



**2014-2015**  
**Monroe County**  
**Youth Risk Behavior Survey**  
**Report**

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# **Executive Summary**

## **Introduction**

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools during the 2014-2015 school year. As a result of two suburban school districts opting out of the survey this year, we over-sampled in the remaining fifteen suburban districts. A random sample of public high school students was developed with a projected 5% margin of error and an 80% response rate. A total of 1814 surveys were selected for the sample. A mixed mode of surveying was utilized this year. One district used paper and pencil surveys, while the remaining completed the survey using a confidential computer based platform.

## **Highlights**

### **Violence**

- 14% carried a weapon in the past month
- 22% engaged in a physical fight in the past year

### **Bullying**

- 37% experience some form of bullying in the past year
- 30% ever took part in bullying at school

### **Internet- Bullying and Safety Issues**

- 20% were electronically bullied in the past year
- 19% bullied someone else using technology in the past year

### **Adverse Experiences of Childhood (Trauma)**

- 70% experienced one or more adverse experiences during their life

### **Mental Health**

- 27% in the past year, felt so sad and hopeless almost every day for 2 or more weeks in a row that they stopped doing their usual activities
- 28% have serious difficulty concentrating, remembering, or making decisions because of emotional problems

### **Tobacco/E-Cigarettes**

- 24% smoked cigarettes, cigars and/or used an e-cigarette in the past month

### **Alcohol Use**

- 28% drank one or more drinks of alcohol in the past month
- 15% drank 5 or more drinks of alcohol in a row within a couple of hours on one or more occasions in the past month

### **Marijuana Use**

- 32% ever used marijuana
- 22% used marijuana in the past month

### **Use of Other Drugs**

- 5% ever used heroin
- 10% ever took any drug or pill to get high that was prescribed for someone else (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, Xanax)
- 7% ever used over-the-counter drugs to get high

### **Sexual Risks**

- 35% ever engaged in sexual intercourse
- 26% engaged in sexual intercourse in the past 3 months
- 5% of sexually active students used long acting reversible contraception (an IUD or implant) and a condom the last time they had sex

# **Introduction**

## **Background**

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools during the 2014-2015 school year. This local survey has been completed eleven times since 1992. The Youth Risk Behavior Survey, designed and validated by the US Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are: 1.) to assess health risk behaviors among high school students, 2.) to monitor changes in these behaviors over time and 3.) to broadly evaluate the impact of preventive programs.

Local survey results assess the health risks of public high school students in Monroe County. Schools, service providers, and health planners use these data as a base on which to develop interventions to reduce behaviors contributing to disease, injury, and premature death in the young adult population.

## **Methodology**

In 2014-2015, two suburban districts opted not to participate in the survey. As a result, we over-sampled in the remaining fifteen suburban districts. Based on enrollment within each school, the Monroe County Department of Public Health (MCDPH) developed a random sample of students with a projected 5% margin of error and an 80% response rate. A total of 1814 surveys were selected for the sample.

Districts were given two options for administering the survey:

1. *"county level"* - contributing to the total county sample only.
2. *"district level"* - surveying all of their students so that they can describe the level of risk behaviors within their district.

Four districts participated at the *"county level"*. For these districts, the Monroe County Department of Public Health (MCDPH) randomly selected classes for each school from a list of classes that all students were required to take. Once classes were selected, no substitutions were made. The MCDPH administered surveys in these classes using a standard script that described the survey, explained that participation is voluntary and that survey responses are kept confidential. One of these districts used paper and pencil to administer the survey, while the remaining three used a confidential computer based survey platform.

Twelve districts administered the survey at the *"district level"*. Within these districts, surveys were given during classes that all students were required to attend. In all of these districts, surveys were administered using a confidential computer based survey platform.

The sample data were weighted to match the grade, gender and City-Suburb distribution of the enrollment for each given survey year. For all measures, the trends for crude and weighted rates were relatively equivalent. Based on this finding, only crude rates are reported

This report is organized by risk/asset topic area. For each topic area, a data table is provided that contains the question number, the proportion of students who reported the risk/asset, along with the 95% confidence interval (LCL- lower confidence level and UCL- upper confidence level). Significant trends were identified when there was a statistically significant trend between 2005 and 2015. When a question was not asked for more than 3 survey years, trends were not analyzed.

## **Limitations of the Data**

Nationally, the CDC conducts internal reliability checks to identify the small percentage of students who may falsify their answers. For example, students who report smoking cigarettes in the past 30 days must also report ever having tried smoking cigarettes, or the responses to these questions are set to “missing”. Data published in this report are not checked for internal reliability and are only based on responses to each individual question.

These survey results do not include students who have dropped out of school or students who were absent the day of administration. Research has shown that students who dropout or are frequently absent are more likely to engage in health-risk behaviors than other students.<sup>1</sup>

Additionally, the data are based on self-report, thus students may under-report illegal type behavior like alcohol or drug use.

For 2015, it is not clear how the results were affected by the fact that two school districts did not participate in the survey. It is also not clear, what effect the mixed mode of administration had on the results.

## **Demographic Characteristics of Respondents**

The demographic characteristics of the sample are shown in the following tables.

<b>Gender</b>	<b>#</b>	<b>%</b>
Female	903	50
Male	870	48.2
Other	33	1.8
Total	1806	
Did not answer	8	

<b>Age</b>	<b>#</b>	<b>%</b>
13 or younger	33	1.8
14 years old	225	12.4
15 years old	491	27.1
16 years old	483	26.7
17 years old	378	20.9
18 years old or older	202	11.1
Total	1812	
Did not answer	2	

Students that selected Latino were counted only in this category, regardless of which race they selected. Students that selected a single race and not-Latino were put in the race category they selected. Those that selected multiple races and not Latino were put in the “Other races/“more than one race” category.

<b>Race/Ethnicity</b>	<b>#</b>	<b>%</b>
Latino	275	15.2
White, Not Latino	991	54.9
African American, Not Latino	314	17.4
Other races, Not Latino/ More than one race, Not Latino	225	12.5
Total	1805	
Did not answer	9	

<sup>1</sup> 37. Pirie PL, Murray DM, Luepker RV. Smoking prevalence in a cohort of adolescents, including absentees, dropouts, and transfers. Am J Public Health 1988;78:176–8.

