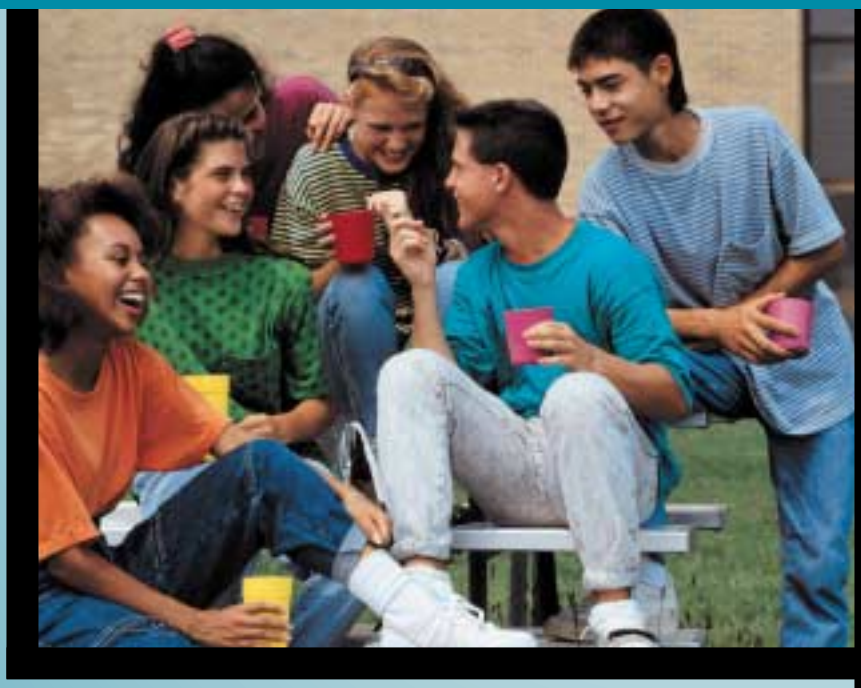
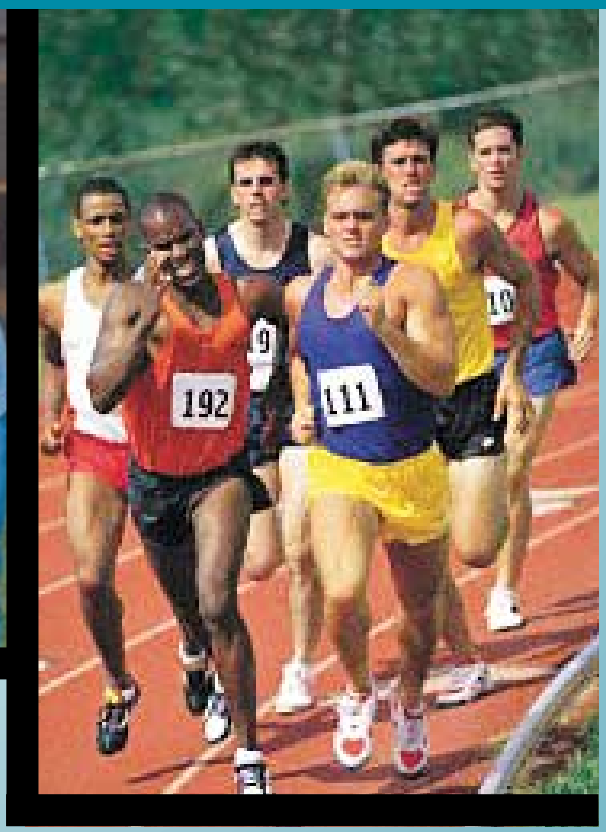
2001

NEW JERSEY YOUTH RISK BEHAVIOR SURVEY





2001

NEW JERSEY YOUTH RISK BEHAVIOR SURVEY

REPORT ON THE
2001
NEW JERSEY YOUTH RISK BEHAVIOR SURVEY

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EXECUTIVE SUMMARY

Introduction

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 (CDC) 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 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 addresses the following health risk behaviors:

- behaviors that result in unintentional injuries and violence;
- tobacco use;
- alcohol and other drug use;
- sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies;
- dietary behaviors; and
- physical activity.

The New Jersey Department of Education (NJDOE) has conducted the YRBS every other year since 1993. The information collected through this survey is used for planning intervention programs and is an important means of demonstrating the need for prevention initiatives targeted to youth. The Department of Education conducts the YRBS every other spring under a cooperative agreement with CDC. In 2001, the study was conducted collaboratively between the NJDOE and the New Jersey Department of Health and Senior Services. This funding partnership allowed expanded study procedures to enable more intensive recruitment of sampled schools and to further assure the absolute confidentiality of student responses. The University of Medicine and Dentistry of New Jersey, School of Public Health (UMDNJ-SPH) coordinated data collection activities. Results of the YRBS are made available to schools, communities, and other state agencies through printed and Web-based reports. Special requests for data should be directed to NJDOE, Office of Program Support Services, PO Box 500, Trenton, NJ 08625-0500, or by phone at 609-292-5935. Reports on the survey can be downloaded at www.state.nj.us/njded/students/safety/health/reporting.shtml. More information about the CDC survey and tools for comparing results from various locations can be found at www.cdc.gov/nccdphp/dash/yrbs.

The survey was administered to 2,142 students in 20 New Jersey public high schools in the spring of 2001. The instrument used for the 2001 New Jersey YRBS was identical to the core instrument developed by CDC. It contains 87 multiple-choice items, which can be self-administered for students with at least a 7th grade reading level. Survey procedures were designed to protect the privacy of all students by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before the survey was administered. Overall, 78% of all sampled students participated (2,142 out of 2,738) and 77% of all sampled schools (20 out of 26), yielding an overall response rate of 60%.[1]

In presenting the results of the 2001 YRBS, this report makes comparisons between percentages (of students) answering the same question in 1995 and 2001, the two years when the results of the sample can be "weighted," or generalized to, the population of all high school students in the state. Neither statistical significance nor practical significance is stated or implied in these comparison. The reader will encounter statements such as:

"Although slightly more students rode a motorcycle in 2001 than in 1995 (21% vs. 19%), 2001 motorcycle riders were more likely than 1995 riders to report always wearing a helmet for protection 956% vs. 50%). In contrast, bicycle riding decreased from 1995 to 2001 (78% vs. 71%); however, the proportion wearing a helmet for protection doubled from 3% in 1995 to 6% in 2001."

Percentages for the population of high school students

[1]The overall response rate is calculated by multiplying the student response rate (78%) by the school response rate (77%)

cited for both years are, of course, estimates based upon the sample statistics. The statements in the report such as those above are intended to juxtapose the percentages for two years and characterize their relationship to one another. The data analysis in this report does not apply test of statistical significance in order to compare the data from the two years. Due to the large sample sizes (2,799 in 1995 and 2, 142 in 2001), small differences could be statistically significant but, because they are small, they may lack practical significance. In a similar vein, failing to characterize a difference (e.g. as an increase or decrease) because it failed to reach statistical significance would eliminate description intended to provide the reader with bearings to the data.

Since two large samples may yield statistical significance with small percentage differences, the use of the term "statistical significance" throughout the report would lead some in the audience to interpret these small changes in behavior as major behavioral changes and thereby draw conclusions that my not be justified. This approach, therefore, has not been followed. With or without indicators of statistical significance, it is incumbent upon the reader of analysis of survey data to exercise judgement as to the real or practical significance of any differences cited.

Findings, 2001 YRBS

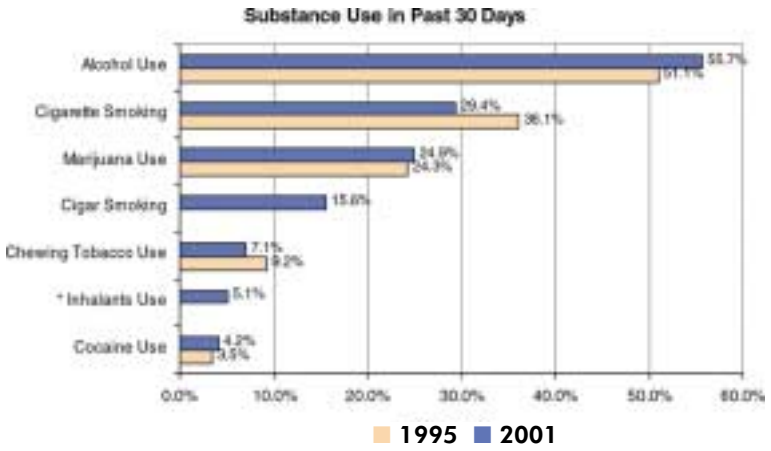
Overview

The following discussion compares the 2001 YRBS results to results of the 1995 YRBS on items that were comparable across both survey years. In general, risk behaviors did not vary substantially between the two surveys in most areas studied. Notable exceptions, however, were found with respect to tobacco use and behaviors associated with unintentional injury in vehicles. Thus, the proportion of students who reported always wearing seat belts while riding in a car increased from 30% to 39%, while helmet use among motor cycle riders increased from 50% to 56%. At the same time, students substantially reduced their use of tobacco between 1995 and 2001, with the percent reporting past 30-day cigarette smoking decreasing from 36% to 29%. National trends also show a decrease in tobacco use by middle and high school students during the same time frame, although the drop in use by New Jersey students is somewhat more pronounced. Findings from the national 2001 Monitoring the Future Survey[2] , for example, show that between 1995 and 2000, past 30-day cigarette use among 8th grade students dropped from 19.1% to 14.6% and among 12th grade students, from 33.5% to 31.4%.

Substance Use

Figures 1 and 2 present the proportion of students reporting past 30-day use of alcohol, tobacco and other substances overall and on school grounds, respectively. Data from the 2001 survey are compared to 1995 data where available.

Figure 1



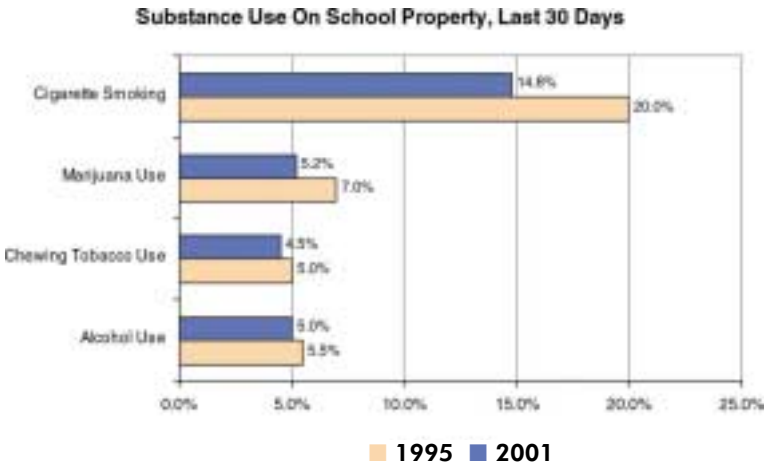
***30 day inhalant use was not asked in 1995**

In 2001, 84% of New Jersey high school students used alcohol sometime in their lives and 56% consumed alcohol in the past month, up from 51% who used alcohol in the past month in 1995. The proportion using alcohol on school property remained at about 5% in both years.

Less than one-third (29%) of all 2001 students smoked at least part of one cigarette in the past month, a substantial decrease from the 36% who had smoked in the last month in 1995. About 15% of 2001 students reported doing so on school grounds, down from the 20% who smoked on school grounds in 1995. About 7% of 2001 students reported chewing tobacco during the prior month, compared to 9% who chewed tobacco in 1995.

[2]Johnston, L.D., O'Malley, P.M. and Bachman, J.G., 2001, Monitoring the Future National Survey Results on Drug Use, 1975-2000. Vol. 2: College Students and Adults Age 19-40 (NIH Publication #01-4925). Bethesda, Md.; National Institute on Drug Abuse.

Figure 2



In 2001, 41% of students reported using marijuana in their lifetimes. About 25% reported using it during the past 30 days, which is comparable to the 24% reporting past 30-day marijuana use in 1995. About 5% of 2001 students used marijuana on school property compared to 7% who used it on school property in 1995. The proportion of New Jersey high school students who used cocaine remained about the same during both periods, with slightly more than 4% using in 2001 and 3.5% using in 1995.

New items in the 2001 YRBS showed that, in the past 30 days, 16% of students reported smoking cigars or cigar-types of tobacco and 5% reported using inhalants, such as glue or paint.

About 29% of 2001 students and 30% of 1995 students were offered or sold drugs on school grounds at some point during the previous year.

Violence and Weapons Possession

In 2001, about 13% of students carried a weapon in the past 30 days, down from 18% who carried a weapon in 1995 (Figure 3). About 5% of both 2001 and 1995 students reported carrying a gun in the past month and about the same proportion in both years were involved in at least one physical fight in the last 12 months (35% in 2001 and 36% in 1995).

Figure 3

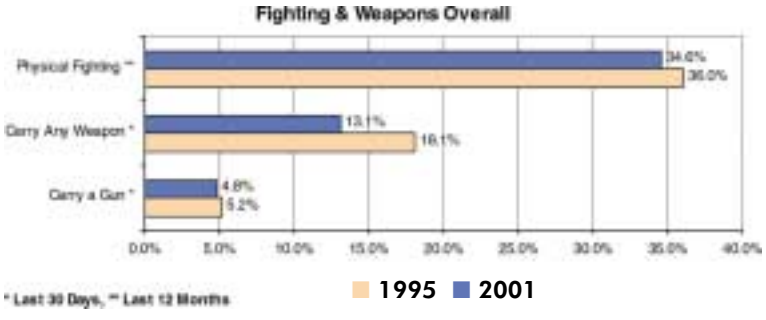
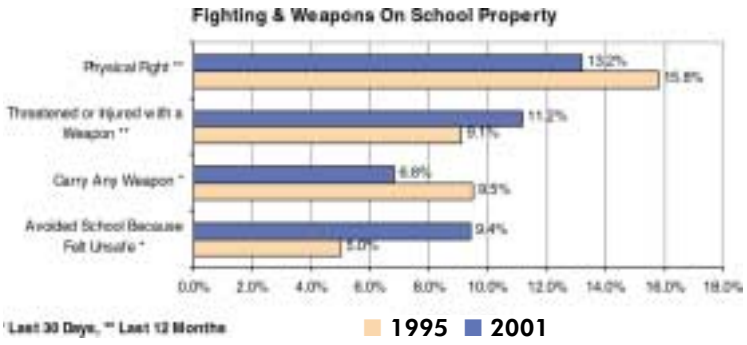


Figure 4

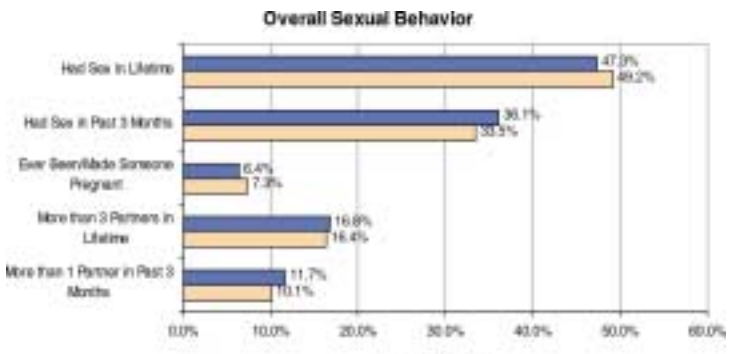


With respect to incidents of violence on school property (Figure 4), there was a slight decrease from 1995 to 2001 in the proportion that carried a weapon (9.5% vs. 7%) and the proportion involved in at least one fight (16% vs. 13%). More than 1 in 10 2001 students (11%), however, were threatened or injured with a weapon on school grounds during the past month, which was up slightly from the 9% who were threatened or injured at school in 1995. In general, 2001 students tended to feel somewhat less safe at school than students in 1995, with 9% of 2001 students vs. 5% of 1995 students reporting avoiding 1 or more days of school because they felt unsafe at or on their way to school.

Sexual Behavior

There were no substantial differences in sexual behavior between 1995 and 2001 (Figure 5). Thus, less than one-half of both 1995 and 2001 students ever engaged in sexual intercourse in their lifetimes (49% vs. 47%, respectively) while more than one-third (34% vs. 36%, respectively) reported having sex during the past three months. About 6% of 2001 students and 7% of 1995 students had been pregnant or caused someone to be pregnant during their lifetimes.

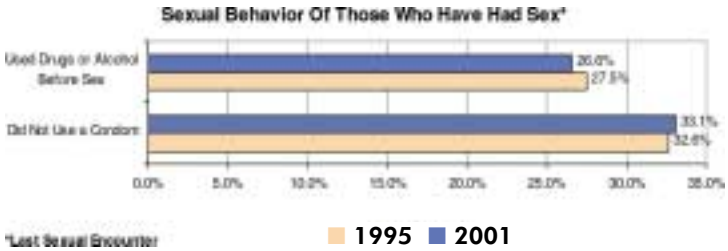
Figure 5



Almost one out of every six students in both years (17% in 2001 and 16% in 1995) engaged in sexual intercourse with more than three partners during their lifetime, while 12% of 2001 students and 10% of 1995 students had sex with more than one partner in the past three months.

Among those students who engaged in sexual intercourse (Figure 6), 27% of 2001 students and 28% of 1995 students reported using drugs or alcohol before their last sexual encounter. About 33% of both student cohorts reported not using a condom the last time they had sex.

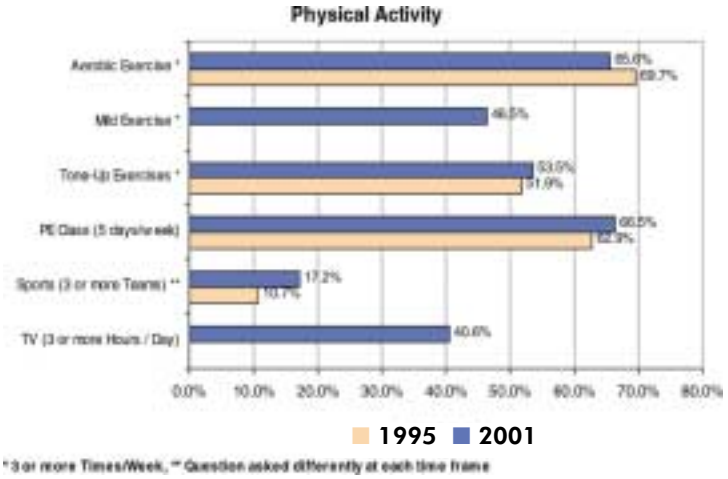
Figure 6



Physical Activity

There were also few differences between students in 1995 and 2001 with respect to levels of exercise and physical activity (Figure 7). Slightly more students in 1995 than in 2001 reported engaging in some type of strenuous aerobic activity three or more times a week (70% vs. 66%), although a somewhat higher proportion of 2001 than 1995 students reported exercising to strengthen and tone their muscles at least three or more times in the past week (54% vs. 52%).

Figure 7

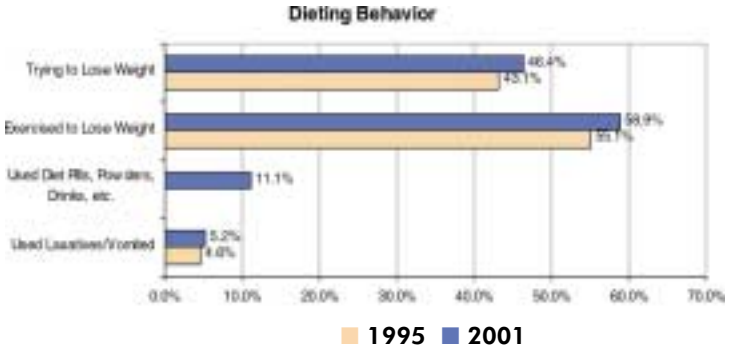


About 63% of 1995 students compared to 67% of 2001 students attended physical education (PE) classes 5 days per week. The only category of activity showing a notable change between the two time periods was participation on three or more sports teams, which increased from 11% in 1995 to 17% in 2001.[3] About 47% of 2001 students engaged in non-strenuous exercise 3 or more times a week and 41% of 2001 students reported watching TV for 3 or more hours on an average school day (items not included in the 1995 survey).

Dieting Behavior

Concerning dieting (Figure 8), 46% of all 2001 students reported that they were trying to lose weight compared to 43% of all 1995 students. Of the methods used to control weight, 59% of 2001 students compared to 55% of 1995 students reported exercising and about 5% of students in both surveys used laxatives or vomited. Eleven percent of students in 2001 used diet pills or powders not prescribed by a doctor.

Figure 8



Mental Health

About 31% of 2001 students reported that they were depressed, sad or hopeless continually for at least 2 weeks in the past year (Figure 9). No comparable questions on depression were asked in the 1995 survey.

Suicidal behavior showed a slight decrease from 1995 levels. Less than 1-in-5 of students in 2001 (17%), compared to 22% of 1995 students reported having seriously considered suicide in the past year. Compared to students in 1995, students in 2001 were somewhat less likely to have made a suicide plan (13% vs. 16%), attempted suicide (8% vs. 9%) or to have incurred injuries which required medical attention from a doctor or nurse, as a consequence of a suicide attempt in the past 12 months (2% vs. 4%).

[3]The wording of questions pertaining to sports team participation varied slightly between the two survey years. Response differences in 1995 and 2001, therefore, may reflect differences in question wording rather than a true difference in behavior.

Figure 9

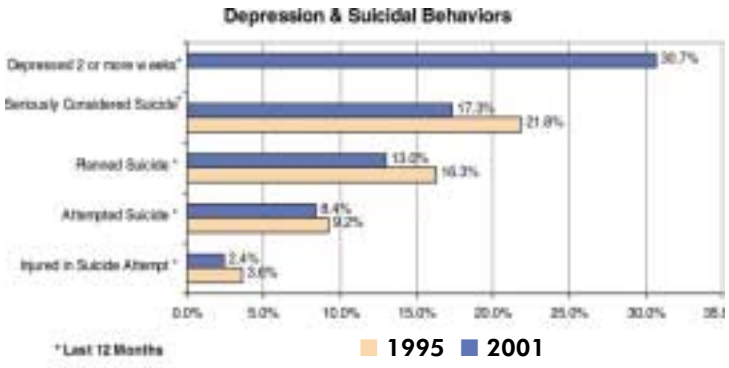
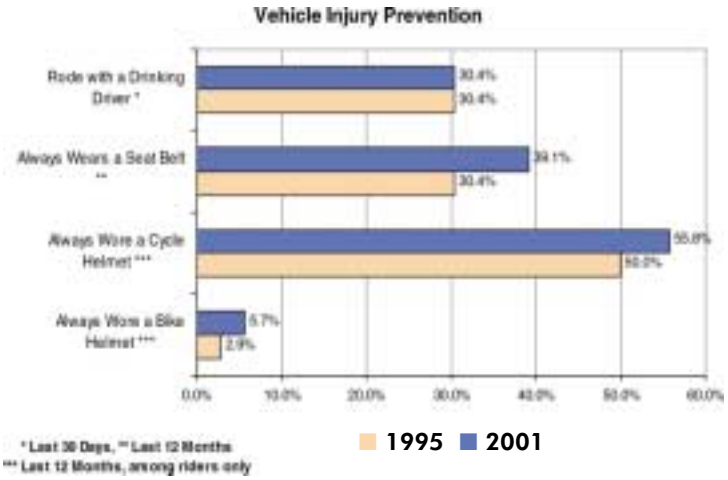


Figure 10



Vehicle Injury

In both 1995 and 2001, 30% of New Jersey high school students rode in a vehicle in the last 30 days with a driver who had been drinking alcohol (Figure 10).

Seat belt use increased from 1995 to 2001, with 39% of 2001 students, compared to 30% of 1995 students, reporting that they always wore a seat belt while in a vehicle with another driver.

Although slightly more students rode a motorcycle in 2001 than in 1995 (21% vs. 19%), 2001 motorcycle riders were more likely than 1995 riders to report always wearing a helmet for protection (56% vs. 50%). In contrast, bicycle riding decreased from 1995 to 2001 (78% vs. 71%); however, the proportion wearing a helmet for protection doubled from 3% in 1995 to 6% in 2001.

BACKGROUND: 2001 NEW JERSEY YOUTH RISK BEHAVIOR SURVEY

Introduction

The New Jersey Department of Education administers the Youth Risk Behavior Survey (YRBS) every other spring among a random sample of public high school students through a cooperative agreement with the Centers for Disease Control and Prevention. In 2001, the study was conducted collaboratively with the New Jersey Department of Health and Senior Services and supported under contract with the University of Medicine and Dentistry of New Jersey-School of Public Health.

The New Jersey Department of Education provides results of the YRBS to schools, communities and other agencies as an aid to the planning and evaluation of services to youth. Such services encompass comprehensive school health programs, including school health education and physical education, school-linked services, and statewide prevention initiatives.

Data from the 2001 New Jersey Youth Risk Behavior Survey of spring 2001 is highly comparable to that collected during the fall 2001 Youth Tobacco Survey conducted by the New Jersey Department of Health and Senior Services (NJDHSS), Division of Addiction Services. These surveys use a common core of questions concerning tobacco use. However, since the Youth Tobacco Survey is conducted during the fall, students are a little bit younger overall than during a spring survey administration. Summary reports are available on the NJDHSS web site at www.state.nj.us/health/as/alcother.htm. The NJDHSS Division of Addiction Services also collects data concerning student use of alcohol, tobacco and other substances in the seventh and eighth grades. While the questions are asked differently from those on the high school Youth Risk Behavior Survey, the responses do provide a means to examine increases in student use with increasing age and grade. Finally, from 1980 to 1998, the New Jersey Department of Law and Public Safety, Division of Criminal Justice conducted the triennial Survey of Drug and Alcohol Use Among New Jersey High School Students. Findings of the spring 1998 survey can be found at www.state.nj.us/lps/dcj/dahs1230.htm.

The 2001 YRBS survey instrument provides information about the self-reported prevalence of behaviors that are highly related to the most important causes of illness and death among youth and young adults:

- behaviors that result in unintentional injuries and violence;
- tobacco use;
- alcohol and other drug use;
- sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies;
- dietary behaviors; and
- physical activity.

Frequency distributions for all 87 items on the 2001 Youth Risk Behavior Survey are included in Appendix A. Appendix B contains an analysis which examines the relationship among various risk behaviors. Key differences between 1995 and 2001 are highlighted throughout in boxed text inserts.

Survey Methods

Sampling

School Level – All of the state's 340 public regular, vocational, and alternative schools containing grades 9, 10, 11, or 12 were included in the sampling frame. Schools were selected systematically with probability proportional to enrollment in grades 9 through 12 using a random start. Twenty-seven schools were sampled, of which one was ineligible. Schools serving primarily special education or adult populations were excluded.

Class Level – All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey. Class level selection was designed to include up to 135 students per school.

Parental Permission – Participating schools were provided with parent letters and fact sheets to send home with students. Students who returned a parental refusal did not participate. Any student who did not want to participate was also excused.

Response Rate

Overall, 2,142 students in 20 public high schools completed the Youth Risk Behavior Survey in the spring of 2001. The school response rate was 77% (20 of the 26 sampled schools participated), the student response rate was 78% (2,142 of the 2,738 sampled students completed usable questionnaires), and the overall response rate was 60% (77% x 78% = 60%). The CDC has established a combined participation rate of 60% as the minimum rate required to apply weights to data collected for the YRBS.

Weighting

Because the survey used a two-stage cluster sample design, with schools as the first stage and classrooms as the second, each selected student had a different probability of being selected based on the size of his/her school. For this reason, a student in one sampled school does not necessarily "represent" the same proportion of students in the population of high school students as does a student in another sampled school. To account for differential probabilities of selection, a weight has been associated with each questionnaire to reflect the likelihood of sampling each student and to reduce bias by compensating for patterns of nonresponse. The weight used for estimation is given by the formula: W = (W1)(W2)(f1)(f2)(f3)

- W1 = the inverse of the probability of selecting the school;
- W2 = the inverse of the probability of selecting the classroom within the school;
- f1 = a school level nonresponse adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrollment instead of number of schools;
- f2 = a student level nonresponse adjustment factor calculated by class;
- f3 = a poststratification adjustment factor calculated by gender within grade and by race/ethnicity.

