



RESULTS OF THE 2011 IDAHO YOUTH RISK BEHAVIOR SURVEY

A HEALTHY LOOK AT IDAHO YOUTH



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RESULTS OF THE 2011 IDAHO YOUTH RISK BEHAVIOR SURVEY

Prepared for the Idaho State Department of Education,
Tom Luna, State Superintendent of Public Instruction

December 2011

PREFACE

The Youth Risk Behavior Survey (YRBS) is one component of the Youth Risk Behavior Surveillance System developed by the Centers for Disease Control and Prevention in collaboration with representatives from 71 state and local departments of education and health, 19 other federal agencies, and national education and health organizations. The Youth Risk Behavior Surveillance System (YRBSS) was designed to focus the nation on behaviors among youth related to the leading causes of mortality and morbidity among both youth and adults and to assess how these risk behaviors change over time. The Youth Risk Behavior Surveillance System primarily measures behaviors that fall into six categories:

1. Behaviors that contribute to unintentional injuries and violence
2. Tobacco use
3. Alcohol and other drug use
4. Sexual behaviors that result in HIV infection, other sexually transmitted diseases and unintended pregnancies
5. Unhealthy dietary behaviors
6. Physical inactivity

In addition to the six behavior categories, the 2011 Idaho YRBS collected information on other health-related topics such as obesity, asthma, sleeping, sunlight and UV light exposure, and school-based social support and stability.

The body of this report highlights the results of the 2011 Idaho Youth Risk Behavior Survey and is intended for use by a broad audience including educators, health program planners, community organizations, youth, parents, legislators, and government agencies.

ACKNOWLEDGEMENTS

The 2011 Idaho Youth Risk Behavior Survey (YRBS) is one component of the surveillance and reporting system for adolescent risk behaviors developed by the Division of Adolescent and School Health (DASH), the National Center for Chronic Disease Prevention and Health Promotion, and the Centers for Disease Control and Prevention (CDC). The YRBS was first used in Idaho in 1991. The Idaho State Department of Education (SDE) and State Superintendent Tom Luna acknowledge the participation, support, and cooperation of those persons who made the 2011 Idaho Youth Risk Behavior Survey possible. Sincere appreciation is expressed to:

- The Centers for Disease Control and Prevention, Division of Adolescent and School Health, and the WESTAT Technical Assistance Project
- The Coordinated School Health Program within the Idaho State Department of Education
- The school district superintendents, principals, teachers and students who participated in the 2011 Idaho Youth Risk Behavior Survey

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Healthy People 2020

Healthy People 2020 is the latest initiative in a long line of collaborative activities intended to improve the health of all Americans. One specific goal of Healthy People 2020 is to improve the healthy development, health, safety, and well-being of adolescents aged 10 to 19 years old. In Idaho, this age group makes up 15% of the population and the behavioral patterns that are established during the developmental period of these Idaho adolescents directly determines their health status and chronic disease risks in adulthood.¹

While adolescents are generally healthy during this period of their lives, there are several important health and social problems which can be of specific concern. Examples of these social and health problems include:

- Homicide
- Suicide
- Motor vehicle crashes
- Substance use
- Smoking
- Sexually transmitted infections, including HIV
- Teen pregnancy
- Physical violence

“Adolescence is a critical transitional period that includes the biological changes of puberty and the need to negotiate key developmental tasks, such as increasing independence and normative experimentation.”²

Healthy People 2020 contains 11 objectives specific to adolescent health. Although the majority of these objectives are not directly measured by the Youth Risk Behavioral Surveillance System (YRBSS), they are important measures to consider whenever an agency or organization is addressing issues surrounding youth health and safety. Specifically, the Healthy People 2020 Adolescent Health Objectives include:

- AH-1 Adolescent wellness checkup
- AH-2 Afterschool activities
- AH-3 Adolescent-adult connection
- AH-4 Transition to self-sufficiency from foster care
- AH-5 Educational achievement
- AH-6 School breakfast program
- AH-7 Illegal drugs on school property
- AH-8 Student safety at school as perceived by parents
- AH-9 Student harassment related to sexual orientation and gender identity
- AH-10 Serious violent incidents in public schools
- AH-11 Youth perpetration of, and victimization by, crimes

For more information about Healthy People 2020 visit the website at: www.healthypeople.gov.

Introduction

This report describes the results of the 2011 Idaho Youth Risk Behavior Survey (YRBS). Idaho's State Department of Education (SDE) conducted the YRBS survey during the Spring 2011 school semester. Similar surveys were conducted in 1991, 1993, 2001, 2003, 2005, 2007 and 2009.

Mortality, morbidity, and social problems which Idaho teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving, sexual intercourse at a young age, suicide, and lack of seatbelt use, etc. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases which are not manifested until adulthood. These behaviors and associated health problems are largely preventable.

Survey results for each of the six risk categories (i.e. injury, tobacco use, alcohol and other drug use, sexual behaviors, poor diet, and physical inactivity) and additional "other" measures are presented in three parts:

- graphic illustration of 2011 YRBS key findings among grades and sexes
- an overview of the risk factor as it applies to Idaho high school students
- highlights of the 2011 Idaho YRBS results in bullet form

For readers desiring additional information, this report includes 2001 to 2011 trends for many of the YRBS measures. The report appendix includes a question-by-question summary of survey results and a copy of the 2011 Idaho YRBS questionnaire. Contact Patricia Stewart, Idaho State Department of Education, for more information about the use of the YRBS in school health education programs: (208) 332-6929.

Survey Methods

Sampling

The 2011 Idaho Youth Risk Behavior Survey employed a two-stage cluster sample design to produce representative samples of students in grades 9 through 12 in Idaho's public school system. The first-stage sampling frame included all public schools containing any grades 9 through 12. Schools were selected systematically with probability proportional to school enrollment size using a random start. At the second sampling stage, intact classes of a required subject or a required period (e.g., second period) were randomly selected using systematic equal probability sampling with a random start. All students in selected classes were eligible to participate in the survey.

Data Collection

Students completed the self-administered questionnaire in their classrooms during a regular class period, recording their responses directly on a computer-scannable answer sheet. The 2011 Idaho YRBS questionnaire contained 97 multiple-choice questions plus two additional questions to collect student height and weight. Survey procedures were designed to protect students' privacy by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration. A copy of this survey is included in the appendix of this report or can be obtained from the SDE: (208)332-6929.

Data Weighting

Based on the sampling methodology, a weight was associated with each student's responses in order to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. For more information regarding the methodology used to weight the data contact the SDE. The weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular Idaho public school students in grades 9 through 12.

Survey Limitations

The YRBS does have several limitations which may impact the reliability and usefulness of the results. The 2011 Idaho survey is administered to students enrolled in one of Idaho's public schools. Many teens who are at the highest risk for unhealthy behaviors may have dropped out of school and therefore are not represented by these results. In addition, respondents of self-reported surveys may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (bullying, drug, alcohol and tobacco use, sexual assault, etc.) and over report behaviors which are socially desirable (exercise frequency, healthy diet, seat-belt use, etc.). Despite these limitations, YRBS data can be useful in tracking behaviors over time (trend data) and in making adolescent health program decisions.

2011 YRBS Definitions by Topic Area

Substance Use

Current Use – is defined as engaging in use of a substance (i.e., tobacco, alcohol, or other drugs) on one or more occasions during the 30 days previous to being surveyed.

Lifetime Use – is defined as engaging in use of a substance on one or more occasions at any time during the respondent's lifetime previous to being surveyed.

Race/Ethnicity

Hispanic – includes all students who selected the response “yes” to the question, “Are you Hispanic or Latino?”.

All other races – includes all students who selected one of the following responses to the question “What is your race?": “American Indian or Alaska Native,” “Asian,” or “Native Hawaiian or Other Pacific Islander.”

Multiple races – includes all students who selected two or more of the following responses to the question “What is your race?": “American Indian or Alaska Native,” “Asian,” or “Native Hawaiian or Other Pacific Islander.”

White – includes all students who selected “White” when asked “What is your race?"; and selected “no” to the question “Are you Hispanic or Latino?.”

Black – includes all students who selected “Black or African American” when asked “What is your race?"; and selected “no” to the question “Are you Hispanic or Latino?.”

Statistical Significance

Significant – referring to statistical significance; the word significant is used solely in this report to describe any statistically significant differences that exist between two or more measures being reported. Statistical significance was determined based on non-overlapping 95% confidence intervals associated with each of the compared measures.

It is important to note that although differences between groups (e.g., between males and females, or between grade levels) or differences from year to year may not always be statistically significant, the results may be programmatically significant or significant on a practical level.

2011 Survey Summary

Participants

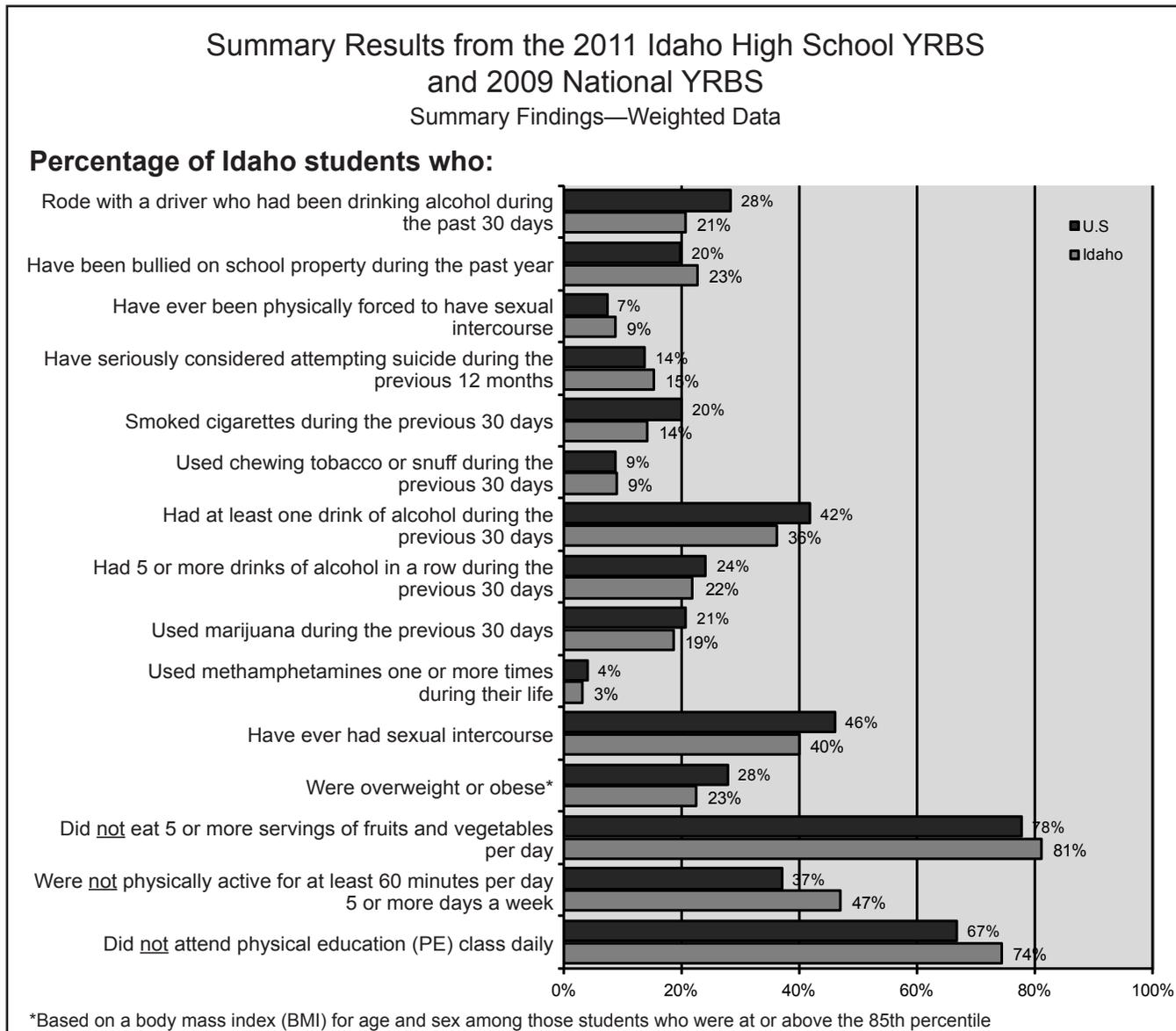
The 2011 Idaho Youth Risk Behavior Survey (YRBS) was completed by 1,702 students in 48 public high schools in Idaho during the spring of 2011. The school response rate was 84%, the student response rate was 88%, and the overall response rate was 74%. The results are representative of all students in grades 9-12.

The weighted demographic characteristics of the sample are as follows:

Female	48.4%	9th grade	26.3%	Black*	0.4%
Male	51.6%	10th grade	25.2%	Hispanic/Latino	13.5%
		11th grade	24.5%	White*	81.7%
		12th grade	23.9%	All other races	2.0%
				Multiple races	2.4%

Note: Due to rounding and/or weighting of results, and the overlap among racial and ethnic groups, the above demographic group totals may not add up to 100%.

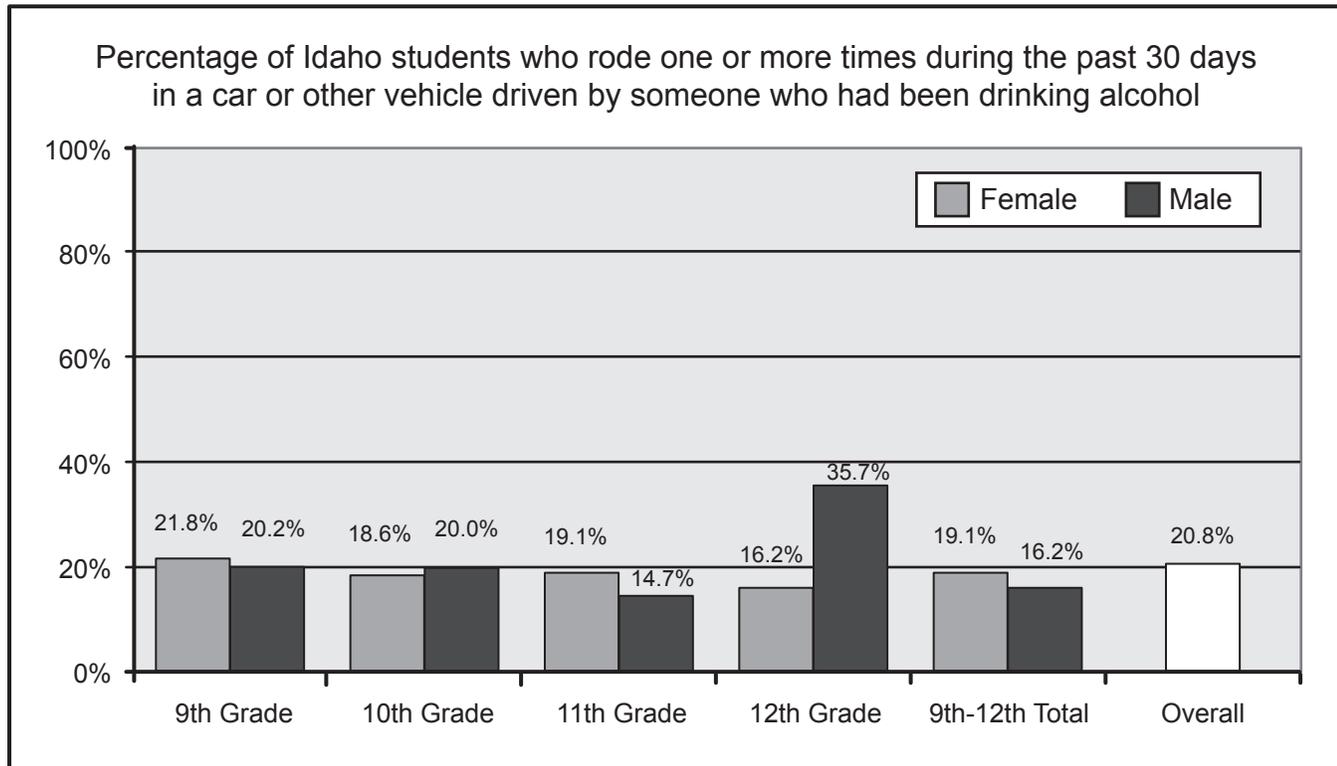
*Non-Hispanic.



2011 Idaho Youth Risk Behavior Survey Results

The following section includes students' responses to the 2011 Idaho YRBS by topic area: unintentional and intentional injuries, tobacco use, alcohol and other drug use, sexual behaviors, weight management and dietary behaviors, physical activity, and "other" health-related measures. The results reported in this section include selected highlights of the 2011 Idaho YRBS. Idaho YRBS results over time are available in the trend results section (pages 25-35) and highlights those measures that have shown significant change over time, or those measures that have not shown any significant change over time despite the need for improvement in order to reduce students' risk for injury or long-term health effects. Question by question results for the 2011 Idaho YRBS can be found beginning on page 39. The term "significant" is used to denote when statistically significant differences are considered to exist based on non-overlapping 95% confidence intervals (see page 3 for more information regarding the definition of statistical significance).

Unintentional & Intentional Injuries



The 2011 Idaho YRBS questionnaire contained 27 questions about violence-related behaviors (weapon carrying, bullying, fighting, intimate partner violence, rape, and suicide) and injury-prevention behaviors (helmet use, seatbelt use, and drunk driving).

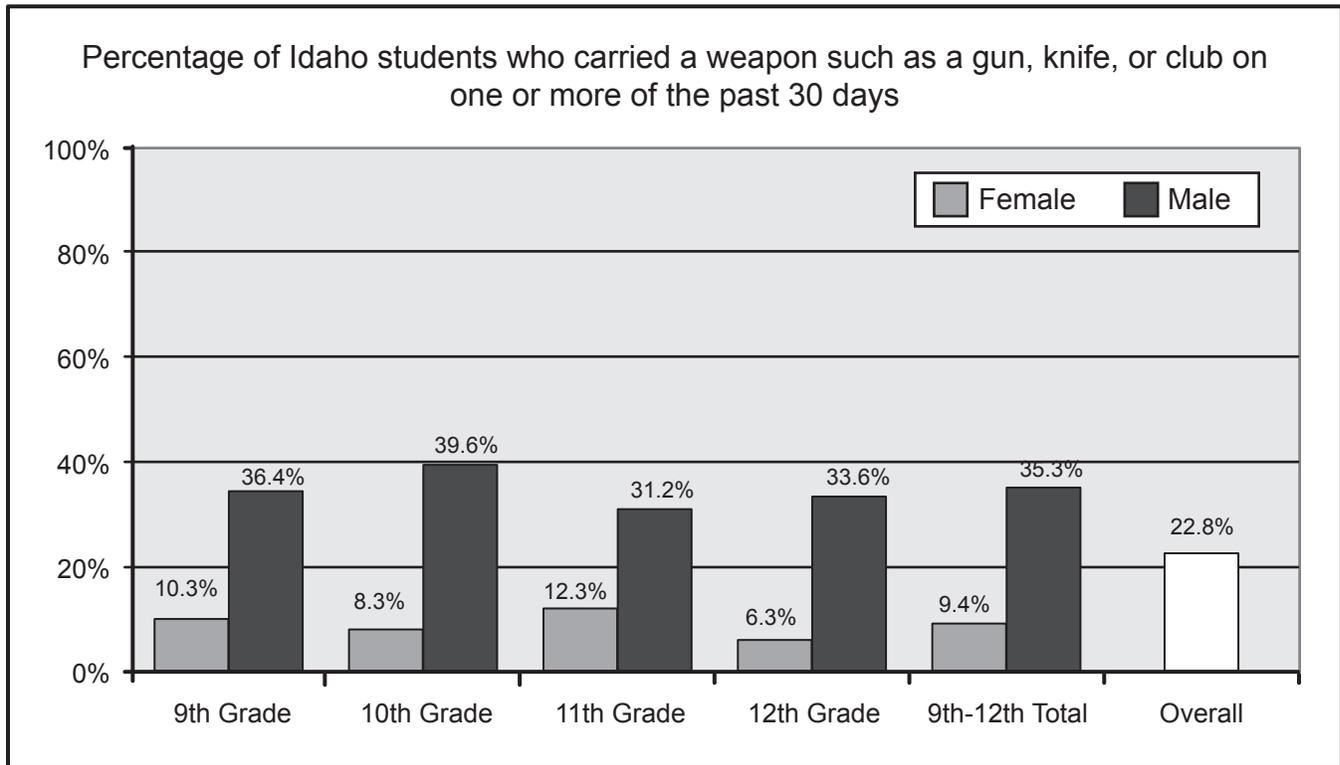
Accidents (unintentional injuries) are the leading cause of death among Idaho teens and young adults. In 2009, there were 45 unintentional injury deaths among Idahoans aged 10 to 19, representing 58% of all deaths in that age-group. In particular, motor vehicle accidents account for the majority of accidental deaths as 29 of the 45 deaths (64%) were associated with motor vehicle accidents.³

Head injury is the leading cause of death in motorcycle and bicycle crashes, although helmets substantially reduce the risk for serious head injuries.^{4,5} Compared with other age groups, teens have the lowest rate of seat belt use.⁶

Injury in Idaho

- One in twelve Idaho high school students drove a vehicle in the previous 30 days when he or she had been drinking alcohol
- Hispanic students (29%) were significantly more likely than White students (19%) to have ridden in a vehicle driven by someone who had been drinking
- Male students (9%) were slightly more likely than female students (7%) to say they never or rarely wore a seatbelt when riding in a car driven by someone else
- Among those students who rode a bicycle in the previous 12 months, 84% never or rarely wore a bicycle helmet

Unintentional & Intentional Injuries



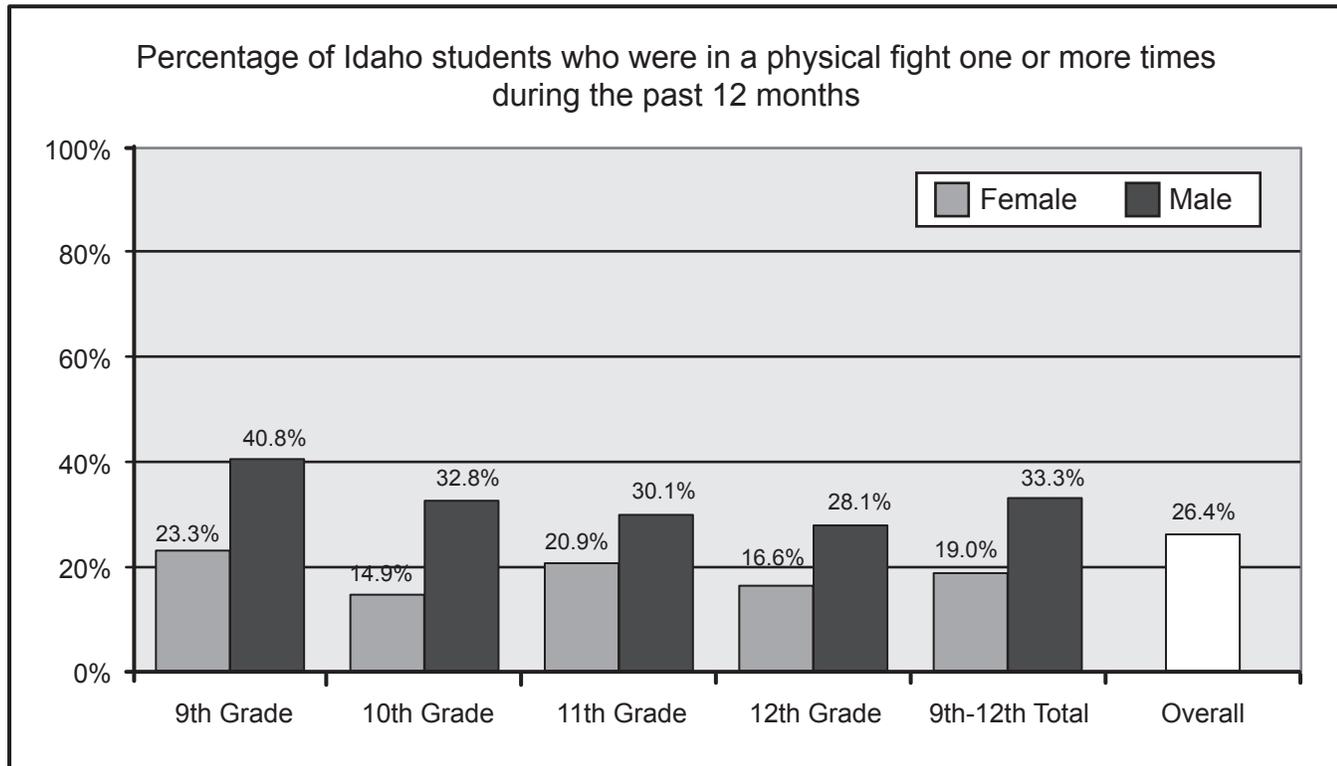
Approximately nine out of ten homicide victims in the United States are killed with a weapon of some type, such as a gun, knife, or club.⁷ Unintentional firearm-related fatalities are also a critical problem among children and young adults in the United States.⁸ In 2009, 178 Idahoans died as a result of firearm-related injuries.³

One in four Idaho high school students (23%) carried some type of weapon (at any time) on one or more of the previous 30 days while 6% of students reported carrying a weapon on school property during the same timeframe.

