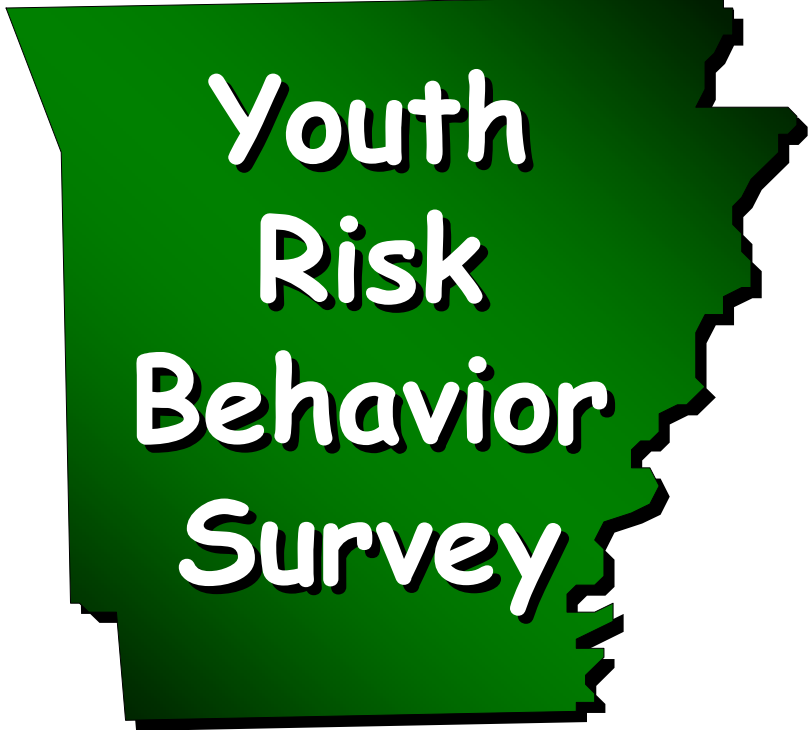


2009

Arkansas



Youth
Risk
Behavior
Survey

Coordinated By:



Arkansas Department of Education
Arkansas Department of Health
Office of Coordinated School Health



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Arkansas' 2009 Youth Risk Behavior Survey (YRBS) was conducted by the Arkansas Department of Education, Office of Coordinated School Health.

The Arkansas Department of Education extends sincere appreciation to the superintendents, principals, counselors and teachers of the selected schools who so graciously gave of their time and energy to see this survey through to it's completion. Additional thanks to the parents who approved their children's participation in the survey and to the Arkansas students who completed the Youth Risk Behavior Survey questionnaires during the spring of 2009.

Special thanks to the many organizations and individuals who provided support and cooperation for the 2009 Arkansas Youth Risk Behavior Survey, including:

- ❖ The United States Centers for Disease Control and Prevention, which provided funding for the project through its ***Cooperative Agreement: Improving Health and Educational Outcomes of Young People***.
- ❖ The United States Centers for Disease Control and Prevention, Division of Adolescent and School Health's Surveillance Research Section, which developed the survey process and questionnaire, and provided technical assistance.
- ❖ WESTAT, Inc., Survey Technical Assistance Project, which provided technical assistance, analyzed questionnaires, and tabulated the results.
- ❖ Other state and national agencies which supported or endorsed this project in a variety of ways.
- ❖ Pamela S. Jones

What is the Youth Risk Behavior Survey?

Developed by the United States Centers for Disease Control and Prevention (CDC) in Atlanta Georgia, the 96-item, multiple choice Youth Risk Behavior Survey (YRBS) questionnaire was tested and revised several times prior to implementation to assure that results would be both accurate and useful.

During the spring 2009, 1,690 ninth through twelfth grade students who attended selected classes at scientifically sampled Arkansas public schools completed a self-administered, anonymous, 99-item questionnaire. The information voluntarily provided by the students provided representative results for Arkansas students as a group.

Specific questions about health behaviors were professionally written and were included only if they were related to the leading cause for death or illness of youth in the nation and the state. The Youth Risk Behavior Survey is a reliable source of information on the drug-related and disease-producing behaviors of Arkansas' high school students.

Why did Arkansas Conduct the Youth Risk Behavior Survey?

The Youth Risk Behavior Survey will help Arkansas identify public school students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles for Arkansas students mean longer, more productive lives for the states' young people, as well as improved learning in the classroom.

People develop behavior patterns in their teen years, which can eventually strengthen or threaten their quality and length of life. Currently, many adolescents in the United States use tobacco, eat too much fat and too few fruits and vegetables, and fail to exercise regularly. 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.⁽⁶⁴⁾ Programs such as regular physical education classes, comprehensive health education classes, that include nutrition courses and drug education, and safety training can be used to equip students with disease-prevention skills and injury-prevention information.

Arkansas' state results can be compared with findings of the national and other states' Youth Risk Behavior Survey results.

The 2009 YRBS also provides Arkansas with measures for evaluating future trends in health habits of youth. Survey results can serve as a valuable tool, particularly for legislators, policy makers, school administrators and teachers as they make decisions about new disease-prevention and health-promotion policies, services, programs and educational activities. Parents and students can use these results to evaluate potential changes toward better health. Specifically, the YRBS' findings form a valuable base upon which Arkansas can strengthen its ability to:

- ❖ establish disease prevention and health promotion policies;
- ❖ plan and implement programs and services;
- ❖ secure funding for programs;
- ❖ allocate limited resources toward targeted needs and priorities;
- ❖ conduct future research and note progress or deficiencies, and enact laws to prevent injuries and unnecessary deaths.

How was the Youth Risk Behavior Survey Conducted?

During the spring, 2009, ninth through twelfth grade students enrolled in scientifically sampled public high schools completed the Arkansas Youth Risk Behavior Survey or YRBS. The classes that participated were randomly selected from master schedules submitted by these sampled schools. Although schools for incarcerated youth were not included in this initial survey, all of the other public high schools in the Arkansas Department of Education system were eligible to be selected.

Who Participated in the Youth Risk Behavior Survey?

Virtually every Arkansas public school student enrolled in grades nine through twelve – and every class at those grade levels – had an equal chance of being selected to complete a YRBS questionnaire. Research guidelines and modern computer technology from the U.S. Centers for Disease Control and Prevention were followed to make all selections scientifically. Following strict research procedures also ensure that:

- ❖ selected schools, their administrators, parents, and students were informed and voluntarily agreed to participate, and
- ❖ student identity remained anonymous in all reports.

The Youth Risk Behavior Survey was completed by 1,690 students in 46 public high schools in Arkansas during the spring of 2009. The school response rate was 84%, the student response rate was 80%, and the overall response rate was 67%. The results are representative of all students in grades 9-12. Researchers call such results or data "weighted," which simply means each participant's answer represented that individual plus some others who were similar to that individual. Overall, Arkansas' 2009 YRBS results are representative of what Arkansas' ninth through twelfth public high school students as a group would have reported.

About This Report

This report entitled “2009 Arkansas Youth Risk Behavior Survey” summarizes the overall answers Arkansas’ public high school students reported about alcohol, tobacco, and other health risk behaviors. Arkansas’ survey of public schools provides a “snapshot” of Arkansas high school students’ behaviors. The survey contains questions related to:

- ❖ behaviors that result in unintentional injuries and violence;
- ❖ tobacco use;
- ❖ alcohol and other drug use;
- ❖ sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended adolescent pregnancies;
- ❖ dietary behaviors; and
- ❖ physical activity.

This report summarizes Arkansas’ findings on the priority health risks that result in the most significant causes of death and disability of youth in Arkansas. Written for concerned educators, policy makers, parents and youth, this YRBS report provides a brief overview of:

- ❖ the survey’s process and procedures;
- ❖ survey questions;
- ❖ students answers;
- ❖ percentage of YRBS participants giving those answers; and
- ❖ major summary findings and conclusions.

The YRBS data are used to measure progress toward achieving 15 national health objectives for Healthy People 2010 and three of the 10 leading health indicators, to assess trends in priority health-risk behaviors among high school students, and to evaluate the impact of broad school and community interventions at the national, state and local levels. ⁽⁶⁵⁾

Additional information about the national, state and local YRBS is available at www.cdc.gov/yrbss.

How Results Can Be Interpreted

Arkansas' 2009 Youth Risk Behavior Survey is a "snapshot in time" showing those drug-related and disease-producing behaviors reported by high school students during spring, 2009.

Answers in this survey were only as accurate as the student's self reporting. Each student interpreted the terms in each question according to his or her own definitions. For instance do "french fries" qualify as a vegetable? Is low-fat ground beef still considered to be "hamburger"? Is a pocket knife a "weapon"? What area does "on school property" include?

In some cases, the findings could under-or-over-report. Some students chose not to answer certain questions, meaning that all students surveyed were not represented in every response.

However, the percentage of participating students was sufficiently high so that survey findings could be identified as accurate, correct, or "valid at the 95% confidence level." That is, if the survey was to be repeated 100 times, 95 times out of 100, similar results would be found. For each of the 99 questions, different ranges or possible margins of error (confidence intervals) were significantly calculated.

Percentages are reported in this survey for behavior-related questions and were rounded according to Centers for Disease Control and Prevention (CDC) guidelines. Odd half number (e.g., 7.5% or 75.5%) were rounded up (e.g., to 8% or 76% respectively) and even half numbers (e.g., 8.5% or 22.5%) were rounded down (e.g., to 8% or 22% respectively). Based on this rounding system, total percentages may be more or less than 100%.

Interested individuals may request additional information. Researchers and professionals wanting to build upon Arkansas' 2009 YRBS data may request detailed frequency tables from:

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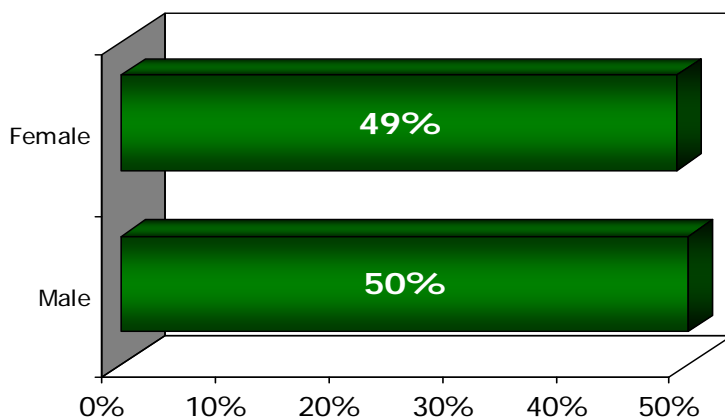
kathleen.courtney@arkansas.gov

www.arkansascsch.org

Demographics of Survey Participants

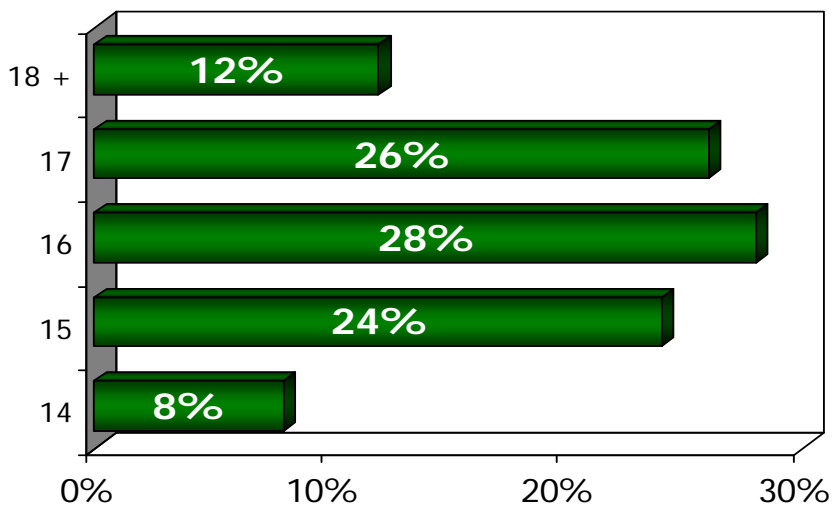
❖ Gender

Total number of survey participants = 1,690



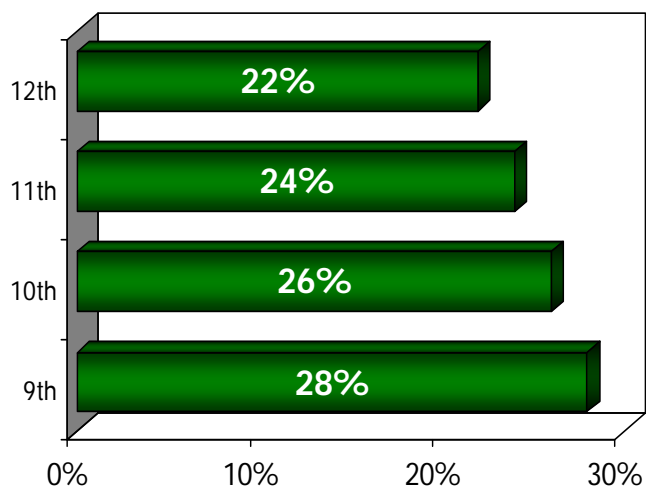
❖ Age

Total number of survey participants = 1,690



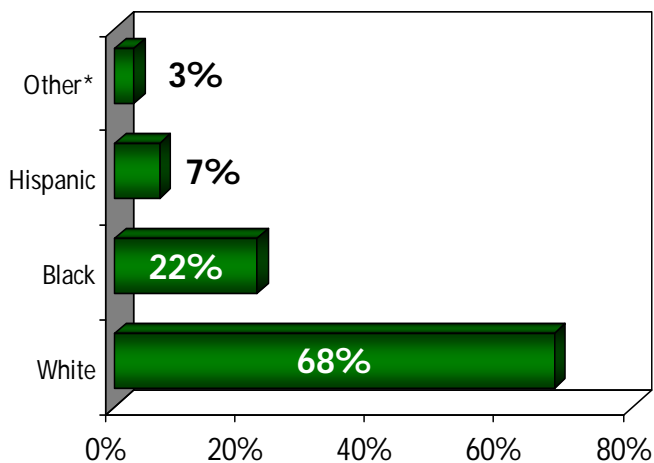
❖ Grade

Total number of survey participants = 1,690



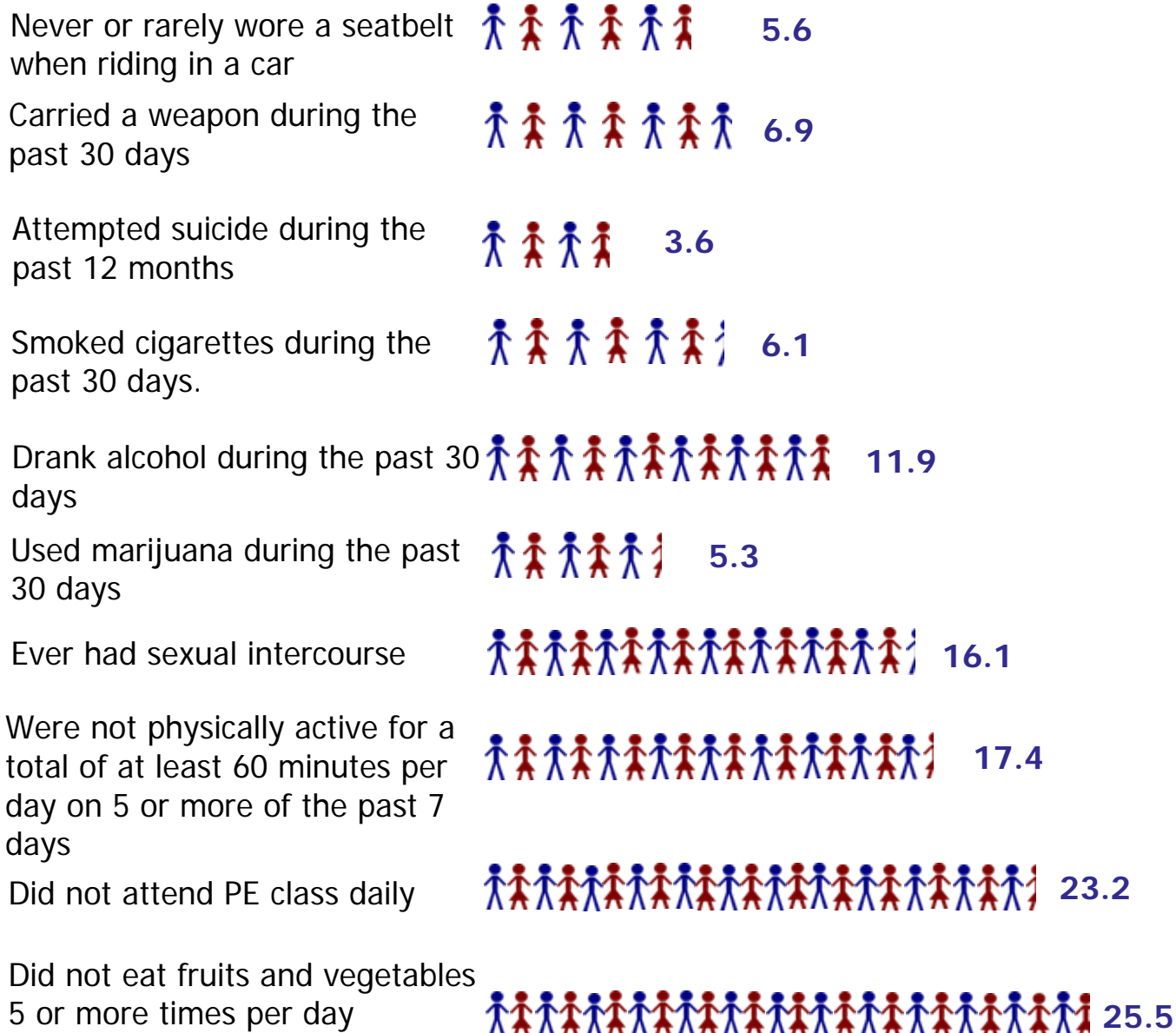
❖ Race

Total number of survey participants = 1,690



* Other includes American Indian or Native American; Asian; Native Hawaiian or Other Pacific Islander; Multiple – Hispanic; Multiple – Non-Hispanic.

Summary Graph

Number of students in a class of 30 who:

Trend Data 1995 – 2009*

	'95	'97	'99	'01	'05	'07	'09
Students who did not go to school because they felt unsafe	5.4	5.1	4.7	7.6	6.3	7.4	10.4
Students who had been threatened with a weapon on school property.	8.7	8.3	9.8	9.4	9.6	9.1	11.9
Students who had been in a physical fight on school property	17.0	15.1	15.5	12.7	13.9	13.0	14.8
Students who had seriously considered suicide during past 12 months	24.0	22.2	17.9	19.6	19.2	17.4	18.0
Students who had smoked cigarettes on school property	13.9	15.8	13.8	11.0	8.3	5.0	5.3
Students who had drunk alcohol on school property past 30 days	5.7	5.5	6.2	5.5	5.2	5.1	6.1
Students who had used marijuana on school property in past 30 days	5.4	7.5	5.8	4.1	4.1	2.8	4.5
Students who were offered, sold, or given an illegal drug on school property	26.7	25.9	20.8	21.1	29.2	28.1	31.4
Students who attended daily PE classes in average school week	28.4	28.8	31.3	30.2	27.2	31.3	22.7

* 2003 Arkansas YRBS Data is unweighted and not included

Key Findings

The following summaries highlight Arkansas students' responses on the Youth Risk Behavior survey in key areas, and provides an overview of Arkansas students' current activities which impact their health

Key Findings Related to Behaviors that result in Unintentional Injuries and Violence

- ❖ Twenty-two percent of students indicated that they carried a weapon on one or more of the past 30 days. Eight percent of students indicated that they carried a weapon on school property on one or more of the past 30 days.
- ❖ Thirty-four percent of students reported being in at least one physical fight in the previous year. Involvement in fights occurring on school property over the year prior to the survey were reported by 14 percent of respondents.
- ❖ Twenty-eight percent of the students reported that within the 30 days preceding the survey they had been a passenger in a car or other vehicle driven by someone who had been drinking alcohol. Twelve percent of the students reported that they had driven a car or other vehicle at least once during the previous 30 days after drinking alcohol.
- ❖ Eighteen percent of students seriously considered attempting suicide during the year prior to the survey. Twelve percent of respondents actually attempted suicide during this same time frame.
- ❖ Sixteen percent of students reported they were physically hurt (including being hit or slapped) on purpose by their boyfriend or girlfriend in the previous year.

Key Findings Related to Tobacco Use

- ❖ Fifty-four percent of Arkansas high school students had tried cigarette smoking. Eighteen percent smoked a whole cigarette for the first time before age 13. Twelve percent of students used chewing tobacco at least once during the 30 days prior to the survey.
- ❖ Eighteen percent of respondents reported that they usually got their own cigarettes by buying them in a store or gas station during the 30 days prior to the survey.
- ❖ During the 30 days prior to the survey, 10% of students had smoked 10+ cigarettes/day and 8% of students had used chewing tobacco on school property.

Key Findings Related to Alcohol and Other Drug Use

- ❖ Students who reported they had at least one drink of alcohol during their life were 64% of ninth graders, 68% of tenth graders, 74% of eleventh graders, and 76% of twelfth graders. Twenty-eight percent of students had their first drink of alcohol prior to age 13. Ten percent of students reported using marijuana for the first time before age 13.
- ❖ Six percent of students indicated they had used methamphetamines one or more times in their life.

- ❖ Eight percent of students indicated they had used cocaine (any form) on one or more times during their life, with 4% reporting using cocaine (any form) at least once during the past 30 days.
- ❖ Sixteen percent of students reported sniffing glue, breathing the contents of aerosol spray cans or inhaling any paints or sprays during their life.
- ❖ Thirty-six percent of students reported they drank a usual type of alcohol during the 30 days prior to the survey.
- ❖ Thirty-one percent of students had someone offer, sell, or give them an illegal drug on school property during the year prior to the survey.

Key Findings Related to Sexual Behaviors that result in HIV Infection, Sexually Transmitted Diseases (STDs), and Unintended Pregnancies

- ❖ Fifty-four percent of Arkansas high school students reported that they had sexual intercourse. Ten percent reported that they had sexual intercourse for the first time prior to age 13. Eighteen percent reported having sexual intercourse with four or more people during their life.
- ❖ Of students who had sexual intercourse during the past three months, 58% used a condom and 19% used birth control pills during the last sexual intercourse to prevent pregnancy.
- ❖ Of the students who had sexual intercourse during the past 3 months, 20% reported drinking alcohol or used drugs before last sexual intercourse.
- ❖ Eighty-two percent of students reported being taught about AIDS or HIV infection in school.

Key Findings Related to Dietary Behaviors

- ❖ Twenty-seven percent of students described themselves as slightly or very overweight. Forty-six percent were trying to lose weight. Fifty-nine percent of the female students and 32% of the male students reported trying to lose weight.
- ❖ Eighty-two percent of students reported that they had eaten fruit one or more times during the seven days prior to the survey. Sixty percent had eaten a green salad and 76% had eaten vegetables (other than carrots) one or more times the past seven days prior to the survey.
- ❖ Eight percent of students reported they had drank three or more glasses per day of milk during the past seven days.

Key Findings Related to Physical Activity

- ❖ Thirty-nine percent of the students reported they attended PE Classes on one or more days in an average school week.
- ❖ Forty-two percent of students reported they were physically active for 60 minutes or more per day on five or more days of the past seven days.
- ❖ Thirty-six percent of the students reported watching three or more hours of TV on an average school day.

Behaviors that Result in Unintentional Injuries and Violence

This section deals with personal safety and violence and included questions about physical fights, weapons, vehicle safety and suicide.

Rationale

- ❖ **Vehicle Safety – Helmet Use:** 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,^(3;4) and use of bicycle helmets is the single most effective way of reducing head injury and fatalities.⁽²⁾ Estimates indicate bicycle helmets might prevent approximately 56% of bicycle related deaths.⁽⁵⁾
- ❖ **Vehicle Safety – Seat Belts:** Motor-vehicle related injuries kill more young adults aged 15-19 years than any other single cause in the United States.⁽⁶⁾ Safety belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45% and the risk of moderate-to-critical injury by 50%.⁽⁷⁾
- ❖ **Vehicle Safety – Drinking and Driving:** In 2004, 5% of 15-20 year old drivers who were involved in crashes that resulted in injuries had been drinking alcohol.⁽⁹⁾ In 2006, 25% of 15-20 year old drivers involved in fatal crashes had a blood alcohol content (BAC) of .08 or higher at the time of the crash.⁽²⁴⁾ Alcohol use is associated with 24% of fatalities among those less than 15 years old.⁽¹⁰⁾
- ❖ **Violence-Related Behaviors:** Homicide is the second leading cause of death among all youth ages 15-19 years (9.6 per 100,000) and is the leading cause of death among black youth aged 15-19 years (33.8 per 100,000).⁽⁶⁾ In 2005, 84% of homicide victims 15 to 19 years old were killed with firearms.⁽⁶⁾ Of all violent deaths that occurred on school property between 1994 and 2006, 65% involved firearms.⁽¹¹⁾
- ❖ **Violence- Physical Fighting:** Physical fighting is a marker for other problem behaviors⁽¹²⁾ and is associated with serious injury-related outcomes.^(13,14) Intimate partner abuse victimization is associated with participation in other high risk behaviors.⁽¹⁵⁾ Forced sexual intercourse is associated with negative psychological and mental health consequences.^(16,17)
- ❖ **Violence – Suicide:** Suicide is the third leading cause of death among youth aged 15-19.⁽⁶⁾ The suicide rate for persons aged 15-19 was 7.7 per 100,000 in 2005 down from 8.2 per 100,000 in 2003.⁽⁶⁾

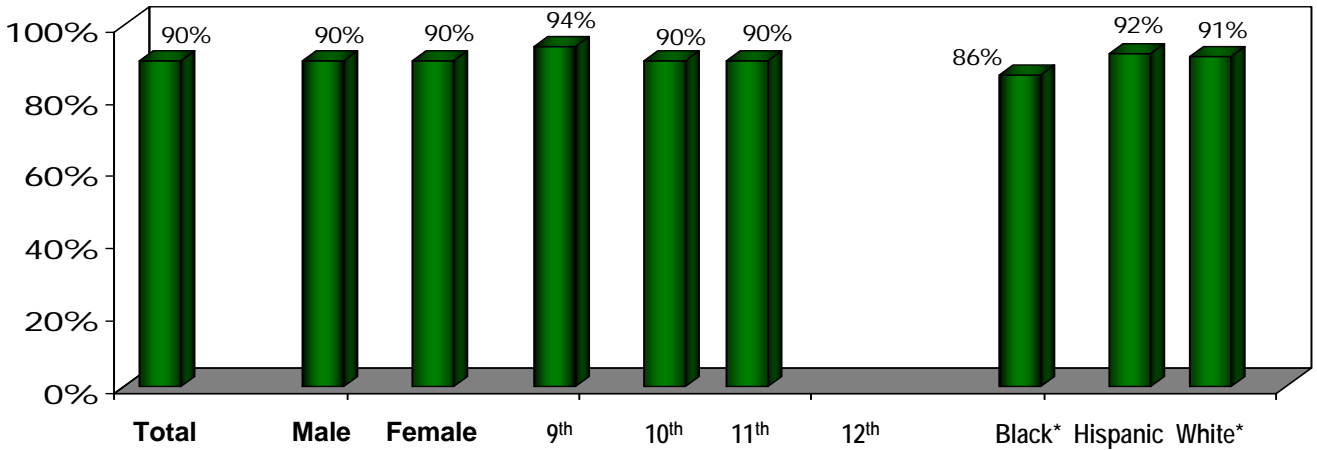
Related Health Objectives for the Year 2010

- 15-19 Increase use of seatbelts to 92%.⁽⁸⁾
- 26-6 Reduce the proportion of adolescents who report they rode, during the previous 30 days, with a driver who had been drinking alcohol to 30%.⁽⁸⁾
- 15-39 Reduce weapon carrying by adolescents on school property to 4.9%.⁽⁸⁾
- 15-38 Reduce physical fighting among adolescent students to 32%.⁽⁸⁾
- 18-02 Reduce the rate of suicide attempts by adolescents to 1%.⁽⁸⁾

❖ Vehicle Safety

These questions measure the frequency with which students take safety precautions when riding in a motor vehicle, riding a motorcycle or a bicycle.

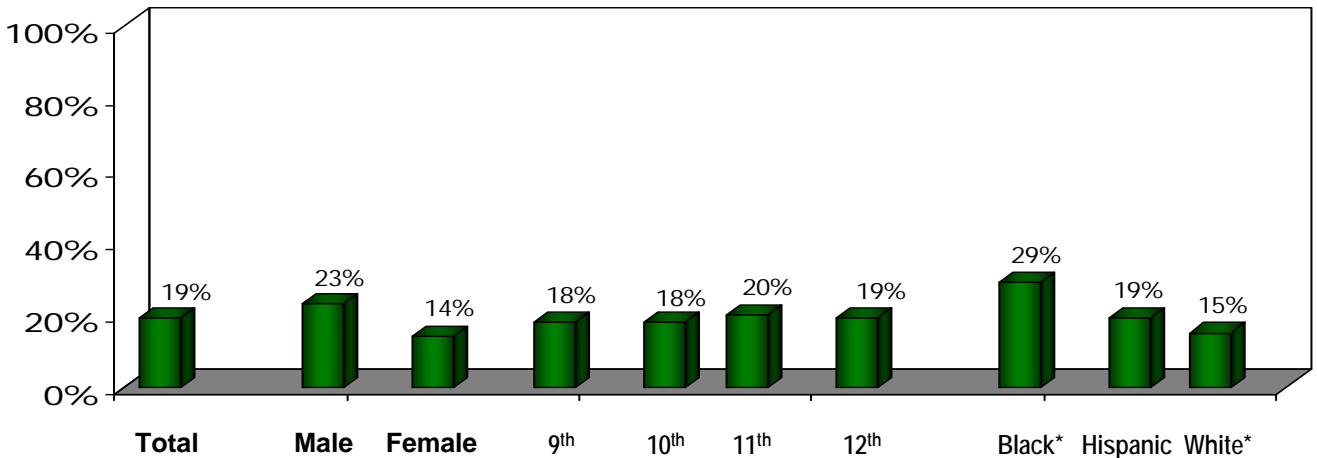
Among Students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet



* Non-Hispanic

Missing bars indicate fewer than 100 students in the subgroup

Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.

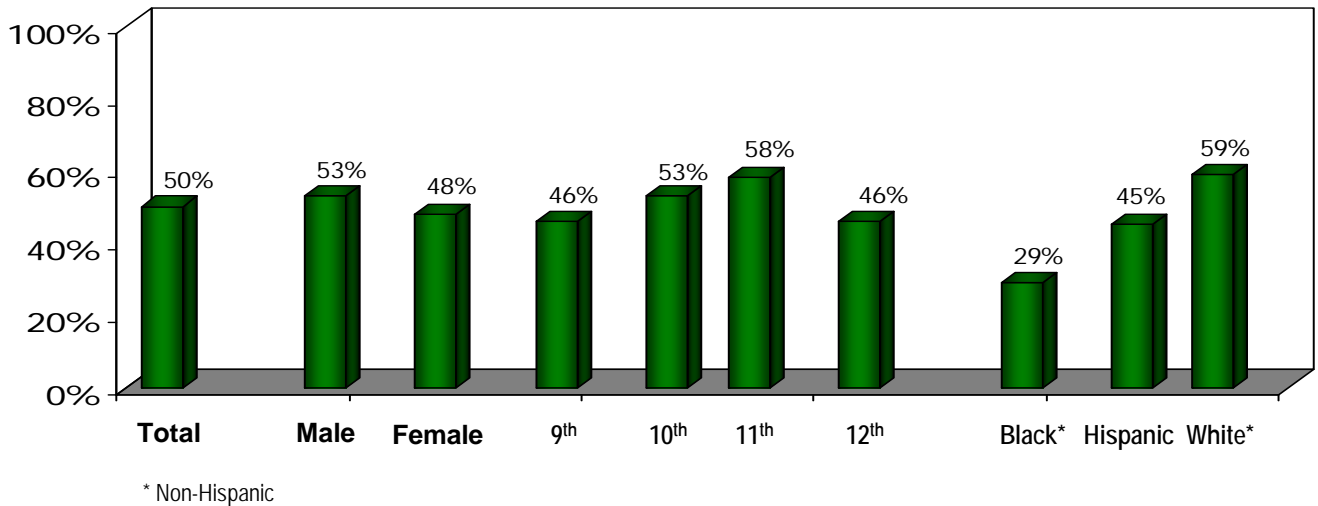


* Non-Hispanic

Youth Risk Behavior Survey 2009

2009

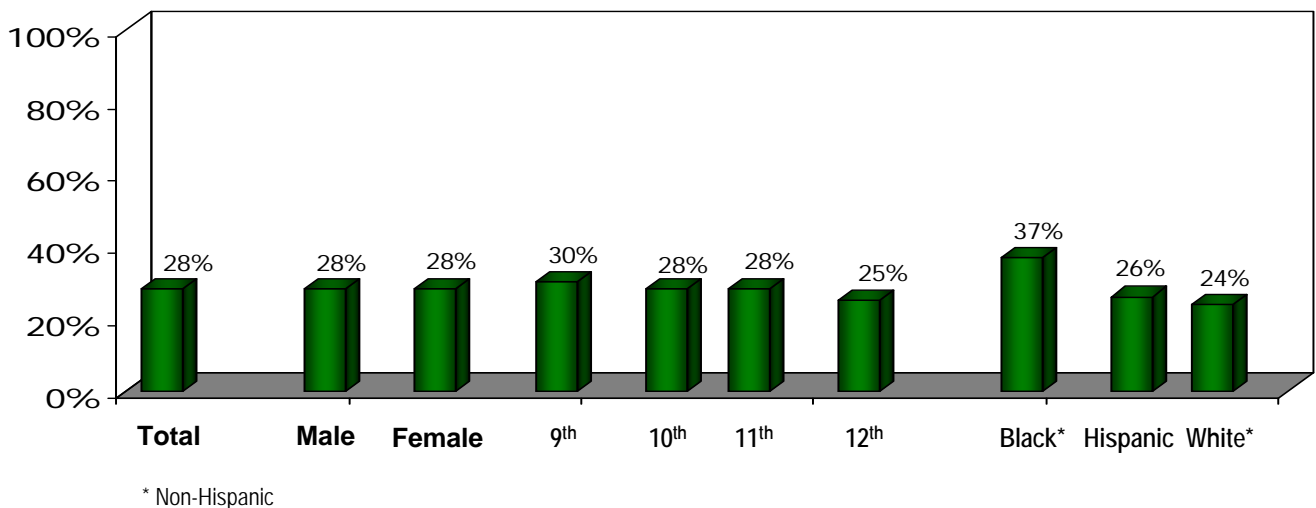
Percentage of students who never or rarely wore a helmet when they rode an all-terrain vehicle (ATV) during the past 12 months.



