

# 2005

# Arkansas



**Youth  
Risk  
Behavior  
Survey**

Coordinated By:

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Arkansas Department of Education  
Office of Coordinated School Health



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## Acknowledgments

Arkansas' 2005 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 2005.

Special thanks to the many organizations and individuals who provided support and cooperation for the 2005 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 the Health, Education, and Well-Being of Young People Through Coordinated School Health Programs.***
- ❖ The United States Centers for Disease Control and Prevention, Division of Adolescent 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.

## What is the Youth Risk Behavior Survey?

Developed by the United States Centers for Disease Control and Prevention (CDC) in Atlanta Georgia, the 84-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 2005, usable questionnaires were completed by 1,615 ninth through twelfth grade students who attended selected classes at scientifically sampled Arkansas public schools. 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.<sup>(1)</sup> 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 state's Youth Risk Behavior Survey results.

The 2005 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, 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, 2005, 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 1,615 students in 38 public high schools in Arkansas during the spring of 2005. The school response rate was 72%, the student response rate was 87%, and the overall response rate was 62%. 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' 2005 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 “2005 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 intentional and non-intentional injuries;
- ❖ tobacco use;
- ❖ alcohol and other drug use;
- ❖ sexual behaviors that result in HIV infection, other sexually transmittable diseases (STDs), and unintended 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.

When possible, the use of National Youth Risk Behavior Survey data results are compared to the Arkansas Youth Risk Behavior Survey data results. The National YRBS data is weighted data. Additional information about the national, state and local YRBS is available at [www.cdc.gov/yrbss](http://www.cdc.gov/yrbss).

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. <sup>(2)</sup>

## How Results Can Be Interpreted

Arkansas' 2005 Youth Risk Behavior Survey is a "snapshot in time" showing those drug-related and disease-producing behaviors reported by high school students during spring, 2005.

Answers in this survey were only as accurate as student's 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 91 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 10%.

Interested individuals may request additional information. Researchers and professionals wanting to build upon Arkansas' 2005 YRBS data may request detailed frequency tables from:

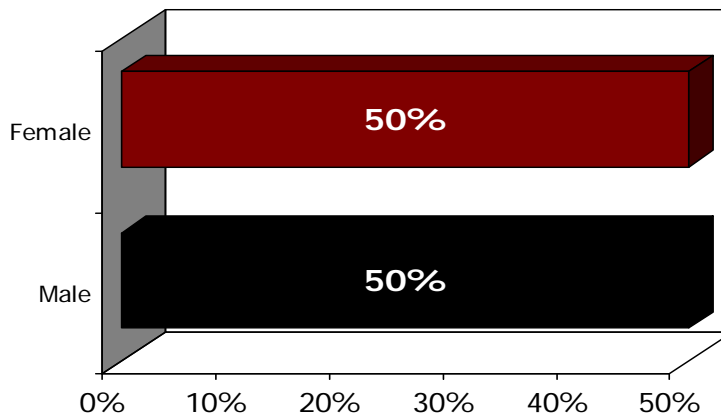
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## Demographics of Survey Participants:

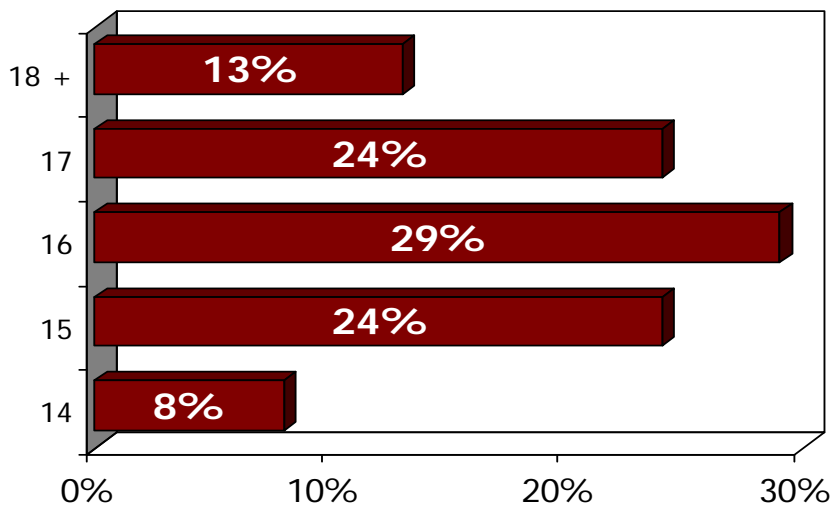
## ❖ Gender

Total number of survey participants = 1,615



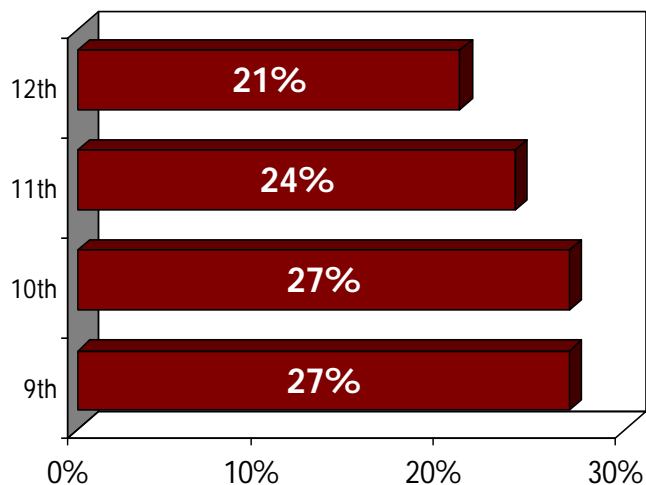
## ❖ Age

Total number of survey participants = 1,615



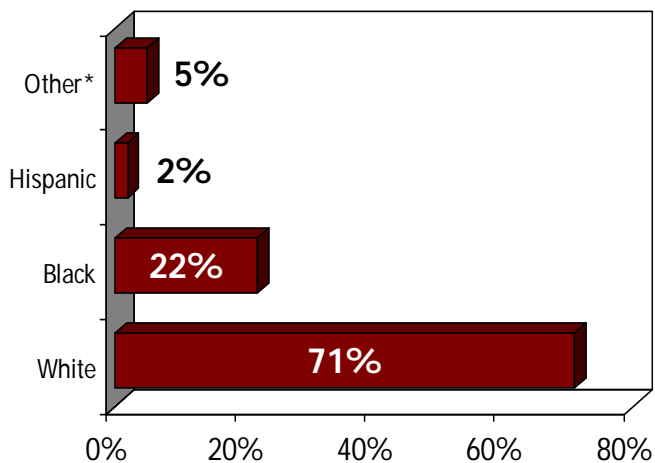
## ❖ Grade

Total number of survey participants = 1,615



## ❖ Race

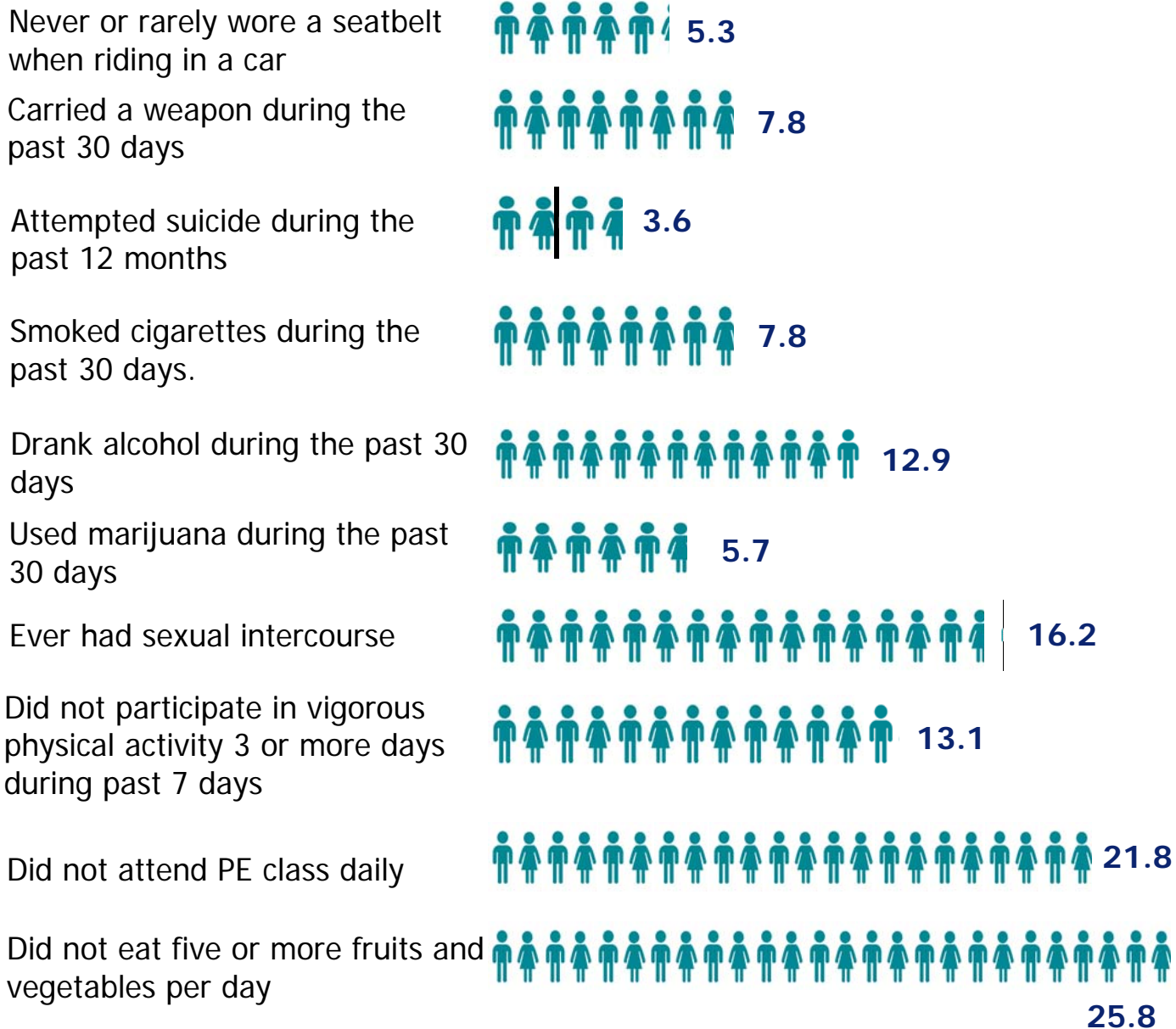
Total number of survey participants = 1,615



\* 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 - 2005

	<u>'95</u>	<u>'97</u>	<u>'99</u>	<u>'01</u>	<u>'05</u>
Students who did not go to school because they felt unsafe	5.4	5.1	4.7	7.6	6.3
Students who had been threatened with a weapon on school property.	8.7	8.3	9.8	9.4	9.6
Students who had been in a physical fight on school property	17.1	15.1	15.5	12.7	13.9
Students who had seriously considered suicide during past 12 months	24.0	22.2	17.9	19.6	19.2
Students who had smoked cigarettes on school property	13.9	15.8	13.8	11.0	8.3
Students who had drank alcohol on school property past 30 days	5.7	5.5	6.2	5.5	5.2
Students who had used marijuana on school property in past 30 days	5.4	7.5	5.8	4.1	4.1
Students who were offered, sold, or given an illegal drug on school property	26.7	25.9	20.8	21.1	29.2
Students who attended daily PE classes in average school week	28.4	28.8	31.3	30.2	27.2

\* 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 Intentional or Non-Intentional Injuries

- ❖ Twenty-five percent of students indicated that they carried a weapon on one or more of the past 30 days. Eleven percent of students indicated that they carried a weapon on school property on one or more of the past 30 days.
- ❖ Thirty-two percent of students cited 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.
- ❖ Approximately 28% 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. Thirteen 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.
- ❖ Nineteen 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.
- ❖ Fourteen 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

- ❖ Sixty-three percent of Arkansas high school students had tried cigarette smoking. Twenty-two percent smoked a whole cigarette for the first time before age 13. Fourteen percent of students used chewing tobacco at least once during the 30 days prior to the survey.
- ❖ Sixteen 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, 8% of students had smoked cigarettes 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 72% of ninth graders, 76% of tenth graders, 76% of eleventh graders, and 80% of twelfth graders. Thirty-one percent of students had their first drink of alcohol prior to age 13. Eleven percent of students reported using marijuana for the first time before age 13.
- ❖ Nine percent of students indicated they had used methamphetamines one or more times in their life.

- ❖ Ten percent of students indicated they had used cocaine (any form) on one or more times during their life, with 5% 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.
- ❖ Forty-two percent of students reported they drank a usual type of alcohol during the 30 days prior to the survey.
- ❖ Twenty-nine 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 Transmittable Diseases (STDs), and Unintended Pregnancies**

- ❖ Fifty-four percent of Arkansas high school students reported that they had sexual intercourse. Nine percent reported that they had sexual intercourse for the first time prior to age 13. Twenty-five percent reported having sexual intercourse with four or more people during their life.
- ❖ Of students who had sexual intercourse during the past three months, 57% used a condom and 20% used birth control pills during the last sexual intercourse.
- ❖ Of the students who had sexual intercourse during the past 3 months, 22% reported drinking alcohol or used drugs before last sexual intercourse.
- ❖ Eighty-four percent of students reported being taught about AIDS or HIV infection in school.

## **Key Findings Related to Dietary Behaviors**

- ❖ Thirty-three percent of students described themselves as slightly or very overweight. Forty-nine percent were trying to lose weight. Sixty-five percent of the female students and 33% of the male students reported trying to lose weight.
- ❖ Seventy-six percent of students reported that they had eaten fruit one or more times during the past seven days prior to the survey. Fifty-six percent had eaten a green salad and 47% had eaten vegetables (other than carrots) one or more times the past seven days prior to the survey.
- ❖ Ten 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-six percent of the students reported they attended PE Classes on one or more days in an average school week.
- ❖ Thirty-one 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-nine percent of the students reported watching three or more hours of TV on an average school day.

## Behaviors that Result in Unintentional and Intentional Injuries

*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.<sup>(3)</sup> Head injury is the leading cause of death in bicycle crashes,<sup>(4;5)</sup> and helmet use protects against head injury.<sup>(6;7)</sup> Estimates indicate bicycle helmets might prevent approximately 56% of bicycle related deaths.<sup>(8)</sup>
- ❖ **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.<sup>(9)</sup> Proper use of lap and shoulder belts reduces the risk of fatal injury to front-seat passengers by 45% and the risk of moderate-to-critical injury by 50%.<sup>(10)</sup>
- ❖ **Vehicle Safety – Drinking and Driving:** In 2000, 5% of 15-20 year old drivers who were involved in crashes that resulted in injuries had been drinking alcohol. In addition, 22% of 15-20 year old drivers involved in fatal crashes also had been drinking alcohol.<sup>(11)</sup> Alcohol use is associated with 20% of fatalities among those less than 15 years old.<sup>(12)</sup>
- ❖ **Violence-Related Behaviors:** Homicide is the second leading cause of death among all youth ages 15-19 years (9.4 per 100,000) and is the leading cause of death among black youth aged 15-19 years (32.7 per 100,000).<sup>(9)</sup> In 2001, 83% of homicide victims 15 to 19 years old were killed with firearms.<sup>(9)</sup> Of all violent deaths that occurred on school property between 1994 and 1999, 75% involved firearms.<sup>(13)</sup>
- ❖ **Violence- Physical Fighting:** Physical fighting is an antecedent for many fatal and nonfatal injuries.<sup>(14)</sup> Forced sexual intercourse has been associated with poorer physical<sup>(10)</sup> and mental health among women.<sup>(15; 16)</sup>
- ❖ **Violence – Suicide:** Suicide is the third leading cause of death among youth aged 15-19.<sup>(9)</sup> The suicide rate for persons aged 15-19 was 7.9 per 100,000 in 2001 down from a high of 10.9 per 100,000 in 1994.<sup>(9)</sup>

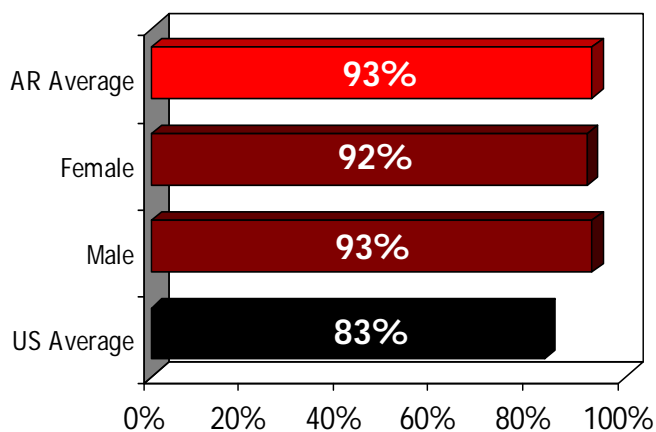
## Related Health Objectives for the Year 2010

- 15-19      Increase use of seatbelts to 92%. (17) (pg. 15-29,30)
- 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%. (17) (pg. 26-19, 20)
- 15-39      Reduce weapon carrying by adolescents on school property to 4.9%. (17) (pg. 15-52)
- 15-38      Reduce physical fighting among adolescent students to 32%. (17) (pg. 15-51)
- 18-02      Reduce the rate of suicide attempts by adolescents to 1%. (17)(pg.18-13)