The weighted percentages used in this report are a more accurate reflection of the total New Jersey high school population than if the results were to be used in their non-weighted form. The weighted results can be used to make inferences concerning the priority health-risk behaviors of all regular public school students in grades 9 through 12 in New Jersey and permit comparison of findings across points in time and different locations.

Use of Comparison Statistics

In presenting the results of the 2001 YRBS, this report makes comparisons between percentages (of students) answering the same question in 1995 and 2001, the two years when the results of the sample can be "weighted," or generalized to, the population of all high school students in the state. Neither statistical significance nor practical significance is stated or implied in these comparison. The reader will encounter statements such as:

"Although slightly more students rode a motorcycle in 2001 than in 1995 (21% vs. 19%), 2001 motorcycle riders were more likely than 1995 riders to report always wearing a helmet for protection 956% vs. 50%). In contrast, bicycle riding decreased from 1995 to 2001 (78% vs. 71%); however, the proportion wearing a helmet for protection doubled from 3% in 1995 to 6% in 2001."

Percentages for the population of high school students cited for both years are, of course, estimates based upon the sample statistics. The statements in the report such as those above are intended to juxtapose the percentages for two years and characterize their relationship to one another. The data analysis in this report does not apply test of statistical significance in order to compare the data from the two years. Due to the large sample sizes (2,799 in 1995 and 2, 142 in 2001), small differences could be statistically significant but, because they are small, they may lack practical significance. In a similar vein, failing to characterize a difference (e.g. as an increase or decrease) because it failed to reach statistical significance would eliminate description intended to provide the reader with bearings to the data.

Since two large samples may yield statistical significance with small percentage differences, the use of the term "statistical significance" throughout the report would lead some in the audience to interpret these small changes in behavior as major behavioral changes and thereby draw conclusions that my not be justified. This approach, therefore, has not been followed. With or without indicators of statistical significance, it is incumbent upon the reader of analysis of survey data to exercise judgement as to the real or practical significance of any differences cited.

Profile of Students

The results are representative of all New Jersey students in grades 9-12. The weighted demographic characteristics of the sample are included in Table 1.

Age

The students ranged in age from less than 12 years old to 18 years old or older. Overall, 83.5% of the students were between 14 and 17 years old.

Grade

Based on weighted demographic data, 27.7% of the students were in 9th grade, 25.4% were in 10th grade, and approximately the same number were in 11th grade (24.3%) and 12th grade (22.5%).

Gender

Overall, approximately an equal number of males (49.8%) and females (50.2%) responded to the survey.

Ethnicity

Based on weighted demographic data, 27.7% were Black or African American, 14.1% were Hispanic or Latino (including Multiple Hispanic), 63.3% were White, and 5.7% were Other (including American Indian/Alaskan Native, Asian, Native Hawaiian / Pacific Islander, and Multiple non-Hispanic students).

Table 1. Profile of Students in the 2001 Youth Risk Behavior Survey

Sex		Grade		Ethnicity		Age	
Female	50.2%	9th	27.7%	Black/African American	16.5%	12 Years Old or Younger	<1%
Male	49.8%	10th	25.4%	Hispanic/ Latin	14.1%	13 Years Old	<1%
		11th	24.3%	White	63.6%	14 Years Old	8.8%
		12th	22.5%	All other races	5.8%	15 Years Old	23.7%
						16 Years Old	27.1%
						17 Years Old	24.0%
						18 Years Old or Older	16.1%

Additional Information

If you would like additional information about this report, or have comments or questions, contact the New Jersey Department of Education, Office of Program Support Services. PO Box 500, Trenton, NJ 08625 or call the office at 609-292-5935.

Copies of this report and of a summary brochure of findings can be downloaded from the NJDOE web site at www.nj.gov/njded/students/safety/health/reporting.shtml.

CHAPTER 1

ALCOHOL AND OTHER DRUG USE

Alcohol Use

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes, which are the leading causes of death and disability among youths.[4] Heavy drinking among youths has been linked to multiple sexual partners, use of marijuana, and poor academic performance.[5]

Of the 87 items on the 2001 New Jersey Youth Risk Behavior Survey, five addressed students' use of alcohol (questions 40 through 44). These questions measured age of initiation, frequency and amount of alcohol use, drinking and automobiles, and drinking on school property.

- Overall, more than 8-in-10 students (83.9%) reported drinking alcohol in their lifetime (Table 1.1). About a third of students (32.5%) drank alcohol before they were 13; 30.5% started drinking between age 13 and 14; and another 20.9% began drinking when they were 15 or older.
- Females (85.5%) are slightly more likely to report lifetime alcohol use than males (82.2%); but males are somewhat more likely to have started drinking earlier. More males reported that they had their first drink of alcohol before the age of 13 (37.5%) than did females (27.2%).
- The number of students trying alcohol increases with grade level. The percentages of students who reported ever using alcohol were as follows: 74.7% of 9th graders, 85.5% of students in 10th grade, 87.2% of 11th graders, and 89.6% of 12th graders.
- Hispanic (88.4%) and White (85.8%) students were more likely than students of Other racial/ethnic descent (67.0%) and Black (78.1%) students to have used alcohol in their lifetime.

Table 1.1 Age of First Drink of Alcohol

		Age of First Drink of Alcohol						
		Never other than a few sips	8 Years Old or Younger	9 or 10 Years Old	11 or 12 Years Old	13 or 14 Years Old	15 or 16 Years Old	17 Years Old or Older
Sex	Female	14.5%	6.8%	5.9%	14.5%	35.6%	19.5%	3.3%
	Male	17.8%	10.5%	9.9%	17.1%	25.4%	16.3%	3.0%
Age	14 Years Old or Younger	26.3%	9.2%	10.5%	24.2%	29.7%		
	15 Years Old	22.2%	8.3%	8.2%	18.3%	35.9%	7.0%	
	16 Years Old	11.7%	7.9%	9.0%	17.4%	34.1%	19.8%	
	17 Years Old	14.3%	8.0%	8.4%	9.7%	29.5%	26.3%	3.8%
	18 Years Old or Older	11.9%	11.0%	4.3%	14.0%	18.3%	27.0%	13.5%
Grade	9th Grade	25.3%	8.0%	9.3%	20.5%	31.6%	5.3%	
	10th Grade	14.5%	8.9%	10.4%	18.4%	30.9%	16.3%	.4%
	11th Grade	12.8%	8.3%	7.2%	10.8%	35.8%	21.9%	3.2%
	12th Grade	10.4%	8.8%	4.8%	12.7%	23.0%	30.5%	9.8%
Race/ Ethnicity	Black or African American	21.9%	15.4%	6.2%	11.5%	22.4%	17.1%	5.4%
	Hispanic or Latino	11.6%	7.9%	11.6%	14.8%	28.6%	19.1%	6.4%
	White	14.2%	6.9%	7.8%	17.3%	33.7%	18.3%	1.8%
	Other	33.0%	12.6%	6.1%	14.8%	17.3%	14.7%	1.6%
Overall		16.1%	8.7%	8.0%	15.8%	30.5%	17.8%	3.1%

[4]Centers for Disease Control and Prevention. Alcohol-related Traffic Fatalities among Youth and Young Adults – United States, 1982-1989. Morbidity and Mortality Weekly Report 40: 178-179, 185-187, 1991.
[5]Wechler H, Dowdall GW, Davenport A, Castillo S. Correlates of College Student Binge Drinking. American Journal of Public Health 85: 921-926, 1995.

Table 1.2 Recent Drinking

		1 or More Drinks of Alcohol in a Day (last 30 days)						
		0 Days	1 or 2 Days	3 to 5 Days	6 to 9 Days	10 to 19 Days	20 to 29 Days	All 30 Days
Sex	Female	45.2%	26.9%	14.8%	8.1%	3.7%	.8%	.6%
	Male	43.5%	20.8%	15.7%	9.3%	6.5%	1.1%	3.0%
Age	14 Years Old or Younaer	61.2%	16.2%	13.5%	5.7%	.8%	.6%	2.0%
	15 Years Old	50.3%	24.6%	14.5%	5.9%	3.4%	.1%	1.1%
	16 Years Old	40.3%	26.0%	16.5%	8.0%	5.8%	1.6%	1.8%
	17 Years Old	39.9%	23.6%	15.7%	11.0%	6.7%	.9%	2.1%
	18 Years Old or Older	39.1%	24.0%	14.5%	12.9%	6.0%	1.0%	2.6%
Grade	9th Grade	55.5%	21.2%	13.0%	5.7%	3.0%	.8%	.7%
	10th Grade	43.4%	25.7%	16.2%	8.1%	3.4%	1.4%	1.8%
	11th Grade	39.5%	25.1%	16.0%	9.3%	7.7%	1.0%	1.4%
	12th Grade	36.7%	24.1%	16.1%	12.9%	6.6%	.4%	3.2%
Race/ Ethnicitv	Black or African American	57.5%	21.5%	10.0%	5.2%	1.6%	.6%	3.6%
	Hispanic or Latino	41.7%	23.9%	17.7%	9.2%	4.6%	.7%	2.1%
	White	40.3%	25.1%	16.6%	9.9%	6.0%	1.1%	1.1%
	Other	61.8%	17.2%	6.9%	6.0%	3.5%	.6%	4.0%
Overall		44.3%	23.9%	15.2%	8.8%	5.0%	.9%	1.8%

- Overall, 55.7% of students drank alcohol on at least one day in the past 30 days (Table 1.2). Regarding the number of days in the past month that students reported drinking, 23.9% drank on just 1 or 2 days, 15.2% drank on 3 to 5 days, and 16.5% drank on 6 or more days.
- Males (56.5%) and females (54.8%) were equally likely to have used alcohol at least once in the past 30 days; while males (19.9%) were more likely to have consumed alcohol on 6 or more days in the past month than were females (13.2%).
- Older students were more likely to report having used alcohol in the past 30 days than were younger students. About 6-in-10 students 17 and over report drinking on at least one day while about 4-in-10 students who are 14 or younger report any recent alcohol use.
- White (59.7%) and Hispanic (58.3%) students were more likely to have used alcohol in the past 30 days than Black (42.5%) or Other students (38.2%). White students (18.1%) were also more likely to have consumed alcohol on 6 or more occasions in the past 30 days than were Hispanic (16.6%), Other race/ethnicity (14.1%) or Black students (11.0%).

HEALTHY NEW JERSEY 2010 GOAL

Decrease the percentage of public high school sophomores, junior and seniors who have used alcohol in the past 30 days to 37%.

2001 NEW JERSEY YRBS RESULTS

Sophomores (56.6%), juniors (60.5%), and seniors (63.3%) all reported more recent alcohol use than the goal specifies.

- About a third of students (32.6%) reported they have engaged in binge drinking – having consumed 5 or more drinks within a couple of hours.

HEALTHY NEW JERSEY 2010 GOAL[6]

There is no goal established for adolescent binge drinking. The year 2010 goal for adults is to reduce the percentage of persons aged 18 years and older, who consumed five or more alcoholic drinks per occasion, one or more times during the past month to: 10.6% for ALL adults; 11.0% for White adults; 5.0% for Black or African American aduts; and 8.0% for Hispanic adults.

2001 NEW JERSEY YRBS RESULTS

32.6% of all high school students report drinking 5 or more alcoholic drinks on an occasion in the past 30 days. White (36.1%), Black (20.5%), and Hispanic (22.5%) high school students all binge drink at rates above this goal.

Alcohol Use: 1995 vs. 2001

- Students in 2001 were more likely to report both lifetime and recent use of alcohol than were students in 1995. Overall, 84% students in 2001 said they have consumed alcohol in their lifetime compared to 80% in 1995. Regarding recent use of alcohol, 56% of students in 2001 had at least one drink of alcohol in the past 30 days compared to 51% of students in 1995. Binge drinking is also slightly more prevalent in 2001 as 33% of students consumed 5 or more drinks on one occasion compared to 31% of students who engaged in this behavior in 1995.

Marijuana Use

There were 13 items that addressed student use of drugs other than alcohol (questions 45 to 57). These questions measured the frequency of students' use of marijuana, cocaine, inhalants, heroin, methamphetamines, hallucinogens, steroids, and other injected drugs. 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 (STDs), including the Human Immunodeficiency Virus (HIV).[7,8] Despite improvements in recent years, drug use is greater among high school students and other young adults in the U.S. than has been documented in any other industrialized nation in the world.[9]

[6]Healthy New Jersey 2010: A Health Agenda for the First Decade of the New Millenium, Vol. I. New Jersey Department of Health and Senior Services, June 2001.
[7]Garrison CZ, McKeown RE, Valois RF, Vincent ML. Aggression, Substance Use, and Suicidal Behaviors in High School Students. American Journal of Public Health 83: 179-184, 1993.
[8]Hawkins JD, Catalano RF, Miller JY. Risk and Protective Factors for Alcohol and Other Drug Problems in Adolescence and Early Adulthood: Implications for Substance Abuse Prevention. Psychological Bulletin 112: 64-105, 1992.
[9]Blanken AJ. Measuring Use of Alcohol and Other Drugs among Adolescents. Public Health Reports 108: 25-30, 1993.

Table 1.3 Age When Marijuana Was First Used

		Age when First Used Marijuana						
		Never tried Marijuana	8 Years Old or Younger	9 or 10 Years Old	11 or 12 Years Old	13 or 14 Years Old	15 or 16 Years Old	17 Years Old or Older
Sex	Female	62.7%	.7%	.7%	3.4%	14.9%	14.8%	2.8%
	Male	54.7%	3.3%	1.8%	8.5%	15.8%	13.2%	2.7%
Age	14 Years Old or Younger	80.3%	3.0%	.2%	2.8%	13.6%		
	15 Years Old	71.0%	1.0%	.6%	6.2%	16.4%	4.8%	
	16 Years Old	56.6%	2.2%	1.8%	6.9%	15.2%	17.4%	
	17 Years Old	47.8%	2.0%	1.3%	5.9%	17.7%	21.7%	3.5%
	18 Years Old or Older	47.0%	2.9%	1.7%	5.9%	11.9%	18.7%	11.9%
Grade	9th Grade	73.9%	1.2%	.3%	5.6%	15.6%	3.3%	
	10th Grade	64.0%	2.1%	1.5%	5.9%	14.8%	11.7%	
	11th Grade	48.8%	2.3%	1.4%	6.4%	18.8%	20.3%	2.0%
	12th Grade	44.7%	2.4%	1.9%	5.9%	12.0%	23.0%	10.2%
Race/ Ethnicity	Black or African American	60.4%	3.5%	1.5%	6.0%	12.5%	14.4%	1.7%
	Hispanic or Latino	56.9%	1.6%	1.6%	9.2%	13.6%	13.4%	3.7%
	White	58.0%	1.6%	1.0%	5.4%	17.1%	13.9%	2.9%
	Other	70.4%	4.0%	1.9%	4.2%	9.7%	8.9%	1.0%
Overall		58.6%	2.1%	1.2%	5.9%	15.4%	14.0%	2.8%

- Overall, 41.4% of all students reported having tried marijuana in their lifetime, with 9.2% having tried it before the age of 13 (Table 1.3).
- A higher percentage of males (45.3%) than females (37.3%) had tried marijuana. Males are more likely to use marijuana at an earlier age as 13.6% used it before the age of 13 compared to 4.8% of females.
- Hispanic (43.1%) and White students (42.0%) were more likely to have tried marijuana than Black (39.6%) or Other students (29.6%). Hispanic (12.4%) and Black students (11.0%) and those of Other racial/ethnic descent (10.1%) were more likely than White students (8.0%) to have tried marijuana before 13 years of age.
- More than half of 17 year-olds (52.2%) and 18 year-olds (53.0%) have tried marijuana while less than a third of 15 year-olds (29.0%) or 14 year-olds or younger (19.7%) have ever used the substance.

Table 1.4 Recent Marijuana Use

		Recent Marijuana Use (last 30 days)					
		0 Times	1 or 2 Times	3 to 9 Times	10 to 19 Times	20 to 39 Times	40 or More Times
Sex	Female	78.3%	9.0%	7.0%	2.0%	1.8%	1.8%
	Male	72.0%	9.8%	5.2%	3.3%	3.2%	6.4%
Age	14 Years Old or Younger	86.5%	7.3%	3.5%	.5 %	.3 %	2.0%
	15 Years Old	83.0%	6.9%	4.3%	2.6%	1.2%	2.0%
	16 Years Old	72.1%	10.8%	7.3%	1.6%	3.6%	4.6%
	17 Years Old	68.9%	9.7%	8.3%	4.3%	3.4%	5.5%
	18 Years Old or Older	70.9%	11.5%	5.9%	3.2%	2.8%	5.8%
Grade	9th Grade	83.8%	7.3%	4.4%	1.7%	.8	2.0%
	10th Grade	78.3%	8.3%	5.3%	2.1%	2.5%	3.4%
	11th Grade	66.3%	11.8%	8.2%	3.7%	4.2%	5.8%
	12th Grade	70.7%	10.7%	7.4%	3.2%	2.6%	5.5%
Race/ Ethnicity	Black or African American	78.5%	8.6%	5.0%	1.7%	2.1%	4.0%
	Hispanic or Latino	74.9%	10.0%	5.4%	3.1%	.9 %	5.6%
	White	73.7%	9.9%	6.8%	2.9%	3.0%	3.7%
	Other	83.7%	5.0%	4.9%	1.7%	1.6%	3.2%
Overall		75.1%	9.4%	6.2%	2.6%	2.5%	4.1%

- Overall, about a quarter of students (24.9%) reported marijuana use over the last 30 days, with 9.2% having used it 10 times or more times in that period (Table 1.4). Of students who have used marijuana recently, 36.9% have used it 10 or more times compared to 37.8% who have used it only 1 or 2 times.
- Males (28.0%) were more likely than females (21.7%) to report recent marijuana use. Among marijuana users, almost half of males (46.1%) reported using marijuana 10 or more times in the past 30 days compared to a quarter of females (25.8%).
- Older students were also more likely to have used marijuana in the past month. About 3-in-10 students 18 and over (29.1%) and 17 years of age (31.1%) have used marijuana recently compared to 13.5% of those 14 or younger. Likewise, older students were heavier users. Of 18 year-olds who use marijuana, 40.5% reported doing so 10 or more times in the past 30 days while 20.7% of 14 year-old marijuana users used as frequently.
- White (26.3%) and Hispanic students (25.1%) were more likely than Black (21.5%) and Other students (16.3%) to use marijuana in the past 30 days. However, among marijuana users, all groups were equally likely to use the drug on 10 or more occasions in the past month.

Marijuana Use: 1995 vs. 2001

The percentage of New Jersey students who reported using marijuana in their lifetime increased from 39% in 1995 to 41% in 2001 while recent use went from 24% to 25%. However, the percentage of students using marijuana on school property decreased from 7% to 5%.

HEALTHY NEW JERSEY 2010 GOAL

A goal of Healthy New Jersey 2010 is to decrease the percentage of public high school sophomores, junior and seniors who have used marijuana in the past 30 days to 11%.

2001 NEW JERSEY YRBS RESULTS

Recent marijuana use is much higher among sophomores (21.7%), juniors (33.1%) and seniors (29.3%) than the New Jersey goal.

Cocaine Use

Table 1.5 Recent Cocaine or Crack Use

		Recent Use of Any Cocaine or Crack (last 30 days)					
		0 Times	1 or 2 Times	3 to 9 Times	10 to 19 Times	20 to 39 Times	40 or More Times
Sex	Female	98.4%	.8%	.2%	.3%		.2%
	Male	93.1%	1.7%	2.1%	1.3%	.3%	1.5%
Age	14 Years Old or Younger	96.3%	.6%	.9%	.7%	.8%	.6%
	15 Years Old	96.2%	1.9%	.2%	.8%		1.0%
	16 Years Old	95.7%	1.0%	1.7%	.4%		1.2%
	17 Years Old	96.6%	1.3%	.8%	.5%	.3%	.5%
	18 Years Old or Older	93.6%	1.0%	2.3%	1.9%		1.1%
Grade	9th Grade	96.1%	1.9%	.5%	.5%		1.1%
	10th Grade	96.7%	.8%	1.1%	1.0%		.5%
	11th Grade	95.9%	1.5%	1.4%	.4%	.1%	.7%
	12th Grade	94.7%	.7%	1.8%	1.4%	.5%	.8%
Race/ Ethnicity	Black or African American	93.5%	.7%	1.4%	2.6%	.4%	1.4%
	Hispanic or Latino	95.8%	1.3%	1.0%	.6%		1.3%
	White	97.2%	1.3%	.7%	.3%	.1%	.5%
	Other	91.0%	2.4%	3.4%			3.2%
Overall		95.8%	1.2%	1.2%	.8%	.1%	.9%

- In the past 30 days, 4.2% of students used a form of cocaine one or more times while 1.8% used some form of cocaine 10 or more times (Table 1.5).
- A higher percentage of males (6.9%) than females (1.6%) reported cocaine or crack use over the last 30 days.
- Students of Other racial/ethnic descent (9.0%) and Black students (6.5%) were more likely than Hispanic (4.2%) or White students (2.8%) to report recent cocaine use.
- Recent cocaine use was greatest for 18 year-olds (6.4%) than any other age group.

Cocaine Use: 1995 vs. 2001

Lifetime cocaine use has slightly increased from 7% in 1995 to 8% in 2001 while recent use has gone from 3% to 4% in that period.

Other Drug Use

Eight questions on the Youth Risk Behavior Survey addressed other lifetime drug use such as inhalants, heroin, methamphetamines, hallucinogenic drugs (LSD, acid, PCP, angel dust, ecstasy, mescaline, or mushrooms), steroid pills, shots without a doctor's prescription, or needle used to inject any illicit drug.

HEALTHY NEW JERSEY 2010 GOAL

A goal of Healthy New Jersey 2010 is to decrease the percentage of public high school sophomores, junior and seniors who have used cocaine in the past 30 days to 2%.

2001 NEW JERSEY YRBS RESULTS

Recent cocaine use is greater than the established goal for sophomores (3.3%), and more than doubled for juniors (4.1%) and seniors (5.3%).

Table 1.6 Lifetime Use of Illicit Drugs

	Marijuana Use	Use of Any Cocaine or Crack	Used Glue and Other Inhalants	Used Heroin	Used Speed	Used Steroids Without Prescription	Needle Use for Illegal Drugs*
0 Times	58.9%	91.5%	87.3%	96.2%	92.3%	95.3%	96.8%
1 or 2 Times	7.6%	3.5%	5.5%	1.2%	3.3%	2.1%	1.5%
3 to 9 Times	8.6%	1.4%	3.4%	.6%	1.6%	.5%	1.7%
10 to 19 Times	5.0%	.9%	1.3%	.4%	.6%	.5%	
20 to 39 Times	4.8%	.7%	1.0%	.4%	.9%	.4%	
40 or more Times	15.0%	2.0%	1.5%	1.1%	1.2%	1.2%	

*Note: The response categories differ for Needle use, which only has three response categories: "0 times" 96.8%, "1 time" 1.5%, and "2 or more times" 1.7%.

- Marijuana was the most prevalent (41.1%) and frequently used drug (15% for 40 or more times) of all non-alcoholic drugs besides tobacco (51.5%) (Table 1.6 and Table 2.1).
- The percentage of students who have used other illicit drugs in their lifetimes are as follows: 12.7% used inhalants, 8.5% have used some form of cocaine, 7.7% used speed, 4.7% used steroids without a prescription, 3.8% used heroin, and 3.2% have used needles to inject illegal drugs.

Individual tables are not shown for all of the drugs and their respective breakdowns into student characteristics. However, general patterns of drug use can be described. Overall, males and older students tended to have higher levels of drug use than females and younger students. Meanwhile, illicit use of cocaine, inhalants, heroin, speed, steroids, and needles showed very few overall differences when looking at the students' race or ethnic background. However, students of the Other racial/ethic category showed significantly higher and more prolonged use of all illicit drugs than their peers.

HEALTHY NEW JERSEY 2010 GOAL

A goal of Healthy New Jersey 2010 is to decrease the percentage of public high school sophomores, junior and seniors who have used inhalants in the past 30 days to 3.8%.

2001 NEW JERSEY YRBS RESULTS

Recent use of inhalants among sophomores (3.9%) is at the goal, but juniors (5.7%) and seniors (4.7%) report more use of inhalants in the past 30 days than the goal.

Other Drug Use: 1995 vs. 2001

Lifetime use of these other illicit drugs has varied, with some increasing and other decreasing in this period. Among those drugs or behaviors where there has been improvement, the use of inhalants has decreased from 20% in 1995 to 13% in 2001; and the use of heroin or methamphetamines decreased from 14% to 8%.[10]

Those drugs or behaviors that have shown an increase are the use of steroid pills or shots without a doctor's prescription (up from 3% to 5%); and needle injection of an illegal drug (up from 2% to 3%).

[10]In 1995, one question was asked about the use of "LSD, PCP, ecstasy, mushrooms, speed, ice or heroin"; while in 2001, separate questions were asked about the use of "heroin, also called smack, junk or China White" and "methamphetamines, also called speed, crystal, crank or ice".)

CHAPTER

2

USE OF CIGARETTES AND TOBACCO

Cigarette Use

Tobacco use is considered the chief preventable cause of death in the United States with over 20% of all deaths attributable to tobacco use.[11] Cigarette smoking is responsible for heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease.[12] Cigar smoking has been associated with cancers of the oral cavity, larynx, esophagus, and lung and with chronic obstructive lung disease.[13] In 1999, the prevalence of cigar use in the past month among all high school students in the country was 25.4% among males and 9.9% among females.[14]

In addition, there is evidence that smokers are more likely to drink alcohol and use marijuana and cocaine as compared to non-smokers.[15] If current patterns of smoking behavior persist, an estimated 5 million U.S. persons who were aged 0 to 17 years in 1995 could die prematurely from smoking-related illnesses.[16] In 1996, the Food and Drug Administration issued regulations to implement the 1993 law known as the "Synar Amendment" which restricts the sale and distribution of cigarettes and smokeless tobacco to children and teenagers under age 18.[17] Over 80% of school districts prohibit tobacco use in the school building and on the grounds at all times.[18]

Questions 28 through 36 on the New Jersey Youth Risk Behavior Survey measure 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.

[11]Centers for Disease Control and Prevention. Smoking-attributable Mortality and Years of Potential Life Lost-United States, 1988. Morbidity and Mortality Weekly Report 40(4): 62, 71, 1991.
[12]US Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General. Washington, DC: US Government Printing Office.
[13]Centers for Disease Control and Prevention. Cigar Smoking among Teenagers – Unites States, Massachusetts, and New York, 1996. Morbidity and Mortality Weekly Report 46: 433-440, 1997.
[14]Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance -- United States, 1999. Morbidity and Mortality Weekly Report 49: 1-94, 2000.
[15]US Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General. Washington, DC: US Government Printing Office, 1994.
[16]Centers for Disease Control and Prevention. Accessibility to Minors of Cigarettes from Vending Machines – Broward County, Florida, 1996 Morbidity and Mortality Weekly Report 45: 1036-1038, 1996.
[17]Food and Drug Administration. Regulations Restricting the Sale and Distribution of Cigarettes and Smokeless Tobacco Products to Protect Children and Adolescents – Final Rule. Federal Register 61: 41, 314-375, 1996.
[18]Ross JC, Einhause KE, Hohenemser LK, Greene BZ, Kann L, Gold RS. School Health Policies Prohibiting Tobacco Use, Alcohol and Other Drug Use, and Violence. Journal of School Health 65: 333-338, 1995.