Injury in Idaho

- Male students (35%) were four times as likely as female students (9%) to have carried a weapon on one or more of the previous 30 days
- Male students (10%) were almost five times as likely to have carried a weapon on school property during the previous 30 days than female students (2%)
- White students (6%) were slightly more likely than Hispanic students (4%) to have carried a weapon on school property during the previous 30 days
- Nearly one-third of all students (29%) had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the previous 12 months

Unintentional & Intentional Injuries



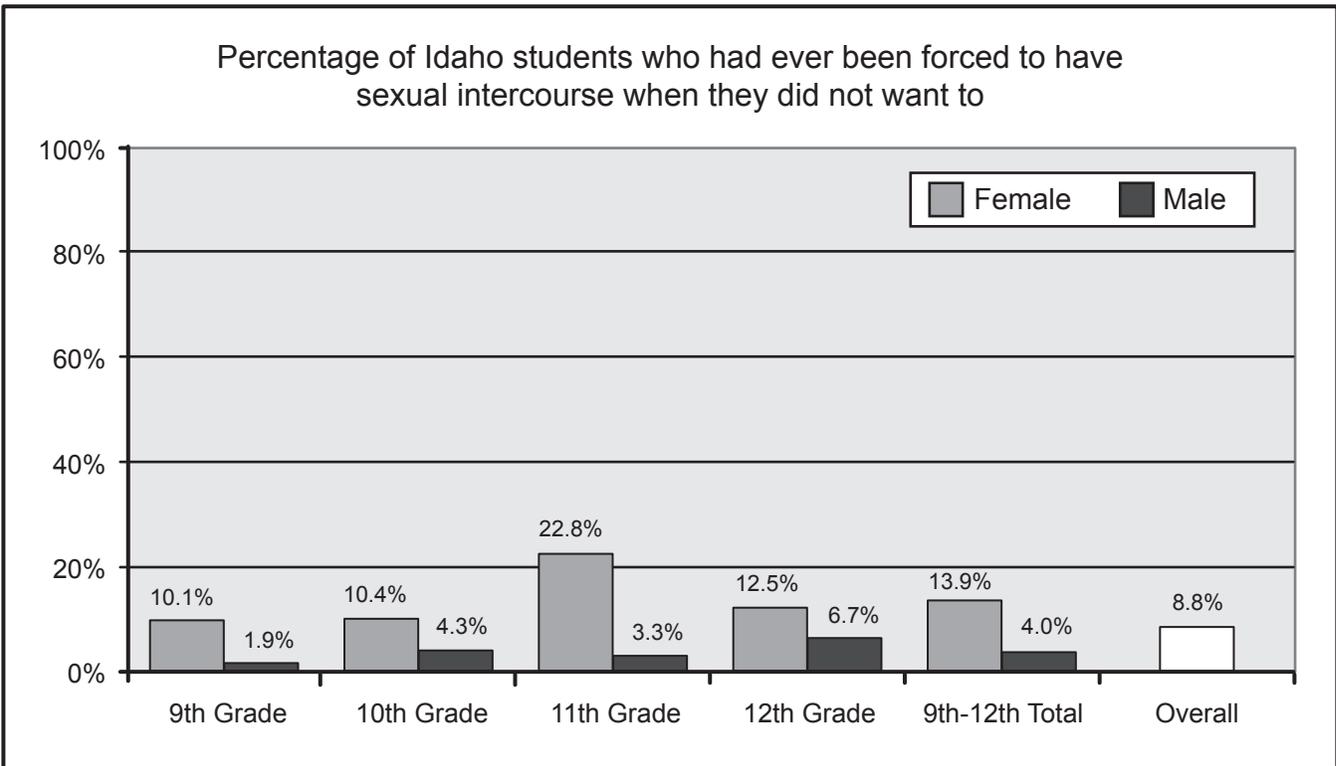
YRBS injury-related questions measured the frequency and severity of physical fighting and abusive behavior. Among Idaho high school students, 26% were in a physical fight, 7% were threatened or injured with a weapon on school property, and 9% had been in a physical fight on school property one or more times during the past 12 months.

Over half of the teens who fight also participate in behaviors that can put them or those around them at risk for harm. Such behaviors include using illegal drugs, binge drinking, carrying weapons, and having unsafe sex.^{9,10}

Injury in Idaho

- Male students (14%) were more than twice as likely than female students (5%) to have been in a fight on school property during the previous 12 months
- 35% of Hispanic students (compared to 25% of White students) were in a physical fight one or more times in the previous 12 months
- Male students (4%) were twice as likely as female students (2%) to have been in a fight during the past 12 months in which they had been injured and had to be treated by a doctor or nurse

Unintentional & Intentional Injuries



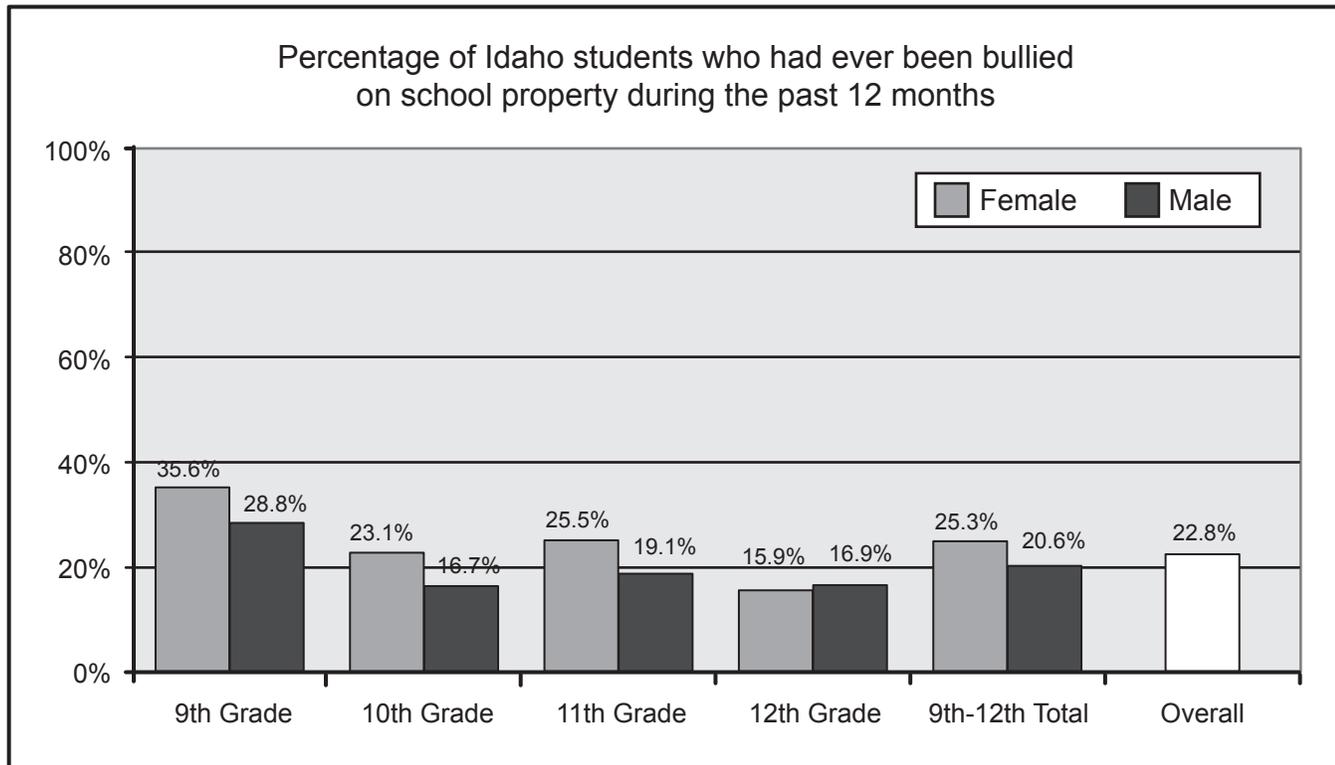
Forced sex has been associated with suicidal ideation and attempts,¹¹ alcohol and drug use,¹² and increased risk of chronic diseases and somatic symptoms in both reproductive and nonreproductive organ systems.¹³

In Idaho, 14% of female students and 4% of male students report they have been physically forced to have sexual intercourse. Nearly one in ten Idaho students (9%) report they have been hit or slapped on purpose by their boyfriend or girlfriend during the previous year.

Injury in Idaho

- Female students (14%) were three times more likely than male students (4%) to report having ever been forced to have sexual intercourse when they did not want to
- Male students (9%) and female students (9%) are equally as likely to report having been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months
- Hispanic students (14%) were almost twice as likely as White students (8%) to report having been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

Unintentional & Intentional Injuries



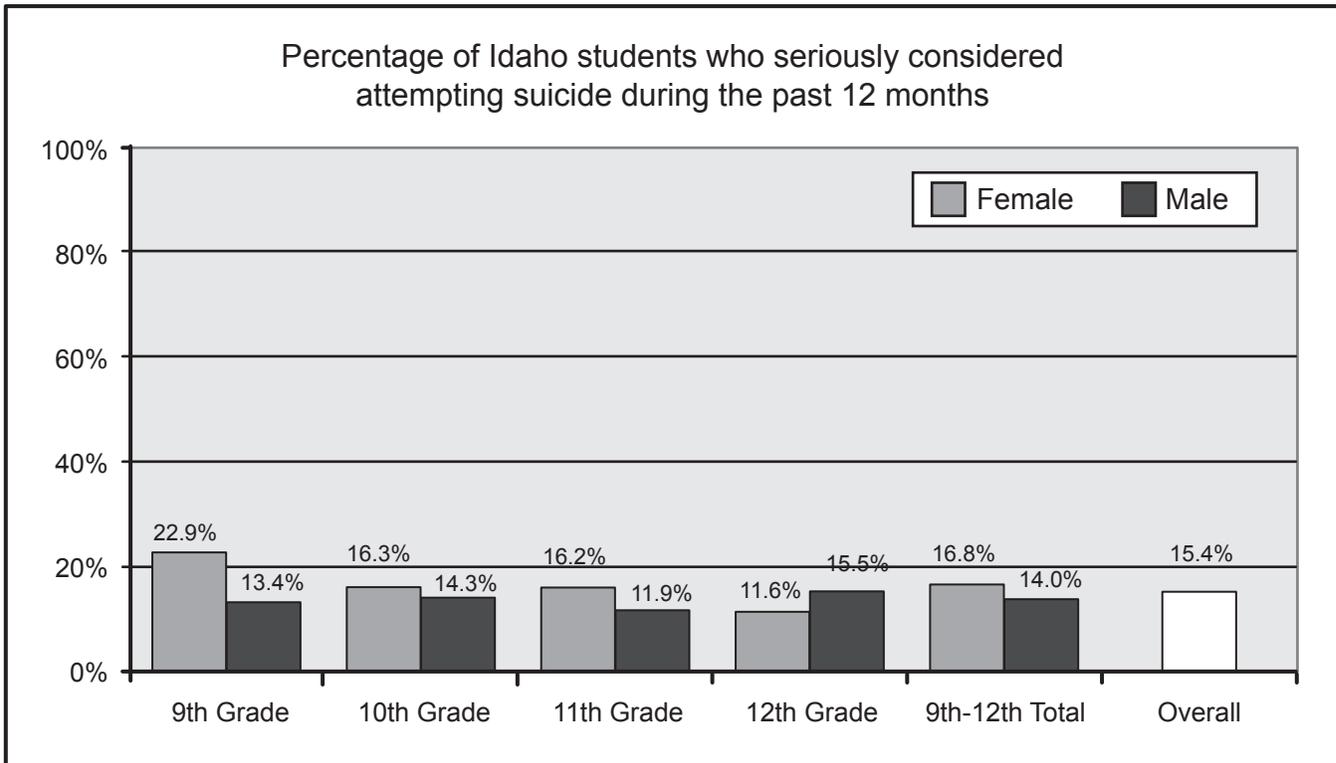
The 2011 Idaho YRBS included seven (7) questions about bullying. These questions asked students about being bullied and engaging in the bullying of others, as well as bullying that might be related to a student's race or ethnicity, perceived sexual orientation, and physical appearance. Students were also asked about being electronically bullied through email or texting.

Bullying can have serious effects on children who are bullied. These children are more likely than their peers to be depressed, lonely, and anxious; have low self-esteem; feel unwell; have more migraine headaches; and think about suicide.¹⁴

Injury in Idaho

- Male students (21%) are significantly more likely than female students (12%) to say they have bullied someone else on school property during the past 12 months
- When asked about the previous 12 months, 9% said they were bullied because of their race or ethnicity; 26% of students said they were bullied because of their height, weight, or physical appearance; and 9% were bullied because someone thought they were gay, lesbian, or bisexual
- Female students (21%) were significantly more likely than male students (13%) to have been electronically bullied

Unintentional & Intentional Injuries



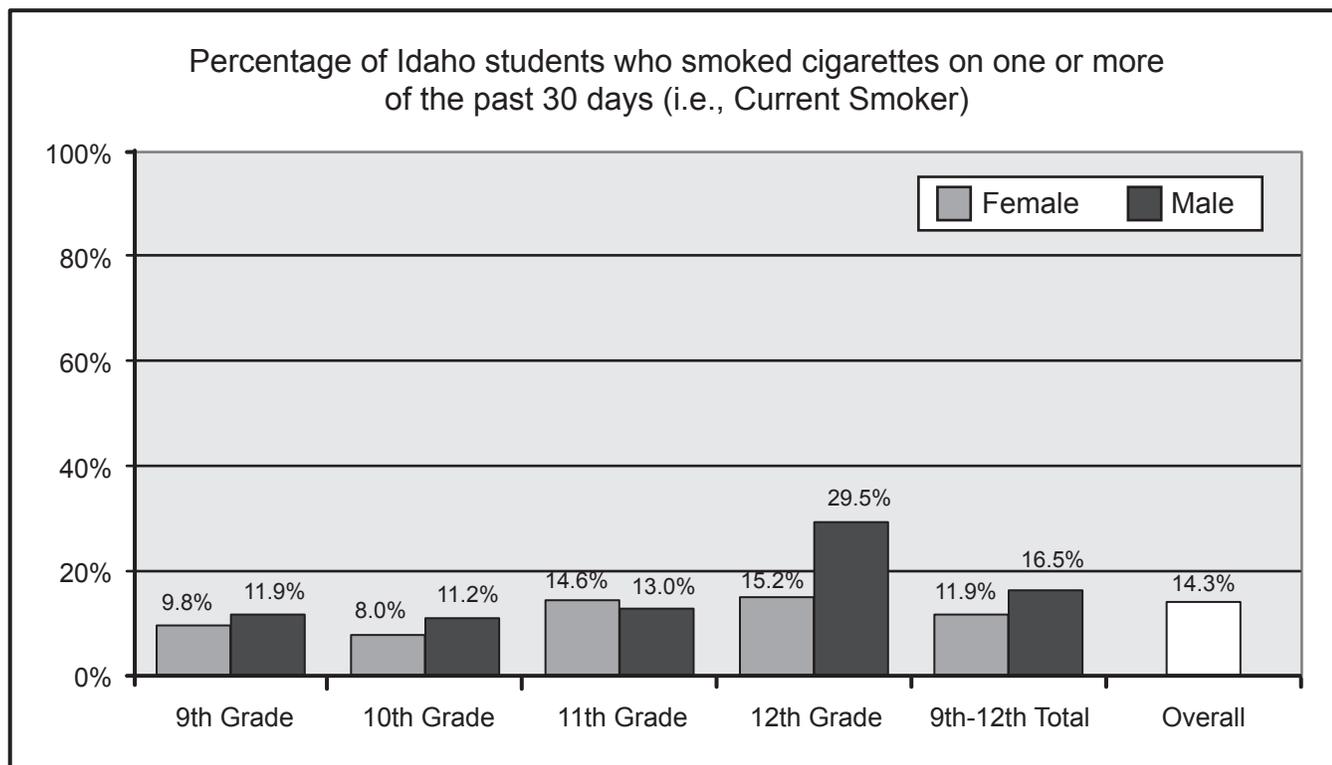
In 2009, suicide was the 2nd leading cause of injury related deaths among youth aged 10 to 19 in Idaho, and 14 Idahoans between the ages of 10 and 19 committed suicide.³

According to results of the 2011 Idaho YRBS, 15% of all high school students seriously considered attempting suicide, 13% said they made a plan for how they would attempt suicide, and 7% reported attempting suicide during the previous year. In addition, 2% of Idaho students reported having made a suicide attempt that results in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

Injury in Idaho

- Female students (34%) were significantly more likely than male students (21%) to report they felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities within the previous 12 months
- Female students (17%) were only slightly more likely than male students (14%) to have seriously considered attempted suicide during the previous 12 months
- Although not statistically significant, Hispanic students (11%) were twice as likely to actually attempt suicide one or more times during the previous year than White students (6%)

Tobacco Use



The 2011 Idaho YRBS questionnaire contained 11 questions about tobacco use, including smoking experimentation, current smoking patterns, age of initiation, adherence to Federal regulations regarding sale of cigarettes, smoking on school property, and attempts to quit smoking.

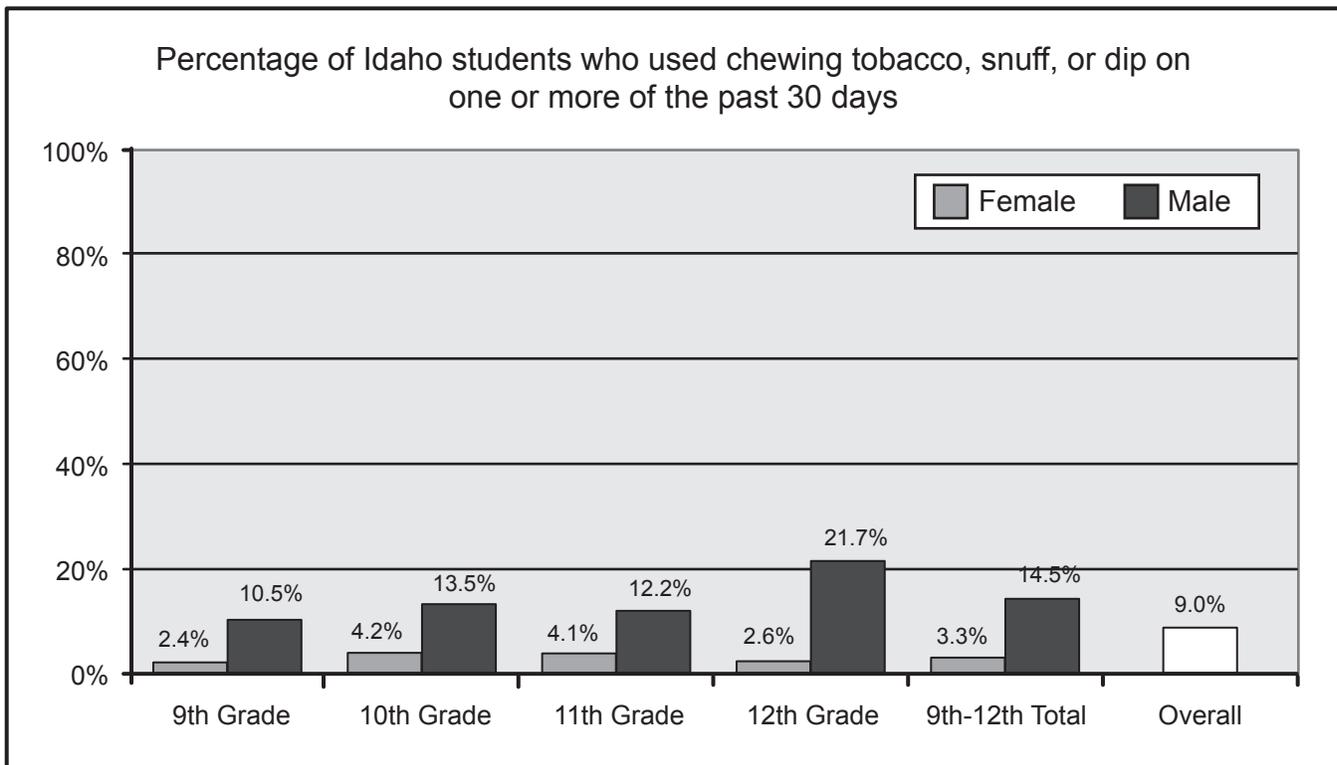
Tobacco use is considered the chief preventable cause of death in the United States with an estimated 18% of all deaths attributed to tobacco use.^{15,16} If current patterns of smoking behavior persist, an estimated 24,000 Idaho youth are projected to die prematurely from smoking-related illnesses.¹⁷

Among students who report current cigarette use, 8% smoked more than 10 cigarettes per day on the days they smoked and 10% of all high school students have smoked daily (that is at least one cigarette a day for 30 days).

