Youth Risk Behavior Survey Report

South Dakota 2005

tobacco use

physical activity

sexual behaviors

alcohol/other drug use

dietary behavior

intentional/unintentional injuries

SOUTH DAKOTA
YOUTH RISK BEHAVIOR SURVEY
REPORT
2005

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Acknowledgements

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

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Table of Contents

Description of the Youth Risk Behavior Survey 4

Description of the Sample Selection Process 4

Description of the Survey Administration in the Classroom 4

Description of the Strategies to Ensure the Privacy of Responses 5

Results

Characteristics of the Sample 5

Weighting of the Responses 5

Organization of this Report.....5

Summary of the Six Priority Health-Risk Behaviors 6

Behaviors that Result in Intentional and Unintentional Injuries and Violence 12

Tobacco Use 29

Alcohol and Other Drug Use 40

Sexual Behaviors that Result in HIV Infection, Other Sexually Transmitted Diseases, and Unintended Pregnancy.....52

Dietary Behaviors.....57

Physical Activity 69

Other Health-Related Topics.....75

References 78

Resources 84

Description of the Youth Risk Behavior Survey

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

These six priority health-risk behaviors were selected for inclusion in the survey because, among persons aged 10-24 years, 70.8% of all deaths are due to only four causes: motor vehicle crashes (32.3%), other unintentional injuries (11.7%), homicide (15.1%), and suicide (11.7%).[10] In addition, each year an estimated 870,000 pregnancies occur among females aged 15-19 years, and an estimated 3 million cases of sexually transmitted diseases occur among persons aged 10-19 years.[10] A limited number of behaviors usually established during youth contribute substantially to these causes of mortality and morbidity. These behaviors include carrying a weapon, physical fighting, attempted suicide, drinking or using drugs while operating a motor vehicle, lack of seatbelt use while riding in a motor vehicle, lack of helmet use while riding a bicycle or motorcycle, and unprotected sexual intercourse that results in unintended pregnancies and sexually-transmitted diseases, including HIV infection.

Among adults aged 25 and over in the U.S., 62.9% of deaths are due to only two causes: cardiovascular disease (39.4%) and cancer (23.5%).[10] A limited number of behaviors, often established during youth, contribute to these health problems, which generally do not result in mortality and morbidity until adulthood. These behaviors include the use of tobacco, unhealthy dietary practices, and physical inactivity.

Description of the Sample Selection Process

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

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

Description of the Survey Administration in the Classroom

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

Description of the Strategies to Ensure the Privacy of Responses

The survey administration process was designed to maximize the confidentiality of each student's responses. Two strategies were utilized to achieve the greatest possible privacy for the students' responses. The first strategy consisted of distributing three versions of the questionnaire in each classroom. Each version had a different ordering of the questions. Therefore, even if someone was to see another person's responses, the onlooker would not know which questions were being answered. The second strategy for ensuring privacy consisted of having the students seal their sense-mark answer sheets into a standard-size business envelope, and then having them seal the questionnaire and the sealed business envelope into a large manila envelope.

Results

Characteristics of the Sample

Completed surveys were received from 22 of the 25 sampled schools for a school response rate of 88%. Usable questionnaires were received from 1,590 of the 1,924 sampled students for a student response rate of 83%. The overall response rate was (88% * 83%) = 73%.

The sample was comprised of 49.4% female students and 50.6% male students. The grade level breakdown of the sample was 27.1% ninth grade students, 26.0% tenth grade students, 23.5% eleventh grade students, and 23.2% twelfth grade students. The race/ethnicity breakdown of the sample was 82.6% White, 13.6% Native American, and 3.8% other, i.e., Hispanic, Black or African American, Asian or Pacific Islander, and multiple race/ethnicity.

Weighting of the Responses

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

Organization of this Report

The following six pages provide a summary of each of the six priority health-risk behaviors. The remainder of the report provides the summary results for each of the survey questions, along with the rationale for each question. In addition to reporting the overall results for each question, a separate breakdown is provided for grade level. Since the majority of the 2005 questions were also included in the 1999, 2001, and 2003 surveys, the results are also summarized by year. Several new questions have been added to the survey over the years. The term “New Item” is used to indicate that results for a question are unavailable because the question did not appear on the survey that year.

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

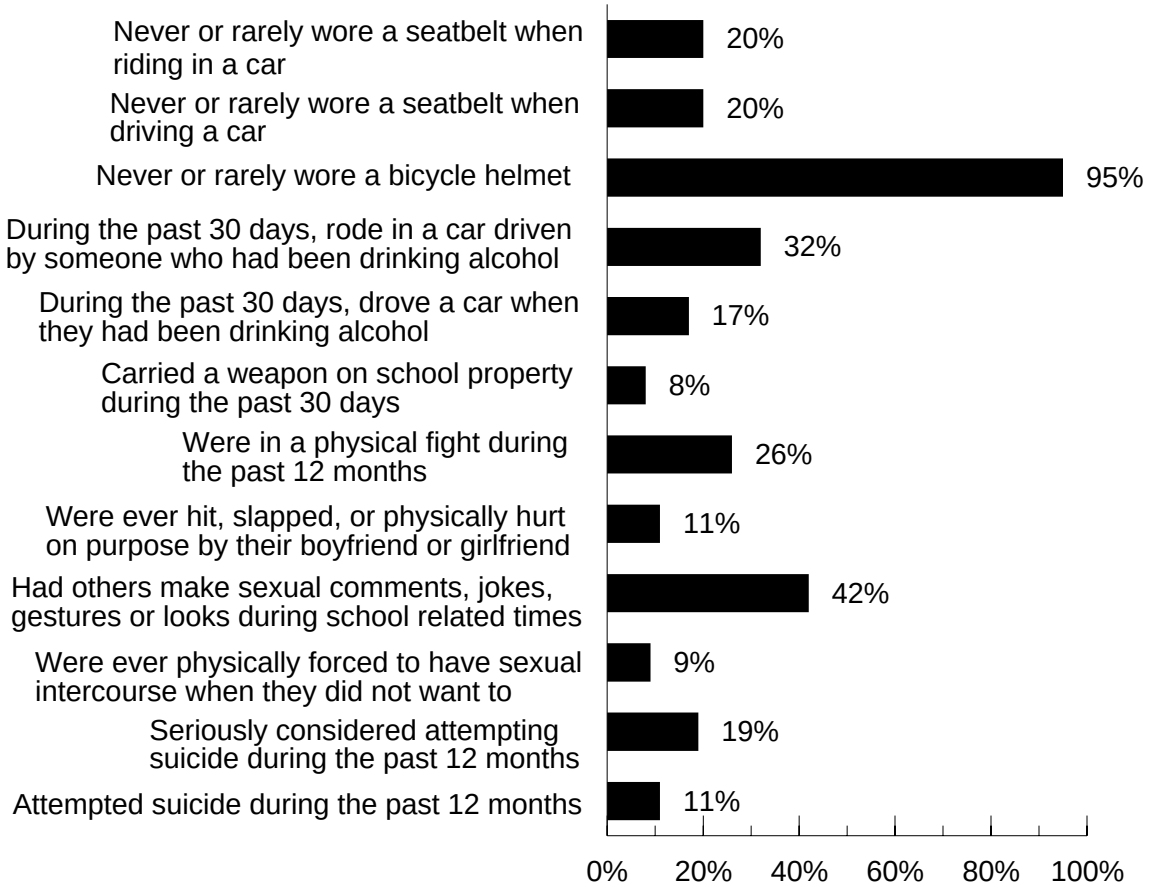
Summary of Behaviors that Result in Intentional and Unintentional Injuries and Violence

The chart below summarizes the reported risk behaviors that result in intentional and unintentional injuries and violence, and the reported instances of sexual harassment. Twenty percent of the respondents never or rarely wore a seatbelt when riding in a car. Twenty percent of the respondents never or rarely wore a seatbelt when driving a car. Ninety-five percent of the respondents never or rarely used a helmet when riding a bicycle. Thirty-two percent of the respondents, during the past 30 days, rode in an automobile that was driven by someone who had been drinking alcohol. During the past 30 days, 17% of the respondents had driven an automobile when they had been drinking alcohol.

Eight percent of the respondents had carried a weapon on school property during the past 30 days. Twenty-six percent of the respondents reported that they had been in a physical fight during the past 12 months. Eleven percent of the respondents were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend. Forty-two percent of the respondents had others make unwanted sexual comments, jokes, gestures or looks during school-related times. Nine percent of respondents have been physically forced to have sexual intercourse when they didn't want to. Suicide was seriously considered by 19% of the respondents during the past 12 months. Eleven percent of the respondents reported actually attempting suicide during the past 12 months.

Behaviors that Result in Intentional and Unintentional Injuries and Violence

Percentage of Respondents Who:



Summary of Tobacco Use

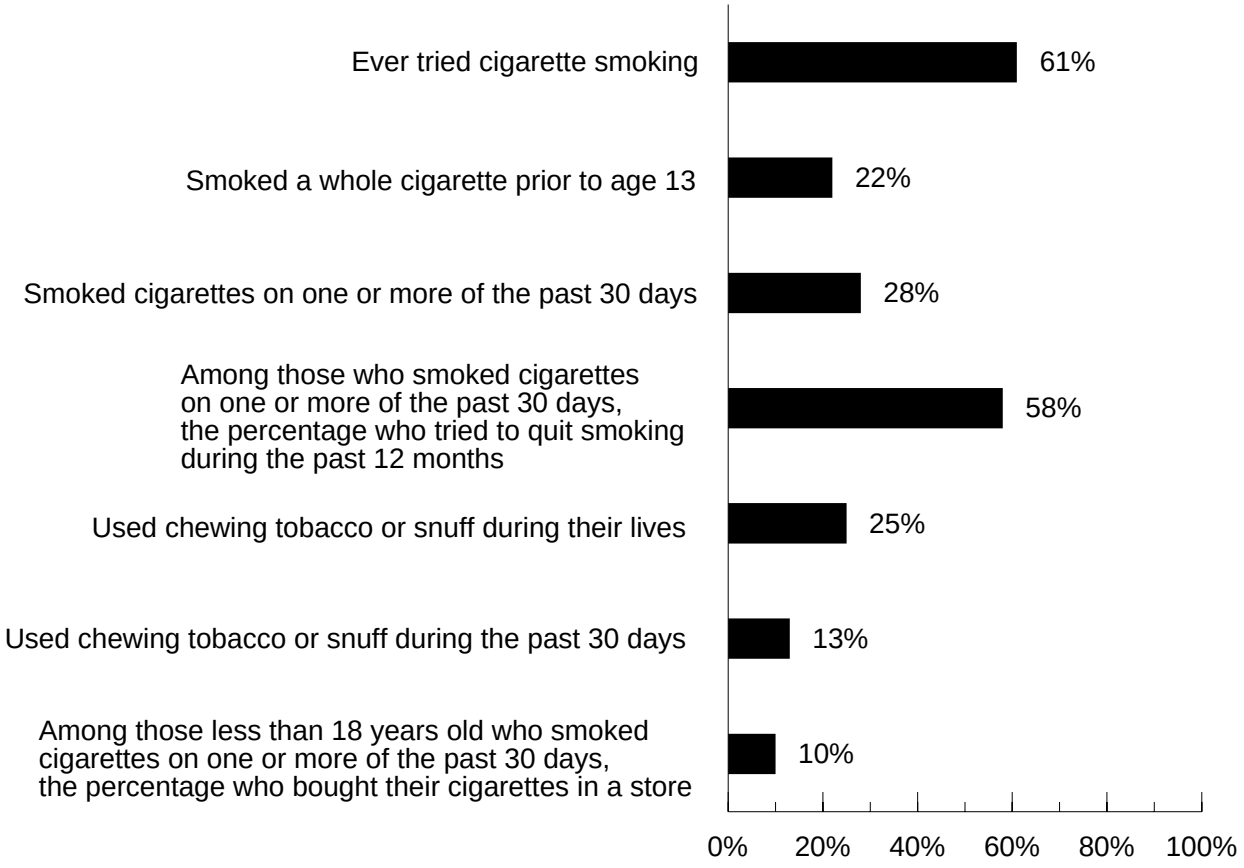
The reported risk behaviors associated with tobacco use are summarized in the chart below. Sixty-one percent of the respondents have tried cigarette smoking. Twenty-two percent of the respondents had smoked a whole cigarette prior to age 13. Twenty-eight percent of the respondents smoked a cigarette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

Twenty-five percent of the respondents reported using smokeless tobacco, i.e., chewing tobacco or snuff, during their lives, and 13% used smokeless tobacco during the past 30 days.

Of respondents less than 18 years old who smoked cigarettes during the past 30 days, 10% usually bought their cigarettes in a store.

Tobacco Use

Percentage of Respondents Who:



Summary of Alcohol and Other Drug Use

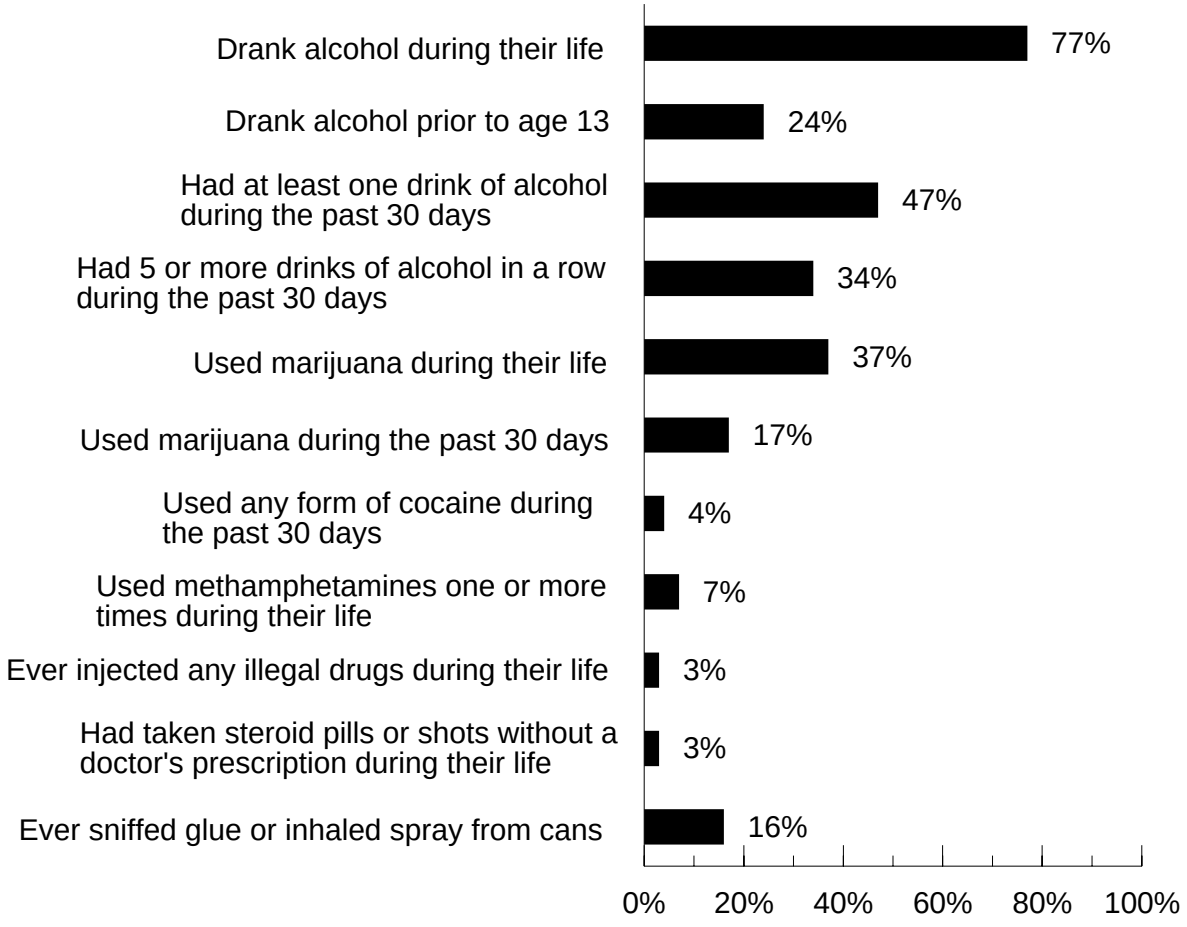
The chart below summarizes the reported risk behaviors associated with the use of alcohol and other drugs. Lifetime alcohol use was reported by 77% of the respondents. Twenty-four percent of the respondents drank alcohol prior to age 13. Almost one half of the respondents (47%) reported having at least one alcoholic drink during the past 30 days. Thirty-four percent of the respondents had 5 or more alcoholic drinks in a row during the past 30 days.

Marijuana was used at least once by 37% of the respondents. Seventeen percent of the respondents used marijuana during the past 30 days.

Cocaine use during the past 30 days was reported by 4% of the respondents. Seven percent of the respondents reported using methamphetamines. Illegal drugs were injected by 3% of the respondents. Three percent of the respondents reported using steroid pills or shots without a doctor's prescription. Sixteen percent of the respondents sniffed glue or inhaled sprays from cans during their lifetime.

Alcohol and Other Drug Use

Percentage of Respondents Who:



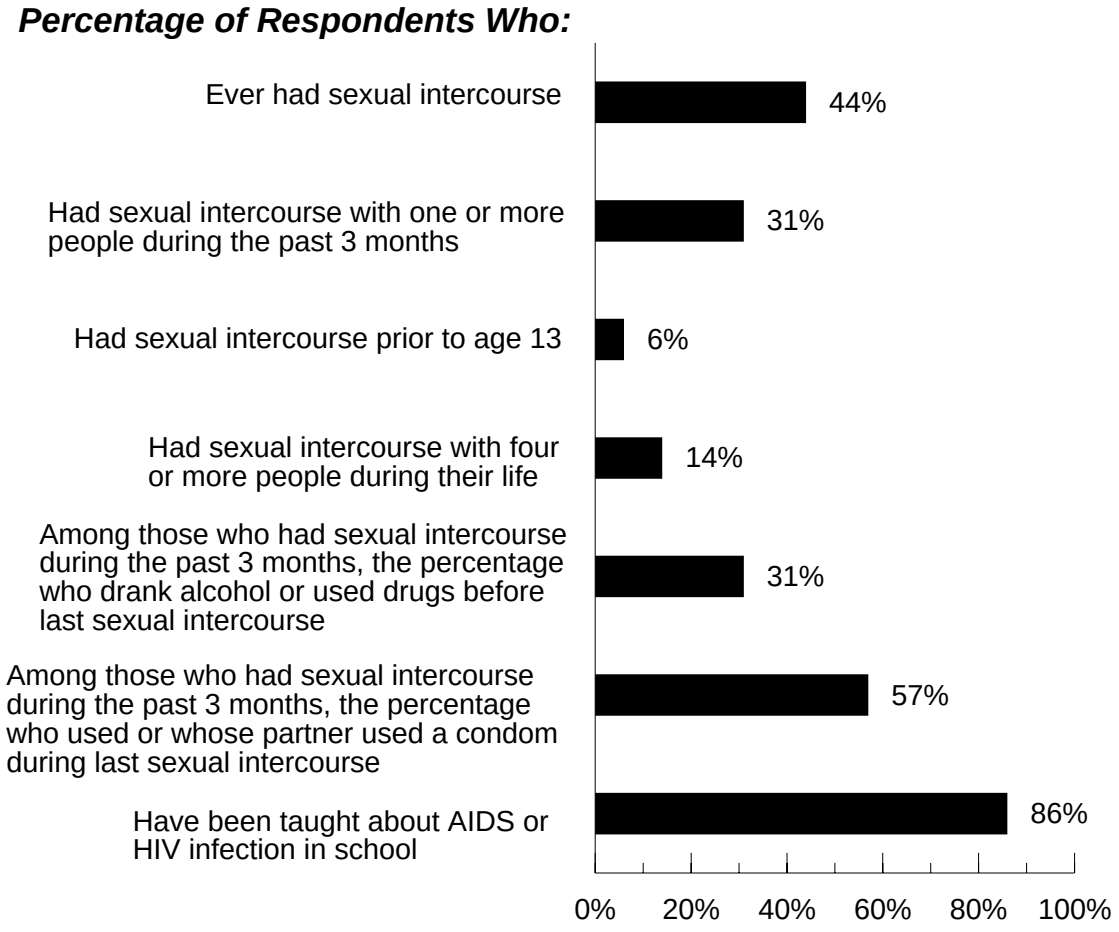
Summary of Sexual Behaviors that Result in HIV Infection, Other Sexually Transmitted Diseases, and Unintended Pregnancy

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

Of the respondents who reported having had sexual intercourse during the past 3 months, 31% used alcohol or other drugs prior to last sexual intercourse, and 57% reported condom use during last sexual intercourse.

Eighty-six percent of the respondents reported having been taught about AIDS or HIV infection in school.

Sexual Behaviors that Result in HIV Infection, Other Sexually Transmitted Diseases, and Unintended Pregnancies



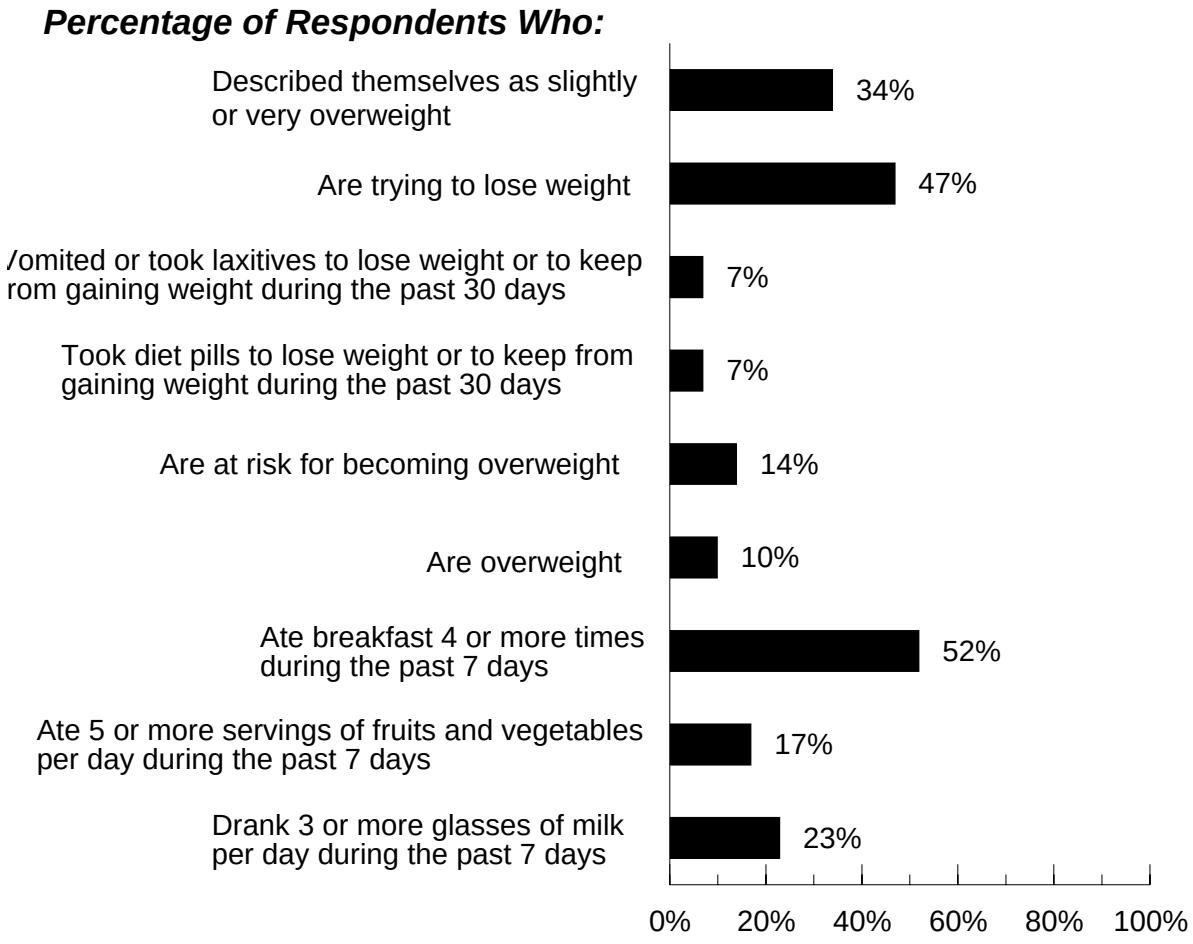
Summary of Dietary Behaviors

The reported risk behaviors associated with dietary intake are summarized in the chart below. Thirty-four percent of the respondents described themselves as slightly or very overweight. Forty-seven percent reported that they were trying to lose weight. Seven percent of the respondents had vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days. Seven percent of the respondents took diet pills to lose weight or to keep from gaining weight during the past 30 days.

Based on their reported height and weight measurements, 14% of the students are at risk for becoming overweight, and 10% are overweight.

Fifty-two percent of the respondents had eaten breakfast 4 or more times during the past 7 days. Seventeen percent of the respondents had eaten five or more servings of fruits and vegetables per day during the past 7 days. Twenty-three percent of the respondents had drank 3 or more glasses of milk per day during the past 7 days.

Dietary Behaviors



Summary of Physical Activity

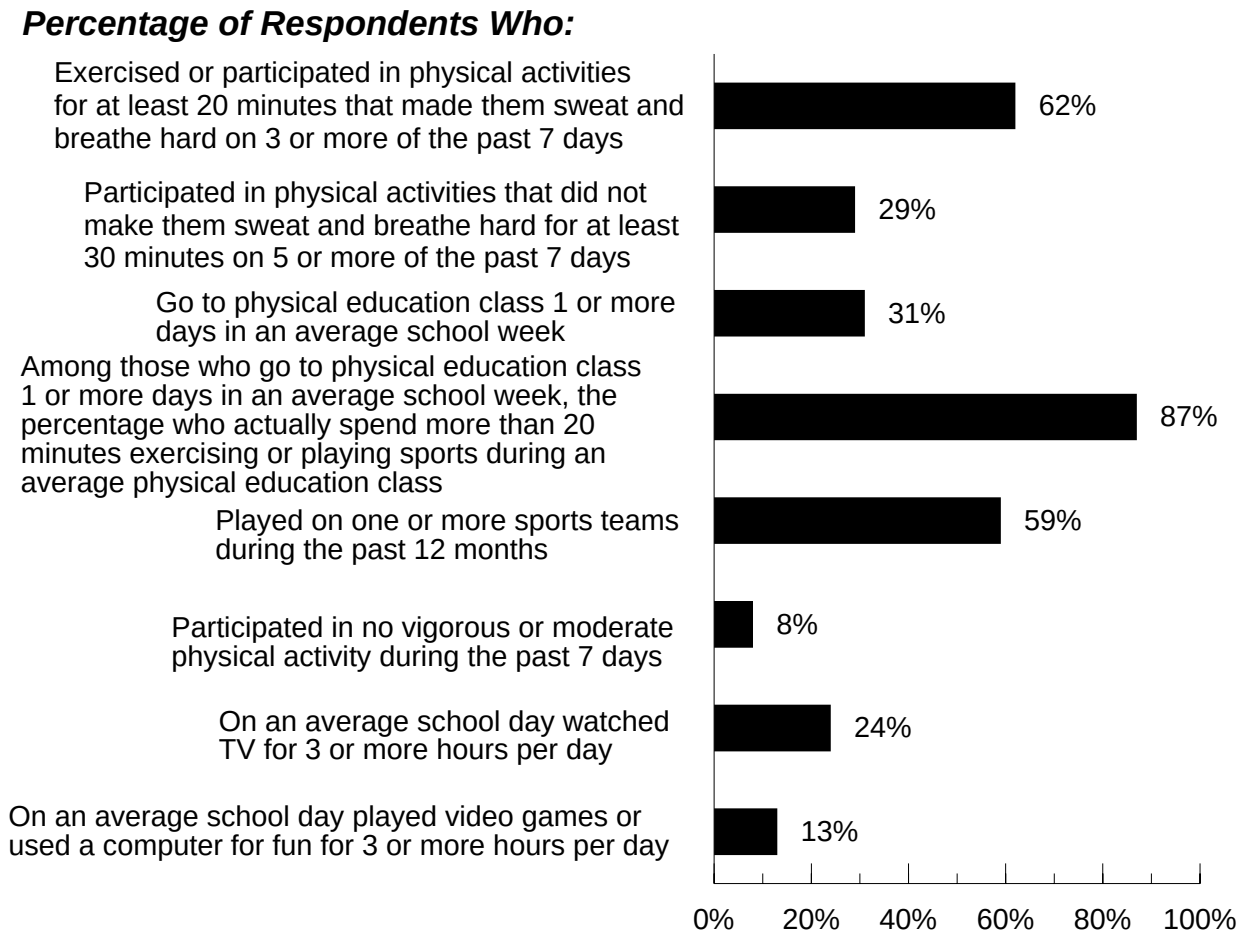
The chart below summarizes the reported risk behaviors associated with physical inactivity. Regarding the amount of physical activity in which they engaged, 62% of the respondents exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days. Twenty-nine percent of the respondents participated in physical activities that did not make them sweat and breathe hard for at least 30 minutes on 5 or more of the past 7 days.

Thirty-one percent of the respondents had at least one day of physical education class per week at school. Among those respondents who attended physical education classes, 87% reported spending more than 20 minutes actually exercising or playing sports during an average physical education class.

Participation on sports teams during the past 12 months was reported by 59% of the respondents. Eight percent of the respondents participated in no vigorous or moderate physical activity during the past 7 days.

On an average school day, 24% of the respondents watched 3 or more hours of television per day. Thirteen percent of the respondents played video games or used a computer for fun for 3 or more hours per day on an average school day.

Physical Activity



Behaviors that Result in Intentional and Unintentional Injuries and Violence

Question:

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

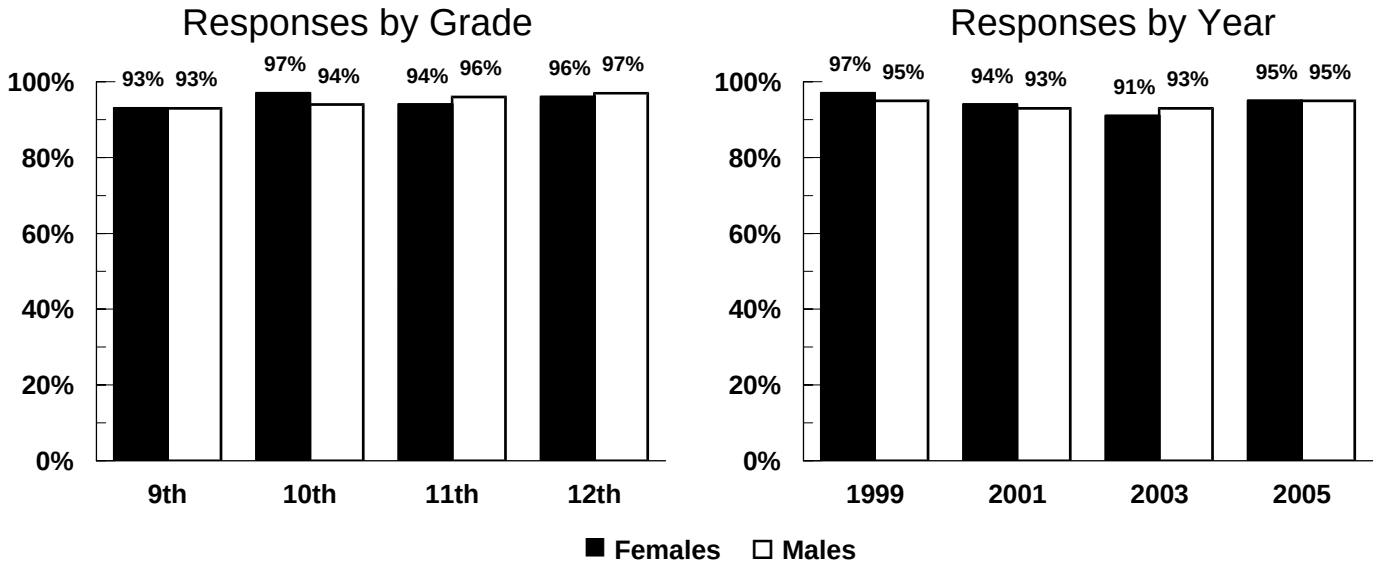
Rationale:

This question measures the frequency of helmet use while riding a bicycle. In 2000-2001, bicycle activities were the third leading type of sports and recreation-related activities in which 15-19 year old males were injured and treated at an emergency department.[1] Head injury is the leading cause of death in bicycle crashes, [2;3] and helmet use protects against head injury.[4;5] Estimates indicate bicycle helmets might prevent approximately 56% of bicycle related deaths,[6] 65%-88% of bicycle-related brain injuries, and 65% of serious (i.e., facial factures and lacerations seen in the emergency department) injuries to the upper and middle regions of the face.[7-9] In 2003, of the 62% of high school students who reported riding a bicycle in the previous 12 months, 86% of those students reported never or rarely wearing a bicycle helmet.[10]

Results:

Question 8

Of respondents who rode a bicycle during the past twelve months, the percentage who never or rarely wore a helmet = 95%



Behaviors that Result in Intentional and Unintentional Injuries and Violence

Questions:

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

10. How often do you wear a seat belt when driving a car?

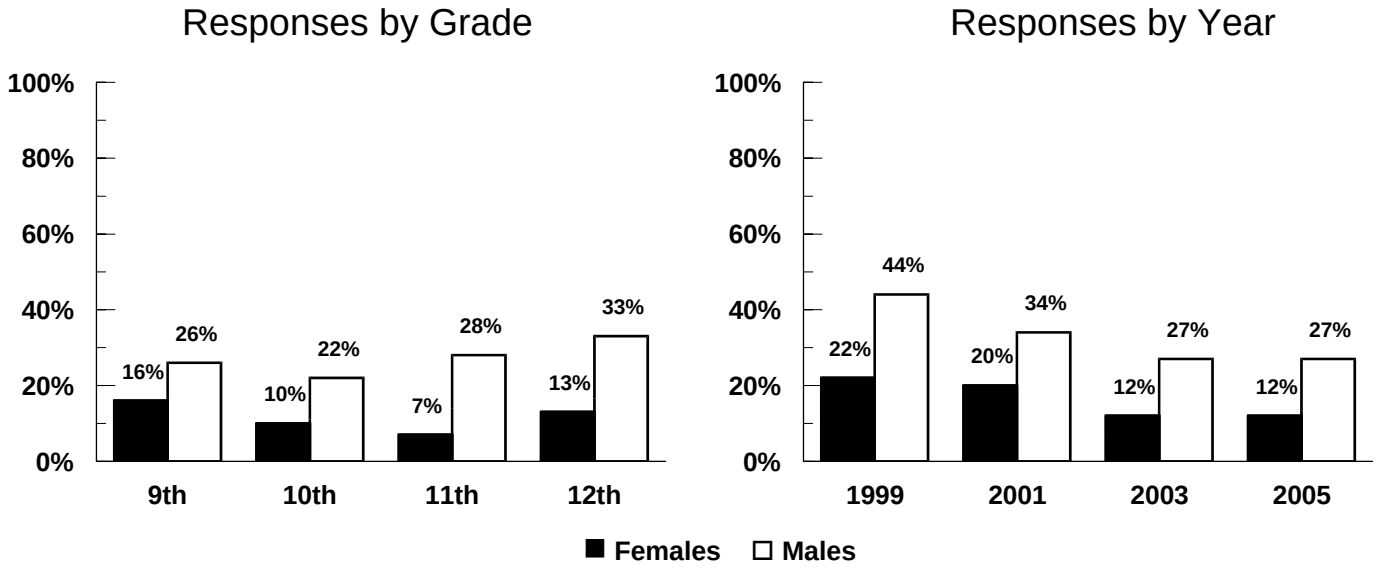
Rationale:

These questions measure the frequency with which seat belts are worn when riding in or driving a car. Motor-vehicle related injuries kill more young adults aged 15-19 years than any other single cause in the United States.[11] Proper use of lap and shoulder belts reduces the risk of fatal injury to front-seat passengers by 45% and the risk of moderate-to-critical injury by 50%.[12] In 2003, 18% of high school students reported rarely or never wearing a seat belt while riding in a car driven by someone else.[10]

Results: The results for Questions 9 and 10 are summarized on page 14.

