2005

Cleveland Municipal School District

Middle School
Youth Risk Behavior Survey

The Division of Adolescent Health
Department of Family Medicine, Case Western Reserve University

Funded by: Steps to a Healthier Cleveland, Cleveland Department of Public Health &
Cuyahoga County Child and Family Health Services, Cuyahoga County Board of Health
Acknowledgements

The 2005 Cleveland Municipal School District (CMSD) Middle School Youth Risk Behavior Survey (MSYRBS) was the result of an intensive planning process and ongoing collaboration between the administration and staff members of the Cleveland Municipal School District, the Division of Adolescent Health, Department of Family Medicine at Case Western Reserve University, the City of Cleveland Health Department, and the Cuyahoga Board of Health.

This survey was made possible through the support of the communities, schools, parents and students committed to working with and promoting healthier behavior in Cleveland’s adolescents. The Division of Adolescent Health greatly appreciates the involvement of students and their parents who granted permission for them to participate in the survey.

The cooperation of the superintendents, administrators, school principals, teachers and students who participated in the survey, contributed to the success of the 2005 CMSD MSYRBS. In particular, special thanks are owed to the principals of the randomly selected schools who permitted their seventh and eighth grade students to complete the survey. The DAH is grateful to the individuals in each school building who served as contact and coordinating person during survey administration.

Sincere thanks to the CMSD Division of Health and Social Services, the Nursing staff and the Moms First staff who assisted with survey administration. Thanks also to the Center for Community Solutions, City Year, and a variety of CASE graduate students who provided additional assistance during the administration process.

We wish to acknowledge the financial support of the Steps to a Healthier Cleveland Project, Cleveland Department of Public Health and the Cuyahoga County Child and Family Health Services Program, Cuyahoga County Board of Health. Their vision and interest in the health of children in the City of Cleveland and throughout Cuyahoga County has made a great difference in the community.

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The Division of Adolescent Health (DAH) has been a collaborating partner with the Cleveland Municipal School District since 1995 and has been actively involved with administration of the Youth Risk Behavior Survey since 1996. This effort has been consistently supported by the Child and Family Health Services Grant and the Cuyahoga County Board of Health, which has provided annual funding for youth risk surveillance throughout Cuyahoga County. This effort has provided base-line youth risk behavior data and has since been expanded through collaboration with new initiatives.

In 2004, the Cleveland Department of Public Health sought and received a Steps to a Healthier US award dedicated to reaching every member of the City of Cleveland in order to reduce high local rates of asthma, diabetes and obesity by improving nutrition and physical activity and reducing tobacco use and exposure. The project includes five components: a community-wide social marketing campaign; recruitment and education of health behavior change agents; targeted neighborhood-based community-driven interventions; worksite wellness and employer outreach programs; and school-based interventions. DAH has collaborated with this multi-faceted initiative to expand the current YRBS surveillance framework to provide school-based adolescent surveillance measures in accordance with nationally agreed upon common performance measures, specifically in the areas of physical activity, nutrition, tobacco use and asthma. This report contains the results of the CMSD middle schools surveyed in 2005.

**The Instrument:** 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 core questions designed to provide a “snapshot” of teenage students’ health risk behaviors. Questions are grouped into several broad categories, which have been identified as leading causes of morbidity and mortality:

- Intentional and unintentional injuries
- Violence
- Alcohol, tobacco and other drugs
- Sexual Behaviors
- Physical Activity
- Dietary Behaviors

The CDC surveys ninth through twelfth grade high school students on a national basis and the Ohio Department of Education coordinates the administration of the Youth Risk Behavior Survey for the state of Ohio. Results from the YRBS are used to develop curricula for health and nutrition, safety training, drug, sexuality and violence education programs, as well as help us to better understand non-academic barriers to learning, which can affect test scores, graduation rates and school attendance rates. The Steps to a Healthier Cleveland project includes an expansion of YRBS administration to seventh and eighth grade students.

In addition to the core YRBS questions, supplemental questions have been added to the survey in order to meet specific goals of the grantors and the school district. In particular, questions to measure the prevalence of asthma, the consumption of snack foods during the school day, and assess baseline knowledge about recommended nutritional guidelines and levels of physical activity were included.
In order to establish baseline information specific to CMSD students and track the prevalence of risk behaviors over time, the Division of Adolescent Health has designed a multi-year stratified surveillance plan in which an adapted version of the Middle School Youth Risk Behavior Survey is conducted in a random sample of CMSD middle schools every two years. During the off years, the YRBS is conducted in all CMSD high schools, allowing some comparison across age groups. This report contains the first year of this bi-annual data collection in middle schools, as well as some of the results of the most recent high school administration the YRBS, conducted in 2004.

Fifteen middle schools from the Cleveland Municipal School District were asked to participate, with 13 schools ultimately agreeing to allow survey administration. All students enrolled in each of the participating schools were asked to complete the survey, resulting in 2970 7th and 8th graders asked to participate in the Spring of 2005. The survey took between 30 and 45 minutes for students to complete.

Each participating school was given a $500 incentive as compensation for time and effort inherent to the survey process. The school district was also given access to all analysis conducted and a copy of all reports written. All parties involved in data collection, survey administration and data analysis signed pledges of confidentiality consistent with the human subjects research protocol approved by the Institutional Review Board.

Student participation was both anonymous and voluntary. Permission slips were mailed home to selected students, giving parents or guardians the option of excluding their child from participating in the survey. Due to school absence, student refusal and lack of parental permission, 1211 students did not participate in the survey. An additional 13 students were excluded from the survey due to inconsistencies in their answers. The final sample consisted of a total of 1772 high school students. This represents a school response rate of 87% and a student participation rate of 60%.

The gender and racial make-up of the final sample was consistent with ratios reported by the state. This accuracy, combined with the large sample size and randomized design are strong indicators that this sample is representative of 7th and 8th graders in the Cleveland Municipal School District. To further insure accurate results, all prevalence measures were weighted to reflect the probability of participation and the race and grade distribution of CMSD’s adolescent population.
## Glossary of Terms

**Confidence Interval:** Confidence intervals demonstrate the margin of error associated with each estimate.

**Current Use:** Use of a product on one or more of the thirty days preceding YRBS administration.

**Currently Sexually Active:** Sexual activity in the past 3 months.

**Early Onset:** Use of a product or engagement in behavior for the first time before the age of eleven. (Please note that early onset for high school students is defined as engagement in behavior for the first time before the age of thirteen).

**Lifetime Use:** Ever use of a product, even a small amount.

**Regular Use:** Use of a product daily for thirty consecutive days anytime in one’s lifetime.

**Significant Difference:** A result in statistics that is probably true, or not due to chance. When results are significantly different, we can be relatively certain the means are not equal to one another.
**Conventions**

**PSU (primary sampling unit):** Individual school buildings were defined as the primary sampling units.

**Race:** Due to the small number of students identifying as American Indian/Alaskan Native, Asian, and Native Hawaiian or other Pacific Islander comparisons are only made between Black, Hispanic and White students.

**Sampling corrections:** The PSUs were taken into account when conducting analysis, to adjust for the clustered sampling design of the data collection.

**Socio-Economic Status** Socio-Economic Status (SES) refers to the education, income, and job classification of individuals. In this survey, mothers’ education level was used as an estimate of adolescent SES. Student’s whose mothers did not have a college degree were classified as a low SES.

**Significant Difference:** A 95% confidence interval or p-value <.05 is used as the standard of significance.

**Standard of comparison:** High school data is provided for comparison to middle school data when available. Unless otherwise noted, High School Data are reported from the 2004 CMSD High School YRBS.

**Weighting:** All prevalence data were weighted by probability of selection, corrected for non-participation rates, adjusted to match 2005 race, and grade level distributions for public middle schools in Cleveland Public as reported by the Ohio Department of Education, and normalized to reflect current population size of students enrolled in 7th and 8th grade in CMSD.
The data for these graphs comes from two sources: The 2005 Cleveland Municipal School District Middle School YRBS and the 2004 Cleveland Municipal School District High School YRBS. For additional emphasis and information, the CMSD Middle School data are also reported by gender, race, SES, and grade level. The most recent state and national information reported by gender, race and grade level can be requested from the Centers for Disease Control and Prevention (CDC) or found on their website.

Because only a sample of students was surveyed (not the entire CMSD), 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.
Demographics

In order to insure the sample of students surveyed accurately reflects the students in the entire Cleveland Municipal School District, the self-reported demographic characteristics of students who were actually sampled are compared as reported by the Ohio Department of Education below to the demographic characteristics of the entire Cleveland Municipal School District. The composition of the CMSD sample is highly similar to that of the entire CMSD, indicating that we have a reliable sample that should accurately reflect the total population.

