

NEW JERSEY STUDENT HEALTH SURVEY OF HIGH SCHOOL STUDENTS

New Jersey Department of Education • Office of Program Support Services



2003

REPORT ON THE 2003 NEW JERSEY STUDENT HEALTH SURVEY OF HIGH SCHOOL STUDENTS

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2003 NEW JERSEY STUDENT HEALTH SURVEY OF HIGH SCHOOL STUDENTS

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INTRODUCTION

BACKGROUND

The 2003 New Jersey Student Health Survey of High School Students was conducted in the spring of 2003 among New Jersey public high school students in grades 9 to 12. The survey includes many questions from the Centers for Disease Control and Prevention's (CDC) Youth Risk Behavior Survey (YRBS), which is one component of the Youth Risk Behavior Surveillance System. The Youth Risk Behavior Surveillance System was designed to focus the nation on behaviors among youth most highly related to the leading causes of preventable premature death and illness among youth and adults and to monitor changes in these risk behaviors over time. The Youth Risk Behavior Surveillance System addresses the following health-related 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
- physical activity

The New Jersey Department of Education (NJDOE) collaborated with other state agencies to adapt the national survey to New Jersey agencies' data collection and reporting needs. As a result, the 2003 survey includes two new sets of questions concerning students' attitudes toward school and attitudes toward substance use, as well as individual questions concerning primary language, asthma, diabetes, dental care, testing for HIV or other sexually transmitted infection, and unwanted sexual contact.

The survey contains 92 multiple-choice items appropriate for self-administration by students with at least a 7th grade reading level. Survey procedures were designed to protect the privacy of all students by providing for anonymous and voluntary participation with no consequences for the student. All schools were required to secure documented parental consent, either through procedures already in place at the school or through special procedures, depending upon local school policy.

The survey was administered to 1,399 students in 26 New Jersey public high schools selected by random sample. Overall, 65% of all sampled students participated (1,399 out of 2,140) and 74% of all sampled schools (26 out of 35), yielding an overall response rate of 49%.¹ A weighting procedure was employed in 2003 to adjust the sample by various state student population parameters, so that results would more closely match the estimated percentages of the entire high school student population. Data for this report are weighted to match the estimated grade, gender, race and ethnicity of students in the overall New Jersey student population but do not account for differences in the probability of selection in sampling at the school and classroom level.

The NJDOE has conducted the YRBS every other year since 1993. The information collected through this survey is used for planning intervention programs and monitoring the impact of large-scale behavior change promotion programs. It is also an important means of raising public awareness of the need for ongoing prevention initiatives targeted to youth. The Department of Education conducts the high school survey every other spring under a cooperative agreement with CDC. In 2003, the study was conducted collaboratively between the NJDOE and the New Jersey Department of Health and Senior Services (NJDHSS). 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 Eagleton Institute's Center for Public Interest Polling (CPIP) at Rutgers University coordinated data collection activities and analyzed the findings.

Reports of the findings 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
(609) 292-5935

Reports on the survey can be downloaded at :

www.nj.gov/njded/students/yrbs/index.html

More information about the CDC survey and tools for comparing results from various other locations can be found at:

www.cdc.gov/nccdphp/dash/yrbs.

¹ The overall response rate is calculated by multiplying the student response rate (65%) by the school response rate (74%).



SUMMARY OF FINDINGS

Overview

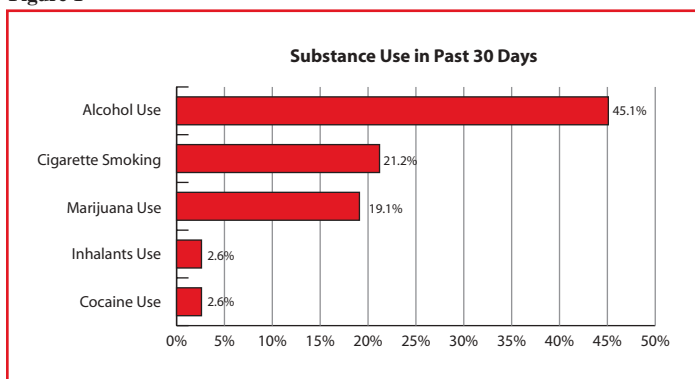
The following discussion summarizes the findings of the 2003 New Jersey Student Health Survey. In general, risk behaviors did not vary considerably by gender. However, substantial differences in the prevalence of risk and protective behaviors were found by age and racial or ethnic groupings. Teens satisfied several Healthy New Jersey 2010 Goals in reducing their use of cigarettes, inhalants and forms of cocaine, while young people failed to satisfy these objectives in the areas of alcohol use, marijuana use and TV consumption.²

Substance Use

Figure 1 presents the proportion of students reporting past 30-day use of alcohol, cigarettes and other substances. While 76.9% of students drank alcohol sometime in their lives, almost half of students (45.1%) reported consuming at least one drink of alcohol during the 30 days prior to the survey. About a quarter of students (24.2%) engaged in binge drinking—having five or more drinks of alcohol in a row within a couple of hours—during the prior 30 days.

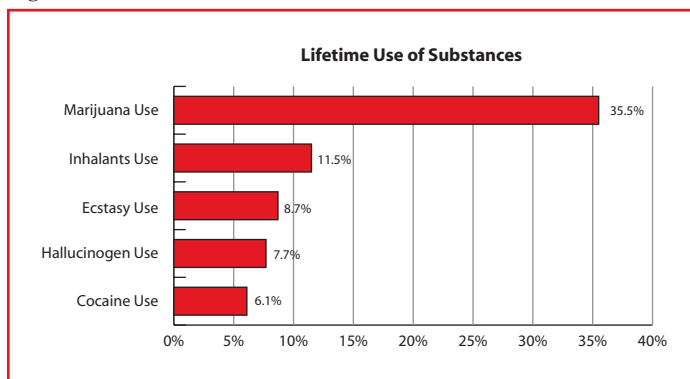
Whereas half of students (49.8%) ever tried a cigarette in their lives, 21.2% smoked at least part of a cigarette in the prior 30 days. The proportion of New Jersey high school students who used marijuana (19.1%) in the prior 30 days was far greater than use of other illicit substances. The survey found that 2.6% of students reported using inhalants and another 2.6% cited cocaine use in the last month.

Figure 1



Students were also asked to report lifetime use of illicit substances including marijuana, cocaine, heroin, inhalants, ecstasy and other club drugs (Figure 2). Marijuana (35.5%) was the most commonly cited drug high school students had used at least once in their lives (Figure 2).

Figure 2

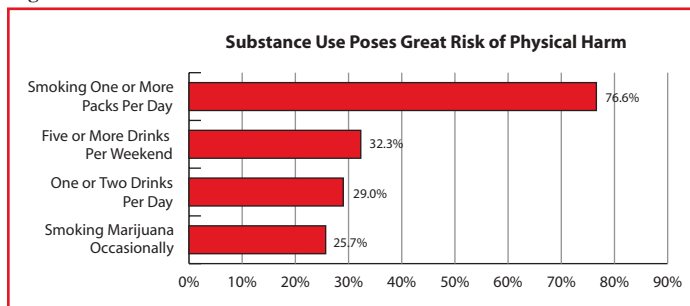


Roughly, one in 10 tried using inhalants (11.5%) and 6.1% used some form of cocaine. Fewer than one in 10 students used the club drug ecstasy (8.7%) or hallucinogens (7.7%) at least one time in their lives.

Approximately three in 10 (29.9%) 2003 high school students were offered or sold drugs on school property at some point during the previous year.

Several new items included in the 2003 New Jersey Student Health Survey asked students to describe their attitudes toward use of tobacco, alcohol and marijuana. From these questions, the survey found that students were more likely to believe that smoking a pack or more of cigarettes per day is of great risk to one's health (76.6%) compared with drinking one or two drinks of alcohol per day (29.0%), or consuming five or more drinks per weekend (32.3%), or occasionally smoking marijuana (25.7%) (Figure 3). While students found occasional marijuana use to be of lower health risk than these other substance use behaviors just described, a greater proportion of students indicated strong disapproval of occasional marijuana use (29.9%) than the proportions who strongly disapproved of drinking alcohol once or twice daily (16.3%) or of having five or six drinks per weekend (20.2%).

Figure 3

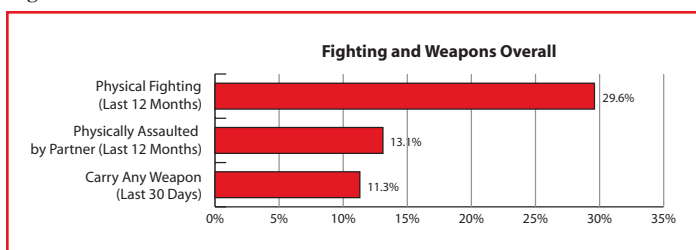


² Healthy New Jersey 2010: A Health Agenda for the First Decade of the New Millennium, Vol. I. New Jersey Department of Health and Senior Services, June 2001.

Violence and Weapons Possession

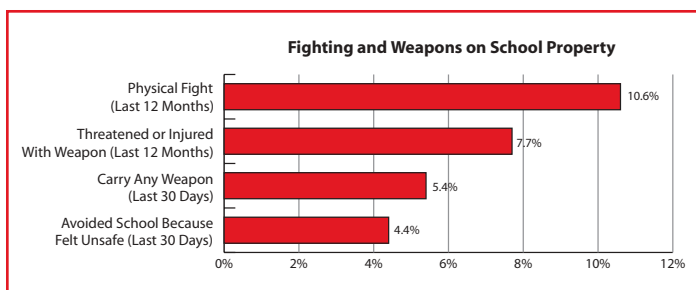
Measures of violent behavior in the 2003 survey found that approximately three in 10 students (29.6%) reported being involved in a physical fight during the last 12 months (Figure 4). More than one in 10 students (13.1%) reported that they had been physically hurt by their boyfriends or girlfriends who hit or slapped them during the past 12 months. About one in 10 students (11.3%) carried a weapon such as a gun, knife or club in the 30 days leading up to the survey.

Figure 4



With respect to violence on school property (Figure 5), 10.6% of students reported being involved in a physical fight and 7.7% cited having been threatened or injured with a weapon by another student. About one in 20 students (4.4%) reported avoiding one or more days of school because he/she felt unsafe at or on the way to school. The survey found that one in 20 students (5.4%) carried a weapon, such as a gun, knife or club on school grounds.

Figure 5

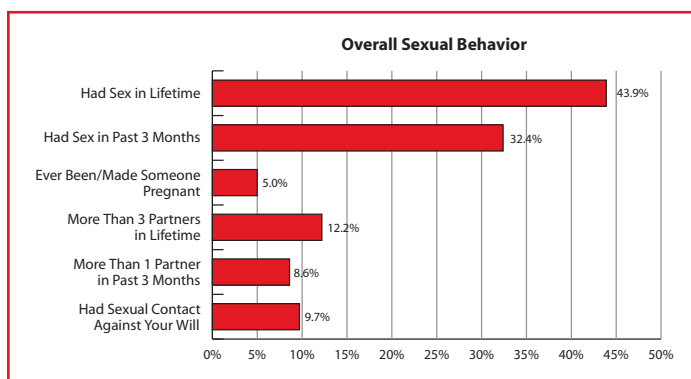


Sexual Behavior

For the first time, these survey questions were preceded by the following definition: The term “sexual intercourse” includes oral, anal and vaginal sex. The term “sexual contact” refers to skin-to-skin intimate contact that may or may not include sexual intercourse. More than one-half of high school students ever engaged in sexual intercourse in their lifetime (43.9%), while approximately one-third (32.4%) reported having sex during the past three months leading up to the survey (Figure 6). Among all high school students, 5.0% have been pregnant or caused someone to be pregnant in their lifetime.

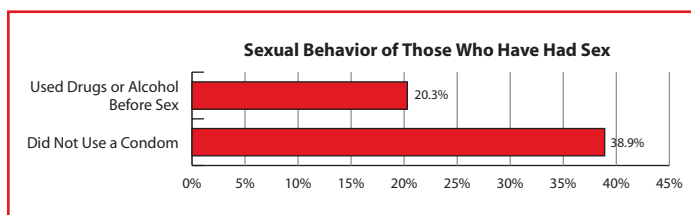
Greater than one in 10 students engaged in sexual intercourse with more than three partners during their lifetime (12.2%), while 8.6% of students reported having had sex with more than one partner in the last three months (Figure 6). Almost one in 10 students (9.7%) had sexual contact against his/her will in his/her lifetime and 2.7% reported that this occurred in the past 12 months.

Figure 6



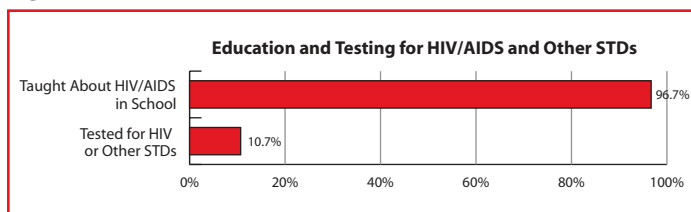
Among those students who engaged in sexual intercourse, one in five students (20.3%) reported using drugs or alcohol before his/her last sexual encounter and about four in 10 students who had sex in their lifetime did not use a condom the last time they did so (38.9%) (Figure 7).

Figure 7



Nearly all of New Jersey high school students (96.7%) have been taught about AIDS or HIV infection in school either in the 2003 school year (58.7%) or a prior year (38.0%) (Figure 8). Less than 1% was excluded from this instruction by a parent. About 10% of students reported ever having been tested for HIV/AIDS or for other sexually transmitted infections (STI) in their lifetime.

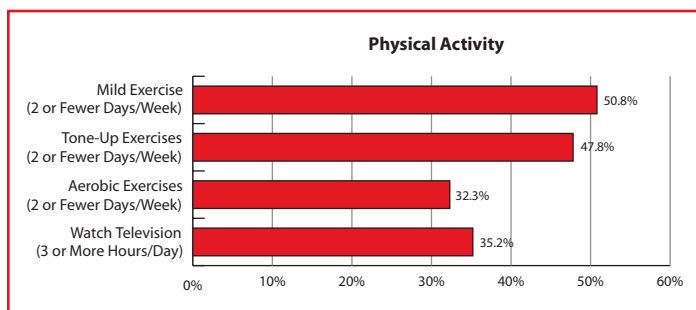
Figure 8



Physical Activity

About half of students engaged in two or fewer days of mild exercise (50.8%), at least 30 minutes of physical activity that did not make them sweat or breathe hard, or tone-up exercise (47.8%) such as push-ups, sit-ups or weightlifting (Figure 9). About a third of students (32.3%) did not engage in aerobic exercise, defined as at least 20 minutes of physical activity that did make them sweat and breathe hard. Over a third of students (35.2%) indicated they watched at least three hours or more of television on an average school day.

Figure 9



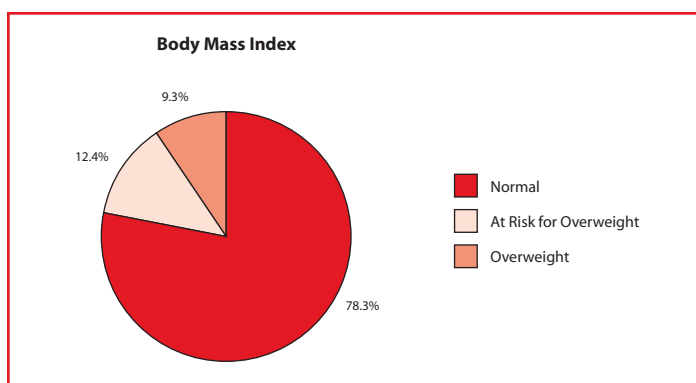
Health and Weight

More than two in 10 students have a Body Mass Index (BMI) that would classify them as either overweight (9.3%) or at risk for being overweight (12.4%) (Figure 10).

Nearly one in five students indicated that a doctor or nurse has diagnosed them with asthma (18.8%) and 2.7% have been diagnosed with diabetes. Both of these medical conditions were much more prevalent among African American / black students, among whom 27.6% had asthma and 5.3% had diabetes.

Three quarters of students (76.8%) have had dental check-ups in the past 12 months while 10.3% have been to the dentist, but between one and two years ago. The remaining students have either never been to the dentist (1.9%), were not sure about their last visit (5.1%) or had not been to a dentist in at least two years (5.3%).

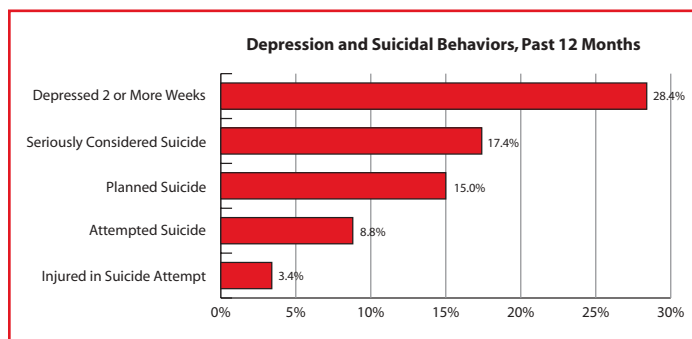
Figure 10



Mental Health

More than one quarter of students (28.4%) reported that they experienced a period of depression in the past year (Figure 11). In addition, 17.4% of students indicated they seriously considered suicide in the past 12 months, while 15.0% planned suicide and 8.8% also made a suicide attempt in that period. For 3.4% of students, the suicide attempt resulted in an injury that had to be treated.

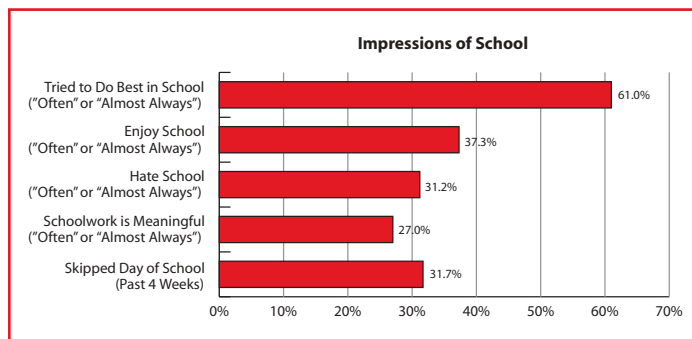
Figure 11



Impressions of School

Slightly more students indicated they often or almost always enjoyed school (37.3%) rather than hated school (31.2%) (Figure 12). More than six in 10 students (61.0%) reported that they often or almost always tried to do their best in school over the past year; however, only a quarter of students (27.0%) indicated that schoolwork assigned to them was meaningful or important. An equal percentage of students found the courses they took in school to be very or quite interesting (26.4%) as those that found them very or slightly dull (26.7%). When asked if they had ever skipped a day of school in the past month, 31.7% of students indicated that they skipped at least one day in that period.

Figure 12



BACKGROUND

2003 NEW JERSEY STUDENT HEALTH SURVEY OF HIGH SCHOOL STUDENTS

INTRODUCTION

The 2003 New Jersey Student Health Survey of High School Students was administered in the spring of 2003 by the New Jersey Department of Education (NJDOE). While the NJDOE has conducted a similar survey every other year since 1993 under the name New Jersey Youth Risk Behavior Survey, a new name was adopted in 2003 to signal the introduction of questions not previously asked and collaboration with other state agencies to design survey procedures, select questions, collect data and report the findings. Questions included in the 2003 survey were chosen to better reflect the data needs of the NJDOE, New Jersey Department of Health and Senior Services and New Jersey Department of Law and Public Safety.

In prior surveys, the NJDOE administered the Youth Risk Behavior Survey (YRBS) questions as promulgated by the Centers for Disease Control and Prevention (CDC) without additions or deletions. This national survey provides information about the self-reported prevalence of risk and protective behaviors that are highly related to the most important causes of preventable premature 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
- physical activity

Beginning in the year 2000, NJDOE began exploring means to expand the scope of the survey to address needs of several New Jersey state agencies and reduce duplication of effort in conducting student surveys in New Jersey schools. As a result, the 2003 survey contains the following: two new sets of questions concerning attitudes toward school and attitudes toward substance use; and new indi-

vidual questions concerning primary language, unwanted sexual contact, testing for HIV or other sexually transmitted infections (STI), diagnosis with asthma or diabetes, and dental care. Several sets of questions that were part of the 2003 national YRBS were not included in the 2003 New Jersey Student Health Survey, but are planned for the 2005 survey. These question sets concern use of helmets and seatbelts, perception of body weight and dieting behaviors, participation in school physical education and sports teams, and experience of damaged or stolen personal property at school.

The NJDOE provides the findings in both a detailed report and in a summary brochure in order to encourage the broadest possible distribution of the information to adults who work directly with youth or for the benefit of youth. The following are examples of how the findings are used.

- Identify priority areas for increased programming, changes in school policy and collaboration with community agencies.
- Monitor the impact of large-scale state or national initiatives to improve adolescent health.
- Establish district, school and community benchmarks for reducing adolescent risks and increasing pro-social behaviors.
- Recognize program successes in influencing adolescent behaviors, encouragement to keep up the good work.
- Provide teachers with a basis for allocating instructional time in the health and physical education curriculum.
- Provide teens with factually-based peer norms rather than inflated perceptions of what their peers are doing.

The detailed report and summary brochure are distributed in printed form and made available for download from the NJDOE Web site. These materials may be copied and distributed without permission. Frequency distributions for all 92 items on the 2003 Student Health Survey are included in Appendix A. Appendix B contains an analysis which examines the relationship among various risk behaviors.

COMPARABILITY OF FINDINGS

Findings from the 2003 New Jersey Student Health Survey should not be statistically compared with New Jersey Youth Risk Behavior Survey results from prior years or with similar surveys from other regions that used different, more extensive weighting procedures. A description of the 2003 weighting procedures is provided below. Two prior surveys, the 1995 and 2001 New Jersey Youth Risk Behavior Surveys did secure representative participation sufficient for weighting using more extensive procedures of CDC and may

be compared to findings from other time periods and regions for which the data were also weighted using CDC procedures.

The report notes differences with age, grade, racial/ethnic, and gender categories that appear to be of practical significance, given the size of the difference and sample size. Statistical tests of significance are not used to determine which differences are noted. Generally, however, differences noted usually achieve a chi-square of .05 or lower.

Data from the 2003 New Jersey Student Health Survey collected in the spring of 2003 is highly comparable to that collected during the fall of 2003 through the Youth Tobacco Survey conducted by the New Jersey Department of Health and Senior Services (NJDHSS) Comprehensive Tobacco Control Program. 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/smoking.htm. The New Jersey Department of Human Services, Division of Addiction Services also collects

data concerning use of alcohol, tobacco and other substances by students in the seventh and eighth grades. While the questions are asked differently from those on the high school surveys, the responses do provide a means to examine increases in student use with increasing age and grade. These findings can be found at www.state.nj.us/humanservices/das/das_reports.html. 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.

FUNDING SOURCES

The 2003 New Jersey Student Health Survey was made possible through funding from the Centers for Disease Control and Prevention cooperative agreement #U87/CCU209030, the United States Department of Education under the Safe and Drug-Free Schools and Communities Act (Title IV-A) of the No Child Left

Behind Act, and the New Jersey Department of Health and Senior Services from the Maternal and Child Health Block Grant, U.S. Department of Health and Human Services and the Comprehensive Tobacco Control Program.

SURVEY METHODS

A detailed technical report on the administration of the 2003 survey, entitled “2003 New Jersey Student Health Survey of High School Students, Technical Report: Survey Process, Observations and Recommendations” was provided to NJDOE by Egeton Institute, Center for Public Interest Polling (CPIP). The following information outlines the major aspects of survey administration.

Sampling

- **School Level**—All of the state’s 329 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. Thirty-five schools were sampled, of which one was included in the national YRBS. 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 approximately 85 students per school.
- **Parental Permission**—Participating schools were provided with parent consent letters and survey fact sheets to send home with students. The survey procedure called for the consent letter and fact sheet to also be mailed to the home address of students in sampled classes. Most of the participating schools provided addresses to CPIP to affect this mailing. A few schools elected to do the mailing themselves using postage-paid stuffed envelopes. One school utilized its own procedure for documenting parental consent or refusal for student surveys for the entire school year.

In all cases, documented parental consent was required for a student to participate, consistent with New Jersey statute N.J.S.A. 18A:36-34. Any student who did not want to participate on the day of administration was also excused.

Response Rate

Overall, 1,399 students in 26 public high schools completed the 2003 New Jersey Student Health Survey. The school response rate was 74% (26 of the 35 sampled schools); the student response rate was 65% (1,399 of the 2,140 sampled students who completed usable questionnaires); and the overall response rate was 49% ($74\% \times 65\% = 49\%$). The CDC has established a combined participation rate of 60% as the minimum rate required to apply weights to data collected for the YRBS. See below for further explanation of weighting and its implications.

Weighting

CDC allows weighting of data only if a 60% overall response rate is achieved. Since the survey yielded a response rate of 49%, CDC weighting methods, which adjust the data for gender, grade, racial/ethnic categories, and probability of sampling at the school and classroom level, were not applied. However, CPIP applied weights to the data based more simply on population parameters of gender, grade in school, and race/ethnicity. Therefore, while the weighted percentages used in this report are a more accurate reflection of the demographic characteristics of the total New Jersey high school population than if the results were to be used in their non-weighted form, they should not be used to make statistical comparisons with responses to surveys conducted at other points in time or other regions.

PROFILE OF STUDENTS

As discussed, the results are weighted to represent the selected demographic characteristics of all New Jersey students in grades 9-12, but are not representative of the New Jersey high school population because of the inability to weight by the probability of selection at the school and classroom level. The weighted demographic characteristics of the sample are included in Table 1.

Age

The students ranged in age from 12 years old to 18 years old or older. Overall, 74.8% of the students were between 15 and 17 years old.

Grade

Based on weighted demographic data, 28.7% of the students were in 9th grade, 25.8% were in 10th grade, and approximately the same number were in 11th grade (23.5%) and 12th grade (22.0%).

Gender

Overall, approximately an equal number of males (50.1%) and females (49.9%) responded to the survey.

Ethnicity

Based on weighted demographic data, 15.1% were black or African American, 13.8% were Hispanic or Latino (including multiple Hispanic), 58.0% were white, and 13.1% were other (including American Indian/Alaskan Natives, Asians, Native Hawaiian/Pacific Islanders, and Multiple non-Hispanic students).

Language

English was the primary language spoken at home for 81% of students while 8% used Spanish at home. The remaining one in 10 students either spoke Korean (1%), Portuguese (1%), Mandarin (1%), Gujarati (1%), or Arabic (1%) or reported they primarily used some other language (6%).

Table 1

Weighted Profile of Students in the 2003 Youth Risk Behavior Survey

SEX		GRADE		ETHNICITY		AGE	
Female	49.9%	9th	28.7%	Black/ African American	15.1%	14 years or younger	10.2%
Male	50.1%	10th	25.8%	Hispanic/ Latino	13.8%	15 years	27.2%
		11th	23.5%	White	58.0%	16 years	25.1%
		12th	22.0%	All other races	13.1%	17 years	22.5%
						18 years or older	14.9%

ADDITIONAL INFORMATION

If you would like additional information about this report, or have comments or questions, contact:

NJDOE
Office of Program Support Services
PO Box 500
Trenton, NJ 08625-0500
(609) 292-5935

Comments may also be submitted through the NJDOE Parent's Circle Web page at:

www.state.nj.us/njded/parents/

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/yrbs/index.html

ALCOHOL AND OTHER DRUG USE

ALCOHOL USE

These questions measure lifetime and current use of alcohol, age of initiation and episodic heavy drinking. Approximately 30% of all motor vehicle crashes that result in injury involve alcohol,³ and motor vehicle crashes are among the leading causes of death among youth aged 15–19 in the United States.⁴ Heavy drinking among youth also has been linked to increased number of sexual partners, use of marijuana, and poor academic performance.⁵ In 2001, 78.2%

of high school students had one or more drinks of alcohol in their lifetime, 47.1% had one or more drinks of alcohol in the past 30 days, and 29.9% had five or more drinks of alcohol on one or more occasions during the past 30 days.⁶ Of the 92 items on the 2003 New Jersey Student Health Survey, four addressed students' use of alcohol (questions 35 through 38). These questions measured age of initiation, frequency and amount of alcohol use.