## Violence

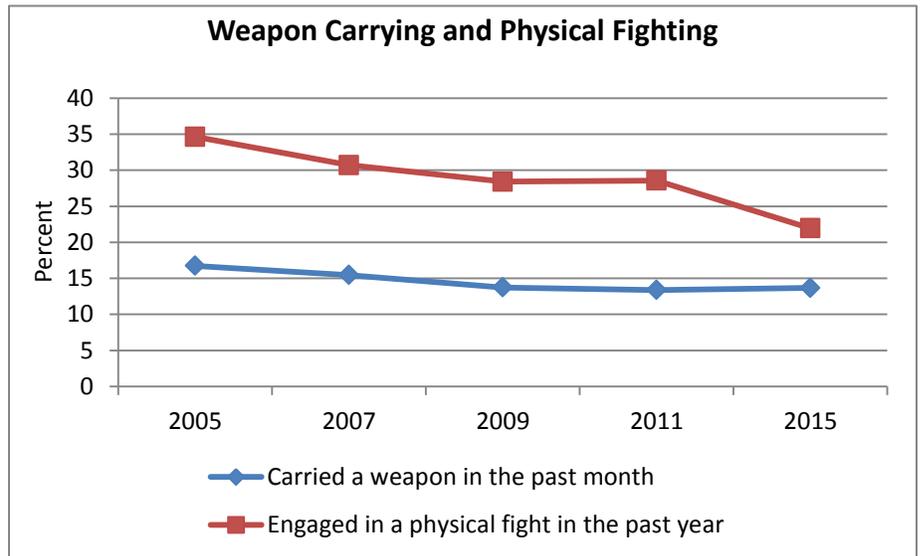
	<b>Students Reported They:</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Q12	Carried a weapon in the past month**	14	12.5	15.7
Q13	Carried a gun in the past month	6	4.4	6.6
Q14	Carried a weapon on school property in the past month	5	4.1	6.2
Q18	Engaged in a physical fight in the past year	22	20.0	23.9
Q19	Engaged in a physical fight on school property in the past year	11	9.8	12.7
Q15	Did not go to school on one or more days in the past month because they felt unsafe	8	6.4	8.9
Q16	Were teased, harassed, or attacked at school or on the way to school in the past month	22	20.0	23.8
Q17	Were threatened/injured on school property 1 or more times during past year	7	6.0	8.4
Q20*	In the past year, were physically hurt by someone they were dating, "talking to" or going out with	9	7.3	10.0
Q21*	Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	12	10.0	13.0

\*Question changed in 2015, or new question, so trend data are not available

\*\*Note in RCSD added "razor" examples of a weapon.

## Trends

The proportion of students who reported they carried a weapon in the past month and the proportion who reported they engaged in a physical fight in the past year declined between 2005 and 2015.



The proportion of students who reported they were teased, harassed or attacked at school or on the way to school in the past month, declined overall from 26.8% in 2005 to 21.9% in 2015.

## Bullying

	<b>Students Reported They:</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Q83*	Experienced bullying in the past year**	37	34.5	39.1
	Verbal	32	29.7	34.2
	Physical	8	6.2	8.7
	Electronic (cyberbullying)	13	11.2	14.4
	Intimidation	10	8.77	11.66
	Abuse	4	2.83	4.65
Q84*	Considered bullying to be quite serious or extremely serious, <i>of those who were bullied</i>	24	21.1	27.4
Q85*	Coped with bullying in the following ways,** <i>of those who were bullied</i>			
	Tried to make fun of it	28	24.2	31.3
	Tried to avoid the situation	39	35.3	43.0
	Tried to ignore it	51	47.0	54.8
	Fought back	23	19.2	25.8
	Got help from friends	19	15.6	21.7
	Got help from a teacher, staff member or Dignity Act Coordinator	13	10.4	15.7
	Got help from family/parents	15	12.0	17.6
	Tried to handle it by myself	37	33.6	41.2
	Did not really cope	12	9.3	14.4
	Other	12	10.1	15.3
Q86*	Ever took part in bullying at school**	30	27.7	32.1
	Hit or punched	6	4.5	6.7
	Stole from	5	3.9	5.9
	Called names	19	17.0	20.8
	Threatened	7	5.4	7.8
	Told lies	15	13.0	16.4
	Excluded	16	14.6	18.1
Q88*	Reacted to bullying in the following ways, <i>of those who witnessed bullying</i>			
	I did not do anything about it	32	28.9	34.1
	I did not know what to do when I witnessed bullying	11	9.5	13.0
	I was afraid to do anything about it	5	3.6	6
	I walked away	8	6	8.9
	I stood up for the person being bullied	35	32.2	37.5
	I told an adult about it	10	7.8	11.1
	I talked with my Dignity Act Coordinator	1	0.3	1.2
Q89*	Understand what the Dignity for All Student Act is	59	56.3	60.9

\*New question in 2015, so trend data are not available

\*\*Students were allowed to select more than one response

## Internet-Bullying and Safety Issues

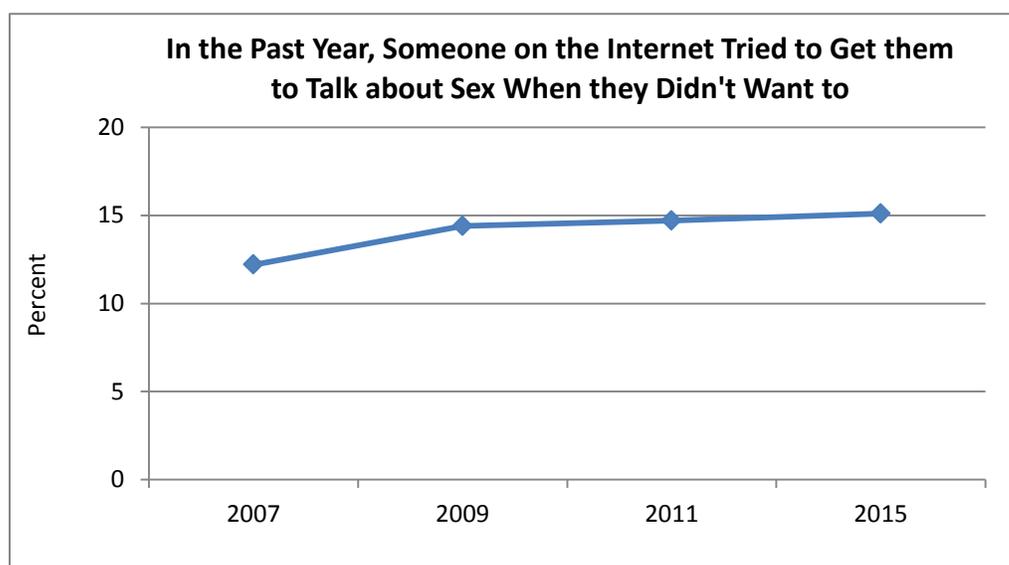
	Students Reported They:	%	LCL	UCL
Q90*	Were electronically bullied In the past 12 months [another student teased, threatened, or spread rumors about them through texting, social networking, instant messaging, emails or blogs]	20	18.3	22.1
Q91	Used the internet or cell phone text messaging to harass or embarrass someone that they were mad at one or more times in the past year, <i>of those who went on internet or used cell phone</i>	19	17.2	20.9
Q92	Someone on the internet tried to get them to talk about sex when they didn't want to in the past year, <i>of those who went on internet or used cell phone</i>	15	13.4	16.8
Q93*	Did one or more of the following when they met someone new on the internet in the past year,**	34	31.3	35.9
	Met the person face to face somewhere	15	13.1	16.5
	Gave out phone number	19	17	20.8
	Did text messaging	26	23.7	27.9
	Did Face-Time	13	11.4	14.7
Q94*	Used a cell phone, computer or other electronic device to send nude or semi-nude pictures of yourself or someone else in the past 30 days	17	15.5	19.1

\*Question changed or a new question in 2015, or the question not been asked for more than 3 survey cycles, so trend data are not available

\*\*Students were allowed to select more than one response

### Trends

There was an increase in the proportion of students who reported that in the past year, someone on the internet tried to get them to talk about sex when they didn't want to.



## Adverse Experiences of Childhood

Students were asked a series of 11 questions about potentially traumatic things that they may have experienced at any time during their life. Research has demonstrated that experiencing adverse events before the age of 18, without intervention and support, increase the likelihood of engaging in risky behaviors as well as increase the likelihood of poor mental and physical health outcomes in later years.<sup>2</sup> The accumulation of multiple adverse childhood experiences compounds these risks.