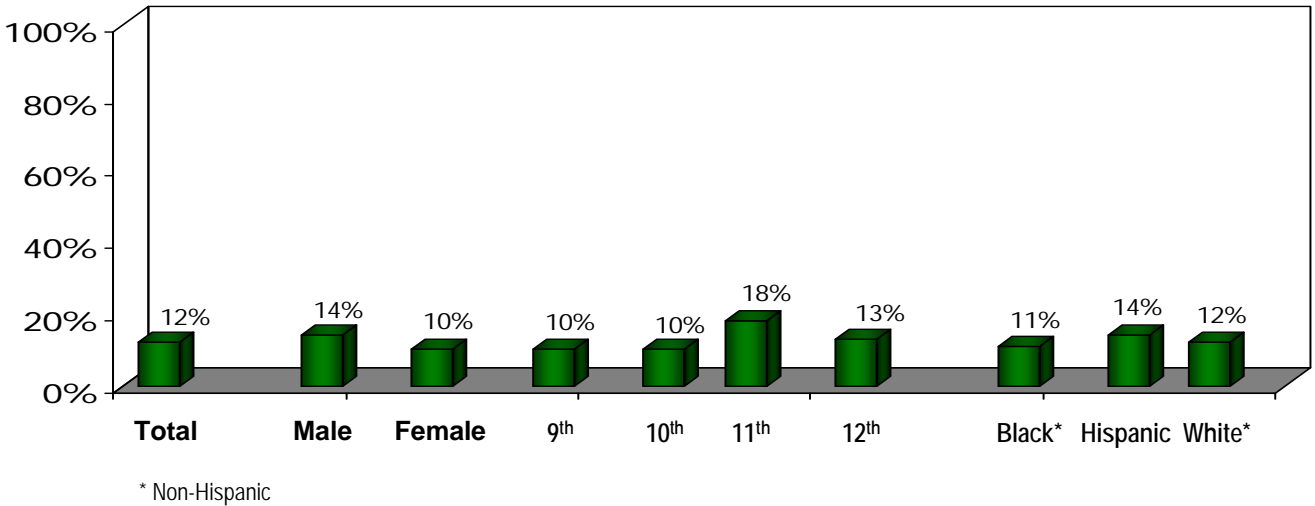
❖ Vehicle Safety – Drinking and Driving

These questions measure the frequency with which students ride as a passenger or driver in a motor vehicle operated under the influence of alcohol or drugs.

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



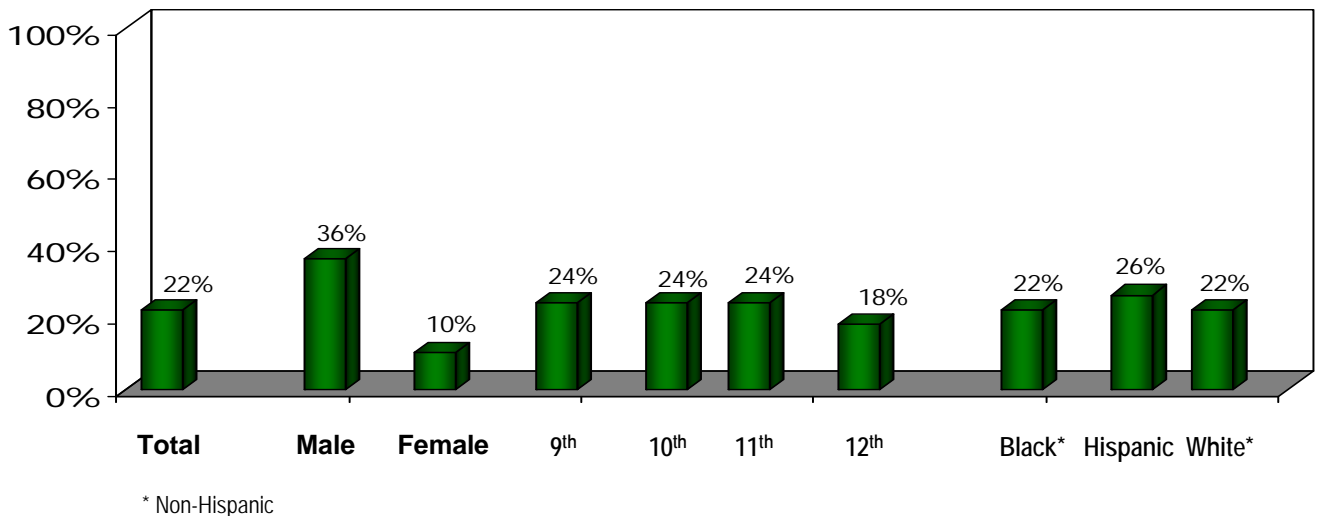
Percentage of students who drove a car or other vehicle when they had been drinking alcohol one or more times during the past 30 days



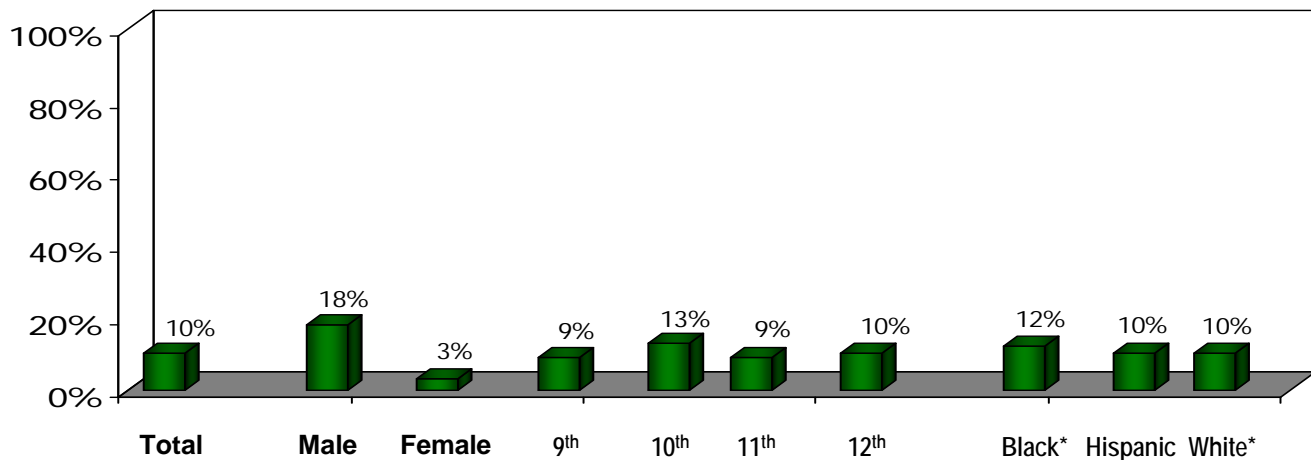
❖ Violence – Related Behaviors

These questions measure violence-related behaviors.

Percentage of students who carried a weapon such as a gun, knife or club on one or more of the past 30 days.

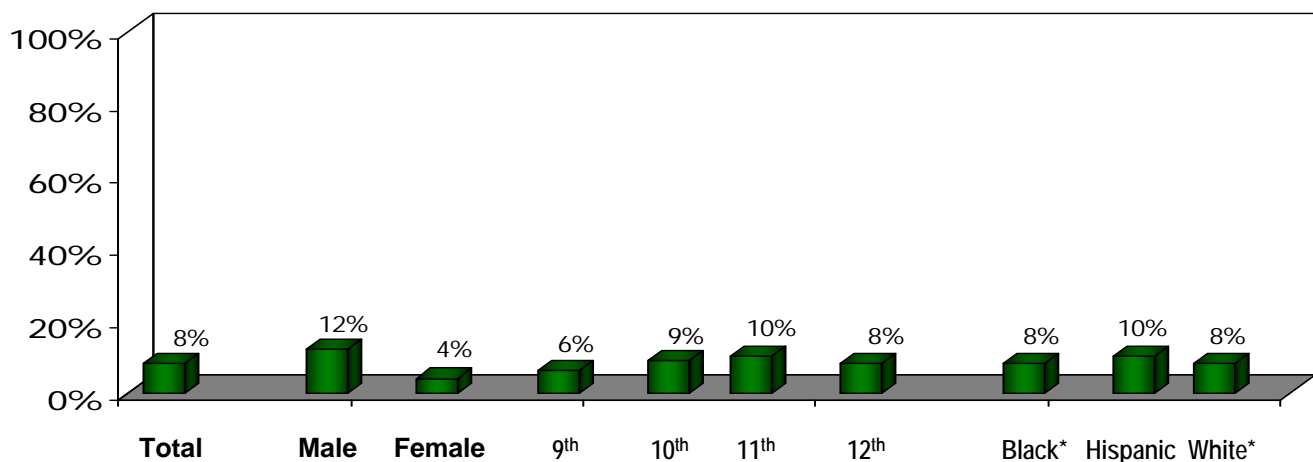


Percentage of students who carried a gun on one or more of the past 30 days.



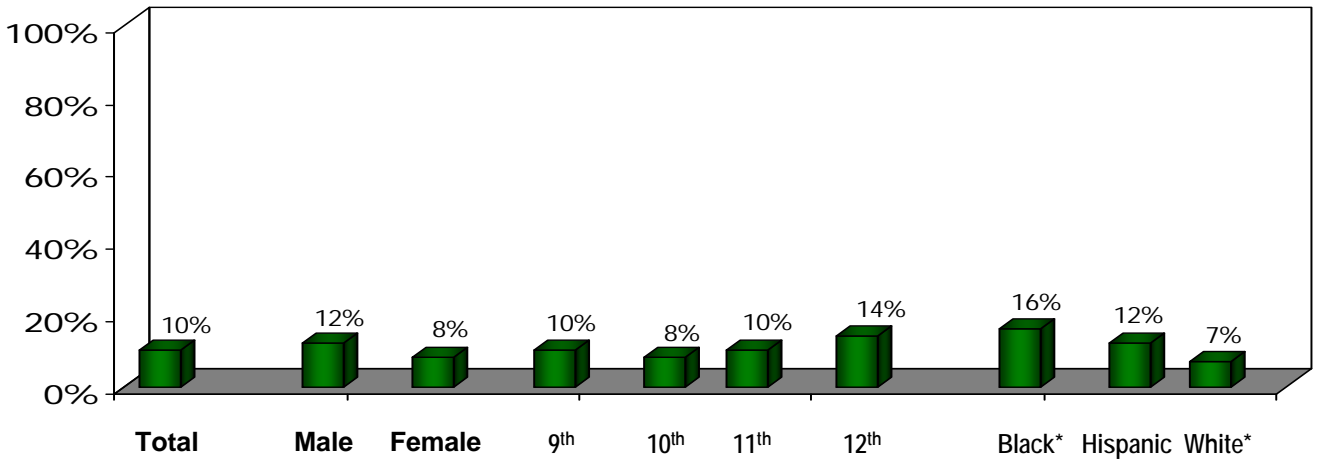
* Non-Hispanic

Percentage of students who carried a gun, knife, or club on school property on one or more of the past 30 days.



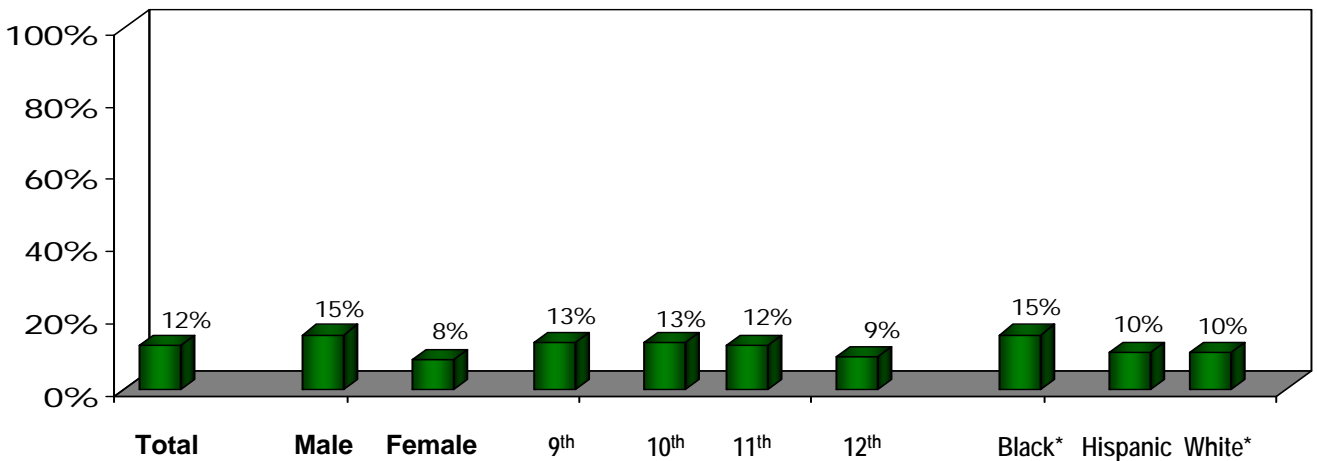
* Non-Hispanic

Percentage of students who did not go to school because they felt they would be unsafe at school or on their way to or from school on one of the past 30 days.



* Non-Hispanic

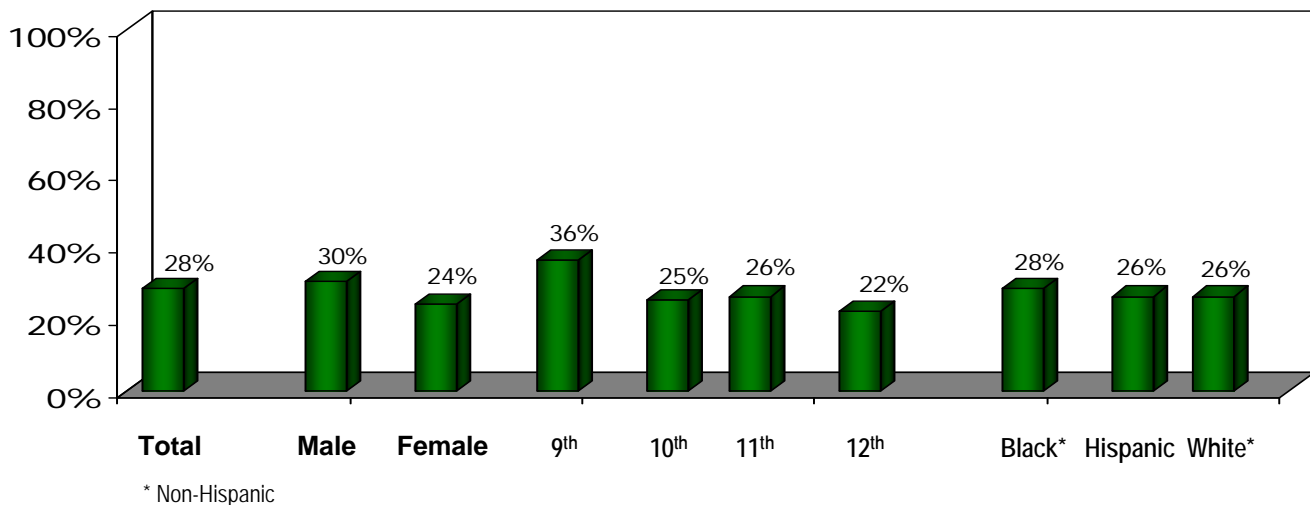
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months.



* Non-Hispanic

Youth Risk Behavior Survey 2009

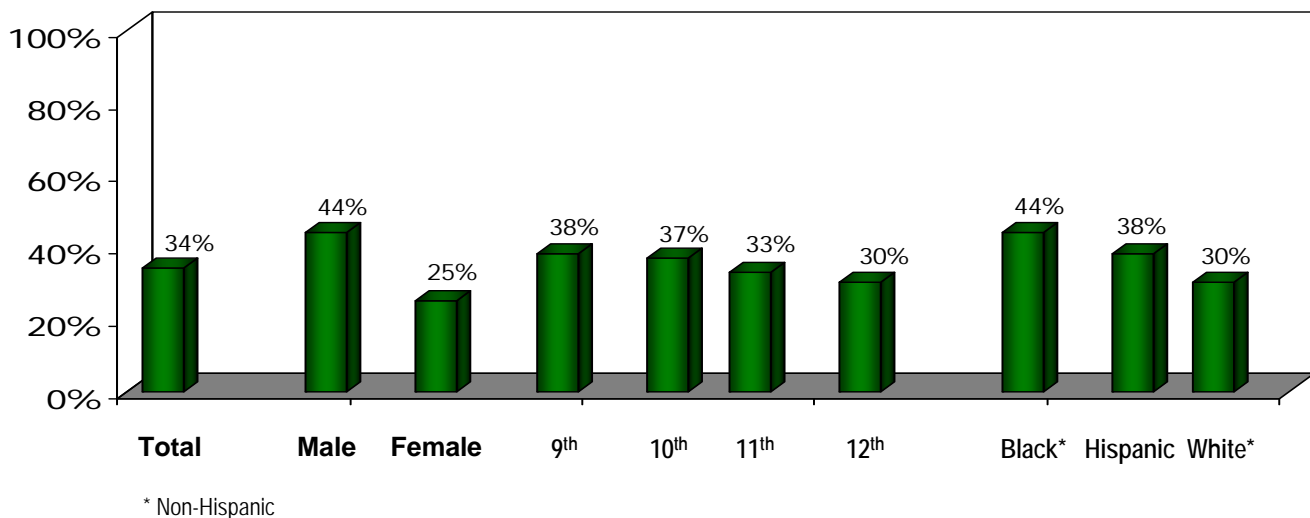
Percentage of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the past 12 months.



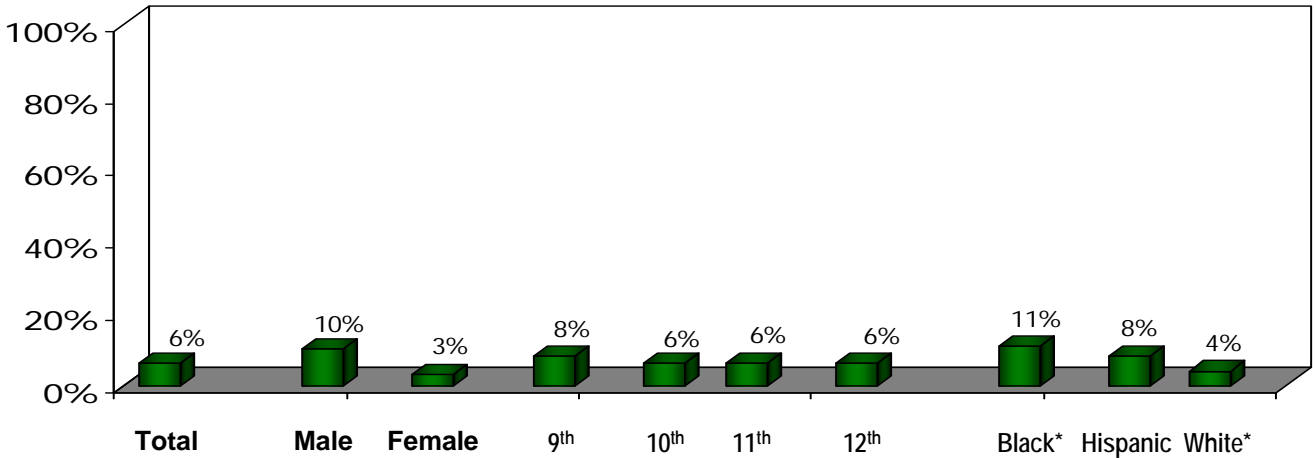
❖ Violence – Physical Fighting

These questions measure the frequency and severity of physical fights and the persons with whom students fight.

Percentage of students who were in a physical fight one or more times during the past 12 months.

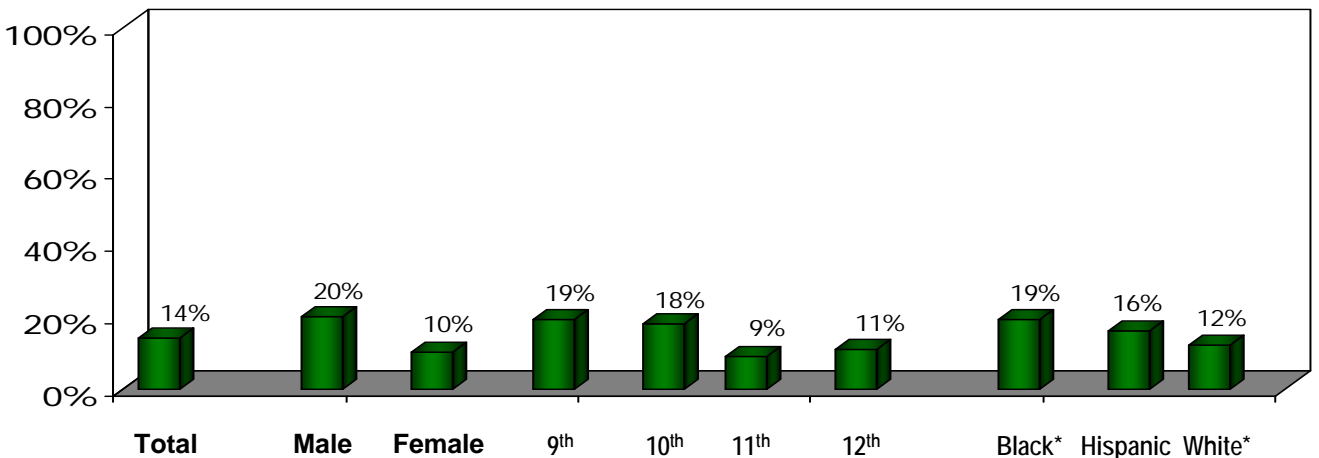


Percentage of students who were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months.



* Non-Hispanic

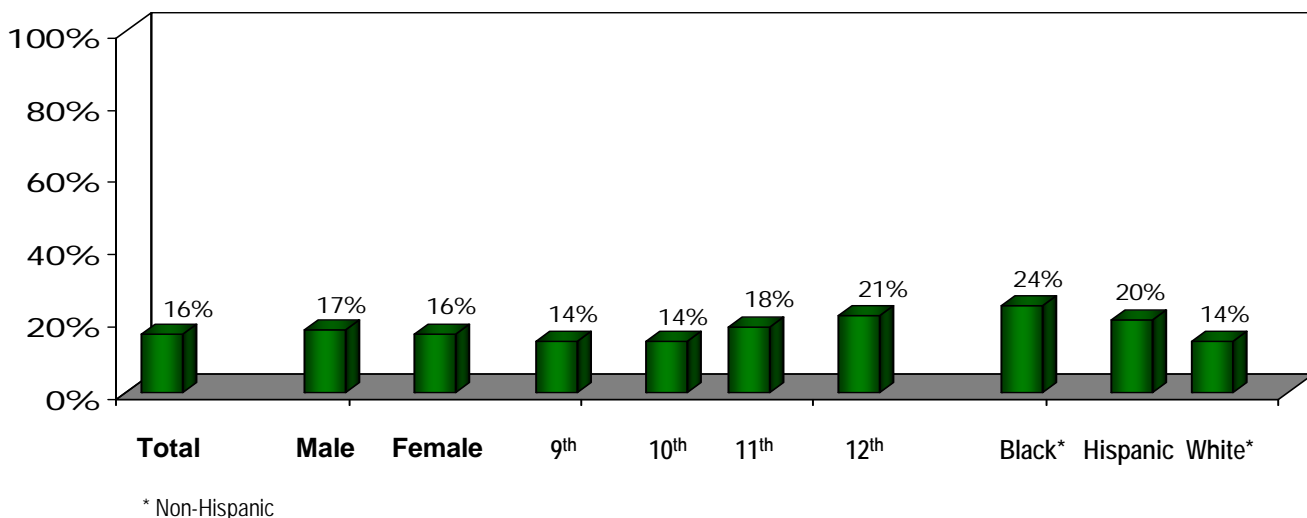
Percentage of students who were in a physical fight on school property one or more times during the past 12 months.



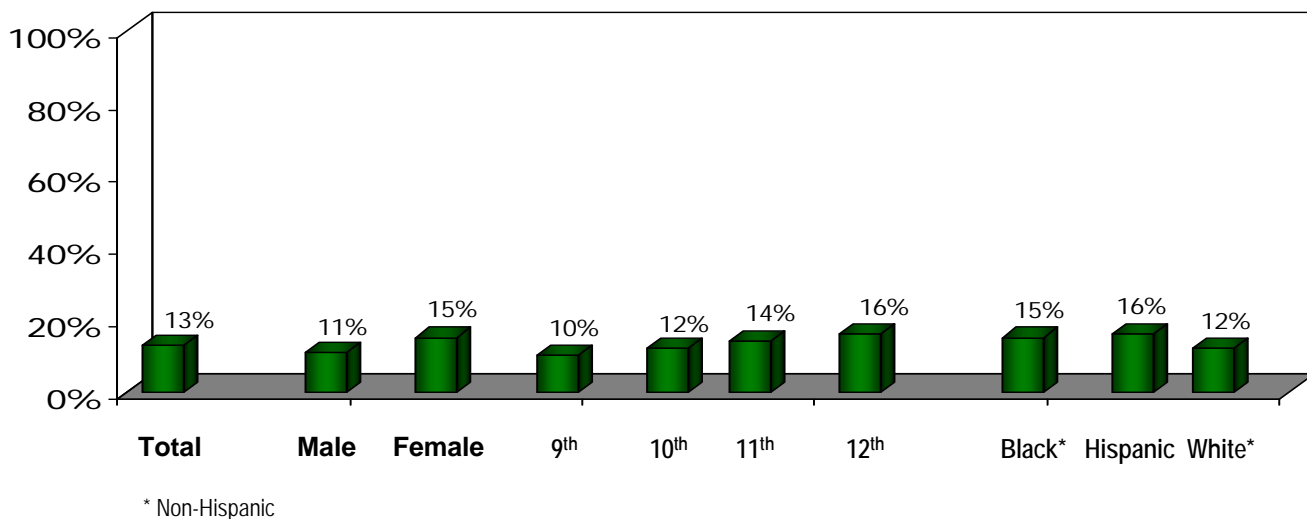
* Non-Hispanic

Youth Risk Behavior Survey 2009

Percentage of students who were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months.



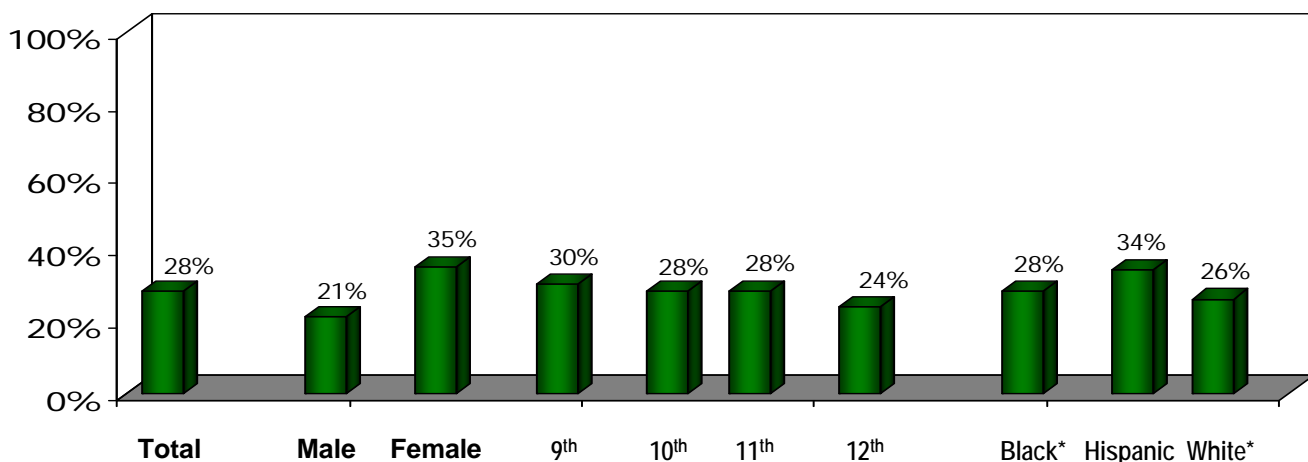
Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to.



❖ Violence – Suicide

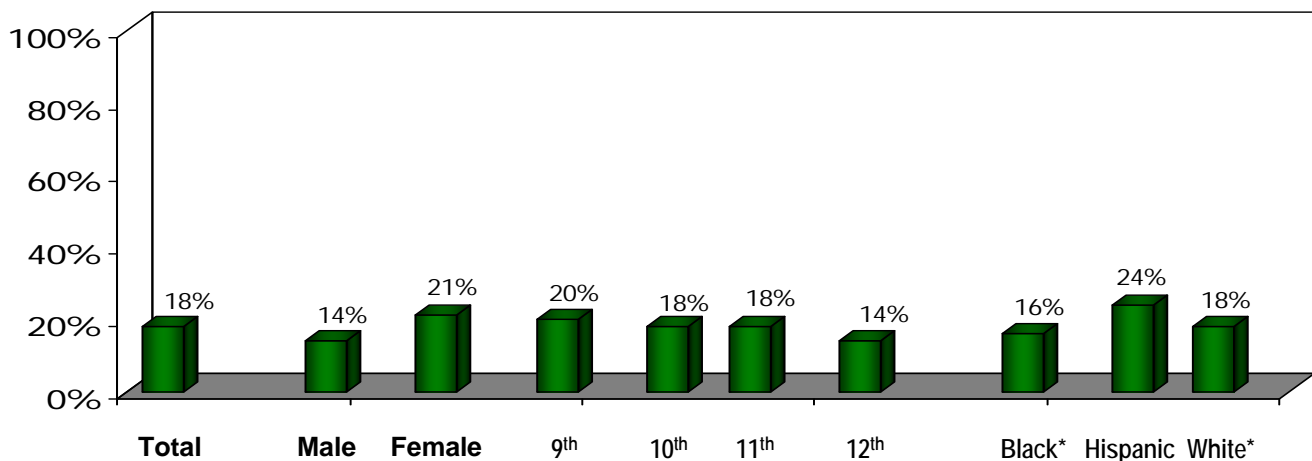
These questions measure attempted suicides and the seriousness of those attempts.

Percentage of students who felt so sad or hopeless everyday for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.



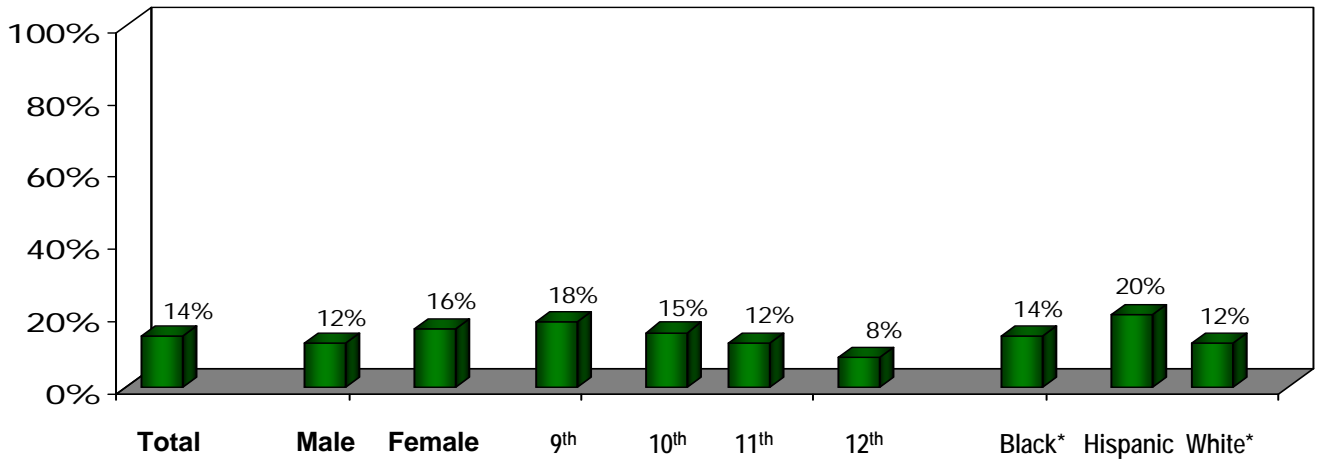
* Non-Hispanic

Percentage of students who seriously considered attempting suicide during the past 12 months.



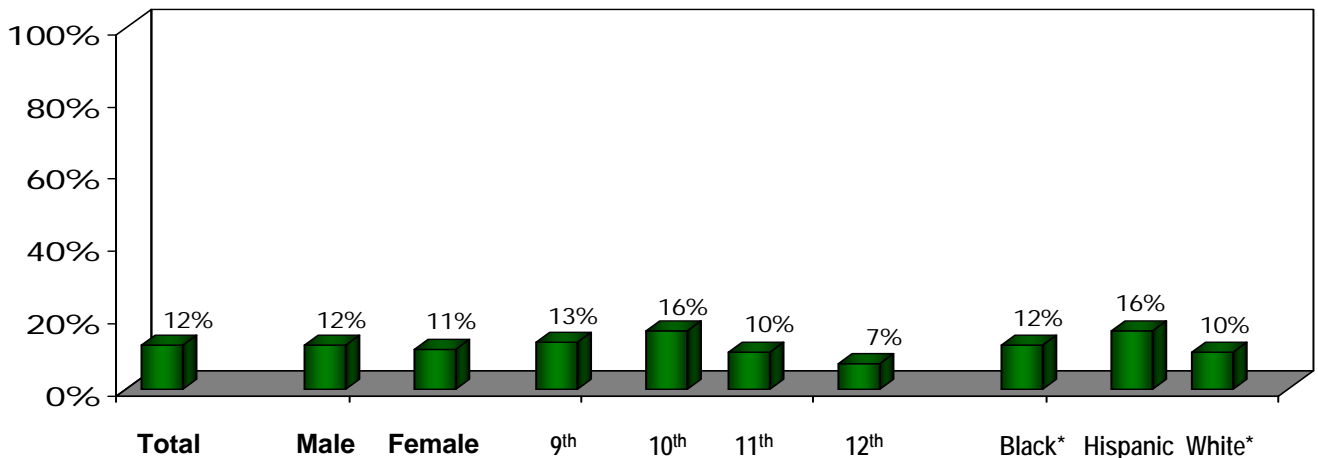
* Non-Hispanic

Percentage of students who made a plan about how they would attempt suicide during the past 12 months.