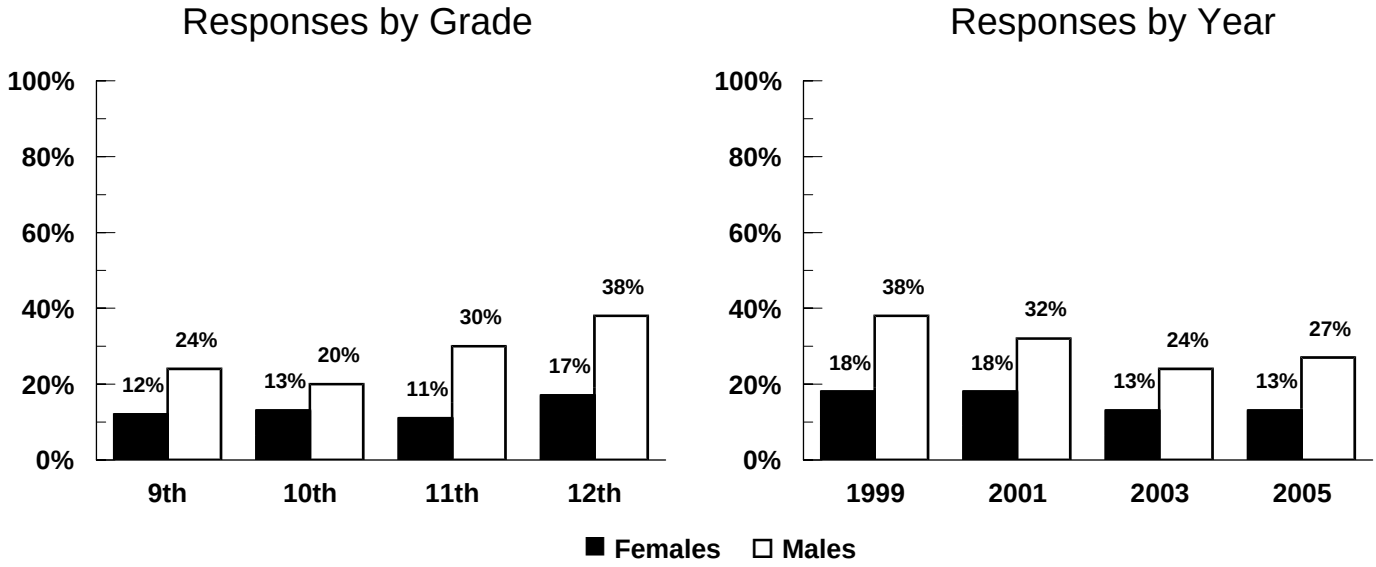
Question 9

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



Question 10

Of respondents who drove a car, the percentage who never or rarely wore a seatbelt = 20%



Behaviors that Result in Intentional and Unintentional Injuries and Violence

Questions:

11. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

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

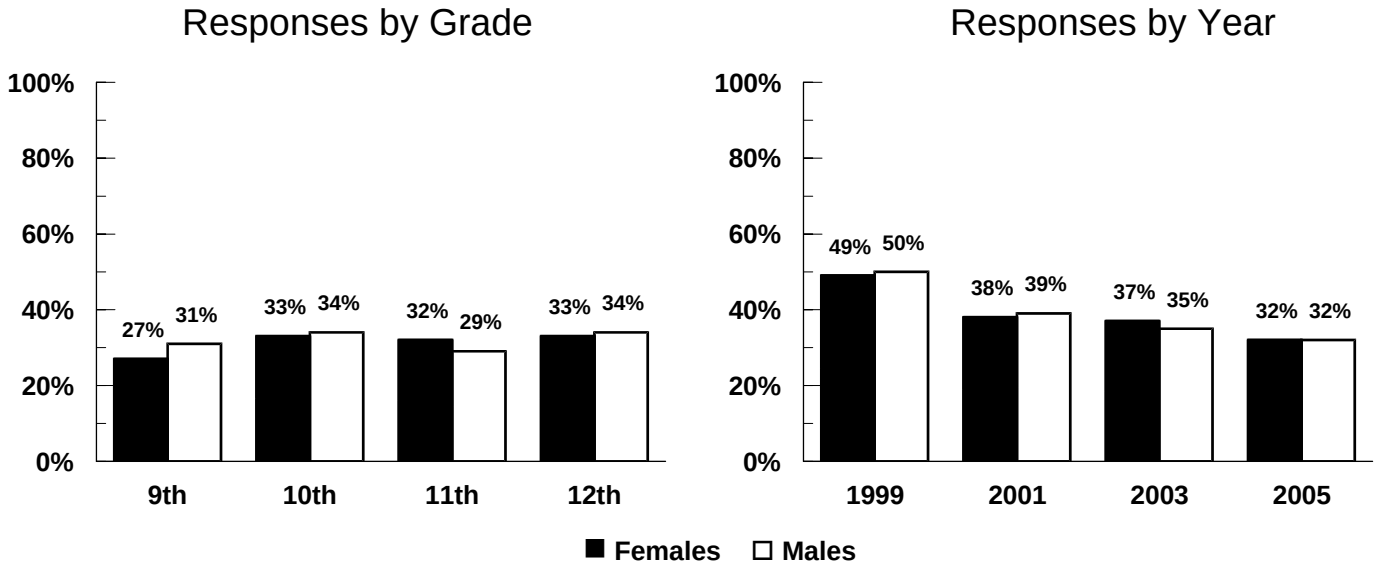
Rationale:

These questions measure the frequency with which high school students drove a motor vehicle while under the influence of alcohol or rode as a passenger in a motor vehicle operated by someone who was under the influence of alcohol. In 2000, 5% of 15-20 year old drivers who were involved in crashes that resulted in injuries had been drinking alcohol. In addition, 22% of 15-20 year old drivers involved in fatal crashes also had been drinking alcohol.[14] Alcohol use is associated with 20% of fatalities among those less than 15 years old.[15] In 2003, 12% of high school students nationwide reported having driven a vehicle one or more times after drinking alcohol in the past 30 days. In 2003, 30% of high school students reported riding on one or more occasions in the past 30 days in a car with a driver who had been drinking alcohol.[10]

Results: The results for Questions 11 and 12 are summarized on page 16.

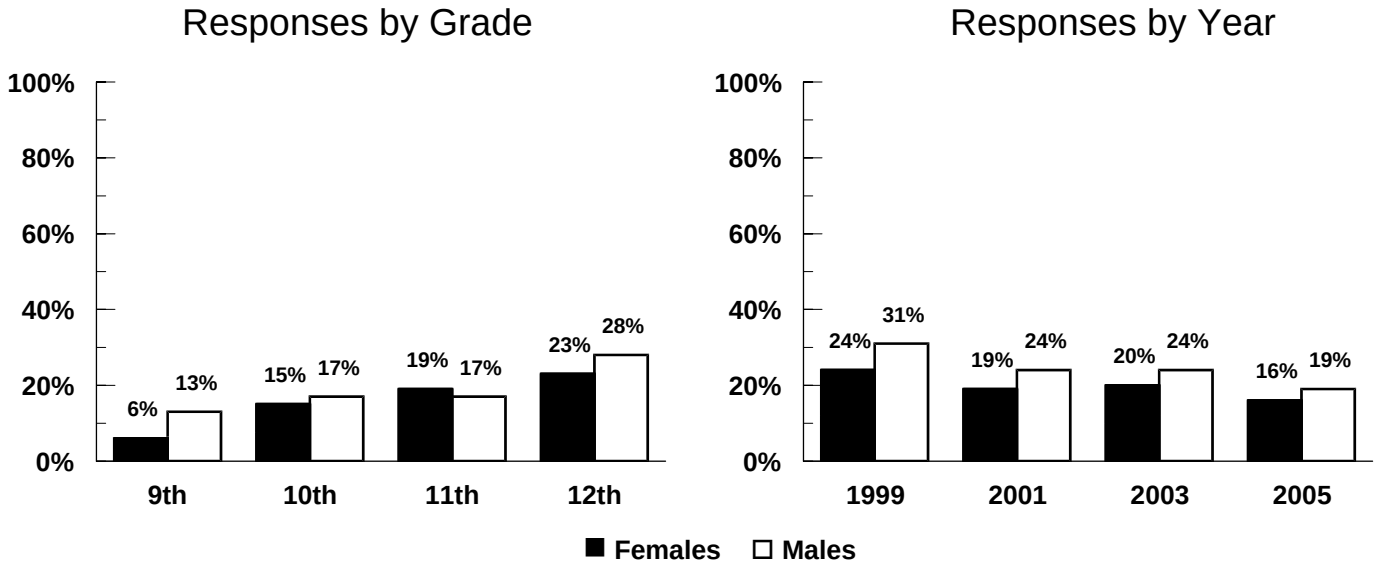
Question 11

Percentage of respondents who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol = 32%



Question 12

Percentage of respondents who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol = 17%



Behaviors that Result in Intentional and Unintentional Injuries and Violence

Questions:

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

14. 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?

15. 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?

16. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

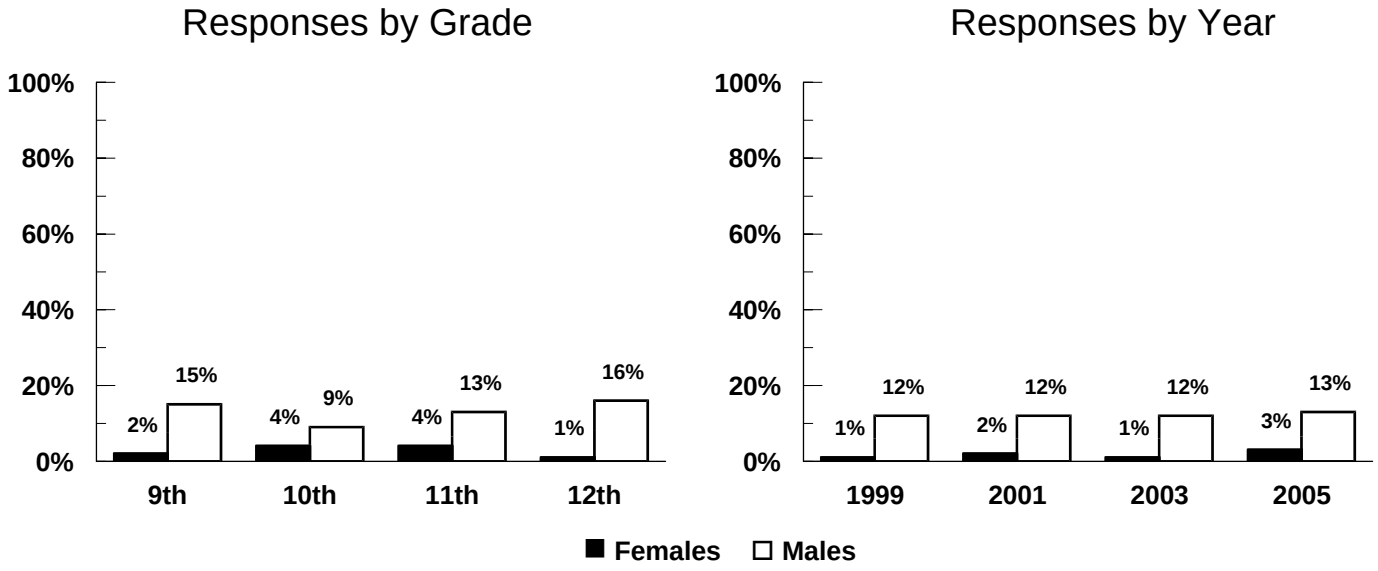
Rationale:

These questions measure violence-related behaviors and school-related violent behaviors. Approximately 9 of 10 homicide victims in the United States are killed with a weapon, such as a gun, knife, or club.[16] Homicide is the second leading cause of death among all youth aged 15-19 years (9.4 per 100,000) and is the leading cause of death among black youth aged 15-19 years (32.7 per 100,000).[11] Firearms intensify violence and increase the likelihood of fatality in a conflict.[17] In 2001, 83% of homicide victims 15 to 19 years old were killed with firearms.[11] Of all violent deaths that occurred on school property between 1994 and 1999, 75% involved firearms.[16] In 2003, 6% of high school students reported carrying a gun.[10] Nearly 100% of school districts have a policy prohibiting weapon possession or use by high school students on school property.[18] A significant decrease occurred in weapon carrying (e.g. a gun, knife, or club) among high school students on school property from 1993 to 2003 (12%-6%). In 2003, 5% of high school students felt unsafe at school or traveling to or from school.[10] In 2001, about 1.2 million thefts of student property occurred at school.[19]

Results: The results for Questions 13 - 16 are summarized on pages 18 and 19.

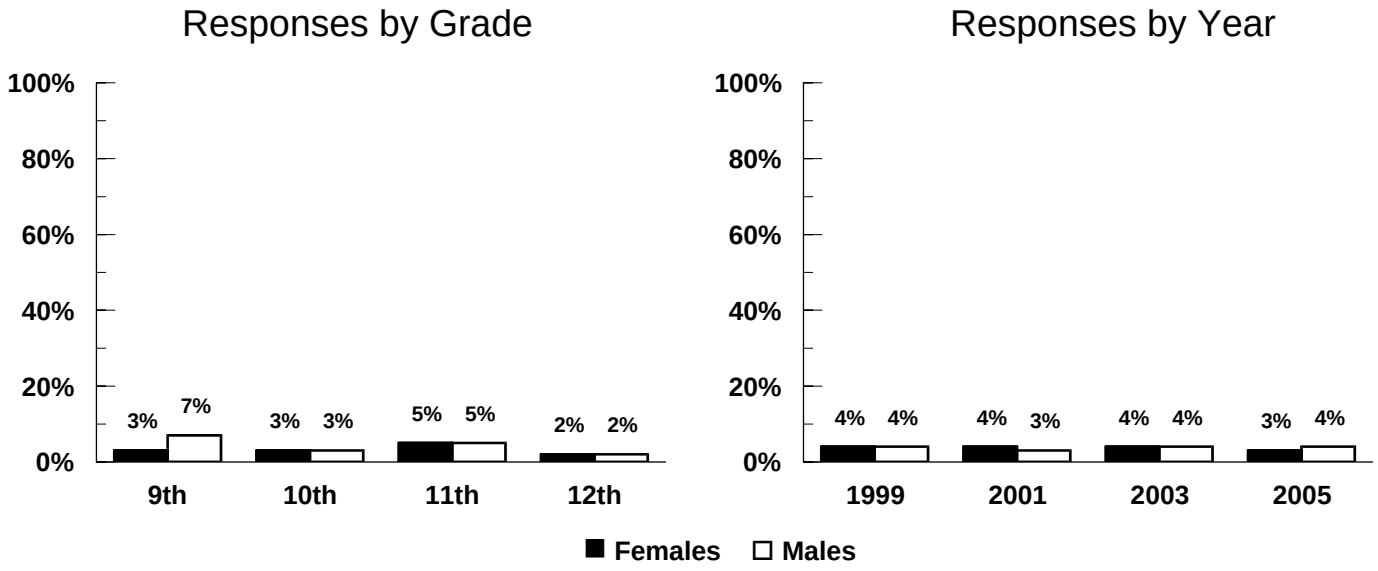
Question 13

Percentage of respondents who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days = 8%



Question 14

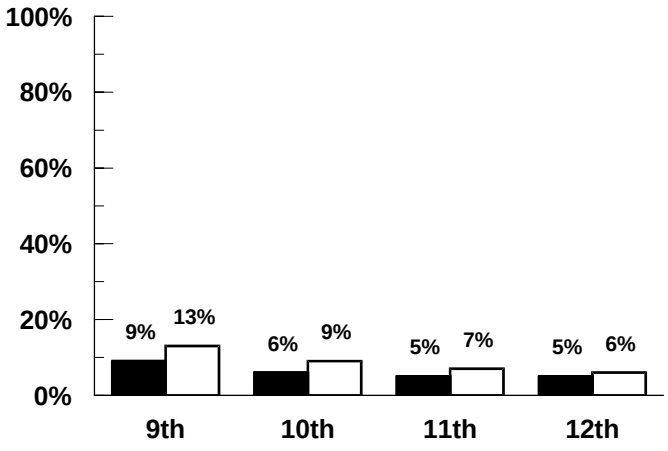
Percentage of respondents who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school = 4%



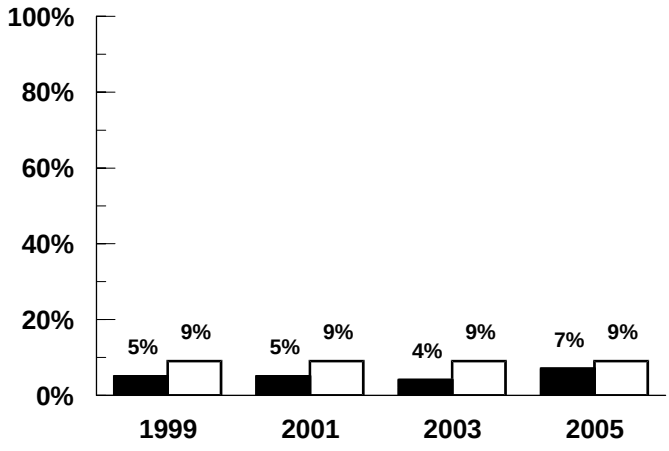
Question 15

Percentage of respondents who have been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months = 8%

Responses by Grade



Responses by Year

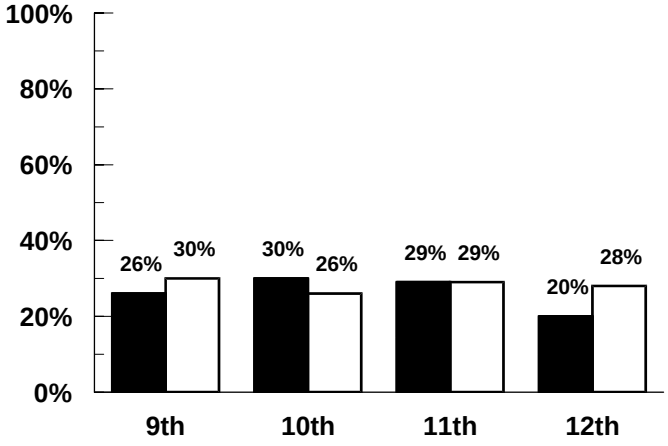


■ Females □ Males

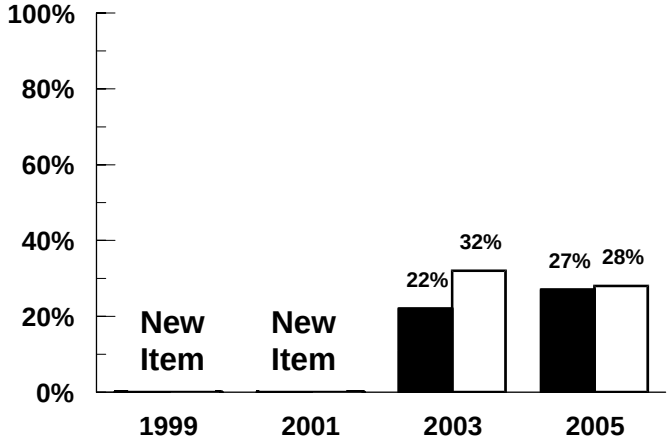
Question 16

Percentage of respondents who had property, such as their car, clothing, or books, stolen or deliberately damaged on school property one or more times during the past 12 months = 27%

Responses by Grade



Responses by Year



■ Females □ Males

Behaviors that Result in Intentional and Unintentional Injuries and Violence

Questions:

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

18. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

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

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

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

22. During your whole school life, has anyone (this includes students, teachers, other school employees, and anyone else) ever touched, grabbed or pinched you in a sexual way when you did not want them to?

23. During your whole school life, has anyone (this includes students, teachers, other school employees, and anyone else) ever made sexual comments, jokes, gestures, or looks when you did not want them to?

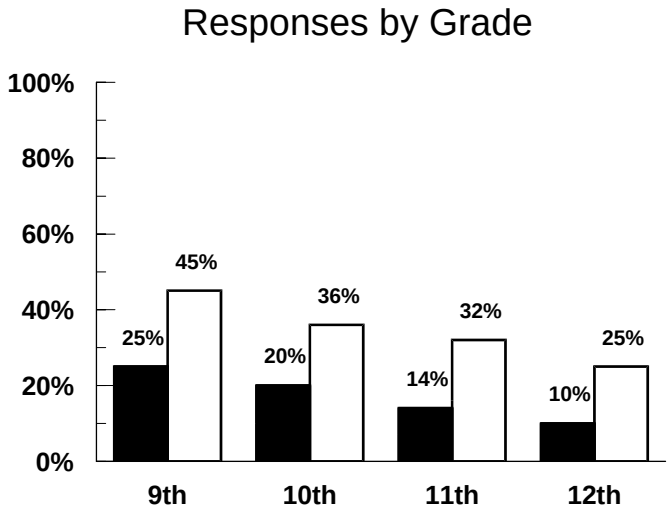
Rationale:

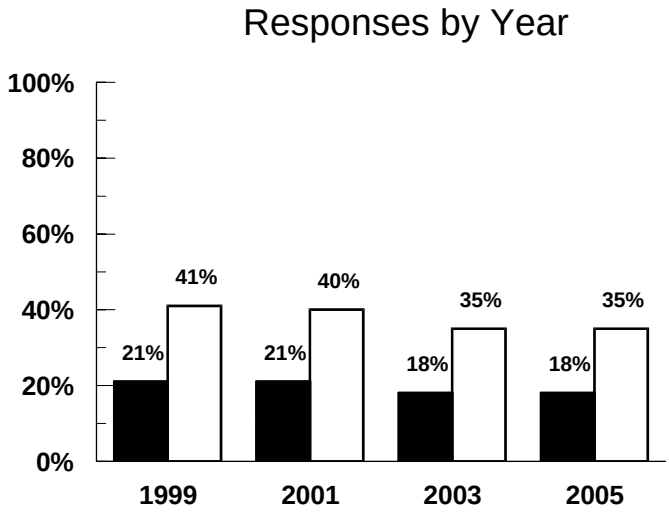
These questions measure the frequency and severity of physical fights, school-related fights, and abusive behavior. Physical fighting is an antecedent for many fatal and nonfatal injuries.[20] In 2003, 33% of high school students reported that they had been in a physical fight anywhere and 13% had been in a physical fight on school property.[10] Forced sexual intercourse has been associated with poorer physical[21] and mental health among women.[21;22] In 2003, 9% of high school students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend on one or more occasions in the past year, and 9% percent ever experienced forced sex.[10]

Results: The results for Questions 17 - 23 are summarized on pages 21 - 24.

Question 17

Percentage of respondents who were in a physical fight one or more times during the past 12 months = 26%

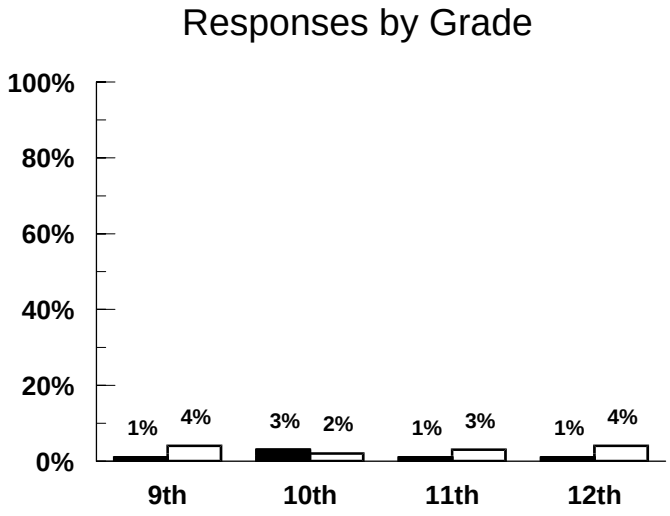


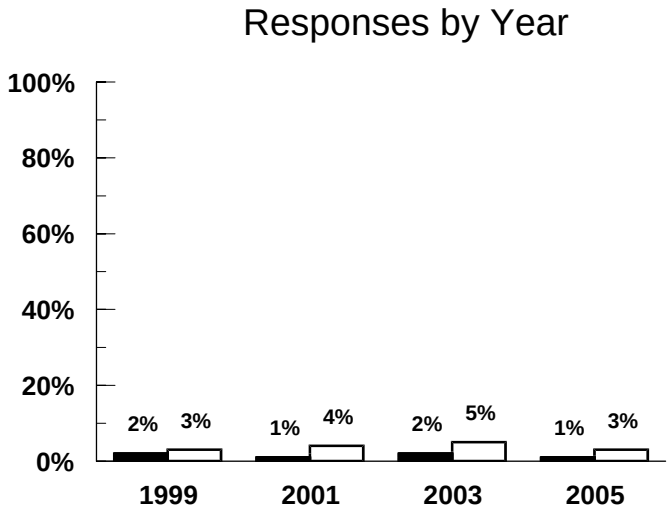


■ Females □ Males

Question 18

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

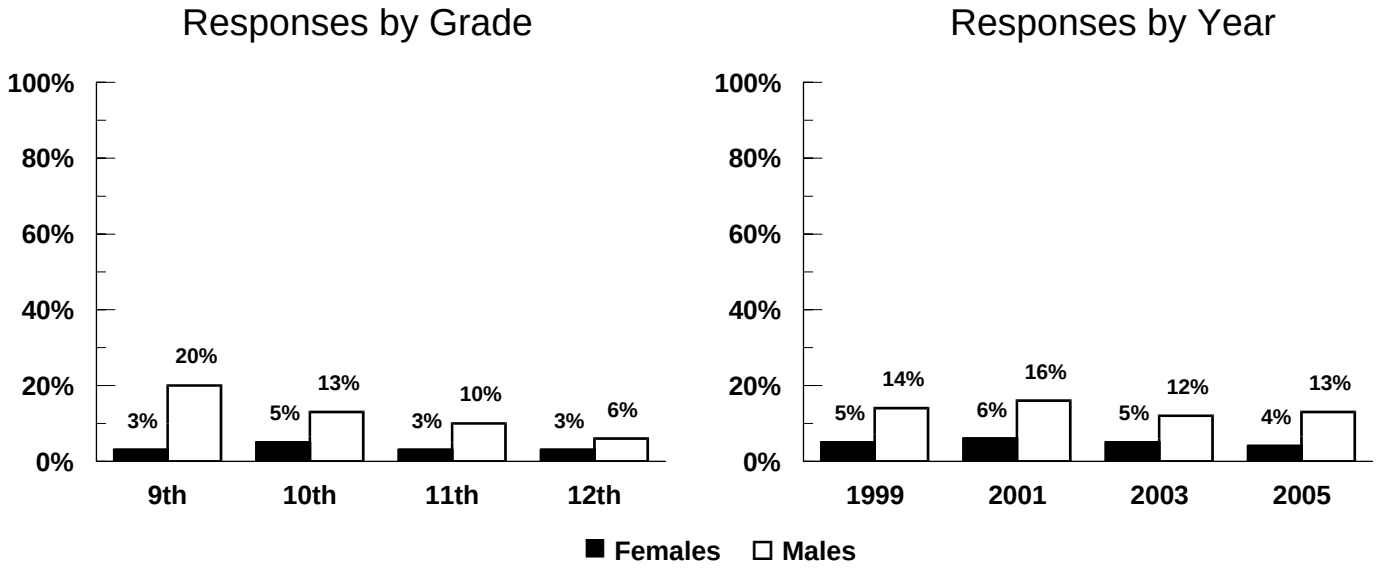




■ Females □ Males

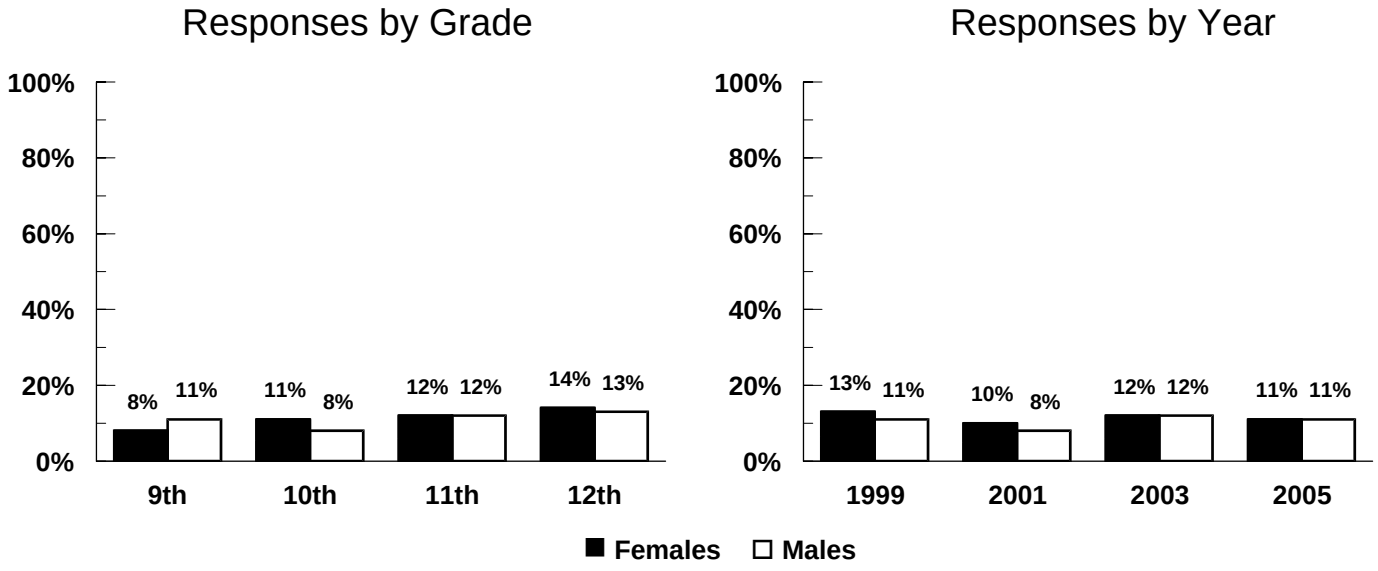
Question 19

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



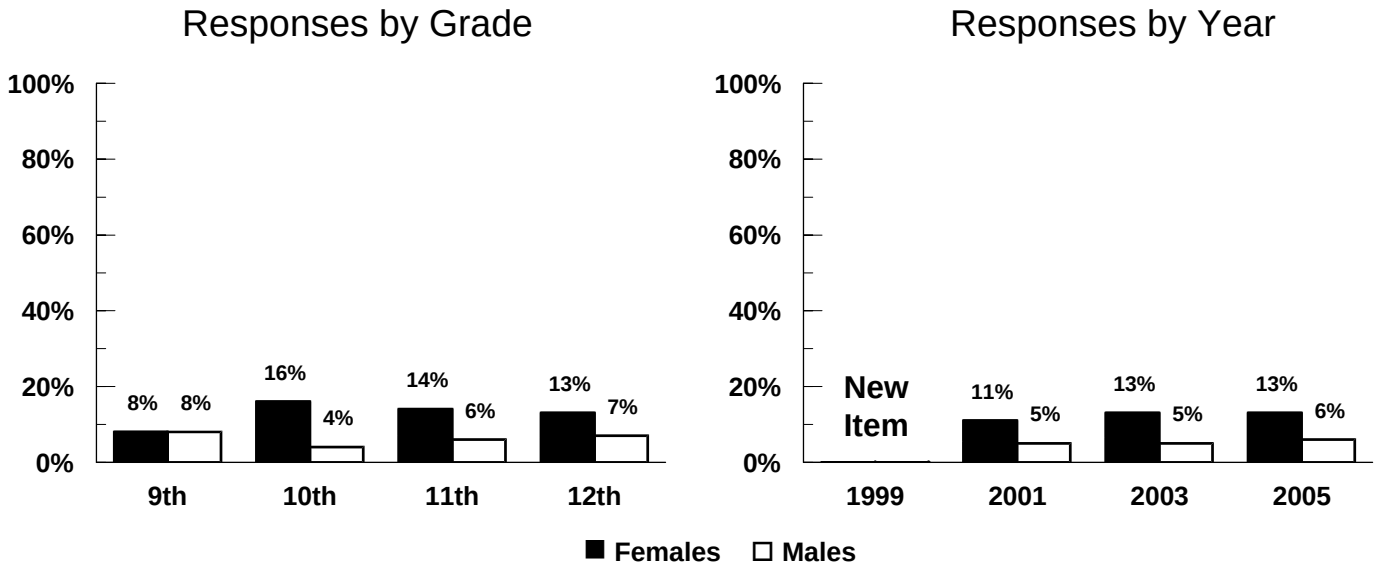
Question 20

Percentage of respondents who during the past 12 months were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend = 11%



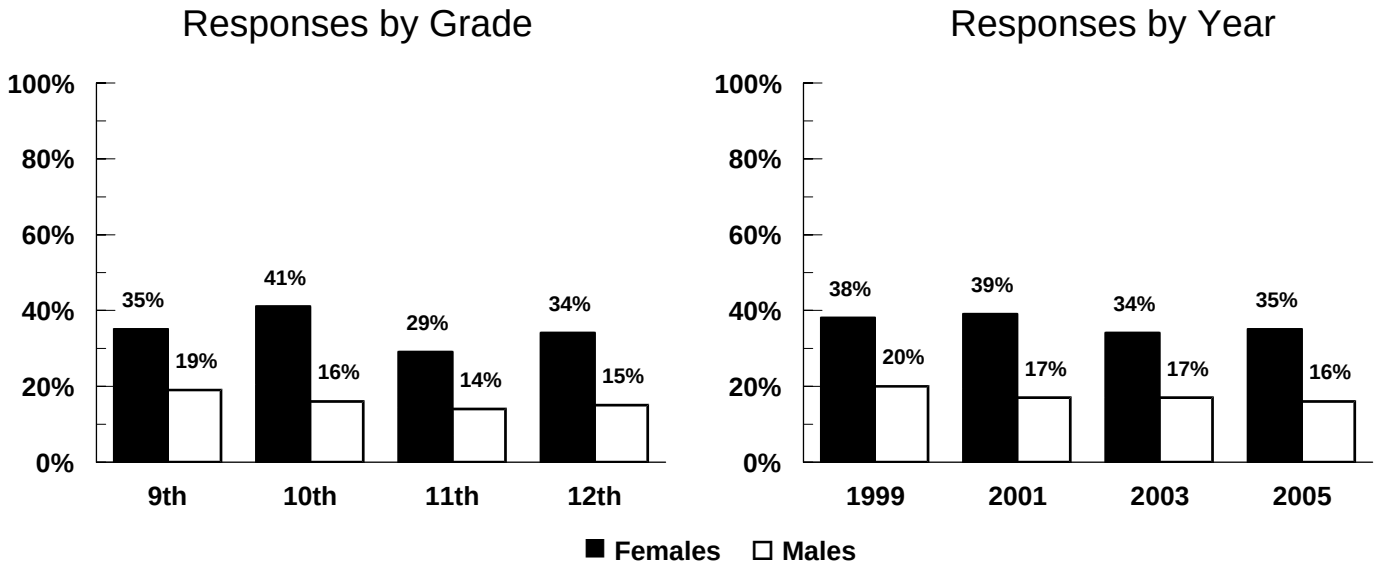
Question 21

Percentage of respondents who were ever physically forced to have sexual intercourse when they did not want to = 9%



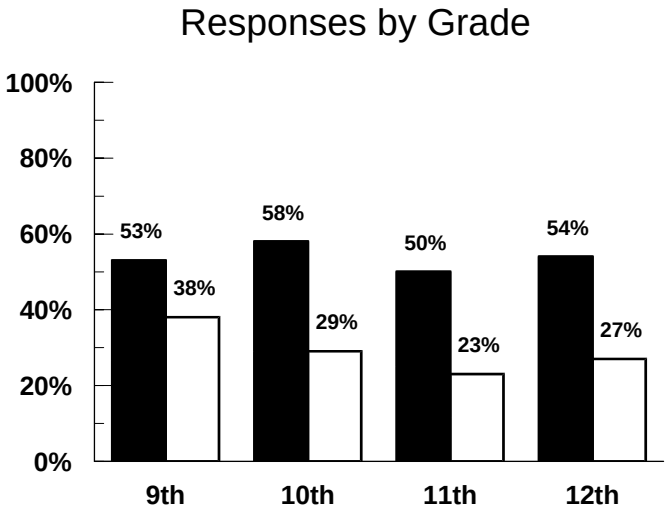
Question 22

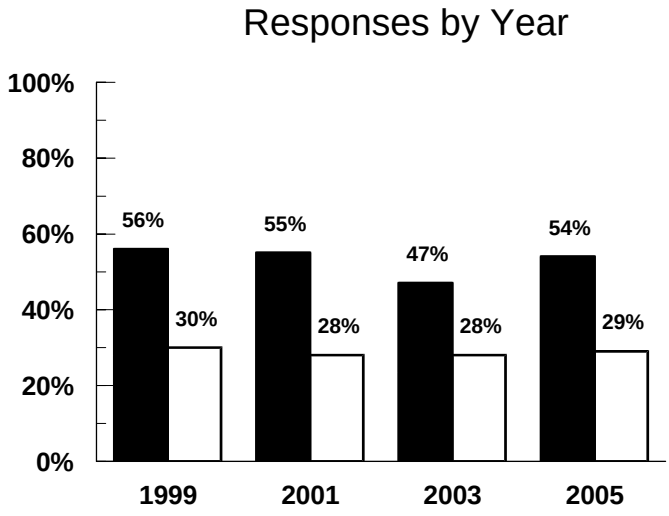
Percentage of respondents who, during their whole school life, had been touched, grabbed, or pinched in a sexual way by anyone when they didn't want them to = 26%



Question 23

Percentage of respondents who, during their whole school life, had anyone make sexual comments, jokes, gestures, or looks when they did not want them to = 42%





■ Females □ Males

Behaviors that Result in Intentional and Unintentional Injuries and Violence

Questions:

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

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

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

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

28. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

29. Suppose a friend wanted help for suicidal thoughts. Who would you recommend first?

Rationale:

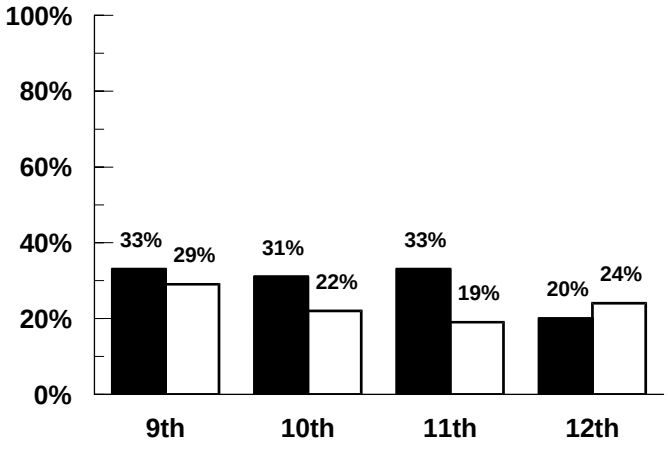
These questions measure sadness, suicide ideation, attempted suicides, and the seriousness of those attempts. Suicide is the third leading cause of death among youth aged 15-19.[11] The suicide rate for persons aged 15-19 was 7.9 per 100,000 in 2001 down from a high of 10.9 per 100,000 in 1994.[11] In 2003, 17% of high school students had made a specific plan to attempt suicide and 9% had attempted suicide one or more times in the past year. From 1991 to 2003, the percentage of high school students who seriously considered attempting suicide decreased significantly from 29% to 17%.[10]

Results: The results for Questions 24 - 29 are summarized on pages 26 - 28.