	<b>Students Reported:</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Q29*	Often or repeatedly a parent or adult their home swore at you, insulted you or put you down	15	13.7	17.2
Q30*	Often or repeatedly a parent or adult in their home hit, beat, kick or physically hurt you in any way	4	2.6	4.4
Q32*	Often or repeatedly parents or adults in their home hit, beat, kick or beat each other up	3	2.5	4.2
Q31*	Often or repeatedly, their family has not had enough money to buy food or pay for housing	6	5.2	7.5
Q33*	Ever lived with anyone who was an alcoholic, problem drinker, used illegal street drugs, took prescription drugs to get high, or was a problem gambler	23	20.6	24.6
Q34*	Ever lived with anyone who was depressed, mentally ill or suicidal	21	18.9	22.8
Q35*	Ever had anyone in their household go to jail or prison	21	19.3	23.4
Q36*	Ever witnessed someone get shot, stabbed or beaten in your neighborhood	19	17.4	21.3
Q21*	Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually	12	10	13
Q114*	Currently do not live with both parents	42	39.9	44.6
Q110	Disagree, strongly disagree with the statement, "my family gives me the help and support I need"	8	7.1	9.8

*\*New questions in 2015, so trend data are not available*

We added up the total number reported events for each student, and then calculated percentages by the number of experiences.

There are two limitations to these data. The first limitation is that two suburban districts did not ask all 11 of these questions. As a result, the 237 students from these districts were eliminated from the analysis. The other limitation involves the questionnaire design. The first 9 questions related to traumatic life events were asked towards the beginning of the survey. (Q29, Q30, Q32, Q31, Q33, Q34, Q35, Q36, Q21). The remaining two, (Q114, Q110) were asked at the end, and some students did not finish the survey. When calculating percentages, we took out of the denominator the 113 students that left one or more of the 11 questions blank, and answered no to the remaining 11 questions. It is not clear how much of an impact these two factors had on the results.

Seventy percent of students reported one or more adverse experiences as shown in the table to the right.

<b># of Traumatic Life Events Reported by Students</b>	<b>%</b>
<b>0</b>	30
<b>1</b>	25
<b>2</b>	17
<b>3</b>	12
<b>4-6</b>	13
<b>7-11</b>	3
<b>1 or more</b>	70

<sup>2</sup> <http://www.acestudy.org/>

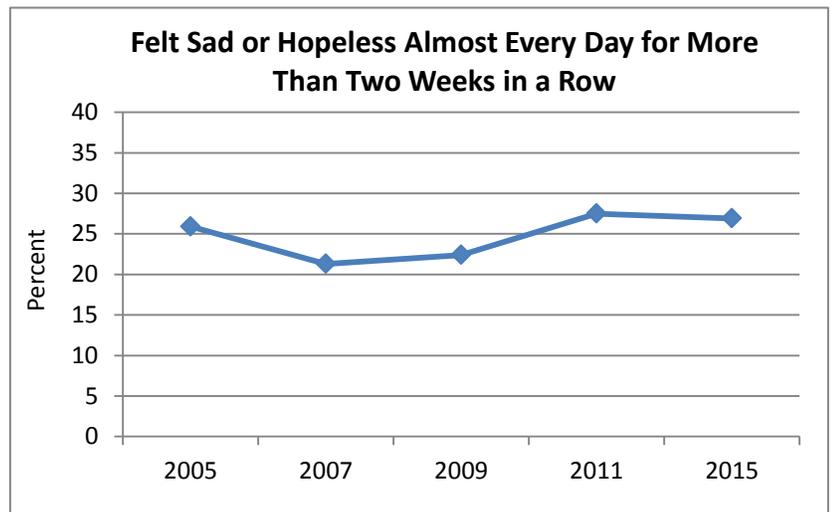
## Mental Health

	Students Reported They:	%	LCL	UCL
Q22	Felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing their usual activities, in the past year	27	24.9	29.0
Q23	Seriously considered attempting suicide in the past year	14	12.3	15.5
Q24	Made a specific plan about how they would attempt suicide in past year	10	9.0	11.8
Q25	Attempted suicide in the past year	8	6.8	9.3
Q26	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse (injurious suicide attempt)	4	2.7	4.5
Q27	Ever hurt themselves on purpose by cutting, burning, or bruising for example, without the intention of committing suicide (self- injury)	19	16.9	20.6
Q28*	Have serious difficulty concentrating, remembering, or making decisions because of emotional problems	28	26.3	30.5

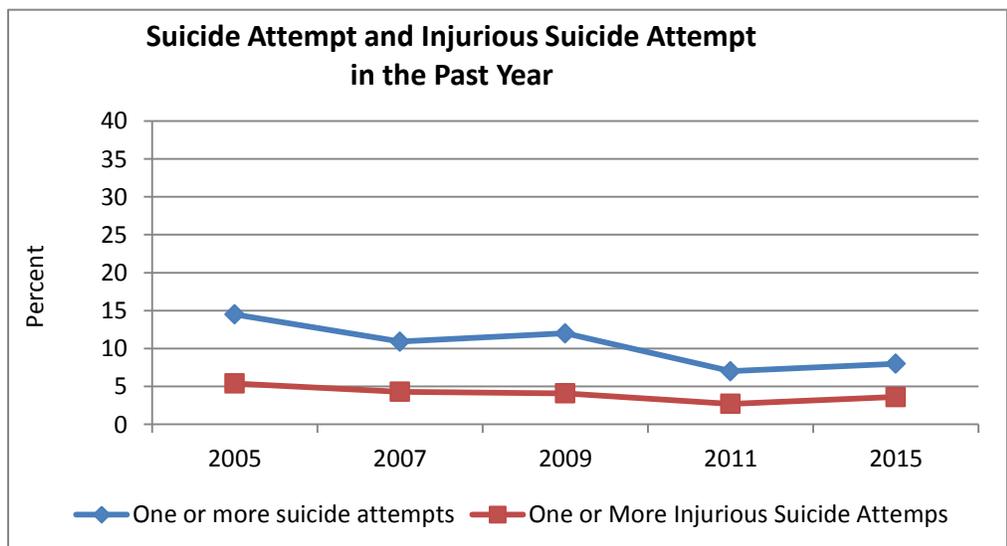
\*New question in 2015, so trend data are not available

### Trends

The proportion of students who reported feeling sad/hopeless every day for at least two weeks in a row, showed an overall increase since 2007.



The proportion of students who reported suicide attempts and attempts that required medical treatment declined overall since 2005.