### Gender

- **Males**: 48%
- **Females**: 52%

### Race

- **White**: 16.1%
- **Black**: 64.3%
- **Hispanic**: 8.7%
- **Asian or Pacific Islander**: 0.4%
- **American Indian**: 1.6%
- **Multiracial**: 8.8%
- **American Indian**: 0.2%
- **Hispanic**: 6.6%
- **Asian or Pacific Islander**: 0.4%
- **Multiracial**: 1.2%

### Grade Level

- **7th Grade**: 53%
- **8th Grade**: 47%
Summary Highlights

- Never/Rarely Wore a Seatbelt: 28.2%
- Never/Rarely Wore a Bike Helmet: 94.2%
- Passenger in Car Driven by Drinker: 34.4%
- Ever Carried a Weapon: 33.1%
- Ever been in a fight: 80.2%
- Ever Attempted Suicide: 9.3%
- Current Smoker: 7.3%
- Current Drinker: 13.4%
- Current Marijuana: 9.5%
- Ever tried Cocaine: 0.6%
- Ever tried Inhalant: 4.8%
- Ever tried Current Steroid: 1.3%
- Ever had Sex: 38.8%
- Currently Sexually Active: 23.1%
- Condom use during last intercourse: 85.2%
- Insufficient Physical Activity: 36.9%
- Overweight: 21.2%
Risk Behaviors Before the Age of 11

- Smoked a Whole Cigarette: 7.3%
- Had First Drink of Alcohol: 13.4%
- Tried Marijuana: 3.6%
- Had Sexual Intercourse: 7.5%

Risk Behavior on School Property

- Carried a Weapon: 8.0%
- Physically Fought: 40.8%
- Smoked Cigarettes: 2.2%
- Drank Alcohol: 1.4%
- Used Marijuana: 2.3%
Although all adolescents have the potential to engage in all types of risk behaviors, some subgroups are more likely to engage in specific risk behaviors. A summary of trends found throughout this report are presented below. “High” and “Low” prevalence of each behavior is designated in the table. Those behaviors that result in positive outcomes are portrayed in green and those resulting in negative outcomes are portrayed in red.

### Adolescents Most at Risk

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Male</th>
<th>Female</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>7th Grade</th>
<th>8th Grade</th>
</tr>
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<tbody>
<tr>
<td>Physical Activity</td>
<td>High</td>
<td>Low</td>
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<td>Overweight or at risk</td>
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<td>Excessive Videogames</td>
<td>High</td>
<td>Low</td>
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<tr>
<td>Safety</td>
<td>Low</td>
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<td>Low</td>
<td>Low</td>
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<td>Low</td>
<td>Low</td>
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<tr>
<td>Violence and Weapons</td>
<td>High</td>
<td>Low</td>
<td>High</td>
<td></td>
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<tr>
<td>Tobacco Use</td>
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<tr>
<td>Sexual Behavior</td>
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<td>High</td>
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<tr>
<td>Condom Use</td>
<td>High</td>
<td>High</td>
<td>Low</td>
<td>High</td>
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<td>High</td>
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<tr>
<td>Doctor Visits in the past 12 months</td>
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<td>Low</td>
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**Comparisons**
Executive Summary

The 2005 Cleveland Municipal School District YRBS was conducted among seventh and eighth grade students from Cleveland Municipal School District public middle schools. This summary provides highlights describing rates of obesity and physical activity; nutrition; personal safety; violence and weapons; protective factors; alcohol, tobacco and other drug use; and sexual behavior that results in sexually transmitted diseases and unintended pregnancies;

Good News
More than 2/3 of middle school students knew they should eat the fewest servings per day from the “fats, oils, and sweets” food group. While, only 30% knew they should be eating the most breads and grains per day, those that did answer incorrectly often believed the food group they should have the most servings from was fruits or vegetables. Current popular culture and mass media focus on ‘low-carb’ diets likely influenced this response.

Over 45% of middle school students either walked or rode their bikes to school on a regular basis. These types of transportation were the most common form listed among middle school children.

There were no significant differences by grade level for tobacco use of any kind. The likelihood of tobacco use typically increases with age. The fact that 8th graders are no more likely to smoke than 7th graders may indicate that anti-smoking campaigns are working.

A high proportion (almost 90%) of middle school students reported having at least one adult they could turn to for a serious issue or question. Adolescents with adult support are less likely to smoke, drink alcohol, and engage in substance use. They may also have more confidence and better relationships with their parents.

Middle school reported high rates of condom use the last time they had sexual intercourse. More than 85% of middle school students reported using a condom the last time they had sex. This is significantly better than high school students did in 2004. This may be an indication that safe sex curricula are working.

Middle school vs. High school

Fewer CMSD middle school students reported having ever taken diet pills, powders, or liquids without a doctor’s advice to lose weight or keep from gaining weight (3.5%) than did 2004 CMSD high school students (7.1%).

More CMSD middle school students reported they were significantly more likely to have at least one adult they could turn to than CMSD high school students (87.6% vs. 80.6%).

Fewer 2005 CMSD middle school students reported trying cigarettes than CMSD high school students in 2004 (36.9% vs. 55.2%). Middle school students were also significantly less likely to use chewing tobacco on 1 or 2 days than high school students in 2004 (0.1% vs. 3.3%). Further, middle school students were significantly less likely to report smoking cigars, cigarillos, or little cigars (i.e. Black and Mils) on at least one or two days in the 30 days prior to taking the survey than 2004 CMSD high school students (14.6% vs. 26.6%). 2005 CMSD middle school students reported using some type of tobacco product such as cigarettes, cigars, or chewing
tobacco on one or more days during the past 30 days at a significantly lower rate than 2004 CMSD high school students (16.9% vs. 31.0%).

2005 CMSD middle school students reported ever having a drink of alcohol at significantly lower rates than 2004 CMSD high school students (45.3% vs. 68.3%). Middle school students were also significantly less likely to report having had at least one drink in the last 30 days than high school students (13.4% vs. 31.3%). Further, middle school students reported drinking alcohol on school property at significantly lower rates than high school students (1.4% vs. 7.1%).

Marijuana use among middle school students was significantly lower than rates reported by high school students for the (20.3% vs. 42.7%). Middle school students were also significantly less likely to smoke marijuana in the past 30 days than high school students (9.5% vs. 22.1%). Further, middle school students were significantly less likely to report smoking marijuana in the past 30 days on school grounds than high school students (2.3% vs. 8.6%). Fewer middle school students were significantly reported having ever used cocaine than high school students (0.6% vs. 4.5%). In addition, middle school students were significantly less likely to have used any type of drug than high school students (24.4% vs. 45.7%).

CMSD middle school students in 2005 were significantly less likely to report ever having sex than CMSD high school students in 2004 (38.8% vs. 70.7%). Middle school students were also significantly less likely to report recent sexual activity than high school students (23.1% vs. 44.6%). Further, 2005 middle school students were significantly more likely to use a condom than 2004 high school students (85.2% vs. 66.0%). Additionally, middle school students were significantly less likely to report ever being or ever getting someone pregnant than high school students (3.4% vs. 14.1%).

Regarding issues of physical activity, 2004 CMSD middle school students were significantly less likely than 2005 CMSD high school students to report moderate physical activity than high school students (17.5% vs. 24.6%).

Regarding issues of personal safety, CMSD middle school students in 2005 were significantly less likely to wear seat belts compared to CMSD high school students in 2004 (28.2% vs. 20.5%).

CMSD middle school students were significantly more likely to have been in a fight on school grounds than CMSD high school students (40.8% vs. 20.2%).

**Significant Differences by Gender**

Significantly more female students reported never or rarely eating the school breakfast than male students (76.0% vs. 56.4%). Female middle school students were also significantly more likely to report dieting than male middle school students (41.5% vs. 28.1%). Further, female CMSD middle school students were significantly more likely to report trying to lose weight than male CMSD middle school students (48.8% vs. 30.2%).

With regard to physical activity, male students were more likely than female students to report vigorous physical activity on three more days in the past seven days (69.9% vs. 49.2%). Males were also significantly more likely to be on a sports team than females (63.2% vs. 42.4%). Further, male CMSD middle school students were significantly more likely than female CMSD middle school students to play an excessive amount of video games on school days (40.9% vs. 15.9%).
When personal safety issues were examined, female students were significantly more likely to wear seat belts than male students (23.8% vs. 32.9%).

Males were more likely to report carrying a weapon (47.0% vs. 19.7%), having ever been in a physical fight (86.7% vs. 73.8%), and were significantly more likely to have been in a physical fight on school property than female students (46.1% vs. 35.7%).

Consistent with other research, females were significantly more likely to report ever attempting suicide than males (13.8% vs. 4.8%). Most research indicates females are more likely to attempt suicide, but males are more likely to successfully commit suicide.

Male students were more likely than female students to report having used marijuana before the age of eleven (5.7% vs. 1.7%).

With respect to sexual health risk behaviors, male students were significantly more likely to report having ever had sex than female students (58.6% vs. 20.6%). Males were also more likely to report having had sex at or before the age of 11 than females (0.5% vs. 15.0%), that they had intercourse with two or more people (38.3% vs. 9.4%), and that they were currently sexually active (35.2% vs. 12.0%).

**Significant Differences by Race**

White students were significantly more likely to be within a normal BMI range than Hispanic middle school students (47.5% vs. 31.1%). Hispanic students were significantly more likely to report exercising to lose weight or keep from gaining weight than Black students (70.6% vs. 59.7%). White students (40.0%) were significantly more likely to have eaten less food, fewer calories, or foods low in fat than Black students (32.2%). Hispanic students (55.2%) were also significantly more likely to report eating less to lose weight than both Black students and White students (32.2% and 40.0% respectively). White students (35.5%) and Hispanic students (39.0%) were significantly more likely to describe themselves as overweight than Black students (24.8%). White middle school students (43.9%) were significantly more likely to report trying to lose weight than Black middle school students (37.1%). Further, Hispanic CMSD middle school students (57.7) were significantly more likely to report trying to lose weight than both White (43.9%) and Black CMSD middle school students (37.1%).