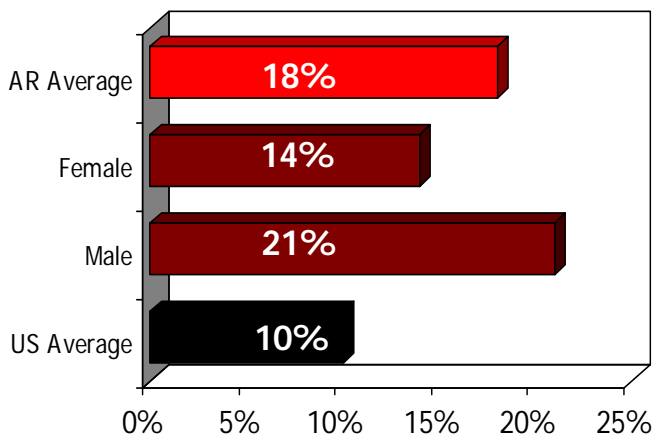
## ❖ Vehicle Safety

*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**



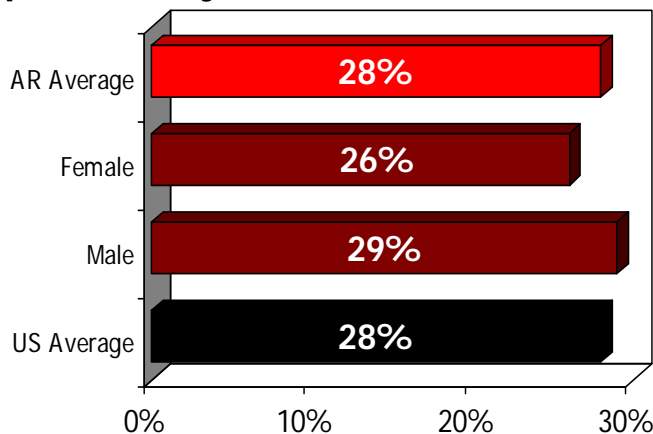
**Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.**



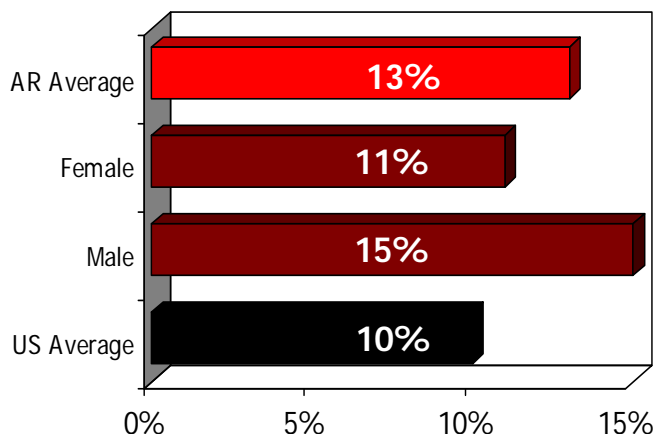
## ❖ Vehicle Safety - Drinking and Driving

*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.**



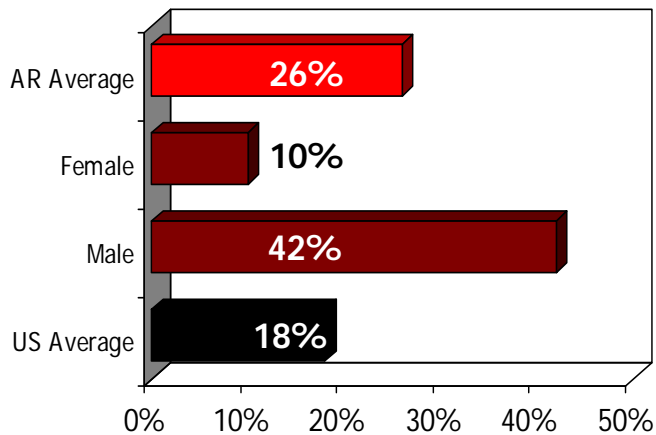
**Percentage of students who drove a car or other vehicle when they had been drinking alcohol one or more times during the past 30 days**



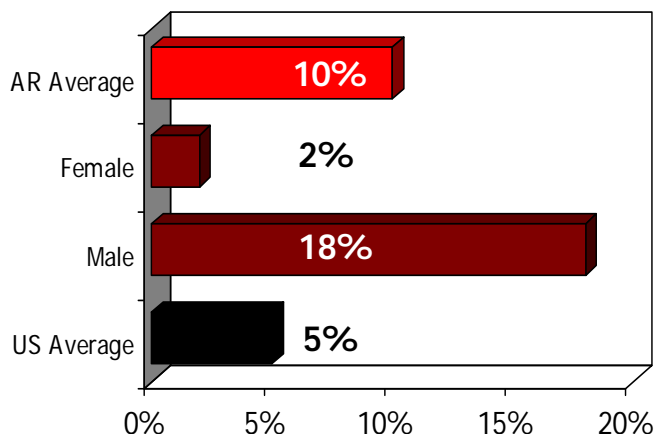
## ❖ Violence - Related Behaviors

*These questions measure violence-related behaviors.*

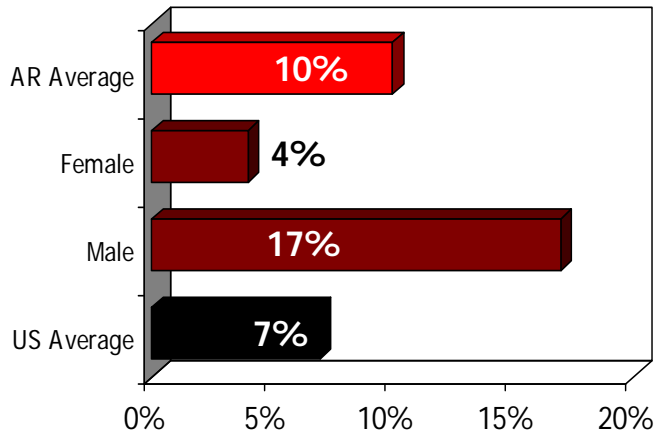
**Percentage of students who carried a weapon such as a gun, knife or club on one or more of the past 30 days.**



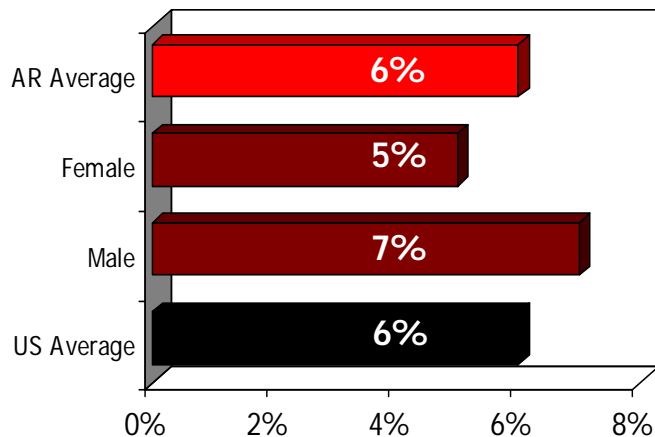
**Percentage of students who carried a gun on one or more of the past 30 days.**



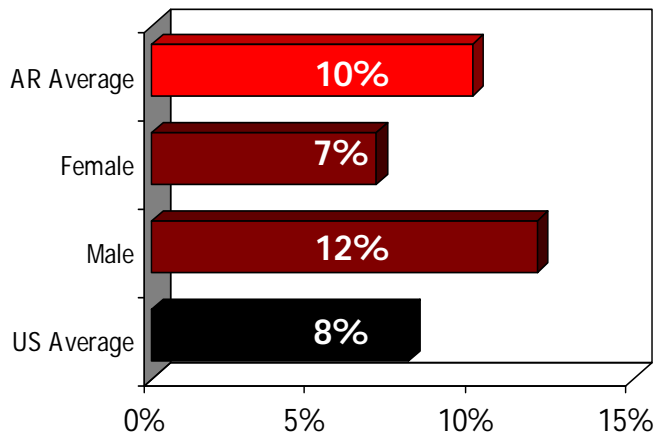
Percentage of students who carried a gun, knife, or club on school property on one or more of the past 30 days.



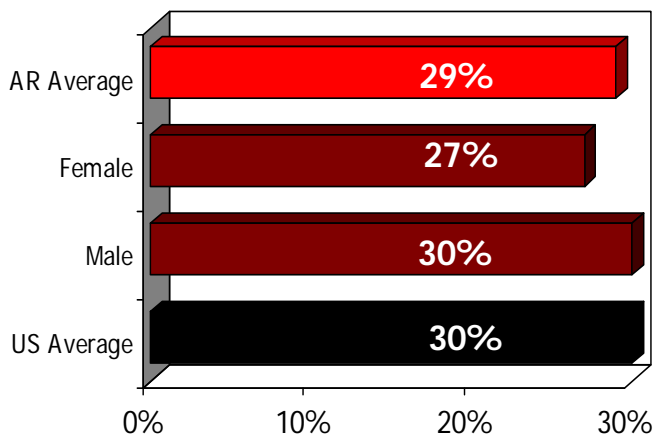
Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school on one of the past 30 days.



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.



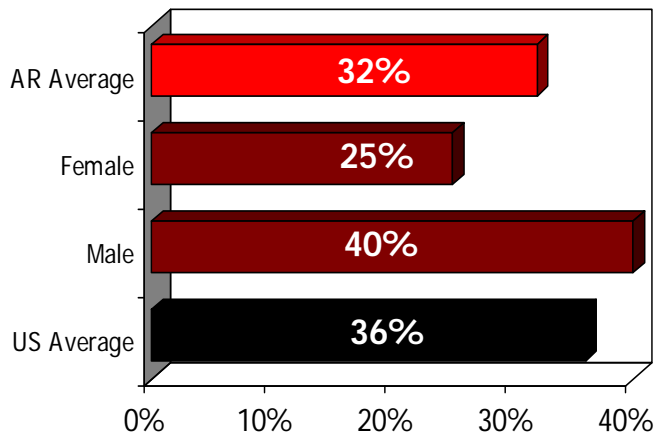
Percentage of students who had property, such as their car, clothing or books stolen or deliberately damaged on school property one or more times during the past 12 months.



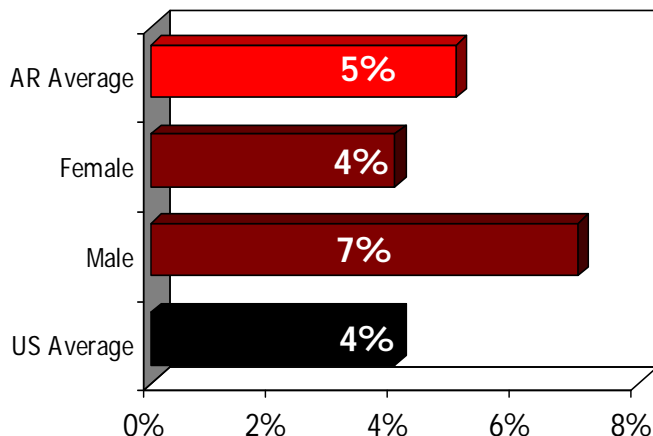
## ❖ Violence - Physical Fighting

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

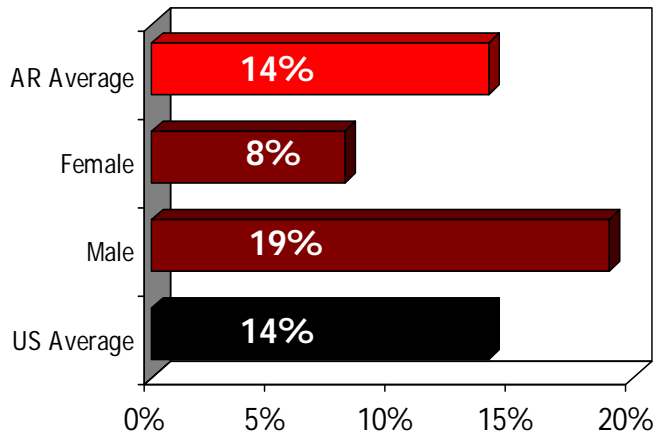
**Percentage of students who were in a physical fight one or more times during the past 12 months.**



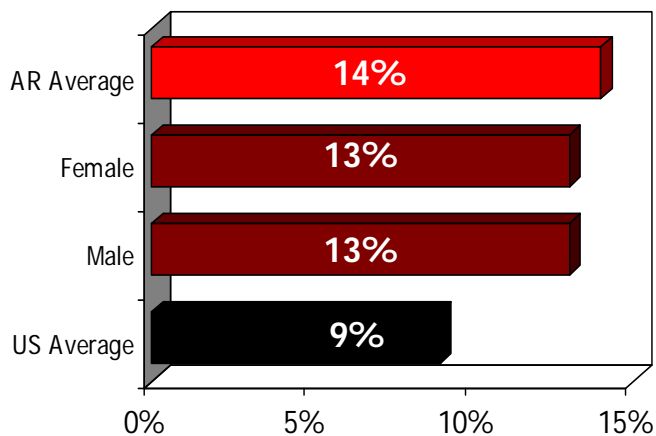
**Percentage of students who were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months.**



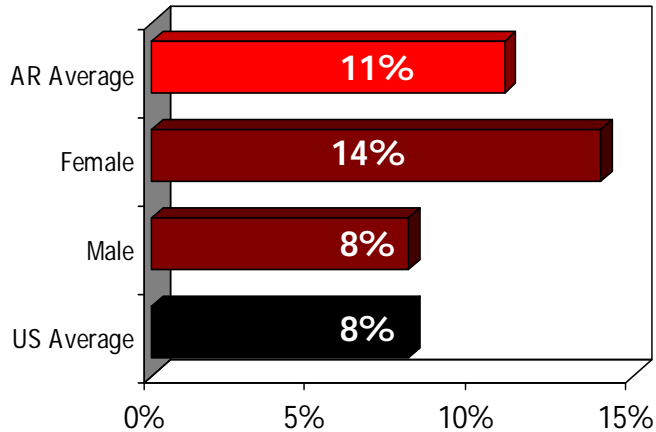
Percentage of students who were in a physical fight on school property one or more times during the past 12 months.



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



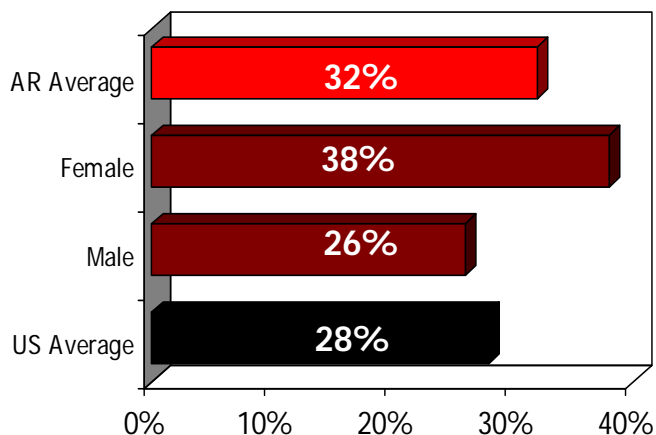
Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to.



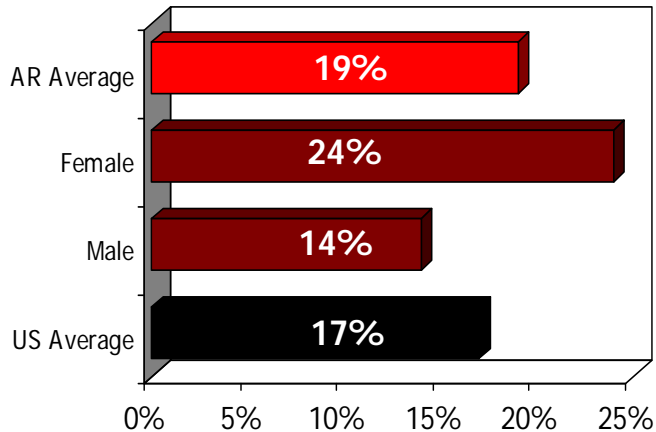
## ❖ Violence - Suicide

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

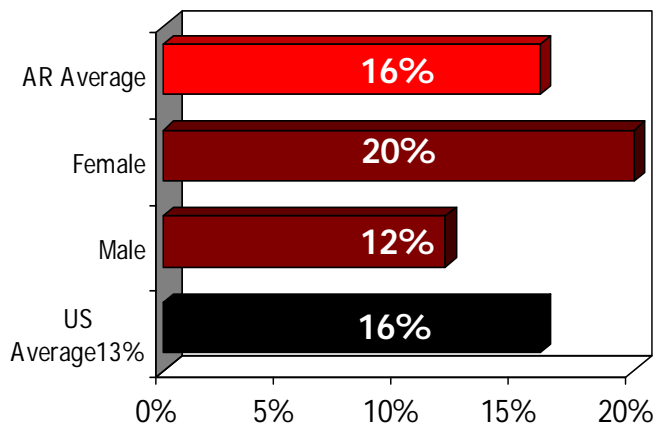
Percentage of students who felt so sad or hopeless everyday for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.