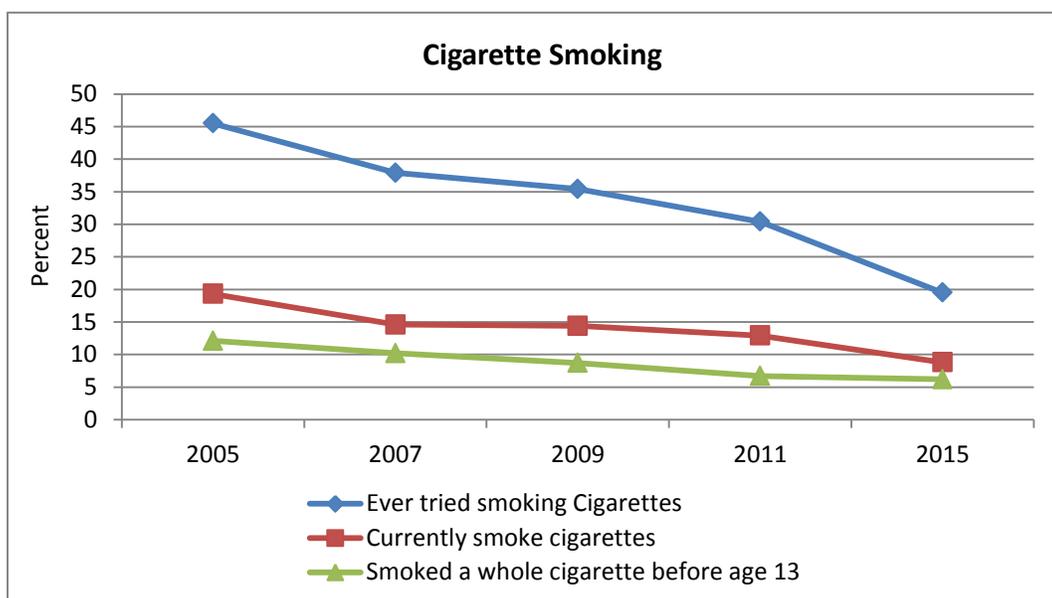


## Tobacco Use

	Students Reported They:	%	LCL	UCL
Q37	Ever tried smoking cigarettes, even one or two puffs	20	17.6	21.3
Q38	Smoked a whole cigarette before age 13	6	5.0	7.3
Q39	Smoked cigarettes on one or more days in the past 30 days <b>[Current smoker]</b>	9	7.4	10.1
Q41	Tried to quit smoking in the past month <b>[of Current smokers]</b>	51	42.4	59.9
Q43	Smoked cigars in the past month	12	10.0	13.0

## Trends

Between 2005 and 2015 cigarette smoking declined significantly.



## Electronic Cigarette Use (E-Cigs)

	Students Reported They:	%	LCL	UCL
Q44*	Ever use an e-cig or electronic vapor product	31	28.9	33.2
Q45*	Used on e-cig on one or more of the past 30 days	20	17.7	21.4
Q46*	Used an e-cig before age 13	4	3.3	5.2

\*New question in 2015, so trend data not available

Twenty-four (24%) percent of youth currently smoke either cigarettes, cigars and/or use e-cigarettes.

## Alcohol Use

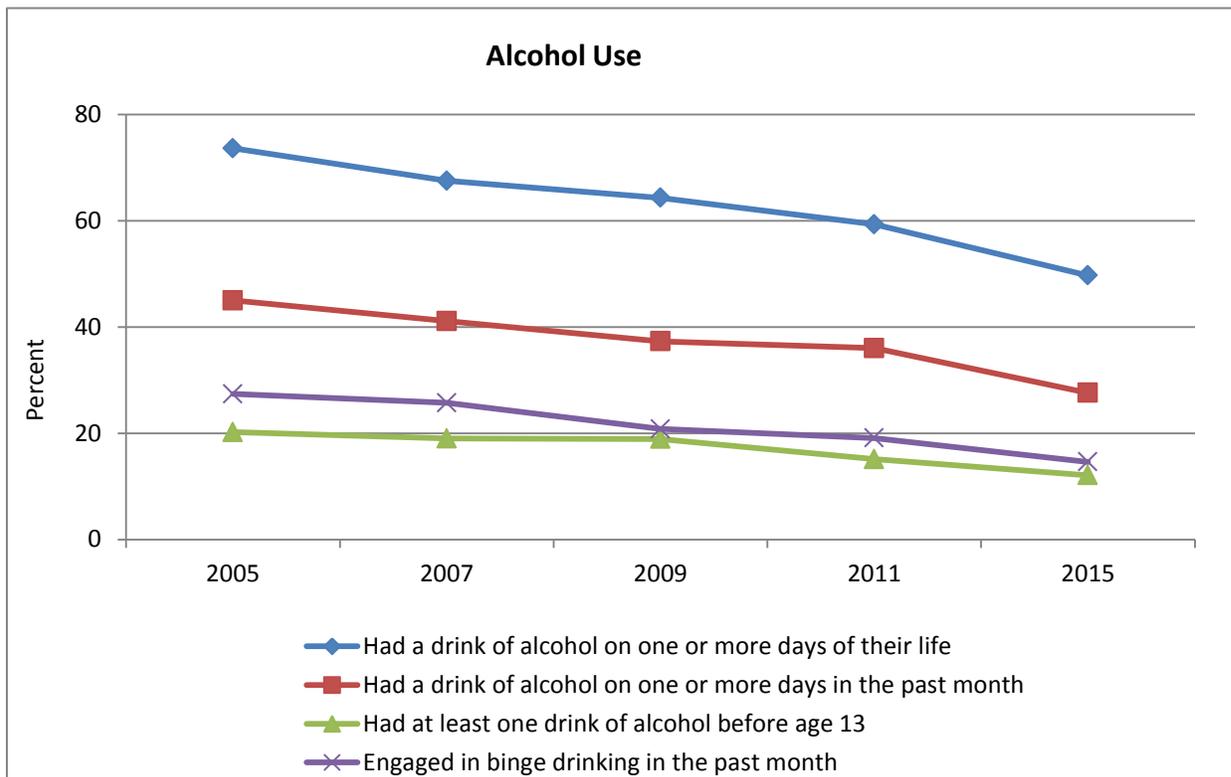
	Students Reported They:	%	LCL	UCL
Q47	Ever drank one or more drinks of alcohol in their lifetime (not including for religious purposes)	50	47.4	52.1
Q48	Had their first drink of alcohol before age 13, other than a few sips	12	10.6	13.7
Q49	Had at least one drink of alcohol in the past month	28	25.5	29.7
Q50	Consumed 5 or more drinks of alcohol in a row, within a couple of hours on one or more occasions in the past month [ <b>binge drinking</b> ]	15	12.9	16.2
Q51*	Had 10 or more drinks of alcohol within a couple of hours in the past month	3	2.4	4.1

\*New question in 2015, so trend data are not available

Those who consumed alcohol in the past month, were asked where they got the alcohol they drank. Fifty-five percent (55%) reported that someone gave it to them, 31% reported someone bought it for them and 18% reported they took it from a store or family member.

## Trends

The proportions of youth who reported various alcohol use behaviors declined overall between 2005-2015.



## Marijuana Use

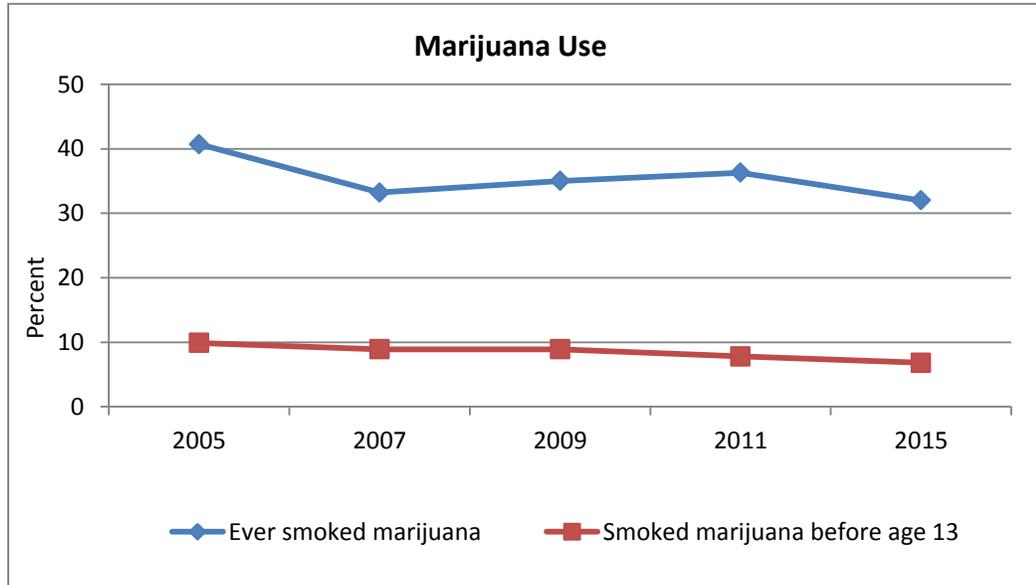
	Students Reported They:	%	LCL	UCL
Q55	Ever used marijuana	32	29.9	34.2
Q56	Used marijuana before age 13	7	5.6	8.0
Q57	Used marijuana in the past month [Current users]	22	19.5	23.4

Those who used marijuana in the past month were asked how they used it. Responses are shown in the table to the right.

