

# HIGH SCHOOL

## 2011 HEALTH SURVEY RESULTS

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



Student  
Family &  
Community **SUPPORT**

San Francisco Unified School District

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

For more information, please visit [www.healthiersf.org](http://www.healthiersf.org).



**SFUSD** SAN FRANCISCO  
PUBLIC SCHOOLS

Prepared by Education, Training & Research Associates ([www.etr.org](http://www.etr.org))

# ABOUT THIS REPORT

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

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

**About the Results.** The YRBS results presented in this booklet have been statistically weighted and are representative of *all* students in grades nine through twelve attending public high schools in San Francisco. CHKS results, which are not weighted, are representative of 9<sup>th</sup> and 11<sup>th</sup> grade students only. In this booklet, information about health risk behavior comes from the YRBS, while information about youth development assets and resiliency comes from the CHKS.

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

The 2011 High School YRBS was administered to a random sample of 2,220 students in grades nine through twelve in 20 public high schools in San Francisco. The overall response rate was 74%. Based on guidelines from the CDC, response rates of 60% or greater are considered generalizable to the population from which the sample was drawn. More information about the YRBS can be found at [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs).

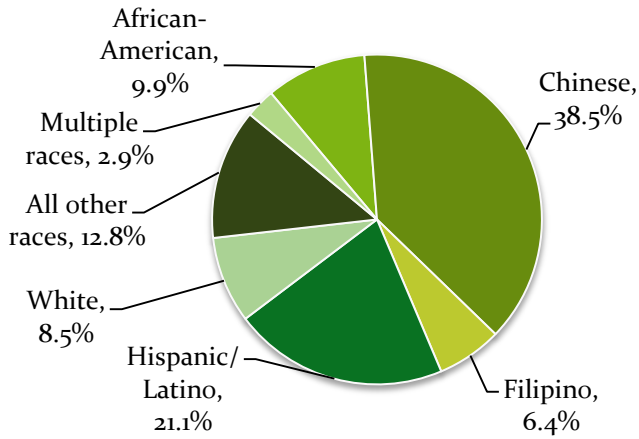
**About the California Healthy Kids Survey (CHKS).** The CHKS was developed under contract from CDE by WestEd in collaboration with Duerr Evaluation Resources, assisted by an Advisory Committee of researchers, teachers, school prevention and health program practitioners, and public agency representatives.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

The 2011 High School CHKS was administered to 5,622 students in grades nine and eleven in 21 public high schools in San Francisco. More information about the CHKS can be found at [www.wested.org/chks](http://www.wested.org/chks) or [www.healthiersf.org](http://www.healthiersf.org).

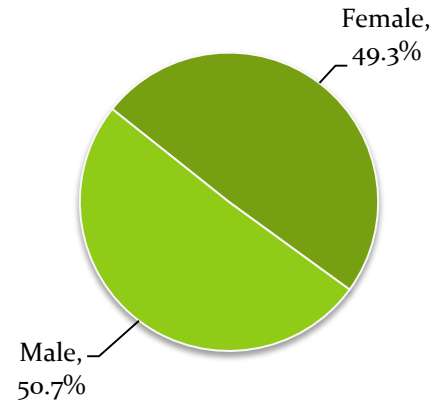
# YRBS SAMPLE DEMOGRAPHICS

The following charts provide a snapshot of student demographic characteristics from the YRBS sample (n=2,220), which are representative of the demographics of all SFUSD high school students.

