

MIDDLE SCHOOL

2011 HEALTH SURVEY RESULTS

Key Risk Behavior & Resiliency Indicators from the
Youth Risk Behavior Survey & California Healthy Kids Survey



Student
Family &
Community **SUPPORT**

San Francisco Unified School District

This booklet provides an overview of the latest survey results on the health of students attending San Francisco's public middle schools.

For more information, please visit www.healthiersf.org.



SFUSD SAN FRANCISCO
PUBLIC SCHOOLS

Prepared by Education, Training & Research Associates (www.etr.org)

Acknowledgements. Our special thanks go to all the SFUSD middle school students who took the time to complete the surveys so that we might better understand how to reduce future health risks and support student achievement. In addition, our sincere thanks to all the principals, teachers, and other school personnel who facilitated the administration of the surveys.

This project was funded by the Centers for Disease Control & Prevention (CDC), Cooperative Agreement 1U87DP001177-01, the California Department of Education (CDE), and the San Francisco Unified School District's Student, Family, and Community Support Department (SFCSD). Education, Training & Research Associates (ETR) managed the administration of the surveys and produced this booklet in collaboration with SFCSD.

About the Results. The YRBS results presented in this booklet have been statistically weighted and are representative of all students in grades six through eight attending public middle schools in San Francisco. CHKS results, which are not weighted, are representative of 7th grade students only. In this booklet, information about health risk behavior comes from the YRBS, while information about youth development assets and resiliency comes from the CHKS.

About the Youth Risk Behavior Survey (YRBS). The YRBS was developed in 1990 by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include: (1) violence and unintentional injuries; (2) tobacco use; (3) alcohol and other drug use; (4) sexual behaviors; (5) weight management and dietary behaviors; and (6) physical activity.

The 2011 Middle School YRBS was administered to a random sample of 2,730 students in grades six through eight in 22 public middle schools in San Francisco. The overall response rate was 74%. Based on guidelines from the CDC, response rates of 60% or greater are considered generalizable to the population from which the sample was drawn. More information about the YRBS can be found at www.cdc.gov/yrbs.

About the California Healthy Kids Survey (CHKS). The CHKS was developed under contract from CDE by WestEd in collaboration with Duerr Evaluation Resources, assisted by an Advisory Committee of researchers, teachers, school prevention and health program practitioners, and public agency representatives. The Healthy Kids Survey is a youth self-report data collection system that provides essential health risk assessment and resilience information to schools, districts, and communities.

The 2011 Middle School CHKS was administered to 1,210 7th grade students in 15 public middle in San Francisco. The survey completion rate met standards and results are representative of the middle school population of 7th graders. More information about the CHKS can be found at www.wested.org/chks or www.healthiersf.org.

YRBS SAMPLE DEMOGRAPHICS

The following charts provide a snapshot of student demographic characteristics from the YRBS sample (n=2,730), which are representative of the demographics of all SFUSD middle school students.