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	21.9%	4.7%	3.5%	10.7%	34.2%	23.1%	1.9%
	Male	24.3%	7.9%	6.2%	13.3%	29.1%	17.2%	2.1%
Age	14 Years Old Or Younger	32.0%	9.6%	7.2%	23.2%	28.0%	--	--
	15 Years Old	35.6%	6.1%	5.2%	10.8%	33.8%	8.5%	--
	16 Years Old	19.5%	5.5%	3.2%	12.3%	34.1%	25.3%	--
	17 Years Old	15.3%	7.1%	4.7%	11.2%	30.2%	28.8%	2.7%
	18 Years Old Or Older	13.1%	5.1%	4.0%	7.6%	28.8%	32.8%	8.6%
Grade	9th Grade	36.7%	7.6%	5.4%	17.2%	29.4%	3.7%	--
	10th Grade	23.4%	4.4%	5.3%	10.0%	35.8%	21.2%	--
	11th Grade	16.1%	8.4%	5.4%	10.4%	32.2%	26.2%	1.3%
	12th Grade	12.5%	5.2%	3.1%	9.7%	28.7%	33.6%	7.3%
Race/ Ethnicity	Black or African American	27.5%	8.8%	4.4%	11.0%	30.8%	16.5%	1.1%
	Hispanic/Latino	18.3%	7.7%	9.5%	18.9%	25.4%	17.8%	2.4%
	White	20.6%	5.3%	4.4%	11.7%	33.8%	21.7%	2.4%
	Other	35.2%	6.3%	2.5%	7.5%	27.7%	20.1%	0.6%
Overall		23.1%	6.3%	4.8%	11.9%	31.6%	20.2%	2.0%

- Overall, more than three out of four students (76.9%) reported drinking alcohol in their lifetime (Table 1.1). About one in four students (23.0%) drank alcohol before they were 13; 31.6% started drinking between age 13 and 14; and another 22.2% began drinking when they were 15 or older.
- While a similar percentage of females (78.1%) and males (75.7%) reported lifetime alcohol use, males were somewhat more likely to have started drinking earlier. More males indicated they had their first drink of alcohol before the age of 13 (27.4%) than did females (18.9%).
- The number of students trying alcohol increases with grade level. The percentages of students who reported ever using alcohol were as follows: 63.3% of 9th graders, 76.6% of students in 10th grade, 83.9% of 11th graders, and 87.5% of 12th graders.
- Hispanic (81.7%) and white (79.4%) students were more likely than students of other racial/ethnic descent (64.8%) and black students (72.5%) to have used alcohol in their lifetime. Hispanic students (36.1%) were more likely than black (24.2%), white (21.4%) or other (16.3%) students to have had a drink before the age of 13.

³ National Highway Traffic Safety Administration. 1998 *Youth Fatal crash and alcohol facts*. Washington, DC: United States Department of Transportation, 1998.

⁴ Hoyert DL, Arias E, Smith BL, Murphy SL, Kochanek KD. "Deaths: Final Data for 1999." *National Vital Statistics Reports* 49: 1-113, 2001.

⁵ Centers for Disease Control and Prevention. "Cigar smoking among teenagers in United States, Massachusetts, and New York, 1996." *Morbidity and Mortality Weekly Report* 46: 433-440, 1997.

⁶ Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Morbidity and Mortality Weekly Report* 51: SS-4, 2002.

Table 1.2: Recent Alcohol Use

		1 or More Drinks of Alcohol in a Day (last 30 days)						
		<i>0 Days</i>	<i>1 or 2 Days</i>	<i>3 to 5 Days</i>	<i>6 to 9 Days</i>	<i>10 to 19 Days</i>	<i>20 to 29 Days</i>	<i>All 30 Days</i>
Sex	<i>Female</i>	55.7%	22.4%	10.7%	7.9%	2.8%	0.4%	--
	<i>Male</i>	54.2%	19.9%	11.3%	7.3%	4.2%	1.9%	1.2%
Age	<i>14 Years Old Or Younger</i>	67.9%	17.9%	8.6%	2.9%	1.4%	--	1.4%
	<i>15 Years Old</i>	64.0%	18.8%	7.6%	6.8%	1.6%	0.5%	0.5%
	<i>16 Years Old</i>	57.6%	21.5%	12.2%	5.7%	1.8%	1.2%	--
	<i>17 Years Old</i>	45.8%	25.5%	11.8%	9.2%	5.6%	1.6%	0.7%
	<i>18 Years Old Or Older</i>	39.5%	21.0%	15.1%	13.2%	7.3%	2.9%	1.0%
Grade	<i>9th Grade</i>	66.3%	16.8%	8.8%	5.4%	2.1%	0.5%	--
	<i>10th Grade</i>	58.6%	23.3%	10.5%	5.2%	1.2%	0.6%	0.6%
	<i>11th Grade</i>	52.2%	22.8%	11.7%	7.6%	3.8%	1.6%	0.3%
	<i>12th Grade</i>	39.3%	22.8%	13.5%	13.2%	7.3%	2.3%	1.7%
Race/ Ethnicity	<i>Black or African American</i>	69.6%	16.2%	6.9%	3.9%	--	1.5%	2.0%
	<i>Hispanic/Latino</i>	57.2%	21.1%	10.6%	6.1%	3.9%	0.6%	0.6%
	<i>White</i>	47.8%	24.0%	12.8%	9.2%	4.5%	1.3%	0.4%
	<i>Other</i>	68.7%	15.6%	7.8%	5.0%	1.7%	1.1%	--
Overall		54.9%	21.2%	11.0%	7.6%	3.5%	1.2%	0.6%

- Overall, 45.1% of students drank alcohol on at least one day in the prior 30 days (Table 1.2). Regarding the number of days in the past month that students reported drinking, 21.2% drank on just one or two days, 11.0% drank on three to five days, and 12.9% drank on six or more days.
- Older students were more likely to have used alcohol in the past 30 days than were younger students. About six in 10 students 18 and over (60.5%) reported drinking on at least one day, while about a third of students who are 14 or younger (32.1%) reported any recent alcohol use.
- Equal proportions of males (45.8%) and females (44.3%) used alcohol at least once in the past 30 days, while young men (14.6%) were slightly more likely than young women (11.1%) to have consumed alcohol on six or more days in the past month.
- White (52.2%) and Hispanic (42.8%) students were more likely to have used alcohol in the past 30 days than students of other racial/ethnic descent (31.3%) or black (30.4%) students. White students (15.4%) were also more likely to have consumed alcohol on six or more occasions in the past 30 days than were Hispanic (11.2%), other (7.8%) or black (7.4%) students.

HEALTHY NEW JERSEY 2010 GOAL⁷

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

2003 NEW JERSEY SHS RESULTS

Sophomores (41.4%) report alcohol consumption slightly above the 2010 goal, while juniors (47.8%), and seniors (60.7%) all reported higher levels of recent alcohol use than the goal specifies.

- Close to one in four students (24.2%) have engaged in binge drinking—having consumed five or more drinks within a couple of hours—in the past 30 days.
- White (29.7%) and Hispanic (23.7%) students were more likely than black (11.1%) and other (13.8%) students to have engaged in binge drinking in the past 30 days. Males (25.8%) and females (22.7%) were about equally likely to have done so. Students 18 and over (38.5%) were most likely of all age groups to have had five or more drinks within a couple of hours on at least one day in the past 30 days.

HEALTHY NEW JERSEY 2010 GOAL

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 whites; 5.0% for blacks; 8.0% for Hispanics.

2003 NEW JERSEY SHS RESULTS

24.2% of all high school students report drinking five or more alcoholic drinks on an occasion in the past 30 days. Whites (29.7%), blacks (11.1%), and Hispanics (23.7%) in high school all binge drink at rates above this goal.

⁷ Healthy New Jersey 2010: A Health Agenda for the First Decade of the New Millennium, Vol. I. New Jersey Department of Health and Senior Services, June 2001.

DRINKING AND DRIVING

These questions measure the frequency with which high school students drive a motor vehicle while under the influence of drugs or alcohol or ride as a passenger in a motor vehicle operated by someone who is under the influence of alcohol or drugs. Approximately 30% of all motor vehicle-related crashes that result in injury involve alcohol.⁸ Alcohol use is associated with 36% of motor-vehicle related fatalities among those aged 15-20 years and

20% of fatalities among those less than 15 years old.⁹ In 2001, 13.3% of high school students nationwide reported having driven a vehicle one or more times after drinking alcohol in the past 30 days, and 30.7% of high school students reported riding on one or more occasions in the past 30 days in a car with a driver who had been drinking alcohol.¹⁰

Table 1.3: 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	<i>Female</i>	77.2%	11.9%	7.0%	2.0%	1.9%
	<i>Male</i>	75.3%	8.9%	9.0%	2.6%	4.2%
Age	<i>14 Years Old Or Younger</i>	78.6%	6.4%	8.6%	2.1%	4.3%
	<i>15 Years Old</i>	79.5%	10.1%	6.6%	1.1%	2.7%
	<i>16 Years Old</i>	74.6%	12.1%	7.8%	2.3%	3.2%
	<i>17 Years Old</i>	75.2%	11.5%	8.9%	2.2%	2.2%
	<i>18 Years Old Or Older</i>	73.0%	9.3%	9.3%	4.4%	3.9%
Grade	<i>9th Grade</i>	76.0%	10.5%	9.2%	1.8%	2.6%
	<i>10th Grade</i>	78.4%	10.9%	6.7%	1.7%	2.2%
	<i>11th Grade</i>	78.8%	8.9%	6.8%	2.2%	3.4%
	<i>12th Grade</i>	71.6%	10.9%	9.6%	4.3%	3.6%
Race/ Ethnicity	<i>Black or African American</i>	79.6%	6.3%	4.9%	3.4%	5.8%
	<i>Hispanic/Latino</i>	72.6%	10.5%	11.6%	1.1%	4.2%
	<i>White</i>	74.7%	12.1%	8.4%	2.4%	2.5%
	<i>Other</i>	82.6%	8.4%	6.2%	1.7%	1.1%
Overall		76.2%	10.4%	8.1%	2.3%	3.1%

- During the past 30 days 23.8% of the students rode at least once in a vehicle with someone who had been drinking, and 3.1% of students did so on six or more occasions in this period (Table 1.3).
- Within the last 30 days, males (24.7%) and females (22.8%) were equally likely to ride with drinking drivers or to have done so six or more times in the past 30 days (4.2% for males as compared to 1.9% for females).
- Older students were only slightly more likely to ride in cars with drinking drivers than younger students. Close to three in 10 of 18

year-olds (27.0%) rode in cars with drinking drivers at least once in the past 30 days, as opposed to 21.4% of the students 14 years old or younger. Among the students who were passengers in a car with a drinking driver, younger students were equally as likely as older students to have done so six or more times in the last 30 days, 3.9% of students 18 years old or older and 4.3% of those 14 and under.

- Hispanic students (27.4%) reported the highest percentages overall of riding with drinking drivers in the past 30 days of all racial and ethnic categories.

⁸ National Highway Traffic Safety Administration. *1998 Youth Fatal crash and alcohol facts*. Washington, DC: United State Department of Transportation, 1998.

⁹ Centers for Disease Control and Prevention. "Alcohol Involvement in Fatal Motor—Vehicle Crashes—United States, 1997-1998." *Morbidity and Mortality Weekly Report* 48(47): 1086-7, 1999.

¹⁰ Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Morbidity and Mortality Weekly Report* 51: SS-4, 2002.

Table 1.4: Driving a Vehicle after Drinking Alcohol

		Drove Vehicle after Drinking Alcohol (last 30 days)				
		<i>0 times</i>	<i>1 times</i>	<i>2 or 3 times</i>	<i>4 or 5 times</i>	<i>6 or more times</i>
Sex	<i>Female</i>	93.8%	3.5%	2.3%	0.3%	0.1%
	<i>Male</i>	87.2%	4.6%	3.9%	1.3%	3.0%
Age	<i>14 Years Old Or Younger</i>	94.5%	2.1%	1.4%	0.7%	1.4%
	<i>15 Years Old</i>	93.4%	2.9%	2.4%	--	1.3%
	<i>16 Years Old</i>	94.8%	2.3%	1.7%	0.3%	0.9%
	<i>17 Years Old</i>	87.2%	6.1%	3.8%	1.3%	1.6%
	<i>18 Years Old Or Older</i>	78.3%	7.2%	7.7%	2.9%	3.9%
Grade	<i>9th Grade</i>	95.2%	2.3%	2.0%	0.3%	0.3%
	<i>10th Grade</i>	93.3%	3.6%	1.7%	--	1.4%
	<i>11th Grade</i>	91.4%	3.7%	3.1%	0.6%	1.2%
	<i>12th Grade</i>	79.9%	7.2%	6.6%	2.6%	3.6%
Race/ Ethnicity	<i>Black or African American</i>	96.2%	--	--	--	3.8%
	<i>Hispanic/Latino</i>	88.4%	6.3%	3.7%	1.1%	0.5%
	<i>White</i>	89.2%	4.8%	3.6%	1.1%	1.3%
	<i>Other</i>	92.2%	2.8%	3.9%	--	1.1%
Overall		90.5%	4.1%	3.1%	0.8%	1.6%

- Overall, 9.5% of students reported they drove a car or other vehicle after they had been drinking alcohol in the past 30 days; 4.1% drove a vehicle after using alcohol only once, while 5.5% did so more than once. (Table 1.4).
- Males (12.8%) were more likely than females (6.2%) to have driven a vehicle after drinking alcohol in the past 30 days.
- Older students were more likely than younger students to have operated a vehicle after drinking. One-fifth of 18-year-olds (21.7%) and greater than one in 10 of 17-year-olds (12.8%) drove after drinking in the past 30 days compared with one in 20 of 16-year-olds (5.2%), 15-year-olds (6.6%) and those 14 years old or younger (5.5%).
- Hispanic (11.6%) and white (10.8%) students were more likely than black students (3.8%) to have driven after they had been drinking alcohol in the past 30 days.

MARIJUANA USE

Marijuana Use

There were 17 items that addressed student use of drugs other than alcohol (questions 40 to 42 and 44 to 57). These questions measured the lifetime and current use of marijuana, cocaine, and inhalants and lifetime use of heroin, methamphetamines, ecstasy and other club drugs, 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).¹¹ 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.¹² In 2001, 42.2% of high school students had used marijuana in their lifetime and 9.4% of high school students had used cocaine in their lifetime. From 1991 to 2001, the percentage of high school students who used cocaine in the past month increased from 1.7% to 4.2%.¹³

Table 1.5: Age When First Used Marijuana

		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	65.9%	0.4%	0.9%	1.3%	12.0%	16.9%	2.6%
	Male	62.5%	0.9%	1.7%	5.3%	15.4%	12.4%	1.7%
Age	14 Years Old Or Younger	79.6%	2.1%	2.1%	4.9%	11.3%	--	--
	15 Years Old	75.7%	--	1.3%	2.9%	14.6%	5.6%	--
	16 Years Old	64.7%	0.9%	0.9%	3.4%	14.7%	15.5%	--
	17 Years Old	52.7%	0.6%	1.6%	2.9%	12.9%	25.7%	3.5%
	18 Years Old Or Older	50.2%	0.5%	1.0%	3.4%	13.2%	22.4%	9.3%
Grade	9th Grade	78.5%	0.3%	1.5%	3.5%	12.4%	3.8%	--
	10th Grade	65.7%	0.3%	0.8%	4.2%	15.2%	13.8%	--
	11th Grade	57.2%	0.9%	2.2%	3.1%	14.5%	20.6%	1.5%
	12th Grade	51.3%	1.3%	0.3%	2.9%	12.4%	23.5%	8.2%
Race/Ethnicity	Black or African American	68.9%	1.9%	1.4%	4.3%	15.3%	7.2%	1.0%
	Hispanic/Latino	62.2%	0.5%	1.1%	4.3%	12.2%	15.4%	4.3%
	White	61.1%	0.5%	1.3%	3.3%	14.4%	17.1%	2.4%
	Other	75.6%	--	1.7%	1.7%	9.4%	11.1%	0.6%
Overall		64.3%	0.6%	1.3%	3.4%	13.7%	14.6%	2.2%

- Overall, 35.7% of all students reported having tried marijuana in their lifetime, with 5.3% having tried it before the age of 13 (Table 1.5).
- A slightly higher percentage of males (37.5%) than females (34.1%) had tried marijuana. Males were more likely to report first use of marijuana at an earlier age; 7.9% used it before the age of 13 compared to 2.6% of females.
- White (38.9%) and Hispanic (37.8%) students were more likely to have tried marijuana than black (31.1%) or other (24.4%) students. A similar proportion of black (7.6%), Hispanic (5.9%), and white (5.1%) students, and students of other racial/ethnic descent (3.4%) tried marijuana before 13 years of age.
- Nearly half of 17-year-olds (47.3%) and 18-year-olds (49.8%) had tried marijuana, while a quarter of 15-year-olds (24.3%) and one-fifth of 14-year-olds or younger (20.4%) had ever used the substance.

¹¹ Substance Abuse and Mental Health Services Administration. (2001). *Summary of findings from the 2000 National Household Survey on Drug Abuse (NHSDA)* Series: H-13, DHHS Publication No. SMA 01-3549. Rockville, MD, 2001.

¹² Blanken AJ. "Measuring Use of Alcohol and Other Drugs among Adolescents." *Public Health Reports* 108: 25-30, 1993.

¹³ Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Mortality and Morbidity Weekly Report* 51: SS-4, 2002.

Table 1.6: Recent Marijuana Use

		Number of Times Used Marijuana (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	<i>Female</i>	84.1%	6.6%	5.0%	1.3%	2.0%	0.9%
	<i>Male</i>	77.5%	7.7%	3.9%	3.2%	3.5%	4.2%
Age	<i>14 Years Old Or Younger</i>	89.1%	4.4%	2.2%	0.7%	1.5%	2.2%
	<i>15 Years Old</i>	88.0%	4.8%	2.9%	1.6%	1.9%	0.8%
	<i>16 Years Old</i>	84.0%	7.4%	3.2%	1.4%	2.0%	2.0%
	<i>17 Years Old</i>	73.3%	9.6%	7.1%	2.9%	4.8%	2.3%
	<i>18 Years Old Or Older</i>	70.0%	9.2%	6.8%	4.3%	2.9%	6.8%
Grade	<i>9th Grade</i>	89.3%	4.9%	2.0%	1.0%	2.0%	0.8%
	<i>10th Grade</i>	82.8%	7.3%	3.7%	1.7%	2.3%	2.3%
	<i>11th Grade</i>	80.4%	6.4%	5.2%	3.1%	3.1%	1.8%
	<i>12th Grade</i>	69.1%	10.2%	7.6%	3.6%	3.9%	5.6%
Race/ Ethnicity	<i>Black or African American</i>	89.8%	4.4%	--	2.0%	2.0%	2.0%
	<i>Hispanic/Latino</i>	79.8%	5.9%	6.4%	2.7%	3.7%	1.6%
	<i>White</i>	78.1%	8.2%	5.4%	1.9%	3.1%	3.3%
	<i>Other</i>	84.5%	7.2%	3.9%	2.8%	1.1%	0.6%
Overall		80.9%	7.2%	4.5%	2.2%	2.7%	2.5%

- Overall, about one in five students (19.1%) reported marijuana use over the last 30 days, with 7.4% having used it 10 or more times in that period (Table 1.6). Of students who used marijuana recently, 39.2% used it 10 or more times compared to 37.5% who used it only one or two times.
- Males (22.5%) were more likely than females (15.9%) to report recent marijuana use. Among marijuana users, almost half of males (48.4%) reported using marijuana 10 or more times in the past 30 days, compared to a quarter of females (26.4%).
- Older students were also more likely to have used marijuana in the past month. Three in 10 students 18 and over (30.0%) and a quarter of 17-year-olds (26.7%) used marijuana in the prior month compared to 10.9% of those 14 or younger. Among users, age did not make much of a difference with respect to usage patterns.
- White (21.9%) and Hispanic (20.2%) students were more likely than other (15.5%) and black (10.2%) students to have used marijuana in the past 30 days. Among marijuana users, a higher proportion of black (57.0%) students than Hispanic (39.5%), white (37.9%), and other (28.6%) students used the drug on 10 or more occasions in the past month.

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%.

2003 NEW JERSEY SHS RESULTS

Recent marijuana use among sophomores (17.2%), juniors (19.6%) and seniors (30.9%) is higher than the specified goal.

Table 1.7: 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	<i>Female</i>	98.6%	0.7%	0.6%	0.1%	--	--
	<i>Male</i>	96.4%	1.0%	0.9%	0.7%	0.1%	0.9%
Age	<i>14 Years Old Or Younger</i>	96.5%	1.4%	--	0.7%	--	1.4%
	<i>15 Years Old</i>	97.6%	0.3%	1.3%	0.3%	--	0.5%
	<i>16 Years Old</i>	99.1%	0.6%	--	--	0.3%	--
	<i>17 Years Old</i>	96.8%	0.6%	1.3%	1.0%	--	0.3%
	<i>18 Years Old Or Older</i>	95.6%	2.4%	1.0%	0.5%	--	0.5%
Grade	<i>9th Grade</i>	98.7%	0.8%	0.3%	0.3%	--	--
	<i>10th Grade</i>	97.8%	0.6%	0.8%	0.3%	--	0.6%
	<i>11th Grade</i>	97.2%	0.6%	0.9%	0.6%	0.3	0.3%
	<i>12th Grade</i>	95.7%	1.6%	1.0%	0.7%	--	1.0%
Race/ Ethnicity	<i>Black or African American</i>	97.6%	--	--	--	0.5%	1.9%
	<i>Hispanic/Latino</i>	97.4%	1.6%	1.0%	--	--	--
	<i>White</i>	96.9%	1.1%	1.1%	0.6%	--	0.2%
	<i>Other</i>	98.9%	0.6%	--	0.6%	--	--
Overall		97.4%	0.9%	0.7%	0.4%	0.1%	0.4%

- In the prior 30 days, 2.6% of students used a form of cocaine one or more times while 0.9% used some form of cocaine 10 or more times (Table 1.7).
- A slightly higher percentage of males (3.6%) than females (1.4%) reported cocaine or crack use over the last 30 days.
- Recent cocaine use was greater for 18-year-olds (4.4%) than any other age group.
- A similar proportion of white (3.1%), Hispanic (2.6%), black (2.4%) and other students (1.1%) reported recent cocaine use.

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%.

2003 NEW JERSEY SHS RESULTS

Recent cocaine use is near the established goal for sophomores (2.2%) and juniors (2.8%), while cocaine use for seniors (4.3%) in the past 30 days exceeds the established goal.

OTHER DRUG USE

Eight questions on the New Jersey Student Health Survey addressed other lifetime drug use such as inhalants, heroin, methamphetamines, ecstasy, other club drugs, hallucinogenic

drugs (LSD, acid, PCP, angel dust, mescaline, or mushrooms), steroid pills, shots without a doctor's prescription, or needle used to inject any illicit drug.

Table 1.8: Lifetime Use of Illicit Drugs

	Lifetime Substance Use					
	0 Times	1 or 2 Times	3 to 9 Times	10 to 19 Times	20 to 39 Times	40 or More Times
<i>Marijuana Use</i>	64.5%	7.7%	7.2%	4.3%	4.5%	11.8%
<i>Used Glue and Other Inhalants</i>	88.5%	6.0%	3.1%	1.3%	0.2%	0.9%
<i>Ecstasy Use</i>	91.3%	4.7%	1.9%	0.5%	0.5%	1.1%
<i>Hallucinogens</i>	92.3%	3.6%	2.1%	0.7%	0.2%	0.9%
<i>Use of Any Cocaine or Crack</i>	93.9%	3.1%	1.0%	0.5%	0.6%	0.9%
<i>Club Drugs</i>	95.3%	2.1%	1.1%	0.4%	0.2%	0.9%
<i>Used Speed</i>	95.9%	2.0%	0.6%	0.3%	0.4%	0.8%
<i>Used Steroids Without Prescription</i>	96.9%	1.6%	0.4%	0.1%	0.1%	0.9%
<i>Used Heroin</i>	98.5%	0.3%	0.5%	0.3%	0.1%	0.4%
<i>1 Needle Use for Illegal Drugs</i>	97.2%	0.6%	0.9%	0.6%	0.3%	0.3%

**Note: The response categories differ for needle use, which only has three response categories: "0 times" 98.5%, "1 time" 0.3%, and "2 or more times" 1.2%.*

- Among all drugs used by students during their lifetime, marijuana was both the most prevalent (35.5%) and most frequently used drug (11.8% for 40 or more times), after alcohol and tobacco (Table 1.8 and Table 2.1).
- The percentage of students who had used other illicit drugs in their lifetime is as follows: 11.5% used inhalants, 8.7% used ecstasy, 7.7% used hallucinogenic drugs, 6.1% used some form of cocaine, 4.7% used some club drug other than ecstasy, 4.1% used speed, 3.1% used steroids without a prescription, 1.5% used heroin, and 1.5% used needles to inject illegal drugs.
- The percentage of students who believed they had been given a club drug without their knowledge (12.7%) was more than double the percentage who voluntarily used these substances (4.7%).
- Of those who used club drugs, 49% used them at a party, 22% at home and 16% at a club.
- Two-thirds of those who used club drugs took them in pill form (67%), while smaller percentages either crushed and snorted them (18%) or crushed and mixed them into a drink or food (12%).

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%.

2003 NEW JERSEY SHS RESULTS

Sophomores (1.9%), juniors (2.5%), and seniors (3.0%) each satisfy the 2010 goal to reduce use of inhalants in the past 30 days.

Table 1.9 combines all ten lifetime substance use questions regarding marijuana, crack/cocaine, heroin, methamphetamines, hallucinogens, ecstasy, other club drugs, steroids, inhalants and injection drug use. Students are then divided into three groups: those who have not used any drugs, those who have only used marijuana, and those

who have used other drugs or marijuana and other drugs. Since marijuana is the most prevalent substance used by high school students, this category is separated in the table. Among students who used only one drug, marijuana was that one drug in all instances. Therefore, the final column in Table 1.9 includes students who used more than one substance.

Table 1.9: Lifetime Use of Substances

		Substances Used in Lifetime		
		<i>No Drugs</i>	<i>Marijuana Only</i>	<i>Multiple Substances</i>
Sex	<i>Female</i>	60.4%	10.6%	29.1%
	<i>Male</i>	58.6%	7.1%	34.3%
Age	<i>14 Years Old Or Younger</i>	76.3%	6.9%	16.8%
	<i>15 Years Old</i>	68.3%	11.0%	20.8%
	<i>16 Years Old</i>	59.3%	8.9%	31.8%
	<i>17 Years Old</i>	50.2%	10.1%	39.7%
	<i>18 Years Old Or Older</i>	47.2%	4.5%	48.2%
Grade	<i>9th Grade</i>	72.5%	9.5%	18.0%
	<i>10th Grade</i>	60.2%	8.5%	31.3%
	<i>11th Grade</i>	54.5%	10.5%	35.0%
	<i>12th Grade</i>	47.8%	6.8%	45.4%
Race/ Ethnicity	<i>Black or African American</i>	62.1%	14.6%	23.2%
	<i>Hispanic/Latino</i>	57.6%	11.9%	30.5%
	<i>White</i>	56.8%	7.4%	35.8%
	<i>Other</i>	70.8%	6.0%	23.2%
Overall		59.5%	8.9%	31.6%

- Overall, 59.5% of students have not used any drugs in their lifetime while 8.9% have only used marijuana. Almost a third of students (31.6%) have used more than one drug in their lifetime.
- About six in 10 males (58.6%) and females (60.4%) have never used drugs in their lifetime. Males (34.3%) were somewhat more likely than females (29.1%) to have used multiple substances.
- Older students were more likely to have used substances in their lifetime than younger students. Only about half of students 18 years of age and older (47.2%) and 17-year-olds (50.2%) have never used drugs; 59.3% of 16-year-olds have never used; about seven in 10 15-year-olds (68.3%) and those 14 and younger (76.3%) have never used substances in their lifetime. Seventeen- (39.7%) and 18-year-olds (48.2%) were most likely to have used multiple substances.
- The percentage of white (56.8%) and Hispanic (57.6%) students who have never used substances is lower than those of black (62.1%) or other (70.8%) students. White students (35.8%) were more likely to have used multiple substances than all other racial groups.