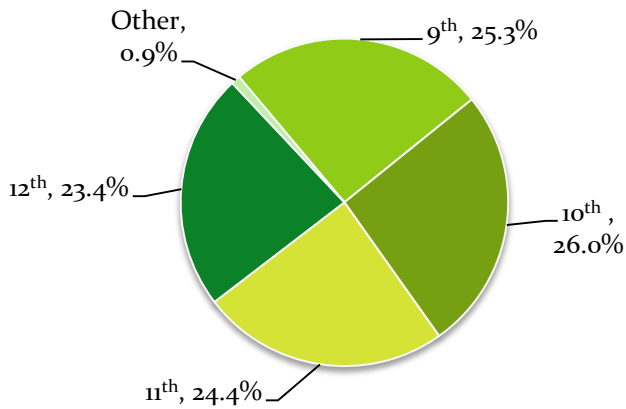
**Figure 1: Race / Ethnicity**



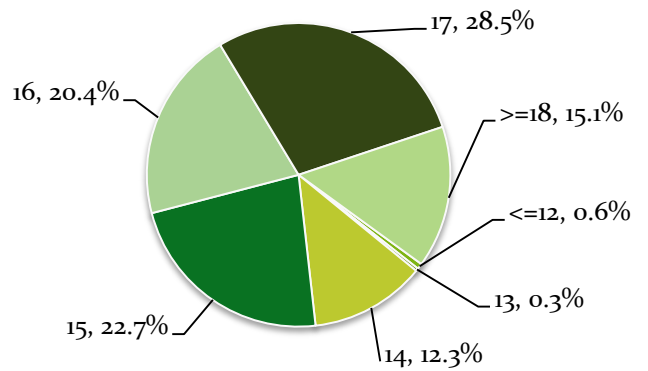
**Figure 2: Sex**



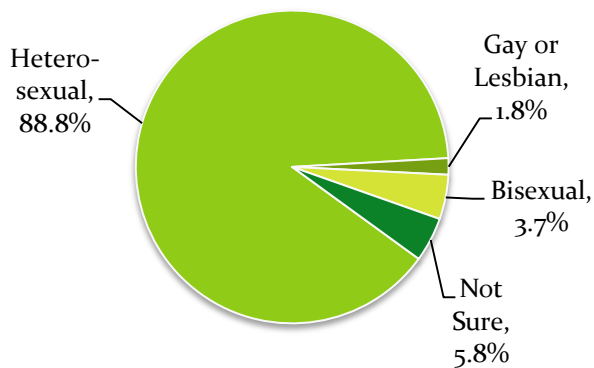
**Figure 3: Grade Level**



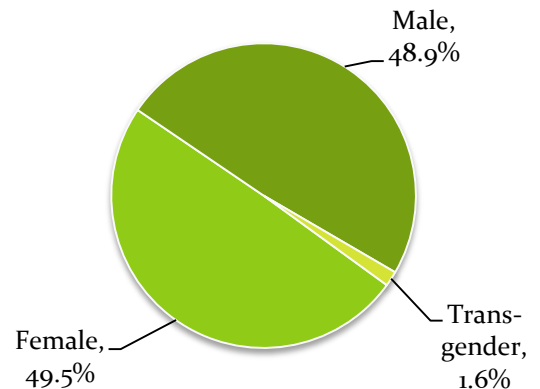
**Figure 4: Age**



**Figure 5: Sexual Identity**



**Figure 6: Gender**



## AREAS OF SUCCESS

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

		1997 <sup>†</sup> Result (%)	2011 Result (%)
Violence	The percentage of students who report they seriously considered attempting suicide in the past year has decreased.	20.1	12.9
	The percentage of students who report being in a physical fight on school property has decreased.	11.2	7.6
	Fewer students report carrying a weapon on school property.	7.8	5.8
Tobacco Use	Fewer students report smoking on school property.	9.3	3.2
	The number of students who report ever trying a cigarette has been greatly reduced.	60.0	35.6
Alcohol Use	Current alcohol use (i.e., in the past 30 days) has decreased.	27.5	21.0
	Fewer students report having their first drink before age 13.	28.6	18.1
Other Drug Use	The percentage of students who report lifetime marijuana use has decreased.	33.0	30.1
	The percentage of students who report being offered, sold, or given a drug on school property has decreased.	37.0	28.3
Sexual Behavior	Among currently sexually active youth, the percentage who used injectable birth control or birth control pills to prevent pregnancy before last sexual intercourse has increased (2001-2011).	15.4	26.5
Nutrition & Physical Activity	The number of students who report watching three or more hours of television per day has decreased (2001-2011).	45.0	26.5
	Percentage of students who are obese (i.e., $\geq 95^{\text{th}}$ percentile on Body Mass Index) has decreased (2001-2011).	10.3	7.4

<sup>†</sup>Since 1997, unless otherwise indicated.

## AREAS FOR DEVELOPMENT

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

		1997 <sup>†</sup> Result (%)	2011 Result (%)
Violence	The rate of dating violence among SFUSD high school students has not changed.	7.2	7.6*
	The percentage of student who report attempting suicide in the past year has not changed significantly.	7.5	9.4*
	The percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school.	6.6	6.1*
Tobacco Use	Among current cigarette users, the percentage who ever tried to quit smoking cigarettes during the past 12 months (2001-2011).	65.1	53.9*
	The prevalence of daily cigarette smoking has remained unchanged among high school students (2005-2011).	7.4	7.7*
Alcohol Use	Drinking alcohol on school property has not changed.	5.4	5.3*
	The proportion of students who report binge drinking (i.e., five or more drinks in a row) has not changed.	12.6	11.7*
Other Drug Use	The percentage of students who reported lifetime ecstasy use has increased (2007-2011).	6.7	12.1*
	The percentage of students who reported lifetime heroin use has increased (2001-2011).	1.7	5.0
Sexual Behavior	Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse has decreased (2007-2011).	70.8	52.9*
	Fewer students report being taught about HIV/AIDS infection in school.	91.8	81.1
Nutrition & Physical Activity	The percentage of students who played video or computer games or used a computer for something that was not school work has increased (2007-2011).	38.3	43.5
	Fewer students report attending physical education (PE) classes daily.	38.2	23.7

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

<sup>†</sup>Since 1997, unless otherwise indicated.

# BEHAVIORS THAT LEAD TO INJURY AND VIOLENCE

## LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Twenty-two percent (22.8%) of students reported being the victim of a verbal slur because of their race or ethnic background in the past month.
	Lesbian, gay, and bisexual (LGB) students are more than twice as likely than heterosexual students to report being bullied at school in the past year. Transgender students are at even higher risk of being bullied at school than LGB students.
	Nearly nine out every ten high school students (87%) report hearing other students harrassing remarks at school such as "no homo, fag, dyke, or 'that's so gay'". Forty percent of students reported hearing slurs at school "most of the time" or "always".
	In 2011, nearly 4% of students reported a suicide attempt that resulted in an injury, poisoning, or overdose that required treatment by a doctor or nurse.
CDC National Data	An estimated 30% of secondary school students in the United States were either a bully, a target of bullying, or both. <sup>1</sup>
	Approximately 72% of all deaths among US adolescents aged 10-24 years are attributed to injuries from only four causes: motor vehicle crashes (30%), all other unintentional injuries (15%), homicide (15%), and suicide (12%). <sup>1</sup>

