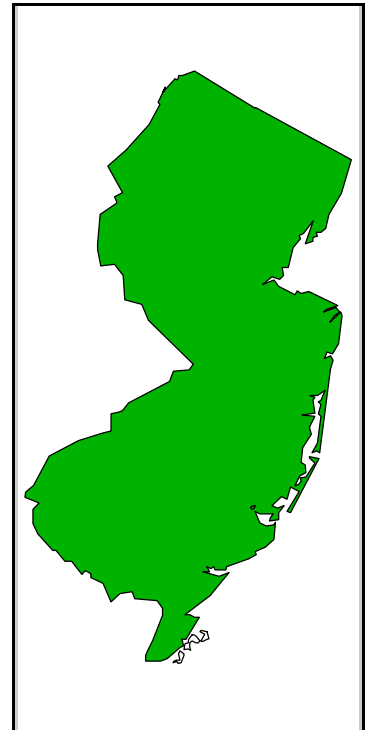

**Summary of the New Jersey
1999 Youth Risk Behavior Survey**

PART 1: *Non-Abbott District Schools*



Survey support was provided by the New Jersey Department of Education through a cooperative agreement with the Centers for Disease Control and Prevention, #U87/CCU209030. Separate brochures have been produced to document results for Abbott districts (Part 1) and non-Abbott districts (Part 2) in New Jersey. A technical report detailing survey methodology for the YRBS is also available through the New Jersey Department of Education.

*The 1999 New Jersey Youth Risk Behavior Survey Materials are
available from:*

New Jersey Department of Education
Office of Educational Support Services and Interagency Initiatives
P.O. Box 500
Trenton, NJ 08625-0500
(609)295935

1999 NJ YOUTH RISK BEHAVIOR SURVEY

This brochure summarizes the findings of the 1999 New Jersey Youth Risk Behavior Survey of high school students in non-Abbott districts. The NJ Department of Education conducts this study every other year with funding from the Centers for Disease Control and Prevention (CDC). The study used a survey developed by CDC, which asks students to answer questions about their health-related behavior in six areas that are highly related to preventable illness and injury among young people.

A total of 1,093 students -- in 16 of 24 sampled schools -- participated in the study. The response rate of 53% was below the level needed to provide reliable, representative results that could be projected to the entire population of non-Abbott district high school students. (A 60% response rate was required for survey weighting.) However, as the table to the right indicates, the profile of students who participated is comparable to NJ students overall. The findings can be considered indicative of students' health risk behaviors but should not be compared statistically with YRBS results in other regions or at other points in time.

The survey data was collected and this brochure produced under contract with the Center for Public Interest Polling at the Eagleton Institute, Rutgers University. A separate brochure reports study findings conducted among other NJ Abbott districts.

DEMOGRAPHICS	SAMPLE SCHOOLS		NEW JERSEY SCHOOLS	
	Abbott	Non-Abbott	Abbott	Non-Abbott
RACE/ETHNICITY				
White	21%	67%	18%	75%
Black	38	9	42	10
Hispanic	34	13	36	7
Other	7	11	4	8
GRADE				
9 th	23%	26%	33%	27%
10 th	27	27	26	25
11 th	24	25	21	25
12 th	25	21	19	23
GENDER				
Male	48%	48%	48%	50%
Female	52	52	52	50
Population/Sample	1,159	1,093	55,938	252,007

TOBACCO USE

Two-thirds of students surveyed (67%) have had at least one puff of a cigarette and 58% have smoked a whole cigarette. In their lifetime, 23 percent indicate that they have been regular smokers -- they have smoked at least one cigarette a day for 30 consecutive days. Overall, 12% of students can be classified currently as regular smokers. A third of students (34%) have smoked

A current regular smoker is defined as one who smoked one or more cigarettes on all of the last 30 days. Students who meet that definition:

Males 12%
Females 13%

cigarettes in the past 30 days. Of these smokers, 38% bought cigarettes in a store, 27% borrowed them from others, 22% gave someone money to buy them, 3% stole them, and 1% purchased them at a vending machine. Four-in-ten students who purchased them in a store say they were asked to show proof of age upon purchase in the past 30 days.

Fifteen percent of students have smoked cigars, cigarillos, or little cigars during the past 30 days and 5% of students have chewed tobacco or used snuff during this time period.

ALCOHOL AND DRUGS

Alcohol

More than 8-in-10 students (82%) report they have consumed at least one drink of alcohol in their lifetime. During the 30 days prior to the survey:

- 50% reported drinking;
- 36% reported drinking five or more drinks in a row within a few hours;
- 4% drank on school property.

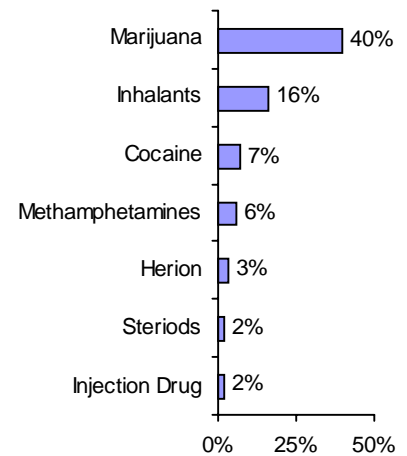
A similar number of males (52%) and females (48%) have consumed alcohol in the past 30 days; while more males (36%) report having consumed five or more drinks in a row than females (25%).