USE OF CIGARETTES AND TOBACCO

CIGARETTE USE

The questions in this section measure lifetime and current smoking patterns and age of initiation. Tobacco use is considered the chief preventable cause of death in the United States with approximately one fifth of all deaths attributable to tobacco use. Cigarette smoking is responsible for heart disease; cancer of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease.¹⁴ In addition, cigarette smokers are more likely to drink alcohol and use marijuana and cocaine as compared to nonsmokers.¹⁵ If current patterns of smoking behavior persist, an estimated five million persons in the United States who were under the age of 18 in 1995 could die prematurely from smoking-related illnesses.¹⁶ In 2001, despite laws prohibiting the sale of tobacco to minors in all

states and the District of Columbia, 19.1% of high school students, who were less than 18 years of age and who were current smokers, reported that they usually bought cigarettes in a store or gas station in the past 30 days. Of those, 67.2% were not asked to show proof of age when buying cigarettes.¹⁷ Approximately 46% of school districts in the United States prohibit tobacco use in buildings, on all school property, in school vehicles, and during school events on or off campus.¹⁸ In 2001, 9.9% of high school students reported smoking cigarettes in the last month on school property. The percentage of high school students who ever smoked cigarettes was steady from 1991-1999 and then decreased from 1999-2001. Current cigarette use among high school students increased from 1991 (27.5%) to 1997 (36.4%) and then decreased by 2001 to 28.5%.¹⁹

¹⁴ United States Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General. Washington, DC: United States Government Printing Office

¹⁵ Everett SA, Giovino GA, Warren CW, Crossett L, Kann L. Other substance abuse among high school students who use tobacco. *Journal of Adolescent Health* 23: 289-296, 1998.

¹⁶ Centers for Disease Control and Prevention. Projected smoking-related deaths among youth – United States. *Mortality and Morbidity Weekly Report* 45 (44)971-4, 1996.

¹⁷ Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance – United States, 2001. *Mortality and Morbidity Weekly Report* 51: SS-4, 2002.

¹⁸ Small ML, Jones SE, Barrios LC, Crossett LS, Dahlberg LL, Albuquerque MS, Sleet DA, Greene BZ, Schmidt ER. School policy and environment: Results from the School Health Policies and Programs Study 2000

¹⁹ Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance – United States, 2001. *Mortality and Morbidity Weekly Report* 51: SS-4, 2002.

Table 2.1: Age When First Smoked Cigarettes

		Age When First Smoked a Whole Cigarette						
		<i>Never smoked a cigarette</i>	<i>8 Years Old or Younger</i>	<i>9 or 10 Years Old</i>	<i>11 or 12 Years Old</i>	<i>13 or 14 Years Old</i>	<i>15 or 16 Years Old</i>	<i>17 Years Old or Older</i>
Sex	<i>Female</i>	59.0%	0.7%	3.9%	9.3%	13.3%	11.7%	2.0%
	<i>Male</i>	64.8%	2.6%	3.0%	7.8%	12.4%	6.7%	2.6%
Age	<i>14 Years Old Or Younger</i>	73.4%	2.9%	1.4%	7.9%	14.4%	--	--
	<i>15 Years Old</i>	69.0%	1.3%	5.6%	8.2%	11.9%	4.0%	--
	<i>16 Years Old</i>	68.1%	1.4%	2.9%	6.9%	10.6%	10.1%	--
	<i>17 Years Old</i>	52.1%	1.6%	1.9%	9.6%	14.5%	16.7%	3.5%
	<i>18 Years Old Or Older</i>	45.9%	1.9%	3.9%	11.1%	15.0%	12.1%	10.1%
Grade	<i>9th Grade</i>	70.0%	1.3%	3.8%	8.2%	12.8%	3.8%	--
	<i>10th Grade</i>	69.8%	1.1%	4.2%	6.4%	11.2%	7.3%	--
	<i>11th Grade</i>	58.3%	3.1%	1.2%	9.3%	13.0%	13.9%	1.2%
	<i>12th Grade</i>	45.9%	1.6%	4.6%	10.5%	14.8%	13.4%	9.2%
Race/ Ethnicity	<i>Black or African American</i>	71.6%	2.9%	5.9%	7.8%	7.8%	3.9%	--
	<i>Hispanic/Latino</i>	53.9%	1.6%	4.7%	11.5%	17.3%	9.4%	1.6%
	<i>White</i>	59.8%	1.3%	2.9%	8.4%	13.6%	11.1%	2.9%
	<i>Other</i>	68.7%	2.2%	1.7%	6.7%	10.6%	6.7%	3.4%
Overall		62.0%	1.7%	3.5%	8.5%	12.9%	9.2%	2.3%

- Overall, the findings show that 38.0% of New Jersey high school students smoked at least one whole cigarette in their lifetime. Additionally, 5.2% of students were under 11 years old when they first smoked a whole cigarette and another 8.5% began smoking between 11 and 12 years of age (Table 2.1).
- A higher percentage of females (41.0%) than males (35.2%) had smoked a cigarette in their lifetime; however, males and females were equally likely to have smoked their first cigarette at an early age. About one in 20 males (5.6%) and females (4.6%) were under 11 years old when they first smoked a whole cigarette.
- About half of 18-year-olds (54.1%) and 17-year-olds (47.9%) had smoked at least a whole cigarette in their life compared to 26.6% of those 14 and younger and 31.0% of 15-year-olds.
- Hispanic students had the highest percentage who had smoked a whole cigarette (46.1%) followed by white (40.2%), other (31.3%) and black (28.4%) students. Black students (8.8%) were slightly more likely than white (4.2%) or other students (3.9%) to have had their first whole cigarette before the age of 11.

Table 2.2: Number of Cigarettes Smoked Per Day

		Cigarettes Smoked per Day (last 30 days)						
		<i>Did not smoke cigarettes</i>	<i>Less than 1 cigarette</i>	<i>1 cigarette</i>	<i>2 to 5 cigarettes</i>	<i>6 to 10 cigarettes</i>	<i>11 to 20 cigarettes</i>	<i>More than 20 cigarettes</i>
Sex	<i>Female</i>	77.9%	5.8%	3.5%	9.3%	1.9%	1.6%	--
	<i>Male</i>	79.6%	4.4%	3.8%	7.3%	2.5%	1.8%	0.6%
Age	<i>14 Years Old Or Younger</i>	83.3%	7.2%	0.7%	6.5%	0.7%	--	1.4%
	<i>15 Years Old</i>	84.3%	5.1%	4.1%	4.6%	0.8%	1.1%	--
	<i>16 Years Old</i>	82.4%	4.0%	2.0%	7.8%	2.6%	1.2%	--
	<i>17 Years Old</i>	72.8%	5.4%	6.7%	10.3%	2.9%	1.6%	0.3%
	<i>18 Years Old Or Older</i>	69.1%	4.9%	2.9%	13.7%	3.9%	4.9%	0.5%
Grade	<i>9th Grade</i>	83.7%	6.5%	2.8%	5.2%	1.3%	0.5%	--
	<i>10th Grade</i>	84.6%	4.0%	2.6%	6.6%	1.1%	1.1%	--
	<i>11th Grade</i>	76.4%	5.0%	4.3%	9.3%	2.8%	1.9%	0.3%
	<i>12th Grade</i>	68.2%	5.3%	5.0%	13.2%	3.6%	3.6%	1.0%
Race/ Ethnicity	<i>Black or African American</i>	87.5%	4.5%	2.0%	3.0%	--	2.0%	1.0%
	<i>Hispanic/Latino</i>	77.4%	7.0%	5.4%	6.5%	2.2%	1.6%	--
	<i>White</i>	75.4%	5.5%	4.3%	9.9%	2.8%	1.8%	0.3%
	<i>Other</i>	86.5%	1.7%	1.1%	8.4%	1.1%	1.1%	--
Overall		78.8%	5.1%	3.7%	8.3%	2.2%	1.7%	0.3%

- Overall, 21.2% of all students smoked at least part of a cigarette per day in the last 30 days (Table 2.2). Only 2.0% of students smoked more than a half a pack of cigarettes per day and another 2.2% smoked six to 10 cigarettes per day. Among student smokers, about four in 10 (41.4%) only smoked one cigarette a day or less in that period. Fewer student smokers (9.3%) smoked more than 10 cigarettes a day in the past 30 days.
- There were no notable differences between the percentage of males (20.4%) and females (22.1%) who smoked in the last 30 days. Also, among smokers, male smokers were only slightly more likely to have smoked over a half a pack a day (11.5%) than female smokers (7.2%).
- Generally, students older than 16 smoked more cigarettes per day than younger students, while smokers 18 years old or older (17.5%) were more likely to smoke half a pack or more per day than were all other students.
- White (24.6%) and Hispanic (22.6%) students were more likely to smoke in the past 30 days than those of other (13.5%) or black (12.5%) students. However, among smokers, black students (24.0%) were the most likely to smoke more than a half a pack a day and Hispanic students were the least likely to smoke over a half a pack a day (7.1%).

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	<i>Female</i>	77.7%	6.6%	3.2%	2.2%	2.5%	2.2%	5.6%
	<i>Male</i>	79.4%	5.0%	2.2%	2.9%	2.6%	1.9%	6.0%
Age	<i>14 Years Old Or Younger</i>	83.6%	5.0%	3.6%	3.6%	1.4%	0.7%	2.1%
	<i>15 Years Old</i>	84.6%	7.3%	2.2%	1.1%	1.1%	1.6%	2.2%
	<i>16 Years Old</i>	82.4%	4.3%	0.9%	2.0%	3.2%	1.7%	5.5%
	<i>17 Years Old</i>	72.8%	5.8%	4.5%	4.8%	2.9%	1.9%	7.4%
	<i>18 Years Old Or Older</i>	68.8%	5.9%	2.9%	1.5%	2.9%	4.4%	13.7%
Grade	<i>9th Grade</i>	83.8%	7.7%	2.3%	2.1%	1.0%	1.5%	1.5%
	<i>10th Grade</i>	84.6%	4.0%	1.4%	1.4%	3.1%	1.4%	4.0%
	<i>11th Grade</i>	76.4%	5.3%	2.5%	4.7%	2.2%	1.2%	7.8%
	<i>12th Grade</i>	68.2%	6.0%	4.3%	2.3%	4.0%	4.0%	11.3%
Race/ Ethnicity	<i>Black or African American</i>	87.5%	3.5%	1.0%	2.0%	1.0%	--	5.0%
	<i>Hispanic/Latino</i>	77.4%	8.6%	2.7%	2.7%	1.6%	2.2%	4.8%
	<i>White</i>	75.3%	6.8%	3.0%	2.9%	3.4%	2.1%	6.5%
	<i>Other</i>	86.1%	1.7%	2.2%	1.7%	0.6%	3.3%	4.4%
Overall		78.7%	5.8%	2.6%	2.5%	2.5%	2.0%	5.8%

- Overall, 21.3% of New Jersey high school students reported smoking on at least one of the last 30 days and 5.8% of students were daily smokers. Therefore, among smoking students, more than a quarter reported being daily smokers (27.4%), while another four in 10 (39.6%) smoked rather infrequently (one to five days) (Table 2.3).
- Just as similar proportions of males (20.6%) and females (22.3%) reported smoking on at least one day in the past 30 days, male (29.1%) and female (25.3%) smokers were equally likely to have been daily smokers in that period.
- Among smokers, students 18 years old or older (43.8%) were more likely than all other age groups to smoke daily, while only 13.0% of students 14 and younger did so.
- Black students were least likely to have smoked on at least one day in the past 30 days (12.5%).

HEALTHY NEW JERSEY 2010 GOAL

Decrease the percentage of public high school students who say they are currently smoking to:
 26% of ALL high school students; 26% for white non-Hispanic high school students;
 15% for black non-Hispanic high school students; and 26% for Hispanic high school students.

2003 NEW JERSEY SHS RESULTS

High school students overall (21%), white (non-Hispanic) high school students (26%),
 black (non-Hispanic) high school students (12%) and Hispanic high school students (23%)
 all smoked at rates below the objective set for their racial/ethnic groups.

ATTITUDES ABOUT USE OF TOBACCO, ALCOHOL AND MARIJUANA

Several 2003 survey questions were directed at students' perceptions of the potential physical harm attached to tobacco, alcohol and marijuana use. Individual values and standards of conduct play an important role in the manner in which high school students confront the issue of substance use. Four questions concerning the students'

general value orientation regarding use of alcohol and marijuana were included, asking students' approval rating of occasional or regular use of these substances. The questions from this section are derived from the University of Michigan, Institute for Social Research's Monitoring the Future study.

Table 3.1 Perceptions of Physical Harm from Cigarettes, Alcohol and Marijuana

	Risk of Physical Harm From...			
	<i>Smoking One or More Packs per Day</i>	<i>One or Two Alcoholic Beverages per Day</i>	<i>Five or More Alcoholic Beverages per Weekend</i>	<i>Smoking Marijuana Occasionally</i>
<i>No Risk</i>	1.2%	5.5%	4.4%	10.3%
<i>Slight Risk</i>	2.5%	21.4%	19.6%	27.6%
<i>Medium Risk</i>	13.2%	36.3%	35.1%	27.6%
<i>Great Risk</i>	76.6%	29.0%	32.3%	25.7%
<i>Don't Know</i>	6.4%	7.8%	8.6%	8.8%

- Overall, three out of four New Jersey high school students (76.6%) believed that smoking one or more packs of cigarettes each day placed one at great risk of physical harm (Table 3.1). A very small percentage of students (3.7%) held the opinion that smoking one or more packs a day presented a slight or no health risk. Another one in 20 (6.4%) was not sure what he/she believed about the health effects of smoking a pack each day.
- In general, students were more likely to believe that smoking a pack per day was a great health risk (76.6%) compared with drinking one or two drinks (29.0%), consuming five or more drinks per weekend (32.3%) or smoking marijuana occasionally (25.7%).
- More students perceived a great or medium risk to health (65.3%) from daily drinking than believed a slight risk or no health risk exists (26.9%). The percentage who believed consuming five or more drinks per weekend was a medium or great risk (67.4%) outnumbered those who indicated this was of slight or no risk to their health (24.0%).
- About one in four students (25.7%) perceived a great risk of physical harm in occasional use of marijuana. Comparable numbers believed there was a medium (27.6%) or slight risk (27.6%) associated with occasional marijuana use, while only one in 10 (10.3%) perceived no risk in occasional use.

Table 3.2: Perceptions of Alcohol and Marijuana Use

	Perceptions of Alcohol and Marijuana Use		
	<i>One or Two Alcoholic Beverages per Day</i>	<i>Five or More Alcoholic Beverages per Weekend</i>	<i>Smoking Marijuana Occasionally</i>
<i>Don't Disapprove</i>	46.5%	43.8%	42.6%
<i>Disapprove</i>	37.2%	36.0%	27.6%
<i>Strongly Disapprove</i>	16.3%	20.2%	29.9%

- Almost half of New Jersey high school students did not disapprove (46.5%) of having one or two drinks of an alcoholic beverage nearly every day (Table 3.2). A similar percentage of students did not disapprove of consuming five or more drinks once or twice each weekend (43.8%). Conversely, only about one in five students strongly disapproved of having one or two drinks a day (16.3%) or five or more drinks once or twice each weekend (20.2%).
- A plurality of students (42.6%) did not disapprove of smoking marijuana occasionally, compared with one in four (27.6%) who disapproved and three in 10 (29.9%) who strongly disapproved of occasional marijuana use.

Table 3.3: Legalized Marijuana

		If Marijuana Were Legal, Would You...				
		Not Use It	Try for First Time	Use Less Often than Now	Use as Often as Now	Use More Often than Now
Sex	<i>Female</i>	59.6%	14.1%	4.0%	12.8%	9.5%
	<i>Male</i>	55.8%	15.0%	4.1%	11.3%	13.8%
Age	<i>14 Years Old Or Younger</i>	65.5%	18.6%	2.8%	7.6%	5.5%
	<i>15 Years Old</i>	65.3%	14.7%	3.4%	7.1%	9.5%
	<i>16 Years Old</i>	57.1%	16.6%	2.9%	10.0%	13.4%
	<i>17 Years Old</i>	53.2%	11.1%	5.7%	17.5%	12.4%
	<i>18 Years Old Or Older</i>	46.9%	13.0%	5.3%	18.8%	15.9%
Grade	<i>9th Grade</i>	67.5%	14.4%	3.0%	6.5%	8.6%
	<i>10th Grade</i>	54.2%	20.0%	3.9%	9.7%	12.2%
	<i>11th Grade</i>	59.8%	9.5%	4.9%	12.5%	13.4%
	<i>12th Grade</i>	47.4%	13.4%	4.9%	21.2%	13.1%
Race/Ethnicity	<i>Black or African American</i>	65.9%	13.7%	3.3%	5.7%	11.4%
	<i>Hispanic/Latino</i>	58.6%	15.2%	6.3%	11.0%	8.9%
	<i>White</i>	53.2%	14.9%	4.1%	14.6%	13.2%
	<i>Other</i>	68.3%	12.2%	2.8%	7.8%	8.9%
Overall		57.7%	14.5%	4.1%	12.0%	11.7%

- If marijuana were to be legalized, 42.3 percent of New Jersey high school students reported that they would use the substance either for the first time (14.5%) or continue using it more often (11.7%), less often (4.1%), or an equal amount (12.0%). Six in ten students (57.7%) reported that they would not use marijuana, even if it were legal to use and legally available (Table 3.3). Among students who used marijuana in the past 30 days, 38.3% reported they would use it more if it were legal and 44.1% would continue to use it as often as they do now compared to 10.1% who indicated they would use it less often.
- If marijuana were to become legal for use and legally available, roughly equal proportions of males (44.2%) and females (40.4%) would continue to use the substance or try it for the first time.
- Older students were more likely to report they would experiment with or continue using marijuana if made legal than would younger students. Students 18 years old and older (53.1%) were the only age group in which more than half reported that they would at least try marijuana if legalized for use and made legally available.
- White students (46.8%) were slightly more likely than either Hispanic (41.4%), black (34.1%) or other (31.7%) students to report they would try marijuana or continue using it if legalized and made legally available.

WEAPONS, PERSONAL SAFETY, AND ATTEMPTED SUICIDE

WEAPONS

These questions measure violence-related behaviors. Approximately nine out of 10 homicide victims in the United States are killed with a weapon, such as a gun, knife, or club.²⁰ Nationally, homicide is the second leading cause of death among all youth aged 15-19 years (10.6 per 100,000) and is the leading cause of death among black youth age 15-19 years (37.2 per 100,000). Homicide rates increase substantially from 1.3 per 100,000 in youth aged 10-14 years to 10.6 per 100,000 in youth aged 15-19 years.²¹ Firearms markedly

elevate the severity of the health consequences of violent behavior.²² In 1998, 82% of homicide victims 15 to 19 years old were killed with firearms.²³ In 2001, 5.7% of U.S. high school students reported carrying a gun.²⁴ In 2001, 6.6% of high school students felt unsafe at school or traveling to or from school.²⁵ There was a significant decrease in carrying weapons (e.g. a gun, knife, or club) among high school students on school property from 1993 to 2001 (11.8%-6.4%).

²⁰ National Center for Injury Prevention and Control. *Injury Fact Book 2001-2002*. Atlanta, GA: Center for Disease Control and Prevention: 2001.

²¹ Anderson RN. "Deaths: Leading Causes for 1999." *National Vital Statistics Reports* 49: 1-88, 2001

²² 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.

²³ National Center for Injury Prevention and Control. *Injury Fact Book 2001-2002*. Atlanta, GA: Center for Disease Control and Prevention: 2001.

²⁴ Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Morbidity and Mortality Weekly Report* 51: SS-4, 2002.

²⁵ Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Morbidity and Mortality Weekly Report* 51: SS-4, 2002.

Table 4.1: Carrying Any Weapon

		Carried Any Weapon (last 30 days)				
		<i>0 days</i>	<i>1 day</i>	<i>2 or 3 days</i>	<i>4 or 5 days</i>	<i>6 or more days</i>
Sex	<i>Female</i>	96.0%	1.7%	0.7%	0.4%	1.2%
	<i>Male</i>	81.4%	4.7%	4.6%	1.0%	8.2%
Age	<i>14 Years Old Or Younger</i>	84.2%	4.8%	3.4%	--	7.5%
	<i>15 Years Old</i>	88.3%	3.4%	2.9%	1.1%	4.2%
	<i>16 Years Old</i>	91.1%	2.0%	2.9%	0.9%	3.2%
	<i>17 Years Old</i>	90.0%	2.9%	1.9%	0.6%	4.5%
	<i>18 Years Old Or Older</i>	85.1%	4.3%	2.9%	0.5%	7.2%
Grade	<i>9th Grade</i>	87.8%	3.0%	4.1%	0.3%	4.8%
	<i>10th Grade</i>	89.0%	3.9%	2.2%	1.1%	3.7%
	<i>11th Grade</i>	90.8%	1.8%	1.8%	1.2%	4.3%
	<i>12th Grade</i>	86.9%	4.2%	2.3%	0.3%	6.2%
Race/ Ethnicity	<i>Black or African American</i>	86.9%	3.9%	3.4%	0.5%	5.3%
	<i>Hispanic/Latino</i>	86.2%	5.8%	3.2%	0.5%	4.2%
	<i>White</i>	89.4%	2.9%	2.4%	0.7%	4.6%
	<i>Other</i>	90.6%	1.1%	2.2%	0.6%	5.6%
Overall		88.7%	3.2%	2.7%	0.7%	4.7%

- Overall, 11.3% of students reported carrying a weapon, such as a gun, knife or club, in the past 30 days; and 4.7% of all students carried one on six or more days. Hence, of those who did carry a weapon, nearly half (41.8%) carried one for six or more days in the past month (Table 4.1).
- Males (18.6%) were more likely to carry weapons than females (4.0%). Likewise, 8.2% of males carried weapons for six or more days as compared to 1.2% of females.
- The oldest and youngest New Jersey high schools students were slightly more likely to have carried a weapon in the past 30 days. Greater percentages of students 14 years and younger (15.8%) and those 18 years and older (14.9%) carried a weapon compared to those 15 (11.7%), 16 (8.9%) and 17 years old (10.0%).
- There were few differences within racial/ethnic groupings regarding the likelihood of carrying a weapon in the past 30 days.

PHYSICAL FIGHTS

These questions measure the frequency and severity of physical fights, school-related fights, and abusive behavior. Physical fighting is an antecedent for many fatal and nonfatal injuries.²⁶ During 1999, students aged 12-18 years were victims of 880,000 reported nonfatal violent crimes at school throughout the nation.²⁷ In 2001, 33.2% of high school students nationally reported that they had been in a

physical fight anywhere and 12.5% had been in a physical fight on school property. In 2001, 9.5% of high school students had been hit, slapped or physically hurt on purpose by their boyfriend or girlfriend on one or more occasions in the past year. Just over seven percent of high school students reported having experienced forced sex at some time.²⁸

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	<i>Female</i>	77.2%	12.3%	6.6%	1.9%	0.7%	0.1%	0.1%	1.0%
	<i>Male</i>	63.6%	16.5%	10.8%	3.1%	1.9%	1.0%	--	3.1%
Age	<i>14 Years Old Or Younger</i>	61.9%	19.4%	10.8%	1.4%	1.4%	0.7%	0.7%	3.6%
	<i>15 Years Old</i>	68.2%	13.6%	11.0%	1.3%	2.9%	0.5%	--	2.4%
	<i>16 Years Old</i>	70.9%	15.1%	6.1%	4.1%	0.6%	1.2%	--	2.0%
	<i>17 Years Old</i>	73.4%	12.1%	9.2%	3.0%	1.3%	--	--	1.0%
	<i>18 Years Old Or Older</i>	75.2%	14.6%	6.3%	1.9%	--	0.5%	--	1.5%
	<i>Overall</i>	70.4%	14.4%	8.7%	2.5%	1.3%	0.6%	0.1%	2.0%
Grade	<i>9th Grade</i>	64.8%	16.6%	11.7%	1.8%	1.6%	1.0%	0.3%	2.3%
	<i>10th Grade</i>	68.5%	15.2%	7.3%	4.5%	2.0%	0.8%	--	1.7%
	<i>11th Grade</i>	73.8%	12.5%	8.8%	1.6%	1.3%	--	--	2.2%
	<i>12th Grade</i>	76.4%	13.0%	6.3%	2.3%	--	0.3%	--	1.7%
Race/Ethnicity	<i>Black or African American</i>	67.0%	15.0%	8.0%	2.0%	4.0%	--	--	4.0%
	<i>Hispanic/Latino</i>	61.5%	15.5%	13.4%	7.0%	0.5%	0.5%	--	1.6%
	<i>White</i>	70.9%	14.9%	8.7%	2.1%	0.9%	0.6%	0.1%	1.8%
	<i>Other</i>	81.9%	11.3%	4.0%	--	1.1%	0.6%	--	1.1%
Overall		70.4%	14.4%	8.7%	2.5%	1.3%	0.6%	0.1%	2.0%

- Overall, 29.6% of the students reported having been involved in at least one physical fight over the past year, while 4.0% of students were involved in more than five fights in that period. Of those students who fought, 13.5% fought more than five times, while the vast majority of those students (78.1%) were involved in only one to three fights over the prior 12 months (Table 4.2).
- Males (36.4%) were more likely to be involved in one or more physical fights over the past year than females (22.8%). A greater percentage of males (6.0%) were involved in more than five physical fights in the last 12 months than were females (1.9%).
- Younger students and those in lower grade levels were more likely to be involved in a physical fight in the past 12 months than their older peers. Students 14 years or younger (38.1%) were most likely to have engaged in at least one fight, while those 18 years and older (24.8%) were least likely to have done so. Generally, students at higher grade levels reported fewer incidents of fighting in the last year than those at lower grade levels.
- Hispanic (38.5%) and black (33.0%) students were more likely than other (18.1%) students to have had at least one physical fight within the last 12 months. Black students (8.0%) were more likely than any other group to have fought more than five times in the last 12 months.

²⁶ Cotton NU, Resnick J, Browne DC, Martin SL, McCraher DR, Woods J. "Aggression and Fighting Behavior Among African-American Adolescents: Individual and Family Factors." *American Journal of Public Health* 14:220-224, 1993.

²⁷ Kaufman P, Chen X, Choy SP, Peter K, Ruddy SA, Miller AK, Fleury JK, Chandler KA, Planty MG, Rand MR. *Indicators of School Crime and Safety: 2001*. United States Departments of Education and Justice. NCES 2002-113/NCJ-190075. Washington, DC: 2001.

²⁸ Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Morbidity and Mortality Weekly Report* 51: SS-4, 2002.

Table 4.3: Physical Violence

		Violent Incidents (past 12 months)	
		<i>Injured in fight and treated by doctor or nurse Yes</i>	<i>Boyfriend/girlfriend physically hurt you on purpose Yes</i>
Sex	<i>Female</i>	2.6%	12.2%
	<i>Male</i>	5.9%	13.9%
Age	<i>14 Years Old Or Younger</i>	8.5%	17.4%
	<i>15 Years Old</i>	5.0%	11.5%
	<i>16 Years Old</i>	3.7%	12.9%
	<i>17 Years Old</i>	3.2%	11.3%
	<i>18 Years Old Or Older</i>	2.9%	16.3%
	Overall	4.3%	13.1%
Grade	<i>9th Grade</i>	5.6%	14.4%
	<i>10th Grade</i>	5.3%	12.4%
	<i>11th Grade</i>	1.9%	12.2%
	<i>12th Grade</i>	3.6%	12.7%
Race/ Ethnicity	<i>Black or African American</i>	8.3%	16.6%
	<i>Hispanic/Latino</i>	1.6%	14.7%
	<i>White</i>	4.1%	11.6%
	<i>Other</i>	2.8%	14.4%

- In the past year, approximately one in 20 students (4.3%) was injured in a physical fight that required treatment by a doctor or nurse (Table 4.3).
- Males (5.9%) were slightly more likely than females (2.6%) to have been in a fight that required treatment for injury.
- Younger students were more likely than older students to report such events. Those 14 years and younger (8.5%) were injured in fights more than 17-year-olds (3.2%) or students 18 and over (2.9%).
- Black students (8.3%) were more likely than students of all other ethnic/racial backgrounds to report having needed medical care following a fight.
- More than one in 10 students was either hit, slapped or physically hurt by his/her partner on purpose (13.1%) during the last 12 months (Table 4.3).
- Males (13.9%) and females (12.2%) were equally likely to have been struck by a partner.
- The youngest and oldest students were more likely than students in between to have been struck on purpose by their partners—17.4% for those 14 and younger and 16.3% for those 18 and over compared to slightly lower percentages for 15- (11.5%), 16- (12.9%) and 17-year-olds (11.3%).
- A similar proportion of students in all racial/ethnic groups reported being physically hurt by a partner.