How Marijuana was Used, Reported by those who used it in the Past Month	
Smoked it	89%
Ate it in food	28%
Vaporized it	32%
Drank it	9%
Used in in some other way	9%

## Trends

The proportion of students who reported they ever used marijuana and the proportion of those who reported using before age 13 declined between 2005 and 2015. Reported past month marijuana use however, remained stable.

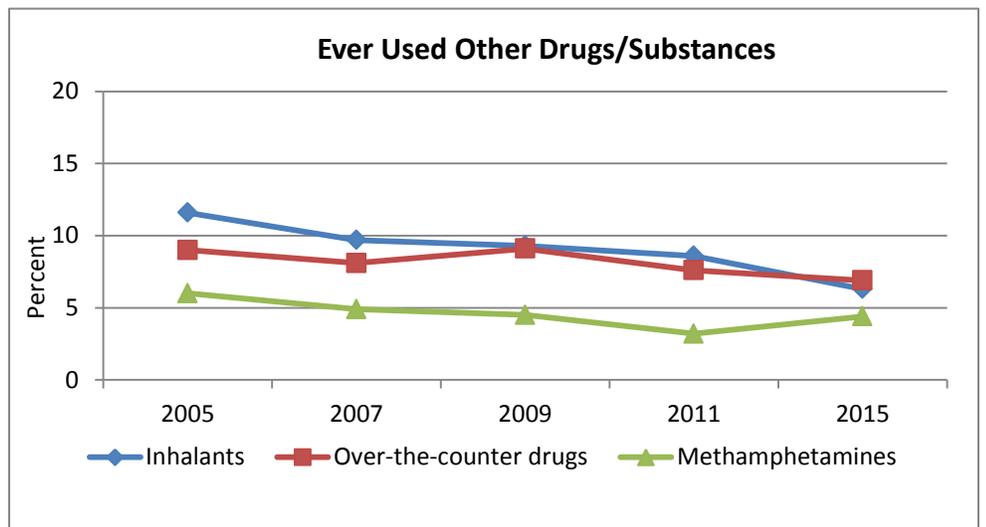


## Use of Other Drugs

	Students Reported They:	%	LCL	UCL
Q62	Used cocaine in past month	5	4.1	6.2
Q63	Ever sniffed glue, spray cans or paint to get high	6	5.2	7.4
Q64	Ever used heroin	5	3.5	5.5
Q65	Ever used methamphetamines	4	3.4	5.3
Q66	Ever used ecstasy	6	4.9	7.1
Q67	Ever used hallucinogenic drugs such as LSD, acid, PCP, angel dust, mescaline or mushrooms	7	5.6	8.0
Q68	Ever used steroids without a doctor's permission	5	3.9	5.9
Q69	Ever took any drug or pill to get high that was prescribed for someone else (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, Xanax etc.)	10	8.7	11.5
Q70	Ever took any form of over-the-counter (OTC) drug to get high	7	5.7	8.1
Q71	Ever injected any illegal drug into their body	3	2.4	4.1

### Trends

The proportion of students who reported they ever used inhalants and ever used over-the-counter drugs to get high decreased. Reported use of methamphetamines also decreased.



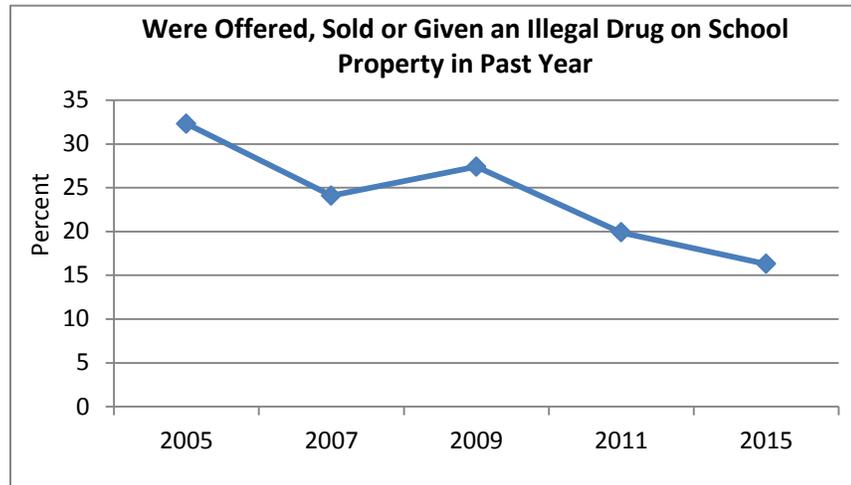
## Substance Abuse on School Property

	Students Reported They:	%	LCL	UCL
Q53*	Had at least one drink of alcohol on school property in the past month	6	4.5	6.7
Q54*	Went to school while under the influence of alcohol in the past month	6	4.5	6.7
Q59*	Used marijuana on school property in the past month	7	5.6	8.0
Q60*	Went to school while under the influence of marijuana in the past month	11	9.3	12.2
Q72	Were offered, sold or given an illegal drug on school property in past year	16	14.6	18.1

\*Question has not been asked for more than 3 survey cycles, so trend data are not available

## Trends

The proportion of youth who reported they were offered, sold or given an illegal drug on school property in the past year declined overall since 2005.

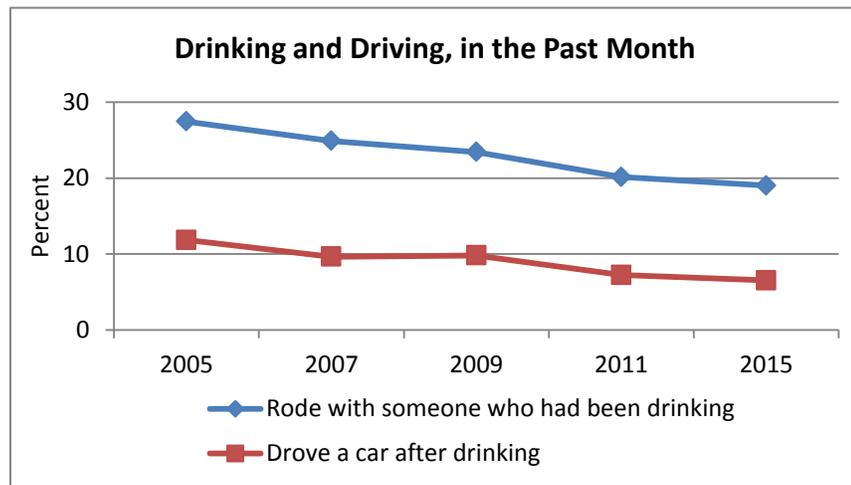


## Driving and Substance Use

	<b>Students Reported that in the Past Month They:</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Q7	Rode in a car with someone who had been drinking alcohol	19	17.2	20.8
Q8	Drove a car after drinking alcohol	7	5.4	7.7
Q9*	Rode in a car with someone who was under the influence of marijuana pills or other drugs	18	16.1	19.6
Q10*	Drove a car under the influence of marijuana pills or other drugs	9	7.7	10.4

\*New question 2015 so trend data are not available

The proportion of students who reported riding in a car with someone who had been drinking or driving a car after they had been drinking declined since 2005.