Table 2.1 Age When First Smoked Cigarettes

		Age when First Smoked a Whole Cigarette						
		Never smoked a cigarette	8 Years Old or Younger	9 or 10 Years Old	11 or 12 Years Old	13 or 14 Years Old	15 or 16 Years Old	17 Years Old or Older
Sex	Female	47.7%	2.5%	3.0%	12.9%	19.5%	12.4%	2.0%
	Male	49.2%	5.9%	6.1%	12.8%	17.1%	7.2%	1.7%
Age	14 Years Old or Younger	60.7%	6.4%	6.9%	12.5%	13.5%		
	15 Years Old	58.8%	4.3%	4.9%	10.1%	18.4%	3.4%	
	16 Years Old	44.8%	3.7%	5.9%	14.0%	19.6%	11.9%	
	17 Years Old	40.2%	3.9%	2.7%	15.3%	20.7%	15.1%	2.0%
	18 Years Old or Older	44.0%	4.1%	3.0%	11.2%	15.4%	13.6%	8.7%
Grade	9th Grade	59.0%	5.0%	5.8%	10.4%	17.0%	2.8%	
	10th Grade	50.6%	3.8%	5.0%	15.1%	16.4%	9.0%	
	11th Grade	40.0%	3.2%	3.9%	13.9%	24.1%	13.5%	1.5%
	12th Grade	42.4%	4.1%	3.1%	12.1%	16.1%	15.4%	6.7%
Race/ Ethnicity	Black or African American	56.2%	5.2%	3.8%	9.9%	14.2%	9.3%	1.4%
	Hispanic or Latino	41.1%	2.8%	6.4%	16.0%	17.5%	12.8%	3.4%
	White	47.7%	4.2%	4.2%	12.6%	20.3%	9.4%	1.6%
	Other	53.5%	4.4%	4.2%	15.3%	11.0%	8.9%	2.8%
Overall		48.5%	4.2%	4.5%	12.8%	18.3%	9.8%	1.9%

- Overall, the findings show that 51.5% of New Jersey high school students smoked at least one whole cigarette in their lifetime. Additionally, 8.7% of students were under 11 years old when they first smoked a whole cigarette and another 12.8% began smoking between 11 and 12 years of age (Table 2.1).
- In general, males (50.8%) and females (52.3%) were nearly equally likely to have smoked a cigarette in their lifetime; however males were more likely to smoke their first cigarette at a younger age than females. Twelve percent of males were under 11 years old when they first smoked compared to 5.5% of females.
- Hispanic students had the highest percentage who had smoked a whole cigarette (58.9%) followed by White (52.3%), Other race/ethnicity (46.5%), and Black students (43.8%). There were few differences between racial/ethnic groups regarding smoking before the age of 11.

Table 2.2 Number of Cigarettes Smoked Per Day

		Number of Cigarettes Smoked Per Day (last 30 days)						
		Did not smoke cigarettes	Less than 1 cigarette	1 cigarette	2 to 5 cigarettes	6 to 10 cigarettes	11 to 20 cigarettes	More than 20 cigarettes
Sex	Female	70.8%	4.3%	6.4%	11.9%	4.7%	1.3%	.6%
	Male	69.7%	4.4%	4.0%	11.6%	4.6%	3.5%	2.3%
Age	14 Years Old or Younger	79.6%	4.0%	4.2%	7.9%	1.7%	1.1%	1.5%
	15 Years Old	78.0%	3.6%	4.3%	7.3%	4.4%	1.4%	1.0%
	16 Years Old	67.3%	5.9%	5.6%	12.3%	5.2%	2.7%	1.0%
	17 Years Old	63.9%	5.3%	6.3%	15.7%	4.8%	2.9%	1.1%
	18 Years Old or Older	67.1%	1.7%	4.4%	13.7%	6.2%	3.4%	3.5%
Grade	9th Grade	78.9%	3.3%	3.9%	7.8%	4.0%	1.3%	.7%
	10th Grade	73.4%	5.8%	6.0%	7.4%	4.1%	2.0%	1.4%
	11th Grade	60.8%	5.1%	5.4%	18.7%	6.3%	2.4%	1.3%
	12th Grade	66.1%	3.3%	5.4%	14.1%	4.8%	3.8%	2.5%
Race/ Ethnicity	Black or African American	82.3%	4.8%	2.7%	5.1%	2.1%	.3%	2.7%
	Hispanic or Latino	65.2%	7.8%	6.2%	14.4%	4.3%	1.0%	1.1%
	White	68.1%	3.5%	6.0%	12.8%	5.6%	3.0%	1.1%
	Other	73.2%	4.8%	2.0%	9.6%	3.7%	3.8%	3.0%
Overall		70.2%	4.3%	5.1%	11.7%	4.7%	2.4%	1.5%

- Overall, 29.8% of all students smoked at least part of a cigarette per day in the last 30 days (Table 2.2). Only 3.9% of students said they smoked more than 10 cigarettes per day and another 4.7% said they smoked 6 to 10 cigarettes per day. Among student smokers, about a third (31.5%) said they only smoked one cigarette a day or less in that period. Fewer student smokers (13.1%) said they smoked more than 10 cigarettes a day in the past 30 days.
- There were no notable differences between the percentage of males (30.3%) and females (29.2%) who smoked in the last 30 days. However, male smokers were more likely to smoke over a half a pack a day (19.1%) as compared with female smokers (6.5%).
- Generally, students older than 16 smoked more cigarettes per day than younger students, while 18 year-olds (6.9%) were more likely to smoke half a pack per day than were all other students.
- Hispanic (34.8%) and White students (31.9%) were more likely to smoke in the past 30 days than Black (17.7%) or Other students (26.8%). However, among smokers, students of Other race/ethnicity were the most likely to smoke more than a half a pack a day (25.4%), and Hispanic students, who have the highest percentage of reporting smoking at least part of a cigarette each day, were the least likely to smoke over a half a pack a day (6.0%).

Table 2.3 Number of Days Smoking Cigarettes

		Number of Days Smoked Cigarettes (last 30 days)						
		0 Days	1 or 2 Days	3 to 5 Days	6 to 9 Days	10 to 19 Days	20 to 29 Days	All 30 Days
Sex	Female	71.1%	5.4%	4.6%	1.5%	3.6%	3.1%	10.7%
	Male	70.3%	4.6%	3.4%	3.3%	2.6%	3.7%	12.0%
Age	14 Years Old or Younger	79.6%	5.1%	3.4%	1.9%	2.8%	.6 %	6.5%
	15 Years Old	78.2%	5.0%	2.8%	1.8%	1.7%	2.7%	7.8%
	16 Years Old	67.7%	5.8%	4.3%	3.5%	3.1%	2.7%	12.9%
	17 Years Old	64.5%	5.0%	5.9%	3.1%	4.5%	5.1%	12.0%
	18 Years Old or Older	67.9%	3.6%	2.9%	.7 %	3.5%	4.9%	16.6%
Grade	9th Grade	79.1%	5.5%	2.7%	2.1%	1.3%	1.7%	7.7%
	10th Grade	73.5%	5.6%	4.0%	2.2%	2.6%	2.5%	9.6%
	11th Grade	61.7%	4.5%	4.6%	4.4%	5.6%	5.0%	14.2%
	12th Grade	66.6%	4.3%	5.0%	.9	3.4%	5.0%	14.8%
Race/ Ethnicity	Black or African American	82.6%	5.3%	1.3%	.8 %	1.5%	1.2%	7.3%
	Hispanic or Latino	66.5%	5.7%	5.0%	5.7%	2.6%	4.0%	10.6%
	White	68.3%	4.8%	4.7%	1.9%	3.8%	4.2%	12.2%
	Other	74.3%	5.4%	2.2%	1.4%	2.1%	.7	13.8%
Overall		70.6%	5.0%	4.0%	2.4%	3.1%	3.4%	11.5%

- Overall, 29.4% of New Jersey students reported smoking on at least one of the last 30 days and 11.5% of students were daily smokers. Therefore, among smoking students, about 4-in-10 reported being daily smokers (39.1%), while another third (30.6%) smoked rather infrequently (1 to 5 days) (Table 2.3).
- While a similar number of males and females reported smoking in the past 30 days, male smokers (40.4%) were slightly more likely to be daily smokers in that period than were female smokers (37.0%).
- Among smokers, 18 year-old students (51.7%) were more likely than all other age groups to smoke daily. The percentage of daily smokers in the other age groups ranged from a low of 31.9% for students 14 and younger to a high of 39.9% for 16 year-olds.
- While Hispanic students were most likely to have smoked in the past 30 days (33.5%), they were least likely to be daily smokers. Among smokers, those of Other racial backgrounds (53.7%) were more likely to be daily smokers than were Black (41.9%), White (38.5%) or Hispanic students (31.6%).

Table 2.4 How Students Recently Acquired Cigarettes

		How Cigarettes Were Acquired (last 30 days)							
		Did not smoke cigarettes	Store or gas station	Vending machine	Someone else bought them	Borrowed/ bummed them	A person 18 or older	Took them from store/ family	Some other wa
Sex	Female	70.9%	11.3%		5.2%	8.6%	2.0%	.5%	1.5%
	Male	69.9%	15.7%	.7%	3.2%	5.4%	1.6%	1.2%	2.4%
Age	14 Years Old or Younger	79.9%	5.6%		3.6%	7.2%	1.3%	1.2%	1.2%
	15 Years Old	78.4%	5.2%	.3%	4.8%	5.0%	2.4%	1.3%	2.7%
	16 Years Old	67.4%	12.9%	.5%	6.3%	7.5%	2.9%	1.0%	1.6%
	17 Years Old	64.1%	18.1%	.6%	3.4%	10.2%	.7%	.6%	2.4%
	18 Years Old or Older	67.2%	25.3%		1.2%	4.3%	.7%	.4%	.9%
Grade	9th Grade	79.2%	4.9%	.3%	5.1%	5.3%	2.0%	1.0%	2.2%
	10th Grade	73.7%	8.9%	.5%	3.5%	7.7%	2.5%	1.2%	2.0%
	11th Grade	61.1%	18.5%	.4%	6.9%	9.1%	1.6%	.8%	1.6%
	12th Grade	66.0%	24.0%	.2%	1.0%	5.9%	.8%	.5%	1.5%
Race/ Ethnicity	Black or African American	81.9%	10.4%	.3%	1.7%	2.8%	.4%	.6%	1.9%
	Hispanic or Latino	65.3%	14.2%		4.8%	9.8%	2.2%	1.4%	2.2%
	White	68.4%	14.2%	.3%	4.8%	7.7%	1.9%	.8%	1.9%
	Other	73.9%	11.6%	.5%	3.7%	5.8%	1.3%	1.1%	2.0%
Overall		70.4%	13.6%	.3%	4.2%	7.0%	1.8%	.9%	1.9%

- In the last 30 days, the most common ways for students to acquire cigarettes was from stores or gas stations (13.6%), from borrowing or bumming them (7.0%), and having someone else buy them (4.2%) (Table 2.4). It is less likely for students to use vending machines (0.3%), to ask someone 18 or older to acquire them (1.8%), to take them from a store or family member (0.9%), or to find some other way to acquire them (1.9%).
- Overall, both males (15.7%) and females (11.3%) most often acquired cigarettes from stores or gas stations, although females (13.8%) were more likely to borrow or bum cigarettes or to have someone else buy them for them than males (8.6%).
- In general, older students used stores or gas stations as the primary means of acquiring cigarettes. A quarter (25.3%) of 18 year-olds and older, 18.1% of 17 year-olds, and 12.9% of 16 years olds got cigarettes from stores or gas stations in the last 30 days. However, borrowing or bumming cigarettes is a common way of getting cigarettes for all age groups and most notably 14 year-olds or younger (7.2%), 16 year-olds (7.5%), and 17 year-olds (10.2%).
- All racial groups followed similar patterns in that the most common method of acquiring cigarettes was from stores or gas stations, with borrowing or bumming cigarettes being the second most common method for each group.

HEALTHY NEW JERSEY 2010 GOAL

Decrease the percentage of public high school students who say they are currently smoking to: 26.0% of ALL high school students; 26.0% for White non-Hispanic high school students; 15.0% for Black non-Hispanic high school students; and 26.0% for Hispanic high school students.

2001 NEW JERSEY YRBS RESULTS

All high school students (29%), White (non-Hispanic) high school students (32%), Black (non-Hispanic) high school students (17%) and Hispanic high school students (35%) exceeded the goal set for their racial/ethnic group.

Cigarette Use: 1995 vs. 2001

- Overall, the percentage of New Jersey high school student smokers has decreased from 36% in 1995 to 29% in 2001. Accordingly, the number of students who reported being daily smokers decreased from 15% in 1995 to 11% in 2001. In addition, students smoked fewer cigarettes per day in 2001 than in 1995 with 13% smoking 6 or more cigarettes in 1995 as compared to 9% smoking 6 or more in 1995. Also, the number of students who had ever tried cigarettes decreased from 70% in 1995 to 63% in 2001.

Chewing Tobacco Use

In addition to cigarette smoking, the New Jersey Youth Risk Behavior Survey includes questions on tobacco products such as chewing tobacco and cigars. These questions measure smokeless tobacco use, smokeless tobacco use on school property, and cigar use. Smokeless tobacco has been associated with leukoplakia, oral cancers, tooth and gum disease, and cardiovascular disease.[19] Smokeless tobacco use primarily begins in early adolescence.[20] Between 1970 and 1986, the prevalence of snuff use increased 15 times and chewing tobacco use increased four times among men aged 17-19.[21]

Table 2.5 Number of Days Chewing Tobacco

		Chewed Tobacco (last 30 days)						
		0 Days	*1 or 2 Days*	*3 to 5 Days*	*6 to 9 Days*	*10 to 19 Days*	*20 to 29 Days*	*All 30 Days*
Sex	*Female*	**98.4%**	**.8%**	**.5%**	**.1%**	**.1%**		**.3%**
	Male	**87.3%**	**4.1%**	**2.6%**	**1.6%**	**.8%**	**.6%**	**3.1%**
Age	*14 Years Old or Younger*	**93.9%**	**1.2%**	**1.6%**	**1.2%**	**.3%**		**1.8%**
	15 Years Old	**93.9%**	**2.2%**	**2.0%**	**.5%**	**.3%**	**.4%**	**.8%**
	16 Years Old	**91.0%**	**3.3%**	**.8%**	**1.2%**	**.5%**	**.6%**	**2.6%**
	17 Years Old	**93.0%**	**2.4%**	**1.6%**	**.6%**	**.5%**	**.1%**	**1.7%**
	18 Years Old or Older	**94.0%**	**1.8%**	**1.9%**	**.5%**	**.4%**		**1.3%**
Grade	*9th Grade*	**94.3%**	**1.4%**	**2.3%**	**.4%**	**.2%**	**.3%**	**1.1%**
	10th Grade	**91.6%**	**4.4%**	**.2%**	**1.3%**	**.2%**	**.5%**	**1.8%**
	11th Grade	**92.7%**	**1.4%**	**2.1%**	**.7%**	**.9%**	**.3%**	**1.9%**
	12th Grade	**93.4%**	**2.5%**	**1.4%**	**.8%**	**.3%**		**1.6%**
Race/ Ethnicity	*Black or African American*	**93.8%**	**1.6%**	**2.9%**	**.8%**			**.9%**
	Hispanic or Latino	**95.3%**	**1.8%**	**.2%**	**.1%**	**.5%**	**.4%**	**1.7%**
	White	**92.4%**	**2.8%**	**1.5%**	**.9%**	**.5%**	**.3%**	**1.6%**
	Other	**93.7%**		**.9%**	**1.4%**	**.3%**	**1.4%**	**2.4%**
Overall		**92.9%**	**2.4%**	**1.5%**	**.8%**	**.4%**	**.3%**	**1.7%**

[19]Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General. Washington, DC: US Government Printing Office, 1994.
[20]US Department of Health and Human Services. Spit Tobacco and Youth. Office of Inspector General. Publication No. OEI 06-92-00500, 1992.
[21]US Department of Health and Human Services. Preventing Tobacco Use among Young People: A Report of the Surgeon General. Washington, DC: US Government Printing Office, 1994.

- Less than 1-in-10 students (7.1%) used chewing tobacco in the past 30 days with 3.9% of students having used chewing tobacco between 1 and 5 days; 1.5% of students chewed tobacco between 6 and 29 days; and nearly an equal number (1.7%) of students chewed tobacco daily (Table 2.5). Therefore, a quarter of those students (23.9%) who chew tobacco did so on a daily basis.
- Males chewed tobacco significantly more than females (12.7% of males as compared to 1.6% of females).
- Sixteen year-olds (9.0%) and White students (7.6%) had the highest overall percentages of chewing tobacco use in the past 30 days, while Hispanic students used it the least (4.7%). The other ages, grades, and races were generally lower and showed little notable differences from one another.

Chewing Tobacco Use: 1995 vs. 2001

- The use of chewing tobacco in the last 30 days decreased from 9% in 1995 to 7% in 2001.

CHAPTER 3

VEHICLE INJURY PREVENTION

The New Jersey Youth Risk Behavior Survey includes a series of questions on unintentional injuries and violence related to: helmet use, seat belt use, drinking and driving, carrying weapons, physical fights, and suicide.

Automobile Seatbelt Use

The YRBS question on seat belt use measures the frequency with which students wear seat belts when riding in a car driven by someone else. Use of seat belts is estimated to reduce the risk of a fatal motor vehicle injury by 45% and moderate to critical injuries by 50%.[22] Motor vehicle crash injuries are the leading cause of death among youth aged 15-24 in the United States.[23]

- Overall, 15.0% of New Jersey high school students never (5.7%) or rarely (9.3%) used seatbelts in cars driven by someone else, while more than two-thirds of students reported using them either most of the time (28.8%) or always (39.1%) (Table 3.1).
- Nearly a fifth of males (19.7%) reported never or rarely using seatbelts while only 10.1% of females reported never or rarely using seatbelts. Accordingly, nearly three quarters of females use seatbelts most of the time or always (73.5%) while only 62.5% of males do so.
- The findings show that seatbelt use tended to increase with age, although these figures were not straightforward. While students 17 and older were most likely to always wear a seatbelt; those students 18 and over were also most likely to never use a seatbelt.
- Black (20.7%) and Hispanic students (20.9%) were nearly equally as likely to never or rarely use a seatbelt and White students were the least likely to have used their seatbelt this infrequently (11.7%).

Table 3.1 Seat Belt Use

		Seat Belt Use (when another drives)				
		Never	*Rarely*	*Sometimes*	*Most of the time*	*Always*
Sex	*Female*	**2.9%**	**7.2%**	**16.4%**	**30.4%**	**43.1%**
	Male	**8.2%**	**11.5%**	**17.8%**	**27.3%**	**35.2%**
Age	*14 Years Old or Younger*	**5.8%**	**10.2%**	**19.1%**	**34.1%**	**30.8%**
	15 Years Old	**4.0%**	**9.0%**	**19.8%**	**32.1%**	**35.2%**
	16 Years Old	**7.0%**	**9.9%**	**19.1%**	**29.8%**	**34.2%**
	17 Years Old	**4.7%**	**9.0%**	**13.2%**	**26.0%**	**47.1%**
	18 Years Old or Older	**7.3%**	**8.6%**	**14.6%**	**23.5%**	**45.9%**
Grade	*9th Grade*	**4.6%**	**8.7%**	**19.9%**	**32.4%**	**34.4%**
	10th Grade	**5.9%**	**10.1%**	**21.1%**	**30.0%**	**32.9%**
	11th Grade	**6.0%**	**9.8%**	**14.2%**	**26.2%**	**43.8%**
	12th Grade	**6.0%**	**8.5%**	**12.6%**	**25.7%**	**47.1%**
Race/ Ethnicity	*Black or African American*	**9.6%**	**11.1%**	**23.4%**	**24.6%**	**31.3%**
	Hispanic or Latino	**7.1%**	**13.8%**	**21.0%**	**25.9%**	**32.2%**
	White	**3.8%**	**7.9%**	**14.9%**	**30.9%**	**42.4%**
	Other	**7.9%**	**8.8%**	**15.7%**	**27.9%**	**39.6%**
Overall		**5.7%**	**9.3%**	**17.1%**	**28.8%**	**39.1%**

[22]National Highway Traffic Safety Administration. Final Regulatory Impact Analysis: Amendment of FMVSS No. 208 – Passenger Car Front Seat Occupant Protection. Washington DC: US Department of Transportation, 1984.
[23]Murphy SL. Deaths: Final Data for 1988. National Vital Statistics Reports 2000 48 (11): 1-108.

Seatbelt Use: 1995 vs. 2001

- There was an overall increase in seatbelt use from 1995 to 2001. In 2001, 39% of New Jersey high school students reported to always wear seatbelts in cars driven by someone else as compared to 30% in 1995; and the percentage of students who wore their seatbelts either always or most of the time increased from 57% to 68% in the same period.

HEALTHY NEW JERSEY 2010 GOAL

There is no goal established concerning adolescent use of seat belts. The adult goal is to Increase the percentage of persons 18 and over who use seat belts in automobiles to 85%.

2001 NEW JERSEY YRBS RESULTS

67.9% of New Jersey students wear their seatbelts either always (39.1%) or most of the time (28.8%), falling short of the objective set for adults.

Drinking and Driving

Approximately 30% of all motor vehicle crashes that result in injury involve alcohol,[24] and motor vehicle crashes are the leading cause of death among youth aged 15-24 in the United States.[25] The percentage of fatalities and injuries that occur in alcohol-involved motor vehicle crashes is 41% and 20%, respectively.[26] The two YRBS questions on drinking and driving behavior measure the frequency with which students drive or ride as a passenger in a motor vehicle operated under the influence of alcohol or drugs.

Table 3.2 Rode in a Car with a Driver Who Had Been Drinking

		Rode in a Car with a Driver Who Had Been Drinking (last 30 days)				
		0 times	*1 times*	*2 or 3 times*	*4 or 5 times*	*6 or more times*
Sex	*Female*	**71.0%**	**12.9%**	**12.0%**	**2.0%**	**2.1%**
	Male	**68.3%**	**11.4%**	**9.1%**	**2.4%**	**8.8%**
Age	*14 Years Old or Younger*	**78.4%**	**6.0%**	**8.9%**	**2.1%**	**4.6%**
	15 Years Old	**76.7%**	**8.9%**	**9.8%**	**2.0%**	**2.6%**
	16 Years Old	**65.5%**	**13.4%**	**12.2%**	**2.2%**	**6.8%**
	17 Years Old	**67.1%**	**14.6%**	**10.7%**	**2.3%**	**5.4%**
	18 Years Old or Older	**64.4%**	**14.7%**	**9.9%**	**2.4%**	**8.6%**
Grade	*9th Grade*	**78.5%**	**8.9%**	**7.9%**	**1.6%**	**3.1%**
	10th Grade	**68.6%**	**11.9%**	**11.6%**	**2.1%**	**5.8%**
	11th Grade	**62.6%**	**16.0%**	**12.3%**	**3.2%**	**5.8%**
	12th Grade	**67.5%**	**12.3%**	**10.8%**	**1.9%**	**7.5%**
Race/ Ethnicity	*Black or African American*	**69.1%**	**9.7%**	**8.7%**	**2.0%**	**10.4%**
	Hispanic or Latino	**58.9%**	**14.1%**	**18.2%**	**4.2%**	**4.6%**
	White	**71.6%**	**13.0%**	**10.0%**	**1.8%**	**3.7%**
	Other	**74.9%**	**7.6%**	**4.4%**	**2.2%**	**10.9%**
Overall		**69.6%**	**12.1%**	**10.6%**	**2.2%**	**5.5%**

[24]Centers for Disease Control and Prevention. Involvement by Young Drivers in Fatal Motor-Vehicle Crashes—United States, 1988-1995. Morbidity and Mortality Weekly Report 45: 1049-1053, 1996.
[25]Murphy SL. Deaths: Final Data for 1988. National Vital Statistics Reports 2000 48 (11): 1-108.
[26]National Highway Traffic Safety Administration. The Economic Costs of Motor Vehicle Crashes, 1994. Washington DC: US Department of Transportation, 1995.

- During the past 30 days, 30.4% of the students rode in a vehicle with someone who had been drinking; and 5.5% of students rode in a car with a driver who had been drinking on 6 or more occasions in this period (Table 3.2).
- Within the last 30 days, males (31.7%) were only slightly more likely than females (29.0%) to ride with drinking drivers. However, males were over four times as likely as females to have done so 6 or more times in the past 30 days (8.8% for males as compared to 2.1% for females).
- Older students tend to be more likely to ride in cars with drinking drivers than younger students. Over a third of 18 year-olds (35.6%) rode in cars with drinking drivers at least once in the past 30 days as opposed to 21.6% of the students 14 years old or younger. Also, older students rode with drinking drivers more often than younger students: 8.6% of students 18 years old or older were passengers in a car with a drinking driver 6 or more times as compared to 2.6% of 15 year-old students and 4.6% of those 14 and under.
- Hispanic students (41.1%) have the highest percentages overall of riding with drinking drivers of all racial and ethnic categories. However, Black students (10.4%) and those of Other racial/ethnic descent (10.9%) were the most likely to do so 6 or more times.

Riding in a Car with a Driver Who Had Been Drinking: 1995 vs. 2001

- The percentage of students in a 30-day period riding with a driver who had been drinking was unchanged between 1995 and 2001 and remains at approximately 30%.

Table 3.3 Driving a Vehicle After Drinking Alcohol

		Drove Car or Other Vehicle When Drinking Alcohol (last 30 days)				
		0 times	*1 times*	*2 or 3 times*	*4 or 5 times*	*6 or more times*
Sex	*Female*	**90.5%**	**5.4%**	**2.7%**	**0.5%**	**0.9%**
	Male	**83.6%**	**4.2%**	**5.3%**	**1.9%**	**4.9%**
Age	*14 Years Old or Younger*	**93.0%**	**2.1%**	**2.1%**	**0.9%**	**1.8%**
	15 Years Old	**92.5%**	**3.3%**	**2.5%**	**0.2%**	**1.5%**
	16 Years Old	**87.6%**	**4.0%**	**3.3%**	**1.5%**	**3.5%**
	17 Years Old	**82.7%**	**7.8%**	**5.1%**	**0.8%**	**3.6%**
	18 Years Old or Older	**80.8%**	**5.6%**	**6.8%**	**3.3%**	**3.6%**
Grade	*9th Grade*	**92.0%**	**2.8%**	**2.5%**	**0.9%**	**1.8%**
	10th Grade	**89.6%**	**3.5%**	**3.4%**	**1.1%**	**2.6%**
	11th Grade	**84.5%**	**7.1%**	**3.6%**	**0.7%**	**4.1%**
	12th Grade	**81.1%**	**6.5%**	**7.0%**	**2.6%**	**2.9%**
Race/ Ethnicity	*Black or African American*	**88.9%**	**2.5%**	**3.2%**	**2.1%**	**3.3%**
	Hispanic or Latino	**87.5%**	**6.6%**	**3.4%**	**1.0%**	**1.4%**
	White	**87.0%**	**5.1%**	**4.3%**	**1.0%**	**2.6%**
	Other	**85.3%**	**4.0%**	**2.7%**	**1.9%**	**6.0%**
Overall		**87.0%**	**4.8%**	**4.0%**	**1.3%**	**2.9%**

- Overall, 13.0% of students said they drove a car or other vehicle after they had been drinking alcohol in the past 30 days; 4.8% said they drove a vehicle after using alcohol only once while 8.2% said they did so more than once. (Table 3.3).
- Males (16.4%) were more likely than females (9.5%) to have drove a vehicle after drinking alcohol in the past 30 days.
- Almost one-fifth of 18 year-olds (19.2%) and 17 year-olds (17.3%) said they drove after drinking alcohol in the past 30 days.