Tobacco Use in Idaho

- 39% of all high school students have tried cigarette smoking, and 9% smoked a whole cigarette before age 13
- 6% of students smoked on 20 or more of the past 30 days (i.e. frequent smokers)
- When it comes to smoking experimentation, Hispanic students are significantly more likely than White students to have both ever tried smoking and to have smoked before age 13
- Among students who do smoke, 55% tried to quit at least once during the previous 12 months.

Tobacco Use



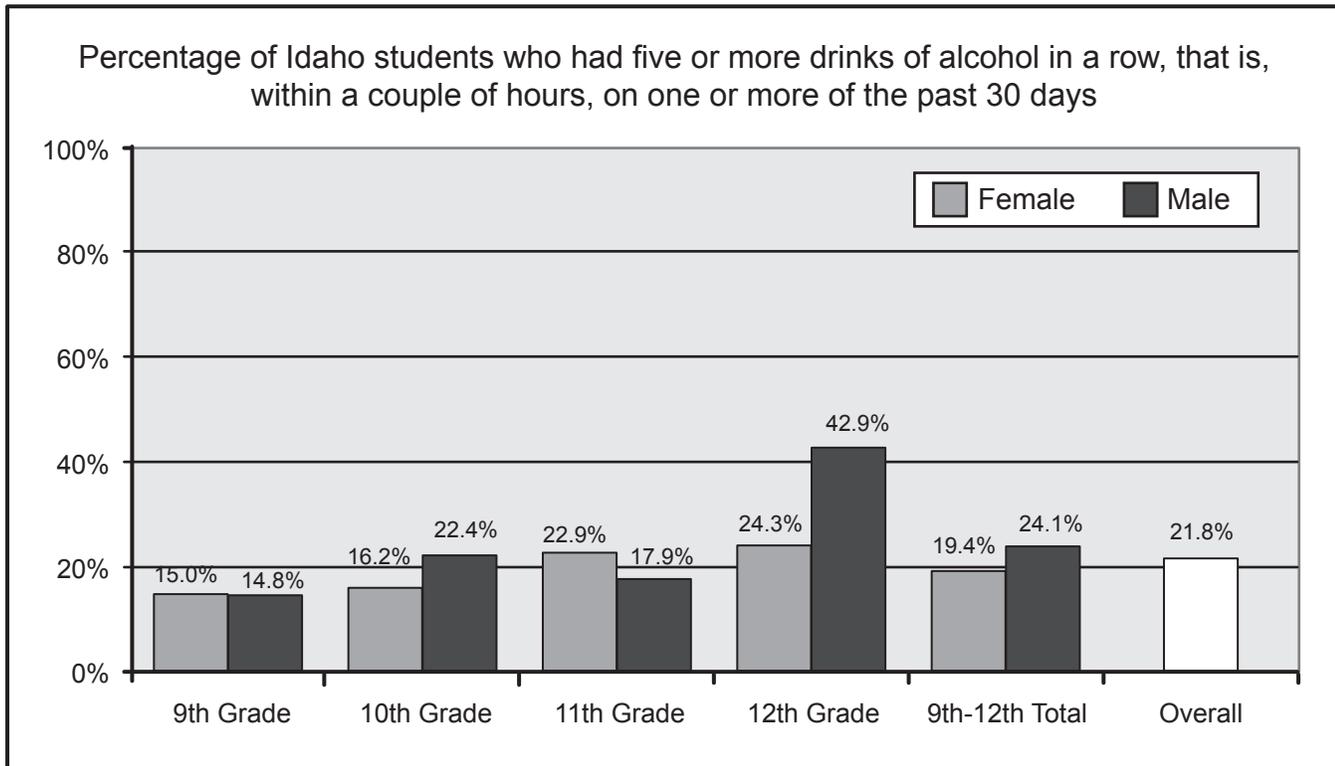
In the past 40 years, smokeless tobacco use has changed from a product used by older adults, particularly men, to a product used mostly by young men and boys. Despite being thought of as a safe alternative to smoking, smokeless tobacco increases the risk of many health problems and chronic conditions; and evidence shows that teens who use smokeless tobacco have a higher risk of becoming cigarette smokers within four years compared to those students who do not use smokeless tobacco.¹⁸

Research has shown that the nation continues to make gradual progress in reducing youth smoking, but declines have slowed significantly in recent years. The same research also found that smokeless tobacco use has increased among adolescents in recent years, a period during which tobacco companies have introduced a slew of new smokeless tobacco products and significantly increased marketing for smokeless tobacco. (New Survey Shows Slow Decline in Youth Smoking, Troubling Increase In Smokeless Tobacco Use.¹⁹

Tobacco Use in Idaho

- White students (9%) were slightly more likely than Hispanic students (6%) to report using chewing tobacco, snuff, or dip on one or more of the previous 30 days
- 5% of students used chewing tobacco, snuff, or dip on school property on one or more of the previous 30 days
- Male students (16%) were significantly more likely than female students (6%) to report having smoked cigars or cigarillos on one or more of the previous 30 days
- Male students (25%) were significantly more likely than female students (14%) to have used any form of tobacco during the previous 30 days

Alcohol and Other Drug Use



The 2011 Idaho YRBS questionnaire contained 20 questions about alcohol and other drugs, including: alcohol initiation and current use; marijuana, cocaine, heroin, methamphetamine, and ecstasy use; inhalant (like paint or other aerosols); steroid; and injected drug use.

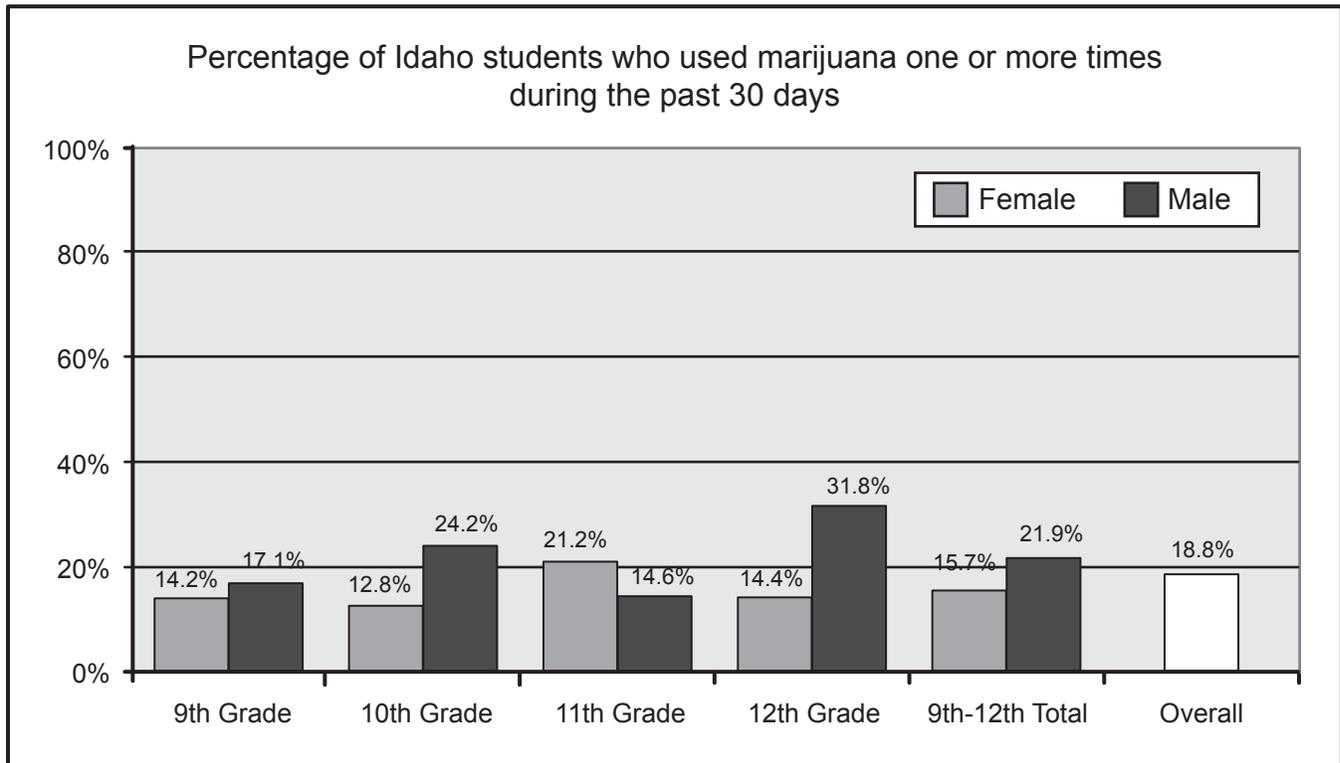
Roughly one-third of crash-related deaths among persons aged 15-17 years and nearly half of those among persons aged 18-20 years are alcohol-related in the U.S.²⁰ In addition, the prevalence of drinking and driving increases substantially among youth and young adults with the frequency of alcohol use and is strongly associated with binge drinking.²¹

In Idaho, 65% of high school students have drunk alcohol in their lifetimes. One in five (22%) Idaho students engaged in binge drinking (defined as having five or more drinks in a row) during the 30 days prior to completing the survey.

Alcohol and Other Drug Use in Idaho

- 36% of high school students had at least one drink of alcohol during the 30 days prior to the survey (i.e., current drinking)
- Hispanic students (28%) were significantly more likely than White students (15%) to have had their first drink of alcohol before age 13
- 44% of high school students who reported drinking alcohol in the previous 30 days, usually were given the alcohol
- 14% of all students drank an alcoholic energy drink (such as Joos, Four Loko, Rockstar 21, Tilt, or Sparks) during the previous 30 days

Alcohol and Other Drug Use



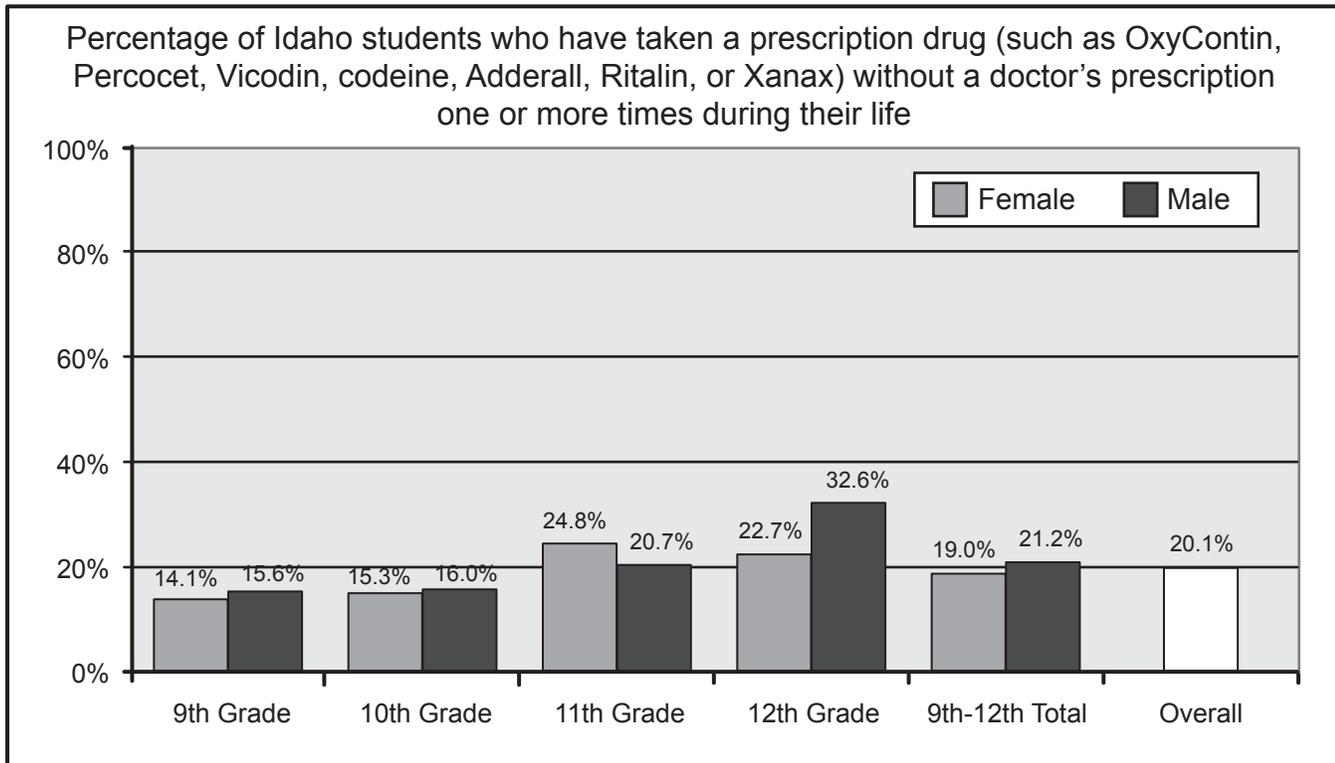
Although marijuana is an illegal substance, 19% of Idaho's high school students smoked marijuana during the previous month (a statistically significant increase from 14% in 2009), and 35% have smoked it at least once in their lives. Nationally, 21% of all high school students smoked marijuana in the previous month and just over one-third (37%) of all high school students have used marijuana at least once during their lives.²²

Despite improvements in recent years, drug use is greater among high school students and other young adults in the U.S. than in any other industrialized nation in the world.²³ A recent study found that lifetime cannabis use in the US and New Zealand (both 42%) was far higher than in any other country. The US was also an outlier in cocaine use (16%), well above averages found in other countries.²⁴

Alcohol and Other Drug Use in Idaho

- One in three Idaho high school students (35%) has used marijuana one or more times during his or her lifetime
- Male students (8%) were significantly more likely than female students (4%) to have tried marijuana for their first time before the age of 13
- Hispanic students (10%) were twice as likely as White students (5%) to report having used marijuana for the first time before age 13 years

Alcohol and Other Drug Use



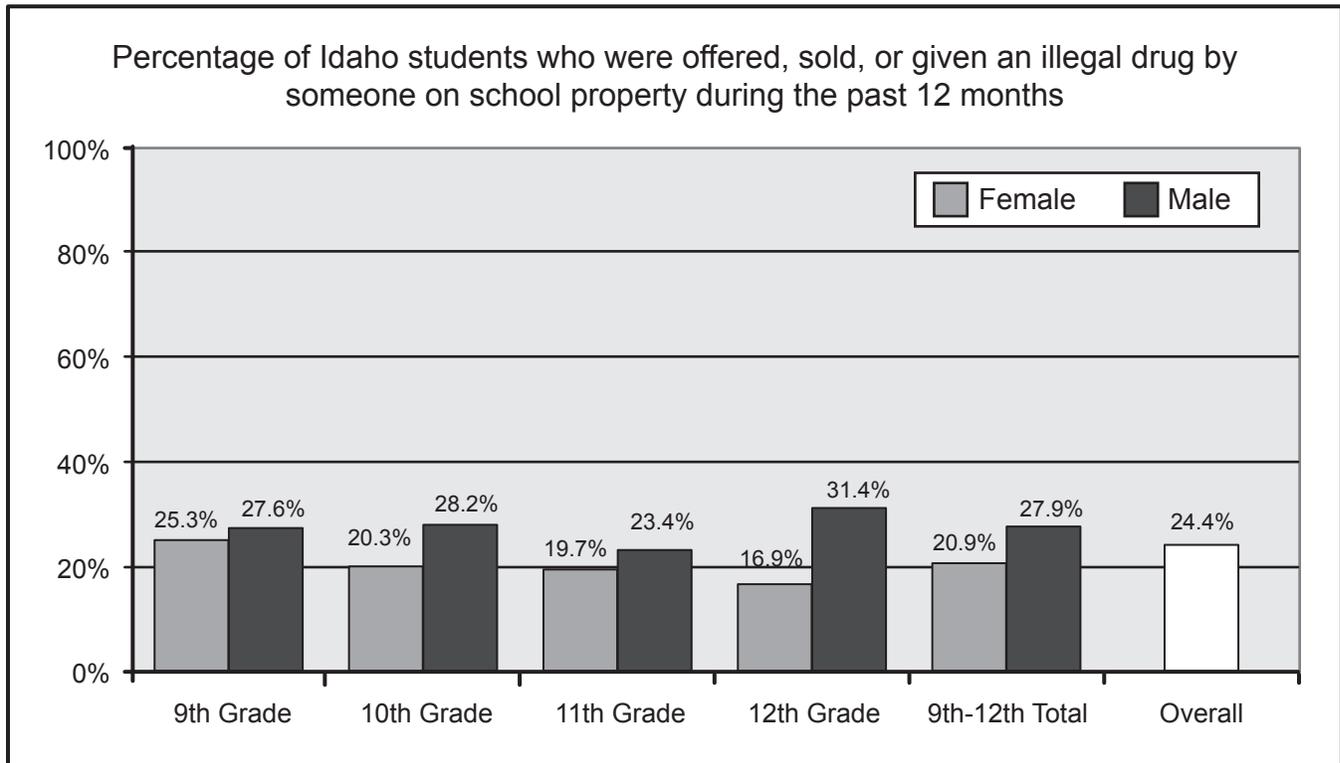
In addition to morbidity and mortality due to injury, drug abuse is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases, including HIV.^{25,26}

In Idaho, 7% of students reported lifetime cocaine use, and despite also being illegal substances, heroin and methamphetamine has been used by 3% of Idaho students at least once previously during their lifetimes. Lifetime ecstasy use was reported by 9% of students. Prescription drug abuse is a growing concern among youth and adults. Among Idaho high school students, 20% report having taken a prescription drug without a doctor's prescription at least once during their lifetimes.

Alcohol and Other Drug Use in Idaho

- Although not significant, male students (4%) were twice as likely as female students (2%) to report having ever used heroin
- Lifetime cocaine use was slightly higher among Hispanic students (9%) compared to White students (6%)
- Among all Idaho high school students, 12% report ever having sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high

Alcohol and Other Drug Use



Methamphetamine (also known as “meth,” “speed,” “crystal,” “crank,” “go,” and “ice”) is the most widely illegally manufactured, distributed, and abused type of amphetamine. In the United States, 4% of high school students have used methamphetamine at least once during his or her lifetime.²²

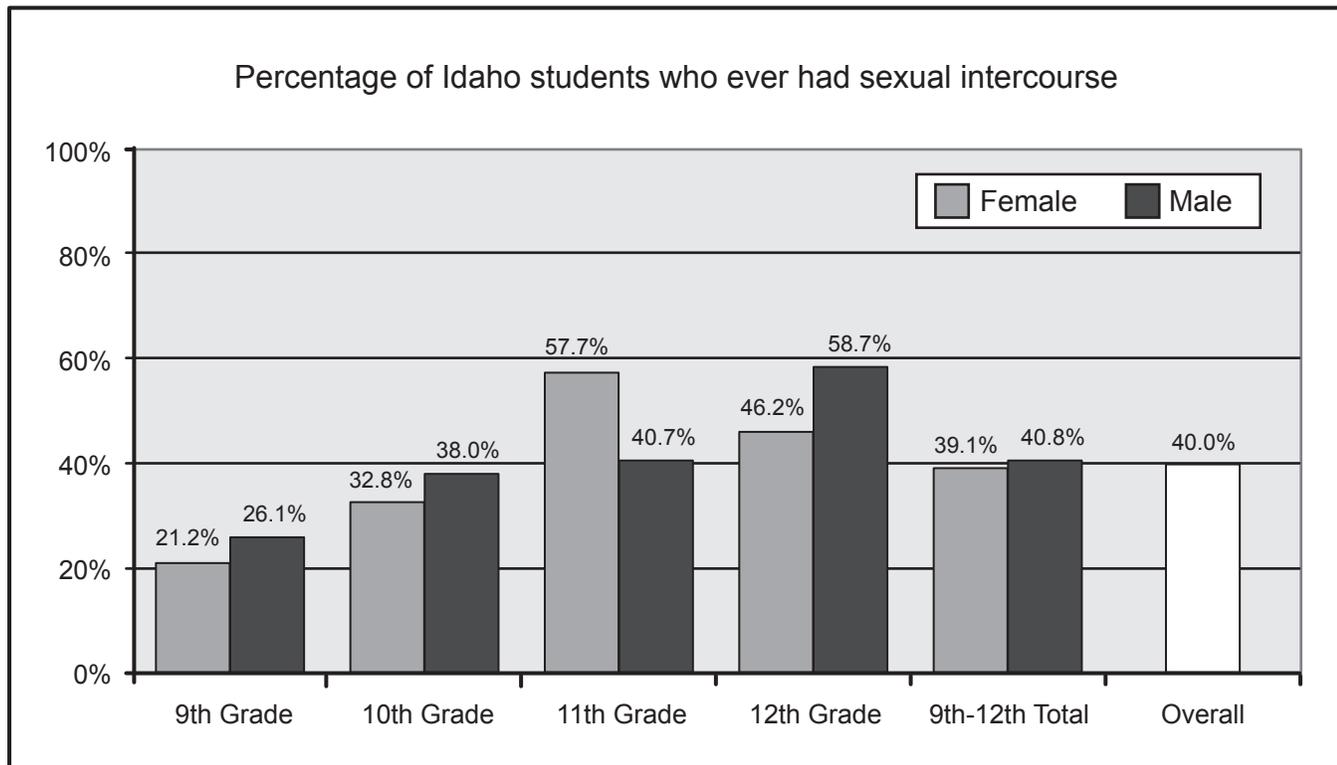
The rate of lifetime methamphetamine use among Idaho students was 3% in 2011.

Despite efforts to keep drugs out of our schools, one in four (24%) Idaho high school students were offered, sold, or given an illegal drug on school property during the previous 30 days

Alcohol and Other Drug Use in Idaho

- Male students (5%) were significantly more likely than female students (2%) to have ever used methamphetamine
- 6% of Hispanic students and 2% of White students have used meth one or more times during their lives
- 3% of students have taken steroid pills or shots without a doctor’s prescription, and 2% of students have used a needle to inject an illegal drug

Sexual Behavior



The 2011 Idaho YRBS included five (5) sexual behavior questions that measured the prevalence of sexual activity, age at first intercourse, number of sexual partners, alcohol and/or drug use prior to sexual activity, and condom use.

