

2009  
Rochester City School District  
Youth Risk Behavior Survey  
Report

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## Background

The Youth Risk Behavior Survey was administered to Rochester City School District 9<sup>th</sup>-12<sup>th</sup> graders during the second semester of the 2008-2009 school year. Designed and validated by the Centers for Disease Control and Prevention (CDC), the (YRBS), has been conducted nationally and in several states and localities since 1990. The survey has been conducted nine times in Monroe County since 1992.

The goals of the survey are to assess health risk behaviors among high school students and broadly evaluate the impact of preventive programs.

## Methodology

Principals from each Rochester City School District secondary school were asked to select a core class that all students were required to take, so that each student had an opportunity to complete the survey. Teachers of the particular core classes were asked to administer the survey during class time. Students voluntarily participated in the survey. In total 4,860 students participated in the survey out of an enrollment of 10,198.

## Demographic Characteristics of Responses

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

A higher proportion of females compared to males completed the survey. The actual school enrollment is 50% females and 50% males.

<b>Gender</b>	<b>Number</b>	<b>Percentage</b>
Female	2619	54.2
Male	2214	45.8
Total	4833	100.0
Did not answer	27	

As part of the survey analysis, students that selected Hispanic or Latino were counted only in this category, regardless of whether or not they selected a race. Students that selected a single race and not-Hispanic or Latino, were put in the race category they selected. Those that selected multiple races and not Hispanic or Latino were put in the other race category.

<b>Race/Ethnicity</b>	<b>#</b>	<b>%</b>
Hispanic or Latino	1277	27.2
White, Non-Hispanic/Latino	436	9.3
Black or African American, Non-Hispanic/Latino	2378	50.7
Other races, Not Hispanic and "More than one race"	603	12.8
Total	4694	100
Did not answer	166	

Compared to secondary school enrollment, the survey sample has a lower proportion of Black or African American students, and a higher proportion in the other race/multiple race category and the Hispanic or Latino category. These differences are due in part to different methodologies used for the collection and analysis of the data.

## Limitations of the Data

These data do not include students who have dropped out of school or students absent the day the survey was administered. 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>

These data are also based on self-report. Students may inaccurately report illegal type behavior like alcohol or drug use.

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 only based on responses to each individual question and are not checked for internal reliability.

## Report Format

This report is organized by the following sections:

Violence	Internet Safety
Mental Health	Weight/Nutrition
Tobacco Use	Physical Activity/Sedentary Activity
Alcohol Use, Drinking and Driving	Preventive Health
Drug Use	Assets and Parental Influences
Sexual Risk	

Each section includes percentages of students who reported various behaviors related to the topic. The 95% confidence interval is included for each percentage (CI).

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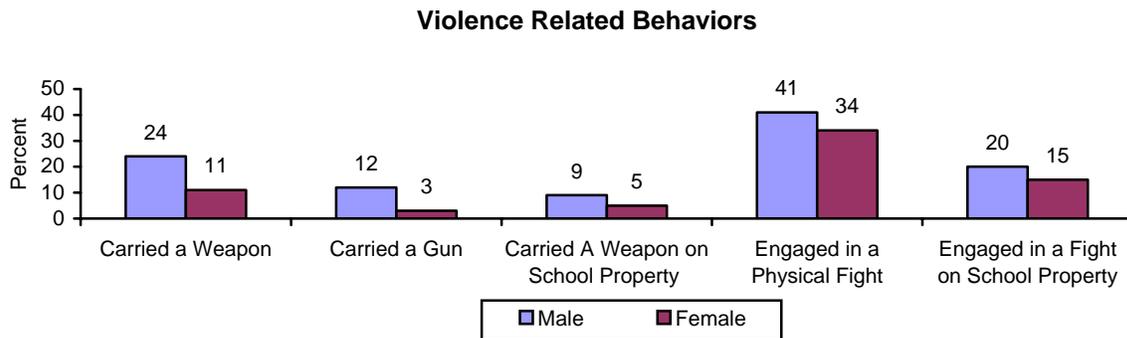
<sup>1</sup> 37. Pirie PL, Murray DM, Luepker RV. Smoking prevalence in a cohort of adolescents, including absentees, dropouts, and transfers. Am J Public Health 1988;78:176–8.

# Violence

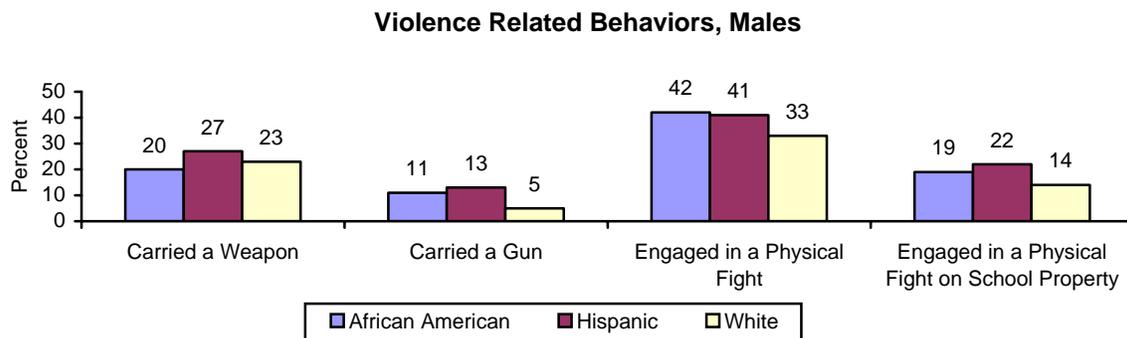
	Students Reported:	%	CI
Q9	Carried a weapon in the past month	16.8	(15.7-17.9)
Q10	Carried a gun in the past month	7.2	(6.5-8.0)
Q11	Carried a weapon on school property in the past month	6.6	(5.9-7.3)
Q12	Did not go to school on one or more days in the past month because they felt unsafe	7.8	(7.0-8.5)
Q13	Were teased, harassed, or attacked at school or on the way to school in the past month (Bullying)	21.9	(20.7-23.0)
Q14	Were threatened/injured on school property 1 or more times during past year	8.8	(8.0-9.6)
Q15	Engaged in a physical fight in the past year	37.6	(36.2-39.0)
Q16	Engaged in a physical fight on school property in the past year	17.3	(16.2-18.4)
Q17	Were hit, slapped or physically hurt on purpose by boyfriend/girlfriend in past year	14.4	(13.4-15.4)
Q18	Were ever forced to have sexual intercourse	11.3	(10.4-12.2)