Figure 1: Race / Ethnicity

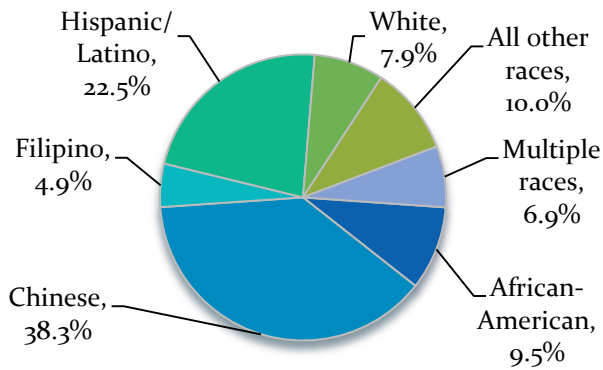


Figure 2: Sex

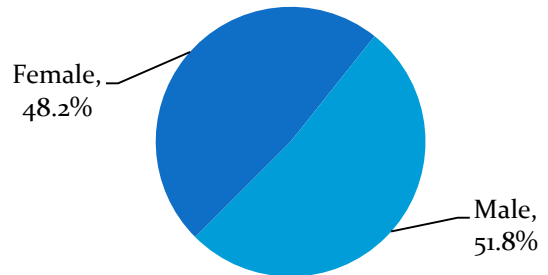


Figure 3: Grade Level

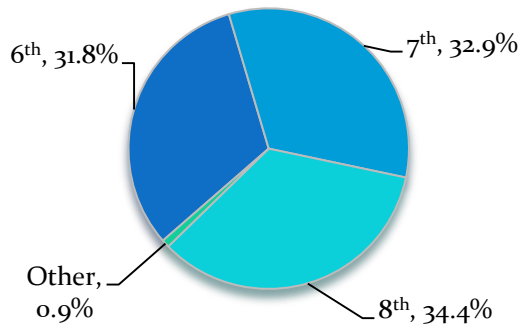


Figure 4: Age

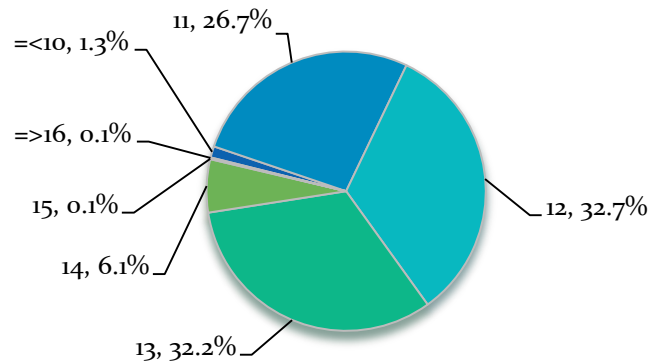


Figure 5: Sexual Orientation

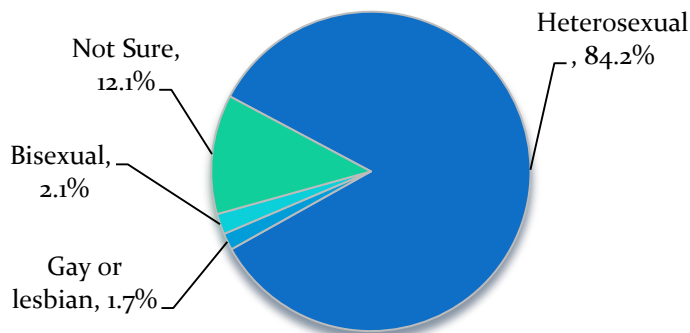
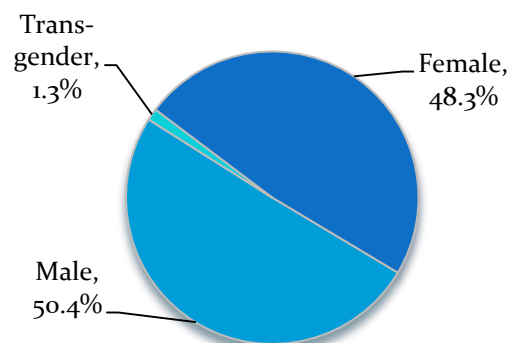


Figure 6: Gender



AREAS OF SUCCESS

Middle school students reported several positive trends in health-related risk behaviors over the past 14 years. There were **significant positive changes** (i.e., increases in health-promoting behaviors or decreases in risk behaviors) in the following behavior areas:

		1997 [†] Result (%)	2011 Result (%)
Violence	Percentage of middle school students who have ever been bullied on school property (2009 to 2011).	40.4	33.8
	Percentage of middle school students who have ever decided not to go to school because they felt they would be unsafe at school has decreased.	15.8	12.1
Tobacco Use	The percentage of students who report ever trying a cigarette has been greatly reduced.	36.5	13.8
	Fewer students report current cigarette smoking.	11.7	3.4
Alcohol Use	Current alcohol use has decreased.	19.6	10.2
	The percentage of students who report ever drinking alcohol has decreased.	50.2	21.8
	The percentage of students who report ever using marijuana has decreased.	17.9	9.2
Sexual Behavior	The percentage of students who report ever having sexual intercourse has decreased.	13.4	6.7
Nutrition & Physical Activity	More students report being physically active for at least one hour per day on five or more of the past 7 days (2004 to 2011).	35.7	53.7
	The number of students who watch three or more hours of television on an average school day has decreased (1999 to 2011).	56.6	28.2
	Percentage of middle school students who described themselves as slightly or very overweight.	27.3	24.5

[†]Since 1997, unless otherwise indicated.

AREAS FOR DEVELOPMENT

There were indicators showing **no significant change** or **significant negative trends** (increases in risk behaviors or decreases in health-promoting behaviors) in the following behavior areas:

		1997 [†] Result (%)	2011 Result (%)
Violence	Percentage of middle school students who have ever attempted suicide.	9.4	6.9 [‡]
	Percentage of lesbian, gay, or bisexual (LGB) middle school students who have ever attempted suicide (2009-2011).	34.3	33.5
Tobacco Use	The number of middle school students who report smoking a whole cigarette before age 11 has remained unchanged (2006 – 2011).	3.4	4.4*
Alcohol Use	The percentage of students who report binge drinking has remained the same (1999 – 2011).	5.2	4.4*
Other Drug Use	The same number of students report having used steroids without a prescription.	3.4	3.4*
	The percentage of students who report ever using cocaine has not changed.	4.9	3.9*
Sexual Behavior	There has been no change in the number of sexually-active students who report using condoms before their last sexual intercourse.	61.7	51.9*
	The number of students who report talking about HIV/AIDS in school has decreased (1999-2011).	80.5	64.8
Nutrition & Physical Activity	The percentage of students who report using video games or a computer for three or more hours on an average school day has increased (2007-2011).	25.2	31.3
	Percentage of students who attended physical education (PE) classes daily in an average week when they were in school.	87.1	84.8*

*Although increases or decreases were observed, the differences were not statistically-significant. [†]Since 1997, unless otherwise indicated.

[‡]Although the percentage of middle school students who have reported a suicide attempt in the past year, the current percentage continues to be high at nearly 7%.

BEHAVIORS THAT LEAD TO INJURY AND VIOLENCE

LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Nearly one in five students (17.4%) report being in a fight at school in the past year.
	A much higher percentage (41.5%) of lesbian, gay, and bisexual (LGB) students report being in a fight at school in the past year. Transgender students may be at even higher risk of being in a fight at school than LGB students.
	Approximately 21% of middle school students reported being harrassed because of their race or ethnic background in the past year.
	In each typical SFUSD middle school classroom of 30 students in SFUSD, about six students seriously thought about suicide in 2011.
CDC National Data	Approximately 67% of all deaths among children and adolescents aged 5-19 years result from injury-related causes: 48% from motor vehicle injuries (occupants and pedestrians combined), 21% from all other unintentional injuries, 16% from homicides, and 14% from suicides. ¹