Drugs

Regarding lifetime usage, marijuana is the most frequently used drug among students. Forty percent of students have used marijuana at least once in their lives. More males (42%) than females (37%) have used marijuana in their lifetime; and 59% of those 18 and older have used marijuana compared to only 27% of those under 15.

The following figure indicates lifetime usage of various substances by New Jersey non-Abbott high school students:

Drug Usage in Lifetime



During the past 30 days, 23% of students report using marijuana at least once. Six percent of students have used marijuana on 20 or more occasions and 5% have used marijuana on school property in this period. In addition, 2% of students have used cocaine in the past 30 days and 4% have used inhalants -- defined as sniffing glue, breathing contents of aerosol spray cans, or inhaling any paints or sprays.

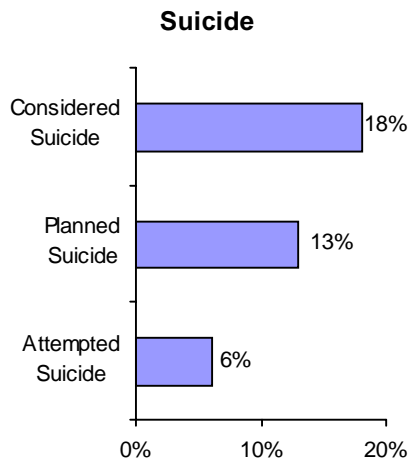
A quarter of students (27%) say they have been offered, sold, or given illegal drugs on school property in the past year.

POTENTIAL FOR INJURY

Suicide

About a third of those New Jersey non-Abbott district students surveyed say they have felt so sad or hopeless almost every day for a period of at least two weeks that they have stopped doing some usual activities (30%). Female students (37%) and those 18 years or older (35%) are most likely to express such sentiments.

Almost 1-in-5 say they have considered suicide in the past 12 months. Thirteen percent say they have actually planned suicide and 6% have attempted suicide in the



the past 12 months. More female students (8%) say they have attempted suicide than male students (5%). Also, 2% of students report making a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a medical professional.

Seat Belts

Sixteen percent of students say they either never or rarely use their seat belt when riding in a car driven by someone else.

Helmet Use

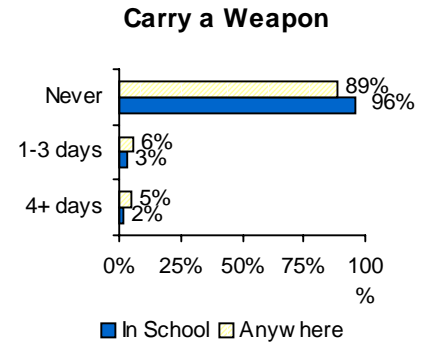
Nine-in-ten students who ride a bicycle report that they rarely (6%) or never (84%) wear a helmet when doing so. About a third of students who ride motorcycles also say that they either rarely (8%) or never (20%) wear a helmet when riding.

Drinking and Driving

In the past 30 days, 11% of students report having driven a car or other vehicle after drinking alcohol. During the same period, 28% of students say that on at least one occasion they have been in a car or other vehicle driven by someone else who had been drinking alcohol.

Violence

In the past 30 days, 11% of students say they have carried a weapon such as a gun, knife, or club in general and 5% have brought one into school. More males have carried a weapon (18%) or have brought one into school (8%).



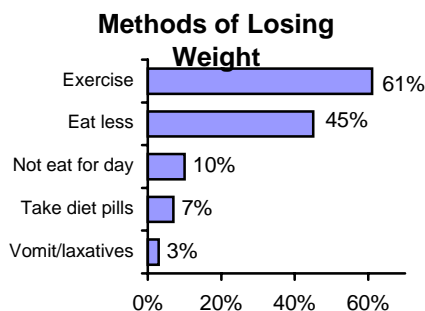
One-in-ten students (10%) missed at least one day of school in the past 30 days because they felt unsafe at school or on their way to or from school. Students report the following violent incidents in the past 12 months:

- 31%: physical fight
- 10%: physical fight at school
- 9%: physically assaulted by partner
- 10%: threatened/injured at school

BODY IMAGE

More than 4-in-10 surveyed students (45%) say they are currently trying to lose weight -- 64% of females and 24% of males. On the other hand, 18% say they are trying to gain weight -- 30% of males and 6% of females.

The graph below indicates the methods students report they use to either maintain their current weight or lose weight:



About a third of students (32%) describe themselves as slightly or very overweight -- 25% of males and 38% of females.