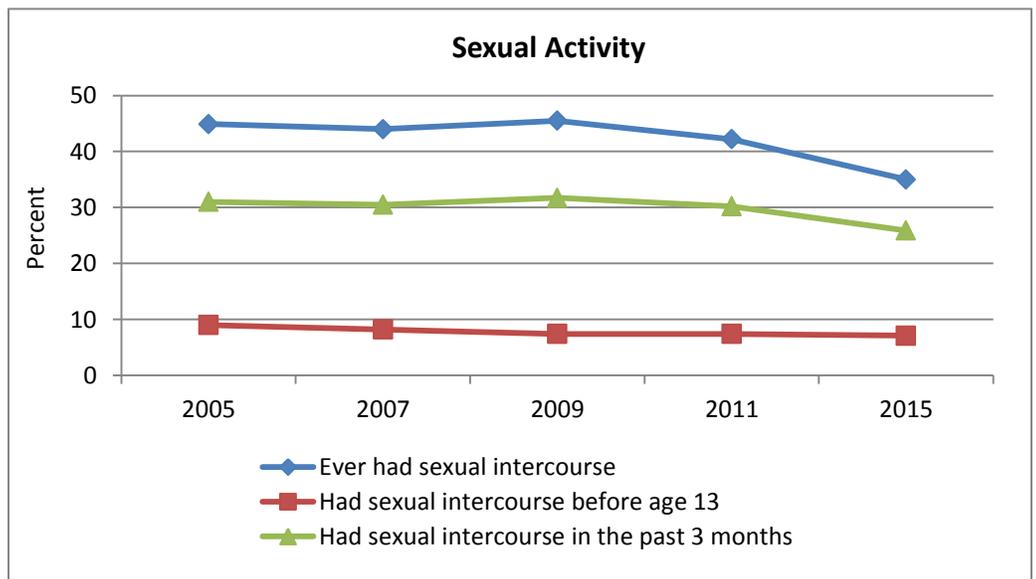


## Sexual Risk Behaviors

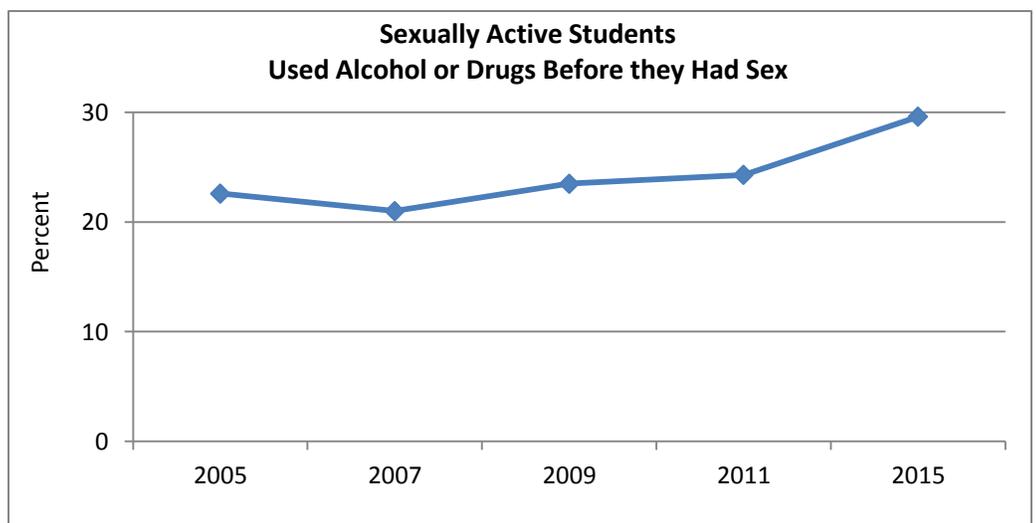
	Students Reported They:	%	LCL	UCL
Q73	Ever engaged in sexual intercourse	35	32.8	37.3
Q74	Had sexual intercourse before age 13	7	5.8	8.3
Q76	Engaged in sexual intercourse in the past 3 months [currently sexually active]	26	23.8	27.9
Q76	Had sexual intercourse with 4 or more partners in their lifetime	12	10.0	13.1
Q81	Ever participated in oral sex	32	29.4	33.8
Q77	Used alcohol or drugs before they had sex the last time, <i>of currently sexually active students</i>	30	25.2	34.0

### Trends

Reported sexual activity among youth showed declines overall between 2005-2015.