## Differences by Sub-population

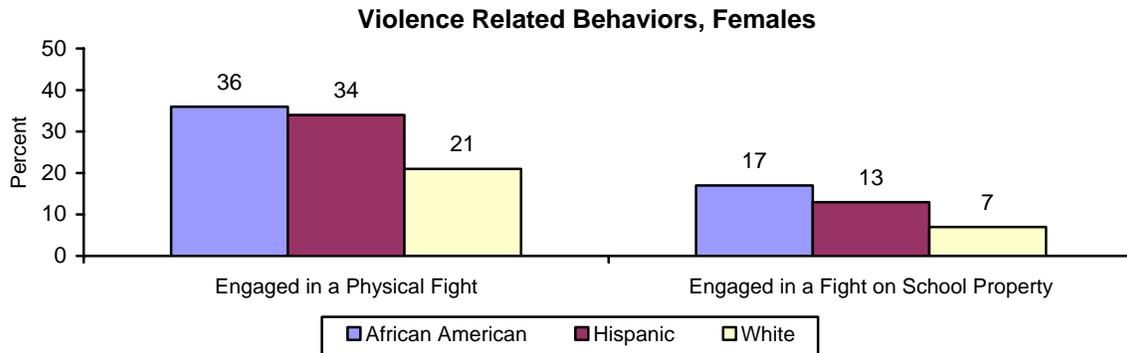
Males were more likely than females to report weapon/gun carrying and physical fighting.



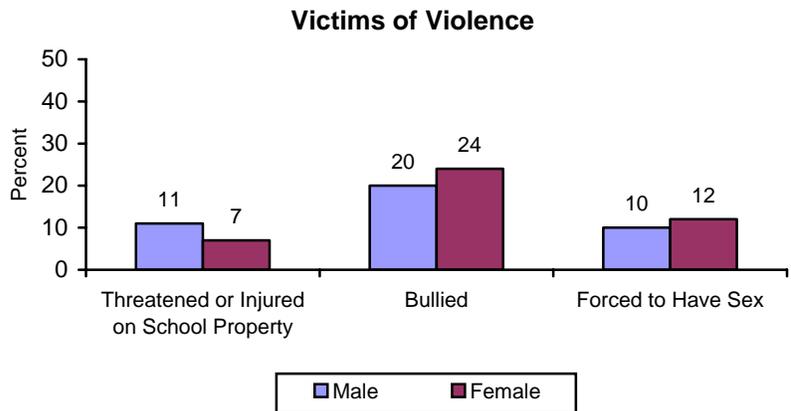
Hispanic males were more likely than African American males to report weapon carrying. African American and Hispanic males were more likely than White males to report carrying a gun and engaging in physical fighting.



African American and Hispanic females were more likely to report fighting compared to White females.



Males were more likely than females to report being threatened or injured on school property. Females were more likely than males to report they were bullied in the past month. Females were also more likely than males to report they were ever forced to have sex.



Hispanic students (10%) were more likely than African American (6%) and White students (6%) to report they did not go to school one or more times in the past month because they felt unsafe.

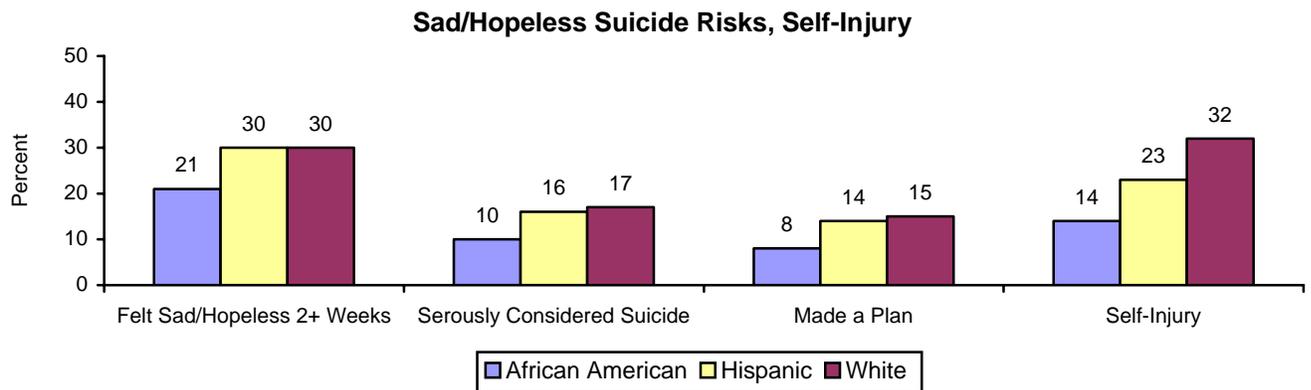
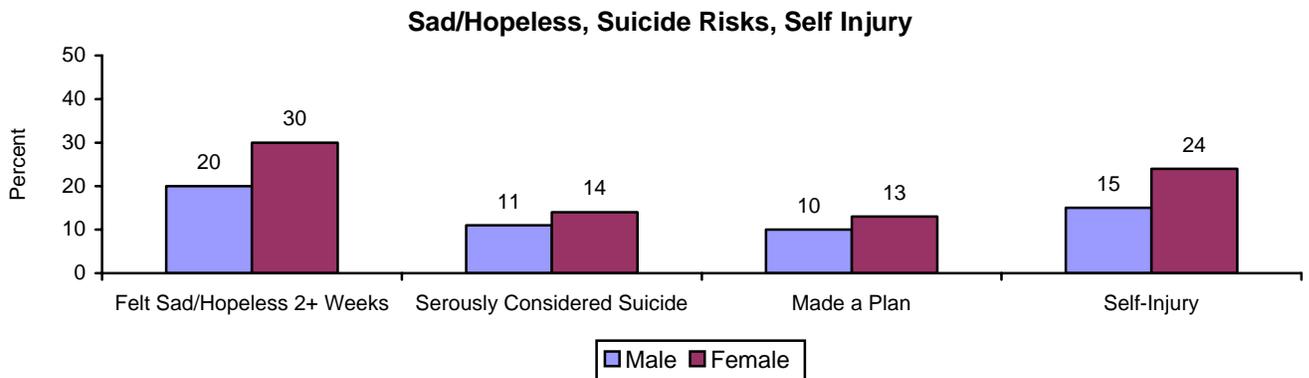
White students (26%) were more likely than African American students (20%) to report they were bullied in the past month.