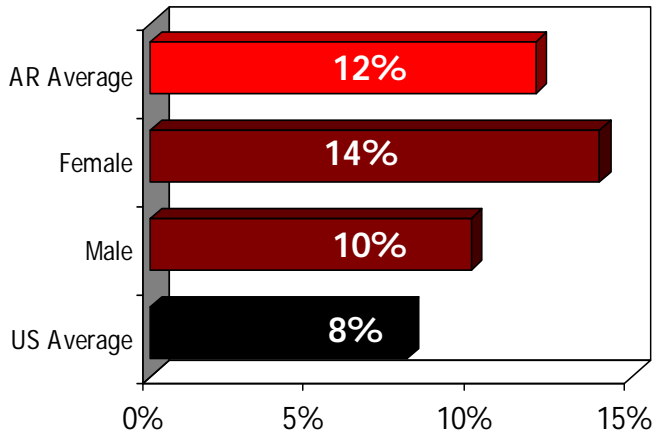
Percentage of students who seriously considered attempting suicide during the past 12 months.



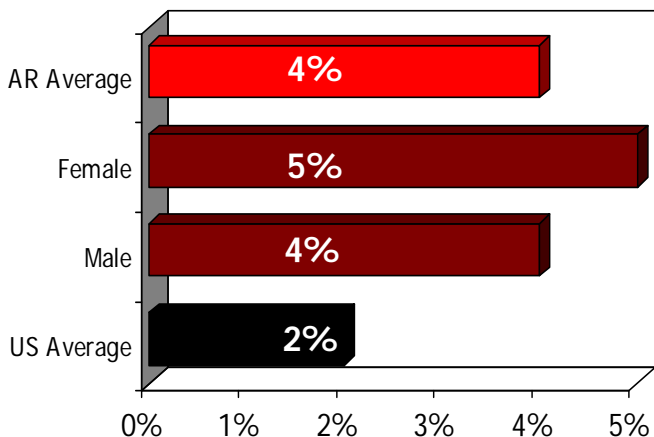
Percentage of students who made a plan about how they would attempt suicide during the past 12 months.



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



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

- ❖ Tobacco use is considered the chief preventable cause of death in the United States<sup>(18)</sup> with 18% of all deaths attributable to tobacco use.<sup>(7)</sup> 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.<sup>(18)</sup> In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in physical fight, carry a weapon, and attempt suicide.<sup>(19)</sup> 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.<sup>(20)</sup>
- ❖ Approximately 75% of oral cavity and pharyngeal cancers are attributed to the use of smoked and smokeless tobacco.<sup>(21)</sup> Use of smokeless tobacco also causes gum recession and an increased risk of heart disease and stroke.<sup>(22)</sup> Additionally, cigar smoking can cause lung cancer, coronary heart disease, and chronic obstructive pulmonary disease.<sup>(23)</sup>

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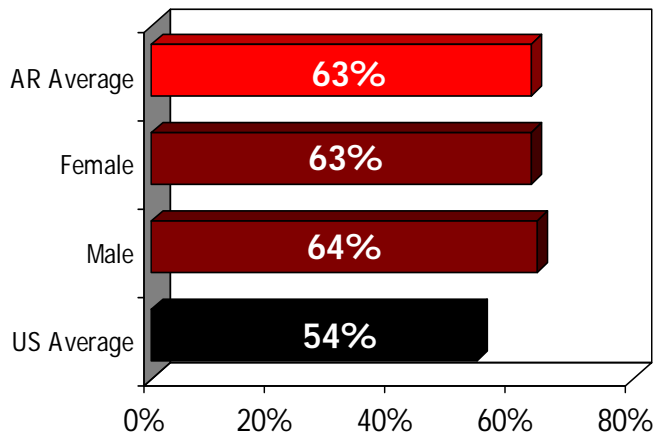
### Related Health Objectives for the Year 2010

- |        |  |
|--------|--|
| 27-02a | Reduce the use of tobacco products in the past month by adolescents to 21%. <sup>(17)(pg. 27-12)</sup> |
| 27-02b | Reduce the use of cigarette in the past month by adolescents by 16%. <sup>(17)(pg. 27-12)</sup>        |
| 27-07  | Increase tobacco use cessation attempts by adolescent smokers to 84%. <sup>(17)(pg. 27-21)</sup>       |
| 27-02c | Reduce use of spit tobacco in the past month by adolescents to 1%. <sup>(17)(pg. 27-12)</sup>          |
| 27-02d | Reduce use of cigars in the past month by adolescents to 8%. <sup>(17)(pg.27-12)</sup>                 |

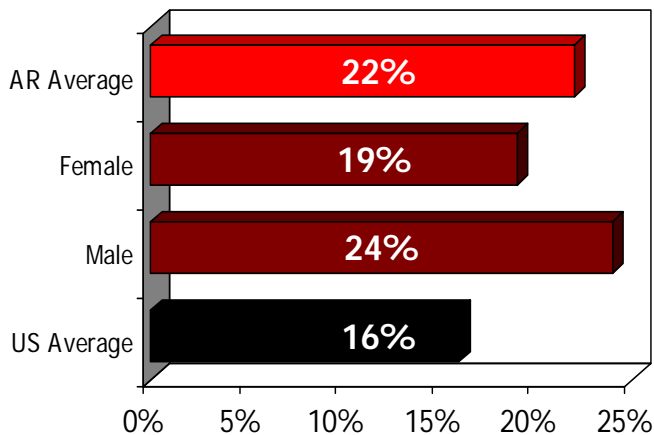
## ❖ Tobacco Use - Cigarette Smoking

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

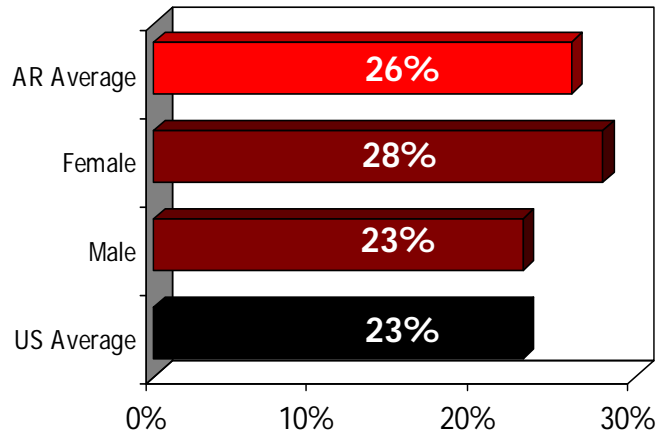
**Percentage of students who ever tried cigarette smoking, even one or two puffs.**



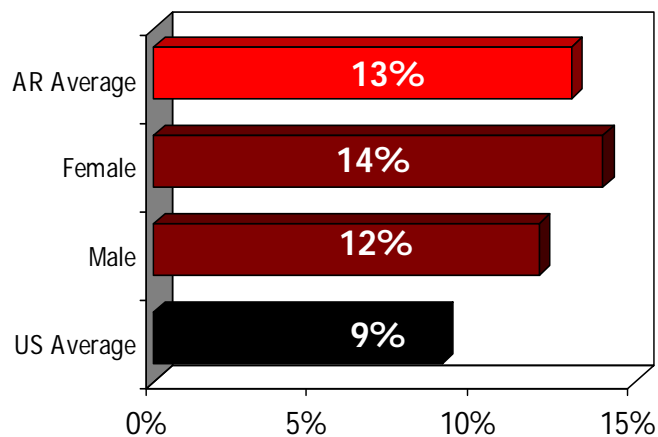
**Percentage of students who smoked a whole cigarette for the first time before age 13 years.**



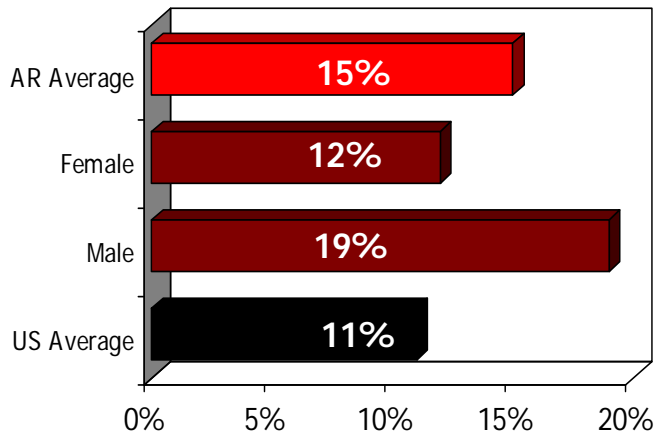
Percentage of students who smoked cigarettes on one or more of the past 30 days.



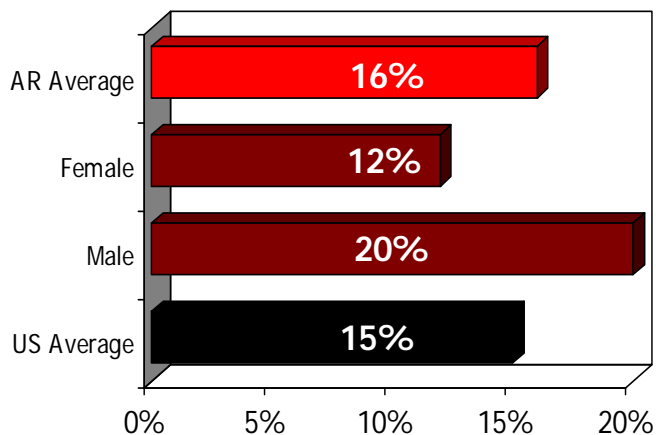
Percentage of students who smoked cigarettes on 20 or more of the past 30 days.



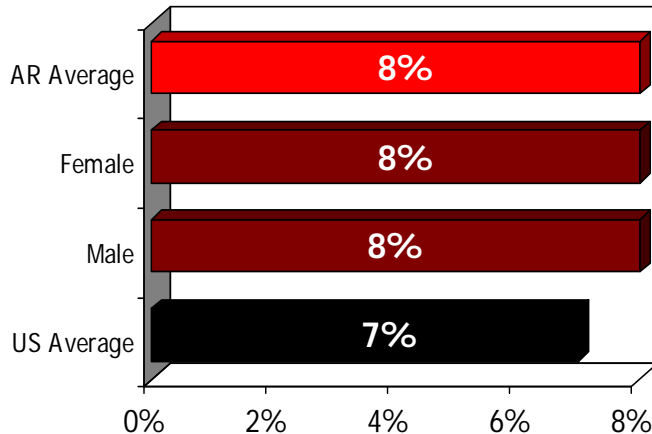
Among students who are current smokers, the percentage of students who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days.



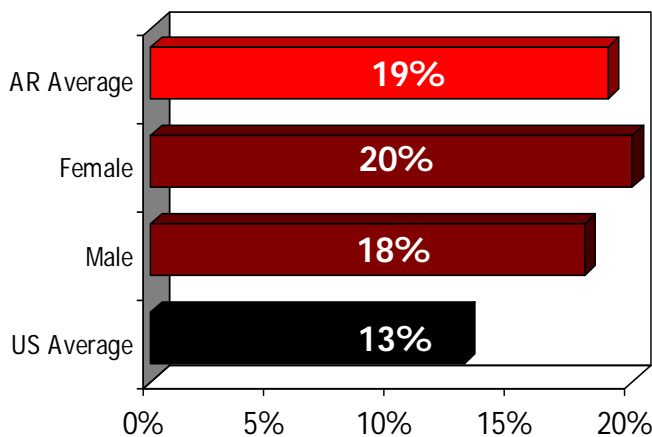
Among students who are less than 18 years of age and who are current smokers, the percentage of students who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.



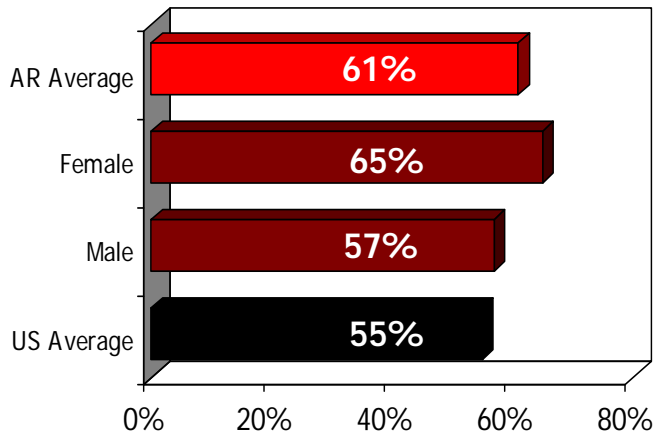
Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.



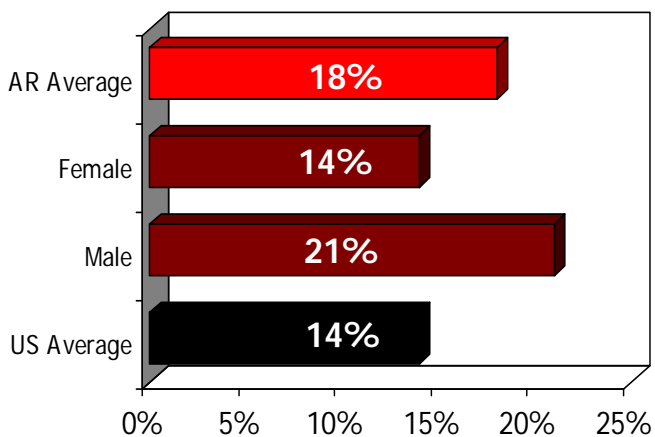
Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days.



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



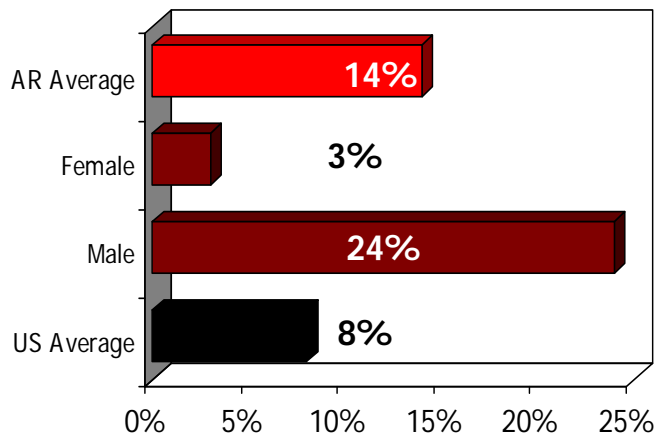
Percentage of students who ever smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.



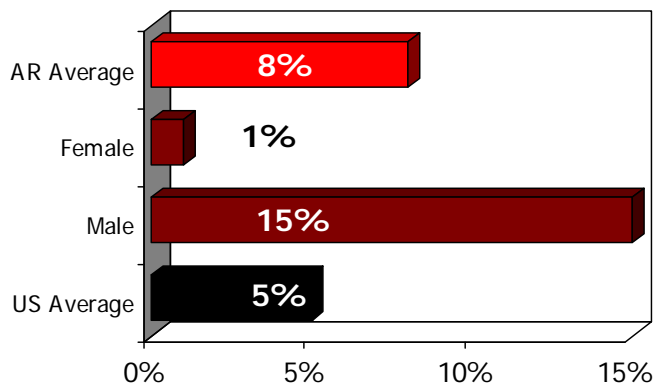
### ❖ Tobacco Use - Smokeless Tobacco

*These questions measure smokeless tobacco use.*

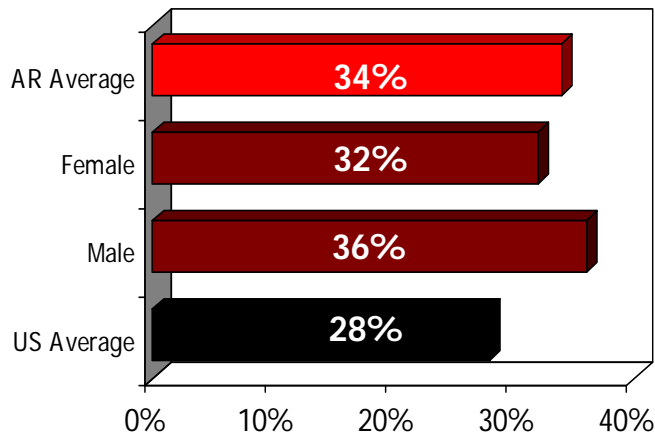
**Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.**



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



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.