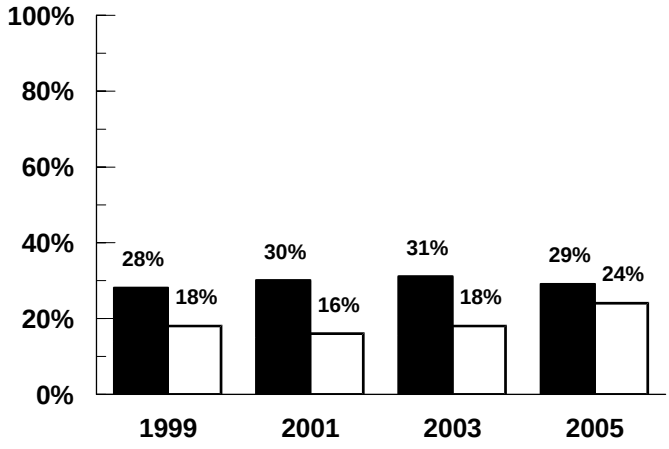
Question 24

Percentage of respondents who during the past 12 months felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities = 26%

Responses by Grade



Responses by Year

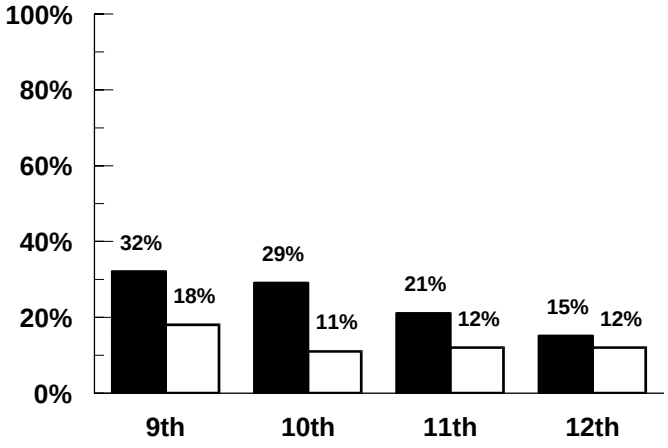


■ Females □ Males

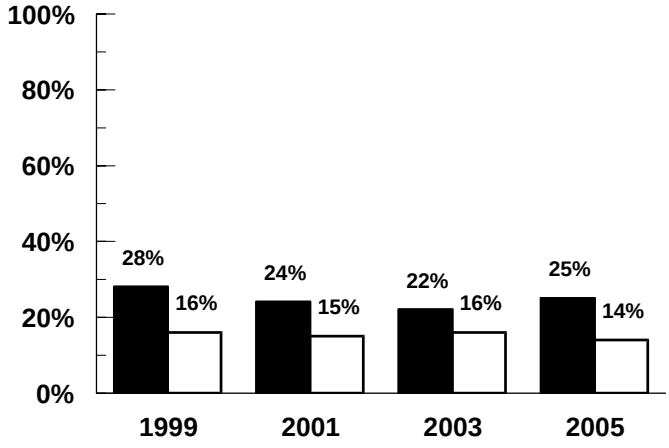
Question 25

Percentage of respondents who ever seriously considered attempting suicide during the past 12 months = 19%

Responses by Grade



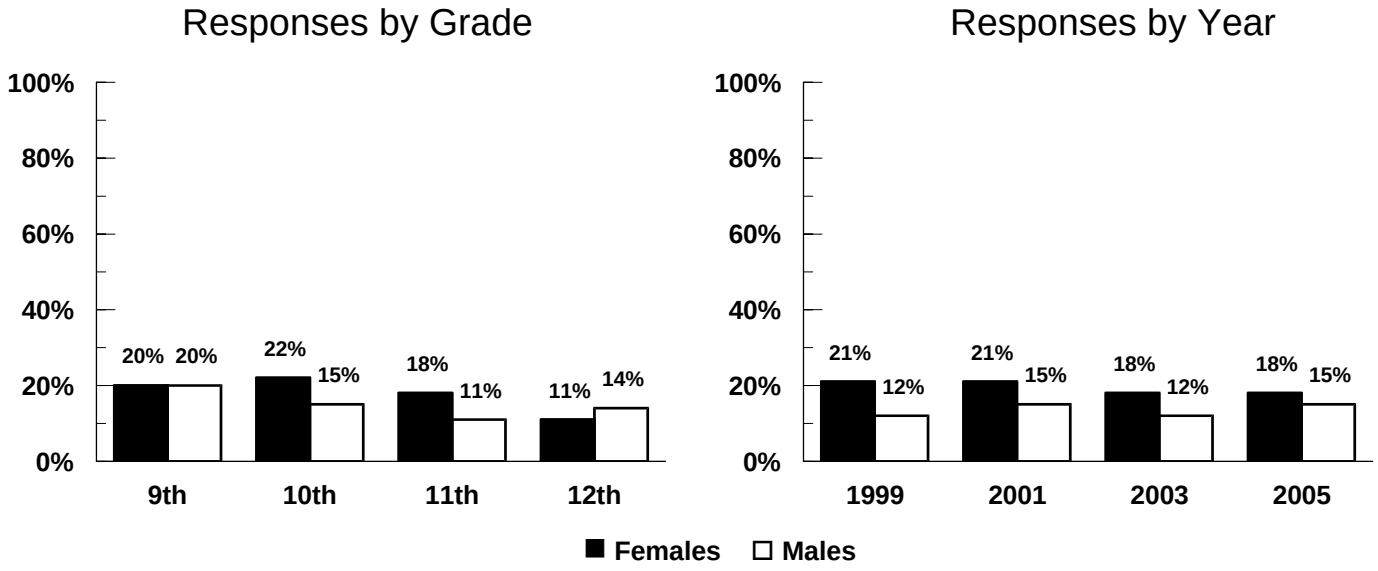
Responses by Year



■ Females □ Males

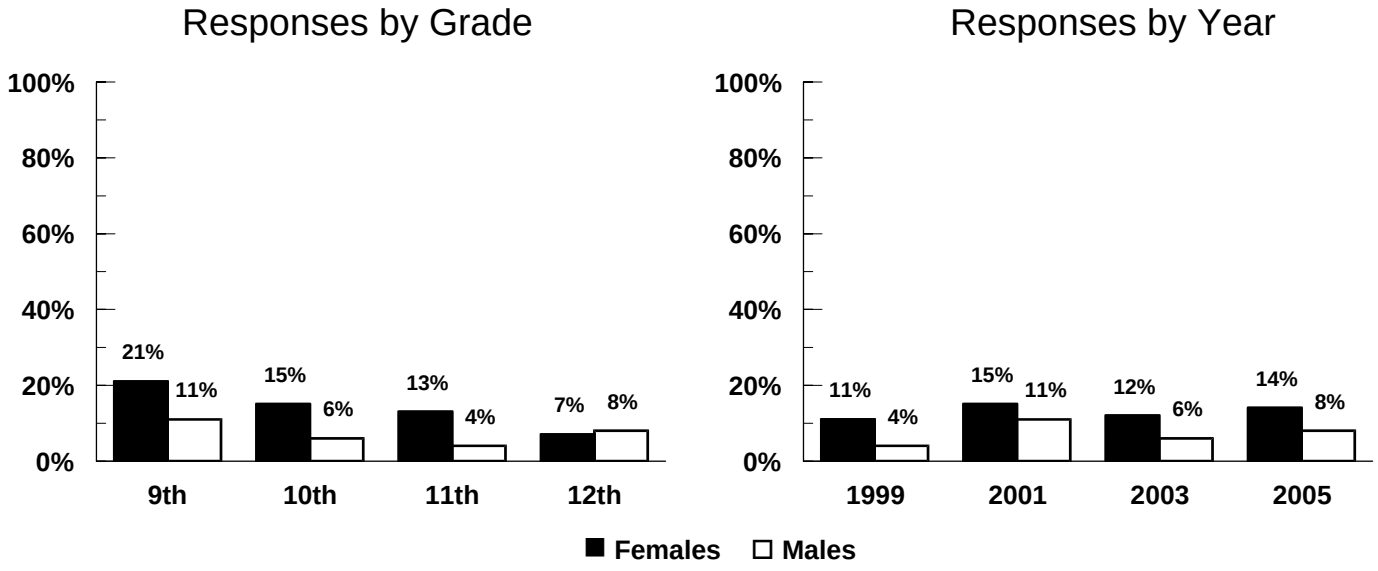
Question 26

Percentage of respondents who made a plan about how they would attempt suicide during the past 12 months = 16%



Question 27

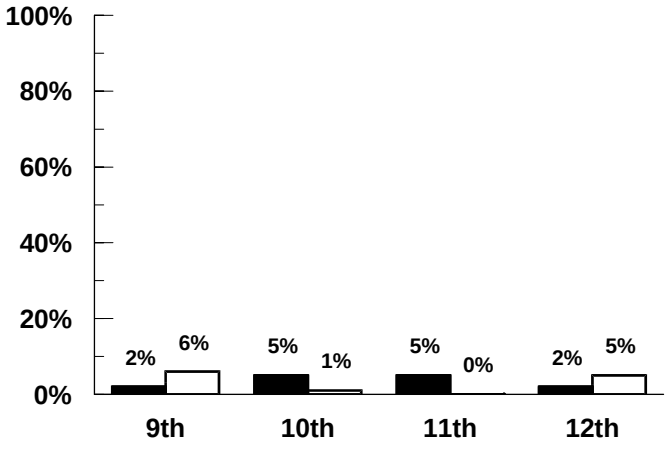
Percentage of respondents who actually attempted suicide one or more times during the past 12 months = 11%



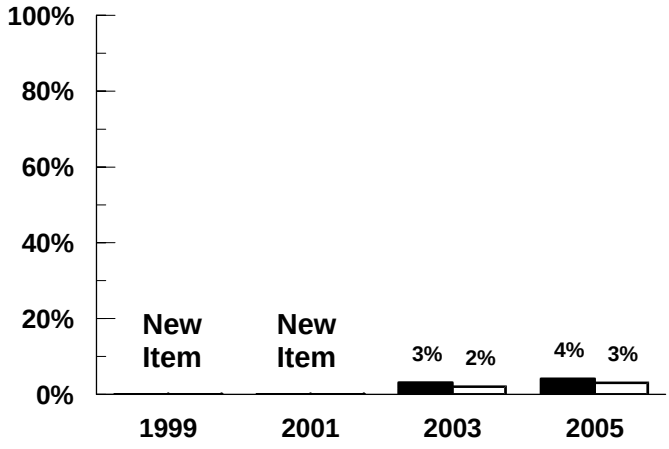
Question 28

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

Responses by Grade



Responses by Year

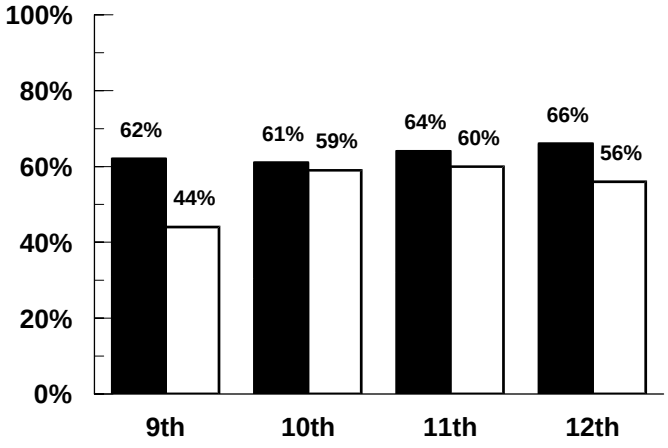


■ Females □ Males

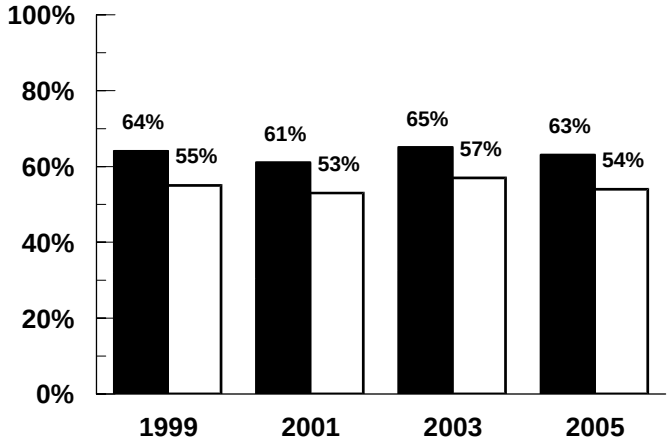
Question 29

Percentage of respondents who would first recommend family, friends, or peer helpers or a school counselor, school nurse, school psychologist, or school social worker to a friend who wanted help with suicidal thoughts = 59%

Responses by Grade



Responses by Year



■ Females □ Males

Tobacco Use

Questions:

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

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

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

33. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

34. During the past 30 days, how did you usually get your own cigarettes?

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

36. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

37. Do you want to stop smoking cigarettes?

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

39. How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

40. Do you think you will be smoking cigarettes 5 years from now?

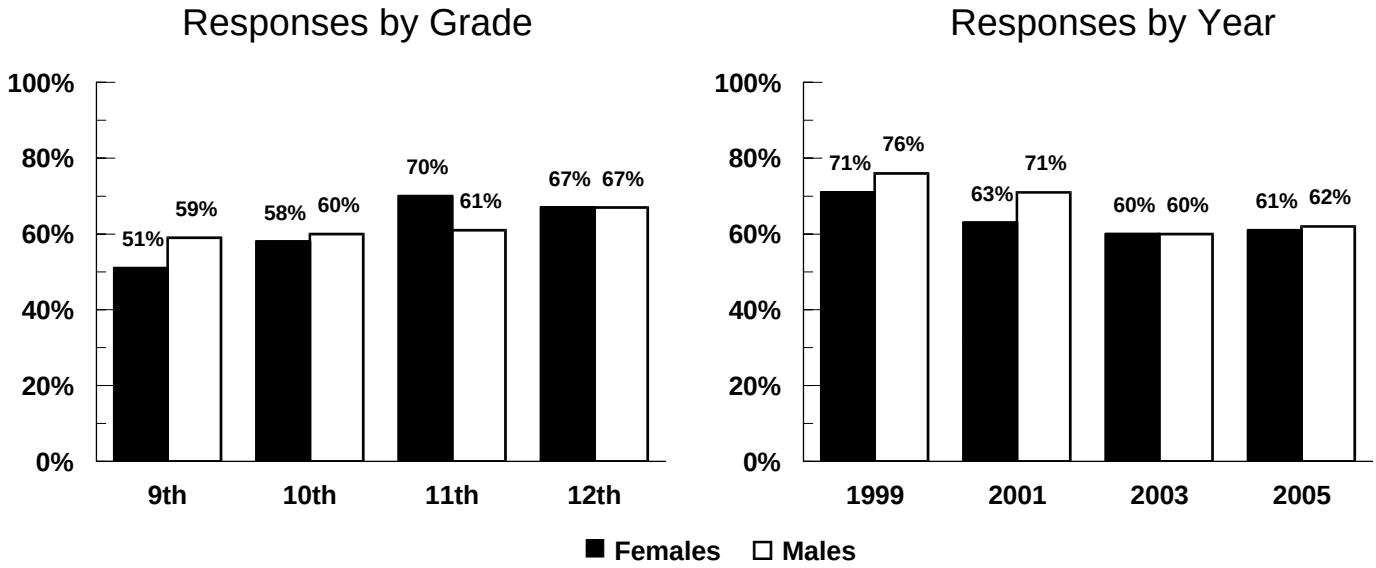
Rationale:

These questions measure lifetime and current smoking patterns, age of initiation, access to cigarettes, smoking on school property, and attempts to quit smoking. Tobacco use is considered the chief preventable cause of death in the United States[23] with 18% of all deaths attributable to tobacco use.[24] Cigarette smoking increases risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.[23] In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in a physical fight, carry a weapon, and attempt suicide.[25] If current patterns of smoking behavior persist, an estimated 6.4 million U.S. persons who were under the age of 18 in 2000 could die prematurely from smoking-related illnesses.[26] Approximately 46% of school districts in the United State prohibit tobacco use by students, staff, and visitors in buildings, on all school property, in school vehicles, and during school events on or off campus.[27] In 2003, 8% of high school students reported smoking cigarettes in the last month on school property. The percentage of high school students who ever smoked cigarettes was steady from 1991-1999 (70%) and then decreased significantly from 70% in 1999 to 58% in 2003. Current cigarette use among high school students increased significantly from 1991 (28%) to 1997 (36%) and then decreased by 2003 to 22%.[10]

Results: The results for Questions 30 - 40 are summarized on pages 30 - 35.

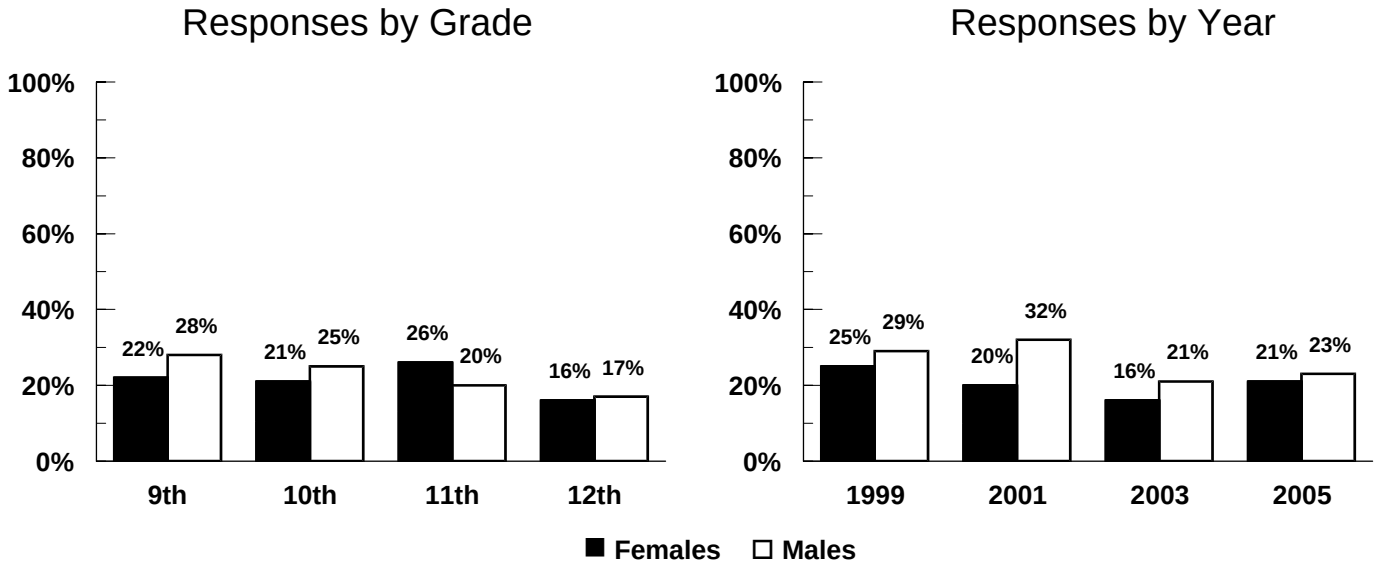
Question 30

Percentage of respondents who ever tried cigarette smoking, even one or two puffs = 61%



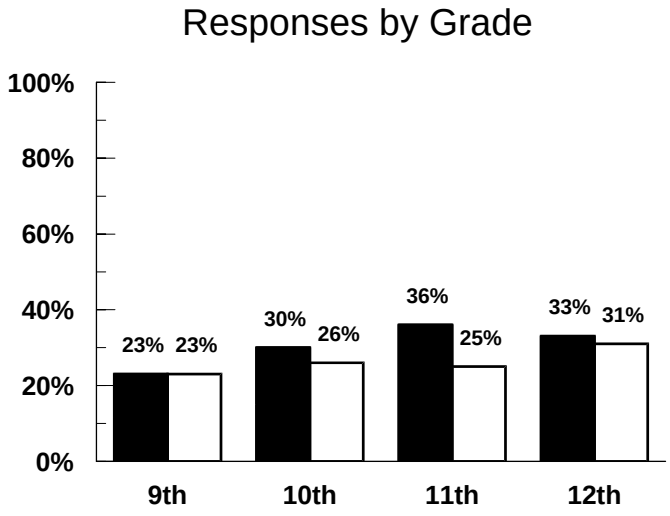
Question 31

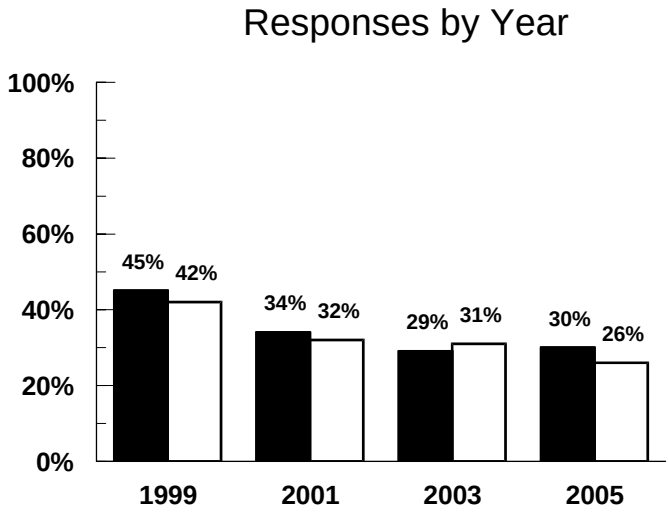
Percentage of respondents who smoked a whole cigarette for the first time prior to age 13 = 22%



Question 32

Percentage of respondents who smoked cigarettes on one or more of the past 30 days = 28%

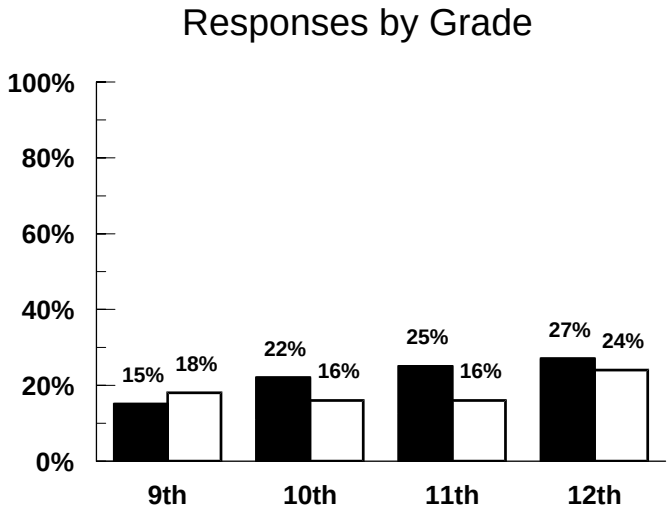


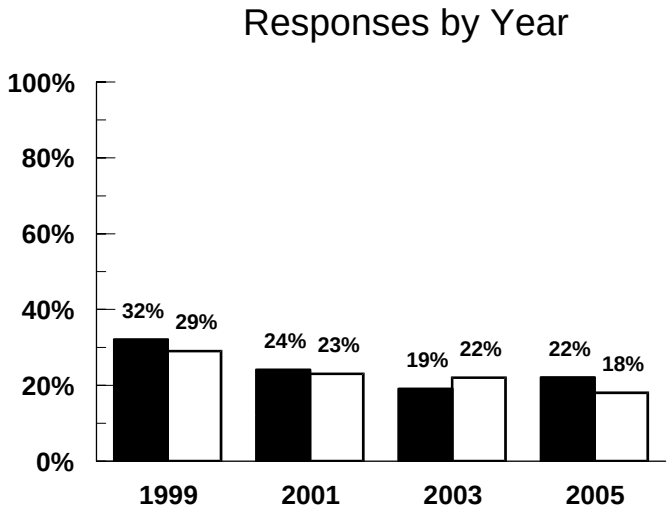


■ Females □ Males

Question 33

Percentage of respondents who smoked 2 or more cigarettes per day on the days they smoked = 20%



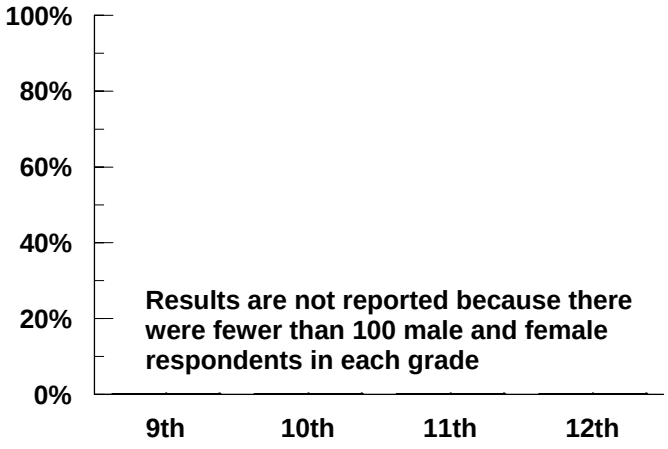


■ Females □ Males

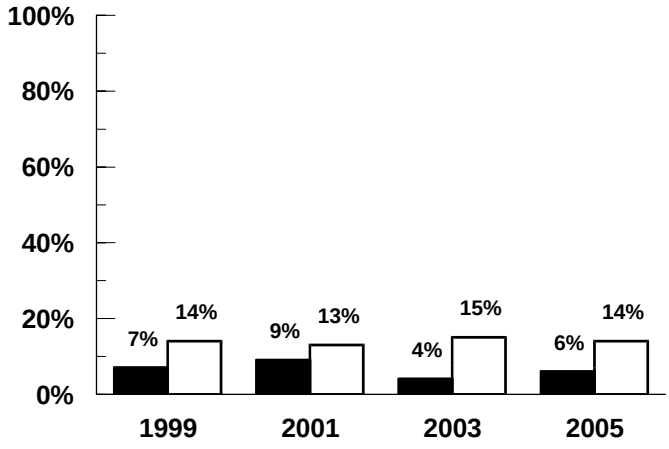
Question 34

Of respondents less than 18 years old age who smoked cigarettes during the past 30 days, the percentage who bought their own cigarettes in a store such as a convenience store, supermarket, discount store, or gas station = 10%

Responses by Grade



Responses by Year

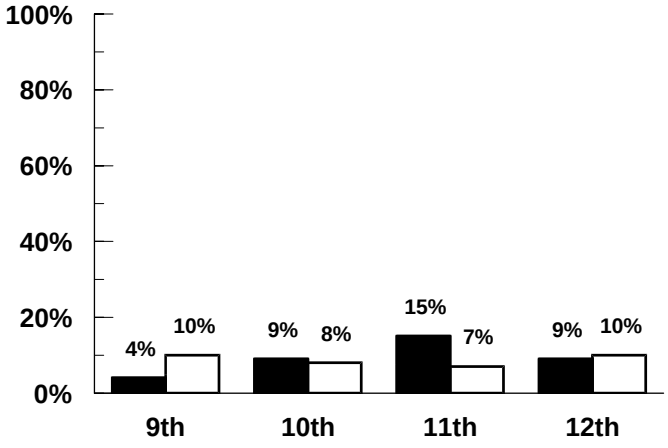


■ Females □ Males

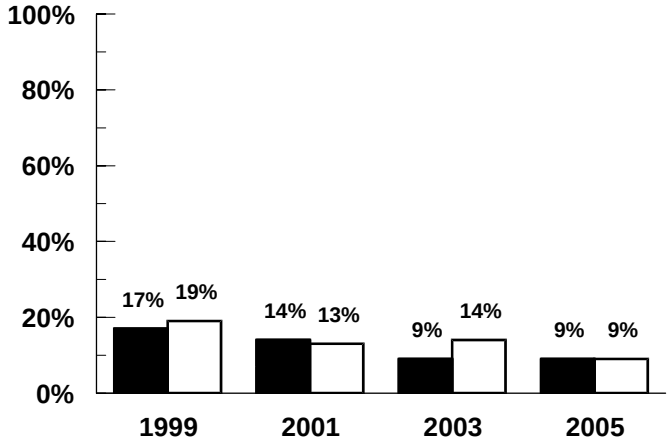
Question 35

Percentage of respondents who smoked cigarettes on school property on one or more of the past 30 days = 9%

Responses by Grade



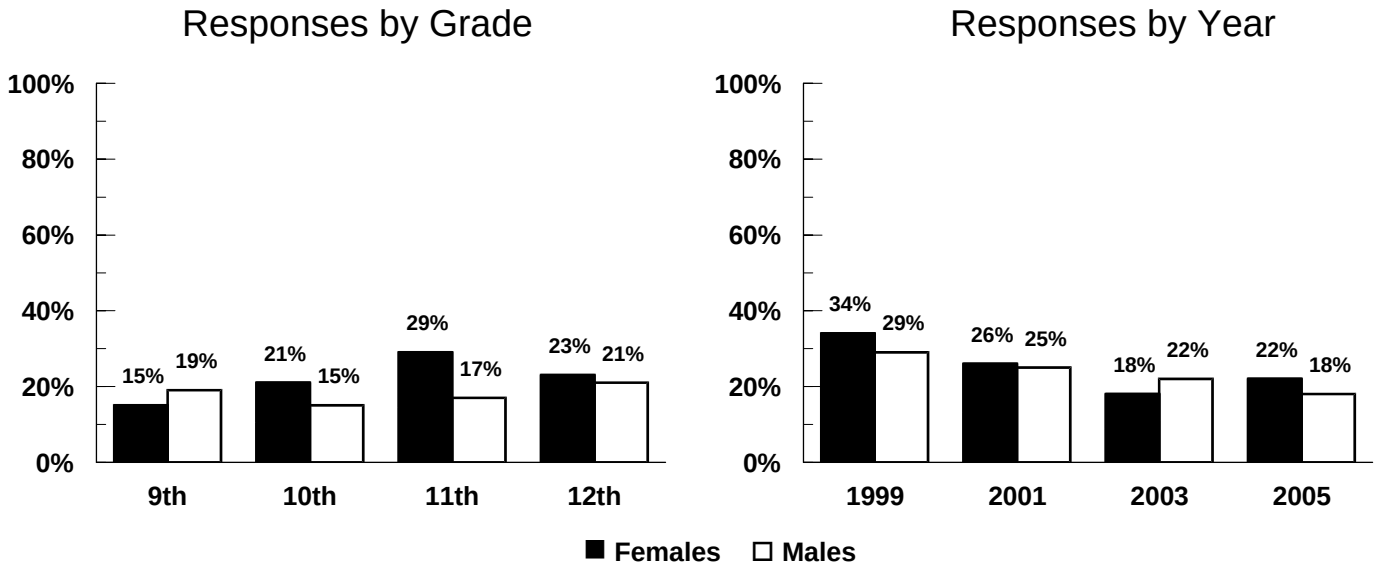
Responses by Year



■ Females □ Males

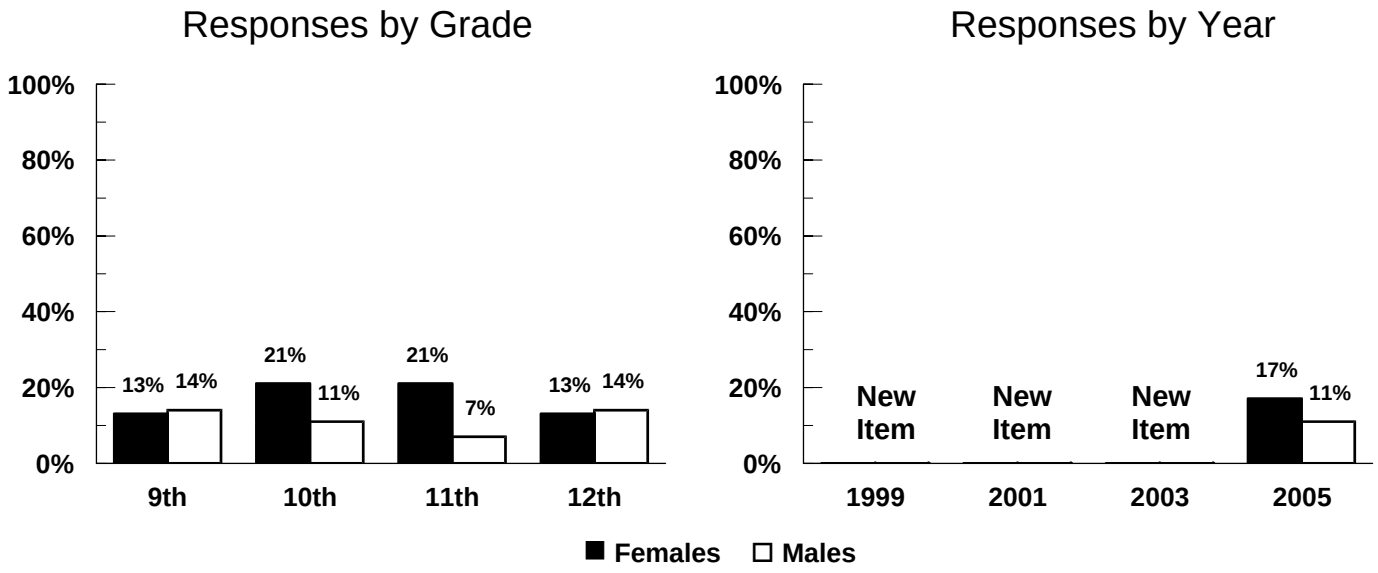
Question 36

Percentage of respondents who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days = 20%