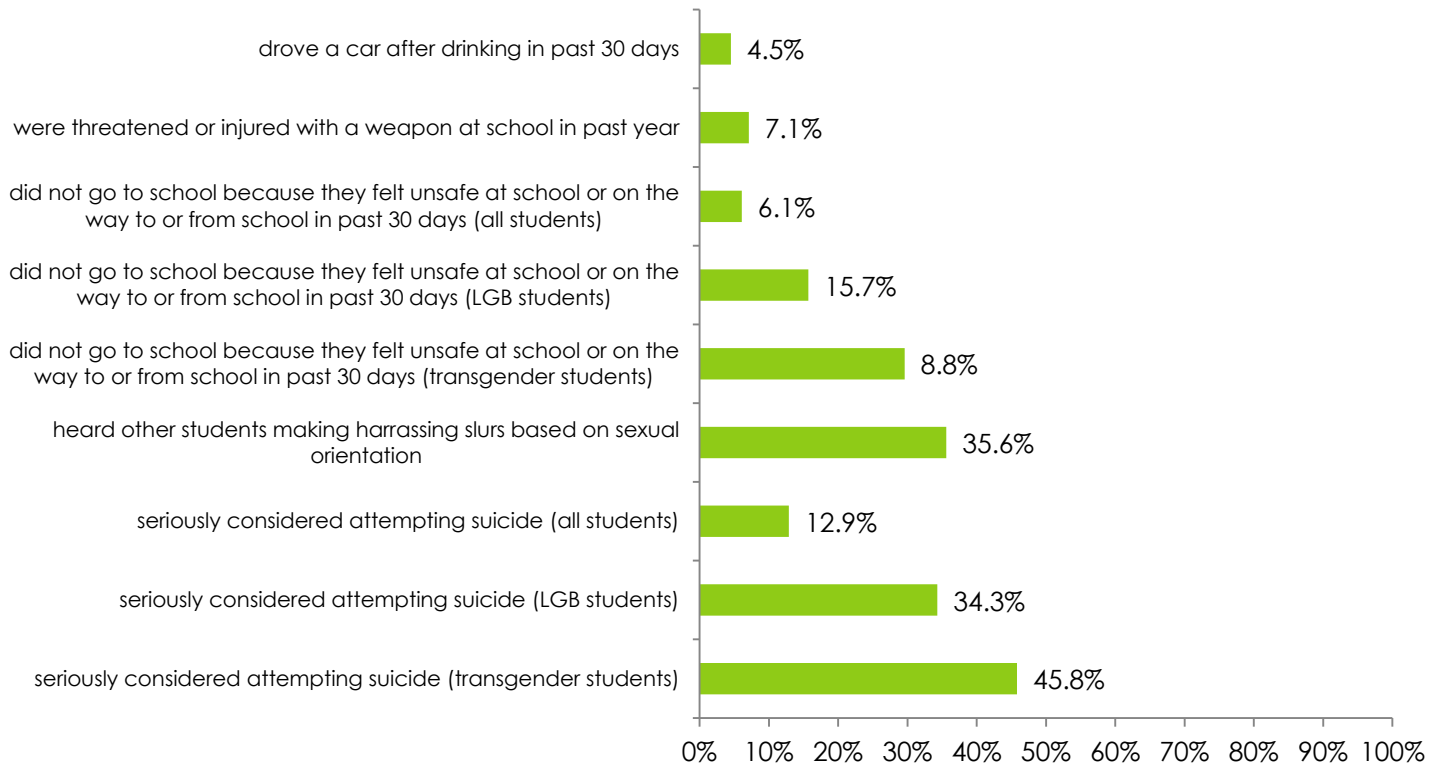
## TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
<b>% Skipped school for fear of being unsafe at school or on the way to or from school</b> (One or more times in the 30 days preceding the survey)										
SF HS	6.6	5.2	7.3	5.1	8.1	7.4	7.0	6.1	No change*	No change*
National	4.0	5.2	6.6	5.4	6.0	5.5	5.0	n/a	n/a	n/a
<b>% Been in a physical fight</b> (One or more times during the 12 months preceding the survey)										
SF HS	26.6	23.4	30.9	22.0	30.5	22.8	21.8	18.7	Decreased	No change*
National	36.6	35.7	33.2	33.0	35.9	35.5	31.5	n/a	n/a	n/a
<b>% Ever seriously considered about killing themselves</b> (One or more times during the 12 months preceding the survey)										
SF HS	20.1	18.1	14.0	15.7	14.1	12.8	12.4	12.9	Decreased	No Change*
National	20.5	19.3	19.0	16.9	16.9	14.5	13.8	n/a	n/a	n/a

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

# BEHAVIORS THAT LEAD TO INJURY AND VIOLENCE

## Percentage of high school students who...



### SFUSD Priority Anti-LGBTQ Harassment

- 40% of students reported hearing slurs based on sexual orientation (such as *no homo*, *fag*, *dyke*, or *that's so gay*) at school "most of the time" or "always".

### SFUSD Priority Increase School Safety

- Nearly 1,000 students stayed home from school at least one time in the past month because they felt unsafe at school or on the way to or from school.

### SFUSD Priority Decrease Suicidal Behavior

- In 2011, 9.4% of students reported a suicide attempt in the past year. Results also show higher risk of suicidal behavior among Hispanic/Latino students and LGBT students.

# TOBACCO USE

## LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Overall cigarette smoking has decreased significantly over the past fourteen years among high school students.
	However, 35.6% of students report trying cigarettes in their lifetime, and 10.7% of high school students report current smoking.
CDC National Data	Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, is the single leading preventable cause of death in the United States. <sup>(2)</sup>
	Every day, approximately 4,000 American youth aged 12-17 try their first cigarette. <sup>(3)</sup> If current patterns of smoking behavior continue, an estimated 6.4 million of today's children can be expected to die prematurely from a smoking-related disease. <sup>(4)</sup>

## TRENDS OVER THE PAST FOURTEEN YEARS...

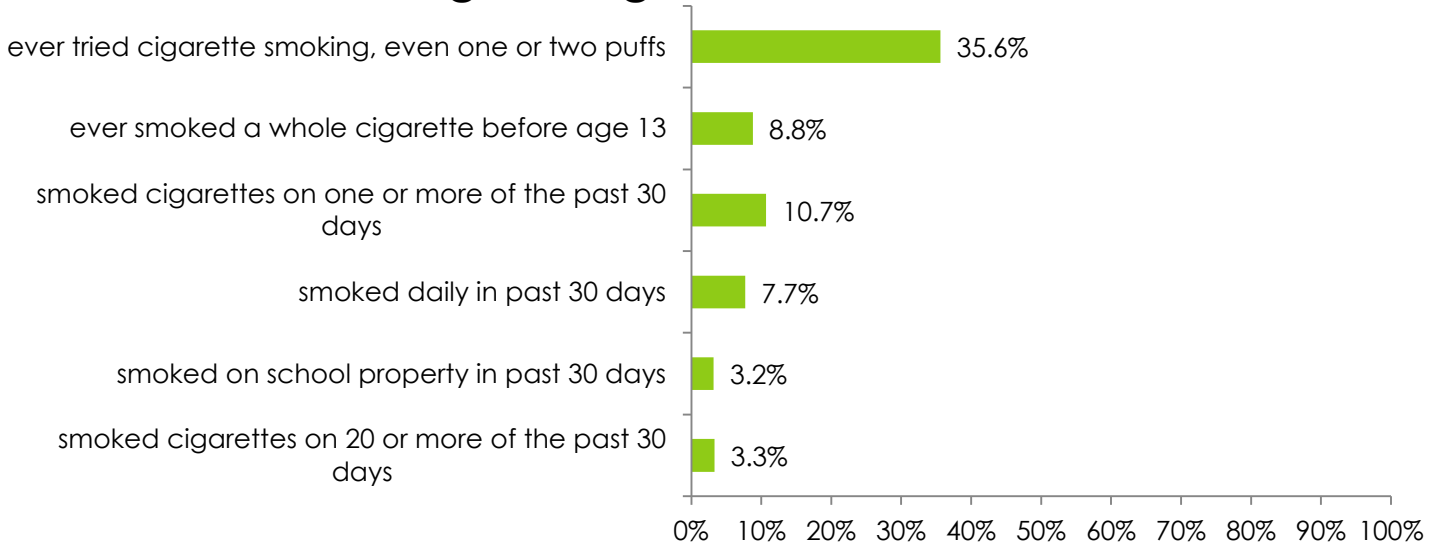
	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
<b>% Lifetime cigarette use</b> (Ever tried cigarette smoking, even one or two puffs)										
SF HS	60.0	55.6	48.9	43.9	42.3	36.5	35.6	35.6	Decreased	No change*
National	70.2	70.4	63.9	58.4	54.3	50.3	46.3	n/a	n/a	n/a
<b>% Current cigarette use</b> (Smoked cigarettes on one or more of the 30 days preceding the survey)										
SF HS	19.1	18.7	13.3	9.4	10.9	8.0	10.4	10.7	Decreased	No change*
National	36.4	34.8	28.5	21.9	23.0	20.0	19.5	n/a	n/a	n/a
<b>% Current frequent cigarette use</b> (Smoked cigarettes on 20 or more of the 30 days preceding the survey)										
SF HS	6.9	5.8	3.7	3.2	3.7	1.9	3.1	3.3	Decreased	No change*
National	16.7	16.8	13.8	9.7	9.4	8.1	7.3	n/a	n/a	n/a