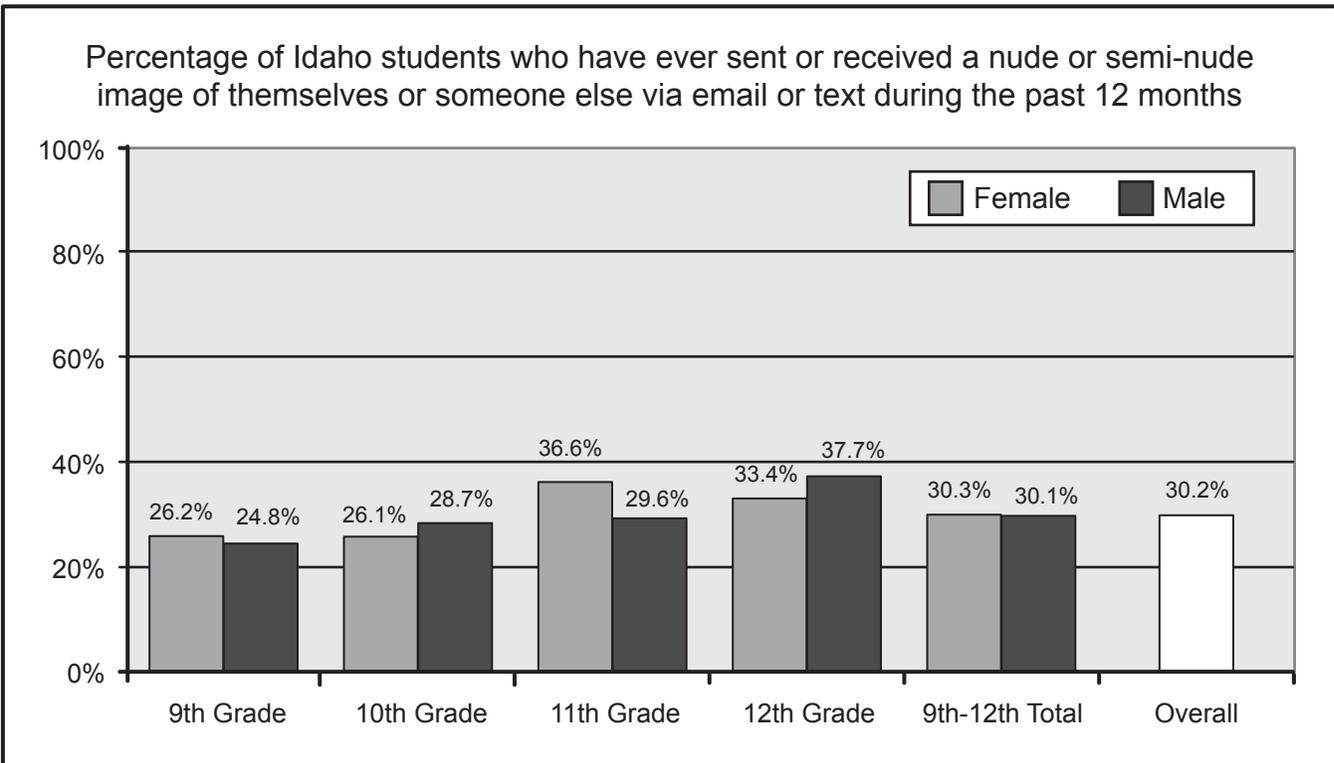
Each year in the United States almost one million teenage girls become pregnant and roughly 275,000 teenagers obtain an abortion.²⁷ In Idaho, there were 1,465 out-of-wedlock births and 409 abortions among women aged 15 to 19 in 2009.³ Early sexual activity is associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection, and negative effects on social and psychological development.²⁸

Although 60% of Idaho students have abstained from having sex, 40% have had sexual intercourse.

Sexual Behavior in Idaho

- 4% of Idaho students had sex for the first time before the age of 13.
- Although not statistically significant, Hispanic students (6%) were twice as likely as White students (3%) to have had sex for the first time before age 13
- 8% of all students reported they drank alcohol or used drugs before they had sexual intercourse the last time
- 14% of Idaho high school students reported they or their partner did not use a condom the last time they had sexual intercourse

Sexual Behavior



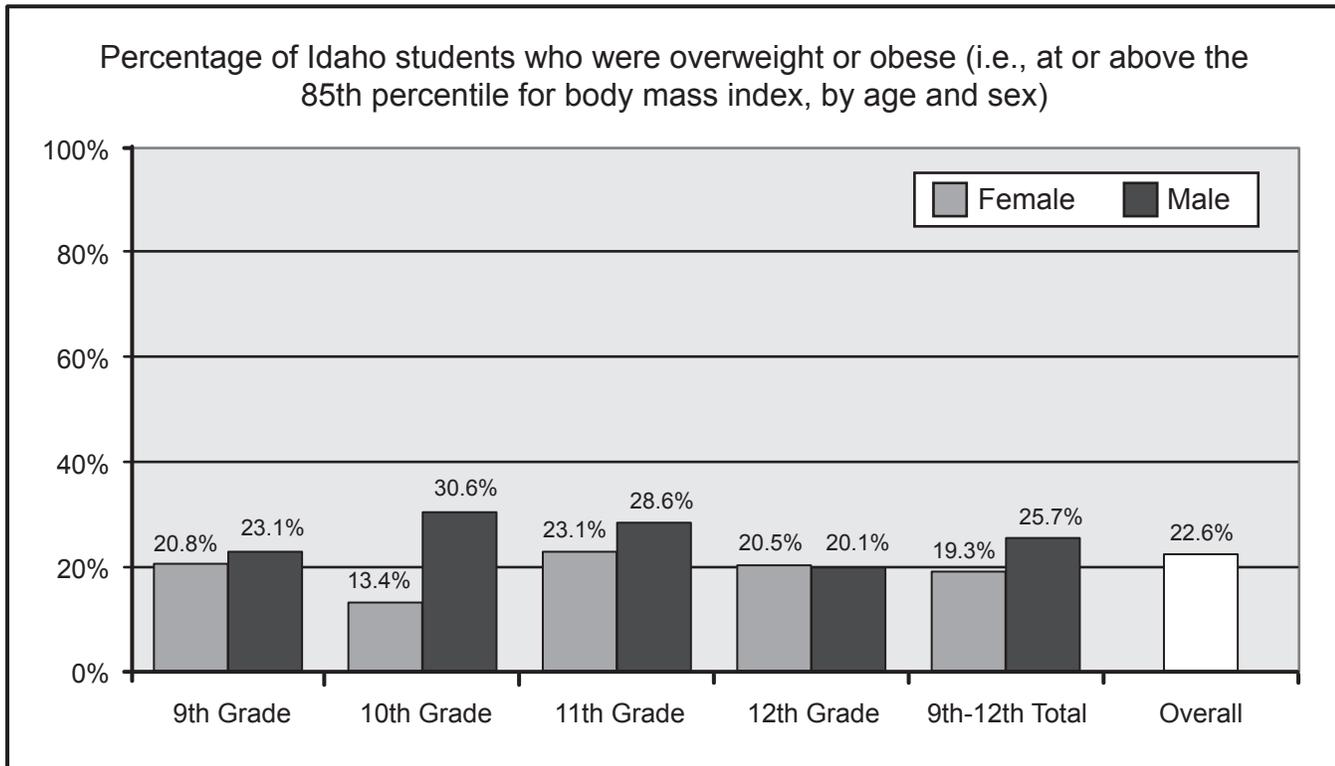
“Sexting” is a relatively new term used for the act of sending a sexually suggestive or explicit text message (AKA texting, SMS, MMS) to someone else. In most instances, the intended recipient is a current or prospective boyfriend or girlfriend. These messages may vary from simple text, to photos, or even short videos sent from a mobile phone to either another phone and/or email account.²⁹

The impact of such content getting “leaked” could result in social isolation from friends, bullying, and unwelcome sexual solicitations. Further, in cases where such content might have been shared as the result of revenge, it could lead to violence. Aside from reputation issues and social issues, sending, receiving, and/or sharing this type of content could lead to disciplinary action by schools, employers, and possibly even state and federal law enforcement.²⁹

Sexual Behavior in Idaho

- 25% of 9th grade students and 36% of 12th grade students said they have sent or received a nude or semi-nude image of themselves or someone else via email or text at least once during the past 12 months
- 14% of all students reported having had sexual intercourse with four or more people during their lifetime
- 12th grade students (24%) were significantly more likely than 9th grade students (6%) to have had sexual intercourse with four or more people during their lifetime

Weight Management and Dietary Behaviors



*The Idaho YRBS uses self-reported weight and height to calculate the Body Mass Index (BMI), defined as weight in kilograms divided by the square of height in meters. Students are considered to be overweight if they have a BMI greater than the 85th percentile but less than the 95th percentile. Obese students are defined as those with a BMI greater than the 95th percentile.

The 2011 Idaho YRBS contained 16 questions about body weight (including self-reported height and weight), self-perception of body weight status, specific weight control behaviors, and nutrition.

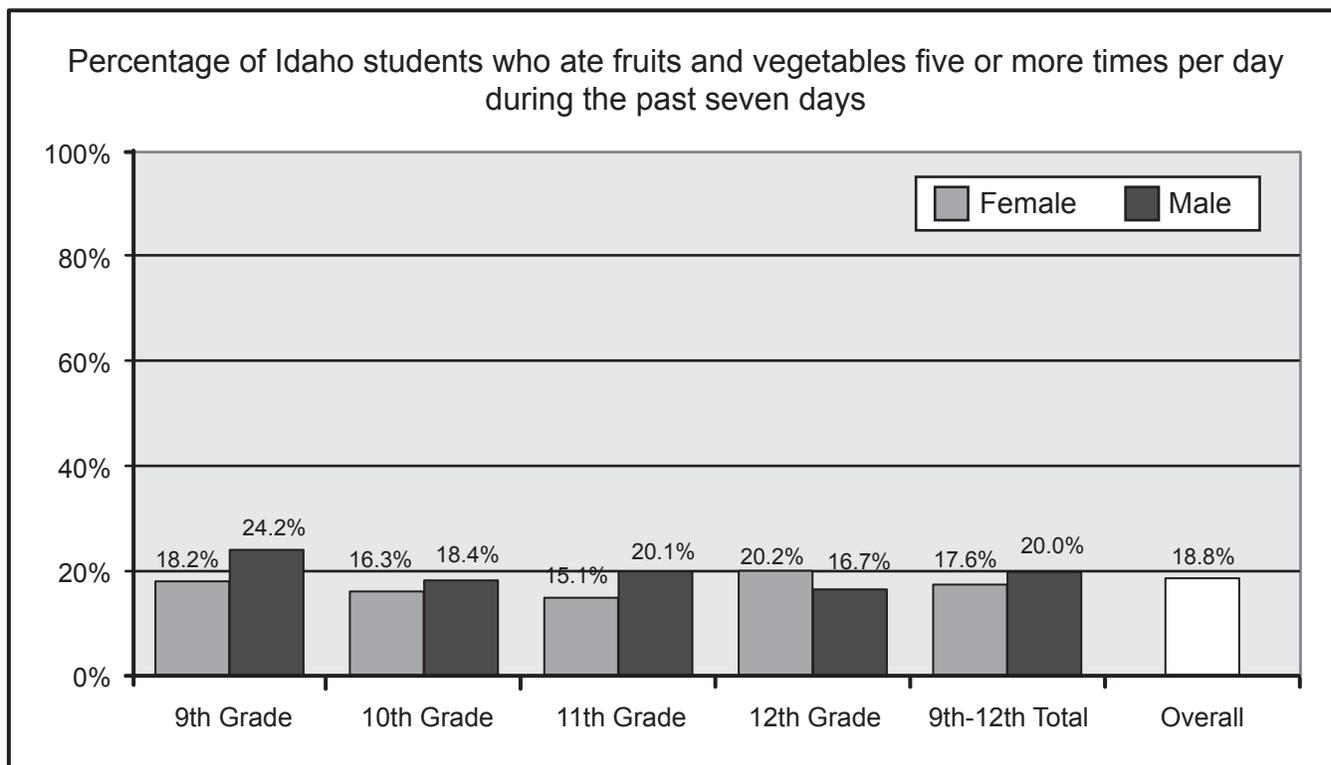
In adolescence, obesity is associated with hypertension, abnormal glucose tolerance, and adverse psychological and social consequences. In the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.³⁰

According to self-reported height and weight measurements, 13% of Idaho high school students are overweight and 9% are obese (based on BMI*).

Weight Management and Dietary Behaviors in Idaho

- Male students (11%) were slightly more likely to be obese than female students (7%)
- Female students (37%) were significantly more likely than male students (20%) to describe themselves as overweight
- Hispanic students were significantly more likely to be overweight or obese than White students
- Among female students; 14% went without eating for 24 hours, 5% took diet drugs, and 8% vomited or took laxatives, in order to lose weight

Weight Management and Dietary Behaviors



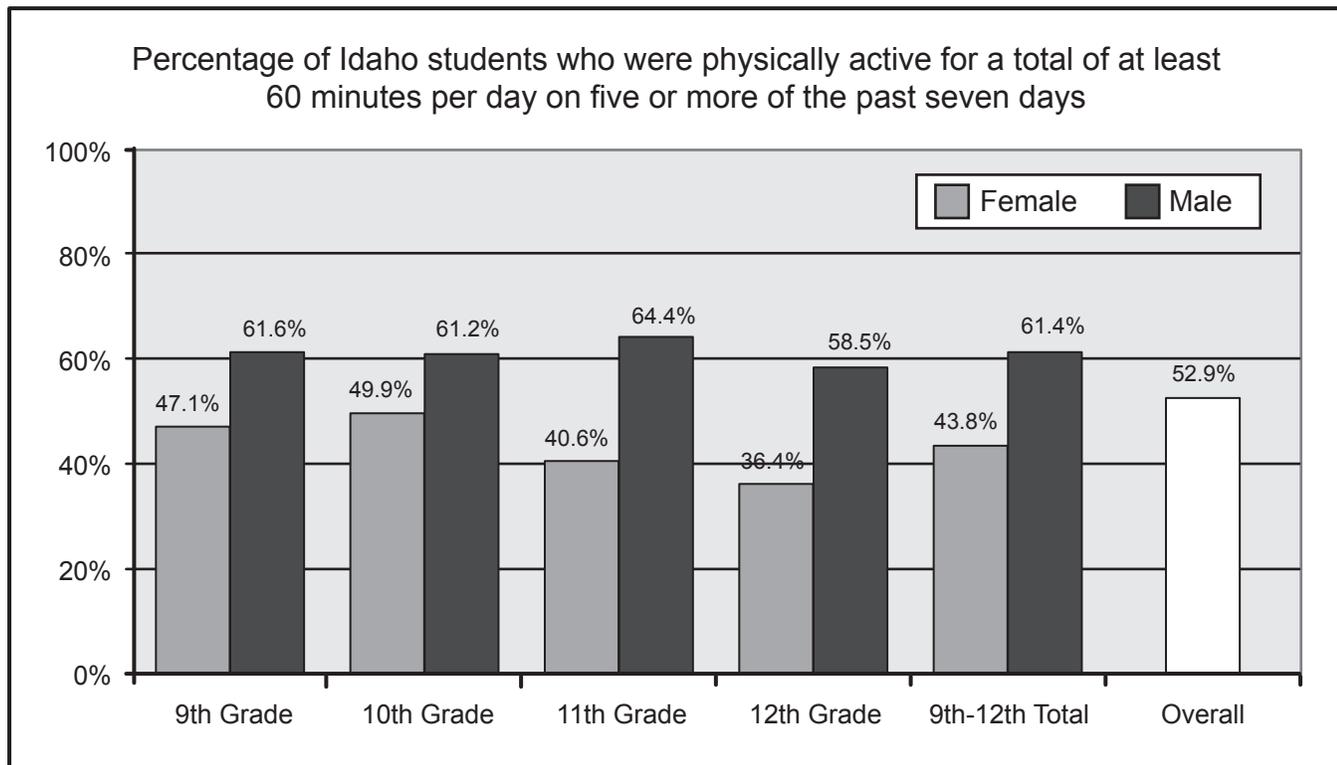
Americans typically consume 33% of their calories from fat.³¹ Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.³² For students to meet current nutritional recommendations, they would need to substantially lower their intake of added fats, refined grains, and added sugars and sweeteners and increase their consumption of fruits, vegetables, whole grains, and lower-fat milk and milk products.³³

During the week prior to the survey, three-fourths (73%) of Idaho students ate a green salad one or more times, and 9% of students ate fruits two or more times per day and ate vegetables three or more times per day. One in seven Idaho students (14%) reported eating vegetables three or more times per day during the previous seven days.

Weight Management and Dietary Behaviors in Idaho

- Female students (77%) were more likely than male students (70%) to have eaten a green salad on one or more occasions during the previous week
- 43% of all students ate breakfast every morning during the previous week
- One in five (20%) students purchased their lunch from a vending machine on at least one day during previous week
- Male students (23%) were significantly more likely than female students (12%) to drink a can, bottle, or glass of soda pop one or more times per day during the previous week

Physical Activity



Idaho's 2011 YRBS contained five (5) questions measuring participation in physical activity, physical education classes, sports teams, non-school-related computer use, and television watching.

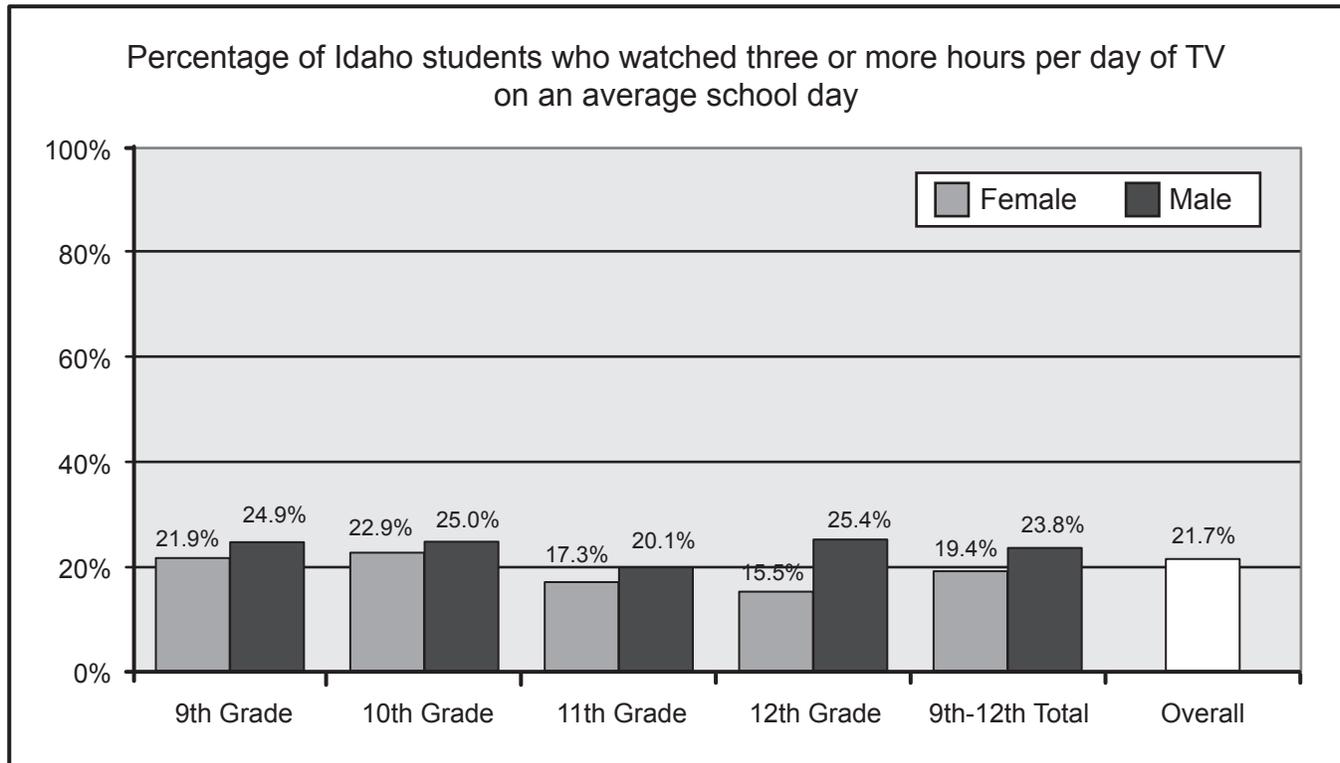
Physical activity helps build and maintain healthy bones and muscles; control weight, build lean muscle, and reduce fat; and reduce feelings of depression and anxiety and promote psychological well-being.³⁴ National statistics indicate that nearly two-thirds (65%) of high school students do not engage in the recommended level of physical activity.²³

In Idaho, 26% of all high school students reported they exercised for at least 60 minutes per day on all of the previous seven days.

Physical Activity in Idaho

- Male students (61%) were significantly more likely than female students (44%) to be physically active for a total of 60 minutes or more per day on five or more of the previous seven days
- Male students (37%) were also significantly more likely than female students (15%) to have been physically active for a total of 60 minutes or more on all of the previous seven days
- Male students (34%) were significantly more likely than female students (17%) to attend PE classes daily during an average school week

Physical Activity



Physical inactivity increases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.³² Television viewing is the principal sedentary leisure time behavior in the U.S. and studies have shown that television viewing in young people is related to obesity and violent or aggressive behavior.^{35,36,37}

In Idaho high schools, 26% of all students attended physical education (PE) class daily, and 60% played on one or more sports teams during the previous year.

Idaho's male students (27%) were significantly more likely than female students (17%) to spend three or more hours playing video or computer games or using a computer for something that is not school related on an average school day.

Physical Activity in Idaho

- Hispanic students (50%) were significantly less likely than White students (61%) to have played on one or more sports teams during the previous year
- White students (20%) were significantly less likely than Hispanic students (32%) to watch three or more hours of TV on the average school day
- 24% of male students and 20% of female students watched three or more hours of TV on the average school day

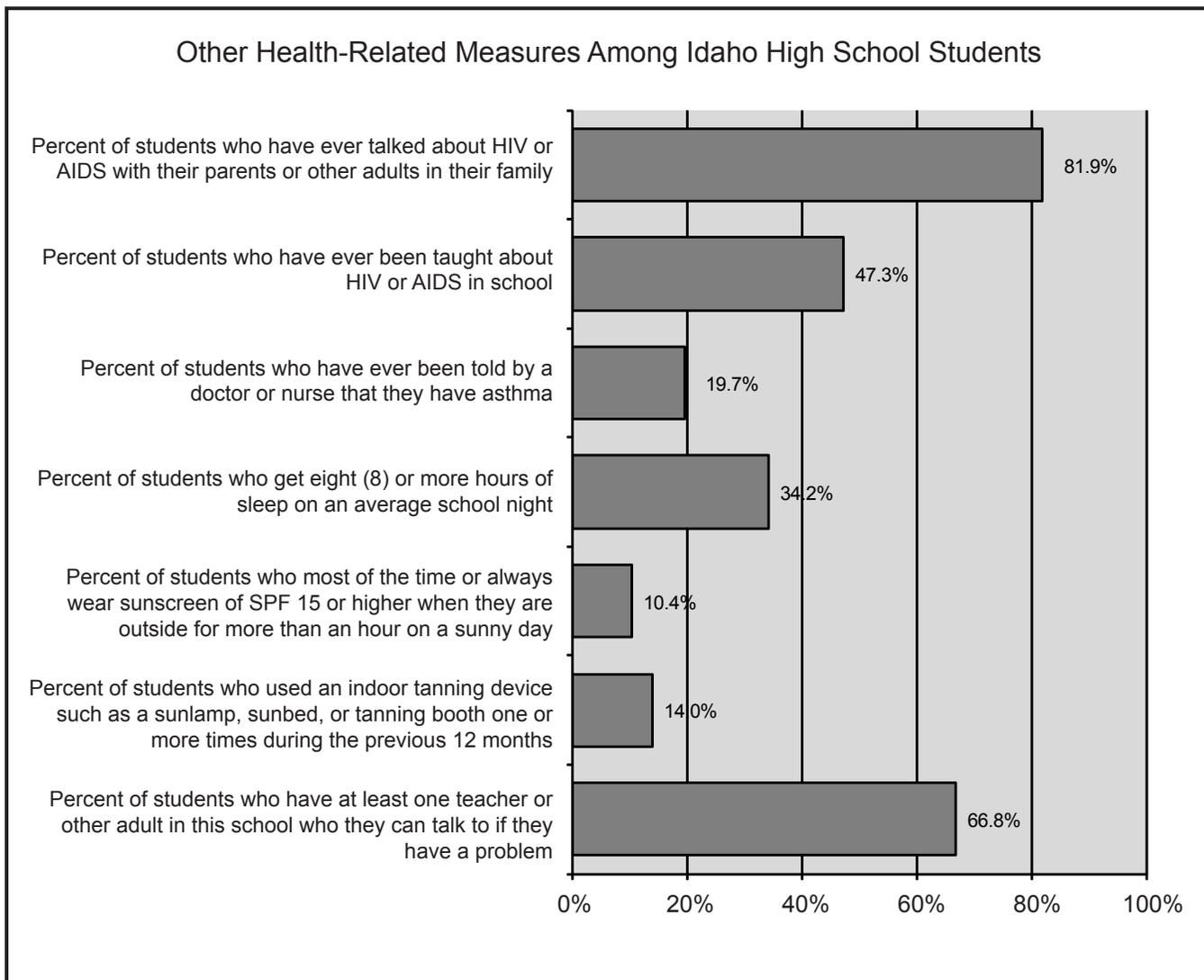
Other Health-Related Measures

Idaho's 2011 YRBS contained seven (7) questions measuring other health-related topics such as HIV and AIDS education, asthma, sleep acquisition, sun and UV light exposure, and school and social support. These additional measures have been included in the questionnaire because of their impact on the health and safety of students.