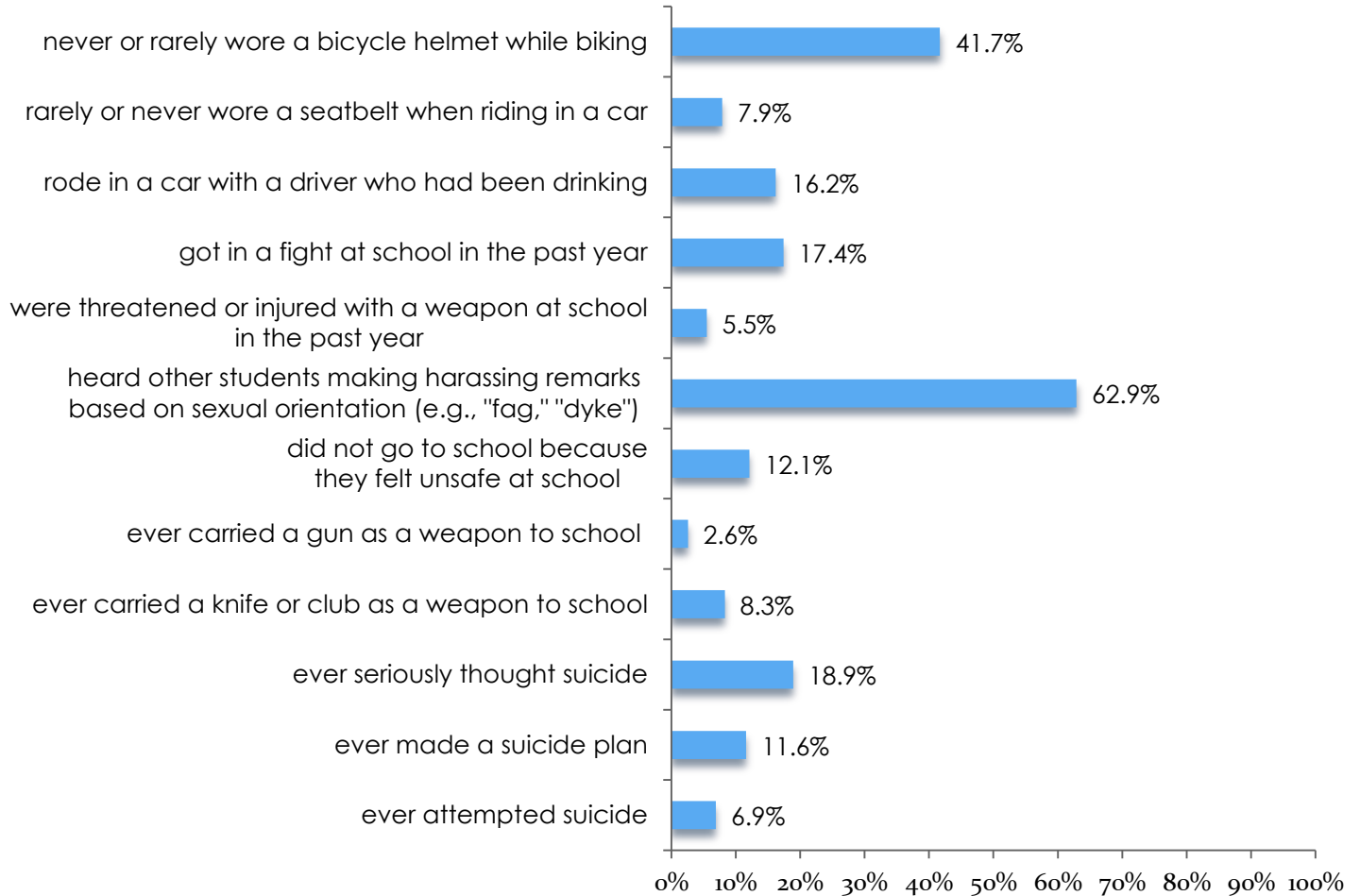
TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
% Skipped school for fear of being unsafe on the way to or from school (One or more times in the year preceding the survey)										
SFUSD MS	14.7	12.0	11.8	10.4	12.4	12.0	10.1	8.3	Decreased	No change*
% Been In a physical fight on school property (One or more times during the 12 months preceding the survey)										
SFUSD MS	n/a	n/a	n/a	24.4	25.6	23.2	24.2	17.4	Decreased	Decreased
% Ever seriously considered suicide (One or more times during the 12 months preceding the survey)										
SFUSD MS	24.4	20.8	20.0	20.8	18.7	21.2	22.1	18.9	Decreased	Decreased

*Although increases or decreases were observed, the differences were not statistically-significant.

BEHAVIORS THAT LEAD TO INJURY AND VIOLENCE

Percentage of middle school students who...



SFUSD Priority Decrease LGBTQ Harassment

- Two-thirds (62.9%) of students reported hearing anti-LGBTQ remarks at school, and the majority of students (59.1%) reported never hearing school staff stop others from making those remarks.

SFUSD Priority Increase School Safety

- Although the percentage of students who reported carrying a weapon at school has decreased significantly since 1997, about 8 out of every 100 students still report carrying a knife, club or other weapon at school.

SFUSD Priority Decrease Depression/Suicide

- Among all students, 12% reported making a plan about how they would commit suicide. Among lesbian, gay or bisexual (LGB) students, 41% reported making a plan about how they would commit suicide.

TOBACCO USE

LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Overall cigarette smoking among middle school students has decreased significantly over the past fourteen years.
	However, 13.8% of students report trying cigarettes in their lifetime, and 3.4% of students report current smoking.
	Lesbian, gay, bisexual and transgender (LGBT) students are significantly more likely than non-LGBT students to report current smoking.
CDC National Data	Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, is the single leading preventable cause of death in the United States. ⁽²⁾
	Every day, approximately 4,000 American youth aged 12-17 try their first cigarette. ⁽³⁾ If current patterns of smoking behavior continue, an estimated 6.4 million of today's children can be expected to die prematurely from a smoking-related disease. ⁽⁴⁾