Question 37

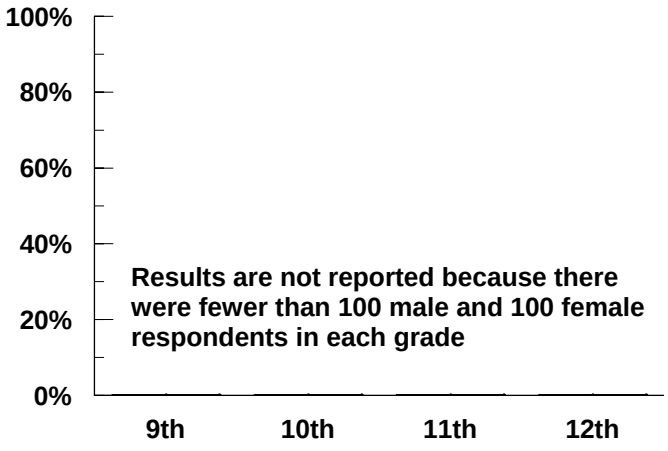
Percentage of respondents who want to stop smoking cigarettes = 14%



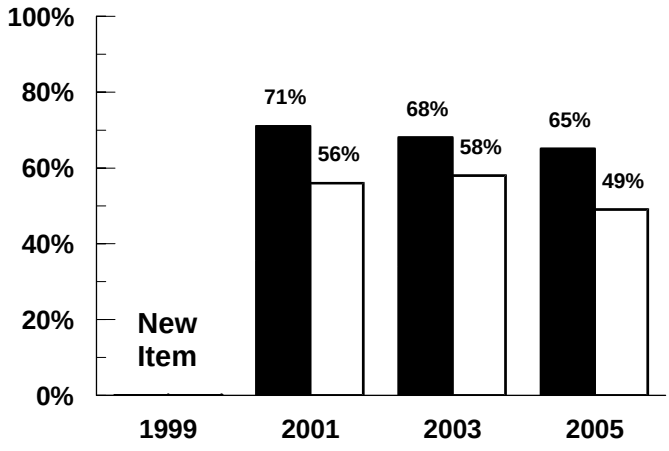
Question 38

Percentage of respondents who smoked cigarettes during the past 30 days who ever tried to quit smoking cigarettes during the past 12 months = 58%

Responses by Grade



Responses by Year

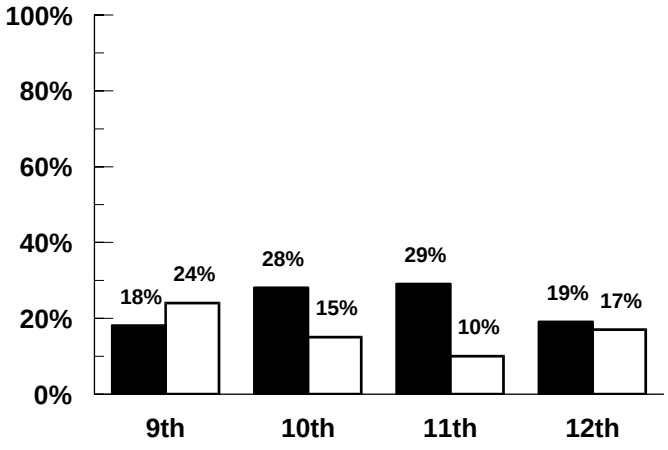


■ Females □ Males

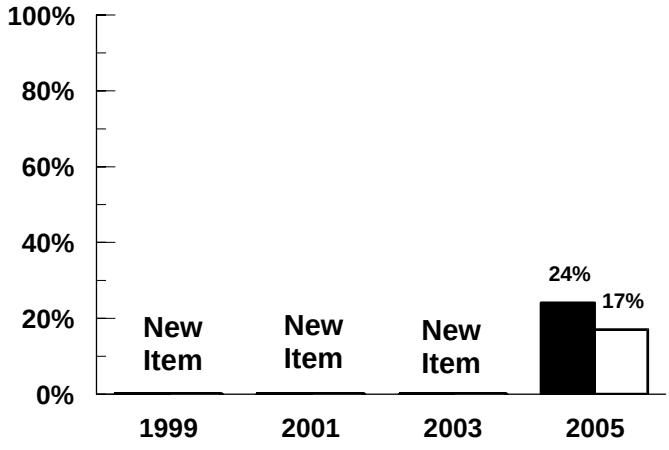
Question 39

Percentage of respondents who during the past 12 months ever stopped smoking for one day or longer because they were trying to quit smoking = 20%

Responses by Grade



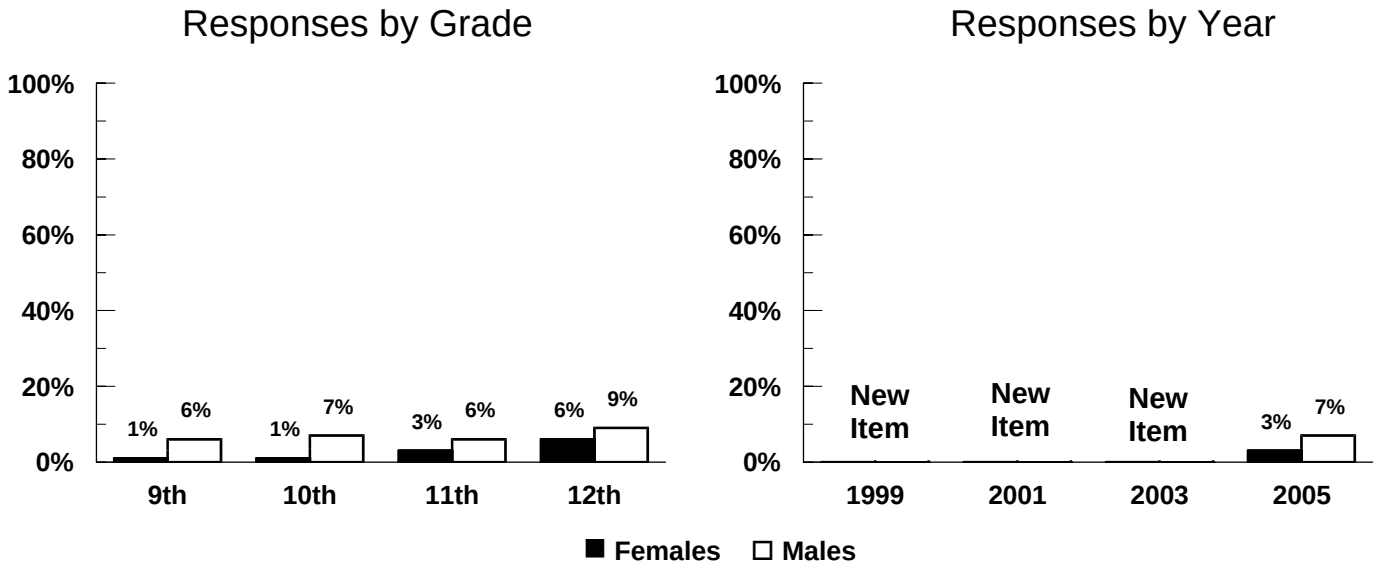
Responses by Year



■ Females □ Males

Question 40

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



Tobacco Use

Questions:

41. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

42. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

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

44. Do you believe that smokeless tobacco is safer than cigarettes?

45. During this school year, were you taught in any of your classes about the dangers of tobacco use?

46. During the past 7 days, on how many days were you in the same room or car with someone who was smoking cigarettes?

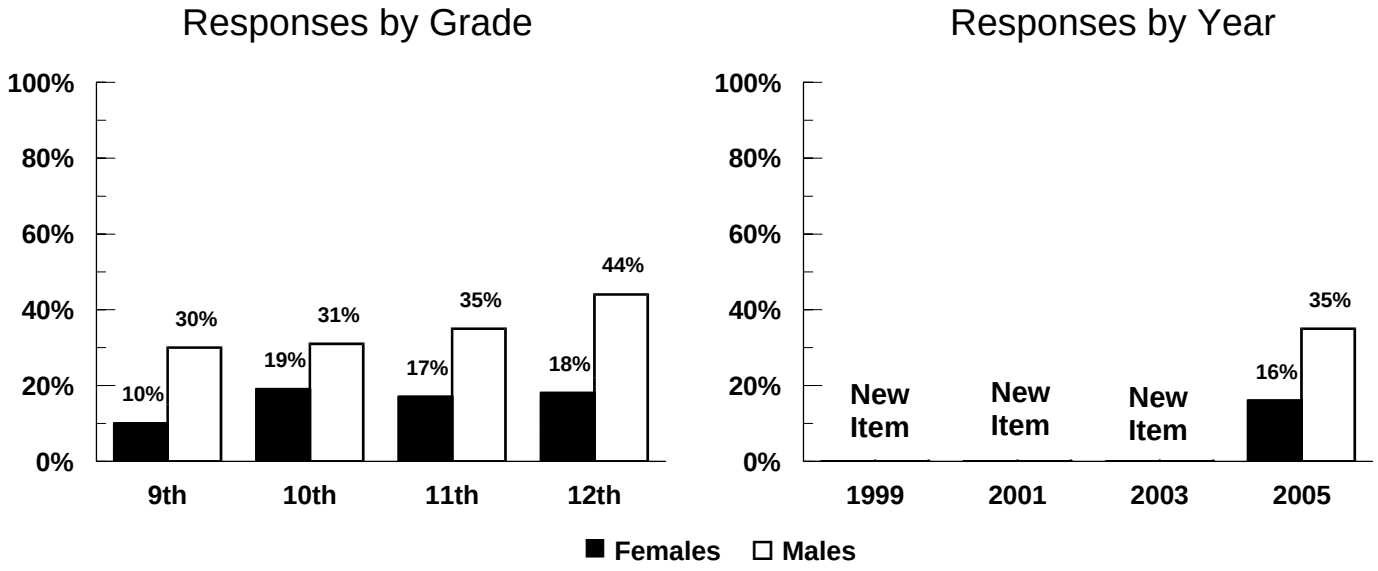
Rationale:

These questions measure smokeless tobacco use and smokeless tobacco use on school property. Smokeless tobacco use primarily begins in adolescence, with an average age of initiation of 16.7 years.[28] Approximately 75% of oral cavity and pharyngeal cancers are attributed to the use of smoked and smokeless tobacco.[29] Use of smokeless tobacco also causes gum recession and an increased risk of heart disease and stroke.[30] In 2003, 11% of male high school students reported smokeless tobacco use and 9% reported smokeless tobacco use on school property in the past 30 days.[10] The overall risk of oral and pharyngeal cancer is 7-10 times higher among cigar smokers compared to those who never smoked.[31]

Results: The results for Questions 41 - 46 are summarized on pages 37 - 39.

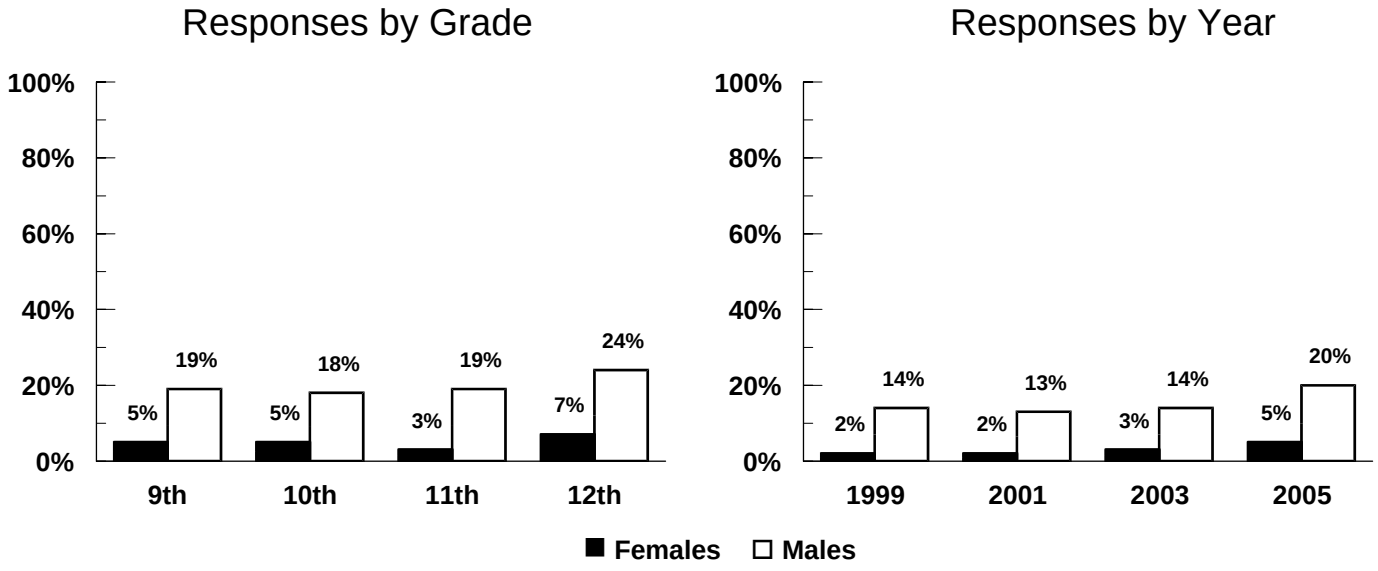
Question 41

Percentage of respondents who ever used chewing tobacco or snuff such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen, during their lives = 25%



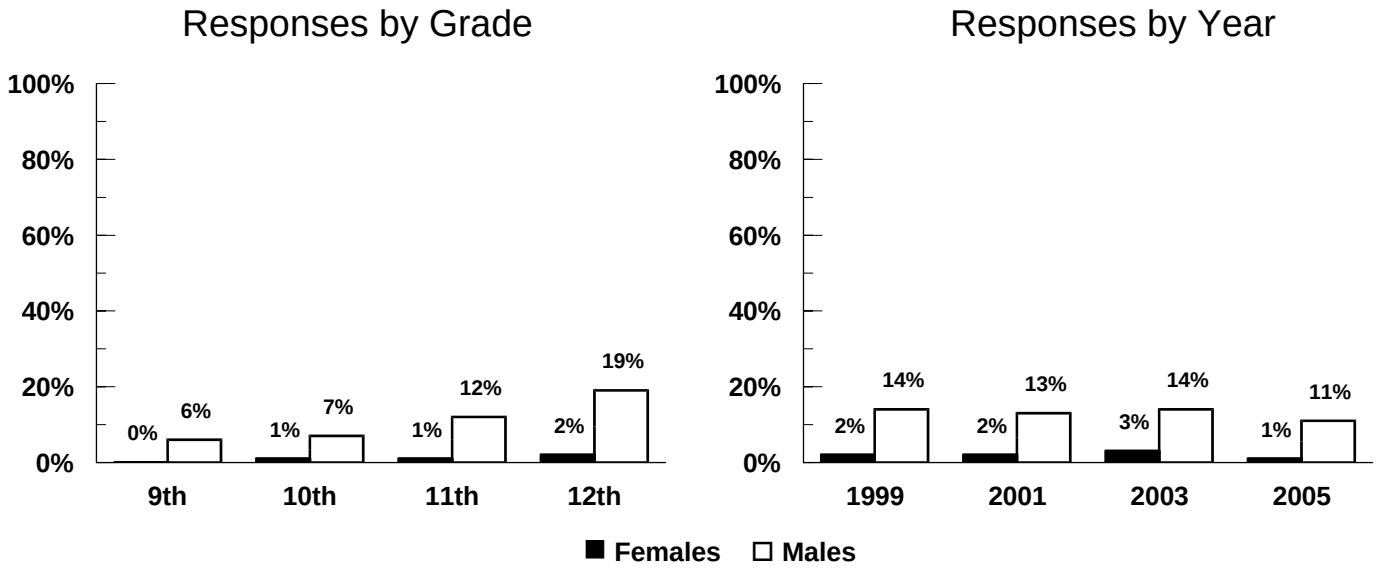
Question 42

Percentage of respondents who used chewing tobacco or snuff such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen, during the past 30 days = 13%



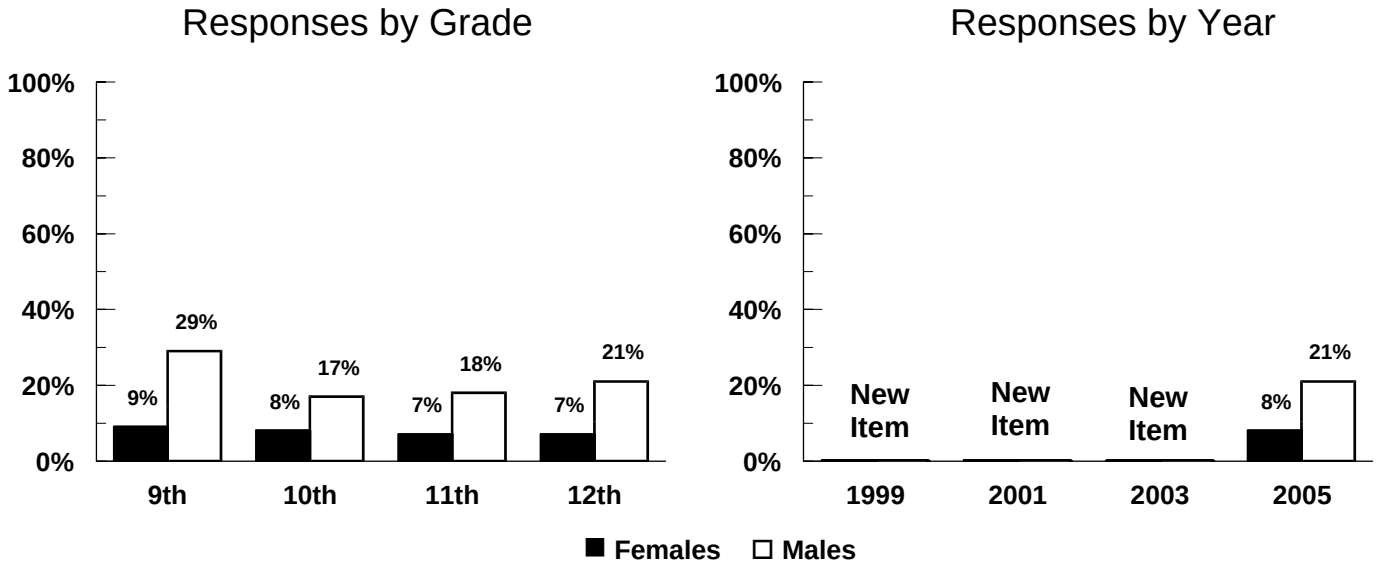
Question 43

Percentage of respondents who used chewing tobacco or snuff on school property on one or more of the past 30 days = 6%



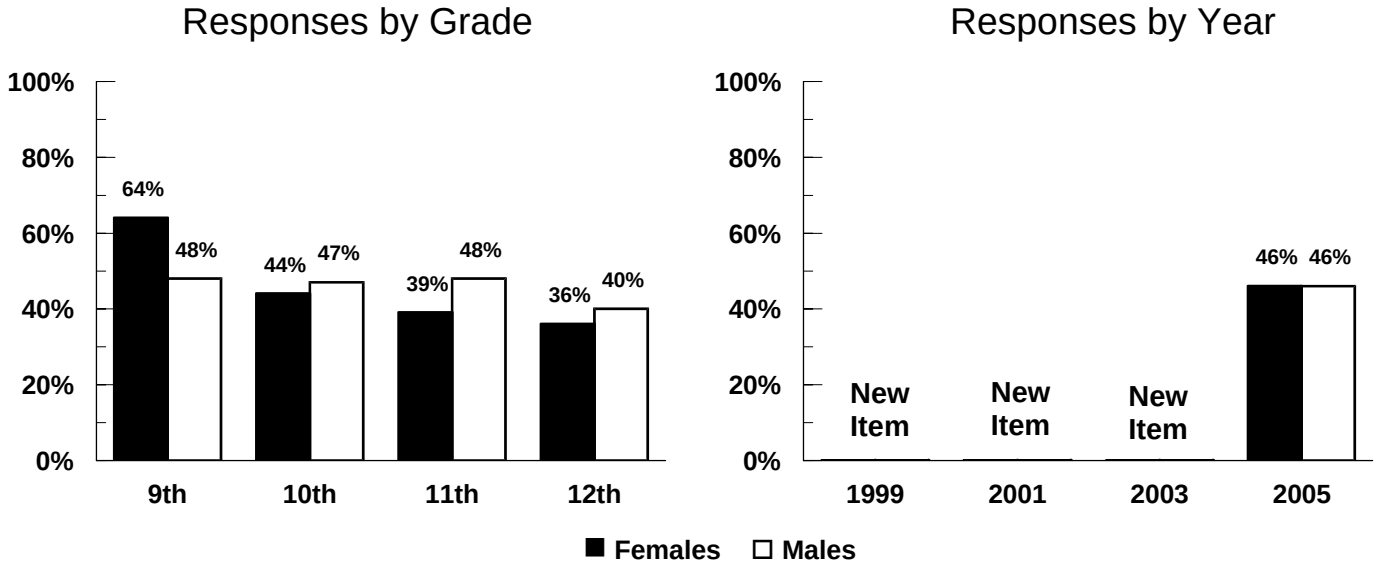
Question 44

Percentage of respondents who believe that smokeless tobacco is safer then cigarettes = 15%



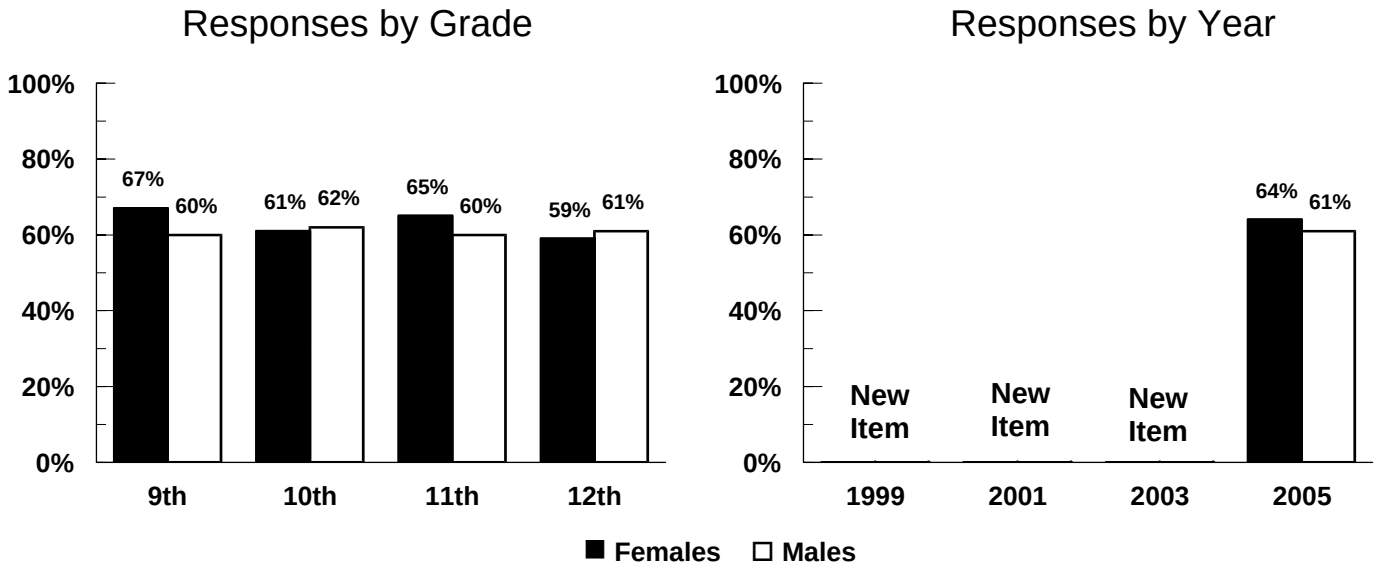
Question 45

Percentage of respondents who during this school year were taught in any of their classes about the dangers of tobacco use = 46%



Question 46

Percentage of respondents who during the past 7 days were in the same room or car with someone who was smoking cigarettes = 62%



Alcohol and Other Drug Use

Questions:

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

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

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

50. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

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

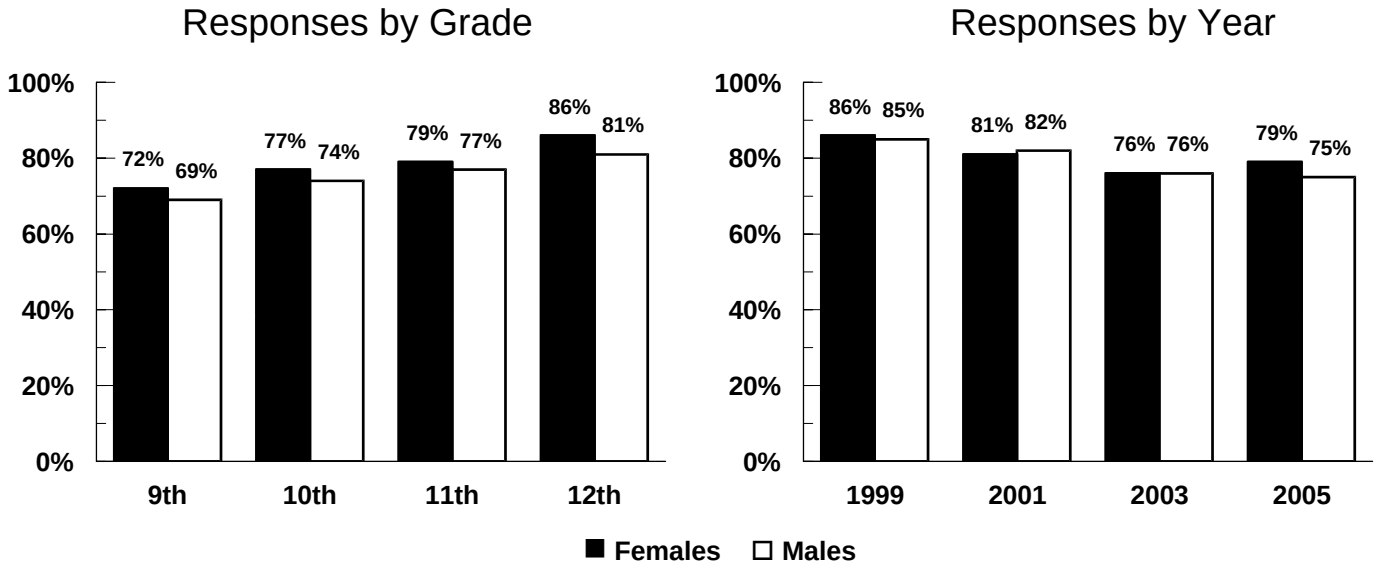
Rationale:

These questions measure lifetime and current use of alcohol, age of initiation, episodic heavy drinking, and drinking on school property. Motor vehicle crashes are the leading cause of death among youth aged 15-19 in the United States.[11] Alcohol use is associated with 10% of all motor vehicle crashes that result in injury[14] and more than one-third of all motor vehicle crash fatalities.[33] Heavy drinking among youth is associated with risky sexual behavior (including sexual initiation, multiple sex partners, condom use, and pregnancy) [34] and use of cigarettes,[35;36] marijuana, cocaine, and other illegal drugs.[35] In 2003, 75% of high school students had one or more drinks of alcohol in their lifetime, 45% had one or more drinks of alcohol in the past 30 days, and 28% had 5 or more drinks of alcohol in a row on one or more days during the past 30 days.[10]

Results: The results for Questions 47 - 51 are summarized on pages 41 - 43.

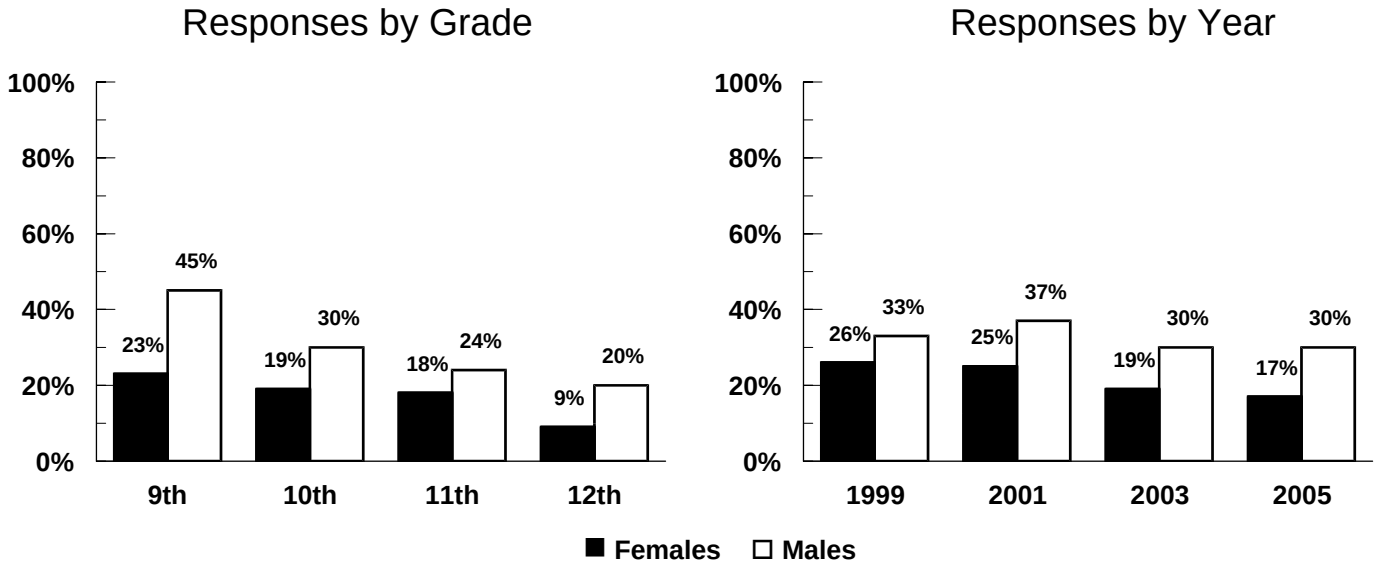
Question 47

Percentage of respondents who had at least one drink of alcohol on one or more days during their life = 77%



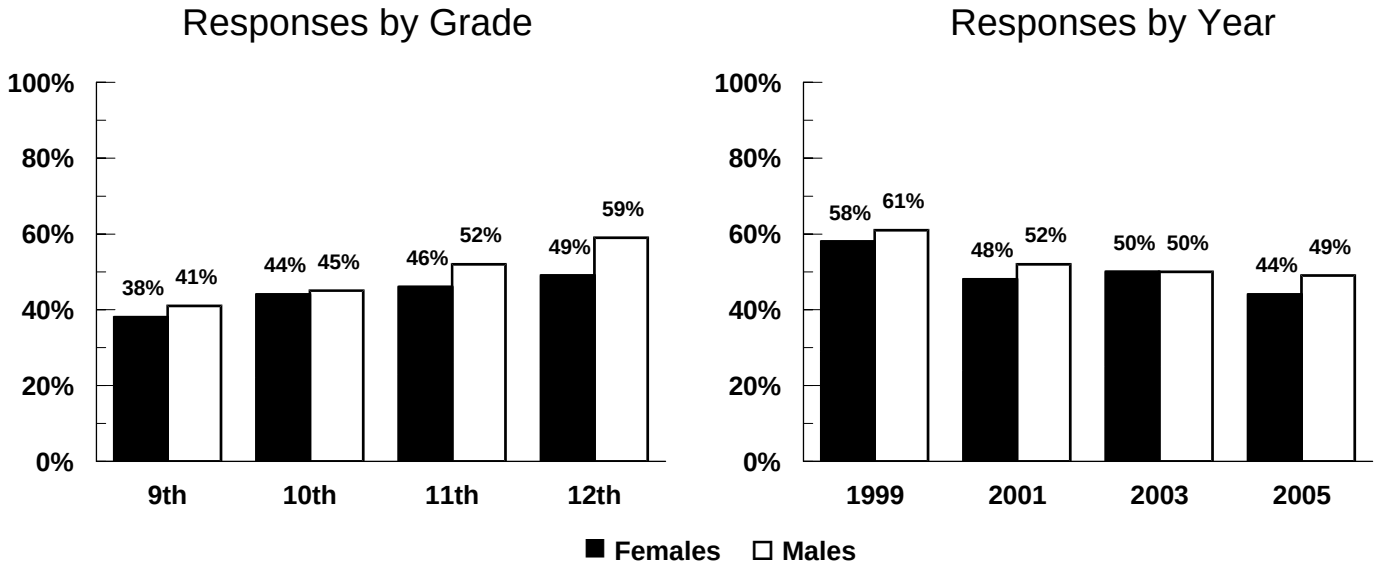
Question 48

Percentage of respondents who had their first drink of alcohol other than a few sips prior to age 13 = 24%



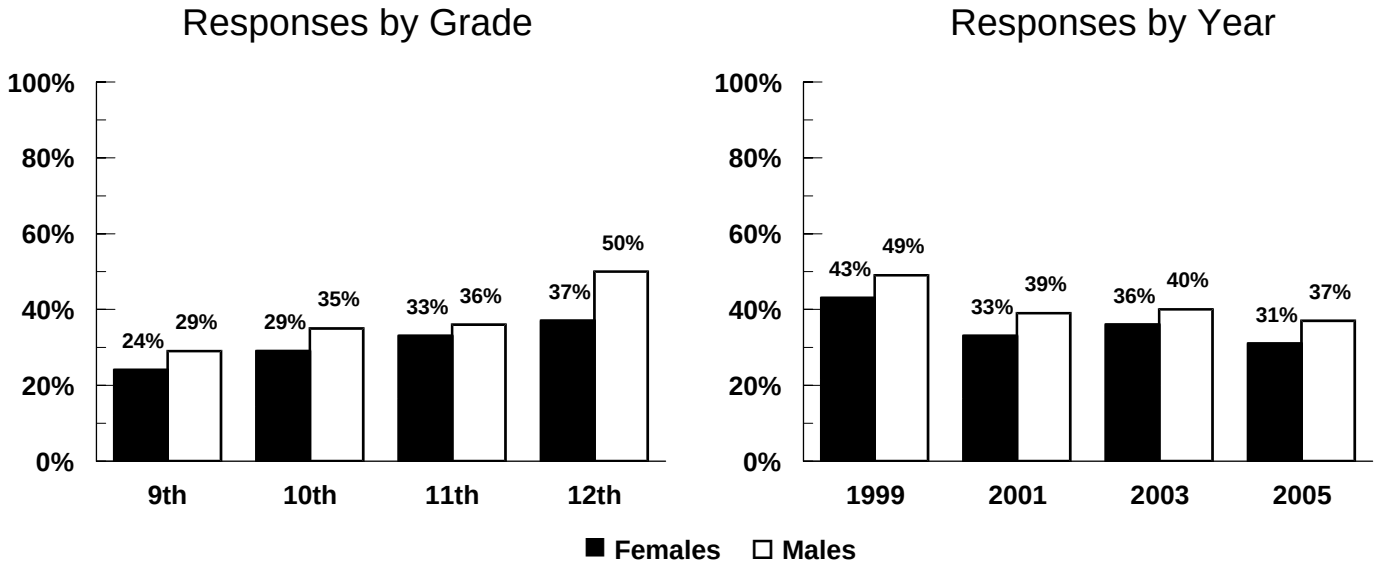
Question 49

Percentage of respondents who had at least one drink of alcohol on one or more of the past 30 days = 47%