An estimated 4,900 young people nationally received a diagnosis of HIV or AIDS, representing about 13% of the persons given a diagnosis during 2004.³⁸

Other Health-Related Measures in Idaho

- Just over one-third of high school students get eight or more hours of sleep on an average school night
- Nearly one in five students (14%) have used an indoor tanning device during the previous 12 months
- Almost two-thirds of students (67%) report they have at least one teacher who they can talk to if they have a problem

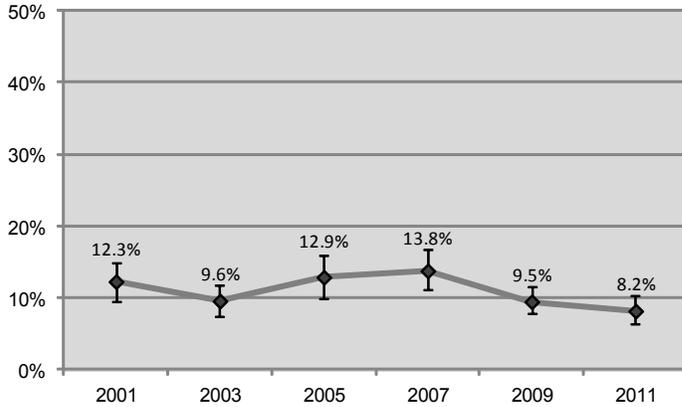


2001 to 2011 Idaho Youth Risk Behavior Survey Trend Results

The following time-series (trend) charts show how students' responses to the Idaho YRBS have changed over time. Where data are available, the trend charts include 2001, 2003, 2005, 2007, 2009 and 2011 results. The graphs are grouped by topic area (i.e., tobacco use, alcohol and other drug use, sexual behavior, etc.) and highlight those measures that have shown significant change over time, or those measures that have not shown any significant change despite the need for improvement in order to reduce students' risk for injury or long-term health effects. The trend charts include confidence intervals to indicate the reliability of the individual measure. These confidence intervals are based on a 95% confidence limit, which is standard for the analysis of these types of measures.

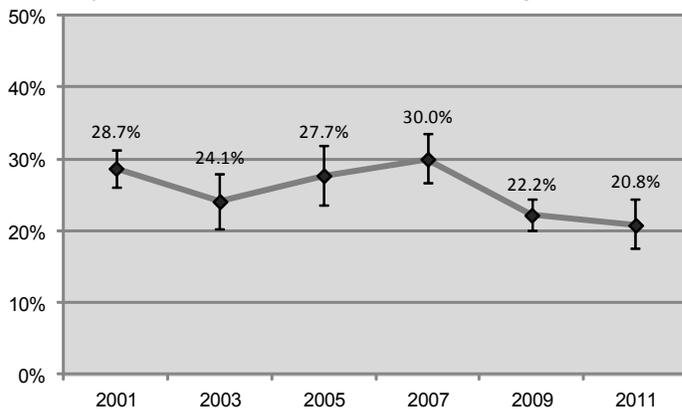
Unintentional and Intentional Injury

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



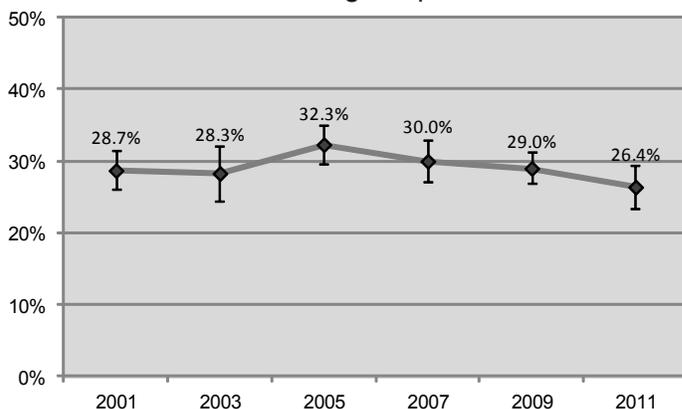
- The percentage of Idaho high school students who reported driving when they had been drinking alcohol during the previous 30 days did not change significantly from 2001 to 2011
- The percentage of students who reported driving when they had been drinking peaked in 2007 at 13.8%

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



- The percentage of Idaho high school students who reported riding in a car or other vehicle when the driver had been drinking alcohol during the previous 30 days decreased significantly from 30.0% in 2007 to 20.8% in 2011

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

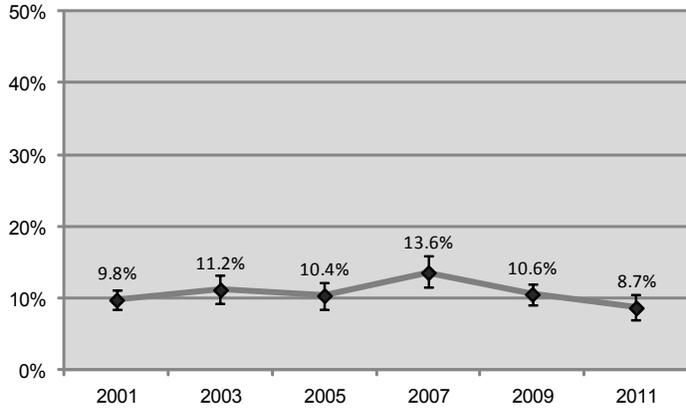


- The percentage of Idaho high school students who were in a physical fight one or more times during the previous 12 months did not change significantly from 2001 to 2011
- The percentage of Idaho high school students who were in a physical fight one or more times during the previous 12 months peaked at 32.3% in 2005

2001 to 2011

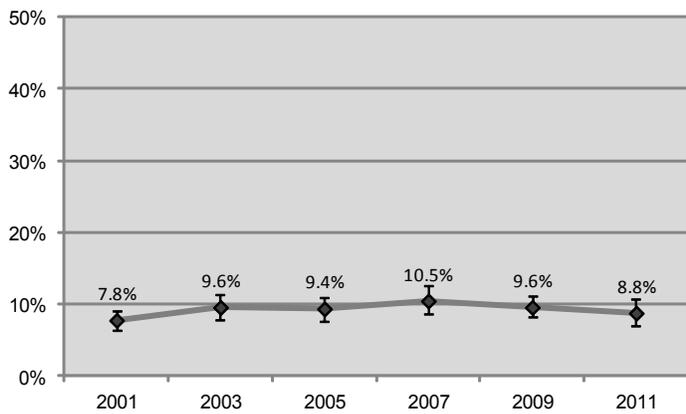
Unintentional and Intentional Injury

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



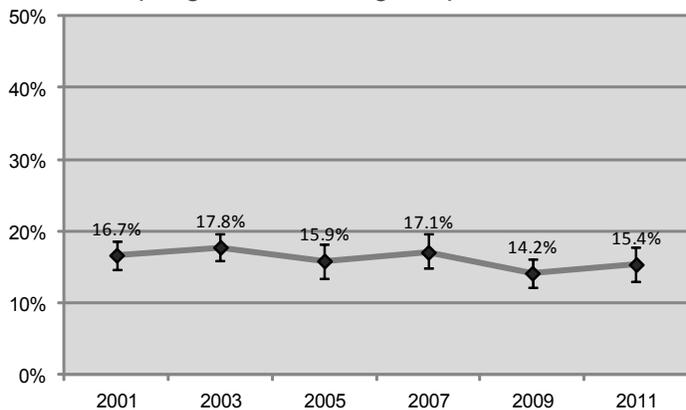
- The percentage of Idaho high school students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the previous 12 months did not change significantly from 2001 to 2011
- The percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the previous 12 months peaked at 13.6% in 2007

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



- The percentage of Idaho high school students who had ever been physically forced to have sexual intercourse when they did not want to did not change significantly from 2001 to 2011
- The percentage of Idaho high school students who had ever been physically forced to have sexual intercourse when they did not want to peaked at 10.5% in 2007

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

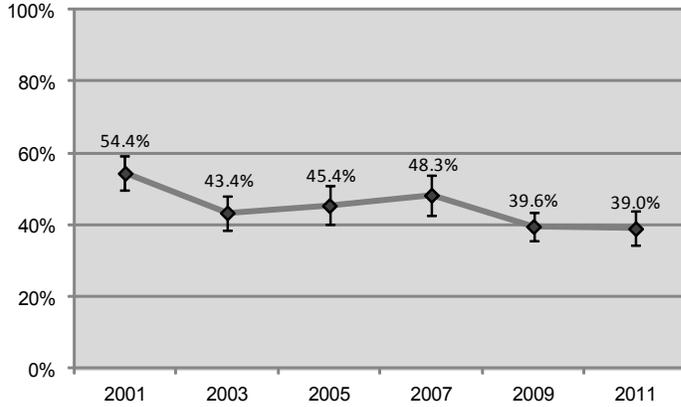


- The percentage of Idaho high school students who seriously considered attempting suicide during the previous 12 months did not change significantly from 2001 to 2011
- Suicidal ideation peaked among Idaho high school students at 17.8% in 2003 and was at it lowest in 2009 (14.2%)

2001 to 2011

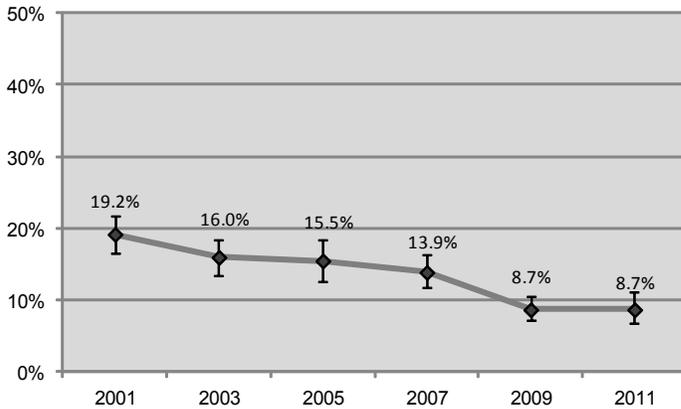
Tobacco Use

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



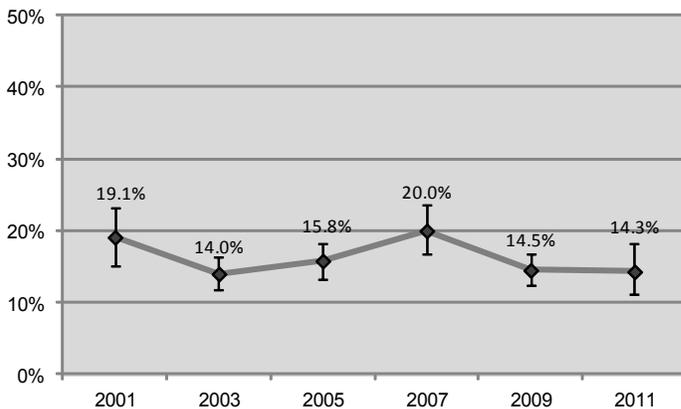
- The percentage of Idaho students who reported ever having tried a cigarette decreased significantly from 54.4% in 2001 to 39.0% in 2011
- As with several other measures related to tobacco-use, prevalence of lifetime smoking among Idaho students was lowest in 2011 at 39.0%

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



- The percentage of Idaho students who smoked a whole cigarette for the first time before the age of 13 decreased significantly from 19.2% in 2001 to 8.7% in 2011
- The percent of high school students in Idaho who smoked a whole cigarette before the age of 13 was unchanged from 2009 to 2011

Percentage of students who smoked cigarettes on one or more of the past 30 days (i.e., Current Smoker)

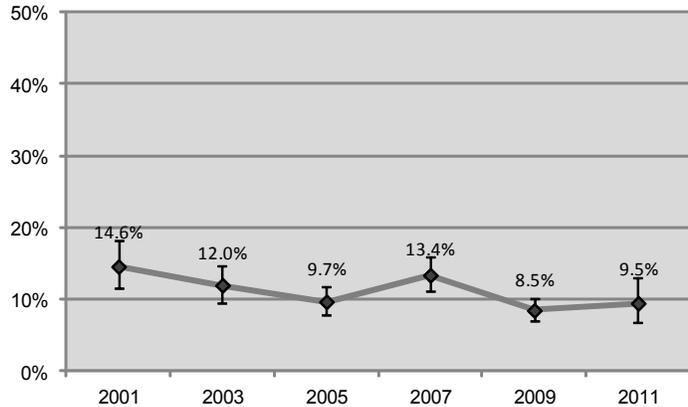


- After increasing significantly from 14.0% in 2003 to 20% in 2007, the current smoking rate among Idaho high school students dropped again to a near low of 14.3% in 2011

2001 to 2011

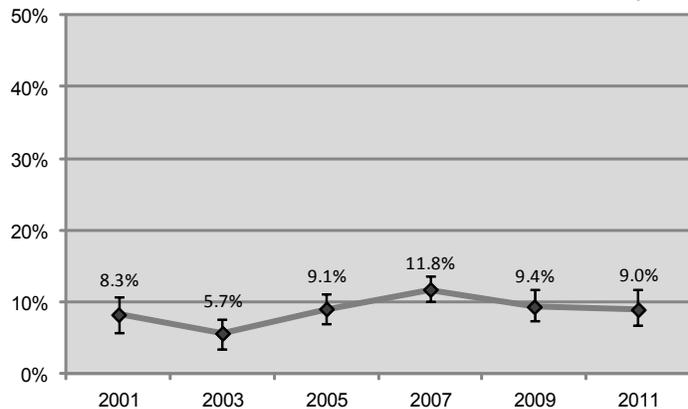
Tobacco Use

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



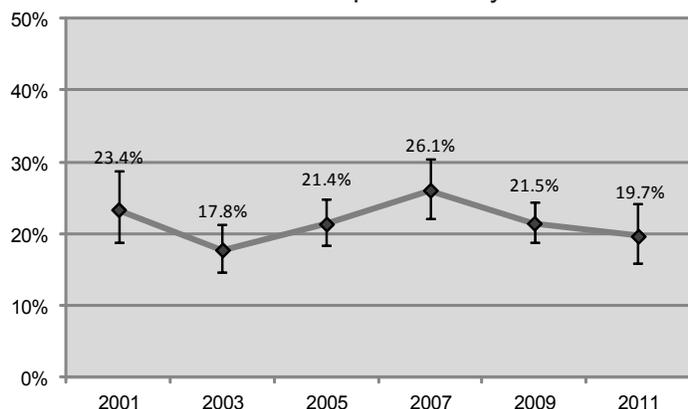
- The percentage of Idaho students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days, increased slightly from 8.5% in 2009 to 9.5% in 2011

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



- Chewing tobacco use during the previous 30 days peaked in 2007 at 11.8%, but continued to fall to 9.0% in 2011
- Past month chewing tobacco use increased significantly from 5.7% in 2003 to 11.8% in 2007

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

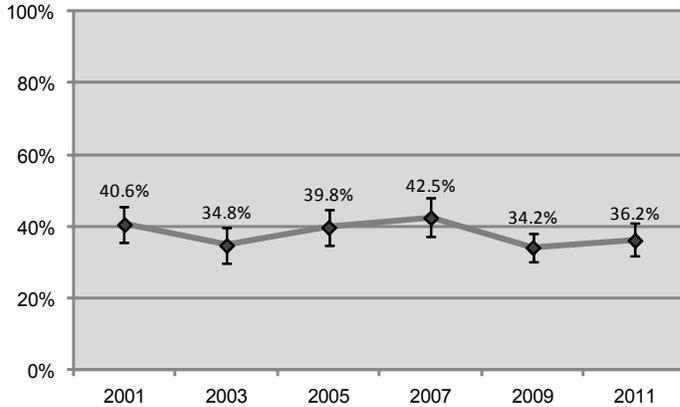


- Current tobacco use (any tobacco use in past 30 days) dropped slightly in 2011 to 19.7%
- From 2003 to 2007 past month tobacco use (which includes smoking cigarettes, cigars, or using chewing tobacco, snuff, or dip) increased from a low of 17.8% to a high of 26.1%

2001 to 2011

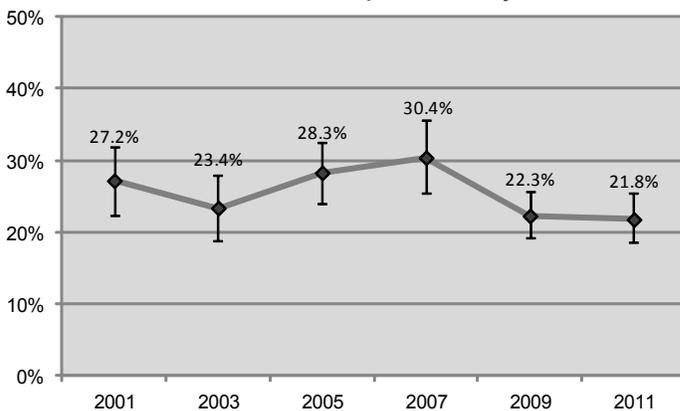
Alcohol or Other Drugs

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



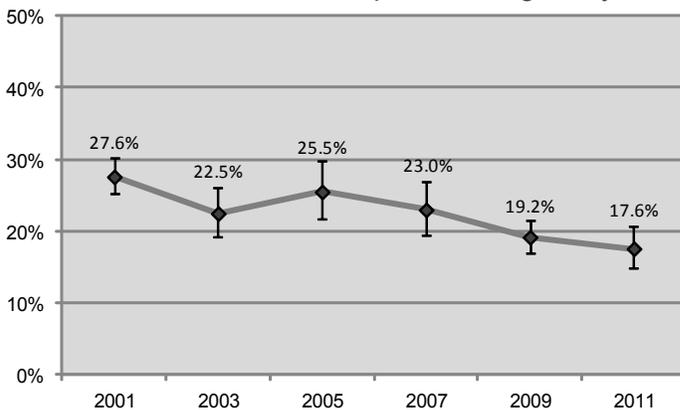
- The percentage of Idaho students who had at least one drink of alcohol during the past 30 days did not change significantly from 2001 to 2011
- Alcohol use among Idaho high school students dropped to its lowest level (34.2%) in 2009

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



- Although nearly one quarter of all students report drinking five or more drinks of alcohol in a row during the previous month, the current rate of 21.8% is the lowest since 2001
- Although not statistically significant, the rate of binge drinking (5 or more drinks in a row) dropped markedly from 30.4% in 2007 to 21.8% in 2011

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

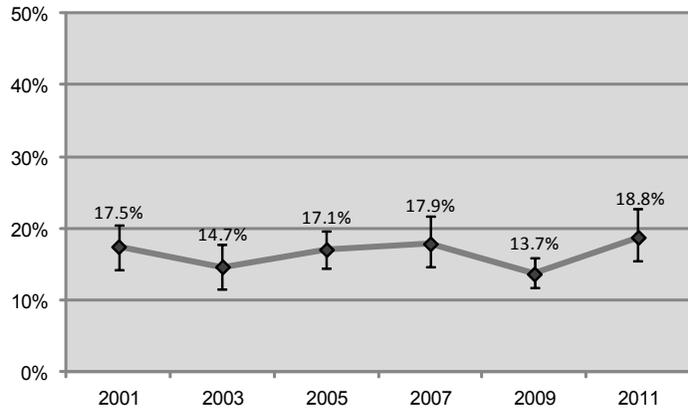


- The age of initiation for alcohol (first drink before age 13) has dropped significantly from 27.6% in 2001 to 17.6% in 2011
- The percentage of students who had their first drink of alcohol before age 13 has decreased each year since the 2005 YRBS

2001 to 2011

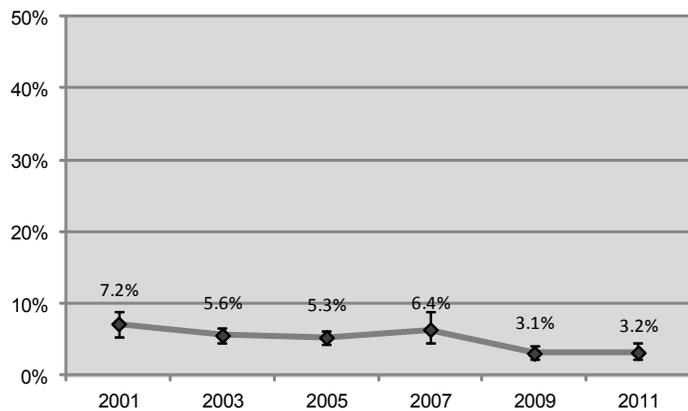
Alcohol or Other Drugs

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



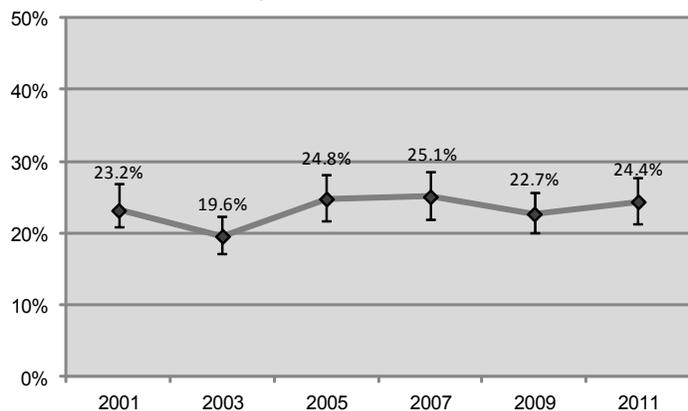
- The percentage of Idaho students who used marijuana one or more times during the past 30 days has not changed significantly since 2001
- Past month marijuana use increased significantly from a low of 13.7% in 2009 to its highest level of 18.8% in 2011