# Mental Health

	Students Reported:	%	CI
Q19	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	25.4	(24.1-26.6)
Q20	Seriously considered attempting suicide in the past year	12.7	(11.7-13.6)
Q21	Made a specific plan about how they would attempt suicide in past year	11.4	(10.5-12.3)
Q22	Attempted suicide in the past year	10.7	(9.8-11.6)
Q23	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse	5.2	(4.6-5.8)
Q24	Ever hurt themselves on purpose by cutting, burning, or bruising for example, without the intention of committing suicide	19.9	(18.7-21.0)

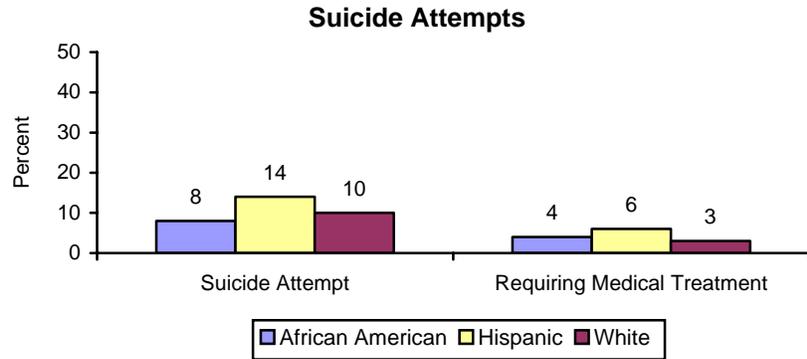
## Differences by Sub-population

Females were more likely than males to report that in the past year they felt so sad or hopeless two or more weeks in a row that they stopped doing their usual activities. Females were also more likely than males to report they seriously considered or made a plan to commit suicide, and they self-injured without the intent to commit suicide.



White and Hispanic students were more likely than African American students to report these risks.

Hispanic students were more likely than White and African American students to report a suicide attempt in the past 12 months, and a suicide attempt that resulted in an injury requiring medical treatment.

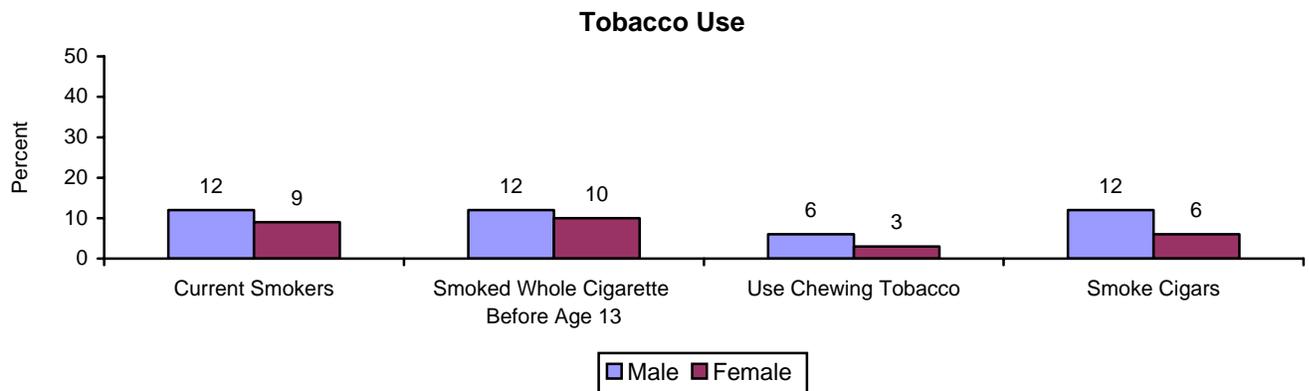


## Tobacco Use

	Students Reported:	%	CI
Q25	Ever tried smoking cigarettes, even one or two puffs	36.8	(35.5-38.2)
Q26	Smoked a whole cigarette before age 13	11.0	(10.1-11.9)
Q27	Current smoker (Smoked cigarettes on 1 or more of the past 7 days)	10.6	(9.7-11.5)
Q29	Tried to quit smoking in the past 12 months, ( <i>of current smokers</i> )	51.3	(46.5-56.2)
Q30	Used smokeless tobacco in the past month	4.1	(3.6-4.7)
Q31	Smoked cigars in the past month	8.5	(7.7-9.3)

### Differences by Sub-population

Males were more likely than females to report tobacco.



White (15%) and Hispanic (13%) students were more likely than African American (7%) students to report current cigarette smoking.

Hispanic males (8%) were more likely than White (4%) and African Americans males (4%) to report chewing tobacco use. Hispanic (14%) and White (15%) males were more likely than African American (7%) males to report smoking cigars.

# Alcohol Use

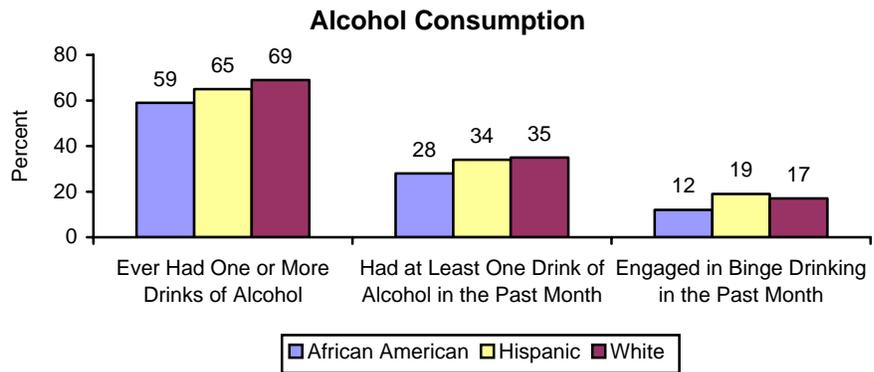
	Students Reported	%	CI
Q32	Ever drank one or more drinks of alcohol <sup>2</sup> in their lifetime	61.6	(60.2-62.9)
Q33	Drank one or more drinks of alcohol <sup>2</sup> before age 13	22.1	(20.9-23.3)
Q34	Had at least one drink of alcohol <sup>2</sup> in the past month	31.5	(30.2-32.9)
Q35	Engaged in binge drinking in the past month <sup>3</sup>	15.5	(14.4-16.5)
Q35	Engaged in binge drinking in the past month – high school seniors	21.1	(18.4-23.9)
Q7	Rode in a car in the past month with someone who had been drinking alcohol	23.0	(21.8-24.2)
Q8	Drove a car in the past month, after drinking alcohol	8.1	(7.4-8.9)

## Differences by Sub-population

Females (65%) were more likely than males (57%) to report ever consuming one or more drinks of alcohol. Males (17%) were more likely than females (14%) to report binge drinking.