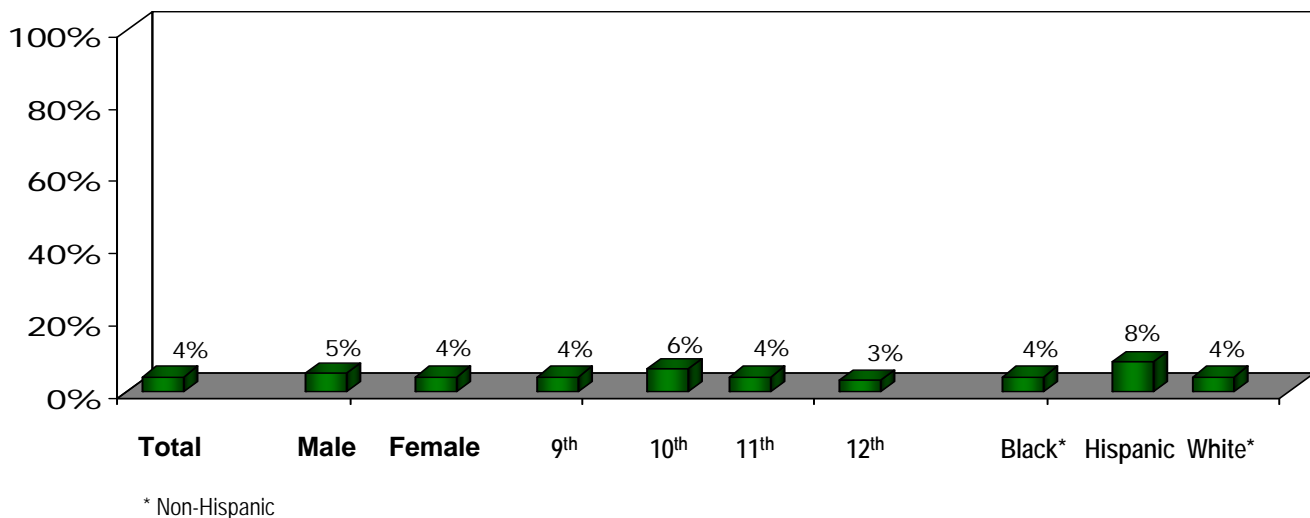
* Non-Hispanic

Percentage of students who actually attempted suicide one or more times during the past 12 months.



* Non-Hispanic

Percentage of students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months.



Tobacco Use

This section deals with students use of tobacco products and includes questions about that age at which students first used tobacco products and how often they use them now.

Rationale

- ❖ Cigarette smoking is the leading cause of preventable death in the United States⁽¹⁸⁾ and accounts for approximately 440,000 deaths each year.⁽¹⁹⁾ 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.⁽¹⁸⁾ In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in physical fighting, carry a weapon, and attempt suicide.^(20,21) 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.⁽²²⁾
- ❖ Use of smokeless tobacco products increases the risk of developing cancer of the oral cavity.⁽²³⁾ Smokeless tobacco use also causes an increased risk of heart disease and stroke.⁽²⁶⁾ Other oral health problems strongly associated with smokeless tobacco use are leukoplakia and recession of the gums.⁽²⁵⁾ Additionally, cigar smoking can cause lung cancer, coronary heart disease, and chronic obstructive pulmonary disease.^(27,28)

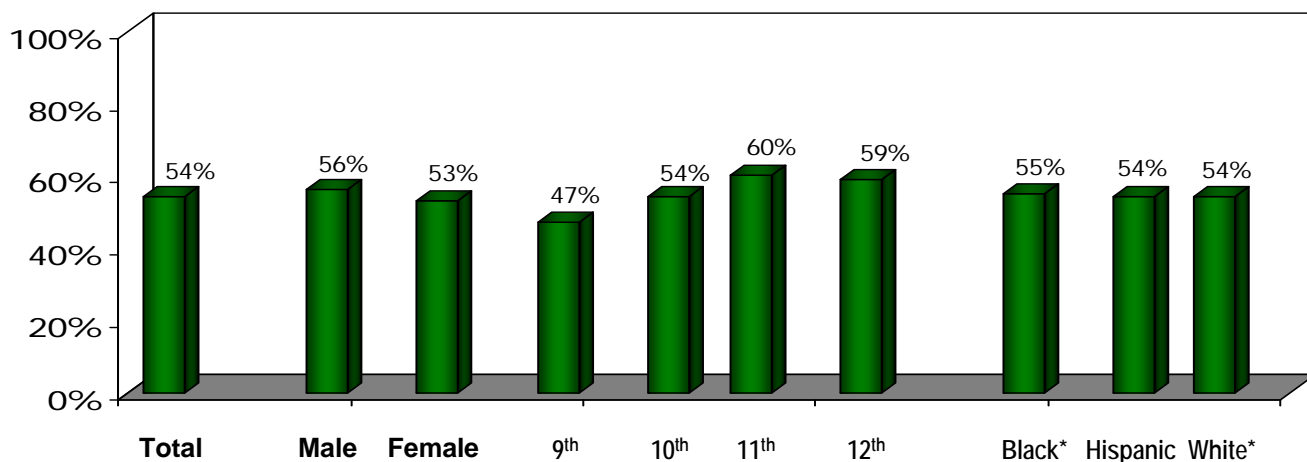
Related Health Objectives for the Year 2010

- 27-02a Reduce the use of tobacco products in the past month by adolescents to 21%.⁽⁸⁾
- 27-02b Reduce the use of cigarette in the past month by adolescents by 16%.⁽⁸⁾
- 27-07 Increase tobacco use cessation attempts by adolescent smokers to 84%.⁽⁸⁾
- 27-02c Reduce use of spit tobacco in the past month by adolescents to 1%.⁽⁸⁾
- 27-02d Reduce use of cigars in the past month by adolescents to 8%.⁽⁸⁾

❖ Tobacco Use – Cigarette Smoking

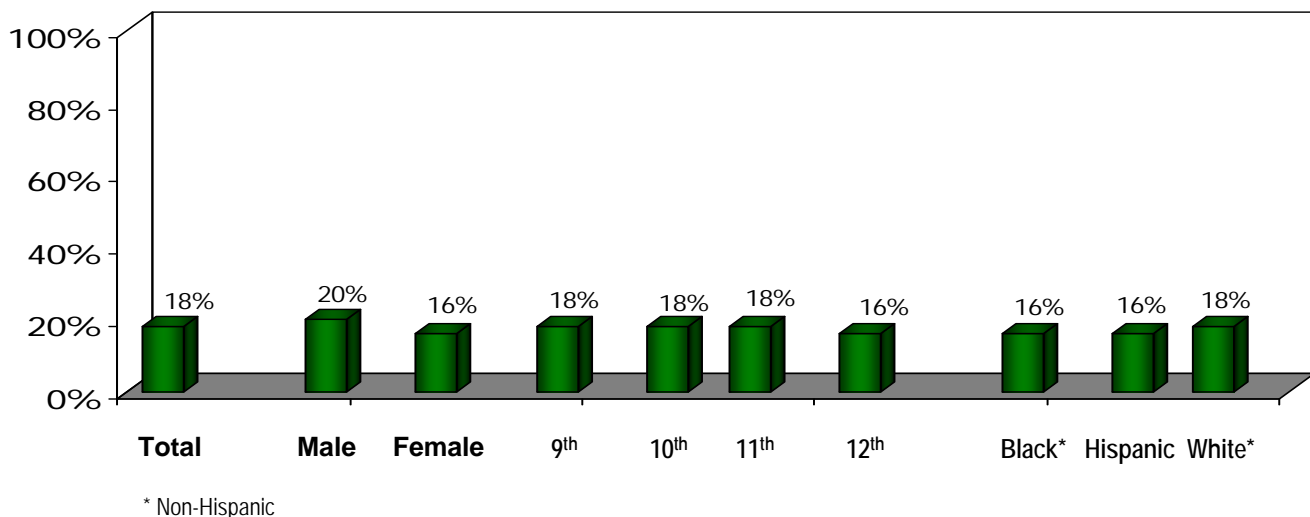
These questions measure smoking experimentation, current smoking patterns, age of initiation, and attempt to quit smoking cigarettes.

Percentage of students who ever tried cigarette smoking, even one or two puffs.

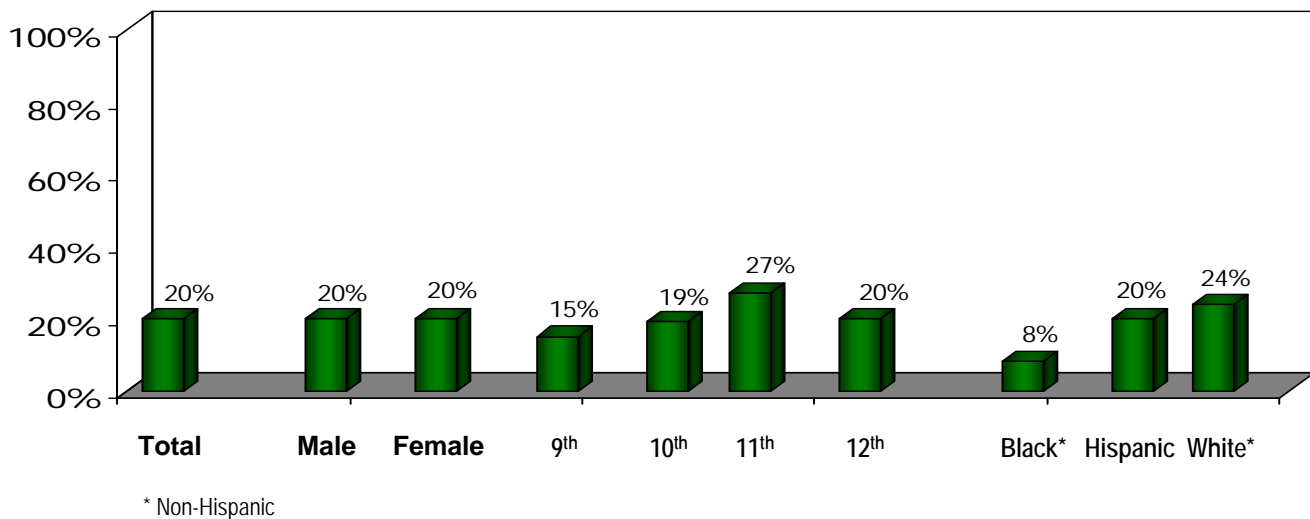


* Non-Hispanic

Percentage of students who smoked a whole cigarette for the first time before age 13 years.

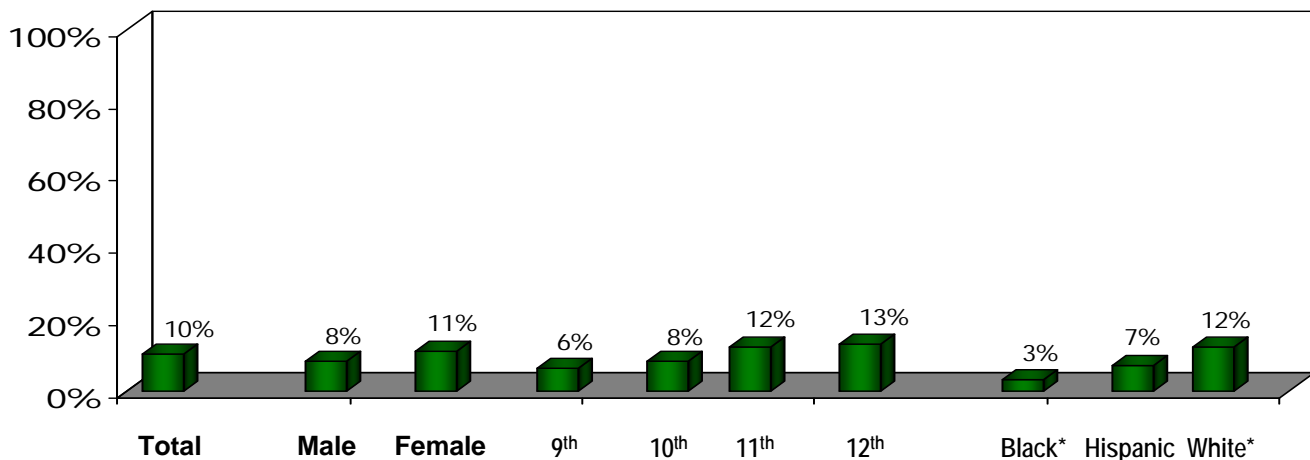


Percentage of students who smoked cigarettes on one or more of the past 30 days.



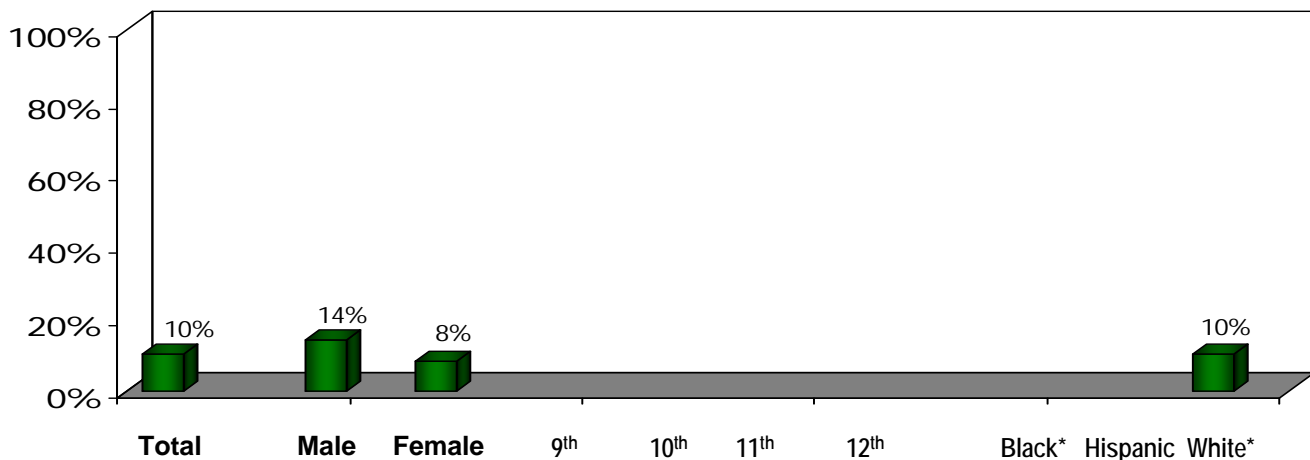
Youth Risk Behavior Survey 2009

Percentage of students who smoked cigarettes on 20 or more of the past 30 days.



* Non-Hispanic

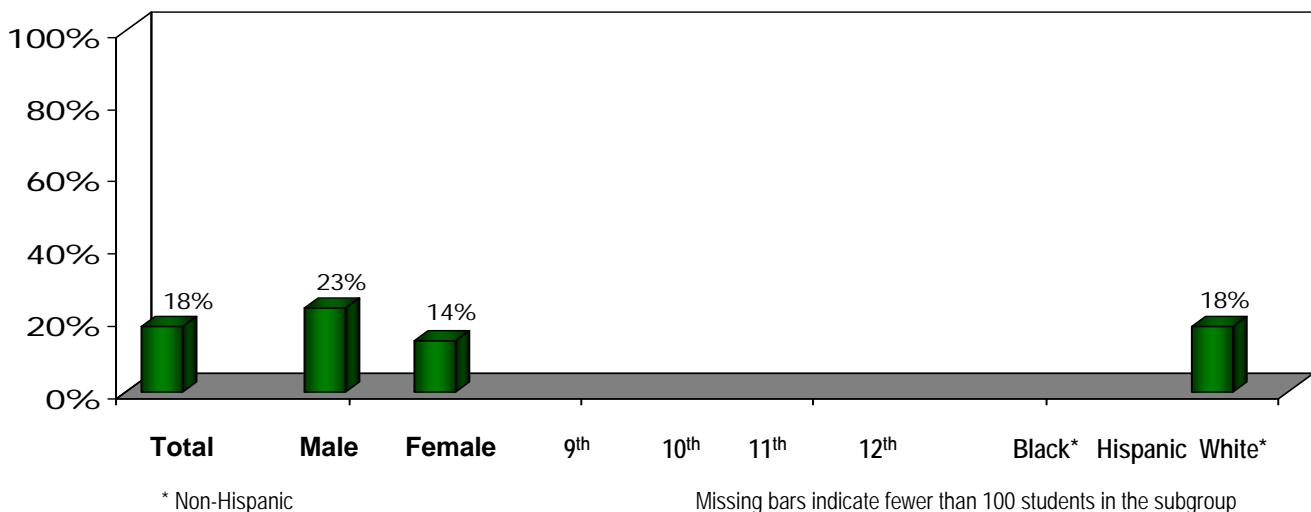
Among students who are current smokers, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days.



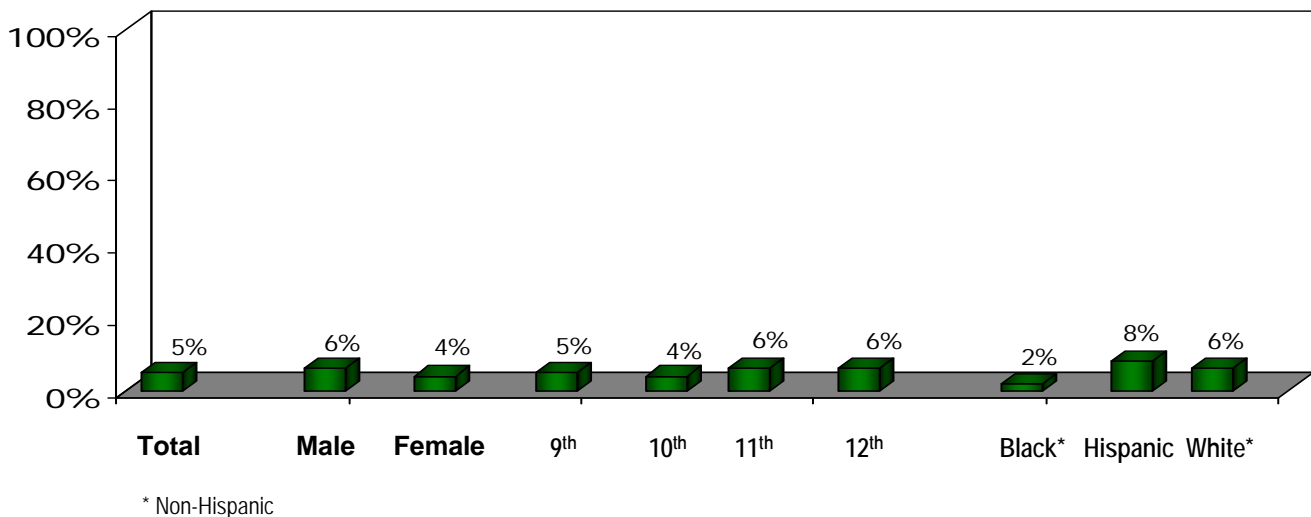
* Non-Hispanic

Missing bars indicate fewer than 100 students in the subgroup

Among students who are less than 18 years of age and who are current smokers, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.

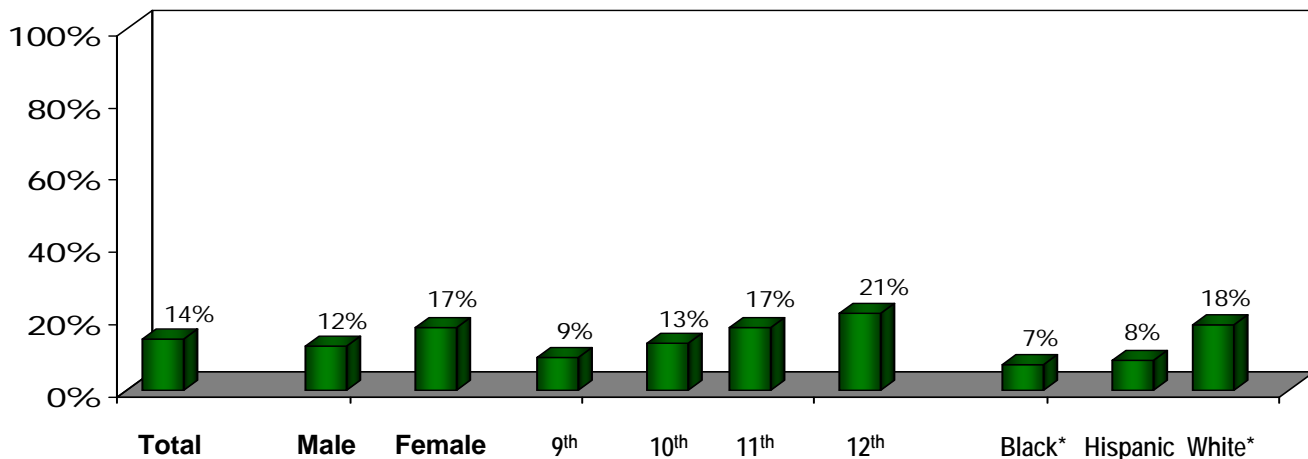


Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.



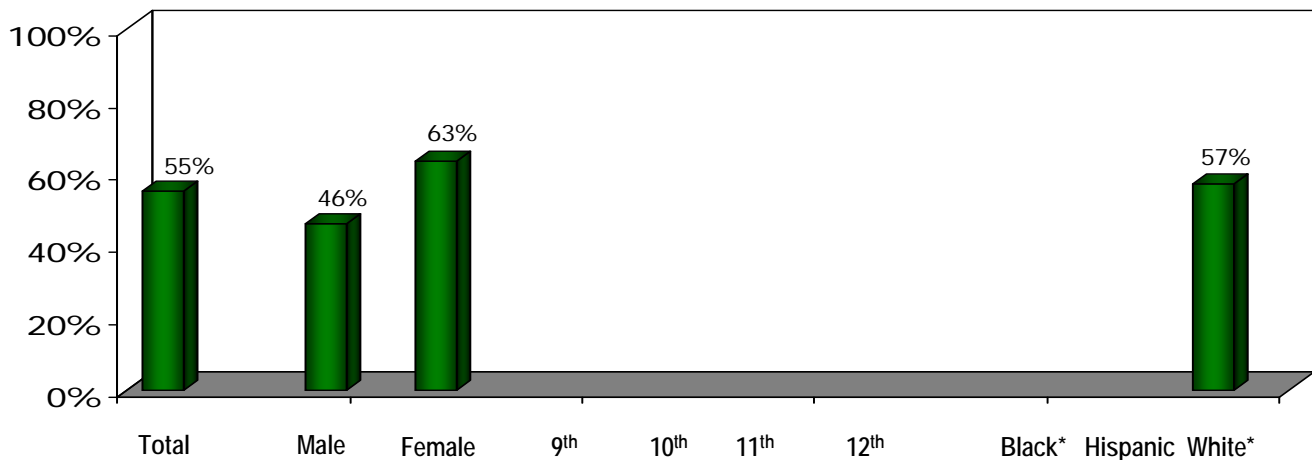
Youth Risk Behavior Survey 2009

Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days.



* Non-Hispanic

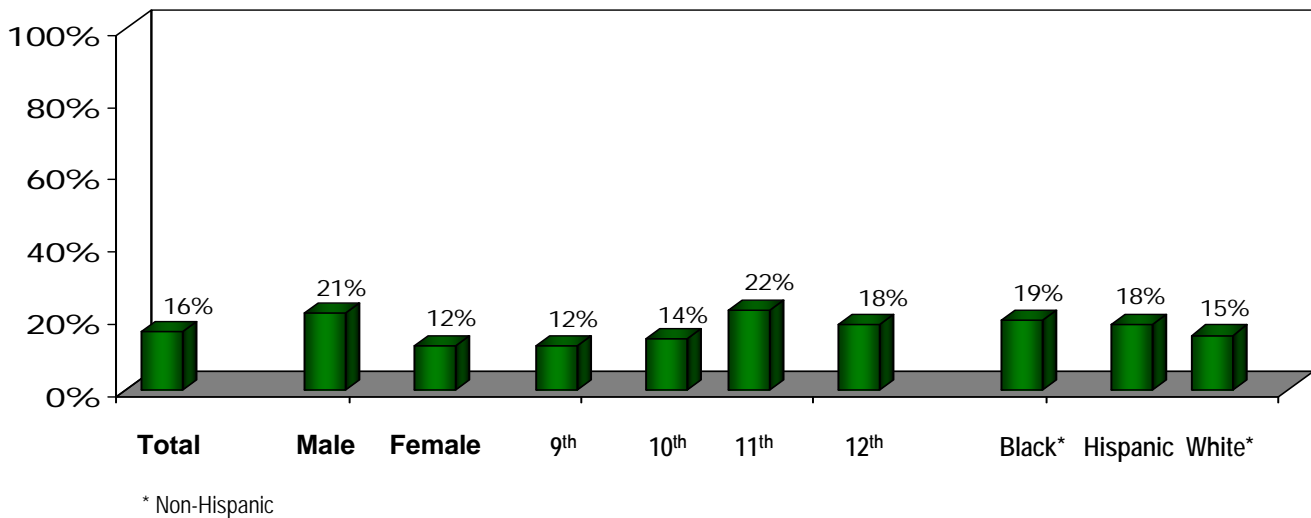
Among students who are current smokers, the percentage who ever tried to quit smoking during the past 12 months.



* Non-Hispanic

Missing bars indicate fewer than 100 students in the subgroup

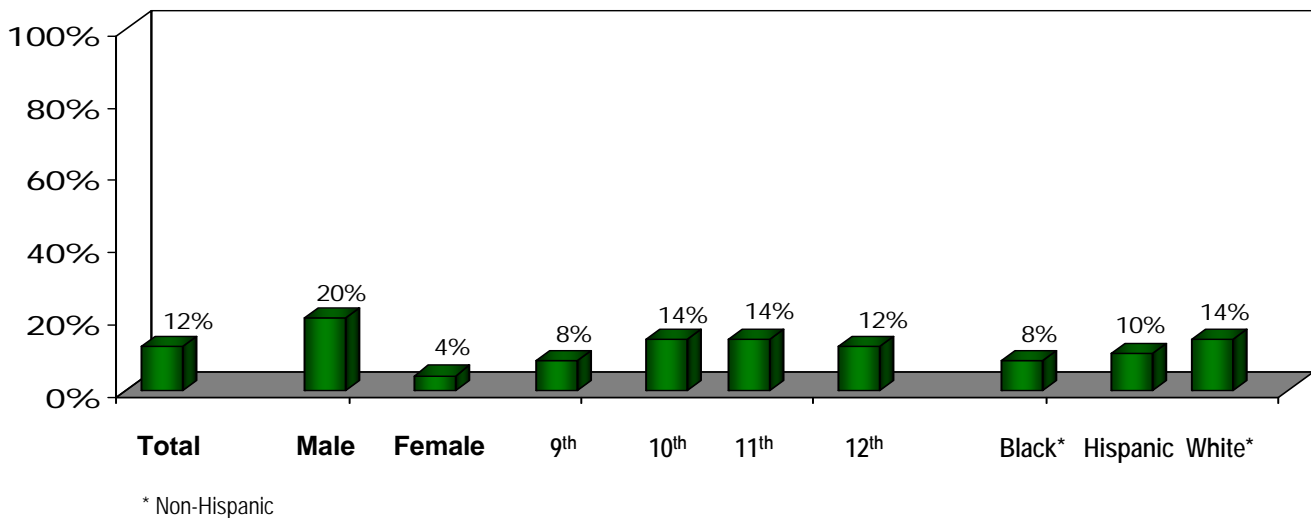
Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.



❖ Tobacco Use – Smokeless Tobacco

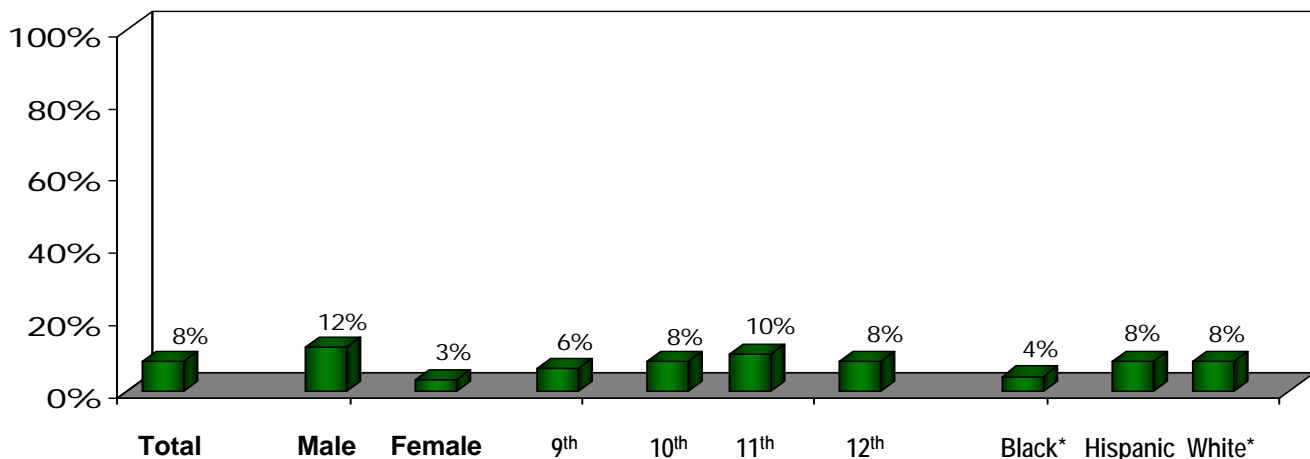
These questions measures smokeless tobacco use.

Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.



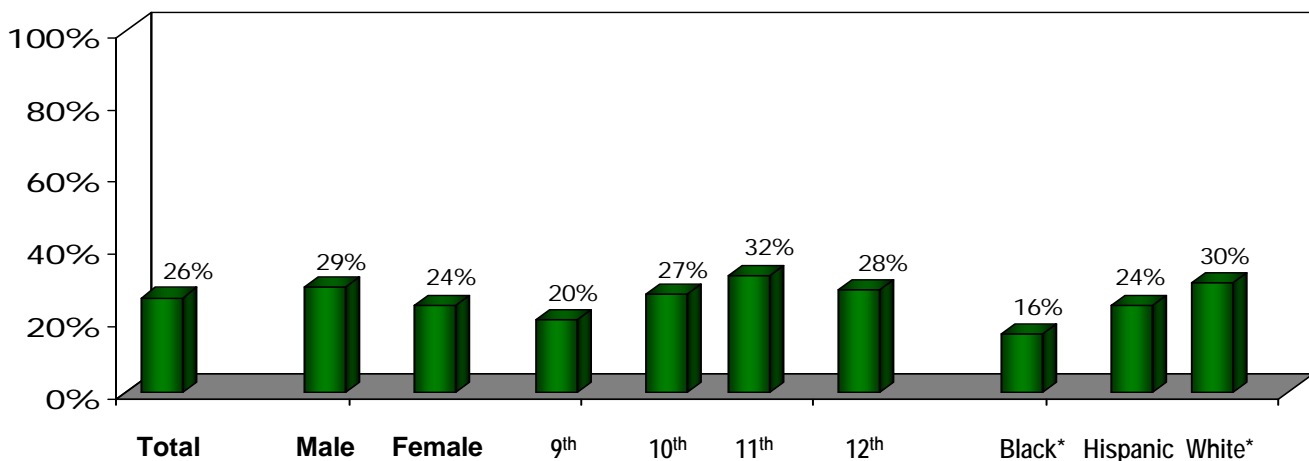
Youth Risk Behavior Survey 2009

Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days.



* Non-Hispanic

Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more days of the past 30 days.



* Non-Hispanic

Alcohol and Other Drug Use

This section deals with students use of alcohol, marijuana, cocaine, steroids and other illegal drugs. The questions in this section ask the age at which students first used these substances and how often they use them now.

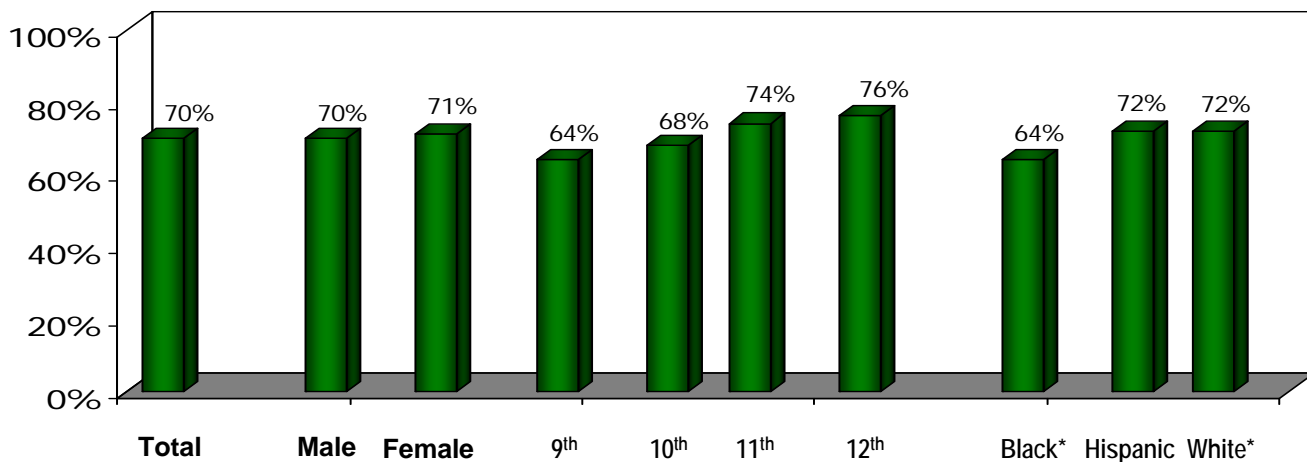
Rationale

- ❖ **Alcohol Use:** Motor vehicle crashes are the leading cause of death among youth aged 15-19 in the United States and alcohol use is associated with 9% of all motor vehicle crashes that result in injury and more than one-third of all motor vehicle crash fatalities.⁽⁶⁾ Heavy alcohol drinking among youth is associated with risky sexual behavior (including sexual initiation, multiple sex partners, condom use and pregnancy)⁽²⁹⁾ and use of cigarettes,^(30, 63) marijuana, cocaine, and other illegal drugs.⁽³⁰⁾ Limiting youth access to alcohol has reduced underage drinking and alcohol-related problems.⁽³¹⁾
- ❖ **Drug Use:** Among youth, illicit drug use is related with heavy alcohol and tobacco use,⁽³²⁾ violence and delinquency,⁽³³⁻³⁵⁾ and suicide.⁽³⁶⁾

❖ Alcohol Use

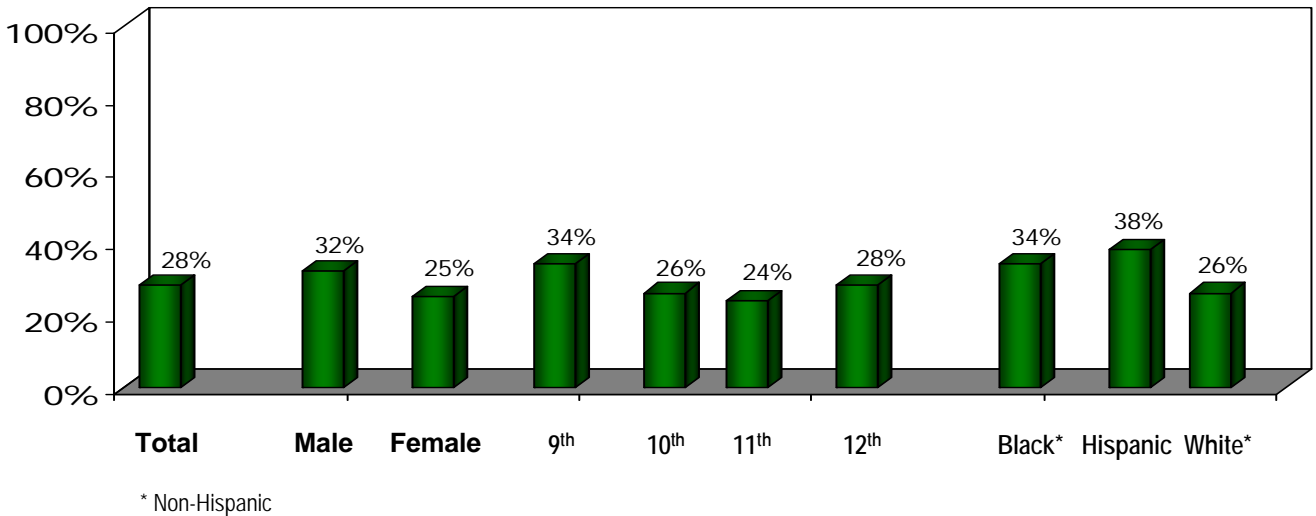
These questions measure frequency of alcohol use, age of initiation of drinking, and heavy drinking.