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

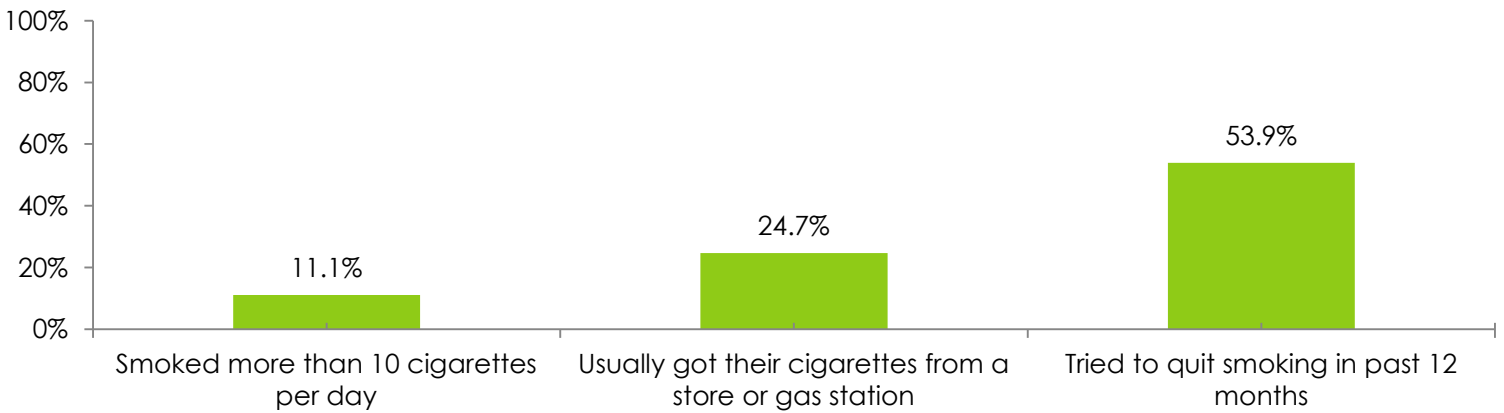


# TOBACCO USE

## Percentage of high school students who...



## Among current smokers, the percentage of students who...



### SFUSD Priority Decrease Current Smoking

- Although significant decreases have been observed since 1997, about one in ten students (10.7%) continue to report current cigarette use.

### SFUSD Priority Decrease Heavy Smoking

- In 2011, 11% of current smokers reported smoking ten or more cigarettes per day.

### SFUSD Priority Decrease Access to Cigarettes

- Nearly 25% of student smokers reported they usually bought their cigarettes from a store or gas station.

# ALCOHOL & OTHER DRUG USE

## LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Student reports of alcohol and other drug use have decreased significantly over the past fourteen years.
	More than 20% of students report current alcohol use, and 12% report binge drinking in the previous month.
	Students continue to report current marijuana use (17.9%).
CDC National Data	Nationally, excessive alcohol consumption is associated with approximately 75,000 deaths per year. <sup>(5)</sup>
	Alcohol is a factor in approximately 41% of all deaths from motor vehicle crashes. <sup>(6)</sup>
	Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior. <sup>(7)</sup>

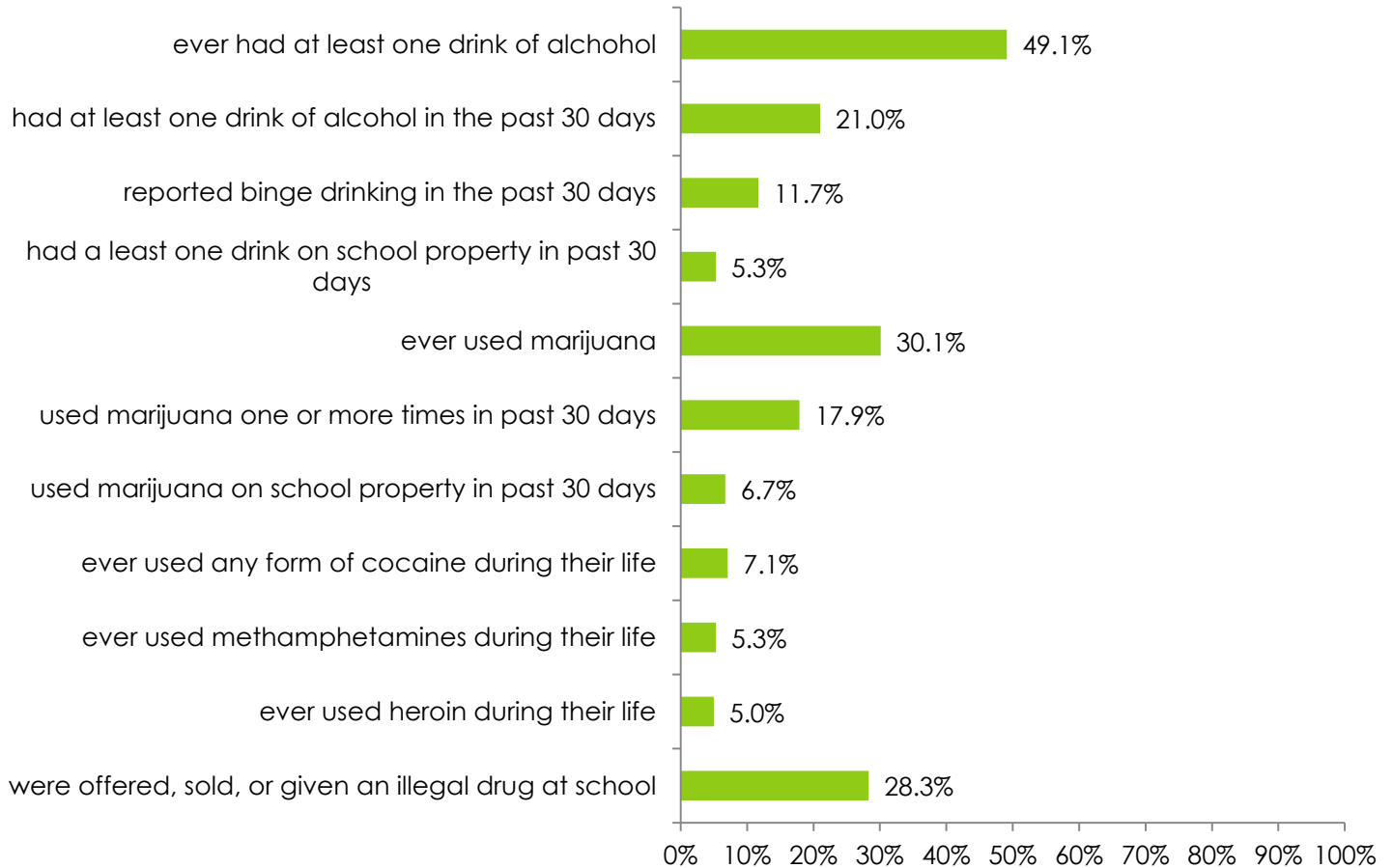
## TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
<b>% Current alcohol use</b>										
(Had at least one drink of alcohol on one or more of the 30 days preceding the survey)										
SF HS	27.5	26.5	29.1	24.5	24.0	22.3	23.6	21.0	Decreased	No change*
National	50.8	50.0	47.1	44.9	43.3	44.7	41.8	n/a	n/a	n/a
<b>% Current binge drinking</b>										
(Had five or more drinks of alcohol in a row on one or more of the 30 days preceding the survey)										
SF HS	12.6	11.4	13.2	10.2	11.6	10.4	12.4	11.7	Decreased	No change*
National	33.4	31.5	29.9	28.3	25.5	26.0	24.2	n/a	n/a	n/a
<b>% Current marijuana use</b>										
(Used marijuana one or more times during the 30 days preceding the survey)										
SF HS	17.1	15.2	18.3	12.5	15.6	11.4	16.0	17.9	No change*	No change*
National	26.2	26.7	23.9	22.4	20.2	19.7	20.8	n/a	n/a	n/a