In regards to physical activity, Black students (55.5%) were significantly more likely to play on a sports team than both White (40.7%) and Hispanic students (43.5). White (17.1%) and Black students (17.9%) were significantly more likely to engage in moderate physical activity than Hispanic students (11.9%). Black students (23.5%) were significantly more likely than Hispanic students (6.9%) to report attending physical education class on all five school days in the week. Additionally, Black students (66.9%) were significantly more likely to watch excessive amounts of television than both White students (48.2%) and Hispanic students (54.0%).

When examining issues related to violence, Black middle school students (83.9%) were more likely to report having been in a physical fight than both White (64.2%) and Hispanic (71.7%). Further, significantly more Black students (43.9%) reported being in a physical fight than both White students (30.0%) and Hispanic students (30.5%). White students were significantly more likely to report having property damaged or stolen than Hispanic students (24.8% vs. 18.0%). Finally, White middle school students (11.8%) were significantly more likely to report attempting suicide than Black middle school students (8.7%).
White CMSD middle school students were significantly more likely to report having smoked one cigarette daily than Black middle school students (12.7% vs. 2.7%). White middle school students (16.1%) were also significantly more likely report current cigarette use than Black middle school students (5.3%). Further, White students were significantly more likely to report smoking on school property than Black students (6.6% vs. 1.3%). White students (14.3%) were also significantly more likely to report smoking at or before the age of eleven than both Black students (5.9%) and Hispanic students (7.7%).

With regard to the use of illegal drugs, White students (2.4%) and Hispanic students (1.3%) were significantly more likely to have ever tried cocaine than Black students (0.2%).

When examining sexual behavior, Black students (42.8%) were significantly more likely to report having had sex than both White students (21.9%) and Hispanic students (29.4%). Black middle school students (8.9%) were also significantly more likely to have had sex at or before the age of eleven than White (2.0%) and Hispanic (2.3%) middle school students. Additionally, Black students (26.5%) were significantly more likely to report intercourse with two or more people than White students (9.4%) and Hispanic students (16.1%). Further, Black middle school students (25.6%) were significantly more likely to report current sexual activity than both White (14.6%) and Hispanic (12.7%) middle school students. Hispanic students (93.1%) were significantly more likely to report using a condom the last time they had sexual intercourse than White students (72.9%).

**Significant Differences by Grade Level**

With respect to issues of protective factors, seventh graders were significantly more likely volunteer (54.7% vs. 43.0%) and were significantly more likely to participate in an after school programs (54.2% vs. 43.3%) than were eighth graders.

Eighth grade students were significantly more likely to have a drink of alcohol in the last 30 days than seventh grade students (17.1% vs. 9.9%).

Eighth grade students were significantly more likely to report ever having used marijuana than seventh grade students (27.2% vs. 13.9%).

Eighth grade students were more significantly more likely to have ever had sex than were seventh grade students (46.3% vs. 31.7%). Eighth grade students were also significantly more likely to have had intercourse with two or more people than were seventh grade students (30.0% vs. 16.8%).
Obesity and Physical Activity

**KNOWN FACTS**

- Nearly half of all American youth do not get the recommended amount of exercise. Almost 14 percent of adolescents report no recent physical activity, with inactivity more common among females (14%) than males (7%).

- Regular physical activity lowers the risk of stroke, coronary heart disease, colon cancer, diabetes, and high blood pressure; helps control weight; contributes to healthy bones, muscles, and joints; and reduces anxiety and depressive symptoms.

- A national study examining student sport participation, found lower rates of tobacco, drug, and alcohol use in teens that got involved in school athletics.

- Since 1980, the percentage of overweight youth has tripled. Among youth 6-19 years old, more than 9 million are considered overweight.

- Being overweight as an adolescent may negatively affect social and psychological development, has been associated with premature onset of puberty, and is a risk factor for becoming an overweight adult.

- Overweight adolescents are at an increased risk for developing type II diabetes, cardiovascular diseases, and other adverse health conditions.

**OUR FINDINGS**

- Close to 2/3 of middle school students reported exercising to maintain or lose weight. While more than 1/3 reported eating less to lose or maintain weight.

- 40% of students reported trying to lose weight. Significantly more female students were trying to lose weight than male students.

- Close to 1 in 5 students reported fasting or not eating in a 24 hour period to lose weight.

- Only 59% of students reported participating in the recommended amounts of vigorous physical activity while slightly over half reported being on a sports team.

- Almost 2/3 of students reported watching an excessive amount of television on school days. Close to 1/3 of students reported playing an excessive amount of video games on school days.

- Almost 30% of students described themselves as overweight. White students and Hispanic students were more likely than Black students to describe themselves as overweight.

- Males are more likely to get recommended amounts of vigorous physical activity and play on a sports team than are females.
Knowledge

According to the United States Department of Agriculture, fats, sweets, and oils should comprise the fewest number of servings per day of all food groups. However, 32.7% of CMSD middle school students reported something other than fats, oils, or sweets as the food group with the fewest number of servings. The USDA also recommends that most servings per day should be from the bread/grain food group. Only 29.9% of middle school children correctly identified bread/grains as the food group individuals should eat the most servings from per-day. However, the two most common incorrect answers were fruits and vegetables.

30.5% of CMSD middle students reported eating at least 5 or more servings of fruits or vegetables per day. In other words, almost 70% of CMSD students reported not eating enough fruits or vegetables during a given day. Only 18.5% of CMSD middle school students reported drinking at least 3 glasses of milk per day.
76.5% of students reported buying snacks at school at least once per week. Over half of students reported buying snacks from the vending machines a few times a week or more. The most common snacks purchased from vending machines were potato chips, cookies, and pop.
Free breakfast is currently available to all CMSD middle school students, yet sixty-seven percent of middle school students reported never or rarely eating breakfast at school. The most common reason given for not eating breakfast at school was “I always eat breakfast at home.” Approximately twenty-five percent of students did not eat breakfast at school because they did not like it. Twenty-six percent of students also reported not being hungry as a reason they did not eat breakfast at school.

Breakfast
66.4% of students reported never or rarely eating breakfast at school. Females were significantly more likely not to eat breakfast at school than males.
BMI Categories

BMI: Body Mass Index
CMSD middle school students were asked to report their height and weight for the purpose of determining their Body Mass Index (BMI). The BMI is obtained by dividing the weight in kilograms by the height in meters squared. The normal range for BMI is 20 – 25. A BMI greater than 30 is an indication of being overweight (at or above the 95th percentile), and a BMI of less than 16 is an indication of being underweight (at or below the 2nd percentile). Forty-three percent of middle school students reported a BMI in the normal range. However, 35% of students reported a BMI over the 85th percentile, meaning they are either overweight or at risk of becoming overweight.

Overweight
A BMI above the 95th percentile is an indication of being overweight. Seventeen percent of CMSD middle school students reported being overweight.
At risk of being overweight
A BMI in the 85th to 95th percentile indicates a person may be at risk for becoming overweight. 17.9% of 7th and 8th grade students reported having a BMI within the 85th-95th percentile range.
Creating Supportive Environments
An important component of the STEPS proposal is a partnership with the community to improve overall health by reducing current trends in obesity. Many researchers have suggested that opportunities to be active during daily routine activities, such as walking to school, must be encouraged. Accordingly, the National Highway Traffic Safety Administration’s (NHTSA) “Safe Routes to School” program will be used as a model for walk to school activities. In the spring of 2005, 46.6% of CMSD middle school students reported that they usually walked, biked or used rollerblades to get to school. While 38.9% of students reported that a parent or guardian usually drove them. During the winter months, with cold temperatures, potentially slippery or snow covered sidewalks, and shorter periods of daylight, these reported rates would likely be very different.
Trying to Lose Weight
When asked about what they were trying to do about their weight, 39.5% of CMSD middle school students reported they were trying to lose weight. Female students were significantly more likely to report trying to lose weight than male students (48.8% vs. 30.2%). White students (43.9%) were significantly more likely to report trying to lose weight than Black students (37.1%). Hispanic students (57.7) were significantly more likely to report trying to lose weight than both White students and Black students (43.9%, 37.1%).

Dieting
34.9% of CMSD middle school students reported eating less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight. Female students were significantly more likely to report dieting than male students (41.5% vs. 28.1%). White students (40.0%) were significantly more likely to have eaten less food, fewer calories, or foods low in fat than Black students (32.2%). Hispanic students (55.2%) were significantly more likely to diet than both Black students and White students.

*Data point not collected in 2004 High School YRBS
Exercised to Lose or Not Gain Weight
61.4% of CMSD middle school students reported exercising to lose weight or keep from gaining weight. There were no significant differences by gender, race, SES, or grade level.

*Data point not collected in 2004 High School YRBS

Fasted to Lose Weight
17.7% of students reported ever having gone 24 hours or more without eating to lose or keep from gaining weight. There were no significant differences by gender, race, social class, or grade level.

*Data point not collected in 2004 High School YRBS
Took Dietary Supplements to Lose Weight
3.5% of CMSD middle school students reported ever taking diet pills, powders, or liquids without a doctor's advice to lose weight or keep from gaining weight (excluding meal replacement products such as Slim Fast). Middle school students were significantly less likely to report this behavior than high school students (3.5% vs. 7.1%). No other significant differences between groups were found.