Percentage of students who had at least one drink of alcohol on one or more days during their life.

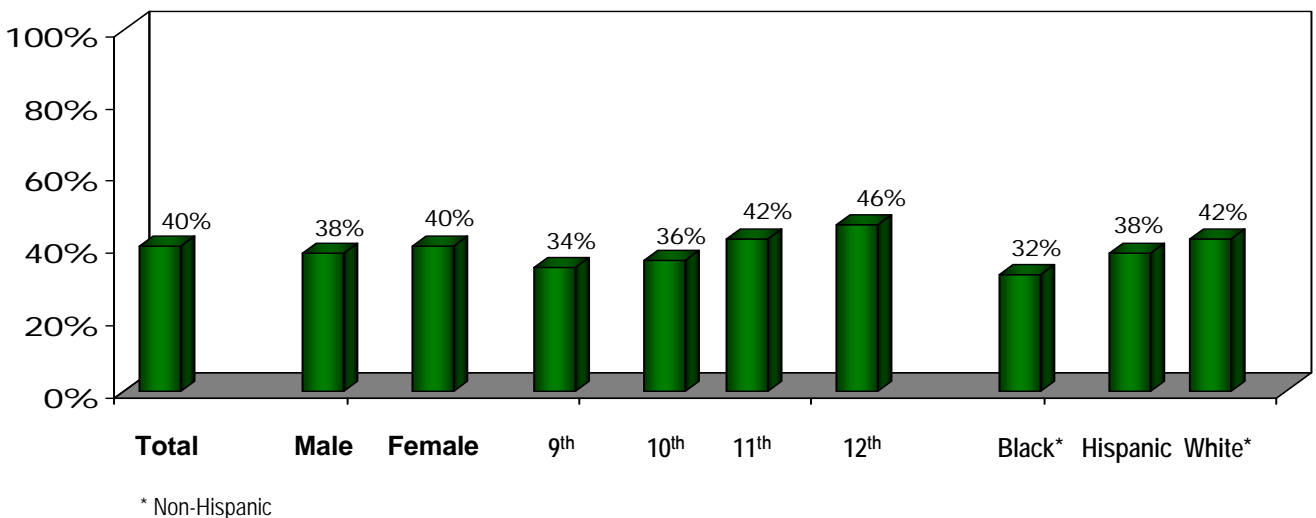


* Non-Hispanic

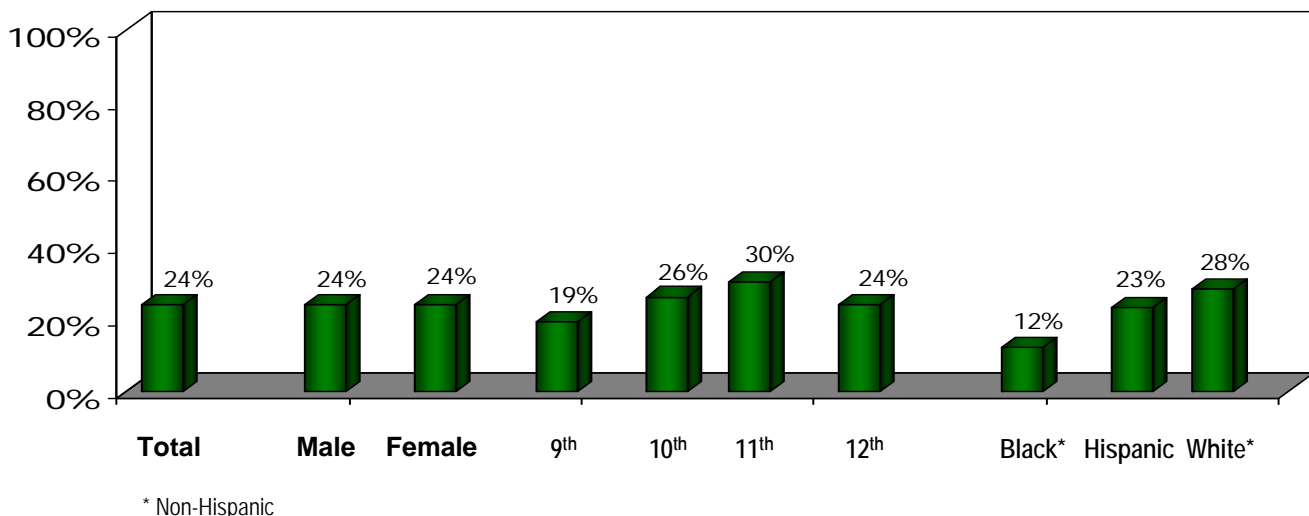
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years.



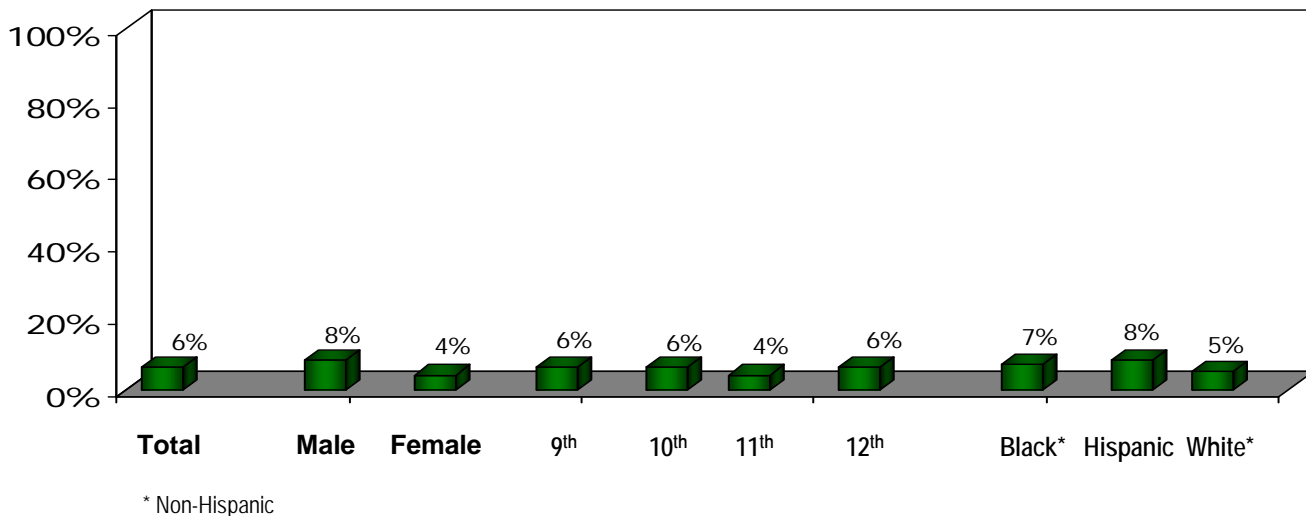
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.



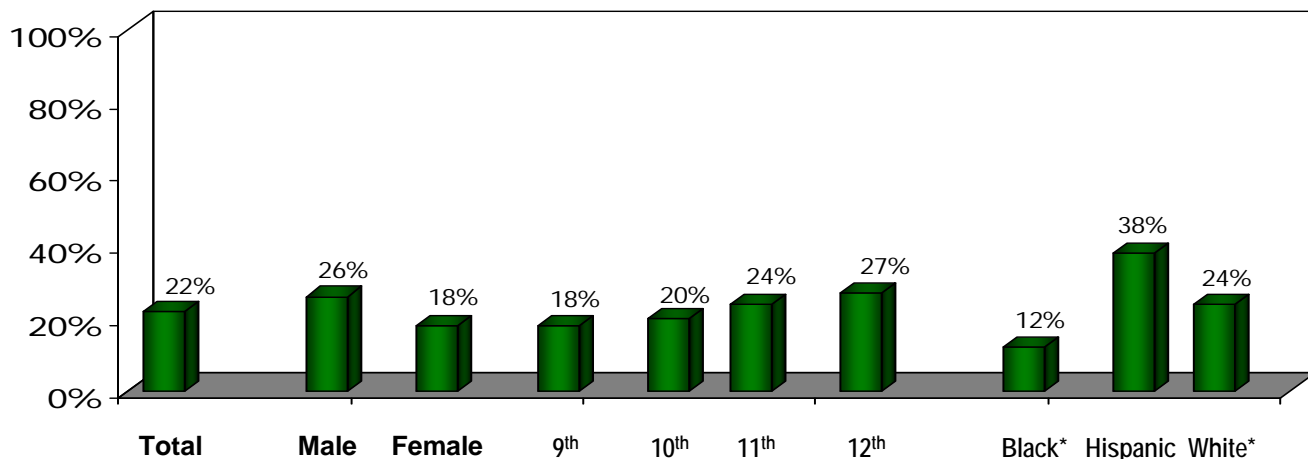
Percentage of students who had five or more drinks in a row, that is, within a couple of hours, on one or more of the past 30 days.



Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.

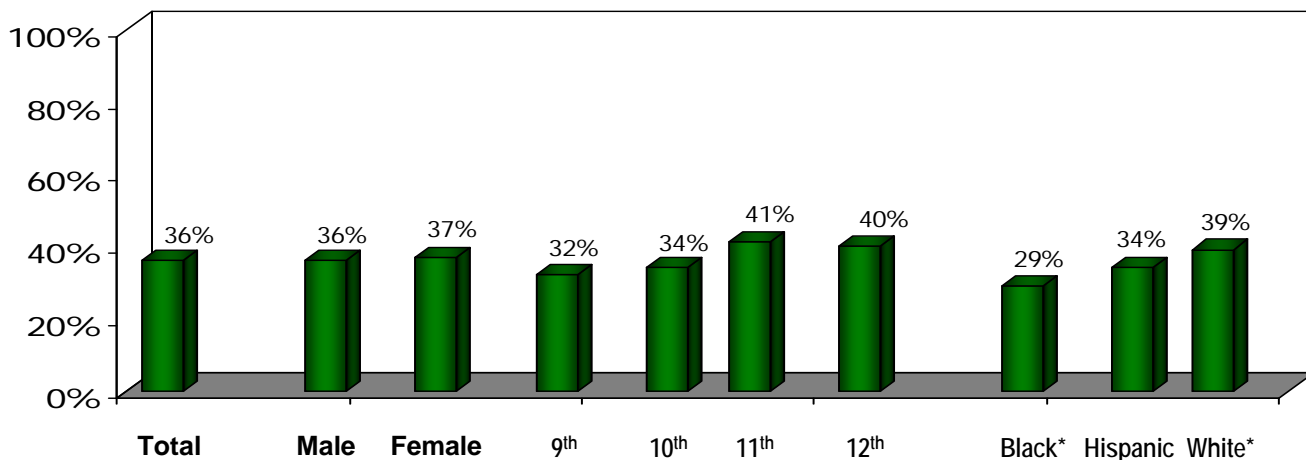


Percentage of students who drank a usual brand of beer during the past 30 days.



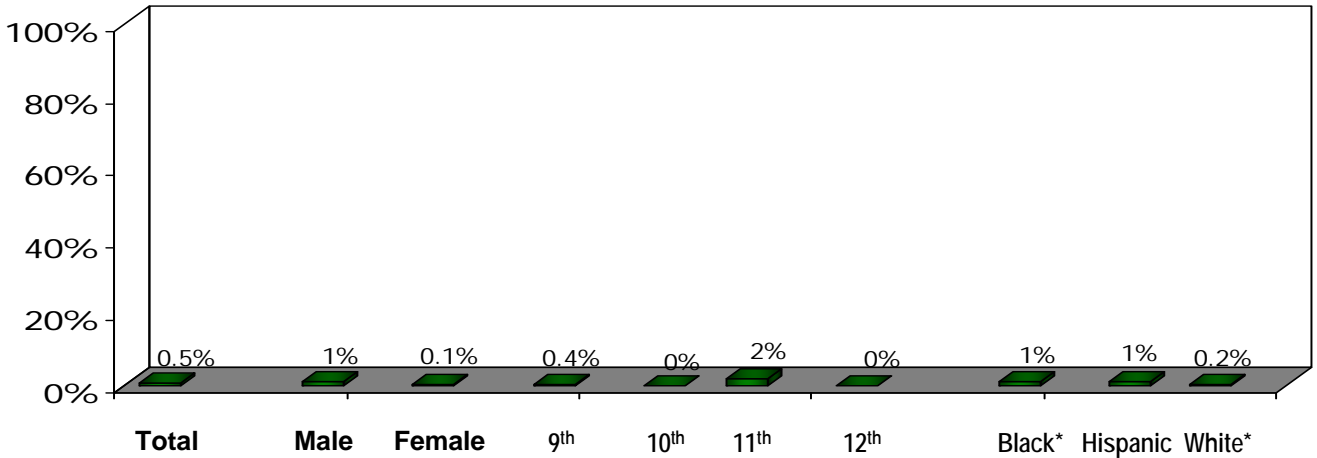
* Non-Hispanic

Percentage of students who drank a usual type of alcohol during the past 30 days.



* Non-Hispanic

Percentage of students who usually drank alcohol at a restaurant, bar, or club during the past 30 days.

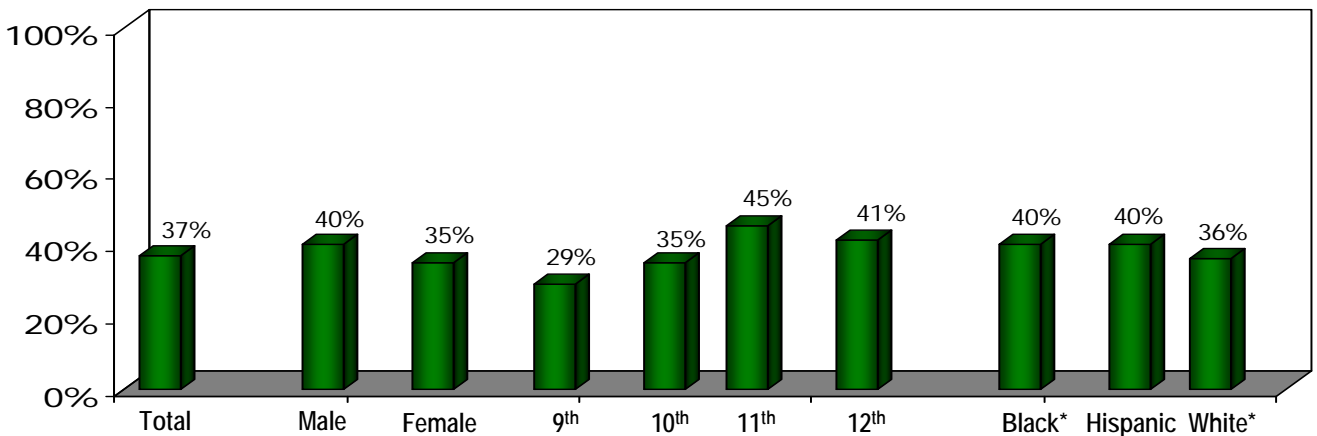


* Non-Hispanic

❖ Drug Use

These questions measure frequency of alcohol use, age of initiation of marijuana and cocaine use.

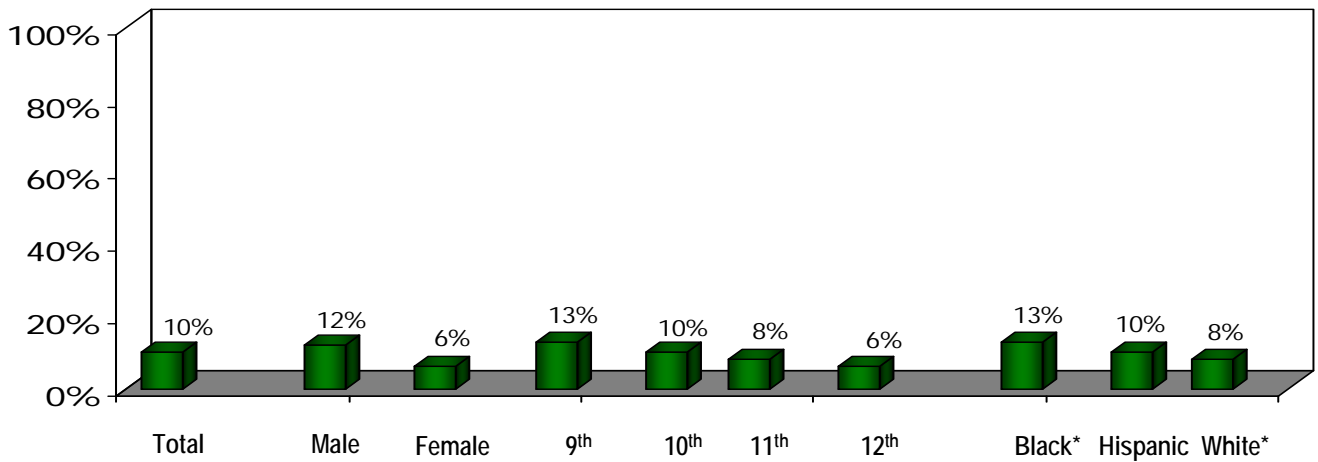
Percentage of students who used marijuana one or more times during their life.



* Non-Hispanic

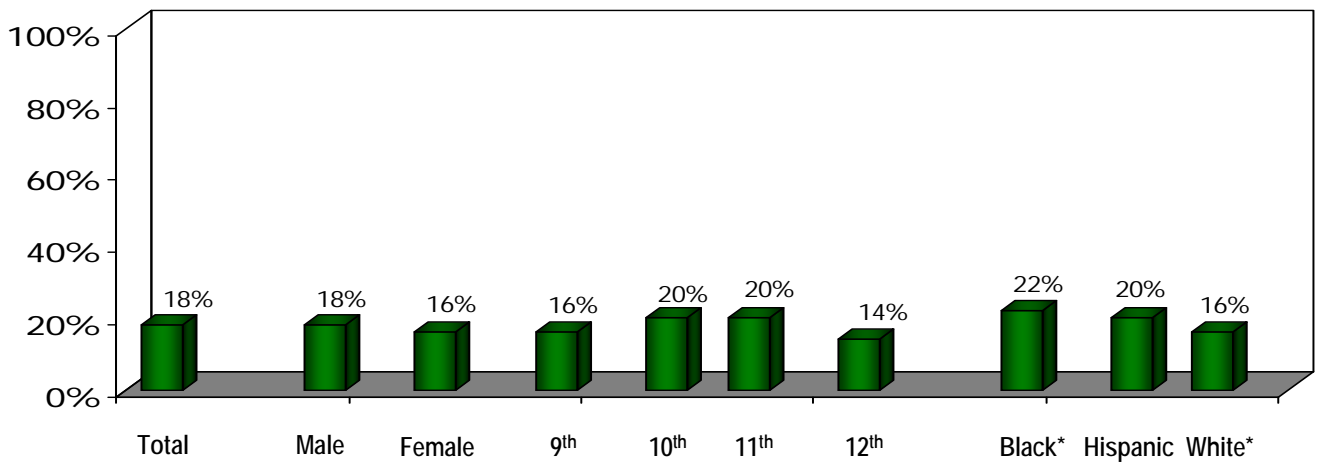
Missing bars indicate fewer than 100 students in the subgroup

Percentage of students who tried marijuana for the first time before age 13 years.



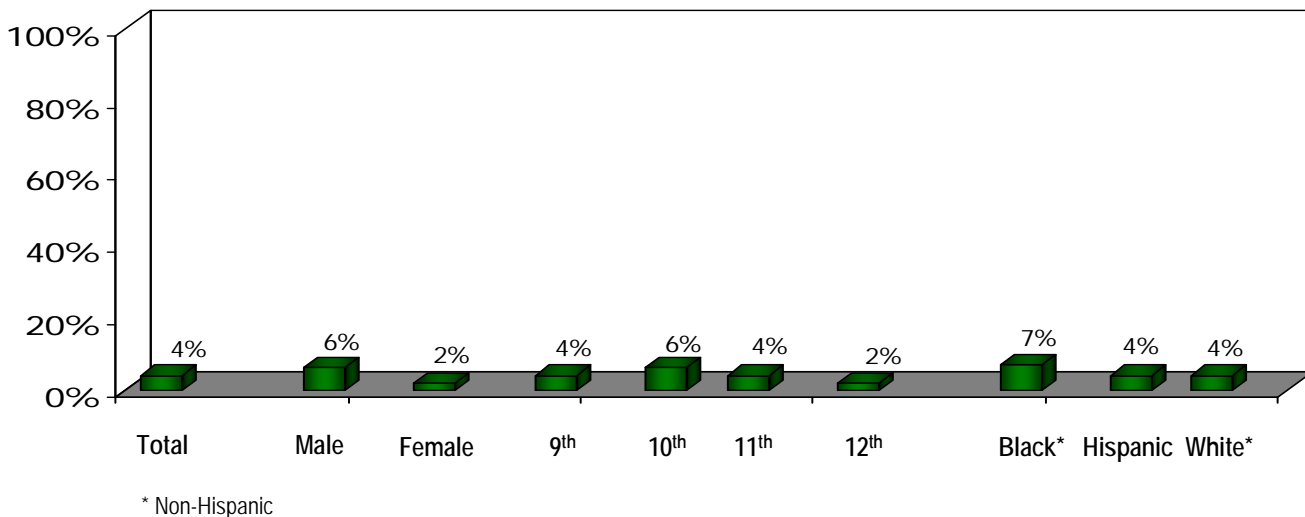
* Non-Hispanic

Percentage of students who tried marijuana one or more times during the past 30 days.

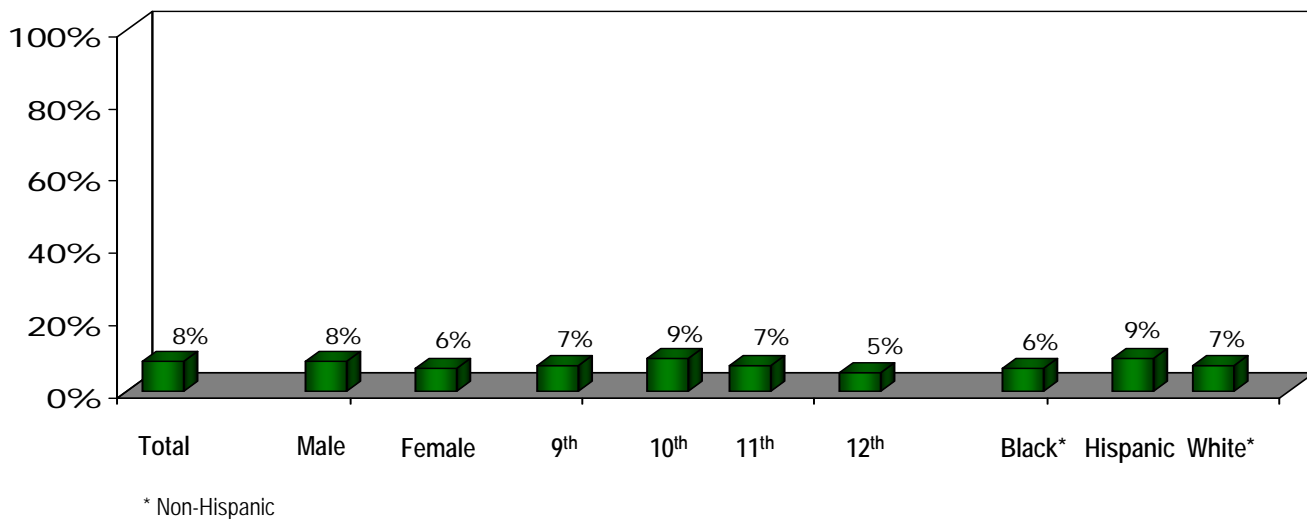


* Non-Hispanic

Percentage of students who used marijuana on school property one or more times during the past 30 days.

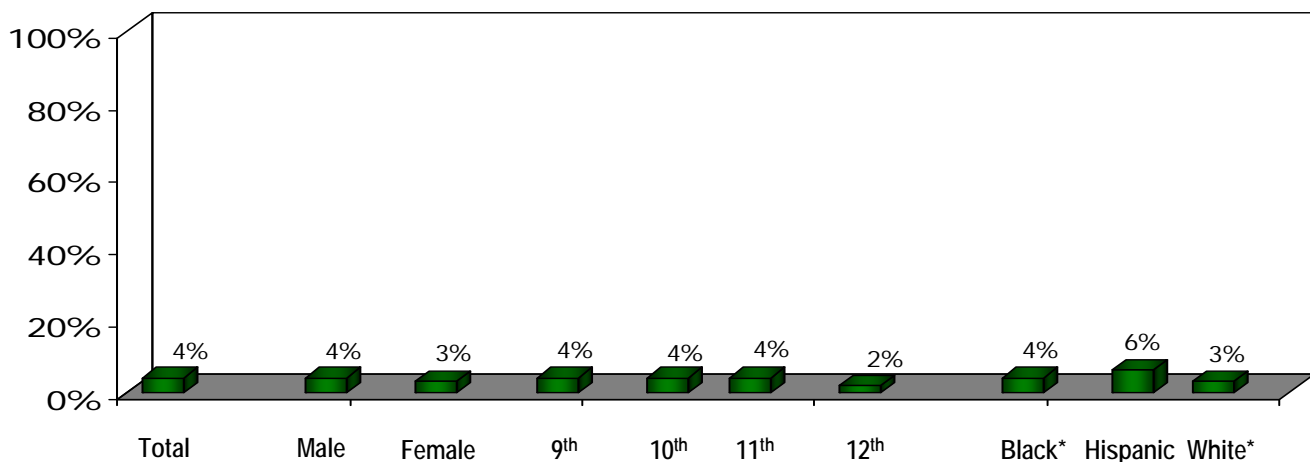


Percentage of students who used any form of cocaine, including powder, crack, freebase or one or more times during their life.



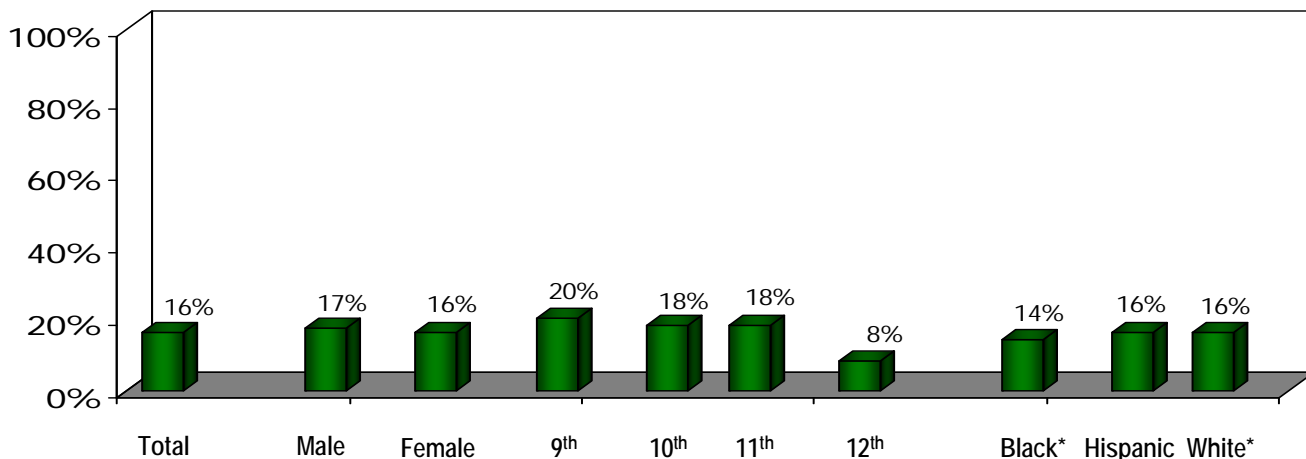
Youth Risk Behavior Survey 2009

Percentage of students who used any form of cocaine, including powder, crack or freebase one or more times during the past 30 days.



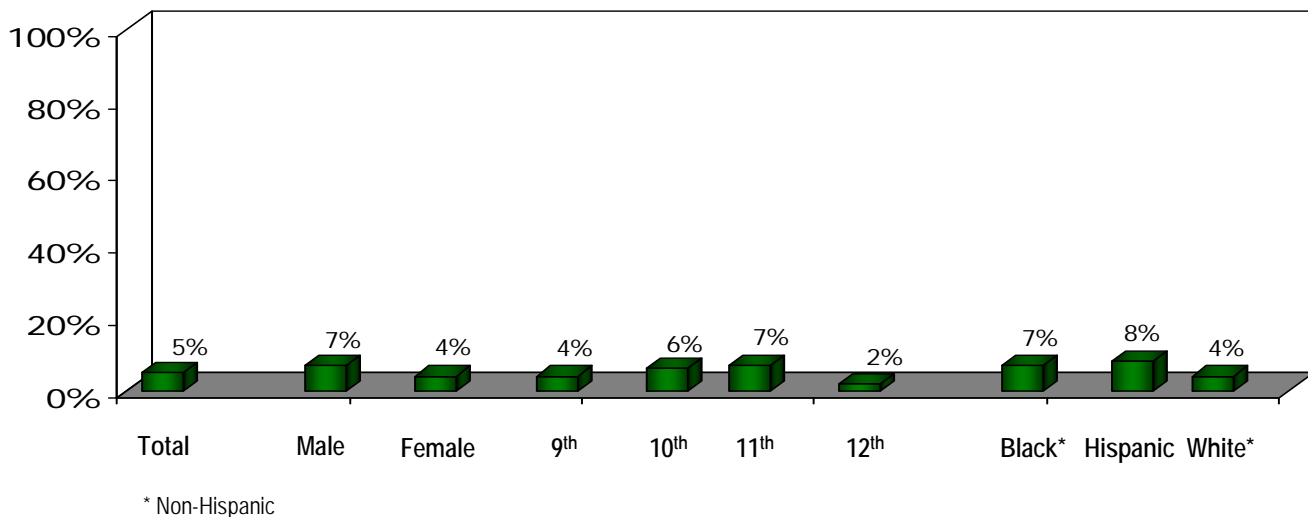
* Non-Hispanic

Percentage of students who sniffed glue, breathed contents of aerosol spray cans, or inhaled any paint or sprays to get high one or more times during their life.

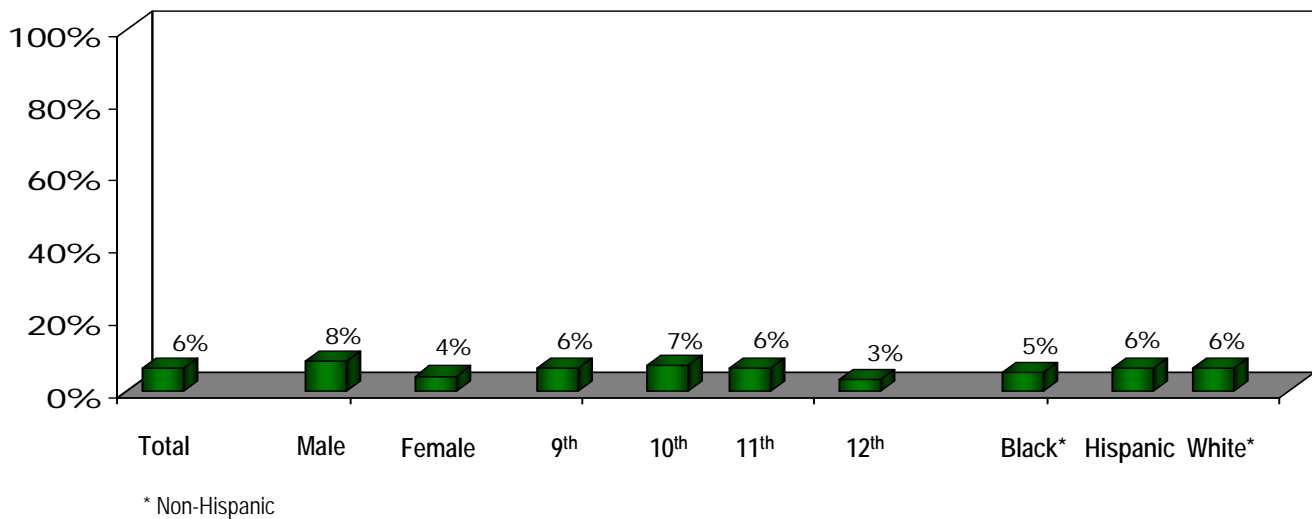


* Non-Hispanic

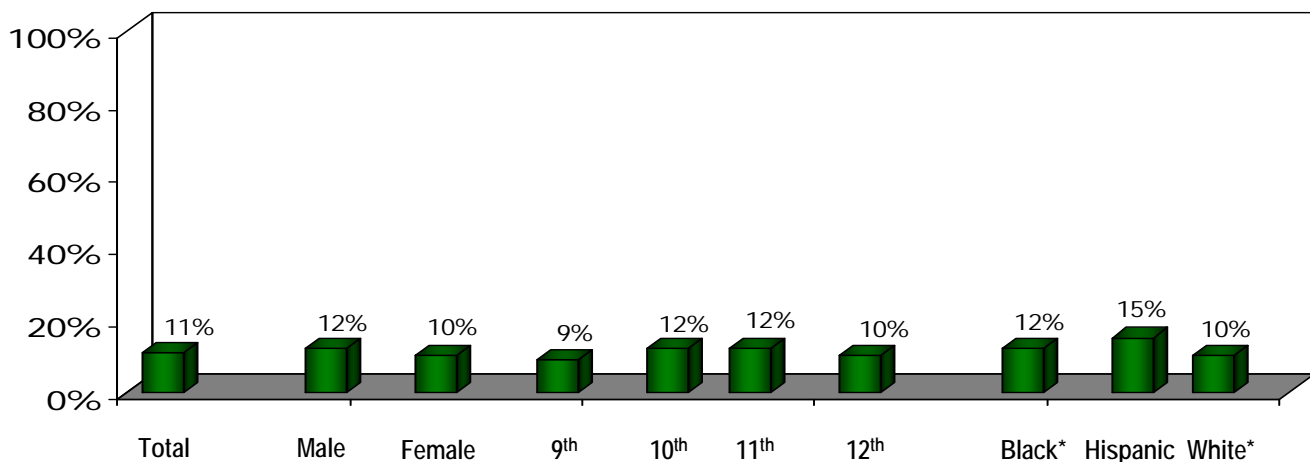
Percentage of students who used heroin one or more times during their life.