DEPRESSION AND SUICIDE

These questions measure sadness, suicide ideation, attempted suicides, and the seriousness of those attempts. Nationally, suicide is the third leading cause of death among youth aged 15-19 years. The suicide rate for persons aged 15-19 was 8.2 per 100,000 in 1999 down from a high of 11.0 per 100,000 in 1994.^{29 30} In 2001,

14.8% of U.S. high school students reported having made a specific plan to attempt suicide and 8.8% reported attempted suicide one or more times in the prior year. From 1991 to 2001, the percentage of U.S. high school students who seriously considered suicide decreased from 29% to 19%.³¹

Table 4.4: Depression and Suicide (last 12 months)

		Depression and Suicide (last 12 months)					
		<i>Depressed Every Day for 2 Weeks or More</i>	<i>Considered Attempting Suicide</i>	<i>Planned How to Make Suicide Attempt</i>	<i>Suicide Attempt Resulted in Treatable Injury</i>		
		Yes	Yes	Yes	<i>Did not attempt suicide</i>	Yes	No
Sex	<i>Female</i>	35.2%	20.5%	17.4%	88.8%	2.8%	8.4%
	<i>Male</i>	21.7%	14.3%	12.6%	93.6%	4.0%	2.3%
Age	<i>14 Years Old Or Younger</i>	27.6%	18.6%	13.9%	88.3%	6.7%	5.0%
	<i>15 Years Old</i>	24.4%	19.3%	18.2%	88.3%	4.6%	7.1%
	<i>16 Years Old</i>	27.2%	16.7%	14.9%	91.3%	1.9%	6.8%
	<i>17 Years Old</i>	34.5%	17.1%	12.5%	93.4%	2.9%	2.8%
	<i>18 Years Old Or Older</i>	29.5%	14.9%	13.9%	94.4%	2.8%	2.8%
Grade	<i>9th Grade</i>	27.8%	19.3%	17.1%	88.8%	3.3%	7.9%
	<i>10th Grade</i>	23.1%	16.1%	14.0%	91.3%	4.0%	4.7%
	<i>11th Grade</i>	31.9%	17.4%	15.1%	90.8%	3.5%	5.6%
	<i>12th Grade</i>	32.1%	16.1%	13.4%	94.3%	2.7%	3.0%
Race/ Ethnicity	<i>Black or African American</i>	31.0%	17.0%	13.6%	88.6%	6.0%	5.4%
	<i>Hispanic/Latino</i>	44.0%	20.5%	18.0%	84.5%	5.2%	10.3%
	<i>White</i>	24.6%	16.8%	15.3%	93.6%	2.2%	4.2%
	<i>Other</i>	25.6%	17.1%	12.8%	90.4%	4.5%	5.1%
Overall		28.4%	17.4%	15.0%	91.2%	3.4%	5.4%

²⁹ Hoyert DL, Arias E, Smith BL, Murphy SL, Kochanek KD. "Deaths: Final Data for 1999." *National Vital Statistics Reports* 49: 1-113, 2001.

³⁰ Anderson RN. "Deaths: Leading Causes for 1999." *National Vital Statistics Reports* 49: 1-88, 2001.

³¹ Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Mortality and Morbidity Weekly Report* 51: SS-4, 2002.

- Almost three in 10 New Jersey high school students (28.4%) reported being depressed -- feeling so sad and hopeless every day for two weeks or more in a row in the past year that they stopped doing some usual activities (Table 4.4).
- Females (35.2%) were more likely to be depressed every day for two weeks or more than males (21.7%).
- Depression increased slightly with age. The percentage of students who reported being depressed every day for two weeks or more over the past year was slightly higher among 17-year-olds (34.5%) and those 18 years and older (29.5%) compared with those 14 and younger (27.6%), 16-year-olds (27.2%) and 15-year-olds (24.4%).
- Incidences of depression were greatest among Hispanic students (44.0%) than black (31.0%), other (25.6%) or white (24.6%) students.
- Overall, about one in six New Jersey high school students (17.4%) considered suicide in the last 12 months; 15.0% made an actual plan about how they would attempt suicide; 8.8% had actually attempted suicide at least once in the past 12 months; and 3.4% of New Jersey students actually incurred an injury as a result of a suicide attempt that had to be treated by a doctor or a nurse (Table 4.4).
- More females (20.5%) considered suicide in the past year than males (14.3%), and a greater percentage of females (17.4%) than males (12.6%) actually planned how they would attempt suicide. Females (11.2%) were also more likely than males (6.4%) to have made an actual suicide attempt. Males (4.0%) and females (2.8%) were equally likely to have incurred injuries from a suicide attempt.
- There are some differences by age in the stages of attempted suicide. Greater percentages of 14- and 15-year-old students considered and attempted suicide than older students, while only 15-year-olds stand out among those who have planned a suicide attempt in the last 12 months (18.2%).
- Similar proportions of all racial and ethnic groups considered attempting suicide. However, Hispanics were most likely to have made a plan for how to commit suicide in the last 12 months (18.0%) and were most likely to have actually attempt suicide (15.5%).

SCHOOL OCCURRENCES: SUBSTANCE USE, WEAPONS, VIOLENCE AND IMPRESSIONS OF SCHOOL WORK

WEAPONS AND VIOLENCE ON SCHOOL PROPERTY

These questions examine the possession of weapons, violence-related behaviors, and safety of students while they are on school property.

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	<i>Female</i>	95.9%	2.7%	0.9%	0.3%	0.3%
	<i>Male</i>	95.4%	2.0%	1.3%	0.3%	1.0%
Age	<i>14 Years Old Or Younger</i>	94.4%	0.7%	2.8%	--	2.1%
	<i>15 Years Old</i>	94.7%	3.7%	1.1%	--	0.5%
	<i>16 Years Old</i>	96.3%	2.3%	0.9%	--	0.6%
	<i>17 Years Old</i>	96.8%	1.6%	0.3%	1.0%	0.3%
	<i>18 Years Old Or Older</i>	96.2%	1.9%	1.0%	0.5%	0.5%
Grade	<i>9th Grade</i>	95.0%	2.5%	2.0%	--	0.5%
	<i>10th Grade</i>	95.3%	3.6%	0.3%	--	0.8%
	<i>11th Grade</i>	96.6%	1.2%	0.9%	0.9%	0.3%
	<i>12th Grade</i>	96.4%	1.6%	0.7%	0.3%	1.0%
Race/ Ethnicity	<i>Black or African American</i>	94.3%	1.9%	1.0%	1.0%	1.9%
	<i>Hispanic/Latino</i>	92.1%	4.2%	2.6%	--	1.0%
	<i>White</i>	97.0%	1.7%	0.9%	--	0.4%
	<i>Other</i>	95.6%	3.3%	0.5%	0.5%	--
Overall		95.6%	2.3%	1.1%	0.3%	0.7%

- Overall, fewer than one in 20 New Jersey students (4.4%) reported that on at least one occasion during the last 30 days he/she did not attend school because of feeling unsafe at school or on the way to school (Table 5.1).
- Males (4.6%) and females (4.1%) were equally likely to not attend school because they felt unsafe on school property.
- Younger students were slightly more likely than older students to have felt unsafe on school property in the last 30 days. Fourteen-year-olds (5.6%) were the most likely, and 17-year-olds (3.2%) were least likely to have missed school because they felt unsafe.
- Hispanic students (7.9%) were more likely than white (3.0%), other (4.4%) or black (5.7%) students to have missed school because they felt unsafe on school property in the last 30 days.

Table 5.2: Threatened or Injured on School Property

		Threatened or Injured with a Weapon on School Property (last 12 months)							
		<i>0 times</i>	<i>1 time</i>	<i>2 or 3 times</i>	<i>4 or 5 times</i>	<i>6 or 7 times</i>	<i>8 or 9 times</i>	<i>10 or 11 times</i>	<i>12 or more times</i>
Sex	<i>Female</i>	94.8%	2.7%	1.9%	0.4%	0.1%	--	--	--
	<i>Male</i>	89.7%	4.0%	2.1%	1.3%	0.7%	0.1%	0.3%	1.7%
Age	<i>14 Years Old Or Younger</i>	86.8%	3.5%	4.2%	2.1%	0.7%	--	--	2.8%
	<i>15 Years Old</i>	93.4%	3.7%	1.3%	0.8%	0.5%	--	--	0.3%
	<i>16 Years Old</i>	93.1%	3.4%	1.1%	0.9%	0.3%	0.3%	0.3%	0.6%
	<i>17 Years Old</i>	92.0%	3.5%	2.6%	1.0%	--	--	--	1.0%
	<i>18 Years Old Or Older</i>	93.8%	2.9%	1.9%	--	0.5%	--	0.5%	0.5%
Grade	<i>9th Grade</i>	89.7%	4.0%	3.3%	1.5%	0.5%	--	--	1.0%
	<i>10th Grade</i>	95.3%	3.1%	0.3%	0.6%	0.6%	0.3%	--	--
	<i>11th Grade</i>	90.8%	3.7%	3.1%	0.9%	--	--	0.3%	1.2%
	<i>12th Grade</i>	94.1%	2.3%	1.3%	0.3%	0.3%	--	0.3%	1.3%
Race/ Ethnicity	<i>Black or African American</i>	92.3%	3.3%	1.0%	--	1.0%	--	0.5%	1.9%
	<i>Hispanic/Latino</i>	89.5%	4.7%	4.2%	0.5%	0.5%	--	--	0.5%
	<i>White</i>	92.7%	2.9%	2.1%	1.1%	0.2%	0.1%	0.1%	0.7%
	<i>Other</i>	94.0%	4.4%	1.1%	0.5%	--	--	--	--
Overall		92.3%	3.4%	2.0%	0.8%	0.4%	0.1%	0.2%	0.8%

- Less than one in 10 of New Jersey high school students (7.7%) reported that someone had threatened or injured him/her with a weapon such as a gun, knife, or a club on school property during the past 12 months. Of all students, 1.5% were threatened or injured at school more than five times; 2.8% were threatened or injured two to five times; and 3.4% were threatened or injured on only one occasion in the last 12 months (Table 5.2).
- Students 14 years old and younger (13.2%) were more likely than older students to have been threatened or injured at school in the last year.
- The proportion of students threatened or injured at school in the last 12 months was similar in all racial/ethnic groupings.
- Twice the number of males (10.3%) than females (5.2%) were threatened or injured on school property. Males were also threatened on more occasions in the past 12 months than were females; 2.8% of males were threatened or injured more than five times, compared to only 0.1% of females.

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	<i>Female</i>	92.3%	6.6%	0.9%	0.1%	--	--	--	--
	<i>Male</i>	86.5%	7.5%	3.5%	0.7%	0.3%	0.1%	--	1.4%
Age	<i>14 Years Old Or Younger</i>	83.8%	12.0%	1.4%	--	--	--	--	2.8%
	<i>15 Years Old</i>	85.4%	8.2%	4.8%	0.5%	0.5%	--	--	0.5%
	<i>16 Years Old</i>	92.0%	6.0%	1.4%	0.3%	--	--	--	0.3%
	<i>17 Years Old</i>	91.3%	7.1%	1.0%	0.3%	--	--	--	0.3%
	<i>18 Years Old Or Older</i>	94.2%	3.9%	0.5%	0.5%	--	0.5%	--	0.5%
Grade	<i>9th Grade</i>	84.5%	10.7%	3.8%	0.5%	--	--	--	0.5%
	<i>10th Grade</i>	88.5%	7.0%	2.5%	0.8%	0.6%	--	--	0.6%
	<i>11th Grade</i>	93.8%	4.6%	0.9%	--	--	--	--	0.6%
	<i>12th Grade</i>	92.5%	4.9%	1.0%	0.3%	--	0.3%	--	1.0%
Race/ Ethnicity	<i>Black or African American</i>	87.0%	6.3%	1.9%	--	1.0%	--	--	3.8%
	<i>Hispanic/Latino</i>	86.2%	9.5%	3.7%	0.5%	--	--	--	--
	<i>White</i>	90.1%	6.8%	2.1%	0.6%	--	0.1%	--	0.3%
	<i>Other</i>	91.6%	7.3%	1.1%	--	--	--	--	--
Overall		89.4%	7.1%	2.1%	0.4%	0.2%	--	--	0.7%

- About one in 10 New Jersey high school students (10.6%) was involved in a physical fight on school property in the last 12 months. Few students (3.4%) were involved in more than one fight, while 7.1% were involved in only one altercation at school in the last 12 months (Table 5.3).
- Males (13.5%) were twice as likely to be involved in one or more physical fights over the past year as females (7.7%).
- The percentage of students who reported having been in a physical fight during the last 12 months decreased with age. Students 14 years or younger (16.2%) were the most likely to have had an altercation and also represent the highest percentage of those involved in more than 5 physical fights on school property (2.8%). This compares to only 5.8% of students 18 and over who were in a fight during the past year and only 1.0% who engaged in more than five fights.
- Hispanic (13.8%) and black (13.0%) students were only slightly more likely than other (8.4%) or white (9.9%) students to have been involved in a physical fight on school property in the last 12 months. Black students (4.8%) were the most likely to have been involved in these altercations more than five 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	<i>Female</i>	97.8%	0.7%	0.3%	0.1%	1.0%
	<i>Male</i>	91.5%	2.7%	1.6%	0.4%	3.8%
Age	<i>14 Years Old Or Younger</i>	90.3%	2.8%	--	0.7%	6.2%
	<i>15 Years Old</i>	93.9%	3.4%	0.8%	0.5%	1.3%
	<i>16 Years Old</i>	95.7%	1.4%	1.4%	--	1.4%
	<i>17 Years Old</i>	96.5%	0.6%	0.3%	0.3%	2.3%
	<i>18 Years Old Or Older</i>	93.3%	0.5%	2.4%	--	3.8%
Grade	<i>9th Grade</i>	93.9%	3.3%	0.5%	0.3%	2.0%
	<i>10th Grade</i>	94.4%	2.5%	0.6%	0.6%	2.0%
	<i>11th Grade</i>	96.0%	0.3%	1.5%	0.3%	1.8%
	<i>12th Grade</i>	94.4%	0.7%	1.3%	--	3.6%
Race/ Ethnicity	<i>Black or African American</i>	92.2%	1.0%	2.4%	--	4.4%
	<i>Hispanic/Latino</i>	93.6%	3.7%	1.1%	--	1.6%
	<i>White</i>	95.1%	1.9%	0.5%	0.5%	2.0%
	<i>Other</i>	95.6%	0.6%	1.1%	--	2.8%
Overall		94.6%	1.8%	0.9%	0.3%	2.4%

- Overall, 5.4% of New Jersey high school students carried a weapon, such as a gun, knife, or club, on school property during the prior 30 days and 2.4% of those did so six or more times in that time period (Table 5.4).
- Males (8.5%) were much more likely to carry weapons on school property than females (2.2%). Males (3.8%) were also slightly more likely to carry a weapon six or more days out of the last 30 than were females (1.0%).
- There were few notable differences in the percentage of students who carried weapons to school in the last month across age categories or by racial and ethnic groups.

SUBSTANCES ON SCHOOL PROPERTY

The survey included two questions concerning student use or storage of illicit substances while on school property.

Table 5.5: Substance Use or Storage on School Property

		Substance at School (past 30 days)	
		Marijuana	Stored Alcohol
Sex	<i>Female</i>	2.0%	3.2%
	<i>Male</i>	7.7%	7.9%
Age	<i>14 Years Old Or Younger</i>	5.6%	6.9%
	<i>15 Years Old</i>	3.2%	4.5%
	<i>16 Years Old</i>	3.7%	3.4%
	<i>17 Years Old</i>	6.5%	5.7%
	<i>18 Years Old Or Older</i>	5.3%	9.8%
Grade	<i>9th Grade</i>	3.0%	5.0%
	<i>10th Grade</i>	4.5%	3.4%
	<i>11th Grade</i>	7.1%	4.6%
	<i>12th Grade</i>	4.6%	9.5%
Race/ Ethnicity	<i>Black or African American</i>	4.4%	4.3%
	<i>Hispanic/Latino</i>	5.3%	5.8%
	<i>White</i>	4.8%	6.4%
	<i>Other</i>	4.9%	1.7%
Overall		4.8%	5.5%

- Regarding possession and use of illicit substances on school property in the past 30 days, about one in 20 either used marijuana (4.8%) or carried or stored alcoholic beverages in a locker, backpack, purse, jacket or car (5.5%) while on school property in this period (Table 5.5).
- Differences in marijuana use in general and while on school property were found among age and racial categories, but not among the grades or sexes. White and older students were more likely to have used marijuana in general, but each age group and racial/ethnic category was equally likely to have used marijuana on school property in the last month (Table 1.4 and Table 5.5).

Table 5.6: Illicit Drugs on School Property

		Been Offered, Sold, or Given Illegal Drugs on School Property (past 12 months)	
		Yes	No
Sex	<i>Female</i>	25.4%	74.6%
	<i>Male</i>	34.3%	65.7%
Age	<i>14 Years Old Or Younger</i>	31.0%	69.0%
	<i>15 Years Old</i>	29.9%	70.1%
	<i>16 Years Old</i>	30.6%	69.4%
	<i>17 Years Old</i>	27.3%	72.7%
	<i>18 Years Old Or Older</i>	31.2%	68.8%
Grade	<i>9th Grade</i>	30.4%	69.6%
	<i>10th Grade</i>	29.9%	70.1%
	<i>11th Grade</i>	28.6%	71.4%
	<i>12th Grade</i>	30.6%	69.4%
Race/ Ethnicity	<i>Black or African American</i>	23.1%	76.9%
	<i>Hispanic/Latino</i>	33.3%	66.7%
	<i>White</i>	30.3%	69.7%
	<i>Other</i>	32.0%	68.0%
Overall		29.9%	70.1%

- Three in ten students (29.9%) were offered, sold, or given an illegal drug on school property during the past 12 months (Table 5.6).
- A greater percentage of males (34.3%) than females (25.4%) were offered, sold, or given an illegal drug on school property.
- There were no notable differences among age and racial categories.

IMPRESSIONS OF SCHOOL WORK

There are seven survey questions which ask students about their attitudes and behaviors towards school and school work. The questions were included because of studies that have found that youth who have positive experiences and feel positive connections with their school are also less likely to be engaged in multiple high risk

health behaviors.³² These questions were taken from a set of questions about school on the Oregon Healthy Teens Survey.³³ They are included in the 2003 survey of New Jersey students in the 7th and 8th grades conducted by the New Jersey Department of Health and Senior Services, Division of Addiction Services.³⁴

Table 5.7: School Work Assigned is Meaningful and Important

		How often is assigned schoolwork meaningful and important?				
		Never	Seldom	Sometimes	Often	Almost Always
Sex	<i>Female</i>	2.2%	16.5%	49.5%	24.2%	7.5%
	<i>Male</i>	9.7%	21.6%	46.7%	16.7%	5.3%
Age	<i>14 Years Old Or Younger</i>	8.3%	13.1%	49.7%	21.4%	7.6%
	<i>15 Years Old</i>	5.3%	14.7%	48.4%	23.8%	7.8%
	<i>16 Years Old</i>	5.8%	17.6%	51.0%	20.2%	5.5%
	<i>17 Years Old</i>	4.5%	22.4%	49.0%	18.3%	5.8%
	<i>18 Years Old Or Older</i>	8.1%	28.2%	39.7%	17.7%	6.2%
Grade	<i>9th Grade</i>	6.6%	15.4%	48.5%	22.5%	7.1%
	<i>10th Grade</i>	5.4%	15.5%	51.1%	21.2%	6.8%
	<i>11th Grade</i>	3.7%	19.8%	50.3%	20.4%	5.8%
	<i>12th Grade</i>	7.9%	27.0%	41.4%	17.4%	6.3%
Race/ Ethnicity	<i>Black or African American</i>	6.4%	8.4%	52.5%	26.7%	5.9%
	<i>Hispanic/Latino</i>	5.2%	12.0%	55.2%	20.8%	6.8%
	<i>White</i>	6.5%	23.4%	46.5%	17.9%	5.7%
	<i>Other</i>	3.9%	18.8%	44.2%	24.9%	8.3%
Overall		6.0%	19.0%	48.1%	20.5%	6.5%

- One in four students (27.0%) felt that the school work they were assigned was often or almost always meaningful and important. Another one-half (48.1%) felt that their coursework was sometimes meaningful and important, while the remaining one-quarter found that their course work was never (6.0%) or seldom (19.0%) of importance (Table 5.7).
- Females (31.7%) were more likely than males (22.0%) to have described their course work as often or almost always meaningful and important.
- The proportion of students who indicated dissatisfaction with course work increased with grade level. More of those in the 12th grade (34.9%) found course work as seldom or never meaningful, compared with 23.5% percent of 11th graders, 20.9% percent of 10th graders and 22.0% percent of those in 9th grade.
- One-third of both black (32.6%) and other (33.2%) students reported that school work was often or almost always meaningful and important, compared with smaller proportions of Hispanic (27.6%) or white (23.6%) students.

³² Arthur, M.W., Hawkins, J.D., Pollard, J.A., Catalano, R.F., Baglioni Jr., A.J. (2002). "Measuring Risk and Protective Factors for Substance Use, Delinquency, and Other Adolescent Problem Behaviors." *Evaluation Review*, 26(6).

³³ Oregon Healthy Teens Survey 2000-2001, Oregon Research Institute. Information available at <http://www.dhs.state.or.us/publichealth/chs/yrbsdata.cfm>

³⁴ 2003 New Jersey Middle School Survey. New Jersey Department of Health and Senior Services, Division of Addiction Services, Research and Information Systems.

Table 5.8: Feelings Toward Being in School

		Feelings Toward Being in School (past year)	
		<i>"Often" or "Almost Always"</i> <i>Enjoy School</i>	<i>"Often" or "Almost Always"</i> <i>Hate School</i>
Sex	<i>Female</i>	41.6%	28.8%
	<i>Male</i>	33.2%	33.8%
Age	<i>14 Years Old Or Younger</i>	39.6%	31.0%
	<i>15 Years Old</i>	42.2%	26.6%
	<i>16 Years Old</i>	39.7%	29.8%
	<i>17 Years Old</i>	30.3%	33.5%
	<i>18 Years Old Or Older</i>	33.9%	38.4%
Grade	<i>9th Grade</i>	39.9%	29.3%
	<i>10th Grade</i>	40.8%	27.5%
	<i>11th Grade</i>	34.8%	32.5%
	<i>12th Grade</i>	32.7%	36.3%
Race/ Ethnicity	<i>Black or African American</i>	38.9%	28.9%
	<i>Hispanic/Latino</i>	39.7%	27.2%
	<i>White</i>	35.5%	33.7%
	<i>Other</i>	40.3%	28.2%
Overall		37.3%	31.2%

- Overall, more than one-third of New Jersey high school students (37.3%) often or almost always enjoyed being in school during the last year. The percentage of students who often or almost always hated being in school numbered slightly less than one-third (31.2%) (Table 5.8).
- Females (41.6%) were more likely than males (33.2%) to enjoy being at school often or almost always. Males (33.8%) were slightly more likely to report hating school often or almost always than females (28.8%).
- The percentage of students who hated being in school over the past year largely increased with age and grade level while the proportions of students who enjoyed being in school generally decreased with increased age and grade level.
- White students (33.7%) were slightly more likely than all other groups to hate being in school often or almost always while other (40.3%), Hispanic (39.7%) and black (38.9%) students were more likely than whites (35.5%) to have often or almost always enjoyed being in school.

Table 5.9: Interest in School Work

		How interesting are most of your courses to you?				
		Very Interesting	Quite Interesting	Fairly Interesting	Slightly Dull	Very Dull
Sex	<i>Female</i>	4.8%	26.0%	48.8%	15.2%	5.3%
	<i>Male</i>	3.6%	18.5%	44.9%	21.9%	11.2%
Age	<i>14 Years Old Or Younger</i>	4.8%	28.8%	40.4%	20.5%	5.5%
	<i>15 Years Old</i>	4.5%	21.8%	46.3%	18.1%	9.3%
	<i>16 Years Old</i>	1.7%	18.4%	52.0%	20.4%	7.5%
	<i>17 Years Old</i>	4.5%	22.9%	49.7%	15.3%	7.6%
	<i>18 Years Old Or Older</i>	6.7%	23.6%	38.9%	20.2	10.6%
Grade	<i>9th Grade</i>	4.5%	24.2%	43.6%	20.7%	7.1%
	<i>10th Grade</i>	2.8%	19.5%	52.0%	17.5%	8.2%
	<i>11th Grade</i>	3.1%	21.4%	49.2%	18.0%	8.3%
	<i>12th Grade</i>	6.2%	24.2%	42.2%	17.6%	9.8%
Race/ Ethnicity	<i>Black or African American</i>	3.9%	25.9%	46.8%	14.6%	8.8%
	<i>Hispanic/Latino</i>	5.8%	30.9%	43.5%	13.1%	6.8%
	<i>White</i>	3.2%	19.1%	46.7%	21.8%	9.2%
	<i>Other</i>	5.5%	23.2%	50.3%	14.9%	6.1%
Overall		4.2%	22.2%	46.9%	18.5%	8.2%

- Overall, about a quarter of students indicated course work was either very or quite interesting (26.4%) or very or slightly dull (26.7%). About one in 20 of New Jersey high school students (4.2%) found the coursework they took to be very interesting, while twice that many reported finding the work very dull (8.2%) (Table 5.9).
- Males (11.2%) were twice as likely as females (5.3%) to call their course work very dull, while females (30.8%) were more likely than males (22.1%) to give their course work a positive rating, calling it very or quite interesting.
- There were few notable differences by age or grade-level in the interest of students in their course work.
- Hispanic students (36.7%) were more likely than black (29.8%), other (28.7%) or white (22.3%) students to have found their course work very or quite interesting; and white students (31.0%) were more likely than all other racial/ethnic categories to find that their course work was slightly or very dull.

Table 5.10: Truancy from School

		Number of School Days Skipped (last 4 weeks)						
		<i>None</i>	<i>1 Day</i>	<i>2 Days</i>	<i>3 Days</i>	<i>4 to 5 Days</i>	<i>6 to 10 Days</i>	<i>11 or more Days</i>
Sex	<i>Female</i>	68.0%	13.1%	7.2%	4.3%	4.7%	1.7%	1.0%
	<i>Male</i>	68.7%	13.3%	5.9%	4.3%	4.4%	2.0%	1.4%
Age	<i>14 Years Old Or Younger</i>	80.0%	8.3%	4.1%	3.4%	1.4%	0.7%	2.1%
	<i>15 Years Old</i>	78.4%	10.5%	5.0%	1.3%	3.4%	0.8%	0.5%
	<i>16 Years Old</i>	68.9%	14.3%	5.1%	3.7%	4.6%	3.1%	0.3%
	<i>17 Years Old</i>	62.5%	13.3%	9.2%	5.1%	7.3%	1.3%	1.3%
	<i>18 Years Old Or Older</i>	48.8%	19.8%	9.2%	10.6%	4.3%	3.4%	3.9%
Grade	<i>9th Grade</i>	78.9%	10.8%	4.3%	2.0%	2.5%	1.0%	0.5%
	<i>10th Grade</i>	72.3%	12.8%	5.3%	1.7%	5.6%	2.0%	0.3%
	<i>11th Grade</i>	67.5%	11.6%	8.5%	5.2%	4.0%	2.1%	1.2%
	<i>12th Grade</i>	50.2%	18.7%	8.9%	9.5%	6.9%	2.6%	3.3%
Race/ Ethnicity	<i>Black or African American</i>	70.8%	6.2%	3.8%	2.9%	11.0%	3.3%	1.9%
	<i>Hispanic/Latino</i>	57.3%	15.6%	7.8%	6.8%	6.8%	3.6%	2.1%
	<i>White</i>	68.7%	15.2%	7.0%	4.5%	2.6%	1.1%	0.9%
	<i>Other</i>	75.3%	11.0%	5.5%	2.2%	3.8%	1.1%	1.1%
Overall		68.3%	13.2%	6.6%	4.3%	4.6%	1.8%	1.2%

- Overall, 31.7% of the students reported having skipped or cut at least one whole school day in the last four weeks while 7.6% have skipped four or more days in that period (Table 5.10).
- Males (31.3%) and females (32.0%) were equally likely to have skipped at least one day of school in the last month, and comparable numbers of males (7.8%) and females (7.4%) skipped four or more days in the last four weeks.
- Older students were far more likely than younger students to have skipped a full day of school in the past four weeks. Greater than one-half of those 18 years old or older (51.2%) reported cutting at least one full day of classes and 11.6% reported doing so four or more times during this period.
- Hispanic students (42.7%) were more likely than white (31.3%), black (29.2%) and other (24.7%) students to have skipped at least one whole day of school in the past month. Black (16.2%) and Hispanic (12.5%) students were more likely than white (4.6%) or other (6.0%) students to have skipped four or more days of school in that period.