Vomited or Took Laxatives to Lose Weight
3.2% of CMSD middle school students reported vomiting or taking laxatives in order to lose weight or to keep from gaining weight. No significant differences between groups were found.
Slightly or Very Overweight (Self-Described)
27.3% of CMSD middle school students described their weight as “slightly overweight” or “very overweight.” Significantly more female students described themselves as overweight than male students (31.5% vs. 23.1%). White students (35.5%) and Hispanic students (39.0%) were significantly more likely to describe themselves as overweight than Black students (24.8%).

Vigorous Physical Activity
59.4% of CMSD middle school students reported engaging in a vigorous physical activity (activity that made you sweat or breathe hard) for at least 20 minutes at least 3 out of the past 7 days. Male students were more likely than female students to report vigorous physical activity on 3 more days in the past 7 days (69.9% vs 49.2%).
Moderate Physical Activity
17.5% of CMSD middle school students reported engaging in moderate physical activity (activity that did not make you breathe hard or sweat) on at least 5 out of the past 7 days. Middle school students were significantly less likely than high school students to report moderate physical activity. White (17.1%) and Black students (17.9%) were significantly more likely to engage in moderate physical activity than Hispanic students (11.9%).

![Bar chart showing the percentage of CMSD middle school students engaged in moderate physical activity by gender, race, and SES.](chart)

Play on Sports Teams
52.6% of CMSD middle school students reported playing for a sports team run by a school or community group. Male students were significantly more likely to be on a sports team than female students (63.2% vs. 42.4%). Black students (55.5%) were significantly more likely to play on a sports team than both White (40.7%) and Hispanic students (43.5).

![Bar chart showing the percentage of CMSD middle school students playing for a sports team by gender, race, and SES.](chart)

*Data point not collected in 2004 High School YRBS*
Attend Daily Physical Education Classes
20.1% of CMSD students reported going to a physical education (PE) class on all days in an average week. Black students (23.5%) were significantly more likely than Hispanic students (6.9%) to report attending PE class on all 5 school days.

Excessive Television on School Days
63.1% of CMSD middle school students reported watching an excessive amount of television on the average school day (excessive being 3 hours or more per day). Black students (66.9%) were significantly more likely to watch excessive amounts of television than both White students (48.2%) and Hispanic students (54.0%).
Excessive Video Games on School Days
28.2% of CMSD middle school students reported playing an excessive amount (3 or more hours) of video games on the average school night. Male students were significantly more likely than female students to play an excessive amount of video games (40.9% vs. 15.9%).

*Data point not collected in 2004 High School YRBS
Personal Safety Behaviors

KNOWN FACTS

• Research demonstrates that helmet use could prevent numerous bicycle-related deaths as well as nonfatal head injuries.\textsuperscript{vii}

• Two-thirds of all deaths among youth ages 5–19 years are injury-related: 32\% from motor vehicle injuries and 14\% from all other unintentional injuries.\textsuperscript{vii}

• The primary cause of mortality for children and youth ages 5 to 24 are motor vehicle accidents.\textsuperscript{ix}

• In 2003, 1,591 children age fourteen or younger died as occupants in motor vehicle crashes, and approximately 220,000 were injured. More than half of the children were unrestrained.\textsuperscript{x}

• Seat belt use reduces the risk of fatal injury by almost 50\%.\textsuperscript{x1}

• In 2004, over 80\% of youth ages eight to fifteen seated in the front seat of a motor vehicle used safety restraints or seatbelts.\textsuperscript{x1}

OUR FINDINGS

• The majority of students (94.2\%) reported that they rarely or never wore a helmet while riding a bicycle.

• While riding as a passenger in a car, 28.2\% of the students indicated that they never or rarely wore a seatbelt.

• More than one-third of students reported that they had ridden in a car being driven by someone who had been drinking alcohol.

• Hispanic students were more likely to have ridden in a car with someone who had been drinking than Black students.

• Females were more likely to wear seatbelts than males.

• Of the 44\% of students who reported skate boarding or rollerblading, 93.4\% reported never or rarely wearing a helmet.
Never or Rarely Wore Seatbelt While Riding in a Car
28.2% of CMSD middle school students reported never or rarely wearing a seatbelt while riding in a car driven by someone else. Middle school students were significantly less likely to wear seat belts compared to high school students (20.5%). Female students were significantly more likely to wear seat belts than male students (23.8% vs. 32.9%). There were no significant differences by race, SES, or grade level.

Never or Rarely Wore Helmet While Riding a Bicycle
Eighty-seven percent of middle school students who completed the survey reported riding a bicycle. Of these, 94.2% reported ‘never’ or ‘rarely’ wearing a helmet while riding a bicycle. No significant differences were found between any demographic groups. The rate of bicycle helmet use among high school students was assessed in 2004 with 94.5% reporting ‘never’ or ‘rarely’ wearing a bicycle helmet in the last 12 months.
**Never or Rarely Wore Helmet While Rollerblading or Skateboarding**

Forty-four percent of students reported rollerblading or skateboarding. Of these, 93.4% reported never or rarely wearing a helmet. No significant differences were found between groups.

*Data point not collected in 2004 High School YRBS*

**Passenger in Car Driven by Drinker**

34.4% of middle school students reported they had ever ridden in a car driven by someone who had been drinking alcohol. Hispanic students were more likely than Black students to have ridden in a car driven by someone who had been drinking (41.7% vs. 33.1%). There were no significant differences by gender, SES, or grade-level. In 2004, 32.3% of CMSD high school students reported driving in a car driven by someone else who had been drinking alcohol in the past 30 days.

*Data point not collected in 2004 High School YRBS*
Violence

**KNOWN FACTS**

- Injuries kill more adolescents than all diseases combined. Unintentional injuries accounts for around 60% of injury deaths, while violence (homicide and suicide) accounts for the remaining 40%.

- Nationally the percentage of youth who had been in at least one physical fight in the past year decreased from 43% in 1991 to 33 percent in 2001, where it remained in 2003.

- National data shows a decline in school crime and a reduction in guns at school.

- Youth attending schools where fighting is common may be unable to maintain the focus necessary for academic success.

- Children who feel unsafe at school may be prompted to initiate risk behaviors and may reduce student involvement in after-school activities.

- Youth victims of dating violence are associated with lower self-esteem and more frequently report suicidal ideation, eating disorders, and poorer emotional well-being.

- In 2003, 9% of high school students reported being a victim of dating violence.

- In 2001, firearms were used in 54% of youth suicides.

**OUR FINDINGS**

- 33.1% of students reported having ever carried a weapon.

- 8.0% of students reported carrying a weapon on school property.

- 80% of students reported having ever been in a fight. 40.8% of students reporting being in a fight on school property in the 12 months prior to taking the survey.

- Fewer females reported ever carrying a weapon, ever being in a physical fight, or being in a physical fight on school property 12 months prior to the survey than did males.

- Black students were more likely to have ever been in a physical fight and on school property in the 12 months prior to the survey.

- Younger students were more likely to be threatened or injured with a weapon or be in a physical fight at school than were older students. They were also more likely to have been in a physical fight in the past year.

- 12% of students reported avoiding school because they felt unsafe.

- 22% of students reported being a victim of vandalism or theft on school property.

- 9.3% of students reported having ever attempted suicide.
Ever Carried a Weapon
33.1% of CMSD middle school students reported having ever carried a weapon such as a gun, knife or club. Male students were significantly more likely to carry a weapon than female students (47.0% vs. 19.7%). There were no significant differences by race, SES, or grade-level.

*Data point not collected in 2004 High School YRBS

Ever Carried a Weapon on School Property
Eight percent of CMSD middle school students reported ever carrying a weapon on school property. There were no significant differences by gender, race, SES, or grade-level.

*Data point not collected in 2004 High School YRBS
Ever Been in a Fight
80.2% of CMSD middle school students reported having ever been in a physical fight. Male students were significantly more likely to report being in a physical fight than female students (86.7% vs. 73.8%). Black students (83.9%) were more likely to report being in a physical fight than both White students (64.2%) and Hispanic students (71.7%). There were no significant differences by SES or grade level.

Avoided School Because of Feeling Unsafe
Twelve percent of CMSD middle school students reported they did not attend school on one or more days in the past 30 days because they felt unsafe on their way to or from school. There were no significant differences detected between groups.
Threatened With a Weapon on School Property
9.8% of CMSD middle school students reported that someone had threatened or injured them with a gun, knife, or club on school property. No significant differences were detected between groups.

Victim of Theft or Vandalism on School Property
22.9% of CMSD students reported someone had deliberately damaged or stolen their property while on school grounds in the 12 months prior to taking the survey. White students were significantly more likely to report having property damaged or stolen than Hispanic students (24.8% vs. 18.0%). No other significant differences were found between groups.
**Fight on School Property in the Past 12 Months**
40.8% of CMSD middle school students reported being in a physical fight on school property within the 12 months prior to taking the survey. Middle school students were significantly more likely to have been in a fight on school grounds than high school students (40.8% vs. 20.2%). Male students (46.1%) were significantly more likely to have been in a physical fight on school property than female students (35.7%). Significantly more Black students (43.9%) reported being in a physical fight on school property than both White students (30.0%) and Hispanic students (30.5%).

**Ever Attempted Suicide**
9.3% of CMSD students reported having ever attempted suicide. Female students were significantly more likely to report ever attempting suicide than male students (13.8% vs. 4.8%). White students (11.8%) were significantly more likely to report attempting suicide than Black students (8.7%).