## 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.*

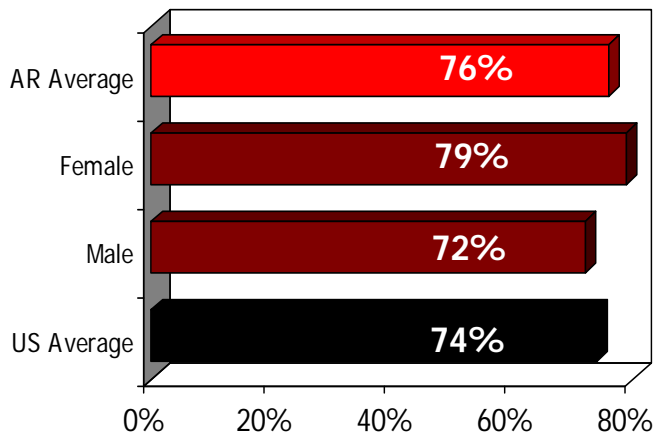
### Rationale

- ❖ **Alcohol Use:** Motor vehicle crashes are the leading cause of death among youth aged 15-19 in the United States.<sup>(9)</sup> Alcohol use is associated with 10% of all motor vehicle crashes that result in injury<sup>(11)</sup> and more than one-third of all motor vehicle crash fatalities.<sup>(24)</sup> Heavy drinking among youth is associated with risky sexual behavior (including sexual initiation, multiple sex partners, condom use and pregnancy)<sup>(25)</sup> and use of cigarettes,<sup>(26; 27)</sup> marijuana, cocaine, and other illegal drugs.<sup>(26)</sup>
- ❖ **Drug Use:** Drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmittable diseases (STDs), including human immunodeficiency virus (HIV) infection.<sup>(28)</sup> Drug use is greater among youth in the U.S. than has been documented in any other industrialized nation in the world.<sup>(29)</sup>

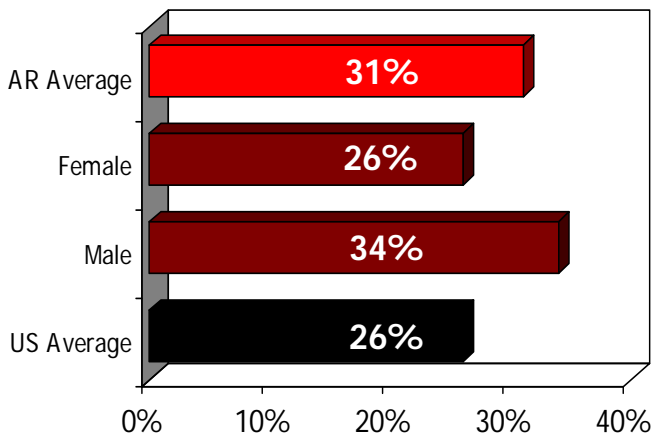
## ❖ Alcohol Use

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

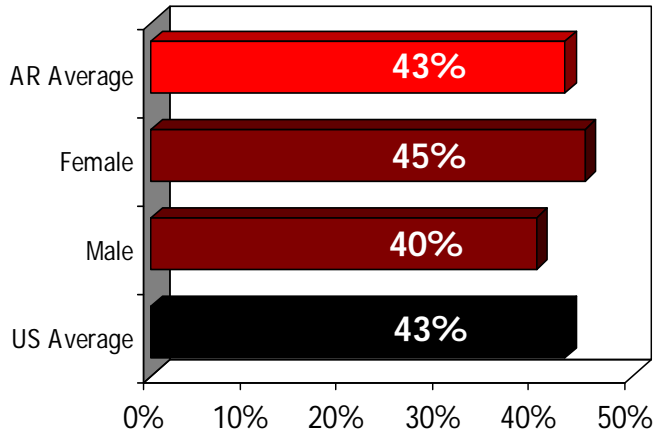
**Percentage of students who had at least one drink of alcohol on one or more days during their life.**



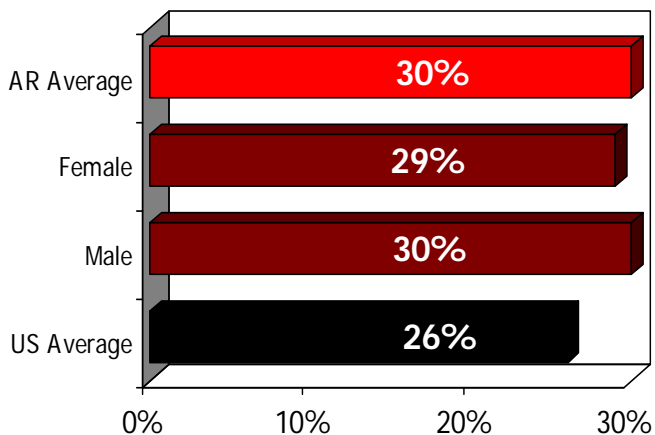
**Percentage of students who had their first drink of alcohol other than a few sips before age 13 years.**



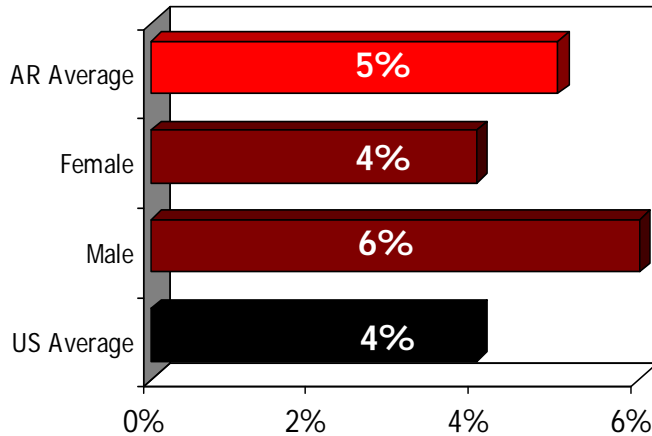
**Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.**



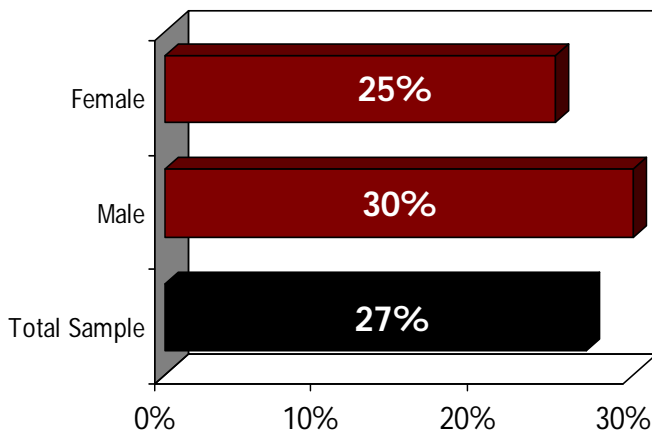
**Percentage of students who had five or more drinks in a row, that is, within a couple of hours, on one or more of the past 30 days.**



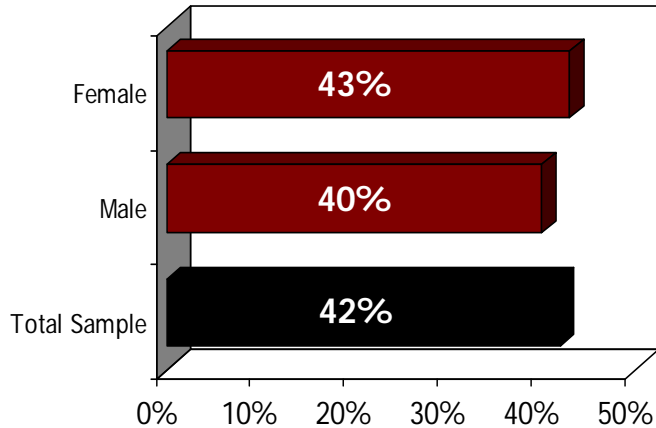
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.



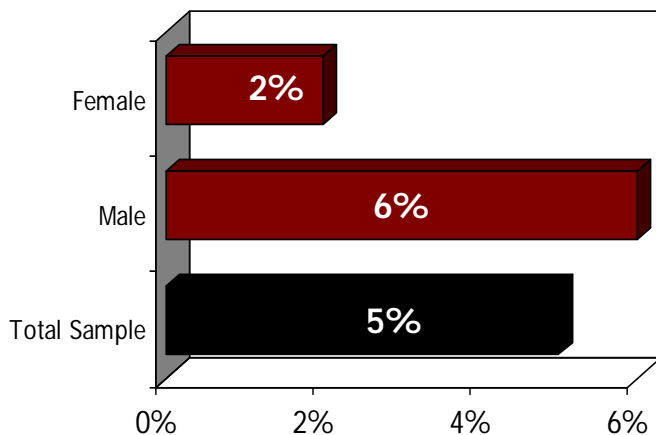
Percentage of students who drank beer and had a usual brand of beer during the past 30 days.



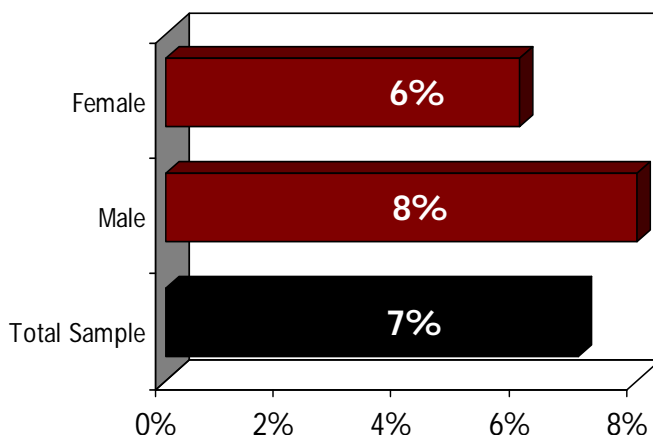
Percentage of students who drank a usual type of alcohol during the past 30 days.



Percentage of students who bought their own alcohol during the past 30 days.



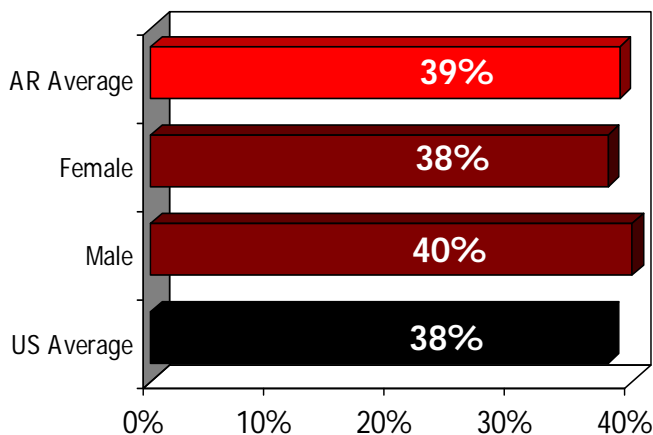
Percentage of students who usually drank alcohol in public during the past 30 days.



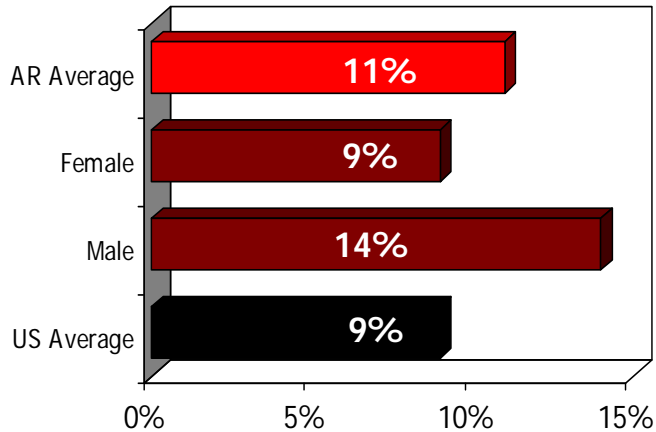
## ❖ Drug Use

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

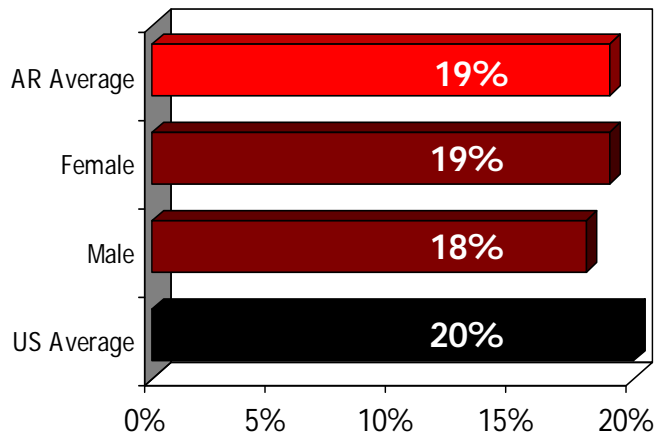
Percentage of students who used marijuana one or more times during their life.



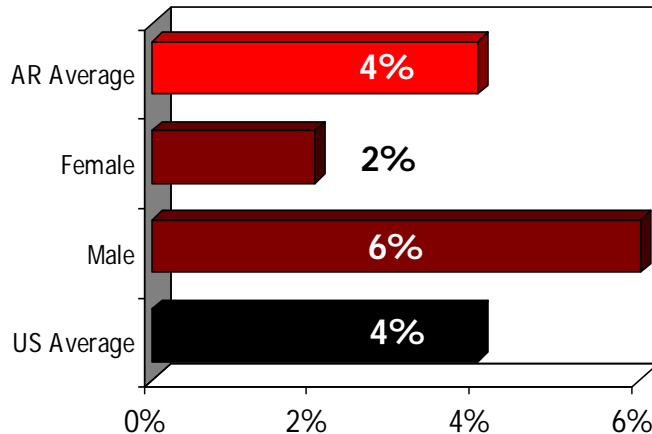
Percentage of students who tried marijuana for the first time before age 13 years.



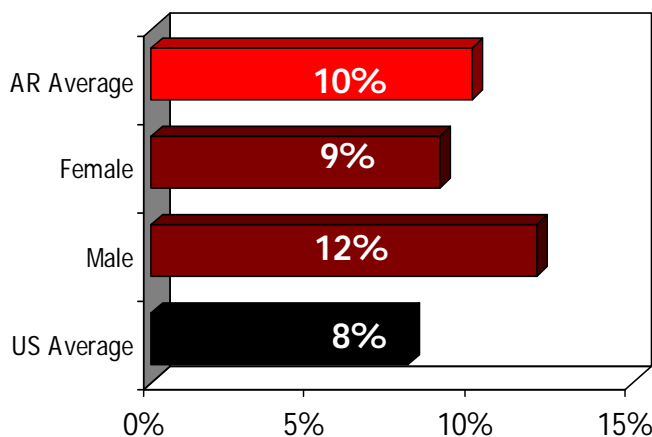
Percentage of students who used marijuana one or more times during the past 30 days.



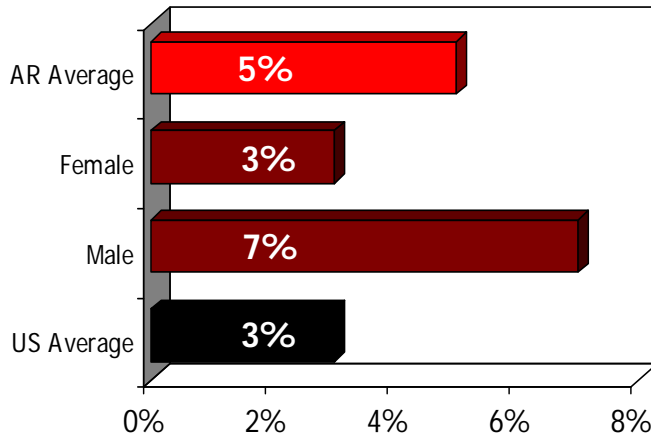
**Percentage of students who tried marijuana on school property one or more times during the past 30 days.**



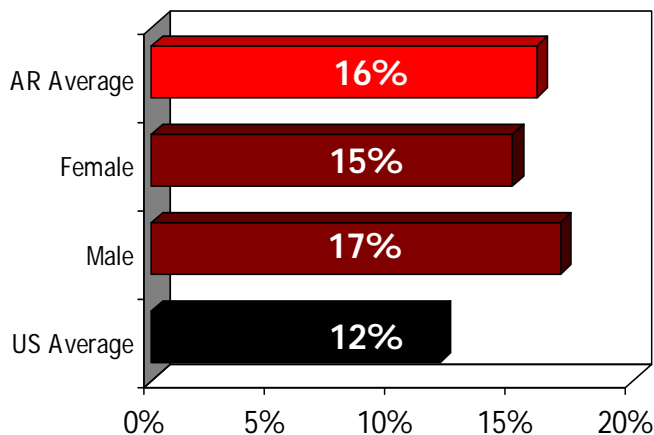
**Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life.**



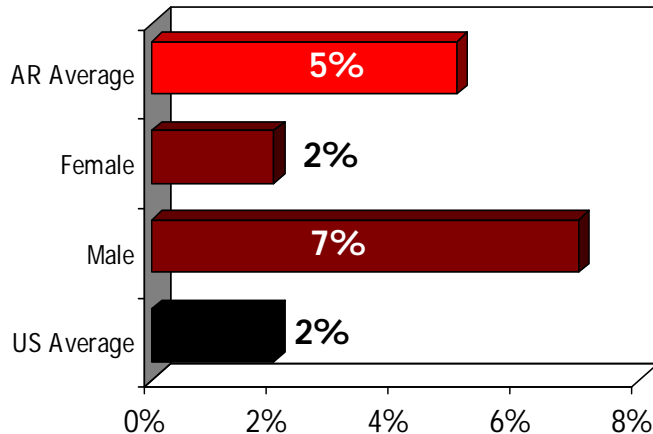
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days.



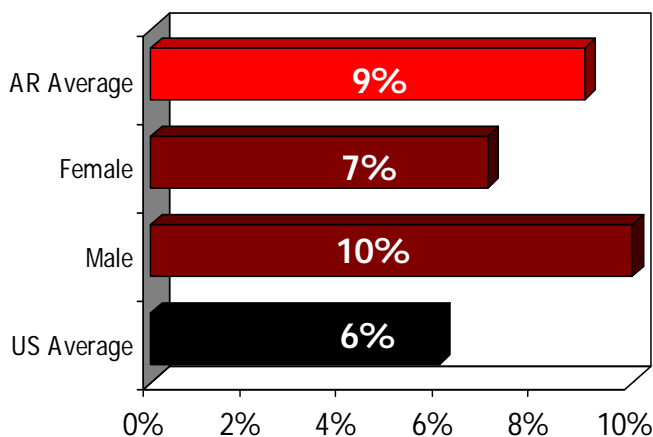
Percentage of students who sniffed glue, breathed contents of aerosol spray cans, or inhaled any paint or sprays to get high one or more times during their life.