Table 5.11: Importance of What You are Learning for Later in Life

		Importance of What You are Learning for Later in Life				
		Very Important	Quite Important	Fairly Important	Slightly Important	Not at All Important
Sex	<i>Female</i>	20.3%	30.4%	28.4%	18.6%	2.3%
	<i>Male</i>	16.9%	24.1%	35.7%	17.9%	5.4%
Age	<i>14 Years Old Or Younger</i>	30.6%	27.8%	27.8%	12.5%	1.4%
	<i>15 Years Old</i>	22.1%	28.2%	32.7%	12.5%	4.5%
	<i>16 Years Old</i>	14.3%	27.7%	32.3%	20.9%	4.9%
	<i>17 Years Old</i>	16.6%	27.1%	33.4%	20.1%	2.9%
	<i>18 Years Old Or Older</i>	14.5%	24.6%	31.4%	25.1%	4.3%
Grade	<i>9th Grade</i>	24.6%	28.8%	31.1%	13.3%	2.3%
	<i>10th Grade</i>	15.5%	27.3%	33.2%	19.2%	4.8%
	<i>11th Grade</i>	18.0%	28.0%	30.5%	18.9%	4.6%
	<i>12th Grade</i>	15.0%	24.1%	33.9%	22.8%	4.2%
Race/ Ethnicity	<i>Black or African American</i>	28.5%	26.1%	25.1%	16.9%	3.4%
	<i>Hispanic/Latino</i>	25.7%	34.0%	26.7%	11.5%	2.1%
	<i>White</i>	12.7%	25.2%	36.5%	21.2%	4.3%
	<i>Other</i>	26.4%	29.7%	25.3%	14.3%	4.4%
Overall		18.6%	27.3%	32.1%	18.2%	3.9%

- Overall, fewer than half the students (45.9%) indicated the things that they were learning in school are going to be very important (18.6%) or quite important (27.3%) for later in life, while smaller numbers reported that lessons were slightly (18.2%) or not at all important (3.9%) for later in life (Table 5.11).
- Females (50.7%) were more likely than males (41.0%) to have indicated that what they were learning was very or quite important for later in life.
- Younger students and those in lower grades were more likely to have regarded the value of what they were learning as more important for later in life. Over half of 9th graders (53.4%) evaluated what they were learning as either very or quite important, compared to fewer students who indicated the same in 10th grade (42.8%), 11th grade (46.0%) or 12th grade (39.1%).
- Hispanic (59.7%), other (56.1%) and black (54.6%) students were much more likely than white students (37.9%) to have viewed what they were learning in school as very or quite important for later in life.

Table 5.12: Efforts to Do Best Work in School

		Tried to Do Best Work in School (in past year)				
		<i>Never</i>	<i>Seldom</i>	<i>Sometimes</i>	<i>Often</i>	<i>Almost Always</i>
Sex	<i>Female</i>	2.4%	5.5%	21.1%	36.9%	34.1%
	<i>Male</i>	5.2%	13.3%	30.4%	29.4%	21.7%
Age	<i>14 Years Old Or Younger</i>	2.8%	8.3%	20.1%	36.1%	32.6%
	<i>15 Years Old</i>	5.5%	6.0%	19.9%	34.8%	33.8%
	<i>16 Years Old</i>	2.0%	9.2%	26.1%	36.4%	26.4%
	<i>17 Years Old</i>	3.8%	9.9%	32.7%	27.2%	26.3%
	<i>18 Years Old Or Older</i>	3.9%	15.9%	29.5%	31.9%	18.8%
Grade	<i>9th Grade</i>	3.0%	7.8%	20.6%	37.8%	30.8%
	<i>10th Grade</i>	5.0%	5.8%	24.8%	34.3%	30.1%
	<i>11th Grade</i>	3.1%	8.9%	31.3%	28.8%	27.9%
	<i>12th Grade</i>	4.6%	16.0%	27.5%	30.4%	21.6%
Race/ Ethnicity	<i>Black or African American</i>	6.2%	5.3%	25.8%	33.0%	29.7%
	<i>Hispanic/Latino</i>	2.6%	10.4%	25.5%	32.8%	28.6%
	<i>White</i>	3.7%	10.3%	26.0%	32.3%	27.7%
	<i>Other</i>	2.8%	8.9%	26.1%	35.0%	27.2%
Overall		3.8%	9.4%	25.8%	33.1%	27.9%

- Overall, greater than one quarter of New Jersey High School students (27.9%) reported that they almost always tried to do their best work in school over the last year. Another one-third often tried to do their best work (33.1%), while more than one in 10 either seldom (9.4%) or never (3.8%) tried to do his/her best during this period (Table 5.12).
- Females (71.0%) were far more likely than males (51.1%) to have either almost always or often tried to do their best in school.
- Younger students reported having tried hardest in school. Almost seven in 10 students in 9th grade (68.6%) indicated they almost always or often tried their best compared to 64.4% in 10th grade, 56.7% in 11th grade, and 52.0% in 12th grade.
- There were few differences in level of effort in school based on racial/ethnic background.

Table 5.13: Attitudes about School by Student Grades

Attitudes about School by Student Grades			
<i>Attitudes/Behaviors</i>	<i>Mostly A's</i>	<i>Mostly B's</i>	<i>Mostly C's or lower</i>
<i>Always/often do best at school</i>	81%	61%	37%
<i>Never skipped a day of school in past month</i>	79%	68%	54%
<i>Coursework very or quite interesting</i>	37%	25%	15%
<i>Never or seldom hate being in school</i>	38%	33%	22%
<i>Learning very or quite important for life</i>	53%	45%	39%
<i>Always or often enjoy being in school</i>	44%	36%	30%
<i>Schoolwork always or often meaningful</i>	33%	27%	19%

- About three in 10 students reported that they received mostly A's (32.1%) in school, while four in 10 indicated their grades were mostly B's (43.8%). The remaining quarter of students (24.1%) either received C's or lower.
- Students with higher grades tended to have more positive attitudes toward school (Table 5.13). In particular, those who receive A's in school were much more likely to always or often do their best at school, considered coursework interesting and never skipped a day of school than students who received grades of C or lower.

SEXUAL BEHAVIORS, PREGNANCY, AND HIV/AIDS

The high school survey includes questions to measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, alcohol and other drug use related to sexual activity, use of protection against pregnancy or infection, pregnancy, and whether high school students have received HIV (human immunodeficiency virus) prevention education. For 2003, the survey also asks about unwanted sexual contact and having received a test for HIV or other sexually transmitted infection. Age of first intercourse and number of sexual partners is associated with increased risk of unwanted pregnancy and other sexually transmitted diseases, including HIV infection.³⁵ Gonorrhea rates are highest among females between the ages of 15 and 19 (715.8 per 100,000 females) and males between the ages of 20 and 24 (589.7 per 100,000 males).³⁶ Between 1990 and 1995, AIDS incidence among people aged 13 to 25 years rose

nearly 20%. In 2000, 1,688 young people (aged 13 to 24) were reported with AIDS, bringing the cumulative total to 31,293 cases of AIDS in this age group.³⁷ The percentage of high school students who ever had sexual intercourse decreased from 54.1% in 1991 to 45.6% in 2001, while condom use among currently sexually active students increased from 46.2% in 1991 to 58.0% in 1999 and then leveled off in 2001 (57.9%).³⁸ The prevalence of multiple sex partners decreased by 24% from 18.7% to 14.2% from 1991 to 2001. In 2000, 86% of high schools required HIV prevention education.

For the first time, the survey questionnaire provided students with definitions, as follows. The term “sexual intercourse” includes oral, anal and vaginal sex. The term “sexual contact” refers to skin-to-skin intimate contact that may or may not include sexual intercourse.³⁹

³⁵ Abma JC, Sonenstein FL. “Sexual Activity and Contraceptive Practices among Teenagers in the United States, 1988 and 1995.” National Center for Health Statistics. Vital Health Statistics Series, 23:1-26, 2001.

³⁶ Centers For Disease Control and Prevention. (August 2002). “Tracking the Hidden Epidemics, Trends in STDs in the United States, 2000.” [On-line] Available: http://www.cdc.gov/nchstp/dstd/stats_trends/Trends2000.pdf

³⁷ Centers For Disease Control and Prevention. (August 2002). “HIV/AIDS Surveillance in Adolescents: L265 Slide Series.” [On-line]. Available: <http://www.cdc.gov/hiv/graphics/adolesnt.html>.

³⁸ Centers for Disease Control and Prevention. “Youth Risk Behavior Surveillance – United States, 2001.” Morbidity and Mortality Weekly Report 51: SS-4, 2002.

³⁹ Centers For Disease Control and Prevention. “School Health Programs and Policy Study: A Summary Report.” Journal of School Health. 71 (7) 249-350, 2001.

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	<i>Female</i>	41.7%	0.6%	1.3%	3.9%	10.8%	12.7%	8.4%	3.9%
	<i>Male</i>	46.2%	3.6%	2.7%	5.9%	10.4%	10.4%	7.0%	6.2%
Age	<i>14 Years Old Or Younger</i>	28.2%	5.3%	3.8%	10.7%	8.4%	--	--	--
	<i>15 Years Old</i>	32.3%	1.7%	2.0%	5.7%	17.6%	5.4%	--	--
	<i>16 Years Old</i>	38.7%	1.5%	1.2%	4.0%	9.3%	17.3%	5.3%	--
	<i>17 Years Old</i>	55.9%	1.7%	2.3%	3.7%	7.0%	17.1%	17.1%	7.0%
	<i>18 Years Old Or Older</i>	66.0%	2.6%	1.0%	2.1%	7.7%	13.4%	16.5%	22.7%
Grade	<i>9th Grade</i>	30.7%	3.0%	2.5%	7.4%	12.6%	4.4%	0.8%	--
	<i>10th Grade</i>	37.3%	0.3%	2.1%	4.2%	15.1%	13.3%	2.4%	--
	<i>11th Grade</i>	48.9%	2.3%	2.6%	4.2%	7.4%	15.8%	12.2%	4.5%
	<i>12th Grade</i>	62.5%	2.8%	1.0%	3.1%	5.9%	14.2%	18.1%	17.4%
Race/Ethnicity	<i>Black or African American</i>	60.3%	7.7%	5.7%	5.2%	18.0%	16.0%	5.7%	2.1%
	<i>Hispanic/Latino</i>	55.8%	2.9%	2.9%	11.0%	17.4%	10.5%	6.4%	4.7%
	<i>White</i>	40.1%	0.7%	1.1%	3.3%	7.9%	11.7%	9.3%	6.1%
	<i>Other</i>	28.7%	1.2%	1.2%	4.7%	5.8%	7.6%	4.7%	3.5%
Overall		43.9%	2.1%	2.0%	4.9%	10.6%	11.6%	7.7%	4.9%

- Findings indicate that, overall, 43.9% of New Jersey high school students had sexual intercourse in their lifetime and 9.0% had sex for the first time at 13 years of age or younger (Table 6.1).
- Males (46.2%) were more likely than females (41.7%) to have had sexual intercourse and were twice as likely to have had it at 13 years of age or younger (12.2% for males as compared to 5.8% for females).
- Students were increasingly more likely to have had sexual intercourse the older they got. The range of those having had intercourse was 28.2% of those 14 and younger to 66.0% of students 18 and over. However, current students 14 and younger were the most likely to have had sexual intercourse for their first time at 13 or younger (19.8% compared to 5.7% for those 18 and over).
- Black (60.3%) and Hispanic (55.8%) students were much more likely than white (40.1%) or other (28.7%) students to have had intercourse. Also, black (18.6%) and Hispanic (16.8%) students were more likely than other (7.1%) and white (5.1%) students to have had their first sexual intercourse experience at 13 years old 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	<i>Female</i>	41.7%	7.9%	27.4%	4.5%	0.7%	0.4%	0.3%	0.3%
	<i>Male</i>	46.1%	15.2%	19.9%	5.2%	2.2%	0.8%	0.9%	1.9%
Age	<i>14 Years Old Or Younger</i>	27.7%	8.5%	10.8%	2.3%	--	0.8%	2.3%	3.1%
	<i>15 Years Old</i>	31.9%	10.0%	15.4%	4.0%	0.9%	0.3%	0.6%	0.9%
	<i>16 Years Old</i>	38.6%	13.9%	20.1%	3.1%	1.2%	0.3%	--	--
	<i>17 Years Old</i>	55.9%	12.4%	32.4%	6.7%	1.3%	1.0%	0.7%	1.3%
	<i>18 Years Old Or Older</i>	65.8%	10.9%	40.4%	8.3%	3.6%	1.0%	0.5%	1.0%
Grade	<i>9th Grade</i>	30.3%	10.5%	14.0%	3.0%	0.8%	0.3%	0.8%	0.8%
	<i>10th Grade</i>	37.2%	11.7%	18.0%	5.1%	1.2%	--	0.6%	0.6%
	<i>11th Grade</i>	48.9%	11.9%	29.3%	4.5%	1.0%	1.0%	0.6%	0.6%
	<i>12th Grade</i>	62.6%	11.4%	36.7%	7.3%	3.5%	1.4%	0.3%	2.1%
Race/ Ethnicity	<i>Black or African American</i>	60.3%	19.1%	25.3%	6.7%	2.1%	1.5%	2.1%	3.6%
	<i>Hispanic/Latino</i>	56.1%	13.9%	31.8%	7.5%	1.2%	0.6%	0.6%	0.6%
	<i>White</i>	40.0%	9.2%	23.8%	4.4%	1.3%	0.4%	0.3%	0.7%
	<i>Other</i>	28.7%	9.4%	14.0%	2.9%	1.2%	0.6%	0.6%	--
Overall		43.9%	11.5%	23.8%	4.9%	1.5%	0.6%	0.6%	1.0%

- As mentioned, more than four in 10 students (43.9%) reported having had sex in their lifetime, while one in three (32.4%) of high school students have had sexual intercourse in the last three months (Table 6.2). About a quarter of students (23.8%) have had sex with just one partner, while 8.6% have had more than one partner. Thus, of those having sex in the past three months, about one in four (26.5%) have had more than one sex partner in that period.
- Males (46.1%) were slightly more likely than females (41.7%) to have ever had sexual intercourse; however, females (33.6%) were slightly more likely than males (30.9%) to have had sex within the last three months. Males (11.0%) were almost twice as likely as females (6.2%) to have had sex with more than one person in the past three months.
- Again, the older a student, the more likely they were to have had sex in the past three months. The percentage of students having sex in the past three months ranged from 19.3% of those 14 and younger to 54.8% of those 18 and over. Older students were also more likely to have had multiple partners in this period than were younger students—14.4% of those 18 and over and 11.0% of those 17 years of age had more than one partner in this period compared to 8.5% of those 14 and younger and 6.7% of those 15 years of age.
- Hispanic (42.3%) and black (41.3%) students were more likely than white (30.9%) and other (19.3%) students to have engaged in sexual intercourse over the past three months; black (16.0%) and Hispanic (10.5%) students were also more likely than whites (7.1%) and others (5.3%) to have had multiple partners in that period.

Table 6.3: Lifetime Sexual Activity

		Number of Sexual Partners (lifetime)						
		Has Had Intercourse	1 Person	2 people	3 people	4 people	5 people	6 or more People
Sex	<i>Female</i>	42.8%	16.0%	8.1%	6.1%	3.3%	2.7%	5.5%
	<i>Male</i>	46.0%	19.9%	7.1%	6.2%	2.8%	1.6%	8.4%
Age	<i>14 Years Old Or Younger</i>	28.2%	11.5%	6.1%	2.3%	--	1.5%	6.9%
	<i>15 Years Old</i>	32.1%	13.1%	4.8%	6.3%	2.8%	1.4%	3.7%
	<i>16 Years Old</i>	38.8%	19.1%	7.7%	4.0%	1.5%	1.5%	4.9%
	<i>17 Years Old</i>	55.7%	22.8%	10.1%	7.0%	4.0%	3.0%	8.7%
	<i>18 Years Old Or Older</i>	65.8%	21.8%	9.3%	10.9%	6.7%	3.6%	13.5%
Grade	<i>9th Grade</i>	30.3%	15.7%	4.4%	4.7%	1.1%	1.1%	3.3%
	<i>10th Grade</i>	37.4%	14.1%	7.8%	4.5%	2.4%	2.1%	6.6%
	<i>11th Grade</i>	48.7%	21.9%	9.4%	6.8%	2.3%	2.3%	6.1%
	<i>12th Grade</i>	62.5%	20.8%	9.4%	9.0%	6.9%	3.5%	12.8%
Race/ Ethnicity	<i>Black or African American</i>	60.1%	22.8%	6.2%	8.8%	2.1%	5.7%	14.5%
	<i>Hispanic/Latino</i>	56.1%	18.5%	11.0%	9.8%	4.0%	2.3%	10.4%
	<i>White</i>	40.1%	17.8%	7.3%	5.4%	2.9%	1.7%	4.9%
	<i>Other</i>	28.2%	12.4%	7.1%	2.4%	2.9%	--	3.5%
Overall		43.8%	17.9%	7.6%	6.1%	3.1%	2.1%	7.0%

- Regarding the number of lifetime sexual partners, 17.9% of students have had only one sex partner, 13.7% have had two or three partners, 5.2% have had four or five partners and 7.0% of students have had six or more partners (Table 6.3).
- Older students were the most likely to have had numerous sexual partners. Of those 18 or older, 13.5% had six or more partners while 6.9% of those 14 and younger have had six or more partners and 3.7% of 15-year-olds.
- There were few differences in the number of lifetime sexual partners reported by males and females, though males (8.4%) were slightly more likely to have had six or more partners in their lifetime than were females (5.5%).
- Black (14.5%) and Hispanic (10.4%) students were more likely to have had six or more sexual partners in their lifetime than other (3.5%) and white (4.9%) students.

Table 6.4: Used Alcohol or Drugs Prior to Last Sexual Encounter

		Used Alcohol or Drugs Before Sex Last Time*	
		Yes	No
Sex	<i>Female</i>	14.9%	85.1%
	<i>Male</i>	25.3%	74.7%
Age	<i>14 Years Old Or Younger</i>	13.9%	86.1%
	<i>15 Years Old</i>	21.1%	78.9%
	<i>16 Years Old</i>	16.8%	83.2%
	<i>17 Years Old</i>	18.1%	81.9%
	<i>18 Years Old Or Older</i>	26.4%	73.6%
Grade	<i>9th Grade</i>	13.6%	86.4%
	<i>10th Grade</i>	23.2%	76.8%
	<i>11th Grade</i>	17.2%	82.2%
	<i>12th Grade</i>	24.7%	75.3%
Race/ Ethnicity	<i>Black or African American</i>	20.0%	80.0%
	<i>Hispanic/Latino</i>	19.6%	80.4%
	<i>White</i>	21.3%	78.7%
	<i>Other</i>	16.7%	83.3%
Overall		20.3%	79.7%

**among students having sex in their lifetime.*

- Of those students who have had sex in their lives, 20.3% reported that they had used drugs or alcohol prior to their last sexual encounter (Table 6.4).
- A greater proportion of males (25.3%) than females (14.9%) had used alcohol or drugs when last having sex.
- Older students were more likely than younger students to have engaged in substance use prior to their last sexual encounter—26.4% of those 18 and older compared to 13.9% of those 14 years old and younger.
- There were few differences between racial/ethnic groups in the use of drugs and alcohol prior to students' last sexual contact.

Table 6.5: Ever Had Sexual Contact Against Your Will

		Had Sexual Contact Against Your Will			
		Yes	Past 12 Months	More than 12 Months Ago	Both Time Periods
Sex	<i>Female</i>	12.2%	2.9%	8.0%	1.3%
	<i>Male</i>	7.3%	2.6%	2.3%	2.4%
Age	<i>14 Years Old Or Younger</i>	11.8%	2.1%	4.2%	5.6%
	<i>15 Years Old</i>	10.3%	3.2%	5.3%	1.8%
	<i>16 Years Old</i>	6.0%	1.1%	4.0%	0.9%
	<i>17 Years Old</i>	10.5%	3.2%	5.1%	2.2%
	<i>18 Years Old Or Older</i>	12.0%	3.8%	7.7%	0.5%
Grade	<i>9th Grade</i>	9.6%	3.0%	4.5%	2.0%
	<i>10th Grade</i>	7.5%	1.4%	4.2%	1.9%
	<i>11th Grade</i>	10.4%	2.8%	6.1%	1.5%
	<i>12th Grade</i>	11.7%	3.6%	6.2%	2.0%
Race/ Ethnicity	<i>Black or African American</i>	10.5%	--	7.1%	3.3%
	<i>Hispanic/Latino</i>	11.1%	1.6%	7.4%	2.1%
	<i>White</i>	8.9%	3.2%	4.5%	1.1%
	<i>Other</i>	11.1%	4.4%	3.9%	2.8%
Overall		9.7%	2.7%	5.1%	1.9%

- Approximately one in 10 (9.7%) of New Jersey high school students reported that someone had sexual contact with him/her against his/her will. Overall, 4.6% reported at least one such incident occurred in the prior 12 months.
- Females (12.2%) were more likely than males (7.3%) to have ever been sexually violated, but equal percentages of males (5.0%) and females (4.2%) reported such an incident occurred in the past 12 months.
- With one exception, there were few notable differences by age group, grade or racial/ethnic background in the prevalence of unwelcome sexual contact. Sixteen-year-olds (6.0%) were the least likely to report at least one incident of sexual contact against their will, compared to approximately equal numbers of older and younger students.
- There were few differences between racial/ethnic groups regarding unwanted sexual contact.

Table 6.6: Tested for HIV (Human Immunodeficiency Virus) or Other STD (Sexually Transmitted Disease)

		Ever Tested for HIV or Other STD Infection			
		Never tested for HIV or other STD	Tested For HIV Only	Tested for Other STD Only	Tested For Both
Sex	<i>Female</i>	88.9%	0.4%	3.0%	7.6%
	<i>Male</i>	89.6%	3.0%	1.0%	6.3%
Age	<i>14 Years Old Or Younger</i>	91.7%	3.5%	1.4%	3.5%
	<i>15 Years Old</i>	91.2%	1.1%	1.6%	6.1%
	<i>16 Years Old</i>	92.2%	0.6%	0.6%	6.6%
	<i>17 Years Old</i>	87.5%	2.2%	3.2%	7.1%
	<i>18 Years Old Or Older</i>	82.6%	2.9%	3.9%	10.6%
Grade	<i>9th Grade</i>	92.7%	2.3%	1.3%	3.8%
	<i>10th Grade</i>	89.9%	0.6%	1.4%	8.1%
	<i>11th Grade</i>	89.6%	2.1%	1.8%	6.4%
	<i>12th Grade</i>	83.9%	2.0%	3.9%	10.2%
Race/ Ethnicity	<i>Black or African American</i>	82.5%	1.9%	1.9%	13.7%
	<i>Hispanic/Latino</i>	84.3%	4.2%	2.1%	9.4%
	<i>White</i>	91.4%	1.4%	2.4%	4.9%
	<i>Other</i>	93.3%	0.6%	0.6%	5.6%
Overall		89.3%	1.7%	2.0%	6.9%

- Greater than one in 10 high school students (10.7%) has ever been tested for HIV, another STD, or both. Comparable numbers have been tested only for HIV (1.7%) or only for other STDs (2.0%) while 6.9% believe they have been tested for both. Nine in ten students have never been tested for either (Table 6.6).
- Males (10.4%) and females (11.1%) were equally likely to have ever been tested for HIV, other STDs or both.
- The likelihood of having been tested for STDs increased with age. Students 18 years old or older (17.4%) were the most likely and 14-year-olds (8.3%) the least likely to have ever been tested for any sexually transmitted diseases.
- Black (17.5%) and Hispanic (15.7%) students were more likely than other (6.7%) and white (8.6%) students to have reported being tested for HIV, another STD or both.

Table 6.7: HIV/AIDS Education in School

		Taught About HIV/AIDS in School				
		<i>Yes, This School Year</i>	<i>Yes, But Not in This School Year</i>	<i>No, Parents Did Not Want Me to Participate</i>	<i>No, Not in Class on Those Days</i>	<i>No, Teacher Skipped Those Lessons</i>
Sex	<i>Female</i>	60.1%	38.1%	0.6%	0.7%	0.4%
	<i>Male</i>	57.3%	37.8%	0.9%	1.9%	2.2%
Age	<i>14 Years Old Or Younger</i>	79.9%	16.7%	--	1.4%	2.1%
	<i>15 Years Old</i>	63.7%	32.3%	0.3%	2.1%	1.6%
	<i>16 Years Old</i>	42.7%	53.9%	0.9%	1.2%	1.4%
	<i>17 Years Old</i>	58.3%	39.1%	0.7%	1.0%	1.0%
	<i>18 Years Old Or Older</i>	62.7%	34.3%	1.5%	1.0%	0.5%
Grade	<i>9th Grade</i>	78.6%	19.1%	0.3%	1.5%	0.5%
	<i>10th Grade</i>	37.4%	57.6%	0.6%	2.2%	2.2%
	<i>11th Grade</i>	55.1%	42.1%	0.9%	0.3%	1.6%
	<i>12th Grade</i>	61.6%	35.1%	1.0%	1.3%	1.0%
Race/Ethnicity	<i>Black or African American</i>	63.9%	28.8%	1.0%	3.4%	2.9%
	<i>Hispanic/Latino</i>	64.5%	32.3%	1.1%	2.2%	--
	<i>White</i>	56.9%	40.5%	0.5%	0.6%	1.5%
	<i>Other</i>	55.3%	41.9%	1.1%	1.7%	--
Overall		58.7%	38.0%	0.7%	1.3%	1.3%

- Greater than 95 percent of New Jersey high school students (96.7%) reported that they have been taught about AIDS or HIV in school, while one percent or fewer of students reported that either their parents did not want them to participate in such classes (0.7%), that they had missed class on those days (1.3%) or that the teacher skipped lessons devoted to HIV/AIDS (1.3%) (Table 6.7). Roughly six in 10 (58.7%) reported receiving HIV/AIDS education in the 2002-03 school year, while another 38.0% reported having been taught about HIV/AIDS but not in the current academic year.

CONTRACEPTIVES AND PREGNANCY

These questions measure use of contraception and whether a student has been pregnant or gotten someone pregnant.⁴⁰ In 1997, 840,000 females aged 15-19 years old became pregnant. In 2000, among females aged 15-19, the birth rate was 49.5 per 1,000 and nearly 469,000 gave birth.⁴¹ Among females aged 15-19, pregnancy rates decreased 19% from 116.5 per 1,000 in 1991 to 94.3 per 1,000 in

1997,⁴² and birth rates decreased 26% from 62.1 per 1,000 in 1991 to 45.9 per 1,000 in 2001.⁴³ In 2001, 18.2% of currently sexually active high school students used birth control pills at last sexual intercourse. Sixty-six percent of all births among teenagers are the result of unintended pregnancy.⁴⁴

Table 6.8: Type of Birth Control Used

		Method Used to Prevent Pregnancy (last sexual encounter)						
		No method was used	Birth control pills	Condoms	Depo-Provera	Withdrawal	Some other method	Not sure
Sex	<i>Female</i>	19.6%	15.1%	50.6%	1.1%	10.7%	2.2%	0.7%
	<i>Male</i>	12.4%	13.8%	57.4%	1.8%	7.8%	3.9%	2.8%
Age	<i>14 Years Old Or Younger</i>	23.5%	--	76.5%	--	--	--	--
	<i>15 Years Old</i>	13.8%	10.1%	56.0%	0.9%	11.0%	4.6%	3.7%
	<i>16 Years Old</i>	22.3%	10.7%	43.0%	3.3%	12.4%	5.0%	3.3%
	<i>17 Years Old</i>	11.0%	15.9%	60.4%	1.8%	8.5%	1.8%	0.6%
	<i>18 Years Old Or Older</i>	16.1%	24.2%	48.4%	--	8.1%	2.4%	0.8%
Grade	<i>9th Grade</i>	17.8%	5.6%	60.7%	--	6.5%	4.7%	4.7%
	<i>10th Grade</i>	18.6%	11.0%	47.5%	3.4%	14.4%	3.4%	1.7%
	<i>11th Grade</i>	17.1%	11.6%	56.2%	2.1%	8.2%	3.4%	1.4%
	<i>12th Grade</i>	12.0%	25.1%	52.6%	--	8.6%	1.7%	--
Race/Ethnicity	<i>Black or African American</i>	23.7%	8.8%	54.4%	3.5%	6.1%	3.5%	--
	<i>Hispanic/Latino</i>	18.3%	5.4%	52.7%	1.1%	15.1%	3.2%	4.3%
	<i>White</i>	12.3%	20.9%	54.1%	0.7%	7.5%	2.4%	2.1%
	<i>Other</i>	14.6%	10.4%	54.2%	2.1%	16.7%	2.1%	--
Overall		15.9%	14.6%	54.1%	1.4%	9.2%	3.0%	1.8%

- Those students who have had sex (44% of the total) were asked which birth control method they used the last time they had sexual intercourse (Table 6.8). Among these students, the primary method of birth control used by the students for their last sexual encounter was condoms (54.1%), while birth control pills (14.6%) were the second most popular method. Almost a third of

these students used either no method of birth control (15.9%) during their last sexual encounter, the uncertain withdrawal method (9.2%), some other method (3.0%) or were not sure (1.8%) (Table 6.8). (For this analysis, use of “some other method” is classified as inadequate protection because use of other effective methods such the diaphragm and intrauterine device is low among teens.)⁴⁵

⁴⁰ Centers for Disease Control and Prevention. “National and State-Specific Pregnancy Rates among Adolescents – United States, 1995-1997.” *Morbidity and Mortality Weekly Report* 49:605-611, 2000.