*Data point not collected in 2004 High School YRBS*
Almost 50% of students reported spending one or more hour per month volunteering.

7th graders were more likely to be involved in community service than eighth graders.

87.6% of students reported being able to turn to at least one adult regarding a problem or question they had effecting their life.

Middle school students were more likely to have one adult they could turn to for a difficult question or problem than were high school students.

Close to 50% of students reported participating in school or community activities other than sports. 7th graders were more likely to participate in other activities than 8th graders.

Youth who volunteer or aid in community service activities develop a better work ethic, develop greater concern for the welfare of others, and feel more connected to the community.

Studies of students nationally have found that youth who volunteer are less likely to become pregnant or use drugs, and generally demonstrate better academic, psychological and occupational outcomes.

Supervised activities after or outside of school provide youth with an opportunity to develop social skills, improve academic performance, and feel more connected to their school and community.

Studies have also shown that regular participation in high quality after-school programming increases a student’s likelihood of voting, attending college, and volunteering in the future.

Adolescents with adult support are less likely to smoke, drink alcohol, and engage in substance use.

Students with adult support may also have more confidence and better relationships with their parents.

Youth who volunteer or aid in community service activities develop a better work ethic, develop greater concern for the welfare of others, and feel more connected to the community.
Volunteering
49.1% of CMSD middle-school students reported spending at least one or more hours volunteering or doing community service in an average month. Seventh grade students were significantly more likely to do at least one hour of community service than eighth grade students (54.7% vs. 43.0%).

Other Activities
48.9% of CMSD middle school children reported taking part in an organized after-school activity other than sports teams in the seven days before completing the survey, including school clubs, community center groups, church, or other supervised activities. Seventh grade students were significantly more likely to participate in an after school program than eighth grade students (54.2% vs. 43.3%).
Help from at Least One Adult

87.6% of CMSD students reported having at least one adult they would feel comfortable seeking help from with important issues or questions affecting their lives. Middle school students were significantly more likely to report having at least one adult they could turn to than were high school students (87.6% vs. 80.6%).

![Bar chart showing help from at least one adult by gender, race, and SES for middle and high school students.](chart.png)
**Tobacco**

**KNOWN FACTS**
- Cigarette smoking is the leading preventable cause of death in the United States.\textsuperscript{xviii}

- Everyday, approximately 4,000 American youth age twelve to seventeen try their first cigarette daily.\textsuperscript{xxix}

- The younger people begin smoking cigarettes, the more likely they are to become strongly addicted to nicotine.\textsuperscript{xxx}

- Nationally daily cigarette use fell by over half among eighth graders from 1996 (10%) to 2004 (4%).\textsuperscript{xxxi}

- Cigar sales in the United States have risen dramatically. The total cigar consumption in the U.S. in 1996 was approximately 4.5 billion cigars. Young adults account for much of the current increase in cigar use.\textsuperscript{xxxi}

- Youth who engage in smoking are more likely to drink alcohol and to try illicit drugs.\textsuperscript{xxxiii}

- Cigarette smoking in youth has serious health effects including, but not limited to, increased respiratory illness, decreased physical fitness, changes in blood cholesterol levels, and reduced lung growth and function.\textsuperscript{xxxiv}

- If youth can be kept tobacco-free, most will remain tobacco-free the rest of their lives.\textsuperscript{xxxv}

**OUR FINDINGS**
- Over 1/3 of students reported ever having tried smoking.

- 7.3% of students are current smokers, 4.5% of students reported being regular smokers.

- 14.6% of students reported having had smoked cigars, cigarillos, or little cigars during the month before the survey. Generally, students were more likely to have smoked a cigar in the past month than a cigarette.

- White students were more likely to be current smokers, regular smokers, and smoke on school grounds than Black students.

- White students were significantly more likely to begin smoking cigarettes before the age of 11 than both Hispanic students and Black students.

- 16.9% of students reported using at least one tobacco product in the 30 days prior to the survey.
Ever Tried Cigarette Smoking
36.9% of CMSD middle school students reported they ever tried smoking a cigarette (even one or two puffs). Middle school students were significantly less likely to report trying cigarettes than high school students were in 2004 (36.9% vs. 55.2%).

Regular Cigarette Use
4.5% of CMSD middle school students reported smoking at least one cigarette every day in the thirty days before the survey. White students were significantly more likely to report having smoked one cigarette daily than Black students (12.7% vs. 2.7%).
**Current Cigarette Use**

7.3% of 7th and 8th grade CMSD students reported having smoked in the 30 days prior to taking the survey. White students (16.1%) were significantly more likely report current cigarette use than Black students (5.3%).

**Current Cigarette Use on School Property**

2.2% of CMSD middle school students reported smoking a cigarette on school property in the 30 days preceding the survey. White students were significantly more likely to smoke on school grounds than Black students (6.6% vs. 1.3%).
**Current Smokeless Tobacco Use**

0.1% of CMSD middle school students reported having used chewing tobacco on at least one or two days in the 30 days prior to taking the survey. Middle school students were significantly less likely to use chewing tobacco on one or two days than high school students in 2004 (0.1% vs. 3.3%).

**Current Cigar, Cigarillo, or Little Cigar Use**

14.6% of CMSD middle school students reported smoking cigars, cigarillos, or little cigars (i.e. Black and Milds) on at least one or two days in the 30 days prior to taking the survey. This rate was significantly lower than was reported by CMSD high school students in the previous year (26.6%).
Early Onset of Cigarette Use
7.3% of CMSD middle school students reported smoking their first whole cigarette at or before eleven years of age. White students (14.3%) were significantly more likely to begin smoking at an early age than were both Black students (5.9%) and Hispanic students (7.7%).

*Early onset for High School students was defined as before the age of 13

Current Tobacco Use
16.9% of CMSD middle school students reported using some type of tobacco product such as cigarettes, cigars, or chewing tobacco on one or more days during the past 30 days. Middle school students were less likely to report using tobacco products on ore or more days in the past 30 days than were high school students in 2004 (31.0%).
## Alcohol

### KNOWN FACTS

- Alcohol is the most commonly used drug by children and adolescents in the United States.\(^{xxxvi}\)

- Alcohol use is a primary risk factor for three of the leading causes of death among youth: unintentional injuries, suicides, and homicides.\(^{xxvii}\)

- Data shows that youth who begin drinking alcohol before the age of 15 are four times more likely to become dependent on alcohol than persons who begin drinking at age 21.

- Health problems associated with binge drinking include: cancer, cardiovascular diseases, gastrointestinal conditions, neurological disorders, and reproductive system conditions.\(^{xxxviii}\)

- Alcohol use among youth is associated with a wide variety of risky behaviors, including vulnerability to coerced sexual activity, unprotected sexual intercourse, poor academic performance, and marijuana use.\(^{xxxix}\)

- Alcohol and other drug use has been linked to physical fights, academic problems, as well as illegal behavior.\(^{xl}\)

### OUR FINDINGS

- Almost half of the students reported having had at least one drink of alcohol in their lifetime.

- More than one in ten students indicated that their first drink of alcohol was before age eleven.

- 13% of students had at least one drink of alcohol in the thirty days prior to the survey.

- 1.4% of students indicated having had at least one drink of alcohol on school property during the past thirty days.

- Fewer middle school students reported using alcohol than high school students.

- No alcohol-related behaviors differed significantly by gender.

- 8\(^{th}\) graders were more likely to be current drinkers than 7\(^{th}\) graders.
Ever Tried Alcohol
45.2% of CMSD middle school students reported ever having a drink of alcohol. Middle school students reported ever having a drink of alcohol at significantly lower rates than high school students in 2004 (45.3% vs. 68.3%). There were no significant differences by gender, race, SES, or grade level.

Current Alcohol Use
13.4% of CMSD middle school students reported having at least one drink of alcohol in the last 30 days. This was significantly lower than was reported by high school students in 2004, with 31.3% reporting having at least one drink of alcohol in the last 30 days. Eighth grade students were significantly more likely to have a drink of alcohol in the last 30 days than seventh grade students (17.1% vs. 9.9%).
Current Alcohol Use on School Property
1.4% of CMSD students reported having a drink of alcohol on school property in the past 30 days. Middle school students reported drinking alcohol on school property at significantly lower rates than high school students in 2004 (1.4% vs. 7.1%). There were no significant differences by gender, race, SES, or grade level.

Early Onset of Alcohol Use
13.4% of CMSD middle school students reported having their first drink of alcohol before the age of eleven. There were no significant differences by demographic groups.

*Early onset for High School students was defined as before the age of 13
**Drug Use**

**KNOWN FACTS**

- Marijuana is the most commonly used illicit drug in the United States.\textsuperscript{xi}

- In 2003, eighth graders who planned to go to college were less than one-third as other students their age to have used marijuana in the past month.\textsuperscript{xiii}

- Many students think marijuana is not hard to obtain, does not pose serious health risks and is not as harmful as other illegal substances.\textsuperscript{xiii}

- In a recent study, over half of youth age 12 to 17 indicated that it would be fairly or very easy to obtain marijuana.\textsuperscript{xiv}

- Among eighth graders, the percentage of students using illicit drugs other than marijuana increased in the early 1990s, and has remained fairly constant since then, at around 5 percent.