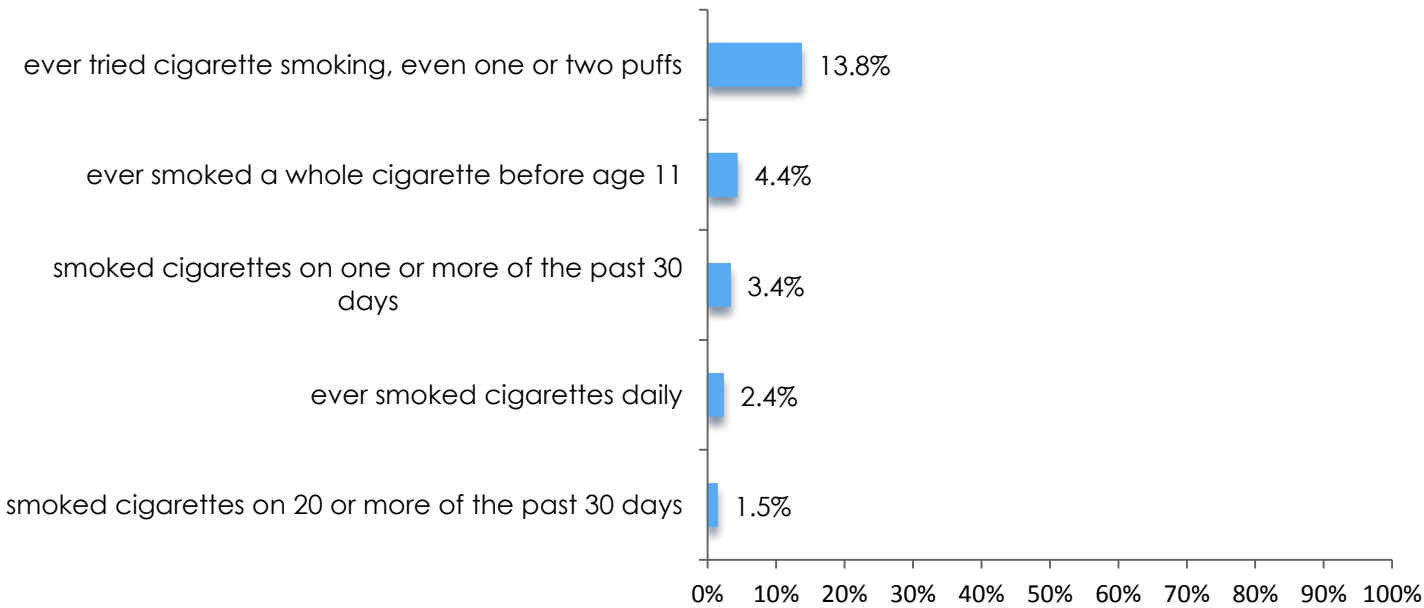
TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
% Lifetime cigarette use (Ever tried cigarette smoking, even one or two puffs)										
SFUSD MS	36.5	31.8	25.3	20.4	19.0	14.3	15.7	13.8	Decreased	No change*
% Current cigarette use (Smoked cigarettes on one or more of the 30 days preceding the survey)										
SFUSD MS	11.7	9.3	5.7	4.9	4.3	3.7	4.7	3.4	Decreased	No change*
% Current frequent cigarette use (Smoked cigarettes on 20 or more of the 30 days preceding the survey)										
SFUSD MS	2.9	1.5	1.0	0.8	0.7	0.9	1.0	1.5	Decreased	No change*

*Although increases or decreases were observed, the differences were not statistically-significant.

TOBACCO USE

Percentage of middle school students who...



SFUSD Priority
Decrease Current Use

- In 2011, just 2.4% of all students reported smoking cigarettes daily. However, daily smoking rates differ by race/ethnicity group - ranging from 0.7% (among Chinese students) to 5.6% (among African-American Students).

SFUSD Priority
Decrease Trying Cigarettes

- In 2011, more African-American (23.7%) and Latino students (21.5%) reported having tried cigarette smoking than White (11.3%) or Chinese (7.2%) students.

SFUSD Priority
Decrease Heavy Smoking

- The percentage of students reporting heavy smoking (1.5%) has remained unchanged since 1999.

ALCOHOL & OTHER DRUG USE

LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Student reports of alcohol and other drug use have decreased significantly over the past ten years.
	One in ten students (10.2%) report current alcohol use, and 4.4% report binge drinking in the previous month.
	Some students continue to report having used marijuana (9.2%), cocaine (3.9%) and steroid (3.4%) use in their lifetime.
CDC National Data	Nationally, excessive alcohol consumption is associated with approximately 75,000 deaths per year. ⁽⁵⁾
	Alcohol is a factor in approximately 41% of all deaths from motor vehicle crashes. ⁽⁶⁾
	Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior. ⁽⁷⁾

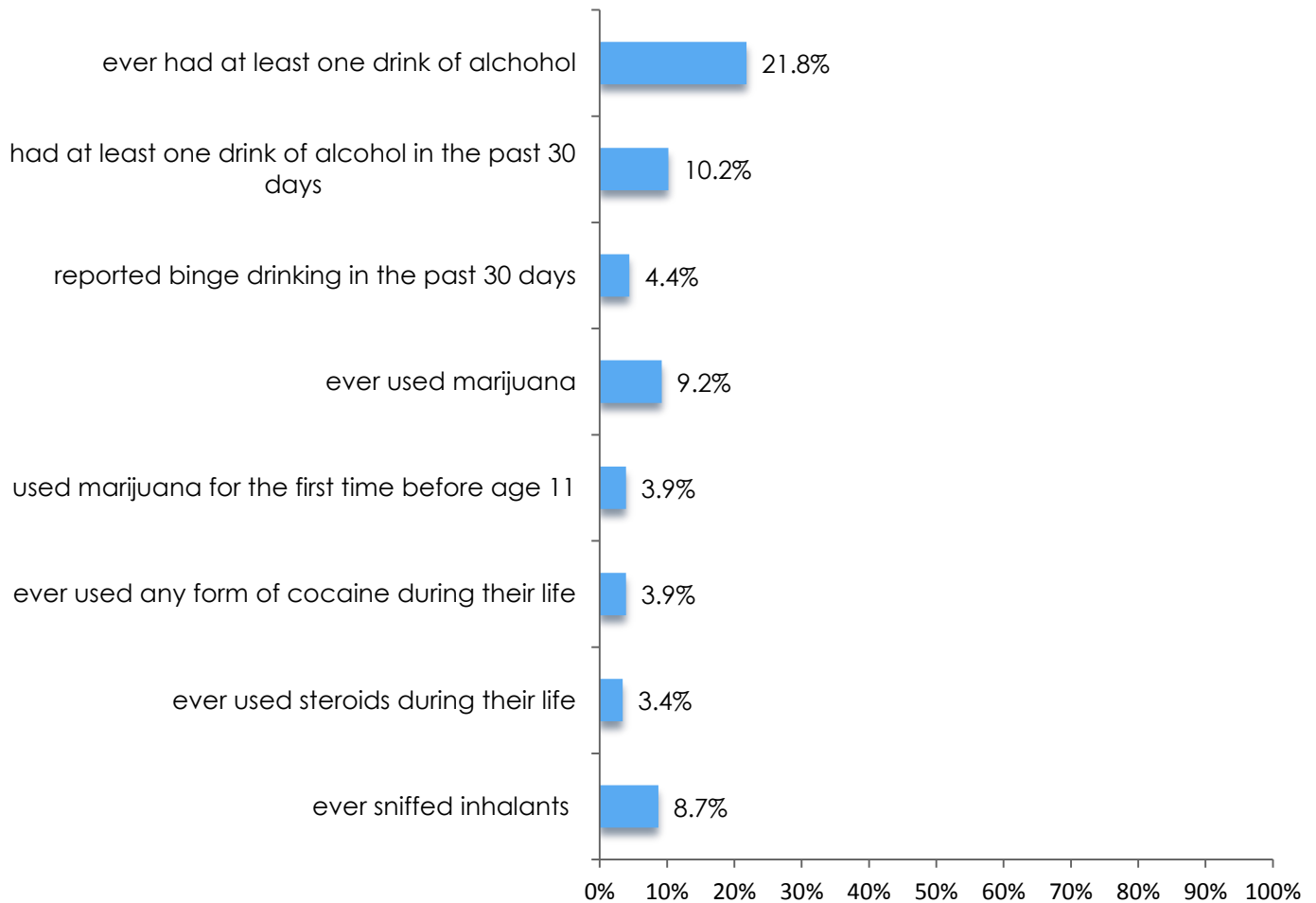
TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
% Current alcohol use										
(Had at least one drink of alcohol on one or more of the 30 days preceding the survey)										
SFUSD MS	19.6	13.6	13.0	12.8	11.7	12.2	10.3	10.2	Decreased	No change*
% Current binge drinking										
(Had five or more drinks of alcohol in a row on one or more of the 30 days preceding the survey)										
SFUSD MS	8.0	5.2	6.3	4.5	5.1	5.2	4.0	4.4	Decreased	No change*
% Lifetime marijuana use										
(Used marijuana one or more times during their lifetime)										
SFUSD MS	17.9	11.5	12.4	8.2	9.6	7.7	9.4	9.2	Decreased	No change*
% Lifetime inhalant use										
(Sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high one or more times during their lifetime)										
SFUSD MS	15.0	10.4	8.9	8.8	9.3	11.3	10.0	8.7	Decreased	No change*