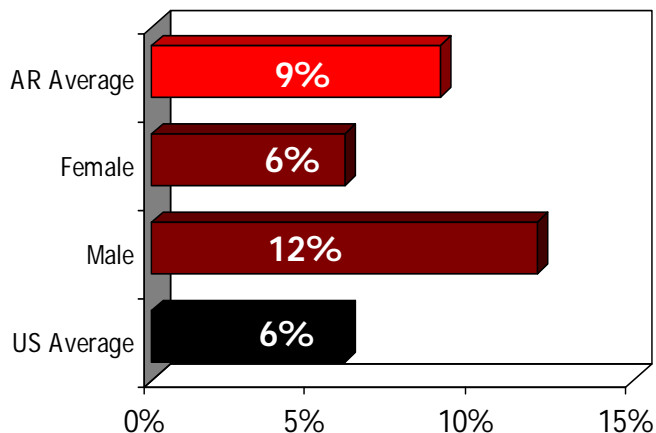
Percentage of students who used heroin one or more times during their life.



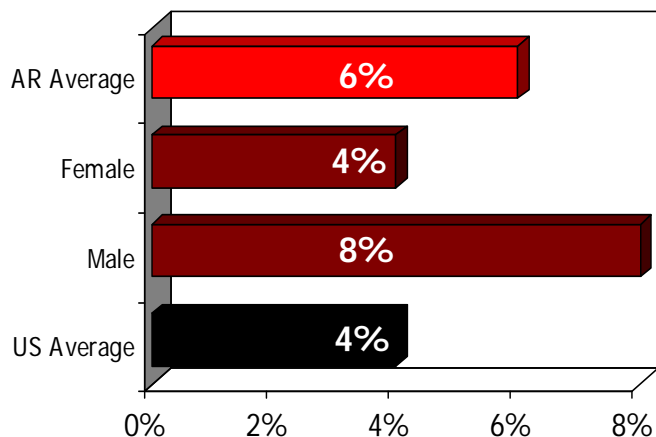
Percentage of students who used methamphetamines one or more times during their life.



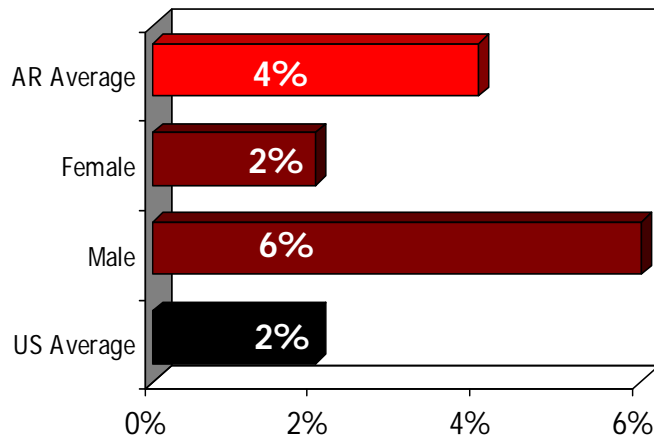
Percentage of students who used ecstasy one or more times during their life.



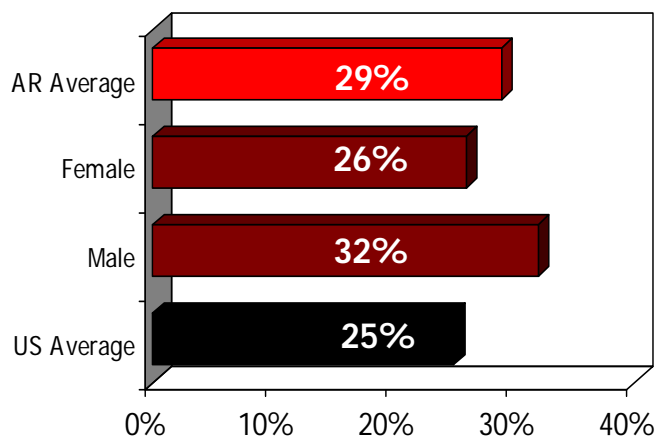
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.



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 Result in HIV Infection. Other Sexually Transmissible 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:** Age at first intercourse and number of sexual partners is associated with increased risk for unwanted pregnancy and other sexually transmitted infections, including HIV.<sup>(30)</sup>
- ❖ **AIDS, HIV & STDs:** Gonorrhea rates are highest among females between the ages of 15 and 19 (715.8 cases per 100,000 females) and males between the ages of 20 and 24 (589.7 cases per 100,000 males).<sup>(31)</sup> Through 2002, 13% of persons diagnosed with HIV/AIDS were 13-24 years old at diagnosis.<sup>(32)</sup>

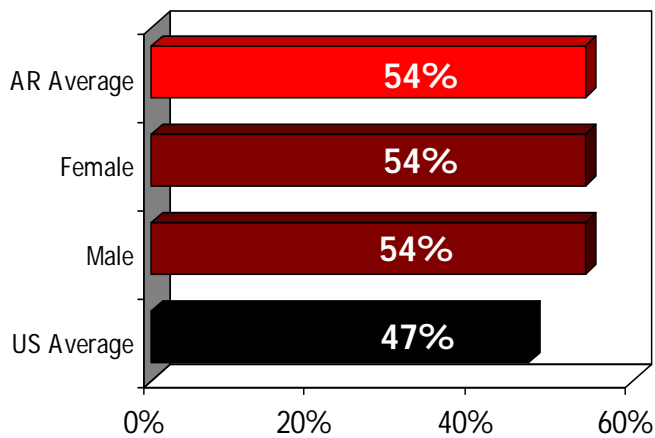
### Related Health Objectives for the Year 2010

- 25-11      Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active to 95%.<sup>(17)(pg.25-25)</sup>

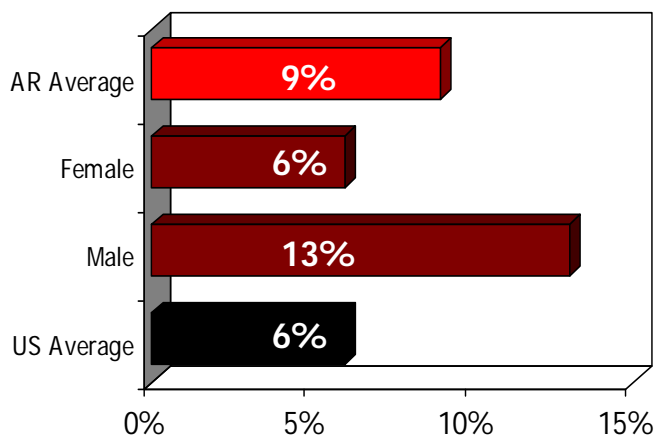
## ❖ Sexual Activity

*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.*

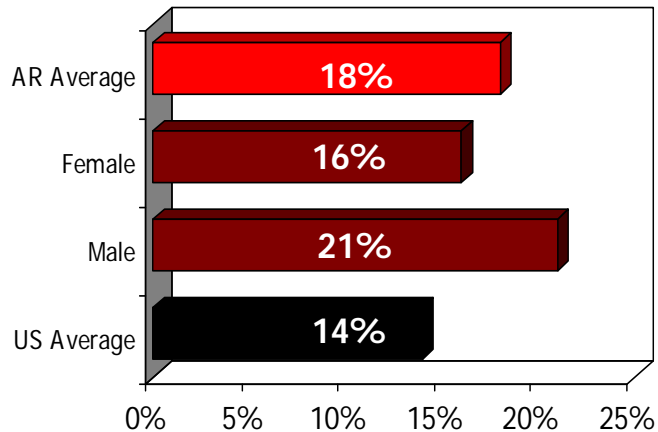
**Percentage of students who ever had sexual intercourse.**



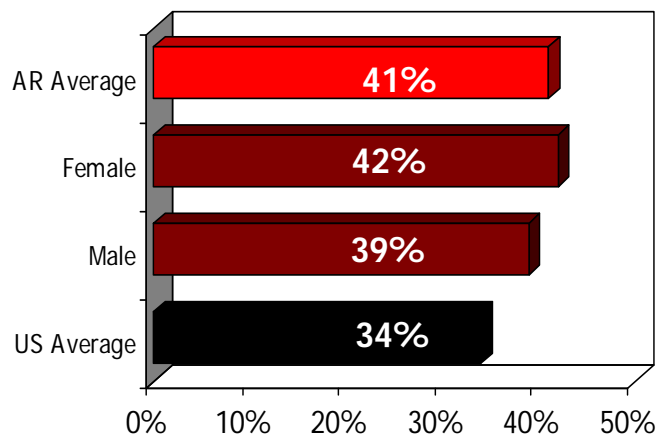
**Percentage of students who had sexual intercourse for the first time before age 13 years.**



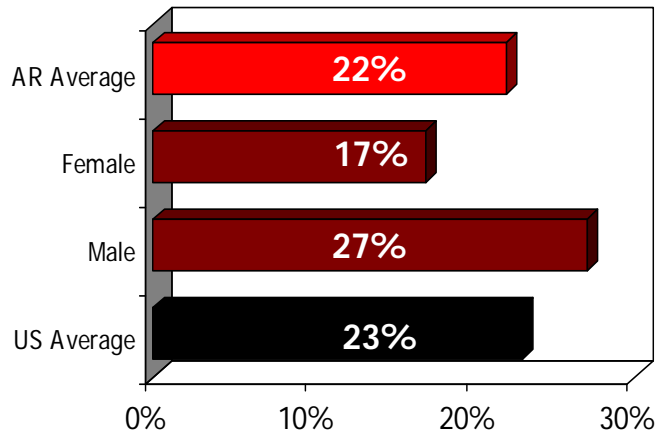
**Percentage of students who ever had sexual intercourse with four or more people during their life.**



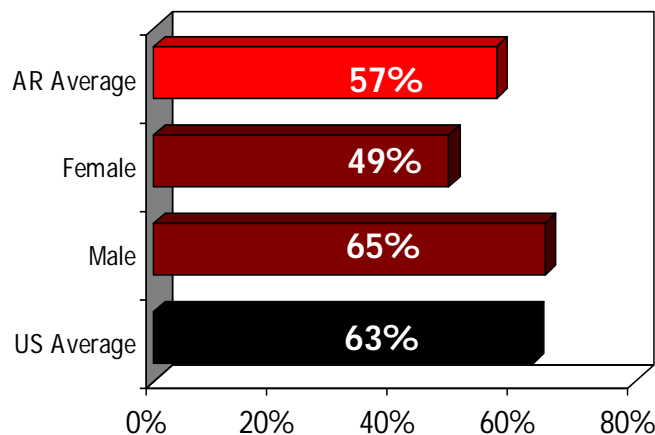
**Percentage of students who had sexual intercourse with one or more people during the past 3 months.**



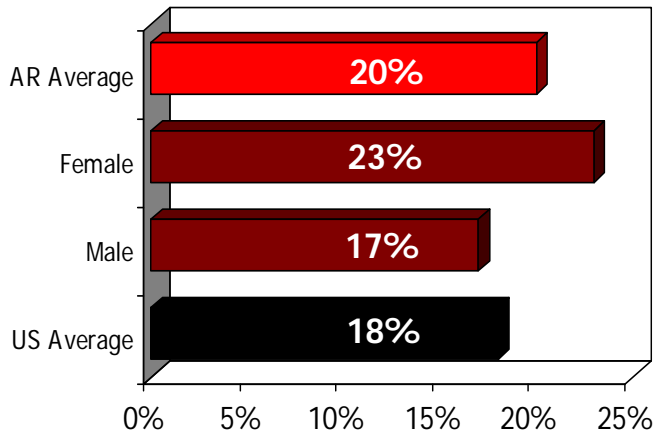
Among students who had sexual intercourse during the past 3 months, the percentage who drank alcohol or used drugs before last sexual intercourse.



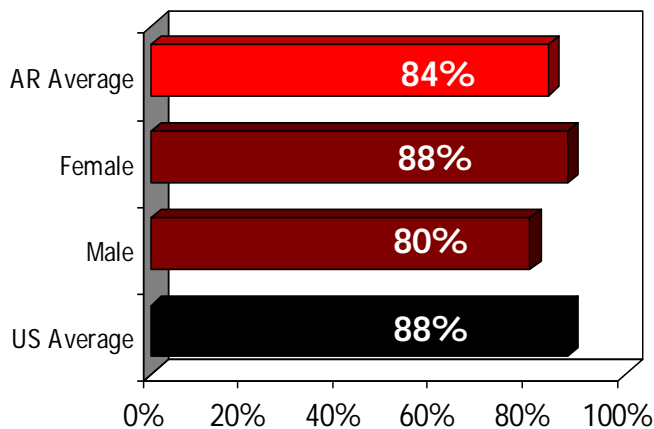
Among students who had sexual intercourse during the past 3 months, the percentage of students who used a condom during last sexual intercourse.



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.



## 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.*

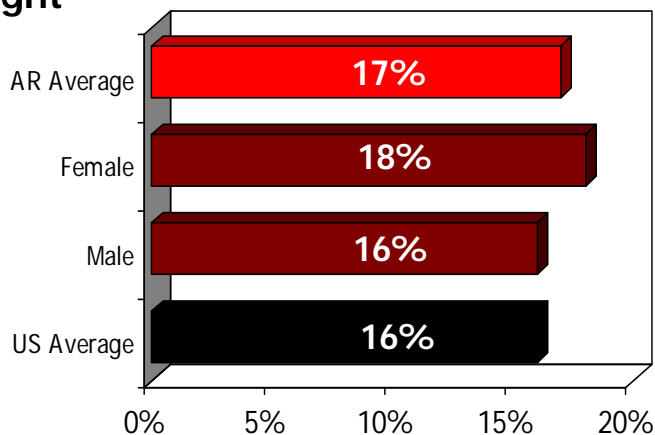
### Rationale

- ❖ **Obesity:** Overweight and obesity are increasing in both genders and among all population groups. In 2001-2002, there were more than twice as many overweight children and more than three times as many overweight adolescents as there were in 1980.<sup>(33)</sup> 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.<sup>(1)</sup> Overweight or obesity acquired during childhood or adolescence may persist into adulthood.<sup>(34)</sup>
- ❖ **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.<sup>(35-40)</sup> Milk is by far the largest single source of calcium for high school students.<sup>(41)</sup> Calcium is essential for the forming and maintaining healthy bones and teeth. Low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis.<sup>(39; 42)</sup>

### ❖ Obesity

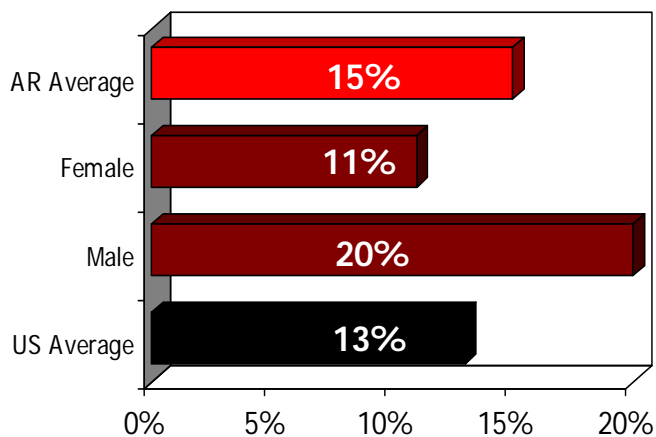
*These questions measure self-perceptions of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems*

#### Percentage of students who were at risk for becoming overweight\*



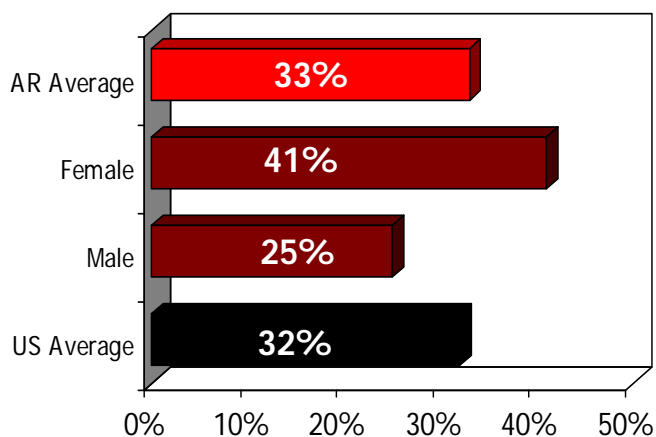
\* At or below the 85<sup>th</sup> percentile but below the 95<sup>th</sup> percentile for body mass index, by age and sex

## Percentage of students who were overweight\*

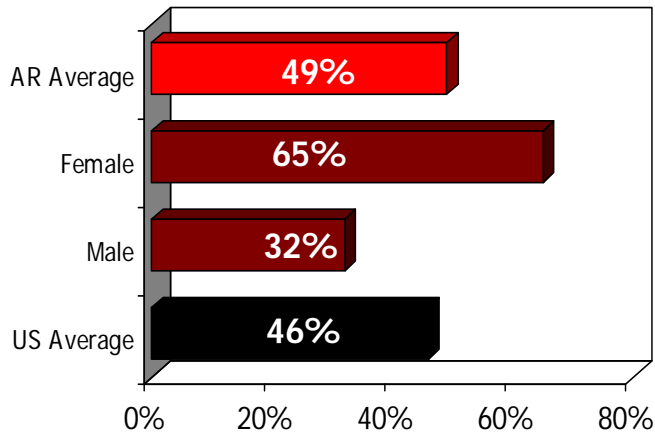


\* At or above the 95<sup>th</sup> percentile for body mass index, by age and sex

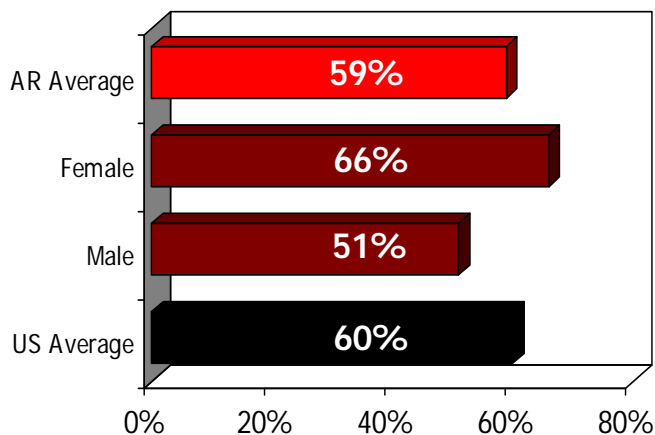
## Percentage of students who described themselves as slightly or very overweight.