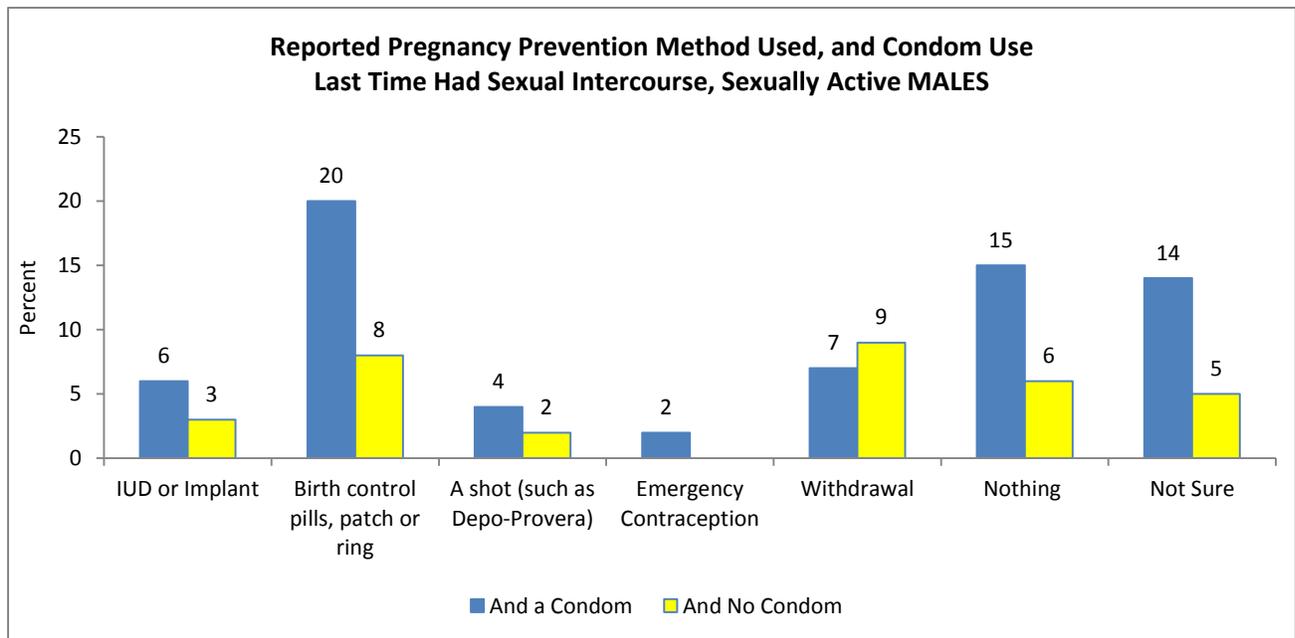
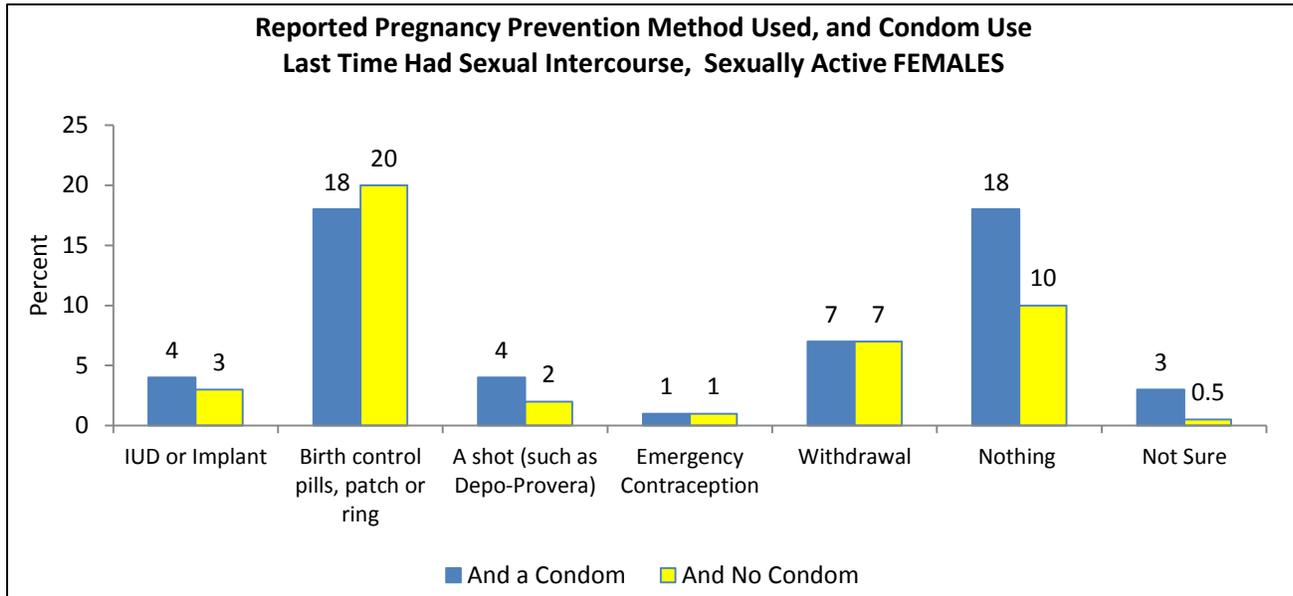


The proportion of sexually active students who reported they used alcohol or drugs the last time they had sex increased overall since 2005.



## Prevention of Pregnancy and STDs

Sexually active students were asked whether or not they or their partner used a condom the last time they had sexual intercourse and which form of birth control if any was used. Fifty-six percent (56%) of females and 67% of males reported they used a condom the last time they had sex. The proportions of youth who used condoms and pregnancy prevention methods by gender are shown in the graphics below.



Long Acting Reversible Contraception (LARC), including IUDs (intrauterine devices) and contraceptive implants (Nexplanon), have high success rates (>99%) in preventing pregnancy.<sup>3</sup> The American

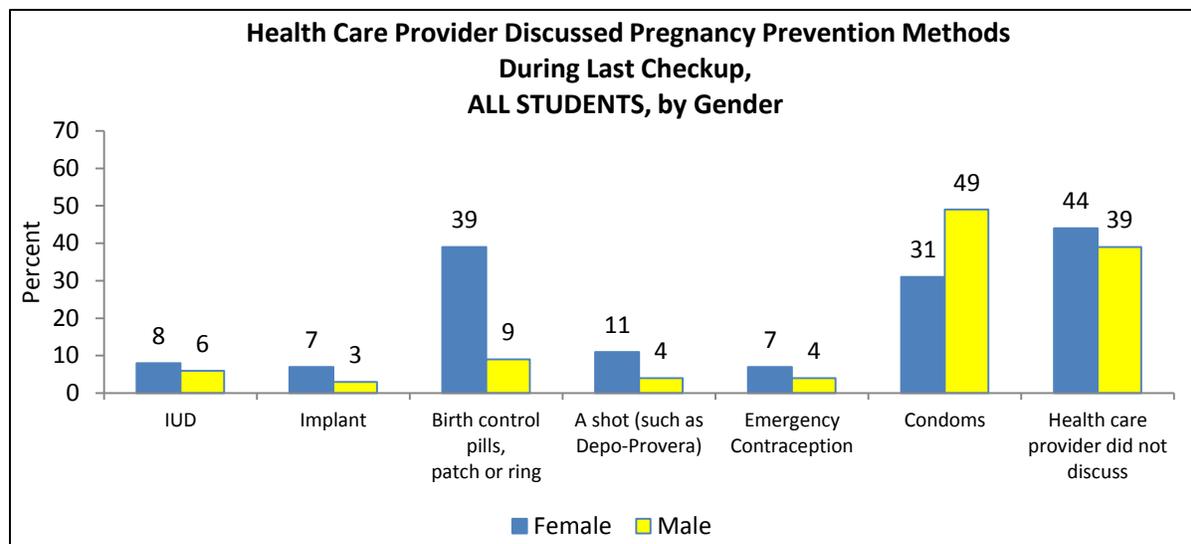
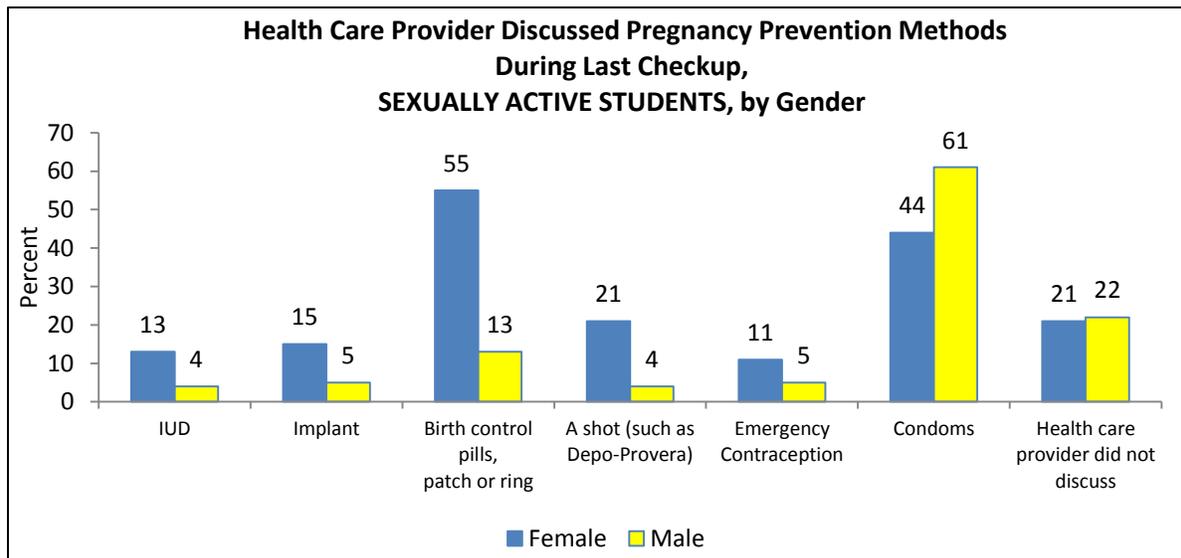
<sup>3</sup> Winner, B., Peipert, J., Zhao, Q., Buckel, C., Madden, T., Allsworth, J. "Effectiveness of Long-Acting Reversible Contraception" NEJ Med May 24, 2012; 366:1998-07.