Percentage of students who used methamphetamines one or more times during their life.

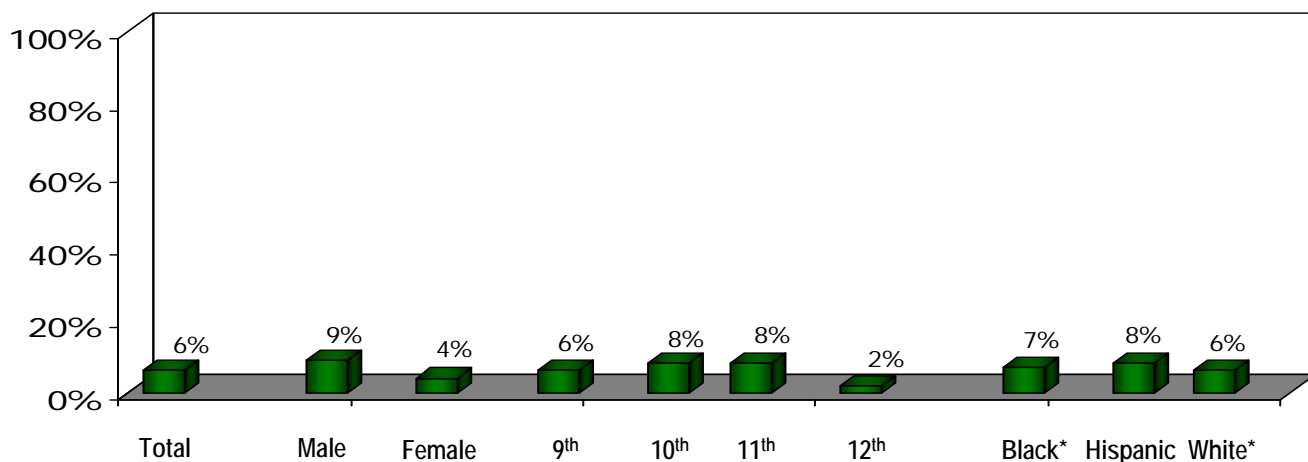


Percentage of students who used ecstasy one or more times during their life.



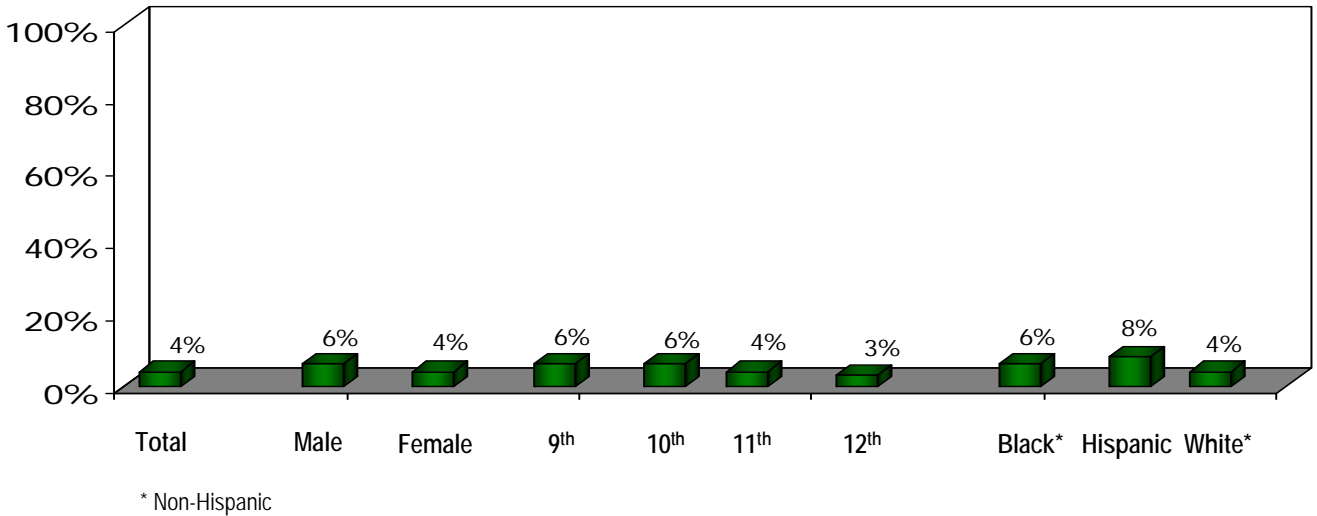
* Non-Hispanic

Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.

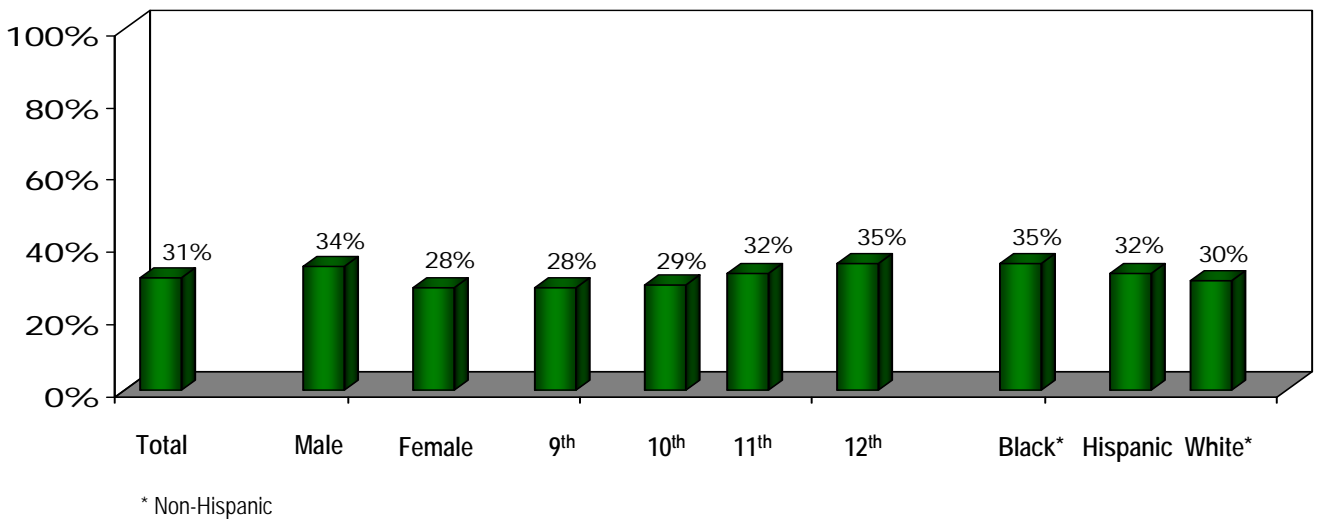


* Non-Hispanic

Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life.



Percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months.



Sexual Behaviors that Contribute to HIV Infection, Other Sexually Transmitted Diseases (STDs), and Unintended Pregnancies.

This section deals with students receiving information about AIDS or HIV infection, whether they have had sexual intercourse, the frequency with which they have sex and whether they use a method to prevent pregnancy.

Rationale

- ❖ **Sexual Activity:** Early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners. ^(37, 38, 41) In addition, adolescents who initiate sexual intercourse early are less likely to use contraception ^(41, 51) and are at higher risk for pregnancy. ^(39, 40)
- ❖ **AIDS, HIV & STDs:** Recent estimates suggest that while representing 25% of the ever sexually active population, persons aged 15-24 years acquire nearly half of all new STDs. ⁽⁶⁵⁾ Gonorrhea rates are highest among females between the ages of 15 and 19 (647.9 cases per 100,000 females) and males between the ages of 20 and 24 (454.1 cases per 100,000 males). ⁽⁴²⁾ In 2006, there were an estimated 5,218 cases of HIV/AIDS among persons aged 15-24 years. ⁽⁴³⁾

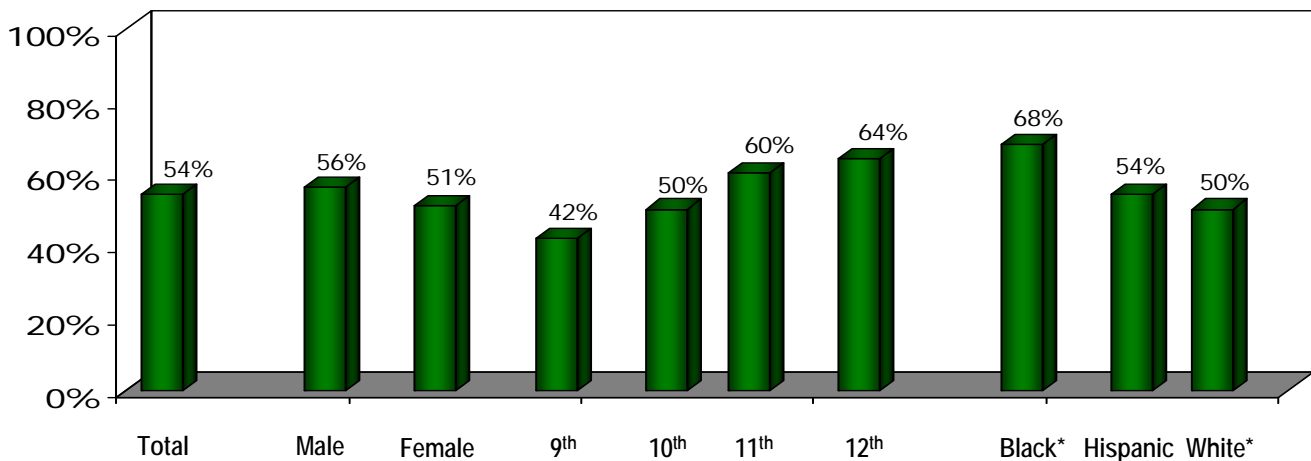
Related Health Objectives for the Year 2010

- | | |
|-------|---|
| 25-11 | Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active to 95%. ⁽⁸⁾ |
|-------|---|

❖ Sexual Activity

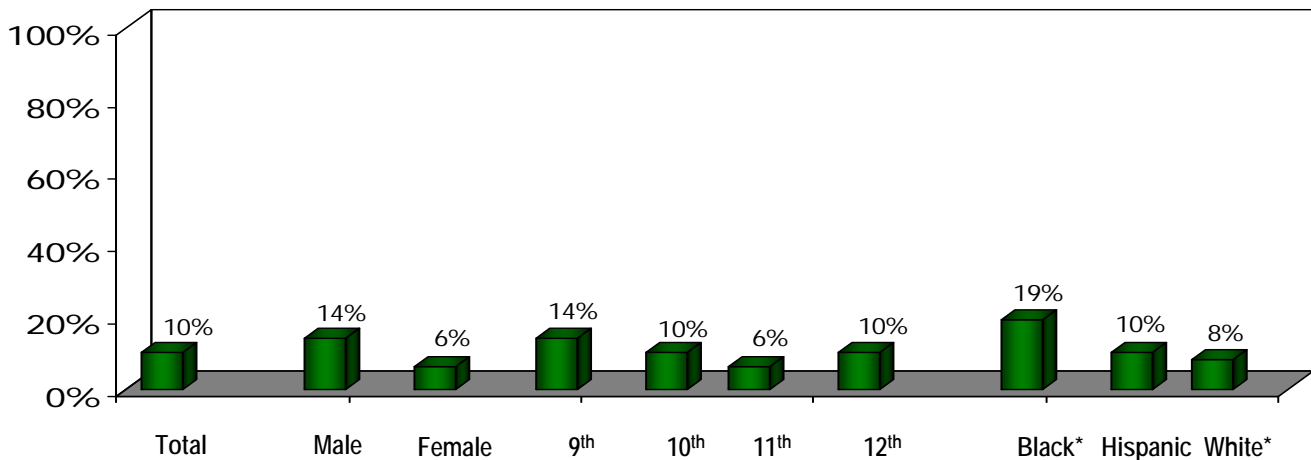
These questions measure the prevalence of sexual activity, number of sexual partners, age of first intercourse, and alcohol and drug use related to sexual activity.

Percentage of students who ever had sexual intercourse.



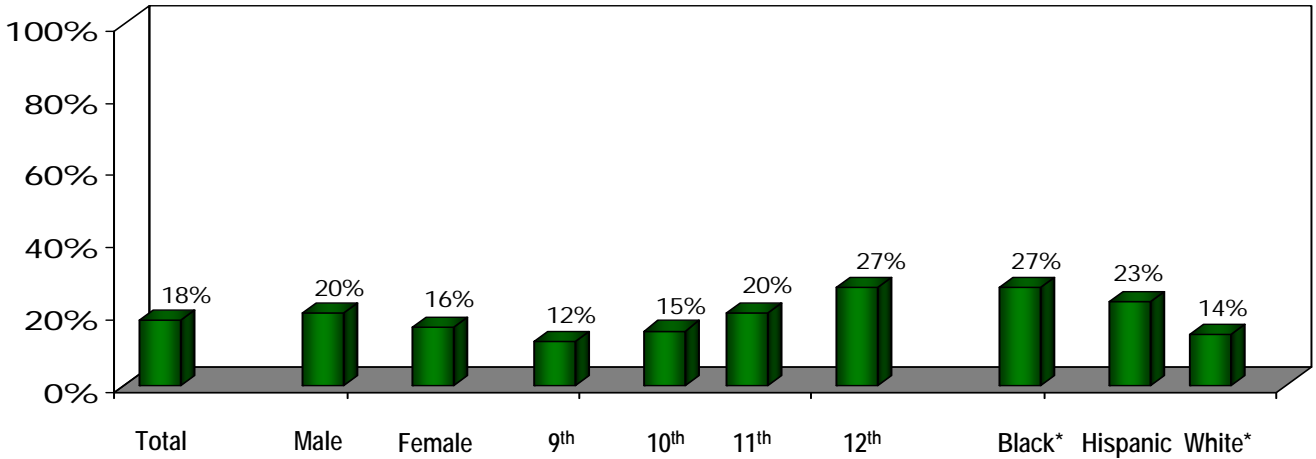
* Non-Hispanic

Percentage of students who had sexual intercourse for the first time before age 13 years.



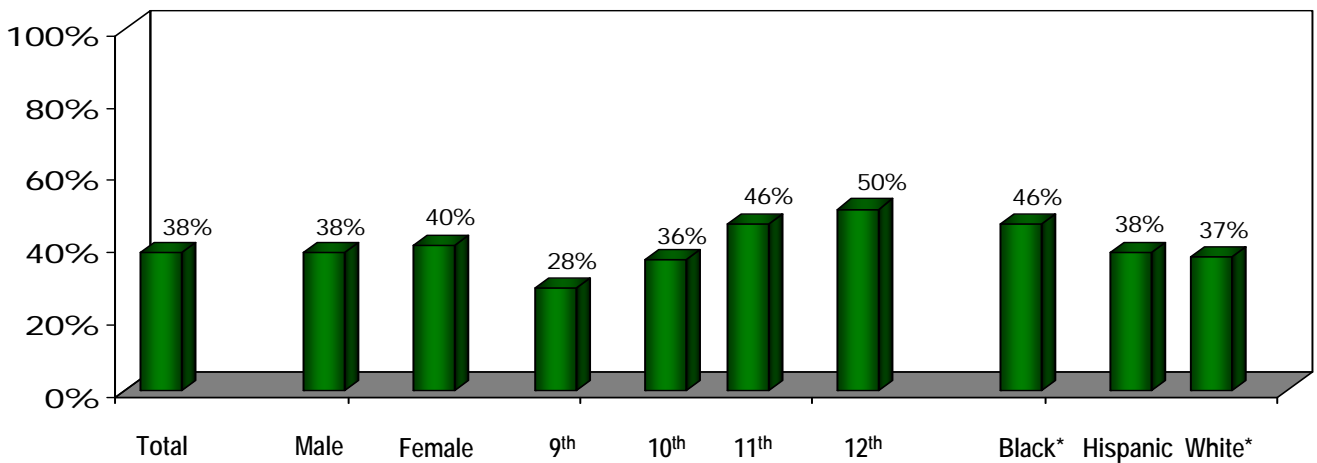
* Non-Hispanic

Percentage of students who ever had sexual intercourse with four or more people during their life.



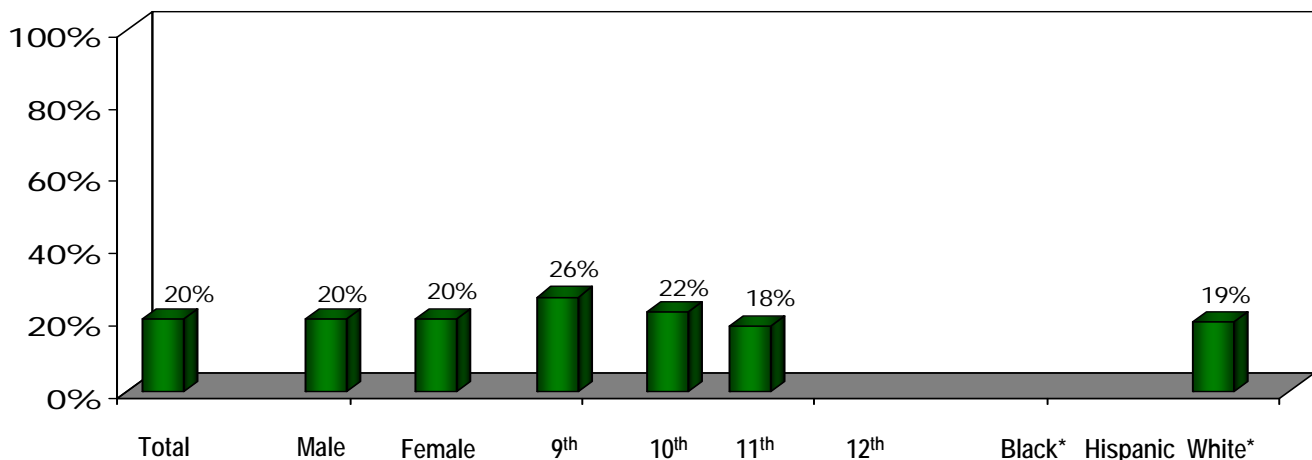
* Non-Hispanic

Percentage of students who had sexual intercourse with one or more people during the past 3 months.



* Non-Hispanic

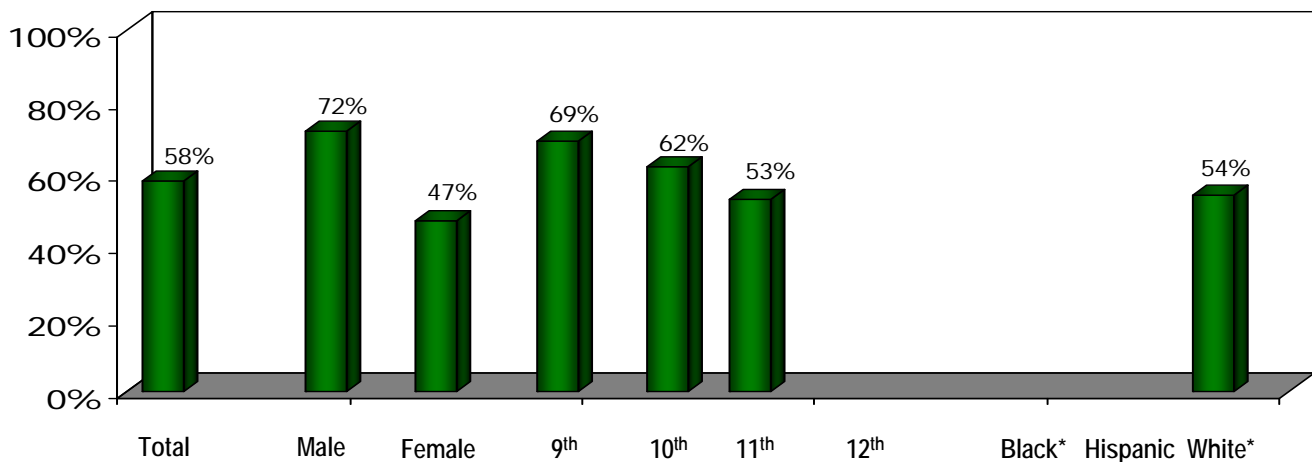
Among students who had sexual intercourse during the past 3 months, the percentage who drank alcohol or used drugs before last sexual intercourse.



* Non-Hispanic

Missing bars indicate fewer than 100 students in the subgroup

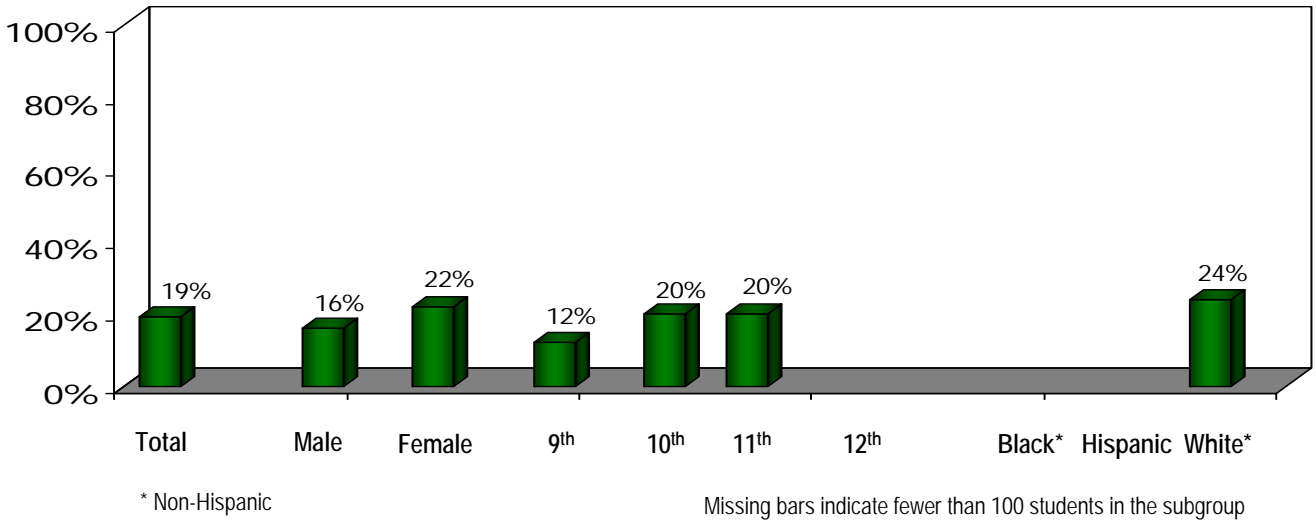
Among students who had sexual intercourse during the past 3 months, the percentage who used a condom during last sexual intercourse.



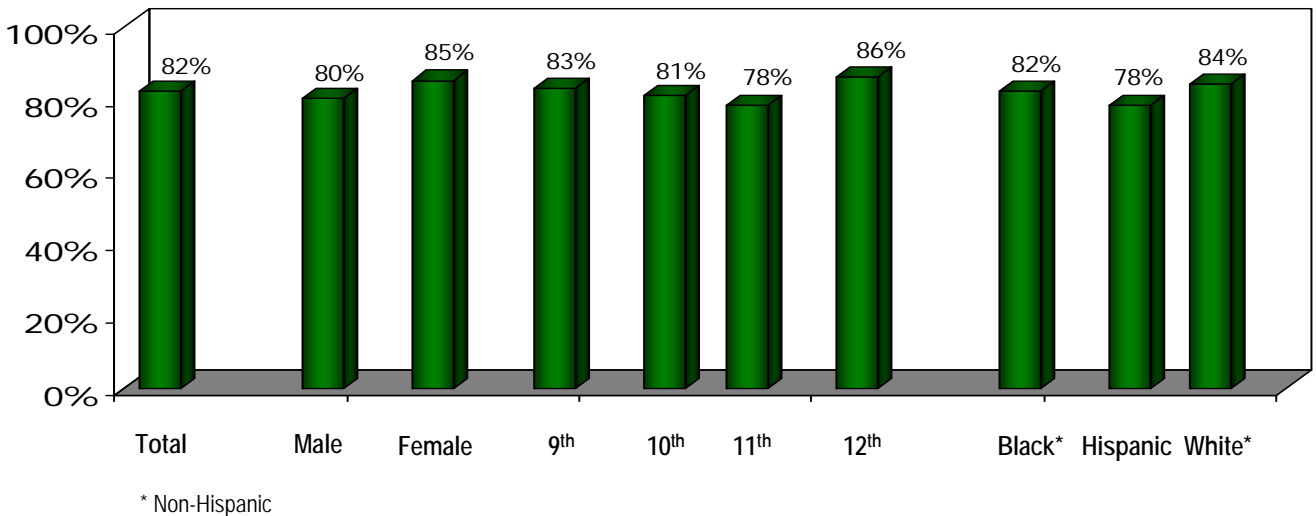
* Non-Hispanic

Missing bars indicate fewer than 100 students in the subgroup

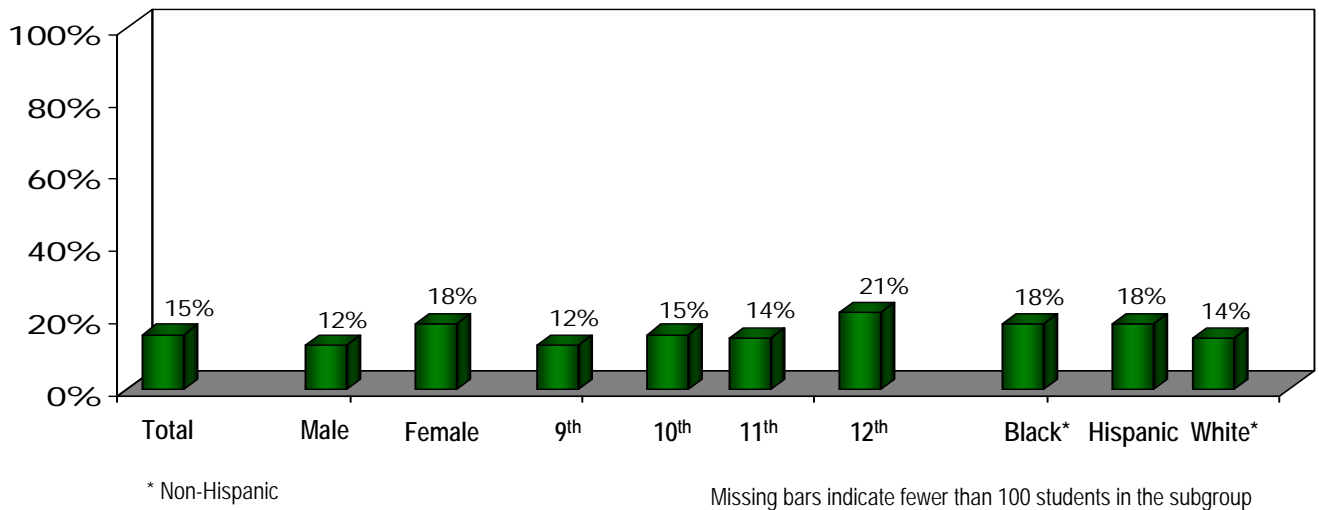
Among students who had sexual intercourse during the past 3 months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse.



Percentage of students who had ever been taught about AIDS or HIV infection.



Percentage of students whose partner was three or more years older the first time they had sexual intercourse



Dietary Behaviors

This section deals with how students feel about their weight and what, if anything, they are doing to control their weight. The questions also inquire about how often students eat healthful foods and "junk" foods.

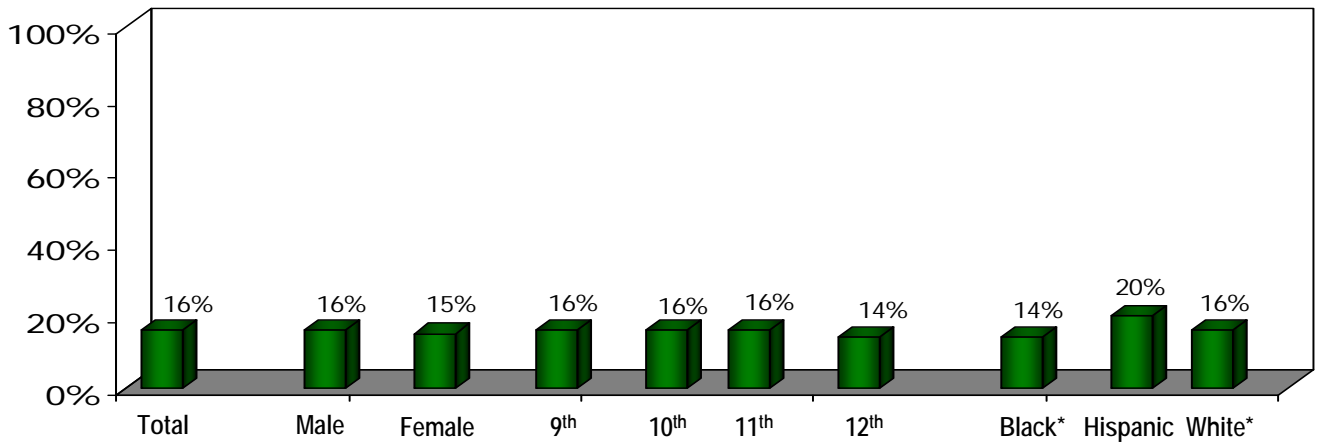
Rationale

- ❖ **Obesity:** Overweight and obesity are increasing in both genders and among all population groups. Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and the metabolic syndrome. ⁽⁶⁰⁾
- ❖ **Nutrition:** There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decrease for some types of cancer, ⁽⁴⁴⁻⁴⁶⁾ cardiovascular disease, ⁽⁴⁷⁾ and stroke. ⁽⁴⁸⁾ Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with being at increased risk for overweight in children. ⁽⁴⁹⁾

❖ Obesity

These questions measure self-perceptions of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

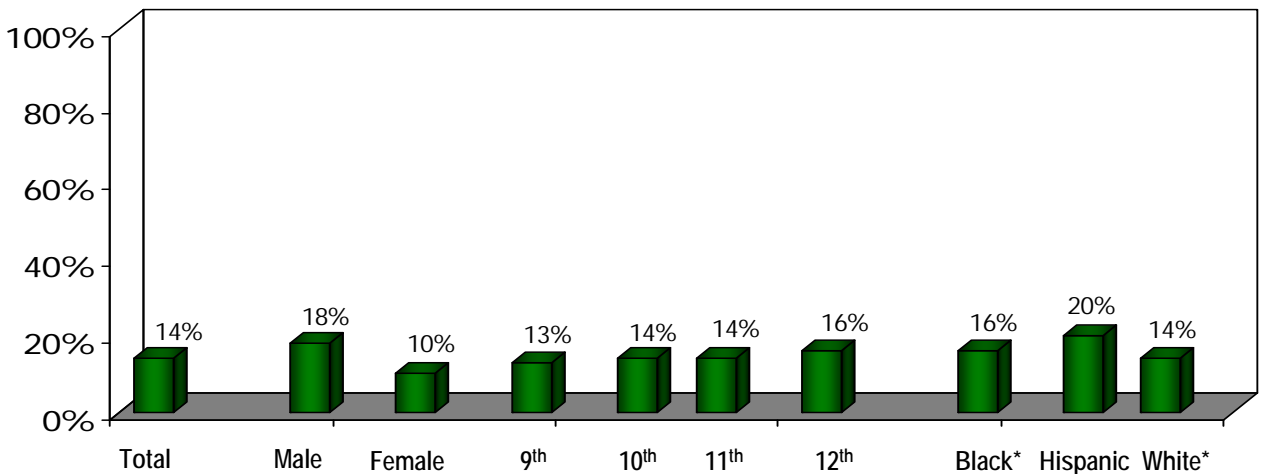
Percentage of students who were overweight**



* Non-Hispanic

** *At or above the 85th percentile but below the 95th percentile for body mass index, by age and sex. Based on reference data from the 2000 CDC Growth Charts.*