Table 3.4 Motorcycle Helmet Use

		Use of Helmet While Riding a Motorcycle (last 12 months)					
		Rode a motorcycle	*Never wore a helmet*	*Rarely wore a helmet*	*Sometimes wore a helmet*	*Most of the time wore a helmet*	*Always wore a helmet*
Sex	*Female*	**13.9%**	**10.0%**	**6.0%**	**4.7%**	**7.1%**	**72.3%**
	Male	**27.5%**	**25.1%**	**8.0%**	**8.7%**	**10.3%**	**47.9%**
Age	*14 Years Old or Younger*	**22.7%**	**24.8%**	**7.7%**	**3.3%**	**10.6%**	**53.5%**
	15 Years Old	**21.7%**	**14.1%**	**9.4%**	**6.8%**	**13.8%**	**55.9%**
	16 Years Old	**20.7%**	**22.1%**	**5.8%**	**5.4%**	**8.7%**	**58.1%**
	17 Years Old	**19.3%**	**22.3%**	**5.2%**	**9.5%**	**5.2%**	**57.7%**
	18 Years Old or Older	**20.8%**	**22.1%**	**9.0%**	**10.5%**	**7.6%**	**50.7%**
Grade	*9th Grade*	**24.0%**	**14.7%**	**7.9%**	**4.3%**	**15.7%**	**57.5%**
	10th Grade	**20.3%**	**21.9%**	**9.4%**	**10.0%**	**6.9%**	**51.8%**
	11th Grade	**20.7%**	**22.8%**	**5.8%**	**6.6%**	**3.8%**	**61.0%**
	12th Grade	**16.8%**	**23.3%**	**5.6%**	**10.1%**	**7.4%**	**53.7%**
Race/ Ethnicity	*Black or African American*	**18.3%**	**22.6%**	**10.0%**	**12.9%**	**4.1%**	**50.3%**
	Hispanic or Latino	**21.2%**	**31.0%**	**7.3%**	**13.5%**	**8.1%**	**40.1%**
	White	**20.8%**	**14.0%**	**6.1%**	**5.2%**	**10.5%**	**64.1%**
	Other	**22.7%**	**45.0%**	**15.4%**	**1.4%**	**13.7%**	**24.5%**
Overall		**20.7%**	**20.4%**	**7.3%**	**7.3%**	**9.2%**	**55.8%**

Note: Table 3.4 reflects percentages for only those students riding a motorcycle—NOT of the entire student sample. Those not riding a motorcycle in the last 12 months are in the majority and can be determined by taking 100 – (rode a motorcycle%).

- Overall, 20.7% of students said they rode a motorcycle in the last 12 months. Of these motorcycle riders, over a quarter either never (20.4%) or rarely (7.3%) wore helmets while a slight majority (55.8%) said they always wore helmets (Table 3.4).
- Males were less likely to wear a helmet than females. A quarter of males (25.1%) reported never wearing a helmet while only 10.0% of females never wore helmets. Likewise, 72.3% of female students reported always wearing a helmet as compared to 54.9% of male students.
- Students did not differ greatly by age, though those 18 years old or older (50.7%) were slightly less likely to always wear helmets than their younger peers.
- Students of Other race/ethnic descent had the highest percentage of never wearing a helmet (45.0%) and lowest percentage of always wearing a helmet (24.5%). White students had the lowest percentage of never wearing a helmet (14.0%) and the highest percentage of always wearing a helmet (64.1%).

HEALTHY PEOPLE 2010 NATIONAL GOAL[27]

Increase the proportion of motorcyclists using a helmet to 79%.

2001 NEW JERSEY YRBS RESULTS

55.8% of New Jersey students who ride a motorcycle always wear their helmet while another 9.4% report doing so most of the time, falling short of the objective.

Bicycle Helmet Use

Head injury is the leading cause of death in motorcycle and bicycle crashes.[28] [29] Motorcyclists who do not wear helmets are more likely to incur a fatal head injury and three times more likely to incur a nonfatal head injury than helmeted riders.[30] Bicycle helmets substantially reduce the risk for serious head injuries during bicycle-related crashes.[31] The two YRBS questions on helmet use measure the frequency of helmet use while riding motorcycles and bicycles.

Table 3.5 Bicycle Helmet Use

		Use of Helmet While Riding a Bicycle (last 12 months)					
		Rode a bicycle	*Never wore a helmet*	*Rarely wore a helmet*	*Sometimes wore a helmet*	*Most of the time wore a helmet*	*Always wore a helmet*
Sex	*Female*	**62.0%**	**74.9%**	**9.4%**	**6.3%**	**2.6%**	**6.7%**
	Male	**79.5%**	**82.6%**	**6.4%**	**3.7%**	**2.5%**	**4.9%**
Age	*14 Years Old or Younger*	**85.2%**	**69.0%**	**10.7%**	**9.1%**	**2.8%**	**8.5%**
	15 Years Old	**79.2%**	**70.6%**	**12.0%**	**6.9%**	**2.7%**	**7.8%**
	16 Years Old	**74.9%**	**85.3%**	**4.3%**	**4.5%**	**2.3%**	**3.7%**
	17 Years Old	**61.1%**	**82.3%**	**7.4%**	**2.4%**	**1.8%**	**6.0%**
	18 Years Old or Older	**57.4%**	**87.0%**	**4.8%**	**1.6%**	**3.6%**	**3.0%**
Grade	*9th Grade*	**80.6%**	**68.6%**	**11.4%**	**8.7%**	**2.9%**	**8.4%**
	10th Grade	**76.6%**	**82.8%**	**6.6%**	**3.9%**	**2.2%**	**4.5%**
	11th Grade	**66.8%**	**82.6%**	**5.9%**	**3.9%**	**1.8%**	**5.8%**
	12th Grade	**56.2%**	**87.6%**	**5.5%**	**.7%**	**3.7%**	**2.4%**
Race/ Ethnicity	*Black or African American*	**69.7%**	**86.3%**	**6.5%**	**3.5%**	**1.7%**	**2.1%**
	Hispanic or Latino	**69.7%**	**87.5%**	**4.5%**	**3.1%**	**1.1%**	**3.8%**
	White	**71.5%**	**75.5%**	**8.6%**	**5.6%**	**3.1%**	**7.2%**
	Other	**66.1%**	**80.2%**	**10.5%**	**3.7%**	**1.7%**	**4.0%**
Overall		**70.7%**	**79.1%**	**7.7%**	**4.8%**	**2.6%**	**5.7%**

Note: Table 3.5 reflects percentages for only those students riding a bicycle—NOT of the entire student sample. Those not riding a bicycle in the last 12 months can be determined by taking 100 – (rode a bicycle%).

[27]In instances where Healthy New Jersey 2010 does not provide a goal, this report provides the national goal established in the document Healthy People 2010 (Second Edition), U.S. Department of Health and Human Services.

[28]Centers for Disease Control and Prevention. Injury-Control Recommendations: Bicycle Helmets. Morbidity and Mortality Weekly Report 44: 1-17, 1995.

[29]Sosin DS, Sacks JJ Homgreen P. Head Injury Associated Deaths from Motorcycle Crashes: Relationship to Helmet-use Laws. Journal of the American Medical Association 264: 2395-2399, 1992.

[30]Johnson RM, McCarthy MC, Miller SF, Peoples JB. Craniofacial Trauma in Injured Motorcyclists: The Impact of Helmet Usage. Journal of Trauma 38: 876-878, 1995.

[31]National Highway Traffic Safety Administration. Final Regulatory Impact Analysis: Amendment of FMVSS No. 208 – Passenger Car Front Seat Occupant Protection. Washington DC: US Department of Transportation, 1984.

- Overall, of the 70.7% of the total sample of New Jersey students riding bicycles in the last 12 months, 79.1% never wore helmets and only 8.3% of students wore a helmet most of the time or always (Table 3.5).
- Although more males (79.5%) than females (62.0%) rode bicycles in the last 12 months, males were less likely to wear a helmet than females. More than 8-in-ten of male bikers (82.6%) never wore a helmet as compared to 74.9% of female bikers. Also, a slightly larger percentage of females were more likely than males to wear a helmet most of the time or always (9.3% for females as compared to 7.4% for males).
- Older students were less likely to ride a bike and less likely to wear a helmet; 87.0% of bikers 18 years old or older never wore a helmet and only 6.6% of them wore a helmet always or most of the time. To the contrary, only 69.0% of students 14 years old or younger never wore a helmet and 11.3% of them most of the time or always used a helmet.
- Hispanic (87.5%) and Black students (86.3%) were more likely to never wear a helmet while riding a bike than were White (75.5%) or Other students (80.2%).

Helmet Use: 1995 vs. 2001

- Compliance with wearing a helmet while riding a motorcycle in the last 12 months increased from 1995 to 2001; the percentage of students who always wore a helmet rose from 47% in 1995 to 56% in 2001. Similarly, the percentage of bike-riding students who always wore a helmet when riding a bike in the last 12 months increased to 6% in 2001 as compared with 3% in 1995.

CHAPTER

4

WEAPONS, PERSONAL SAFETY, AND ATTEMPTED SUICIDE

Weapons

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.[32] Homicide is the second leading cause of death among all youth aged 15-24 (14.8 per 100,000) and is the leading cause of death among Black youth aged 15-24 (54.7 per 100,000).[33] During adolescence, homicide rates increase substantially from a negligible rate of 1.5 per 100,000 in youth aged 5-14 to 20.3 per 100,000 in youth aged 15-24.[34] Firearms markedly elevate the severity of the health consequences of violent behavior.[35] Firearm-related homicide and firearm-related suicide accounted for 44% and 51%, respectively, of all firearm injury deaths in 1995; while unintentional firearm-related fatalities also are a critical problem among children and young adults in the United States.[36] The five YRBS questions on weapons measure violence-related behaviors and school-related violent behaviors.

- Overall, 13.1% of students reported carrying a weapon such as a gun, knife or club in the past 30 days; and 6.4% of all students carried one on 6 or more days. Hence, of those who did carry a weapon, nearly half (48.8%) carried one for 6 or more days in the past month (Table 4.1).
- Overall, males (20.7%) were more likely to carry weapons than females (5.5%). Likewise, 9.9% of males carried weapons for 6 or more days as compared to 2.8% of females.

Table 4.1 Carrying Any Weapon

		Carried Any Weapon (last 30 days)				
		0 days	*1 day*	*2 or 3 days*	*4 or 5 days*	*6 or more days*
Sex	*Female*	**94.5%**	**1.2%**	**1.3%**	**.3%**	**2.8%**
	Male	**79.3%**	**3.5%**	**5.8%**	**1.5%**	**9.9%**
Age	*14 Years Old or Younger*	**90.8%**	**3.0%**	**1.9%**	**.3%**	**3.9%**
	15 Years Old	**86.8%**	**3.0%**	**4.1%**	**1.3%**	**4.8%**
	16 Years Old	**87.8%**	**2.4%**	**3.1%**	**.5%**	**6.2%**
	17 Years Old	**85.7%**	**1.4%**	**3.1%**	**1.2%**	**8.6%**
	18 Years Old or Older	**85.2%**	**2.1%**	**4.8%**	**.6%**	**7.2%**
Grade	*9th Grade*	**88.4%**	**3.0%**	**3.6%**	**1.0%**	**4.0%**
	10th Grade	**85.7%**	**3.1%**	**3.5%**	**1.0%**	**6.7%**
	11th Grade	**86.4%**	**2.0%**	**2.8%**	**1.0%**	**7.8%**
	12th Grade	**87.4%**	**1.0%**	**4.2%**	**.4%**	**7.1%**
Race/ Ethnicity	*Black or African American*	**79.4%**	**3.5%**	**4.9%**	**.8%**	**11.4%**
	Hispanic or Latino	**84.5%**	**3.2%**	**3.4%**	**1.6%**	**7.3%**
	White	**90.2%**	**1.9%**	**2.9%**	**.8%**	**4.2%**
	Other	**79.3%**	**2.1%**	**7.0%**	**.3%**	**11.3%**
Overall		**86.9%**	**2.3%**	**3.5%**	**.9%**	**6.4%**

[32]Baker SP, O'Neill B, Ginsburg MJ, Li G. The Injury Fact Book. New York: Oxford University Press, 1992.
[33]Murphy SL. Deaths: Final Data for 1988. National Vital Statistics Reports 2000 48 (11): 1-108.
[34]National Center for Health Statistics. Births and Deaths: United States, 1996. Monthly Vital Statistics Report 46 (1, supplement 2), 1997.
[35]Rosenberg ML, O'Carroll PW, Powell KE. Let's be Clear. Violence is a Public Health Problem. Journal of the American Medical Association 267: 3071-3072, 1992.
[36]National Center for Health Statistics. Births and Deaths: United States, 1996. Monthly Vital Statistics Report 46 (1, supplement 2), 1997.

- Generally, the ages or grade levels of students did not show notable differences in whether weapons were carried by the students. In fact, seniors (12.6%) were slightly less likely than sophomores (14.3%) to carry a weapon, yet students18 and older (14.8%) were slightly more likely than 16 year-olds (12.2%) to do so.
- Students of Other racial/ethnic backgrounds (20.7%) and Black students (20.6%) were more likely to carry a weapon in the last 30 days than White (9.8%) or Hispanic students (15.5%). Black (11.4%) and Other students (11.3%) were also most likely to carry a weapon on 6 or more days.

Carrying Any Weapon: 1995 vs. 2001

- In 2001, fewer New Jersey high school students carried weapons than in 1995. In 2001, 13% of the students carried some type of weapon in the past 30 days compared with 18% of the students in 1995.

Physical Fights

Physical fighting is an antecedent for many fatal and nonfatal injuries.[37] During 1999, students ages 12-18 were victims of 880,000 nonfatal violent crimes at school.[38] Nearly 60% of adolescents report at least one episode of dating violence,[39] while 20% report they had experienced forced sex.[40] Forced sex has been associated with increased risk of chronic diseases and other health problems.[41 42] The five YRBS questions on physical fights measure the frequency and severity of physical fights, school-related fights, and abusive behavior.

Table 4.2 Involved in a Physical Fight

		Involved in a Physical Fight (last 12 months)							
		0 times	*1 time*	*2 or 3 times*	*4 or 5 times*	*6 or 7 times*	*8 or 9 times*	*10 or 11 times*	*12 or more times*
Sex	*Female*	**75.2%**	**13.1%**	**6.2%**	**2.4%**	**.8%**	**.4%**	**.1%**	**1.8%**
	Male	**55.3%**	**17.1%**	**12.5%**	**4.5%**	**2.3%**	**1.1%**	**.6%**	**6.5%**
Age	*14 Years Old or Younger*	**65.0%**	**14.5%**	**8.6%**	**3.4%**	**2.1%**	**.5%**	**.3%**	**5.6%**
	15 Years Old	**66.0%**	**14.8%**	**10.8%**	**3.0%**	**1.8%**	**.8%**	**.3%**	**2.5%**
	16 Years Old	**65.6%**	**15.2%**	**8.2%**	**3.3%**	**1.2%**	**1.0%**	**.8%**	**4.6%**
	17 Years Old	**63.3%**	**17.5%**	**8.9%**	**3.7%**	**1.4%**	**.8%**	**.2%**	**4.1%**
	18 Years Old or Older	**67.3%**	**12.1%**	**9.8%**	**3.7%**	**1.4%**	**.5%**		**5.2%**
Grade	*9th Grade*	**64.4%**	**15.5%**	**10.6%**	**3.1%**	**1.7%**	**.6%**	**.3%**	**3.8%**
	10th Grade	**65.6%**	**14.4%**	**8.4%**	**4.1%**	**1.6%**	**1.3%**	**.5%**	**4.2%**
	11th Grade	**64.5%**	**15.6%**	**8.5%**	**4.2%**	**1.4%**	**1.0%**	**.7%**	**4.2%**
	12th Grade	**67.7%**	**14.8%**	**9.4%**	**2.2%**	**1.4%**	**.4%**		**4.0%**
Race/ Ethnicity	*Black or African American*	**57.7%**	**18.4%**	**9.7%**	**6.1%**	**1.2%**	**1.1%**	**.3%**	**5.5%**
	Hispanic or Latino	**58.6%**	**17.2%**	**11.6%**	**3.3%**	**3.6%**	**1.0%**	**.4%**	**4.1%**
	White	**69.0%**	**14.4%**	**8.9%**	**2.7%**	**1.1%**	**.5%**	**.3%**	**3.0%**
	Other	**61.0%**	**11.0%**	**7.4%**	**4.6%**	**2.8%**	**2.0%**	**.5%**	**10.7%**
Overall		**65.4%**	**15.1%**	**9.3%**	**3.4%**	**1.5%**	**.8%**	**.4%**	**4.1%**

[37]Cotton, NU, Resnick J, Browne DC, Martin SL, McCarraher DR, Woods J. Aggression and Fighting Behavior among African-American Adolescents: Individual and Family Factors. American Journal of Public Health 84: 618-622, 1994.
[38]Kaufman P, Chen X, Choy SP, Pterr K, Ruddy SA, Miller AK, Fleury JK, Chandler KA, Planty MG, Rand MR. Indicators of School Crime and Safety: 2001. U.S. Departments of Education and Justice. NCES 2002-113/NCJ-190075. 2001.
[39]Avery-Leaf S, Cascardi M, O'Leary KD, Cano A. Efficacy of a Dating Violence Prevention Program on Attitudes Justifying Aggression. Journal of Adolescent Health 21: 11-17, 1997.
[40]Davis TC, Peck GQ, Storment JM. Acquaintance Rape and the High School Student. Journal of Adolescent Health 14:220-224, 1993.
[41]Davis TC, Peck GQ, Storment JM. Acquaintance rape and the high school student. Journal of Adolescent Health 14:220-224, 1993.
[42]Golding JM. Sexual Assault History and Physical Health in Randomly Selected Los Angeles Women. Heath Psychology, 13:130-138, 1994.

- Overall, 34.6% of the students reported having been involved in at least one physical fight over the past year while 6.8% of students were involved in more than 5 fights in that period. Of those students who have fought, 19.6% fought more than 5 times while the vast majority of those students (70.5%) were involved in only 1 to 3 fights over the last 12 months (Table 4.2).
- Males (44.7%) were more likely to be involved in one or more physical fights over the past year than females (24.8%). A greater percentage of males (10.4%) were involved in more than 5 physical fights in the last 12 months than were females (3.1%).
- Although 18 year-olds and 12th grade students were slightly less likely to be involved in a physical fight than their younger peers, generally the percentage of physical fights engaged in over the last 12 months did not differ by either the age or grade levels of students.
- Black (42.3%), Hispanic (41.4%), and Other students (39.0%) were more likely than White students (31.0%) to have had at least one physical fight within the last 12 months. However, those of Other racial/ethnic background (16.0%) were more likely than any other group to have fought more than 5 times in the last 12 months.

Physical Fights: 1995 vs. 2001

- In 2001, about a third of New Jersey high school students (35%) were involved in a physical fight, similar to the percentage in 1995 (36%). Also, about the same number of students (6%) in 2001 as students (5%) in 1995 sustained injuries from fighting that needed medical attention.

Partner Violence

- In the past year, more than 1-in-10 students said that they were either struck by their partner on purpose (11.6%) or that they were physically forced to have sexual intercourse when they did not want to (10.5%) (Table 4.3).
- Males were more likely to have been struck by a partner (14.3% for males versus 8.6% for females) and physically forced to have intercourse (13.1% for males verses 7.8% for females).
- Older students were also slightly more likely than younger ones to have said that they were struck by their partner and that they were forced to have sexual intercourse.
- Black students were more likely to have been physically hurt by a partner (15.1%) and to have been physically forced to have intercourse (17.8%) than students of all other racial and ethnic categories.

Table 4.3 Physical Violence (last 12 months or more)

		Partner Strikes or Causes Physical Hurt *Yes*	*Physically Forced to Have Intercourse Against Will* *Yes*
Sex	*Female*	**8.6%**	**7.8%**
	Male	**14.3%**	**13.1%**
Age	*14 Years Old or Younger*	**9.9%**	**7.6%**
	15 Years Old	**10.2%**	**8.7%**
	16 Years Old	**11.5%**	**10.4%**
	17 Years Old	**13.4%**	**10.2%**
	18 Years Old or Older	**12.1%**	**15.6%**
Grade	*9th Grade*	**9.3%**	**8.2%**
	10th Grade	**10.5%**	**10.0%**
	11th Grade	**14.1%**	**11.6%**
	12th Grade	**12.7%**	**12.6%**
Race/ Ethnicity	*Black or African American*	**15.1%**	**17.8%**
	Hispanic or Latino	**12.7%**	**8.8%**
	White	**10.0%**	**8.2%**
	Other	**14.3%**	**14.2%**
Overall		**11.6%**	**10.5%**

Depression and Suicide

Suicide is the third leading cause of death among youth aged 15-24 and the second leading cause of death among White youths aged 15-24.[43] The suicide rate for persons aged 15-24 has tripled since 1950 and in 1997, the suicide rate was 11.1 per 100,000.[44] The five YRBS questions on suicide measure sadness, attempted suicides and the seriousness of those attempts.

- Incidences of depression were greater among Hispanic (40.9%) and Other students (37.9%) than Black (31.4%) or White students (27.5%).
- Overall, about 1-in-6 New Jersey high school students (17.3%) considered suicide in the last 12 months; 13.0% made an actual plan about how they would attempt suicide; 8.4% had actually attempted suicide at least once in the past 12 months; and 2.4% of New Jersey students incurred an injury as a result of a suicide attempt that had to be treated by a doctor or a nurse (Table 4.4).

Table 4.4 Depression and Suicide (last 12 months)

		Depressed Every Day for 2 Weeks or More	*Considered Attempting Suicide*	*Planned How to Make Suicide Attempt*	*Suicide Attempt Resulted in Treatable Injury*		
		Yes	*Yes*	*Yes*	*Did not attempt suicide*	*Yes*	*No*
Sex	*Female*	**35.9%**	**19.7%**	**12.7%**	**91.7%**	**1.8%**	**6.5%**
	Male	**25.3%**	**14.8%**	**13.4%**	**91.3%**	**3.1%**	**5.6%**
Age	*14 Years Old or Younger*	**24.2%**	**20.4%**	**14.5%**	**90.4%**	**3.4%**	**6.1%**
	15 Years Old	**29.3%**	**18.5%**	**14.7%**	**91.9%**	**0.8%**	**7.3%**
	16 Years Old	**31.7%**	**16.3%**	**12.0%**	**91.5%**	**3.3%**	**5.3%**
	17 Years Old	**31.6%**	**18.3%**	**12.7%**	**91.5%**	**2.5%**	**5.9%**
	18 Years Old or Older	**33.5%**	**13.9%**	**11.9%**	**91.8%**	**2.9%**	**5.3%**
Grade	*9th Grade*	**26.6%**	**19.4%**	**13.9%**	**91.7%**	**1.4%**	**6.9%**
	10th Grade	**33.9%**	**14.9%**	**12.5%**	**92.2%**	**2.6%**	**5.2%**
	11th Grade	**30.4%**	**18.1%**	**13.3%**	**91.5%**	**3.0%**	**5.5%**
	12th Grade	**32.1%**	**15.9%**	**11.8%**	**91.1%**	**2.8%**	**6.1%**
Race/ Ethnicity	*Black or African American*	**31.4%**	**14.2%**	**11.8%**	**88.9%**	**3.8%**	**7.3%**
	Hispanic or Latino	**40.9%**	**20.7%**	**14.5%**	**89.7%**	**3.2%**	**7.1%**
	White	**27.5%**	**17.2%**	**12.6%**	**93.0%**	**1.7%**	**5.3%**
	Other	**37.9%**	**19.6%**	**16.4%**	**87.4%**	**5.8%**	**6.8%**
Overall		**30.7%**	**17.3%**	**13.0%**	**91.6%**	**2.4%**	**6.0%**

- Almost a third of New Jersey high school students (30.7%) reported being depressed every day for two weeks or more in the past year (Table 4.4).
- Females were more likely to be depressed every day for 2 weeks or more (35.9%) than males (25.3%).
- Depression increased slightly with each age group. The percentage of students who reported being depressed for every day for 2 weeks or more over the past year ranged from 24.2% of those 14 and younger to 33.5% of students 18 and older.
- While more females (19.7%) considered suicide in the past year than males (14.8%), a similar percentage of males (13.4%) and females (12.7%) actually planned how they would attempt suicide. Similar percentages of males and females also made an actual suicide attempt (8.3% of females and 8.7% of males). Males (3.1%) were slightly more likely than females (1.8%) to incur injuries from a suicide attempt.

[43]Murphy SL. Deaths: Final Data for 1998. National Vital Statistics Reports 2000. 48 (11): 1-108.
[44]US Department of Health and Human Services. Prevention '89/'90: Federal Programs and Progress. Washington, DC: US Government Printing Office, 1990.

- A greater percentage of students 14 and younger (20.4%) said they considered suicide in the past year than did those 18 and older (13.9%). The only notable age difference in stages of attempted suicide actions in the last 12 months was that 14 and 15 year-old students were slightly more likely to have considered or planned suicide than older students.
- Hispanic (20.7%) and Other students (19.6%) were slightly more likely to have considered attempting suicide than White (17.2%) or Black students (14.2%). Likewise, Hispanic and Other students were more likely to have made a plan for how to commit suicide in the last 12 months. Black students (11.1%), however, were most likely to actually attempt suicide.

Stages of Attempted Suicide Actions: 1995 vs. 2001

- The number of New Jersey high school students who seriously considered suicide decreased from 22% in 1995 to 17% in 2001 and the percentage of students who actually attempted suicide decreased slightly as well from 9% in 1995 to 8% in 2001. In addition, the number of students who made suicide plans decreased from 16% in 1995 to 13% in 2001 and the percentage of suicide-related injuries needing medical attention decreased from 4% in 1995 to 2% in 2001.

5

SCHOOL OCCURRENCES: SUBSTANCE USE, WEAPONS, AND VIOLENCE

Weapons and Violence on School Property

There are four YRBS questions which examine the possession of weapons, violence-related behaviors, and safety while on school property.

- Overall, nearly 1-in-10 New Jersey students (9.4%) reported that on at least one occasion during the last 30 days they did not attend school because they felt they would be unsafe at school or on the way to school (Table 5.1).
- There were no significant differences between male (9.7%) and female (9.2%) students regarding the likelihood of not attending school because they felt unsafe on school property. However, males (3.4%) were more likely to report having missed six or more school days within the last 30 days because they felt unsafe than females (1.3%).
- Sixteen year-olds (10.8%) were the most likely, and 17 year-olds (8.5%) the least likely, to have missed school because they felt unsafe on school property within the last 30 days; and 16 year-olds (3.2%) were the most likely, while 15 year-olds (1.2%) were least likely, to have felt unsafe 6 or more times.
- Students of Other racial/ethnic backgrounds (14.2%) and Hispanic (13.7%) students were more likely than Black (9.4%) or White (8.0%) students to have missed school because they felt unsafe on school property in the last 30 days. Students of unspecified race or ethnicity were more likely to feel unsafe 6 or more times (6.5%) than any other racial or ethnic group.

Table 5.1 Felt Unsafe on School Property

		Felt Unsafe on School Property (last 30 days)				
		0 days	*1 day*	*2 or 3 days*	*4 or 5 days*	*6 or more days*
Sex	*Female*	**90.8%**	**5.7%**	**1.8%**	**.5%**	**1.3%**
	Male	**90.3%**	**2.8%**	**2.6%**	**.9%**	**3.4%**
Age	*14 Years Old or Younger*	**90.1%**	**5.8%**	**.9%**	**.3%**	**2.9%**
	15 Years Old	**91.2%**	**5.3%**	**2.3%**	**.1%**	**1.2%**
	16 Years Old	**89.2%**	**3.9%**	**2.4%**	**1.3%**	**3.2%**
	17 Years Old	**91.5%**	**3.1%**	**1.8%**	**.9%**	**2.7%**
	18 Years Old or Older	**90.9%**	**3.9%**	**3.2%**	**.4%**	**1.6%**
Grade	*9th Grade*	**90.4%**	**5.7%**	**2.0%**	**.1%**	**1.8%**
	10th Grade	**89.1%**	**3.5%**	**2.8%**	**1.4%**	**3.3%**
	11th Grade	**90.5%**	**4.6%**	**1.6%**	**.9%**	**2.4%**
	12th Grade	**93.0%**	**2.9%**	**2.6%**	**.4%**	**1.2%**
Race/ Ethnicity	*Black or African American*	**90.6%**	**5.7%**	**3.1%**	**.2%**	**.3%**
	Hispanic or Latino	**86.3%**	**6.2%**	**3.7%**	**.8%**	**3.1%**
	White	**92.0%**	**3.6%**	**1.5%**	**.6%**	**2.3%**
	Other	**85.8%**	**2.9%**	**3.7%**	**1.1%**	**6.5%**
Overall		**90.6%**	**4.2%**	**2.2%**	**.7%**	**2.3%**

Table 5.2 Threatened or Injured on School Property

Row %

		Threatened or Injured with a Weapon on School Property (last 12 months)							
		0 times	1 time	2 or 3 times	4 or 5 times	6 or 7 times	8 or 9 times	10 or 11 times	12 or more times
Sex	Female	93.0%	3.9%	1.6%	.7%	.3%	.2%	.1%	.3%
	Male	84.8%	4.5%	3.3%	1.2%	.1%	.9%	.3%	4.9%
Age	14 Years Old or Younger	85.8%	6.0%	3.8%	1.2%	.3%	.2%	.3%	2.4%
	15 Years Old	89.7%	4.2%	2.3%	.5%	.5%	.8%	.1%	1.9%
	16 Years Old	88.9%	3.3%	3.0%	.4%		.3%	.4%	3.7%
	17 Years Old	89.5%	4.7%	.5%	2.0%	.2%	.9%		2.2%
	18 Years Old or Older	88.0%	3.9%	4.3%	.8%		.3%		2.6%
Grade	9th Grade	88.1%	5.4%	2.6%	.9%	.4%	.5%	.2%	1.9%
	10th Grade	89.7%	3.6%	2.4%	.4%	.1%	.6%	.2%	3.0%
	11th Grade	87.4%	4.7%	2.5%	1.7%	.1%	.9%	.2%	2.6%
	12th Grade	90.8%	2.9%	2.5%	.8%	.1%	.3%		2.7%
Race/ Ethnicity	Black or African American	85.8%	5.1%	4.1%	.8%				4.1%
	Hispanic or Latino	90.3%	3.0%	2.4%	.6%	.2%	1.9%		1.4%
	White	90.6%	3.7%	2.3%	.9%	.2%	.4%	.1%	1.8%
	Other	79.8%	6.1%	.7%	1.4%	.8%	.8%	2.2%	8.2%
Overall		88.8%	4.2%	2.5%	1.0%	.2%	.6%	.2%	2.6%

- More than 1-in-10 of New Jersey high school students (11.2%) reported that someone has threatened or injured them with a weapon such as a gun, knife, or a club on school property during the past 12 months. Of all students, 3.6% were threatened or injured at school more than 5 times; 3.5% have been threatened or injured 2 to 5 times; and 4.2% have been threatened or injured on only one occasion in last 12 months (Table 5.2).
- More males (15.2%) said they were threatened or injured on school property than females (7.0%). They were also threatened more times than females were; 6.2% of males were threatened or injured more than 5 times compared to only 0.9% of females.
- Those of Other racial/ethnic background (20.2%) were much more likely than Black (14.2%), Hispanic (9.7%) or White (9.4%) students to have been threatened or injured at school in the last 12 months. Twelve percent of those in the Other classification reported more than 5 occurrences of being threatened or injured compared to 4.1% of Black, 3.5% of Hispanic, and 2.5% of White students.