*Although increases or decreases were observed, the differences were not statistically-significant.

ALCOHOL & OTHER DRUG USE

Percentage of middle school students who...



SFUSD Priority Decrease Current Alcohol Use

- Over one in ten (10.2%) students reported having used alcohol one or more times in the past 30 days.

SFUSD Priority Decrease Trying Marijuana

- Nearly one in ten students (9.2%) reported using marijuana during their life.

SFUSD Priority Decrease Other Drug Use

- Since 1997, the percentage of students who reported having tried cocaine, ecstasy, and/or methamphetamines has not changed (between 3% and 4%).

SEXUAL BEHAVIORS

LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Approximately seven percent of middle school students (6.7%) report having sexual intercourse in their lifetime.
	Just over half of sexually-active students (51.9%) report using a condom during their last sexual intercourse, a significant decrease since 2009 (-13%).
CDC National Data	Vaginal, anal, and oral intercourse place young people at risk for HIV infection and other sexually transmitted diseases (STDs). Vaginal intercourse carries the additional risk of pregnancy. ⁽⁸⁾
	Adolescents are more likely to engage in high-risk behaviors, such as unprotected sex, when they are under the influence of drugs or alcohol. ⁽⁹⁾

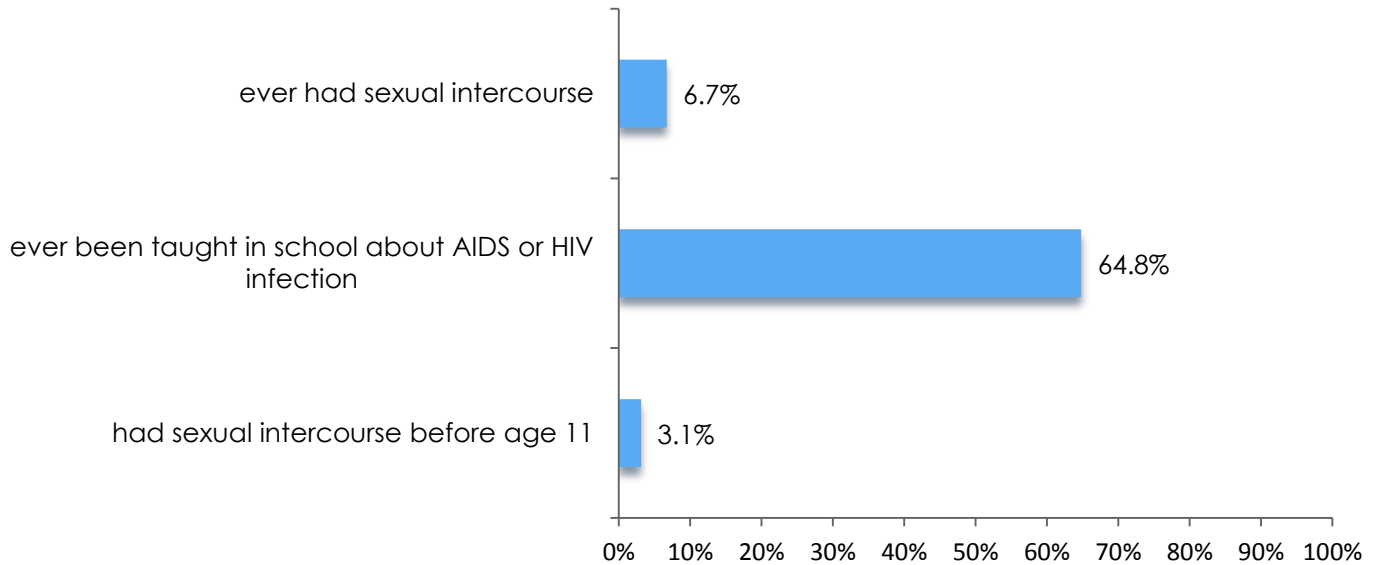
TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
% Ever had sexual intercourse										
SFUSD MS	13.4	10.3	7.1	8.5	8.7	7.3	8.2	6.7	Decreased	No change*
% Sexually active before age 11 (Had sexual intercourse for the first time before age 11 years)										
SFUSD MS	5.3	n/a	2.9	2.8	3.2	3.0	3.2	3.1	No change*	No change*
% Condom use during last sexual intercourse (Among currently sexually active students)										
SFUSD MS	61.7	59.1	71.3	76.1	75.5	61.2	64.9	51.9	Decrease	Decrease

*Although increases or decreases were observed, the differences were not statistically-significant.