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

# ALCOHOL & OTHER DRUG USE

## Percentage of high school students who...



### SFUSD Priority Decrease Binge Drinking

- Nearly twelve percent (11.7%) of students reported recent binge drinking (i.e., drinking five or more drinks in a row on one or more of the past 30 days).

### SFUSD Priority Decrease Current Alcohol Use

- Despite a significant reduction in current alcohol use rates since 1997, one in five students (21%) still report using alcohol in the past month.

### SFUSD Priority Decrease Drugs at School

- Nearly thirty percent (28.3%) of students reported being offered, sold, or given an illegal drug at school.

# SEXUAL BEHAVIORS

## LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Twenty-eight percent (27.8%) of students report ever having sexual intercourse in their lifetime.
	About 53% of sexually-active students report using a condom during their last sexual intercourse.
	Over the past fourteen years, there's been a significant decrease in the percentage of students who report participating in HIV/AIDS education at school.
CDC National Data	Vaginal, anal, and oral intercourse place young people at risk for HIV infection and other sexually transmitted diseases (STDs). Vaginal intercourse carries the additional risk of pregnancy. <sup>(8)</sup>
	Adolescents are more likely to engage in high-risk behaviors, such as unprotected sex, when they are under the influence of drugs or alcohol. <sup>(9)</sup>

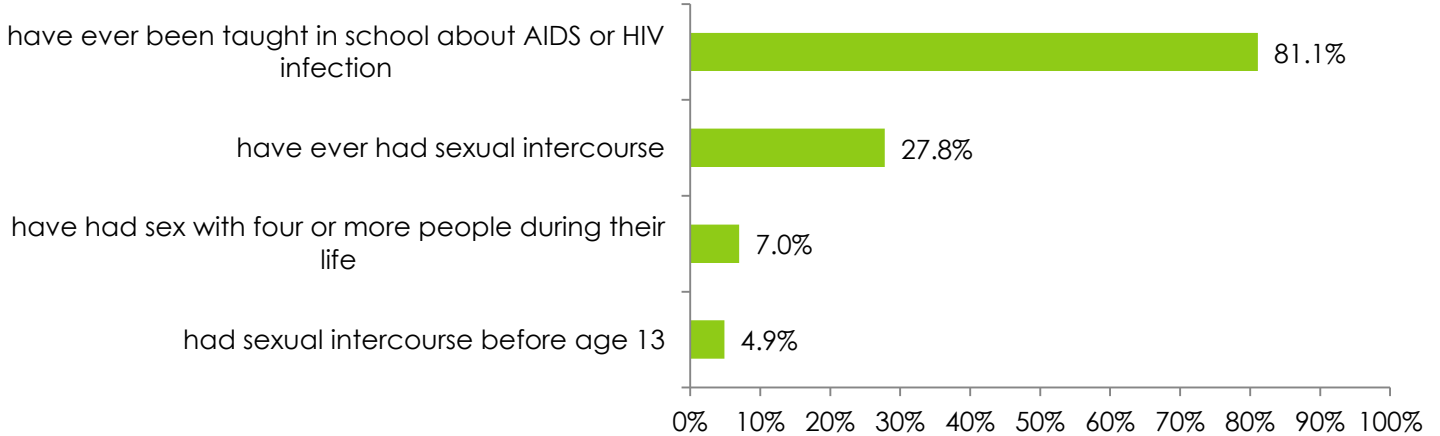
## TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
<b>% Ever had sexual intercourse</b>										
SF HS	n/a	26.7	29.8	24.6	31.3	26.4	28.7	27.8	No change*	No change*
National	48.4	49.9	45.6	46.7	46.8	47.8	46.0	n/a	n/a	n/a
<b>% Condom use during last sexual intercourse</b> (Of students who reported having sexual intercourse, used a condom during last intercourse)										
SF HS	57.1	56.8	62.9	65.4	66.3	70.8	56.5	52.9	No change*	No change*
National	56.8	58.0	57.9	63.0	62.8	61.5	61.1	n/a	n/a	n/a
<b>% Taught about HIV/AIDS in school</b> (Had been taught in school about AIDS or HIV infection)										
SF HS	91.8	90.2	90.0	92.5	83.9	85.5	85.4	81.1	Decreased	Decreased
National	91.5	90.6	90.0	92.5	83.9	85.5	87.0	n/a	n/a	n/a