DIETARY BEHAVIORS

In the past 7 days, students report the following dietary behaviors:

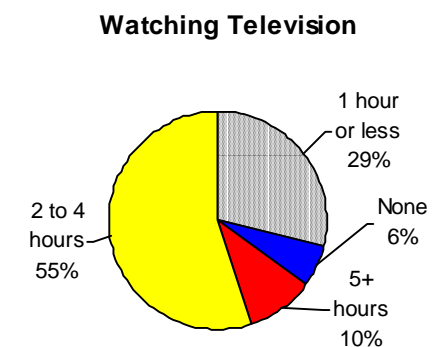
- 14% had no servings of fruit;
- 12% drank no fruit juices;
- 7% had neither green salad, carrots nor any other vegetables;
- 15% did not drink any milk.

PHYSICAL ACTIVITY

Of all students, 14% did not engage in any aerobic activities in the last seven days -- 17% of females and 10% of males. Twenty-four percent of students did not perform any strengthening or toning exercises during the last seven days -- 21% of males and 26% of females.

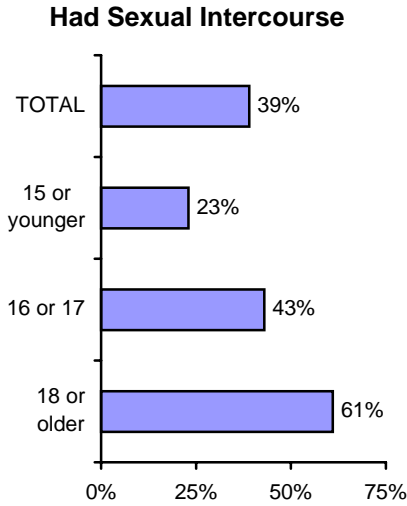
A little more than 6-in-10 students (62%) played on a sports team in the past year and 92% have at least one period of physical education class a week.

One-in-ten students (10%) say they watch five hours or more of television per school day and another 54% watch between 2 and 4 hours of TV on school days.



SEXUAL BEHAVIOR

Almost 4-in-10 high school students surveyed report having had sexual intercourse in their lifetime (39%). The age breakdown of students having had sex in their lifetime is indicated in the following chart.



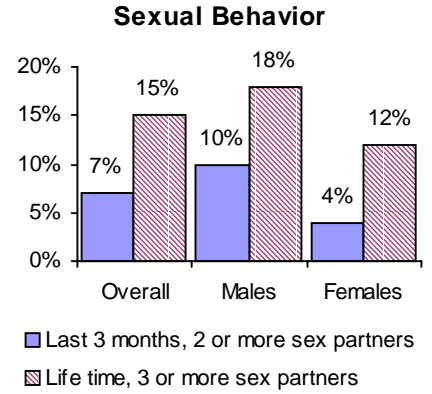
More males (43%) than females (35%) report ever having had sex in their lifetime.

Of those students who have had sexual intercourse, 15% report having had sex for the first time when they were 12 years old or younger.

Twenty-seven percent of students have had sex in the past three months. Males (29%) and those 18 and over (48%) are most likely to have had sex in this period.

Twenty-four percent of students having had sex in the past report using drugs or alcohol prior to their last sexual engagement. More male students (26%) than female students (21%) report having used drugs or alcohol prior to intercourse. Also, more students 18 or older (26%) than those 15 or younger (20%) have used drugs or alcohol before having sex.

The distribution of more frequent sexual activity based on the number of partners in a lifetime and in the past three months is indicated in the following chart:



Fifteen percent of students have had sex with three or more partners during their lifetime. This percentage is greater for males (18%) than females (12%) and for students 18 and older (27%) than those 15 or younger (9%).

Regarding the past three months, 7% of students have had sex with more than one person. Again, more males (10%) than females (4%) and more older students (16%) than younger students (3%) have had sex with more than one person in the past three months.

Condoms and Contraceptives

This section focuses on the sexual behaviors of students who report having had sexual intercourse in the past three months; these students are described as sexually active, i.e., 27% of all responding non-Abbott high school students.

Of those sexually active students surveyed, 65% report that they or their partner used a condom during their most recent sexual act. There is little difference between younger students

(15 years or less) and older students (18 and over) with regard to condom use during their last sexual encounter. A similar number of Blacks (62%), Whites (67%) and Hispanics (66%) report condom use.

Sexually active high school students were asked to identify the method they or their partner used to prevent pregnancy the last time they had sexual intercourse.

During the last sexual encounter, 3-in-5 students report having used a condom (60%). Another 11% used birth control pills. However, about a quarter of students either used no birth control (11%) or depended on withdrawal (13%) to prevent pregnancy. Five percent say they used some other method or don't recall (DK in chart) what they used when last having sex.

Pregnancy

Three percent of surveyed non-Abbott high school students say they have been or have gotten someone pregnant in their lifetime at least once. Four percent of males say they have gotten someone pregnant while 2% of females say they have been pregnant.

HIV/AIDS Education

Ninety-three percent of high school students say they have been taught about AIDS or HIV infection in school. Six percent of seniors and 9% of juniors say they have either not been taught about HIV/AIDS or are not sure if they have had such instruction in the classroom.