Table 5.3 Fighting on School Property

		Physical Fight on School Property (last 12 months)							
		0 times	1 time	2 or 3 times	4 or 5 times	6 or 7 times	8 or 9 times	10 or 11 times	12 or more times
Sex	Female	92.2%	4.7%	2.3%	.2%	.1%	.1%		.3%
	Male	81.3%	10.8%	3.3%	.6%	.9%	.2%	.2%	2.7%
Age	14 Years Old or Younger	85.4%	7.8%	2.0%	1.4%	.7%	.7%		2.1%
	15 Years Old	87.6%	7.9%	3.0%	.2%	.5%	.1%		.6%
	16 Years Old	86.4%	8.0%	2.1%	.6%	.4%	.3%	.3%	1.9%
	17 Years Old	86.2%	7.6%	3.9%	.3%	.8%			1.2%
	18 Years Old or Older	87.6%	7.2%	2.3%			.5%		2.4%
Grade	9th Grade	85.2%	8.9%	3.3%	.5%	.7%	.3%		1.3%
	10th Grade	86.7%	8.0%	3.0%	.4%	.1%	.2%	.3%	1.2%
	11th Grade	86.1%	8.2%	2.7%	.7%	.8%	.1%		1.3%
	12th Grade	90.0%	5.3%	2.0%		.4%	.5%		1.8%
Race/ Ethnicity	Black or African American	83.3%	9.1%	2.5%		1.3%	.5%		3.3%
	Hispanic or Latino	81.8%	11.2%	4.3%	.7%	.4%	.2%	.2%	1.2%
	White	89.7%	6.5%	2.4%	.3%	.2%	.1%		.9%
	Other	77.4%	9.5%	4.7%	2.1%	.4%		.9%	5.0%
Overall		86.8%	7.7%	2.8%	.4%	.5%	.3%	.1%	1.5%

- More than 1-in-8 New Jersey high school students (13.2%) were involved in a physical fight on school property in the last 12 months. Few students (2.4%) were involved in more than five fights, while 3.2% were involved in 2 to 5 fights and 7.7% were involved in only one altercation at school in the last 12 months (Table 5.3).
- Males (18.7%) were more likely to be involved in one or more physical fights over the past year than females (7.8%).
- Generally the percentage of physical fights on school property engaged in over the last 12 months did not differ by age of students. However, the youngest students, those 14 or younger, did have the highest percentage of those involved in any fights (14.6%) and those involved in more than 5 physical fights on school property (3.5%).
- Students of Other racial/ethnic descent (22.6%), Hispanic (18.2%) and Black (16.7%) students were more likely than White (10.3%) students to have been involved in physical fights on school property in the last 12 months. Those of Other background (6.3%) and Black students (5.1%) were the most likely to have been involved in these altercations more than 5 times within the last year.

Table 5.4 Carry a Weapon on School Property

		Carried any Weapon on School Property (last 30 days)				
		0 days	1 day	2 or 3 days	4 or 5 days	6 or more days
Sex	Female	97.0%	.8%	.6%	.2%	1.4%
	Male	89.5%	2.9%	2.1%	.4%	5.0%
Age	14 Years Old or Younger	95.2%	2.5%	.3%	.3%	1.6%
	15 Years Old	95.0%	1.5%	1.5%	.3%	1.7%
	16 Years Old	93.4%	1.5%	1.5%	.4%	3.3%
	17 Years Old	91.6%	1.1%	2.1%	.3%	4.8%
	18 Years Old or Older	91.5%	3.4%	.5%	.3%	4.3%
Grade	9th Grade	95.9%	1.7%	.8%	.1%	1.5%
	10th Grade	92.4%	1.8%	2.1%	.5%	3.0%
	11th Grade	92.1%	1.4%	1.7%	.3%	4.5%
	12th Grade	92.1%	2.4%	.8%	.4%	4.2%
Race/ Ethnicity	Black or African American	86.7%	3.9%	1.1%		8.3%
	Hispanic or Latino	89.9%	3.0%	2.9%	.9%	3.3%
	White	96.4%	1.0%	.9%	.2%	1.5%
	Other	86.2%	2.4%	4.0%	.3%	7.0%
Overall		93.2%	1.8%	1.3%	.3%	3.3%

- Overall, 6.8% of New Jersey high school students carried a weapon, such as a gun, knife, or club on school property during the past 30 days and 3.3% of those did so 6 or more times in the last 30 days (Table 5.4).
- Overall, males (10.5%) were much more likely to carry weapons than females (3.0%). Males (5.0%) were also more likely to carry a weapon 6 or more days out of the last 30 than were females (1.4%).
- Generally, older students were more likely to carry weapons on school property than younger students. Those 18 and over (8.5%) were more likely to carry weapons at all and carry them on 6 or more occasions (4.3%) than were those 14 and younger (4.8% at all and 1.6% on 6 or more occasions).
- Black students (13.3%) and students in the Other category (13.8%) were the most likely to carry a weapon on school property in the last 30 days. Black (8.3%) and Other (7.0%) students were also the most likely to carry weapons on school property 6 or more of the last 30 days.

Table 5.5 Substance Use on School Property (past 30 days)

		Cigarettes	Chewing Tobacco	Marijuana	Alcohol
		Yes	Yes	Yes	Yes
Sex	Female	13.4%	0.6%	2.3%	2.9%
	Male	16.1%	8.3%	8.1%	6.9%
Age	14 Years Old or Younger	11.5%	4.5%	2.9%	4.3%
	15 Years Old	9.9%	3.5%	4.6%	3.8%
	16 Years Old	18.0%	6.1%	4.6%	5.7%
	17 Years Old	16.3%	3.5%	6.8%	5.1%
	18 Years Old or Older	16.4%	4.6%	6.1%	5.7%
Grade	9th Grade	10.1%	3.5%	4.2%	2.7%
	10th Grade	14.6%	4.4%	5.3%	6.1%
	11th Grade	20.5%	5.2%	5.3%	5.4%
	12th Grade	14.6%	4.5%	5.9%	5.5%
Race/ Ethnicity	Black or African American	9.0%	4.0%	6.8%	8.3%
	Hispanic or Latino	17.4%	3.1%	7.3%	9.6%
	White	15.5%	4.5%	4.0%	2.8%
	Other	15.2%	5.4%	7.1%	7.0%
Overall		14.8%	4.5%	5.2%	5.0%

Substance Use on School Property

There are four YRBS questions which ask about the use of substances while on school property.

- Regarding the use of substances on school property in the past 30 days, more than 1-in-7 students (14.8%) reported they smoked cigarettes on at least one occasion while about 1-in-20 said they either used marijuana (5.2%), consumed alcohol (5.0%) or chewed tobacco (4.5%) while on school property in this period (Table 5.5).
- Most of the demographic differences that exist on overall substance use were similar to the differences found with substance use on school property – that is, males were more likely than females to use cigarettes in general and on school property. However, males and non-white students were somewhat more likely than other groups to engage in marijuana and alcohol use at school; and these differences were greater than their use of these substances in general.

Table 5.6 Illicit Drugs on School Property

		Been Offered, Sold, or Given Illegal Drugs on School Property	
		Yes	No
Sex	Female	22.0%	78.0%
	Male	35.5%	64.5%
Age	14 Years Old or Younger	24.2%	75.8%
	15 Years Old	23.9%	76.1%
	16 Years Old	31.8%	68.2%
	17 Years Old	32.3%	67.7%
	18 Years Old or Older	28.6%	71.4%
Grade	9th Grade	24.8%	75.2%
	10th Grade	26.7%	73.3%
	11th Grade	34.1%	65.9%
	12th Grade	29.9%	70.1%
Race/ Ethnicity	Black or African American	27.9%	72.1%
	Hispanic or Latino	28.4%	71.6%
	White	28.7%	71.3%
	Other	32.2%	67.8%
Overall		28.8%	71.2%

- More than a quarter of students (28.8%) were offered, sold, or given an illegal drug on school property (Table 5.6).

School Occurrences: Substance Abuse, Weapons, and Violence: 1995 vs. 2001

In 2001, the percentage of high school students who did not attend at least one out of the last 30 days of school because they felt unsafe going to or from school increased to 9% from 5% in 1995. Fewer students (13%) in 2001 reported that they were involved in fights in the last 12 months on school property than students in 1995 (16%). However, there was an increase to 11% in 2001 from 9% in 1995 observed for students being threatened or injured on school grounds. Also, in 2001, fewer students (down to 7% from 9%) carried weapons on school property than in 1995. There was no significant change in the number of days per month that weapons were carried on school property from 1995 to 2001.

Regarding the use of substances on school property, use of cigarettes decreased from 20% in 1995 to 15% in 2001 while the use of alcohol remained at 5% in each period. In 2001, slightly fewer students (down to 29% from 30%) were offered, sold, or given an illegal drug on school property than in 1995.

CHAPTER

6

SEXUAL BEHAVIORS, PREGNANCY, AND HIV/AIDS

Early sexual activity is associated with unwanted pregnancy and sexually transmitted diseases (STDs), including HIV infection, and negative effects on social and psychological development.[45] Age at first intercourse and number of sexual partners are associated with increased risk for unwanted pregnancy, and sexually transmitted diseases, including HIV infection.[46] Alcohol and other drug use may serve as predisposing factors for initiation of sexual activity and unprotected sexual intercourse.[47] AIDS is the 9th leading cause of death for youth aged 15-25.[48] When used consistently and correctly, male use of latex condoms is highly effective at reducing the risk of HIV infection and other STDs.[49]

The seven YRBS questions pertaining to sexual behavior measure:

- prevalence of sexual activity
- number of sexual partners
- age at first intercourse
- alcohol and drug use related to sexual activity
- condom use
- whether students have received HIV education

Sexual Activity and Behavior

Pregnancies that occur during adolescence place both mothers and infants at risk for lifelong social and economic disadvantages.[50] In the United States during 2000, nearly 469,000 females aged 15-19 years old gave birth.[52] Sixty-six percent of all births among teenagers are the result of unintended pregnancy.[53] The two YRBS questions pertaining to unintended pregnancy (a) measure use of contraception and (b) identify whether a student has been pregnant or gotten someone pregnant.

[45]Morris L, Warren CW, Aral SO. Measuring Adolescent Sexual Behaviors and Related Health Outcomes. Public Health Reports 108: 31-36, 1993.
[46]Abma JC, Sonenstein FL. Sexual activity and contraceptive practices among teenages in the United States, 1988 and 1995. National Center for Health Statistics. Vital Health Statistics Series 23:1-16, 2001.
[47]Hofferth SL, Hayes CD (eds.). Risking the Future: Adolescent Sexuality, Pregnancy, and Childbearing. Panel on Adolescent Pregnancy and Childbearing, Committee on Child Development Research and Public Policy, Commission on Behavioral and Social Sciences and Education, National Research Council, Washington, DC: National Academy Press, 1987.
[48]Murphy SL. Deaths: Final Data for 1998. National Vital Statistics Reports 2000. 48 (11): 1-108.
[49]Centers for Disease Control and Prevention. Contraceptive Practices Before and After an Intervention Promoting Condom Use to Prevent HIV Infection and Other Sexually Transmitted Diseases among Women – Selected US Sites, 1993-1995. Morbidity and Mortality Weekly Report 46: 373-377, 1997.
[50]Morris L, Warren CW, Aral SO. Measuring Adolescent Sexual Behaviors and Related Health Outcomes. Public Health Reports 108: 31-36, 1993.
[51]Martin JA, Hamilton BE, Ventura SJ, Menacker F, Park MM. Births: Final Data for 2000. National Vital Statistics Report 50:1-101, 2002.
[52]National Center for Health Statistics. Fertility, Family Planning, and Women's Health: New Data from the 1995 National Survey of Family Growth. Vital and Health Statistics Series 23: No. 19, 1997.
[53]National Center for Health Statistics. Fertility, Family Planning, and Women's Health: New Data from the 1995 National Survey of Family Growth. Vital and Health Statistics Series 23: No. 19, 1997.

Table 6.1 First Sexual Activity

		Age of First Sexual Intercourse							
		Has Had Intercourse	*11 Years Old or Younger*	*12 Years Old*	*13 Years Old*	*14 Years Old*	*15 Years Old*	*16 Years Old*	*17 Years Old or Older*
Sex	*Female*	**42.2%**	**1.5%**	**1.7%**	**4.2%**	**9.6%**	**11.2%**	**8.2%**	**5.7%**
	Male	**52.5%**	**8.4%**	**3.6%**	**6.4%**	**9.7%**	**11.3%**	**7.8%**	**5.4%**
Age	*14 Years Old or Younaer*	**21.9%**	**5.8%**	**5.1%**	**4.4%**	**6.6%**			
	15 Years Old	**33.0%**	**3.5%**	**2.1%**	**4.8%**	**13.4%**	**9.1%**		
	16 Years Old	**46.8%**	**6.8%**	**3.2%**	**4.5%**	**9.7%**	**14.4%**	**8.2%**	
	17 Years Old	**58.5%**	**4.5%**	**2.4%**	**5.7%**	**7.7%**	**13.3%**	**16.2%**	**8.8%**
	18 Years Old or Older	**67.4%**	**4.1%**	**1.4%**	**7.2%**	**8.4%**	**12.5%**	**12.3%**	**21.4%**
Grade	*9th Grade*	**28.0%**	**4.4%**	**2.7%**	**4.6%**	**11.2%**	**5.1%**		
	10th Grade	**44.4%**	**5.0%**	**3.8%**	**4.3%**	**10.3%**	**14.4%**	**6.4%**	**.2%**
	11th Grade	**57.3%**	**6.6%**	**2.1%**	**6.9%**	**9.0%**	**13.6%**	**13.7%**	**5.5%**
	12th Grade	**63.4%**	**3.4%**	**1.9%**	**5.4%**	**7.6%**	**13.1%**	**13.3%**	**18.7%**
Race/ Ethnicity	*Black or African American*	**70.2%**	**10.4%**	**4.8%**	**10.4%**	**18.4%**	**12.1%**	**9.0%**	**5.1%**
	Hispanic or Latino	**64.7%**	**6.0%**	**5.5%**	**10.8%**	**11.8%**	**14.8%**	**6.5%**	**9.3%**
	White	**38.3%**	**3.0%**	**1.5%**	**2.7%**	**7.3%**	**10.0%**	**8.5%**	**5.3%**
	Other	**33.9%**	**9.3%**	**2.1%**	**4.0%**	**3.5%**	**9.2%**	**4.2%**	**1.6%**
Overall		**47.3%**	**4.9%**	**2.6%**	**5.3%**	**9.6%**	**11.2%**	**8.1%**	**5.6%**

- Findings indicate that overall 47.3% of New Jersey high school students have had sexual intercourse and 12.8% had sex for their first time at 13 years of age or younger (Table 6.1
- Males (52.5%) were more likely than females (42.2%) to have had sexual intercourse and are much more likely to have had it at 13 years of age or younger (18.4% for males as compared to 7.4% for females).
- Students were increasingly more likely to have had sexual intercourse the older they got. The range of those having had intercourse was 21.9% of those 14 and younger to 67.4% of students 18 and over.
- Black (70.2%) and Hispanic students (64.7%) were much more likely than White (38.3%) or Others (33.9%) students to have had intercourse. Also, Black (25.6%), Hispanic (22.3%) and Other (15.4%) students were more likely than White (7.2%) students to have had their first sexual intercourse experience at age 13 years or younger.

Table 6.2 Recent Sexual Activity

			Number of Sexual Partners (last 3 months)						
		Has had Intercourse	None during past 3 months	1 Person	2 People	3 People	4 People	5 People	6 or more People
Sex	Female	42.1%	7.7%	28.3%	3.7%	1.2%	.2%	.2%	.7%
	Male	52.4%	14.7%	20.4%	6.5%	2.9%	1.6%	.5%	5.9%
Age	14 Years Old or Younger	21.7%	6.2%	8.7%	2.4%	1.1%		.2%	3.2%
	15 Years Old	32.9%	8.4%	17.4%	2.6%	.7%	.1%	.8%	2.9%
	16 Years Old	46.6%	12.0%	21.7%	4.3%	2.0%	1.1%	.5%	4.9%
	17 Years Old	58.6%	12.3%	31.6%	7.0%	3.2%	1.9%		2.6%
	18 Years Old or Older	67.1%	14.4%	38.0%	8.6%	2.7%	.7%		2.8%
Grade	9th Grade	27.8%	8.0%	13.1%	2.1%	1.0%	.3%	.3%	3.0%
	10th Grade	44.2%	12.0%	22.8%	4.1%	1.3%	.7%	.7%	2.7%
	11th Grade	57.4%	12.5%	28.2%	6.9%	2.9%	1.5%	.3%	5.2%
	12th Grade	63.2%	12.5%	36.6%	7.8%	3.0%	1.2%	.1%	2.1%
Race/ Ethnicity	Black or African American	69.9%	14.3%	35.6%	7.9%	5.1%	2.5%	.2%	4.3%
	Hispanic or Latino	64.7%	16.5%	31.7%	9.1%	2.3%	1.8%	.2%	3.1%
	White	38.2%	9.4%	21.2%	3.2%	1.0%	.3%	.3%	2.9%
	Other	34.1%	9.0%	7.9%	4.5%	2.7%	1.1%	1.2%	7.8%
Overall		47.2%	11.1%	24.4%	5.1%	2.0%	.9%	.3%	3.4%

- While about half of students (47.2%) have had sex in their lifetime, 36.1% of high school students have had sexual intercourse in the last 3 months (Table 6.2). About a quarter of students (24.4%) have had sex with just one partner while 11.7% have had more than one partner. Thus, of those having sex in the past 3 months, about a third (32.4%) have had more than one sex partner in that period.
- Slightly more males (37.7%) than females (34.4%) have had sexual intercourse in the past 3 months. However, males (17.4%) were much more likely than females (6.0%) to have sex with more than one person in the past 3 months.
- Again, the older a student, the more likely they were to have had sex in the past 3 months. The percentage of students having sex in the past 3 months ranged from 15.5% of those 14 and younger to 52.7% of those 18 and over. Also, older students were more likely to have had multiple partners in this period than were younger students – 14.8% of those 18 and over and 14.8% of those 17 years of age had more than one partner in this period compared to 6.9% of those 14 and younger and 7.1% of those 15 years of age.
- Black (55.6%) and Hispanic (48.2%) students were more likely than White (28.8%) and Other (25.1%) students to have engaged in sexual intercourse over the past 3 months; Black (20.0%), Hispanic (16.5%) and Other (17.3%) students were also more likely than White (7.7%) students to have had multiple partners in that period.

Table 6.3 Lifetime Sexual Activity

			Number of Sexual Partners in Lifetime					
		Has Had Intercourse	1 Person	2 People	3 People	4 People	5 people	6 or more People
Sex	Female	42.2%	18.3%	7.4%	5.6%	3.5%	2.0%	5.2%
	Male	52.5%	14.9%	7.8%	6.6%	5.4%	3.3%	14.5%
Age	14 Years Old or Younger	21.9%	7.2%	5.5%	.7%	2.8%		6.0%
	15 Years Old	33.0%	13.2%	8.2%	3.3%	1.3%	.8%	6.1%
	16 Years Old	46.8%	16.1%	7.3%	5.0%	5.4%	1.8%	11.0%
	17 Years Old	58.5%	21.6%	6.6%	8.8%	6.3%	3.9%	11.5%
	18 Years Old or Older	67.4%	21.6%	9.8%	10.7%	5.6%	6.2%	13.2%
Grade	9th Grade	28.0%	10.8%	7.1%	2.4%	1.5%	.4%	5.7%
	10th Grade	44.4%	16.7%	6.9%	5.8%	4.8%	2.1%	8.0%
	11th Grade	57.3%	18.5%	8.9%	7.5%	6.1%	2.2%	14.3%
	12th Grade	63.4%	22.2%	7.5%	9.5%	5.9%	6.4%	11.6%
Race/ Ethnicity	Black or African American	70.2%	16.4%	11.8%	9.5%	6.8%	5.1%	20.1%
	Hispanic or Latino	64.7%	22.1%	10.2%	8.4%	6.5%	4.1%	13.6%
	White	38.3%	16.6%	6.3%	4.7%	3.1%	1.5%	6.1%
	Other	33.9%	9.1%	3.5%	3.1%	3.1%	.9%	14.5%
Overall		47.3%	16.8%	7.6%	6.1%	4.4%	2.6%	9.8%

- Regarding the number of lifetime sexual partners, 16.8% of students have had only one sex partner, 13.7% have had 2 or 3 partners, 7.0% have had 4 or 5 partners and 9.8% of students have had 6 or more partners (Table 6.3).
- Males (14.5%) were significantly more likely to have had 6 or more partners in their lifetime than females (5.2%). Likewise, females (18.3%) were more likely than males (14.9%) to have had only one sexual partner in their lifetime.
- Older students were the most likely to have had numerous sexual partners. Of those 18 or older, 13.2% had 6 or more partners while 6.0% of those 14 and younger have had 6 or more partners.
- Black students (20.1%) were the most likely of all racial and ethnic groups to have had 6 or more sexual partners in their lifetime, whereas White students (6.1%) were the least likely.

Table 6.4 Type of Birth Control Used for Last Sexual

		Method Used to Prevent Pregnancy						
		No method was used	*Birth control pills*	*Condoms*	*Depo-Provera*	*Withdrawal*	*Some other method*	*Not sure*
Sex	*Female*	**17.8%**	**13.4%**	**52.6%**	**.8%**	**13.0%**	**.9%**	**1.4%**
	Male	**13.0%**	**7.8%**	**62.7%**	**.4%**	**10.7%**	**2.0%**	**3.4%**
Age	*14 Years Old or Younger*	**16.5%**	**2.4%**	**62.3%**	**2.6%**	**10.9%**		**5.3%**
	15 Years Old	**17.6%**	**.8%**	**66.0%**		**7.9%**	**5.0%**	**2.7%**
	16 Years Old	**18.3%**	**8.1%**	**55.5%**		**12.5%**	**1.6%**	**4.0%**
	17 Years Old	**9.5%**	**17.3%**	**59.2%**	**.7%**	**11.4%**	**.4%**	**1.5%**
	18 Years Old or Older	**17.4%**	**13.4%**	**52.1%**	**1.1%**	**14.3%**	**.6%**	**1.2%**
Grade	*9th Grade*	**18.2%**	**1.0%**	**63.2%**		**10.5%**	**5.1%**	**2.1%**
	10th Grade	**20.1%**	**6.1%**	**60.8%**	**.2%**	**8.1%**	**2.2%**	**2.4%**
	11th Grade	**10.1%**	**13.1%**	**57.2%**	**.2%**	**15.9%**	**.1%**	**3.3%**
	12th Grade	**15.2%**	**16.5%**	**53.9%**	**1.5%**	**11.0%**	**.4%**	**1.4%**
Race/ Ethnicity	*Black or African American*	**17.9%**	**7.0%**	**59.0%**		**14.4%**	**.4%**	**1.2%**
	Hispanic or Latino	**26.6%**	**5.8%**	**47.2%**	**2.5%**	**11.7%**	**1.7%**	**4.5%**
	White	**10.0%**	**14.0%**	**61.6%**	**.2%**	**10.4%**	**1.8%**	**2.0%**
	Other	**18.0%**	**11.9%**	**44.4%**		**15.4%**	**.9%**	**9.4%**
Overall		**15.2%**	**10.6%**	**57.8%**	**.6%**	**11.7%**	**1.5%**	**2.5%**

Condoms, Contraceptives, and Pregnancy

- Students who have had sex were asked which birth control method they used the last time they had sexual intercourse. While no method was used by 15.2% of the students, condoms (57.8%) were the primary method of birth control used by the students for their last sexual encounter. The less safe withdrawal method (11.7%) was the second most prevalent form of birth control followed by birth control pills (10.6%) (Table 6.4).
- As age increased from 14 to 18 years old, the percentage of students using condoms decreased (62.3% to 52.1%) while the use of the birth control pill increased (2.4% to 13.4%). The percentage of students having intercourse without any protection stayed fairly constant across all age groups (with the exception of 17 year-olds), although 16 year-olds were the most likely to not use any protection (18.3%). Eighteen year-olds were the most likely to use the withdrawal method during their last sexual encounter (14.2%).
- Hispanic students (26.6%) were the most likely of all racial and ethnic categories to not use any form of birth control during their last sexual encounter, while White students were most likely to have used birth control. White (61.6%) and Black (59.0%) students were more likely than Hispanic (47.2%) or Other (44.4%) students to have used condoms. Students of Other racial/ethnic descent (15.4%) and Black students (14.4%) were somewhat more likely than Hispanic (11.7%) or White (10.4%) students to use the withdrawal method.

Table 6.5 Used Alcohol or Drugs Prior to Last Sexual Encounter

		Used Alcohol or Drugs Before Sex Last Time	
		Yes	No
Sex	Female	18.0%	82.0%
	Male	33.7%	66.3%
Age	14 Years Old or Younger	19.5%	80.5%
	15 Years Old	27.0%	73.0%
	16 Years Old	28.6%	71.4%
	17 Years Old	29.7%	70.3%
	18 Years Old or Older	21.7%	78.3%
Grade	9th Grade	26.1%	73.9%
	10th Grade	26.2%	73.8%
	11th Grade	30.5%	69.5%
	12th Grade	22.8%	77.2%
Race/ Ethnicity	Black or African American	16.8%	83.2%
	Hispanic or Latino	23.0%	77.0%
	White	30.8%	69.2%
	Other	39.8%	60.2%
Overall		26.6%	73.4%

- Of those students who have had sex in their lives, 26.6% reported that they had used drugs or alcohol prior to their last sexual encounter (Table 6.5).
- About twice as many males (33.7%) as females (18.0%) had used alcohol or drugs when last having sex.
- White (30.8%) and Other (39.8%) stuzdents were more likely than Black (16.8%) or Hispanic (23.0%) students to have engaged in substance use prior to their last sexual encounter.