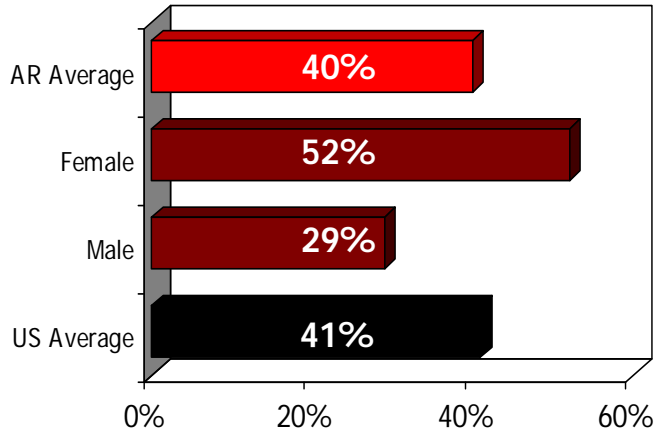
Percentage of students who were trying to lose weight.



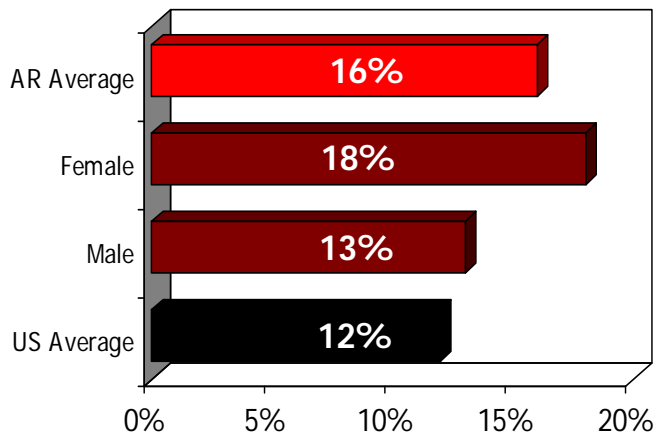
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.



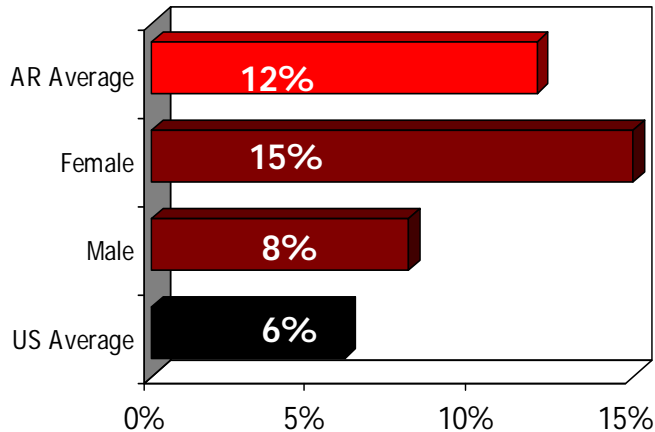
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.



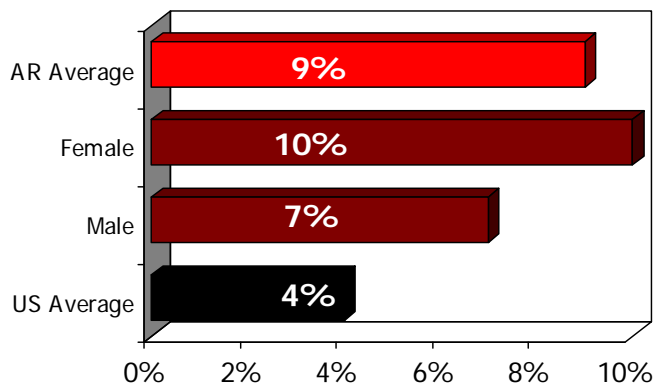
Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.



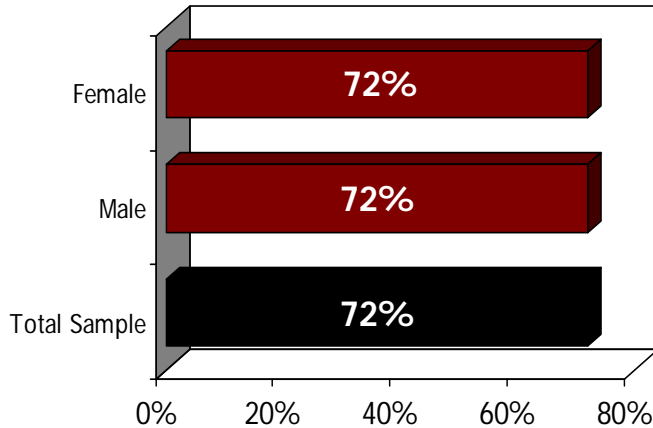
Percentage of students who took diet pills, powder, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.



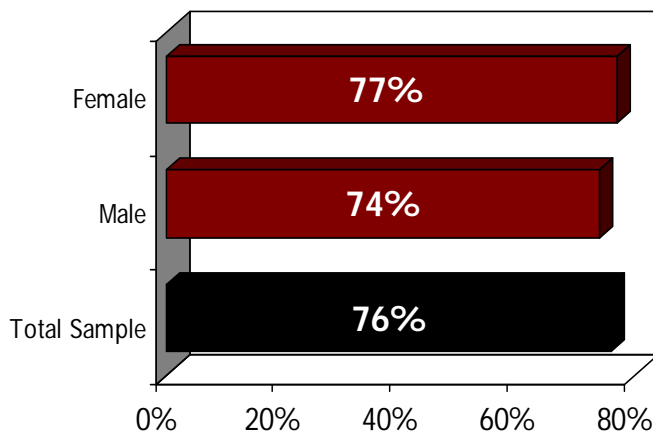
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.



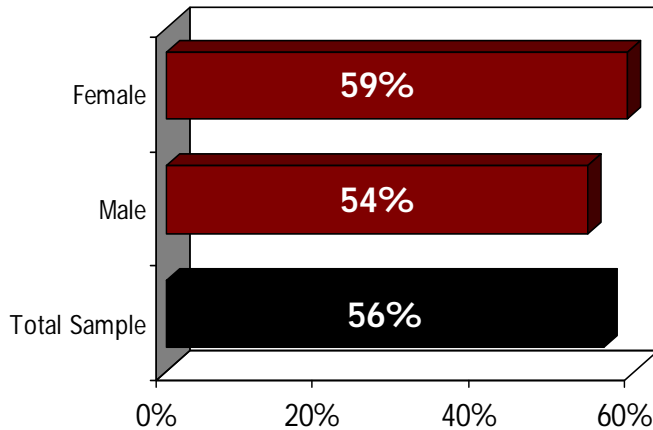
Percentage of students who drank 100% fruit juices during the past 7 days.



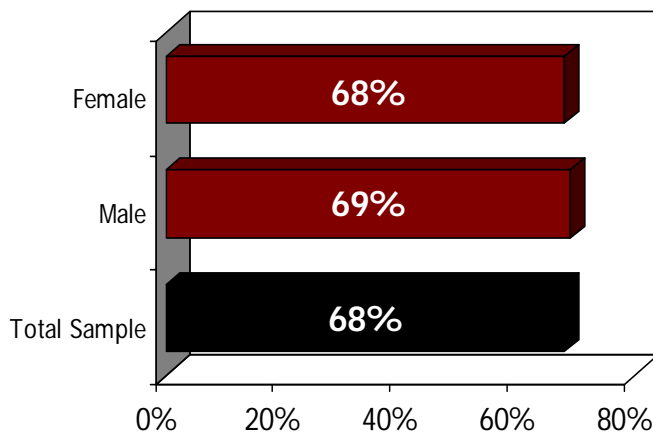
Percentage of students who ate fruit one or more times during the past seven days.



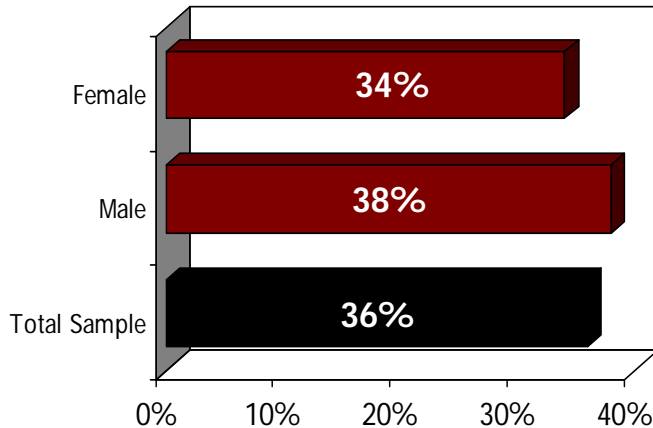
Percentage of students who ate green salad one or more times during the past seven days.



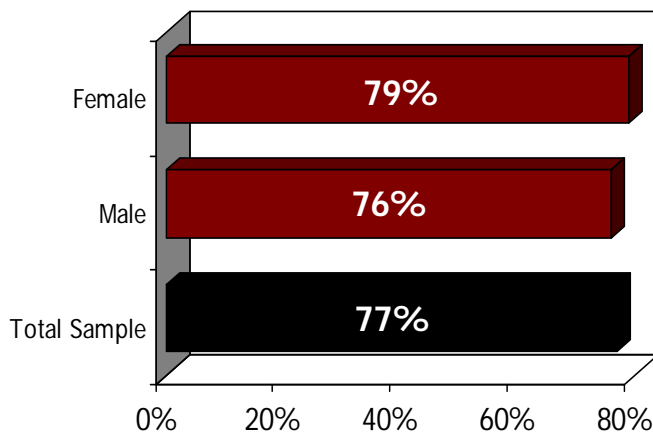
Percentage of students who ate potatoes one or more times during the past seven days.



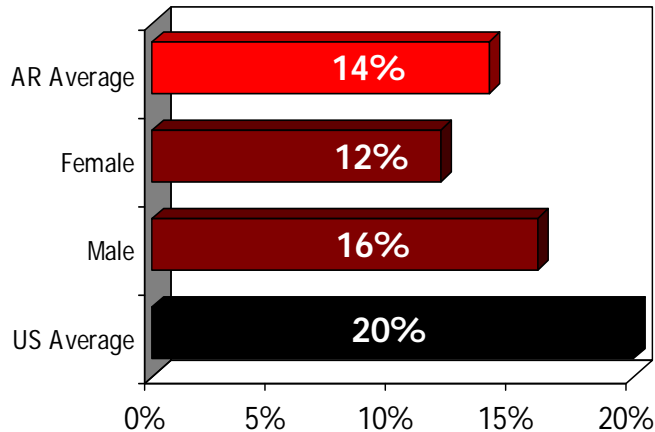
Percentage of students who ate carrots one or more times during the past seven days.



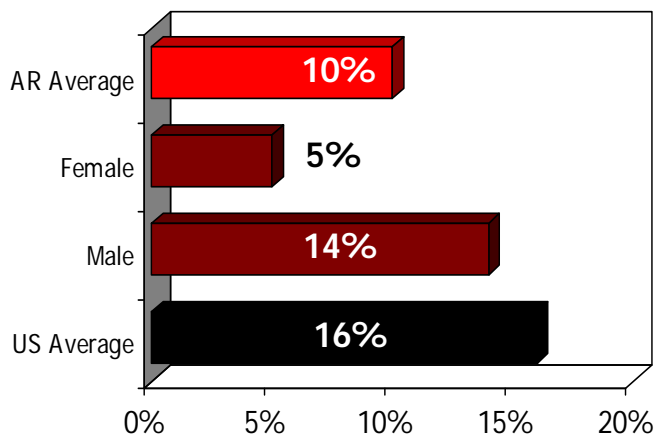
Percentage of students who ate other vegetables one or more times during the past seven days.



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



Percentage of students who drank three or more glasses per day of milk 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.*

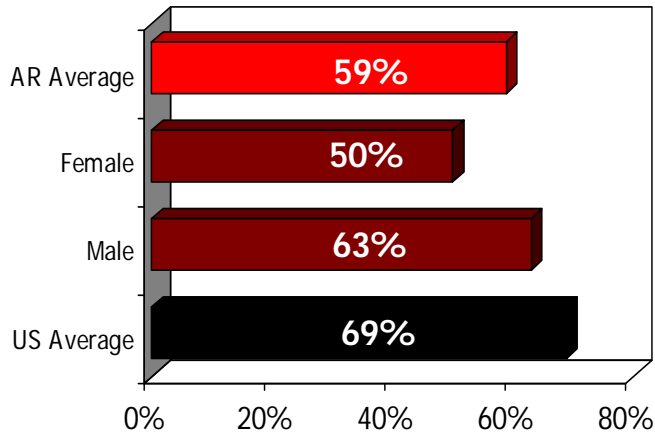
## Rationale

- ❖ **Physical Activity:** Participating in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being.<sup>(43)</sup> Over time, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>(43)</sup> School physical education classes can increase adolescent participation in moderate to vigorous physical activity<sup>(44-46)</sup> and help high school students develop the knowledge, attitudes, and health skills they need to engage in lifelong physical activity.<sup>(47)</sup>
- ❖ **Physical Inactivity:** Television viewing is the principle sedentary leisure time behavior in the U.S. and television viewing in young people is related to obesity.<sup>(48; 49)</sup>

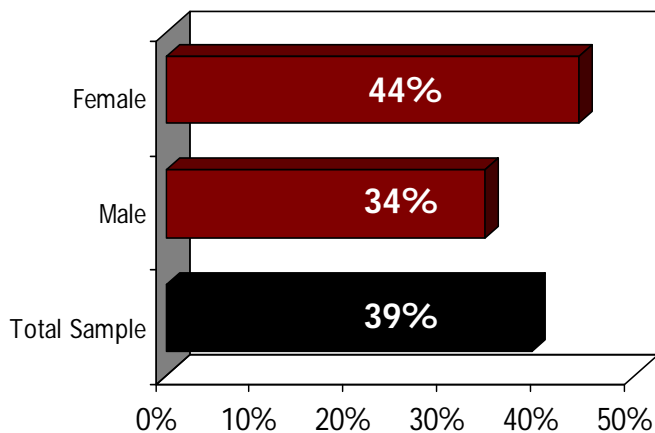
## Related Health Objectives for the Year 2010

- 22-06 Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days to 35%.<sup>(17)</sup> (pg.22-17)
- 22-07 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion to 85%.<sup>(17)</sup> (pg. 22-19)
- 22-09 Increase the proportion of adolescents who participate in daily school physical education to 50%.<sup>(17)</sup> (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%.<sup>(17)</sup> (pg.22-21)
- 22-11 Increase the proportion of adolescents who view television 2 or fewer hours on a school day to 75%.<sup>(17)</sup> (22-23)

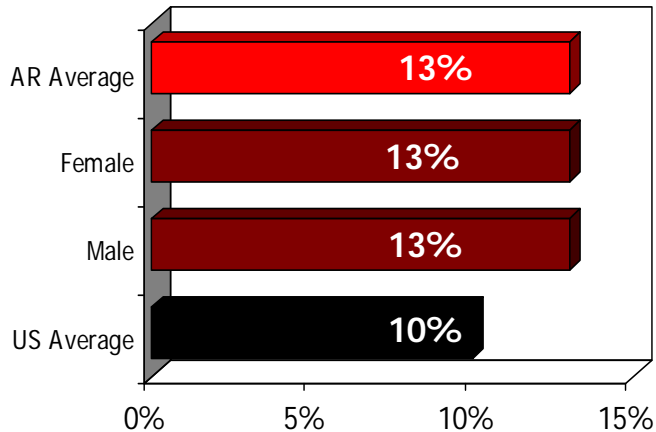
Percentage of students who exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days.



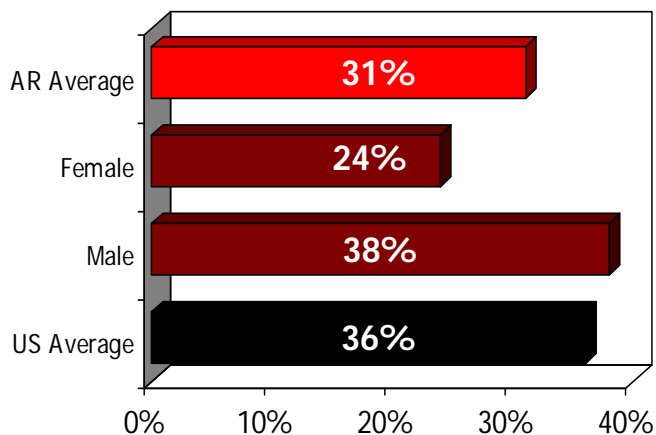
Percentage of students who had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days.