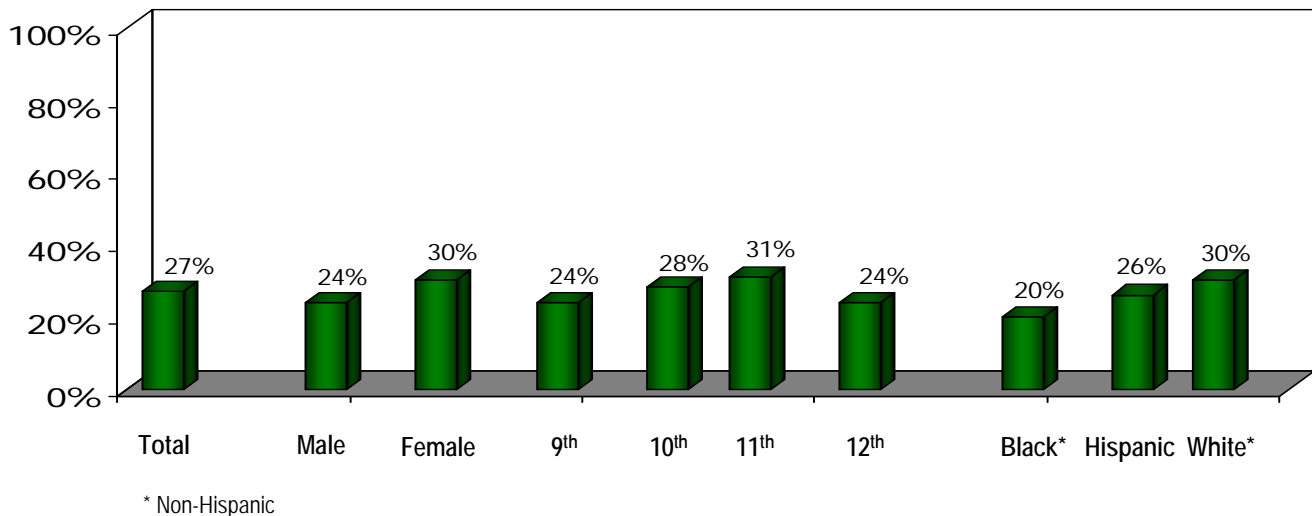
Percentage of students who were obese**



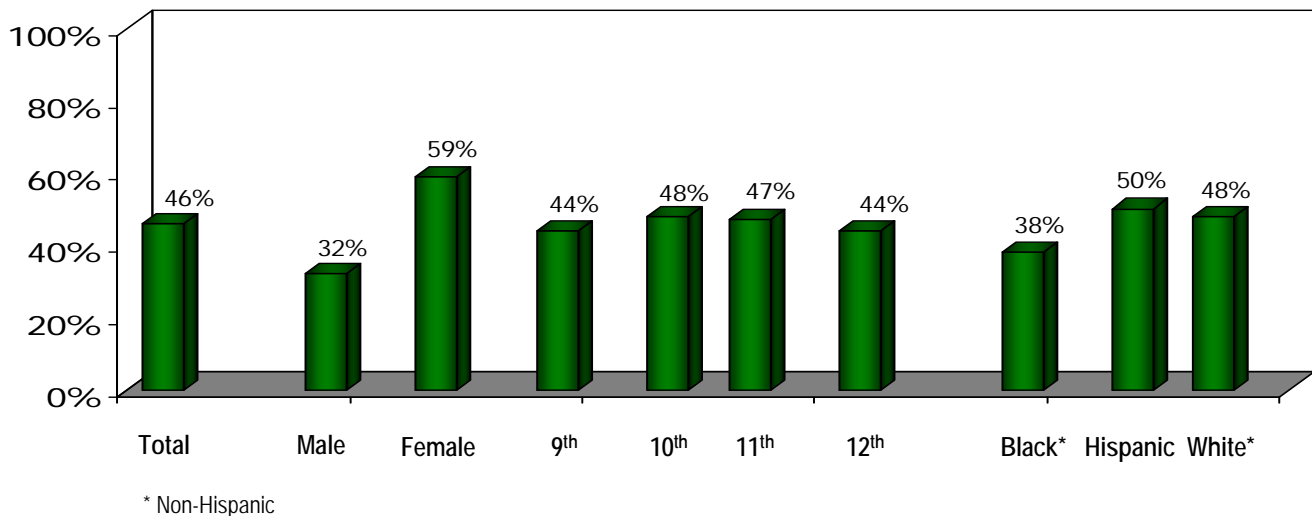
* Non-Hispanic

** *At or above the 95th percentile for body mass index, by age and sex. Based on reference data from the 2000 CDC Growth Charts.*

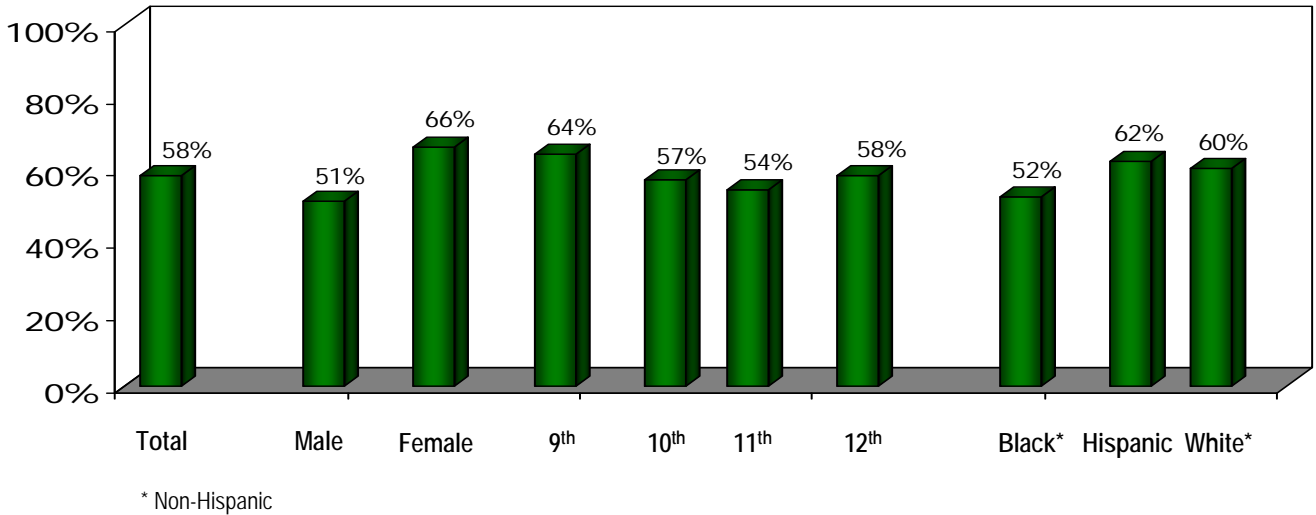
Percentage of students who described themselves as slightly or very overweight.



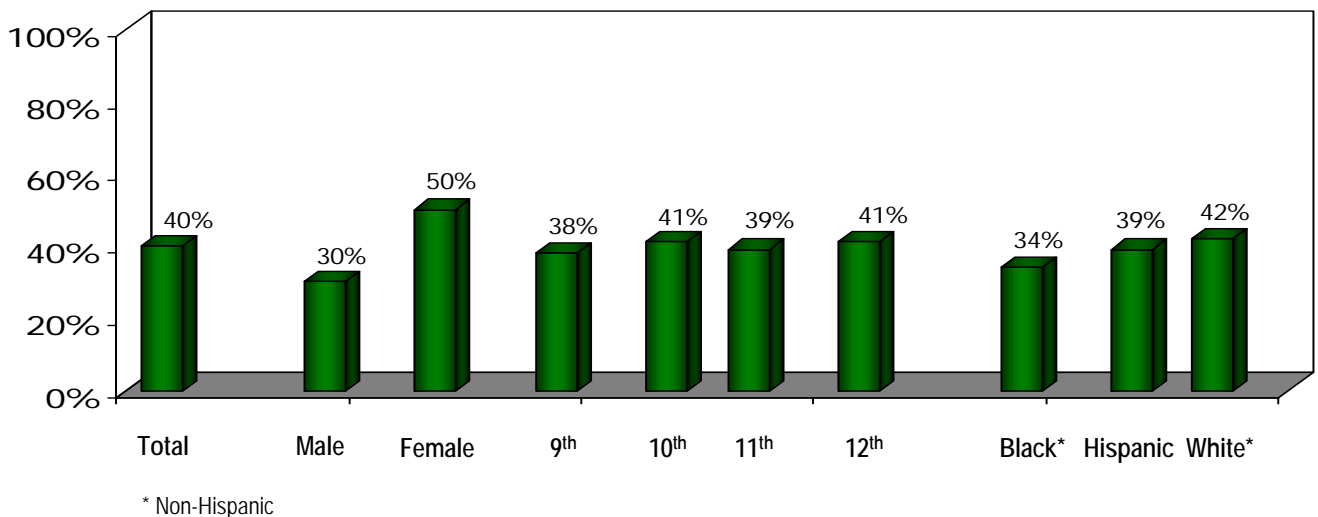
Percentage of students who were trying to lose weight.



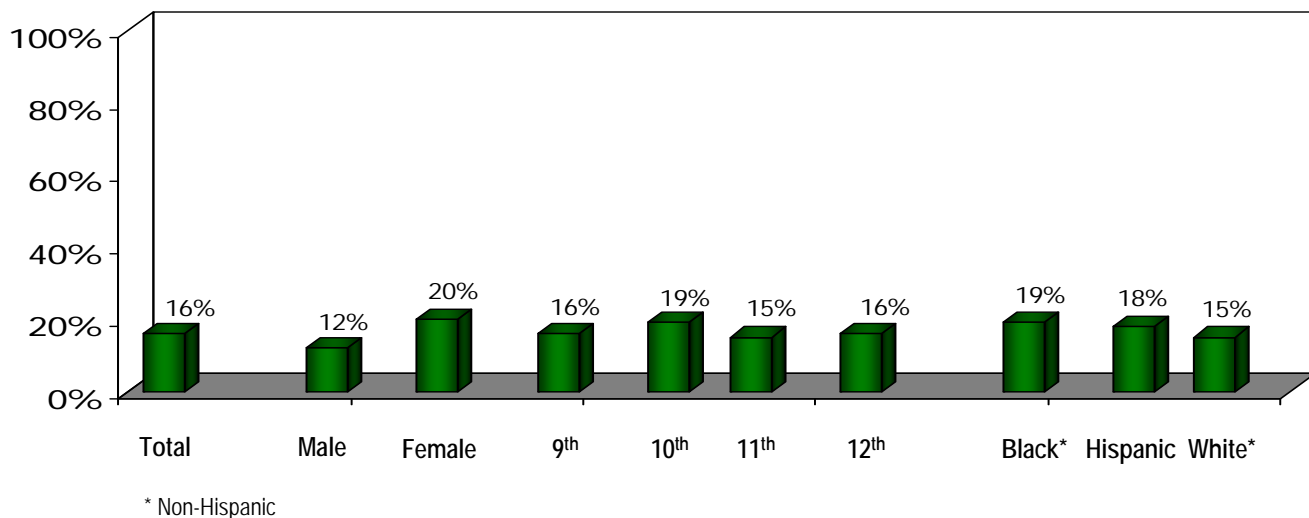
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.



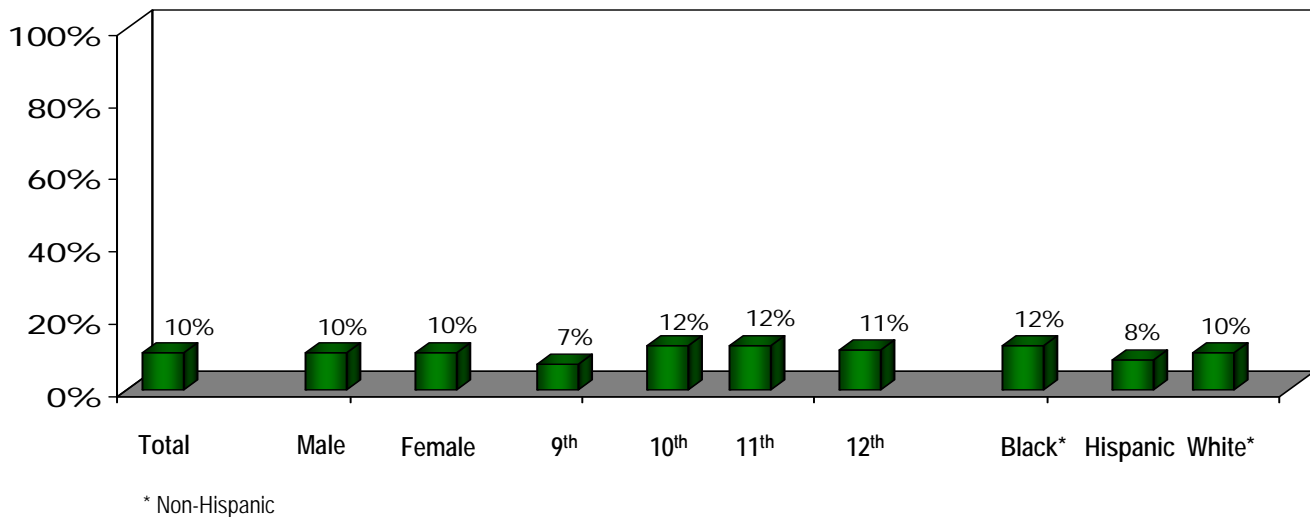
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.



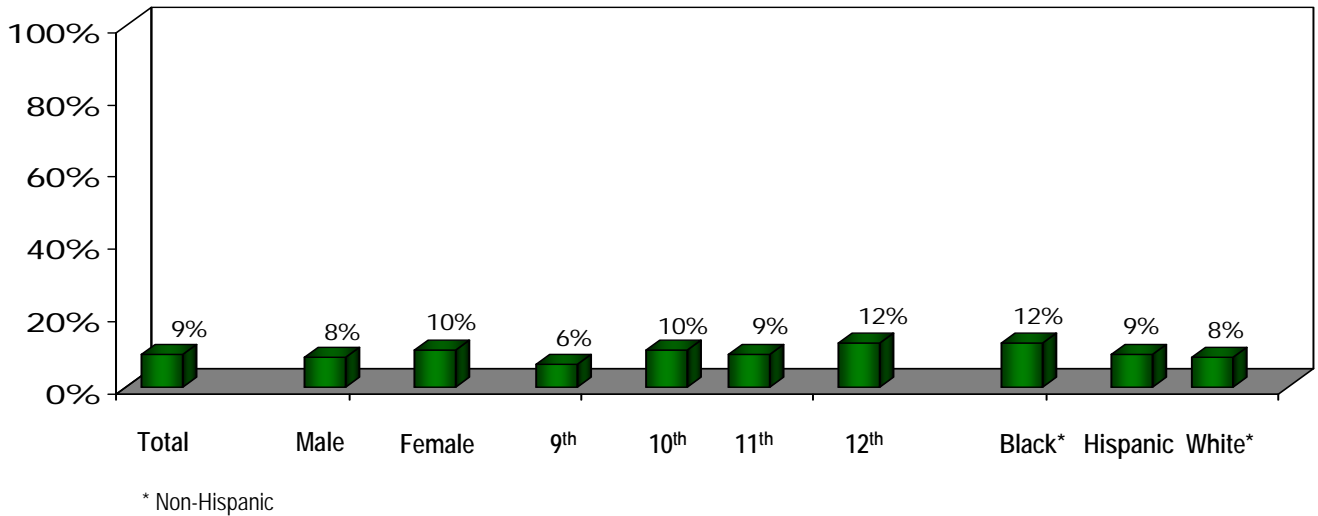
Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.



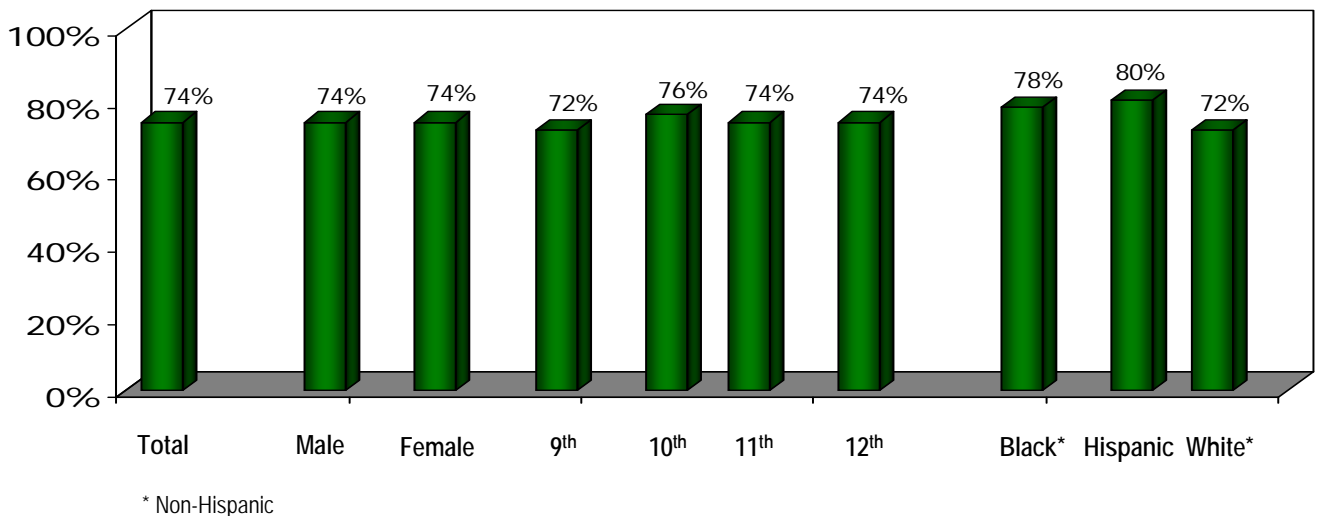
Percentage of students who took diet pills, powder, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.



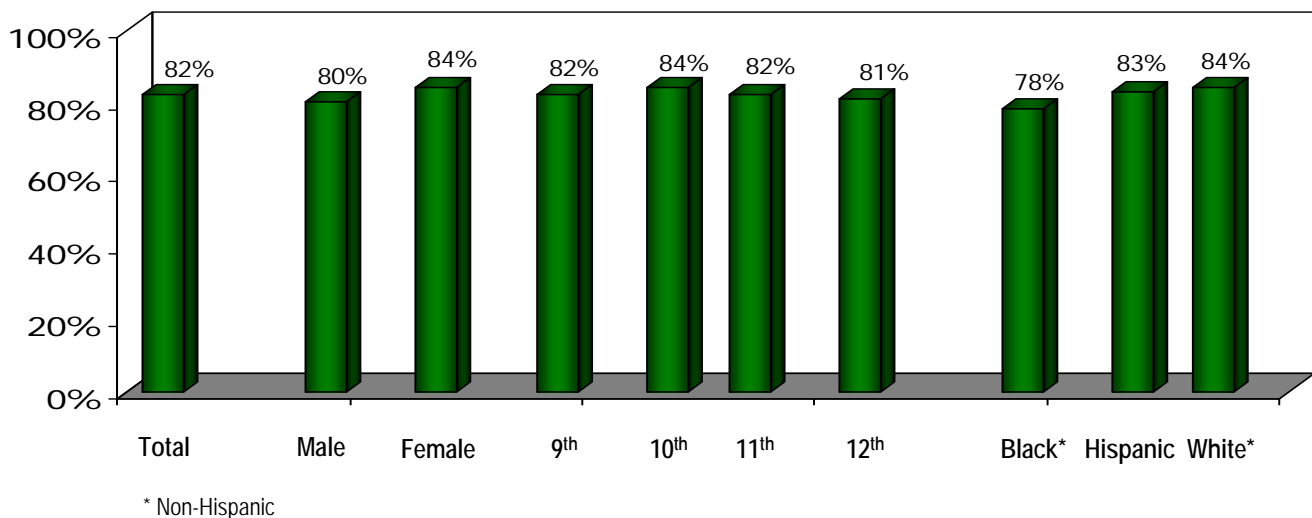
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.



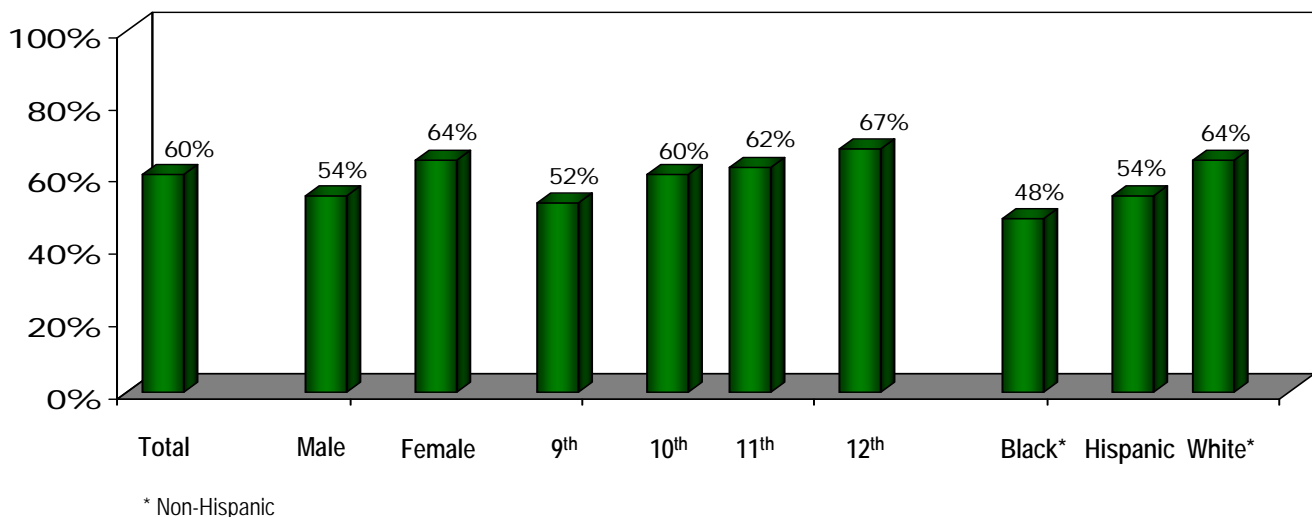
Percentage of students who drank 100% fruit juices during the past 7 days.



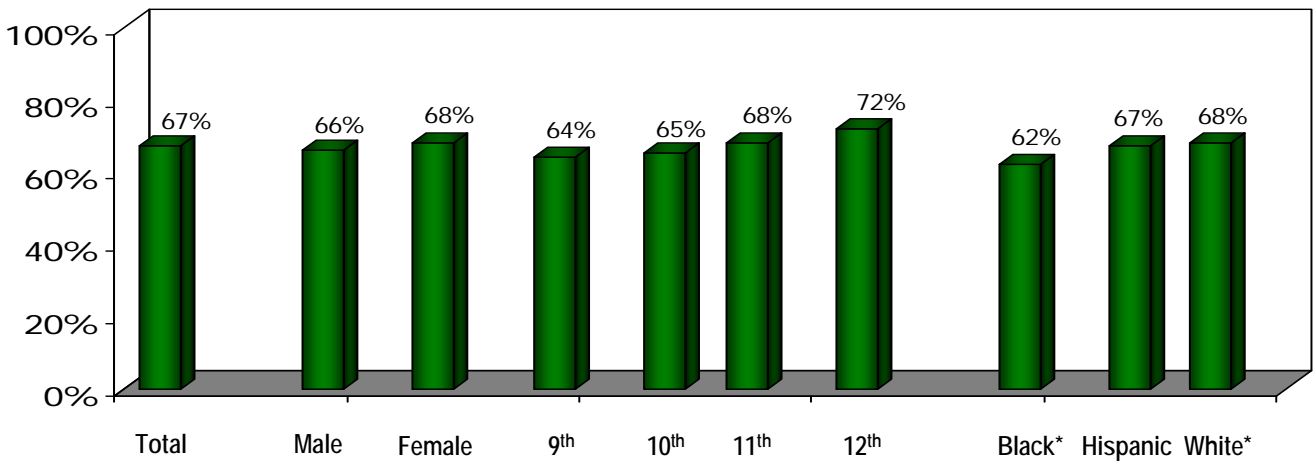
Percentage of students who ate fruit one or more times during the past seven days.



Percentage of students who ate green salad one or more times during the past seven days.

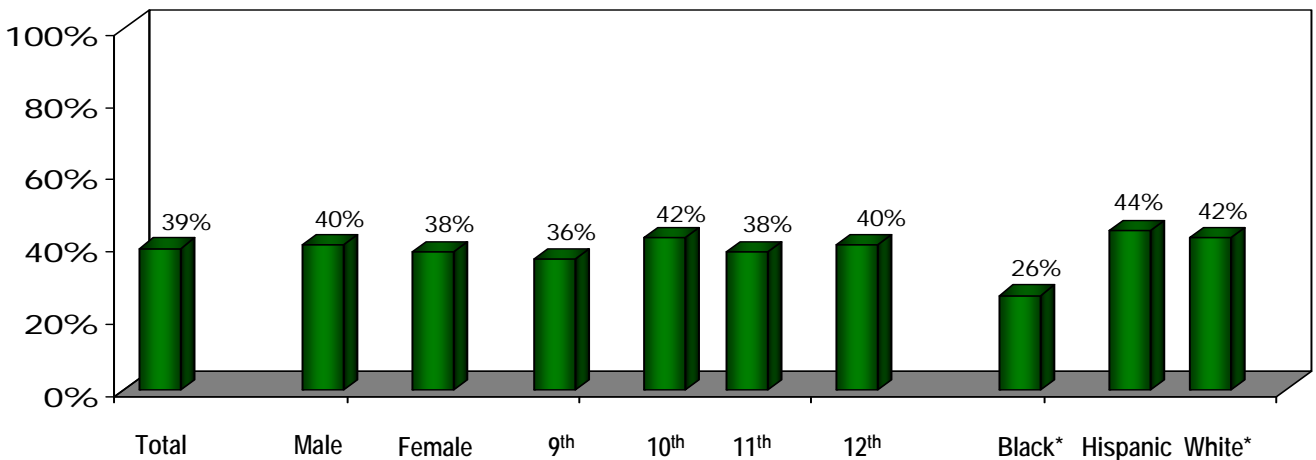


Percentage of students who ate potatoes one or more times during the past seven days.



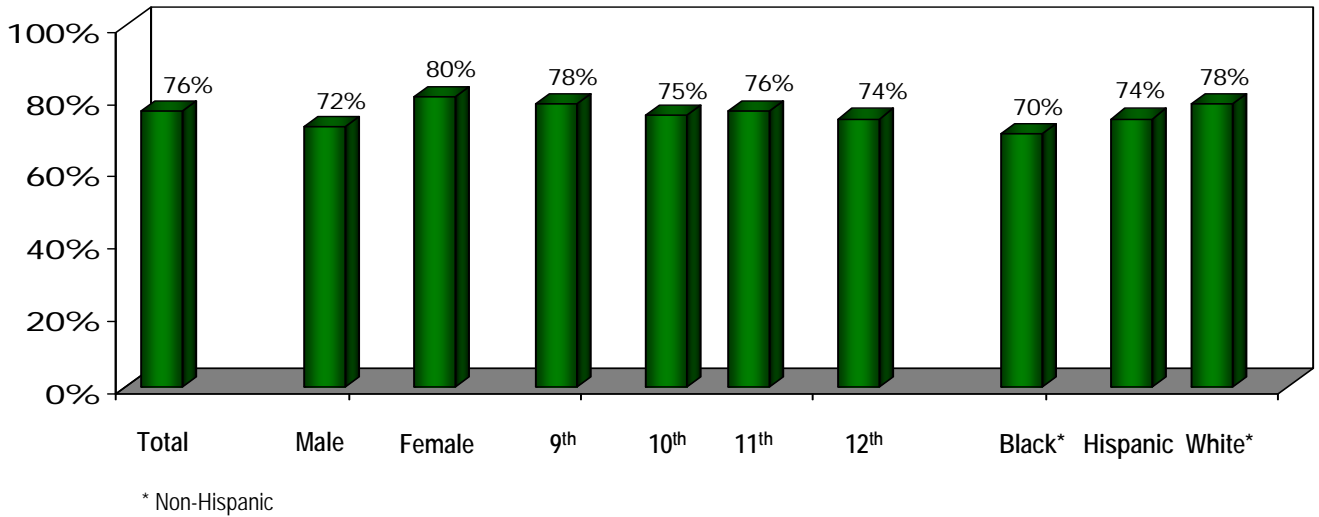
* Non-Hispanic

Percentage of students who ate carrots one or more times during the past seven days.

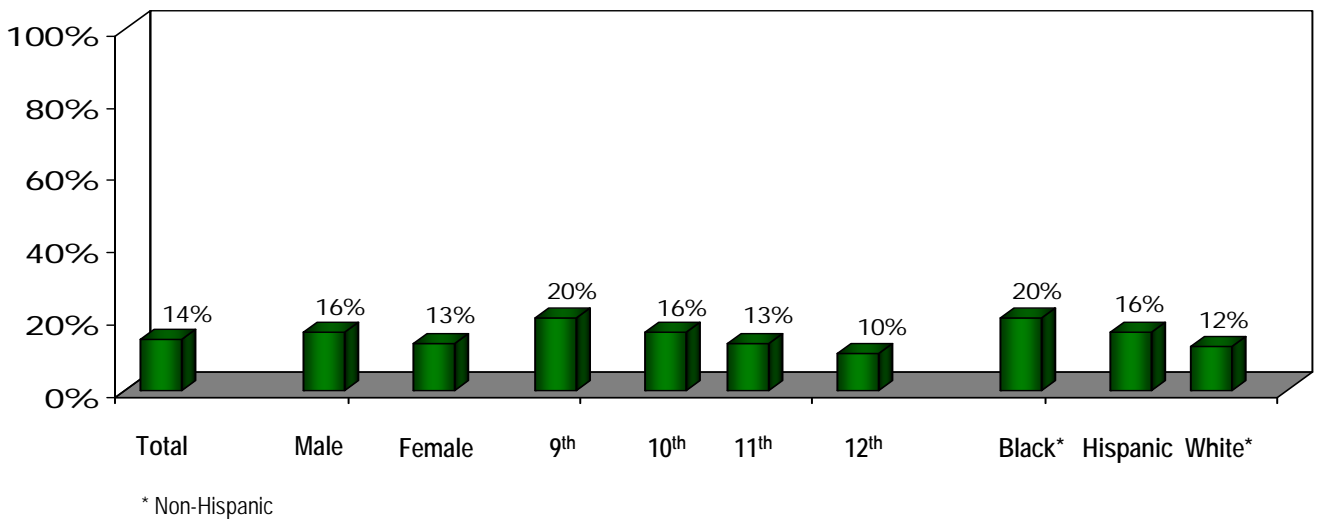


* Non-Hispanic

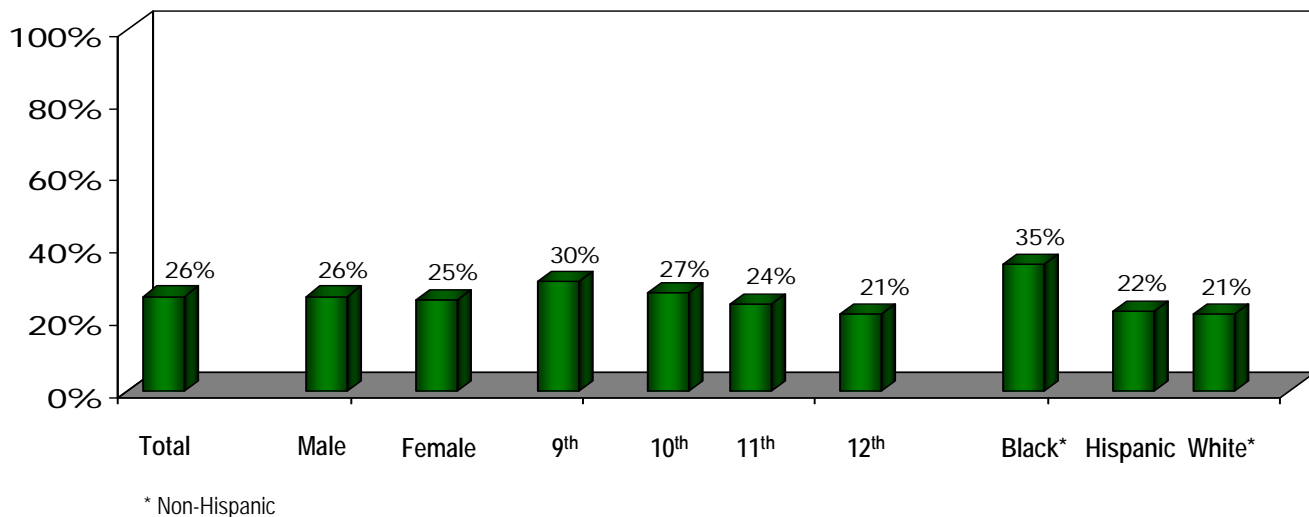
Percentage of students who ate other vegetables one or more times during the past seven days.



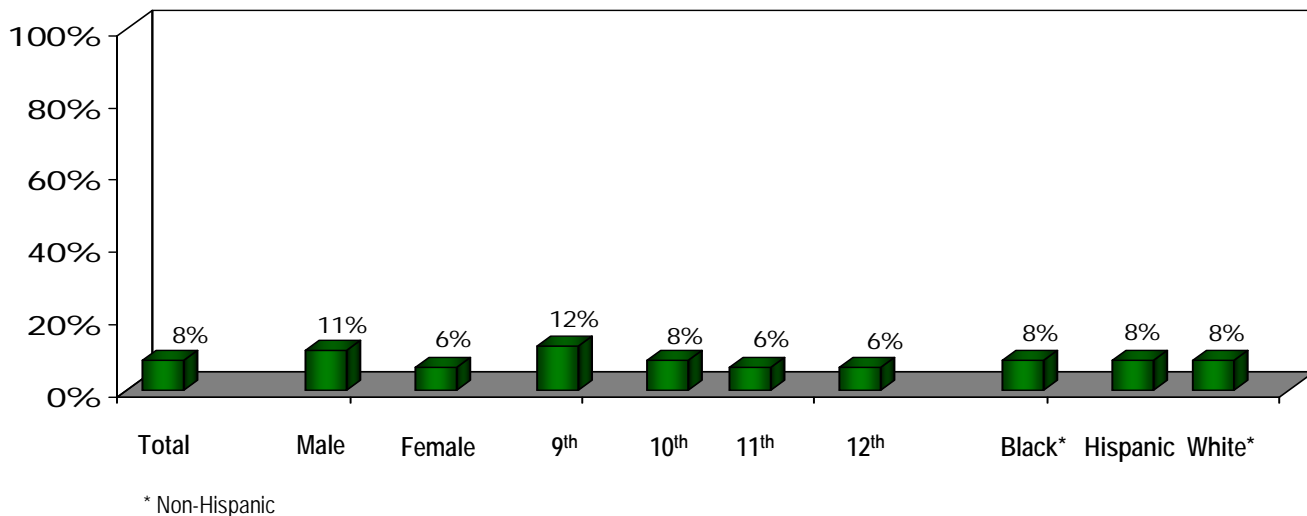
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days.