Table 6.6 Number of Pregnancies Resulting from Sexual Practice

		Number of Pregnancies			
		0 Times	1 Time	2 or More Times	Not sure
Sex	Female	93.9%	4.2%	1.5%	.4%
	Male	90.4%	4.2%	2.8%	2.6%
Age	14 Years Old or Younger	96.0%		2.9%	1.1%
	15 Years Old	95.6%	2.3%	.2%	1.9%
	16 Years Old	92.9%	2.8%	2.1%	2.1%
	17 Years Old	91.8%	4.2%	3.1%	.9%
	18 Years Old or Older	84.0%	11.1%	3.4%	1.6%
Grade	9th Grade	96.1%	1.3%	.8%	1.9%
	10th Grade	94.1%	3.4%	1.1%	1.4%
	11th Grade	90.3%	4.7%	3.0%	2.0%
	12th Grade	87.3%	8.0%	3.7%	1.0%
Race/ Ethnicity	Black or African American	82.5%	10.8%	5.2%	1.5%
	Hispanic or Latino	88.7%	6.3%	3.2%	1.8%
	White	95.7%	1.6%	1.0%	1.7%
	Other	90.9%	3.5%	4.5%	1.0%
Overall		92.1%	4.2%	2.2%	1.6%

- A small percentage of students indicated that they have been, or have caused, someone to become pregnant (6.4%). Another 1.6% reported that they were not sure if they have been or have caused someone to become pregnant (Table 6.6).
- Males (7.0%) were slightly more likely than females (5.7%) to have caused or have had at least one pregnancy.
- Students 18 years old or older (14.5%) were by far the most likely to have become pregnant or caused a pregnancy compared to less than 5% for those in the 16, 15, or 14 and younger age groups.
- Black students (16.0%) were more likely than any other racial or ethnic group to have become pregnant or caused a pregnancy one or more times while White students (2.6%) were the least likely to have done so.

Table 6.7 HIV/AIDS Education in School

		Ever Had AIDS or HIV Education in School		
		Yes	No	Not sure
Sex	Female	92.9%	5.1%	1.9%
	Male	88.5%	7.3%	4.2%
Age	14 Years Old or Younger	91.9%	3.7%	4.4%
	15 Years Old	90.1%	6.0%	3.9%
	16 Years Old	89.7%	7.4%	2.8%
	17 Years Old	91.7%	6.0%	2.2%
	18 Years Old or Older	91.1%	6.1%	2.9%
Grade	9th Grade	89.4%	6.0%	4.6%
	10th Grade	90.2%	6.7%	3.2%
	11th Grade	92.3%	5.9%	1.8%
	12th Grade	91.2%	6.3%	2.5%
Race/ Ethnicity	Black or African American	88.4%	8.2%	3.4%
	Hispanic or Latino	86.8%	10.0%	3.2%
	White	92.9%	4.3%	2.7%
	Other	84.9%	9.3%	5.8%
Overall		90.7%	6.2%	3.1%

- About 9-in-10 New Jersey high school students (90.7%) reported that they have been taught about AIDS or HIV in school, while some students reported that they either have not been taught (6.2%) or were not sure (3.1%) about being taught about AIDS or HIV infection in school (Table 6.7).
- Males (11.5%) were more likely than females (7.1%) to report that they either had not learned about AIDS or HIV in school, or that they were unsure.
- Students of Other racial/ethnic background (15.1%) and Hispanic students (13.2%) were more likely than Black (11.6%) or White (7.0%) students to report that they never learned or were not sure if they learned about HIV or AIDS in school.

Sexual Behaviors, Pregnancy, and HIV/AIDS: 1995 vs. 2001:

From 1995 to 2001, the overall percentage of students who had sexual intercourse in their lifetime decreased from 49% in 1995 to 47% in 2001. However, more students had intercourse in the last 3 months (36%) in 2001 than in 1995 (33%). Also, the percentage of students who have had multiple partners in the past 3 months has moved from 10% in 1995 to 11% in 2001.

More students are not using any birth control method when having sex. In 1995, 10% of students did not use any birth control method when they last had sex. This percentage increased to 16% in 2001. In particular, the use of condoms decreased in this period. In 2001, 58% of students who have had sex reported using a condom the last time they had sexual intercourse compared to 67% in 1995. However, the percentage of New Jersey high school students who reported becoming pregnant, or causing someone to become pregnant, decreased to 6% in 2001 from 7% in 1995. Finally, the percentage of students who had been taught about AIDS or HIV infection in school declined from 94% in 1995 from 91% in 2001.

CHAPTER

7

PHYSICAL ACTIVITY

Participation in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well being; while routine physical activity over the long term decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.[54] Major decreases in vigorous physical activity occur during grades 9-12, particularly for girls; by 11th grade, more than half of female students are not participating regularly in vigorous physical activity.[55] School physical education classes can increase adolescent participation in moderate to vigorous physical activity[56,57] and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.[58] 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[59] and violent or aggressive behavior.[60,61] The seven YRBS questions that address physical activity measure participation in physical activity, physical education classes, sports teams, and television watching.

Physical Fitness

Table 7.1 Strenuous Activity Over 20 Minutes

		Aerobic Exercise Over 20 Minutes (last 7 days)							
		0 Days	*1 Day*	*2 Days*	*3 Days*	*4 Days*	*5 Days*	*6 Days*	*7 Days*
Sex	*Female*	**19.6%**	**13.1%**	**11.2%**	**12.9%**	**7.3%**	**12.8%**	**6.2%**	**16.9%**
	Male	**12.2%**	**6.5%**	**6.3%**	**11.4%**	**11.0%**	**12.0%**	**8.4%**	**32.3%**
Age	*14 Years Old or Younger*	**15.2%**	**8.6%**	**9.3%**	**13.0%**	**15.0%**	**7.5%**	**5.2%**	**26.1%**
	15 Years Old	**12.8%**	**8.4%**	**7.6%**	**13.5%**	**5.9%**	**11.9%**	**8.5%**	**31.2%**
	16 Years Old	**14.5%**	**7.9%**	**9.5%**	**12.0%**	**9.6%**	**13.7%**	**8.6%**	**24.0%**
	17 Years Old	**16.6%**	**11.8%**	**9.6%**	**11.4%**	**9.7%**	**13.4%**	**6.2%**	**21.3%**
	18 Years Old or Older	**22.4%**	**12.9%**	**7.5%**	**11.5%**	**8.8%**	**11.3%**	**6.0%**	**19.7%**
Grade	*9th Grade*	**13.9%**	**7.0%**	**8.5%**	**13.5%**	**8.3%**	**10.0%**	**8.1%**	**30.6%**
	10th Grade	**11.7%**	**10.2%**	**7.7%**	**12.3%**	**10.0%**	**14.3%**	**8.0%**	**25.7%**
	11th Grade	**17.6%**	**10.2%**	**10.9%**	**11.1%**	**6.2%**	**14.9%**	**7.0%**	**22.0%**
	12th Grade	**21.2%**	**12.4%**	**7.8%**	**11.8%**	**12.3%**	**10.5%**	**5.8%**	**18.3%**
Race/ Ethnicity	*Black or African American*	**18.2%**	**15.2%**	**5.7%**	**7.2%**	**9.9%**	**14.6%**	**5.4%**	**23.8%**
	Hispanic or Latino	**18.2%**	**10.3%**	**9.0%**	**17.7%**	**9.1%**	**13.0%**	**4.8%**	**18.0%**
	White	**14.8%**	**8.3%**	**9.1%**	**12.2%**	**8.9%**	**11.6%**	**8.3%**	**26.7%**
	Other	**18.3%**	**8.5%**	**12.3%**	**13.6%**	**8.3%**	**11.4%**	**4.6%**	**22.8%**
Overall		**15.9%**	**9.8%**	**8.7%**	**12.2%**	**9.1%**	**12.4%**	**7.3%**	**24.6%**

[54]US Department of Health and Human Services. Physical Activity and Health: A Report of the Surgeon General. Atlanta: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996.
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- Almost 1-in-6 high school students (15.9%) did not engage in any strenuous aerobic exercises lasting 20 or more minutes in the last 7 days. Another third of students (30.7%) only exercised for 1 to 3 days in the past week, 28.8% exercised on 4 to 6 days, and 24.6% said they exercised for at least 20 minutes on a daily basis (Table 7.1).
- Females (19.6%) were more likely than males (12.2%) to have not exercised at all in the last seven days, and were also nearly half as likely to be daily exercisers (16.9% of females as compared to 32.3% of males exercised daily).
- The percentage of students who did not exercise strenuously in the last 7 days generally increased with age (from 15.2% to 22.4%) with the exception of students 14 years old or younger (15.2%) who were more likely than 15 year-olds (12.8%) and 16 year-olds (14.5%) to have not exercised in the last 7 days. Similarly, daily exercising generally decreased with age (26.1% to 19.7%).
- There are few notable trends across racial and ethnic groups with the exception of Hispanic students who were the least likely to exercise daily for the last 7 days (18.0%) as compared to White (26.7%), Black (23.8%) or Other (22.8%) students.

HEALTHY PEOPLE 2010 NATIONAL GOAL

Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardio-respiratory fitness 3 or more days per week for 20 or more minutes per occasion to 85%.

2001 NEW JERSEY YRBS RESULTS

Two-thirds of all New Jersey high school students (66%) engaged in 20 minutes of strenuous aerobic exercise for 3 or more days, falling short of the objective. Males (75%), 9th and 10th graders (71% and 70% respectively) and White (68%) students were most likely to report vigorous exercise.

Table 7.2 Comparison of Exercise Practices

		Aerobic Exercise Over 20 Minutes		*Mild Physical Exercise over 30 Minutes*		*Tone-up Exercising*	
		*2 or fewer Days**	*3 or more Days*	*2 or fewer Days**	*3 or more Days*	*2 or fewer Days**	*3 or more Days*
Sex	*Female*	**43.8%**	**56.2%**	**56.9%**	**43.1%**	**53.7%**	**46.3%**
	Male	**24.9%**	**75.1%**	**50.0%**	**50.0%**	**38.8%**	**61.2%**
Age	*14 Years Old or Younger*	**33.1%**	**66.9%**	**56.7%**	**43.3%**	**45.8%**	**54.2%**
	15 Years Old	**28.9%**	**71.1%**	**52.2%**	**47.8%**	**40.4%**	**59.6%**
	16 Years Old	**32.0%**	**68.0%**	**51.5%**	**48.5%**	**47.2%**	**52.8%**
	17 Years Old	**37.9%**	**62.1%**	**52.5%**	**47.5%**	**48.1%**	**51.9%**
	18 Years Old or Older	**42.7%**	**57.3%**	**58.1%**	**41.9%**	**51.6%**	**48.4%**
Grade	*9th Grade*	**29.4%**	**70.6%**	**52.7%**	**47.3%**	**41.8%**	**58.2%**
	10th Grade	**29.6%**	**70.4%**	**52.6%**	**47.4%**	**45.2%**	**54.8%**
	11th Grade	**38.7%**	**61.3%**	**51.6%**	**48.4%**	**48.4%**	**51.6%**
	12th Grade	**41.3%**	**58.7%**	**57.5%**	**42.5%**	**51.2%**	**48.8%**
Race/ Ethnicity	*Black or African American*	**39.2%**	**60.8%**	**61.7%**	**38.3%**	**53.2%**	**46.8%**
	Hispanic or Latino	**37.5%**	**62.5%**	**62.6%**	**37.4%**	**45.7%**	**54.3%**
	White	**32.2%**	**67.8%**	**49.7%**	**50.3%**	**45.0%**	**55.0%**
	Other	**39.2%**	**60.8%**	**55.1%**	**44.9%**	**43.7%**	**56.3%**
Overall		**34.4%**	**65.6%**	**53.5%**	**46.5%**	**46.4%**	**53.5%**

*** Includes 0 days**

- Overall, about a third to half of high school students said they only spent two or fewer days in the past seven days engaging in over 20 minutes of aerobic exercising (34.4%); tone-up exercising (46.5%), or 30 minutes of mild physical exercising (53.5%) (Table 7.2).
- More females than males spent two or fewer days in the past week engaging in strenuous aerobic physical activities (43.8% versus 24.9%), mild physical exercise (56.9% versus 50.0%), or tone-up exercise (53.7% versus 38.8%).
- The amount of exercising generally decreased with progression of age as noted previously (Table 7.1), considering aerobic exercise, mild physical exercise, or tone-up exercise. However, those 14 and younger were generally less active than 15 year-olds and, sometimes, 16 year-olds in their exercise habits.
- Black students (53.2%) were most likely to only spend two or fewer days in the past week on tone-up exercises; Black (61.7%) and Hispanic (62.6%) students were most likely not to engage in mild physical exercise; and Black (39.2%) and Other (39.2%) students were most likely not to participate in aerobic exercise. White students, on the other hand, were most likely to engage in aerobic exercise (67.8%) and mild physical exercise (50.3%) on three or more occasions in the past week.

Table 7.3 Physical Education (PE) Practices at School

		Days of Going to PE Class in an Average Week			*Minutes Actually Spent Exercising in Average PE Class*			
		0 Days	*1-4 Days*	*Daily*	*No PE Classes*	*20 min or less*	*21 to 40 min*	*More than 40 min*
Sex	*Female*	**7.5%**	**25.7%**	**66.9%**	**7.5%**	**32.8%**	**50.2%**	**9.5%**
	Male	**7.6%**	**26.3%**	**66.0%**	**7.6%**	**18.8%**	**54.6%**	**19.0%**
Age	*14 Years Old or Younger*	**7.5%**	**16.6%**	**76.0%**	**7.4%**	**24.9%**	**50.3%**	**17.3%**
	15 Years Old	**9.3%**	**21.3%**	**69.4%**	**9.3%**	**22.5%**	**51.7%**	**16.5%**
	16 Years Old	**8.2%**	**27.9%**	**63.8%**	**8.1%**	**25.3%**	**52.3%**	**14.3%**
	17 Years Old	**5.1%**	**29.5%**	**65.5%**	**5.1%**	**30.9%**	**51.7%**	**12.3%**
	18 Years Old or Older	**7.5%**	**29.6%**	**62.9%**	**7.5%**	**25.9%**	**55.1%**	**11.5%**
Grade	*9th Grade*	**9.2%**	**18.4%**	**72.3%**	**9.1%**	**23.5%**	**49.9%**	**17.5%**
	10th Grade	**8.8%**	**25.4%**	**65.8%**	**8.8%**	**24.1%**	**51.7%**	**15.4%**
	11th Grade	**3.9%**	**31.5%**	**64.6%**	**3.9%**	**30.5%**	**52.5%**	**13.1%**
	12th Grade	**7.9%**	**29.6%**	**62.5%**	**7.9%**	**26.6%**	**56.0%**	**9.5%**
Race/ Ethnicity	*Black or African American*	**6.0%**	**14.1%**	**79.9%**	**6.0%**	**26.7%**	**49.5%**	**17.8%**
	Hispanic or Latino	**9.8%**	**15.5%**	**74.7%**	**9.5%**	**25.1%**	**49.3%**	**16.0%**
	White	**7.2%**	**31.0%**	**61.8%**	**7.2%**	**26.3%**	**54.7%**	**11.7%**
	Other	**12.8%**	**25.7%**	**61.4%**	**12.8%**	**24.3%**	**40.7%**	**22.1%**
Overall		**7.6%**	**25.9%**	**66.5%**	**7.5%**	**26.0%**	**52.3%**	**14.1%**

- When asked how many days on average they go to physical education (PE) class, 7.6% of students reported they did not participate in PE on any days and 25.9% reported only taking it 1 to 4 days a week. However, about two-thirds of students (66.5%) reported taking PE classes daily (Table 7.3).
- In the last week, more than a third of high school students (33.5%) either took no PE classes (7.5%) or spent 20 minutes or less per physical education class exercising or playing sports (26.0%).
- While males (66.9%) and females (66.0%) were equally likely to take PE classes daily, males were more likely than females to spend more time on exercising in an average PE class: 19.0% of males and 9.5% of females spent more than 40 minutes exercising or playing sports in their PE classes.
- Younger students are more likely than older students to take a daily PE class and spend more time exercising in class. Ninth graders (72.3%) are more likely than 12th graders (62.5%) to take daily PE classes and to spend more than 40 minutes exercising or playing sports in PE class (17.5% for 9th graders compared to 9.5% for 12th graders).

Table 7.4 Participation on Sports Teams

		Number of Sports Teams Played On (last 12 months)			
		0 Teams	*1 Team*	*2 Teams*	*3 or more Teams*
Sex	*Female*	**47.3%**	**25.6%**	**15.3%**	**11.8%**
	Male	**34.6%**	**23.3%**	**19.4%**	**22.7%**
Age	*14 Years Old or Younger*	**27.8%**	**23.9%**	**22.8%**	**25.6%**
	15 Years Old	**32.8%**	**22.6%**	**20.0%**	**24.6%**
	16 Years Old	**41.3%**	**25.9%**	**18.7%**	**14.1%**
	17 Years Old	**46.4%**	**24.3%**	**15.4%**	**14.0%**
	18 Years Old or Older	**52.1%**	**25.3%**	**11.1%**	**11.5%**
Grade	*9th Grade*	**28.9%**	**22.2%**	**21.3%**	**27.6%**
	10th Grade	**40.3%**	**25.6%**	**18.0%**	**16.1%**
	11th Grade	**43.6%**	**25.3%**	**18.2%**	**12.9%**
	12th Grade	**53.7%**	**25.3%**	**10.8%**	**10.2%**
Race/ Ethnicity	*Black or African American*	**45.3%**	**24.2%**	**16.0%**	**14.5%**
	Hispanic or Latino	**50.2%**	**26.7%**	**12.8%**	**10.3%**
	White	**37.4%**	**23.9%**	**19.1%**	**19.7%**
	Other	**43.5%**	**28.2%**	**15.6%**	**12.7%**
Overall		**41.0%**	**24.4%**	**17.4%**	**17.2%**

- Overall, about 4-in-10 New Jersey high school students (41.0%) played on no sports teams in the last 12 months while 24.4% played on one team and 34.6% of students played on two or more school or community sports team (Table 7.4).
- Females (47.3%) were more likely than males (34.6%) not to play on any teams. About the same percentage of males (23.3%) and females (25.6%) played on one sports team, but males (42.1%) were more likely than females (27.1%) to play on two or more school or community sports teams.
- The lack of participation on sport teams increased with age with participation in no sports teams ranging from 27.8% for those 14 and younger to over half of those 18 and over (52.1%).
- Hispanic (50.2%) students were the most likely to not participate in any team sports followed by Black (45.3%), Other (43.5%) and White (37.4%) students.

Watching Television

Table 7.5 TV Watching Practices During an Average School Day

		Number of Hours of TV Watched During Average School Day						
		No TV on average school day	Less than 1 Hour per day	1 Hour per day	2 Hours per day	3 Hours per day	4 Hours per day	5 or more Hours per day
Sex	Female	7.1%	17.9%	16.5%	21.4%	16.7%	8.1%	12.4%
	Male	4.2%	12.4%	16.0%	23.2%	19.0%	10.7%	14.5%
Age	14 Years Old or Younger	5.3%	14.2%	14.2%	22.3%	24.8%	9.5%	9.7%
	15 Years Old	4.1%	16.6%	15.1%	26.1%	17.4%	7.5%	13.1%
	16 Years Old	6.2%	14.2%	16.2%	20.1%	17.4%	10.1%	15.8%
	17 Years Old	6.5%	15.2%	19.4%	18.7%	16.7%	10.0%	13.5%
	18 Years Old or Older	6.0%	15.1%	14.2%	25.5%	17.1%	10.0%	12.0%
Grade	9th Grade	4.7%	15.3%	15.5%	25.9%	19.6%	8.6%	10.5%
	10th Grade	6.4%	14.6%	13.8%	21.4%	15.1%	9.8%	18.9%
	11th Grade	5.0%	15.5%	19.2%	17.8%	19.5%	10.3%	12.7%
	12th Grade	6.8%	15.2%	16.7%	23.8%	16.8%	9.1%	11.5%
Race/ Ethnicity	Black or African American	3.8%	9.2%	4.5%	16.3%	18.5%	14.9%	32.8%
	Hispanic or Latino	5.1%	9.5%	12.7%	18.7%	20.7%	12.3%	21.1%
	White	6.3%	18.0%	19.7%	24.8%	17.5%	7.2%	6.6%
	Other	3.8%	14.2%	16.1%	20.8%	16.5%	10.2%	18.5%
Overall		5.7%	15.1%	16.3%	22.3%	17.8%	9.4%	13.4%

- Overall, about a quarter of students watched 4 or more hours of television per average school day (22.8%), and 40.1% watched 2 to 3 hours of television. Only 5.7% of students reported watching no TV and another 15.1% watched less than an hour per day (Table 7.5).
- More males (25.2%) watched 4 or more hours of TV per average school day as compared to females (20.5%). Females consistently watched less hours of TV on an average school day than males. More females (25.0%) than males (16.6%) watched no TV or less than an hour.
- Sixteen year-olds (25.9%) were most likely to watch 4 or more hours of TV per average school day while those 14 and younger (19.2%) were least likely to watch as much TV.
- Black students (47.7%) had the highest percentage for watching 4 or more hours of TV per average school day as compared to Hispanic (33.4%), Other (28.7%) or White (13.8%) students.

HEALTHY PEOPLE 2010 NATIONAL GOAL

Increase the proportion of children and adolescents who view television 2 or fewer hours per day to 75%.

2001 NEW JERSEY YRBS RESULTS

Six-in-ten New Jersey high school students (59%) viewed television 2 or fewer hours per day, falling short of the objective.

Physical Activity: 1995 vs. 2001

Overall, fewer students strenuously exercised 3 or more days a week in 2001 (66%) than in 1995 (70%). However, more students engaged in mild exercise 3 or more days a week in 2001(47%) than in 1995 (44%). There was also an increase in tone-up exercising 3 or more days per week from 51% in 1995 to 54% in 2001.[62]

More New Jersey students took Physical Education in school in 2001 than in 1995; 89% reported taking PE at least one day a week in 1995 whereas 92% took it at least once a week in 2001. Similarly, in 2001 students spent significantly more time actually exercising or playing sports in class than in 1995; in 1995 only 22% of students reported exercising over 30 minutes in class, while 38% did so in 2001. Also, more high school students currently play on sport teams (59%) in 2001 than they participated in team sports in 1995 (56%).

[62]All exercise questions were asked differently in 1995 and 2001: (a) aerobic exercise: "On how many days in the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?" (1995); "On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?" (2001) (b) mild physical exercise: "On how many days in the past 7 did you do stretching exercises, such as toe touching, knee bending, or leg stretching?" (1995); "On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?" (2001); tone-up exercise: "On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups or weight-lifting?" (1995); "On how many of the past 7 days did you do exercises to strengthen or tone your muscles such as push-ups, sit-ups or weight-lifting?" (2001).

CHAPTER

8

WEIGHT AND DIETARY PATTERNS

Weight and Dieting

Although overweight prevalence estimates derived from self-reported data are likely to be low,[63 64] they can be useful in tracking trends over time. Prevalence trends from national surveys of adults using self-reported height and weight have been consistent with trend data from national surveys using measured heights and weights.[65] Overweight and obesity are increasing in both genders and among all population groups. In 1999, an estimated 61% of U.S. adults and 14% of adolescents aged 12-19 years old were overweight. In 1999, there were nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980.[66] Approximately 300,000 deaths a year in the U.S. are currently associated with overweight and obesity. Left unabated, overweight and obesity may soon cause as much preventable disease and death as cigarette smoking.[67] Overweight or obesity acquired during childhood or adolescence may persist into adulthood and increase the risk later in life for coronary heart disease, gallbladder disease, some types of cancer, and osteoarthritis of the weight-bearing joints.[69] In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.[70] Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting.[71 72 73 74] The nine YRBS questions on weight and weight loss measure self-reported height and weight, self-perception of body weight status, and specific weight control behaviors.

Body Mass Index

Data on student self-reported height and weight was used to calculate a body mass index (BMI) and compared to an index population established by CDC for age and gender. BMI is calculated as weight in kilograms, divided by height in meters squared. For adults, a BMI of 25 or greater is considered "overweight", while a BMI of 30 or more is considered "obese." For children, the BMI is expected to increase with age and to differ for boys and girls. A child's BMI that is in the 85th to 95th percentile of the index population for gender and age is characterized as at risk for overweight, while a BMI greater than the 95th percentile is considered as overweight. For example, a 15 year old boy with a height of 5 feet 7 inches and a weight of 175 pounds, has a BMI of 27.4. A BMI of 27 or greater for a boy of this age is at the 95th percentile and considered overweight. For a 15 year old girl of the same height (5 feet 7 inches) to meet the 95th percentile level marking overweight, she would have to weigh 179 pounds for a BMI of 28. If these teens each lost 5 pounds, they would be classified as at risk for overweight.

The BMI may under-identify overweight students. Thus, a greater percentage of students may be overweight than are indicated in the table below.

[63]Bowlin SJ, Morrill BD, Nafziger AN, Jenkins PJ, Lewis C, Pearson TA. Validity of Cardiovascular Disease Risk Factors Assessed by Telephone Survey: the Behavioral Risk Factor Survey. Journal of Clinical Epidemiology 46: 561-571, 1993.
[64]Hauck FR, White L, Cao G, Woolf N, Strauss K. Inaccuracy of Self-Reported Weights and Heights among American Indian Adolescents. Annals of Epidemiology 5: 386-392, 1995.
[65]Galuska DA, Serdula M, Pamuk E, Siegel PZ, Byers T. Trends in Overweight among US Adults from 1987 to 1993: A Multistate Telephone Survey. American Journal of Public Health 86: 1729-1735, 1996.
[66]NCHS, CDC (August 2002) Prevalence of overweight and obesity among adults: United States, 1999 [On-line at www.cdc.gov/nchs/products/pubs/pubd/hestats/obese/obse99.html
[67]U.S. Department of Health and Human Services. The Surgeon General's call to action to prevent and decrease overweight and obesity, Rockville, MD: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General: 2001.
[69]Public Health Service. The Surgeon General's Report on Nutrition and Health. Washington, DC: US Department of Health and Human Services, Public Health Service, 1998. DHHS publication no. (PHS) 88-50210.
[70]Dietz WH. Health Consequences of Obesity in Youth: Childhood Predictors of Adult Disease. Pediatrics 101: 518-525.
[71]French SA, Jeffery RW. Consequences of Dieting to Lose Weight: Effects on Physical and Mental Health. Health Psychology 13: 195-212, 1994.
[72]Serdula, MK, Collins Me, Williamson DF, Anda RF, Pamuk ER, Byers TE. Weight Control Practices of US Adolescents. Annals of Behavioral Medicine 119: 667-671, 1993.
[73]Story M, French SA, Resnick MD, Blum RW. Ethnic and Socioeconomic Status Differences in Dieting Behaviors and Body Image Perceptions in Adolescents. International Journal of Eating Disorders 18: 173-179, 1995.
[74]Whitaker A, Davies M, Shaffer D, Johnson J, Abrams S, Walsh BT, Kalikow K. The Struggle to be Thin: A Survey of Anorexic and Bulimic Symptoms in a Non-Referred Adolescent Population. Psychological Medicine 19: 143-163, 1989.

Table 8.1 A Demographic Comparison of Students' BMI's

		Normal BMI	At Risk for Overweight (85th to 95th percentile)	Overweight (Above 95th percentile)
Sex	Female	**80.2%**	**13.7%**	**6.1%**
	Male	**70.4%**	**15.6%**	**14.0%**
Grade	9th Grade	**77.2%**	**13.4%**	**9.4%**
	10th Grade	**74.1%**	**13.7%**	**12.2%**
	11th Grade	**74.2%**	**16.0%**	**9.8%**
	12th Grade	**75.7%**	**15.7%**	**8.6%**
Race/ Ethnicity	Black or African American	**69.1%**	**17.3%**	**13.6%**
	Hispanic or Latino	**66.9%**	**20.0%**	**13.1%**
	White	**78.2%**	**12.8%**	**9.0%**
	Other *	**84.9%**	**12.1%**	**3.1%**
Overall		**75.3%**	**14.6%**	**10.1%**

*In this analysis, the "Other" race/ethnicity category excludes those of multiple race.