⁴¹ Martin JA, Hamilton BE, Ventura SJ, Menacker F, Park MM. “Births: Final Data for 2000.” *National Vital Statistics Reports* 50:1-101, 2002.

⁴² Ventura SJ, Mosher WD, Curtin SA, Abma JC. “Trends in Pregnancy Rates for the United States, 1976-97: an Update.” *National Vital Statistics Reports* 49(4):1-12, 2001.

⁴³ Martin JA, Park MM, Sutton PD. “Births: Preliminary Data for 2001.” *National Vital Statistics Reports* 50(10):1-20, 2002.

⁴⁴ 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* 23:19, 1997.

⁴⁵ J Trussel, D Kowal. “The Essentials of Contraception.” *Contraceptive Technology*, Seventeenth Revised Edition. Ardent Media Inc., New York. 1998.

Table 6.9: Number of Pregnancies Resulting from Sexual Practice

		Number of Pregnancies			
		0 Times	1 Time	2 or More Times	Not sure
Sex	<i>Female</i>	95.4%	3.8%	0.4%	0.4%
	<i>Male</i>	94.6%	2.2%	1.6%	1.6%
Age	<i>14 Years Old Or Younger</i>	93.7%	2.8%	2.8%	0.7%
	<i>15 Years Old</i>	96.7%	1.4%	0.5%	1.4%
	<i>16 Years Old</i>	97.4%	1.7%	0.6%	0.3%
	<i>17 Years Old</i>	94.1%	3.9%	1.0%	1.0%
	<i>18 Years Old Or Older</i>	90.7%	6.8%	1.0%	1.5%
Grade	<i>9th Grade</i>	96.9%	1.5%	1.0%	0.5%
	<i>10th Grade</i>	96.5%	2.3%	--	1.2%
	<i>11th Grade</i>	94.1%	2.8%	1.9%	1.2%
	<i>12th Grade</i>	91.7%	5.9%	1.0%	1.3%
Race/ Ethnicity	<i>Black or African American</i>	86.9%	9.5%	2.5%	1.0%
	<i>Hispanic/Latino</i>	92.1%	5.3%	1.6%	1.1%
	<i>White</i>	97.1%	1.4%	0.5%	1.0%
	<i>Other</i>	97.7%	0.6%	0.6%	1.1%
Overall		95.0%	3.0%	1.0%	1.0%

- Four percent of students indicated that they had been, or had caused someone to become, pregnant. Another 1.0% reported that they were not sure if they had been pregnancy or caused someone else to become pregnant (Table 6.9).
- A higher proportion of students 18 years old or older (7.8%) have ever been pregnant or caused a pregnancy compared to 5.6% of those 14 years old or younger, 4.9% of 17-year-olds, 2.3% of 16-year-olds and 1.9% of 15-year-olds.
- Black students (12.0%) were more likely than any other racial or ethnic group to have become pregnant or caused a pregnancy one or more times, while Hispanic (6.9%), White (1.9%) and Other (1.2%) students were less likely to have done so.

TABLE 6.10: Condom Use Among Students Who Ever Had Sex

		Used Condom (last sexual encounter)	
		Yes	No
Sex	<i>Female</i>	57.6%	42.4%
	<i>Male</i>	64.6%	35.4%
Age	<i>14 Years Old Or Younger</i>	77.1%	22.9%
	<i>15 Years Old</i>	63.1%	36.9%
	<i>16 Years Old</i>	53.7%	46.3%
	<i>17 Years Old</i>	65.1%	34.9%
	<i>18 Years Old Or Older</i>	57.3%	42.7%
Grade	<i>9th Grade</i>	67.9%	32.1%
	<i>10th Grade</i>	54.9%	45.1%
	<i>11th Grade</i>	62.4%	37.6%
	<i>12th Grade</i>	59.9%	40.1%
Race/ Ethnicity	<i>Black or African American</i>	65.8%	34.2%
	<i>Hispanic/Latino</i>	54.3%	45.7%
	<i>White</i>	61.3%	38.7%
	<i>Other</i>	62.5%	37.5%
Overall		61.1%	38.9%

- Regardless of what birth control method they primarily depended on during their last sexual encounter, students were also asked whether they or their partners used condoms during the last time (Table 6.10). Overall, 61.1% of students indicated that a condom was used during their last sexual encounter. Black (65.8%), other (62.5%), and white (61.3%) students were more likely than Hispanic students (54.3%) to have used a condom the last time having sex.
- Those 14 years old and younger (77.1%) were most likely to have used condoms while 16-year-olds (53.7%) and those 18 and older (57.3%) were least likely to do so.

PHYSICAL ACTIVITY

These questions measure participation in physical activity, physical education classes, sports teams and television watching. Participating in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat. It also reduces feelings of depression and anxiety and promotes psychological wellbeing.⁴⁶ Over time, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁴⁷ Decreases in vigorous physical activity occur during grades 9-12, particularly for girls. By 11th grade, half of female high school students do not participate in sufficient levels of vigorous physical activity.⁴⁸ School physical education classes can increase adolescent participation in moderate to vigorous physical activity,^{49,50} and help high school students develop the knowledge, attitudes, and skills they need to engage in lifelong

physical activity.⁵¹ Nationally, the percentage of high school students enrolled in daily physical education classes decreased from 1991-1995 (from 41.6% to 25.4%) and increased from 1995-2001 (from 25.4% to 32.2%), but still remained far below the 1991 level.⁵² Television viewing is the principal sedentary leisure time behavior in the United States and television viewing in young people is related to obesity.^{53,54}

The survey asks students to report on types of physical activity that are related to cardiorespiratory endurance and to muscular strength and endurance. The CDC recommends that Americans engage in at least 20 minutes of vigorous activity on three days per week or 30 minutes of moderate exercise on at least five days per week.

⁴⁶ 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.

⁴⁷ 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.

⁴⁸ Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Morbidity and Mortality Weekly Report* 51: SS-4, 2002.

⁴⁹ McKenzie KL, Nader PR, Strikmiller PK, Yang M, Stone EJ, Perry CL, Taylor WC, Epping JM, Feldman HA, Luepker RV, Kelder SH. "School Physical Education: Effect of the Child and Adolescent Trial for Cardiovascular Health." *Preventive Medicine* 25:423-431, 1996.

⁵⁰ Sallis JF, McKenzie TL, Alcaraz JE, Kolody B, Faucette N, Hovell MF. "The Effects of a 2-year Physical Education Program (SPARK) on Physical Activity and Fitness in Elementary School Students." *American Journal of Public Health* 87:1328-1334, 1997.

⁵¹ Centers for Disease Control and Prevention. "Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People." *Morbidity and Mortality Weekly Report* 46: (No. RR-6): 1-36, 1997.

⁵² Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Morbidity and Mortality Weekly Report* 51: SS-4, 2002.

⁵³ Crespo CJ, Smith E, Troian RP, Bartlett SJ, Macera CA, Anderson RE. "Television Watching, Energy Intake and Obesity in US Children." *Archives of Pediatric and Adolescent Medicine*. 155:360-365, 2001.

⁵⁴ Gortmaker SL, Must A, Sobol AM, Peterson K, Coolditz GA, Dietz WH. "Television Viewing as a Cause of Increasing Obesity among Children in the United States, 1986-1990." *Archives of Pediatric and Adolescent Medicine*. 150:356-362, 1996.

Table 7.1: 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	<i>Female</i>	38.0%	62.0%	49.6%	50.4%	53.0%	47.0%
	<i>Male</i>	26.6%	73.4%	52.0%	48.0%	42.6%	57.4%
Age	<i>14 Years Old Or Younger</i>	27.3%	72.7%	50.3%	49.7%	51.0%	49.0%
	<i>15 Years Old</i>	27.2%	72.8%	52.7%	47.3%	43.4%	56.6%
	<i>16 Years Old</i>	28.9%	71.1%	51.3%	48.7%	45.8%	54.2%
	<i>17 Years Old</i>	39.7%	60.3%	50.7%	49.3%	51.3%	48.7%
	<i>18 Years Old Or Older</i>	39.6%	60.4%	46.3%	53.7%	51.7%	48.3%
Grade	<i>9th Grade</i>	28.0%	72.0%	54.1%	45.9%	45.6%	54.4%
	<i>10th Grade</i>	24.8%	75.2%	46.9%	53.1%	42.3%	57.7%
	<i>11th Grade</i>	38.0%	62.0%	54.2%	45.8%	51.5%	48.5%
	<i>12th Grade</i>	40.2%	59.8%	47.0%	53.0%	52.8%	47.2%
Race/ Ethnicity	<i>Black or African American</i>	35.6%	64.4%	52.9%	47.1%	50.2%	49.8%
	<i>Hispanic/Latino</i>	34.7%	65.3%	52.9%	47.1%	45.8%	54.2%
	<i>White</i>	29.7%	70.3%	48.2%	51.8%	46.3%	53.7%
	<i>Other</i>	35.9%	64.1%	58.4%	41.6%	53.0%	47.0%
Overall		32.3%	67.7%	50.8%	49.2%	47.8%	52.2%

- Overall, about half of high school students spent only two or fewer days in the past seven days doing exercises to strengthen or tone their muscles, such as push-ups, sit-ups or weightlifting (47.8%), or spent at least 30 minutes engaging in physical activity that did not make them sweat or breathe hard such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors (50.8%). Meanwhile, a third of students spent two or fewer days engaging in physical activity for at least 20 minutes that did make them sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities (32.3%) (Table 7.1).
- More females than males spent two or fewer days in the past week engaging in strenuous aerobic physical activities (38.0% versus 26.6%) or tone-up exercise (53.0% versus 42.6%). Equal numbers of males (49.6%) and females (52.0%) spent two or fewer days in the past week engaged in mild physical activity for at least 30 minutes.
- The amount of exercising generally decreased with progression of age whether considering aerobic exercise or tone-up exercise. About four in 10 students ages 18 and over (39.6%) participated in aerobic exercises for two or fewer days in the past week compared to about a quarter of those 14 and younger (27.3%) or 15 year-olds (27.2%). Likewise, about half of students 18 and over (51.7%) and 17-year-olds (51.3%) did tone-up exercises for two or fewer days in the past week compared to 43.4% of 15-year-olds. About half of 14-year-olds (51.0%) also did two or fewer days of tone-up exercises. There were fewer differences among age groups in terms of those who engaged in two or fewer days of mild physical activity in the past week (46.3% of those 18 years old or older vs. 50.3% of those 14 years old or younger).
- Students of other racial/ethnic background were most likely to only spend two or fewer days in the past week on tone-up exercises (53.0%) and to have spent two or fewer days on mild physical exercise (58.4%). Whites, on the other hand, were most likely to engage in aerobic exercise (70.3%) and mild physical exercise (51.8%) on three or more occasions in the past week.

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%.

2003 NEW JERSEY SHS RESULTS

Two-thirds of all New Jersey high school students (67.7%) engaged in 20 minutes of strenuous aerobic exercise for three or more days, falling short of the objective. Males (73.4%), 9th and 10th graders (72.0% and 75.2% respectively) and whites (70.3%) were the groups most likely to report vigorous exercise.

Table 7.2: Hours of Television Viewing

		Hours Watching TV (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	<i>Female</i>	9.7%	21.4%	16.4%	22.0%	14.8%	7.4%	8.3%
	<i>Male</i>	5.5%	13.6%	13.3%	27.8%	17.8%	8.1%	13.9%
Age	<i>14 Years Old Or Younger</i>	6.3%	13.9%	10.4%	19.4%	18.1%	12.5%	19.4%
	<i>15 Years Old</i>	6.1%	17.8%	16.0%	25.3%	13.8%	9.6%	11.4%
	<i>16 Years Old</i>	6.9%	15.5%	14.0%	29.5%	17.5%	7.2%	9.5%
	<i>17 Years Old</i>	7.8%	18.9%	13.7%	23.5%	17.6%	7.2%	11.4%
	<i>18 Years Old Or Older</i>	12.1%	19.9%	19.4%	22.3%	15.5%	3.4%	7.3%
Grade	<i>9th Grade</i>	7.3%	15.7%	14.4%	22.5%	16.7%	9.8%	13.6%
	<i>10th Grade</i>	5.3%	16.6%	13.8%	31.2%	14.3%	9.0%	9.8%
	<i>11th Grade</i>	7.5%	18.0%	14.0%	24.2%	18.3%	6.2%	11.8%
	<i>12th Grade</i>	10.6%	20.1%	18.5%	20.8%	16.2%	5.0%	8.9%
Race/ Ethnicity	<i>Black or African American</i>	6.9%	10.8%	11.3%	10.3%	16.3%	14.3%	30.0%
	<i>Hispanic/Latino</i>	4.2%	17.5%	8.5%	26.5%	16.4%	11.6%	15.3%
	<i>White</i>	7.6%	18.9%	18.4%	28.1%	15.2%	5.6%	6.1%
	<i>Other</i>	11.6%	17.7%	9.9%	26.5%	21.0%	5.5%	7.7%
Overall		7.6%	17.5%	14.9%	24.9%	16.3%	7.8%	11.1%

- Overall, about one in five students watched four or more hours of television (TV) per average school day (18.9%), and 41.2% watched two to three hours of television. Only 7.6% of students reported watching no TV and another 17.5% watched less than an hour per day (Table 7.2).
- Females generally watched fewer hours of TV on an average school day than males. More males (22.0%) watched four or more hours of TV per average school day as compared to females (15.7%). More females (31.1%) watched no TV or less than an hour than males (19.1%).
- Fourteen-year-olds (31.9%) were most likely to watch four or more hours of TV per average school day, while those 18 and older (10.7%) were least likely to watch as much TV.
- Black students (44.3%) had the highest percentage for watching four or more hours of TV per average school day, as compared to Hispanic (26.9%), other (13.2%) or white (11.7%) students.

HEALTHY PEOPLE 2010 NATIONAL GOAL

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

2003 NEW JERSEY SHS RESULTS

Six in ten New Jersey high school students (64.9%) viewed television two or fewer hours per day, falling short of the objective.

HEALTH AND DIETARY PATTERNS

WEIGHT AND DIETING

This survey asks students to self-report their height and weight, their self-perception of body weight status, and specific weight control behaviors. Data on self-reported height and weight is used to calculate body mass index, which provides a proxy measure of whether high school students are overweight. For children and teens, a BMI that is above the 95th percentile of a CDC reference population of that same age and gender is considered clearly overweight. Although overweight prevalence estimates derived from self-reported data are likely to be low,^{55,56} 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.⁵⁷

Overweight and obesity are increasing in both genders and among all population groups. In 1999, an estimated 61% of United States adults and 14% of adolescents between the ages of 12 and 19 were

overweight. In 1999, there were nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980.⁵⁸ Approximately 300,000 deaths a year in the United States are currently associated with overweight and obesity. Left unabated, overweight and obesity may soon cause as much preventable disease and death as cigarette smoking.⁵⁹ 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.⁶⁰ In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.⁶¹ 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 which can lead to abnormal physical and psychological development.^{62, 63, 64, 65, 66}

⁵⁵ Brener ND, McManus T, Galuska DA, Lowry R, Wechsler H. "Reliability and Validity of Self-Reported Height and Weight Among High School Students." *Journal of Adolescent Health*, in press.

⁵⁶ Goodman E, Hinden BR, Kandelwal S. "Accuracy of Teen and Parental Report of Obesity and Body Mass Index." *Pediatrics* 106:52-8, 2000.

⁵⁷ Galuska DA, Serdula M, Pamuk E, Siegel PZ, Byers T. "Trends in Overweight among Adults from 1987 to 1993: a Multistate Telephone Survey." *American Journal of Public Health* 86: 1729-1735, 1996.

⁵⁸ NCHS, CDC. (August 2002) "Prevalence of Overweight and Obesity among Adults: United States, 1999." [On-line]. Available: www.cdc.gov/nchs/products/pubs/pubd/hestats/obese/obse999.html.

⁵⁹ United States Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*. Rockville, MD: United States Department of Health and Human Services, Public Health Services, Office of the Surgeon General; 2001.

⁶⁰ Public Health Service. *The Surgeon General's Report on Nutrition and Health*. Washington, DC: US Department of Health and Human Services, Public Health Service, 1988. DHHS publication no. (PHS) 88-50210.

⁶¹ Dietz WH. "Health Consequences of Obesity in Youth: Childhood Predictor of Adult Disease." *Pediatrics* 101:518-525, 1998.

⁶² French SA, Jeffrey RW. "Consequences of Dieting to Lose Weight: Effects on Physical and Mental Health." *Health Psychology* 13: 195-212, 1994.

⁶³ 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.

⁶⁴ 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.

⁶⁵ 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.

⁶⁶ Neumark-Sztainer D, Story M, Hannan PJ, Perry CL, Irving LM. "Weight-related Concerns and Behaviors among Overweight and Non-overweight Adolescents: Implications for Preventing Weight-related Disorders." *Archives of Pediatrics and Adolescent Medicine* 156(2):1-21, 2002.

Table 8.1: A Demographic Comparison of Students' BMIs (Body Mass Index)

		<i>Normal BMI</i>	<i>At Risk for Overweight (85th to 95th percentile)</i>	<i>Overweight (above 95th percentile)</i>
Sex	<i>Female</i>	82.6%	12.3%	5.1%
	<i>Male</i>	73.7%	12.5%	13.8%
Age	<i>15 Years Old Or Younger</i>	78.5%	13.9%	7.6%
	<i>16 or 17 Years Old</i>	77.8%	11.4%	10.8%
	<i>18 Years Old Or Older</i>	79.2%	12.3%	8.5%
Grade	<i>9th Grade</i>	78.5%	13.4%	8.1%
	<i>10th Grade</i>	80.8%	12.9%	6.3%
	<i>11th Grade</i>	74.4%	12.5%	13.1%
	<i>12th Grade</i>	79.4%	11.2%	9.4%
Race/ Ethnicity	<i>Black or African American</i>	--	--	--
	<i>Hispanic/Latino</i>	74.6%	14.5%	10.9%
	<i>White</i>	80.1%	11.4%	8.5%
	<i>Other</i>	--	--	--
Overall		78.3%	12.4%	9.3%

* Based on CDC calculation, in "2003 YRBS Unweighted Results" CDC does not report percentage if n-size is less than 100. Data in this table is unweighted.

- Overall, more than two in 10 high school students (21.7%) have a BMI (body mass index) that would classify them as either overweight (9.3%) or at risk for being overweight (12.4%) (Table 8.1).
- Males (13.8%) were more likely than females (5.1%) to be classified as overweight but equally likely to be classified as at risk for being overweight (12.5% for males compared to 12.3% for females).
- There were few age differences regarding the percentage of students who did not have a normal BMI. As for racial differences, Hispanic students (25.4%) were more likely than white students (19.9%) to either be overweight or at risk for overweight.

DIETARY HABITS

Six of the questions address fruit and vegetable consumption, and one addresses milk consumption. The fruit and vegetable questions are similar to those asked of adults on CDC's Behavioral Risk Factor Survey.⁶⁷ 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 decreased risk for types of cancer.^{68, 69, 70, 71, 72} In the 2001 national Youth Risk Behavior Survey, only 23.3% of male high school students and 19.7% of female high

school students met the minimum average daily goal of at least five servings per day of vegetables and fruits.⁷³ Milk is by far the largest single source of calcium for high school students.⁷⁴ Only about half of male high school students and more than 80% of female high school students do not meet dietary recommendations for calcium intake.⁷⁵ Calcium is essential for the formation and maintenance of healthy bones and teeth. Low calcium intake during the first two to three decades of life is an important risk factor in the development of osteoporosis.^{76, 77}

⁶⁷ Serdula MK, Byers T, Mokdad AH, Simoes E, Mendlein JM, Coates RJ. "The Association between Fruit and Vegetable Intake and Chronic Disease Risk Factors." *Epidemiology* 7:161-165, 1996.

⁶⁸ Van Duyn MA, Pivonka E. "Overview of the Health Benefits of Fruit and Vegetable Consumption for the Dietetics Professional: Selected Literature." *Journal of American Dietitians Association*. 100(12):1511-21, 2000.

⁶⁹ Ness AR, Powles JW. "Fruits and Vegetables, and Cardiovascular Disease: a Review." *International Journal of Epidemiology*. 26(1):1-13, 1997.

⁷⁰ Terry P, Terry JB, Wolk A. "Fruit and Vegetable Consumption in the Prevention of Cancer: an Update." *Journal of Internal Medicine*. 250(4):280-90, 2001.

⁷¹ National Cancer Institute. "5-A-Day for Better Health Program." NIH Publication 01-5019, September 2001.

⁷² Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance – United States, 2001." *Morbidity and Mortality Weekly Report* 51: SS-4, 2002.

⁷³ United States Department of Agriculture, Agricultural Research Service. Unpublished Data from the 1989-91 Continuing Survey of Food Intakes by Individuals. February 1998.

⁷⁴ 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.

⁷⁵ NIH Consensus Development on Optimal Calcium Intake. "Optimal Calcium Intake." *Journal of the American Medical Association* 272:1942-1948, 1994.

⁷⁶ United States Department of Agriculture, Agriculture Research Service. Unpublished data from the 1994-1996 Continuing Survey of Food Intakes by Individuals. February 1998.

⁷⁷ United States 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.

Table 8.2: Fruit Consumption

		Ate Fruit					
		<i>Did not eat fruit</i>	<i>1 to 3 Times in past 7 days</i>	<i>4 to 6 Times in past 7 days</i>	<i>1 Time per day</i>	<i>2 Times per day</i>	<i>3 or more Times per day</i>
Sex	<i>Female</i>	12.8%	41.6%	19.7%	10.4%	8.6%	6.7%
	<i>Male</i>	19.2%	36.8%	16.6%	11.9%	8.5%	7.1%
Age	<i>14 Years Old Or Younger</i>	12.4%	43.4%	16.6%	13.8%	5.5%	8.3%
	<i>15 Years Old</i>	17.7%	38.6%	16.1%	11.4%	8.7%	7.4%
	<i>16 Years Old</i>	17.8%	42.1%	17.5%	10.3%	6.0%	6.3%
	<i>17 Years Old</i>	16.9%	33.5%	20.8%	10.5%	11.5%	6.7%
	<i>18 Years Old Or Older</i>	11.5%	39.9%	20.2%	11.5%	10.6%	6.2%
Grade	<i>9th Grade</i>	16.3%	41.9%	15.8%	10.8%	7.5%	7.8%
	<i>10th Grade</i>	16.2%	40.1%	17.4%	12.0%	8.1%	6.1%
	<i>11th Grade</i>	16.5%	38.4%	20.7%	9.8%	8.5%	6.1%
	<i>12th Grade</i>	14.5%	35.9%	19.4%	12.5%	10.5%	7.3%
Race/ Ethnicity	<i>Black or African American</i>	22.5%	34.0%	17.2%	13.4%	6.7%	6.2%
	<i>Hispanic/Latino</i>	14.7%	42.6%	14.2%	10.0%	10.0%	8.4%
	<i>White</i>	15.3%	39.7%	19.3%	10.5%	8.2%	7.0%
	<i>Other</i>	12.2%	40.6%	17.8%	12.8%	10.6%	6.1%
Overall		16.0%	39.2%	18.2%	11.1%	8.5%	6.9%

- Overall, 16.0% of students did not eat any fruit during the past seven days. It was also quite rare for students to eat fruit at least daily. Only 6.9% of students ate fruit three or more times per day and 26.5% ate fruit at least once a day (Table 8.2).
- More males (19.2%) than females (12.8%) reported not eating fruit, while comparable numbers of males (27.5%) and females (25.7%) reported eating fruit at least once a day for the past week.
- There were few differences in fruit consumption among age categories, although students 15 to 17 were most likely to report not eating any fruit in the past week (between 17% and 18% for each age group). Aside from 16-year-old students (22.6%), a similar percentage of all other age sub-groups ate fruit at least once a day in the past week (between 28% and 29% of all other age groups).
- Black students overall had the lowest daily fruit consumption of all racial or ethnic groups followed by Hispanics, others, and whites. Black students (22.5%) were more likely than white (15.3%), Hispanic (14.7%), or other (12.2%) students to not eat any fruit in the last seven days. There were few differences in daily fruit consumption in racial/ethnic groups.

Table 8.3: Vegetable Consumption – Salads and Potatoes

		Ate Green Salad			Ate Potatoes		
		None	Less than 1 a Day	1 a Day or more	None	Less than 1 a Day	1 a Day or more
Sex	<i>Female</i>	22.4%	73.8%	3.7%	35.6%	62.0%	2.4%
	<i>Male</i>	36.9%	59.0%	4.2%	32.8%	64.1%	3.1%
Age	<i>14 Years Old Or Younger</i>	31.0%	66.2%	2.8%	33.8%	62.8%	3.4%
	<i>15 Years Old</i>	32.7%	62.8%	4.5%	40.2%	56.4%	3.4%
	<i>16 Years Old</i>	30.0%	66.3%	3.7%	29.8%	67.9%	2.3%
	<i>17 Years Old</i>	26.8%	70.0%	3.2%	32.8%	65.6%	1.6%
	<i>18 Years Old Or Older</i>	26.1%	69.1%	4.8%	32.2%	63.9%	3.8%
Grade	<i>9th Grade</i>	32.3%	64.1%	3.6%	37.8%	58.4%	3.8%
	<i>10th Grade</i>	29.0%	66.3%	4.7%	32.0%	66.0%	1.9%
	<i>11th Grade</i>	31.0%	66.9%	2.1%	30.6%	67.0%	2.4%
	<i>12th Grade</i>	25.5%	69.3%	5.2%	35.4%	61.7%	2.9%
Race/ Ethnicity	<i>Black or African American</i>	37.1%	60.0%	2.9%	48.3%	44.5%	7.1%
	<i>Hispanic/Latino</i>	33.5%	59.7%	6.8%	36.6%	59.7%	3.7%
	<i>White</i>	26.5%	69.9%	3.6%	30.7%	67.8%	1.5%
	<i>Other</i>	32.2%	63.9%	3.9%	30.4%	66.9%	2.8%
Overall		29.7%	66.4%	4.0%	34.2%	63.1%	2.7%

- In the past seven days, three in 10 students did not eat green salad (29.7%) and about a third did not eat potatoes (34.2%). In addition, few students had one or more servings a day of green salad (4.0%) or potatoes (2.7%) over the last 7 days. (Table 8.3).
- Males were more likely than females to have not eaten any green salad (36.9% versus 22.4%) in the last seven days. Males (32.8%) and females (35.6%) were equally likely to have not eaten potatoes in the last seven days.
- With one exception, there were few notable differences in age or grade categories with regard to vegetable consumption. Fifteen-year-olds (40.2%) were the most likely to have not eaten potatoes in the past seven days.
- Black students were the most likely of all racial and ethnic categories to not eaten any potatoes (48.3%) or green salad (37.1%) in the last seven days. By comparison, white students (30.7%) and those of other racial/ethnic backgrounds (30.6%) were less likely to have not eaten any potatoes in the past seven days. White students (26.5%) were least likely to report not having had a green salad in the past week.