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



- In 2009, the percent of students who have ever used methamphetamines (3.1%) was significantly lower than all previous years
- Lifetime meth use increased slightly from 3.1% in 2009 to 3.2% in 2011

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

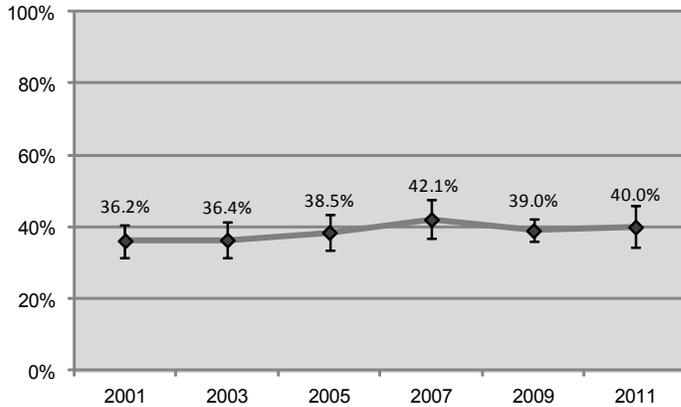


- The percentage of Idaho High School students who were offered, sold, or given an illegal drug on school property has not changed significantly since 2001
- The percentage of Idaho High School students who were offered, sold, or given an illegal drug on school property peaked at 25.1% in 2007, and has fallen slightly to 24.4% in 2011

2001 to 2011

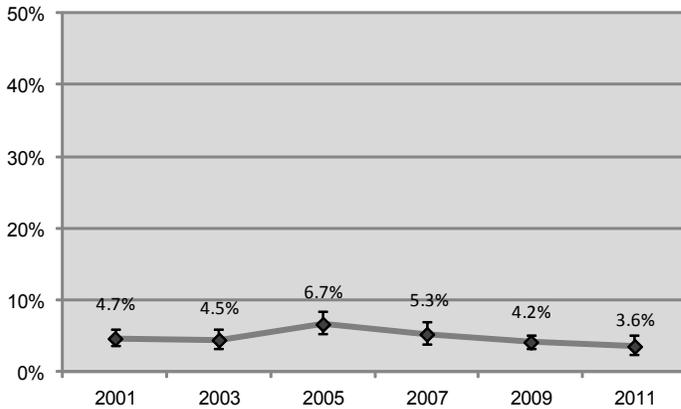
Sexual Behavior

Percentage of students who ever had sexual intercourse



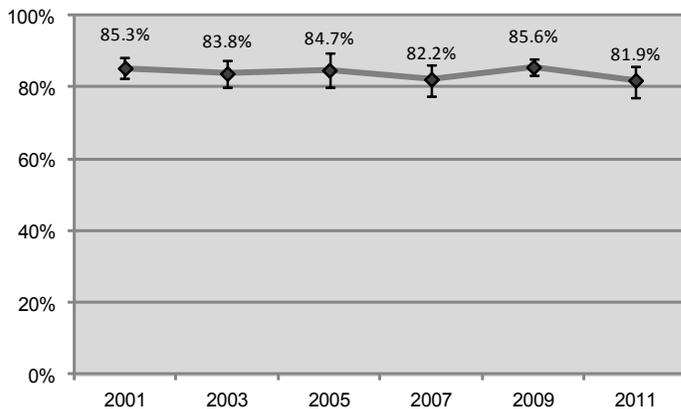
- The percentage of Idaho students who have ever had sexual intercourse has not changed significantly since 2001
- In 2011, 40.0% of Idaho high school students reported having had sexual intercourse at least once in their lifetime
- The percentage of Idaho students who have ever had sexual intercourse peaked at 42.1% in 2007

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



- Early initiation of sexual intercourse (i.e., had sexual intercourse for the first time before age 13) dropped significantly from 6.7% in 2005 to 3.6% in 2011

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

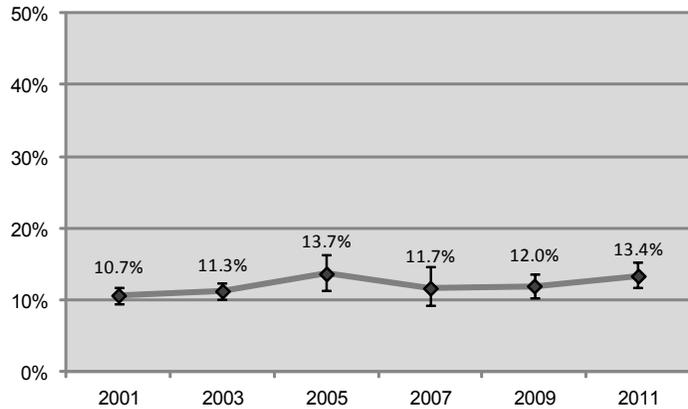


- The percentage of students who report ever having been taught in school about AIDS or HIV infection has not changed significantly since 2001
- The percentage of students who report ever having been taught in school about AIDS or HIV infection dropped slightly from 85.6% in 2009 to 81.9% in 2011

2001 to 2011

Weight Management and Dietary Behaviors

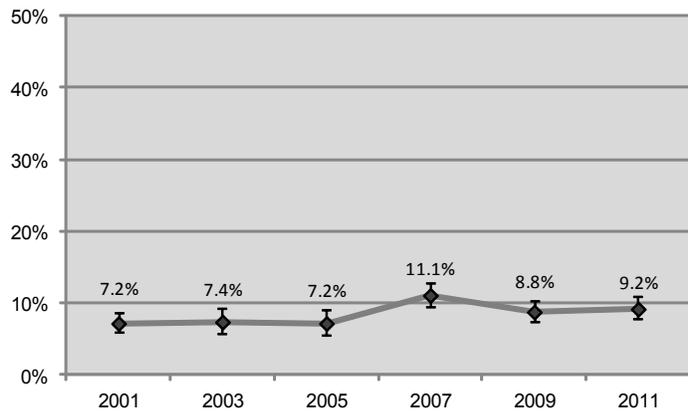
Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index (BMI), by age and sex)



Note: the 2011 Idaho YRBS uses self-reported weight and height estimates to calculate each student's BMI.

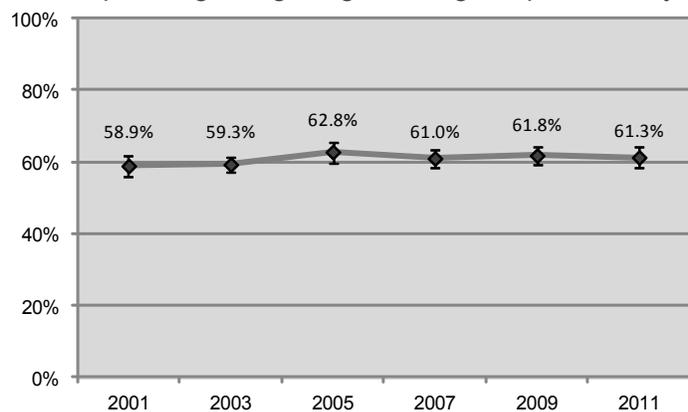
- The percentage of Idaho high school students who were considered overweight based on their BMI has not changed significantly since 2001
- In 2005, the percentage of students considered overweight peaked at 13.7% from a low of 10.7% in 2001

Percentage of students who were obese (i.e., at or above the 95th percentile for BMI, by age and sex)



- The percentage of Idaho High School students who were considered obese based on their BMI increased significantly from 7.2% in 2005 to 11.1% in 2007
- Obesity prevalence among Idaho high school students dropped in 2009 to 8.8%, but increased again slightly in 2011 to 9.2%

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

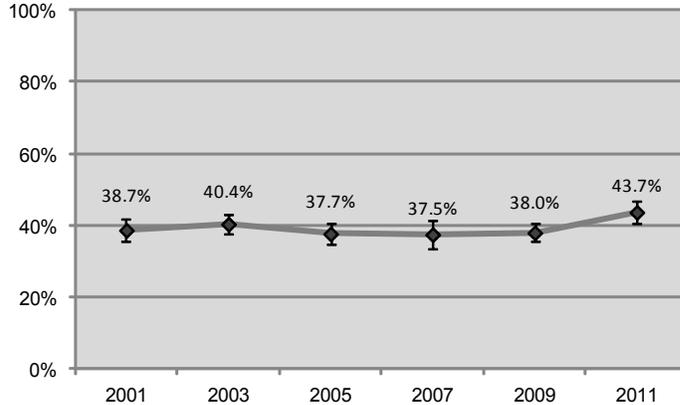


- The percentage of Idaho High School students who exercised to lose weight or keep from gaining weight has not changed significantly since 2001
- The percentage of Idaho High School students who exercised to lose weight or keep from gaining weight peaked at 62.8% in 2005

2001 to 2011

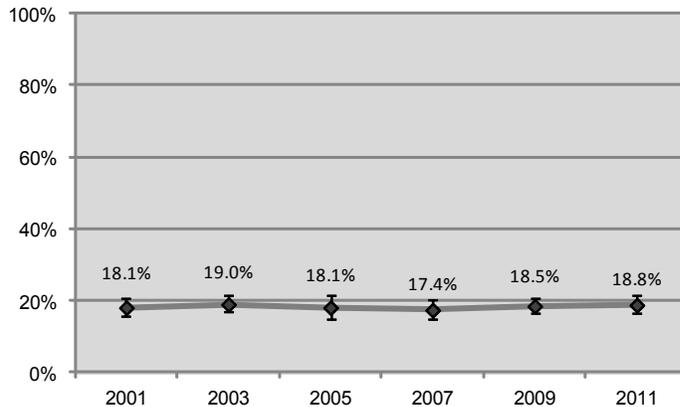
Weight Management and Dietary Behaviors

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



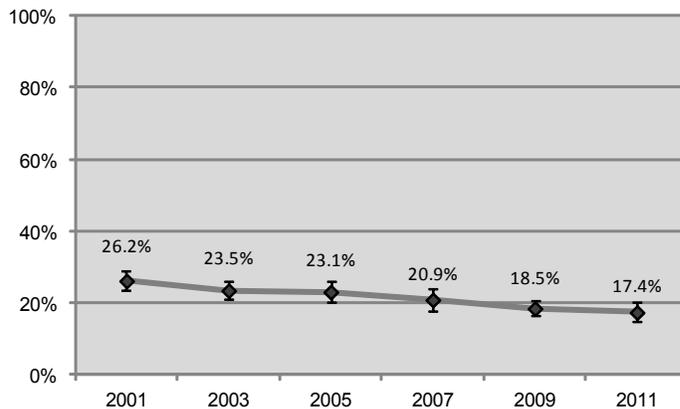
- The percentage of Idaho high school students who ate less food, fewer calories, or foods low in fat has not changed significantly since 2001
- Although relatively unchanged between 2001 and 2005, the percentage of Idaho high school students who ate less food, fewer calories, or foods low in fat increased from 38.7% in 2001 to 43.7% in 2011

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



- Fruit and vegetable consumption (i.e., five servings of fruits and vegetables per day during the past seven days) among Idaho high school students has not changed significantly since 2001
- Fruit and vegetable consumption among Idaho high school students peaked at 19.0% in 2003

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

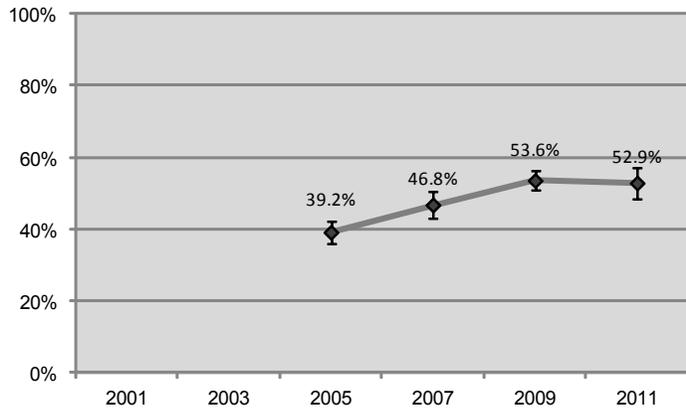


- The percentage of Idaho high school students who drank three or more glasses of milk per day during the past seven days has decreased significantly 26% in 2001 to 17% in 2011
- The consumption of three or more glasses a day for the past seven days among Idaho high school students peaked in 2001 at 26%

2001 to 2011

Physical Activity

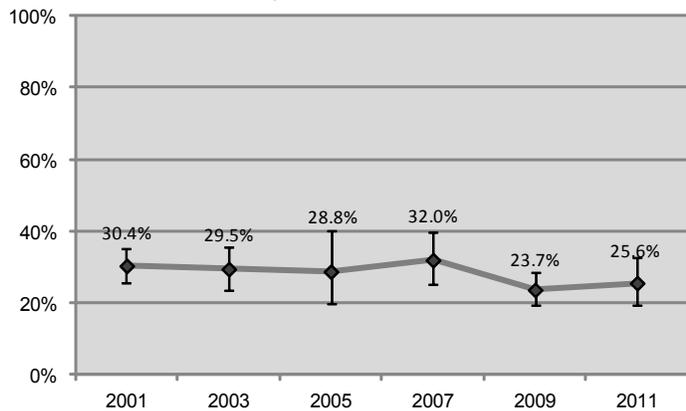
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days



- The percentage of Idaho students who were physically active for a total of 60 minutes per day on five or more of the past seven days increased significantly from 39.2% in 2005 to 53.6% in 2009, and then fell slightly to 52.9% in 2011

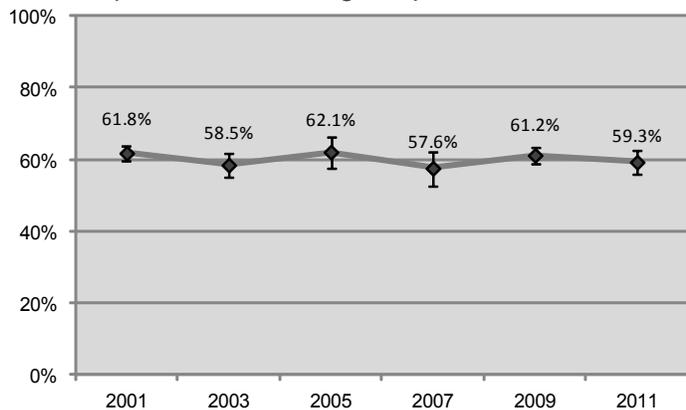
Note: Prior to 2005 the YRBS did not have a specific measure to assess if students were physically active for at least 60 minutes per day on five or more of the past seven days.

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



- The percentage of Idaho high school students who attended physical education classes daily have not changed significantly since 2001
- Although not statistically significant, the rate of daily PE attendance among Idaho students dropped from a high of 32.0% in 2007 to a low of 23.7% in 2009

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



- Participation in team sports (i.e., played on one or more sports teams during the past 12 months) has not change significantly among Idaho high school students since 2001

2001 to 2011

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Appendix A: 2011 Idaho YRBS Question by Question Results

Questions 1 through 7 of the Idaho YRBS asked students about demographic information (including height and weight for BMI calculation) are not reported here.

Unintentional and Intentional Injury

Question 8: Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet

Grade	Total	Female	Male
9th	80.3%	82.8%	78.1%
10th	86.6%	87.6%	85.7%
11th	87.4%	91.0%	84.4%
12th	83.8%	81.2%	86.3%
Idaho Overall	84.3%	85.6%	83.0%
2009 U.S. Overall	84.7%	83.1%	85.8%

Question 9: Percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else

Grade	Total	Female	Male
9th	7.9%	6.3%	9.5%
10th	5.7%	2.8%	8.4%
11th	8.6%	9.4%	7.9%
12th	9.4%	8.7%	10.1%
Idaho Overall	7.9%	6.8%	8.9%
2009 U.S. Overall	9.7%	7.7%	11.5%

Question 10: Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol

Grade	Total	Female	Male
9th	21.0%	21.8%	20.2%
10th	19.3%	18.6%	20.0%
11th	16.8%	19.1%	14.7%
12th	26.4%	16.2%	35.7%
Idaho Overall	20.8%	19.1%	22.5%
2009 U.S. Overall	28.3%	28.8%	27.8%

Question 11: Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol

Grade	Total	Female	Male
9th	3.9%	3.1%	4.6%
10th	7.4%	5.4%	9.4%
11th	7.8%	8.0%	7.5%
12th	14.3%	7.3%	20.9%
Idaho Overall	8.2%	5.9%	10.4%
2009 U.S. Overall	9.7%	7.6%	11.6%

Question 12: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days

Grade	Total	Female	Male
9th	23.5%	10.3%	36.4%
10th	24.4%	8.3%	39.6%
11th	22.1%	12.3%	31.2%
12th	20.5%	6.3%	33.6%
Idaho Overall	22.8%	9.4%	35.3%
2009 U.S. Overall	17.5%	7.1%	27.1%

Question 13: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	4.9%	1.7%	8.0%
10th	6.6%	1.8%	11.2%
11th	6.6%	4.1%	8.8%
12th	7.4%	1.1%	13.2%
Idaho Overall	6.3%	2.2%	10.2%
2009 U.S. Overall	5.6%	2.9%	8.0%

Question 14: Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school

Grade	Total	Female	Male
9th	4.1%	5.5%	2.7%
10th	3.6%	3.0%	4.2%
11th	3.5%	3.7%	3.4%
12th	2.5%	1.7%	3.1%
Idaho Overall	3.5%	3.5%	3.3%
2009 U.S. Overall	5.0%	5.3%	4.6%

Question 15: Percentage of students whose property such as their car, clothing, or books had been stolen or deliberately damaged on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	31.7%	29.2%	34.0%
10th	28.1%	24.3%	31.7%
11th	32.4%	32.2%	32.6%
12th	25.7%	24.2%	27.0%
Idaho Overall	29.4%	27.5%	31.4%
2009 U.S. Overall	N/A	N/A	N/A

Question 16: Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	10.9%	8.3%	13.5%
10th	7.9%	4.9%	10.7%
11th	5.4%	4.4%	6.4%
12th	3.6%	1.0%	6.1%
Idaho Overall	7.3%	4.9%	9.6%
2009 U.S. Overall	7.7%	5.5%	9.6%

Question 17: Percentage of students who were in a physical fight one or more times during the past 12 months

Grade	Total	Female	Male
9th	32.1%	23.3%	40.8%
10th	24.1%	14.9%	32.8%
11th	25.7%	20.9%	30.1%
12th	22.6%	16.6%	28.1%
Idaho Overall	26.4%	19.0%	33.3%
2009 U.S. Overall	31.5%	22.9%	39.3%

Question 18: Percentage of students who were injured in a physical fight one or more times during the past 12 months and had to be treated by a doctor or nurse

Grade	Total	Female	Male
9th	4.0%	3.5%	4.5%
10th	3.3%	1.8%	4.8%
11th	4.0%	2.1%	5.8%
12th	1.6%	1.5%	1.7%
Idaho Overall	3.2%	2.3%	4.2%
2009 U.S. Overall	3.8%	2.2%	5.1%

Question 19: Percentage of students who were in a physical fight on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	10.8%	5.4%	16.2%
10th	9.7%	3.2%	15.9%
11th	9.4%	7.7%	10.9%
12th	7.4%	2.8%	11.5%
Idaho Overall	9.4%	4.9%	13.8%
2009 U.S. Overall	11.1%	6.7%	15.1%

Question 20: Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

Grade	Total	Female	Male
9th	7.1%	7.5%	6.7%
10th	8.4%	7.2%	9.6%
11th	9.6%	13.6%	5.8%
12th	9.5%	6.8%	11.9%
Idaho Overall	8.7%	8.9%	10.5%
2009 U.S. Overall	9.8%	9.3%	10.3%

Question 21: Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to

Grade	Total	Female	Male
9th	5.9%	10.1%	1.9%
10th	7.3%	10.4%	4.3%
11th	12.7%	22.8%	3.3%
12th	9.5%	12.5%	6.7%
Idaho Overall	8.8%	14.4%	4.0%
2009 U.S. Overall	7.4%	10.5%	4.5%

Question 22: Percentage of students who have ever been bullied on school property during the past 12 months

Grade	Total	Female	Male
9th	32.1%	35.6%	28.8%
10th	19.8%	23.1%	16.7%
11th	22.2%	25.5%	19.1%
12th	16.4%	15.9%	16.9%
Idaho Overall	22.8%	25.3%	20.6%
2009 U.S. Overall	19.9%	21.2%	18.7%

Question 23: Percentage of students who have ever been electronically bullied, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging, during the past 12 months

Grade	Total	Female	Male
9th	19.4%	24.4%	14.5%
10th	16.3%	19.0%	13.7%
11th	17.3%	25.0%	10.2%
12th	14.4%	16.1%	12.8%
Idaho Overall	17.0%	21.4%	12.8%
2009 U.S. Overall	N/A	N/A	N/A

Question 24: Percentage of students who have ever bullied someone else on school property during the past 12 months

Grade	Total	Female	Male
9th	22.2%	18.7%	25.7%
10th	14.3%	10.0%	18.5%
11th	15.5%	11.9%	18.8%
12th	14.2%	6.0%	21.9%
Idaho Overall	16.7%	11.9%	21.2%
2009 U.S. Overall	N/A	N/A	N/A

Question 25: Percentage of students who have ever been the victim of teasing or name calling because of their weight, size, or physical appearance during the past 12 months

Grade	Total	Female	Male
9th	34.0%	35.3%	32.8%
10th	24.6%	24.2%	25.0%
11th	27.4%	30.4%	24.7%
12th	17.3%	19.0%	15.7%
Idaho Overall	26.1%	27.6%	24.8%
2009 U.S. Overall	N/A	N/A	N/A

Question 26: Percentage of students who have ever been the victim of teasing or name calling because of their race or ethnic background during the past 12 months

Grade	Total	Female	Male
9th	11.5%	6.5%	16.4%
10th	9.5%	9.3%	9.8%
11th	8.5%	5.2%	11.7%
12th	6.5%	4.9%	8.0%
Idaho Overall	9.1%	6.6%	11.4%
2009 U.S. Overall	N/A	N/A	N/A

Question 27: Percentage of students who have ever been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual during the past 12 months

Grade	Total	Female	Male
9th	9.3%	5.8%	12.8%
10th	10.5%	8.4%	12.5%
11th	6.5%	7.8%	5.3%
12th	8.5%	7.5%	9.5%
Idaho Overall	8.9%	7.6%	10.1%
2009 U.S. Overall	N/A	N/A	N/A

Question 28: Percentage of students who, during the past 12 months, sent or received a nude or semi-nude image of themselves or someone else via email or text

Grade	Total	Female	Male
9th	25.5%	26.2%	24.8%
10th	27.4%	26.1%	28.7%
11th	32.9%	36.6%	29.6%
12th	35.6%	33.4%	37.7%
Idaho Overall	30.2%	30.3%	30.1%
2009 U.S. Overall	N/A	N/A	N/A

Question 29: Percentage of students who, during the past 12 months, ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities

Grade	Total	Female	Male
9th	28.3%	35.0%	21.8%
10th	25.9%	32.9%	19.4%
11th	29.4%	38.4%	21.0%
12th	24.9%	28.2%	21.9%
Idaho Overall	27.3%	33.6%	21.3%
2009 U.S. Overall	26.1%	33.9%	19.1%

Question 30: Percentage of students who seriously considered attempting suicide during the past 12 months

Grade	Total	Female	Male
9th	18.1%	22.9%	13.4%
10th	15.2%	16.3%	14.3%
11th	14.0%	16.2%	11.9%
12th	13.6%	11.6%	15.5%
Idaho Overall	15.4%	16.8%	14.0%
2009 U.S. Overall	13.8%	17.4%	10.5%

Question 31: Percentage of students who made a plan about how they would attempt suicide during the past 12 months

Grade	Total	Female	Male
9th	12.7%	13.6%	11.9%
10th	13.5%	13.4%	13.5%
11th	10.4%	13.6%	7.5%
12th	13.2%	12.5%	13.8%
Idaho Overall	12.6%	13.2%	11.9%
2009 U.S. Overall	10.9%	13.2%	8.6%

Question 32: Percentage of students who actually attempted suicide one or more times during the past 12 months

Grade	Total	Female	Male
9th	9.2%	11.1%	7.4%
10th	6.8%	9.5%	4.1%
11th	5.2%	6.9%	3.7%
12th	4.2%	4.3%	4.2%
Idaho Overall	6.5%	8.1%	5.1%
2009 U.S. Overall	6.3%	8.1%	4.6%

Question 33: Percentage of students who attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated

Grade	Total	Female	Male
9th	2.2%	3.4%	1.1%
10th	2.7%	2.9%	2.5%
11th	0.9%	1.7%	0.2%
12th	1.1%	0.4%	1.8%
Idaho Overall	1.9%	2.3%	1.5%
2009 U.S. Overall	1.9%	2.3%	1.6%

Question 34: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, during the past 12 months

Grade	Total	Female	Male
9th	20.8%	26.6%	15.0%
10th	15.8%	18.5%	13.2%
11th	18.2%	24.9%	12.0%
12th	14.6%	19.7%	9.7%
Idaho Overall	17.5%	22.5%	12.8%
2009 U.S. Overall	N/A	N/A	N/A

Tobacco Use

Question 35: Percentage of students who ever tried cigarette smoking, even one or two puffs

Grade	Total	Female	Male
9th	34.4%	30.9%	37.6%
10th	34.0%	27.4%	40.2%
11th	41.5%	43.9%	39.2%
12th	45.9%	37.8%	53.4%
Idaho Overall	39.0%	35.1%	42.6%
2009 U.S. Overall	46.3%	46.1%	46.3%

Question 36: Percentage of students who smoked a whole cigarette for the first time before age 13

Grade	Total	Female	Male
9th	9.9%	7.5%	12.1%
10th	7.6%	3.4%	11.6%
11th	9.0%	8.2%	9.7%
12th	7.6%	2.9%	11.9%
Idaho Overall	8.7%	5.5%	11.6%
2009 U.S. Overall	10.7%	9.4%	11.8%

Question 37a: Percentage of students who smoked cigarettes on one or more of the past 30 days

Grade	Total	Female	Male
9th	10.9%	9.8%	11.9%
10th	9.6%	8.0%	11.2%
11th	13.8%	14.6%	13.0%
12th	22.7%	15.2%	29.5%
Idaho Overall	14.3%	11.9%	16.5%
2009 U.S. Overall	19.5%	19.1%	19.8%

Question 37b: Percentage of students who smoked cigarettes on 20 or more of the past 30 days

Grade	Total	Female	Male
9th	3.8%	1.5%	5.9%
10th	4.1%	2.5%	5.7%
11th	5.7%	6.3%	5.0%
12th	8.9%	5.4%	12.1%
Idaho Overall	5.7%	4.0%	7.1%
2009 U.S. Overall	7.3%	6.4%	8.0%

Question 38: Among those students that report current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days

Grade	Total	Female	Male
9th	-	-	-
10th	-	-	-
11th	-	-	-
12th	-	-	-
Idaho Overall	7.7%	3.7%	10.4%
2009 U.S. Overall	7.8%	4.1%	11.1%

Note: Due to a sample size of less than 100 students, estimates are unreliable and therefore are not reported at the sex and grade level.

Question 39: Among those students less than 18 years of age who report current cigarette use, the percent who usually got their own cigarettes by buying them in a store or gas station during the past 30 days

Grade	Total	Female	Male
9th	-	-	-
10th	-	-	-
11th	-	-	-
12th	-	-	-
Idaho Overall	3.0%	-	-

2009 U.S. Overall 14.1% 9.6% 18.3%

Note: Due to a sample size of less than 100 students, estimates are unreliable and therefore are not reported at the sex and grade level.

Question 40: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	3.2%	2.9%	3.4%
10th	2.7%	2.3%	3.1%
11th	2.1%	1.2%	2.9%
12th	4.8%	2.2%	7.2%
Idaho Overall	3.4%	2.3%	4.4%

2009 U.S. Overall 5.1% 4.0% 6.2%

Question 41: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarettes every day for 30 days

Grade	Total	Female	Male
9th	6.7%	4.6%	8.6%
10th	5.8%	4.9%	6.6%
11th	10.3%	9.3%	11.2%
12th	15.3%	10.1%	20.0%
Idaho Overall	9.5%	7.1%	11.6%

2009 U.S. Overall 11.2% 10.6% 11.7%

Question 42: Among students who report current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months

Grade	Total	Female	Male
9th	-	-	-
10th	-	-	-
11th	-	-	-
12th	-	-	-
Idaho Overall	54.9%	58.0%	53.3%

2009 U.S. Overall 50.8% 54.2% 48.0%

Note: Due to a sample size of less than 100 students, estimates are unreliable and therefore are not reported at the sex and grade level.

Question 43: Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days

Grade	Total	Female	Male
9th	6.5%	2.4%	10.5%
10th	8.9%	4.2%	13.5%
11th	8.3%	4.1%	12.2%
12th	12.6%	2.6%	21.7%
Idaho Overall	9.0%	3.3%	14.5%

2009 U.S. Overall 8.9% 2.2% 15.0%

Question 44: Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	3.1%	0.5%	5.7%
10th	6.3%	1.0%	11.5%
11th	4.0%	1.2%	6.6%
12th	7.7%	0.8%	14.0%
Idaho Overall	5.2%	0.9%	9.3%
2009 U.S. Overall	5.5%	1.1%	9.4%

Question 45: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days

Grade	Total	Female	Male
9th	5.6%	2.4%	8.7%
10th	8.3%	4.3%	12.2%
11th	9.2%	7.6%	10.7%
12th	21.6%	10.0%	32.5%
Idaho Overall	11.0%	6.0%	15.7%
2009 U.S. Overall	14.0%	8.8%	18.6%

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

Grade	Total	Female	Male
9th	14.4%	10.4%	18.4%
10th	15.8%	11.4%	20.2%
11th	17.9%	17.6%	18.2%
12th	30.8%	17.1%	43.4%
Idaho Overall	19.7%	14.0%	25.1%
2009 U.S. Overall	26.0%	21.8%	29.8%

Alcohol and Other Drug Use

Question 46: Percentage of students who had at least one drink of alcohol on one or more days during their life

Grade	Total	Female	Male
9th	58.8%	59.2%	58.3%
10th	63.0%	61.2%	64.8%
11th	69.8%	75.4%	64.7%
12th	69.4%	64.3%	74.0%
Idaho Overall	65.2%	64.9%	65.5%
2009 U.S. Overall	72.5%	74.2%	70.8%

Question 47: Percentage of students who had their first drink of alcohol other than a few sips before age 13

Grade	Total	Female	Male
9th	21.3%	19.9%	22.7%
10th	18.7%	11.5%	25.5%
11th	15.2%	16.8%	13.8%
12th	13.8%	6.2%	20.8%
Idaho Overall	17.6%	14.0%	21.0%
2009 U.S. Overall	21.1%	18.1%	23.7%

Question 48: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days

Grade	Total	Female	Male
9th	26.9%	29.3%	24.6%
10th	33.6%	30.6%	36.5%
11th	37.0%	42.9%	31.5%
12th	48.0%	39.8%	55.7%
Idaho Overall	36.2%	35.6%	36.9%
2009 U.S. Overall	41.8%	42.9%	40.8%

Question 49: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days

Grade	Total	Female	Male
9th	14.9%	15.0%	14.8%
10th	19.4%	16.2%	22.4%
11th	20.3%	22.9%	17.9%
12th	34.0%	24.3%	42.9%
Idaho Overall	21.8%	19.4%	24.1%
2009 U.S. Overall	24.2%	23.4%	25.0%

Question 50: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days

Grade	Total	Female	Male
9th	43.5%	-	-
10th	46.0%	-	-
11th	44.2%	-	-
12th	42.9%	-	-
Idaho Overall	44.0%	51.7%	37.2%
2009 U.S. Overall	42.2%	49.8%	35.0%

Note: Due to a sample size of less than 100 students, estimates are unreliable and therefore are not reported at the sex and grade level.

Question 51: Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	4.0%	3.3%	4.8%
10th	4.3%	3.3%	5.3%
11th	1.9%	3.5%	0.5%
12th	5.9%	2.4%	9.1%
Idaho Overall	4.1%	3.2%	4.9%
2009 U.S. Overall	4.5%	3.6%	5.3%

Question 52: Percentage of students who drank an alcoholic energy drink, such as Joos, Four Loko, Rockstar 21, Tilt, or Sparks, on one or more of the past 30 days

Grade	Total	Female	Male
9th	11.6%	12.6%	10.6%
10th	12.4%	12.4%	12.5%
11th	13.8%	16.6%	11.2%
12th	19.4%	13.1%	25.3%
Idaho Overall	14.2%	13.6%	14.9%
2009 U.S. Overall	N/A	N/A	N/A

Question 53: Percentage of students who used marijuana one or more times during their life

Grade	Total	Female	Male
9th	27.6%	25.5%	29.7%
10th	29.7%	22.6%	36.5%
11th	36.6%	39.0%	34.4%
12th	44.1%	32.4%	54.8%
Idaho Overall	34.6%	29.8%	39.0%
2009 U.S. Overall	36.8%	34.3%	39.0%

Question 54: Percentage of students who tried marijuana for the first time before age 13

Grade	Total	Female	Male
9th	5.4%	4.0%	6.7%
10th	5.4%	2.2%	8.5%
11th	5.3%	5.8%	4.9%
12th	7.2%	2.7%	11.3%
Idaho Overall	5.9%	3.9%	7.8%
2009 U.S. Overall	7.5%	5.0%	9.7%

Question 55: Percentage of students who used marijuana one or more times during the past 30 days

Grade	Total	Female	Male
9th	15.6%	14.2%	17.1%
10th	18.6%	12.8%	24.2%
11th	17.8%	21.2%	14.6%
12th	23.4%	14.4%	31.8%
Idaho Overall	18.8%	15.7%	21.9%
2009 U.S. Overall	20.8%	17.9%	23.4%

Question 56: Percentage of students who used marijuana on school property one or more itmes during the past 30 days

Grade	Total	Female	Male
9th	3.9%	2.9%	4.9%
10th	4.0%	3.6%	4.4%
11th	5.4%	6.2%	4.6%
12th	6.4%	2.8%	9.7%
Idaho Overall	4.9%	3.8%	5.8%
2009 U.S. Overall	4.6%	2.8%	6.3%

Question 57: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life

Grade	Total	Female	Male
9th	6.6%	6.1%	7.0%
10th	5.0%	3.7%	6.2%
11th	5.4%	6.3%	4.6%
12th	8.8%	4.5%	12.8%
Idaho Overall	6.6%	5.3%	7.8%
2009 U.S. Overall	6.4%	5.3%	7.3%

Question 58: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life

Grade	Total	Female	Male
9th	14.6%	14.0%	15.2%
10th	11.9%	10.2%	13.5%
11th	12.3%	14.2%	10.6%
12th	9.6%	8.6%	10.5%
Idaho Overall	12.2%	11.7%	12.5%
2009 U.S. Overall	11.7%	12.9%	10.6%

Question 59: Percentage of students who used heroin one or more times during their life

Grade	Total	Female	Male
9th	3.2%	2.5%	3.9%
10th	1.9%	0.7%	3.1%
11th	2.2%	2.3%	2.0%
12th	3.4%	1.4%	5.2%
Idaho Overall	2.7%	1.9%	3.5%
2009 U.S. Overall	2.5%	1.7%	3.2%

Question 60: Percentage of students who used methamphetamines one or more times during their life

Grade	Total	Female	Male
9th	4.1%	3.3%	4.9%
10th	2.6%	0.9%	4.1%
11th	1.8%	0.2%	3.4%
12th	3.6%	1.5%	5.6%
Idaho Overall	3.2%	1.5%	4.8%
2009 U.S. Overall	4.1%	3.3%	4.7%

Question 61: Percentage of students who used ecstasy one or more times during their life

Grade	Total	Female	Male
9th	6.0%	5.4%	6.6%
10th	7.4%	4.8%	9.8%
11th	8.2%	10.1%	6.4%
12th	12.9%	7.4%	17.9%
Idaho Overall	8.7%	7.0%	10.2%
2009 U.S. Overall	6.7%	5.5%	7.6%

Question 62: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life

Grade	Total	Female	Male
9th	4.6%	5.1%	4.0%
10th	1.4%	0.4%	2.3%
11th	2.1%	1.2%	2.9%
12th	3.0%	1.6%	4.3%
Idaho Overall	2.8%	2.1%	3.3%
2009 U.S. Overall	3.3%	2.2%	4.3%

Question 63: Percentage of students who have taken a prescription drug (such as OxyContin, Percodet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life

Grade	Total	Female	Male
9th	14.9%	14.1%	15.6%
10th	15.7%	15.3%	16.0%
11th	22.7%	24.8%	20.7%
12th	27.8%	22.7%	32.6%
Idaho Overall	20.1%	19.0%	21.2%
2009 U.S. Overall	N/A	N/A	N/A

Question 64: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life

Grade	Total	Female	Male
9th	1.4%	1.1%	1.7%
10th	2.0%	0.7%	3.3%
11th	1.0%	0.9%	1.2%
12th	2.7%	0.8%	4.5%
Idaho Overall	1.8%	1.0%	2.7%
2009 U.S. Overall	2.1%	1.4%	2.7%

Question 65: Percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months

Grade	Total	Female	Male
9th	26.5%	25.3%	27.6%
10th	24.4%	20.3%	28.2%
11th	21.6%	19.7%	23.4%
12th	24.5%	16.9%	31.4%
Idaho Overall	24.4%	20.9%	27.9%
2009 U.S. Overall	22.7%	19.3%	25.9%

Sexual Behavior

Question 66: Percentage of students who have ever had sexual intercourse

Grade	Total	Female	Male
9th	23.6%	21.2%	26.1%
10th	35.5%	32.8%	38.0%
11th	49.0%	57.7%	40.7%
12th	52.8%	46.2%	58.7%
Idaho Overall	40.0%	39.1%	40.8%
2009 U.S. Overall	46.0%	45.7%	46.1%

Question 67: Percentage of students who had sexual intercourse for the first time before age 13

Grade	Total	Female	Male
9th	4.4%	2.6%	6.2%
10th	3.4%	1.1%	5.6%
11th	2.5%	3.9%	1.1%
12th	3.9%	0.7%	6.9%
Idaho Overall	3.6%	2.2%	4.9%
2009 U.S. Overall	5.9%	3.1%	8.4%

Question 68: Percentage of students who had sexual intercourse with four or more people during their life

Grade	Total	Female	Male
9th	5.5%	2.9%	7.9%
10th	10.0%	6.4%	13.2%
11th	15.7%	18.7%	13.0%
12th	23.9%	16.2%	30.9%
Idaho Overall	13.8%	11.0%	16.5%
2009 U.S. Overall	13.8%	11.2%	16.2%

Question 69: Percentage of students who drank alcohol or used drugs before they had sexual intercourse the last time

Grade	Total	Female	Male
9th	7.1%	5.4%	8.8%
10th	6.7%	5.0%	8.3%
11th	7.9%	9.4%	6.4%
12th	11.5%	9.1%	13.6%
Idaho Overall	8.4%	7.2%	9.5%
2009 U.S. Overall	21.6%	17.1%	25.9%

Question 70: Percentage of students who said they or their partner did not use a condom the last time they had sexual intercourse

Grade	Total	Female	Male
9th	7.3%	6.8%	7.7%
10th	9.8%	10.0%	9.6%
11th	20.0%	28.6%	11.8%
12th	18.9%	19.4%	18.4%
Idaho Overall	13.8%	16.0%	11.7%
2009 U.S. Overall	N/A	N/A	N/A

Weight Management and Dietary Behaviors

Overweight: Percentage of students who are overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)

Grade	Total	Female	Male
9th	14.3%	15.4%	13.4%
10th	13.5%	9.6%	17.1%
11th	15.5%	14.1%	16.8%
12th	10.2%	10.7%	9.7%
Idaho Overall	13.4%	12.4%	14.3%
2009 U.S. Overall	15.8%	15.9%	15.7%

Obese: Percentage of students who are obese (i.e., at or above the 95th percentile for body mass index, by age and sex)

Grade	Total	Female	Male
9th	7.6%	5.4%	9.7%
10th	8.8%	3.8%	13.5%
11th	10.5%	9.0%	11.8%
12th	10.1%	9.8%	10.4%
Idaho Overall	9.2%	6.9%	11.4%
2009 U.S. Overall	12.0%	8.3%	15.3%

Question 71: Percentage of students who described themselves as slightly or very overweight

Grade	Total	Female	Male
9th	27.2%	34.0%	20.5%
10th	27.2%	32.6%	22.1%
11th	31.9%	43.9%	20.6%
12th	28.3%	39.3%	18.1%
Idaho Overall	28.6%	37.3%	20.4%
2009 U.S. Overall	27.9%	33.1%	22.7%

Question 72: Percentage of students who were trying to lose weight

Grade	Total	Female	Male
9th	41.5%	55.3%	28.2%
10th	43.9%	60.4%	28.5%
11th	45.4%	66.8%	25.5%
12th	42.9%	61.8%	25.4%
Idaho Overall	43.5%	61.0%	27.0%
2009 U.S. Overall	44.4%	59.3%	30.5%

Question 73: 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

Grade	Total	Female	Male
9th	9.0%	13.7%	4.5%
10th	8.0%	11.7%	4.6%
11th	11.5%	16.4%	6.8%
12th	8.6%	13.6%	4.0%
Idaho Overall	9.3%	13.8%	5.1%
2009 U.S. Overall	10.6%	14.5%	6.9%

Question 74: Percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	3.8%	4.9%	2.7%
10th	3.7%	1.9%	5.4%
11th	5.0%	8.4%	1.9%
12th	6.0%	6.2%	5.9%
Idaho Overall	4.7%	5.4%	4.1%
2009 U.S. Overall	5.0%	6.3%	3.8%

Question 75: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	5.0%	7.7%	2.5%
10th	3.2%	5.4%	1.1%
11th	5.1%	9.8%	0.7%
12th	4.3%	7.0%	1.8%
Idaho Overall	4.4%	7.6%	1.5%
2009 U.S. Overall	4.0%	5.4%	2.6%

Question 76: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	57.4%	75.0%	39.7%
10th	67.1%	80.3%	54.5%
11th	61.6%	78.2%	46.0%
12th	60.0%	75.9%	44.9%
Idaho Overall	61.3%	77.3%	46.1%
2009 U.S. Overall	61.5%	67.9%	55.7%

Question 77: 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

Grade	Total	Female	Male
9th	39.7%	58.3%	21.3%
10th	45.2%	59.6%	31.4%
11th	45.9%	64.9%	28.1%
12th	44.4%	63.4%	26.2%
Idaho Overall	43.7%	61.4%	26.7%
2009 U.S. Overall	39.5%	51.6%	28.4%

Question 78: Percentage of students who drank 100% fruit juices one or more times during the past seven days

Grade	Total	Female	Male
9th	82.0%	83.8%	80.2%
10th	82.4%	80.4%	84.3%
11th	76.3%	73.1%	79.2%
12th	80.7%	78.6%	82.6%
Idaho Overall	80.4%	79.0%	81.6%
2009 U.S. Overall	80.6%	79.2%	81.8%

Question 79: Percentage of students who ate fruit one or more times during the past seven days

Grade	Total	Female	Male
9th	94.1%	94.3%	94.0%
10th	95.4%	95.8%	95.0%
11th	93.3%	92.2%	94.4%
12th	93.4%	94.9%	92.0%
Idaho Overall	94.0%	94.4%	93.8%
2009 U.S. Overall	88.6%	90.0%	89.3%

Question 80: Percentage of students who ate green salad one or more times during the past seven days

Grade	Total	Female	Male
9th	71.8%	77.9%	65.9%
10th	70.8%	75.9%	66.0%
11th	75.7%	77.3%	74.2%
12th	75.5%	77.8%	73.5%
Idaho Overall	73.3%	77.1%	69.7%
2009 U.S. Overall	64.4%	67.4%	59.7%

Question 81: Percentage of students who ate potatoes one or more times during the past seven days

Grade	Total	Female	Male
9th	69.8%	66.3%	73.2%
10th	73.3%	71.9%	74.6%
11th	75.8%	74.8%	76.7%
12th	72.9%	71.4%	74.3%
Idaho Overall	72.9%	71.0%	74.6%
2009 U.S. Overall	69.8%	66.6%	70.7%

Question 82: Percentage of students who ate carrots one or more times during the past seven days

Grade	Total	Female	Male
9th	57.9%	59.0%	56.9%
10th	61.9%	65.6%	58.4%
11th	55.6%	51.3%	59.6%
12th	56.9%	60.1%	53.9%
Idaho Overall	58.1%	59.2%	57.3%
2009 U.S. Overall	48.2%	46.8%	49.4%

Question 83: Percentage of students who ate other vegetables one or more times during the past seven days

Grade	Total	Female	Male
9th	84.5%	89.2%	79.9%
10th	87.4%	86.6%	88.2%
11th	85.8%	84.0%	87.5%
12th	88.8%	91.9%	86.0%
Idaho Overall	86.6%	87.9%	85.4%
2009 U.S. Overall	83.3%	84.3%	82.5%

Fruit and Vegetables: Percentage of students who ate five or more servings of fruits and vegetables per day during the past seven days

Grade	Total	Female	Male
9th	21.3%	18.2%	24.2%
10th	17.4%	16.3%	18.4%
11th	17.7%	15.1%	20.1%
12th	18.4%	20.2%	16.7%
Idaho Overall	18.8%	17.6%	20.0%
2009 U.S. Overall	22.3%	21.5%	23.9%

Fruits and Vegetables (2): Percentage of students who ate fruits two or more times per day and ate vegetables three or more times per day during the past seven days