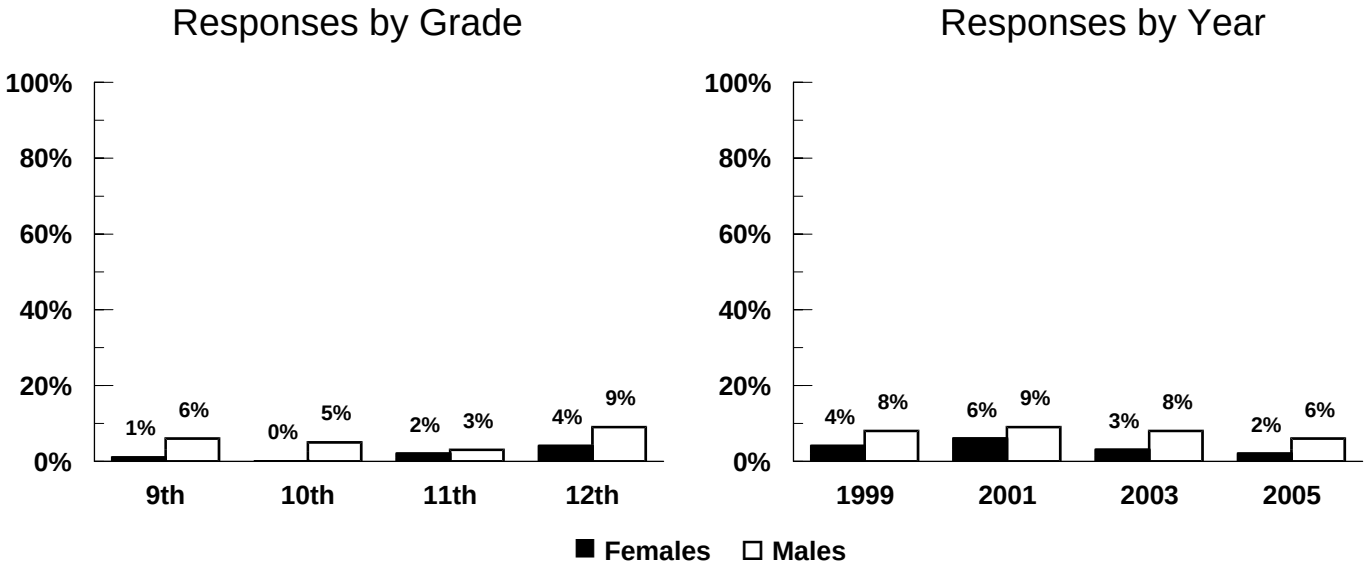
Question 50

Percentage of respondents who had 5 or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days = 34%



Question 51

Percentage of respondents who had at least one drink of alcohol on school property on one or more of the past 30 days = 4%



Alcohol and Other Drug Use

Questions:

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

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

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

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

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

57. During your life, how many times have you sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

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

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

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

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

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

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

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

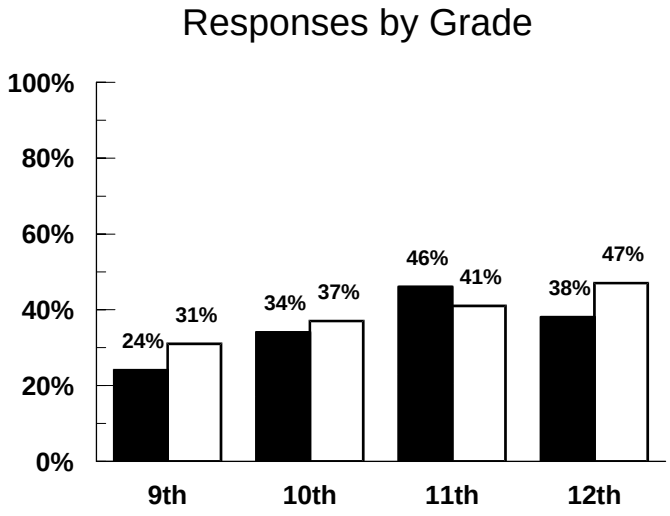
Rationale:

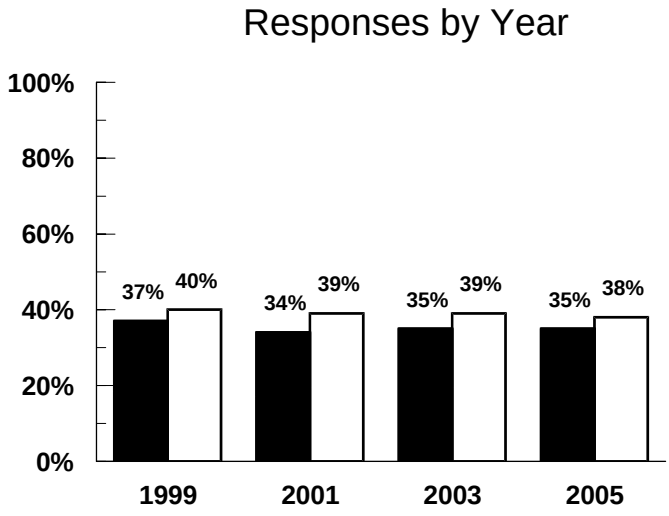
These questions measure lifetime and current use of marijuana and inhalants, current use of cocaine, and lifetime use of heroin, methamphetamines, ecstasy, steroids, and injected drugs. Drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmissions of sexually transmitted diseases (STD), including human immunodeficiency virus (HIV) infection.[37] Drug use is greater among youth in the U.S. than has been documented in any other industrialized nation in the world.[38] In 2003, 40% of high school students had used marijuana in their lifetime and 9% had used some form of cocaine in their lifetime. From 1991 to 2003, the percentage of high school students who used cocaine during the past 30 days increased significantly from 2% to 4%.[10]

Results: The results for Questions 52 - 64 are summarized on pages 45 - 51.

Question 52

Percentage of respondents who used marijuana one or more times during their life = 37%

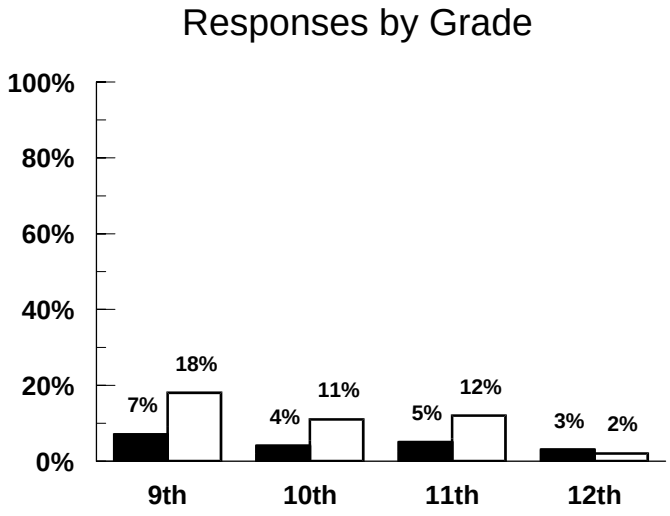


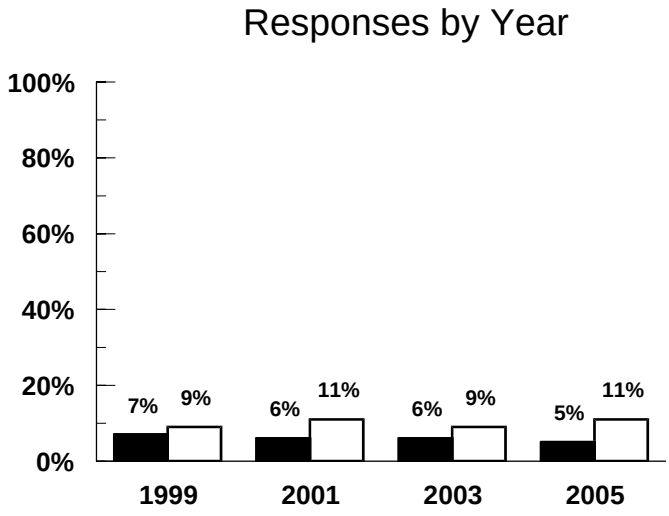


■ Females □ Males

Question 53

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

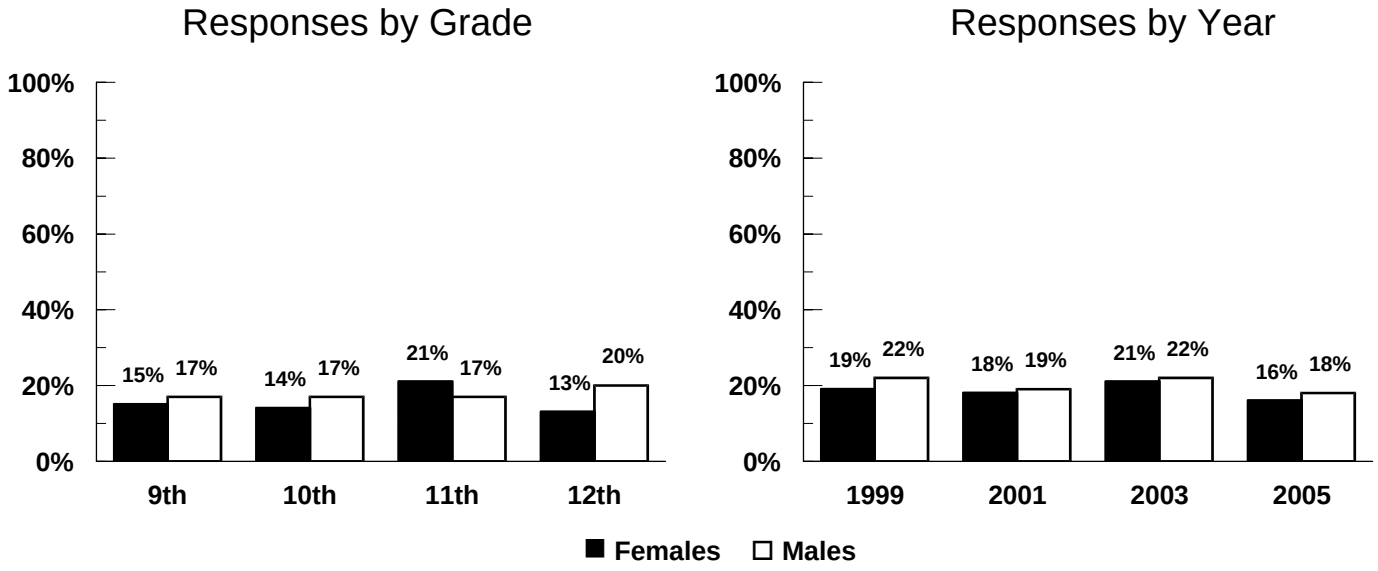




■ Females □ Males

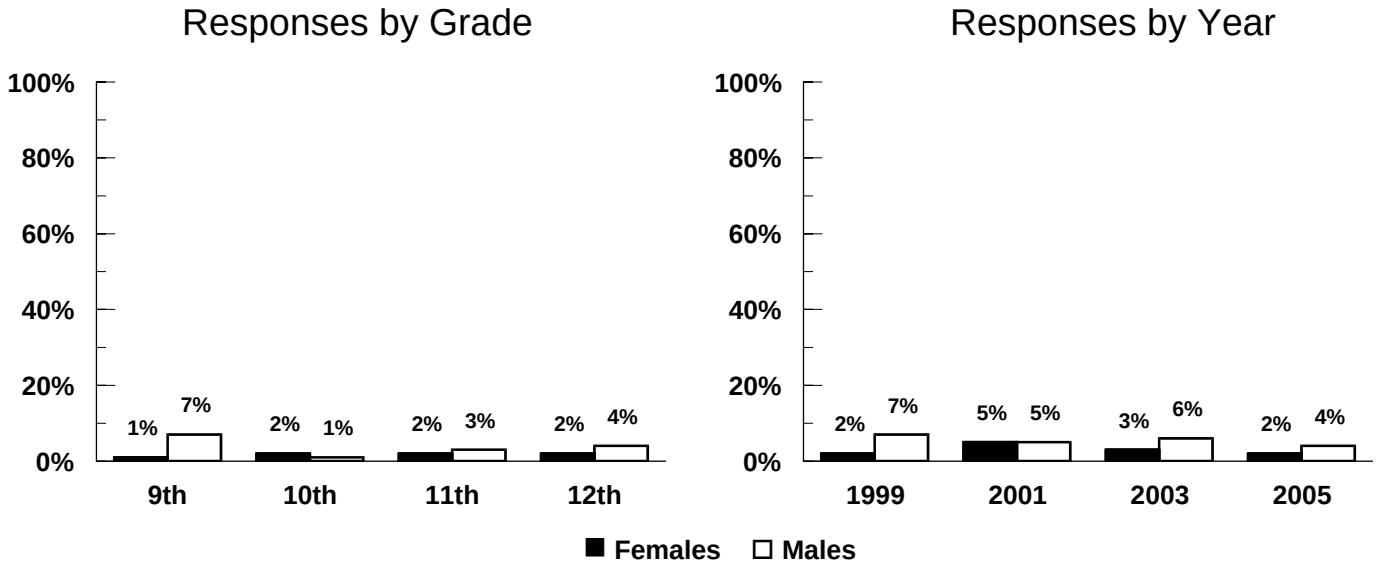
Question 54

Percentage of respondents who used marijuana one or more times during the past 30 days = 17%



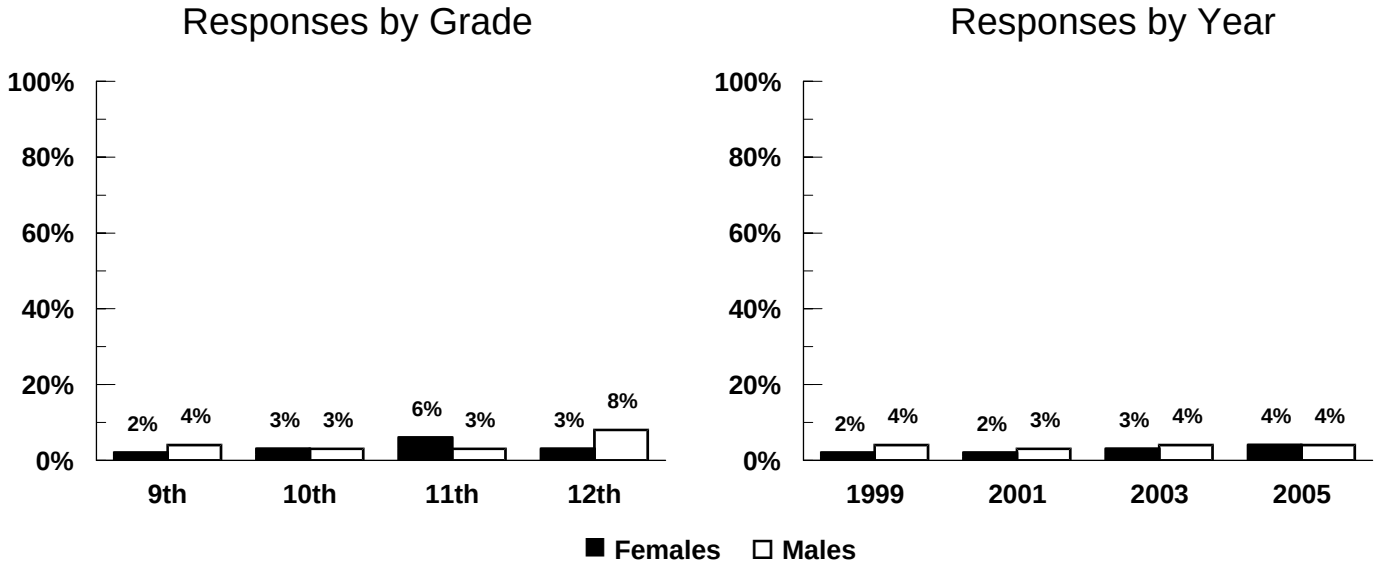
Question 55

Percentage of respondents who used marijuana on school property one or more times during the past 30 days = 3%



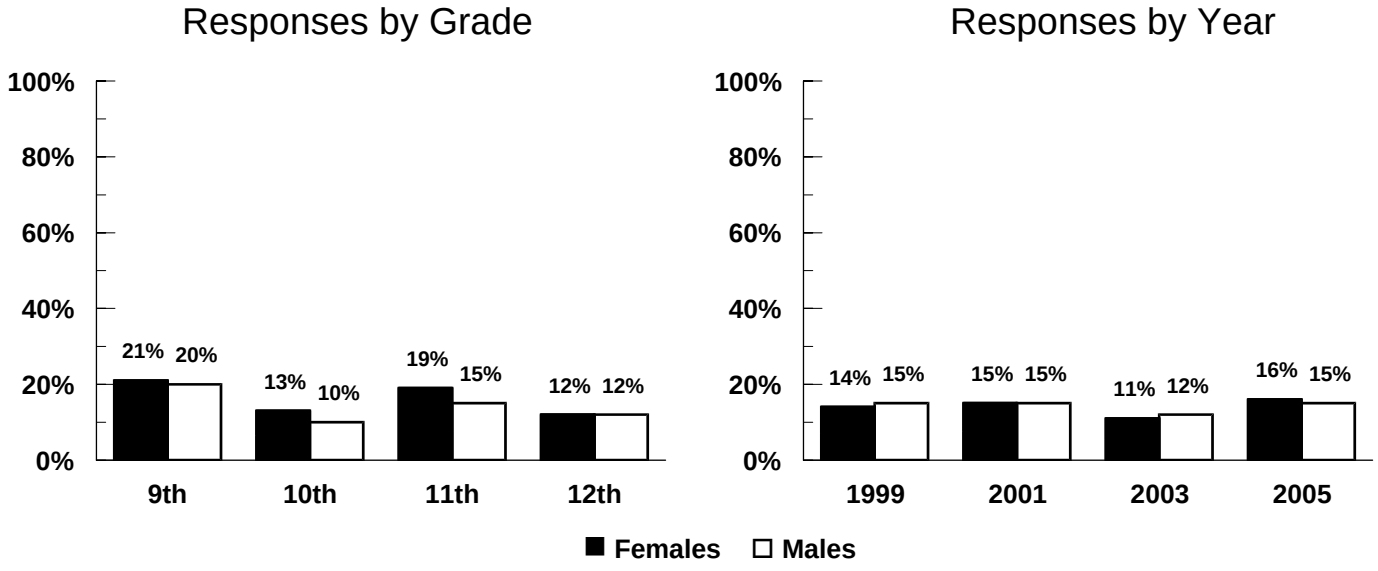
Question 56

Percentage of respondents who had used any form of cocaine including powder, crack, or freebase, one or more times during the past 30 days = 4%



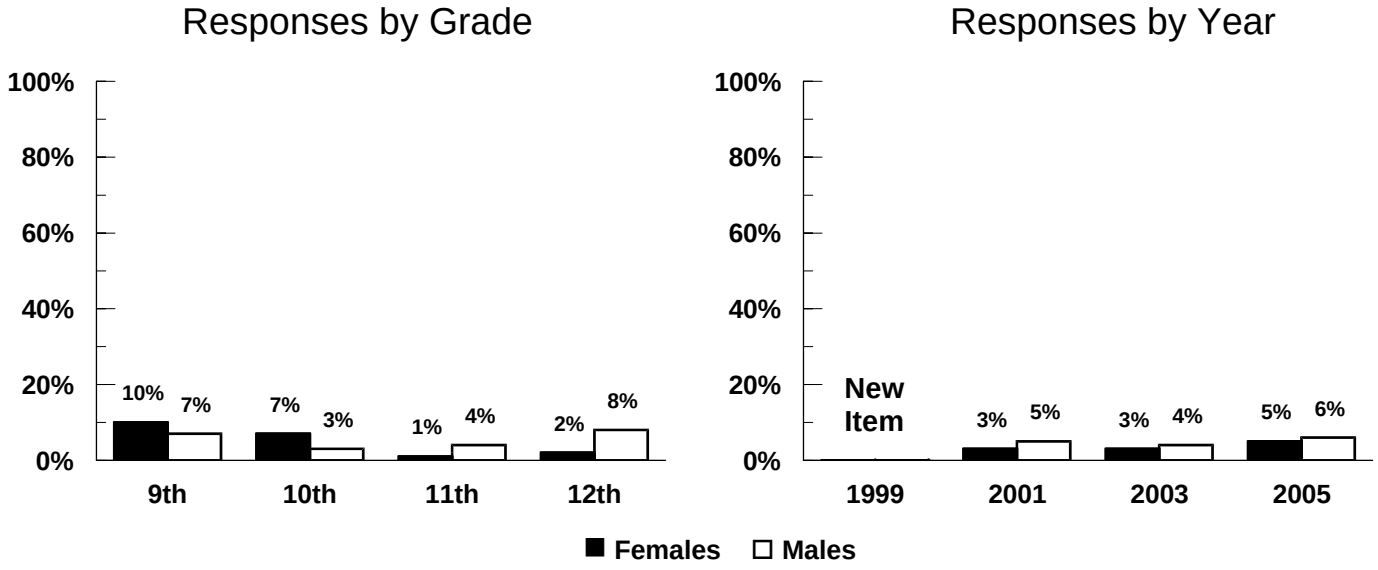
Question 57

Percentage of respondents who had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any sprays or paints to get high during their life = 16%



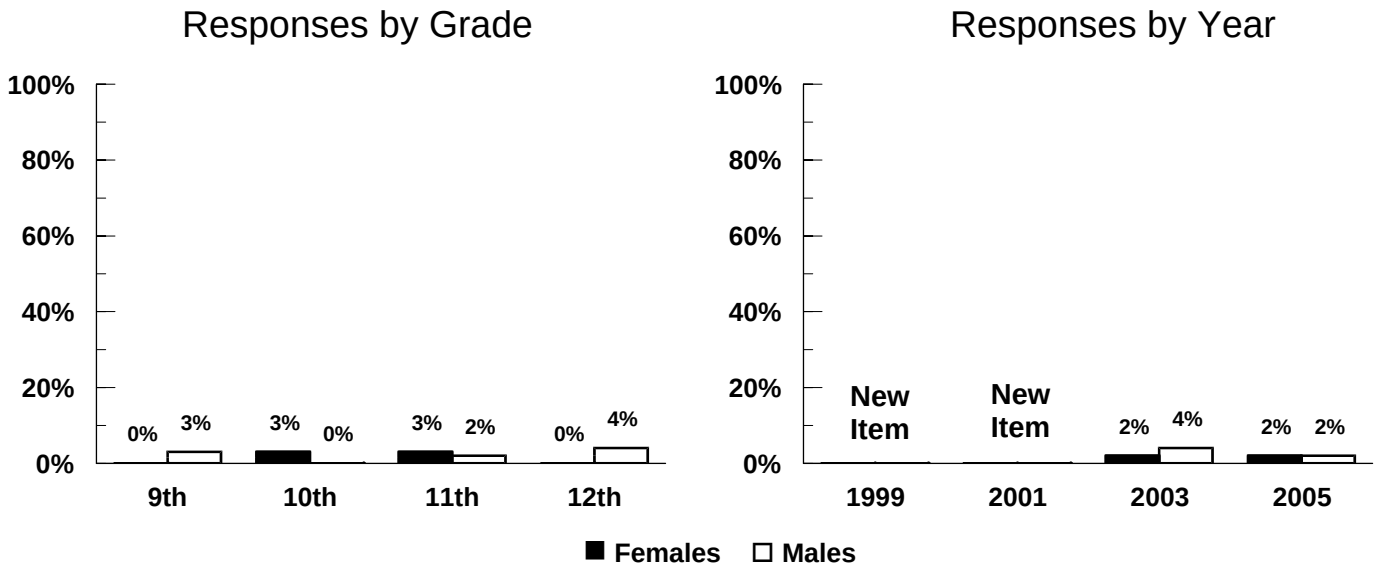
Question 58

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



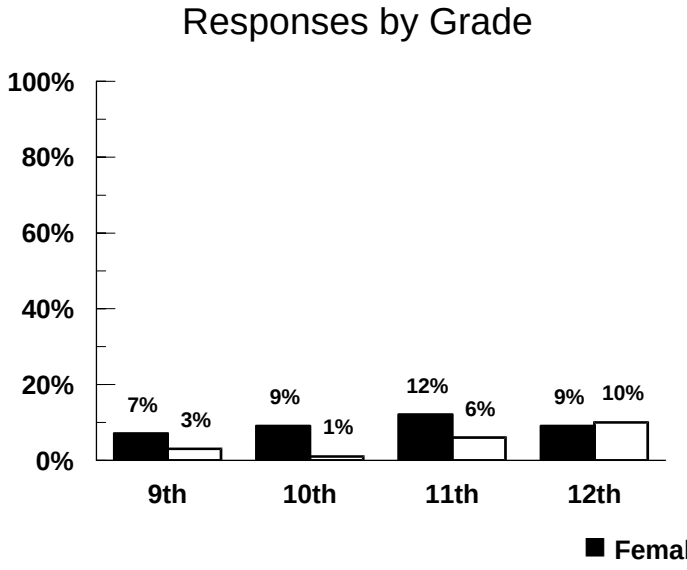
Question 59

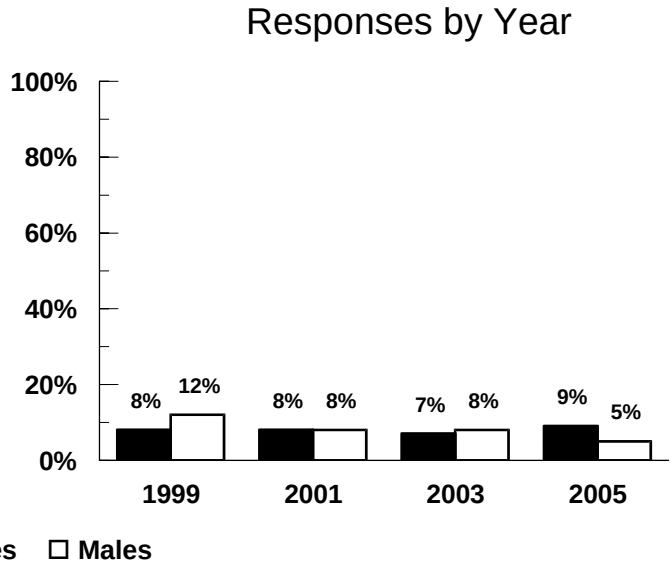
Percentage of respondents who used heroin one or more times during their life = 2%



Question 60

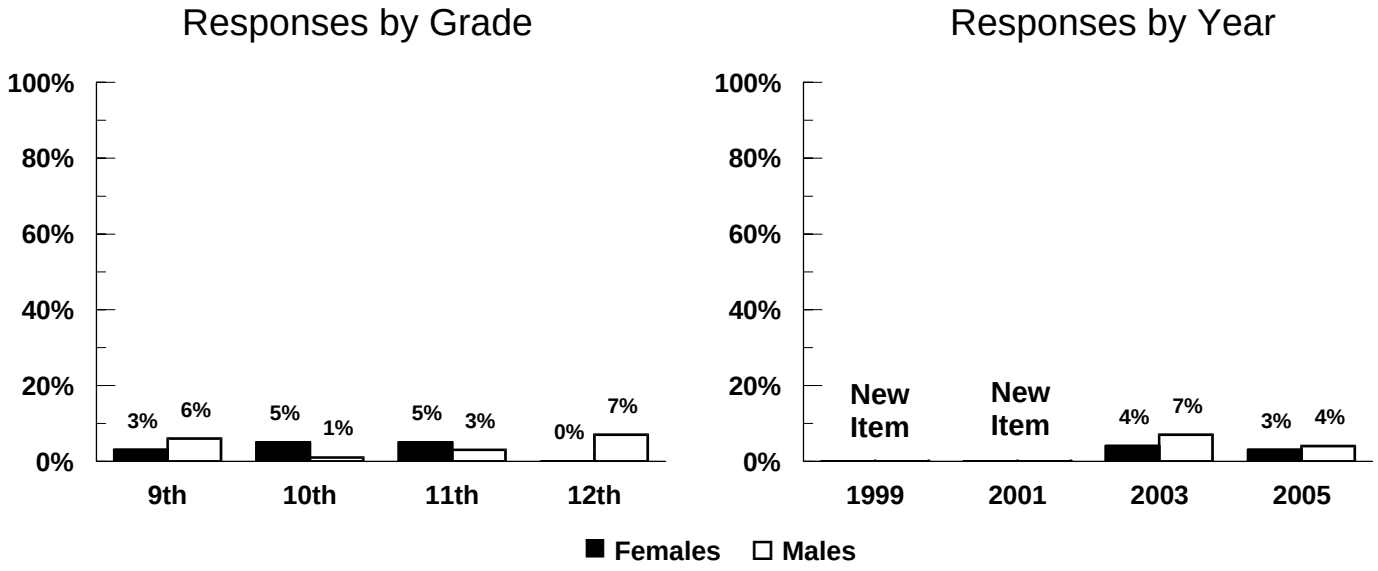
Percentage of respondents who used methamphetamines one or more times during their life = 7%





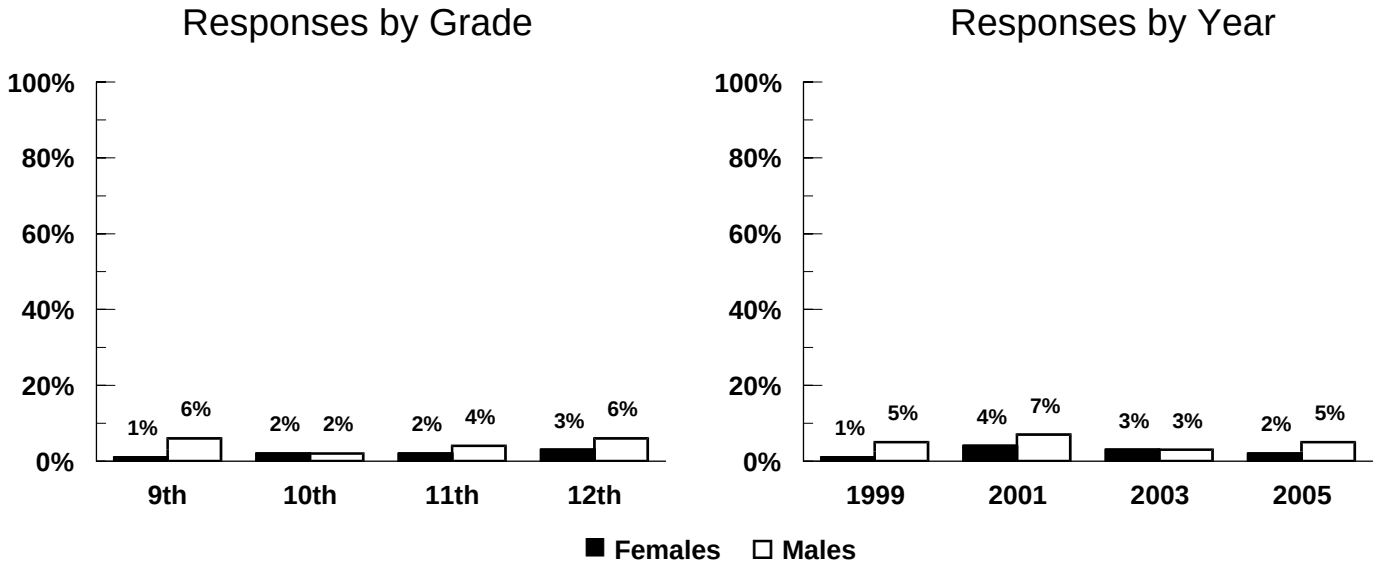
Question 61

Percentage of respondents who used ecstasy one or more times during their life = 4%



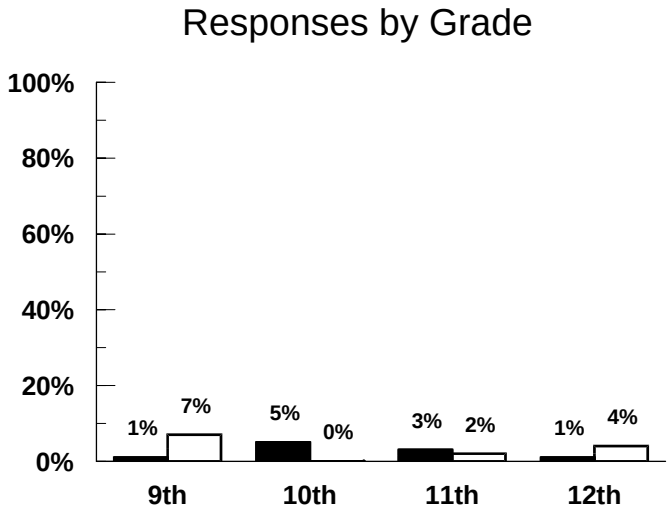
Question 62

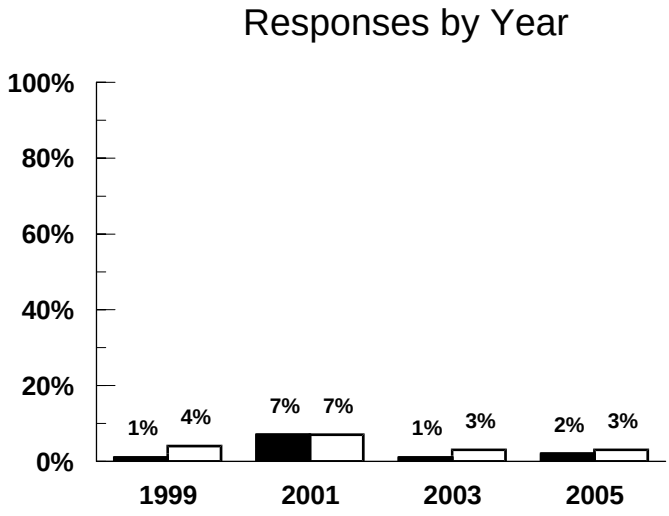
Percentage of respondents who had taken steroid pills or shots without a doctor's prescription, one or more times during their life = 3%



Question 63

Percentage of respondents who ever used a needle to inject any illegal drug into their body one or more times during their life = 3%

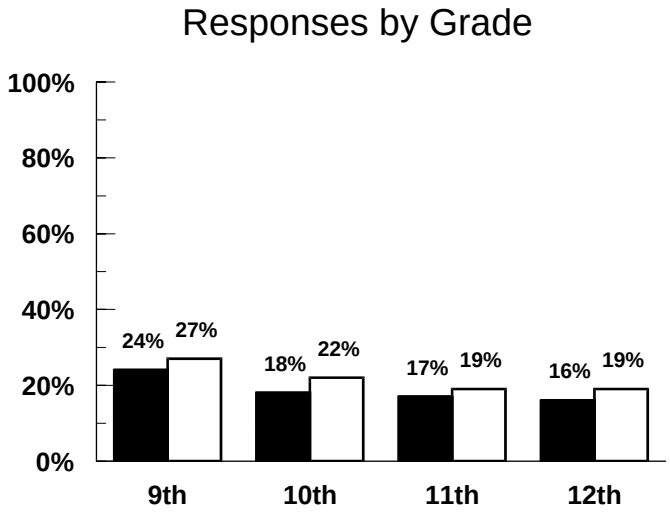


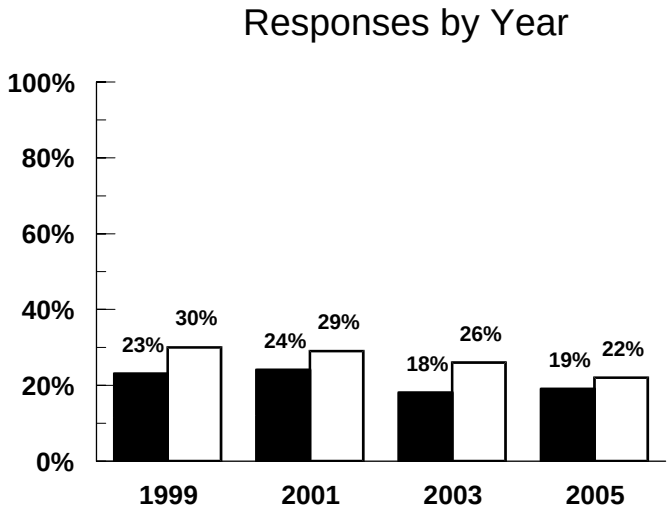


■ Females □ Males

Question 64

Percentage of respondents who have had someone offer, sell, or give them an illegal drug on school property during the past 12 months = 21%





■ Females □ Males

Sexual Behaviors that Result in HIV Infection, Other Sexually Transmitted Diseases, and Unintended Pregnancies

Questions:

65. Have you ever had sexual intercourse?

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

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

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

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

70. The last time you had sexual intercourse, did you or your partner use a condom?

71. The last time you had sexual intercourse, which one method did you or your partner use to prevent pregnancy?

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

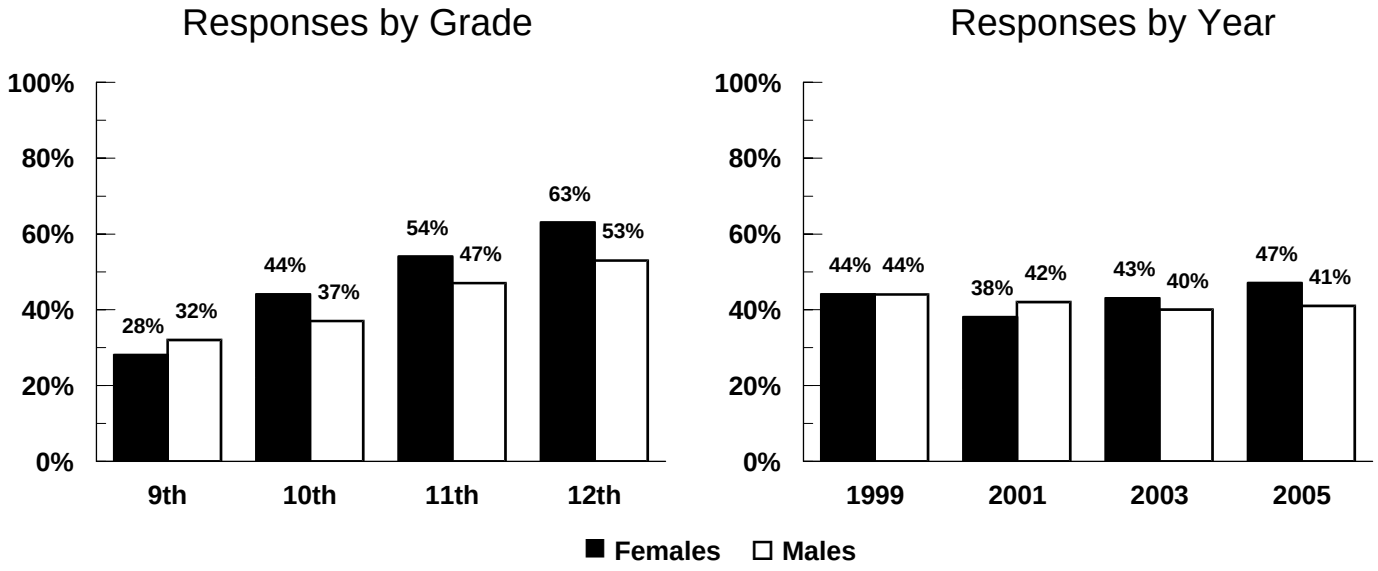
Rationale:

These questions measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, alcohol and other drug use related to sexual activity, condom use, contraceptive use, and whether high school students received HIV prevention education. Age at first intercourse and number of sexual partners is associated with increased risk for unwanted pregnancy and other sexually transmitted diseases, including HIV infection.[39] Gonorrhea rates are highest among females between the ages of 15 and 19 (715.8 cases per 100,000 females) and males between the ages of 20 and 24 (589.7 cases per 100,000 males).[40] Through 2002, 13% of persons diagnosed with HIV/AIDS were 13-24 years old at diagnosis.[41] The percentage of high school students who ever had sexual intercourse decreased significantly from 54% in 1991 to 47% in 2003, while condom use among currently sexually active students increased significantly from 46% in 1991 to 63% in 2003.[10] In 2000, 73% of senior high schools taught HIV prevention education in a required health education course.[42]

Results: The results for Questions 65 - 71, and 96 are summarized on pages 53 - 56.