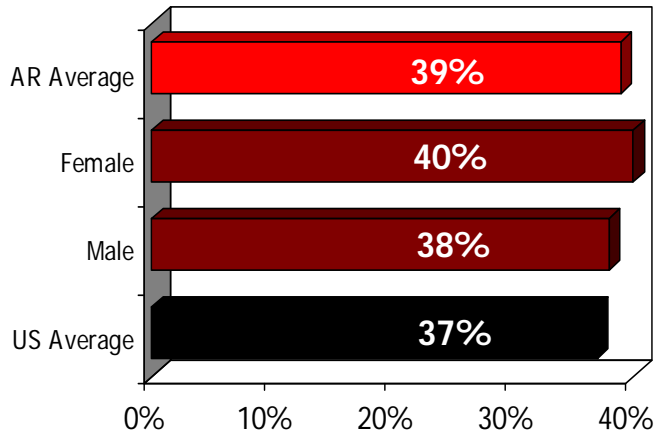
Percentage of students who had not participated in any vigorous or moderate physical activity during the past seven days.



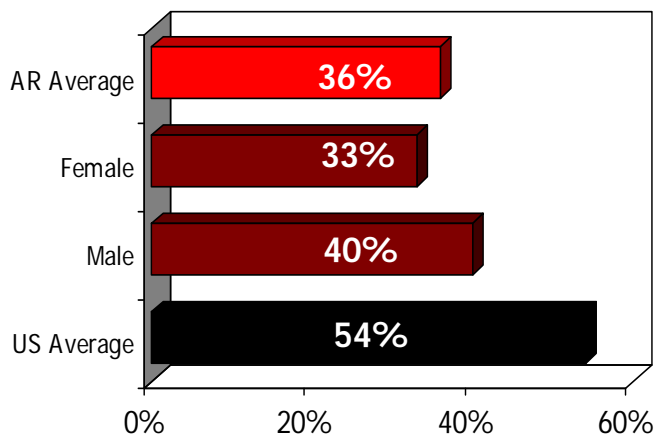
Percentage of students who were physically active for a total of 60 minutes or more per day on five or more of the past seven days.



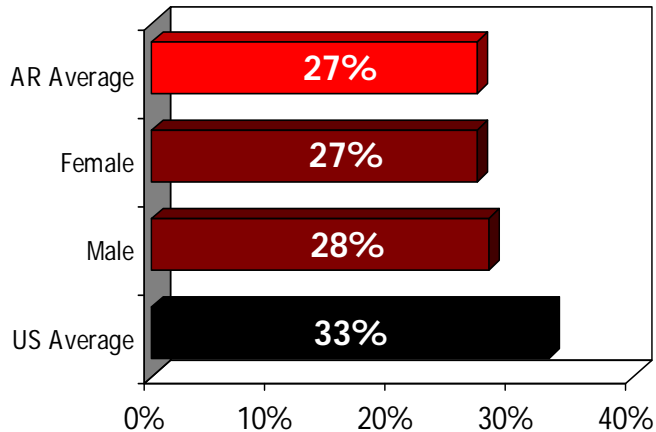
Percentage of students who watched three or more hours per day of TV on an average school day.



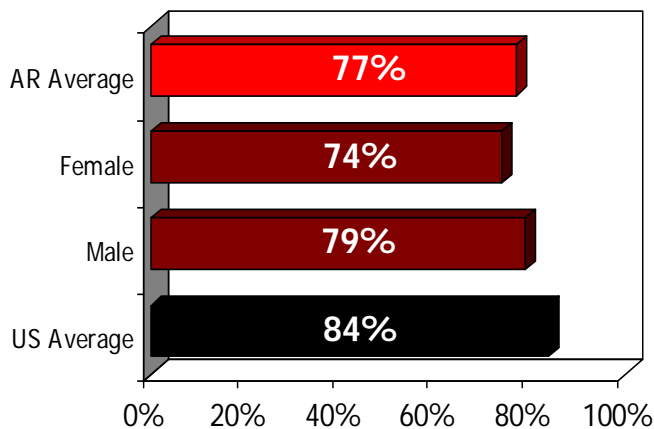
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school.



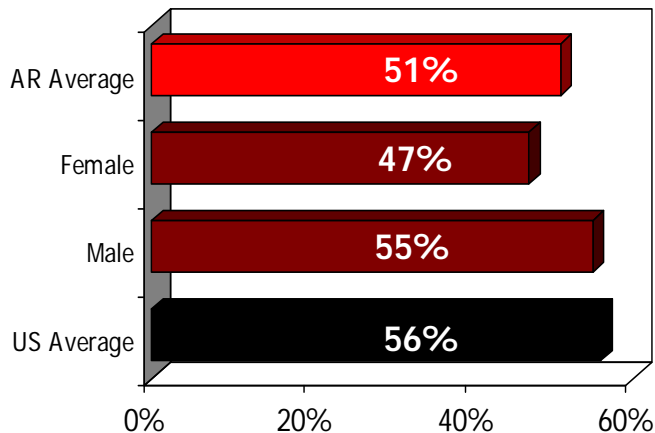
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school.



Among students enrolled in physical education (PE) class, the percentage who actually exercised or played sports more than 20 minutes during the average PE class.



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



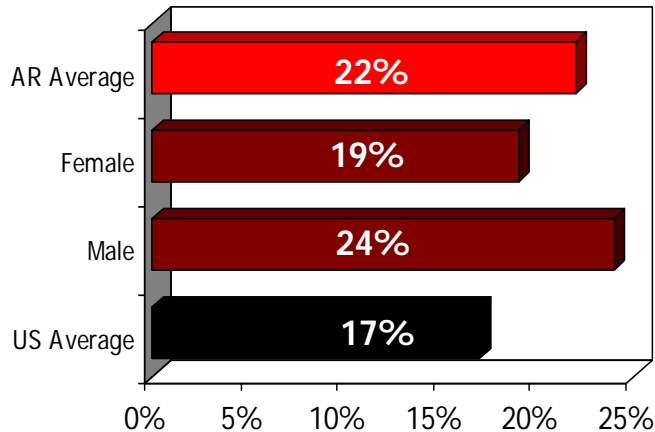
## Other Health-Related Topics

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

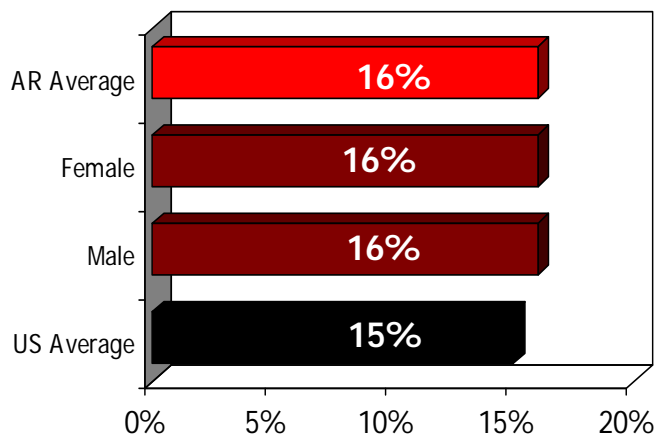
### Rationale

- ❖ **Perceived Health Status:** is a simple and easily understood measure that correlates very well with actual overall health status and is an important quality of life component. Perceived health status is measured as part of the Behavioral Risk Factor Surveillance System.<sup>(50)</sup> It also is considered a key measure of accountability in the new accountability plan developed by the National Center for Chronic Disease Prevention and Health Promotion.
- ❖ **Asthma:** In 2001, 6.3 million (9%) U.S. children had asthma as diagnosed by a health professional. In addition, children made 4.6 million visits to doctors' offices and hospital outpatient departments, made 728,000 visits to hospital emergency departments, and 214,000 hospitalizations due to asthma.<sup>(51)</sup> An estimated 14 million lost school days are attributed to asthma among school-aged children.<sup>(52)</sup>

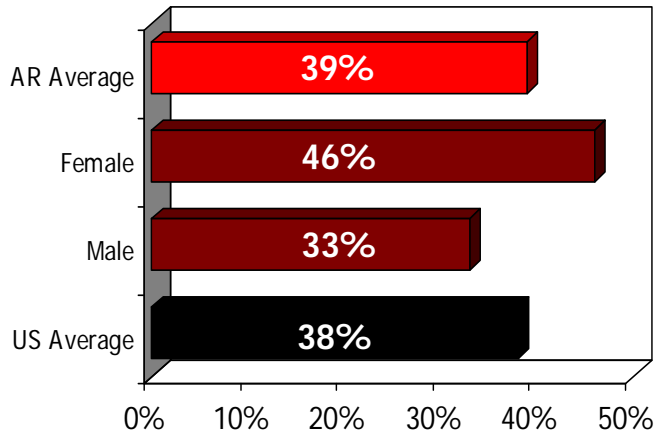
Percentage of students who had ever been told by a doctor or nurse they had asthma.



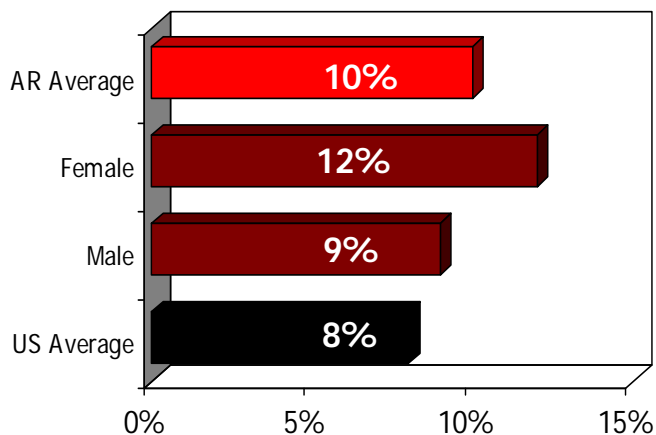
Percentage of students who have ever been told by a doctor or nurse that they had asthma and who have asthma but had not had an episode of asthma or an asthma attack during the past 12 months or who had an episode of asthma or an asthma attack during the past 12 months (i.e., current asthma)



Among students with current asthma, the percentage who had an episode of asthma or an asthma attack during the past 12 months.



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



# Youth Risk Behavior Survey

2005

## 2005 Arkansas YRBS Questionnaire

<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	6	0.3	1. Never	86	5.5
2. 13 years old	5	0.3	2. Rarely	195	12.3
3. 14 years old	139	8.4	3. Sometimes	309	20.6
4. 15 years old	416	24.4	4. Most of the time	450	27.3
5. 16 years old	494	29.0	5. Always	555	34.3
6. 17 years old	372	24.1	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?		
7. 18 years or older	157	13.5	1. 0 times	1,148	72.2
2. What is your sex?			2. 1 time	140	8.8
1. Female	823	49.8	3. 2 or 3 times	144	9.3
2. Male	758	50.2	4. 4 or 5 times	59	3.7
3. In what grade are you?			5. 6 or more times	100	6.1
1. 9 <sup>th</sup> grade	450	27.4	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 <sup>th</sup> grade	462	26.8	1. 0 times	1,369	87.1
3. 11 <sup>th</sup> grade	391	23.9	2. 1 time	79	5.3
4. 12 <sup>th</sup> grade	216	20.7	3. 2 or 3 times	69	4.3
5. Ungraded or other	23	1.2	4. 4 or 5 times	8	0.5
4. How would you describe yourself?			5. 6 or more times	45	2.8
1. American Indian or Alaska Native	32	0.9	12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?		
2. Asian	32	0.8	1. 0 days	1,164	74.1
3. Black or African American	266	22.3	2. 1 day	63	3.8
4. Hispanic or Latino	78	2.1	3. 2 or 3 days	75	5.0
5. Native Hawaiian/Other Pacific Islander	13	0.3	4. 4 or 5 days	33	2.1
6. White	1,062	71.0	5. 6 or more days	218	14.9
7. Multiple – Hispanic	15	0.5	13. During the past 30 days, on how many days did you carry a gun?		
8. Multiple – Non-Hispanic	80	2.1	1. 0 days	1,388	89.8
7. How do you describe your health in general?			2. 1 day	37	2.1
1. Excellent	271	17.8	3. 2 or 3 days	44	3.1
2. Very good	544	35.0	4. 4 or 5 days	10	0.6
3. Good	576	36.8	5. 6 or more days	61	4.4
4. Fair	145	9.0	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?		
5. Poor	25	1.4	1. 0 days	1,406	89.5
8. When you rode a bicycle during the past 12 months, how often did you wear a helmet?			2. 1 day	38	2.7
1. Did not ride a bicycle	690	44.0	3. 2 or 3 days	32	1.7
2. Never wore a helmet	817	49.6	4. 4 or 5 days	10	0.6
3. Rarely wore a helmet	34	2.3	5. 6 or more days	80	5.6
4. Sometimes wore a helmet	30	2.0			
5. Most of the time wore a helmet	16	1.0			
6. Always wore a helmet	18	1.1			

<i>Question</i>	<i>#</i>	<i>%</i>	<i>Question</i>	<i>#</i>	<i>%</i>
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 in which you were injured and had to be treated by a doctor or nurse?		
1. 0 days	1,470	93.7	1. 0 times	1,473	94.8
2. 1 day	48	2.6	2. 1 time	51	3.2
3. 2 or 3 days	26	1.7	3. 2 or 3 times	15	0.8
4. 4 or 5 days	12	0.6	4. 4 or 5 times	5	0.3
5. 6 or more days	26	1.5	5. 6 or more times	12	0.9
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?			20. During the past 12 months, how many times were you in a physical fight on school property?		
1. 0 times	1,424	90.4	1. 0 times	1,347	86.1
2. 1 time	53	3.1	2. 1 time	128	7.9
3. 2 or 3 times	48	2.9	3. 2 or 3 times	52	3.4
4. 4 or 5 times	13	0.8	4. 4 or 5 times	17	0.8
5. 6 or 7 times	6	0.6	5. 6 or 7 times	6	0.4
6. 8 or 9 times	1	0.1	6. 8 or 9 times	3	0.2
7. 10 or 11 times	4	0.2	7. 10 or 11 times	2	0.2
8. 12 or more times	33	2.0	8. 12 or more times	16	1.0
17. 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?			21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?		
1. 0 times	1,123	71.1	1. Yes	226	13.8
2. 1 time	256	15.5	2. No	1,363	86.2
3. 2 or 3 times	124	8.1	22. Have you ever been physically forced to have sexual intercourse when you did not want to?		
4. 4 or 5 times	45	2.8	1. Yes	180	12.2
5. 6 or 7 times	10	0.7	2. No	1,402	88.8
6. 8 or 9 times	6	0.3	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?		
7. 10 or 11 times	3	0.2	1. Yes	523	19.2
8. 12 or more times	22	1.2	2. No	1,065	67.6
18. During the past 12 months, how many times were you in a physical fight?			24. During the past 12 months, did you ever seriously consider attempting suicide?		
1. 0 times	1,039	67.9	1. Yes	328	19.2
2. 1 time	222	14.9	2. No	1,265	80.8
3. 2 or 3 times	154	10.1	25. During the past 12 months, did you make a plan about how you would attempt suicide?		
4. 4 or 5 times	41	2.4	1. Yes	268	15.8
5. 6 or 7 times	19	1.0	2. No	1,313	84.2
6. 8 or 9 times	13	1.0			
7. 10 or 11 times	7	0.3			
8. 12 or more times	40	2.4			

# Youth Risk Behavior Survey

2005

<i><b>Question</b></i>	<i><b>#</b></i>	<i><b>%</b></i>	<i><b>Question</b></i>	<i><b>#</b></i>	<i><b>%</b></i>
26. During the past 12 months, how many times did you actually attempt suicide?			32. During the past 30 days, how did you usually get your own cigarettes?		
1. 0 times	1,195	87.9	1. I did not smoke cigarettes during the past 30 days	1,077	73.8
2. 1 time	93	6.3	2. I bought them in a store such as a convenience store, supermarket discount store, or gas station	89	7.2
3. 2 or 3 times	53	3.3	3. I bought them from a vending machine	6	0.5
4. 4 or 5 times	11	0.8	4. I gave someone else money to buy them for me	112	6.9
5. 6 or more times	26	1.7	5. I borrowed (or bummed) them from someone else	98	6.4
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?			6. A person 18 years old or older gave them to me	26	1.7
1. I did not attempt suicide during past 12 months	1,185	88.1	7. I took them from a store or family member	24	1.4
2. Yes	66	4.4	8. I got them some other way	37	2.2
3. No	113	7.6	33. During the past 30 days, on how many days did you smoke cigarettes on school property?		
28. Have you ever tried cigarette smoking, even one or two puffs?			1. 0 days	1,404	91.7
1. Yes	950	51.0	2. 1 or 2 days	40	2.3
2. No	562	36.8	3. 3 to 5 days	15	1.1
29. How old were you when you smoked a whole cigarette for the first time?			4. 6 to 9 days	18	1.2
1. I have never smoked a whole cigarette	759	51.0	5. 10 to 19 days	15	1.1
2. 8 years old or younger	100	6.2	6. 20 to 29 days	11	0.7
3. 9 or 10 years old	108	7.2	7. All 30 days	25	1.8
4. 11 or 12 years old	132	8.6	34. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?		
5. 13 or 14 years old	203	13.4	1. Yes	286	19.3
6. 15 or 16 years old	165	11.3	2. No	1,223	80.7
7. 17 years old or older	27	2.3	35. During the past 12 months, did you ever try to quit smoking cigarettes?		
30. During the past 30 days, on how many days did you smoke cigarettes?			1. I did not smoke during past 12 months	985	65.4
1. 0 days	1,080	74.1	2. Yes	307	20.6
2. 1 or 2 days	79	5.0	3. No	208	14.0
3. 3 to 5 days	43	2.8	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?		
4. 6 to 9 days	30	1.9	1. 0 days	1,358	86.3
5. 10 to 19 days	42	2.7	2. 1 or 2 days	55	3.4
6. 20 to 29 days	37	2.6	3. 3 to 5 days	28	1.5
7. All 30 days	154	10.8	4. 6 to 9 days	23	1.6
31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?			5. 10 to 19 days	18	1.4
1. I did not smoke cigarettes past 30 days	1,057	74.0	6. 20 to 29 days	14	0.9
2. Less than 1 cigarette per day	63	4.5	7. All 30 days	71	4.7
3. 1 cigarette per day	48	2.8			
4. 2 to 5 cigarettes per day	157	10.2			
5. 6 to 10 cigarettes per day	62	4.4			
6. 11 to 20 cigarettes per day	37	2.7			
7. More than 20 cigarettes per day	19	1.3			