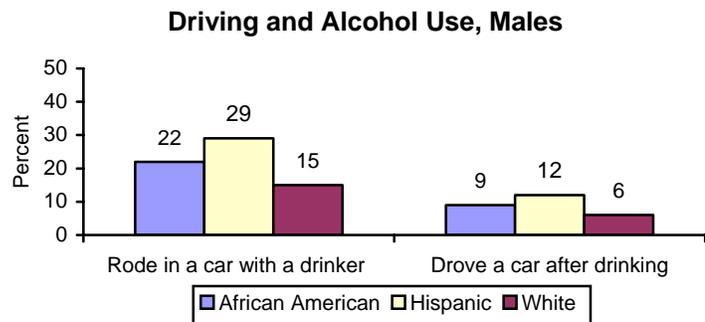
White and Hispanic students were more likely than African American students to report consuming alcohol and binge drinking.

Hispanic males (27%) were more likely than African American (20%) and White males (19%) to report drinking before age 13.



Overall, males (11%) were more likely than females (6%) to report drinking and driving.

African American and Hispanic males were more likely than White males to report riding with a driver who had been drinking. Hispanic males were more likely than White males to report drinking and driving.



<sup>2</sup> Includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka or whiskey. Does not include drinking a few sips of wine for religious purposes.

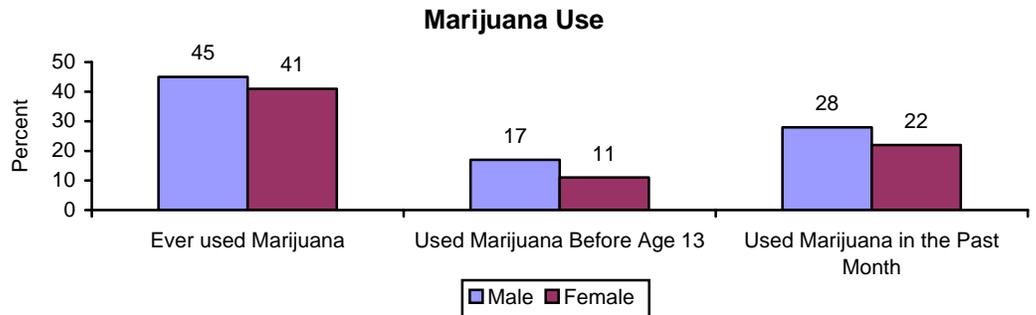
<sup>3</sup> Consumed 5 or more drinks of alcohol in a row, within a couple of hours

# Drug Use

	Students Reported	%	CI
Q36	Ever used marijuana	42.4	(41.0-43.8)
Q37	Used marijuana before age 13	13.4	(12.5-14.4)
Q38	Used marijuana in the past month	25.1	(23.8-26.3)
Q39	Ever used cocaine	4.0	(3.4-4.5)
Q40	Ever sniffed glue, spray cans or paint to get high	7.5	(6.7-8.2)
Q41	Ever used heroin	4.3	(3.7-4.9)
Q42	Ever used methamphetamines	4.9	(4.2-5.5)
Q43	Ever used ecstasy	5.3	(4.7-6.0)
Q44	Ever used steroids without a doctor's permission	4.4	(3.8-5.0)
Q45	Ever took a drug prescribed for someone else to get high	6.5	(5.8-7.2)
Q46	Ever took any form of over the counter drug to get high	5.8	(5.2-6.5)
Q47	Ever injected any illegal drug into their body	4.0	(3.5-4.6)
Q48	Ever used any other type of illegal drug - LSD, PCP, or mushrooms	5.3	(4.6-5.9)
Q49	Were offered, sold or given an illegal drug on school property in past year	29.4	(28.1-30.7)

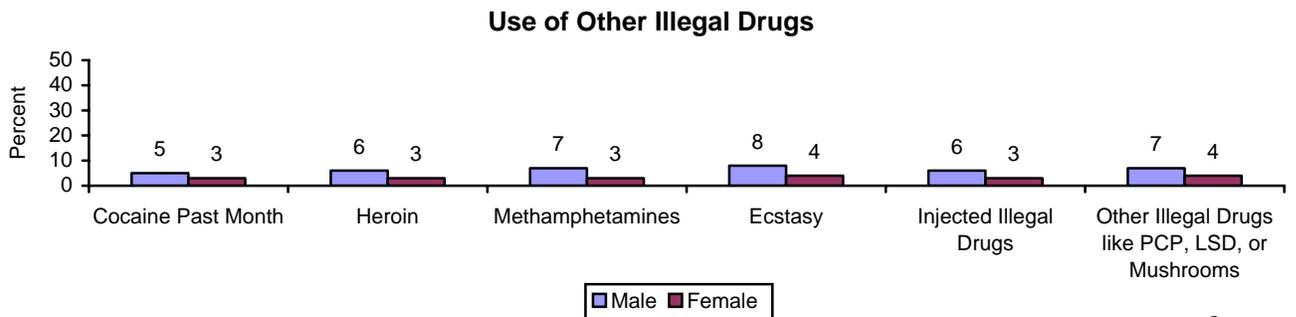
## Differences by Sub-population

Males were more likely than females to report they used marijuana.



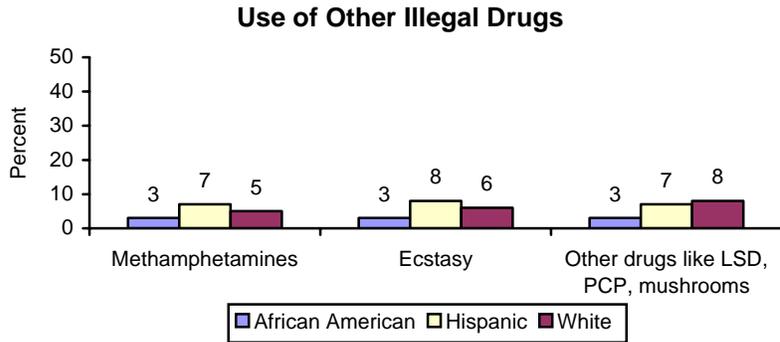
Hispanic (16%) and African American males (18%) were more likely than White males (12%) to report smoking marijuana before age 13.

Males were more likely than females to report using illegal drugs other (excluding marijuana).