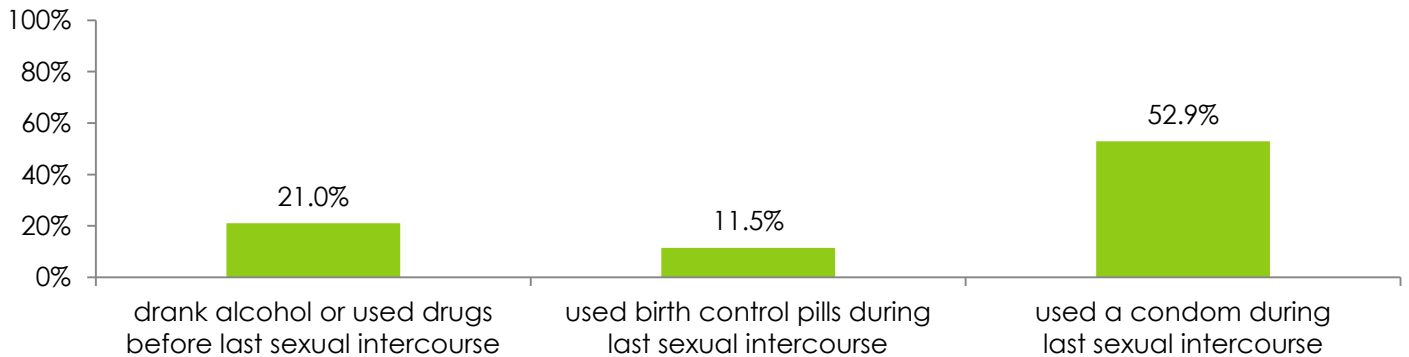
\*Although increases or decreases were observed, the differences were not statistically-significant.

# SEXUAL BEHAVIORS

## Percentage of high school students who...



## Among students who had sexual intercourse in the past 90 days, the percentage of students who...



### SFUSD Priority Increase HIV/AIDS Prevention

- Over the past fourteen years, the percentage of students who reported they learned about HIV/AIDS in school has decreased significantly (from 91.8% to 81.1%).

### SFUSD Priority Increase Condom Use

- The percentage of sexually-active students who reported using a condom during their last sexual intercourse has decreased by 18% since 2007 (from 70.8% to 52.9%).

### SFUSD Priority Decrease Multiple Partners

- Seven percent of students reported having sexual intercourse with four or more people in their lifetime, increasing the risk of pregnancy and sexually-transmitted infections.

# BODY IMAGE & HEALTHY EATING

## LOCAL AND NATIONAL HEALTH FACTS

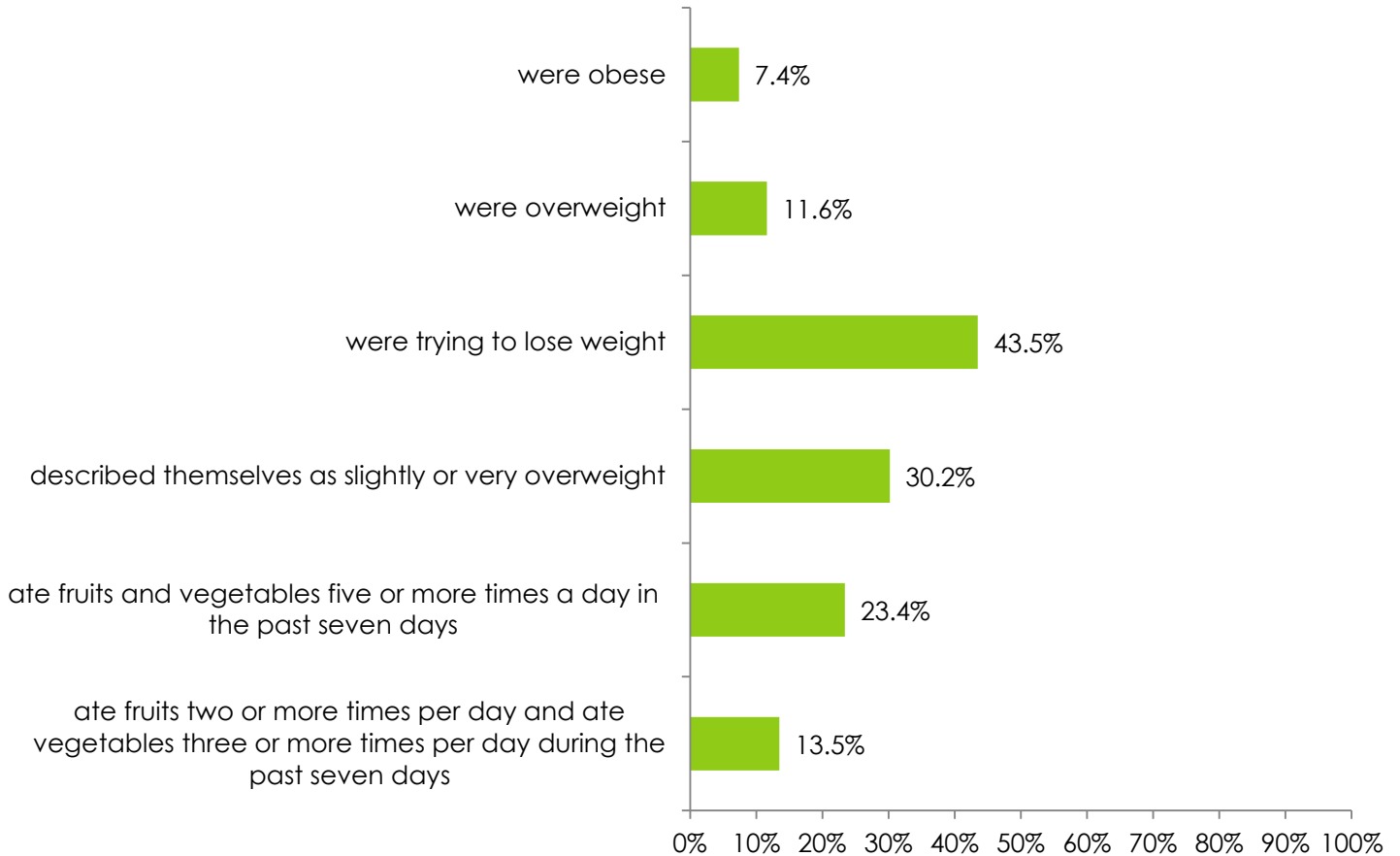
SFUSD Data	Nearly twelve percent (11.6%) of students are overweight as measured by student self-reports of height and weight on the YRBS. In contrast, nearly one-third of students (30.2%) describe themselves as overweight.
	Over forty percent (43.5%) of students report they are trying to lose weight.
CDC National Data	Healthy eating is associated with reduced risk for many diseases, including the three leading causes of death: heart disease, cancer, and stroke. <sup>(10)</sup>
	Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia. <sup>(10)</sup>