<i>Question</i>	<i>#</i>	<i>%</i>	<i>Question</i>	<i>#</i>	<i>%</i>
37. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?			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	1,358	86.3	1. 0 days	1,062	70.3
2. 1 or 2 days	46	2.7	2. 1 day	145	9.6
3. 3 to 5 days	7	0.5	3. 2 days	116	7.6
4. 6 to 9 days	9	0.6	4. 3 to 5 days	100	6.4
5. 10 to 19 days	13	1.0	5. 6 to 9 days	56	3.3
6. 20 to 29 days	8	0.7	6. 10 to 19 days	27	1.7
7. All 30 days	40	2.6	7. 20 or more days	16	1.0
38. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?			43. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?		
1. 0 days	1,317	82.4	1. 0 days	1,440	94.8
2. 1 or 2 days	128	7.6	2. 1 or 2 days	50	3.2
3. 3 to 5 days	68	4.1	3. 3 to 5 days	14	0.9
4. 6 to 9 days	33	2.0	4. 6 to 9 days	8	0.3
5. 10 to 19 days	22	1.4	5. 10 to 19 days	3	0.2
6. 20 to 29 days	12	0.8	6. 20 to 29 days	0	0.0
7. All 30 days	28	1.7	7. All 30 days	7	0.5
39. During your life, on how many days have you had at least one drink of alcohol?			44. During your life, how many times have you used marijuana?		
1. 0 days	337	24.0	1. 0 times	928	60.9
2. 1 or 2 days	182	13.4	2. 1 or 2 times	153	10.2
3. 3 to 9 days	261	18.4	3. 3 to 9 times	102	6.8
4. 10 to 19 days	157	10.4	4. 10 to 19 times	79	5.4
5. 20 to 39 days	168	12.2	5. 20 to 39 times	58	3.8
6. 40 to 99 days	114	7.8	6. 40 to 99 times	50	3.3
7. 100 or more days	193	13.6	7. 100 or more times	150	9.7
40. How old were you when you had your first drink of alcohol other than a few sips?			45. How old were you when you tried marijuana for the first time?		
1. I have never had a drink of alcohol other than a few sips	336	23.7	1. I have never tried marijuana	924	60.2
2. 8 years old or younger	171	11.8	2. 8 years old or younger	40	2.6
3. 9 or 10 years old	111	7.9	3. 9 or 10 years old	38	2.4
4. 11 or 12 years old	164	11.1	4. 11 or 12 years old	91	6.2
5. 13 or 14 years old	361	24.3	5. 13 or 14 years old	211	12.8
6. 15 or 16 years old	245	17.3	6. 15 or 16 years old	192	13.1
7. 17 years old or older	43	3.9	7. 17 years old or older	35	2.7
41. During the past 30 days, on how many days did you have at least one drink of alcohol?			46. During the past 30 days, how many days did you use marijuana?		
1. 0 days	829	56.9	1. 0 times	1,237	81.1
2. 1 or 2 days	284	19.1	2. 1 or 2 times	99	6.2
3. 3 to 5 days	144	9.9	3. 3 to 9 times	64	4.5
4. 6 to 9 days	102	6.9	4. 10 to 19 times	39	2.6
5. 10 to 29 days	75	4.8	5. 20 to 39 times	26	1.4
6. 20 to 29 days	13	0.9	6. 40 or more times	61	4.2
7. All 30 days	24	1.6			

# Youth Risk Behavior Survey

2005

<i><b>Question</b></i>	<i><b>#</b></i>	<i><b>%</b></i>
47. During the past 30 days, how many times did you use marijuana on school property?		
1. 0 times	1,485	95.9
2. 1 or 2 times	25	1.5
3. 3 to 9 times	12	0.8
4. 10 to 19 times	10	0.8
5. 20 to 39 times	4	0.2
6. 40 or more times	11	0.7
48. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?		
1. 0 times	1,398	89.6
2. 1 or 2 times	63	4.0
3. 3 to 9 times	36	2.6
4. 10 to 19 times	20	1.3
5. 20 to 39 times	16	1.0
6. 40 or more times	30	1.6
49. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?		
1. 0 times	1,464	94.8
2. 1 or 2 times	37	2.1
3. 3 to 9 times	25	1.7
4. 10 to 19 times	12	0.8
5. 20 to 39 times	5	0.2
6. 40 or more times	8	0.3
50. 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	1,290	83.9
2. 1 or 2 times	132	7.8
3. 3 to 9 times	66	4.1
4. 10 to 19 times	34	2.1
5. 20 to 39 times	15	0.7
6. 40 or more times	28	1.4
51. During your life, how many times have you used heroin (also called smack, junk, or China White)?		
1. 0 times	1,480	95.3
2. 1 or 2 times	32	1.8
3. 3 to 9 times	28	1.8
4. 10 to 19 times	6	0.3
5. 20 to 39 times	4	0.2
6. 40 or more times	11	0.6

<i><b>Question</b></i>	<i><b>#</b></i>	<i><b>%</b></i>
52. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?		
1. 0 times	1,422	91.0
2. 1 or 2 times	55	3.2
3. 3 to 9 times	24	1.5
4. 10 to 19 times	20	1.3
5. 20 to 39 times	13	0.7
6. 40 or more times	34	2.2
53. During your life, how many times have you used ecstasy (also called MDMA)?		
1. 0 times	1,416	90.8
2. 1 or 2 times	77	4.9
3. 3 to 9 times	31	1.9
4. 10 to 19 times	16	0.9
5. 20 to 39 times	7	0.4
6. 40 or more times	19	1.1
54. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?		
1. 0 times	1,458	93.6
2. 1 or 2 times	34	1.8
3. 3 to 9 times	21	1.4
4. 10 to 19 times	25	1.3
5. 20 to 39 times	8	0.6
6. 40 or more times	19	1.2
55. During your life, how many times have you used a needle to inject any illegal drug into your body?		
1. 0 times	1,494	95.7
2. 1 time	33	2.3
3. 2 or more times	33	2.0
56. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?		
1. Yes	463	29.2
2. No	1,075	70.8
57. Have you ever had sexual intercourse?		
1. Yes	722	54.0
2. No	674	46.0
58. How old were you when you had sexual intercourse for the first time?		
1. I have never had sexual intercourse	686	45.7
2. 11 years old or younger	69	5.1
3. 12 years old	59	4.2
4. 13 years old	102	7.0
5. 14 years old	162	11.5
6. 15 years old	174	12.5
7. 16 years old	129	9.6
8. 17 years or older	48	4.4

<i>Question</i>	<i>#</i>	<i>%</i>	<i>Question</i>	<i>#</i>	<i>%</i>
59. During your life, with how many people have you had sexual intercourse?			64. How would you describe your weight?		
1. I have never had sexual intercourse	688	46.3	1. Very underweight	72	4.5
2. 1 person	248	17.9	2. Slightly underweight	164	10.3
3. 2 people	137	10.1	3. About the right weight	817	52.3
4. 3 people	99	7.4	4. Slightly overweight	451	27.7
5. 4 people	55	3.9	5. Very overweight	82	5.2
6. 5 people	48	3.9	65. Which of the following are you trying to do about your weight?		
7. 6 or more people	141	10.5	1. Lose weight	781	49.0
60. During the past 3 months, with how many people did you have sexual intercourse?			2. Gain weight	268	18.9
1. I have never had sexual intercourse	685	46.1	3. Stay the same weight	256	16.5
2. I have had sexual intercourse, but not during the past 3 months	182	13.3	4. I am not trying to do anything about my weight	252	15.7
3. 1 person	388	28.1	66. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?		
4. 2 people	85	6.9	1. Yes	920	58.7
5. 3 people	27	2.2	2. No	606	41.3
6. 4 people	17	1.2	67. 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?		
7. 5 people	9	0.7	1. Yes	644	16.1
8. 6 or more people	24	1.5	2. No	906	59.7
61. Did you drink alcohol or use drugs before you had sexual intercourse the last time?			68. 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. I have never had sexual intercourse	686	46.0	1. Yes	261	16.1
2. Yes	158	11.1	2. No	1,282	83.9
3. No	579	42.9	69. 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?		
62. The last time you had sexual intercourse, did you or your partner use a condom?			1. Yes	181	11.8
1. I have never had sexual intercourse	687	46.1	2. No	1,356	88.2
2. Yes	431	32.2	70. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?		
3. No	287	21.2	1. Yes	140	8.9
63. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?			2. No	1,356	91.1
1. I have never had sexual intercourse	684	46.1	71. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?		
2. No method was used to prevent pregnancy	123	9.2	1. I did not drink 100% fruit juice during the past 7 days	442	28.1
3. Birth control pills	124	9.4	2. 1 to 3 times during the past 7 days	538	35.3
4. Condoms	344	25.5	3. 4 to 6 times during the past 7 days	225	14.7
5. Depo-Provera (injectable birth control)	21	1.7	4. 1 time per day	132	8.1
6. Withdrawal	82	5.5	5. 2 times per day	100	2.6
7. Some other method	17	1.5	6. 3 times per day	47	2.6
8. Not sure	18	1.2	7. 4 or more times per day	77	4.8

# Youth Risk Behavior Survey

2005

<i><b>Question</b></i>	<i><b>#</b></i>	<i><b>%</b></i>	<i><b>Question</b></i>	<i><b>#</b></i>	<i><b>%</b></i>
72. During the past 7 days, how many times did you eat fruit?			77. During the past 7 days, how many glasses of milk did you drink?		
1. I did not eat fruit during the past 7 days	379	24.3	1. I did not drink milk during the past 7 days	378	25.1
2. 1 to 3 times during the past 7 days	684	43.8	2. 1 to 3 glasses during the past 7 days	419	26.6
3. 4 to 6 times during the past 7 days	238	14.9	3. 4 to 6 glasses during the past 7 days	265	17.0
4. 1 time per day	121	7.4	4. 1 glass per day	174	11.2
5. 2 times per day	72	4.5	5. 2 glasses per day	164	10.3
6. 3 times per day	36	2.3	6. 3 glasses per day	76	4.7
7. 4 or more times	44	2.8	7. 4 or more glasses per day	80	5.2
73. During the past 7 days, how many times did you eat green salad?			78. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?		
1. I did not eat green salad during the past 7 days	685	43.9	1. 0 days	323	20.6
2. 1 to 3 times during the past 7 days	613	39.2	2. 1 day	172	11.1
3. 4 to 6 times during the past 7 days	156	9.4	3. 2 days	187	12.0
4. 1 time per day	87	5.0	4. 3 days	188	12.3
5. 2 times per day	19	1.0	5. 4 days	112	7.4
6. 3 times per day	9	0.6	6. 5 days	154	10.2
7. 4 or more times per day	13	0.9	7. 6 days	84	5.5
74. During the past 7 days, how many times did you eat potatoes?			8. 7 days	324	21.0
1. I did not eat potatoes during the past 7 days	509	31.8	79. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or moping floors?		
2. 1 to 4 times during the past 7 days	738	47.4	1. 0 days	522	34.0
3. 4 to 6 times during the past 7 days	201	12.5	2. 1 day	200	13.2
4. 1 time per day	66	4.0	3. 2 days	218	14.2
5. 2 times per day	25	1.6	4. 3 days	134	8.8
6. 3 times per day	12	0.9	5. 4 days	121	7.3
7. 4 or more times per day	27	1.7	6. 5 days	106	6.6
75. During the past 7 days, how many times did you eat carrots?			7. 6 days	37	2.5
1. I did not eat carrots during the past 7 days	979	64.0	8. 7 days	214	13.5
2. 1 to 3 times during the past 7 days	414	25.3	80. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?		
3. 4 to 6 times during the past 7 days	96	5.8	1. 0 days	461	30.7
4. 1 time per day	34	1.9	2. 1 day	204	12.7
5. 2 times per day	21	1.0	3. 2 days	168	10.5
6. 3 times per day	6	0.3	4. 3 days	142	9.2
7. 4 or more times per day	26	1.7	5. 4 days	93	5.9
76. During the past 7 days, how many times did you eat other vegetables?			6. 5 days	128	7.9
1. I did not eat other vegetables during the past 7 days	355	22.6	7. 6 days	68	4.7
2. 1 to 3 times during the past 7 days	642	41.2	8. 7 days	285	18.4
3. 4 to 6 times during the past 7 days	331	20.6			
4. 1 time per day	120	7.7			
5. 2 times per day	68	4.0			
6. 3 times per day	28	1.6			
7. 4 or more times per day	36	2.2			

<i>Question</i>	<i>#</i>	<i>%</i>	<i>Question</i>	<i>#</i>	<i>%</i>
81. On an average school day, how many hours do you watch TV?			87. During the past 12 months, have you had an episode of asthma or an asthma attack?		
1. I do not watch TV on an average school day	151	9.8	1. I do not have asthma	1,182	76.5
2. Less than 1 hour per day	241	15.8	2. No, I have asthma, but I have not had an episode of asthma or asthma attack during the past 12 months	180	11.7
3. 1 hour per day	225	14.7	3. Yes, I have had an episode of asthma or an asthma attack during the past 12 months	144	7.4
4. 2 hours per day	320	20.5	4. Not sure	66	4.4
5. 3 hours per day	265	17.6	88. During the past 30 days, what brand of beer did you usually drink?		
6. 4 hours per day	123	8.0	1. I did not drink beer during the past 30 days	911	67.7
7. 5 or more hours per day	195	13.5	2. I do not have a usual brand	74	5.1
82. In an average week when you are in school, on how many days do you go to physical education (PE) classes?			3. Bud Light	125	9.8
1. 0 days	895	63.7	4. Budweiser	62	4.7
2. 1 day	51	3.9	5. Coors Light	33	2.7
3. 2 days	31	2.3	6. Miller Light	20	1.6
4. 3 days	34	1.9	7. Natural Light	10	0.7
5. 4 days	12	0.9	8. Some other brand	110	7.8
6. 5 days	382	27.2	89. During the past 30 days, what type of alcohol did you usually drink?		
83. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?			1. I did not drink alcohol during the past 30 days	709	54.1
1. I do not take PE	897	63.7	2. I do not have a usual type	53	4.0
2. Less than 10 minutes	60	4.5	3. Beer	77	6.4
3. 10 to 20 minutes	50	3.9	4. Malt beverages, such as Smirnoff Ice, Bacardi Silver, and Hard Lemonade	149	11.1
4. 21 to 30 minutes	58	3.9	5. Wine coolers, such as Bartles and James or Seagrams	32	2.2
5. 31 to 40 minutes	70	5.0	6. Wine	15	1.0
6. 41 to 50 minutes	87	6.1	7. Liquor, such as vodka, rum, scotch, bourbon, or other whiskey	259	19.9
7. 51 to 60 minutes	76	5.2	8. Some other type	14	1.2
8. More than 60 minutes	107	7.6			
84. During the past 12 months, on how many sports teams did you play?					
1. 0 teams	756	49.2			
2. 1 team	364	23.6			
3. 2 teams	225	14.6			
4. 3 or more teams	195	12.6			
85. Have you ever been taught about AIDS or HIV infection in school?					
1. Yes	1,304	84.0			
2. No	159	10.4			
3. Not sure	88	5.6			
86. Has a doctor or nurse ever told you that you have asthma?					
1. Yes	323	21.5			
2. No	1,160	75.2			
3. Not sure	57	3.3			

<i><b>Question</b></i>	<i><b>#</b></i>	<i><b>%</b></i>
90. During the past 30 days, how did you usually get your alcohol?		
1. I did not drink alcohol during the past 30 days	708	53.8
2. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	35	3.1
3. I bought it at a restaurant, bar, or club	16	0.9
4. I bought it at a public event such as a concert or sporting event	6	0.5
5. I gave someone else money to buy it for me	181	14.1
6. A person 18 years old or older gave it to me	156	12.2
7. I took it from a store or family member	41	2.6
8. I got it some other way	172	12.7
91. During the past 30 days, where did you usually drink alcohol?		
1. I did not drink alcohol during the past 30 days	716	53.4
2. At my home	159	11.9
3. At another person's home	360	26.5
4. At a restaurant, bar, or club	21	1.8
5. At a public place such as a park, beach, or parking lot	45	3.3
6. At a public event such as a concert or sporting event	22	1.6
7. On school property	16	1.5

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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 3<sup>rd</sup> Street, Suite 320, Little Rock, AR 72205 **FAX: 501-683-3611**





# Youth Risk Behavior Survey

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