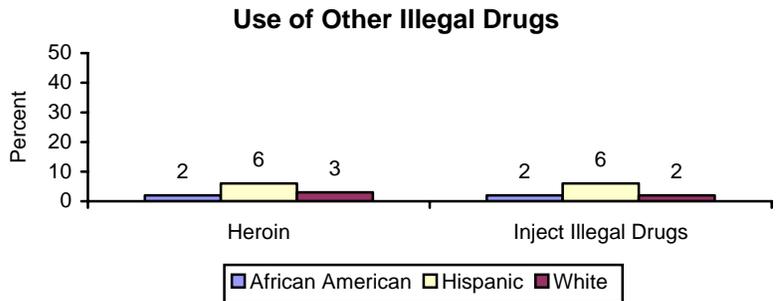


Hispanic students (6%) were more likely than African American students (2%) to report cocaine use.

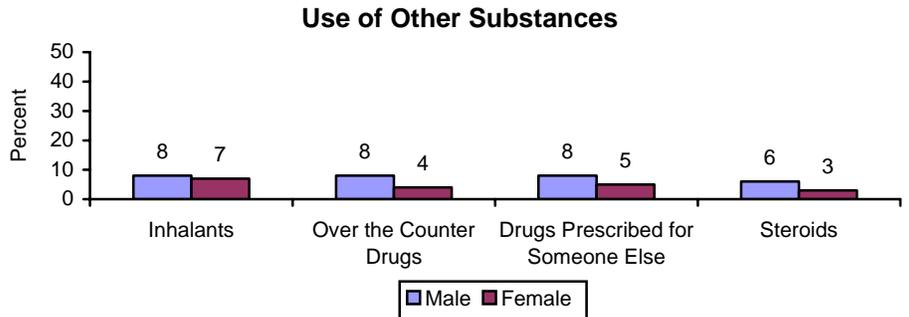
Hispanic and White students were more likely than African American students to report using methamphetamines, ecstasy and other illegal drugs (PCP, LSD and mushrooms).



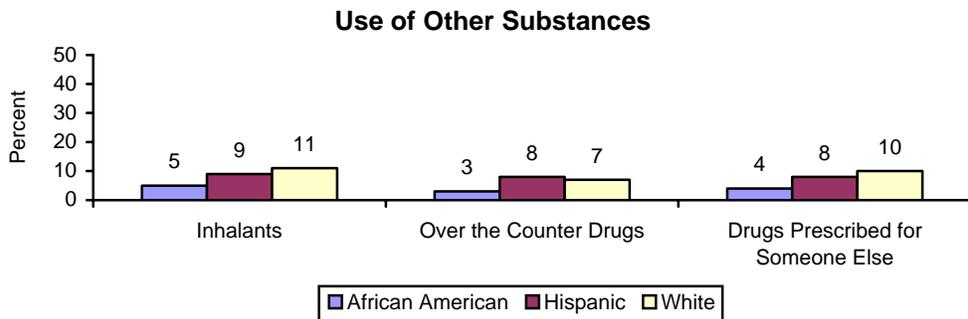
Hispanic students were more likely than African American and White students to report using heroin and injecting illegal drugs.



Males were more likely than females to report using other substances to get high.



White and Hispanic students were more likely than African American students to report using other substances to get high.



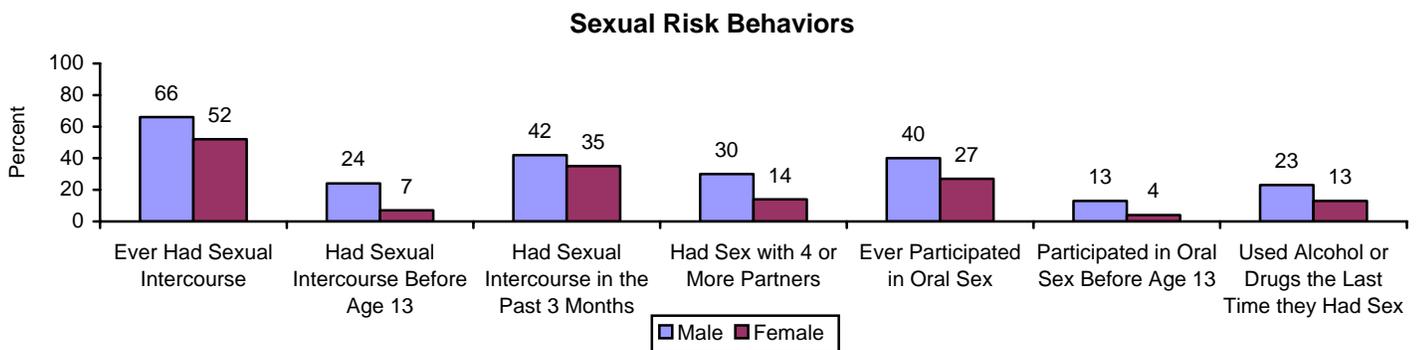
Males (32%) were more likely than females (28%) to report being offered, sold or given an illegal drug on school property in the past year.

# Sexual Risk

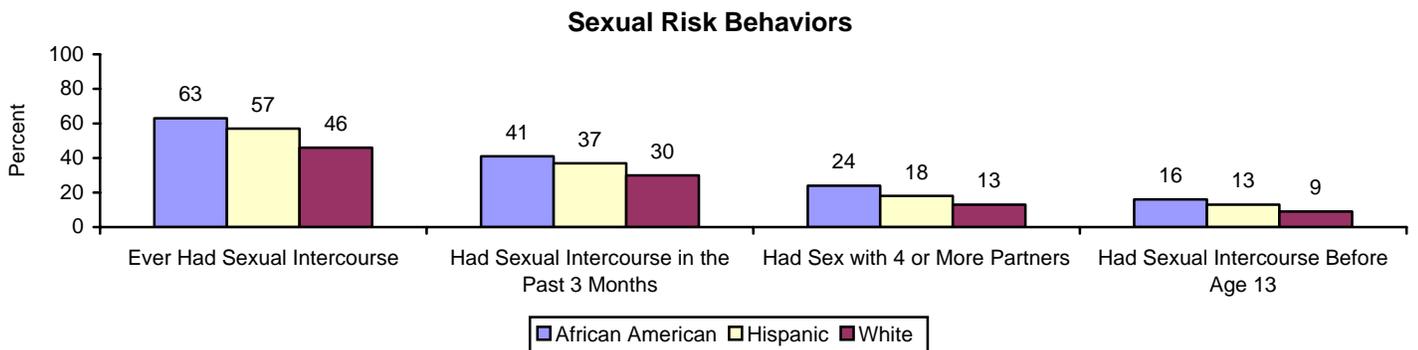
	Students Reported	%	CI
Q50	Ever had sexual intercourse	58.4	(56.9-59.8)
Q51	Had sexual intercourse before age 13	14.7	(13.6-15.7)
Q53	Had sexual intercourse in the past 3 months	38.2	(36.8-39.6)
Q52	Had sexual intercourse with 4 or more partners in their lifetime	21.4	(20.2-22.6)
Q54	Used alcohol or drugs before they had sex <sup>4</sup>	17.8	(16.0-19.6)
Q55	Used a condom the last time they had sexual intercourse <sup>4</sup>	60.7	(58.4-63.1)
Q56	Used birth control pills to prevent pregnancy, the last time they had sex <sup>4</sup>	10.9	(9.5-12.4)
Q57	Ever participated in oral sex	32.9	(31.5-34.2)
Q58	Participated in oral sex before age 13	8.1	(7.3-8.9)

## Differences by Sub-population

Males were more likely than females to report sexual risk behaviors.