- Overall, a quarter of high school students (24.7%) have a BMI that would classify them as either overweight (10.1%) or at risk for being overweight (14.6%) (Table 8.1).
- Males (14.0%) were more likely than females (6.1%) to be overweight but only slightly more likely to be at risk of being overweight (15.6% of males compared to 13.7% of females).
- The percentage of students that were overweight was highest among Black (13.6%) and Hispanic (13.1%) students. These two groups were also more likely to be at risk for being overweight. Overall, about a third of Hispanic (33.1%) and Black (30.9%) students were either overweight or at risk of being overweight compared to only 21.8% of White and 15.2% of Other students.

Weight Perception

Table 8.2 Self-Perception of Weight

Row %		Self-Perception of Weight				
		Very underweight	*Slightly underweight*	*About the right weight*	*Slightly overweight*	*Very overweight*
Sex	*Female*	**1.7%**	**10.7%**	**52.6%**	**29.6%**	**5.3%**
	Male	**3.5%**	**17.3%**	**56.6%**	**18.7%**	**3.9%**
Age	*14 Years Old or Younger*	**1.3%**	**15.4%**	**52.6%**	**22.6%**	**8.1%**
	15 Years Old	**2.7%**	**15.7%**	**51.5%**	**26.4%**	**3.7%**
	16 Years Old	**1.9%**	**12.9%**	**54.5%**	**25.0%**	**5.8%**
	17 Years Old	**3.7%**	**13.2%**	**56.4%**	**23.0%**	**3.7%**
	18 Years Old or Older	**2.8%**	**13.8%**	**58.0%**	**22.0%**	**3.4%**
Grade	*9th Grade*	**2.6%**	**16.9%**	**52.6%**	**23.4%**	**4.4%**
	10th Grade	**2.0%**	**12.6%**	**53.7%**	**27.2%**	**4.5%**
	11th Grade	**3.0%**	**13.8%**	**55.8%**	**21.7%**	**5.7%**
	12th Grade	**2.9%**	**12.2%**	**57.4%**	**23.8%**	**3.6%**
Race/ Ethnicity	*Black or African American*	**2.3%**	**12.9%**	**59.5%**	**20.8%**	**4.4%**
	Hispanic or Latino	**1.8%**	**13.1%**	**51.2%**	**27.5%**	**6.4%**
	White	**2.7%**	**13.8%**	**54.4%**	**24.8%**	**4.3%**
	Other	**3.2%**	**21.1%**	**49.6%**	**21.1%**	**5.0%**
Overall		**2.6%**	**14.0%**	**54.6%**	**24.1%**	**4.7%**

- About half (45.4%) of New Jersey high school students described their weight as being about right; 16.6% perceived themselves as either slightly or very underweight; and 28.8% perceived themselves as either slightly or very overweight (Table 8.2).
- More males (20.8%) than females (12.4%) considered themselves either slightly or very underweight. Likewise, more females (34.9%) than males (22.6%) considered themselves slightly or very overweight.
- Although there were few notable differences across age or grade levels in students' perceptions of their weight, students 14 years old or younger (8.1%) tended to have the highest likelihood of perceiving themselves as very overweight and students who were 18 years old or older (3.4%) had the lowest likelihood of doing so.
- Hispanic students were the most likely to report themselves as being slightly or very overweight (33.9%) and the least likely to report themselves as being slightly or very underweight (14.9%) as compared to all other racial and ethnic groups. Black students (25.2%) were least likely to describe themselves as slightly or very overweight. Students of Other racial/ethnic descent were the most likely to report themselves as being slightly or very underweight (24.3%).

Table 8.3 Weight Control Behaviors

		Exercised	*Ate Less Food*	*Fasted*	*Used Diet Pills, Powders, Liquids*	*Used Laxatives, Vomited*
Sex	*Female*	**67.3%**	**59.0%**	**15.3%**	**14.3%**	**6.1%**
	Male	**50.7%**	**30.3%**	**8.8%**	**7.9%**	**4.2%**
Race/ Ethnicity	*Black or African American*	**42.8%**	**30.2%**	**11.6%**	**6.9%**	**2.7%**
	Hispanic or Latino	**60.5%**	**44.3%**	**14.4%**	**11.8%**	**5.0%**
	White	**62.7%**	**49.3%**	**11.8%**	**12.3%**	**5.3%**
	Other	**58.4%**	**37.1%**	**11.3%**	**7.7%**	**5.9%**
Overall		**58.9%**	**44.7%**	**12.0%**	**11.1%**	**5.2%**

- Overall, exercise (58.9%) and eating less (44.7%) were the primary methods of weight control used by students. However, more than 1-in-10 students engaged in risky weight control behaviors such as fasting (12.0%) and using diet pills, powders, or liquids (11.1%). Another 5.2% used laxatives or vomiting to try to control their weight (Table 8.3).
- Females had higher percentages of using all methods of weight control as compared to males. Likewise, females were significantly more likely than males to use the three most dangerous forms of weight control: fasting (15.3% versus 8.8%); using diet pills, powders, and liquids (14.3% versus 7.9%); and using laxatives or vomiting (6.1% versus 4.2%).
- Black students were much less likely to report that they exercised (42.8%) or ate less (30.2%) to lose weight than White or Hispanic students. Hispanic students (14.4%) were more likely to fast while White students were more likely to use diet pills, powders or liquids (12.3%).

Weight Control: 1995 vs. 2001

A greater percentage of New Jersey high school students were trying to lose weight (46% versus 43%) or trying to diet to alter their body weight (44% versus 35%) in 2001 than in 1995. Students' use of unprescribed diet pills, powders, and liquids more than doubled in this period, increasing from 5% in 1995 to 11% in 2001.

Dietary Habits

The fruit and vegetable questions are similar to questions asked of adults on CDC's Behavioral Risk Factor Survey. Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.[75] [76] Only 44% of male adolescents and 27% of female adolescents meet the minimum average daily goal of at least five servings of vegetables and fruits set by the Dietary Guidelines for Americans.[77] Milk is by far the largest single source of calcium for adolescents,[78] but it is estimated that about half of adolescent males and more than 80% of adolescent females do not meet dietary recommendations for calcium intake.[79] Calcium is essential for the formation and maintenance of bones and teeth;[80] low calcium intake during the first two to three decades of life is an important risk factor in the development of osteoporosis.[81] Six of the seven YRBS questions on food choice address fruit and vegetable consumption, and one question pertains to the consumption of milk.

[75]Public Health Service. The Surgeon General's Report on Nutrition and Health. Washington, DC: US Department of Health and Human Services, Public Health Service, 1998. DHHS publication no. (PHS) 88-50210.
[76]US Department of Health and Human Services, Food and Drug Administration. Notice of Final Rule: Food Labeling; Health Claims and Label Statements; Dietary Fiber and Cancer. Federal Register, January 5, 1993: 2537-2552.
[77]US Department of Agriculture, Agricultural Research Service. Unpublished Data from the 1994-96 Continuing Survey of Food Intakes by Individuals. February 1998.
[78]US Department of Agriculture, Agricultural Research Services. Unpublished Data from the 1989-1991 Continuing Survey of Food Intakes by Individuals. February 1998.
[79]National Center for Health Statistics, Centers for Disease Control and Prevention. Unpublished data from the 1988-94 National Health and Nutrition Examination Survey. May 1998.
[80]Public Health Service. The Surgeon General's Report on Nutrition and Health. Washington, DC: US Department of Health and Human Services, Public Health Service, 1998. DHHS publication no. (PHS) 88-50210.
[81]NIH Consensus Development on Optimal Calcium Intake. Optimal Calcium Intake. Journal of the American Medical Association 272: 1942-1948, 1994.

Table 8.4 Fruit and Milk Consumption

		Ate Fruit			Glasses of Milk		
		Did not eat fruit	Less than 3 Times per day	3 or more Times per day	Did not drink milk	Less than 3 Glasses per day	3 or more Glasses per day
Sex	Female	12.8%	78.6%	8.6%	23.5%	69.3%	7.1%
	Male	17.0%	72.7%	10.3%	14.1%	68.3%	17.6%
Age	14 Years Old or Younger	9.4%	82.8%	7.8%	15.9%	72.3%	11.8%
	15 Years Old	14.1%	76.8%	9.0%	16.3%	68.4%	15.3%
	16 Years Old	17.1%	74.2%	8.8%	21.3%	66.7%	12.0%
	17 Years Old	13.2%	77.4%	9.4%	18.6%	71.2%	10.2%
	18 Years Old or Older	17.9%	69.9%	12.3%	20.7%	67.2%	12.1%
Grade	9th Grade	11.8%	78.3%	10.0%	15.5%	70.0%	14.5%
	10th Grade	17.5%	75.0%	7.5%	20.7%	64.9%	14.4%
	11th Grade	16.4%	72.5%	11.1%	21.9%	68.8%	9.4%
	12th Grade	14.2%	76.9%	8.9%	17.7%	72.0%	10.3%
Race/ Ethnicity	Black or African American	24.4%	63.9%	11.7%	26.5%	63.8%	9.6%
	Hispanic or Latino	18.6%	70.6%	10.8%	17.9%	71.9%	10.1%
	White	12.2%	79.1%	8.6%	17.3%	69.1%	13.7%
	Other	11.1%	82.5%	6.4%	17.4%	71.1%	11.5%
Overall		14.9%	75.5%	9.5%	18.8%	68.8%	12.4%

- Overall, 14.9% of students did not eat fruit and 18.8% did not drink any milk in the last 7 days. It was also quite rare for students to eat fruit and drink milk; 1 out of 10 students (9.5%) ate fruit 3 or more times per day and 12.4% drank 3 or more glasses of milk a day (Table 8.4).
- While more males (17.0%) than females (12.8%) reported not eating fruit, many more females (23.5%) than males (14.1%) reported not drinking any milk per day in the last week.
- The results for ages varied, but 16 and 18 year-olds or older were the most likely to report not eating any fruit per day (17.1% for 16 year-olds and 17.9% for 18 year-olds and older) nor drinking any milk per day (21.3% for 16 year-olds and 20.7% for 18 year-olds or older) in the last 7 days than their comparison groups.
- Black students overall had the lowest daily fruit and milk consumption of all racial or ethnic groups followed by Hispanic, Other, and White students. Black students (24.4%) were more likely than Hispanic (18.6%), White (12.2%) or Other (11.1%) students to not eat any fruit in the last 7 days; and Black students (26.5%) were more likely than Hispanic (17.9%), Other (17.4%) or White (17.3%) students to not drink any milk in the last 7 days.

Table 8.5 Vegetable Consumption

		Ate Potatoes			Ate Carrots			Ate Other Vegetables		
		None	Less than 3 Times / Day	3 or more Times / Day	None	Less than 3 Times / Day	3 or more Times / Day	None	Less than 3 Times / Day	3 or more Times / Day
Sex	Female	29.4%	69.2%	1.4%	52.2%	46.0%	1.8%	13.8%	82.5%	3.7%
	Male	28.3%	68.0%	3.7%	49.2%	47.7%	3.1%	17.8%	76.2%	6.0%
Age	14 Years Old or Younger	26.8%	71.3%	1.9%	50.4%	46.8%	2.8%	15.7%	81.2%	3.1%
	15 Years Old	28.2%	69.3%	2.5%	50.6%	46.4%	3.0%	15.8%	78.0%	6.2%
	16 Years Old	31.8%	66.2%	2.0%	50.1%	47.2%	2.7%	16.8%	80.1%	3.1%
	17 Years Old	29.5%	67.6%	2.8%	50.9%	47.8%	1.3%	14.4%	80.2%	5.4%
	18 Years Old or Older	25.8%	70.9%	3.4%	51.6%	45.5%	2.8%	16.2%	77.6%	6.2%
Grade	9th Grade	27.1%	70.3%	2.6%	49.8%	46.9%	3.3%	13.3%	80.9%	5.8%
	10th Grade	29.3%	68.4%	2.4%	52.0%	46.0%	2.0%	18.9%	77.8%	3.3%
	11th Grade	30.4%	67.2%	2.4%	50.0%	47.7%	2.3%	16.2%	78.4%	5.5%
	12th Grade	29.4%	68.3%	2.4%	51.1%	47.2%	1.6%	14.8%	80.6%	4.6%
Race/ Ethnicity	Black or African American	46.1%	49.8%	4.1%	69.9%	26.9%	3.1%	23.3%	72.9%	3.8%
	Hispanic or Latino	33.2%	64.2%	2.7%	62.6%	35.2%	2.2%	29.6%	66.9%	3.5%
	White	23.9%	74.5%	1.6%	43.7%	54.1%	2.1%	11.6%	83.6%	4.8%
	Other	27.7%	67.0%	5.3%	50.8%	44.7%	4.4%	10.5%	80.6%	8.9%
Overall		28.9%	68.5%	2.5%	50.7%	47.0%	2.4%	15.8%	79.4%	4.8%

- In the past 7 days, a majority of students did not eat carrots (50.7%), about a third did not eat potatoes (28.9%), and more than 1-in-8 did not eat any other vegetables (15.8%). In addition, few students had 3 or more servings a day of potatoes (2.5%), carrots (2.4%), or other vegetables (4.8%) over the last 7 days. (Table 8.5).
- Females were slightly more likely than males to have not eaten any potatoes (29.4% versus 28.3%) or carrots (52.2% versus 49.2%) in the last 7 days. Alternately, males (17.8%) were more likely than females (13.8%) to have not eaten other vegetables.
- Vegetable consumption did not notably vary across ages and grades.
- Black students were the most likely of all racial and ethnic categories to not have eaten any potatoes (46.1%) or carrots (69.9%) in the last 7 days. Hispanic students were the most likely to have not eaten any other vegetables (29.6%) in that time period. By comparison, White students were least likely to report they never had potatoes (23.9%) or carrots (43.7%) while Other students were least likely to report they never consumed any other vegetables (10.5%) in the past week.

APPENDIX

A

2001 NEW JERSEY YOUTH RISK BEHAVIOR SURVEY FREQUENCY DISTRIBUTIONS

Frequency Distributions

Frequency distributions included in this Appendix are based on a survey using a random sample of 2,142 New Jersey high school students, conducted in the spring of 2001. Percentages reported are based on weighted responses.

Q1. How old are you?

Age

		Frequency	Valid Percent
Valid	14 Years Old or Younger	29,741	9.1
	15 Years Old	77,220	23.7
	16 Years Old	88,137	27.1
	17 Years Old	78,149	24.0
	18 Years Old or Older	52,276	16.1
	Total	325,523	100.0
Missing	System	507	
Total		326,030	

Q2. What is your sex?

Sex

		Frequency	Valid Percent
Valid	Female	163,194	50.2
	Male	162,120	49.8
	Total	325,314	100.0
Missing	System	715	
Total		326,030	

Q3. In what grade are you?

Grade

		Frequency	Valid Percent
Valid	9th Grade	90,166	27.7
	10th Grade	82,728	25.4
	11th Grade	79,103	24.3
	12th Grade	73,254	22.5
	Total	325,251	100.0
Missing	System	779	
Total		326,030	

Q4. How do you describe yourself?

Race/ Ethnicity

		Frequency	Valid Percent
Valid	Black or African American	53,162	16.5
	Hispanic or Latino	45,251	14.1
	White	204,450	63.6
	Other	18,578	5.8
	Total	321,441	100.0
Missing	System	4,589	
Total		326,030	

Q5. How tall are you without your shoes on?
(Omitted, too many categories)

Q6. How much do you weigh without your shoes on?
(Omitted, too many categories)

Q7. During the past 12 months, how would you describe your grades in school?

Describe School Grades (last 12 months)

		Frequency	Valid Percent
Valid	Mostly A's	81,903	25.4
	Mostly B's	139,468	43.2
	Mostly C's	73,353	22.7
	Mostly D's	11,738	3.6
	Mostly F's	4,364	1.4
	None of these grades	933	.3
	Not sure	10,826	3.4
	Total	322,584	100.0
Missing	System	3,446	
Total		326,030	

Q8. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?

Use of Helmet While Riding a Motorcycle (last 12 months)

		Frequency	Valid Percent
Valid	Did not ride a motorcycle	255,713	79.3
	Never wore a helmet	13,678	4.2
	Rarely wore a helmet	4,865	1.5
	Sometimes wore a helmet	4,875	1.5
	Most of the time wore a helmet	6,156	1.9
	Always wore a helmet	37,349	11.6
	Total	322,637	100.0
Missing	System	3,393	
Total		326,030	

Q9. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

Use of Helmet While Riding a Bicycle (last 12 months)

		Frequency	Valid Percent
Valid	Did not ride a bicycle	95,213	29.3
	Never wore a helmet	181,375	55.9
	Rarely wore a helmet	17,756	5.5
	Sometimes wore a helmet	11,068	3.4
	Most of the time wore a helmet	5,967	1.8
	Always wore a helmet	13,063	4.0
	Total	324,442	100.0
Missing	System	1,588	
Total		326,030	

Q10. How often do you wear a seat belt when riding in a car driven by someone else?

Seat Belt Use (when another drives)

		Frequency	Valid Percent
Valid	Never	18,500	5.7
	Rarely	30,343	9.3
	Sometimes	55,758	17.1
	Most of the time	93,855	28.8
	Always	127,410	39.1
	Total	325,866	100.0
Missing	System	164	
Total		326,030	

Q11. 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?

Rode in a Car with a Driver Who Had Been Drinking (last 30 days)

		Frequency	Valid Percent
Valid	0 times	226,128	69.6
	1 times	39,386	12.1
	2 or 3 times	34,306	10.6
	4 or 5 times	7,085	2.2
	6 or more times	17,953	5.5
	Total	324,859	100.0
Missing	System	1,171	
Total		326,030	

Q12. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

Drove a Vehicle after Drinking Alcohol (last 30 days)

		Frequency	Valid Percent
Valid	0 times	278,915	87.0
	1 time	15,494	4.8
	2 or 3 times	12,817	4.0
	4 or 5 times	4,008	1.3
	6 or more times	9,315	2.9
	Total	320,549	100.0
Missing	System	5,481	
Total		326,030	

Q13. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

Carried Any Weapon (last 30 days)

		Frequency	Valid Percent
Valid	0 days	267,077	86.9
	1 day	7,128	2.3
	2 or 3 days	10,758	3.5
	4 or 5 days	2,653	.9
	6 or more days	19,624	6.4
	Total	307,240	100.0
Missing	System	18,790	
Total		326,030	

Q14. During the past 30 days, on how many days did you carry a gun?

Carried a Gun (last 30 days)

		Frequency	Valid Percent
Valid	0 days	294,080	95.2
	1 day	4,030	1.3
	2 or 3 days	2,924	.9
	4 or 5 days	1,686	.5
	6 or more days	6,292	2.0
	Total	309,013	100.0
Missing	System	17,017	
Total		326,030	

Q15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

Carried any Weapon on School Property (last 30 days)

		Frequency	Valid Percent
Valid	0 days	288,462	93.2
	1 day	5,639	1.8
	2 or 3 days	4,158	1.3
	4 or 5 days	994	.3
	6 or more days	10,220	3.3
	Total	309,474	100.0
Missing	System	16,556	
Total		326,030	

Q16. 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?

Felt Unsafe of School Property (last 30 days)

		Frequency	Valid Percent
Valid	0 days	295,253	90.6
	1 day	13,751	4.2
	2 or 3 days	7,170	2.2
	4 or 5 days	2,214	.7
	6 or more days	7,545	2.3
	Total	325,934	100.0
Missing	System	96	
Total		326,030	

Q17. 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?

Threatened or Injured with a Weapon on School Property (last 12 months)

		Frequency	Valid Percent
Valid	0 times	277,327	88.8
	1 time	13,118	4.2
	2 or 3 times	7,850	2.5
	4 or 5 times	2,971	1.0
	6 or 7 times	604	.2
	8 or 9 times	1,780	.6
	10 or 11 times	504	.2
	12 or more times	8,112	2.6
	Total	312,265	100.0
Missing	System	13,765	
Total		326,030	

Q18. During the past 12 months, how many times were you in a physical fight?

Involved in a Physical Fight (last 12 months)

		Frequency	Valid Percent
Valid	0 times	208,403	65.4
	1 time	48,189	15.1
	2 or 3 times	29,539	9.3
	4 or 5 times	10,892	3.4
	6 or 7 times	4,870	1.5
	8 or 9 times	2,565	.8
	10 or 11 times	1,200	.4
	12 or more times	13,215	4.1
	Total	318,873	100.0
Missing	System	7,157	
Total		326,030	

Q19. 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?

Physical Fight Anywhere Resulting in Treated Injury (last 12 months)

		Frequency	Valid Percent
Valid	0 times	303,170	93.6
	1 time	12,324	3.8
	2 or 3 times	4,144	1.3
	4 or 5 times	597	.2
	6 or more times	3,769	1.2
	Total	324,004	100.0
Missing	System	2,026	
Total		326,030	

Q20. During the past 12 months, how many times were you in a physical fight on school property?

Physical Fight on School Property (last 12 months)

		Frequency	Valid Percent
Valid	0 times	277,720	86.8
	1 time	24,705	7.7
	2 or 3 times	8,884	2.8
	4 or 5 times	1,326	.4
	6 or 7 times	1,558	.5
	8 or 9 times	815	.3
	10 or 11 times	263	.1
	12 or more times	4,845	1.5
	Total	320,116	100.0
Missing	System	5,914	
Total		326,030	

Q21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

Partner Strikes or Causes Physical Hurt (last 12 months)

		Frequency	Valid Percent
Valid	Yes	37,646	11.6
	No	287,903	88.4
	Total	325,548	100.0
Missing	System	481	
Total		326,030	

Q22. Have you ever been physically forced to have sexual intercourse when you did not want to?

Physically Forced to Have Intercourse Against Will (lifetime)

		Frequency	Valid Percent
Valid	Yes	32,809	10.5
	No	279,064	89.5
	Total	311,873	100.0
Missing	System	14,157	
Total		326,030	

Q23. During the past 12 months, did you ever feel so sad or hopeless almost everyday for two weeks or more in a row that you stopped doing some usual activities?

Depressed Every Day for 2 Weeks or More (last 12 months)

		Frequency	Valid Percent
Valid	Yes	99,845	30.7
	No	225,849	69.3
	Total	325,694	100.0
Missing	System	336	
Total		326,030	

Q24. During the past 12 months, did you ever seriously consider attempting suicide?

Considered Attempting Suicide (last 12 months)

		Frequency	Valid Percent
Valid	Yes	54,094	17.3
	No	258,540	82.7
	Total	312,634	100.0
Missing	System	13,396	
Total		326,030	

Q25. During the past 12 months, did you make a plan about how you would attempt suicide?

Planned How to Make Suicide Attempt (last 12 months)

		Frequency	Valid Percent
Valid	Yes	40,655	13.0
	No	271,180	87.0
	Total	311,835	100.0
Missing	System	14,195	
Total		326,030	

Q26. During the past 12 months, how many times did you actually attempt suicide?

Times Actually Attempted Suicide (last 12 months)

		Frequency	Valid Percent
Valid	0 times	254,578	91.6
	1 time	10,230	3.7
	2 times	5,942	2.1
	4 or 5 times	1,746	.6
	6 or more times	5,541	2.0
	Total	278,036	100.0
Missing	System	47,994	
Total		326,030	

Q27. 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?

Suicide Attempt Resulted in Treatable Injury (last 12 months)

		Frequency	Valid Percent
Valid	Did not attempt suicide	253,464	91.6
	Yes	6,754	2.4
	No	16,637	6.0
	Total	276,854	100.0
Missing	System	49,176	
Total		326,030	

Q28. Have you ever tried cigarette smoking, even one or two puffs?

Ever Tried Cigarette Smoking

		Frequency	Valid Percent
Valid	Yes	201,817	63.0
	No	118,755	37.0
	Total	320,573	100.0
Missing	System	5,457	
Total		326,030	

Q29. How old were you when you smoked a whole cigarette for the first time?

Age when First Smoked a Whole Cigarette

		Frequency	Valid Percent
Valid	Never smoked a cigarette	154,629	48.5
	8 Years Old or Younger	13,429	4.2
	9 or 10 Years Old	14,460	4.5
	11 or 12 Years Od	40,836	12.8
	13 or 14 Years Old	58,522	18.3
	15 or 16 Years Old	31,278	9.8
	17 Years Old or Older	5,935	1.9
	Total	319,090	100.0
Missing	System	6,940	
Total		326,030	

Q30. During the past 30 days, on how many days did you smoke cigarettes?

Number of Days Smoked Cigarettes (last 30 days)

		Frequency	Valid Percent
Valid	0 Days	215,384	70.6
	1 or 2 Days	15,239	5.0
	3 to 5 Days	12,180	4.0
	6 to 9 Days	7,247	2.4
	10 to 19 Days	9,560	3.1
	20 to 29 Days	10,429	3.4
	All 30 Days	34,930	11.5
	Total	304,968	100.0
Missing	System	21,062	
Total		326,030	

Q31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

Number of Cigarettes Smoked Per Day (last 30 days)

		Frequency	Valid Percent
Valid	Did not smoke cigarettes	214,994	70.2
	Less than 1 cigarette	13,306	4.3
	1 cigarette	15,755	5.1
	2 to 5 cigarettes	35,902	11.7
	6 to 10 cigarettes	14,533	4.7
	11 to 20 cigarettes	7,364	2.4
	More than 20 cigarettes	4,526	1.5
	Total	306,380	100.0
Missing	System	19,650	
Total		326,030	

Q32. During the past 30 days, how did you usually get your own cigarettes?

How Cigarettes Were Acquired (last 30 days)

		Frequency	Valid Percent
Valid	Did not smoke cigarettes	214,920	70.4
	Store or gas station	41,504	13.6
	Vending machine	1,049	.3
	Someone else bought them	12,735	4.2
	Borrowed/bummed them	21,279	7.0
	A person 18 or older	5,403	1.8
	Took them from store/family	2,681	.9
	Some other way	5,805	1.9
	Total	305,377	100.0
Missing	System	20,653	
Total		326,030	

Q33. When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?

Asked to Show Age ID for Buying Cigarettes (last 30 days)

		Frequency	Valid Percent
Valid	Did not buy cigarettes	247,079	76.2
	Yes	27,996	8.6
	No	49,053	15.1
	Total	324,128	100.0
Missing	System	1,902	
Total		326,030	

Q34. During the past 30 days, on how many days did you smoke cigarettes on school property?

Smoked Cigarettes on School Property (last 30 days)

		Frequency	Valid Percent
Valid	0 Days	272,740	85.2
	1 or 2 Days	10,825	3.4
	3 to 5 Days	5,525	1.7
	6 to 9 Days	2,459	.8
	10 to 19 Days	6,874	2.1
	20 to 29 Days	6,398	2.0
	All 30 Days	15,297	4.8
	Total	320,118	100.0
Missing	System	5,911	
Total		326,030	

Q35. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

Ever Smoked Daily Over 30 Day Period

		Frequency	Valid Percent
Valid	Yes	63,140	19.6
	No	259,570	80.4
	Total	322,710	100.0
Missing	System	3,320	
Total		326,030	

Q36. During the past 12 months, did you ever try to quit smoking cigarettes?

Ever Try Quitting Smoking Cigarettes (last 12 months)

		Frequency	Valid Percent
Valid	Did not smoke in last 12 months	199,213	64.8
	Yes	54,265	17.7
	No	53,924	17.5
	Total	307,402	100.0
Missing	System	18,627	
Total		326,030	

Q37. 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?

Chewed Tobacco (last 30 days)

		Frequency	Valid Percent
Valid	0 Days	301,153	92.9
	1 or 2 Days	7,770	2.4
	3 to 5 Days	4,929	1.5
	6 to 9 Days	2,599	.8
	10 to 19 Days	1,358	.4
	20 to 29 Days	941	.3
	All 30 Days	5,409	1.7
	Total	324,158	100.0
Missing	System	1,871	
Total		326,030	

Q38. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

Chewed Tobacco on School Property (last 30 days)

		Frequency	Valid Percent
Valid	0 Days	309,379	95.5
	1 or 2 Days	5,625	1.7
	3 to 5 Days	2,876	.9
	6 to 9 Days	1,206	.4
	10 to 19 Days	883	.3
	20 to 29 Days	472	.1
	All 30 Days	3,380	1.0
	Total	323,820	100.0
Missing	System	2,210	
Total		326,030	

Q39. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

Smoked Cigars (last 30 days)

		Frequency	Valid Percent
Valid	0 Days	274,770	84.4
	1 or 2 Days	25,448	7.8
	3 to 5 Days	10,416	3.2
	6 to 9 Days	4,106	1.3
	10 to 19 Days	4,627	1.4
	20 to 29 Days	2,190	.7
	All 30 Days	3,840	1.2
	Total	325,397	100.0
Missing	System	633	
Total		326,030	

Q40. During your life, on how many days have you had at least one drink of alcohol?