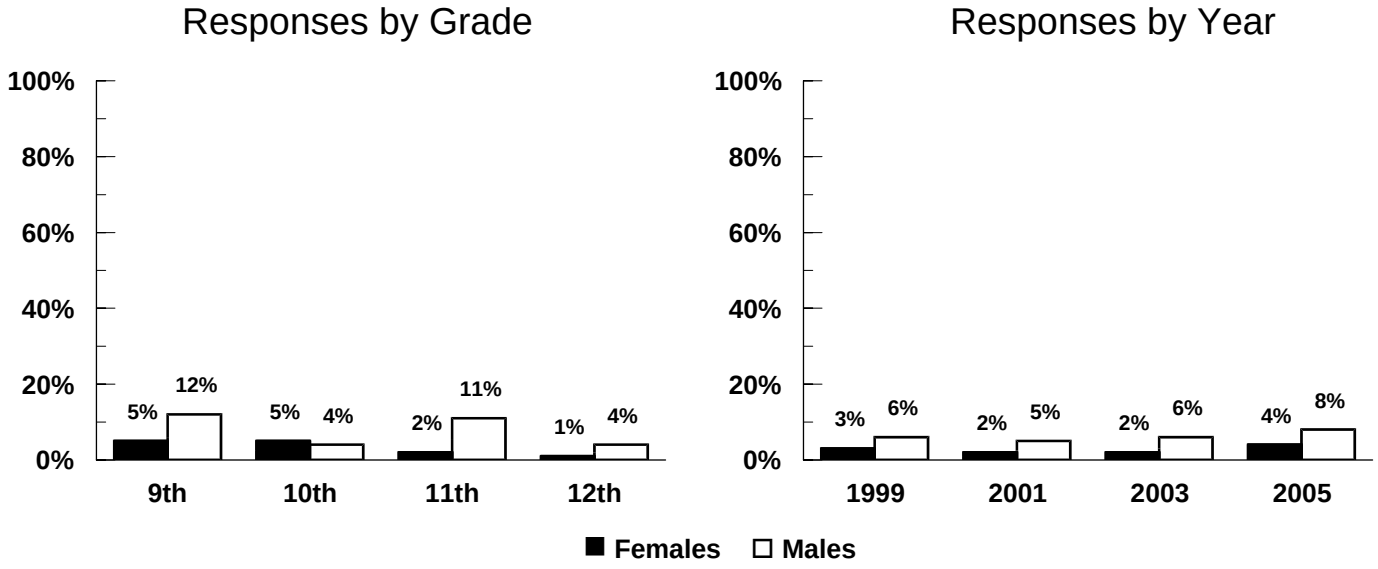
Question 65

Percentage of respondents who ever had sexual intercourse = 44%



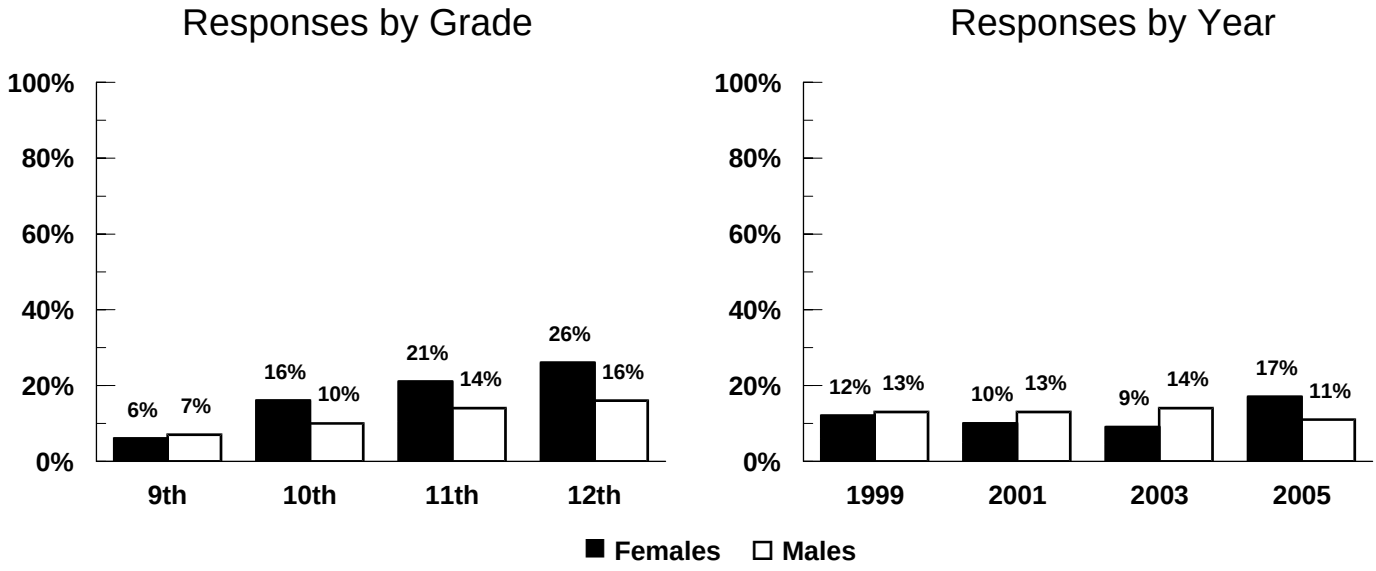
Question 66

Percentage of respondents who had sexual intercourse for the first time prior to age 13 = 6%



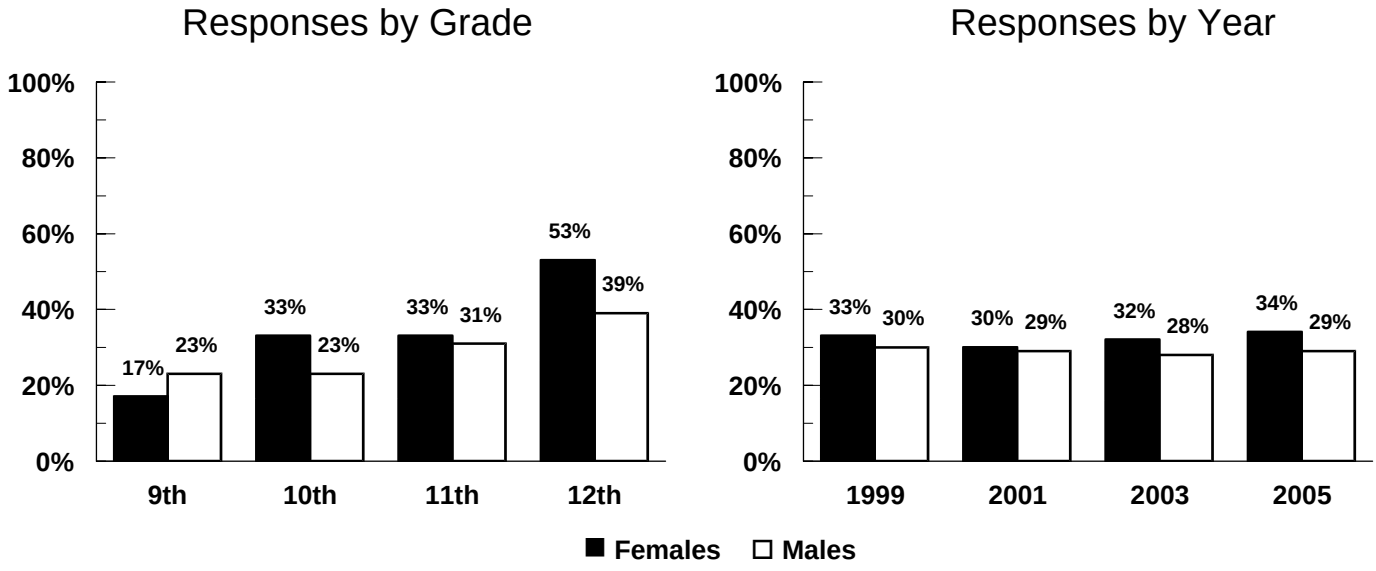
Question 67

Percentage of respondents who had sexual intercourse with four or more people during their life = 14%



Question 68

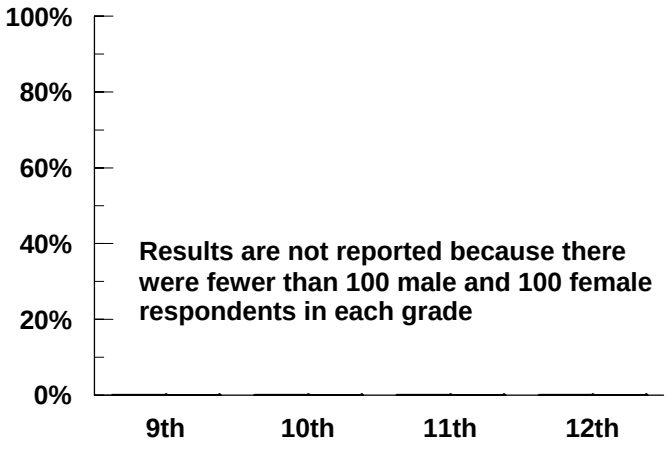
Percentage of respondents who had sexual intercourse with one or more people during the past 3 months = 31%



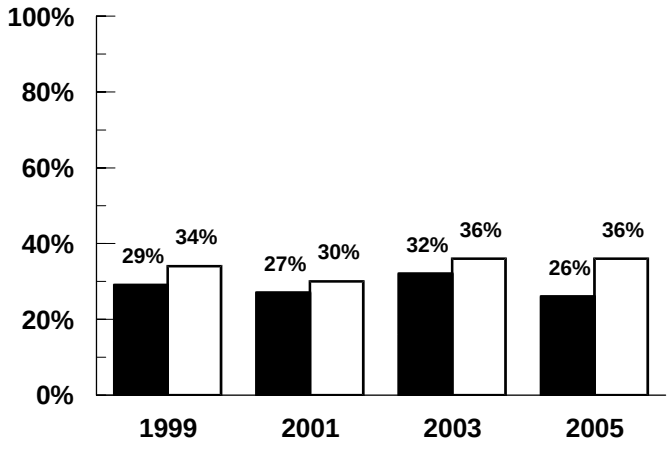
Question 69

Of respondents who had sexual intercourse during the past 3 months, the percentage who drank alcohol or used drugs before last sexual intercourse = 31%

Responses by Grade



Responses by Year

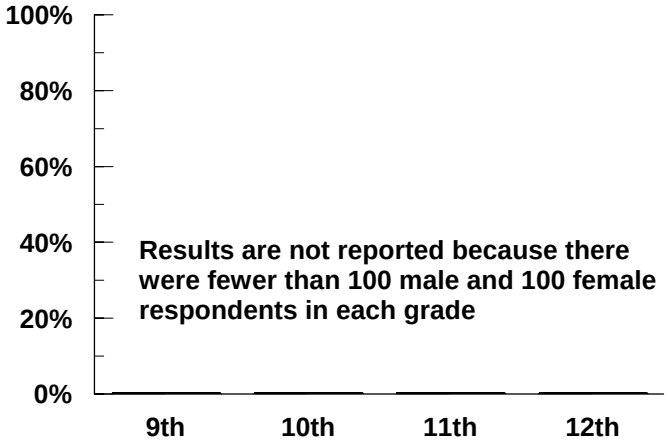


■ Females □ Males

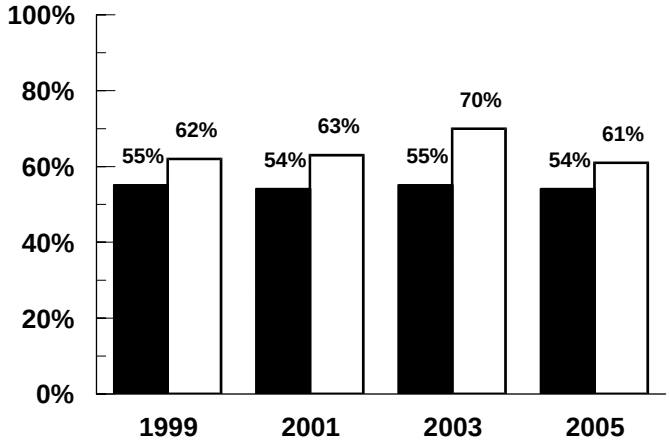
Question 70

Of respondents who had sexual intercourse during the past 3 months, the percentage who used or whose partner used a condom during last sexual intercourse = 57%

Responses by Grade



Responses by Year

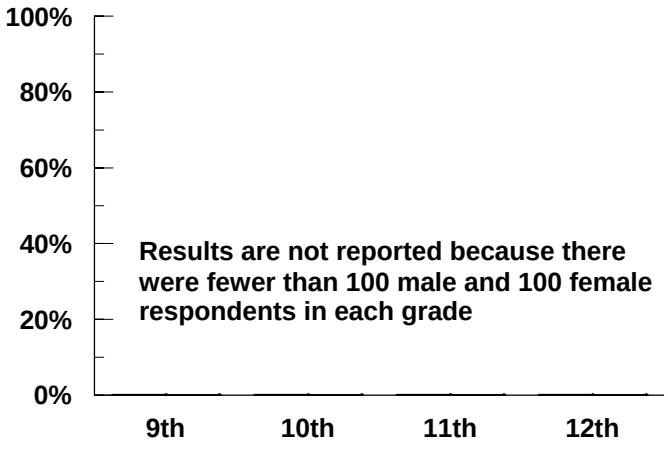


■ Females □ Males

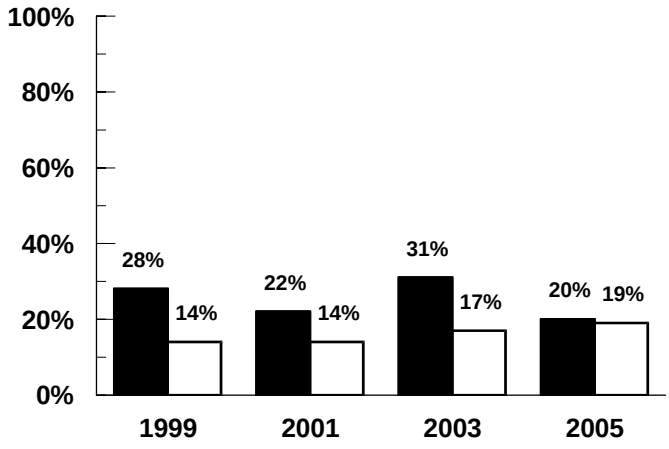
Question 71

Of respondents who had sexual intercourse during the past 3 months, the percentage who used or whose partner used birth control pills to prevent pregnancy during last sexual intercourse = 20%

Responses by Grade



Responses by Year

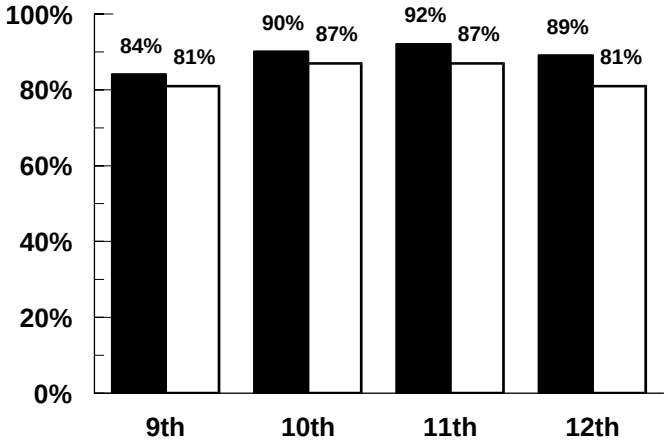


■ Females □ Males

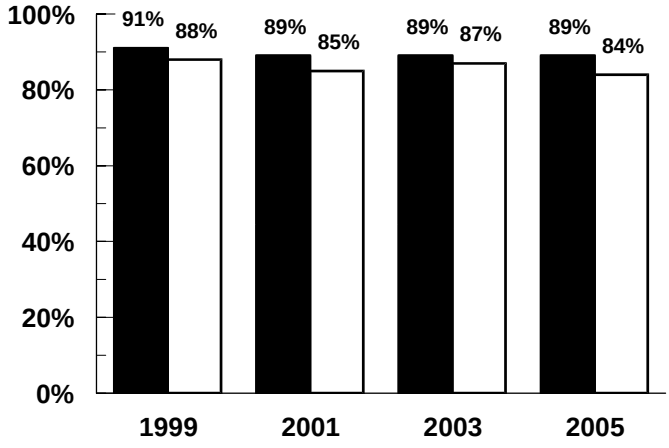
Question 96

Percentage of respondents who had been taught about AIDS/HIV infection in school = 86%

Responses by Grade



Responses by Year



■ Females □ Males

Dietary Behaviors

Questions:

6. How tall are you without your shoes on?

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

72. How do you describe your weight?

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

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

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

76. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

77. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

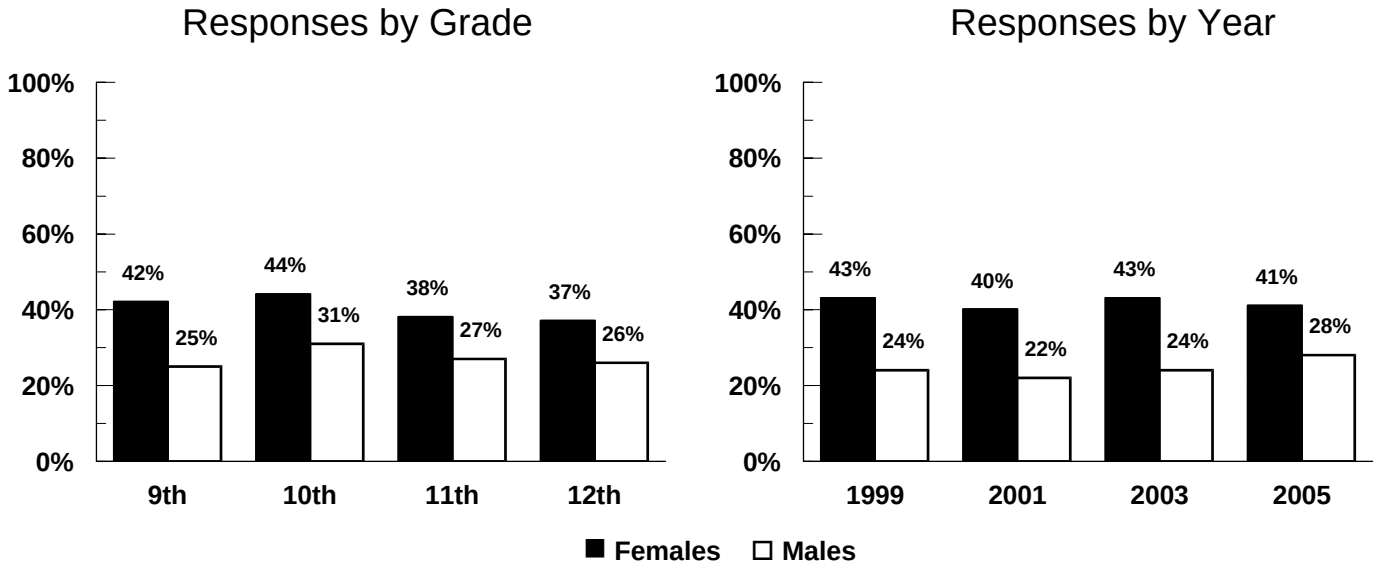
78. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

Rationale:
These questions measure self-reported height and weight, self-perception of body weight status, and specific weight control behaviors. Data on self-reported height and weight can be used to calculate body mass index and provide a proxy measure of whether high school students are overweight. Although overweight prevalence estimates derived from self-reported data are likely to be low,[63;64] they can be useful in tracking trends over time. Prevalence trends from national surveys of adults using self-reported height and weight have been consistent with trend data from national surveys using measured heights and weights.[65] Overweight and obesity are increasing in both genders and among all population groups. In 2001-2002, 66% of adults were either overweight or obese and 16% of adolescents aged 12-19 years were overweight. In 2001-2002, there were more than twice as many overweight children and more than three times as many overweight adolescents as there were in 1980.[66] Approximately 400,000 deaths a year in the U.S. are currently associated with overweight and obesity and, left unabated, overweight and obesity may soon overtake tobacco as the leading cause of death.[24] Overweight or obesity acquired during childhood or adolescence may persist into adulthood.[67] In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.[69] Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting which can lead to abnormal physical and psychological development.[69;70] It is estimated that as many as seven to eight percent of females in the U.S. suffer from anorexia nervosa and/or bulimia nervosa during their lifetime.[71]

Results: The results for Questions 72 - 78 are summarized on pages 58 - 61. Also, on page 62 the results of Questions 6 and 7 are used to show the percentage of students who are overweight, and the percentage of students who are at risk for becoming overweight.

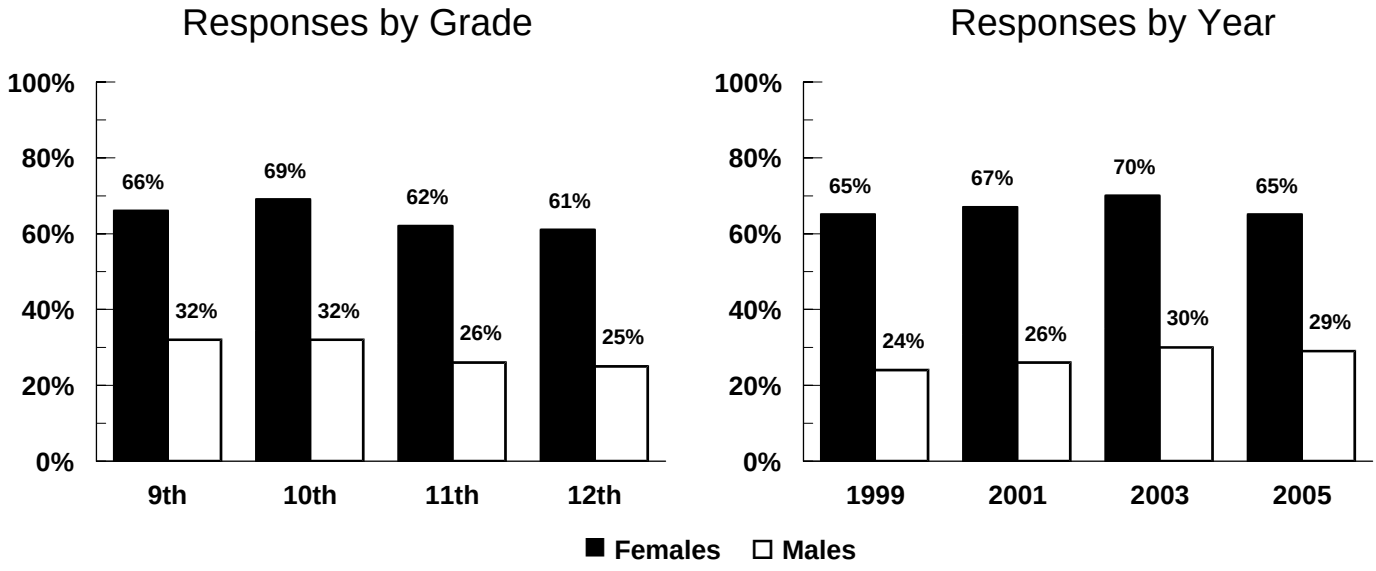
Question 72

Percentage of respondents who described themselves as slightly or very overweight = 34%



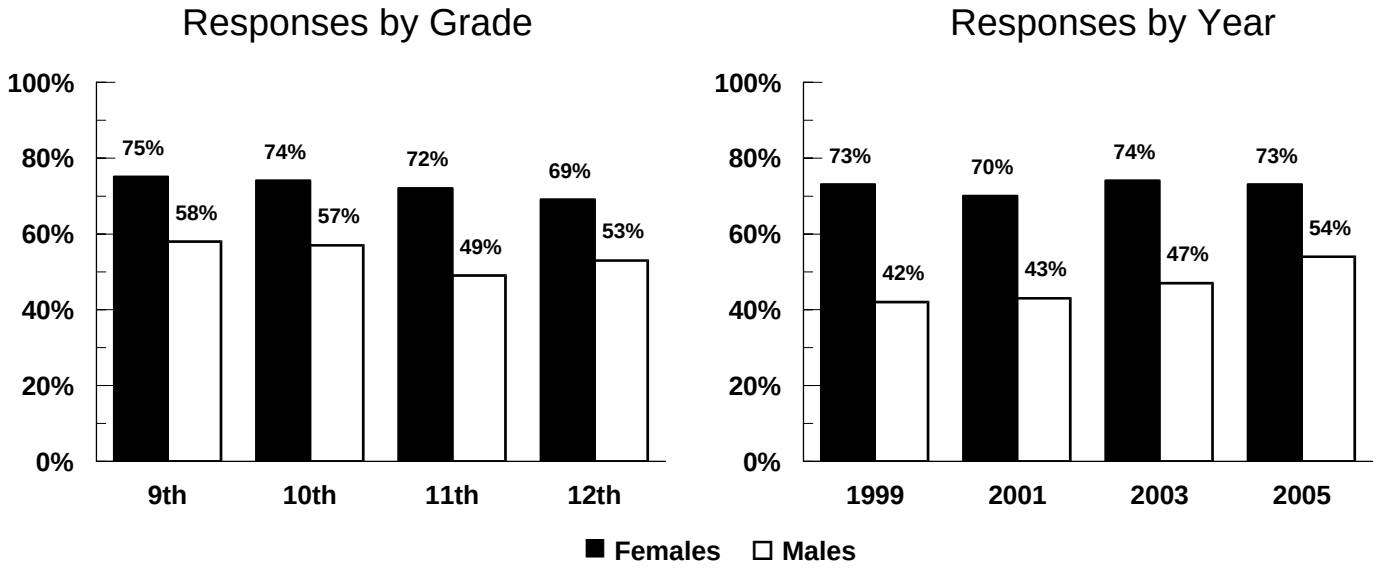
Question 73

Percentage of respondents who are trying to lose weight = 47%



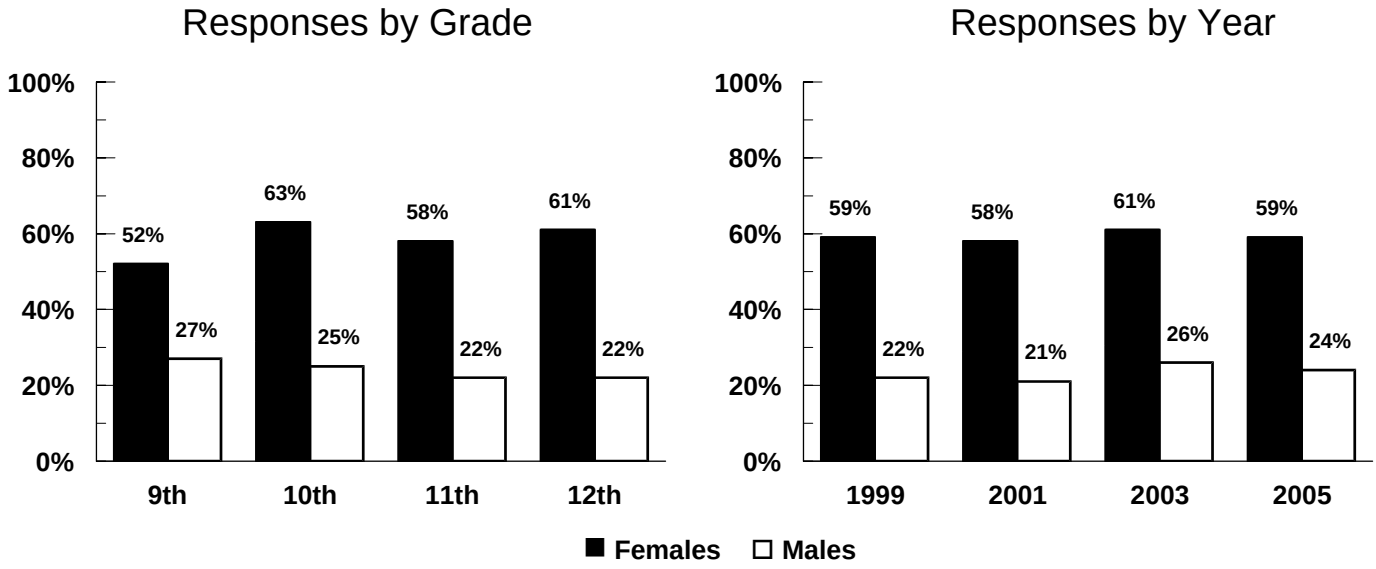
Question 74

Percentage of respondents who exercised to lose weight or to keep from gaining weight during the past 30 days = 63%



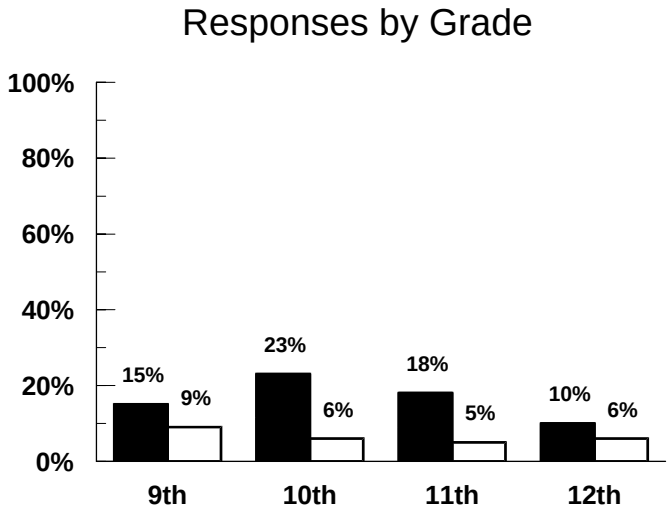
Question 75

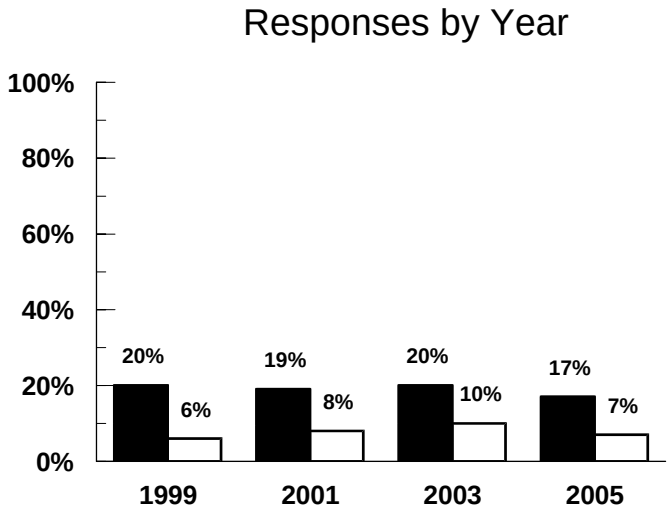
Percentage of respondents who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days = 41%



Question 76

Percentage of respondents who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days = 12%

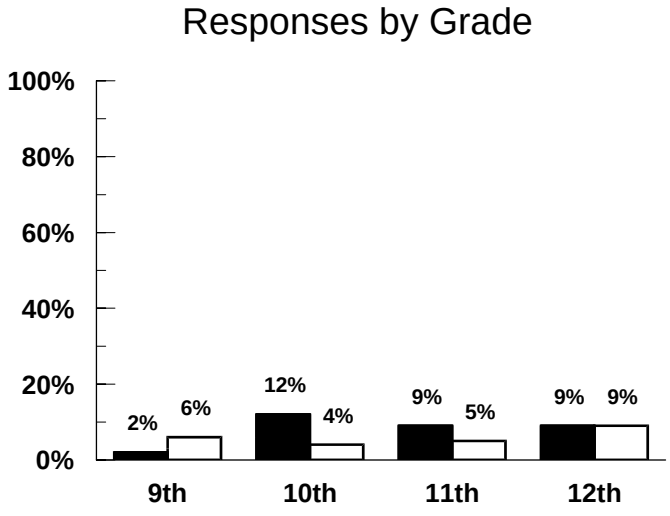


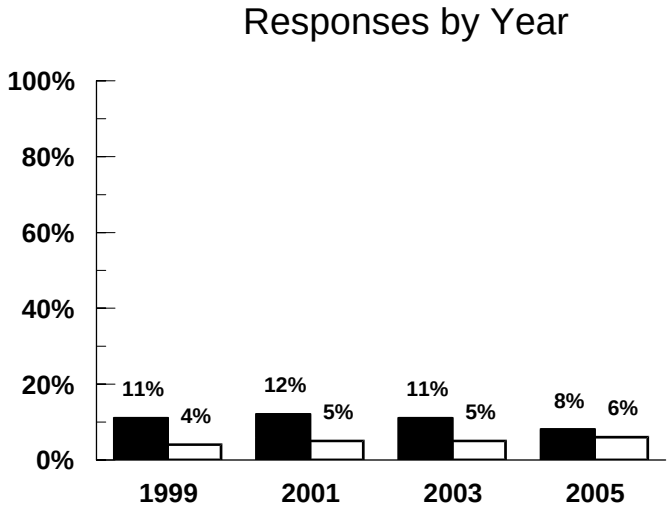


■ Females □ Males

Question 77

Percentage of respondents who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days = 7%