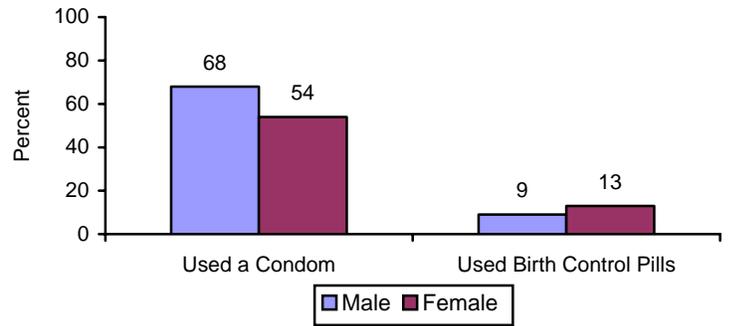
African American and Hispanic students were more likely than White students to report engaging in sex, having four or more partners and engaging in sex before age 13.



White (40%) and Hispanic students (36%) were more likely than African American students (29%) to report engaging in oral sex.

Of sexually active students, males were more likely than females to report condom use, while females were more likely than males to report use of birth control pills.

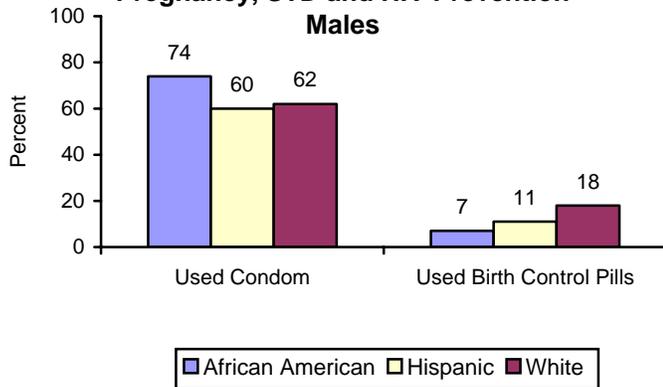
**Pregnancy, STD and HIV Prevention**



Of sexually active students, African Americans were more likely than Whites and Hispanics to report condom use, while White students were more likely than African American and Hispanic students to report use of birth control pills.

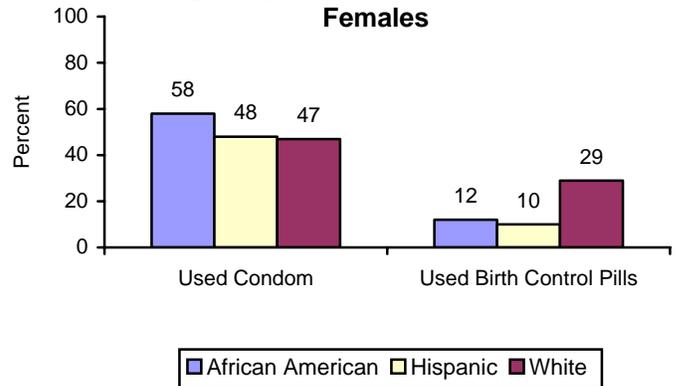
**Pregnancy, STD and HIV Prevention**

**Males**



**Pregnancy, STD and HIV Prevention**

**Females**



<sup>4</sup> Of those who had sexual intercourse in the past 3 months

# Internet Safety

	<b>Students Reported</b>	<b>%</b>	<b>CI</b>
Q59	Someone used the internet or cell phone text messaging to threaten or embarrass them in the past year, by posting or sending messages about them for others to see	12.9	(11.9-13.9)
Q60	Felt worried or threatened in the past year because someone was bothering or harassing them online or through cell phone text messaging, <i>of those who went on internet or used cell phone</i>	8.5	(7.7-9.3)
Q61	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>	20.7	(19.5-21.9)
Q62	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>	14.7	(13.6-15.7)

## Differences by Sub-population

Females (22%) were more likely than males (19%) to report that they used the internet or text messaging to harass or embarrass someone they were mad at.

Females (18%) were more likely than males (11%) to report that someone on the internet tried to get them to talk about sex when they did not want to.

White (13%) and Hispanic females (10%) were more likely than African American (6%) females to report they felt worried or threatened in the past year because someone was bothering or harassing them online, or through cell phone text messaging.

White (23%) and Hispanic females (21%) were more likely than African American (14%) females to report that in the past year, someone on the internet tried to get them to talk about sex when they did not want to.

White females (27%) were more likely than Hispanic females (19%) to report that they used the internet or text messaging to harass or embarrass someone they were mad at.

# Nutrition and Weight Control Practices

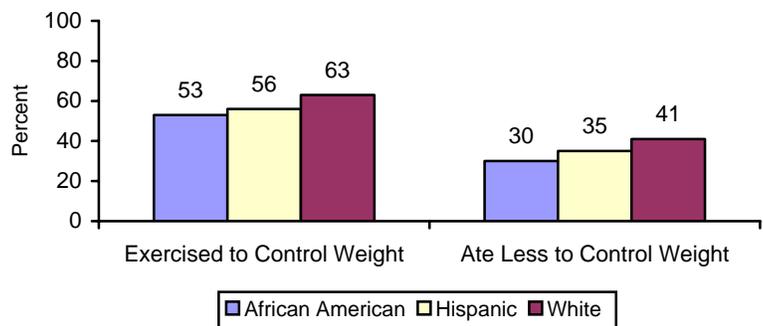
	Students Reported	%	CI
Q63	Exercised to lose weight or to control weight in the past 30 days	54.7	(53.2-56.1)
Q64	Ate less food, fewer calories or foods low in fat to control weight in past 30 days	33.2	(31.8-34.5)
Q65	Went without eating for 24 hours or more to control weight in past 30 days	12.8	(11.8-13.8)
Q66	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	6.3	(5.6-7.0)
Q67	Took laxatives or vomited to control weight in the past 30 days	6.2	(5.5-6.9)
Q72	Drank 3 or more glasses of milk per day during the past 7 days	14.5	(13.4-15.5)
Q71	Drank 1 or more cans, bottles or glasses of soda per day during the past 7 days (not including diet soda)	32.2	(30.8-33.6)
Q71	Drank 2 or more cans, bottles or glasses of soda per day during the past 7 days (not including diet soda)	27.9	(26.6-29.2)
Q69	In a typical day, consumed 2 or more servings of fruit	47.0	(45.5-48.4)
Q70	In a typical day, consumed 3 or more servings of vegetables	19.1	(18.0-20.3)
Q69, Q70	In a typical day, consumed 5 or more servings of fruits and vegetables, not counting juice	23.1	(21.8-24.3)

## Differences by Sub-population

Females (37%) were more likely than males (29%) to report consuming less calories or fat to try to lose weight or control their weight.