Grade	Total	Female	Male
9th	12.1%	10.1%	13.9%
10th	7.9%	6.8%	8.9%
11th	7.1%	8.0%	6.2%
12th	10.0%	10.4%	9.7%
Idaho Overall	9.4%	9.0%	9.8%
2009 U.S. Overall	N/A	N/A	N/A

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

Grade	Total	Female	Male
9th	31.2%	32.0%	30.4%
10th	28.2%	30.0%	26.5%
11th	25.9%	25.0%	26.8%
12th	29.6%	32.1%	27.2%
Idaho Overall	28.8%	29.9%	27.9%
2009 U.S. Overall	33.9%	32.2%	35.3%

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

Grade	Total	Female	Male
9th	16.6%	13.4%	19.7%
10th	10.9%	10.1%	11.7%
11th	12.9%	11.6%	14.2%
12th	12.9%	14.7%	11.3%
Idaho Overall	13.5%	12.6%	11.9%
2009 U.S. Overall	14.8%	13.0%	14.5%

Question 84: Percentage of students who drank a can, bottle, or glass of soda pop one or more times per day during the past seven days

Grade	Total	Female	Male
9th	18.9%	12.5%	25.2%
10th	17.6%	14.0%	21.0%
11th	15.3%	11.7%	18.8%
12th	19.2%	9.4%	28.2%
Idaho Overall	17.9%	12.0%	23.4%
2009 U.S. Overall	29.2%	23.3%	34.6%

Question 85: Percentage of students who drank three or more glasses of milk per day during the past seven days

Grade	Total	Female	Male
9th	19.8%	13.2%	26.2%
10th	17.8%	10.8%	24.3%
11th	15.2%	9.2%	20.7%
12th	16.3%	10.9%	21.3%
Idaho Overall	17.4%	11.0%	23.1%
2009 U.S. Overall	14.5%	8.7%	19.8%

Question 86: Percentage of students who purchased at least part of their lunch from a vending machine on one or more of the past seven days

Grade	Total	Female	Male
9th	21.8%	21.2%	22.3%
10th	22.2%	22.4%	21.9%
11th	19.8%	21.5%	18.1%
12th	14.3%	13.5%	15.1%
Idaho Overall	19.8%	19.7%	19.8%
2009 U.S. Overall	N/A	N/A	N/A

Question 87: Percentage of students who ate breakfast on seven of the past seven days

Grade	Total	Female	Male
9th	45.5%	36.0%	54.9%
10th	45.2%	44.1%	46.2%
11th	40.4%	36.5%	44.1%
12th	42.3%	42.6%	42.1%
Idaho Overall	43.4%	39.9%	46.8%
2009 U.S. Overall	N/A	N/A	N/A

Physical Activity

Question 88: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days

Grade	Total	Female	Male
9th	54.5%	47.1%	61.6%
10th	55.7%	49.9%	61.2%
11th	52.7%	40.6%	64.4%
12th	47.9%	36.4%	58.5%
Idaho Overall	52.9%	43.8%	61.4%
2009 U.S. Overall	36.0%	27.7%	45.6%

Question 89: Percentage of students who watched three or more hours of TV per day on an average school day

Grade	Total	Female	Male
9th	23.4%	21.9%	24.9%
10th	24.0%	22.9%	25.0%
11th	18.7%	17.3%	20.1%
12th	20.6%	15.5%	25.4%
Idaho Overall	21.7%	19.4%	23.8%
2009 U.S. Overall	32.8%	32.1%	33.5%

Question 90: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day

Grade	Total	Female	Male
9th	21.2%	15.4%	26.8%
10th	21.6%	15.4%	27.6%
11th	21.1%	19.5%	22.5%
12th	24.3%	17.5%	30.6%
Idaho Overall	21.9%	16.9%	26.6%
2009 U.S. Overall	24.9%	21.2%	28.3%

Question 91: Percentage of students who attended physical education (PE) class one or more days in an average school week when they were in school

Grade	Total	Female	Male
9th	53.3%	44.8%	61.8%
10th	48.5%	37.1%	59.5%
11th	44.8%	34.5%	54.4%
12th	36.8%	21.7%	50.6%
Idaho Overall	46.1%	34.9%	56.4%
2009 U.S. Overall	56.4%	55.0%	57.7%

PE Daily: Percentage of students who attended physical education (PE) class daily

Grade	Total	Female	Male
9th	27.4%	19.6%	35.1%
10th	29.4%	18.4%	39.9%
11th	27.4%	19.0%	35.3%
12th	17.6%	9.7%	24.7%
Idaho Overall	25.6%	16.8%	33.6%
2009 U.S. Overall	33.3%	31.9%	34.6%

Question 92: Percentage of students who played on one or more sports teams during the past 12 months

Grade	Total	Female	Male
9th	62.2%	62.8%	61.6%
10th	66.8%	62.8%	70.5%
11th	54.2%	46.3%	61.7%
12th	53.6%	43.2%	63.2%
Idaho Overall	59.3%	54.0%	64.3%
2009 U.S. Overall	58.3%	52.3%	63.8%

Other Health-Related Topics

Question 93: Percentage of students who had ever been taught about AIDS or HIV infection in school

Grade	Total	Female	Male
9th	70.3%	68.0%	72.5%
10th	82.5%	83.0%	82.0%
11th	87.6%	88.6%	86.7%
12th	87.8%	85.6%	89.7%
Idaho Overall	81.9%	80.9%	82.7%
2009 U.S. Overall	87.0%	87.8%	86.3%

Question 94: Percentage of students who have ever talked about AIDS or HIV infection with their parents or other adults in their family

Grade	Total	Female	Male
9th	46.1%	44.9%	47.5%
10th	52.7%	50.7%	54.8%
11th	45.6%	51.0%	40.5%
12th	44.0%	40.8%	47.1%
Idaho Overall	47.3%	46.7%	47.7%
2009 U.S. Overall	N/A	N/A	N/A

Question 95: Percentage of students who had ever been told by a doctor or nurse that they had asthma

Grade	Total	Female	Male
9th	17.7%	15.1%	20.3%
10th	20.0%	21.0%	19.1%
11th	17.8%	22.4%	13.5%
12th	23.5%	22.5%	24.5%
Idaho Overall	19.7%	20.0%	19.2%
2009 U.S. Overall	22.0%	21.1%	22.8%

Question 96: Percentage of students who get eight or more hours of sleep on an average school night

Grade	Total	Female	Male
9th	40.3%	33.0%	47.6%
10th	35.0%	27.6%	41.9%
11th	32.7%	28.8%	36.4%
12th	27.7%	26.3%	29.1%
Idaho Overall	34.2%	29.1%	39.0%
2009 U.S. Overall	N/A	N/A	N/A

Question 97: Percentage of students who most of the time or always wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day

Grade	Total	Female	Male
9th	12.6%	16.7%	8.6%
10th	10.5%	16.6%	4.8%
11th	9.0%	11.1%	7.1%
12th	9.3%	16.2%	2.9%
Idaho Overall	10.4%	15.2%	5.8%
2009 U.S. Overall	N/A	N/A	N/A

Question 98: Percentage of students who used an indoor tanning device such as a sunlamp, sunbed, or tanning booth one or more times during the past 12 months

Grade	Total	Female	Male
9th	7.6%	11.9%	3.3%
10th	14.6%	22.2%	7.4%
11th	14.2%	23.5%	5.6%
12th	19.4%	27.2%	12.2%
Idaho Overall	14.0%	21.2%	7.2%
2009 U.S. Overall	N/A	N/A	N/A

Question 99: Percentage of students who have at least one teacher or other adult in this school that they can talk to if they have a problem

Grade	Total	Female	Male
9th	61.2%	64.0%	58.4%
10th	65.3%	62.4%	68.2%
11th	70.5%	69.6%	71.3%
12th	70.9%	71.7%	70.2%
Idaho Overall	66.8%	66.8%	66.7%
2009 U.S. Overall	N/A	N/A	N/A

**Appendix B: 2011 Idaho YRBS Survey
Questionnaire**

2011 Idaho Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D.
- If you change your answer, erase your old answer completely.

1. How old are you?
A. 12 years old or younger
B. 13 years old
C. 14 years old
D. 15 years old
E. 16 years old
F. 17 years old
G. 18 years old or older
2. What is your sex?
A. Female
B. Male
3. In what grade are you?
A. 9th grade
B. 10th grade
C. 11th grade
D. 12th grade
E. Ungraded or other grade
4. Are you Hispanic or Latino?
A. Yes
B. No
5. What is your race? (Select one or more responses.)
A. American Indian or Alaska Native
B. Asian
C. Black or African American
D. Native Hawaiian or Other Pacific Islander
E. White

6. How tall are you without your shoes on?
Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example

Height	
Feet	Inches
5	7
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	●
	⑧
	⑨
	⑩
	⑪

7. How much do you weigh without your shoes on?
Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example

Weight		
Pounds		
1	5	2
①	①	①
●	①	①
②	②	●
③	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

The next 4 questions ask about safety.

8. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
- A. I did not ride a bicycle during the past 12 months
 - B. Never wore a helmet
 - C. Rarely wore a helmet
 - D. Sometimes wore a helmet
 - E. Most of the time wore a helmet
 - F. Always wore a helmet
9. How often do you wear a seat belt when **riding** in a car driven by someone else?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
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**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
11. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times

The next 10 questions ask about violence-related behaviors.

12. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
13. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
14. 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?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
15. 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**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

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**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
17. During the past 12 months, how many times were you in a physical fight?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
18. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
19. During the past 12 months, how many times were you in a physical fight **on school property**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

20. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- A. Yes
 - B. No
21. Have you ever been physically forced to have sexual intercourse when you did not want to?
- A. Yes
 - B. No

The next 7 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

22. During the past 12 months, have you ever been bullied **on school property**?
- A. Yes
 - B. No
23. During the past 12 months, have you ever been **electronically** bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
- A. Yes
 - B. No
24. During the past 12 months, have you ever bullied someone else **on school property**?
- A. Yes
 - B. No
25. During the past 12 months, have you ever been the victim of teasing or name calling because of your weight, size, or physical appearance?
- A. Yes
 - B. No

26. During the past 12 months, have you ever been the victim of teasing or name calling because of your race or ethnic background?
- A. Yes
B. No
27. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?
- A. Yes
B. No
28. During the past 12 months, have you ever sent or received a nude or semi-nude image of yourself or someone else via email or text?
- A. Yes
B. No

The next 6 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

29. 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?
- A. Yes
B. No
30. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
B. No
31. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes
B. No

32. During the past 12 months, how many times did you actually attempt suicide?
- A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or more times
33. **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?
- A. **I did not attempt suicide** during the past 12 months
B. Yes
C. No
34. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
- A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or more times

The next 11 questions ask about tobacco use.

35. Have you ever tried cigarette smoking, even one or two puffs?
- A. Yes
B. No
36. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette
B. 8 years old or younger
C. 9 or 10 years old
D. 11 or 12 years old
E. 13 or 14 years old
F. 15 or 16 years old
G. 17 years old or older

37. During the past 30 days, on how many days did you smoke cigarettes?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
38. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
- A. I did not smoke cigarettes during the past 30 days
 - B. Less than 1 cigarette per day
 - C. 1 cigarette per day
 - D. 2 to 5 cigarettes per day
 - E. 6 to 10 cigarettes per day
 - F. 11 to 20 cigarettes per day
 - G. More than 20 cigarettes per day
39. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
- A. I did not smoke cigarettes during the past 30 days
 - B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - C. I bought them from a vending machine
 - D. I gave someone else money to buy them for me
 - E. I borrowed (or bummed) them from someone else
 - F. A person 18 years old or older gave them to me
 - G. I took them from a store or family member
 - H. I got them some other way
40. During the past 30 days, on how many days did you smoke cigarettes **on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
41. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- A. Yes
 - B. No
42. During the past 12 months, did you ever try **to quit** smoking cigarettes?
- A. I did not smoke during the past 12 months
 - B. Yes
 - C. No
43. 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?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
44. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

45. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 7 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

46. During your life, on how many days have you had at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 9 days
 - D. 10 to 19 days
 - E. 20 to 39 days
 - F. 40 to 99 days
 - G. 100 or more days
47. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older

48. During the past 30 days, on how many days did you have at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
49. 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?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 to 5 days
 - E. 6 to 9 days
 - F. 10 to 19 days
 - G. 20 or more days
50. During the past 30 days, how did you **usually** get the alcohol you drank?
- A. I did not drink alcohol during the past 30 days
 - B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - C. I bought it at a restaurant, bar, or club
 - D. I bought it at a public event such as a concert or sporting event
 - E. I gave someone else money to buy it for me
 - F. Someone gave it to me
 - G. I took it from a store or family member
 - H. I got it some other way

51. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
52. During the past 30 days, on how many days did you drink an alcoholic energy drink, such as Joos, Four Loko, Rockstar 21, Tilt, or Sparks?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

53. During your life, how many times have you used marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 to 99 times
 - G. 100 or more times
54. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older

55. During the past 30 days, how many times did you use marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
56. During the past 30 days, how many times did you use marijuana **on school property**?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

The next 9 questions ask about other drugs.

57. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
58. 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?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

59. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

60. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

61. During your life, how many times have you used **ecstasy** (also called MDMA)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

62. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

63. During your life, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

64. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- A. 0 times
- B. 1 time
- C. 2 or more times

65. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

The next 5 questions ask about sexual behavior.

66. Have you ever had sexual intercourse?

- A. Yes
- B. No

67. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

68. During your life, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. 1 person
 - C. 2 people
 - D. 3 people
 - E. 4 people
 - F. 5 people
 - G. 6 or more people
69. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
70. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No

The next 7 questions ask about body weight.

71. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
72. Which of the following are you trying to do about your weight?
- A. **Lose** weight
 - B. **Gain** weight
 - C. **Stay** the same weight
 - D. I am **not trying to do anything** about my weight

73. 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?
- A. Yes
 - B. No
74. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)
- A. Yes
 - B. No
75. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
76. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
77. 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?
- A. Yes
 - B. No

The next 10 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

78. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- A. I did not drink 100% fruit juice during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
79. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
- A. I did not eat fruit during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
80. During the past 7 days, how many times did you eat **green salad**?
- A. I did not eat green salad during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
81. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)
- A. I did not eat potatoes during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
82. During the past 7 days, how many times did you eat **carrots**?
- A. I did not eat carrots during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day

83. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)
- A. I did not eat other vegetables during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
84. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)
- A. I did not drink soda or pop during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
85. During the past 7 days, how many **glasses of milk** did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)
- A. I did not drink milk during the past 7 days
 - B. 1 to 3 glasses during the past 7 days
 - C. 4 to 6 glasses during the past 7 days
 - D. 1 glass per day
 - E. 2 glasses per day
 - F. 3 glasses per day
 - G. 4 or more glasses per day
86. During the past 7 days, on how many days did you purchase at least part of your lunch from a vending machine?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
87. During the past 7 days, on how many days did you eat **breakfast**?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
- The next 5 questions ask about physical activity.**
88. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

89. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
90. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)
- A. I do not play video or computer games or use a computer for something that is not school work
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
91. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
92. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The next 7 questions ask about other health-related topics.

93. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
94. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?
- A. Yes
 - B. No
 - C. Not sure
95. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure
96. On an average school night, how many hours of sleep do you get?
- A. 4 or less hours
 - B. 5 hours
 - C. 6 hours
 - D. 7 hours
 - E. 8 hours
 - F. 9 hours
 - G. 10 or more hours
97. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

98. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do **not** include getting a spray-on tan.)
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

99. Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
- A. Yes
 - B. No
 - C. Not sure

**This is the end of the survey.
Thank you very much for your
help.**

2011 Idaho Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D.
- If you change your answer, erase your old answer completely.

- How old are you?
 - 12 years old or younger
 - 13 years old
 - 14 years old
 - 15 years old
 - 16 years old
 - 17 years old
 - 18 years old or older
- What is your sex?
 - Female
 - Male
- In what grade are you?
 - 9th grade
 - 10th grade
 - 11th grade
 - 12th grade
 - Ungraded or other grade
- Are you Hispanic or Latino?
 - Yes
 - No
- What is your race? (Select one or more responses.)
 - American Indian or Alaska Native
 - Asian
 - Black or African American
 - Native Hawaiian or Other Pacific Islander
 - White

- How tall are you without your shoes on?
Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example

Height	
Feet	Inches
5	7
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	●
	⑧
	⑨
	⑩
	⑪

- How much do you weigh without your shoes on?
Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example

Weight		
Pounds		
1	5	2
①	①	①
●	①	①
②	②	●
③	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

The next 4 questions ask about safety.

8. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
- A. I did not ride a bicycle during the past 12 months
 - B. Never wore a helmet
 - C. Rarely wore a helmet
 - D. Sometimes wore a helmet
 - E. Most of the time wore a helmet
 - F. Always wore a helmet
9. How often do you wear a seat belt when **riding** in a car driven by someone else?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
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**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
11. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times

The next 10 questions ask about violence-related behaviors.

12. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
13. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
14. 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?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
15. 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**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

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**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
17. During the past 12 months, how many times were you in a physical fight?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
18. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
19. During the past 12 months, how many times were you in a physical fight **on school property**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

20. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- A. Yes
 - B. No
21. Have you ever been physically forced to have sexual intercourse when you did not want to?
- A. Yes
 - B. No

The next 7 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

22. During the past 12 months, have you ever been bullied **on school property**?
- A. Yes
 - B. No
23. During the past 12 months, have you ever been **electronically** bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
- A. Yes
 - B. No
24. During the past 12 months, have you ever bullied someone else **on school property**?
- A. Yes
 - B. No
25. During the past 12 months, have you ever been the victim of teasing or name calling because of your weight, size, or physical appearance?
- A. Yes
 - B. No

26. During the past 12 months, have you ever been the victim of teasing or name calling because of your race or ethnic background?
- A. Yes
B. No
27. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?
- A. Yes
B. No
28. During the past 12 months, have you ever sent or received a nude or semi-nude image of yourself or someone else via email or text?
- A. Yes
B. No

The next 6 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

29. 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?
- A. Yes
B. No
30. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
B. No
31. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes
B. No

32. During the past 12 months, how many times did you actually attempt suicide?
- A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or more times
33. **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?
- A. **I did not attempt suicide** during the past 12 months
B. Yes
C. No
34. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
- A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or more times

The next 11 questions ask about tobacco use.

35. Have you ever tried cigarette smoking, even one or two puffs?
- A. Yes
B. No
36. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette
B. 8 years old or younger
C. 9 or 10 years old
D. 11 or 12 years old
E. 13 or 14 years old
F. 15 or 16 years old
G. 17 years old or older

37. During the past 30 days, on how many days did you smoke cigarettes?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
38. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
- A. I did not smoke cigarettes during the past 30 days
 - B. Less than 1 cigarette per day
 - C. 1 cigarette per day
 - D. 2 to 5 cigarettes per day
 - E. 6 to 10 cigarettes per day
 - F. 11 to 20 cigarettes per day
 - G. More than 20 cigarettes per day
39. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
- A. I did not smoke cigarettes during the past 30 days
 - B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - C. I bought them from a vending machine
 - D. I gave someone else money to buy them for me
 - E. I borrowed (or bummed) them from someone else
 - F. A person 18 years old or older gave them to me
 - G. I took them from a store or family member
 - H. I got them some other way
40. During the past 30 days, on how many days did you smoke cigarettes **on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
41. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- A. Yes
 - B. No
42. During the past 12 months, did you ever try **to quit** smoking cigarettes?
- A. I did not smoke during the past 12 months
 - B. Yes
 - C. No
43. 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?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
44. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

45. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 7 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

46. During your life, on how many days have you had at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 9 days
 - D. 10 to 19 days
 - E. 20 to 39 days
 - F. 40 to 99 days
 - G. 100 or more days
47. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older

48. During the past 30 days, on how many days did you have at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
49. 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?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 to 5 days
 - E. 6 to 9 days
 - F. 10 to 19 days
 - G. 20 or more days
50. During the past 30 days, how did you **usually** get the alcohol you drank?
- A. I did not drink alcohol during the past 30 days
 - B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - C. I bought it at a restaurant, bar, or club
 - D. I bought it at a public event such as a concert or sporting event
 - E. I gave someone else money to buy it for me
 - F. Someone gave it to me
 - G. I took it from a store or family member
 - H. I got it some other way

51. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
52. During the past 30 days, on how many days did you drink an alcoholic energy drink, such as Joos, Four Loko, Rockstar 21, Tilt, or Sparks?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

53. During your life, how many times have you used marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 to 99 times
 - G. 100 or more times
54. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older

55. During the past 30 days, how many times did you use marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
56. During the past 30 days, how many times did you use marijuana **on school property**?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

The next 9 questions ask about other drugs.

57. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
58. 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?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

59. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

60. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

61. During your life, how many times have you used **ecstasy** (also called MDMA)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

62. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

63. During your life, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

64. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- A. 0 times
- B. 1 time
- C. 2 or more times

65. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

The next 5 questions ask about sexual behavior.

66. Have you ever had sexual intercourse?

- A. Yes
- B. No

67. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

68. During your life, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. 1 person
 - C. 2 people
 - D. 3 people
 - E. 4 people
 - F. 5 people
 - G. 6 or more people
69. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
70. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No

The next 7 questions ask about body weight.

71. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
72. Which of the following are you trying to do about your weight?
- A. **Lose** weight
 - B. **Gain** weight
 - C. **Stay** the same weight
 - D. I am **not trying to do anything** about my weight

73. 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?
- A. Yes
 - B. No
74. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)
- A. Yes
 - B. No
75. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
76. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
77. 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?
- A. Yes
 - B. No

The next 10 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

78. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- A. I did not drink 100% fruit juice during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
79. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
- A. I did not eat fruit during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
80. During the past 7 days, how many times did you eat **green salad**?
- A. I did not eat green salad during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
81. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)
- A. I did not eat potatoes during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
82. During the past 7 days, how many times did you eat **carrots**?
- A. I did not eat carrots during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day

83. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)
- A. I did not eat other vegetables during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
84. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)
- A. I did not drink soda or pop during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
85. During the past 7 days, how many **glasses of milk** did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)
- A. I did not drink milk during the past 7 days
 - B. 1 to 3 glasses during the past 7 days
 - C. 4 to 6 glasses during the past 7 days
 - D. 1 glass per day
 - E. 2 glasses per day
 - F. 3 glasses per day
 - G. 4 or more glasses per day
86. During the past 7 days, on how many days did you purchase at least part of your lunch from a vending machine?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
87. During the past 7 days, on how many days did you eat **breakfast**?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
- The next 5 questions ask about physical activity.**
88. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

89. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
90. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)
- A. I do not play video or computer games or use a computer for something that is not school work
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
91. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
92. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The next 7 questions ask about other health-related topics.

93. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
94. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?
- A. Yes
 - B. No
 - C. Not sure
95. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure
96. On an average school night, how many hours of sleep do you get?
- A. 4 or less hours
 - B. 5 hours
 - C. 6 hours
 - D. 7 hours
 - E. 8 hours
 - F. 9 hours
 - G. 10 or more hours
97. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

98. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do **not** include getting a spray-on tan.)
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

99. Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
- A. Yes
 - B. No
 - C. Not sure

**This is the end of the survey.
Thank you very much for your
help.**

