physical activity is defined as not receiving at least twenty minutes of vigorous exercise three days a week or less than thirty minutes of moderate exercise five days a week. 30.8% of First Ring students reported insufficient physical activity in the week before the survey. Significantly more females than males reported insufficient physical activity (39% vs. 21.6%). Significantly fewer ninth (20.8%) grade students than eleventh (39%) and twelfth (37.1%) grade students reported insufficient physical activity during the week.
No Physical Activity in Past Week
Ten percent of First Ring students reported no physical activity within the week before completing the survey. *Significantly* more females had been physically inactive than males (13% vs. 6.6%). *Significantly* more twelfth (15.6%) grade students than tenth (7.3%) and ninth (5%) grade students had been physically inactive in the week prior to completing the survey.

![Bar chart showing physical activity by gender and grade level.](chart1)

Two Hours or Less of TV Viewing on School Days
60.4% of First Ring students, indicated that they watched two hours or less of television on an average school day. Twelfth grade students (67.2%) reported watching *significantly* less television daily than did ninth grade students (52.7%). White students (71.1%) reported watching *significantly* less television on school days than did African-American students (36.4%). Students in the First Ring reported watching two hours or less of television on school days *significantly* less often than did students at the state level (69.7%).

![Bar chart showing TV viewing by race and grade level.](chart2)
Attend Physical Education Class in an Average Week
40.5% of the First Ring students reported that they attended physical education classes in an average school week. **Significantly** more male students (44.8%) than female students (36.1%) reported this activity. **Significantly** more African-American students (48.5%) attended physical education classes weekly than did white students (36.8%). **Significantly** more ninth grade (73.2%) and tenth grade (40.3%) students attended physical education classes weekly than did eleventh (23.8%) or twelfth (20%) grade students. **Significantly** fewer First Ring students (40.5%) reported attending physical education classes weekly than did students in the national survey (51.7%).

![Bar chart showing attendance by gender, race, and grade level for physical education classes.](chart1)

Attend Daily Physical Education Classes
35.6% of the students reported that they attended daily physical education classes. **Significantly** more ninth grade students (66.1%) attended daily physical education classes than did tenth grade students (35.5%). **Significantly** more tenth grade students (35.5%) attended daily physical education classes than did eleventh (21.1%) or twelfth grade (14.8%) students. **Significantly** more African-American students (43.1%) attended daily physical education classes than did white students (32.6%).

![Bar chart showing attendance by gender, race, and grade level for daily physical education classes.](chart2)
Exercised or Played Sports More Than Twenty Minutes Per Class
82.4% of the students that were currently enrolled in a physical education class reported that they exercised or played sports for more than twenty minutes during an average class. This number is significantly higher than was reported at the state level (75.4%).

Played on One or More Sports Teams in Past Twelve Months
53.3% of First Ring students reported that in the twelve months prior to completing the survey, they played on one or more sports teams. Significantly more male students (60.9%) played on sports teams than did female students (46.3%). Significantly more ninth (61.3%) and tenth (58.1%) grade students participated on one or more sports teams than did eleventh (46.2%) or twelfth (46.5%) grade students.
HIV/AIDS Education

One question in the survey addresses the presence of a health education curriculum that includes information about HIV/AIDS, its treatment and prevention.

**In the United States:** It has been estimated that at least half of all new HIV infections are among people under 25, and the majority of young people are infected sexually. Research has shown that biological factors make people who are infected with an STD more likely to become infected with HIV if exposed sexually.\(^x\)

Condoms, if used correctly, can reduce the transmission of STD’s including HIV.

**In the First Ring School Districts:** More than 90% of all students reported that they had ever been taught about AIDS/HIV infection at school.

The graph and narrative on the following page depicts the First Ring rate at which students indicate that they have received education in school about HIV/AIDS.
Taught About HIV/AIDS Infection at School

91.4% of all students reported ever having been taught about HIV/AIDS in school. Significantly more twelfth grade students (96.4%) reported this experience than did ninth grade students (88.1%). Significantly more female students (93.5%) reported having been taught about HIV/AIDS than did male students (89%).
Limitations of this Report

First Ring data are positioned on graphs next to the most recent available state of Ohio data and national YRBS data. These comparisons are meant to offer the reader an opportunity to examine frequencies in this region of Cuyahoga County, against comparable information from across the state of Ohio and throughout the nation. However, it should be noted that while the First Ring School Districts data were collected in April and May of 2002, state of Ohio data were collected during April of 1999, and national data were collected from January through December, 2001. Some differences noted could therefore be partially due to changes over time, not solely due to differences between geographic regions.

While the size of the sample met our goal, and the demographics of the sample are comparable to the racial, gender, and grade level demographics of adolescents in the First Ring School Districts, not every school in the identified geographic area participated in the survey. There may be other factors which are not controlled for, but which could impact the results.

Finally, although effort was made to insure a representative sample, it is not logistically possible to guarantee that each adolescent in the First Ring had an equal probability of being included in the sample. In order to reach the highest proportion of students, the sample was selected from public high schools. This sample, therefore, does not include students not enrolled in school, nor does it include those who are enrolled but did not attend. This sample also excludes adolescents attending residential, alternative, home, or private schools. To avoid greatly disrupting school schedules, students were selected by class, not individually. Occasionally, specific classes were unavailable to be sampled due to scheduling, or because it was not possible for students to finish the survey in the allotted time (ex: inclusion classes, English as a second language classes). This sample may also not include students whose regular school schedule required them to be out of the building during survey administration.