## TRENDS OVER THE PAST FOURTEEN YEARS...

	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
<b>% Overweight</b> (95th percentile or greater for body mass index, by age and sex, based on reference data)										
SF HS	n/a	n/a	10.6	6.3	10.5	8.5	12.8	11.6	No change*	No change*
National	n/a	10.7	10.5	12.1	13.1	13.0	15.8	n/a	n/a	n/a
<b>% Described themselves as slightly or very overweight</b>										
SF HS	30.3	34.9	32.1	34.7	30.9	31.2	30.8	30.2	No change*	No change*
National	n/a	30.0	29.2	29.6	31.5	29.3	27.7	n/a	No change*	No change*
<b>% Were trying to lose weight</b>										
SF HS	41.3	43.7	44.1	44.3	41.6	42.2	44.6	43.5	No change*	No change*
National	39.7	42.7	46.0	43.8	45.6	45.2	44.4	n/a	n/a	n/a

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

## Percentage of high school students who...



*\*that is, each day during the week preceding the survey.*

### SFUSD Priority Increase Healthy Weight

- Nearly half (43.5%) of students report currently trying to lose weight.

### SFUSD Priority Improve Healthy Habits

- Less than a quarter (23.4%) of students ate fruits and vegetables five or more times a day in the past seven days.

### SFUSD Priority Increase Healthy Eating

- While 7.4% of students are obese based on their Body Mass Index score on the YRBS, and another 11.6% of students are overweight.

# PHYSICAL ACTIVITY

## LOCAL AND NATIONAL HEALTH FACTS

SFUSD Data	Eighty-three percent (83.4%) of 9 <sup>th</sup> and 10 <sup>th</sup> grade students report attending the required physical education classes at least once per school week.
	Although the indicator has decreased significantly over the past fourteen years, nearly one-third of students (26.5%) report watching three or more hours of TV on an average school day.
	Nearly half of students (43.5%) report spending three or more hours per day using video games or computers for purposes other than school.
CDC National Data	Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. <sup>(11)</sup>
	Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life. <sup>(11)</sup>

## TRENDS OVER THE PAST FOURTEEN YEARS...

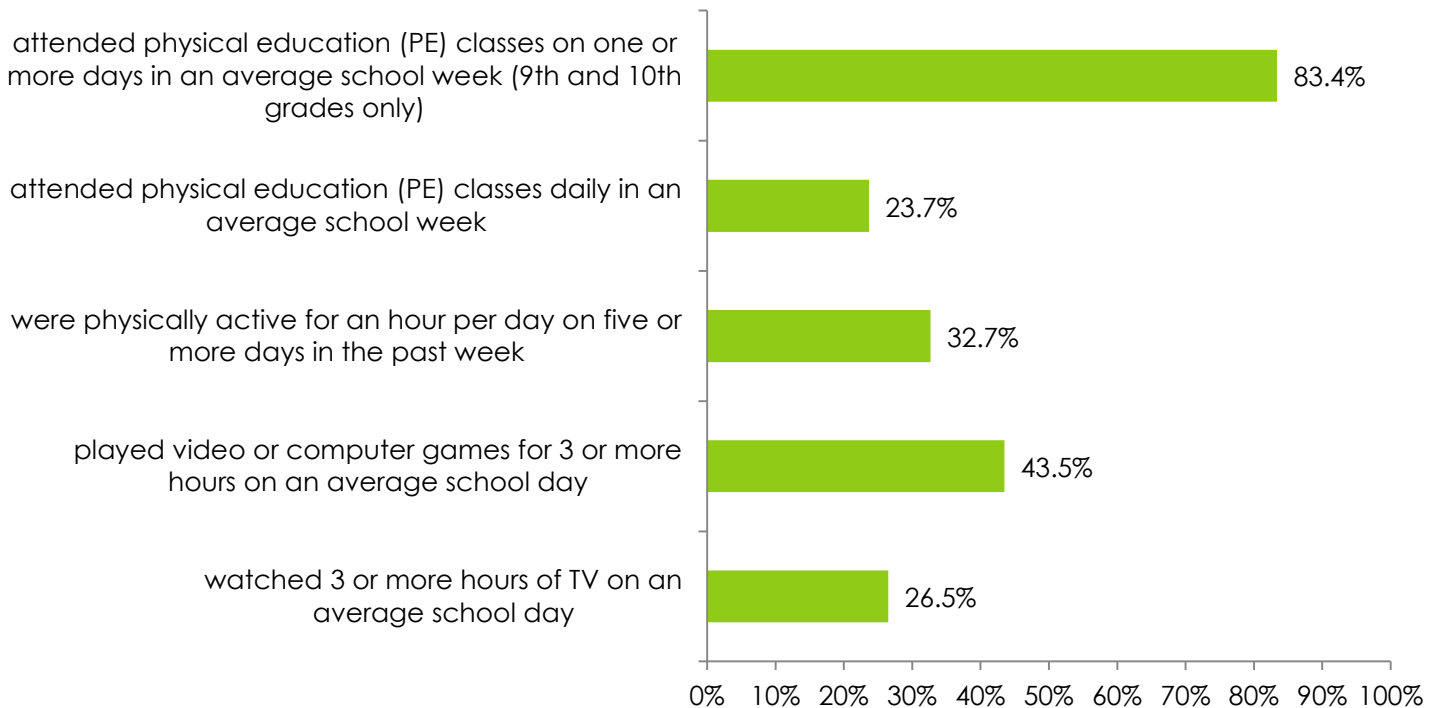
	1997	1999	2001	2003	2005	2007	2009	2011	1997 Compared to 2011	2009 Compared to 2011
<b>% Attended physical education classes</b> (On one or more days in an average week when they were in school)										
SF HS	51.9	50.1	56.0	51.8	54.6	54.2	55.6	51.6	No change*	No change*
National	48.8	56.1	51.7	55.7	54.2	53.6	56.4	n/a	n/a	n/a
<b>% Attended physical education classes daily</b> (Five days in an average week when they were in school)										
SF HS	38.2	36.0	34.3	37.0	36.4	36.0	29.1	23.7	Decreased	No change*
National	27.4	29.1	32.2	28.4	33.0	30.3	33.3	n/a	No change*	No change*
<b>% Watched television three or more hours per day</b> (On an average school day)										
SF HS	n/a	45.1	45.0	40.9	41.5	33.2	29.5	26.5	Decreased	No change*
National	n/a	42.8	38.3	38.2	37.2	35.4	32.8	n/a	n/a	n/a

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



# PHYSICAL ACTIVITY

## Percentage of high school students who...



### SFUSD Priority Increase Nonrequired Physical Education

- Nearly twenty percent (19.3%) of 11th and 12th graders report attending PE classes on one or more days in an average school week.