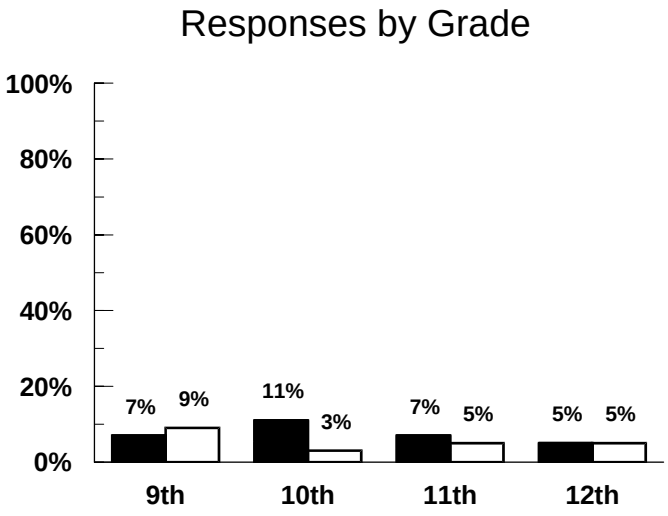


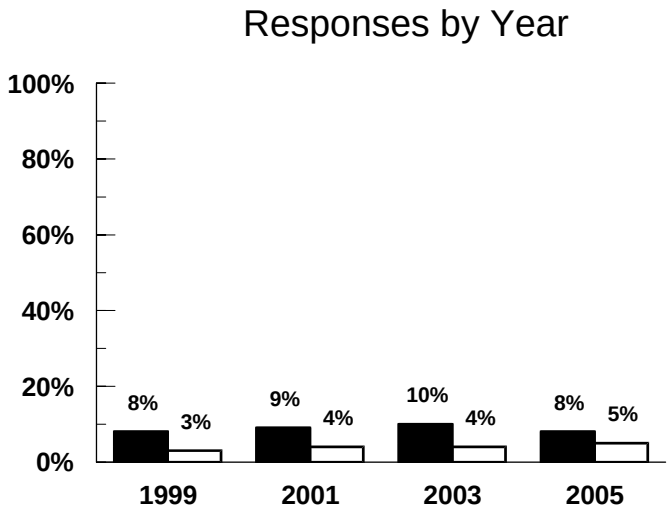


■ Females □ Males

Question 78

Percentage of respondents who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days = 7%

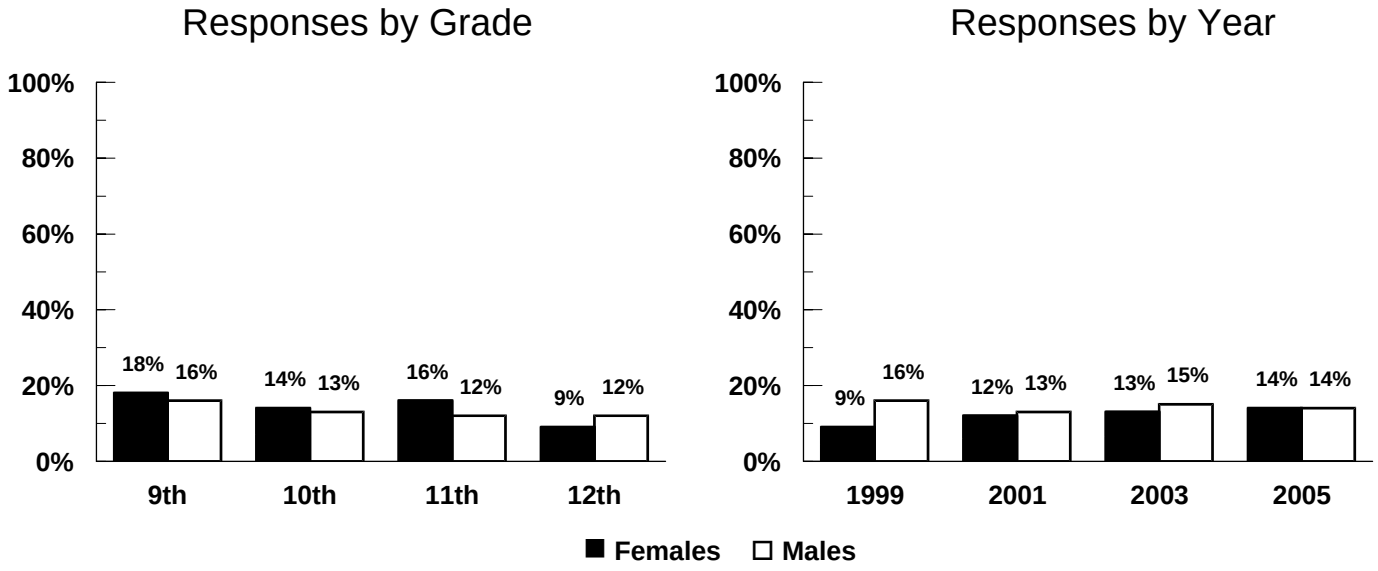




■ Females □ Males

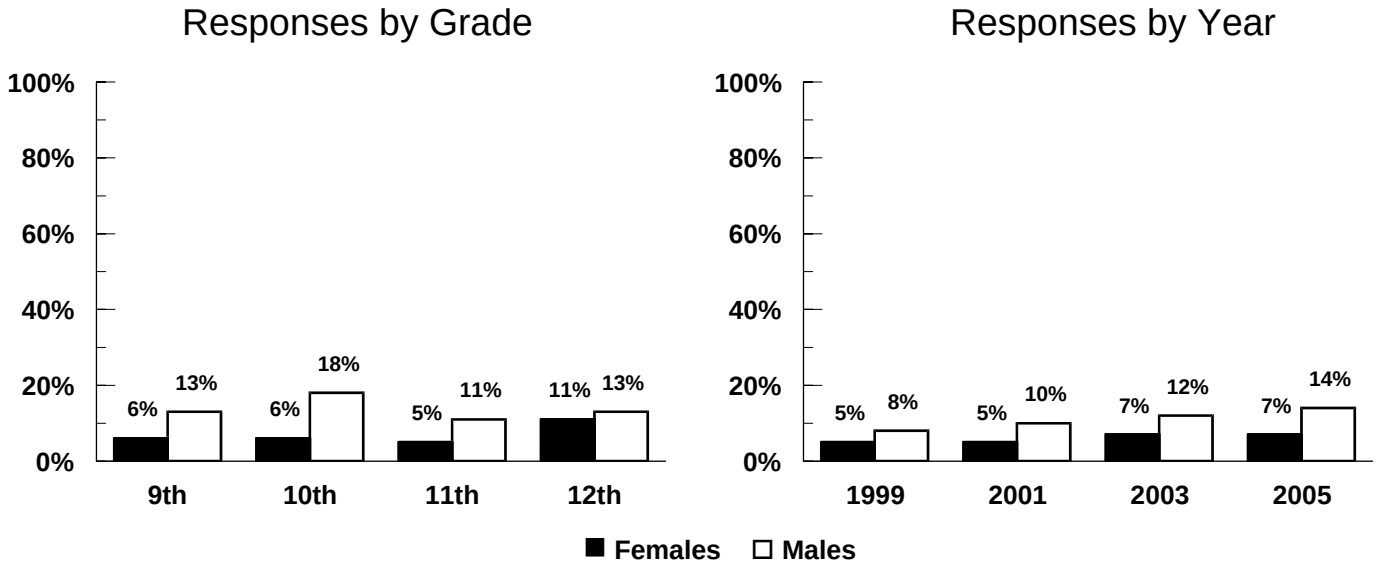
Questions 6 and 7

Percentage of respondents who are at risk for becoming overweight = 14%



Questions 6 and 7

Percentage of respondents who are overweight = 10%



Dietary Behaviors

Questions:

79. 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.)

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

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

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

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

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

85. 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.)

86. During the past 7 days, how many times did you eat breakfast?

87. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

Rationale:

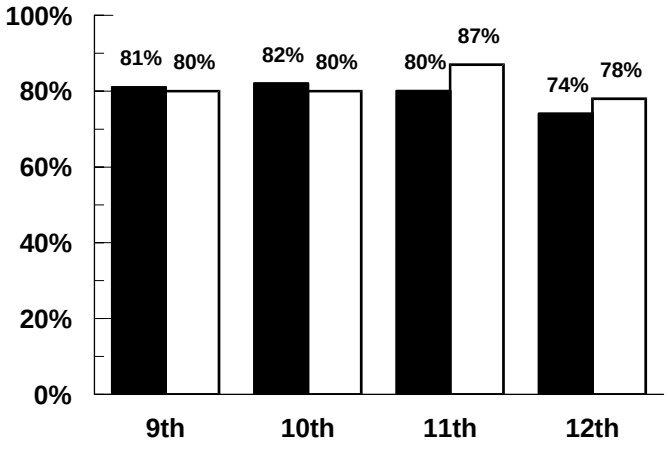
These questions measure food choices. Six of the questions address fruit and vegetable consumption, and one addresses milk consumption. The fruit and vegetable questions are similar to questions asked of adults on CDC's Behavioral Risk Factor Survey.[43] Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer.[44-49] Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of becoming overweight.[50-52] In 2003, only 24% of male high school students and 20% of female high school students met the minimum average daily goal of at least five servings per day of vegetables and fruits.[10] Milk is by far the largest single source of calcium for high school students.[53] Only 55% of females aged 14 – 18 years old consumed the recommended daily amount of calcium (1300 mg/day) with the average intake of calcium for girls in this age group being 713 mg/day.[54] Calcium is essential for the forming and maintaining healthy bones and teeth. Low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis.[48;55]

Results: The results for Questions 79 - 87 are summarized on pages 64 - 68. Also, on page 68 the results of Questions 79 - 84 are used to show the percentage of students who ate five or more servings of fruits and vegetables per day during the past seven days.

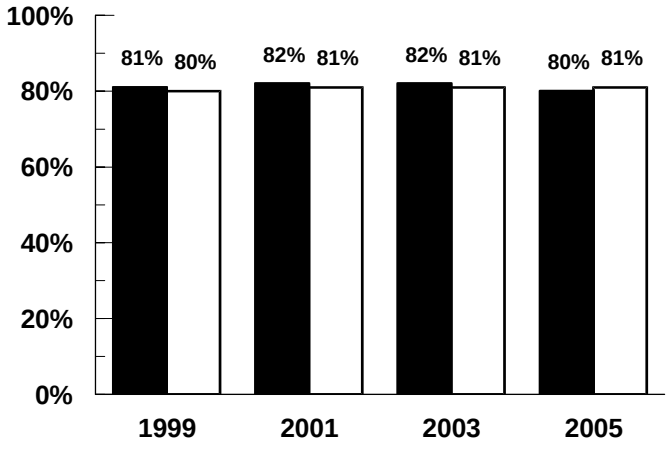
Question 79

Percentage of respondents who drank 100% fruit juice one or more times during the past seven days = 80%

Responses by Grade



Responses by Year

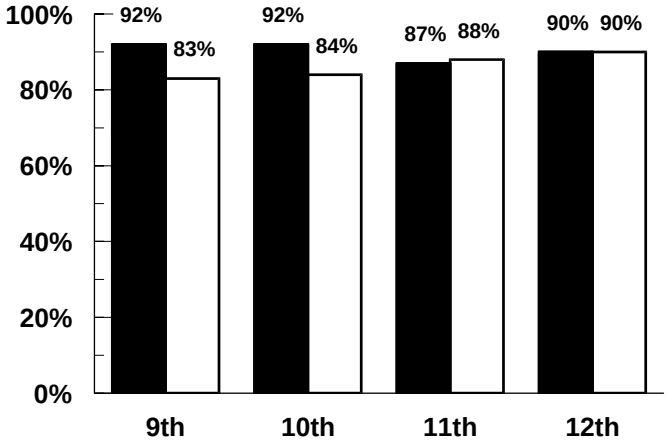


■ Females □ Males

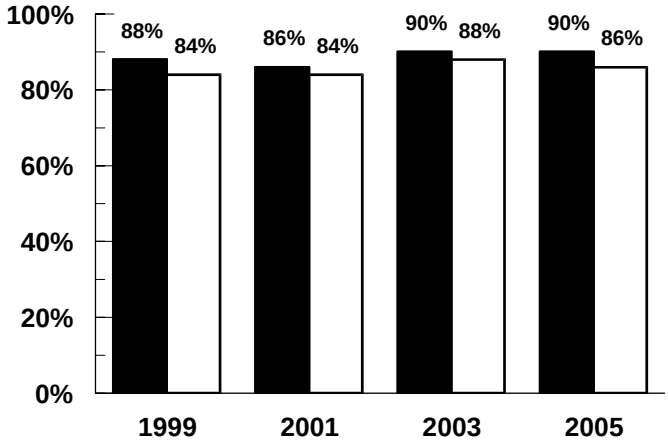
Question 80

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

Responses by Grade



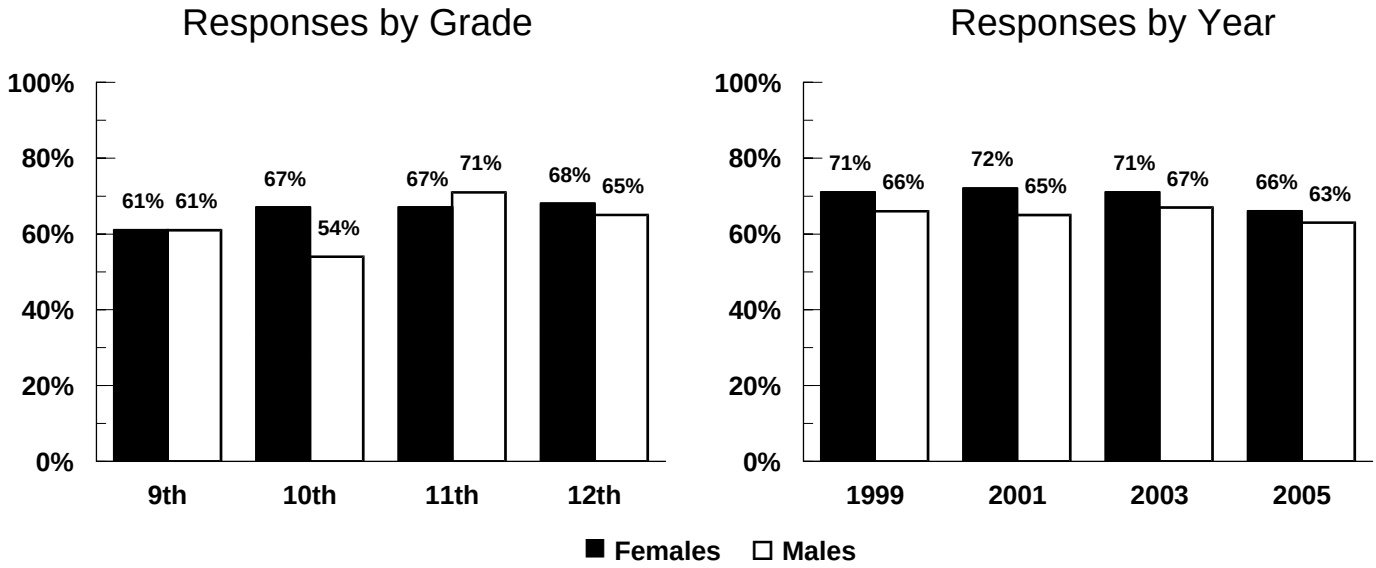
Responses by Year



■ Females □ Males

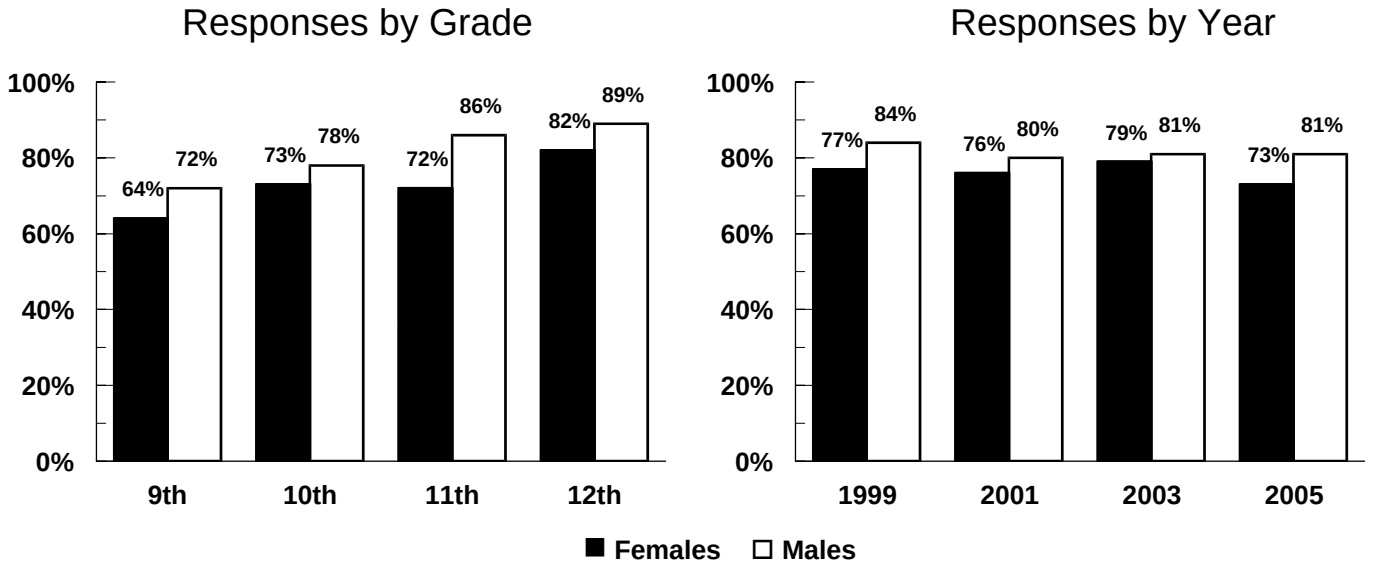
Question 81

Percentage of respondents who ate green salad one or more times during the past seven days = 64%



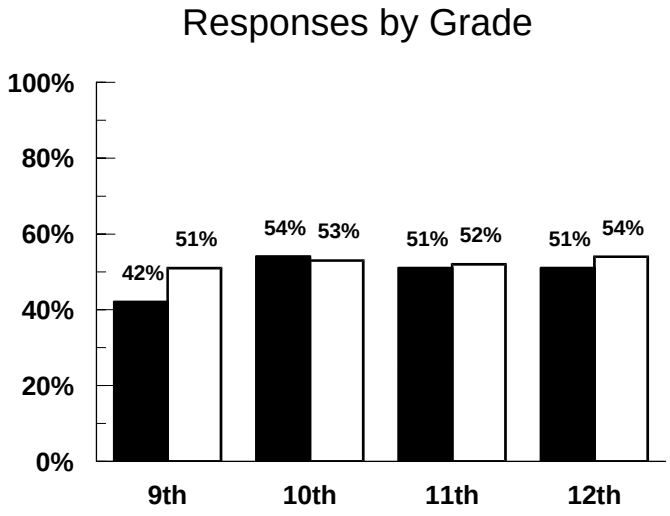
Question 82

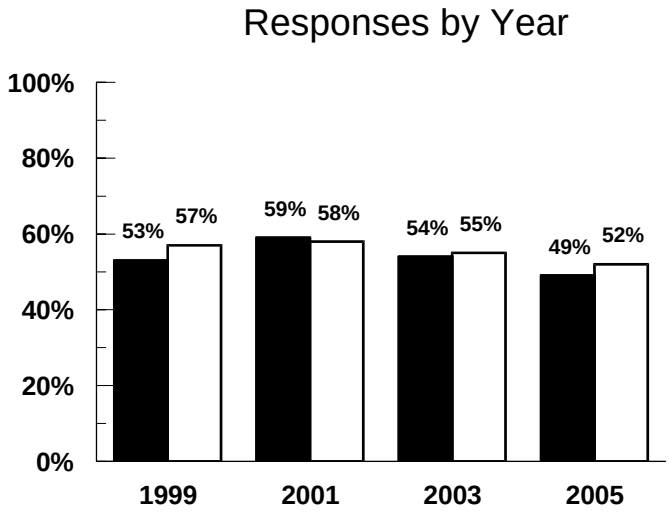
Percentage of respondents who ate potatoes one or more times during the past seven days = 77%



Question 83

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

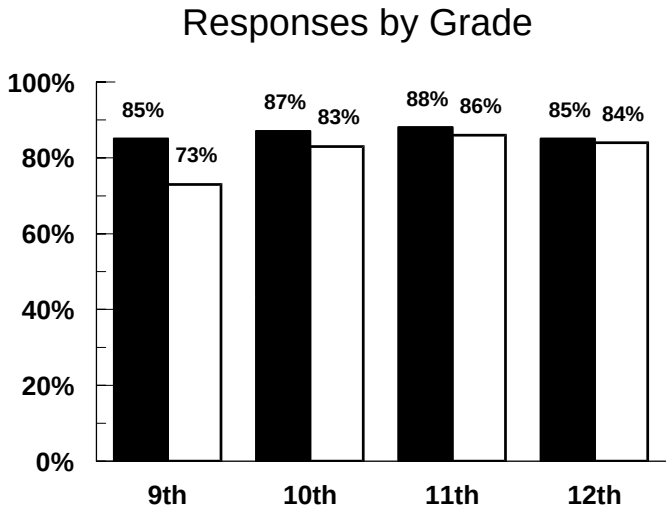


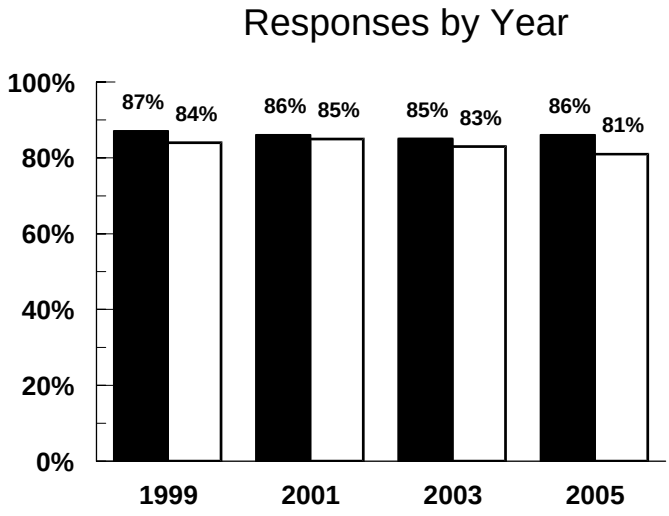


■ Females □ Males

Question 84

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

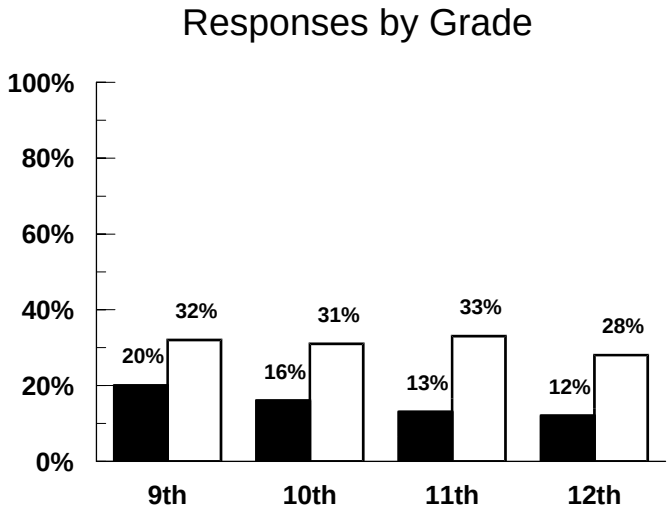


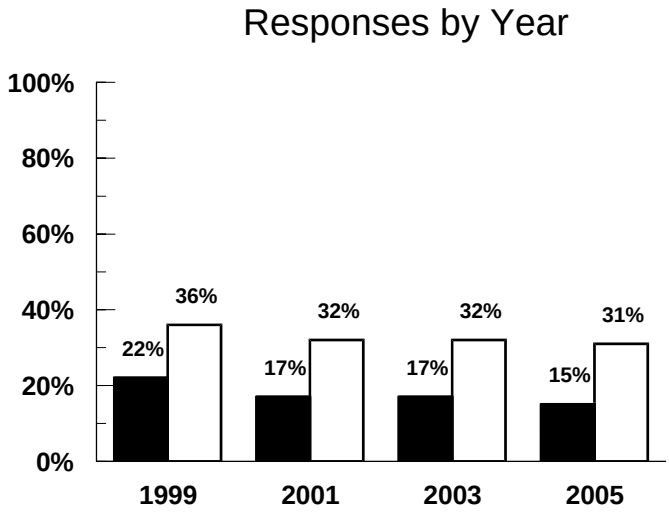


■ Females □ Males

Question 85

Percentage of respondents who drank three or more glasses of milk per day during the past seven days = 23%

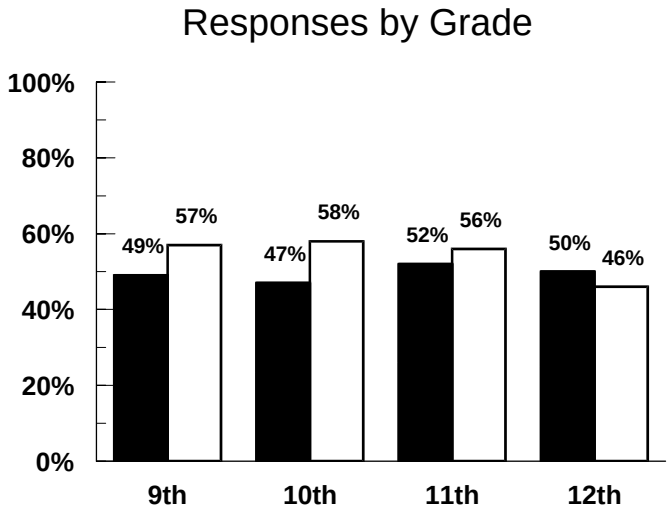


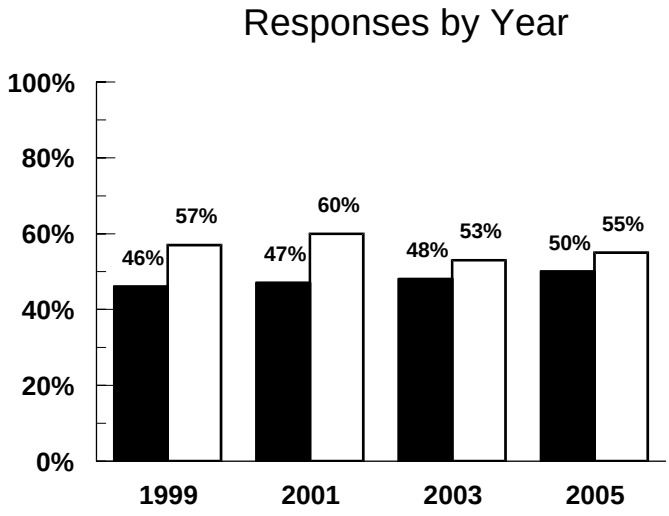


■ Females □ Males

Question 86

Percentage of respondents who ate breakfast four or more times during the past seven days = 52%



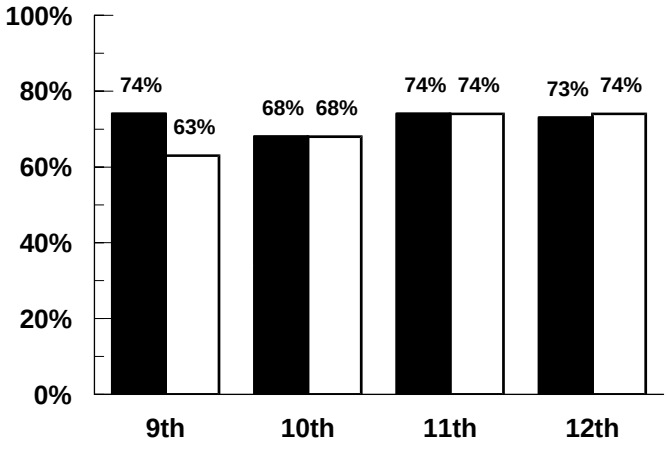


■ Females □ Males

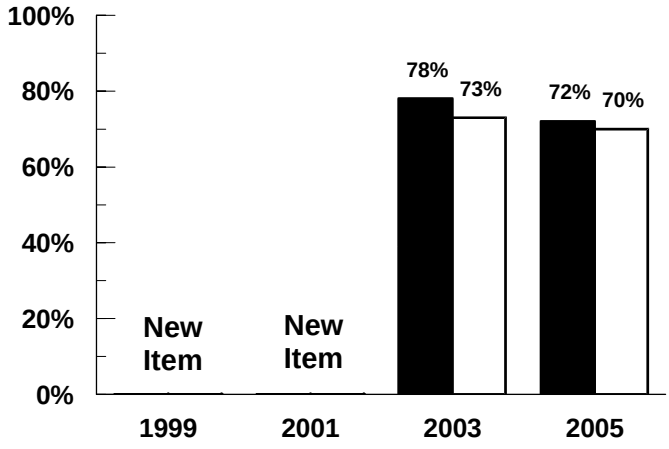
Question 87

Percentage of respondents who saw a dentist during the past 12 months for a check-up, exam, teeth cleaning, or other dental work = 71%

Responses by Grade



Responses by Year

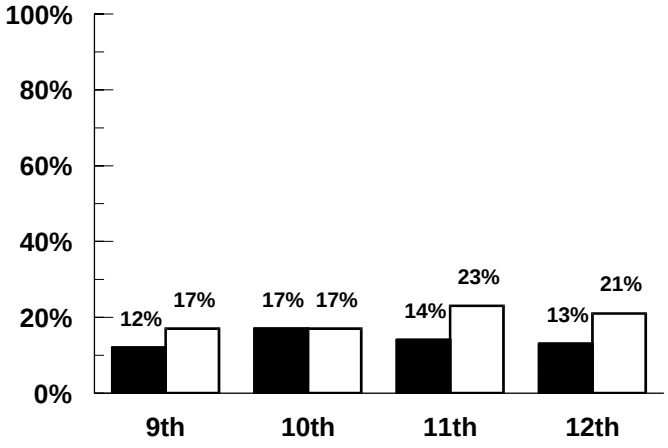


■ Females □ Males

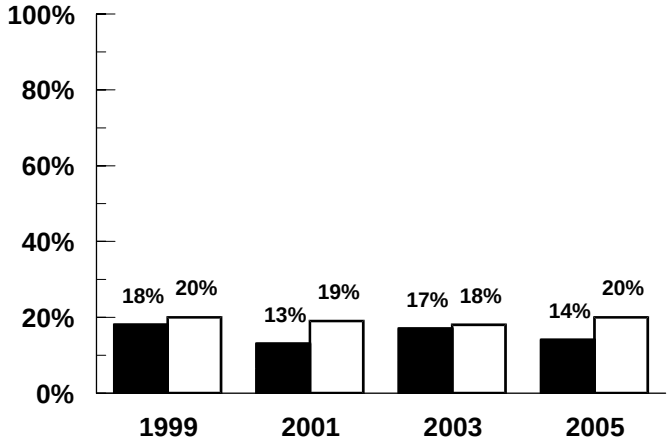
Questions 79 - 84

Percentage of respondents who ate five or more servings of fruits and vegetables per day during the past 7 days = 17%

Responses by Grade



Responses by Year



■ Females □ Males

Physical Activity

Questions:

88. 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 activity?

89. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

90. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

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

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

93. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

94. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

95. On an average school day, how many hours do you play video games or use a computer for fun? (Include activities such as Nintendo, Game Boy, Play Station, and computer games.)

Rationale:

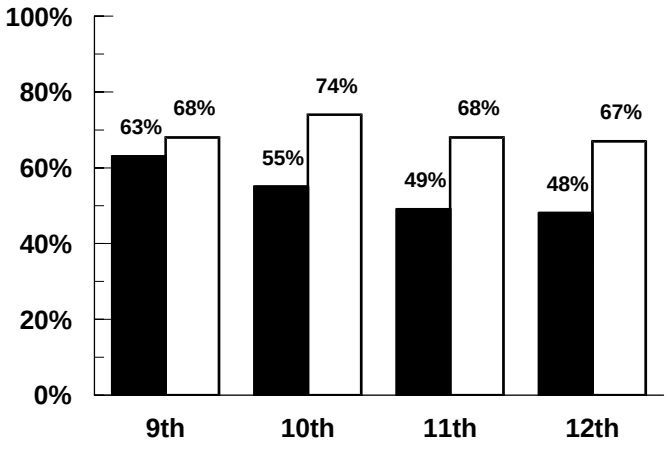
These questions measure participation in physical activity, physical education classes, sports teams, and television watching. Participating in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being.[56] Over time, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.[56] Decreases in vigorous physical activity occur during grades 9-12, particularly for girls; by 11th grade, half of female high school students do not participate in sufficient levels of vigorous physical activity. [10] School physical education classes can increase adolescent participation in moderate to vigorous physical activity[57-59] and help high school students develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.[60] The percentage of high school students enrolled in physical education class did not change significantly from 1991 – 2003 (49% vs 56%, respectively).[10] Television viewing is the principal sedentary leisure time behavior in the U.S and television viewing in young people is related to obesity.[61;62]

Results: The results for Questions 88 - 95 are summarized on pages 70 - 73. On page 74 the results of Questions 88 and 89 are used to show the percentage of students who did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 30 minutes of moderate physical activity on five or more of the past seven days. Also on page 74, the results of Questions 88 and 89 are used to show the percentage of students who participated in no vigorous or moderate physical activity during the past seven days.