Congress of Obstetricians and Gynecologists recommends LARC be offered as first-line contraceptive options for all adolescents.<sup>4</sup>

LARC however does not offer protection against sexually transmitted diseases. The American Academy of Pediatrics recommends that health care providers encourage the consistent and correct use of both condoms and reliable contraception as part of anticipatory guidance with adolescents who are sexually active or contemplating sexual activity in order to prevent pregnancies and STDs.<sup>5</sup>

According to the YRBS, only 5% of sexually active youth reported using both LARC and condoms the last time they had sexual intercourse.

The graphics below show the proportions of sexually active students and of all students who reported various pregnancy prevention methods their health care provider discussed with them during their last checkup.



<sup>4</sup> ACOG Committee on Adolescent Health Care Long-Acting Reversible Contraception Working Group (2012) The American Congress of Obstetricians and Gynecologists. Committee opinion no. 539: adolescents and long-acting reversible contraception: implants and intrauterine devices. Committee Opinion Number 539. Retrieved on 5-19-15, from <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Adolescents-and-Long-Acting-Reversible-Contraception>

<sup>5</sup> POLICY STATEMENT: Condom Use by Adolescents. PEDIATRICS Volume 132, Number 5, November 2013. <downloaded 10-20-2015>

## Dieting Practices

	Students Reported They:	%	LCL	UCL
Q96*	Went without eating for 24 hours or more to control weight in the past 30 days	15	12.8	16.3
Q96*	Took any diet pills, powders or liquid without a doctor's advice to lose weight or keep from gaining weight in the past 30 days	4	3.3	5.3
Q96*	Took laxatives or vomited to control weight in the past 30 days	4	2.7	4.5

\*Question changed in 2015, or new question, so trend data are not available

## Physical Activity/Sedentary Behavior

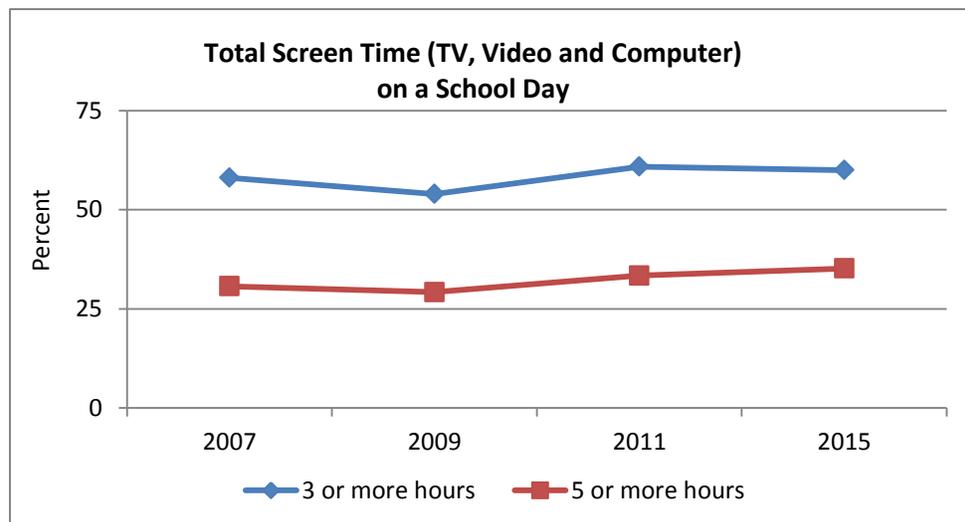
	Students Reported They:	%	LCL	UCL
Q99	Engaged in 1 hour or more of physical activity daily during the past 7 days (current recommendations)	22	19.5	23.5
Q99	Did not engage in any physical activity in the past 7 days	21	19.0	22.8
Q100	Watch TV for 3 or more hours on a school day	27	24.4	28.7
Q101	Play video or computer games or use a computer (for something not considered school work) for 3 or more hours on a school day	38	35.7	40.3
Q100 Q101	Watch TV, play video or computer games or use a computer for 3 or more hours on a school day	60	57.7	62.4
Q100 Q101	Watch TV, play video or computer games or use a computer for 5 or more hours on a school day	35	32.9	37.5

## Trends

The proportion of students who reported engaging in the current recommendations for physical activity increased overall between 2005 when it was 15.9% to 21.5% in 2015.

There was a decrease in hours reported watching TV, but an increase in other screen time.

Total screen time increased between 2007 and 2015.



## Energy Drinks

	<b>Students Reported They:</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Q97*	Ever used an energy drink	53	50.2	55.0
Q98*	Used an energy drink one or more times in the past week	24	21.5	25.5

*\*New question in 2015, so trend data are not available*

## Sleeping Habits

	<b>Students Reported They:</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Q102*	Get 8 or more hours of sleep on an average school night	28	25.7	30.0
Q102	Get 6 or less hours of sleep on an average school night	45	43.1	47.8

*\*The question has not been asked for more than 3 survey cycles, so trend data not available*

## Preventive Health

	<b>Students Reported</b>	<b>%</b>	<b>LCL</b>	<b>UCL</b>
Q103	They saw a doctor or health care provider for a check-up or physical exam in the past year	81	79.1	83.1
Q104	They got a chance to speak with a doctor or other health care provider privately (without their parents in the room) in the past 12 months	66	63.5	68.1
Q105*	During their last check-up, their doctor or health care provider discussed ways to prevent pregnancy, AIDS or other sexually transmitted diseases	45	1.2	43.0
Q105*	During their last check-up, their doctor or health care provider discussed ways to avoid use of tobacco, alcohol and other drugs	48	45.5	50.3
Q105*	During their last check-up, their doctor or health care provider talked with them about their diet or eating habits	61	58.2	62.9
Q105*	During their last check-up, their doctor or health care provider talked with them about ways to be physically active	62	59.1	63.8

*\*Question changed in 2015 so trend data are not available*

## Trends

Preventive health visits and getting to speak with a doctor privately remained stable since 2005.

## Assets

	Students Reported They	%	LCL	UCL
Q110	Strongly agree or agree with the statement “My family gives me help and support when I need it”	81	78.9	82.7
Q111	Strongly agree or agree with the statement “In my family there are clear rules about what I can and cannot do”	82	79.6	83.4
Q112	Strongly agree or agree with the statement “I get a lot of encouragement at my school”	65	63.1	67.7
Q113	Strongly agree or agree with the statement “In my community I feel like I matter to people”	57	54.5	59.3
Q115	Know of one or more adults (other than their parents) they can go to and discuss important questions about their life	82	79.9	83.7
Q116	Spend one or more hours per week helping others	53	51.0	55.8

## Trends

Since 2005, there were increases in the proportions of students who reported there were clear rules in their families and that they get a lot of encouragement at school.