White students were more likely than African American students to report exercising and eating less to try to lose weight.

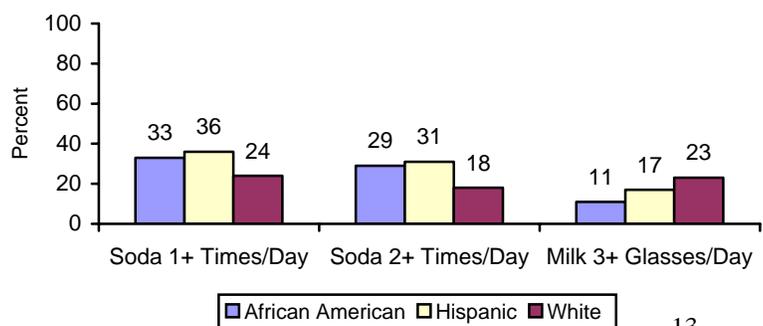
**Weight Control Practices**



Females (12%) were less likely than males (17%) to report consuming three or more glasses of milk per day.

African American and Hispanic students were more likely than White students to report drinking regular soda one or more times per day. African American students were less likely than White and Hispanic students to report drinking three or more glasses of milk per day.

**Soda and Milk Consumption**

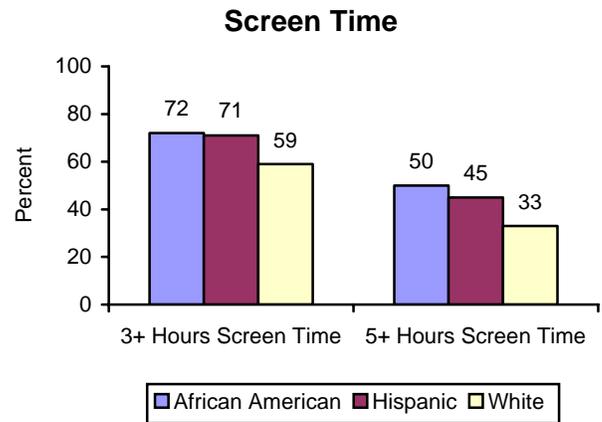
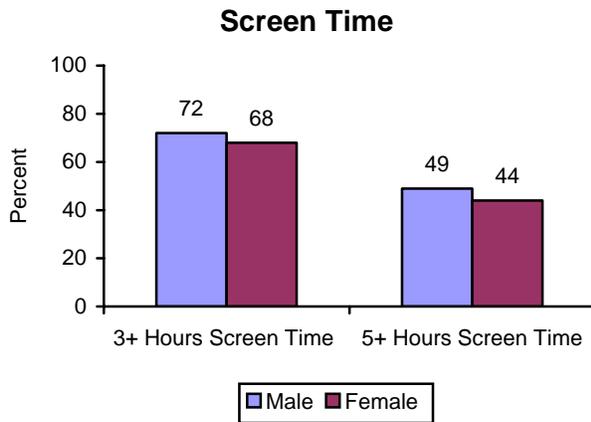


# Physical Activity/Sedentary Activity

	Students Reported	%	CI
Q75	Engaged in 60 minutes or more per day of physical activity on five or more of the past 7 days <sup>5</sup>	24.0	(22.7-25.3)
Q76	Watches $\geq 3$ hours per day of television on an average school day	48.4	(46.9-49.9)
Q77	Spends $\geq 3$ hours per day playing video or computer games or using the computer for something that is not considered school work on an average school day	33.4	(32.0-34.8)
Q76 Q77	Screen time <sup>6</sup> $\geq 3$ hours on an average school day	69.9	(68.5-71.2)
Q76 Q77	Screen time <sup>6</sup> $\geq 5$ hours on an average school day	46.0	(44.5-47.5)

Females (19%) were less likely than males (30%) to report engaging in 60 minutes of physical activity on five or more of the past 7 days.

Males were more likely than females and African American and Hispanic students were more likely than White students to report spending significant time in front of the TV, computer, or playing video games.



<sup>5</sup> Current recommendations for physical activity for children and adolescents per day on  $\geq 5$  of the past 7 days

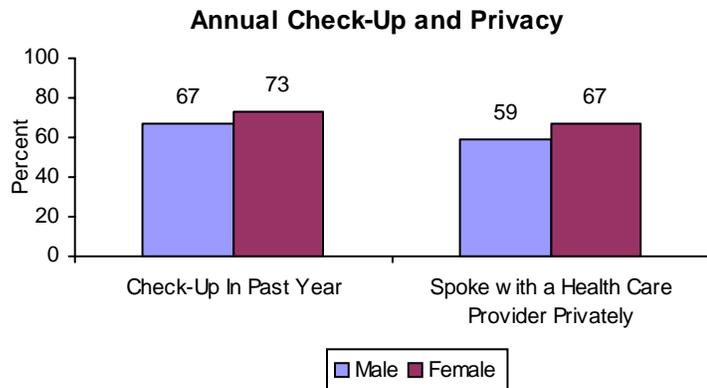
<sup>6</sup> Screen time includes time spent watching TV, playing video or computer games or using the computer for something that is not homework