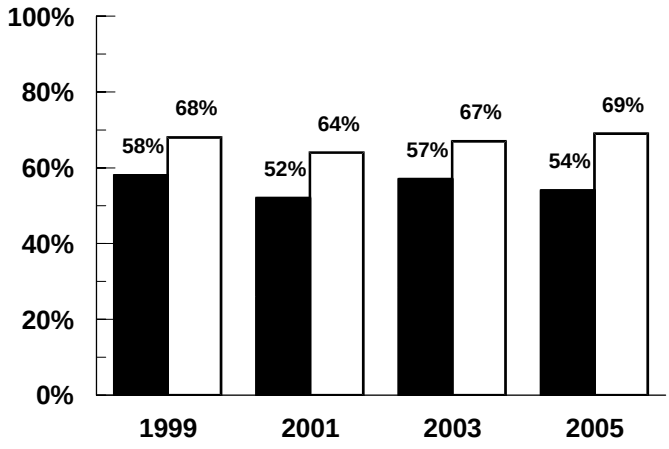
Question 88

Percentage of respondents who exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities during 3 or more of the past 7 days = 62%

Responses by Grade



Responses by Year

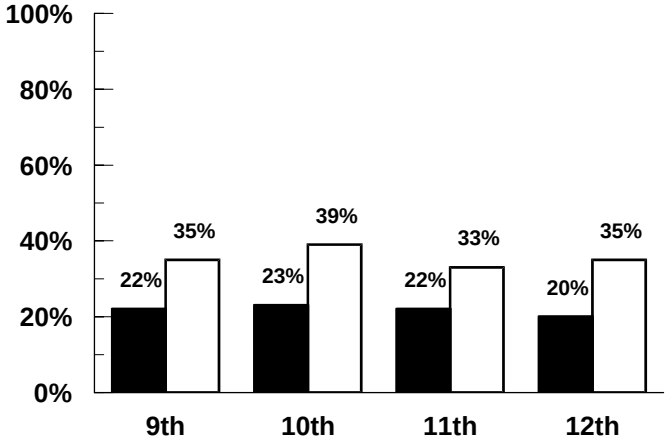


■ Females □ Males

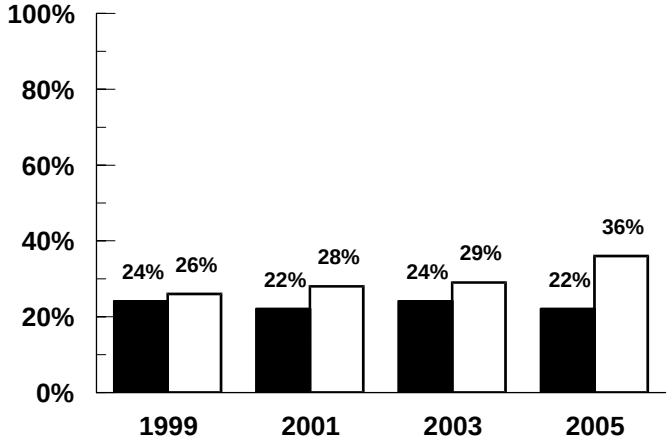
Question 89

Percentage of respondents who participated in physical activities for at least 30 minutes that did not make them sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors during 5 or more of the past 7 days = 29%

Responses by Grade



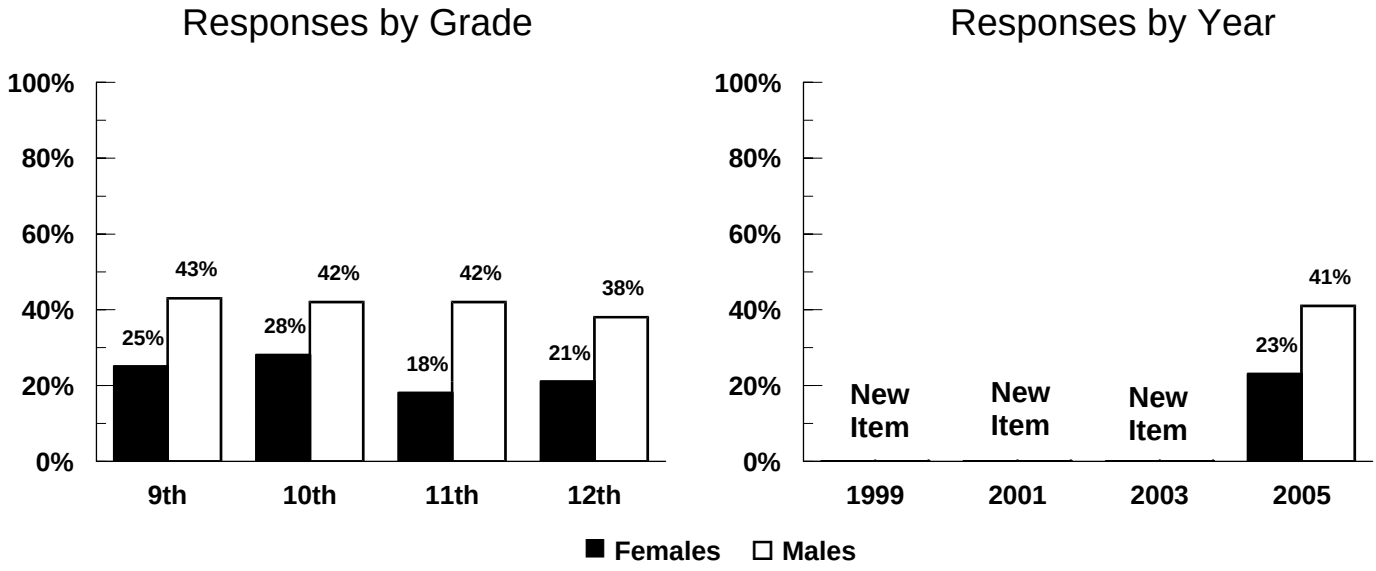
Responses by Year



■ Females □ Males

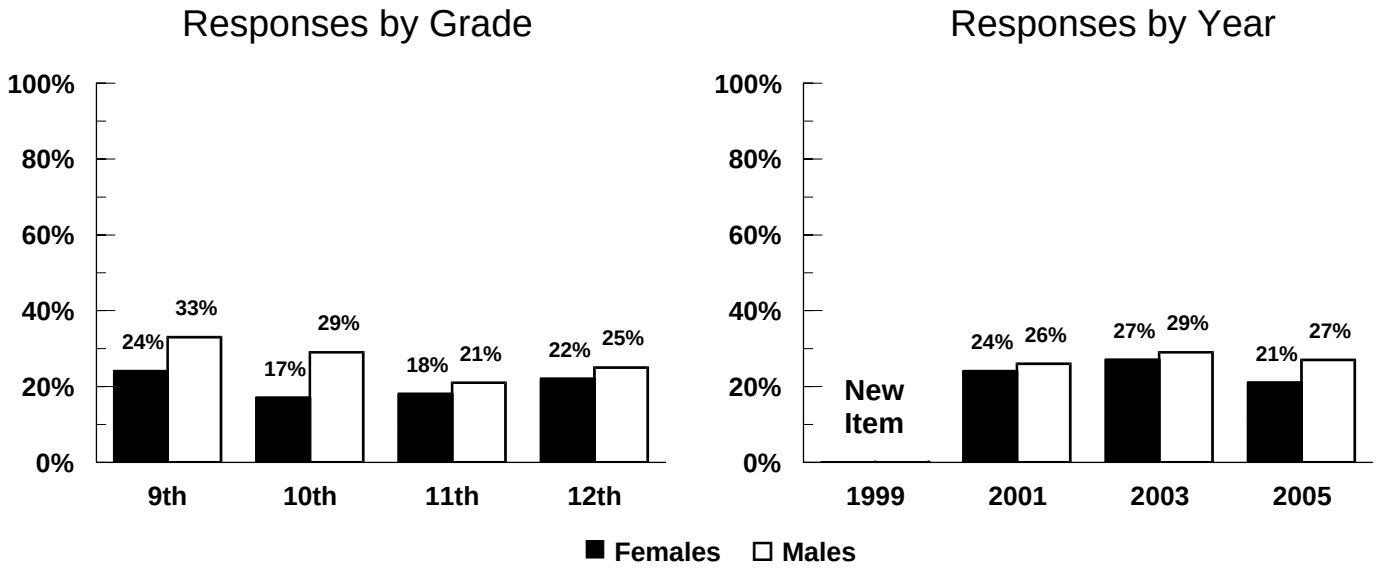
Question 90

Percentage of respondents who were physically active for a total of at least 60 minutes per day, during 5 or more of the past 7 days = 32%



Question 91

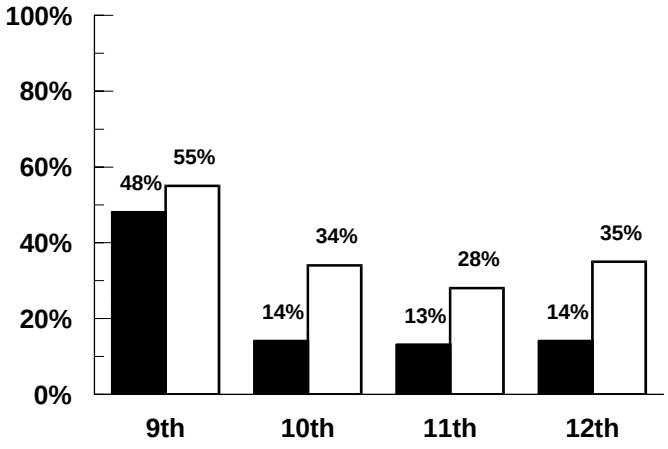
Percentage of respondents who during an average school day watched TV for 3 or more hours per day = 24%



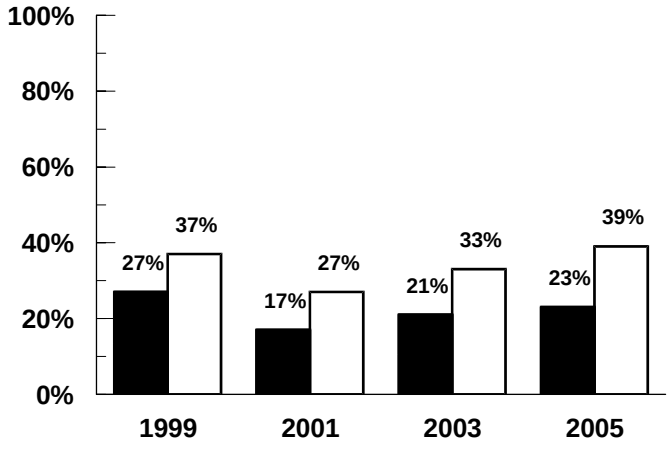
Question 92

Percentage of respondents who went to physical education class one or more days in an average school week = 31%

Responses by Grade



Responses by Year

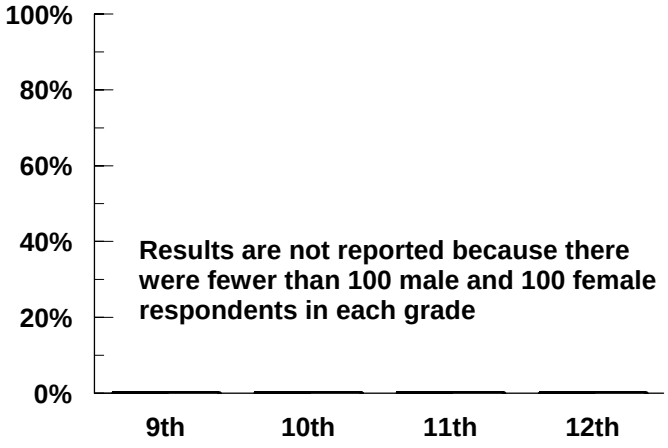


■ Females □ Males

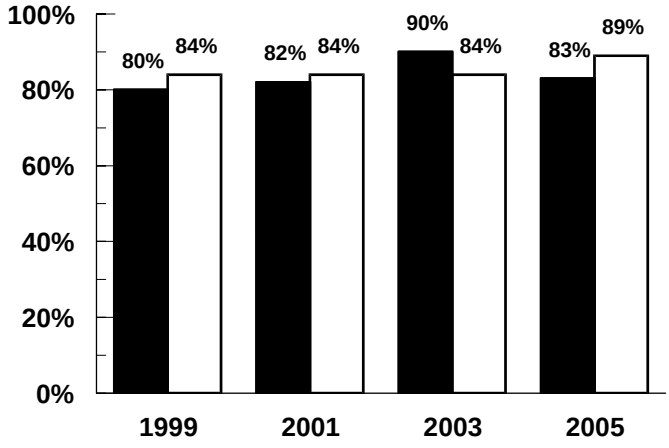
Question 93

Of respondents enrolled in physical education class, the percentage who exercised or played sports more than 20 minutes during an average physical education class = 87%

Responses by Grade



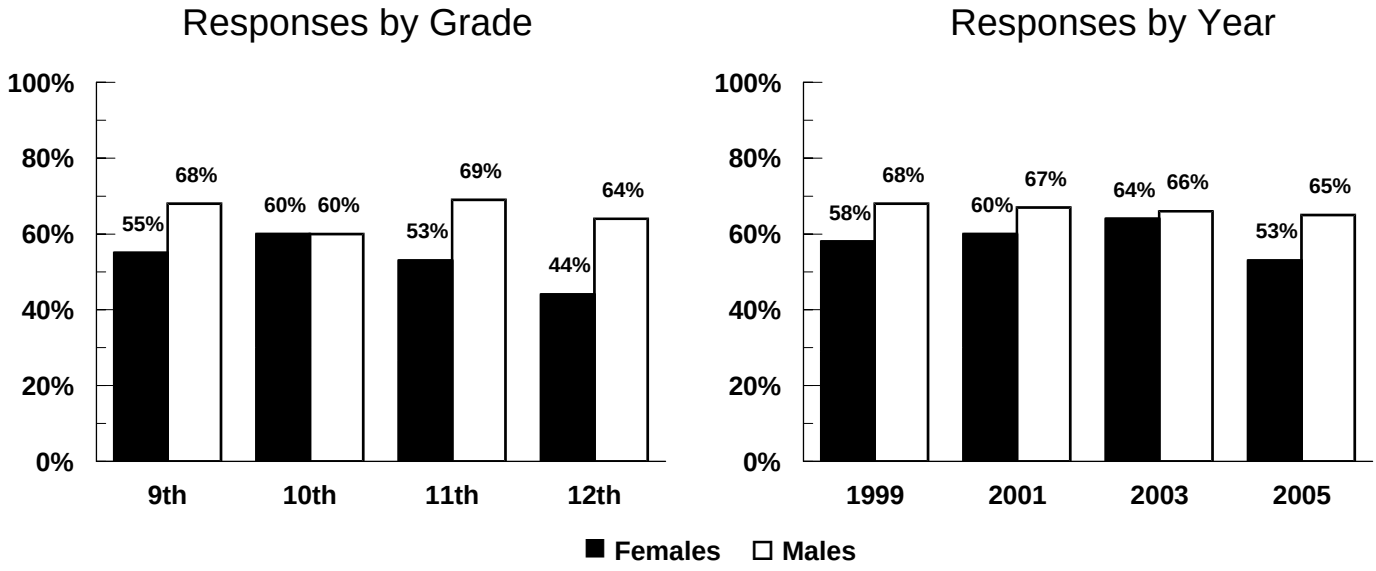
Responses by Year



■ Females □ Males

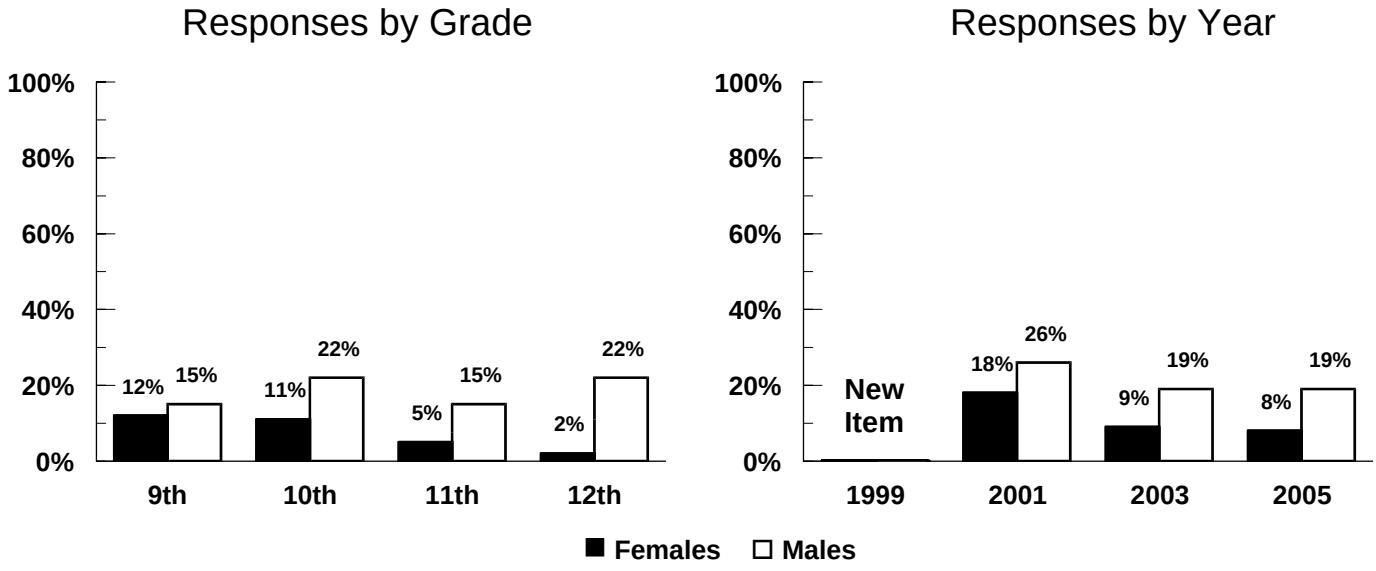
Question 94

Percentage of respondents who played on one or more sports teams during the past 12 months = 59%



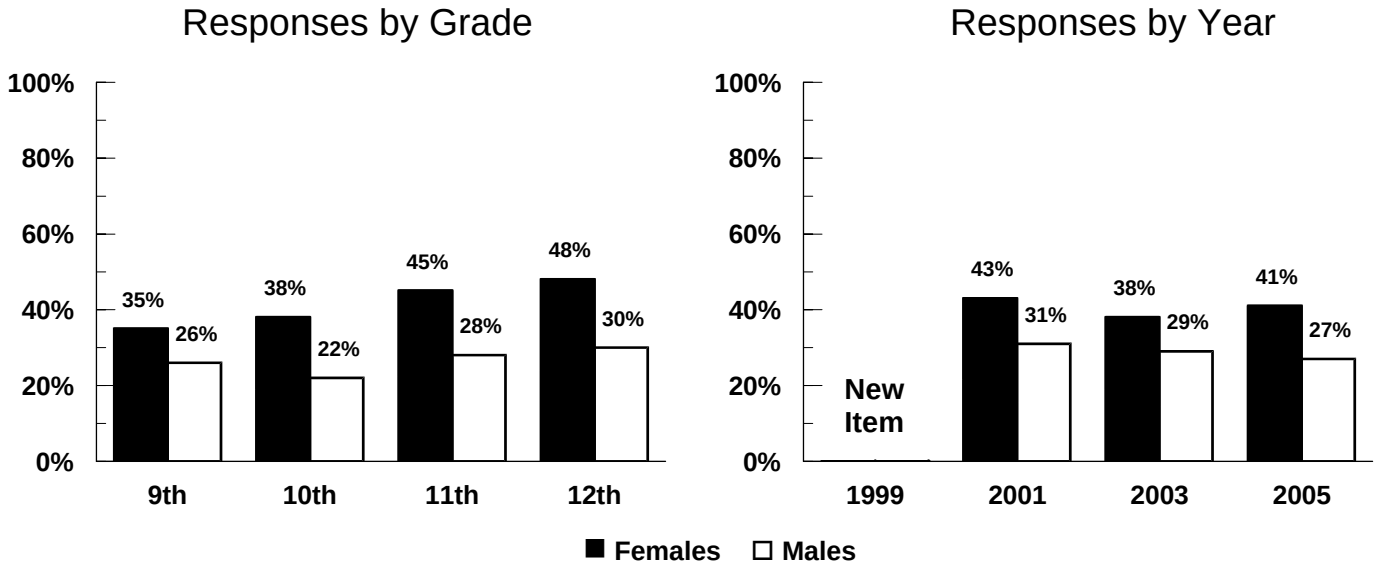
Question 95

Percentage of respondents who played video games or used a computer for fun 3 or more hours on an average school day = 13%



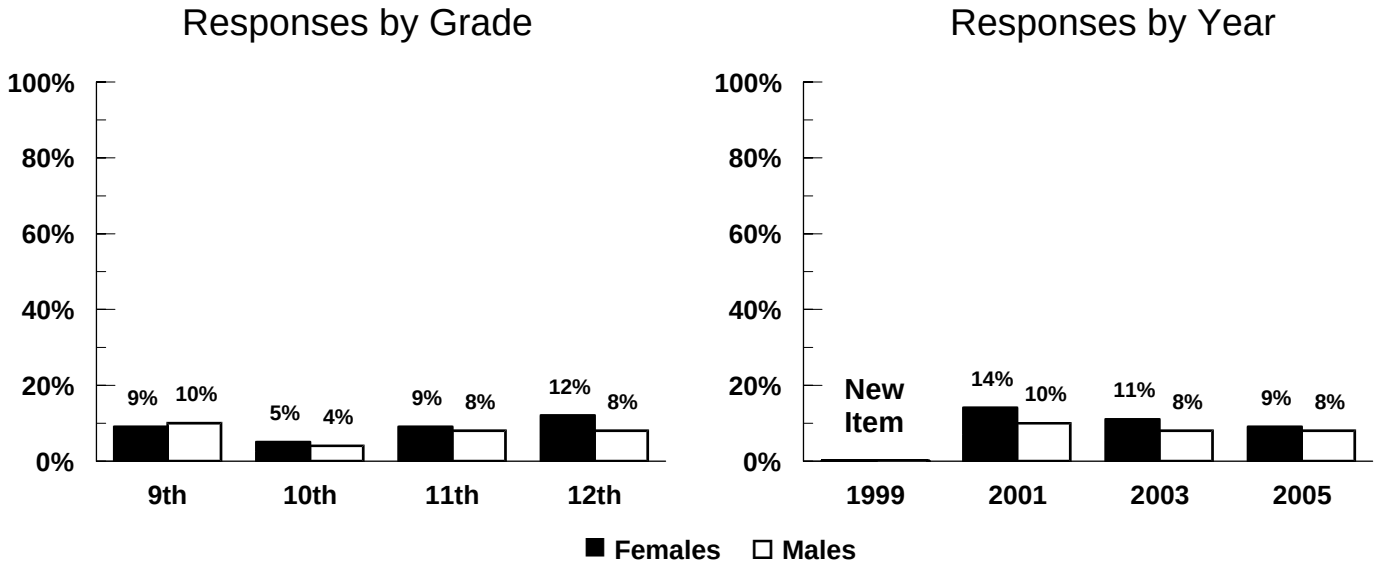
Questions 88 and 89

Percentage of respondents who did not participate in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days and did not do at least 30 minutes of moderate physical activity on 5 of the past 7 days = 34%



Questions 88 and 89

Percentage of respondents who participated in no vigorous or moderate physical activity during the past 7 days = 8%



Other Health-Related Topics

Questions:

5. How do you describe your health in general?

97. Has a doctor or nurse ever told you that you have asthma?

98. During the past 12 months, have you had an episode of asthma or an asthma attack?

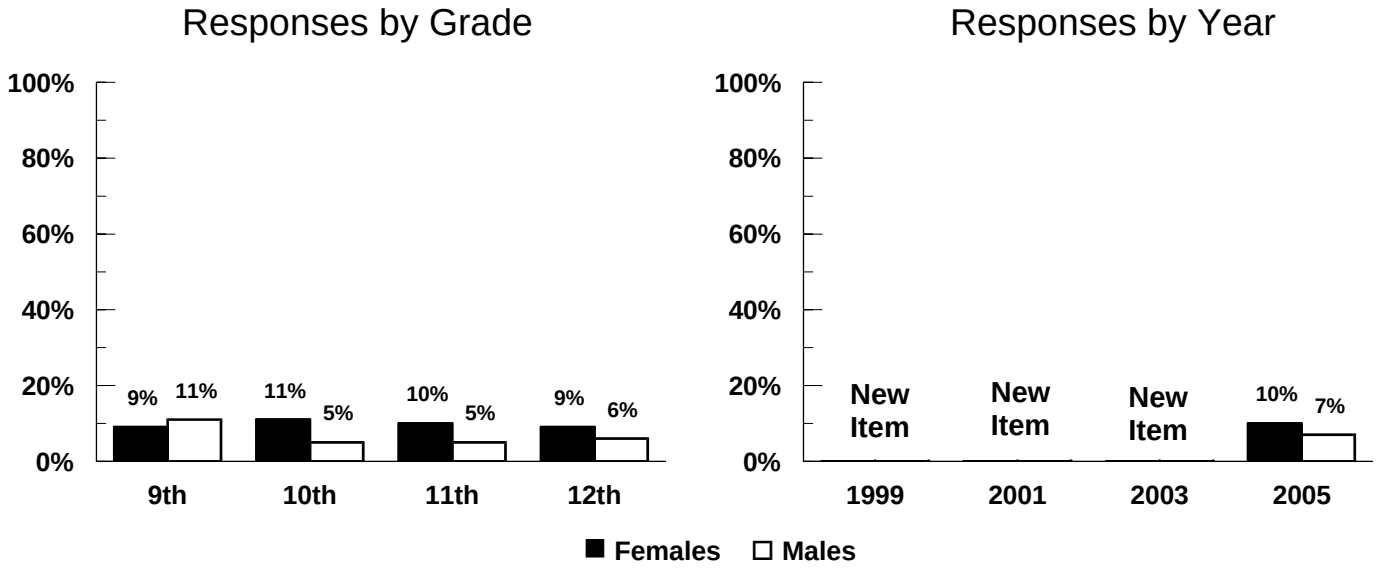
Rationale:

Perceived health status is a simple and easily understood measure that correlates very well with actual overall health status and is an important quality of life component. Perceived health status is measured as a part of the Behavioral Risk Factor Surveillance System.[43] It also is considered a key measure of accountability in the new accountability plan developed by the National Center for Chronic Disease Prevention and Health Promotion. In 2001, 6.3 million (9%) U.S. children had asthma as diagnosed by a health professional. In addition, children made 4.6 million visits to doctors' offices and hospital outpatient departments, made 728,000 visits to hospital emergency departments, and had 214,000 hospitalizations due to asthma.[72] An estimated 14 million lost school days are attributed to asthma among school-aged children.[73] The impact of illness and death due to asthma is disproportionately higher among low-income populations, racial and ethnic minorities, and children in inner cities than in the general population.[73]

Results: The results for Questions 5, 97 and 98 are summarized on pages 76 and 77.

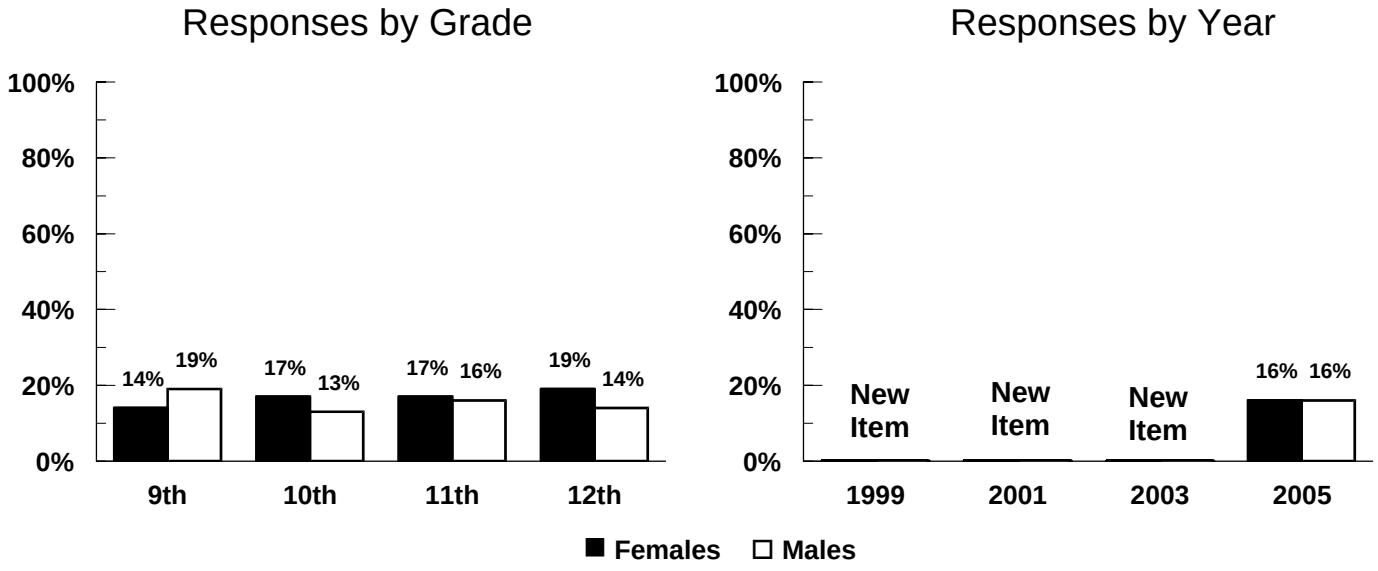
Question 5

Percentage of respondents who describe their general health as fair or poor = 8%



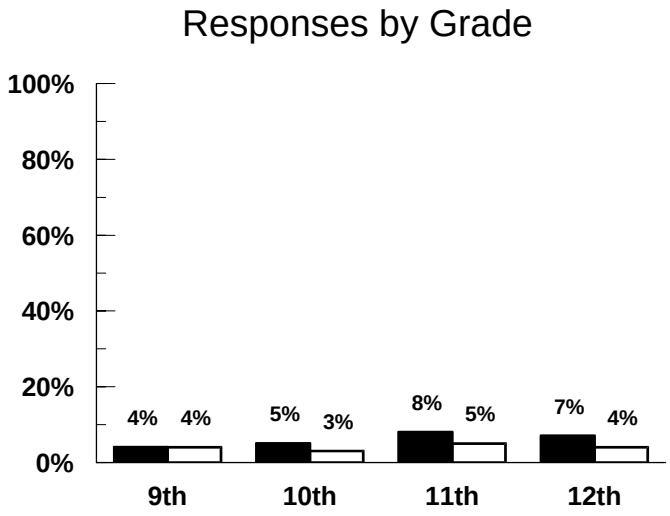
Question 97

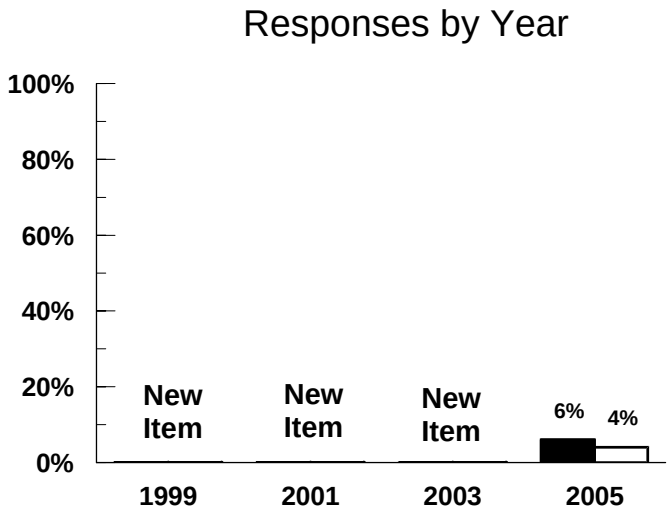
Percentage of respondents who have ever been told by a doctor or nurse that they have asthma = 16%



Question 98

Percentage of respondents who during the past 12 months have had an episode of asthma or an asthma attack = 5%





■ Females □ Males

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RESOURCES

South Dakota Department of Education
Office of Educational Services and Support
700 Governors Drive
Pierre, SD 57501-2291
Phone: (605) 773-3261
Fax: (605) 773-3782
http://doe.sd.gov/oess/

Programs

Coordinated School Health
(605) 773-3261
http://doe.sd.gov/oess/schoolhealth/index.asp

Comprehensive School Health Education
(605) 773-6808
http://doe.sd.gov/oess/schoolhealth/8components/healthed.asp

HIV/AIDS Prevention Education
(605) 773-6898
http://doe.sd.gov/oess/schoolhealth/HIVprevention/index.asp

Child and Adult Nutrition Services
(605) 773-3413
http://doe.sd.gov/oess/cans/index.asp

Training

Training is offered in a variety of areas within the scope of the Coordinated School Health Program. Some of the training that is available includes but is not limited to:

Coordinated School Health Approach – the 8 component model

Health Education Standards and Assessment Training

Physical Education Standards and Assessment Training

Special topics may be covered upon request with emphasis on tobacco prevention, nutrition, physical activity, universal precautions and HIV/AIDS and teen pregnancy prevention within the context of comprehensive school health education. For a list of upcoming training events, visit http://www.southdakotapd.com/

Resources

South Dakota Health Education Standards – Guidelines for Achieving Health Literacy - approved January 2000
http://doe.sd.gov/contentstandards/health/index.asp

South Dakota Physical Education Standards – approved January 2000
http://doe.sd.gov/contentstandards/pe/index.asp

South Dakota Youth Risk Behavior Survey Trend Data 1991-2001
Compares South Dakota and national YRBS results
http://doe.sd.gov/oess/schoolhealth/HIVprevention/docs/YouthRiskManual.pdf

2002 South Dakota School Health Profiles
Assesses status of health education, physical education and health policy in SD schools
http://doe.sd.gov/oess/schoolhealth/docs/SHP_2004.pdf

Centers for Disease Control (CDC) Division of Adolescent School Health Publications
http://www.cdc.gov/HealthyYouth/about/index.htm

South Dakota Schools Walk campaign
Encourages school staff, students and parents to walk
http://doe.sd.gov/oess/schoolhealth/sdwalks/

VERB
CDC's youth media campaign to encourage physical activity
http://www.cdc.gov/youthcampaign/index.htm

School Health Index: A Self-Assessment and Planning Guide
The School Health Index is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential.
http://apps.nccd.cdc.gov/shi/default.aspx

Fit, Healthy, and Ready to Learn: A School Health Policy Guide
Policy guide which is organized around sample policies that reflect best practice, which can be adapted to fit local circumstances
http://www.nasbe.org/HealthySchools/fithealthy.html

South Dakota Department of Human Services
Division of Alcohol & Drug Abuse
East Highway 34 c/o 500 East Capitol Avenue
Pierre, SD 57501-5070
Phone: (605) 773-3123
Fax: (605) 773-7076
http://www.state.sd.us/dhs/ADA/Index.htm

Regional Prevention Resource Centers (PRCs)

Northeastern Prevention Resource Center
PO Box 1030
123 19th Street NE
Watertown, SD 57201-6030
Phone: (605) 886-0123
dodih@humanserviceagency.org

Southeastern Prevention Resource Center
PO Box 89306
1309 West 51st Street
Sioux Falls, SD 57109
Phone: (605) 335-6474
seprc@voa-dakotas.org

Western Prevention Resource Center
202 East Adams Street
PO Box 2813
Rapid City, SD 57709-2813
(605) 342-1593
beilers@youthandfamilyservices.org

Northwestern Prevention Resource Center
Three Rivers
PO Box 447
11 East 4th Street
Lemmon, SD 57638
Phone: (605) 374-3862
threerivers@sdplains.com

PRC Training
Trainings and technical assistance are available to schools, parent and community groups. Numerous curriculum trainings are available, for example, Natural Helpers, LifeSkills Training and Bullying Prevention. Please contact your regional PRC for further information/requests.

School-based Prevention Programs

Prairie View Prevention – Eastern SD
822 # 41st St Ste 235
Sioux Falls, SD 57105
Phone : (605) 331-5724
pvps@dtgnet.com

Lifeways, Inc. – Western SD
1010 9th Street, Suite 2
Rapid City, SD 57701
Phone: (605) 716-6555
paulalifeways@rushmore.com

South Dakota Department of Health
Office of Health Promotion – Office of Family Health –
Office of Disease Prevention
615 East 4th Street, Pierre, SD 57501-1700
Phone (605) 773-3737 Fax: (605) 773-5683
http://www.state.sd.us/doh

Programs

Coordinated School Health
http://www.state.sd.us/doh/SchoolHealth/CoordSchool.htm

Family Planning/Pregnancy Prevention
http://www.state.sd.us/doh/Address/famplan.htm

Nutrition
(605) 734-4551
http://www.state.sd.us/doh/Nutrition/index.htm

Diabetes Prevention and Control Program
(605) 773-3737
http://diabetes.sd.gov/

Oral Health
(605) 773-7150
http://www.state.sd.us/doh/OralHealth/index.htm

Tobacco Control and Prevention
http://www.state.sd.us/doh/Tobacco/index.htm

Disease Prevention
1-800-592-1861
http://www.state.sd.us/doh/Disease/index.htm

Healthy South Dakota
http://www.healthysd.gov/

Resources

Youth Tobacco Survey
http://www.state.sd.us/doh/Tobacco/SD%20Youth%20Report%202003%20AI-W.pdf

School Height and Weight Report
http://www.state.sd.us/doh/Stats/HeightWeight03-04.pdf

Vital Statistics
http://www.state.sd.us/doh/Stats/index.htm

Behavioral Risk Factor Surveillance
http://www.state.sd.us/doh/Stats/index.htm

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

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Coordinated School Health
Healthy Children Healthy Future
S.D. Department of Education
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S.D. Department of Health