Table 8.4: Vegetable Consumption – Carrots and Other Vegetables

		Ate Carrots			Ate Other Vegetables		
		None	Less than 1 a Day	1 a Day or more	None	Less than 1 a Day	1 a Day or more
Sex	<i>Female</i>	48.1%	49.6%	2.3%	12.7%	77.1%	10.2%
	<i>Male</i>	52.9%	45.6%	1.6%	19.6%	72.0%	8.4%
Age	<i>14 Years Old Or Younger</i>	51.7%	45.5%	2.8%	22.8%	67.6%	9.7%
	<i>15 Years Old</i>	51.6%	46.6%	1.9%	14.9%	76.9%	8.2%
	<i>16 Years Old</i>	50.1%	48.4%	1.4%	16.5%	76.8%	6.7%
	<i>17 Years Old</i>	49.0%	49.0%	1.9%	14.4%	72.5%	13.1%
	<i>18 Years Old Or Older</i>	49.5%	48.1%	2.4%	15.9%	74.4%	9.7%
Grade	<i>9th Grade</i>	54.3%	43.7%	2.0%	17.5%	73.9%	8.6%
	<i>10th Grade</i>	48.6%	49.7%	1.7%	15.8%	78.3%	5.9%
	<i>11th Grade</i>	50.0%	48.8%	1.2%	16.2%	71.9%	11.9%
	<i>12th Grade</i>	48.5%	48.5%	2.9%	14.4%	74.1%	11.5%
Race/ Ethnicity	<i>Black or African American</i>	61.4%	37.2%	1.4%	16.9%	75.4%	7.7%
	<i>Hispanic/Latino</i>	61.3%	35.1%	3.7%	29.1%	64.0%	6.9%
	<i>White</i>	45.1%	53.3%	1.6%	14.7%	76.4%	8.9%
	<i>Other</i>	50.8%	47.0%	2.2%	8.3%	75.7%	16.0%
Overall		50.4%	47.6%	1.9%	16.1%	74.6%	9.3%

- In the past seven days, a majority of students did not eat carrots (50.4%), about one in seven did not eat any other vegetables (16.1%). Few students reported eating one or more servings a day of carrots (1.9%) or other vegetables (9.3%) over the last seven days (Table 8.4).
- Males (52.9%) and females (48.1%) were equally likely to have not eaten carrots, while males were more likely than females to have not eaten other vegetables (19.6% versus 12.7%) in the last seven days.
- Consumption of carrots and other vegetables did not notably vary across ages and grades.
- Black students (61.4%) and Hispanic students (61.3%) were more likely than those of other racial and ethnic backgrounds (50.8%) or whites (45.1%) to never have eaten carrots in the last seven days. Hispanic students were the most likely to have never eaten any other vegetables (29.1%) in that time period. By comparison, those of other racial/ethnic backgrounds were least likely to have reported they never ate other vegetables (8.3%) in the past week.

FRUIT AND VEGETABLE CONSUMPTION

Composite items for fruit and vegetable consumption were created by combining the six questions included in the survey. Three composite items were created by averaging the daily intake in the past

week as follows: fruits include fruits and 100% fruit juices; vegetables include potatoes, carrots, green salad and other vegetables; and fruits or vegetables include all six items (Table 8.5)

Table 8.5: Combined Fruit and Vegetable Consumption

		Daily Fruit and Vegetable Consumption		
		3 or more servings of fruits per day	3 or more servings of vegetables per day	5 or more servings of fruits or vegetables per day
Sex	<i>Female</i>	18.6%	14.6%	20.0%
	<i>Male</i>	22.5%	11.5%	19.9%
Age	<i>14 Years Old Or Younger</i>	19.3%	12.6%	19.0%
	<i>15 Years Old</i>	21.8%	11.4%	18.9%
	<i>16 Years Old</i>	19.8%	11.6%	17.2%
	<i>17 Years Old</i>	21.7%	15.3%	23.8%
	<i>18 Years Old Or Older</i>	17.9%	15.5%	21.5%
Grade	<i>9th Grade</i>	19.7%	11.7%	18.4%
	<i>10th Grade</i>	21.9%	11.0%	17.3%
	<i>11th Grade</i>	19.6%	14.7%	21.8%
	<i>12th Grade</i>	21.1%	16.1%	23.2%
Race/ Ethnicity	<i>Black or African American</i>	25.5%	10.3%	16.3%
	<i>Hispanic/Latino</i>	26.4%	12.7%	23.8%
	<i>White</i>	17.6%	13.2%	20.0%
	<i>Other</i>	22.0%	14.5%	19.1%
Overall		20.5%	13.1%	19.9%

- About one in five students reported eating three or more servings of fruit (20.5%) in the past week, while fewer reported eating 3 or more servings of vegetables (13.1%) or 5 or more servings of fruits or vegetables (19.9%).
- There were few notable differences in overall fruit or vegetable consumption across all age, gender or race/ethnicity categories.

Table 8.6: Milk Consumption

		Glasses of Milk					
		<i>Did not drink milk</i>	<i>1 to 3 Glasses in past 7 days</i>	<i>4 to 6 Glasses in past 7 days</i>	<i>1 Time per day</i>	<i>2 Times per day</i>	<i>3 or more Times per day</i>
Sex	<i>Female</i>	25.9%	28.5%	15.4%	14.5%	10.2%	5.5%
	<i>Male</i>	17.0%	18.1%	17.5%	14.8%	17.4%	15.2%
Age	<i>14 Years Old Or Younger</i>	16.2%	23.9%	16.2%	14.8%	11.3%	17.6%
	<i>15 Years Old</i>	20.1%	23.0%	18.2%	14.0%	12.9%	11.9%
	<i>16 Years Old</i>	19.5%	24.1%	16.1%	14.1%	18.4%	7.8%
	<i>17 Years Old</i>	23.6%	22.9%	18.2%	16.2%	11.1%	8.0%
	<i>18 Years Old Or Older</i>	27.1%	22.2%	12.1%	14.0%	13.5%	11.1%
Grade	<i>9th Grade</i>	19.0%	22.3%	16.5%	13.7%	13.7%	14.9%
	<i>10th Grade</i>	19.3%	25.1%	17.9%	14.0%	15.4%	8.4%
	<i>11th Grade</i>	21.1%	22.9%	17.4%	16.5%	14.7%	7.3%
	<i>12th Grade</i>	27.7%	22.1%	14.0%	14.3%	11.7%	10.1%
Race/ Ethnicity	<i>Black or African American</i>	38.6%	19.3%	18.4%	8.7%	6.8%	8.2%
	<i>Hispanic/Latino</i>	19.4%	29.3%	13.1%	13.6%	13.6%	11.0%
	<i>White</i>	17.6%	22.1%	17.8%	15.5%	15.8%	11.2%
	<i>Other</i>	20.6%	26.1%	12.2%	17.8%	14.4%	8.9%
Overall		21.4%	23.2%	16.5%	14.7%	13.8%	10.4%

- Overall, 21.4% of students did not drink any milk in the last seven days. About one in 10 students (10.4%) drank three or more glasses of milk a day, and about four in 10 students (38.9%) drank at least one glass of milk a day in the past week (Table 8.6).
- Many more females (25.9%) than males (17.0%) reported not drinking any milk per day in the last week. Almost three times as many male students (15.2%) consumed three or more servings of milk each day than female students (5.5%), while many more males (47.4%) than females (30.2%) had at least one glass of milk per day.
- The percentage of students who reported not drinking any milk in the past week tended to increase with age. Students aged 17 (23.6%), and 18 years or older (27.1%) were more likely to report not drinking any milk in the last seven days compared with their younger school mates.
- Black students overall had the lowest daily milk consumption of all racial or ethnic groups. Black students (38.6%) were more likely than other (20.6%), Hispanic (19.4%) or white (17.6%) students to not drink any milk in the last seven days. Conversely, white (42.5%), other (41.1%) and Hispanic (38.2%) students were much more likely than black students (23.7%) to have at least one glass of milk a day in the last week.

Table 8.7: Health Conditions, Diabetes and Asthma

		Diabetes	Asthma		
		<i>Doctor Confirmed Diabetes</i>	<i>Doctor Confirmed Asthma</i>	<i>Asthma, had attack past 12 months</i>	<i>Asthma, no attack past 12 months</i>
Sex	<i>Female</i>	2.7%	20.2%	8.9%	10.9%
	<i>Male</i>	2.6%	17.3%	6.0%	10.3%
Age	<i>14 Years Old Or Younger</i>	4.2%	16.6%	9.0%	9.0%
	<i>15 Years Old</i>	3.2%	17.2%	6.1%	9.1%
	<i>16 Years Old</i>	2.6%	19.2%	6.6%	10.9%
	<i>17 Years Old</i>	0.6%	19.0%	7.7%	11.3%
	<i>18 Years Old Or Older</i>	3.9%	22.8%	9.3%	13.2%
Grade	<i>9th Grade</i>	2.5%	17.4%	7.1%	8.6%
	<i>10th Grade</i>	3.1%	16.9%	6.2%	9.8%
	<i>11th Grade</i>	1.2%	19.2%	8.0%	12.3%
	<i>12th Grade</i>	3.6%	22.0%	8.9%	11.9%
Race/ Ethnicity	<i>Black or African American</i>	5.3%	27.6%	10.1%	13.5%
	<i>Hispanic/Latino</i>	1.6%	17.9%	6.9%	12.2%
	<i>White</i>	2.0%	17.6%	7.8%	9.4%
	<i>Other</i>	3.3%	13.4%	3.4%	10.1%
Overall		2.7%	18.8%	7.4%	10.6%

- Students were asked whether a doctor or nurse has ever told them that they had asthma or diabetes. Overall, 18.8% of students were told they had asthma and 2.7% were told they have diabetes. When asked if they had an asthma attack in the past 12 months, 7.4% of students indicated they had an attack while 10.6% reported that while they have asthma, they have not had an attack in the past year (Table 8.7).
- With regard to diabetes, there were few differences in subgroups with the exception that black students (5.3%) were most likely to have this condition.
- Black students (27.6%) and those 18 years old and over (22.8%) were most likely to have been diagnosed as having asthma.

Table 8.8: Dental Check-ups

		Dental Check-up				
		<i>Past 12 months</i>	<i>Between 12 and 24 months ago</i>	<i>More than 24 months ago</i>	<i>Never</i>	<i>Not sure</i>
Sex	<i>Female</i>	78.1%	11.4%	5.3%	1.4%	3.7%
	<i>Male</i>	76.3%	9.3%	5.3%	2.4%	6.6%
Age	<i>14 Years Old Or Younger</i>	75.7%	8.3%	7.6%	2.8%	5.6%
	<i>15 Years Old</i>	77.8%	7.7%	5.8%	2.6%	6.1%
	<i>16 Years Old</i>	81.7%	9.7%	3.7%	0.9%	4.0%
	<i>17 Years Old</i>	76.6%	11.9%	7.7%	1.9%	1.9%
	<i>18 Years Old Or Older</i>	69.9%	15.5%	1.9%	2.4%	10.2%
Grade	<i>9th Grade</i>	78.8%	8.6%	5.8%	1.3%	5.5%
	<i>10th Grade</i>	80.4%	8.1%	5.0%	2.0%	4.5%
	<i>11th Grade</i>	76.9%	10.8%	5.2%	2.2%	4.9%
	<i>12th Grade</i>	71.6%	14.7%	4.9%	2.6%	6.2%
Race/ Ethnicity	<i>Black or African American</i>	63.2%	13.9%	9.6%	4.8%	8.6%
	<i>Hispanic/Latino</i>	67.2%	14.1%	7.8%	2.6%	8.3%
	<i>White</i>	83.9%	8.6%	3.5%	0.9%	3.1%
	<i>Other</i>	74.0%	11.0%	6.1%	2.8%	6.1%
Overall		76.8%	10.3%	5.3%	1.9%	5.1%

- About three quarters of students (76.8%) had been to a dentist for a check-up in the past 12 months. Another 10.3% of students had been for a dental check-up, but it was between 1 and two years ago. The remaining one in 10 students has either never been to a dentist for a check-up (1.9%), didn't remember when they last went (5.1%) or last went to the dentist more than two years ago (5.3%) (Table 8.8).
- There were few age and gender differences, though those 18 years-old and over (69.9%) were least likely to have gone to the dentist in the past year.
- Among racial/ethnic groups, white students (83.9%) were more likely than other (74.0%), Hispanic (67.2%) or black (63.2%) students to have been to the dentist for a check-up in the past year.

FREQUENCY DISTRIBUTIONS

2003 NEW JERSEY STUDENT HEALTH SURVEY FREQUENCY DISTRIBUTIONS

Frequency distributions included in this Appendix are based on a survey using a random sample of 1,399 New Jersey high school students conducted in the spring of 2003. Percentages reported are based on weighted responses.

SQ1 How old are you?

		Frequency	Percent	Valid Percent
Valid	1 12 years old or younger	2	0.1	0.1
	3 14 years old	143	10.2	10.2
	4 15 years old	381	27.2	27.2
	5 16 years old	350	25.0	25.1
	6 17 years old	314	22.5	22.5
	7 18 years old or older	208	14.9	14.9
	Total	1398	99.9	100.0
Missing	System	1	0.1	
Total		1399	100.0	

SQ2 What is your sex?

		Frequency	Percent	Valid Percent
Valid	1 Female	699	49.9	49.9
	2 Male	700	50.1	50.1
Total		1399	100.0	100.0

SQ3 In what grade are you?

		Frequency	Percent	Valid Percent
Valid	1 9th grade	399	28.5	28.7
	2 10th grade	359	25.7	25.8
	3 11th grade	328	23.4	23.5
	4 12th grade	307	21.9	22.0
	Total	1393	99.6	100.0
Missing	System	6	0.4	
Total		1399	100.0	

SQ4 How do you describe yourself? (Select one or more responses.)

		Frequency	Percent	Valid Percent
Valid	1 American Indian or Alaska Native	10	0.7	0.7
	2 Asian	95	6.8	6.8
	3 Black or African American	210	15.0	15.1
	4 Hispanic or Latino	153	10.9	11.0
	5 Native Hawaiian or Other Pacific Islander	6	0.4	0.4
	6 White	806	57.6	58.0
	7 Multiple—Hispanic	38	2.7	2.7
	8 Multiple—Non-Hispanic	71	5.1	5.1
	Total	1389	99.3	100.0
Missing	System	10	0.7	
Total		1399	100.0	

SQ5 What is the language that you first learned to speak at home?

		Frequency	Percent	Valid Percent
Valid	1 English	1127	80.6	81.2
	2 Spanish	116	8.3	8.4
	3 Korean	13	1.0	1.0
	4 Portuguese	14	1.0	1.0
	5 Arabic	8	0.6	0.6
	6 Gujarati	14	1.0	1.0
	7 Mandarin (Chin, Kuoyu, Pekingese, North Chinese, Putonghua)	15	1.1	1.1
	8 Other	80	5.7	5.8
	Total	1389	99.3	100.0
Missing	System	10	0.7	
Total		1399	100.0	

SQ6 How tall are you without your shoes on?

SQ7 How much do you weigh without your shoes on?

SQ8 During the past 12 months, how would you describe your grades in school?

		Frequency	Percent	Valid Percent
Valid	1 Mostly A's	436	31.2	31.4
	2 Mostly B's	596	42.6	42.9
	3 Mostly C's	266	19.0	19.1
	4 Mostly D's	46	3.3	3.3
	5 Mostly F's	16	1.1	1.1
	6 None of these grades	2	0.1	0.1
	7 Not sure	28	2.0	2.0
	Total	1390	99.4	100.0
Missing	System	9	0.6	
Total		1399	100.0	

SQ9 How often do you feel that the schoolwork you are assigned is meaningful and important?

		Frequency	Percent	Valid Percent
Valid	1 Never	83	5.9	6.0
	2 Seldom	264	18.9	19.0
	3 Sometimes	667	47.7	48.1
	4 Often	284	20.3	20.5
	5 Almost Always	90	6.4	6.5
	Total	1388	99.2	100.0
Missing	System	11	0.8	
Total		1399	100.0	

SQ10 How interesting are most of your courses to you?

		Frequency	Percent	Valid Percent
Valid	1 Very interesting and stimulating	58	4.2	4.2
	2 Quite interesting	309	22.1	22.2
	3 Fairly interesting	652	46.6	46.9
	4 Slightly dull	258	18.4	18.5
	5 Very dull	115	8.2	8.2
	Total	1392	99.5	100.0
Missing	System	7	0.5	
Total		1399	100.0	

SQ11 How important do you think the things you are learning in school are going to be for your later life?

		Frequency	Percent	Valid Percent
Valid	1 Very important	259	18.5	18.6
	2 Quite important	380	27.2	27.3
	3 Fairly important	447	32.0	32.1
	4 Slightly important	254	18.2	18.2
	5 Not important at all	54	3.9	3.9
	Total	1394	99.7	100.0
Missing	System	5	0.3	
Total		1399	100.0	

SQ12 Thinking back over the past year in school, how often did you enjoy being in school?

		Frequency	Percent	Valid Percent
Valid	1 Never	92	6.6	6.6
	2 Seldom	244	17.4	17.6
	3 Sometimes	534	38.2	38.4
	4 Often	392	28.0	28.2
	5 Almost Always	127	9.1	9.1
	Total	1390	99.3	100.0
Missing	System	9	0.7	
Total		1399	100.0	

SQ13 Thinking back over the past year in school, how often did you hate being in school?

		Frequency	Percent	Valid Percent
Valid	1 Never	72	5.1	5.2
	2 Seldom	368	26.3	26.5
	3 Sometimes	517	36.9	37.1
	4 Often	301	21.5	21.6
	5 Almost Always	133	9.5	9.6
	Total	1391	99.4	100.0
Missing	System	8	0.6	
Total		1399	100.0	

SQ14 Thinking back over the past year in school, how often did you try to do your best work in school?

		Frequency	Percent	Valid Percent
Valid	1 Never	53	3.8	3.8
	2 Seldom	131	9.3	9.4
	3 Sometimes	359	25.7	25.8
	4 Often	462	33.0	33.1
	5 Almost Always	390	27.8	27.9
	Total	1395	99.7	100.0
Missing	System	4	0.3	
Total		1399	100.0	

SQ15 Now, during the last four weeks, how many whole school days have you missed because you skipped or cut?

		Frequency	Percent	Valid Percent
Valid	1 None	955	68.2	68.3
	2 1 day	184	13.2	13.2
	3 2 days	92	6.5	6.6
	4 3 days	60	4.3	4.3
	5 4-5 days	64	4.6	4.6
	6 6-10 days	25	1.8	1.8
	7 11 or more days	17	1.2	1.2
	Total	1397	99.9	100.0
Missing	System	2	0.1	
Total		1399	100.0	

SQ16 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?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1054	75.3	76.2
	2 1 time	144	10.3	10.4
	3 2 or 3 times	112	8.0	8.1
	4 4 or 5 times	32	2.3	2.3
	5 6 or more times	42	3.0	3.1
	Total	1383	98.9	100.0
Missing	System	16	1.1	
Total		1399	100.0	

SQ17 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1256	89.8	90.5
	2 1 time	56	4.0	4.1
	3 2 or 3 times	44	3.1	3.1
	4 4 or 5 times	11	0.8	0.8
	5 6 or more times	22	1.6	1.6
	Total	1388	99.2	100.0
Missing	System	11	0.8	
Total		1399	100.0	

SQ18 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

		Frequency	Percent	Valid Percent
Valid	1 0 days	1230	87.9	88.7
	2 1 day	45	3.2	3.2
	3 2 or 3 days	37	2.6	2.7
	4 4 or 5 days	9	0.7	0.7
	5 6 or more days	66	4.7	4.7
	Total	1387	99.1	100.0
Missing	System	12	0.9	
Total		1399	100.0	

SQ19 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

		Frequency	Percent	Valid Percent
Valid	1 0 days	1311	93.7	94.6
	2 1 day	24	1.8	1.8
	3 2 or 3 days	13	0.9	0.9
	4 4 or 5 days	4	0.3	0.3
	5 6 or more days	33	2.4	2.4
	Total	1386	99.1	100.0
Missing	System	13	0.9	
Total		1399	100.0	

SQ20 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?

		Frequency	Percent	Valid Percent
Valid	1 0 days	1338	95.6	95.6
	2 1 day	32	2.3	2.3
	3 2 or 3 days	15	1.1	1.1
	4 4 or 5 days	4	0.3	0.3
	5 6 or more days	9	0.7	0.7
	Total	1399	100.0	100.0

SQ21 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?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1289	92.2	92.3
	2 1 time	47	3.4	3.4
	3 2 or 3 times	28	2.0	2.0
	4 4 or 5 times	12	0.8	0.8
	5 6 or 7 times	5	0.4	0.4
	6 8 or 9 times	1	0.1	0.1
	7 10 or 11 times	2	0.2	0.2
	8 12 or more times	12	0.8	0.8
	Total	1396	99.8	100.0
Missing	System	3	0.2	
Total		1399	100.0	

SQ22 During the past 12 months, how many times were you in a physical fight?

		Frequency	Percent	Valid Percent
Valid	1 0 times	964	68.9	70.4
	2 1 time	198	14.1	14.4
	3 2 or 3 times	119	8.5	8.7
	4 4 or 5 times	34	2.5	2.5
	5 6 or 7 times	18	1.3	1.3
	6 8 or 9 times	8	0.5	0.6
	7 10 or 11 times	1	0.1	0.1
	8 12 or more times	27	2.0	2.0
	Total	1369	97.9	100.0
Missing	System	30	2.1	
Total		1399	100.0	

SQ23 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?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1327	94.8	95.7
	2 1 time	46	3.3	3.3
	3 2 or 3 times	7	0.5	0.5
	4 4 or 5 times	2	0.1	0.1
	5 6 or more times	5	0.4	0.4
	Total	1386	99.1	100.0
Missing	System	13	0.9	
Total		1399	100.0	

SQ24 During the past 12 months, how many times were you in a physical fight on school property?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1239	88.6	89.4
	2 1 time	99	7.1	7.1
	3 2 or 3 times	29	2.1	2.1
	4 4 or 5 times	6	0.4	0.4
	5 6 or 7 times	2	0.2	0.2
	6 8 or 9 times	1	0.0	0.0
	8 12 or more times	10	0.7	0.7
	Total	1387	99.1	100.0
Missing	System	12	0.9	
Total		1399	100.0	

SQ25 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

		Frequency	Percent	Valid Percent
Valid	1 Yes	181	13.0	13.1
	2 No	1207	86.3	86.9
	Total	1388	99.2	100.0
Missing	System	11	0.8	
Total		1399	100.0	

SQ26 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

		Frequency	Percent	Valid Percent
Valid	1 Yes	396	28.3	28.4
	2 No	999	71.4	71.6
	Total	1395	99.7	100.0
Missing	System	4	0.3	
Total		1399	100.0	

SQ27 During the past 12 months, did you ever seriously consider attempting suicide?

		Frequency	Percent	Valid Percent
Valid	1 Yes	242	17.3	17.4
	2 No	1149	82.1	82.6
	Total	1391	99.4	100.0
Missing	System	8	0.6	
Total		1399	100.0	

SQ28 During the past 12 months, did you make a plan about how you would attempt suicide?

		Frequency	Percent	Valid Percent
Valid	1 Yes	208	14.8	15.0
	2 No	1179	84.3	85.0
	Total	1387	99.1	100.0
Missing	System	12	0.9	
Total		1399	100.0	

SQ29 During the past 12 months, how many times did you actually attempt suicide?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1100	78.6	91.6
	2 1 time	56	4.0	4.7
	3 2 or 3 times	28	2.0	2.4
	4 4 or 5 times	6	0.4	0.5
	5 6 or more times	11	0.8	0.9
	Total	1201	85.8	100.0
Missing	System	198	14.2	
Total		1399	100.0	

SQ30 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?

		Frequency	Percent	Valid Percent
Valid	1 I did not attempt suicide during the past 12 months	1099	78.5	91.2
	2 Yes	41	2.9	3.4
	3 No	65	4.6	5.4
	Total	1205	86.1	100.0
Missing	System	194	13.9	
Total		1399	100.0	

SQ31 Have you ever tried cigarette smoking, even one or two puffs?

		Frequency	Percent	Valid Percent
Valid	1 Yes	686	49.0	49.8
	2 No	691	49.4	50.2
	Total	1376	98.4	100.0
Missing	System	23	1.6	
Total		1399	100.0	

SQ32 How old were you when you smoked a whole cigarette for the first time?

		Frequency	Percent	Valid Percent
Valid	1 I have never smoked a whole cigarette	856	61.2	62.0
	2 8 years old or younger	23	1.6	1.7
	3 9 or 10 years old	48	3.4	3.5
	4 11 or 12 years old	118	8.4	8.5
	5 13 or 14 years old	178	12.7	12.9
	6 15 or 16 years old	127	9.1	9.2
	7 17 years old or older	32	2.3	2.3
	Total	1382	98.8	100.0
Missing	System	17	1.2	
Total		1399	100.0	

SQ33 During the past 30 days, on how many days did you smoke cigarettes?

		Frequency	Percent	Valid Percent
Valid	1 0 days	1082	77.3	78.7
	2 1 or 2 days	79	5.7	5.8
	3 3 to 5 days	36	2.6	2.6
	4 6 to 9 days	35	2.5	2.5
	5 10 to 19 days	34	2.4	2.5
	6 20 to 29 days	28	2.0	2.0
	7 All 30 days	80	5.7	5.8
	Total	1374	98.2	100.0
Missing	System	25	1.8	
Total		1399	100.0	

SQ34 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

		Frequency	Percent	Valid Percent
Valid	1 I did not smoke cigarettes during the past 30 days	1078	77.1	78.8
	2 Less than 1 cigarette per day	70	5.0	5.1
	3 1 cigarette per day	50	3.6	3.7
	4 2 to 5 cigarettes per day	114	8.1	8.3
	5 6 to 10 cigarettes per day	30	2.1	2.2
	6 11 to 20 cigarettes per day	23	1.7	1.7
	7 More than 20 cigarettes per day	4	0.3	0.3
	Total	1369	97.8	100.0
Missing	System	30	2.2	
Total		1399	100.0	

SQ35 During your life, on how many days have you had at least one drink of alcohol?

		Frequency	Percent	Valid Percent
Valid	1 0 days	287	20.5	22.9
	2 1 to 2 days	152	10.9	12.1
	3 3 to 9 days	219	15.7	17.5
	4 10 to 19 days	176	12.6	14.1
	5 20 to 39 days	141	10.1	11.2
	6 40 to 99 days	143	10.2	11.4
	7 100 or more days	135	9.7	10.8
	Total	1254	89.6	100.0
Missing	System	145	10.4	
Total		1399	100.0	

SQ36 How old were you when you had your first drink of alcohol other than a few sips?

		Frequency	Percent	Valid Percent
Valid	1 I have never had a drink of alcohol other than a few sips	293	20.9	23.1
	2 8 years old or younger	80	5.7	6.3
	3 9 or 10 years old	61	4.4	4.8
	4 11 or 12 years old	151	10.8	11.9
	5 13 or 14 years old	401	28.7	31.6
	6 15 or 16 years old	256	18.3	20.2
	7 17 years old or older	25	1.8	2.0
	Total	1268	90.6	100.0
Missing	System	131	9.4	
Total		1399	100.0	

SQ37 During the past 30 days, on how many days did you have at least one drink of alcohol?

		Frequency	Percent	Valid Percent
Valid	1 0 days	744	53.2	54.9
	2 1 or 2 days	287	20.5	21.2
	3 3 to 5 days	149	10.7	11.0
	4 6 to 9 days	103	7.4	7.6
	5 10 to 19 days	47	3.4	3.5
	6 20 to 29 days	17	1.2	1.2
	7 All 30 days	8	0.6	0.6
	Total	1355	96.8	100.0
Missing	System	44	3.2	
Total		1399	100.0	

SQ38 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?

		Frequency	Percent	Valid Percent
Valid	1 0 days	1048	74.9	75.8
	2 1 day	107	7.7	7.8
	3 2 days	74	5.3	5.3
	4 3 to 5 days	81	5.8	5.8
	5 6 to 9 days	43	3.1	3.1
	6 10 to 19 days	21	1.5	1.5
	7 20 or more days	8	0.6	0.6
	Total	1383	98.9	100.0
Missing	System	16	1.1	
Total		1399	100.0	

SQ39 During the past 30 days, on how many days did you carry or store alcohol on school property, including places such as a locker, backpack, purse, jacket or car?

		Frequency	Percent	Valid Percent
Valid	1 0 days	1318	94.2	94.5
	2 1 or 2 days	36	2.6	2.6
	3 3 to 5 days	14	1.0	1.0
	4 6 to 9 days	5	0.4	0.4
	5 10 to 19 days	6	0.4	0.4
	6 20 to 29 days	4	0.3	0.3
	7 All 30 days	11	0.8	0.8
	Total	1395	99.7	100.0
Missing	System	4	0.3	
Total		1399	100.0	

SQ40 During your life, how many times have you used marijuana?