These limitations, while present, are practical limitations that always exist when conducting this type of survey research. The same basic limitations are shared by both the national and state surveys. Given our methods and the sample’s representative demographics, we are confident that these data accurately reflect the health behaviors exhibited by adolescents in the First Ring School Districts.
Appendix A: Youth Risk Behavior Survey

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

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

Completing this 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 the 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 circles completely. When you are finished, place your completed survey in the envelope provided.

Thank you very much for your help!
Directions
- Mark your answers clearly.
- To change your answer, place an X through the old bubble and mark the new answer.

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. How do you describe yourself? (Select one or more responses.)
   A. American Indian or Alaska Native
   B. Asian
   C. Black or African American
   D. Hispanic or Latino
   E. Native Hawaiian or Other Pacific Islander
   F. White

5. During the past 12 months, how would you describe your grades in school?
   A. Mostly A’s
   B. Mostly B’s
   C. Mostly C’s
   D. Mostly D’s
   E. Mostly F’s
   F. None of these grades
   G. Not sure

6. How tall are you without your shoes on? Directions: Write your height in the boxes on your answer sheet recording feet first, then inches. Write “0” for single digits.
   Ex: [ ] FT [ ] IN

7. How much do you weigh without your shoes on?
   Directions: Write your weight in pounds in the boxes on your answer sheet
   Ex: [ ] [ ] WT- lbs

The next 5 questions ask about personal safety.

8. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?
   A. I did not ride a motorcycle 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. 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

10. 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

11. 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
12. During the past 30 days, how many times did you drive in 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

17. 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

The next 10 questions ask about violence-related behaviors.

13. 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

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

14. 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

19. During the past 12 months, how many times were you in a 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

15. 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

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 more times

16. 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

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 life.

23. During the past 12 months, did you 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 an 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

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 or older gave them to me
   G. I took them from a store or a family member
   H. I got them some other way
33. **When you bought or tried to buy cigarettes** in a store during the past 30 days, were you ever asked to show proof of age?
   A. I did not try to buy cigarettes in a store during the past 30 days
   B. Yes, I was asked to show proof of age
   C. No, I was not asked to show proof of age

34. 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

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

36. 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

37. 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

38. 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

39. 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 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whisky. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

40. 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

41. 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
42. 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

43. 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

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 are about marijuana use. Marijuana is also called grass or pot.

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

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 the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
   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 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

54. 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

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 8 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. During your life, with how many people have you had sexual intercourse?
   A. I have never had sexual intercourse
   B. 1 person
   C. 2 people
   D. 3 people
   E. 4 people
   F. 5 people
   G. 6 or more people

61. During the past 3 months, with how many people did you have sexual intercourse?
   A. I have never had sexual intercourse
   B. I have had sexual intercourse, but not during the past 3 months
   C. 1 person
   D. 2 people
   E. 3 people
   F. 4 people
   G. 5 people
   H. 6 or more people
62. 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

63. The last time you had sexual intercourse, did you or your partner use a condom?
A. I have never had sexual intercourse
B. Yes
C. No

64. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)
A. I have never had sexual intercourse
B. No method was used to prevent pregnancy
C. Birth control pills
D. Condoms
E. Depo-Provera (injectable birth control)
F. Withdrawal
G. Some other method
H. Not sure

65. How many times have you been pregnant or gotten someone pregnant?
A. 0 times
B. 1 time
C. 2 or more times
D. Not sure

The next 7 questions ask about body weight.

66. How do you describe your weight?
A. Very underweight
B. Slightly underweight
C. About the right weight
D. Slightly overweight
E. Very overweight

67. 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

68. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?
A. Yes
B. No

69. 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

70. 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

71. 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

72. 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 7 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 the time you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.
73. 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 juices 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 eat **fruit**? (Do **not** count fruit juices.)  
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  

75. 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  

76. 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  

77. 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  

78. 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  

79. During the past 7 days, how many **glasses of milk** did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)  
A. I did not drink milk during the past 7 days.  
B. 1 to 3 glasses during the past 7 days  
C. 4 to 6 glasses during the past 7 days  
D. 1 glass per day  
E. 2 glasses per day  
F. 3 glasses per day  
G. 4 or more glasses per day
The next 7 questions ask about physical activity.

80. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

81. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

82. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

83. 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

84. 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

85. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?
A. I do not take PE
B. Less than 10 minutes
C. 10 to 20 minutes
D. 21 to 30 minutes
E. 31 to 40 minutes
F. 41 to 50 minutes
G. 51 to 60 minutes
H. More than 60 minutes

86. 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 question asks about AIDS education.

87. Have you ever been taught about AIDS or HIV infection in school?
A. Yes
B. No
C. Not sure
## Appendix B: Sample Size by Question

Number of students responding to each question:

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Several questions concern only a subset of students (for example, smokers only). These questions are listed here, with the number of students belonging to that subset, who responded to each question.

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Appendix C: Works Cited