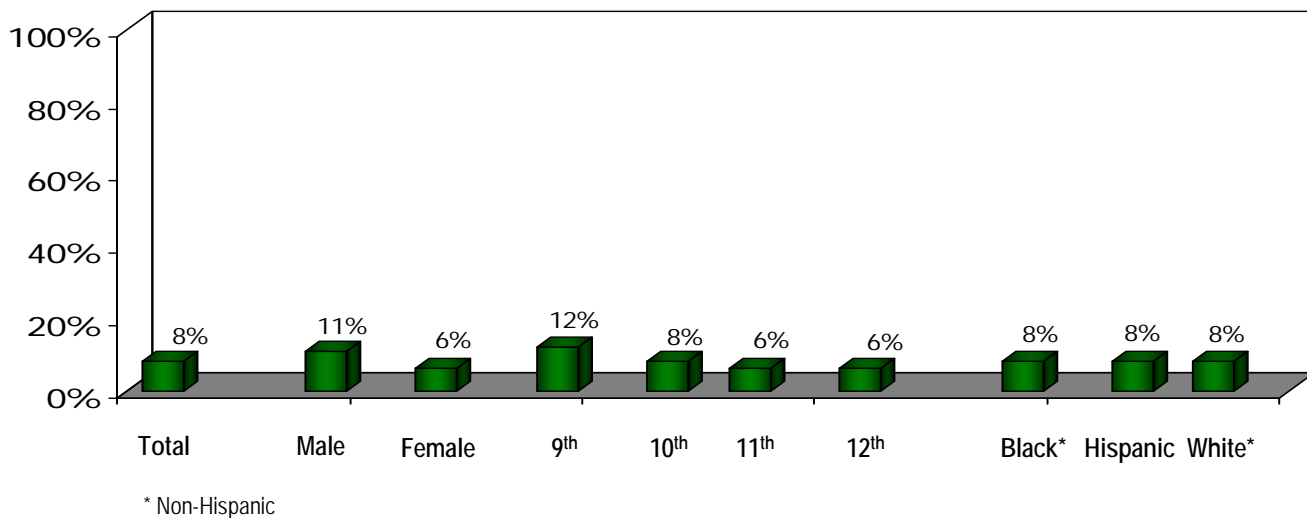
Percentage of students who ate fruits two or more times per day during the past seven days.



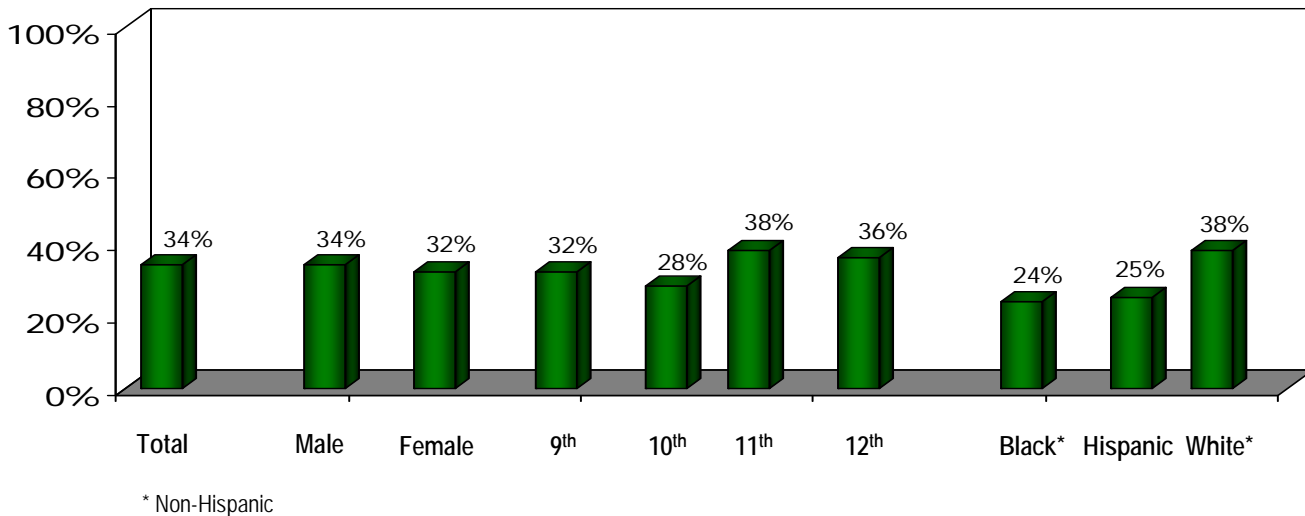
Percentage of students who ate vegetables three or more times per day during the past seven days.



Percentage of students who drank three or more glasses per day of milk during the past seven days.



Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days



Physical Activity

This section deals with how often students engage in physical activities that improve or maintain aerobic capacity, flexibility, and muscle strength. Students were also asked about school based physical activities including physical education classes and sports teams.

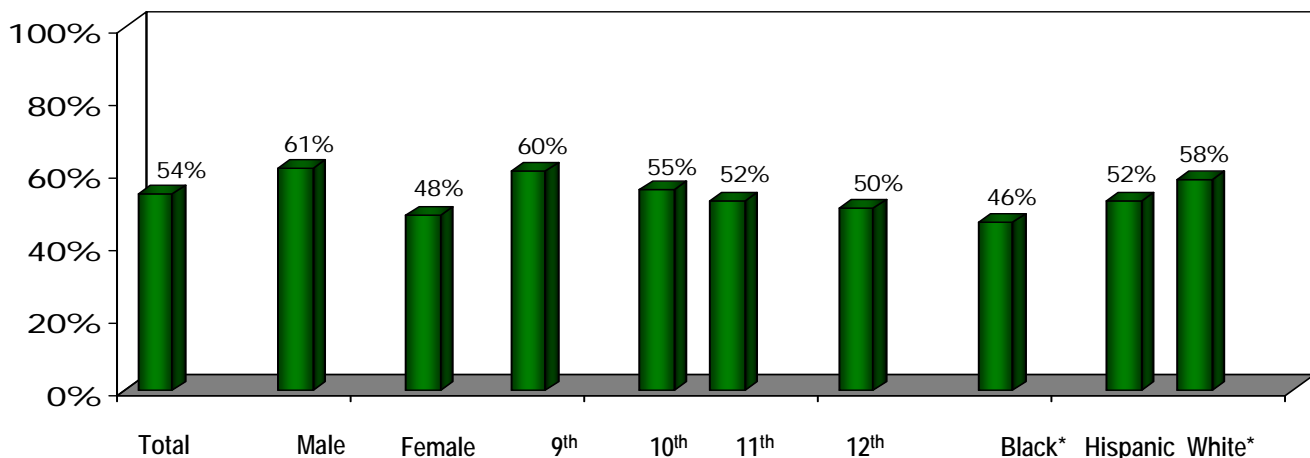
Rationale

- ❖ **Physical Activity:** Participation in regular physical activity among young people 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.^(50,69) Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, some types of cancer, and premature death.⁽⁵⁰⁾ School physical education classes can increase adolescent participation in physical activity⁽⁵²⁻⁵⁴⁾ and help high school students develop the knowledge, attitudes, and health skills they need to engage in lifelong physical activity.^(53, 55, 64)
- ❖ **Physical Inactivity:** Television viewing, computer usage, and video game playing are associated with physical inactivity among adolescents⁽⁵⁶⁾ and young adults.⁽⁵⁷⁾ Television viewing, computer usage, and video/DVD usage are considered sedentary behaviors. Child and adolescence TV viewing, in particular, is associated with childhood and adult obesity.^(58, 59, 66-68)

Related Health Objectives for the Year 2010

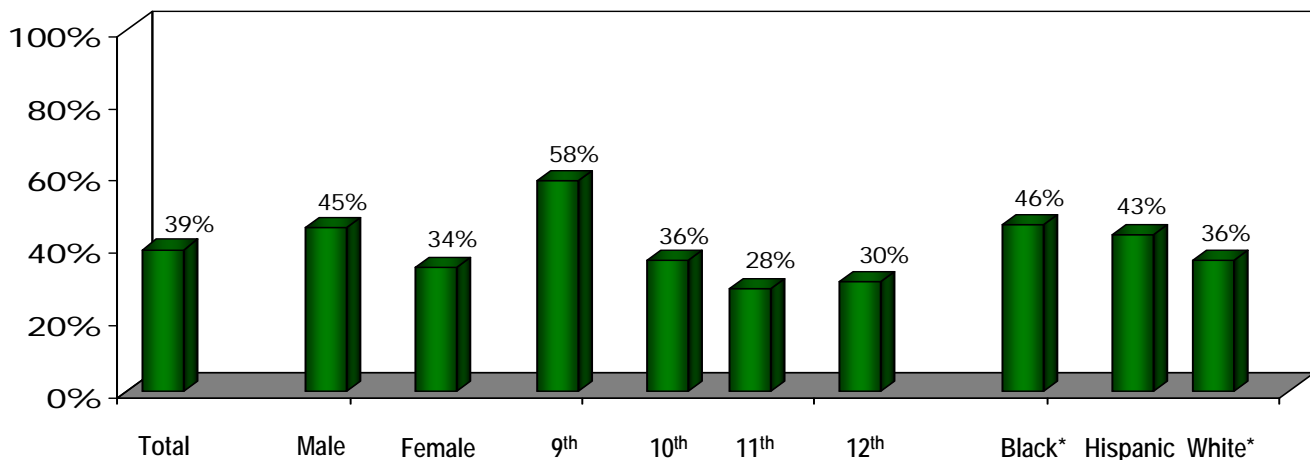
- | | |
|-------|---|
| 22-09 | Increase the proportion of adolescents who participate in daily school physical education to 50%. ⁽⁸⁾ (pg. 22-20) |
| 22-10 | Increase the proportion of adolescents who spend at least 50% of school physical education class time being physically active to 50%. ⁽⁸⁾ (pg.22-21) |
| 22-11 | Increase the proportion of adolescents who view television 2 or fewer hours on a school day to 75%. ⁽⁸⁾ (22-23) |

Percentage of students who exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days.



* Non-Hispanic

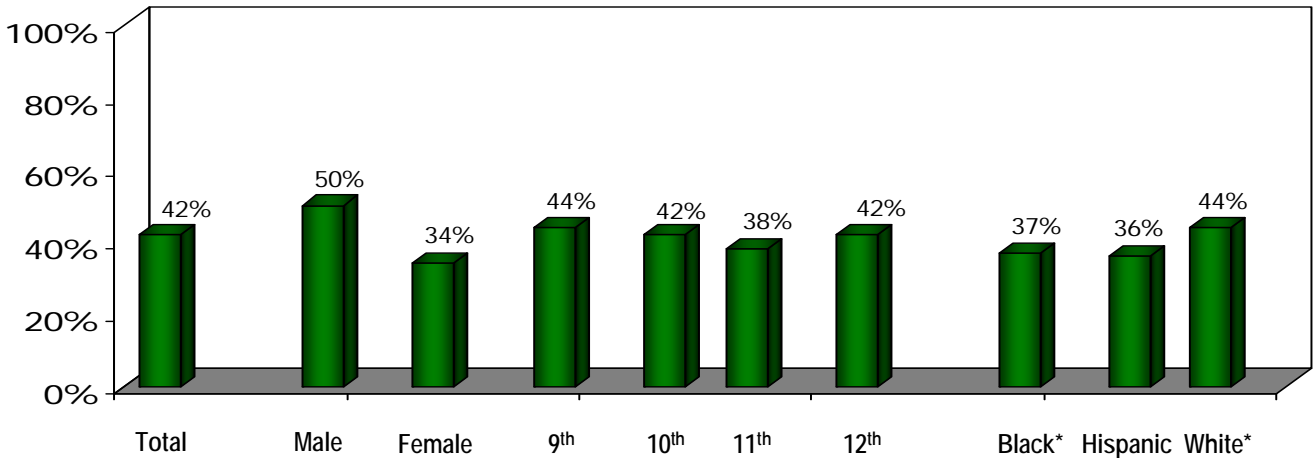
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school.



* Non-Hispanic

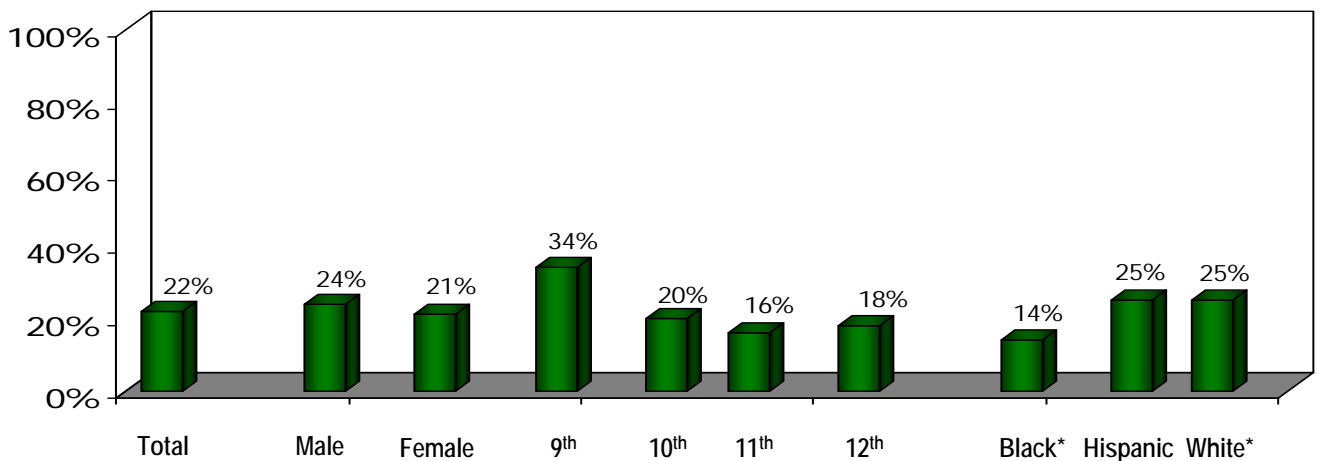
Youth Risk Behavior Survey 2009

Percentage of students who were physically active for a total of 60 minutes or more per day on five or more of the past seven days.



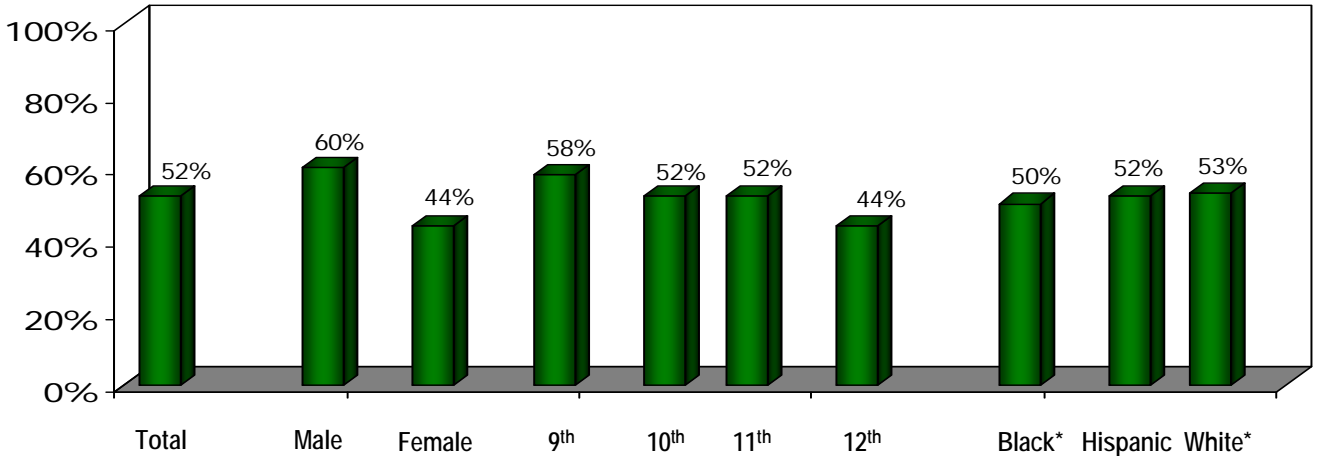
* Non-Hispanic

Percentage of students who attended physical education (PE) classes daily in an average week when they were in school.



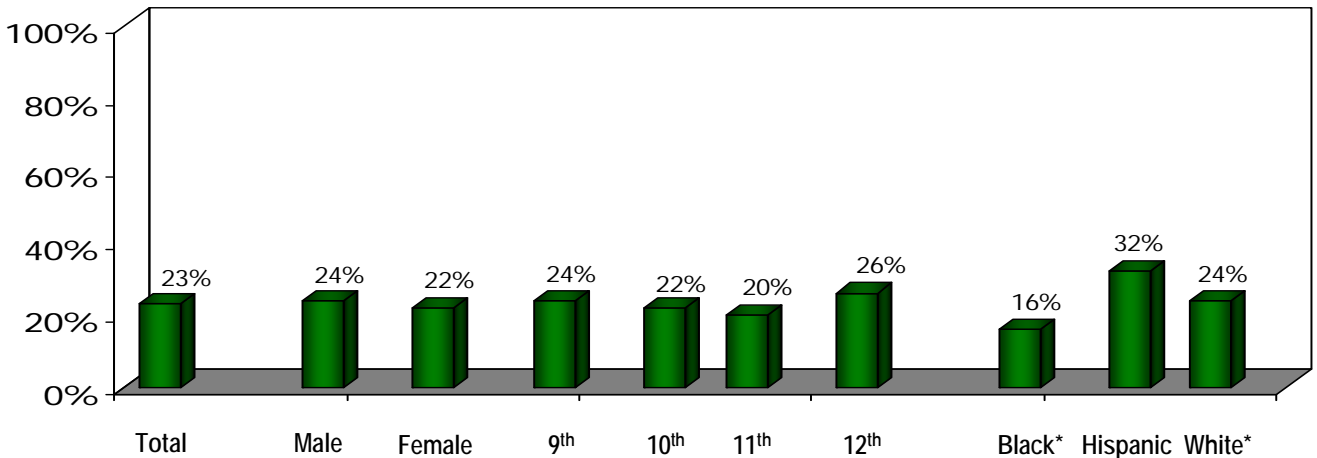
* Non-Hispanic

Percentage of students who played on one or more sports teams during the past 12 months.



* Non-Hispanic

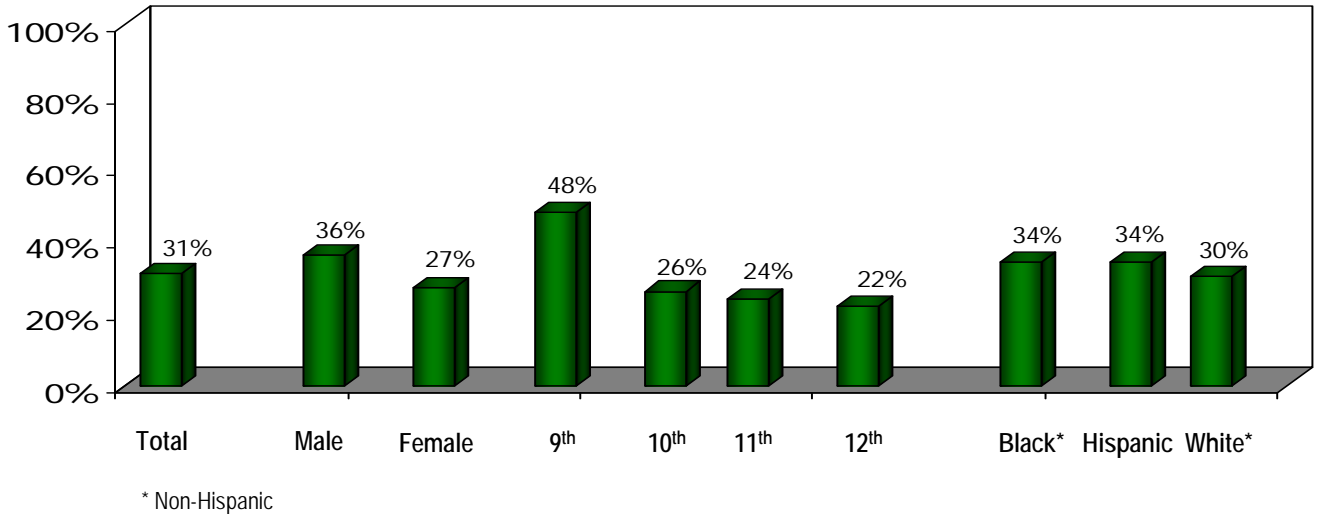
Percentage of students who participated in physical activity for at least 30 minutes that did not make them sweat or breathe hard on five or more of the past seven days



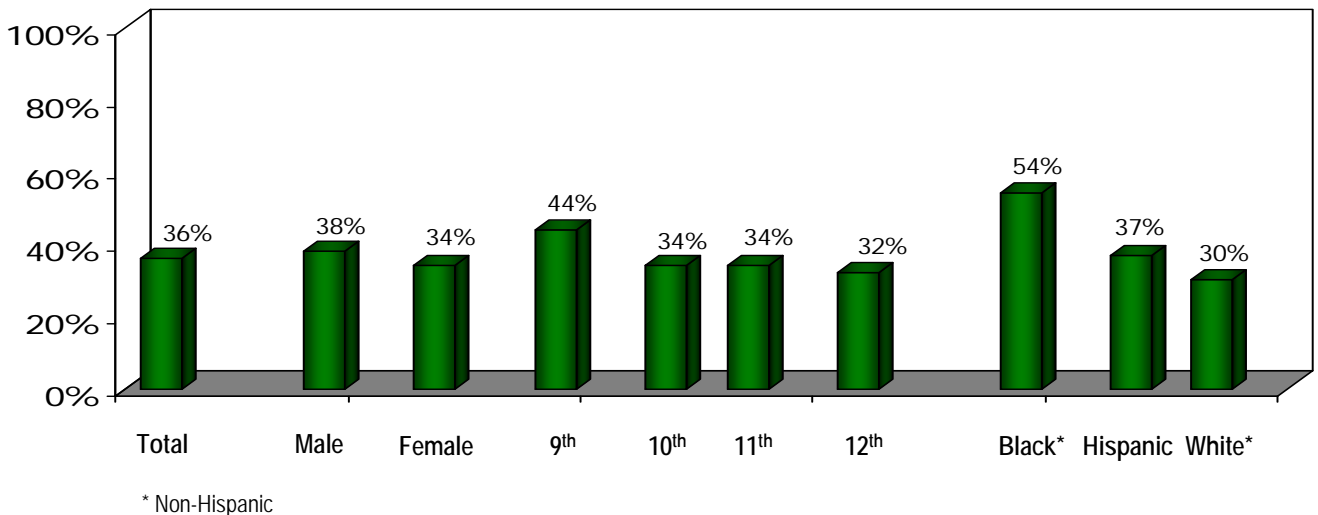
* Non-Hispanic

Youth Risk Behavior Survey 2009

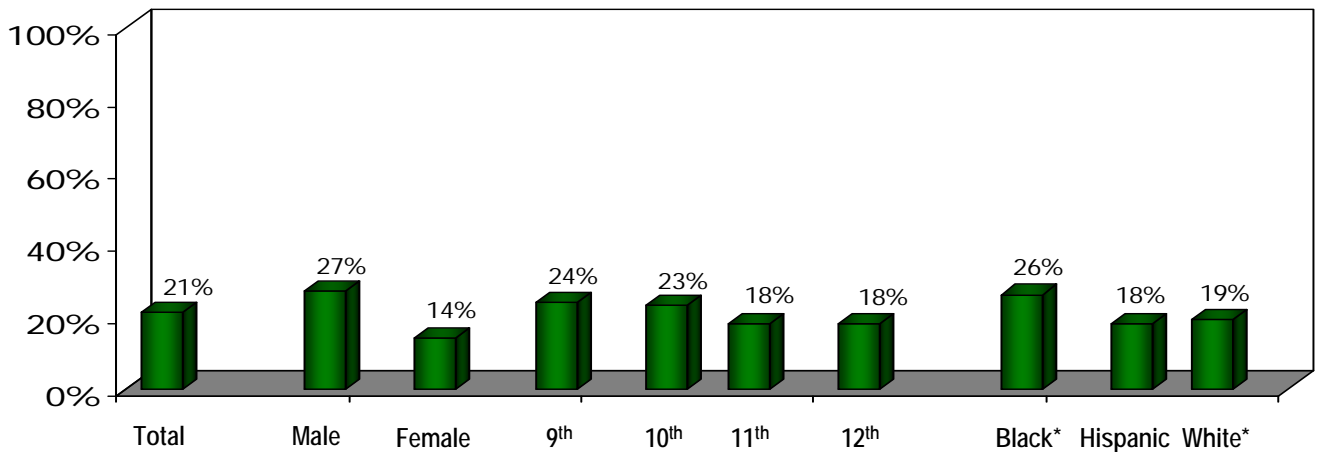
Percentage of students who spend more than 20 minutes actually exercising or playing sports during an average physical education (PE) class



Percentage of students who watched three or more hours per day of TV on an average school day.



Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day



* Non-Hispanic

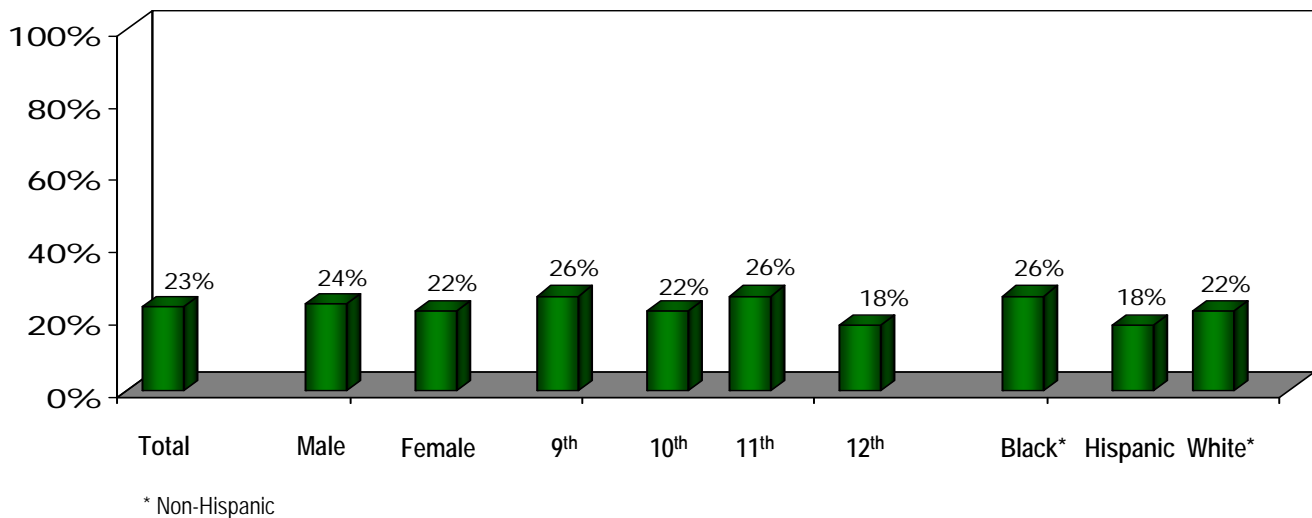
Other Health-Related Topics

This section deals with other health-related topics that deals with students' perceived health status and asthma.

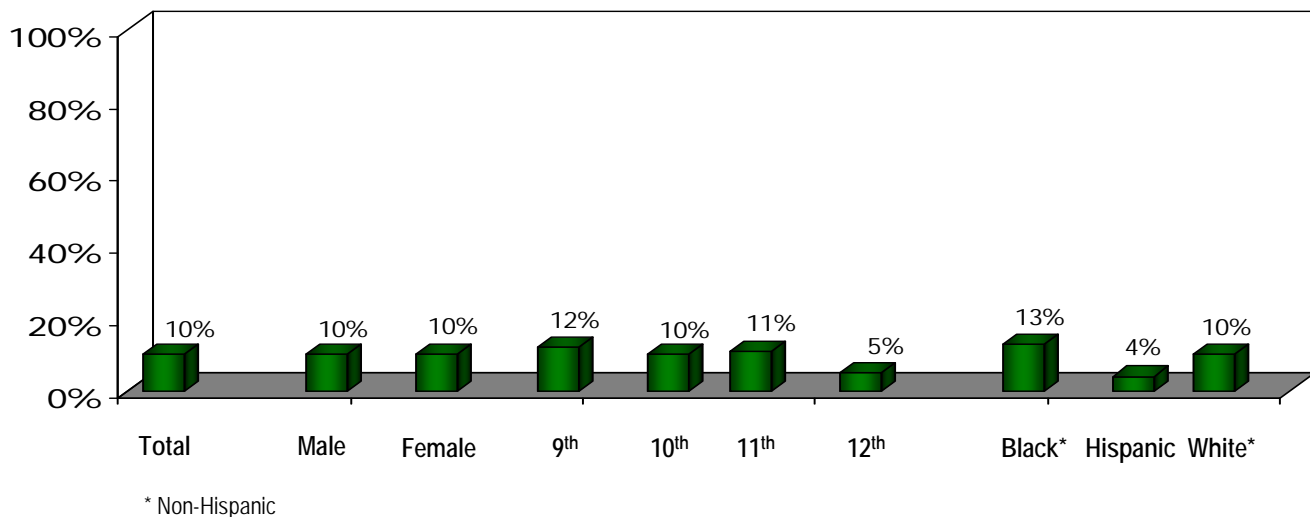
Rationale

- ❖ **Asthma:** Approximately 9.9 million (14%) U.S. children <18 years have been diagnosed with asthma at some time in their lives, and 6.8 million (9%) currently have asthma. ⁽⁶¹⁾ In 2003, an estimated 12.8 million school days were lost due to asthma among school-aged children. ⁽⁶²⁾ In 2004, children made 7 million visits to doctors' offices and hospital outpatient departments, made 754,000 visits to hospital emergency departments, and had 198,000 hospitalizations due to asthma. ⁽⁶²⁾

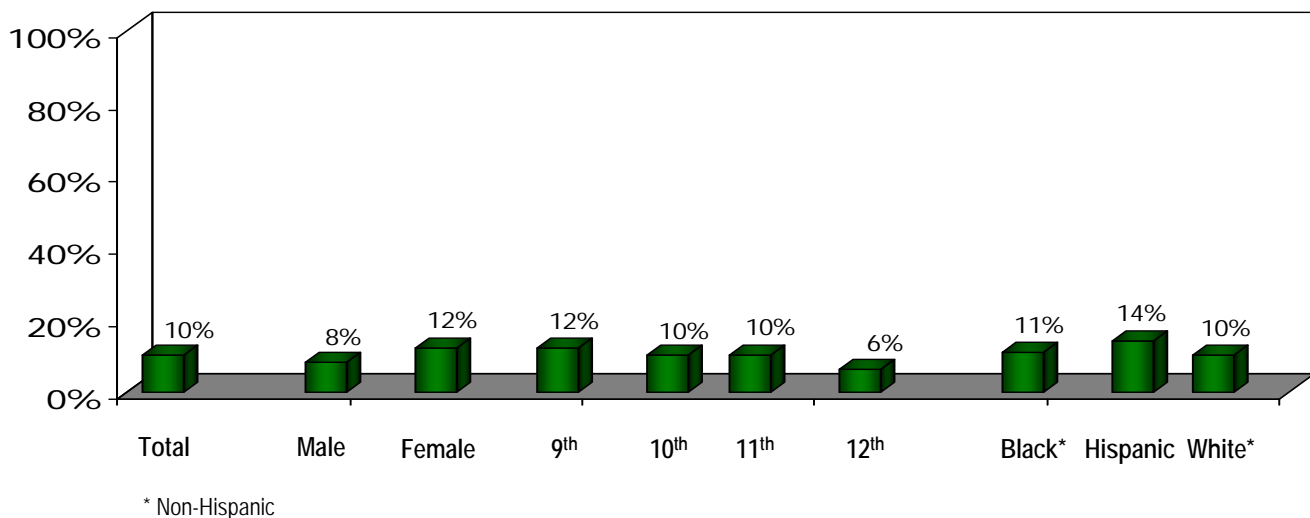
Percentage of students who had ever been told by a doctor or nurse they had asthma.



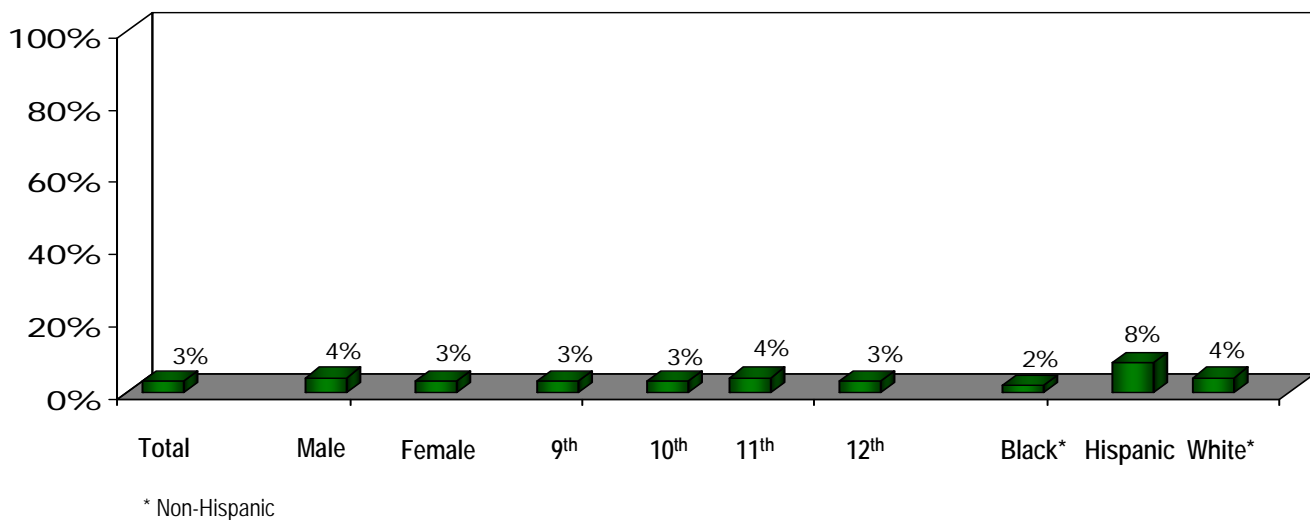
Percentage of students who have ever been told by a doctor or nurse that they had asthma and still have asthma (i.e., current asthma)



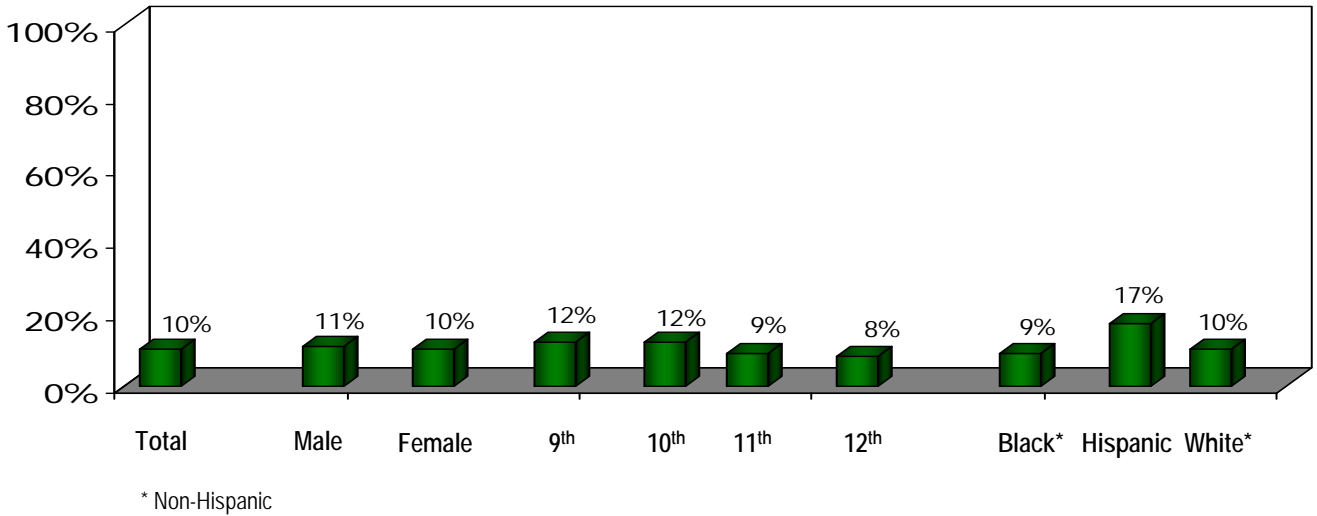
Percentage of students who described their general health as fair to poor.