		Frequency	Percent	Valid Percent
Valid	1 0 times	885	63.3	64.5
	2 1 to 2 times	106	7.6	7.7
	3 3 to 9 times	99	7.1	7.2
	4 10 to 19 times	59	4.3	4.3
	5 20 to 39 times	61	4.4	4.5
	6 40 to 99 times	57	4.1	4.2
	7 100 or more times	105	7.5	7.6
	Total	1373	98.2	100.0
Missing	System	26	1.8	
Total		1399	100.0	

SQ41 How old were you when you tried marijuana for the first time?

		Frequency	Percent	Valid Percent
Valid	1 I have never tried marijuana	891	63.7	64.3
	2 8 years old or younger	9	0.6	0.6
	3 9 or 10 years old	18	1.3	1.3
	4 11 or 12 years old	47	3.3	3.4
	5 13 or 14 years old	189	13.5	13.7
	6 15 or 16 years old	203	14.5	14.6
	7 17 years old or older	30	2.1	2.2
	Total	1386	99.1	100.0
Missing	System	13	0.9	
Total		1399	100.0	

SQ42 During the past 30 days, how many times did you use marijuana?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1118	79.9	80.9
	2 1 to 2 times	99	7.1	7.2
	3 3 to 9 times	62	4.4	4.5
	4 10 to 19 times	31	2.2	2.2
	5 20 to 39 times	38	2.7	2.7
	6 40 or more times	34	2.5	2.5
	Total	1381	98.7	100.0
Missing	System	18	1.3	
Total		1399	100.0	

SQ43 During the past 30 days, how many times did you use marijuana on school property?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1319	94.3	95.2
	2 1 to 2 times	32	2.3	2.3
	3 3 to 9 times	12	0.8	0.8
	4 10 to 19 times	12	0.9	0.9
	5 20 to 39 times	1	0.1	0.1
	6 40 or more times	10	0.7	0.7
	Total	1386	99.1	100.0
Missing	System	13	0.9	
Total		1399	100.0	

SQ44 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1306	93.3	93.9
	2 1 to 2 times	43	3.1	3.1
	3 3 to 9 times	14	1.0	1.0
	4 10 to 19 times	7	0.5	0.5
	5 20 to 39 times	8	0.6	0.6
	6 40 or more times	12	0.9	0.9
	Total	1390	99.4	100.0
Missing	System	9	0.6	
Total		1399	100.0	

SQ45 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1359	97.1	97.4
	2 1 to 2 times	13	0.9	0.9
	3 3 to 9 times	10	0.7	0.7
	4 10 to 19 times	6	0.4	0.4
	5 20 to 39 times	1	0.1	0.1
	6 40 or more times	6	0.4	0.4
	Total	1395	99.7	100.0
Missing	System	4	0.3	
Total		1399	100.0	

SQ46 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?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1216	86.9	88.5
	2 1 to 2 times	83	5.9	6.0
	3 3 to 9 times	43	3.1	3.1
	4 10 to 19 times	17	1.2	1.3
	5 20 to 39 times	3	0.2	0.2
	6 40 or more times	13	0.9	0.9
	Total	1375	98.3	100.0
Missing	System	24	1.7	
Total		1399	100.0	

SQ47 During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1356	96.9	97.4
	2 1 to 2 times	23	1.7	1.7
	3 3 to 9 times	5	0.3	0.3
	4 10 to 19 times	1	0.1	0.1
	6 40 or more times	8	0.6	0.6
	Total	1393	99.6	100.0
Missing	System	6	0.4	
Total		1399	100.0	

SQ48 During your life, how many times have you used heroin (also called smack, junk, or China White)?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1368	97.8	98.5
	2 1 to 2 times	4	0.3	0.3
	3 3 to 9 times	7	0.5	0.5
	4 10 to 19 times	4	0.3	0.3
	5 20 to 39 times	2	0.1	0.1
	6 40 or more times	5	0.4	0.4
	Total	1390	99.4	100.0
Missing	System	9	0.6	
Total		1399	100.0	

SQ49 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1331	95.1	95.9
	2 1 to 2 times	28	2.0	2.0
	3 3 to 9 times	9	0.6	0.6
	4 10 to 19 times	4	0.3	0.3
	5 20 to 39 times	5	0.4	0.4
	6 40 or more times	11	0.8	0.8
	Total	1388	99.2	100.0
Missing	System	11	0.8	
Total		1399	100.0	

SQ50 During your life, how many times have you used ecstasy (also called MDMA)?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1271	90.9	91.3
	2 1 to 2 times	65	4.6	4.7
	3 3 to 9 times	27	1.9	1.9
	4 10 to 19 times	7	0.5	0.5
	5 20 to 39 times	7	0.5	0.5
	6 40 or more times	15	1.1	1.1
	Total	1392	99.5	100.0
Missing	System	7	0.5	
Total		1399	100.0	

SQ51 During your life, how many times have you purposely used club drugs other than Ecstasy/MDMA (such as Rohypnol, GHB, ketamine, Soap, Georgia Home Boy, roofies, rope, Special K, Vitamin K)?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1330	95.1	95.3
	2 1 to 2 times	30	2.1	2.1
	3 3 to 9 times	15	1.1	1.1
	4 10 to 19 times	6	0.4	0.4
	5 20 to 39 times	3	0.2	0.2
	6 40 or more times	13	0.9	0.9
	Total	1396	99.8	100.0
Missing	System	3	0.2	
Total		1399	100.0	

SQ52 Have you ever been given any club drug without your knowledge (e.g., someone slipped it into your drink)?

		Frequency	Percent	Valid Percent
Valid	1 Yes	178	12.7	12.7
	2 No	1146	81.9	82.2
	3 Not sure	71	5.1	5.1
	Total	1395	99.7	100.0
Missing	System	4	0.3	
Total		1399	100.0	

SQ53 When using club drugs, where are you most likely to use them?

		Frequency	Percent	Valid Percent
Valid	1 I have never used a club drug	1254	89.6	91.9
	2 At school	9	0.7	0.7
	3 At home	24	1.7	1.8
	4 At a party	55	3.9	4.0
	5 At raves/trances	5	0.4	0.4
	6 At clubs	18	1.3	1.3
	Total	1364	97.5	100.0
Missing	System	35	2.5	
Total		1399	100.0	

SQ54 When using club drugs, how do you usually use them?

		Frequency	Percent	Valid Percent
Valid	1 I have never used a club drug	1255	89.7	92.1
	2 Taken as a pill	72	5.1	5.3
	3 Crushed and snorted	20	1.4	1.4
	4 Crushed and put into a drink or food	12	0.9	0.9
	5 Injection	3	0.2	0.2
	Total	1362	97.4	100.0
Missing	System	37	2.6	
Total		1399	100.0	

SQ55 During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1268	90.6	92.3
	2 1 to 2 times	51	3.6	3.7
	3 3 to 9 times	29	2.1	2.1
	4 10 to 19 times	10	0.7	0.7
	5 20 to 39 times	3	0.2	0.2
	6 40 or more times	13	0.9	0.9
	Total	1374	98.2	100.0
Missing	System	25	1.8	
Total		1399	100.0	

SQ56 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1354	96.8	96.9
	2 1 to 2 times	22	1.6	1.6
	3 3 to 9 times	6	0.4	0.4
	4 10 to 19 times	2	0.1	0.1
	5 20 to 39 times	2	0.1	0.1
	6 40 or more times	12	0.9	0.9
	Total	1398	99.9	100.0
Missing	System	1	0.1	
Total		1399	100.0	

SQ57 During your life, how many times have you used a needle to inject any illegal drug into your body?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1376	98.4	98.5
	2 1 time	4	0.3	0.3
	3 2 or more times	16	1.2	1.2
	Total	1397	99.9	100.0
Missing	System	2	0.1	
Total		1399	100.0	

SQ58 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

		Frequency	Percent	Valid Percent
Valid	1 Yes	414	29.6	29.9
	2 No	974	69.6	70.1
	Total	1388	99.2	100.0
Missing	System	11	0.8	
Total		1399	100.0	

SQ59 If people smoke one or more packs of cigarettes a day, how much physical harm are they likely to risk?

		Frequency	Percent	Valid Percent
Valid	1 No risk	17	1.2	1.2
	2 Slight risk	35	2.5	2.5
	3 Medium risk	185	13.2	13.2
	4 Great risk	1071	76.6	76.6
	5 I don't know	90	6.4	6.4
	Total	1398	99.9	100.0
Missing	System	1	0.1	
Total		1399	100.0	

SQ60 If people have one or two drinks of an alcoholic beverage (beer, wine or hard liquor) almost every day, how much physical harm are they likely to risk?

		Frequency	Percent	Valid Percent
Valid	1 No risk	77	5.5	5.5
	2 Slight risk	299	21.3	21.4
	3 Medium risk	507	36.2	36.3
	4 Great risk	406	29.0	29.0
	5 I don't know	109	7.8	7.8
	Total	1397	99.9	100.0
Missing	System	2	0.1	
Total		1399	100.0	

SQ61 If people have five or more drinks of an alcoholic beverage once or twice each weekend, how much physical harm are they likely to risk?

		Frequency	Percent	Valid Percent
Valid	1 No risk	61	4.3	4.4
	2 Slight risk	273	19.5	19.6
	3 Medium risk	490	35.0	35.1
	4 Great risk	450	32.2	32.3
	5 I don't know	120	8.6	8.6
	Total	1394	99.6	100.0
Missing	System	5	0.4	
Total		1399	100.0	

SQ62 If people smoke marijuana occasionally, how much physical harm are they likely to risk?

		Frequency	Percent	Valid Percent
Valid	1 No risk	144	10.3	10.3
	2 Slight risk	386	27.6	27.6
	3 Medium risk	385	27.5	27.6
	4 Great risk	360	25.7	25.7
	5 I don't know	122	8.7	8.8
	Total	1397	99.8	100.0
Missing	System	2	0.2	
Total		1399	100.0	

SQ63 Do you disapprove of people having one or two drinks of an alcoholic beverage nearly every day?

		Frequency	Percent	Valid Percent
Valid	1 Don't disapprove	646	46.2	46.5
	2 Disapprove	517	36.9	37.2
	3 Strongly disapprove	227	16.2	16.3
	Total	1390	99.4	100.0
Missing	System	9	0.6	
Total		1399	100.0	

SQ64 Do you disapprove of people having five or more drinks of an alcoholic beverage once or twice each weekend?

		Frequency	Percent	Valid Percent
Valid	1 Don't disapprove	610	43.6	43.8
	2 Disapprove	502	35.9	36.0
	3 Strongly disapprove	281	20.1	20.2
	Total	1392	99.5	100.0
Missing	System	7	0.5	
Total		1399	100.0	

SQ65 Do you disapprove of people smoking marijuana occasionally?

		Frequency	Percent	Valid Percent
Valid	1 Don't disapprove	592	42.3	42.6
	2 Disapprove	384	27.4	27.6
	3 Strongly disapprove	416	29.7	29.9
	Total	1391	99.5	100.0
Missing	System	8	0.5	
Total		1399	100.0	

SQ66 If marijuana were legal to use and legally available, which of the following would you be most likely to do?

		Frequency	Percent	Valid Percent
Valid	1 Not use it, even if it were legal and available	806	57.6	57.7
	2 Try it for the first time	203	14.5	14.5
	3 Use it less often than I do now	57	4.1	4.1
	4 Use it as often as I do now	168	12.0	12.0
	5 Use it more often than I do now	163	11.7	11.7
	Total	1397	99.9	100.0
Missing	System	2	0.1	
Total		1399	100.0	

SQ67 Have you ever had sexual intercourse?

		Frequency	Percent	Valid Percent
Valid	1 Yes	569	40.7	43.8
	2 No	729	52.1	56.2
	Total	1298	92.8	100.0
Missing	System	101	7.2	
Total		1399	100.0	

SQ68 How old were you when you had sexual intercourse for the first time?

		Frequency	Percent	Valid Percent
Valid	1 I have never had sexual intercourse	729	52.1	56.1
	2 11 years old or younger	27	2.0	2.1
	3 12 years old	26	1.9	2.0
	4 13 years old	63	4.5	4.9
	5 14 years old	138	9.9	10.6
	6 15 years old	151	10.8	11.6
	7 16 years old	100	7.1	7.7
	8 17 years old or older	64	4.6	4.9
	Total	1299	92.9	100.0
Missing	System	100	7.1	
Total		1399	100.0	

SQ69 During your life, with how many people have you had sexual intercourse?

		Frequency	Percent	Valid Percent
Valid	1 I have never had sexual intercourse	730	52.2	56.2
	2 1 person	233	16.7	17.9
	3 2 people	99	7.1	7.6
	4 3 people	80	5.7	6.1
	5 4 people	40	2.8	3.1
	6 5 people	28	2.0	2.1
	7 6 or more people	91	6.5	7.0
	Total	1300	92.9	100.0
Missing	System	99	7.1	
Total		1399	100.0	

SQ70 During the past 3 months, with how many people did you have sexual intercourse?

		Frequency	Percent	Valid Percent
Valid	1 I have never had sexual intercourse	730	52.2	56.1
	2 I have had sexual intercourse, but not during the past 3 months	149	10.7	11.5
	3 1 person	309	22.1	23.8
	4 2 people	63	4.5	4.9
	5 3 people	19	1.4	1.5
	6 4 people	8	0.6	0.6
	7 5 people	8	0.6	0.6
	8 6 or more people	14	1.0	1.0
	Total	1301	93.0	100.0
Missing	System	98	7.0	
Total		1399	100.0	

SQ71 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

		Frequency	Percent	Valid Percent
Valid	1 I have never had sexual intercourse	728	52.0	56.2
	2 Yes	115	8.2	8.9
	3 No	452	32.3	34.9
	Total	1295	92.6	100.0
Missing	System	104	7.4	
Total		1399	100.0	

SQ72 The last time you had sexual intercourse, did you or your partner use a condom?

		Frequency	Percent	Valid Percent
Valid	1 I have never had sexual intercourse	728	52.1	56.5
	2 Yes	343	24.5	26.6
	3 No	218	15.6	16.9
	Total	1289	92.2	100.0
Missing	System	110	7.8	
Total		1399	100.0	

SQ73 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

		Frequency	Percent	Valid Percent
Valid	1 I have never had sexual intercourse	726	51.9	56.8
	2 No method was used to prevent pregnancy	88	6.3	6.8
	3 Birth control pills	81	5.8	6.3
	4 Condoms	298	21.3	23.4
	5 Depo-Provera (injectable birth control)	8	0.6	0.6
	6 Withdrawal	51	3.6	4.0
	7 Some other method	17	1.2	1.3
	8 Not sure	10	0.7	0.8
	Total	1278	91.3	100.0
Missing	System	121	8.7	
Total		1399	100.0	

SQ74 How many times have you been pregnant or gotten someone pregnant?

		Frequency	Percent	Valid Percent
Valid	1 0 times	1301	93.0	95.0
	2 1 time	41	2.9	3.0
	3 2 or more times	14	1.0	1.0
	4 Not sure	14	1.0	1.0
	Total	1369	97.9	100.0
Missing	System	30	2.1	
Total		1399	100.0	

SQ75 During your life, has anyone ever had sexual contact with you against your will?

		Frequency	Percent	Valid Percent
Valid	1 No one has ever had sexual contact with me against my will	1258	89.9	90.3
	2 Yes, within the past 12 months	38	2.7	2.7
	3 Yes, more than 12 months ago	72	5.1	5.1
	4 Yes, both "B" and "C"	26	1.9	1.9
	Total	1393	99.6	100.0
Missing	System	6	0.4	
Total		1399	100.0	

SQ76 Have you ever been tested for infection with HIV or another sexually transmitted infection (STD) such as genital herpes, gonorrhea, chlamydia, syphilis, or genital warts?

		Frequency	Percent	Valid Percent
Valid	1 No, I have never been tested for HIV or another STD	1242	88.8	89.3
	2 Yes, I have been tested for HIV	24	1.7	1.7
	3 Yes, I have been tested for other STDs	28	2.0	2.0
	4 Yes, I have been tested for both HIV and other STDs	96	6.9	6.9
	Total	1391	99.4	100.0
Missing	System	8	0.6	
Total		1399	100.0	

SQ77 During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

		Frequency	Percent	Valid Percent
Valid	1 I did not drink 100% fruit juice during the past 7 days	215	15.4	15.4
	2 1 to 3 times during the past 7 days	460	32.9	33.0
	3 4 to 6 times during the past 7 days	255	18.2	18.3
	4 1 time per day	147	10.5	10.6
	5 2 times per day	161	11.5	11.6
	6 3 times per day	70	5.0	5.0
	7 4 or more times per day	84	6.0	6.0
	Total	1393	99.6	100.0
Missing	System	6	0.4	
Total		1399	100.0	

SQ78 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

		Frequency	Percent	Valid Percent
Valid	1 I did not eat fruit during the past 7 days	223	15.9	16.0
	2 1 to 3 times during the past 7 days	546	39.0	39.2
	3 4 to 6 times during the past 7 days	253	18.1	18.2
	4 1 time per day	155	11.1	11.1
	5 2 times per day	119	8.5	8.5
	6 3 times per day	46	3.3	3.3
	7 4 or more times per day	51	3.6	3.6
	Total	1392	99.5	100.0
Missing	System	7	0.5	
Total		1399	100.0	

SQ79 During the past 7 days, how many times did you eat green salad?

		Frequency	Percent	Valid Percent
Valid	1 I did not eat green salad during the past 7 days	413	29.5	29.7
	2 1 to 3 times during the past 7 days	565	40.4	40.6
	3 4 to 6 times during the past 7 days	201	14.3	14.4
	4 1 time per day	159	11.3	11.4
	5 2 times per day	37	2.7	2.7
	6 3 times per day	7	0.5	0.5
	7 4 or more times per day	11	0.8	0.8
	Total	1392	99.5	100.0
Missing	System	7	0.5	
Total		1399	100.0	

SQ80 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

		Frequency	Percent	Valid Percent
Valid	1 I did not eat potatoes during the past 7 days	478	34.1	34.2
	2 1 to 3 times during the past 7 days	706	50.5	50.5
	3 4 to 6 times during the past 7 days	128	9.2	9.2
	4 1 time per day	47	3.3	3.3
	5 2 times per day	20	1.4	1.4
	6 3 times per day	3	0.2	0.2
	7 4 or more times per day	16	1.1	1.2
	Total	1397	99.8	100.0
Missing	System	2	0.2	
Total		1399	100.0	

SQ81 During the past 7 days, how many times did you eat carrots?

		Frequency	Percent	Valid Percent
Valid	1 I did not eat carrots during the past 7 days	702	50.2	50.4
	2 1 to 3 times during the past 7 days	520	37.1	37.3
	3 4 to 6 times during the past 7 days	93	6.6	6.7
	4 1 time per day	51	3.6	3.6
	5 2 times per day	19	1.3	1.3
	6 3 times per day	2	0.1	0.1
	7 4 or more times per day	6	0.4	0.5
	Total	1392	99.5	100.0
Missing	System	7	0.5	
Total		1399	100.0	

SQ82 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

		Frequency	Percent	Valid Percent
Valid	1 I did not eat other vegetables during the past 7 days	223	16.0	16.1
	2 1 to 3 times during the past 7 days	544	38.9	39.2
	3 4 to 6 times during the past 7 days	327	23.4	23.5
	4 1 time per day	165	11.8	11.9
	5 2 times per day	81	5.8	5.8
	6 3 times per day	22	1.6	1.6
	7 4 or more times per day	27	1.9	1.9
	Total	1389	99.3	100.0
Missing	System	10	0.7	
Total		1399	100.0	

SQ83 During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

		Frequency	Percent	Valid Percent
Valid	1 I did not drink milk during the past 7 days	297	21.2	21.4
	2 1 to 3 glasses during the past 7 days	323	23.1	23.2
	3 4 to 6 glasses during the past 7 days	229	16.4	16.5
	4 1 glass per day	204	14.6	14.7
	5 2 glasses per day	192	13.7	13.8
	6 3 glasses per day	75	5.3	5.4
	7 4 or more glasses per day	70	5.0	5.0
	Total	1390	99.4	100.0
Missing	System	9	0.6	
Total		1399	100.0	

SQ84 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?

		Frequency	Percent	Valid Percent
Valid	1 0 days	177	12.7	12.8
	2 1 day	128	9.2	9.2
	3 2 days	143	10.2	10.3
	4 3 days	183	13.1	13.1
	5 4 days	127	9.1	9.2
	6 5 days	169	12.1	12.2
	7 6 days	135	9.6	9.7
	8 7 days	328	23.4	23.6
	Total	1390	99.4	100.0
Missing	System	9	0.6	
Total		1399	100.0	

SQ85 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?

		Frequency	Percent	Valid Percent
Valid	1 0 days	334	23.8	24.3
	2 1 day	189	13.5	13.8
	3 2 days	174	12.4	12.7
	4 3 days	166	11.9	12.1
	5 4 days	121	8.6	8.8
	6 5 days	104	7.4	7.6
	7 6 days	57	4.1	4.2
	8 7 days	228	16.3	16.6
	Total	1371	98.0	100.0
Missing	System	28	2.0	
Total		1399	100.0	

SQ86 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?

		Frequency	Percent	Valid Percent
Valid	1 0 days	334	23.9	24.0
	2 1 day	151	10.8	10.8
	3 2 days	180	12.9	12.9
	4 3 days	177	12.7	12.7
	5 4 days	137	9.8	9.8
	6 5 days	151	10.8	10.8
	7 6 days	71	5.1	5.1
	8 7 days	191	13.7	13.7
	Total	1393	99.6	100.0
Missing	System	6	0.4	
Total		1399	100.0	

SQ87 On an average school day, how many hours do you watch TV?

		Frequency	Percent	Valid Percent
Valid	1 I do not watch TV on an average school day	105	7.5	7.6
	2 Less than 1 hour per day	241	17.3	17.5
	3 1 hour per day	205	14.7	14.9
	4 2 hours per day	345	24.6	24.9
	5 3 hours per day	225	16.1	16.3
	6 4 hours per day	108	7.7	7.8
	7 5 or more hours per day	153	11.0	11.1
	Total	1382	98.8	100.0
Missing	System	17	1.2	
Total		1399	100.0	

SQ88 Have you been taught about AIDS or HIV infection in school?

		Frequency	Percent	Valid Percent
Valid	1 Yes, this school year	809	57.8	58.7
	2 Yes, but not in this school year	523	37.4	38.0
	3 No, because my parents did not want me to participate	10	0.7	0.7
	4 No, because I was not in class on those days	18	1.3	1.3
	5 No, because the teacher skipped those lessons	18	1.3	1.3
	Total	1378	98.5	100.0
Missing	System	21	1.5	
Total		1399	100.0	

SQ89 When was the last time you saw a dentist for a checkup, exam, teeth cleaning, or other dental work?

		Frequency	Percent	Valid Percent
Valid	1 During the past 12 months	1074	76.8	77.2
	2 Between 12 and 24 months ago	144	10.3	10.3
	3 More than 24 months ago	74	5.3	5.3
	4 Never	27	1.9	1.9
	5 Not sure	72	5.1	5.2
	Total	1391	99.4	100.0
Missing	System	8	0.6	
Total		1399	100.0	

SQ90 Has a doctor or nurse ever told you that you have asthma?

		Frequency	Percent	Valid Percent
Valid	1 Yes	259	18.5	18.8
	2 No	1080	77.2	78.3
	3 Not sure	41	2.9	3.0
	Total	1380	98.6	100.0
Missing	System	19	1.4	
Total		1399	100.0	

SQ91 During the past 12 months, have you had an episode of asthma or an asthma attack?

		Frequency	Percent	Valid Percent
Valid	1 I do not have asthma	1098	78.5	79.3
	2 No, have asthma, but no episode or attack in past 12 months	146	10.5	10.6
	3 Yes, I have had an episode or attack during past 12 months	103	7.3	7.4
	4 Not sure	37	2.6	2.7
	Total	1384	99.0	100.0
Missing	System	15	1.0	
Total		1399	100.0	

SQ92 Has a doctor or nurse ever told you that you have diabetes?

		Frequency	Percent	Valid Percent
Valid	1 Yes	37	2.6	2.7
	2 No	1322	94.5	95.7
	3 Not sure	22	1.6	1.6
	Total	1381	98.7	100.0
Missing	System	18	1.3	
Total		1399	100.0	

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 New Jersey Student Health Survey 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 New Jersey Student Health Survey 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 survey 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 “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). In all, nine composite 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.

All composite 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

NJ SHS Risk Category	Composite Variable	Items	Reliability (alpha)
Alcohol and Other Drugs	Alcohol Use	Q.35 Number of days of alcohol use in life	.85
		Q.36 Age of first drink	
		Q.37 Number of days of alcohol use in last 30 days	
		Q.38 Number of days of drinking 5+ drinks in a row in last 30 days	
	Marijuana Use	Q.40 Number of times used marijuana in life	.87
		Q.41 Age first used marijuana	
		Q.42 Number of times used marijuana in last 30 days	
	Other Drug Use	Q.44 Number of times used cocaine in life	.92
		Q.45 Number of times used cocaine in last 30 days	
		Q.46 Number of times used inhalants in life	
		Q.47 Number of times used inhalants in last 30 days	
		Q.48 Number of times used heroin in life	
		Q.49 Number of times used methamphetamines in life	
		Q.50 Number of times used ecstasy in life	
		Q.51 Number of times used club drugs	
Tobacco	Tobacco Use	Q.32 Age first smoked a cigarette	.80
		Q.33 Number of days smoked in past 30 days	
		Q.34 Number of cigarettes smoked per day in last 30 days	
Sexual Behaviors	Sexual Risk	Q.68 Age of first intercourse	.90
		Q.69 Number of sexual partners in life	
		Q.70 Number of sexual partners in last 3 months	
Unintentional Injury and Violence	Violence Risk	Q.18 Number of days carried weapon in last 30 days	.79
		Q.19 Number of days carried weapon onto school property in last 30 days	
		Q.22 Number of days in physical fight in last 12 months	
		Q.24 Number of times in physical fight on school property in last 12 months	
	Suicide Risk	Q.27 Ever consider attempting suicide in last 12 months	.80
		Q.28 Ever made suicide plan in last 12 months	
Dietary Behavior	Healthy Diet	Q.29 Number of suicide attempts in last 12 months	.68
		Q.30 Any suicide attempt result in injury in last 12 months	
		Q.77 Number of fruit juice servings in last 7 days	
		Q.78 Number of servings of fruit in last 7 days	
		Q.79 Number of times ate salad in last 7 days	
		Q.80 Number of servings of potatoes in last 7 days	
		Q.81 Number of servings of carrots in last 7 days	
		Q.82 Number of servings of other vegetables in last 7 days	
Physical Activity	Physical Activity	Q.83 Number of glasses of Milk in past 7 days	.68
		Q.84 Number of days engaged in vigorous aerobic exercise in last 7 days	
		Q.85 Number of days engaged in mild physical activity in last 7 days	
Grades	Grades	Q.86 Number of days engaged in muscle toning exercise in last 7 days	.68
		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 marijuana use and the use of alcohol ($r=.64$) and tobacco ($r=.63$). Alcohol and tobacco

use were, themselves, also found to be inter-correlated ($r=.53$) and all three substances were associated with the use of cocaine and other drugs ($r=.46$ for marijuana, $r=.32$ for tobacco and $r=.43$ alcohol).

The substance use variables also showed substantial correlations with the sexual risk variables (e.g. $r=.51$ for marijuana use and sexual risk and $r=.51$ for alcohol and sexual risk). Similarly, alcohol use and violent behavior were positively correlated ($r=.42$), as were sexual risk and violent behavior ($r=.45$).

Grades were also highly correlated with many risk behaviors. The worse a student performs in school, the more likely they are to exhibit violent behavior ($r=.31$), engage in risky sexual behavior ($r=.30$), smoke cigarettes ($r=.27$), use alcohol ($r=.24$) or marijuana ($r=.24$).

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 ($r=.31$).

Table B.2: Risk Behavior Correlation* Matrix

	Marijuana	Other Drugs	Tobacco Use	Sexual Risk	Violence Risk	Suicide Risk	Healthy Diet	Physical Activity	Grades
Alcohol Use	.64	.43	.53	.51	.42	.28	.03	.01	.24
Marijuana		.46	.63	.51	.38	.27	.03	-.03	.24
Other Drugs			.32	.40	.55	.41	.00	.00	.18
Tobacco Use				.41	.20	.19	-.03	-.08	.27
Sexual Risk					.45	.28	-.03	.01	.30
Violence Risk						.40	.11	.07	.31
Suicide Risk							-.02	.00	.13
Healthy Diet								.31	-.10
Physical Activity									-.06

* Pearson correlation coefficients (one-tailed test)



NEW JERSEY STUDENT HEALTH SURVEY OF HIGH SCHOOL STUDENTS

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