SEXUAL BEHAVIORS

Percentage of middle school students who...



SFUSD Priority Increase HIV/AIDS Prevention

- Since 1999, the percentage of students who reported being taught about HIV/AIDS in school has decreased significantly, from 81% to 65%.

SFUSD Priority Increase Condom Use

- The percentage of sexually-active students who reported using a condom during sex has decreased 13% since 2009.

SFUSD Priority Decrease Multiple Partners

- Significantly more male students (5.6%) than female students (1.4%) reported ever having sex with three or more people.

BODY IMAGE & HEALTHY EATING

LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Nearly a quarter of students (24.5%) describe themselves as overweight.
	Over forty percent (41%) of students report they are trying to lose weight.
CDC National Data	Healthy eating is associated with reduced risk for many diseases, including the three leading causes of death: heart disease, cancer, and stroke. ⁽¹⁰⁾
	Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia. ⁽¹⁰⁾

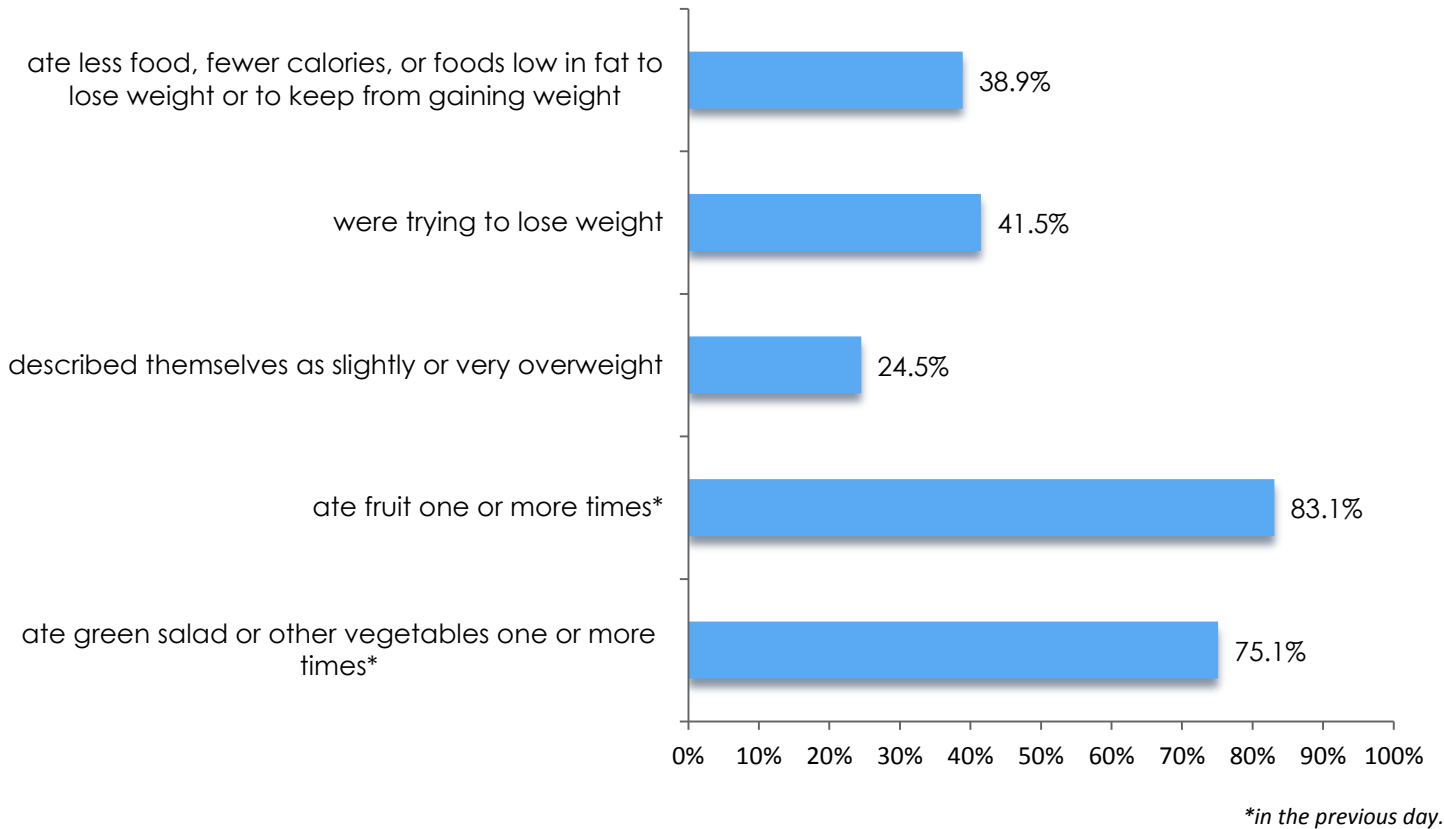
TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
% Ever exercised to lose weight or to keep from gaining weight										
SFUSD MS	54.2	58.8	58.6	59.3	61.6	63.5	60.7	60.3	Increased	No change*
% Described themselves as slightly or very overweight										
SFUSD MS	27.3	28.0	26.7	27.0	25.8	21.3	26.8	24.5	Decreased	No change*
% Were trying to lose weight										
SFUSD MS	37.9	40.3	38.5	41.7	40.0	39.0	41.0	41.5	Increased	No change*

*Although increases or decreases were observed, the differences were not statistically-significant.

BODY IMAGE & HEALTHY EATING

Percentage of middle school students who...



SFUSD Priority Increase Healthy Weight

- Nearly one fourth of students (24.5%) described themselves as slightly or very overweight.

SFUSD Priority Improve Body Image

- Significantly more female than male students reported they were trying to lose weight (44.6% vs. 38.6%). In contrast, 55.9% of Hispanic/Latino students report trying to lose weight.