- Use of illegal drugs in children is a barrier to learning, leading to poor academic performance, a greater likelihood of dropping out or being expelled, and many other risk behaviors.\textsuperscript{xiv}

- Illegal drug use in childhood is also associated with higher mortality risks for users due to accidents, suicide, homicide, and illness.\textsuperscript{xvi}

- Mental health problems correlated with illicit drug use include: anxiety, depression, paranoia, delusions, hallucinations, and mood issues.\textsuperscript{xlvii}

**OUR FINDINGS**

- One in four middle school students reported using an illegal drug at least once.

- 20% of students indicated having used marijuana, and 3.6% tried marijuana before age eleven.

- 8\textsuperscript{th} graders were significantly more likely to report having used marijuana than 7\textsuperscript{th} graders.

- Males were likely to have tried marijuana before the age of 11 than females.

- Older students were more likely to have tried marijuana than were younger students.

- White and Hispanic students were more likely to have ever tried cocaine than Black students.

- Nearly 5% of middle school students reported trying inhalants in their life time.

- Middle school students were less likely than high school students to have ever tried any illegal drugs.
Ever Used Marijuana
20.3% of CMSD middle school students reported ever using marijuana. Marijuana use among middle school students was significantly lower than rates reported by high school students in 2004 (20.3% vs. 42.7%). Eighth grade students were significantly more likely to report ever having used marijuana than seventh grade students (27.2% vs. 13.9%).

Current Marijuana Use
9.5% of CMSD middle school students reported using marijuana at least once in the past 30 days. Middle school students were significantly less likely to report current marijuana use in the past 30 days than were high school students in 2004 (9.5% vs. 22.1%).
Current Marijuana Use on School Property
2.3% of CMSD middle school students reported smoking marijuana on school property in the thirty days before the survey. Middle school students were significantly less likely to report smoking marijuana on school grounds than were high school students during the 2004 survey (2.3% vs. 8.6%).

Early Onset of Marijuana
3.6% of CMSD middle school students reported using marijuana before the age of 11. Male students were significantly more likely to report early onset of marijuana use than were female students (3.5% vs. 1.1%).

*Early onset for High School students was defined as before the age of 13
Ever Tried Cocaine
0.6% of CMSD middle school students reported ever using any form of cocaine. Middle school students were significantly less likely to report ever using cocaine than were CMSD high school students (0.6% vs. 4.5%). White students (2.4%) and Hispanic students (1.3%) were significantly more likely to have ever tried cocaine than Black students (0.2%).

![Graph showing percentage of students who have tried cocaine by gender, race, SES, and grade level]

Ever Tried Inhalants
4.8% of seventh and eighth grade CMSD students reported ever using inhalants including sniffing glue, or the contents of spray cans, in order to get high. There were no significant differences between middle school students and high school students or by gender, race, SES, or grade level.

![Graph showing percentage of students who have tried inhalants by gender, race, SES, and grade level]
**Ever Tried Steroids**

1.3% of CMSD middle school students reported ever using steroids. There were no significant differences between middle school students and high school students or by gender, race, SES, or grade level.

![Steroids Chart]

**Ever Tried Drugs**

24.4% of CMSD middle school students reported ever using any of the drugs listed on the survey (marijuana, cocaine, inhalants, or steroids). Middle-school students were less likely to use any type of drug than were CMSD high school students in 2004 (24.4% vs. 45.7%). There were no significant differences by gender, race, SES, or grade level.

![Drugs Chart]
Sexual Behavior

KNOWN FACTS

- Nearly four million adolescents are diagnosed with an sexually transmitted infection (STI) each year.\textsuperscript{xlviii}
- Early sexual activity and a high number of sexual partners are associated with STI (including HIV) and unwanted pregnancy risk.\textsuperscript{xlix}
- In 2003, the number of newly diagnosed AIDS cases among American teens rose to 458 (the highest number ever recorded),\textsuperscript{li} making 4.7% of all persons with an AIDS diagnosis aged 13–24.\textsuperscript{lii}
- While the incidence of AIDS cases is declining nationally, a comparable decline in youth HIV cases has not occurred.\textsuperscript{liii}
- Young teens are much less likely than older teens to use contraception consistently.\textsuperscript{liv}
- The teen birth rate in the United States is one of the highest among developed nations, with about one million teenage girls becoming pregnant each year.\textsuperscript{lv}
- Teen mothers who give birth are, on average, more disadvantaged and have children who face negative health, behavioral, cognitive, and financial outcomes.\textsuperscript{lv}
- Children born to teen mothers have a greater probability for adverse outcomes, including: premature birth, low birth weight, and an increased risk for infant mortality.\textsuperscript{lv}

OUR FINDINGS

- 38.8% of students have had sexual intercourse in their lifetime and close to one quarter are currently sexually active.
- 85.2% of students reported using a condom the last time they had sexual intercourse. Middle school students were significantly more likely to report using a condom the last time they had sex than high school students.
- Male students were more likely to report ever having sex, 2 or more sex partners, having sex at an earlier age, and being currently sexually active than female students.
- African-American students were significantly more likely to have ever had sex, have had sex with 2 or more partners, had sex before the age of 11, and be currently sexually active than both White students and Hispanic students.
- 8\textsuperscript{th} graders were significantly more likely to have had sex, be currently sexually active, and too have had 2 or more sexual partners in their life time than 7\textsuperscript{th} graders.
**Ever Had Sexual Intercourse**

38.8% of CMSD middle school students reported having ever had sex. Middle school students were significantly less likely to report ever having sex than were CMSD high school students during the 2004 survey (38.8% vs. 70.7%). Male students were significantly more likely to report having ever had sex than were female students (58.6% vs. 20.6%). Black students (42.8%) were significantly more likely to report having had sex than both White students (21.9%) and Hispanic students (29.4%). Eighth grade students were more significantly more likely to have ever had sex than were seventh grade students (46.3% vs. 31.7%).

![Ever Had Sexual Intercourse Chart]

**Early Onset of Sexual Activity**

7.5% of CMSD middle school students reported having sex at or before the age of eleven. Male students were more likely to report having had sex at or before the age of eleven than were female students (0.5% vs. 15%). Black students (8.9%) were significantly more likely to have had sex at or before the age of eleven than White students (2.0%) and Hispanic students (2.3%).

![Early Onset of Sexual Activity Chart]

*Early onset for High School students was defined as before the age of 13*
**Intercourse with Two or More People**
23.2% of CMSD middle school students reported having sex with two or more partners. Male students were significantly more likely to report having sexual intercourse with two or more people in their lifetime (38.3% vs. 9.4%) than were female students. African-American students (26.5%) were significantly more likely to report having sexual intercourse with two or more people than were White students (9.4%) and Hispanic students (16.1%). Eighth grade students were also significantly more likely to report sexual activity with two or more people than were seventh grade students (30.0 vs. 16.8%).

![Bar chart showing percentage of students reporting intercourse with two or more people by gender, race, and grade level.](chart1)

**Current Sexual Activity**
23.1% of CMSD students reported having had sex in the past three months. Middle school students were significantly less likely to report current sexual activity than were high school students when surveyed in 2004 (23.1% vs. 44.6%). Male students were significantly more likely to report current sexual activity than female students (35.2% vs 12.0%) Black students (25.6%) were significantly more likely to report current sexual activity than both White students (14.6%) and Hispanic students (12.7%).

![Bar chart showing percentage of students reporting current sexual activity by gender, race, and grade level.](chart2)
Condom Use during Last Sexual Intercourse
85.2% of CMSD middle school students who had ever had sex reported using a condom the last time they had sexual intercourse. Middle school students were significantly more likely than high school students to report condom use (85.2% vs. 66.0%). Hispanic students (93.1%) were significantly more likely to report using a condom the last time they had sexual intercourse than White students (72.9%).

![Graph showing condom use percentages by year, gender, race, SES, and grade level.]

Learned about HIV/AIDS in School
88.2% of CMSD middle school students reported having been taught about AIDS or HIV infection in school. There were no significant differences by gender, race, SES, or grade level.

![Graph showing percentages of students who learned about HIV/AIDS in school by year, gender, race, SES, and grade level.]

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2005 CMSD Middle School Youth Risk Behavior Survey Report  
Division of Adolescent Health, Department of Family Medicine, CWRU

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Have Been or Gotten Someone Pregnant

3.4% of CMSD middle school students reported having ever been or gotten someone pregnant. Middle school students were significantly less likely to report ever being or ever getting someone pregnant than were high school students (3.4% vs. 14.1%). There were no significant differences by gender, race, SES, or grade-level.
**KNOWN FACTS**

- Asthma is a leading chronic illness among children and youth in the United States.\(^{lvii}\)
- In 2003, 5 million school-aged children were reported to currently have asthma and 3.1 million children had an asthma episode or attack within the previous year.\(^{lvii}\)
- About three children per classroom of thirty are likely to have asthma.\(^{lix}\)
- The initiation of risky behaviors are linked to the major causes of serious morbidity and mortality for adolescents. These behaviors and the associated utilization of health care services distinguish adolescents other groups.\(^{lx}\)
- Perception of physical health is considered an indicator of overall quality of life.\(^{lxii}\)

**OUR FINDINGS**

- About one out of every 5 students reported having been told by a doctor or nurse they had asthma.
- 17.4% of students reported having an asthma attack in the 12 months prior to the survey.
- 57.4% of middle school students reported having seen a doctor in the past year.
- 65.3% of middle school students rated their physical health as very good or excellent.
- Only 8% of students reported rated their health as poor or fair.
**Self-Rated Health**

When asked how they would describe their health in general, over 65% of students rated their health very good or excellent. Less than 10% of students reported their health as fair or poor.