### SFUSD Priority Increase Participation in Sports

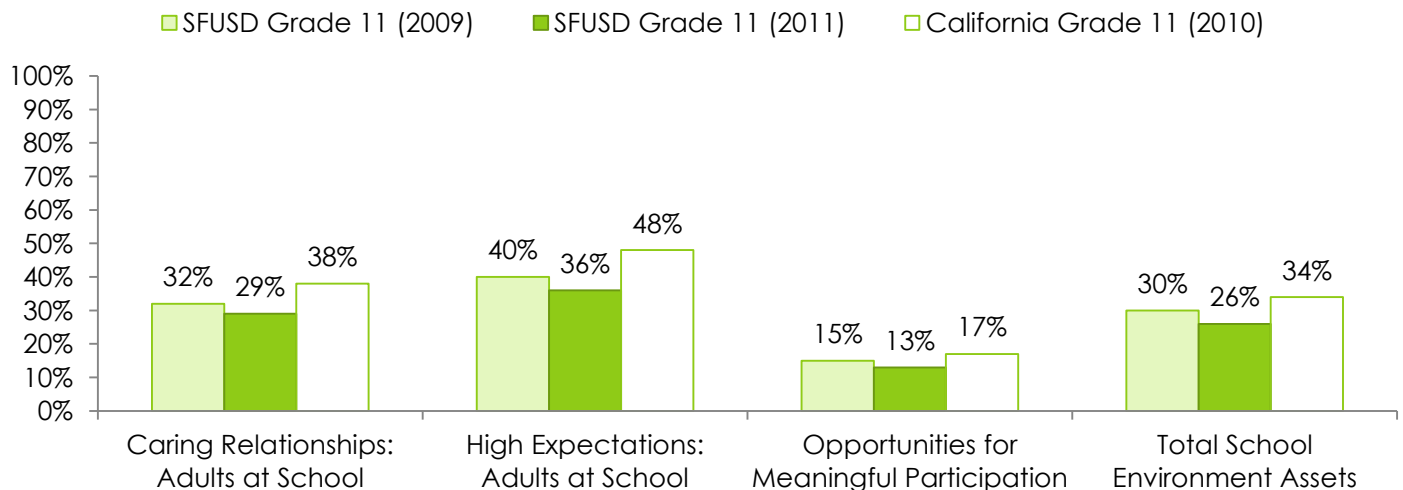
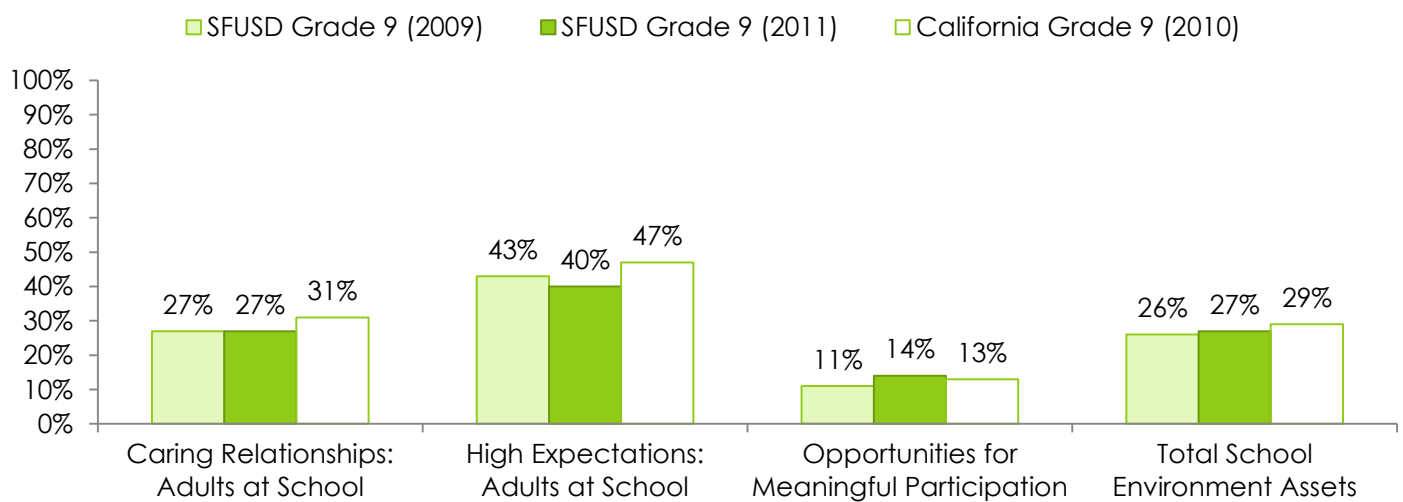
- Thirteen percent (13.4%) of students were physically active for at least 60 minutes everyday in the past week.

### SFUSD Priority Increase Physical Activity

- Over forty percent (43.5%) report playing video games or using a computer for something other than school work for three or more hours on an average school day.

# YOUTH DEVELOPMENT ASSETS IN THE SCHOOL ENVIRONMENT

This final section provides results from the CHKS on youth development assets in the school environment. SFUSD administers the *Youth Development* module of the CHKS every two years to students in the 9<sup>th</sup> and 11<sup>th</sup> grades. Youth development researchers emphasize the importance of providing support and opportunities (external assets) in the form of *caring relationships, high expectations, and opportunities for meaningful participation* within the school environment. The development of assets within the school community improves health outcomes and academic performance. **The following charts show the percentage of SFUSD 9<sup>th</sup> and 11<sup>th</sup> students who scored “high” on school environment factors. For comparison purposes, the most recent statewide results are also included.**



## References

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## 2011 HIGH SCHOOL HEALTH SURVEY RESULTS

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

### **Access & Equity:**

*Make social justice a reality*

### **Student Achievement:**

*Engage high achieving and joyful learners*

### **Accountability:**

*Keep our promises to students and families*

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