SFUSD Priority Increase Healthy Eating

- About 3% of students reported taking diet pills, powders, or liquids without a doctor's advice to lose weight or keep from gaining weight.

PHYSICAL ACTIVITY

LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Almost all (95.7%) students attended physical education classes at least once per school week, while 84.8% reported going to PE every school day.
	Although the indicator has decreased significantly over the past twelve years, over one-quarter of students (28.2%) report watching three or more hours of TV on an average school day.
	Nearly one in three students (31.3%) report using playing video or computer games three or more hours per day, a significant increase since 2007 (25.2%).
CDC National Data	Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. ⁽¹¹⁾
	Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life. ⁽¹¹⁾

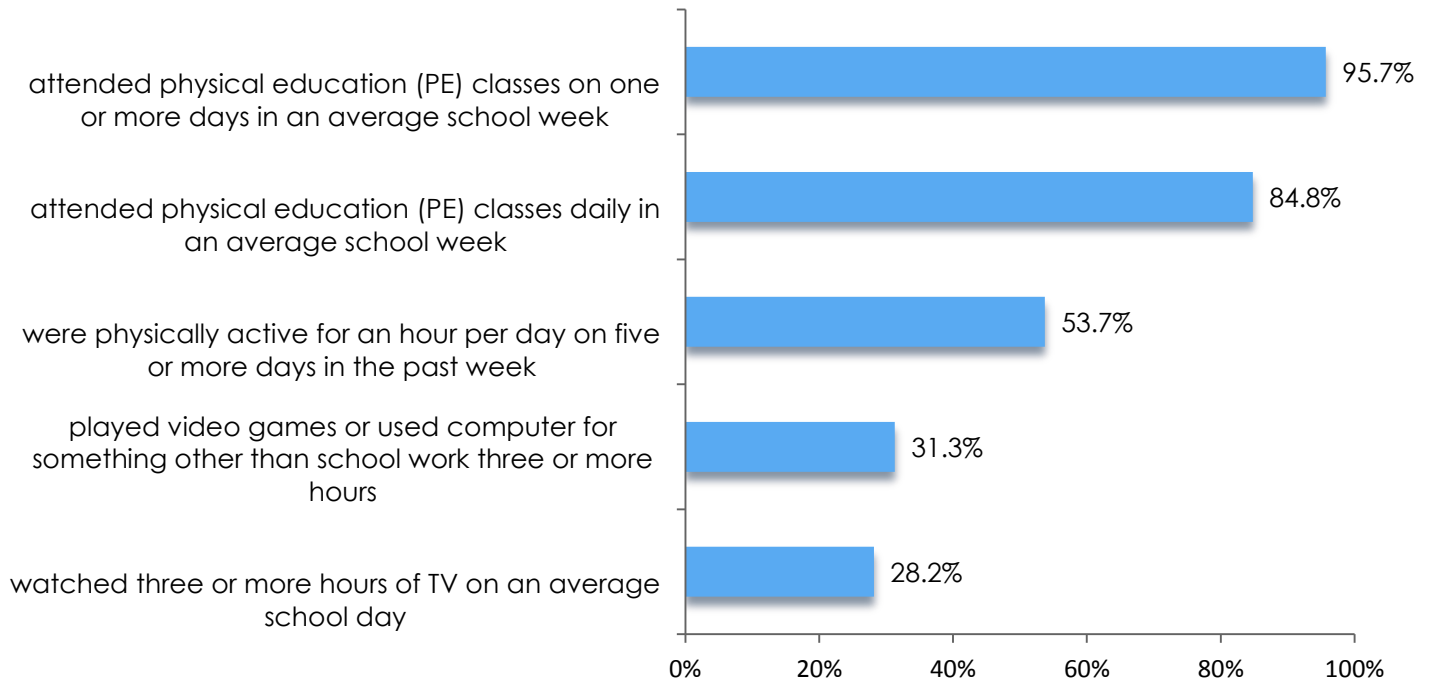
TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
% Attended physical education classes (On one or more days in an average week when they were in school)										
SFUSD MS	96.0	96.3	96.9	97.2	95.4	96.6	96.5	95.7	No change*	No change*
% Attended physical education classes daily (Five days in an average week when they were in school)										
SFUSD MS	87.1	87.7	88.6	88.4	82.1	89.3	89.3	84.8	No change*	Decreased
% Watched television three or more hours per day (On an average school day)										
SFUSD MS	n/a	56.6	52.8	51.3	41.3	34.1	36.0	28.2	Decreased	Decreased
% Played video or computer games or used a computer for something that was not school work for three or more hours per day (On an average school day)										
SFUSD MS	n/a	n/a	n/a	n/a	n/a	25.2	31.1	31.3	Increased (since 2007)	No change*

*Although increases or decreases were observed, the differences were not statistically-significant.

PHYSICAL ACTIVITY

Percentage of middle school students who...



SFUSD Priority Increase Physical Activity

- About half of students (53.7%) reported being physically active for at least one hour per day on five or more days in the past week.

SFUSD Priority Increase Participation in PE

- About 8 out of 10 students reported attending physical education class daily.