# Preventive Health

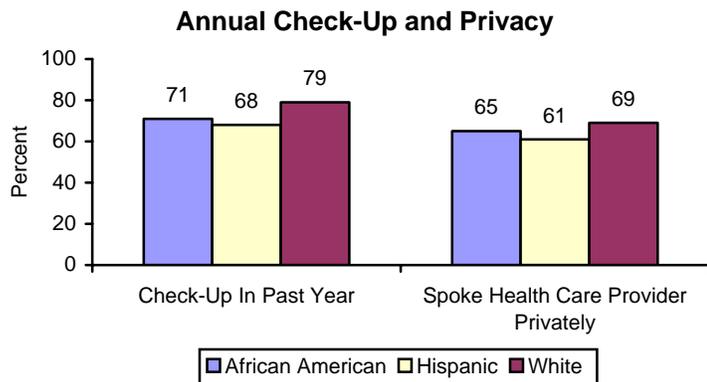
	Students Reported	%	CI
Q78	Saw a doctor/health care provider for a check-up or physical exam in the past year	70.6	(69.3-72.0)
Q79	During their last check-up, their doctor or health care provider discussed ways to prevent pregnancy, AIDS or other sexually transmitted diseases	55.1	(53.6-56.6)
Q80	During their last check-up, their doctor or health care provider discussed ways to avoid alcohol use	34.1	(32.7-35.6)
Q81	During their last check-up, their doctor or health care provider discussed ways to avoid tobacco use	33.4	(32.0-34.8)
Q82	During their last check-up, their doctor or health care provider talked with them about their diet or eating habits	54.5	(53.0-56.0)
Q83	During their last check-up, their doctor or health care provider talked with them about ways to be physically active	56.5	(55.1-58.0)
Q84	In the last 12 months, got a chance to speak with a doctor or other health care provider privately <sup>7</sup>	63.5	(62.0-64.9)

## Differences by Sub-population

Females were more likely than males to report they had an annual check and had a chance to speak privately with their doctor.

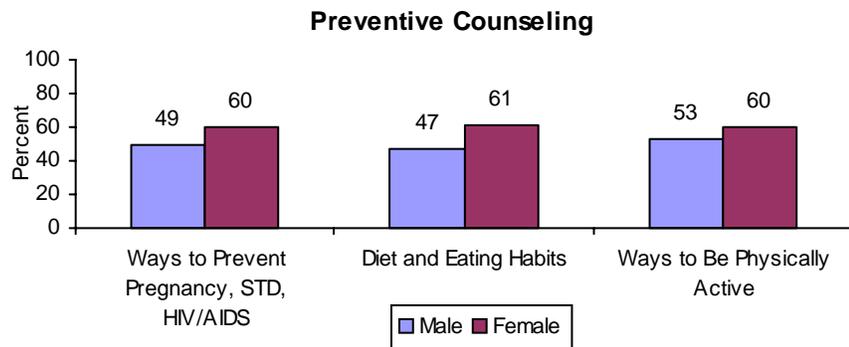


White students were more likely than African American and Hispanic students to report they had a check-up in the past year and they had an opportunity to speak with a doctor privately in the past year.

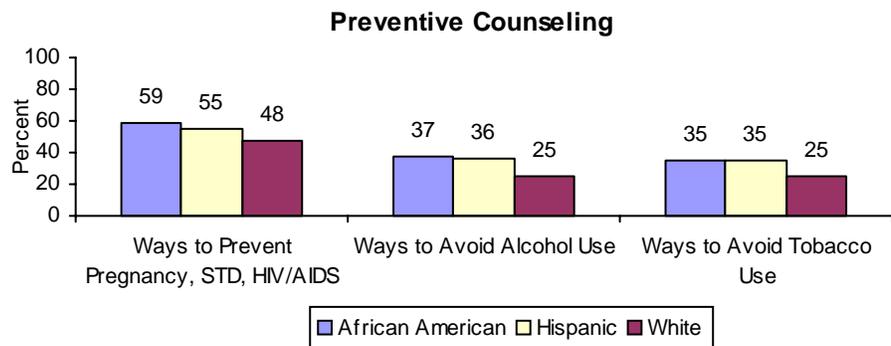


<sup>7</sup> Without parents or other people in the room

Females were more likely than males to report they received preventive counseling about sexual risks, diet and physical activity.



African American and Hispanic students were more likely than White students to report they received preventive counseling about sexual risks, alcohol use and tobacco use.



## Assets

	Students Reported	%	CI
Q85	Strongly agree or agree with statement "My family gives me help and support when I need it"	81.9	(80.8-83.1)
Q86	Strongly agree or agree with statement "In my family there are clear rules about what I can and can not do"	80.6	(79.5-81.8)
Q87	Know of one or more adults <sup>10</sup> they can go to and discuss important questions about their life	81.9	(80.8-83.1)
Q88	Strongly agree or agree with the statement "I get at lot of encouragement at my school"	64.0	(62.5-65.4)
Q89	Strongly agree or agree with the statement "In my community I feel like I matter to people"	50.2	(48.7-51.7)
Q90	Spend one or more hours per week helping others	51.2	(49.7-52.7)

### Differences by Sub-population

Males (84%) were more likely than females (81%) to agree or strongly agree with the statement, "My family gives me help and support when I need it."

Males (54%) were more likely than females (48%) to agree or strongly agree with the statement, "In my community I feel like I matter to people."

Females (83%) were more likely than males (80%) to report they know of one or more adults they can go to and discuss important questions about their life.

African American students (85%) were more likely than Hispanic (81%) and White students (80%) to agree or strongly agree with the statement, "My family gives me help and support when I need it."

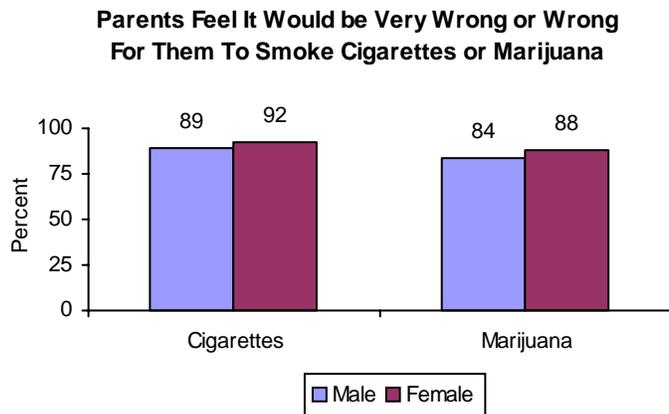
African American (83%) students were more likely than Hispanic (81%) and White students (72%) to agree or strongly agree with the statement, "In my family there are clear rules about what I can and can not do"

## Parental Influences

	Students Reported	%	CI
Q91	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to drink alcohol	77.4	(76.1-78.6)
Q92	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to smoke	90.7	(89.8-91.5)
Q93	Parents feel it would be <u>very wrong</u> or <u>wrong</u> for them to smoke marijuana	86.4	(85.4-87.5)

### Differences by Sub-population

Females were more likely than males to report their parents feel it would be very wrong or wrong for them to smoke cigarettes or smoke marijuana.



African American students were more likely than Hispanic and White students to report their parents feel it would be very wrong or wrong for them to drink alcohol or smoke cigarettes.