Lifetime Number of Days of Drinking Alcohol

		Frequency	Valid Percent
Valid	0 Days	49,491	16.6
	1 or 2 Days	33,182	11.1
	3 to 9 Days	52,024	17.4
	10 to 19 Days	39,119	13.1
	20 to 39 Days	39,842	13.3
	40 to 99 Days	36,048	12.1
	100 or More Days	49,145	16.4
	Total	298,851	100.0
Missing	System	27,179	
Total		326,030	

Q41. How old were you when you had your first drink of alcohol other than a few sips?

Age of First Drink of Alcohol

		Frequency	Valid Percent
Valid	Never other than a few sips	48,631	16.1
	8 Years Old or Younger	26,181	8.7
	9 or 10 Years Old	24,249	8.0
	11 or 12 Years Old	47,540	15.8
	13 or 14 Years Old	91,948	30.5
	15 or 16 Years Old	53,849	17.8
	17 Years Old or Older	9,417	3.1
	Total	301,815	100.0
Missing	System	24,214	
Total		326,030	

Q42. During the past 30 days, on how many days did you have at least one drink of alcohol?

1 or More Drinks of Alcohol in a Day (last 30 days)

		Frequency	Valid Percent
Valid	0 Days	137,117	44.3
	1 or 2 Days	73,958	23.9
	3 to 5 Days	47,064	15.2
	6 to 9 Days	27,152	8.8
	10 to 19 Days	15,582	5.0
	20 to 29 Days	2,833	.9
	All 30 Days	5,644	1.8
	Total	309,350	100.0
Missing	System	16,680	
Total		326,030	

Q43. 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?

5 or More Drinks of Alcohol in a Day (last 30 days)

		Frequency	Valid Percent
Valid	0 Days	214,709	67.4
	1 Day	32,376	10.2
	2 Days	23,053	7.2
	3 to 5 Days	25,686	8.1
	6 to 9 Days	12,994	4.1
	10 to 19 Days	5,592	1.8
	20 or More Days	4,193	1.3
	Total	318,602	100.0
Missing	System	7,428	
Total		326,030	

Q44. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

1 or More Drinks of Alcohol on School Property (last 30 days)

		Frequency	Valid Percent
Valid	0 Days	304,723	95.0
	1 or 2 Days	9,445	2.9
	3 to 5 Days	1,654	.5
	6 to 9 Days	662	.2
	10 to 19 Days	1,157	.4
	20 to 29 Days	627	.2
	All 30 Days	2,395	.7
	Total	320,663	100.0
Missing	System	5,367	
Total		326,030	

Q45. During your life, how many times have you used marijuana?

Marijuana Use in Lifetime

		Frequency	Valid Percent
Valid	0 Times	181,459	58.9
	1 or 2 Times	23,405	7.6
	3 to 9 Times	26,536	8.6
	10 to 19 Times	15,543	5.0
	20 to 39 Times	14,712	4.8
	40 to 99 Times	14,907	4.8
	100 or More Times	31,424	10.2
	Total	307,987	100.0
Missing	System	18,043	
Total		326,030	

Q46. How old were you when you tried marijuana for the first time?

Age when First Used Marijuana

		Frequency	Valid Percent
Valid	Never tried marijuana	181,598	58.6
	8 Years Old or Younger	6,405	2.1
	9 or 10 Years Old	3,787	1.2
	11 or 12 Years Old	18,402	5.9
	13 or 14 Years Old	47,652	15.4
	15 or 16 Years Old	43,206	14.0
	17 Years Old or Older	8,649	2.8
	Total	309,699	100.0
Missing	System	16,331	
Total		326,030	

Q47. During the past 30 days, how many times did you use marijuana?

Recent Marijuana Use (last 30 days)

		Frequency	Valid Percent
Valid	0 Times	231,118	75.1
	1 or 2 Times	28,952	9.4
	3 to 9 Times	19,128	6.2
	10 to 19 Times	8,149	2.6
	20 to 39 Times	7,751	2.5
	40 or More Times	12,706	4.1
	Total	307,805	100.0
Missing	System	18,225	
Total		326,030	

Q48. During the past 30 days, how many times did you use marijuana on school property?

Used Marijuana on School Property (last 30 days)

		Frequency	Valid Percent
Valid	0 Times	293,440	94.8
	1 or 2 Times	6,484	2.1
	3 to 9 Times	3,550	1.1
	10 to 19 Times	2,337	.8
	20 to 39 Times	1,022	.3
	40 or More Times	2,772	.9
	Total	309,605	100.0
Missing	System	16,425	
Total		326,030	

Q49. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

Lifetime Use of Any Cocaine or Crack

		Frequency	Valid Percent
Valid	0 Times	283,727	91.5
	1 or 2 Times	10,789	3.5
	3 to 9 Times	4,433	1.4
	10 to 19 Times	2,669	.9
	20 to 39 Times	2,035	.7
	40 or More Times	6,337	2.0
	Total	309,989	100.0
Missing	System	16,040	
Total		326,030	

Q50. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

Recent Use of Any Cocaine or Crack (last 30 days)

		Frequency	Valid Percent
Valid	0 Times	296,848	95.8
	1 or 2 Times	3,875	1.2
	3 to 9 Times	3,569	1.2
	10 to 19 Times	2,487	.8
	20 to 39 Times	431	.1
	40 or More Times	2,783	.9
	Total	309,993	100.0
Missing	System	16,037	
Total		326,030	

Q51. 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?

Sniffed Glue in Lifetime

		Frequency	Valid Percent
Valid	0 Times	270,690	87.3
	1 or 2 Times	17,165	5.5
	3 to 9 Times	10,578	3.4
	10 to 19 Times	3,969	1.3
	20 to 39 Times	3,103	1.0
	40 or More Times	4,737	1.5
	Total	310,242	100.0
Missing	System	15,788	
Total		326,030	

Q52. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray can, or inhaled any paints or sprays to get high?

Sniffed Glue (last 30 days)

		Frequency	Valid Percent
Valid	0 Times	294,665	94.9
	1 or 2 Times	7,050	2.3
	3 to 9 Times	2,902	.9
	10 to 19 Times	2,222	.7
	20 to 39 Times	392	.1
	40 or More Times	3,194	1.0
	Total	310,424	100.0
Missing	System	15,605	
Total		326,030	

Q53. During your life, how many times have you used heroin (also called smack, junk, or China White)?

Used Heroin in Lifetime

		Frequency	Valid Percent
Valid	0 Times	299,966	96.2
	1 or 2 Times	3,768	1.2
	3 to 9 Times	2,002	.6
	10 to 19 Times	1,396	.4
	20 to 39 Times	1,342	.4
	40 or More Times	3,456	1.1
	Total	311,929	100.0
Missing	System	14,101	
Total		326,030	

Q54. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

Used Speed in Lifetime

		Frequency	Valid Percent
Valid	0 Times	287,546	92.3
	1 or 2 Times	10,264	3.3
	3 to 9 Times	5,113	1.6
	10 to 19 Times	2,007	.6
	20 to 39 Times	2,944	.9
	40 or More Times	3,708	1.2
	Total	311,582	100.0
Missing	System	14,447	
Total		326,030	

Q55. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

Used Steroids Without Prescription in Lifetime

		Frequency	Valid Percent
Valid	0 Times	309,574	95.3
	1 or 2 Times	6,783	2.1
	3 to 9 Times	1,638	.5
	10 to 19 Times	1,574	.5
	20 to 39 Times	1,314	.4
	40 or More Times	4,046	1.2
	Total	324,930	100.0
Missing	System	1,100	
Total		326,030	

Q56. During your life, how many times have you used a needle to inject any illegal drug into your body?

Needle Use for Illegal Drugs in Lifetime

		Frequency	Valid Percent
Valid	0 Times	302,092	96.8
	1 Time	4,588	1.5
	2 or More Times	5,461	1.7
	Total	312,142	100.0
Missing	System	13,888	
Total		326,030	

Q57. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

Been Offered, Sold, or Given Illegal Drugs on School Property (last 12 months)

		Frequency	Valid Percent
Valid	Yes	89,832	28.8
	No	222,040	71.2
	Total	311,872	100.0
Missing	System	14,158	
Total		326,030	

Q58. Have you ever had sexual intercourse?

Ever Had Sexual Intercourse

		Frequency	Valid Percent
Valid	Yes	141,993	47.4
	No	157,718	52.6
	Total	299,711	100.0
Missing	System	26,319	
Total		326,030	

Q59. How old were you when you had sexual intercourse for the first time?

Age of First Sexual Intercourse

		Frequency	Valid Percent
Valid	Never had sex	157,823	52.7
	11 Years Old or Younger	14,768	4.9
	12 Years Old	7,871	2.6
	13 Years Old	15,819	5.3
	14 Years Old	28,741	9.6
	15 Years Old	33,622	11.2
	16 Years Old	24,176	8.1
	17 Years Old or Older	16,836	5.6
	Total	299,656	100.0
Missing	System	26,374	
Total		326,030	

Q60. During your life, with how many people have you had sexual intercourse?

Number of Sexual Partners in Lifetime

		Frequency	Valid Percent
Valid	Never has sex	157,569	52.7
	1 Person	50,144	16.8
	2 People	22,684	7.6
	3 People	18,138	6.1
	4 People	13,179	4.4
	5 people	7,825	2.6
	6 or more People	29,355	9.8
	Total	298,896	100.0
Missing	System	27,134	
Total		326,030	

Q61. During the past 3 months, with how many people did you have sexual intercourse?

Number of Sexual Partners (last 3 months)

		Frequency	Valid Percent
Valid	Never had sex	157,685	52.8
	None during past 3 months	33,263	11.1
	1 Person	73,030	24.4
	2 People	15,088	5.1
	3 People	5,969	2.0
	4 People	2,666	.9
	5 People	1,023	.3
	6 or more People	10,016	3.4
	Total	298,740	100.0
Missing	System	27,289	
Total		326,030	

Q62. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

Alcohol or Drug Use Before the Last Sexual Intercourse

		Frequency	Valid Percent
Valid	Never had sex	157,569	52.7
	Yes	37,621	12.6
	No	103,900	34.7
	Total	299,090	100.0
Missing	System	26,940	
Total		326,030	

Q63. The last time you had sexual intercourse, did you or your partner use a condom?

Condom Use During Last Sexual Encounter

		Frequency	Valid Percent
Valid	Never had sex	157,262	53.0
	Yes	93,131	31.4
	No	46,169	15.6
	Total	296,562	100.0
Missing	System	29,468	
Total		326,030	

Q64. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

Method Used to Prevent Pregnancy

		Frequency	Valid Percent
Valid	Never had sex	157,569	54.0
	No method was used	20,444	7.0
	Birth control pills	14,185	4.9
	Condoms	77,628	26.6
	Depo-Provera	794	.3
	Withdrawal	15,727	5.4
	Some other method	1,992	.7
	Not sure	3,407	1.2
	Total	291,746	100.0
Missing	System	34,284	
Total		326,030	

Q65. How many times have you been pregnant or gotten someone pregnant?

Number of Pregnancies

		Frequency	Valid Percent
Valid	0 Times	281,560	92.1
	1 Time	12,698	4.2
	2 or More Times	6,609	2.2
	Not sure	4,844	1.6
	Total	305,711	100.0
Missing	System	20,318	
Total		326,030	

Q66. How do you describe your weight?

Self Perception of Weight

		Frequency	Valid Percent
Valid	Very underweight	8,421	2.6
	Slightly underweight	44,858	14.0
	About the right weight	175,644	54.6
	Slightly overweight	77,561	24.1
	Very overweight	15,019	4.7
	Total	321,504	100.0
Missing	System	4,526	
Total		326,030	

Q67. Which of the following are you trying to do about your weight?

Current Practice of Changing Weight

		Frequency	Valid Percent
Valid	Lose weight	150,266	46.4
	Gain weight	58,213	18.0
	Stay the same weight	56,866	17.6
	Not trying to do anything	58,206	18.0
	Total	323,551	100.0
Missing	System	2,479	
Total		326,030	

Q68. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

Exercised to Lose Weight (last 30 days)

		Frequency	Valid Percent
Valid	Yes	190,943	58.9
	No	132,994	41.1
	Total	323,938	100.0
Missing	System	2,092	
Total		326,030	

Q69. 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?

Ate Less Food to Lose Weight (last 30 days)

		Frequency	Valid Percent
Valid	Yes	144,190	44.7
	No	178,414	55.3
	Total	322,604	100.0
Missing	System	3,426	
Total		326,030	

Q70. 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?

Fasted to Lose Weight (last 30 days)

		Frequency	Valid Percent
Valid	Yes	38,877	12.0
	No	284,041	88.0
	Total	322,918	100.0
Missing	System	3,112	
Total		326,030	

Q71. 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?

Used Diet Pills, Powders, Liquids to Lose Weight (last 30 days)

		Frequency	Valid Percent
Valid	Yes	35,840	11.1
	No	287,182	88.9
	Total	323,023	100.0
Missing	System	3,007	
Total		326,030	

Q72. During the past 30 days, did you vomit or take laxatives to lose weight to keep from gaining weight?

Used Laxatives, Vomited to Lose Weight (last 30 days)

		Frequency	Valid Percent
Valid	Yes	16,616	5.2
	No	305,720	94.8
	Total	322,336	100.0
Missing	System	3,693	
Total		326,030	

Q73. During the past 7 days, how many times did you drink 100% fruit juice such as orange juice, apple juice, or grape juice?

Drank 100% Fruit Juice (last 7 days)

		Frequency	Valid Percent
Valid	Did not drink fruit juice	43,498	13.5
	1 to 3 Times	100,398	31.2
	4 to 6 Times	60,638	18.8
	1 Time per day	31,770	9.9
	2 Times per day	33,641	10.5
	3 Times per day	19,494	6.1
	4 or more Times per day	32,475	10.1
	Total	321,913	100.0
Missing	System	4,117	
Total		326,030	

Q74. During the past 7 days, how many times did you eat fruit?

Ate Fruit (last 7 days)

		Frequency	Valid Percent
Valid	Did not eat fruit	47,922	14.9
	1 to 3 Times	119,543	37.1
	4 to 6 Times	54,713	17.0
	1 Time per day	36,845	11.4
	2 Times per day	32,449	10.1
	3 Times per day	14,673	4.6
	4 or more Times per day	15,692	4.9
	Total	321,837	100.0
Missing	System	4,193	
Total		326,030	

Q75. During the past 7 days, how many times did you eat green salad?

Ate Green Salad (last 7 days)

		Frequency	Valid Percent
Valid	Did not eat green salad	87,969	27.3
	1 to 3 Times	130,228	40.4
	4 to 6 Times	46,081	14.3
	1 Time per day	36,260	11.2
	2 Times per day	10,591	3.3
	3 Times per day	3,839	1.2
	4 or more Times per day	7,524	2.3
	Total	322,493	100.0
Missing	System	3,537	
Total		326,030	

Q76. During the past 7 days, how many times did you eat potatoes?

Ate Potatoes (last 7 days)

		Frequency	Valid Percent
Valid	Did not eat potatoes	93,227	28.9
	1 to 3 Times	160,320	49.7
	4 to 6 Times	37,550	11.7
	1 Time per day	16,579	5.1
	2 Times per day	6,503	2.0
	3 Times per day	2,358	.7
	4 or more Times per day	5,773	1.8
	Total	322,309	100.0
Missing	System	3,721	
Total		326,030	

Q77. During the past 7 days, how many times did you eat carrots?

Ate Carrots (last 7 days)

		Frequency	Valid Percent
Valid	Did not eat carrots	163,360	50.7
	1 to 3 Times	110,037	34.2
	4 to 6 Times	24,328	7.6
	1 Time per day	12,084	3.8
	2 Times per day	4,482	1.4
	3 Times per day	2,233	.7
	4 or more Times per day	5,628	1.7
	Total	322,152	100.0
Missing	System	3,877	
Total		326,030	

Q78. During the past 7 days, how many times did you eat other vegetables?

Ate Other Vegetables (last 7 days)

		Frequency	Valid Percent
Valid	Did not eat other vegetables	50,977	15.8
	1 to 3 Times	124,436	38.6
	4 to 6 Times	73,510	22.8
	1 Time per day	41,448	12.9
	2 Times per day	16,299	5.1
	3 Times per day	7,187	2.2
	4 or more Times per day	8,514	2.6
	Total	322,371	100.0
Missing	System	3,659	
Total		326,030	

Q79. During the past 7 days, how many glasses of milk did you drink?

Glasses of Milk (last 7 days)

		Frequency	Valid Percent
Valid	Did not drink milk	60,539	18.8
	1 to 3 Glasses past 7 days	79,651	24.8
	4 to 6 Glasses past 7 days	53,110	16.5
	1 Glass per day	49,673	15.5
	2 Glasses per day	38,525	12.0
	3 Glasses per day	18,625	5.8
	4 or more Glasses per day	21,171	6.6
	Total	321,293	100.0
Missing	System	4,737	
Total		326,030	

Q80. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

Aerobic Exercise Over 20 Minutes (last 7 days)

		Frequency	Valid Percent
Valid	0 Days	51,187	15.9
	1 Day	31,526	9.8
	2 Days	28,115	8.7
	3 Days	39,382	12.2
	4 Days	29,323	9.1
	5 Days	39,833	12.4
	6 Days	23,495	7.3
	7 Days	79,249	24.6
	Total	322,110	100.0
Missing	System	3,920	
Total		326,030	

Q81. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

Mild Physical Exercise over 30 Minutes (last 7 days)

		Frequency	Valid Percent
Valid	0 Days	88,868	27.6
	1 Day	42,865	13.3
	2 Days	40,416	12.6
	3 Days	34,616	10.8
	4 Days	23,554	7.3
	5 Days	29,774	9.2
	6 Days	10,669	3.3
	7 Days	51,179	15.9
	Total	321,941	100.0
Missing	System	4,088	
Total		326,030	

Q82. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

Tone-up Exercising (last 7 days)

		Frequency	Valid Percent
Valid	0 Days	82,482	25.6
	1 Day	30,451	9.5
	2 Days	36,399	11.3
	3 Days	42,778	13.3
	4 Days	31,483	9.8
	5 Days	35,502	11.0
	6 Days	14,577	4.5
	7 Days	48,041	14.9
	Total	321,712	100.0
Missing	System	4,318	
Total		326,030	

Q83. On an average school day, how many hours do you watch TV?

Number of Hours of TV Watched During Average School Day

		Frequency	Valid Percent
Valid	No TV on average school day	18,274	5.7
	Less than 1 Hour per day	48,559	15.1
	1 Hour per day	52,229	16.3
	2 Hours per day	71,453	22.3
	3 Hours per day	57,173	17.8
	4 Hours per day	30,279	9.4
	5 or more Hours per day	43,086	13.4
	Total	321,052	100.0
Missing	System	4,978	
Total		326,030	

Q84. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Days of Going to Physical Education Classes Per Week

		Frequency	Valid Percent
Valid	0 Days	22,864	7.6
	1 Day	5,375	1.8
	2 Days	3,710	1.2
	3 Days	11,244	3.7
	4 Days	57,837	19.2
	5 Days	200,207	66.5
	Total	301,237	100.0
Missing	System	24,793	
Total		326,030	

Q85. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

Time Actually Spent Exercising in Physical Education Class

		Frequency	Valid Percent
Valid	Do not take PE	22,728	7.5
	Less than 10 minutes	24,095	8.0
	10 to 20 minutes	54,301	18.0
	21 to 30 minutes	87,415	29.0
	31 to 40 minutes	70,322	23.3
	41 to 50 minutes	19,956	6.6
	51 to 60 minutes	7,051	2.3
	More than 60 minutes	15,605	5.2
	Total	301,473	100.0
Missing	System	24,557	
Total		326,030	

Q86. During the past 12 months, on how many sports teams did you play?

Number of Sports Teams Played On (last 12 months)

		Frequency	Valid Percent
Valid	0 Teams	131,985	41.0
	1 Team	78,552	24.4
	2 Teams	55,837	17.4
	3 or more Teams	55,234	17.2
	Total	321,608	100.0
Missing	System	4,422	
Total		326,030	

Q87. Have you ever been taught about AIDS or HIV infection in school?

Ever Had AIDS or HIV Education in School

		Frequency	Valid Percent
Valid	Yes	291,847	90.7
	No	20,115	6.2
	Not sure	9,916	3.1
	Total	321,878	100.0
Missing	System	4,152	
Total		326,030	

APPENDIX B

ANALYSIS OF INTER-RELATIONSHIPS AMONG RISK BEHAVIORS

Rationale

In the preceding sections, data were presented in a format which highlighted specific relationships between risk factors and sex, age, grade and ethnicity. The following analysis explores the patterns of association among the risk factors themselves, in an attempt to understand the extent to which risky behaviors in one life domain indicate the probability of risk in other domains.

Method

Composite variables were created from items representing each of the six major YRBS health risk behaviors using the SPSS "Reliability" procedure, which performs an item analysis on variables comprising additive, multiple-item scales. Those individual variables were included in each composite variable which, in combination, produced the highest possible alpha. (The higher the alpha score, the more reliable the generated scale is. Generally, an alpha score of 0.7 is considered to be an acceptable reliability coefficient, but lower thresholds can be utilized.) Because each of the six YRBS risk categories typically includes items measuring more than one behavioral dimension, more than one composite variable was created per risk category, whenever possible. The composite variables, the YRBS risk categories each variable represent, the items comprising each variable and the reliability coefficient for each variable appear in Table B.1.

Among the behavioral dimensions measured in the YRBS "Unintentional Injury and Violence" category are suicidal behavior and aggressive behaviors involving weapons and physical fighting, both of which are reflected in the composite variables which appear below (Table B.1). However, this category also includes several items pertaining to unintentional injury, such as not wearing automobile seat belts and riding a motorcycle or bicycle without a helmet. Because of low inter-correlations among these items, no composite variable was created to represent this dimension. In this case, not wearing seat belts is included as an individual item in the analysis. In all, nine composite variables and two single-item variables are included in the correlational analysis. The nine composite items include the following: alcohol use, marijuana use, use of other drugs, tobacco use, sexual risk, violence risk, suicide risk, healthy diet and physical activity. The single items included are wearing seat belts and grades in school.

All composite and single items are scored so that a low value on a scale represents the more socially desirable or less risky behavior while a high value indicates the less socially desirable or more risky behavior.

Table B.1: Item Composition of Variables and Composite Variable Reliability

YRBS Risk Category	Composite Variable	Items	Reliability (alpha)
Alcohol and Other Drugs	Alcohol Use	Q.40 Number of days of alcohol use in life Q.41 Age of first drink Q.42 Number of days of alcohol use in last 30 days Q.43 Number of days of drinking 5+ drinks in a row in last 30 days	.85
	Marijuana Use	Q.45 Number of times used marijuana in life Q.46 Age first used marijuana Q.47 Number of times used marijuana in last 30 days	.89
	Other Drug Use	Q.49 Number of times used cocaine in life Q.50 Number of times used cocaine in last 30 days Q.51 Number of times used inhalants in life Q.52 Number of times used inhalants in last 30 days Q.53 Number of times used heroin in life Q.54 Number of times used methamphetamines in life	.92
Tobacco	Tobacco Use	Q.29 Age first smoke a cigarette Q.30 Number of days smoked in past 30 days Q.31 Number of cigarettes smoked per day in last 30 days Q.37 Number of days chewed tobacco in last 30 days Q.39 Number of days smoked cigars, cigarillos in last 30 days	.80
Sexual Behaviors	Sexual Risk	Q.59 Age of first intercourse Q.60 Number of sexual partners in life Q.61 Number of sexual partners in last 3 months	.93
Unintentional Injury and Violence	Violence Risk	Q.13 Number of days carried weapon in last 30 days Q.14 Number of days carried gun in last 30 days Q.15 Number of days carried weapon onto school property in last 30 days Q.18 Number of days in physical fight in last 12 months Q.20 Number of times in physical fight on school property in last 12 months	.82
	Suicide Risk	Q.24 Ever consider attempting suicide in last 12 months Q.25 Ever made suicide plan in last 12 months Q.26 Number of suicide attempts in last 12 months Q.27 Any suicide attempt result in injury in last 12 months	.83
	Wear Seat Belt	Q.10 How often do you wear a seat belt when riding in a car driven by someone else	One Item
Dietary Behavior	Healthy Diet	Q.73 Number of fruit juice servings in last 7 days Q.74 Number of servings of fruit in last 7 days Q.75 Number of times ate salad in last 7 days Q.77 Number of servings of carrots in last 7 days Q.78 Number of servings of other vegetables in last 7 days	.72
Physical Activity	Physical Activity	Q.80 Number of days engaged in vigorous aerobic exercise in last 7 days Q.81 Number of days engaged in mild physical activity in last 7 days Q.82 Number of days engaged in muscle toning exercise in last 7 days Q.84 Number of days go to physical education during average week Q.85 Number of minutes spent exercising during typical physical education class Q. 86 Number of sports teams played on in last 12 months	.65
Grades	Grades	Q.7 During the past 12 months, how would you describe your grades in school	One Item

Results

Table B.2 presents a correlation matrix illustrating associations between the various risk behaviors measured. Correlation coefficients range from -1 to +1 with the sign of the correlation coefficient indicating the direction of the relationship. A positive value indicates the variables move in the same direction while a negative value indicates the variables are inversely related. The closer the coefficient value is to -1 or +1, the stronger the relationship between the variables. Generally, an r-score of 0.5 is considered to be a strong relationship.

Overall, the findings revealed substantial inter-correlations among substance use, sexual risk behavior and injury/violence behaviors. Behaviors relating to healthy dietary practices and physical activity, however, while related to each other, showed little association with the other forms of risk.

The most substantial relationships were found within the substance and tobacco use dimensions, with the use of one substance being highly associated with the use of other substances. The largest correlations, moreover, were found between tobacco use and the use of marijuana (r=.72) and alcohol (r=.63). Marijuana and alcohol use were, themselves, also found to be highly inter-correlated (r=.61) and all three substances were associated with the use of cocaine and other drugs (r=.51 for tobacco, r=.41 for marijuana and r=.40 for alcohol).

The substance use variables also showed substantial correlations with the sexual risk and injury/violence variables (e.g. r=.52 for marijuana use and sexual risk; r=.57 for other drug use and violence; r=.47 for other drug use and suicide risk; and r=-.31 for alcohol and seat belt use). Similarly, sexual risk and violence behaviors were themselves positively correlated (r=.42).

Grades were highly correlated with many risk behaviors. The worse a student performs in school, the more likely they are to engage in risky sexual behavior (r=.33), use marijuana (r=.30), not wear seat belts (r=.29), smoke (r=.28) and use other drugs (r=.25).

As noted above, there was little relationship between healthy dietary and exercise practices and any of the other behaviors studied. These two variables did, however, show a positive correlation with each other (r=.30).

Table B.2: Risk Behavior Correlation* Matrix

	Marijuana	Other Drugs	Tobacco Use	Sexual Risk	Violence Risk	Suicide Risk	Wears Seat Belts	Healthy Diet	Physical Activity	Grades
Alcohol Use	.61	.40	.63	.41	.41	.26	.31	.09	.03	.19
Marijuana		.41	.72	.52	.34	.23	.29	.04	-.07	.30
Other Drugs			.51	.38	.57	.47	.24	.10	-.01	.25
Tobacco Use				.47	.40	.36	.33	.05	-.08	.28
Sexual Risk					.42	.29	.33	.06	.01	.33
Violence Risk						.38	.31	.11	.01	.22
Suicide Risk							.21	.07	-.02	.14
Wears Seat Belts								-.06	-.04	.29
Healthy Diet									.30	-.08
Physical Activity										-.10

* Pearson correlation coefficients (one-tailed test)

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