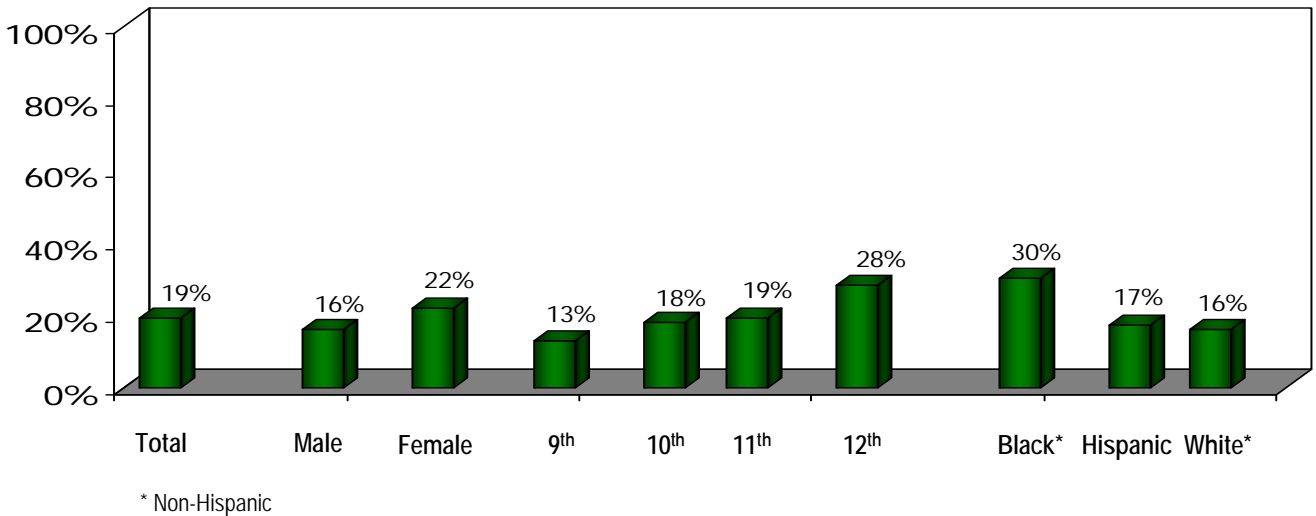
Percentage of students who have lived in Arkansas for less than one year.



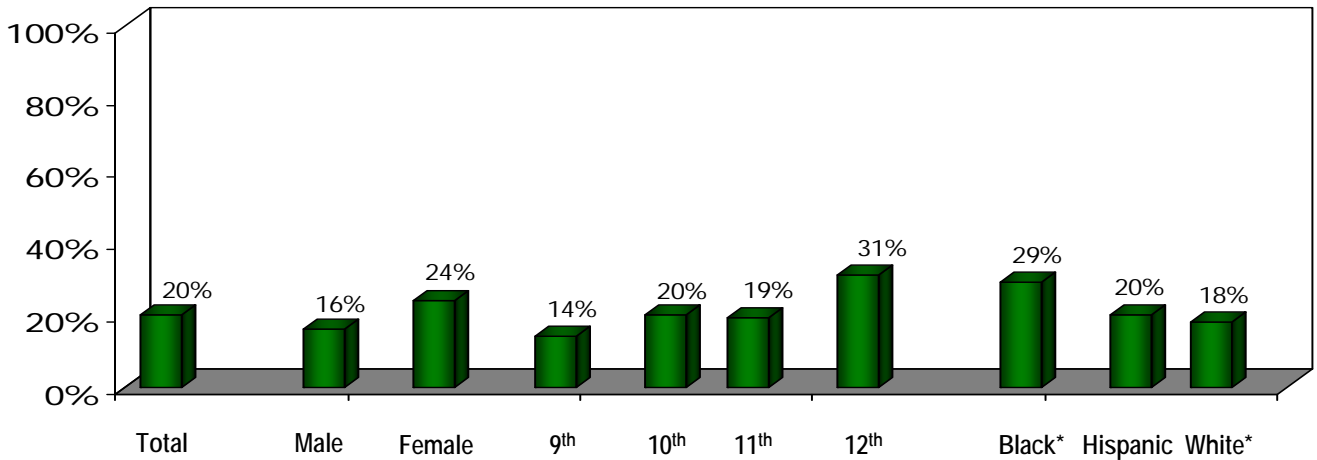
Percentage of students who have gone to school in this district for less than one year



Percentage of students who have ever been tested for HIV, the virus that causes AIDS.



Percentage of students who have ever been tested for a sexually transmitted disease (STD)



* Non-Hispanic

Youth Risk Behavior Survey 2009

2009 Arkansas YRBS Questionnaire

2009

<i>Question</i>	<i>#</i>	<i>%</i>	<i>Question</i>	<i>#</i>	<i>%</i>
1. How old are you?			9. How often do you wear a seatbelt when riding in a car driven by someone else?		
1. 12 Years old or younger	15	0.7	1. Never	108	7.1
2. 13 years old	7	0.4	2. Rarely	181	11.6
3. 14 years old	181	7.8	3. Sometimes	287	17.5
4. 15 years old	546	23.5	4. Most of the time	428	24.6
5. 16 years old	504	28.5	5. Always	674	39.1
6. 17 years old	330	26.6	Missing	12	
7. 18 years or older	104	12.6	10. 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?		
Missing	3		1. 0 times	1,213	71.7
2. What is your sex?			2. 1 time	160	8.9
1. Female	832	49.2	3. 2 or 3 times	183	11.4
2. Male	846	50.8	4. 4 or 5 times	30	2.0
Missing	12		5. 6 or more times	103	5.9
3. In what grade are you?			Missing	1	
1. 9 th grade	691	28.0	11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?		
2. 10 th grade	478	25.9	1. 0 times	1,446	87.5
3. 11 th grade	358	24.0	2. 1 time	83	5.5
4. 12 th grade	145	21.9	3. 2 or 3 times	49	2.8
5. Ungraded or other	4	0.3	4. 4 or 5 times	17	1.1
Missing	14		5. 6 or more times	47	3.1
4. Are you Hispanic or Latino?			Missing	48	
1. Yes	193	6.9	12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?		
2. No	1,465	93.1	1. 0 days	1,226	77.1
Missing	32		2. 1 day	74	4.3
5. What is your race?			3. 2 or 3 days	83	4.8
1. Am Indian / Alaska Native	32	0.4	4. 4 or 5 days	31	2.0
2. Asian	34	0.5	5. 6 or more days	189	11.7
3. Black or African American	273	22.8	Missing	87	
4. Native Hawaiian / other PI	18	0.3	13. During the past 30 days, on how many days did you carry a gun?		
5. White	1,036	67.9	1. 0 days	1,473	89.3
6. Hispanic / Latino	103	3.4	2. 1 day	58	3.1
7. Multiple – Hispanic	90	3.6	3. 2 or 3 days	43	2.8
8. Multiple – Non-Hispanic	60	1.1	4. 4 or 5 days	16	0.6
Missing	44		5. 6 or more days	55	4.1
8. When you rode a bicycle during the past 12 months, how often did you wear a helmet?			Missing	45	
1. Did not ride a bicycle	662	41.7	14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?		
2. Never wore a helmet	892	50.1	1. 0 days	1,521	91.6
3. Rarely wore a helmet	43	2.4	2. 1 day	31	2.2
4. Sometimes wore a helmet	36	2.4	3. 2 or 3 days	32	1.8
5. Most of the time wore a helmet	20	1.1	4. 4 or 5 days	15	0.9
6. Always wore a helmet	30	2.3	5. 6 or more days	57	3.6
Missing	7				

<u>Question</u>	<u>#</u>	<u>%</u>	<u>Question</u>	<u>#</u>	<u>%</u>
15. 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?			19. During the past 12 months, how many times were you in a physical fight on school property?		
1. 0 days	1,524	89.6	1. 0 times	1,382	85.2
2. 1 day	68	4.4	2. 1 time	141	8.9
3. 2 or 3 days	46	3.3	3. 2 or 3 times	53	3.0
4. 4 or 5 days	12	0.8	4. 4 or 5 times	24	1.2
5. 6 or more days	32	1.8	5. 6 or 7 times	11	0.6
Missing	8		6. 8 or 9 times	2	0.3
			7. 10 or 11 times	1	0.1
16. 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?			8. 12 or more times	19	0.9
1. 0 times	1,491	88.1	Missing	57	
2. 1 time	73	4.8	20. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?		
3. 2 or 3 times	42	2.7	1. Yes	253	16.7
4. 4 or 5 times	21	1.2	2. No	1,397	83.3
5. 6 or 7 times	14	0.9	Missing	40	
6. 8 or 9 times	8	0.3	21. Have you ever been physically forced to have sexual intercourse when you did not want to?		
7. 10 or 11 times	5	0.4	1. Yes	213	13.1
8. 12 or more times	35	1.7	2. No	1,458	86.9
Missing	1		Missing	19	
17. During the past 12 months, how many times were you in a physical fight?			23. 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?		
1. 0 times	1,048	65.3	1. Yes	484	28.1
2. 1 time	198	12.1	2. No	1,177	71.9
3. 2 or 3 times	183	11.6	Missing	29	
4. 4 or 5 times	65	3.9	24. During the past 12 months, did you ever seriously consider attempting suicide?		
5. 6 or 7 times	34	2.6	1. Yes	328	18.0
6. 8 or 9 times	12	0.8	2. No	1,330	82.0
7. 10 or 11 times	10	0.5	Missing	32	
8. 12 or more times	56	3.3	25. During the past 12 months, did you make a plan about how you would attempt suicide?		
Missing	84		1. Yes	262	14.1
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?			2. No	1,401	85.9
1. 0 times	1,542	93.1	Missing	27	
2. 1 time	71	4.2	26. During the past 12 months, how many times did you actually attempt suicide?		
3. 2 or 3 times	19	1.7	1. 0 times	1,213	88.0
4. 4 or 5 times	4	0.2	2. 1 time	93	6.3
5. 6 or more times	12	0.7	3. 2 or 3 times	45	3.1
Missing	42		4. 4 or 5 times	11	0.9
			5. 6 or more times	30	1.7
			Missing	298	

Youth Risk Behavior Survey 2009

2009

Question	#	%	Question	#	%
27. 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?			32. During the past 30 days, how did you usually get your own cigarettes?		
1. I did not attempt suicide during past 12 months	1,206	88.6	1. I did not smoke cigarettes during the past 30 days	1,250	79.4
2. Yes	66	4.8	2. I bought them in a store such as a convenience store, supermarket discount store, or gas station	57	5.1
3. No	102	6.6	3. I bought them from a vending machine	2	0.1
Missing	316		4. I gave someone else money to buy them for me	79	5.9
28. Have you ever tried cigarette smoking, even one or two puffs?			5. I borrowed (or bummed) them from someone else	76	4.5
1. Yes	829	54.9	6. A person 18 years old or older gave them to me	29	1.6
2. No	738	45.1	7. I took them from a store or family member	20	0.9
Missing	123		8. I got them some other way	43	2.5
29. How old were you when you smoked a whole cigarette for the first time?			Missing	134	
1. I have never smoked a whole cigarette	923	58.2	33. During the past 30 days, on how many days did you smoke cigarettes on school property?		
2. 8 years old or younger	93	5.9	1. 0 days	1,537	94.7
3. 9 or 10 years old	76	4.7	2. 1 or 2 days	30	2.2
4. 11 or 12 years old	112	7.1	3. 3 to 5 days	10	0.6
5. 13 or 14 years old	195	12.6	4. 6 to 9 days	11	0.7
6. 15 or 16 years old	128	9.2	5. 10 to 19 days	6	0.5
7. 17 years old or older	23	2.4	6. 20 to 29 days	4	0.3
Missing	140		7. All 30 days	21	1.1
30. During the past 30 days, on how many days did you smoke cigarettes?			Missing	71	
1. 0 days	1,248	79.7	34. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?		
2. 1 or 2 days	80	5.0	1. Yes	204	14.8
3. 3 to 5 days	34	2.1	2. No	1,380	85.2
4. 6 to 9 days	29	1.6	Missing	106	
5. 10 to 19 days	28	1.9	35. During the past 12 months, did you ever try to quit smoking cigarettes?		
6. 20 to 29 days	28	2.1	1. I did not smoke during past 12 months	1,116	71.1
7. All 30 days	104	7.6	2. Yes	234	15.9
Missing	139		3. No	201	13.0
31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?			Missing	139	
1. I did not smoke cigarettes past 30 days	1,250	79.6			
2. Less than 1 cigarette per day	59	3.4			
3. 1 cigarette per day	53	3.4			
4. 2 to 5 cigarettes per day	110	7.6			
5. 6 to 10 cigarettes per day	45	3.8			
6. 11 to 20 cigarettes per day	17	1.2			
7. More than 20 cigarettes per day	18	1.0			
Missing	138				

Question	#	%
36. 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?		
1. 0 days	1,446	87.6
2. 1 or 2 days	59	4.0
3. 3 to 5 days	31	2.3
4. 6 to 9 days	18	1.2
5. 10 to 19 days	13	0.9
6. 20 to 29 days	16	0.9
7. All 30 days	57	3.1
Missing	50	
37. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?		
1. 0 days	1,524	92.2
2. 1 or 2 days	38	2.5
3. 3 to 5 days	12	0.9
4. 6 to 9 days	12	1.0
5. 10 to 19 days	16	0.9
6. 20 to 29 days	5	0.3
7. All 30 days	39	2.2
Missing	44	
38. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
1. 0 days	1,414	83.3
2. 1 or 2 days	104	7.0
3. 3 to 5 days	59	3.9
4. 6 to 9 days	26	1.7
5. 10 to 19 days	22	1.4
6. 20 to 29 days	12	0.8
7. All 30 days	35	1.9
Missing	18	
39. During your life, on how many days have you had at least one drink of alcohol?		
1. 0 days	491	29.6
2. 1 or 2 days	273	16.2
3. 3 to 9 days	249	15.8
4. 10 to 19 days	171	9.8
5. 20 to 39 days	133	9.4
6. 40 to 99 days	110	8.1
7. 100 or more days	161	11.1
Missing	102	

Question	#	%
40. How old were you when you had your first drink of alcohol other than a few sips?		
1. I have never had a drink of alcohol other than a few sips	595	33.6
2. 8 years old or younger	173	10.1
3. 9 or 10 years old	116	6.6
4. 11 or 12 years old	192	12.2
5. 13 or 14 years old	318	18.4
6. 15 or 16 years old	240	16.6
7. 17 years old or older	28	2.5
41. During the past 30 days, on how many days did you have at least one drink of alcohol?		
1. 0 days	970	60.3
2. 1 or 2 days	294	19.8
3. 3 to 5 days	126	8.4
4. 6 to 9 days	83	5.7
5. 10 to 29 days	46	3.5
6. 20 to 29 days	13	0.7
7. All 30 days	26	1.6
Missing	132	
42. 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?		
1. 0 days	1,238	75.4
2. 1 day	128	8.2
3. 2 days	93	5.9
4. 3 to 5 days	86	5.6
5. 6 to 9 days	40	2.6
6. 10 to 19 days	14	0.9
7. 20 or more days	25	1.4
44. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?		
1. 0 days	1,525	93.9
2. 1 or 2 days	61	4.2
3. 3 to 5 days	13	0.7
4. 6 to 9 days	9	0.5
5. 10 to 19 days	1	0.1
6. 20 to 29 days	1	0.1
7. All 30 days	15	0.5
45. During your life, how many times have you used marijuana?		
1. 0 times	1,039	62.6
2. 1 or 2 times	151	10.0
3. 3 to 9 times	93	6.2
4. 10 to 19 times	61	4.3
5. 20 to 39 times	60	4.6
6. 40 to 99 times	54	3.7
7. 100 or more times	133	8.7

Youth Risk Behavior Survey 2009

2009

Question	#	%
46. How old were you when you tried marijuana for the first time?		
1. I have never tried marijuana	1,045	62.8
2. 8 years old or younger	43	2.7
3. 9 or 10 years old	43	2.6
4. 11 or 12 years old	72	4.3
5. 13 or 14 years old	188	12.0
6. 15 or 16 years old	197	14.3
7. 17 years old or older	14	1.3
Missing	88	
47. During the past 30 days, how many days did you use marijuana?		
1. 0 times	1,324	82.2
2. 1 or 2 times	108	7.1
3. 3 to 9 times	58	4.1
4. 10 to 19 times	29	1.6
5. 20 to 39 times	29	1.9
6. 40 or more times	52	3.2
Missing	90	
48. During the past 30 days, how many times did you use marijuana on school property?		
1. 0 times	1,548	95.5
2. 1 or 2 times	32	2.1
3. 3 to 9 times	11	0.8
4. 10 to 19 times	9	0.8
5. 20 to 39 times	1	0.2
6. 40 or more times	17	0.7
Missing	72	
49. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?		
1. 0 times	1,493	92.5
2. 1 or 2 times	43	2.6
3. 3 to 9 times	31	1.9
4. 10 to 19 times	16	1.2
5. 20 to 39 times	7	0.5
6. 40 or more times	24	1.2
Missing	76	
50. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?		
1. 0 times	1,566	96.2
2. 1 or 2 times	24	1.5
3. 3 to 9 times	15	1.0
4. 10 to 19 times	3	0.1
5. 20 to 39 times	3	0.2
6. 40 or more times	18	0.9
Missing	61	

Question	#	%
51. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?		
1. 0 times	1,355	83.2
2. 1 or 2 times	141	7.7
3. 3 to 9 times	68	4.1
4. 10 to 19 times	22	1.2
5. 20 to 39 times	29	1.9
6. 40 or more times	35	1.8
Missing	40	
52. During your life, how many times have you used heroin (also called smack, junk, or China White)?		
1. 0 times	1,547	94.6
2. 1 or 2 times	33	2.3
3. 3 to 9 times	21	1.2
4. 10 to 19 times	14	1.1
5. 20 to 39 times	5	0.2
6. 40 or more times	18	0.7
Missing	52	
53. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?		
1. 0 times	1,546	94.0
2. 1 or 2 times	37	2.1
3. 3 to 9 times	21	1.4
4. 10 to 19 times	9	0.7
5. 20 to 39 times	9	0.4
6. 40 or more times	27	1.3
Missing	41	
54. During your life, how many times have you used ecstasy (also called MDMA)?		
1. 0 times	1,471	89.0
2. 1 or 2 times	90	6.1
3. 3 to 9 times	36	2.3
4. 10 to 19 times	15	0.7
5. 20 to 39 times	8	0.7
6. 40 or more times	26	1.2
Missing	44	
55. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?		
1. 0 times	1,545	93.6
2. 1 or 2 times	43	2.5
3. 3 to 9 times	28	1.8
4. 10 to 19 times	7	0.3
5. 20 to 39 times	7	0.5
6. 40 or more times	23	1.4
Missing	37	

Question	#	%
56. During your life, how many times have you used a needle to inject any illegal drug into your body?		
1. 0 times	1,558	95.1
2. 1 time	37	2.6
3. 2 or more times	43	2.4
Missing	52	
57. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?		
1. Yes	487	31.4
2. No	1,138	68.6
Missing	65	
58. Have you ever had sexual intercourse?		
1. Yes	706	53.6
2. No	754	46.4
Missing	230	
59. How old were you when you had sexual intercourse for the first time?		
1. I have never had sexual intercourse	754	46.0
2. 11 years old or younger	90	6.4
3. 12 years old	64	3.9
4. 13 years old	101	7.3
5. 14 years old	167	11.3
6. 15 years old	165	12.8
7. 16 years old	103	9.6
8. 17 years or older	27	2.6
Missing	219	
60. During your life, with how many people have you had sexual intercourse?		
1. I have never had sexual intercourse	753	46.3
2. 1 person	247	17.7
3. 2 people	115	8.5
4. 3 people	124	9.5
5. 4 people	52	4.4
6. 5 people	48	3.5
7. 6 or more people	125	10.0
Missing	226	
61. During the past 3 months, with how many people did you have sexual intercourse?		
1. I have never had sexual intercourse	752	46.3
2. I have had sexual intercourse, but not during the past 3 months	206	14.8
3. 1 person	351	26.9
4. 2 people	82	6.6
5. 3 people	28	2.1
6. 4 people	17	1.4
7. 5 people	4	0.6
8. 6 or more people	20	1.4

Question	#	%
62. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
1. I have never had sexual intercourse	749	46.3
2. Yes	147	10.6
3. No	559	43.1
Missing	235	
63. The last time you had sexual intercourse, did you or your partner use a condom?		
1. I have never had sexual intercourse	748	46.8
2. Yes	416	33.2
3. No	269	19.2
Missing	257	
64. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?		
1. I have never had sexual intercourse	749	46.8
2. No method was used to prevent pregnancy	123	8.1
3. Birth control pills	108	8.8
4. Condoms	313	24.6
5. Depo-Provera (injectable birth control)	28	2.5
6. Withdrawal	62	4.3
7. Some other method	26	2.2
8. Not sure	27	2.5
Missing	254	
65. How would you describe your weight?		
1. Very underweight	70	4.5
2. Slightly underweight	206	13.3
3. About the right weight	893	54.9
4. Slightly overweight	374	22.3
5. Very overweight	83	5.0
Missing	64	
66. Which of the following are you trying to do about your weight?		
1. Lose weight	762	45.8
2. Gain weight	283	18.3
3. Stay the same weight	313	19.8
4. I am not trying to do anything about my weight	264	16.1
Missing	68	
67. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?		
1. Yes	979	58.6
2. No	624	41.4
Missing	87	
68. 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?		
1. Yes	650	40.2
2. No	949	59.8

Youth Risk Behavior Survey

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Question	#	%
69. 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?		
1. Yes	267	16.6
2. No	1,333	83.4
Missing	90	
70. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advise to lose weight or to keep from gaining weight?		
1. Yes	155	10.5
2. No	1,446	89.5
Missing	89	
71. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?		
1. Yes	132	9.3
2. No	1,458	90.7
Missing	100	
72. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?		
1. I did not drink 100% fruit juice during the past 7 days	431	26.1
2. 1 to 3 times during the past 7 days	564	37.3
3. 4 to 6 times during the past 7 days	212	13.0
4. 1 time per day	138	8.3
5. 2 times per day	108	6.4
6. 3 times per day	60	4.0
7. 4 or more times per day	87	4.9
Missing	90	
73. During the past 7 days, how many times did you eat fruit?		
1. I did not eat fruit during the past 7 days	282	17.9
2. 1 to 3 times during the past 7 days	613	39.6
3. 4 to 6 times during the past 7 days	316	19.8
4. 1 time per day	157	8.9
5. 2 times per day	133	7.5
6. 3 times per day	58	2.8
7. 4 or more times	61	3.5
Missing	70	
74. During the past 7 days, how many times did you eat green salad?		
1. I did not eat green salad during the past 7 days	675	40.4
2. 1 to 3 times during the past 7 days	539	37.9
3. 4 to 6 times during the past 7 days	186	11.9
4. 1 time per day	102	6.8
5. 2 times per day	29	1.6
6. 3 times per day	10	0.4
7. 4 or more times per day	25	1.1
Missing	70	

Question	#	%
75. During the past 7 days, how many times did you eat potatoes?		
1. I did not eat potatoes during the past 7 days	536	32.9
2. 1 to 4 times during the past 7 days	733	45.4
3. 4 to 6 times during the past 7 days	205	13.3
4. 1 time per day	79	5.3
5. 2 times per day	23	1.2
6. 3 times per day	9	0.4
7. 4 or more times per day	28	1.4
Missing	77	
76. During the past 7 days, how many times did you eat carrots?		
1. I did not eat carrots during the past 7 days	952	60.7
2. 1 to 3 times during the past 7 days	486	29.1
3. 4 to 6 times during the past 7 days	92	5.8
4. 1 time per day	40	2.2
5. 2 times per day	16	0.8
6. 3 times per day	5	0.2
7. 4 or more times per day	21	1.1
Missing	78	
77. During the past 7 days, how many times did you eat other vegetables?		
1. I did not eat other vegetables during the past 7 days	358	23.8
2. 1 to 3 times during the past 7 days	635	39.0
3. 4 to 6 times during the past 7 days	332	20.3
4. 1 time per day	144	9.1
5. 2 times per day	84	5.2
6. 3 times per day	30	1.4
7. 4 or more times per day	30	1.2
Missing	77	
78. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?		
1. I did not drink soda or pop during the past 7 days	250	15.4
2. 1 to 3 times during the past 7 days	526	32.3
3. 4 to 6 times during the past 7 days	307	18.8
4. 1 time per day	138	9.3
5. 2 times per day	165	11.3
6. 3 times per day	81	4.9
7. 4 or more times per day	135	8.1
Missing	88	

Question	#	%	Question	#	%
79. During the past 7 days, how many glasses of milk did you drink?			83. In an average week when you are in school, on how many days do you go to physical education (PE) classes?		
1. I did not drink milk during the past 7 days	370	24.3	1. 0 days	913	60.6
2. 1 to 3 glasses during the past 7 days	406	25.4	2. 1 day	76	5.3
3. 4 to 6 glasses during the past 7 days	289	17.8	3. 2 days	57	3.8
4. 1 glass per day	226	14.1	4. 3 days	114	5.8
5. 2 glasses per day	169	9.9	5. 4 days	23	1.7
6. 3 glasses per day	67	3.9	6. 5 days	396	22.7
7. 4 or more glasses per day	81	4.6	Missing	111	
Missing	82		84. During the past 12 months, on how many sports teams did you play?		
80. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?			1. 0 teams	702	47.8
1. 0 days	302	19.5	2. 1 team	404	25.1
2. 1 day	170	10.5	3. 2 teams	255	15.9
3. 2 days	183	12.1	4. 3 or more teams	192	11.2
4. 3 days	150	9.6	Missing	137	
5. 4 days	115	6.3	85. Have you ever been taught about AIDS or HIV infection in school?		
6. 5 days	184	11.3	1. Yes	1,296	82.4
7. 6 days	99	6.3	2. No	198	12.1
8. 7 days	407	24.3	3. Not sure	86	5.5
Missing	80		Missing	110	
81. On an average school day, how many hours do you watch TV?			86. Has a doctor or nurse ever told you that you have asthma?		
1. I do not watch TV on an average school day	209	13.1	1. Yes	368	23.2
2. Less than 1 hour per day	264	16.6	2. No	1,149	72.9
3. 1 hour per day	237	15.7	3. Not sure	67	3.9
4. 2 hours per day	301	18.2	Missing	106	
5. 3 hours per day	234	14.7	87. Do you still have asthma?		
6. 4 hours per day	140	9.9	1. I have never had asthma	962	60.2
7. 5 or more hours per day	203	11.7	2. Yes	292	18.9
Missing	102		3. No	210	13.7
82. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?			4. Not sure	119	7.2
1. I do not play video or computer games or use a computer for something that is not school work	328	21.3	Missing	107	
2. Less than 1 hour a day	408	26.4	88. How do you describe your health in general?		
3. 1 hour per day	262	16.4	1. Excellent	330	21.0
4. 2 hours per day	240	15.0	2. Very Good	538	34.7
5. 3 hours per day	160	10.7	3. Good	547	33.9
6. 4 hours per day	40	2.4	4. Fair	152	9.3
7. 5 or more hours per day	140	7.9	5. Poor	25	1.2
Missing	112		Missing	98	
			89. How long have you lived in Arkansas?		
			1. Less than one year	60	3.4
			2. 1 to 3 years	112	6.0
			3. 4 to 6 years	143	8.3
			4. 7 or more years	1,272	82.2
			Missing	103	

Youth Risk Behavior Survey 2009

2009

Question	#	%
90. How long have you gone to school in this district?		
1. Less than one year	185	10.6
2. 1 to 3 years	235	14.9
3. 4 to 6 years	255	16.4
4. 7 or more years	911	58.0
Missing	104	
91. When you rode an all-terrain vehicle (ATV) during the past 12 months, how often did you wear a helmet?		
1. I did not ride an ATV during the 12 months	628	39.3
2. Never wore a helmet	744	46.8
3. Rarely wore a helmet	60	4.1
4. Sometimes worn a helmet	54	3.6
5. Most of the time wore a helmet	44	2.9
6. Always wore a helmet	60	3.4
Missing	100	
92. 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?		
1. 0 times	1,124	72.3
2. 1 time	206	12.1
3. 2 or 3 times	150	8.6
4. 4 or 5 times	40	2.8
5. 6 or 7 times	25	1.5
6. 8 or 9 times	8	0.5
7. 10 or 11 times	4	0.2
8. 12 or more times	38	2.8
Missing	95	
93. During the past 30 days, what type of alcohol did you usually drink?		
1. I did not drink alcohol during the past 30 days	900	59.6
2. I do not have a usual type	61	3.9
3. Beer	97	7.3
4. Malt beverages, such as Smirnoff Ice, Bacardi Silver, and Hard Lemonade	91	6.6
5. Wine coolers, such as Bartles and James or Seagrams	29	2.0
6. Wine	11	0.7
7. Liquor, such as vodka, rum, scotch, bourbon, or other whiskey	261	17.9
8. Some other type	30	2.0
Missing	210	

Question	#	%
94. During the past 30 days, what brand of beer did you usually drink?		
1. I did not drink beer during the past 30 days	1,128	73.5
2. I do not have a usual brand	78	4.7
3. Bud Light	133	10.0
4. Budweiser	44	2.6
5. Coors Light	40	2.9
6. Miller Light	25	1.6
7. Natural Light	11	0.8
8. Some other brand	66	3.8
Missing	165	
95. During the past 30 days, where did you usually drink alcohol?		
1. I did not drink alcohol during the past 30 days	892	59.6
2. At my home	155	10.0
3. At another person's home	325	24.0
4. While riding in or driving a car or other vehicle	36	2.8
5. At a restaurant, bar, or club	6	0.5
6. At a public place such as a park, beach, or parking lot	26	1.4
7. At a public event such as a concert or sporting event	12	0.8
8. On school property	14	0.8
Missing	224	
96. The first time you had sexual intercourse, how old was your partner?		
1. I have never had sexual intercourse	777	45.0
2. 5 or more years younger	35	2.0
3. 3 to 4 years younger	31	2.8
4. About the same age	450	31.8
5. 3 to 4 years older	167	11.5
6. 5 or more years older	49	3.7
7. Not sure	48	3.1
Missing	133	

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YRBS Response Form

How Did You Use the Results of the YRBS Survey?

Help us provide you with the information you need in the future. Please tell us how you used the Youth Risk Behavior Survey results.

1. How would you rate the usefulness of the information provided through the YRBS survey?

Excellent Good Fair Poor

2. How did you use the results?

A. To Plan Instruction E. To monitor and evaluate Arkansas' progress toward meeting state and national goals
 B. To Plan Services F. To compare Arkansas' progress to other states
 C. To allocate funds G. As a baseline for additional studies
 D. To prepare a grant or compete for other funding H. Other: Describe _____

3. Did you discuss these results with anyone else? Yes No
 If so, who? (describe area of interest) _____

4. What suggestions would you offer to future surveys? _____

5. Other Comments? _____

6. List your primary role related to YRBS interest:

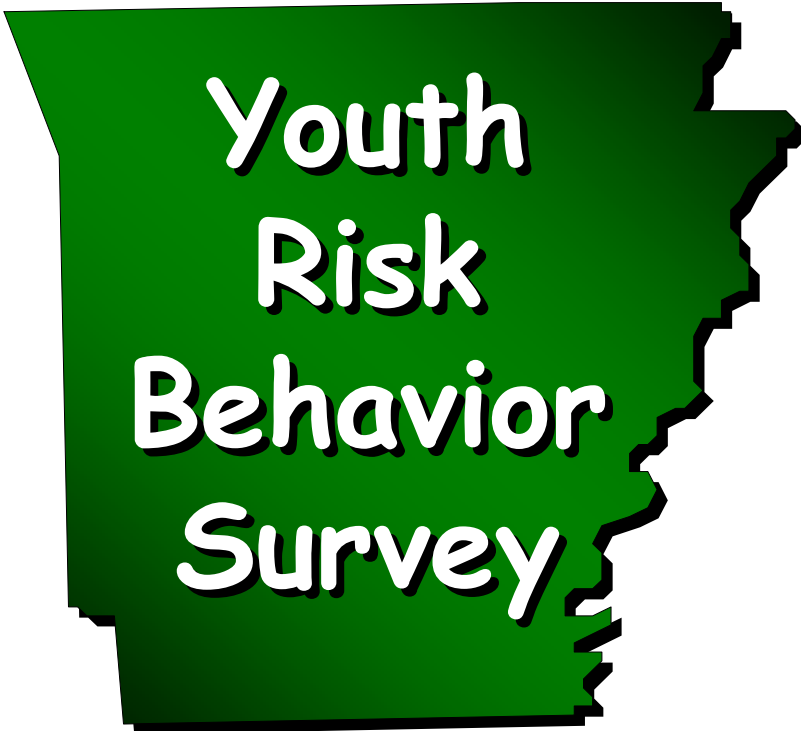

Parent Educator Policy Maker Other:
Please specify: _____

OPTIONAL:

Name: _____ School/Agency: _____

Address: _____

Please Mail or **FAX** form to: Kathleen Courtney, Arkansas Department of Education, 2020 West 3rd Street, Suite 320, Little Rock, AR 72205 **FAX: 501-683-3611**



Youth Risk Behavior Survey

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