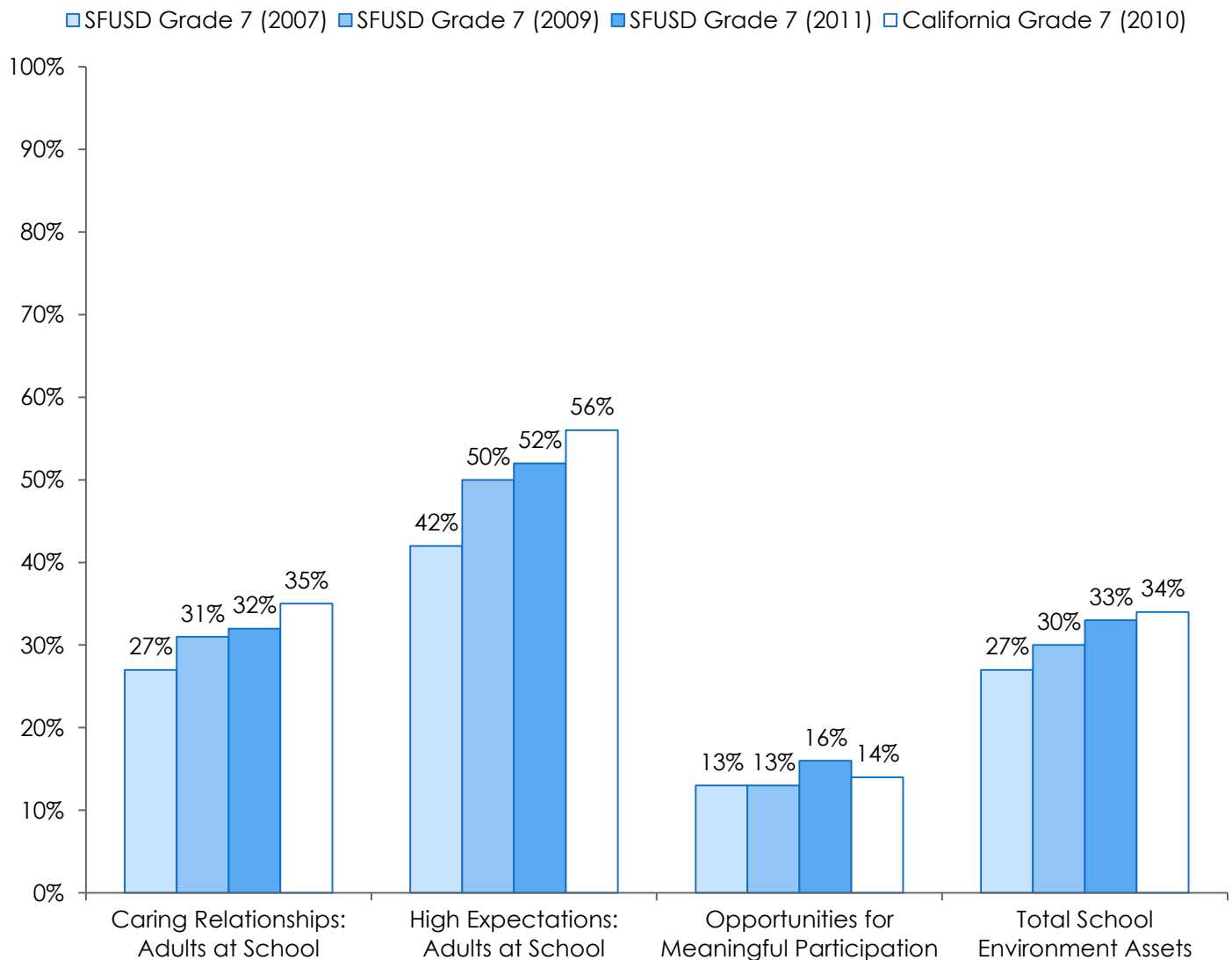
SFUSD Priority Decrease Sedentary Activity

- The percentage of students who reported spending three or more hours per day playing computer or video games has increased significantly in the past 4 years (from 25% to 31%).

YOUTH DEVELOPMENT ASSETS IN THE SCHOOL ENVIRONMENT

This final section provides results from the CHKS on youth development assets in the school environment. SFUSD administers the *Youth Development* module of the CHKS every two years to students in the 7th grade. Youth development researchers emphasize the importance of providing support and opportunities (external assets) in the form of *caring relationships*, *high expectations*, and *opportunities for meaningful participation* within the school environment. The development of assets within the school community improves health outcomes and academic performance. **The following charts show the percentage of students scoring “high” on school environment factors. For comparison purposes, statewide results are also provided.**

Results show steady increases in school-based assets and total school assets over the past five years.



References

- (1) CDC, National Center for Injury Prevention and Control, Office of Statistics and Programming. Web-based Injury Statistics Query and Reporting System (WISQARS). Online at <http://www.cdc.gov/injury/wisqars/>. Accessed October 8, 2008.
- (2) Fellows JL, Trosclair A, Adams EK, Rivera CC. Annual smoking attributable mortality, years of potential life lost and economic costs: United States 1995-1999. *Morbidity and Mortality Weekly Report* 2002; 51: 300-303.
- (3) Substance Abuse and Mental Health Services Administration. *Summary of findings from the 2001 National Household Survey on Drug Abuse: Volume II*. Technical appendices and selected data tables. Rockville, MD: U.S. Department of Health and Human Services, 2002; NHSDA Series H-18; DHHS publication no. (SMA) 02-3759.
- (4) CDC. Office on Smoking and Health, 2002 calculations based upon: Smoking attributable mortality and years of potential life loss—United States, 1984. *Morbidity and Mortality Weekly Report* 1997; 46: 444-451.
- (5) U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.
- (6) CDC. Alcohol-attributable deaths and years of potential life lost—United States, 2001. *Morbidity & Mortality Weekly Report* 2004; 53(37): 866–870.
- (7) U.S. Department of Transportation. Fatality Analysis Reporting System (FARS) Web-based Encyclopedia.
- (8) CDC. Accessed at <http://www.cdc.gov/healthyyouth/sexualbehaviors/index.htm>.
- (9) Leigh B, Stall R. Substance use and risky sexual behavior for exposure to HIV: issues in methodology, interpretation, and prevention. *American Psychologist* 1993; 48: 1035–1043.
- (10) U.S. Department of Health and Human Services. *The Surgeon General's call to action to prevent and decrease overweight and obesity*. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001.
- (11) CDC. Physical Activity and Health: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, 1996.



2011 MIDDLE SCHOOL HEALTH SURVEY RESULTS

Health surveys are used by SFUSD's Student, Family, and Community Support Department (SFCSD) to monitor health risk behaviors of San Francisco's youth, guide program planning, and evaluate school-based health programs. Results from these surveys support the District's Balanced Scorecard by assisting SFCSD to understand our diverse student population. In addition, they identify areas of growth and areas that need improvement in addressing student health and wellness needs, which supports increased student access to health-related educational programs and services.

Access & Equity:

Make social justice a reality

Student Achievement:

Engage high achieving and joyful learners

Accountability:

Keep our promises to students and families

For more information, please visit www.healthiersf.org