**Doctor visit in the past 12 months**

57.4% of middle school students reported having seen a doctor in the past 12 months. High school students were significantly more likely to have visited a doctor’s office in the 12 months prior to taking the survey than middle school students (57.4% vs. 69.5%). There were no significant differences by gender, race, SES, or grade level.
Ever Had an Asthma Attack
21.3% of CMSD students reported that they had been told by a doctor or nurse that they had asthma. No significant differences were found between demographic groups.

Asthma Attack in the Past 12 Months
17.4% of CMSD students reported having had an asthma attack in the past 12 months. No significant differences were detected between gender, race, SES, or grade level.
Limitations

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 middle school students in Cleveland Municipal School Districts, not every eligible school participated in the survey. Additionally, to avoid greatly disrupting school schedules, students were selected by class, not individually. In a few instances, 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 or special needs classes). This sample may also not include students whose regular school schedule required them to be out of the building during survey administration.

Although effort was made to insure a representative sample, it is not logistically possible to guarantee that each adolescent in CMSD had an equal likelihood of being selected. This sample does not include adolescents not enrolled in school nor does it include those who were enrolled but did not attend. This sample also excludes adolescents attending private, residential, alternative, charter, and home schools.

Socio-Economic Status (SES) is usually considered a good predictor of risk and health behaviors. While, no significant differences were detected by SES, this is not to say social class did not have an effect on various risk or health behaviors. Significant differences were likely not detected for two reasons. First, CMSD is likely relatively homogenous in terms of SES. Secondly, the YRBS includes a relatively poor measure of SES (mother’s education level). With a better measure and more variation in the sample, it is likely there would be significant differences based on SES.

These limitations, while present, are practical limitations that are often associated with survey research. Many of these limitations are shared by both the national and state surveillance systems. Given the large size of our sample, the representativeness of the demographic composition of the sample, and the application of sampling corrections in our analysis, we are confident that these data accurately reflect the health behaviors exhibited among adolescents enrolled in public high schools in CMSD.
Appendix

Center for Adolescent Health
MS Youth Risk Behavior Survey

Script for Survey Administrators

Good morning/afternoon! My name is __________. I'm from the Center for Adolescent Health at CASE, and we are helping your school to conduct a student survey about risky health behaviors. The information from the survey will help your school district to plan health education and prevention programs to improve your health.

[Ask the students if anyone brought back a permission slip saying they could not participate. Those students should not take the survey.]

Even though a permission slip was sent home to your parents, your answers to this survey are private. Neither your parents nor your teachers will ever find out how you've answered the questions on this survey. DO NOT write your name on the survey.

This survey asks personal questions about things that affect your health. This survey is voluntary, so if there is a question you do not want to answer, just leave it blank and go on to the next question. Your answers should be completely private, so please do not look at anyone else's survey, and please do not discuss the survey until EVERYONE is done.

When you are done with the survey, please bring it up here and place it in this envelope yourself. The last person to finish will seal the envelope. No one will open the envelope and look at the surveys until after we get back to our office. No one will know who filled out which survey.

[DISTRIBUTE SURVEYS AND PEN3 NOW]

I am passing out the survey and a pen. Please use the pen to fill out this survey. You can keep the pen when you're done.

When you choose an answer, please fill in the circle as completely as you can. If you make a mistake, just cross out the answer you don't want and fill in the answer you do want.

If you have a question, please raise your hand and I will come and answer it.

Again, please DO NOT put your name on this survey. We want to keep your answers private. Please be as honest as you can, because this is important information that will be used to help students throughout the county.

NOTES TO ADMINISTRATOR:

1) Extra surveys and pens are available in the office if you need them.

2) While the students are working, count the number of students and write it on the envelope label. Then, double-check with the teacher that the enrollment number on the envelope label is accurate.

3) When all the students have finished working and placed their surveys in the envelope, have the last student seal the envelope.

4) Thank the students and the teacher for their help before you leave.

April 2005
2005 Cuyahoga County Youth Risk Behavior Survey
Middle School Questionnaire

Directions:
Please fill in the bubble that corresponds to your answer. If you make a mistake, cross out the wrong answer and fill in the right answer.

These first 13 questions ask you to describe yourself.

1. What is your ZIP code?

2. How old are you?
   - 10 years old or younger
   - 11 years old
   - 12 years old
   - 13 years old
   - 14 years old
   - 15 years old
   - 16 years old or older

3. What is your sex?
   - Female
   - Male

4. In what grade are you?
   - 6th grade
   - 7th grade
   - 8th grade
   - Other

5. How do you describe yourself?
   (For this question, you can select more than one)
   - American Indian or Alaska Native
   - Asian
   - Black or African American
   - Hispanic or Latino
   - Native Hawaiian or Other Pacific Islander
   - White

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

7. What is the highest level of school your mother completed?
   - Completed grade school or less
   - Some high school
   - Completed high school
   - Some college
   - Completed college
   - Graduate or professional school after college
   - Don't know or does not apply

8. When was the last time you saw a doctor or nurse for a physical exam when you were not sick or injured?
   - During the past 12 months
   - Between 12 and 24 months ago
   - More than 24 months ago
   - Never
   - Not sure

9. How would you describe your health in general?
   - Excellent
   - Very good
   - Good
   - Fair
   - Poor
10. In an average month, how many hours do you spend on volunteer work, community service, or helping people outside of your home without getting paid?
   ○ 0 hours
   ○ 1 to 4 hours
   ○ 5 to 8 hours
   ○ 9 to 12 hours
   ○ 13 to 20 hours
   ○ 21 or more hours

11. Do you play on any sports teams?
   (Include any teams run by your school or community groups)
   ○ Yes
   ○ No

12. On how many of the past 7 days did you take part in organized after-school, evening, or weekend activities other than sports teams such as school clubs, community center groups, music/art/dance lessons, drama, church or other supervised activities?
   ○ 0 days
   ○ 1 day
   ○ 2 days
   ○ 3 days
   ○ 4 days
   ○ 5 days
   ○ 6 days
   ○ 7 days

13. How many adults would you feel comfortable seeking help from if you had an important issue or question affecting your life?
   ○ None
   ○ 1 adult
   ○ 2 adults
   ○ 3 adults
   ○ 4 adults
   ○ 5 or more adults

The next 5 questions ask about personal safety.

14. How do you usually get to school?
   ○ Walk
   ○ Ride a bike, rollerblades, or skateboard
   ○ Take the school bus
   ○ Take a city bus
   ○ Take a taxi
   ○ Parent or other adult drives you
   ○ Some other way

15. How often do you wear a seatbelt when riding in a car?
   ○ Never
   ○ Rarely
   ○ Sometimes
   ○ Most of the time
   ○ Always

16. When you ride a bicycle, how often do you wear a helmet?
   ○ I do not ride a bicycle
   ○ Never wear a helmet
   ○ Rarely wear a helmet
   ○ Sometimes wear a helmet
   ○ Most of the time wear a helmet
   ○ Always wear a helmet

17. When you rollerblade or ride a skateboard, how often do you wear a helmet?
   ○ I do not rollerblade or ride a skateboard
   ○ Never wear a helmet
   ○ Rarely wear a helmet
   ○ Sometimes wear a helmet
   ○ Most of the time wear a helmet
   ○ Always wear a helmet

18. Have you ever ridden in a car driven by someone who had been drinking alcohol?
   ○ Yes
   ○ No
   ○ Not sure
This page asks whether or not you have EVER done the following things:

19. Have you ever carried a weapon, such as a gun, knife, or club?  ○ Yes  ○ No
20. Have you ever carried a weapon, such as a gun, knife, or club on school property?  ○ Yes  ○ No
21. Have you ever been in a physical fight?  ○ Yes  ○ No

22. Have you ever tried to kill yourself?  ○ Yes  ○ No

23. Have you ever tried cigarette smoking, even one or two puffs?  ○ Yes  ○ No
24. Have you ever smoked cigarettes daily, that is, at least 1 cigarette every day for 30 days?  ○ Yes  ○ No
25. Have you ever had a drink of alcohol, other than a few sips?
   (This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For this survey, drinking alcohol does NOT include drinking a few sips of wine for religious purposes.)  ○ Yes  ○ No

26. Have you ever used marijuana? (also called grass, pot, or weed)  ○ Yes  ○ No
27. Have you ever used any form of cocaine, including powder, crack or freebase?  ○ Yes  ○ No
28. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?  ○ Yes  ○ No
29. Have you ever used steroids?  ○ Yes  ○ No

30. Have you ever had sexual intercourse?  ○ Yes  ○ No
31. Have you ever exercised to lose weight or to keep from gaining weight?  ○ Yes  ○ No
32. Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?  ○ Yes  ○ No
33. Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?  ○ Yes  ○ No
34. Have you ever taken any diet pills, powders, or liquids without a doctor’s advice to lose weight or keep from gaining weight? (Do not include meal replacement products such as Lean Fast.)  ○ Yes  ○ No
35. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?  ○ Yes  ○ No
The next 8 questions ask ON HOW MANY DAYS you have done the following things IN THE PAST 30 DAYS:

36. During the past 30 days, on how many days did you smoke cigarettes?
   ○ 0 days  ○ 1 or 2 days  ○ 3 to 5 days  ○ 6 to 9 days  ○ 10 to 19 days  ○ 20 to 29 days  ○ All 30 days

37. During the past 30 days, on how many days did you smoke cigarettes on school property?
   ○ 0 days  ○ 1 or 2 days  ○ 3 to 5 days  ○ 6 to 9 days  ○ 10 to 19 days  ○ 20 to 29 days  ○ All 30 days

38. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beachnut, Skoal, SkoalBandits, or Copenhagen?
   ○ 0 days  ○ 1 or 2 days  ○ 3 to 5 days  ○ 6 to 9 days  ○ 10 to 19 days  ○ 20 to 29 days  ○ All 30 days

39. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars, such as Black & Milds?
   ○ 0 days  ○ 1 or 2 days  ○ 3 to 5 days  ○ 6 to 9 days  ○ 10 to 19 days  ○ 20 to 29 days  ○ All 30 days

40. During the past 30 days, on how many days did you have at least one drink of alcohol?
    (This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey.
     For this survey, drinking alcohol does not include drinking a few sips of wine for religious purposes.)
   ○ 0 days  ○ 1 or 2 days  ○ 3 to 5 days  ○ 6 to 9 days  ○ 10 to 19 days  ○ 20 to 29 days  ○ All 30 days

41. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?
    (This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey)
   ○ 0 days  ○ 1 or 2 days  ○ 3 to 5 days  ○ 6 to 9 days  ○ 10 to 19 days  ○ 20 to 29 days  ○ All 30 days

42. During the past 30 days, how many TIMES did you use marijuana?
    (Marijuana is also called grass, pot, or weed)
   ○ 0 times  ○ 1 or 2 times  ○ 3 to 9 times  ○ 10 to 19 times  ○ 20 to 39 times  ○ 40 or more times

43. During the past 30 days, how many TIMES did you use marijuana on school property?
   ○ 0 times  ○ 1 or 2 times  ○ 3 to 9 times  ○ 10 to 19 times  ○ 20 to 39 times  ○ 40 or more times
The next 4 questions ask about violence at school:

44. 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?
   ○ 0 days
   ○ 1 day
   ○ 2 or 3 days
   ○ 4 or 5 days
   ○ 6 or more days

45. 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?
   ○ 0 times
   ○ 1 time
   ○ 2 or 3 times
   ○ 4 or 5 times
   ○ 6 or 7 times
   ○ 8 or 9 times
   ○ 10 or 11 times
   ○ 12 or more times

46. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?
   ○ 0 times
   ○ 1 time
   ○ 2 or 3 times
   ○ 4 or 5 times
   ○ 6 or 7 times
   ○ 8 or 9 times
   ○ 10 or 11 times
   ○ 12 or more times

47. During the past 12 months, how many times were you in a physical fight on school property?
   ○ 0 times
   ○ 1 time
   ○ 2 or 3 times
   ○ 4 or 5 times
   ○ 6 or 7 times
   ○ 8 or 9 times
   ○ 10 or 11 times
   ○ 12 or more times

The next 5 questions ask about sexual intercourse:

48. With how many people have you EVER had sexual intercourse?
   ○ I have never had sexual intercourse
   ○ 1 person
   ○ 2 people
   ○ 3 people
   ○ 4 or more people

49. During the past 3 MONTHS, with how many people did you have sexual intercourse?
   ○ I have never had sexual intercourse
   ○ 1 person
   ○ 2 people
   ○ 3 people
   ○ 4 or more people

50. The LAST TIME you had sexual intercourse, did you or your partner use a condom?
   ○ I have never had sexual intercourse
   ○ Yes
   ○ No

51. Have you ever been taught about AIDS or HIV infection in school?
   ○ Yes
   ○ No
   ○ Not sure

52. How many times have you been pregnant or gotten someone pregnant?
   ○ 0 times
   ○ 1 time
   ○ 2 or more times
   ○ Not sure
The next 4 questions ask HOW OLD you were the FIRST TIME you tried the following things:

53. How old were you when you smoked a whole cigarette for the first time?
   ○ I have never smoked ○ 8 years old or younger ○ 9 ○ 10 ○ 11 ○ 12 ○ 13 ○ 14 years old or older a whole cigarette.

54. How old were you when you had your first drink of alcohol other than a few sips?
   ○ I have never had a ○ 8 years old or younger ○ 9 ○ 10 ○ 11 ○ 12 ○ 13 ○ 14 years old or older drink of alcohol other than a few sips.

55. How old were you when you tried marijuana for the first time?
   (Marijuana is also called grass, pot, or weed)
   ○ I have never tried ○ 8 years old or younger ○ 9 ○ 10 ○ 11 ○ 12 ○ 13 ○ 14 years old or older marijuana.

56. How old were you when you had sexual intercourse for the first time?
   ○ I have never had ○ 8 years old or younger ○ 9 ○ 10 ○ 11 ○ 12 ○ 13 ○ 14 years old or older sexual intercourse.

The next 4 questions ask about body weight:

57. How much do you weigh without your shoes on?
Write your weight in pounds in the boxes below:
   example: 1 7 9 POUNDS

58. How tall are you without your shoes on?
Write your height in the boxes below, recording feet first, then inches:
   example: 4 FEET 0 9 INCHES

59. How do YOU describe your weight?
   ○ Very underweight ○ Slightly underweight ○ About the right weight ○ Slightly overweight ○ Very overweight

60. Which of the following things are you trying to do about your weight?
   ○ Lose weight ○ Gain weight ○ Stay the same weight ○ I am not trying to do anything about my weight
The next 6 questions ask about physical activity:

61. 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?
   - 0 days
   - 1 day
   - 2 days
   - 3 days
   - 4 days
   - 5 days
   - 6 days
   - 7 days

62. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
   - 0 days
   - 1 day
   - 2 days
   - 3 days
   - 4 days
   - 5 days
   - 6 days
   - 7 days

63. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
   - 0 days
   - 1 day
   - 2 days
   - 3 days
   - 4 days
   - 5 days

64. On an average school day, how many hours do you watch TV?
   - I do not watch TV on an average school day
   - Less than 1 hour per day
   - 1 hour per day
   - 2 hours per day
   - 3 hours per day
   - 4 hours per day
   - 5 or more hours per day

65. On an average school day, how many hours do you play video games or use a computer for fun?
   (Include activities such as Xbox, GameCube, PlayStation, and computer games.)
   - I do not play video games on an average school day
   - Less than 1 hour per day
   - 1 hour per day
   - 2 hours per day
   - 3 hours per day
   - 4 hours per day
   - 5 or more hours per day

66. How often should you exercise in order to stay healthy?
   - Twice per week for 1 hour
   - Twice per week for 30 minutes
   - Three times per week for 45 minutes
   - Everyday for 30 minutes
   - Everyday for 1 hour
   - Don't know

67. Has a doctor or nurse ever told you that you have asthma?
   - Yes
   - No
   - Not sure

68. During the past 12 months, have you had an episode of asthma or an asthma attack?
   - I do not have asthma
   - Yes
   - No
   - Not sure
The next 6 questions ask about food and nutrition:

69. How often do you eat breakfast at school?
   - Always
   - Most of the time
   - Sometimes
   - Rarely
   - Never

70. When you DON'T eat breakfast at school, why not?  
    (For this question, you can select more than one)
   - I always eat breakfast at school
   - I eat breakfast at home or on the way to school
   - I get to school too late for breakfast
   - I don't like the school breakfast
   - I'm not hungry
   - I'm embarrassed/it's not cool
   - Other reason

71. How often do you buy chips, candy, cookies, or pop while you are at school?  
   - Everyday
   - A few times per week
   - Once per week
   - Once or twice per month
   - Never or almost never

72. Which types of foods have you bought from school vending machines?  
    (For this question, you can select more than one)
   - Cookies
   - Candy
   - Gum
   - Chips
   - Pretzels
   - Crackers
   - Pop
   - Milk
   - Water
   - Other drinks
   - Other snacks
   - I have never bought anything from school vending machines

73. From which group should you eat the FEWEST servings per day?
   - Bread, cereal, rice, and pasta
   - Milk, cheese, and yogurt
   - Fats, oils, and sweets
   - Fruits
   - Meats, fish, beans, eggs, and nuts
   - Vegetables

74. From which group should you eat the MOST servings per day?
   - Bread, cereal, rice, and pasta
   - Milk, cheese, and yogurt
   - Fats, oils, and sweets
   - Fruits
   - Meats, fish, beans, eggs, and nuts
   - Vegetables
The next 7 questions ask about food you ate and 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:

75. 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)
○ I did not drink 100% fruit juice during the past 7 days
○ 1-3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

76. During the past 7 days, how many times did you eat fruit?
○ I did not eat fruit during the past 7 days
○ 1-3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

77. During the past 7 days, how many times did you eat green salad?
○ I did not eat green salad during the past 7 days
○ 1-3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

78. During the past 7 days, how many times did you eat carrots?
○ I did not eat carrots during the past 7 days
○ 1-3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

79. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips)
○ I did not eat potatoes during the past 7 days
○ 1-3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

80. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, carrots, or potatoes)
○ I did not eat other vegetables during the past 7 days
○ 1-3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

81. 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)
○ I did not drink milk during the past 7 days
○ 1-3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

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


